

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009**Des Moines, Iowa****Drake Stadium****Meet Program****Event 8 Boys 100 Meter Dash 4A****Thursday 5/21/2009 - 11:02 AM****Heats against time - 2nd white start from N end****Prelim: Top 8 advance to finals****Final: against time****State Record: 10.5h 1981****Treye Jackson, Newton****All-Time: 10.10 2002****Adam Haluska, Carroll**

Lane	Name	Year	School	Seed Time
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Heat 1 of 3 Prelims

1	VanWyk, Jordan	11	Oskaloosa	
2	Edwards, Trevor	11	Dowling Catholic, WDM	
3	Carr, Alex	10	Cedar Rapids, Washington	
4	Robinson, Ellis	12	Pleasant Valley	
5	Mincy, Tevin	11	Southeast Polk	
6	Zenisek, Eric	10	Xavier, Cedar Rapids	
7	LaMay, Te'Rel	12	DSM, Roosevelt	
8	Caston, Darreus	10	Fort Dodge	

Heat 2 of 3 Prelims

1	Brown, Pat	12	Bettendorf	
2	Hudson, Michael	11	Dowling Catholic, WDM	
3	Lenz, Josh	12	Dub. Hempstead	
4	Lewis, Patrick	12	Xavier, Cedar Rapids	
5	Simmons, Jamal	10	Burlington	
6	Webb, Jordan	10	Burlington	
7	Tim, Sam	12	Ames	
8	Smalls, Nick	11	Urbandale	

Heat 3 of 3 Prelims

1	Chol, Lam	09	Des Moines, Hoover	
2	James, TJ	11	DSM Lincoln	
3	Brown, Cam	11	Bettendorf	
4	Markham, Alonzo	12	Iowa City, West	
5	Bailey, Alex	12	Muscatine	
6	Mere, Caleb	10	Cedar Rapids, Kennedy	
7	Ebertowski, Austin	10	Council Bluffs, Abraham Lincol	
8	Zook, Spencer	10	Sioux City, North	

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009

Des Moines, Iowa
Drake Stadium
Meet Program

Event 16 Boys 200 Meter Dash 4A

Thursday 5/21/2009 - 1:10 PM

Heats against time - 1 turn stagger- white start line NE corner

Prelim: Top 8 advance to finals

Final: against time

State Record:	21.33	2001	Nik Moser, Fort Dodge
All-Time:	20.80	1994	Tim Dwight, Iowa City High

Lane	Name	Year	School	Seed Time
Heat 1 of 3 Prelims				
1	Robinson, Ellis	12	Pleasant Valley	
2	Toole, Eric	10	Lewis Central	
3	Simmons, Jamal	10	Burlington	
4	Lewis, Patrick	12	Xavier, Cedar Rapids	
5	Simmons, Josh	11	Cedar Rapids, Kennedy	
6	Lopez, Marcelino	11	Southeast Polk	
7	Harrington, James	09	Cedar Falls	
8	Johnson, Demetrius	12	Davenport, North	
Heat 2 of 3 Prelims				
1	Breckenridge, Brad	12	Valley, West Des Moines	
2	James, TJ	11	DSM Lincoln	
3	Dibbern, Kevin	12	Iowa City, City High	
4	Markham, Alonzo	12	Iowa City, West	
5	Tim, Sam	12	Ames	
6	Mincy, Tevin	11	Southeast Polk	
7	Zaun, Drew	11	Dowling Catholic, WDM	
8	Brown, Pat	12	Bettendorf	
Heat 3 of 3 Prelims				
1	Rowe, Sam	11	Council Bluffs, Abraham Lincol	
2	Davey, Brennan	10	Indianola	
3	Tucker, Anthony	12	Indianola	
4	Ebertowski, Austin	10	Council Bluffs, Abraham Lincol	
5	Lenz, Josh	12	Dub. Hempstead	
6	Kelly, Alex	12	Ottumwa	
7	LaMay, Te'Rel	12	DSM, Roosevelt	
8	Johnson, David	11	Clinton	

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009

Des Moines, Iowa

Drake Stadium

Meet Program

Event 24 Boys 400 Meter Dash 4A

Thursday 5/21/2009 - 1:50 PM

Heats against time - 2 turn stagger

white start line (SW)

State Record: 47.33 2004

Yawusa Kinda, DM Roosevelt

All-Time: 47.01 2002

Calvin Davis, Iowa City High

Lane	Name	Year	School	Seed	Time
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Section 1 of 3 Timed Finals

1	Hodapp, Barry	12	Council Bluffs, Abraham Lincol		
2	Beardsworth, John	12	Cedar Rapids, Washington		
3	Arp, Brandon	10	Valley, West Des Moines		
4	Lipscomb, Larry	10	Johnston		
5	Hill, Marshall	10	Cedar Falls		
6	Ebensberger, Devan	11	Clinton		
7	Hawley, Dustin	12	Davenport, North		
8	Clark, DeVante	11	Sioux City, West		

Section 2 of 3 Timed Finals

1	Tucker, Ryan	11	Ames		
2	Deuth, Evan	12	Bettendorf		
3	Donnelly, Kyle	11	Xavier, Cedar Rapids		
4	Davey, Brennan	10	Indianola		
5	Richtsmeier, Gage	12	Newton		
6	White, Tariq	12	DSM North		
7	Guske, Jordan	10	Valley, West Des Moines		
8	Fetterer, Alec	12	Davenport, North		

Section 3 of 3 Timed Finals

1	Tim, Sam	12	Ames		
2	Teeling, Jackson	12	Dowling Catholic, WDM		
3	Velasquez, Jordan	12	Cedar Falls		
4	Dibbern, Kevin	12	Iowa City, City High		
5	Markham, Alonzo	12	Iowa City, West		
6	Kelly, Alex	12	Ottumwa		
7	Marsh, Travis	11	Ankeny		
8	Cook, Isiah	11	Waterloo, West		

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009

Des Moines, Iowa
Drake Stadium
Meet Program

Event 32 Boys 800 Meter Run 4A

Saturday 5/23/2009 - 11:00 AM

Heats against time - double waterfall start (SW)

1-8 on back waterfall

9-12 outside waterfall, lane 5-8, 1 turn stagger

State Record: 1:50.97 1990

Joseph Kiptanui, Indianola

All-Time: 1:49.3h 1975

David Korir, Cedar Rapids Washington

Lane	Name	Year	School	Seed Time
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Section 1 of 2 Timed Finals

1	Fritz, Clayton	11	Indianola	
2	Krueger, Jeremy	12	Iowa City, City High	
3	Kong, Khor	10	Marshalltown	
4	Melville, Rob	11	Dubuque, Senior	
5	Voorhees, Ken	10	Dub. Hempstead	
6	Donnelly, Kyle	11	Xavier, Cedar Rapids	
7	Brakke, Cale	12	Ames	
8	Rich, Tyler	12	Waukee	
9	Hodapp, Barry	12	Council Bluffs, Abraham Lincoln	
10	Ring, Quentin	12	Ames	
11	Smith, James	12	Clinton	
12	Moes, Ben	11	Sioux City, East	

Section 2 of 2 Timed Finals

1	Coffman, Bennett	12	Valley, West Des Moines	
2	Slaymaker, Kyle	12	Cedar Rapids, Kennedy	
3	Marshall, Andrew	11	Cedar Rapids, Washington	
4	Lorber, Ross	12	Waukee	
5	Stocker, Matt	10	Prairie, Cedar Rapids	
6	Gorsche, Sam	10	Indianola	
7	Mitchell, Andrew	12	Iowa City, West	
8	Swanson, Andrew	11	Pleasant Valley	
9	Walters, Mason	10	Urbandale	
10	Sorge, Andrew	12	Valley, West Des Moines	
11	Pogue, Robbie	12	Davenport, Central	
12	O'Brien, Austin	11	Pleasant Valley	

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009**Des Moines, Iowa
Drake Stadium
Meet Program****Event 40 Boys 1600 Meter Run 4A**

Saturday 5/23/2009 - 2:08 PM

Double Waterfall Start (SW)

Follow waterfall seeding protocol

1 turn stagger

State Record: 4:13.65 1979

Todd Peverill, Waterloo East

All-Time: 4:05.6h 1976

Ed DeLashmutt, Fort Madison

Lane	Name	Year	School	Seed Time
Section 1 of 1 Timed Finals				
1	Marshall, Andrew	11	Cedar Rapids, Washington	
2	Rich, Tyler	12	Waukee	
3	Manirumva, Lewi	12	Cedar Rapids, Washington	
4	Kak, Omet	12	DSM North	
5	Swanson, Andrew	11	Pleasant Valley	
6	Young, Nick	12	Bettendorf	
7	Schornack, Ben	12	Urbandale	
8	McDermott, Colten	11	Newton	
9	Barrett, Andrew	11	DSM, Roosevelt	
10	Coppess, Kit	12	Valley, West Des Moines	
11	Canady, Frank	11	Iowa City, West	
12	Blue, Kyle	12	Council Bluffs, Thomas Jeffers	
13	Holton, Spencer	12	Cedar Rapids, Kennedy	
14	Simmons, Calvin	12	Iowa City, City High	
15	Maguire, Joshua	11	Dowling Catholic, WDM	
16	Pogue, Robbie	12	Davenport, Central	
17	Bickham, Kelly	11	Indianola	
18	Thompson, Coty	10	Mason City	
19	O'Brien, Austin	11	Pleasant Valley	
20	McAllister, Brennan	12	Xavier, Cedar Rapids	
21	Gassaway, Daniel	09	Sioux City, West	
22	Warnke, John	12	Dubuque, Senior	
23	Brakke, Cale	12	Ames	
24	Ring, Quentin	12	Ames	

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009

Des Moines, Iowa
Drake Stadium
Meet Program

Event 48 Boys 3200 Meter Run 4A

Thursday 5/21/2009 - 10:25 AM

Double Waterfall Start (SW)

1-16 on back waterfall

17-24 on outside waterfall, lane 5-8, 1 turn stagger

State Record: 9:07.34 5/17/2007 Stephen Dak, Marshalltown

All-Time: 8:52.00 1975 Jim Eicken, Davenport Central

Lane	Name	Year	School	Seed	Time
Section 1 of 1 Timed Finals					
1	McAllister, Brennan	12	Xavier, Cedar Rapids		
2	Johnson, Cory	12	Indianola		
3	Canady, Frank	11	Iowa City, West		
4	Kak, Omet	12	DSM North		
5	Manirumva, Lewi	12	Cedar Rapids, Washington		
6	Blue, Kyle	12	Council Bluffs, Thomas Jeffers		
7	Maguire, Joshua	11	Dowling Catholic, WDM		
8	McCarthy, J.T.	11	Burlington		
9	Gutschenritter, Chad	09	Waukee		
10	Kantarevic, Amir	12	Waterloo, West		
11	Moyer, Marshall	10	Burlington		
12	O'Connor, Tyler	11	Southeast Polk		
13	Young, Nick	12	Bettendorf		
14	Wittman, Ty	10	Dubuque, Senior		
15	Swanson, Andrew	11	Pleasant Valley		
16	Coppess, Kit	12	Valley, West Des Moines		
17	Jensen, Dan	11	Urbandale		
18	Wiemers, Zach	10	Valley, West Des Moines		
19	Manchester, Cody	11	Mason City		
20	Doughan, Cody	11	Pleasant Valley		
21	Espeset, Jackson	09	Ames		
22	Flynn, Ryan	11	Bettendorf		
23	Hunter, Blake	11	Lewis Central		
24	Lennon, Josh	10	Fort Dodge		

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009

Des Moines, Iowa
Drake Stadium
Meet Program

Event 56 Boys 110 Meter Hurdles 4A

Friday 5/22/2009 - 11:30 AM

Heats against time

Prelim: Top 8 advance to final

39 "hurdles set on blue dashes , 6# pull

State Record: 14.1h 1993

Chris Wycoff, Ames

All-Time: 13.60 1977

Randy Elliott, Charles City

Lane	Name	Year	School	Seed	Time
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Heat 1 of 3 Prelims

1	Johnson, Deandre	11	Valley, West Des Moines		
2	Mangler, Jacob	11	Clinton		
3	Owen, Jordan	12	Des Moines, East		
4	Stroebele, Jacob	12	Urbandale		
5	Bailey, Alex	12	Muscatine		
6	Haverkamp, Luke	11	Ames		
7	Dunn, Kyle	10	Linn-Mar, Marion		
8	Ternes, Bryant	11	Waukee		

Heat 2 of 3 Prelims

1	McBride, Avery	12	Cedar Rapids, Washington		
2	Hale, Seth	11	Indianola		
3	Smith, Matt	11	Waterloo, West		
4	Holmes, Ethan	12	Clinton		
5	Bernard, Kyle	12	Cedar Falls		
6	Johnson, Larry	12	Cedar Rapids, Washington		
7	Lindaman, Ben	11	Valley, West Des Moines		
8	Dolan, Peter	12	Iowa City, West		

Heat 3 of 3 Prelims

1	Johnson, Jay	11	Fort Dodge		
2	Folchert, Josh	12	Sioux City, North		
3	Goforth, Jarod	12	Ankeny		
4	Sander, Ryan	11	Xavier, Cedar Rapids		
5	Shelby III, Harrison	11	Waterloo, East		
6	Novey, Brent	12	Ames		
7	Rorick, Sean	12	Davenport, West		
8	Bergstrom, Erik	10	Johnston		

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009

Des Moines, Iowa
Drake Stadium
Meet Program

Event 65 Boys 400 Meter Hurdles 4A

Friday 5/22/2009 - 9:50 AM

Heats against time

2 turn stagger, white start, 30" on green dashes (pull 6#)

white start line (SW)

State Record: 50.96 1996 Dustin Avey, Ames

All-Time: 50.96 1996 Dustin Avey, Ames

Lane	Name	Year	School	Seed Time
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Section 1 of 3 Timed Finals

1	Hoffman, Grant	10	Marshalltown	
2	Novvey, Brent	12	Ames	
3	Razo, Aaron	10	Linn-Mar, Marion	
4	Clark, Nick	12	Cedar Rapids, Washington	
5	Coen, Jon	11	Johnston	
6	Patten, Tyler	11	Johnston	
7	Pollow, Taylor	12	Sioux City, East	
8	Oman, Scott	10	Valley, West Des Moines	

Section 2 of 3 Timed Finals

1	Raney, Greg	10	Ankeny	
2	Losch, Jake	10	Cedar Rapids, Kennedy	
3	Lang, Wade	12	Pleasant Valley	
4	Smith, Matt	11	Waterloo, West	
5	Mitchell, Andrew	12	Iowa City, West	
6	Joiner, Warren	12	Sioux City, West	
7	Raes, Justin	11	Council Bluffs, Thomas Jeffers	
8	Steimal, Mitch	11	Cedar Rapids, Kennedy	

Section 3 of 3 Timed Finals

1	Oestreich, Nick	11	Bettendorf	
2	Leal, Matt	12	Davenport, West	
3	Marsh, Travis	11	Ankeny	
4	Holmes, Ethan	12	Clinton	
5	Lorber, Ross	12	Waukee	
6	Sarkic, Alen	12	Waterloo, West	
7	Dunn, Kyle	10	Linn-Mar, Marion	
8	Boesen, Ben	10	Dowling Catholic, WDM	

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009

Des Moines, Iowa
Drake Stadium
Meet Program

Event 77 Boys 4x100 Meter Relay 4A

Friday 5/22/2009 - 12:50 PM

Heats against time - 2 turn stagger - white start (SW)

Prelim: Top 8 advance to finals

zones - all yellow

State Record: 41.88 5/19/2007 Des Moines East, Des Moines E
A Sama, A Jordan, K Carter, N Issa
All-Time: 41.33 1996 Iowa City High, Iowa City High

Lane	Team	Relay	Seed Time
Heat 1 of 3 Prelims			
1	Ames		
	1) Tong, Deng 12	2) Wandling, James 11	3) Miller, Rudy 10
	5) Burke, Rob 11	6) Novey, Brent 12	4) Tim, Sam 12
2	Mason City		
	1) Van Hemert, Ben 12	2) Appelgate, Tim 12	3) Sanchez, Aaron 10
	5) Deverell, Josh 12	6) Carper, Nathan 12	4) Huisman, Noah 12
3	Waterloo, East		
	1) Anderson, Robert 11	2) Washington, Shawndis 10	3) Tillman, Demetrius 12
	5) Washington, Darrius 12	6) Taylor, Da'Jon 10	4) Umeron, Tre' 11
4	Iowa City, West		
	1) Williams, Johnathan 10	2) Dolan, Peter 12	3) Smith, Gavin 12
	5) Martin, Adrian 12	6) Rogers, Charlie 09	4) Markham, Alonzo 12
5	Burlington		
	1) Webb, Jordan 10	2) Simmons, Jamal 10	3) Osborn, Josh 10
	5) Porter, Michael 11	6) Flaherty, Jack 12	4) Chew, Demarcus 11
6	Lewis Central		
	1) Jonhson, Cole 10	2) Toole, Eric 10	3) Lohnes, Denver 11
	5) Otto, Chance 10	6) Scott, Eric 09	4) Gnader, DJ 12
7	Davenport, West		
	1) Leal, Matt 12	2) Rorick, Sean 12	3) Beserra, Rico 12
	5) Long, Darwin 10	6) Whipple, Josh 12	4) Faust, Richard 11
8	Davenport, North		
	1) Johnson, Demetrius 12	2) Brown, Justin 12	3) Lowder, D'Jon 12
	5) Hawley, Dustin 12	6) Fetterer, Alec 12	4) White, Blake 12

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009**Des Moines, Iowa
Drake Stadium
Meet Program****Heat 2 of 3 Prelims...(Event 77 Boys 4x100 Meter Relay 4A)**

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|----------|------------------------------|------------------------|-------------------------|-----------------------|------------------------|
| 1 | Muscatine | 1) Boeyink, Nick 12 | 2) Hetzler, Jared 10 | 3) Bou, Xavier 09 | 4) Bailey, Alex 12 |
| | | 5) Bohling, Tanner 09 | 6) Calegan, Tyler 10 | | |
| 2 | Wauke | 1) Owens, Chad 11 | 2) Knott, Jake 12 | 3) Thompson, Sam 11 | 4) Ochoa, AJ 10 |
| | | 5) Woods, Walker 12 | 6) Leviner, Zane 09 | | |
| 3 | Dowling Catholic, WDM | 1) Edwards, Trevor 11 | 2) Stacy, Jacob 09 | 3) Hudson, Michael 11 | 4) Parrott, Dalton 10 |
| | | 5) Zaun, Drew 11 | 6) Drumheller, Mitch 12 | | |
| 4 | Xavier, Cedar Rapids | 1) Sander, Ryan 11 | 2) Wollner, Derek 12 | 3) Reed, Corey | 4) Lewis, Patrick 12 |
| | | 5) Chizek, Pat 10 | 6) Zenisek, Eric 10 | | |
| 5 | Southeast Polk | 1) Mincy, Tevin 11 | 2) Ogden, Scott 11 | 3) Huinker, Payton 12 | 4) Lopez, Marcelino 11 |
| | | 5) Gaulke, Josiah 12 | 6) Lamberti, Brad 12 | | |
| 6 | Des Moines, Hoover | 1) Silliman, Rodney 10 | 2) Chol, Lam 09 | 3) Brazzle, Will 11 | 4) Willis, DeShawn 10 |
| | | 5) Delafield, Dana 11 | 6) Bingaman, Colton 09 | | |
| 7 | Bettendorf | 1) Brown, Pat 12 | 2) Brown, Cam 11 | 3) Morrissey, Joe 12 | 4) Nelson, Collin 11 |
| | | | 6) Sanders, Chris 11 | | |
| 8 | Johnston | 1) Tran, James 11 | 2) Bengston, Josh 10 | 3) Depenning, Nate 10 | 4) Temple, Derek 11 |
| | | 5) Coen, Jon 11 | 6) Cooper, Owen 10 | | |

Heat 3 of 3 Prelims

- | | | | | | |
|----------|--|--------------------------|----------------------------|-----------------------|--------------------------|
| 1 | Sioux City, East | 1) Miller, Trevor 12 | 2) Anderson, Britt 11 | 3) Standage, Alec 11 | 4) Pollow, Taylor 12 |
| | | 5) Voss, Mitch 10 | 6) Rossiter, Elliott 11 | | |
| 2 | Iowa City, City High | 1) Millard, Bobby 10 | 2) Grove, Andrew 12 | 3) Ritter, Tim 11 | 4) Dibbern, Kevin 12 |
| | | 5) Taylor, James 11 | 6) Embree, Clay 12 | | |
| 3 | Valley, West Des Moines | 1) Johnson, Dane 12 | 2) Breckenridge, Brad 12 | 3) Lodden, Nolan 09 | 4) Lintz, Isaac 10 |
| | | 5) Burkett, Theo 12 | 6) Gabriel, Togbah 12 | | |
| 4 | Dub. Hempstead | 1) Duwe, Brad 10 | 2) Bahl, Calvin 10 | 3) Anderson, Riley 12 | 4) Lenz, Josh 12 |
| | | 5) Viertel, Josh 09 | 6) Blackshire, Greg 10 | | |
| 5 | Cedar Rapids, Washington | 1) Suess, Wyatt 12 | 2) Henderson, Ronnie 11 | 3) Davis, Keenan 12 | 4) Carr, Alex 10 |
| | | 5) Covington, Brian 12 | 6) Griffin, William 09 | | |
| 6 | DSM Lincoln | 1) Bernstine, Kee'Von 09 | 2) Patterson, Demetrius 09 | 3) Ward, Kippie 09 | 4) James, TJ 11 |
| | | 5) Gilpin, Dustin 11 | 6) Best, Matt 11 | | |
| 7 | Indianola | 1) Porter, Nate 11 | 2) Suntken, T.J. 11 | 3) Hale, Seth 11 | 4) Chia, Michael 11 |
| | | 5) Tucker, Anthony 12 | 6) Davey, Brennan 10 | | |
| 8 | Council Bluffs, Abraham Lincoln | 1) Rowe, Sam 11 | 2) Thomas, Devin 10 | 3) Harris, Cleo 09 | 4) Ebertowski, Austin 10 |
| | | 5) Thallas, Luke 10 | 6) Johnson, Tyler W. 12 | | |

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009

Des Moines, Iowa
Drake Stadium
Meet Program

Event 85 Boys 4x200 Meter Relay 4A

Friday 5/22/2009 - 10:35 AM

Heats against time - 4 turn stagger -red start SW corner

2nd & 3rd runner red exchange

4th runner - yellow

State Record: 1:27.02 2004

Des Moines East, DM East

D. Daniels, L. Hayes, P. Thomas, R. Thompson

All-Time: 1:26.40 1997

Iowa City High, Iowa City High

Lane	Team	Relay	Seed Time
Section 1 of 3 Timed Finals			
1	Sioux City, East		
	1) Peters, Eric 10	2) Standage, Alec 11	3) Bentz, Steven 10
	5) Rossiter, Elliott 11	6) James, Quenton 10	4) Voss, Mitch 10
2	Davenport, West		
	1) Leal, Matt 12	2) Long, Darwin 10	3) Beserra, Rico 12
	5) Rorick, Sean 12	6) Whipple, Josh 12	4) Faust, Richard 11
3	DSM Lincoln		
	1) Bernstine, Kee'Von 09	2) Patterson, Demetrius 09	3) Ward, Kippie 09
	5) Gilpin, Dustin 11	6) Best, Matt 11	4) James, TJ 11
4	Ankeny		
	1) Leo, Tyler 11	2) Ryan, Ross 11	3) Hayes, Aaron 10
	5) Murphy, Joe 12	6) Bredice, Joe 10	4) Brandt, Carter 10
5	Bettendorf		
	1) Brown, Pat 12	2) Brown, Cam 11	3) Morrissey, Joe 12
	5) Roper, Corey 12	6) Nelson, Collin 11	4) Sanders, Chris 11
6	Iowa City, City High		
	1) Ritter, Tim 11	2) Simpson, Allen 12	3) Grove, Andrew 12
	5) Dibbern, Kevin 12	6) Harris, Sterling 10	4) Millard, Bobby 10
7	Pleasant Valley		
	1) Terrell, Maurice 10	2) Lang, Wade 12	3) Jipp, Zach 12
	5) Morris, Kyle 12	6) Ambrose, Andy 12	4) Robinson, Ellis 12
8	Cedar Rapids, Jefferson		
	1) Hornung, Zach 10	2) De Hoedt, Casey 12	3) Vosatka, Josh 12
	5) Hildebrand, Matt 10	6) Short, Austin 09	4) Swenson, Ben 12

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009
Des Moines, Iowa
Drake Stadium
Meet Program

Section 2 of 3 Timed Finals...(Event 85 Boys 4x200 Meter Relay 4A)

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|---|---------------------------------------|---------------------------|-------------------------|----------------------|--------------------------|
| 1 | Burlington | 1) Webb, Jordan 10 | 2) Simmons, Jamal 10 | 3) Osborn, Josh 10 | 4) Chew, Demarcus 11 |
| | | 5) Porter, Michael 11 | 6) Flaherty, Jack 12 | | |
| 2 | Clinton | 1) Baker, Alex 11 | 2) Mangler, Jacob 11 | 3) Johnson, David 11 | 4) Holmes, Ethan 12 |
| | | 5) Winoski, Shawn 12 | 6) Redman, Tyler 12 | | |
| 3 | Urbandale | 1) Wedderburn, Jevoury 11 | 2) Alexander, Willie 12 | 3) Smalls, Nick 11 | 4) Alexander, Wayne 12 |
| | | 5) Zimmerman, Mason 09 | 6) Staub, Nick 09 | | |
| 4 | Lewis Central | 1) Jonhson, Cole 10 | 2) Toole, Eric 10 | 3) Lohnes, Denver 11 | 4) Gnader, DJ 12 |
| | | 5) Otto, Chance 10 | 6) Connealy, Nate 10 | | |
| 5 | Xavier, Cedar Rapids | 1) Zenisek, Eric 10 | 2) Wollner, Derek 12 | 3) Reed, Corey | 4) Lewis, Patrick 12 |
| | | 5) Chizek, Pat 10 | 6) Worden, AJ 10 | | |
| 6 | Waterloo, West | 1) Aimable, Javan 11 | 2) Jaramillo, Josh 11 | 3) Sarkic, Alen 12 | 4) Manago, Jerrold 12 |
| | | 5) Cook, Isiah 11 | 6) Styron, Collin 12 | | |
| 7 | Fort Dodge | 1) Moeller, Nate 12 | 2) Rautanen, Jake 12 | 3) Hilbert, Matt 11 | 4) Caston, Darreus 10 |
| | | 5) Brown, Connor 10 | 6) Riessen, Reid 10 | | |
| 8 | Council Bluffs, Abraham Lincol | 1) Rowe, Sam 11 | 2) Thallas, Luke 10 | 3) Harris, Cleo 09 | 4) Ebertowski, Austin 10 |
| | | 5) Johnson, Tyler W. 12 | 6) White, Alex 09 | | |

Section 3 of 3 Timed Finals

- | | | | | | |
|---|---------------------------------|-------------------------|--------------------------|-------------------------|------------------------|
| 1 | Indianola | 1) Suntken, T.J. 11 | 2) Chia, Michael 11 | 3) Kotz, J.J. 11 | 4) Tucker, Anthony 12 |
| | | 5) Davey, Brennan 10 | 6) Davey, Jarrin 12 | | |
| 2 | Cedar Falls | 1) Long, Austin 11 | 2) Davis, Blake 12 | 3) Jamison, Jake 11 | 4) Alexander, Jesse 11 |
| | | 5) Verbeck, Zach 11 | 6) Damm, Tyler 11 | | |
| 3 | Southeast Polk | 1) Mincy, Tevin 11 | 2) Ogden, Scott 11 | 3) Huinker, Payton 12 | 4) Lopez, Marcelino 11 |
| | | 5) Lamberti, Brad 12 | 6) Little, Nick 11 | | |
| 4 | Cedar Rapids, Washington | 1) Johnson, Larry 12 | 2) Davis, Keenan 12 | 3) Henderson, Ronnie 11 | 4) Carr, Alex 10 |
| | | 5) Suess, Wyatt 12 | 6) Griffin, William 09 | | |
| 5 | Valley, West Des Moines | 1) Johnson, Dane 12 | 2) Breckenridge, Brad 12 | 3) Harris, Mike 12 | 4) Lintz, Isaac 10 |
| | | 5) Arp, Brandon 10 | 6) Lodden, Nolan 09 | | |
| 6 | Cedar Rapids, Kennedy | 1) Hopkins, Khiry 12 | 2) Crawley, Anthony 10 | 3) Simmons, Josh 11 | 4) Slaymaker, Kyle 12 |
| | | 5) Haycraft, Jed 10 | 6) Holmes, Tyler 11 | | |
| 7 | Dowling Catholic, WDM | 1) Parrott, Dalton 10 | 2) Zaun, Drew 11 | 3) Heddinger, Jake 11 | 4) Edwards, Trevor 11 |
| | | 5) Belle, Shayrohn 10 | 6) Drumheller, Mitch 12 | | |
| 8 | DSM, Roosevelt | 1) Johnson, DeQarius 12 | 2) Koger, Joe 10 | 3) LaMay, Te'Rel 12 | 4) Fristo, Jahzel 10 |
| | | 5) Young, Aaron 11 | 6) Duos, Luke 10 | | |

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009

Des Moines, Iowa
Drake Stadium
Meet Program

Event 93 Boys 4x400 Meter Relay 4A

Friday 5/22/2009 - 1:40 PM

Prelim: Top 8 fastest times / 3 turn stagger. Blue start

#2 Blue exchange, cut at break line SE Corner

#3 & #4 runner blue back line

Final: time basis

State Record: 3:13.80 5/19/2006 Valley West Des Moines, WDM Valley
B Collins, Z Sandvig, R Keairnes, B McSkimming

All-Time: 3:13.80 5/19/2006 Valley West Des Moines, WDM Valley
B Collins, Z Sandvig, R Keairnes, B McSkimming

Lane	Team	Relay	Seed Time
Heat 1 of 3 Prelims			
1	Sioux City, East		
	1) Peters, Eric 10	2) Huisenga, Cole 10	3) Schiltz, Zach 09
	5) Bentz, Steven 10	6) Pollow, Taylor 12	4) Voss, Mitch 10
2	Cedar Falls		
	1) Long, Austin 11	2) Davis, Blake 12	3) Jamison, Jake 11
	5) Velasquez, Jordan 12	6) Verbeck, Zach 11	4) Alexander, Jesse 11
3	Valley, West Des Moines		
	1) Nitz, Jake 09	2) Guske, Jordan 10	3) Arp, Brandon 10
	5) Lodden, Nolan 09	6) Sorge, Andrew 12	4) Harris, Mike 12
4	Indianola		
	1) Davey, Brennan 10	2) Suntken, T.J. 11	3) Davey, Jarrin 12
	5) Chia, Michael 11	6) Kotz, J.J. 11	4) Tucker, Anthony 12
5	Newton		
	1) Coen, Sam 10	2) Richtsmeier, Alec 10	3) Huguen, Devin 10
	5) Williams, Clint 10	6) Mitchell, Ira 10	4) Richtsmeier, Gage 12
6	Marshalltown		
	1) Hauser, Austin 09	2) Thimesch, Nick 11	3) Kong, Khor 10
	5) Mann, Allen 12	6) Krough, Heath 12	4) Carlson, Jarred 11
7	Iowa City, City High		
	1) Grove, Andrew 12	2) Simpson, Allen 12	3) Ritter, Tim 11
	5) Harris, Sterling 10	6) Montelongo, Hector 09	4) Dibbern, Kevin 12
8	Iowa City, West		
	1) Freeman, Clay 11	2) Rogers, Charlie 09	3) Lopez, Neftali 12
	5) Williams, Johnathan 10	6) Markham, Alonzo 12	4) Mitchell, Andrew 12

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009**Des Moines, Iowa
Drake Stadium
Meet Program****Heat 2 of 3 Prelims...(Event 93 Boys 4x400 Meter Relay 4A)**

1	Pleasant Valley 1) Terrell, Maurice 10 5) Schommer, Evan 10	2) Sokolik, John 10 6) Bozman, Zach 12	3) Lang, Wade 12	4) O'Brien, Austin 11
2	Ankeny 1) Murphy, Joe 12 5) Brandt, Carter 10	2) Raney, Greg 10 6) Hayes, Aaron 10	3) Ryan, Ross 11	4) Marsh, Travis 11
3	Clinton 1) Mangler, Jacob 11 5) Ebensberger, Devan 11	2) Frazier, Kaleb 12 6) Sexton, Darryl 12	3) Johnson, David 11	4) Holmes, Ethan 12
4	Dowling Catholic, WDM 1) Belle, Shayrohn 10 5) Hedding, Jake 11	2) Drumheller, Mitch 12 6) Zaun, Drew 11	3) Boesen, Ben 10	4) Teeling, Jackson 12
5	Waukee 1) Lorber, Ross 12 5) Leviner, Zane 09	2) Woods, Walker 12 6) Breuer, Evan 10	3) Owens, Chad 11	4) Burns, Kyle 12
6	Dub. Hempstead 1) Buelow, Joe 12 5) Jaeger, Jordan 11	2) Hoiser, Ryan 12 6) Merfeld, Nick 11	3) Anderson, Riley 12	4) Lenz, Josh 12
7	Davenport, West 1) Faust, Richard 11 5) Rorick, Sean 12	2) Martin, Syruss 11 6) McCune, Matt 11	3) Beserra, Rico 12	4) Leal, Matt 12
8	Linn-Mar, Marion 1) Aldrich, Jeremy 11 5) Carlson, Max 11	2) Freidhoff, Dalton 10 6) Kremer, Jordan 09	3) Gentzler, Nick 10	4) Razo, Aaron 10

Heat 3 of 3 Prelims

1	Fort Dodge 1) Cook, Trevor 12 5) Brown, Connor 10	2) Hilbert, Matt 11 6) Schuh, Marty 12	3) Riessen, Reid 10	4) Rautanen, Jake 12
2	Bettendorf 1) Sandry, Bryce 12 5) Young, Nick 12	2) Sanders, Chris 11 6) Funk, Shanne 10	3) Oestreich, Nick 11	4) Deuth, Evan 12
3	Mason City 1) Van Hemert, Ben 12 5) Skogen, Sam 09	2) Huisman, Noah 12 6) Voves, Ryan 10	3) Sanchez, Aaron 10	4) Appelgate, Tim 12
4	Cedar Rapids, Kennedy 1) Riley, Kevin 12 5) Luck, Zach 11	2) Rosenthal, Michael 11 6) Steimal, Mitch 11	3) Crawley, Anthony 10	4) Slaymaker, Kyle 12
5	Ottumwa 1) Messer, Zach 09 5) Donlin, Nick 11	2) Utter, Clint 12 6) Bates, Jimmy 12	3) Easton, Tim 12	4) Kelly, Alex 12
6	Des Moines, Hoover 1) Delafield, Dana 11 5) Jackson, Kourtlin 10	2) Brazzle, Will 11 6) Earnest, Derrick 11	3) Silliman, Rodney 10	4) Chol, Lam 09
7	Sioux City, West 1) Joiner, Warren 12 5) Carrell, Tucker 09	2) Foster, Jared 09 6) Gassaway, Daniel 09	3) Clark, DeVante 11	4) Clarey, Zach 09
8	Lewis Central 1) Johnson, Cole 10 5) Black, Nathan 12	2) Toole, Eric 10 6) Gnader, DJ 12	3) Lohnes, Denver 11	4) Connealy, Nate 10

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009

Des Moines, Iowa
Drake Stadium
Meet Program

Event 101 Boys 4x800 Meter Relay 4A

Thursday 5/21/2009 - 12:20 PM

Double waterfall start

1-8 on back waterfall

9-12 outside waterfall, lane 5-8, 1 turn stagger

exchange zone - blue back line

State Record: 7:44.06 1987

Ames, Amea

J. Burris, M. Spencer, M. Peterson, B. Carney

All-Time: 7:44.06 1987

Ames, Ames

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
1	Fort Dodge		
	1) Cook, Trevor 12	2) Schuh, Marty 12	3) Riessen, Ryan 12
	5) Moore, David 11	6) Lennon, Josh 10	4) Reed, Jeremiah 10
2	Ankeny		
	1) McCoy, Dan 12	2) Raney, Greg 10	3) Wells, Logan 11
	5) Murphy, Ryne 10	6) Patterson, Charlie 11	4) Murphy, Joe 12
3	Burlington		
	1) Flaherty, Jack 12	2) Sterler, Kaleb 09	3) Minard, Josh 11
	5) McCarthy, J.T. 11	6) Moyer, Marshall 10	4) Foster, Mark 10
4	Pleasant Valley		
	1) Schommer, Evan 10	2) Sokolik, John 10	3) Bozman, Zach 12
	5) Swanson, Andrew 11	6) Meseke, Tyler 10	4) O'Brien, Austin 11
5	Prairie, Cedar Rapids		
	1) Purman, Josh 11	2) Johnson, Mitch 11	3) Burns, Justin 10
	5) Burns, Jordan 10	6) Rigdon, Alex 12	4) Stocker, Matt 10
6	Clinton		
	1) Ebensberger, Devan 11	2) Morehead, Tyler 11	3) Smith, James 12
	5) Burn, Dylan 11	6) Winoski, Shawn 12	4) Frazier, Kaleb 12
7	Linn-Mar, Marion		
	1) Razo, Aaron 10	2) Gentzler, Nick 10	3) Christians, Nolan 10
	5) Atkinson, Chase 12	6) Read, Sam 11	4) Freidhoff, Dalton 10
8	Sioux City, East		
	1) Menard, Jordan 10	2) Rossiter, Elliott 11	3) Huisenga, Cole 10
	5) Sypersma, Austin 10	6) Pollow, Taylor 12	4) Moes, Ben 11
9	Muscatine		
	1) Kenyon, Jason	2) Dolan, Connor 09	3) Mendoza, Alex 11
	5) Calegan, Tyler 10	6) Fick, Ryan 09	4) Verwers, Brandon 12
10	Davenport, West		
	1) Martin, Syruss 11	2) McCune, Matt 11	3) Martin, Tad 12
	5) Beril, Joe 09	6) Teel, T J 11	4) Long, Seth 12
11	Council Bluffs, Abraham Lincoln		
	1) Robinson, Jordan 10	2) Hires, Josh 09	3) Dixon, Alex 10
	5) Olsen, Alex 10	6) Peters, Pat 12	4) Hodapp, Barry 12
12	Dowling Catholic, WDM		
	1) Boesen, Ben 10	2) Hedding, Jake 11	3) Lund, Trevor 11
	5) Kinley, Patrick 09	6) Maguire, Joshua 11	4) Schmitz, Beau 11

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009**Des Moines, Iowa****Drake Stadium****Meet Program****Section 2 of 2 Timed Finals...(Event 101 Boys 4x800 Meter Relay 4A)****1 Dub. Hempstead**

1) Loeffelholz, Ben 10	2) Bressler, Aaron 12	3) Voorhees, Ken 10	4) Hoiser, Ryan 12
5) Seymour, Andrew 09	6) Decker, Jordan 12		

2 Valley, West Des Moines

1) Sorge, Andrew 12	2) Nitz, Jake 09	3) Jackson, Nick 12	4) Coffman, Bennett 12
5) Wiemers, Nate 12	6) Coppess, Kit 12		

3 Mason City

1) True, Mason 12	2) Cruse, Jordan 12	3) Watts, Kory 12	4) Thompson, Coty 10
5) Hain, Clint 11	6) Vorba, Lincoln 10		

4 Waukee

1) Lorber, Ross 12	2) Breuer, Evan 10	3) Seaton, Kaleb 12	4) Burns, Kyle 12
5) Rich, Tyler 12	6) Gutschenritter, Chad 09		

5 Urbandale

1) Schornack, Ben 12	2) Wierson, Grant 09	3) Prescott, Drew 10	4) Walters, Mason 10
5) Jensen, Dan 11	6) Staub, Nick 09		

6 Ames

1) Hibbing, Paul 11	2) Steelman, Brett 11	3) Brakke, Cale 12	4) Ring, Quentin 12
5) Schill, Alex 12	6) Lanning, Dan 12		

7 Johnston

1) Lipscomb, Larry 10	2) Jackson, Andrew 10	3) Polson, Justin 09	4) Jacobson, Ben 11
5) Faley, Mike	6) Worley, john 09		

8 Cedar Rapids, Washington

1) Eckhardt, Tyler 11	2) Rouse, Kyle 11	3) Hogg, Robert 09	4) Marshall, Andrew 11
5) Manirumva, Lewi 12	6) Harford, Zach 12		

9 Indianola

1) Bickham, Kelly 11	2) Gorsche, Sam 10	3) Fritz, Clayton 11	4) Krpan, Tyler 09
5) Davey, Jarrin 12	6) Schulze, Nick 12		

10 Marshalltown

1) James, Jimma 11	2) Fink, Patrick 11	3) Gettemy, Mike 10	4) Carbajal, David 12
5) Kong, Khor 10	6) Hood, Luke 10		

11 Waterloo, West

1) Kienol, Zach 12	2) Smith, Chris 11	3) Grant, DJ 11	4) Gruetzmacher, Ryan 11
5) Sarkic, Alen 12	6) Kantarevic, Amir 12		

12 Cedar Rapids, Kennedy

1) Rosenthal, Michael 11	2) Riley, Kevin 12	3) Steimal, Mitch 11	4) Koch, Adam 12
5) Slaymaker, Kyle 12	6) Crawley, Anthony 10		

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009**Des Moines, Iowa
Drake Stadium
Meet Program****Event 115 Boys Distance Medley 4A**

Friday 5/22/2009 - 12:20 PM

Heats against time - 3 turn stagger - blue start SW corner

#2 blue, #3 blue triangles

4th runner blue back line, cut at SE break line

200/200/400/800

State Record: 3:26.51 1990

Indianola, Indianola

B. Atwood, W. Hertzberger, S. Beall, J. Kiptanui

All-Time: 3:22.69 2001

Iowa City High, Iowa City High

Lane	Team	Relay	Seed Time
Section 1 of 3 Timed Finals			
1	DSM, Roosevelt		
	1) Young, Aaron 11	2) Leachmon, Frank 10	3) Trerotola, Jake 10
	5) Fristo, Jahzel 10	6) Wells, Conor 11	4) Johnson, Bryant 09
2	Sioux City, West		
	1) Foster, Jared 09	2) Tastad, Tyler 11	3) Clark, DeVante 11
	5) Joiner, Warren 12	6) Carrell, Tucker 09	4) Gassaway, Daniel 09
3	Johnston		
	1) Larson, Tommy 11	2) Cooper, Owen 10	3) Lipscomb, Larry 10
	5) Tran, James 11	6) Depenning, Nate 10	4) Jacobson, Ben 11
4	Muscatine		
	1) Boeyink, Nick 12	2) Calegan, Tyler 10	3) Hetzler, Jared 10
	5) Bailey, Alex 12	6) Husar, TJ 10	4) Kenyon, Jason
5	Pleasant Valley		
	1) Terrell, Maurice 10	2) Robinson, Ellis 12	3) Sokolik, John 10
	5) O'Brien, Austin 11	6) Lang, Wade 12	4) Schommer, Evan 10
6	Southeast Polk		
	1) Ogden, Scott 11	2) Lamberti, Brad 12	3) Little, Nick 11
	5) Huinker, Payton 12	6) Horton, Eli 10	4) O'Connor, Tyler 11
7	Council Bluffs, Abraham Lincol		
	1) Harris, Cleo 09	2) Thallas, Luke 10	3) Peters, Pat 12
	5) Johnson, Tyler W. 12	6) Hodapp, Barry 12	4) Robinson, Jordan 10
8	Urbandale		
	1) Freeman, Conner 10	2) Zimmerman, Mason 09	3) Means, Jordan 11
	5) Walters, Mason 10	6) Staub, Nick 09	4) Jensen, Dan 11

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009**Des Moines, Iowa
Drake Stadium
Meet Program****Section 2 of 3 Timed Finals...(Event 115 Boys Distance Medley 4A)**

- | | | | | | |
|---|---------------------------------------|---------------------------|------------------------|-------------------------|-------------------------|
| 1 | Council Bluffs, Thomas Jeffers | 1) Poyser, Zack 11 | 2) Turpen, Bruce 12 | 3) Korner, Alex 10 | 4) Blue, Kyle 12 |
| | | 5) Hammers, Cody 10 | 6) Raes, Justin 11 | | |
| 2 | Iowa City, West | 1) Williams, Johnathan 10 | 2) Freeman, Clay 11 | 3) Rogers, Charlie 09 | 4) Lopez, Neftali 12 |
| | | 5) Markham, Alonzo 12 | 6) Mitchell, Andrew 12 | | |
| 3 | Cedar Rapids, Jefferson | 1) Hornung, Zach 10 | 2) Swenson, Ben 12 | 3) De Hoedt, Casey 12 | 4) Gerber, Jacob 11 |
| | | 5) Vosatka, Josh 12 | 6) Kramer, Cole 12 | | |
| 4 | Indianola | 1) Chia, Michael 11 | 2) Kotz, J.J. 11 | 3) Davey, Jarrin 12 | 4) Bickham, Kelly 11 |
| | | 5) Tucker, Anthony 12 | 6) Gorsche, Sam 10 | | |
| 5 | Cedar Rapids, Washington | 1) Johnson, Larry 12 | 2) Davis, Keenan 12 | 3) Beardsworth, John 12 | 4) Manirumva, Lewi 12 |
| | | 5) Marshall, Andrew 11 | 6) Hickok, Drake 09 | | |
| 6 | Fort Dodge | 1) Riessen, Reid 10 | 2) Hilbert, Matt 11 | 3) Rautanen, Jake 12 | 4) Cook, Trevor 12 |
| | | 5) Schuh, Marty 12 | 6) Caston, Darreus 10 | | |
| 7 | Davenport, North | 1) White, Blake 12 | 2) Lowder, D'Jon 12 | 3) Fetterer, Alec 12 | 4) Humphries, Kimani 12 |
| | | 5) Hawley, Dustin 12 | 6) Chhim, Ronnie 09 | | |
| 8 | Prairie, Cedar Rapids | 1) Purdy, Jeremiah 12 | 2) Schebler, Scott 12 | 3) Frieden, Tom 10 | 4) Stocker, Matt 10 |
| | | 5) Erenberger, Andy 11 | 6) Purman, Josh 11 | | |

Section 3 of 3 Timed Finals

- | | | | | | |
|---|------------------------------|------------------------|--------------------------|------------------------|-------------------------|
| 1 | Bettendorf | 1) Sanders, Chris 11 | 2) Brown, Cam 11 | 3) Deuth, Evan 12 | 4) Young, Nick 12 |
| | | | 6) Nelson, Collin 11 | | |
| 2 | Cedar Rapids, Kennedy | 1) Hopkins, Khiry 12 | 2) Simmons, Josh 11 | 3) Riley, Kevin 12 | 4) Crawley, Anthony 10 |
| | | 5) Slaymaker, Kyle 12 | 6) Rosenthal, Michael 11 | | |
| 3 | DSM North | 1) Austin, Meiko 12 | 2) Newsome, Isaac 10 | 3) White, Tariq 12 | 4) Kak, Omet 12 |
| | | 5) McMillian, Corey 10 | 6) Bond, Justin 12 | | |
| 4 | Ankeny | 1) Leo, Tyler 11 | 2) Ryan, Ross 11 | 3) Brandt, Carter 10 | 4) Murphy, Joe 12 |
| | | 5) McCoy, Dan 12 | 6) Raney, Greg 10 | | |
| 5 | Cedar Falls | 1) Long, Austin 11 | 2) Davis, Blake 12 | 3) Alexander, Jesse 11 | 4) Velasquez, Jordan 12 |
| | | 5) Jamison, Jake 11 | 6) Brummel, Jay 12 | | |
| 6 | Waukee | 1) Owens, Chad 11 | 2) Knott, Jake 12 | 3) Woods, Walker 12 | 4) Burns, Kyle 12 |
| | | 5) Thompson, Sam 11 | 6) Rich, Tyler 12 | | |
| 7 | Dub. Hempstead | 1) Buelow, Joe 12 | 2) Anderson, Riley 12 | 3) Jaeger, Jordan 11 | 4) Hoiser, Ryan 12 |
| | | 5) Voorhees, Ken 10 | 6) Duwe, Brad 10 | | |
| 8 | Mason City | 1) Van Hemert, Ben 12 | 2) Sanchez, Aaron 10 | 3) Appelgate, Tim 12 | 4) True, Mason 12 |
| | | 5) Thompson, Coty 10 | 6) Skogen, Sam 09 | | |

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009**Des Moines, Iowa****Drake Stadium****Meet Program****Event 123 Boys High Jump 4A****Thursday 5/21/2009 - 9:00 AM****Once event done-bring results to Results RM Press Box 2nd Floor****State Record: 7-00 1999 Andy Kohler, Ames****All-Time: 7-03.50 1981 Brian Tietjens, North Central, Manly**

Pos	Name	Year	School	Seed Mark
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Flight 1 of 1 Finals

1	Folchert, Josh	12	Sioux City, North	
2	Imming, Alex	09	Sioux City, East	
3	Jefferson, DJ	09	Council Bluffs, Abraham Lincol	
4	Penningroth, Austin	11	Pleasant Valley	
5	Pennock, Zane	12	Clinton	
6	Gaeta, Griffin	09	Muscatine	
7	Owen, Jordan	12	Des Moines, East	
8	Anderson, Blake	12	North Scott, Eldridge	
9	Hill, Barkley	09	Cedar Falls	
10	Moes, Ben	11	Sioux City, East	
11	Harry, Jake	10	Dowling Catholic, WDM	
12	Evens, Jamarcus	11	Waterloo, East	
13	VanVoorhis, Peter	11	Iowa City, West	
14	Ruffridge, Logan	11	Cedar Rapids, Jefferson	
15	Kong, Khor	10	Marshalltown	
16	Bernard, Kyle	12	Cedar Falls	
17	Lucs, Nick	11	Waukee	
18	Diehm, Josh	11	Waterloo, West	
19	Donels, Tyler	09	Southeast Polk	
20	Freeman, Conner	10	Urbandale	
21	Kelly, Alex	12	Ottumwa	
22	Hutcheson, Nate	12	Linn-Mar, Marion	
23	Larson, Tommy	11	Johnston	
24	Kittelson, Noah	11	Indianola	

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009

Des Moines, Iowa
Drake Stadium
Meet Program

Event 131 Boys Long Jump 4A

Friday 5/22/2009 - 9:00 AM

3 preliminary jumps - Top 8 advance to finals

Final: 3 final jumps

Once event done-bring results to Results RM Press Box 2nd Floor

State Record: 24-01 1983 Chris Walker, Davenport Central

All-Time: 24-05 1984 Chris Walker, Davenport Central

Pos	Name	Year	School	Seed Mark
Flight 1 of 2 Finals				
1	Dunn, Kyle	10	Linn-Mar, Marion	
2	Hogg, Robert	09	Cedar Rapids, Washington	
3	Smith, Gavin	12	Iowa City, West	
4	Davis, Evan	11	Cedar Rapids, Washington	
5	Huinker, Payton	12	Southeast Polk	
6	Stacy, Jacob	09	Dowling Catholic, WDM	
7	Johnson, DeQarius	12	DSM, Roosevelt	
8	Knott, Jake	12	Waukee	
9	Bou, Xavier	09	Muscatine	
10	Mitchell, Ira	10	Newton	
11	Novey, Brent	12	Ames	
12	Wedderburn, Jevoury	11	Urbandale	
Flight 2 of 2 Finals				
1	Patterson, Demetrius	09	DSM Lincoln	
2	Kemp, Tyrae	11	Des Moines, East	
3	Moeller, Nate	12	Fort Dodge	
4	Morris, Shi	10	Lewis Central	
5	Terrell, Maurice	10	Pleasant Valley	
6	Faust, Richard	11	Davenport, West	
7	Mere, Caleb	10	Cedar Rapids, Kennedy	
8	Manago, Jerrold	12	Waterloo, West	
9	Washington, Darrius	12	Waterloo, East	
10	Hill, Barkley	09	Cedar Falls	
11	James, Quenton	10	Sioux City, East	
12	Gilmore, Kenny	10	Davenport, Central	

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009

Des Moines, Iowa
Drake Stadium
Meet Program

Event 139 Boys Discus Throw 4A

Thursday 5/21/2009 - 11:30 AM

3 preliminary throws - Top 8 advance to finals

Final: 3 final throws

Once event done-bring results to Results RM Press Box 2nd Floor

State Record: 192-06 5/17/2007 Nick Brayton, Iowa City We

All-Time: 207-08 1978 Scott Crowell, Mason City

Pos	Name	Year	School	Seed Mark
Flight 1 of 2 Finals				
1	Bangston, Mike	12	Cedar Falls	
2	Heath, Spencer	12	Iowa City, West	
3	Hahle, Coltin	12	Mason City	
4	Redmond, Cody	12	Valley, West Des Moines	
5	Lawrence-Richards, Tim	11	Cedar Falls	
6	Mirfield, Jacob	11	North Scott, Eldridge	
7	Jacobsen, Jeremy	11	Bettendorf	
8	Jennings, Mark	11	Linn-Mar, Marion	
9	Williams, Travis	11	DSM Lincoln	
10	Toben, Nic	12	Ames	
11	Gilson, Chad	11	Urbandale	
12	Osborn, Marc	11	Lewis Central	
Flight 2 of 2 Finals				
1	Schiffer, Matt	12	Mason City	
2	Lichtenberg, Kyle	12	Bettendorf	
3	Kelley, Henry	11	Waukee	
4	Murphy, Matt	12	Clinton	
5	Gannon, Jacob	11	Iowa City, West	
6	Best, Matt	11	DSM Lincoln	
7	Piche, Ryan	11	Linn-Mar, Marion	
8	Jepsen, Chris	12	Urbandale	
9	Bell, Anthony	12	Dowling Catholic, WDM	
10	Hannoon, Naser	12	Valley, West Des Moines	
11	Howard, Dom	11	Ames	
12	Higgins, Jon	12	Lewis Central	

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009

**Des Moines, Iowa
Drake Stadium
Meet Program**

Event 147 Boys Shot Put 4A

Friday 5/22/2009 - 11:30 AM

3 preliminary throws - Top 8 advance to finals

Final: 3 final throws

Once event done-bring results to Results RM Press Box 2nd Floor

State Record: 65-11.50 1968 Doug Lane, CR Jefferson

All-Time: 70-11 1968 Doug Lane, Cedar Rapids Jefferson

Pos	Name	Year	School	Seed	Mark
Flight 1 of 2 Finals					
1	Schiffer, Matt	12	Mason City		
2	Harbaugh, Eric	11	Waterloo, West		
3	Jepsen, Chris	12	Urbandale		
4	Jensen, Brandon	11	Ankeny		
5	Munoz, Alberto	11	Dowling Catholic, WDM		
6	Dix, Jake	11	Cedar Falls		
7	Hood, Prentiss	12	Davenport, Central		
8	Schaefer, Rhett	11	Davenport, West		
9	Higgins, Jon	12	Lewis Central		
10	Winter, Adam	11	Fort Dodge		
11	Donovan, Michael	11	Southeast Polk		
12	La Mar, Chris	09	Ames		
Flight 2 of 2 Finals					
1	Kelley, Henry	11	Waukee		
2	O'Connor, Casey	12	Iowa City, West		
3	Ritter, Eric	12	Iowa City, West		
4	Redmond, Cody	12	Valley, West Des Moines		
5	Hannoon, Naser	12	Valley, West Des Moines		
6	Suiter, Matt	11	Bettendorf		
7	Prince, Jaryd	12	Clinton		
8	Hahle, Coltin	12	Mason City		
9	Prybil, Adam	10	Iowa City, City High		
10	Bell, Anthony	12	Dowling Catholic, WDM		
11	Harp, Kevin	12	Iowa City, City High		
12	Toben, Nic	12	Ames		

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009

Des Moines, Iowa
Drake Stadium
Meet Program

Event 157 Boys 4x110 Meter Shuttle Hurdle 4A

Thursday 5/21/2009 - 2:20 PM

Prelim: Sections against time, top 8 to final

33" hurdle set on blue triangle, alt direction, #6 pull

1/3 runner south lane 1/3/5/7, 2/4 runner North lane 2/4/6/8

Final: Sections against time

State Record: 56.15

All-Time: 56.15

Lane	Team	Relay	Seed Time
Heat 1 of 6 Prelims			
1	Johnston		
	1) Bergstrom, Erik 10	2) Hjelmaas, Ben 12	3) Polson, Austin 11
	5) Patten, Tyler 11	6) Long, Justin 10	4) Larson, Tommy 11
3	Cedar Rapids, Kennedy		
	1) Bradley, Cameron 11	2) Mitchell, TJ 11	3) Dusil, Ryan 11
	5) Martino, Max 11	6) Mere, Caleb 10	4) Losch, Jake 10
5	Valley, West Des Moines		
	1) Lindaman, Ben 11	2) Oman, Scott 10	3) Malone, Matt 11
	5) Stern, Matt 11	6) Baumann, Brody 09	4) Johnson, Deandre 11
7	Burlington		
	1) Chew, Demarcus 11	2) Patton, Matt 10	3) Hart, Cole 10
	5) Flaherty, Jack 12		4) Porter, Michael 11
Heat 2 of 6 Prelims			
1	Mason City		
	1) Alexandres, Eric 12	2) Mason, Tyler 12	3) Peter, Jacob 10
	5) Hines, Dustin 12	6) Scott, Zach 10	4) Deverell, Josh 12
3	Cedar Rapids, Washington		
	1) Johnson, Larry 12	2) Sailor, Adam 10	3) Clark, Nick 12
	5) Hickok, Drake 09	6) Christensen, Chad 12	4) McBride, Avery 12
5	Iowa City, West		
	1) Mitchell, Andrew 12	2) Rogers, Charlie 09	3) Sula, Leonard 12
	5) Smith, Gavin 12	6) Wang, Alex 11	4) Dolan, Peter 12
7	Indianola		
	1) Fritz, Clayton 11	2) Hale, Seth 11	3) Andrews, Colby 11
	5) Schimelfenig, Cole 11	6) Loy, Kyle 09	4) Kittelson, Noah 11
Heat 3 of 6 Prelims			
1	Waukee		
	1) Barry, Chris 11	2) Stanley, Andrew 10	3) Ternes, Bryant 11
	5) Getting, Jon 10	6) Dillard, Jake 10	4) Lucs, Nate 09
3	Linn-Mar, Marion		
	1) Ophoff, Brandon 09	2) Hutcheson, Nate 12	3) Kearney, Matt 12
	5) Amr, Rami 09	6) Lucas, Nick 10	4) Dunn, Kyle 10
5	Muscatine		
	1) Lake, Jordan 12	2) Hirsch, Jake 12	3) Hetzler, Jared 10
	5) Boeyink, Nick 12	6) Gaeta, Griffin 09	4) Bailey, Alex 12
7	Council Bluffs, Abraham Lincol		
	1) Thomas, Devin 10	2) Jones, Mike 09	3) Mass, Payton 10
	5) Jefferson, DJ 09	6) Davis, Dustin 12	4) Johnson, Tyler W. 12

Iowa State Track & Field Championships 2009 - 5/21/2009 to 5/23/2009**Des Moines, Iowa
Drake Stadium
Meet Program****Heat 4 of 6 Prelims...(Event 157 Boys 4x110 Meter Shuttle Hurdle 4A)**

- | | | | | |
|---|-------------------------|------------------------|--------------------|----------------------|
| 1 | Dowling Catholic, WDM | | | |
| | 1) Boesen, Ben 10 | 2) Hudson, Michael 11 | 3) Harry, Jake 10 | 4) Stacy, Jacob 09 |
| | 5) Anderson, Kael 12 | 6) Burnett, John 12 | | |
| 3 | Ankeny | | | |
| | 1) Marsh, Travis 11 | 2) Goetz, TJ 11 | 3) Raney, Greg 10 | 4) Goforth, Jarod 12 |
| | 5) Hayes, Aaron 10 | 6) Michael, Matt 11 | | |
| 5 | Cedar Falls | | | |
| | 1) Javallena, Austin 10 | 2) Mowatt, Spencer 11 | 3) Crotty, Eric 11 | 4) Bernard, Kyle 12 |
| | 5) Bond, Travis 09 | 6) Verbeck, Zach 11 | | |
| 7 | Davenport, West | | | |
| | 1) Goodall, Duffy 11 | 2) Green, James 10 | 3) Smith, Seth 12 | 4) Rorick, Sean 12 |
| | 5) Leal, Matt 12 | 6) Mengler, Garrett 11 | | |

Heat 5 of 6 Prelims

- | | | | | |
|---|-----------------------|------------------------|--------------------------|------------------------|
| 1 | Waterloo, West | | | |
| | 1) Sarkic, Alen 12 | 2) Massina, Nick 11 | 3) McKenna, Curtis 09 | 4) Smith, Matt 11 |
| | 5) Hansen, Bart 11 | 6) Akin, Wesley 10 | | |
| 3 | Bettendorf | | | |
| | 1) Chesley, John 12 | 2) Fox, Ryker 11 | 3) Oestreich, Nick 11 | 4) Ewan, Bryce 11 |
| | 5) Syfert, Quin 11 | 6) Funk, Shanne 10 | | |
| 5 | Urbandale | | | |
| | 1) Freeman, Conner 10 | 2) Means, Jordan 11 | 3) Washington, Jordan 09 | 4) Stroebele, Jacob 12 |
| | 5) Ukibiala, Kenne 11 | | | |
| 7 | Southeast Polk | | | |
| | 1) Donels, Tyler 09 | 2) Duer, Tanner 12 | 3) Daniels, Brock 09 | 4) Patton, Dan 12 |
| | 5) Lynch, Cameron 10 | 6) Boothroyd, Jacob 10 | | |

Heat 6 of 6 Prelims

- | | | | | |
|---|--------------------------------|----------------------|------------------------|----------------------|
| 1 | Fort Dodge | | | |
| | 1) Johnson, Jay 11 | 2) Brown, Connor 10 | 3) Williams, Willie 10 | 4) Riessen, Reid 10 |
| | 5) Harms, Cody 11 | | | |
| 3 | Clinton | | | |
| | 1) Redman, Tyler 12 | 2) Johnson, David 11 | 3) Pennock, Zane 12 | 4) Mangler, Jacob 11 |
| | 5) Ebensberger, Devan 11 | 6) Hatheway, Ty 11 | | |
| 5 | Ames | | | |
| | 1) Rush, Tony 10 | 2) Geske, Tom 11 | 3) Haverkamp, Luke 11 | 4) Novey, Brent 12 |
| | 5) Tucker, Ryan 11 | 6) Guo, Alan 12 | | |
| 7 | Council Bluffs, Thomas Jeffers | | | |
| | 1) Raes, Justin 11 | 2) Korner, Alex 10 | 3) Belt, Tanner 10 | 4) Turpen, Bruce 12 |
| | 5) Wright, Kadin 09 | 6) Skou, Josh 10 | | |