

Iowa Indoor Championships
A.Y. McDonald Indoor Track - University of Dubuque
Dubuque, Iowa - 3/25/2023
Results

Boys 55 Meter Dash
Top 16 Advance by Time

Meet Record: * 6.65 3/23/2019 Eric Campie, Camanche

Name	Year	School	Prelims	H#
Preliminaries				
1 Ryan Brosius	12	Dubuque Wahlert	* 6.56q	1
2 Makhi Wilson	12	Pleasant Valley	6.66q	3
3 Nick Lambe	11	Dubuque Senior	6.72q	2
4 Jaden Arnold	11	Dubuque Senior	6.81q	2 6.806
5 Justin Potts	11	Dubuque Hempstead	6.81q	1 6.810
6 Deyon Moore	12	Dubuque Senior	6.83q	3
7 Bo Collingwood	10	Pleasant Valley	6.88q	1
8 Jay Gatto	12	Anamosa	6.91q	2
9 Harrison Fierce	10	Pleasant Valley	6.95q	3
10 Dustin Foht	12	Dubuque Senior	7.03q	2
11 Marshawn Dukes	10	Dubuque Senior	7.05q	1 7.046
12 Brendon Zheng	10	Dubuque Hempstead	7.05q	2 7.048
13 Aiden Strube	12	Anamosa	7.11q	3
14 Matthew Nachtman	12	Dubuque Wahlert	7.15q	3
15 Ben Donath	12	Dubuque Hempstead	7.20q	3
16 James Eichhorn	11	Dubuque Hempstead	7.21q	3
17 Landon McKay	9	Dubuque Hempstead	7.25	2
18 Josh Gillespie	10	Pleasant Valley	7.32	1
19 Tate Skahill	11	Pleasant Valley	7.35	2
20 Anderson Herbst	9	Dubuque Wahlert	7.45	1

Boys 55 Meter Dash

Meet Record: * 6.65 3/23/2019 Eric Campie, Camanche

Name	Year	School	Finals	H#	Points
Finals					
1 Ryan Brosius	12	Dubuque Wahlert	6.58*	2	10
2 Nick Lambe	11	Dubuque Senior	6.66	2	8
3 Makhi Wilson	12	Pleasant Valley	6.67	2	6
4 Deyon Moore	12	Dubuque Senior	6.79	2	5
5 Justin Potts	11	Dubuque Hempstead	6.86	2	4
6 Bo Collingwood	10	Pleasant Valley	6.88	2	3
7 Jaden Arnold	11	Dubuque Senior	6.90	2	2
8 Jay Gatto	12	Anamosa	6.91	2	1
9 Harrison Fierce	10	Pleasant Valley	6.92	1	
10 Marshawn Dukes	10	Dubuque Senior	6.99	1	
11 Brendon Zheng	10	Dubuque Hempstead	7.00	1	
12 Dustin Foht	12	Dubuque Senior	7.12	1	
13 Ben Donath	12	Dubuque Hempstead	7.14	1	
14 Matthew Nachtman	12	Dubuque Wahlert	7.15	1	
15 Aiden Strube	12	Anamosa	7.21	1	
16 James Eichhorn	11	Dubuque Hempstead	7.24	1	

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Boys 400 Meter Dash

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Meet Record: * 51.38 3/23/2019 Eric Campie, Camanche						
Name	Year	School	Finals	H#	Points	
=====						
1	Jaden Arnold	11 Dubuque Senior	51.93	5	10	
2	Justin Potts	11 Dubuque Hempstead	52.68	5	8	
3	Shea Keister	12 Anamosa	53.92	5	6	
4	Kaden Guenther	11 Bellevue	54.07	5	5	
5	Josh Thomas	12 Pleasant Valley	54.60	5	4	
6	Nolan Dunne	10 Bellevue	54.69	4	3	
7	Gabe Manders	10 Bellevue	54.75	4	2	
8	Angelo Cudahy	11 Anamosa	55.01	4	1	
9	Micah Fern	9 Dubuque Hempstead	55.08	4		
10	Zachary Heiar	10 Dubuque Senior	55.51	3		
11	Dustin Foht	12 Dubuque Senior	56.73	3		
12	Grayson Weers	11 Anamosa	56.87	4		
13	Landon Kelly	11 Dubuque Senior	56.99	3		
14	Tanish Chauhan	12 Pleasant Valley	57.39	2		
15	Ryan Lindquist	12 Pleasant Valley	57.52	3		
16	Theison Folk	12 Dubuque Senior	57.65	1		
17	Avery Keehner	9 Dubuque Hempstead	57.87	2		
18	Jordan Plummer	9 Dubuque Hempstead	58.02	2		
19	Ljuke Hoskins	12 Pleasant Valley	59.09	2		
20	John Berning	9 Dubuque Wahlert	59.40	1		
21	James Gibson	12 Pleasant Valley	1:01.28	1		

Boys 800 Meter Run

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Meet Record: * 2:02.15 3/23/2019 Carter Oberfoell, Wahlert Cath						
Name	Year	School	Finals	Points		
=====						
1	Carl Rekow	11 Pleasant Valley	2:06.21	10		
2	Shea Keister	12 Anamosa	2:06.41	8		
3	Jack Kirman	9 Dubuque Senior	2:09.75	6		
4	Joey Vise	12 Dubuque Hempstead	2:14.38	5		
5	Calvin Lueken	10 Dubuque Senior	2:18.57	4		
6	Jacob Haug	10 Dubuque Senior	2:19.52	3		
7	Micah Herlich	9 Pleasant Valley	2:21.52	2		
8	Carson Romans	10 Pleasant Valley	2:23.82	1		
9	James Gibson	12 Pleasant Valley	2:29.65			

Boys 1600 Meter Run

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Meet Record: * 4:30.83 3/23/2019 David Holesinger, DBQ Hempstea						
Name	Year	School	Finals	Points		
=====						
1	Luke Knepp	12 Pleasant Valley	4:29.69*	10		
2	Caleb Kass	12 Dubuque Hempstead	4:31.50	8		
3	Payton Griebel	11 Bellevue	4:37.95	6		
4	Cameron Gotto	11 Pleasant Valley	4:42.99	5		

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....Boys 1600 Meter Run

5	Brandon Kass	10	Dubuque Hempstead	4:49.53	4
6	Will Houselog	10	Dubuque Hempstead	4:49.57	3
7	Robert Howes	12	Dubuque Senior	5:01.21	2
8	Joe Knepp	9	Pleasant Valley	5:05.32	1
9	William Parrish	10	Pleasant Valley	5:05.94	

Boys 3200 Meter Run

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 Meet Record: * 9:41.64 3/23/2019 Nate Mueller, ADM

Name	Year	School	Finals	Points
1 John Maloney	11	Dubuque Hempstead	9:46.48	10
2 Max Sorgenfrey	11	Pleasant Valley	10:08.64	8
3 Micah Fern	9	Dubuque Hempstead	10:19.68	6
4 Jacob Rowe	10	Dubuque Senior	10:44.35	5
5 Jack Perry	10	Pleasant Valley	10:48.81	4
6 Tyler Nels	10	Pleasant Valley	10:50.43	3
7 Luke Eckman	11	Pleasant Valley	11:07.22	2

Boys 55 Meter Hurdles**Top 16 Advance by Time**

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 Meet Record: * 7.63 3/23/2019 Jack Garber, BCLUW

Name	Year	School	Prelims	H#
Preliminaries				
1 Riley Carrier	12	Bellevue	8.09q	1
2 Nate Obbink	12	Dubuque Senior	8.19q	3
3 Tysen Gravel	12	Anamosa	8.33q	2
4 Spencer Roemer	11	Pleasant Valley	8.45q	1
5 Willie Herbst	12	Dubuque Wahlert	8.59q	1
6 Daniel Zietlow	12	Pleasant Valley	8.61q	2
7 Jay Gatto	12	Anamosa	8.62q	1
8 Brevin Hawkinson	11	Dubuque Wahlert	8.67q	1
9 Jacob Johnson	12	Dubuque Hempstead	8.90q	2
10 Ri Bargado-Francois	10	Pleasant Valley	8.96q	2
11 Tate Woodruff	11	Dubuque Hempstead	8.97q	3
12 Max Doran	12	Pleasant Valley	9.03q	2
13 Dylan Brei	12	Pleasant Valley	9.04q	3
14 Grayson Weers	11	Anamosa	9.10q	2
15 Matthew Hanselman	11	Dubuque Hempstead	9.40q	3
16 Christian Pettinger	11	Dubuque Hempstead	9.50q	1
17 Angelo Cudahy	11	Anamosa	9.58	3

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Boys 55 Meter Hurdles

Meet Record: * 7.63 3/23/2019 Jack Garber, BCLUW

Name	Year	School	Finals	H#	Points
Finals					
1 Max Doran	12	Pleasant Valley	8.10	1	10
2 Riley Carrier	12	Bellevue	8.13	2	8
3 Nate Obbink	12	Dubuque Senior	8.18	2	6
4 Tysen Gravel	12	Anamosa	8.27	2	5
5 Daniel Zietlow	12	Pleasant Valley	8.38	2	4
6 Spencer Roemer	11	Pleasant Valley	8.40	2	3
7 Grayson Weers	11	Anamosa	8.67	1	2
8 Matthew Hanselman	11	Dubuque Hempstead	8.77	1	1
9 Brevin Hawkinson	11	Dubuque Wahlert	8.79	2	
10 Jacob Johnson	12	Dubuque Hempstead	8.80	1	
11 Tate Woodruff	11	Dubuque Hempstead	8.98	1	
12 Ri Bargado-Francois	10	Pleasant Valley	9.11	1	
13 Dylan Brei	12	Pleasant Valley	9.13	1	
14 Christian Pettinger	11	Dubuque Hempstead	9.60	1	
15 Jay Gatto	12	Anamosa	9.87	2	
16 Willie Herbst	12	Dubuque Wahlert	10.04	2	

Boys 4x200 Meter Relay

Meet Record: * 1:34.79 3/23/2019 Dubuque Senior, Dubuque Senior

C McWilliams, J Vandermillen, L Sass, N Kubitz

School	Finals	H#	Points
1 Dubuque Senior 1:33.63* 2 10			
1) Deyon Moore 12	2) Nick Lambe 11		
3) Noah Roling 11	4) Jaden Arnold 11		
2 Pleasant Valley 1:34.76* 2 8			
1) Bo Collingwood 10	2) Harrison Fierce 10		
3) Max Doran 12	4) Makhi Wilson 12		
3 Dubuque Wahlert 1:35.15 2 6			
4 Bellevue 1:36.40 2 5			
1) Casey Tath 11	2) Kaden Guenther 11		
3) Riley Carrier 12	4) Nolan Dunne 10		
5 Anamosa 1:37.49 2 4			
1) Jay Gatto 12	2) Aiden Strube 12		
3) Angelo Cudahy 11	4) Grayson Weers 11		
6 Dubuque Hempstead 1:38.23 1 3			
1) Landon McKay 9	2) Jacob Johnson 12		
3) Kyle Duehr 11	4) Will Pitz 12		
7 Dubuque Senior 'B' x1:40.22 1			
1) Dustin Foht 12	2) Marshawn Dukes 10		
3) Montrel Jones 11	4) Tyler McDonald 12		
8 Dubuque Hempstead 'B' x1:41.14 1			
1) Brendon Zheng 10	2) Alex DeWitt 12		
3) Kayden Hefel 10	4) James Eichhorn 11		

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....Boys 4x200 Meter Relay

9 Pleasant Valley 'B' x1:42.27 1
 1) Luke Hoskins 12 2) Finn McMillan 10
 3) Tanish Chauhan 12 4) Tate Skahill 11

Boys 4x400 Meter Relay

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Meet Record: * 3:32.32 3/23/2019 Boone, Boone
 T Casotti, B Price, B Sherrard, T Bock

School	Finals	H#	Points
=====			
1 Pleasant Valley	3:37.36	2	10
1) Daniel Zietlow 12	2) Josh Thomas 12		
3) Spencer Roemer 11	4) Ryan Lindquist 12		
2 Dubuque Hempstead	3:38.01	2	8
1) Will Pitz 12	2) Zach Johnson 12		
3) Charlie Driscol 11	4) Justin Potts 11		
3 Dubuque Senior	3:41.32	1	6
1) Zachary Heiar 10	2) Dustin Foht 12		
3) Landon Kelly 11	4) Jaden Arnold 11		
4 Pleasant Valley 'B'	x3:45.56	1	
1) Conner Collier 10	2) Tanish Chauhan 12		
3) Tyler Richards 10	4) Finley McMillan 10		
5 Anamosa	3:47.68	2	5
1) Shea Keister 12	2) Angelo Cudahy 11		
3) Grayson Weers 11	4) Aiden Strube 12		
6 Dubuque Hempstead 'B'	x3:55.00	1	
1) Brendon Zheng 10	2) Kyle Duehr 11		
3) Tate Woodruff 11	4) James Eichhorn 11		

Boys 4x800 Meter Relay

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Meet Record: * 8:10.33 3/23/2019 Dubuque Hempstead, Dubuque Hempste
 B Hermiston, B Doser, J Westermeyer, D Holesinger

School	Finals	Points
=====		
1 Pleasant Valley	8:22.49	10
1) Luke Knepp 12	2) Andrew Miller 12	
3) Carl Rekow 11	4) Cameron Gotto 11	
2 Dubuque Hempstead	8:30.55	8
1) Zach Johnson 12	2) Matthew Hanselman 11	
3) Charlie Driscol 11	4) Joey Vise 12	
3 Dubuque Senior	8:57.14	6
1) Robert Howes 12	2) Jacob Haug 10	
3) Calvin Lueken 10	4) Jack Kirman 9	
4 Dubuque Hempstead 'B'	x9:10.26	
1) Owen Leitzen 12	2) Devin Spahn 12	
3) Vinny Scherr 10	4) Cohen Bretibach 10	
5 Pleasant Valley 'B'	x9:20.26	
1) William Parrish 10	2) Jack Perry 10	



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....Boys 4x800 Meter Relay

3) Luke Eckman 11
 6 Dubuque Wahlert

4) Max Sorgenfrey 11
 9:21.59 5

Boys High Jump

Meet Record: * 6-07 3/23/2019 Michael Keegan, Beckman				
Name	Year	School	Finals	Points
1 Daniel Zietlow	12	Pleasant Valley	J5-10.00	10
2 Ike Classan-Tubbs	11	Anamosa	J5-10.00	8
3 Conner Collier	10	Pleasant Valley	J5-08.00	6
4 Aiden Strube	12	Anamosa	J5-06.00	5
5 Tate Woodruff	11	Dubuque Hempstead	J5-06.00	4
6 Spencer Roemer	11	Pleasant Valley	J5-04.00	3
7 Dylan Brei	12	Pleasant Valley	J5-02.00	2
8 Micah Herlich	9	Pleasant Valley	J5-02.00	1

Boys Long Jump

Meet Record: * 21-04.75 3/23/2019 Danny McDermott, Wahlert Cath				
Name	Year	School	Finals	Points
1 Harrison Fierce	10	Pleasant Valley	21-00.00	10
2 Spencer Roemer	11	Pleasant Valley	20-05.50	8
3 Max Doran	12	Pleasant Valley	19-07.50	6
4 Marshawn Dukes	10	Dubuque Senior	19-01.50	5
5 Bo Collingwood	10	Pleasant Valley	19-01.00	4
6 Dylan Brei	12	Pleasant Valley	18-09.00	3
7 Jordan Plummer	9	Dubuque Hempstead	18-06.00	2
8 Koltan Zweibohmer	11	Dubuque Hempstead	18-05.00	1
9 Kyle Duehr	11	Dubuque Hempstead	17-09.50	
10 Daylin Moore	10	Dubuque Senior	17-03.00	
11 Montrel Jones	11	Dubuque Senior	16-11.50	
12 Dylan Thul	11	Dubuque Senior	15-06.00	

Boys Shot Put

Meet Record: * 53-04.25 3/23/2019 Aiden DeWitt, DBQ Hempstea					
Name	Year	School	Finals	H#	Points
1 Duke Faley	12	Dubuque Wahlert	54-07.00*	2	10
2 Joe VanWetzinga	10	Pleasant Valley	47-00.00	2	8
3 Nicholas Pierro	12	Dubuque Wahlert	44-00.00	2	6
4 Ayden Farley	12	Dubuque Hempstead	43-10.00	2	5
5 Cohen Pfohl	12	Dubuque Senior	43-00.00	2	4
6 TJ Lynn	11	Dubuque Senior	42-09.00	2	3
7 Jalyn Mingo	12	Dubuque Senior	42-03.00	2	2
8 Benjamin Davis	11	Dubuque Senior	39-04.00	1	1
9 Chase McElmeel	10	Dubuque Hempstead	38-00.00	1	

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....Boys Shot Put

10 Land Hitzeroth-Moss	11 Pleasant Valley	37-10.00	2
11 Jackson Ley	12 Dubuque Senior	37-06.00	1
12 Keaton Ayers	11 Pleasant Valley	36-02.00	1
13 Bryant Knopp	10 Dubuque Hempstead	36-00.00	1
14 Owen Zietlow	10 Pleasant Valley	35-00.00	2
15 Beau Baker	12 Dubuque Hempstead	34-10.00	1
16 Ethan Spahn	10 Dubuque Wahlert	34-00.00	1
17 RaQuann Cooper	9 Dubuque Hempstead	31-05.00	1

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Women - Team Rankings - 12 Events Scored

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1) Cedar Falls	103	2) Solon	88.50
3) Dubuque Hempstead	73	4) Iowa City West	69.50
5) Dubuque Wahlert	44	6) Dubuque Senior	38
7) Mason City	25	8) Central	13
9) Mid-Prairie	10		

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Men - Team Rankings - 12 Events Scored

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1) Pleasant Valley	165	2) Dubuque Senior	88
3) Dubuque Hempstead	80	4) Anamosa	45
5) Dubuque Wahlert	37	6) Bellevue	29