

TEAM RESULTS FOR 2016 TWIN LAKES CONFERENCE MEET - MALE

1 South Central Calhou	128.00	<u>Point Breakdown</u>
2 Manson NW Webster	106.00	<u>Point Breakdown</u>
3 Pocahon Area/LM	101.00	<u>Point Breakdown</u>
4 Alta-Aurelia	100.00	<u>Point Breakdown</u>
5 Southeast Valley	90.50	<u>Point Breakdown</u>
6 East Sac County	69.00	<u>Point Breakdown</u>
7 Sioux Ctrl- SR	36.50	<u>Point Breakdown</u>
8 Newell-Fonda	32.00	<u>Point Breakdown</u>
9 Graettinger-Terril/Ruthven-Ayr	19.00	<u>Point Breakdown</u>
10 West Bend-Mallard	11.00	<u>Point Breakdown</u>
11 SL St. Mary's	9.00	<u>Point Breakdown</u>

100M DASH - FINALS - HEAT 3

1 Kody Case	South Central Calhou	11.60	10.00
2 Conner Ludwig	South Central Calhou	11.80	8.00
3 Hunter Johnson	Manson NW Webster	12.17	6.00
4 Andrew Klaassan	Pocahon Area/LM	12.23	5.00
5 Trevor Aschinger	East Sac County	12.24	4.00
6 Aaron Swieter	Southeast Valley	12.28	3.00
7 Ricky Pizano	Alta-Aurelia	12.32	2.00
9 Roberto Flores	Sioux Ctrl- SR	12.38	

100M DASH - FINALS - HEAT 2

8 Mark Condon	Manson NW Webster	12.35	1.00
10 Keaton Jondle	Southeast Valley	12.63	
11 Ethan Nissen	East Sac County	12.70	
12 Marc Olle	Graettinger-Terril/Ruthven-Ayr	12.80	
14 Jake Heitman	SL St. Mary's	12.85	
15 Jeff Riesenber	West Bend-Mallard	12.97	
16 Blake Cavanaugh	Sioux Ctrl- SR	13.00	
19 Sam Sherkenbach	Alta-Aurelia	13.46	

100M DASH - FINALS - HEAT 1

13 Hunter Storms	Pocahon Area/LM	12.81	
17 Garret Schmidt	West Bend-Mallard	13.04	
18 Jordan Jones	Newell-Fonda	13.27	
20 Bryan Ramirez	Newell-Fonda	13.65	
21 Cole Keenan	SL St. Mary's	13.92	
22 Tommy Geelan	Graettinger-Terril/Ruthven-Ayr	13.98	

200M DASH - FINALS - HEAT 3

1 Kody Case	South Central Calhou	23.18	10.00
2 Connor Hokinson	Manson NW Webster	23.53	8.00
3 Derrick Henkenius	South Central Calhou	23.53	6.00
4 Andrew Klaassan	Pocahon Area/LM	23.98	5.00
5 Carter Steck	Southeast Valley	24.03	4.00
6 Ricky Pizano	Alta-Aurelia	24.08	3.00
8 Mac Prior	Sioux Ctrl- SR	24.20	1.00

11 Nathan Kreft East Sac County 24.64

200M DASH - FINALS - HEAT 2

7 Zeke Miller Southeast Valley 24.16 2.00
9 Kyle Hatch Sioux Ctrl- SR 24.42
10 Titan Johnson Manson NW Webster 24.60
13 Sam Sherkenbach Alta-Aurelia 25.97
14 Grant Gansemer East Sac County 26.00
16 Harmon Atwood West Bend-Mallard 26.28
18 Ben Peters SL St. Mary's 27.09
20 Cam Callion Pocahon Area/LM 27.40

200M DASH - FINALS - HEAT 1

12 Brian Barralaga Newell-Fonda 25.86
15 Jimmy Becker Newell-Fonda 26.21
17 Lincoln Fehr West Bend-Mallard 27.03
19 Andy Geelan Graettinger-Terril/Ruthven-Ayr 27.10
21 Zach Peterson Graettinger-Terril/Ruthven-Ayr 28.52
Cole Keenan SL St. Mary's DNS

400M DASH - FINALS - HEAT 3

1 Kody Case South Central Calhou 51.54 10.00
2 Nathan Pearson Alta-Aurelia 52.16 8.00
3 Cyle King South Central Calhou 52.48 6.00
4 Konner Roth East Sac County 52.53 5.00
5 Nolan Johnson Southeast Valley 52.90 4.00
6 Noah Anderson Pocahon Area/LM 54.41 3.00
7 Collin Bulten Manson NW Webster 54.61 2.00
8 Jacob Conlon Graettinger-Terril/Ruthven-Ayr 56.57 1.00

400M DASH - FINALS - HEAT 2

9 Zach Walsh Manson NW Webster 56.97
10 Levi Marcoux Sioux Ctrl- SR 57.87
11 Jamison Frerk Pocahon Area/LM 57.98
12 Sam Ried Newell-Fonda 58.22
13 Cameron Anderson Southeast Valley 58.88
15 Lincoln Fehr West Bend-Mallard 1:00.24
16 B.J. Grotluschen East Sac County 1:01.50
18 Colman Grimm West Bend-Mallard 1:02.70

400M DASH - FINALS - HEAT 1

14 Ben Peters SL St. Mary's 1:00.18
17 Jonah Kueny Sioux Ctrl- SR 1:01.81
19 Tanner Naughton Newell-Fonda 1:04.55
20 Chakouthchok Malou SL St. Mary's 1:07.10
21 Blake Miller Graettinger-Terril/Ruthven-Ayr 1:07.87
Dallas Comegeys Alta-Aurelia DNS

800M RUN - FINALS

1 Nolan Johnson Southeast Valley 2:05.42 10.00
2 Spencer Warehime Southeast Valley 2:05.43 8.00

3 Zach Issa	Alta-Aurelia	2:09.38	6.00
4 Danny Sommerlot	Pocahon Area/LM	2:09.56	5.00
5 Caleb Ricke	Pocahon Area/LM	2:11.07	4.00
6 Jacob Conlon	Graettinger-Terril/Ruthven-Ayr	2:11.75	3.00
7 Harmon Atwood	West Bend-Mallard	2:12.32	2.00
8 Max Blum	East Sac County	2:13.57	1.00
9 Jacob Husman	Alta-Aurelia	2:14.16	
10 Colton Bahr	South Central Calhou	2:16.47	
11 Spencer Moon	South Central Calhou	2:17.64	
12 Dawson Hatch	Sioux Ctrl- SR	2:20.09	
13 Ben Quade	Manson NW Webster	2:20.18	
14 Brian Pearson	Manson NW Webster	2:25.32	
15 Nick Synder	East Sac County	2:26.00	
16 Colman Grimm	West Bend-Mallard	2:26.05	
17 Devyn Howell	Newell-Fonda	2:35.47	
Caleb Gunderson	Sioux Ctrl- SR		DNS
Chris Conlon	Graettinger-Terril/Ruthven-Ayr		DNS

110M HURDLES - FINALS - HEAT 2

1 Jared Weiland	Alta-Aurelia	16.02	10.00
2 Tyler Behrendsen	Pocahon Area/LM	16.05	8.00
3 Jackson Johnson	Manson NW Webster	16.48	6.00
4 Brandon Assman	South Central Calhou	16.81	5.00
5 Blake Larsen	Manson NW Webster	16.88	4.00
6 Nick Gaes	Alta-Aurelia	17.38	3.00
7 Mason Merkley	South Central Calhou	17.39	2.00
15 Jacob Samuelson	Pocahon Area/LM	19.95	

110M HURDLES - FINALS - HEAT 1

8 Matt Saunders	Sioux Ctrl- SR	17.48	1.00
9 Kolton Roth	Graettinger-Terril/Ruthven-Ayr	17.77	
10 Jack Banwart	West Bend-Mallard	17.93	
11 Chris Conderino	East Sac County	18.42	
12 Charlie Langner	East Sac County	18.49	
13 Daven Rees	Southeast Valley	19.00	
14 Keaton Lindner	Sioux Ctrl- SR	19.63	
16 Jarrett Loeske	Southeast Valley	19.96	

1600M RUN - FINALS

1 Spencer Warehime	Southeast Valley	4:51.89	10.00
2 Patrick Breitsprecher	Southeast Valley	4:54.40	8.00
3 Caleb Ricke	Pocahon Area/LM	4:55.22	6.00
4 Dalton Demers	Sioux Ctrl- SR	4:56.77	5.00
5 Spencer Moon	South Central Calhou	4:56.99	4.00
6 Andrew Murley	East Sac County	5:01.91	3.00
7 Brian Pearson	Manson NW Webster	5:09.26	2.00
8 Jacob Conlon	Graettinger-Terril/Ruthven-Ayr	5:09.97	1.00
9 Chaiden Duitscher	Pocahon Area/LM	5:12.33	
10 Dawson Hatch	Sioux Ctrl- SR	5:16.97	

11 Nic Englin	South Central Calhou	5:17.93
12 Andrew Johnson	Manson NW Webster	5:39.82
13 Ryan Bellcock	East Sac County	5:44.42
14 Riley Tiffany	Newell-Fonda	5:46.63
15 Austin Williamson	Alta-Aurelia	5:46.67
16 Micahel Kueny	Alta-Aurelia	5:56.91
17 Jacob Chicoine	Graettinger-Terril/Ruthven-Ayr	6:19.35

3200M RUN - FINALS

1 Spencer Warehime	Southeast Valley	10:35.42	10.00
2 Dalton Demers	Sioux Ctrl- SR	10:40.41	8.00
3 Spencer Moon	South Central Calhou	10:45.01	6.00
4 Patrick Breitsprecher	Southeast Valley	10:47.84	5.00
5 Andrew Murley	East Sac County	10:51.84	4.00
6 Braxton Long	Pocahon Area/LM	11:49.73	3.00
7 Fernando Vaca	East Sac County	11:51.61	2.00
8 Jon Kirsch	Pocahon Area/LM	12:00.23	1.00
9 Andrew Johnson	Manson NW Webster	12:06.97	
10 Riley Tiffany	Newell-Fonda	12:20.78	
11 Austin Williamson	Alta-Aurelia	12:29.89	
12 Jacob Stephenson	South Central Calhou	12:41.87	
13 Linus Albrecht	Graettinger-Terril/Ruthven-Ayr	13:27.84	
14 Jacob Chicoine	Graettinger-Terril/Ruthven-Ayr	14:06.01	

400M HURDLE - FINALS - HEAT 3

1 Bryce Radke	Alta-Aurelia	57.74	10.00
2 Tyler Behrendsen	Pocahon Area/LM	59.59	8.00
3 Jacob Samuelson	Pocahon Area/LM	1:00.17	6.00
4 Charlie Langner	East Sac County	1:00.32	5.00
5 Hunter Johnson	Manson NW Webster	1:00.49	4.00
7 Eric Sundall	Graettinger-Terril/Ruthven-Ayr	1:00.82	2.00
8 Nolan Dahlhauser	West Bend-Mallard	1:01.56	1.00
10 Caleb Anderson	Sioux Ctrl- SR	1:02.91	

400M HURDLE - FINALS - HEAT 2

6 Jake Heitman	SL St. Mary's	1:00.65	3.00
9 Chris Conderino	East Sac County	1:02.79	
11 Daven Rees	Southeast Valley	1:03.53	
12 Holden Jud	Manson NW Webster	1:04.62	
13 Peter Santellanze	Sioux Ctrl- SR	1:04.75	
14 Mason Merkley	South Central Calhou	1:05.40	
15 Brandon Assman	South Central Calhou	1:07.03	

400M HURDLE - FINALS - HEAT 1

16 Jaden Henrichs	Alta-Aurelia	1:08.10	
17 Jarrett Loeske	Southeast Valley	1:10.44	
18 Tatton Boren	Newell-Fonda	1:19.25	

DISCUS - FINALS

1 Mason Scheidegger	Newell-Fonda	151-04	10.00
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2	Tim Butcher	Manson NW Webster	148-08	8.00
3	Nick Gaes	Alta-Aurelia	125-09	6.00
4	Taylor Duncan	East Sac County	119-10	5.00
5	Brendan Henkelman	South Central Calhou	118-05	4.00
6	Coltin Schachtner-Kramer	Newell-Fonda	118-05	3.00
7	Jared Birks	South Central Calhou	117-10	2.00
8	Devon Weidauer	Pocahon Area/LM	116-07	1.00
9	Jacob Husman	Alta-Aurelia	113-10	
10	Cole Hagedorn	Graettinger-Terril/Ruthven-Ayr	113-07	
11	Payton Duitscher	Pocahon Area/LM	103-01	
12	Alex Gerdes	East Sac County	100-11	
13	Mason Ackerson	Southeast Valley	100-09	
14	Magnus vangsbo	Graettinger-Terril/Ruthven-Ayr	100-07	
15	Ryan Etherington	Sioux Ctrl- SR	100-06	
16	Austin Siefken	Manson NW Webster	98-10	
17	Joel Anderson	Southeast Valley	98-06	
18	Jake Hanson	Sioux Ctrl- SR	96-01	
19	Isaac Rodriguez	West Bend-Mallard	79-11	

HIGH JUMP - FINALS

1	Jackson Johnson	Manson NW Webster	6-00.00	10.00
2	Tanner Youngberg	Pocahon Area/LM	5-10.00	8.00
3	Jake Heitman	SL St. Mary's	5-10.00	6.00
4	Jacob Kramer	Pocahon Area/LM	5-10.00	5.00
5	Joe Hughes	Alta-Aurelia	5-06.00	4.00
6	Colton Bahr	South Central Calhou	5-06.00	3.00
7	Chandler Damewood	Alta-Aurelia	5-06.00	2.00
8	Kyler Jondle	Southeast Valley	5-04.00	0.50
8	Levi Marcoux	Sioux Ctrl- SR	5-04.00	0.50
9	Jared Sikora	Graettinger-Terril/Ruthven-Ayr	5-04.00	
10	Nyles Johnson	Southeast Valley	5-04.00	
	Eric Abens	Manson NW Webster	NH	
	Marcus Green	East Sac County	NH	
	Josh VanHulzen	South Central Calhou	NH	
	John Weber	East Sac County	NH	

LONG JUMP - FINALS

1	Conner Ludwig	South Central Calhou	19-10.00	10.00
2	Mark Condon	Manson NW Webster	18-07.50	8.00
3	Zach Issa	Alta-Aurelia	18-02.25	6.00
4	Mac Prior	Sioux Ctrl- SR	18-01.00	5.00
5	Nathan Kreft	East Sac County	17-11.00	4.00
6	Ben Olson	Pocahon Area/LM	17-09.75	3.00
7	Chase Boeve	Pocahon Area/LM	17-08.00	2.00
8	Riley Peters	Manson NW Webster	17-04.75	1.00
9	Nolan Dahlhauser	West Bend-Mallard	17-02.50	
10	Cyle King	South Central Calhou	17-00.25	
11	Ricky Myers	East Sac County	16-03.50	

12	Blake Cavanaugh	Sioux Ctrl- SR	16-02.00
13	Nyles Johnson	Southeast Valley	16-00.00
14	Daven Rees	Southeast Valley	15-09.25
15	Thomas Kueny	Alta-Aurelia	14-11.25
16	Blake Miller	Graettinger-Terril/Ruthven-Ayr	13-09.50

SHOT PUT - FINALS

1	Mason Scheidegger	Newell-Fonda	49-03.75	10.00
2	Tim Butcher	Manson NW Webster	47-08.00	8.00
3	Taylor Duncan	East Sac County	46-01.25	6.00
4	Alex Pliner	Southeast Valley	45-10.00	5.00
5	Michael Girres	Graettinger-Terril/Ruthven-Ayr	41-03.00	4.00
6	Cole Hagedorn	Graettinger-Terril/Ruthven-Ayr	41-02.00	3.00
7	Cameron Krebsbach	Manson NW Webster	41-00.00	2.00
8	Payton Duitscher	Pocahon Area/LM	40-07.75	1.00
9	Nick Harrison	Pocahon Area/LM	40-00.25	
10	Nick Gaes	Alta-Aurelia	38-10.00	
11	Sam Berglund	Southeast Valley	38-06.50	
12	Ryan Meyer	Alta-Aurelia	38-02.50	
13	Brendan Henkelman	South Central Calhou	38-00.50	
14	Sam Pitstick	Newell-Fonda	37-05.75	
15	Frank Perkins	Sioux Ctrl- SR	36-06.50	
16	Carter Beckman	Sioux Ctrl- SR	36-05.75	
17	Andrew Westcott	South Central Calhou	31-05.50	
18	Ty Brotherson	East Sac County	31-04.50	
19	Isaac Rodriguez	West Bend-Mallard	30-03.50	

4X100M RELAY - FINALS - HEAT 2

1	South Central Calhou	44.08	10.00	Runners
2	Pocahon Area/LM	45.98	8.00	Runners
3	Manson NW Webster	46.53	6.00	Runners
4	Sioux Ctrl- SR	46.60	5.00	Runners
5	East Sac County	47.13	4.00	Runners
6	Southeast Valley	47.24	3.00	Runners
8	Graettinger-Terril/Ruthven-Ayr	47.86	1.00	Runners
9	Newell-Fonda	48.29		Runners

4X100M RELAY - FINALS - HEAT 1

7	Alta-Aurelia	47.78	2.00	Runners
10	West Bend-Mallard	49.02		Runners
	SL St. Mary's	DQ		Runners

4X200M RELAY - FINALS - HEAT 2

1	South Central Calhou	1:34.63	10.00	Runners
2	Manson NW Webster	1:34.64	8.00	Runners
3	Sioux Ctrl- SR	1:37.78	6.00	Runners
4	East Sac County	1:37.91	5.00	Runners
5	Southeast Valley	1:38.62	4.00	Runners
7	Graettinger-Terril/Ruthven-Ayr	1:41.78	2.00	Runners

9 Alta-Aurelia 1:44.19 [Runners](#)

4X200M RELAY - FINALS - HEAT 1

6 Newell-Fonda 1:39.96 3.00 [Runners](#)

8 West Bend-Mallard 1:43.06 1.00 [Runners](#)

Pocahon Area/LM 1:38.29 [Runners](#)

4X400M RELAY - FINALS - HEAT 2

1 Alta-Aurelia 3:34.49 10.00 [Runners](#)

2 South Central Calhou 3:37.80 8.00 [Runners](#)

3 Manson NW Webster 3:37.87 6.00 [Runners](#)

4 Southeast Valley 3:38.01 5.00 [Runners](#)

5 East Sac County 3:40.35 4.00 [Runners](#)

6 Pocahon Area/LM 3:45.15 3.00 [Runners](#)

8 Sioux Ctrl- SR 3:55.19 1.00 [Runners](#)

4X400M RELAY - FINALS - HEAT 1

7 Newell-Fonda 3:50.10 2.00 [Runners](#)

9 Graettinger-Terril/Ruthven-Ayr 4:07.62 [Runners](#)

10 West Bend-Mallard 4:22.25 [Runners](#)

4X800M RELAY - FINALS

1 Alta-Aurelia 8:31.07 10.00 [Runners](#)

2 East Sac County 8:36.27 8.00 [Runners](#)

3 Manson NW Webster 8:40.20 6.00 [Runners](#)

4 Pocahon Area/LM 8:49.08 5.00 [Runners](#)

5 Southeast Valley 8:59.49 4.00 [Runners](#)

6 South Central Calhou 9:01.66 3.00 [Runners](#)

7 Graettinger-Terril/Ruthven-Ayr 9:07.85 2.00 [Runners](#)

8 West Bend-Mallard 9:27.78 1.00 [Runners](#)

9 Sioux Ctrl- SR 9:53.40 [Runners](#)

10 Newell-Fonda 10:53.04 [Runners](#)

440M SHUTTLE HURDLE RELAY - FINALS - HEAT 3

1 Manson NW Webster 1:02.85 10.00 [Runners](#)

2 Alta-Aurelia 1:03.94 8.00 [Runners](#)

3 South Central Calhou 1:06.52 6.00 [Runners](#)

5 West Bend-Mallard 1:08.10 4.00 [Runners](#)

440M SHUTTLE HURDLE RELAY - FINALS - HEAT 2

4 Pocahon Area/LM 1:07.35 5.00 [Runners](#)

6 Sioux Ctrl- SR 1:08.25 3.00 [Runners](#)

7 Southeast Valley 1:09.08 2.00 [Runners](#)

440M SHUTTLE HURDLE RELAY - FINALS - HEAT 1

8 East Sac County 1:09.99 1.00 [Runners](#)

9 Graettinger-Terril/Ruthven-Ayr 1:12.50 [Runners](#)

1600-SPRINT MEDLEY RELAY - FINALS - HEAT 2

1 Alta-Aurelia 3:47.26 10.00 [Runners](#)

2 East Sac County 3:48.28 8.00 [Runners](#)

3 Pocahon Area/LM 3:50.28 6.00 [Runners](#)

4 South Central Calhou 3:51.70 5.00 [Runners](#)
 6 Southeast Valley 4:01.86 3.00 [Runners](#)
 8 Sioux Ctrl- SR 4:11.96 1.00 [Runners](#)
 Manson NW Webster DQ [Runners](#)

1600-SPRINT MEDLEY RELAY - FINALS - HEAT 1

5 Newell-Fonda 4:01.75 4.00 [Runners](#)
 7 West Bend-Mallard 4:05.06 2.00 [Runners](#)
 9 Graettinger-Terril/Ruthven-Ayr 4:44.45 [Runners](#)

Alta-Aurelia boys track results at Conference (Manson)

128 South Central Calhoun
 116 Manson NWW
 101 Pocahontas
 100 Alta-Aurelia
 90 SE Valley
 69 East Sac
 36.5Sioux Central
 32 Newell-Fonda
 19 GTRA
 11 West Bend Mallard
 9 St. Lake St. Mary's

Comments : It was a great night for the warriors. I am very pleased with how we performed. We had 4 relays record their fastest times of the year winning 3 of them.(4 x 400, 4 x 800 and Medley) Bryce Radke and Jared Weiland were crowned conference champs in their individual events. Jared in the 110 HH (16.02) and Bryce in the 400 m LH. Bryce ran a regular season career best. 57.74. We keep dropping our times and that is a very good sign as we enter our District meet next Thursday in Ida Grove.

High Jump 5th 5' 6" Joe Hughes
 7th 5'6" Chandler Damewood

Discus 3rd 125' 9.5" Nick Gaes

Long Jump 3rd 18' 2" Zach Issa

4 x 800m 1st 8:31.0 Zach Issa, Joe Hughes, Jacob Husman, Nathan Pearson

Sh Hurdle 2nd 1:03.94 Bryce Radke, Nick Gaes, Cruz Frisbie-Hoadley, Jared Weiland

100M 7th 12.30 Ricky Pizano

400M 2nd 52.16 Nathan Pearson

110 HH 1st 16.02 Jared Weiland,
 6th 17.3 Nick Gaes

200m 6th 24.08 Ricky Pizano

400m LH 1st 57.74 Bryce Radke,

Medley 1st 3:47.26 Ricky Pizano, Jared Weiland, Joe Hughes, Nathan Pearson

800m 3rd 2:09.38 Zach Issa

4 x 100 7th 47.78 Sam Sherkenbach, Bryce Radke, Ricky Pizano, Jared Weiland

4 x 400 1st 3:34.49 Nathan Pearson, Bryce Radke, Zach Issa, Joe Hughes

