



Fall/Winter 2018

USA Track & Field Iowa

USATF Iowa officials, clubs, meet as part of 2017 annual Association workshop

More than a dozen Iowa Association Clubs and USATF-Iowa officials met Nov. 5, 2017 for the 2017 Iowa Association Clubs Workshop. Jim Walczyk presided over the two-hour session, which was held at the Mid-Iowa Council Boy Scout Center, in Des Moines, Iowa.

Among the clubs in attendance, were the Johnston Running Club (Britta Wey); Lynx Track Club (Emily Hansen and Heidie Tesdahl); Mississippi Valley Track Club (Cassie Baker, Ben Hulbert, Christi Pitts and Rudy Walker); Turbo Track Club (Nate Sickerson); West Side Track Club (Larry Bednar, Janelle Coil, Reed Kooker and Chris Owen); Ryan Elsbrnd, Jeff Richards, Scott Tjeerdsma, and Jim Walczyk

Following the 2017 XC Championships, it was determined to use the best methods to allow the most efficient movement through all aspects of the meet. Brett will create packets for coaches, com-

plete with micro-chips. The coaches will need to pay Jim for them and the chips will be collected at the finish line. Brett will need the assistance of one person at the table, and two to

three more at the finish line.

Participants discussed the ability of Iowa clubs to more easily access the USATF – Iowa website for information, club registration and reporting. While many clubs already have a process in use, the website would need some renovation for this.



Among the website discussions were questions as to whether clubs/parents could

2017 Club Workshop
Continued on Page 2

USATF Outdoor Championships return to Iowa's Drake University

INDIANAPOLIS – The USATF Outdoor Championships are returning to Des Moines June 21-24, 2018. The best track and field athletes in the country will compete this summer at Drake University's Drake Stadium in what will be the final stop of the 2018 USATF Championship Series.

The meet will be broadcast on the NBC family of networks and webcast on NBC Sports Gold.

Drake Stadium has previously hosted the USATF Outdoor Champion-

ships twice, in 2010 and 2013, with two American records falling at each championship.

Drake has hosted the NCAA Outdoor Track & Field Championships in 1970 (men only), 2008, 2011, and 2012, and annually hosts the Drake Relays, which in 2018 will celebrate its 109th year.

More information will be available at www.usatf.org, including ticket prices, broadcast details, and meet schedules.

Inside this issue:

Photo Tips for Track & Field	3
JO Cross-Country Results	4
Race Calendar	5
Iowa Men's Top 10 Rankings	6
Women's Top 10 Rankings	8

2017 Club Workshop Continued from Page 1

access the site from other sites via links. and whether a payment process, such as Paypal, could be included. Britta asked if a map showing the state of Iowa, pinpointing each club, could be put on the site.

Jim Walczyk will look at options for providing an Iowa map and pinpointing clubs. It was also determined to show whether clubs had a current sanction, or were in the process of doing so, as some clubs complete the process earlier than others.

Since the Association's website has been relatively unchanged the past several years, it's been determined it's time for some revisions. While some things are mandated by the national office, Iowa officials say the main objective should be to make this site useful for all members. Eric Pingel is in the process of creating a new layout for the site and he'll share those improvements as soon as they're available.

It was also pointed out that Duff McFadden, the Communications Chair, is now producing a

newsletter for USATF-Iowa. He's already created a Spring/Summer issue and is now in the process of completing the Fall/Winter issue. The newsletter can be found on the website under *News & Events\Newsletter*. The intention is to publish four issues a year.

Coaches/clubs are encouraged to contribute content to this publication and Duff has also offered to help clubs with any local communication they may need. He recently retired from the Iowa National Guard, where he has done this for many, many years.

According to most of the present clubs, they're planning on hosting their 2018 Season Development track meet on the same day/weekend they had in 2017. The West Side Track Club is going to host a meet in 2018 and the Mississippi Valley track Club is planning on having a meet between the association championship and the Region 8 meet.

It was felt that if meets could be started closer to noon, then more clubs could participate, including clubs outside the meet area.

Many meets used pre-registration last year, and there didn't seem to be any issues, or very few from the use of it. Many more are thinking about it for this year.

As long as "day-of" are still accepted, USATF-Iowa is good with that. Several meets will have a higher fee for day-ofs.

Britta shared how they're thinking of capping the entry numbers of their meet, as it's gotten too big and hard to manage.

Brett brought up the subject of timing. His company is available to time meets. He has youth experience and would keep it fair and this may allow Britta not to have to cap her meet.

The subject of officials, etc for the meet also came up. Jim is going to try to work with the Officials Chair to see what they can come up with.

USATF—Iowa will be hosting an indoor meet again this year. It will be Sunday, March 18 at Grinnell College.

The schedule for the Association Meet is satisfactory to everyone. While some feel there's some confusion because the masters are not on the schedule. Jim pointed out the masters are included in the on-line schedule, but not in the Passport version. The group thought it best to include the master's events (at least the races) in the Passport also, if it's allowed.

All existing coaches should be



Published for
USATF Iowa
members like
Janet McFadden
Johnston, Iowa

USATF Iowa Officers

President.....Lynn M. Lindaman MD
Operations Manager.....Jim Walczyk
Vice President.....Scott Tjeerdsma
Treasurer.....Jim Walczyk
Secretary.....Eric Pingel
Membership.....Emily Hansen
Co-Youth Chair.....Scott Tjeerdsma

Co-Youth Chair..... Janelle Coil
Officials Certification.....Curt Broek
Sanctions (Club & Events).....Jim Walczyk
Marketing.....Ryan Vogt
Communications,,.....Duff E. McFadden
Masters Chair.....Marek Wensel
Masters/Open Comms.....Larry Bednar
Open Track & Field Chair....Ryan Elsbernd
Cross Country.....Steven Bobenhouse
Coaching.....Eric Pingel
Law/Legislation/Rules.....Mark A Smith

good on their SafeSport training and background checks, as it's a two-year thing, and most completed the program last year. However, most coaches still need to purchase their USATF membership for 2018 and to renew their club sanction.

Eric Pingel, the USATF – Iowa Coaching Chair, is looking to set up some clinics. Clinics the coaches would really like to see are those events we don't have in the High School meets, such as the pole vault and hammer throw. Obviously, any clinics we can provide would be great.

In other business:

- Clubs wanting to host meets will determine their dates, and the association will get a calendar together, soon. Jim will work with the Officials Chair to see what can be done about getting help for development meets

- Jim will incorporate the masters schedule into the Passport if allowable

- Coaches will take care of whatever admin needs exist for them, their staff, and their clubs for 2018.

- Aside from our normal meets, in 2019 Des Moines will host the National Championship, Ames has the 2019 National Masters Championship, and Iowa has the Big 10 Outdoor Championships. Our officials are going to be very, very busy.

When it comes to track and field officials, USATF—Iowa will need as much help as we can get, so we're looking for more officials. Look to your parents and alumni athletes. If there are any who may be interested, let us know.

We won't leave them on their own. They'll be working with experienced people to learn the "trade."



Photo tips for indoor track and field

With today's technology, it's now relatively easy shooting indoor sports such as track and field. With the right knowledge, DSLR digital cameras, smart phones or even tablets, you can now shoot amazing action photographs.

There are, however, certain tips and tricks, as well as cheap apps, that can prove useful whichever device you use.

Since track and field flies by at a relatively fast pace, proper lighting should be your main concern. Fast movement requires lots of light, so even if you're using a fast shutter speed on your camera, shooting in too little light will cause your photo to be all blur and no action.

While your phone's camera automatically sets its shutter speed, you can cheat by using an application like *Manual* (for both Android and iPhone) to boost your shutter speed up to 1/2000 and your ISO (which boosts light at the expense of picture noise and grain) up to 1500.

Recent versions of Android come bundled with the Google Camera app. Access these settings by tapping the menu button and choosing Settings.

For iOS, load your Settings and then tap "Camera." Here, you can pick a video recording format and turn on "Lock Camera."

Using a burst mode allows you to take a series of photos in quick succession. Instead of tapping and releasing your shutter button, keep it depressed. This allows you to shoot a series of photos, providing you chances for a better shot. This works great in field events such as the jumps, or at the finish line of a race.

When using burst mode, be sure

to "pan" with your camera, or move your camera along with the action. Not only do you have a better chance of framing your subject — you can get great photos with your subject in focus, while the background is blurred.

This will especially help when photographing race action. Most smart phones have built-in software that will grab your best, clear shot during a pan.

When compared to a DSLR, the obvious weakness of a smart phone is its fixed lens. Most sports photos are taken from hundreds of feet away and are cropped down to a specific action.

Similar close-ups with a smart phone are often difficult, so you may have to be a little more creative. If possible, shoot from the inside of the track with the crowd as a background, or shoot your athlete while they're in the blocks, ready to go, or as they prepare to jump or throw.

Your phone and tablet are also great for shooting video, including slow-motion action. Again, as in photography, the same basics will apply — follow the scene with your camera and pan when necessary.

When shooting, keep your phone steady while recording. Use both hands to hold your smartphone as close as possible to your body as you record the video in order to lessen movement.

Don't go for the vertical shot when shooting track. Hold your phone horizontally, especially when you want to see your athlete making it over the bar, or kicking up a cloud of sand during long jump competition.

2017 USATF Iowa JO Cross-Country Championship Meet

Nov. 11, 2017
Valley Southwoods,
West Des Moines, Iowa

2000 Meters CC 8 & Under Girls

1. McCann, Sadie, 09, West Side TC, 9:13.00
2. Thomas, E., 09, Unattached, Boone, 9:36.00
3. Stanley, Emma, 09 Ames All American, 10:00.00
4. Doster, Eliza, 09 Iowa Speed TC, 10:26.00
5. Laug, Macy, 11 Unattached, Grinnell 11:41.00
6. McGinn, Ava, 10 Johnston Running Club, 12:57.00
7. Madsen, Isabel, 09, Iowa Speed TC, 13:14.00

3k Run CC 9-10 Division Girls

1. Woodley, Alyx, 08, Johnston Run, 12:32.00
2. Bergman, Greta, 08, West Side Tr, 12:45.00
3. Kautman, Mia, 07, Ames All Amer, 13:03.00
4. Gelhaus, Kenley, 08, Tiger Track, 13:09.00
5. Petrie, Laken, 08, Tiger Track, 13:37.00
6. Reuter, Raegan, 08, West Side Tr, 13:39.00
7. Patterson, Kylee, 07, Ankeny Track, 13:48.00
8. Hanks, Gabrielle, 07, Tiger Track, 14:10.00
9. Fisher, Laila, 07, MVP, 14:10.01
10. Reaman, Emma, 08, Ankeny Track, 14:46.00
11. Wass, Sydnie, 07, Tiger Track, 15:09.00
12. Evans, Siena, 08, Johnston Run, 15:10.00
13. Craven, Mackenzie, 07, Johnston Run, 15:24.00
14. Truman, Kate, 07, Iowa Speed, 15:29.00
15. Eure, Veronica, 08, West Side Tr, 15:33.00

3k Run CC 11-12 Division Girls

1. Judas, Taylor, 05, 40-Unattached, 11:45.00
2. Helmers, Claire, 06, Ames All Amer, 12:22.00
3. Hancock, Finley, 06, West Side Tr, 12:29.00
4. Verde, Olivia 06 Johnston Run 12:50.00
5. Kooker, Cohen 05 West Side Tr 12:59.00
6. Hildebrand, Asta, 06, Iowa Speed, 13:01.00
7. Craven, Samantha, 05, Johnston Run, 13:02.00
8. Johnson, Shea, 06, Johnston Run, 13:12.00
9. Hess, Keirra, 06, Iowa Speed, 13:12.01
10. Francis, Brooklyn, 05, Tiger Track, 13:17.00
11. Thornton, Ava, 05, Johnston Run, 13:26.00
12. Bremner, Tatum, 06, Johnston Run, 13:32.00
13. Rastetter, Kate, 06, Johnston Run, 13:33.00
14. Lensch, Ava, 05, Ankeny Track, 13:34.00
15. Turk, Sydney, 06, Ames All Amer, 13:39.00

16. Peck, Anja, 06, Ankeny Track, 13:40.00
17. Trygstad, Cali, 05, West Side Tr, 13:51.00
18. Canton, Bridget, 06, Iowa Speed, 14:21.00
19. Brown, Abbi, 05, Ankeny Track, 14:23.00
20. Williams, Ashlyn, 06, Iowa Speed, 14:28.00
21. Turk, Marley, 06, Ames All Amer, 14:36.00
22. Schwartz, Annie, 05, Iowa Speed, 14:56.00

4k Run CC 13-14 Division Girls

1. Keeney, Ashlyn, 03, Iowa Speed, 14:38.00
2. Kvale, Taylor, 04, 40-Unattached, 15:43.00
3. Jaeger, Elizabeth, 04, Iowa Speed, 17:59.00
4. Carter, Addison, 04, 40-Unattached, 18:05.00
5. Ortega, Jasmine, 04, Iowa Speed, 18:23.00
6. Hershberger, C., 04, Ankeny Track, 9:00.00
7. Pursley, Josie, 04, Iowa Speed, 19:54.00

2000 Meter Run CC 8 & Under Division Boys

1. Hildebrand, Lars. 09. Iowa Speed. 8:08.00
2. Robidoux, Jake. 09. Ankeny Track. 8:49.00
3. Helmers, G., Artie, 09, Ames All Amer, 8:59.00
4. Olmstead, Jackson. 09. Lynx Youth. 9:23.00
5. Laug, Vance, 09, Unattached, Grinnell, 9:32.00
6. Canton, Briggs, 10, Iowa Speed, 9:34.00
7. Croatt, L., 09 Unattached, Urbandale, 9:37.00
8. Luttrell, Remington. 10. Johnston Run. 9:51.00
9. Hansen, Dane. 09. Lynx Youth. 10:22.00
10. Hildebrand, Hans. 09. Iowa Speed. 10:43.00
11. Canton, Brokk, 12. Iowa Speed. 11:01.00
12. Thomas, O., 09, Unattached, Boone, 11:50.00
13. Caskey, Dashtyn, 09, Iowa Speed, 12:25.00

3k Run CC 9-10 Division Boys

1. Merrick, Jaden, 07, Iowa Speed, 10:44.00
2. Truman, Ethan, 07, Iowa Speed, 11:55.00
3. Croatt, Kellan, 07, West Side Tr, 12:13.00
4. Madsen, Jacob, 07, Iowa Speed, 12:27.00
5. Miller, Cade, 07, West Side Tr, 12:33.00
6. Kies, Jarrett, 07, Tiger Track, 12:44.00
7. Lenkaitis, Z., 07, Ames All Amer, 12:45.00
8. Postel, Brett, 07, Johnston Run, 12:46.00
9. Bell, Owen, 08, Tiger Track, 12:47.00
10. Gatton Jr, Adam, 08, Johnston Run, 12:47.01
11. Denahey, Reece, 08, West Side Tr, 12:49.00
12. Laug, Harrison, 07, 40-Unattached, 12:59.00
13. Hoskins, Carter, 08, West Side Tr, 13:10.00
14. Kron, Brant, 07 West Side Tr 13:14.00
15. Williams, G., 07, 40-Unattached, 13:17.00
16. Tuyls, Kellen, 07, West Side Tr, 13:24.00
17. Hancock, Porter, 08, West Side Tr, 13:25.00
18. Caskey, Chasen, 08, Iowa Speed, 13:31.00
19. Barber, Owen, 07, Johnston Run, 13:42.00
20. Reaman, Andrew, 07, Ankeny Track, 13:50.00
21. Foster, Levi, 07, Ankeny Track, 13:51.00
22. Osterloh, Lane, 08, West Side Tr, 13:54.00
23. Wardell, Nathan, 07, Lynx Youth, 14:04.00

24. Wey, Adam, 08, Johnston Run, 14:54.00
25. Hinrichs, Noah, 07, West Side Tr, 15:08.00
26. Williams, Logan, 07, Johnston Run 15:29.00
27. Pattinson, Buck, 07, Johnston Run, 15:32.00
28. Goodnight, Gavin, 07, Johnston Run, 15:37.00
29. Carleton, Spencer, 08, Ankeny Track, 17:02.00
30. Coleman, N., 07, Johnston Run, 17:04.00

3k Run CC 11-12 Division Boys

1. Williams, J., 05, 40-Unattached, 11:28.00
2. Bottorff, Henry, 05, Iowa Speed, 11:45.00
3. Owen, Jonathan, 06, West Side Tr, 12:01.00
4. Bergman, Jack, 06, West Side Tr, 12:06.00
5. Attinger, Jacques, 06, Ames All Amer, 12:13.00
6. Brown, Adrian, 06, Johnston Run, 12:17.00
7. Mizer, Payton, 06, West Side Tr, 12:20.00
8. Houg, Collin, 05, Johnston Run, 12:35.00
9. Baker, Alexander, 06, West Side Tr, 12:36.00
10. McLaughlin, JJ, 05, Johnston Run, 12:38.00

11. Hurley, Ian, 05, Johnston Run, 12:40.00
12. Reaman, Will, 06, Ankeny Track, 12:45.00
13. Kock, Weston, 06, Iowa Speed, 12:48.00
14. Vander Wilt, B., 06, Ankeny Track, 12:53.00
15. Orman, Levi, 05, West Side Tr, 12:57.00
16. Hayes, Luke, 05, West Side Tr, 13:00.00
17. Blakeslee, B., 05, Ankeny Track, 13:23.00
18. Moore, Brayden, 06 Lynx Youth, 13:28.00
19. Barber, Ben, 06, Johnston Run, 13:54.00
20. Buch, Alex, 05, Ankeny Track, 15:30.00

4k Run CC 13-14 Division Boys

1. Witt, Riley, 04, Unattached, Osage, 14:08.00
2. Canton, Bryson, 03, Iowa Speed, 14:21.00
3. Keeney, Ethan, 03, Iowa Speed, 14:50.00
4. Houg, Carson, 03, Johnston Run, 15:24.00
5. Keeney, Gavin, 03, Iowa Speed, 16:08.00
6. Grover, Logan, 03, I-Run, 16:59.00
7. Hill, Levi, 04, Ankeny Track, 17:42.00



Running Rampant Race Calendar

Jan. 1 - AARC 'Day Frozen Foot Run' - 1-mile, 2-mile, 5K - 9 a.m. State Tree Nursery, Airport Road, Ames, Iowa. Race Info - (515) 233-6057.

Jan. 1 - Capital Strider's New Year's Day "Mitten" Run - 4-, 5-, and 6-miler - 10 a.m., Lion's Park Clubhouse, Urbandale, Iowa.

Jan. 13 - Frostbite Foot Race 5K - 1 p.m., Scott County Park, Parkview, Iowa. Race Info - (563-359-0872).

Jan. 27 - Amana Colonies Freezer 5K Run/Walk - 10 a.m., Old Appliance Shop, Amana, Iowa.

Jan. 27 - Chamburrrrr Scurry 5K Run/Walk - 9 a.m. Dejardin Hall, Marshalltown Community College, 3702 S. Center St., Marshalltown, Iowa.

Jan. 28 - Winter Iowa Games 5K - 9 a.m., Carver Elementary School, 2007 Radford Rd., Dubuque, Iowa. Race Info - 1-888-777-8881.

Feb. 3 - Rosy Cheeks 5K - 9 a.m., Fire Station, 512 Park Ave., Story City, Iowa.

Feb. 3 - B-rrry Scurry 4-Mile Run - Noon, Clinton Community College, 1000 Lincoln Blvd., Clinton, Iowa. Race Info - (563) 244-7040.

Feb. 3 - Indomitable Snow Run 5K-ish Obstacle

Run - 9a.m., Penn Meadows Park, New Liberty, Iowa.

Feb. 6 - Grand Blue Mile Flash Sale - Sign up for the USATF 1-Mile Road Championships/Grand Blue Mile for only \$10 at www.grandbluemile.com. Race to be held April 24, 2018 in Downtown Des Moines.

Feb. 10 - Red Flannel Run—5k, 3-miler, 10:30 a.m., Wellmark YMCA, 501 Grand Ave., Des Moines, Ia.

Feb. 17 - CBRC Chili Chase 4-mile Run/Walk - 1 p.m., Duck Creek Park, 3000 E. Locust St., Davenport, Iowa.

Feb. 24 - Winter Iowa Senior Games— High Jump, Shot Put, Standing Long Jump, 55M, 100M, 200M, 400M, 800M, 1,500M, 1.500M Race Walk, 3,000M—PepsiCo Recreation Center, Augustana College, Rock Island, Ill.

March 10 - Leprechaun Chase 10K (**USATF Sanctioned**), Des Moines, Iowa.

March 17 - 37th Annual Gaelic Gallop - 2-mile Fun Run, 8K Road Race - St. Francis Xavier School, Dyersville, Iowa. Race Info - (563) 875-2727.

March 17 - We Run Lucky Run (**USATF Sanctioned**) - 1K Fun Run, 5K, 10K, 5K, North Liberty, Iowa.

2017 Men's Iowa Track & Field Top 10 Rankings

Courtesy of Dyestat TFX
In partnership with
Athletic.net

100 Meters

1. Tanner Iske (17-18) 10.66 (PR) Unattached
July 30 USATF Natl JO Champs
2. Bernard Bell Jr (15-16) 11.12 (PR) All American
June 18 USATF Iowa Association JO Championships
3. Dichon Francis (17-18) 11.13 (PR) DSM Area Youth
Jun 18 USATF Iowa Association JO Championships
4. Marcus Baye (17-18) 11.25 (PR) DSM Area Youth
Jun 18 USATF Iowa Association JO Championships
5. Josue Bokoyo (17-18) 11.32 (PR) Iowa United
Jun 18 USATF Iowa Association KP Championships
6. Mitchell Hall (17-18) 11.45 (PR) Iowa United
Jun 18 USATF Iowa Association JO Championships
7. Langston Samples(17-18) 11.50 Tornado Track
Jun 18 USATF Iowa Association JO Championships
8. J.Cubacub-Johannes(17-18) 11.52 Tornado Track
Jun 30 2017 USATF Natl Youth Outdoor Champs
9. Lawrence Weru (17-18) 11.54 Tornado Track
May 21 Boys & Girls Club Jaguars Invitational
10. Lopez Scott Jr (15-16) 11.59 (PR) MVP T&F Club
Jun 18 USATF Iowa Association JO Championships

200 Meters

1. Tanner Iske (17-18) 22.18 (PR) Unattached
Jul 02 AAU Region 14 National Qualifier
2. Josue Bokoyo (17-18) 22.44 (PR) Iowa United
Jun 18 USATF Iowa Association JO Championships
3. Gratt Reed (17-18) 22.45 (PR) Central Iowa Excal.
Jun 18 USATF Iowa Association JO Championships
4. Bernard Bell Jr (15-16) 22.46 (PR) All-American TC
Jun 18 USATF Iowa Association JO Championships
5. Langston Samples(17-18) 23.00 (PR) Tornado Track
Jun 18 USATF Iowa Association JO Championships
6. Marcus Baye (17-18) 23.13 (PR) DSM Area Youth
Jun 18 USATF Iowa Association JO Championships
7. Eohnte Ware (17-18) 23.16 (PR) DSM Area Youth
Jun 18 USATF Iowa Association JO Championships
8. Dichon Francis (17-18) 23.24 (PR) DSM Area Youth
Jun 18 USATF Iowa Association JO Championships
9. John Huntley (17-18) 23.37 (PR) Mississippi Valley
Jun 18 USATF Iowa Association JO Championships
10. Lawrence Weru(17-18) 23.40 (PR) Tornado Track
Jun 18 USATF Iowa Association JO Championships

400 Meters

1. Charls Niphong (17-18) 50.25 (PR) DSM Area Youth
Jul 09 USATF Region 8 JO Championships
2. Ja'Sion Shade (17-18) 51.47 (PR) DSM Area Youth
Jul 02 AU Region 14 National Qualifier
3. Keshawn Baker (17-18) 51.52 Mississippi Valley
Jun 18 USATF Iowa Association JO Championships
4. William Reemstma(15-16) 52.09 (PR) Mississippi Valley

- Jul 09 USATF Region 8 JO Championships
5. Peyton Miller (17-18) 52.15 (PR) Iowa Speed T&F
Jul 09 USATF Region 8 JO Championships
6. Malachi Thongvanh (—) 52.87 (PR) Central Iowa Excal.
Jul 02 AAU Region 14 National Qualifier
7. Gratt Reed (17-18) 52.94 (PR) Central Iowa Excal.
Jul 09 USATF Region 8 JO Championships
8. Quinlan O'Hair (17-18) 53.24 (PR) Tiger Track Club
Jun 18 USATF Iowa Association JO Championships
9. John Huntley (17-18) 53.65 (PR) Mississippi Valley
Jun 18 USATF Iowa Association JO Championships
10. Quinn Schmidt (17-18) 53.87 (PR) Iowa Speed T&F
Jul 02 AAU Region 14 National Qualifier
Benjamin Curry (17-18) 53.87 (PR) Mississippi Valley
Jun 18 USATF Iowa Association JO Championships

800 Meters

1. Charls Niphong (17-18) 1:55.74 (PR) DSM Area Youth
Jul 09 USATF Region 8 JO Championships
2. G. Atem-Akok(17-18) 1:59.85 (PR) All-American TC
Jul 09 USATF Region 8 JO Championships
3. N. Kohut-Jackson(15-16) 2:01.63 (PR) All-American TC
Jul 09 USATF Region 8 JunJO Championships
4. A. Yell-Akok (13-14) 2:02.20 (PR) All-American TC
Jul 09 USATF Region 8 JO Championships
5. Peyton Miller (17-18) 2:04.44 Iowa Speed T&F
Jul 02 AAU Region 14 National Qualifier
6. Andrew Bauer (17-18) 2:05.02 (PR) MVP T&F Club
Jun 18 USATF Iowa Association JO Championships
7. Benjamin Curry(17-18) 2:05.24 (PR) Mississippi Valley
Jul 09 USATF Region 8 JO Championships
8. Quinn Schmidt (17-18) 2:07.53 (PR) Iowa Speed T&F
Jul 02 AAU Region 14 National Qualifier
9. Floyd Evans Jr (17-18) 2:08.91 Cedar Rapids Track
Jun 18 USATF Iowa Association JO Championships
10. Marshal Teets (17-18) 2:10.06 (PR) Iowa Speed T&F
Jun 18 USATF Iowa Association JO Championships

1500 Meters

1. Spencer Smith (17-18) 4:05.11 (PR) Mississippi Valley
Jul 30 USATF National JO Championships
2. Charls Niphong (17-18) 4:09.92 (PR) DSM Area Youth
Jul 09 USATF Region 8 JO Championships
3. A. Yell-Akok (13-14) 4:13.42 (PR) All-American TC
Jul 09 USATF Region 8 JO Championships
4. N. Kohut-Jackson(15-16) 4:17.07 (PR) All-American TCI
Jul 09 USATF Region 8 JO Championships
5. Andrew Wright (17-18) 4:26.44 Mississippi Valley
Jul 09 USATF Region 8 JO Championships
6. Floyd Evans Jr (17-18) 4:27.68 Cedar Rapids Track
Jun 18 USATF Iowa Association JO Championships
7. Caleb Kibling (17-18) 4:38.60 (PR) Mississippi Valley
Jul 09 USATF Region 8 JO Championships
8. Eli Houseman (13-14) 4:39.58 (PR) All-American TC
Jul 09 USATF Region 8 JO Championships
9. D. Nordquist (17-18) 4:42.14 (PR) Central Iowa Excal.
Jun 18 USATF Iowa Association JO Championships
10. Caleb Kibling (17-18) 4:46.41 Mississippi Valley
Jun 18 USATF Iowa Association JO Championships

1600 Meters

1. Spencer Smith (11) 4:32.60 (PR) Alleman (ILL)
May 05 Geneseo McCormick ABC Invitational

3000 Meters

1. Spencer Smith (17-18) 8:50.08 (PR) Mississippi Valley
Jul 30 USATF National JO Championships
2. Andrew Wright (17-18) 9:27.45 (PR) Mississippi Valley

- Jul 09 USATF Region 8 JO Championships
 3. Floyd Evans Jr (17-18) 9:33.44 (PR) Cedar Rapids TC
 Jun 18 USATF Iowa Association JO Championships
 4. Caleb Kibling (17-18) 10:03.10 (PR) Mississippi Valley
 Jul 09 USATF Region 8 JO Championships
 5. Caleb Kibling (17-18) 10:06.86 Mississippi Valley
 Jun 18 USATF Iowa Association JO Championships
 6. D. Nordquist (17-18) 10:24.63 (PR) Central Iowa Excal.
 Jul 09 USATF Region 8 JO Championships
 7. Kyle Ruby (13-14) 10:33.39 (PR) Waukee Track
 Jun 18 USATF Iowa Association JO Championships
 8. Aidan O'Connor (13-14) 10:34.64 (PR) Johnston TC
 Jul 02 AAU Region 14 National Qualifier
 9. Bryson Canton (13-14) 10:43.76 (PR) Iowa Speed T&F
 Jun 18 USATF Iowa Association JO Championships
 10. Tate McDermott (11-12) 10:54.65 (PR) DCG Track Club
 Jun 18 USATF Iowa Association JO Championships

3200 Meters

1. Spencer Smith (11) 9:39.65 (PR) Alleman (ILL)
 May 18 IHSA 2A Boys Rochelle Sectional

110m Hurdles - 39"

1. Gratt Reed (17-18) 14.25 (PR) Central Iowa Excal.
 Jul 30 USATF National JO Championships
 2. Tyler Williams (17-18) 15.45 (PR) Mississippi Valley
 Jun 18 USATF Iowa Association JO Championships
 3. W. Reemstma (15-16) 15.52 (PR) Mississippi Valley
 Jun 18 USATF Iowa Association JO Championships
 4. Kyle Trunnell (15-16) 15.92 (PR) Tiger Track Club
 Jun 18 USATF Iowa Association JO Championships
 5. Spencer Thomas (15-16) 16.05 (PR) Mississippi Valley
 Jul 09 USATF Region 8 JO Championships
 6. Chantz Minear (15-16) 16.71 (PR) Central Iowa Excal.
 Jul 02 AAU Region 14 National Qualifier
 7. Brody Lovell (15-16) 17.16 (PR) Cedar Rapids TC
 Jun 18 USATF Iowa Association JO Championships
 8. E. Thompson (15-16) 17.27 (PR) Central Iowa Excal.
 Jul 02 AAU Region 14 National Qualifier
 9. E. Thompson (15-16) 17.36 (PR) Central Iowa Excal.
 Jun 18 USATF Iowa Association JO Championships
 10. Makhi Harris (15-16) 17.75 (PR) Cedar Rapids TC
 Jun 18 USATF Iowa Association JO Championships

4x100 Relay

1. James Baugh Jr, Josue Bokoyo, Braxton Bolden, Mitchell Hall 43.48 Iowa United
 Jun 18 USATF Iowa Association JO Championships
 2. Eohnte Ware, Dichon Francis, Kahlil Summerville, Marcus Baye 44.20 Des Moines Area Youth TC
 Jun 18 USATF Iowa Association JO Championships
 3. Langston Samples, C. Sayon, Lawrence Weru, J. Cubacub-Johannes 44.31 Tornado Track
 Jun 18 USATF Iowa Association JO Championships
 4. Tyler Williams, John Huntley, Corneille Logo, Keshawn Baker 45.62 Mississippi Valley TC
 Jun 18 USATF Iowa Association JO Championships
 5. Jack Belding, Jackson Hilleson, Jeff Cox, Tyler Sickerson 56.73 Turbo Track Club
 Jul 02 AAU Region 14 National Qualifier
 6. Ethan Carlson, Lucas Lampe, Andrew Every, Alec Isenhardt 1:05.40 DCG Track Club
 Jun 18 USATF Iowa Association JO Championships

4x400 Relay

1. Corneille Logo, Tyler Williams, John Huntley, Keshawn Baker 3:30.97 Mississippi Valley Track
 Jul 09 USATF Region 8 JO Championships
 2. Logan Williams, Ben Cheese, Adam Wey, Eli McDaniel 5:19.46 Johnston Running Club

Jul 09 USATF Region 8 JO Championships

4x800 Relay

1. Caleb Kibling, Benjamin Curry, Keshawn Baker, Spencer Smith 8:32.39 Mississippi Valley TC
 Jul 30 USATF National JO Championships
 2. Cole Eberly, Gavin Keeney, Ethan Keeney, Alex McKane 10:42.57 Iowa Speed Track & Field Club
 Jun 18 USATF Iowa Association JO Championships
 3. Samuel Watkins, Benjamin Every, Jonathan Every, Ben Jackson 10:50.94 DCG Track Club
 Jun 18 USATF Iowa Association JO Championships

Shot Put - 12lb

1. Kaseam Domond (15-16) 51' 6 (PR) All-American Track
 Jul 09 USATF Region 8 JO Championships
 2. Ronzell Dameron (15-16) 35' 4.75 (PR) West Side Track
 Jun 18 USATF Iowa Association JO Championships
 3. Joshua Graves (15-16) 34' 4.5 (PR) Mississippi Valley
 Jul 09 USATF Region 8 JO Championships
 4. E. Thompson (15-16) 32' 1 (PR) Central Iowa Excal.
 Jun 18 USATF Iowa Association JO Championships
 5. E. Thompson (15-16) 30' 8.5 (PR) Central Iowa Excal.
 Jul 02 AAU Region 14 National Qualifier
 6. Max VonGries (15-16) 30' 0.75 (PR) Mississippi Valley
 Jun 18 USATF Iowa Association JO Championships
 7. Aiden Langridge (15-16) 27' 0.5 (PR) Iowa Speed T&F
 Jul 09 USATF Region 8 JO Championships
 8. Chantz Minear (15-16) 25' 3.25 (PR) Unattached
 Aug 05 AAU National Junior Olympic Games
 9. Tayler Ott (15-16) 23' 5 (PR) I-Run
 Jun 18 USATF Iowa Association JO Championships

Discus - 1.6kg

1. Joshua Graves (15-16) 118' 2 (PR) Mississippi Valley
 Jun 18 USATF Iowa Association JO Championships
 2. Edward Thompson (—) 93' 3.75 (PR) Unattached
 Aug 05 AAU National Junior Olympic Games
 3. R. Dameron (15-16) 90' 10.25 (PR) West Side Track
 Jun 18 USATF Iowa Association JO Championships
 4. Tyler Kibling (15-16) 89' 9.25 (PR) Mississippi Valley
 Jul 09 USATF Region 8 JO Championships
 5. Tyler Kibling (15-16) 86' 3.75 (PR) Mississippi Valley
 Jun 18 USATF Iowa Association JO Championships
 6. Max VonGries (15-16) 79' 8.75 (PR) Mississippi Valley
 Jun 18 USATF Iowa Association JO Championships
 7. E. Thompson (15-16) 78' 4.25 Central Iowa Excal.
 Jul 02 AAU Region 14 National Qualifier
 8. Chantz Minear (15-16) 65' 2.75 (PR) Central Iowa Excal.
 Jul 02 AAU Region 14 National Qualifier

Javelin - 800g

1. Drake Woody (15-16) 143' 4 (PR) Iowa Speed T&F
 Jun 18 USATF Iowa Association JO Championships
 2. Joshua Graves (15-16) 122' 11.5 (PR) Mississippi Valley
 Jul 30 USATF National JO Championships
 3. E. Thompson (15-16) 122' 1.25 (PR) Central Iowa Excal.
 Jun 18 USATF Iowa Association JO Championships
 4. Tyler Kibling (15-16) 120' 6 (PR) Mississippi Valley
 Jul 09 USATF Region 8 JO Championships
 5. A. Langridge (15-16) 116' 8.75 (PR) Iowa Speed T&F
 Jun 18 USATF Iowa Association JO Championships
 6. Max VonGries (15-16) 111' 6.25 (PR) Mississippi Valley
 Jun 18 USATF Iowa Association JO Championships
 7. E. Thompson (15-16) 110' 9.25 (PR) Central Iowa Excal.
 Jul 02 AAU Region 14 National Qualifier
 8. Tyler Kibling (15-16) 105' 0.75 (PR) Mississippi Valley
 Jun 18 USATF Iowa Association JO Championships
 9. Chantz Minear (15-16) 80' 2.5 (PR) Central Iowa Excal.
 Jul 09 USATF Region 8 JO Championships

High Jump

1. Ryan Keck (17-18) 6' 0.75 (PR) Waukee Track
Jun 18 USATF Iowa Association JO Championships
2. Marshal Teets (17-18) 5' 9 (PR) Iowa Speed T&F
Jun 18 USATF Iowa Association JO Championships
E. Thompson (15-16) 5' 9 (PR) Central Iowa Excal.
Jul 02 AAU Region 14 National Qualifier
Tamin Lipsey (13-14) 5' 9 (PR) All-American TC
Jul 30 USATF National JO Championships
E. Thompson (15-16) 5' 9 (PR) Central Iowa Excal.
Jun 18 USATF Iowa Association JO Championships
6. Cale Pritchett (15-16) 5' 7 (PR) West Side Track
Jun 18 USATF Iowa Association JO Championships
7. N. Smetzer (13-14) 5' 5.75 (PR) Cedar Rapids Track
Jun 18 USATF Iowa Association JO Championships
8. Brody Lovell (15-16) 5' 5 (PR) Cedar Rapids Track
Jun 18 USATF Iowa Association JO Championships
Max Doran (13-14) 5' 5 (PR) Mississippi Valley
Jun 18 USATF Iowa Association JO Championships
10. S. Thomas (15-16) 5' 3 (PR) Mississippi Valley
Jun 18 USATF Iowa Association JO Championships

Pole Vault

1. E. Thompson (15-16) 10' 7.25 (PR) Central Iowa Excal.
Jul 02 AAU Region 14 National Qualifier
2. E. Thompson (—) 9' 11.75 (PR) Unattached
Aug 05 AAU National Junior Olympic Games
3. Chantz Minear (15-16) 8' 6 (PR) Central Iowa Excal.

Jul 02 AAU Region 14 National Qualifier

Long Jump

1. Kelvin Mukosa (15-16) 21' 0.75 (PR) Mississippi Valley
Jul 09 USATF Region 8 JO Championships
2. Lopez Scott Jr (15-16) 20' 12 (PR) MVP T&F Club
Jul 30 USATF National JO Championships
J. Cubacub-Johannes(17-18) 20' 12 (PR) Tornado Track
Jul 09 USATF Region 8 JO Championships
4. Tamin Lipsey (13-14) 20' 3 (PR) All-American TC
Jul 09 USATF Region 8 JO Championships
5. E. Thompson (15-16) 19' 10.5 (PR) Central Iowa Excali
Jul 02 AAU Region 14 National Qualifier
6. A. Muhammad (15-16) 19' 6.25 (PR) IMPACTT Athletics
Jul 09 USATF Region 8 JO Championships
7. Brigham Daniel (1314) 19' 4.25 (PR) All-American TC
Jul 09 USATF Region 8 JO Championships
8. E. Thompson (15-16) 19' 0.25 (PR) Central Iowa Excal.
Jul 09 USATF Region 8 JO Championships
9. Corneille Logo (17-18) 18' 9.25 (PR) Mississippi Valley
Jul 09 USATF Region 8 JO Championships
10. M. Smith-Reed 18' 8 (PR) Mississippi Valley
Jul 30 USATF National JO Championships

Triple Jump

1. J. Cubacub-Johannes (17-18) 39' 5.25 (PR) Tornado Track
Jun 30 2017 USATF Natl Youth Outdoor Champs.
2. Phavian Moorer (15-16) 37' 9.25 (PR) MVP T&F Club
Jun 18 USATF Iowa Association JO Championships

2017 Women's Iowa Track & Field Top 10 Rankings

Courtesy of Dyestat TFX
In partnership with
Athletic.net

100 Meters

1. Keaton Kester (17-18) 12.08 (PR) Unattached
Jun 18 USATF Iowa Association JO Championships
2. A. Muhammad (17-18) 12.71 (PR) IMPACTT Athletics
Jul 09 USATF Region 8 JO Championships
3. M. Mayberry (13-14) 12.94 (PR) Ankeny T&F Club
Jul 02 AAU Region 14 National Qualifier
4. Peyton Steva (15-16) 13.06 (PR) Iowa Speed Club
Jun 18 USATF Iowa Association JO Championships
5. Jayda Brown (17-18) 13.09 (PR) Miss. Valley TC
Jun 18 USATF Iowa Association JO Championships
6. Katie Severt (17-18) 13.13 (PR) Iowa Speed Club
Jul 09 USATF Region 8 JO Championships
7. Nyla Norman (13-14) 13.22 (PR) IMPACTT Athletics
Jul 09 USATF Region 8 JO Championships
8. S. Rutledge (13-14) 13.29 (PR) DSM Area Youth TC
Jun 18 USATF Iowa Association JO Championships
9. Jazlyn Hoehle (11-12) 13.33 (PR) MVP T&F Club
Jul 30 USATF National JO Championships
10. E. Schossow (15-16) 13.34 (PR) Waukee Track
Jun 18 USATF Iowa Association JO Championships

200 Meters

1. Keaton Kester (17-18) 24.36 (PR) Unattached
Jul 30 USATF National JO Championships
2. Al. Muhammad (17-18) 26.07 (PR) IMPACTT Athl,
Jul 09 USATF Region 8 JO Championships
3. Amaya Jackson (17-18) 26.38 (PR) Mississippi Valley
Jun 18 USATF Iowa Association JO Championships
4. Mya Moore (15-16) 26.60 (PR) Central IA Excal.
Jun 18 USATF Iowa Association JO Championships
5. Kirsten Skriver (17-18) 26.66 (PR) Iowa Speed T&F
Jun 18 USATF Iowa Association JO Championships
6. Peyton Steva (15-16) 26.83 (PR) Iowa Speed T&F
Jun 18 USATF Iowa Association JO Championships
7. Nyla Norman (13-14) 26.95 (PR) IMPACTT Athl.
Jun 18 USATF Iowa Association JO Championships
8. Gabrielle Cortez (13-14) 27.03 (PR) Iowa Speed T&F
Jun 18 USATF Iowa Association JO Championships
9. Jayda Brown (17-18) 27.09 (PR) Mississippi Valley
Jun 18 USATF Iowa Association JO Championships
10. V. Verbeck (15-16) 27.16 (PR) Mississippi Valley
Jun 18 USATF Iowa Association JO Championships

400 Meters

1. G. Cortez (13-14) 1:01.22 (PR) Iowa Speed T&F
Jun 18 USATF Iowa Association JO Championships
2. Paige Kvale (17-19=8) 1:01.79 (PR) IMPACTT Athl.
Jul 09 USATF Region 8 JO Championships
3. Nyla Norman (13-14) 1:02.26 (PR) IMPACTT Athl.
Jun 18 USATF Iowa Association JO Championships
4. Kirsten Skriver (17-18) 1:03.35 (PR) Iowa Speed T&F
Jun 18 USATF Iowa Association JO Championships
5. Jasmine Dunn (17-18) 1:03.56 (PR) IMPACTT Athl.
Jul 09 USATF Region 8 JO Championships
6. Amaya Jackson (17-18) 1:04.19 Mississippi Valley
Jun 18 USATF Iowa Association JO Championships
7. Annie Wirth (13-14) 1:04.21 (PR) Mississippi Valley TC

- Jun 18 USATF Iowa Association JO Championships
- 8. Mitzi Evans (13-14) 1:04.33 (PR) Cedar Rapids Track
- Jun 18 USATF Iowa Association JO Championships
- 9. Alexis Moses (13-14) 1:04.94 (PR) Iowa Speed T&F
- Jul 09 USATF Region 8 JO Championships
- 10. J.Morales (13-14) 1:05.00 (PR) Central IA Excal.
- Jun 18 USATF Iowa Association JO Championships

800 Meters

- 1. G. Cortez (13-14) 2:23.34 (PR) Iowa Speed T&F
- Jul 09 USATF Region 8 JO Championships
- 2. A. Jackson (13-14) 2:24.59 (PR) Central IA Excal.
- Jul 02 AAU Region 14 National Qualifier
- 3. G. Bullard (15-16) 2:26.87 (PR) Iowa Speed T&F
- Jul 09 USATF Region 8 JO Championships
- 4. Paige Kvale (17-18) 2:29.04 (PR) IMPACTT Athl.
- Jul 09 USATF Region 8 JO Championships
- 5. Julia Shonka (13-14) 2:33.06 (PR) DSM Area Youth
- Jul 09 USATF Region 8 JO Championships
- 6. Sophia Lee (—) 2:33.50 (PR) Unattached
- Jun 18 USATF Iowa Association JO Championships
- 7. Aaliyah Battle (15-16) 2:34.42 (PR) DSM Area Youth
- Jun 18 USATF Iowa Association JO Championships
- 8. Ellie Meyer (13-14) 2:35.14 (PR) MERGE T&F
- Jun 18 USATF Iowa Association Championships
- 9. Ava Birchmier (11-12) 2:35.19 (PR) Ankeny T&F Club
- Jun 18 USATF Iowa Association Championships
- 10. Holyn Doran (15-16) 2:35.40 (PR) Mississippi Valley
- Jul 09 USATF Region 8 JO Championships

1500 Meters

- 1. Ashlyn Keeney (13-14) 5:02.81 (PR) Iowa Speed T&F
- Jul 02 AAU Region 14 National Qualifier
- 2. Sophia Lee (—) 5:06.50 (PR) Unattached
- Jul 09 USATF Region 8 JO Championships
- 3. Laurdyn Meyer (9) 5:19.06 (PR) Unattached
- Jun 18 USATF Iowa Association JO Championships
- 4. Ava Birchmier (11-12) 5:19.97 (PR) Ankeny T&F Club
- Jun 18 USATF Iowa Association JO Championships
- 5. M. McDermott (13-14) 5:24.34 (PR) DCG Track Club
- Jun 18 USATF Iowa Association JO Championships
- 6. Ellie Meyer (13-14) 5:24.91 (PR) MERGE T&F
- Jun 18 USATF Iowa Association JO Championships
- 7. Hannah Little (13-14) 5:24.94 (PR) DCG Track Club
- Jun 18 USATF Iowa Association JO Championships
- 8. Marley Turk (11-12) 5:33.82 (PR) All-American TC
- Jul 09 USATF Region 8 JO Championships
- 9. S. Craven (11-12) 5:34.61 (PR) Johnston Running
- Jun 18 USATF Iowa Association JO Championships
- 10. Mitzi Evans (13-14) 5:36.66 (PR) Cedar Rapids
- Jun 18 USATF Iowa Association JO Championships

3000 Meters

- 1. Ashlyn Keeney (13-14) 10:50.99 (PR) Iowa Speed T&F
- Jul 02 AAU Region 14 National Qualifier
- 2. Sophia Lee (—) 12:02.42 (PR) Unattached
- Jul 09 USATF Region 8 JO Championships
- 3. Ava Birchmier (11-12) 12:34.86 (PR) Ankeny T&F Club
- Jun 18 USATF Iowa Association JO Championships
- 4. Annika Kruse (13-14) 12:47.46 (PR) Iowa Speed T&F
- Jun 18 USATF Iowa Association JO Championships
- 5. P. Ferrel (11-12) 12:52.0h (PR) Tiger Track Club
- May 21 USATF Developmental Meet – Tiger Track
- 6. Aubrey Decker (11-12) 13:15.0h (PR) Tiger Track Club
- May 21 USATF Developmental Meet – Tiger Track
- 7. Elizabeth Jaeger (13-14) 14:11.92 (PR) Iowa Speed T&F
- Jun 18 USATF Iowa Association JO Championships
- 8. Cali Trygstad (11-12) 14:25.78 (PR) West Side Track

- Jun 18 USATF Iowa Association JO Championships
- 9. Brooke Rhodes (11-12) 14:47.0h (PR) Mississippi Valley
- May 21 USATF Developmental Meet – Tiger Track

100m Hurdles - 33"

- 1. Hannah Schau (Sr) 14.55 (PR) Waukee Track
- May 11 IHSAA 4A Dist. (Council Bluffs, Abe Lincoln)
- 2. Peyton Steva (15-16) 15.01 (PR) Iowa Speed T&F
- Jul 02 AAU Region 14 National Qualifier
- 3. Julia Shonka (13-14) 15.28 (PR) DSM Area Youth TC
- Jun 18 USATF Iowa Association JO Championships
- 4. Mya Moore (15-16) 15.63 (PR) Central IA Excal.
- Jul 02 AAU Region 14 National Qualifier
- 5. M. Carney (13-14) 15.67 (PR) All-American TC
- Jun 18 USATF Iowa Association JO Championships
- 6. Mira Baccile (15-16) 15.76 (PR) DSM Area Youth TC
- Jun 18 USATF Iowa Association JO Championships
- 7. Kia Noibi (17-18) 16.11 (PR) Iowa Speed T&F
- Jun 18 USATF Iowa Association JO Championships
- 8. Kelsey Pacha (13-14) 16.43 (PR) Iowa Speed T&F
- Jul 09 USATF Region 8 JO Championships
- 9. Gabrielle Bullard (15-16) 16.48 (PR) Iowa Speed T&F
- Jun 18 USATF Iowa Association JO Championships
- Kynzi Winger (13-14) 16.48 (PR) Waukee Track
- Jun 18 USATF Iowa Association JO Championships

2k Steeplechase

- 1. A. Mamros (15-16) 10:28.18 (PR) Mississippi Valley
- Jul 30 USATF National JO Championships

4x100 Relay

- 1. Kara Jakubsen, Jayda Brown, Hailee Rewerts, Amaya Jackson 51.17 Mississippi Valley TC
- Jun 18 USATF Iowa Association JO Championships
- 2. Aaliyah Battle, Briana Phillips, Dejah Threats, Dimaucia Phanfil 54.54 DSM Area Youth TC
- Jul 02 AAU Region 14 National Qualifier
- 3. Grace Kelly, Sophia Halifax, Rylie Penwell, Natalie Harris 57.20 Waukee Track Club
- Jun 18 USATF Iowa Association JO Championships
- 4. Madison Deloera, Maddison Balashaitis, Grace Bogle, M. Hilton 1:02.86 Turbo Track Club
- Jun 18 USATF Iowa Association JO Championships
- 5. Nature Wise, Ja'Niyah Miller, Ni'Airea Miller, Semaria Jones 1:05.82 IMPACTT Athletics
- Jul 09 USATF Region 8 JO Championships
- 6. Gabby Grove, Madisen Uhl, Anna Bahnsen, Alexandra Hofbauer 1:08.08 DCG Track Club
- Jun 18 USATF Iowa Association JO Championships

4x400 Relay

- 1. Annie Wirth, Kayla Lewis, Kaitlin Carr, Brooklyn Johnson 4:28.61 Mississippi Valley TC
- Jul 09 USATF Region 8 JO Championships
- 2. Lily Johannes, MaKinley Levin, Isabelle Woody, Gabrielle Cortez 4:32.23 Iowa Speed T&F Club
- Jul 09 USATF Region 8 JO Championships
- 3. Hannah Little, Emma Isenhardt, Meredith McDermott, Olivia Valline 4:38.08 DCG Track Club
- Jun 18 USATF Iowa Association JO Championships
- 4. Olivia Swalley, Mackenzie Anderson, Ava Thornton, K. Rastetter 5:39.52 Johnston Running
- Jun 18 USATF Iowa Association JO Championships

4x800 Relay

- 1. Ashlyn Keeney, Carlie Schroeder, Gabbie Schroeder, Gabrielle Cortez 10:34.87 Iowa Speed T&F Club
- Jul 02 AAU Region 14 National Qualifier

- Jun 18 USATF Iowa Association JO Championships
 7. M. Langridge (17-18) 73' 5.5 (PR) Iowa Speed T&F
 Jun 18 USATF Iowa Association JO Champs.
 8. M. Gallentine (15-16) 73' 1.25 (PR) Lynx Youth TC
 Jun 18 USATF Iowa Association JO Championships
 9. Mya Moore (15-16) 72' 3.75 Central Iowa Excal.
 Jul 02 AAU Region 14 National Qualifier
 10. Angel Sila (17-18) 67' 9.75 (PR) Jun 18
 USATF Iowa Association JO Championships

High Jump

1. Mya Moore (15-16) 5' 0 (PR) Central Iowa Excal.
 Jul 02 AAU Region 14 National Qualifier
 2. Kelsey Pacha (13-14) 4' 11 (PR) Iowa Speed T&F
 Jul 09 USATF Region 8 JO Championships
 Dajah Baptiste (15-16) 4' 11 Central Iowa Excal.
 Jun 18 USATF Iowa Association JO Championships
 Abby Reakes (13-14) 4' 11 (PR) Mississippi Valley
 Jun 18 USATF Iowa Association JO Championships
 5. Victoria Verbeck (15-16) 4' 9 (PR) Mississippi Valley
 Jun 18 USATF Iowa Association JO Champs
 Isabelle Woody (13-14) 4' 9 Iowa Speed T&F
 Jul 09 USATF Region 8 JO Championships
 7. Raina Pfeifer (13-14) 4' 8 Iowa Speed T&F
 Jul 02 AAU Region 14 National Qualifier
 8. Jessica Junker (17-18) 4' 7.5 (PR) Mississippi Valley
 Jul 09 USATF Region 8 JO Championships
 9. Julia Shonka (13-14) 4' 7 (PR) DSM Area Youth
 Jun 18 USATF Iowa Association JO Championships
 Gabrielle Bullard (15-16) 4' 7 (PR) Iowa Speed T&F
 Jun 18 USATF Iowa Association JO Champs

Pole Vault

1. Mya Moore (15-16) 6' 6 (PR) Central Iowa Excal.
 Jul 02 AAU Region 14 National Qualifier
 2. Arianna Jackson (13-14) 4' 6 (PR) Central Iowa Excal.
 Jul 02 AAU Region 14 National Qualifier

Long Jump

1. A. Muhammad (17-18) 16' 11.25 (PR) IMPACTT Athletics
 Jul 09 USATF Region 8 JO Championships
 2. Katie Severt (17-18) 16' 10.25 (PR) Iowa Speed T&F
 Jul 09 USATF Region 8 JO Championships
 3. Nyla Norman (13-14) 16' 6 (PR) IMPACTT Athletics
 Jul 09 USATF Region 8 JO Championships
 4. B. Johnson (13-14) 16' 1.75 (PR) Mississippi Valley
 Jul 30 USATF National JO Championships
 5. M. Mayberry (13-14) 15' 9 (PR) Ankeny T&F Club
 Jul 02 AAU Region 14 National Qualifier
 6. Kelsey Pacha (13-14) 15' 8.25 (PR) Iowa Speed T&F
 Jul 09 USATF Region 8 JO Championships
 7. Kathryn Pierick (15-16) 15' 7.5 (PR) Dowling Catholic
 Jun 18 USATF Iowa Association JO Championships
 8. Mya Moore (15-16) 15' 5.75 (PR) Central Iowa Excal.
 Jul 02 AAU Region 14 National Qualifier
 9. Annie Wirth (13-14) 15' 5 (PR) Mississippi Valley
 Jul 09 USATF Region 8 JO Championships
 10. Lillia Williams (13-14) 15' 3.75 (PR) High Voltage
 Jul 09 USATF Region 8 JO Championships

Triple Jump

1. Olivia Diggins (15-16) 31' 5.5 (PR) High Voltage
 Jul 09 USATF Region 8 JO Championships
 2. Lillia Williams (13-14) 31' 3.5 (PR) High Voltage
 Jul 09 USATF Region 8 JO Championships
 3. Mia Lundholm (15-16) 28' 9 (PR) MVP T&F Club
 Jun 18 USATF Iowa Association JO Championships
 4. Maddy Buffum (15-16) 26' 2.5 (PR) High Voltage
 Jun 18 USATF Iowa Association JO Championships

Hammer - 4kg

1. Lea Grady (17-18) 98' 2.75 (PR) Mississippi Valley
 Jul 09 USATF Region 8 JO Championships
 2. Martha Green (19+) 62' 8 (PR) Unattached
 Jun 18 2017 USATF Open/Masters Championship Meet

USATF—Iowa Publication Deadlines



Winter Issue

Deadline: Nov. 27, 2018

Published: Dec. 11, 2018

Spring Issue

Deadline: Feb. 26, 2018

Published: March 12, 2018

Summer Issue

Deadline: May 28, 2018

Published: June 11, 2018

Fall Issue

Deadline: Aug. 27, 2018

Published: Sept. 10, 2018

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



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="checkbox"/>	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. <input type="text"/>		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

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------	----------------------

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.

USATF News & Notes

Drake Relays Night at Drake Basketball

To launch the 2018 Relays, the Drake Men's Basketball game on Tuesday, Jan. 30, 2018, has been designated as Drake Relays presented by Hy-Vee Night.

The evening will celebrate the Drake Relays presented by Hy-Vee, reward its loyal all-session ticket holders and recognize the officials which have made the Relays "America's Athletic Classic."

Show your 2018 Drake Road Races registration confirmation at the Drake Athletics Ticket Office on game day and receive two tickets for the price of one. USATF members may use promo code "USATF."

Get your tickets to this men's basketball game now, as you won't want to miss the one-of-a-kind Dunk Contest at halftime featuring Ryan Crouser, the 2016 Olympic gold medalist and Olympic record holder in the shot put, Jarrion Lawson, the 2017 World Championship silver medalist in the long jump, and Devon Williams, the United States' top ranked decathlete.

Celebrity judges, will include Casey Blake, a Relays Champion and former Major League Baseball star; KCCI sports director Andy Garman; Drake women's basketball head coach Jennie Baranczyk; and Drake director of athletics Brian Hardin.

Iowan nets Pan-Am Jr. Champs discus title

TRUJILLO, Peru – University of Iowa Freshman Laulauga Tausaga-Collins won gold for Team USA at the 2017 Junior Pan-American Games in Trujillo, Peru, on July 22.

Tausaga-Collins dominated the field on her way to a world championship in the women's discus. The 2017 Big Ten Champion and All-American threw a meet record 59.29 meters to defeat runner-up Alma Pollorena, of Mexico.

Tausaga-Collins punched her ticket to the Pan-American Junior Championships by winning the discus title at the United States Track & Field Junior Outdoor Championships in Sacramento, Calif., with a 54.04 meter throw.

USATF concludes its 2017 annual meeting

COLUMBUS, Ohio — USATF CEO Max Siegel delivered his State of the Sport address to close the 2017 USATF Annual Meeting at the Hyatt Regency in Columbus, Ohio.

Siegel praised Team USATF's success both on and off the track, including an historic performance at the International Association of Athletics Federation (IAAF) World Championships in London and the organization's continuing fulfillment to support its entire constituency.

Highlights from 2017 included:

- Launching a Talent Protection

Program to increase support for young athletes as they move to the elite level.

- USATF's Partnership with the **American Cancer Society** to unite the world's leading cancer organization with the world's #1 track & field team with "Together: Nothing Is Impossible."

- The launch of the "**Team USATF**" concept and look, designed to unite all USATF members under one umbrella.

Additionally, for the first time ever, USATF qualifies as a **USOC gold-tier federation**, which will provide consistent funding from the USOC for USATF's High Performance Plan for the next three years

A breakdown of USATF's 2017 by-the-numbers includes:

- 131,144 - USATF Members
- 9,160 - Events sanctioned by USATF
- 3,432 - USATF registered clubs
- 53 - USATF championship events
- 31 - American records set in 2017



GRAND BLUE MILE

Grand Blue Mile registration opens Tuesday, Feb 6, with a two day-only flash sale! Adults and youths can sign up for only \$10 at www.grandbluemile.com. A commemorative technical shirt is included.

Held annually since 2010, the Grand Blue Mile has hosted more than 30,000 participants from 26 states, six countries, and four continents and has included Olympic medalists, American record holders, and many of the world's finest milers.

BULLDOG DOUBLE

Back for 2018 is the popular Bulldog Double, presented by Wellmark Blue Cross and Blue Shield. Complete the Drake Road Races 5K, 10K, or half marathon on April 22 (in addition to the Grand Blue Mile on April 24), and you'll be awarded a special commemorative medal!

No special sign up is necessary, but make sure to sign up for each of your favorite races with the same name and address. Register at <https://secure.getmeregistered.com/>

