

2025 Twin Lakes Conference - 5/6/2025**Sioux Central****Results - Twin Lakes Conference****Girls 100 Meter Dash**

Name	Year School	Seed	Finals	H#	Points
Finals					
1 Ayers, Hadley	Sioux Ctrl, SR	12.78	13.21	3	10
2 Ridgely, Mya	South Cent Cal	13.13	13.22	3	8
3 Fehr, Maddie	Wb-Mallard	12.62	13.23	3	6
4 Davis, Amanda	Pocahon Area	13.12	13.29	3	5
5 Meister, Laila	East Sac County	13.69	13.51	2	4
6 Hauswirth, Halee	Pocahon Area	13.48	13.61	3	3
7 Cavanaugh, Taylor	Sioux Ctrl, SR	13.41	13.73	3	2
8 Lane, Camryn	Southeast Valley	13.50	13.74	3	1
9 Rouse, Makayla	Emmetsburg	13.56	13.95	2	
10 Leu, Abby	Newell-Fonda	13.67	13.96	2	
11 Hall, Emily	Emmetsburg	13.77	13.99	2	
12 Hanson, Avrie	Southeast Valley	13.52	14.01	3	
13 Bloom, Ellie	Alta/Aurelia	13.64	14.13	2	
14 Harris, Isabelle	Graet-T/Ruth-Ayr	14.36	14.32	2	
15 Castro, Liliana	Alta/Aurelia	15.43	15.20	2	
16 Hinders, Mylie	Newell-Fonda	15.06	15.33	2	
17 Cook, Colleen	Graet-T/Ruth-Ayr	15.54	15.47	1	
18 McChesney, Morgan	South Cent Cal	15.70	16.21	1	
19 Lowe, Mia	Wb-Mallard	15.49	16.29	1	
20 McCrea, Paris	East Sac County	16.16	16.77	1	
21 Jensen, Fairon	Manson NW Web	16.36	17.00	1	
22 Smith, Avery	St. Mary's, SL	16.43	17.10	1	
23 Peterson, Peyton	Manson NW Web	16.53	17.46	1	

Girls 200 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Ayers, Hadley	Sioux Ctrl, SR	26.38	26.59	3	10
2 Madsen, Marley	Sioux Ctrl, SR	27.27	27.14	3	8
3 Ridgely, Mya	South Cent Cal	27.64	27.32	3	6
4 Fehr, Maddie	Wb-Mallard	26.78	27.57	3	5
5 Mercer, Anna	Newell-Fonda	27.32	27.70	3	4
6 Meister, Laila	East Sac County	28.16	28.40	3	3
7 Davis, Amanda	Pocahon Area	28.61	28.61	3	2
8 Wolf, Lindsey	Newell-Fonda	29.35	28.88	2	1
9 Bloom, Ellie	Alta/Aurelia	28.48	28.95	3	
10 Harris, Isabelle	Graet-T/Ruth-Ayr	30.45	29.94	2	
11 Binder, Olivia	Alta/Aurelia	29.64	30.02	2	
12 Lundquist, Addison	Southeast Valley	30.45	30.48	2	
13 Young, Dani	St. Mary's, SL	30.48	30.69	2	
14 Hudek, Addilyn	Manson NW Web	31.16	31.18	2	
15 Meyer, Nicole	South Cent Cal	31.22	31.23	2	
16 Prince, Brylea	Manson NW Web	33.01	31.36	1	
17 Cook, Colleen	Graet-T/Ruth-Ayr	32.56	31.97	1	
18 Johnson, Makayla	Emmetsburg	32.02	32.73	1	
19 Showers, Breanne	Southeast Valley	33.40	33.22	1	
20 Schade, Aubrey	East Sac County	36.71	36.23	1	
21 Zylstra-Reedy, Bella	Emmetsburg	31.87	36.32	2	
22 Ceccarelli, Marta	Pocahon Area	37.97	37.81	1	

2025 Twin Lakes Conference - 5/6/2025**Sioux Central****Results - Twin Lakes Conference****Girls 400 Meter Dash**

Name	Year School	Seed	Finals	H#	Points
1 Schany, Rachel	Emmetsburg	1:00.35	59.22	3	10
2 Madsen, Marley	Sioux Ctrl, SR	1:01.79	1:01.19	3	8
3 Lane, Camryn	Southeast Valley	1:03.27	1:03.16	3	6
4 Anderson, Breyer	Alta/Aurelia	1:03.53	1:03.60	3	5
5 Bloom, Linnea	Sioux Ctrl, SR	1:04.27	1:04.20	3	4
6 Messerly, Ava	Manson NW Web	1:05.92	1:04.37	3	3
7 Lake, Alli	Pocahon Area	1:06.65	1:08.61	3	2
8 Anderson, Isabella	Graet-T/Ruth-Ayr	1:12.67	1:08.62	2	1
9 Ferrusca, Eden	Alta/Aurelia	1:14.17	1:10.47	2	
10 Mandernach, Bailey	Newell-Fonda	1:10.81	1:11.14	2	
11 Roberts, Ella	Newell-Fonda	1:11.77	1:11.38	2	
12 Burley, Katie	South Cent Cal	1:10.43	1:11.87	3	
13 Sjostedt, Elin	South Cent Cal	1:13.73	1:12.25	2	
14 Anderson, Olivia	Graet-T/Ruth-Ayr		1:13.10	1	
15 Johnson, Makayla	Emmetsburg	1:16.54	1:14.88	2	
16 Gernhart, Emma	Manson NW Web	1:16.96	1:17.57	2	
17 Phelps, Peyton	St. Mary's, SL	1:17.03	1:18.06	2	
18 Renze, Shelby	East Sac County	1:27.27	1:23.50	1	
19 Fetrow, Jessa	St. Mary's, SL	1:19.73	1:27.40	1	
20 Harman, Kennedy	East Sac County	1:30.00	1:33.80	1	

Girls 800 Meter Run

Name	Year School	Seed	Finals	Points
1 Peterson, Nora	Alta/Aurelia	2:19.89	2:16.54	10
2 Schany, Rachel	Emmetsburg	2:26.80	2:21.35	8
3 Bloom, Karina	Sioux Ctrl, SR	2:23.65	2:22.94	6
4 Richman, Alyssa	Manson NW Web	2:27.63	2:24.39	5
5 Berkland, Hayden	Alta/Aurelia	2:31.28	2:30.70	4
6 Fehr, Allie	Wb-Mallard	2:35.16	2:31.37	3
7 Schupbach, Tyra	Wb-Mallard	2:36.01	2:32.56	2
8 Christian, Nora	Sioux Ctrl, SR	2:38.59	2:41.01	1
9 Krause, Emma	Emmetsburg	2:43.97	2:47.59	
10 Anderson, Raygin	Manson NW Web	2:49.03	2:50.16	
11 Landgraf, Isabelle	St. Mary's, SL	2:50.21	2:52.17	
12 Anderson, Olivia	Graet-T/Ruth-Ayr		2:56.61	
13 Crotty, Erica	Pocahon Area	2:52.96	2:59.51	
14 Pickar, Elizabeth	Graet-T/Ruth-Ayr	3:12.02	3:11.06	
15 Fetrow, Jessa	St. Mary's, SL	3:08.81	3:27.30	

Girls 1500 Meter Run

Name	Year School	Seed	Finals	Points
1 Richman, Alyssa	Manson NW Web	4:47.90	4:57.15	10
2 Weber, Sage	Sioux Ctrl, SR	5:05.00	5:06.08	8
3 Brabec, Mareni	Newell-Fonda	5:17.41	5:06.84	6
4 Schupbach, Tyra	Wb-Mallard	5:03.77	5:07.54	5
5 Meyer, Danika	Newell-Fonda	5:29.09	5:29.35	4
6 Elbert, Rory	Emmetsburg	5:44.61	5:55.37	3
7 Aberson, Kiera	Alta/Aurelia	5:58.28	5:55.56	2
8 Brennan, Tia	Manson NW Web	5:49.69	6:02.74	1

2025 Twin Lakes Conference - 5/6/2025**Sioux Central****Results - Twin Lakes Conference****....Girls 1500 Meter Run**

9 Stimpson, Ruby	Southeast Valley	5:55.61	6:04.11
10 Buckendahl, Lainey	Alta/Aurelia	5:45.05	6:05.51
11 Field, Katie	Southeast Valley	6:15.19	6:16.51
12 Brauhn, Nevaeh	Sioux Ctrl, SR	5:54.51	6:28.72
13 Spencer, Lillie	South Cent Cal	6:39.46	6:39.90
14 Phelps, Peyton	St. Mary's, SL	6:29.48	6:48.06
15 Pickar, Elizabeth	Graet-T/Ruth-Ayr	6:53.21	6:58.43

Girls 3000 Meter Run

Name	Year School	Seed	Finals	Points
1 Richman, Alyssa	Manson NW Web	10:00.09	10:39.66	10
2 Schupbach, Tyra	Wb-Mallard	10:40.58	10:49.28	8
3 Weber, Sage	Sioux Ctrl, SR	11:29.74	11:40.00	6
4 Meyer, Danika	Newell-Fonda	11:45.26	11:46.03	5
5 Brennan, Tia	Manson NW Web	13:10.09	13:35.63	4
6 Buckendahl, Lainey	Alta/Aurelia	12:28.03	14:07.41	3
7 Crotty, Erica	Pocahon Area	13:50.76	14:58.53	2
-- Melody, Iris	South Cent Cal	11:14.06	DNF	
-- Lowe, Mia	Wb-Mallard		DNF	

Girls 100 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points
1 Waldstein, Ryleigh	Sioux Ctrl, SR	16.16	16.40	3	10
2 Egli, Kyla	Manson NW Web	16.21	17.42	3	8
3 Dreith, Danica	Pocahon Area	17.81	17.52	3	6
4 Thoren, Elizabeth	Emmetsburg	17.76	17.80	3	5
5 Veit, Libbie	East Sac County	17.36	17.93	3	4
6 Hoover, Lauren	Pocahon Area	18.94	18.00	2	3
7 Wunschel, Abby	St. Mary's, SL	18.27	18.10	2	2
8 Searcy, Mae	Southeast Valley	17.32	18.19	3	1
9 Leu, Abby	Newell-Fonda	18.43	18.70	2	
10 Meister, Madison	East Sac County	17.75	19.25	3	
11 Walker, London	Emmetsburg	19.11	19.60	2	
12 Buckendahl, Maleigha	Alta/Aurelia	19.62	20.30	2	
13 McChesney, Morgan	South Cent Cal	20.08	20.51	1	
14 Wilson, Emily	Southeast Valley	21.92	20.90	1	
15 Meyer, Nicole	SouthCent Cal	19.78	21.20	2	
16 Munro, Morgan	Alta/Aurelia	22.34	22.44	1	

Girls 400 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points
1 Veit, Wendie	East Sac County	1:09.55	1:07.63	2	10
2 Hough, Kamryn	Graet-T/Ruth-Ayr	1:10.68	1:09.37	2	8
3 Bloom, Linnea	Sioux Ctrl, SR	1:10.85	1:10.67	2	6
4 Egli, Kyla	Manson NW Web	1:12.34	1:12.09	2	5
5 Vie, Ava	Newell-Fonda	1:11.23	1:12.31	2	4
6 Point, Natalie	Pocahon Area	1:13.03	1:13.20	2	3
7 Kohnen, Lucy	Manson NW Web	1:16.83	1:14.61	2	2
8 Lane, Sage	Southeast Valley	1:15.56	1:15.19	2	1

2025 Twin Lakes Conference - 5/6/2025**Sioux Central****Results - Twin Lakes Conference****....Girls 400 Meter Hurdles**

9 Anderson, Bree	Alta/Aurelia	1:17.88	1:19.82	1
10 Thoren, Elizabeth	Emmetsburg	1:21.02	1:21.51	1
11 Buckendahl, Maleigha	Alta/Aurelia	1:23.15	1:23.15	1

Girls 4x100 Meter Relay

School	Seed	Finals	H#	Points
1 Sioux Ctrl, SR 'A'	51.81	51.30	2	10
1) Waldstein, Ryleigh				
2) Cavanaugh, Taylor				
3) Waldstein, Peyton				
4) Ayers, Hadley				
2 Pocahon Area 'A'	51.72	51.60	2	8
1) Hauswirth, Halee				
2) Dreith, Danica				
3) Mefferd, Khloe				
4) Davis, Amanda				
3 Southeast Valley 'A'	53.17	53.00	2	6
1) Hanson, Avrie				
2) Searcy, Mae				
3) Farley, Madelyn				
4) Lane, Camryn				
4 Wb-Mallard 'A'	53.15	53.30	2	5
1) Morey, Lilly				
2) Akridge, Payton				
3) Fehr, Allie				
4) Fehr, Maddie				
5 Alta/Aurelia 'A'	53.86	54.00	2	3.50
1) Langschwager, Kadence				
2) Gunkelman, Clare				
3) Anderson, Bree				
4) Bloom, Ellie				
5 South Cent Cal 'A'	53.60	54.00	2	3.50
1) Ridgely, Mya				
2) Graeve, Jayci				
3) Riedesel, Norah				
4) Hauptert, Onna				
7 Emmetsburg 'A'	53.81	54.30	2	2
1) Hall, Emily				
2) Rouse, Makayla				
3) Swift, Lily				
4) Walker, London				
8 Manson NW Web 'A'	55.22	56.09	1	1
1) Jones, Rachel				
2) Messerly, Ava				
3) Kohnen, Lucy				
4) Egli, Kyla				
9 Newell-Fonda 'A'	54.95	56.18	2	
1) Mandernach, Bailey				
2) Roberts, Ella				
3) Leu, Abby				
4) Hinders, Mylie				
10 East Sac County 'A'	57.20	56.47	1	
1) Carroll, Jordin				
2) Schmitt, Katelyn				
3) Hauser, Tori				
4) Harty, Ruby				
11 Graet-T/Ruth-Ayr 'A'	55.77	56.87	1	
1) Anderson, Isabella				
2) Anderson, Olivia				
3) Hansen, Addison				
4) Harris, Isabelle				
12 St. Mary's, SL 'A'	58.55	58.13	1	
1) Wunschel, Abby				
2) Larson, Kielee				
3) Phelps, Ruby				
4) Young, Dani				

Girls 4x200 Meter Relay

School	Seed	Finals	H#	Points
1 Pocahon Area 'A'	1:50.62	1:49.57	2	10
1) Hauswirth, Halee				
2) Sommerlot, Natalie				
3) Mefferd, Khloe				
4) Davis, Amanda				
2 Newell-Fonda 'A'	1:52.31	1:51.09	2	8
1) Vie, Ava				
2) Hinders, Kinzee				
3) Hogrefe, Rylee				
4) Mercer, Anna				

2025 Twin Lakes Conference - 5/6/2025**Sioux Central****Results - Twin Lakes Conference****....Girls 4x200 Meter Relay**

3	Graet-T/Ruth-Ayr 'A'	1:54.97	1:51.95	2	6
	1) Hough, Caitlyn			2) Wise, Myah	
	3) Wise, Shaylee			4) Naig, Jadin	
4	Alta/Aurelia 'A'	1:54.28	1:53.34	2	5
	1) Langschwager, Kadence			2) Gunkelman, Clare	
	3) Anderson, Bree			4) Peterson, Elsie	
5	Sioux Ctrl, SR 'A'	1:53.03	1:53.76	2	4
	1) Johnson, Lillian			2) Joenks, Bella	
	3) Waldstein, Peyton			4) Cavanaugh, Taylor	
6	Wb-Mallard 'A'	1:53.19	1:53.85	2	3
	1) Morey, Lilly			2) Akridge, Payton	
	3) Montag, Addie			4) Fehr, Maddie	
7	East Sac County 'A'	1:58.06	1:56.90	1	2
	1) Rodman, Lilly			2) Carroll, Jordin	
	3) Kischer, Emma			4) Meister, Laila	
8	Emmetsburg 'A'	1:56.19	1:57.13	1	1
	1) Hall, Emily			2) Rouse, Makayla	
	3) Swift, Lily			4) Fiene, Dylan	
9	South Cent Cal 'A'	1:54.31	1:57.17	2	
	1) Graeve, Jayci			2) Riedesel, Norah	
	3) Hauptert, Onna			4) McAlister, Brenna	
10	Southeast Valley 'A'	1:54.67	1:57.28	2	
	1) Wilson, Devyn			2) Hanson, Avrie	
	3) Lane, Sage			4) Farley, Madelyn	
11	Manson NW Web 'A'	1:59.83	2:07.84	1	
	1) Jones, Rachel			2) Hudek, Addilyn	
	3) Prince, Brylea			4) Reuter, Ally	

Girls 4x400 Meter Relay

School	Seed	Finals	H#	Points
1 Newell-Fonda 'A'	4:16.51	4:13.85	2	10
1) Sievers, Ellie				
3) Hogrefe, Rylee				
2) Hinders, Kinzee				
2) Mercer, Anna				
2 Sioux Ctrl, SR 'A'	4:15.41	4:14.78	2	8
1) Bloom, Karina				
3) Bloom, Linnea				
2) Christian, Nora				
4) Madsen, Marley				
3 Graet-T/Ruth-Ayr 'A'	4:20.15	4:15.43	2	6
1) Naig, Jadin				
3) Wise, Myah				
2) Wise, Shaylee				
4) Hough, Kamryn				
4 Alta/Aurelia 'A'	4:17.03	4:16.62	2	5
1) Anderson, Breyer				
3) Berkland, Hayden				
2) Peterson, Elsie				
4) Peterson, Nora				
5 East Sac County 'A'	4:33.65	4:27.87	1	4
1) Rodman, Lilly				
3) Veit, Libbie				
2) Kischer, Emma				
4) Veit, Wendie				
6 Pocahon Area 'A'	4:34.49	4:29.55	1	3
1) Lake, Alli				
3) Point, Natalie				
2) Sommerlot, Natalie				
4) Mefferd, Khloe				
7 Manson NW Web 'A'	4:29.65	4:40.40	2	2
1) Anderson, Raygin				
3) Hudek, Addilyn				
2) Messerly, Ava				
4) Prince, Brylea				
8 South Cent Cal 'A'	4:45.73	5:02.79	1	1
1) McAlister, Brenna				
2) Hauptert, Jossa				

2025 Twin Lakes Conference - 5/6/2025**Sioux Central****Results - Twin Lakes Conference****....Girls 4x400 Meter Relay**

3) Burley, Katie

4) Meyer, Nicole

Girls 4x800 Meter Relay

School	Seed	Finals	Points
1 Alta/Aurelia 'A'	10:14.13	9:52.50	10
1) Anderson, Breyer	2) Peterson, Nora		
3) Peterson, Elsie	4) Berkland, Hayden		
2 Newell-Fonda 'A'	10:40.00	11:07.82	8
1) Brabec, Mareni	2) Hogrefe, Rylee		
3) Mercer, Anna	4) Vie, Ava		
3 Sioux Ctrl, SR 'A'	10:16.19	11:09.46	6
1) Christian, Nora	2) Brauhn, Nevaeh		
3) Weber, Sage	4) Bloom, Karina		
4 Emmetsburg 'A'	10:56.60	11:21.35	5
1) Krause, Emma	2) Elbert, Rory		
3) Thayer, Taylor	4) Burdick, Caroline		
5 Southeast Valley 'A'	13:19.24	12:04.95	4
1) Wilson, Devyn	2) Wilson, Emily		
3) Field, Katie	4) Stimpson, Ruby		
6 South Cent Cal 'A'	12:36.19	12:13.55	3
1) Burley, Katie	2) Sjostedt, Elin		
3) Spencer, Lillie	4) Scheffers, Kiana		
7 Pocahon Area 'A'	11:30.65	12:20.54	2
1) Lake, Alli	2) Gerdes, Jadyn		
3) Bellows, Maci	4) Bingham, MacKenzie		
8 St. Mary's, SL 'A'	12:11.49	12:20.68	1
1) Fetrow, Jessa	2) Landgraf, Isabelle		
3) Phelps, Peyton	4) Larson, Kielee		
9 Manson NW Web 'A'	11:47.37	13:05.43	
1) Moline, Ava	2) McCullough, Addison		
3) Gernhart, Emma	4) Brennan, Tia		

Girls 800 Sprint Medley

School	Seed	Finals	H#	Points
1 Sioux Ctrl, SR 'A'	1:55.43	1:54.25	2	10
1) Waldstein, Ryleigh	2) Cavanaugh, Taylor			
3) Ayers, Hadley	4) Madsen, Marley			
2 Newell-Fonda 'A'	1:57.34	1:57.36	2	8
1) Hogrefe, Rylee	2) Vie, Ava			
3) Sievers, Ellie	4) Hinders, Kinzee			
3 Graet-T/Ruth-Ayr 'A'	1:59.56	1:57.41	2	6
1) Hough, Caitlyn	2) Wise, Shaylee			
3) Naig, Jadin	4) Wise, Myah			
4 Southeast Valley 'A'	1:59.57	1:58.34	2	5
1) Searcy, Mae	2) Farley, Madelyn			
3) Hanson, Avrie	4) Lane, Camryn			
5 Pocahon Area 'A'	2:01.20	2:00.20	2	4
1) Sobotka, Emma	2) Hoover, Lauren			
3) Mefferd, Khloe	4) Sommerlot, Natalie			
6 Emmetsburg 'A'	2:01.85	2:01.89	1	3
1) Hall, Emily	2) Rouse, Makayla			

2025 Twin Lakes Conference - 5/6/2025**Sioux Central****Results - Twin Lakes Conference****....Girls 800 Sprint Medley**

3) Thoren, Elizabeth	4) Swift, Lily				
7 Alta/Aurelia 'A'		2:01.23	2:02.24	2	2
1) Langschwager, Kadence	2) Anderson, Bree				
3) Gunkelman, Clare	4) Kaskey, Eva				
8 South Cent Cal 'A'		2:01.63	2:02.99	2	1
1) Ridgely, Mya	2) Graeve, Jayci				
3) Riedesel, Norah	4) McAlister, Brenna				
9 East Sac County 'A'		2:02.33	2:03.38	1	
1) Meister, Laila	2) Lode, Lilly				
3) Kischer, Emma	4) Rodman, Lilly				
10 Wb-Mallard 'A'		1:58.10	2:03.55	2	
1) Lowe, Mia	2) Akridge, Payton				
3) Montag, Addie	4) Morey, Lilly				
11 Manson NW Web 'A'		2:11.32	2:10.71	1	
1) Jones, Rachel	2) Messerly, Ava				
3) Kohnen, Lucy	4) Hudek, Addilyn				

Girls Distance Medley

School	Seed	Finals	H#	Points
1 Alta/Aurelia 'A'	4:21.44	4:25.91	2	10
1) Langschwager, Kadence	2) Berkland, Hayden			
3) Kaskey, Eva	4) Peterson, Nora			
2 Graet-T/Ruth-Ayr 'A'	4:30.70	4:27.08	2	8
1) Hough, Caitlyn	2) Naig, Jadin			
3) Wise, Myah	4) Hough, Kamryn			
3 Newell-Fonda 'A'	4:32.50	4:31.40	2	6
1) Sievers, Ellie	2) Hinders, Kinzee			
3) Wolf, Lindsey	4) Brabec, Mareni			
4 Manson NW Web 'A'	4:27.65	4:33.06	2	5
1) Kohnen, Lucy	2) Moline, Ava			
3) Anderson, Raygin	4) Richman, Alyssa			
5 Sioux Ctrl, SR 'A'	4:40.04	4:41.13	2	4
1) Johnson, Lillian	2) Joenks, Bella			
3) Geisinger, Evelyn	4) Christian, Nora			
6 Emmetsburg 'A'	5:03.25	5:03.40	2	3
1) Thoren, Elizabeth	2) Walker, London			
3) Thayer, Taylor	4) Burdick, Caroline			
7 St. Mary's, SL 'A'	5:04.40	5:07.92	1	2
1) Young, Dani	2) Wunschel, Abby			
3) Larson, Kielee	4) Landgraf, Isabelle			
8 Southeast Valley 'A'	5:14.70	5:14.18	1	1
1) Wilson, Devyn	2) Showers, Breanne			
3) Lundquist, Addison	4) Wilson, Emily			
9 Pocahon Area 'A'	5:17.71	5:48.21	1	
1) Cook, Dani	2) Stuart, Bailey			
3) Sump, Sarah	4) Gerdes, Jadyn			

Girls 4x100 Meter Shuttle Hurdle

School	Seed	Finals	H#	Points
1 East Sac County 'A'	1:12.52	1:11.10	2	10
1) King, Haley Jo	2) Veit, Libbie			

2025 Twin Lakes Conference - 5/6/2025**Sioux Central****Results - Twin Lakes Conference****....Girls 4x100 Meter Shuttle Hurdle**

3) Meister, Madison	4) Veit, Wendie				
2 Graet-T/Ruth-Ayr 'A'		1:14.06	1:12.05	1	8
1) Hough, Caitlyn	2) Wise, Shaylee				
3) Hough, Kamryn	4) Hansen, Addison				
3 Pocahon Area 'A'		1:14.10	1:12.82	1	6
1) Dreith, Danica	2) Point, Natalie				
3) Hoover, Lauren	4) Sobotka, Grace				
4 Sioux Ctrl, SR 'A'		1:13.72	1:14.60	2	5
1) Waldstein, Ryleigh	2) Geisinger, Evelyn				
3) Waldstein, Peyton	4) Bloom, Linnea				
5 Southeast Valley 'A'		1:18.07	1:16.99	1	4
1) Searcy, Mae	2) Wilson, Emily				
3) Lane, Sage	4) Farley, Madelyn				
6 Manson NW Web 'A'		1:14.05	1:17.10	2	3
1) McCullough, Addison	2) Jones, Rachel				
3) Anderson, Raygin	4) Kohnen, Lucy				

Girls High Jump

Name	Year School	Seed	Finals	Points
1 Schany, Rachel	Emmetsburg	5-07.00	J5-07.00	10
2 Fehr, Allie	Wb-Mallard	5-03.00	J5-00.00	8
3 Wolf, Lindsey	Newell-Fonda	5-04.00	J5-00.00	6
4 Hansen, Addison	Graet-T/Ruth-Ayr	5-01.00	J4-10.00	5
5 McCullough, Addison	Manson NW Web	4-09.00	J4-08.00	4
6 Prince, Brylea	Manson NW Web	4-10.00	J4-06.00	3
7 Sjostedt, Elin	South Cent Cal	4-06.00	J4-06.00	2
8 Dreith, Danica	Pocahon Area	4-08.00	J4-06.00	1
9 Weber, Sage	Sioux Ctrl, SR	4-06.00	J4-04.00	
10 Elsdén, Carissa	St. Mary's, SL	4-06.00	J4-04.00	

Girls Long Jump

Name	Year School	Seed	Finals	Points
1 Schany, Rachel	Emmetsburg	18-04.25	17-07.50	10
2 Egli, Kyla	Manson NW Web	17-03.00	16-07.50	8
3 Veit, Wendie	East Sac County	15-05.00	16-02.00	6
4 Sievers, Ellie	Newell-Fonda	16-06.50	15-06.00	5
5 Akridge, Payton	Wb-Mallard	14-00.50	14-09.00	4
6 Bloom, Ellie	Alta/Aurelia	15-01.25	14-05.00	3
7 Lode, Lilly	East Sac County	13-11.50	13-09.00	2
8 Walker, London	Emmetsburg		13-06.00	1
9 Sommerlot, Natalie	Pocahon Area	14-04.75	13-05.00	
9 Geisinger, Evelyn	Sioux Ctrl, SR	13-06.75	13-05.00	
11 Waldstein, Peyton	Sioux Ctrl, SR	13-10.00	13-02.00	
12 Hoover, Lauren	Pocahon Area	13-07.00	12-11.00	
13 Peterson, Peyton	Manson NW Web	12-00.00	11-03.50	

Girls Shot Put

Name	Year School	Seed	Finals	Points
1 Hauswirth, Halee	Pocahon Area	40-00.00	39-03.75	10

2025 Twin Lakes Conference - 5/6/2025**Sioux Central****Results - Twin Lakes Conference****....Girls Shot Put**

2	Gorden, Tristin	South Cent Cal	39-03.75	36-06.25	8
3	Moline, Ava	Manson NW Web	36-08.00	35-06.75	6
4	Anderson, Elissa	Manson NW Web	35-08.75	33-05.25	5
5	Gerdes, Miranda	East Sac County	31-07.00	33-01.50	4
6	Ford, Ava	Pocahon Area	33-05.00	32-06.00	3
7	Phelps, Ruby	St. Mary's, SL	30-10.50	31-00.00	2
8	Larson, Kielee	St. Mary's, SL	31-07.00	30-10.00	1
9	Melody, Shannon	South Cent Cal	32-01.00	30-06.75	
10	Rodemeyer, Sloan	Emmetsburg	31-04.50	30-00.50	
11	Schmitt, Katelyn	East Sac County	29-00.50	29-03.50	
12	Hanson, McKayla	Newell-Fonda	30-02.00	28-07.25	
13	Mills, Leah	Southeast Valley	30-00.00	28-00.50	
14	Kragel, Taylor	Sioux Ctrl, SR	31-10.25	27-05.75	
15	Laursen, Natalie	Sioux Ctrl, SR	25-07.00	26-01.25	
16	Mason, Tyrany	Alta/Aurelia	23-00.75	23-02.50	
17	Straw, Lily	Emmetsburg	24-05.00	22-10.25	
18	Kruse, Payton	Alta/Aurelia	25-03.50	22-09.00	
19	Lowe, Mia	Wb-Mallard	26-00.25	21-02.75	

Girls Discus Throw

Name	Year School	Seed	Finals	Points	
1	Gorden, Tristin	South Cent Cal	129-04	126-07	10
2	Moline, Ava	Manson NW Web	103-07	113-04.75	8
3	Anderson, Elissa	Manson NW Web	123-10	104-07	6
4	Ford, Ava	Pocahon Area	103-00	103-06.25	5
5	Gerdes, Miranda	East Sac County	101-03	89-09.50	4
6	Montag, Addie	Wb-Mallard	96-01	88-08	3
7	Laursen, Natalie	Sioux Ctrl, SR	88-01	83-04.50	2
8	Bingham, MacKenzie	Pocahon Area	89-04	83-03	1
9	Melody, Shannon	South Cent Cal	87-06	80-08.75	
10	Mills, Leah	Southeast Valley	83-11	74-11	
11	Smith, Avery	St. Mary's, SL	74-03	72-03	
12	Straw, Lily	Emmetsburg	85-02.50	72-01.50	
13	Kragel, Taylor	Sioux Ctrl, SR	74-11	71-07.25	
14	Manzer, Alyshia	East Sac County	75-11	70-10	
15	Kies, Peyton	Alta/Aurelia	70-01	68-05	
16	Kruse, Payton	Alta/Aurelia	78-08.50	67-10.50	
17	Phelps, Ruby	St. Mary's, SL	74-06	0.75	

Boys 100 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1	Steadman, Dreyvon	Southeast Valley	11.04	11.56	3 10
2	Showers, Kayden	Southeast Valley	11.21	11.79	3 8
3	Schnell, Jaxson	Graet-T/Ruth-Ayr	11.58	11.83	3 6
4	Roberts, Caleb	Pocahon Area	11.65	12.13	3 5
5	Jackson, Tyson	East Sac County	11.48	12.16	3 4
6	Wilson, Ethyn	Sioux Ctrl, SR	11.75	12.22	3 3
7	Phelps, Cael	St. Mary's, SL	12.21	12.35	3 2
8	Hudson, Brayden	Pocahon Area	12.42	12.38	2 1
9	Albright, Aidan	South Cent Cal	12.32	12.53	3
10	Calvo, Nicolas	St. Mary's, SL	12.34	12.55	2

2025 Twin Lakes Conference - 5/6/2025**Sioux Central****Results - Twin Lakes Conference****....Boys 100 Meter Dash**

11 Glover, Kase	Sioux Ctrl, SR	12.32	12.69	2
12 Bellcock, Jackson	Newell-Fonda	12.79	12.77	2
13 Bundt, Marshall	South Cent Cal	12.87	13.01	2
14 Wood, Cameron	Manson NW Web	12.79	13.02	2
15 Bern, Tilman	Alta/Aurelia	12.85	13.05	2
16 Lahr, Wyatt	Manson NW Web	12.98	13.08	1
17 Manwarren, Hunter	Graet-T/Ruth-Ayr	13.01	13.21	1
18 Bindel, Silas	Wb-Mallard	12.96	13.26	1
19 Bailey, Nolan	Emmetsburg	12.91	13.28	2
20 Wallerstedt, Cale	East Sac County	13.18	13.46	1
21 Tauber, Trevor	Newell-Fonda	12.95	13.55	1
22 Patton, John	Emmetsburg	13.17	13.57	1
23 Thompson, Bridger	Alta/Aurelia	15.26	15.99	1

Boys 200 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Showers, Kayden	Southeast Valley	22.51	22.83	3	10
2 Price, Landon	Graet-T/Ruth-Ayr	23.10	23.41	3	8
3 Eigsti, Darius	South Cent Cal	23.48	23.53	3	6
4 Steadman, Dreyvon	Southeast Valley	23.65	23.54	3	5
5 Dreith, Collin	Pocahon Area	24.05	23.94	3	4
6 Shiflett, Logan	Pocahon Area	23.61	24.00	3	3
7 Fiene, JJ	Emmetsburg	23.59	24.04	3	2
8 Judisch, Cole	South Cent Cal	24.73	24.64	3	1
9 Naughton, Jayde	Newell-Fonda	24.82	24.70	2	
10 Spooner, Perry	Sioux Ctrl, SR	25.30	24.88	2	
11 Baron, Gunnar	Newell-Fonda	25.95	25.12	2	
12 Phelps, Cael	St. Mary's, SL	25.93	25.58	2	
13 Johnson, Drake	Alta/Aurelia	25.55	25.84	2	
14 Calvo, Nicolas	St. Mary's, SL	25.98	26.02	2	
15 Van Schepen, Camden	Sioux Ctrl, SR	25.90	26.16	2	
16 Wood, Cameron	Manson NW Web	26.58	26.27	1	
17 Christensen, Lex	Wb-Mallard	26.32	26.73	1	
18 Malm, Luke	Graet-T/Ruth-Ayr	27.38	27.24	1	
19 Falcon, Cesar	Wb-Mallard	27.81	27.65	1	
20 Europa, Kyle Domini	Emmetsburg	27.03	27.81	1	
21 Lahr, Wyatt	Manson NW Web	26.19	28.24	2	
22 Garcia, Antonio	Alta/Aurelia	29.82	28.25	1	
23 Brockman, Evan	East Sac County	30.27	29.60	1	

Boys 400 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Price, Landon	Graet-T/Ruth-Ayr	51.09	50.70	3	10
2 Wilson, Ethyn	Sioux Ctrl, SR	52.08	52.40	3	8
3 Judisch, Cole	South Cent Cal	54.23	53.10	3	6
4 Dreith, Collin	Pocahon Area	54.52	53.60	3	5
5 Fiene, JJ	Emmetsburg	53.10	54.70	3	4
6 Petersen, Brett	St. Mary's, SL	56.70	55.30	3	3
7 Lundberg, Thomas	Manson NW Web	57.44	56.40	3	2
8 Mills, Dominac	St. Mary's, SL	57.65	56.50	2	1
9 Dorsey, Drew	Southeast Valley	58.65	56.55	2	

2025 Twin Lakes Conference - 5/6/2025**Sioux Central****Results - Twin Lakes Conference****....Boys 400 Meter Dash**

10 Driver, Landon	Sioux Ctrl, SR	57.07	56.60	3
11 Bullock, Curtis	South Cent Cal	58.21	57.92	2
12 Reis, Keegan	Manson NW Web	59.98	58.04	2
13 Wellman, Keelan	Southeast Valley	57.47	58.54	2
14 Harrer, Ian	Newell-Fonda	59.00	1:00.11	2
15 Lockrem, Gus	Newell-Fonda	1:02.34	1:00.26	1
16 Kueny, Andrew	Alta/Aurelia	59.99	1:00.90	2
17 Kueny, Eric	Alta/Aurelia	59.98	1:02.00	2
18 Falcon, Cesar	Wb-Mallard	1:05.00	1:02.59	1
19 Jackson, Christian	East Sac County	1:06.34	1:06.43	1
20 Ihde, Collin	Pocahon Area	1:05.03	1:08.97	1

Boys 800 Meter Run

Name	Year School	Seed	Finals	Points
1 Christian, Jack	Sioux Ctrl, SR	2:05.09	2:07.73	10
2 Hoepfner, Jack	Manson NW Web	2:08.26	2:08.08	8
3 Petersen, Brett	St. Mary's, SL	2:06.69	2:08.75	6
4 Olsen, Gabe	Alta/Aurelia	2:08.24	2:11.17	5
5 Manwarren, Caleb	Graet-T/Ruth-Ayr	2:16.73	2:11.45	4
6 Rutledge, Krayton	Emmetsburg	2:13.68	2:14.40	3
7 Engel, Owen	East Sac County	2:21.43	2:18.85	2
8 Stevens, Trennis	Southeast Valley	2:24.03	2:19.44	1
9 Langschwager, Laeton	Alta/Aurelia	2:20.06	2:23.36	
10 Mills, Dominac	St. Mary's, SL	2:21.53	2:24.46	
11 Gerdes, Jack	Pocahon Area	2:29.05	2:24.72	
12 Watts, Hunter	Newell-Fonda	2:13.83	2:25.01	
13 Ordonez, Jhony	Sioux Ctrl, SR	2:26.56	2:25.29	
14 Knapp, Josh	South Cent Cal	2:34.03	2:27.17	
15 Van Zwol, Landon	Emmetsburg	2:35.40	2:28.27	
16 Sorenson, Zac	Graet-T/Ruth-Ayr	2:31.50	2:30.58	
17 Poutre, Rowan	Manson NW Web	2:39.45	2:31.84	
18 Wadle, Kadin	Newell-Fonda	2:24.38	2:31.93	
19 Thomas, Owen	Pocahon Area	2:29.60	2:33.38	
20 Kampen, Bryson	Wb-Mallard	2:43.36	2:39.06	

Boys 1600 Meter Run

Name	Year School	Seed	Finals	Points
1 Potts, Redge	South Cent Cal	4:39.52	4:39.07	10
2 Oswald, Thatcher	Manson NW Web	4:48.01	4:49.09	8
3 Sippel, Leighton	Sioux Ctrl, SR	4:57.99	4:50.30	6
4 Launderville, Jacob	Alta/Aurelia	4:52.78	4:50.71	5
5 Wernimont, Lucos	Sioux Ctrl, SR	4:50.64	4:51.51	4
6 Aragon, Riley	East Sac County	5:01.16	5:00.72	3
7 Widlund, Kyle	Manson NW Web	5:08.65	5:06.96	2
8 DeMuth, Ledger	Alta/Aurelia	5:07.78	5:10.38	1
9 Petersen, Brett	St. Mary's, SL	5:01.37	5:31.05	
10 Akins, Lincoln	Southeast Valley	5:01.82	5:33.95	
11 Cox, Elijah	Emmetsburg	5:28.42	5:40.13	
12 Greene, Derek	South Cent Cal	5:35.26	5:48.57	
13 Barber, Austin	Newell-Fonda	5:44.50	5:51.08	
14 Pickar, Anthony	Graet-T/Ruth-Ayr	5:57.76	5:52.81	

2025 Twin Lakes Conference - 5/6/2025**Sioux Central****Results - Twin Lakes Conference****....Boys 1600 Meter Run**

15 Lopez, Pedro	St. Mary's, SL	5:51.43	6:20.25
16 Johnson, Chance	Newell-Fonda		6:20.25
17 Wallace, Brody	Pocahon Area	6:37.46	6:28.24
18 Kaltschnee, Caden	Southeast Valley	6:01.77	6:28.25

Boys 3200 Meter Run

Name	Year School	Seed	Finals	Points
1 Potts, Redge	South Cent Cal	10:09.23	10:11.53	10
2 Wernimont, Lucos	Sioux Ctrl, SR	10:19.98	10:53.24	8
3 Engel, Owen	East Sac County	10:55.38	11:18.28	6
4 Aragon, Riley	East Sac County	10:29.16	11:18.44	5
5 Langschwager, Laeton	Alta/Aurelia	11:08.93	11:25.70	4
6 Akins, Lincoln	Southeast Valley	10:48.70	11:25.72	3
7 Greene, Derek	South Cent Cal	11:52.24	11:52.18	2
8 Barber, Austin	Newell-Fonda	11:59.03	11:55.63	1
9 Poutre, Rowan	Manson NW Web	11:57.16	12:02.84	
10 Fox, Jacob	Emmetsburg	11:34.87	12:16.59	
11 Lopez, Pedro	St. Mary's, SL	12:47.63	12:32.35	
12 Olsen, Jack	Newell-Fonda	12:48.49	12:48.12	
13 Meyer, Logan	Manson NW Web	12:30.50	13:04.66	
14 Hoffman, Josh	Sioux Ctrl, SR	12:34.99	13:22.30	

Boys 110 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points
1 Condon, Matt	Manson NW Web	15.66	15.56	2	10
2 Swedin, Caleb	Graet-T/Ruth-Ayr	15.50	15.66	2	8
3 Eigsti, Darius	South Cent Cal	16.16	15.90	2	6
4 Mills, Owen	Sioux Ctrl, SR	15.97	15.91	2	5
5 Burger, Alex	Southeast Valley	15.64	16.22	2	4
6 Fahrenkrog, Kinnick	Sioux Ctrl, SR	16.30	16.37	2	3
7 Ollinger, Kolton	Southeast Valley	16.61	16.54	1	2
8 Daughenbaugh, Alex	Alta/Aurelia	18.25	18.51	1	1
9 Gregersen, Nate	Pocahon Area	20.65	20.64	1	

Boys 400 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points
1 Condon, Matt	Manson NW Web	54.45	54.73	2	10
2 Burger, Alex	Southeast Valley	56.74	56.22	2	8
3 Swedin, Caleb	Graet-T/Ruth-Ayr	55.58	56.39	2	6
4 Johnson, Colin	Southeast Valley	56.65	57.99	2	5
5 Mills, Owen	Sioux Ctrl, SR	59.04	58.18	2	4
6 Carlson, Max	Newell-Fonda	59.39	1:00.04	2	3
7 Hemer, Xander	East Sac County	59.58	1:01.50	2	2
8 Grimm, Leydan	Wb-Mallard	1:01.45	1:02.41	1	1
9 Wilson, Joseph	Sioux Ctrl, SR	1:02.90	1:03.04	1	
10 Daughenbaugh, Alex	Alta/Aurelia	1:06.05	1:05.65	1	
11 Shirk, Clay	Emmetsburg	1:07.97	1:05.88	1	
12 Zaugg, Abner	Wb-Mallard	1:06.46	1:07.44	1	
13 Patterson, Luke	South Cent Cal	1:11.85	1:14.27	1	

2025 Twin Lakes Conference - 5/6/2025

Sioux Central

Results - Twin Lakes Conference

....Boys 400 Meter Hurdles

14 Sievers, Cline	Alta/Aurelia	1:10.22	1:15.85	1
-------------------	--------------	---------	---------	---

Boys 4x100 Meter Relay

School	Seed	Finals	H#	Points
1 Southeast Valley 'A'	44.04	43.50	2	10
1) Steadman, Dreyvon	2) Jaeschke, Logan			
3) Harrison, Bryce	4) Showers, Kayden			
2 Emmetsburg 'A'	44.64	44.40	2	8
1) Madden, Cameron	2) Householder, Owen			
3) Jenness, Tyce	4) Dietrich, Bronson			
3 Pocahon Area 'A'	46.42	46.10	2	6
1) Hudson, Brayden	2) Roberts, Caleb			
3) Marsh, Adam	4) Shiflett, Logan			
4 South Cent Cal 'A'	47.02	46.90	2	5
1) Albright, Aidan	2) Eigsti, Darius			
3) Werneburg, Brayden	4) Stickrod, Hayden			
5 Sioux Ctrl, SR 'A'	46.05	47.10	2	4
1) Wittmaack, Max	2) Fahrenkrog, Kinnick			
3) Spooner, Perry	4) Price, Alex			
6 Newell-Fonda 'A'	47.80	48.10	2	3
1) Tauber, Trevor	2) Carlson, Max			
3) Lyman, Guyson	4) Hogrefe, Jacksyn			
7 St. Mary's, SL 'A'	49.51	48.78	1	2
1) Calvo, Nicolas	2) Gomez, McWindel			
3) Rodriguez, Jesus	4) Phelps, Cael			
8 Manson NW Web 'A'	47.50	48.80	2	1
1) Berger, Noah	2) Newman, Hunter			
3) Prince, Mason	4) Droste, Elliott			
9 Graet-T/Ruth-Ayr 'A'	45.75	49.10	2	
1) Vanderhoff, Riley	2) Iwen, Wyatt			
3) Malm, Luke	4) Harris, Brady			
10 East Sac County 'A'	48.27	49.14	1	
1) Jackson, Tyson	2) Grindle, Landon			
3) King, Gabe	4) Gullett, Jack			
11 Alta/Aurelia 'A'	51.11	50.70	1	
1) Bern, Tilman	2) Kueny, Eric			
3) Langschwager, Laeton	4) Johnson, Drake			
12 Wb-Mallard 'A'	50.24	53.44	1	
1) Christensen, Lex	2) Hanson, Wyatt			
3) Falcon, Cesar	4) Flynn, Kacen			

Boys 4x200 Meter Relay

School	Seed	Finals	H#	Points
1 Southeast Valley 'A'	1:32.61	1:31.21	2	10
1) Steadman, Dreyvon	2) Jaeschke, Logan			
3) Harrison, Bryce	4) Showers, Kayden			
2 Graet-T/Ruth-Ayr 'A'	1:33.91	1:36.20	2	8
1) Schnell, Jaxson	2) Ness, Kenny			
3) Swedin, Caleb	4) Price, Landon			
3 Alta/Aurelia 'A'	1:38.72	1:36.42	2	6
1) Garlow, Hayden	2) Reinert, Camden			

2025 Twin Lakes Conference - 5/6/2025

Sioux Central
Results - Twin Lakes Conference

....Boys 4x200 Meter Relay

3) Meyer, Peyton	4) Sleezer, Gavin				
4 Newell-Fonda 'A'	1:37.70	1:37.75	2	5	
1) Bellcock, Jackson	2) Carlson, Max				
3) Lyman, Guyson	4) Hogrefe, Jacksyn				
5 Sioux Ctrl, SR 'A'	1:38.83	1:38.63	2	4	
1) Price, Alex	2) Wittmaack, Max				
3) Spooner, Perry	4) Glover, Kase				
6 Wb-Mallard 'A'	1:41.44	1:40.19	1	3	
1) Grimm, Leydan	2) Bindel, Silas				
3) Zaugg, Abner	4) Goddard, Grady				
7 South Cent Cal 'A'	1:41.66	1:41.90	1	2	
1) Albright, Aidan	2) Werneburg, Brayden				
3) Stickrod, Hayden	4) Roller, Quinn				
8 St. Mary's, SL 'A'	1:42.55	1:43.41	1	1	
1) Calvo, Nicolas	2) Rodriguez, Jesus				
3) Movall, Aaden	4) Phelps, Cael				
9 Emmetsburg 'A'	1:39.69	1:43.77	2		
1) Bailey, Nolan	2) Shirk, Clay				
3) Hoch, Clayton	4) Fischer, Joe				
10 Pocahon Area 'A'	1:39.31	1:44.54	2		
1) Small, Xander	2) Marsh, Adam				
3) Bullington, Jonah	4) Reitz, Chandler				
11 East Sac County 'A'	1:42.55	1:46.46	1		
1) Grindle, Landon	2) Donelson, Seth				
3) Hugeback, Bentley	4) Wallerstedt, Cale				

Boys 4x400 Meter Relay

School	Seed	Finals	H#	Points
1 Southeast Valley 'A'	3:37.80	3:36.64	2	10
1) Harrison, Bryce	2) Ollinger, Kolton			
3) Jaeschke, Logan	4) Johnson, Colin			
2 Sioux Ctrl, SR 'A'	3:39.35	3:38.12	2	8
1) Christian, Jack	2) Driver, Landon			
3) Mills, Owen	4) Wilson, Ethyn			
3 Alta/Aurelia 'A'	3:40.63	3:39.94	2	6
1) Garlow, Hayden	2) Launderville, Jacob			
3) Sleezer, Gavin	4) Olsen, Gabe			
4 Manson NW Web 'A'	3:36.30	3:40.75	2	5
1) Anderson, Tysin	2) Anderson, Mason			
3) Hoepfner, Jack	4) Patzner, Broc			
5 Pocahon Area 'A'	3:45.33	3:42.68	2	4
1) Shiflett, Logan	2) Roberts, Caleb			
3) Shearer, Justin	4) Dreith, Collin			
6 Graet-T/Ruth-Ayr 'A'	3:34.94	3:48.39	2	3
1) Schnell, Jaxson	2) Darr, Will			
3) Ness, Kenny	4) Harris, Brady			
7 East Sac County 'A'	3:48.40	3:49.84	2	2
1) Gullett, Jack	2) Aragon, Riley			
3) Hemer, Xander	4) King, Gabe			
8 South Cent Cal 'A'	4:04.44	3:54.40	1	1
1) Judisch, Cole	2) Bullock, Curtis			
3) Hammen, Kayden	4) Thompson, Kylar			
9 Wb-Mallard 'A'	3:52.06	3:57.91	2	

2025 Twin Lakes Conference - 5/6/2025**Sioux Central****Results - Twin Lakes Conference****....Boys 4x400 Meter Relay**

1) Goddard, Grady	2) Bindel, Silas			
3) Zaugg, Abner	4) Grimm, Leydan			
10 Newell-Fonda 'A'		4:09.67	4:05.30	1
1) Bellcock, Jackson	2) Baron, Gunnar			
3) Mercer, Thomas	4) Harrer, Ian			

Boys 4x800 Meter Relay

School	Seed	Finals	Points
1 Manson NW Web 'A'	8:42.30	8:59.93	10
1) Hoepfner, Jack	2) Anderson, Tysin		
3) Patzner, Broc	4) Oswald, Thatcher		
2 Sioux Ctrl, SR 'A'	9:02.03	9:07.90	8
1) Driver, Landon	2) Ordonez, Jhony		
3) Christians, Colin	4) Sippel, Leighton		
3 Graet-T/Ruth-Ayr 'A'	9:27.23	9:20.39	6
1) Manwarren, Caleb	2) Wilson, Cayden		
3) Harris, Brady	4) Darr, Will		
4 Southeast Valley 'A'	9:11.47	9:21.71	5
1) Tucker, Ethan	2) Dorsey, Drew		
3) Vote, Landon	4) Bintz, Logan		
5 Alta/Aurelia 'A'	9:39.22	9:22.78	4
1) Garlow, Hayden	2) DeMuth, Ledger		
3) Kolar, Caden	4) Kueny, Andrew		
6 East Sac County 'A'	11:11.88	9:44.99	3
1) King, Gabe	2) Aragon, Riley		
3) Engel, Owen	4) Jackson, Christian		
7 Newell-Fonda 'A'	9:56.68	10:01.52	2
1) Watts, Hunter	2) Harrer, Ian		
3) Lockrem, Gus	4) Wadle, Kadin		
8 Pocahon Area 'A'	9:55.47	10:02.32	1
1) Shearer, Justin	2) Thomas, Owen		
3) Gerdes, Jack	4) Mowry, Dean		
9 South Cent Cal 'A'	11:42.87	12:10.43	
1) Stickrod, Payton	2) Treiber, Jeremy		
3) Smith, Jacob	4) Wiley, Gabe		

Boys 800 Sprint Medley

School	Seed	Finals	H#	Points
1 Graet-T/Ruth-Ayr 'A'	1:36.28	1:36.74	2	10
1) Schnell, Jaxson	2) Ness, Kenny			
3) Swedin, Caleb	4) Price, Landon			
2 Southeast Valley 'A'	1:38.42	1:37.71	2	8
1) Hanson, Casey	2) Jaeschke, Logan			
3) Johnson, Colin	4) Burger, Alex			
3 Emmetsburg 'A'	1:38.51	1:38.06	2	6
1) Jenness, Tyce	2) Dietrich, Bronson			
3) Householder, Owen	4) Fiene, JJ			
4 Alta/Aurelia 'A'	1:42.36	1:40.21	1	5
1) Bern, Tilman	2) Johnson, Drake			
3) Sleezer, Gavin	4) Olsen, Gabe			
5 Newell-Fonda 'A'	1:41.17	1:40.77	2	4

2025 Twin Lakes Conference - 5/6/2025

Sioux Central

Results - Twin Lakes Conference

....Boys 800 Sprint Medley

1) Naughton, Jayde	2) Lyman, Guyson			
3) Hogrefe, Jacksyn	4) Carlson, Max			
6 Sioux Ctrl, SR 'A'		1:40.13	1:41.55	2 3
1) Wittmaack, Max	2) Price, Alex			
3) Fahrenkrog, Kinnick	4) Christian, Jack			
7 St. Mary's, SL 'A'		1:50.49	1:49.40	1 2
1) Gomez, McWindel	2) Rodriguez, Jesus			
3) Movall, Aaden	4) Mills, Dominac			
8 Manson NW Web 'A'		1:38.69	1:49.46	2 1
1) Berger, Noah	2) Newman, Hunter			
3) Lundberg, Thomas	4) Widlund, Kyle			
9 Pocahon Area 'A'		1:41.30	1:50.94	2
1) Bullington, Jonah	2) Small, Xander			
3) Hudson, Brayden	4) Shearer, Justin			
10 Wb-Mallard 'A'		1:47.51	1:52.34	1
1) Christensen, Lex	2) Hanson, Wyatt			
3) Flynn, Kacen	4) Bindel, Silas			
11 East Sac County 'A'		1:46.82	1:54.42	1
1) Grindle, Landon	2) Lankford, Reef			
3) Hugeback, Bentley	4) Wallerstedt, Cale			
-- South Cent Cal 'A'		1:41.90	DQ	2
1) Albright, Aidan	2) Roller, Quinn			
3) Werneburg, Brayden	4) Bullock, Curtis			

Boys Distance Medley

School	Seed	Finals	H#	Points
1 Alta/Aurelia 'A'	3:51.87	3:51.96	2	10
1) Garlow, Hayden	2) Reinert, Camden			
3) Meyer, Peyton	4) Launderville, Jacob			
2 Manson NW Web 'A'	3:53.39	3:55.44	2	8
1) Patzner, Broc	2) Anderson, Mason			
3) Anderson, Tysin	4) Oswald, Thatcher			
3 Sioux Ctrl, SR 'A'	3:58.57	3:56.76	2	6
1) Price, Alex	2) Buettner, Michael			
3) Wernimont, Lucos	4) Sippel, Leighton			
4 East Sac County 'A'	3:59.28	4:01.02	2	5
1) Jackson, Tyson	2) King, Gabe			
3) Hemer, Xander	4) Gullett, Jack			
5 Graet-T/Ruth-Ayr 'A'	4:02.76	4:02.34	2	4
1) Vanderhoff, Riley	2) Iwen, Wyatt			
3) Darr, Will	4) Wilson, Cayden			
6 Southeast Valley 'A'	3:54.73	4:06.08	2	3
1) Paterson, Jake	2) Johnson, Jaiden			
3) Hanson, Casey	4) Tucker, Ethan			
7 Emmetsburg 'A'	4:06.38	4:21.40	1	2
1) Europa, Kyle Domini	2) Albrant, Tyler			
3) Rutledge, Krayton	4) Cox, Elijah			
8 Newell-Fonda 'A'	4:02.92	4:23.36	2	1
1) Naughton, Jayde	2) Baron, Gunnar			
3) Mercer, Thomas	4) Watts, Hunter			
9 South Cent Cal 'A'	3:59.56	4:24.44	2	
1) Dean, Nathan	2) Werneburg, Brayden			
3) Hammen, Kayden	4) Hiler, Elias			

2025 Twin Lakes Conference - 5/6/2025**Sioux Central****Results - Twin Lakes Conference****....Boys Distance Medley**

10 Pocahon Area 'A'	4:09.71	4:27.50	1
1) Reitz, Chandler	2) Gerdes, Jack		
3) Mowry, Dean	4) Valenzuela, Julio		
11 Wb-Mallard 'A'	4:10.90	4:39.10	1
1) Christensen, Lex	2) Hanson, Wyatt		
3) Flynn, Kacen	4) Kampen, Bryson		

Boys 4x110 Meter Shuttle Hurdle

School	Seed	Finals	H#	Points
1 Emmetsburg 'A'	1:02.11	1:01.93	2	10
1) Madden, Cameron	2) Jenness, Tyce			
3) Householder, Owen	4) Dietrich, Bronson			
2 Southeast Valley 'A'	1:02.91	1:03.08	2	8
1) Burger, Alex	2) Hanson, Casey			
3) Ollinger, Kolton	4) Johnson, Colin			
3 Sioux Ctrl, SR 'A'	1:04.28	1:03.13	2	6
1) Fahrenkrog, Kinnick	2) Wilson, Ethyn			
3) Wittmaack, Max	4) Mills, Owen			
4 South Cent Cal 'A'	1:05.80	1:06.44	2	5
1) Anderson, Andrew	2) Eigsti, Darius			
3) Stickrod, Hayden	4) Thompson, Kylar			
5 Alta/Aurelia 'A'	1:08.54	1:09.30	1	4
1) Launderville, Jacob	2) Reinert, Camden			
3) Daughenbaugh, Alex	4) Meyer, Peyton			
6 East Sac County 'A'	1:13.60	1:15.50	1	3
1) Hemer, Xander	2) King, Gabe			
3) Grindle, Landon	4) Lankford, Reef			
7 Wb-Mallard 'A'	1:18.55	1:15.80	1	2
1) Zaugg, Abner	2) Goddard, Grady			
3) Flynn, Kacen	4) Grimm, Leydan			
8 Manson NW Web 'A'	1:18.61	1:17.20	1	1
1) Pohlman, Grant	2) Reis, Keegan			
3) Prince, Mason	4) Anderson, Mason			

Boys High Jump

Name	Year School	Seed	Finals	Points
1 Condon, Matt	Manson NW Web	6-07.50	J6-06.00	10
2 Maina, Byron	Emmetsburg	6-04.25	J6-04.00	8
3 Anderson, Andrew	South Cent Cal	6-01.00	J6-00.00	6
4 Hammen, Kayden	South Cent Cal	5-08.00	J5-06.00	3.50
5 Anderson, Mason	Manson NW Web	5-10.00	J5-06.00	5
6 Christians, Colin	Sioux Ctrl, SR	5-04.00	J5-06.00	3.50
7 Roberts, Caleb	Pocahon Area	5-06.00	J5-04.00	2
8 Kaufman, Kinnick	Newell-Fonda	5-06.00	J5-04.00	1

Boys Long Jump

Name	Year School	Seed	Finals	Points
1 Condon, Matt	Manson NW Web	22-03.50	J21-08.00	10
2 Harrison, Bryce	Southeast Valley	19-01.00	J19-05.50	8

2025 Twin Lakes Conference - 5/6/2025**Sioux Central****Results - Twin Lakes Conference****....Boys Long Jump**

3 Meyer, Peyton	Alta/Aurelia	20-11.00	J19-05.00	6
4 Ness, Kenny	Graet-T/Ruth-Ayr	18-04.00	J17-11.00	5
5 Ollinger, Kolton	Southeast Valley	18-06.00	J17-10.00	4
6 Wilson, Joseph	Sioux Ctrl, SR		J16-11.00	3
7 Van Schepen, Camden	Sioux Ctrl, SR	16-11.00	J16-11.00	2
8 Vanderhoff, Riley	Graet-T/Ruth-Ayr	17-02.00	J16-11.00	1
9 Knapp, Josh	South Cent Cal	17-06.00	J16-06.00	
10 Patterson, Luke	South Cent Cal	16-07.00	J16-05.50	
11 Daughenbaugh, Alex	Alta/Aurelia	16-02.00	J16-02.50	
12 Prince, Mason	Manson NW Web	17-09.50	J15-08.00	
13 Gregersen, Nate	Pocahon Area	15-11.25	J15-03.00	
14 Falcon, Cesar	Wb-Mallard	15-06.25	J14-08.00	
15 Hanson, Wyatt	Wb-Mallard	15-00.25	J14-02.00	

Boys Shot Put

Name	Year School	Seed	Finals	Points
1 Pedersen, Jace	South Cent Cal	46-10.50	46-08.00	10
2 Roberts, Jake	Newell-Fonda	41-10.75	41-01.25	8
3 Brunner, Ian	Southeast Valley	41-05.00	40-00.25	6
4 Mohr, Logan	East Sac County	41-02.00	39-05.75	5
5 Mernka, Wyatt	South Cent Cal	42-05.50	39-02.25	4
6 Kauffman, Joe	Southeast Valley	37-04.00	38-05.00	3
7 Donelson, Seth	East Sac County	37-11.00	37-08.00	2
8 Buettner, Michael	Sioux Ctrl, SR	37-06.50	37-04.50	1
9 Marsh, Adam	Pocahon Area	41-05.25	37-02.00	
10 Johnson, Brayden	Newell-Fonda	38-02.00	36-09.50	
11 Westphal, Breyden	Alta/Aurelia	38-04.00	36-09.00	
12 Glover, Kase	Sioux Ctrl, SR	37-05.00	35-09.00	
13 Pohlman, Grant	Manson NW Web	33-02.00	34-04.00	
14 Patzner, Broc	Manson NW Web		29-11.75	
15 Alpet, Wilson	Alta/Aurelia	31-00.50	29-02.75	
16 Halder, Lucas	Pocahon Area	24-11.00	25-04.25	

Boys Discus Throw

Name	Year School	Seed	Finals	Points
1 Marsh, Adam	Pocahon Area	138-03	132-08	10
2 Pedersen, Jace	SouthCent Cal	138-03	131-10	8
3 Mernka, Wyatt	South Cent Cal	140-10	131-05.75	6
4 Buettner, Michael	Sioux Ctrl, SR	142-10	131-01	5
5 Sleezer, Gavin	Alta/Aurelia	119-11	130-03.50	4
6 Brandel, Deegan	Southeast Valley	126-03	112-00	3
7 Fisher, Steven	Southeast Valley	124-02	107-08.50	2
8 Donelson, Seth	East Sac County	118-09	105-02	1
9 Lockwood, Ian	Sioux Ctrl, SR	112-10	102-10	
10 Westphal, Breyden	Alta/Aurelia	107-10	101-09.50	
11 Gauley, Lincoln	Newell-Fonda	97-09	101-05	
12 Goddard, Grady	Wb-Mallard	109-08	100-03	
13 Del Villar, Ivan	St. Mary's, SL	96-09	99-00	
14 Roberts, Jake	Newell-Fonda	111-07	98-01.50	
15 Mohr, Logan	East Sac County	111-08	95-02	
16 Maina, Marc	Emmetsburg	90-06	93-11	

2025 Twin Lakes Conference - 5/6/2025

Sioux Central

Results - Twin Lakes Conference

....Boys Discus Throw

17 Movall, Aaden

St. Mary's, SL

95-09

90-10