

2023 Raccoon River Conference Meet - 5/3/2023

Carroll Athletic Field

Team Rankings - Through Event 38

Male Team Scores

Place	School		Points
1	North Polk	NPOL	176
2	Adm, Adel	ADM	134
3	Winterset	WINT	91
4	Carlisle	CARL	84
5	Gilbert	GILB	83
6	Bond-Farrar	BOFR	49
7	Ballard	BALL	46
8	Carroll	CARO	45
9	Boone	BOON	33
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Total			741.00

2023 Raccoon River Conference Meet - 5/3/2023

Carroll Athletic Field

Results - Coed Relays

Event 2 Boys High Jump

Name	Team	Finals
Finals		
1 Hunter, Trey	CARO	6-02.00
2 Grasty, Will	ADM	6-00.00
3 Wokittle, Shawn	NPOL	5-10.00
4 Pfaltzgraff, Reed	BOFR	5-10.00
5 Zwanziger, Dillon	GILB	5-10.00
6 Mast, Mark	CARL	5-10.00
7 Chapman, Kyler	ADM	5-08.00
8 Pederson, Eli	NPOL	5-08.00
9 Campbell, Carsten	CARL	5-06.00
9 Thompson, Logan	WINT	5-06.00
9 Gorsh, Mason	BALL	5-06.00
12 Dinkla, Carsen	WINT	5-04.00
--- Youngblood, Landon	BOON	NH
--- Wol, Kir	BALL	NH
--- McConnell, Hudson	BOFR	NH
--- Messler, Tyson	BOON	NH

Event 4 Boys Discus Throw

Name	Team	Finals
Finals		
1 Benetti, Vince	ADM	153-02
2 Hickey, Drew	ADM	152-09
3 Cromie-Roche, Noah	BOON	135-06
4 Baumgardner, Jude	BOON	131-06
5 Schoening, Conrad	BOFR	131-01
6 Hock, Ryan	GILB	122-05
7 Pagel, Nolan	CARL	121-07
8 White, Colin	NPOL	120-07
9 Boatman, Eli	NPOL	119-08
10 Wyckoff, Adyn	CARL	117-03
11 VanderLinden, Jacob	BOFR	96-10
12 Strother, Benjamin	GILB	95-04
13 Anker, Charlie	WINT	89-02
14 Gustafson, Garret	WINT	77-03

Event 6 Boys Shot Put

Name	Team	Finals
Finals		
1 McNulty, Jackson	NPOL	53-05.50
2 Benetti, Vince	ADM	49-06.50
3 Hickey, Drew	ADM	46-01.00
4 VanDerLinden, Seth	WINT	45-00.50
5 Lyon, Hunter	WINT	44-07.00
6 White, Colin	NPOL	43-05.00
7 Schoening, Conrad	BOFR	42-11.00
8 Stensland, Jackson	GILB	41-11.75
9 Vanderheiden, Caleb	CARO	40-09.00
10 Baumgardner, Jude	BOON	37-03.00
10 Buss, Danny	GILB	37-03.00
12 Wyckoff, Adyn	CARL	36-11.00
13 Wieland, Colton	CARO	36-07.75
14 Glawe, Ben	CARL	35-03.00
15 VanderLinden, Jacob	BOFR	35-02.00

16 Lee, Slayde	BOON	34-11.50
17 Christensen, Henry	BALL	34-01.75

Event 8 Boys Long Jump

Name	Team	Finals
Finals		
1 Blattel, Jacob	NPOL	21-06.25
2 Hunter, Trey	CARO	20-11.50
3 Burt, Quentin	BOFR	20-10.75
4 Gelhaar, Tyler	ADM	20-08.25
5 Ihle, Chase	BALL	20-04.25
6 Overturf, Trenton	BOON	19-08.00
7 Swain, Jayden	BALL	19-07.00
8 Ziegmann, Reece	CARO	19-00.75
9 Furnal, Anden	CARL	18-09.25
9 Parkins, Austin	NPOL	18-09.25
11 Thompson, Tate	WINT	18-08.00
12 Weisbrod, Grant	BOON	18-07.25
13 Padget, Carter	ADM	18-05.75
14 Ragaller, Caleb	GILB	18-01.50
15 Noring, Ace	CARL	17-08.75
16 Miller, Cole	BOFR	17-07.25
17 Hockemeier, Trey	WINT	16-04.75
18 Howard, Brayden	GILB	16-04.00

Event 10 Boys 800 Sprint Medley

LaneTeam	Relay	Finals
Finals		
1 North Polk	A	1:35.49
Wilcox, Andrew	Halterman, Kaden	
Spurgeon, Cooper	Manock, Colton	
2 Ballard	A	1:36.02
Swain, Jayden	Peasley, Jaden	
Rouse, Eli	Lande, Chance	
3 Carlisle	A	1:37.05
Laughlin, Jack	McCormick, Alec	
McPhee, Juni	Goodhue, Joe	
4 Adm, Adel	A	1:37.07
Engleman, Grant	Kitzinger, Jacob	
Lohmann, Zach	Grove, Chase	
5 Winterset	A	1:38.82
Tadlock, Bowen	Cooper, Jaydn	
Hanselman, Hagan	O'Neal, Lochlann	
6 Gilbert	A	1:39.60
Weber, Nolan	Marpe, Paul	
Hawthorne, Will	Ragaller, Carson	
7 Carroll	A	1:39.60
Ziegmann, Reece	Tigges, Austin	
White, Jack	Heisterkamp, Edrik	
8 Bond-Farrar	A	1:41.37
Wendt, Levi	Moore, Caleb	
Burt, Quentin	Dodson, James	
9 Boone	A	1:44.89
Frese, Justus	Davies, Noah	
Klein, Easton	Hayworth, Drew	

Event 12 Boys 3200 Meter Run

Name	Team	Finals
Finals		
1 Wadsley, William	GILB	9:44.29
2 Sporaa, Zach	NPOL	9:51.18
3 Kessler, Collin	WINT	10:04.13
4 Timmerman, Torin	ADM	10:05.64
5 Sporaa, Max	NPOL	10:13.08
6 Squiers, Carson	GILB	10:13.86
7 Roth, Brody	CARL	10:15.80
8 North, Ryan	CARO	10:36.11
9 Easter, Ethan	WINT	10:53.99
10 Davidson, Max	BALL	10:54.02
11 Pencook, Seth	BALL	10:54.20
12 Davis, Nyle	BOFR	10:59.41
13 Chapman, Issac	ADM	11:03.23
14 Johnston, Max	BOON	11:21.19
15 Gradoville, Blake	BOON	11:27.16
16 DeCleene, Judah	CARL	12:02.28
17 Eivins, David	BOFR	12:17.66

Event 14 Boys 4x800 Meter Relay

Team	Relay	Finals
Finals		
1 Winterset	A	8:11.69
Back, Mason	Cowman, Eli	
Heithoff, Luke	Day, Gavin	
2 North Polk	A	8:15.58
Stierman, Austin	McIlravy, Alik	
Nemmers, Jackson	Stierman, Ethan	
3 Gilbert	A	8:29.65
Stensland, Preston	Krachling, Harrison	
Mueller, Zain	Stoker, Jonathan	
4 Carlisle	A	8:35.20
Lancaster, Joshua	DeCleene, Ezra	
Hansen, Conner	Brown, Kamden	
5 Adm, Adel	A	8:36.94
Shull, Hudson	Lee, Pierson	
Peters, Sam	Desmarais, Harrison	
6 Boone	A	8:47.70
Winter, Nathaniel	Pollard, Henry	
Braddock, Bo	Braddock, Ajay	
7 Carroll	A	9:12.56
Mollhoff, Caden	Molinsky, Blake	
Wiederien, Dayton	Schaeffer, Evan	
8 Bond-Farrar	A	9:35.13
Lyman, Gavin	Rieck, Jack	
Sanger, Brady	Schmesier, Martin	

Event 16 Boys 4x110 Meter Shuttle Hurdle

LaneTeam	Relay	Finals
Finals		
1 Adm, Adel	A	1:02.57
Lohmann, Zach	Kitzinger, Jacob	
Krantz, Luke	Kitzinger, Joseph	

2023 Raccoon River Conference Meet - 5/3/2023

Carroll Athletic Field

Results - Coed Relays

Finals ... (Event 16 Boys 4x110 Meter Shuttle Hurdle)			
Rank	Name	Team	Time
2	Carlisle	A	1:03.44
	Follis, Austin	Furnal, Anden	
	Goodhue, Joe	Mast, Mark	
3	Bond-Farrar	A	1:03.69
	Cory, Landon	Hayworth, Talan	
	Cook, Elijah	Burt, Quentin	
4	Gilbert	A	1:04.81
	Hurn, Brady	Schreck, Charlie	
	Mann, Ryder	Wilcox, Isaac	
5	Boone	A	1:07.37
	Hayes, Vinny	Maldonado, Luis	
	Overturf, Trenton	Baumgardner, Jude	
6	Wintersset	A	1:08.46
	Alcorn, Gage	Finck, Lane	
	Hall, Jake	Bellamy, Jace	
7	Ballard	A	1:08.75
	Wol, Kir	Kane, Stetson	
	Clark, Max	Ihle, Chase	
8	North Polk	A	1:10.56
	Mart, Caden	Krings, Kole	
	Feldman, Nathan	Manock, Colton	
9	Carroll	A	1:11.68
	Smith, Carter	Tedrow, Carson	
	Ludwig, Cooper	Hawkinson, Ty	

Event 18 Boys 100 Meter Dash			
Lane	Name	Team	Finals
Finals			
1	Fairchild, Logan	WINT	11.06
2	Flora, Aiden	ADM	11.28
3	McCormick, Alec	CARL	11.32
4	Hanselman, Hagan	WINT	11.51
5	Miller, Brady	NPOL	11.56
6	Halterman, Kaden	NPOL	11.61
7	Nordhagen, Caleb	CARL	11.77
8	Richardson-Williams,	ADM	11.78
9	Baker, Isaac	GILB	11.87
10	Onnen, Martin	GILB	12.00
11	McCloud, Jordan	BOON	12.35
12	Davies, Noah	BOON	12.37
13	Luster, Jacob	BALL	12.51
14	White, Maddux	CARO	12.52
15	Schliesman, Tate	CARO	12.73
16	Fine, Vincent	BOFR	12.80
17	Sirdoreus, Colton	BOFR	13.52

Event 20 Boys Distance Medley			
Lane	Team	Relay	Finals
Finals			
1	North Polk	A	3:44.58
	Wilcox, Andrew	Hout, Jake	
	Muhlbauer, Ross	Sporaa, Zach	
2	Gilbert	A	3:47.83
	Weber, Nolan	Hawthorne, Will	
	Ragaller, Carson	Wadsley, William	

3	Adm, Adel	A	3:49.24
	Morse, Cade	Padget, Carter	
	Grove, Chase	Holdmeyer, Shay	
4	Bond-Farrar	A	3:50.10
	Wendt, Levi	Dodson, James	
	Fried, Jaxson	Francois, Porter	
5	Ballard	A	3:54.71
	Rouse, Eli	Swain, Jayden	
	Payne, Trent	Fleischmann, Jakson	
6	Wintersset	A	3:57.99
	Cooper, Jaydn	Thompson, Tate	
	Strohbehn, Ben	Hotopp, Cole	
7	Carroll	A	4:01.30
	Mollhoff, Caden	Jorgensen, Jake	
	Heisterkamp, Edrik	North, Ryan	
8	Carlisle	A	4:04.42
	Brewer, Jack	Noland, Noah	
	Weston, Grant	Walstrom, Talan	
9	Boone	A	4:05.48
	Franzenburg, Ryan	Westfall, Dawson	
	Brogden, Bodie	Frantzen, Kris	

Event 22 Boys 400 Meter Dash			
Lane	Name	Team	Finals
Finals			
1	Fairchild, Logan	WINT	49.62
2	Zondervan, Braedin	CARL	49.76
3	Lande, Chance	BALL	50.81
4	Witt, Jameson	BALL	51.78
5	Yoakum, Kale	NPOL	52.18
6	Blattel, Jacob	NPOL	52.40
7	Forgy, Cameron	ADM	52.86
8	Engleman, Grant	ADM	53.19
9	O'Neal, Lochlann	WINT	53.33
10	Barber, Emmett	GILB	54.67
11	Kruse, Bowen	GILB	55.14
12	Moredock, Mason	CARL	55.84
13	Winter, Nathaniel	BOON	57.23
14	Mauro, Riley	CARO	57.39
15	Lyman, Gavin	BOFR	58.11
16	Hayworth, Drew	BOON	58.51
17	Taylor, Christian	CARO	1:01.22
18	Obrecht, Carter	BOFR	1:06.79

Event 24 Boys 4x200 Meter Relay			
Lane	Team	Relay	Finals
Finals			
1	North Polk	A	1:30.50
	Miller, Brady	Halterman, Kaden	
	Cox, Nick	Spurgeon, Cooper	
2	Adm, Adel	A	1:30.89
	Flora, Aiden	Padget, Carter	
	Morse, Cade	Richardson-Williams, J	
3	Carroll	A	1:33.39
	Ziegmann, Reece	Hunter, Trey	
	Tigges, Austin	White, Jack	

4	Carlisle	A	1:34.41
	Lucas, Mason	Nordhagen, Caleb	
	McPhee, Juni	Laughlin, Jack	
5	Gilbert	A	1:34.68
	Baker, Isaac	Marpe, Paul	
	Fierce, Gabe	Zehr, Nolan	
6	Boone	A	1:37.09
	McCloud, Jordan	Boucher, Lucas	
	Klein, Easton	Ingram, Joshua	
7	Wintersset	A	1:38.03
	Tadlock, Bowen	Hockemeier, Trey	
	Shaw, Dominic	Thompson, Logan	
8	Bond-Farrar	A	1:39.56
	Frost, Mason	Ernst, Parker	
	Rial, Jordan	VanderLinden, Jacob	
9	Ballard	A	1:39.72
	Sydnos, Eric	Sparks, Caleb	
	Gorsh, Mason	Njos, Jaren	

Event 26 Boys 110 Meter Hurdles			
Lane	Name	Team	Finals
Finals			
1	Burt, Quentin	BOFR	15.02
2	Manock, Colton	NPOL	15.10
3	Wilcox, Isaac	GILB	15.79
4	Mart, Caden	NPOL	15.97
5	Follis, Austin	CARL	16.15
6	Ihle, Chase	BALL	16.30
7	Hurn, Brady	GILB	16.62
8	Kitzinger, Jacob	ADM	16.73
9	Hayes, Vinny	BOON	16.87
10	Finck, Lane	WINT	17.25
11	Mast, Mark	CARL	17.69
12	Krantz, Luke	ADM	18.26
13	Tharjiath, Louie	CARO	18.43
14	Alcorn, Gage	WINT	18.53
15	Hawkinson, Ty	CARO	18.71
16	Kane, Stetson	BALL	19.68
17	Maldonado, Luis	BOON	19.76

Event 28 Boys 800 Meter Run			
Lane	Name	Team	Finals
Finals			
1	Stierman, Austin	NPOL	1:59.17
2	Sporaa, Zach	NPOL	2:00.91
3	Stoker, Jonathan	GILB	2:01.57
4	Back, Mason	WINT	2:03.12
5	Brown, Kamden	CARL	2:04.73
6	Stensland, Preston	GILB	2:07.09
7	Desmarais, Harrison	ADM	2:07.32
8	Witt, Jameson	BALL	2:08.17
9	Lancaster, Joshua	CARL	2:08.27
10	Day, Gavin	WINT	2:08.37
11	Payne, Trent	BALL	2:08.70
12	Rynewson, Brayden	ADM	2:09.47
13	Braddock, Bo	BOON	2:11.18
14	Braddock, Ajay	BOON	2:13.13

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Carroll Athletic Field

Results - Coed Relays

Finals ... (Event 28 Boys 800 Meter Run)

15	Wiederien, Dayton	CARO	2:18.05
16	Schaeffer, Evan	CARO	2:21.89
17	Francois, Porter	BOFR	2:22.48
18	Poock, Jonah	BOFR	2:41.82

Event 30 Boys 200 Meter Dash

Lane	Name	Team	Finals
Finals			
1	Fairchild, Logan	WINT	22.25
2	Zondervan, Braedin	CARL	22.56
3	Flora, Aiden	ADM	22.60
4	McCormick, Alec	CARL	22.70
5	Lohmann, Zach	ADM	22.97
6	Hanselman, Hagan	WINT	23.03
7	Spurgeon, Cooper	NPOL	23.17
8	Rouse, Eli	BALL	23.40
9	Miller, Brady	NPOL	23.59
10	Gibson, Jude	BALL	23.81
11	Klein, Easton	BOON	24.57
12	Davies, Noah	BOON	24.97
13	White, Maddux	CARO	24.99
14	Zehr, Nolan	GILB	25.02
15	Essick, Carter	CARO	25.50
16	Eldred, Ean	GILB	25.57
17	Fine, Vincent	BOFR	25.66
18	Cook, Elijah	BOFR	26.44

Event 32 Boys 400 Meter Hurdles

Lane	Name	Team	Finals
Finals			
1	Manock, Colton	NPOL	54.90
2	Feldman, Nathan	NPOL	56.88
3	Kier, Keaton	ADM	57.09
4	Hayes, Vinny	BOON	58.55
5	Hayworth, Talan	BOFR	58.93
6	Goodhue, Joe	CARL	1:00.05
7	Lohmann, Zach	ADM	1:00.87
8	Cory, Landon	BOFR	1:01.96
9	Alcorn, Gage	WINT	1:02.36
10	Hall, Jake	WINT	1:02.72
11	Tedrow, Carson	CARO	1:02.99
12	Christenson, Brock	GILB	1:03.10
13	Overturf, Trenton	BOON	1:03.66
14	Ludwig, Cooper	CARO	1:04.93
15	Rash, Ethan	GILB	1:04.99
16	Follis, Austin	CARL	1:05.45
17	Clark, Max	BALL	1:07.69

Event 34 Boys 1600 Meter Run

Name	Team	Finals
Finals		
1	Sporaa, Zach	NPOL 4:31.57
2	Wadsley, William	GILB 4:33.56
3	Back, Mason	WINT 4:37.19
4	North, Ryan	CARO 4:39.30

5	Roth, Brody	CARL	4:40.89
6	Stierman, Austin	NPOL	4:42.66
7	Timmerman, Torin	ADM	4:43.25
8	Mueller, Zain	GILB	4:45.76
9	Cowman, Eli	WINT	4:52.05
10	Holdmeyer, Shay	ADM	5:00.36
11	Hansen, Conner	CARL	5:00.89
12	Winter, Nathaniel	BOON	5:02.21
13	Davis, Nyle	BOFR	5:02.60
14	Molinsky, Blake	CARO	5:02.66
15	Sage, Bradley	BALL	5:04.88
16	Gradoville, Blake	BOON	5:06.11
17	Sanger, Brady	BOFR	5:07.12
18	Pencook, Seth	BALL	5:12.32

Event 36 Boys 4x100 Meter Relay

Lane	Team	Relay	Finals
Finals			
1	North Polk	A	43.51
	Cox, Nick	Spurgeon, Cooper	
	Miller, Brady	Halterman, Kaden	
2	Carlisle	A	43.94
	Nordhagen, Caleb	McCormick, Alec	
	McPhee, Juni	Laughlin, Jack	
3	Adm, Adel	A	44.04
	Flora, Aiden	Kitzinger, Jacob	
	Morse, Cade	Richardson-Williams, Ja	
4	Gilbert	A	45.40
	Baker, Isaac	Marpe, Paul	
	Fierce, Gabe	Hawthorne, Will	
5	Carroll	A	45.52
	Ziegmann, Reece	Jorgensen, Jake	
	Tigges, Austin	White, Jack	
6	Boone	A	47.14
	McCloud, Jordan	Davies, Noah	
	Boucher, Lucas	Weisbrod, Grant	
7	Winterset	A	47.47
	Cooper, Jaydn	Finck, Lane	
	Thompson, Tate	Lyon, Hunter	
8	Bond-Farrar	A	47.56
	Wendt, Levi	Ernst, Parker	
	Rial, Jordan	Moore, Caleb	
9	Ballard	A	48.41
	Sydnese, Eric	Wol, Kir	
	Schonhorst, Nicolas	Njos, Jaren	

Event 38 Boys 4x400 Meter Relay

Lane	Team	Relay	Finals
Finals			
1	Ballard	A	3:27.59
	Witt, Jameson	Fleischmann, Jakson	
	Rouse, Eli	Lande, Chance	
2	Adm, Adel	A	3:30.06
	Engleman, Grant	Morse, Cade	
	Rynewson, Brayden	Grove, Chase	

3	North Polk	A	3:31.35
	Yoakum, Kale	Blattel, Jacob	
	Feldman, Nathan	Muhlbauer, Ross	
4	Gilbert	A	3:33.45
	Weber, Nolan	Barber, Emmett	
	Ragaller, Carson	Stoker, Jonathan	
5	Carroll	A	3:35.37
	Heisterkamp, Edrik	Hunter, Trey	
	Tigges, Austin	White, Jack	
6	Winterset	A	3:36.49
	O'Neal, Lochlann	Heithoff, Luke	
	Tadlock, Bowen	Day, Gavin	
7	Bond-Farrar	A	3:41.06
	Frost, Mason	Fried, Jaxson	
	Dodson, James	Obrecht, Carter	
8	Boone	A	3:43.39
	Klein, Easton	Ingram, Joshua	
	Frese, Justus	Winter, Nathaniel	
9	Carlisle	A	3:47.03
	Moredock, Mason	Heidemann, Tate	
	Campbell, Carsten	Weston, Grant	