

DCG 7th GRADE COED DUAL MEET - 3/28/2024

3/28/2024

Results

Girls 100 Meter Dash

	Name	Yr	School	Finals
Finals				
1	Keller, Sydnee		Dc-Grimes Re	13.89
2	Pray, Kiya		Dc-Grimes Re	15.20
3	Reggio, Holli		Dc-Grimes Re	x15.66
4	Swanson, Olivia		Dc-Grimes Re	x15.86
5	Bjork, Abby		Dc-Grimes Re	x15.95
6	Evans, Grace		Dc-Grimes Re	x16.12
7	Vickers, Paisley		Urbandale	16.41
8	Reese, Baylee		Urbandale	16.66
9	Tran-Nguyen, Tam		Urbandale	x16.68
10	Harris, Hadley		Dc-Grimes Wh	16.96
11	Kraft, Kaylee		Dc-Grimes Wh	16.98
12	Holcomb, Madeline		Dc-Grimes Re	x17.00
13	Marin, Lillyana		Urbandale	x17.10
14	Beyer, Isabella		Dc-Grimes Wh	x17.28
15	Vilayvong, Amelia		Dc-Grimes Re	x17.52
16	Kloster, Gabrielle		Dc-Grimes Wh	x17.66
17	Hensley, Ellie		Urbandale	x17.97
18	Jaegers, Kelsey		Dc-Grimes Wh	x18.43

Girls 200 Meter Dash

	Name	Yr	School	Finals
Finals				
1	Keller, Sydnee		Dc-Grimes Re	28.96
2	Pray, Kiya		Dc-Grimes Wh	31.49
3	Anderson, Alexandra		Dc-Grimes Re	31.68
4	Reggio, Holli		Dc-Grimes Re	x32.01
5	Molstre, Adira		Urbandale	32.47
6	Brimeyer, Saffi		Urbandale	35.31
7	Bjork, Abby		Dc-Grimes Re	x36.42
8	Vilayvong, Amelia		Dc-Grimes Wh	36.94
9	Collins, Lii'alah		Urbandale	x38.64
10	Benson, Libby		Urbandale	x39.21
11	Jaegers, Kelsey		Dc-Grimes Wh	x39.39
12	Rohrbeck, Presley		Dc-Grimes Wh	x41.30

Girls 400 Meter Dash

	Name	Yr	School	Finals
Finals				
1	Keller, Sydnee		Dc-Grimes Re	1:13.21
2	Jones, Taeya		Dc-Grimes Re	1:15.51
3	Pray, Kiya		Dc-Grimes Wh	1:18.64
4	Heston, Sophia		Dc-Grimes Re	x1:19.31
5	Vandenberg, Amelia		Dc-Grimes Wh	1:22.60
6	McAndrew, Scout		Urbandale	1:25.25
7	Vilayvong, Amelia		Dc-Grimes Wh	x1:27.12
8	Hensley, Ellie		Urbandale	1:32.11
9	Jaegers, Kelsey		Dc-Grimes Wh	x1:34.92
10	Laird, Cora		Urbandale	x1:36.05
11	Ellis, Lily		Dc-Grimes Re	x1:38.19

Girls 800 Meter Run

	Name	Yr	School	Finals
Finals				
1	Heidgerken, Tenley		Dc-Grimes Re	2:56.28
2	Nations, Avery		Dc-Grimes Re	2:58.48
3	Gabriel, Riley		Dc-Grimes Re	x3:13.32
4	Harazi, Gafney		Urbandale	3:13.73
5	Evans, Grace		Dc-Grimes Re	x3:28.56
6	Laird, Cora		Urbandale	3:34.48
7	Beers, Rhyan		Urbandale	x3:48.76
8	Grubb, Emma		Dc-Grimes Wh	4:00.10
9	Ellis, Lily		Dc-Grimes Re	x4:06.10
10	Sehic, Selma		Dc-Grimes Re	x4:08.78
11	McAndrew, Scout		Urbandale	x4:12.77

Girls 1500 Meter Run

	Name	Yr	School	Finals
Finals				
1	Heidgerken, Tenley		Dc-Grimes Re	5:48.21
2	Nations, Avery		Dc-Grimes Re	5:50.09
3	Lewis, Nora		Urbandale	6:06.66
4	Moore, Maci		Urbandale	6:12.26
5	Gabriel, Riley		Dc-Grimes Re	x6:16.47
6	Aguiniga, Ava	08	Urbandale	x6:24.75

Girls 100 Meter Hurdles

	Name	Yr	School	Finals
Finals				
1	Dornsbach, Autumn		Dc-Grimes Re	19.33
2	Springer, Gabby		Dc-Grimes Re	20.91
3	Devooght, Isla		Urbandale	22.17
4	Brackney, Lola		Urbandale	22.76
5	Kear, Courage		Dc-Grimes Re	x24.68
6	King, Olivia		Dc-Grimes Re	x26.32

Girls 200 Meter Hurdles

	Name	Yr	School	Finals
Finals				
1	Frisk, Jordyn		Dc-Grimes Re	35.46
2	Springer, Gabby		Dc-Grimes Re	38.21
3	Dixon, Makayla		Urbandale	39.69
4	Brackney, Lola		Urbandale	39.95
5	Dornsbach, Autumn		Dc-Grimes Re	x40.44

Girls 4x100 Meter Relay

	Team	Relay	Finals
Finals			
1	Dc-Grimes Red	A	1:01.46
2	Urbandale	A	1:01.66
3	Urbandale	C	x1:03.40
4	Urbandale	D	x1:04.89
5	Urbandale	B	x1:05.88
6	Dc-Grimes White	A	1:08.55
7	Dc-Grimes White	B	x1:08.73
8	Dc-Grimes Red	B	x1:09.25
9	Urbandale	E	x1:11.07

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3/28/2024

Results

Girls 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Urbandale	C	x2:08.72
2 Dc-Grimes Red	A	2:14.02
3 Urbandale	B	x2:14.49
4 Urbandale	D	x2:15.27
5 Dc-Grimes White	A	2:16.07
6 Urbandale	A	2:17.58

Girls 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Dc-Grimes Red	A	5:12.60
2 Urbandale	A	5:31.18
3 Urbandale	C	x5:51.88
4 Urbandale	D	x6:07.06
5 Urbandale	B	x7:13.84

Girls 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Dc-Grimes Red	A	11:27.55
2 Urbandale	A	11:29.23

Girls 800 Sprint Medley

Team	Relay	Finals
Finals		
1 Urbandale	A	2:20.54
2 Dc-Grimes Red	A	2:31.77

Girls Distance Medley

Team	Relay	Finals
Finals		
1 Urbandale	A	5:22.06
2 Dc-Grimes Red	A	5:42.75
3 Dc-Grimes White	A	6:12.98

Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Finals
Finals		
1 Dc-Grimes Red	A	1:24.26
2 Urbandale	A	1:28.13

Girls High Jump

Name	Yr	School	Finals
Finals			
1 Moore, Maci		Urbandale	4-05.00
2 Anderson, Alexandra		Dc-Grimes Re	4-02.00
3 Kear, Courage		Dc-Grimes Wh	3-10.00
--- Kear, Courage		Dc-Grimes Re	NH
--- Harris, Hadley		Dc-Grimes Re	NH
--- Jones, Taeya		Dc-Grimes Re	NH
--- Stoecken, Emma		Dc-Grimes Re	NH
--- Swanson, Olivia		Dc-Grimes Re	NH
--- Pray, Kiya		Dc-Grimes Re	NH

---	Lewis, Nora	Urbandale	NH
---	Vickers, Paisley	Urbandale	NH
---	White, Jayoni	Urbandale	NH
---	Aguiniga, Ava	08 Urbandale	NH
---	Evans, Grace	Dc-Grimes Re	NH
---	Laird, Cora	Urbandale	NH

Girls Long Jump

Name	Yr	School	Finals
Finals			
1 Keller, Sydnee		Dc-Grimes Re	14-00.00
2 Schlenker, Kadin		Dc-Grimes Re	13-03.00
3 Heidgerken, Tenley		Dc-Grimes Re	x12-03.00
4 Nations, Avery		Dc-Grimes Re	x12-00.00
4 Springer, Gabby		Dc-Grimes Re	x12-00.00
6 Nelson, Ila		Dc-Grimes Wh	10-07.00
7 Lyle, Eleanor		Urbandale	10-06.00
8 Beyer, Isabella		Dc-Grimes Wh	10-04.00
9 Johnston, Kealey		Dc-Grimes Re	x10-03.00
10 McAndrew, Scout		Urbandale	10-01.00
11 Holcomb, Madeline		Dc-Grimes Re	x9-10.00
12 Bjork, Abby		Dc-Grimes Re	x8-10.00

Girls Shot Put

Name	Yr	School	Finals
Finals			
1 Logan, Lauren		Dc-Grimes Re	22-02.00
2 Opoku-Sekyere, Meredith		Dc-Grimes Re	19-03.00
3 Frisk, Jordyn		Dc-Grimes Re	x18-10.00
4 O'Connell, Abigail		Dc-Grimes Re	x18-04.50
5 Kraft, Kaylee		Dc-Grimes Re	x18-04.00
6 Kloster, Gabrielle		Dc-Grimes Re	x18-01.00
7 Wallenburg, Alivia		Dc-Grimes Wh	17-10.00
8 Grubb, Emma		Dc-Grimes Wh	17-08.00
9 Dornsbach, Autumn		Dc-Grimes Wh	x17-01.50
10 Rouse, Addison		Dc-Grimes Re	x16-10.00
11 Rohrbeck, Presley		Dc-Grimes Wh	x15-07.50
12 Reese, Baylee		Urbandale	15-04.00
13 Heston, Sophia		Dc-Grimes Wh	x15-02.00
14 Vandenberg, Amelia		Dc-Grimes Wh	x15-00.50
15 Tabakovic, Neila		Urbandale	14-11.00
16 Sehic, Selma		Dc-Grimes Wh	x14-07.50
17 Spilman, Libby		Urbandale	x13-07.00
18 Ellis, Lily		Dc-Grimes Wh	x12-05.00
---	Ramirez, Liliana	Urbandale	ND
---	Moore, Aubrie	Dc-Grimes Re	ND

Girls Discus Throw

Name	Yr	School	Finals
Finals			
1 Logan, Lauren		Dc-Grimes Re	47-10
2 Opoku-Sekyere, Meredith		Dc-Grimes Re	46-04
3 Grubb, Emma		Dc-Grimes Wh	45-02
4 Frisk, Jordyn		Dc-Grimes Re	x44-07
5 Rouse, Addison		Dc-Grimes Re	x43-08
6 O'Connell, Abigail		Dc-Grimes Re	x38-10

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3/28/2024

Results

Finals ... (Girls Discus Throw)

Name	Yr	School	Finals
7 Kraft, Kaylee		Dc-Grimes Re	x34-02
8 Heston, Sophia		Dc-Grimes Wh	34-00
9 Reese, Baylee		Urbandale	32-11
10 Kloster, Gabrielle		Dc-Grimes Re	x32-05
11 Dornsbach, Autumn		Dc-Grimes Wh	x32-02
12 Spilman, Libby		Urbandale	31-09
13 Wallenburg, Alivia		Dc-Grimes Wh	x31-02
14 Vandenberg, Amelia		Dc-Grimes Wh	x30-06
15 Sehic, Selma		Dc-Grimes Wh	x29-10
16 Rohrbeck, Presley		Dc-Grimes Wh	x29-02
17 Tabakovic, Neila		Urbandale	x26-06
18 Ellis, Lily		Dc-Grimes Wh	x23-01
--- Ramirez, Liliana		Urbandale	ND
--- Moore, Aubrie		Dc-Grimes Re	ND

Boys 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Wright, Gavin		Dc-Grimes	12.42
2 Wilson, Briggs		Dc-Grimes	13.34
3 Boens, Zale		Urbandale	13.87
4 Kestel, Ben		Dc-Grimes	x14.57
5 Meza, Alexander		Dc-Grimes	x14.60
6 Blackman, Evan		Dc-Grimes	x15.17
7 Stanford, Ryan		Dc-Grimes	x15.65
8 Gilson, Carter		Dc-Grimes	x15.67
9 Perry, Kaden		Urbandale	15.75
10 Gustafson, Toby		Dc-Grimes	x15.90
11 Lebondedieu, Thomas		Urbandale	x16.67
12 Black, Avery		Urbandale	x16.94
13 Burkhart, Mason		Urbandale	x17.24
14 Beron, Tanner		Urbandale	x18.72

Boys 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Wright, Gavin		Dc-Grimes	26.49
2 Webb, Alexander		Dc-Grimes	28.62
3 Hermanson, Callan		Dc-Grimes	x30.61
4 Senephansiri, Cullen		Dc-Grimes	x30.71
5 McCraney, Alex		Urbandale	31.24
6 Burkhart, Mason		Urbandale	35.50
7 Yager, Jace		Urbandale	x35.58
8 Schroeder, Jin		Urbandale	x38.75

Boys 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Boens, Zale		Urbandale	1:05.74
2 Ashby, Mason		Dc-Grimes	1:06.93
3 Weydert, Ryan		Dc-Grimes	1:08.18
4 Sang, Johnkhrih		Urbandale	1:09.37
5 Webb, Alexander		Dc-Grimes	x1:09.95
6 Richmond, Brody		Urbandale	x1:17.79

7	Argotsinger, Brody	Urbandale	x1:20.41
8	Gustafson, Toby	Dc-Grimes	x1:21.83

Boys 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Blegen, Brody		Urbandale	2:41.17
2 Lubach, Hudson		Dc-Grimes	2:48.59
3 Ward, Payne		Urbandale	2:49.25
4 Corbett, Grayson		Dc-Grimes	2:57.10
5 Ortegren, Cooper		Dc-Grimes	x3:00.63
6 Lucha, Tavio		Urbandale	x3:03.29
7 Kleckner, Owen		Dc-Grimes	x3:03.33
8 Miller, Brogan		Dc-Grimes	x3:07.95
9 Nailor, Jonah		Urbandale	x3:14.81
10 Bushnell, Cael		Dc-Grimes	x3:27.12
11 Campisano, Elliot		Urbandale	x3:36.34

Boys 1600 Meter Run

Name	Yr	School	Finals
Finals			
1 Heeren, Rylan		Dc-Grimes	5:36.51
2 Kupka, Trey		Dc-Grimes	5:40.16
3 Tjeerdsma, Callen		Dc-Grimes	x5:49.39
4 Price, Burke		Dc-Grimes	x6:04.69
5 Kleckner, Owen		Dc-Grimes	x6:30.65
6 Joynt, Emmett		Dc-Grimes	x6:45.27
7 Gordon, Logan		Urbandale	6:51.28
8 Baitinger, Charlie		Urbandale	7:23.03
9 Campisano, Elliot		Urbandale	x7:23.62
10 Canine, Gabe		Urbandale	x7:29.29
11 Black, Emerson		Urbandale	x8:10.86

Boys 100 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Stanford, Grant		Dc-Grimes	18.76
2 Marchese, Noah		Urbandale	18.78
3 Omvig, Jameson		Dc-Grimes	19.09
4 Dotson, Jason		Dc-Grimes	x19.87
5 Webb, Blake		Dc-Grimes	x20.02
6 Gafford, Lucas		Dc-Grimes	x20.45
7 Caruso, Dominic		Urbandale	21.46
8 Weydert, Ryan		Dc-Grimes	x21.54
9 Makombe, Samuel		Urbandale	x24.38
10 Druppel, Ayden		Urbandale	x24.85

Boys 200 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Wright, Gavin		Dc-Grimes	28.61
2 Wilson, Briggs		Dc-Grimes	30.35
3 Omvig, Jameson		Dc-Grimes	x33.22
4 Marchese, Noah		Urbandale	34.46
5 Kinsey, Levi		Urbandale	34.98

DCG 7th GRADE COED DUAL MEET - 3/28/2024

3/28/2024

Results

Boys 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Dc-Grimes	A	54.46
2 Urbandale	A	55.67
3 Dc-Grimes	B	x1:00.37
4 Dc-Grimes	C	x1:04.33
5 Urbandale	D	x1:05.66
6 Dc-Grimes	D	x1:06.61
7 Urbandale	C	x1:06.78
8 Urbandale	E	x1:07.00
9 Urbandale	B	x1:07.81

Boys 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Dc-Grimes	A	1:57.97
2 Urbandale	A	2:09.33
3 Dc-Grimes	B	x2:12.03
4 Urbandale	B	x2:17.11
5 Urbandale	C	x2:27.11

Boys 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Dc-Grimes	B	x5:20.57
2 Urbandale	A	5:26.65
3 Urbandale	D	x5:29.57
4 Urbandale	B	x5:38.58
5 Urbandale	C	x5:42.61
--- Dc-Grimes	A	DQ

Boys 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Dc-Grimes	A	10:42.10
2 Dc-Grimes	B	x11:21.58
3 Urbandale	B	x11:59.68
4 Urbandale	C	x12:35.64
5 Urbandale	A	12:38.74

Boys 800 Sprint Medley

Team	Relay	Finals
Finals		
1 Urbandale	A	2:05.36
2 Dc-Grimes	A	2:08.94
3 Dc-Grimes	B	x2:18.31
4 Urbandale	C	x2:18.60
5 Urbandale	B	x2:19.50
6 Urbandale	D	x2:25.13

Boys Distance Medley

Team	Relay	Finals
Finals		
1 Urbandale	B	x4:46.03
2 Dc-Grimes	A	5:00.68

3	Urbandale	A	5:21.98
4	Urbandale	C	x5:27.05
5	Dc-Grimes	B	x5:27.98

Boys 4x100 Meter Shuttle Hurdle

Team	Relay	Finals
Finals		
1 Dc-Grimes	A	1:23.00
2 Urbandale	A	1:25.68
3 Urbandale	B	x1:27.23

Boys High Jump

Name	Yr	School	Finals
Finals			
1 Miller, Tyler		Urbandale	4-10.00
2 Preuninger, Madden		Urbandale	4-04.00
3 Brown, Logan		Urbandale	x4-00.00
4 Ward, Payne		Urbandale	xJ4-00.00
4 Webb, Alexander		Dc-Grimes	J4-00.00
6 Gilson, Carter		Dc-Grimes	J4-00.00
6 Dotson, Jason		Dc-Grimes	xJ4-00.00
6 Stolpe, Parker		Dc-Grimes	xJ4-00.00
--- Stewart, Aiden		Dc-Grimes	NH
--- Moore, Kinnick		Urbandale	NH
--- Mears, Colton		Urbandale	NH
--- McCraney, Alex		Urbandale	NH
--- Blegen, Brody		Urbandale	NH

Boys Long Jump

Name	Yr	School	Finals
Finals			
1 Ashby, Mason		Dc-Grimes	15-06.00
2 Boens, Zale		Urbandale	14-03.00
3 Kestel, Ben		Dc-Grimes	14-00.00
4 McConnell, Aaron		Dc-Grimes	x13-10.00
5 Lubach, Hudson		Dc-Grimes	x13-08.00
6 Omvig, Jameson		Dc-Grimes	x12-10.00
7 Perry, Kaden		Urbandale	J12-10.00
8 Karaidos, Grayson		Urbandale	x12-09.00
9 Meza, Alexander		Dc-Grimes	x12-03.00
10 Corkrean, Ryder		Urbandale	x11-11.00
11 Argotsinger, Brody		Urbandale	x10-11.00
12 Blackman, Evan		Dc-Grimes	x10-09.00
13 Kelch, Dawson		Urbandale	x10-05.00
14 Coddington, James		Urbandale	x10-04.00
15 Yager, Jace		Urbandale	x9-08.00
--- Stanford, Grant		Dc-Grimes	ND

Boys Shot Put

Name	Yr	School	Finals
Finals			
1 Bejarno, Max		Dc-Grimes	29-08.50
2 Forrester, Cole		Dc-Grimes	28-06.00
3 Brown, Connor		Urbandale	28-03.00
4 Lebondedieu, Thomas		Urbandale	24-05.00
5 Wilson, Eli		Dc-Grimes	x24-01.00

DCG 7th GRADE COED DUAL MEET - 3/28/2024

3/28/2024

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Finals ... (Boys Shot Put)

	Name	Yr	School	Finals
6	Miller, Brogan		Dc-Grimes	x23-10.00
7	Agogno, Josh		Urbandale	x23-05.00
8	Wilson, Grant		Dc-Grimes	x22-11.00
9	Burkhart, Mason		Urbandale	x22-04.00
10	Galvin, Avery		Dc-Grimes	x22-03.00
11	Beron, Tanner		Urbandale	x20-04.00
12	Updike, Jaxton		Dc-Grimes	x19-03.00
13	Thompson, Henry		Urbandale	x17-07.00
14	Richmond, Caden		Urbandale	x2-10.00

Boys Discus Throw

	Name	Yr	School	Finals
Finals				
1	Bejarno, Max		Dc-Grimes	102-11
2	McConnell, Aaron		Dc-Grimes	79-06
3	Miller, Brogan		Dc-Grimes	x67-09
4	Schroeder, Brayden		Urbandale	61-09
5	Galvin, Avery		Dc-Grimes	x61-05
6	Forrester, Cole		Dc-Grimes	x59-11
7	Wilson, Eli		Dc-Grimes	x55-04
8	Updike, Jaxton		Dc-Grimes	x54-04
9	Engelbarts, Hunter		Urbandale	52-03
10	Wilson, Grant		Dc-Grimes	x51-01
11	Black, Emerson		Urbandale	x50-01
12	Stamatelos, Mason		Urbandale	x37-03
13	Black, Avery		Urbandale	x35-03
14	Baitinger, Charlie		Urbandale	x29-04