

2026 Jack Foresman Coed - 5/11/2026

Marcus, IA

Team Rankings - Through Event 19

Female Team Scores

Place	School		Points
1	Hinton	HINT	172
2	Mmcru	MMCR	115
3	Gehlen Cath, L	GEHL	114
4	Akron-Westfield	AKWE	92
5	W Sioux Hwardn	WSIO	31
6	St. Mary's, SL	SLSM	15
Total			539.00

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Results

Girls 100 Meter Dash

Track: 12.62 2022 Aubrey Bell

Lane	Name	Team	Finals
Finals			
1	Frerichs, Tess	AKWE	13.29
2	Pigott, Chloe	HINT	13.54
3	Doeschot, Sydney	HINT	13.56
4	Olson, Lilly	MMCR	13.94
5	Draper, Ella	MMCR	14.01
6	Pick, Morgan	AKWE	14.06
7	Thoms, Leah	GEHL	14.13
8	Van Wyhe, Addilyn	WSIO	14.23
9	Waterman, Raelyn	WSIO	14.93
10	Murray, Stephanie	SLSM	15.02
11	Crum, Aubrey	SLSM	15.44
12	Davis, Deme	MMCR	x16.52
13	Hageman, Willow	MMCR	x16.67

Girls 200 Meter Dash

Track: 26.04 2011 Erica Dreckman

Lane	Name	Team	Finals
Finals			
1	Dunkel, Addison	HINT	25.68
2	Frerichs, Tess	AKWE	26.89
3	Gaswint, Avery	AKWE	26.90
4	Doeschot, Sydney	HINT	27.89
5	Olson, Lilly	MMCR	29.34
6	Stainbrook, Keira	WSIO	29.58
7	Regennitter, Jorja	MMCR	29.83
8	Specht, Aubrey	MMCR	x30.02
9	Waterman, Raelyn	WSIO	30.27
10	Sitzmann, Kenadee	GEHL	32.59
11	Bonderson, Kora	GEHL	32.91

Girls 400 Meter Dash

Track: 59.59 2004 Deidre Hinkeldey

Name	Team	Finals
Finals		
1	Ten Napel, Hailey	WSIO 1:06.44
2	Regennitter, Jorja	MMCR 1:07.10
3	Glassmaker, Kinzie	MMCR 1:20.69
4	Hoelscher, Stacy	HINT 1:25.69
5	Siebens, Airalynn	AKWE 1:35.47

Girls 800 Meter Run

Track: 2:20.60 2023 Nora Peterson

Name	Team	Finals
Finals		
1	Hoefling, Jenna	HINT 2:25.88
2	Utesch, Isabella	AKWE 2:44.05
3	Landgraf, Isabelle	SLSM 2:52.00
4	Geha, Violet	GEHL 2:54.34
5	Schilling, Anna	GEHL 2:58.30
6	PHELPS, Peyton	SLSM 3:11.76

Girls 1500 Meter Run

Track: 4:50.51 2004 Jen Kempers

Name	Team	Finals
Finals		
1	Riediger, Stella	HINT 5:38.73
2	Juhl, Annika	MMCR 6:05.98
3	Kolbeck, Breanna	GEHL 6:32.76
4	Konz, Kennedy	GEHL 6:40.93
5	Landgraf, Isabelle	SLSM 7:19.93
6	Fetrow, Jessa	SLSM 7:49.10

Girls 3000 Meter Run

Track: 10:31.41 1999 Sarah Arens

Name	Team	Finals
Finals		
1	Juhl, Annika	MMCR 13:15.67
2	Lennon, Josie	AKWE 14:24.25
3	Tesch, Danielle	GEHL 14:35.24

Girls 100 Meter Hurdles

Track: 15.07 2004 Catic Bobier

Lane	Name	Team	Finals
Finals			
1	Hoefling, Allison	HINT	16.82
2	Pohlen, Lindsey	GEHL	17.41
3	Castle, Addi	GEHL	17.52
4	Groves, Riley	MMCR	17.97
5	Binneboese, Emma	HINT	19.05
6	Murray, Charli	MMCR	19.29
7	Philips, Libbie	AKWE	20.07
8	Spenner, Faith	MMCR	x20.37
9	Lux, Brielle	MMCR	x21.84

Girls 400 Meter Hurdles

Track: 1:06.25 2004 Jen Kempers

Name	Team	Finals
Finals		
1	Tentinger, Tia	MMCR 1:14.76
2	Scheitler, Bella	GEHL 1:25.87

Girls 4x100 Meter Relay

Track: 51.41 2022 KP/WC

Team	Relay	Finals
Finals		
1	Hinton	A 49.77
	Pigott, Chloe	Koch, Rori
	Ortegren, Addy	Dunkel, Addison
2	Akron-Westfield	A 53.73
	Fairbanks, Kaberlee	Gaswint, Avery
	Pick, Morgan	Frerichs, Tess
3	Mmcru	A 54.44
	Draper, Ella	Tentinger, Tia
	Groves, Riley	Olson, Lilly
4	W Sioux Hwardn	A 55.27
	Van Wyhe, Addilyn	Ten Napel, Hailey
	Waterman, Raelyn	Finzen, Alyssa

5	Gehlen Cath, L	A	1:02.70
	Schilling, Anna	Kolbeck, Breanna	
	Geha, Violet	Tesch, Danielle	

Girls 4x200 Meter Relay

Track: 1:48.02 2022 KP/WC

Team	Relay	Finals
Finals		
1	Hinton	A 1:52.45
	Boeve, Chanley	Ortegren, Addy
	Smith, Kaydence	Hoefling, Kimmy
2	Mmcru	A 1:53.24
	Busch, Peyton	Draper, Ella
	Tentinger, Tia	Olson, Lilly
3	W Sioux Hwardn	A 2:00.34
	Van Wyhe, Addilyn	Ten Napel, Hailey
	Finzen, Alyssa	Stainbrook, Keira
4	Akron-Westfield	A 2:08.37
	Rolfes, Bree	Utesch, Khai
	Johnson, Mackenzie	Lennon, Josie
5	Gehlen Cath, L	A 2:15.14
	Scheitler, Bella	Sitzmann, Kenadee
	Bonderson, Kora	Konz, Kennedy

Girls 4x400 Meter Relay

Track: 4:15.09 2004 Hinton

Team	Relay	Finals
Finals		
1	Gehlen Cath, L	A 4:34.32
	Schmidt, Ayla	Ruhland, Ella
	Budden, Delanie	Castle, Emmi
2	Mmcru	A 4:38.39
	Regennitter, Jorja	Dirks, Aubrey
	Busch, Peyton	Staab, Hailey
3	Akron-Westfield	A 4:56.61
	Utesch, Khai	Utesch, Isabella
	Johnson, Mackenzie	Philips, Libbie

Girls 4x800 Meter Relay

Track: 10:09.49 2004 Hinton

Team	Relay	Finals
Finals		
1	Gehlen Cath, L	A 11:23.18
	Kolbeck, Breanna	Geha, Violet
	Schilling, Anna	Castle, Emmi
2	Hinton	A 11:43.15
	Hodgson, Isabell	Swanson, Josyln
	Vondrak, Averie	Sudbeck, Lillian
3	Mmcru	A 13:04.95
	Staab, Hailey	Glassmaker, Kinzie
	Lux, Brielle	Alesch, Chloe

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Results

Girls 800 Sprint Medley

Track: 1:54.31 2010 Unity

Team	Relay	Finals
Finals		
1 W Sioux Hwardn Van Wyhe, Addilyn Finzen, Alyssa	A Stainbrook, Keira Ten Napel, Hailey	2:00.12
2 Hinton Boeve, Chanley Meylor, Layla	A Smith, Kaydence Hoefling, Kimmy	2:01.74
3 Akron-Westfield Utesch, Khai Pick, Morgan	A Philips, Libbie Johnson, Mackenzie	2:13.32
4 Gehlen Cath, L Scheitler, Bella Bonderson, Kora	A Konz, Kennedy Sitzmann, Kenadee	2:21.46
5 St. Mary's, SL Murray, Stephanie Landgraf, Isabelle	A Crum, Aubrey Phelps, Peyton	2:21.89
--- Mmcru Groves, Riley Busch, Peyton	A Draper, Ella Tentingner, Tia	DQ

Girls Distance Medley

Track: 4:24.31 2004 Gehlen

Team	Relay	Finals
Finals		
1 Gehlen Cath, L Kerns, Delainey Ruhland, Ella	A Kellen, Grace Schmidt, Ayla	4:37.96
2 Hinton Clark, Mikaela Hodgson, Isabell	A Meylor, Layla Vondrak, Averie	5:06.33
3 Mmcru Murray, Charli Dirks, Aubrey	A Specht, Aubrey Staab, Hailey	5:16.45
4 Akron-Westfield Philips, Libbie Lennon, Josie	A Walrod, Ally Rolfes, Bree	5:28.60
5 St. Mary's, SL Murray, Stephanie Phelps, Peyton	A Crum, Aubrey Fetrow, Jessa	6:11.65

Girls 4x100 Meter Shuttle Hurdle

Track: 1:06.38 2004 Gehlen

Team	Relay	Finals
Finals		
1 Hinton Boeve, Brynlee Binneboese, Emma	A Hoefling, Allison Koch, Rori	1:07.85
2 Gehlen Cath, L Castle, Addi Pohlen, Lindsey	A Thoms, Leah Ruhland, Ella	1:10.82
3 Mmcru Groves, Riley Spenner, Faith	A Lux, Brielle Murray, Charli	1:20.31

Girls High Jump

Track: 5-06 2011 Kasey Reuter

Name	Team	Finals
Finals		
1 Boeve, Brynlee	HINT	5-03.00
2 Fairbanks, Kaberlee	AKWE	5-00.00
3 Hoefling, Kimmy	HINT	4-08.00
4 Regennitter, Jorja	MMCR	4-06.00

Girls Long Jump

Track: 17-05.50 2007 Kinsey Bak

Name	Team	Finals
Finals		
1 Ortegren, Addy	HINT	16-02.25
2 Gaswint, Avery	AKWE	16-00.50
3 Smith, Kaydence	HINT	14-10.50
4 Utesch, Isabella	AKWE	13-08.00
5 Spenner, Faith	MMCR	12-08.50

Girls Shot Put

Track: 46-10 2016 Kiana Phelps

Name	Team	Finals
Finals		
1 Divis, Morgan	HINT	40-09.00
2 Oelke, Chelsea	HINT	34-08.00
3 Budden, Delanie	GEHL	31-10.50
4 Peterson, Samantha	MMCR	31-09.50
5 Sitzmann, Kenadee	GEHL	31-02.00
6 Phelps, Ruby	SLSM	28-03.00
7 Wetter, Ashley	MMCR	28-02.00
8 Pierce, Suri	AKWE	27-03.50
9 Leonard, Faith	AKWE	27-01.00
10 Franco, Salissa	WSIO	25-01.00
11 Rodriguez, Paulina	WSIO	22-06.50
12 Crum, Aubrey	SLSM	19-06.00

Girls Discus Throw

Track: 161-03 2016 Kiana Phelps

Track: 123-02 2014 Kiana Phelps

Name	Team	Finals
Finals		
1 Budden, Delanie	GEHL	105-10
2 Alesch, Chloe	MMCR	103-01
3 Castle, Addi	GEHL	92-01
4 Divis, Morgan	HINT	87-07
5 Peterson, Samantha	MMCR	83-04
6 Pierce, Suri	AKWE	80-10
7 Chasteen, Ashley	HINT	80-05
8 Gibbins, Chelsey	SLSM	78-08
9 Rodriguez, Paulina	WSIO	74-09
10 Phelps, Ruby	SLSM	74-05
11 Olson, Kendra	AKWE	64-00
12 Franco, Salissa	WSIO	57-05

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Team Rankings - Through Event 39

Male Team Scores

Place	School		Points
1	Mmcru	MMCR	174
2	Hinton	HINT	168
3	Gehlen Cath, L	GEHL	92
4	Akron-Westfield	AKWE	48
5	W Sioux Hwardn	WSIO	44
6	St. Mary's, SL	SLSM	27
Total			553.00

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Results

Boys 100 Meter Dash

Track: 10.84 1999 Justin Smith

Lane	Name	Team	Finals
Finals			
1	Bärinsky, Bläke	MMCR	11.19
2	Lopez, Braylon	WSIO	11.24
3	Johnson, Gage	MMCR	11.39
4	Hall, Stone	HINT	11.74
5	Van Voorst, Kyler	GEHL	11.82
6	St. Pierre, Ben	AKWE	12.01
7	Hoffman, Brodie	AKWE	12.03
8	Schoppman, Jamisen	WSIO	12.28
9	Phelps, Cael	SLSM	12.46
10	Hollinrake, Conner	HINT	12.79
11	Steffen, Ethan	MMCR	x13.93
12	Plum, Cole	MMCR	x15.23
13	Becker, Jagger	MMCR	x15.49
14	Whitehead, Marcus	GEHL	17.24

Boys 200 Meter Dash

Track: 22.60 2004 Mike Wiederholt

Lane	Name	Team	Finals
Finals			
1	Hall, Stone	HINT	23.70
2	Regennitter, Reise	MMCR	24.80
3	Rosiles, Emiliano	WSIO	25.30
4	Henrich, Kolt	AKWE	25.76
5	Lara, Nohlyn	AKWE	25.87
6	Hollinrake, Conner	HINT	26.75
7	Krier, RJ	MMCR	27.68
8	Kellen, Britton	GEHL	28.07
9	Hamilton, Logan	WSIO	28.82
10	Plum, Cole	MMCR	x32.52
11	Becker, Jagger	MMCR	x35.24
12	Whitehead, Marcus	GEHL	37.35

Boys 400 Meter Dash

Track: 49.00 2004 Tyler Mulder

Lane	Name	Team	Finals
Finals			
1	Kneip, Landen	GEHL	55.18
2	Petersen, Brendon	SLSM	55.66
3	Sitzmann, Tristan	GEHL	55.96
4	Braun, Jeff	MMCR	57.91
5	Mills, Dominac	SLSM	58.49
6	McKee, Reegan	AKWE	59.01
7	Trobaugh, Spencer	HINT	59.18
8	Kennedy, Adam	HINT	1:05.89
9	Mora, Chris	WSIO	1:13.15
10	Johnson, Curtis	WSIO	1:15.81

Boys 800 Meter Run

Track: 1:56.91 2004 Tyler Mulder

Name	Team	Finals
Finals		
1 Galles, Karsen	MMCR	2:07.01

2 Arens, Grant	GEHL	2:12.28
3 Miller, Parker	WSIO	2:17.61
4 Leitru, Alex	HINT	2:18.71
5 Alesch, Gavin	MMCR	2:24.73
6 Rodriguez, Jesus	SLSM	2:30.29
7 Foell, Paul	SLSM	2:54.99

Boys 1600 Meter Run

Track: 4:38.00 2016 Alex Still

Name	Team	Finals
Finals		
1 Dunkel, Colin	HINT	5:13.95
2 Mouw, Parker	MMCR	5:25.07
3 Carver, Nolan	MMCR	5:34.73
4 Trobaugh, Spencer	HINT	6:08.25
5 Rodriguez, Jesus	SLSM	6:13.22
6 Foell, Paul	SLSM	6:16.03

Boys 3200 Meter Run

Track: 10:12.77 2019 Joe Anderson

Name	Team	Finals
Finals		
1 Mouw, Parker	MMCR	11:25.88
2 Kennedy, Adam	HINT	12:55.31
3 Foell, Paul	SLSM	14:56.29

Boys 110 Meter Hurdles

Track: 14.51 2010 Will Hanson

Lane	Name	Team	Finals
Finals			
1	Kintigh, Luke	MMCR	16.81
2	Small, Julian	HINT	17.85
3	Pick, Jacob	MMCR	18.40
4	Leary, Luke	HINT	19.16
5	Rupp, Emmett	MMCR	x19.17
6	Cave-Kelly, Carter	MMCR	x19.95

Boys 400 Meter Hurdles

Track: 55.89 2026 Gage Johnson

Name	Team	Finals
Finals		
1 Small, Julian	HINT	1:06.35
2 White, Mason	HINT	1:07.75
3 Rupp, Emmett	MMCR	1:07.91
4 Schram, Teygan	AKWE	1:11.57
5 Cave-Kelly, Carter	MMCR	1:12.02

Boys 4x100 Meter Relay

Track: 43.77 2023 West Sioux

Team	Relay	Finals
Finals		
1 W Sioux Hwardn	A	44.53
Van Beek, Kendrin	Lopez, Braylon	
Anderson, Cooper	Sheehan, Liam	
2 Akron-Westfield	A	47.09
St. Pierre, Ben	Hoffman, Brodie	
Brown, Adam	Henrich, Kolt	

3 Mmcru	A	47.18
Harpenau, Eli	Miller, Ayden	
Kintigh, Luke	Regennitter, Reise	
4 Gehlen Cath, L	A	48.53
Kellen, Logan	Kramer, Dylan	
Langel, Jayden	Scheitler, Blake	
5 Hinton	A	49.22
Zevenbergen, Cale	Hollinrake, Conner	
Leary, Luke	Van Hunnik, Wesley	
6 St. Mary's, SL	A	53.39
Calvo, Nicolas	Mills, Dominac	
Petersen, Brendon	Phelps, Cael	

Boys 4x200 Meter Relay

Track: 1:31.69 2021 Unity

Team	Relay	Finals
Finals		
1 Mmcru	A	1:34.90
Johnson, Gage	Hermanson, TJ	
Harpenau, Eli	Barinsky, Blake	
2 Hinton	A	1:38.21
Robins, Camryn	Friessen, Cole	
Wirth, Noah	Van Hunnik, Wesley	
3 Akron-Westfield	A	1:42.09
Hansen, Brice	Lara, Nohlyn	
Henrich, Kolt	Hoffman, Brodie	
4 W Sioux Hwardn	A	1:44.14
Lopez, Leandro	Van Beek, Kendrin	
Anderson, Cooper	Lopez, Braylon	
5 Gehlen Cath, L	A	1:45.15
Kellen, Logan	Langel, Jayden	
Wilson, Kolden	Kolbeck, Nathan	

Boys 4x400 Meter Relay

Track: 3:33.11 2009 Unity

Team	Relay	Finals
Finals		
1 Mmcru	A	3:31.96
Alesch, Wyatt	Barinsky, Blake	
Hermanson, TJ	Johnson, Gage	
2 Hinton	A	4:01.84
Hall, Stone	Vondrak, Nick	
Wirth, Noah	Van Hunnik, Wesley	
3 Akron-Westfield	A	4:14.93
Renken, Ty	Mendoza, Thomas	
Pierce, Jacob	Schram, Teygan	
4 Gehlen Cath, L	A	4:35.61
Mayrose, Terriq	Roder, Ben	
Dreckman, Nolan	Nilles, Benton	

Boys 4x800 Meter Relay

Track: 8:31.94 2004 SBL

Team	Relay	Finals
Finals		
1 Mmcru	A	8:47.94
Galles, Karsen	Alesch, Wyatt	
Carver, Nolan	Braun, Jeff	

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Marcus, IA

Results

Finals ... (Boys 4x800 Meter Relay)

2	Hinton	A	9:31.62
	Dunkel, Colin	Spies, Dawson	
	Leitru, Alex	Vondrak, Nick	
3	Gehlen Cath, L	A	9:43.10
	Sievers, Marshall	Roder, Ben	
	Dreckman, Nolan	Nilles, Benton	
4	Akron-Westfield	A	11:07.45
	Schram, Teygan	Pierce, Jacob	
	Mendoza, Thomas	Higman, Ronan	

Boys 800 Sprint Medley

Track: 1:36.46 2021 Unity

Team	Relay	Finals
Finals		
1	Hinton	A 1:38.56
	Robins, Camryn	Hagestrom, Will
	Coffee, Logan	Robins, Micah
2	Akron-Westfield	A 1:45.39
	Hoffman, Brodie	St. Pierre, Ben
	Lara, Nohlyn	Renken, Ty
3	Mmeru	A 1:45.87
	Krier, RJ	Miller, Ayden
	Harpenau, Eli	Heubrock, Colton
4	St. Mary's, SL	A 1:53.03
	Murray, Matthew	Rodriguez, Jesus
	Landgraf, Will	Mills, Dominac
---	W Sioux Hwardn	A DQ
	Van Beek, Kendrin	Lopez, Leandro
	Coons, Dracin	Rosiles, Emiliano
---	Gehlen Cath, L	A DQ
	Langel, Jayden	Wilson, Kolden
	Kramer, Dylan	Mayrose, Terriq

Boys Distance Medley

Track: 3:41.16 2015 Sheldon

Team	Relay	Finals
Finals		
1	Gehlen Cath, L	A 3:39.14
	Konz, Wyatt	Roberts, Jack
	Sievers, Owen	Schaecher, Carson
2	Hinton	A 3:48.42
	Hagestrom, Will	Robins, Micah
	Bower, Caleb	Kounkel, Jackson
3	Mmeru	A 4:10.00
	Regennitter, Reise	Miller, Ayden
	Heubrock, Colton	Alesch, Gavin
4	Akron-Westfield	A 4:16.71
	Brown, Adam	Hansen, Brice
	Lara, Nohlyn	Small, Archer
5	St. Mary's, SL	A 4:55.30
	Murray, Matthew	Landgraf, Will
	Rodriguez, Jesus	Foell, Paul

Boys 4x110 Meter Shuttle Hurdle

Track: 1:02.76 2009 MMC

Team	Relay	Finals
Finals		
1	Gehlen Cath, L	A 1:02.50
	Kneip, Landen	Roberts, Jack
	Konz, Wyatt	Kneip, Drake
2	Hinton	A 1:06.31
	Anderson, Zach	Leary, Luke
	Small, Julian	Coffee, Logan
3	Mmeru	A 1:10.22
	Kintigh, Luke	Pick, Jacob
	Cave-Kelly, Carter	Rupp, Emmett

Boys High Jump

Track: 6-10 2006 Ehi Oamen

Name	Team	Finals
Finals		
1	Scheitler, Blake	GEHL 6-03.00
2	Greer, Jackson	HINT 5-08.00
2	Wirth, Noah	HINT 5-08.00

Boys Long Jump

Track: 21-10 2011 Justin Wohlert

Name	Team	Finals
Finals		
1	Hermanson, TJ	MMCR 19-08.50
2	Kempema, Logan	HINT 19-01.75
3	Anderson, Cooper	WSIO 17-07.00
4	Wilson, Kolden	GEHL 17-02.50
5	Zevenbergen, Cale	HINT 16-00.50
6	Heubrock, Colton	MMCR 15-04.00
7	Kellen, Logan	GEHL 14-06.50

Boys Shot Put

Track: 60-02 2017 Nick Phelps

Name	Team	Finals
Finals		
1	Divis, Carson	HINT 56-07.50
2	Hall, Colton	HINT 47-01.00
3	Small, Mason	GEHL 43-02.00
4	Lopez, Rafael	WSIO 43-01.50
5	Peterson, Josh	MMCR 43-00.00
6	Miller, Ayden	MMCR 42-06.00
7	Munoz, Alexander	GEHL 42-00.50
8	Brown, Tommy	AKWE 41-09.00
9	Topete, Santiago	WSIO 39-02.00
10	Chytka, Breken	AKWE 35-08.00
11	Del Villar, Ivan	SLSM 31-04.00

Boys Discus Throw

Track: 191-07 2017 Nick Phelps

Track: 163-04 2014 Colton Phelps

Name	Team	Finals
Finals		
1	Peterson, Josh	MMCR 160-10

2	Dunn, Brayden	MMCR	156-11
3	Small, Mason	GEHL	149-05.50
4	Munoz, Alexander	GEHL	135-00
5	Hall, Colton	HINT	133-01
6	Hanks, Landen	HINT	128-00
7	Kaskie, Kade	WSIO	122-00
8	Chytka, Breken	AKWE	108-05
9	Del Villar, Ivan	SLSM	97-04
10	Higman, John	AKWE	97-02
11	Trunte, Colin	SLSM	74-02
---	Topete, Santiago	WSIO	DQ