

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## Girls 100 Meter Dash

Name	Year School	Finals	H#	Points
Finals				
1 Knight, Jerzee	Clarinda	12.65	4	10
2 Cooper, Emma	Southwest Valley	12.66	4	8
3 Swain, Cindy	Essex	13.12	4	6
4 Olson, Hannah	Stanton	13.47	4	4
5 Thornburg, Jenna	East Mills	13.50	4	2
6 Knight, Jaxy	Mount Ayr	13.72	4	1
7 Houser, Amanda	Griswold	14.07	3	
8 Verwers, Abigail	Bedford	14.24	3	
9 Poston, Anistyn	Southwest Valley	14.45	2	
10 McDonald, Elly	Stanton	14.46	3	
11 Gray, Kyndra	Essex	14.65	3	
12 Funk, Delaney	Lenox	14.81	2	
13 Larson, Carley	Lenox	14.97	2	
14 Greenland, Anna	Mount Ayr	15.20	1	
15 Vo, Jennifer	Shenandoah	15.45	2	
15 Foster, Quynn	East Union	15.45	1	
17 Erickson, Hope	Bedford	15.65	2	
18 McEntaffer, Jocelyn	Griswold	16.80	1	
19 Moyers, Kinsley	East Mills	17.30	1	
20 Smits, DaMerica	Lenox	x17.46	1	

## Girls 200 Meter Dash

Name	Year School	Finals	H#	Points
1 Cooper, Emma	Southwest Valley	27.21	3	10
2 Cox, Sadie	Lenox	27.68	3	8
3 Thornburg, Jenna	East Mills	28.18	3	6
4 Knight, Jaxy	Mount Ayr	28.90	3	4
5 Green, Lynnae	Shenandoah	29.08	3	2
6 Eaton, Abby	Mount Ayr	30.52	3	1
7 Petersen, Bentley	Lenox	30.75	2	
8 Dishong, Jadeyn	Griswold	32.45	1	
9 Murphy, Bridgett	Bedford	32.63	2	
10 Erickson, Hope	Bedford	33.37	2	
11 Keasey, Aiyana	Essex	33.78	1	
12 Ford, Lilly	Stanton	33.80	2	
13 Still, Kynlee	Mount Ayr	x35.25	1	
14 Hopf, Corinne	Stanton	37.00	1	

## Girls 400 Meter Dash

Name	Year School	Finals	H#	Points
1 Thornburg, Jenna	East Mills	1:03.42	3	10
2 Adams, Carsyn	Griswold	1:04.14	3	8
3 Robles, Gabby	Lenox	1:09.77	3	6
4 Young, Mya	Shenandoah	1:14.17	2	4
5 Juarez, Taylor	Essex	1:14.34	3	2
6 England, LaraLynn	Lenox	1:14.85	1	1
7 Dike, Cheyenne	East Union	1:15.15	2	
8 Roberts, Meredith	Stanton	1:15.47	3	

**Lenox Coed - 4/15/2024**

**4/15/2024**

**Results**

**....Girls 400 Meter Dash**

9	Young, Zoe	Shenandoah	1:15.78	2
10	Douglas, Kenzie	Lenox	x1:16.00	2
11	Stargell, Taylor	Southwest Valley	1:16.59	1
12	Osher, Jasmine	Stanton	1:17.21	1
13	Ramsey, Greenly	Lenox	x1:17.40	2
14	Morrical, Sophia	East Mills	1:17.46	2
15	Still, Kynlee	Mount Ayr	1:21.95	1
16	Forsythe, Lydia	Southwest Valley	1:26.01	1

**Girls 800 Meter Run**

Name	Year	School	Finals	Points
1	Adams, Carsyn	Griswold	2:46.17	10
2	Hardee, Aniya	Bedford	2:48.33	8
3	Juarez, Taylor	Essex	2:52.65	6
4	Young, Mya	Shenandoah	2:53.05	4
5	Askeland, Marissa	Griswold	2:53.33	2
6	Wasteney, Keely	Mount Ayr	3:00.48	1
7	Byer, Ashlyn	Mount Ayr	3:00.58	
8	Young, Zoe	Shenandoah	3:01.72	
9	Valdez, Kylie	Essex	3:03.45	
10	Brodigan, Ryleigh	East Mills	3:04.97	
11	Morrical, Sophia	East Mills	3:08.86	
12	Osher, Jasmine	Stanton	3:09.09	
13	England, LaraLynn	Lenox	3:09.14	
14	Douglas, Kenzie	Lenox	3:13.58	
15	Dike, Cheyenne	East Union	3:20.67	
16	Mendenhall, Heather	Southwest Valley	3:21.44	
17	Benge, Oakley	Southwest Valley	3:27.39	

**Girls 1500 Meter Run**

Name	Year	School	Finals	Points
1	Egbert, Hailey	Shenandoah	5:25.94	10
2	Nicholas, MaKayla	Bedford	5:28.86	8
3	Doolittle, Addison	Mount Ayr	5:54.08	6
4	Sandahl, Ella	Essex	6:06.69	4
5	Young, Mya	Shenandoah	6:22.38	2
6	Juarez, Taylor	Essex	6:34.05	1
7	Millikan, Josie	Griswold	6:47.70	
8	Fletchall, Victoria	Southwest Valley	6:50.41	
9	Cox, Jentri	Lenox	7:05.72	
10	Smits, DaMerica	Lenox	8:11.80	

**Girls 3000 Meter Run**

Name	Year	School	Finals	Points
1	Egbert, Hailey	Shenandoah	12:05.41	10
2	Nicholas, MaKayla	Bedford	12:35.76	8
3	Valencia, Jillian	East Union	12:51.38	6
4	Sandahl, Ella	Essex	13:18.40	4
5	Byer, Ashlyn	Mount Ayr	15:18.30	2

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## ....Girls 3000 Meter Run

6	Baier, Paige	Griswold	16:17.93	1
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## Girls 100 Meter Hurdles

Name	Year School	Finals	H#	Points
1	Olson, Hannah	Stanton	16.39	3 10
2	Adams, Carsyn	Griswold	17.47	3 8
3	Adams, Addison	Griswold	17.58	3 6
4	Shields, Aubree	Mount Ayr	17.71	2 4
5	Pearson, Sierra	Southwest Valley	17.80	3 2
6	Hardee, Abigail	Bedford	17.84	3 1
7	McDonald, Elly	Stanton	18.03	3
8	Dumler, Abbagale	Shenandoah	18.79	2
9	Burdorf, Jenna	Shenandoah	19.16	2
10	Funk, Delaney	Lenox	19.44	2
11	Shade, Kayli	East Union	19.94	2
12	Larson, Carley	Lenox	20.11	1
13	Pearson, Alyssa	Southwest Valley	20.28	1

## Girls 400 Meter Hurdles

Name	Year School	Finals	H#	Points
1	Johnson, Lauren	Stanton	1:12.32	2 10
2	Adams, Addison	Griswold	1:15.92	2 8
3	Hardee, Abigail	Bedford	1:20.51	1 6
4	Lear, Tristin	East Union	1:21.66	2 4
5	Wyman, Brystol	Griswold	1:22.24	2 2
6	Longfellow, Joslyn	Bedford	1:22.52	2 1
7	Jones, MaKel	Mount Ayr	1:25.68	2
8	Larson, Carley	Lenox	1:27.03	1
9	Valdez, Kylie	Essex	1:27.23	1

## Girls 4x100 Meter Relay

School	Finals	H#	Points
1 Stanton 'A' 1) Hart, Kyla 3) Olson, Hannah	54.24	2	10
2 Bedford 'A' 1) Detrick, Kaylee 3) Perkins, Cadence	56.32	2	8
3 Mount Ayr 'A' 1) Stewart, Dannie 3) Nickle, Brea	57.17	2	6
4 Southwest Valley 'A' 1) Pearson, Sierra 3) Randall, Hailey	58.31	2	4
5 Lenox 'A' 1) Petersen, Bentley 3) Ramsey, Greenly	58.32	1	2
6 Essex 'A' 1) Gray, Kyndra	58.63	1	1

**Lenox Coed - 4/15/2024**

**4/15/2024**

**Results**

**....Girls 4x100 Meter Relay**

3) Burns, Tori	4) Swain, Cindy	58.75	2
7 East Union 'A'	2) Shade, Kayli		
1) Waigand, Hayden	4) Foster, Quynn		
3) Vandell, Emma			

**Girls 4x200 Meter Relay**

School	Finals	Points
1 Southwest Valley 'A'	1:57.96	10
1) Poston, Anistyn	2) Lillie, Katey	
3) Top, Haidyn	4) Cooper, Emma	
2 Bedford 'A'	2:02.00	8
1) Simmons, Caroline	2) Perkins, Cadence	
3) Murphy, Bridgett	4) Teeters, Emma	
3 Mount Ayr 'A'	2:03.80	6
1) Nickle, Brittlyn	2) Nickle, Brea	
3) Greenland, Anna	4) Eaton, Abby	
4 Essex 'A'	2:04.48	4
1) Valdez, Aila	2) Burns, Brooke	
3) Gray, Kyndra	4) Swain, Cindy	
5 Griswold 'A'	2:05.29	2
1) Laverty, Reese	2) Houser, Amanda	
3) Tischer, Kate	4) Wyman, Brystol	
6 East Union 'A'	2:10.00	1
1) Vandell, Emma	2) Klos, Tronie	
3) Foster, Quynn	4) Lear, Tristin	

**Girls 4x400 Meter Relay**

School	Finals	H#	Points
1 Mount Ayr 'A'	4:31.24	2	10
1) Newton, Anne	2) Friedrich, Tatum		
3) Clark, Aubree	4) Murphy, Ashlyn		
2 Lenox 'A'	4:46.68	2	8
1) Robles, Gabby	2) Funk, Delaney		
3) Reed, Zoey	4) Cox, Sadie		
3 Griswold 'A'	4:55.99	2	6
1) Houser, Amanda	2) Reynolds, Dakota		
3) Tischer, Kate	4) Palmer, Airika		
4 Mount Ayr 'B'	x4:56.15	1	
1) Wasteney, Keely	2) Eaton, Abby		
3) Greenland, Anna	4) Byer, Ashlyn		
5 Bedford 'A'	5:01.14	2	4
1) Snethen, Jaynee	2) Longfellow, Joslyn		
3) Hardee, Aniya	4) Hardee, Arabella		
6 Essex 'A'	5:10.86	2	2
1) Valdez, Aila	2) Valdez, Kylie		
3) Juarez, Taylor	4) Sandahl, Ella		
7 Southwest Valley 'A'	5:29.29	2	1
1) Kathikar, Olivia	2) Mendenhall, Heather		
3) Forsythe, Lydia	4) Yates, Taylor		
8 Stanton 'A'	5:38.41	1	
1) Osher, Jasmine	2) Roberts, Meredith		

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## ....Girls 4x400 Meter Relay

3) Ford, Lilly

4) Hopf, Corinne

## Girls 4x800 Meter Relay

School	Finals	Points
1 Mount Ayr 'A'	11:32.53	10
1) Newton, Anne	2) Doolittle, Addison	
3) Clark, Aubree	4) Murphy, Ashlyn	
2 Griswold 'A'	12:20.68	8
1) Reynolds, Dakota	2) Tischer, Kate	
3) Millikan, Josie	4) Askeland, Marissa	
3 Southwest Valley 'A'	12:47.22	6
1) Kathikar, Olivia	2) Mendenhall, Heather	
3) Forsythe, Lydia	4) Stargell, Taylor	
4 Lenox 'A'	13:00.31	4
1) Douglas, Kenzie	2) Cox, Jentri	
3) England, LaraLynn	4) Ramsey, Greenly	
5 Stanton 'A'	13:56.67	2
1) Osher, Jasmine	2) Roberts, Meredith	
3) Ford, Lilly	4) Hopf, Corinne	

## Girls 800 Sprint Medley

School	Finals	H#	Points
1 Lenox 'A'	2:00.20	2	10
1) Petersen, Bentley	2) Robles, Gabby		
3) Reed, Zoey	4) Cox, Sadie		
2 Essex 'A'	2:08.00	2	8
1) Gray, Kyndra	2) Burns, Brooke		
3) Burns, Tori	4) Swain, Cindy		
3 East Union 'A'	2:10.80	1	6
1) Woollums, Alayna	2) Young, Rebecca		
3) Young, Audrey	4) Parker, Khloe		
4 Bedford 'A'	2:12.60	2	4
1) Detrick, Kaylee	2) Verwers, Abigail		
3) Teeters, Emma	4) Longfellow, Joslyn		
5 Mount Ayr 'A'	2:14.70	1	2
1) Greenland, Anna	2) Irving, Janna		
3) Conklin, Kyleigh	4) Eaton, Abby		
6 Griswold 'A'	2:15.60	1	1
1) Laverty, Reese	2) Harry, Makena		
3) Wyman, Brystol	4) Reynolds, Dakota		
7 Southwest Valley 'A'	2:16.20	2	
1) Pearson, Sierra	2) Pearson, Alyssa		
3) Poston, Anistyn	4) Yates, Taylor		
8 Shenandoah 'A'	2:18.40	1	
1) Dumler, Abbagale	2) Vo, Jennifer		
3) Young, Zoe	4) Young, Mya		

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## Girls Distance Medley

School	Finals	H#	Points
1 Shenandoah 'A'	4:45.47	2	10
1) Dumler, Abbagale	2) Burdorf, Jenna		
3) Green, Lynnae	4) Egbert, Hailey		
2 Mount Ayr 'A'	4:46.66	2	8
1) Clark, Aubree	2) Murphy, Ashlyn		
3) Friedrich, Tatum	4) Newton, Anne		
3 Lenox 'A'	4:57.21	2	6
1) Petersen, Bentley	2) Robles, Gabby		
3) Reed, Zoey	4) Cox, Sadie		
4 Griswold 'A'	5:02.37	2	4
1) Houser, Amanda	2) Palmer, Airika		
3) Adams, Addison	4) Askeland, Marissa		
5 East Union 'A'	5:07.45	1	2
1) Waigand, Hayden	2) Young, Audrey		
3) Young, Rebecca	4) Parker, Khloe		
6 Bedford 'A'	5:08.09	2	1
1) Longfellow, Joslyn	2) Snethen, Jaynee		
3) Hardee, Arabella	4) Hardee, Aniya		
7 Essex 'A'	5:18.49	1	
1) Valdez, Aila	2) Burns, Brooke		
3) Valdez, Kylie	4) Sandahl, Ella		

## Girls 4x100 Meter Shuttle Hurdle

School	Finals	H#	Points
1 Stanton 'A'	1:07.71	2	10
1) Hart, Kyla	2) Johnson, Lauren		
3) McDonald, Elly	4) Olson, Hannah		
2 Griswold 'A'	1:14.04	2	8
1) Wyman, Brystol	2) Laverty, Reese		
3) Adams, Addison	4) Adams, Carsyn		
3 East Union 'A'	1:21.71	1	6
1) Shade, Kayli	2) Klos, Tronie		
3) Vandell, Emma	4) Lear, Tristin		
4 Southwest Valley 'A'	1:22.10	1	4
1) Pearson, Sierra	2) Pearson, Alyssa		
3) Randall, Alyssa	4) Randall, Hailey		
5 Mount Ayr 'A'	1:23.82	2	2
1) Stewart, Dannie	2) Nickle, Brittlyn		
3) Nickle, Brea	4) Jones, MaKel		

## Girls High Jump

Name	Year School	Finals	Points
1 Shields, Aubree	Mount Ayr	J5-00.00	10
2 Young, Zoe	Shenandoah	J4-08.00	6
3 Young, Rebecca	East Union	J4-08.00	8
4 Waigand, Hayden	East Union	J4-06.00	4
-- Hodges, Ashlynn	Shenandoah	DQ	

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## Girls Long Jump

Name	Year School	Finals	Points
1 Meier, Kylie	Clarinda	16-10.75	10
2 Cooper, Emma	Southwest Valley	16-03.50	8
3 Johnson, Lauren	Stanton	16-03.00	6
4 Simmons, Caroline	Bedford	14-09.00	4
5 Detrick, Kaylee	Bedford	14-00.00	2
6 Dike, Cheyenne	East Union	13-08.00	1
7 Stewart, Dannie	Mount Ayr	13-04.00	
8 Larson, Carley	Lenox	13-02.00	
9 Parker, Khloe	East Union	12-08.50	
10 Jones, MaKel	Mount Ayr	12-06.75	
11 Vo, Jennifer	Shenandoah	11-04.75	
12 Tischer, Kate	Griswold	10-09.00	
13 Keasey, Aiyana	Essex	10-04.00	

## Girls Shot Put

Name	Year School	Finals	Points
1 Parker, Aliyah	Shenandoah	J36-03.00	10
2 Perkins, Alexis	Bedford	J36-03.00	8
3 Green, Lynnae	Shenandoah	J35-05.00	6
4 Richards, Mackenzie	Southwest Valley	J33-06.00	4
5 Ruggles, Hayden	Mount Ayr	J31-05.50	2
6 Davies, Samantha	Southwest Valley	J29-03.50	1
7 Rush, Madison	Griswold	28-00.00	
8 Shade, Kayli	East Union	27-11.00	
9 Akers, Jalyn	Mount Ayr	27-10.50	
10 Brown, Emma	Lenox	27-01.00	
11 Ford, Lilly	Stanton	26-08.00	
12 Rush, Macy	Griswold	26-01.00	
13 Roberts, Meredith	Stanton	22-11.00	
14 Miles-Crook, Adaya	East Mills	22-08.50	
15 Keasey, Aiyana	Essex	14-04.50	

## Girls Discus Throw

Name	Year School	Finals	Points
1 McDowell, Natalie	Shenandoah	99-09	10
2 Perkins, Alexis	Bedford	99-00	8
3 Parker, Aliyah	Shenandoah	97-02	6
4 Hardee, Aniya	Bedford	90-04	4
5 Davies, Samantha	Southwest Valley	85-05	2
6 Kinser, Delilah	Griswold	73-05	1
7 Brown, Emma	Lenox	73-01	
8 Ruggles, Hayden	Mount Ayr	71-08	
9 Hopf, Corinne	Stanton	71-03	
10 Henle, Koda	Mount Ayr	71-00	
11 Richards, Mackenzie	Southwest Valley	65-10	
12 Amos, Zoey	Griswold	54-02	
13 Moyers, Kinsley	East Mills	48-01	

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## Boys 100 Meter Dash

Name	Year School	Finals	H#	Points
1 Cullin, Brody	Shenandoah	10.89	4	10
2 Thornburg, Zach	East Mills	10.97	4	8
3 Bashor, Donald	Lenox	11.17	4	6
4 Reynolds, Ryce	Mount Ayr	11.34	3	4
5 Thompson, Dyson	Mount Ayr	11.44	4	2
6 Fleharty, Preston	Mount Ayr	x11.48	3	
7 Jeppesen, Grady	Riverside, Oak	11.54	3	1
8 Dukes, Hunter	Shenandoah	11.60	3	
9 Sitzman, KC	Southwest Valley	11.80	4	
10 Mann, Caden	Bedford	11.84	3	
11 Gomez, Santiago	Lenox	12.14	3	
12 Godsey, Graham	Bedford	12.21	2	
13 Cox, Brandon	Stanton	12.24	1	
13 Embree, Jackson	East Mills	12.24	2	
15 Towne, Perrin	Riverside, Oak	12.43	2	
16 Johnson, Andrew	Stanton	12.58	2	
17 Sholes, Isaiah	Essex	12.83	2	
18 Kirk, Dominic	Essex	13.20	1	
19 Sallach, Beau	Stanton	x13.23	1	
20 Turner, Cavyn	Griswold	13.36	1	
21 Hall, Javen	Southwest Valley	13.53	2	
22 Knapp, Trace	Mount Ayr	x13.54	1	
23 Rios, Esteban	Lenox	x14.62	1	

## Boys 101 Meter Dash Wheelchair

Name	Year School	Finals	Points
1 Johnson, Eli	Bedford	J18.53	
2 Steng, Titus	Shenandoah	J21.55	

## Boys 200 Meter Dash

Name	Year School	Finals	H#	Points
1 Motsinger, Garrison	Bedford	23.47	4	10
2 Jeppesen, Grady	Riverside, Oak	23.61	4	8
3 Sitzman, KC	Southwest Valley	24.02	4	6
4 Racine, Tony	Essex	24.10	3	4
5 Jeppesen, Cole	Riverside, Oak	24.24	4	2
6 Hernandez, Santiago	Shenandoah	24.27	3	1
7 Wiley, Harley	Shenandoah	24.38	3	
8 Walter, Garrett	Mount Ayr	24.44	4	
9 Wilson, Auden	Griswold	24.49	3	
10 Stearns, Cooper	East Mills	25.32	3	
11 French, Logan	Stanton	25.88	2	
12 Cox, Brandon	Stanton	25.94	1	
13 Zaragoza, Jayden	Lenox	26.11	2	
14 Johnston, Beau	Southwest Valley	26.80	2	
15 Turner, Cavyn	Griswold	27.55	2	
16 Knapp, Trace	Mount Ayr	28.32	1	
17 Updegraff, Nick	East Mills	28.46	2	
18 Sackett, Rowan	Mount Ayr	x28.75	1	



## Lenox Coed - 4/15/2024

4/15/2024

## Results

## ....Boys 200 Meter Dash

19	Rios, Esteban	Lenox	30.89	1
20	Sowers, Brodee	Stanton	x31.04	1
21	Anderson, Keaton	Essex	37.58	1

## Boys 201 Meter Dash Wheelchair

Name	Year	School	Finals
1 Johnson, Eli		Bedford	35.63
2 Steng, Titus		Shenandoah	43.40

## Boys 400 Meter Dash

Name	Year	School	Finals	H#	Points
1 Funk, Gabe		Lenox	51.11	3	10
2 Ruggles, Jackson		Mount Ayr	54.66	3	8
3 Walter, Garrett		Mount Ayr	55.07	3	6
4 Jeppesen, Cole		Riverside, Oak	55.19	2	4
5 Hernandez, Santiago		Shenandoah	55.30	3	2
6 Martin-England, Jordan		Lenox	55.57	3	1
7 Dorscher, Cody		Griswold	56.00	2	
8 Stearns, Cooper		East Mills	56.34	2	
9 Martin, Xavier		Shenandoah	58.41	2	
10 Adkisson, Michael		Mount Ayr	x59.72	1	
11 Kline, Ashon		Essex	1:01.09	1	
12 French, Logan		Stanton	1:01.58	2	
13 Savage, Cole		Bedford	1:02.56	1	
14 Johnson, Owen		Griswold	1:03.63	2	
15 Wells, Mark		East Mills	1:03.72	1	
16 Cox, Brandon		Stanton	1:05.54	1	
17 Weed, Kooper		Bedford	1:07.91	1	

## Boys 401 Meter Dash Wheelchair

Name	Year	School	Finals
1 Johnson, Eli		Bedford	1:12.10
2 Steng, Titus		Shenandoah	1:34.50

## Boys 800 Meter Run

Name	Year	School	Finals	Points
1 Henderson, Dawson		Riverside, Oak	2:07.94	10
2 Henderson, Brody		Riverside, Oak	2:10.72	8
3 Grundman, Owen		Lenox	2:12.11	6
4 Little Thunder, Damien		Shenandoah	2:17.16	4
5 Hill, Tegan		Mount Ayr	2:17.96	2
6 Lockwood, Brayden		Griswold	2:18.18	1
7 Kellogg, Dalton		Shenandoah	2:22.79	
8 Gregg, Daysen		Lenox	2:27.79	
9 Shaha, Brock		Mount Ayr	2:32.59	
10 Quintans Pineiro, Santia		Southwest Valley	2:34.62	
11 Kirk, Dominic		Essex	2:35.49	

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## ....Boys 800 Meter Run

12	Gibbs, Landon	East Mills	2:37.87
13	Ewart, Trace	Bedford	2:46.52
14	Ridnour, Daniel	Bedford	2:50.04

## Boys 801 Meter Run Wheelchair

Name	Year School	Finals
1 Johnson, Eli	Bedford	J2:30.79

## Boys 1600 Meter Run

Name	Year School	Finals	Points
1 Henderson, Dawson	Riverside, Oak	4:55.00	10
2 Fenner, Owen	Riverside, Oak	4:57.97	8
3 Dorscher, Cody	Griswold	5:06.50	6
4 Kellogg, Hunter	Shenandoah	5:07.77	4
5 Jensen, Holden	Griswold	5:15.93	2
6 Kellogg, Dylan	Shenandoah	5:21.08	1
7 Cordell, Cade	Lenox	5:24.72	
8 Barrett, Steven	East Mills	5:35.85	
9 Gettler, Evan	Stanton	5:43.08	
10 Cooper, Carson	Southwest Valley	5:43.17	
11 Powell, Camden	Bedford	5:53.20	
12 Welch, Jayven	Bedford	5:53.24	
13 Murphy, Aidan	Mount Ayr	5:53.46	
14 Anderson, Keaton	Essex	7:55.25	
-- Trujillo, Adan	Mount Ayr	DQ	
-- Kirk, Dominic	Essex	DQ	

## Boys 3200 Meter Run

Name	Year School	Finals	Points
1 Henderson, Dawson	Riverside, Oak	11:01.18	10
2 Henderson, Brody	Riverside, Oak	11:01.20	8
3 Kellogg, Hunter	Shenandoah	11:11.59	6
4 Kellogg, Dalton	Shenandoah	11:34.78	4
5 Jensen, Holden	Griswold	11:41.31	2
6 Welch, Jayven	Bedford	13:10.32	1
7 Estes, Aden	Lenox	13:30.66	
8 Greenwell, Braylon	Mount Ayr	13:55.57	
9 Anderson, Keaton	Essex	18:01.40	

## Boys 110 Meter Hurdles

Name	Year School	Finals	H#	Points
1 Funk, Gabe	Lenox	14.99	3	10
2 Cook, Peyton	Griswold	15.00	3	8
3 Gordon, Jaxon	Riverside, Oak	15.85	3	6
4 Scamman, Cole	Shenandoah	16.46	3	4
5 Martin-England, Jordan	Lenox	16.83	3	2
6 Barnes, Dalton	Mount Ayr	16.93	2	1

**Lenox Coed - 4/15/2024**

**4/15/2024**

**Results**

**....Boys 110 Meter Hurdles**

7	Ford, Gavin	Stanton	17.29	2
8	Keefe, Roman	Southwest Valley	17.39	2
9	Swaink, Hunter	Shenandoah	17.48	2
10	Silk, Wyatt	Griswold	18.03	2
11	DeHass, Koen	Bedford	18.23	2
12	Amdor, Peyton	Riverside, Oak	18.62	1
13	Swartz, Dalton	Bedford	18.76	3
14	Hartman, Riley	Southwest Valley	19.11	1

**Boys 400 Meter Hurdles**

Name	Year	School	Finals	H#	Points
1	Funk, Gabe	Lenox	53.43	3	10
2	Reynolds, Ryce	Mount Ayr	53.46	3	8
3	Gordon, Jaxon	Riverside, Oak	58.87	3	6
4	Scamman, Cole	Shenandoah	59.65	3	4
5	Cook, Peyton	Griswold	1:00.51	3	2
6	Swaink, Hunter	Shenandoah	1:01.93	2	1
7	Smith, Keegan	Riverside, Oak	1:02.23	3	
8	Riedel, Hayden	Bedford	1:02.96	2	
9	Swartz, Dalton	Bedford	1:03.82	2	
10	Hale, Brayden	Mount Ayr	1:06.12	2	
11	Keiser, Callen	Griswold	1:09.61	2	
12	Hartman, Riley	Southwest Valley	1:09.65	2	
13	Wells, Mark	East Mills	1:11.32	1	
14	Sallach, Beau	Stanton	1:12.30	1	

**Boys 4x100 Meter Relay**

School	Finals	H#	Points
1 Shenandoah 'A' 1) Duker, Hunter 3) Graham, Cole	44.45	2	10
2 Clarinda 'A' 1) Roop, Kaiden 3) Wyman, Nolan	45.41	2	8
3 Bedford 'A' 1) Mann, Caden 3) Murphy, Evan	46.39	2	6
4 Southwest Valley 'A' 1) Crozier, Brody 3) Currin, Isaac	48.07	2	4
5 Lenox 'A' 1) Cruz, Gio 3) Evans, Dawson	48.37	2	2
6 Mount Ayr 'A' 1) Victor, Trevin 3) Weehler, Evan	49.09	2	1
7 Essex 'A' 1) Kline, Ashon 3) Sholes, Isaiah	49.29	1	
8 Griswold 'A' 1) Johnson, Owen	51.21	1	

**Lenox Coed - 4/15/2024**

**4/15/2024**

**Results**

**....Boys 4x100 Meter Relay**

3) Silk, Wyatt	4) Rasmussen, Alex		
9 East Mills 'A'		52.13	1
1) Updegraff, Nick	2) Gibbs, Landon		
3) Wells, Mark	4) Williams, Jordan		
10 Riverside, Oak 'A'		53.37	1
1) Doyle, Lucas	2) Allen, Jackson		
3) Schechinger, Dalton	4) Shady, Hunter		
11 Stanton 'A'		54.63	1
1) Yeager, Max	2) Gibbs, Brody		
3) Carpenter, Preston	4) Sowers, Brodee		
12 Lenox 'B'		x55.59	1
1) Zaragoza, Jayden	2) Rios, Esteban		
3) Menefee, Caleb	4) Gomez, Santiago		

**Boys 4x200 Meter Relay**

School	Finals	H#	Points
1 Shenandoah 'A'	1:32.37	2	10
1) Dukes, Hunter	2) Razee, Alex		
3) Graham, Cole	4) Cullin, Brody		
2 Bedford 'A'	1:36.19	2	8
1) Coleman, Kase	2) Murphy, Evan		
3) Riedel, Hayden	4) Motsinger, Garrison		
3 East Mills 'A'	1:38.30	2	6
1) Urban, Caleb	2) Embree, Jackson		
3) Mastin, Layne	4) Thornburg, Zach		
4 Lenox 'A'	1:41.72	2	4
1) Cruz, Gio	2) Flah, Andy		
3) Evans, Dawson	4) Kaufman, Caden		
5 Essex 'A'	1:43.92	2	2
1) Kline, Ashon	2) Sholes, Wade		
3) Sholes, Isaiah	4) Racine, Tony		
6 Griswold 'A'	1:45.07	1	1
1) Steinhoff, Mason	2) Peterson, Wyatt		
3) Silk, Wyatt	4) Rasmussen, Alex		
7 Riverside, Oak 'A'	1:45.53	2	
1) Knoke, Maddox	2) Hackett, Gaven		
3) Rieken, Keaten	4) McCready, James		
8 Stanton 'A'	1:48.48	1	
1) Gibbs, Brody	2) Carpenter, Preston		
3) Grebin, Rylan	4) Johnson, Andrew		
9 Southwest Valley 'A'	1:56.26	1	
1) Hall, Javen	2) Cordon, Quinten		
3) Morgan, Alex	4) Currin, Isaac		

**Boys 4x400 Meter Relay**

School	Finals	H#	Points
1 Shenandoah 'A'	3:33.38	2	10
1) Cullin, Brody	2) Dukes, Hunter		
3) Graham, Cole	4) Razee, Alex		
2 Mount Ayr 'A'	3:35.42	2	8
1) Ruggles, Jackson	2) Fleharty, Preston		

**Lenox Coed - 4/15/2024**  
**4/15/2024**  
**Results**

**....Boys 4x400 Meter Relay**

3) Thompson, Dyson	4) Reynolds, Ryce		
3 East Mills 'A'		3:44.49	2 6
1) Stearns, Cooper	2) Seipold, Walter		
3) Mastin, Layne	4) Urban, Caleb		
4 Riverside, Oak 'A'		3:44.53	2 4
1) Jeppesen, Cole	2) Knoke, Maddox		
3) Rieken, Keaten	4) Henderson, Brody		
5 Lenox 'A'		3:57.86	2 2
1) Sheley, Corbyn	2) Grundman, Owen		
3) Tull, Dayton	4) Kaufman, Caden		
6 Griswold 'A'		3:59.39	2 1
1) Wilson, Auden	2) Wyman, Bode		
3) Lockwood, Brayden	4) Jensen, Holden		
7 Bedford 'A'		4:00.34	1
1) Nally, Ashton	2) Godsey, Graham		
3) Deemer, John	4) Dalton, Quentin		
8 Stanton 'A'		4:20.66	1
1) Ford, Gavin	2) Grebin, Rylan		
3) Johnson, Andrew	4) French, Logan		
9 Southwest Valley 'A'		4:22.92	1
1) Bissell, Walker	2) Greenwalt, Devin		
3) Quintans Pineiro, Santiago	4) Keefe, Roman		

**Boys 4x800 Meter Relay**

School	Finals	Points
1 Shenandoah 'A'	9:18.58	10
1) Kellogg, Dylan	2) Little Thunder, Damien	
3) Laughlin, Owen	4) Mick, Braeden	
2 Riverside, Oak 'A'	9:27.90	8
1) Fenner, Owen	2) Schoenrock, Landyn	
3) Jaquez, Cruz	4) Carrigan, Kingston	
3 Mount Ayr 'A'	9:46.66	6
1) Hill, Tegan	2) Shaha, Brock	
3) Adkisson, Michael	4) Murphy, Aidan	
4 Lenox 'A'	9:48.34	4
1) Cordell, Cade	2) Adams, Patton	
3) Gregg, Daysen	4) Grundman, Owen	
5 Bedford 'A'	10:57.56	2
1) Peterman, Cal	2) Powell, Camden	
3) Ridnour, Daniel	4) Deemer, John	

**Boys 800 Sprint Medley**

School	Finals	H#	Points
1 Mount Ayr 'A'	1:41.29	2	10
1) Reynolds, Ryce	2) Fleharty, Preston		
3) Ruggles, Jackson	4) Trujillo, Adan		
2 Riverside, Oak 'A'	1:42.29	2	8
1) Jeppesen, Cole	2) Gordon, Jaxon		
3) Towne, Perrin	4) Jeppesen, Grady		
3 East Mills 'A'	1:43.24	2	6
1) Thornburg, Zach	2) Embree, Jackson		

**Lenox Coed - 4/15/2024**  
**4/15/2024**  
**Results**

**....Boys 800 Sprint Medley**

3) Urban, Caleb	4) Mastin, Layne		
4 Shenandoah 'A'		1:44.29	2 4
1) Martin, Xavier	2) O'Rourke, Joey		
3) Johnson, Ayden	4) Scamman, Cole		
5 Lenox 'A'		1:45.55	2 2
1) Cruz, Gio	2) Gomez, Santiago		
3) Tull, Dayton	4) Kaufman, Caden		
6 Bedford 'A'		1:51.86	1 1
1) Mann, Caden	2) Nally, Ashton		
3) Dukes, Izaak	4) DeHass, Koen		
7 Southwest Valley 'A'		1:54.45	1
1) Crozier, Brody	2) Currin, Isaac		
3) Hartman, Riley	4) Greenwalt, Devin		
8 Griswold 'A'		1:55.24	1
1) Johnson, Owen	2) Peterson, Wyatt		
3) Steinhoff, Mason	4) Keiser, Callen		
9 Stanton 'A'		1:57.10	1
1) Grebin, Rylan	2) Gibbs, Brody		
3) Carpenter, Preston	4) Johnson, Andrew		

**Boys Distance Medley**

School	Finals	H#	Points
1 Clarinda 'A'	3:40.36	2	10
1) Roop, Kaiden	2) Beckel, Karsten		
3) Phillips, Cooper	4) Wagoner, Kyle		
2 Riverside, Oak 'A'	4:05.90	2	8
1) Towne, Perrin	2) Hackett, Gaven		
3) Fenner, Owen	4) Henderson, Brody		
3 Shenandoah 'A'	4:08.32	2	6
1) Johnson, Ayden	2) O'Rourke, Joey		
3) Wiley, Harley	4) Kellogg, Dylan		
4 Bedford 'A'	4:08.91	1	4
1) Dukes, Izaak	2) Knighton, Marcus		
3) Nally, Ashton	4) Dalton, Quentin		
5 East Mills 'A'	4:09.27	1	2
1) Updegraff, Nick	2) Williams, Jordan		
3) Barrett, Steven	4) Seipold, Walter		
6 Griswold 'A'	4:16.10	2	1
1) Wilson, Auden	2) Steinhoff, Mason		
3) Wyman, Bode	4) Lockwood, Brayden		
7 Lenox 'A'	4:21.05	1	
1) Zaragoza, Jayden	2) Flah, Andy		
3) Tull, Dayton	4) Cordell, Cade		
8 Mount Ayr 'A'	4:25.37	2	
1) Victor, Trevin	2) Barnes, Dalton		
3) Weehler, Evan	4) Hill, Tegan		
9 Southwest Valley 'A'	4:26.85	2	
1) Crozier, Brody	2) Greenwalt, Devin		
3) Quintans Pineiro, Santiago	4) Cooper, Carson		

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## Boys 4x110 Meter Shuttle Hurdle

School	Finals	H#	Points
1 Lenox 'A'	1:01.35	2	10
1) Bashor, Donald	2) Martin-England, Jordan		
3) Evans, Dawson	4) Funk, Gabe		
2 Bedford 'A'	1:05.27	2	8
1) Swartz, Dalton	2) Dalton, Quentin		
3) Motsinger, Garrison	4) Coleman, Kase		
3 Griswold 'A'	1:06.79	1	6
1) Cook, Peyton	2) Silk, Wyatt		
3) Wyman, Bode	4) Steinhoff, Mason		
4 Riverside, Oak 'A'	1:09.39	1	4
1) Gordon, Jaxon	2) Smith, Keegan		
3) Amdor, Peyton	4) Hackett, Gaven		
5 Southwest Valley 'A'	1:10.81	2	2
1) Hartman, Riley	2) Greenwalt, Devin		
3) Keefe, Roman	4) Bissell, Walker		
6 Mount Ayr 'A'	1:10.83	1	1
1) Barnes, Dalton	2) Weehler, Evan		
3) Trujillo, Adan	4) Hale, Brayden		

## Boys High Jump

Name	Year School	Finals	Points
1 Bissell, Walker	Southwest Valley	J5-10.00	10
2 Wiley, Harley	Shenandoah	J5-08.00	8
3 Sholes, Isaiah	Essex	J5-06.00	4
4 Ford, Gavin	Stanton	J5-06.00	6
5 Sholes, Wade	Essex	J5-06.00	2
6 Savage, Cole	Bedford	J5-06.00	1
7 Keefe, Roman	Southwest Valley	5-04.00	
8 Wilson, Auden	Griswold	J5-04.00	
9 Fenner, Owen	Riverside, Oak	5-02.00	
-- Adams, Patton	Lenox	DQ	
-- Seipold, Walter	East Mills	DQ	

## Boys Long Jump

Name	Year School	Finals	Points
1 Racine, Tony	Essex	20-05.00	10
2 Coleman, Kase	Bedford	20-02.75	8
3 Thompson, Dyson	Mount Ayr	19-06.00	6
4 Ford, Gavin	Stanton	18-11.00	4
5 Kline, Ashon	Essex	18-08.00	2
6 Swaink, Hunter	Shenandoah	18-07.50	1
7 Martin-England, Jordan	Lenox	18-06.00	
8 Martens, Dane	Riverside, Oak	18-00.50	
9 Hernandez, Santiago	Shenandoah	17-11.00	
10 Currin, Isaac	Southwest Valley	17-09.75	
11 Crozier, Brody	Southwest Valley	17-08.00	
12 Dalton, Quentin	Bedford	17-03.75	
13 Tull, Dayton	Lenox	17-02.50	
14 Wyman, Bode	Griswold	17-00.00	

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## ....Boys Long Jump

15 McCready, James	Riverside, Oak	15-04.50
-- Victor, Trevin	Mount Ayr	DQ

## Boys Shot Put Wheelchair

Name	Year School	Finals	Points
1 Steng, Titus	Shenandoah	J11-06.00	

## Boys Shot Put

Name	Year School	Finals	H#	Points
1 Mullen, Theron	Southwest Valley	44-07.50	2	10
2 Dishong, RJ	Griswold	43-00.50	2	8
3 Knox, Tucker	Mount Ayr	41-09.50	2	6
4 Bell, Wyatt	Riverside, Oak	40-10.00	2	4
5 Sample, Beau	Shenandoah	39-03.00	2	2
6 Neely, Gavin	Bedford	38-07.00	2	1
7 Godsey, Graham	Bedford	38-01.50	2	
8 Wastaney, Kash	Mount Ayr	37-10.00	2	
9 Sholes, Isaiah	Essex	36-07.50	1	
10 Johnson, Owen	Griswold	35-09.50	2	
11 Grebin, Rylan	Stanton	35-07.00	2	
12 Hennings, Simon	Shenandoah	35-04.50	2	
13 Williams, Jordan	East Mills	34-06.00	2	
14 Showalter, Simon	Stanton	33-07.00	2	
15 Inman, Lucas	Southwest Valley	32-03.00	2	
16 Padilla, Isaiah	Lenox	31-02.00	1	
17 Weaver, Jacob	Lenox	30-05.00	1	
18 Wilson, Drake	Creston	30-03.00	1	
19 Ramirez, Kevin	Lenox	x30-02.50	1	
20 Gibbs, Landon	East Mills	29-11.50	1	
21 Luther, Jarrett	Creston	29-07.00	1	
22 Levine, Hayden	Creston	x28-05.50	1	
23 Budrow, Kylor	Creston	x27-11.00	1	
24 McDonald, Jameson	Creston	x27-03.00	1	
25 Hauge, Evan	Lenox	x26-11.00	1	
26 pendegraft, Drake	Creston	x25-10.50	1	
27 Aradanas, Damien	Essex	24-09.00	1	
28 Henry, Johnathon	Creston	x17-05.00	1	
-- Steffen, Brian	Riverside, Oak	DQ	2	

## Boys Discus Throw

Name	Year School	Finals	H#	Points
1 Tuzzio, Creighton	Clarinda	J154-07	2	10
2 Dishong, RJ	Griswold	J130-00	2	8
3 Dredge, Colton	Mount Ayr	J125-07	2	6
4 Deemer, John	Bedford	J120-11	2	4
5 Sowers, Brodee	Stanton	J111-06	2	2
6 Knox, Tucker	Mount Ayr	J111-06	2	1
7 Brokaw, Brody	Lenox	108-06	2	
8 Forsythe, Zack	Riverside, Oak	108-02	2	



**Lenox Coed - 4/15/2024**

**4/15/2024**

**Results**

**....Boys Discus Throw**

9 Mullen, Theron	Southwest Valley	106-05	2
10 Inman, Lucas	Southwest Valley	106-03	2
11 Sholes, Wade	Essex	104-09	2
12 Carnes, Jacob	Griswold	104-00	2
13 Schechinger, Paden	Riverside, Oak	100-02	2
14 Hennings, Simon	Shenandoah	96-01	2
15 Dukes, Izaak	Bedford	96-00	2
16 Mastin, Layne	East Mills	93-08	1
17 Stearns, Cooper	East Mills	91-05	1
18 Sample, Beau	Shenandoah	89-08	2
19 Carpenter, Preston	Stanton	89-03	1
20 Sheley, Corbyn	Lenox	86-03	1
21 McDonald, Jameson	Creston	82-07	1
22 Wilson, Drake	Creston	82-05	2
23 Budrow, Kylor	Creston	x80-01	1
24 Luther, Jarrett	Creston	x79-08	1
25 pendegraft, Drake	Creston	x75-06	1
26 Levine, Hayden	Creston	x70-01	1
27 Aradanas, Damien	Essex	69-01	1
28 Menefee, Caleb	Lenox	x65-07	1
29 Robles, Justin	Lenox	x64-06	1
30 Henry, Johnathon	Creston	x32-02	1

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## Girls 100 Meter Dash

Name	Year	School	Finals	H#	Points
Finals					
1 Knight, Jerzee		Clarinda	12.65	4	10
2 Cooper, Emma		Southwest Valley	12.66	4	8
3 Swain, Cindy		Essex	13.12	4	6
4 Olson, Hannah		Stanton	13.47	4	4
5 Thornburg, Jenna		East Mills	13.50	4	2
6 Knight, Jaxy		Mount Ayr	13.72	4	1
7 Houser, Amanda		Griswold	14.07	3	
8 Verwers, Abigail		Bedford	14.24	3	
9 Poston, Anistyn		Southwest Valley	14.45	2	
10 McDonald, Elly		Stanton	14.46	3	
11 Gray, Kyndra		Essex	14.65	3	
12 Funk, Delaney		Lenox	14.81	2	
13 Larson, Carley		Lenox	14.97	2	
14 Greenland, Anna		Mount Ayr	15.20	1	
15 Vo, Jennifer		Shenandoah	15.45	2	
15 Foster, Quynn		East Union	15.45	1	
17 Erickson, Hope		Bedford	15.65	2	
18 McEntaffer, Jocelyn		Griswold	16.80	1	
19 Moyers, Kinsley		East Mills	17.30	1	
20 Smits, DaMerica		Lenox	x17.46	1	

## Girls 200 Meter Dash

Name	Year	School	Finals	H#	Points
1 Cooper, Emma		Southwest Valley	27.21	3	10
2 Cox, Sadie		Lenox	27.68	3	8
3 Thornburg, Jenna		East Mills	28.18	3	6
4 Knight, Jaxy		Mount Ayr	28.90	3	4
5 Green, Lynnae		Shenandoah	29.08	3	2
6 Eaton, Abby		Mount Ayr	30.52	3	1
7 Petersen, Bentley		Lenox	30.75	2	
8 Dishong, Jadeyn		Griswold	32.45	1	
9 Murphy, Bridgett		Bedford	32.63	2	
10 Erickson, Hope		Bedford	33.37	2	
11 Keasey, Aiyana		Essex	33.78	1	
12 Ford, Lilly		Stanton	33.80	2	
13 Still, Kynlee		Mount Ayr	x35.25	1	
14 Hopf, Corinne		Stanton	37.00	1	

## Girls 400 Meter Dash

Name	Year	School	Finals	H#	Points
1 Thornburg, Jenna		East Mills	1:03.42	3	10
2 Adams, Carsyn		Griswold	1:04.14	3	8
3 Robles, Gabby		Lenox	1:09.77	3	6
4 Young, Mya		Shenandoah	1:14.17	2	4
5 Juarez, Taylor		Essex	1:14.34	3	2
6 England, LaraLynn		Lenox	1:14.85	1	1
7 Dike, Cheyenne		East Union	1:15.15	2	
8 Roberts, Meredith		Stanton	1:15.47	3	

**Lenox Coed - 4/15/2024**

**4/15/2024**

**Results**

**....Girls 400 Meter Dash**

9	Young, Zoe	Shenandoah	1:15.78	2
10	Douglas, Kenzie	Lenox	x1:16.00	2
11	Stargell, Taylor	Southwest Valley	1:16.59	1
12	Osher, Jasmine	Stanton	1:17.21	1
13	Ramsey, Greenly	Lenox	x1:17.40	2
14	Morrical, Sophia	East Mills	1:17.46	2
15	Still, Kynlee	Mount Ayr	1:21.95	1
16	Forsythe, Lydia	Southwest Valley	1:26.01	1

**Girls 800 Meter Run**

Name	Year School	Finals	Points
1 Adams, Carsyn	Griswold	2:46.17	10
2 Hardee, Aniya	Bedford	2:48.33	8
3 Juarez, Taylor	Essex	2:52.65	6
4 Young, Mya	Shenandoah	2:53.05	4
5 Askeland, Marissa	Griswold	2:53.33	2
6 Wasteney, Keely	Mount Ayr	3:00.48	1
7 Byer, Ashlyn	Mount Ayr	3:00.58	
8 Young, Zoe	Shenandoah	3:01.72	
9 Valdez, Kylie	Essex	3:03.45	
10 Brodigan, Ryleigh	East Mills	3:04.97	
11 Morrival, Sophia	East Mills	3:08.86	
12 Osher, Jasmine	Stanton	3:09.09	
13 England, LaraLynn	Lenox	3:09.14	
14 Douglas, Kenzie	Lenox	3:13.58	
15 Dike, Cheyenne	East Union	3:20.67	
16 Mendenhall, Heather	Southwest Valley	3:21.44	
17 Bengé, Oakley	Southwest Valley	3:27.39	

**Girls 1500 Meter Run**

Name	Year School	Finals	Points
1 Egbert, Hailey	Shenandoah	5:25.94	10
2 Nicholas, MaKayla	Bedford	5:28.86	8
3 Doolittle, Addison	Mount Ayr	5:54.08	6
4 Sandahl, Ella	Essex	6:06.69	4
5 Young, Mya	Shenandoah	6:22.38	2
6 Juarez, Taylor	Essex	6:34.05	1
7 Millikan, Josie	Griswold	6:47.70	
8 Fletchall, Victoria	Southwest Valley	6:50.41	
9 Cox, Jentri	Lenox	7:05.72	
10 Smits, DaMerica	Lenox	8:11.80	

**Girls 3000 Meter Run**

Name	Year School	Finals	Points
1 Egbert, Hailey	Shenandoah	12:05.41	10
2 Nicholas, MaKayla	Bedford	12:35.76	8
3 Valencia, Jillian	East Union	12:51.38	6
4 Sandahl, Ella	Essex	13:18.40	4
5 Byer, Ashlyn	Mount Ayr	15:18.30	2

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## ....Girls 3000 Meter Run

6	Baier, Paige	Griswold	16:17.93	1
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## Girls 100 Meter Hurdles

Name	Year	School	Finals	H#	Points
1	Olson, Hannah	Stanton	16.39	3	10
2	Adams, Carsyn	Griswold	17.47	3	8
3	Adams, Addison	Griswold	17.58	3	6
4	Shields, Aubree	Mount Ayr	17.71	2	4
5	Pearson, Sierra	Southwest Valley	17.80	3	2
6	Hardee, Abigail	Bedford	17.84	3	1
7	McDonald, Elly	Stanton	18.03	3	
8	Dumler, Abbagale	Shenandoah	18.79	2	
9	Burdorf, Jenna	Shenandoah	19.16	2	
10	Funk, Delaney	Lenox	19.44	2	
11	Shade, Kayli	East Union	19.94	2	
12	Larson, Carley	Lenox	20.11	1	
13	Pearson, Alyssa	Southwest Valley	20.28	1	

## Girls 400 Meter Hurdles

Name	Year	School	Finals	H#	Points
1	Johnson, Lauren	Stanton	1:12.32	2	10
2	Adams, Addison	Griswold	1:15.92	2	8
3	Hardee, Abigail	Bedford	1:20.51	1	6
4	Lear, Tristin	East Union	1:21.66	2	4
5	Wyman, Brystol	Griswold	1:22.24	2	2
6	Longfellow, Joslyn	Bedford	1:22.52	2	1
7	Jones, MaKel	Mount Ayr	1:25.68	2	
8	Larson, Carley	Lenox	1:27.03	1	
9	Valdez, Kylie	Essex	1:27.23	1	

## Girls 4x100 Meter Relay

School	Finals	H#	Points
1 Stanton 'A' 1) Hart, Kyla 3) Olson, Hannah	54.24	2	10
2 Bedford 'A' 1) Detrick, Kaylee 3) Perkins, Cadence	56.32	2	8
3 Mount Ayr 'A' 1) Stewart, Dannie 3) Nickle, Brea	57.17	2	6
4 Southwest Valley 'A' 1) Pearson, Sierra 3) Randall, Hailey	58.31	2	4
5 Lenox 'A' 1) Petersen, Bentley 3) Ramsey, Greenly	58.32	1	2
6 Essex 'A' 1) Gray, Kyndra	58.63	1	1

**Lenox Coed - 4/15/2024**  
**4/15/2024**  
**Results**

**....Girls 4x100 Meter Relay**

3) Burns, Tori	4) Swain, Cindy	58.75	2
7 East Union 'A'	2) Shade, Kayli		
1) Waigand, Hayden	4) Foster, Quynn		
3) Vandell, Emma			

**Girls 4x200 Meter Relay**

School	Finals	Points
1 Southwest Valley 'A'	1:57.96	10
1) Poston, Anistyn	2) Lillie, Katey	
3) Top, Haidyn	4) Cooper, Emma	
2 Bedford 'A'	2:02.00	8
1) Simmons, Caroline	2) Perkins, Cadence	
3) Murphy, Bridgett	4) Teeters, Emma	
3 Mount Ayr 'A'	2:03.80	6
1) Nickle, Brittlyn	2) Nickle, Brea	
3) Greenland, Anna	4) Eaton, Abby	
4 Essex 'A'	2:04.48	4
1) Valdez, Aila	2) Burns, Brooke	
3) Gray, Kyndra	4) Swain, Cindy	
5 Griswold 'A'	2:05.29	2
1) Laverty, Reese	2) Houser, Amanda	
3) Tischer, Kate	4) Wyman, Brystol	
6 East Union 'A'	2:10.00	1
1) Vandell, Emma	2) Klos, Tronie	
3) Foster, Quynn	4) Lear, Tristin	

**Girls 4x400 Meter Relay**

School	Finals	H#	Points
1 Mount Ayr 'A'	4:31.24	2	10
1) Newton, Anne	2) Friedrich, Tatum		
3) Clark, Aubree	4) Murphy, Ashlyn		
2 Lenox 'A'	4:46.68	2	8
1) Robles, Gabby	2) Funk, Delaney		
3) Reed, Zoey	4) Cox, Sadie		
3 Griswold 'A'	4:55.99	2	6
1) Houser, Amanda	2) Reynolds, Dakota		
3) Tischer, Kate	4) Palmer, Airika		
4 Mount Ayr 'B'	x4:56.15	1	
1) Wasteney, Keely	2) Eaton, Abby		
3) Greenland, Anna	4) Byer, Ashlyn		
5 Bedford 'A'	5:01.14	2	4
1) Snethen, Jaynee	2) Longfellow, Joslyn		
3) Hardee, Aniya	4) Hardee, Arabella		
6 Essex 'A'	5:10.86	2	2
1) Valdez, Aila	2) Valdez, Kylie		
3) Juarez, Taylor	4) Sandahl, Ella		
7 Southwest Valley 'A'	5:29.29	2	1
1) Kathikar, Olivia	2) Mendenhall, Heather		
3) Forsythe, Lydia	4) Yates, Taylor		
8 Stanton 'A'	5:38.41	1	
1) Osher, Jasmine	2) Roberts, Meredith		

**Lenox Coed - 4/15/2024**

**4/15/2024**

**Results**

**....Girls 4x400 Meter Relay**

- 3) Ford, Lilly
- 4) Hopf, Corinne

**Girls 4x800 Meter Relay**

School	Finals	Points
1 Mount Ayr 'A'	11:32.53	10
1) Newton, Anne	2) Doolittle, Addison	
3) Clark, Aubree	4) Murphy, Ashlyn	
2 Griswold 'A'	12:20.68	8
1) Reynolds, Dakota	2) Tischer, Kate	
3) Millikan, Josie	4) Askeland, Marissa	
3 Southwest Valley 'A'	12:47.22	6
1) Kathikar, Olivia	2) Mendenhall, Heather	
3) Forsythe, Lydia	4) Stargell, Taylor	
4 Lenox 'A'	13:00.31	4
1) Douglas, Kenzie	2) Cox, Jentri	
3) England, LaraLynn	4) Ramsey, Greenly	
5 Stanton 'A'	13:56.67	2
1) Osher, Jasmine	2) Roberts, Meredith	
3) Ford, Lilly	4) Hopf, Corinne	

**Girls 800 Sprint Medley**

School	Finals	H#	Points
1 Lenox 'A'	2:00.20	2	10
1) Petersen, Bentley	2) Robles, Gabby		
3) Reed, Zoey	4) Cox, Sadie		
2 Essex 'A'	2:08.00	2	8
1) Gray, Kyndra	2) Burns, Brooke		
3) Burns, Tori	4) Swain, Cindy		
3 East Union 'A'	2:10.80	1	6
1) Woollums, Alayna	2) Young, Rebecca		
3) Young, Audrey	4) Parker, Khloe		
4 Bedford 'A'	2:12.60	2	4
1) Detrick, Kaylee	2) Verwers, Abigail		
3) Teeters, Emma	4) Longfellow, Joslyn		
5 Mount Ayr 'A'	2:14.70	1	2
1) Greenland, Anna	2) Irving, Janna		
3) Conklin, Kyleigh	4) Eaton, Abby		
6 Griswold 'A'	2:15.60	1	1
1) Laverty, Reese	2) Harry, Makena		
3) Wyman, Brystol	4) Reynolds, Dakota		
7 Southwest Valley 'A'	2:16.20	2	
1) Pearson, Sierra	2) Pearson, Alyssa		
3) Poston, Anistyn	4) Yates, Taylor		
8 Shenandoah 'A'	2:18.40	1	
1) Dumler, Abbagale	2) Vo, Jennifer		
3) Young, Zoe	4) Young, Mya		

**Lenox Coed - 4/15/2024**

**4/15/2024**

**Results**

**Girls Distance Medley**

School	Finals	H#	Points
1 Shenandoah 'A'	4:45.47	2	10
1) Dumler, Abbagale	2) Burdorf, Jenna		
3) Green, Lynnae	4) Egbert, Hailey		
2 Mount Ayr 'A'	4:46.66	2	8
1) Clark, Aubree	2) Murphy, Ashlyn		
3) Friedrich, Tatum	4) Newton, Anne		
3 Lenox 'A'	4:57.21	2	6
1) Petersen, Bentley	2) Robles, Gabby		
3) Reed, Zoey	4) Cox, Sadie		
4 Griswold 'A'	5:02.37	2	4
1) Houser, Amanda	2) Palmer, Airika		
3) Adams, Addison	4) Askeland, Marissa		
5 East Union 'A'	5:07.45	1	2
1) Waigand, Hayden	2) Young, Audrey		
3) Young, Rebecca	4) Parker, Khloe		
6 Bedford 'A'	5:08.09	2	1
1) Longfellow, Joslyn	2) Snethen, Jaynee		
3) Hardee, Arabella	4) Hardee, Aniya		
7 Essex 'A'	5:18.49	1	
1) Valdez, Aila	2) Burns, Brooke		
3) Valdez, Kylie	4) Sandahl, Ella		

**Girls 4x100 Meter Shuttle Hurdle**

School	Finals	H#	Points
1 Stanton 'A'	1:07.71	2	10
1) Hart, Kyla	2) Johnson, Lauren		
3) McDonald, Elly	4) Olson, Hannah		
2 Griswold 'A'	1:14.04	2	8
1) Wyman, Brystol	2) Laverty, Reese		
3) Adams, Addison	4) Adams, Carsyn		
3 East Union 'A'	1:21.71	1	6
1) Shade, Kayli	2) Klos, Tronie		
3) Vandel, Emma	4) Lear, Tristin		
4 Southwest Valley 'A'	1:22.10	1	4
1) Pearson, Sierra	2) Pearson, Alyssa		
3) Randall, Alyssa	4) Randall, Hailey		
5 Mount Ayr 'A'	1:23.82	2	2
1) Stewart, Dannie	2) Nickle, Brittlyn		
3) Nickle, Brea	4) Jones, MaKel		

**Girls High Jump**

Name	Year School	Finals	Points
1 Shields, Aubree	Mount Ayr	J5-00.00	10
2 Young, Zoe	Shenandoah	J4-08.00	6
3 Young, Rebecca	East Union	J4-08.00	8
4 Waigand, Hayden	East Union	J4-06.00	4
-- Hodges, Ashlynn	Shenandoah	DQ	

**Lenox Coed - 4/15/2024****4/15/2024****Results****Girls Long Jump**

Name	Year School	Finals	Points
1 Meier, Kylie	Clarinda	16-10.75	10
2 Cooper, Emma	Southwest Valley	16-03.50	8
3 Johnson, Lauren	Stanton	16-03.00	6
4 Simmons, Caroline	Bedford	14-09.00	4
5 Detrick, Kaylee	Bedford	14-00.00	2
6 Dike, Cheyenne	East Union	13-08.00	1
7 Stewart, Dannie	Mount Ayr	13-04.00	
8 Larson, Carley	Lenox	13-02.00	
9 Parker, Khloe	East Union	12-08.50	
10 Jones, MaKel	Mount Ayr	12-06.75	
11 Vo, Jennifer	Shenandoah	11-04.75	
12 Tischer, Kate	Griswold	10-09.00	
13 Keasey, Aiyana	Essex	10-04.00	

**Girls Shot Put**

Name	Year School	Finals	Points
1 Parker, Aliyah	Shenandoah	J36-03.00	10
2 Perkins, Alexis	Bedford	J36-03.00	8
3 Green, Lynnae	Shenandoah	J35-05.00	6
4 Richards, Mackenzie	Southwest Valley	J33-06.00	4
5 Ruggles, Hayden	Mount Ayr	J31-05.50	2
6 Davies, Samantha	Southwest Valley	J29-03.50	1
7 Rush, Madison	Griswold	28-00.00	
8 Shade, Kayli	East Union	27-11.00	
9 Akers, Jalyn	Mount Ayr	27-10.50	
10 Brown, Emma	Lenox	27-01.00	
11 Ford, Lilly	Stanton	26-08.00	
12 Rush, Macy	Griswold	26-01.00	
13 Roberts, Meredith	Stanton	22-11.00	
14 Miles-Crook, Adaya	East Mills	22-08.50	
15 Keasey, Aiyana	Essex	14-04.50	

**Girls Discus Throw**

Name	Year School	Finals	Points
1 McDowell, Natalie	Shenandoah	99-09	10
2 Perkins, Alexis	Bedford	99-00	8
3 Parker, Aliyah	Shenandoah	97-02	6
4 Hardee, Aniya	Bedford	90-04	4
5 Davies, Samantha	Southwest Valley	85-05	2
6 Kinser, Delilah	Griswold	73-05	1
7 Brown, Emma	Lenox	73-01	
8 Ruggles, Hayden	Mount Ayr	71-08	
9 Hopf, Corinne	Stanton	71-03	
10 Henle, Koda	Mount Ayr	71-00	
11 Richards, Mackenzie	Southwest Valley	65-10	
12 Amos, Zoey	Griswold	54-02	
13 Moyers, Kinsley	East Mills	48-01	



## Lenox Coed - 4/15/2024

4/15/2024

## Results

## Boys 100 Meter Dash

Name	Year School	Finals	H#	Points
1 Cullin, Brody	Shenandoah	10.89	4	10
2 Thornburg, Zach	East Mills	10.97	4	8
3 Bashor, Donald	Lenox	11.17	4	6
4 Reynolds, Ryce	Mount Ayr	11.34	3	4
5 Thompson, Dyson	Mount Ayr	11.44	4	2
6 Fleharty, Preston	Mount Ayr	x11.48	3	
7 Jeppesen, Grady	Riverside, Oak	11.54	3	1
8 Dukes, Hunter	Shenandoah	11.60	3	
9 Sitzman, KC	Southwest Valley	11.80	4	
10 Mann, Caden	Bedford	11.84	3	
11 Gomez, Santiago	Lenox	12.14	3	
12 Godsey, Graham	Bedford	12.21	2	
13 Cox, Brandon	Stanton	12.24	1	
13 Embree, Jackson	East Mills	12.24	2	
15 Towne, Perrin	Riverside, Oak	12.43	2	
16 Johnson, Andrew	Stanton	12.58	2	
17 Sholes, Isaiah	Essex	12.83	2	
18 Kirk, Dominic	Essex	13.20	1	
19 Sallach, Beau	Stanton	x13.23	1	
20 Turner, Cavyn	Griswold	13.36	1	
21 Hall, Javen	Southwest Valley	13.53	2	
22 Knapp, Trace	Mount Ayr	x13.54	1	
23 Rios, Esteban	Lenox	x14.62	1	

## Boys 101 Meter Dash Wheelchair

Name	Year School	Finals	Points
1 Johnson, Eli	Bedford	J18.53	
2 Steng, Titus	Shenandoah	J21.55	

## Boys 200 Meter Dash

Name	Year School	Finals	H#	Points
1 Motsinger, Garrison	Bedford	23.47	4	10
2 Jeppesen, Grady	Riverside, Oak	23.61	4	8
3 Sitzman, KC	Southwest Valley	24.02	4	6
4 Racine, Tony	Essex	24.10	3	4
5 Jeppesen, Cole	Riverside, Oak	24.24	4	2
6 Hernandez, Santiago	Shenandoah	24.27	3	1
7 Wiley, Harley	Shenandoah	24.38	3	
8 Walter, Garrett	Mount Ayr	24.44	4	
9 Wilson, Auden	Griswold	24.49	3	
10 Stearns, Cooper	East Mills	25.32	3	
11 French, Logan	Stanton	25.88	2	
12 Cox, Brandon	Stanton	25.94	1	
13 Zaragoza, Jayden	Lenox	26.11	2	
14 Johnston, Beau	Southwest Valley	26.80	2	
15 Turner, Cavyn	Griswold	27.55	2	
16 Knapp, Trace	Mount Ayr	28.32	1	
17 Updegraff, Nick	East Mills	28.46	2	
18 Sackett, Rowan	Mount Ayr	x28.75	1	

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## ....Boys 200 Meter Dash

19	Rios, Esteban	Lenox	30.89	1
20	Sowers, Brodee	Stanton	x31.04	1
21	Anderson, Keaton	Essex	37.58	1

## Boys 201 Meter Dash Wheelchair

Name	Year	School	Finals
1 Johnson, Eli		Bedford	35.63
2 Steng, Titus		Shenandoah	43.40

## Boys 400 Meter Dash

Name	Year	School	Finals	H#	Points
1 Funk, Gabe		Lenox	51.11	3	10
2 Ruggles, Jackson		Mount Ayr	54.66	3	8
3 Walter, Garrett		Mount Ayr	55.07	3	6
4 Jeppesen, Cole		Riverside, Oak	55.19	2	4
5 Hernandez, Santiago		Shenandoah	55.30	3	2
6 Martin-England, Jordan		Lenox	55.57	3	1
7 Dorscher, Cody		Griswold	56.00	2	
8 Stearns, Cooper		East Mills	56.34	2	
9 Martin, Xavier		Shenandoah	58.41	2	
10 Adkisson, Michael		Mount Ayr	x59.72	1	
11 Kline, Ashon		Essex	1:01.09	1	
12 French, Logan		Stanton	1:01.58	2	
13 Savage, Cole		Bedford	1:02.56	1	
14 Johnson, Owen		Griswold	1:03.63	2	
15 Wells, Mark		East Mills	1:03.72	1	
16 Cox, Brandon		Stanton	1:05.54	1	
17 Weed, Kooper		Bedford	1:07.91	1	

## Boys 401 Meter Dash Wheelchair

Name	Year	School	Finals
1 Johnson, Eli		Bedford	1:12.10
2 Steng, Titus		Shenandoah	1:34.50

## Boys 800 Meter Run

Name	Year	School	Finals	Points
1 Henderson, Dawson		Riverside, Oak	2:07.94	10
2 Henderson, Brody		Riverside, Oak	2:10.72	8
3 Grundman, Owen		Lenox	2:12.11	6
4 Little Thunder, Damien		Shenandoah	2:17.16	4
5 Hill, Tegan		Mount Ayr	2:17.96	2
6 Lockwood, Brayden		Griswold	2:18.18	1
7 Kellogg, Dalton		Shenandoah	2:22.79	
8 Gregg, Daysen		Lenox	2:27.79	
9 Shaha, Brock		Mount Ayr	2:32.59	
10 Quintans Pineiro, Santia		Southwest Valley	2:34.62	
11 Kirk, Dominic		Essex	2:35.49	

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## ....Boys 800 Meter Run

12	Gibbs, Landon	East Mills	2:37.87
13	Ewart, Trace	Bedford	2:46.52
14	Ridnour, Daniel	Bedford	2:50.04

## Boys 801 Meter Run Wheelchair

Name	Year School	Finals
1 Johnson, Eli	Bedford	J2:30.79

## Boys 1600 Meter Run

Name	Year School	Finals	Points
1 Henderson, Dawson	Riverside, Oak	4:55.00	10
2 Fenner, Owen	Riverside, Oak	4:57.97	8
3 Dorscher, Cody	Griswold	5:06.50	6
4 Kellogg, Hunter	Shenandoah	5:07.77	4
5 Jensen, Holden	Griswold	5:15.93	2
6 Kellogg, Dylan	Shenandoah	5:21.08	1
7 Cordell, Cade	Lenox	5:24.72	
8 Barrett, Steven	East Mills	5:35.85	
9 Gettler, Evan	Stanton	5:43.08	
10 Cooper, Carson	Southwest Valley	5:43.17	
11 Powell, Camden	Bedford	5:53.20	
12 Welch, Jayven	Bedford	5:53.24	
13 Murphy, Aidan	Mount Ayr	5:53.46	
14 Anderson, Keaton	Essex	7:55.25	
-- Trujillo, Adan	Mount Ayr	DQ	
-- Kirk, Dominic	Essex	DQ	

## Boys 3200 Meter Run

Name	Year School	Finals	Points
1 Henderson, Dawson	Riverside, Oak	11:01.18	10
2 Henderson, Brody	Riverside, Oak	11:01.20	8
3 Kellogg, Hunter	Shenandoah	11:11.59	6
4 Kellogg, Dalton	Shenandoah	11:34.78	4
5 Jensen, Holden	Griswold	11:41.31	2
6 Welch, Jayven	Bedford	13:10.32	1
7 Estes, Aden	Lenox	13:30.66	
8 Greenwell, Braylon	Mount Ayr	13:55.57	
9 Anderson, Keaton	Essex	18:01.40	

## Boys 110 Meter Hurdles

Name	Year School	Finals	H#	Points
1 Funk, Gabe	Lenox	14.99	3	10
2 Cook, Peyton	Griswold	15.00	3	8
3 Gordon, Jaxon	Riverside, Oak	15.85	3	6
4 Scamman, Cole	Shenandoah	16.46	3	4
5 Martin-England, Jordan	Lenox	16.83	3	2
6 Barnes, Dalton	Mount Ayr	16.93	2	1

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## ....Boys 110 Meter Hurdles

7	Ford, Gavin	Stanton	17.29	2
8	Keefe, Roman	Southwest Valley	17.39	2
9	Swaink, Hunter	Shenandoah	17.48	2
10	Silk, Wyatt	Griswold	18.03	2
11	DeHass, Koen	Bedford	18.23	2
12	Amdor, Peyton	Riverside, Oak	18.62	1
13	Swartz, Dalton	Bedford	18.76	3
14	Hartman, Riley	Southwest Valley	19.11	1

## Boys 400 Meter Hurdles

Name	Year	School	Finals	H#	Points
1	Funk, Gabe	Lenox	53.43	3	10
2	Reynolds, Ryce	Mount Ayr	53.46	3	8
3	Gordon, Jaxon	Riverside, Oak	58.87	3	6
4	Scamman, Cole	Shenandoah	59.65	3	4
5	Cook, Peyton	Griswold	1:00.51	3	2
6	Swaink, Hunter	Shenandoah	1:01.93	2	1
7	Smith, Keegan	Riverside, Oak	1:02.23	3	
8	Riedel, Hayden	Bedford	1:02.96	2	
9	Swartz, Dalton	Bedford	1:03.82	2	
10	Hale, Brayden	Mount Ayr	1:06.12	2	
11	Keiser, Callen	Griswold	1:09.61	2	
12	Hartman, Riley	Southwest Valley	1:09.65	2	
13	Wells, Mark	East Mills	1:11.32	1	
14	Sallach, Beau	Stanton	1:12.30	1	

## Boys 4x100 Meter Relay

School	Finals	H#	Points
1 Shenandoah 'A' 1) Dukes, Hunter 3) Graham, Cole	44.45	2	10
2 Clarinda 'A' 1) Roop, Kaiden 3) Wyman, Nolan	45.41	2	8
3 Bedford 'A' 1) Mann, Caden 3) Murphy, Evan	46.39	2	6
4 Southwest Valley 'A' 1) Crozier, Brody 3) Currin, Isaac	48.07	2	4
5 Lenox 'A' 1) Cruz, Gio 3) Evans, Dawson	48.37	2	2
6 Mount Ayr 'A' 1) Victor, Trevin 3) Weehler, Evan	49.09	2	1
7 Essex 'A' 1) Kline, Ashon 3) Sholes, Isaiah	49.29	1	
8 Griswold 'A' 1) Johnson, Owen	51.21	1	

**Lenox Coed - 4/15/2024**  
**4/15/2024**  
**Results**

**....Boys 4x100 Meter Relay**

3) Silk, Wyatt	4) Rasmussen, Alex	52.13	1
9 East Mills 'A'	1) Updegraff, Nick		
1) Updegraff, Nick	2) Gibbs, Landon		
3) Wells, Mark	4) Williams, Jordan	53.37	1
10 Riverside, Oak 'A'			
1) Doyle, Lucas	2) Allen, Jackson		
3) Schechinger, Dalton	4) Shady, Hunter	54.63	1
11 Stanton 'A'			
1) Yeager, Max	2) Gibbs, Brody		
3) Carpenter, Preston	4) Sowers, Brodee	x55.59	1
12 Lenox 'B'			
1) Zaragoza, Jayden	2) Rios, Esteban		
3) Menefee, Caleb	4) Gomez, Santiago		

**Boys 4x200 Meter Relay**

School	Finals	H#	Points
1 Shenandoah 'A'	1:32.37	2	10
1) Dukes, Hunter	2) Razee, Alex		
3) Graham, Cole	4) Cullin, Brody		
2 Bedford 'A'	1:36.19	2	8
1) Coleman, Kase	2) Murphy, Evan		
3) Riedel, Hayden	4) Motsinger, Garrison		
3 East Mills 'A'	1:38.30	2	6
1) Urban, Caleb	2) Embree, Jackson		
3) Mastin, Layne	4) Thornburg, Zach		
4 Lenox 'A'	1:41.72	2	4
1) Cruz, Gio	2) Flah, Andy		
3) Evans, Dawson	4) Kaufman, Caden		
5 Essex 'A'	1:43.92	2	2
1) Kline, Ashon	2) Sholes, Wade		
3) Sholes, Isaiah	4) Racine, Tony		
6 Griswold 'A'	1:45.07	1	1
1) Steinhoff, Mason	2) Peterson, Wyatt		
3) Silk, Wyatt	4) Rasmussen, Alex		
7 Riverside, Oak 'A'	1:45.53	2	
1) Knoke, Maddox	2) Hackett, Gaven		
3) Rieken, Keaten	4) McCready, James		
8 Stanton 'A'	1:48.48	1	
1) Gibbs, Brody	2) Carpenter, Preston		
3) Grebin, Rylan	4) Johnson, Andrew		
9 Southwest Valley 'A'	1:56.26	1	
1) Hall, Javen	2) Cordon, Quinten		
3) Morgan, Alex	4) Currin, Isaac		

**Boys 4x400 Meter Relay**

School	Finals	H#	Points
1 Shenandoah 'A'	3:33.38	2	10
1) Cullin, Brody	2) Dukes, Hunter		
3) Graham, Cole	4) Razee, Alex		
2 Mount Ayr 'A'	3:35.42	2	8
1) Ruggles, Jackson	2) Fleharty, Preston		

**Lenox Coed - 4/15/2024**

**4/15/2024**

**Results**

**....Boys 4x400 Meter Relay**

3) Thompson, Dyson	4) Reynolds, Ryce		
3 East Mills 'A'	3:44.49	2	6
1) Stearns, Cooper	2) Seipold, Walter		
3) Mastin, Layne	4) Urban, Caleb		
4 Riverside, Oak 'A'	3:44.53	2	4
1) Jeppesen, Cole	2) Knoke, Maddox		
3) Rieken, Keaten	4) Henderson, Brody		
5 Lenox 'A'	3:57.86	2	2
1) Sheley, Corbyn	2) Grundman, Owen		
3) Tull, Dayton	4) Kaufman, Caden		
6 Griswold 'A'	3:59.39	2	1
1) Wilson, Auden	2) Wyman, Bode		
3) Lockwood, Brayden	4) Jensen, Holden		
7 Bedford 'A'	4:00.34	1	
1) Nally, Ashton	2) Godsey, Graham		
3) Deemer, John	4) Dalton, Quentin		
8 Stanton 'A'	4:20.66	1	
1) Ford, Gavin	2) Grebin, Rylan		
3) Johnson, Andrew	4) French, Logan		
9 Southwest Valley 'A'	4:22.92	1	
1) Bissell, Walker	2) Greenwalt, Devin		
3) Quintans Pineiro, Santiago	4) Keefe, Roman		

**Boys 4x800 Meter Relay**

School	Finals	Points
1 Shenandoah 'A'	9:18.58	10
1) Kellogg, Dylan	2) Little Thunder, Damien	
3) Laughlin, Owen	4) Mick, Braeden	
2 Riverside, Oak 'A'	9:27.90	8
1) Fenner, Owen	2) Schoenrock, Landyn	
3) Jaquez, Cruz	4) Carrigan, Kingston	
3 Mount Ayr 'A'	9:46.66	6
1) Hill, Tegan	2) Shaha, Brock	
3) Adkisson, Michael	4) Murphy, Aidan	
4 Lenox 'A'	9:48.34	4
1) Cordell, Cade	2) Adams, Patton	
3) Gregg, Daysen	4) Grundman, Owen	
5 Bedford 'A'	10:57.56	2
1) Peterman, Cal	2) Powell, Camden	
3) Ridnour, Daniel	4) Deemer, John	

**Boys 800 Sprint Medley**

School	Finals	H#	Points
1 Mount Ayr 'A'	1:41.29	2	10
1) Reynolds, Ryce	2) Fleharty, Preston		
3) Ruggles, Jackson	4) Trujillo, Adan		
2 Riverside, Oak 'A'	1:42.29	2	8
1) Jeppesen, Cole	2) Gordon, Jaxon		
3) Towne, Perrin	4) Jeppesen, Grady		
3 East Mills 'A'	1:43.24	2	6
1) Thornburg, Zach	2) Embree, Jackson		

**Lenox Coed - 4/15/2024**

**4/15/2024**

**Results**

**....Boys 800 Sprint Medley**

3) Urban, Caleb	4) Mastin, Layne		
4 Shenandoah 'A'		1:44.29	2 4
1) Martin, Xavier	2) O'Rourke, Joey		
3) Johnson, Ayden	4) Scamman, Cole		
5 Lenox 'A'		1:45.55	2 2
1) Cruz, Gio	2) Gomez, Santiago		
3) Tull, Dayton	4) Kaufman, Caden		
6 Bedford 'A'		1:51.86	1 1
1) Mann, Caden	2) Nally, Ashton		
3) Dukes, Izaak	4) DeHass, Koen		
7 Southwest Valley 'A'		1:54.45	1
1) Crozier, Brody	2) Currin, Isaac		
3) Hartman, Riley	4) Greenwalt, Devin		
8 Griswold 'A'		1:55.24	1
1) Johnson, Owen	2) Peterson, Wyatt		
3) Steinhoff, Mason	4) Keiser, Callen		
9 Stanton 'A'		1:57.10	1
1) Grebin, Rylan	2) Gibbs, Brody		
3) Carpenter, Preston	4) Johnson, Andrew		

**Boys Distance Medley**

School	Finals	H#	Points
1 Clarinda 'A'	3:40.36	2	10
1) Roop, Kaiden	2) Beckel, Karsten		
3) Phillips, Cooper	4) Wagoner, Kyle		
2 Riverside, Oak 'A'	4:05.90	2	8
1) Towne, Perrin	2) Hackett, Gaven		
3) Fenner, Owen	4) Henderson, Brody		
3 Shenandoah 'A'	4:08.32	2	6
1) Johnson, Ayden	2) O'Rourke, Joey		
3) Wiley, Harley	4) Kellogg, Dylan		
4 Bedford 'A'	4:08.91	1	4
1) Dukes, Izaak	2) Knighton, Marcus		
3) Nally, Ashton	4) Dalton, Quentin		
5 East Mills 'A'	4:09.27	1	2
1) Updegraff, Nick	2) Williams, Jordan		
3) Barrett, Steven	4) Seipold, Walter		
6 Griswold 'A'	4:16.10	2	1
1) Wilson, Auden	2) Steinhoff, Mason		
3) Wyman, Bode	4) Lockwood, Brayden		
7 Lenox 'A'	4:21.05	1	
1) Zaragoza, Jayden	2) Flah, Andy		
3) Tull, Dayton	4) Cordell, Cade		
8 Mount Ayr 'A'	4:25.37	2	
1) Victor, Trevin	2) Barnes, Dalton		
3) Weehler, Evan	4) Hill, Tegan		
9 Southwest Valley 'A'	4:26.85	2	
1) Crozier, Brody	2) Greenwalt, Devin		
3) Quintans Pineiro, Santiago	4) Cooper, Carson		

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## Boys 4x110 Meter Shuttle Hurdle

School	Finals	H#	Points
1 Lenox 'A'	1:01.35	2	10
1) Bashor, Donald	2) Martin-England, Jordan		
3) Evans, Dawson	4) Funk, Gabe		
2 Bedford 'A'	1:05.27	2	8
1) Swartz, Dalton	2) Dalton, Quentin		
3) Motsinger, Garrison	4) Coleman, Kase		
3 Griswold 'A'	1:06.79	1	6
1) Cook, Peyton	2) Silk, Wyatt		
3) Wyman, Bode	4) Steinhoff, Mason		
4 Riverside, Oak 'A'	1:09.39	1	4
1) Gordon, Jaxon	2) Smith, Keegan		
3) Amdor, Peyton	4) Hackett, Gaven		
5 Southwest Valley 'A'	1:10.81	2	2
1) Hartman, Riley	2) Greenwalt, Devin		
3) Keefe, Roman	4) Bissell, Walker		
6 Mount Ayr 'A'	1:10.83	1	1
1) Barnes, Dalton	2) Weehler, Evan		
3) Trujillo, Adan	4) Hale, Brayden		

## Boys High Jump

Name	Year School	Finals	Points
1 Bissell, Walker	Southwest Valley	J5-10.00	10
2 Wiley, Harley	Shenandoah	J5-08.00	8
3 Sholes, Isaiah	Essex	J5-06.00	4
4 Ford, Gavin	Stanton	J5-06.00	6
5 Sholes, Wade	Essex	J5-06.00	2
6 Savage, Cole	Bedford	J5-06.00	1
7 Keefe, Roman	Southwest Valley	5-04.00	
8 Wilson, Auden	Griswold	J5-04.00	
9 Fenner, Owen	Riverside, Oak	5-02.00	
-- Adams, Patton	Lenox	DQ	
-- Seipold, Walter	East Mills	DQ	

## Boys Long Jump

Name	Year School	Finals	Points
1 Racine, Tony	Essex	20-05.00	10
2 Coleman, Kase	Bedford	20-02.75	8
3 Thompson, Dyson	Mount Ayr	19-06.00	6
4 Ford, Gavin	Stanton	18-11.00	4
5 Kline, Ashon	Essex	18-08.00	2
6 Swaink, Hunter	Shenandoah	18-07.50	1
7 Martin-England, Jordan	Lenox	18-06.00	
8 Martens, Dane	Riverside, Oak	18-00.50	
9 Hernandez, Santiago	Shenandoah	17-11.00	
10 Currin, Isaac	Southwest Valley	17-09.75	
11 Crozier, Brody	Southwest Valley	17-08.00	
12 Dalton, Quentin	Bedford	17-03.75	
13 Tull, Dayton	Lenox	17-02.50	
14 Wyman, Bode	Griswold	17-00.00	



## Lenox Coed - 4/15/2024

4/15/2024

## Results

## ....Boys Long Jump

15	McCready, James	Riverside, Oak	15-04.50
--	Victor, Trevin	Mount Ayr	DQ

## Boys Shot Put Wheelchair

Name	Year School	Finals	Points
1 Steng, Titus	Shenandoah	J11-06.00	

## Boys Shot Put

Name	Year School	Finals	H#	Points
1 Mullen, Theron	Southwest Valley	44-07.50	2	10
2 Dishong, RJ	Griswold	43-00.50	2	8
3 Knox, Tucker	Mount Ayr	41-09.50	2	6
4 Bell, Wyatt	Riverside, Oak	40-10.00	2	4
5 Sample, Beau	Shenandoah	39-03.00	2	2
6 Neely, Gavin	Bedford	38-07.00	2	1
7 Godsey, Graham	Bedford	38-01.50	2	
8 Wastenev, Kash	Mount Ayr	37-10.00	2	
9 Sholes, Isaiah	Essex	36-07.50	1	
10 Johnson, Owen	Griswold	35-09.50	2	
11 Grebin, Rylan	Stanton	35-07.00	2	
12 Hennings, Simon	Shenandoah	35-04.50	2	
13 Williams, Jordan	East Mills	34-06.00	2	
14 Showalter, Simon	Stanton	33-07.00	2	
15 Inman, Lucas	Southwest Valley	32-03.00	2	
16 Padilla, Isaiah	Lenox	31-02.00	1	
17 Weaver, Jacob	Lenox	30-05.00	1	
18 Wilson, Drake	Creston	30-03.00	1	
19 Ramirez, Kevin	Lenox	x30-02.50	1	
20 Gibbs, Landon	East Mills	29-11.50	1	
21 Luther, Jarrett	Creston	29-07.00	1	
22 Levine, Hayden	Creston	x28-05.50	1	
23 Budrow, Kylor	Creston	x27-11.00	1	
24 McDonald, Jameson	Creston	x27-03.00	1	
25 Hauge, Evan	Lenox	x26-11.00	1	
26 pendegraft, Drake	Creston	x25-10.50	1	
27 Aradanas, Damien	Essex	24-09.00	1	
28 Henry, Johnathon	Creston	x17-05.00	1	
-- Steffen, Brian	Riverside, Oak	DQ	2	

## Boys Discus Throw

Name	Year School	Finals	H#	Points
1 Tuzzio, Creighton	Clarinda	J154-07	2	10
2 Dishong, RJ	Griswold	J130-00	2	8
3 Dredge, Colton	Mount Ayr	J125-07	2	6
4 Deemer, John	Bedford	J120-11	2	4
5 Sowers, Brodee	Stanton	J111-06	2	2
6 Knox, Tucker	Mount Ayr	J111-06	2	1
7 Brokaw, Brody	Lenox	108-06	2	
8 Forsythe, Zack	Riverside, Oak	108-02	2	

## Lenox Coed - 4/15/2024

4/15/2024

## Results

## ....Boys Discus Throw

9 Mullen, Theron	Southwest Valley	106-05	2
10 Inman, Lucas	Southwest Valley	106-03	2
11 Sholes, Wade	Essex	104-09	2
12 Carnes, Jacob	Griswold	104-00	2
13 Schechinger, Paden	Riverside, Oak	100-02	2
14 Hennings, Simon	Shenandoah	96-01	2
15 Dukes, Izaak	Bedford	96-00	2
16 Mastin, Layne	East Mills	93-08	1
17 Stearns, Cooper	East Mills	91-05	1
18 Sample, Beau	Shenandoah	89-08	2
19 Carpenter, Preston	Stanton	89-03	1
20 Sheley, Corbyn	Lenox	86-03	1
21 McDonald, Jameson	Creston	82-07	1
22 Wilson, Drake	Creston	82-05	2
23 Budrow, Kylor	Creston	x80-01	1
24 Luther, Jarrett	Creston	x79-08	1
25 pendegraft, Drake	Creston	x75-06	1
26 Levine, Hayden	Creston	x70-01	1
27 Aradanas, Damien	Essex	69-01	1
28 Menefee, Caleb	Lenox	x65-07	1
29 Robles, Justin	Lenox	x64-06	1
30 Henry, Johnathon	Creston	x32-02	1

**Lenox Coed - 4/15/2024**

**4/15/2024**

**Team Rankings - Through Event 43**

**Female Team Scores**

Place	School		Points
1	Bedford	BEDF	83
2	Shenandoah	SHEN	80
3	Griswold	GSD	75
3	Mount Ayr	MNTA	75
5	Southwest Valley	SWVY	60
6	Stanton	STAN	52
7	Lenox	LENX	45
8	Essex	ESSX	38
8	East Union	EUAF	38
10	Clarinda	CLAR	20
11	East Mills	EMIL	18
<b>Total</b>			<b>584.00</b>

**Male Team Scores**

Place	School		Points
1	Riverside, Oak	RIVO	117
2	Shenandoah	SHEN	102
3	Mount Ayr	MNTA	76
4	Lenox	LENX	69
5	Bedford	BEDF	54
6	Griswold	GSD	46
7	Southwest Valley	SWVY	32
8	Clarinda	CLAR	28
8	East Mills	EMIL	28
10	Essex	ESSX	24
11	Stanton	STAN	12
<b>Total</b>			<b>588.00</b>