

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 1 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	Kayla Lavalais	12	SIOUX CITY NORTH	13.10	2.3	2
2	Mary Chicoine	10	HEELAN	13.22	2.3	2
3	Rae Twohig	12	SIOUX CITY WEST	13.31	2.3	2
4	Reyna Mikulicz	10	SIOUX CITY EAST	13.47	2.3	2
5	Kelly Daniels	11	HEELAN	13.49	3.0	1
6	Stephanie Pace	10	SIOUX CITY WEST	13.63	2.3	2
7	Madison Yohe	10	HEELAN	13.64	2.3	2
8	Cheyenne Simon	11	SIOUX CITY WEST	13.64	2.3	2
9	Rachael Johnson	11	YANKTON HIGH SCHOOL	13.73	2.3	2
10	Amy Hisek	12	YANKTON HIGH SCHOOL	13.77	3.0	1
11	Kaija Bergdale	10	SIOUX CITY NORTH	13.93	3.0	1
12	Jamie Ezslinger	11	SF LINCOLN	13.99	3.0	1
13	Laurel Protector	11	SIOUX CITY EAST	14.07	3.0	1
14	Katie Barkley	12	SF LINCOLN	14.35	3.0	1
15	Leah Banks	10	SO SIOUX	16.34	3.0	1

**Event 2 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	09	HULL WESTERN	12.71	2.1	2
2	Megan Lawler	12	SPIRIT LAKE HS	12.79	2.1	2
3	Lindsey Wichers	11	LEMARS CENTRAL	13.61	2.1	2
4	Ebony Stone	10	LEMARS CENTRAL	13.63	2.1	2
5	Jade Hanson	09	MOC-FLOYD VALLEY	13.72	2.0	1
6	Rachel Bos	09	UNITY CHS'T	13.75	2.0	1
7	Katie Krebs	12	MOC-FLOYD VALLEY	13.84	2.1	2
8	Taylor Moriarty	09	SGT BLUFF-LU	13.84	2.1	2
9	Courtney Vreugdenhil	10	UNITY CHS'T	14.08	2.0	1
10	Mallory Cates	09	OA-BCIG	14.09	2.0	1
11	Lindsey Arneson	11	SPIRIT LAKE HS	14.35	2.0	1
12	Jaiden Miedema	09	HULL WESTERN	14.41	2.0	1
13	Samantha Sholty	09	OA-BCIG	14.58	2.0	1
14	Kassie Ruhr	09	GLENWOOD HIGH SC	14.60	2.0	1
15	Mercedes Liparoto	10	GLENWOOD HIGH SC	14.86	2.1	2

**Event 3 Girls 100 Meter Dash Class"C"**

Meet Record: \* 12.06 4/20/1989 THERESA LUX, Westwood  
 Name Year School Finals Wind H#

1	Bethany DeLong	12	LAUREL-CONCORD	12.64	1.9	3
2	Karlie Dahl	11	HOMER HIGH SCHOOL	13.11	1.9	3
3	Chrissy Strassburg	12	ELK POINT-JEFFERSON	13.22	1.9	3
4	Abbie Ackerman	12	CENTRAL LYON	13.29	1.9	3
5	Ashley Schneider	12	MARCUS MERID	13.31	1.9	3
6	Erica Dreckman	11	MARCUS MERID	13.53	1.9	3
7	Destiny Boeve	12	CENTRAL LYON	13.86	1.9	3
8	Justine Cleveland	11	WESTWOOD	13.99	1.5	2
9	Brittany Spieker	11	PIERCE NE	14.07	1.5	2

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 3 Girls 100 Meter Dash Class"C"**

10	Kaitlin Roberts	10	GEHLEN CATHOLIC	14.17	1.5	2
11	Erin Brassler	10	SOUTH O'BRIEN H.S.	14.54	2.2	1
12	Breanna Van Beek	10	SOUTH O'BRIEN H.S.	14.70	2.2	1
13	Alexa Graham	11	CB ST ALBERT	14.73	1.5	2
14	Katie Gubbels	09	LAUREL-CONCORD	14.75	1.5	2
15	Abigail Krienert	09	GEHLEN CATHOLIC	14.82	1.5	2
16	Amanda Hoefling	10	MARCUS MERID	15.46	1.5	2
17	Shannon Platzcek	09	WESTWOOD	15.67	2.2	1
18	Kristin O'Connell	09	RIVER VALLEY	15.69	2.2	1
19	Brianna Colshan	09	RIVER VALLEY	16.89	2.2	1

**Event 5 Boys 100 Meter Dash Class"A"**

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Meet Record: * 10.57 4/20/1989 SCOTT INGOLDSTAD, SF Lincoln						
Name	Year	School	Finals	Wind	H#	
=====						
1	Darius Pearson	10	SIOUX CITY WEST	11.26	1.9	3
2	Preston Ives	12	HEELAN	11.33	1.9	3
3	Sam Rowe	12	CB ABRAHAM LINCOLN	11.42	1.8	2
4	Michael Malloy	10	HEELAN	11.56	1.9	3
5	Spencer Zook	11	SIOUX CITY NORTH	11.57	1.9	3
6	Cleo Harris	10	CB ABRAHAM LINCOLN	11.61	1.9	3
7	Jared Foster	12	SIOUX CITY WEST	11.64	1.8	2
8	Antonio Anderson	11	SIOUX CITY WEST	11.80	1.9	3
9	KJ Garrett	09	SF LINCOLN	11.81	1.8	2
10	Anthony Dreezsen	09	SIOUX CITY EAST	11.89	1.9	3
11	Kyle Hanish	11	SO SIOUX	11.95	1.8	2
12	Dondre Hubert	11	SIOUX CITY NORTH	11.97	1.8	2
13	Evan Schroeder	09	YANKTON HIGH SCHOOL	12.11	2.1	1
14	Justin Heitman	11	SO SIOUX	12.14	1.8	2
15	Ryan Ford	09	YANKTON HIGH SCHOOL	12.22	2.1	1
16	Alec Standage	12	SIOUX CITY EAST	12.23	2.1	1
17	Adam Timmerman	11	SF LINCOLN	12.32	1.8	2

**Event 6 Boys 100 Meter Dash Class"B"**

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Meet Record: * 11.00 4/17/2002 PAUL BROWN, Le Mars						
Name	Year	School	Finals	Wind	H#	
=====						
1	Preston Nibaur	12	SGT BLUFF-LU	11.44	2.9	3
2	Jake Floen	10	UNITY CHS'T	11.44	2.9	3
3	Theo Bartman	12	HULL WESTERN	11.46	2.9	3
4	Taylor Williams	12	GLENWOOD HIGH SC	11.67	2.9	3
5	Brandon Higgs	11	MT MICHAEL	11.71	2.2	2
6	Zach Reed	11	LEMARS CENTRAL	11.75	2.9	3
7	Jordyn Kleinwolterink	12	UNITY CHS'T	11.76	2.9	3
8	Keaton Rowe	12	LEMARS CENTRAL	11.78	2.9	3
9	Heath Bonestroo	10	HULL WESTERN	11.78	2.9	3
10	Dakota Linafelter	11	SGT BLUFF-LU	11.99	2.2	2
11	Dayton Hoelscher	12	OA-BCIG	12.04	2.2	2
12	Rhett Turner	10	GLENWOOD HIGH SC	12.14	2.2	2
13	Billy Burgduff	12	OKOBOJI HIGH SCHOOL	12.14	2.2	2
14	Dalton Hemer	11	OA-BCIG	12.24	2.2	2
15	Bryson McCabe	09	OKOBOJI HIGH SCHOOL	12.37	2.2	2
--	Nick Cairney	10	MT MICHAEL	NT	NWI	1

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 6 Boys 100 Meter Dash Class"B"**

-- Jeremy Werthman	12	CHEROKEE	NT	NWI	1
-- Sam Hinkhouse	11	CHEROKEE	NT	NWI	1

**Event 7 Boys 100 Meter Dash Class"C"**

Meet Record: \* 10.92 4/20/1989 JEFF LONGVAL, Westwood

Name	Year	School	Finals	Wind	H#
1 Taylor White	11	D VALLEY	11.43	2.9	3
2 Jordan Acecvedo	11	CENTRAL LYON	11.52	2.9	3
3 Johnny Saunders	12	LAUREL-CONCORD	11.59	2.9	3
4 Ryan McCarty	10	CENTRAL LYON	11.61	2.6	2
5 Sean Doane	12	WEST MONONA	11.75	2.9	3
6 Austin Lefler	09	LAWTON-BRONSON	11.77	2.6	2
7 Mitch Heikes	10	LAUREL-CONCORD	11.96	2.9	3
8 Tate Rohde	10	KP/WC	12.03	2.6	2
9 Katlin Ruppert	10	PIERCE NE	12.08	2.6	2
10 Brown Andrew	12	CB ST ALBERT	12.08	2.9	3
11 Matt Butcher	12	CB ST ALBERT	12.09	2.9	3
12 Evan Hendriks	11	D VALLEY	12.15	2.9	3
13 Brandon Freeman	10	PIERCE NE	12.34	2.6	2
14 Tyler Sudbeck	12	KP/WC	12.40	2.6	2
15 Tyler Thrift	12	WEST MONONA	12.77	3.2	1
16 Beau Metcalf	09	WESTWOOD	13.03	3.2	1
17 Bobby Nettleton	09	WESTWOOD	13.16	3.2	1

**Event 9 Girls 100 Meter Hurdles Class"A"**

Meet Record: \* 14.76 4/18/2009 NEVADA SORENSEN, SF Lincoln

Name	Year	School	Finals	Wind	H#
1 Tori Vondrak	12	HEELAN	16.78	1.0	2
2 Mikala Hora	09	YANKTON HIGH SCHOOL	17.45	1.0	2
3 Tabitha Machar	12	SO SIOUX	18.57	1.0	2
4 Hannah Reed	12	SO SIOUX	18.65	1.3	1
5 Emily Keane	09	HEELAN	18.77	1.0	2
6 Abby Pollow	10	SIOUX CITY EAST	18.78	1.0	2
7 Cheyanne Simon	11	SIOUX CITY WEST	18.99	1.3	1
8 Kaity Schumacher	11	SIOUX CITY WEST	19.04	1.3	1
9 Katie Barkley	12	SF LINCOLN	19.13	1.0	2
10 Emily McElwain	09	SIOUX CITY EAST	19.35	1.3	1
11 McKayla Johnson	11	SIOUX CITY WEST	19.45	1.3	1
12 Chloe Cornemann	10	YANKTON HIGH SCHOOL	19.51	1.0	2
13 Desiree Lauderdale	11	SIOUX CITY NORTH	20.25	1.3	1

**Event 10 Girls 100 Meter Hurdles Class"B"**

Meet Record: \* 16.03 4/18/2009 SLONE MASTERS, Storm Lake

Name	Year	School	Finals	Wind	H#
1 Slone Masters	12	STORM LAKE HIGH	15.65*	0.8	2
2 Emily Anderson	11	LEMARS CENTRAL	16.48	0.8	2
3 Katie Krebs	12	MOC-FLOYD VALLEY	17.08	0.8	2
4 Kirstie Ruhland	11	LEMARS CENTRAL	17.93	0.8	2
5 Mercedes Liparoto	10	GLENWOOD HIGH SC	17.97	0.8	2

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 10 Girls 100 Meter Hurdles Class"B"**

6	Kassie Finn	12	GLENWOOD HIGH SC	18.09	0.8	2
7	Caila Jones	12	SPIRIT LAKE HS	18.25	1.2	1
8	Devin Jackson	09	GLENWOOD HIGH SC	18.55	0.8	2
9	Megan VanderMolen	10	SGT BLUFF-LU	18.60	1.2	1
10	Jessica Wallace	12	SPIRIT LAKE HS	19.21	1.2	1
11	Elissa Jansma	09	HULL WESTERN	19.30	0.8	2
12	Mariah Cates	09	OA-BCIG	19.55	1.2	1

**Event 11 Girls 100 Meter Hurdles Class"C"**

Meet Record: \* 16.15 4/18/2009 KAYLA HATTING, Le Mars Gehlen

Name	Year	School	Finals	Wind	H#	
1	Steph Rohe	10	GEHLEN CATHOLIC	16.87	1.6	2
2	DeAndra Mahrt	10	KP/WC	17.59	1.6	2
3	Katelin Langel	09	GEHLEN CATHOLIC	17.83	1.6	2
4	Michelle Corio	11	ELK POINT-JEFFERSON	17.86	1.6	2
5	Lexi Ackerman	09	CENTRAL LYON	17.86	1.6	2
6	Alex Howrey	11	KP/WC	18.02	1.6	2
7	Brittany Shropshire	10	RIVER VALLEY	18.04	1.6	2
8	Kirstin Berg	11	WESTWOOD	18.08	NWI	1
9	Justine Cleveland	11	WESTWOOD	18.38	NWI	1
10	Kristin O'Connell	09	RIVER VALLEY	21.87	NWI	1

**Event 13 Boys 110 Meter Hurdles Class"A"**

Meet Record: \* 14.32 4/20/1987 BRIAN BIGGERSTAFF, SC West

Name	Year	School	Finals	Wind	H#	
1	Alex Imming	10	SIOUX CITY EAST	15.97	2.8	2
2	Cody O'Dell	11	SO SIOUX	16.18	2.8	2
3	Ty Robinson	11	SIOUX CITY WEST	16.40	2.8	2
4	Kyle Gogel	12	SIOUX CITY EAST	16.49	2.8	2
5	James Landon	11	SF LINCOLN	16.63	2.8	2
6	Trae Narbona	11	SIOUX CITY WEST	16.78	2.8	2
7	Nick Sawin	10	HEELAN	17.25	2.8	2
8	Hashim Gabon	11	SF LINCOLN	18.08	1.7	1
9	Charley Forey	10	SIOUX CITY NORTH	18.76	1.7	1
10	Gabe Jackson	09	SIOUX CITY NORTH	19.50	1.7	1
11	Logan Ulmer	11	YANKTON HIGH SCHOOL	19.58	1.7	1

**Event 14 Boys 110 Meter Hurdles Class"B"**

Meet Record: \* 14.55 4/20/2002 DEREK CASEY, Cherokee

Name	Year	School	Finals	Wind	H#	
1	Ian Eflin	11	GLENWOOD HIGH SC	15.54	2.7	3
2	Nolan Blythe	12	MOC-FLOYD VALLEY	15.67	2.7	3
3	Zach Jones	10	OKOBOJI HIGH SCHOOL	16.05	2.7	3
4	Kyle Heidebrink	12	SPIRIT LAKE HS	16.16	2.7	3
5	Sam Van Ginkel	10	HULL WESTERN	16.25	2.2	2
6	Paxton Strub	11	LEMARS CENTRAL	16.29	2.7	3
7	Tyler Down	12	OA-BCIG	16.52	2.2	2
8	Tyler Lancaster	12	LEMARS CENTRAL	16.64	2.7	3
9	Jon White	10	MOC-FLOYD VALLEY	16.86	2.2	2

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 14 Boys 110 Meter Hurdles Class"B"**

10	Dominic Means	11	OA-BCIG	16.88	1.6	1
11	Derek Jones	09	GLENWOOD HIGH SC	16.91	2.2	2
12	Mitch Bowden	09	GLENWOOD HIGH SC	16.92	2.2	2
13	Ross Chettinger	12	SGT BLUFF-LU	17.33	2.7	3
14	Jordan Everson	10	UNITY CHS'T	17.36	1.6	1
15	Michael Lawler	11	GLENWOOD HIGH SC	17.65	2.2	2
16	Rick Wilson	12	SPIRIT LAKE HS	17.65	1.6	1
17	DJ Smith	11	SPIRIT LAKE HS	18.30	1.6	1
18	Nolan Sampson	12	CHEROKEE	18.34	2.2	2
--	Nick Mrla	12	SGT BLUFF-LU	DQ	2.2	2

**Event 15 Boys 110 Meter Hurdles Class"C"**

Meet Record: * 14.43 4/20/1989 DARWIN VANDERHOEF, Rock Valley						
Name	Year	School	Finals	Wind	H#	
1	Will Hanson	12	MARCUS MERID	15.27	1.1	2
2	Tyler Campbell	11	KP/WC	15.83	1.1	2
3	Ben Lindsay	12	PIERCE NE	15.97	1.1	2
4	Zach Sexton	11	D VALLEY	15.99	1.1	2
5	Tyler Lindsay	10	PIERCE NE	16.70	1.1	2
6	Ryan Kettelsen	12	RIVER VALLEY	17.25	1.1	2
7	Todd Bottorff	12	KP/WC	17.95	1.1	2
8	Collin Stillwell	10	LAWTON-BRONSON	18.90	1.6	1
9	Daniel Jordening	12	WESTWOOD	19.41	1.6	1
10	Beau Metcalf	09	WESTWOOD	20.45	1.6	1

**Event 18 Girls 100 Meter Hurdles Elite**

Meet Record: * 14.80 4/18/2009 NEVADA SORENSON, Sioux Falls Linco						
Name	Year	School	Finals	Wind		
1	Slone Masters	12	STORM LAKE HIGH	15.38	2.8	
2	Steph Rohe	10	GEHLEN CATHOLIC	16.16	2.8	
3	Emily Anderson	11	LEMARS CENTRAL	16.17	2.8	
4	Tori Vondrak	12	HEELAN	16.45	2.8	
5	DeAndra Mahrt	10	KP/WC	16.45	2.8	
6	Mikala Hora	09	YANKTON HIGH SCHOOL	16.46	2.8	
7	Katie Krebs	12	MOC-FLOYD VALLEY	16.77	2.8	
8	Katelin Langel	09	GEHLEN CATHOLIC	17.90	2.8	

**Event 19 Boys 110 Meter Hurdles Elite**

Meet Record: * 14.41 4/20/2002 DEREK CASEY, Cherokee						
Name	Year	School	Finals	Wind		
1	Will Hanson	12	MARCUS MERID	14.98	3.0	
2	Ian Eflin	11	GLENWOOD HIGH SC	15.29	3.0	
3	Nolan Blythe	12	MOC-FLOYD VALLEY	15.67	3.0	
4	Tyler Campbell	11	KP/WC	15.80	3.0	
5	Zach Sexton	11	D VALLEY	16.01	3.0	
6	Zach Jones	10	OKOBOJI HIGH SCHOOL	16.12	3.0	
7	Alex Imming	10	SIOUX CITY EAST	16.20	3.0	
8	Ben Lindsay	12	PIERCE NE	16.20	3.0	

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 20 Girls 100 Meter Dash Elite**

Meet Record: * 12.56 4/17/2004 ASHLEA JOHNSON, Yankton				
Name	Year	School	Finals	Wind
1 Bethany DeLong	12	LAUREL-CONCORD	12.65	1.4
2 Megan Lawler	12	SPIRIT LAKE HS	12.84	1.4
3 Brooke Wolterstorff	09	HULL WESTERN	12.96	1.4
4 Kayla Lavalais	12	SIOUX CITY NORTH	13.19	1.4
5 Mary Chicoine	10	HEELAN	13.22	1.4
6 Karlie Dahl	11	HOMER HIGH SCHOOL	13.24	1.4
7 Chrissy Strassburg	12	ELK POINT-JEFFERSON	13.36	1.4
8 Abbie Ackerman	12	CENTRAL LYON	13.57	1.4

**Event 21 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	10	SIOUX CITY WEST	11.11	0.4
2 Preston Ives	12	HEELAN	11.27	0.4
3 Taylor White	11	D VALLEY	11.47	0.4
4 Preston Nibaur	12	SGT BLUFF-LU	11.48	0.4
5 Jake Floen	10	UNITY CHS'T	11.57	0.4
6 Jordan Acecvedo	11	CENTRAL LYON	11.58	0.4
7 Sam Rowe	12	CB ABRAHAM LINCOLN	11.70	0.4
8 Theo Bartman	12	HULL WESTERN	11.92	0.4

**Event 22 Boys 4x100 Yard Relay 8th Grade**

Meet Record: * 48.65 4/16/1993 , East Middle			Finals
School			
1 SIOUX CITY NORTH MIDDLE SCHOOL 'A'			50.10
1) Liam Bald	2) Noah Popken		
3) Tyler Ard	4) Brady Mayo 08		
2 SIOUX CITY EAST MIDDLE SCHOOL 'A'			50.14
1) Carter Lilly 08	2) Dylan Peterson 08		
3) Greg Kirwan 08	4) Ronald Nash 08		
3 SERGEANT BLUFF-LUTON MIDDLE SC 'A'			50.84
1) Riley Weeks 08	2) Ben Robinson 08		
3) Steven Garcia 08	4) Jack DeMoss 08		
4 SIOUX SIOUX CITY MIDDLE SCHOOL 'A'			52.11
5 SIOUX CITY WEST MIDDLE SCHOOL 'A'			52.11
1) Myron Bose 08	2) Skyler Bauer 08		
3) Sam Mace 08	4) Marcellous Gardner 08		
6 SIOUX CITY WEST MIDDLE SCHOOL 'B'			57.75
1) Alex Kin 08	2) Josh Zoelle 08		
3) Derek Clayton 08	4) Brandon Knutson 08		

**Event 23 Girls 400 Meter Hurdles OHS**

Meet Record: * 1:04.92 4/19/2006 JACQUI KALIN, SC North				
Name	Year	School	Finals	H#
1 Ellen Dougherty	12	SIOUX CITY EAST	1:05.76	3
2 Kim Kroeze	09	HULL WESTERN	1:09.29	3

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 23 Girls 400 Meter Hurdles OHS**

3	Lexi Fisher	10	GLENWOOD HIGH SC	1:09.97	3
4	Claire Roesner	12	MOC-FLOYD VALLEY	1:11.90	3
5	Marissa Moran	12	CB ST ALBERT	1:12.16	3
6	Chloe Cornemann	10	YANKTON HIGH SCHOOL	1:13.63	1
7	Leah De Graaf	12	MOC-FLOYD VALLEY	1:13.65	2
8	Ashley Lunz	11	LAUREL-CONCORD	1:15.21	3
9	Desi Beckman	10	YANKTON HIGH SCHOOL	1:15.24	1
10	Emma Gray	12	SGT BLUFF-LU	1:15.30	3
11	Emily Holtgrewe	09	GEHLEN CATHOLIC	1:16.13	2
12	Kendra Stokke	09	SPIRIT LAKE HS	1:16.42	2
13	Anna Pritchard	12	SIOUX CITY NORTH	1:16.53	2
14	Ashley Alons	11	WESTWOOD	1:16.73	2
15	Emily Keane	09	HEELAN	1:17.56	1
16	Mariah Cates	09	OA-BCIG	1:17.66	1
17	Lexi Ackerman	09	CENTRAL LYON	1:19.07	2
18	Emily Robinson	12	GLENWOOD HIGH SC	1:19.93	2
19	Abigail Krienert	09	GEHLEN CATHOLIC	1:21.41	1

**Event 24 Boys 400 Meter Hurdles OHS**

Meet Record: * 54.78 4/19/2006 NICK KUCHEL, Kingsley-Pierson					
Name	Year	School	Finals	H#	
1	Tyler Kroeze	11	UNITY CHS'T	56.12	3
2	Kyle Heidebrink	12	SPIRIT LAKE HS	57.51	3
3	Kyle Badgerow	10	KP/WC	58.09	3
4	Perry Shafer	11	YANKTON HIGH SCHOOL	58.49	2
5	Dominic Means	11	OA-BCIG	58.86	2
6	Zach Jones	10	OKOBOJI HIGH SCHOOL	58.93	3
7	Derek Jones	09	GLENWOOD HIGH SC	59.05	2
8	Rene VanWhye	12	LEMARS CENTRAL	59.38	3
9	Ryan Kettelsen	12	RIVER VALLEY	59.48	2
10	Rick Wilson	12	SPIRIT LAKE HS	59.55	1
11	Nick Mrla	12	SGT BLUFF-LU	1:00.12	2
12	Trae Narbona	11	SIOUX CITY WEST	1:00.59	1
13	Mickey Russell	11	CB ST ALBERT	1:00.83	2
14	Sam Van Ginkel	10	HULL WESTERN	1:02.67	1
15	Zach Clarey	12	SIOUX CITY WEST	1:02.75	1
16	Travis Vermeer	10	SIOUX CENTER	1:03.59	2
17	Logan Ulmer	11	YANKTON HIGH SCHOOL	1:04.26	1
18	Zach Reuter	11	LEMARS CENTRAL	1:05.04	1

**Event 25 Girls 800 Meter Run OHS**

Meet Record: * 2:12.25 4/18/2009 SHELBY HOULIHAN, East				
Name	Year	School	Finals	
1	Shelby Houlihan	11	SIOUX CITY EAST	2:11.42*
2	Mary Schleusner	12	CENTRAL LYON	2:21.08
3	Katie Jacobsen	11	LAUREL-CONCORD	2:21.24
4	Rachel Weinandt	11	YANKTON HIGH SCHOOL	2:28.43
5	Jessica Mathes	11	RIDGE VIEW - GHSC	2:30.32
6	Mariah Hofer	12	YANKTON HIGH SCHOOL	2:30.83
7	Lindsey Brown	10	MAPLE VALLEY	2:33.17
8	Skyler Lippman	12	PIERCE NE	2:33.57

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 25 Girls 800 Meter Run OHS**

9 Nicole Snyder	09 RIDGE VIEW - GHSC	2:33.80
10 Mackenzie Smith	10 SGT BLUFF-LU	2:37.55
11 Bobbie McLaury	11 ELK POINT-JEFFERSON	2:37.64
12 Becca Hilderbrand	11 CB ST ALBERT	2:38.46
13 Abby Wostoupal	10 HEELAN	2:38.83
14 Briana Adams	11 PIERCE NE	2:38.86
15 Nicole VerHey	11 SF LINCOLN	2:41.29
16 Nikki Betzler	10 SF LINCOLN	2:41.62
17 Emily Manning	11 HEELAN	2:44.48

**Event 26 Boys 800 Meter Run OHS**

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

1 Alex Hohenthauer	12 YANKTON HIGH SCHOOL	2:00.41
2 Jeff Grossenberg	12 YANKTON HIGH SCHOOL	2:02.16
3 Jay Welp	11 MARCUS MERID	2:02.88
4 Milan Johnson	12 OKOBOJI HIGH SCHOOL	2:04.97
5 Zach Neuhalfen	11 PIERCE NE	2:05.56
6 Austin Millard	11 OKOBOJI HIGH SCHOOL	2:07.56
7 Ben Moes	12 SIOUX CITY EAST	2:08.92
8 Kyle Borchers	11 LEMARS CENTRAL	2:09.61
9 Nic Pippin	12 SIOUX CITY EAST	2:10.95
10 Kelly Fitzsimmons	09 SF LINCOLN	2:11.01
11 Nathan Reichert	10 UNITY CHS'T	2:11.19
12 Chris Clay	12 LEMARS CENTRAL	2:12.39

**Event 27 Girls 1500 Meter Run OHS**

Meet Record: \* 4:37.53 4/23/2005 RAMSEY KAVAN, Yankton  
Name Year School Finals

1 Shelby Houlihan	11 SIOUX CITY EAST	4:37.50*
2 Josee Jansen	11 SIOUX CITY NORTH	5:08.04
3 Skyler Lippman	12 PIERCE NE	5:15.14
4 Carly Holmstrom	10 SF LINCOLN	5:16.48
5 Kayla Byl	10 UNITY CHS'T	5:17.85
6 Meredith Rand	09 LEMARS CENTRAL	5:19.66
7 Megan McKern	09 GLENWOOD HIGH SC	5:21.92
8 Mariah Lammers	11 HULL WESTERN	5:22.51
9 Emily Broers	11 UNITY CHS'T	5:22.73
10 Serina Robinson	11 SF LINCOLN	5:22.77
11 Briana Adams	11 PIERCE NE	5:23.84
12 Sarah Sneed	11 CB ST ALBERT	5:24.16
13 Carson Leiting	09 HEELAN	5:25.60
14 Tori Figge	09 CENTRAL LYON	5:26.58
15 Josie Visser	12 MOC-FLOYD VALLEY	5:27.24
16 Briana Brunsvold	11 SPIRIT LAKE HS	5:27.81
17 Christine Madsen	12 SIOUX CITY NORTH	5:28.39
18 Stefanie Koehler	12 PIERCE NE	5:29.16
19 Tatum Adema	09 ELK POINT-JEFFERSON	5:36.57
20 Kayla Anderson	11 GLENWOOD HIGH SC	5:37.56
21 Marissa Mareck	09 LEMARS CENTRAL	5:39.06
22 Casie Van Der Weide	11 MOC-FLOYD VALLEY	5:39.93

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 27 Girls 1500 Meter Run OHS**

23 Molly Wankum 10 GEHLEN CATHOLIC 5:44.50

**Event 28 Boys 1600 Meter Run OHS**

Meet Record: \* 4:22.13 4/20/1995 NOLAN SPEICHINGER, SC East  
 Name Year School Finals

1	Johnny Fuller	11	GLENWOOD HIGH SC	4:30.89
2	Alec Baldwin	11	SPIRIT LAKE HS	4:31.19
3	Mark Wilcox	12	YANKTON HIGH SCHOOL	4:35.99
4	Thomas Feichtinger	10	MT MICHAEL	4:37.29
5	Jay Welp	11	MARCUS MERID	4:37.48
6	Mark Abrams	10	GLENWOOD HIGH SC	4:38.59
7	Alex Hall	11	SF LINCOLN	4:39.14
8	Matt Samuelson	12	SIOUX CITY NORTH	4:44.00
9	Chris Postma	12	UNITY CHS'T	4:44.40
10	Tim Bierma	12	HULL WESTERN	4:45.89
11	Mick Hofmann	11	OA-BCIG	4:46.60
12	Jake Evenson	12	SIOUX CENTER	4:46.70
13	Josh Lundgren	11	YANKTON HIGH SCHOOL	4:48.05
14	Eric Koithan	11	MAPLE VALLEY	4:49.76
15	Chris Clay	12	LEMARS CENTRAL	4:50.09
16	Brandon Bonnema	11	UNITY CHS'T	4:50.44
17	Dan Gassaway	10	SIOUX CITY WEST	4:50.95
18	Jake Groenendyk	12	SIOUX CENTER	4:52.43
19	Will Norris	09	SPIRIT LAKE HS	4:53.19
20	Sean Murphy	12	MT MICHAEL	4:53.81
21	Joe Herzberg	10	LEMARS CENTRAL	4:54.91
22	Milan Johnson	12	OKOBOJI HIGH SCHOOL	4:56.97
23	Jesus Iniguez	12	SIOUX CITY NORTH	4:58.26
24	Roland Henry	10	HEELAN	5:04.50
25	Tommy Thelen	09	HEELAN	5:05.17
26	Gage Blaschke	10	SF LINCOLN	5:05.71
27	Kevin Guinan	12	CB ST ALBERT	5:11.13

**Event 29 Girls 3000 Meter Run OHS**

Meet Record: \* 9:57.23 4/23/2005 RAMSEY KAVAN, Yankton  
 Name Year School Finals

1	Megan Hilson	12	YANKTON HIGH SCHOOL	10:47.97
2	Mariah Hofer	12	YANKTON HIGH SCHOOL	10:48.50
3	Briana Adams	11	PIERCE NE	11:28.11
4	Skyler Lippman	12	PIERCE NE	11:30.63
5	Alice Luebeck	12	SF LINCOLN	11:37.71
6	McKenzie Dziedzic	12	SPIRIT LAKE HS	11:39.27
7	Megan McKern	09	GLENWOOD HIGH SC	11:46.88
8	Briana Brunsvold	11	SPIRIT LAKE HS	11:47.85
9	Katie Larsen	12	GLENWOOD HIGH SC	11:48.81
10	Sarah Sneed	11	CB ST ALBERT	11:49.34
11	Nikki Betzler	10	SF LINCOLN	11:58.64
12	Casie Van Der Weide	11	MOC-FLOYD VALLEY	12:04.25
13	Katie Droog	11	UNITY CHS'T	12:06.00
14	Maddie Walsh	11	MAPLE VALLEY	12:08.35
15	Kayla Anderson	11	GLENWOOD HIGH SC	12:09.27

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 29 Girls 3000 Meter Run OHS**

16 Kristi Palsma	12 UNITY CHS'T	12:09.29
17 Erica Thompson	11 OA-BCIG	12:15.27
18 Maddy Sullivan	12 HEELAN	12:21.89
19 Amanda Delzell	09 SIOUX CITY NORTH	12:33.03
20 Becca Clay	10 LEMARS CENTRAL	12:39.98
21 Ellie Groenendyk	10 SIOUX CENTER	12:44.81
22 MaKayla Perryman	12 D VALLEY	12:50.46
23 Anna Ahlers	09 HEELAN	13:28.40
-- Lyndsey Snook	12 CB ST ALBERT	DNF
-- Shannon Stark	09 SIOUX CITY WEST	DNF
-- Sadie Clements	10 D VALLEY	DNF

**Event 30 Boys 3200 Meter Run OHS**

=====			
Meet Record:	* 9:26.08	4/20/1993	MATT ALTHOFF, Yankton
Name	Year	School	Finals
=====			
1 Johnny Fuller	11	GLENWOOD HIGH SC	9:23.39*
2 Travis Brenner	12	YANKTON HIGH SCHOOL	9:29.68
3 Garret Ehlers	12	OA-BCIG	9:39.78
4 Mitch Yaggie	12	YANKTON HIGH SCHOOL	9:43.51
5 Jay Welp	11	MARCUS MERID	10:01.22
6 TJ Gleason	11	SF LINCOLN	10:01.85
7 Chris Postma	12	UNITY CHS'T	10:11.56
8 Keegan Hecht	11	SF LINCOLN	10:17.12
9 Jake Groenendyk	12	SIOUX CENTER	10:31.20
10 Chris Clay	12	LEMARS CENTRAL	10:36.61
11 Jacob Willey	10	WEST MONONA	10:37.34
12 Jesus Iniguez	12	SIOUX CITY NORTH	10:38.88
13 Matt Koeppe	11	PIERCE NE	10:52.05
14 Sam Catus	12	KP/WC	10:57.63
15 Tyler Palmer	11	SIOUX CITY NORTH	11:06.50
16 George Doll	12	CB ST ALBERT	11:11.27
17 Daniel Poston	10	SIOUX CITY NORTH	11:11.68
18 Cody Peterson	10	PONCA HIGH SCHOOL	11:13.33
19 Norberto Antonio	11	PONCA HIGH SCHOOL	11:14.58
20 Daniel Keppen	10	D VALLEY	11:15.22
21 Micah Rook	10	SGT BLUFF-LU	11:16.11
22 Zach Kremlacek	09	PIERCE NE	11:16.53
23 Anthony Finnegan	11	PONCA HIGH SCHOOL	11:23.60
24 Jon Muller	09	SGT BLUFF-LU	11:26.90
25 Colby Casper	10	SIOUX CITY NORTH	11:33.71
26 Josh Horstman	12	UNITY CHS'T	12:01.38
27 Tyler Peterson	11	SIOUX CITY EAST	13:33.88
-- Mark Abrams	10	GLENWOOD HIGH SC	DNF
-- Sean Forker	12	HEELAN	DNF
-- Shane Forker	12	HEELAN	DNF
-- Zach Mahon	11	SO SIOUX	DNF
-- Michael Carson	09	SO SIOUX	DNF
-- Jordan Krug	11	GLENWOOD HIGH SC	DNF

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 31 Girls 4x100 Meter Relay Class"A"**

Meet Record: \* 49.48 4/19/2008 SIOUX CITY WEST, West  
 M Pearson, G Williams, C Simon, R Twohig  
 School Finals

1	SIOUX CITY WEST 'A'	52.11
	1) Rylee Parkhill 11	2) Stephanie Pace 10
	3) Cheyanne Simon 11	4) Rae Twohig 12
2	SIOUX CITY EAST 'A'	52.42
	1) Sam Mersch 12	2) Jordyn Anderson 09
	3) Reyna Mikulicz 10	4) Lexie Strom 10
3	BISHOP HEELAN HIGH SCHOOL 'A'	52.48
	1) Madison Yohe 10	2) Emily Keane 09
	3) Brielle Luft 10	4) Mary Chicoine 10
4	SF LINCOLN 'A'	53.26
	1) Meghan Lambert 11	2) Mary Wirth 12
	3) Kirsten Nyberg 12	4) Karmen Nyberg 12
5	YANKTON HIGH SCHOOL 'A'	54.36
	1) Laura Buckman	2) Amy Hisek 12
	3) Mikala Hora 09	4) Chloe Cornemann 10
6	SIOUX CITY NORTH 'A'	55.37
	1) Kayla Lavalais 12	2) Anna Beals 09
	3) Jess Motley	4) Kaija Bergdale 10

**Event 32 Girls 4x100 Meter Relay Class"B"**

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

1	HULL WESTERN CHRISTIAN 'A'	52.01
	1) Jaiden Miedema 09	2) Kayla Gesink 11
	3) Chelsea Vaandrager 12	4) Brooke Wolterstorff 09
2	LEMARS CENTRAL 'A'	52.59
	1) Lindsey Wichers 11	2) Ebony Stone 10
	3) Kirstie Ruhland 11	4) Emily Anderson 11
3	SPIRIT LAKE HS 'A'	52.94
	1) Lindsey Arneson 11	2) Alex Horsman 12
	3) Caila Jones 12	4) Megan Lawler 12
4	UNITY CHRISTIAN H.S. 'A'	53.36
	1) Jill Schouten 09	2) Courtney Vreugdenhil 10
	3) Katelyn Schuller 11	4) Lindsey Moerman 12
5	SGT BLUFF-LUTON H.S. 'A'	53.41
	1) Emma Gray 12	2) Melissa Wiig 12
	3) Cassidy Breon 10	4) Tayler Moriarty 09
6	GLENWOOD HIGH SCHOOL 'A'	55.48
	1) Mercedes Liparoto 10	2) Lexi Fisher 10
	3) McKenna Henze 09	4) Shelby Brewster 11
--	MOC-FLOYD VALLEY 'A'	DQ
	1) Rebecca De Haan 11	2) Caitlyn Van Es 10
	3) Jade Hanson 09	4) Katie Krebs 12

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 33 Girls 4x100 Meter Relay Class "C"**

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

School	Finals	H#
1 LAUREL-CONCORD 'A'	51.60	2
1) Leanna Gubbels 11	2) Bethany DeLong 12	
3) Erika Hochstein 10	4) Katie Jacobsen 11	
2 CENTRAL LYON HIGH SCHOOL 'A'	51.95	2
1) Destiny Boeve 12	2) Kiley Eckenrod 12	
3) Kayla Cuperus 12	4) Abbie Ackerman 12	
3 MARCUS MERIDEN CLEGHORN HIGH S 'A'	53.28	2
1) Carly Lehnhoff 10	2) Rachel McDermott 12	
3) Ashley Schneider 12	4) Erica Dreckman 11	
4 ELK POINT-JEFFERSON 'A'	53.46	2
1) Audrey Truhe 09	2) Keely Bertram 08	
3) Allyson Murphy 12	4) Chrissy Strassburg 12	
5 RIDGE VIEW - GHSC 'A'	54.12	2
1) Rachel Anderson 12	2) Brooke Wiese 11	
3) Emily Schiernbeck 11	4) Roxanne Grundmeier 11	
6 CB ST ALBERT 'A'	54.61	2
1) Alexa Graham 11	2) Tori Cushing 11	
3) Jessica Pearce 12	4) Marissa Moran 12	
7 GEHLEN CATHOLIC 'A'	56.00	1
1) MacKenzie Kellen 10	2) Katelin Langel 09	
3) Abigail Krienert 09	4) Emily Holtgrewe 09	
8 KINGSLEY-PIERSON/WOODBURY CENT 'A'	56.33	1
1) DeAndra Mahrt 10	2) Keely Collins 09	
3) Trissa Bates 10	4) Kelsey Frafjord 10	
9 WESTWOOD SLOAN HIGH SCHOO 'A'	59.80	1
1) Shauna DeVries 11	2) Abby Rea 10	
3) McKayla Wood 09	4) Megan Crawford 09	

**Event 35 Boys 4x100 Meter Relay Class "A"**

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'	44.53
1) Antonio Anderson 11	2) DeVante Clark 12
3) Jared Foster 12	4) Darius Pearson 10
2 SF LINCOLN 'A'	44.73
1) Gemechel Godi 10	2) KJ Garrett 09
3) Houston Hoffman 12	4) Brian Gesch 12
3 SIOUX CITY EAST 'A'	45.26
1) Anthony Dreezsen 09	2) Steven Bentz 11
3) Alec Standage 12	4) Brit Anderson 12
4 SIOUX CITY NORTH 'A'	45.82
1) Spencer Zook 11	2) Dajo Hubert 09
3) Dondre Hubert 11	4) Cody Ahrendt 12
5 CB ABRAHAM LINCOLN 'A'	45.84
1) Cameron Wells 11	2) Chris Battaglia 12
3) Cleo Harris 10	4) Brent Schreiber 12
6 SO SIOUX CITY HIGH SCHOOL 'A'	45.86
1) Justin Heitman 11	2) Cody O'Dell 11

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 35 Boys 4x100 Meter Relay Class"A"**

3) Luke Jensen 11	4) Kyle Hanish 11	
7 BISHOP HEELAN HIGH SCHOOL 'A'		46.00
1) Tim Keane 10	2) Kyle Kinney 12	
3) Court MacGregor 09	4) Mitch MacGregor 12	
8 YANKTON HIGH SCHOOL 'A'		47.38
1) Evan Schroeder 09	2) Dillan Anderson	
3) Ryan Ford 09	4) Connor Fitzsimmons 09	

**Event 36 Boys 4x100 Meter Relay Class"B"**

Meet Record: \* 43.84 4/17/1999 LEMARS CENTRAL, Lemars Centra  
R. White, K. Hector, B. Beach, P. Crandell  
School Finals

1 LEMARS CENTRAL 'A'		44.94
1) Zach Reed 11	2) Hunter Rhode 11	
3) Anthony Schimek 12	4) Keaton Rowe 12	
2 SGT BLUFF-LUTON H.S. 'A'		45.53
1) Dakota Linafelter 11	2) Austin Krohn 10	
3) Jake Wimmer 11	4) Logan Shine 11	
3 SPIRIT LAKE HS 'A'		46.29
1) Luke Kabele 10	2) Aric Waltz 10	
3) Kevin Martinson 10	4) Kyle Heidebrink 12	
4 MOC-FLOYD VALLEY 'A'		46.55
1) Jared Probst	2) Alex Van Roekel	
3) Jake Solsma	4) Brady Bracker 12	
5 SIOUX CENTER HIGH SCHOOL 'A'		46.60
1) Geo Alfaro	2) JonTae Miller 12	
3) Spencer Fritz	4) Taylor VanderPloeg	
6 OKOBOJI HIGH SCHOOL 'A'		46.61
1) Alex Koepp 10	2) Billy Burgduff 12	
3) Bryson McCabe 09	4) Brian Dubois 11	
7 GLENWOOD HIGH SCHOOL 'A'		47.28
1) Taylor Williams 12	2) Rhett Turner 10	
3) Jared Petersen 09	4) Trent Jameson 12	
8 UNITY CHRISTIAN H.S. 'A'		50.19
1) Jordyn Kleinwolterink 12	2) Mattew Albert 10	
3) Collin Korver 10	4) Riley Hoekstra 11	

**Event 37 Boys 4x100 Meter Relay Class"C"**

Meet Record: \* 44.75 4/17/1999 SIOUX CENTER, Sioux Center  
VanVoorst, Zevenbergen, Wielenga, Kempers  
School Finals H#

1 CENTRAL LYON HIGH SCHOOL 'A'		45.34	2
1) Tyler Figge 12	2) Jordan Acecvedo 11		
3) Hunter Sieperda 11	4) Ryan McCarty 10		
2 DAKOTA VALLEY HIGH SCHOOL 'A'		45.67	2
1) Matt Lupkes 11	2) Brock Bergmann 10		
3) Zach Sexton 11	4) Dylan Sawyer 09		
3 LAUREL-CONCORD 'A'		46.37	2
1) Mitch Heikes 10	2) Jon Jacot 11		
3) Beaux Northam 11	4) Johnny Saunders 12		
4 PIERCE NE 'A'		46.92	1

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 37 Boys 4x100 Meter Relay Class"C"**

1) Shelton Dvorak	2) Katlin Ruppert 10		
3) Tyler Lindsay 10	4) Brandon Freeman 10		
5 KINGSLEY-PIERSON/WOODBURY CENT 'A'		47.04	2
1) Quincy Lamp 10	2) Kyle Badgerow 10		
3) Tate Rohde 10	4) Todd Bottorff 12		
6 ELK POINT-JEFFERSON 'A'		48.25	2
1) Tyler Broekmeier 12	2) Wyatt Chicoine 11		
3) Drake Zeller 11	4) Adam Trudeau 12		
-- RIDGE VIEW - GHSC 'A'		DNF	2
1) Dillon Waters 12	2) Austin Graff 10		
3) Blake Woodke 11	4) Seth Johnson 10		
-- WESTWOOD SLOAN HIGH SCHOO 'A'		DQ	1
1) Cory Myrtue 09	2) Daniel Jordening 12		
3) Beau Metcalf 09	4) Calvin Smith 12		
-- LAWTON-BRONSON 'A'		DQ	1
1) Zach Rathman 11	2) Joel Imel 11		
3) Connor Mcnaughton 11	4) Austin Lefler 09		

**Event 39 Girls 4x200 Meter Relay Class"A"**

Meet Record: \* 1:44.71 4/19/2008 SIOUX CITY WEST, West  
C Simon, G Williams, R Twohig, M Pearson

School Finals

1 SIOUX CITY EAST 'A'		1:48.47	
1) Sam Mersch 12	2) Kilee Watson 12		
3) Lexie Strom 10	4) Reyna Mikulicz 10		
2 SF LINCOLN 'A'		1:51.41	
1) Jamie Ezslinger 11	2) Kirsten Nyberg 12		
3) Kelli Anderson 11	4) Karmen Nyberg 12		
3 SIOUX CITY WEST 'A'		1:51.42	
1) Kaity Schumacher 11	2) Cheyanne Simon 11		
3) Stephanie Pace 10	4) Rae Twohig 12		
4 BISHOP HEELAN HIGH SCHOOL 'A'		1:52.57	
1) Madison Yohe 10	2) Kelly Daniels 11		
3) Brielle Luft 10	4) Mary Chicoine 10		
5 YANKTON HIGH SCHOOL 'A'		1:53.44	
1) Rachel Weinandt 11	2) Amy Hisek 12		
3) Laura Buckman	4) Rachael Johnson 11		
6 SIOUX CITY NORTH 'A'		1:55.50	

**Event 40 Girls 4x200 Meter Relay Class"B"**

Meet Record: \* 1:47.45 4/20/1991 CHEROKEE, Cherokee  
C. Hauswald, L. Johanson, K. Corzillus, A. Schuver

School Finals

1 HULL WESTERN CHRISTIAN 'A'		1:47.40*	
1) Kayla Gesink 11	2) Kim Kroeze 09		
3) Chelsea Vaandrager 12	4) Brooke Wolterstorff 09		
2 SPIRIT LAKE HS 'A'		1:52.08	
1) Megan Lawler 12	2) Alex Horsman 12		
3) Caila Jones 12	4) Lindsey Arneson 11		
3 UNITY CHRISTIAN H.S. 'A'		1:52.17	
1) Katie Bonnema 12	2) Katelyn Schuller 11		

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 40 Girls 4x200 Meter Relay Class"B"**

3) Kim Engeltjes 12	4) Lindsey Moerman 12	
4 SGT BLUFF-LUTON H.S. 'A'		1:53.87
1) Emma Gray 12	2) Melissa Wiig 12	
3) Cassidy Breon 10	4) Tayler Moriarty 09	
5 MOC-FLOYD VALLEY 'A'		1:54.12
1) Brianna Plendl 12	2) Kristin Probst 09	
3) Samantha Wielenga 09	4) Jade Hanson 09	
6 GLENWOOD HIGH SCHOOL 'A'		1:58.68
1) Hanna Ringsdorf 09	2) Ashley Grave 09	
3) McKenna Henze 09	4) Shelby Brewster 11	

**Event 41 Girls 4x200 Meter Relay Class"C"**

Meet Record: \* 1:48.48 4/19/2008 HOMER HIGH SCHOOL, Homer  
K Dahl, T Dahl, J Kramper, M Novak

School	Finals	H#
1 CENTRAL LYON HIGH SCHOOL 'A'	1:47.98*	2
1) Mary Schleusner 12	2) Kiley Eckenrod 12	
3) Kayla Cuperus 12	4) Abbie Ackerman 12	
2 LAUREL-CONCORD 'A'	1:48.26*	2
1) Ashley Lunz 11	2) Katie Jacobsen 11	
3) Erika Hochstein 10	4) Bethany DeLong 12	
3 ELK POINT-JEFFERSON 'A'	1:50.44	2
1) Audrey Truhe 09	2) Keely Bertram 08	
3) Allyson Murphy 12	4) Chrissy Strassburg 12	
4 MARCUS MERIDEN CLEGHORN HIGH S 'A'	1:51.66	2
1) Rachel McDermott 12	2) Amanda Hoefling 10	
3) Ashley Schneider 12	4) Erica Dreckman 11	
5 CB ST ALBERT 'A'	1:53.91	2
1) Catie Faust 11	2) Tori Cushing 11	
3) Jessica Pearce 12	4) Marissa Moran 12	
6 RIDGE VIEW - GHSC 'A'	1:53.99	1
1) Katie Boyle 09	2) Emily Schiernbeck 11	
3) Brooke Wiese 11	4) Roxanne Grundmeier 11	
7 WESTWOOD SLOAN HIGH SCHOO 'A'	1:56.92	2
1) Justine Cleveland 11	2) Megan Crawford 09	
3) Kirstin Berg 11	4) Ashley Alons 11	
8 GEHLEN CATHOLIC 'A'	1:56.95	1
1) Kaitlin Roberts 10	2) Abigail Krienert 09	
3) Alli Sitzmann 09	4) Nicole Ryan 10	
9 EMERSON-HUBBARD 'A'	1:57.54	2
1) Marisa Blanke 09	2) Brittni Bormann 10	
3) Brittany Pallas 09	4) Caitlin Casey 12	
10 LAWTON-BRONSON 'A'	1:58.21	2
1) Kaylie Smith	2) Josie Kopal	
3) Larissa Uhl	4) Kristi Grau 12	
11 KINGSLEY-PIERSON/WOODBURY CENT 'A'	1:59.43	1
1) Keely Collins 09	2) Bailey Kennedy 09	
3) Trissa Bates 10	4) Kelsey Frafjord 10	
12 RIVER VALLEY HIGH SCHOOL 'A'	2:02.17	1
1) Brittny Shropshire 10	2) Kari Ludvigson 10	
3) Mackenzie Fitch 10	4) Brittany Hunwardsen 10	

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 43 Boys 4x200 Meter Relay Class "A"**

Meet Record: \* 1:29.46 4/20/1994 SC WEST, SC West  
 W. Akins, Z. Flemister, T. Bigelow, J. Ball

School	Finals
1 SF LINCOLN 'A'	1:33.06
1) Houston Hoffman 12	2) Patrick Leach 10
3) KJ Garrett 09	4) Gemechel Godi 10
2 SIOUX CITY WEST 'A'	1:33.49
1) Jared Foster 12	2) Antonio Anderson 11
3) DeVante Clark 12	4) Gerald Heiskell 09
3 BISHOP HEELAN HIGH SCHOOL 'A'	1:34.07
1) Michael Malloy 10	2) Tim Keane 10
3) Nate Berger 12	4) Preston Ives 12
4 SIOUX CITY NORTH 'A'	1:35.72
1) Dajo Hubert 09	2) Nick Longtin 12
3) Eric Muilenberg 12	4) Cody Ahrendt 12
5 YANKTON HIGH SCHOOL 'A'	1:37.72
1) Evan Schroeder 09	2) Dillan Anderson
3) Ryan Ford 09	4) Tyler Sternhagn
-- SIOUX CITY EAST 'A'	DNF
1) Anthony Dreezsen 09	2) Steven Bentz 11
3) Brit Anderson 12	4) Eric Peters 11
-- CB ABRAHAM LINCOLN 'A'	DQ
1) Sam Rowe 12	2) Brent Schreiber 12
3) Chris Battaglia 12	4) Cameron Wells 11

**Event 44 Boys 4x200 Meter Relay Class "B"**

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

School	Finals	H#
1 SGT BLUFF-LUTON H.S. 'A'	1:34.10	2
1) Dakota Linafelter 11	2) Logan Shine 11	
3) Nick Mrla 12	4) Preston Nibaur 12	
2 HULL WESTERN CHRISTIAN 'A'	1:35.88	2
1) Heath Bonestroo 10	2) Lee Ver Burg 11	
3) Kyle Brummel 12	4) Theo Bartman 12	
3 SIOUX CENTER HIGH SCHOOL 'A'	1:36.15	2
1) Spencer Fritz	2) JonTae Miller 12	
3) Geo Alfaro	4) Taylor VanderPloeg	
4 LEMARS CENTRAL 'A'	1:36.38	2
1) Zach Reed 11	2) Keaton Rowe 12	
3) Bryce Dahm 11	4) Mat Ferris 12	
5 OA-BATTLE CREEK-IDA GROVE 'A'	1:36.83	2
1) Dalton Hemer 11	2) Dayton Hoelscher 12	
3) Quinn Reik 12	4) Cole Boger 12	
6 MOC-FLOYD VALLEY 'A'	1:36.85	1
1) Jared Probst	2) Jake Solsma	
3) Jeff Vander Vort	4) Brady Bracker 12	
7 SPIRIT LAKE HS 'A'	1:37.64	2
1) Luke Kabele 10	2) Kevin Martinson 10	
3) DJ Smith 11	4) Rick Wilson 12	
8 UNITY CHRISTIAN H.S. 'A'	1:38.10	2
1) Jordyn Kleinwolterink 12	2) Sam de Vries 12	
3) Jake Floen 10	4) Mattew Albert 10	

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 44 Boys 4x200 Meter Relay Class"B"**

-- GLENWOOD HIGH SCHOOL 'A' DNF 1  
 1) Taylor Williams 12 2) Rhett Turner 10  
 3) Jared Petersen 09 4) Trent Jameson 12

**Event 45 Boys 4x200 Meter Relay Class"C"**

=====  
 Meet Record: \* 1:32.54 4/20/1994 LEMARS GEHLEN, Lemars Gehlen  
 S. Hofman, M. Nanninga, J. Dull, R. Nacke  
 School Finals H#  
 =====

1 DAKOTA VALLEY HIGH SCHOOL 'A'	1:32.90	2
1) Matt Lupkes 11	2) Taylor White 11	
3) Zach Sexton 11	4) Matt Green 12	
2 CENTRAL LYON HIGH SCHOOL 'A'	1:35.37	2
1) Tyler Figge 12	2) Ryan McCarty 10	
3) Hunter Sieperda 11	4) Jordan Acecvedo 11	
3 RIDGE VIEW - GHSC 'A'	1:35.44	2
1) Seth Johnson 10	2) Dru Kenny 09	
3) Blake Woodke 11	4) Colby Stephens 11	
4 LAWTON-BRONSON 'A'	1:37.76	2
1) Zach Rathman 11	2) Joel Imel 11	
3) Connor Mcnaughton 11	4) Austin Lefler 09	
5 ELK POINT-JEFFERSON 'A'	1:37.98	2
1) Tyler Broekmeier 12	2) Tony Metzger 10	
3) Drake Zeller 11	4) Adam Trudeau 12	
6 KINGSLEY-PIERSON/WOODBURY CENT 'A'	1:38.35	2
1) Joe Mason 11	2) William Dougherty 09	
3) Tyler Smith 12	4) Tyler Campbell 11	
7 RIVER VALLEY HIGH SCHOOL 'A'	1:39.66	1
1) William Pansegrau	2) Ryan Kettelsen 12	
3) Dylan Fluke	4) Sam Lundt	
8 WESTWOOD SLOAN HIGH SCHOO 'A'	1:48.22	1
1) Cory Myrtue 09	2) Daniel Jordening 12	
3) Beau Metcalf 09	4) Calvin Smith 12	
-- PIERCE NE 'A'	DQ	1
1) Shelton Dvorak	2) Brock Schroeder	
3) Brandon Freeman 10	4) Brady Bretschneider 11	

**Event 47 Girls 4x400 Meter Relay Class"A"**

=====  
 Meet Record: \* 4:05.31 4/18/2009 SIOUX CITY EAST, East  
 S. Houlihan E. McCarthy R. Mikulicz E. Dougherty  
 School Finals  
 =====

1 SIOUX CITY EAST 'A'	4:02.17*
1) Shelby Houlihan 11	2) Reyna Mikulicz 10
3) Lexie Strom 10	4) Ellen Dougherty 12
2 SF LINCOLN 'A'	4:20.10
1) Karmen Nyberg 12	2) Meghan Lambert 11
3) Saprina Ruppert 11	4) Kelli Anderson 11
3 YANKTON HIGH SCHOOL 'A'	4:21.77
1) Whitley Larson 08	2) Jenna Grossenberg 10
3) Jayna Specht	4) Rachel Weinandt 11
4 BISHOP HEELAN HIGH SCHOOL 'A'	4:28.56
1) Kelly Daniels 11	2) Allie Sweeney 10

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 47 Girls 4x400 Meter Relay Class"A"**

3) Kelcie Meier 09	4) Corinne Spears 11	
5 SIOUX CITY WEST 'A'		4:38.87
1) Hannah Koerselman 12	2) Chante Pope 11	
3) Rae Twohig 12	4) Breanna Smith 09	

**Event 48 Girls 4x400 Meter Relay Class"B"**

Meet Record: \* 4:02.45 4/17/1999 ELKHORN, Elkhorn  
E. Ohm, K. Bull, A. Schmidt, K. Clark

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

1 HULL WESTERN CHRISTIAN 'A'		4:09.47
1) Kayla Gesink 11	2) Kim Kroeze 09	
3) Chelsea Vaandrager 12	4) Brooke Wolterstorff 09	
2 MOC-FLOYD VALLEY 'A'		4:13.71
1) Rebecca De Haan 11	2) Jennifer Guthmiller 10	
3) Kara Nonnemacher 11	4) Caitlyn Van Es 10	
3 UNITY CHRISTIAN H.S. 'A'		4:15.59
1) Katelyn Schuller 11	2) Katie Bonnema 12	
3) Lindsey Moerman 12	4) Kayla Byl 10	
4 SIOUX CENTER HIGH SCHOOL 'A'		4:26.08
1) Bethany Lason	2) Katelyn Kragt 11	
3) Jenna Lammers 10	4) Jillian Estes	
5 LEMARS CENTRAL 'A'		4:31.17
1) Morgan Ohm 09	2) Erin Kommes 09	
3) Yashila Permeswaran 09	4) Hannah Steen 10	
6 GLENWOOD HIGH SCHOOL 'A'		4:33.32
1) Lexi Fisher 10	2) McKenna Henze 09	
3) Shelby Brewster 11	4) Ashley Grave 09	

**Event 49 Girls 4x400 Meter Relay Class"C"**

Meet Record: \* 4:14.24 4/19/2008 ELK POINT-JEFFERSON, Elk Pt  
A Erickson, H Wilkinson, A Murphy, C Strassburg

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

1 ELK POINT-JEFFERSON 'A'		4:15.40
1) Keely Bertram 08	2) Jordyn Hudelson 10	
3) Allyson Murphy 12	4) Chrissy Strassburg 12	
2 CENTRAL LYON HIGH SCHOOL 'A'		4:19.11
1) Brenda Hofer 11	2) Kiley Eckenrod 12	
3) Morgan Herda	4) Kayla Cuperus 12	
3 RIDGE VIEW - GHSC 'A'		4:22.02
1) Nicole Boyle 11	2) Nicole Snyder 09	
3) Roxanne Grundmeier 11	4) Jessica Mathes 11	
4 MARCUS MERIDEN CLEGHORN HIGH S 'A'		4:23.26
1) Ashley Schneider 12	2) Rachel McDermott 12	
3) Carly Lehnhoff 10	4) Erica Dreckman 11	
5 CB ST ALBERT 'A'		4:33.60
1) Becca Hilderbrand 11	2) Catie Faust 11	
3) Jessica Pearce 12	4) Sarah Sneed 11	
6 GEHLEN CATHOLIC 'A'		4:34.67
1) Alli Sitzmann 09	2) Emily Holtgrewe 09	
3) Nicole Ryan 10	4) Steph Rohe 10	
7 WESTWOOD SLOAN HIGH SCHOO 'A'		4:54.00

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 49 Girls 4x400 Meter Relay Class"C"**

- |                    |                      |
|--------------------|----------------------|
| 1) Kirstin Berg 11 | 2) Megan Crawford 09 |
| 3) McKayla Wood 09 | 4) Ashley Alons 11   |

**Event 50 Girls Distance Medley Class"B"**

Meet Record: \* 4:21.89 4/23/2005 SIOUX CENTER, Sioux Center  
M. Jacobsma, J. Estes, T. Jansen, K. Beaver

School Finals

- |                                |                           |
|--------------------------------|---------------------------|
| 1 SGT BLUFF-LUTON H.S. 'A'     | 4:30.53                   |
| 1) Emma Gray 12                | 2) Melissa Wiig 12        |
| 3) Cassidy Breon 10            | 4) Mackenzie Smith 10     |
| 2 SPIRIT LAKE HS 'A'           | 4:31.27                   |
| 1) Alex Horsman 12             | 2) Caila Jones 12         |
| 3) Megan Lawler 12             | 4) McKenzie Dziedzic 12   |
| 3 MOC-FLOYD VALLEY 'A'         | 4:31.87                   |
| 1) Brianna Plendl 12           | 2) Kristin Probst 09      |
| 3) Samantha Wielenga 09        | 4) Rebecca De Haan 11     |
| 4 UNITY CHRISTIAN H.S. 'A'     | 4:35.82                   |
| 1) Jill Schouten 09            | 2) Kim Engeltjes 12       |
| 3) Courtney Vreugdenhil 10     | 4) Abby DeVries 11        |
| 5 LEMARS CENTRAL 'A'           | 4:36.90                   |
| 1) Emily Anderson 11           | 2) Jess Arnold 10         |
| 3) Jenna Preiksats 10          | 4) Yashila Permeswaran 09 |
| 6 HULL WESTERN CHRISTIAN 'A'   | 4:37.20                   |
| 1) Jaidden Miedema 09          | 2) Elissa Jansma 09       |
| 3) Mariah Lammers 11           | 4) Anna Vande Kamp 09     |
| 7 SIOUX CENTER HIGH SCHOOL 'A' | 4:39.61                   |
| 1) Bethany Lason               | 2) Jillian Estes          |
| 3) Jenna Lammers 10            | 4) Katelyn Kragt 11       |
| 8 GLENWOOD HIGH SCHOOL 'A'     | 4:51.18                   |
| 1) Kassie Finn 12              | 2) McKenna Henze 09       |
| 3) Hanna Ringsdorf 09          | 4) Megan McKern 09        |

**Event 51 Boys 4x400 Meter Relay Class"A"**

Meet Record: \* 3:22.84 4/18/1998 BISHOP HEELAN, Bishop Heela  
A. Kuehl, J. Florke, J. Kayl, N. McInerney

School Finals

- |                                 |                     |
|---------------------------------|---------------------|
| 1 BISHOP HEELAN HIGH SCHOOL 'A' | 3:25.67             |
| 1) Preston Ives 12              | 2) Nate Berger 12   |
| 3) Michael Malloy 10            | 4) Matt Lord 12     |
| 2 SIOUX CITY EAST 'A'           | 3:31.30             |
| 1) Steven Bentz 11              | 2) Cole Huisenga 11 |
| 3) Elliott Rossitter 12         | 4) Eric Peters 11   |
| 3 CB ABRAHAM LINCOLN 'A'        | 3:31.70             |
| 1) Christian Schlater 10        | 2) Alex Dixon 11    |
| 3) Alex Olsen 11                | 4) Sam Rowe 12      |
| 4 SF LINCOLN 'A'                | 3:31.71             |
| 1) Brian Gesch 12               | 2) Patrick Leach 10 |
| 3) Brett Michels 11             | 4) Gemechel Godi 10 |
| 5 YANKTON HIGH SCHOOL 'A'       | 3:35.17             |
| 1) Alex Hohenthauer 12          | 2) Perry Shafer 11  |
| 3) Mitch Yaggie 12              | 4) Tyler Sternhagn  |

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 51 Boys 4x400 Meter Relay Class"A"**

6 SIOUX CITY WEST 'A'	3:36.00
1) Jared Foster 12	2) DeVante Clark 12
3) Antonio Anderson 11	4) Darius Pearson 10
7 SIOUX CITY NORTH 'A'	3:48.85
1) Cameron Gugat 10	2) Andrew Muilenburg 09
3) Jesus Iniguez 12	4) Matt Samuelson 12

**Event 52 Boys 4x400 Meter Relay Class"B"**

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

School Finals

1 SIOUX CENTER HIGH SCHOOL 'A'	3:33.18
1) Tyler Jacobsma 12	2) Brice Byker 12
3) Jake Evenson 12	4) JonTae Miller 12
2 LEMARS CENTRAL 'A'	3:35.85
1) Brady Lancaster 11	2) Marc Kommes 12
3) Rene VanWhye 12	4) Mat Ferris 12
3 GLENWOOD HIGH SCHOOL 'A'	3:36.43
1) Eliot Lincoln 11	2) Mark Abrams 10
3) Trent Jameson 12	4) Kyle Wheeler 11
4 UNITY CHRISTIAN H.S. 'A'	3:38.66
1) Jake Floen 10	2) Sam de Vries 12
3) Jordan Everson 10	4) Tyler Kroeze 11
5 MT MICHAEL HIGH SCHOOL 'A'	3:38.85
1) Sean Murphy 12	2) Brandon Higgs 11
3) Lukas Buehler 10	4) Thomas Feichtinger 10
6 SPIRIT LAKE HS 'A'	3:39.86
1) Luke Kabele 10	2) Aric Waltz 10
3) Kevin Martinson 10	4) Alec Baldwin 11
7 MOC-FLOYD VALLEY 'A'	3:39.99
1) Trey Achterhoff 09	2) Jon White 10
3) Nolan Blythe 12	4) Wyatt Vander Voort 11

**Event 53 Boys 4x400 Meter Relay Class"C"**

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 - GHSC 'A'	3:37.99
1) Kyle Newell 12	2) Dru Kenny 09
3) Kyle Dahm 12	4) Colby Stephens 11
2 CB ST ALBERT 'A'	3:38.48
1) Reace Hansen 11	2) Ian Finn 12
3) Isaac Finn 09	4) Matt Vermillion 10
3 ELK POINT-JEFFERSON 'A'	3:40.66
1) Tyler Broekmeier 12	2) Drake Zeller 11
3) Wyatt Chicoine 11	4) Adam Trudeau 12
4 PIERCE NE 'A'	3:41.26
1) Tyler Lindsay 10	2) Katlin Ruppert 10
3) Zach Neuhalfen 11	4) Shelton Dvorak
5 CENTRAL LYON HIGH SCHOOL 'A'	3:41.71
1) Hunter Sieperda 11	2) Tyler Figge 12

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 53 Boys 4x400 Meter Relay Class"C"**

3) Jordan Acecvedo 11	4) Ryan McCarty 10	
6 LAWTON-BRONSON 'A'		3:51.00
1) Joel Imel 11	2) Rob Logsdon 11	
3) Tyler Audino 09	4) Connor Mcnaughton 11	

**Event 54 Boys 1600 Sprint Medley Class"B"**

Meet Record: \* 3:38.75 4/18/1998 SOUTH SIOUX CITY, South Sio  
J. Garnand, J. Miller, T. Brand, T. Delperdang  
School Finals

1 GLENWOOD HIGH SCHOOL 'A'		3:38.09*
1) Taylor Williams 12	2) Ian Eflin 11	
3) Eliot Lincoln 11	4) Kyle Wheeler 11	
2 SPIRIT LAKE HS 'A'		3:45.20
1) Aric Waltz 10	2) Kevin Martinson 10	
3) Luke Kabele 10	4) Alec Baldwin 11	
3 OKOBOJI HIGH SCHOOL 'A'		3:46.17
1) Alex Koepp 10	2) Brian Dubois 11	
3) Billy Burgduff 12	4) Austin Millard 11	
4 LEMARS CENTRAL 'A'		3:49.52
1) Zach Reed 11	2) Mat Ferris 12	
3) Brady Lancaster 11	4) Marc Kommes 12	
5 UNITY CHRISTIAN H.S. 'A'		3:56.10
1) Jordyn Kleinwolterink 12	2) Sam de Vries 12	
3) Chris Postma 12	4) Caleb Bakker 10	
6 SGT BLUFF-LUTON H.S. 'A'		3:58.29
1) Dakota Linafelter 11	2) Preston Nibaur 12	
3) Logan Shine 11	4) Adam Albrecht 12	
-- HULL WESTERN CHRISTIAN 'A'		DNF
1) Heath Bonestroo 10	2) Kyle Brummel 12	
3) Theo Bartman 12	4) Tim Bierma 12	
-- MOC-FLOYD VALLEY 'A'		DQ
1) Jared Probst	2) Brady Bracker 12	
3) Trey Achterhoff 09	4) Wyatt Vander Voort 11	

**Event 55 Girls 4x800 Meter Relay OHS**

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

1 HULL WESTERN CHRISTIAN 'A'		9:53.88
1) Kayla Gesink 11	2) Kim Kroeze 09	
3) Mariah Lammers 11	4) Chelsea Vaandrager 12	
2 CENTRAL LYON HIGH SCHOOL 'A'		9:54.61
1) Brenda Hofer 11	2) Tori Figge 09	
3) Becca Ellis 12	4) Mary Schleusner 12	
3 UNITY CHRISTIAN H.S. 'A'		10:00.69
1) Katie Bonnema 12	2) Kayla Byl 10	
3) Emily Broers 11	4) Abby DeVries 11	
4 MOC-FLOYD VALLEY 'A'		10:08.34
1) Rebecca De Haan 11	2) Jennifer Guthmiller 10	
3) Kara Nonnemacher 11	4) Josie Visser 12	
5 YANKTON HIGH SCHOOL 'A'		10:10.93

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 55 Girls 4x800 Meter Relay OHS**

1) Whitley Larson 08	2) Jenna Grossenberg 10
3) Mariah Hofer 12	4) Megan Hilson 12
6 SIOUX CITY NORTH 'A'	10:28.83
1) Josee Jansen 11	2) Christine Madsen 12
3) Anna Pritchard 12	4) Amy Samuelson 10
7 LEMARS CENTRAL 'A'	10:34.46
1) Nikki Sluiter 11	2) Meredith Rand 09
3) Jenna Preiksats 10	4) Hannah Steen 10
8 SF LINCOLN 'A'	10:38.11
1) Carly Holmstrom 10	2) Jensyn Rickenbach 09
3) Serina Robinson 11	4) Nicole VerHey 11
9 BISHOP HEELAN HIGH SCHOOL 'A'	10:45.93
1) Emily Manning 11	2) Abby Wostoupal 10
3) Carson Leiting 09	4) Katie Dougherty 11
10 LAUREL-CONCORD 'A'	10:47.02
1) Mandy Nelson 10	2) Ashley Lunz 11
3) Erika Hochstein 10	4) Katie Jacobsen 11
11 GLENWOOD HIGH SCHOOL 'A'	11:04.55
1) Emily Blum 09	2) Brooke Peckham 11
3) Ashley Grave 09	4) Katie Larsen 12
12 SIOUX CENTER HIGH SCHOOL 'A'	11:04.56
1) Kaitlyn Schriener 09	2) Ellie Groenendyk 10
3) Amber Sandbulte 11	4) Katelyn Kragt 11
13 ELK POINT-JEFFERSON 'A'	11:14.23
1) Bobbie McLaury 11	2) Jordyn Hudelson 10
3) Tatum Adema 09	4) Mackenzie Klinkhammer 11
14 SIOUX CITY WEST 'A'	12:11.92
1) Lindsey Combs 11	2) Shelby Lambing 11
3) Judith Reyes 09	4) Marissa Quintanilla 09

**Event 56 Boys 4x800 Meter Relay OHS**

=====			
Meet Record: *	7:57.93	4/18/2009	YANKTON, SC East
			J. Ailts A. Hohenthanner M. Yaggie T. Brenner
School			Finals
=====			
1 YANKTON HIGH SCHOOL 'A'			7:59.73
1) Jeff Grossenberg 12	2) Mitch Yaggie 12		
3) Alex Hohenthanner 12	4) Travis Brenner 12		
2 GLENWOOD HIGH SCHOOL 'A'			8:17.08
1) Eliot Lincoln 11	2) Mark Abrams 10		
3) Johnny Fuller 11	4) Kyle Wheeler 11		
3 HULL WESTERN CHRISTIAN 'A'			8:20.39
1) Theo Bartman 12	2) Kyle Brummel 12		
3) Lee Ver Burg 11	4) Tim Bierma 12		
4 OKOBOJI HIGH SCHOOL 'A'			8:23.82
1) Milan Johnson 12	2) Austin Millard 11		
3) Zach Jones 10	4) Dalton Syverson 09		
5 CB ST ALBERT 'A'			8:25.60
1) Kevin Guinan 12	2) Ian Finn 12		
3) Reace Hansen 11	4) Matt Vermillion 10		
6 SF LINCOLN 'A'			8:31.55
1) Alex Hall 11	2) Patrick Leach 10		
3) Brett Michels 11	4) Brian Gesch 12		
7 SIOUX CENTER HIGH SCHOOL 'A'			8:32.21

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 56 Boys 4x800 Meter Relay OHS**

1) Brice Byker 12	2) Tyler Jacobsma 12	
3) Brett Rozeboom 10	4) Jake Evenson 12	
8 CB ABRAHAM LINCOLN 'A'		8:34.37
1) Dan Wettengel 12	2) Josh Hiers 10	
3) Alex Dixon 11	4) Alex Olsen 11	
9 LEMARS CENTRAL 'A'		8:34.86
1) Marc Kommes 12	2) Rene VanWhye 12	
3) Joe Herzberg 10	4) Scott Borchers 12	
10 SIOUX CITY EAST 'A'		8:39.61
1) Jordan Menard 11	2) Cole Huisenga 11	
3) Elliott Rossitter 12	4) Ben Moes 12	
11 UNITY CHRISTIAN H.S. 'A'		8:40.06
1) Tyler Kroeze 11	2) Caleb Bakker 10	
3) Brandon Bonnema 11	4) Nathan Reichert 10	
12 MT MICHAEL HIGH SCHOOL 'A'		8:40.09
1) Thomas Feichtinger 10	2) Lukas Buehler 10	
3) Zach Murphy 10	4) Sean Murphy 12	
13 MOC-FLOYD VALLEY 'A'		8:41.99
1) Wyatt Vander Voort 11	2) Kyle Anderson 10	
3) David DeHaan	4) Trevor Starkweather	
14 OA-BATTLE CREEK-IDA GROVE 'A'		8:42.40
1) Mick Hofmann 11	2) Patrick Patterson 11	
3) Dominic Means 11	4) Garret Ehlers 12	
15 RIDGE VIEW - GHSC 'A'		8:42.83
1) Kyle Newell 12	2) Kyle Dahm 12	
3) Trevor Irwin 12	4) Colby Stephens 11	
16 BISHOP HEELAN HIGH SCHOOL 'A'		8:46.84
1) Shane Forker 12	2) Joe Hindman 10	
3) Sean Forker 12	4) Roland Henry 10	
17 SIOUX CITY WEST 'A'		9:00.17
1) Dan Gassaway 10	2) Jordon Graves 10	
3) Tucker Carrell 10	4) Zack Heien 10	

**Event 57 Girls Distance Medley Class"A"**

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

1 YANKTON HIGH SCHOOL 'A'		4:28.41
1) Laura Buckman	2) Mikala Hora 09	
3) Jayna Specht	4) Megan Hilson 12	
2 BISHOP HEELAN HIGH SCHOOL 'A'		4:37.08
1) Kelly Daniels 11	2) Allie Sweeney 10	
3) Kelcie Meier 09	4) Abby Wostoupal 10	
3 SF LINCOLN 'A'		4:42.73
1) Jamie Ezslinger 11	2) Katie Barkley 12	
3) Saprina Ruppert 11	4) Gretchen Peterson 12	
4 SO SIOUX CITY HIGH SCHOOL 'A'		5:01.73
1) Taylor Bleil 09	2) Sarah Casey 09	
3) Becca Cantrell 12	4) Halie Hoch 10	
5 SIOUX CITY WEST 'A'		5:04.17
1) Kaity Schumacher 11	2) Stephanie Pace 10	
3) Emma Lunning 09	4) Lindsey Combs 11	

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 58 Boys 1600 Sprint Medley Class"A"**

Meet Record: \* 3:35.84 4/15/1995 SC EAST, SC East  
M. Sweisberger, R. McKenna, R. Erwin, N. Speichinge

School	Finals
1 BISHOP HEELAN HIGH SCHOOL 'A'	3:38.22
1) Preston Ives 12	2) Nate Berger 12
3) Michael Malloy 10	4) Matt Lord 12
2 YANKTON HIGH SCHOOL 'A'	3:45.33
1) Connor Fitzsimmons 09	2) Neil Hohenthauer 11
3) Tyler Sternhagn	4) Travis Brenner 12
3 SIOUX CITY EAST 'A'	3:48.78
1) Steven Bentz 11	2) Brit Anderson 12
3) Eric Peters 11	4) Jordan Menard 11
4 SF LINCOLN 'A'	3:50.86
1) James Landon 11	2) Houston Hoffman 12
3) Brian Gesch 12	4) Brett Michels 11
5 SIOUX CITY WEST 'A'	3:58.25
1) Zach Clarey 12	2) Tyler Tastad 12
3) Gerald Heiskell 09	4) Tucker Carrell 10
6 SIOUX CITY NORTH 'A'	4:01.65
1) Cody Ahrendt 12	2) Shannon McKenzie 11
3) Cameron Gugat 10	4) Matt Samuelson 12
-- CB ABRAHAM LINCOLN 'A'	DNF
1) Dan Wettengel 12	2) Cleo Harris 10
3) Christian Schlater 10	4) Alex Olsen 11

**Event 59 Girls Distance Medley Class"C"**

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 - GHSC 'A'	4:26.92
1) Rachel Anderson 12	2) Emily Schiernbeck 11
3) Roxanne Grundmeier 11	4) Jessica Mathes 11
2 CENTRAL LYON HIGH SCHOOL 'A'	4:29.84
1) Kiley Eckenrod 12	2) Abbie Ackerman 12
3) Morgan Herda	4) Becca Ellis 12
3 CB ST ALBERT 'A'	4:35.89
1) Alexa Graham 11	2) Tori Cushing 11
3) Catie Faust 11	4) Becca Hilderbrand 11
4 GEHLEN CATHOLIC 'A'	4:40.27
1) Kaitlin Roberts 10	2) Nicole Ryan 10
3) Steph Rohe 10	4) Alli Sitzmann 09
5 LAWTON-BRONSON 'A'	4:44.07
1) Kaylie Smith	2) Josie Kopal
3) Larissa Uhl	4) Kristi Grau 12
6 EMERSON-HUBBARD 'A'	4:46.00
1) Marisa Blanke 09	2) Caitlin Casey 12
3) Brittany Pallas 09	4) Brittni Bormann 10
7 ELK POINT-JEFFERSON 'A'	4:52.75
1) Audrey Truhe 09	2) Caitlin Davis 09
3) Tory McCreary 10	4) Mackenzie Klinkhammer 11
8 RIVER VALLEY HIGH SCHOOL 'A'	4:59.87
1) Brittny Shropshire 10	2) Brittany Hunwardsen 10

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 59 Girls Distance Medley Class"C"**

3) Mackenzie Fitch 10 4) Kari Ludvigson 10

**Event 60 Boys 1600 Sprint Medley Class"C"**

Meet Record: \* 3:38.46 4/16/1988 GEHLEN CATHOLIC, Le Mars Ge  
 J. Block, M. Dull, M. Carpenter, B. Baack  
 School Finals

1 DAKOTA VALLEY HIGH SCHOOL 'A'	3:42.95
1) Taylor White 11	2) Zach Sexton 11
3) Matt Green 12	4) Scott Dykstra 10
2 MAPLE VALLEY-ANTHON OTO 'A'	3:46.92
1) Chris Oberg	2) Brandon Burkhart
3) Ethan Heinse	4) Eric Koithan 11
3 RIVER VALLEY HIGH SCHOOL 'A'	3:53.87
1) William Pansegrau	2) Sam Lundt
3) Dylan Fluke	4) Ryan Kettelsen 12
4 ELK POINT-JEFFERSON 'A'	3:54.95
1) Tyler Broekmeier 12	2) Drake Zeller 11
3) Adam Trudeau 12	4) Steve Johnson 11
5 KINGSLEY-PIERSON/WOODBURY CENT 'A'	3:55.96
1) Quincy Lamp 10	2) Cody Kuchel 10
3) Tyler Smith 12	4) Sam Catus 12
-- RIDGE VIEW - GHSC 'A'	DNF
1) Dillon Waters 12	2) Austin Graff 10
3) Kyle Newell 12	4) Josh Mohr 11
-- CB ST ALBERT 'A'	DQ
1) Nick Matthai 10	2) Reace Hansen 11
3) Isaac Finn 09	4) Matt Vermillion 10

**Event 63 Girls 4x100 Meter Relay Freshman Girls**

Meet Record: \* 52.62 4/21/2006 BISHOP HEELAN, Heelan  
 J Bennett, D Merchant, S Kuehl, M Irwin  
 School Finals

1 BISHOP HEELAN HIGH SCHOOL 'A'	54.88
1) Katelynn Poss 09	2) Emily Keane 09
3) Kelcie Meier 09	4) Mackenzie Geary 09
2 SIOUX CITY EAST 'A'	55.46
1) Christina Holden 09	2) Emily McElwain 09
3) Carley Huisenga 09	4) Jordyn Anderson 09
3 SO SIOUX CITY HIGH SCHOOL 'A'	57.21
1) Breanna Stallbaum 09	2) Trista Thoreson 09
3) Sarah Casey 09	4) Taylor Bleil 09
4 SIOUX CITY WEST 'A'	59.33
1) Chloe Huck 09	2) Diondra Barnes 09
3) Judith Reyes 09	4) Emma Lunning 09

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 64 Boys 4x100 Meter Relay Freshman Boys**

Meet Record: \* 46.33 4/20/2007 BISHOP HEELAN, Bishop Heelan  
P. Ives, K. Kinney, C. Wegher, N. Berger  
School Finals

1	SIOUX CITY WEST 'A'	47.29
	1) Taron Flemister 09	2) Tucker Askelson 09
	3) Deondre Hayes 09	4) Gerald Heiskell 09
2	BISHOP HEELAN HIGH SCHOOL 'A'	48.14
	1) Tyreen Brockamp 09	2) Jacob Dunn 09
	3) Mauricio Marquez 09	4) Manny Alcaarez 09
3	LEMARS CENTRAL 'A'	48.35
	1) Gabe Rahn 09	2) Brody Mathey 09
	3) Hunter Rowe 09	4) Chris Delfs 09
4	SIOUX CITY EAST 'A'	50.47
	1) Ben Steenhoven 09	2) Blake Jackson 09
	3) Dustine Weber-Osborne 09	4) Anthony Dreezsen 09
5	SIOUX CITY NORTH 'A'	51.48
	1) KP Hanks 09	2) Matt Anderson 09
	3) Anthony Gonzalez 09	4) Gage Hayes 09
6	SGT BLUFF-LUTON H.S. 'A'	59.03
	1) Cole Bockelmann 09	2) Thomas Bures 09
	3) Tanner Vander Linden 09	4) Jacob Skoglund 09
--	SO SIOUX CITY HIGH SCHOOL 'A'	DNF
	1) Michael Offerman 09	2) Drew Nissen 09
	3) Zach Prenger 09	4) Austin Fritza 09

**Event 65 Girls 4x200 Meter Relay Freshman Girls**

Meet Record: \* 1:51.38 4/18/1990 SOUTH SIOUX CITY, South Sio  
K. Miller, K. Ericksen, T. Redler, S. Hames  
School Finals

1	BISHOP HEELAN HIGH SCHOOL 'A'	1:56.29
	1) Katelynn Poss 09	2) Emily Keane 09
	3) Kelcie Meier 09	4) Mackenzie Geary 09
2	SIOUX CITY EAST 'A'	2:00.01
	1) Christina Holden 09	2) Emilie Olveda 09
	3) Megan Wolf 09	4) Jordyn Anderson 09
3	SO SIOUX CITY HIGH SCHOOL 'A'	2:00.41
	1) Breanna Stallbaum 09	2) Trista Thoreson 09
	3) Sarah Casey 09	4) Taylor Bleil 09
4	SIOUX CITY WEST 'A'	2:04.15
	1) Chloe Huck 09	2) Emma Lunning 09
	3) Breanna Smith 09	4) Diandra Barnes 09

**Event 66 Boys 4x200 Meter Relay Freshman Boys**

Meet Record: \* 1:36.49 4/20/2000 SC WEST, SC West  
J. Miller, S. Olorundami, C. Tran, J. Johnikin  
School Finals

1	BISHOP HEELAN HIGH SCHOOL 'A'	1:40.02
	1) Zach Skibinski 09	2) Jacob Dunn 09
	3) Brennan Jackson 09	4) Manny Alcaarez 09
2	SIOUX CITY WEST 'A'	1:42.94

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 66 Boys 4x200 Meter Relay Freshman Boys**

1) Taron Flemister 09	2) Tucker Askelson 09	
3) Deondre Hayes 09	4) Anthony Pearson 09	
3 LEMARS CENTRAL 'A'		1:43.31
1) Gabe Rahn 09	2) Brody Mathey 09	
3) Hunter Rowe 09	4) Chris Delfs 09	
4 SO SIOUX CITY HIGH SCHOOL 'A'		1:46.87
1) Michael Offerman 09	2) Drew Nissen 09	
3) Zach Prenger 09	4) Austin Fritza 09	
5 SGT BLUFF-LUTON H.S. 'A'		1:48.73
1) CJ Davis 09	2) Kollin George 09	
3) Blake McCauley 09	4) Cole Bockelmann 09	
6 SIOUX CITY EAST 'A'		1:49.24
1) Ben Steenhoven 09	2) Dustine Weber-Osborne 09	
3) Tyler Franko 09	4) Trey Lapke 09	

**Event 67 Girls 4x400 Meter Relay Freshman Girls**

Meet Record: \* 4:22.16 4/20/2005 BISHOP HEELAN, Bishop Heela  
H. Maly, T. Tigges, L. Harbeck, S. McCauley

School Finals

1 BISHOP HEELAN HIGH SCHOOL 'A'		4:35.23
1) Abbey Schaefer 09	2) Lauren Brobst 09	
3) Kelcie Meier 09	4) Carson Leiting 09	
2 SIOUX CITY EAST 'A'		4:35.34
1) Emily McElwain 09	2) Emilie Olveda 09	
3) Carley Huisenga 09	4) Christina Holden 09	
3 SIOUX CITY WEST 'A'		5:01.42
1) Breanna Smith 09	2) Alyssa Rager 09	
3) Judith Reyes 09	4) Emma Lunning 09	
-- SGT BLUFF-LUTON H.S. 'A'		DNF
-- SIOUX CITY NORTH 'A'		DNF

**Event 68 Boys 4x400 Meter Relay Freshman Boys**

Meet Record: \* 3:40.70 4/20/1994 SC EAST, SC East  
M. Sweisberger, B. Olsen, J. Blum, R. McKenna

School Finals

1 BISHOP HEELAN HIGH SCHOOL 'A'		3:52.63
1) Nate Kozler 09	2) Jacob Dunn 09	
3) Hunter Stone 09	4) Manny Alcaarez 09	
2 LEMARS CENTRAL 'A'		3:55.94
1) Gabe Rahn 09	2) Kyle Dolph 09	
3) Brendan Collins 09	4) Brennan Buss 09	
3 SO SIOUX CITY HIGH SCHOOL 'A'		3:56.91
1) Michael Offerman 09	2) Drew Nissen 09	
3) Michael Carson 09	4) Austin Fritza 09	
4 SIOUX CITY WEST 'A'		4:07.20
1) Taron Flemister 09	2) Tucker Askelson 09	
3) Deondre Hayes 09	4) Anthony Pearson 09	
5 SIOUX CITY NORTH 'A'		4:07.92
1) Anthony Gonzalez 09	2) PJ Poe 09	
3) Jamie Hainey 09	4) Gage Hayes 09	
6 SIOUX CITY EAST 'A'		4:10.13

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 68 Boys 4x400 Meter Relay Freshman Boys**

1) Trey Lapke 09	2) Ben Steenhoven 09
3) Simeon Moes 09	4) Dustine Weber-Osborne 09
7 SGT BLUFF-LUTON H.S. 'A'	4:30.99
1) Jon Muller 09	2) Adam Zediker 09
3) Ryan Klemish 09	4) Zack Armstrong 09

**Event 69 Girls Shot Put OHS**

Meet Record: * 45-01.25		4/20/1989	LISA VANSTEENWYK,	West Lyons
Name	Year	School	Finals	
1 Nicole Dobernecker	10	CHARTER-OAK	12.37m	40-07.00
			11.75m 11.96m 10.94m	11.89m 11.54m 12.37m
2 Andrea Andersen	12	MOC-FLOYD VALLEY	11.64m	38-02.25
			11.40m 10.62m 11.02m	10.68m 11.64m 11.11m
3 Kayla Salonen	12	YANKTON HIGH SCHOOL	11.60m	38-00.75
			10.89m 10.66m 10.70m	11.60m 11.19m FOUL
4 Jade Cunningham	10	LAUREL-CONCORD	11.34m	37-02.50
			11.23m 11.22m 11.34m	10.87m 10.87m 10.72m
5 Lauren Mc Donald	10	MOC-FLOYD VALLEY	10.99m	36-00.75
			9.59m 10.43m 10.73m	9.75m 10.99m 10.25m
6 Alexa Heeney	12	EMERSON-HUBBARD	10.97m	36-00.00
			10.03m FOUL 10.82m	FOUL 10.97m FOUL
7 Mackenzie Masching	12	LAWTON-BRONSON	10.74m	35-03.00
			9.89m 10.03m 10.74m	10.69m 10.14m 10.35m
8 Nikki Van Dyke	11	SIOUX CENTER	10.24m	33-07.25
			10.24m 9.90m 9.68m	FOUL FOUL FOUL
9 Kelby Klein	12	LEMARS CENTRAL	10.23m	33-06.75
			10.18m 10.23m 9.29m	
10 Brook Jacobsma	09	MOC-FLOYD VALLEY	10.19m	33-05.25
			10.19m 9.29m 9.86m	
11 Brooke Wiese	11	RIDGE VIEW - GHSC	10.07m	33-00.50
			9.51m 9.19m 10.07m	
12 Betsy Thomas	10	SGT BLUFF-LU	9.89m	32-05.50
			8.74m 9.34m 9.89m	
13 Cassie Kruse	09	GLENWOOD HIGH SC	9.84m	32-03.50
			FOUL 9.45m 9.84m	
14 Ashton Johnson	10	PIERCE NE	9.80m	32-02.00
			8.87m 9.80m 8.79m	
15 Nicole Hovdestad	12	SF LINCOLN	9.66m	31-08.50
			9.32m 9.66m 8.95m	
16 Krista Phelps	10	KP/WC	9.63m	31-07.25
			9.46m 9.63m 8.93m	
17 Emily Mercer	10	SPIRIT LAKE HS	9.61m	31-06.50
			8.64m 9.51m 9.61m	
18 Ariel Hudson	11	SIOUX CITY NORTH	9.58m	31-05.25
			FOUL 9.58m 9.53m	
18 Katelyn Ewing	11	LEMARS CENTRAL	9.58m	31-05.25
			9.30m 8.99m 9.58m	
20 Taylor Hohbach	12	MARCUS MERID	9.46m	31-00.50
			9.36m 9.46m FOUL	
21 Jade De Jong	11	SIOUX CENTER	9.40m	30-10.25
			9.26m 9.40m 9.10m	
22 Sam Mercer	12	SPIRIT LAKE HS	9.39m	30-09.75
			9.18m 9.39m 9.28m	

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 69 Girls Shot Put OHS**

22 Molly Hutchins	11 SPIRIT LAKE HS	9.39m	30-09.75
9.39m 9.07m 9.28m			
24 Diamond Denney	10 SIOUX CITY NORTH	9.31m	30-06.50
9.31m 8.87m 7.97m			
25 Jordan Ruhr	12 GLENWOOD HIGH SC	8.99m	29-06.00
8.99m 7.85m 8.88m			
26 Andreanna Sharpback	10 SO SIOUX	8.88m	29-01.75
8.23m 8.88m 8.85m			
27 Kelsey VanPatten	11 HEELAN	8.70m	28-06.50
8.65m 8.70m FOUL			
28 Kerri Hilbelink	12 UNITY CHS'T	8.48m	27-10.00
FOUL 8.48m FOUL			
29 Melissa Mounts	11 SIOUX CITY EAST	8.25m	27-01.00
8.16m 7.91m 8.25m			
30 Kristi Palsma	12 UNITY CHS'T	8.20m	26-11.00
7.82m 8.10m 8.20m			
31 Erin Kapsch	11 SF LINCOLN	7.99m	26-02.75
7.99m FOUL FOUL			

**Event 70 Boys Shot Put OHS**

Meet Record: * 58-07 4/20/2003 SHANE MAIER, Storm Lake				
Name	Year	School	Finals	
1 Ezra Schantz	12	LAUREL-CONCORD	16.32m	53-06.50
15.18m 15.77m 15.69m 16.32m		FOUL FOUL		
2 Justin Baker	11	HEELAN	15.60m	51-02.25
14.04m 15.11m 15.60m 14.55m 13.96m		FOUL		
3 Mike Malek	11	SIOUX CITY EAST	15.17m	49-09.25
FOUL 13.73m 15.17m FOUL 14.54m		FOUL		
4 Jason Pomerence	12	SIOUX CENTER	15.10m	49-06.50
14.77m 14.41m FOUL 15.10m 14.39m 15.00m				
5 Christian Bondinello	12	RIDGE VIEW - GHSC	14.62m	47-11.75
14.62m 14.24m 14.04m 14.08m 13.85m 14.45m				
6 Matt Dohma	12	PONCA HIGH SCHOOL	14.35m	47-01.00
13.85m 14.35m FOUL 14.27m		FOUL FOUL		
7 Corrie Schoeder	12	LAWTON-BRONSON	14.15m	46-05.25
13.35m 14.15m 13.85m 13.24m 13.32m 13.20m				
8 Tanner Kollbaum	12	LAWTON-BRONSON	14.09m	46-02.75
13.78m 12.84m 12.33m 13.60m 12.54m 14.09m				
9 Karson Klein	11	LEMARS CENTRAL	13.75m	45-01.50
13.75m 13.75m 13.01m		FOUL FOUL FOUL		
10 Andrew Hulstein	11	UNITY CHS'T	13.69m	44-11.00
13.40m 12.80m 13.69m				
11 Brandon Pekelder	11	MOC-FLOYD VALLEY	13.51m	44-04.00
13.51m 12.84m 13.38m				
12 Adam Vander Helm	12	SIOUX CENTER	13.43m	44-00.75
FOUL 13.43m FOUL				
13 Kelly Guy	12	SGT BLUFF-LU	13.42m	44-00.50
12.33m 12.55m 13.42m				
14 Greg Harner	12	SF LINCOLN	13.41m	44-00.00
13.41m 12.97m 12.80m				
15 Brock Dagel	11	CHEROKEE	13.37m	43-10.50
13.32m 13.13m 13.37m				

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 70 Boys Shot Put OHS**

16	Riley Palsma		12	SO SIOUX	13.13m	43-01.00
	12.86m	13.13m	12.63m			
17	Josh Watchorn		12	PONCA HIGH SCHOOL	13.09m	42-11.50
	13.09m	11.58m	FOUL			
18	Taylor Jense		11	SO SIOUX	13.04m	42-09.50
	13.04m	12.53m	12.53m			
19	Mike Soole		11	SIOUX CITY EAST	12.96m	42-06.25
	12.96m	12.32m	12.15m			
20	Josh Kinney		11	CB ABRAHAM LINCOLN	12.59m	41-03.75
	12.59m	FOUL	FOUL			
21	Elliot Dix		10	SF LINCOLN	12.42m	40-09.00
	12.33m	12.42m	12.08m			
22	Austin Van Wyhe		12	UNITY CHS'T	12.40m	40-08.25
	12.17m	11.66m	12.40m			
23	Clayton Giesting		10	GLENWOOD HIGH SC	12.38m	40-07.50
	12.38m	11.97m	12.19m			
24	Cody Hilkemann		11	PIERCE NE	12.31m	40-04.75
	11.85m	12.31m	11.23m			
25	Ethan Pace		11	ELK POINT-JEFFERSON	12.19m	40-00.00
	11.90m	12.19m	FOUL			
26	EJ Lines		11	SGT BLUFF-LU	11.80m	38-08.75
	11.80m	11.33m	FOUL			
27	Evan Colfack		10	KP/WC	11.66m	38-03.25
	11.37m	11.66m	11.40m			
28	Drew Rupp		10	MOC-FLOYD VALLEY	11.56m	37-11.25
	FOUL	11.56m	FOUL			
29	Jacob Timm		12	PIERCE NE	11.22m	36-09.75
	11.17m	11.22m	FOUL			
30	Eddie Ridder		11	MT MICHAEL	11.14m	36-06.75
	11.14m	FOUL	FOUL			
--	Doug Johnson		12	SPIRIT LAKE HS	FOUL	
	FOUL	FOUL	FOUL			

**Event 71 Girls Discus Throw OHS**

Meet Record: \* 151-08 4/20/2003 RACHEL JANSEN, MOC-Floyd Valley

Name	Year	School	Finals
1 Andrea Andersen	12	MOC-FLOYD VALLEY	35.59m 116-09
			29.37m 30.64m 34.94m 32.70m 33.27m 35.59m
2 Brook Jacobsma	09	MOC-FLOYD VALLEY	35.15m 115-04
			35.15m 33.92m FOUL 30.89m 34.72m 33.87m
3 Krista Phelps	10	KP/WC	34.03m 111-08
			FOUL 28.06m 33.51m 30.95m 31.81m 34.03m
4 Alexa Heeney	12	EMERSON-HUBBARD	32.64m 107-01
			29.75m 32.64m FOUL 28.11m 31.58m FOUL
5 Kayla Salonen	12	YANKTON HIGH SCHOOL	32.55m 106-09
			FOUL 32.39m 32.55m FOUL FOUL FOUL
6 Lauren Mc Donald	10	MOC-FLOYD VALLEY	31.87m 104-07
			FOUL 31.87m 31.21m 30.33m 29.42m 31.51m
7 Kelby Klein	12	LEMARS CENTRAL	31.66m 103-10
			27.79m 28.40m 31.66m FOUL 29.49m FOUL
8 Mackenzie Masching	12	LAWTON-BRONSON	31.50m 103-04
			29.99m 29.53m 31.50m 29.89m 29.80m FOUL

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 71 Girls Discus Throw OHS**

9	Rachelle Martin	11	GLENWOOD HIGH SC	31.45m	103-02
	29.29m 31.45m 30.71m 28.72m 30.18m 29.18m				
10	Ashton Johnson	10	PIERCE NE	30.62m	100-05
	28.59m 30.31m 30.62m				
11	Hailey Rutherford	12	PIERCE NE	29.94m	98-03
	29.94m 28.88m FOUL				
12	Taylor Hohbach	12	MARCUS MERID	29.09m	95-05
	28.32m FOUL 29.09m				
13	Kelsey VanPatten	11	HEELAN	28.16m	92-05
	28.16m 27.19m 25.68m				
14	Nicole Hovdestad	12	SF LINCOLN	28.09m	92-02
	28.09m 26.70m 27.31m				
15	Jade De Jong	11	SIOUX CENTER	27.98m	91-09
	25.79m 27.98m FOUL				
16	Jordan Ruhr	12	GLENWOOD HIGH SC	27.37m	89-09
	27.37m 26.10m 24.66m				
17	Molly Renken	09	LEMARS CENTRAL	27.29m	89-06
	24.30m 27.29m 26.63m				
18	Betsy Thomas	10	SGT BLUFF-LU	26.90m	88-03
	FOUL 26.90m 25.87m				
19	Nikki Van Dyke	11	SIOUX CENTER	26.86m	88-01
	24.25m 24.21m 26.86m				
20	Melissa Mounts	11	SIOUX CITY EAST	25.35m	83-02
	24.11m 25.35m 23.97m				
21	Diamond Denney	10	SIOUX CITY NORTH	25.16m	82-06
	25.16m 24.01m 22.69m				
22	Sam Mercer	12	SPIRIT LAKE HS	24.66m	80-11
	FOUL 22.23m 24.66m				
23	Kerri Hilbelink	12	UNITY CHS'T	22.69m	74-05
	22.69m FOUL 18.94m				
24	Kristi Palsma	12	UNITY CHS'T	22.63m	74-03
	22.07m 22.63m 18.64m				
25	Ariel Hudson	11	SIOUX CITY NORTH	22.26m	73-00
	FOUL 22.26m FOUL				
26	Emily Spartz	11	HEELAN	20.81m	68-03
	17.58m 20.81m 20.64m				
27	Erin Kapsch	11	SF LINCOLN	15.23m	50-00
	FOUL 15.23m FOUL				
--	Jade Cunningham	10	LAUREL-CONCORD	FOUL	
	FOUL FOUL FOUL				
--	Jane Cunningham	10	SIOUX CITY EAST	FOUL	
	FOUL FOUL FOUL				

**Event 72 Boys Discus Throw OHS**

Meet Record: * 166-05 4/20/1994 MATT SCHULDT, SF Washington					
Name	Year	School	Finals		
1	Ezra Schantz	12	LAUREL-CONCORD	48.46m	159-00
	46.28m FOUL FOUL 48.46m 48.05m 44.50m				
2	Justin Baker	11	HEELAN	45.49m	149-03
	40.57m 45.49m FOUL 44.74m 42.93m 43.84m				
3	Adam Vander Helm	12	SIOUX CENTER	42.06m	138-00
	39.60m 38.17m 41.08m 42.06m FOUL 37.68m				

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 72 Boys Discus Throw OHS**

4	Christian Bondinello	12	RIDGE VIEW - GHSC	41.94m	137-07
	38.01m FOUL 37.77m 40.78m 39.61m 41.94m				
5	Greg Harner	12	SF LINCOLN	41.51m	136-02
	39.86m 35.32m 41.51m 40.54m 37.97m 39.47m				
6	Taylor Jense	11	SO SIOUX	41.14m	135-00
	FOUL 41.14m 39.33m FOUL FOUL 34.49m				
7	Luke Jensen	11	SO SIOUX	38.27m	125-07
	38.27m 37.52m 37.47m FOUL FOUL 37.18m				
8	Evan Colfack	10	KP/WC	37.87m	124-03
	33.74m 37.87m 37.48m 37.64m 35.51m 37.67m				
9	Nic Austin	12	SIOUX CITY EAST	37.59m	123-04
	29.83m 35.72m 37.59m 31.50m 35.80m FOUL				
10	Eddie Ridder	11	MT MICHAEL	37.43m	122-10
	37.43m 30.66m FOUL				
11	Dalton Kelley	11	SPIRIT LAKE HS	37.26m	122-03
	32.41m 31.98m 37.26m				
12	Zach Landhuis	11	MOC-FLOYD VALLEY	37.18m	122-00
	36.93m 37.18m 35.13m				
13	Corrie Schoeder	12	LAWTON-BRONSON	36.65m	120-03
	FOUL 36.16m 36.65m				
14	Riley Palsma	12	SO SIOUX	36.19m	118-09
	FOUL FOUL 36.19m				
15	Scott Borchers	12	LEMARS CENTRAL	35.88m	117-08
	FOUL 35.88m 34.57m				
16	Jared Kunkel	12	REMSSEN-UNION	35.70m	117-01
	35.70m FOUL FOUL				
17	Ethan Pace	11	ELK POINT-JEFFERSON	35.09m	115-01
	FOUL 33.61m 35.09m				
18	Clayton Giesting	10	GLENWOOD HIGH SC	34.85m	114-04
	FOUL 34.85m 33.07m				
19	Nick Wankum	11	HEELAN	34.49m	113-02
	32.40m 34.49m FOUL				
20	Kenny Batenhorst	10	MT MICHAEL	34.00m	111-06
	34.00m 32.64m 31.60m				
21	Kyle Barnes	11	ELK POINT-JEFFERSON	33.82m	110-11
	FOUL 33.82m FOUL				
22	Karson Klein	11	LEMARS CENTRAL	33.67m	110-05
	32.75m 31.83m 33.67m				
23	Adam Dreeszen	12	SPIRIT LAKE HS	33.34m	109-04
	FOUL 33.34m FOUL				
24	Zach Michl	12	CB ABRAHAM LINCOLN	33.05m	108-05
	FOUL 33.05m FOUL				
25	Mike Malek	11	SIOUX CITY EAST	32.55m	106-09
	FOUL FOUL 32.55m				
26	Andrew Hulstein	11	UNITY CHS'T	32.51m	106-08
	32.51m 31.09m FOUL				
27	Drew Rupp	10	MOC-FLOYD VALLEY	31.33m	102-09
	30.77m 30.37m 31.33m				
28	Collin Korver	10	UNITY CHS'T	30.91m	101-05
	30.28m 27.92m 30.91m				
29	Alec Maher	10	CB ABRAHAM LINCOLN	30.42m	99-10
	FOUL 30.42m 28.77m				
30	Kyle Den Herder	10	SIOUX CENTER	30.33m	99-06
	FOUL 30.33m FOUL				

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 73 Girls Long Jump OHS**

Meet Record: * 17-09.50 4/20/1996 DELENA HANES, Bellvue West						
Name	Year	School	Finals	Wind		
1 Mary Wirth	12	SF LINCOLN	5.21m	NWI	17-01.25	
			5.21m(-0.0) 5.05m(-0.0) 5.10m(-0.0)			
2 Carley Chambers	12	SF LINCOLN	5.12m	NWI	16-09.75	
			4.88m(-0.0) 5.12m(-0.0) 4.72m(-0.0) 4.52m(-0.0) 5.00m(-0.0) 4.89m(-0.0)			
3 Slone Masters	12	STORM LAKE HIGH	5.07m	NWI	16-07.75	
			4.84m(-0.0) 5.07m(-0.0) 4.97m(-0.0) 4.56m(-0.0) 4.83m(-0.0) FOUL			
4 Kayla Lavalais	12	SIOUX CITY NORTH	5.05m	NWI	16-07.00	
			5.03m(-0.0) 5.00m(-0.0) 5.05m(-0.0) 4.97m(-0.0) 4.73m(-0.0) 4.52m(-0.0)			
5 Lindsey Moerman	12	UNITY CHS'T	5.02m	NWI	16-05.75	
			4.69m(-0.0) FOUL 5.02m(-0.0) 4.75m(-0.0) 4.64m(-0.0) 4.94m(-0.0)			
6 Meghan Lambert	11	SF LINCOLN	5.00m	NWI	16-05.00	
			4.70m(-0.0) 5.00m(-0.0) 4.97m(-0.0) 4.94m(-0.0) 4.88m(-0.0) FOUL			
7 Caitlyn Van Es	10	MOC-FLOYD VALLEY	4.97m	NWI	16-03.75	
			4.97m(-0.0) FOUL 4.84m(-0.0) 4.03m(-0.0) 4.61m(-0.0) 4.84m(-0.0)			
8 Kylie Andersen	10	HOMER HIGH SCHOOL	4.95m	NWI	16-03.00	
			FOUL FOUL 4.95m(-0.0) FOUL FOUL FOUL			
9 Kristin Probst	09	MOC-FLOYD VALLEY	4.85m	NWI	15-11.00	
			4.54m(-0.0) 4.33m(-0.0) 4.85m(-0.0)			
10 Mikala Hora	09	YANKTON HIGH SCHOOL	4.83m	NWI	15-10.25	
			4.78m(-0.0) 4.68m(-0.0) 4.83m(-0.0)			
11 Rachael Johnson	11	YANKTON HIGH SCHOOL	4.79m	NWI	15-08.75	
			4.67m(-0.0) FOUL 4.79m(-0.0)			
12 Mallory Cates	09	OA-BCIG	4.68m	NWI	15-04.25	
			4.61m(-0.0) 4.48m(-0.0) 4.68m(-0.0)			
13 Amber Sandbulte	11	SIOUX CENTER	4.60m	NWI	15-01.25	
			4.60m(-0.0) 4.55m(-0.0) 4.37m(-0.0)			
14 Allie Sweeney	10	HEELAN	4.57m	NWI	15-00.00	
			4.38m(-0.0) 4.57m(-0.0) FOUL			
15 Caitlin Davis	09	ELK POINT-JEFFERSON	4.45m	NWI	14-07.25	
			3.99m(-0.0) 4.31m(-0.0) 4.45m(-0.0)			
16 Cady Reinke	11	PIERCE NE	4.40m	NWI	14-05.25	
			4.40m(-0.0) FOUL FOUL			
16 Montana Crow	09	GLENWOOD HIGH SC	4.40m	NWI	14-05.25	
			4.12m(-0.0) 4.40m(-0.0) 3.83m(-0.0)			
18 MacKenzie Kellen	10	GEHLEN CATHOLIC	4.35m	NWI	14-03.25	
			4.14m(-0.0) 4.35m(-0.0) 4.13m(-0.0)			
19 Katelin Langel	09	GEHLEN CATHOLIC	4.31m	NWI	14-01.75	
			4.23m(-0.0) 4.19m(-0.0) 4.31m(-0.0)			
19 Jessica Pearce	12	CB ST ALBERT	4.31m	NWI	14-01.75	
			FOUL FOUL 4.31m(-0.0)			
21 Timaree Reed	10	PIERCE NE	4.28m	NWI	14-00.50	
			4.06m(-0.0) 4.28m(-0.0) 4.25m(-0.0)			
22 Tayler Moriarty	09	SGT BLUFF-LU	4.23m	NWI	13-10.50	
			3.95m(-0.0) FOUL 4.23m(-0.0)			
23 Marisa Blanke	09	EMERSON-HUBBARD	4.22m	NWI	13-10.25	
			4.18m(-0.0) 4.05m(-0.0) 4.22m(-0.0)			
24 Courtney Vreugdenhil	10	UNITY CHS'T	4.14m	NWI	13-07.00	
			4.14m(-0.0) 4.08m(-0.0) FOUL			
25 Madeline Hanno	10	HEELAN	4.03m	NWI	13-02.75	
			FOUL FOUL 4.03m(-0.0)			
26 Brittany Pallas	09	EMERSON-HUBBARD	3.97m	NWI	13-00.25	
			3.81m(-0.0) 3.90m(-0.0) 3.97m(-0.0)			

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 73 Girls Long Jump OHS**

27 Kelsey Aldrich	11 HEELAN	3.85m	NWI	12-07.75
3.64m(-0.0)	3.85m(-0.0)	FOUL		
28 Brianna Sudrla	12 HEELAN	3.60m	NWI	11-09.75
FOUL	FOUL	3.60m(-0.0)		

**Event 74 Boys Long Jump OHS**

Meet Record: \* 22-03 4/20/1961 LLOYD MATTEWS, SC Central

Name	Year	School	Finals	Wind
1 Ochan Furula	12	SF LINCOLN	6.40m	NWI 21-00.00
6.23m(-0.0)	6.40m(-0.0)	6.39m(-0.0)	PASS	PASS
2 Johnny Saunders	12	LAUREL-CONCORD	6.34m	NWI 20-09.75
6.28m(-0.0)	FOUL	6.26m(-0.0)	FOUL	6.34m(-0.0)
6.25m(-0.0)				
3 JonTae Miller	12	SIOUX CENTER	6.22m	NWI 20-05.00
6.22m(-0.0)	5.82m(-0.0)	FOUL	5.82m(-0.0)	6.01m(-0.0)
5.92m(-0.0)				
4 Neil Hohenthauer	11	YANKTON HIGH SCHOOL	6.07m	NWI 19-11.00
5.86m(NWI)	6.07m(NWI)	FOUL	FOUL	6.07m(NWI)
5.88m(NWI)				
5 Quinn williams		SIOUX CITY NORTH	5.99m	NWI 19-08.00
5.67m(NWI)	5.99m(NWI)	5.82m(NWI)	5.77m(NWI)	FOUL
FOUL				
6 Quenton James	11	SIOUX CITY EAST	5.95m	NWI 19-06.25
FOUL	5.87m(-0.0)	5.84m(-0.0)	5.68m(-0.0)	5.95m(-0.0)
5.50m(-0.0)				
7 Tate Rohde	10	KP/WC	5.91m	NWI 19-04.75
FOUL	5.91m(-0.0)	5.89m(-0.0)	FOUL	FOUL
FOUL				
8 Trae Narbona	11	SIOUX CITY WEST	5.89m	NWI 19-04.00
FOUL	5.89m(-0.0)	FOUL	5.52m(-0.0)	5.89m(-0.0)
FOUL				
9 Anthony Schimek	12	LEMARS CENTRAL	5.86m	NWI 19-02.75
5.86m(-0.0)	5.73m(-0.0)	FOUL	5.36m(-0.0)	FOUL
FOUL				
9 Shaun Ryan	12	GEHLEN CATHOLIC	5.86m	NWI 19-02.75
5.69m(-0.0)	5.13m(-0.0)	5.86m(-0.0)	5.84m(-0.0)	5.85m(-0.0)
5.70m(-0.0)				
11 Austin Lefler	09	LAWTON-BRONSON	5.85m	NWI 19-02.50
5.81m(-0.0)	5.58m(-0.0)	5.85m(-0.0)		
12 Hunter Rhode	11	LEMARS CENTRAL	5.74m	NWI 18-10.00
5.74m(-0.0)	FOUL	5.13m(-0.0)		
13 Mitch Bowden	09	GLENWOOD HIGH SC	5.67m	NWI 18-07.25
5.35m(-0.0)	5.67m(-0.0)	5.63m(-0.0)		
14 Jacob Conneally	11	MT MICHAEL	5.65m	NWI 18-06.50
FOUL	5.65m(-0.0)	5.47m(-0.0)		
15 Nolan Blythe	12	MOC-FLOYD VALLEY	5.61m	NWI 18-05.00
5.45m(-0.0)	5.56m(-0.0)	5.61m(-0.0)		
16 Alex Koepp	10	OKOBOJI HIGH SCHOOL	5.60m	NWI 18-04.50
4.88m(-0.0)	5.60m(-0.0)	FOUL		
17 Cody O'Dell	11	SO SIOUX	5.10m	NWI 16-08.75
FOUL	FOUL	5.10m(NWI)		
18 Nick Matthai	10	CB ST ALBERT	5.04m	NWI 16-06.50
4.51m(NWI)	5.04m(NWI)	FOUL		
-- Dondre Hubert	11	SIOUX CITY NORTH	FOUL	
FOUL	FOUL	FOUL		

**Event 75 Girls High Jump OHS**

Meet Record: \* 5-07.50 4/20/2006 MEGAN GLISAR, HANAH WILKINSON, SBL, E

Name	Year	School	Finals
1 Mary Wirth	12	SF LINCOLN	5-05.00 1.65m

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 75 Girls High Jump OHS**

2	Emily Anderson	11	YANKTON HIGH SCHOOL	5-00.00	1.52m
2	Katelyn Kragt	11	SIOUX CENTER	5-00.00	1.52m
4	Carley Chambers	12	SF LINCOLN	J5-00.00	1.52m
4	Caitlin Casey	12	EMERSON-HUBBARD	J5-00.00	1.52m
6	Heather Wachter	12	PIERCE NE	4-10.00	1.47m
6	Trisha De Jong	10	MOC-FLOYD VALLEY	4-10.00	1.47m
6	Kelsey Fitzgerald	09	YANKTON HIGH SCHOOL	4-10.00	1.47m
6	Shelby Brewster	11	GLENWOOD HIGH SC	4-10.00	1.47m
10	Marissa Moran	12	CB ST ALBERT	J4-10.00	1.47m
11	Elissa Jansma	09	HULL WESTERN	J4-10.00	1.47m
12	Tori Vondrak	12	HEELAN	4-08.00	1.42m
12	Abby Follow	10	SIOUX CITY EAST	4-08.00	1.42m
12	Cassidy Breon	10	SGT BLUFF-LU	4-08.00	1.42m
12	Erika Hochstein	10	LAUREL-CONCORD	4-08.00	1.42m
--	Kendra Stokke	09	SPIRIT LAKE HS	NH	
--	Tabitha Machar	12	SO SIOUX	NH	
--	Corinne Spears	11	HEELAN	NH	
--	Madeline Hanno	10	HEELAN	NH	
--	Jessica Wallace	12	SPIRIT LAKE HS	NH	
--	Nikki Sluiter	11	LEMARS CENTRAL	NH	
--	Kelli Anderson	11	SF LINCOLN	NH	
--	Jaklyn Frost	12	SO SIOUX	NH	
--	Jess Arnold	10	LEMARS CENTRAL	NH	

**Event 76 Boys High Jump OHS**

Meet Record: \* 6-10 4/20/1989 DARWIN VANDERHOEF, Rock Valley

Name	Year	School	Finals		
1	Jared Curry	12	PONCA HIGH SCHOOL	6-05.00	1.95m
2	Paxton Strub	11	LEMARS CENTRAL	6-04.00	1.93m
3	Ross Chettinger	12	SGT BLUFF-LU	6-02.00	1.87m
4	Nolan Sampson	12	CHEROKEE	J6-02.00	1.87m
5	Ian Eflin	11	GLENWOOD HIGH SC	J6-02.00	1.87m
6	Brett Michels	11	SF LINCOLN	6-00.00	1.82m
7	Michael Allner	12	KP/WC	5-10.00	1.77m
7	Lee Ver Burg	11	HULL WESTERN	5-10.00	1.77m
7	Riley Hoekstra	11	UNITY CHS'T	5-10.00	1.77m
7	Jacob Conneally	11	MT MICHAEL	5-10.00	1.77m
7	Logan Shine	11	SGT BLUFF-LU	5-10.00	1.77m
12	Connor Schultz	11	PIERCE NE	5-08.00	1.72m
12	Michael Hoffman	11	PIERCE NE	5-08.00	1.72m
12	Ty Robinson	11	SIOUX CITY WEST	5-08.00	1.72m
12	James Landon	11	SF LINCOLN	5-08.00	1.72m
12	Ben Moes	12	SIOUX CITY EAST	5-08.00	1.72m
12	Nick Petersen	11	OA-BCIG	5-08.00	1.72m
12	Adam Dreling	10	EMERSON-HUBBARD	5-08.00	1.72m
12	DJ Jefferson	10	CB ABRAHAM LINCOLN	5-08.00	1.72m
12	Mickey Russell	11	CB ST ALBERT	5-08.00	1.72m
12	Brian Dubois	11	OKOBOJI HIGH SCHOOL	5-08.00	1.72m
12	Dalton Syverson	09	OKOBOJI HIGH SCHOOL	5-08.00	1.72m
12	Sam Van Ginkel	10	HULL WESTERN	5-08.00	1.72m
--	Ethan Metheny	12	YANKTON HIGH SCHOOL	NH	
--	Josh Curry	11	ELK POINT-JEFFERSON	NH	
--	Tyler Koupal	10	ELK POINT-JEFFERSON	NH	

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 76 Boys High Jump OHS**

-- Jordon Graves 10 SIOUX CITY WEST NH

**Event 77 Women 100 Meter Dash UCO**

Meet Record: \* 11.82 4/16/1994 MARIE BROWN, South Dakota

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Mishay Weber	SR	UNIVERSITY OF MARY	12.52q	0.6	4
2 Alyssa Christianson	FR	D WESLEY	12.57q	-0.7	5
3 AnnaLiesa Fauth	JR	JAMESTOWN COLLEGE	12.63q	-0.1	1
4 Kayla Montgomery	SO	MINOT STATE	12.68q	-0.5	2
5 Christina Roberts	SO	SOUTH DAKOTA	12.76q	-0.1	1
6 Lindsey Fluharty	FR	NO. STATE	13.09q	-1.3	3
7 Lindsey Thielen	FR	SDSU	13.18q	-0.5	2
8 Rachel Hagberg	FR	SDSU	13.23q	-0.7	5
9 Marisa Aldinger	SR	NO. STATE	13.25	-1.3	3
10 Ana Morgan	FR	NORTHWESTERN	13.33	-0.7	5
11 Steph Leist	JR	D WESLEY	13.37	-1.3	3
12 Amber Woodford	FR	MORNINGSIDE COLLEGE	13.38	-1.3	3
13 Elizabeth Stevens	SO	NORTHWESTERN	13.39	0.6	4
14 Shelby Snare	FR	DICKINSON STATE	13.41	-0.1	1
15 Molly Sippel	FR	BUENA VISTA	13.41	-0.5	2
16 Laci Hettick	SR	NO. STATE	13.41	0.6	4
17 Emily Halverson	FR	AUGUSTANA COLLEGE	13.42	0.6	4
18 Kailey Hunhoff	SO	D WESLEY	13.43	-0.5	2
19 Marissa Novak	FR	SDSU	13.44	0.6	4
20 DayLynn Batey	FR	DICKINSON STATE	13.58	-0.7	5
21 Nancy Tatou	FR	BRIAR CLIFF	13.60	-0.5	2
22 Sarah Sannerud	FR	U SIOUX FALL	13.62	-0.1	1
23 Suzie Kloucek	FR	D WESLEY	13.67	-0.7	5
24 Amy Pheneger	JR	DAKOTA STATE	13.73	-0.5	2
24 Jill Hoogeveen	FR	BRIAR CLIFF	13.73	0.6	4
26 Lydia Bienlien	FR	MORNINGSIDE COLLEGE	13.74	-0.1	1
27 Lindsay Rook	FR	DAKOTA STATE	13.84	-0.7	5
28 Claire Beck	FR	DAKOTA STATE	13.85	-1.3	3
29 Tessa Dee	FR	SOUTH DAKOTA	13.85	-1.3	3
30 Beth Segerholm	FR	JAMESTOWN COLLEGE	13.86	-0.1	1
31 Sarah Drew	SR	AUGUSTANA COLLEGE	13.96	-0.1	1
32 Wendy Schmaltz	JR	D WESLEY	14.01	0.6	4
33 Sarah Franje	SR	DORDT	14.02	-1.3	3
34 Emily Christians	FR	DORDT	14.09	-0.1	1
35 Courtney Oliver	FR	JAMESTOWN COLLEGE	14.12	-0.5	2
36 Chanesse Schaefer	FR	AUGUSTANA COLLEGE	14.12	-0.7	5
37 Kaitlin Troost	FR	DORDT	14.15	-1.3	3
38 Shelby Rose	FR	JAMESTOWN COLLEGE	14.40	0.6	4

**Event 77 Women 100 Meter Dash UCO**

Meet Record: \* 11.82 4/16/1994 MARIE BROWN, South Dakota

Name	Year	School	Finals	Wind
Finals				
1 Mishay Weber	SR	UNIVERSITY OF MARY	12.28	1.9
2 Kayla Montgomery	SO	MINOT STATE	12.50	1.9

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 77 Women 100 Meter Dash UCO**

3	Alyssa Christianson	FR D WESLEY	12.60	1.9
4	AnnaLiesa Fauth	JR JAMESTOWN COLLEGE	12.66	1.9
5	Lindsey Fluharty	FR NO. STATE	12.99	1.9
6	Lindsey Thielen	FR SDSU	13.20	1.9
7	Rachel Hagberg	FR SDSU	13.22	1.9

**Event 78 Men 100 Meter Dash UCO**

Meet Record: \* 10.35 4/17/1994 KEITH GREEN, Morningside  
 Name Year School Prelims Wind H#

**Preliminaries**

1	Sam Acheampong	FR BRIAR CLIFF	10.70q	2.5	6
2	Brandon Hammack	FR NORTHWESTERN	10.97q	1.0	2
3	Brandon Kovash	FR USD	11.00q	1.0	2
4	Bonamy Cordero	JR DICKINSON STATE	11.11q	0.1	3
5	Cory Ploof	SO UNIVERSITY OF MARY	11.11q	1.1	5
6	Zuri Nance	FR NO. STATE	11.12q	1.1	5
7	Miguel Gonzalez	UNATTACHED	11.15q	0.5	1
8	Johnny Lester	JR MINOT STATE	11.15q	-1.3	4
9	Michael King	FR WAYNE STATE COLLEGE	11.19	2.5	6
10	Drew Molacek	JR WAYNE STATE COLLEGE	11.20	1.1	5
11	Thomas Whyley	JR DICKINSON STATE	11.21	0.1	3
12	Cole Tucker	SR SDSU	11.23	0.5	1
13	Cecil Milton	FR BRIAR CLIFF	11.24	1.1	5
14	Ryan Hernandez	FR UNATTACHED	11.25	2.5	6
15	Dalton Smith	FR D WESLEY	11.35	0.1	3
16	Jordan Miller	FR D WESLEY	11.43	0.1	3
17	Aaron Floen	FR DORDT	11.44	0.5	1
18	Josh Neumiller	FR DICKINSON STATE	11.45	-1.3	4
19	Roland Osa-Osang	JR DORDT	11.47	0.5	1
20	Parker Moore	SO NORTHWESTERN	11.56	1.0	2
21	Stefan Peterson	SO BUENA VISTA	11.58	2.5	6
22	Ben Oberle	SR USD	11.60	-1.3	4
23	Andy Palacio	SR MINOT STATE	11.61	1.1	5
24	Tyler Williamson	JR USD	11.70	0.5	1
25	Joe Lammers	SO DORDT	11.71	0.1	3
26	Cody Spreeman	FR BRIAR CLIFF	11.76	0.1	3
27	Ryan Gass	JR MORNINGSIDE COLLEGE	11.80	1.0	2
28	Jeremy Sheppard	SO NORTHWESTERN	11.83	2.5	6
29	Jon Smith	JR BRIAR CLIFF	11.83	-1.3	4
30	Kasey Summerer	JR NORTHWESTERN	11.90	1.1	5
31	Augustus Capers	JR NO. STATE	11.94	-1.3	4
32	Zak Kjolsing	SO NO. STATE	11.94	2.5	6
33	Mike Trujillo	FR BRIAR CLIFF	11.94	1.1	5
34	Juston Wynia	FR D WESLEY	12.00	1.0	2
35	Tyler Walker	FR NORTHWESTERN	12.06	0.5	1
36	Michael Huseman	FR MORNINGSIDE COLLEGE	12.29	1.0	2
37	Jonathon Keller	FR MOUNT MARTY COLLEGE	12.38	1.0	2
38	Todd Carnes	FR MORNINGSIDE COLLEGE	12.53	0.1	3
39	Dillon Lenius	FR JAMESTOWN COLLEGE	12.57	0.5	1
40	Cameron Carlow	SO NORTHWESTERN	12.58	0.5	1
41	Cam Terry	FR BRIAR CLIFF	12.78	-1.3	4
42	Michael Dailey	FR UNATTACHED	12.80	2.5	6
43	Adam Sullivan	FR MORNINGSIDE COLLEGE	12.88	0.1	3

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 78 Men 100 Meter Dash UCO**

44 Lonnie Macpeek	UNATTACHED	15.30	-1.3	4
-- Jordan Langer	JR NORTHWESTERN	DNF	1.0	2

**Event 78 Men 100 Meter Dash UCO**

Meet Record: \* 10.35 4/17/1994 KEITH GREEN, Morningside  
 Name Year School Finals Wind

## Finals

1 Sam Acheampong	FR BRIAR CLIFF	10.70	2.6
2 Johnny Lester	JR MINOT STATE	10.92	2.6
3 Brandon Kovash	FR USD	10.98	2.6
4 Brandon Hammack	FR NORTHWESTERN	10.99	2.6
5 Bonamy Cordero	JR DICKINSON STATE	11.05	2.6
6 Cory Ploof	SO UNIVERSITY OF MARY	11.07	2.6
7 Zuri Nance	FR NO. STATE	11.16	2.6
8 Miguel Gonzalez	UNATTACHED	11.18	2.6

**Event 79 Women 100 Meter Hurdles UCO**

Meet Record: \* 14.01 4/16/1994 ANNA RATZLOFF, Augustana  
 Name Year School Prelims Wind H#

## Preliminaries

1 Kristyn Nelson	SO UNIVERSITY OF MARY	15.00q	0.5	3
2 Melissa Walker	FR UNIVERSITY OF MARY	15.11q	0.3	4
3 Crystal Schiernbeck	JR SOUTH DAKOTA	15.15q	0.3	4
4 Ashley Salwey	FR UNIVERSITY OF MARY	15.34q	1.9	2
5 Haley Juhnke	JR SOUTH DAKOTA	15.37q	1.9	2
6 Sarah Sannerud	FR U SIOUX FALL	15.52q	0.3	4
7 Sarah Skipper	JR JAMESTOWN COLLEGE	15.59q	-1.4	1
8 Briana Wubben	FR DORDT	15.74q	0.5	3
9 Andrea Wedel	UNATTACHED	16.09	0.5	3
10 Stacey Dietrich	SO NORTHWESTERN	16.10	-1.4	1
11 Andrea Sjomeling	JR NO. STATE	16.15	0.5	3
12 Claire Severson	SR AUGUSTANA COLLEGE	16.15	-1.4	1
13 Bailey Schafbuch	FR BUENA VISTA	16.47	0.3	4
14 Karina Wierenga	SR DORDT	16.59	0.5	3
15 Andrea Boyd	SO BUENA VISTA	16.60	1.9	2
16 Tanya Vassar	JR NO. STATE	16.82	-1.4	1
17 Melinda Vander Ark	SO DORDT	16.83	0.5	3
18 Rachel Burnette	FR BUENA VISTA	16.99	1.9	2
19 Whitney Nelson	FR BUENA VISTA	17.01	0.3	4
20 Hilary Harrison	FR DICKINSON STATE	17.15	1.9	2
21 Kallie Merrill	JR JAMESTOWN COLLEGE	17.36	0.3	4
22 Wendy Schmaltz	JR D WESLEY	17.88	1.9	2
23 Meagan Grandgenett	SO AUGUSTANA COLLEGE	17.94	1.9	2
24 Deresha Harrison	FR DICKINSON STATE	18.05	-1.4	1
25 Sara Schultz	SO DAKOTA STATE	18.07	0.5	3
26 Tessa Dee	FR SOUTH DAKOTA	18.09	-1.4	1
-- Jordan Johnson	FR U SIOUX FALL	DNF	0.3	4

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 79 Women 100 Meter Hurdles UCO**

Meet Record: \* 14.01 4/16/1994 ANNA RATZLOFF, Augustana  
 Name Year School Finals Wind

## Finals

1	Kristyn Nelson	SO UNIVERSITY OF MARY	14.87	2.7
2	Sarah Skipper	JR JAMESTOWN COLLEGE	15.17	2.7
3	Melissa Walker	FR UNIVERSITY OF MARY	15.26	2.7
4	Ashley Salwey	FR UNIVERSITY OF MARY	15.29	2.7
5	Briana Wubben	FR DORDT	15.35	2.7
6	Sarah Sannerud	FR U SIOUX FALL	15.53	2.7
7	Haley Juhnke	JR SOUTH DAKOTA	15.82	2.7
--	Crystal Schiernbeck	JR SOUTH DAKOTA	DNF	2.7

**Event 80 Men 110 Meter Hurdles UCO**

Meet Record: \* 14.25 4/17/1988 CHARLES JOHNSON, Morningside  
 Name Year School Prelims Wind H#

## Preliminaries

1	Tanner Russ	SR BUENA VISTA	14.91q	-0.4	3
2	Jordan Smith	FR USD	15.31q	-0.4	3
3	Bill Cameron	SR NO. STATE	15.41q	-1.4	2
4	Erik Lindsay	JR BRIAR CLIFF	15.44q	-1.8	1
5	Luke Hauert	FR NO. STATE	15.51q	-1.4	2
6	Kurtis Gross	SO DICKINSON STATE	15.56q	-1.8	1
7	Colin Vandehoef	UNATTACHED	15.61q	-1.4	2
8	Caleb Young	FR BRIAR CLIFF	15.67q	-1.4	2
9	Paul Mallory	SO AUGUSTANA COLLEGE	15.70	-0.4	3
10	Travis Jimenez	FR NO. STATE	15.83	-1.4	2
11	Ben Schemp	UNATTACHED	15.85	-1.8	1
12	Josh Ewalt	JR JAMESTOWN COLLEGE	16.20	-0.4	3
13	Mike Trobough	FR BRIAR CLIFF	16.49	-0.4	3
14	Chris Hubbs	FR SDSU	16.56	-1.8	1
15	Ryan Maloney	FR U SIOUX FALL	16.79	-0.4	3
16	Scott Roemmich	FR JAMESTOWN COLLEGE	17.06	-1.8	1
17	Matt Zilverberg	FR U SIOUX FALL	17.52	-1.4	2
18	Tyler Maxwell	FR USD	18.87	-1.8	1
19	Jared Thomas	SR D WESLEY	25.73	-1.4	2

**Event 80 Men 110 Meter Hurdles UCO**

Meet Record: \* 14.25 4/17/1988 CHARLES JOHNSON, Morningside  
 Name Year School Finals Wind

## Finals

1	Luke Hauert	FR NO. STATE	14.71	2.1
2	Erik Lindsay	JR BRIAR CLIFF	14.91	2.1
3	Jordan Smith	FR USD	15.02	2.1
4	Bill Cameron	SR NO. STATE	15.21	2.1
5	Kurtis Gross	SO DICKINSON STATE	15.51	2.1
6	Colin Vandehoef	UNATTACHED	15.69	2.1
7	Tanner Russ	SR BUENA VISTA	16.19	2.1
8	Caleb Young	FR BRIAR CLIFF	16.25	2.1

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 81 Women 400 Meter Dash UCO**

Meet Record: * 55.71 4/19/2001 SHARLINE MAXWELL, Briar Cliff				
Name	Year	School	Finals	H#
1 Nicketa Coombs	FR	UNIVERSITY OF MARY	56.13	6
2 Christina King	SR	WAYNE STATE COLLEGE	56.30	6
3 AnnaLiesa Fauth	JR	JAMESTOWN COLLEGE	58.41	6
4 Amber Woodford	FR	MORNINGSIDE COLLEGE	59.06	5
5 Katie Zent	SO	JAMESTOWN COLLEGE	59.65	5
6 Jenna Brouwer	JR	DORDT	59.85	6
7 Kari Van Beek	SO	DORDT	59.96	6
8 Brandi Gau	JR	DAKOTA STATE	1:00.50	5
9 Madison Borer	FR	BRIAR CLIFF	1:00.68	4
10 Jessica Hudelson	FR	MORNINGSIDE COLLEGE	1:01.07	4
11 Allison Christy	FR	MORNINGSIDE COLLEGE	1:01.29	4
12 Stephanie Uher	FR	DAKOTA STATE	1:01.37	3
13 Nicole Seier	FR	MORNINGSIDE COLLEGE	1:01.44	4
14 Breanna Mathes	FR	MORNINGSIDE COLLEGE	1:01.57	3
15 Heather Hoefs	FR	MORNINGSIDE COLLEGE	1:01.85	3
16 Madeline Hornung	SO	JAMESTOWN COLLEGE	1:01.87	3
17 Jill Schaefer	FR	NO. STATE	1:01.88	6
18 Margo Stanforth	FR	MORNINGSIDE COLLEGE	1:02.00	4
19 Marissa Curry	JR	JAMESTOWN COLLEGE	1:02.06	5
20 Ana Morgan	FR	NORTHWESTERN	1:02.17	5
21 Katie Beldt	FR	BRIAR CLIFF	1:02.31	4
22 DayLynn Batey	FR	DICKINSON STATE	1:02.41	5
23 Emmylyn Bentley	JR	JAMESTOWN COLLEGE	1:02.44	2
24 Shelby Snare	FR	DICKINSON STATE	1:02.46	5
25 Sabrina Siederda	FR	MORNINGSIDE COLLEGE	1:02.57	4
26 Emily Fritz	SO	NO. STATE	1:02.61	6
27 Jessica Becker	SO	SDSU	1:02.86	3
28 Meghan Nelson	JR	MOUNT MARTY COLLEGE	1:03.00	5
29 Alyssa Myers	SO	BRIAR CLIFF	1:03.02	2
30 Taylor Tuomey	FR	MINOT STATE	1:03.14	3
31 Mallory Souder	SO	JAMESTOWN COLLEGE	1:03.27	1
32 Kristine DuBois	SO	SOUTH DAKOTA	1:03.56	6
33 Kallie Merrill	JR	JAMESTOWN COLLEGE	1:03.72	1
34 Madison Whitley	FR	SOUTH DAKOTA	1:04.09	4
35 McKenzie Reece	FR	MORNINGSIDE COLLEGE	1:04.36	2
36 Caitlyn Nerem	JR	NORTHWESTERN	1:04.38	2
37 Audrey Cooley	FR	BRIAR CLIFF	1:04.60	2
38 Larissa Sapp	FR	NORTHWESTERN	1:05.64	2
39 Nikki Hanish	FR	BUENA VISTA	1:05.85	3
40 Shelby Rose	FR	JAMESTOWN COLLEGE	1:06.55	1
41 Rachel Hagberg	FR	SDSU	1:06.56	1
42 Theresa Cook	FR	MORNINGSIDE COLLEGE	1:06.93	1
43 Christine Becker	FR	MORNINGSIDE COLLEGE	1:07.60	2
44 Milena Brikic	JR	DICKINSON STATE	1:08.48	1
45 Katie Sokolowski	FR	MORNINGSIDE COLLEGE	1:12.73	1

**Event 82 Men 400 Meter Dash UCO**

Meet Record: * 46.22 4/20/1996 LIONEL MCPHAUL, South Dakota				
Name	Year	School	Finals	H#
1 Khaldon Evans	SO	MINOT STATE	48.69	7

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 82 Men 400 Meter Dash UCO**

2	Andrew Jansen	SO WAYNE STATE COLLEGE	49.59	7
3	Jared Dewaard	SO D WESLEY	49.89	4
4	Devin Hiller	SR MINOT STATE	50.09	7
5	Cole Tucker	SR SDSU	50.42	7
6	Erik Lindsay	JR BRIAR CLIFF	50.75	6
7	Lyndon Schmidt	SR JAMESTOWN COLLEGE	50.98	6
8	Taylor Hoekstra	FR NORTHWESTERN	51.20	4
9	Brandon Henry	FR BRIAR CLIFF	51.21	5
10	Brent Jansen	SO JAMESTOWN COLLEGE	51.29	6
11	Ryan Conrad	JR NO. STATE	51.32	7
12	John Harris	FR MORNINGSIDE COLLEGE	51.36	6
13	Eric Peterson	FR NO. STATE	51.54	7
14	Brian Gesink	JR MORNINGSIDE COLLEGE	51.55	5
15	Nick Grove	JR MORNINGSIDE COLLEGE	51.63	5
16	Jarann Johnson	SO JAMESTOWN COLLEGE	51.85	3
17	Cody Diehl	SO WAYNE STATE COLLEGE	51.86	2
18	Titus Kosgei	JR MOUNT MARTY COLLEGE	51.96	7
19	Rick Te Grootenhuis	FR NORTHWESTERN	52.07	4
20	Ed Graf	SR MORNINGSIDE COLLEGE	52.18	4
21	Tyler Williamson	JR USD	52.26	6
22	Jeremiah Avise Rouse	SR MORNINGSIDE COLLEGE	52.58	5
23	Andy Quenzer	SO DAKOTA STATE	52.62	3
24	Trevino Thompson	SO DICKINSON STATE	52.66	7
25	Zane Peterson	JR U SIOUX FALL	52.69	6
26	Mark Johnson	FR NORTHWESTERN	52.85	3
27	Jason Haddix	FR U SIOUX FALL	52.87	3
28	Tim Vermeer	FR NORTHWESTERN	52.91	3
29	Joel Van Wyk	SO MORNINGSIDE COLLEGE	53.18	4
30	Chris Nordstrom	UNATTACHED	53.23	1
31	Ian Kuipers	FR DORDT	53.25	5
32	Kyle Weisbeck	SR NO. STATE	53.71	5
33	Peter Malga	FR MORNINGSIDE COLLEGE	53.77	3
34	Andy Dougherty	UNATTACHED	53.80	6
35	Joe Cisneros	FR BRIAR CLIFF	53.99	2
36	Jerad Schlobohm	JR DAKOTA STATE	54.13	4
37	Jeff Seagren	SR UNATTACHED	54.14	6
38	Matt Greenfield	SO NO. STATE	54.67	2
39	Kenny Moore	FR WAYNE STATE COLLEGE	54.91	2
40	Dane Hansen	FR MOUNT MARTY COLLEGE	55.11	3
41	Eli Turnbough	SR DICKINSON STATE	55.25	3
42	Brett Springman	FR MOUNT MARTY COLLEGE	55.38	1
43	Tyler Leinbaugh	SO MORNINGSIDE COLLEGE	55.54	2
44	Tyler Maxwell	FR USD	55.87	2
45	Kyle Hoffman	FR MORNINGSIDE COLLEGE	56.21	1
46	Jerome Middlebrooks	FR BUENA VISTA	56.28	2
47	Dillon Lenius	FR JAMESTOWN COLLEGE	56.31	1
48	Cody Danko	FR MORNINGSIDE COLLEGE	56.91	1
49	Michael Dailey	FR UNATTACHED	58.68	1

**Event 83 Women 400 Meter Hurdles UCO**

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Meet Record:	* 1:00.55	4/15/1995	ANNA RATZLOFF,	Augustana
Name		Year School	Finals	H#
=====				
1	Paige Pollard	SO WAYNE STATE COLLEGE	1:02.71	3

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 83 Women 400 Meter Hurdles UCO**

2	Sarah Skipper	JR JAMESTOWN COLLEGE	1:04.22	3
3	Marissa Curry	JR JAMESTOWN COLLEGE	1:05.18	2
4	Kendra De Jong	FR NORTHWESTERN	1:05.56	3
5	Jessica Becker	SO SDSU	1:05.87	3
6	Andrea Sjomeling	JR NO. STATE	1:05.96	3
7	Haley Juhnke	JR SOUTH DAKOTA	1:06.15	1
8	Deidre Hinkeldey	SO MORNINGSIDE COLLEGE	1:06.58	2
9	Corrie Fautsch	JR NORTHWESTERN	1:07.20	3
10	Ashley Wehle	FR BRIAR CLIFF	1:07.69	2
11	Kallie Merrill	JR JAMESTOWN COLLEGE	1:08.88	1
12	Melinda Vander Ark	SO DORDT	1:09.46	2
13	Hilary Harrison	FR DICKINSON STATE	1:09.58	2
14	Alison Syverson	FR U SIOUX FALL	1:09.75	1
15	Amy Pheneger	JR DAKOTA STATE	1:10.79	2
16	Whitney Nelson	FR BUENA VISTA	1:11.13	1
17	Meagan Grandgenett	SO AUGUSTANA COLLEGE	1:11.30	1
18	Sara Schultz	SO DAKOTA STATE	1:12.97	1
19	Rachel Burnette	FR BUENA VISTA	1:13.46	2

**Event 84 Men 400 Meter Hurdles UCO**

Meet Record: * 52.42 4/19/2007 JAKE HAMIK, Northern State				
Name	Year	School	Finals	H#
1	Monte Larsen	FR MORNINGSIDE COLLEGE	54.01	4
2	Bill Cameron	SR NO. STATE	54.41	4
3	Luke Hauert	FR NO. STATE	54.81	4
4	Tanner Russ	SR BUENA VISTA	55.25	4
5	Scott Roemmich	FR JAMESTOWN COLLEGE	55.84	3
6	Darwin Schwartz	JR MINOT STATE	56.27	4
7	Colin Vandehoef	UNATTACHED	56.60	3
8	Andrew Smith	FR BUENA VISTA	56.93	3
9	Andrew Vander Woude	FR DORDT	57.07	3
10	Chris Hubbs	FR SDSU	57.26	2
11	Zach Morris	JR AUGUSTANA COLLEGE	57.26	3
12	Paul Mallory	SO AUGUSTANA COLLEGE	57.77	4
13	Ryan Maloney	FR U SIOUX FALL	57.85	2
14	Josh Steinhoff	UNATTACHED	57.95	2
15	Ben Schemp	UNATTACHED	58.07	2
16	Travis Jimenez	FR NO. STATE	58.83	4
17	Tim Boonstra	SR DORDT	59.75	3
18	Jordan Davis	FR UNIVERSITY OF MARY	59.80	2
19	Phillip Carmody	SO DAKOTA STATE	1:00.11	2
20	Abraham Klafter	FR NORTHWESTERN	1:00.99	1
21	Alex Zuke	JR U SIOUX FALL	1:01.24	2
22	Mike Bredeson	FR SDSU	1:01.99	1
23	Jordan Boekhout	FR NORTHWESTERN	1:03.98	1
24	Dan Cunningham	FR MORNINGSIDE COLLEGE	1:04.38	1
25	Jay Overgard	FR MOUNT MARTY COLLEGE	1:04.42	1
26	Chris Sterrett	UNATTACHED	1:05.61	2
--	Kelly Roemmich	SR JAMESTOWN COLLEGE	DQ	3

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 85 Women 800 Meter Run UCO**


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 Meet Record: \* 2:09.89 4/17/2000 LISBETH PEDERSEN, unattache

Name	Year School	Finals
1 Jessica Hudelson	FR MORNINGSIDE COLLEGE	2:14.44
2 Cecilie Udstuen	FR AUGUSTANA COLLEGE	2:15.08
3 Jen Van Otterloo	UNATTACHED	2:16.34
4 Linn Nilsson	FR AUGUSTANA COLLEGE	2:16.59
5 Caitlin Polgreen	SR AUGUSTANA COLLEGE	2:16.78
6 Brittany Young	FR DAKOTA STATE	2:17.91
7 Nicole Seier	FR MORNINGSIDE COLLEGE	2:19.04
8 Breanna Mathes	FR MORNINGSIDE COLLEGE	2:19.50
9 Madeline Hornung	SO JAMESTOWN COLLEGE	2:19.84
10 Stephanie Warnke	SO DAKOTA STATE	2:20.91
11 Allison Henke	SO AUGUSTANA COLLEGE	2:21.11
12 Megan Jenkins	FR UNIVERSITY OF MARY	2:21.69
13 Heather Hoefs	FR MORNINGSIDE COLLEGE	2:21.81
14 Rachel Biederman	FR AUGUSTANA COLLEGE	2:21.88
15 Molly Kokesh	FR AUGUSTANA COLLEGE	2:22.21
16 Nichole Duncan	FR DORDT	2:22.32
17 Jessica Brandli	FR NO. STATE	2:22.87
18 Erin Curran	FR BLACK HILLS STATE	2:22.92
19 Emmylyn Bentley	JR JAMESTOWN COLLEGE	2:23.23
20 Brandee DeVine	SR UNIVERSITY OF MARY	2:23.42
21 Cecilia Vallejo	FR BRIAR CLIFF	2:23.60
22 Tara Postma	FR DORDT	2:23.63
23 Abi Bever	FR BLACK HILLS STATE	2:24.13
24 Krystina Smith	JR NORTHWESTERN	2:24.47
25 McKenzie Reece	FR MORNINGSIDE COLLEGE	2:24.48
26 Toni Fritz	JR NO. STATE	2:25.46
27 Jessica Clark	SO MORNINGSIDE COLLEGE	2:25.86
28 Melissa Kroupa	SO U SIOUX FALL	2:27.00
29 Tabitha Shepherd	FR MORNINGSIDE COLLEGE	2:27.14
30 Angela Luedke	FR SOUTH DAKOTA	2:27.36
31 Steph Wibben	FR MORNINGSIDE COLLEGE	2:27.93
32 Melissa McIntosh	JR WAYNE STATE COLLEGE	2:28.06
33 Molly Kopfmann	SO SDSU	2:28.38
34 Melissa Perez	SR DICKINSON STATE	2:29.03
35 Mallory Souder	SO JAMESTOWN COLLEGE	2:29.54
36 Danielle McCann	SO SDSU	2:29.62
37 Rachel Bickford	JR JAMESTOWN COLLEGE	2:29.78
38 Mary Maassen	SR NORTHWESTERN	2:30.63
39 Rebecca Wiggins	SO NORTHWESTERN	2:30.89
40 Theresa Cook	FR MORNINGSIDE COLLEGE	2:31.97
41 Laura Bauer	FR SDSU	2:32.44
42 Debbie Lopez	SR DICKINSON STATE	2:33.02
43 Brittney Olfert	FR NO. STATE	2:33.38
44 Samantha Sahagian	FR DORDT	2:33.42
45 Kelsey Robish	FR SOUTH DAKOTA	2:33.46
46 Tianna Hurtado	JR SOUTH DAKOTA	2:34.62
47 Kat VonRumpf	FR BRIAR CLIFF	2:34.83
48 Becca Van Dam	FR DORDT	2:35.72
49 Michelle Johnson	FR U SIOUX FALL	2:36.44
50 Bernie Bachel	FR JAMESTOWN COLLEGE	2:36.48
51 Jenna McCoy	JR WAYNE STATE COLLEGE	2:37.50
52 Aimee Lenocker	FR D WESLEY	2:37.77

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 85 Women 800 Meter Run UCO**

53	Tatiana DeLosSantos	SO WAYNE STATE COLLEGE	2:41.52
54	Kayleen Gupman	FR D WESLEY	2:43.20
55	Mariela Sanchez	JR DICKINSON STATE	2:45.49
--	Katie Conlon	FR JAMESTOWN COLLEGE	DNF
--	Rachel Garay	FR BRIAR CLIFF	DNF
--	Alyssa Bossler	SR JAMESTOWN COLLEGE	DNF
--	Lisa Ryan	UNATTACHED	DQ

**Event 86 Men 800 Meter Run UCO**

Meet Record: \* 1:48.89 4/20/1995 TOM DOW, Augustana

Name	Year School	Finals
1 Josiah Luttjeboer	JR DORDT	1:52.91
2 Brian Gesink	JR MORNINGSIDE COLLEGE	1:53.39
3 Tyler VanPeursem	SR DAKOTA STATE	1:53.49
4 Andy Coy	FR DAKOTA STATE	1:53.50
5 Monte Larsen	FR MORNINGSIDE COLLEGE	1:54.01
6 Titus Kosgei	JR MOUNT MARTY COLLEGE	1:54.28
7 Ryan Tholen	FR DORDT	1:54.52
8 Brian Werner	SR AUGUSTANA COLLEGE	1:54.95
9 Mark Eekhoff	SR DORDT	1:55.29
10 Taylor Champan	FR MORNINGSIDE COLLEGE	1:55.71
11 Austin Vande Berg	SR AUGUSTANA COLLEGE	1:55.79
12 David Christensen	SR DORDT	1:56.64
13 Jacob Arechigo	FR NO. STATE	1:56.94
14 Matt Peterson	SO NO. STATE	1:57.52
15 Cody Foreman	SR DAKOTA STATE	1:57.66
16 Travis Beniak	SO AUGUSTANA COLLEGE	1:57.84
17 Brent Van Schepen	FR DORDT	1:58.10
18 Ismael Arzola	UNATTACHED	1:58.26
19 Lief Rasmussen	SR JAMESTOWN COLLEGE	1:58.40
20 Kyle Poss	SO USD	1:58.75
21 Kelly Hall	SO SDSU	1:58.77
22 Gary Heitkamp	SO MINOT STATE	1:58.79
23 John Harris	FR MORNINGSIDE COLLEGE	1:58.85
24 Chris Nordstrom	UNATTACHED	1:59.01
25 Daniel Black	SR AUGUSTANA COLLEGE	1:59.05
26 Greg Meister	FR UNATTACHED	1:59.35
27 Andrew Manning	SO DAKOTA STATE	1:59.52
28 David Nash	UNATTACHED	2:00.00
29 Brock Rose	SO NO. STATE	2:00.12
30 Bryan Aberle	JR USD	2:00.51
31 Luke Sachau	FR BRIAR CLIFF	2:00.58
32 Kyle Heim	FR JAMESTOWN COLLEGE	2:00.65
33 Cody Roland	SR JAMESTOWN COLLEGE	2:00.77
34 Andy Quenzer	SO DAKOTA STATE	2:00.80
35 Bryce Kinard	FR BRIAR CLIFF	2:00.87
36 Greg Vollmer	UNATTACHED	2:01.10
37 Kelly Polacek	FR BRIAR CLIFF	2:01.16
38 Cheto Cerda	SR WAYNE STATE COLLEGE	2:01.23
39 Edwin Cheleshaw	SO DICKINSON STATE	2:01.27
40 Thomas Hunt	FR BRIAR CLIFF	2:01.85
41 Aaron Garza	FR WAYNE STATE COLLEGE	2:01.89
42 Kasey Hoffman	UNATTACHED	2:02.12

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 86 Men 800 Meter Run UCO**

43	Grant Aden	UNATTACHED	2:02.19
44	Nathan Stamstad	SO UNIVERSITY OF MARY	2:02.96
45	Tommy Stuart	FR BRIAR CLIFF	2:02.98
46	Alex Weborg	FR MORNINGSIDE COLLEGE	2:03.11
47	Todd Wolf	FR MORNINGSIDE COLLEGE	2:03.21
48	Jason Haddix	FR U SIOUX FALL	2:03.34
49	Peter Malga	FR MORNINGSIDE COLLEGE	2:03.37
50	Adam Potter	FR NORTHWESTERN	2:03.62
51	Tommy Torok	UNATTACHED	2:03.73
52	Jason Schaaf	SO WAYNE STATE COLLEGE	2:05.05
53	Ed Graf	SR MORNINGSIDE COLLEGE	2:05.06
54	Garrett Hill	SR BUENA VISTA	2:05.16
55	Brandon Delao	FR UNIVERSITY OF MARY	2:05.48
56	Kyle Hoffman	FR MORNINGSIDE COLLEGE	2:05.72
57	Mike Lynch	SO D WESLEY	2:05.84
58	Eli Turnbough	SR DICKINSON STATE	2:07.62
59	Brandon Schuler	FR NORTHWESTERN	2:07.65
60	Joe Chebul	SO WAYNE STATE COLLEGE	2:09.01
61	Alex Moore	SR BUENA VISTA	2:10.15
62	Tanner LaValliere	FR D WESLEY	2:10.33
63	Kyle Schoenfish	SR D WESLEY	2:10.90
64	AJ King	FR MORNINGSIDE COLLEGE	2:11.59
65	Jacob Buss	FR DORDT	2:12.18
66	Chris Riley	SR MOUNT MARTY COLLEGE	2:12.79
67	David Elliot	FR D WESLEY	2:14.95
68	Luis Elizondo	SO MINOT STATE	2:15.33
69	Alan Stuber	FR D WESLEY	2:25.41
70	Andrew Soden	FR BUENA VISTA	2:36.83
--	Ryan Perry	FR MINOT STATE	DNF
--	Jordan Slusser	FR AUGUSTANA COLLEGE	DNF

**Event 87 Women 1500 Meter Run UCO**

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Meet Record: * 4:37.94 4/19/2008 RAMSEY KAVAN, South Dakota			
Name	Year	School	Finals
=====			
1	Melissa Agnew	FR UNIVERSITY OF MARY	4:47.00
2	Erin Curran	FR BLACK HILLS STATE	4:48.60
3	Merissa Harkema	FR DORDT	4:48.76
4	Jessica Hudelson	FR MORNINGSIDE COLLEGE	4:49.82
5	Dakota Wolf	FR UNIVERSITY OF MARY	4:50.15
6	Megan Zavorka	SR WAYNE STATE COLLEGE	4:51.91
7	Jen Van Otterloo	UNATTACHED	4:52.58
8	Emmylyn Bentley	JR JAMESTOWN COLLEGE	4:53.30
9	Amanda Frohling	SR SDSU	4:53.37
10	Lisa Ryan	UNATTACHED	4:53.67
11	Nicole Seier	FR MORNINGSIDE COLLEGE	4:53.73
12	Stephanie Warnke	SO DAKOTA STATE	4:55.26
13	Tera Potts	FR SDSU	4:55.28
14	Alyssa Bossler	SR JAMESTOWN COLLEGE	4:57.68
15	Emily Smith	JR SDSU	4:58.75
16	Anna Garner	SO SDSU	5:00.88
17	Nichole Duncan	FR DORDT	5:03.93
18	Jessica Clark	SO MORNINGSIDE COLLEGE	5:04.73
19	Leslie Stover	FR NORTHWESTERN	5:06.03

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 87 Women 1500 Meter Run UCO**

20	Ky'Lee Engelken	FR WAYNE STATE COLLEGE	5:06.44
21	Rayel McPeters	SR DICKINSON STATE	5:06.93
22	Clarice Bauer	SR DAKOTA STATE	5:08.57
23	Brittney Olfert	FR NO. STATE	5:08.71
24	Trama Giermann	FR MORNINGSIDE COLLEGE	5:08.91
25	Melissa McIntosh	JR WAYNE STATE COLLEGE	5:09.92
26	Molly Kopfmann	SO SDSU	5:10.76
27	Lydia Ford	FR MORNINGSIDE COLLEGE	5:10.78
28	Tianna Hurtado	JR SOUTH DAKOTA	5:14.50
29	Angela Luedke	FR SOUTH DAKOTA	5:15.26
30	Jenna McCoy	JR WAYNE STATE COLLEGE	5:16.86
31	Jenna Kral	FR MORNINGSIDE COLLEGE	5:17.99
32	Ashleigh Anderson	JR JAMESTOWN COLLEGE	5:18.30
33	Lisa Kremer	FR BRIAR CLIFF	5:18.73
34	Corrine Muyskens	FR NORTHWESTERN	5:18.85
35	Steph Wibben	FR MORNINGSIDE COLLEGE	5:19.67
36	Kayla Smith	FR SOUTH DAKOTA	5:22.14
37	Becca Van Dam	FR DORDT	5:22.82
38	Kelsey Robish	FR SOUTH DAKOTA	5:24.66
39	Steph Calleroz	FR BRIAR CLIFF	5:25.27
40	Erin Gerdes	FR BRIAR CLIFF	5:26.13
41	Cambrya Belter	SO JAMESTOWN COLLEGE	5:26.39
42	Tara Blutt	SR NORTHWESTERN	5:27.52
43	Tatiana DeLosSantos	SO WAYNE STATE COLLEGE	5:28.93
44	Aimee Lenocker	FR D WESLEY	5:29.39
45	Kasey Hohl	FR SOUTH DAKOTA	5:29.46
46	Melissa Kroupa	SO U SIOUX FALL	5:30.34
47	Lisa Becker	FR BRIAR CLIFF	5:31.55
48	Lisa Grosvenor	SO MORNINGSIDE COLLEGE	5:34.56
49	Bernie Bachel	FR JAMESTOWN COLLEGE	5:37.14
50	Mariela Sanchez	JR DICKINSON STATE	5:38.79
51	Stephanie Schultz	JR MOUNT MARTY COLLEGE	5:44.98
52	Suzy Avey	JR JAMESTOWN COLLEGE	5:55.96
53	Ali Clevenger	FR U SIOUX FALL	6:00.68
54	Kim Perez	FR BUENA VISTA	6:07.84
55	Teresa Nelson	JR BRIAR CLIFF	6:57.07
--	Bre Platt	JR BUENA VISTA	DNF
--	Rachel Bickford	JR JAMESTOWN COLLEGE	DNF
--	Laura Wolles	FR SDSU	DNF
--	Kelsey Maloney	SR SOUTH DAKOTA	DNF
--	Kiley Beste	FR MOUNT MARTY COLLEGE	DNF
--	Anna Wolverton	FR BRIAR CLIFF	DNF

**Event 88 Men 1500 Meter Run UCO**

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 Meet Record: \* 3:51.94 4/22/1998 CHAD FEELDY, South Dakota

Name	Year School	Finals
1	Tyler VanPeursem	SR DAKOTA STATE 3:54.84
2	Shannon Stenger	UNATTACHED 3:55.47
3	Ryan Tholen	FR DORDT 3:58.07
4	Andy Coy	FR DAKOTA STATE 3:59.68
5	Brian Gesink	JR MORNINGSIDE COLLEGE 4:02.61
6	Taylor Champan	FR MORNINGSIDE COLLEGE 4:05.12
7	Jarvis Jelen	UNATTACHED 4:05.18

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 88 Men 1500 Meter Run UCO**

8	Brad Anderson	SO SDSU	4:05.68
9	David Christensen	SR DORDT	4:05.80
10	Brent Van Schepen	FR DORDT	4:05.83
11	Kelly Hall	SO SDSU	4:06.23
12	Richard Keroack	SO NO. STATE	4:06.46
13	Lee Anderson	JR WAYNE STATE COLLEGE	4:08.61
14	Ismael Arzola	UNATTACHED	4:10.79
15	Anthony Drealan	JR DAKOTA STATE	4:11.81
16	Paul Wilson	UNATTACHED	4:13.14
17	Eric Mohrbacher	FR UNIVERSITY OF MARY	4:13.43
18	Cheto Cerda	SR WAYNE STATE COLLEGE	4:14.05
19	Edwin Cheleshaw	SO DICKINSON STATE	4:14.53
20	Casey Jore	FR UNIVERSITY OF MARY	4:15.90
21	Josheb Benson	FR BRIAR CLIFF	4:18.78
22	Andrew Jacob	FR UNATTACHED	4:19.51
23	Bryce Kinard	FR BRIAR CLIFF	4:19.57
24	Jason Schaaf	SO WAYNE STATE COLLEGE	4:19.68
25	Ben Harrison	JR DAKOTA STATE	4:22.10
26	Joe Chebul	SO WAYNE STATE COLLEGE	4:26.53
27	Garrett Hill	SR BUENA VISTA	4:26.91
28	Tyler Voss	FR U SIOUX FALL	4:29.06
29	Nathan Stamstad	SO UNIVERSITY OF MARY	4:30.54
30	Peter Malga	FR MORNINGSIDE COLLEGE	4:30.68
31	AJ King	FR MORNINGSIDE COLLEGE	4:32.32
32	Bryan Wolfe	FR DAKOTA STATE	4:33.35
33	Stephen Olson	FR DORDT	4:41.41
34	Tanner LaValliere	FR D WESLEY	4:43.35
35	Andrew Lichter	FR NORTHWESTERN	4:45.69
36	James Jensen	FR MOUNT MARTY COLLEGE	4:46.73
37	Alan Stuber	FR D WESLEY	4:54.88
38	Matt Wattier	SO U SIOUX FALL	4:56.91
39	Nathan Licher	SR NORTHWESTERN	5:01.67
40	Andrew Soden	FR BUENA VISTA	5:11.50

**Event 89 Women 3000 Meter Steeplechase UCO**

Meet Record: \* 10:42.93 4/19/2008 JEN KEMPERS, Dordt

Name	Year School	Finals
1	Jen Van Otterloo	UNATTACHED 10:41.80*
2	Katie Conlon	FR JAMESTOWN COLLEGE 10:52.66
3	Kara Nelson	JR MORNINGSIDE COLLEGE 11:18.55
4	Erin Lynn Keitges	SR MORNINGSIDE COLLEGE 11:24.99
5	Abi Bever	FR BLACK HILLS STATE 11:27.32
6	Mikayla Barondeau	SO NO. STATE 11:32.73
7	Gail McIntyre	SO D WESLEY 11:38.87
8	Jennifer Agnew	FR UNIVERSITY OF MARY 11:43.19
9	Sarah Thomsen	SR WAYNE STATE COLLEGE 11:47.26
10	Rosemary Bernth	FR BRIAR CLIFF 12:04.52
11	Vanessa Escobar	SR DICKINSON STATE 12:11.64
12	Danielle McCann	SO SDSU 12:18.54
13	Tabitha Shepherd	FR MORNINGSIDE COLLEGE 12:33.87
14	Rachel Bickford	JR JAMESTOWN COLLEGE 12:49.28
15	Jade Steinberg	SO MOUNT MARTY COLLEGE 12:56.38
16	Bre Platt	JR BUENA VISTA 16:07.66

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 90 Men 3000 Meter Steeplechase UCO**


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 Meet Record: \* 9:10.87 4/18/2009 MATT SCHNEIDER, Wayne State

Name	Year School	Finals
1 Matt Fideler	JR DAKOTA STATE	9:21.55
2 Anthony Drealan	JR DAKOTA STATE	9:23.03
3 Nate Preston	SR WAYNE STATE COLLEGE	9:26.01
4 Isaac VanDyke	SR D WESLEY	9:27.35
5 Jarvis Jelen	UNATTACHED	9:29.64
6 KC Fiedler	JR BLACK HILLS STATE	9:32.52
7 Greg Vollmer	UNATTACHED	9:33.50
8 John Kern	JR WAYNE STATE COLLEGE	9:49.54
9 Josh Schmeichel	SR NO. STATE	9:53.36
10 Kyle Schmidt	FR SDSU	9:55.08
11 Brock Rose	SO NO. STATE	10:10.15
12 Ronnie Kyllo	UNATTACHED	10:10.55
13 Alex Weborg	FR MORNINGSIDE COLLEGE	10:14.32
14 Joseph Koerber	JR JAMESTOWN COLLEGE	10:14.93
15 Cory Meza	SO MINOT STATE	10:20.08
16 Todd Wolf	FR MORNINGSIDE COLLEGE	10:24.65
17 Nate McKeown	UNATTACHED	10:29.03
18 Michael Hoffman	FR DAKOTA STATE	10:31.55
19 Dustin Boyle	SR U SIOUX FALL	10:42.42
20 Keagan Hicks	FR NORTHWESTERN	10:47.76
21 Brian Christiansen	FR BUENA VISTA	10:49.85
22 Jesse Baldwin	FR NORTHWESTERN	11:02.48
23 Chase Ward	FR U SIOUX FALL	12:11.27

**Event 91 Women 5000 Meter Run UCO**


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 Meet Record: \* 17:19.50 4/19/2001 MOLLY WEDEL, South Dakota

Name	Year School	Finals
1 Runa Falch	FR AUGUSTANA COLLEGE	17:11.87*
2 Kyle Blakeslee	FR AUGUSTANA COLLEGE	17:15.28*
3 Katie Conlon	FR JAMESTOWN COLLEGE	17:32.28
4 Alyssa Bossler	SR JAMESTOWN COLLEGE	17:47.25
5 Kara Nelson	JR MORNINGSIDE COLLEGE	17:58.99
6 Erin Lynn Keitges	SR MORNINGSIDE COLLEGE	18:22.64
7 Michelle Steiger	SO DORDT	18:31.06
8 Courtney Rasmussen	SO AUGUSTANA COLLEGE	18:35.81
9 Leigh Anne Whiteside	SO BLACK HILLS STATE	18:36.32
10 Sara Hess	JR NORTHWESTERN	18:43.68
11 Lydia Ford	FR MORNINGSIDE COLLEGE	18:48.23
12 Kari Linneman	JR NO. STATE	19:03.68
13 Allison Weeldreyer	SO NORTHWESTERN	19:04.32
14 Samantha Warnke	SR DAKOTA STATE	19:07.21
15 Brooke Fischer	FR MOUNT MARTY COLLEGE	19:21.17
16 Krystal Hughes	FR NO. STATE	19:30.87
17 Clarice Bauer	SR DAKOTA STATE	19:37.40
18 Cambrya Belter	SO JAMESTOWN COLLEGE	19:50.17
19 Jenna Kral	FR MORNINGSIDE COLLEGE	20:01.98
20 Lisa Grosvenor	SO MORNINGSIDE COLLEGE	20:27.71
21 Leah Dykstra	FR NORTHWESTERN	20:31.67
22 Akacia Wentworth	JR NORTHWESTERN	20:34.43
23 Megan O'Grady	SR MOUNT MARTY COLLEGE	20:48.71

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 91 Women 5000 Meter Run UCO**

24	Suzy Avey	JR JAMESTOWN COLLEGE	21:32.38
25	Abby Mettler	JR D WESLEY	22:01.00
--	Kylie Underwood	FR NORTHWESTERN	DNF
--	Breann Rozeboom	JR NORTHWESTERN	DNF
--	Marissa Schouten	SR U SIOUX FALL	DNF
--	Ashley Unruh	SO U SIOUX FALL	DNF
--	Kristin Brondbo	FR AUGUSTANA COLLEGE	DNF
--	Katie Cook	SR BLACK HILLS STATE	DNF
--	Jade Steinberg	SO MOUNT MARTY COLLEGE	DNF
--	Molly Clark	SR AUGUSTANA COLLEGE	DNF
--	Wendy O'Lexey	JR BLACK HILLS STATE	DNF

**Event 92 Men 5000 Meter Run UCO**

Meet Record: * 14:23.61 4/21/2001 MATT HOYT, unattached			
Name	Year	School	Finals
1	Cody Bordewyk	SR BLACK HILLS STATE	14:56.22
2	Laine Parish	SO BLACK HILLS STATE	14:56.53
3	Neil Long	JR BLACK HILLS STATE	15:10.62
4	Chris Heezen	UNATTACHED	15:11.76
5	Devon Berkness	JR DAKOTA STATE	15:16.01
6	Eamin Entwisle	SO UNIVERSITY OF MARY	15:20.09
7	Chris Gruenhagen	UNATTACHED	15:20.17
8	Eric Tudor	FR DORDT	15:40.54
9	Anthony Bongard	UNATTACHED	15:49.16
10	Brandon Velasquez	SO MINOT STATE	15:51.71
11	York Thomas	JR WAYNE STATE COLLEGE	15:54.37
12	Alex Lohr	UNATTACHED	15:54.66
13	Ryan Evans	FR AUGUSTANA COLLEGE	16:06.85
14	Mo Keller	FR MOUNT MARTY COLLEGE	17:17.09
15	Kendall Witzten	SO JAMESTOWN COLLEGE	17:23.94
16	Mykl Boyd-Raska	FR BRIAR CLIFF	17:27.18
17	Glen Elder	SR U SIOUX FALL	17:35.77
18	Andrew Johnson	SO NORTHWESTERN	17:55.09
19	John Towle	SO MINOT STATE	17:58.01
20	Chris Riley	SR MOUNT MARTY COLLEGE	18:00.10
21	Kyle Sanderson	SR DAKOTA STATE	18:05.69
22	Caleb Belter	FR JAMESTOWN COLLEGE	18:31.60
23	Jeff Sawatzky	JR DAKOTA STATE	18:34.50
24	Jason Wesselmann	FR BRIAR CLIFF	18:54.02
25	Tyler Drenkow	FR NORTHWESTERN	19:08.63
--	Jimmy Thomas	FR U SIOUX FALL	DNF
--	Connor Lindquist	FR BRIAR CLIFF	DNF
--	Joseph Koerber	JR JAMESTOWN COLLEGE	DNF
--	Joe Noyes	SO U SIOUX FALL	DNF

**Event 93 Women 10000 Meter Run UCO**

Meet Record: * 35:44.51 4/21/1998 STACY JOHNSON, Augustana			
Name	Year	School	Finals
1	Wendy O'Lexey	JR BLACK HILLS STATE	36:56.15
2	Irene Kosgei	SO UNIVERSITY OF MARY	38:08.22
3	Katie Cook	SR BLACK HILLS STATE	39:40.08

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 93 Women 10000 Meter Run UCO**

4 Ashley Unruh	SO U SIOUX FALL	42:12.02
5 Kelsey Maloney	SR SOUTH DAKOTA	42:25.23
6 Kayla Smith	FR SOUTH DAKOTA	42:40.56
7 Ashleigh Anderson	JR JAMESTOWN COLLEGE	43:50.56
8 Kasey Hohl	FR SOUTH DAKOTA	43:51.55
9 Marissa Schouten	SR U SIOUX FALL	44:16.29
10 Resa Hendrickson	SO MOUNT MARTY COLLEGE	44:28.68
11 Becka Jensen	SO MOUNT MARTY COLLEGE	46:23.72
12 Alicia Pick	SO MOUNT MARTY COLLEGE	48:09.17

**Event 94 Men 10000 Meter Run UCO**

Meet Record: \* 30:16.57 4/22/1998 JAMES MCGOWAN, Wayne State

Name	Year School	Finals
1 Chris Heezen	UNATTACHED	31:56.81
2 Thomas Madut	SR D WESLEY	32:24.34
3 Nathan Hopp	FR UNATTACHED	32:53.24
4 Birch Haraden	SR BLACK HILLS STATE	32:59.83
5 Samuel Chavez	SR DICKINSON STATE	33:30.12
6 Joe Noyes	SO U SIOUX FALL	34:25.65
7 Leon Medina	FR MINOT STATE	35:14.91
8 Brett Szafarski	FR MINOT STATE	35:58.35
9 Jimmy Thomas	FR U SIOUX FALL	37:35.19
10 Dave Londe	FR JAMESTOWN COLLEGE	37:51.20
-- Adam Verhoef	SO NORTHWESTERN	DNF

**Event 95 Women 4x100 Meter Relay UCO**

Meet Record: \* 47.12 4/16/1994 SOUTH DAKOTA, South Dakota  
M. Christie J Bowne D Kocer M Brown

School	Prelims	H#
Preliminaries		
1 UNIVERSITY OF MARY 'A'	* 47.07q	2
1) Kristyn Nelson SO	2) Nicketa Coombs FR	
3) Mishay Weber SR	4) Kristen Stewart JR	
2 DAKOTA WESLYAN UNIVERSITY 'A'	48.09q	1
1) Steph Leist JR	2) Alyssa Christianson FR	
3) Tamika Irvin	4) Natalie Wipf	
3 DORDT 'A'	49.55q	1
1) Jenna Brouwer JR	2) Crystal Vander Zee SO	
3) Kaitlin Troost FR	4) Briana Wubben FR	
4 MORNINGSIDE COLLEGE 'A'	50.15q	2
1) Lydia Bienlien FR	2) Deidre Hinkeldey SO	
3) Sabrina Sieperda FR	4) Amber Woodford FR	
5 SOUTH DAKOTA 'A'	50.51q	1
1) Haley Juhnke JR	2) Kristine DuBois SO	
3) Madison Whitley FR	4) Christina Roberts SO	
6 NORTHERN STATE UNIVERSITY 'A'	50.95q	2
1) Lindsey Fluharty FR	2) Marisa Aldinger SR	
3) Laci Hettick SR	4) Emily Fritz SO	
7 DAKOTA STATE UNIVERSITY 'A'	51.27q	1
1) Laura Porch FR	2) Brandi Gau JR	
3) Amber Krogstad JR	4) Danielle Rowe JR	

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 95 Women 4x100 Meter Relay UCO**

8	JAMESTOWN COLLEGE 'A'	51.41q	2
	1) Katie Zent SO	2) Sarah Skipper JR	
	3) Beth Segerholm FR	4) AnnaLiesa Fauth JR	
9	BRIAR CLIFF UNIVERSITY 'A'	51.52	1
	1) Nancy Tatou FR	2) Madison Borer FR	
	3) Jill Hoogeveen FR	4) Katie Beldt FR	
10	SO DAKOTA STATE UNIVERSIT 'A'	51.55	1
	1) Lindsey Thielen FR	2) Rachel Hagberg FR	
	3) Marissa Novak FR	4) Jessica Becker SO	
11	BUENA VISTA UNIVERSITY 'A'	51.73	2
	1) Bailey Schafbuch FR	2) Nikki Hanish FR	
	3) Andrea Boyd SO	4) Molly Sippel FR	
12	AUGUSTANA COLLEGE 'A'	52.38	1
	1) Meagan Grandgenett SO	2) Emily Halverson FR	
	3) Sarah Drew SR	4) Claire Severson SR	
13	MOUNT MARTY COLLEGE 'A'	52.89	2
	1) Meghan Nelson JR	2) Dana Riter SO	
	3) Katie Breuer SO	4) Katie Whaley SO	
14	DORDT 'B'	53.34	2
	1) Sarah Franje SR	2) Karina Wierenga SR	
	3) Emily Christians FR	4) Christina Van Singel FR	

**Event 95 Women 4x100 Meter Relay UCO**

Meet Record: \* 47.12 4/16/1994 SOUTH DAKOTA, South Dakota  
M. Christie J Bowne D Kocer M Brown

School	Finals
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## Finals

1	UNIVERSITY OF MARY 'A'	46.88*
2	DAKOTA WESLYAN UNIVERSITY 'A'	48.72
3	DORDT 'A'	49.53
4	SOUTH DAKOTA 'A'	50.20
5	MORNINGSIDE COLLEGE 'A'	50.47
6	JAMESTOWN COLLEGE 'A'	50.70
7	DAKOTA STATE UNIVERSITY 'A'	51.22
8	NORTHERN STATE UNIVERSITY 'A'	51.85

**Event 96 Men 4x100 Meter Relay UCO**

Meet Record: \* 41.28 4/22/1990 NORTH DAKOTA STATE, North Dakota  
J. Thompson M. Eckroth J. Boschee K. Cargile

School	Prelims	H#
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## Preliminaries

1	BRIAR CLIFF UNIVERSITY 'A'	41.98q	1
	1) Jon Smith JR	2) Sam Acheampong FR	
	3) Cecil Milton FR	4) Erik Lindsay JR	
2	DORDT 'A'	42.30q	1
	1) Roland Osaе-Opang JR	2) Trevor Wolterstorff FR	
	3) Aaron Floen FR	4) Nic Pfeifle FR	
3	UNIVERSITY OF MARY 'A'	42.53q	1
	1) Jordan Puhalla JR	2) Cory Ploof SO	
	3) Deland Weyrauch FR	4) Tracy Lide FR	
4	WAYNE STATE COLLEGE 'A'	42.77q	2

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 96 Men 4x100 Meter Relay UCO**

1) Drew Molacek JR	2) Michael King FR		
3) Cody Diehl SO	4) Alex Timperley SO		
5 DICKINSON STATE 'A'		42.82q	2
1) Bonamy Cordero JR	2) Thomas Whyley JR		
3) Trevino Thompson SO	4) Josh Neumiller FR		
6 NORTHERN STATE UNIVERSITY 'A'		43.18q	2
1) Luke Hauert FR	2) Trevor Mau FR		
3) Austin Suther SO	4) Calvin McGruder JR		
7 NORTHWESTERN COLLEGE 'A'		43.31q	1
1) Brandon Hammack FR	2) Taylor Hoekstra FR		
3) Parker Moore SO	4) Jordan Langer JR		
8 MINOT STATE UNIVERSI 'A'		43.36q	2
1) Johnny Lester JR	2) Darwin Schwartz JR		
3) Devin Hiller SR	4) Andy Palacio SR		
9 JAMESTOWN COLLEGE 'A'		43.38	1
1) Scott Roemmich FR	2) Josh Ewalt JR		
3) Brent Jansen SO	4) Lyndon Schmidt SR		
10 DAKOTA WESLYAN UNIVERSITY 'A'		43.53	2
1) Jared Dewaard SO	2) Dalton Smith FR		
3) Juston Wynia FR	4) Jordan Miller FR		
11 NORTHERN STATE UNIVERSITY 'B'		43.75	1
1) Zak Kjolsing SO	2) Augustus Capers JR		
3) Matt Greenfield SO	4) Zuri Nance FR		
12 DAKOTA STATE UNIVERSITY 'A'		43.81	2
1) Phillip Carmody SO	2) Stacey Berg FR		
3) Zach Bakke FR	4) Jared Mengenhause JR		
13 BRIAR CLIFF UNIVERSITY 'B'		44.44	1
1) Cody Spreeman FR	2) Mike Trujillo FR		
3) Caleb Young FR	4) Cam Terry FR		
14 DORDT 'B'		44.56	1
1) Tim Boonstra SR	2) Sam Du Mez SO		
3) David Riley FR	4) Joe Lammers SO		
15 UNIVERSITY SOUTH DAKOTA 'A'		45.00	2
1) Chad Pinkelman SO	2) Brandon Kovash FR		
3) Tyler Williamson JR	4) Ben Oberle SR		
-- BUENA VISTA UNIVERSITY 'A'		DQ	2
1) Kenneth Nichols JR	2) Justus Harris FR		
3) Stefan Peterson SO	4) Chris Richardson FR		

**Event 96 Men 4x100 Meter Relay UCO**

Meet Record: \* 41.28 4/22/1990 NORTH DAKOTA STATE, North Dak  
 J. Thompson M. Eckroth J. Boschee K. Cargile  
 School Finals

## Finals

1 BRIAR CLIFF UNIVERSITY 'A'	42.44
2 WAYNE STATE COLLEGE 'A'	42.47
3 DORDT 'A'	42.72
4 NORTHERN STATE UNIVERSITY 'A'	42.73
5 MINOT STATE UNIVERSI 'A'	43.24
6 UNIVERSITY OF MARY 'A'	43.32
-- NORTHWESTERN COLLEGE 'A'	DNF

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 97 Women 4x200 Meter Relay UCO**

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

School	Finals
1 SOUTH DAKOTA 'A'	1:44.23
2 DORDT 'A'	1:45.23
1) Kari Van Beek SO	2) Crystal Vander Zee SO
3) Kaitlin Troost FR	4) Jenna Brouwer JR
3 DAKOTA STATE UNIVERSITY 'A'	1:47.86
4 NORTHERN STATE UNIVERSITY 'A'	1:48.84
5 BUENA VISTA UNIVERSITY 'A'	1:49.63
6 AUGUSTANA COLLEGE 'A'	1:52.68

**Event 98 Men 4x200 Meter Relay UCO**

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

School	Prelims	H#
Preliminaries		
1 DORDT 'A'	1:28.00q	2
1) Aaron Floen FR	2) Alex Henderson FR	
3) Trevor Wolterstorff FR	4) Nic Pfeifle FR	
2 UNIVERSITY OF MARY 'A'	1:28.32q	2
1) Jordan Puhalla JR	2) Cory Ploof SO	
3) Deland Weyrauch FR	4) Tracy Lide FR	
3 DICKINSON STATE 'A'	1:29.71q	1
1) Bonamy Cordero JR	2) Thomas Whyley JR	
3) Trevino Thompson SO	4) Josh Neumiller FR	
4 UNIVERSITY SOUTH DAKOTA 'A'	1:29.89q	1
1) Cody Linder SO	2) Brandon Kovash FR	
3) Tyler Williamson JR	4) Ben Oberle SR	
5 BRIAR CLIFF UNIVERSITY 'A'	1:31.47q	1
1) Cody Spreeman FR	2) Brandon Henry FR	
3) Cecil Milton FR	4) Tony Cosentino FR	
6 NORTHERN STATE UNIVERSITY 'A'	1:32.02q	2
1) Kyle Weisbeck SR	2) Eric Peterson FR	
3) Augustus Capers JR	4) Austin Suther SO	
7 NORTHWESTERN COLLEGE 'A'	1:32.67q	2
1) Mark Johnson FR	2) Rick Te Grootenhuis FR	
3) Tim Vermeer FR	4) Jeremy Sheppard SO	
8 BUENA VISTA UNIVERSITY 'A'	1:35.96q	1
1) Kenneth Nichols JR	2) Chris Richardson FR	
3) Brian Patterson FR	4) Justus Harris FR	
-- DAKOTA STATE UNIVERSITY 'A'	DQ	2
1) Zach Bakke FR	2) Brenton Hunter SR	
3) Stacey Berg FR	4) Jared Mengenhause JR	

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 98 Men 4x200 Meter Relay UCO**

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

## Finals

1 DORDT 'A'	1:28.21
1) Nic Pfeifle FR	2) Trevor Wolterstorff FR
3) Aaron Floen FR	4) Alex Henderson FR
2 UNIVERSITY OF MARY 'A'	1:28.71
3 DICKINSON STATE 'A'	1:30.14
4 BRIAR CLIFF UNIVERSITY 'A'	1:30.51
1) Cecil Milton FR	2) Joe Cisneros FR
3) Brandon Henry FR	4) Erik Lindsay JR
5 UNIVERSITY SOUTH DAKOTA 'A'	1:30.70
6 NORTHWESTERN COLLEGE 'A'	1:33.28
7 BUENA VISTA UNIVERSITY 'A'	1:37.99
-- NORTHERN STATE UNIVERSITY 'A'	DQ

**Event 99 Women 4x400 Meter Relay UCO**

Meet Record: \* 3:49.05 4/22/1992 NORTH DAKOTA STATE, North Dako  
 Ristau, Koehn, Kelly, Faus

School Finals H#

1 UNIVERSITY OF MARY 'A'	3:54.55	3
1) Ashley Salwey FR	2) Brandee DeVine SR	
3) Megan Jenkins FR	4) Nicketa Coombs FR	
2 DAKOTA WESLYAN UNIVERSITY 'A'	3:57.08	3
1) Tamika Irvin	2) Kailey Hunhoff SO	
3) Alyssa Christianson FR	4) Natalie Wipf	
3 JAMESTOWN COLLEGE 'A'	3:57.51	3
1) Marissa Curry JR	2) Katie Zent SO	
3) Sarah Skipper JR	4) AnnaLiesa Fauth JR	
4 NORTHWESTERN COLLEGE 'A'	4:00.78	3
1) Stacey Dietrich SO	2) Ana Morgan FR	
3) Krystina Smith JR	4) Kendra De Jong FR	
5 MORNINGSIDE COLLEGE 'A'	4:03.50	3
1) Amber Woodford FR	2) Allison Christy FR	
3) Nicole Seier FR	4) Jessica Hudelson FR	
6 DAKOTA STATE UNIVERSITY 'A'	4:04.31	2
1) Brittany Young FR	2) Stephanie Uher FR	
3) Claire Beck FR	4) Brandi Gau JR	
7 DORDT 'A'	4:04.82	3
1) Kari Van Beek SO	2) Kaitlin Troost FR	
3) Jenna Brouwer JR	4) Tara Postma FR	
8 MORNINGSIDE COLLEGE 'B'	4:05.16	2
1) Margo Stanforth FR	2) Sabrina Sieperda FR	
3) Heather Hoefs FR	4) Breanna Mathes FR	
9 NORTHERN STATE UNIVERSITY 'A'	4:06.98	3
1) Andrea Sjomeling JR	2) Emily Fritz SO	
3) Toni Fritz JR	4) Jill Schaefer FR	
10 BRIAR CLIFF UNIVERSITY 'A'	4:11.27	2
1) Audrey Cooley FR	2) Alyssa Myers SO	
3) Ashley Wehle FR	4) Katie Beldt FR	
11 DICKINSON STATE 'A'	4:12.05	2

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 99 Women 4x400 Meter Relay UCO**

1) DayLynn Batey FR	2) Shelby Snare FR		
3) Samantha Pounds SO	4) Melissa Perez SR		
12 MINOT STATE UNIVERSI 'A'		4:12.30	2
1) Kayla Montgomery SO	2) Abbey Aide FR		
3) Fern Parker SR	4) Taylor Tuomey FR		
13 MOUNT MARTY COLLEGE 'A'		4:12.66	2
1) Meghan Nelson JR	2) Carly Benson SR		
3) Alexa Berg	4) Katie Breuer SO		
14 SOUTH DAKOTA 'A'		4:12.97	3
1) Christina Roberts SO	2) Kristine DuBois SO		
3) Crystal Schiernbeck JR	4) Madison Whitley FR		
15 BUENA VISTA UNIVERSITY 'A'		4:17.63	2
1) Rachel Burnette FR	2) Bailey Schafbuch FR		
3) Nikki Hanish FR	4) Molly Sippel FR		
16 MORNINGSIDE COLLEGE 'C'		4:27.20	2
1) Lydia Bienlien FR	2) McKenzie Reece FR		
3) Christine Becker FR	4) Theresa Cook FR		
17 BUENA VISTA UNIVERSITY 'B'		4:34.91	2
1) Whitney Nelson FR	2) Andrea Boyd SO		
3) Kim Perez FR	4) Liz Ahrendsen JR		

**Event 100 Men 4x400 Meter Relay UCO**


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Meet Record: \* 3:11.81 4/22/1995 AUGUSTANA, Augustana  
T. Gonye M. Blumer J. Skjelvaag T. Dow

School		Finals	H#
1 DORDT 'A'		3:19.39	3
1) Andrew Vander Woude FR	2) Trevor Wolterstorff FR		
3) Nic Pfeifle FR	4) Josiah Luttjeboer JR		
2 NORTHERN STATE UNIVERSITY 'A'		3:21.00	3
1) Luke Hauert FR	2) Ryan Conrad JR		
3) Eric Peterson FR	4) Bill Cameron SR		
3 DAKOTA STATE UNIVERSITY 'A'		3:21.46	3
1) Cody Foreman SR	2) Stacey Berg FR		
3) Tyler VanPeurse SR	4) Andy Coy FR		
4 JAMESTOWN COLLEGE 'A'		3:22.00	2
1) Josh Ewalt JR	2) Scott Roemmich FR		
3) Brent Jansen SO	4) Lyndon Schmidt SR		
5 NORTHWESTERN COLLEGE 'A'		3:22.48	3
1) Brandon Hammack FR	2) Mark Johnson FR		
3) Rick Te Grootenhuis FR	4) Taylor Hoekstra FR		
6 MORNINGSIDE COLLEGE 'A'		3:24.93	3
1) John Harris FR	2) Jeremiah Avise Rouse SR		
3) Brian Gesink JR	4) Monte Larsen FR		
7 MINOT STATE UNIVERSI 'A'		3:26.07	3
1) Darwin Schwartz JR	2) Gary Heitkamp SO		
3) Johnny Lester JR	4) Devin Hiller SR		
8 WAYNE STATE COLLEGE 'A'		3:26.42	3
1) Drew Molacek JR	2) Michael King FR		
3) Andrew Jansen SO	4) Jeff Mills FR		
9 DAKOTA WESLYAN UNIVERSITY 'A'		3:26.62	2
1) Juston Wynia FR	2) Dalton Smith FR		
3) Jordan Miller FR	4) Jared Dewaard SO		
10 BRIAR CLIFF UNIVERSITY 'A'		3:26.98	2

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 100 Men 4x400 Meter Relay UCO**

1) Tony Cosentino FR	2) Brandon Henry FR		
3) Erik Lindsay JR	4) Luke Sachau FR		
11 UNIVERSITY OF MARY 'A'		3:27.25	2
1) Tracy Lide FR	2) Jordan Davis FR		
3) Brandon Delao FR	4) Deland Weyrauch FR		
12 MORNINGSIDE COLLEGE 'B'		3:28.59	2
1) Nick Grove JR	2) Ed Graf SR		
3) Joel Van Wyk SO	4) Peter Malga FR		
13 BUENA VISTA UNIVERSITY 'A'		3:31.05	3
1) Tanner Russ SR	2) Brian Patterson FR		
3) Chris Richardson FR	4) Justus Harris FR		
14 MOUNT MARTY COLLEGE 'A'		3:32.11	2
1) Mitchell Zenk SO	2) Dane Hansen FR		
3) Kalib Heeren	4) Titus Kosgei JR		
15 BRIAR CLIFF UNIVERSITY 'B'		3:34.67	2
1) Thomas Hunt FR	2) Joe Cisneros FR		
3) Kelly Polacek FR	4) Tommy Stuart FR		
16 MORNINGSIDE COLLEGE 'C'		3:34.81	1
1) Tyler Leinbaugh SO	2) Taylor Champan FR		
3) Todd Wolf FR	4) Alex Weborg FR		
17 MORNINGSIDE COLLEGE 'D'		3:48.49	1
1) Kyle Hoffman FR	2) Cody Danko FR		
3) AJ King FR	4) Dan Cunningham FR		
-- BUENA VISTA UNIVERSITY 'B'		DNF	1
1) Andrew Smith FR	2) Kenneth Nichols JR		
3) Alex Moore SR	4) Garrett Hill SR		
-- UNATTACHED 'A'		DNF	2
1) Greg Meister FR	2)		

**Event 101 Women 4x800 Meter Relay UCO**

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

1 JAMESTOWN COLLEGE 'A'		9:32.60	
1) Emmylyn Bentley JR	2) Madeline Hornung SO		
3) Katie Conlon FR	4) Alyssa Bossler SR		
2 MORNINGSIDE COLLEGE 'A'		9:43.56	
1) Heather Hoefs FR	2) Breanna Mathes FR		
3) McKenzie Reece FR	4) Steph Wibben FR		
3 NORTHERN STATE UNIVERSITY 'A'		9:46.00	
1) Toni Fritz JR	2) Jessica Brandli FR		
3) Hilary Gorder FR	4) Mikayla Barondeau SO		

**Event 102 Men 4x800 Meter Relay UCO**

Meet Record: \* 7:38.50 1964 DRAKE, Drake  
 School Finals

1 NORTHERN STATE UNIVERSITY 'A'		7:54.52	
1) Jacob Arechigo FR	2) Jayce Seelig FR		
3) Matt Peterson SO	4) Richard Keroack SO		
2 JAMESTOWN COLLEGE 'A'		8:01.30	
1) Lief Rasmussen SR	2) Kelly Roemmich SR		

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 102 Men 4x800 Meter Relay UCO**

3) Nathan Christensen SO	4) Cody Roland SR	
3 BRIAR CLIFF UNIVERSITY 'A'		8:03.02
1) Luke Sachau FR	2) Bryce Kinard FR	
3) Tommy Stuart FR	4) Kelly Polacek FR	
4 DORDT 'A'		8:06.12
1) Jon Vroom SR	2) Tim Boonstra SR	
3) Ian Kuipers FR	4) Josiah Luttjeboer JR	
5 MORNINGSIDE COLLEGE 'A'		8:06.25
1) Ed Graf SR	2) John Harris FR	
3) Peter Malga FR	4) Monte Larsen FR	
6 UNATTACHED 'A'		8:08.33
1) Chris Nordstrom	2) Greg Meister FR	
3) Kasey Hoffman	4) Andrew Jacob FR	
7 DAKOTA STATE UNIVERSITY 'A'		8:29.20
1) Andy Quenzer SO	2) Andrew Manning SO	
3) Jerad Schlobohm JR	4) John Bintliff SO	
8 MOUNT MARTY COLLEGE 'A'		8:30.96
1) Dane Hansen FR	2) James Jensen FR	
3) Mitchell Zenk SO	4) Titus Kosgei JR	
9 MINOT STATE UNIVERSI 'A'		8:45.06
1) Brandon Velasquez SO	2) Ryan Perry FR	
3) Ben Eder FR	4) Gary Heitkamp SO	
10 DORDT 'B'		8:57.86
1) Miguel Lantan FR	2) Stephen Olson FR	
3) Nathan Scripps FR	4) Jacob Buss FR	

**Event 103 Women 1600 Sprint Medley UCO**

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 UNIVERSITY OF MARY 'A'		4:09.99	2
1) Kristyn Nelson SO	2) Mishay Weber SR		
3) Nicketa Coombs FR	4) Emilee Morehouse FR		
2 DAKOTA STATE UNIVERSITY 'A'		4:17.92	2
1) Laura Porch FR	2) Stephanie Uher FR		
3) Karisa Hartje SO	4) Brittany Young FR		
3 MORNINGSIDE COLLEGE 'A'		4:18.25	2
1) Amber Woodford FR	2) Sabrina Sieperda FR		
3) Deidre Hinkeldey SO	4) Kara Nelson JR		
4 DORDT 'A'		4:20.05	2
1) Kari Van Beek SO	2) Crystal Vander Zee SO		
3) Sierra Zomer FR	4) Merissa Harkema FR		
5 MORNINGSIDE COLLEGE 'B'		4:30.52	2
1) Jessica Hudelson FR	2) Heather Hoefs FR		
3) Allison Christy FR	4) Erin Lynn Keitges SR		
6 NORTHERN STATE UNIVERSITY 'A'		4:30.66	2
1) Laci Hettick SR	2) Tanya Vassar JR		
3) Jessica Brandli FR	4) Hilary Gorder FR		
7 BRIAR CLIFF UNIVERSITY 'A'		4:34.79	2
1) Nancy Tatou FR	2) Jill Hoogeveen FR		
3) Alyssa Myers SO	4) Cecilia Vallejo FR		
8 DORDT 'B'		4:36.93	2
1) Sarah Franje SR	2) Emily Christians FR		

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 103 Women 1600 Sprint Medley UCO**

3) Alex Pasker FR	4) Samantha Sahagian FR		
9 BUENA VISTA UNIVERSITY 'A'		4:40.40	1
1) Molly Sippel FR	2) Whitney Nelson FR		
3) Nikki Hanish FR	4) Rachel Burnette FR		
10 DICKINSON STATE 'A'		4:48.62	1
1) Jennifer Hartman SO	2) Debbie Lopez SR		
3) Milena Brikic JR	4) Gladys Rotich SO		
11 JAMESTOWN COLLEGE 'A'		4:53.54	1
1) Courtney Oliver FR	2) Shelby Rose FR		
3) Kallie Merrill JR	4) Cambrya Belter SO		

**Event 104 Men 1600 Sprint Medley UCO**

Meet Record: * 3:26.00 1964		DRAKE, Drake	
School		Finals	H#
1 DORDT 'A'		3:27.75	2
1) Joe Lammers SO	2) Nic Pfeifle FR		
3) Josiah Luttjeboer JR	4) Mark Eekhoff SR		
2 MORNINGSIDE COLLEGE 'A'		3:33.15	2
1) Tyler Heitman FR	2) Michael Huseman FR		
3) Brian Gesink JR	4) Monte Larsen FR		
3 DAKOTA STATE UNIVERSITY 'A'		3:33.17	2
1) Zach Bakke FR	2) Jared Mengenhausen JR		
3) Cody Foreman SR	4) Matt Fideler JR		
4 DORDT 'B'		3:37.12	2
1) Roland Osaе-Opang JR	2) Aaron Floen FR		
3) Ryan Tholen FR	4) David Christensen SR		
5 BUENA VISTA UNIVERSITY 'A'		3:38.47	2
1) Tanner Russ SR	2) Justus Harris FR		
3) Brian Patterson FR	4) Andrew Smith FR		
6 UNIVERSITY OF MARY 'A'		3:38.72	1
1) Jordan Puhalla JR	2) Cory Ploof SO		
3) Deland Weyrauch FR	4) Brandon Delao FR		
7 NORTHERN STATE UNIVERSITY 'A'		3:39.06	2
1) Travis Jimenez FR	2) Austin Suther SO		
3) Jacob Arechigo FR	4) Jayce Seelig FR		
8 DAKOTA WESLYAN UNIVERSITY 'A'		3:40.88	1
1) Jared Dewaard SO	2) Jordan Miller FR		
3) Dalton Smith FR	4) Mike Lynch SO		
9 BRIAR CLIFF UNIVERSITY 'A'		3:50.20	1
1) Cody Spreeman FR	2) Caleb Young FR		
3) Joe Cisneros FR	4) Josheb Benson FR		
10 UNIVERSITY SOUTH DAKOTA 'A'		3:53.97	2
1) Brandon Kovash FR	2) Ben Oberle SR		
3) Kyle Poss SO	4) Bryan Aberle JR		
11 MINOT STATE UNIVERSITY 'A'		4:00.64	1
1) Andy Palacio SR	2) Jordan Visina FR		
3) Ben Eder FR	4) Luis Elizondo SO		

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 105 Women Distance Medley UCO**

Meet Record: \* 12:11.53 4/20/1998 NORTH DAKOTA STATE, North  
School Finals

1 UNIVERSITY OF MARY 'A'	12:15.14
1) Melissa Agnew FR	2) Brandee DeVine SR
3) Emilee Morehouse FR	4) Dakota Wolf FR
2 AUGUSTANA COLLEGE 'A'	12:31.74
1) Miriam Hovda FR	2) Allison Henke SO
3) Katie Hjerpe FR	4) Annie Pfeifle FR
3 AUGUSTANA COLLEGE 'B'	12:31.81
1) Molly Kokesh FR	2) Caitlin Polgreen SR
3) Rachel Biederman FR	4) Leah Hansen FR
4 DORDT 'A'	12:32.58
1) Nichole Duncan FR	2) Kari Van Beek SO
3) Sierra Zomer FR	4) Merissa Harkema FR
5 NORTHWESTERN COLLEGE 'A'	12:43.23
1) Jenna Sorensen JR	2) Elizabeth Stevens SO
3) Teresa Scholten SO	4) Charity Miles JR
6 AUGUSTANA COLLEGE 'C'	12:47.19
1) Megan Erspamer SO	2) Cecilie Udstuen FR
3) LeAnn Severson SO	4) Jillian Tholen SR
7 SO DAKOTA STATE UNIVERSIT 'A'	12:51.80
1) Tera Potts FR	2) Lindsey Thielen FR
3) Emily Smith JR	4) Amanda Frohling SR
8 DICKINSON STATE 'A'	13:55.64
1) Rayel McPeters SR	2) Vanessa Escobar SR
3) Samantha Pounds SO	4) Gladys Rotich SO

**Event 106 Men Distance Medley UCO**

Meet Record: \* 10:12.45 4/18/2009 DAKOTA STATE, Dakota State  
M. Fideler J. Megenhausen C. Foreman T. VanPeursem  
School Finals

1 DAKOTA STATE UNIVERSITY 'A'	10:11.69*
1) Tyler VanPeursem SR	2) Cody Foreman SR
3) Matt Fideler JR	4) Anthony Drealan JR
2 AUGUSTANA COLLEGE 'B'	10:27.48
1) Daniel Black SR	2) Zach Morris JR
3) Jordan Slusser FR	4) Austin Vande Berg SR
3 AUGUSTANA COLLEGE 'A'	10:28.19
1) Brian Werner SR	2) Aduo Omot FR
3) Travis Beniak SO	4) Halvard Lang SO
4 UNIVERSITY OF MARY 'A'	10:39.53
1) Casey Jore FR	2) Jordan Davis FR
3) Eric Mohrbacher FR	4) Eamin Entwisle SO
5 SO DAKOTA STATE UNIVERSIT 'A'	10:39.97
1) Brad Anderson SO	2) Chris Hubbs FR
3) Kelly Hall SO	4) Kyle Schmidt FR
6 JAMESTOWN COLLEGE 'A'	11:05.52
1) Kendall Witzen SO	2) Kyle Heim FR
3) Ryan Heisler FR	4) Joseph Koerber JR
7 NORTHWESTERN COLLEGE 'A'	11:09.05
1) Jordan Vermeer	2) Adam Potter FR
3) Nick Tjeerdsma FR	4) Sean Guthmiller FR

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 106 Men Distance Medley UCO**

8 DORDT 'A'	11:26.54
1) Stephen Olson FR	2) David Riley FR
3) Jon Vroom SR	4) Nathan Scripps FR
-- BUENA VISTA UNIVERSITY 'A'	DNF
1) Jared Bruce FR	2) Alex Moore SR
3) Garrett Hill SR	4) Brian Christiansen FR

**Event 107 Women Shot Put UCO**

Meet Record: * 59-07 4/18/2009 RACHEL JANSEN, unattached								
Name	Year	School						Finals
1 Rachel Jansen		FR UNATTACHED						17.54m 57-06.50
			16.06m	FOUL	FOUL	FOUL	15.96m	17.54m
2 Melodi Boke		SO NO. STATE						14.09m 46-02.75
			14.09m	13.25m	13.78m	FOUL	13.85m	13.52m
3 Morgan Darrow		JR BUENA VISTA						13.78m 45-02.50
			13.78m	13.42m	FOUL	FOUL	13.28m	FOUL
4 Amanda Madden		SR NO. STATE						13.69m 44-11.00
			13.04m	12.78m	13.69m	FOUL	13.19m	FOUL
5 Donna Lavea		JR DAKOTA STATE						13.55m 44-05.50
			12.75m	13.23m	13.43m	13.55m	13.23m	13.18m
6 Lachel Milander		SO WAYNE STATE COLLEGE						13.07m 42-10.75
			13.07m	FOUL	FOUL	13.02m	FOUL	FOUL
7 Noel Bentele		JR AUGUSTANA COLLEGE						12.52m 41-01.00
			12.33m	FOUL	FOUL	12.52m	FOUL	FOUL
8 Meghan Paul		FR NO. STATE						12.35m 40-06.25
			12.09m	12.16m	11.91m	11.68m	11.78m	12.35m
9 Christena Georgas		FR SOUTH DAKOTA						12.34m 40-06.00
			11.48m	FOUL	12.34m	11.92m	12.28m	12.29m
10 Tara Cockerill		FR BRIAR CLIFF						12.12m 39-09.25
			12.12m	FOUL	FOUL			
11 Kristen Nielsen		FR AUGUSTANA COLLEGE						11.88m 38-11.75
			11.34m	11.75m	11.88m			
12 Yvonne Freese		FR NO. STATE						11.84m 38-10.25
			11.84m	FOUL	11.41m			
13 Erica Krull		JR SOUTH DAKOTA						11.79m 38-08.25
			FOUL	11.79m	FOUL			
14 Bridget Healy		FR U SIOUX FALL						11.72m 38-05.50
			11.72m	11.21m	FOUL			
15 Devon Flowers		FR MINOT STATE						11.71m 38-05.00
			11.71m	FOUL	11.19m			
16 Danielle Fry		SO NORTHWESTERN						11.66m 38-03.25
			11.66m	FOUL	FOUL			
17 Ashley Larson		SR SDSU						11.55m 37-10.75
			11.41m	11.55m	10.72m			
18 Kayla Roemmich		FR JAMESTOWN COLLEGE						11.51m 37-09.25
			10.94m	FOUL	11.51m			
19 Liz Thompson		FR U SIOUX FALL						11.50m 37-08.75
			9.86m	11.50m	FOUL			
20 Avery Dennis		SO U SIOUX FALL						11.45m 37-06.75
			10.67m	11.45m	11.30m			
21 Jen Kirschbaum		FR BRIAR CLIFF						11.23m 36-10.25
			FOUL	11.23m	FOUL			

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 107 Women Shot Put UCO**

22	Jill Schlenker	JR JAMESTOWN COLLEGE	11.18m	36-08.25
	10.86m 10.52m 11.18m			
23	Allegra Kohley	SO DAKOTA STATE	10.97m	36-00.00
	10.11m FOUL 10.97m			
23	Rachel Smith	FR DORDT	10.97m	36-00.00
	10.85m 10.97m 10.83m			
25	Brittany Pearson	SO DAKOTA STATE	10.93m	35-10.50
	10.72m 10.93m FOUL			
26	Kelli Hoff	FR U SIOUX FALL	10.92m	35-10.00
	10.72m 10.74m 10.92m			
27	Sarah Wieseler	FR BRIAR CLIFF	10.84m	35-06.75
	FOUL 10.84m FOUL			
28	Becca Fischer	UNATTACHED	10.65m	34-11.25
	10.65m FOUL FOUL			
28	Crystal Schiernbeck	JR SOUTH DAKOTA	10.65m	34-11.25
	9.80m 10.49m 10.65m			
30	Darci Youngstrom	SO SOUTH DAKOTA	10.63m	34-10.50
	9.93m 10.54m 10.63m			
31	RaeChael Zabokrtsky	FR MORNINGSIDE COLLEGE	10.50m	34-05.50
	FOUL 10.50m FOUL			
32	Laura Maynard	FR MORNINGSIDE COLLEGE	10.41m	34-02.00
	9.94m 10.41m FOUL			
33	Amber Price	FR MORNINGSIDE COLLEGE	10.34m	33-11.25
	10.34m FOUL FOUL			
34	Katie Brech	SR MOUNT MARTY COLLEGE	9.91m	32-06.25
	9.52m 9.91m 9.81m			
35	Tanya Vassar	JR NO. STATE	9.88m	32-05.00
	9.21m 8.61m 9.88m			
36	Elizabeth Ogden	FR DICKINSON STATE	9.84m	32-03.50
	9.43m 9.84m 9.16m			
37	Jessie Dunbar	FR U SIOUX FALL	9.66m	31-08.50
	9.66m 9.16m 9.53m			
38	Christina Medeiros	FR UNIVERSITY OF MARY	9.65m	31-08.00
	9.65m FOUL FOUL			
39	Danielle Roeske	FR JAMESTOWN COLLEGE	9.19m	30-02.00
	8.89m 9.19m FOUL			
--	Brooke Garner	UNATTACHED	FOUL	
	FOUL FOUL FOUL			

**Event 108 Men Shot Put UCO**

Meet Record: * 684.50m 4/20/1998 STEVE SCHMIDT, Dakota Wesleyan					
Name	Year	School	Finals		
1 Ben Jacobson	JR	UNIVERSITY OF MARY	16.74m	54-11.25	
			15.80m 16.52m 16.11m 16.68m 15.99m 16.74m		
2 Aaron Jung	SO	AUGUSTANA COLLEGE	15.46m	50-08.75	
			FOUL 14.53m 15.46m FOUL FOUL		
3 Ben Walters		UNATTACHED	15.37m	50-05.25	
			14.84m 15.22m FOUL FOUL FOUL 15.37m		
4 Clayton Unruh	SR	DICKINSON STATE	15.18m	49-09.75	
			14.58m 15.18m FOUL FOUL FOUL FOUL		
5 Steven Ricke	SR	BUENA VISTA	14.76m	48-05.25	
			14.76m 14.53m 14.50m 14.24m FOUL 14.40m		

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 108 Men Shot Put UCO**

6	Robert Nelson	JR JAMESTOWN COLLEGE	14.67m	48-01.75
	13.88m FOUL 14.55m FOUL FOUL 14.67m			
7	Martel Pope	JR MINOT STATE	14.47m	47-05.75
	14.26m 14.13m 14.47m 14.41m 14.41m 14.14m			
8	Andy Simons	FR MORNINGSIDE COLLEGE	14.14m	46-04.75
	FOUL 13.76m 14.14m 14.14m FOUL FOUL			
9	Delron Innis	SR DICKINSON STATE	14.00m	45-11.25
	14.00m FOUL FOUL 13.82m FOUL 13.73m			
10	Paul Lundgren	JR NORTHWESTERN	13.89m	45-07.00
	13.47m 13.89m FOUL			
11	Tad Harman	SO UNIVERSITY OF MARY	13.83m	45-04.50
	13.52m 13.83m 13.36m			
12	Kiley Murra	SO NORTHWESTERN	13.77m	45-02.25
	13.76m FOUL 13.77m			
13	Brock Brewster	SO USD	13.69m	44-11.00
	FOUL 13.69m FOUL			
14	Sam Herauf	FR DICKINSON STATE	13.60m	44-07.50
	FOUL 13.60m 13.50m			
15	Tyler Lynch	JR AUGUSTANA COLLEGE	13.50m	44-03.50
	13.47m 13.07m 13.50m			
16	Dan Whipple	FR U SIOUX FALL	13.48m	44-02.75
	12.91m 13.48m 13.22m			
17	Jared Thompson	FR NO. STATE	13.47m	44-02.50
	13.47m FOUL 13.06m			
18	Mike Findley	FR JAMESTOWN COLLEGE	13.44m	44-01.25
	FOUL 12.27m 13.44m			
19	Jordan Premus	FR NO. STATE	13.37m	43-10.50
	13.21m 13.08m 13.37m			
20	William Dean	SR JAMESTOWN COLLEGE	13.15m	43-01.75
	FOUL FOUL 13.15m			
21	Orrin Burger	FR DORDT	13.09m	42-11.50
	12.49m 13.09m FOUL			
22	Jon Evenson	JR NO. STATE	12.81m	42-00.50
	12.81m 12.34m 12.78m			
23	Travis Uleman	FR MORNINGSIDE COLLEGE	12.65m	41-06.00
	12.52m 12.65m 11.88m			
24	Brandon Bodien	FR JAMESTOWN COLLEGE	12.18m	39-11.50
	12.18m FOUL FOUL			
25	Jeff Rieger	FR DAKOTA STATE	12.09m	39-08.00
	FOUL FOUL 12.09m			
26	Jacob Chambers	SO MORNINGSIDE COLLEGE	12.03m	39-05.75
	12.03m 11.69m 12.00m			
27	Kyle Brunsting	SO USD	11.64m	38-02.25
	11.24m 11.64m FOUL			
28	Jameel Cunningham	FR BRIAR CLIFF	11.61m	38-01.25
	11.61m FOUL 11.42m			
29	Chad Van Ravenswaay	SO NORTHWESTERN	11.59m	38-00.25
	FOUL 11.59m 11.54m			
30	Landon Laveranz	JR U SIOUX FALL	11.48m	37-08.00
	FOUL 11.04m 11.48m			
31	Jay Bachman	FR JAMESTOWN COLLEGE	11.43m	37-06.00
	10.40m 10.77m 11.43m			
32	Casey Burke	SO DORDT	11.17m	36-07.75
	10.56m FOUL 11.17m			

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 108 Men Shot Put UCO**

33 Tyler Maxwell	FR USD	11.06m	36-03.50
FOUL 11.06m FOUL			
34 Peter Prostrollo	FR MOUNT MARTY COLLEGE	9.71m	31-10.25
9.58m 9.48m 9.71m			

**Event 109 Women Discus Throw UCO**

Meet Record: * 168-00 4/20/1998 NANCY OVERMAN, South Dakota State				
Name	Year	School	Finals	
1 Brooke Garner		UNATTACHED	47.72m	156-07
45.80m 47.72m FOUL FOUL FOUL 43.56m				
2 Amanda Madden		SR NO. STATE	42.70m	140-01
41.69m 41.66m 42.70m FOUL FOUL 42.20m				
3 Rachel Christiansen		JR AUGUSTANA COLLEGE	42.50m	139-05
42.50m 40.67m 41.63m 40.77m 42.35m 41.93m				
4 Danielle Fry		SO NORTHWESTERN	41.97m	137-08
FOUL FOUL 41.97m 36.38m 38.70m FOUL				
5 Shara Thompson		SO SDSU	39.63m	130-00
FOUL 37.46m 36.30m 39.21m 38.43m 39.63m				
6 Katie Smith		SR NO. STATE	38.99m	127-11
34.55m 33.37m 38.99m 36.16m 35.51m FOUL				
7 Kayla Roemmich		FR JAMESTOWN COLLEGE	38.16m	125-02
37.75m 37.44m 37.38m 38.16m FOUL FOUL				
8 Jill Schlenker		JR JAMESTOWN COLLEGE	37.66m	123-07
34.57m 34.40m 37.66m 35.31m FOUL FOUL				
9 Brittany Pearson		SO DAKOTA STATE	37.44m	122-10
37.27m 37.44m 36.54m 36.93m 35.23m FOUL				
10 Rachel Kruse		FR U SIOUX FALL	37.36m	122-07
35.69m 37.36m FOUL				
11 Kelli Hoff		FR U SIOUX FALL	37.30m	122-04
33.52m 36.90m 37.30m				
12 Emily Wells		FR WAYNE STATE COLLEGE	37.25m	122-02
28.34m 28.67m 37.25m				
13 Bridget Healy		FR U SIOUX FALL	37.19m	122-00
FOUL 37.19m FOUL				
14 Yvonne Freese		FR NO. STATE	36.88m	121-00
FOUL FOUL 36.88m				
15 Devon Flowers		FR MINOT STATE	36.80m	120-09
35.43m 34.28m 36.80m				
16 Ashley Larson		SR SDSU	36.65m	120-03
35.68m 36.65m 34.89m				
17 Avery Dennis		SO U SIOUX FALL	36.42m	119-06
FOUL 36.42m FOUL				
18 Christena Georgas		FR SOUTH DAKOTA	36.37m	119-04
FOUL 34.69m 36.37m				
19 Rachel Smith		FR DORDT	35.70m	117-01
FOUL 35.70m 33.11m				
20 Erica Krull		JR SOUTH DAKOTA	35.67m	117-00
35.67m FOUL FOUL				
21 RaeChael Zabokrtsky		FR MORNINGSIDE COLLEGE	35.53m	116-07
33.25m 34.60m 35.53m				
22 Jodi Nordquist		FR WAYNE STATE COLLEGE	35.46m	116-04
35.46m FOUL 34.79m				

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 109 Women Discus Throw UCO**

23	Kara DenHerder	JR NORTHWESTERN	34.63m	113-07
	31.55m 34.63m 34.11m			
24	Krystal Lacey	FR NO. STATE	33.89m	111-02
	31.80m 32.40m 33.89m			
25	Elizabeth Ogden	FR DICKINSON STATE	33.54m	110-00
	31.44m 33.20m 33.54m			
26	Liz Thompson	FR U SIOUX FALL	32.95m	108-01
	FOUL FOUL 32.95m			
27	Amber Johnson	FR WAYNE STATE COLLEGE	31.88m	104-07
	31.32m 31.88m 28.52m			
28	Baiba Ferguson	FR BRIAR CLIFF	30.34m	99-06
	29.22m 30.28m 30.34m			
29	Kristen Nielsen	FR AUGUSTANA COLLEGE	29.82m	97-10
	29.82m FOUL FOUL			
30	Tara Cockerill	FR BRIAR CLIFF	28.68m	94-01
	28.68m FOUL FOUL			
31	Christina Medeiros	FR UNIVERSITY OF MARY	27.20m	89-03
	27.20m FOUL FOUL			
--	Becca Fischer	UNATTACHED	FOUL	
	FOUL FOUL FOUL			
--	Sable Lems	FR NORTHWESTERN	FOUL	
	FOUL FOUL FOUL			

**Event 110 Men Discus Throw UCO**

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Meet Record: * 2393.00m 4/21/1999 MARK WHITE, unattached				
Name	Year	School	Finals	
=====				
1	Robert Nelson	JR JAMESTOWN COLLEGE	48.13m	157-11
	45.91m 48.13m 46.33m	FOUL FOUL FOUL		
2	Todd Davis	UNATTACHED	46.55m	152-09
	46.55m FOUL 45.65m	FOUL FOUL FOUL		
3	Travis Kroger	SO UNATTACHED	44.36m	145-06
	42.03m 42.14m 41.86m	44.36m FOUL 40.69m		
4	Ben Jacobson	JR UNIVERSITY OF MARY	44.11m	144-09
	41.99m 43.79m 41.66m	43.15m 42.03m 44.11m		
5	Dan Probst	UNATTACHED	43.97m	144-03
	43.80m 43.97m FOUL	FOUL FOUL FOUL		
6	Tyler Schmidkunz	SO DICKINSON STATE	42.28m	138-08
	42.28m FOUL 39.93m	FOUL 41.48m FOUL		
7	Brett Heidema	SR DORDT	42.24m	138-07
	41.91m 39.21m FOUL	42.24m 41.54m 41.38m		
8	Tyler Lynch	JR AUGUSTANA COLLEGE	41.93m	137-07
	41.85m 41.93m FOUL	FOUL 41.06m 40.07m		
9	Ryan Ackman	FR UNATTACHED	41.81m	137-02
	41.81m 41.44m 38.96m	40.27m 38.46m FOUL		
10	Jake Versteeg	SO U SIOUX FALL	41.44m	135-11
	40.58m FOUL 41.44m			
11	Paul Lundgren	JR NORTHWESTERN	41.00m	134-06
	FOUL FOUL 41.00m			
12	Aaron Jung	SO AUGUSTANA COLLEGE	40.83m	133-11
	FOUL 39.63m 40.83m			
13	Jon Evenson	JR NO. STATE	40.48m	132-10
	FOUL FOUL 40.48m			

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 110 Men Discus Throw UCO**

14	Mike Findley	FR JAMESTOWN COLLEGE	40.06m	131-05
	FOUL 40.06m FOUL			
15	Tad Harman	SO UNIVERSITY OF MARY	39.40m	129-03
	39.40m 38.31m 38.71m			
16	Tim Martens	UNATTACHED	39.24m	128-09
	FOUL 39.24m FOUL			
17	Kiley Murra	SO NORTHWESTERN	38.43m	126-01
	38.43m FOUL FOUL			
18	John Huber	JR NO. STATE	37.59m	123-04
	FOUL 37.59m FOUL			
18	Jacob Mathieson	SR WAYNE STATE COLLEGE	37.59m	123-04
	FOUL 37.59m FOUL			
20	Jeff Rieger	FR DAKOTA STATE	37.21m	122-01
	37.21m FOUL 37.05m			
21	Jerad Aasen	SO MINOT STATE	37.00m	121-05
	30.76m 37.00m FOUL			
22	Andy Simons	FR MORNINGSIDE COLLEGE	36.91m	121-01
	32.63m 35.32m 36.91m			
23	Jacob Berger	FR JAMESTOWN COLLEGE	36.82m	120-10
	35.29m 36.82m 36.07m			
24	Kyle O'Neill	SO WAYNE STATE COLLEGE	36.74m	120-06
	FOUL 36.74m FOUL			
25	Adam Hinds	JR BRIAR CLIFF	35.75m	117-03
	FOUL 35.48m 35.75m			
26	Andy Dougherty	UNATTACHED	35.47m	116-04
	FOUL FOUL 35.47m			
27	Cody York	FR BRIAR CLIFF	35.40m	116-02
	35.40m FOUL 34.93m			
28	Michael Becker	FR BRIAR CLIFF	34.71m	113-10
	FOUL FOUL 34.71m			
29	Jordan Premus	FR NO. STATE	33.23m	109-00
	FOUL 32.08m 33.23m			
30	Landon Laveranz	JR U SIOUX FALL	33.04m	108-05
	FOUL 33.04m FOUL			
31	Zach Gaugler	JR MINOT STATE	31.60m	103-08
	FOUL 28.90m 31.60m			
32	Luke Gaugler	FR MINOT STATE	28.53m	93-07
	FOUL 28.53m FOUL			
33	Henry Hauger	SO MOUNT MARTY COLLEGE	28.06m	92-01
	28.00m 28.06m 27.61m			
34	Casey Burke	SO DORDT	26.74m	87-09
	26.74m FOUL FOUL			
--	William Dean	SR JAMESTOWN COLLEGE	FOUL	
	FOUL FOUL FOUL			
--	Orrin Burger	FR DORDT	FOUL	
	FOUL FOUL FOUL			
--	Chad Van Ravenswaay	SO NORTHWESTERN	FOUL	
	FOUL FOUL FOUL			
--	Martel Pope	JR MINOT STATE	FOUL	
	FOUL FOUL FOUL			

## Sioux City Relays 2010 - 4/16/2010 to 4/17/2010

## Olsen Stadium

## Results

## Event 111 Women Long Jump UCO

Meet Record: * 18-11.50 4/21/2001 MEREDITH DAVIS, Morningside						
Name	Year	School	Finals	Wind		
1 Melissa Walker	FR	UNIVERSITY OF MARY	5.43m	NWI	17-09.75	
5.23m(-0.0) FOUL		5.31m(-0.0)	5.43m(-0.0)	5.34m(-0.0)	5.27m(-0.0)	
2 Crystal Schiernbeck	JR	SOUTH DAKOTA	5.39m	NWI	17-08.25	
FOUL	5.25m(-0.0)	5.21m(-0.0)	5.39m(-0.0)	PASS	PASS	
3 Kaitlin Troost	FR	DORDT	5.23m	NWI	17-02.00	
FOUL	4.91m(-0.0)	4.78m(-0.0)	4.83m(-0.0)	FOUL	5.23m(-0.0)	
4 Crystal Vander Zee	SO	DORDT	5.15m	NWI	16-10.75	
4.82m(-0.0)	4.89m(-0.0)	4.84m(-0.0)	5.15m(-0.0)	5.04m(-0.0)	5.11m(-0.0)	
5 Brittany Beehler	SO	UNIVERSITY OF MARY	J5.15m	NWI	16-10.75	
FOUL	4.99m(-0.0)	5.15m(-0.0)	4.93m(-0.0)	4.94m(-0.0)	4.99m(-0.0)	
6 Samantha Williams	FR	UNIVERSITY OF MARY	5.14m	NWI	16-10.50	
4.99m(-0.0)	4.70m(-0.0)	4.75m(-0.0)	FOUL	5.14m(-0.0)	5.04m(-0.0)	
7 Dana Riter	SO	MOUNT MARTY COLLEGE	J5.14m	NWI	16-10.50	
5.14m(-0.0)	4.84m(-0.0)	4.92m(-0.0)	4.82m(-0.0)	4.86m(-0.0)	5.01m(-0.0)	
8 Amber Krogstad	JR	DAKOTA STATE	5.07m	NWI	16-07.75	
5.07m(-0.0)	4.80m(-0.0)	4.81m(-0.0)	4.48m(-0.0)	4.73m(-0.0)	4.82m(-0.0)	
9 Alissa Klose	JR	MINOT STATE	5.02m	NWI	16-05.75	
4.85m(-0.0)	4.99m(-0.0)	5.02m(-0.0)	4.70m(-0.0)	4.92m(-0.0)	4.66m(-0.0)	
10 Nikki Hanish	FR	BUENA VISTA	4.85m	NWI	15-11.00	
4.79m(-0.0) FOUL		4.85m(-0.0)				
11 Tia Haines	SR	SOUTH DAKOTA	4.83m	NWI	15-10.25	
4.83m(-0.0)	4.74m(-0.0)	FOUL				
12 Jennifer Hartman	SO	DICKINSON STATE	4.77m	NWI	15-07.75	
FOUL	4.77m(-0.0)	FOUL				
13 Briana Wubben	FR	DORDT	4.76m	NWI	15-07.50	
FOUL	4.68m(-0.0)	4.76m(-0.0)				
14 Carissa Hotovy	SO	AUGUSTANA COLLEGE	4.69m	NWI	15-04.75	
4.63m(-0.0)	4.69m(-0.0)	4.68m(-0.0)				
15 Meagan Grandgenett	SO	AUGUSTANA COLLEGE	4.64m	-1.1	15-02.75	
4.64m(-1.1)	4.48m(-1.2)	FOUL				
16 Deidre Hinkeldey	SO	MORNINGSIDE COLLEGE	4.63m	NWI	15-02.25	
4.63m(-0.0) FOUL		4.62m(-0.0)				
17 Claire Severson	SR	AUGUSTANA COLLEGE	4.50m	+0.0	14-09.25	
FOUL	4.50m(+0.0)	4.49m(-1.6)				
18 Liz Benjamin	FR	BRIAR CLIFF	4.48m	NWI	14-08.50	
4.42m(-0.0)	4.48m(-0.0)	4.33m(-0.0)				
19 Milena Brikic	JR	DICKINSON STATE	4.45m	NWI	14-07.25	
FOUL	4.45m(-0.0)	3.99m(-0.0)				
20 Kara Maas	FR	U SIOUX FALL	4.37m	NWI	14-04.00	
4.29m(-0.0)	4.34m(-0.0)	4.37m(-0.0)				
21 Shayla Wrage	FR	WAYNE STATE COLLEGE	4.14m	NWI	13-07.00	
4.00m(-0.0)	4.14m(-0.0)	4.06m(-0.0)				
22 Alicia Letcher	JR	MOUNT MARTY COLLEGE	4.13m	NWI	13-06.75	
4.05m(-0.0) FOUL		4.13m(-0.0)				
23 Lael Radde	FR	DORDT	4.00m	NWI	13-01.50	
FOUL	3.94m(-0.0)	4.00m(-0.0)				
24 Molly Sippel	FR	BUENA VISTA	3.87m	NWI	12-08.50	
FOUL	3.87m(-0.0)	3.87m(-0.0)				

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 112 Men Long Jump UCO**

Meet Record: * 303.00m 4/21/1997 ANDREW OWUSU, unattached						
Name	Year	School	Finals	Wind		
1 Calvin McGruder	JR	NO. STATE	7.19m	NWI	23-07.25	
6.60m(-0.0)	6.94m(-0.0)	7.15m(-0.0)	7.19m(-0.0)	7.15m(-0.0)	7.01m(-0.0)	
2 Trevor Mau	FR	NO. STATE	7.00m	NWI	22-11.75	
7.00m(-0.0)	FOUL	6.38m(-0.0)	FOUL	6.56m(-0.0)	6.55m(-0.0)	
3 Chad Pinkelman	SO	USD	6.84m	NWI	22-05.25	
6.70m(-0.0)	6.84m(-0.0)	6.75m(-0.0)	6.80m(-0.0)	6.55m(-0.0)	6.76m(-0.0)	
4 Thomas Hartwell	FR	UNIVERSITY OF MARY	6.74m	NWI	22-01.50	
6.60m(-0.0)	6.74m(-0.0)	6.46m(-0.0)	6.36m(-0.0)	6.47m(-0.0)	6.58m(-0.0)	
5 Tyler Heitman	FR	MORNINGSIDE COLLEGE	6.69m	NWI	21-11.50	
6.69m(-0.0)	6.60m(-0.0)	6.53m(-0.0)	6.06m(-0.0)	6.48m(-0.0)	6.68m(-0.0)	
6 Andre Moore	FR	UNIVERSITY OF MARY	6.52m	NWI	21-04.75	
6.52m(-0.0)	FOUL	PASS	PASS	FOUL	6.44m(-0.0)	
7 Kyle Groon		UNATTACHED	6.51m	NWI	21-04.25	
FOUL	FOUL	6.51m(-0.0)	FOUL	FOUL	FOUL	
8 Bryce Harshman	FR	BRIAR CLIFF	6.35m	NWI	20-10.00	
6.28m(-0.0)	6.34m(-0.0)	FOUL	6.27m(-0.0)	6.22m(-0.0)	6.35m(-0.0)	
9 Ossie Dukes	FR	UNIVERSITY OF MARY	6.34m	NWI	20-09.75	
5.91m(-0.0)	6.34m(-0.0)	6.33m(-0.0)	5.83m(-0.0)	FOUL	6.28m(-0.0)	
10 Cody Linder	SO	USD	6.26m	NWI	20-06.50	
6.26m(-0.0)	FOUL	6.20m(-0.0)				
11 Stacey Berg	FR	DAKOTA STATE	6.21m	NWI	20-04.50	
6.09m(-0.0)	FOUL	6.21m(-0.0)				
12 Dave Thomas	FR	BRIAR CLIFF	6.14m	NWI	20-01.75	
6.14m(-0.0)	6.03m(-0.0)	6.01m(-0.0)				
13 Lucas Delacruz		UNATTACHED	6.12m	NWI	20-01.00	
FOUL	5.93m(-0.0)	6.12m(-0.0)				
14 Josh Ewalt	JR	JAMESTOWN COLLEGE	6.09m	NWI	19-11.75	
6.09m(-0.0)	5.94m(-0.0)	5.78m(-0.0)				
15 Austin Suther	SO	NO. STATE	6.08m	NWI	19-11.50	
6.02m(-0.0)	6.08m(-0.0)	FOUL				
16 Austin Schneiders	FR	MORNINGSIDE COLLEGE	6.06m	NWI	19-10.75	
6.06m(-0.0)	5.78m(-0.0)	FOUL				
17 Joe Lammers	SO	DORDT	6.05m	NWI	19-10.25	
5.88m(-0.0)	5.77m(-0.0)	6.05m(-0.0)				
18 Zach Bakke	FR	DAKOTA STATE	5.99m	NWI	19-08.00	
5.99m(-0.0)	5.94m(-0.0)	5.66m(-0.0)				
19 Michael King	FR	WAYNE STATE COLLEGE	5.98m	NWI	19-07.50	
FOUL	5.98m(-0.0)	FOUL				
20 Tyler Walker	FR	NORTHWESTERN	5.97m	NWI	19-07.00	
5.97m(-0.0)	FOUL	5.74m(-0.0)				
21 Adam Schwery	FR	BRIAR CLIFF	5.96m	NWI	19-06.75	
FOUL	FOUL	5.96m(-0.0)				
22 Phillip Carmody	SO	DAKOTA STATE	5.89m	NWI	19-04.00	
5.61m(-0.0)	5.78m(-0.0)	5.89m(-0.0)				
23 Canyon Parcell	SO	DICKINSON STATE	5.87m	NWI	19-03.25	
5.87m(-0.0)	5.80m(-0.0)	5.73m(-0.0)				
24 Travis Kamm	JR	NO. STATE	5.79m	NWI	19-00.00	
5.79m(-0.0)	5.47m(-0.0)	FOUL				
25 Brandon Frey	SO	MOUNT MARTY COLLEGE	5.77m	NWI	18-11.25	
5.77m(-0.0)	5.51m(-0.0)	5.45m(-0.0)				
26 Zak Kjolsing	SO	NO. STATE	5.72m	NWI	18-09.25	
FOUL	5.72m(-0.0)	FOUL				

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 112 Men Long Jump UCO**

27	Zack Mullins	SO BRIAR CLIFF	5.68m	NWI	18-07.75
	5.54m(-0.0)	5.38m(-0.0)	5.68m(-0.0)		
28	Austin Eichacker	FR SDSU	5.63m	NWI	18-05.75
	5.63m(-0.0)	5.33m(-0.0)	FOUL		
29	Alex Moore	SR BUENA VISTA	5.59m	NWI	18-04.25
	5.59m(-0.0)	5.54m(-0.0)	5.31m(-0.0)		
29	Jordan Visina	FR MINOT STATE	5.59m	NWI	18-04.25
	5.50m(-0.0)	5.59m(-0.0)	FOUL		
31	David Wilch	FR MORNINGSIDE COLLEGE	5.53m	NWI	18-01.75
	5.53m(-0.0)	5.31m(-0.0)	5.22m(-0.0)		
32	Ryan Gass	JR MORNINGSIDE COLLEGE	5.40m	NWI	17-08.75
	FOUL	5.40m(-0.0)	PASS		
33	Tom Merkwan	JR D WESLEY	5.38m	NWI	17-08.00
	FOUL	5.38m(-0.0)	5.34m(-0.0)		
--	Stefan Peterson	SO BUENA VISTA	FOUL		
	FOUL	FOUL	FOUL		
--	Lucas Peterson	JR NORTHWESTERN	FOUL		
	FOUL	FOUL	FOUL		

**Event 113 Women High Jump UCO**

Meet Record: \* 5-10.50 4/20/1998 DAWN PUTMAN-VINYARD, Buena Vista

Name	Year	School	Finals	
1 Kendra De Jong	FR	NORTHWESTERN	1.68m	5-06.00
2 Danielle Rowe	JR	DAKOTA STATE	1.63m	5-04.25
3 Kristy Schaaf	FR	BRIAR CLIFF	1.58m	5-02.25
4 Jennifer Hartman	SO	DICKINSON STATE	J1.58m	5-02.25
5 Savannah Wakeley	FR	WAYNE STATE COLLEGE	J1.58m	5-02.25
6 Mallory Johannes	FR	JAMESTOWN COLLEGE	1.53m	5-00.25
7 Sarah Skipper	JR	JAMESTOWN COLLEGE	J1.53m	5-00.25
8 Brittany Beehler	SO	UNIVERSITY OF MARY	J1.53m	5-00.25
8 Tanya Vassar	JR	NO. STATE	J1.53m	5-00.25
9 Karissa Pepin	SO	AUGUSTANA COLLEGE	J1.53m	5-00.25
11 Briana Schaeuble	FR	MORNINGSIDE COLLEGE	1.48m	4-10.25
11 Jill Lockie	JR	MINOT STATE	1.48m	4-10.25
11 Mollie O'Mara	FR	BRIAR CLIFF	1.48m	4-10.25
11 Liz Ahrendsen	JR	BUENA VISTA	1.48m	4-10.25
11 Stephanie Uher	FR	DAKOTA STATE	1.48m	4-10.25
11 Briana Wubben	FR	DORDT	1.48m	4-10.25
-- Crystal Schiernbeck	JR	SOUTH DAKOTA	NH	
-- Kallie Merrill	JR	JAMESTOWN COLLEGE	NH	
-- Karina Wierenga	SR	DORDT	NH	
-- Kelly Schilling	SR	MOUNT MARTY COLLEGE	NH	
-- Dani Warren	SO	MINOT STATE	NH	

**Event 114 Men High Jump UCO**

Meet Record: \* 84.00m 4/22/1995 DON WOLF, Buena Vista

Name	Year	School	Finals	
1 Clay Pagels	FR	BRIAR CLIFF	2.04m	6-08.25
2 Kyle Groon		UNATTACHED	1.99m	6-06.25
3 Eric Bauder		UNATTACHED	1.94m	6-04.25
4 Trevor Lopour	FR	MOUNT MARTY COLLEGE	J1.94m	6-04.25

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 114 Men High Jump UCO**

4	Frank Thompson	JR D WESLEY	J1.94m	6-04.25
6	Andrew Rose	JR NO. STATE	J1.94m	6-04.25
7	Curtis Rife	FR MORNINGSIDE COLLEGE	1.89m	6-02.25
7	Ryan Gass	JR MORNINGSIDE COLLEGE	1.89m	6-02.25
7	Calvin McGruder	JR NO. STATE	1.89m	6-02.25
7	Mark Mineart	SO NORTHWESTERN	1.89m	6-02.25
7	Cory Sugden	FR AUGUSTANA COLLEGE	1.89m	6-02.25
12	Travis Kamm	JR NO. STATE	1.84m	6-00.50
12	Sam Meinders	FR BUENA VISTA	1.84m	6-00.50
12	Alex Liberty	UNATTACHED	1.84m	6-00.50
12	Lance Nemece	SR UNIVERSITY OF MARY	1.84m	6-00.50
16	Jacob Pohlmann	FR AUGUSTANA COLLEGE	1.79m	5-10.50
16	Jeff Seagren	SR UNATTACHED	1.79m	5-10.50
16	Cody McCargar	SO UNIVERSITY OF MARY	1.79m	5-10.50
16	Tyler Maxwell	FR USD	1.79m	5-10.50
16	Sam Du Mez	SO DORDT	1.79m	5-10.50
16	Canyon Parcell	SO DICKINSON STATE	1.79m	5-10.50
--	Kyle Heidema	SO DORDT	NH	
--	Phillip Rodriguez	FR MINOT STATE	NH	
--	Bryce Reinders	FR BRIAR CLIFF	NH	
--	Matt Zilverberg	FR U SIOUX FALL	NH	
--	Chad Pinkelman	SO USD	NH	
--	Chancy Cameron	SO DAKOTA STATE	NH	

**Event 115 Women Triple Jump UCO**

Meet Record: * 37-11 4/22/2002 BRIANNE VETTE, South Dakota						
Name	Year	School	Finals	Wind		
1	Melissa Walker	FR UNIVERSITY OF MARY	11.71m	NWI	38-05.00	
	10.79m(-0.0)	11.71m(-0.0)	11.41m(-0.0)	FOUL	10.88m(-0.0)	FOUL
2	Samantha Williams	FR UNIVERSITY OF MARY	11.53m	NWI	37-10.00	
	11.35m(-0.0)	11.23m(-0.0)	11.53m(-0.0)	11.40m(-0.0)	FOUL	11.26m(-0.0)
3	Alissa Klose	JR MINOT STATE	11.05m	NWI	36-03.00	
	10.65m(-0.0)	10.92m(-0.0)	10.90m(-0.0)	10.82m(-0.0)	11.03m(-0.0)	11.05m(-0.0)
4	Tia Haines	SR SOUTH DAKOTA	10.97m	NWI	36-00.00	
	FOUL	FOUL	10.88m(-0.0)	10.97m(-0.0)	10.85m(-0.0)	10.85m(-0.0)
5	Crystal Vander Zee	SO DORDT	10.94m	NWI	35-10.75	
	10.94m(-0.0)	10.78m(-0.0)	10.40m(-0.0)	10.26m(-0.0)	10.64m(-0.0)	10.25m(-0.0)
6	Amber Krogstad	JR DAKOTA STATE	10.85m	NWI	35-07.25	
	10.41m(-0.0)	10.85m(-0.0)	10.46m(-0.0)	FOUL	10.30m(-0.0)	10.33m(-0.0)
7	Milena Brikic	JR DICKINSON STATE	10.58m	NWI	34-08.50	
	10.13m(-0.0)	10.27m(-0.0)	10.58m(-0.0)	FOUL	9.61m(-0.0)	8.95m(-0.0)
8	Liz Benjamin	FR BRIAR CLIFF	10.56m	NWI	34-07.75	
	10.13m(-0.0)	10.38m(-0.0)	10.51m(-0.0)	FOUL	10.56m(-0.0)	10.13m(-0.0)
9	Megan Dias	FR WAYNE STATE COLLEGE	10.48m	NWI	34-04.75	
	10.11m(-0.0)	10.48m(-0.0)	10.02m(-0.0)	FOUL	9.98m(-0.0)	FOUL
10	Kara Maas	FR U SIOUX FALL	10.44m	NWI	34-03.00	
	9.62m(-0.0)	10.44m(-0.0)	10.14m(-0.0)			
11	Dana Riter	SO MOUNT MARTY COLLEGE	10.35m	NWI	33-11.50	
	FOUL	10.35m(-0.0)	10.03m(-0.0)			
12	Brianne Hofstetter	SO WAYNE STATE COLLEGE	10.34m	NWI	33-11.25	
	10.28m(-0.0)	10.34m(-0.0)	FOUL			
13	Karissa Pepin	SO AUGUSTANA COLLEGE	10.15m	0.7	33-03.75	
	9.36m(0.6)	9.17m(+0.0)	10.15m(0.7)			

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14 Sarah Weidler	SO D WESLEY	10.13m	NWI	33-03.00
FOUL	9.76m(-0.0) 10.13m(-0.0)			
15 Hilary Gorder	FR NO. STATE	10.07m	NWI	33-00.50
FOUL	10.07m(-0.0) 9.80m(-0.0)			
16 Deresha Harrison	FR DICKINSON STATE	9.54m	NWI	31-03.75
FOUL	9.54m(-0.0) FOUL			
17 Heidi Hildebrandt	JR NORTHWESTERN	9.36m	NWI	30-08.50
	9.36m(-0.0) 9.17m(-0.0) 8.83m(-0.0)			
18 Alicia Letcher	JR MOUNT MARTY COLLEGE	9.25m	NWI	30-04.25
	8.96m(-0.0) 9.25m(-0.0) 9.18m(-0.0)			

**Event 116 Men Triple Jump UCO**

Meet Record: * 666.00m 4/22/1998 ANDREW OWUSU, unattached					
Name	Year School	Finals	Wind		
1 Cody Linder	SO USD	14.53m	NWI	47-08.00	
FOUL	14.03m(-0.0) 14.43m(-0.0) 14.53m(-0.0)	FOUL	14.52m(-0.0)		
2 Chad Pinkelman	SO USD	14.10m	NWI	46-03.25	
FOUL	13.58m(-0.0) FOUL FOUL FOUL	14.10m(-0.0)			
3 Alex Timperley	SO WAYNE STATE COLLEGE	14.01m	NWI	45-11.75	
14.01m(-0.0) FOUL	13.44m(-0.0) 13.85m(-0.0) 13.80m(-0.0)	FOUL			
4 Andre Moore	FR UNIVERSITY OF MARY	13.99m	NWI	45-10.75	
FOUL FOUL	13.99m(-0.0) 13.76m(-0.0) FOUL	FOUL			
5 Tyler Heitman	FR MORNINGSIDE COLLEGE	13.75m	NWI	45-01.50	
13.74m(-0.0) 13.73m(-0.0) FOUL	13.20m(-0.0) FOUL	13.75m(-0.0)			
6 Bryce Harshman	FR BRIAR CLIFF	13.61m	NWI	44-08.00	
13.43m(-0.0) FOUL	FOUL 13.14m(-0.0) FOUL	13.61m(-0.0)			
7 Thomas Hartwell	FR UNIVERSITY OF MARY	13.57m	NWI	44-06.25	
13.57m(-0.0) 13.15m(-0.0) 13.53m(-0.0)	FOUL	13.31m(-0.0) 13.30m(-0.0)			
8 Tyler Zacher	JR UNIVERSITY OF MARY	13.44m	NWI	44-01.25	
FOUL FOUL	13.44m(-0.0) 12.80m(-0.0) 13.38m(-0.0)	FOUL			
9 Derrik Fossum	FR D WESLEY	13.42m	NWI	44-00.50	
FOUL	13.42m(-0.0) FOUL FOUL FOUL	FOUL			
9 Travis Kamm	JR NO. STATE	13.42m	NWI	44-00.50	
13.42m(-0.0) 12.96m(-0.0) FOUL	13.23m(-0.0) 13.20m(-0.0)	FOUL			
11 Trevor Holleman	SR U SIOUX FALL	13.39m	NWI	43-11.25	
13.26m(-0.0) 13.39m(-0.0) FOUL					
12 Dave Thomas	FR BRIAR CLIFF	13.31m	NWI	43-08.00	
13.31m(-0.0) 13.08m(-0.0) 12.07m(-0.0)					
13 Jeff Seagren	SR UNATTACHED	13.26m	NWI	43-06.00	
13.11m(-0.0) FOUL	13.26m(-0.0)				
14 Trevor Mau	FR NO. STATE	13.13m	NWI	43-01.00	
FOUL	13.13m(-0.0) FOUL				
15 Zack Mullins	SO BRIAR CLIFF	13.10m	NWI	42-11.75	
13.10m(-0.0) FOUL	FOUL				
16 Lucas Sirek	FR WAYNE STATE COLLEGE	13.03m	NWI	42-09.00	
FOUL FOUL	13.03m(-0.0)				
17 Ben Mitchell	FR SDSU	12.92m	NWI	42-04.75	
12.61m(-0.0) 12.48m(-0.0) 12.92m(-0.0)					
18 Austin Schneiders	FR MORNINGSIDE COLLEGE	12.77m	NWI	41-10.75	
12.57m(-0.0) 12.56m(-0.0) 12.77m(-0.0)					
19 Caleb Young	FR BRIAR CLIFF	12.53m	NWI	41-01.50	
12.53m(-0.0) FOUL	FOUL				

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20	Tyler Walker	FR NORTHWESTERN	12.52m	NWI	41-01.00
	FOUL FOUL	12.52m(-0.0)			
21	Ossie Dukes	FR UNIVERSITY OF MARY	12.48m	NWI	40-11.50
	12.14m(-0.0) 12.48m(-0.0) 12.39m(-0.0)				
22	Tim Krueger	FR U SIOUX FALL	12.40m	NWI	40-08.25
	FOUL FOUL	12.40m(-0.0)			
23	Mike Bredeson	FR SDSU	12.29m	NWI	40-04.00
	FOUL FOUL	12.29m(-0.0)			
24	Mac Collins	FR DICKINSON STATE	12.10m	NWI	39-08.50
	FOUL FOUL	12.10m(-0.0)			
25	Jacob Martens	FR U SIOUX FALL	11.91m	NWI	39-01.00
	11.91m(-0.0) FOUL	FOUL			
--	Paul Mallory	SO AUGUSTANA COLLEGE	FOUL		
	FOUL FOUL	FOUL			
--	Austin Eichacker	FR SDSU	FOUL		
	FOUL FOUL	FOUL			
--	Jeff Sebern	JR USD	FOUL		
	FOUL FOUL	FOUL			
--	Jordan Visina	FR MINOT STATE	FOUL		
	FOUL FOUL	FOUL			

**Event 117 Women Javelin Throw UCO**

Meet Record: \* 142-10 4/19/2005 JEN BUYSKE, Augustana

Name	Year School	Finals	
1 Shelby Walsh	FR MINOT STATE	37.60m	123-04
2 Beth Segerholm	FR JAMESTOWN COLLEGE	36.06m	118-04
3 Britlyn Sturlaugson	FR NO. STATE	34.86m	114-04
4 Rachel Christiansen	JR AUGUSTANA COLLEGE	J34.86m	114-04
5 Becca Price	JR JAMESTOWN COLLEGE	34.67m	113-09
6 Kim Anderson	FR NO. STATE	32.37m	106-02
7 Rachel Bickford	JR JAMESTOWN COLLEGE	31.27m	102-07
8 Kallie Merrill	JR JAMESTOWN COLLEGE	30.32m	99-06
9 Brittany Pearson	SO DAKOTA STATE	29.61m	97-02
10 Paige Pollard	SO WAYNE STATE COLLEGE	29.01m	95-02
11 Rachel Kruse	FR U SIOUX FALL	28.39m	93-02
12 Brianne Hofstetter	SO WAYNE STATE COLLEGE	28.36m	93-00
13 Kalifornia Gray	FR MORNINGSIDE COLLEGE	28.17m	92-05
14 Heather Cellmer	SO JAMESTOWN COLLEGE	28.10m	92-02
15 Krystal Lacey	FR NO. STATE	27.52m	90-03
15 Elizabeth Stevens	SO NORTHWESTERN	27.52m	90-03
17 Melissa Jackson	SR AUGUSTANA COLLEGE	27.14m	89-00
18 Laura Maynard	FR MORNINGSIDE COLLEGE	26.23m	86-01
19 Sarah Skipper	JR JAMESTOWN COLLEGE	25.84m	84-09
20 Caitlyn Nerem	JR NORTHWESTERN	24.20m	79-05
21 Allegra Kohley	SO DAKOTA STATE	23.38m	76-08
22 Kelci Teut	FR MORNINGSIDE COLLEGE	22.65m	74-04
23 Amy Kessler	FR MORNINGSIDE COLLEGE	21.74m	71-04
24 Sarah Crosgrave	FR MOUNT MARTY COLLEGE	21.72m	71-03
25 Kim Velk	JR MOUNT MARTY COLLEGE	20.41m	66-11
26 Kristen Nielsen	FR AUGUSTANA COLLEGE	18.43m	60-05

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 118 Men Javelin Throw UCO**

Meet Record: \* 2469.00m 4/19/2007 MARK LIEBL, unattached

Name	Year School	Finals	
1 Josh Ming	JR MINOT STATE	56.02m	183-09
2 Jerad Aasen	SO MINOT STATE	55.38m	181-08
3 Dylan Buehler	FR AUGUSTANA COLLEGE	53.87m	176-09
4 Chad Dawson	FR DICKINSON STATE	52.80m	173-03
5 Brent Peltz	FR UNIVERSITY OF MARY	52.77m	173-01
6 Mac Collins	FR DICKINSON STATE	51.21m	168-00
7 Jay Bachman	FR JAMESTOWN COLLEGE	46.26m	151-09
8 Canyon Parcell	SO DICKINSON STATE	46.16m	151-05
9 Jon Armstrong	SR BRIAR CLIFF	46.11m	151-03
10 Lance Nemec	SR UNIVERSITY OF MARY	45.97m	150-10
11 Andrew Vander Woude	FR DORDT	45.07m	147-10
12 Mark Mineart	SO NORTHWESTERN	44.31m	145-04
13 Tyler Maxwell	FR USD	42.63m	139-10
14 Andy Dougherty	UNATTACHED	42.37m	139-00
15 Jake Versteeg	SO U SIOUX FALL	41.91m	137-06
16 Cody York	FR BRIAR CLIFF	41.90m	137-06
17 Clayton Long	FR U SIOUX FALL	41.51m	136-02
18 Todd Carnes	FR MORNINGSIDE COLLEGE	41.48m	136-01
19 Tim Kruse	SR U SIOUX FALL	41.38m	135-09
20 Kevin Moore	FR JAMESTOWN COLLEGE	41.23m	135-03
21 David Riley	FR DORDT	40.75m	133-08
22 Sean Bicknase	FR BRIAR CLIFF	40.01m	131-03
23 Grayson Leder	FR JAMESTOWN COLLEGE	39.71m	130-03
24 Brady Johnston	JR MINOT STATE	38.90m	127-07
25 Jacob Berger	FR JAMESTOWN COLLEGE	38.62m	126-08
26 Kyle Brunsting	SO USD	36.71m	120-05
27 Peter Prostrollo	FR MOUNT MARTY COLLEGE	36.30m	119-01
28 Kiley Murra	SO NORTHWESTERN	36.04m	118-03
29 Mike Findley	FR JAMESTOWN COLLEGE	35.82m	117-06
30 Kevin Knapp	SR AUGUSTANA COLLEGE	33.55m	110-01
31 Robert Nelson	JR JAMESTOWN COLLEGE	33.41m	109-07
32 Jon Rieker	FR DAKOTA STATE	33.27m	109-02
33 Will Symonds	FR NORTHWESTERN	31.31m	102-09
34 Kielan Dittmar	JR BRIAR CLIFF	29.34m	96-03

**Event 119 Women Pole Vault UCO**

Meet Record: \* 12-00 4/21/2001 SANDY PELKOFER, South Dakota

Name	Year School	Finals	
1 Miranda Fehilly	JR UNIVERSITY OF MARY	11-00.00	3.35m
2 Abbey Aide	FR MINOT STATE	10-06.00	3.20m
3 Katie Breuer	SO MOUNT MARTY COLLEGE	J10-06.00	3.20m
4 Jana Olson	FR NORTHWESTERN	10-00.00	3.04m
5 Kacia Erikson	JR AUGUSTANA COLLEGE	J10-00.00	3.04m
6 Adrienne Skaggs	FR U SIOUX FALL	9-06.00	2.89m
7 Jacklyn Brooks	SO NORTHWESTERN	J9-06.00	2.89m
8 Molly Motsinger	FR MORNINGSIDE COLLEGE	9-00.00	2.74m
9 Kim DeJong	FR NORTHWESTERN	J9-00.00	2.74m
-- Calley Worth	FR NO. STATE		NH
-- Tanya Vassar	JR NO. STATE		NH
-- Shelly Jacobs	SO U SIOUX FALL		NH

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 119 Women Pole Vault UCO**

-- Christina Van Singel	FR DORDT	NH
-- Dani Warren	SO MINOT STATE	NH
-- Courtney Oliver	FR JAMESTOWN COLLEGE	NH
-- Mallory Souder	SO JAMESTOWN COLLEGE	NH
-- Mikaela White	FR BRIAR CLIFF	NH
-- Theresa Knapp	FR NO. STATE	NH
-- Beth Norton	FR MORNINGSIDE COLLEGE	NH

**Event 120 Men Pole Vault UCO**

Meet Record: \* 225.00m 4/20/2001 DEREK MILES, unattached

Name	Year School	Finals	
1 Bryan Braley	JR USD	15-00.00	4.57m
2 Wade Royer	SR NO. STATE	J15-00.00	4.57m
3 Brian Schenavar	SO U SIOUX FALL	J15-00.00	4.57m
4 Tane Owens	SR UNATTACHED	J15-00.00	4.57m
5 Greg Schenavar	SR UNIVERSITY OF MARY	14-06.00	4.41m
6 Joshua Brinkerhoff	FR DORDT	14-00.00	4.26m
7 Jeff Mills	FR WAYNE STATE COLLEGE	J14-00.00	4.26m
8 James Vollmer	JR JAMESTOWN COLLEGE	13-06.00	4.11m
8 Andrew Stoen	JR JAMESTOWN COLLEGE	13-06.00	4.11m
8 Tanner Willard	SO USD	13-06.00	4.11m
11 Jeff Seagren	SR UNATTACHED	13-00.00	3.96m
12 Jacob Pohlmann	FR AUGUSTANA COLLEGE	12-06.00	3.81m
12 Sean Bicknase	FR BRIAR CLIFF	12-06.00	3.81m
12 Alex Liberty	UNATTACHED	12-06.00	3.81m
12 David Wilch	FR MORNINGSIDE COLLEGE	12-06.00	3.81m
12 Johnny Nguyen	SR DICKINSON STATE	12-06.00	3.81m
-- Tim Simonich	FR UNIVERSITY OF MARY	NH	
-- Jake Kunkle	FR U SIOUX FALL	NH	
-- Cody Diehl	SO WAYNE STATE COLLEGE	NH	
-- Grant Aden	UNATTACHED	NH	
-- Caleb Miles	FR DORDT	NH	
-- Michael Barrios	FR DICKINSON STATE	NH	
-- Daniel Filsinger	FR MOUNT MARTY COLLEGE	NH	
-- Dillon Ostby	SO D WESLEY	NH	
-- Kurtis Gross	SO DICKINSON STATE	NH	
-- Caleb Coffee	JR U SIOUX FALL	NH	
-- Chad Aurich	SR U SIOUX FALL	NH	
-- Andrew Ellsworth	SO U SIOUX FALL	NH	
-- Cody Hageman	JR NO. STATE	NH	
-- Clint Schroeder	SR SDSU	NH	

**Event 121 Women Hammer Throw UCO**

Meet Record: \* 186-03 4/18/2009 AMANDA MADDEN, Northern State

Name	Year School	Finals	
1 Amanda Madden	SR NO. STATE	55.30m	181-05
49.12m FOUL 51.00m 52.08m 54.31m 55.30m			
2 Morgan Darrow	JR BUENA VISTA	48.71m	159-10
43.16m 45.11m FOUL 45.91m FOUL 48.71m			
3 Brooke Garner	UNATTACHED	48.45m	158-11
FOUL 48.32m FOUL FOUL 48.45m 48.45m			

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4	Lachel Milander	SO WAYNE STATE COLLEGE	47.03m	154-03
	44.69m FOUL 46.65m 44.99m FOUL 47.03m			
5	Noel Bentele	JR AUGUSTANA COLLEGE	45.99m	150-11
	45.99m 43.73m 42.54m 40.25m 45.55m FOUL			
6	Ashley Sparks	FR BRIAR CLIFF	44.13m	144-09
	44.13m FOUL FOUL FOUL 43.89m			
7	Shara Thompson	SO SDSU	42.93m	140-10
	FOUL 42.93m FOUL FOUL FOUL 41.27m			
8	Kara DenHerder	JR NORTHWESTERN	42.56m	139-07
	42.56m FOUL 40.80m FOUL FOUL 41.11m			
9	Amber Price	FR MORNINGSIDE COLLEGE	42.44m	139-03
	40.48m 40.66m 42.44m FOUL FOUL FOUL			
10	Katie Smith	SR NO. STATE	42.25m	138-07
	42.25m 41.36m 39.90m			
11	Emily Wells	FR WAYNE STATE COLLEGE	41.59m	136-05
	40.86m 41.59m 39.95m			
12	Darci Youngstrom	SO SOUTH DAKOTA	41.41m	135-10
	40.99m 41.41m 38.82m			
13	Ashley Larson	SR SDSU	39.93m	131-00
	39.93m FOUL FOUL			
14	Erica Krull	JR SOUTH DAKOTA	39.47m	129-06
	39.47m FOUL 39.38m			
15	Rachel Christiansen	JR AUGUSTANA COLLEGE	39.41m	129-03
	FOUL 34.82m 39.41m			
16	Danielle Fry	SO NORTHWESTERN	38.71m	127-00
	38.50m 38.71m FOUL			
17	Jill Schlenker	JR JAMESTOWN COLLEGE	38.33m	125-09
	38.33m 38.14m FOUL			
18	Sable Lems	FR NORTHWESTERN	37.55m	123-02
	FOUL 29.64m 37.55m			
19	Amber Johnson	FR WAYNE STATE COLLEGE	36.98m	121-04
	34.19m 36.98m FOUL			
20	Becca Fischer	UNATTACHED	36.74m	120-06
	FOUL 36.74m 34.85m			
21	Kristen Nielsen	FR AUGUSTANA COLLEGE	36.52m	119-10
	35.67m 36.52m FOUL			
22	Allie Arp	FR BUENA VISTA	36.13m	118-06
	36.13m 33.80m FOUL			
23	Elizabeth Ogden	FR DICKINSON STATE	35.54m	116-07
	34.61m FOUL 35.54m			
24	RaeChael Zabokrtsky	FR MORNINGSIDE COLLEGE	35.51m	116-06
	FOUL 35.51m FOUL			
25	Megan Vote	JR JAMESTOWN COLLEGE	35.18m	115-05
	34.53m 35.18m 34.40m			
26	Yvonne Freese	FR NO. STATE	34.61m	113-06
	28.65m 34.61m 31.20m			
27	Christena Georgas	FR SOUTH DAKOTA	33.88m	111-02
	FOUL 32.49m 33.88m			
28	Christina Medeiros	FR UNIVERSITY OF MARY	33.40m	109-07
	31.25m 33.40m FOUL			
29	Rachel Kruse	FR U SIOUX FALL	32.88m	107-10
	32.88m FOUL FOUL			
30	Danielle Roeske	FR JAMESTOWN COLLEGE	32.03m	105-01
	32.03m 28.65m 29.41m			

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 121 Women Hammer Throw UCO**

31	Kim Velk		JR MOUNT MARTY COLLEGE	31.00m	101-08
	FOUL	31.00m	29.99m		
32	Laura Maynard		FR MORNINGSIDE COLLEGE	30.73m	100-10
	30.73m	FOUL	FOUL		
33	Devon Flowers		FR MINOT STATE	29.29m	96-01
	26.76m	26.89m	29.29m		
34	Liz Thompson		FR U SIOUX FALL	28.50m	93-06
	FOUL	28.20m	28.50m		
35	Kiara Bogan		BUENA VISTA	19.72m	64-08
	19.42m	18.74m	19.72m		

**Event 122 Men Hammer Throw UCO**

Meet Record: * 3036.00m 4/21/2007 A.G. KRUGER, unattached						
Name	Year	School				Finals
1	A.G. Kruger		UNATTACHED			73.08m 239-09
	68.26m	FOUL	FOUL	71.94m	72.95m	73.08m
2	Ben Jacobson		JR UNIVERSITY OF MARY			51.47m 168-10
	FOUL	FOUL	49.04m	51.47m	50.69m	FOUL
3	Steven Ricke		SR BUENA VISTA			48.51m 159-02
	FOUL	45.26m	47.79m	FOUL	FOUL	48.51m
4	Jacob Mathieson		SR WAYNE STATE COLLEGE			48.44m 158-11
	FOUL	48.02m	48.44m	48.42m	FOUL	FOUL
5	Kevin Knapp		SR AUGUSTANA COLLEGE			48.42m 158-10
	47.33m	48.42m	FOUL	FOUL	FOUL	46.29m
6	Delron Innis		SR DICKINSON STATE			46.82m 153-07
	46.82m	45.25m	46.51m	46.08m	45.46m	44.81m
7	William Dean		SR JAMESTOWN COLLEGE			45.22m 148-04
	45.22m	FOUL	FOUL	FOUL	FOUL	FOUL
8	Tyler Schmidkunz		SO DICKINSON STATE			45.07m 147-10
	44.54m	45.07m	FOUL	FOUL	41.51m	42.90m
9	Tad Harman		SO UNIVERSITY OF MARY			44.67m 146-07
	44.48m	44.67m	FOUL	FOUL	FOUL	FOUL
10	Brock Brewster		SO USD			44.49m 145-11
	FOUL	43.36m	44.49m			
11	Kyle O'Neill		SO WAYNE STATE COLLEGE			43.70m 143-04
	37.44m	43.70m	43.03m			
12	Ryan Ackman		FR UNATTACHED			42.83m 140-06
	42.83m	42.08m	41.53m			
13	Josh Daniels		JR U SIOUX FALL			41.63m 136-07
	41.63m	39.99m	FOUL			
14	Travis Kroger		SO UNATTACHED			41.31m 135-06
	FOUL	38.47m	41.31m			
15	John Huber		JR NO. STATE			41.20m 135-02
	FOUL	41.18m	41.20m			
16	DJ Vega		SO BUENA VISTA			41.05m 134-08
	41.05m	FOUL	FOUL			
17	Brandon Robinson		JR BUENA VISTA			40.75m 133-08
	FOUL	40.75m	FOUL			
18	Jerad Aasen		SO MINOT STATE			39.08m 128-02
	FOUL	39.08m	FOUL			
19	Adam Hinds		JR BRIAR CLIFF			38.88m 127-07
	FOUL	38.43m	38.88m			

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 122 Men Hammer Throw UCO**

20	Jacob Chambers	SO MORNINGSIDE COLLEGE	38.73m	127-01
	38.73m FOUL FOUL			
21	Zach Gaugler	JR MINOT STATE	38.42m	126-00
	35.64m FOUL 38.42m			
22	Sam Herauf	FR DICKINSON STATE	37.47m	122-11
	34.38m 36.80m 37.47m			
23	Cody York	FR BRIAR CLIFF	36.91m	121-01
	35.21m 36.91m FOUL			
24	Brady Johnston	JR MINOT STATE	35.83m	117-07
	34.72m 35.83m 34.16m			
25	Grayson Leder	FR JAMESTOWN COLLEGE	32.45m	106-05
	30.79m 32.45m 31.50m			
26	Brandon Bodien	FR JAMESTOWN COLLEGE	31.46m	103-02
	FOUL FOUL 31.46m			
27	Kyle Brunsting	SO USD	30.79m	101-00
	FOUL FOUL 30.79m			
28	Chad Van Ravenswaay	SO NORTHWESTERN	30.25m	99-03
	28.61m 30.25m FOUL			
29	Dan Whipple	FR U SIOUX FALL	29.01m	95-02
	29.01m 27.79m FOUL			
30	Luke Gaugler	FR MINOT STATE	28.72m	94-03
	FOUL FOUL 28.72m			
31	Clayton Long	FR U SIOUX FALL	28.25m	92-08
	FOUL FOUL 28.25m			
--	Jake Versteeg	SO U SIOUX FALL	FOUL	
	FOUL FOUL FOUL			

**Event 127 Girls 4x100 Meter Relay 8th Grade**

Meet Record: \* 56.78 4/21/2007 SIOUX CITY EAST MIDDLE, East  
M. Robinson, S. Houlihan, K. Gigaroa, K. Smith  
School Finals

1	SIOUX CITY EAST MIDDLE SCHOOL 'A'	57.29
	1) Elizabeth Bohlmann 08	2) Maci Heimsoth 08
	3) Jade Nelson 08	4) Hannah Ingram 08
2	SIOUX CITY NORTH MIDDLE SCHOOL 'A'	58.74
	1) Michelle Brown	2) Katrina Shotswell
	3) Courtney McCrystal 08	4) Betsi Alvarado
3	SERGEANT BLUFF-LUTON MIDDLE SC 'A'	59.07
	1) Kennedy Colvert 08	2) Miles Ludwigs 08
	3) Courtney Morrison 08	4) Madison Archer 08
4	SIOUX CITY WEST MIDDLE SCHOOL 'A'	1:00.81
	1) Isabelle Whitead 08	2) Alex Gonzalez 08
	3) Heidi Jones 08	4) Rosa Robles 08
5	SIOUX SIOUX CITY MIDDLE SCHOOL 'A'	1:01.69
	1) Shameka Hunt 08	2) Hailey Hinds 08
	3) Nicole Pierce 08	4) Audra Thramer 08

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****Event 128 Boys 4x200 Meter Relay 8th Grade**

Meet Record: \* 1:44.62 4/18/2009 NORTH MIDDLE SCHOOL, North  
D. Grundberry G. Hays A. Dicus B. Meachum  
School Finals

1	SIOUX CITY EAST MIDDLE SCHOOL	'A'	1:45.74
	1) Ronald Nash 08	2) Dylan Peterson 08	
	3) Greg Kirwan 08	4) Taylor Bradley 08	
2	SERGEANT BLUFF-LUTON MIDDLE SC	'A'	1:47.88
	1) Riley Weeks 08	2) Jack DeMoss 08	
	3) Steven Garcia 08	4) Jaycin Kruse 08	
3	SIOUX CITY WEST MIDDLE SCHOOL	'A'	1:51.02
	1) Myron Bose 08	2) Skyler Bauer 08	
	3) Sam Mace 08	4) Marcellous Gardner 08	
4	SIOUX CITY NORTH MIDDLE SCHOOL	'A'	1:53.82
	1) Noah Popken	2) Liam Bald	
	3) Tyler Ard	4) Brady Mayo 08	
5	SIOUX CITY WEST MIDDLE SCHOOL	'B'	2:09.07
	1) Austin Case 08	2) Tyson Trobaugh 08	
	3) Drake Williams 08	4) Chris Hendrickson 08	

**Event 129 Girls 4x200 Meter Relay 8th Grade**

Meet Record: \* 2:00.88 4/18/2008 SIOUX CITY EAST MIDDLE SCHO  
C McElhose, R Mikulicz, A Pollow, L Strom  
School Finals

1	SIOUX CITY EAST MIDDLE SCHOOL	'A'	2:03.61
	1) Caitlyn Foley 08	2) Jade Nelson 08	
	3) Matti Hannah 08	4) Hannah Ingram 08	
2	SERGEANT BLUFF-LUTON MIDDLE SC	'A'	2:06.12
	1) Kennedy Colvert 08	2) Miles Ludwigs 08	
	3) Courtney Morrison 08	4) Madison Archer 08	
3	SIOUX CITY NORTH MIDDLE SCHOOL	'A'	2:06.19
	1) Michelle Brown	2) Katrina Shotswell	
	3) Courtney McCrystal 08	4) Betsi Alvarado	
4	SIOUX CITY WEST MIDDLE SCHOOL	'A'	2:10.42
	1) Heidi Jones 08	2) Isabelle Whitead 08	
	3) Melissa Verdin 08	4) Rosa Robles 08	
--	SIOUX SIOUX CITY MIDDLE SCHOOL	'A'	DNF
	1) Shameka Hunt 08	2) Hailey Hinds 08	
	3) Cassie Pedroza 08	4) Audra Thramer 08	

**Event 130 Boys 800 Meter Run 8th Grade**

Meet Record: \* 2:20.29 4/18/2009 AUSTIN FRITZA, South Sioux  
Name Year School Finals

1	Carter Lilly	08 SIOUX CITY E	2:20.34
2	Karter Keefer	08 SIOUX SIOUX	2:21.08
3	Jacob Scott	08 SIOUX CITY E	2:24.80
4	Nate Colwell	08 SIOUX SIOUX	2:27.00
5	Bret Tomoson	08 SERGEANT BLU	2:27.77
6	Brady Mayo	08 SIOUX CITY N	2:27.90
7	Lane Bernstrauch	08 SIOUX SIOUX	2:31.57
8	Zach Brazzell	08 SERGEANT BLU	2:32.77

**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 130 Boys 800 Meter Run 8th Grade**

9	Myron Bose	08 SIOUX CITY W	2:33.61
10	Justin Hill	08 SIOUX CITY E	2:33.82
11	Casper Dylan	08 SIOUX CITY N	2:38.98
12	Sheehan Levine	08 SIOUX CITY W	2:40.02
13	Thomas Wisecup	08 SERGEANT BLU	2:40.34
14	Alex Kin	08 SIOUX CITY W	2:41.29
--	Marco Carillo	08 SIOUX CITY N	DNF

**Event 131 Girls 800 Meter Run 8th Grade**

Meet Record: \* 2:42.97 4/18/2009 CHLOE HOULIHAN, East Middle

Name	Year	School	Finals
1	Cassie Geopfert	08 SIOUX CITY E	2:33.56*
2	Brooke Bleeker	08 SERGEANT BLU	2:35.05*
3	Alyssa Nash	08 SIOUX CITY N	2:39.38*
4	Jessica Becker	08 SERGEANT BLU	2:47.90
5	Sierra Brand	08 SERGEANT BLU	2:49.00
6	Anna Larson	08 SIOUX CITY E	2:49.15
7	Jenny Bright	08 SIOUX SIOUX	2:57.47
8	Crystal Holloway	08 SIOUX SIOUX	3:09.22
9	Laura Gerkin	08 SIOUX SIOUX	3:12.65
10	Tia Heien	08 SIOUX CITY W	3:32.63
--	Audra Thramer	08 SIOUX SIOUX	DNF
--	Alexis Larvick	08 SIOUX CITY W	DNF
--	Helseth Hanna	08 SIOUX CITY N	DNF
--	Julie Deanda	08 SIOUX SIOUX	DNF

**Event 205 Girls 4x100 Meter Shuttle Hurdle OHS**

School	Finals	H#
1 GEHLEN CATHOLIC 'A'	1:10.83	2
1) Kaitlin Roberts 10		
2) Nicole Ryan 10		
3) Emily Holtgrewe 09		
4) Steph Rohe 10		
2 GLENWOOD HIGH SCHOOL 'A'	1:11.81	2
1) Mercedes Liparoto 10		
2) Lexi Fisher 10		
3) Devin Jackson 09		
4) Kassie Finn 12		
3 MOC-FLOYD VALLEY 'A'	1:13.12	1
1) Caitlyn Van Es 10		
2) Samantha Wielenga 09		
3) Claire Roesner 12		
4) Katie Krebs 12		
4 SO SIOUX CITY HIGH SCHOOL 'A'	1:14.06	2
1) Hannah Reed 12		
2) Trista Thoreson 09		
3) Halie Hoch 10		
4) Tabitha Machar 12		
5 WESTWOOD SLOAN HIGH SCHOOL 'A'	1:14.61	1
1) Justine Cleveland 11		
2) Kaitlin Choquette 12		
3) Kirstin Berg 11		
4) Ashley Alons 11		
6 KINGSLEY-PIERSON/WOODBURY CENT 'A'	1:15.87	1
1) DeAndra Mahrt 10		
2) Maddie Bain 09		
3) Keely Collins 09		
4) Alex Howrey 11		
7 BISHOP HEELAN HIGH SCHOOL 'A'	1:18.21	1
1) Tori Vondrak 12		
2) Emily Keane 09		
3) Mackenzie Geary 09		
4) Jessica Benson 12		
-- LEMARS CENTRAL 'A'	DQ	2
1) Emily Ellefson 09		
2) Kirstie Ruhland 11		



**Sioux City Relays 2010 - 4/16/2010 to 4/17/2010****Olsen Stadium****Results****....Event 214 Girls 4x400 Meter Relay 8th Grade**

5	SIOUX SIOUX CITY MIDDLE SCHOOL	'B'	5:12.72
--	SIOUX SIOUX CITY MIDDLE SCHOOL	'A'	DNF
	1) Shameka Hunt 08	2) Leslie La 08	
	3) Melissa Gonzalez 08	4) Audra Thramer 08	

**Event 215 Boys 4x400 Meter Relay 8th Grade**

School	Finals
1 SIOUX CITY EAST MIDDLE SCHOOL 'A'	4:00.98
1) Taylor Bradley 08	2) Dylan Peterson 08
3) Greg Kirwan 08	4) Carter Lilly 08
2 SERGEANT BLUFF-LUTON MIDDLE SC 'A'	4:02.78
1) Ben Robinson 08	2) Jack DeMoss 08
3) Zach Brazzell 08	4) Bret Tomoson 08
3 SIOUX SIOUX CITY MIDDLE SCHOOL 'A'	4:17.69
4 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	4:25.88
1) Christian Lozano	2) Brandon Konz
3) Farris Najadawi	4) Corey Little
5 SIOUX CITY WEST MIDDLE SCHOOL 'A'	4:41.34
1) Alex Kin 08	2) Myron Bose 08
3) Chase Carell 08	4) Skyler Bauer 08
6 SIOUX CITY WEST MIDDLE SCHOOL 'B'	4:55.10
1) Austin Case 08	2) Sheehan Levine 08
3) Bryan Chavez 08	4) Tyson Trobaugh 08