

Falcon Coed Relays 2023 - 5/4/2023

West Sioux Community Track

Results - 2023 Falcon Relays

Girls 100 Meter Dash

Name	School	Finals
Finals		
1 Westergard, Addison	W Sioux Hwar	12.92
2 Schroeder, Claire	St. Mary's,	13.09
3 Jensen, Whitney	St. Mary's,	13.24
4 Florine, Lana	Mmcru	13.56
5 Koele, Annie	Western Chri	13.88
6 Petersen, Olivia	Hinton	14.13
7 Johnson, Brylie	Akron-Westfi	14.15
8 Burgad, Avery	Hinton	14.18
9 Jacobs, Josie	Akron-Westfi	14.24
10 Gulker, Mylie	Western Chri	14.36
11 Reinke, Carmon	Lawton-Brons	14.55
12 Jenkins, Averi	Lawton-Brons	14.88
13 Alesch, Kenzi	Gehlen Cath,	14.91
14 Anderson, Jayhsey	Lawton-Brons	x15.04
15 Tentinger, Torey	Mmcru	15.43
16 Mino, Jazzlyn	W Sioux Hwar	15.56
17 Bonderson, Kate	Gehlen Cath,	15.69
18 Ness, Addisyn	W Sioux Hwar	x16.39
19 Merryfield, Katie	Mmcru	x17.12

Girls 200 Meter Dash

Name	School	Finals
Finals		
1 Mesz, Jolee	Lawton-Brons	27.26
2 Saathoff, Lauryn	Akron-Westfi	27.96
3 Brouwer, Sydney	Lawton-Brons	28.07
4 Boeve, Bailey	Hinton	28.55
5 McMahon, Serenity	W Sioux Hwar	28.57
6 Balt, Jenna	Western Chri	28.59
7 Hicklin, Carlene	Hinton	29.00
8 Smith, Gwen	Lawton-Brons	x29.52
9 Johnson, Brylie	Akron-Westfi	29.62
10 Waterman, Raelyn	W Sioux Hwar	29.79
11 Galles, Halle	St. Mary's,	30.37
12 Olmstead, Kennidy	Lawton-Brons	x30.57
13 Petersen, Olivia	Hinton	x30.72
14 Plagman, Natalie	Mmcru	31.83
15 San Martin, Luz	Mmcru	33.07
16 Spronk, Olivia	Western Chri	33.28
17 Bonderson, Kate	Gehlen Cath,	33.53
18 Poulson, Hannah	Hinton	x33.85
19 Kooiker, Alannah	W Sioux Hwar	x39.41
20 Merryfield, Katie	Mmcru	x41.21
21 Lidgett, Joselyn	W Sioux Hwar	x42.92
--- Arens, Ellie	Gehlen Cath,	NT

Girls 400 Meter Dash

Name	School	Finals
Finals		
1 Mesz, Jolee	Lawton-Brons	1:01.09
2 Groeneweg, Jaiden	Western Chri	1:04.29
3 Beeck, Peyton	Hinton	1:07.98

4 Rolfes, Emma	Akron-Westfi	1:08.12
5 Finzen, Brittani	W Sioux Hwar	1:11.46
6 San Martin, Luz	Mmcru	1:11.98
--- Statema, Taylor	Western Chri	NT
--- Medina, Ella	Akron-Westfi	NT

Girls 800 Meter Run

Name	School	Finals
Finals		
1 Van't Hul, Addy	Western Chri	2:37.03
2 Lang, Ava	Hinton	2:41.26
3 De Groot, Kyrin	Western Chri	2:43.72
4 Moffitt, Ellie	Lawton-Brons	2:51.52
5 Harper, Ruby	Hinton	2:53.63
6 Clausen, Kaylee	Lawton-Brons	2:54.44
7 Cross, Leah	Lawton-Brons	x3:13.19
8 Kallsen, Keira	Gehlen Cath,	3:14.21
--- Ashley, Ava	Lawton-Brons	NT
--- Fairbanks, Melissa	Akron-Westfi	NT

Girls 1500 Meter Run

Name	School	Finals
Finals		
1 Allen, Kaci	Hinton	5:25.72
2 Etter, Audrey	Mmcru	5:46.81
3 Arens, Addison	Gehlen Cath,	6:15.31
4 Jarvis, Haley	Hinton	6:28.22
5 Ahlers, Isabella	Mmcru	6:30.04
6 Sabaliauskas, Jolie	Akron-Westfi	7:02.06
7 Bruget, Josalyn	Akron-Westfi	7:14.50
--- Ameen, Cheyenne	Lawton-Brons	NT

Girls 3000 Meter Run

Name	School	Finals
Finals		
1 Etter, Audrey	Mmcru	12:22.76
2 Ameen, Cheyenne	Lawton-Brons	12:53.91
3 Ahlers, Isabella	Mmcru	13:30.75
4 Arens, Addison	Gehlen Cath,	13:58.70
5 Bruget, Josalyn	Akron-Westfi	14:06.26
6 Vogt, Morgan	Hinton	16:57.93
--- Sabaliauskas, Jolie	Akron-Westfi	NT

Girls 100 Meter Hurdles

Name	School	Finals
Finals		
1 Schroeder, Claire	St. Mary's,	15.72
2 Boeve, Bailey	Hinton	15.74
3 Jensen, Whitney	St. Mary's,	17.33
4 Bunkers, Mya	St. Mary's,	x17.63
5 Galles, Halle	St. Mary's,	x18.22
6 Newton, Kaylynne	Lawton-Brons	18.39
7 Hoefling, Allison	Hinton	19.04
8 Britton, Julia	Akron-Westfi	19.13
9 Wielenga, Jessica	Western Chri	19.95
10 Wallenburg, Mya	Western Chri	20.12

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Finals ... (Girls 100 Meter Hurdles)

Name	School	Finals
11 Amick, Karlee	Lawton-Brons	20.52
12 Groves, Riley	Mmcru	20.56
13 Nissen, Patience	Mmcru	20.69
14 Jessen, Cayla	Lawton-Brons	x20.90

Girls 400 Meter Hurdles

Name	School	Finals
Finals		
1 Ruden, Sophie	Gehlen Cath,	1:11.63
2 Neddermeyer, Hannah	Mmcru	1:14.65
3 Hoefling, Allison	Hinton	1:20.19
4 Visser, Madison	Western Chri	1:24.45
--- Wallenburg, Mya	Western Chri	NT

Girls 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Lawton-Bronson	A	53.00
2 St. Mary's, R	A	53.34
3 W Sioux Hwardn	A	54.85
4 Hinton	A	56.01
5 Gehlen Cath, L	A	56.14
6 Mmcru	A	56.35
7 Western Christ	A	57.85
8 Lawton-Bronson	B	x59.63
9 Mmcru	B	x1:04.15
10 W Sioux Hwardn	B	x1:08.28

Girls 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Hinton	A	1:53.30
2 Western Christ	A	1:54.89
3 W Sioux Hwardn	A	1:56.52
4 Lawton-Bronson	A	1:56.86
5 Lawton-Bronson	B	x2:06.10
6 Gehlen Cath, L	A	2:07.74
7 W Sioux Hwardn	B	x2:17.35
8 Mmcru	A	2:19.76

Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Hinton	A	4:16.70
2 Western Christ	A	4:24.58
3 Lawton-Bronson	A	4:34.15
4 Gehlen Cath, L	A	5:10.34
5 Mmcru	A	5:25.06
--- Akron-Westfield	A	NT

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Western Christ	A	10:17.56
2 Hinton	A	11:23.15

3 Gehlen Cath, L	A	13:07.53
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Girls 800 Sprint Medley

Team	Relay	Finals
Finals		
1 Hinton	A	1:55.40
2 W Sioux Hwardn	A	1:57.77
3 Western Christ	A	2:05.36
4 Mmcru	A	2:06.53
5 Gehlen Cath, L	A	2:09.63
6 Lawton-Bronson	A	2:09.91
7 Akron-Westfield	A	2:10.83

Girls Distance Medley

Team	Relay	Finals
Finals		
1 Hinton	A	4:28.71
2 Lawton-Bronson	A	4:43.30
3 Western Christ	A	4:44.68
4 Gehlen Cath, L	A	5:11.40
5 Mmcru	A	5:34.00

Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Finals
Finals		
1 St. Mary's, R	A	1:10.52
2 Lawton-Bronson	A	1:17.47
3 Hinton	A	1:21.66
4 Mmcru	A	1:26.40
--- Western Christ	A	NT

Girls High Jump

Name	School	Finals
Finals		
1 Smith, Addison	Lawton-Brons	5-05.00
2 Boeve, Bailey	Hinton	5-03.00
3 Gulker, Mylie	Western Chri	4-10.00
4 Visser, Madison	Western Chri	4-08.00
5 Neddermeyer, Hannah	Mmcru	J4-08.00
6 Newton, Kaylynn	Lawton-Brons	4-06.00

Girls Long Jump

Name	School	Finals
Finals		
1 Boeve, Bailey	Hinton	15-05.50
2 Balt, Jenna	Western Chri	15-01.00
3 Ruden, Sophie	Gehlen Cath,	14-01.00
4 Lang, Ava	Hinton	13-07.50
5 Jacobs, Josie	Akron-Westfi	13-02.00
6 Kramer, Addison	Gehlen Cath,	12-11.50
7 Florine, Lana	Mmcru	12-09.00
8 Amick, Karlee	Lawton-Brons	12-07.50
9 Tentinger, Torey	Mmcru	11-10.50
10 Tesch, Danielle	Gehlen Cath,	x11-07.00
11 Lennon, Josie	Akron-Westfi	10-11.00

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Girls Shot Put

Name	School	Finals
Finals		
1 Kounkel, Lauren	Hinton	37-02.00
2 Whitehead, Miyah	Gehlen Cath,	32-02.00
3 Hulshof, Molly	W Sioux Hwar	31-03.50
4 Vander Pol, Megan	Western Chri	31-03.00
5 Wolfswinkel, Adelle	Western Chri	30-11.00
6 Divis, Morgan	Hinton	30-00.50
7 Zubrod, Samantha	Gehlen Cath,	28-01.00
8 Moffatt, Corrine	Akron-Westfi	25-11.00
9 Sanow, Autumn	Mmcru	25-01.50
10 Franco, Salissa	W Sioux Hwar	23-05.00
11 Bamberger, Lucy	Gehlen Cath,	x22-09.00
12 Haire, Emma	W Sioux Hwar	x21-03.00
13 Skoudus, Sara	Hinton	x20-06.00
14 Oskterkamp, Autum	W Sioux Hwar	x20-04.50
15 Smit, Sophie	W Sioux Hwar	x19-09.00

Girls Discus Throw

Name	School	Finals
Finals		
1 Kounkel, Lauren	Hinton	116-10
2 Whitehead, Miyah	Gehlen Cath,	110-02
3 Vander Pol, Megan	Western Chri	100-06
4 Hulshof, Molly	W Sioux Hwar	87-01
5 Zubrod, Samantha	Gehlen Cath,	85-03
6 Vander Pol, Kyra	Western Chri	78-06
7 Spenner, Olivia	Mmcru	76-05
8 Divis, Morgan	Hinton	75-04
9 Moffatt, Corrine	Akron-Westfi	66-03
10 Franco, Salissa	W Sioux Hwar	63-10
11 Skoudus, Sara	Hinton	x62-06
12 Haire, Emma	W Sioux Hwar	x60-10
13 Bamberger, Lucy	Gehlen Cath,	x57-03
14 Smit, Sophie	W Sioux Hwar	x55-07
15 Spenner, Rylie	Mmcru	55-02
15 Oskterkamp, Autum	W Sioux Hwar	x55-02
17 Etter, Sophie	Mmcru	x43-03

Boys 100 Meter Dash

Name	School	Finals
Finals		
1 Bonderson, Keaten	Gehlen Cath,	10.96
2 Grimsley, Louden	Lawton-Brons	11.13
3 Blackwell, Daniel	Hinton	11.14
4 Teager, Evan	Lawton-Brons	11.50
5 Palsma, Kurtus	Lawton-Brons	x11.76
6 Spangler, Aiden	Gehlen Cath,	11.84
7 Mulder, Brayson	Mmcru	11.87
8 Henrich, Hunter	Akron-Westfi	11.92
9 Marieu, Guot	Akron-Westfi	11.93
10 Hagestrom, Will	Hinton	11.94
11 Alier, Pere	Gehlen Cath,	x12.16
12 Koch, Laytin	Akron-Westfi	x12.17

13 Waldschmitt, Landon	St. Mary's,	12.25
14 Stadsvold, Eli	Lawton-Brons	x12.31
15 Finzen, Zach	W Sioux Hwar	12.42
16 Van Bommel, Ryder	Western Chri	12.44
17 Grell, Landon	Lawton-Brons	x12.48
18 Boie, Noah	Akron-Westfi	x12.50
19 Moseman, Mark	Lawton-Brons	x12.51
20 Burkhart, Landin	Hinton	x12.54
21 Blom, Myles	Western Chri	12.68
22 Harpenau, Keaton	St. Mary's,	12.78
23 Silva, Marcus	Lawton-Brons	x12.82
24 Rosas, Genis	Gehlen Cath,	x12.83
25 Brown, Adam	Akron-Westfi	x12.84
26 Robles, Brian	W Sioux Hwar	12.89
27 Bartolo, Carter	Lawton-Brons	x12.92
28 Condon, Karsin	Lawton-Brons	x12.93
29 Deboom, Aiden	W Sioux Hwar	x12.95
30 Koenck, Brady	St. Mary's,	x12.97
31 Goodman, Treydan	Akron-Westfi	x13.03
32 Molzen, Evan	Mmcru	13.04
33 Richter, Isaac	Hinton	x13.21
34 Glassmaker, Parker	Mmcru	x13.22
35 Gaswint, Nathan	Akron-Westfi	x13.25
36 Beeck, Jack	Hinton	x13.25
37 Homan, Aiden	St. Mary's,	x13.34
38 Wendel, Conner	Akron-Westfi	x13.53
39 Philips, Ben	Akron-Westfi	x13.73
40 Conrad, Tobin	Gehlen Cath,	x13.81
41 Copple, Kaleb	Lawton-Brons	x13.87
42 Dirks, Dylan	Mmcru	x14.20
43 Bernard, Trey	Hinton	x14.38
44 Steichen, Lennan	St. Mary's,	x14.61
45 Kerns, Kane	Gehlen Cath,	x15.03
46 Hickey, Jacob	Hinton	x16.17
--- Nohava, Oden	W Sioux Hwar	NT
--- Schurman, Ethan	W Sioux Hwar	NT

Boys 200 Meter Dash

Name	School	Finals
Finals		
1 Bonderson, Keaten	Gehlen Cath,	22.63
2 Grimsley, Louden	Lawton-Brons	22.85
3 Kallsen, Chance	Gehlen Cath,	23.29
4 Blackwell, Daniel	Hinton	23.65
5 Tentinger, Xander	Mmcru	24.40
6 Smith, Ivan	Lawton-Brons	24.42
7 Palsma, Kurtus	Lawton-Brons	x24.45
8 Peterson, Michael	Mmcru	24.86
9 Bonestroo, Blaike	Western Chri	25.14
10 Teel, Nolan	Gehlen Cath,	x25.16
11 Henrich, Hunter	Akron-Westfi	25.37
12 Wurth, Brady	St. Mary's,	25.41
13 Blom, Myles	Western Chri	25.73
14 Alier, Pere	Gehlen Cath,	x25.82
15 Kounkel, Jackson	Hinton	26.22
16 Grell, Landon	Lawton-Brons	x26.33

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Finals ... (Boys 200 Meter Dash)

Name	School	Finals
17 Brown, Michael	Akron-Westfi	26.74
18 Silva, Marcus	Lawton-Brons	x26.80
19 Burkhart, Landin	Hinton	x26.84
20 Krug, Brayden	Mmcru	x27.28
21 Beeck, Jack	Hinton	x27.51
22 Gaswint, Nathan	Akron-Westfi	x27.57
23 Condon, Karsin	Lawton-Brons	x27.65
24 Richter, Isaac	Hinton	x27.71
25 Steffen, Kamden	Mmcru	x28.58
26 Hill, Mason	Mmcru	x28.60
27 Steichen, Lennan	St. Mary's,	29.37
28 Homan, Aiden	St. Mary's,	x29.73
29 Conrad, Tobin	Gehlen Cath,	x30.34
30 Cople, Kaleb	Lawton-Brons	x30.44
31 Bernard, Trey	Hinton	x31.28
32 Kerns, Kane	Gehlen Cath,	x33.37
--- Robles, Brian	W Sioux Hwar	NT
--- Deboom, Aiden	W Sioux Hwar	NT
--- Schurman, Ethan	W Sioux Hwar	NT
--- Schlenger, Eli	Mmcru	NT
--- Arens, Blaine	St. Mary's,	NT
--- Hickey, Jacob	Hinton	NT

Boys 400 Meter Dash

Name	School	Finals
1 Kallsen, Chance	Gehlen Cath,	52.51
2 Marieu, Guot	Akron-Westfi	54.05
3 Clausen, Connor	Lawton-Brons	54.85
4 Rozeboom, Tristan	Western Chri	55.76
5 Budden, Ashton	Gehlen Cath,	56.15
6 Friessen, Cole	Hinton	56.32
7 Gulker, Jackson	Western Chri	58.02
8 Dreckman, Brandon	Mmcru	1:00.90
9 Brown, Adam	Akron-Westfi	1:03.32
10 Schlenger, Eli	Mmcru	1:05.06
--- DeRocher, Beau	Hinton	NT
--- Grell, Landon	Lawton-Brons	NT
--- Arens, Blaine	St. Mary's,	NT

Boys 800 Meter Run

Name	School	Finals
1 Augustine, Ryan	Gehlen Cath,	2:07.63
2 Harpenau, Zac	Gehlen Cath,	2:11.95
3 Nelson, Cooper	Hinton	2:12.09
4 Bork, Kyler	Mmcru	2:14.22
5 Van Kley, Cowan	Western Chri	2:14.25
6 Thoreson, Kinnick	Lawton-Brons	2:18.81
7 Frerichs, Tanner	Akron-Westfi	2:25.16
8 Trobaugh, Dawson	Akron-Westfi	2:28.10
--- Greigg, Ian	Hinton	NT
--- Doenhofer, Robby	Lawton-Brons	NT
--- Venegas, Javi	Lawton-Brons	NT

--- Konye, Ethan	Lawton-Brons	NT
--- Sudbeck, Carson	Hinton	NT
--- Dreckman, Brandon	Mmcru	NT
--- Philips, Ben	Akron-Westfi	NT
--- Hamerlinck, Henry	Gehlen Cath,	NT
--- Sudbeck, Cale	Hinton	NT

Boys 1600 Meter Run

Name	School	Finals
1 Galles, Kaden	Mmcru	4:51.34
2 Alesch, Wyatt	Mmcru	4:59.63
3 Teel, Trevor	Gehlen Cath,	5:04.09
4 Staab, Clint	Mmcru	x5:15.65
4 Bornhoeft, Bela	Gehlen Cath,	5:15.65
6 Weber, Bradan	Gehlen Cath,	x5:17.19
7 Bower, Caleb	Hinton	5:20.06
8 Scheitler, Eric	Gehlen Cath,	x5:29.93
--- Diediker, Jack	Hinton	NT
--- Hansen, Anthony	W Sioux Hwar	NT
--- Leusink, Mark	Western Chri	NT
--- Beireschmidt, Mathew	Akron-Westfi	NT
--- Morrow, Cael	Akron-Westfi	NT
--- Woods, Killian	Hinton	NT
--- Leitru, Brett	Hinton	NT

Boys 3200 Meter Run

Name	School	Finals
1 Galles, Kaden	Mmcru	10:45.33
2 Sypersma, Zach	Hinton	11:13.83
3 Bornhoeft, Bela	Gehlen Cath,	11:13.86
4 Staab, Clint	Mmcru	11:16.08
5 Weber, Bradan	Gehlen Cath,	11:40.13
6 Leusink, Mark	Western Chri	13:53.46
7 Beireschmidt, Mathew	Akron-Westfi	14:33.89

Boys 110 Meter Hurdles

Name	School	Finals
1 McCarty, Cole	Gehlen Cath,	15.84
2 Stahl, Garrett	Hinton	16.00
3 Palsma, Kurtus	Lawton-Brons	16.53
4 Nuebel, Ethan	Gehlen Cath,	17.06
5 Terpstra, Jack	Akron-Westfi	17.19
6 Johnson, Gage	Mmcru	17.39
7 Bishop, Jacob	Hinton	19.66
8 Barinsky, Andrew	Mmcru	20.01
9 Lindley, Garrett	Hinton	x21.81
--- Lynott, Tanner	W Sioux Hwar	NT
--- Kramer, Jaxten	Gehlen Cath,	NT
--- Schroeder, Elijah	St. Mary's,	NT

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Boys 400 Meter Hurdles

Name	School	Finals
Finals		
1 Johnson, Gage	Mmcru	59.32
2 Nuebel, Ethan	Gehlen Cath,	1:01.52
3 Anderson, Gabe	Hinton	1:01.89
4 Wiggins, Blake	W Sioux Hwar	1:02.72
5 Taylor, Lukas	Mmcru	1:02.77
6 Bartolo, Carter	Lawton-Brons	1:04.17
7 Coffee, Logan	Hinton	1:04.33
8 Stadsvold, Eli	Lawton-Brons	1:07.72
9 Schroeder, Elijah	St. Mary's,	1:07.80
10 Bishop, Dustin	Akron-Westfi	1:18.79

Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Lawton-Bronson	A	43.41
2 W Sioux Hwardn	A	43.53
3 Gehlen Cath, L	A	45.09
4 Mmcru	A	45.74
5 Akron-Westfield	A	46.66
6 Lawton-Bronson	B	x46.81
7 W Sioux Hwardn	B	x47.88
8 Gehlen Cath, L	C	x48.20
9 Hinton	A	48.32
10 Western Christ	A	48.33
11 Akron-Westfield	B	x50.60
12 Gehlen Cath, L	B	x51.02
13 Mmcru	B	x51.40
14 Hinton	B	x53.31
15 Mmcru	C	x53.95
16 St. Mary's, R	A	55.08
--- W Sioux Hwardn	D	NT
--- St. Mary's, R	B	NT
--- W Sioux Hwardn	C	NT

Boys 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Lawton-Bronson	A	1:31.15
2 W Sioux Hwardn	A	1:31.29
3 Gehlen Cath, L	A	1:34.04
4 Mmcru	A	1:35.50
5 Western Christ	A	1:38.27
6 Lawton-Bronson	B	x1:39.03
7 Hinton	A	1:41.13
8 St. Mary's, R	A	1:45.63
9 W Sioux Hwardn	B	x1:46.52
10 Hinton	B	x1:47.59
11 Mmcru	B	x1:48.06
12 Gehlen Cath, L	B	x1:48.19
13 Mmcru	C	x1:55.37
--- Akron-Westfield	A	NT

Boys 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Gehlen Cath, L	A	3:30.31
2 Lawton-Bronson	A	3:35.32
3 Western Christ	A	3:35.75
4 Hinton	A	3:37.76
5 Mmcru	A	3:42.96
--- W Sioux Hwardn	A	NT
--- Akron-Westfield	A	NT

Boys 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Gehlen Cath, L	A	8:40.95
2 Mmcru	A	8:48.35
3 Akron-Westfield	A	9:15.78
4 Hinton	A	9:16.53
5 Hinton	B	x10:35.73

Boys 800 Sprint Medley

Team	Relay	Finals
Finals		
1 Lawton-Bronson	A	1:34.21
2 W Sioux Hwardn	A	1:35.84
3 Gehlen Cath, L	A	1:38.16
4 Western Christ	A	1:39.03
5 Hinton	A	1:39.57
6 Akron-Westfield	A	1:41.55
7 Mmcru	A	1:44.23
8 St. Mary's, R	A	1:45.82

Boys Distance Medley

Team	Relay	Finals
Finals		
1 Mmcru	A	3:46.84
2 Western Christ	A	3:52.12
3 Gehlen Cath, L	A	4:06.75
4 Hinton	A	4:11.75
5 Akron-Westfield	A	4:19.13
6 W Sioux Hwardn	A	4:43.12

Boys 4x110 Meter Shuttle Hurdle

Team	Relay	Finals
Finals		
1 Lawton-Bronson	A	1:02.59
2 Gehlen Cath, L	A	1:04.90
3 Hinton	A	1:08.70
4 Mmcru	A	1:17.84

Boys High Jump

Name	School	Finals
Finals		
1 Braun, Lucas	Mmcru	6-00.00
2 Wiggins, Dylan	W Sioux Hwar	5-10.00
3 Gulker, Jackson	Western Chri	J5-10.00

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Name	School	Finals
4 Frank, Colt	Hinton	J5-10.00
4 Kramer, Jaxten	Gehlen Cath,	J5-10.00
6 Clausen, Connor	Lawton-Brons	5-08.00
7 Mulder, Brayson	Mmcru	J5-08.00
8 Alier, Pere	Gehlen Cath,	5-04.00
9 Schnepf, Max	Mmcru	xJ5-04.00
10 Coffee, Logan	Hinton	5-02.00
--- Kempema, Logan	Hinton	NH

Boys Long Jump

Name	School	Finals
1 DeRocher, Beau	Hinton	21-05.00
2 Lynott, Brady	W Sioux Hwar	19-11.50
3 McCarty, Cole	Gehlen Cath,	19-10.00
4 Kraft, Connor	Gehlen Cath,	19-08.50
5 Braun, Lucas	Mmcru	19-00.50
6 Lynott, Tanner	W Sioux Hwar	19-00.00
7 Anderson, Gabe	Hinton	18-11.50
8 Garnand, Caler	Lawton-Brons	18-11.00
9 Tentinger, Xander	Mmcru	18-09.50
10 Smith, Ivan	Lawton-Brons	17-09.00
11 Hagestrom, Will	Hinton	x16-07.50
11 Koch, Laytin	Akron-Westfi	16-07.50
13 Rinaldi, Gioele	Mmcru	x15-04.00
--- Bultman, Carter	W Sioux Hwar	ND
--- Blom, Myles	Western Chri	ND
--- Teel, Nolan	Gehlen Cath,	ND
--- Alons, Asa	Western Chri	ND

Boys Shot Put

Name	School	Finals
1 Blowe, Ian	Akron-Westfi	53-11.00
2 Heynen, Derek	Western Chri	48-02.50
3 Divis, Garrett	Hinton	45-08.50
4 Binneboese, Brooks	Hinton	43-11.00
5 Kollis, Taeten	Western Chri	41-04.00
6 Peterson, Michael	Mmcru	40-11.00
7 Schnepf, Mitchell	Mmcru	40-08.00
8 Zhang, Kyron	Gehlen Cath,	40-00.00
9 Hanks, Landen	Hinton	x39-09.00
10 Divis, Carson	Hinton	x39-06.00
11 Galvan, Jacob	Gehlen Cath,	39-00.00
12 Koopmans, Kolton	W Sioux Hwar	38-00.00
13 Hall, Colton	Hinton	x36-11.00
14 Peterson, Lukas	Mmcru	x36-10.50
15 McMillan, Keegan	W Sioux Hwar	36-08.00
16 Stokes, Reese	Hinton	x36-05.50
17 Hanks, Kaden	Gehlen Cath,	x36-03.50
18 Schroeder, Reece	Hinton	x35-02.00
19 Harpenau, Matthew	Gehlen Cath,	x35-00.50
20 Wiese, Kyle	Hinton	x34-10.00
21 McMillan, Eli	W Sioux Hwar	x34-04.50

22 Brown, Michael	Akron-Westfi	34-04.00
23 Silva, Marcus	Lawton-Brons	33-08.00
24 Moseman, Mark	Lawton-Brons	32-10.00
25 Miller, Carver	Mmcru	x30-10.00
26 Goodman, Trayden	Akron-Westfi	x30-05.50
27 Renken, Ty	Akron-Westfi	x30-03.50
28 Dunn, Brayden	Mmcru	x30-02.00
29 Lehmann, Dane	Gehlen Cath,	x27-09.50
30 Lacy, Collin	W Sioux Hwar	x26-11.00
--- Rens, Gibson	W Sioux Hwar	ND
--- Persinger, Seth	W Sioux Hwar	ND
--- Astidias, Carter	Mmcru	ND

Boys Discus Throw

Name	School	Finals
1 Blowe, Ian	Akron-Westfi	161-03
2 Divis, Garrett	Hinton	139-10
3 Heynen, Derek	Western Chri	139-03
4 Schnepf, Mitchell	Mmcru	137-02
5 Koopmans, Kolton	W Sioux Hwar	111-07
6 Kollis, Taeten	Western Chri	110-03
7 Stokes, Reese	Hinton	109-07
8 Fay, Jordan	Akron-Westfi	109-06
9 Zhang, Kyron	Gehlen Cath,	105-02
10 Miller, Carver	Mmcru	103-05
11 Hanks, Kaden	Gehlen Cath,	100-03
12 Binneboese, Brooks	Hinton	x98-07
13 Lehmann, Dane	Gehlen Cath,	x96-09
14 Dunn, Brayden	Mmcru	x96-03
15 Divis, Carson	Hinton	x89-00
16 McMillan, Keegan	W Sioux Hwar	87-04
17 Steichen, Lennan	St. Mary's,	85-08
18 Peterson, Lukas	Mmcru	x79-08
19 Harpenau, Matthew	Gehlen Cath,	x77-03
20 Goodman, Trayden	Akron-Westfi	x76-06
21 Schroeder, Reece	Hinton	x73-09
22 Lacy, Collin	W Sioux Hwar	x72-05
23 Hanks, Landen	Hinton	x72-02
24 Wiese, Kyle	Hinton	x71-08
25 Hall, Colton	Hinton	x71-01
26 McMillan, Eli	W Sioux Hwar	x70-02
27 Galvan, Jacob	Gehlen Cath,	x66-06
28 Rens, Gibson	W Sioux Hwar	x57-06
--- Astidias, Carter	Mmcru	ND

Women - Team Rankings - 19 Events Scored

1) Hinton	153
2) Western Christ	100
3) Lawton-Bronson	91
4) Gehlen Cath, L	65
5) MMCRU	55
6) St. Mary's, R	48
7) W Sioux Hwardn	44
8) Akron-Westfield	18

Falcon Coed Relays 2023 - 5/4/2023

West Sioux Community Track

Results - 2023 Falcon Relays

Men - Team Rankings - 19 Events Scored

1) Gehlen Cath, L	163
2) MMCRU	101
3) Hinton	94
4) Lawton-Bronson	84
5) Western Christ	50
6) W Sioux Hwardn	48
7) Akron-Westfield	41