

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

Host: Pocahontas Area

Tuesday, May 5, 2026

MEET OFFICIALS

Meet Director:

Lincoln Vorba

Meet Referee:

Fran Long

Timing:

Shannon Event Timings



OFFICIAL MEET REPORT

printed: 5/5/2026 10:02 PM

RESULTS

#1 Girls Shot Put (Varsity)

IA Iowa HS Record 53' 3.50" Paulette Mitchell

Council Bluffs, Abraham 1992

4:00 PM:

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
1	HAUSWIRTH, Halee	SR	Pocahon Are	37' 2 ¹ / ₄ "	30' 8"	35' 11"	FOUL	37' 2 ¹ / ₄ "			2(1)	10
2	MOLINE, Ava	JR	Manson NW	36' 6 ¹ / ₄ "	35' 5 ³ / ₄ "	36' 0 ¹ / ₄ "	36' 6 ¹ / ₄ "	32' 3"			2(2)	8
3	GORDEN, Tristin	JR	South Cent C	33' 6 ³ / ₄ "	FOUL	FOUL	33' 6 ³ / ₄ "	32' 3 ³ / ₄ "			2(3)	6
4	WITTMACK, Madison	FR	Sioux Ctrl SR	32' 8 ¹ / ₄ "	32' 8 ¹ / ₄ "	30' 10 ¹ / ₂ "	30' 4"	31' 11 ³ / ₄ "			2(4)	5
5	GERDES, Miranda	SO	East Sac Cou	32' 0"	31' 7"	30' 1 ¹ / ₂ "	FOUL	32' 0"			2(5)	4
6	HANSON, McKayla	SO	Newell-Fonda	31' 6"	30' 6"	28' 10 ¹ / ₂ "	31' 6"	30' 1"			2(6)	3
7	SCHMITT, Katelyn	SR	East Sac Cou	31' 1 ³ / ₄ "	29' 7 ¹ / ₄ "	30' 1"	29' 11 ³ / ₄ "	31' 1 ³ / ₄ "			1(1)	2
8	JENSEN, Fairon	SO	Manson NW	31' 0 ³ / ₄ "	30' 2"	27' 7 ³ / ₄ "	26' 10 ¹ / ₂ "	31' 0 ³ / ₄ "			1(2)	1
9	MELODY, Shannon	SR	South Cent C	30' 9"	27' 7 ¹ / ₄ "	30' 4 ¹ / ₂ "	28' 8 ¹ / ₂ "	30' 9"			2(7)	
10	LARSON, Kielee	SO	St. Marys SL	30' 5 ¹ / ₂ "	29' 9 ³ / ₄ "	30' 5 ¹ / ₂ "	FOUL	30' 1"			2(8)	
11	RODEMEYER, Sloan	JR	Emmetsburg	29' 9 ¹ / ₂ "	28' 2 ¹ / ₂ "	28' 9"	29' 9 ¹ / ₂ "	FOUL			1(3)	
12	MUNDT, Macy	FR	Southeast Val	29' 9 ¹ / ₄ "	29' 9 ¹ / ₄ "	28' 2 ¹ / ₂ "	28' 4 ¹ / ₂ "	28' 7"			2(9)	
13	PHELPS, Ruby	JR	St. Marys SL	29' 2 ¹ / ₂ "	27' 5 ¹ / ₄ "	29' 2 ¹ / ₂ "	28' 3 ¹ / ₂ "	27' 11"			2(10)	
14	LAURSEN, Kailee	JR	Sioux Ctrl SR	28' 3"	27' 7 ¹ / ₂ "	28' 3"	25' 9 ³ / ₄ "	26' 8"			2(11)	
15	KRUSE, Payton	SO	Alta/Aurelia	27' 9 ¹ / ₂ "	25' 9 ¹ / ₂ "	27' 9 ¹ / ₂ "	FOUL	25' 6 ¹ / ₂ "			1(4)	
16	WICKLEIN, Hanna	FR	Southeast Val	26' 10 ¹ / ₂ "	26' 0 ¹ / ₂ "	24' 0"	26' 2 ³ / ₄ "	26' 10 ¹ / ₂ "			1(5)	
17	KOTH, Harpper	FR	Alta/Aurelia	26' 8 ³ / ₄ "	23' 10 ³ / ₄ "	25' 2 ¹ / ₄ "	26' 8 ³ / ₄ "	24' 4 ¹ / ₂ "			1(6)	
18	STRAW, Lily	SO	Emmetsburg	26' 4 ¹ / ₂ "	24' 11 ¹ / ₄ "	24' 1 ³ / ₄ "	23' 10"	26' 4 ¹ / ₂ "			1(7)	
19	COOK, Colleen	SR	Graet-T/Ruth-	25' 1 ¹ / ₄ "	25' 1 ¹ / ₄ "	21' 11 ¹ / ₄ "	22' 3 ¹ / ₂ "	23' 7"			1(8)	
20	LOWE, Mia	SR	WB-Mallard	22' 8 ³ / ₄ "	21' 11 ³ / ₄ "	22' 8 ³ / ₄ "	21' 1 ¹ / ₄ "	FOUL			1(9)	
	MANDERNACH, Bailey	SO	Newell-Fonda	DNS							1	

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RESULTS

#2 Boys Shot Put (Varsity)

IA Iowa HS Record

70' 11"

Doug Lane

Cedar Rapids, Jefferson

1968

4:30 PM:

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
1	PEDERSEN, Jace	SR	South Cent C	50' 3 ¹ / ₄ "	45' 5 ³ / ₄ "	50' 3 ¹ / ₄ "		48' 0"			2(1)	10
2	MARSH, Adam	SO	Pocahon Are	43' 11 ³ / ₄ "	43' 1 ³ / ₄ "	43' 11 ³ / ₄ "	43' 5 ¹ / ₂ "				2(2)	8
3	BRUNNER, Ian	JR	Southeast Val	40' 8"	40' 5 ¹ / ₂ "			40' 8"			2(3)	6
4	GLOVER, Kase	SO	Sioux Ctrl SR	39' 8 ¹ / ₂ "	39' 8 ¹ / ₂ "			39' 0 ³ / ₄ "			2(4)	5
5	DANIEL, Trendon	SO	South Cent C	39' 3"	39' 3"	39' 0 ¹ / ₂ "	38' 11 ¹ / ₂ "	39' 0 ¹ / ₂ "			2(5)	4
6	JOHNSON, Brayden	JR	Newell-Fonda	39' 2 ³ / ₄ "	39' 2 ³ / ₄ "	38' 11 ³ / ₄ "	37' 10 ³ / ₄ "	37' 5"			2(6)	3
7	PERRY, Hunter	SO	Sioux Ctrl SR	39' 0 ¹ / ₂ "	38' 3 ¹ / ₄ "	37' 4 ¹ / ₂ "	38' 10 ¹ / ₂ "	39' 0 ¹ / ₂ "			2(7)	2
8	FRANA, Evan	JR	Southeast Val	39' 0 ¹ / ₂ "	39' 0 ¹ / ₂ "	38' 8 ³ / ₄ "					2(8)	1
9	DONELSON, Seth	SR	East Sac Cou	39' 0"	37' 3 ³ / ₄ "	39' 0"	37' 9"	37' 7"			2(9)	
10	GAULEY, Lincoln	JR	Newell-Fonda	37' 0"	34' 9 ¹ / ₂ "	35' 4 ¹ / ₄ "	34' 1 ¹ / ₂ "	37' 0"			2(10)	
11	BARRAGAN-PETERS, Jovani	JR	Emmetsburg	36' 7 ³ / ₄ "		36' 3 ³ / ₄ "	35' 11 ³ / ₄ "	36' 7 ³ / ₄ "			2(11)	
12	RYDSTROM, Caden	SR	Alta/Aurelia	32' 11 ¹ / ₄ "	30' 11 ¹ / ₄ "	30' 1"	29' 9"	32' 11 ¹ / ₄ "			1(1)	
13	MOGLER, Josh	FR	WB-Mallard	31' 4"	30' 4 ¹ / ₄ "	29' 7 ¹ / ₂ "	27' 7 ³ / ₄ "	31' 4"			1(2)	
14	KOENCK, Braeden	SO	Graet-T/Ruth-	31' 1 ¹ / ₂ "	28' 6 ³ / ₄ "	30' 0"	28' 4 ¹ / ₄ "	31' 1 ¹ / ₂ "			1(3)	
15	FIALA, Jonathon	SR	Emmetsburg	31' 0"	29' 11 ³ / ₄ "	28' 6 ¹ / ₂ "	28' 5"	31' 0"			1(4)	
16	PROCTOR, Callan	FR	Manson NW	30' 3"	30' 2 ¹ / ₂ "	30' 3"	FOUL	30' 2"			1(5)	
17	SCHADE, Tyler	FR	East Sac Cou	29' 0 ³ / ₄ "	FOUL	29' 0 ³ / ₄ "	28' 1 ¹ / ₂ "	28' 6 ¹ / ₂ "			1(6)	
18	MILLER, Harley	SO	Manson NW	27' 10"	27' 10"	27' 9 ¹ / ₂ "	27' 3 ¹ / ₄ "	27' 7"			1(7)	
19	DEL VILLAR, Ivan	SR	St. Marys SL	27' 5"	26' 8 ³ / ₄ "	27' 5"	26' 9"	27' 1 ³ / ₄ "			1(8)	
20	BAHLER, Daniel	FR	WB-Mallard	25' 2 ³ / ₄ "	25' 2 ³ / ₄ "	23' 6 ¹ / ₄ "	23' 6 ³ / ₄ "	23' 10 ¹ / ₂ "			1(9)	
21	HALDER, Lucas	SR	Pocahon Are	24' 1 ¹ / ₂ "	23' 6"	23' 0 ¹ / ₂ "	24' 1 ¹ / ₂ "	23' 4 ¹ / ₄ "			1(10)	
22	PHAKOHEKHAM, ethan	FR	St. Marys SL	22' 0 ¹ / ₂ "	22' 0 ¹ / ₂ "	FOUL	21' 11 ¹ / ₂ "	21' 7"			1(11)	

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RESULTS**#3 Girls Discus (Varsity)**

IA Iowa HS Record

179' 7"

Kiana Phelps

Kingsley-Pierson/WC

2014

4:30 PM:

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
1	MOLINE, Ava	JR	Manson NW	114' 5"	FOUL	110' 3"	114' 5"	FOUL			2(1)	10
2	GERDES, Miranda	SO	East Sac Cou	102' 9"	95' 7"	FOUL	102' 9"	FOUL			2(2)	8
3	RODEMEYER, Sloan	JR	Emmetsburg	100' 10"	FOUL	FOUL	FOUL	100' 10"			2(3)	6
4	MELODY, Shannon	SR	South Cent C	92' 8"	76' 2"	FOUL	81' 9"	92' 8"			2(4)	5
5	WICKLEIN, Hanna	FR	Southeast Val	86' 8"	74' 5"	86' 8"	77' 2"	81' 5"			2(5)	4
6	MUNDT, Macy	FR	Southeast Val	83' 9"	FOUL	72' 2"	FOUL	83' 9"			2(6)	3
7	HANSON, McKayla	SO	Newell-Fonda	81' 10"	FOUL	78' 8"	76' 11"	81' 10"			2(7)	2
8	LAURSEN, Kailee	JR	Sioux Ctrl SR	77' 8"	69' 6"	77' 3"	77' 8"	FOUL			1(1)	1
9	STRAW, Lily	SO	Emmetsburg	77' 7"	75' 8"	77' 7"	70' 2"	FOUL			1(2)	
10	GIBBINS, Chelsey	SO	St. Marys SL	76' 5"	76' 5"	71' 7"	70' 4"	73' 3"			1(3)	
11	KOTH, Harpper	FR	Alta/Aurelia	76' 2"	FOUL	73' 0"	62' 8"	76' 2"			1(4)	
12	JENSEN, Fairon	SO	Manson NW	74' 6"	FOUL	FOUL	74' 6"	FOUL			2(8)	
13	SCHMITT, Katelyn	SR	East Sac Cou	73' 0"	FOUL	FOUL	FOUL	73' 0"			1(5)	
14	PHELPS, Ruby	JR	St. Marys SL	69' 7"	69' 7"	65' 6"	66' 5"	67' 10"			1(6)	
15	KRUSE, Payton	SO	Alta/Aurelia	65' 7"	FOUL	FOUL	FOUL	65' 7"			1(7)	
16	LOWE, Mia	SR	WB-Mallard	56' 9"	54' 10"	56' 9"	54' 10"	54' 3"			1(8)	
17	JOHNSON, Diem	FR	Newell-Fonda	54' 0"	54' 0"	47' 9"	48' 6"	52' 8"			1(9)	
	GORDEN, Tristin	JR	South Cent C	NM	FOUL	FOUL	FOUL	FOUL			2	

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RESULTS**#4 Boys Discus (Varsity)**

IA Iowa HS Record

207' 8"

Scott Crowell

Mason City

1978

4:00 PM:

Pl	Name	Yr	Team	Mark	Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F(Pl)	Pts
1	BUETTNER, Michael	SR	Sioux Ctrl	SR 151' 7"	147' 0"	136' 0"	136' 9"	151' 7"			2(1)	10
2	PEDERSEN, Jace	SR	South Cent C	147' 6"	128' 3"	142' 6"	147' 6"	131' 2"			2(2)	8
3	MARSH, Adam	SO	Pocahon Are	140' 7"	FOUL	FOUL	125' 5"	140' 7"			2(3)	6
4	BRANDEL, Deegan	SO	Southeast Val	137' 8"	131' 3"	137' 8"	134' 0"	FOUL			2(4)	5
5	DONELSON, Seth	SR	East Sac Cou	125' 7"	125' 7"	FOUL	FOUL	117' 10"			2(5)	4
6	PATTERSON, Avery	FR	South Cent C	120' 0"	FOUL	FOUL	120' 0"	FOUL			2(6)	3
7	DEL VILLAR, Ivan	SR	St. Marys SL	113' 10"	99' 3"	103' 2"	102' 4"	113' 10"			1(1)	2
8	HAIGHT, Derrick	SR	Sioux Ctrl	SR 109' 4"	105' 3"	106' 0"	FOUL	109' 4"			2(7)	1
9	BRUNNER, Ian	JR	Southeast Val	109' 0"	105' 7"	99' 2"	107' 2"	109' 0"			2(8)	
10	BARRAGAN-PETERS, Jovani	JR	Emmetsburg	106' 9"	FOUL	106' 9"	FOUL	103' 0"			2(9)	
11	GAULEY, Liam	JR	Newell-Fonda	102' 3"	95' 9"	95' 1"	FOUL	102' 3"			1(2)	
12	GAULEY, Lincoln	JR	Newell-Fonda	100' 8"	97' 0"	100' 8"	FOUL	FOUL			2(10)	
13	DROSTE, Elliott	JR	Manson NW	94' 3"	FOUL	94' 3"	FOUL	FOUL			1(3)	
14	HAYES, Joseph	FR	East Sac Cou	90' 6"	FOUL	FOUL	82' 5"	90' 6"			1(4)	
15	PROCTOR, Callan	FR	Manson NW	79' 0"	FOUL	FOUL	79' 0"	78' 3"			1(5)	
16	TRUNTE, Colin	JR	St. Marys SL	77' 8"	69' 1"	77' 8"	77' 2"	FOUL			1(6)	
17	NUNES SOUZA, Eduardo	JR	WB-Mallard	75' 5"	75' 5"	70' 0"	68' 5"	72' 4"			1(7)	
18	RYDSTROM, Caden	SR	Alta/Aurelia	64' 11"	FOUL	64' 11"	63' 2"	FOUL			1(8)	
19	BAHLER, Daniel	FR	WB-Mallard	59' 5"	56' 6"	51' 11"	59' 5"	FOUL			1(9)	
	FIALA, Jonathon	SR	Emmetsburg	NM	FOUL	FOUL	FOUL	FOUL			1	

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RESULTS

#5 Girls Long Jump (Varsity)

IA Iowa HS Record 20' 8.25" Abby Mecklenburg Linn-Mar 2025

4:30 PM:

Pl	Name	Yr	Team	Mark		Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F (Pl)	Pts
1	SCHANY, Rachel	SR	Emmetsburg	17' 8 1/2"	(+0.0)	16' 2 1/4 (+0.0)	16' 9 3/4 (+0.0)	17' 8 1/2 (+0.0)	16' 9" (+0.0)			2(1)	10
2	AQUINO, Bellah	SO	Manson NW	16' 2 3/4"	(+0.0)	15' 3" (+0.0)	15' 10 1/2"	15' 3 1/2 (+0.0)	16' 2 3/4 (+0.0)			2(2)	8
3	VEIT, Wendie	SO	East Sac Cou	15' 9 3/4"	(+0.0)	15' 9 3/4 (+0.0)	15' 1" (+0.0)	15' 7 3/4 (+0.0)	FOUL			2(3)	6
4	BLOOM, Ellie	JR	Alta/Aurelia	15' 8"	(+0.0)	14' 11 3/4"	15' 8" (+0.0)	15' 2 3/4 (+0.0)	15' 5 1/4 (+0.0)			2(4)	5
5	SIEVERS, Ellie	SO	Newell-Fonda	15' 6"	(+0.0)	15' 2 1/2 (+0.0)	15' 1 3/4 (+0.0)	15' 0 1/4 (+0.0)	15' 6" (+0.0)			2(5)	4
6	AKRIDGE, Payton	SO	WB-Mallard	15' 5 1/2"	(+0.0)	15' 0 1/4 (+0.0)	FOUL	15' 5 1/2 (+0.0)	FOUL			1(1)	3
7	MILLER, Madelynn	FR	Southeast Val	15' 4 3/4"	(+0.0)	15' 4 3/4 (+0.0)	14' 7" (+0.0)	15' 4" (+0.0)	14' 6 1/4 (+0.0)			2(6)	2
8	FEHR, Maddie	SR	WB-Mallard	15' 0 3/4"	(+0.0)	14' 2" (+0.0)	15' 0 3/4 (+0.0)	14' 10 1/2"	14' 8 3/4 (+0.0)			2(7)	1
9	SIEVERS, Quinn	FR	Newell-Fonda	14' 11 1/2"	(+0.0)	14' 11 1/2"	14' 10 3/4"	14' 6 3/4 (+0.0)	14' 2" (+0.0)			2(8)	
10	PEED, Rowan	FR	Manson NW	14' 6 1/4"	(+0.0)	13' 11" (+0.0)	14' 4" (+0.0)	14' 6 1/4 (+0.0)	14' 2 1/4 (+0.0)			1(2)	
11	MEYER, Emily	FR	Alta/Aurelia	14' 6"	(+0.0)	14' 5 1/2 (+0.0)	13' 10" (+0.0)	13' 9" (+0.0)	14' 6" (+0.0)			2(9)	
12	CARROLL, Jordin	SR	East Sac Cou	14' 1 1/2"	(+0.0)	13' 8" (+0.0)	FOUL	14' 1 1/2 (+0.0)	FOUL			1(3)	
13	SPOONER, Keely	FR	Sioux Ctrl SR	13' 9"	(+0.0)	12' 2" (+0.0)	12' 8" (+0.0)	13' 2 1/2 (+0.0)	13' 9" (+0.0)			1(4)	
14	JOHNSON, Lillian	SO	Sioux Ctrl SR	13' 8 3/4"	(+0.0)	13' 8 3/4 (+0.0)	FOUL	FOUL	FOUL			1(5)	
15	EGERTSEN, McKenna	FR	Pocahon Are	13' 6"	(+0.0)	13' 0 1/4 (+0.0)	12' 10 1/2"	13' 6" (+0.0)	11' 8 3/4 (+0.0)			1(6)	
16	HELLICKSON, Makaela	FR	Emmetsburg	12' 0 1/4"	(+0.0)	FOUL	FOUL	FOUL	12' 0 1/4 (+0.0)			1(7)	
17	HENAMAN, Braelyn	SO	Graet-T/Ruth	11' 10"	(+0.0)	10' 4 1/4 (+0.0)	11' 5 1/2 (+0.0)	11' 10" (+0.0)	10' 8 1/4 (+0.0)			1(8)	
	RIAT, Emma	JR	South Cent C	DNS								1	

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RESULTS

#6 Boys Long Jump (Varsity)

IA Iowa HS Record 24' 10" Abu Sama Southeast Polk 2022

4:00 PM:

Pl	Name	Yr	Team	Mark		Rnd 1	Rnd 2	Rnd 3	Rnd 4	Rnd 5	Rnd 6	F (Pl)	Pts
1	WELANDER, Karson		SO Pocahon Are	20' 9 1/4	(+0.0)	FOUL	20' 9 1/4 (+0.0)	19' 9" (+0.0)	19' 3 1/4 (+0.0)			2(1)	10
2	BURGER, Alex		JR Southeast Val	20' 7 1/2	(+0.0)	20' 7 1/2 (+0.0)	FOUL	20' 2 1/2 (+0.0)	FOUL			2(2)	8
3	SCHNELL, Jaxson		SR Graet-T/Ruth-	20' 4 3/4	(+0.0)	FOUL	20' 4 3/4 (+0.0)	FOUL	19' 5 1/4 (+0.0)			2(3)	6
4	MILLS, Owen		SR Sioux Ctrl	20' 0 1/4	(+0.0)	20' 0 1/4 (+0.0)	FOUL	18' 11 1/2	FOUL			2(4)	5
5	ANDERSON, Mason		SR Manson NW	19' 3"	(+0.0)	18' 2" (+0.0)	19' 1 1/4 (+0.0)	18' 6 3/4 (+0.0)	19' 3" (+0.0)			2(5)	4
6	HALLIGAN, Gabe		SO Pocahon Are	18' 10 1/2	(+0.0)	18' 5 1/2 (+0.0)	FOUL	14' 1" (+0.0)	18' 10 1/2			2(6)	3
7	OLLINGER, Kolton		JR Southeast Val	18' 9 1/4	(+0.0)	FOUL	FOUL	18' 5" (+0.0)	18' 9 1/4 (+0.0)			2(7)	2
8	BUSH, Brody		FR Manson NW	18' 6 1/4	(+0.0)	17' 10 1/2	17' 5" (+0.0)	18' 6 1/4 (+0.0)	18' 1" (+0.0)			1(1)	1
9	GUNKELMAN, Dane		FR Alta/Aurelia	18' 0"	(+0.0)	16' 8 1/4 (+0.0)	18' 0" (+0.0)	15' 9 1/2 (+0.0)	FOUL			1(2)	
10	HOUGH, Jace		FR Graet-T/Ruth-	17' 8 1/2	(+0.0)	17' 8 1/2 (+0.0)	17' 1 1/2 (+0.0)	16' 11" (+0.0)	14' 9 1/2 (+0.0)			2(8)	
11	WILSON, Joseph		SO Sioux Ctrl	17' 5 3/4	(+0.0)	17' 4 1/2 (+0.0)	FOUL	17' 5 3/4 (+0.0)	17' 1 1/4 (+0.0)			1(3)	
12	MAINA, Marc		SO Emmetsburg	17' 5 1/2	(+0.0)	FOUL	15' 10 3/4	17' 5 1/2 (+0.0)	17' 1 1/2 (+0.0)			1(4)	
13	STALZER, Carter		FR WB-Mallard	17' 5"	(+0.0)	17' 0 1/2 (+0.0)	FOUL	17' 0 3/4 (+0.0)	17' 5" (+0.0)			1(5)	
14	GLIENKE, Korbin		SO Alta/Aurelia	17' 2 1/4	(+0.0)	FOUL	17' 2 1/4 (+0.0)	FOUL	16' 4 3/4 (+0.0)			1(6)	
	KNAPP, Josh		SR South Cent C	NM		FOUL	FOUL	FOUL	FOUL			2	
	WILCOXON, Jack		SR Emmetsburg	DNS								1	
	GREENFIELD, Andrew		FR Newell-Fonda	DNS								1	

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

Host: Pocahontas Area

Tuesday, May 5, 2026

MEET OFFICIALS**Meet Director:**

Lincoln Vorba

Meet Referee:

Fran Long

Timing:

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RESULTS**#7 Girls High Jump (Varsity)**

IA Iowa HS Record 6' 1" Hannah Willms Dike-New Hartford 2010

4:00 PM:

Pl	Name	Yr	Team	Mark	4' 4"	4' 6"	4' 8"	4' 10"	5' 0"	5' 2"	5' 4"	Pts
1	SCHANY, Rachel	SR	Emmetsburg	5' 2"	PPP	PPP	PPP	PPP	O	O	XXX	10
2	HANSEN, Addison	JR	Graet-T/Ruth-	5' 0"	O	O	O	XO	O	XXX		8
3	FEHR, Allie	SR	WB-Mallard	4' 10"	PPP	PPP	O	O	XXX			6
4	WALTERS, Macy	FR	Emmetsburg	4' 10"	PPP	XO	O	XXO	XXX			5
5	SCHUMACHER, Ellie	FR	South Cent C	4' 6"	O	O	XXX					3
5	OLSEN, Amarie	FR	Alta/Aurelia	4' 6"	O	O	XXX					3
5	KOHNEN, Gertrude	FR	Manson NW	4' 6"	O	O	XXX					3
8	WEIER, Hanna	FR	Sioux Ctrl SR	4' 6"	O	XO	XXX					1
9	NIELSEN, Keisha	FR	Alta/Aurelia	4' 6"	O	XXO	XXX					
9	SCHUMACHER, Grace	FR	South Cent C	4' 6"	O	XXO	XXX					
11	SHEARER, Isabelle	FR	Pocahon Are	4' 6"	XO	XXO	XXX					

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RESULTS**#8 Boys High Jump (Varsity)**

IA Iowa HS Record 7' 3.50" Brian Tietjens North Central, Manly 1981

4:30 PM:

Pl	Name	Yr	Team	Mark	5' 4"	5' 6"	5' 8"	5' 10"	6' 0"	6' 2"	Pts
1	CHRISTIANS, Colin	JR	Sioux Ctrl SR	6' 0"	PPP	O	O	O	O	XXX	10
2	ARMSTRONG-RICKE, Wyatt	SO	Emmetsburg	6' 0"	O	O	O	XXO	O	XXX	8
3	ANDERSON, Mason	SR	Manson NW	5' 10"	O	O	XO	O	XXX		6
4	MAPEL, Colden	FR	Southeast Val	5' 10"	XO	O	O	XO	XXX		5
5	LAHR, Wyatt	SO	Manson NW	5' 8"	O	XO	XO	XXX			4
6	HALLIGAN, Gabe	SO	Pocahon Are	5' 6"	O	XO	XXX				3
7	KAUFMAN, Kinnick	SO	Newell-Fonda	5' 4"	O	XXX					2
	LANDGRAF, Will	FR	St. Marys SL	NH	XXX						
	LOEFFLER, Asher	FR	Southeast Val	NH	XXX						

2026 TWIN LAKES CONFERENCE MEET

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RESULTS**#9 Girls 800m SMR (Varsity)**

IA Iowa HS Record

1:43.64

Linn-Mar, Marion

2018

5:15 PM:

Pl	Team	Time	Note	H(Pl)	Pts
1	Sioux Ctrl SR (A)	1:55.69		2(1)	10
	1) WALDSTEIN, Peyton SO				
	2) JOHNSON, Lillian SO				
	3) WILSON, Avery SR				
	4) MADSEN, Marley SR				
2	Pocahon Area (A)	1:56.78		2(2)	8
	1) DREITH, Danica SO				
	2) HAUSWIRTH, Halee SR				
	3) MEFFERD, Khloe SR				
	4) SOMMERLOT, Natalie JR				
3	Alta/Aurelia (A)	2:00.04		2(3)	6
	1) LANGSCHWAGER, Kadence SR				
	2) GUNKELMAN, Clare SR				
	3) PETERSON, Elsie JR				
	4) DROEGMILLER, Macy FR				
4	East Sac County (A)	2:02.44		2(4)	5
	1) MEISTER, Laila SO				
	2) KISCHER, Emma JR				
	3) VEIT, Libbie JR				
	4) CARROLL, Jordin SR				
5	Newell-Fonda (A)	2:02.63		2(5)	4
	1) HOBBERMAN, Kennedy FR				
	2) ERICKSON, Paige FR				
	3) VIE, Ava SR				
	4) SIEVERS, Ellie SO				
6	Graet-T/Ruth-Ayr (A)	2:04.44		1(1)	3
	1) ANDERSON, Olivia SR				
	2) HOUGH, Lauryn FR				
	3) WESTFALL, Mackenzie FR				
	4) WISE, Myah SO				
7	Emmetsburg (A)	2:05.49		2(6)	2
	1) THOREN, Elizabeth JR				
	2) FIENE, Dylan JR				
	3) BIDDLE, Abby FR				
	4) ROUSE, Makayla JR				
8	South Cent Cal (A)	2:09.99		1(2)	1
	1) RIDGELY, Mya SR				
	2) BAKER, Ellason FR				
	3) SCHUMACHER, Grace FR				
	4) HILER, Gwen FR				
9	Manson NW Web (A)	2:12.10		1(3)	
	1) EGLI, Millie FR				
	2) BIRKEY, Kylea FR				
	3) PEED, Rowan FR				
	4) BENEKE, Grace FR				
10	St. Marys SL (A)	2:36.30		1(4)	
	1) MURRAY, Stephanie SR				
	2) CRUM, Aubrey SR				
	3) LARSON, Kielee SO				
	4) FETROW, Jessa JR				

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

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Tuesday, May 5, 2026

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RESULTS**#10 Boys 800m SMR (Varsity)**

IA Iowa HS Record 1:30.15

Johnston

2023

5:20 PM:

Pl	Team	Time	Note	H(Pl)	Pts
1	Southeast Valley (A) 1) HARRISON, Bryce JR 3) SHOWERS, Kayden SR	1:37.65		2(1)	10
	2) JAESCHKE, Logan JR 4) BURGER, Alex JR				
2	Graet-T/Ruth-Ayr (A) 1) HARRIS, Brady JR 3) SCHNELL, Jaxson SR	1:40.19		2(2)	8
	2) IWEN, Wyatt SR 4) SWEDIN, Caleb SR				
3	Sioux Ctrl SR (A) 1) GLOVER, Kase SO 3) HEUTON, Chase JR	1:40.73		2(3)	6
	2) SPOONER, Perry SR 4) CHRISTIAN, Jack SR				
4	Manson NW Web (A) 1) BUSH, Brody FR 3) BERGER, Noah SR	1:40.88	1:40.871	2(4)	5
	2) THOMA, Tegan JR 4) HOEPPNER, Jack SR				
5	Emmetsburg (A) 1) BAY, MJ SO 3) YATES, Bradyen SR	1:40.88	1:40.879	1(1)	4
	2) JENNESS, Tyce SR 4) RUTLEDGE, Krayton SR				
6	Newell-Fonda (A) 1) BELLCOCK, Jackson JR 3) HOGREFE, Jacksyn SR	1:41.50		2(5)	3
	2) BARON, Gunnar SO 4) GREENFIELD, Andrew FR				
7	Pocahon Area (A) 1) HUDSON, Brayden JR 3) HAMMEN, Coen JR	1:42.81		2(6)	2
	2) SMALL, Xander SO 4) DREITH, Collin SR				
8	Alta/Aurelia (A) 1) BERN, Tilman SO 3) OLSEN, Gabe SR	1:45.82		1(2)	1
	2) KUENY, Eric SO 4) LAUNDERVILLE, Jacob SR				
9	WB-Mallard (A) 1) MOREY, Trent JR 3) HOCH, Clayton JR	1:49.15		1(3)	
	2) HANSON, Wyatt SO 4) STALZER, Carter FR				
10	South Cent Cal (A) 1) ALBRIGHT, Aidan SO 3) DEAN, Nathan SR	1:50.64		1(4)	
	2) BUSE, Luke JR 4) ROLLER, Quinn SR				
11	St. Marys SL (A) 1) RODRIGUEZ, Jesus JR 3) MILLS, Dominac SR	1:51.76		1(5)	
	2) LANDGRAF, Will FR 4) PETERSEN, Brendon SR				
	East Sac County (A) 1) LAHR, Emmett FR 3) KLUVER, Beckem FR	DNS		1	
	2) KING, Gabe JR 4) FREESE, Tucker SR				

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

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RESULTS**#11 Girls 3000 Meters (Varsity)**

IA Iowa HS Record 9:24.67 Stephanie Jenks Linn-Mar 2014

5:25 PM:

Pl	Name	Yr	Team	Time	Note	Pts
1	MELODY, Iris		SR South Cent Cal	11:25.82		10
2	GIRRES, Addaley		FR Graet-T/Ruth-Ayr	11:30.04		8
3	BERKLAND, Hayden		SR Alta/Aurelia	11:59.07		6
4	MEYER, Danika		SO Newell-Fonda	12:03.89		5
5	STORMS, Sawyer		FR Pocahon Area	12:56.87		4
6	FIELD, Katie		SR Southeast Valley	13:44.91		3
7	BOHLMANN, Adrian		FR Newell-Fonda	13:49.29		2
8	DORSEY, Charlie		FR Southeast Valley	13:59.86		1
9	BRENNAN, Tia		JR Manson NW Web	14:13.48		
10	LANDGRAF, Isabelle		SR St. Marys SL	14:59.53		
11	CHAMBERS, Allie		SO Sioux Ctrl SR	15:22.86		
	CROTTY, Erica		SO Pocahon Area	DNS		
	OSWALD, Hayden		FR Manson NW Web	DNS		

2026 TWIN LAKES CONFERENCE MEET

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RESULTS

#12 Boys 3200 Meters (Varsity)

IA Iowa HS Record 8:50.43 Thomas Pollard Gilbert 2014

5:40 PM:

Pl	Name	Yr	Team	Time	Note	Pts
1	ARAGON, Riley		SR East Sac County	10:17.98		10
2	WERNIMONT, Lucos		JR Sioux Ctrl SR	10:20.76		8
3	AKINS, Lincoln		SR Southeast Valley	10:34.64		6
4	SPORRER, Landon		SR East Sac County	10:48.69		5
5	DEMUTH, Ledger		JR Alta/Aurelia	10:58.18		4
6	SPENCER, Declan		FR South Cent Cal	10:58.32		3
7	POUTRE, Rowan		SO Manson NW Web	11:12.03		2
8	OLSEN, Jack		SO Newell-Fonda	11:14.59		1
9	COX, Benjamin		FR Emmetsburg	11:28.95		
10	BARBER, Austin		SO Newell-Fonda	11:36.53		
11	SMITH, Weston		FR Sioux Ctrl SR	11:36.79		
12	HUISENGA, Drew		JR Alta/Aurelia	11:49.60		
13	AKINS, August		FR Southeast Valley	12:02.35		
14	COX, Elijah		JR Emmetsburg	12:02.64		
15	LESTER, Hunter		FR WB-Mallard	12:50.10		
16	FOELL, Paul		FR St. Marys SL	13:01.90		
17	KAMPEN, Bryson		SO WB-Mallard	13:48.13		

2026 TWIN LAKES CONFERENCE MEET

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RESULTS**#13 Girls 4 x 800m Relay (Varsity)**

IA Iowa HS Record

8:58.53

Pleasant Valley

2024

5:55 PM:

Pl	Team	Time	Note	Pts
1	Newell-Fonda (A)	10:22.37		10
	1) SIEVERS, Quinn FR		2) HOGREFE, Rylee JR	
	3) HAMILTON, Elliot FR		4) BRABEC, Mareni SR	
2	Sioux Ctrl SR (A)	10:26.95		8
	1) BLOOM, Karina JR		2) WEBER, Sage SO	
	3) CHRISTIAN, Nora SR		4) MADSEN, Marley SR	
3	Alta/Aurelia (A)	11:23.79		6
	1) LANGSCHWAGER, Addilyn FR		2) KASKEY, Eva SR	
	3) ANDERSON, Bree SO		4) ABERSON, Kiera SO	
4	Southeast Valley (A)	11:24.18		5
	1) BLAIR, Charlotte FR		2) KASTENDIECK, Tenley FR	
	3) WILSON, Emily SO		4) DAVIS, Goldie FR	
5	Manson NW Web (A)	11:24.23		4
	1) WITTRUCK, Maddie FR		2) ANDERSON, Raygin SR	
	3) HILDRETH, Kathleen FR		4) OSWALD, Hayden FR	
6	South Cent Cal (A)	12:28.73		3
	1) KISTENMACHER, Abby FR		2) BATZ, Ryann JR	
	3) WELLER, Dez SR		4) MCCUSKER, Caitlyn JR	

2026 TWIN LAKES CONFERENCE MEET

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RESULTS**#14 Boys 4 x 800m Relay (Varsity)**

IA Iowa HS Record

7:37.66

Iowa City City High

2023

6:10 PM:

Pl	Team	Time	Note	Pts
1	Alta/Aurelia (A)	9:16.28		10
	1) KUENY, Andrew SR		2) LAUNDERVILLE, Jacob SR	
	3) LANGSCHWAGER, Laeton SO		4) OLSEN, Gabe SR	
2	Southeast Valley (A)	9:20.51		8
	1) LOEFFLER, Kasen FR		2) DORSEY, Drew SR	
	3) BINTZ, Logan SR		4) TUCKER, Ethan SR	
3	Graet-T/Ruth-Ayr (A)	9:27.05		6
	1) SORENSON, Zac SO		2) WILSON, Cayden JR	
	3) MICKELSON, Caden FR		4) NAEVE, Pierce FR	
4	Manson NW Web (A)	9:29.57		5
	1) LUNDBERG, Thomas SO		2) MEYER, Logan SO	
	3) BROWN, Mason FR		4) WIDLUND, Kyle SO	
5	Sioux Ctrl SR (A)	9:34.35		4
	1) GARCIA, Noah SR		2) DRIVER, Landon JR	
	3) WALDSTEIN, Xander JR		4) CHRISTIANS, Colin JR	
6	Newell-Fonda (A)	9:43.60		3
	1) WHITE, Brock SO		2) KAUFMAN, Kinnick SO	
	3) LOCKREM, Gus SO		4) OLSEN, Jack SO	
7	South Cent Cal (A)	9:50.97		2
	1) BULLOCK, Curtis SO		2) HILER, Elias SO	
	3) GREENE, Derek SR		4) DUSENBERRY, Deagan FR	
8	Pocahon Area (A)	10:10.05		1
	1) GUTIERREZ, Angel SO		2) WIRTZ, Aden JR	
	3) REIS, Brody SO		4) ORDONEZ, Jhony SO	
9	East Sac County (A)	10:20.54		
	1) HAYES, Joseph FR		2) FREESE, Tucker SR	
	3) HUNZIKER, Kolbe FR		4) KING, Gabe JR	

2026 TWIN LAKES CONFERENCE MEET

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RESULTS**#15 Girls 400m Shuttle Hurdles (Varsity)**

IA Iowa HS Record 1:00.40

Waukee Northwest 2025

6:25 PM:

Pl	Team	Time	Note	H(Pl)	Pts
1	East Sac County (A)	1:09.87		2(1)	10
	1) VEIT, Libbie JR		2) KING, Haley Jo SR		
	3) MEISTER, Madison SR		4) VEIT, Wendie SO		
2	Graet-T/Ruth-Ayr (A)	1:11.73		2(2)	8
	1) HOUGH, Caitlyn SO		2) ANDERSON, Olivia SR		
	3) HOUGH, Kamryn SO		4) HANSEN, Addison JR		
3	Southeast Valley (A)	1:12.09		2(3)	6
	1) SEARCY, Mae JR		2) MILLER, Madelynn FR		
	3) LANE, Sage SO		4) FARLEY, Madelyn SR		
4	Sioux Ctrl SR (A)	1:13.35		2(4)	5
	1) WALDSTEIN, Peyton SO		2) WITTMACK, Madison FR		
	3) LAURSEN, Kailee JR		4) WEIER, Hanna FR		
5	Alta/Aurelia (A)	1:16.28		1(1)	4
	1) STITES, Allie FR		2) NIELSEN, Keisha FR		
	3) KOTH, Harper FR		4) WUNSCHHEL, Abbygail JR		
6	Manson NW Web (A)	1:16.48		1(2)	3
	1) KOHNEN, Gertrude FR		2) JONES, Rachel JR		
	3) DAGGETT, Leighton FR		4) PETERSON, Caroline FR		
7	Pocahon Area (A)	1:19.69		1(3)	2
	1) SOBOTKA, Emma JR		2) FEILMEIER, Linnie FR		
	3) EGERTSEN, McKenna FR		4) SOBOTKA, Grace SO		
8	South Cent Cal (A)	1:23.74		1(4)	1
	1) SCHUMACHER, Ellie FR		2) MCCHESENEY, Morgan SR		
	3) RIAT, Emma JR		4) STUART, Sydney JR		

2026 TWIN LAKES CONFERENCE MEET

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RESULTS**#16 Boys 440m Shuttle Hurdles (Varsity)**

IA Iowa HS Record

56.05

Ankeny

2025

6:35 PM:

Pl	Team	Time	Note	H(Pl)	Pts
1	Southeast Valley (A)	1:00.29		2(1)	10
	1) BURGER, Alex JR		2) HANSON, Casey JR		
	3) OLLINGER, Kolton JR		4) JOHNSON, Colin SR		
2	Sioux Ctrl SR (A)	1:01.96		2(2)	8
	1) WITTMACK, Max JR		2) SPOONER, Perry SR		
	3) WILSON, Joseph SO		4) MILLS, Owen SR		
3	South Cent Cal (A)	1:12.01		2(3)	6
	1) STICKROD, Hayden JR		2) KRAUSE, Garrett JR		
	3) THOMPSON, Kylar JR		4) DILLAVOU, Jodin FR		
4	Alta/Aurelia (A)	1:13.77		1(1)	5
	1) DAUGHENBAUGH, Alex JR		2) REINERT, Camden SR		
	3) KUENY, Andrew SR		4) GLIENKE, Korbin SO		
5	East Sac County (A)	1:16.38		2(4)	4
	1) HEMER, Xander SR		2) KING, Gabe JR		
	3) KLUVER, Beckem FR		4) SNYDER, Mason FR		
6	WB-Mallard (A)	1:16.59		1(2)	3
	1) HANSON, Wyatt SO		2) FALCON, Cesar JR		
	3) NUNES SOUZA, Eduardo JR		4) HOCH, Clayton JR		
7	Manson NW Web (A)	1:18.84		1(3)	2
	1) THOMA, Tegan JR		2) JAESCHKE, Tyler FR		
	3) RASOVIC, Miljan JR		4) LAHR, Wyatt SO		

2026 TWIN LAKES CONFERENCE MEET

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RESULTS**#17 Girls 100 Meters (Varsity)**

IA Iowa HS Record

11.49

Sydney Milani

Southeast Polk

2018

6:45 PM:

Pl	Name	Yr Team	Time	Note	H(Pl)	Pts
1	DREITH, Danica	SO Pocahon Area	13.24		(NW) 3(1)	10
2	RIDGELY, Mya	SR South Cent Cal	13.25		(NW) 3(2)	8
3	HANSON, Avrie	JR Southeast Valley	13.32		(NW) 3(3)	6
4	FEHR, Maddie	SR WB-Mallard	13.33		(NW) 3(4)	5
5	JOHNSON, Lillian	SO Sioux Ctrl SR	13.49		(NW) 3(5)	4
6	AKRIDGE, Payton	SO WB-Mallard	13.73		(NW) 3(6)	3
7	BLOOM, Ellie	JR Alta/Aurelia	13.79		(NW) 3(7)	2
8	THOREN, Elizabeth	JR Emmetsburg	13.94		(NW) 2(1)	1
9	BAKER, Ellason	FR South Cent Cal	14.03		(NW) 2(2)	
10	VANHOUTEN, Eva	FR Alta/Aurelia	14.11		(NW) 2(3)	
11	BIDDLE, Abby	FR Emmetsburg	14.28		(NW) 3(8)	
12	ERICKSON, Paige	FR Newell-Fonda	14.34		(NW) 2(4)	
13	MILLER, Madelynn	FR Southeast Valley	14.37		(NW) 2(5)	
14	PASQUALIN, Lara	SR East Sac County	14.55		(NW) 2(6)	
15	SHEARER, Isabelle	FR Pocahon Area	14.82		(NW) 1(1)	
16	HOUGH, Lauryn	FR Graet-T/Ruth-Ayr	14.86		(NW) 2(7)	
17	COPP, Kyia	FR Newell-Fonda	15.28		(NW) 1(2)	
18	COOK, Colleen	SR Graet-T/Ruth-Ayr	15.38		(NW) 2(8)	
19	MARTIN, Brooklyn	JR East Sac County	15.51		(NW) 1(3)	
20	NELSON, Arabella	FR Manson NW Web	17.19		(NW) 1(4)	
21	MILLER, Jacilyn	FR Manson NW Web	23.91		(NW) 1(5)	

2026 TWIN LAKES CONFERENCE MEET

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RESULTS**#18 Boys 100 Meters (Varsity)**

IA Iowa HS Record 10.10 Adam Haluksa Carroll 2002

6:50 PM:

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	SHOWERS, Kayden	SR	Southeast Valley	11.17		(NW) 3(1)	10
2	JAESCHKE, Logan	JR	Southeast Valley	11.39		(NW) 3(2)	8
3	HUDSON, Brayden	JR	Pocahon Area	11.52		(NW) 3(3)	6
4	CALVO, Nicolas	SR	St. Marys SL	11.54		(NW) 3(4)	5
5	REINERT, Camden	SR	Alta/Aurelia	12.21		(NW) 3(5)	4
6	WERNEBURG, Brayden	JR	South Cent Cal	12.35		(NW) 2(1)	3
7	HARRER, Ian	SO	Newell-Fonda	12.38		(NW) 2(2)	2
8	DROSTE, Elliott	JR	Manson NW Web	12.47		(NW) 1(1)	1
9	BELLCOCK, Jackson	JR	Newell-Fonda	12.53		(NW) 2(3)	
10	WOOD, Cameron	JR	Manson NW Web	12.58		(NW) 2(4)	
11	HANSON, Teagan	SR	Graet-T/Ruth-Ayr	12.65		(NW) 1(2)	
12	HAMMEN, Coen	JR	Pocahon Area	12.68	12.671	(NW) 2(5)	
13	MCGREGOR, Remington	JR	Sioux Ctrl SR	12.68	12.678	(NW) 3(6)	
14	MANWARREN, Hunter	JR	Graet-T/Ruth-Ayr	12.70		(NW) 3(7)	
15	JACOBSON, Kyan	JR	Emmetsburg	12.83		(NW) 2(6)	
16	STEMKE, Aiden	SO	Sioux Ctrl SR	13.04		(NW) 2(7)	
17	DEAN, Dustin	JR	South Cent Cal	13.10		(NW) 1(3)	
18	CHRISTENSEN, Lex	JR	WB-Mallard	13.40	13.395	(NW) 1(4)	
18	GARCIA, Juan	SR	Alta/Aurelia	13.40	13.395	(NW) 2(8)	
20	SCHADE, Tyler	FR	East Sac County	13.69		(NW) 1(5)	
21	ELBERT, Riley	SR	Emmetsburg	14.95		(NW) 1(6)	
22	BAHLER, Daniel	FR	WB-Mallard	16.59		(NW) 1(7)	
	PHELPS, Cael	SO	St. Marys SL	DNS			3

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

Host: Pocahontas Area

Tuesday, May 5, 2026

MEET OFFICIALS**Meet Director:**

Lincoln Vorba

Meet Referee:

Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

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RESULTS**#19 Girls 1600m DMR (Varsity)**

IA Iowa HS Record

3:55.82

Davenport Assumption

2017

6:55 PM:

Pl	Team	Time	Note	H(Pl)	Pts
1	Graet-T/Ruth-Ayr (A)	4:34.19		2(1)	10
	1) HOUGH, Caitlyn SO		2) NAIG, Jadin SO		
	3) WISE, Myah SO		4) HOUGH, Kamryn SO		
2	Newell-Fonda (A)	4:35.68		2(2)	8
	1) VIE, Ava SR		2) SIEVERS, Ellie SO		
	3) HOGREFE, Rylee JR		4) SIEVERS, Quinn FR		
3	Sioux Ctrl SR (A)	4:41.94		2(3)	6
	1) AYERS, Reata SR		2) JOENKS, Bella JR		
	3) BLOOM, Karina JR		4) CHRISTIAN, Nora SR		
4	Manson NW Web (A)	5:03.70		2(4)	5
	1) ANDERSON, Raygin SR		2) MOLINE, Ava JR		
	3) MESSERLY, Ava SR		4) PETERSON, Caroline FR		
5	Emmetsburg (A)	5:10.06		2(5)	4
	1) ROUSE, Makayla JR		2) MARTINI, Sydney FR		
	3) FIENE, Brooklyn FR		4) HELLICKSON, Makaela FR		
6	Alta/Aurelia (A)	5:12.84		2(6)	3
	1) BINDER, Olivia SO		2) OLSEN, Amarie FR		
	3) BUNJES, Blair FR		4) MEYER, Ady FR		
7	Pocahon Area (A)	5:19.20		1(1)	2
	1) COOK, Dani JR		2) STUART, Bailey JR		
	3) MUMFORD, Dakota FR		4) CROTTY, Erica SO		
8	East Sac County (A)	5:24.10		1(2)	1
	1) MEISTER, Laila SO		2) BURNS, Brooke JR		
	3) HAUSER, Tori JR		4) KIES, Miranda FR		
9	South Cent Cal (A)	5:29.05		1(3)	
	1) STUART, Sydney JR		2) COLLISON, Emily SR		
	3) SCHEFFERS, Kiana JR		4) BATZ, Ryann JR		
10	St. Marys SL (A)	5:33.00		1(4)	
	1) MURRAY, Stephanie SR		2) CRUM, Aubrey SR		
	3) LARSON, Kielee SO		4) PHELPS, Peyton SO		

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

Host: Pocahontas Area

Tuesday, May 5, 2026

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Lincoln Vorba

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Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

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RESULTS**#20 Boys 1600m DMR (Varsity)**

IA Iowa HS Record 3:22.69 Newell, Hill, Davis, Mims Iowa City, City High 2001

7:05 PM:

Pl	Team	Time	Note	H(Pl)	Pts
1	Sioux Ctrl SR (A) 1) HEUTON, Chase JR 3) CHRISTIAN, Jack SR	3:54.19		2(1)	10
	2) BUETTNER, Michael SR 4) WERNIMONT, Lucos JR				
2	Southeast Valley (A) 1) HARRISON, Bryce JR 3) VOTE, Landon SO	3:54.29		2(2)	8
	2) WELLMAN, Keelan SO 4) NUSS, Owen JR				
3	Manson NW Web (A) 1) BERGER, Noah SR 3) BUSH, Brody FR	4:02.82		2(3)	6
	2) ANDERSON, Mason SR 4) OSWALD, Thatcher SR				
4	Alta/Aurelia (A) 1) BERN, Tilman SO 3) GUNKELMAN, Dane FR	4:04.27		2(4)	5
	2) REINERT, Camden SR 4) DEMUTH, Ledger JR				
5	East Sac County (A) 1) KLUVER, Beckem FR 3) ARAGON, Riley SR	4:09.58		1(1)	4
	2) HEMER, Xander SR 4) ENGEL, Owen SR				
6	Graet-T/Ruth-Ayr (A) 1) IWEN, Wyatt SR 3) HOUGH, Jace FR	4:11.96		2(5)	3
	2) MANWARREN, Hunter JR 4) MANWARREN, Caleb SO				
7	Emmetsburg (A) 1) FISCHER, Joe JR 3) RUTLEDGE, Krayton SR	4:15.08		2(6)	2
	2) WILCOXON, Jack SR 4) BAILEY, Nolan SO				
8	Newell-Fonda (A) 1) LINDGREN, Levi FR 3) KAUFMAN, Kinnick SO	4:24.81		1(2)	1
	2) MELOHN, Avery FR 4) WHITE, Brock SO				
9	South Cent Cal (A) 1) DEAN, Nathan SR 3) KNAPP, Josh SR	4:26.18		1(3)	
	2) ROLLER, Quinn SR 4) GREENE, Derek SR				
10	Pocahon Area (A) 1) WIRTZ, Aden JR 3) REIS, Brody SO	4:27.59		1(4)	
	2) SMALL, Xander SO 4) ORDONEZ, Jhony SO				

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

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Tuesday, May 5, 2026

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RESULTS**#21 Girls 400 Meters (Varsity)**

IA Iowa HS Record

52.90

Sydney Milani

Southeast Polk

2018

7:15 PM:

Pl	Name	Yr Team	Time	Note	H(Pl)	Pts
1	SCHANY, Rachel	SR Emmetsburg	1:00.35		3(1)	10
2	VEIT, Wendie	SO East Sac County	1:00.82		3(2)	8
3	DROEGMILLER, Macy	FR Alta/Aurelia	1:05.59		3(3)	6
4	WILSON, Avery	SR Sioux Ctrl SR	1:05.81		3(4)	5
5	FEHR, Allie	SR WB-Mallard	1:07.09		3(5)	4
6	HAMILTON, Elliot	FR Newell-Fonda	1:07.21		2(1)	3
7	LAKE, Alli	SO Pocahon Area	1:07.88		2(2)	2
8	PETERSON, Elsie	JR Alta/Aurelia	1:11.72		3(6)	1
9	LANE, Camryn	SR Southeast Valley	1:11.76		2(3)	
10	KISTENMACHER, Abby	FR South Cent Cal	1:14.99		2(4)	
11	SIKORA, Keely	FR Emmetsburg	1:15.78		2(5)	
12	SMITH, Kaylie	FR Sioux Ctrl SR	1:16.45		1(1)	
13	WEEKLEY, Cecilia	FR Newell-Fonda	1:17.56		1(2)	
14	NELSON, Nora	FR Manson NW Web	1:18.57		1(3)	
15	PELZ, Emery	SO Manson NW Web	1:19.89		2(6)	
16	STIMPSON, Ruby	JR Southeast Valley	1:22.25		1(4)	
17	WELLER, Dez	SR South Cent Cal	1:24.14		1(5)	

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

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Tuesday, May 5, 2026

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Fran Long

Timing:

Shannon Event Timings

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RESULTS**#22 Boys 400 Meters (Varsity)**

IA Iowa HS Record 46.99 Darien Porter Bettendorf 2019

7:20 PM:

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	JUDISCH, Cole		SO Manson NW Web	53.79		4(1)	10
2	NESS, Kenny		SR Graet-T/Ruth-Ayr	54.61		3(1)	8
3	NELSON, David		SO Manson NW Web	56.01		4(2)	6
4	PETERSEN, Brendon		SR St. Marys SL	57.48		3(2)	5
5	STEVENS, Trennis		SO Southeast Valley	57.57		4(3)	4
6	WALDSTEIN, Xander		JR Sioux Ctrl SR	57.94		3(3)	3
7	HEFLEY, Josiah		FR Southeast Valley	58.06		2(1)	2
8	KUENY, Eric		SO Alta/Aurelia	58.10		3(4)	1
9	MILLS, Dominac		SR St. Marys SL	58.32		3(5)	
10	RUBEL, Matthew		FR Emmetsburg	58.54		3(6)	
11	SORENSEN, Zac		SO Graet-T/Ruth-Ayr	59.98		4(4)	
12	WERNEBURG, Brayden		JR South Cent Cal	1:00.79		2(2)	
13	MERCER, Thomas		SO Newell-Fonda	1:03.00		1(1)	
14	HUNZIKER, Kolbe		FR East Sac County	1:05.77		2(3)	
15	MOREY, Trent		JR WB-Mallard	1:06.17		2(4)	
16	ORDONEZ, Jhony		SO Pocahon Area	1:06.36		1(2)	
17	WITTE, Layth		JR South Cent Cal	1:07.99		1(3)	
18	JOHNSON, Chance		SO Newell-Fonda	1:08.36		1(4)	
19	SALAZAR JR, Jose		FR WB-Mallard	1:10.03		1(5)	
	SARGENT, Kenley		FR Alta/Aurelia	DNS		2	
	COX, Benjamin		FR Emmetsburg	DNS		2	
	GARCIA, Noah		SR Sioux Ctrl SR	DNS		4	

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

Host: Pocahontas Area

Tuesday, May 5, 2026

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Lincoln Vorba

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Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

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RESULTS**#23 Girls 4 x 200m Relay (Varsity)**

IA Iowa HS Record

1:38.55

Waukee NW

2025

7:25 PM:

Pl	Team	Time	Note	H(Pl)	Pts
1	Southeast Valley (A) 1) LANE, Sage SO 3) FARLEY, Madelyn SR	1:52.38		2(1)	10
	2) SEARCY, Mae JR 4) HANSON, Avrie JR				
2	Pocahon Area (A) 1) SOMMERLOT, Natalie JR 3) SOBOTKA, Emma JR	1:53.55		2(2)	8
	2) HAUSWIRTH, Halee SR 4) MEFFERD, Khloe SR				
3	Sioux Ctrl SR (A) 1) WALDSTEIN, Peyton SO 3) JOENKS, Bella JR	1:56.09		2(3)	6
	2) WITTMACK, Madison FR 4) AYERS, Reata SR				
4	Alta/Aurelia (A) 1) LANGSCHWAGER, Kadence SR 3) MEYER, Emily FR	1:56.66		2(4)	5
	2) GUNKELMAN, Clare SR 4) ANDERSON, Bree SO				
5	Graet-T/Ruth-Ayr (A) 1) WESTFALL, Mackenzie FR 3) ANDERSON, Olivia SR	1:59.18		2(5)	4
	2) HANSEN, Addison JR 4) NAIG, Jadin SO				
6	Emmetsburg (A) 1) FIENE, Dylan JR 3) SWIFT, Lily SO	1:59.55		1(1)	3
	2) WALTERS, Macy FR 4) BIDDLE, Abby FR				
7	Manson NW Web (A) 1) ANDERSON, Raygin SR 3) EGLI, Millie FR	2:02.23		2(6)	2
	2) PEED, Rowan FR 4) AQUINO, Bellah SO				
8	East Sac County (A) 1) MEISTER, Laila SO 3) BURNS, Brooke JR	2:02.89		1(2)	1
	2) KING, Haley Jo SR 4) KISCHER, Emma JR				
9	South Cent Cal (A) 1) BAKER, Ellason FR 3) STUART, Sydney JR	2:06.48		1(3)	
	2) COLLISON, Emily SR 4) HILER, Gwen FR				
10	Newell-Fonda (A) 1) PETERS, Lexi FR 3) WHITE, McKinley FR	2:07.13		1(4)	
	2) JOHNSON, Diem FR 4) HAMMEN, Madison FR				

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

Host: Pocahontas Area

Tuesday, May 5, 2026

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Lincoln Vorba

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Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

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RESULTS**#24 Boys 4 x 200m Relay (Varsity)**

IA Iowa HS Record 1:25.55

ADM, Adel

2024

7:30 PM:

Pl	Team	Time	Note	H(Pl)	Pts
1	Graet-T/Ruth-Ayr (A) 1) SCHNELL, Jaxson SR 3) DARR, Will SR 2) IWEN, Wyatt SR 4) HARRIS, Brady JR	1:36.64		2(1)	10
2	Emmetsburg (A) 1) JENNESS, Tyce SR 3) BAY, MJ SO 2) SHIRK, Clay SO 4) YATES, Bradyen SR	1:37.79		2(2)	8
3	Newell-Fonda (A) 1) GREENFIELD, Andrew FR 3) HARRER, Ian SO 2) BARON, Gunnar SO 4) HOGREFE, Jacksyn SR	1:39.46		1(1)	6
4	Sioux Ctrl SR (A) 1) MCGREGOR, Remington JR 3) WILSON, Joseph SO 2) BUETTNER, Michael SR 4) GLOVER, Kase SO	1:40.44		2(3)	5
5	Southeast Valley (A) 1) OLLINGER, Tucker FR 3) WELLMAN, Keelan SO 2) MARTIN, Ethan FR 4) MAPEL, Colden FR	1:41.23		2(4)	4
6	South Cent Cal (A) 1) ALBRIGHT, Aidan SO 3) STICKROD, Hayden JR 2) BUSE, Luke JR 4) KRAUSE, Garrett JR	1:41.86		2(5)	3
7	Pocahon Area (A) 1) HAMMEN, Coen JR 3) MARSH, Adam SO 2) SMALL, Xander SO 4) WIRTZ, Aden JR	1:43.10		1(2)	2
8	Manson NW Web (A) 1) JOHNSON, Clayton SO 3) JAESCHKE, Tyler FR 2) LAHR, Wyatt SO 4) LUNDBERG, Thomas SO	1:45.65		2(6)	1
9	WB-Mallard (A) 1) MOREY, Trent JR 3) HANSON, Wyatt SO 2) FALCON, Cesar JR 4) STALZER, Carter FR	1:45.84		1(3)	
10	Alta/Aurelia (A) 1) BERN, Tilman SO 3) GLIENKE, Korbin SO 2) KOLAR, Caden SO 4) HUISENGA, Drew JR	1:47.34		1(4)	
11	East Sac County (A) 1) LAHR, Emmett FR 3) HAYES, Joseph FR 2) KING, Gabe JR 4) FREESE, Tucker SR	1:52.04		1(5)	

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

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Tuesday, May 5, 2026

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Fran Long

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Shannon Event Timings

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RESULTS**#25 Girls 100m Hurdles (Varsity)**

IA Iowa HS Record 13.62 Emma Havighurst WDM Valley 2025

7:40 PM:

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	DREITH, Danica	SO	Pocahon Area	16.34		(NW) 3(1)	10
2	VEIT, Libbie	JR	East Sac County	16.54		(NW) 3(2)	8
3	HOUGH, Caitlyn	SO	Graet-T/Ruth-Ayr	17.48		(NW) 3(3)	6
4	THOREN, Elizabeth	JR	Emmetsburg	17.57		(NW) 3(4)	5
5	SEARCY, Mae	JR	Southeast Valley	17.73	17.727	(NW) 3(5)	4
6	VIE, Ava	SR	Newell-Fonda	17.73	17.729	(NW) 2(1)	3
7	FARLEY, Madelyn	SR	Southeast Valley	17.95		(NW) 3(6)	2
8	WEIER, Hanna	FR	Sioux Ctrl SR	17.98		(NW) 3(7)	1
9	SOBOTKA, Grace	SO	Pocahon Area	18.18		(NW) 2(2)	
10	MEISTER, Madison	SR	East Sac County	18.20		(NW) 3(8)	
11	KOHNEN, Gertrude	FR	Manson NW Web	18.22		(NW) 2(3)	
12	STITES, Allie	FR	Alta/Aurelia	18.24		(NW) 2(4)	
13	WUNSCHHEL, Abbygail	JR	Alta/Aurelia	18.41		(NW) 2(5)	
14	PETERSON, Caroline	FR	Manson NW Web	18.72		(NW) 1(1)	
15	LAURSEN, Kailee	JR	Sioux Ctrl SR	18.75		(NW) 2(6)	
16	HOBERMAN, Kennady	FR	Newell-Fonda	19.24		(NW) 2(7)	
17	SCHUMACHER, Ellie	FR	South Cent Cal	20.79		(NW) 1(2)	
18	MCCHESENEY, Morgan	SR	South Cent Cal	21.74		(NW) 1(3)	

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

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Fran Long

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Shannon Event Timings

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RESULTS**#26 Boys 110m Hurdles (Varsity)**

IA Iowa HS Record 13.55 Quinton Alexander CR Prairie 2025

7:45 PM:

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	JOHNSON, Colin		SR Southeast Valley	14.86		(NW) 2(1)	10
2	SWEDIN, Caleb		SR Graet-T/Ruth-Ayr	15.13		(NW) 2(2)	8
3	MILLS, Owen		SR Sioux Ctrl SR	15.20		(NW) 2(3)	6
4	OLLINGER, Kolton		JR Southeast Valley	15.66		(NW) 2(4)	5
5	JENNESS, Tyce		SR Emmetsburg	15.76		(NW) 2(5)	4
6	SPOONER, Perry		SR Sioux Ctrl SR	17.24		(NW) 2(6)	3
7	HOCH, Clayton		JR WB-Mallard	18.48		(NW) 2(7)	2
8	THOMPSON, Kylar		JR South Cent Cal	18.78		(NW) 1(1)	1
9	DAUGHENBAUGH, Alex		JR Alta/Aurelia	21.09		(NW) 1(2)	
10	DILLAVOU, Jodin		FR South Cent Cal	21.34		(NW) 1(3)	

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

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Tuesday, May 5, 2026

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Lincoln Vorba

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Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

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RESULTS**#27 Girls 800 Meters (Varsity)**

IA Iowa HS Record 2:06.52 Ainsley Erzen Carlisle 2021

7:55 PM:

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	SCHANY, Rachel	SR	Emmetsburg	2:32.24		2(1)	10
2	BLOOM, Karina	JR	Sioux Ctrl SR	2:33.43		2(2)	8
3	BERKLAND, Hayden	SR	Alta/Aurelia	2:38.36		2(3)	6
4	CHRISTIAN, Nora	SR	Sioux Ctrl SR	2:44.59		2(4)	5
5	WILSON, Emily	SO	Southeast Valley	2:47.97		2(5)	4
6	LAKE, Alli	SO	Pocahon Area	2:50.38		2(6)	3
7	KASKEY, Eva	SR	Alta/Aurelia	2:51.21		2(7)	2
8	ANDERSON, Raygin	SR	Manson NW Web	2:53.61		2(8)	1
9	KASTENDIECK, Tenley	FR	Southeast Valley	2:54.02		2(9)	
10	ELBERT, Rory	JR	Emmetsburg	2:58.25		1(1)	
11	LANDGRAF, Isabelle	SR	St. Marys SL	2:59.60		1(2)	
12	COPP, Kyia	FR	Newell-Fonda	3:03.62		1(3)	
13	BOHLMANN, Adrian	FR	Newell-Fonda	3:06.83		1(4)	
14	WELLER, Dez	SR	South Cent Cal	3:09.19		1(5)	
15	PHELPS, Peyton	SO	St. Marys SL	3:09.71		1(6)	
16	MCCUSKER, Caitlyn	JR	South Cent Cal	3:09.83		1(7)	
17	PETERSON, Payton	SO	Manson NW Web	3:10.49		1(8)	
	CROTTY, Erica	SO	Pocahon Area	DNS		1	

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

Host: Pocahontas Area

Tuesday, May 5, 2026

MEET OFFICIALS**Meet Director:**

Lincoln Vorba

Meet Referee:

Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

printed: 5/5/2026 10:02 PM

RESULTS**#28 Boys 800 Meters (Varsity)**

IA Iowa HS Record 1:49.41 Quentin Nauman Western Dubuque 2025

8:05 PM:

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	CHRISTIAN, Jack	SR	Sioux Ctrl SR	2:03.59		2(1)	10
2	LAUNDERVILLE, Jacob	SR	Alta/Aurelia	2:07.61		2(2)	8
3	HOEPPNER, Jack	SR	Manson NW Web	2:08.70		2(3)	6
4	VOTE, Landon	SO	Southeast Valley	2:14.98		2(4)	5
5	SPORRER, Landon	SR	East Sac County	2:15.52		2(5)	4
6	SMITH, Weston	FR	Sioux Ctrl SR	2:18.94		2(6)	3
7	NUSS, Owen	JR	Southeast Valley	2:21.64		2(7)	2
8	LOCKREM, Gus	SO	Newell-Fonda	2:27.46		1(1)	1
9	WHITE, Brock	SO	Newell-Fonda	2:28.23		1(2)	
10	GARCIA, Juan	SR	Alta/Aurelia	2:28.98		1(3)	
11	MEYER, Logan	SO	Manson NW Web	2:32.27		2(8)	
12	LESTER, Hunter	FR	WB-Mallard	2:33.12		1(4)	
13	RODRIGUEZ, Jesus	JR	St. Marys SL	2:33.59		1(5)	
14	DUSENBERRY, Deagan	FR	South Cent Cal	2:40.07		1(6)	
15	WILEY, Gabe	SO	South Cent Cal	2:52.14		1(7)	
	REIS, Brody	SO	Pocahon Area	DNS		1	
	PHELPS, Cael	SO	St. Marys SL	DNS		1	
	GUTIERREZ, Angel	SO	Pocahon Area	DNS		1	
	WILSON, Cayden	JR	Graet-T/Ruth-Ayr	DNS		2	
	RUTLEDGE, Krayton	SR	Emmetsburg	DNS		2	
	MANWARREN, Caleb	SO	Graet-T/Ruth-Ayr	DNS		2	

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

Host: Pocahontas Area

Tuesday, May 5, 2026

MEET OFFICIALS**Meet Director:**

Lincoln Vorba

Meet Referee:

Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

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RESULTS**#29 Girls 200 Meters (Varsity)**

IA Iowa HS Record

23.68

Sydney Milani

Southeast Polk

2018

8:15 PM:

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	HANSON, Avrie	JR	Southeast Valley	27.40		(NW) 4(1)	10
2	MEFFERD, Khloe	SR	Pocahon Area	27.61		(NW) 4(2)	8
3	VEIT, Libbie	JR	East Sac County	27.93		(NW) 3(1)	6
4	FEHR, Maddie	SR	WB-Mallard	28.34		(NW) 4(3)	5
5	SOMMERLOT, Natalie	JR	Pocahon Area	28.37		(NW) 3(2)	4
6	BLOOM, Ellie	JR	Alta/Aurelia	28.58		(NW) 4(4)	3
7	RIDGELY, Mya	SR	South Cent Cal	28.62		(NW) 4(5)	2
8	NAIG, Jadin	SO	Graet-T/Ruth-Ayr	28.79		(NW) 4(6)	1
9	WEIER, Hanna	FR	Sioux Ctrl SR	29.32		(NW) 3(3)	
10	SWIFT, Lily	SO	Emmetsburg	29.36		(NW) 3(4)	
11	JOHNSON, Elcie	FR	Southeast Valley	29.38		(NW) 2(1)	
12	HOUGH, Lauryn	FR	Graet-T/Ruth-Ayr	31.63		(NW) 2(2)	
13	MANDERNACH, Bailey	SO	Newell-Fonda	31.77		(NW) 2(3)	
14	ZYLSTRA-REEDY, Bella	SO	Emmetsburg	32.05		(NW) 2(4)	
15	WEEKLEY, Cecilia	FR	Newell-Fonda	32.62		(NW) 1(1)	
16	DORNATH, Brooklynn	FR	Manson NW Web	32.76		(NW) 2(5)	
17	CRAWMER, McKenna	SO	WB-Mallard	33.43		(NW) 2(6)	
18	SCHEFFERS, Kiana	JR	South Cent Cal	33.49		(NW) 1(2)	
19	PALMA, Alessia	SR	East Sac County	34.90		(NW) 1(3)	
20	MENKE, Jade	FR	Manson NW Web	39.17		(NW) 1(4)	
	PETERSON, Elsie	JR	Alta/Aurelia	DNS			3
	AYERS, Reata	SR	Sioux Ctrl SR	DNS			3

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

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Tuesday, May 5, 2026

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Lincoln Vorba

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Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

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RESULTS**#30 Boys 200 Meters (Varsity)**

IA Iowa HS Record 20.80 Tim Dwight Iowa City, City High 1994

8:20 PM:

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	JUDISCH, Cole		SO Manson NW Web	22.65		(NW) 4(1)	10
2	JAESCHKE, Logan		JR Southeast Valley	23.05		(NW) 4(2)	8
3	BERGER, Noah		SR Manson NW Web	23.80		(NW) 4(3)	6
4	CALVO, Nicolas		SR St. Marys SL	24.28		(NW) 4(4)	5
5	SPOONER, Perry		SR Sioux Ctrl SR	24.47		(NW) 3(1)	4
6	YATES, Bradyen		SR Emmetsburg	24.63		(NW) 4(5)	3
7	DARR, Will		SR Graet-T/Ruth-Ayr	24.93		(NW) 3(2)	2
8	BELLCOCK, Jackson		JR Newell-Fonda	25.24		(NW) 3(3)	1
9	HARRER, Ian		SO Newell-Fonda	26.11		(NW) 3(4)	
10	WERNEBURG, Brayden		JR South Cent Cal	26.12		(NW) 2(1)	
11	KLUVER, Beckem		FR East Sac County	26.22		(NW) 2(2)	
12	RUBEL, Matthew		FR Emmetsburg	26.31		(NW) 3(5)	
13	VAN SCHEPEN, Camden		SO Sioux Ctrl SR	26.45		(NW) 2(3)	
14	SHOWERS, Kayden		SR Southeast Valley	26.82		(NW) 4(6)	
15	KOLAR, Caden		SO Alta/Aurelia	27.25		(NW) 2(4)	
16	DEAN, Dustin		JR South Cent Cal	27.32		(NW) 1(1)	
17	DAUGHENBAUGH, Alex		JR Alta/Aurelia	28.14		(NW) 1(2)	
18	CHRISTENSEN, Lex		JR WB-Mallard	28.21		(NW) 2(5)	
19	LANDGRAF, Will		FR St. Marys SL	31.70		(NW) 1(3)	
20	MOGLER, Josh		FR WB-Mallard	34.14		(NW) 1(4)	
	WELANDER, Karson		SO Pocahon Area	DNS			1
	HUDSON, Brayden		JR Pocahon Area	DNS			2
	MANWARREN, Hunter		JR Graet-T/Ruth-Ayr	DNS			3

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

Host: Pocahontas Area

Tuesday, May 5, 2026

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Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

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RESULTS**#31 Girls 400m Hurdles (Varsity)**

IA Iowa HS Record

57.30

Debbie Esser

Woodbine

1975

8:30 PM:

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	VEIT, Wendie		SO East Sac County	1:07.97		3(1)	10
2	MADSEN, Marley		SR Sioux Ctrl SR	1:12.42		3(2)	8
3	HOUGH, Kamryn		SO Graet-T/Ruth-Ayr	1:12.91		3(3)	6
4	VIE, Ava		SR Newell-Fonda	1:13.03		2(1)	5
5	OLSEN, Amarie		FR Alta/Aurelia	1:13.42		2(2)	4
6	WALTERS, Macy		FR Emmetsburg	1:15.62		3(4)	3
7	ERICKSON, Paige		FR Newell-Fonda	1:16.78		2(3)	2
8	PETERSON, Caroline		FR Manson NW Web	1:17.60		2(4)	1
9	SCHUMACHER, Grace		FR South Cent Cal	1:18.42		1(1)	
10	LANE, Sage		SO Southeast Valley	1:20.69		3(5)	
11	WITTMACK, Madison		FR Sioux Ctrl SR	1:20.84		2(5)	
12	BLAIR, Charlotte		FR Southeast Valley	1:21.20		1(2)	
13	JONES, Rachel		JR Manson NW Web	1:22.16		1(3)	
14	LANGSCHWAGER, Addilyn		FR Alta/Aurelia	1:23.43		2(6)	
15	EGERTSEN, McKenna		FR Pocahon Area	1:35.10		1(4)	
16	SCHUMACHER, Ellie		FR South Cent Cal	1:40.67		1(5)	
	FEHR, Allie		SR WB-Mallard	DNS		3	

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

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Tuesday, May 5, 2026

MEET OFFICIALS**Meet Director:**

Lincoln Vorba

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Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

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RESULTS**#32 Boys 400m Hurdles (Varsity)**

IA Iowa HS Record 50.96 Dustin Avey Ames 1996

8:35 PM:

Pl	Name	Yr	Team	Time	Note	H(Pl)	Pts
1	JOHNSON, Colin	SR	Southeast Valley	55.12		3(1)	10
2	BURGER, Alex	JR	Southeast Valley	55.71		3(2)	8
3	SWEDIN, Caleb	SR	Graet-T/Ruth-Ayr	57.55		3(3)	6
4	OSWALD, Thatcher	SR	Manson NW Web	58.44		3(4)	5
5	HEMER, Xander	SR	East Sac County	1:01.21		3(5)	4
6	JOHNSON, Clayton	SO	Manson NW Web	1:02.07		2(1)	3
7	THOMPSON, Kylar	JR	South Cent Cal	1:03.74		2(2)	2
8	KUENY, Andrew	SR	Alta/Aurelia	1:06.23		2(3)	1
9	BAILEY, Nolan	SO	Emmetsburg	1:07.14		1(1)	
10	GLIENKE, Korbin	SO	Alta/Aurelia	1:09.18		2(4)	
11	HOGREFE, Keaton	FR	Sioux Ctrl SR	1:11.37		2(5)	
12	SNYDER, Mason	FR	East Sac County	1:12.90		2(6)	
13	SALAZAR JR, Jose	FR	WB-Mallard	1:16.66		1(2)	
14	LANDGRAF, Will	FR	St. Marys SL	1:17.31		1(3)	
15	DILLAVOU, Jodin	FR	South Cent Cal	1:25.17		1(4)	
	HANSON, Teagan	SR	Graet-T/Ruth-Ayr	DNS		1	
	MILLS, Owen	SR	Sioux Ctrl SR	DNS		3	

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

Host: Pocahontas Area

Tuesday, May 5, 2026

MEET OFFICIALS**Meet Director:**

Lincoln Vorba

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Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

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RESULTS**#33 Girls 1500 Meters (Varsity)**

IA Iowa HS Record 4:25.32 Addison Dorenkamp Valley, WDM 2024

8:45 PM:

Pl	Name	Yr	Team	Time	Note	Pts
1	BRABEC, Mareni		SR Newell-Fonda	5:11.89		10
2	DROEGMILLER, Macy		FR Alta/Aurelia	5:25.88		8
3	WITTRICK, Maddie		FR Manson NW Web	5:27.87		6
4	MELODY, Iris		SR South Cent Cal	5:34.98		5
5	DAVIS, Goldie		FR Southeast Valley	5:35.88		4
6	MEYER, Danika		SO Newell-Fonda	5:36.54		3
7	GIRRES, Addaley		FR Graet-T/Ruth-Ayr	5:45.38		2
8	KISTENMACHER, Abby		FR South Cent Cal	6:06.76		1
9	ELBERT, Rory		JR Emmetsburg	6:12.97		
10	STORMS, Sawyer		FR Pocahon Area	6:13.55		
11	DORSEY, Charlie		FR Southeast Valley	6:18.00		
12	BRENNAN, Tia		JR Manson NW Web	6:25.73		
13	CHAMBERS, Allie		SO Sioux Ctrl SR	6:45.82		
14	FETROW, Jessa		JR St. Marys SL	7:34.30		
	LANDGRAF, Isabelle		SR St. Marys SL	DNS		
	JOHNSON, Makayla		SO Emmetsburg	DNS		
	ABERSON, Kiera		SO Alta/Aurelia	DNS		

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

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Tuesday, May 5, 2026

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Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

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RESULTS**#34 Boys 1600 Meters (Varsity)**

IA Iowa HS Record 3:59.60 Quentin Nauman Western Dubuque 2025

8:55 PM:

Pl	Name	Yr	Team	Time	Note	Pts
1	ARAGON, Riley		SR East Sac County	4:47.97		10
2	AKINS, Lincoln		SR Southeast Valley	4:49.27		8
3	WERNIMONT, Lucos		JR Sioux Ctrl SR	4:53.57		6
4	WIDLUND, Kyle		SO Manson NW Web	4:57.39		5
5	ENGEL, Owen		SR East Sac County	4:59.69		4
6	DEMUTH, Ledger		JR Alta/Aurelia	5:01.00		3
7	CHRISTIANS, Colin		JR Sioux Ctrl SR	5:07.94		2
8	NUSS, Owen		JR Southeast Valley	5:10.81		1
9	SPENCER, Declan		FR South Cent Cal	5:12.23		
10	OLSEN, Jack		SO Newell-Fonda	5:12.48		
11	COX, Benjamin		FR Emmetsburg	5:20.46		
12	POUTRE, Rowan		SO Manson NW Web	5:24.05		
13	COX, Elijah		JR Emmetsburg	5:25.26		
14	LANGSCHWAGER, Laeton		SO Alta/Aurelia	5:31.31		
15	BARBER, Austin		SO Newell-Fonda	5:38.15		
16	GREENE, Derek		SR South Cent Cal	5:39.58		
17	MICKELSON, Caden		FR Graet-T/Ruth-Ayr	5:58.66		
18	NAEVE, Pierce		FR Graet-T/Ruth-Ayr	6:02.43		
19	FOELL, Paul		FR St. Marys SL	6:02.57		
20	KAMPEN, Bryson		SO WB-Mallard	6:14.56		
21	RODRIGUEZ, Jesus		JR St. Marys SL	6:24.35		
	KING, Trayton		FR WB-Mallard	DNS		

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

Host: Pocahontas Area

Tuesday, May 5, 2026

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Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

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RESULTS**#35 Girls 4 x 100m Relay (Varsity)**

IA Iowa HS Record 47.22

Waukee NW

2024

9:00 PM:

Pl	Team	Time	Note	H(Pl)	Pts
1	Pocahon Area (A) 1) DREITH, Danica SO 3) SOMMERLOT, Natalie JR	51.91		2(1)	10
	2) HAUSWIRTH, Halee SR 4) MEFFERD, Khloe SR				
2	Southeast Valley (A) 1) HANSON, Avrie JR 3) FARLEY, Madelyn SR	52.55		2(2)	8
	2) SEARCY, Mae JR 4) LANE, Sage SO				
3	Sioux Ctrl SR (A) 1) WALDSTEIN, Peyton SO 3) WILSON, Avery SR	52.85		2(3)	6
	2) AYERS, Reata SR 4) JOHNSON, Lillian SO				
4	Alta/Aurelia (A) 1) LANGSCHWAGER, Kadence SR 3) MEYER, Emily FR	54.75		2(4)	5
	2) GUNKELMAN, Clare SR 4) BLOOM, Ellie JR				
5	WB-Mallard (A) 1) AKRIDGE, Payton SO 3) FEHR, Allie SR	55.00		2(5)	4
	2) LOWE, Mia SR 4) FEHR, Maddie SR				
6	Manson NW Web (A) 1) PEED, Rowan FR 3) JONES, Rachel JR	56.47		1(1)	3
	2) MESSERLY, Ava SR 4) DAGGETT, Leighton FR				
7	Graet-T/Ruth-Ayr (A) 1) ANDERSON, Olivia SR 3) COOK, Colleen SR	57.67		1(2)	2
	2) HOUGH, Lauryn FR 4) WESTFALL, Mackenzie FR				
8	Emmetsburg (A) 1) THOREN, Elizabeth JR 3) ZYLSTRA-REEDY, Bella SO	58.10		1(3)	1
	2) ROUSE, Makayla JR 4) FIENE, Brooklyn FR				
9	South Cent Cal (A) 1) RIDGELY, Mya SR 3) RIAT, Emma JR	1:00.41		2(6)	
	2) BAKER, Ellason FR 4) SCHUMACHER, Grace FR				
10	East Sac County (A) 1) HARTY, Ruby SO 3) MARTIN, Brooklyn JR	1:01.12		1(4)	
	2) PASQUALIN, Lara SR 4) SCHADE, Aubrey SO				
11	Newell-Fonda (A) 1) PETERS, Lexi FR 3) WHITE, McKinley FR	1:02.78		1(5)	
	2) HOBERMAN, Kennady FR 4) HAMMEN, Madison FR				

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

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Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

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RESULTS**#36 Boys 4 x 100m Relay (Varsity)**

IA Iowa HS Record 41.18

Ankeny Centennial

2025

9:05 PM:

Pl	Team	Time	Note	H(Pl)	Pts
1	Southeast Valley (A) 1) HANSON, Casey JR 3) JOHNSON, Colin SR 2) JAESCHKE, Logan JR 4) SHOWERS, Kayden SR	44.40		2(1)	10
2	Graet-T/Ruth-Ayr (A) 1) SCHNELL, Jaxson SR 3) DARR, Will SR 2) HARRIS, Brady JR 4) SWEDIN, Caleb SR	45.92		2(2)	8
3	Newell-Fonda (A) 1) BARON, Gunnar SO 3) BELLCOCK, Jackson JR 2) GREENFIELD, Andrew FR 4) HOGREFE, Jacksyn SR	46.80		1(1)	6
4	Emmetsburg (A) 1) BAY, MJ SO 3) FISCHER, Joe JR 2) JENNESS, Tyce SR 4) YATES, Bradyen SR	46.93		2(3)	5
5	Manson NW Web (A) 1) BERGER, Noah SR 3) THOMA, Tegan JR 2) ANDERSON, Mason SR 4) WOOD, Cameron JR	47.35		1(2)	4
6	South Cent Cal (A) 1) ALBRIGHT, Aidan SO 3) STICKROD, Hayden JR 2) BUSE, Luke JR 4) KRAUSE, Garrett JR	48.73		2(4)	3
7	Alta/Aurelia (A) 1) BERN, Tilman SO 3) GARCIA, Juan SR 2) KOLAR, Caden SO 4) REINERT, Camden SR	49.26		1(3)	2
8	WB-Mallard (A) 1) MOREY, Trent JR 3) FALCON, Cesar JR 2) CHRISTENSEN, Lex JR 4) LESTER, Hunter FR	51.77		1(4)	1
9	East Sac County (A) 1) LAHR, Emmett FR 3) DONELSON, Seth SR 2) HAYES, Joseph FR 4) HUNZIKER, Kolbe FR	53.43		1(5)	
10	St. Marys SL (A) 1) CALVO, Nicolas SR 3) PETERSEN, Brendon SR 2) MILLS, Dominac SR 4) PHELPS, Cael SO	54.43		1(6)	
	Pocahon Area (A) 1) HUDSON, Brayden JR 3) MARSH, Adam SO 2) HALLIGAN, Gabe SO 4) WELANDER, Karson SO	DQ	Rule 5-	2	
	Sioux Ctrl SR (A) 1) MCGREGOR, Remington JR 3) HEUTON, Chase JR 2) WITTMACK, Max JR 4) GLOVER, Kase SO	DQ	Rule 5-	2	

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

Host: Pocahontas Area

Tuesday, May 5, 2026

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Lincoln Vorba

Meet Referee:

Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

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RESULTS**#37 Girls 4 x 400m Relay (Varsity)**

IA Iowa HS Record 3:47.46

Waukee Northwest

2025

9:10 PM:

Pl	Team	Time	Note	H(Pl)	Pts
1	Sioux Ctrl SR (A) 1) BLOOM, Karina JR 3) WILSON, Avery SR	4:20.42		2(1)	10
	2) CHRISTIAN, Nora SR 4) MADSEN, Marley SR				
2	Alta/Aurelia (A) 1) ANDERSON, Bree SO 3) DROEGMILLER, Macy FR	4:26.55		2(2)	8
	2) PETERSON, Elsie JR 4) BERKLAND, Hayden SR				
3	Newell-Fonda (A) 1) SIEVERS, Ellie SO 3) SIEVERS, Quinn FR	4:29.28		2(3)	6
	2) HAMILTON, Elliot FR 4) HOGREFE, Rylee JR				
4	Graet-T/Ruth-Ayr (A) 1) HOUGH, Kamryn SO 3) HANSEN, Addison JR	4:29.84		2(4)	5
	2) HOUGH, Caitlyn SO 4) WISE, Myah SO				
5	Emmetsburg (A) 1) BIDDLE, Abby FR 3) FIENE, Dylan JR	4:44.65		2(5)	4
	2) SWIFT, Lily SO 4) WALTERS, Macy FR				
6	Manson NW Web (A) 1) MESSERLY, Ava SR 3) HILDRETH, Kathleen FR	4:47.08		1(1)	3
	2) MOLINE, Ava JR 4) BENEKE, Grace FR				
7	Southeast Valley (A) 1) BLAIR, Charlotte FR 3) WILSON, Emily SO	4:58.46		1(2)	2
	2) KASTENDIECK, Tenley FR 4) DAVIS, Goldie FR				
8	East Sac County (A) 1) CARROLL, Jordin SR 3) KISCHER, Emma JR	5:09.39		2(6)	1
	2) HAUSER, Tori JR 4) KIES, Miranda FR				
9	South Cent Cal (A) 1) HILER, Gwen FR 3) KISTENMACHER, Abby FR	5:11.64		1(3)	
	2) BATZ, Ryann JR 4) SCHEFFERS, Kiana JR				
	Pocahon Area (A) 1) LAKE, Alli SO 3) FEILMEIER, Linnie FR		DQ Rule 5-	1	
	2) STUART, Bailey JR 4) CROTTY, Erica SO				

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

Host: Pocahontas Area

Tuesday, May 5, 2026

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Lincoln Vorba

Meet Referee:

Fran Long

Timing:

Shannon Event Timings

**OFFICIAL MEET REPORT**

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RESULTS**#38 Boys 4 x 400m Relay (Varsity)**

IA Iowa HS Record 3:13.80 Collins, Sandvig, Keairnes, McSkimming Valley, West Des Moines 2006

9:20 PM:

Pl	Team	Time	Note	H(Pl)	Pts
1	Manson NW Web (A) 1) HOEPPNER, Jack SR 3) NELSON, David SO	3:40.30		2(1)	10
	2) OSWALD, Thatcher SR 4) JUDISCH, Cole SO				
2	Alta/Aurelia (A) 1) LAUNDERVILLE, Jacob SR 3) KUENY, Eric SO	3:46.46		2(2)	8
	2) GUNKELMAN, Dane FR 4) OLSEN, Gabe SR				
3	Sioux Ctrl SR (A) 1) GARCIA, Noah SR 3) BUETTNER, Michael SR	3:47.25		2(3)	6
	2) HEUTON, Chase JR 4) CHRISTIAN, Jack SR				
4	Southeast Valley (A) 1) OLLINGER, Kolton JR 3) WELLMAN, Keelan SO	3:48.44		2(4)	5
	2) VOTE, Landon SO 4) MARTIN, Ethan FR				
5	Graet-T/Ruth-Ayr (A) 1) IWEN, Wyatt SR 3) HOUGH, Jace FR	3:48.92		2(5)	4
	2) DARR, Will SR 4) MANWARREN, Caleb SO				
6	East Sac County (A) 1) HEMER, Xander SR 3) FREESE, Tucker SR	3:54.29		1(1)	3
	2) ARAGON, Riley SR 4) SPORRER, Landon SR				
7	South Cent Cal (A) 1) BULLOCK, Curtis SO 3) STICKROD, Hayden JR	3:58.77		1(2)	2
	2) HILER, Elias SO 4) KNAPP, Josh SR				
8	Pocahon Area (A) 1) HALLIGAN, Gabe SO 3) WIRTZ, Aden JR	4:00.56		2(6)	1
	2) DREITH, Collin SR 4) WELANDER, Karson SO				
9	WB-Mallard (A) 1) HOCH, Clayton JR 3) HANSON, Wyatt SO	4:09.30		1(3)	
	2) NUNES SOUZA, Eduardo JR 4) STALZER, Carter FR				
	Newell-Fonda (A) 1) MELOHN, Avery FR 3) LOCKREM, Gus SO		FS	1	
	2) LINDGREN, Levi FR 4) HARRER, Ian SO				
	Emmetsburg (A) 1) RUBEL, Matthew FR 3) BAILEY, Nolan SO		DNS	1	
	2) SHIRK, Beckam FR 4) WILCOXON, Jack SR				

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

Host: Pocahontas Area

Tuesday, May 5, 2026

MEET OFFICIALS

Meet Director:

Lincoln Vorba

Meet Referee:

Fran Long

Timing:

Shannon Event Timings



OFFICIAL MEET REPORT

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RESULTS

Varsity Boys Scores

Pl	Team	Code	Score
1	Southeast Valley	SEVY	169
2	Sioux Ctrl SR	SCSR	117
3	Manson NW Web	MNW	102
4	Graet-T/Ruth-Ayr	GTRA	69
5	Alta/Aurelia	ALAU	52
5	East Sac County	ESAC	52
7	South Cent Cal	SCCA	50
8	Pocahon Area	PAC	42
9	Emmetsburg	EMMT	34
10	Newell-Fonda	NF	29
11	St. Marys SL	SLSM	17
12	WB-Mallard	WBM	6

2026 TWIN LAKES CONFERENCE MEET

Pocahontas, IA

Host: Pocahontas Area

Tuesday, May 5, 2026

MEET OFFICIALS

Meet Director:

Lincoln Vorba

Meet Referee:

Fran Long

Timing:

Shannon Event Timings



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RESULTS

Varsity Girls Scores

Pl	Team	Code	Score
1	Sioux Ctrl SR	SCSR	89
2	Alta/Aurelia	ALAU	83
3	Pocahon Area	PAC	81
4	Southeast Valley	SEVY	74
4	Emmetsburg	EMMT	74
6	Newell-Fonda	NF	70
6	East Sac County	ESAC	70
8	Graet-T/Ruth-Ayr	GTRA	63
9	Manson NW Web	MNW	58
10	South Cent Cal	SCCA	45
11	WB-Mallard	WBM	31

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RESULTS

Boys Scores

Pl	Team	Code	Score
1	Southeast Valley	SEVY	170
2	Sioux Ctrl SR	SCSR	115
3	Manson NW Web	MNW	102
4	Graet-T/Ruth-Ayr	GTRA	69
5	East Sac County	ESAC	53
6	Alta/Aurelia	ALAU	52
7	South Cent Cal	SCCA	50
8	Pocahon Area	PAC	42
9	Emmetsburg	EMMT	34
10	Newell-Fonda	NF	29
11	St. Marys SL	SLSM	17
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RESULTS

Girls Scores

Pl	Team	Code	Score
1	Sioux Ctrl SR	SCSR	89
2	Alta/Aurelia	ALAU	83
3	Pocahon Area	PAC	81
4	Southeast Valley	SEVY	74
4	Emmetsburg	EMMT	74
6	Newell-Fonda	NF	70
6	East Sac County	ESAC	70
8	Graet-T/Ruth-Ayr	GTRA	63
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