

## **Jones, Jenks make golden runs at state**

Written by Jim Ecker

Saturday, 18 May 2013 17:31 - Last Updated Saturday, 18 May 2013 17:57

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DES MOINES - Timauntay Jones and Stephanie Jenks turned in special performances at the state track meet Saturday.

Jones gave Cedar Rapids Jefferson its first gold medal in 30 years when he captured the Class 4A 800 meter run in a personal best 1 minute, 52.75 seconds.

Jenks, the precocious ninth grader from Linn-Mar, finished one of the most successful years for a freshman in state history when she added the 1500 meter title to her growing list of accomplishments.

Metro athletes finished with eight gold medals at the state meet along with a long list of silver and bronze medals.

The Jefferson J-Hawks had not won a boys title at the state track meet since Pat Carnes captured the 400 meter low hurdles in 1983. Jones snapped the 30-year drought by taking command at the start of the 800 and never relinquishing the lead.

Jones noticed there were several 1600 and 3200 runners in the 800, so he elected to set a swift pace and wear them out. "I tried to get them out of their comfort zone," he explained.

"Life begins at the end of your comfort zone," he said, embracing a popular saying at Jefferson. "Yeah, I felt really good. Coming down that last 100, I got a rush of adrenaline. The crowd was amazing."

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Jenks took command of the 1500 meter run and blew away the competition in a personal best 4 minutes, 31.14 seconds. She also won the 300 meter run on Thursday and finished her freshman year with two gold medals from the state track meet, two gold medals from the Drake Relays and the Class 4A state cross country title.

Jenks said she wanted to show what a freshman can accomplish.

"Most people, they underestimate a freshman's abilities," said Jenks. "Maybe I wasn't the best example, because I kind of stuck out the whole season, but I wanted to show, 'Hey, freshmen can make a difference here.'"

Jenks won two of the eight gold medals for the Metro area at state. Josh Evans of Linn-Mar won the 3200, Derek Jacobus of Kennedy took the long jump, Jones won the 800, the Jefferson girls claimed the 4x200 relay and set an all-time state record in the event, the Linn-Mar boys won the 4x200 relay and the Linn-Mar boys won the 1600 medley.

Metro boys won four silver medals Saturday. Evans placed second in the 1600 (4:12.03), Perrion Scott of Linn-Mar finished second in the 200 (21.86), Kennedy finished second in the Class 4A shuttle hurdle relay (56.65) and Marion finished second in the Class 3A shuttle hurdle relay.

Tom Kaiser, Jacobus, Marcus Perkins and Famiek Cook ran the shuttle hurdle relay for Kennedy, which was nipped by Waukee for the title. Isaac Frazier, Cedrick Williams, Andrew Davis and Quinn Cannoy ran the shuttle hurdle relay for Marion.

Metro boys also claimed four bronze medals. Evans ran third in the 800 (1:55.04), Scott finished third in the 100 (11:21), Linn-Mar placed third in the 4x100 relay (42.30) and Prairie finished third in the 4x400 relay (3:20.96).

Scott, Tristan Freese, Brandon Jeffries and Austin Flieder ran the 4x100 relay for Linn-Mar.

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Tristan Beyer, Lucas Howes, Jarred Edmonds and Demetrius Harper formed the 4x400 relay for Prairie.

John Koelling of Kennedy finished fourth in the 200 (22.42), Linn-Mar finished sixth in the 4x400 relay, Mitch Bredeson of Washington was 7th in the 100 (11.43), Washington placed eighth in the 4x400 relay and Tom Kaiser of Kennedy placed eighth in the 100 high hurdles.

The Marion Indians finished fourth in the Class 3A 4x400 relay. Devin LeBeau placed fifth for the Indians in the 100 (11.49) and Quinn Cannoy was sixth in the 100 hurdles (15.49). Marion finished in 14th place with 21 points.

The Cedar Rapids Jefferson girls finished second in the 4x100 relay, third in the sprint medley, third in the 4x400 relay and sixth in the shuttle hurdle relay.

The J-Hawks also saw Lucy Schneekloth finish fourth in the 200 meter dash (25.48), Madison Ranschau place fifth in the 100 hurdles (15.34) and Maliya Rattliffe run seventh in the 100 meter dash (12.83).

Jefferson collected 56 points and finished fifth in the girls team standings.

Rattliffe, Morgan Meese, Rachel Broghammer, Jasmine Blue, Taylor Jacobson, Sam Kitterman, Abbie Ranschau, Madison Ranschau and Schneekloth performed on the successful relays.

Jenks finished second in the 800 meter run for Linn-Mar (2:13.30). Amber Decker of Linn-Mar finished fifth in the same race (2:15.68). The Lions placed seventh in the team standings with 41 points, with Jenks contributing 28 points by herself.

Amari Waller of Kennedy placed eighth in the 100 meter dash (13.01) and Marisa Estelle of Kennedy ran eighth in the 100 hurdles (15.58). The Cougars finished in 25th place with five points.

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Prairie placed 20th in the team standings (8 points) and Washington finished in 29th place (3 points).

### STATE TRACK MEET

At Des Moines (Drake Stadium)

Saturday

### BOYS

#### CLASS 4A

Team standings (Final)

1. Linn-Mar 72, 2. Iowa City West 57, 3. Waukee 53, 4. CR Kennedy 51, 5. Iowa City High 35, 6. Cedar Falls 33, 7. Waterloo West 31, 8. WDM Dowling 26, 9. (tie) Johnson, Pleasant Valley 23  
11. (tie) SC East, DM Roosevelt 22, 13. Indianola 19, 14. Clinton 18, 15. (tie) CR Prairie, DM Lincoln 17, 17. Ames 14, 18. (tie) CR Washington, Davenport Central, Dubuque Hempstead, North Scott 13  
22. Ankeny 12, 23. (tie) CR Jefferson, Burlington, Urbandale, WDM Valley 10, 27. (tie) CR Xavier, Newton, Western Dubuque 8, 30. (tie) Lewis Central, SC West 6  
32. (tie) Dubuque Senior, Bettendorf 5, 34. (tie) Marshalltown, Fort Dodge, CB Abe Lincoln 4, 27. Mason City 2, 38. (tie) SE Polk, DM East, Muscatine 1

#### Finals

##### 800 Meters

1. Timauntay Jones (CR Jefferson) 1:52.75, 2. Carter Lilly (SC East) 1:54.61, 3. Josh Evans (Linn-Mar) 1:55.04, 4. Andy Arndt (Indianola) 1:55.65, 5. Kaleb Greiner (IC West) 1:55.71, 6. Ryan Dorman (IC High) 1:56.07, 7. Bailey Wetherell (IC West) 1:56.46, 8. Austin Krohnke (Waukee) 1:57.43

Also - 9. Tusen VanDraska (CR Prairie) 1:57.45, 23. Tanner Rathje (Linn-Mar) 2:04.87

#### Shuttle Hurdle Relay

1. Waukee 56.47 (state meet record, old mark, 56.66, WDM Valley (2010)), 2. CR Kennedy (Tom Kaiser, Derek Jacobus, Marcus Perkins, Famiek Cook) 56.65, 3. Ankeny 57.65, 4. Cedar Falls 58.35, 5. Linn-Mar (Tristan Freese, Rhys Davis, Keegan Cook, Mike Keiser) 58.64, 6.

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North Scott 58.66, 7. Western Dubuque 58.90, -- WDM Valley DQ

### 100 Meters

1. Anthony Dreeszen (SC East) 11.11, 2. Zach Minch (Dav. Central) 11.18, 3. Perrion Scott (Linn-Mar) 11.21, 4. Tavian Smith (IC West) 11.23, 5. Ronald Nash (SC East) 11.25, 6. Lance Dunn Jr. (Waterloo West) 11.31, 7. Mitch Bredeson (CR Washington) 11.43, 8. Bryson Runge (IC High) 11.45

### 110 Hurdles

1. Jon Rus (North Scott) 14.94, 2. Sydne Davis (DM Roosevelt) 14.97, 3. Tyler Donovan (W.Dubuque) 15.01, 4. Kentrell Killins (Ames) 15.13, 5. Elijah Young (DM Lincoln) 15.19, 6. Adam Lynn (Ankeny) 15.22, 7. Noah Larrison (Waukee) 15.28, 8. Tom Kaiser (CR Kennedy) 15.58

### 200 Meters

1. Tavian Smith (IC West) 21.84, 2. Perrion Scott (Linn-Mar) 21.86, 3. Gerald Heiskell (SC West) 22.08, 4. John Koelling (CR Kennedy) 22.42, 5. AJ Allen (Waukee) 22.58, 6. Jared Seay (Johnston) 22.58, 7. Cray Washington (Fort Dodge) 22.67

### 1600 Meters

1. Jason Thomas (Dowling) 4:10.14 (state meet record, old mark, 4:13.65, Todd Peverill, Waterloo East (1979)), 2. Josh Evans (Linn-Mar) 4:12.03, 3. Caleb Drake (Pleasant Valley) 4:18.47, 4. Brook Price (IC High) 4:19.06, 5. Jordan Schulze (Indianola) 4:20.02, 6. Bailey Wetherell (IC West) 4:21.08, 7. Nick Paulson (Ankeny) 4:21.83, 8. Isaac Jensen (IC West) 4:22.05

Also - 12. Mitch Pritts (CR Prairie) 4:27.56, 18. Tanner Rathje (Linn-Mar) 4:33.67, 20. Isaiah Vlasek (CR Prairie) 4:35.90

### 4x100 Relay

1. Waterloo West 41.84 (state meet record, old mark, 41.88, DM East (2007)), 2. Johnston 42.29, 3. Linn-Mar (Perrion Scott, Tristan Freese, Brandon Jeffries, Austin Flieder) 42.30, 4. DM Lincoln 42.37, 5. Ames 42.65, 6. Waukee 42.93, 7. IC High 43.42, 8. SE Polk 43.55

### 4x400 Relay

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1. Waukee 3:19.04, 2. Cedar Falls 3:19.61, 3. CR Prairie (Tristan Beyer, Lucas Howes, Jarred Edmonds, Demetrius Harper) 3:20.96, 4. Dubuque Senior 3:22.52, 5. IC West 3:22.84, 6. Linn-Mar (Tristan Freese, Ryan Wirth, Duggan Trenary, Chase Grabau) 3:25.13, 7. Clinton 3:25.15, 8. CR Washington (Landen Akers, Noah Dostal, Trevor Luebe, Nicolas Corbett) 3:26.04

### CLASS 3A

Team standings (Final)

1. Pella 46, 2. Knoxville 45, 3. Mount Pleasant 39, 4. Boone 37.5, 5. Solon 36, 6. (tie) Fort Madison, Glenwood 35, 8. Iowa Falls-Alden 30, 9. SC Heelan 36.5, 10. Decorah 24  
11. Waverly-Shell Rock 23, 12. (tie) Clear Creek Amana, Centerville 22, 14. (tie) Marion, Spirit Lake Park, South Tama 21, 19. LeMars 15, 20. (tie) Clear Lake, Perry 14  
22. (tie) Waukon, Gilbert 13, 24. Harlan 12, 25. MOC-Floyd Valley 11, 26. (tie) Storm Lake, Algona 10, 28. (tie) Boyden-Hull/Rock Valley, Norwalk 8, 30. Charles City 7  
31. (tie) Crestwood, Oskaloosa 6, 33. Dallas Center-Grimes 5.5, 34. Center Point-Urbana 4.5, 35. (tie) Denison-Schleswig, DeWitt Central 4, 37. (tie) Creston, Union 3, 39. (tie) Carroll, Winterset, Atlantic, Spencer 2, 43. Vinton-Shellsburg 1

### Finals

#### 800 Meters

1. Payton Busch (Centerville) 1:55.43, 2. Wick Cunningham (Knoxville) 1:56.74, 3. Wade Pingel (Pella) 1:57.18, 4. Bo Hjelle (Algona) 1:57.32, 5. Josh Prohaska (DC-Grimes) 1:57.37, 6. Jay Wolfe (Creston) 1:57.41, 7. Ethan Wise (Waverly-SR) 1:57.61, 8. Nolan Sagan (Vinton-Shellsburg) 1:57.64

Also - 19. Jordan Garthwaite (Marion) 2:01.49

### Shuttle Hurdle Relay

1. Mount Pleasant 57.55, 2. Marion (Isaac Frazier, Cedrick Williams, Andrew Davis, Quinn Cannoy) 57.77, 3. Fort Madison 57.98, 4. Norwalk 58.16, 5. Harlan 58.85, 6. Solon 59.19, 7. Glenwood 59.56, 8. Waverly-SR 1:00.06

#### 100 Meters

1. Brandon Norman (Iowa Falls) 11.15, 2. Chris Brogden (Pella) 11.17, 3. Darrion Sanders (Keokuk) 11.31, 4. Tanner Dunkin (Knoxville) 11.48, 5. Devin LeBeau (Marion) 11.49, 6. Trev Hadachek (Union) 11.50, 7. Will Whiton (Perry) 11.62, 8. Cory Harding (Norwalk) 19.73

#### 110 Hurdles

1. Connor Ham (Solon) 14.72, 2. Austin Hess (Harlan) 14.73, 3. Jonny Swanson (Fairfield)

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14.88, 4. Tommy Thorne (Mount Pleasant) 15.06, 5. Connor Nosbisch (Clear Lake) 15.22, 6. Quinn Cannoy (Marion) 15.49, 7. Ryan Douglas (Knoxville) 15.55, -- Dane Kruse (Glenwood) DQ

### 200 Meters

1. Jared Ganschow (CC Amana) 22.18, 2. Brandon Norman (Iowa Falls) 22.22, 3. Darrion Sanders (Keokuk) 22.41, 4. Brett McCalla (Waverly-SR) 22.64, 5. Brandt Van Roekel (BH/RV) 22.68, 6. Kyle Stephenson (South Tama) 22.84, 7. Connor Ham (Solon) 22.95, 8. Robert Ironshell (LeMars) 23.03

### 1600 Meters

1. Chandler Austin (Boone) 4:15.65 (state meet record, old mark, 4:15.99, Brett Adams, Dav. Assumption (2004)), 2. Albert Meier (Boone) 4:15.69, 3. Thomas Pollard (Gilbert) 4:18.47, 4. Mark Norland (Spirit Lake Park) 4:21.31, 5. Will Norris (Spirit Lake Park) 4:23.30, 6. Wick Cunningham (Knoxville) 4:23.37, 7. Isaac Steffensmeier (Fort Madison) 4:25.05, 8. Ryan Bauermeister (Spencer) 4:26.11

### 4x100 Relay

1. South Tama 42.87, 2. Heelan 43.10, 3. Solon 43.53, 4. Pella 44.04, 5. Boyden-Hull/RV 44.45, 6. Oskaloosa 44.51, 7. Norwalk 44.52, 8. Spirit Lake Park 44.77

### 4x400 Relay

1. Knoxville 3:21.68, 2. Glenwood 3:22.72, 3. Pella 3:23.50, 4. Marion (Isaac Smith, Peter Rethwisch, Jordan Garthwaite, Trevor Hardman) 3:23.58, 5. Decorah 3:25.95, 6. LeMars 3:27.74, 7. Charles City 3:28.83, 8. DeWitt Central 3:29.31

## GIRLS

### CLASS 4A

#### Team standings (Final)

1. Waukee 80, 2. Pleasant Valley 78, 3. WDM Dowling 63, 4. DM Roosevelt 62, 5. CR Jefferson 56, 6. Urbandale 43, 7. Linn-Mar 41, 8. Iowa City High 40, 9. (tie) Iowa City West, Bettendorf 33, 11. Ankeny 32, 12. WDM Valley 26, 13. Davenport North 22, 14. Cedar Falls 19, 15. Newton 13, 16. Johnston 12, 17. Indianola 10, 18. (tie) SE Polk, Muscatine 9, 20. CR Prairie 8, 21. Ames 7, 22. (tie) Waterloo West, Western Dubuque, Dubuque Senior 6, 25. (tie) SC North, CR Kennedy 5, 27. (tie) Burlington, Davenport Central 4, 29. (tie) CR Washington, Dubuque

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Hempstead 3, 21. SC East 2, 32. Waterloo East 1

### Finals

#### Sprint Medley Relay

1. DM Roosevelt 1:45.66 (state meet record, old mark, 1:46.00, Iowa City West (2006)), 2. Urbandale 1:47.91, 3. CR Jefferson (Maliya Ratliffe, Morgan Meese, Rachel Broghammer, Jasmine Blue) 1:48.39, 4. Davenport North 1:48.42, 5. Dowling 1:48.91, 6. Pleasant Valley 1:49.20, 7. Waukee 1:49.63, 8. Iowa City High 1:50.45

Also - 9. Linn-Mar (Lauren Dalecky, Brooke Lorenz, Halley Morgan, Rachel Perry) 1:51.07, 14. CR Washington (Jasmyne Jones, Megan Muller, Kadejah Sanders, Anne Visser) 1:52.26, 16. CR Prairie (Amanda Pipolo, Kiana Jackson, Aminah Baloch, Hannah Kousheh) 1:52.44, 20. CR Kennedy (Breyanan Cooper, Marisa Estelle, Amari Waller, Kristen Siebenga) 1:53.35, 24. CR Xavier (Allison Schwach, Molly Breitbach, Carlie Jurgens, Kayla Torson) 1:54.05

#### 800 Meters

1. Lydia Saggau (WDM Valley) 2:12.91, 2. Stephanie Jenks (Linn-Mar) 2:13.30, 3. Megan Nickles (Bettendorf) 2:14.24, 4. Kaley Ciluffo (Pleasant Valley) 2:15.30, 5. Amber Decker (Linn-Mar) 2:15.68, 6. Brette Correy (W.Dubuque) 2:15.84, 7. Kate Bishop (Indianola) 2:16.02, 8. Caroline Marnin (Ames) 2:16.06

Also - 9. Kathia Wampole (CR Kennedy) 2:16.24

#### Shuttle Hurdle Relay

1. Waukee 1:01.87 (state meet record, all-time Iowa record, old mark, 1:03.20, Waukee (2012)), 2. Ankeny 1:02.45, 3. WDM Valley 1:03.57, 4. Urbandale 1:03.76, 5. Pleasant Valley 1:04.37, 6. CR Jefferson (Taylor Jacobson, Sam Kitterman, Abbie Ranschau, Madison Ranschau) 1:05.02, 7. Dubuque Senior 1:05.33, 8. Davenport Central 1:09.39

#### 100 Meters

1. Agnes Sayeh (DM Roosevelt) 12.16, 2. Jalynn Roberts-Lewis (DM Roosevelt) 12.19, 3. Jessica Campbell (Dowling) 12.43, 4. McKennan Cronbaugh (IC West) 12.59, 5. Katie Shoultz (Muscatine) 12.60, 6. Talia Buss (Waukee) 12.63, 7. Maliya Ratliffe (CR Jefferson) 12.83, 8. Amari Waller (CR Kennedy) 13.01

#### 100 Hurdles

1. Mary Young (Urbandale) 14.62 (state meet record, old mark, 14.83, Mariah Jordan, IC High (2009)), 2. Jessica Gardner (SE Polk) 14.87, 3. Maddie Rouw (Waukee) 15.04, 4. Kellie Wong

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(Ankeny) 15.24, 5. Madison Ranschau (CR Jefferson) 15.34, 6. Mallory Smith (Waukee) 15.40, 7. Kristen Musser (Dowling) 15.54, 8. Marisa Estelle (CR Kennedy) 15.58

### 200 Meters

1. Jessica Campbell (Dowling) 24.77, 2. Agnes Sayeh (DM Roosevelt) 24.78, 3. Jalynn Roberts-Lewis (DM Roosevelt) 24.91, 4. Lucy Schneekloth (CR Jefferson) 25.48, 5. McKennan Cronbaugh (IC West) 25.60, 6. Talia Buss (Waukee) 25.85, 7. Alicia Harrington (Cedar Falls) 25.88, 8. Samantha Osterberger (Dubuque Senior) 26.13

### 1500 Meters

1. Stephanie Jenks (Linn-Mar) 4:31.14, 2. Karissa Schweizer (Dowling) 4:41.69, 3. Jordyn Kleve (Johnston) 4:43.60, 4. Grace Coen (Newton) 4:44.28, 5. Ashlynn Yokom (IC West) 4:45.32, 6. Megan Nickles (Bettendorf) 4:45.52, 7. Ellen Carman (IC High) 4:45.78, 8. Mackenzie Yanek (Pleasant Valley) 4:45.80  
Also - 14. Shannon Gorman (CR Washington) 4:52.56, 22. Allison Culver (CR Kennedy) 4:58.96

### 4x100 Relay

1. Dowling 48.34, 2. CR Jefferson (Maliya Ratliffe, Lucy Schneekloth, Morgan Meese, Rachel Broghammer) 48.41, 3. Waukee 48.45, 4. Cedar Falls 49.05, 5. Urbandale 49.19, 6. IC West 49.26, 7. DM Roosevelt 49.38, 8. IC High 49.73

### 4x400 Relay

1. Pleasant Valley 3:53.48, 2. Bettendorf 3:56.98, 3. CR Jefferson (Taylor Jacobson, Jasmine Blue, Rachel Broghammer, Lucy Schneekloth) 3:58.44, 4. Waukee 3:59.85, 5. Indianola 4:01.98, 6. Davenport North 4:03.67, 7. WDM Valley 4:05.06, 8. IC High 4:05.43

### CLASS 3A

#### Team standings (Final)

1. Davenport Assumption 83, 2. Solon 63, 3. Waverly-Shell Rock 50, 4. Dubuque Wahlert 49, 5. Mount Pleasant 44, 6. MOC-Floyd Valley 42, 7. Anamosa 41.5, 8. Spencer 36, 9. Dallas Center-Grimes 27, 10. Pella 25.5  
11. (tie) Union, SC Heelan 22, 13. ADM 20, 14. Carroll 18.5, 15. Harlan 17.5, 16. Fairfield 15, 17. Gilbert 14, 18. Glenwood 13, 19. (tie) Carlisle, Decorah 12  
21. (tie) Clear Creek Amana, Oskaloosa 11, 23. West Delaware 10, 24. (tie) Greene County, Boone 8, 26. Humboldt 7, 27. (tie) Sergeant Bluff-Luton, Center Point-Urbana, Washington, Spirit Lake Park, Grinnell, Maquoketa, Norwalk 6  
34. Benton 5, 35. (tie) Creston, Ballard 3, 37. (tie) South Tama, Algona 2, 39. (tie) Webster City,

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### Denison-Schleswig 1

#### Finals

##### Sprint Medley Relay

1. Anamosa 1:48.71, 2. Assumption 1:50.23, 3. Pella 1:51.10, 4. Harlan 1:51.70, 5. DC-Grimes 1:52.04, 6. Norwalk 1:52.09, 7. MOC-FV 1:52.27, 8. Solon 1:52.33

Also - 10. Marion (Avery Draves, Micaela Combs, Jamie Draeger, Abby Kolarik) 1:52.59

#### 800 Meters

1. Lauren Benzing (Solon) 2:17.76, 2. Madison Waymire (DC-Grimes) 2:18.69, 3. Anna Holdiman (Waverly-SR) 2:18.75, 4. Betsy Duehr (Wahlert) 2:18.84, 5. Madison Weekly (Benton) 2:19.57, 6. Brianna Mueller (ADM) 2:19.70, 7. Abby Caldwell (Waverly-SR) 2:19.83, 8. Jess Feldman (Harlan) 2:22.06

#### Shuttle Hurdle Relay

1. Mount Pleasant 1:04.08 (state meet record, old mark, 1:04.60, Mount Pleasant (2012)), 2. Spencer 1:06.50, 3. Clear Creek Amana 1:06.51, 4. Oskaloosa 1:07.28, 5. Greene County 1:08.06, 6. West Delaware 1:08.35, 7. Norwalk 1:08.60, 8. Gilbert 1:08.82

#### 100 Meters

1. Rose Ripslinger (Assumption) 12.60, 2. Sydney Howard (Fairfield) 12.66, 3. Kari Dufoe (ADM) 12.68, 4. Olivia Loy (Anamosa) 12.71, 5. Emma Bassier (Assumption) 12.77, 6. Yasmeen Rose (Heelan) 13.06, 7. Becca Cherry (Waverly-SR) 12.14, 8. Allie Flaws (Webster City) 13.26

#### 100 Hurdles

1. Ali Meister (Spencer) 15.10, 2. Kelsi Phipps (Mount Pleasant) 15.54, 3. Elizabeth Welu (Wahlert) 15.64, 4. Leslie Taylor (Mount Pleasant) 15.91, 5. Mackenzie Geary (Heelan) 16.08, 6. Rylee Smith (Solon) 16.13, 7. Mia Smith (CC Amana) 16.18, 8. Katey Trecker (Carroll) 16.25

#### 200 Meters

1. Olivia Loy (Anamosa) 25.60, 2. Maddie Irmen (Assumption) 25.83, 3. Emma Bassier (Assumption) 25.93, 4. Sydney Howard (Fairfield) 26.12, 5. Kari Dufoe (ADM) 26.39, 6. Kim Shabino (Spencer) 26.55, 7. Becca Cherry (Waverly-SR) 26.70, 8. Emily Thole (West

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Delaware) 26.71

### 1500 Meters

1. Anna Holdiman (Waverly-SR) 4:41.35 (state meet record, old mark, 4:42.89, Alana Enabnit, Clear Lake (2011)), 2. Lauren Benzing (Solon) 4:49.93, 3. Abby Caldwell (Waverly-SR) 4:51.11, 4. Dondi Schmidt (Spirit Lake Park) 4:55.31, 5. Sam Larson (Humboldt) 4:56.45, 6. Abby Kohut-Jackson (Ballard) 4:57.57, 7. Madison Waymire (DC-Grimes) 4:57.69, 8. Lindsay Joyce (Heelan) 5:02.58

### 4x100 Relay

1. Assumption 49.38, 2. Glenwood 49.76, 3. Gilbert 50.07, 4. Pella 50.53, 5. Decorah 50.57, 6. Wahlert 50.75, 7. Carroll 51.04, 8. Heelan 55.10

### 4x400 Relay

1. MOC-Floyd Valley 3:57.78, 2. Pella 3:58.82, 3. Assumption 3:59.19, 4. ADM 3:59.28, 5. Wahlert 4:02.24, 6. Harlan 4:04.575, 7. Spencer 4:04.580, 8. Norwalk 4:08.90

## WHEELCHAIR

## BOYS

### Final standings

1. Waterloo West 35, 2. (tie) Linn-Mar, Camanche 26, 4. Underwood 14, 5. Ankeny 13, 6. DM East 11, 7. Dubuque Senior 10, 8. Dunkerton 4

### Finals

#### 100 Meters

1. Jon Litzkow (Waterloo West) 18.49 (all-time Iowa best, old mark, 20.41, Jon Litzkow, Waterloo West (2011)), 2. Drake Sachsenmeier (Camanche) 18.80, 3. Jordan Houdeshell (Linn-Mar) 19.99

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### **200 Meters**

1. Jon Litzkow (Waterloo West) 31.01 (state meet record, old mark, 32.12, E.J. Runyan, Johnston (1999)), 2. Jordan Houdeshell (Linn-Mar) 33.49, 3. Drake Sachsenmeier (Camanche) 34.79

### **400 Meters**

1. Jon Litzkow (Waterloo West) 56.57 (state meet record, old mark, 1:04.87, Nathan Redlinger, English Valleys (2004)), 2. Jordan Houdeshell (Linn-Mar) 1:03.70, 3. Drake Sachsenmeier (Camanche) 1:11.85

### **Shot Put**

1. Alex Gudenkauf (Dubuque Senior) 40-5.5 (state meet record, old mark, 37-9.75, Alex Gudenkauf, Dubuque Senior (2012)), 2. Kennedy Feller (Underwood) 20-2.75, 3. Drake Sachsenmeier (Camanche) 18-5

Also - 5. Jordan Houdeshell (Linn-Mar) 15-1