

MRAC BOYS TRACK HISTORY

Regular Season Champions

YEAR	SCHOOL	SCORE	COACH
2001	C.B. Abraham Lincoln	102.5	Jeff Novotny
2002	Sioux City Heelan	151	Terry Comstock
2003	Sioux City West	88	Rick Berthelsen
2004	C.B. Abraham Lincoln	119	Bart Witte
2005	C.B. Abraham Lincoln	141	Bart Witte
2006	C.B. Abraham Lincoln	155	Bart Witte
2007	Sioux City Heelan	145	Don Oberle
2008	Sioux City Heelan	151	Don Oberle
2009	Sioux City Heelan	152	Don Oberle
2010	C.B. Abraham Lincoln	119	Bart Witte
2011	Sioux City Heelan	119	Don Oberle
2012	Sioux City Heelan	155	Don Oberle
2013	Sioux City Heelan	152	Don Oberle
2014	Sioux City Heelan	146	Don Oberle
2015	Sioux City Heelan	118	Don Oberle
2016	Sergeant Bluff-Luton	120	Terry Pomeranke
2017	Sergeant Bluff-Luton	168	Terry Pomeranke
2018	Sergeant Bluff-Luton	178	Monte Larsen
2019	Sergeant Bluff-Luton	171	Monte Larsen
2020	SEASON CANCELED DUE TO COVID-19		
2021	Sioux City North	143.75	Erv Whitehead
2022	Le Mars	169	Caleb Van Otterloo
2023	Sioux City East	159	Rick Clarahan
2024	Sioux City Heelan	177.5	Matt La Fleur/Shawn Ryan
2025	Sioux City Heelan	156.5	Shawn Ryan



MRAC BOYS TRACK HISTORY

2001 at Memorial	SCORE	2008 At Olsen	SCORE	2014 At Olsen	SCORE
Abraham Lincoln	102.5	Heelan	151	Heelan	146
Heelan	92	Thomas Jefferson	124	East	105
West	78	North	80	Thomas Jefferson	98
Thomas Jefferson	68	Abraham Lincoln	80	Sergeant Bluff-Luton	70
North	56.5	East	77	North	54
East	40	West	39	Abraham Lincoln	48
				West	32
2002 At Roberts	SCORE	2009 At Olsen	SCORE	2015 At Olsen	SCORE
Heelan	151	Heelan	152	Heelan	118
East	105	Abraham Lincoln	135	North	114
Abraham Lincoln	73.5	Thomas Jefferson	87.5	East	84
Thomas Jefferson	69	West	73	Thomas Jefferson	83
North	64	East	61	Sergeant Bluff-Luton	81
West	59.5	North	41.5	Abraham Lincoln	48
				West	25
2003 At C.B. Stadium	SCORE	2010 At Glenwood	SCORE	2016 At Olsen	SCORE
West	88	Abraham Lincoln	119	Sergeant Bluff-Luton	120
Thomas Jefferson	87	Thomas Jefferson	106	North	118
Heelan	82	Heelan	103	East	116
North	69	East	99	Thomas Jefferson	101
Abraham Lincoln	54	West	76	Heelan	49
East	34	North	49	West	37
				Abraham Lincoln	10
2004 At C.B. Stadium	SCORE	2011 At Olsen	SCORE	2017 At Council Bluffs	SCORE
Abraham Lincoln	119	Heelan	119	Sergeant Bluff-Luton	168
Heelan	88.5	West	88	North	105
North	80.5	Thomas Jefferson	86	East	96
West	66.5	North	86	Heelan	79
East	47	Abraham Lincoln	77	Thomas Jefferson	77
Thomas Jefferson	41.5	East	53	West	50
		Sergeant Bluff-Luton	47	Abraham Lincoln	14
2005 At Memorial	SCORE	2012 At Olsen	SCORE	2018 At Memorial	SCORE
Abraham Lincoln	141	Heelan	155	Sergeant Bluff-Luton	178
Thomas Jefferson	77	Abraham Lincoln	113	East	81
West	76.5	West	78	Abraham Lincoln	76
North	57.5	East	66	Thomas Jefferson	70
East	57	Thomas Jefferson	53	North	68
Heelan	33	North	48	Heelan	66
		Sergeant Bluff-Luton	40	West	47
2006 At C.B. Stadium	SCORE	2013 At Olsen	SCORE	2019 At SBL	SCORE
Abraham Lincoln	155	Heelan	152	Sergeant Bluff-Luton (SC)	171
Thomas Jefferson	127	Abraham Lincoln	124	Heelan	105
Heelan	95	East	80	East	102
East	55	Thomas Jefferson	67	North	93
North	48	West	66	Abraham Lincoln	54
West	41	North	48	Thomas Jefferson	42
		Sergeant Bluff-Luton	18	West	19
2007 At Olsen	SCORE			2020	SCORE
Heelan	145			Season Canceled	
Thomas Jefferson	134				
North	98				
Abraham Lincoln	70				
East	65				
West	40				

MRAC BOYS TRACK HISTORY

<u>2021 At Olsen</u>	<u>SCORE</u>	<u>2023 At Memorial Field</u>	<u>SCORE</u>	<u>2025 At SBL</u>	<u>SCORE</u>
North	143.75	East	159	Heelan	156.5
Le Mars	133.75	Le Mars	134	Le Mars	119
East	76.75	Heelan	132.5	East	106
Heelan	75	North	108	Sergeant Bluff-Luton	101
Sergeant Bluff-Luton	67.75	Sergeant Bluff-Luton	96	North	98
Abraham Lincoln	39	West	54.5	Thomas Jefferson	62
West	29	Abraham Lincoln	33	West	48
Thomas Jefferson	14	Thomas Jefferson	14	Abraham Lincoln	46.5
<u>2022 At Clouncil Bluffs</u>	<u>SCORE</u>	<u>2024 At Le Mars</u>	<u>SCORE</u>		
Le Mars	169	Heelan	177.5		
North	146	Le Mars	113	(SC) – State Champs	
Heelan	107	East	107		
Sergeant Bluff-Luton	90	North	84		
East	90	Sergeant Bluff-Luton	82.5		
Abraham Lincoln	54	Thomas Jefferson	77		
Thomas Jefferson	42	West	58		
West	41	Abraham Lincoln	42		

Missouri River Activities Conference

BOYS TRACK AND FIELD RECORDS

High jump	Paul Yaneff (Heelan)	6-7	2002
Long jump	Devin Thomas (Abraham Lincoln)	22-9.5	2011
Shot put	Brandon VanderSluis	59-6	2022
Discus	Justin Baker (Heelan)	173-5	2010
100	James Smith (Thomas Jefferson)	10.29	2005
200	James Smith (Thomas Jefferson)	21.19	2005
400	Jorma Schwedler (Sergeant Bluff-Luton)	48.51	2019
800	Josh Lewis (West)	1:57.03	2006
1,600	Gabe Nash (North)	4:19.06	2023
3,200	Natnael Kifle (North)	9:20.66	2024
110 highs	Hunter Wauhob (Heelan)	14.38	2025
400 lows	Bill Lane (West)	54.97	2005
4x100	East	42.74	2019
	Kayden Jones, Gabe Wagner, Ray Ray Douglas, Ardell Inlay		
4x200	Sergeant Bluff-Luton	1:29.05	2016
	Matthew George, Ryley McGregor, Drew Girres, Brady Wall		
4x400	Sergeant Bluff-Luton	3:23.01	2017
	Jorma Schwedler, Chris Kroll, Ty Boekelman, Britton Delperdang		
4x800	North	8:06.60	2021
	Issa Aman, Yemane Kifle, Will Lohr, Gabe Nash		
Distance Medley	Thomas Jefferson	3:37.99	2017
	Jeron Sampson, Cameron Lukavsky, Jake Axtell, Daniel Carey		
Sprint Medley	Heelan	1:34.72	2025
	Hunter Wauhob, Kasen Thomas, Talon Sexton, Will Bertrand		
Shuttle hurdle (36')	Sergeant Bluff-Luton	59.40	2019
	Matthew Hansen, Nathan Verros, Max Murphy, Austin Freiberg		

Note: Shuttle hurdle, a new event in 2007, changed from 30 inches to 33 inches in 2009; and again to 36 inches in 2019

Shuttle hurdle (30')	Thomas Jefferson	58.97	2007
	Terry Moore, Brian Clark, Gabe Taylor, Andy Gray		
Shuttle hurdle (33')	North	59.94	2017
	Mav Vollmer, Tyler Kempema, Cale Conner, Noah Weeter		

TEAM CHAMPS

2001	CBAL	102.5 points	2008	Heelan	151 points	2017	SB-L	168 points
2002	Heelan	151 points	2009	Heelan	152 points	2018	SB-L	178 points
2003	West	88 points	2010	CBAL	119 points	2019	SB-L	171 points
2004	CBAL	119 points	2011	Heelan	119 points	2020	Cancelled	
2005	CBAL	141 points	2012	Heelan	155 points	2021	North	143.75 pts
2006	CBAL	155 points	2013	Heelan	152 points	2022	Le Mars	169 points
2007	Heelan	145 points	2014	Heelan	146 points	2023	East	159 points
			2015	Heelan	118 points	2024	Heelan	177.5 points
			2016	SB-L	120 points	2025	Heelan	156.5 points

Missouri River Activities Conference Boys Track Results

2001 (5/10 at Memorial)

TEAM SCORES

Council Bluffs Abraham Lincoln	102.5
Sioux City Heelan	92
Sioux City West	78
Council Bluffs Thomas Jefferson	68
Sioux City North	56.5
Sioux City East	40

FIELD EVENTS

High jump: 1, Nate Kerkman, Abraham Lincoln, 6-2; 2, Paul Yaneff, Heelan, 6-2; 3, Ben Jacobson, East, 6-0; 4, Damien Shull, Abraham Lincoln, 6-0; 5, Tony Fravel, 5-4; 6, Joe Disalvo, Abraham Lincoln, 5-4.

Long jump: 1, Rickie Keller, Abraham Lincoln, 21-1 3/4; 2, Jared Small, Heelan, 20-6 1/4; 3, Shawn Hollenbach, Thomas Jefferson, 20-0; 4, Aaren Andersen, Thomas Jefferson, 19-9 1/2; 5, Paul Houfek, West, 19-4; 6, Jeff Soole, East, 19-4.

Shot put: 1, Munib Sana, North, 51-9 1/2; 2, Luke Foote, Abraham Lincoln, 48-8 1/2; 3, Matt Muller, North, 47-6; 4, Albert Rodriguez, Thomas Jefferson, 47-5; 5, Kurtis Kadlec, Abraham Lincoln, 47-1 1/2; 6, Severn Michalski, Abraham Lincoln, 44-9.

Discus: 1, Brett Engel, Heelan, 142-1; 2, Brandon Ramsey, Abraham Lincoln, 140-11; 3, Eric Beaver, Heelan, 139-8; 4, Erik Greendyke, North, 138-5; 5, Luke Foote, Abraham Lincoln, 136-1; 6, Kurtis Kadlec, Abraham Lincoln, 136-0.

INDIVIDUAL RUNNING

3,200: 1, Graham McGaffin, West, 10:03.92; 2, Kyle Vanderlinden, West, 10:36.05; 3, James Roat, North, 10:36.07; 4, Bryan Moraine, Thomas Jefferson, 10:51.37; 5, Matt Williams, Abraham Lincoln, 10:54.43; 6, Anthony Medina, West, 11:05.36.

110 highs: 1, Nate Kerkman, Abraham Lincoln, 14.89; 2, Nate LaFleur, Heelan, 15.22; 3, Sam Morrison, Heelan, 15.94; 4, Jeff Soole, East, 16.12; 5, Mike Gaddy, Thomas Jefferson, 16.62; 6, Godsent Ukan, West, 16.75.

100: 1, Julian Flemister, West, 11.13; 2, Darnell Pitts, North, 11.17; 3, Kameron Pope, North, 11:21; 4, Aaren Andersen, Thomas Jefferson, 11:30; 5, Nate VanderMolen, West, 11.32; 6, Cody Jaminet, East, 11.33.

200: 1, Paul Houfek, West, 22.60; 2, Brandon Simpson, East, 22.86; 3, Merritt Groh, West, 23.18; 4, Nick Netley, North, 23.24; 5, tie, Chris Beals, North, and Rickie Keller, Abraham Lincoln, 23.28;

1,600: 1, Ron Bay, West, 4:39.72; 2, Graham McGaffin, West, 4:40.65; 3, Nick Murphy, Heelan, 4:45.41; 4, Mike Osler, Abraham Lincoln, 4:53.97; 5, Matt Mook, East, 4:56.17; 6, Chris Milner, Abraham Lincoln, 5:02.32.

400: 1, Eddie Keakel, Abraham Lincoln, 51.88; 2, Chester Alcaraz, Heelan, 52.05; 3, Ryan Block, Heelan, 52.93; 4, Brandon Simpson, East, 53.46; 5, Mike Maxey, Heelan, 54.36; 6, Shawn Williams, North, 54.44.

400 lows: 1, Nate Kerkman, Abraham Lincoln, 56.85; 2, Nate LaFleur, Heelan, 57.32; 3, Bobby Stewart, North, 58.67; 4, James Johnkin, West, 59.51; 5, Seth Steensen, Abraham Lincoln, 1:01.28; 6, Damien Shull, Abraham Lincoln, 1:01.48.

800: 1, Eric McComb, Thomas Jefferson, 2:03.61; 2, Dan Rosauer, Heelan, 2:04.32; 3, Matt Mook, East, 2:04.67; 4, Graham McGaffin, West, 2:05.93; 5, Mike Osler, Abraham Lincoln, 2:06.45; 6, Ron Bay, West, 2:07.26.

RELAYS

4x800: 1, Heelan (Ryan Block, Chester Alcaraz, Mike Maxey, Dan Rosauer) 8:19.05; 2, Thomas Jefferson, 8:33.73; 3, Abraham Lincoln, 8:44.23; 4, West, 8:52.30; 5, North, 9:10.23.

4x200: 1, Thomas Jefferson (Aaren Andersen, Shaun Hollenbach, Shane Hollenbach, Mike Lewis) 1:33.99; 2, East, 1:35.70; 3, North, 1:36.02; 4, Heelan, 1:38.37; 5, Abraham Lincoln, 1:39.07.

Medley: 1, North (Chris Beals, Darnell Pitts, Mike Billiet, Mike Kalin) 3:44.39; 2, Thomas Jefferson, 3:47.95; 3, Abraham Lincoln, 3:49.29; 4, Heelan, 3:51.74; 5, West, 3:51.99.

4x100: 1, West (Jeremy Mayo, Paul Houfek, Nate Vanderlinden, Julian Flemister) 43.75; 2, Abraham Lincoln, 45.26; 3, Thomas Jefferson, 45.66; 4, East, 46.25; 5, Heelan, 46.88.

4x400: 1, Thomas Jefferson (Shaun Hollenbach, Aaron Anderson, Anthony Collins, Mike Lewis) 3:27.74; 2, Heelan, 3:29.54; 3, Abraham Lincoln, 3:32.82; 4, East, 3:36.74; 5, West, 3:43.08.

2002 (5/9 at Roberts)

TEAM SCORES

Sioux City Heelan	151
Sioux City East	105
Council Bluffs Abraham Lincoln	73.5
Council Bluffs Thomas Jefferson	69
Sioux City North	64
Sioux City West	59.5

FIELD EVENTS

High jump: 1, Paul Yaneff, Heelan, 6-7; 2, Ben Jacobson, East, 6-6; 3, Zach Howard, Heelan, 6-2; 4, Chris Johnson, Abraham Lincoln, 6-0; 5, Chad Moreland, Heelan, 6-0; 6, tie, Andrew Vaul, West, and Joe Hunter, Abraham Lincoln, 5-10.

Long jump: 1, Rickie Keller, Abraham Lincoln, 20-10; 2, Chad Moreland, Heelan, 20-4 3/4; 3, Jason Keck, East, 20-4; 4, Deric Manrique, North, 20-2 1/2; 5, Brett Stidfole, West, 19-5 1/2; 6, Mark Storm, East, 19-2 1/2.

Shot put: 1, Rob Austin, East, 51-2 1/4; 2, Scurin Michalski, Abraham Lincoln, 49-4 3/4; 3, Munib Sana, North, 48-9; 4, Matt Muller, North, 48-7; 5, Ben Walding, North, 47-11; 6, Brandon McDaniel, Thomas Jefferson, 45-10 3/4.

Discus: 1, Eric Beaver, Heelan, 149-9; 2, Erik Greendyke, North, 146-9; 3, Alex Allen, Abraham Lincoln, 143-0; 4, Keith Foote, Abraham Lincoln, 141-0; 5, Steve Watts, Thomas Jefferson, 139-7; 6, Munib Sana, North, 136-1.

INDIVIDUAL RUNNING

100: 1, James Smith, Thomas Jefferson, 10.87; 2, Cody Jaminet, East, 11.09; 3, Ed Gregory, Abraham Lincoln, 11.17; 4, A.J. Mills, East, 11.18; 5, Deric Manrique, North, 11.23; 6, Brian Corey, Heelan, 11.27.

200: 1, Brandon Simpson, East, 22.94; 2, Billy Mousel, Heelan, 23.39; 3, Nick Chicoine, Heelan, 24.81; 4, Bill Laggio, Abraham Lincoln, 25.26; 5, Mark Storm, East, 25.31; 6, Joel Kempster, North, 25.72.

400: 1, Billy Mousel, Heelan, 50.74; 2, Brian Boyer, East, 52.21; 3, Mike Maxey, Heelan, 53.06; 4, Graham Lundt, Heelan, 54.28; 5, Chris Cord, West, 55.31; 6, Matt Johnson, Abraham Lincoln, 56.61.

800: 1, Ryan Block, Heelan, 1:59.41; 2, Dustin Jones, Heelan, 2:03.99; 3, Dan Rosauer, Heelan, 2:08.55; 4, Jordan Wall, East, 2:10.18; 5, Jon Taylor, West, 2:14.05; 6, Don Beckwith, Abraham Lincoln, 2:16.56.

1,600: 1, Graham McGaffin, West, 4:42.49; 2, Bryan Moraine, Thomas Jefferson, 4:57.51; 3, Jon Soole, East, 5:00.06; 4, Chris Milner, Abraham Lincoln, 5:10.83; 5, John McDonald, North, 5:44.54; 6, Kurt Schneckich, Abraham Lincoln, 5:51.05.

3,200: 1, Graham McGaffin, West, 10:02.07; 2, Nick Murphy, Heelan, 10:24.93; 3, Jon Soole, East, 10:42.92; 4, Kyle Vanderlinden, West, 10:42.93; 5, Andrew Lambert, North, 10:55.19; 6, Eric Nelson, North, 11:17.22.

110 highs: 1, Aaron McFarland, Thomas Jefferson, 15.41; 2, Sam Morrison, Heelan, 15.59; 3, Shawn Olorundami, West, 16.07; 4, Mike Summers, Abraham Lincoln, 16.22; 5, Joe Hunter, Abraham Lincoln, 16.44; 6, Andrew Vaul, West, 16.54.

400 lows: 1, James Johnkin, West, 58.52; 2, Craig Showers, Abraham Lincoln, 59.43; 3, Chris Johnson, Abraham Lincoln, 1:00.95; 4, Aaron McFarland, Thomas Jefferson, 1:01.28; 5, Sam Morrison, Heelan, 1:01.31; 6, Chris Wilson, North, 1:02.59.

RELAYS

4x100: 1, East (A.J. Mills, Brandon Simpson, Aaron Girard, Cody Jaminet) 44.08; 2, Heelan, 45.12; 3, North, 45.17; 4, Thomas Jefferson, 45.94; 5, Abraham Lincoln, 45.95.

4x200: 1, East (Matt Brienzo, Aaron Girard, Cody Jaminet, Brandon Simpson) 1:31.36; 2, North, 1:33.45; 3, Thomas Jefferson, 1:33.87; 4, Heelan, 1:34.18; 5, Abraham Lincoln, 1:37.51; 6, West, 1:38.35.

4x400: 1, Thomas Jefferson (Corey Radke, Anthony Collins, Troy Allen, Joe Kilbane) 3:31.88; 2, Heelan, 3:32.29; 3, East, 3:37.74; 4, North, 3:37.86; 5, West, 3:43.24.

4x800: 1, Heelan (Dustin Jones, Dan Rosauer, Mike Maxey, Ryan Block) 8:23.28; 2, Thomas Jefferson, 8:27.82; 3, West, 8:48.36; 4, East, 8:51.34; 5, North, 9:04.69.

Medley: 1, North (Darnell Pitts, Chris Beals, Shaun Williams, Chad Porsch) 3:41.98; 2, Heelan, 3:48.18; 3, Thomas Jefferson, 3:48.24; 4, West, 3:49.01; 5, East, 3:58.28.

2003 (5/8 at CB)

TEAM SCORES

Sioux City West	88
Council Bluffs Thomas Jefferson	87
Sioux City Heelan	82
Sioux City North	69
Council Bluffs Abraham Lincoln	54
Sioux City East	34

FIELD EVENTS

Shot put: 1, Eric Johnson, Abraham Lincoln, 49-1 1/2; 2, Brandon Ramsey, Abraham Lincoln, 48-4 1/2; 3, Albert Rodriguez, Council Bluffs Thomas Jefferson, 48-4; 4, Matt Vogel, Heelan, 47-8 3/4; 5, Munib Sana, North, 47-3 1/2; 6, A.J. Vondrak, Heelan, 47-0 1/2.

Discus: 1, Brett Engle, Heelan, 160-9 (record, old record, Eric Beaver, Heelan, 149-9, 2002); 2, Munib Sana, North, 146-8; 3, Alex Allen, Abraham Lincoln, 144-7; 4, Albert Rodriguez, Thomas Jefferson, 143-8; 5, Brandon Ramsey, Abraham Lincoln 138-0; 6, Hoss Wright, Abraham Lincoln, 134-10.

Long jump: 1, Deric Manrique, North, 21-7 1/2 (record, old record, Rickie Keller, Abraham Lincoln, 21-1 3/4, 2001); 2, Quincy Christie, West, 20-8 3/4; 3, Kirk Jaminet, East, 20-3 1/2; 4, Jason Caton, Thomas Jefferson, 19-5 1/4; 5, Trenton Lee, West, 19-4 1/2; 6, Travis Pitts, North, 18-4.

High jump: 1, Chris Johnson, Abraham Lincoln, 6-0; 2, Zach Howard, Heelan, 6-0; 3, Andrew Vaul, West, 5-10; 4, Chad Moreland, Heelan, 5-10; 5, Dillon Allen, North, 5-10; 6, Mike Neville, Thomas Jefferson, 5-10.

INDIVIDUAL RUNNING

3,200: 1, Nick Murphy, Heelan, 10:20.58; 2, Seth Walker, East, 10:28.41; 3, Anthony Medina, West, 10:31.70; 4, Josh Lewis, West, 10:31.92; 5, Kyle Vanderlinden, West, 10:42.04; 6, Josh Blue, Thomas Jefferson, 10:47.85.

110 hurdles: 1, Shawn Olorundami, West, 15.14; 2, Aaron McFarland, Thomas Jefferson, 15.47; 3, Craig Showers, Abraham Lincoln, 15.74; 4, Andrew Vaul, West, 15.83; 5, Bill Lane, North, 16.52; 6, Brian Shannon, Abraham Lincoln, 16.79.

100: 1, Quincy Christie, West, 10.76 (record, old record, James Smith, Thomas Jefferson, 10.87, 2002); 2, Ed Gregory, Abraham Lincoln, 10.85; 3, James Smith, Thomas Jefferson, 10.98; 4, Deric Manrique, North, 11.20; 5, Brian Corey, Heelan, 11.32; 6, Kirk Jaminet, East, 11.33.

200: 1, Quincy Christie, West, 22.08 (record, old record, Paul Houfek, West, 22.60, 2001); 2, Mike Smith, North, 22.53; 3, Cody Jaminet, East, 22.72; 4, Nick Chicoine, Heelan, 22.80; 5, Shawn Olorundami, West, 23.09; 6, Aaron Girard, East, 23.45.

1,600: 1, Nick Murphy, Heelan, 4:36.39; 2, Jama Farah, West, 4:40.44; 3, Eric McComb, Thomas Jefferson, 4:47.58; 4, Bryan Moraine, Thomas Jefferson, 4:49.28; 5, Jovan Albertson, Abraham Lincoln, 4:52.34; 6, Seth Walker, East, 4:54.15.

400: 1, Nick Chicoine, Heelan, 57.05; 2, Jesse Toman, Thomas Jefferson, 51.25; 3, B.J. Steed, West, 52.29; 4, Graham Lundt, Heelan, 52.67; 5, Mark Pieper, Thomas Jefferson, 53.51; 6, Sean Touney, North, 54.15.

400 hurdles: 1, Craig Showers, Abraham Lincoln, 56.49 (record, old record, Nate Kerkman, Abraham Lincoln, 56.85, 2001); 2, Aaron McFarland, Thomas Jefferson, 57.41; 3, James Johnkin, West, 59.13; 4, Trenton Lee, West, 59.32; 5, Bill Lane, North, 59.72; 6, Zach Milner, Abraham Lincoln, 1:00.53.

800: 1, Nick Murphy, Heelan, 2:02.40; 2, Eric McComb, Thomas Jefferson, 2:02.68; 3, Jama Farah, West, 2:03.56; 4, Chad Porsch, North, 2:04.13; 5, Bryan Moraine, Thomas Jefferson, 2:06.93; 6, Nick Chicoine, Heelan, 2:07.63.

RELAYS

4x800: 1, North (Billy Samuelson, Ryan Williams, Greg Nelson, Chad Porsch) 8:23.68; 2, Thomas Jefferson 8:23.72; 3, Heelan 8:45.04; 4, Abraham Lincoln 8:46.43; 5, East 8:52.88.

4x200: 1, North (Mike Smith, Dillon Allen, Chad Porsch, Deric Manrique) 1:32.28; 2, West 1:32.57; 3, Thomas Jefferson 1:33.02; 4, Heelan 1:34.48; 5, Abraham Lincoln 1:38.13.

Medley: 1, East (Kirk Jaminet, Cody Jaminet, Aaron Girard, Jordan Wall) 3:42.54; 2, Thomas Jefferson 3:48.18; 3, Heelan 3:51.73; 4, West 3:53.16; 5, North 3:53.23.

4x100: 1, North (Mike Smith, Dillon Allen, Tadashi Abe, Deric Manrique) 44.18; 2, Thomas Jefferson 44.20; 3, East 44.73; 4, Heelan 45.34; 5, West 45.39.

4x400: 1, Thomas Jefferson (Mike Corril, Jesse Toman, Josiah Valentine, James Smith) 3:30.35; 2, West 3:34.55; 3, Heelan 3:36.97; 4, North 3:38.96; 5, Abraham Lincoln 3:43.41.

2004 (5/6 at CB)

TEAM SCORES

Council Bluffs Abraham Lincoln	119
Sioux City Heelan	88.5
Sioux City North	80.5
Sioux City West	66.5
Sioux City East	47
Council Bluffs Thomas Jefferson	41.5

FIELD EVENTS

Shot put: 1, Brandon Ramsey, Abraham Lincoln, 51-10.5 (record, old record, Munib Sana, North, 51-9.5, 2001); 2, Zach Brouillette, North, 51-6; 3, Chuck Kinney, Abraham Lincoln, 49-875; 4, Matt Vogel, Heelan, 49-5.75; 5, Ryan Lessman, East, 47-4.75; 6, A.J. Vondrak, Heelan, 47-1.5.

Discus: 1, Alex Allen, Abraham Lincoln, 146-0.5; 2, Aaron Tweet, Heelan, 144-9; 3, Brandon Ramsey, Abraham Lincoln, 143-0.5; 4, Kyle Mennett, Heelan, 136-3; 5, Zach Brouillette, North 134-4.5; 6, Albert Rodriguez, Thomas Jefferson, 133-9.

Long jump: 1, Deric Manrique, North, 21-6.75; 2, Ryan Shannon, Abraham Lincoln, 21-0; 3, Jason Caton, Thomas Jefferson, 20-6; 4, Trenton Lee, West, 20-4; 5, Travis Pitts, North, 20-3.75; 6, Craig Showers, Abraham Lincoln, 19-4.25.

High jump: 1, Joe Hunter, Abraham Lincoln, 6-0; 2, Pete Johnson, Heelan, 6-0; 3 (tie), Marc Tillman, West, 5-8; Dillon Allen, North, 5-8; Luke Roder, Heelan, 5-8; Mike Neville, Thomas Jefferson, 5-8.

INDIVIDUAL RUNNING

3,200: 1, Josh Lewis, West, 10:30.96; 2, Anthony Oberle, Heelan, 10:35.86; 3, Drew Waggoner, East, 11:12.35; 4, Frankie Rameriz, North, 11:15.26; 5, Colby Rueschener, Thomas Jefferson, 11:33.59; 6, Paul Scaletta, North, 11:44.11.

110 hurdles: 1, Shawn Olorundami, West, 14.80 (record; old record Nate Kerkman, Abraham Lincoln, 14:89, 2001); 2, Joe Hunter, Abraham Lincoln, 15.30; 3, Craig Showers, Abraham Lincoln, 15.44; 4, Dallas Moore, East, 15.52; 5, Martin Rounds, Thomas Jefferson, 15.56; 6, Bill Lane, North, 16.05.

100: 1, Ed Gregory, Abraham, 10.52 (record, old record Quincy Christie, West, 10.76, 2003); 2, James Smith, Thomas Jefferson, 10.56; 3, Deric Manrique, North, 10.84; 4, Kirk Jaminet, East, 10.98; 5, Ethan Lear, West, 11.14; 6, Maurice Tomke, Heelan, 11.19.

200: 1, Billy Mousel, Heelan, 49.58 (record, old Nick Chicoine, Heelan, 50.21, 2003); 2, James Johnkin, West, 49.67; 3, Ryan Williams, North, 51.54; 4, B.J. Steed, West, 51.55; 5, Zach Milner, Abraham Lincoln, 52.49; 6, Mike Forker, Heelan, 52.66.

1,600: 1, Chad Porsch, North, 4:48.20; 2, James Robinson, Abraham Lincoln, 4:49.12; 3, Josh Lewis, West, 4:49.41; 4, Seth Walker, East, 4:54.12; 5, Drew Waggoner, East, 4:58.34; 6, Chris Tamayo, Thomas Jefferson, 4:58.39.

400: 1, Billy Mousel, Heelan, 22.18; 2, Ed Gregory, Abraham Lincoln, 22.35; 3, Jason Caton, Thomas Jefferson, 22.46; 4, Mike Smith, North, 22.56; 5, Shawn Olorundami, West, 22.72; 6, Aaron Girard, East, 22.82.

400 hurdles: 1, James Johnkin, West, 57.09; 2, Matt Johnson, Abraham Lincoln, 57.89; 3, Craig Showers, Abraham Lincoln, 58.19; 4, Trenton Lee, West, 59.42; 5, Bill Lane, North, 1:00.58; 6, Chad Gunzenhauser, Thomas Jefferson, 1:01.17.

800: 1, Chad Porsch, North, 2:03.79; 2, James Robinson, Abraham Lincoln, 2:04.50; 3, Jordan Wall, East, 2:06.85; 4, Seth Walker, East, 2:08.09; 5, Nolan Wright, Heelan, 2:10.25; 6, Alex Lohr, Heelan, 2:10.79.

RELAYS

4x800: 1, Abraham Lincoln (Curtis Schneckloth, John Wolfe, Matt Johnson, James Robinson), 8:32.42; 2, Heelan, 8:35.80; 3, East, 8:35.83; 4, Thomas Jefferson, 9:02.95; 5, West, 9:13.61.

4x200: 1, Heelan (Luke Roder, Pete Johnson, Joe Curran, Nick Chicoine), 1:31.70; 2, East, 1:33.87; 3, Abraham Lincoln, 1:35.42; 4, Thomas Jefferson, 1:36.07; 5, West, 1:38.17.

Medley: 1, Heelan (Pete Johnson, Joe Curran, Nick Chicoine, Nick Murphy) 3:40.81 (record, old record, 3:41.98, North, 2002); 2, North, 3:42.84; 3, Thomas Jefferson, 3:53.53; 4, Abraham Lincoln, 3:54.92; 5, West, 3:58.70.

4x100: 1, North (Deric Manrique, Travis Pitts, Dillon Allen, Mike Smith) 44.12; 2, Abraham Lincoln, 44.53; 3, East, 44.72; 4, Heelan, 44.90; 5, West, 45.31.

4x400: 1, West (B.J. Steed, Trenton Lee, Ethan Lear, James Johnkin), 3:30.61; 2, Heelan, 3:31.10; 3, North, 3:33.75; 4, Abraham Lincoln, 3:34.95; 5, Thomas Jefferson, 3:35.72.

Missouri River Activities Conference Boys Track Results

2005 (5/5 at Memorial)

TEAM SCORES

Council Bluffs Abraham Lincoln	141
Council Bluffs Thomas Jefferson	77
Sioux City West	76.5
Sioux City North	57.5
Sioux City East	57
Sioux City Heelan	33

FIELD EVENTS

Shot put: 1, Chuck Kinney, Abraham Lincoln, 51-1; 2, Joe McCall, Abraham Lincoln, 48-3.75; 3, Ryan Lessman, East, 47-8.5; 4, Billy Meacham, North, 44-10; 5, DeAndre Strong, West, 44-8; 6, Adam Vondrak, Heelan, 44-2.25.

Discus: 1, Steve Clark, East, 154-4.5; 2, Ryan Lessman, East, 149-5; 3, Adam Vondrak, Heelan, 145-1; 4, Chuck Allen, Abraham Lincoln, 140-9; 5, Mike Richardson, Thomas Jefferson, 132-4; 6, Jeff Schanuth, Thomas Jefferson, 128-9.

Long jump: 1, Josh Collins, West, 21-5.25; 2, Brian Shannon, Abraham Lincoln, 21-0.5; 3, Trenton Lee, West, 20-5; 4, Corey Peterson, Abraham Lincoln, 20-1; 5, Travis Pitts, North, 20-0.5; 6, Anthony Tomscha, North, 19-3.

High jump: 1, Joe Don Hunter, Abraham Lincoln, 6-3; 2, tie, Josh Collins, West, and Mike Neville, Thomas Jefferson, 5-10; 4, Jake Ott, Abraham Lincoln, 5-8; 5, Jehmica McDaniel, North, and Trenton Lee, West, 5-8.

INDIVIDUAL RUNNING

3,200: 1, Josh Lewis, West, 10:24.24; 2, Billie Sidebottom, Abraham Lincoln, 11:00.77; 3, Mike Connelly, Abraham Lincoln, 11:08.58; 4, Andrew Britton, West, 11:12.53; 5, Derek Simenson, North, 11:15.14; 6, Jeff Stevens, East, 11:16.46.

110 highs: 1, Marty Rounds, Thomas Jefferson, 15.18; 2, Joe Don Hunter, Abraham Lincoln, 15.40; 3, Bill Lane, West, 15.79; 4, Andy Gray, Thomas Jefferson, 16.21; 5, Craig Showers, Abraham Lincoln, 16.70; 6, Mike Bisenius, Heelan, 17.15.

100: 1, James Smith, Thomas Jefferson, 10.29 (record, old mark 10.52 by Ed Gregory, Abraham Lincoln, 2004); 2, Kirk Jaminet, East, 10.74; 3, Billy Reynolds, North, 11.11; 4, Bill Leggio, Abraham Lincoln, 11.15; 5, Shane Noreen, East, 11.31; 6, Ethan Lear, West, 11.34.

400: 1, James Robinson, Abraham Lincoln, 50.44; 2, Ryan Williams, North, 51.76; 3, John Wolfe, Abraham Lincoln, 52.08; 4, Mike Alcaraz, Heelan, 52.38; 5, Mike Powell, East, 54.45; 6, Enrique Porras, West, 54.71.

1,600: 1, Josh Lewis, West, 4:43.32; 2, Anthony Oberle, Heelan, 4:47.77; 3, Joe Rodriguez, Thomas Jefferson, 4:58.85; 4, Bill Sidebottom, Abraham Lincoln, 5:02.41; 5, Hamza Farah, West, 5:12.03; 6, Mike Connelly, Abraham Lincoln, 5:13.95.

200: 1, James Smith, Thomas Jefferson, 21.19 (record, old mark 22.08 by Quincy Christie, West, 2003); 2, Kirk Jaminet, East, 21.52; 3, D.J. Polk, North, 22.69; 4, Joe Curran, Heelan, 22.98; 5, Bill Leggio, Abraham Lincoln, 23.47; 6, Jake Fahn, Abraham Lincoln, 23.64.

400 lows: 1, Bill Lane, West, 54.97 (record, old mark 56.49 by Craig Showers, Abraham Lincoln, 2003); 2, Zach Milner, Abraham Lincoln, 56.08; 3, Marty Rounds, Thomas Jefferson, 58.2; 4, Craig Showers, Abraham Lincoln, 58.77; 5, Derek Combs, East, 59.38; 6, Andy Gray, Thomas Jefferson, 59.89.

800: 1, James Robinson, Abraham Lincoln, 1:59.17 (record, old mark 1:59.41 by Ryan Block, Heelan, 2002); 2, Josh Lewis, West, 2:00.52; 3, Ryan Williams, North, 2:04.58; 4, John Wolfe, Abraham Lincoln, 2:08.25; 5, Chris Tamayo, Thomas Jefferson, 2:08.81; 6, Austin Jacobs, East, 2:09.8.

RELAYS

4x800: 1, Abraham Lincoln (Cory Mahood, Jake Ott, John Wolfe, James Robinson) 8:32.38; 2, Heelan, 8:39.63; 3, Thomas Jefferson, 8:43.19; 4, West, 9:02.6; 5, East, 9:02.79; no other finishers.

4x200: 1, North (Chris Green, D.J. Polk, Boyd Netley, Zac Boykin) 1:32.52; 2, Abraham Lincoln, 1:33.04; 3, East, 1:33.12; 4, West, 1:34.53; 5, Heelan, 1:34.95; 6, Thomas Jefferson, 1:35.54.

Medley: 1, Abraham Lincoln (Jake Fahn, Jake Krabbe, Phil Harm, Cory Mahood) 3:49.34; 2, Thomas Jefferson, 3:49.65; 3, West, 3:55.91; 4, North, 4:01.98; 5, Heelan, 4:07.17; 6, East, 4:12.81.

4x100: 1, Thomas Jefferson (Mike Moore, Marty Rounds, Cory Leslie, James Smith) 43.29 (record, old mark 43.75 by West, 2001); 2, East, 44.5; 3, Abraham Lincoln, 44.58; 4, North, 44.72; 5, Heelan, 44.81; 6, West, 45.48.

4x400: 1, Abraham Lincoln (Jake Ott, Craig Showers, Zach Milner, James Robinson) 3:29.6; 2, North, 3:33.72; 3, Thomas Jefferson, 3:37.5; 4, West, 3:38.16; 5, East, 3:40.553; 6, Heelan, 3:45.96.

2006 (5/5 at Council Bluffs)

TEAM SCORES

Council Bluffs Abraham Lincoln	155
Council Bluffs Thomas Jefferson	127
Sioux City Bishop Heelan	97
Sioux City East	55
Sioux City North	48
Sioux City West	37

FIELD EVENTS

Shot Put; 1, Joe McCall, Abraham Lincoln, 50-2; 2, Adam Vondrak, Heelan, 48-11; 3, Clark Allen, Abraham Lincoln, 48-4.25; 4, Ryan Lessman, East, 46-1; 5, Alex Hicklin, Heelan, 44-7.75; 6, Billy Meacham, North, 43-11.

Discus: 1, Adam Vondrak, Heelan, 146-4; 2, Clark Allen, Abraham Lincoln, 144-3; 3, Ryan Lessman, East, 137-6; 4, Michael Richardson, Thomas Jefferson, 134-7; 5, Adam Hinds, Heelan, 134-0; 6, Cole Johnston, Abraham Lincoln, 131-2.

Long jump: 1, Cory Peterson, Abraham Lincoln, 19-9; 2, Dylan Hope, Thomas Jefferson, 19-3.75; 3, Dustin Davis, Abraham Lincoln, 18-9; 4, Anthony Tomscha, North, 18-4; Mike Bisenius, Heelan, 17-1;

High jump: 1, Brian Clark, Thomas Jefferson, 5-11; 2, Kelvin Hickman, Heelan, 5-10; 3, (tie) Jake Ott, Abraham Lincoln, 5-8; Jehmica, McDaniel, North, 5-8; 5, Kyle Madsen, Abraham Lincoln, 5-4. Only 5 made opening height.

INDIVIDUAL RUNNING

3,200: 1, Ryan Peckham, Thomas Jefferson, 10:43.08; 2, Derick Simonson, North, 10:5-0.50; 3, Chris Rickert, Heelan, 10:50.97; 4, Keith Gil, Heelan, 10:56.33; 5, Shane Gerkin, North, 10:57.97; 6, Zach Gould, East, 11:01.20.

110 high hurdles: 1, Martin Rounds, Thomas Jefferson, 15.22; 2, Andy Gray, Thomas Jefferson, 15.32; 3, Zach Birdsall, West, 16.20; 4, Jake Krabbe, Abraham Lincoln, 16.30; 5, Mike Bisenius, Heelan, 16.41; 6, Jordan Thompson, Abraham Lincoln, 16.97.

100: 1, Zach Milner, Abraham Lincoln, 11.23; 2, Shane Noreen, East, 11.25; 3, Mike Zimmerman, Abraham Lincoln, 11.32; 4, Dylan Pope, Thomas Jefferson, 11.56; 5, Brandon Wegher, Heelan, 11.60; 6, Paul Belk, West, 11.89.

400: 1, Andy Dougherty, East, 51.08; 2, Corey Mahood, Abraham Lincoln, 52.13; 3, Dan Winders, North, 52.26; 4, Chris Cavillo, Heelan, 53.22; 5, Taylor Wade, Thomas Jefferson, 53.55; 6, John Wolfe, Abraham Lincoln, 53.56.

1,600: 1, Josh Lewis, West, 4:32.09 (record, old mark 4:36.39, Nick Murphy, Heelan, 2003); 2, Anthony Oberle, Heelan, 4:47.50; 3, Nate McKewon, Heelan, 4:53.78; 4, Chris Tamayo, Thomas Jefferson, 4:58.21; 5, Ryan Peckham, Thomas Jefferson, 5:11.45; 6, Ben McKinley, Abraham Lincoln, 5:14.33.

200: 1, Matt Larson, East, 23.16; 2, Zach Huntoon, Abraham Lincoln, 23.48; 3, Mike Zimmerman, Abraham Lincoln, 23.59; 4, Justin Anderson, East, 23.91; 5, Chris Green, North, 24.07; 6, Paul Belk, West, 24.20.

400 hurdles: 1, Terry Moore, Thomas Jefferson, 55.56; 2, Zach Milner, Abraham Lincoln, 55.70; 3, Andy Gray, Thomas Jof, 59.53; 4, James Collingsworth, Abraham Lincoln, 1:01.07; 5, Derick Simonson, North, 1:04.15; 6, Ryan Johnson, West, 1:05.80.

800: 1, Josh Lewis, West, 1:57.03 (record, old mark 1:59.17, James Robinson, Abraham Lincoln, 2005); 2, Andy Dougherty, 2:02.18; 3, John Wolfe, Abraham Lincoln, 2:02.96; 4, Alex Lohr, Heelan, 2:03.34; 5, Jake Farr, Thomas Jefferson, 2:05.07; 6, Chris Tamayo, Thomas Jefferson, 2:05.30.

RELAYS

4x800: 1, Thomas Jefferson (Chris Camayo, Jason Rice, Joe Rodriguez, Jake Farr) 8:25.07; 2, Heelan, 8:34.36; 3, Abraham Lincoln, 8:34.57; 4, West, 8:41.36; 6, East, 9:16.09.

4x200: 1, Abraham Lincoln (Jake Krabbe, Chris White, Jake Ott, Jake Fahn) 1:31.90; 2, Thomas Jefferson, 1:32.85; 3, North, 1:33.89; 4, Heelan, 1:34.23; 5, East, 1:35.72.

Medley: 1, Thomas Jefferson (Dylan Hope, Andrew Lacombe, Jason Rice, Joe Rodriguez) 3:46.70; 2, Abraham Lincoln, 3:50.98; 3, Heelan, 3:52.74; 4, North, 3:58.32; 5, West, 3:59.19.

4x100: 1, Abraham Lincoln (Mike Zimmerman, Chris White, Jake Krabbe, Jake Fahn) 44.16; 2, Thomas Jefferson, 44.27; 3, North, 44.82; 4, Heelan, 45.72. Only 4 ran.

4x400: 1, Abraham Lincoln (Zach Huntoon, Kyle Suder, Zach Milner, Jake Ott) 3:31.63; 2, Heelan, 3:36.52; 3, Thomas Jefferson, 3:36.72; 4, North, 3:38.87; 5, West, 3:51.02.

2007 (5/4 at Olsen)

TEAM SCORES

Sioux City Bishop Heelan	145
Council Bluffs Thomas Jefferson	134
Sioux City North	98
Council Bluffs Abraham Lincoln	70
Sioux City East	65
Sioux City West	40

FIELD EVENTS

Discus: 1, Billy Meacham, North, 140-1; 2, Jason Belt, Thomas Jefferson, 136-5; 3, Charlie Murphy, West, 132-4.5; 4, Brett Dofner, Thomas Jefferson, 129-8; 5, Scott Lahn, East, 129-6.5; 6, Caleb Johnston, Abraham Lincoln, 126-3.5.

High jump: 1, Brian Clark, Thomas Jefferson, 6-0; 2, Mike Bisenius, Heelan, 5-10; 3, Josh Folchert, North, 5-8; 4, Josh Collins, West, 5-8; 5, Justin Denton, Abraham Lincoln, 5-6; 6, Kyle Madsen, Abraham Lincoln, 5-6.

Long jump: 1, Josh Collins, West, 21-4; 2, Dylan Hope, Thomas Jefferson, 21-0.25; 3, Cory Peterson, Abraham Lincoln, 21-0; 4, Tre-Darrius Canady East, 20-11.50; 5, Sean Keane, Heelan, 19-7.25; 6, Anthony Tomscha, North, 19-3.

Shot put: 1, Billy Meacham, North, 49-9; 2, Brett Dofner, Thomas Jefferson, 47-5.5; 3, Cole Johnston, Abraham Lincoln, 46-6.5; 4, Alex Hicklin, Heelan, 45-5.5; 5, Chase Tanner, Abraham Lincoln, 46-0.5; 6, Charlie Murphy, West, 44-4.

INDIVIDUAL RUNNING

3,200: 1, Nate McKewon, Heelan, 10:13.97; 2, Matt Peters, Abraham Lincoln, 10:18.81; 3, Hamza Farah, West, 10:19.83; 4, Kyle Blue, Thomas Jefferson, 10:32.28; 5, Christopher Rickert, Heelan, 10:43.06; 6, Anthony Henricks, West, 11:09.87.

100: 1, Brandon Wegher, Heelan, 11.05; 2, Tre-Darrius Canady, East, 11.32; 3, Chris White, Abraham Lincoln, 11.41; 4, Justin Anderson, East, 11.44; 5, Marcus James, North, 11.61; 6, Cole Wegher, Heelan, 11.63.

110 high hurdles: 1, Andy Gray, Thomas Jefferson, 15.22; 2, Terry Moore, Thomas Jefferson, 15.85; 3, Mike Bisenius, Heelan, 15.91; 4, Josh Folchert, North, 16.38; 5, Justin Denton, Abraham Lincoln, 16.55; 6, Kyle Madsen, Abraham Lincoln, 16.80.

1,600: 1, Anthony Oberle, Heelan, 4:37.32; 2, Nate McKewon, Heelan 4:45.69; 3, Matt Peters, Abraham Lincoln, 4:46.74; 4, Austin Jacobs, East, 4:53.12; 5, Colby Rueschenberg, Thomas Jefferson, 4:53.91; 6, Drew Hardenbrook, East, 4:56.93.

200: 1, Brandon Wegher, Heelan, 22.69; 2, Jared Miller, North, 23.40; 3, Cole Wegher, Heelan, 23.76; 4, Justin Anderson, East, 23.88; 5, Trevor Miller, East, 24.12; 6, Paul Belk, West, 24.23.

400: 1, Chris Calvillo, Heelan, 51.62; 2, Victor Mendiola, North, 51.80; 3, Kyle Poss, Heelan, 53.43; 4, Leland Scarlett, North, 54.23; 5, Jake Farr, Thomas Jefferson, 54.51; 6, Sam Rowe, Abraham Lincoln, 54.64.

400 hurdles: 1, Terry Moore, Thomas Jefferson, 56.05; 2, Taylor Pollow, East, 57.19; 3, Chris White, Abraham Lincoln, 58.73; 4, Andy Gray, Thomas Jefferson, 1:00.01; 5, Justin Denton, Abraham Lincoln, 1:00.14; 6, Josh Folchert, North, 1:01.55.

800: 1, Joe Rodriguez, Thomas Jefferson, 2:05.28; 2, Kyle Poss, Bishop Heelan, 2:05.46; 3, Austin Jacobs, East, 2:06.85; 4, Jake Farr, Thomas Jefferson, 2:07.83; 5, Hamza Farah, West, 2:08.30; 6, Jake Lewis, West, 2:11.38.

RELAYS

Shuttle hurdle: 1, Thomas Jefferson (Terry Moore, Brian Clark, Gabe Taylor, Andy Gray) 58.97 (record, new event); 2, Abraham Lincoln, 59.91; 3, Heelan, 1:05.95; 4, North, 1:06.67; 5, West, 1:09.12; 6, East, 1:10.59.

4x800: 1, East (Drew Hardenbrook, Jake Clarahan, Austin Jacobs, Andy Dougherty) 8:21.48; 2, Thomas Jefferson, 8:22.85; 3, Heelan, 8:25.43; 4, North, 8:42.97; 5, Abraham Lincoln, 8:44.76; 6, West, 9:09.79.

4x200: 1, North (Jared Miller, Danny Winders, Marcus James, Jehmica McDaniel) 1:31.17 (record, old mark 1:31.36, East, 2002); 2, Heelan, 1:33.21; 3, Thomas Jefferson, 1:34.08; 4, East, 1:35.77; 5, Abraham Lincoln, 1:40.23. West disqualified.

Medley: 1, Heelan (Preston Ives, Ben Rickord, Chris Cavillo, Matt Lord) 3:46.96; 2, Thomas Jefferson, 3:48.79; 3, North, 3:50.53; 4, Abraham Lincoln, 3:59.34; 5, West, 4:00.20; 6, East, 4:04.74.

4x100: 1, North (Danny Hays, Jared Miller, Marcus James, Jehmica McDaniel) 44.40; 2, East 44.50; 3, Bishop Heelan 44.87; 4, Thomas Jefferson 45.12; 5, Abraham Lincoln 45.45; 6, West 46.51.

4x400: 1, North (R.J. Hudson, Matt Bauerly, Victor Mendiola, Dan Winders) 3:30.97; 2, Bishop Heelan 3:33.94; 3, Thomas Jefferson 3:35.27; 4, West 3:49.59; 5, Abraham Lincoln 3:52.62; 6, East 4:12.75.

2008 (5/5 at Olsen)

TEAM SCORES

Sioux City Bishop Heelan	151
Council Bluffs Thomas Jefferson	124
Council Bluffs Abraham Lincoln	80
Sioux City North	80
Sioux City East	77
Sioux City West	39

FIELD EVENTS

Shot put: 1, Brennan Cougill, Heelan, 50-3.5; 2, Ndzi Tante, Thomas Jefferson, 47-5; 3, Chase Tanner, Abraham Lincoln, 47-3-5; 4, Sean Geary, Heelan, 47-2.5; 5, Jason Belt, Thomas Jefferson, 46-5; 6, Jake Agnew, Abraham Lincoln, 45-7.75.

Discus: 1, Jason Belt, Thomas Jefferson, 147-11; 2, Scott Lahn, East, 133-1; 3, Charlie Murphy, West, 132-2; 4, Justin Baker, Heelan, 131-10; 5, Jamison Lalk, Abraham Lincoln, 125-4.25; 6, Nick Weeter, North, 123-2.

High jump: 1, Brian Clark, Thomas Jefferson, 6-2; 2, Ben Moes, East, 5-8; 3, Josh Folchert, North, 5-8; 4, Tony Liston, Abraham Lincoln, 5-6; 5, Alex Olsen, Abraham Lincoln, 5-6.

Long jump: 1, Dylan Hope, Thomas Jefferson, 22-3 (record, old mark 21-7.5, Deric Manrique, North, 2003); 2, Sean Keane, Heelan, 20-11.25; 3, Andy Dougherty, East, 20-6.5; 4, Dante Faulkner, West, 20-2.5; 5, Quentin James, East, 19-3.5; 6, Leland Scarlett, North, 19-1.25.

INDIVIDUAL RUNNING

3,200: 1, Nate McKewon, Heelan, 10:32.84; 2, Shane Forker, Heelan, 11:06.29; 3, Kyle Blue, Thomas Jefferson, 11:14.82; 4, Derik Simonson, North, 11:16.27; 5, Dan Oleson, West, 11:16.40; 6, Vince Gutsgegg, Abraham Lincoln, 11:26.50.

100: 1, Preston Ives, Heelan, 11.71; 2, Cole Wegher, Heelan, 11.86; 3, Justin Anderson, 11.88; 4, Austin Ebertowski, Abraham Lincoln, 11.89; 5, Ben Peterson, West, 11.90; 6, Danny Hays, North, 11.98.

400: 1, Andy Dougherty, East, 49.48 (record, old mark 49.58, Billy Mousel, Heelan, 2004); 2, Brendan Dougherty, Heelan, 50.60; 3, R.J. Hudson, North, 51.00; 4, Nate Berger, Heelan, 51.94; 5, Ben Renshaw, Thomas Jefferson, 54.30; 6, Terrell Wickey, West, 54.51.

1,600: 1, Ben McKinley, Abraham Lincoln, 4:41.86; 2, Nate McKewon, Heelan, 4:41.94; 3, Anthony Henricks, West, 4:57.04; 4, Dan Oleson, West, 5:04.52; 5, Alex Dixon, Abraham Lincoln, 5:10.79; 6, Sean Forker, Heelan, 5:11.58.

110 highs: 1, Brian Clark, Thomas Jefferson, 16.32; 2, Josh Folchert, North, 16.34; 3, Mike Trobaugh, North, 16.61; 4, Jordan Thompson, Abraham Lincoln, 16.95; 5, Justin Raes, Thomas Jefferson, 17.25; 6, Dante Faulkner, West, 17.43.

200: Andy Dougherty, East, 22.85; 2, Preston Ives, Heelan, 23.04; 3, Terrence Taylor, Thomas Jefferson, 23.25; 4, Shawn McKenzie, North, 23.80; 5, Austin Ebertowski, Abraham Lincoln, 23.87; 6, Justin Anderson, East, 23.96.

400 hurdles: 1, Tony Liston, Abraham Lincoln, 56.08; 2, Taylor Pollow, East, 58.64; 3, Justin Raes, Thomas Jefferson, 59.32; 4, Ben Moes, East, 1:01.66; 5, Bruce Turpen, Thomas Jefferson, 1:02.12; 6, Josh Folchert, North, 1:02.57.

800: 1, Kyle Poss, Heelan, 1:59.57; 2, Christopher Rickert, Heelan, 2:04.63; 3, Barry Hodapp, Abraham Lincoln, 2:05.47; 4, Ben McKinley, Abraham Lincoln, 2:07.67; 5, Jason Rice, Thomas Jefferson, 2:07.79; 6, Terrell Wickey, West, 2:08.10.

RELAYS

4x800: 1, Heelan (Matt Lord, Christopher Rickert, Matt Casey, Kyle Poss) 8:15.43 (record, old mark 8:19.05, Heelan, 2001); 2, Thomas Jefferson, 8:20.56; 3, Abraham Lincoln, 8:26.23; 4, West, 8:55.78; 5, East, 9:24.34.

Shuttle hurdle: 1, Abraham Lincoln (Dustin Davis, Tony Liston, Jordan Thompson, Tyler Johnson) 1:00.49; 2, Thomas Jefferson, 1:00.64; 3, North, 1:01.75; 4, Heelan, 1:06.45; 5, East, 1:07.04.

4x200: 1, North (Shawn McKenzie, Michael Alcaraz, Victor Mendiola, Leland Scarlett) 1:32.05; 2, Thomas Jefferson, 1:33.01; 3, Heelan, 1:35.92; 4, Abraham Lincoln, 1:36.45; 5, West, 1:36.97.

Medley: 1, Thomas Jefferson (Ben Renshaw, Dylan Hope, Jake Farr, Joe Rodriguez) 3:43.91; 2, Heelan, 3:49.79; 3, North, 3:53.23; 4, West, 3:54.15; 5, East, 3:54.68.

4x100: North (Danny Hays, R.J. Hudson, Andrew Vereen, Leland Scarlett) 44.22; 2, Thomas Jefferson, 44.75; 3, Heelan, 45.39; 4, East, 45.62; 5, West, 46.17.

4x400: 1, North (Victor Mendiola, Michael Alcaraz, Leland Scarlett, R.J. Hudson) 3:29.61; 2, Heelan, 3:29.72; 3, Thomas Jefferson, 3:34.33; 4, East, 3:39.41; 5, Abraham Lincoln, 3:43.37.

Missouri River Activities Conference Boys Track Results

2009 (5/8 at Olsen)

TEAM SCORES

Sioux City Heelan	152
Council Bluffs Abraham Lincoln	135
Council Bluffs Thomas Jefferson	87.5
Sioux City West	73
Sioux City East	61
Sioux City North	41.5

FIELD EVENTS

Shot put: 1, Brennan Cougill, Bishop Heelan, 53-11.50 (record, old record Brandon Ramsey, Abraham Lincoln, 51-10.5, 2004); 2, Sean Geary, Bishop Heelan, 51-0; 3, Jamison Lalk, Abraham Lincoln, 47-2.5; 4, Chase Tanner, Abraham Lincoln, 46-11; 5, Scott Lahn, East, 44-8; 6, Mike Soole, East, 41-4.

Discus: 1, Justin Baker, Bishop Heelan, 152-1; 2, Chase Tanner, Abraham Lincoln, 145-1; 3, Nathan Kamrard, Thomas Jefferson, 137-8; 4, Buckley Wright, Bishop Heelan, 136-9; 5, Scott Lahn, East, 126-5; 6, Jamison Lalk, Abraham Lincoln, 119-0.

Long jump: 1, DeVante Clark, West, 20-2.75; 2, Deondre Hubert, North, 19-11.25; 3, Devin Thomas, Abraham Lincoln, 19-11; 4, Quenton James, East, 19-5; 5, Dante Faulkner, West, 19-3.5; 6, Aaron George, West, 19-3.5.

High jump: 1, Alex Olsen, Abraham Lincoln, 5-8; 2, Josh Folchert, North, 5-8; 3, Alex Imming, East, 5-6; 4, Ben Moes, East, 5-6; 5, D.J. Jefferson, Abraham Lincoln, 5-6; 6, Tre Worden, North, 5-6.

INDIVIDUAL RUNNING

3:200: 1, Kyle Blue, Thomas Jefferson, 9:52.15 (record; old mark 10:02.07 Graham McGaffin, West, 2002); 2, Nate McKewon, Bishop Heelan, 10:34.53; 3, Sean Forker, Bishop Heelan, 11:06.16; 4, Pat Peters, Abraham Lincoln, 11:15.03; 5, Daniel Poston, North, 11:21.78; 6, Tyler Peterson, East, 11:33.16.

100: 1, Austin Ebertowski, Abraham Lincoln, 11:06; 2, Spencer Zook, North, 11:19; 3, Preston Ives, Bishop Heelan, 11:34; 4, Sam Rowe, Abraham Lincoln, 11:40; 5, Zack Poyser, Thomas Jefferson, 11:45; 6, Mitchell Vos, East, 11:50.

400: 1, Brendan Dougherty, Bishop Heelan, 49:50; 2, Barry Hodapp, Abraham Lincoln, 52:43; 3, DeVante Clark, West, 52:47; 4, Alex Korner, Thomas Jefferson, 52:97; 5, Matt Lord, Bishop Heelan, 53:75; 6, Zach Schiltz, East, 53:78.

110 high hurdles: 1, Josh Folchert, North, 15:63; 2, Dante Faulkner, West, 16:03; 3, Justin Raes, Thomas Jefferson, 16:62; 4, Warren Joiner, West, 17:0; 5, Kyle Gogel, East, 17:38; 6, Mike Jones, Abraham Lincoln, 17:88.

1,600: 1, Kyle Blue, Thomas Jefferson, 4:39.03; 2, Nate McKewon, Bishop Heelan, 4:51.88; 3, Dan Gassaway, West, 4:55.54; 4, Joel Dorsett, North, 5:02.47; 5, Shane Forker, Bishop Heelan, 5:06.31; 6, Alex Dixon, Abraham Lincoln, 5:07.44.

200: 1, Austin Ebertowski, Abraham Lincoln, 22:75; 2, Brendan Dougherty, Bishop Heelan, 22:91; 3, Preston Ives, Bishop Heelan, 23:31; 4, Sam Rowe, Abraham Lincoln, 23:50; 5, Jared Foster, West, 24:03; 6, Cody Ahrendt, North, 24:32.

400 low hurdles: 1, Warren Joiner, West, 55:72; 2, Justin Raes, Thomas Jefferson, 56:78; 3, Alex Korner, Thomas Jefferson, 57:56; 4, Devin Thomas, Abraham Lincoln, 58:35; 5, Tyler Johnson, Abraham Lincoln, 58:68; 6, Taylor Pollow, East, 59:84.

800: 1, Christopher Rickert, Bishop Heelan, 2:02.0; 2, Brendan Dougherty, Bishop Heelan, 2:02.03; 3, Barry Hodapp, Abraham Lincoln, 2:05.72; 4, Ben Moes, East, 2:05.72; 5, Jordan Robinson, Abraham Lincoln, 2:09.41; 6, Aaron Lewis, West, 2:15.47.

RELAYS

4x800: 1, Bishop Heelan (Nate Berger, Matt Skaggs, Matt Casey, Christopher Rickert), 8:27.76; 2, Abraham Lincoln, 8:39.87; 3, Thomas Jefferson, 8:52.26; 4, East, 9:00.59.

Shuttle hurdle: 1, Thomas Jefferson (Justin Raes, Alex Korner, Bruce Turpen, Tanner Belt), 1:03.10 (record, new event); 2, Abraham Lincoln, 1:03.68; 3, Bishop Heelan, 1:05.44; 4, West, 1:06.10; 5, East, 1:06.44.

4x200: 1, Abraham Lincoln (Sam Rowe, Cleo Harris, Luke Thallas, Austin Ebertowski), 1:32.44; 2, East, 1:33.12; 3, Bishop Heelan, 1:33.90; 4, West, 1:35.75; 5, Thomas Jefferson, 1:36.12; 6, North, 1:41.84.

Medley: 1, Bishop Heelan (Kyle Kinney, Mitch MacGregor, Matt Casey, Matt Lord), 3:43.87; 2, Thomas Jefferson, 3:48.90; 3, West, 3:54.44; 4, East, 4:00.56; 5, Abraham Lincoln, 4:01.0; 6, North, 4:15.47.

4x100: 1, Abraham Lincoln (Sam Rowe, Devin Thomas, Cleo Harris, Austin Ebertowski), 44:56; 2, East, 44:60; 3, Thomas Jefferson, 46:37; 4, Bishop Heelan, 46:69; 5, West, 46:81.

4x400: 1, Bishop Heelan (Matt Skaggs, Matt Casey, Nate Berger, Preston Ives), 3:28.31; 2, West, 3:33.50; 3, East, 3:37.47; 4, Thomas Jefferson, 3:41.88; 5, Abraham Lincoln, 3:42.22; 6, North, 3:56.28.

2010 (5/7 at Glenwood)

TEAM SCORES

Council Bluffs Abraham Lincoln	119
Council Bluffs Thomas Jefferson	106
Sioux City Bishop Heelan	103
Sioux City East	99
Sioux City West	76
Sioux City North	49

FIELD EVENTS

High jump: 1, Alex Imming, East, 6-0; 2, Alex Olsen, Abraham Lincoln, 5-10; 3, Ben Moes, East, 5-10; 4, D.J. Jefferson, Abraham Lincoln, 5-10; 5, Ty Robinson, West, 5-8; 6, Nick Sawin, Heelan, 5-4.

Discus: 1, Justin Baker, Heelan, 173-5.50 (record; old mark 160-9, Brett Engle, Heelan, 2003); 2, Mike Malek, East, 143-0.50; 3, Tanner Belt, Thomas Jefferson, 133-8.50; 4, Austin Stubbs, East, 129-2; 5, Richard Shockley, North, 124-2.75; 6, Nick Wankum, Heelan, 121-11.50.

Shot put: 1, Mike Malek, East, 47-2.75; 2, Zane Cozad, Thomas Jefferson, 46-7.25; 3, Seth Robinson, Thomas Jefferson, 43-0; 4, Mike Soole, East, 42-10; 5, Zach Michl, Abraham Lincoln, 40-8.50; 6, Alex Pick, Heelan, 38-4.25.

Long jump: 1, DeVante Clark, West, 21-0.25; 2, Devin Thomas, Abraham Lincoln, 20-10.25; 3, Quinn Williams, North, 20-2.50; 4, Dondre Hubert, North, 20-0.25; 5, Quenton James, East, 18-10.75; 6, Cleo Harris, Abraham Lincoln, 18-10.

INDIVIDUAL RUNNING

3:200: 1, Matt Samuelson, North, 10:23.18; 2, Daniel Gassaway, West, 10:36.52; 3, Sean Forker, Heelan, 10:40.12; 4, Shane Forker, Heelan, 10:43.33; 5, Kyle McGlade, Thomas Jefferson, 10:44.56; 6, Gary Blackford, Thomas Jefferson, 10:59.26.

100: 1, Austin Ebertowski, Abraham Lincoln, 10:60; 2, Preston Ives, Heelan, 10:75; 3, Spencer Zook, North, 10:92; 4, Zach Poyser, Thomas Jefferson, 10:96; 5, Darius Pearson, West, 11:08; 6, Michael Malloy, Heelan, 11:20.

400: 1, Preston Ives, Heelan, 50:12; 2, Nate Berger, Heelan, 51:05; 3, Dan Wettengel, Abraham Lincoln, 51:52; 4, Ben Renshaw, Thomas Jefferson, 51:55; 5, DeVante Clark, West, 53:26; 6, Christian Schlatter, Abraham Lincoln, 54:56.

110 hurdles: 1, Justin Raes, Thomas Jefferson, 15:00; 2, Alex Imming, East, 15:14; 3, Ty Robinson, West, 15:70; 4, Kyle Gogel, East, 15:76; 5, Trae Narbona, West, 15:83; 6, Nick Sawin, Heelan, 16:32.

1,600: 1, Matt Samuelson, North, 4:51.38; 2, Josh Hiers, Abraham Lincoln, 4:53.85; 3, Daniel Gassaway, West, 5:01.57; 4, Tommy Thelen, Heelan, 5:08.51; 5, Nick Thomas, Thomas Jefferson, 5:10.84; 6, Gary Blackford, Thomas Jefferson, 5:12.72.

200: 1, Austin Ebertowski, Abraham Lincoln, 21:79; 2, Darius Pearson, West, 22:05; 3, Michael Malloy, Heelan, 22:24; 4, Sam Rowe, Abraham Lincoln, 22:35; 5, Zach Poyser, Thomas Jefferson, 22:36; 6, Preston Ives, Heelan, 22:68.

400 hurdles: 1, Justin Raes, Thomas Jefferson, 55:58; 2, Alex Imming, East, 56:04; 3, Alex Korner, Thomas Jefferson, 59:79; 4, Zach Clarey, West, 1:00.61; 5, Kyle Gogel, East, 1:01.44; 6, Court MacGregor, Heelan, 1:02.89.

800: 1, Matt Lord, Heelan, 2:01.80; 2, Ben Moes, East, 2:02.03; 3, Alex Olsen, Abraham Lincoln, 2:07.86; 4, Kyle McGlade, Thomas Jefferson, 2:09.28; 5, Josh Hiers, Abraham Lincoln, 2:11.58; 6, Josh Jensen, North, 2:13.16.

RELAYS

4x800: 1, Thomas Jefferson (Matt Smith, Ben Renshaw, Nick Thomas, Cameron Christensen), 8:28.38; 2, Abraham Lincoln, 8:30.12; 3, Heelan, 8:30.73; 4, East, 8:55.00; 5, West, 9:09.35; 6, North, 9:32.14.

Shuttle hurdle: 1, Thomas Jefferson (Justin Raes, Alex Korner, Aaron George, Tanner Belt) 1:00.10 (record; old mark 1:03.10, Thomas Jefferson, 2009); 2, East, 1:00.82; 3, Abraham Lincoln, 1:03.29; 4, West, 1:03.52; 5, Heelan, 1:03.65.

4x200: 1, Abraham Lincoln (Sam Rowe, Alex White, Cleo Harris, Austin Ebertowski) 1:30.86 (record; old mark 1:31.17, North, 2007); 2, West, 1:32.67; 3, Heelan, 1:32.72; 4, East, 1:32.86; 5, Thomas Jefferson, 1:34.85; 6, North, 1:38.03.

Medley: 1, Abraham Lincoln (Tyler Woolecroft, Alex White, Cleo Harris, Alex Dixon) 3:45.55; 2, Thomas Jefferson, 3:48.43; 3, North, 3:52.32; 4, Heelan, 3:53.03; 5, East, 3:59.19.

4x100: 1, Abraham Lincoln (Devin Thomas, Alex White, Cleo Harris, Austin Ebertowski) 43:46; 2, West, 44:15; 3, East, 44:28; 4, Heelan, 44:86; 5, North, 45:32; 6, Thomas Jefferson, 45:72.

4x400: 1, Thomas Jefferson (Ben Renshaw, Zach Poyser, Alex Korner, Justin Raes) 3:28.82; 2, Heelan, 3:31.55; 3, Abraham Lincoln, 3:36.18; 4, West, 3:36.47; 5, North, 3:43.19; 6, East, 3:44.32.

2011 (5/6 at Olsen)

TEAM SCORES

Sioux City Heelan	119
Sioux City West	88
Council Bluffs Thomas Jefferson	86
Sioux City North	86
Council Bluffs Abraham Lincoln	77
Sioux City East	53
Sergeant Bluff-Luton	47

FIELD EVENTS

High jump: 1, Austin Krohn, Sergeant Bluff-Luton, 6-2; 2, Logan Shine, Sergeant Bluff-Luton, 5-10; 3, Ty Robinson, West, 5-10; 4, Luke Schaur, Abraham Lincoln, 5-8; 5, DJ Jefferson, Abraham Lincoln, 5-8; 6, Louis Noel, Bishop Heelan, 5-6.

Long jump: 1, Devin Thomas, Abraham Lincoln, 22-9.5 (record; old mark 22-3, Dylan Hope, Thomas Jefferson, 2008); 2, Darius Pearson, West, 21-7.25; 3, Dondre Hubert, North, 21-4.5; 4, Quinn Williams, North, 20-8; 5, Ben Robinson, Sergeant Bluff-Luton, 19-6.5; 6, Taron Flemister, West, 19-3.5.

Shot put: 1, Justin Baker, Bishop Heelan, 56-11 (record; old mark 53-11.5, Brennan Cougill, Bishop Heelan, 2009); 2, Jamison Lalk, Abraham Lincoln, 51-5; 3, Mike Malek, East, 48-9; 4, Luke Schaur, Sergeant Bluff-Luton, 46-9; 5, Thomas Martinez, Thomas Jefferson, 43-8.5; 6, Mike Soole, East, 42-8.

Discus: 1, Justin Baker, Bishop Heelan, 168-8.5; 2, Jamison Lalk, Abraham Lincoln, 142-3.5; 3, Mike Malek, East, 142-3; 4, Zach Skibinski, Bishop Heelan, 134-8.5; 5, Austin Stubbs, East, 133-8; 6, EJ Lines, Sergeant Bluff-Luton 125-4.

INDIVIDUAL RUNNING

3:200: 1, Tommy Thelen, Bishop Heelan, 10:50.44; 2, Daniel Poston, North, 10:52.17; 3, Derek Pruett, Thomas Jefferson, 11:06.05; 4, Alec DeVries, Bishop Heelan, 11:07.16; 5, Micah Rook, Sergeant Bluff-Luton, 11:15.83; 6, Sheehan Levine, West, 11:25.99.

100: 1, Darius Pearson, West, 11:23; 2, Tim Keane, Bishop Heelan, 11:42; 3, James Burton, West, 11:57; 4, Spencer Zook, North, 11:59; 5, Eric Peters, East, 11:63; 6, Nick Longtin, North, 11:74.

400: 1, Michael Malloy, Bishop Heelan, 48:91 (record; old mark 49:48, Andy Dougherty, East, 2008); 2, Patrick Hollis, West, 49:96; 3, Ben Renshaw, Thomas Jefferson, 50:76; 4, Josh Jensen, North, 51:25; 5, Greg Kirwan, East, 52:36; 6, Paul Jacobson, Bishop Heelan, 54:18.

1,600: 1, Abbabiya Simbassa, North, 4:33.22; 2, Gary Blackford, Thomas Jefferson, 4:51.21; 3, Adolfo Arenas, Bishop Heelan, 4:54.30; 4, Dustin Heib, East, 5:01.97; 5, Nick Nielsen, Sergeant Bluff-Luton, 5:02.91; 6, Colby Casper, North, 5:08.16.

110 hurdles: 1, Ty Robinson, West, 15:05; 2, Devin Thomas, Abraham Lincoln, 15:65; 3, Alex Imming, East, 15:90; 4, Tanner Belt, Thomas Jefferson, 15:93; 5, Logan Shine, Sergeant Bluff-Luton, 15:95; 6, Austin Krohn, Sergeant Bluff-Luton, 16:18.

200: 1, Darius Pearson, West, 22:14; 2, Patrick Hollis, West, 22:28; 3, Tim Keane, Bishop Heelan, 22:34; 4, Dajo Hubert, North, 23:33; 5, Tyler Gustafson, Thomas Jefferson, 23:76; 6, Christian Schlatter, Abraham Lincoln, 23:92.

400 hurdles: 1, Alex Korner, Thomas Jefferson, 55:41; 2, Devin Thomas, Abraham Lincoln, 57:32; 3, Tanner Belt, Thomas Jefferson, 57:88; 4, Alex Imming, East, 57:92; 5, Tony Myers, Bishop Heelan, 57:98; 6, Mo Touchert, West, 59:69.

800: 1, Abbabiya Simbassa, North, 2:02.95; 2, Roland Henry, Bishop Heelan, 2:05.05; 3, Gary Blackford, Thomas Jefferson, 2:07.87; 4, Tyler Palmer, North, 2:07.90; 5, Kyle McGlade, Thomas Jefferson, 2:09.11; 6, Adolfo Arenas, Bishop Heelan, 2:13.23.

RELAYS

4x800: 1, Thomas Jefferson (Matt Smith, Ben Renshaw, Kyle McGlade, Gary Blackford) 8:27.56; 2, Bishop Heelan 8:45.81; 3, North 8:53.78; 4, West 9:15.36; 5, Sergeant Bluff-Luton 10:07.44.

Shuttle hurdle: 1, Abraham Lincoln (Payton Mass, Cleo Harris, Austin Ebertowski, Devin Thomas) 1:00.18; 2, Sergeant Bluff-Luton 1:01.87; 3, Thomas Jefferson 1:01.99; 4, Bishop Heelan 1:03.07; 5, West 1:03.67.

4x200: 1, West (Antonio Anderson, James Burton, Daquane Triplett, Dalvin Damon) 1:30.21 (record; old mark 1:30.86, Abraham Lincoln, 2010); 2, Bishop Heelan 1:30.22; 3, East 1:31.06; 4, North 1:33.64; 5, Thomas Jefferson 1:34.93; 6, Abraham Lincoln 1:35.14.

Distance medley: 1, North (Spencer Zook, Charley Forey, Josh Jensen, Abbabiya Simbassa) 3:38.0 (record; old mark 3:40.81, Bishop Heelan, 2004); 2, Abraham Lincoln 3:40.0; 3, Bishop Heelan 3:47.03; 4, Thomas Jefferson 3:48.21; 5, East 3:52.31; 6, West 3:54.17.

4x100: 1, North (Spencer Zook, Dajo Hubert, Nick Longtin, Quinn Williams) 43:55; 2, Bishop Heelan 44:11; 3, East 44:73; 4, Sergeant Bluff-Luton 45:37; 5, Thomas Jefferson 47:94; 6, Abraham Lincoln 47:94.

4x400: 1, Thomas Jefferson (Ben Renshaw, Dominic Wilson, Alex Korner, Matt Smith) 3:25.89 (record; old mark 3:27.74, Thomas Jefferson, 2001); 2, Abraham Lincoln 3:29.53; 3, East 3:29.71; 4, Bishop Heelan 3:30.61; 5, West 3:40.41; 6, Sergeant Bluff-Luton 3:47.53.

2012 (5/3 at Olsen)

TEAM SCORES

Sioux City Heelan	155
Council Bluffs Abraham Lincoln	113
Sioux City West	78
Sioux City East	66
Council Bluffs Thomas Jefferson	53
Sioux City North	48
Sergeant Bluff-Luton	40

FIELD EVENTS

High jump: 1, Austin Krohn, Sergeant Bluff-Luton, 6-0; 2, Tyler Ard, North, 5-10; 3, Louis Noel, Bishop Heelan, 5-10; 4, Kollin George, Sergeant Bluff-Luton, 5-6.

Discus: 1, Zach Skibinski, Bishop Heelan, 138-7; 2, Colton Tracy, Abraham Lincoln 136-11; 3, Jared Thompson, Abraham Lincoln, 133-7; 4, Nick Norton, North, 128-11; 5, Aaron Ridgely, East, 124-5; 6, David Wever, Thomas Jefferson, 123-2.

Long jump: 1, Darius Pearson, West, 22-0; 2, Tyler Ard, North, 20-9.5; 3, Anthony Dreeszen, East, 20-0; 4, Tyler Cropper, Bishop Heelan, 19-9.5; 5, Xavier Scarlett, North, 19-7.25; 6, Andre Harris, East, 19-1.5.

Shot put: 1, Bryce Drager, East, 50-1; 2, Mike Hariman, Abraham Lincoln, 45-6; 3, Aaron Ridgely, East, 45-4.5; 4, Bryce Sweeney, Bishop Heelan, 45-4.5; 5, Nick Norton, North, 44-4.5; 6, Ken Rhodd, Thomas Jefferson, 44-3.

INDIVIDUAL RUNNING

3:200: 1, Alec DeVries, Bishop Heelan, 10:16.09; 2, Tommy Thelen, Bishop Heelan, 10:31.77; 3, Daniel Poston, North, 10:33.78; 4, Micah Rook, Sergeant Bluff-Luton, 11:03.54; 5, Matt Powders, Thomas Jefferson, 11:22.74; 6, Eldon Warner, Thomas Jefferson, 11:25.97.

100: 1, Darius Pearson, West, 11:05; 2, Anthony Dreeszen, East, 11:17; 3, Cleo Harris, Abraham Lincoln, 11:29; 4, Tim Keane, Bishop Heelan, 11:38; 5, Ronald Nash, East, 11:41; 6, Gerald Heiskell, West, 11:54.

400: 1, Jordan Graves, West, 50:52; 2, Roland Henry, Bishop Heelan, 52:20; 3, Jakahi Gregory, Thomas Jefferson, 52:30; 4, Michael Kuder, Abraham Lincoln, 52:47; 5, Kollin George, Sergeant Bluff-Luton, 52:56; 6, Paul Jacobson, Bishop Heelan, 52:89.

110 hurdles: 1, Jared Thompson, Abraham Lincoln, 15:54; 2, Mike Jones, Abraham Lincoln, 15:81; 3, Austin Krohn, Sergeant Bluff-Luton, 16:45; 4, Bryant Barta, Thomas Jefferson, 16:52; 5, Jordan Graves, West, 17:01; 6, Sam Kuhn, East, 17:47.

1,600: 1, Alec Pavone, Bishop Heelan, 4:38.04; 2, Tommy Thelen, Bishop Heelan, 4:48.15; 3, Colby Casper, North, 4:50.47; 4, Daniel Poston, North, 5:00.30; 5, Nick Nielsen, Sergeant Bluff-Luton, 5:06.32; 6, Gary Blackford, Thomas Jefferson, 5:10.90.

200: 1, Darius Pearson, West, 22:09; 2, Cleo Harris, Abraham Lincoln, 22:09; 3, Tim Keane, Bishop Heelan, 22:41; 4, Gerald Heiskell, West, 22:56; 5, Michael Malloy, Bishop Heelan, 23:34; 6, Jack DeMoss, Sergeant Bluff-Luton, 24:22.

400 hurdles: 1, Jordan Graves, West, 56:29; 2, Kadin Wright, Thomas Jefferson, 56:61; 3, Tony Myers, Bishop Heelan, 56:85; 4, Mike Jones, Abraham Lincoln, 58:87; 5, Bryant Barta, Thomas Jefferson, 1:00:41; 6, Jared Thompson, Abraham Lincoln, 1:01:30.

800: 1, Carter Lilly, East, 2:01.54; 2, Adolfo Arenas, Bishop Heelan, 2:02.76; 3, Alec Pavone, Bishop Heelan, 2:03.80; 4, Billy Coats, Abraham Lincoln, 2:06.24; 5, Billy Ehrenberg, Abraham Lincoln, 2:07.13; 6, Gach Tot, North, 2:07.41.

RELAYS

4x800: 1, Bishop Heelan (Adolfo Arenas, Jake DeJong, Ben Eastman, Blake Bogenrief) 8:26.54; 2, Thomas Jefferson 8:34.58; 3, Abraham Lincoln 8:44.64; 4, West 9:03.64; 5, Sergeant Bluff-Luton 9:35.11.

Shuttle hurdle: 1, Bishop Heelan (Tony Myers, Court MacGregor, Dane Hickman, Nick Sawin) 1:00.68; 2, Abraham Lincoln 1:00.91; 3, Thomas Jefferson 1:02.08; 4, North 1:10.47; 5, West 1:10.95.

4x200: 1, Abraham Lincoln (Brandon Colpitts, Cleo Harris, Alex White, Dylan Garner) 1:30.99; 2, Bishop Heelan 1:31.87; 3, East 1:32.82; 4, Sergeant Bluff-Luton 1:36.01; 5, North 1:36.42; 6, Thomas Jefferson 1:40.16.

Distance medley: 1, Bishop Heelan (Nick Bousquet, Manny Alvarez, Clayton Bengford, Alec DeVries) 3:43.70; 2, Abraham Lincoln 3:46.32; 3, Thomas Jefferson 3:50.08; 4, West 4:00.49; 5, East 4:01.57; 6, Sergeant Bluff-Luton 4:03.33.

4x100: 1, West (Taron Flemister, Gerald Heiskell, Dalvin Damon, Jordan Graves) 43:33; 2, East 43:35; 3, Bishop Heelan 43:78; 4, Abraham Lincoln 43:92; 5, Sergeant Bluff-Luton 45:45; 6, North 45:76.

4x400: 1, Bishop Heelan (Roland Henry, Tony Tobin, Philip Jacobson, Paul Jacobson) 3:27.17; 2, Abraham Lincoln 3:30.53; 3, Thomas Jefferson 3:30.88; 4, East 3:44.26; 5, Sergeant Bluff-Luton 3:44.86; 6, West 3:46.08.

Missouri River Activities Conference Boys Track Results

2013 (5/2 at Olsen)

TEAM SCORES

Sioux City Heelan	152
Council Bluffs Abraham Lincoln	124
Sioux City East	80
Council Bluffs Thomas Jefferson	67
Sioux City West	66
Sioux City North	48
Sergeant Bluff-Luton	18

FIELD EVENTS

High jump: 1, Louis Noel, Bishop Heelan, 5-10; 2, Sam Dotson, North, 5-10; 3, Shane Graves, Bishop Heelan, 5-8; 4, Tavian Williams, North, 5-6; 5, Drew Girres, Sergeant Bluff-Luton, 5-4; 6, Nicholas Grote, Sergeant Bluff-Luton, 5-4.

Discus: 1, Colton Tracy, Abraham Lincoln, 164-4; 2, Ken Rhodd, Thomas Jefferson, 153-11; 3, Davis Weber, Thomas Jefferson, 133-2; 4, Nick Norton, North, 131-2; 5, Austin Langston, North, 130-10; 6, Jared Thompson, Abraham Lincoln, 122-6.

Shot put: 1, Mike Harriman, Abraham Lincoln, 46-2.25; 2, Aaron Ridgley, East, 45-8; 3, Christian Brobst, Bishop Heelan, 45-5.5; 4, Nick Norton, North, 45-3; 5, Max Stewart, North, 45-1.75; 6, Jacob Sandoz, Sergeant Bluff-Luton, 43-5.

Long jump: 1, Anthony Pearson, West, 21-0.75; 2, Xavier Scarlett, North, 20-7; 3, Tyler Cropley, Bishop Heelan, 20-6.5; 4, Nick Bousquet, Bishop Heelan, 19-9; 5, Anthony Dreeszen, East, 19-8; 6, Jakahi Gregory, Thomas Jefferson, 19-2.

INDIVIDUAL RUNNING

3,200: 1, Tommy Thelen, Bishop Heelan, 10:35.47; 2, Alec Pavone, Bishop Heelan, 10:35.59; 3, Blake Willadsen, Abraham Lincoln, 10:42.54; 4, Tyler Messenger, Abraham Lincoln, 11:19.49; 5, Daniel Folchert, North, 11:35.82; 6, Cody Morgan, Sergeant Bluff-Luton, 12:10.60.

100: 1, Ronald Nash, East, 10.94; 2, Gerald Heiskell, West, 11.11; 3, Anthony Dreeszen, East, 11.17; 4, Anthony Pearson, West, 11.43; 5, Connor Niles, Bishop Heelan, 11.52; 6, Dylan Garner, Abraham Lincoln, 11.58.

400: 1, Gerald Heiskell, West, 50.17; 2, Carter Lilly, East, 50.99; 3, Josh Cross, Abraham Lincoln, 52.17; 4, Alec DeVries, Bishop Heelan, 53.10; 5, Tony Tobin, Bishop Heelan, 53.59; 6, Jakahi Gregory, Thomas Jefferson, 53.95.

1,600: 1, Alec Pavone, Bishop Heelan, 4:41.42; 2, Tommy Thelen, Bishop Heelan, 4:43.43; 3, Brian Collinson, Thomas Jefferson, 4:51.03; 4, Blake Willadsen, Abraham Lincoln, 4:51.05; 5, Sheehan Levine, West, 4:54.70; 6, Alex Brewer, Abraham Lincoln, 5:07.65.

110 hurdles: 1, Jared Thompson, Abraham Lincoln, 15.51; 2, Bryant Barta, Thomas Jefferson, 16.15; 3, Louis Noel, Bishop Heelan, 16.28; 4, Skylar Bauer, West, 16.87; 5, Spencer Wyant, Sergeant Bluff-Luton, 17.0; 6, Joe Kayl, Bishop Heelan, 17.04.

200: 1, Ronald Nash, East, 22.10; 2, Gerald Heiskell, West, 22.56; 3, Dylan Garner, Abraham Lincoln, 23.11; 4, Anthony Pearson, West, 23.20; 5, Philip Jacobson, Bishop Heelan, 23.47; 6, Connor Niles, Bishop Heelan, 23.52.

400 hurdles: 1, Josh Cross, Abraham Lincoln, 56.76; 2, Dylan Nightster, Thomas Jefferson, 57.59; 3, Louis Noel, Bishop Heelan, 1:00.34; 4, Ko Noble, North, 1:02.08; 5, Robert Peters, Abraham Lincoln, 1:02.99; 6, Spencer Wyant, Sergeant Bluff-Luton, 1:04.08.

800: 1, Carter Lilly, East, 1:58.45; 2, Alec DeVries, Bishop Heelan, 2:03.13; 3, Billy Ehrenberg, Abraham Lincoln, 2:09.90; 4, Nigel Treinen, Sergeant Bluff-Luton, 2:11.95; 5, Brandon Geary, North, 2:14.0; 6, Josh Krabbe, Abraham Lincoln, 2:14.58.

RELAYS

4x800: 1, Bishop Heelan (Blake Bogenrief, Jake DeJong, Ben Eastman, Alec DeVries) 8:26.06; 2, Thomas Jefferson 8:32.70; 3, Abraham Lincoln 8:41.68; 4, West 9:15.41; 5, East 9:30.73; 6, Sergeant Bluff-Luton 10:05.49.

Shuttle hurdle: 1, Abraham Lincoln (Jared Thompson, Josh Cross, Brandon Colpitts, Reggie Broussard) 1:02.76; 2, Thomas Jefferson 1:04.96; 3, Bishop Heelan 1:04.98; 4, Sergeant Bluff-Luton 1:07.73.

4x200: 1, East (Anthony Dreeszen, Ronald Carter, Greg Kirwan, Ronald Nash) 1:32.58; 2, Bishop Heelan 1:35.46; 3, Abraham Lincoln 1:36.64; 4, North 1:37.07; 5, Sergeant Bluff-Luton 1:37.63; 6, Thomas Jefferson 1:41.67.

Distance medley: 1, Bishop Heelan (Brady Mayo, Shane Graves, John Pithan, Ben Eastman) 3:48.18; 2, Abraham Lincoln 3:49.43; 3, Thomas Jefferson 3:49.64; 4, West 3:57.99; 5, North 4:09.76; 6, Sergeant Bluff-Luton 4:28.47.

4x100: 1, East (Anthony Dreeszen, Ronald Carter, Ross Godfrey, Ronald Nash) 44.76; 2, Abraham Lincoln 44.82; 3, West 45.11; 4, Bishop Heelan 45.54; 5, Sergeant Bluff-Luton 46.12; 6, North 47.03.

4x400: 1, Bishop Heelan (Blake Bogenrief, Tony Tobin, Jake DeJong, Philip Jacobson) 3:30.28; 2, Abraham Lincoln 3:31.16; 3, Thomas Jefferson 3:43.16; 4, East 3:44.01; 5, West 3:47.69; 6, North 3:54.41.

2014 (5/8 at Olsen)

TEAM SCORES

Sioux City Heelan	146
Sioux City East	105
Council Bluffs Thomas Jefferson	98
Council Bluffs Abraham Lincoln	48
Sergeant Bluff-Luton	40
Sioux City North	54
Sioux City West	32

FIELD EVENTS

High jump: 1, Nate Glisar, Sergeant Bluff-Luton, 6-2; 2, Louis Noel, Heelan, 6-0; 3, Matthew George, Sergeant Bluff-Luton, 5-8; 4, Sam Dotson, North, 5-8; 5, Taylor Neuroth, West, 5-4; 6, Will Karer, Heelan, 5-4.

Long jump: 1, Jakahl Gregory, Thomas Jefferson, 21-08; 2, Xavier Scarlett, North, 21-01; 3, Robert Conley, Thomas Jefferson, 20-02; 4, Nick Bousquet, Heelan, 19-08; 5, Taylon Flemister, East, 19-06; 6, Austin Evans, Sergeant Bluff-Luton, 18-11.

Shot put: 1, Jacob Sandoz, Sergeant Bluff-Luton, 48-10.5; 2, Mike Harriman, Abraham Lincoln, 48-03.75; 3, Nick Norton, North, 46-10.25; 4, Max Stewart, North, 45-09.75; 5, Joe Carbis, Abraham Lincoln, 43-00.75; 6, John Alexa, East, 42-10.25.

Discus: 1, Austin Langston, North, 163-00; 2, David Dean, East, 147-01; 3, Jake Meyer, Thomas Jefferson, 144-07; 4, Nick Norton, North, 139-01; 5, Chet Kaiser, Sergeant Bluff-Luton, 136-06; 6, Tony Outlaw, Abraham Lincoln, 128-04.

INDIVIDUAL RUNNING

3,200: 1, Alec Pavone, Heelan, 10:03.51; 2, Jacob Scott, East, 10:10.20; 3, Connor Ritz, Heelan, 11:00.62; 4, Johnathon Loggins, West, 11:16.39; 5, Andrew Lindquist, North, 11:30.08; 6, Zach Williamson, Thomas Jefferson, 11:30.66.

100: 1, Ronald Nash, East, 11.36; 2, Karter Jones, West, 11.65; 3, Brady Wall, Sergeant Bluff-Luton, 11.83; 4, Philip Jacobson, Heelan, 11.84; 5, Xavier Scarlett, North, 11.85; 6, Ronald Carter, East, 11.98.

400: 1, Carter Lilly, East, 50.72; 2, Tony Tobin, Heelan, 52.30; 3, Billy Ehrenberg, Abraham Lincoln, 53.32; 4, Jake De Jong, Heelan, 53.44; 5, Jakahl Gregory, Thomas Jefferson, 54.62; 6, Sam Dotson, North, 54.99.

1,600: 1, Alec Pavone, Heelan, 4:42.28; 2, Jacob Scott, East, 4:45.66; 3, Ben Eastman, Heelan, 4:47.58; 4, Brian Collinson, Thomas Jefferson, 4:49.87; 5, Mukhtar Ali, West, 4:55.57; 6, Kaleb Maynard, North, 4:56.92.

110 highs: 1, Louis Noel, Heelan, 16.45; 2, Avery Thomas, Abraham Lincoln, 16.87; 3, Aaron Pierce, Thomas Jefferson, 17.20; 4, Jacobus Noble, North, 17.32; 5, Paul Riley, Thomas Jefferson, 17.60; 6, Sean Kellogg, Sergeant Bluff-Luton, 18.53.

200: 1, Ronald Nash, East, 22.85; 2, Philip Jacobson, Heelan, 23.65; 3, Tony Tobin, Heelan, 23.74; 4, Nike Grote, Sergeant Bluff-Luton, 23.76; 5, Karter Jones, West, 23.87; 6, Taylon Flemister, East, 23.88.

400 lows: 1, Dylan Nightster, Thomas Jefferson, 56.09; 2, Louis Noel, Heelan, 56.66; 3, Jason Reynolds, Sergeant Bluff-Luton, 59.08; 4, Eldon Warner, Thomas Jefferson, 59.32; 5, Brandon Colpitts, Abraham Lincoln, 59.36; 6, Robert Peters, Abraham Lincoln, 1:00.77.

800: 1, Carter Lilly, East, 1:59.37; 2, Alec Pavone, Heelan, 2:09.35; 3, Brian Collinson, Thomas Jefferson, 2:11.31; 4, Ben Eastman, Heelan, 2:11.66; 5, Jacob Lilly, East, 2:14.45; 6, Daniel Valdivia, Thomas Jefferson, 2:14.93.

RELAYS

4x800: 1, Thomas Jefferson (Dylan Nightster, Eldon Warner, Brian Collinson, Kenny Foote) 8:31.28; 2, Heelan, 8:46.48; 3, West, 8:58.26; 4, East, 9:05.26; 5, Abraham Lincoln, 9:18.97; 6, Sergeant Bluff-Luton, 9:57.39.

Shuttle hurdle: 1, Abraham Lincoln (Avery Thomas, Brandon Colpitts, Robert Peters, Cory Monson) 1:02.49; 2, Sergeant Bluff-Luton, 1:04.10; 3, Heelan, 1:04.26; 4, North, 1:06.37; 5, none; 6, none.

4x200: 1, East (Taylon Flemister, Dom Flemister, Ross Godfrey, Ronald Carter) 1:34.39; 2, Heelan, 1:35.17; 3, Thomas Jefferson, 1:37.30; 4, West, 1:37.83; 5, Abraham Lincoln, 1:40.21; 6, none.

Medley: 1, Thomas Jefferson (Robert Conley, Jakahi Gregory, Aaron Pierce, Parker Raes) 3:50.98; 2, Heelan, 3:53.55; 3, East, 3:53.84; 4, Sergeant Bluff-Luton, 3:54.97; 5, Abraham Lincoln 4:14.51; 6, none.

4x100: 1, Sergeant Bluff-Luton (Matthew George, Nick Grote, Jack De Moss, Brady Wall) 44.24; 2, East, 44.41; 3, Thomas Jefferson, 46.34; 4, West, 47.32; 5, Abraham Lincoln, 47.88; 6, Heelan, 47.94.

4x400: 1, Heelan (Joe Kayl, Tony Tobin, Jake De Jong, Philip Jacobson) 3:31.69; 2, Thomas Jefferson, 3:32.35; 3, East, 3:36.27; 4, North, 3:45.48; 5, Abraham Lincoln, 3:47.12; 6, Sergeant Bluff-Luton, 4:06.15.

2015 (5/7 at Olsen)

TEAM SCORES

Sioux City Heelan	118
Sioux City North	114
Sioux City East	84
Council Bluffs Thomas Jefferson	83
Sergeant Bluff-Luton	81
Council Bluffs Abraham Lincoln	48
Sioux City West	25

FIELD EVENTS

High jump: 1, Sam Dotson, North, 6-2; 2, Will Karer, Heelan, 5-10; 3, Tavian Williams, North, 5-10; 4, Steve Womack, West, 5-6; 5, Mason Heaton, Heelan, 5-4; 6, Colby Laughlin, Sergeant Bluff-Luton, 5-4.

Long jump: 1, Odessa Clark, Heelan, 21-4.5; 2, Xavier Scarlett, North, 21-2; 3, Avery Thomas, Abraham Lincoln, 20-7; 4, Max Vollmer, North, 19-0; 5, Phillip Moon, East, 18-1; 6, King Smith, Thomas Jefferson, 17-1.

Shot put: 1, John Alexa, East, 53-10; 2, Juan Marquez, East, 49-0; 3, Jacob Sandoz, Sergeant Bluff-Luton, 48-9; 4, Mike Harriman, Abraham Lincoln, 48-4; 5, Eric Montes, West, 45-9; 6, Andrew Ryan, Abraham Lincoln, 44-1.

Discus: 1, Chet Kaiser, Sergeant Bluff-Luton, 144-4; 2, David Dean, East, 138-5; 3, Jose Deanda, East, 124-3; 4, Tony Outlaw, Abraham Lincoln, 121-11; 5, Tristan Harris, Abraham Lincoln, 121-9; 6, Curtis Eichmann, North, 117-7.

INDIVIDUAL RUNNING

3,200: 1, Alec Pavone, Heelan, 10:22.48; 2, Connor Ritz, Heelan, 10:26.07; 3, Camden Beller, North, 10:32.98; 4, Miles Scott, Sergeant Bluff-Luton, 10:33.19; 5, Jon Dahlhelmer, Thomas Jefferson, 10:39.53; 6, Gavin Bush, North, 10:43.09.

100: 1, Karter Jones, West, 11.49; 2, Brady Wall, Sergeant Bluff-Luton, 11.51; 3, Dom Flemister, East, 11.59; 4, Ross Godfrey, East, 11.67; 5, Xavier Scarlett, North, 11.77; 6, Tyler Wagner, North, 11.81.

400: 1, Daniel Carey, Thomas Jefferson, 51.15; 2, Joe Fox, Heelan, 51.56; 3, Connor Coyle, North, 53.09; 4, Terrence Sanchez, Sergeant Bluff-Luton, 53.16; 5, Tony Tobin, Heelan, 53.59; 6, Andrew Reyna-Zapon, West, 54.41.

1,600: 1, Eldon Warner, Thomas Jefferson, 4:28.60 (record; old mark 4:32.09, Josh Lewis, West, 2006); 2, Alec Pavone, Heelan, 4:40.51; 3, Ben Eastman, Heelan, 4:45.99; 4, Phoenix Larned, West, 4:52.99; 5, Cesar Salazar, Thomas Jefferson, 4:55.11; 6, Daniel Folchert, North, 4:57.50.

110 hurdles: 1, Avery Thomas, Abraham Lincoln, 15.68; 2, Jacobus Noble, North, 16.49; 3, Sean Kellogg, Sergeant Bluff-Luton, 16.70; 4, Will Karer, Heelan, 17.54; 5, Paul Riley, Thomas Jefferson, 17.73; 6, Steve Womack, West, 18.03.

200: 1, Xavier Scarlett, North, 23.30; 2, Taylon Flemister, East, 23.34; 3, Drew Girres, Sergeant Bluff-Luton, 23.57; 4, Joe Fox, Heelan, 23.77; 5, Joe Northup, Abraham Lincoln, 23.90; 6, Karter Jones, West, 23.91.

400 hurdles: 1, Dylan Nightster, Thomas Jefferson, 56.99; 2, Jacobus Noble, North, 58.41; 3, Jeron Sampson, Thomas Jefferson, 58.62; 4, Will Karer, Heelan, 59.39; 5, Tyler Kempema, North, 59.42; 6, Sean Kellogg, Sergeant Bluff-Luton, 59.81.

800: 1, Eldon Warner, Thomas Jefferson, 1:59.84; 2, Alec Pavone, Heelan, 2:04.52; 3, Connor Coyle, North, 2:05.22; 4, Ben Eastman, Heelan, 2:06.43; 5, Harrison Jones, Abraham Lincoln, 2:09.20; 6, Cody Morgan, Sergeant Bluff-Luton, 2:10.19.

RELAYS

4x800: 1, Thomas Jefferson (Dylan Nightster, Kenny Foote, Connor Osborn, Parker Raes) 8:21.70; 2, North 8:24.76; 3, Heelan 8:35.16; 4, Abraham Lincoln 8:47.15; 5, Sergeant Bluff-Luton 9:43.62.

Shuttle hurdle: 1, Sergeant Bluff-Luton (Austin Evans, Blake Russell, Sean Kellogg, Spencer Wyant) 1:02.54; 2, North 1:02.91; 3, Abraham Lincoln 1:02.95; 4, Heelan 1:12.02.

4x200: 1, East (Taylon Flemister, Ross Godfrey, Dom Flemister, Trevor Gausman) 1:31.84; 2, North 1:32.69; 3, Sergeant Bluff-Luton 1:33.10; 4, Heelan 1:35.14; 5, Thomas Jefferson 1:38.19; 6, West 1:38.95.

Distance medley: 1, Thomas Jefferson (Kaiden Werts, Jake Axtell, Parker Raes, Daniel Carey) 3:41.01; 2, Sergeant Bluff-Luton 3:47.77; 3, Heelan 3:50.38; 4, North 3:51.61; 5, East 4:08.25; 6, Abraham Lincoln 4:15.84.

4x100: 1, East (Taylon Flemister, Dom Flemister, Josh Nutt, Ross Godfrey) 44.54; 2, Sergeant Bluff-Luton 44.58; 3, Heelan 45.02; 4, Abraham Lincoln 45.27; 5, North 45.51; 6, Thomas Jefferson 48.36.

4x400: 1, East (Taylon Flemister, Ross Godfrey, Trevor Gausman, Dom Flemister) 3:27.88; 2, Thomas Jefferson 3:28.84; 3, Heelan 3:35.57; 4, North 3:35.59; 5, Abraham Lincoln 3:40.56; 6, West 4:43.82.

2016 (5/5 at Olsen)

TEAM SCORES

Sergeant Bluff-Luton	120
Sioux City North	118
Sioux City East	116
Council Bluffs Thomas Jefferson	101
Sioux City Heelan	49
Sioux City West	37
Council Bluffs Abraham Lincoln	10

FIELD EVENTS

Shot put: 1, John Alexa, East, 54-0; 2, Ethan Ahrendholz, East, 49-7.50; 3, Eli Mollet, Bishop Heelan, 43-2; 4, Dan Benson, Thomas Jefferson, 43-2; 5, Trent Wilson, North, 42-4; 6, George Konidas, North, 40-11.5.

Discus: 1, Chet Kaiser, Sergeant Bluff-Luton, 140-3; 2, Cameron Baker, Thomas Jefferson, 140-0; 3, Jose Deanda, East, 117-9.5; 4, Jackson Wright, Sergeant Bluff-Luton, 114-2.5; 5, Brook Rector, Bishop Heelan, 113-5; 6, George Konidas, North, 112-11.5.

Long jump: 1, Odessa Clark, Bishop Heelan, 21-1.75; 2, Ross Godfrey, East, 19-11.50; 3, Avery Brun, West, 19-2.75; 4, King Smith, Thomas Jefferson, 19-2.25; 5, Tyler Wagner, North, 19-0.5; 6, Phillip Moon, East, 18-11.

High jump: 1, Tavian Williams, North, 6-4; 2, Sam DeMoss, Sergeant Bluff-Luton, 6-2; 3, Trent Wilson, North, 5-10; 4, Colby Laughlin, Sergeant Bluff-Luton, 5-8.

INDIVIDUAL RUNNING

3,200: 1, Connor Ritz, Bishop Heelan, 10:22.39; 2, Jon Dahlhelmer, Thomas Jefferson, 10:27.93; 3, Phoenix Larned, West, 10:43.87; 4, Miles Scott, Sergeant Bluff-Luton, 10:47.62; 5, Abdulkadir Mohamed, North, 11:05.57; 6, Mustafa Nur, North, 11:15.40.

100: 1, Dom Flemister, East, 10.82; 2, Ross Godfrey, East, 10.87; 3, Brady Wall, Sergeant Bluff-Luton, 10.88; 4, Suleiman Abdirahman, North, 11.07; 5, Matthew George, Sergeant Bluff-Luton, 11.22; 6, Max Vollmer, North, 11.28.

400: 1, Ty Boekelman, Sergeant Bluff-Luton, 51.22; 2, Daniel Carey, Thomas Jefferson, 51.30; 3, Terrence Sanchez, 51.46; 4, Joe Yaneff, Bishop Heelan, 52.86; 5, Merga Gedeja, North, 53.50; 6, John Pithan, Bishop Heelan, 53.61.

110 high hurdles: 1, Jacobus Noble, North, 14.87; 2, Noah Weeter, North, 15.78; 3, Paul Riley, Thomas Jefferson, 15.87; 4, Sean Kellogg, Sergeant Bluff-Luton, 15.93; 5, Kellen Fitch, West, 16.82; 6, Connor Sulserberg, West, 16.89.

1,600: 1, Jeremy Hill, East, 4:43.47; 2, Daniel Folchert, North, 4:44.69; 3, Cole Taylor, East, 4:49.22; 4, Gabe Hannemann, Sergeant Bluff-Luton, 4:51.15; 5, Deven Pace, North, 4:58.77; 6, Jock Dahlheimer, Thomas Jefferson, 4:59.58.

200: 1, Dom Flemister, East, 21.68; 2, Taylon Flemister, East, 22.45; 3, Suleiman Abdirahman, North, 22.72; 4, Drew Girres, Sergeant Bluff-Luton, 22.75; 5, Tyler Wagner, North, 22.90; 6, Darius Moore, West, 24.52.

400 low hurdles: 1, Jeron Sampson, Thomas Jefferson, 56.03; 2, Sean Kellogg, Sergeant Bluff-Luton, 59.10; 3, Jacobus Noble, North, 59.40.

800: 1, Daniel Carey, Thomas Jefferson, 2:02.82; 2, Jeremy Hill, East, 2:04.45; 3, Cesar Salazar, Thomas Jefferson, 2:05.38; 4, Tyler Clausen, West, 2:09.32; 5, Jake Beauieu, Bishop Heelan, 2:09.66; 6, Gabe Hannemann, Sergeant Bluff-Luton, 2:10.05.

RELAYS

4x800: 1, Thomas Jefferson (Daniel Carey, Parker Raes, Cesar Salazar, Jeron Sampson) 8:22.94; 2, North 8:31.77; 3, Sergeant Bluff-Luton 8:33.92; 4, Abraham Lincoln 8:37.67; 5, Bishop Heelan 9:18.60; 6, West 9:23.87.

Shuttle hurdle: 1, North (Max Vollmer, Noah Weeter, Tyler Kempema, Jacobus Noble) 1:06.63; 2, West 1:05.95; 3, Sergeant Bluff-Luton 1:06.04; 4, Thomas Jefferson 1:06.57.

4x200: 1, Sergeant Bluff-Luton (Matthew George, Ryley McGregor, Drew Girres, Brady Wall) 1:29.05 (record, old record 1:30.21, West, 2011); 2, East 1:29.28; 3, North 1:32.12; 4, Bishop Heelan 1:32.82; 5, Thomas Jefferson 1:36.37; 6, West 1:40.48.

Medley: 1, Thomas Jefferson (Paul Riley, Griffin Koletske, Reggie Evans, Jeff Griffin) 3:49.99; 2, North 3:50.37; 3, Abraham Lincoln 3:57.86; 4, Sergeant Bluff-Luton 3:57.98; 5, East 3:58.29.

4x100: 1, East (Taylon Flemister, Dom Flemister, Phillip Moon, Ross Godfrey) 42.77 (record, old mark 43.29, Thomas Jefferson, 2005); 2, Sergeant Bluff-Luton 43.14; 3, North 43.76; 4, Bishop Heelan 44.55; 5, Thomas Jefferson 46.02; 6, West 46.35.

4x400: 1, Sergeant Bluff-Luton (Drew Girres, Ty Boekelman, Matthew George, Terrence Sanchez) 3:28.56; 2, Thomas Jefferson 3:33.97; 3, North 3:37.91; 4, Bishop Heelan 3:40.43; 5, West 3:44.44; 6, East 3:45.29.

Missouri River Activities Conference Boys Track Results

2017 (5/4 at Council Bluffs)

TEAM SCORES

Sergeant Bluff-Luton.....	168
Sioux City North.....	105
Sioux City East.....	96
Sioux City Heelan.....	79
Council Bluffs Thomas Jefferson.....	77
Sioux City West.....	50
Council Bluffs Abraham Lincoln.....	14

FIELD EVENTS

Shot put: 1, Ethan Vick, East, 46-1.25; 2, Cameron Baker, Thomas Jefferson, 45-11.5; 3, Jasper Stottlemeyer, Abraham Lincoln, 44-11.75; 4, Eli Mollet, Bishop Heelan, 43-11; 5, Max Camerer, Sergeant Bluff-Luton, 43-6.5; 6, Sam Hildahl, East, 42-0.5.

Discus: 1, Cameron Baker, Thomas Jefferson, 157-2; 2, Cade Nelson, East, 147-9; 3, Eli Mollet, Bishop Heelan, 142-0; 4, Jackson Wright, Sergeant Bluff-Luton, 121-9; 5, Mitch Flowers, Thomas Jefferson, 118-3; 6, Brook Rector, Bishop Heelan, 117-2.

Long jump: 1, Taylor Flemister, East, 20-5.5; 2, Avery Brun, West, 20-1; 3, Rashaan Davis, North, 19-1.5; 4, Rashaan Davis, North, 19-1.5; 5, Tyler Wagner, North, 18-8; 6, Brennan Todd, Bishop Heelan, 18-4.

High jump: 1, Sam DeMoss, Sergeant Bluff-Luton, 5-10; 2, Chris Kroll, Sergeant Bluff-Luton; Cliff McCray, West, 5-8; 4, Ray Ray Douglas, West, 5-6; 5, Cameron Lukavsky, Thomas Jefferson, 5-4; 6, Ben Murphy, Bishop Heelan, 5-4.

INDIVIDUAL RUNNING

100: 1, Jorma Schwedler, Sergeant Bluff-Luton, 11.10; 2, Ardel Inlay, East, 11.12; 3, Ryley McGregor, Sergeant Bluff-Luton, 11.36; 4, Gabe Wagner, East, 11.37; 5, Tyler Wagner, North, 11.37; 6, Joe Hill, Abraham Lincoln, 11.56.

110 hurdles: 1, Noah Weeter, North, 15.33; 2, Max Murphy, Sergeant Bluff-Luton, 16.01; 3, Drew Olson, Bishop Heelan, 16.16; 4, Austin Freiberg, Sergeant Bluff-Luton, 16.16; 5, Jeron Sampson, Thomas Jefferson, 16.17; 6, Tyler Kempema, North, 16.48.

200: 1, Taylor Flemister, East, 22.50; 2, Kellen Fitch, West, 22.71; 3, Ryley McGregor, Sergeant Bluff-Luton, 22.90; 4, Zach Schultz, Sergeant Bluff-Luton, 23.06; 5, Jake Axtell, Thomas Jefferson, 23.20; 6, Joe Hill, Abraham Lincoln, 23.48.

400: 1, Ty Boekelman, Sergeant Bluff-Luton, 50.01; 2, Britton Delperdang, Sergeant Bluff-Luton, 50.48; 3, Max Miller, Bishop Heelan, 51.41; 4, Robbie Olson, East, 56.32; 5, Andrew Reyna-Zapon, West, 56.54; 6, Javier DeAnda, East, 56.88.

400 hurdles: 1, Jeron Sampson, Thomas Jefferson, 56.68; 2, Jackson Baker, North, 56.96; 3, Ardel Inlay, East, 57.75; 4, Austin Freiberg, Sergeant Bluff-Luton, 59.10; 5, Johnson Reoun, West, 1:00.13; 6, Sam DeMoss, Sergeant Bluff-Luton, 1:00.22.

800: 1, Camden Beller, North, 2:01.84; 2, Gabe Hannemann, Sergeant Bluff-Luton, 2:02.14; 3, Cole Taylor, East, 2:06.34; 4, Will DeWeerd, East, 2:07.81; 5, Brenden Suhr, Bishop Heelan, 2:08.28; 6, Conner Groves, Sergeant Bluff-Luton, 2:08.77.

1,600: 1, Merga Gameda, North, 4:35.66; 2, Connor Ritz, Bishop Heelan, 4:37.20; 3, Miles Scott, Sergeant Bluff-Luton, 4:37.66; 4, Gabe Hannemann, Sergeant Bluff-Luton, 4:47.21; 5, Phoenix Larned, West, 4:49.65; 6, Anthony Humpal, Thomas Jefferson, 4:53.76.

3,200: 1, Miles Scott, Sergeant Bluff-Luton, 10:01.25; 2, Merga Gameda, North, 10:04.26; 3, Archie Powders, Thomas Jefferson, 10:50.34; 4, Luke Benson, West, 10:54.49; 5, John Greer, Bishop Heelan, 10:54.49; 6, Drew Marksbury, Sergeant Bluff-Luton, 10:56.90.

RELAYS

4x100: 1, East (Gabe Wagner, Dain Hoch, Ardel Inlay, Taylor Flemister) 43.56; 2, Sergeant Bluff-Luton 44.24; 3, North 44.70; 4, Bishop Heelan 45.33; 5, Abraham Lincoln 45.41; 6, West 45.90.

4x200: 1, North (Tyler Wagner, Noah Weeter, Max Vollmer, Jayce Martineck) 1:32.78; 2, Bishop Heelan 1:33.99; 3, Sergeant Bluff-Luton 1:34.18; 4, East 1:37.58; 5, Thomas Jefferson 1:37.88; 6, Abraham Lincoln 1:41.24.

4x400: 1, Sergeant Bluff-Luton (Jorma Schwedler, Chris Kroll, Ty Boekelman, Britton Delperdang) 3:23.01 (record; old mark 3:25.89, Thomas Jefferson, 2011); 2, Thomas Jefferson 3:30.72; 3, Bishop Heelan 3:31.81; 4, East 3:38.86; 5, North 3:40.54; 6, West 3:52.52.

4x800: 1, Sergeant Bluff-Luton (Easton Ritz, Payden Hofer, Conner Groves, Gabe Hannemann) 6:28.32; 2, Bishop Heelan 8:35.04; 3, North 8:54.68; 4, East 9:00.17; 5, Thomas Jefferson 9:03.35; 6, West 9:55.50.

Distance Medley: 1, Thomas Jefferson (Jeron Sampson, Cameron Lukavsky, Jake Axtell, Daniel Carey) 3:37.99 (record; old mark 3:38.0, North, 2011); 2, North 3:46.62; 3, Bishop Heelan 3:53.55; 4, Sergeant Bluff-Luton 3:56.55; 5, East 4:16.49; 6, West 4:25.30.

Sprint Medley: 1, Sergeant Bluff-Luton (Zach Schultz, Britton Delperdang, Ty Boekelman, Jorma Schwedler) 1:35.15; 2, Thomas Jefferson 1:35.55; 3, Bishop Heelan 1:36.61; 4, North 1:37.96; 5, Abraham Lincoln 1:38.04; 6, West 1:39.94.

Shuttle hurdle: 1, North (Max Vollmer, Tyler Kempema, Cade Conner, Noah Weeter) 59.94 (record; old mark 1:00.10, Thomas Jefferson, 2010); 2, West 1:02.56; 3, Sergeant Bluff-Luton 1:03.67; 4, Bishop Heelan 1:10.98; 5, Thomas Jefferson 1:20.38; 6, Abraham Lincoln 1:20.38.

2018 (5/4 at Memorial)

TEAM SCORES

Sergeant Bluff-Luton.....	178
Sioux City East.....	181
Council Bluffs Abraham Lincoln.....	76
Council Bluffs Thomas Jefferson.....	70
Sioux City North.....	68
Sioux City Heelan.....	66
Sioux City West.....	47

FIELD EVENTS

Long jump: 1, Troy Houghton, Abraham Lincoln, 20-4.25; 2, Easton Ritz, Sergeant Bluff-Luton, 20-4; 3, Adien Belt, West, 19-1; 4, Cameron Lukavsky, Thomas Jefferson, 19-0.5; 5, Ardel Inlay, East, 18-11.5; 6, Michael Duax, West, 17-3.

High jump: 1, Cliff McCray, West, 6-1; 2, Austin Freiberg, Sergeant Bluff-Luton, 6-1; 3, Troy Houghton, CB Abraham Lincoln, 6-1; 4, Ray Douglas, West, 5-8; 5, Nick Garner, Abraham Lincoln, 5-6; 6, Danny Dillavou, Sergeant Bluff-Luton, 5-4.

Discus: 1, Eli Mollet, Heelan, 162-2; 2, Mitch Flowers, Thomas Jefferson, 139-10; 3, Jasper Stottlemeyer, Abraham Lincoln, 135-11; 4, Carson Gaul, Sergeant Bluff-Luton, 132-11; 5, Sam Hildahl, East, 130-3; 6, Colby Roos, Sergeant Bluff-Luton, 127-4.

Shot put: 1, Kobe Clayborne, Heelan, 50-4; 2, Jasper Stottlemeyer, Abraham Lincoln, 49-11.5; 3, Blake Wiederhold, East, 49-09.5; 4, Max Camerer, Sergeant Bluff-Luton, 48-7.5; 5, Sam Hildahl, East, 46-9.5; 6, Mason Mower, Abraham Lincoln, 45-8.75.

INDIVIDUAL RUNNING

3,200: 1, Merga Gameda, North, 9:59.39; 2, Miles Scott, Sergeant Bluff-Luton, 10:15.05; 3, Jaysen Bouwers, North, 10:21.42; 4, Steven Hornberg, Abraham Lincoln, 10:27.77; 5, John Greer, Heelan, 10:44.98; 6, Caden Tellander, Abraham Lincoln, 10:55.87.

100: 1, Ardel Inlay, East, 11.01; 2, Jorma Schwedler, Sergeant Bluff-Luton, 11.04; 3, De'Vonta Cobbs, North, 11.40; 4, Emmanuel Tamekko, West, 11.80; 5, Deonte Walker, Heelan, 11.91; 6, Thanakorn Saokao, Thomas Jefferson, 12.01.

400: 1, Britton Delperdang, Sergeant Bluff-Luton, 50.19; 2, Connor Ellis, Abraham Lincoln, 51.92; 3, Easton Ritz, Sergeant Bluff-Luton, 52.96; 4, Garrett Hanson, East, 54.86; 5, RJ Breen, Heelan, 54.93; 6, Ryan Dougherty, Heelan, 55.79.

110 hurdles: 1, Max Murphy, Sergeant Bluff-Luton, 15.08; 2, Jeron Sampson, Thomas Jefferson, 15.33; 3, Austin Freiberg, Sergeant Bluff-Luton, 15.88; 4, Cade Conner, North, 16.14; 5, Brayden White, East, 19.12; 6, Spencer Price, Abraham Lincoln, 19.22.

800: 1, Deven Pace, North, 2:00.87; 2, Cole Taylor, East, 2:02.87; 3, Gabe Hannemann, Sergeant Bluff-Luton, 2:05.96; 4, Will De Weerd, East, 2:06.88; 5, Kyle Soriano, Thomas Jefferson, 2:09.74; 6, Tyler Grames, Sergeant Bluff-Luton, 2:10.17.

200: 1, Ardel Inlay, East, 22.57; 2, Jorma Schwedler, Sergeant Bluff-Luton, 22.60; 3, De'Vonta Cobbs, North, 23.22; 4, Herb Fant, Abraham Lincoln, 24.18; 5, Dominic Silva, Thomas Jefferson, 24.32; 6, Henry Sealey, Heelan, 24.42.

400 hurdles: 1, Jeron Sampson, Thomas Jefferson, 57.01; 2, Max Murphy, Sergeant Bluff-Luton, 58.36; 3, Austin Freiberg, Sergeant Bluff-Luton, 58.44; 4, Wyatt Green, Abraham Lincoln, 1:00.63; 5, Brayden White, East, 1:05.12; 6, Jake Beaulieu, Heelan, 1:05.13.

1,600: 1, Merga Gameda, North, 4:44.06; 2, Charlie Salsbury, Heelan, 4:45.33; 3, Miles Scott, Sergeant Bluff-Luton, 4:48.36; 4, Steven Hornberg, Abraham Lincoln, 4:51.66; 5, Jaysen Bouwers, North, 4:52.90; 6, Gabe Hannemann, Sergeant Bluff-Luton, 4:56.89.

RELAYS

Sprint medley: 1, Sergeant Bluff-Luton (Zach Schultz, Josh Stangel, Sam DeMoss, Britton Delperdang) 1:38.44; 2, Thomas Jefferson 1:37.93; 3, Bishop Heelan 1:40.80; 4, East 1:41.18; 5, West 1:43.76; 6, North 1:51.74.

4x800: 1, Sergeant Bluff-Luton (Tyler Grames, Nick Muller, Easton Ritz, Conner Groves) 8:21.67; 2, Thomas Jefferson 8:43.29; 3, East 8:58.91; 4, Heelan 9:19.85; 5, North 9:26.48; 6, Abraham Lincoln 9:33.16.

Shuttle hurdle: 1, Sergeant Bluff-Luton (Matthew Hansen, Nate Verros, Max Murphy, Austin Freiberg) 1:00.25; 10; 2, Thomas Jefferson 1:15.40.

Distance medley: 1, Sergeant Bluff-Luton (Zach Schultz, Sam DeMoss, Josh Stangel, Gabe Hannemann) 3:38.10; 2, North 3:40.71; 3, Heelan 3:42.03; 4, Thomas Jefferson 3:53.50; 5, West 3:59.56; 6, East 4:17.55.

4x200: 1, Sergeant Bluff-Luton (Zach Schultz, Jorma Schwedler, Josh Stangel, Sam DeMoss) 1:33.35; 2, West 1:36.49; 3, Heelan 1:37.18; 4, East 1:37.84; 5, Thomas Jefferson 1:38.50; 6, North 1:38.73.

4x100: 1, East (Kage Knudsen, Ardel Inlay, Kayden Jones, Gabe Wagner) 44.61; 2, Sergeant Bluff-Luton 44.77; 3, Heelan 44.95; 4, Abraham Lincoln 45.78; 5, North 46.33; 6, Thomas Jefferson 46.34.

4x400: 1, Sergeant Bluff-Luton (Zach Schultz, Jorma Schwedler, Britton Delperdang, Sam DeMoss) 3:24.44; 2, Thomas Jefferson 3:38.13; 3, Abraham Lincoln 3:40.13; 4, East 3:45.00; 5, West 3:45.80; 6, Heelan 3:54.47.

2019 (5/2 at SBL)

TEAM SCORES

Sergeant Bluff-Luton.....	171
Sioux City Heelan.....	105
Sioux City East.....	102
Sioux City North.....	93
Council Bluffs Abraham Lincoln.....	54
Council Bluffs Thomas Jefferson.....	42
Sioux City West.....	19

FIELD EVENTS

High jump: 1, Austin Freiberg, Sergeant Bluff-Luton, 6-2; 2 (tie), Ray Ray Douglas, East; Jacob Imming, Sergeant Bluff-Luton, 5-10; 4, Nick Garner, Abraham Lincoln, 5-8; 5, Kevin Phung, North, 5-6; 6, Noah Sandbothe, Abraham Lincoln, 5-4.

Long jump: 1, Ardel Inlay, East, 21-9.5; 2, Easton Ritz, Sergeant Bluff-Luton, 20-3.75; 3, Deonte Walker, Bishop Heelan, 19-6; 4, Kevin Phung, North, 19-4.5; 5, Matt Hagan, North, 19-4.5; 6, Bryson Brinkman, West, 18-5.25.

Shot put: 1, Kobe Clayborne, Bishop Heelan, 51-11.5; 2, Blake Wiederhold, East, 51-5; 3, Carson Gaul, Sergeant Bluff-Luton, 44-1.5; 4, Tameron Pius, East, 43-4.5; 5, Trache Sorenson, Abraham Lincoln, 42-0; 6, Eric Divis, North, 40-8.5.

Discus: 1, Jermaine Green, Thomas Jefferson, 149-2; 2, Kobe Clayborne, Bishop Heelan, 147-1; 3, Carson Gaul, Sergeant Bluff-Luton, 131-8; 4, Cade Block, Bishop Heelan, 130-9; 5, Trache Sorenson, Abraham Lincoln, 123-5; 6, Jared Davis, Sergeant Bluff-Luton, 121-0.

INDIVIDUAL RUNNING

3,200: 1, Jaysen Bouwers, North, 9:55.14; 2, Wimach Gillo, Thomas Jefferson, 10:17.73; 3, John Greer, Bishop Heelan, 10:22.49; 4, Caden Tellander, Abraham Lincoln, 10:24.49; 5, Carlos Rodriguez, Sergeant Bluff-Luton, 10:31.40; 6, Deven Henry, West, 10:56.01.

100: 1, Ardel Inlay, East, 10.71; 2, Jorma Schwedler, Sergeant Bluff-Luton, 10.86; 3, Gabe Wagner, East, 11.18; 5, Connor Ellis, Abraham Lincoln, 11.46; 6, Eduardo Morade, North, 11.65.

400: 1, Jorma Schwedler, Sergeant Bluff-Luton, 48.51 (record; old mark 48.91, Michael Malloy, Bishop Heelan, 2011); 2, Connor Ellis, Abraham Lincoln, 51.87; 3, Andrew Christensen, Abraham Lincoln, 54.73; 4, Jacob Imming, Sergeant Bluff-Luton, 55.02; 5, Aiden Kuehl, Bishop Heelan, 55.36; 6, Ryan Dougherty, Bishop Heelan, 55.44.

110 hurdles: 1, Max Murphy, Sergeant Bluff-Luton, 14.81; 2, Austin Freiberg, Sergeant Bluff-Luton, 15.00; 3, Cale Conner, North, 15.38; 4, Rileigh Belt, West, 16.55; 5, Spencer Pick, Bishop Heelan, 16.91; 6, Caleb Barnhouse, Abraham Lincoln, 17.34.

800: 1, Luke Benson, North, 2:02.97; 2, Ethan Burge, East, 2:03.97; 3, Will Lohr, North, 2:04.96; 4, Gabe Hannemann, Sergeant Bluff-Luton, 2:07.59; 5, Juan Martinez, Thomas Jefferson, 2:08.21; 6, Nick Muller, Sergeant Bluff-Luton, 2:09.99.

200: 1, Ardel Inlay, East, 22.01; 2, Jorma Schwedler, Sergeant Bluff-Luton, 22.23; 3, Gabe Wagner, East, 22.66; 4, Connor Ellis, Abraham Lincoln, 23.08; 5, Michael Rizk, Bishop Heelan, 24.46; 6, Dedic Sullivan, North, 24.64.

400 hurdles: 1, Austin Freiberg, Sergeant Bluff-Luton, 58.33; 2, Max Murphy, Sergeant Bluff-Luton, 58.93; 3, Wyatt Green, Abraham Lincoln, 59.90; 4, Ezekiel Turner, West, 1:02.09; 5, Marco Alverdo, Bishop Heelan, 1:02.50; 6, Abel Harker, West, 1:03.14.

1,600: 1, Jaysen Bouwers, North, 4:39.92; 2, Charlie Salsbury, Bishop Heelan, 4:44.96; 3, Cole Satterwhite, Bishop Heelan, 4:45.38; 4, Wimach Gillo, Thomas Jefferson, 4:45.66; 5, Yemane Kifle, North, 4:46.27; 6, Aiden Booten, Thomas Jefferson, 4:47.66.

RELAYS

Sprint medley: 1, Sergeant Bluff-Luton (Zach Schultz, Sam DeMoss, Josh Stangel, Jorma Schwedler) 1:34.93 (record; old mark 1:35.13, Sergeant Bluff-Luton, 2017); 2, Bishop Heelan 1:36.17; 3, East 1:38.04; 4, North 1:39.90; 5, West 1:41.40; 6, Thomas Jefferson 1:43.27.

4x800: 1, Sergeant Bluff-Luton (Payden Hofer, Nick Muller, Conner Groves, Easton Ritz) 8:12.47 (record; old mark 8:15.43, Bishop Heelan, 2008); 2, North 8:26.86; 3, Bishop Heelan 8:31.27; 4, East 8:36.31; 5, Thomas Jefferson 8:59.77; 6, Abraham Lincoln 9:17.88.

Shuttle hurdle: 1, Sergeant Bluff-Luton (Matthew Hansen, Nathan Verros, Max Murphy, Austin Freiberg) 59.40 (record); 2, Abraham Lincoln 1:07.90; 3, North 1:10.56; 4, Thomas Jefferson 1:21.54.

Distance medley: 1, Sergeant Bluff-Luton (Zach Schultz, Sam DeMoss, Conner Groves, Gabe Hannemann) 3:39.92; 2, Bishop Heelan 4:41.17; 3, North 3:44.26; 4, Thomas Jefferson 3:49.04; 5, Abraham Lincoln 3:59.19; 6, East 4:16.15.

4x200: 1, East (Gabe Wagner, Ray Ray Douglas, Kayden Jones, Ethan Breyfogel) 1:30.82; 2, Bishop Heelan 1:31.44; 3, Sergeant Bluff-Luton 1:32.45; 4, Thomas Jefferson 1:36.00; 5, West 1:39.35; 6, Abraham Lincoln 1:44.38.

4x100: 1, East (Kayden Jones, Gabe Wagner, Ray Ray Douglas, Ardel Inlay) 42.74 (record; old mark 42.77, East, 2016); 2, Bishop Heelan 44.00; 3, North 45.16; 4, Sergeant Bluff-Luton 45.20; 5, Thomas Jefferson 45.42; 6, Abraham Lincoln 48.29.

4x400: 1, Sergeant Bluff-Luton (Zach Schultz, Josh Stangel, Conner Groves, Easton Ritz) 3:30.34; 2, North 3:36.34; 3, Bishop Heelan 3:36.84; 4, West 3:39.07; 5, East 3:41.07; 6, Abraham Lincoln 3:44.17.

2021 (5/6 at Olsen)

TEAM SCORES

Sioux City North.....	143.75
Le Mars.....	133.75
Sioux City East.....	76.75
Sioux City Heelan.....	75
Sergeant Bluff-Luton.....	67.75
Council Bluffs Abraham Lincoln.....	39
Sioux City West.....	29
Council Bluffs Thomas Jefferson.....	24

FIELD EVENTS

High jump: 1, Noah Sandbothe, Abraham Lincoln, 5-10; 2, Siona Fifta, West, 5-10; 4, Nick Garner, Abraham Lincoln, 5-8; 5, Desmond Grace, North; Owen Hoak, East, Jacob Hoffman, Sergeant Bluff-Luton; Konnor Calhoun, Le Mars, 5-4.

Long jump: 1, Aiden Kuehl, Heelan, 21-1.5; 2, Keyontre Clark, Heelan, 21-0.5; 3, Destiny Adams, East, 19-0.75; 4, Kevin Phung, North, 19-0.5; 5, Parker Kaler, Sergeant Bluff-Luton, 19-0.5; 6, Beau Wadle, Le Mars, 18-9.

Shot put: 1, Brandon VanderSluts, Le Mars, 56-7.5; 2, Mason Scott, Heelan, 50-10.5; 3, Blake Hogancamp, East, 45-0; 4, Jacob Heimgartner, Le Mars, 44-2.5; 5, Juan Deanda, East, 43-6; 6, Keyan Fulton, Heelan, 42-2.

Discus: 1, Brandon VanderSluts, Le Mars, 163-1; 2, Caden LaFleur, Heelan, 156-4; 3, Tyler Lutgen, Sergeant Bluff-Luton, 138-0; 4, Jacob Heimgartner, Le Mars, 137-11; 5, Zach Morrison, Sergeant Bluff-Luton, 134-0; 6, Tyler Fry, North, 127-4.

INDIVIDUAL RUNNING

100: 1, Michael Duax, West, 11.25; 2, Dante Hansen, North, 11.40; 3, Eduardo Morade, North, 11.79; 4, Kelsy Fox, Abraham Lincoln, 11.83; 5, Tyler Huey, Thomas Jefferson, 11.84; 6, JJ Ghosh, East, 11.86.

200: 1, Michael Duax, West, 22.80; 2, Dante Hansen, North, 23.23; 3, Kelsy Fox, Abraham Lincoln, 23.54; 4, Ashton Verdoorn, Sergeant Bluff-Luton, 23.90; 5, Braden Lasale, Abraham Lincoln, 24.15; 6, JJ Ghosh, East, 24.28.

400: 1, Ashton Verdoorn, Sergeant Bluff-Luton, 51.75; 2, Michael Duax, West, 51.84; 3, Kelsy Fox, Abraham Lincoln, 53.42; 4, Sir Brandon Watts, Heelan, 54.10; 5, Nick Hinkel, Sergeant Bluff-Luton, 54.14; 6, Collin Boehmer, Le Mars, 54.34.

800: 1, Yemane Kifle, North, 1:59.43; 2, Gabe Nash, North, 2:00.28; 3, Juan Martinez, Thomas Jefferson, 2:03.80; 4, Ryan Campbell, East, 2:03.84; 5, Jackson Sudegtie, Le Mars, 2:10.01; 6, Ethan Leinen, Abraham Lincoln, 2:10.03.

1,600: 1, Will Lohr, North, 4:25.93 (record; old mark 4:28.60, Eldon Warner, Thomas Jefferson, 2015); 2, Jaysen Bouwers, North, 4:38.27; 3, Ryan Campbell, East, 4:38.74; 4, Brendan Andre, East, 4:49.94; 5, Trace Obbink, Le Mars, 4:52.50; 6, Hayden Gamble, Sergeant Bluff-Luton, 4:56.39.

3,200: 1, Natnael Kifle, North, 9:59.80; 2, Jaysen Bouwers, North, 10:19.69; 3, Blake Dirksen, Le Mars, 10:37.17; 4, Hayden Gamble, Sergeant Bluff-Luton, 10:41.74; 5, Carlos Rodriguez, Sergeant Bluff-Luton, 10:46.34; 6, Brendan Andre, East, 11:06.35.

110 hurdles: 1, Konnor Calhoun, Le Mars, 16.67; 2, Riley Sadokki, Le Mars, 16.70; 3, Carson Pinkerton, East, 17.09; 4, Owen Hoak, East, 17.85; 5, Lorcan Christensen, North, 18.08; 6, Noah Sandbothe, Abraham Lincoln, 18.53.

400 hurdles: 1, Collin Boehmer, Le Mars, 59.80; 2, Kieran Philpotts, North, 1:00.51; 3, Emmet Dirksen, Sergeant Bluff-Luton, 1:00.80; 4, Konnor Calhoun, Le Mars, 1:00.93; 5, Owen Hoak, East, 1:02.08; 6, Destiny Adams, East, 1:02.83.

RELAYS

4x100: 1, Heelan (Keyontre Clark, Aiden Kuehl, De'Vionne West, Liam Cleary) 44.20; 2, North 44.55; 3, Le Mars 45.05; 4, Abraham Lincoln 45.09; 5, Thomas Jefferson 45.77; 6, Sergeant Bluff-Luton 46.22.

4x200: 1, Le Mars (Josh Scheiter, Briley Pollema, Carson Ott, Matt Vondrak) 1:35.50; 2, Heelan 1:36.96; 3, Sergeant Bluff-Luton 1:37.79; 4, East 1:38.18; 5, Thomas Jefferson 1:38.83; 6, Abraham Lincoln 1:41.86.

4x400: 1, North

Missouri River Activities Conference Boys Track Results

2022 (5/5 at Council Bluffs)

TEAM SCORES

Le Mars.....	169
Sioux City North.....	146
Bishop Heelan.....	107
Sergeant Bluff-Luton.....	90
Sioux City East.....	90
Council Bluffs Abraham Lincoln.....	54
Council Bluffs Thomas Jefferson.....	42
Sioux City West.....	41

FIELD EVENTS

Shot put: 1, Brandon VanderSluis, Le Mars, 59-6 (record); old mark 56-11, Justin Baker, Heelan, 2011); 2, Blake Hogancamp, East, 51-0.25; 3, Keyan Fulton, Heelan, 49-2.5; 4, Nick Wells, East, 44-3.75; 5, Alex Contreras, Thomas Jefferson, 43-2.5; 6, Caron McInerney, Heelan, 39-9.25.

High jump: 1, Sione Fifita, Le Mars, 6-1; 2, Robert Johnson, West, 6-0; 3, JR Knauss, Abraham Lincoln, 6-0; 4, Jacob Hoffman, Sergeant Bluff-Luton, 6-0; 5, tie, Max Delaney, Bishop Heelan; Jaron Bleeker, Bishop Heelan, 5-8.

Long jump: 1, Aiden Kuehl, Bishop Heelan, 21-3.5; 2, Kevin Phung, North, 21-1.5; 3, Braden LaSale, Abraham Lincoln, 20-9; 4, Destiny Adams, East, 20-1.5; 5, Dayton Harrell, North, 20-0; 6, Tyler Smith, Sergeant Bluff-Luton, 18-6.

Discus: Brandon VanderSluis, Le Mars, 164-9; 2, Caden Lafleur, Bishop Heelan, 142-4; 3, Tyler Lutgen, Sergeant Bluff-Luton, 135-10; 4, Tyler Fry, North, 134-7; 5, Caron McInerney, Bishop Heelan, 131-4; 6, Nick Wells, East, 128-1.

INDIVIDUAL RUNNING

100: 1, Aiden Kuehl, Bishop Heelan, 11:38; 2, Sione Fifita, Le Mars, 11:55; 3, Brody Patlan, Abraham Lincoln, 11:60; 4, Mikaele Hayes, Abraham Lincoln, 11:68; 5, Beau Wadle, Le Mars, 12:06; 6, Drew Benson, West, 12-14.

200: 1, Sione Fifita, Le Mars, 22:74; 2, Cael Kass, Le Mars, 23:11; 3, Brandon LaSale, Abraham Lincoln, 23:58; 4, Kaden Smith, Sergeant Bluff-Luton, 23:59; 5, Calex Banta, West, 23:85; 6, Ricky Feauto, Bishop Heelan, 24:04.

400: 1, Gabe Nash, North, 49:79; 2, Cael Kass, Le Mars, 50:60; 3, Gannon Aymar, Sergeant Bluff-Luton, 53:12; 4, Jacob Denker, East, 53:19; 5, Nick Hinkel, Sergeant Bluff-Luton, 53:50; 6, Sir Brandon Watts, Bishop Heelan, 54:63.

800: 1, William Lohr, North, 1:58:80; 2, Yemane Kifle, North, 1:58:80; 3, Alex Allen, Le Mars, 2:03:09; 4, Ryan Campbell, East, 2:05:52; 5, Carter Ritz, Bishop Heelan, 2:06:78; 6, Roi Soriano, Thomas Jefferson, 2:13:49.

1,600: 1, Gabe Nash, North, 4:40:63; 2, Natnael Kifle, North, 4:40:70; 3, Ryan Campbell, East, 4:41:72; 4, Hayden Gamble, Sergeant Bluff-Luton, 4:49:74; 5, Carter Ritz, Bishop Heelan, 4:53:80; 6, Trace Obbink, Le Mars, 4:54:91.

3,200: 1, William Lohr, North, 10:09:13; 2, Wedelbe Hailemichael, North, 10:13:37; 3, Hayden Gamble, Sergeant Bluff-Luton, 10:22:30; 4, Michael Wieseler, Sergeant Bluff-Luton, 11:04:22; 5, Roberto Rundquist, Bishop Heelan, 11:16:93; 6, Juan Sanchez, Le Mars, 11:21:95.

110 hurdles: 1, Reece Spier, Le Mars, 15:84; 2, Lorcan Christensen, North, 15:91; 3, Konnor Calhoun, Le Mars, 16:03; 4, Carson Pinkerton, East, 16:17; 5, Destiny Adams, East, 17:00; 6, Hunter Wauhob, Bishop Heelan, 17:20.

400 hurdles: 1, Konnor Calhoun, Le Mars, 56:83; 2, Reece Spier, Le Mars, 57:81; 3, Victor Atupra, Thomas Jefferson, 58:28; 4, Lorcan Christensen, North, 58:32; 5, Brody Comstock, East, 59:53; 6, Carson Pinkerton, East, 59:85.

RELAYS

4x100: 1, Le Mars (Ryan Sadoksi, Sione Fifita, David Leusink, Cael Kass) 43:39; 2, Abraham Lincoln 43:80; 3, Bishop Heelan 44:08; 4, North 44:51; 5, West 46:16; 6, Thomas Jefferson 46:23.

4x200: 1, Bishop Heelan (Ricky Feauto, Liam Cleary, Aiden Kuehl, Kannon Bork) 1:32:57; 2, Abraham Lincoln, 1:33:66; 3, Le Mars 1:34:21; 4, North 1:36:13; 5, West 1:36:34; 6, Sergeant Bluff-Luton 1:40:75.

4x400: 1, North (Yemane Kifle, Natnael Kifle, William Lohr, Gabe Nash) 3:28:08; 2, Sergeant Bluff-Luton 3:36:26; 3, Le Mars 3:39:71; 4, East 3:41:30; 5, Bishop Heelan 3:44:17; 6, Thomas Jefferson 3:48:76.

4x800: 1, Sergeant Bluff-Luton (Easton Wheeler, Carter Eldridge, Gannon Aymar, Carlos Rodriguez) 8:37:04; 2, East 8:42:31; 3, North 8:53:28; 4, Le Mars 9:05:68; 5, West 9:30:73; 6, Abraham Lincoln 9:31:05.

Sprint medley: 1, Le Mars (Matt Vondrak, Beau Wadle, Reece Spier, Cael Kass) 1:35:93; 2, Sergeant Bluff-Luton 1:36:67; 3, North 1:37:54; 4, Bishop Heelan 1:38:91; 5, West 1:40:50; 6, Thomas Jefferson 1:42:70.

Distance medley: 1, North (Demarco Young, Dayton Harrell, Lorcan Christensen, Natnael Kifle) 3:43:45; 2, Sergeant Bluff-Luton 3:48:09; 3, Thomas Jefferson 3:52:17; 4, East 4:03:93; 5, Bishop Heelan 4:04:16; 6, West 4:11:49.

Shuttle hurdle: 1, Le Mars (Ryan Sadoksi, David Leusink, Konnor Calhoun, Riley Sadoksi) 1:03:24; 2, East 1:03:76; 3, Thomas Jefferson 1:09:64; 4, North 1:10:28; 5, Bishop Heelan 1:11:31; 6, Sergeant Bluff-Luton 1:15:06.

2023 (5/4 at Memorial)

TEAM SCORES

Sioux City East.....	159
Le Mars.....	134
Bishop Heelan.....	132.5
Sioux City North.....	108
Sergeant Bluff-Luton.....	96
Sioux City West.....	54.5
Council Bluffs Abraham Lincoln.....	33
Council Bluffs Thomas Jefferson.....	14

FIELD EVENTS

High jump: 1, Sione Fifita, Le Mars, 6-6; 2, Wanding Hosnyang, Le Mars, 6-4; 3, Robert Johnson, West, 6-0; 4, Jacob Hofman, Sergeant Bluff-Luton, 5-10; 5, (tie) Logan Dolphin, East; Mike Manuel, East, 5-8.

Long jump: 1, Sean Schaefer, Bishop Heelan, 20-11.25; 2, Destiny Adams, East, 20-5.5; 3, Dayton Harrell, North, 20-1.75; 4, Marc Levy, East, 20-1.25; 5, Carson Rose, Bishop Heelan, 19-2.5; 6, Jesse Henn, West, 18-2.75.

Discus: 1, Tyler Lutgen, Sergeant Bluff-Luton, 156-6; 2, Aidan Perez, Abraham Lincoln, 155-7; 3, Blake Hogancamp, East, 154-4; 4, Caron McInerney, Bishop Heelan, 149-8; 5, Juan DeAnda, East, 139-1; 6, Ryan Hoffman, Sergeant Bluff-Luton, 129-9.

Shot put: 1, Blake Hogancamp, East, 52-1.75; 2, Aidan Perez, Abraham Lincoln, 48-5.75; 3, Alex Wilson, Sergeant Bluff-Luton, 46-6; 4, Juan DeAnda, East, 45-10.5; 5, Caron McInerney, Bishop Heelan, 45-8.5; 6, Alex Contreas, Thomas Jefferson, 43-7.5.

INDIVIDUAL RUNNING

100: 1, Sione Fifita, Le Mars, 11:00; 2, Luke Sayonkon, East, 11:03; 3, Sean Schaefer, Bishop Heelan, 11:04; 4, Demarico Young, North, 11:22; 5, Ricky Feauto, Bishop Heelan, 11:27; 6, Abraham Gonzalez, West, 11:40.

200: 1, Sean Schaefer, Bishop Heelan, 22:68; 2, Sione Fifita, Le Mars, 22:73; 3, Alex Wilford, North, 23:46; 4, Drew Uhl, Bishop Heelan, 23:51; 5, Destiny Adams, East, 23:68; 6, Abraham Gonzalez, West, 23:80.

400: 1, Luke Campbell, East, 50:62; 2, Beau Wadle, Le Mars, 51:31; 3, Jacob Denker, East, 52:39; 4, Alex Wilford, North, 53:07; 5, Gannon Aymar, Sergeant Bluff-Luton, 53:52; 6, Caron Rose, Bishop Heelan, 53:92.

800: 1, Natnael Kifle, North, 1:58:33; 2, Evan Janzen, Sergeant Bluff-Luton, 1:59:60; 3, Alex Allen, Le Mars, 2:00:36; 4, Luke Campbell, East, 2:04:43; 5, Kasey McGregor, Sergeant Bluff-Luton, 2:08:16; 6, Karson Fitch, Bishop Heelan, 2:08:39.

1600: 1, Gabe Nash, 4:19:06 (record; old mark 4:25:93, Will Lohr, North, 2021); 2, Natnael Kifle, North, 4:26:17; 3, Gavin Stoops, East, 4:43:04; 4, Cody Smith, Abraham Lincoln, 4:50:16; 5, Trace Obbink, Le Mars, 4:51:40; 6, Omar Hernandez Lopez, East, 4:55:92.

3200: 1, Gabe Nash, North, 10:32:14; 2, Raul Gomez, North, 10:33:18; 3, Trace Obbink, Le Mars, 10:34:56; 4, Cody Smith, Abraham Lincoln, 10:43:11; 5, Michael Wieseler, Sergeant Bluff-Luton, 11:11:72; 6, Aaron Lee, Le Mars, 11:15:41.

110 hurdles: 1, Hunter Wauhob, Bishop Heelan, 15:47; 2, Ryan Sadoksi, Le Mars, 15:73; 3, Brody Comstock, East, 15:99; 4, Wicheng Hosnyang, Le Mars, 16:32; 5, Logan Dolphin, East, 16:84; 6, Latrell Watson, West, 16:84.

400 hurdles: 1, Quinn Olson, Bishop Heelan, 56:98; 2, Brody Comstock, East, 58:05; 3, James Arlt, Bishop Heelan, 59:97; 4, Kal Chamberlain, North, 1:00:39; 5, JoJo Small, West, 1:00:41; 6, Collin Bliven, Sergeant Bluff-Luton, 1:01:48.

RELAYS

4x100: 1, Bishop Heelan (Ricky Feauto, Sean Schaefer, Drew Uhl, Kannon Bork) 43:13; 2, Le Mars 43:81; 3, East 43:84; 4, North 46:03; 5, West 46:41; 6, Sergeant Bluff-Luton 47:57.

4x200: 1, East (Destiny Adams, Dalyn Tope, Kelynn Jacobsen, Marc Levy) 1:32:47; 2, Bishop Heelan 1:32:91; 3, West 1:35:64; 4, Abraham Lincoln 1:36:30; 5, North 1:36:35; 6, Le Mars 1:37:12.

4x400: 1, East (Destiny Adams, Jacob Denker, Kelynn Jacobsen, Luke Campbell) 3:25:60; 2, Sergeant Bluff-Luton 3:29:79; 3, North 3:33:82; 4, Le Mars 3:38:96; 5, Bishop Heelan 3:47:45; 6, West 3:59:93.

4x800: 1, Le Mars (Alex Allen, Teagan Kasel, Conner Peterson, Sam McIntyre) 8:37:79; 2, Sergeant Bluff-Luton 8:49:53; 3, East 8:53:36; 4, Bishop Heelan 9:03:66; 5, North 9:06:08; 6, West 9:13:97.

Sprint medley: 1, East (Luke Sayonkon, Dalyn Tope, Kelynn Jacobsen, Jacob Denker) 1:35:33; 2, Bishop Heelan 1:35:45; 3, Sergeant Bluff-Luton 1:38:29; 4, Le Mars 1:38:68; 5, Thomas Jefferson 1:40:53; 6, North 1:41:03.

Distance medley: 1, Sergeant Bluff-Luton (Easton Wheeler, Joe Hardy, Scott Kroll, Evan Janzen) 3:45:86; 2, North 3:55:51; 3, East 3:56:07; 4, Bishop Heelan 3:56:88; 5, Le Mars 3:59:71; 6, West 4:05:45.

Shuttle hurdle: 1, Bishop Heelan (Lucas Lafleur, James Arlt, Drew Uhl, Hunter Wauhob) 1:03:80; 2, Le Mars 1:04:51; 3, Sergeant Bluff-Luton 1:07:29; 4, West 1:08:14; 5, Thomas Jefferson 1:08:22; 6, East 1:08:62.

2024 (5/2 at Le Mars)

TEAM SCORES

Bishop Heelan.....	177.5
Le Mars.....	113
Sioux City East.....	107
Sioux City North.....	84
Sergeant Bluff-Luton.....	82.5
Council Bluffs Thomas Jefferson.....	77
Sioux City West.....	58
Council Bluffs Abraham Lincoln.....	42

FIELD EVENTS

High Jump: 1, Jaron Bleeker, Bishop Heelan, 6-03; 2, Travis Davis, West, 5-10; 3, Gavin Ahrendt, Sergeant Bluff-Luton, 5-08; 3, Tiarus Slanger, Bishop Heelan, 5-08; 5, Logan Dolphin, East, J5-08; 6, Joe Hardy, Sergeant Bluff-Luton, J5-08.

Long jump: 1, Caron Rose, Bishop Heelan, 21-00.75; 2, Dayton Harrell, North, 20-07; 3, Andrew Grant, Le Mars, 20-05.50; 4, Gio Vazquez, West, 20-04.75; 5, Jordan Dewaele, Thomas Jefferson, 20-04; 6, Chris Loggins, East, 19-09.50.

Shot Put: 1, Hayden Overgaard, Bishop Heelan, 54-11.75; 2, Alex Wilson, Sergeant Bluff-Luton, 52-04.50; 3, Aidan Perez, Abraham Lincoln, 46-08; 4, James Hogancamp, East, 45-09.50; 5, Caron McInerney, Bishop Heelan, 44-10.50; 6, Chris Lugo, West, 44-07.25.

Discus Throw: 1, Caron McInerney, Bishop Heelan, 151-11; 2, Ryan Hoffman, Sergeant Bluff-Luton, 149-05; 3, Aidan Perez, Abraham Lincoln, 142-06; 4, Noah Reed, North, 140-03; 5, Alex Wilson, Sergeant Bluff-Luton, 139-01; 6, Evan Jalas, Le Mars, 137-02.

INDIVIDUAL RUNNING

100: 1, Loudon Grimley, East, 11:26; 2, Drew Uhl, Bishop Heelan, 11:45; 3, Luke Sayonkon, East, 11:49; 4, Abraham Gonzalez, West, 11:52; 5, Tiarus Slanger, Bishop Heelan, 11:70; 6, Demarico Young, North, 11:72.

200: 1, Loudon Grimley, East, 22:55; 2, Drew Uhl, Bishop Heelan, 22:99; 3, Fitzzy Grant, East, 23:12; 4, Ryan Husen, Sergeant Bluff-Luton, 23:50; 5, Jorge Camarena, Thomas Jefferson, 23:88; 6, Caron Rose, Bishop Heelan, 23:96.

400: 1, Quinn Olson, Bishop Heelan, 50:47; 2, Cole Frese, Bishop Heelan, 52:87; 3, Jayden Nelson, Le Mars, 53:10; 4, Tate Murphy, Le Mars, 53:50; 5, Luke Campbell, East, 53:64; 6, Cooper Haddix, Abraham Lincoln, 53:90.

800: 1, Natnael Kifle, North, 1:58:66; 2, Trace Obbink, Le Mars, 2:01:06; 3, Alex Allen, Le Mars, 2:06:15; 4, Maciah Shultz, East, 2:09:82; 5, Will Bertrand, Bishop Heelan, 2:09:86; 6, Kristoffer Zellner, East, 2:09:86.

1600: 1, Natnael Kifle, North, 4:30:40; 2, Trace Obbink, Le Mars, 4:46:52; 3, Kaiden Hamilton, Thomas Jefferson, 4:46:94; 4, Aaron Lee, Le Mars, 4:47:23; 5, Cody Smith, Abraham Lincoln, 4:50:36; 6, Maciah Shultz, East, 4:58:31.

3200: 1, Natnael Kifle, North, 9:20:66 (record; old mark 9:52:15, Kyle Blue, Thomas Jefferson, 2009); 2, Trace Obbink, Le Mars, 10:10:22; 3, Kaiden Hamilton, Thomas Jefferson, 10:15:66; 4, Aaron Lee, Le Mars, 10:23:89; 5, Cody Smith, Abraham Lincoln, 10:26:85; 6, Kristoffer Zellner, East, 11:04:64.

110 hurdles: 1, Hunter Wauhob, Bishop Heelan, 15:09; 2, Brandon Bowen, Thomas Jefferson, 15:49; 3, Wicheng Hosnyang, Le Mars, 15:67; 4, Tegan Bogh, Le Mars, 15:91; 5, Pierce Pinney, North, 16:69; 6, Damarion Foster, North, 16:98.

400 hurdles: 1, Quinn Olson, Bishop Heelan, 55:47; 2, Brandon Bowen, Thomas Jefferson, 55:67; 3, Victor Atupra, Thomas Jefferson, 58:45; 4, Collin Bliven, Sergeant Bluff-Luton, 59:44; 5, Tycen Augustine, Le Mars, 59:92; 6, James Arlt, Bishop Heelan, 1:00:85.

RELAYS

4x100: 1, Sioux City East (Fitzzy Grant, JJ, Ghosh, Loudon Grimley, Luke Sayonkon), 43:04; 2, Bishop Heelan 43:40; 3, North 43:82; 4, Le Mars 44:20; 5, Sergeant Bluff-Luton 44:99; 6, Abraham Lincoln 47:21.

4x200: 1, Bishop Heelan (Carson Rose, Tiarus Slanger, James Arlt, Jaron Bleeker), 1:31:72; 2, North 1:31:78; 3, East 1:32:72; 4, West 1:33:01; 5, Sergeant Bluff-Luton 1:35:46; 6, Le Mars 1:35:79.

4x400: 1, Thomas Jefferson (Victor Atupra, Nathan Anderson, Jordan Dewaele, Brandon Bowen), 3:27:85; 2, West 3:32:89; 3, Bishop Heelan 3:33:67; 4, Le Mars 3:35:66; 5, Sergeant Bluff-Luton 3:36:23; 6, Abraham Lincoln 3:44:17.

4x800: 1, Sergeant Bluff-Luton (Dan Delarosa, Kasey McGregor, Andrew Lincoln, Nate MacClure), 8:44:59; 2, Bishop Heelan 8:50:11; 3, East 8:51:22; 4, Le Mars 9:16:08; 5, Thomas Jefferson 9:27:02; 6, North 9:43:08.

Sprint medley: 1, Bishop Heelan (Hunter Wauhob, Kannon Bork, Quinn Olson, Drew Uhl), 1:35:42; 2, East 1:35:82; 3, Thomas Jefferson 1:37:25; 4, West 1:37:72; 5, Le Mars 1:38:56; 6, Sergeant Bluff-Luton 1:39:03.

Distance medley: 1, Ch, T Jefferson (Victor Atupra, Brandon Bowen, Nathan Anderson, Kaiden Hamilton), 3:46:72; 2, Sergeant Bluff-Luton 3:50:92; 3, West 3:51:94; 4, Abraham Lincoln 3:55:66; 5, Bishop Heelan 3:57:97; 6, East 4:01:45.

Shuttle hurdle: 1, Le Mars (Tegan Bogh, Levi Schnetzer, Tycen Augustine, Wicheng Hosnyang), 1:02:69; 2, Bishop Heelan 1:03:60; 3, North 1:08:23; 4, East 1:08:81; 5, West 1:09:22; 6, Sergeant Bluff-Luton 1:12:73.

2025 (5/8 at SBL)

TEAM SCORES

Bishop Heelan.....	156.5
Le Mars.....	119
East.....	106
Sergeant Bluff-Luton.....	101
North.....	98
Thomas Jefferson.....	62
West.....	48
Abraham Lincoln.....	46.5

FIELD EVENTS

High Jump: 1, Wicheng Hosnyang, Le Mars, 6-0; 2, Charlie Vaandrager, Bishop Heelan, 5-10; 3, Rylan Dorr, Abraham Lincoln, 5-8; 3, Grant Whitcomb, Bishop Heelan, 5-8; 5, Chase McNaughton, Le Mars, 5-6; 6, Emmet Kneiff, Sergeant Bluff-Luton, 5-6.

Long jump: 1, Chris Ford, East, 21-9.50; 2, Christopher Loggins III, East, 20-9; 3, Brett McInnis, Le Mars, 20-0; 4, Caron Rose, Bishop Heelan, 19-9.50; 5, Justin Ehlers, Sergeant Bluff-Luton, 19-9; 6, Narcisse Ngolu, North, 17-10.25.

Discus: 1, Caron McInerney, Bishop Heelan, 163-4; 2, Alex Wilson, Sergeant Bluff-Luton, 149-5; 3, Hayden Overgaard, Bishop Heelan, 144-11; 4, Noah Reed, North, 135-11; 5, Isaiah King, East, 135-1; 6, Tommy Hoch, North, 131-5.

Shot Put: 1, Alex Wilson, Sergeant Bluff-Luton, 56-2.50; 2, Caron McInerney, Bishop Heelan, 50-6; 3, Hayden Overgaard, Bishop Heelan, 47-11.50; 4, Asher Moss, Le Mars, 45-11; 5, James Hogancamp Jr, East, 45-7; 6, Tommy Hoch, North, 44-9.

INDIVIDUAL RUNNING

100: 1, Quintin Pollard, East, 11:08; 2, James Arlt, Bishop Heelan, 11:13; 3, Dylan Nguyen, North, 11:27; 4, Nathan Anderson, Thomas Jefferson, 11:32; 5, Israel Beltran, Le Mars, 11:38; 6, Kasen Thomas, Bishop Heelan, 11:38.

200: 1, Nathan Anderson, Thomas Jefferson, 22:38; 2, Quintin Pollard, East, 22:57; 3, James Arlt, Bishop Heelan, 22:62; 4, Israel Beltran, Le Mars, 22:89; 5, Dylan Nguyen, North, 23:07; 6, Caron Rose, Bishop Heelan, 23:17.

400: 1, Nathan Anderson, Thomas Jefferson, 49:91; 2, Cole Frese, Bishop Heelan, 51:90; 3, Tate Lofswold, Sergeant Bluff-Luton, 52:45; 4, Tate Murphy, Le Mars, 53:25; 5, Daniel Delarosa, Sergeant Bluff-Luton, 53:40; 6, Kristoffer Zellner, East, 53:51.

800: 1, Kuma Gutema, North, 1:57:98; 2, Will Bertrand, Bishop Heelan, 2:03:83; 3, Noah Dandurand, East, 2:09:79; 4, Maciah Shultz, East, 2:11:62; 5, Ben Hames, North, 2:12:45; 6, Tanner Iverson, Le Mars, 2:12:66.

1600: 1, Kuma Gutema, North, 4:40:82; 2, Torrey Swagerty-Morgan, North, 4:43:74; 3, William Bramble, Abraham Lincoln, 4:47:22; 4, Kristoffer Zellner, East, 4:47:59; 5, Alex Amaro, Bishop Heelan, 4:47:68; 6, Kaiden Hamilton, Thomas Jefferson, 4:57:41.

3200: 1, Kuma Gutema, North, 10:01:79; 2, Ben Hames, North, 10:16:58; 3, Alex Amaro, Bishop Heelan, 10:42:64; 4, JoJo Small, West, 10:52:29; 5, Kaiden Hamilton, Thomas Jefferson, 11:08:80; 6, Aaron Lee, Le Mars, 11:30:19.

110 hurdles: 1, Hunter Wauhob, Bishop Heelan, 14:38 (record; old mark, 14:80, Shawn Olorundami, West, 2004); 2, Wicheng Hosnyang, Le Mars, 14:84; 3, Tegan Bogh, Le Mars, 15:66; 4, Xavier Jones, Sergeant Bluff-Luton, 15:90; 5, Damarion Foster, North, 16:26; 6, Nathan Case, West, 16:26.

400 hurdles: 1, Collin Bliven, Sergeant Bluff-Luton, 56:02; 2, Tycen Augustine, Le Mars, 57:66; 3, Cole Frese, Bishop Heelan, 57:86; 4, Andrew Lincoln, Sergeant Bluff-Luton, 58:78; 5, JoJo Small, West, 59:42; 6, Jace Patterson, Thomas Jefferson, 59:48.

RELAYS

4x100: 1, Bishop Heelan (Hunter Wauhob, James Arlt, Caron Rose, Kasen Thomas), 43:23; 2, Le Mars 44:04; 3, West 44:36; 4, Sergeant Bluff-Luton 44:81; 5, North 46:13; 6, Abraham Lincoln 46:89.

4x200: 1, East (Chris Ford, Quintin Pollard, Christopher Loggins III, Isaiah Grant), 1:32:20; 2, Le Mars 1:33:94; 3, West 1:34:10; 4, Sergeant Bluff-Luton 1:34:79; 5, Abraham Lincoln 1:37:75; 6, Thomas Jefferson 1:38:68.

4x400: 1, Sergeant Bluff-Luton (Tate Lofswold, Collin Bliven, Daniel Delarosa, Andrew Lincoln), 3:29:03; 2, Bishop Heelan 3:33:09; 3, Thomas Jefferson 3:34:34; 4, West 3:39:47; 5, Abraham Lincoln 3:41:30; 6, Le Mars 3:43:39.

4x800: 1, East (Maciah Shultz, Emmett Johnson, Kristoffer Zellner, Noah Dandurand), 8:33:55; 2, Sergeant Bluff-Luton 8:39:92; 3, Le Mars 8:51:22; 4, North 8:58:40; 5, Abraham Lincoln 9:10:28; 6, Bishop Heelan 9:32:65.

800 medley: 1, Bishop Heelan (Hunter Wauhob, Kasen Thomas, Talon Sexton, Will Bertrand), 1:34:72 (record; old mark, 1:34:93, Sergeant Bluff-Luton, 2019); 2, Sergeant Bluff-Luton 1:34:98; 3, Le Mars 1:37:20; 4, Abraham Lincoln 1:39:49; 5, East 1:39:80; 6, North 1:40:53.</