

Track & Field Iowa



USATF™

IOWA

Summer 2020

All meets canceled

Currently USATF-Iowa has postponed all activity for the 2020 season. We'll continue to monitor CDC, Iowa Department of Health, and local/state government policies and follow recommended safety policies.

If it is possible to resume activities at a later date, we'll notify everyone, and post to our USATF Iowa website.

Thank you for your understanding.

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Sisters Molly and Kate Shafer compete against each other in the Girls 100m Hurdles 30" Middle School event, during the July 7 Iowa Track & Field Carnival held at BGM High School, Brooklyn. (Photos by Darren Miller and Doug Jones)

Iowa Track Guy

Passion for track translates into 200+-athlete, six-state carnival

"If you build it, he will come."

Much like the voice haunting actor Kevin Costner in the 1989 Iowa-based movie, "Field of Dreams," Mike Jay has been pre-occupied by the "what ifs," and "coulda' beens" since the 2020 Iowa scholastic track and field season was shut down.

But that only stimulated his passion for track and field even more. Amidst a world of "if's," due in part to the COVID-19 pandemic, a plan to bring resolution to Iowa high school track and field athletes

slowly began to germinate.

A man of many hats - Lead Announcer of the Drake Relays; Chairman, Iowa Association of Track Coaches Hall of Fame Committee; and Member of the Iowa Girls High School Athletic Union T&F Hall of Fame Committee - he's perhaps best known as Co-founder of the "Track Guy Foundation."

Track Carnival

Continued on page 2

Track Carnival

Continued from page 2

“My sons and I have a non-profit organization, called The Track Guy Foundation,” said Jay, “and we wanted to give the kids some closure to the season that didn’t happen.”

“Of course,” he added, “it was IF we had permission from the Iowa Dept of Education, Department of Health, and the Iowa High School Athletic Association (IHSAA), and IGHSAU to do so.”

Their first step was to assist with a scaled-down Distance Carnival in Humboldt on June 16. More than 60 male and female athletes competed in the Boys and Girls 400m Dash, Boys and Girls 800m Dash, Girls 1500m, Boys 1600m, Girls 3000m, and Boys 3200m.

“Dave Orr of Humboldt was essential in helping us gain permission and broke the ice for us to know how to gain permission for the BGM meet. To find a host for the July 7 meet, I put it on Twitter.

“Only BGM, via Dick and Sharon Plants, stepped up and offered their facility,” he said.

Officials were lined up when Bill Neal, the Iowa Association of Track

Officials (IATO) Secretary Treasurer sent an email to all members asking if they were interested in officiating. With no selection process, it was a “come one, come all” event.

A total of 28 registered officials showed up, plus 10 volunteers. The officials represented more than 710 years of combined experience in track and field, and included five members of the IATO Hall of Fame.

“The Plants’ were our boots on the ground in Brooklyn and they were amazing,” Jay said. “Bill, Sharon and Randy Baker as-

signed duties once we had the names of those wanting to help and Jim Walczyk provided laser measuring for the discus.”

In addition, five professional photographers offered to shoot the meet, providing free photos for any competing student-athlete.

With everything in place, it was simply a matter of getting the word out to those competition-starved athletes, via Twitter and Facebook.

While he was hoping for about 100 athletes, “We closed down the entry process five days early, or we might of had 300 athletes,” Jay said.

The Track Guy Foundation



Founded by Jay, and sons Joe and Jon in October 2018, the Track Guy Foundation is a 501(c)(3) nonprofit organization. They are committed to putting Iowa’s student-athletes first, and ensuring that cross country and track

and field experiences are available to all of its interested youth.

Since it’s inception, the Foundation has gifted more than 200 pairs of running shoes and spikes; 62, \$50 grocery gift cards’ nine \$500 scholarships; paid for seven kids to go to summer XC camp; and hosted eight Speaker Series events around the state, showcasing some of Iowa's best in T&F/XC.



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Cross Country.....Steven Bobenhouse
Coaching.....Eric Pingel
Rules.....Jeff Richards

As it was, the meet featured more than 200 athletes from six states, including Iowa, Illinois, Minnesota, Missouri, Nebraska, and Wisconsin.

Standards were kept pretty simple - The meet was open to any athlete who completed seventh through 12th grades in 2020, there would be no medals or awards, no school uniforms, and no coaches.

There would also be a \$15 entry fee for each athlete to compete in one to three events, with all proceeds being donated to the Track Guy Foundation.

According to Jay, the biggest challenge was doing everything possible to provide a safe, fun and healthy environment.

"Track Guy purchased gloves, hand sanitizer, as well as masks for officials and volunteers. It was a hot night. Over 10 cases of water was donated for athletes and officials."

Safety was imperative for both the athletes and fans. For the athletes, starting blocks were disinfected between races, runners promptly left the track following their event, and shot put and discus throwers provided their own instruments, as no sharing was allowed.

Fans were told to "bring a lawn chair, bring an umbrella, sit on the infield, and get a totally different view of a meet."

Face masks were encouraged, as was social distancing. While restrooms would be open, drinking fountains and concession stands would not.

"It was magical," said Jay. "Over 100 people sitting on the football field in lawn chairs, tents around the track, and the big crowd practicing social distancing. The marks and times were of championship quality."

For Kyle Trunnell, a recent Cedar Falls High School graduate, this opportunity couldn't have come at a better time.

A 110m hurdler, he said he found



A competitor (top Photo) kicks up sand during her landing in the Girls Long Jump HS/MS Combined. Meanwhile (below), leaning into the tape at the end of one of the races (Photos by Darren Miller and Doug Jones)

out about the meet after tweeting with some hurdler friends. Jay retweeted them, noting they would be hosting a track meet in July.

"I've been training so long, so it was great to find I had one more meet, on more opportunity, and all that training wasn't going to go for nothing," said Trunnell.

"I was actually chasing my high school record, so I've been trying to get it for a couple years now. I unofficially broke it in mid-May, about the time when the state meet would have been held."

One more chance was all it took for Trunnell, who'll be running hurdles for the University of Northern Iowa, to accomplish his dream.

In winning the 110m hurdles, Trunnell beat his personal record by four-tenths of a second, with a time of 14.34. He also edged out Waterloo's Deyton Love, who ran a 14.49.

"I was pretty excited to to run this week and I was pretty excited to break it after working so hard on it for so long," said an exhilarated Trunnell.

"I think they did a really great job, all heats were kept distanced from each other. Each block was hand-sanitized and wiped down after every use. I think they did a great job of safety," he added.

"As much as everyone loves baseball and softball," said Jay, "It was just a great night for track and field."

USATF Masters Track and Field adds 25-29 age group

At the USATF Annual Meeting in Reno last December, the Masters Track and Field (MTF) Committee agreed to amendments and other changes to the Committee's Operating Procedures.

Among them was the addition of a 25-29 age group to the Indoor and Outdoor Championships, as well as the Indoor and Outdoor Combined Events Championships and the Throws Championships.

The idea for this change was originally raised at the 2017 USATF Annual Meeting. Since then, it was championed by the late MTF Chair Rex Harvey. His principal argument was our sport is losing athletes who aren't at the elite level after they leave college, and this could keep more of them participating.

In addition, he argued, it could provide an additional "on-ramp" to masters competitions internationally, once athletes reach age 35. In 2017, the MTF Executive Committee decided more information was needed before making a final decision.

Since then, MTF members at the association and regional levels have noted how many athletes actually participate in that age division. Those observations determined there could be enough interest to warrant creating a 25-29 age group in the national meets.

These athletes, like the rest of us, enjoy the sport, but aren't at the level of their elite-status counterparts. If they're not allowed to participate, there's a risk of them walking away from the sport forever.

Who hasn't encountered athletes in their 50s, and new to masters who say they didn't know the opportunity to compete existed, and, if they had, they would have done it years ago?

Research by Vice Chair Robert Thomas revealed there are more than 600,000 athletes participating countrywide in track and field at the high

school level. There are 28,000 more at the NCAA Divisions 1, 2, and 3 level, and another 7,150 in the NAIA.

Looking at those high school numbers and subtracting the college athletes, there are 564,846 athletes who participated in this sport, who no longer do so.

At the Masters level, there's a good chance of keeping such athletes involved. They now have something to train and look forward to, once they come of age. These athletes are also the ones who could replenish our dwindling officials and coaching ranks.

Some members feel younger athletes will dominate or take over these meets; however, currently, the numbers don't bear that out. If it should become an issue, the

USATF MTF Executive Committee can deal with what most would see as a "good problem to have."

Examination of participation in masters track and field reveals numbers are generally down at both the regional and national levels. There are notable exceptions at recent Combined Events and Throws Championships, but overall fewer athletes participate in the age 30-39 divisions than 20 years ago.

Therefore, the MTF Executive Committee recommended the change to the Operating Procedures in Reno and it was adopted. The expectation is that numbers in the 25-29 age group will initially be quite small, but the hope is they, along with numbers in the 30-34 age group, will grow, injecting new life into our sport.

USATF highlights

Houlihan, Schweizer set American record in 5000m

There may not have been fans in the stands, but Iowans Shelby Houlihan and Karissa Schweizer put on quite a show July 10, as they became the first American women to run under 14:30 in the 5000m.

The Bowerman Track Club hosted it's Portland Intrasquad meet, at Jesuit High School. With no crowd and little advance notice, the race was live-streamed on USATF.TV.

Houlihan won in a time of 14:23.92 in the seven-runner field, smashing her previous American record of 14:34.45. Her time is also now number 12 on the world all-time list.

Schwizer, finishing second, ran in 14:26.34, also well under the previous American record.

Iowa athletes earn Schwarzman increase

In response to the postponement of the 2020 Olympics and interruption of the track and field season due to COVID-19, Stephen A. Schwarzman is increasing his grant funds through the USA Track and Field foundation by \$250,000.

Amongst the 25 recipients of the 2020 Stephen A. Schwarzman Grant \$20,000 awards, are University of Iowa alumni Brittany Brown (200m) and Iowa State University alumni Hillary Bor (Steeplechase).

Amongst the 75 recipients of the 2020 Stephen A. Schwarzman \$5,000 Grant awards, in are the University of Iowa's Laulauga Tausaga-Collins (Discus) and Iowa alumni Eric Sowinski (800m).

TRACK & FIELD COLLECTIBLES

Your next collectible might just be in the mail

For stamp enthusiasts who are also track and field fans, one of the easiest and fun ways to build up a collection is to create their own first day issues and cachets.

A First Day Cover (FDC) is an envelope or card bearing a stamp, cancelled on the day the stamp is initially placed on sale by postal authorities. A cachet enhances the cover by complementing the stamp and can be attractive, educational and/or humorous.

You don't need a cachet for an FDC, but you have to admit a cachet certainly makes for a more interesting and brighter envelope.

Cachets are easy enough to create. Designs come in all shapes, sizes, and colors. They may be printed, drawn, engraved, or produced by a variety of methods.

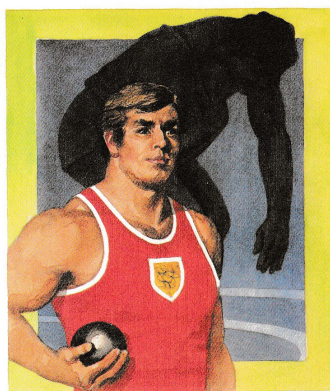
A large majority of collectors make their own. Naval enthusiasts have been doing it for years.

Whenever a ship has a "life" event - i.e., keel laying, launching, commissioning, etc. - they'll add a cachet to an envelope and mail it to the ship's address inside a larger envelope.

On the day of the event, the ship's Postal Clerk will stamp it with that day's cancellation date, and mail it back to the collector.

For track and field, there's a wide variety of options for cachet making. Cachets could celebrate athletes' birthday's, anniversaries of world/meet records, as well as certain meets.

You can also cachet the first day of a meet, anniversary dates of big meets, and the first issue of Olympic stamps.

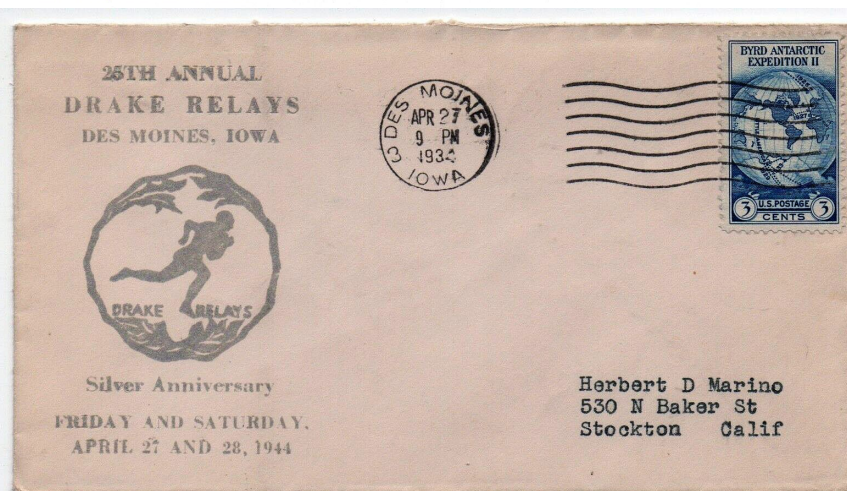


Shot Put

Intense concentration prepares the world's great athletes for this demanding sport.



FIRST DAY OF ISSUE



Above (Top) an unaddressed first day issue cachet for the 1983 Summer Olympics stamp set. Below, a 1934 Drake Relays cover and cachet found on E-Bay.

As an example, the two cachets above feature two different events - one is for the first day of issue of the 1984 Olympic Summer Games stamp set, and the other cachet commemorates the opening day of the 25th annual, Drake Relays in 1934.

According to the US Postal Service, the fastest way to get a First Day Cover is to buy the stamp yourself (it's usually on sale the

day after the first day of issue), attach it to your own envelope (or cover), and send it to the first day post office for cancellation.

You can provide your own cachet. You can submit up to 50 envelopes, up to 30 days after the stamp's issue date.

Remember, you're not just limited to the USPS, other countries will cancel cachets, as well.

Have fun collecting!

Iowa Distance Carnival

Humboldt, Iowa

June 16, 2020

Boys 400m Dash

1. Kongor Garang, Ames HS	50.53
2. Samuel (Trey) Porter, Ankeny Cent.	50.55
3. Wyatt Pryor, Woodbine	51.52
4. Anyuon Anyuon, Ames HS	52.35
5. Brody Lucas, Norwalk	54.34
6. Logan Grover, Indianola	55.19
7. Makaio Hoch, Northwood-Kensett	55.53
8. Trevor Torkelson, Mason City	1:02.32

Boys 800m Run

1. Ashton Schwartzman, Rose Hill HS (Wisc.)	1:56.81
2. Noah Kohut-Jackson, Ames HS	1:57.39
3. Aniey Akok, Ames HS	1:58.68
4. Garrett ,McSheffrey, NW Christian HS (Lacey, Wash.)	1:59.43
5. Ryan Hughes, CB St. Albert	1:59.67
6. Aaron Roehr, Bettendorf	1:59.84
7. Seth Hershey, St. Ansgar	2:01.81
8. Kyle Miller, Carlisle	2:04.11
9. Josiah Wittenberg, Pella	2:04.16
10. Jasper Nietert, Monticello	2:05.19
11. Jackson Mace-Maynard, Newton	2:05.45
12. Eric Wittrock, Humboldt	2:06.82
13. Craig Becker, Atlantic	2:08.33
14. Caleb Sayler, Lennox, SD	2:12.14
15. Riley Witt, St. Ansgar	2:12.54
16. Chase Lauman, Pella	2:13.25
17. Brody Lucas, Norwalk	2:14.30
18. Nolan Jergens, Humboldt	2:19.80
19. Maxwell Deeter, Charles City	2:20.16
20. Payton Griebel, Bellevue	2:24.68
21. Tanner Merriman, Norwalk	2:25.68
22. Trevor Torkelson, Mason City	2:33.79
23. Makaio Hoch, Northwood-Kensett	2:40.00

Boys 1600m Run

1. Nathan Mueller, Adm Adel	4:26.08
2. Quinton Orr, Humboldt	4:27.85
3. Jacob Green, CR Kennedy	4:28.87
4. Brady Griebel, Bellevue	4:29.89
5. Garrett McSheffrey, NW Christian HS (Lacey, Wash)	4:35.14
6. Gabe Nash, SC North	4:35.22
7. Craig Becker, Atlantic	4:35.59
8. Dylan Darsidan, Camanche	4:39.24

9. Kenny Cronin, Davis County	4:39.57
10. Jackson Mace-Maynard, Newton	4:39.59
11. Noah Jorgenson, Sidney	4:40.49
12. Carson Rygh, Lake Mills	4:41.13
13. Josiah Wittenberg, Pella	4:43.11
14. Will Ryan, Dowling	4:45.42
15. Randy Jimenez, SE Warren	4:47.00
16. Riley Witt, St. Ansgar	4:49.28
17. Loudon Foster, West Central Valley	4:52.48
18. Tyler Schweizer, Dowling	4:55.24
19. Cooper Greenslade, Adm Adel	4:56.78
20. Zach Spora, North Polk	4:57.62
21. Andrew Robey, Dowling	5:00.59

Boys 3200m Run

1. Jacob Green, CR Kennedy	9:49.49
2. Nathan Patel, Gilbert	9:50.03
3. Quinton Orr, Humboldt	10:08.77
4. Bennett Heistercamp, CB St. Albert	10:13.50
5. Gabe Nash, SC North	10:16.52
6. Carson Rygh, Lake Mills	10:19.87
7. Randy Jimenez, SE Warren	10:23.22
8. Kenny Cronin, Davis County	10:23.52
9. Loudon Foster, West Central Valley	10:35.81
10. Lucas George, DM Roosevelt	10:42.20
11. Jacob Willson, Webster City	11:01.31
12. Max Spora, North Polk	11:02.44
13. Cooper Greenslade, Adm Adel	11:06.12
14. Jackson Mace-Maynard, Newton	11:18.54
15. Ronan Jimenez, SE Warren	11:21.10
16. Colin Lillie, CB St. Albert	11:31.37
17. Ethan Franklin, Norwalk	11:39.56

Girls 400m Dash

1. Roisin Willis, Stevens Point HS (Wisc)	54.23
2. Ainsley Erzen, Carlisle	57.89

Girls 800m Run

1. Kathryn Vortherms, Ankeny Centennial	2:19.16
2. Samantha Strauss, Johnston	2:25.10
3. Marley Turk, Ames Middle School	2:27.66
4. Tirzah Wittenberg, Pella	2:51.41

Girls 1500m Run

1. Elizabeth Schmidt, Merrill HS (Wisc)	4:49.90
2. Lillian Schmidt, Dubuque Senior	4:58.37
3. Shewaye Johnson, Ballard	4:59.02
4. Marley Turk, Ames Middle School	5:03.21
5. Geneva Timmerman, Adm Adel	5:03.46
6. Rondi Quass, Ankeny Centennial	5:03.59
7. Torin Lackmann, Norwalk	5:09.15
8. Shaelyn Hostager Dubuque Hempstead	5:10.88
9. Claire Helmers Ames Middle School	5:12.77

10. Emily Naughton, Indianola	5:24.11
11. Tessa Erzen, Carlisle	5:28.24
12. Tirzah Wittenberg, Pella	5:39.37

Girls 3000m Run

1. Shewaye Johnson, Ballard	10:39.84
2. Lillian Schmidt, Dubuque Senior	11:03.03
3. Geneva Timmerman, Adm Adel	11:19.97
4. Shaelyn Hostager, Dubuque Hempstead	11:20.54
5. Claire Helmers, Ames Middle School	11:29.88
6. Emma Althoff, Monticello	11:32.95
7. Kyrstin Agnitsch, Cherokee HS	11:39.69
8. Torin Lackmann, Norwalk	11:59.35

**Iowa Track Guy
Track & Field Carnival
Brooklyn, Iowa
July 7, 2020**

100m Dash Boys HS/MS Combined Finals

1. Ezekiel Clark, St. Louis Park, Minn.	10.80
2. Brody Lovell, CR Kennedy	11.19
3. Carter Erickson, Indianola HS	11.20

4. Trey Porter, Ankeny Centennial	11.24
5. Jacob Imhoff, Carlisle	11.39
6. Jettason Rose, Quincy, Ill	11.50
7. Mason Applegate, IC West	11.59
8. Prosper Kapongo, CR Jefferson	11.72

Boys Prelims

1. Ezekiel Clark, St. Louis Park, MN	10.92
2. Trey Porter, Ankeny Centennial	11.25
3. Carter Erickson, Indianola HS	11.26
4. Brody Lovell, CR Kennedy	11.42
5. Jacob Imhoff, Carlisle	11.43
6. Jettason Rose, Quincy, Ill	11.52
7. Prosper Kapongo, CR Jefferson	11.55
7. Mason Applegate, IC West	11.55
9. Marquan Quinn, North Scott	11.64
10. Zion Dale, Waterloo East	11.76
11. Gage Carson, Centerville	11.77
12. Drake Powell, Williamsburg	11.83
13. Jake Fisher, Treynor	11.93
14. Jake Gossett, Ankeny Centennial	11.95
15. Logan Elston, West DM Valley	11.97
16. Carter Bell, CR Washington	12.00
16. Jack Belding, Ankeny Southview MS	12.00
18. Max Doran, Pleasant Valley	12.01
19. Aidan Adamson, Ankeny Southview MS	12.04
19. Will Bennett, Lisbon	12.04
21. Andrew Krause, Denver	12.12
22. Logan Piper, Indianola HS	12.14

USATF—Iowa Publication Deadlines



Winter Issue

Deadline: Nov. 26, 2020
Published: Dec. 10, 2020

Spring Issue

Deadline: Feb. 25, 2021
Published: March 11, 2021

Summer Issue

Deadline: May 27, 2021
Published: June 10, 2021

Fall Issue

Deadline: Aug. 27, 2020
Published: Sept. 10, 2020

Send all stories and photos for publication to Duff E. McFadden, USATF Iowa Communications Chair, at communications@iowa.usatf.org.

23. Spencer Lade, Howard Lake Minn.	12.15
24. Tyler Bracy, BCLUW	12.16
25. Logan Grover, Indianola HS	12.24
25. Tyler Sickerson, Parkview MS, Ankeny	12.24
27. Carson Hoffman, BCLUW	12.30
28. Ronan Guevara, St. Louis Park Minn.	12.32
29. Casey Tath, Bellevue	12.37
30. Chris Canas, CR Jefferson	12.47
31. Michael Olutund, CR Jefferson	12.48
32. Kadin Jepson, Highland Riverside	12.50
33. Peyton Leathers, Unattached	12.75
34. Kiet Cao, Mason City	12.83
35. Drew Campbell, Cedar Falls	13.04
36. Caleb Sickerson, Southview MS Ankeny	13.46

200 Meters Boys HS/MS Combined

1. Ezekiel Clark, St. Louis Park, Minn.	22.46
2. Trey Porter, Ankeny Centennial	22.70
3. Kyle Trunnell, Cedar Falls	22.70
4. Brody Lovell, CR Kennedy	23.05
5. Jacob Imhoff, Carlisle	23.13
6. Carter Erickson, Indianola HS	23.35
7. Dane Treiber, North Scott	23.61
8. Jacob Jensen, ELC	23.79
9. Jettason Rose, Quincey, Ill.	23.93
10. Wyatt Pryor, Woodbine	24.00
11. Drake Powell, Williamsburg	24.29
12. Bryant Agre, Pella Christian	24.33
13. Edgar Tapia, Harris Lake Park	24.41
14. Brody Lucas, Norwalk	24.51
14. Logan Elston, West DSM Valley	24.51
16. Wyatt Bunn, Roland Story	24.52
17. Ethan Schoville, Cedar Falls	24.59
18. Eric Lucas, Cedar Falls,	24.63
19. Aidan Adamson, Ankeny Southview MS	24.77
19. Jaxon Warnke, Greene County	24.77
21. Will Bennett, Lisbon	24.85
22. Jack Belding, Ankeny Southview MS	24.89
23. Thomas Bunce, Ankeny Centennial	25.23
24. Chris Canas, CR Jefferson	25.28
25. Carson Hoffman, BCLUW	25.47
26. Jake Gossett, Ankeny Centennial	25.48
27. Carter Bell, CR Washington	25.55
28. Tyler Sickerson, Parkview MS, Ankeny	25.66
29. Kadin Jepson, Highland Riverside	25.82
30. Michael Olutunde, CR Jefferson	25.90
31. Gage Carson, Centerville	26.01
32. Ronan Guevara, St. Louis Park, Minn.	26.18
33. Jordan Gile, Cuba City, Wisc.	26.92
34. Jack Hilton, Indianola HS	27.05
35. Elijah Porter, Ankeny	27.52
36. Caleb Sickerson, Southview MS, Ankeny	29.07

400 Meters Boys HS/MS Combined

1. Kongor Garang, Ames	49.73
2. Wyatt Pryor, Woodbine	50.70

3. Anyoun Anyoun, Ames	50.83
4. Bryant Agre, Pella Christian	52.33
5. Ethan Schoville, Cedar Falls	53.10
6. Edgar Tapia, Harris Lake Park	53.11
7. Jacob Jensen, ELC	53.74
8. Christian Kronfeld, CR Kennedy	54.27
9. Brody Lucas, Norwalk	54.48
10. Thomas Bunce, Ankeny Centennial	55.25
11. Logan Piper, Indianola HS	55.35
12. Jake Gossett, Ankeny Centennial	55.48
13. Jack Mullinex, CR Jefferson	58.90
14. Jack Hilton, Indianola HS	1:00.07
15. Jordan Gile, Cuba City, Wisc.	1:00.79
16. Connor Martin, Midland Wyoming	1:00.81
17. Payton Griebel, Bellevue Steam	(PR) 1:03.06

1600 Meters Boys High School

1. Noah Kohut-Jackson, Ames	4:13.87
2. Max Murphy, Pleasant Valley	4:17.18
3. Brady Griebel, Bellevue Stream	(PR) 4:21.98
4. Jack Pendergast, CR Prairie	4:23.86
5. Jacob Green, CR Kennedy	4:23.96
6. Aniey Akok, Ames	4:24.00
7. Aaron Roehr, Bettendorf	4:25.56
8. Jack Kinzer, Iowa City Liberty HS	4:28.63
9. Craig Allen-Becker, Unattached	4:37.10

110m Boys Hurdles - 39" High School

1. Kyle Trunnell, Cedar Falls	14.34
2. Deyton Love, Waterloo West	14.49
3. Carson Reilly, Linn-Mar	14.99
4. Carter Morton, Greene County	15.18
5. Austin Freiberg, SB Luton	15.34
6. Jake Fisher, Treynor	15.69
7. Jaxon Thompson, Linn-Mar	15.98
8. Landon Wenderski, Albany HS, Minn.	16.22
9. Camren Carter, Davenport West	16.23
10. Eric Lucas, Cedar Falls	16.27
11. Drew Bartels CR Kennedy	16.38
12. Will Kruse, North Scott	16.52
13. Reid Pakkebier, CR Kennedy	16.66
13. Matt Schaeckenbach, IC City High	16.66
15. John Aschenbrenner, IC City High	17.13
16. Zion Dale, Waterloo East	17.20
17. Max Doran, Pleasant Valley	17.38
18. Spencer Lade, Howard Lake, Minn.	18.50
19. Dan Bui, Davenport West	18.82

400m Boys Hurdles - 30" High School

1. Drew Bartels, CR Kennedy	55.64
2. Bill Mukhtar, Waukee	55.96
3. Nigel Sperflage, PCM	56.03
4. Austin Freiberg, SB Luton	57.83
5. Matthew Kliegl, Johnston	58.00
6. Carson Reilly, Linn-Mar	58.11
7. Landon Wenderski, Albany HS, Minn.	59.99

8. Matt Schaeckenbach, IC City High	1:01.74
9. Reid Pakkebier, CR Kennedy	1:02.75
10. Alex Pitts, Bellevue Steam TFXC (PR)	1:04.95
11. Logan Grover, Indianola HS	1:05.87

Boys Shot Put – 4kg Middle School

1. Carson McInerney, SC Mater Dei	35-00.25
2. Brennan Ochsner, Jesup	18-08.00

Boys Shot Put – 12lb High School

1. Blake Wiederhold, SC East	54-02.00
2. Jacob Baier, Ankeny	51-11.00
3. Mason Lobeck, Madrid	51-05.50
4. Blake Veenstra, Pella Christian	51-04.25
5. Colder Evans, Putnam Co. HS-Mo.	48-11.50
6. Mason Applegate, IC West	45-07.50
7. Sam Cappos, Lincoln, Neb.	45-04.50
8. Caden Sussex, Hinton	41-11.00
9. David Crow, North Butler	39-07.25
10. Nathan Deyak, IC West	37-07.50
11. Kamden Ochsner, Jesup	35-11.00

Boys Discus - 1kg Middle School

1. Carson McInerney, SC Mater Dei	125-11
2. Brennan Ochsner, Jesup	53-01

Boys Discus - 1.6kg High School - Finals

1. Blake Veenstra, Pella Christian	164-06
2. Jacob Baier, Ankeny	160-07
3. Colder Evans, Putnam Co. HS- Mo.	153-06
4. CJ Coker, CR Kennedy	139-07
5. David Crow, North Butler	130-01
6. Mason Applegate, IC West	126-07
7. Sam Cappos, Lincoln, Neb.	125-05
8. Caden Lafleur, Bishop Heelan	124-00
9. Caden Sussex, Hinton	122-10
10. Blake Sadr, Treynor	117-06
11. Kaden Kubas, English Valley	111-01
12. Kamden Ochsner, Jesup	95-01
13. Logan Grover, Indianola HS	85-03
14. Nathan Deyak, IC West	66-09

Boys Long Jump HS / MS Combined

1. Drew Bartels, CR Kennedy	22-04.50
2. Jacob Imhoff, Carlisle	21-07.50
3. Brody Lovell, CR Kennedy	21-01.50
4. Christian Kronfeld, CR Kennedy	20-09.00
5. Prosper Kapongo, CR Jefferson	20-08.00
6. Max Doran, Pleasant Valley	20-07.25
7. Reid Pakkebier, CR Kennedy	20-02.25
8. Carter Bell, CR Washington	19-11.00
9. Spencer Lade, Howard Lake, Minn.	19-09.75

10. Carter Morton, Greene County	19-09.25
11. Darrian Cummings, Cuba City, Wisc.	19-08.75
12. Korbin Seth, East Marshall	19-06.25
13. Jaxon Thompson, Linn-Mar	19-02.00
14. Carson Hoffman, BCLUW	18-05.50
15. Alex Pitts, Bellevue Steam TFXC (PR)	18-00.50
16. Jordan Gile, Cuba City, Wisc.	16-04.50
17. Elijah Porter, Ankeny	15-06.25

Girls Results

100 Meters Girls HS/MS Combined

Finals

1. Jessica Kyne, Meredith MS, DSM	12.65
2. Libby Wedewer, Dubuque Wahlert	12.75
3. Cameron Moon, Ames	12.89
4. Erica Nikkel, Pella Christian	13.33
5. Ellasa Horton, Waterloo East	13.34
6. Grace Gioffredi, Indianola HS	13.41
7. Lindsey Campbell, Keokuk HS	13.44
8. Rylee Steffen, Dubuque Wahlert	DNS

100 Meters Girls HS/MS Combined

Prelims

1. Libby Wedewer, Dubuque Wahlert	12.73
2. Jessica Kyne, Meredith MS, DSM	12.84
3. Cameron Moon, Ames	12.95
4. Erica Nikkel, Pella Christian	13.05
5. Ellasa Horton, Waterloo East	13.07
6. Grace Gioffredi, Indianola HS	13.16
7. Rylee Steffen, Dubuque Wahlert	13.18
8. Lindsey Campbell, Keokuk HS	13.38
9. Alexandra Rose, Quincey, Ill.	13.41
10. Brielle Buresh, Decorah	13.42
11. Sarah Jordan, CR Prairie	13.43
12. May Elniel, Stillwell JH, West DSM	13.50
13. Aubree Bell, Kingsley-Pierson/Woodbury	13.52
14. Mea Bell, Bondurant-Farrar HS	13.54
15. Kelly Proesch, North Cedar	13.62
16. Raegan Levi, Norwalk	13.71
17. Olivia Kramer, Dowling	13.92
18. Takira Smith, Meredith MS, DSM	14.08
19. Monah Kyne, Meredith MS, DSM	14.16
20. Kimberlin Karnaga, Meredith MS, DSM	14.47
21. Vanessa Osborne, Johnston	14.52
22. Nyah Engstrom, CR Prairie	14.55
23. Gloria Tarpeh, Stillwell JH, West DSM	14.56
24. Isabel Sinksen, Davenport West	14.76
25. Aubrie Pruess, North Cedar	15.07
26. Caitlin Jensen, North Cedar	15.12
27. Hailey Gammon, CR Prairie	15.17
28. Camryn Bruce, Bondurant-Farrar HS	15.18

200 Meters Girls HS/MS Combined

1. Cameron Moon, Ames	26.12
2. Libby Wedewer, Dubuque Wahlert	26.18
3. Bridget Vitu, New Trier HS, Winnetka, Ill.	26.80
4. Gabrielle Cortez, CR Prairie	27.23
5. Jessica Kyne, Meredith MS, DSM	27.33
6. Natalie Harris, Waukee	27.61
7. Erika Kuntz, KPWC	27.63
8. Sarah Jordan, CR Prairie	27.64
9. Morgan Engels, Ames	27.89
10. Rylee Steffen, Dubuque Wahlert	27.94
11. Athena Nelson, North Scott	28.03
12. Claire Farrell, Norwalk	28.04
13. Erica Nikkel, Pella Christian	28.18
14. Aubree Bell, Kingsley-Pierson/Woodbury	28.21
15. Laura Seeberger, Palatine, Ill.	28.40
16. Alexandra Rose, Quincy, Ill.	28.63
17. Brielle Buresh, Decorah	28.79
18. Raegan Levi, Norwalk	28.84
19. Julia Shonka, DSM Hoover	28.85
20. Kelly Proesch, North Cedar	28.87
21. London White, Lyons Twnship, LeGrange	29.04
22. May Elniel, Stillwell JH, West DSM	29.10
23. Olivia Kramer, Dowling	29.60
24. Mea Bell, Bondurant-Farrar HS	29.81
25. Breanna Ott, Indianola HS	29.91
26. Kendyl Smith, Davenport HS	30.03
27. Kimberlin Karnaga, Meredith MS, DSM	30.33
28. Vanessa Osborne, Johnston	30.46
29. Miah Fritz, Stillwell JH, West DSM	30.57
30. Nyah Engstrom, CR Prairie	30.74
31. Emma Hayes, CR Prairie	30.79
32. Takira Smith, Meredith MS, DSM	31.11
33. Monah Kyne, Meredith MS DSM	31.22
34. Alexandria Meyers, Quincy, Ill.	31.34
35. Aubrie Pruess, North Cedar	31.37
36. Gloria Tarpeh, Stillwell JH, West DSM	31.79
37. Caitlin Jensen, North Cedar	31.89
38. Makiya Burright, Bondurant-Farrar HS	32.34

400 Meters Girls HS/MS Combined

1. Claire Farrell, Norwalk	58.57
2. Bridget Vitu, New Trier HS/Winnetka, Ill.	59.61
3. Gabrielle Cortez, CR Prairie	1:00.19
4. Erika Kuntz, KPWC	1:00.29
5. Kathryn Vortherms, Ankeny Centennial	1:01.39
6. Samantha Strauss, Johnston	1:02.31
7. Rylee Steffen, Dubuque Wahlert	1:03.23
8. Athena Nelson, North Scott	1:06.55
9. Jordan Su, Ankeny Centennial	1:06.59
10. Alexandria Meyers, Quincy, Ill.	1:07.30
11. Rondi Quass, Ankeny Centennial	1:07.31
12. Lizzy Van Utrecht, EBF	1:08.49
13. Mea Bell, Bondurant-Farrar HS	1:08.64
14. Miah Fritz, Stillwell JH, West DSM	1:11.70
15. Kendyl Smith, Davenport HS	1:11.84

16. Breanna Ott, Indianola HS	1:12.84
17. Joy Beran, Riceville	1:12.91
18. Makiya Burright, Bondurant-Farrar HS	1:14.36
19. Monah Kyne, Meredith MS, DSM	1:14.71

100m Girls Hurdles - 30" Middle School

1. Molly Shafer, EBF	16.77
2. Kate Shafer, EBF	16.86

100m Girls Hurdles - 33" High School

1. Paige Kisley, Osage	15.50
2. Natalie Harris, Waukee	15.51
3. Kynzi Winger, Waukee	16.10
4. Kelly Proesch, North Cedar	16.35
5. Julia Shonka, Hoover	16.54
6. London White, Lyons Twnship HS, LeGrange	16.65
7. Carlee Rochford, New Hampton	17.11
8. Brooke Shafer, EBF	17.47
9. Laura Seeberger, Palatine, Ill.	17.71
10. Allison Casteel, Centerville	17.84
11. McKenna Jaster, Central Elkader	18.62
12. Molly Joyner, CR Kennedy	18.91
12. Sophie Puls, BGM	18.91
14. Olivia Kramer, Dowling	19.18
15. Isabel Sinksen, Davenport West	20.71

200m Girls Hurdles - 30" Middle School

1. Molly Shafer, EBF	31.01
2. Kate Shafer, EBF	31.14

400m Girls Hurdles - 30" High School

1. Brooke Shafer, EBF	1:07.88
2. Paige Kisley, Osage	1:08.54
3. Morgan Engel, Amess	1:10.07
4. Megan Rathjen, Williamsburg	1:12.86
5. Lily Johannes, CR Prairie	1:15.77
6. Molly Joyner, CR Kennedy	1:17.97
7. Emma Nau, West DSM Valley	1:19.56
8. Allison Casteel, Centerville	1:25.66

Girls Shot Put – 4kg High School

1. Breanna Nai, Williamsburg	38-9.50
2. Amanda Chizek, West Hancock	37-0.00
3. Alison Palmersheim, SC East	35-6.25
4. Dahlia Gardiner, Grundy Center HS	33-1.75
5. Emily Ball, Dowling	31-0.75
6. Kaitlyn Gammon, CR Prairie	30-2.00
7. Joy Beran, Riceville	29-1.00

Discus - .75kg Middle School

1. Lindy Neer, Carlisle	71-08
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Discus - 1kg High School

1. Alyssa Striegel, Mt. Pleasant	117-07
2. Emily Ball, Dowling	109-00
3. Alison Palmersheim, SC East	107-04
4. Allison Van Gorp, Pella Christian	101-01
5. Kaitlyn Gammon, CR Prairie	92-11
6. Sophie Puls, BGM	87-11
7. Joy Beran, Riceville	80-02

Long Jump HS/MS Combined

1. Carlee Rochford, New Hampton	16-11.75
2. Jordan Su, Ankeny Centennial	16-06.50
3. Aubree Bell, Kingsley-Pierson/Woodbury	16-00.00
4. Bridget Vitu, New Trier HS/Winnetka, Ill.	15-10.25
5. Morgan Ramirez, Pleasant Valley	15-08.25
6. Laura Seeberger, Palatine, Ill.	14-02.25
7. Dahlia Gardiner, Grundy Center HS	14-00.50
8. Rondi Quass, Ankeny Centennial	13-10.00
9. Allison Casteel, Centerville	13-06.75
10. Vanessa Osborne, Johnston	13-03.75
11. Hailey Gammon, CR Prairie	13-03.00
12. Athena Nelson, North Scott	12-08.75
13. Camryn Bruce, Bondurant-Farrar HS	11-09.75



An athlete clears a hurdle during a Boys High School hurdle race at the Iowa Guy Track and Field Carnival, held July 7, at BGM High School, Brooklyn. Safety was paramount, as all officials were masked during the competition and were highly recommended for fans. (Photos by Darren Miller and Doug Jones)





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 <input type="checkbox"/>	Age Today <input type="text"/>	Date of Birth <input type="text"/> (MM-DD-YYYY – i.e.: 02-19-1958)
USA Citizen <input type="checkbox"/> Yes <input type="checkbox"/> No If no, country of Citizenship <input type="text"/>		
Phone Number <input type="text"/>		
Club No. _____	Club Name <input type="text"/>	
Email <input type="text"/>		

(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

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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

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

OPTION 2

Adult Membership (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.