

Pride of Iowa High School Co-Ed Championships - 5/1/2023

CD Athletic Complex

Results

Girls 100 Meter Dash

Name	School	Finals	
Finals			
1 Nelson, Annika	Nodaway Vall	12.97	10
2 Davis, Devyn	Wayne, Coryd	12.99	8
3 Cooper, Emma	Southwest Va	13.29	6
4 Cox, Sadie	Lenox	13.35	5
5 Robles, Gabby	Lenox	13.39	4
6 Weston, Maddie	Nodaway Vall	13.44	3
7 Amfahr, Carolyn	Martndsl-StM	13.59	2
8 Leahy, Abby	Cent Decatur	13.67	1
9 McKnight, Noelle	East Union	14.01	
10 Buss, Alexyss	Wayne, Coryd	14.87	
11 Guaetieri, Aurora	SE Warren	15.47	
12 Greenland, Anna	Mount Ayr	15.54	
13 Lauffer, Hailey	East Union	15.98	
14 Irving, Janna	Mount Ayr	16.18	
15 Falchi, Lisa	Bedford	16.77	
16 Lenz, Ivey	Southwest Va	16.86	
17 Young, Megan	Cent Decatur	17.08	
18 Wroblewska, Marcelina	Bedford	17.74	

Girls 200 Meter Dash

Name	School	Finals	
Finals			
1 Lundy, Emma	Nodaway Vall	26.52	10
2 Engles, Abby	Nodaway Vall	27.22	8
3 Davis, Devyn	Wayne, Coryd	27.79	6
4 Cox, Sadie	Lenox	27.84	5
5 Leahy, Abigail	Cent Decatur	28.12	4
6 Cooper, Emma	Southwest Va	28.28	3
7 Schreck, Addy	Cent Decatur	28.37	2
8 Shields, Madison	Mount Ayr	29.52	1
9 Schill, Lea	SE Warren	30.45	
10 Goretska, Morgan	Wayne, Coryd	30.79	
11 Shannon, Sophia	Martndsl-StM	30.96	
12 Schulze-Wischler, Sophie	East Union	32.34	
13 Pantoja, Eleah	Lenox	32.72	
14 Guaetieri, Aurora	SE Warren	33.11	
15 Grundman, Hali	Bedford	34.64	
16 Nickle, Brea	Mount Ayr	35.41	
17 Johnson, Eliza	Bedford	36.81	

Girls 400 Meter Dash

Name	School	Finals	
Finals			
1 Engles, Abby	Nodaway Vall	1:03.00	10
2 Cox, Sadie	Lenox	1:04.52	8
3 Knutson, Cortney	Wayne, Coryd	1:05.01	6
4 Lundy, Emma	Nodaway Vall	1:05.18	5
5 Davis, Devyn	Wayne, Coryd	1:05.58	4
6 Jones, MaKenna	Mount Ayr	1:08.35	3
7 Newton, Anne	Mount Ayr	1:12.54	2
8 Shade, Kayli	East Union	1:12.88	1
9 Randall, Hailey	Southwest Va	1:14.43	

10 Clendenen, Lexi	SE Warren	1:14.98	
11 Green, Carly	Southwest Va	1:15.82	
12 Douglas, Kenzie	Lenox	1:16.00	
13 Rowan, Talyn	Bedford	1:19.02	
14 Grundman, Hali	Bedford	1:22.43	
15 Alvarez, Agustina	Martndsl-StM	1:22.54	
16 Murphy, Grace	East Union	1:27.46	
17 Waugh, Mili	Cent Decatur	1:28.98	
18 Choate, Jeanie	Martndsl-StM	1:29.69	
19 Wade, Katelyn	Cent Decatur	1:43.60	

Girls 800 Meter Run

Name	School	Finals	
Finals			
1 German, Campbell	Martndsl-StM	2:35.25	10
2 Mason, Ady	SE Warren	2:39.36	8
3 Oberender, Karson	Martndsl-StM	2:41.50	6
4 Newton, Anne	Mount Ayr	2:44.93	5
5 Larsen, Karlie	Mount Ayr	2:47.47	4
6 Geisler, Natalie	SE Warren	3:02.80	3
7 Junker, Ava	Lenox	3:04.84	2
8 McCall, Megan	Nodaway Vall	3:05.18	1
9 Benge, Oakley	Southwest Va	3:06.73	
10 Peters, Emma	Wayne, Coryd	3:07.89	
11 Shimer, Trenidy	Lenox	3:08.82	
12 Moorman, Emalee	Wayne, Coryd	3:16.75	
13 Day, Taylor	Nodaway Vall	3:23.11	
14 Morgan, Mikayla	Cent Decatur	3:31.94	
15 Swartz, Bianca	Cent Decatur	3:35.06	

Girls 1500 Meter Run

Name	School	Finals	
Finals			
1 Oberender, Karson	Martndsl-StM	5:24.69	10
2 Harvey, Kaleigh	SE Warren	5:46.21	8
3 Doolittle, Addison	Mount Ayr	5:59.14	6
4 Elbert, Autumn	Martndsl-StM	6:02.75	5
5 Christensen, Jazz	Nodaway Vall	6:02.80	4
6 Goben, Ava	Wayne, Coryd	6:07.37	3
7 Larsen, Kacie	Mount Ayr	6:08.65	2
8 Everman, London	Wayne, Coryd	6:08.69	1
9 Valencia, Jillian	East Union	6:21.89	
10 Junker, Ava	Lenox	6:34.35	
11 Shimer, Trenidy	Lenox	6:46.27	
12 Bundt, Leighanna	Cent Decatur	6:50.12	
13 Fletchall, Victoria	Southwest Va	6:54.37	

Girls 3000 Meter Run

Name	School	Finals	
Finals			
1 Oberender, Karson	Martndsl-StM	12:15.83	10
2 Valencia, Jillian	East Union	12:57.01	8
3 Everman, London	Wayne, Coryd	13:06.79	6
4 Christensen, Jazz	Nodaway Vall	13:13.61	5
5 Goben, Ava	Wayne, Coryd	13:16.96	4
6 Elbert, Autumn	Martndsl-StM	13:19.61	3

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Results

Finals ... (Girls 3000 Meter Run)

Name	School	Finals	
7 Byer, Ashlyn	Mount Ayr	14:06.21	2
8 Larsen, Kacie	Mount Ayr	14:07.25	1
9 Newton, Kya	Southwest Va	15:58.78	
10 Thompson, Katie	SE Warren	16:32.01	

Girls 100 Meter Hurdles

Name	School	Finals	
1 Nelson, Annika	Nodaway Vall	16.39	10
2 Lindsey, Breegan	Cent Decatur	16.58	8
3 Marquis, Jocelyn	Wayne, Coryd	16.78	6
4 Jones, MaKenna	Mount Ayr	16.80	5
5 Streit, Tegan	Mount Ayr	17.30	4
6 Hamaker, River	Cent Decatur	17.44	3
7 Goretska, Morgan	Wayne, Coryd	18.25	2
8 Pearson, Sierra	Southwest Va	18.47	1
9 Fry, Madison	Nodaway Vall	19.08	
10 Funk, Delaney	Lenox	19.15	
11 Lear, Tristin	East Union	19.18	
12 Hardee, Abigail	Bedford	19.28	
13 Schrodt, Layla	Bedford	20.04	
14 Wearmouth, Gretchen	Martndsl-StM	20.22	
15 Buffington, Paighton	Southwest Va	20.23	
16 Robinson, Danielle	Lenox	20.25	
17 Parris, Emma	East Union	22.03	

Girls 400 Meter Hurdles

Name	School	Finals	
1 German, Brynnly	Martndsl-StM	1:09.11	10
2 Knutson, Cortney	Wayne, Coryd	1:09.69	8
3 Jones, MaKenna	Mount Ayr	1:12.50	6
4 Marquis, Jocelyn	Wayne, Coryd	1:12.73	5
5 Lindsey, Breegan	Cent Decatur	1:13.00	4
6 Baker, Ellie	Martndsl-StM	1:14.46	3
7 Bell, Hadley	Cent Decatur	1:18.05	2
8 Laughery, Liv	Nodaway Vall	1:18.89	1
9 Lear, Tristin	East Union	1:22.08	
10 Hardee, Abigail	Bedford	1:23.21	
11 Britten, Caroline	Nodaway Vall	1:23.49	
12 Conklin, Kyleigh	Mount Ayr	1:25.18	
13 Lillie, Katey	Southwest Va	1:25.42	
14 Funk, Delaney	Lenox	1:25.63	
15 Schrodt, Layla	Bedford	1:28.46	
16 Robinson, Danielle	Lenox	1:31.55	

Girls 4x100 Meter Relay

Team	Relay	Finals	
1 Nodaway Vall	A	51.86	10
2 Cent Decatur	A	53.71	8
3 Mount Ayr	A	55.06	6
4 Southwest Valley	A	55.99	5
5 East Union	A	56.24	4

6 Lenox	A	57.44	3
7 Wayne, Corydon	A	57.66	2
8 Bedford	A	57.84	1
9 Martndsl-StMarys	A	1:01.19	

Girls 4x200 Meter Relay

Team	Relay	Finals	
1 Cent Decatur	A	1:56.32	10
2 Mount Ayr	A	1:58.48	8
3 Wayne, Corydon	A	2:01.83	6
4 Nodaway Vall	A	2:02.90	5
5 Martndsl-StMarys	A	2:03.74	4
6 Bedford	A	2:07.96	3
7 Lenox	A	2:10.27	2
8 Southwest Valley	A	2:15.76	1

Girls 4x400 Meter Relay

Team	Relay	Finals	
1 Martndsl-StMarys	A	4:21.20	10
2 Wayne, Corydon	A	4:31.69	8
3 Mount Ayr	A	4:36.11	6
4 Nodaway Vall	A	4:47.90	5
5 Cent Decatur	A	4:57.29	4
6 East Union	A	5:01.34	3
7 Southwest Valley	A	5:04.49	2
8 Bedford	A	5:10.52	1
9 Lenox	A	5:13.32	

Girls 4x800 Meter Relay

Team	Relay	Finals	
1 SE Warren	A	11:15.22	10
2 Martndsl-StMarys	A	11:16.53	8
3 Mount Ayr	A	11:21.91	6
4 Nodaway Vall	A	11:53.38	5
5 Wayne, Corydon	A	11:56.75	4
6 Lenox	A	12:45.30	3
7 Cent Decatur	A	12:59.80	2
8 East Union	A	14:20.19	1

Girls 800 Sprint Medley

Team	Relay	Finals	
1 Nodaway Vall	A	1:57.05	10
2 Martndsl-StMarys	A	1:59.14	8
3 Lenox	A	2:03.49	6
4 Wayne, Corydon	A	2:04.64	5
5 Mount Ayr	A	2:09.25	4
6 East Union	A	2:11.83	3
7 Bedford	A	2:14.31	2
8 Cent Decatur	A	2:15.04	1
9 Southwest Valley	A	2:17.68	

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Girls Distance Medley

Team	Relay	Finals
Finals		
1 Martndsl-StMarys	A	4:36.44 10
2 SE Warren	A	4:44.36 8
3 East Union	A	4:51.26 6
4 Mount Ayr	A	4:59.63 5
5 Nodaway Vall	A	5:12.63 4
6 Lenox	A	5:17.94 3
7 Wayne, Corydon	A	5:18.74 2
8 Cent Decatur	A	5:37.59 1
9 Southwest Valley	A	5:39.59

Girls 4x100 Meter Shuttle Hurdle

Team	Relay	Finals
Finals		
1 Cent Decatur	A	1:09.23 10
2 Wayne, Corydon	A	1:09.61 8
3 Mount Ayr	A	1:12.98 6
4 Bedford	A	1:21.54 5
5 East Union	A	1:22.85 4
6 Lenox	A	1:23.40 3
7 Southwest Valley	A	1:24.38 2
8 Nodaway Vall	A	1:32.55 1

Girls High Jump

Name	School	Finals
Finals		
1 Douglas, Cadence	Lenox	5-01.00 10
2 Hamaker, River	Cent Decatur	J5-01.00 8
3 Shields, Aubree	Mount Ayr	4-10.00 6
4 Shields, Kaylie	Mount Ayr	4-08.00 5
5 Lund, Ada	Southwest Va	4-06.00 4
6 Brown, Natalia	Wayne, Coryd	J4-06.00 3
7 Wearmouth, Gretchen	Martndsl-StM	4-04.00 2
8 Carstens, Bailey	Nodaway Vall	J4-04.00 1
--- Oberender, Ava	Martndsl-StM	NH
--- Dimmler, Andraya	Southwest Va	NH
--- Robinson, Danielle	Lenox	NH
--- Gregg, Kaylee	Cent Decatur	NH

Girls Long Jump

Name	School	Finals
Finals		
1 Cooper, Emma	Southwest Va	17-00.00 10
2 Clendenen, Lexi	SE Warren	15-05.50 8
3 Murphy, Ashlyn	Mount Ayr	14-10.25 6
4 Detrick, Kaylee	Bedford	14-05.25 5
5 McKnight, Noelle	East Union	14-04.00 4
6 Alley, Rilee	Cent Decatur	14-03.25 3
7 Longfellow, Joslyn	Bedford	13-10.00 2
8 Ford, Kacie	Nodaway Vall	13-08.25 1
9 Hart, Maryann	Martndsl-StM	13-06.50
10 Wearmouth, Gretchen	Martndsl-StM	12-11.00
11 Pearson, Alyssa	Southwest Va	12-04.00

12 Larson, Carley	Lenox	11-06.75
13 Nickle, Brea	Mount Ayr	10-04.50

Girls Shot Put

Name	School	Finals
Finals		
1 Baker, Emily	Bedford	40-04.50 10
2 Moore, Izzie	Wayne, Coryd	33-09.25 8
3 Holliday, Jorja	Nodaway Vall	33-07.50 6
4 Perkins, Alexis	Bedford	33-01.00 5
5 Richards, Mackenzie	Southwest Va	32-10.75 4
6 Davies, Samantha	Southwest Va	32-01.50 3
7 Larsen, Zoey	Mount Ayr	31-03.50 2
8 Kniep, Jill	Mount Ayr	30-10.00 1
9 Britten, Grace	Nodaway Vall	30-00.00
10 Kosman, Josie	SE Warren	29-11.00
11 Sims, Kloie	Wayne, Coryd	28-10.25
12 Phinney, Kailey	Martndsl-StM	27-09.50
13 Jensen, Lexi	Cent Decatur	27-08.50
14 Wimer, Genesis	Lenox	27-04.00
15 Shade, Kayli	East Union	26-01.00
16 Pelliciar, Giorgia	Cent Decatur	24-08.75
17 Fridley, Glorious	SE Warren	22-11.00
18 Petersen, Brynna	Lenox	22-03.25
19 Gideon, Shelby	Martndsl-StM	21-09.00
20 Brammer, Mary	East Union	18-04.75

Girls Discus Throw

Name	School	Finals
Finals		
1 Baker, Emily	Bedford	103-10 10
2 Holliday, Jorja	Nodaway Vall	103-03 8
3 Jensen, Lexi	Cent Decatur	102-11 6
4 Kniep, Jill	Mount Ayr	91-00 5
5 Britten, Grace	Nodaway Vall	84-11 4
6 Larsen, Zoey	Mount Ayr	84-09 3
7 Moore, Izzie	Wayne, Coryd	81-11 2
8 Davies, Samantha	Southwest Va	80-02 1
9 Swartz, Bianca	Cent Decatur	75-07
10 Ogle, Amanda	Bedford	74-11
11 Parris, Emma	East Union	70-09
12 Gideon, Shelby	Martndsl-StM	69-05
13 Sims, Kloie	Wayne, Coryd	68-10
14 Phinney, Kailey	Martndsl-StM	66-11
15 Means, Julia	Southwest Va	55-06
16 Zech, Lucey	Lenox	53-07
17 Wimer, Genesis	Lenox	6.75

Boys 100 Meter Dash

Name	School	Finals
Finals		
1 Reynolds, Ryce	Mount Ayr	11.25 10
2 Knight, Jaydon	Mount Ayr	11.47 8
3 Bashor, Donald	Lenox	11.52 6
4 Norman, Riley	Cent Decatur	11.69 5
5 Walker, Champ	Cent Decatur	11.72 4

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Results

Finals ... (Boys 100 Meter Dash)

Name	School	Finals
6 Choate, Casey	Martndsl-StM	11.81 3
7 Mullins, Kade	Martndsl-StM	11.85 2
8 Sitzman, KC	Southwest Va	11.88 1
9 Hawkins, Xabian	Wayne, Coryd	11.98
10 Motsinger, Garrison	Bedford	12.12
11 Dukes, Izaak	Bedford	12.53
12 Miller, Trayce	Lenox	12.55
13 Lane, Bradin	Wayne, Coryd	12.61
14 Morrison, Breckin	SE Warren	12.72
15 Wilson, Mason	Nodaway Vall	12.96
16 Boozell, Luke	SE Warren	13.14
17 Long, Riley	East Union	14.42
18 LaBarge, Landon	Nodaway Vall	16.86
19 Utley, Dillan	East Union	17.91

Boys 100 Meter Dash Wheelchair

Name	School	Finals
1 Johnson, Eli	Bedford	19.61

Boys 200 Meter Dash Wheelchair

Name	School	Finals
1 Johnson, Eli	Bedford	38.35

Boys 200 Meter Dash

Name	School	Finals
1 Reynolds, Ryce	Mount Ayr	22.41 10
2 Pierson, Braydon	Mount Ayr	23.06 8
3 Bashor, Donald	Lenox	23.67 6
4 Norman, Riley	Cent Decatur	23.95 5
5 Walker, Champ	Cent Decatur	24.22 4
6 Sitzman, KC	Southwest Va	24.23 3
7 Ralls, Dustin	Martndsl-StM	24.24 2
8 Motsinger, Garrison	Bedford	24.40 1
9 Prunty, Kenton	Wayne, Coryd	25.13
10 Kiefer, Corydon	Wayne, Coryd	25.49
11 Devault, Boston	Nodaway Vall	25.53
12 Phillippi, Avery	Nodaway Vall	26.01
13 Crow, Brody	SE Warren	26.29
14 Lara, Omar	East Union	27.25
15 Morrison, Breckin	SE Warren	27.33
16 Knighton, Marcus	Bedford	27.58
17 Minella, Levi	Martndsl-StM	28.08
18 Weis, Kade	East Union	35.72

Boys 400 Meter Dash Wheelchair

Name	School	Finals
1 Johnson, Eli	Bedford	1:19.27

Boys 400 Meter Dash

Name	School	Finals
1 Reynolds, Ryce	Mount Ayr	50.19 10
2 Funk, Gabe	Lenox	52.38 8
3 Pierson, Braydon	Mount Ayr	52.83 6
4 Adams, Samson	Lenox	53.61 5
5 Carcamo, Vincent	Cent Decatur	55.35 4
6 Lack, Austin	East Union	55.62 3
7 Mendenhall, Wyatt	Southwest Va	56.89 2
8 Riedel, Hayden	Bedford	58.88 1
9 Kiefer, Corydon	Wayne, Coryd	59.05
10 Godsey, Graham	Bedford	1:00.55
11 Dirx, Lucas	SE Warren	1:01.55
12 Gavin, Jack	Martndsl-StM	1:01.73
13 Kelley, Pheolan	East Union	1:01.89
14 Harris, Eli	Nodaway Vall	1:02.97
15 Chopard, Silas	Martndsl-StM	1:03.03
16 Henderson, Austin	Wayne, Coryd	1:03.77
17 Geelan, Nick	SE Warren	1:04.70
18 Sturdy, Will	Nodaway Vall	1:09.85

Boys 800 Meter Run Wheelchair

Name	School	Finals
1 Johnson, Eli	Bedford	2:43.72

Boys 800 Meter Run

Name	School	Finals
1 Carcamo, Vincent	Cent Decatur	2:13.01 10
2 Driskill, Jacob	East Union	2:14.47 8
3 Ehlen, Drew	Mount Ayr	2:14.55 6
4 Choate, Christian	Martndsl-StM	2:16.20 5
5 Trujillo, Adan	Mount Ayr	2:16.64 4
6 Grundman, Owen	Lenox	2:19.40 3
7 Honnold, Ashton	Nodaway Vall	2:22.83 2
8 Jimenez, Rylan	SE Warren	2:23.55 1
9 Pruiett, Connor	Wayne, Coryd	2:33.47
10 Gibson, Cole	Wayne, Coryd	2:35.71
11 Wheeldon, Elijah	Martndsl-StM	2:36.33
12 Hogan, Cael	Southwest Va	2:36.37
13 Powell, Camden	Bedford	2:37.60
14 Ridnour, Daniel	Bedford	2:37.86
15 Bragg, Timmy	Cent Decatur	2:41.20
16 Harris, Eli	Nodaway Vall	2:48.23
17 Long, Peyton	East Union	2:53.92

Boys 1600 Meter Run

Name	School	Finals
1 Berg, Doug	Nodaway Vall	4:55.28 10
2 Jimenez, Ronan	SE Warren	5:00.23 8
3 Moss, Levi	Wayne, Coryd	5:03.41 6
4 Trujillo, Adan	Mount Ayr	5:03.70 5

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Results

Finals ... (Boys 1600 Meter Run)

Name	School	Finals	
5 Moore, Aden	Martndsl-StM	5:07.02	4
6 Driskill, Jacob	East Union	5:14.00	3
7 Carcamo, Vincent	Cent Decatur	5:19.13	2
8 Hill, Tegan	Mount Ayr	5:19.92	1
9 Dorenkamp, Teegan	Martndsl-StM	5:26.50	
10 Scheffers, Brayden	SE Warren	5:27.83	
11 Stein, Dylan	Lenox	5:33.25	
12 Broers, Malachi	Nodaway Vall	5:41.22	
13 Ripperger, Seth	East Union	5:49.98	
14 Cordell, Cade	Lenox	5:56.68	
15 Anderson, Cooper	Wayne, Coryd	6:02.32	
16 Welch, Jayven	Bedford	6:10.87	
17 Eddy, Quaid	Southwest Va	6:20.07	
18 Boswell, Ashton	Southwest Va	6:33.09	

Boys 3200 Meter Run

Name	School	Finals	
1 Jimenez, Ronan	SE Warren	10:36.89	10
2 Berg, Doug	Nodaway Vall	10:52.96	8
3 Driskill, Jacob	East Union	11:32.53	6
4 Jimenez, Rylan	SE Warren	11:46.36	5
5 Broers, Malachi	Nodaway Vall	12:32.66	4
6 Anderson, Cooper	Wayne, Coryd	13:04.99	3
7 Moore, Jonathan	Martndsl-StM	13:12.93	2
8 Greenwell, Braylon	Mount Ayr	13:17.68	1
9 Welch, Jayven	Bedford	13:36.82	
10 Boswell, Ashton	Southwest Va	13:54.06	
11 Adkisson, Michael	Mount Ayr	14:07.55	
12 Berber, Gera	Martndsl-StM	15:02.30	
13 Anderson, Layten	Wayne, Coryd	15:22.80	
14 Plumb, Tim	Bedford	15:40.98	
--- John, Newman	Cent Decatur	DNF	
--- Hamaker, Wyatt	Cent Decatur	DNF	

Boys 110 Meter Hurdles

Name	School	Finals	
1 Funk, Gabe	Lenox	15.15	10
2 Scrivner, Jack	Cent Decatur	15.57	8
3 Norman, Riley	Cent Decatur	15.78	6
4 Lund, Blake	Nodaway Vall	16.03	5
5 Beck, Trenton	Lenox	16.19	4
6 Pearson, Evan	Southwest Va	17.17	3
7 Swartz, Dalton	Bedford	17.80	2
8 Barnes, Dalton	Mount Ayr	17.82	1
9 Brown, Ian	Southwest Va	18.01	
10 Hale, Brayden	Mount Ayr	18.28	
11 Steil, Drake	SE Warren	18.81	
12 Steeve, Keyin	Nodaway Vall	18.89	
13 DeHass, Koen	Bedford	19.02	
14 Hinrichs, J.D.	SE Warren	19.09	
15 Nichols, Riley	Martndsl-StM	19.40	
16 Moss, Silas	Wayne, Coryd	20.48	

17 Mundil, Thomas Martndsl-StM 21.06

Boys 400 Meter Hurdles

Name	School	Finals	
1 Reynolds, Ryce	Mount Ayr	54.96	10
2 Funk, Gabe	Lenox	57.01	8
3 Lack, Austin	East Union	59.21	6
4 Adams, Samson	Lenox	59.70	5
5 Johnson, Ari	Cent Decatur	1:03.39	4
6 Smith, Gavin	Cent Decatur	1:04.16	3
7 Lund, Blake	Nodaway Vall	1:04.98	2
8 Swartz, Dalton	Bedford	1:05.47	1
9 Steil, Drake	SE Warren	1:06.23	
10 DeHass, Koen	Bedford	1:06.83	
11 Buckingham, Fischer	Wayne, Coryd	1:08.33	
12 Nichols, Riley	Martndsl-StM	1:09.22	
13 Hansen, Gavyne	East Union	1:09.26	
14 Halterman, Levi	SE Warren	1:11.28	
15 Weehler, Evan	Mount Ayr	1:11.39	
16 Webb, Devin	Martndsl-StM	1:11.96	
17 Sinclair, Carter	Wayne, Coryd	1:13.86	

Boys 4x100 Meter Relay

Team	Relay	Finals	
1 Mount Ayr	A	46.49	10
2 Cent Decatur	A	47.07	8
3 Wayne, Corydon	A	47.80	6
4 Lenox	A	47.97	5
5 SE Warren	A	48.63	4
6 Southwest Valley	A	49.16	3
7 Bedford	A	49.18	2
8 East Union	A	50.02	1
--- Nodaway Vall	A	DQ	
--- Martndsl-StMarys	A	DQ	

Boys 4x200 Meter Relay

Team	Relay	Finals	
1 Mount Ayr	A	1:36.25	10
2 Wayne, Corydon	A	1:39.77	8
3 Cent Decatur	A	1:40.64	6
4 Bedford	A	1:41.12	5
5 SE Warren	A	1:42.24	4
6 Lenox	A	1:43.12	3
7 Nodaway Vall	A	1:45.66	2
8 Southwest Valley	A	1:48.25	1
9 East Union	A	1:52.29	
--- Martndsl-StMarys	A	DQ	

Boys 4x400 Meter Relay

Team	Relay	Finals	
1 Mount Ayr	A	3:40.44	10
2 SE Warren	A	3:48.92	8

Pride of Iowa High School Co-Ed Championships - 5/1/2023

CD Athletic Complex

Results

Finals ... (Boys 4x400 Meter Relay)

Team	Relay	Finals
3 Wayne, Corydon	A	3:51.82 6
4 Martndsl-StMarys	A	3:53.10 5
5 Cent Decatur	A	3:53.41 4
6 East Union	A	3:59.33 3
7 Bedford	A	4:04.02 2
8 Lenox	A	4:04.39 1
9 Nodaway Vall	A	4:20.30

Boys 4x800 Meter Relay

Team	Relay	Finals
1 SE Warren	A	9:26.13 10
2 Mount Ayr	A	9:32.88 8
3 Cent Decatur	A	9:43.74 6
4 Wayne, Corydon	A	9:57.54 5
5 Lenox	A	10:08.55 4
6 Bedford	A	10:14.79 3
7 Martndsl-StMarys	A	10:31.56 2
8 East Union	A	10:50.81 1

Boys 800 Sprint Medley

Team	Relay	Finals
1 Cent Decatur	A	1:43.88 10
2 Martndsl-StMarys	A	1:44.41 8
3 Mount Ayr	A	1:44.41 6
4 Lenox	A	1:45.92 5
5 Bedford	A	1:47.98 4
6 Nodaway Vall	A	1:48.83 3
7 East Union	A	1:51.09 2
8 Southwest Valley	A	1:52.25 1
9 SE Warren	A	1:53.63
--- Wayne, Corydon	A	DQ

Boys Distance Medley

Team	Relay	Finals
1 Mount Ayr	A	3:56.96 10
2 SE Warren	A	4:03.43 8
3 East Union	A	4:06.82 6
4 Nodaway Vall	A	4:09.99 5
5 Martndsl-StMarys	A	4:10.51 4
6 Wayne, Corydon	A	4:10.80 3
7 Cent Decatur	A	4:18.19 2
8 Lenox	A	4:24.28 1
9 Bedford	A	4:41.11
10 Southwest Valley	A	4:45.24

Boys 4x110 Meter Shuttle Hurdle

Team	Relay	Finals
1 Lenox	A	1:03.15 10
2 Cent Decatur	A	1:04.86 8
3 Southwest Valley	A	1:09.22 6

4 Bedford	A	1:10.34 5
5 Mount Ayr	A	1:10.72 4
6 Martndsl-StMarys	A	1:15.35 3
7 SE Warren	A	1:15.56 2
--- Wayne, Corydon	A	DQ

Boys High Jump

Name	School	Finals
1 Knapp, Marshall	Southwest Va	6-05.00 10
2 Adams, Samson	Lenox	6-01.00 8
3 Pruiett, Connor	Wayne, Coryd	5-10.00 6
4 Beck, Trenton	Lenox	5-08.00 5
5 Scrivner, Jack	Cent Decatur	5-06.00 4
6 Wetzel, Gavin	Southwest Va	15-06.00 3
7 Lack, Austin	East Union	15-06.00 2
8 Rockhold, Kale	Cent Decatur	15-04.00 1
9 Barnes, Dalton	Mount Ayr	15-04.00
9 Savage, Cole	Bedford	15-04.00
11 Black, Mason	Wayne, Coryd	5-02.00
11 Mace, Logan	SE Warren	5-02.00
11 Frost, Jaize	Mount Ayr	5-02.00
--- Ruggles, Dylan	SE Warren	NH
--- Gavin, Jack	Martndsl-StM	NH
--- Pedersen, Clayton	Martndsl-StM	NH

Boys Long Jump

Name	School	Finals
1 Scrivner, Jack	Cent Decatur	21-06.00 10
2 Grundman, Isaac	Lenox	20-01.50 8
3 Coleman, Kase	Bedford	20-00.50 6
4 Pierson, Braydon	Mount Ayr	19-10.25 5
5 Murphy, Karter	Wayne, Coryd	19-04.25 4
6 White, Boudyn	Wayne, Coryd	18-11.25 3
7 Ewing, Jamison	SE Warren	17-09.50 2
8 Huston, Julian	Martndsl-StM	17-04.50 1
9 Mullen, Theron	Southwest Va	17-04.00
10 Currin, Isaac	Southwest Va	17-02.25
11 Applegate, Paxon	Cent Decatur	16-09.50
12 Crow, Caden	SE Warren	16-08.25
13 Hoover, Ben	Nodaway Vall	16-07.25
14 DeHass, Koen	Bedford	15-11.50
15 Wheeldon, Elijah	Martndsl-StM	15-10.75
16 Weehler, Evan	Mount Ayr	14-09.75

Boys Shot Put

Name	School	Finals
1 Warner, Trenton	Nodaway Vall	45-03.00 10
2 Cooley, Morgan	East Union	44-07.25 8
3 Knight, Jaydon	Mount Ayr	44-01.25 6
4 Mullen, Theron	Southwest Va	42-07.75 5
5 Rockhold, Kale	Cent Decatur	41-11.25 4
6 Miller, Tariq	Cent Decatur	39-03.25 3
7 Miller, Trayce	Lenox	39-01.25 2

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Results

Finals ... (Boys Shot Put)

Name	School	Finals	
8 Howard, Randy	Bedford	38-04.75	1
9 Nally, Micah	Bedford	37-07.00	
10 Dierking, Tate	SE Warren	37-04.75	
11 Wastenev, Kash	Mount Ayr	36-05.75	
12 Harvey, Landon	SE Warren	36-01.00	
13 Buban, Cutler	Wayne, Coryd	34-07.75	
14 Ayers, Shawn	East Union	34-06.00	
15 Swan, Gage	Wayne, Coryd	33-11.00	
16 Inman, Lucas	Southwest Va	30-03.00	
17 Henson, Sampson	Martndsl-StM	29-01.75	
18 Quintanilla, Oscar	Lenox	28-05.25	
19 Gideon, Sean	Martndsl-StM	24-04.00	

3) Lenox	110
4) SE Warren	76
5) East Union	57
6) Nodaway Vall	56
7) Wayne, Corydon	50
8) Martndsl-StMarys	41
9) Southwest Valley	38
10) Bedford	33

Boys Discus Throw

Name	School	Finals	
1 Dierking, Tate	SE Warren	134-10	10
2 Cooley, Morgan	East Union	129-10	8
3 Miller, Tariq	Cent Decatur	125-00	6
4 Warner, Trenton	Nodaway Vall	124-10	5
5 Williams, Jack	SE Warren	115-02	4
6 Miller, Trayce	Lenox	110-10	3
7 Dredge, Colton	Mount Ayr	109-00	2
8 Knox, Tucker	Mount Ayr	106-10	1
9 Nally, Micah	Bedford	105-11	
10 Inman, Lucas	Southwest Va	104-03	
11 Mullen, Theron	Southwest Va	104-01	
12 Werts, Braden	Wayne, Coryd	98-03	
13 Neely, Gavin	Bedford	98-01	
14 Honnold, Ashton	Nodaway Vall	98-00	
15 Henson, Sampson	Martndsl-StM	97-00	
16 Long, Riley	East Union	94-00	
17 Kelley, Gage	Cent Decatur	92-05	
18 Gideon, Sean	Martndsl-StM	84-10	
19 Buban, Cutler	Wayne, Coryd	83-03	
20 Quintanilla, Oscar	Lenox	80-07	

Women - Team Rankings - 19 Events Scored

1) Nodaway Vall	127
2) Mount Ayr	110
3) Wayne, Corydon	107
4) Martndsl-StMarys	101
5) Cent Decatur	77
6) Lenox	54
7) SE Warren	45
8) Bedford	44
9) Southwest Valley	42
10) East Union	34

Men - Team Rankings - 19 Events Scored

1) Mount Ayr	152
2) Cent Decatur	127