

Viking Relays
Williams Stadium - Grand View University
Des Moines, IA - 3/21/2026
Results

Men 100 Meter Dash

Facility: * 10.59 2013 William Smith, Truman State
 Name Year School Finals Wind H#

Finals

1	Showalter Johnson	Unattached	10.45*	0.4	3	
2	Youssef Hamed	JR William Penn	10.60	0.4	3	
3	Dominic Ebensteiner	FR Iowa Central CC	10.78	0.4	3	
4	Jimelle Forkpa	FR Grand View	10.96	1.9	2	10.955
5	K'Juan Johnson	FR William Penn	10.96	1.9	2	10.958
6	Alan Moen	FR Iowa Central CC	11.04	0.4	3	
7	Travaughn Robbins-Hall	SO William Penn	11.05	0.4	3	
8	Rippin Vining	FR Unattached	11.13	0.4	3	
9	Xzayvier Horton	SR Waldorf	11.19	0.4	3	
10	Christopher Smith	SR William Penn	11.35	0.4	3	
11	Cole Armstrong	FR Waldorf	11.36	1.5	1	
12	Xavier Corbin	FR Waldorf	11.39	1.5	1	
13	Donte Brown	FR Waldorf	11.44	1.5	1	
14	Tyson Durham	FR Iowa Central CC	11.62	1.9	2	
15	Tiegan Bothun	SO Grand View	11.73	1.5	1	
16	Grant Hein	JR William Penn	11.75	1.9	2	
17	Robay Birri	JR Waldorf	11.83	1.9	2	
18	Mebratu Duckwitz	FR Iowa Central CC	12.16	1.9	2	
19	Chayton Ewurs	JR Waldorf	12.17	1.9	2	

Men 200 Meter Dash

Facility: * 15:37.4h 2012 Joey Nunes, Unattached
 Name Year School Finals Wind H#

1	Keena Taylor	FR William Penn	21.42*	1.3	4	
2	Alan Moen	FR Iowa Central CC	21.85*	1.4	3	
3	Osmond Holt	FR Iowa Central CC	21.87*	1.3	4	
4	K'Juan Johnson	FR William Penn	22.07*	1.1	2	
5	Brunelson Dominique	SR Waldorf	22.48*	1.4	3	
6	Rippin Vining	FR Unattached	22.49*	1.3	4	
7	Jordan Jones	FR Waldorf	22.61*	0.2	1	
8	Cole Armstrong	FR Waldorf	22.76*	1.4	3	
9	Travaughn Robbins-Hall	SO William Penn	22.88*	1.3	4	
10	Jimelle Forkpa	FR Grand View	22.89*	1.3	4	
11	Navon Moreland	FR Iowa Central CC	22.99*	1.1	2	
12	Christopher Smith	SR William Penn	23.58*	1.4	3	
13	Tyson Durham	FR Iowa Central CC	23.76*	1.1	2	
14	Avant Jackson	FR Waldorf	24.22*	0.2	1	
15	Ethan Larsen	SR Grand View	24.42*	1.1	2	
16	Mebratu Duckwitz	FR Iowa Central CC	24.92*	1.1	2	
17	Chayton Ewurs	JR Waldorf	25.13*	1.1	2	
18	Kegan Vangilder	FR Iowa Central CC	32.94*	0.2	1	

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Men 400 Meter Dash

Name	Year	School	Finals	H#
1 Damarius Parker	FR	William Penn	49.25	3
2 Osmond Holt	FR	Iowa Central CC	49.57	3
3 Jordan Jones	FR	Waldorf	49.58	3
4 Riley Graber	FR	Grand View	49.75	3
5 Ardadi Adum	SR	Grand View	49.90	2
6 Kannon Tippetts	FR	Grand View	50.45	3
7 Teaghan Warren	FR	Grand View	50.72	3
8 Tayte Warren	FR	Grand View	51.35	2
9 Sean Knockel	SR	William Penn	51.59	2
10 Isaac Guarin	FR	Iowa Central CC	52.73	2
11 Robert Cooley	SO	Iowa Central CC	52.77	2
12 Brunelson Dominique	SR	Waldorf	53.16	1
13 Jace Hanson	SO	Grand View	53.55	1
14 Navon Moreland	FR	Iowa Central CC	53.79	2
15 Chayton Ewurs	JR	Waldorf	1:02.47	1
16 Kegan Vangilder	FR	Iowa Central CC	1:15.43	1

Men 800 Meter Run

Facility: * 1:25.59 3/24/2012 Iowa Central
 R Conwell, A Higgs, D Telesford, G Powell

Name	Year	School	Finals
1 Waylon Hall	FR	Iowa Central CC	2:07.44
2 Caleb Ndende	FR	Iowa Central CC	2:13.06
3 Jacob Diaz	FR	Waldorf	2:15.45
4 Zion Spellman	SO	Grand View	2:15.62
5 Jeovanni Hayes	JR	Grand View	2:17.31
6 Bryan Petrie	FR	William Penn	2:18.66
7 Tyler Mager	FR	Iowa Central CC	2:23.36

Men 1500 Meter Run

Facility: * 4:00.84 3/23/2013 Tahir Chakisso, Iowa Central

Name	Year	School	Finals	H#
1 Emmanuel Kiplagat	FR	Iowa Central CC	4:10.58	1
2 Alexis Ortiz	SO	Iowa Central CC	4:10.61	2
3 Rodney Maracle	SO	Iowa Central CC	4:13.41	2
4 Evan Paplow	SO	Iowa Central CC	4:14.07	2
5 Landon Fuller	SO	Iowa Central CC	4:16.76	2
6 Brennan Boden	FR	Iowa Central CC	4:26.37	1
7 Debas Hadgu	SO	Grand View	4:26.38	1
8 Jonah Jahnke	SO	Iowa Central CC	4:27.45	1
9 Tobias Simmons	SO	Grand View	4:29.65	1
10 Sean Gomez	FR	William Penn	4:39.48	2
11 Drake Hamm	JR	William Penn	4:58.90	2

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....Men 1500 Meter Run

12 Royce Rock	FR Waldorf	5:02.48	1
13 Brett Petersen	FR Iowa Central CC	5:13.15	1

Men 5000 Meter Run

Name	Year School	Finals
1 Andrew Miller	JR William Penn	15:50.46
2 Gavin Huff	SO William Penn	16:25.27
3 Carson Springer	JR William Penn	16:45.60
4 Axl Patterson	FR William Penn	19:42.58

Men 10000 Meter Run

Facility: * 10:35.02 3/24/2012 Iowa Central
 C Kibby, D Finsterwalder, D Bennett, S Kebenei

Name	Year School	Finals
1 Sutton Shively	JR William Penn	36:07.20
2 Wualfret Morales	FR William Penn	36:18.05

Men 110 Meter Hurdles

Facility: * 14.68 2011 Russel Harris, Unattached

Name	Year School	Finals	Wind
1 Koby Higginbotham	FR William Penn	14.17*	1.9
2 Robert Cooley	SO Iowa Central CC	14.83	1.9
3 Jeovanni Hayes	JR Grand View	15.33	1.9
4 Gatleel Joar	SO Iowa Central CC	15.48	1.9
5 Timothy Wilkerson	FR Iowa Central CC	16.20	1.9
6 Denver Longden	FR Iowa Central CC	16.40	1.9

Men 400 Meter Hurdles

Facility: * 53.68 3/24/2012 Wala Gime, Iowa Central

Name	Year School	Finals
1 Gatleel Joar	SO Iowa Central CC	58.05

Men 3000 Meter Steeplechase

Facility: * 9:39.31 3/23/2013 Alex Deir, Iowa Central

Name	Year School	Finals
1 Matthew Bonner	JR Grand View	10:36.17
-- Hayden Lensing	SO Iowa Central CC	DNF



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Men 4x100 Meter Relay

Facility: * 42.08 2011 Grand View		Bland, Hammer, Patten, Jones	
School			Finals
1 William Penn			41.84*
1) Travaughn Robbins-Hall SO	2) Youssef Hamed JR		
3) Keena Taylor FR	4) Javarius Hughes FR		
2 Grand View			42.00*
1) Jimelle Forkpa FR	2) Travis Lembechwa FR		
3) Teaghan Warren FR	4) Riley Graber FR		
3 Grand View 'B'			43.05
1) Delane Lewis JR	2) Kannon Tippetts FR		
3) Ardadi Adum SR	4) Tiegan Bothun SO		

Men 4x400 Meter Relay

Facility: * 3:19.56 3/23/2013 Iowa Central		L Casey, D Brown, R Narara, D Sanders	
School			Finals
1 Grand View			3:29.49
1) Travis Lembechwa FR	2) Teaghan Warren FR		
3) Kannon Tippetts FR	4) Riley Graber FR		
2 Iowa Central CC			3:41.06
1) Isaac Guarin FR	2) Rodney Maracle SO		
3) Landon Fuller SO	4) Alexis Ortiz SO		
3 Iowa Central CC 'B'			3:46.41
1) Tyler Mager FR	2) Caleb Ndende FR		
3) Brett Petersen FR	4) Waylon Hall FR		

Men 4x800 Meter Relay

Facility: * 7:48.75 2010 St. Ambrose		Fallon, Quinn, Pogue, Darmody	
School			Finals
1 Grand View			8:25.45
1) Tayte Warren FR	2) Ardadi Adum SR		
3) Tobias Simmons SO	4) Matthew Bonner JR		
2:07.828 (2:07.828)	3:05.213 (57.385)	6:19.557 (3:14.345)	8:25.442 (2:05.886)
2 Iowa Central CC			8:42.22
1) Brennan Boden FR	2) Jonah Jahnke SO		
3) Emmanuel Kiplagat FR	4) Evan Paplow SO		
2:11.934 (2:11.934)	4:11.637 (1:59.704)	6:30.952 (2:19.316)	8:42.211 (2:11.260)

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Results

Men High Jump

Facility: * 2.10m 2012				Matt Huseman, Northwestern (IA)	
Name	Year	School	Finals		
-- Dusty Nyonee		Unattached		NH	
1.90				XXX	

Men Pole Vault

Facility: * 4.96m 2013				Will Haer, NW Missouri State	
Name	Year	School	Finals		
1 Wyatt Wallingford	JR	William Penn	3.25m	10-08.00	
2.65	2.80	2.95	3.25	3.40	
P	P	P	XO	XXX	
2 Hayden Lensing	SO	Iowa Central CC	2.80m	9-02.25	
2.65	2.80	2.95			
XO	XXO	XXX			

Men Long Jump

Facility: * 7.04m 2011				Ridge Hobbs, Iowa Wesleyan		
Name	Year	School	Finals	Wind		
1 Micah Mills	JR	William Penn	6.66m	NWI	21-10.25	
6.60m(NWI)	6.66m(NWI)	FOUL	PASS	6.62m(NWI)	PASS	
2 Avant Jackson	FR	Waldorf	6.62m	NWI	21-08.75	
6.62m(NWI)	5.83m(NWI)	6.17m(NWI)	FOUL	6.00m(NWI)	PASS	
3 Donte Brown	FR	Waldorf	6.50m	NWI	21-04.00	
6.28m(NWI)	6.50m(NWI)	6.31m(NWI)	FOUL	FOUL	6.25m(NWI)	
-- John Webb	JR	William Penn	FOUL			
FOUL	FOUL	FOUL				
-- Timothy Wilkerson	FR	Iowa Central CC	FOUL			
FOUL	FOUL	FOUL				

Men Triple Jump

Facility: * 14.46m 2010				Jarvus Thomas, William Penn		
Name	Year	School	Finals	Wind		
1 Micah Mills	JR	William Penn	13.64m	NWI	44-09.00	
13.64m(NWI)	FOUL	13.33m(NWI)	FOUL	FOUL	FOUL	

Men Shot Put

Facility: * 16.79m 2011				Tyler Wells, Grand View	
Name	Year	School	Finals	H#	

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Results

....Men Shot Put

1	Angus Alberts	SO Iowa Central CC	16.71m	54-10.00	2
	16.06m FOUL FOUL FOUL 16.71m 16.53m				
2	Xzavion West	SR William Penn	15.98m	52-05.25	2
	15.98m FOUL 15.56m 15.14m FOUL 15.72m				
3	Carl Givens	FR Iowa Central CC	15.36m	50-04.75	2
	14.86m 15.36m 14.26m 14.89m FOUL 15.36m				
4	Myrhon Addison	FR William Penn	15.33m	50-03.50	2
	15.07m 15.33m FOUL FOUL 13.86m FOUL				
5	Burke Berry	FR Iowa Central CC	14.10m	46-03.25	2
	FOUL 14.10m FOUL FOUL FOUL FOUL				
6	Michael McNeil	FR Iowa Central CC	13.78m	45-02.50	2
	13.37m FOUL FOUL FOUL 13.78m FOUL				
7	Cooper Yao	SO Waldorf	13.77m	45-02.25	2
	13.27m 13.53m 13.76m 13.07m 13.05m 13.77m				
8	Darius Davenport	FR Grand View	13.68m	44-10.75	2
	FOUL 13.68m FOUL FOUL FOUL 12.98m				
9	Conrad Schoening	JR Grand View	13.36m	43-10.00	1
	13.36m 13.15m FOUL FOUL 12.34m FOUL				
10	Tomas Bueso	SO Grand View	13.06m	42-10.25	2
	13.06m 12.60m 12.92m				
11	Alan Lefevre	SO Iowa Central CC	12.99m	42-07.50	1
	11.98m 12.99m FOUL				
12	Tristan Caplan	FR Waldorf	12.49m	40-11.75	1
	11.97m 12.05m 12.49m				
13	Manny Adams	Grand View	12.46m	40-10.50	1
	11.91m 11.16m 12.46m				
14	Elijah Alhussaini	SO Grand View	12.14m	39-10.00	1
	FOUL 12.14m 11.60m				
15	Marcus Arthur	FR Waldorf	11.77m	38-07.50	1
	11.77m FOUL FOUL				
16	Eddie Bektic	FR Grand View	11.20m	36-09.00	1
	11.20m 10.98m 10.43m				
17	Jon Dahlin	MN	9.88m	32-05.00	1
	9.59m 9.88m 9.86m				
18	Timothy Wilkerson	FR Iowa Central CC	8.17m	26-09.75	1
	FOUL FOUL 8.17m				
19	Eduardo Sosa-Leon	FR Iowa Central CC	7.92m	26-00.00	1
	7.92m 7.64m 7.68m				

Men Discus Throw

=====					
Facility: * 54.53m 2014 Grant Luer, Unattached					
Name	Year	School	Finals	H#	
=====					
1	Haydn Stockdale	SO Iowa Central CC	46.46m	152-05	2
	46.46m FOUL 45.33m 42.89m FOUL 46.12m				
2	William Evans	FR Iowa Central CC	45.09m	147-11	1
	FOUL 45.09m FOUL 42.49m 44.31m FOUL				
3	Xzavion West	SR William Penn	43.04m	141-02	2
	43.04m 41.34m FOUL 41.74m 42.79m PASS				

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....Men Discus Throw

4	Quillan McMurry	SO Grand View	42.42m	139-02	2
	41.36m FOUL 42.42m 41.76m FOUL 40.56m				
5	Darius Davenport	FR Grand View	40.69m	133-06	1
	38.58m 40.69m FOUL 37.06m FOUL FOUL				
6	Burke Berry	FR Iowa Central CC	40.64m	133-04	1
	40.64m 39.36m FOUL FOUL 38.77m FOUL				
7	Myrhon Addison	FR William Penn	39.96m	131-01	1
	39.96m 39.82m FOUL 37.40m FOUL FOUL				
8	Carl Givens	FR Iowa Central CC	39.79m	130-06	1
	FOUL 39.79m 37.81m FOUL FOUL FOUL				
9	Michael McNeil	FR Iowa Central CC	38.53m	126-05	2
	36.40m 38.53m FOUL FOUL FOUL FOUL				
10	Conrad Schoening	JR Grand View	37.91m	124-04	2
	FOUL FOUL 37.91m				
11	Tristan Caplan	FR Waldorf	35.40m	116-02	2
	FOUL FOUL 35.40m				
12	James Robey	SO Waldorf	34.53m	113-03	1
	22.68m FOUL 34.53m				
13	Elijah Alhussaini	SO Grand View	33.98m	111-06	2
	32.87m 33.98m 32.95m				
14	Tomas Bueso	SO Grand View	33.24m	109-01	1
	33.24m 31.47m FOUL				
15	Eddie Bektic	FR Grand View	33.07m	108-06	1
	FOUL 30.75m 33.07m				
16	Frederick Kolla Nquimdo	JR William Penn	31.80m	104-04	2
	30.35m FOUL 31.80m				
17	Brooks Miner	FR Waldorf	31.67m	103-11	2
	30.60m 31.03m 31.67m				
18	Penisimani Manuotalaha	FR Waldorf	30.18m	99-00	2
	30.18m FOUL FOUL				
19	Eduardo Sosa-Leon	FR Iowa Central CC	25.40m	83-04	1
	25.40m FOUL FOUL				
20	Kristian McDonnell	SO Grand View	24.47m	80-03	1
	21.15m 21.87m 24.47m				
--	Marcus Arthur	FR Waldorf	FOUL		1
	FOUL FOUL FOUL				
--	Alan Lefevre	SO Iowa Central CC	FOUL		2
	FOUL FOUL FOUL				

Men Hammer Throw

=====					
Facility: * 58.95m 2014 William Koeck, Marquette					
Name	Year	School	Finals	H#	
=====					
1	Xzavion West	SR William Penn	62.15m*	203-11	2
	59.67m FOUL 57.55m 57.47m FOUL 62.15m				
2	Haydn Stockdale	SO Iowa Central CC	57.01m	187-00	2
	54.77m 54.74m 57.01m FOUL 55.26m 55.84m				

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....Men Hammer Throw

3	Jon Dahlin		MN				49.43m	162-02	2
	44.23m	47.72m	48.84m	49.43m	48.92m	49.38m			
4	Elijah Alhussaini		SO Grand View				49.40m	162-01	2
	48.04m	47.46m	49.40m	46.16m	46.61m	46.70m			
5	Conrad Schoening		JR Grand View				48.05m	157-08	2
	43.70m	45.35m	48.05m	43.06m	FOUL	45.36m			
6	Myrhon Addison		FR William Penn				46.71m	153-03	1
	45.18m	46.71m	FOUL	FOUL	46.15m	42.72m			
7	Tomas Bueso		SO Grand View				45.10m	147-11	1
	41.68m	42.69m	45.10m	43.38m	42.26m	44.64m			
8	Frederick Kolla Nquimdo		JR William Penn				42.39m	139-01	2
	FOUL	FOUL	42.39m	FOUL	FOUL	FOUL			
9	Michael McNeil		FR Iowa Central CC				42.36m	139-00	1
	FOUL	41.36m	42.36m	38.54m	40.42m	41.56m			
10	Cooper Yao		SO Waldorf				41.02m	134-07	1
	41.02m	FOUL	FOUL						
11	James Robey		SO Waldorf				40.84m	134-00	2
	40.84m	39.61m	FOUL						
12	Quillan McMurry		SO Grand View				40.76m	133-09	2
	40.76m	FOUL	FOUL						
13	Angus Alberts		SO Iowa Central CC				38.53m	126-05	2
	38.53m	FOUL	FOUL						
14	Burke Berry		FR Iowa Central CC				37.49m	123-00	1
	33.50m	35.42m	37.49m						
15	Kristian McDonnell		SO Grand View				35.07m	115-01	1
	FOUL	35.07m	FOUL						
16	Darius Davenport		FR Grand View				31.77m	104-03	1
	31.76m	FOUL	31.77m						
--	Eddie Bektic		FR Grand View				FOUL		1
	FOUL	FOUL	FOUL						

Men 5000 Meter Race Walk

Facility: * 31:05.21 3/22/2014 Frankline Tonui, Iowa Cent
 Name Year School Finals

1	Jonny Jurchen	SO Concordia (Neb.)	22:28.39*
2	Owen Nolte	JR Benedictine (Kan.)	23:25.96*
3	Nathan Limas	SR Grand View	23:46.62*
4	Daniel Crossett	JR Benedictine (Kan.)	25:50.60*
5	Andrew Peuster	FR Benedictine (Kan.)	28:11.27*
6	Ricardo Solana	FR Benedictine (Kan.)	34:54.46