

2023 Spring Invite - 3/30/2023**Le Mars, IA****Results - 2023 Spring Invite****Girls 100 Meter Dash Varisty**

Name	Year School	Seed	Finals	H#	Points
Finals					
1 Huss, Tierney	Moc-Fv	12.44	12.63	2	10
2 Huls, Madi	LeMars	13.50	12.98	2	8
3 Cleary, Shannon	Bishop Heelan	13.90	13.27	2	6
4 Prosser, Taylor	Sb-Luton	13.40	13.36	2	4
5 Bitker, Avery	Sioux Center	13.40	13.55	2	2
6 Rau, Alize	Bishop Heelan	13.70	13.57	2	1
7 Robinson, Delaney	Sb-Luton	13.80	14.12	2	
8 Plathe, Sophee	Moc-Fv	13.50	14.44	2	
9 Baart, Eve	Unity Chrst, OC	13.91	14.46	1	
10 Kuperus, Haley	Unity Chrst, OC	13.90	14.48	1	
11 Martinez, Dulce	Sioux Center	14.70	14.66	1	
11 Sadoski, Julia	LeMars	14.40	14.66	1	
13 Koele, Annie	Western Christ	14.70	14.70	1	
14 Hanson, Piper	Western Christ	14.70	15.65	1	
15 Anderson, Addalyn	LeMars	20.00	x18.92	1	
16 Sanow, Caitlyn	LeMars	20.00	x19.19	1	

Girls 200 Meter Dash Varisty

Name	Year School	Seed	Finals	H#	Points
1 Huls, Madi	LeMars	27.10	27.39	2	10
2 VanDenTop, Bre	Sb-Luton	28.50	27.70	2	8
3 Tooker, Kaleigh	Moc-Fv	27.50	27.97	2	6
4 Meis, Kenley	Bishop Heelan	27.50	28.27	2	4
5 Kleinhesselink, Payton	Moc-Fv	28.50	28.60	2	2
6 Beitelspacher, Claire	LeMars	29.30	28.94	1	1
7 Allen, Jenna	LeMars	28.50	x29.17	2	
8 Vogt, Imani	Bishop Heelan	29.00	29.24	1	
9 Schmidt, Courteney	Sioux Center	30.20	29.41	1	
10 Massen, Aislin	Sioux Center	30.40	29.86	1	
11 Schaap, Izzy	Sb-Luton	28.80	30.09	2	
12 McNaughton, Holly	LeMars	29.00	x30.17	2	
13 Koele, Annie	Western Christ	31.74	30.59	1	
14 Hanson, Piper	Western Christ	33.70	35.77	1	
15 Christensen, Camille	Unity Chrst, OC	35.89	35.78	1	

Girls 400 Meter Dash Varisty

Name	Year School	Seed	Finals	H#	Points
1 Huls, Madi	LeMars	1:04.00	1:04.84	2	10
2 Griebel, Cori	Sb-Luton	1:09.50	1:08.40	2	8
3 Saulsbury, Delaney	Bishop Heelan	1:10.00	1:09.44	2	6
4 Truesdell, Anna	Sioux Center	1:09.50	1:11.77	2	4
5 Ellis, Lydia	Western Christ	1:07.00	1:11.91	2	2
6 Buss, Chloe	Sb-Luton	1:11.00	1:12.57	2	1
7 Koedam, Eden	Moc-Fv	1:13.00	1:17.53	2	
8 Cleveringa, McKenna	Moc-Fv	1:12.00	1:17.54	2	
9 Spronk, Olivia	Western Christ	1:13.00	1:17.79	1	
10 Esler, Kailey	LeMars	1:24.00	1:27.42	1	
11 Riccio, Jovie	LeMars	1:30.00	x1:27.65	1	

2023 Spring Invite - 3/30/2023**Le Mars, IA****Results - 2023 Spring Invite****Girls 800 Meter Run Varisty**

Name	Year School	Seed	Finals	Points
1 Woudstra, Jaelye	Unity Chrst, OC	2:36.20	2:32.92	10
2 Oldenkamp, Kolby	Sioux Center	2:42.00	2:36.42	8
3 Groeneweg, Jaiden	Western Christ	2:35.00	2:39.89	6
4 Hulinsky, Becca	LeMars	2:47.00	2:41.44	4
5 Haverdink, Rachel	Moc-Fv	2:45.67	2:45.63	2
6 Dokter, Biyanca	Moc-Fv	2:49.84	2:46.92	1
7 Jochum, Ashleigh	Bishop Heelan	2:45.00	2:47.61	
8 De Groot, Kyrin	Western Christ	2:45.00	2:48.05	
9 Hogrefe, Maya	LeMars	2:45.00	2:49.15	
10 Karras, Sophia	Sb-Luton	2:42.00	2:49.82	
11 VandeVegte, Rylan	Sioux Center	2:48.00	2:49.96	
12 Bertrand, Addison	Bishop Heelan	2:45.00	2:52.90	
13 Ryan, Gabby	Sb-Luton	3:01.74	2:54.46	

Girls 1500 Meter Run Varisty

Name	Year School	Seed	Finals	Points
1 May, Sarah	Moc-Fv	5:21.10	5:16.07	10
2 McCord, Corinne	Sioux Center	5:56.91	5:27.34	8
3 Dokter, Aryana	Moc-Fv	5:50.71	5:28.61	6
4 Young, Katie	Unity Chrst, OC	5:35.86	5:29.21	4
5 DeRocher, Makenzie	LeMars	6:06.00	5:38.82	2
6 Ritz, Ellie	Bishop Heelan	5:45.00	5:39.61	1
7 Bockenstedt, Bjella	Sb-Luton	6:04.62	5:40.57	
8 Roller, Marilyn	LeMars	6:30.00	5:48.44	
9 Savary, Korbyn	Sb-Luton	6:10.00	5:48.99	
10 Hamerlinck, Kendal	LeMars	6:25.00	x5:58.18	

Girls 3000 Meter Run Varisty

Name	Year School	Seed	Finals	Points
1 Dokter, Biyanca	Moc-Fv	12:13.00	11:53.56	10
2 Young, Katie	Unity Chrst, OC	11:45.00	11:59.08	8
3 Hulinsky, Becca	LeMars	12:30.00	12:15.63	6
4 Lassen, Kienna	Moc-Fv	12:20.00	12:35.52	4
5 Ryan, Gabby	Sb-Luton	14:00.00	12:44.94	2
6 Kraayenbrink, Olivia	Sioux Center	12:45.00	13:01.07	1

Girls 100 Meter Hurdles Varisty

Name	Year School	Seed	Finals	H#	Points
1 Kleinhesselink, Payton	Moc-Fv	16.90	17.21	2	10
2 Susemihl, Claire	LeMars	17.00	17.42	2	8
3 Manley, Savannah	LeMars	17.50	17.64	2	6
4 Dunn, Carly	Sioux Center	17.50	17.69	2	4
5 Buhman, Sophie	LeMars	18.50	x19.00	2	
6 Verschuure, Maggie	Moc-Fv	18.20	19.27	2	2
7 Larson, Liberty	LeMars	19.00	x19.39	2	
8 Jesionowski, Keylee	Sb-Luton	19.80	20.15	1	1
9 Bandstra, Blair	Sioux Center	19.20	20.62	2	

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....Girls 100 Meter Hurdles Varisty

10 Stowe, Kenzie	Sb-Luton	20.80	22.03	1
11 Wielenga, Jessica	Western Christ	20.00	22.17	1
12 Wallenburg, Mya	Western Christ	20.00	22.31	1

Girls 400 Meter Hurdles Varisty

Name	Year School	Seed	Finals	H#	Points
1 Bruxvoort, Kaylea	Moc-Fv	1:10.30	1:13.41	2	10
2 Kass, Sienna	LeMars	1:17.00	1:15.39	2	8
3 Barrow, Jaida	Unity Chrst, OC	1:13.58	1:18.33	2	6
4 Schuiteman, Margo	Sioux Center	1:15.00	1:18.50	2	4
5 Manley, Savannah	LeMars	1:19.00	1:19.79	2	2
6 Tracy, Teagan	Moc-Fv	1:18.00	1:22.93	2	1
7 Jesionowski, Keylee	Sb-Luton	1:22.00	1:26.12	1	
8 Berglund, Kendra	Sb-Luton	1:24.00	1:27.82	1	
9 Visser, Madison	Western Christ	1:25.00	1:28.16	1	

Girls 4x100 Meter Relay Varisty

School	Seed	Finals	Points
1 Moc-Fv 'A'	56.00	50.97	10
1) Meines, Carolyn			
2) Kleinhesselink, Payton			
3) Tooker, Kaleigh			
4) Huss, Tierney			
2 Bishop Heelan 'A'	52.50	52.95	8
1) Rau, Alize			
2) Meis, Kenley			
3) Emerson, Brenna			
4) Cleary, Shannon			
3 Unity Chrst, OC 'A'	53.50	53.86	6
1) Barrow, Jaida			
2) Zylstra, Ruby			
3) Hofland, Haley			
4) Heynen, Anna			
4 LeMars 'A'	52.30	54.31	4
1) Hector, Stella			
2) Allen, Jenna			
3) Leusink, Aubree			
4) Kruse, Allie			
5 Sb-Luton 'A'	53.50	55.45	2
1) Robinson, Delaney			
2) Wheeler, Addison			
3) Ahrendt, Kendall			
4) Griebel, Cori			
6 Sioux Center 'A'	54.60	55.54	1
1) Martinez, Dulce			
2) Bleeker, Romee			
3) Dunn, Carly			
4) Vermeer, Emalee			
7 Western Christ 'A'	59.00	56.20	
1) Van Schepen, Maggie			
2) Reitsma, Shae			
3) De Jager, Kylie			
4) Van't Hul, Addy			
-- LeMars 'B'		X55.39	

Girls 4x200 Meter Relay Varisty

School	Seed	Finals	Points
1 Moc-Fv 'A'	1:50.58	1:50.88	10
1) Bahrke, Olyvia			
2) Kleinhesselink, Kate			
3) Jeltema, Adyson			
4) Huss, Tierney			
2 Sioux Center 'A'	1:56.00	1:52.60	8
1) Vermeer, Emalee			
2) Bitker, Avery			
3) Schuiteman, Margo			
4) Zeutenhorst, Kendra			

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....Girls 4x200 Meter Relay Varisty

3 LeMars 'A'	1:56.00	1:54.17	6
1) Leusink, Aubree			
3) Allen, Jenna			
4 Sb-Luton 'A'	1:55.74	1:56.44	4
1) Prosser, Taylor			
3) Ahrendt, Kendall			
5 Bishop Heelan 'A'	1:58.00	1:57.68	2
1) Wiener, Charlie			
3) Schermerhorn, Maddy			
6 Unity Chrst, OC 'A'	2:02.78	1:58.73	1
1) Kuperus, Haley			
3) Poppema, Ella			
7 Western Christ 'A'	2:09.26	2:00.04	
1) Van Otterloo, Kayla			
3) Gulker, Mylie			
-- LeMars 'B'	2:10.00	X2:05.11	

Girls 4x400 Meter Relay Varisty

School	Seed	Finals	Points
1 Unity Chrst, OC 'A'	4:24.70	4:19.23	10
1) De Groot, Morgan			
3) Hoogland, Elizabeth			
2 Sioux Center 'A'	4:25.00	4:20.17	8
1) Bitker, Avery			
3) Schmalbeck, Maci			
3 Moc-Fv 'A'	4:28.26	4:20.70	6
1) Immecker, Maya			
3) Kleinhesselink, Kate			
4 Bishop Heelan 'A'	4:32.00	4:24.44	4
1) Demke, Maddie			
3) Demke, Kiki			
5 Sb-Luton 'A'	4:33.46	4:27.34	2
1) Prosser, Taylor			
3) VanDenTop, Bre			
6 Western Christ 'A'	4:25.00	4:42.29	1
1) Groeneweg, Jaiden			
3) Gulker, Mylie			

Girls 4x800 Meter Relay Varisty

School	Seed	Finals	Points
1 Bishop Heelan 'A'	10:35.00	10:33.66	10
1) Ritz, Ellie			
3) Walsh, Scarlett			
2 Moc-Fv 'A'	13:59.00	10:35.13	8
1) May, Sarah			
3) Dokter, Aryana			
3 Sioux Center 'A'	10:49.44	10:41.09	6
1) Schmalbeck, Maci			
3) Romero, Mya			
4 Western Christ 'A'	10:50.00	11:09.53	4
1) Van Otterloo, Kayla			

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3) De Groot, Kyrin	4) Groeneweg, Jaiden			
5 Sb-Luton 'A'		11:17.00	11:37.50	2
1) Karras, Sophia	2) Savary, Korbyn			
3) Bockenstedt, Bjella	4) Berglund, Kendra			
6 LeMars 'A'		12:00.00	12:01.36	1
1) Roller, Marilyn	2) Hamerlinck, Kendal			
3) Schrunk, Allie	4) Lammers, Rose			

Girls 800 Sprint Medley Varisty

School	Seed	Finals	Points
1 LeMars 'A'	2:00.00	1:56.93	10
1) Manley, Savannah			
3) Huls, Madi			
2 Unity Chrst, OC 'A'	1:59.78	1:59.93	8
1) Zylstra, Ruby			
3) Heynen, Anna			
3 Sioux Center 'A'	2:03.00	2:00.56	6
1) Martinez, Dulce			
3) Zeutenhorst, Kendra			
4 Sb-Luton 'A'	1:59.90	2:01.49	4
1) Prosser, Taylor			
3) VanDenTop, Bre			
5 Western Christ 'A'	2:05.00	2:05.43	2
1) Van Schepen, Maggie			
3) Reitsma, Shae			
6 Moc-Fv 'A'	2:02.00	2:06.40	1
1) Plathe, Sophee			
3) Bahrke, Olyvia			
7 Bishop Heelan 'A'	2:06.00	2:11.69	
1) Wiener, Charlie			
3) Otten, Anna			
-- LeMars 'B'	2:05.00	X2:04.02	

Girls Distance Medley Varisty

School	Seed	Finals	Points
1 Unity Chrst, OC 'A'	4:39.02	4:37.64	10
1) Barrow, Jaida			
3) Woudstra, Jaelye			
2 LeMars 'A'	4:40.00	4:37.67	8
1) Westhoff, Ahrianna			
3) Hogrefe, Maya			
3 Western Christ 'A'	5:00.00	4:42.04	6
1) Van Schepen, Maggie			
3) De Jager, Kylie			
4 Moc-Fv 'A'	4:44.08	4:42.26	4
1) Leusink, Addy			
3) Fernstrum, Kennedy			
5 Bishop Heelan 'A'	4:50.00	4:45.67	2
1) Emerson, Brenna			
3) Vogt, Imani			
6 Sb-Luton 'A'	4:50.00	4:53.75	1

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....Girls Distance Medley Varisty

1) Ahrendt, Kendall	2) Wheeler, Addison		
3) Schaap, Izzy	4) Kneifl, Jayden		
7 Sioux Center 'A'		4:50.00	4:54.88
1) Schmidt, Courteney	2) Massen, Aislin		
3) Bleeker, Romee	4) Bloom, Maria		
-- LeMars 'B'		5:00.00	X4:45.58

Girls 4x100 Meter Shuttle Hurdle Varisty

School	Seed	Finals	H#	Points
1 Sioux Center 'A'	1:15.00	1:17.75	1	10
1) Dunn, Carly				
3) Keizer, Haley				
2 LeMars 'A'	1:13.20	1:18.48	1	8
1) Manley, Savannah				
3) Buhman, Sophie				
3 Western Christ 'A'	1:20.00	1:36.35	2	6
1) Visser, Madison				
3) Zomermaand, Isabella				
-- Moc-Fv 'A'	1:13.00	DQ	1	
1) Sassman, Emma				
3) Vortherms, Alyssa				
-- Sb-Luton 'A'	1:22.00	DQ	2	
1) Stowe, Kenzie				
3) Lake, Carli				

Girls High Jump Varisty

Name	Year School	Seed	Finals	Points
1 De Groot, Aubrey	Unity Chrst, OC	5-00.00	5-01.00	10
2 Vogt, Imani	Bishop Heelan		4-10.00	8
3 Gilmore, Zoey	Moc-Fv	4-10.00	J4-08.00	6
4 Kneifl, Jayden	Sb-Luton	4-08.00	J4-08.00	4
5 Clifford, Mackenzie	Bishop Heelan		J4-08.00	2
6 Schaap, Izzy	Sb-Luton	4-06.00	J4-06.00	1
7 Hofmeyer, Kortney	Unity Chrst, OC	4-08.00	J4-06.00	
7 Hogrefe, Maya	LeMars	4-07.00	J4-06.00	
9 Tracy, Teagan	Moc-Fv	4-06.00	4-04.00	
9 Visser, Madison	Western Christ	4-06.00	4-04.00	
9 Kroese, Jaelyn	Sioux Center	4-02.00	4-04.00	
9 Gulker, Mylie	Western Christ	4-06.00	4-04.00	
-- DeJager, Kya	Sioux Center	4-02.00	DNF	
-- Westhoff, Ahrianna	LeMars	4-04.00	DNF	

Girls Long Jump Varisty

Name	Year School	Seed	Finals	Points
1 Huss, Tierney	Moc-Fv	16-06.00	J16-02.00	10
2 Meis, Kenley	Bishop Heelan	16-06.00	J16-02.00	8
3 Balt, Jenna	Western Christ	15-00.00	15-03.00	6
4 Cleary, Shannon	Bishop Heelan	15-00.00	15-00.00	4
5 Truesdell, Anna	Sioux Center	14-07.75	14-04.00	2

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...Girls Long Jump Varisty

5	Rau, Alize	Bishop Heelan	14-06.00	x14-04.00	
7	Susemihl, Claire	LeMars	13-05.00	J14-00.00	1
8	Kruse, Allie	LeMars	14-02.00	J14-00.00	
9	Hector, Stella	LeMars	14-00.00	x13-11.00	
10	Koster, Katelyn	LeMars	13-00.00	x13-10.00	
11	Cleveringa, McKenna	Moc-Fv	15-01.00	13-08.00	
12	Rogers, Ivory	Sb-Luton	13-04.75	13-07.00	
13	Kroese, Jaelyn	Sioux Center	11-04.50	13-04.00	
14	Ter Wee, Ella	Sb-Luton	12-03.00	12-04.00	
15	Stowe, Kenzie	Sb-Luton	12-08.75	x11-09.00	
16	DeJager, Kya	Sioux Center	11-10.25	x11-06.00	

Girls Discus Throw Varisty

Name	Year	School	Seed	Finals	H#	Points
1	Walhof, Makenna	Sioux Center	120-00	121-08	1	10
2	Gomez, Ashlyn	Moc-Fv	110-00	112-06	1	8
3	Jackson, Nevaeh	Moc-Fv	95-00	105-03	1	6
4	Schermerhorn, Payton	Sb-Luton	93-00	101-03	1	4
5	Hettinga, Madison	Moc-Fv	110-00	x98-03	1	
6	Kneifl, Maddie	Sb-Luton	95-00	95-09	1	2
7	Vander Pol, Megan	Western Christ	85-00	90-09	1	1
8	Leraas, Libby	LeMars	80-00	89-09	1	
9	Kibby, Addison	LeMars	76-10	86-00	1	
10	Kirby, Lily	LeMars	74-00	x81-09	1	
11	Delperdang, Lily	Sb-Luton	70-00	x81-01	1	
12	Hofman, Lily	Western Christ	85-00	78-02	1	
13	Westra, Elizabeth	Unity Chrst, OC	62-04	77-01	1	
14	Vander Pol, Kyra	Western Christ	70-00	x76-01	1	
15	Ryba, Amya	Bishop Heelan		74-05	2	
16	Noyes, Ava	Unity Chrst, OC	66-00	74-02	1	
17	Vander Waal, Makailyn	Sioux Center	90-00	73-04	1	
18	McInnis, Kennedy	LeMars	65-00	x72-07	1	
19	Langstraat, Olivia	Sioux Center	75-00	x72-02	1	
20	Dekkers, Anaka	Unity Chrst, OC	67-08	x68-07	1	
21	Vleck, Aaliyah	LeMars	55-00	x67-03	2	
22	Rolling, Kylee	LeMars	45-00	x57-07	2	

Girls 800 Meter Run Junior Varsity

Name	Year	School	Seed	Finals
1	Hoogland, Elizabeth	Unity Chrst, OC	2:42.27	2:34.53
2	Schuiteman, Grace	Sioux Center	3:02.59	2:57.38
3	Abrahamson, Jada	Moc-Fv	3:02.56	3:00.36
4	Nelson, Makenna	Sb-Luton	3:00.00	3:03.46
5	Brent -ferguson, Jennie	LeMars	3:00.00	3:04.14
6	Leraas, Brenna	LeMars	3:20.00	3:06.04
7	Bahrke, Payge	Moc-Fv	3:08.28	3:07.32
8	Feuerhelm, Abby	LeMars	3:15.00	x3:13.61
9	Brownwell, Olivia	Bishop Heelan		3:37.24

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School	Seed	Finals
1 Moc-Fv 'A'	56.50	58.20
1) Sassman, Emma	2) Schwarck, Madison	
3) Fleming, Lili	4) Verschuure, Maggie	
2 Unity Chrst, OC 'A'	58.00	58.48
1) De Groot, Aubrey	2) Van Grouw, Kate	
3) Van Ginkel, Alexis	4) Baart, Eve	
3 Sioux Center 'A'	59.00	59.01
1) Cook, Gracelyn	2) Bomgaars, Josie	
3) Heie, Averi	4) Keizer, Haley	
4 LeMars 'A'	1:00.00	59.21
1) Buhman, Sophie	2) Larson, Liberty	
3) Frerichs, Mackenna	4) Finkbiner, Emma	
5 Moc-Fv 'B'	1:00.00	x1:00.42
6 LeMars 'B'		x1:15.00

Girls 800 Sprint Medley Junior Varsity

School	Seed	Finals
1 Sb-Luton 'A'	2:08.00	2:06.50
1) Rogers, Ivory	2) Buss, Chloe	
3) Wheeler, Addison	4) Griebel, Cori	
2 Sioux Center 'A'	2:10.00	2:09.89
1) Cook, Gracelyn	2) Bomgaars, Josie	
3) Schmidt, Courteney	4) Truesdell, Anna	
3 Bishop Heelan 'A'	2:12.00	2:10.60
1) Argueta, Rosario	2) Sokolowski, Faith	
3) Brown, Maria	4) Morran, Afton	
4 Moc-Fv 'A'	2:12.00	2:11.12
1) Vortherms, Alyssa	2) Leusink, Addy	
3) Koedam, Eden	4) Cleveringa, McKenna	
5 Unity Chrst, OC 'A'	2:10.00	2:12.54
1) Van Ginkel, Alexis	2) Hofmeyer, Kortney	
3) Van Grouw, Kate	4) Poppema, Ella	
6 Western Christ 'A'	2:20.00	2:28.83
1) Hanson, Piper	2) Wallenburg, Mya	
3) Spronk, Olivia	4) DeWeerd, Izzy	
7 LeMars 'A'	2:34.00	2:36.34
1) Frerichs, Mackenna	2) Rolfes, Taylor	
3) Gonzalez, Desiree	4) Riccio, Jovie	
-- LeMars 'B'	2:20.00	X2:34.73

Boys 100 Meter Dash Varisty

Name	Year School	Seed	Finals	H#	Points
1 Fifita, Sione	LeMars	11.35	11.09	2	10
2 Schaefer, Sean	Bishop Heelan	11.20	11.23	2	8
3 Sitzmann, Jami	LeMars	12.00	11.78	2	6
4 Ott, Carson	LeMars	12.80	x11.96	1	
5 Favors, Isaiah	Bishop Heelan	11.90	11.99	2	4
6 Jager, Carson	Moc-Fv	11.90	12.05	2	2
7 Tooker, Jackson	Moc-Fv	11.80	12.10	2	1

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...Boys 100 Meter Dash Varisty

8	Spanel, Evan	Sb-Luton	11.95	12.10	2
9	Bonestroo, Blaike	Western Christ	12.05	12.17	1
10	VanBeek, Zachary	Sioux Center	11.90	12.35	2
11	Jervik, Isaiah	Sb-Luton	12.40	12.56	1
12	Gulker, Jackson	Western Christ	13.00	12.65	1
13	Frey, Landen	Unity Chrst, OC	12.80	12.77	1
14	Van Regenmorter, Brodie	Sioux Center	12.00	12.80	1
15	Konz, Brek	LeMars	13.50	x12.94	1

Boys 109 Meter Dash Wheelchair Varisty

Name	Year School	Seed	Finals	Points
1 Horstman, Eli	Unity Chrst, OC		22.62	10

Boys 200 Meter Dash Varisty

Name	Year School	Seed	Finals	H#	Points
1 Fifita, Sione	LeMars	23.24	23.07	2	10
2 Olson, Quinn	Bishop Heelan	24.20	23.80	2	8
3 Bandstra, Blake	Sioux Center	23.75	23.88	2	6
4 Koerselman, Kaleb	Moc-Fv	24.50	24.28	2	4
5 Benson, Kellan	Sb-Luton	25.10	24.42	1	2
6 Ott, Carson	LeMars	25.80	24.82	1	1
7 Van't Hul, Parker	Western Christ	23.50	25.09	2	
8 Smit, Kolton	Unity Chrst, OC	25.88	25.10	1	
9 Van't Hul, Brody	Western Christ	23.90	25.20	2	
10 Hardy, Joe	Sb-Luton	25.40	25.22	1	
11 Christoffel, Carter	Moc-Fv	25.60	25.75	1	
12 Bixenman, Sy	LeMars	26.59	x25.98	1	
13 Schnetzer, Levi	LeMars	26.00	x26.05	1	

Boys 400 Meter Dash Varisty

Name	Year School	Seed	Finals	H#	Points
1 Van Ginkel, Ethan	Unity Chrst, OC	53.53	54.35	2	10
2 Van't Hul, Brody	Western Christ	56.00	55.64	2	8
3 Van't Hul, Parker	Western Christ	55.00	56.62	2	6
4 Bosma, Braedan	Unity Chrst, OC	57.61	56.67	2	4
5 Jervik, Isaiah	Sb-Luton	59.00	57.53	2	2
6 Truesdell, Micah	Sioux Center	57.97	57.75	2	1
7 Sexton, Talon	Bishop Heelan	57.00	58.52	2	
8 Murphy, Tate	LeMars	1:00.11	58.64	1	
9 Delarosa, Daniel	Sb-Luton	59.00	58.90	2	
10 Rieken, Bowen	LeMars	1:03.17	1:01.53	1	
11 Schroeder, Kreed	LeMars	1:01.98	x1:01.57	1	
12 Pelster, Austin	Bishop Heelan	1:01.00	1:01.92	1	

Boys 409 Meter Dash Wheelchair Varisty

Name	Year School	Seed	Finals	Points
1 Horstman, Eli	Unity Chrst, OC		1:52.35	10

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Name	Year School	Seed	Finals	Points
1 Janzen, Evan	Sb-Luton	2:07.00	2:12.43	10
2 Wheeler, Easton	Sb-Luton	2:11.00	2:15.95	8
3 De Young, Micah	Moc-Fv	2:22.34	2:18.23	6
4 Mulder, Daylen	Unity Chrst, OC	2:22.67	2:18.26	4
5 Schmidt, Micah	Moc-Fv	2:25.29	2:18.69	2
6 Peterson, Conner	LeMars	2:14.00	2:21.49	1
7 Dahm, Nicholas	Sioux Center	2:30.22	2:23.05	
8 Vander Sluis, Seth	LeMars	2:20.00	2:31.93	
9 Tolzin, Isaiah	LeMars	2:40.00	x2:33.38	
10 Addink, Easton	Sioux Center		2:39.74	
11 Brennan, Evan	LeMars	3:55.95	x3:45.24	

Boys 1600 Meter Run Varisty

Name	Year School	Seed	Finals	Points
1 Mirande, Trevor	Moc-Fv	4:51.63	4:50.47	10
2 Van Den Berg, Easton	Sioux Center	4:51.00	4:52.64	8
3 Otten, Eli	Bishop Heelan	5:00.00	4:54.60	6
4 Van Der Werff, Ian	Moc-Fv	5:04.29	5:11.14	4
5 Wieseler, Michael	Sb-Luton	5:19.63	5:14.04	2
6 Rozenboom, Tyler	Unity Chrst, OC	5:21.41	5:15.06	1
7 Lee, Aaron	LeMars	5:11.47	5:15.55	
8 VandeVegte, Micah	Sioux Center	5:30.00	5:24.90	
9 Van Kley, Cowan	Western Christ	5:10.00	5:26.58	
10 Vande Griend, Joren	Unity Chrst, OC	5:43.13	5:27.05	
11 Murra, Michael	LeMars	5:40.31	5:36.63	
12 Walsh, Ben	Bishop Heelan	5:30.00	5:43.74	
13 Schmid, Jett	LeMars	6:20.75	x5:59.94	

Boys 3200 Meter Run Varisty

Name	Year School	Seed	Finals	Points
1 Mirande, Trevor	Moc-Fv	10:25.00	10:15.06	10
2 Breems, Jonathan	Unity Chrst, OC	10:40.00	10:29.15	8
3 Obbink, Trace	LeMars	10:41.73	10:46.99	6
4 Van Der Werff, Ian	Moc-Fv	10:50.00	11:03.14	4
5 Lee, Aaron	LeMars	11:37.62	11:12.29	2
6 Vargas, Alejandro	Sb-Luton	12:30.00	11:15.46	1
7 Murra, Michael	LeMars	12:12.71	x12:00.50	
8 Nonhof, Sam	Unity Chrst, OC	13:00.00	13:43.55	

Boys 110 Meter Hurdles Varisty

Name	Year School	Seed	Finals	H#	Points
1 DeJager, Aidan	Sioux Center		16.07	1	10
2 Sadoski, Ryan	LeMars	16.55	16.26	2	8
3 Wauhob, Hunter	Bishop Heelan	15.90	16.34	2	6
4 Hosnyang, Wichiang	LeMars	17.20	17.95	2	4
5 Feikema, Cody	Unity Chrst, OC	17.53	18.09	1	2
6 Bogh, Tegan	LeMars	18.50	x18.19	1	

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....Boys 110 Meter Hurdles Varisty

7 Johnson, Justin	Sb-Luton	17.50	18.92	2	1
8 Bliven, Collin	Sb-Luton	16.80	19.16	2	
9 Uhl, Fisher	Bishop Heelan	17.30	20.15	2	

Boys 400 Meter Hurdles Varisty

Name	Year School	Seed	Finals	H#	Points
1 Gulker, Jackson	Western Christ	1:07.00	1:03.78	2	10
2 Hoffman, Jacob	Sb-Luton	1:08.50	1:05.21	2	8
3 Augustine, Tycen	LeMars	1:20.00	1:05.22	2	6
4 Emmelkamp, Kyan	Unity Chrst, OC	04:00.00	1:05.34	1	4
5 Lester, Caden	Bishop Heelan		1:07.01	1	2
6 Van Gelder, Braylon	Moc-Fv	1:08.00	1:08.62	2	1
7 Monroe, Iain	Unity Chrst, OC	04:00.00	1:08.63	1	
8 Valentine, Carson	Moc-Fv	1:12.00	1:08.65	2	
9 Loffswold, Tate	Sb-Luton	1:11.50	1:09.37	2	
10 Melvin, Karter	LeMars	1:20.00	1:11.98	2	

Boys 4x100 Meter Relay Varisty

School	Seed	Finals	Points
1 Bishop Heelan 'A' 1) Wauhob, Hunter 3) Arlt, James	43.80	44.45	10
2 LeMars 'A' 1) Vondrak, Matt 3) Beltran, Israel	44.55	44.56	8
3 Moc-Fv 'A' 1) Tooker, Jackson 3) Jager, Carson	45.20	45.67	6
4 Sioux Center 'A' 1) Van Regenmorter, Brodie 3) Tea, Solomon	45.78	47.80	4
5 Sb-Luton 'A' 1) Spanel, Evan 3) Eldridge, Carter	46.50	47.85	2
6 Western Christ 'A' 1) Grevengoed, Riley 3) Blom, Myles	48.20	48.45	1
7 Unity Chrst, OC 'A' 1) Wieringa, Austin 3) Bosma, Dylan	49.86	48.96	
-- LeMars 'B'	45.00	X45.94	

Boys 4x200 Meter Relay Varisty

School	Seed	Finals	Points
1 Bishop Heelan 'A' 1) Uhl, Drew 3) Bork, Kannon	1:34.00	1:33.52	10
2 Sioux Center 'A' 1) Bandstra, Blake	1:35.23	1:37.96	8

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....Boys 4x200 Meter Relay Varisty

3) Brantsen, Caleb	4) Bruhn, Carson			
3 LeMars 'A'	1:36.12	1:40.27	6	
1) Sitzmann, Jami	2) Hosnyang, Wanding			
3) Laskie, Quinn	4) Jalas, Connor			
4 Sb-Luton 'A'	1:39.95	1:40.85	4	
1) Spanel, Evan	2) Eldridge, Carter			
3) Hardy, Joe	4) Hoffman, Jacob			
5 Unity Chrst, OC 'A'	1:41.16	1:40.90	2	
1) Emmelkamp, Kyan	2) Poppema, Jaxson			
3) Vanden Berg, Elliot	4) Wieringa, Austin			
6 Moc-Fv 'A'	1:40.00	1:41.98	1	
1) Vander Zwaag, Brenden	2) Van Kalsbeek, Jesse			
3) Tyler, Evan	4) Bundt, Simeon			
7 Western Christ 'A'	1:42.09	1:46.82		
1) Grevengoed, Riley	2) Gulker, Jacob			
3) Kollis, Taeten	4) Rozeboom, Tristan			
-- LeMars 'B'	1:44.00	X1:46.91		

Boys 4x400 Meter Relay Varisty

School	Seed	Finals	Points
1 Sb-Luton 'A'	3:39.01	3:30.25	10
1) Kroll, Scott	2) Benson, Kellan		
3) Wheeler, Easton	4) Janzen, Evan		
2 Unity Chrst, OC 'A'	3:45.61	3:34.10	8
1) Meerdink, Landon	2) Foreman, James		
3) Obbink, Dylan	4) Van Ginkel, Ethan		
3 LeMars 'A'	3:40.63	3:34.60	6
1) Allen, Alex	2) Obbink, Trace		
3) Wadle, Beau	4) Jalas, Connor		
4 Moc-Fv 'A'	3:51.00	3:47.35	4
1) Punt, Draeden	2) Katt, Cooper		
3) Aalbers, Blake	4) Reyna Yoc, Angel		
5 Bishop Heelan 'A'	3:40.00	3:49.05	2
1) Rose, Carson	2) Pattee, Will		
3) Fitch, Karson	4) Bork, Kannon		
6 Western Christ 'A'	3:50.00	3:51.56	1
1) Bonestroo, Blaike	2) Van't Hul, Parker		
3) Van't Hul, Brody	4) Rozeboom, Tristan		
-- LeMars 'B'	3:50.00	X3:52.31	

Boys 4x800 Meter Relay Varisty

School	Seed	Finals	Points
1 Unity Chrst, OC 'A'	9:07.33	9:00.33	10
1) Meerdink, Landon	2) Landman, Ezra		
3) Obbink, Dylan	4) Foreman, James		
2 Sioux Center 'A'	9:15.00	9:05.77	8
1) Truesdell, Micah	2) Waddle, Lane		
3) Dean, Kellen	4) Dahm, Nicholas		
3 Sb-Luton 'A'	9:00.92	9:16.65	6
1) Eldridge, Carter	2) Moreau, Jack		
3) Wieseler, Michael	4) Delarosa, Daniel		

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....Boys 4x800 Meter Relay Varisty

4 Moc-Fv 'A'	9:07.92	9:33.46	4
1) De Young, Micah			
3) Smit, Tegegn			
5 LeMars 'A'	9:22.51	9:35.69	2
1) Peterson, Conner			
3) Vander Sluis, Seth			
6 Bishop Heelan 'A'	9:20.00	9:44.29	1
1) Fitch, Karson			
3) Bertrand, Will			
-- LeMars 'B'	10:00.00	X10:39.38	

Boys 800 Sprint Medley Varisty

School	Seed	Finals	Points
1 Sb-Luton 'A'	1:37.00	1:36.69	10
1) Spanel, Evan			
3) Wheeler, Easton			
2 Bishop Heelan 'A'	1:40.00	1:39.23	8
1) Favors, Isaiah			
3) Bork, Kannon			
3 Western Christ 'A'	1:40.00	1:41.91	6
1) Bonestroo, Blaike			
3) Gulker, Jacob			
4 LeMars 'A'	1:42.00	1:43.77	4
1) Jalas, Connor			
3) Hosnyang, Wanding			
5 Unity Chrst, OC 'A'		1:46.31	2
1) Van Ginkel, Ethan			
3) Vanden Berg, Elliot			
6 Moc-Fv 'A'	1:48.00	1:50.37	1
1) Tooker, Jackson			
3) Bundt, Simeon			
-- LeMars 'B'	1:50.00	X1:45.19	

Boys Distance Medley Varisty

School	Seed	Finals	Points
1 Sb-Luton 'A'	3:50.00	3:40.62	10
1) Benson, Kellan			
3) Kroll, Scott			
2 LeMars 'A'	3:55.00	3:42.65	8
1) Vondrak, Matt			
3) Wadle, Beau			
3 Bishop Heelan 'A'	3:55.00	3:57.07	6
1) Rose, Carson			
3) Macharia, Bill			
4 Moc-Fv 'A'	3:57.00	4:13.73	4
1) Koerselman, Kaleb			
3) Punt, Draeden			
5 Western Christ 'A'	3:45.00	4:14.31	2
1) Rozeboom, Tristan			
3) Blom, Myles			
6 Unity Chrst, OC 'A'		4:21.31	1

2023 Spring Invite - 3/30/2023**Le Mars, IA****Results - 2023 Spring Invite****....Boys Distance Medley Varisty**

- | | |
|-------------------|-----------------------|
| 1) Vogel, Jackson | 2) Van Schouwen, Ryan |
| 3) Oolman, Caden | 4) Mulder, Daylen |

Boys 4x100 Meter Shuttle Hurdle Varisty

School	Seed	Finals	H#	Points
1 Bishop Heelan 'A'	1:07.00	1:09.97	2	10
2 LeMars 'A'	1:10.00	1:10.63	1	8
3 Sioux Center 'A'	1:07.00	1:11.69	2	6
4 Sb-Luton 'A'	1:08.50	1:11.93	1	4
5 Moc-Fv 'A'	1:11.00	1:14.07	2	2

Boys High Jump Varisty

Name	Year	School	Seed	Finals	Points
1 Bleeker, Jaron		Bishop Heelan	6-02.00	J6-02.00	10
2 Fifita, Sione		LeMars	6-07.00	J6-02.00	8
3 Emmelkamp, Kyan		Unity Chrst, OC	5-08.00	6-00.00	6
4 Hosnyang, Wanding		LeMars	5-11.00	J5-10.00	4
5 Hoffman, Jacob		Sb-Luton	5-10.00	J5-10.00	2
6 Hosnyang, Wichiang		LeMars	5-08.00	x5-06.00	
6 Macharia, Bill		Bishop Heelan	5-09.00	J5-06.00	1
7 Bosma, Dylan		Unity Chrst, OC	5-08.00	J5-06.00	
7 Hardy, Joe		Sb-Luton	5-10.00	J5-06.00	
10 Scholten, Lane		Unity Chrst, OC	5-08.00	x5-04.00	
10 Bogh, Tegan		LeMars	5-03.00	x5-04.00	
10 Gulker, Jackson		Western Christ	5-08.00	5-04.00	
10 Sneller, Scout		Sb-Luton	5-08.00	x5-04.00	
-- Kass, Hudson		LeMars	5-00.00	DNF	
-- VandeVegte, Micah		Sioux Center		DNF	
-- Vander Ploeg, Conner		Moc-Fv	5-00.00	DNF	

Boys Long Jump Varisty

Name	Year	School	Seed	Finals	Points
1 Feikema, Cody		Unity Chrst, OC	20-00.75	20-06.00	10
2 Maasdam, Dylan		Moc-Fv	19-11.25	20-02.00	8
3 Grant, Andrew		LeMars	17-07.50	18-02.00	5
3 Bosma, Braedan		Unity Chrst, OC	18-10.25	18-02.00	5
5 Conley, Tate		Moc-Fv	16-07.50	18-00.00	2
6 Barker, Colton		Bishop Heelan	18-00.00	17-11.00	1
7 Schnetzer, Levi		LeMars	17-00.00	17-10.00	
7 Arlt, James		Bishop Heelan	18-00.00	17-10.00	
9 Laskie, Quinn		LeMars	17-05.00	x17-05.00	
10 Venteicher, Noah		LeMars	17-04.25	x17-03.00	
11 Alons, Asa		Western Christ	15-00.00	17-00.00	
12 Tea, Solomon		Sioux Center	17-05.00	16-09.00	
13 Van Schouwen, Ryan		Unity Chrst, OC	16-03.00	x16-06.00	
14 Konz, Brek		LeMars	14-10.50	x16-04.00	
14 Rose, Carson		Bishop Heelan	18-00.00	x16-04.00	
16 Bauer, Kade		Sioux Center	17-00.00	16-02.00	
17 Warren, Gavin		Sb-Luton	16-07.00	16-00.00	

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...Boys Long Jump Varisty

18 Delarosa, Daniel	Sb-Luton	16-06.00	15-09.00
19 Schmitz, Dominic	Moc-Fv	16-06.75	x15-08.00

Boys Discus Throw Varisty

Name	Year School	Seed	Finals	H#	Points
1 Heynen, Derek	Western Christ	125-00	146-02	1	10
2 Lutgen, Tylar	Sb-Luton	138-00	145-03	1	8
3 Jalas, Evan	LeMars	120-00	125-03	1	6
4 McInerney, Carson	Bishop Heelan	140-00	124-09	1	4
5 Hoffman, Ryan	Sb-Luton	120-00	123-06	1	2
6 Jellema, Adryan	LeMars	100-00	119-05	1	1
7 Van Gelder, Brett	Moc-Fv	130-00	118-07	1	
8 Jervik, Julian	Sb-Luton	120-00	x116-05	1	
9 Vander Sluis, Seth	LeMars	110-00	x112-00	1	
10 Kollis, Taeten	Western Christ	100-00	105-01	1	
11 Folkerts, Jacob	Unity Chrst, OC	90-00	104-07	1	
12 Hernandez, Freddie	Sioux Center		103-01	2	
13 Jooste, Kullen	Sioux Center		97-00	2	
14 Rees, Carson	Bishop Heelan	100-00	96-01	1	
15 Gray, Logan	Bishop Heelan	110-00	x92-04	1	
16 Recker, Kaiden	Moc-Fv	95-00	89-00	1	
17 Lamfers, Brendan	Sioux Center		x85-06	2	
18 Foreman, Jaxson	Moc-Fv	108-00	x83-00	1	
19 Kramer, Aiden	LeMars	100-00	x80-01	1	
20 Ibarra, Marcos	LeMars	75-00	x65-06	1	
21 Poppema, Tyler	Unity Chrst, OC	70-00	63-08	2	
22 Koopman, Kyle	LeMars	75-00	x49-04	1	
-- Moss, Asher	LeMars	100-00	DNF	1	

Boys 800 Meter Run Junior Varsity

Name	Year School	Seed	Finals
1 Villatoro-Sutton, Anthon	Bishop Heelan	2:10.00	2:22.77
2 Van Der Werff, Ian	Moc-Fv	2:20.95	2:22.85
3 Bertrand, Will	Bishop Heelan	2:22.00	2:23.51
4 McGregor, Kasey	Sb-Luton	2:32.00	2:25.77
5 Pattee, Tommy	Bishop Heelan	2:25.00	x2:26.27
6 Larrabee, Ayden	Sb-Luton	2:29.52	2:29.21
7 Van Gelder, Carter	Moc-Fv	2:31.39	2:33.12
8 Mulder, Deker	Unity Chrst, OC	2:24.00	2:37.62
9 Donovan, James	Bishop Heelan	2:35.00	x2:41.01
10 Alonso, FloresMota	Sioux Center	2:45.00	2:42.76

Boys 4x100 Meter Relay Junior Varsity

School	Seed	Finals
1 Bishop Heelan 'A' 1) Favors, Avery 3) Barker, Colton	46.00	49.03
2 Moc-Fv 'A' 1) Schmitz, Dominic	48.20	49.55
2) Thomas, Kason 4) White, Anthony		
2) Feenstra, Jackson		

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....Boys 4x100 Meter Relay Junior Varsity

3) Mulder, Jaxson	4) Schmitz, Jackson		
3 Moc-Fv 'B'		52.00	x50.26

Boys 800 Sprint Medley Junior Varsity

School	Seed	Finals
1 Moc-Fv 'A'	1:52.00	1:46.07
1) Schmitz, Dominic		
3) Reyna Yoc, Angel		
2 Bishop Heelan 'A'	1:45.00	1:46.16
1) Slanger, Tiarus		
3) White, Anthony		
3 Sb-Luton 'A'	1:46.00	1:50.45
1) Jervik, Isaiah		
3) Bliven, Collin		
4 Unity Chrst, OC 'A'		1:53.65
1) Vogel, Jackson		
3) Bosma, Dylan		