

IATFCC 2022 ALL STATE TEAMS.

100 Meter Dash

Class 1A

Liam Carlson	12	Tripoli	10.82* State Meet Record
Keaten Bonderson	11	Gehlen Catholic	10.89

Class 2A

Jack Latham	12	Spirit Lake	10.61
Tate Sander	12	Belmond-Klem	10.79

Class 3A

Alex Mota	11	Marion	10.71* State Meet Record
Brevin Doll	10	ADM, Adel	10.74

Class 4A

Mikey McClain	12	Dowling Catholic	10.33* State Meet Record
Miles Thompson	11	CR Washington	10.53

**100 Meter Dash Elite All State Team**

Mikey McClain	12	Dowling Catholic	10.33
Miles Thompson	11	CR Washington	10.53
Tyrese Miller	12	Ankeny	10.60
Jack Latham	12	Spirit Lake	10.61

200 Meter Dash

Class 1A

Keaten Bonderson	11	Gehlen Catholic	22.05
Liam Carlson	12	Tripoli	22.09

Class 2A

Qai Hussey	12	Spirit Lake	21.55
Jack Latham	12	Spirit Lake	21.60

Class 3A

Brevin Doll	10	ADM, Adel	21.89
Caeden DaSilva	12	Nevada	21.90

Class 4A

Mikey McClain	12	Dowling Catholic	20.97 * State Meet Record
Tyrese Miller	12	Ankeny	21.58

**200 Meter Dash Elite All State Team**

Mikey McClain	12	Dowling Catholic	20.97
Qai Hussey	12	Spirit Lake	21.55
Tyrese Miller	12	Ankeny	21.58
Jack Latham	12	Spirit Lake	21.60

#### 400 Meter Dash

##### Class 1A

Ryce Reynolds	10	Mount Ayr	49.22
Theo Moseman	11	Lawton-Bronson	49.75

##### Class 2A

Qai Hussey	12	Spirit Lake	47.83
Levi Schelhaas	12	Pella Christin	48.94

##### Class 3A

Elijah Morris	11	Washington	48.96
Karl Miller	12	Pella	49.48

##### Class 4A

Tyrese Miller	12	Ankeny	48.71
Luke Meyers	12	IC, Liberty	49.58

#### **400 Meter Dash Elite All State Team**

Qai Hussey	12	Spirit Lake	47.83
Tyrese Miller	12	Ankeny	48.71
Levi Schelhaas	12	Pella Christin	48.94
Elijah Morris	11	Washington	48.96

#### 800 Meter Run

##### Class 1A

Jayden Dickson	12	Earlham	1:55.64
Riley Witt	12	Saint Ansgar	1:55.95

##### Class 2A

Carson Houg	12	DSM Christian	1:56.75
Aaron Fynaardt	11	DSM Christian	1:57.49

##### Class 3A

Aidan Ramsey	12	DC-Grimes	1:54.36
Jackson Mace-Maynard	12	Newton	1:55.06

##### Class 4A

Gabe Nash	11	SC, North	1:53.14
Yemane Kifle	12	SC, North	1:54.55

#### **800 Meter Run Elite All State Team**

Gabe Nash	11	SC, North	1:53.14
Yemane Kifle	12	SC, North	1:54.55
Jackson Heidesch	11	Dowling Catholic	1:54.62
Jackson Mace-Maynard	12	Newton	1:55.06

### 1600 Meter Run

#### Class 1A

Riley Witt	12	Saint Ansgar	4:21.09
Dominic Braet	12	Earlham	4:29.34

#### Class 2A

Aaron Fynaardt	11	DSM Christian	4:20.63
Carson Houg	12	DSM Christian	4:20.78

#### Class 3A

Aidan Ramsey	12	DC-Grimes	4:15.24
Shane Erb	12	Marion	4:16.49

#### Class 4A

Jackson Heidesch	11	Dowling Catholic	4:07.30
Ford Washburn	11	IC, City High	4:14.24

### **1600 Meter Run Elite All State Team**

Jackson Heidesch	11	Dowling Cath	4:07.30
Ford Washburn	11	IC, City High	4:14.24
William Lohr	12	SC, North	4:14.40
Aidan Ramsey	12	DC-Grimes	4:15.24

### **3200 Meter Run Elite All State Team**

### 3200 Meter Run

#### Class 1A

Riley Witt	12	Saint Ansgar	9:38.96
Dominic Braet	12	Earlham	9:43.49

#### Class 2A

Carson Houg	12	DSM Christian	9:36.90
Aaron Fynaardt	11	DSM Christian	9:41.96

#### Class 3A

Aidan Ramsey	12	DC-Grimes	9:22.64
Jackson Mace-Maynard	12	Newton	9:30.71

#### Class 4A

Ford Washburn	11	IC, City High	9:05.35
Jacob Mumey	11	Pleasant Valley	9:13.85

### **3200 Meter Run Elite All State Team**

Ford Washburn	11	IC, City High	9:05.35
Jacob Mumey	11	Pleasant Valley	9:13.85
Will Ryan	12	Dowling Catholic	9:15.48
Hayden Kuhn	12	Linn-Mar	9:17.19

110 m High Hurdles

Class 1A

Kole Becker	12	Lisbon	14.45
Gunner Meyer	12	Wapsie Valley	14.70

Class 2A

Jack Latham	12	Spirit Lake	13.81(13.74h)
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**Iowa All Time Best and Class 2A State Meet Record**

Jackson Morton	12	Greene County	14.64
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Class 3A

Jaden Damiano	10	Iowa Falls-Alden	14.23
Grayson Hartman	11	Xavier, CR	14.36

Class 4A

Eric Lucas	11	IC, Liberty	14.25
William Bussey	12	Dowling Catholic	14.93

**110 m High Hurdles Elite All State Team**

Jack Latham	12	Spirit Lake	13.81(13.74h)
Jaden Damiano	10	Iowa Falls-Alden	14.23
Eric Lucas	11	IC, Liberty	14.25
Grayson Hartman	11	Xavier, CR	14.36

400m Hurdles

Class 1A

Ryce Reynolds	10	Mount Ayr	53.03
Kole Becker	12	Lisbon	53.86

Class 2A

Caleb Postma	12	Okoboji, Milford	54.44
Rhett Wardell		Dike New Hartford	55.16

Class 3A

Jaden Damiano	10	Iowa Falls-Alden	53.74
Gage Huyser	12	Pella	54.43

Class 4A

Matthew Kruse	12	DUB Senior	52.80
Logan Piper	11	Indianola	53.81

### **400m Hurdles Elite All State Team**

Matthew Kruse	12	DUB Senior	52.80
Ryce Reynolds	10	Mount Ayr	53.03
Jaden Damiano	10	Iowa Falls-Alden	53.74
Logan Piper	11	Indianola	53.81

#### 4x100m Relay

##### Class 1A

Tripoli	43.34
1) Jase Hereid 12 2) Liam Carlson 12 3) Rowan Carlson 11 4) Austin Bremner 12	

##### Lisbon

43.47
1) Tiernan Boots 09 2) Kaeden Harrer 12 3) Jamien Moore 12 4) Baylor Speidel 10

##### Class 2A

Williamsburg '1'	43.20
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1) Carson Huedepohl 11 2) Kellen Cockrell 10 3) Clayten Steckly 10 4) Owen Douglas 11

Roland-Story	43.25
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1) Nate Johnson 12 2) Will Bunn 12 3) Gavin Carpenter 11 4) Eli Thorson 12

##### Class 3A

Xavier, CR	42.88
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1) Luke Efting 12 2) Grayson Hartman 11. 3) Michael Cunningham 11 4) Aidan McDermott 11

Carlisle	42.91
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1) Devonte Link 11 2) Jonathan Dunn 12. 3) Liam Smith 12 4) Archer Ogbourne 12

##### Class 4A

Dowling Catholic	41.76
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1) Carson Brown 12 2) Mikey McClain 12 3) Kaden Emanuel 12 4) Jalyn Thompson 11

CR Washington	41.97
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1) Watts McBride 11 2) Miles Thompson 11 3) Aidan Armon 12 4) Michael Blank 11

### **4x100m Relay Elite All State Team**

Dowling Catholic	41.76
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1) Carson Brown 12 2) Mikey McClain 12 3) Kaden Emanuel 12 4) Jalyn Thompson 11

CR Washington	41.97
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1) Watts McBride 11 2) Miles Thompson 11 3) Aidan Armon 12 4) Michael Blank 11

SE Polk	42.30
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1) Kyle Sisler 12 2) Abu Sama 11 3) Joe Zelenovich 11 4) Cole Filloon 12

Valley, WDM	42.57
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1) Dion Hutch 2) Abu Sama 3) Joe Zelenovich 4) Cloe Filloon

#### 4x200m Relay

##### Class 1A

Lynnville-Sully	1:31.27
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1) Corder Noun Harder 10 2) Ryan Annee 12 3) Conner Maston 11 4) Josh Hardenbrook 12

2)

Edgewood-Colesburg	1:31.47
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1) Colin Harris 11 2) Mason Ashline 12. 3) Ike Jones 12 4) Ian Miller 11

Class 2A

Williamsburg

1:30.29

- 1) Rayce Heitman 09
- 2) Carson Huedepohl 11
- 3) Clayton Steckly 10
- 4) Owen Douglas 11

West Sioux

1:31.30

- 1) Booker Walsh 11
- 2) Brady Lynott 11
- 3) Zac Van Mee en 09
- 4) Ca e B l man 11

Class 3A

Lewis Central

1:29.47

- 1) Luciano Fidone 11
- 2) Tyler Hinsley 12.
- 3) Braylon Kammrad 11
- 4) Jonathan Humpal 11

Benton Community

1:29.83

- 1) Sam Wallace 11
- 2) Carson Bruns 10
- 3) Aiden Harris 12
- 4) Jacob Brecht 12

Class 4A

Dowling Catholic

1:27.50

- 1) Kaden Emanuel 12
- 2) Mikey McClain 12.
- 3) Andrew Bliss 12
- 4) Carson Brown 12

CR Washington

1:27.53

- 1) Watts McBride 11
- 2) Aidan Armon 12
- 3) Michael Blank 11
- 4) Miles Thompson 11

**4x200m Relay Elite All State Team**

Dowling Catholic

1:27.50

- 1) Kaden Emanuel 12
- 2) Mikey McClain 12.
- 3) Andrew Bliss 12
- 4) Carson Brown 12

CR Washington

1:27.53

- 1) Watts McBride 11
- 2) Aidan Armon 12
- 3) Michael Blank 11
- 4) Miles Thompson 11

Valley, WDM

1:28.75

- 1) Nyontay Gbieur 12
- 2) Logan Elston 11
- 3) Lucas Korselman 11
- 4) Ayden Price 11

Cedar Falls

1:29.59

- 1) Mitchell Darst
- 2) Cayden Schellhorn
- 3) Ben Roussell
- 4) Trey Campbell

4x400m Relay

Class 1A

Earlham

3:24.57

- 1) Malakai Hale 11
- 2) Caleb Smith 09
- 3) Darrell Matchem 12
- 4) Jayden Dickson 12

Lawton-Bronson

3:27.76

- 1) Aziah Ashley 12
- 2) Domenik Smith 09
- 3) Loudon Grimsley 09
- 4) Theo Moseman 11

Class 2A

4x400 Meter Relay

Mediapolis

3:25.46

- 1) Kadin Salek 12
- 2) Levi Arnold 11.
- 3) Logan Rosas 10
- 4) Anthony Isley 11

Denver

3:25.87

- 1) Zander Norman 12
- 2) Ethan Schoville 11
- 3) Micah Grier 10
- 4) Caylor Hoffer 12

Class 3A

4x400 Meter Relay

Mt Vernon

3:22.41

- 1) Jensen Meeker 11
- 2) Zach Fall 11
- 3) Brady Erickson 11
- 4) Owen Brase 12

Pella

3:26.35

- 1) Jake Van Hemert 12
- 2) Kenson Fuller 11
- 3) Reece Thoreson 12
- 4) Karl Miller 12

Class 4A

DUB Senior

3:19.82

- 1) Easton Stackis 12      2) Jack Gilligan 12      3) Jaden Arnold 10      4) Matthew Kruse 12

Johnston

3:20.11

- 1) Jashua Anglo 09      2) Jared Klahn 11      3) Alex Wear 11      4) Nick Bechtel 12

**4x400m Relay Elite All State Team**

DUB Senior

3:19.82

- 1) Easton Stackis 12      2) Jack Gilligan 12      3) Jaden Arnold 10      4) Matthew Kruse 12

Johnston

3:20.11

- 1) Jashua Anglo 09      2) Jared Klahn 11      3) Alex Wear 11      4) Nick Bechtel 12

Linn-Mar '1'

3:23.71      3:20.59      6

- 4) Luke Meike 12

- 1) Tayden Ferguson 10      2) Nicholas Gorsich 11.      3) William Grant 11

Valley, WDM '1'

3:21.10

- 1) Lucas Korselman      2) Logan Elston      3) Noah Cracraft      4) Will Johnson

4x800m Relay

Class 1A

Earlham

8:04.95

- 1) Malakai Hale 11      2) Darrell Matchem 12      3) Dominic Braet 12      4) Jayden Dickson 12

New London

8:11.57

- 1) Kade Benjamin 11      2) Alexander Julian 12      3) Rylan Martin 11      4) Seth Bailey 12

Class 2A

Tipton

8:08.83

- 1) Ty Nichols 11      2) Clay Bohlmann 09.      3) Caden Schmidt 11      4) Cody Bohlmann 12

Grundy Center

8:14.39

- 1) Soren Cleveland 12      2) Kaden Lynch 10      3) Tyler Venenga 10      4) Ethan Sadler 12

Class 3A

Epworth, WD

7:59.41

- 1) Brenden Begle 12      2) Nathan Williams 11      3) Dylan Schroeder 12      4) Eli Naumann 12

DC-Grimes

8:04.22

- 1) Tate McDermott 10      2) Jack Every 10      3) AJ Angus 10      4) Owen Pries 12

Class 4A

SC, North

7:44.64

- 1) Yemane Kifle 12      2) Natnael Kifle 10      3) William Lohr 12      4) Gabe Nash 11

Dowling Cath

7:53.14

- 1) Sam Leto 12      2) Max DeRocher 10      3) Gabe Shaw 11      4) Matthew Bootman 10

### 4x800m Relay Elite All State Team

SC, North				7:44.64
1) Yemane Kifle 12	2) Natnael Kifle 10	3) William Lohr 12	4) Gabe Nash 11	
Dowling Catholic				7:53.14
1) Sam Leto 12	2) Max DeRocher 10	3) Gabe Shaw 11	4) Matthew Bootman 10	
Waukeewille NW 7:57.15				
1) Aiden Cooper 10	2) Kon Dut 12	3) David Parks 12	4) Cael Klinkenborg 11	
Iowa City, City High 7:58.82				
1) Truman Thompson 11	2) Ammon Smith 11	3) Patrick Sarsfield 12	4) Ford Washburn 11	

### Shuttle Hurdle Relay

#### Class 1A

Lenox				1:00.39
1) Gabe Funk 09	2) Conner Fitzgerald 12	3) Trenton Beck 11	4) Johnathan Weaver 12	

Belle Plaine				1:01.07
1) Ethan Hamilton 12	2) Connor Timm 11	3) Eli Ehlen 12	4) Ben DeMeulenaere 12	

#### Class 2A

#### Spirit Lake

1) Ethan Stecker 09	2) Jake Cornwall 11.	3) Drew Alger 11	4) Jack Latham 12	1:00.50
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#### Central Decatur

1) Jack Scrivner 11	2) Matthew Boothe 11.	3) Riley Norman 11	4) Tyke Hullinger 12	1:00.64
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#### Class 3A

#### Pella

1) Nolan Clayberg 12	2) Reece Thoreson 12	3) Luke Fairchild 11	4) Gage Huyser 12	59.45
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### **Class 3A State Meet Record**

#### North Polk

1) Caden Mart 11	2) Kole Krings 11	3) Colton Manock 10	4) Sal Capaldo 12	59.70
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#### Class 4A

#### Pleasant Valley

1) Max Doran 11	2) Grant Necker 12	3) Daniel Zietlow 11	4) Makhi Wilson 11	58.96
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#### Linn-Mar

1) Nicholas Gorsich 11	2) Shourya Singh 11.	3) William Grant 11	4) Chris O'Toole 12	1:00.09
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### Shuttle Hurdle Relay Elite All State Team

#### Pleasant Valley

1) Max Doran 11	2) Grant Necker 12	3) Daniel Zietlow 11	4) Makhi Wilson 11	58.96
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#### Pella

1) Nolan Clayberg 12	2) Reece Thoreson 12	3) Luke Fairchild 11	4) Gage Huyser 12	59.45
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#### North Polk

1) Caden Mart 11	2) Kole Krings 11	3) Colton Manock 10	4) Sal Capaldo 12	59.70
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#### Linn-Mar

1) Nicholas Gorsich 11	2) Shourya Singh 11.	3) William Grant 11	4) Chris O'Toole 12	1:00.09
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**800m Sprint Medley Relay Elite All State Team**

Distance Medley Relay

Class 1A

Lawton-Bronson

1:33.15

1) Leighton Olesen 11 2) Caleb Garnand 10. 3) Louden Grimsley 09 4) Theo Moseman 11

Iowa Valley, Marengo

1:34.56

1) Clayton Kinzenbaw 11 2) Pierce Kienitz 11 3) Evan Kearney 11 4) Peyton Loffer 12

Class 2A

Spirit Lake

1:33.22

1) Jack Wajda 11 2) Jake Cornwall 11. 3) Ethan Backhaus 12 4) Qai Hussey 12

Pella Christian

1:33.98

1) Drew Geetings 12 2) Luke Nikkel 11 3) Daniel Andringa 12 4) Levi Schelhaas 12

Class 3A

DC-Grimes

1:34.23

1) Kieran Shawhan 12 2) Zach Smid 10 3) Gavin Todd 12 4) Daniel Onwuramaka 11

Winterset

1:34.54

1) Blake Bellamy 12 2) Caden Kleemeier 12

Class 4A

Ankeny

1:31.46

1) Jack Belding 10 2) Tyler Sickerson 09. 3) Tyson Miller 10 4) Tyrese Miller 12

Dowling Cath

1:32.87

1) Jakob Nevitt 12 2) Jalyn Thompson 11 3) Carson Brown 12 4) Kaden Emanuel 12

Lawton-Bronson

1:33.15

1) Leighton Olesen 11 2) Caleb Garnand 10. 3) Louden Grimsley 09 4) Theo Moseman 11

Spirit Lake

1:33.22

1) Jack Wajda 11 2) Jake Cornwall 11. 3) Ethan Backhaus 12 4) Qai Hussey 12  
2)

Distance Medley Relay

Class 1A

Earlham

3:31.48

1) Caleb Smith 09 2) Walker Hale 10 3) Malakai Hale 11 4) Jayden Dickson 12

**Class 4A State Meet Record**

Saint Ansgar

3:32.84

1) Joey Beyer 12 2) Dylan Brumm 09 3) Bradley Hackenmiller 12 4) Riley Witt 12

Class 2A

DSM Christian

3:32.98

1) Aidan Ducharme 09	2) Isaac King 11	3) Gavin Phillips 11	4) Carson Houg 12
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**Belmond-Klemme**

3:36.22

1) Clayton Pletsch 12	2) Tate Sander 12	3) Bradan Gabrielson 11	4) Isaac Swenson 11
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**Class 3A**

**DC-Grimes**

3:27.49

1) Keaton Jackson 12	2) Gavin Todd 12.	3) Daniel Onwuramaka 11	4) Aidan Ramsey 12
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**Class 3A State Meet Record**

**Washington**

3:30.72

1) Ethan Patterson 11	2) Jacob Miller 12	3) Elijah Morris 11	4) Lance Sobaski 12
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**Class 4A**

**IC, City High**

3:28.69

1) Sam Rew 11	2) Ronnie Major 11	3) Jovan Harris 12	4) Ammon Smith 11
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**IC, West**

3:30.56

1) Todd Rent 10	2) Izaiah Loveless 10	3) Aidan Jacobsen 10	4) Alex McKane 12
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**Distance Medley Relay Elite All State Team**

**DC-Grimes**

3:27.49

1) Keaton Jackson 12	2) Gavin Todd 12.	3) Daniel Onwuramaka 11	4) Aidan Ramsey 12
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**IC, City High**

3:28.69

1) Sam Rew 11	2) Ronnie Major 11	3) Jovan Harris 12	4) Ammon Smith 11
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**IC, West**

3:30.56

1) Todd Rent 10	2) Izaiah Loveless 10	3) Aidan Jacobsen 10	4) Alex McKane 12
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**Washington**

3:30.72

1) Ethan Patterson 11	2) Jacob Miller 12	3) Elijah Morris 11	4) Lance Sobaski 12
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**High Jump**

**Class 1A**

Kade Benjamin

11

New London

6-07.00

Luke Czarnecki

11

Lisbon

6-06.00

**Class 2A**

Derek Weisskopf

10

Williamsburg

6-07.00

Dakota Carlson

10

Forest City

6-06.00

**Class 3A**

Ian Collins

12

Charles City

6-09.00

Jack Noble

12

North Polk

6-08.00

**Class 4A**

Sam Skarich

12

North Scott

6-08.00

Jacob Kieler

11

Cedar Falls

6-08.00

**High Jump Elite All State Team**

Ian Collins

12

Charles City

6-09.00

Jack Noble

12

North Polk

6-08.00

Sam Skarich

12

North Scott

6-08.00

Jacob Kieler 11 Cedar Falls 6-08.00

Long Jump  
Class 1A

Kole Becker 12 Lisbon 23-02.25  
Alex Pitts 12 Bellevue 22-01.25

Class 2A

Beau DeRocher 11 Hinton 22-04.75  
Isaac Jones 11 Clarinda 22-04.75

Class 3A

Archer Ogbourne 12 Carlisle 23-00.75  
Ian Collins 12 Charles City 23-00.25

Class 4A

Abu Sama 11 SE Polk 24-02.75

**Class 4A State Meet Record**

Trey Campbell 12 Cedar Falls 22-11.75

**Long Jump Elite All State Team**

Abu Sama 11 SE Polk 24-02.75\*  
Kole Becker 12 Lisbon 23-02.25  
Archer Ogbourne 12 Carlisle 23-00.75  
Ian Collins 12 Charles City 23-00.25

Shot Put

Class 1A

Abraham Christensen 12 Ogden 53-06.50  
Ryan McDonough 11 Wapello 52-04.00

Class 2A

Carson Lienau 12 Jesup 58-09.  
Austin Busch 12 South Hamilton 58-08.5

Class 3A

J.J. Moore 12 Webster City 59-05.00  
Brandon VanderSluis 12 LeMars 59-03.75

Class 4A

Nolan Recker 12 Muscatine 59-09.75  
Ryan Saddler 12 Pleasant Valley 55-03.00

**Shot Put Elite All State Team**

Nolan Recker 12 Muscatine 59-09.75  
J.J. Moore 12 Webster City 59-05.00  
Brandon VanderSluis 12 LeMars 59-03.75  
Carson Lienau 12 Jesup 58-09.00

## Discus Throw

1A			
Justin Olson	12	George-Little Rock	166-05
Carter Allen	12	New London	155-06
2A			
Austin Busch	12	South Hamilton	169-02
Carson Lienau	12	Jesup	168-02
3A			
Duke Faley	11	Wahlert, Dubuque	165-09
Brayden Hartman	11	Washington	156-00
4A			
Walker Whalen	12	Indianola	204-09
<b>Class 4A State Meet Record</b>			
Corey Phillips	12	Ames	195-10*

## **Discus Throw Elite All State Team**

Walker Whalen	12	Indianola	204-09
Corey Phillips	12	Ames	195-10*
McKade Jelinek	12	Indianola	187-04
Zach McMillian.	10	North Scott.	177-11

## Wheel Chair

### 100 Meter Run

Wyatt Willand	12	Northwood-Kenset	17.12
Jayden Stafford	09	Mid-Prairie, Wellman	18.10

### 200 Meter Run

Wyatt Willand	12	Northwood-Kenset	30.27
Jayden Stafford	09	Mid-Prairie, Wellman	33.25

### 400 Meter Run

Wyatt Willand	12	Northwood-Kenset	59.65
Jayden Stafford	09	Mid-Prairie, Wellman	1:10.92

### Boys 800 Meter Run WC

Wyatt Willand	12	Northwood-Kenset	1:56.63
Xander Rentschler	09	West Lyon, Inwood	2:43.28

Boys Shot Put WC

Koda Beland	12	Cedar Falls	13-04.75
Xavier Conlin	09	Cedar Falls	8-01.25