

Simpson College High School Classic - 3/26/2009
- Results -

Boys 100 Meter Dash

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Name	Year	School	Seed	Finals	H#	Points
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Finals

1 James, TJ FR Lincoln Rails Boys 11.20 11.07 1 10
2 Lewis, Trey FR West Des Moi 11.20 11.09 1 8
3 Parrott, Dalton SO Dowling Catholic 11.25 11.28 1 6
4 Cook, Isiah JR Waterloo West 11.00 11.33 1 5
5 Chia, Michael JR Indianola 11.30 11.40 2 4
6 Ward, Kippie FR Lincoln Rails Boys 11.20 11.41 1 3
7 Smalls, Nick JR Urbandale J-Hawks 11.30 11.42 2 2
8 Young, Aaron JR Des Moines R 11.20 11.46 1 1
9 Freeman, Conner SO Urbandale J-Hawks 11.60 11.47 2
10 Aimable, Javan JR Waterloo West 11.25 11.58 1
11 Porter, Nate JR Indianola 11.40 11.59 2
12 Looney, Martin SO West Des Moi 11.35 11.69 2
13 Edwards, Trevor JR Dowling Catholic 11.25 11.75 1
14 Worrall, Tyler Knoxville 11.54 11.95 2
15 Garrison, Justin Knoxville 11.90 12.17 2

Boys 200 Meter Dash

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Name	Year	School	Seed	Finals	H#	Points
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1 Tucker, Anthony SR Indianola 23.40 22.99 1 10
2 Suntken, T.J. JR Indianola 23.50 23.20 1 8
3 LaMay, Te'Rel SR Des Moines R 23.50 23.31 1 6
4 Belle, Shayrohn SO Dowling Catholic 24.40 23.72 2 5
5 Bernstine, Kee'von FR Lincoln Rails Boys 23.50 23.86 1 4
6 Padgett, Jacob SO West Des Moi 24.20 24.26 1 3
7 Brown, Aaron SR Dowling Catholic 24.35 24.82 2 2
8 Moore, DeAndre SO Urbandale J-Hawks 24.50 25.39 2 1
9 Aldrich, Alex JR West Des Moi 24.90 25.54 2
10 Washington, Blake Knoxville 24.20 25.93 1
11 Gardner, J.J. SR Urbandale J-Hawks 24.45 26.27 2
12 Brown, Shafer Knoxville 24.80 26.70 2

Boys 400 Meter Dash

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Name	Year	School	Seed	Finals	H#	Points
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1 Davey, Brennan SO Indianola 52.10 51.00 1 10
2 Coffman, Bennett West Des Moi 53.90 53.34 1 8
3 Belle, Shayrohn SO Dowling Catholic 53.75 53.44 1 6
4 Judge, Jacob SR Indianola 55.80 55.10 2 5
5 Smith, Mike SO Des Moines R 56.00 55.72 2 4
6 Washington, Blake Knoxville 54.50 56.34 1 3
7 Massina, Nick JR Waterloo West 56.00 56.82 2 2
8 Teeling, Jackson SR Dowling Catholic 53.00 57.01 1 1
9 Staub, Nic SR Urbandale J-Hawks 55.00 57.28 1
9 Freeman, Michael SO Des Moines R 1:00.00 57.28 2
11 Ledbetter, Josh FR West Des Moi 54.50 58.01 1
12 Smith, Adam SR Urbandale J-Hawks 59.50 58.81 2

Boys 800 Meter Run

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Name	Year	School	Seed	Finals	Points
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1	Gorsche, Sam	SO	Indianola	2:03.50	2:04.30	10
2	Johnson, Cory	SR	Indianola	2:10.00	2:08.67	8
3	Wells, Conor	JR	Des Moines R	2:10.00	2:09.66	6
4	Jensen, Dan	JR	Urbandale J-Hawks	2:13.00	2:10.55	5
5	Varner, Nathan		Knoxville	2:08.00	2:10.76	4
6	Woolson, Brooks	SR	Dowling Catholic	2:20.00	2:13.93	3
7	Rossauer, Brett	SR	Urbandale J-Hawks	2:11.00	2:15.78	2
8	Dolan, Tyler	West	Des Moi	2:20.90	2:16.61	1
9	Kinley, Patrick	FR	Dowling Catholic	2:18.00	2:17.39	
10	Carlson, Ben	West	Des Moi	2:20.50	2:17.68	
11	Fitzpatrick, Joseph	JR	Des Moines R	2:15.00	2:21.25	
12	Luna, Jason	SR	Lincoln Rails Boys	2:15.00	2:26.49	
13	Peterson, Carson		Knoxville	2:18.00	2:29.36	
14	Munoz, Fez	SR	Lincoln Rails Boys	2:22.00	2:32.15	

Boys 1600 Meter Run

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Name	Year	School	Seed	Finals	Points
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1	Bickham, Kelly	JR	Indianola	4:35.00	4:33.77	10
2	McGuire, Joshua	JR	Dowling Catholic	4:35.00	4:36.52	8
3	Barrett, Andrew	JR	Des Moines R	4:55.00	4:45.92	6
4	Kantarevic, Amir	SR	Waterloo West	4:36.00	4:46.44	5
5	Smith, Chris	JR	Waterloo West	4:50.00	4:48.69	4
6	Wiemers, Zach	SO	West Des Moi	4:54.39	4:49.34	3
7	Wiemers, Nate	SR	West Des Moi	4:44.85	4:49.61	2
8	Rossauer, Brett	SR	Urbandale J-Hawks	4:50.00	4:49.87	1
9	Kienol, Zach	SR	Waterloo West	4:45.00	4:51.18	
10	Wells, Conor	JR	Des Moines R	4:50.00	4:58.58	
11	Gruetzmacher, Ryan	JR	Waterloo West	4:50.00	x5:00.48	
12	Prescott, Drew	SO	Urbandale J-Hawks	5:00.00	5:02.02	
13	Grant, DJ	JR	Waterloo West	4:55.00	x5:02.83	
14	Decker, Cole	FR	Dowling Catholic	4:50.00	5:03.38	
15	Lund, Trevor	JR	Dowling Catholic	5:00.00	5:05.66	
16	VanderVeer, Jamie		Knoxville	4:59.00	5:05.90	
17	Luna, Jason	SR	Lincoln Rails Boys	5:05.00	5:09.82	
18	Fiepke, Zach	SO	West Des Moi	5:05.20	5:10.98	
19	Shepherd, Timothy		Knoxville	5:17.00	5:14.90	
20	Messina, Joel	FR	Des Moines R	5:55.00	5:15.75	
21	Logan, Andrew	SR	Urbandale J-Hawks	5:15.00	5:16.97	
22	Condon, Josh	SO	Indianola	5:18.00	5:17.68	
23	McIntyre, Chris	SO	Indianola	5:20.00	5:21.46	
24	Rogowski, Matt	JR	Lincoln Rails Boys	5:15.00	5:29.59	

Boys 3200 Meter Run

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Name	Year	School	Seed	Finals	Points
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1	Schulze, Nick	SR	Indianola	10:00.00	9:52.89	10
2	Kantarevic, Amir	SR	Waterloo West	9:58.00	9:55.80	8
3	Johnson, Cory	SR	Indianola	10:05.00	9:56.28	6
4	Coppess, Kit	West	Des Moi	10:17.00	10:10.38	5
5	Barrett, Andrew	JR	Des Moines R	10:30.00	10:12.72	4
6	Jensen, Dan	JR	Urbandale J-Hawks	10:25.00	10:15.04	3
7	Hoover, Cody	SR	Indianola	10:20.00	10:40.97	2
8	Hughes, Logan	West	Des Moi	10:30.20	10:45.12	1

Boys 3200 Meter Run (cont.)

9 Kinley, Patrick FR Dowling Catholic 10:20.00 10:45.89
10 Ruiz-Perez, Jason JR Dowling Catholic 10:45.00 11:18.55
11 Waters, Joel FR Des Moines R 12:50.00 11:59.77
12 Coleman, Nick SO Dowling Catholic 11:00.00 12:06.16
13 Jensen, Tyler SR Urbandale J-Hawks 12:10.00 12:07.02
14 Fresh, Jay FR Knoxville 12:00.00 12:09.57
15 Hutchison, Johnny FR West Des Moi 10:49.40 12:33.67
16 McClaron, Benton FR Des Moines R 14:00.00 12:37.10
17 Berndt, Alex JR Lincoln Rails Boys 12:25.00 12:45.46
-- Shepherd, Timothy Knoxville 11:17.00 DQ

Boys 110 Meter Hurdles

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Name	Year	School	Seed	Finals	H#	Points
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1	Stroebele, Jacob	SR Urbandale J-Hawks	15.00	15.48	1	10
2	Johnson, Deandre	West Des Moi	15.13	15.60	1	8
3	Hale, Seth	JR Indianola	16.20	16.26	1	6
4	Lindaman, Ben	West Des Moi	16.08	16.74	1	5
5	Means, Jordan	JR Urbandale J-Hawks	17.00	17.75	2	4
6	Carr, Derek	SO Des Moines R	19.00	18.34	2	3
7	Piper, Colby	JR Lincoln Rails Boys	18.00	19.51	2	2
8	Schimelfenig, Cole	JR Indianola	18.20	21.18	2	1

Boys 400 Meter Hurdles

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Name	Year	School	Seed	Finals	H#	Points
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1	Fritz, Clayton	JR Indianola	58.00	59.06	1	10
2	Boesen, Ben	SO Dowling Catholic	59.50	59.86	1	8
3	Hale, Seth	JR Indianola	57.80	1:00.03	1	6
4	Oman, Scott	SO West Des Moi	1:05.69	1:02.01	2	5
5	Barton, Jackson	SR Urbandale J-Hawks	1:04.00	1:05.02	2	4
6	Piper, Colby	JR Lincoln Rails Boys	59.00	1:05.74	1	3
7	Freeman, Michael	SO Des Moines R	1:20.00	1:06.07	2	2
8	Menken, John	West Des Moi	1:01.73	1:07.85	1	1
9	Harry, Jacob	SO Dowling Catholic	1:02.00	1:08.96		
10	Kreinbring, Josh	JR Lincoln Rails Boys	1:05.00	1:12.24	2	
11	Crabtree, Zach	SR Knoxville	1:05.00	1:19.02	2	
12	Hunt, Domonic	SO Des Moines R	1:06.00	1:20.92	2	

Boys 4x100 Meter Relay

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School	Seed	Finals	H#	Points
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1	West Des Moines Valley 'A'	43.90	44.39	1	10
2	Lincoln Rails Boys 'A'	44.50	44.45	1	8
3	Des Moines Roosevelt 'A'	44.35	44.59	1	6
4	Indianola 'A'	44.30	44.83	1	5
5	Urbandale J-Hawks 'A'	45.00	45.85	1	4
6	Dowling Catholic 'A'	44.40	46.20	1	3
7	West Des Moines Valley 'B'	45.90	x46.95	2	
8	Des Moines Roosevelt 'B'	46.80	x47.47	2	
9	Knoxville 'A'	46.00	48.28	1	2
10	Dowling Catholic 'B'	46.00	x48.61	2	
11	Urbandale J-Hawks 'B'	50.00	x49.06	2	
12	Lincoln Rails Boys 'B'	48.00	x49.44	2	
13	Indianola 'B'	48.20	x49.98	2	
14	Knoxville 'B'	48.00	x50.40	2	

Boys 4x200 Meter Relay

School Seed Finals H# Points

1 West Des Moines Valley 'A' 1:30.50 1:32.55 1 10
2 Lincoln Rails Boys 'A' 1:33.00 1:33.45 1 8
3 Waterloo West 'A' 1:32.00 1:33.46 1 6
4 Des Moines Roosevelt 'A' 1:32.90 1:34.39 1 5
5 Dowling Catholic 'A' 1:33.00 1:35.72 1 4
6 West Des Moines Valley 'B' 1:38.75 x1:36.08 2
7 Urbandale J-Hawks 'A' 1:35.00 1:36.45 1 3
8 Dowling Catholic 'B' 1:36.00 x1:39.58 2
9 Lincoln Rails Boys 'B' 1:43.00 x1:42.90
10 Des Moines Roosevelt 'B' 1:40.00 x1:44.24 2
11 Knoxville 'B' 1:40.00 x1:47.16 2
-- Indianola 'B' 1:40.00 DQ 2
-- Indianola 'A' 1:33.30 DQ 1
-- Urbandale J-Hawks 'B' 1:43.00 DQ 2
-- Knoxville 'A' 1:34.50 DQ 1

Boys 4x400 Meter Relay

School Seed Finals H# Points

1 Indianola 'A' 3:33.50 3:33.60 1 10
2 Knoxville 'A' 3:32.50 3:39.54 1 8
3 West Des Moines Valley 'A' 3:31.49 3:40.48 1 6
4 Urbandale J-Hawks 'A' 3:40.00 3:40.78 1 5
5 West Des Moines Valley 'B' 3:39.70 x3:43.93 2
6 Des Moines Roosevelt 'A' 3:48.00 3:51.67 1 4
7 Knoxville 'B' 3:45.00 x3:55.21 2
8 Indianola 'B' 3:47.00 x3:59.67 2
9 Urbandale J-Hawks 'B' 4:00.00 x4:02.26 2
10 Des Moines Roosevelt 'B' 3:50.00 x4:06.87 1
11 Lincoln Rails Boys 'A' 3:50.00 4:07.25 1 3
12 Lincoln Rails Boys 'B' 4:05.00 x4:12.14 2

Boys 4x800 Meter Relay

School Seed Finals Points

1 Indianola 'A' 8:24.00 8:18.78 10
2 West Des Moines Valley 'A' 8:28.22 8:28.58 8
3 Dowling Catholic 'A' 8:40.00 8:37.18 6
4 Urbandale J-Hawks 'A' 8:45.00 8:41.86 5
5 Waterloo West 'A' 8:30.00 8:42.28 4
6 Knoxville 'A' 9:10.00 8:44.83 3
7 Des Moines Roosevelt 'A' 9:00.00 8:55.88 2
8 West Des Moines Valley 'B' 9:13.56 x9:06.31
9 Dowling Catholic 'B' 9:10.00 x9:15.53
10 Urbandale J-Hawks 'B' 9:30.00 x9:25.47
11 Indianola 'B' 8:40.00 x9:27.10
12 Lincoln Rails Boys 'A' 9:15.00 9:37.20 1
13 Lincoln Rails Boys 'B' 11:00.00 x10:33.98

Boys 1600 Sprint Medley

School Seed Finals H# Points

1 Indianola 'A' 4:37.00 3:43.23 1 10
2 West Des Moines Valley 'A' 3:48.25 3:49.65 1 8
3 Knoxville 'A' 3:41.00 3:51.71 1 6
4 Urbandale J-Hawks 'A' 3:54.00 3:52.71 1 5
5 Dowling Catholic 'A' 3:50.00 3:53.36 1 4
6 Des Moines Roosevelt 'A' 4:00.00 4:05.54 1 3
7 West Des Moines Valley 'B' 9:13.56 x4:06.92 2
8 Indianola 'B' 4:53.00 x4:06.93 2
9 Urbandale J-Hawks 'B' 4:05.00 x4:08.77 2
10 Dowling Catholic 'B' 4:10.00 x4:09.01 2
11 Des Moines Roosevelt 'B' 4:20.00 x4:10.72 2
12 Lincoln Rails Boys 'A' 3:57.00 4:20.82 1 2
13 Lincoln Rails Boys 'B' 4:25.00 x4:46.78 2

Boys Meter Shuttle Hurdle

School Seed Finals H# Points

1 West Des Moines Valley 'A' 52.14 1:02.85 1 10
2 Urbandale J-Hawks 'A' 1:03.00 1:06.86 2 8
3 Des Moines Roosevelt 'A' 1:00.00 1:07.78 1 6
4 Indianola 'A' 58.90 1:09.44 1 5
5 Dowling Catholic 'B' 1:10.00 x1:14.98 2
6 West Des Moines Valley 'B' 1:00.50 x1:16.55 1
7 Indianola 'B' 1:09.80 x1:23.28 2

Boys High Jump

Name Year School Seed Finals Points

1 Kittelson, Noah JR Indianola 2.03m 6-06.00 10
2 Moore, Luke Knoxville 1.93m 6-00.00 8
3 Johnson, Deandre West Des Moi 1.87m 5-10.00 6
4 Hale, Seth JR Indianola 1.67m 5-08.00 5
5 Davis, Shane JR Des Moines R 1.72m 5-08.00 3.50
5 Harry, Jacob SO Dowling Catholic 1.77m 5-08.00 3.50
7 Blaylock, Riley SO Lincoln Rails Boys 1.77m 5-08.00 1.50
7 Freeman, Conner SO Urbandale J-Hawks 1.72m 5-08.00 1.50
9 Roberts-Lewis, Jordan SR Des Moines R 1.72m 5-06.00
10 Igbokwe, Nnamdai JR Des Moines R 1.72m 5-06.00
-- Hershey, Brian SO West Des Moi 1.67m NH
-- Chaleen, Brad SO Dowling Catholic 1.72m NH
-- Bednar, Jonathan FR West Des Moi 1.77m NH

Boys Long Jump

Name Year School Seed Finals Points

1 Manago, Jerrold SR Waterloo West 6.22m 21-06.00 10
2 Crossett, Kyle Knoxville 6.29m 20-07.75 8
3 Darboh, Amara FR Dowling Catholic 6.06m 20-02.00 6
4 Lentz, Anthony Knoxville 5.71m 19-07.00 5
5 Gabriel, Togbah West Des Moi 6.04m 19-06.00 4
6 Davis, Shane JR Des Moines R 6.35m 19-04.00 3
7 Young, Aaron JR Des Moines R 5.79m 19-03.00 2
8 Johnson, DeQarius SR Des Moines R 6.09m 19-02.00 1

Boys Long Jump (cont.)

9 Massina, Nick JR Waterloo West 5.63m 19-01.00

- 10 Bernstine, Kee'von FR Lincoln Rails Boys 5.74m 17-09.00
- 11 Grace, Ethan FR Dowling Catholic 5.30m 16-11.00
- 12 Anderson, Kael SR Dowling Catholic 5.30m 16-07.50
- 13 Gilpin, Dustin JR Lincoln Rails Boys 5.18m 16-00.00
- 14 Phillips, Emmitt SO West Des Moi 5.91m 12-07.00

Boys Shot Put

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Name Year School Seed Finals Points

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- 1 Bell, Anthony SR Dowling Catholic 15.15m 51-07.00 10
- 2 Munoz, Alberto JR Dowling Catholic 14.59m 44-07.50 8
- 3 Hannon, Naser SR West Des Moi 14.07m 44-06.50 6
- 4 Jepsen, Chris Urbandale J-Hawks 13.71m 44-05.25 5
- 5 Gilson, Chad Urbandale J-Hawks 13.10m 42-10.50 4
- 6 Rennenger, Demetre JR Indianola 11.88m 41-04.00 3
- 7 Huygens, Addison SR West Des Moi 12.07m 40-06.00 2
- 8 Williams, Travis JR Lincoln Rails Boys 13.10m 40-02.75 1
- 9 Wood, Ryan SR West Des Moi 11.58m 38-07.75
- 10 Joshua, Brandon JR Des Moines R 9.14m 38-03.25
- 11 Webb, Josh JR Indianola 12.19m 37-07.00
- 12 Dunkin, Ty SO Knoxville 12.80m 37-05.00
- 13 Wesenberg, Hunter JR Des Moines R 10.05m 36-01.50
- 14 Funk, Garrett SO Urbandale J-Hawks 10.05m 35-10.25
- 15 Swedejehelm, Joe SR Dowling Catholic 13.41m 34-05.00
- 16 Crawley, Jesse SO Lincoln Rails Boys 10.36m 34-04.00
- 17 Hall, Josh SR Des Moines R 10.66m 32-11.25
- 18 McDonald, Stu SO Indianola 9.75m 32-08.50
- 19 Hoffman, Mike JR Lincoln Rails Boys 10.97m 32-04.50
- 20 Provenzano, John JR Knoxville 12.19m 32-00.50

Boys Discus Throw

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Name Year School Seed Finals Points

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- 1 Gilson, Chad Urbandale J-Hawks 42.67m 159-10 10
- 2 Bell, Anthony SR Dowling Catholic 42.67m 147-07 8
- 3 Jepsen, Chris Urbandale J-Hawks 44.19m 147-06 6
- 4 Hannon, Naser SR West Des Moi 30.73m 137-03 5
- 5 Redmond, Cody SR West Des Moi 36.85m 132-07 4
- 6 Hinkhouse, Dallas SO West Des Moi 30.12m 132-01 3
- 7 Best, Matt JR Lincoln Rails Boys 38.10m 127-05.50 2
- 8 Kirk, Anthony SR Knoxville 40.84m 117-08 1
- 9 Mahoney, Dan SO Dowling Catholic 36.57m 117-01
- 10 Seddon, Derek FR Knoxville 36.57m 113-02
- 11 Stroebele, Jared Urbandale J-Hawks 32.00m 105-03
- 12 Price, Logan JR Des Moines R 25.90m 101-04
- 13 McClelland, Zach JR Lincoln Rails Boys 33.52m 96-07.50
- 14 Joshua, Brandon JR Des Moines R 33.52m 96-02.50
- 15 Moline, Dan FR Indianola 28.04m 91-04
- 16 Baker, Tim JR Lincoln Rails Boys 33.52m 90-09.50
- 17 Swedejehelm, Joe SR Dowling Catholic 33.52m 89-01.50
- 18 Kotz, J.J. JR Indianola 30.48m 88-07
- 19 Saunders, Deron JR Des Moines R 30.48m 88-00
- 20 Easter, Levi SO Indianola 27.43m 78-11.50

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Men - Team Rankings - 18 Events Scored

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- 1) Indianola 164
 - 2) West Des Moines Valley 132
 - 3) Dowling Catholic 91.50
 - 4) Urbandale J-Hawks 88.50
 - 5) Des Moines Roosevelt 67.50
 - 6) Lincoln Rails Boys 48.50
 - 7) Knoxville 48
 - 8) Waterloo West 44