

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Girls 100 Meter Dash Class"A"**

Meet Record: * 12.24 4/20/1997 Tunisia Evans, SC North
 Name Year School Finals Wind H#

Finals

1	Kelly Daniels	12	Bishop Heelan	13.90	-4.0	2
2	Madison Yohe	11	Bishop Heelan	14.05	-4.0	2
3	Reyna Mikulicz	11	Sioux City East	14.12	-4.0	2
4	Tina Holden	10	Sioux City East	14.18	-1.3	1
5	Mary Chicoine	11	Bishop Heelan	14.21	-4.0	2
6	Cheyenne Simon	12	Sioux City West	14.31	-1.3	1
7	Rylee Parkhill	12	Sioux City West	14.39	-1.3	1
8	Michelle Brown	09	Sioux City North	14.50	-1.3	1
9	Cecilia Mendiola	12	Sioux City North	14.64	-4.0	2
10	Kaisha Billings	09	Sioux City North	14.67	-4.0	2
11	Sydney Torgrude	10	SF Lincoln SD	15.01	-4.0	2
12	Shelby Dao	10	South Sioux City	15.64	-1.3	1
13	Shameka Hunt	09	South Sioux City	16.67	-1.3	1

Girls 100 Meter Hurdles Class"A"

Meet Record: * 14.76 4/18/2009 Nevada Sorensen, SF Lincoln
 Name Year School Finals Wind H#

1	Mackenzie Geary	10	Bishop Heelan	17.72	-2.6	2
2	Kaity Schumacher	12	Sioux City West	17.94	-2.6	2
3	Emily Keane	10	Bishop Heelan	18.58	-1.2	1
4	Courtney Morrison	09	Sgt. Bluff-Luton	18.64	-2.6	2
5	Kelsey Krohn	09	Sgt. Bluff-Luton	18.98	-1.2	1
6	Abby Follow	10	Sioux City East	19.04	-1.2	1
7	Sydney Bartels	10	SF Lincoln SD	19.17	-2.6	2
8	Trista Thoreson	10	South Sioux City	19.27	-2.6	2
9	Morgan Hansen	10	South Sioux City	19.72	-1.2	1
10	Hailey Hinds	09	South Sioux City	19.73	-1.2	1
11	Abbie Hohman	12	SF Lincoln SD	20.45	-2.6	2

Girls 4x100 Meter Relay Class"A"

2 turn stagger

Meet Record: * 49.48 4/19/2008 Sioux City West, West
 M Pearson, G Williams, C Simon, R Twohig
 School Finals

1	Bishop Heelan 'A'	52.10
1)	Madison Yohe 11	
2)	Emily Keane 10	
3)	Brielle Luft 11	
4)	Mary Chicoine 11	
2	Sioux City East 'A'	52.88
1)	Jordyn Anderson 10	
2)	Tina Holden 10	
3)	Reyna Mikulicz 11	
4)	Lexi Strom 11	
3	SF Lincoln SD 'A'	54.55
1)	Sydney Torgrude 10	
2)	Allie Lahren 11	
3)	Jamie Eszlinger 12	
4)	Meghan Lambert 12	
4	Sioux City West 'A'	55.28
1)	Rylee Parkhill 12	
2)	Heidi Jones 09	
3)	Kaity Schumacher 12	
4)	Cheyenne Simon 12	
5	Sioux City North 'A'	55.83

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Girls 4x100 Meter Relay Class"A"**

1) Cecilia Mendiola 12	2) Michelle Brown 09	
3) Audrey Lovan 09	4) Kaisha Billings 09	
6 Sergeant Bluff-Luton 'A'		56.83
1) Jessica Becker 09	2) Kelsey Krohn 09	
3) Mackenzie Smith 11	4) Cassidy Breon 11	
7 South Sioux City 'A'		56.85
1) Halie Hoch 11	2) Trista Thoreson 10	
3) Morgan Hansen 10	4) Taylor Bleil 10	

Girls 4x200 Meter Relay Class"A"

4 turn stagger

Meet Record: * 1:44.71 4/19/2008 Sioux City West, West
C Simon, G Williams, R Twohig, M Pearson

School	Finals
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1 Bishop Heelan 'A'		1:50.48
1) Madison Yohe 11	2) Emily Keane 10	
3) Kelly Daniels 12	4) Mary Chicoine 11	
2 Sioux City East 'A'		1:51.15
1) Jordyn Anderson 10	2) Tina Holden 10	
3) Lexi Strom 11	4) Reyna Mikulicz 11	
3 Sioux City West 'A'		1:57.14
1) Rylee Parkhill 12	2) Ashley Myers 11	
3) Heidi Jones 09	4) Cheyanne Simon 12	
4 SF Lincoln SD 'A'		1:57.33
1) Jamie Eszlinger 12	2) Victoria Makimova 11	
3) Allie Lahren 11	4) Anna Uthe 10	
5 Sergeant Bluff-Luton 'A'		1:59.27
1) Jessica Becker 09	2) Kelsey Krohn 09	
3) Mackenzie Smith 11	4) Cassidy Breon 11	
6 Sioux City North 'A'		2:00.62
1) Audrey Lovan 09	2) Amy Samuelson 11	
3) Trinitie Harris 09	4) Jesse Motley 10	

Girls 4x400 Meter Relay Class"A"

3 turn stagger

Meet Record: * 4:02.17 4/17/2010 Sioux City East, East
S. Houlihan R. Mikulicz L. Strom E. Dougherty

School	Finals
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1 Sioux City East 'A'		4:06.66
1) Lexi Strom 11	2) Cassie Geopfert 09	
3) Reyna Mikulicz 11	4) Shelby Houlihan 12	
2 Bishop Heelan 'A'		4:23.19
1) Brenna Sweeney 09	2) Abby Wostoupal 11	
3) Kelcie Meier 10	4) Kelly Daniels 12	
3 SF Lincoln SD 'A'		4:26.93
1) Saprina Ruppert 12	2) Victoria Makimova 11	
3) Anna Uthe 10	4) Meghan Lambert 12	
4 Sioux City West 'A'		4:49.55
1) Cheyanne Simon 12	2) Marquesha Farris 11	
3) Heidi Jones 09	4) Alyssa Nash 09	

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Girls Distance Medley Class"A"**

3 turn stagger

Meet Record: * 4:13.64 4/19/2006 SF Roosevelt, Sioux Falls R
M. Bren, K. Bowman, D. Dalon, K. Eckert

School Finals

1	Bishop Heelan 'A'		4:32.05
	1) Madison Yohe 11	2) Mary Chicoine 11	
	3) Kelly Daniels 12	4) Abby Wostoupal 11	
2	Sioux City East 'A'		4:34.12
	1) Elizabeth Bohlmann 09	2) Jordyn Anderson 10	
	3) Britney Cavillo 09	4) Cassie Geopfert 09	
3	Sioux City North 'A'		4:35.28
	1) Audrey Lovan 09	2) Kaisha Billings 09	
	3) Cecilia Mendiola 12	4) Josee Jansen 12	
4	SF Lincoln SD 'A'		4:39.94
	1) Anna Uthe 10	2) Saprina Ruppert 12	
	3) Emma Nykamp 08	4) Carly Holmstrom 11	
5	Sergeant Bluff-Luton 'A'		4:48.49
	1) Jessica Becker 09	2) Kelsey Krohn 09	
	3) Cassidy Breon 11	4) Mackenzie Smith 11	
6	South Sioux City 'A'		5:00.62
	1) Morgan Hansen 10	2) Trista Thoreson 10	
	3) Taylor Bleil 10	4) Halie Hoch 11	
7	Sioux City West 'A'		5:21.40
	1) Rylee Parkhill 12	2) Mersades Lester 11	
	3) Lindsey Combs 12	4) Judith Reyes 10	

Girls 100 Meter Dash Class"B"

Meet Record: * 12.47 4/19/1989 Amy Schuver, Cherokee

Name Year School Finals Wind H#

1	Brooke Wolterstorff	10 Western Christia	13.26	-1.5	2
2	Nichelle Carney	10 Western Christia	14.16	-1.5	2
3	Ebony Stone	11 LeMars	14.22	-1.5	2
4	Jade Hanson	10 Moc-Floyd Valley	14.26	-1.5	2
5	Natasha Vermeys	12 Oa-Bcig	14.31	-1.5	2
6	Rebecca Grote	12 Oa-Bcig	15.28	-2.0	1
7	Cara Shanks	09 Kp/Wc	15.43	-2.0	1
7	Danni Roethler	09 Cherokee	15.43	-1.5	2

Girls 100 Meter Hurdles Class"B"

Meet Record: * 15.65 4/17/2010 Slone Masters, Storm Lake

Name Year School Finals Wind H#

1	Kim Kroeze	10 Western Christia	17.17	-4.7	2
2	Mercedes Liparoto	11 Glenwood	17.57	-4.7	2
3	Katie Kallin	12 Oa-Bcig	17.78	-4.7	2
4	Alex Howrey	12 Kp/Wc	17.87	+0.0	1
5	Kirstie Ruhland	12 LeMars	17.89	-4.7	2
6	DeAndra Mahrt	11 Kp/Wc	17.94	-4.7	2
7	Faith Vander Voort	09 Moc-Floyd Valley	18.10	-4.7	2
8	Abby Brown	12 Glenwood	18.36	-4.7	2
9	Emily Anderson	12 LeMars	18.68	-4.7	2

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Girls 100 Meter Hurdles Class"B"**

10 Nicole Morgan	12 Cherokee	18.70	+0.0	1
11 Carly Brosius	11 Oa-Bcig	18.94	+0.0	1
12 Leah Van Tol	11 Western Christia	19.45	+0.0	1
13 Caitlin Haarsma	09 Unity Chrstian	21.90	+0.0	1
14 Courtney Scholten	10 Unity Chrstian	22.21	+0.0	1

Girls 4x100 Meter Relay Class"B"

2 turn stagger

Meet Record: * 50.88 4/20/1991 Cherokee, Cherokee
C. Hauswald, L. Johanson, K. Corzillus, A. Schuver

School

Finals

1 Western Christian- Hull 'A'	51.89
1) Nichelle Carney 10	2) Kayla Gesink 12
3) Kim Kroeze 10	4) Brooke Wolterstorff 10
2 LeMars 'A'	52.92
1)	2) Emily Anderson 12
3) Kirstie Ruhland 12	4) Ebony Stone 11
3 Kingsley-Pierson/Woodbury Cent 'A'	53.73
1) Alex Howrey 12	2) Rebecca Quade 09
3) Baylee Bechen 09	4) DeAndra Mahrt 11
4 Moc-Floyd Valley 'A'	54.47
1) Jessica Sanchez 10	2) Ali Achterhof 09
3) Jade Hanson 10	4) Alexis Conaway 09
5 Oa-Bcig 'A'	55.62
1) Carly Brosius 11	2) Cheyenne Wilcke 09
3) Rebecca Grote 12	4) Natasha Vermeys 12
6 Sioux Center 'A'	55.76
1) Julie Schuiteman 09	2) Haley Simonson 09
3) Madison Dubbs 10	4) Jillian Estes 10
7 Glenwood 'A'	56.57
1) Kecia Caudill 09	2) Sarah Salerno 09
3) Devin Jackson 10	4) Reiny Ostrander 09
8 Unity Chrstian 'A'	56.70
1) Lindsey Broek 10	2) Katelyn Franken 09
3) Kinza Brue 09	4) Courtney Vreugdenhil 11

Girls 4x200 Meter Relay Class"B"

4 turn stagger

Meet Record: * 1:47.40 4/17/2010 Hull Western Christian, Wes
K Gesink, K Kroeze, C Vaandrager, B Wolterstorff

School

Finals

1 Western Christian- Hull 'A'	1:49.63
1) Nichelle Carney 10	2) Kayla Gesink 12
3) Kenzie VandeVegte 10	4) Brooke Wolterstorff 10
2 Moc-Floyd Valley 'A'	1:52.21
1) Jessica Sanchez 10	2) Ali Achterhof 09
3) Jade Hanson 10	4) Riley Kliegl 09
3 LeMars 'A'	1:54.27
1) Lindsey Wichers 12	2) Emily Anderson 12
3) Jess Arnold 11	4) Kirstie Ruhland 12
4 Kingsley-Pierson/Woodbury Cent 'A'	1:56.25

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Girls 4x200 Meter Relay Class"B"**

1) Abbie Edgar 11	2) Rebecca Quade 09	
3) Bailey Kennedy 10	4) Baylee Bechen 09	
5 Glenwood 'A'		1:58.28
1) Kecia Caudill 09	2) Sarah Salerno 09	
3) Devin Jackson 10	4) Reiny Ostrander 09	
6 Unity Chrstian 'A'		1:58.72
1) Lindsey Broek 10	2) Heather Kaemingk 10	
3) Kinza Brue 09	4) Courtney Vreugdenhil 11	
7 Maple Valley A-0 'A'		2:00.27
1) Sam Paulsen 12	2) Morgan Koenigs 10	
3) Katie Burkhart 12	4) Sam Halbur 09	
-- Oa-Bcig 'A'		DQ
1) Natasha Vermeys 12	2) Mallory Cates 10	
3) Mariah Cates 10	4) Katie Kallin 12	

Girls 4x400 Meter Relay Class"B"

3 turn stagger

Meet Record: * 4:02.45 4/17/1999 Elkhorn, Elkhorn

E. Ohm, K. Bull, A. Schmidt, K. Clark

School

Finals

1 Western Christian- Hull 'A'		4:11.37
1) Kayla Gesink 12	2) Alissa Pollema 09	
3) Kim Kroeze 10	4) Brooke Wolterstorff 10	
2 Moc-Floyd Valley 'A'		4:22.07
1) Kara Nonnemacher 12	2) Katie Landhuis 09	
3) Ali Achterhof 09	4) Alexis Conaway 09	
3 Sioux Center 'A'		4:32.06
1) Miranda Mouw 09	2) Jillian Estes 10	
3) Arybella Denton-Parry 09	4) Katelyn Kragt 12	
4 Oa-Bcig 'A'		4:32.84
1) Mallory Cates 10	2) Jensen Boger 09	
3) Mariah Cates 10	4) Katey Krager 09	
5 Glenwood 'A'		4:32.85
1) Bailey Starner 09	2) Maddie Mead 09	
3) Chelsea Webster 09	4) Kecia Caudill 09	
6 Unity Chrstian 'A'		4:33.63
1) Kayla Byl 11	2) Courtney Vreugdenhil 11	
3) Heather Kaemingk 10	4) Emily Broers 12	
7 Kingsley-Pierson/Woodbury Cent 'A'		4:37.70
1) Bailey Kennedy 10	2) Meghann Pucelik 12	
3) Baylee Bechen 09	4) Rebecca Quade 09	
-- LeMars 'A'		DQ
1) Jenna Preiksats 11	2) Leah Clement 12	
3) Morgan Ohm 10	4) Hannah Steen 11	

Girls Distance Medley Class"B"

3 turn stagger

Meet Record: * 4:21.89 4/23/2005 Sioux Center, Sioux Center

M. Jacobsma, J. Estes, T. Jansen, K. Beaver

School

Finals

1 Moc-Floyd Valley 'A'		4:35.99
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Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Girls Distance Medley Class"B"**

1) Jessica Sanchez 10	2) Jade Hanson 10
3) Ali Achterhof 09	4) Alexis Conaway 09
2 Sioux Center 'A'	4:38.05
1) Haley Simonson 09	2) Jillian Estes 10
3) Bethany Larson 11	4) Katelyn Kragt 12
3 LeMars 'A'	4:45.51
1)	2) Leah Clement 12
3) Jenna Preiksats 11	4) Hannah Steen 11
4 Glenwood 'A'	4:48.15
1) Sarah Salerno 09	2) Reiny Ostrander 09
3) Chelsea Webster 09	4) Maddie Mead 09
5 Oa-Bcig 'A'	4:50.22
1) Natasha Vermeys 12	2) Mariah Cates 10
3) Mallory Cates 10	4) Mandi Hare 12
6 Unity Chrstian 'A'	4:52.30
1) Heather Kaemingk 10	2) Lindsey Broek 10
3) Courtney Vreugdenhil 11	4) Emily Broers 12
7 Western Christian- Hull 'A'	4:52.56
1) Kenzie VandeVegte 10	2) Abby Pollema 09
3) Erica Douma 09	4) Miranda Hulstein 09
8 Maple Valley A-O 'A'	5:09.16
1) Sam Paulsen 12	2) Katie Burkhardt 12
3) Sam Halbur 09	4) Morgan Koenigs 10

Girls 100 Meter Dash Class"C"

Meet Record: * 12.06 4/20/1989 Theresa Lux, Westwood						
Name	Year	School	Finals	Wind	H#	
1 Jennifer Petsche	12	West Monona	13.59	NWI	2	
2 Karlie Dahl	12	Homer NE	13.60	NWI	2	
3 Erica Dreckman	11	Marcus Mmc	13.80	NWI	2	
4 Justine Cleveland	12	Westwood- Sloan	14.48	-2.9	1	
5 Shelby Fastert		Central Lyon	14.50	-2.9	1	
6 Katelin Langel	10	Gehlen Catholic	14.52	NWI	2	
7 Taylor Ruby	09	Dakota Valley SD	14.60	NWI	2	
8 Allyson Acevedo		Central Lyon	14.99	-2.9	1	
9 Brittny Shropshire	11	River Valley	15.42	-2.9	1	

Girls 100 Meter Hurdles Class"C"

Meet Record: * 16.15 4/18/2009 Kayla Hatting, Le Mars Gehlen						
Name	Year	School	Finals	Wind		
1 Steph Rohe	11	Gehlen Catholic	17.46	+0.0		
2 Ashley Alons	12	Westwood- Sloan	17.93	+0.0		
3 Lexi Ackerman		Central Lyon	17.94	+0.0		
4 Brittny Shropshire	11	River Valley	17.99	+0.0		
5 Jody Vanden Hoek		Central Lyon	18.07	+0.0		
5 Nicole Ryan	11	Gehlen Catholic	18.07	+0.0		
7 Kirstin Berg	12	Westwood- Sloan	18.52	+0.0		

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Girls 4x100 Meter Relay Class "C"**

2 turn stagger

Meet Record: * 51.53 4/19/2008 Laurel-Concord, Laurel-Concor
K Gould, B DeLong, A Lunz, K Jacobsen

School Finals

1 Homer NE 'A'		53.17
1) Cara Olerich 11	2) Brandan Tighe 09	
3) Kylie Andersen 11	4) Karlie Dahl 12	
2 Ridge View 'A'		53.93
1) Gretchen Kistenmacher 10	2) Emily Schiernbeck 12	
3) Brooke Wiese 12	4) Roxanne Grundmeier 12	
3 Central Lyon 'A'		54.67
1) Allyson Acevedo	2) Jody Vanden Hoek	
3) Brenda Hofer	4) Shelby Fastert	
4 Le Mars Gehlen Catholic 'A'		54.77
1) Katelin Langel 10	2) Emily Holtgrewe 10	
3) MacKenzie Kellen 11	4) Kaitlin Roberts 11	
5 Westwood- Sloan 'A'		55.35
1) Katie Struble 11	2) Megan Crawford 10	
3) Rita Smith 10	4) Megan Polly 11	
6 Marcus-Meriden-Cleghorn 'A'		55.88
1) Sydney Roberts 09	2) Nicki Schwarz 09	
3) Amanda Hoefling 12	4) Erica Dreckman 11	

Girls 4x200 Meter Relay Class "C"

4 turn stagger

Meet Record: * 1:47.98 4/17/2010 Central Lyon, Central Lyon
M Schleusner, K Eckenrod, K Cuperus, A Ackerman

School Finals H#

1 Ridge View 'A'		1:52.67	2
1) Emily Schiernbeck 12	2) Sydney Kistenmacher 09		
3) Brooke Wiese 12	4) Roxanne Grundmeier 12		
2 Le Mars Gehlen Catholic 'A'		1:53.59	2
1) Emily Holtgrewe 10	2) Steph Rohe 11		
3) Kaitlin Roberts 11	4) Katelin Langel 10		
3 Central Lyon 'A'		1:54.09	2
1) Tori Figge	2) Jody Vanden Hoek		
3) Morgan Herda	4) Lexi Ackerman		
4 Westwood- Sloan 'A'		1:55.97	1
1) Megan Crawford 10	2) Rita Smith 10		
3) Megan Polly 11	4) Natalie Parsley 09		
5 Marcus-Meriden-Cleghorn 'A'		1:57.69	2
1) Sydney Roberts 09	2) Nicki Schwarz 09		
3) Amanda Hoefling 12	4) Erica Dreckman 11		
6 South O'Brien 'A'		2:01.74	1
1) Mikayla Hintz 09	2) Breana Van Beek 11		
3) Taylor Paulsen 09	4) Erin Brassler 11		
7 Emerson-H NE 'A'		2:02.53	2
1) Marisa Blanke 10	2) Brittini Bormann 11		
3) Brittany Pallas 10	4) Justine Sebade 11		
-- Homer NE 'A'			DQ 1
1) Kylie Andersen 11	2) Brandan Tighe 09		
3) Cara Olerich 11	4) Karlie Dahl 12		

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Girls 4x400 Meter Relay Class "C"**

3 turn stagger

Meet Record: * 4:14.24 4/19/2008 Elk Point-Jefferson, Elk Pt
A Erickson, H Wilkinson, A Murphy, C Strassburg

School Finals

1 Ridge View 'A'	4:20.35
1) Nicole Snyder 10	2) Jessica Mathes 12
3) Sydney Kistenmacher 09	4) Roxanne Grundmeier 12
2 Elk Point Jefferson 'A'	4:22.30
1) Caitlin Davis 10	2) Jordyn Hudelson 11
3) Bobbie McLauray 12	4) Keely Bertram 09
3 Homer NE 'A'	4:28.58
1) Kylie Andersen 11	2) Brandan Tighe 09
3) Jenna Raveling 11	4) Karlie Dahl 12
4 Central Lyon 'A'	4:32.64
1) Kori Schulte	2) Allyson Acevedo
3) Brenda Hofer	4) Tori Figge
5 Ponca NE 'A'	4:53.76
1) Beth Finnegan 12	2) Madison Charlson 09
3) Krystal Richards 10	4) Samantha Gill 10
6 Westwood- Sloan 'A'	4:54.39
1) Kelsey Lyon 09	2) McKayla Wood 10
3) Janell Walker 11	4) Sam Hamann 11

Girls Distance Medley Class "C"

3 turn stagger

Meet Record: * 4:26.86 4/20/1998 Sergeant Bluff-Luton, Serge
K. McGill, J. Kucera, C. Williams, C. Ebersole

School Finals

1 Ridge View 'A'	4:33.20
1) Sydney Kistenmacher 09	2) Roxanne Grundmeier 12
3) Jessica Mathes 12	4) Nicole Snyder 10
2 Central Lyon 'A'	4:39.70
1) Morgan Herda	2) Lexi Ackerman
3) Brenda Hofer	4) Tori Figge
3 Le Mars Gehlen Catholic 'A'	4:42.61
1) Katelin Langel 10	2) Steph Rohe 11
3) Nicole Ryan 11	4) Alli Sitzmann 10
4 Elk Point Jefferson 'A'	4:49.02
1) Caitlin Davis 10	2) Keely Bertram 09
3) Tascha Donnelly 12	4) Tatum Adema 10
5 Marcus-Meriden-Cleghorn 'A'	4:50.03
1) Sydney Roberts 09	2) Nicki Schwarz 09
3) Amanda Hoefling 12	4) Erica Dreckman 11
6 Westwood- Sloan 'A'	5:22.07
1) Megan Crawford 10	2) Abby Rea 11
3) Janell Walker 11	4) Sam Hamann 11

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Girls 800 Meter Run OHS**

Top 24

Meet Record: * 2:10.36 4/16/2011 Shelby Houlihan, SC East

Name	Year	School	Finals
1 Shelby Houlihan	12	Sioux City East	2:10.36*
2 Mackenzie Smith	11	Sgt. Bluff-Luton	2:28.81
3 Katie Landhuis	09	Moc-Floyd Valley	2:32.28
4 Cassie Geopfert	09	Sioux City East	2:32.30
5 Bailey Starner	09	Glenwood	2:34.22
6 Emily Manning	12	Bishop Heelan	2:36.23
7 Emma Nykamp	08	SF Lincoln SD	2:37.88
8 Beth Finnegan	12	Ponca NE	2:41.02
9 Samantha Bandstra	10	Unity Chrstian	2:43.06
10 Lisa Nebel	09	Glenwood	2:43.49
11 Nikki Betzler	11	SF Lincoln SD	2:46.10
12 Katie Droog	12	Unity Chrstian	2:47.00
13 Alyssa Nash	09	Sioux City West	2:47.74
14 Sarah Bird	10	Marcus Mmc	2:51.68

Girls 1500 Meter Run OHS

Top 32

Meet Record: * 4:30.67 4/16/2011 Shelby Houlihan, SC East

Name	Year	School	Finals
1 Shelby Houlihan	12	Sioux City East	4:30.67*
2 Josee Jansen	12	Sioux City North	5:06.23
3 Kayla Byl	11	Unity Chrstian	5:19.75
4 Meredith Rand	10	LeMars	5:20.47
5 Carson Leiting	10	Bishop Heelan	5:22.42
6 Abby DeVries	12	Unity Chrstian	5:23.91
7 Briana Brunsvold	12	Spirit Lake Park	5:25.90
8 Miranda Hulstein	09	Western Christia	5:26.19
9 Beth Finnegan	12	Ponca NE	5:30.24
10 Dondi Schmidt	09	Spirit Lake Park	5:33.04
11 Amber Sandbulte	12	Sioux Center	5:34.27
12 Alli Sitzmann	10	Gehlen Catholic	5:37.67
13 Alyssa Nash	09	Sioux City West	5:38.86
14 Morgan Naughton	09	Glenwood	5:38.93
15 Casie Van Der Weide	12	Moc-Floyd Valley	5:42.42
16 Nikki Betzler	11	SF Lincoln SD	5:44.55
17 Leah Ellensohn	09	Gehlen Catholic	5:47.25
18 Jenna Kittler	09	Dakota Valley SD	5:49.39
19 Hana Berry	09	Oa-Bcig	5:55.98
20 Brittany Pallas	10	Emerson-H NE	6:01.54
21 Brittni Bormann	11	Emerson-H NE	6:01.57
22 Amanda Delzell	10	Sioux City North	6:02.07
23 Renee Choquette	09	Westwood- Sloan	6:16.94

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Girls 3000 Meter Run OHS**

Top 32

Meet Record: * 9:57.23 4/23/2005 Ramsey Kavan, Yankton

Name	Year	School	Finals
1 Carlie Cooper	09	Glenwood	11:48.27
2 Briana Brunsvold	12	Spirit Lake Park	11:50.93
3 Dondi Schmidt	09	Spirit Lake Park	11:54.42
4 Marissa Mareck	10	LeMars	12:03.96
5 Lindsay Joyce	09	Bishop Heelan	12:13.78
6 Morgan Naughton	09	Glenwood	12:20.75
7 Casie Van Der Weide	12	Moc-Floyd Valley	12:24.64
8 Katie Droog	12	Unity Chrstian	12:24.73
9 Jenna Kittler	09	Dakota Valley SD	12:47.37
10 Amanda Delzell	10	Sioux City North	12:59.10
11 Sadie Clements	11	Dakota Valley SD	13:04.79
12 Sarah Seuntjens	09	Kp/Wc	13:18.62
13 Amanda Ricard	09	Kp/Wc	13:26.91
14 Katie Schmidt	12	Sioux City West	13:59.98
15 Paige McGrath	10	Sgt. Bluff-Luton	14:24.62

Girls 400 Meter Hurdles OHS

Top 24 by time

Meet Record: * 1:04.92 4/19/2006 Jacqui Kalin, SC North

Name	Year	School	Finals	H#
1 Kim Kroeze	10	Western Christia	1:09.00	3
2 Katie Kallin	12	Oa-Bcig	1:09.98	3
3 Kendra Stokke	10	Spirit Lake Park	1:11.04	3
4 Morganne Pfaffle	09	Dakota Valley SD	1:12.24	3
5 Emily McElwain	10	Sioux City East	1:15.58	2
6 Casie Rehder	11	South O'Brien	1:16.65	1
7 Kaity Schumacher	12	Sioux City West	1:16.98	3
8 Katey Krager	09	Oa-Bcig	1:17.03	3
9 Nikki Sluiter	12	LeMars	1:18.10	1
10 Sydney Bartels	10	SF Lincoln SD	1:18.71	3
11 Shaina McCullough	10	Sioux City East	1:18.96	2
12 Ally Vande Vegte	12	LeMars	1:19.47	2
13 Leah Van Tol	11	Western Christia	1:20.19	2

Girls 4x800 Meter Relay OHS

Top 16 teams by time

1 turn stagger

Meet Record: * 9:15.76 4/19/2006 SF Roosevelt, Sioux Falls R
B. Thune, D. Dalon, A. Eckert, K. Eckert

School	Finals
1 Bishop Heelan 'A'	10:22.53
1) Carson Leiting 10	2) Brooke Bleeker 09
3) Kaylene Leiting 11	4) Abby Wostoupal 11
2 Moc-Floyd Valley 'A'	10:28.50
1) Kara Nonnemacher 12	2) Katie Landhuis 09
3) Casie Van Der Weide 12	4) Alexis Conaway 09
3 Unity Chrstian 'A'	10:28.75

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Girls 4x800 Meter Relay OHS**

1) Kayla Byl 11	2) Emily Broers 12	
3) Samantha Bandstra 10	4) Abby DeVries 12	
4 Central Lyon 'A'		10:30.86
1) Morgan Herda	2) Kori Schulte	
3) Tori Figge	4) Brenda Hofer	
5 Glenwood 'A'		10:37.84
1) Carlie Cooper 09	2) Bailey Starner 09	
3) Megan McKern 10	4) Lisa Nebel 09	
6 SF Lincoln SD 'A'		10:44.71
1) Carly Holmstrom 11	2) Emma Nykamp 08	
3) Nikki Betzler 11	4) Saprina Ruppert 12	
7 LeMars 'A'		10:47.64
1) Yashila Permeswaran 10	2) Meredith Rand 10	
3) Hannah Jungers 10	4) Nikki Sluiter 12	
8 Sioux Center 'A'		10:53.13
1) Amber Sandbulte 12	2) Miranda Mouw 09	
3) Bethany Larson 11	4) Arybella Denton-Parry 09	
9 Le Mars Gehlen Catholic 'A'		10:54.68
1) Alli Sitzmann 10	2) Kaitlin Roberts 11	
3) Leah Ellensohn 09	4) Nicole Ryan 11	
10 Elk Point Jefferson 'A'		11:03.31
1) Bobbie McLaury 12	2) Keely Bertram 09	
3) Tatum Adema 10	4) Jordyn Hudelson 11	
11 Western Christian- Hull 'A'		11:07.32
1) Miranda Hulstein 09	2) Erica Douma 09	
3) Abby Pollema 09	4) Alissa Pollema 09	
12 South O'Brien 'A'		11:13.23
1) Casie Rehder 11	2) Erin Brassler 11	
3) Heather Penning 12	4) Kaitlyn Aberson 10	
13 Emerson-H NE 'A'		11:33.80
1) Brittini Bormann 11	2) Brittany Pallas 10	
3) Marisa Blanke 10	4) Justine Sebade 11	
14 Kingsley-Pierson/Woodbury Cent 'A'		11:56.55
1) Maddie Bain 10	2) Brittany Schermann 10	
3) Bailey Kennedy 10	4) Meghann Pucelik 12	
15 Sioux City West 'A'		12:48.20
1) Judith Reyes 10	2) Natalie Engle 11	
3) Carly Nielsen 11	4) Maddie Hansen 09	

Girls 4x100 Meter Shuttle Hurdle OHS

Meet Record: * 1:09.77 4/18/2009 Okoboji, Okoboji
K Cosgrove, B Wittrock, B DeMuth, T Poppema

School	Finals	H#
1 Le Mars Gehlen Catholic 'A'	1:10.99	2
1) Kaitlin Roberts 11	2) Nicole Ryan 11	
3) Emily Holtgrewe 10	4) Steph Rohe 11	
2 LeMars 'A'	1:11.27	1
1) Emily Anderson 12	2) Megan Schwartz 10	
3) Morgan Ohm 10	4) Kirstie Ruhland 12	
3 Central Lyon 'A'	1:11.60	2
1) Heather Busch	2) Kelsey Ackerman	
3) Jody Vanden Hoek	4) Lexi Ackerman	
4 Westwood- Sloan 'A'	1:14.34	1

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Girls 4x100 Meter Shuttle Hurdle OHS**

1) Justine Cleveland 12	2) Kirstin Berg 12		
3) Renee Choquette 09	4) Ashley Alons 12		
5 Glenwood 'A'		1:15.04	2
1) Mercedes Liparoto 11	2) Devin Jackson 10		
3) Abby Brown 12	4) Noa Bales 09		
6 Kingsley-Pierson/Woodbury Cent 'A'		1:16.96	1
1) DeAndra Mahrt 11	2) Alex Howrey 12		
3) Cara Shanks 09	4) Keely Collins 10		
7 Spirit Lake Park 'A'		1:17.79	1
1) Miranda Bruggeman 09	2) Kendra Stokke 10		
3) Kayla Herrig 09	4) Kaela Delperdang 09		

Girls High Jump OHS

Starting height 4'8"

Meet Record: * 5-07.50 4/20/2006 Megan Glisar, Hanah Wilkinson, SBL, E

Name	Year	School	Finals	
1 Katelyn Kragt	12	Sioux Center	5-02.00	1.57m
2 Mackenzie Geary	10	Bishop Heelan	5-00.00	1.52m
3 Jess Arnold	11	LeMars	4-10.00	1.47m
4 Abbie Hohman	12	SF Lincoln SD	4-08.00	1.42m
4 Kendra Stokke	10	Spirit Lake Park	4-08.00	1.42m
4 Josie Kopal	10	Lawton-Bronson	4-08.00	1.42m
7 Ashley Zobel	12	Oa-Bcig	J4-08.00	1.42m
7 Brenna Karrer	09	Bishop Heelan	J4-08.00	1.42m
9 Jordyn Anderson	10	Sioux City East	J4-08.00	1.42m
10 Sydney Torgrude	10	SF Lincoln SD	4-06.00	1.37m
-- Nicole Hahn	09	Sioux City East	NH	
-- Annie Pierce	11	South Sioux City	NH	

Girls Long Jump OHS

Meet Record: * 17-09.50 4/20/1996 Delena Hanes, Bellvue West

Name	Year	School	Finals	Wind	
1 Kylie Andersen	11	Homer NE	16-10.00	NWI	5.13m
16-08(NWI) FOUL	15-07.50(NWI)	16-03(NWI)	16-07.50(NWI)	16-10(NWI)	
2 Allie Lahren	11	SF Lincoln SD	16-04.50	NWI	4.99m
16-04.50(NWI) FOUL	16-02.50(NWI)	15-07.75(NWI)	15-08(NWI)	FOUL	
3 Caitlin Davis	10	Elk Point Jefferson	15-08.50	NWI	4.78m
13-10.75(NWI)	15-06(NWI)	15-07(NWI)	15-01.50(NWI)	15-05(NWI)	15-08.50(NWI)
4 Katie Kallin	12	Oa-Bcig	15-05.75	NWI	4.71m
15-05.75(NWI)	15-03.50(NWI)	15-03.50(NWI)	15-03.50(NWI)	FOUL	15-00(NWI)
5 MacKenzie Kellen	11	Gehlen Catholic	15-03.75	NWI	4.66m
15-03.75(NWI) FOUL	15-03(NWI)	14-03(NWI)	15-01(NWI)	14-08(NWI)	
6 Morgan Koenigs	10	Maple Valley A-O	15-00.75	NWI	4.59m
14-08.50(NWI) FOUL	14-04.50(NWI)	FOUL	15-00.75(NWI)	14-06.50(NWI)	
7 Kylee Hickman	09	Bishop Heelan	14-08.75	NWI	4.48m
14-08.75(NWI)	14-06.50(NWI)	14-08.50(NWI)	13-04.50(NWI)	FOUL	FOUL
8 Kaisha Billings	09	Sioux City North	14-07.25	NWI	4.45m
FOUL	14-07.25(NWI)	FOUL	13-00(NWI)	12-07.50(NWI)	FOUL
9 Kelly Reed	12	Elk Point Jefferson	14-07.00	NWI	4.44m
14-07(NWI)	13-07(NWI)	14-06(NWI)			

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Girls Long Jump OHS**

10	Amber Sandbulte	12	Sioux Center	14-06.75	NWI	4.43m
	13-01.75(NWI)	14-06.75(NWI)	14-03.50(NWI)			
11	Elizabeth Bohlmann	09	Sioux City East	14-04.50	NWI	4.38m
	13-09(NWI)	14-04.50(NWI)	14-03(NWI)			
12	Katy Hart	11	Cherokee	14-02.50	NWI	4.33m
	13-05.50(NWI)	14-02.50(NWI)	14-00.75(NWI)			
12	Mallory Cates	10	Oa-Bcig	14-02.50	NWI	4.33m
	FOUL	14-02.50(NWI)	FOUL			
14	Marisa Blanke	10	Emerson-H NE	14-01.00	NWI	4.29m
	13-07.25(NWI)	13-09.50(NWI)	14-01(NWI)			
15	Sarah Salerno	09	Glenwood	14-00.00	NWI	4.26m
	13-09(NWI)	14-00(NWI)	FOUL			
15	Jessie Kabele	09	Spirit Lake Park	14-00.00	NWI	4.26m
	FOUL	14-00(NWI)	FOUL			
17	Katelyn Probst	09	Moc-Floyd Valley	13-09.00	NWI	4.19m
	13-03(NWI)	13-09(NWI)	13-08.50(NWI)			
18	Michelle Brown	09	Sioux City North	13-07.75	NWI	4.15m
	13-06.25(NWI)	FOUL	13-07.75(NWI)			
19	Jessica Becker	09	Sgt. Bluff-Luton	13-07.00	NWI	4.14m
	FOUL	13-05.75(NWI)	13-07(NWI)			
20	Miranda Bruggeman	09	Spirit Lake Park	12-09.00	NWI	3.88m
	12-09(NWI)	FOUL	FOUL			
--	Gretchen Kistenmacher	10	Ridge View		FOUL	
	FOUL	FOUL	FOUL			

Girls Shot Put OHS

Standard for measurement 35'						
Meet Record: * 45-01.25 4/20/1989 Lisa VanSteenwyk, West Lyons						
Name	Year	School	Finals			
1	Tristen Sharp	12	South Sioux City	38-11.00		11.86m
	35-11	37-01.50	36-02.50	38-11	33-05	37-06.50
2	Cara Olerich	11	Homer NE	38-08.00		11.78m
	34-10	36-05	34-02	36-04.50	38-08	38-08
3	Taylor Woods	11	Cherokee	37-01.00		11.30m
	34-05.50	35-02	34-09	36-01.50	35-04	37-01
4	Kylie Martin	10	Dakota Valley SD	36-04.00		11.07m
	34-10	33-07	33-01.50	34-10	33-04	36-04
5	Lauren McDonald	11	Moc-Floyd Valley	35-09.00		10.89m
	34-05	34-11	35-09	34-10.50	34-09	34-04.50
6	Ira De Jong	09	Moc-Floyd Valley	35-05.00		10.79m
	34-08	31-05.50	35-05	35-01.50	35-01	32-10
7	Cassie Kruse	10	Glenwood	34-10.50		10.62m
	FOUL	FOUL	34-10.50	FOUL	FOUL	32-04.50
8	Andrea Urban	09	LeMars	34-02.00		10.41m
	30-10.50	31-03	34-02	30-08.50	32-06	32-03
8	Molly Hutchins	12	Spirit Lake Park	34-02.00		10.41m
	29-06	34-02	32-06	31-06	32-04.50	34-01
10	Ariel Hudson	12	Sioux City North	34-00.00		10.36m
	33-01.50	34-00	30-08.50			
11	Nikki Van Dyke	12	Sioux Center	33-10.50		10.32m
	33-01	33-10.50	32-01			
12	Allison Sexton	09	Dakota Valley SD	33-09.00		10.28m
	FOUL	33-09	32-07.50			

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Girls Shot Put OHS**

13	Andreanna Sharpback	11	South Sioux City	33-00.00	10.05m
	30-11 FOUL 33-00				
13	Miles Ludwigs	09	Sgt. Bluff-Luton	33-00.00	10.05m
	31-07.50 33-00 31-06				
15	Jade De Jong	12	Sioux Center	32-10.00	10.00m
	32-00 32-10 FOUL				
16	Faythe Pitkin	12	Sioux City North	32-02.00	9.80m
	32-02 30-11 30-01				
17	Kysa Bennett	12	Ridge View	31-11.00	9.72m
	31-11 30-07.50 30-08.75				
18	Emily Mercer	11	Spirit Lake Park	31-03.00	9.52m
	29-10 31-03 31-01				
19	Skye Jensen	11	Homer NE	31-00.00	9.44m
	30-08 28-05.50 31-00				
19	Kaylee Hobbs	11	Westwood- Sloan	31-00.00	9.44m
	27-05 31-00 28-08.50				
21	Cheyenne Wilcke	09	Oa-Bcig	30-04.00	9.24m
	29-09.50 29-01 30-04				
22	Kelsey Van Patten	12	Bishop Heelan	30-02.00	9.19m
	30-00 30-02 FOUL				
23	Emily Spartz	12	Bishop Heelan	30-01.00	9.16m
	30-01 28-03.50 29-00				
24	Caroline Mulder	09	Unity Chrstian	29-01.50	8.87m
	28-06 29-01.50 29-00				
25	Heather Lieber	10	Ponca NE	28-09.00	8.76m
	28-09 FOUL 26-11.50				
26	Kaitlynn Madsen	10	Ridge View	28-08.00	8.73m
	28-08 27-09 28-03				
27	Skylar Roupe	09	Sioux City West	28-07.00	8.71m
	26-07.50 28-07 27-06				
28	Melissa Mounts	10	Sioux City East	28-00.50	8.54m
	26-09 27-08.50 28-00.50				
29	Katelyn Ewing	12	LeMars	26-07.00	8.10m
	FOUL 26-07 FOUL				
29	Sydney Handsaker	12	Sioux City East	26-07.00	8.10m
	25-09 26-05 26-07				
31	Kayla Nielsen	11	Westwood- Sloan	26-02.00	7.97m
	24-10 26-02 25-09.50				

Girls Discus Throw OHS

Standard measurement 100'

Meet Record: * 151-08 4/20/2003 Rachel Jansen, MOC-Floyd Valley

Name	Year	School	Finals	
1 Brook Jacobsma	10	Moc-Floyd Valley	113-04	34.54m
	109-04 107-02 103-05	101-01 113-04 113-04		
2 Jade De Jong	12	Sioux Center	111-03	33.90m
	105-06 102-02 FOUL	108-04 111-03 FOUL		
3 Kysa Bennett	12	Ridge View	108-06	33.07m
	97-01 96-10 99-02	98-11 108-06 103-07		
4 Tristen Sharp	12	South Sioux City	105-10	32.25m
	101-09 FOUL 94-04	105-10 105-03 97-04		
5 Andreanna Sharpback	11	South Sioux City	105-02	32.05m
	92-07 100-10 FOUL	105-02 94-01 102-07		

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Girls Discus Throw OHS**

6	Lauren McDonald	11	Moc-Floyd Valley	101-01	30.81m
	101-01 FOUL FOUL FOUL FOUL 101-01				
7	Cassie Kruse	10	Glenwood	100-03	30.55m
	FOUL 100-03 96-00 FOUL FOUL 87-02				
8	Molly Hutchins	12	Spirit Lake Park	99-06	30.32m
	75-08 FOUL 95-06 87-09 99-06 FOUL				
9	Emily Mercer	11	Spirit Lake Park	98-07	30.04m
	98-07 88-09 95-10 97-06 85-06 95-07				
10	Kylie Martin	10	Dakota Valley SD	94-07	28.82m
	92-06 90-03 94-07				
11	Faythe Pitkin	12	Sioux City North	93-11	28.62m
	86-06 91-06 93-11				
12	Kelsey Van Patten	12	Bishop Heelan	93-05	28.47m
	FOUL FOUL 93-05				
13	Taylor Woods	11	Cherokee	91-08	27.94m
	FOUL 81-07 91-08				
14	Ariel Hudson	12	Sioux City North	91-00	27.73m
	91-00 85-03 87-00				
15	Melissa Mounts	10	Sioux City East	89-10	27.38m
	74-11 89-10 88-07				
16	Sydney Handsaker	12	Sioux City East	88-05	26.94m
	FOUL 88-05 FOUL				
17	Brandi Orr	11	Marcus Mmc	88-03	26.89m
	88-03 FOUL FOUL				
18	Miles Ludwigs	09	Sgt. Bluff-Luton	88-02	26.87m
	84-07 FOUL 88-02				
19	Mary Kate Eckstaine	10	LeMars	86-02	26.26m
	86-02 FOUL FOUL				
20	Sierra Matthews	09	South O'Brien	85-08	26.11m
	85-08 FOUL FOUL				
21	Naomi Greder	11	Westwood- Sloan	83-06	25.45m
	79-09 FOUL 83-06				
22	Katelyn Ewing	12	LeMars	82-08	25.19m
	FOUL 82-08 FOUL				
23	Emily Spartz	12	Bishop Heelan	79-06	24.23m
	78-00 79-06 FOUL				
24	Caroline Mulder	09	Unity Chrstian	75-05	22.98m
	75-05 FOUL FOUL				
25	Kaitlynn Madsen	10	Ridge View	75-01	22.88m
	FOUL 75-01 FOUL				
26	Kara Groetken	11	Sioux City West	75-00	22.86m
	67-08 FOUL 75-00				
27	Skylar Roupe	09	Sioux City West	71-00	21.64m
	71-00 FOUL FOUL				
28	Lacey Krohn	10	Ponca NE	67-10	20.67m
	FOUL 67-10 FOUL				
29	Chantelle De Haan	09	Unity Chrstian	57-11	17.65m
	57-11 FOUL FOUL				

Girls 100 Meter Dash Elite

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Meet Record: * 12.56 4/17/2004 Ashlea Johnson, Yankton					
Name	Year	School	Finals	Wind	
=====					
1	Brooke Wolterstorff	10	Western Christia	13.15	-0.1

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Girls 100 Meter Dash Elite**

2	Kelly Daniels	12	Bishop Heelan	13.55	-0.1
3	Karlie Dahl	12	Homer NE	13.65	-0.1
4	Jennifer Petsche	12	West Monona	13.70	-0.1
4	Madison Yohe	11	Bishop Heelan	13.70	-0.1
6	Reyna Mikulicz	11	Sioux City East	13.76	-0.1
7	Erica Dreckman	11	Marcus Mmc	14.02	-0.1
8	Nichelle Carney	10	Western Christia	14.09	-0.1

Girls 100 Meter Hurdles Elite

Meet Record: * 14.80 4/18/2009 Nevada Sorenson, Sioux Falls Linco
 Name Year School Finals Wind

1	Katie Kallin	12	Oa-Bcig	16.46	0.5
2	Mackenzie Geary	10	Bishop Heelan	16.76	0.5
3	Steph Rohe	11	Gehlen Catholic	16.87	0.5
4	Mercedes Liparoto	11	Glenwood	16.92	0.5
5	Kirstie Ruhland	12	LeMars	17.62	0.5
6	Alex Howrey	12	Kp/Wc	17.65	0.5
7	Ashley Alons	12	Westwood- Sloan	18.01	0.5
8	Kim Kroeze	10	Western Christia	20.17	0.5

Women 100 Meter Dash UCO

Meet Record: * 11.82 4/16/1994 Marie Brown, South Dakota
 Name Year School Finals Wind H#

1	Nicole Brungardt	FR	Wayne State College	12.81	-2.5	3
2	Tamika Irvin	SO	Dakota Wesleyan	12.84	-2.5	3
3	Brianna Wubben	SO	Dordt	13.12	-2.5	3
4	AnnaLiesa Fauth	SR	Jamestown College	13.31	-1.8	1
5	Monique Williams	FR	South Dakota	13.35	-2.5	3
6	Janesha McGhee	FR	Iowa Western CC	13.47	-2.5	3
7	Ashley Schneider	FR	Northwestern	13.97	-2.3	2
8	Kayla Lavalais	FR	Wayne State College	14.04	-1.8	1
9	Madi Tibben	FR	Northwestern	14.05	-2.5	3
10	Paige Miller	FR	Buena Vista	14.29	-1.8	1
11	Keely Gross	FR	Jamestown College	14.31	-2.3	2
12	Anna Fuka	FR	Valley City State	14.42	-2.3	2
13	Nancy Tatou	JR	Briar Cliff	14.43	-2.3	2
14	Katie Breuer	JR	Mount Marty College	14.49	-2.3	2
15	Katie Raab	SO	Northwestern	14.50	-1.8	1
16	Lyndze Thompson	SO	Briar Cliff	14.55	-1.8	1
17	Johanna Scheich	FR	Mount Marty College	14.57	-2.3	2
18	Tasha Benjamin	FR	Jamestown College	14.62	-1.8	1
19	Bianca Ortiz	FR	Mount Marty College	14.64	-2.3	2
20	Rachel Muilenburg	FR	Northwestern	14.82	-1.8	1
21	Stephanie Erlandson	FR	Jamestown College	15.30	-2.3	2

Women 400 Meter Dash UCO

Meet Record: * 55.71 4/19/2001 Sharline Maxwell, Briar Cliff
 Name Year School Finals H#

1	Maggie Demulling	JR	Minnesota-Duluth	59.63	3
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Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Women 400 Meter Dash UCO**

2	Erin Klein	FR Wayne State College	59.81	3
3	AnnaLiesa Fauth	SR Jamestown College	1:00.02	3
4	Katie Zent	JR Jamestown College	1:00.74	3
5	Ariel Edwards	FR Jamestown College	1:01.05	2
6	Monique Williams	FR South Dakota	1:01.21	2
7	Gabbi Kates	FR Briar Cliff	1:01.63	2
8	Brittany Chambers	JR South Dakota	1:01.80	3
9	Anna Fuka	FR Valley City State	1:02.64	2
10	Claire Beck	SO Dakota State Univ.	1:02.95	2
11	Lydia Bienlien	SO Morningside	1:04.18	2
12	Mariah Stauffer	FR Morningside	1:04.73	1
13	Caitlyn Nerem	SR Northwestern	1:05.37	1
14	Nicole Jacobs	FR Northwestern	1:06.19	1
15	Nicole Jurrens	FR Dakota State Univ.	1:07.18	1
16	Corrie Rost	SR Northwestern	1:08.38	1
17	Blake Schany	FR Morningside	1:09.17	1

Women 800 Meter Run UCO

=====
 Meet Record: * 2:09.89 4/17/2000 Lisbeth Pedersen, unattache

Name	Year	School	Finals
1	Jessica Hudelson	JR Morningside	2:14.73
2	Molly Kokesh	SO Augustana	2:19.26
3	Carol Miller	SO South Dakota	2:20.40
4	Madeline Hornung	JR Jamestown College	2:20.95
5	Aleona Reyes	FR Jamestown College	2:21.11
6	Ashleigh Giese	FR South Dakota	2:21.35
7	Lisa Ryan	Unattached	2:21.75
8	McKenzie Reece	SO Morningside	2:24.28
9	LeAnn Severson	JR Augustana	2:24.34
10	CeCee Vallejo	SR Briar Cliff	2:24.61
11	Kelly Kougl	JR Augustana	2:25.86
12	Mallory Souder	JR Jamestown College	2:26.87
13	Molly Lorenz	JR Buena Vista	2:27.45
14	Bernie Bachel	SO Jamestown College	2:31.18
15	Jessica Pacholski	FR Briar Cliff	2:31.50
16	Jackie Niewenhuis	FR Northwestern	2:31.88
17	Alyssa Myers	JR Briar Cliff	2:32.32
18	Cecily Waddell	FR Morningside	2:32.45
19	Nicole Seier	SO Morningside	2:33.29
20	Skyler Lippman	FR Wayne State College	2:34.25
21	Tressa Miller	FR Morningside	2:36.73
22	Alexis Woita	FR Briar Cliff	2:36.84
23	Kelsey Levenhagen	SO Morningside	2:37.79
24	Erin Leier	FR Valley City State	2:38.27
25	Olivia Diggs	FR Morningside	2:38.94
26	Kayleen Gupman	SO Dakota Wesleyan	2:39.04
27	Cassie Burnside	FR Morningside	2:39.48
28	Jordan Staples	FR Morningside	2:39.71
29	Ariel Turnquist	FR Morningside	2:40.59
30	Amanda Burton	FR Dakota Wesleyan	2:41.82
31	Katie Larsen	FR Buena Vista	2:45.14
32	Sara Schultz	JR Dakota State Univ.	2:49.18
33	Kaia Bickford	FR Jamestown College	2:53.13

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Women 800 Meter Run UCO**

34 Rachael Reicks JR Buena Vista 2:58.81

Women 1500 Meter Run UCO

Meet Record: * 4:37.01 4/16/2011 Kyle Blakeslee, Augustana

Name	Year	School	Finals
1 Kyle Blakeslee	SO	Augustana	4:37.01*
2 Carolyn Wardell	JR	Minnesota-Duluth	4:37.95
3 Jessica Hudelson	JR	Morningside	4:37.97
4 Morgan Place	JR	Minnesota-Duluth	4:38.53
5 Dawn Gildersleeve	FR	Northwestern	4:40.71
6 Ashley Unruh	JR	Univ. Sioux Falls	4:43.08
7 Michelle SanCartier	SR	Minnesota-Duluth	4:43.63
8 Megan Zavorka	FR	Team Nebraska	4:47.49
9 Leah Hansen	SO	Augustana	4:47.77
10 Lisa Ryan		Unattached	4:50.18
11 Madeline Hornung	JR	Jamestown College	4:52.95
12 Britni Waller	FR	South Dakota	4:53.83
13 Megan Hilson	FR	South Dakota	4:54.64
14 Stephanie Warnke	JR	Unattached	4:54.76
15 Breanna Mathes	SO	Morningside	4:55.47
16 Teresa Scholten	JR	Northwestern	4:56.00
17 Ashleigh Giese	FR	South Dakota	4:57.33
18 Madison Musilek	FR	Univ. Sioux Falls	4:58.82
19 Sara Hess	SR	Northwestern	4:59.57
20 Calena Morehead	FR	Briar Cliff	5:00.76
21 Shelbie Pettie	SO	Univ. Sioux Falls	5:01.61
22 Michelle Steiger	JR	Dordt	5:02.93
23 Courtney Ruff	FR	Morningside	5:04.83
24 Merissa Harkema	SO	Dordt	5:05.38
25 McKenzie Reece	SO	Morningside	5:08.98
26 Kaylee Fly	SO	Iowa Western CC	5:11.19
27 Anna Jefferson	FR	Dordt	5:14.43
28 Sarah Wickman	SR	South Dakota	5:16.05
29 Kelsey Junget	FR	Augustana	5:16.83
30 Lydia Ford	JR	Morningside	5:18.64
31 Tatiana DeLosSantos	JR	Wayne State College	5:19.43
32 Kayla Smith	JR	South Dakota	5:21.69
33 Alena Laber	FR	South Dakota	5:22.72
34 Mallory Souder	JR	Jamestown College	5:23.08
35 Cecily Waddell	FR	Morningside	5:23.44
36 Nicole Seier	SO	Morningside	5:23.74
37 Holli Erickson	FR	Wayne State College	5:24.22
38 Jenna Kuhle	FR	Augustana	5:24.40
39 Nichole Duncan	SO	Dordt	5:25.36
40 Taryn Sahli	JR	Univ. Sioux Falls	5:26.80
41 Olivia Diggs	FR	Morningside	5:27.29
42 Lisa Kremer	SR	Briar Cliff	5:27.70
43 Tressa Miller	FR	Morningside	5:27.75
44 Kayleen Gupman	SO	Dakota Wesleyan	5:28.01
45 Lauren Aycoc	FR	Northwestern	5:29.67
46 Skyler Lippman	FR	Wayne State College	5:32.90
47 Leah Dykstra	SO	Northwestern	5:34.27
48 Erin Gerdes	SR	Briar Cliff	5:35.29

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****...Women 1500 Meter Run UCO**

49	Ashleigh Anderson	SR Jamestown College	5:41.90
50	Ali Clevenger	SR Univ. Sioux Falls	5:45.98
51	Michelle Johnson	SO Univ. Sioux Falls	5:49.25
52	Cassie Burnside	FR Morningside	5:50.28
53	Sara Schultz	JR Dakota State Univ.	5:54.71
54	Anna Wolverton	SR Briar Cliff	5:59.47
55	Ashley Corbett	JR Buena Vista	6:04.75
56	Kaia Bickford	FR Jamestown College	6:07.35
57	Teresa Nelson	SR Briar Cliff	6:38.86
58	Bre Platt	SR Buena Vista	6:53.99
59	Amanda Huss	FR Mount Marty College	7:52.80

Women 5000 Meter Run UCO

Meet Record: * 17:11.87 4/17/2010 Runa Faich, Augustana			
Name	Year	School	Finals
1	Kara Nelson	SR Morningside	18:24.43
2	Kelsey Robish	SO South Dakota	18:28.59
3	Courtney Ruff	FR Morningside	18:43.69
4	Jenna Kral	FR Morningside	18:57.65
5	Kristin Steffen	FR South Dakota	19:11.07
6	Lydia Ford	JR Morningside	19:16.64
7	Tabitha Shepherd	SO Morningside	19:24.14
8	Corrine Muyskens	SO Northwestern	20:21.88
9	Angela Luedke	SO South Dakota	20:46.10
10	Tianna Hurtado	SR South Dakota	20:52.93
11	Lisa Grosvenor	FR Morningside	21:07.99
12	Aimee Lenocker	SO Dakota Wesleyan	21:56.77
13	Kylie Underwood	JR Northwestern	22:23.21
14	Ashley Corbett	JR Buena Vista	24:01.20

Women 10000 Meter Run UCO

Meet Record: * 35:44.51 4/21/1998 Stacy Johnson, Augustana			
Name	Year	School	Finals
1	Megan Hilson	FR South Dakota	38:18.73
2	Jessica Brandli	SO South Dakota	39:31.12
3	Sarah Wickman	SR South Dakota	40:47.96
4	Alena Laber	FR South Dakota	41:47.11
5	Ali Gress	SO South Dakota	41:49.58
6	Kayla Smith	JR South Dakota	41:52.90
7	Abby Duling	JR South Dakota	42:05.91
8	Morgan Kayvan	FR South Dakota	42:53.12
9	Ashleigh Anderson	SR Jamestown College	43:34.01
10	Rosemary Bernth	SR Unattached	44:07.62
11	Kasey Hohl	SO South Dakota	44:38.01
12	Brittney Mikkelsen	SO Mount Marty College	44:38.91
13	Alicia Pick	JR Mount Marty College	45:54.59
14	Autumn Biermann	SO Mount Marty College	46:25.01
15	Becka Jensen	JR Mount Marty College	50:19.28

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Women 100 Meter Hurdles UCO**

Meet Record: * 14.01 4/16/1994 Anna Ratzloff, Augustana					
Name	Year	School	Finals	Wind	H#
1 Brianna Wubben	SO	Dordt	16.07	-3.9	4
2 Denise Dawson	SO	Iowa Western CC	16.74	-3.9	4
3 Andrea Boyd	JR	Buena Vista	16.82	-3.9	4
4 Lexi Guhl	FR	Wayne State College	17.05	-3.9	4
5 Bailey Schafbuch	SO	Buena Vista	17.06	-2.3	3
6 Victoria Vondrak	FR	Morningside	17.07	-2.3	3
7 Tricia Watson	FR	South Dakota	17.13	-2.3	3
8 Rachel Burnette	SO	Buena Vista	17.14	-2.0	2
9 Summer Bronson	SO	Dakota State Univ.	17.47	-2.3	3
10 Mariah Stauffer	FR	Morningside	17.53	-2.0	2
11 Kayla Schumacher	FR	Jamestown College	17.55	-2.3	3
12 Alexandra Jacobs	FR	South Dakota	17.63	-2.3	3
13 Ashley Cooper	JR	Jamestown College	17.83	-2.3	3
14 Stephanie Schultz	SR	Mount Marty College	17.84	-2.0	2
15 Paige Miller	FR	Buena Vista	18.50	-3.6	1
16 Amy Kessler	JR	Morningside	19.56	-3.6	1
17 Shelby Stofferan	FR	Briar Cliff	19.65	-3.6	1
18 Haley Logan	FR	Mount Marty College	19.69	-2.0	2
19 Kayla Holtgrewe	FR	Briar Cliff	19.90	-3.6	1
20 Kallie Merrill	SR	Jamestown College	20.66	-2.0	2
21 Heather Banister	FR	Dakota Wesleyan	21.14	-3.6	1

Women 400 Meter Hurdles UCO

Meet Record: * 1:00.55 4/15/1995 Anna Ratzloff, Augustana					
Name	Year	School	Finals	H#	
1 Paige Pollard	SR	Unattached	1:03.05	3	
2 Marissa Curry	SR	Jamestown College	1:05.84	3	
3 Sarah Skipper	SR	Jamestown College	1:06.90	3	
4 Hope Carr	FR	Jamestown College	1:08.68	3	
5 Kayla Byle	FR	Jamestown College	1:08.84	3	
6 Rachel Burnette	SO	Buena Vista	1:09.11	2	
7 Tricia Watson	FR	South Dakota	1:10.66	3	
8 Summer Bronson	SO	Dakota State Univ.	1:11.88	3	
8 Amy Pheneger	SR	Dakota State Univ.	1:11.88	2	
10 Madeline Glesinger	FR	Wayne State College	1:13.46	2	
11 Kayla Schumacher	FR	Jamestown College	1:13.77	2	
12 Paige Miller	FR	Buena Vista	1:15.08	1	
13 Kallie Merrill	SR	Jamestown College	1:16.91	2	
14 Alexandra Jacobs	FR	South Dakota	1:19.02	1	

Women 3000 Meter Steeplechase UCO

Meet Record: * 10:41.80 4/17/2010 Jen Van Otterloo, unattach					
Name	Year	School	Finals		
1 Katie Conlon	SO	Jamestown College	10:57.81		
2 Carol Miller	SO	South Dakota	11:21.22		
3 Gail McIntyre	JR	Dakota Wesleyan	11:29.41		
4 Kara Nelson	SR	Morningside	11:40.87		
5 Kelsey Robish	SO	South Dakota	11:54.14		

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Women 3000 Meter Steeplechase UCO**

6	Laura Johnson	SR	Augustana	12:07.39
7	Kristin Steffen	FR	South Dakota	12:26.88
8	Tianna Hurtado	SR	South Dakota	13:31.42
9	Bre Platt	SR	Buena Vista	15:29.39
--	Tabitha Shepherd	SO	Morningside	DNF

Women 4x100 Meter Relay UCO

2 turn stagger

Meet Record: * 46.88 4/17/2010 Mary, N.D., Mary
K Nelson, N Coombs, M. Weber, K. Stewart

School	Finals	H#
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1	Iowa Western CC 'A'	48.14	2
	1) Denise Dawson SO	2) Nicolina Edwards SO	
	3) Edna Johnson FR	4) Shennae Steele SO	
2	Briar Cliff 'A'	50.94	2
	1) Nancy Tatou JR	2) Madison Borer SO	
	3) Jenna Roderick FR	4) Katie Beldt SO	
3	Dakota State Univ. 'A'	51.64	2
	1) Laura Porch SO	2) Brandi Gau SR	
	3) Amber Krogstad SR	4) Danielle Rowe SR	
4	Mount Marty College 'A'	53.46	2
	1) Meghan Nelson SR	2) Bianca Ortiz FR	
	3) Katie Breuer JR	4) April Winne FR	
5	Morningside 'A'	53.65	1
	1) Mariah Stauffer FR	2) Lydia Bienlien SO	
	3) Blake Schany FR	4) Kylie Kneifl FR	
6	Buena Vista 'A'	53.73	2
	1) Bailey Schafbuch SO	2) Rachel Burnette SO	
	3) Nikki Hanish SO	4) Andrea Boyd JR	
7	Valley City State 'A'	54.06	1
	1) Beth Jochim FR	2) Summer Romine FR	
	3) Erin Leier FR	4) Anna Fuka FR	
8	Jamestown College 'A'	54.77	2
	1) Stephanie Erlandson FR	2) Tasha Benjamin FR	
	3) Keely Gross FR	4) Kayla Schumacher FR	
--	Wayne State College 'A'	DQ	2
	1) Sidney Blum FR	2) Morgan Swanson FR	
	3) Brianne Hofstetter JR	4) Samantha Garrison FR	

Women 4x200 Meter Relay UCO

4 turn stagger

Meet Record: * 1:39.71 4/16/1994 South Dakota, South Dakota
M. Christie J. Bowne C. McFarland M. Brown

School	Finals
--------	--------

1	Iowa Western CC 'A'	1:43.06
	1) Shennae Steele SO	2) Lacey Wright FR
	3) Janesha McGhee FR	4) Edna Johnson FR
2	Jamestown College 'A'	1:46.41
	1) Katie Zent JR	2) Ariel Edwards FR
	3) Marissa Curry SR	4) AnnaLiesa Fauth SR
3	Dordt 'A'	1:47.32

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Women 4x200 Meter Relay UCO**

1) Megan Carter FR	2) Kaitlin Troost SO	
3) Lindsey Moerman FR	4) Chelsea Vaandrager FR	
4 Briar Cliff 'A'		1:47.80
1) Katie Beldt SO	2) Madison Borer SO	
3) Jenna Roderick FR	4) Jayna Specht FR	
5 Dakota State Univ. 'A'		1:48.61
1) Brandi Gau SR	2) Amber Krogstad SR	
3) Danielle Rowe SR	4) Stephanie Uher SO	
6 Valley City State 'A'		1:52.63
1) Beth Jochim FR	2) Summer Romine FR	
3) Erin Leier FR	4) Anna Fuka FR	
7 Buena Vista 'A'		1:52.68
1) Bailey Schafbuch SO	2) Rachel Burnette SO	
3) Nikki Hanish SO	4) Andrea Boyd JR	
-- Wayne State College 'A'		DQ
1) Erin Klein FR	2) Morgan Swanson FR	
3) Samantha Garrison FR	4) Lexi Guhl FR	

Women 4x400 Meter Relay UCO

3 turn stagger

Meet Record: * 3:49.05 4/22/1992 North Dakota State, North D
Ristau, Koehn, Kelly, Faus

School

Finals

1 Jamestown College 'A'		3:59.45
1) Katie Zent JR	2) Ariel Edwards FR	
3) Marissa Curry SR	4) AnnaLiesa Fauth SR	
2 Dordt 'A'		4:02.20
1) Jenna Brouwer SR	2) Kaitlin Troost SO	
3) Lindsey Moerman FR	4) Katie Bonnema FR	
3 Briar Cliff 'A'		4:04.00
1) Gabbi Kates FR	2) Jayna Specht FR	
3) Katie Beldt SO	4) Madison Borer SO	
4 Northwestern College 'A'		4:05.31
1) Stacey Dietrich JR	2) Teresa Scholten JR	
3) Brianna Hobbs FR	4) Andrea Larson SR	
5 Buena Vista 'A'		4:23.25
1) Rachel Burnette SO	2) Bailey Schafbuch SO	
3) Molly Lorenz JR	4) Elizabeth Ahrendsen SR	
6 Morningside 'B'		4:36.43
1) Blake Schany FR	2) Kara Nelson SR	
3) Tabitha Shepherd SO	4) Kelsey Levenhagen SO	

Women 4x800 Meter Relay UCO

1 turn stagger

Meet Record: * 9:25.45 4/20/1998 Augustana, Augustana
A. Harens B. Parmer E. Fleming K. Krull

School

Finals

1 Augustana 'A'		9:40.75
1) Kelly Kougl JR	2) Miriam Hovda SO	
3) LeAnn Severson JR	4) Molly Kokesh SO	
2 South Dakota 'A'		9:41.50

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Women 4x800 Meter Relay UCO**

1) Ashleigh Giese FR	2) Britni Waller FR	
3) Megan Hilson FR	4) Jessica Brandli SO	
3 Jamestown College 'A'		9:41.86
1) Madeline Hornung JR	2) Mallory Souder JR	
3) Katie Conlon SO	4) Aleona Reyes FR	
4 Dordt 'A'		9:57.12
1) Merissa Harkema SO	2) Michelle Steiger JR	
3) Nichole Duncan SO	4) Katie Bonnema FR	
5 Briar Cliff 'A'		10:30.00
1) CeCee Vallejo SR	2) Jessica Pacholski FR	
3) Alyssa Myers JR	4) Alexis Woita FR	
6 Morningside 'A'		11:09.64
1) Kelsey Levenhagen SO	2) Tressa Miller FR	
3) Stephie Wibben FR	4) Ariel Turnquist FR	

Women 1600 Sprint Medley UCO

3 turn stagger

Meet Record: * 4:08.53 4/20/2000 North Dakota State, North Dako
J. Theeler T. Wigley-Bundy C. Ward R Kraft

School		Finals	H#
1 Morningside 'A'		4:16.69	2
1) Mariah Stauffer FR	2) Lydia Bienlien SO		
3) Breanna Mathes SO	4) Jessica Hudelson JR		
2 Briar Cliff 'A'		4:22.70	2
1) Katie Beldt SO	2) Jayna Specht FR		
3) Madison Borer SO	4) CeCee Vallejo SR		
3 Valley City State 'A'		4:30.60	1
1) Beth Jochim FR	2) Summer Romine FR		
3) Anna Fuka FR	4) Erin Leier FR		
4 Univ. Sioux Falls 'A'		4:31.31	2
1) Michelle Johnson SO	2) Madison Musilek FR		
3) Shelbie Pettie SO	4) Ashley Unruh JR		
5 Buena Vista 'A'		4:32.59	2
1) Bailey Schafbuch SO	2) Andrea Boyd JR		
3) Rachel Burnette SO	4) Molly Lorenz JR		
6 Jamestown College 'A'		4:33.35	1
1) Stephanie Erlandson FR	2) Ashley Cooper JR		
3) Kayla Byle FR	4) Bernie Bachel SO		
7 Northwestern College 'A'		4:34.23	2
1) Madi Tibben FR	2) Ashley Schneider FR		
3) Elizabeth Stevens JR	4) Amy VanSlike SO		
8 Briar Cliff 'B'		4:34.29	2
1) Nancy Tatou JR	2) Jenna Roderick FR		
3) Gabbi Kates FR	4) Jessica Pacholski FR		
9 Mount Marty College 'A'		4:35.07	1
1) Meghan Nelson SR	2) Bianca Ortiz FR		
3) Katie Breuer JR	4) Stephanie Schultz SR		
10 Dakota State Univ. 'A'		4:35.87	2
1) Brandi Gau SR	2) Amber Krogstad SR		
3) Claire Beck SO	4) Stephanie Uher SO		
11 Dakota State Univ. 'B'		4:51.62	1
1) Laura Porch SO	2) Nicole Jurrens FR		
3) Summer Bronson SO	4) Amy Pheneger SR		

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Women Distance Medley UCO**

1 turn stagger

Running Order 1200-400-800-1600

Meet Record: * 12:11.53 4/20/1998 North Dakota State, North
School Finals

1	Northwestern College 'A'			12:18.22
	1) Dawn Gildersleeve FR		2) Brianna Hobbs FR	
	3) Teresa Scholten JR		4) Charity Miles SR	
2	Augustana 'B'			12:30.42
	1) Kyle Blakeslee SO		2) Miriam Hovda SO	
	3) Kristin Brondbo FR		4) Leah Hansen SO	
3	South Dakota 'A'			12:58.04
	1) Ashleigh Giese FR		2) Brittany Chambers JR	
	3) Natalie Newman JR		4) Carol Miller SO	
4	Briar Cliff 'A'			13:45.30
	1) Lisa Becker SR		2) Alyssa Myers JR	
	3) Alexis Woita FR		4) Calena Morehead FR	

Women High Jump UCOMeet Record: * 5-10.50 4/20/1998 Dawn Putman-Vinyard, Buena Vista
Name Year School Finals

1	Brianna Wubben	SO Dordt	1.60m	5-03.00
2	Danielle Rowe	SR Dakota State Univ.	J1.60m	5-03.00
2	Kristy Schaaf	JR Briar Cliff	J1.60m	5-03.00
4	Mallory Johannes	SO Jamestown College	1.55m	5-01.00
5	Caitlin Casey	FR Morningside	J1.55m	5-01.00
6	Victoria Vondrak	FR Morningside	1.50m	4-11.00
6	Kaeli Austin	FR Morningside	1.50m	4-11.00
6	Janesha McGhee	FR Iowa Western CC	1.50m	4-11.00
6	Samantha MacDonald	FR Iowa Western CC	1.50m	4-11.00
10	Elizabeth Ahrendsen	SR Buena Vista	J1.50m	4-11.00
11	Stephanie Uher	SO Dakota State Univ.	J1.50m	4-11.00

Women Pole Vault UCOMeet Record: * 12-00 4/21/2001 Sandy Pelkofer, South Dakota
Name Year School Finals

1	Amber Reidy	FR Buena Vista	10-00.00	3.04m
2	Jacklyn Brooks	JR Northwestern	9-06.00	2.89m
3	Jana Olson	SO Northwestern	J9-06.00	2.89m
4	Breanne Heidema	FR Dordt	J9-06.00	2.89m
5	Christina Van Singel	JR Dordt	9-00.00	2.74m
6	Samantha Garrison	FR Wayne State College	J9-00.00	2.74m
7	Alexandria Gutzmer	FR Iowa Western CC	8-06.00	2.59m
8	Kylie Kneifl	FR Morningside	J8-06.00	2.59m
8	Bethany Gray	FR Northwestern	J8-06.00	2.59m
10	Kim DeJong	SO Northwestern	J8-06.00	2.59m
11	Courtney Oliver	SO Jamestown College	8-00.00	2.43m
12	Lael Radde	SO Dordt	7-06.00	2.28m
12	Megan Sather	FR Jamestown College	7-06.00	2.28m
--	Kaia Bickford	FR Jamestown College		NH

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011

Olsen Stadium

Results

Women Long Jump UCO

Meet Record: * 18-11.50 4/21/2001 Meredith Davis, Morningside						
Name	Year	School	Finals	Wind		
1 Brianna Wubben	SO	Dordt	5.45m	-0.1	17-10.75	
5.45m(-0.1) PASS	PASS	PASS	PASS	PASS		
2 Nicole Brungardt	FR	Wayne State College	5.35m	+0.0	17-06.75	
5.06m(-1.2) FOUL	FOUL	5.10m(+0.0)	5.12m(0.8)	5.35m(+0.0)		
3 Denise Dawson	SO	Iowa Western CC	5.23m	-0.3	17-02.00	
FOUL 5.22m(1.0)	5.01m(+0.0)	5.16m(+0.0)	4.91m(+0.0)	5.23m(-0.3)		
4 Sarah Skipper	SR	Jamestown College	4.98m	0.2	16-04.25	
4.98m(0.2) 4.81m(-1.5)	4.84m(+0.0)	PASS	PASS	PASS		
5 Mackenzie Small	FR	Northwestern	4.94m	+0.0	16-02.50	
4.81m(0.6) FOUL	4.82m(+0.0)	4.81m(-0.3)	4.94m(+0.0)	4.76m(0.4)		
6 Brianne Hofstetter	JR	Wayne State College	4.87m	-1.6	15-11.75	
4.82m(-0.2) FOUL	4.87m(-1.6) FOUL	4.79m(+0.0)	4.86m(+0.0)			
7 Sidney Blum	FR	Wayne State College	4.86m	1.1	15-11.50	
4.86m(1.1) FOUL	4.65m(1.0) FOUL	4.67m(-0.2)	4.82m(+0.0)			
8 Katie Ferguson	FR	South Dakota	4.83m	+0.0	15-10.25	
4.73m(0.6) 4.83m(+0.0)	4.63m(0.5)	4.56m(+0.0)	4.50m(0.8)	FOUL		
9 Natalie Munger	FR	Dakota Wesleyan	4.76m	0.1	15-07.50	
4.76m(0.1) FOUL	FOUL					
10 Hope Carr	FR	Jamestown College	4.75m	-0.2	15-07.00	
4.56m(0.2) 4.75m(-0.2)	4.65m(1.0)					
11 Morgan Swanson	FR	Wayne State College	4.70m	0.3	15-05.00	
4.56m(0.5) 4.70m(0.3)	4.64m(1.1)					
12 Lindsey Moerman	FR	Dordt	4.59m	1.6	15-00.75	
4.29m(-0.5) 4.59m(1.6)	4.29m(-0.8)					
13 Beth Jochim	FR	Valley City State	4.58m	0.3	15-00.50	
4.39m(-0.6) 4.58m(0.3)	4.51m(1.1)					
14 Victoria Vondrak	FR	Morningside	4.57m	-0.6	15-00.00	
4.57m(-0.6) FOUL	4.39m(-1.5)					
15 Kaitlin Troost	SO	Dordt	4.56m	2.5	14-11.50	
FOUL 4.56m(2.5)	FOUL					
16 Liz Benjamin	JR	Briar Cliff	4.52m	-1.3	14-10.00	
4.44m(-0.4) 4.52m(-1.3)	FOUL					
17 Cassie Schuurmans	FR	Mount Marty College	4.38m	0.9	14-04.50	
4.38m(0.9) 4.06m(1.8)	4.15m(0.3)					
18 Keely Gross	FR	Jamestown College	4.30m	1.7	14-01.25	
FOUL 4.30m(1.7)	4.13m(2.2)					
19 Heidi Hildebrandt	SR	Northwestern	4.10m	0.5	13-05.50	
FOUL 4.10m(0.5)	FOUL					
20 Elizabeth Ahrendsen	SR	Buena Vista	4.05m	1.9	13-03.50	
FOUL 4.05m(1.9)	3.80m(-1.5)					
21 Kayla Byle	FR	Jamestown College	4.04m	-0.6	13-03.25	
3.50m(1.3) FOUL	4.04m(-0.6)					
22 Kathryn Ederer	FR	South Dakota	3.89m	2.6	12-09.25	
FOUL 3.55m(1.3)	3.89m(2.6)					
23 Haley Logan	FR	Mount Marty College	3.81m	-0.2	12-06.00	
FOUL 3.81m(-0.2)	FOUL					
24 Kallie Merrill	SR	Jamestown College	3.66m	1.3	12-00.25	
FOUL 3.66m(1.3)	3.58m(0.9)					

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Women Triple Jump UCO**

Meet Record: * 37-11 4/22/2002 Brianne Vette, South Dakota						
Name	Year	School	Finals	Wind		
1 Brianne Hofstetter	JR	Wayne State College	10.91m	0.7	35-09.50	
			10.64m(+0.0)	10.66m(0.1)	10.91m(0.7)	10.74m(0.3)
			10.87m(0.1)	10.76m(-2.0)		
2 Liz Benjamin	JR	Briar Cliff	10.89m	-0.2	35-08.75	
			FOUL	10.89m(-0.2)	10.66m(-0.4)	FOUL
			FOUL	FOUL	10.28m(0.5)	
3 Morgan Swanson	FR	Wayne State College	10.41m	-0.8	34-02.00	
			9.52m(-0.6)	FOUL	10.02m(-0.8)	10.07m(+0.0)
			10.24m(1.3)	10.41m(-0.8)		
4 Molly Lebeda	FR	Iowa Western CC	10.37m	+0.0	34-00.25	
			FOUL	FOUL	10.37m(+0.0)	FOUL
			FOUL	FOUL	FOUL	
5 Sidney Blum	FR	Wayne State College	10.31m	-0.2	33-10.00	
			FOUL	10.31m(-0.2)	10.08m(0.8)	9.82m(+0.0)
			FOUL	10.17m(+0.0)		
6 Lindsey Moerman	FR	Dordt	10.08m	+0.0	33-01.00	
			FOUL	9.81m(-0.2)	FOUL	9.67m(1.0)
			FOUL	10.08m(+0.0)	FOUL	
7 Beth Jochim	FR	Valley City State	10.04m	0.3	32-11.25	
			9.96m(-0.7)	9.99m(-0.2)	10.04m(0.3)	FOUL
			9.51m(-1.1)	9.82m(0.1)		
8 Heidi Hildebrandt	SR	Northwestern	9.85m	-0.2	32-03.75	
			9.50m(-0.7)	9.85m(-0.2)	9.71m(-0.3)	9.35m(1.1)
			9.51m(0.4)	FOUL		
9 Cassie Schuurmans	FR	Mount Marty College	9.59m	0.5	31-05.75	
			FOUL	9.52m(-0.3)	9.59m(0.5)	
10 Keely Gross	FR	Jamestown College	9.09m	-0.2	29-10.00	
			FOUL	9.09m(-0.2)	9.05m(+0.0)	
-- Kaitlin Troost	SO	Dordt	FOUL			
			FOUL	FOUL	FOUL	
-- Sydney Vinson	FR	Iowa Western CC	FOUL			
			FOUL	FOUL	FOUL	

Women Shot Put UCO

Standard for measurement 35'						
Meet Record: * 59-07 4/18/2009 Rachel Jansen, unattached						
Name	Year	School	Finals			
1 Elizabeth Crane	SR	Minnesota-Duluth	13.45m	44-01.50		
			12.55m	12.86m	12.35m	12.36m
			13.45m	12.92m		
2 Kayla Roemmich	SO	Jamestown College	12.73m	41-09.25		
			11.68m	12.65m	12.07m	12.28m
			12.73m	FOUL		
3 Noel Bentele	SR	Augustana	12.13m	39-09.75		
			12.13m	11.42m	11.85m	FOUL
			FOUL	FOUL	11.91m	
4 Christena Georgas	SO	South Dakota	12.02m	39-05.25		
			11.87m	FOUL	11.22m	FOUL
			12.02m	11.84m		
5 Chelsea Colpitts	FR	Iowa Western CC	11.94m	39-02.25		
			FOUL	11.05m	11.94m	11.92m
			11.58m	11.71m		
6 Tara Cockerill	SO	Briar Cliff	11.77m	38-07.50		
			11.58m	FOUL	FOUL	FOUL
			11.77m	FOUL		
7 Erica Krull	SR	South Dakota	11.59m	38-00.25		
			11.44m	11.55m	11.42m	10.99m
			11.59m	11.22m		
8 Samantha Rus	FR	Mount Marty College	11.06m	36-03.50		
			10.83m	10.82m	FOUL	FOUL
			10.75m	11.06m		
9 Kylee Eggers	SO	Iowa Western CC	10.92m	35-10.00		
			10.76m	10.79m	10.39m	FOUL
			10.92m	10.51m		
10 Jill Schlenker	SR	Jamestown College	10.74m	35-03.00		
			10.52m	10.47m	10.74m	

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Women Shot Put UCO**

11 Sarah Wieseler	JR Briar Cliff	10.60m	34-09.50
10.03m 10.56m 10.60m			
12 Kelley Helm	FR Briar Cliff	10.57m	34-08.25
10.21m 9.94m 10.57m			
13 Laura Maynard	SO Morningside	10.21m	33-06.00
10.21m 10.00m 10.16m			
14 Megan Vote	SR Jamestown College	9.53m	31-03.25
8.86m 9.53m 9.50m			
15 Jamie Moore	FR Jamestown College	9.09m	29-10.00
8.78m 9.08m 9.09m			
16 Jenny Wichert	FR Iowa Western CC	8.85m	29-00.50
FOUL 8.41m 8.85m			
17 Emily Holz	FR Dordt	8.60m	28-02.75
8.52m 8.60m 8.47m			
18 Shelby Peters	FR Buena Vista	8.16m	26-09.25
FOUL 7.75m 8.16m			
19 Erin Laursen	FR Buena Vista	8.03m	26-04.25
7.55m 8.03m FOUL			
20 Meghan Nelson	SR Mount Marty College	7.69m	25-02.75
7.69m 7.60m 7.47m			

Women Discus Throw UCO

Standard for measurement 100'

Meet Record: * 168-00 4/20/1998 Nancy Overman, South Dakota State

Name	Year School	Finals
1 RaeChael Zabokrtsky	SR Morningside	37.20m 122-00
FOUL 34.26m 36.33m 33.55m 37.20m FOUL		
2 Emily Wells	FR Unattached	36.28m 119-00
36.28m FOUL 31.30m FOUL FOUL FOUL		
3 Jill Schlenker	SR Jamestown College	35.20m 115-06
FOUL 32.70m 35.20m 34.43m FOUL 33.25m		
4 Danielle Fry	JR Northwestern	34.75m 114-00
34.75m FOUL FOUL FOUL 33.21m FOUL		
5 Kayla Roemmich	SO Jamestown College	34.29m 112-06
FOUL 34.29m FOUL FOUL FOUL FOUL		
6 Elizabeth Crane	SR Minnesota-Duluth	33.49m 109-10
FOUL 30.87m FOUL FOUL 33.49m 32.80m		
7 Kara DenHerder	SR Northwestern	32.55m 106-09
FOUL 29.75m 30.09m FOUL 32.55m FOUL		
8 Shelby Peters	FR Buena Vista	27.44m 90-00
FOUL 27.44m FOUL FOUL FOUL FOUL		
9 Jamie Moore	FR Jamestown College	25.10m 82-04
25.10m FOUL FOUL		
10 Kelci Teut	FR Morningside	23.96m 78-07
23.96m FOUL FOUL		
11 Ashley Gierke	SO Valley City State	23.22m 76-02
FOUL FOUL 23.22m		
12 Amber Volanti	FR Valley City State	23.15m 75-11
23.15m FOUL FOUL		
13 Kelley Helm	FR Briar Cliff	22.80m 74-10
FOUL 22.80m FOUL		
-- Kalifornia Gray	FR Morningside	FOUL
FOUL FOUL FOUL		

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Women Hammer Throw UCO**

Meet Record: * 186-03 4/18/2009 Amanda Madden, Northern State							
Name	Year	School					Finals
1 Noel Bentele	SR	Augustana					49.23m 161-06
			48.46m	48.08m	44.14m	45.65m 49.23m 47.20m	
2 Carly Fehringer	FR	Wayne State College					49.07m 161-00
			48.39m	44.17m	FOUL	47.70m 48.99m 49.07m	
3 Danielle Dornbusch	SR	Unattached					47.97m 157-04
			46.55m	43.01m	FOUL	FOUL 46.56m 47.97m	
4 Lachel Milander	JR	Wayne State College					47.84m 156-11
			45.73m	47.84m	45.77m	FOUL FOUL 46.08m	
5 Casey Buskirk	JR	Wayne State College					45.63m 149-08
			44.46m	44.19m	45.63m	44.07m FOUL 43.44m	
6 Ashley Sparks	SR	Briar Cliff					45.30m 148-07
			43.88m	44.90m	45.30m	42.10m FOUL FOUL	
7 Kara DenHerder	SR	Northwestern					44.50m 146-00
			43.16m	43.13m	44.50m	43.17m FOUL 43.97m	
8 Emily Wells	FR	Unattached					43.63m 143-02
			43.63m	FOUL	FOUL	FOUL 43.12m FOUL	
9 Danielle Fry	JR	Northwestern					43.55m 142-10
			41.45m	43.55m	FOUL	FOUL FOUL FOUL	
10 Mackenzie Masching	FR	Wayne State College					41.92m 137-06
			40.45m	41.92m	FOUL	39.83m FOUL 39.40m	
11 Jill Schlenker	SR	Jamestown College					40.94m 134-04
			FOUL	39.46m	40.94m		
12 Megan Vote	SR	Jamestown College					39.37m 129-02
			39.37m	FOUL	FOUL		
13 Erica Krull	SR	South Dakota					38.97m 127-10
			38.97m	FOUL	FOUL		
14 Christena Georgas	SO	South Dakota					35.54m 116-07
			FOUL	FOUL	35.54m		
15 RaeChael Zabokrtsky	SR	Morningside					34.42m 112-11
			34.42m	FOUL	32.63m		
16 Erin Laursen	FR	Buena Vista					33.96m 111-05
			32.80m	FOUL	33.96m		
17 Laura Maynard	SO	Morningside					28.62m 93-11
			28.62m	FOUL	FOUL		
18 Kayla Roemmich	SO	Jamestown College					25.94m 85-01
			FOUL	25.94m	FOUL		
19 Ashley Gierke	SO	Valley City State					25.40m 83-04
			25.40m	FOUL	FOUL		
20 Amber Volanti	FR	Valley City State					23.18m 76-00
			FOUL	23.18m	FOUL		

Women Javelin Throw UCO

Meet Record: * 142-10 4/19/2005 Jen Buyske, Augustana							
Name	Year	School					Finals
1 Amber Volanti	FR	Valley City State					39.27m 128-10
			37.24m	35.47m	36.29m	35.46m 39.27m 38.60m	
2 Beth Segerholm	SO	Jamestown College					38.56m 126-06
			36.64m	38.56m	36.61m	35.98m 35.33m 34.76m	
3 Elizabeth Stevens	JR	Northwestern					38.30m 125-08
			32.35m	FOUL	38.30m	35.30m FOUL 36.40m	

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Women Javelin Throw UCO**

4	Laura Maynard	SO Morningside	33.97m	111-05
	33.44m FOUL FOUL 33.97m FOUL FOUL			
5	Shannon Bowar	JR Northwestern	32.30m	106-00
	32.30m FOUL 29.75m FOUL FOUL 31.59m			
6	Nicole Swisher	SO Briar Cliff	31.10m	102-00
	FOUL 30.00m 30.07m 31.10m FOUL FOUL			
7	Ashley Gierke	SO Valley City State	31.00m	101-08
	27.96m 30.65m 31.00m 26.48m 28.67m 28.98m			
8	Kylee Eggers	SO Iowa Western CC	29.69m	97-05
	26.83m 27.45m 29.69m FOUL FOUL FOUL			
9	Kelci Teut	FR Morningside	29.40m	96-05
	29.40m 26.94m 26.23m 29.03m 27.54m 26.68m			
10	Samantha MacDonald	FR Iowa Western CC	29.32m	96-02
	22.58m FOUL 29.32m			
11	Kalifornia Gray	FR Morningside	29.11m	95-06
	29.00m 29.11m 27.38m			
12	Kallie Merrill	SR Jamestown College	27.40m	89-11
	27.40m 25.98m 25.10m			
13	Sarah Cosgrove	SO Mount Marty College	26.99m	88-06
	FOUL 26.99m 24.08m			
14	Brianna Wubben	SO Dordt	26.94m	88-05
	26.94m FOUL FOUL			
15	Meghan Nelson	SR Mount Marty College	26.24m	86-01
	25.47m 26.24m FOUL			
16	Amy Kessler	JR Morningside	25.37m	83-03
	FOUL 25.37m 24.65m			
17	Erin Laursen	FR Buena Vista	24.75m	81-02
	24.75m FOUL FOUL			
18	Victoria Vondrak	FR Morningside	24.67m	80-11
	24.67m 20.16m 21.51m			
19	Jenny Wichert	FR Iowa Western CC	24.54m	80-06
	24.54m FOUL FOUL			
20	Emily Holz	FR Dordt	23.82m	78-02
	23.21m 23.82m FOUL			
21	Jamie Moore	FR Jamestown College	21.26m	69-09
	17.48m 21.26m 18.65m			
22	Haley Logan	FR Mount Marty College	21.23m	69-08
	21.23m 19.52m 20.42m			
23	Kayla Byle	FR Jamestown College	20.83m	68-04
	19.20m 20.83m FOUL			
24	Hope Carr	FR Jamestown College	20.11m	66-00
	15.63m 20.11m 18.78m			
25	Caitlin Casey	FR Morningside	19.92m	65-04
	FOUL 19.53m 19.92m			

Boys 100 Meter Dash Class"A"

Meet Record: * 10.57 4/20/1989 Scott Ingvaldstad, SF Lincoln						
Name	Year	School	Finals	Wind	H#	
1	Darius Pearson	11 Sioux City West	11.58	-2.5	2	
2	Austin Ebertowski	12 CB Abe Lincoln	11.72	-2.5	2	
3	Spencer Zook	12 Sioux City North	11.79	-2.5	2	
4	Datrack Hollis	12 Sioux City West	11.80	-2.5	2	
5	Cleo Harris	11 CB Abe Lincoln	11.89	-2.5	2	

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Boys 100 Meter Dash Class"A"**

6	Dajo Hubert	10	Sioux City North	11.96	-2.6	1
7	Chris Harner	11	SF Lincoln SD	12.07	-2.6	1
8	Tim Keane	11	Bishop Heelan	12.11	-2.5	2
9	Dakota Linafelter	12	Sgt. Bluff-Luton	12.27	-2.6	1
10	Ronald Nash	09	Sioux City East	12.39	-2.5	2
11	Manny Alcaarez	10	Bishop Heelan	12.43	-2.6	1
12	Jon Halvorson	12	SF Lincoln SD	12.57	-2.6	1
13	Ethan Lieber	12	Sgt. Bluff-Luton	12.80	-2.6	1
14	Breckin Anderson	12	South Sioux City	12.91	-2.6	1

Boys 110 Meter Hurdles Class"A"

Meet Record: * 14.32 4/20/1987 Brian Biggerstaff, SC West						
Name	Year	School	Finals	Wind		
1	Logan Shine	12	Sgt. Bluff-Luton	16.79	-2.0	
2	Alex Imming	11	Sioux City East	16.91	-2.0	
3	Ty Robinson	12	Sioux City West	16.94	-2.0	
4	Austin Krohn	11	Sgt. Bluff-Luton	16.98	-2.0	
5	Cody O'Dell	12	South Sioux City	17.25	-2.0	
6	DJ Jefferson	11	CB Abe Lincoln	18.08	-2.0	
7	Caden Quintinilla	09	SF Lincoln SD	18.45	-2.0	
8	Hashim Gabon	12	SF Lincoln SD	19.23	-2.0	

Boys 4x100 Meter Relay Class"A"

2 turn stagger

Meet Record: * 42.98 4/20/1995 SC West, SC West
D. Franklin, J. Ball, T. Salmon, Z. Flemister

School	Finals					
1	Sioux City West 'A'	44.13				
	1) Antonio Anderson 12	2) James Burton 12				
	3) Daquane Triplett 12	4) Dattrick Hollis 12				
2	SF Lincoln SD 'A'	44.64				
	1) Caden Quintinilla 09	2) Chris Harner 11				
	3) Nick Goeman 11	4) Gemechu Godi 11				
3	Bishop Heelan 'A'	44.93				
	1) Zach Skibinski 10	2) Dane Hickman 11				
	3) Manny Alcaarez 10	4) Tim Keane 11				
4	Sioux City North 'A'	44.95				
	1) Spencer Zook 12	2) Charley Forey 11				
	3) Dajo Hubert 10	4) Quinn Williams 11				
5	CB Abe Lincoln 'A'	45.99				
	1) Payton Mass 12	2) Dylan Garner 09				
	3) Alex White 11	4) Devin Thomas 12				
6	Sergeant Bluff-Luton 'A'	46.04				
	1) Dakota Linafelter 12	2) Ethan Lieber 12				
	3) Jake Wimmer 12	4) Dillon Hiserote 10				
--	Sioux City East 'A'	DNF				
	1) Ronald Nash 09	2) Ryan Anderson 12				
	3) Steven Bentz 12	4) Eric Peters 12				

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Boys 4x200 Meter Relay Class "A"**

4 turn stagger

Meet Record: * 1:29.46 4/20/1994 SC West, SC West

W. Akins, Z. Flemister, T. Bigelow, J. Ball

School

Finals

1	Sioux City West 'A'		1:29.78
	1) Antonio Anderson 12	2) Darius Pearson 11	
	3) Daquane Triplett 12	4) Dattrick Hollis 12	
2	Bishop Heelan 'A'		1:30.87
	1) Zach Skibinski 10	2) Tim Keane 11	
	3) Dane Hickman 11	4) Michael Malloy 11	
3	SF Lincoln SD 'A'		1:31.70
	1) Zach Mcknelly 10	2) Josh Kunzmann 09	
	3) Nick Goeman 11	4) Gemechu Godi 11	
4	Sioux City East 'A'		1:33.37
	1) Ronald Nash 09	2) Ryan Anderson 12	
	3) Steven Bentz 12	4) Eric Peters 12	
5	CB Abe Lincoln 'A'		1:34.63
	1) Dylan Garner 09	2) Cleo Harris 11	
	3) Alex White 11	4) Austin Ebertowski 12	
6	Sergeant Bluff-Luton 'A'		1:35.46
	1) Dakota Linafelter 12	2) Ethan Lieber 12	
	3) Jake Wimmer 12	4) Dillon Hiserote 10	
--	Sioux City North 'A'		DQ
	1) Spencer Zook 12	2) Ashanti Smith 12	
	3) Dajo Hubert 10	4) Quinn Williams 11	

Boys 4x400 Meter Relay Class "A"

3 turn stagger

Meet Record: * 3:22.84 4/18/1998 Bishop Heelan, Bishop Heela

A. Kuehl, J. Florke, J. Kayl, N. McInerney

School

Finals

1	CB Abe Lincoln 'A'		3:29.71
	1) Alex Olsen 12	2) Alex Dixon 12	
	3) Cleo Harris 11	4) Austin Ebertowski 12	
2	SF Lincoln SD 'A'		3:31.27
	1) Gemechu Godi 11	2) Zach Mcknelly 10	
	3) Brett Michels 12	4) Patrick Leach 11	
3	Sioux City East 'A'		3:31.82
	1) Greg Kirwan 09	2) Cole Huisenga 12	
	3) Steven Bentz 12	4) Eric Peters 12	
4	Bishop Heelan 'A'		3:34.33
	1) Joe Hindman 11	2) Tony Myers 11	
	3) Roland Henry 11	4) Michael Malloy 11	
5	Sergeant Bluff-Luton 'A'		3:53.10
	1) Ben Robinson 09	2) Nate Glisar 09	
	3) Jack DeMoss 09	4) Kollin George 10	
6	South Sioux City 'A'		3:55.40
	1) Michael Offerman 10	2) Cody O'Dell 12	
	3) Austin Fritza 10	4) Moti Abdissa 11	

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Boys 1600 Sprint Medley Class"A"**

3 turn stagger

Meet Record: * 3:35.84 4/15/1995 SC East, SC East

M. Sweisberger, R. McKenna, R. Erwin, N. Speichinge

School

Finals

1	Sioux City North 'A'			3:41.57
	1) Spencer Zook 12	2)	Ashanti Smith 12	
	3) Josh Jensen 12	4)	Abbabiya Simbassa 12	
2	CB Abe Lincoln 'A'			3:43.98
	1) Austin Ebertowski 12	2)	Dylan Garner 09	
	3) Alex Olsen 12	4)	Alex Dixon 12	
3	Bishop Heelan 'A'			3:44.94
	1) Zach Skibinski 10	2)	Dane Hickman 11	
	3) Michael Malloy 11	4)	Roland Henry 11	
4	SF Lincoln SD 'A'			3:45.34
	1) Ethan Decosse 10	2)	Patrick Leach 11	
	3) Zach Mcknelly 10	4)	Alex Hall 12	
5	Sergeant Bluff-Luton 'A'			4:01.71
	1) Dakota Linafelter 12	2)	Dillon Hiserote 10	
	3) Kollin George 10	4)	Nick Nielsen 11	
6	Sioux City West 'A'			4:03.11
	1) Dalvin Damon 12	2)	Chase Bauder 12	
	3) Tucker Askelson 10	4)	Daniel Gassaway 11	
7	Sioux City East 'A'			4:04.38
	1) Jake McDonald 10	2)	Cole Huisenga 12	
	3) Wyatt Mounts 09	4)	Carter Lilly 09	

Boys 100 Meter Dash Class"B"

Meet Record: * 11.00 4/17/2002 Paul Brown, Le Mars

Name

Year School

Finals Wind

1	Jake Floen	11	Unity Chrstian	11.92	-1.4
2	Zach Reed	12	LeMars	12.50	-1.4
3	Geo Alfaro	12	Sioux Center	12.54	-1.4
4	Tate Rohde	11	Kp/Wc	12.58	-1.4
5	Spencer Fritz	10	Sioux Center	12.66	-1.4
6	Sam Hinkhouse	12	Cherokee	12.76	-1.4
7	Sergio Gochez	10	Cherokee	13.29	-1.4

Boys 110 Meter Hurdles Class"B"

Meet Record: * 14.55 4/20/2002 Derek Casey, Cherokee

Name

Year School

Finals Wind H#

1	Zach Jones	11	Okoboji- Milford	15.59	-2.0	2
2	Paxton Strub	12	LeMars	15.67	-2.0	2
3	Ian Eflin	12	Glenwood	15.68	-2.0	2
4	Tyler Campbell	12	Kp/Wc	15.83	-2.0	2
5	Mitch Bowden	10	Glenwood	16.73	-2.0	2
6	Micah Lassen	11	Sioux Center	16.98	-3.6	1
7	Cody Kuchel	11	Kp/Wc	17.05	-2.0	2
8	Dominic Means	12	Oa-Bcig	17.21	-2.0	2
9	Colton Van't Hof	12	Sioux Center	17.50	-3.6	1
10	Bryce Dahm	12	LeMars	17.51	-3.6	1

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Boys 4x100 Meter Relay Class "B"**

2 turn stagger

Meet Record: * 43.84 4/17/1999 Lemars Central, Lemars Centra
R. White, K. Hector, B. Beach, P. Crandell

School Finals

1 LeMars 'A'	45.24
1) Zach Reed 12	2) Hunter Rohde 12
3) Bryce Dahm 12	4) Brady Lancaster 12
2 Moc-Floyd Valley 'A'	46.26
1) Jay Elsberry 10	2) Austin Te Brink 12
3) Casey Guthmiller 10	4) Alex Van Roekel 11
3 Oa-Bcig 'A'	46.53
1) Dalton Hemer 12	2) Dylan Hupke 12
3) Adam Wonder 11	4) Trever Ryen 10
4 Kingsley-Pierson/Woodbury Cent 'A'	46.76
1) Quincy Lamp 11	2) Cody Kuchel 11
3) Joe Mason 12	4) Kyle Badgerow 11
5 Sioux Center 'A'	47.39
1) Micah Lassen 11	2) Spencer Fritz 10
3) Geo Alfaro 12	4) Gabe Doornink 12
6 Glenwood 'A'	47.96
1) Sam Jameson 10	2) Joe Blankenship 12
3) Mitch Bowden 10	4) Spencer Smith 09
7 Unity Chrstian 'A'	48.82
1) Josh Heynen 09	2) Riley Hoekstra 12
3) Aaron Van Wyhe 10	4) Robbie Vander Veen 11
8 Cherokee- Washington 'A'	49.09
1) Sergio Gochez 10	2) Jakob Hummel 12
3) Kristian Freed 12	4) Sam Hinkhouse 12

Boys 4x200 Meter Relay Class "B"

4 turn stagger

Meet Record: * 1:31.61 4/18/1998 West Lyon, West Lyon

School Finals

1 Unity Chrstian 'A'	1:35.55
1) Tyler Kroeze 12	2) Jordan Everson 11
3) Aaron Van Wyhe 10	4) Jake Floen 11
2 Sioux Center 'A'	1:35.63
1) Spencer Fritz 10	2) Gabe Doornink 12
3) JonTae Miller 12	4) Andrew O'Donnell 09
3 LeMars 'A'	1:35.96
1) Bryce Dahm 12	2) Hunter Rohde 12
3) Levi Tebrink 09	4) Brady Lancaster 12
4 Moc-Floyd Valley 'A'	1:36.07
1) Jake Solsma 12	2) Trey Achterhoff 10
3) Casey Guthmiller 10	4) Alex Van Roekel 11
5 Kingsley-Pierson/Woodbury Cent 'A'	1:36.14
1) Quincy Lamp 11	2) Joe Mason 12
3) Jace Modrell 10	4) Tate Rohde 11
6 Oa-Bcig 'A'	1:36.15
1) Trever Ryen 10	2) Dalton Hemer 12
3) Michael Grote 11	4) Dalton Leinbaugh 10
7 Glenwood 'A'	1:37.53

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Boys 4x200 Meter Relay Class"B"**

1) Sam Jameson 10	2) Joe Blankenship 12
3) Spencer Smith 09	4) Derek Jones 10
8 Cherokee- Washington 'A'	1:38.94
1) Sergio Gochez 10	2) Jakob Hummel 12
3) Kristian Freed 12	4) Sam Hinkhouse 12

Boys 4x400 Meter Relay Class"B"

3 turn stagger

Meet Record: * 3:28.75 4/18/1998 Unity Christian, Unity Chri
R. Visser, J. Dekkers, J. Dekkers, B. Wassenaar

School	Finals
--------	--------

1 Spirit Lake Park 'A'	3:33.29
1) Kevin Martinson 11	2) Aric Waltz 11
3) Kayne Feldick 11	4) Luke Kabele 11
2 Sioux Center 'A'	3:35.65
1) Mile Kleinhesselink 11	2) Andrew O'Donnell 09
3) JonTae Miller 12	4) Brett Rozeboom 11
3 Unity Chrstian 'A'	3:36.36
1) Jake Floen 11	2) Jordan Everson 11
3) Logan Schoonhoven 09	4) Tyler Kroeze 12
4 Kingsley-Pierson/Woodbury Cent 'A'	3:36.40
1) Quincy Lamp 11	2) Eric Lund 12
3) Tate Rohde 11	4) Kyle Badgerow 11
5 Oa-Bcig 'A'	3:39.81
1) Jeremy Maass 11	2) Dominic Means 12
3) Dalton Hemer 12	4) Dalton Leinbaugh 10
6 LeMars 'A'	3:41.48
1) Kyle Borchers 12	2) Brady Lancaster 12
3) Levi Tebrink 09	4) Joe Herzberg 11
7 Elkhorn Mt. Michael 'A'	3:44.64
1) Nick Cairney 11	2) Jacob Connealy 12
3) Trey Wiemer 10	4) Tommy Feichtinger 11
8 Cherokee- Washington 'A'	3:48.38
1) Sam Hinkhouse 12	2) Jakob Hummel 12
3) Marc Husman 10	4) Tyler McLaughlin 11
9 Glenwood 'A'	3:58.99
1) Mark Abrams 11	2) Logan McCorkle 09
3) Derek Jones 10	4) Justin Sunderman 12

Boys 1600 Sprint Medley Class"B"

3 turn stagger

Meet Record: * 3:38.09 4/17/2010 Glenwood, Glenwood
T Williams, I Effin, E Lincoln, K Wheeler

School	Finals
--------	--------

1 LeMars 'A'	3:43.59
1) Hunter Rohde 12	2) Brady Lancaster 12
3) Joe Herzberg 11	4) Kyle Borchers 12
2 Spirit Lake Park 'A'	3:44.79
1) Kevin Martinson 11	2) Aric Waltz 11
3) Luke Kabele 11	4) Kayne Feldick 11
3 Oa-Bcig 'A'	3:46.37

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Boys 1600 Sprint Medley Class"B"**

1) Dalton Hemer 12	2) Trever Ryen 10	
3) Jeremy Maass 11	4) Patrick Patterson 12	
4 Glenwood 'A'		3:47.85
1) Joe Blankenship 12	2) Derek Jones 10	
3) Mark Abrams 11	4) Jared Cook 09	
5 Okoboji- Milford 'A'		3:48.51
1) Alex Koepp 11	2) Zach Jones 11	
3) Brian Dubois 12	4) Austin Millard 12	
6 Moc-Floyd Valley 'A'		3:55.16
1) Casey Guthmiller 10	2) Alex Van Roekel 11	
3) Jonathon White 11	4) Trey Achterhoff 10	
7 Kingsley-Pierson/Woodbury Cent 'A'		3:58.17
1) Quincy Lamp 11	2) Cody Kuchel 11	
3) William Dougherty 10	4) Ray Scheelhaase 10	
8 Cherokee- Washington 'A'		4:17.43
1) Sergio Gochez 10	2) Kristian Freed 12	
3) Sam Hinkhouse 12	4) Marc Husman 10	

Boys 100 Meter Dash Class"C"

Meet Record: * 10.92 4/20/1989 Jeff Longval, Westwood				
Name	Year	School	Finals	Wind
1 Taylor White	12	Dakota Valley SD	11.62	-3.4
2 Ryan McCarty	11	Central Lyon	12.20	-3.4
3 Jordan Acevedo	12	Central Lyon	12.41	-3.4
4 Austin Lefler	10	Lawton-Bronson	12.44	-3.4
5 Zach Rathman	12	Lawton-Bronson	12.84	-3.4

Boys 110 Meter Hurdles Class"C"

Meet Record: * 14.43 4/20/1989 Darwin VanderHoef, Rock Valley				
Name	Year	School	Finals	Wind
1 Zach Sexton	12	Dakota Valley SD	16.51	-2.5
2 Clayton Busch	12	Central Lyon	18.42	-2.5

Boys 4x100 Meter Relay Class"C"

Meet Record: * 44.75 4/17/1999 Sioux Center, Sioux Center VanVoorst, Zevenbergen, Wielenga, Kempers				
School	Year	School	Finals	Wind
1 Central Lyon 'A'			45.41	
1) Brendan Metzger 12		2) Jordan Acevedo 12		
3) Josh Hunt 10		4) Ryan McCarty 11		
2 Ridge View 'A'			45.79	
1) Ryan Garthoff 09		2) Austin Graff 11		
3) Dru Kenney 10		4) Seth Johnson 11		
3 Le Mars Gehlen Catholic 'A'			46.54	
1) Jordan Langel 11		2) Chris Eral 12		
3) Michael Whitehead 10		4) Trevor Bouma 11		
4 Marcus-Meriden-Cleghorn 'A'			46.92	
1) Blake Erdman 12		2) Tanner Utesch 10		

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Boys 4x100 Meter Relay Class"C"**

3) Dalton Brady 11

4) Andrew Hoefling 10

Boys 4x200 Meter Relay Class"C"

4 turn stagger

Meet Record: * 1:31.73 4/16/2011 Dakota Valley SD, Dakota Va
M Lupkes, E Hendriks, Z Sexton, T White

School

Finals

1	Dakota Valley SD 'A'	1:31.73*
	1) Matt Lupkes 12	2) Evan Hendriks 12
	3) Zach Sexton 12	4) Taylor White 12
2	Ridge View 'A'	1:32.91
	1) Seth Johnson 11	2) Tyler Kenny 12
	3) Dru Kenney 10	4) Colby Stephens 12
3	Central Lyon 'A'	1:37.16
	1) Brendan Metzger 12	2) Josh Hunt 10
	3) Ryan McCarty 11	4) Jordan Acevedo 12
4	Lawton-Bronson 'A'	1:37.21
	1) Zach Rathman 12	2) Connor McNaughton 12
	3) Joel Imel 12	4) Austin Lefler 10
5	Marcus-Meriden-Cleghorn 'A'	1:37.54
	1) Blake Erdman 12	2) Dalton Brady 11
	3) Neal Bunt 12	4) Andrew Hoefling 10

Boys 4x400 Meter Relay Class"C"

3 turn stagger

Meet Record: * 3:30.38 4/20/1988 LeMars Gehlen, Lemars Gehle
M. Rohe, G. Meister, N. Ryan, B. Sitzmann

School

Finals

1	Ridge View 'A'	3:38.92
	1) Tyler Kenny 12	2) Trevor Irwin 12
	3) Joe Tokheim 10	4) Colby Stephens 12
2	Marcus-Meriden-Cleghorn 'A'	3:43.02
	1) Blake Erdman 12	2) Tanner Utesch 10
	3) Andrew Hoefling 10	4) Neal Bunt 12
3	Homer NE 'A'	3:43.10
	1) Colton Robins 12	2) Laine Calvillo 09
	3) Clay Kramper 09	4) Anthony Strong 12
4	Ponca NE 'A'	3:49.47
	1) Josh Masin 10	2) Tanner Boyle 10
	3) Cody Peterson 11	4) Patrick Watchorn 10
5	Central Lyon 'A'	3:50.69
	1) Brendan Metzger 12	2) Cole Snyder 11
	3) Josh Hunt 10	4) Jordan Acevedo 12

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Boys 1600 Sprint Medley Class"C"**

3 turn stagger

Meet Record: * 3:38.46 4/16/1988 Gehlen Catholic, Le Mars Ge
J. Block, M. Dull, M. Carpenter, B. Baack

School Finals

1	Ridge View 'A'		3:55.70
	1) Austin Graff 11	2) Blake Woodke 12	
	3) Trevor Irwin 12	4) Joe Tokheim 10	
2	Le Mars Gehlen Catholic 'A'		3:56.64
	1) Jordan Langel 11	2) Trevor Bouma 11	
	3) Michael Whitehead 10	4) Matt Klein 12	
3	Marcus-Meriden-Cleghorn 'A'		4:10.86
	1) Blake Erdman 12	2) Andrew Hoefling 10	
	3) Neal Bunt 12	4) Zach Specht 11	

Boys 800 Meter Run OHS

Top 24

Meet Record: * 1:56.87 4/23/2005 Tyler Mulder, O.C. Unity Ch
Name Year School Finals

1	Tommy Feichtinger	11 Elkhorn Mt. Michael	2:01.80
2	Marc Husman	10 Cherokee	2:04.24
3	William Dougherty	10 Kp/Wc	2:06.32
4	Tyler Palmer	12 Sioux City North	2:08.19
5	Josh Jensen	12 Sioux City North	2:08.78
6	Carter Lilly	09 Sioux City East	2:09.65
7	Josh Schriever	09 Central Lyon	2:09.85
8	David De Haan	10 Moc-Floyd Valley	2:10.50
9	Austin Fritza	10 South Sioux City	2:10.70
10	TJ Gleason	12 SF Lincoln SD	2:11.48
11	Moti Abdissa	11 South Sioux City	2:13.37
12	Tommy Thelen	10 Bishop Heelan	2:13.60
13	Andrew Leach	12 SF Lincoln SD	2:14.11
14	Kyle Dolph	10 LeMars	2:14.45
15	Adolfo Arenas	11 Bishop Heelan	2:15.32
16	Caleb Bakker	11 Unity Chrstian	2:15.60
17	Gabe Rahn	10 LeMars	2:15.66

Boys 1600 Meter Run OHS

Top 32

Meet Record: * 4:22.13 4/20/1995 Nolan Speichinger, SC East
Name Year School Finals

1	Alec Baldwin	12 Spirit Lake Park	4:22.25
2	Tommy Feichtinger	11 Elkhorn Mt. Michael	4:31.18
3	Mark Abrams	11 Glenwood	4:32.67
4	Abbabiya Simbassa	12 Sioux City North	4:38.02
5	Will Norris	10 Spirit Lake Park	4:43.65
6	Jacob Willey	11 West Monona	4:50.17
7	Gage Blaschke	11 SF Lincoln SD	4:55.44
8	Luke Jelen	10 SF Lincoln SD	4:57.28
9	Adolfo Arenas	11 Bishop Heelan	4:58.48
10	Nathan Reichert	11 Unity Chrstian	4:59.14

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Boys 1600 Meter Run OHS**

11 Tommy Thelen	10 Bishop Heelan	4:59.16
12 Jon Nilles	10 Moc-Floyd Valley	4:59.24
13 Josh Olvera	10 Sioux Center	5:00.24
14 Blake Booth	09 Cherokee	5:01.82
15 Tylor Audino	10 Lawton-Bronson	5:04.40
16 Nick Nielsen	11 Sgt. Bluff-Luton	5:04.68
16 Brandon Bonnema	12 Unity Chrstian	5:04.68
18 Eric Koithan	12 Maple Valley A-O	5:04.75
19 Daniel Gassaway	11 Sioux City West	5:05.56
20 Jordan Hanna	09 Okoboji- Milford	5:05.70
21 Cody Cumming	12 Kp/Wc	5:05.88
22 Kyle Anderson	11 Moc-Floyd Valley	5:07.37
23 Joe Hilsabeck	10 Okoboji- Milford	5:07.45
24 Dustin Heib	09 Sioux City East	5:07.77
25 Patrick Patterson	12 Oa-Bcig	5:08.24
26 Colby Casper	11 Sioux City North	5:10.88
27 Tucker Carrell	11 Sioux City West	5:14.08
28 Jamie Hainey	10 Sioux City North	5:25.42
29 Daniel Poston	11 Sioux City North	5:28.62

Boys 3200 Meter Run OHS

Top 32

Meet Record: * 9:23.39 4/17/2010 Johnny Fuller, Glenwood

Name	Year School	Finals
1 Johnny Fuller	12 Glenwood	10:24.41
2 Free Bump	09 SF Lincoln SD	10:34.68
3 Lukas Buehler	11 Elkhorn Mt. Michael	10:38.26
4 Trey Wiemer	10 Elkhorn Mt. Michael	10:44.20
5 Michael Carson	10 South Sioux City	10:45.53
6 Dylan Bailey	11 Maple Valley A-O	10:47.24
7 Eamon Adamson	10 Cherokee	10:51.93
8 Daniel Poston	11 Sioux City North	10:53.96
9 Josh Olvera	10 Sioux Center	10:57.37
10 Daniel Keppen	11 Dakota Valley SD	10:58.27
11 Micah Rook	11 Sgt. Bluff-Luton	10:58.33
12 Christian Egger	10 Ridge View	11:08.18
13 Kelly Fitzsimmons	10 SF Lincoln SD	11:09.69
14 Cody Cumming	12 Kp/Wc	11:11.21
15 Brandon Bonnema	12 Unity Chrstian	11:12.01
16 Joel Hoogland	12 Sioux Center	11:13.55
17 Sheehan Levine	09 Sioux City West	11:16.97
18 Ben Broers	09 Unity Chrstian	11:27.56
19 Jason Kenny	09 Ridge View	11:35.62
20 Jadon Lux	10 Cherokee	11:36.78
21 Tyler Top	10 Moc-Floyd Valley	11:45.96
22 Chance Eriksen	10 Emerson-H NE	11:46.09
23 Jacob Becker	09 Westwood- Sloan	12:24.99

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Boys 400 Meter Hurdles OHS**

Top 24 by time

Meet Record: * 54.78 4/19/2006 Nick Kuchel, Kingsley-Pierson

Name	Year	School	Finals	H#
1 Derek Jones	10	Glenwood	56.29	3
2 Tyler Kroeze	12	Unity Chrstian	57.06	3
3 Aric Waltz	11	Spirit Lake Park	57.31	2
4 Dominic Means	12	Oa-Bcig	57.34	2
5 Tony Myers	11	Bishop Heelan	58.48	3
6 Kyle Badgerow	11	Kp/Wc	58.86	3
7 Colton Robins	12	Homer NE	59.23	1
8 Alex Imming	11	Sioux City East	1:00.17	2
9 Spencer Henneman	11	West Monona	1:00.24	1
10 Joe Reinders	12	Moc-Floyd Valley	1:00.26	2
11 Kevin Martinson	11	Spirit Lake Park	1:00.96	3
12 Chris Eckstaine	11	LeMars	1:01.26	1
13 Robbie Vander Veen	11	Unity Chrstian	1:01.41	1
14 Zach Jones	11	Okoboji- Milford	1:01.85	3
15 Cody O'Dell	12	South Sioux City	1:02.68	2
16 Dylon Van't Hof	09	Sioux Center	1:02.93	1
17 Hashim Gabon	12	SF Lincoln SD	1:03.05	2
18 Brody Beach	10	Dakota Valley SD	1:03.74	1
19 Mo Teuchert	12	Sioux City West	1:05.76	1
20 Caden Quintinilla	09	SF Lincoln SD	1:09.52	2
-- James Hayden	10	Kp/Wc	DQ	1

Boys 4x800 Meter Relay OHS

Top 16 teams by time

1 turn stagger

Meet Record: * 7:57.93 4/18/2009 Yankton, SC East

J. Ailts A. Hohenthauer M. Yaggie T. Brenner

School	Finals
1 Spirit Lake Park 'A'	8:09.75
1) Keith Byers 11	2) Kayne Feldick 11
3) Will Norris 10	4) Alec Baldwin 12
2 Glenwood 'A'	8:26.38
1) Eliot Lincoln 12	2) Jared Cook 09
3) Jordan Krug 12	4) Kyle Wheeler 12
3 Sioux City North 'A'	8:35.61
1) Tyler Palmer 12	2) Josh Jensen 12
3) Colby Casper 11	4) Abbabiya Simbassa 12
4 SF Lincoln SD 'A'	8:36.76
1) Patrick Leach 11	2) TJ Gleason 12
3) Alex Hall 12	4) Brett Michels 12
5 Okoboji- Milford 'A'	8:43.51
1) Austin Millard 12	2) Jordan Hanna 09
3) Dalton Syverson 10	4) Joe Hilsabeck 10
6 Unity Chrstian 'A'	8:46.80
1) Caleb Bakker 11	2) Nathan Reichert 11
3) Brandon Bonnema 12	4) Tyler Kroeze 12
7 LeMars 'A'	8:53.66
1) Joe Herzberg 11	2) Brennan Buss 10
3) Rodrigo Cobian 10	4) Kyle Borchers 12

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Boys 4x800 Meter Relay OHS**

8	Moc-Floyd Valley 'A'		9:00.22
	1) Kyle Anderson 11	2) Jon Nilles 10	
	3) Coelman Mc Allister 09	4) David De Haan 10	
9	Kingsley-Pierson/Woodbury Cent 'A'		9:00.63
	1) William Dougherty 10	2) TJ Pucelik 10	
	3) Eric Lund 12	4) Ray Scheelhaase 10	
10	Maple Valley A-O 'A'		9:14.29
	1) Eric Koithan 12	2) Austin Gothier 11	
	3) Steven Schaffer 11	4) Ted Hanson 11	
11	South Sioux City 'A'		9:15.79
	1) Moti Abdissa 11	2) Michael Offerman 10	
	3) Karter Keefer 09	4) Austin Fritza 10	
12	Lawton-Bronson 'A'		9:20.73
	1) Jeremiah Loft 12	2) Jesse Baldwin 12	
	3) Kirby Nitzschke 12	4) Tylor Audino 10	
13	Sioux City East 'A'		9:22.20
	1) Carter Lilly 09	2) Austin Sypersma 12	
	3) Dustin Heib 09	4) Tyler Peterson 12	
14	Sioux Center 'A'		9:31.88
	1) Travis Vermeer 11	2) BJ O'Donnell 11	
	3) Brett Rozeboom 11	4) Rylan Stewart 09	
15	Cherokee- Washington 'A'		9:50.49
	1) Blake Booth 09	2) Tyler McLaughlin 11	
	3) Luke Zieman 09	4) Ben Sampson 10	
16	Le Mars Gehlen Catholic 'A'		10:11.50
	1) Matt Mayer 11	2) Jacob Begnoche 10	
	3) Josh Hodgson 12	4) Matt Klein 12	

Boys 4x110 Meter Shuttle Hurdle OHS

=====			
Meet Record: * 1:00.89 4/17/2010 Le Mars, Le Mars			
M Ferris, H Rhode, P Strub, T Lancaster			
School		Finals	H#
=====			
1	Glenwood 'A'	1:01.22	2
	1) Cole Darrow 12	2) Michael Lawler 12	
	3) Mitch Bowden 10	4) Ian Eflin 12	
2	Sioux Center 'A'	1:02.13	2
	1) Micah Lassen 11	2) Dylon Van't Hof 09	
	3) Colton Van't Hof 12	4) Gabe Doornink 12	
3	CB Abe Lincoln 'A'	1:02.14	2
	1) Devin Thomas 12	2) Payton Mass 12	
	3) DJ Jefferson 11	4) Cleo Harris 11	
4	Okoboji- Milford 'A'	1:02.50	1
	1) Brian Dubois 12	2) Alex Koepp 11	
	3) Dalton Syverson 10	4) Zach Jones 11	
5	Sergeant Bluff-Luton 'A'	1:02.93	1
	1) Andrew Hauptmann 12	2) Cale Kaiser 12	
	3) Logan Shine 12	4) Austin Krohn 11	
6	LeMars 'A'	1:03.09	1
	1) Bryce Dahm 12	2) Hunter Rohde 12	
	3) Chris Eckstaine 11	4) Paxton Strub 12	
7	Kingsley-Pierson/Woodbury Cent 'A'	1:06.57	2
	1) Cody Kuchel 11	2) Ryan Bader 10	
	3) Kyle Badgerow 11	4) Tyler Campbell 12	

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Boys 4x110 Meter Shuttle Hurdle OHS**

8 Bishop Heelan 'A'	1:06.75	1
1) Tony Myers 11	2) Dane Hickman 11	
3) Court MacGregor 10	4) Philip Jacobson 09	

Boys High Jump OHS

Starting height 5'10"

Meet Record: * 6-10 4/20/1989 Darwin VanderHoef, Rock Valley

Name	Year	School	Finals	
1 Colton Robins	12	Homer NE	6-00.00	1.82m
2 Jacob Connealy	12	Elkhorn Mt. Michael	J6-00.00	1.82m
3 Evan Culver	11	Sioux City North	J6-00.00	1.82m
3 Justin Van Kalsbeek	10	Moc-Floyd Valley	J6-00.00	1.82m
5 Austin Krohn	11	Sgt. Bluff-Luton	5-10.00	1.77m
5 Paxton Strub	12	LeMars	5-10.00	1.77m
5 Ty Robinson	12	Sioux City West	5-10.00	1.77m
8 Logan Shine	12	Sgt. Bluff-Luton	J5-10.00	1.77m
8 Clayton Busch	12	Central Lyon	J5-10.00	1.77m
10 Riley Hoekstra	12	Unity Chrstian	J5-10.00	1.77m
10 Zak Gander	11	River Valley	J5-10.00	1.77m
12 Brett Michels	12	SF Lincoln SD	5-08.00	1.72m
12 Adam Drieling	11	Emerson-H NE	5-08.00	1.72m
12 Alex Imming	11	Sioux City East	5-08.00	1.72m
-- Jared Olson	10	SF Lincoln SD	NH	
-- TJ Buyert	11	Sioux Center	NH	

Boys Long Jump OHS

Meet Record: * 22-03 4/20/1961 Lloyd Mattews, SC Central

Name	Year	School	Finals	Wind	
1 Darius Pearson	11	Sioux City West	22-01.00	NWI	6.73m
21-10.50(NWI) FOUL	22-01(NWI) FOUL	FOUL	FOUL		
2 Quenton James	12	Sioux City East	21-01.25	NWI	6.43m
21-01.25(NWI) FOUL	20-07(NWI) FOUL	FOUL	FOUL		
3 Trey Achterhoff	10	Moc-Floyd Valley	20-07.00	NWI	6.27m
FOUL 19-03.50(NWI)	20-07(NWI) FOUL	FOUL	19-04(NWI)		
4 Dondre Hubert	12	Sioux City North	20-05.00	NWI	6.22m
18-11.25(NWI) 20-05(NWI)	19-01.50(NWI) 18-10.50(NWI)	20-01.25(NWI)	19-08.75(NWI)		
5 Josh Kunzmann	09	SF Lincoln SD	20-02.75	NWI	6.16m
19-03.75(NWI) 20-02.75(NWI)	19-07.25(NWI) 18-06(NWI)	FOUL	18-11.50(NWI)		
6 Chris Harner	11	SF Lincoln SD	19-10.25	NWI	6.05m
19-10.25(NWI) 19-02.25(NWI)	19-10(NWI) 18-06(NWI)	FOUL	FOUL		
7 Jacob Connealy	12	Elkhorn Mt. Michael	19-10.00	NWI	6.04m
19-01.50(NWI) 19-10(NWI)	19-03(NWI) 19-00(NWI)	18-04(NWI)	FOUL		
8 Anthony Strong	12	Homer NE	19-08.50	NWI	6.00m
19-03(NWI) 19-08.50(NWI)	19-07.25(NWI) 19-00(NWI)	19-00(NWI)	19-01(NWI)		
9 Trevor Bouma	11	Gehlen Catholic	19-05.50	NWI	5.93m
19-03.50(NWI) 19-05.50(NWI)	19-04.50(NWI)				
10 Quinn Williams	11	Sioux City North	19-04.50	NWI	5.91m
FOUL 19-04.50(NWI)	FOUL				
11 Austin Te Brink	12	Moc-Floyd Valley	19-03.50	NWI	5.88m
19-03.50(NWI) 18-11(NWI)	FOUL				

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Boys Long Jump OHS**

12 Michael Whitehead	10 Gehlen Catholic	19-03.00	NWI	5.86m
19-03(NWI) FOUL	19-02.25(NWI)			
13 Alex Koepp	11 Okoboji- Milford	19-01.50	NWI	5.82m
FOUL FOUL	19-01.50(NWI)			
14 Gabe Rahn	10 LeMars	19-00.75	NWI	5.81m
19-00.75(NWI) 18-01(NWI)	17-09(NWI)			
15 JonTae Miller	12 Sioux Center	18-11.50	NWI	5.77m
17-05.75(NWI) 18-11.50(NWI)	18-09.75(NWI)			
16 Joe Mason	12 Kp/Wc	17-07.00	NWI	5.35m
FOUL 17-07(NWI) FOUL				
16 Nick Goeman	11 SF Lincoln SD	17-07.00	NWI	5.35m
16-08.50(NWI) 17-07(NWI)	16-11(NWI)			
-- Tate Rohde	11 Kp/Wc		FOUL	
FOUL FOUL FOUL				

Boys Shot Put OHS

Standard measurement 45'

Meet Record: * 58-11 4/16/2011 Justin Baker, Heelan

Name	Year School	Finals	
1 Justin Baker	12 Bishop Heelan	58-11.00*	17.95m
52-03 56-07 FOUL FOUL	51-00 58-11		
2 Jamison Lalk	12 CB Abe Lincoln	52-05.00	15.97m
50-05 50-11 52-05 FOUL	49-06.50 FOUL		
3 Karson Klein	12 LeMars	49-09.50	15.17m
FOUL 49-09.50 47-08	47-01 48-06 46-07.50		
4 Colton Phelps	09 Kp/Wc	48-09.50	14.87m
41-07 47-02 47-05	46-08 48-05 48-09.50		
5 Mike Malek	12 Sioux City East	47-09.50	14.56m
FOUL FOUL 46-07	47-09.50 FOUL FOUL		
6 Brock Dagel	12 Cherokee	47-06.00	14.47m
47-02 46-06 47-06	46-08 46-05 46-04		
7 Brandon Pekelder	12 Moc-Floyd Valley	46-05.00	14.14m
46-05 FOUL 43-08	44-05 44-11 43-03.50		
8 Austin Treiber	12 Oa-Bcig	46-04.00	14.12m
46-04 42-11.50 44-10	43-04.50 43-00.50 45-01		
9 Evan Colfack	11 Kp/Wc	46-01.00	14.04m
FOUL 44-05 46-01			
10 Devin Groenhagen	12 Gehlen Catholic	45-10.00	13.97m
42-11 44-03 45-10			
11 Lucas Holloway	12 Elkhorn Mt. Michael	45-01.00	13.74m
FOUL 45-01 43-02			
12 Chris Eral	12 Gehlen Catholic	44-07.00	13.58m
41-06.50 44-07 FOUL			
13 Andrew Hulstein	12 Unity Chrstian	43-09.00	13.33m
43-09 FOUL 42-04			
13 Luke Schaur	12 Sgt. Bluff-Luton	43-09.00	13.33m
39-03 43-09 41-00.50			
15 Jessy Paulsen	11 Homer NE	43-07.00	13.28m
41-05.50 43-01 43-07			
16 Taylor Jensen	11 South Sioux City	43-06.00	13.25m
43-05 42-03 43-06			
17 Tanner Lambert	09 Dakota Valley SD	43-05.00	13.23m
43-05 40-11 42-02			

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Boys Shot Put OHS**

18 Drew Rupp	11 Moc-Floyd Valley	43-04.50	13.22m
43-04.50 FOUL FOUL			
19 Mike Soole	12 Sioux City East	43-03.00	13.18m
41-03 43-03 39-10			
20 Brett Ross	11 SF Lincoln SD	43-01.00	13.13m
42-09 FOUL 43-01			
21 Dan Gorman	11 Glenwood	43-00.00	13.10m
FOUL 39-00 43-00			
22 Antonio Burks	11 SF Lincoln SD	42-04.00	12.90m
38-03.50 40-04 42-04			
23 Eddie Ridder	12 Elkhorn Mt. Michael	41-10.00	12.75m
38-07.50 41-10 FOUL			
24 Nick Murphy	11 Elk Point Jefferson	40-09.00	12.42m
40-09 FOUL FOUL			
25 Bryce Sweeney	10 Bishop Heelan	40-05.50	12.33m
40-05.50 39-00.50 39-03			
26 Kyle Barnes	12 Elk Point Jefferson	39-10.00	12.14m
37-09 37-06.50 39-10			

Boys Discus Throw OHS

Standard measurement 125'

Meet Record: * 178-00 4/16/2011 Justin Baker, Heelan

Name	Year School	Finals	
1 Justin Baker	12 Bishop Heelan	178-00*	54.25m
FOUL 166-08 FOUL 166-08 178-00 FOUL			
2 Dalton Kelley	12 Spirit Lake Park	156-03	47.62m
153-06 156-03 153-11 149-09 FOUL 143-05			
3 Evan Colfack	11 Kp/Wc	153-05	46.76m
135-01 153-05 142-04 144-09 141-02 141-06			
4 Zach Landhuis	11 Moc-Floyd Valley	152-03	46.40m
141-11 152-03 FOUL 133-04 FOUL 132-00			
5 Colton Phelps	09 Kp/Wc	145-02	44.24m
130-10 139-02 145-02 140-02 FOUL FOUL			
6 Cory Myrtue	11 Westwood- Sloan	136-06	41.60m
117-07 117-00 136-06			
7 Mike Malek	12 Sioux City East	134-09	41.07m
132-11 FOUL FOUL FOUL 134-09 FOUL			
8 Zach Skibinski	10 Bishop Heelan	134-07	41.02m
FOUL FOUL 134-03 FOUL 134-07 126-05			
9 Taylor Jensen	11 South Sioux City	133-01	40.56m
130-00 133-01 132-02 FOUL 132-09 FOUL			
10 Brandon Pekelder	12 Moc-Floyd Valley	129-10	39.57m
129-10 FOUL 124-09			
11 Austin Stubbs	12 Sioux City East	129-07	39.49m
129-07 127-02 FOUL FOUL FOUL FOUL			
12 Eddie Ridder	12 Elkhorn Mt. Michael	127-08	38.91m
127-08 FOUL FOUL			
13 Sam Burki	10 Ponca NE	126-01	38.43m
126-01 FOUL FOUL			
14 Luke Jensen	12 South Sioux City	124-10	38.04m
122-01 122-11 124-10			
15 Jacob Oakley	12 Sioux City West	124-04	37.89m
124-04 FOUL FOUL			

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Boys Discus Throw OHS**

16 Matt Strub	10 LeMars	121-04	36.98m
121-04 FOUL 117-07			
17 Lane Peterson	10 Cherokee	118-04	36.06m
112-06 FOUL 118-04			
18 Brock Dagel	12 Cherokee	117-09	35.89m
FOUL 117-09			
19 Andrew Hulstein	12 Unity Chrstian	116-00	35.35m
116-00 FOUL FOUL			
20 Jamison Lalk	12 CB Abe Lincoln	114-06	34.89m
FOUL 106-10 114-06			
21 Antonio Burks	11 SF Lincoln SD	107-11	32.89m
107-11 FOUL FOUL			
22 Kyle Newsome	11 Sioux City West	105-08	32.20m
105-08 FOUL FOUL			
23 Garret Rohlk	09 Oa-Bcig	100-10	30.73m
100-10 FOUL FOUL			
24 Nick Murphy	11 Elk Point Jefferson	99-03	30.25m
99-03 FOUL FOUL			

Boys 100 Meter Dash Elite

Meet Record: * 11.00 4/17/2002 Paul Brown, Le Mars Central				
Name	Year	School	Finals	Wind
1 Darius Pearson	11	Sioux City West	11.35	-2.4
2 Dattrick Hollis	12	Sioux City West	11.49	-2.4
3 Taylor White	12	Dakota Valley SD	11.58	-2.4
4 Austin Ebertowski	12	CB Abe Lincoln	11.62	-2.4
5 Spencer Zook	12	Sioux City North	11.75	-2.4
6 Cleo Harris	11	CB Abe Lincoln	11.84	-2.4
7 Dajo Hubert	10	Sioux City North	11.91	-2.4
8 Jake Floen	11	Unity Chrstian	11.92	-2.4

Boys 110 Meter Hurdles Elite

Meet Record: * 14.41 4/20/2002 Derek Casey, Cherokee				
Name	Year	School	Finals	Wind
1 Ian Eflin	12	Glenwood	15.21	NWI
2 Tyler Campbell	12	Kp/Wc	15.35	NWI
3 Zach Jones	11	Okoboji- Milford	15.41	NWI
4 Paxton Strub	12	LeMars	15.98	NWI
5 Zach Sexton	12	Dakota Valley SD	16.44	NWI
6 Mitch Bowden	10	Glenwood	16.49	NWI
7 Logan Shine	12	Sgt. Bluff-Luton	16.61	NWI
8 Alex Imming	11	Sioux City East	16.93	NWI

Men 100 Meter Dash UCO

Meet Record: * 10.35 4/17/1994 Keith Green, Morningside					
Name	Year	School	Finals	Wind	H#
1 Sam Acheampong	JR	Briar Cliff	11.07	-2.0	5
2 Julien Pomerleau	FR	Unattached	11.37	-2.0	5
3 Matt Kerswill	SO	South Dakota	11.38	-2.0	5

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Men 100 Meter Dash UCO**

4	Brandon Kovash	SO	South Dakota	11.43	-2.0	5
5	Jared Clement	JR	South Dakota	11.48	-2.0	5
6	Eric Schueth	FR	Dakota Wesleyan	11.79	-1.5	3
7	Patrick Cisar	FR	Briar Cliff	11.88	-1.5	3
8	Nathan Bivens	SO	Jamestown College	11.93	-2.8	4
9	Preston Nibaur	FR	Morningside	12.02	-2.8	4
9	Jeremy Sheppard	JR	Northwestern	12.02	-1.5	3
11	Dominique Samuel	SO	Iowa Western CC	12.05	-1.4	2
11	Jordan Langer	SR	Northwestern	12.05	-1.5	3
13	Tim Brown	SR	South Dakota	12.06	-2.8	4
14	Chris Oberg	FR	Wayne State College	12.08	-2.8	4
15	Colin Mann	SO	Buena Vista	12.11	-1.5	3
16	Shaun Ryan	FR	Morningside	12.12	-1.5	3
17	Travis Klinghagen		South Dakota	12.26	-2.0	5
17	Steve Nelms	FR	Jamestown College	12.26	-1.4	2
19	Evan Schreiner	FR	Jamestown College	12.33	-1.4	2
20	Tevin Boehrens	FR	Mount Marty College	12.64	-1.5	1
21	Cole Schimelfenig	FR	Briar Cliff	13.03	-1.5	1
22	Hunter Bork	SO	Dakota Wesleyan	17.40	-1.5	1

Men 400 Meter Dash UCO

=====						
Meet Record: * 46.22 4/20/1996 Lionel McPhaul, South Dakota						
Name	Year	School	Finals	H#		
=====						
1	Andrew Jansen	JR	Wayne State College	50.24	6	
2	Frank Thompson	FR	Dakota Wesleyan	50.69	3	
3	Jared Dewaard	JR	Dakota Wesleyan	50.80	2	
4	Jarann Johnson	JR	Jamestown College	50.90	5	
5	Brent Jansen	SO	Jamestown College	51.12	5	
6	Mike Huseman	FR	Morningside	51.41	6	
7	Josh Ewalt	JR	Jamestown College	51.65	4	
8	Dalton Smith	SO	Dakota Wesleyan	51.74	3	
9	Nick Grove	SR	Morningside	52.22	3	
10	Dillian Broadnax	FR	Briar Cliff	52.25	5	
11	Andy Dougherty	FR	Morningside	52.32	6	
12	Joel Van Wyk	JR	Morningside	52.50	3	
13	Tyler Volesky	FR	Dakota Wesleyan	52.59	2	
14	Chris Young	FR	Briar Cliff	53.17	5	
15	Tony Cosentino	SR	Briar Cliff	53.77	2	
16	Jared Foster	FR	Morningside	53.90	2	
17	Tyler Figge	FR	Morningside	54.10	1	
18	Mickey Doerr	FR	Wayne State College	54.11	3	
19	William Swanson	FR	Jamestown College	54.29	4	
20	Travis Klinghagen		South Dakota	55.09	6	
21	Carter Kruckenberg	FR	Briar Cliff	55.19	3	
22	Joshua Scott	FR	Dakota State Univ.	56.83	1	
23	Tanner Willard	JR	South Dakota	57.21	1	
24	Jordan Dorsey	FR	Northwestern	57.34	1	
25	Anthony Henricks	SO	Morningside	1:00.69	1	
26	Adam Sullivan	FR	Morningside	1:01.81	1	

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Men 800 Meter Run UCO**

 Meet Record: * 1:48.89 4/20/1995 Tom Dow, Augustana

Name	Year School	Finals
1 Monte Larsen	SO Morningside	1:56.70
2 Andy Coy	SO Dakota State Univ.	1:57.27
3 Titus Kosgei	SR Mount Marty College	1:58.69
4 Andrew Jacob	FR Unattached	1:59.24
5 Aaron Garza	SO Wayne State College	1:59.32
5 Travis Beniak	JR Augustana	1:59.32
7 Henrik Hansson	FR Unattached	2:00.00
8 Jacob Evenson	FR South Dakota	2:00.56
9 Brad Wright	FR Morningside	2:00.79
10 Alex Hohenthauer	FR South Dakota	2:00.80
11 Jordan Fuglestad	FR South Dakota	2:01.34
12 Nathan Christensen	JR Jamestown College	2:01.44
13 Tommy Stuart	SO Briar Cliff	2:01.74
14 Grant Aden	FR Morningside	2:01.80
15 Thomas Hunt	JR Briar Cliff	2:01.96
16 Austin King	FR Northwestern	2:02.08
17 Kendall Witzen	SO Jamestown College	2:02.17
18 Jared Bruce	SO Buena Vista	2:02.23
19 Luke Sachau	SR Briar Cliff	2:02.60
20 Aaron Bauer	SO Augustana	2:02.74
21 Taylor Bodin	FR Northwestern	2:02.84
22 Todd Wolf	SR Morningside	2:02.86
23 Justin Storm	FR Morningside	2:02.88
24 Joseph Koerber	SR Jamestown College	2:03.52
25 Matt Stafford	FR Buena Vista	2:03.94
26 Jerad Schlobohm	SR Dakota State Univ.	2:04.40
27 Kace Groff	FR Dakota State Univ.	2:04.59
28 James Jensen	SO Mount Marty College	2:05.34
29 Kelly Polacek	SR Briar Cliff	2:05.47
30 Jeffrey Stevens	FR Buena Vista	2:05.52
31 Kyle Heim	SO Jamestown College	2:05.83
32 Zach Wittenberg	FR Northwestern	2:07.40
33 Cody Danko	SO Morningside	2:08.09
34 Dane Hansen	SO Mount Marty College	2:09.79
35 Kyle Hoffman	SR Unattached	2:10.54
36 Jon Hanson	FR Briar Cliff	2:11.39
37 Andrew Hernandez	FR Dakota Wesleyan	2:11.50
38 Taylor Kube	FR Morningside	2:11.82
39 Jescy Rodriguez	FR Morningside	2:14.56
40 Dan Pearson	SO Buena Vista	2:16.11
41 Branden Schultz	FR Buena Vista	2:29.81
42 Andrew Soden	SO Buena Vista	2:37.20

Men 1500 Meter Run UCO

 Meet Record: * 3:51.94 4/22/1998 Chad Feeldy, South Dakota

Name	Year School	Finals
1 Andy Coy	SO Dakota State Univ.	4:01.36
2 John Kern	SR Wayne State College	4:02.00
3 Robert Brockmueller	FR Univ. Sioux Falls	4:02.28
4 Brian Gesink	SR Morningside	4:03.02

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Men 1500 Meter Run UCO**

5	Titus Kosgei	SR Mount Marty College	4:06.21
6	Derek Schnell	SO Unattached	4:06.71
7	Blaze Killian	FR Univ. Sioux Falls	4:08.28
8	Eric Tudor	JR Dordt	4:09.22
9	Alex Hohenthaner	FR South Dakota	4:09.44
10	William Brockmueller	FR Univ. Sioux Falls	4:09.78
11	Ethan Marquardt	SO South Dakota	4:10.37
12	Joseph Koerber	SR Jamestown College	4:10.79
13	Lee Anderson	SR Wayne State College	4:11.03
14	Andrew Jacob	FR Unattached	4:11.10
15	Brandon Tullock	JR Univ. Sioux Falls	4:11.22
16	Samuel Lopez	FR Mount Marty College	4:11.97
17	Henrik Hansson	FR Unattached	4:12.12
18	Zach Wittenberg	FR Northwestern	4:14.53
19	Tim Bierma	FR Dordt	4:14.83
20	Jordan Pater	FR Mount Marty College	4:15.15
21	Sean Guthmiller	SO Northwestern	4:15.31
22	Paul Yak	FR Unattached	4:15.39
23	Jason Schaaf	JR Wayne State College	4:15.89
24	Joe Noyes	JR Univ. Sioux Falls	4:16.32
25	David Poots	FR Wayne State College	4:18.05
26	Nick Bray	SR Northwestern	4:18.08
27	Nathan Brace	FR Dordt	4:18.72
28	Blake Stevensen	FR Univ. Sioux Falls	4:18.82
29	Jared Fields	FR Dakota Wesleyan	4:19.37
30	Blake Hunter	FR Iowa Western CC	4:19.94
31	Tyler Voss	SO Univ. Sioux Falls	4:20.49
32	Josheb Benson	JR Briar Cliff	4:21.07
33	Jordan Fuglestad	FR South Dakota	4:21.81
34	Nathan Christensen	JR Jamestown College	4:21.99
35	Matt Heesch	FR Team Nebraska	4:24.12
36	Justin Hazard	SO Iowa Western CC	4:25.92
37	Kace Groff	FR Dakota State Univ.	4:29.03
38	Derek Opp	FR Dordt	4:30.02
39	Kelly Polacek	SR Briar Cliff	4:30.14
40	Nathan Boggess	FR Wayne State College	4:31.36
41	Mike Lynch	JR Dakota Wesleyan	4:31.55
42	Jescy Rodriquez	FR Morningside	4:33.58
43	Kyle Hoffman	SR Unattached	4:33.95
44	Matt Stafford	FR Buena Vista	4:34.69
45	Dan Pearson	SO Buena Vista	4:35.22
46	Grant Schouten	FR Univ. Sioux Falls	4:36.58
47	Stephen Olson	SO Dordt	4:37.75
48	Matt Wattier	SO Univ. Sioux Falls	4:40.72
49	Nathan Scripps	SO Dordt	4:42.66
50	AJ King	JR Unattached	4:43.23
51	Dan Cunningham	FR Morningside	4:43.30
52	Cody Danko	SO Morningside	4:47.05
53	Andrew Koerner	FR Univ. Sioux Falls	4:49.46
54	Shaughn Head	FR Briar Cliff	4:53.41

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Men 5000 Meter Run UCO**

Meet Record: * 14:23.61 4/21/2001 Matt Hoyt, unattached			
Name	Year	School	Finals
1	Anthony Drealan	SR Dakota State Univ.	15:01.71
2	Devon Berkness	SR Dakota State Univ.	15:09.82
3	Kyle Blue	SO Iowa Western CC	15:20.88
4	Chris Heezen	SR Unattached	15:30.97
5	Matthew Schneider	FR Unattached	15:32.04
6	Andrew Duba	SR South Dakota	15:34.51
7	Nick Beare	SO South Dakota	16:08.04
8	Jared Bruce	SO Buena Vista	16:08.38
9	Garang Lual	FR Wayne State College	16:10.74
10	Mike Schrum	SR Unattached	16:17.56
11	Michael Hoffman	SO Dakota State Univ.	16:26.71
12	York Thomas	JR Wayne State College	16:28.48
13	Taylor Kube	FR Morningside	16:39.65
14	Mykl Boyd-Raska	SO Briar Cliff	16:54.39
15	Ryan Marzan	JR Buena Vista	17:00.47
16	Brett Harto	FR Dordt	17:02.22
17	Andrew Lichter	SO Northwestern	17:45.88
18	Kevin Cosman	FR Mount Marty College	17:52.61
19	Caleb Belter	SO Jamestown College	18:03.47
20	Jon Trueblood	SR Dordt	18:04.25
21	Corey Hannula	FR Buena Vista	18:15.82
22	Robert Heinzen	JR Jamestown College	18:54.97

Men 10000 Meter Run UCO

Meet Record: * 30:16.57 4/22/1998 James McGowan, Wayne State			
Name	Year	School	Finals
1	Chris Heezen	SR Unattached	31:55.16
2	Ethan Marquardt	SO South Dakota	32:06.20
3	Garret Ehlers	FR Morningside	32:21.11
4	Jeff Grossenburg	FR South Dakota	32:30.03
5	Chris Huff	FR Unattached	32:38.58
6	Dave Londe	SO Jamestown College	35:37.58
7	David Elliot	SO Dakota Wesleyan	35:52.51
--	Adam Verhoef	JR Northwestern	DNF

Men 110 Meter Hurdles UCO

Meet Record: * 14.25 4/17/1988 Charles Johnson, Morningside				
Name	Year	School	Finals	Wind H#
1	Catrell Butler	SO Iowa Western CC	15.89	-2.9 2
2	Erin Francis	FR Dordt	16.09	-2.9 2
3	Trent Roemmich	FR Jamestown College	16.35	-2.9 2
4	Kyle Heidebrink	FR Northwestern	16.45	-2.9 2
5	Stuart Charbonneau	FR South Dakota	16.74	-2.9 2
6	Elijah Mason	FR Iowa Western CC	17.07	-2.9 2
7	Scott Roemmich	SO Jamestown College	17.12	-1.5 1
8	Caleb Young	JR Briar Cliff	17.55	-2.9 2
9	Jason Steinberg	FR South Dakota	17.80	-1.5 1
10	Coire Walker	FR Morningside	18.46	-1.5 1

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Men 110 Meter Hurdles UCO**

11 Alex Liberty	SR Dakota Wesleyan	18.59	-1.5	1
12 Jordan Boekhout	SO Northwestern	19.28	-1.5	1
-- Mike Trobaugh	JR Briar Cliff	DNF	-1.5	1

Men 400 Meter Hurdles UCO

Meet Record: * 52.42 4/19/2007 Jake Hamik, Northern State				
Name	Year School	Finals	H#	
1 Monte Larsen	SO Morningside	54.81	3	
2 Trent Roemmich	FR Jamestown College	56.24	3	
3 JT Petsch	FR Jamestown College	57.09	2	
4 Scott Roemmich	SO Jamestown College	57.23	2	
5 Andrew Smith	SO Buena Vista	57.79	3	
6 Jason Steinberg	FR South Dakota	59.66	3	
7 Mitchell Zenk	JR Mount Marty College	59.75	2	
8 Stuart Charbonneau	FR South Dakota	1:00.75	2	
9 Josh Steinhoff	SR Unattached	1:02.37	2	
10 Adam Schwery	SO Briar Cliff	1:02.58	1	
11 Abraham Klafter	SO Northwestern	1:03.15	1	
12 Chris Sterrett	FR Dakota Wesleyan	1:03.64	2	
13 Dan Cunningham	FR Morningside	1:03.74	1	

Men 3000 Meter Steeplechase UCO

Meet Record: * 9:10.87 4/18/2009 Matt Schneider, Wayne State				
Name	Year School	Finals		
1 John Kern	SR Wayne State College	9:13.22		
2 Matthew Schneider	FR Unattached	9:21.81		
3 Jeffrey Mettler	FR South Dakota	9:26.12		
4 Mitch Yaggie	FR South Dakota	9:54.40		
5 Mark Hayden	JR South Dakota	9:56.06		
6 Matt Heesch	FR Team Nebraska	10:07.98		
7 Todd Wolf	SR Morningside	10:08.32		
8 Jordan Slusser	SO Augustana	10:14.23		
9 Ryan Evans	SO Augustana	10:19.48		
10 Alex Keller	SO Mount Marty College	10:25.46		
11 Justin Grassmeyer	SR Unattached	10:30.50		
12 York Thomas	JR Wayne State College	10:33.90		
13 Chris Postma	FR Dordt	10:38.25		
14 Brian Christiansen	SO Buena Vista	10:50.59		

Men 4x100 Meter Relay UCO

2 turn stagger				
Meet Record: * 41.28 4/22/1990 North Dakota State, North Dakota				
School	J. Thompson	M. Eckroth	J. Boschee	K. Cargile
				Finals H#
1 South Dakota 'A'				41.86 2
1) Jordan Schumacher FR		2) Jared Clement JR		
3) Brandon Kovash SO		4) Matt Kerswill SO		
2 Iowa Western CC 'A'				42.14 2
1) Dylan Crafton FR		2) Kashef Daniel FR		

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Men 4x100 Meter Relay UCO**

3) Berevon Wyatt FR	4) Jordan Landburg FR		
3 Briar Cliff 'A'		43.03	2
1) Caleb Young JR	2) Patrick Cisar FR		
3) Chris Young FR	4) Sam Acheampong JR		
4 Buena Vista 'A'		43.56	2
1) Colin Mann SO	2) Stefan Petersen JR		
3) Ryan Eberly SO	4) Brock Loseke FR		
5 Morningside 'A'		43.71	2
1) Preston Nibaur FR	2) Mike Huseman FR		
3) Jared Foster FR	4) Shaun Ryan FR		
6 Jamestown College 'A'		43.94	2
1) Nathan Bivens SO	2) Brent Jansen SO		
3) Duhjuan Miller FR	4) Josh Ewalt JR		
7 Northwestern College 'A'		44.70	1
1) Jeremy Sheppard JR	2) Tim Vermeer JR		
3) Tyler Vermeer SO	4) Brad Payne SR		
8 Jamestown College 'B'		44.88	1
1) Steve Nelms FR	2) Evan Schreiner FR		
3) Scott Roemmich SO	4) JT Petsch FR		
9 Mount Marty College 'A'		47.18	1
1) Brandon Frey JR	2) Daniel Filsinger SO		
3) Jonathon Keller SO	4) Tevin Boehrns FR		

Men 4x200 Meter Relay UCO

4 turn stagger

Meet Record: * 1:25.63 4/20/2000 South Dakota, South Dakota
T. Green R. Finley P. Billing J. Kehoe

School		Finals	H#
1 Iowa Western CC 'A'		1:28.34	2
1) Terrence Johnson FR	2) Berevon Wyatt FR		
3) Jordan Landburg FR	4) Dylan Crafton FR		
2 Dordt 'A'		1:29.46	2
1) Joseph Lammers JR	2) Nic Pfeifle SO		
3) Aaron Floen SO	4) Andrew Grove SO		
3 Jamestown College 'A'		1:30.48	2
1) Josh Ewalt JR	2) Jarann Johnson JR		
3) Brent Jansen SO	4) Nathan Bivens SO		
4 Buena Vista 'A'		1:31.01	2
1) Colin Mann SO	2) Stefan Petersen JR		
3) Ryan Eberly SO	4) Brock Loseke FR		
5 Wayne State College 'A'		1:31.10	2
1) Michael King SO	2) Chris Oberg FR		
3) Mickey Doerr FR	4) Alex Timperley JR		
6 South Dakota 'A'		1:32.03	2
1) Jordan Schumacher FR	2) Brandon Kovash SO		
3) Jared Clement JR	4) Matt Kerswill SO		
7 Northwestern College 'A'		1:33.85	2
1) Jeremy Sheppard JR	2) Tim Vermeer JR		
3) Tyler Vermeer SO	4) Jordan Langer SR		
8 Briar Cliff 'A'		1:38.29	1
1) Tony Cosentino SR	2) Carter Kruckenberg FR		
3) Colt Ludwig FR	4) Cole Schimelfenig FR		

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Men 4x400 Meter Relay UCO**

3 turn stagger

Meet Record: * 3:11.81 4/22/1995 Augustana, Augustana

T. Gonye M. Blumer J. Skjelvaag T. Dow

School	Finals	H#
1 Dordt 'A'	3:20.37	3
1) Alex Henderson JR	2) Andrew Grove SO	
3) Joseph Lammers JR	4) Josiah Luttjeboer SR	
2 Morningside 'A'	3:21.80	3
1) Mike Huseman FR	2) Brad Wright FR	
3) Brian Gesink SR	4) Monte Larsen SO	
3 Northwestern College 'A'	3:22.13	3
1) Jeriah Dunk FR	2) Kyle Heidebrink FR	
3) Austin King FR	4) Brandon Hammack SO	
4 Jamestown College 'A'	3:23.23	3
1) Jarann Johnson JR	2) Josh Ewalt JR	
3) Brent Jansen SO	4) William Swanson FR	
5 Wayne State College 'A'	3:26.95	3
1) Andrew Jansen JR	2) Aaron Garza SO	
3) Mickey Doerr FR	4) Chris Oberg FR	
6 Dordt 'B'	3:27.51	2
1) David Riley SO	2) Ian Kuipers SR	
3) Aaron Tudor FR	4) Jeffrey McClelland FR	
7 Buena Vista 'A'	3:31.60	3
1) Andrew Smith SO	2) Ryan Eberly SO	
3) Colin Mann SO	4) Brock Loseke FR	
8 Mount Marty College 'A'	3:32.55	2
1) Dane Hansen SO	2) Samuel Lopez FR	
3) Mitchell Zenk JR	4) Titus Kosgei SR	
9 Morningside 'B'	3:35.10	2
1)	2) Nick Grove SR	
3) Joel Van Wyk JR	4) Justin Storm FR	
10 Dordt 'C'	3:36.55	1
1) Aaron Floen SO	2) Andrew Vander Woude SR	
3) Jeff Vander Molen FR	4) Ryan Tholen SO	
11 Mount Marty College 'C'	3:47.46	1
1) Brett Springman SO	2) Jordan Pater FR	
3) Alex Keller SO	4) Mychal Bierwagen FR	
12 Mount Marty College 'B'	3:47.66	1
1) Brandon Frey JR	2) Tevin Boehrns FR	
3) Jonathon Keller SO	4) James Jensen SO	

Men 4x800 Meter Relay UCO

1 turn stagger

Meet Record: * 7:38.50 1964 Drake, Drake

School	Finals
1 Dordt 'A'	8:04.19
1) Nathan Brace FR	2) Mark Van Maanen JR
3) Ryan Tholen SO	4) Josiah Luttjeboer SR
2 Briar Cliff 'A'	8:12.57
1) Bryce Kinard JR	2) Luke Sachau SR
3) Tommy Stuart SO	4) Thomas Hunt JR
3 South Dakota 'A'	8:14.12

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Men 4x800 Meter Relay UCO**

1) Jordan Fuglestad FR	2) Parker Erickson FR	
3) Jacob Evenson FR	4) Alex Hohenthanner FR	
4 Buena Vista 'A'		8:19.61
1) Andrew Smith SO	2) Jared Bruce SO	
3) Jeffrey Stevens FR	4) Matt Stafford FR	
5 Morningside 'A'		8:22.55
1) Garret Ehlers FR	2) Justin Storm FR	
3) Brad Wright FR	4) Grant Aden FR	
6 Jamestown College 'A'		8:22.74
1) Kyle Heim SO	2) Nathan Christensen JR	
3) Kendall Witzen SO	4) Trent Roemmich FR	
7 Dordt 'B'		8:28.88
1) Tim Bierma FR	2) Ian Kuipers SR	
3) Jeff Vander Molen FR	4) Derek Opp FR	
8 Dordt 'C'		9:15.24
1) Nathan Scripps SO	2) Stephen Olson SO	
3) Devin Veenstra FR	4) Aaron Spronk FR	

Men 1600 Sprint Medley UCO

3 turn stagger

Meet Record: * 3:26.00 1964

Drake, Drake

School

Finals H#

1 Morningside 'A'		3:30.91	2
1) Mike Huseman FR	2)		
3) Brian Gesink SR	4) Monte Larsen SO		
2 Dordt 'A'		3:31.01	2
1) Andrew Grove SO	2) Nic Pfeifle SO		
3) Josiah Luttjeboer SR	4) Ryan Tholen SO		
3 Wayne State College 'A'		3:34.13	2
1) Michael King SO	2) Mickey Doerr FR		
3) Andrew Jansen JR	4) Aaron Garza SO		
4 Northwestern College 'A'		3:39.46	1
1) Parker Moore JR	2) Jesse Selgeby FR		
3) Adam Potter SO	4) Ben Bosch FR		
5 Briar Cliff 'A'		3:39.81	2
1) Patrick Cisar FR	2) Chris Young FR		
3) Dillian Broadnax FR	4) Bryce Kinard JR		
6 Morningside 'B'		3:39.82	1
1)	2) Joel Van Wyk JR		
3) Nick Grove SR	4) Brad Wright FR		
7 Dakota State Univ. 'A'		3:39.90	2
1) Phillip Carmody JR	2) Jared Mengershausen SR		
3) Andy Coy SO	4) Thomas Kjerengtroy FR		
8 Buena Vista 'A'		3:41.30	2
1) Colin Mann SO	2) Ryan Eberly SO		
3) Brock Loseke FR	4) Andrew Smith SO		
9 South Dakota 'A'		3:41.92	2
1) Stuart Charbonneau FR	2) Jason Steinberg FR		
3) Parker Erickson FR	4) Jordan Fuglestad FR		
10 Univ. Sioux Falls 'B'		3:45.55	1
1) Matt Wattier SO	2) Grant Schouten FR		
3) Blaze Killian FR	4) Robert Brockmueller FR		
11 Dakota Wesleyan 'A'		3:45.76	2

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Men 1600 Sprint Medley UCO**

1) Dalton Smith SO	2) Frank Thompson FR		
3) Tyler Volesky FR	4) Andrew Hernandez FR		
12 Univ. Sioux Falls 'A'		3:47.66	1
1) Blake Stevensen FR	2) Joe Noyes JR		
3) Tyler Voss SO	4) William Brockmueller FR		
13 Morningside 'C'		3:47.73	1
1) Jared Foster FR	2)		
3) Justin Storm FR	4) Todd Wolf SR		
14 Mount Marty College 'A'		3:51.28	1
1) Tevin Boehrns FR	2) Jonathon Keller SO		
3) Brandon Frey JR	4) James Jensen SO		
15 Dakota State Univ. 'B'		3:53.58	1
1) Chance Clason FR	2) Joshua Scott FR		
3) Jordy Peterson FR	4) Jerad Schlobohm SR		

Men Distance Medley UCO

1 turn stagger
 Ru;nnng Order 1200-400-800-1600
 Meet Record: * 10:11.69 4/17/2010 Dakota State, Dakota State
 T. VanPeursesem C. Foreman M. Fideler A Drealan
 School Finals

1 Dakota State Univ. 'A'		10:36.09	
1) Anthony Drealan SR	2) Jared Mengershausen SR		
3) Thomas Kjerengtroen FR	4) Devon Berkness SR		
2 South Dakota 'A'		10:40.81	
1) Mitch Yaggie FR	2) Parker Erickson FR		
3) Jordan Fuglestad FR	4) Jeffrey Mettler FR		
3 Augustana 'B'		10:53.53	
1) Travis Beniak JR	2) Aaron Bauer SO		
3) Jordan Slusser SO	4) Ryan Evans SO		
4 Unattached 'A'		11:05.46	
1) Aduo Omot SO	2) Henrik Hansson FR		
3) Justin Grassmeyer SR	4) Paul Yak FR		
5 Mount Marty College 'A'		11:10.08	
1) Alex Keller SO	2) Brandon Frey JR		
3) Mychal Bierwagen FR	4) Jordan Pater FR		

Men High Jump UCO

Meet Record: * 7-00 4/22/1995 Don Wolf, Buena Vista

Name	Year School	Finals	
1 Montez Blair	FR Iowa Western CC	2.01m	6-07.00
2 Kashef Daniel	FR Iowa Western CC	J2.01m	6-07.00
3 Clay Pagels	SO Briar Cliff	J2.01m	6-07.00
4 Sam DuMez	JR Dordt	1.96m	6-05.00
5 Ryan Gass	FR Unattached	1.91m	6-03.25
6 Alex Liberty	SR Dakota Wesleyan	1.86m	6-01.25
6 Trevor Lopour	SO Mount Marty College	1.86m	6-01.25
8 Kyle Heidema	SO Dordt	1.81m	5-11.25
-- Curtis Rife	JR Morningside		NH
-- Josh Ewalt	JR Jamestown College		NH

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****Men Pole Vault UCO**

Meet Record: * 18-09 4/20/2001 Derek Miles, unattached

Name	Year	School	Finals	
1 Joshua Brinkerhoff	SO	Dordt	14-00.00	4.26m
2 Jeff Mills	SO	Wayne State College	13-06.00	4.11m
2 Daniel Filsinger	SO	Mount Marty College	13-06.00	4.11m
4 Alex Liberty	SR	Dakota Wesleyan	13-00.00	3.96m
5 Andrew Stoen	SR	Jamestown College	12-06.00	3.81m
6 Lynn Olesen	FR	Unattached	12-00.00	3.65m
7 Dillon Ostby	JR	Dakota Wesleyan	11-00.00	3.35m
-- Sean Bicknase	SO	Briar Cliff	NH	
-- Branden Schultz	FR	Buena Vista	NH	

Men Long Jump UCO

Meet Record: * 25-03 4/21/1997 Andrew Owusu, unattached

Name	Year	School	Finals	Wind	
1 Montez Blair	FR	Iowa Western CC	6.81m	1.0	22-04.25
			6.40m(1.3) 6.81m(1.0) 6.79m(0.1) 6.65m(0.9) 6.74m(-0.6)	PASS	
2 Stefan Petersen	JR	Buena Vista	6.77m	1.0	22-02.50
			6.44m(-0.4) 6.51m(0.1) 6.44m(0.3) 6.77m(1.0) 6.69m(-0.2) 6.71m(0.9)		
3 Mark Johnson	SO	Northwestern	6.75m	1.0	22-01.75
			6.75m(1.0) 6.30m(+0.0) 6.56m(1.2) 5.98m(-0.7) 6.51m(+0.0) 6.46m(+0.0)		
4 Brad Payne	SR	Northwestern	6.44m	+0.0	21-01.50
			FOUL FOUL 6.12m(-2.6) 6.44m(+0.0) 6.43m(-0.9) 6.31m(+0.0)		
5 Kimontae Thomas	FR	Valley City State	6.31m	0.1	20-08.50
			FOUL FOUL 6.31m(0.1) 5.96m(+0.0) FOUL 6.11m(1.3)		
5 Ryan Gass	FR	Unattached	6.31m	0.1	20-08.50
			6.08m(-0.5) FOUL 6.00m(1.0) 5.75m(-0.1) FOUL 6.31m(0.1)		
7 David Thomas	JR	Briar Cliff	6.30m	-1.3	20-08.00
			FOUL 6.22m(-0.5) 6.30m(-1.3) 6.15m(0.8) FOUL FOUL		
8 Alex Timperley	JR	Wayne State College	6.03m	0.3	19-09.50
			6.03m(0.3) FOUL FOUL FOUL 5.89m(0.1) FOUL		
9 Jared Williams	FR	Briar Cliff	6.02m	0.6	19-09.00
			5.98m(0.3) 6.01m(-0.9) 6.02m(0.6)		
10 Tyler Walker	SO	Northwestern	6.01m	0.4	19-08.75
			6.01m(0.4) 6.01m(0.8) 5.97m(1.0)		
11 Mitch Van Briesen	FR	Morningside	5.95m	-0.3	19-06.25
			FOUL 5.95m(-0.3) 5.91m(0.3)		
12 William Hooks	FR	Briar Cliff	5.82m	-0.5	19-01.25
			FOUL FOUL 5.82m(-0.5)		
13 Jordy Peterson	FR	Dakota State Univ.	5.80m	0.7	19-00.50
			5.71m(0.4) 5.80m(0.7) 5.71m(1.0)		
14 Tanner Willard	JR	South Dakota	5.78m	1.3	18-11.75
			FOUL 5.78m(1.3) FOUL		
15 Tyler Gengler	FR	Mount Marty College	5.67m	1.0	18-07.25
			FOUL 5.67m(1.0) 5.59m(-1.4)		
16 Evan Schreiner	FR	Jamestown College	5.59m	+0.0	18-04.25
			FOUL FOUL 5.59m(+0.0)		
17 Tom Merkwan	SR	Dakota Wesleyan	5.56m	+0.0	18-03.00
			FOUL 5.56m(+0.0) FOUL		
18 Brandon Frey	JR	Mount Marty College	5.31m	0.3	17-05.25
			5.31m(0.3) 5.29m(+0.0) 4.95m(-0.2)		

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Men Long Jump UCO**

19 Nick Grove SR Morningside 5.18m 0.2 17-00.00
 FOUL 5.18m(0.2) 5.05m(-0.1)

Men Triple Jump UCO

Meet Record: * 55-06 4/22/1998 Andrew Owusu, unattached

Name	Year	School	Finals	Wind
1 Tyler Heitman	SO	Morningside	13.84m	2.3 45-05.00
13.84m(2.3) FOUL	FOUL	13.35m(+0.0) FOUL	FOUL	
2 Alex Timperley	JR	Wayne State College	13.72m	-0.3 45-00.25
FOUL 13.72m(-0.3) FOUL	FOUL	13.72m(-0.2) FOUL	PASS	
3 Kimontae Thomas	FR	Valley City State	13.11m	-0.7 43-00.25
FOUL 12.45m(0.6) 13.08m(+0.0) FOUL	FOUL	FOUL	13.11m(-0.7)	
4 David Thomas	JR	Briar Cliff	13.07m	-0.2 42-10.75
FOUL 13.07m(-0.2) 12.87m(+0.0) 12.96m(-0.7) FOUL			12.40m(+0.0)	
5 Ryan Gass	FR	Unattached	12.73m	-1.2 41-09.25
12.73m(-1.2) FOUL	FOUL	11.32m(+0.0) PASS	PASS	
6 Sam DuMez	JR	Dordt	12.65m	+0.0 41-06.00
12.50m(-1.1) 12.65m(+0.0) PASS	PASS	PASS	PASS	
7 Tyler Walker	SO	Northwestern	12.45m	1.3 40-10.25
FOUL FOUL 12.07m(-0.9) 12.45m(1.3) FOUL			12.43m(0.4)	
8 Sean Bicknase	SO	Briar Cliff	11.45m	+0.0 37-06.75
11.27m(+0.0) 11.19m(-0.4) 11.45m(+0.0) 11.38m(1.3) 10.99m(-2.3) 10.82m(+0.0)				

Men Shot Put UCO

Standard for measurement 43'

Meet Record: * 57-00.50 4/20/1998 Steve Schmidt, Dakota Wesleyan

Name	Year	School	Finals
1 Mike Findley	SO	Jamestown College	14.21m 46-07.50
FOUL 14.21m FOUL 13.77m FOUL FOUL			
2 Robert Nelson	JR	Jamestown College	14.20m 46-07.25
13.66m 14.20m FOUL FOUL FOUL FOUL			
3 Kiley Murra	JR	Northwestern	14.14m 46-04.75
14.14m FOUL 13.76m 13.79m 13.92m FOUL			
4 Paul Lundgren	SR	Northwestern	14.12m 46-04.00
13.80m 13.64m FOUL FOUL 14.12m FOUL			
5 Jacob Chambers	JR	Morningside	13.72m 45-00.25
12.83m 13.72m 12.06m FOUL FOUL FOUL			
6 Shane Whidby	FR	Dakota State Univ.	12.97m 42-06.75
12.97m FOUL FOUL 12.64m 12.57m 12.97m			
7 Michael Becker	SO	Briar Cliff	12.84m 42-01.50
11.78m 12.84m 12.70m 11.39m 12.37m FOUL			
8 Jordan Huisman	SO	Dordt	12.79m 41-11.50
12.04m 12.59m FOUL 11.61m 12.16m 12.79m			
9 Chad Van Ravenswaay	JR	Northwestern	12.35m 40-06.25
11.60m FOUL 12.35m 11.95m 11.92m 11.83m			
10 Jeff Rieger	SO	Dakota State Univ.	11.86m 38-11.00
11.86m FOUL FOUL			
11 Jameel Cunningham	SO	Briar Cliff	11.79m 38-08.25
11.28m 11.64m 11.79m			
12 Alex Gebhard	FR	Valley City State	11.77m 38-07.50
11.77m FOUL 11.70m			

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Men Shot Put UCO**

13	Ryan Gimbel	FR Dakota State Univ.	11.64m	38-02.25
	11.64m 11.39m 11.61m			
14	Stephen Adams	FR Buena Vista	10.65m	34-11.25
	10.42m 10.65m FOUL			
15	Anthony Williams	FR Valley City State	10.13m	33-03.00
	10.09m 10.13m 9.93m			
16	Marshall Ellis	FR Briar Cliff	9.74m	31-11.50
	FOUL 8.78m 9.74m			
17	Christopher Ryan	FR Jamestown College	9.61m	31-06.50
	9.41m 8.86m 9.61m			

Men Discus Throw UCO

 Standard for measurement 135'

Meet Record: * 199-05 4/21/1999 Mark White, unattached

Name	Year School	Finals
1 Kiley Murra	JR Northwestern	46.40m 152-03
	FOUL 45.35m FOUL FOUL FOUL 46.40m	
2 Todd Green	JR Dordt	44.46m 145-10
	44.46m 42.17m 42.03m FOUL FOUL FOUL	
3 Robert Nelson	JR Jamestown College	44.43m 145-09
	44.39m FOUL FOUL 43.34m 44.43m FOUL	
4 Jasper Hunt	SO Iowa Western CC	44.20m 145-00
	FOUL FOUL 44.20m 42.18m 44.06m FOUL	
5 Paul Lundgren	SR Northwestern	43.33m 142-02
	32.88m 38.40m 41.13m 39.23m FOUL 43.33m	
6 Ryan Boeckman	FR Briar Cliff	42.90m 140-09
	FOUL 42.90m 37.13m 39.19m 40.10m 40.90m	
7 Mike Findley	SO Jamestown College	42.09m 138-01
	41.99m FOUL FOUL FOUL 42.09m FOUL	
8 Alex Gebhard	FR Valley City State	41.60m 136-06
	FOUL 39.63m 39.83m 41.00m 39.40m 41.60m	
9 Tim Martens	FR Unattached	41.03m 134-07
	FOUL FOUL 39.90m FOUL 39.34m 41.03m	
10 Nathan Frakes	FR Iowa Western CC	38.73m 127-01
	35.86m FOUL 38.73m	
11 Trevor Rossknecht	FR Dakota State Univ.	38.30m 125-08
	37.93m FOUL 38.30m	
12 Jacob Berger	SO Jamestown College	37.72m 123-09
	37.72m FOUL FOUL	
13 Justin Hummelgard	FR Briar Cliff	36.99m 121-04
	36.99m 36.06m 36.50m	
14 Garrett Tenney	FR Jamestown College	35.92m 117-10
	35.92m FOUL 34.94m	
15 Jesse Davis	FR Dordt	34.95m 114-08
	26.97m 34.64m 34.95m	
16 Michael Becker	SO Briar Cliff	34.81m 114-02
	33.12m 34.81m FOUL FOUL FOUL FOUL	
17 Chad Van Ravenswaay	JR Northwestern	33.93m 111-04
	31.66m 33.93m FOUL	
18 Christopher Ryan	FR Jamestown College	32.03m 105-01
	32.03m 31.87m FOUL	
19 Ryan Gimbel	FR Dakota State Univ.	31.05m 101-10
	FOUL 31.05m FOUL	

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Men Discus Throw UCO**

20	Jacob Urrutia	FR Dordt	30.45m	99-11
	30.45m FOUL FOUL			
21	Chris Bylsma	FR Dordt	28.43m	93-03
	FOUL 26.98m 28.43m			
22	Alex Liberty	SR Dakota Wesleyan	25.85m	84-10
	25.85m FOUL FOUL			

Men Hammer Throw UCO

Meet Record: * 253-00 4/21/2007 A.G. Kruger, unattached				
Name	Year	School	Finals	
1 Denton Stephens	FR	South Dakota	46.67m	153-01
		FOUL 46.67m FOUL 45.90m FOUL FOUL		
2 Adam Hinds	SO	Briar Cliff	44.69m	146-07
		43.65m 44.14m 44.69m 42.67m FOUL 44.55m		
3 Jacob Chambers	JR	Morningside	43.10m	141-05
		43.10m FOUL FOUL FOUL FOUL FOUL		
4 Jeff Holstein	JR	Dakota Wesleyan	39.78m	130-06
		FOUL 37.75m 38.31m 38.49m FOUL 39.78m		
5 Nic Austin	FR	Morningside	38.71m	127-00
		32.70m 37.31m 38.71m FOUL FOUL FOUL		
6 Brock Brewster	JR	South Dakota	37.38m	122-08
		37.38m FOUL FOUL FOUL 37.23m 35.18m		
7 Cody York	SO	Briar Cliff	35.85m	117-07
		32.59m FOUL 32.81m 34.24m FOUL 35.85m		
8 Ryan Gimbel	FR	Dakota State Univ.	34.96m	114-08
		FOUL 34.96m FOUL FOUL FOUL FOUL		
9 Trevor Rossknecht	FR	Dakota State Univ.	31.60m	103-08
		FOUL 31.12m 31.60m FOUL 31.26m 30.64m		
10 Jordan Huisman	SO	Dordt	30.92m	101-05
		FOUL FOUL 30.92m		
11 Alex Gebhard	FR	Valley City State	30.82m	101-01
		30.82m 28.94m 30.07m		
12 Aaron Lonneman	FR	Morningside	29.02m	95-02
		FOUL 26.93m 29.02m		
13 Bryan Hays	FR	Buena Vista	26.83m	88-00
		26.83m FOUL FOUL		
-- Anthony Williams	FR	Valley City State	FOUL	
		FOUL FOUL FOUL		
-- Matt Best	FR	Buena Vista	FOUL	
		FOUL FOUL FOUL		
-- Stephen Adams	FR	Buena Vista	FOUL	
		FOUL FOUL FOUL		

Men Javelin Throw UCO

Meet Record: * 205-09 4/19/2007 Mark Liebl, unattached				
Name	Year	School	Finals	
1 Dylan Buehler	SO	Augustana	49.56m	162-07
		FOUL 49.56m 48.54m 47.95m FOUL 46.02m		
2 Jordan Boekhout	SO	Northwestern	49.09m	161-01
		49.09m FOUL 39.10m 46.15m 44.65m FOUL		

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Men Javelin Throw UCO**

3	Jay Bachman	SO Jamestown College	47.70m	156-06
	47.70m 43.54m 42.80m	FOUL 44.84m 43.15m		
4	Andrew Vander Woude	SR Dordt	47.15m	154-08
	44.93m 45.40m 47.15m	39.26m 44.00m FOUL		
5	Cody York	SO Briar Cliff	45.78m	150-02
	43.71m 45.78m FOUL	41.20m 45.17m 43.71m		
6	Mike Findley	SO Jamestown College	45.43m	149-00
	41.85m FOUL 45.43m	FOUL 36.95m FOUL		
7	Matt Best	FR Buena Vista	44.14m	144-10
	44.14m FOUL 41.68m	37.60m FOUL FOUL		
8	David Riley	SO Dordt	43.70m	143-04
	FOUL 37.29m 43.70m	FOUL FOUL FOUL		
9	Mike Beavers	Unattached	43.05m	141-03
	FOUL FOUL 43.05m	FOUL FOUL FOUL		
10	Tyler Maxwell	JR South Dakota	41.83m	137-03
	39.12m 41.83m 40.19m	40.01m 40.24m FOUL		
11	Andy Dougherty	FR Morningside	41.80m	137-02
	FOUL 41.80m 39.90m			
12	Adam Palowski	FR Valley City State	41.40m	135-10
	40.51m 41.40m 38.35m			
13	Grant Aden	FR Morningside	41.15m	135-00
	37.55m 38.05m 41.15m			
14	Taylor Follow	FR Morningside	40.83m	133-11
	FOUL 37.83m 40.83m			
15	Garrett Tenney	FR Jamestown College	40.30m	132-03
	40.30m 39.05m 40.25m			
16	Jescy Rodriguez	FR Morningside	39.84m	130-08
	37.70m 35.62m 39.84m			
17	Aaron Floen	SO Dordt	39.53m	129-08
	39.47m 38.75m 39.53m			
18	Jeff Holstein	JR Dakota Wesleyan	39.26m	128-10
	39.26m FOUL FOUL			
19	Tanner Willard	JR South Dakota	39.22m	128-08
	36.40m 37.54m 39.22m			
20	Alex Gebhard	FR Valley City State	38.92m	127-08
	FOUL FOUL 38.92m			
21	Todd Carnes	SO Morningside	37.98m	124-07
	FOUL 37.98m 37.68m			
21	Justin Hummelgard	FR Briar Cliff	37.98m	124-07
	36.15m 37.98m 36.68m			
23	Ethan Beard	FR Briar Cliff	37.19m	122-00
	37.19m FOUL 37.00m			
24	Justin Anderson	FR Morningside	37.01m	121-05
	37.01m 36.55m 34.44m			
25	Sean Bicknase	SO Briar Cliff	35.49m	116-05
	35.49m FOUL 29.25m			
26	Bryan Hays	FR Buena Vista	34.29m	112-06
	33.45m 34.29m FOUL			
27	Peter Prostrollo	SO Mount Marty College	33.25m	109-01
	FOUL FOUL 33.25m			
28	Jacob Berger	SO Jamestown College	33.12m	108-08
	FOUL 33.12m FOUL			
29	William Symmonds	SO Northwestern	29.59m	97-01
	25.90m 29.52m 29.59m			

Sioux City Relays 2011 - 4/15/2011 to 4/16/2011**Olsen Stadium****Results****....Men Javelin Throw UCO**

30	Kielan Dittmar	FR Briar Cliff	29.15m	95-08
	26.00m 26.68m 29.15m			
31	Casey Sheehan	FR Iowa Western CC	24.44m	80-02
	24.44m FOUL FOUL			
32	Anthony Williams	FR Valley City State	24.07m	79-00
	FOUL 24.07m 22.92m			
--	Aaron Lonneman	FR Morningside	FOUL	
	FOUL FOUL FOUL			

Men 400 Meter Run Masters-Corp

Meet Record: * 57.65 4/16/2011 David Nash, Unattached			
Name	Year	School	Finals
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1	David Nash	FR Unattached	57.65*
2	Guy Gregg	Unattached	58.07
3	Lonnie MacPeek	Unattached	1:09.91