



# Spring 2017

## USA Track & Field Iowa

### USATF Iowa recognized at ISU basketball game

For at least a half decade, USA Track and Field Iowa, the Ames Convention and Visitors Bureau, and Iowa State University, have teamed up to provide the best elements of track and field competition -- coaching, officials, and state-of-the-art facilities -- for Iowa athletes.

On Saturday, Feb. 18, 2017, the Ames Convention and Visitors Bureau and ISU Athletics recognized USATF Iowa during the first half of the Iowa State Cyclones men's basketball game against Texas Christian University at Hilton Coliseum in Ames.

As part of its on-court presentation by the Ames Convention and Visitors Bureau, the game's sponsor, it was announced the Ames organization wanted to "recognize USA Track and Field Iowa for fostering sustained competitive excellence, interest, and participation in the sports of track and field, long distance running and race walking. USA Track and Field Iowa are celebrating five years of the state meet at the Cyclone Sports Complex.



**Members of the USA Track & Field Iowa and Ames Visitors and Convention Bureau were recognized during the Texas Christian University vs. Iowa State University basketball game at Hilton Coliseum. From left to right, are: Jim Baker, Bureau Vice-President; Larry Bednar, Ames Chamber President; Anne Taylor, Bureau Board President; Lynn Lindaman, USATF Iowa President; Jeff Richards; Jim Walczyk; Doug Johansson; Sandy Johansson; and Seann DeMaris, Ames CVB, sports and leisure sales manager. (USATF Iowa photo)**

**USATF Iowa recognition**  
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### Dowling Catholic Track Club awarded USATF Youth Grant

The Dowling Catholic Track Club, of West Des Moines, Iowa, was recently awarded one of 32 Youth Club Grants by the USA Track & Field Foundation.

The USATF Foundation Chairman Bob Greifeld and Executive Director Tom Jackovic announced the award of \$46,500 in grants to track & field clubs throughout the country. The grants assist young male and female

athletes with expenses such as travel to meets, equipment, uniforms and facility rental.

"This grant is a great opportunity for the Dowling Catholic Track Club be-

**Dowling award**  
*Continued on page 4*

# Welcome to USATF Iowa's first quarterly newsletter

Welcome to the first issue of the new USATF Iowa quarterly newsletter dedicated to everything track and field.

Since USATF Iowa covers such a wide gamut of the track and field world, from youth to masters, from coaches to officials, we hope to bring you all the up-to-date news and features pertaining to this sport we all enjoy.

Expect to see this newsletter published electronically on the USATF Iowa website once each quarter, on the second Monday of March, June, September and December.

Anyone interested in contributing photos, stories, news items, or a column, is more than welcome to do so. The back page will be available for all contributed photos, whether they be run-

ner, club, or meet photos. However, all submitted photos should be at least 300 dpi, and sent as a .jpg

Send all stories and photos for publication to Duff E. McFadden, the USATF Iowa Communications Chair, at [communications@iowa.usatf.org](mailto:communications@iowa.usatf.org). All copy will be edited per the Associated Stylebook for brevity and accuracy.

## Publication Deadlines



### Winter Issue

**Deadline: Nov. 27, 2017**  
**Published: Dec. 11, 2017**

### Spring Issue

**Deadline: Feb. 26, 2018**  
**Published: March 12, 2018**

### Summer Issue

**Deadline: May 26, 2017**  
**Published: June 12, 2017**

### Fall Issue

**Deadline: Aug. 28, 2017**  
**Published: Sept. 11, 2017**



**Published for USATF Iowa members like Al Geiger Des Moines, Iowa**

## USATF Iowa Officers

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# MASTERS RUNNING



**Marek Wensel**  
Masters Chair

## USATF News & Notes

### **USATF Television Programming Schedule**

NEW YORK CITY – USATF announce the 2017 outdoor competition broadcast schedule on NBC and its properties. NBC will air portions of the Nike Prefontaine Classic and USATF Outdoor Championships. Penn Relays, USA vs the World at Penn Relays, Drake Relays presented by Hy-Vee, Adidas Boost Boston Games, and remaining coverage of Nike Prefontaine Classic and USATF Outdoor Championships will air on NBCSN. Complete schedule of dates and times (ET):

**Penn Relays**, April 28, 5-6 p.m., NBCSN

**USA vs the World at Penn Relays**, April 29, 12:30-3 p.m., NBCSN

**Drake Relays presented by Hy-Vee**, April 29, 3-5 p.m., NBCSN

**Nike Prefontaine Classic**, May 27, 3-4 p.m., NBCSN

**Nike Prefontaine Classic**, May 27, 4-6 p.m., NBC

**Adidas Boost Boston Games**, June 4, 4-6 p.m., NBCSN

**USATF Outdoor Championships**, June 23, 10:30 p.m.=12:30 a.m., NBCSN

**USATF Outdoor Championships**, June 24, 4-6 p.m., NBC

**USATF Outdoor Championships**, June 24, 4-6 p.m., NBC

### **2017 USATF Hershey National Youth Indoor Championships**

STATEN ISLAND, New York — The 2017 USATF Hershey National Youth Indoor Championships closed Sunday, March 12, with 70 pending meet records. Of the 2,700 young athletes that competed at Ocean Breeze Athletic Complex, dozens forged paths as new meet record holders and national champions.

For full results, go to [http://oceanbreezenyc.org/sports/2016/1/22/LIVE\\_RESULTS.aspx](http://oceanbreezenyc.org/sports/2016/1/22/LIVE_RESULTS.aspx)

## Give Masters running a try

Since this is my first contribution to the USATF-Iowa newsletter, I'd like to introduce myself. My name is Marek Wensel, and I've been the association's Masters Chair since 2003.

I've participated in Masters track since 2000. I ran track in high school and college, so I was intrigued by the opportunity to continue running competitively. That is what got me started with Masters track.

Masters competition at the local, state, national and international levels has provided me with some of the most rewarding experiences, greatest memories and lasting friendships. That is the message I want to get out to our 30+-year old readers. I want to expose all of you to the opportunities available to get back into track and field.

Many of you are aware of the Iowa Games, but USATF-Iowa also has an indoor and outdoor association (state) championship. If you are wanting national competition, the USATF also has indoor and outdoor track and cross country national championships throughout the country.

You can even compete internationally!

In fact, Ames recently won the bid for the 2019 National Masters Outdoor Track and Field Championships. No performance standards are required. In short, if you are looking for a place to compete, there's a place to do it regardless of age or skill level. I've even witnessed athletes over 100-years old competing!

For more than 15 years, I've helped to promote Masters invitational races at Iowa State University and the University of Iowa. Often, we've struggled to find participants. I want to make sure it's not from a lack of exposure. My goal is to spread the word regarding the opportunities available for active, 30+-year old athletes.

If you're not interested in competing yourself, USATF-Iowa is always looking for officials and volunteers to support their youth, open and masters programs.

If any of this sounds appealing to you, meet dates and contact information is available at <http://www.usatf-iowa.org>. Feel free to contact me directly, at [masters@iowa.usatf.org](mailto:masters@iowa.usatf.org) if I can help with your questions.

Hope to see you at the track.

*Marek*



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## USATF Iowa recognition

Continued from page 1

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“Ames and Iowa State University are proud to host the USA Track and Field Iowa State Meet and we thank Iowa State University Athletics Department for their continued support in providing facilities for their state meets.”

The USATF Junior Olympics, previously held at Johnston High School and West Des Moines’ Valley High School, were moved to Ames in 2013. The ISU Cyclone Sports Complex also played host to the USATF Region 8 Junior Olympic Championships in July 2015.

“Ames/ISU has been our partner for the Association Championship for five years,” said Jim Walczyk, USATF Iowa Operations Manager. “They have been instrumental in us being able to ensure the best possible event for our athletes, coaches and parents/fans. Every year they evaluate the event with us and look for ways to enhance or improve future events.

“We have always considered them an invaluable partner. Their desire to recognize us at the ISU game as their partner, shows they’re as dedicated and proud of the partnership as we are,” Walczyk said.

Lynn Lindeman, USATF Iowa president, USATF Iowa officials, Anne Taylor, Bureau Board President; Jim Baker, Bureau Board Vice-President;



**USATF Iowa president Lynn Lindemann, goes on-air with John Walters, Director of Broadcasting for the Iowa State Cyclones, prior to the Feb. 18, 2017 men’s basketball game at Hilton Coliseum where USATF Iowa was recognized by the Ames Convention and Visitors Bureau and ISU Athletics. (USATF Iowa photo)**

and Seann DeMaris, Bureau Sports Manager were also present during the on-court recognition.

“The Ames Convention & Visitors Bureau is thrilled to support USATF,” said Seann DeMaris, sports and leisure sales manager for the Ames Convention & Visitors Bureau.

“Our relationship with USATF continues to grow, and by working together, we are able to host many track and field championship events in our community, including the USA Track

and Field Iowa State Meet and the upcoming 2019 USATF Masters Outdoor Championships,” he said.

Each year, USA Track and Field Iowa brings more than 800 competitors and 1,000 spectators to Iowa State University and Ames for their Iowa Association Junior Olympic Track & Field Outdoor Championships. In 2019, the USA Track and Field Outdoor Masters Championships will be held in Ames, at the Cyclone Sports Complex.

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## Dowling award

Continued from page 1

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cause it will allow us to buy uniforms and provide additional funding to travel to regional and national competitions,” said Jessica Campbell.

“It will also help provide funding for athletes who are interested in participating, but might not be able to afford the cost. By having this grant, we are able to increase membership, promote team unity and continue to develop the talents of young athletes,” she said.

The Dowling Catholic Track Club, formed in summer 2015 by Campbell as a way to provide area athletes the chance to develop a love and dedication to the sport of track and field, was awarded a \$500 Youth Grant by the USATF Foundation.

“We’re excited to continue to support organizations that get kids excited about track & field. The kids running in clubs and schools are the next generation of athletes and we hope our support makes a tangible difference,” stated USATF Foundation Director Bob West.

The Foundation encourages youth track clubs and programs from all areas of the U.S. to apply for financial assistance. The Foundation favors the use of grant money to expand existing youth programs/clubs, to provide additional competitive opportunities for children and to enhance the experience for all participants.

Preference is given to clubs based in low-income areas. It also favors programs that have a history of solid financial management, multiple funding sources and community support.

# USATF 2017 Indoor Championship March 26, 2017 Grinnell College Results

## 60 Meter Dash 8 & Under Division Girls

1. Huether, Frankie	Ankeny TF	10.47
2. Jackson, Teagan	Turbo	10.54
3. Damper, Darrianna	D&A Trakk	10.55
4. Gossett, Josk	Turbo	10.65
5. Bisgard, Elsie	IA Speed	11.12
6. German, Mia	Ia-Unatt	11.44
7. Grosserode, Stacia	Lctc	11.46
7. Harrold, Antonique	D&A Trakk	11.46
9. Jackson, Jaeden	Turbo	12.09
10. Brown, TaNaya	D&A Trakk	12.68
11. Schmidt, Mailee	IA Speed	12.72
12. Hoffman, Kourtney	Ia-Unatt	13.52
13. Lieberman, Olivia	IA Speed	13.69
14. Kirk, Carlee	Ia-Unatt	14.95
15. Erenberger, Everly	IA Speed	15.15
16. Wey, Reagan	Johnston RC	15.63
17. Lewis, Bryla	D&A Trakk	21.51

## 60 Meter Dash 8 & Under Division Boys

1. Brown, Ray'Shon	D&A Trakk	10.16
2. James, Neil	Ia-Unatt	10.19
3. Bell, Aidan	Ia-Unatt	10.68
4. Winterscheidt, Drew	Tiger TC	10.77
5. Reed, Keifer	Turbo	10.79
6. Genkinger, Mac	IA Speed	11.22
7. Damper, Darren	D&A Trakk	11.24
8. Hudson, cole	Tiger TC	11.33
9. Thompson, Elijah	Ia-Unatt	11.41
10. Hudson, Jace	Tiger TC	11.51
11. Peterson, Christopher	Ia-Unatt	12.04
12. Doran, Marcos	Ia-Unatt	12.72
13. Smith, Ross	IA Speed	12.97
14. Colvin, Adrian	IA Speed	13.51
15. Haluska, Jace	IA Speed	14.11
16. Caskey, Dashtyn	IA Speed	14.35
17. Canton, Brokk	IA Speed	14.77
18. Casillas, Alexi	Ia-Unatt	15.07
19. Minnifield, Zane	D&A Trakk	15.21
20. Casillas, Adrian	Ia-Unatt	16.28
21. Lanum, Ben	Wings OM	18.31

## 60 Meter Dash 9-10 Division Girls

1. Winston, Taylor	D&A Trakk	9.82
2. McVey, Katie	Mvp TF	9.83
3. Jones, Zayda	D&A Trakk	10.37
4. Bohall, Anna	Turbo	10.40
5. Peterson, Hattie	Ia-Unatt	10.69
6. Haluska, Jerzey	IA Speed	10.91
7. Ernst, Maycin	IA Speed	11.03
8. Bennett, Morgan	IA Speed	11.35
9. Jackson, Kenzie	Turbo	11.40
10. Erenberger, Eliza	IA Speed	11.55
11. Fox, Kayla	Ia-Unatt	11.61
12. Jackson, Kaelen	Turbo	11.71
13. Allen, Rhett	Turbo	12.04

## 60 Meter Dash 9-10 Division Boys

1. Cannon, Jaron	D&A Trakk	8.97
2. Thompson, Max	D&A Trakk	9.27
3. Walker, Jervon	D&A Trakk	9.34
4. Brown III, Robert	D&A Trakk	9.42
5. Reed, Lorenzo	D&A Trakk	9.45
6. Williams, Jayden	D&A Trakk	9.55
7. Kies, Jarrett	Tiger TC	9.56
8. Grosserole, Cooper	Lctc	9.65
9. Parlet, Eli	Ia-Unatt	9.88
10. Wright, Kingston	IA Speed	9.89
11. Pollock, JT	Ia-Unatt	9.95
12. McKay, Zachary	Ames TC	9.99
13. Lunde, Brennan	Ames TC	10.30
14. Smith, Maddox	IA Speed	10.47
15. Doran, Rafael	Ia-Unatt	10.53
16. Nesbit, William	Turbo	10.65
17. Ferrel, Peter	Tiger TC	10.70
18. Genkinger, Tate	IA Speed	11.08
19. Colvin, Riley	IA Speed	11.44
20. Bearson, Dunkin	Ames TC	11.60
21. Doran, Gabriel	Ia-Unatt	11.90

## 60 Meter Dash 11-12 Division Girls

1. Hoehle, Jazlyn	Mvp TF	8.67
2. Campos, Kate	Lctc	8.74
3. Thompson, Makela	D&A Trakk	9.16
4. Lewis, ZhariaMae	D&A Trakk	9.28
5. Coleman, Amira	IA Speed	9.38
6. Schwartz, Annie	IA Speed	9.50
7. Snellen, Sydney	Turbo	9.52
8. Harrold, Antonisha	D&A Trakk	10.05
9. Cannon, Jayla	D&A Trakk	10.08
10. Fritz, Miah	Tornado TC	10.10
11. Johannes, Keira	Tornado TC	10.15
12. Ferrel, Penelope	Tiger TC	10.32

## 60 Meter Dash 11-12 Division Boys

1. Toliver, Marquis	D&A Trakk	8.06
2. Hilleson, Jackson	Turbo	8.82
3. Parlet, Miles	Ia-Unatt	8.85
4. Brown, Andrew	D&A Trakk	8.96
5. Sickerson, Tyler	Turbo	9.01
6. Vaughan Jr, Corey	D&A Trakk	9.37
7. Cox, Jeff	Turbo	9.40

8. Logan, Quinton	IA Speed	9.41
9. Allen, Manning	Turbo	9.55
10. Cleghorn, Noah	Ia-Unatt	10.14
11. Griebel, Payton	Tornado TC	10.15
12. Bell, Carter	Ia-Unatt	10.16
13. Eich, Jace	Ia-Unatt	10.46
13. Weigel, Alex	Tiger TC	10.46
15. Doran, Caleb	Ia-Unatt	11.23

## 60 Meter Dash 13-14 Division Girls

1. Buresh, Fionna	Ia-Unatt	8.50
2. Walker, Jordyn	D&A Trakk	8.80
3. Engels, Morgan	IA Speed	8.92
4. Finster, Mia	D&A Trakk	8.98
5. Jones, Mallory	IA Speed	9.46
6. Burke, Olivia	IA Speed	9.62
7. Pollock, Katie	Ia-Unatt	9.88
8. Adams, Daiona	D&A Trakk	9.90
9. Brakke, Evan	Ames TC	9.92
10. Logan, McKenzie	IA Speed	9.97
11. Damper, DaNya	D&A Trakk	10.00
12. Bell, Tarryn	Ia-Unatt	10.16

## 60 Meter Dash 13-14 Division Boys

1. Daniel, Brigham	Ames TC	8.05
2. Gould, Shemar	D&A Trakk	8.42
3. Gossett, Jake	Turbo	8.69
4. Hoskins, Abraham	XD&A Trakk	8.72
5. Dorow, Maxwell	Mvte	8.86
6. Sickerson, Caleb	IA Speed	8.92
7. Wieman, Gabe	Turbo	8.98
8. Story, Jaylon	D&A Trakk	9.06
9. German, Kaleb	Ia-Unatt	9.23
10. Jones, Zion	D&A Trakk	9.63
11. Hench, Connor	IA Speed	10.60

## 60 Meter Dash 15-16 Division Girls

1. Lewis, YaTonya	D&A Trakk	9.04
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## 60 Meter Dash 15-16 Division Boys

1. Maher, Caden	Mvp TF	7.92
2. Lilly, Cash	Tornado TC	8.39

## 60 Meter Dash 17-18 Division Girls

1. Daniel, Bridgette	Ia-Unatt	9.28
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**60 Meter Dash 17-18 Division Boys**

1. Kurth, Kevin	Ia-Unatt	7.27
2. Hoy, Brendon	Ia-Unatt	7.52
3. Miller, Peyton	Ia-Unatt	7.59

**200 Meter Dash 8 & Under Division Girls**

1. Jackson, Teagan	Turbo	38.78
2. Damper, Darrianna	D&A Trakk	39.49
3. Marlagan, Amora	Mvp TF	39.68
4. Harrold, Antonique	D&A Trakk	41.76
5. Jackson, Jaeden	Turbo	42.29
6. German, Mia	Ia-Unatt	42.48
7. Grosserode, Stacia	Lctc	42.79
8. Junig, Jaelyn	Turbo	44.81
9. Schmidt, Mailee	IA Speed	46.14
10. Brown, TaNaya	D&A Trakk	47.24
11. Gossett, Josk	Turbo	48.74
12. Hoffman, Kourtney	Ia-Unatt	50.18
13. Kirk, Carlee	Ia-Unatt	53.19
14. Erenberger, Everly	IA Speed	56.27
15. Wey, Reagan	Johnston RC	60.04
16. Lewis, Bryla	D&A Trakk	1:36.73

**200 Meter Dash 8 & Under Division Boys**

1. James, Neil	Ia-Unatt	35.12
2. Brown, Ray/Shon	D&A Trakk	36.01
3. Bell, Aidan	Ia-Unatt	39.32
4. Doran, Marcos	Ia-Unatt	39.92
5. Thompson, Elijah	Ia-Unatt	41.34
6. Winterscheidt, Drew	Tiger TC	42.20
7. Hudson, Cole	Tiger TC	43.16
8. Haluska, Jace	IA Speed	47.17
9. Hudson, Jace	Tiger TC	47.46
10. Canton, Briggs	IA Speed	47.61
11. Minnifield, Zane	D&A Trakk	52.74
12. Canton, Brokk	IA Speed	52.95
13. Caskey, Dashtyn	IA Speed	54.60
14. Casillas, Alexi	Ia-Unatt	59.23
15. Casillas, Adrian	Ia-Unatt	61.14

**200 Meter Dash 9-10 Division Girls**

1. Bohall, Anna	Turbo	34.96
2. Winston, Taylor	D&A Trakk	36.09
3. Van Waning, Kate	IA Speed	37.24
4. Jones, Zayda	D&A Trakk	37.84

5. Peterson, Hattie	Ia-Unatt	38.52
6. Ernst, Maycin	IA Speed	39.52
7. Haluska, Jerzey	IA Speed	40.19
8. Lanam, Corbett	Wings OM	40.32
9. Jackson, Kaelen	Turbo	40.98
10. Bennett, Morgan	IA Speed	41.62
11. Erenberger, Eliza	IA Speed	42.01
12. Jackson, Kenzie	Turbo	42.21
13. Allen, Rhett	Turbo	42.71
14. Fox, Kayla	Ia-Unatt	42.88

**200 Meter Dash 9-10 Division Boys**

1. Cannon, Jaron	D&A Trakk	30.81
2. Thompson, Max	D&A Trakk	31.27
3. Williams, Jayden	D&A Trakk	32.72
4. Grosserole, Cooper	Lctc	32.84
5. Walker, Jervon	D&A Trakk	33.43
6. Fischer, Nate	IA Speed	33.72
7. Reed, Lorenzo	D&A Trakk	34.12
8. Pollock, JT	Ia-Unatt	34.64
9. Brown III, Robert	D&A Trakk	34.76
10. Smith, Maddox	IA Speed	35.89
11. McKay, Zachary	Ames TC	36.92
12. Nesbit, William	Turbo	38.36
13. Inman, Georg	Turbo	39.50
14. Colvin, Riley	IA Speed	40.50
15. Ferrel, Peter	Tiger TC	41.00
16. Wey, Adam	Johnston RC	41.13
17. Bearson, Dunkin	Ames TC	43.38

**200 Meter Dash 11-12 Division Girls**

1. Campos, Kate	Lctc	29.24
2. Thompson, Makela	D&A Trakk	31.29
3. Lewis, ZhariaMae	D&A Trakk	31.57
4. Coleman, Amira	IA Speed	31.89
5. Fischer, Maddy	IA Speed	32.47
6. Snellen, Sydney	Turbo	32.84
7. Schwartz, Annie	IA Speed	33.46
8. Harrold, Antonisha	D&A Trakk	34.11
9. Bevelacqua, Finley	IA Speed	34.57
10. Fritz, Miah	Tornado TC	35.05
11. Johannes, Keira	Tornado TC	35.25
12. Ferrel, Penelope	Tiger TC	35.82
13. Carroll, Addison	Tornado TC	38.93
14. Ites, Ellie	Tornado TC	40.03

**200 Meter Dash 11-12 Division Boys**

1. Toliver, Marquis	D&A Trakk	26.90
2. Parlet, Miles	Ia-Unatt	29.06
3. Brown, Andrew	D&A Trakk	29.81
4. Hilleson, Jackson	Turbo	29.84
5. Popenhagen, Dayton	Tiger TC	30.01
6. Sickerson, Tyler	Turbo	30.54
7. Cox, Jeff	Turbo	31.24
8. Grosserode, Reece	Lctc	31.27
9. Vaughan Jr, Corey	D&A Trakk	31.38
10. Eich, Jace	Ia-Unatt	31.70
11. Logan, Quinton	IA Speed	33.70
12. Allen, Manning	Turbo	33.89
13. Cleghorn, Noah	Ia-Unatt	34.20
14. Bell, Carter	Ia-Unatt	34.32
15. Griebel, Payton	Tornado TC	36.06
16. Weigel, Alex	Tiger TC	37.16

**200 Meter Dash 13-14 Division Girls**

1. Buresh, Fionna	Ia-Unatt	29.61
2. Pacha, Kelsey	IA Speed	30.09
3. Engels, Morgan	IA Speed	30.54
4. Walker, Jordyn	D&A Trakk	31.26
5. Jones, Mallory	IA Speed	32.67
6. Hull, Trinity	IA Speed	32.80
7. Damper, DaNya	D&A Trakk	33.15
8. Woody, Isabelle	IA Speed	33.19
9. Adams, Daiona	D&A Trakk	33.64
10. Burke, Olivia	IA Speed	33.66
11. Finster, Mia	D&A Trakk	33.79
12. Pollock, Katie	Ia-Unatt	35.10
13. Bell, Tarryn	Ia-Unatt	36.02
14. Nelson, Alayna	Mvp TF	37.08

**200 Meter Dash 13-14 Division Boys**

1. Daniel, Brigham	Ames TC	26.47
2. Rickertsen, Brayden	IA Speed	27.37
3. Hoskins, Abraham	D&A Trakk	28.00
4. Gould, Shemar	D&A Trakk	28.97
5. Neal, Adonis	D&A Trakk	29.01
6. Gossett, Jake	Turbo	29.50
7. Dorow, Maxwell	Mvtc	30.24
8. Story, Jaylon	D&A Trakk	30.29
9. Sickerson, Caleb	IA Speed	31.17
10. Muhlbauer, Ross	Johnston RC	31.35
11. German, Kaleb	Ia-Unatt	32.34
12. Jones, Zion	D&A Trakk	32.45
13. Wieman, Gabe	Turbo	32.67
14. Hench, Connor	IA Speed	36.17

**200 Meter Dash 15-16 Division Girls**

1. Lewis, YaTonya	D&A Trakk	30.83
2. Chalkley, Lilia	IA Speed	32.66

**200 Meter Dash 15-16 Division Boys**

1. Sartain, Ryan	IA Speed	24.56
2. Hoffman, Colton	IA Speed	26.99
3. Lilly, Cash	Tornado TC	28.32

**200 Meter Dash 17-18 Division**

1. Daniel, Bridgette	Ia-Unatt	32.26
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**200 Meter Dash 17-18 Division Boys**

1. Miller, Peyton	Ia-Unatt	23.25
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**200 Meter Dash Women**

1. Gbaley, Chinese	Tornado TC	31.43
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**400 Meter Dash 8 & Under Division Girls**

1. McCarl, Hailee	Mvp TF	1:20.10
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2. Huether, Frankie	Ankeny TF	1:24.91
3. Damper, Darrianna	D&A Trakk	1:31.40
4. Jackson, Teagan	Turbo	1:34.38
5. Junig, Jaelyn	Turbo	1:38.66
6. Jackson, Jaeden	Turbo	1:40.82
7. Harrold, Antonique	D&A Trakk	1:47.05
8. Brown, TaNaya	D&A Trakk	1:57.36
9. Lewis, A'Ona	D&A Trakk	1:58.15

#### 400 Meter Dash 8 & Under Division Boys

1. Reed, Keifer	Turbo	1:23.72
2. Bell, Aidan	Ia-Unatt	1:30.06
3. Damper, Darren	D&A Trakk	1:32.60
4. Hudson, Cole	Tiger TC	1:44.21
5. Winterscheidt, Drew	Tiger TC	1:44.28

#### 400 Meter Dash 9-10 Division Girls

1. Bohall, Anna	Turbo	1:21.93
2. Winston, Taylor	D&A Trakk	1:24.45
3. Van Waning, Kate	IA Speed	1:25.26
4. Nesbit, Olivia	Turbo	1:29.77
5. Ernst, Maycin	IA Speed	1:37.39
6. Fox, Kayla	Ia-Unatt	1:39.67
7. Jackson, Kaelen	Turbo	1:41.30
8. Allen, Rhett	Turbo	1:49.95

#### 400 Meter Dash 9-10 Division Boys

1. Cannon, Jaron	D&A Trakk	73.04
2. Merrick, Jaden	Tiger TC	75.11
3. Thompson, Max	D&A Trakk	76.60
4. Fischer, Nate	IA Speed	79.75
5. Reed, Lorenzo	D&A Trakk	79.79
6. Walker, Jervon	D&A Trakk	1:24.57
7. Kies, Jarrett	Tiger TC	1:24.87
8. Lunde, Connor	Ames TC	1:25.73
9. Junig, Jacob	Ia-Unatt	1:28.09
10. Inman, Georg	Turbo	1:31.73
11. Caskey, Chasen	IA Speed	1:32.20
12. Wey, Adam	Johnston RC	1:34.40
13. Ferrel, Peter	Tiger TC	1:40.16

#### 400 Meter Dash 11-12 Division Girls

1. Korecky, Taylor	Lctc	75.85
2. Thompson, Makela	D&A Trakk	77.75
3. Ferrel, Penelope	Tiger TC	1:21.06
4. Harrold, Antonisha	D&A Trakk	1:21.66
5. Lewis, ZhariaMae	D&A Trakk	1:22.18
6. Carroll, Addison	Tornado TC	1:26.33
7. Coleman, Amira	IA Speed	1:27.54
8. Ites, Ellie	Tornado TC	1:32.28

#### 400 Meter Dash 11-12 Division Boys

1. Toliver, Marquis	D&A Trakk	66.01
2. Parlet, Miles	Ia-Unatt	67.42
3. Brown, Andrew	D&A Trakk	70.09
4. Popenhagen, Dayton	Tiger TC	70.82
5. Reed, Jackson	Turbo	72.23
6. Grosserode, Reece	Lctc	73.55
7. Eich, Jace	Ia-Unatt	73.60
8. Brown, Jordan	D&A Trakk	74.25
9. Vaughan Jr, Corey	D&A Trakk	76.48
10. Colvin, Jack	IA Speed	76.49
11. jackson, Braeden	Turbo	76.57
12. Cleghorn, Noah	Ia-Unatt	78.83
13. Allen, Manning	Turbo	1:21.62
14. Bell, Carter	Ia-Unatt	1:26.47
15. Griebel, Payton	Tornado TC	1:26.73

#### 400 Meter Dash 13-14 Division Girls

1. Buresh, Fionna	Ia-Unatt	66.43
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2. Cortez, Gabrielle	IA Speed	66.72
3. Engels, Morgan	IA Speed	71.58
4. Woody, Isabelle	IA Speed	74.30
5. Finster, Mia	D&A Trakk	75.08
6. Damper, DaNya	D&A Trakk	77.18
7. Adams, Daiona	D&A Trakk	77.52
8. Pfeifer, Raina	IA Speed	77.91
9. Walker, Jordyn	D&A Trakk	79.75
10. Pursley, Josie	IA Speed	1:22.75

#### 400 Meter Dash 13-14 Division Boys

1. Hoskins, Abraham	XD&A Trakk	63.38
2. Gossett, Jake	Turbo	66.33
3. Gould, Shemar	D&A Trakk	67.95
4. Sickerson, Caleb	IA Speed	71.70
4. Canton, Bryson	IA Speed	71.70
6. Story, Jaylon	D&A Trakk	71.72
7. Muhlbauer, Ross	Johnston RC	74.47
8. Jones, Zion	D&A Trakk	75.25

#### 400 Meter Dash 15-16 Division Girls

1. Lewis, YaTonya	D&A Trakk	74.57
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#### 400 Meter Dash 15-16 Division Boys

1. Hoffman, Colton	IA Speed	60.63
2. Maher, Caden	Mvp TF	1:20.88

#### 400 Meter Dash 17-18 Division Boys

1. Hoy, Brendon	Ia-Unatt	54.42
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#### 800 Meter Run 8 & Under Division Girls

1. McCarl, Hailee	Mvp TF	3:01.29
2. Junig, Jaelyn	Turbo	3:21.09
3. Lewis, A'Ona	D&A Trakk	4:22.12

#### 800 Meter Run 8 & Under Division Boys

1. Reed, Keifer	Turbo	3:08.09
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#### 800 Meter Run 9-10 Division Boys

1. Stensland, Preston	Ia-Unatt	2:36.52
2. Merrick, Jaden	Tiger TC	2:39.55
3. Junig, Jacob	Ia-Unatt	2:55.49
4. Caskey, Chasen	IA Speed	3:17.78
5. Colvin, Riley	IA Speed	3:33.01
6. Ferrel, Peter	Tiger TC	3:45.33

#### 800 Meter Run 11-12 Division Girls

1. Korecky, Taylor	Lctc	2:54.97
2. Ferrel, Penelope	Tiger TC	3:01.29
3. Kooker, Cohen	Wstc	3:20.82

#### 800 Meter Run 11-12 Division Boys

1. Brown, Jordan	D&A Trakk	2:39.09
2. jackson, Braeden	Turbo	2:48.27
3. Reed, Jackson	Turbo	2:49.67
4. Colvin, Jack	IA Speed	2:55.42

#### 800 Meter Run 13-14 Division Girls

1. Cortez, Gabrielle	IA Speed	2:46.80
2. Carney, Mackenzie	Ames TC	2:50.66
3. Finster, Mia	D&A Trakk	3:01.74
4. Buettner, Erica	IA Speed	3:04.72
5. Logan, McKenzie	IA Speed	3:05.18
6. Pursley, Josie	IA Speed	3:05.85
7. Brakke, Evan	Ames TC	3:08.00
8. Gretter, Camille	IA Speed	3:12.56
9. Frezell, Nyanna	D&A Trakk	3:14.26
9. Nelson, Alayna	Mvp TF	3:14.26

#### 800 Meter Run 13-14 Division Boys

1. Akok, Aniey	Ames TC	2:14.06
2. Rickertsen, Brayden	IA Speed	2:27.62
3. Neal, Adonis	D&A Trakk	2:30.06
4. Cortez, Brady	IA Speed	2:32.32
5. Coffey, Barrett	IA Speed	2:48.07
6. Larson, Jacob	Mn-Unatt	2:54.47
7. Dolberg, Ty	Mvp TF	3:06.42

#### 800 Meter Run 15-16 Division Girls

1. Lewis, YaTonya	D&A Trakk	2:56.12
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#### 800 Meter Run 15-16 Division Boys

1. Griebel, Brady	Ia-Unatt	2:26.03
2. Atack, Akol	Ames TC	2:26.57
3. Eberly, Quinten	IA Speed	2:37.93
4. Vaughan, Eric	D&A Trakk	3:10.05

#### 3000 Meter Run 11-12 Division Girls

1. Junig, Noelle	Ia-Unatt	11:15.40
--- Adams, Cameron	Lctc	DNF



**3000 Meter Run 11-12 Division Boys**

1 Farmer, Nolan Tiger TC 11:44.73

**3000 Meter Run 13-14 Division Girls**

1. Keeney, Ashlyn IA Speed 10:58.78

**3000 Meter Run 13-14 Division Boys**

1. Canton, Bryson IA Speed 11:13.09  
 2. Keeney, Ethan IA Speed 11:55.93  
 3. Keeney, Gavin IA Speed 12:08.26  
 4. Larson, Jacob Mn-Unatt 12:31.70

**3000 Meter Run 15-16 Division Boys**

1. Jones, Zack Ne-Unatt 9:26.10  
 2. Griebel, Brady Ia-Unatt 9:45.54  
 3. Vaughan, Eric D&A Trakk 14:30.05

**60 Meter Hurdles 11-12 Division Girls**

1. Campos, Kate Lctc 11.22  
 2. Hoehle, Jazlyn Mvp TF 12.02  
 3. Bevelacqua, Finley IA Speed 13.26  
 4. Fischer, Maddy IA Speed 13.36

**60 Meter Hurdles 11-12 Division Boys**

1. Cox, Jeff Turbo 11.07  
 2. Colvin, Jack IA Speed 12.55

**60 Meter Hurdles 13-14 Division Girls**

1. Carney, Mackenzie Ames TC 10.02  
 2. Pacha, Kelsey IA Speed 11.41  
 3. Logan, McKenzie IA Speed 14.67  
 4. Gretter, Camille IA Speed 15.40

**60 Meter Hurdles 13-14 Division Boys**

1. Hoskins, Abraham XD&A Trakk 10.97  
 2. Neal, Adonis D&A Trakk 11.61  
 3. Hensch, Connor IA Speed 16.11

**60 Meter Hurdles 15-16 Division Girls**

1. Chalkley, Lilia IA Speed 13.15

**60 Meter Hurdles 15-16 Division Boys**

1. Sartain, Ryan IA Speed 9.37

**High Jump 9-10 Division Girls**

1. Gourby, Alaina Ia-Unatt 1.00m  
 2. Lanam, Corbett Wings OM 0.95m

**High Jump 9-10 Division Boys**

1. Kies, Jarrett Tiger TC 1.05m

**High Jump 13-14 Division Girls**

1. Pfeifer, Raina IA Speed 1.40m  
 2. Pacha, Kelsey IA Speed 1.35m

**High Jump 13-14 Division Boys**

1. Gourley, Caiden Ia-Unatt 1.45m  
 1. Rickertsen, Brayden IA Speed 1.45m

**High Jump 15-16 Division Girls**

1. Chalkley, Lilia IA Speed 1.35m

**High Jump 15-16 Division Boys**

1. Pritchett, Cale Wstc 1.60m  
 2. Hoffman, Colton IA Speed 1.55m

**Long Jump 8 & Under Division Girls**

1. Huether, Frankie Ankeny TF 2.82m  
 2. McCarl, Hailee Mvp TF 2.41m  
 3. Grosserode, Stacia Lctc 2.20m  
 4. German, Mia Ia-Unatt 2.09m



5. Schmidt, Mailee IA Speed 1.52m  
 6. Lieberman, Olivia IA Speed 1.47m  
 7. Hoffman, Kourtney Ia-Unatt 1.28m  
 8. Wey, Reagan Johnston RC 0.92m  
 9. Erenberger, Everly IA Speed 0.87m  
 7. Ites, Ellie Tornado TC 2.73m  
 8. Carroll, Addison Tornado TC 2.53m  
 9. Cannon, Jayla D&A Trakk 2.35m

**Long Jump 8 & Under Division Boys**

1. James, Neil Ia-Unatt 2.67m  
 2. Thompson, Elijah Ia-Unatt 2.03m  
 3. Peterson, Christopher Ia-Unatt 1.78m  
 4. Wright, Paxton IA Speed 1.75m  
 5. Doran, Marcos Ia-Unatt 1.60m  
 6. Smith, Ross IA Speed 1.02m  
 7. Jones, Dieghton Flyers 0.68m  
 8. Casillas, Adrian Ia-Unatt 0.65m  
 9. Casillas, Alexi Ia-Unatt 0.60m

**Long Jump 9-10 Division Girls**

1. McVey, Katie Mvp TF 2.84m  
 2. Van Waning, Kate IA Speed 2.75m  
 3. Erenberger, Eliza IA Speed 1.94m  
 4. Bennett, Morgan IA Speed 1.93m

**Long Jump 9-10 Division Boys**

1. Brown III, Robert D&A Trakk 3.12m  
 2. Parlet, Eli Ia-Unatt 3.09m  
 3. Pollock, JT Ia-Unatt 2.96m  
 4. Smith, Maddox IA Speed 2.94m  
 5. McKay, Zachary Ames TC 2.90m  
 6. Lunde, Connor Ames TC 2.84m  
 7. Lunde, Brennan Ames TC 2.81m  
 7. Kies, Jarrett Tiger TC 2.81m  
 9. Wright, Kingston IA Speed 2.67m  
 10. Doran, Rafael Ia-Unatt 2.21m  
 11. Wey, Adam Johnston RC 2.16m  
 12. Doran, Gabriel Ia-Unatt 1.93m  
 13. Bearson, Dunkin Ames TC 1.84m

**Long Jump 11-12 Division Girls**

2. Hoehle, Jazlyn Mvp TF 4.14m  
 3. Fritz, Miah Tornado TC 3.25m  
 4. Johannes, Keira Tornado TC 3.15m  
 5. Snellen, Sydney Turbo 2.95m  
 6. Bevelacqua, Finley IA Speed 2.91m

**Long Jump 11-12 Division Boys**

1. Hilleson, Jackson Turbo 4.10m  
 2. Doran, Caleb Ia-Unatt 2.76m  
 3. Weigel, Alex Tiger TC 2.10m  
 4. Lieberman, Tyler IA Speed 2.03m

**Long Jump 13-14 Division Girls**

1. Carney, Mackenzie Ames TC 3.92m  
 2. Cortez, Gabrielle IA Speed 3.88m  
 3. Jones, Mallory IA Speed 3.36m  
 4. Burke, Olivia IA Speed 2.92m  
 5. Hull, Trinity IA Speed 2.74m  
 6. Dampier, DaNya D&A Trakk 2.55m  
 7. Buettner, Erica IA Speed 2.52m  
 8. Pollock, Katie Ia-Unatt 2.31m

**Long Jump 13-14 Division Boys**

1. Klimowicz, Ian Ne-Unatt 4.47m  
 2. Dorow, Maxwell Mvte 4.43m  
 3. Story, Jaylon D&A Trakk 3.89m  
 4. Gould, Shemar D&A Trakk 3.60m  
 5. Wilson, Tyler Flyers 3.50m  
 6. German, Kaleb Ia-Unatt 3.48m  
 7. Dolberg, Ty Mvp TF 3.46m  
 7. Eberly, Cole IA Speed 3.46m

**Long Jump 15-16 Division Boys**

1. Maher, caden Mvp TF 4.90m  
 2. Yoder, Max Mvp TF 4.56m  
 3. Sartain, Ryan IA Speed 4.53m  
 4. Lilly, Cash Tornado TC 4.32m  
 5. Vaughan, Eric D&A Trakk 3.32m

**Long Jump 17-18 Division Boys**

1. Kurth, Kevin Ia-Unatt 6.18m

**Shot Put 8 & Under Division Boys**

1. Brown, Ray/Shon D&A Trakk 6.81m  
 2. Smith, Ross IA Speed 3.68m  
 3. Jones, Dieghton Flyers 1.21m



**Shot Put 9-10 Division Girls**

2. Jones, Zayda	D&A Trakk	6.88m
3. McVey, Katie	Mvp TF	6.61m
4. Petersen, Tessa	Ia-Unatt	3.62m

**Shot Put 9-10 Division Boys**

1. McInerney, Carson	Ia-Unatt	8.86m
2. Lunde, Brennan	Ames TC	5.85m
3. Fischer, Nate	IA Speed	5.50m
4. Lunde, Connor	Ames TC	4.62m
5. Bearson, Dunkin	Ames TC	3.76m

**Shot Put 11-12 Division Girls**

1. Fischer, Maddy	IA Speed	7.95m
2. Cannon, Jayla	D&A Trakk	5.62m

**Shot Put 13-14 Division Girls**

1. Walker, Jordyn	D&A Trakk	8.46m
2. Nelson, Alayna	Mvp TF	7.63m
3. Adams, Daiona	D&A Trakk	6.75m

**Shot Put 13-14 Division Boys**

1. Klimowicz, Ian	Ne-Unatt	11.51m
2. Wilson, Tyler	Flyers	10.24m
3. Jones, Zion	D&A Trakk	7.81m
4. Dolberg, Ty	Mvp TF	6.17m

**Shot Put 15-16 Division Boys**

1. Lilly, Cash	Tornado TC	7.54m
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**Weight Throw Masters 50-54 Women**

1. Cook, Cindy	Ne-Unatt	7.89m
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**Weight Throw Masters 55-59 Men**

1. Cook, Bruce	Ne-Unatt	14.80m
2. Roby, Doug	Ia-Unatt	12.92m

**Weight Throw Masters 60-64 Men**

1. Brandt, David	Ne-Unatt	14.06m
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**Weight Throw Masters 65-69 Women**

1. Green, Martha	Ia-Unatt	6.95m
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**Weight Throw Masters 65-69 Men**

1. Speidel, Rod	Ia-Unatt	8.87m
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**Shot Put Masters Women**

1. Donley, Christel	Co-Unatt	7.04m
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**Shot Put Masters Men**

1. Donley, Jerry	Co-Unatt	7.05m
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**Shot Put Masters 45-49 Men**

1. Lilly, Troy	Ia-Unatt	8.07m
2. Dolberg, Terry	Ia-Unatt	7.75m

**Shot Put Masters 50-54 Women**

1. Cook, Cindy	Ne-Unatt	8.63m
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**Shot Put Masters 55-59 Men**

1. Cook, Bruce	Ne-Unatt	13.04m
2. Roby, Doug	Ia-Unatt	10.83m
3. Hansen, Randy	Ia-Unatt	9.93m

**Shot Put Masters 60-64 Men**

1. Brandt, David	Ne-Unatt	17.72m
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**Shot Put Masters 65-69 Women**

1. Green, Martha	Ia-Unatt	6.31m
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**Shot Put Masters 65-69 Men**

1. Speidel, Rod	Ia-Unatt	8.33m
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**Long Jump Masters Women**

1. Gbaley, Chinese	Tornado TC	4.17m
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**Long Jump Masters Men**

1. Martinson, Nick	Wi-Unatt	5.17m
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**Long Jump Masters 30-34 Women**

1. Wey, Britta	Ia-Unatt	4.21m
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**Long Jump Masters 40-44 Men**

1. Dodds, Tom	Ia-Unatt	4.60m
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**Long Jump Masters 45-49 Men**

1. Lilly, Troy	Ia-Unatt	3.81m
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**Long Jump Masters 60-64 Women**

1. Hegstrom, Ann	Ia-Unatt	2.54m
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**Long Jump Masters 60-64 Men**

1. Brandt, David	Ne-Unatt	3.38m
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**Long Jump Masters 65-69 Men**

1. Speidel, Rod	Ia-Unatt	3.60m
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**High Jump Masters Women**

1. Donley, Christel	Co-Unatt	1.00m
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**High Jump Masters Men**

1. Martinson, Nick	Wi-Unatt	1.80m
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**High Jump Masters 40-44 Men**

1. Dodds, Tom	Ia-Unatt	1.50m
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**High Jump Masters 55-59 Men**

1. Roberts, Mark	Ia-Unatt	1.55m
2. Stephens, Jeff	Ill-Unatt	1.40m
3. Hansen, Randy	Ia-Unatt	1.30m

**High Jump Masters 60-64 Women**

1. Glynn, Kay	Ia-Unatt	1.25m
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**High Jump Masters 60-64 Men**

1. Brandt, David	Ne-Unatt	1.50m
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**High Jump Masters 65-69 Men**

1. Speidel, Rod	Ia-Unatt	1.20m
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**Pole Vault Masters Men**

1. Donley, Jerry	Co-Unatt	1.67m
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**Pole Vault Masters 55-59 Men**

1. Hansen, Randy	Ia-Unatt	3.20m
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**Pole Vault Masters 60-64 Women**

1. Glynn, Kay	Ia-Unatt	2.43m
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**Pole Vault Masters 65-69 Men**

1. Speidel, Rod	Ia-Unatt	1.98m
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**60 Meter Dash Masters 60-64 Women**

1. Loyd, Susan	Mn-Unatt	9.79
2. Hegstrom, Ann	Ia-Unatt	11.42

**800 Meter Run Masters 65-69 Women**

1. Hintermeister, Shari	Ia-Unatt	5:17.31
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**60 Meter Dash Masters Men**

1. Martinson, Nick	Wi-Unatt	7.96
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**60 Meter Dash Masters 40-44 Men**

1. Dodds, Tom	Ia-Unatt	8.18
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**60 Meter Dash Masters 45-49 Men**

1. Sickerson, Nate	Turbo	7.45
2. Lilly, Troy	Ia-Unatt	8.66

**60 Meter Dash Masters 55-59 Men**

1. Fitzgerald, Michael	Ia-Unatt	7.70
2. Wilson, David	Ia-Unatt	8.76
3. Baldwin, Chris	Mo-Unatt	9.63
4. McDermott, Randy	Ia-Unatt	10.37

**200 Meter Dash Masters 45-49 Men**

1. Sickerson, Nate	Turbo	24.67
2. Lilly, Troy	Ia-Unatt	29.59

**200 Meter Dash Masters 55-59 Men**

1. Fitzgerald, Michael	Ia-Unatt	25.56
2. Wilson, David	Ia-Unatt	31.12
3. McDermott, Randy	Ia-Unatt	33.44

**400 Meter Dash Masters 55-59 Men**

1. Baldwin, Chris	Mo-Unatt	78.35
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**800 Meter Run Masters 40-44 Men**

1. Bennett, Paxton	Wstc	2:23.06
2. Thompson, Chris	Ia-Unatt	2:27.21
3. Goodman, Andy	Ia-Unatt	2:30.35

**800 Meter Run Masters 45-49 Men**

1. Birler, Christopher	Ia-Unatt	2:21.34
2. Douet, Wayne	Ia-Unatt	2:24.92

**800 Meter Run Masters 55-59 Men**

1. McDermott, Randy	Ia-Unatt	2:45.93
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**800 Meter Run Masters 65-69 Men**

1. Loch, Tom	Ia-Unatt	2:56.07
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**3000 Meter Run Masters 40-44 Men**

1. Bennett, Paxton	Wstc	10:23.20
2. Goodman, Andy	Ia-Unatt	10:47.13



**3000 Meter Run Masters 55-59 Men**

1. McDermott, Randy Ia-Unatt 12:16.31

**1500 Meter Race Walk Masters 70-74 Men**

1. Kirkwood, Tom Ia-Unatt 9:28.31

**1500 Meter Run 8 & Under Division Girls**

1. Lewis, A'Ona D&amp;A Trakk 8:27.04

**1500 Meter Run 8 & Under Division Boys**

1. Canton, Briggs IA Speed 7:12.60

**1500 Meter Run 9-10 Division Girls**

1. Nesbit, Olivia Turbo 6:48.25

2. Lanam, Corbett Wings OM 6:53.18

**1500 Meter Run 9-10 Division Boys**

1. Merrick, Jaden Tiger TC 5:07.09

2. Stensland, Preston Ia-Unatt 5:07.21

3. Caskey, Chasen IA Speed 6:32.97

4. Junig, Jacob Ia-Unatt 6:53.70

**1500 Meter Run 11-12 Division Girls**

1. Adams, Cameron Lctc 5:58.00

2. Kooker, Cohen Wstc 6:27.03

**1500 Meter Run 11-12 Division Boys**

1. Brown, Jordan D&amp;A Trakk 5:29.84

2. Bisgard, Boden IA Speed 5:41.08

3. Popenhagen, Dayton Tiger TC 6:05.22

4. Farmer, Nolan Tiger TC 6:06.87

5. Lieberman, Tyler IA Speed 7:11.80

**1500 Meter Run 13-14 Division Girls**

1. Keeney, Ashlyn IA Speed 5:13.05

2. Engels, Morgan IA Speed 5:53.57

3. Buettner, Erica IA Speed 6:11.84

4. Pursley, Josie IA Speed 6:21.85

**1500 Meter Run 13-14 Division Boys**

1. Akok, Aniey Ames TC 4:35.02

2. Neal, Adonis D&amp;A Trakk 5:14.06

3. Cortez, Brady IA Speed 5:14.09

4. Keeney, Ethan IA Speed 5:14.76

5. Canton, Bryson IA Speed 5:19.17

6. Keeney, Gavin IA Speed 5:44.77

7. Coffey, Barrett IA Speed 5:46.63

**1500 Meter Run 15-16 Division Boys**

1. Jones, Zack Ne-Unatt 4:33.74

2. Griebel, Brady Ia-Unatt 4:48.31

3. Atack, Akol Ames TC 5:11.43

4. Vaughan, Eric D&amp;A Trakk 6:46.94

**60 Meter Hurdles Masters 65-69 Men**

1. Speidel, Rod Ia-Unatt 12.34

**60 Meter Hurdles Masters 30-34 Men**

1. Casillas, Nick Ia-Unatt 9.33

**60 Meter Hurdles Masters 55-59 Men**

1. McDermott, Randy Ia-Unatt 13.53

**1500 Meter Run Masters 40-44 Men**

1. Bennett, Paxton Wstc 4:48.50

2. Goodman, Andy Ia-Unatt 5:01.86

**200 Meter Dash Masters 30-34 Men**

1. Casillas, Nick Ia-Unatt 25.80

2. Kirk, William Ia-Unatt 30.95

**1500M Race Walk Masters 60-64 Women**

1. Hegstrom, Ann Ia-Unatt 9:31.59

**200 Meter Dash Masters 60-64 Women**

1. Hegstrom, Ann Ia-Unatt 37.62

**1500 Meter Run Masters 50-54 Men**

1. Sunseri, Ken IA Speed 5:16.69

**800 Meter Run Masters 50-54 Men**

1. Sunseri, Ken IA Speed 2:50.15

**1500 Meter Run Masters 40-44 Women**

1. Kallen, Joan Ia-Unatt 6:13.78

**60 Meter Dash Masters 30-34 Women**

1. Wey, Britta Ia-Unatt 9.40

**200 Meter Dash Masters 30-34 Women**

1. Wey, Britta Ia-Unatt 33.95

**60 Meter Dash Masters Women**

1. Gbaley, Chinese Tornado TC 9.08

**800 Meter Dash Masters 40-44 Women**

1. Kallen, Joan Ia-Unatt 3:08.37

**800 Meter Run Masters 35-39 Men**

1. Caskey, Ean Ia-Unatt 2:01.90

--- Hennich, Troy Ia-Unatt DNF

**1500 Meter Run Masters Women**

1. Birru, Obsie Ia-Unatt 4:48.07

**400 Meter Dash Masters 30-34 Men**

1. Hopp, Nate Ia-Unatt 62.91

**800 Meter Run Masters 30-34 Men**

1. Hopp, Nate Ia-Unatt 2:15.59

**1500 Meter Run Masters 30-34 Men**

1. Hopp, Nate Ia-Unatt 4:22.41

**1500 Meter Run Masters 65-69 Women**

1. Hintermeister, Shari Ia-Unatt 10:12.41

**1500 Meter Run Masters 55-59 Men**

1. McDermott, Randy Ia-Unatt 5:28.07

**1500 Meter Run Masters 65-69 Men**

1. Loch, Tom Ia-Unatt 5:54.08

**1500 Meter Run Masters 45-49 Men**

1. Birler, Christopher Ia-Unatt 5:04.62

**1500 Meter Run Masters 60-64 Women**

1. Hegstrom, Ann Ia-Unatt 7:45.11

**Long Jump Masters 60-64 Women**

1. Glynn, Kay Ia-Unatt 3.60m

**200 Meter Dash Masters 55-59 Women**

1. Loyd, Susan Mn-Unatt 34.71

**60 Meter Dash Masters 35-39 Men**

1. Wells, Shon Ia-Unatt 7.46

2. Shelton, Carl Ia-Unatt 8.30

**60 Meter Dash Masters 65-69 Men**

1. Speidel, Rod Ia-Unatt 10.07

**60 Meter Dash Masters 30-34 Men**

1. Casillas, Nick Ia-Unatt 7.83

2. Kirk, William Ia-Unatt 8.92

**200 Meter Dash Masters 35-39 Men**

1. Wells, Shon Ia-Unatt 25.39

**Upcoming races**

**April 25**, – USATF 1-Mile Road Championships – 1-mile, Des Moines, Iowa.

**April 29** – Road Races at Drake Relays (**USATF Sanctioned**) - Half marathon, 5km, 8 a.m., Des Moines.

**May 7** USATF Iowa Speed Track and Field Developmental Meet (**USATF Sanctioned**) – Outdoor Track and Field, Tiffin.

**May 13** – Central Iowa Excaliburs Track Club Developmental Track Meet – Outdoor Track and Field, Waukee.

**May 13** – MACC Family Fun Run (**USATF Sanctioned**) – 5km fun run, Grimes.

**May 13** – Market to Market Relay Races (**USATF Sanctioned**) – 74-mile relay, Des Moines.

**May 20** – Iowa Able Run (**USATF Sanctioned**) – 2.5km, 5km, 10km, 400m fun run, Ames.

**May 20** – Sunderbruch B&B Trail Races (**USATF Sanctioned**) – 5km, 10km, Davenport.

**June 1** – Heartland Series Day 5 – IA (**USATF Sanctioned**) – 5km, 10km, half marathon, marathon, 50km, Clinton.

**June 3** – Dam to Dam (**USATF Sanctioned**) – 20km, Des Moines.

**June 11** - Iowa Association Junior Olympic track & Field Outdoor Combined Events Championships— Central College, Pella.





# USATF Membership Application

New Member  Renewal from previous year – USATF Number \_\_\_\_\_

Please print or type information

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Initial \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Sex M/F  Age Today \_\_\_\_\_ Date of Birth \_\_\_\_\_ (MM-DD-YYYY – i.e.: 02-19-1958)

USA Citizen  Yes  No If no, country of Citizenship \_\_\_\_\_

Phone Number \_\_\_\_\_

Club No. \_\_\_\_\_ Club Name \_\_\_\_\_

Email \_\_\_\_\_

(Your membership # will be emailed to you. Your email address will not be shared with anyone.)

Please check all appropriate sports codes here:

Track  Field  Road Running/LDR  Cross Country  Ultra-Marathon  Mountain/Trail  Race Walking

### Membership Category Codes

Please use the codes below – you may indicate one or more categories.

AT: Athlete  
DA: Disabled Athlete

PA: Parent

CH: Coach  
CD: Developmental  
C1: Coach – Level 1  
C2: Coach – Level 2  
C3: Coach – Level 3

OF: Official  
OA: Official – Association  
ON: Official – National  
OM: Official – Master

AD: Administrator  
FN: Fan

By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Competition Rules for my level(s) and category(ies) of membership.

Signature (If an athlete is under age 18, parent or guardian must sign)

Date of Application \_\_\_\_\_ (MM-DD-YYYY)

**IMPORTANT INFORMATION:** Memberships are on a calendar year basis, and expire on December 31. However, if you join between November 1 and December 31 of the current year, the membership will be valid for the following year as well.

**Youth members:** New or lapsed memberships must submit a copy of birth certificate or other ID.

Check here if you do not wish your address used as part of a direct mail list.

## Membership Fees & Registration Options

OPTION 1



JOIN ONLINE AT  
[www.usatf.org/membership](http://www.usatf.org/membership)

You will receive your new Membership # – Instantly!!

Have your previous membership # and password ready as they will be needed for the renewal process

### MAIL TO YOUR LOCAL ASSOCIATION



Mail the completed application and appropriate membership fees to your local Association. Mailing addresses can be found at [www.usatf.org/associations](http://www.usatf.org/associations)

OPTION 2

<b>Adult Membership</b> (19 yrs & over)	\$ _____
\$ 30.00 (1-year)	\$ 80.00 (3-years)
\$ 55.00 (2-years)	\$ 100.00 (4-years)

**Youth Membership** (18 yrs & under)  
 \$ 20.00 x \_\_\_\_\_ = \$ \_\_\_\_\_  
 [ # of membership years ]

**CONTRIBUTIONS (TAX DEDUCTIBLE)** \$ \_\_\_\_\_  
 Please direct my contribution to  LDR  Youth  
 Masters T & F  RW  Association Programs  
 Unrestricted

**TOTAL** \$ \_\_\_\_\_

Please make checks payable to USATF.



# Photo Page

## Scenes from the 2017 USATF Iowa Indoor Meet

