

2009 MISSISSIPPI VALLEY CONFERENCE MEN'S TRACK LEADERS
Thru 4/4

100 Meter Dash	Gr	School	Time
Patrick Lewis	12	CRX	:10.73
Ronnie Henderson	11	CRW	:11.01
Alex Carr	10	CRW	:11.09
James Harrington	9	CF	:11.24
Josh Simmons	11	CRK	:11.25
Isiah Cook	11	WW	:11.33
Austin Long		CF	:11.34
Javan Aimable	11	WW	:11.39
Andre Dawson	11	CRW	:11.41
Shay Hoffman	11	CRJ	:11.42
Ben Swenson	12	CRJ	:11.43
Wyatt Suess	12	CRW	:11.45
Tyrell Martin		WW	:11.47
Luke Toyosi		CF	:11.50
Josh Vosatka	12	CRJ	:11.50
Casey DeHoedt	12	CRJ	:11.52
Keenan Davis	12	CRW	:11.55
Scott Schebler	12	CRP	:11.57
Zach Hornung	12	CRJ	:11.60
Jer Garman	10	L-M	:11.60

200 Meter Dash	Gr	School	Time
Patrick Lewis	12	CRX	:22.60
Kyle Slaymaker	12	CRK	:22.62
Kevin Dibbern	12	ICC	:22.70
Isiah Cook	11	WW	:22.77
Larry Johnson	12	CRW	:22.98
Jerrold Manago	12	WW	:22.98
Ronnie Henderson	11	CRW	:23.20
Josh Lenz	12	DH	:23.22
Shay Hoffman	11	CRJ	:23.24
Alex Carr	10	CRW	:23.25
Alonzo Markham	12	ICW	:23.46
Ted Pillard	12	DS	:23.51
Zach Verbeck		CF	:23.52
Scott Schebler	12	CRP	:23.69
James Harrington	9	CF	:23.71
Eric Hovda	10	CRX	:23.72
Marshall Hill		CF	:23.75
Jake Farley		CF	:23.79
Blake Davis	12	CF	:23.80
Jonathan Williams	10	ICW	:23.82

400 Meter Dash	Gr	School	Time
Isiah Cook	11	WW	:49.46
Jordan Velasquez	12	CF	:49.80
Kyle Slaymaker	12	CRK	:50.52
Patrick Lewis	12	CRX	:51.01
Jerrold Manago	12	WW	:51.16
Anthony Crawley		CRK	:51.27
Kyle Donnelly	11	CRX	:51.28
Alonzo Markham	12	ICW	:51.84
Andrew Mitchell	12	ICW	:51.99
Shay Hoffman	11	CRJ	:52.77
Matt Stocker	10	CRP	:53.05
Zach Verbeck		CF	:53.11
John Beardsworth	12	CRW	:53.46
Diemetrius Tillman	12	WE	:53.51
Jesse Alexander		CF	:54.20
Conner Friedly		WW	:54.38
Kevin Riley	12	CRK	:54.56
Brennan Hutson		L-M	:54.69
Andrew Ganshirt	10	DW	:54.81
Drake Hickok	9	CRW	:55.01

800 Meter Run		School	Time
Anthony Crawley		CRK	1:57.17
Andrew Mitchell	12	ICW	1:58.51
Jordan Velasquez	12	CF	1:59.82
Lewi Manirumva	12	CRW	2:00.45
Jake Gerber	11	CRJ	2:02.16
Kenneth Voorhees	10	DH	2:05.74
Ty Wittman	10	DS	2:05.74
Jacob Tayloe		CF	2:06.71
Amir Kantarevic	12	WW	2:06.91
Matt Stocker	10	CRP	2:07.03
Austin Steil	12	CRX	2:07.20
Ryan Gruetzmacher		WW	2:07.74
Kyle Donnelly	11	CRX	2:07.89
Brandon Schmidt	12	DS	2:08.28
Zach Kienol	12	WW	2:08.41
Nick Gentzler		L-M	2:08.51
Ryan Hosier	12	DH	2:09.08
Chase Atkinson	12	L-M	2:09.27
Frank Canady	11	ICW	2:09.30
Ted Ovrom	12	ICC	2:09.32

1600 Meter Run		School	Time
Lewi Manirumva	12	CRW	4:26.80
Frank Canady	11	ICW	4:27.26
Brennan McAllister	12	CRX	4:33.27
Ty Wittman	10	DS	4:34.80
Jacob Tayloe		CF	4:36.19
Jake Gerber	11	CRJ	4:36.59
Amir Kantarevic	12	WW	4:38.70
Scott Mittman	11	ICC	4:42.16
Tanner Reyhons	10	CF	4:42.16
Phil Musson	12	ICW	4:42.64
Ryson Stuart	10	ICW	4:45.29
Lukas Ovrom	11	ICC	4:46.50
Spencer Holten	12	CRK	4:46.98
Austin Steil	12	CRX	4:47.26
Kody Fitzjerrells	9	DS	4:47.91
Chris Smith	11	WW	4:48.69
Chris Robertson	11	ICC	4:49.25
Alex Rigdon	12	CRP	4:50.07
Kenneth Voorhees	10	DH	4:50.56
John Warnke	12	DS	4:51.00

3200 Meter Run		School	Time
Lewi Manirumva	12	CRW	9:34.60
Frank Canady	11	ICW	9:39.72
Scott Mittman	11	ICC	9:49.41
Ty Wittman	10	DS	9:52.16
Amir Kantarevic	12	WW	9:55.80
Brennan McAllister	12	CRX	9:59.22
Jacob Tayloe		CF	10:06.85
Kody Fitzjerrells	9	DS	10:07.44
John Warnke	12	DS	10:16.96
Sam Read	11	L-M	10:20.19
Matt Eckman	11	ICW	10:21.30
Andrew Halloran	9	CF	10:22.06
Chris Smith	11	WW	10:23.94
Alex Rigdon	12	CRP	10:26.65
Ryson Stuart	10	ICW	10:30.16
Jacob Stoner		CF	10:33.65
Matt Stocker	10	CRP	10:34.20
Joe Sevcik		CF	10:34.73
Adam Streicher		CF	10:36.42
Tom Singer	10	CRK	10:37.53

110 Meter Highs		School	Time
Ryan Sander	11	CRX	:15.12
Larry Johnson	12	CRW	:15.20
Matt Smith	11	WW	:15.31
Austin Jauallena		CF	:15.62
Cameron Bradley	11	CRK	:15.63
Max Martino	11	CRK	:15.94
Peter Dolan	12	ICW	:15.95
Kyle Dunn	10	L-M	:15.99
Kyle Bernard	12	CF	:16.04
Avery McBride	12	CRW	:16.09
Adam Sailor	10	CRW	:16.26
Mason Greer	9	ICC	:16.38
Nate Hutcheson	12	L-M	:16.41
Brandon Ophoff	9	L-M	:16.50
Jake Losch		CRK	:16.57
Ross Siemering	12	CRP	:16.76
Miles Barton	10	CRW	:17.12
Spencer Mowatt		CF	:17.15
Wesley Akin		WW	:17.47
Bart Hansen		WW	:17.56

400 Meter Lows		School	Time
Andrew Mitchell	12	ICW	:57.15
Jared Musil	12	CRP	:57.36
Alen Sarkic		WW	:57.48
Kyle Bernard	12	CF	:57.99
Nick Clark	12	CRW	:59.51
Will Thinnies	11	CRX	:59.67
Peter Dolan	12	ICW	:59.99
Mitch Steimel		CRK	1:00.00
Miles Barton	10	CRW	1:00.17
Jake Losch		CRK	1:00.30
Austin Jauallena		CF	1:00.39
Matt Smith	11	WW	1:00.58
Ryan Marling	12	CRJ	1:01.42
Travis Bond		CF	1:01.84
Wesley Akin		WW	1:02.47
Adam Sailor	10	CRW	1:02.63
Adam Pacquette		CF	1:02.82
Mitch Johnson	11	CRP	1:02.84
Myles Douglass		WW	1:02.91
Jacob Aumuller	12	ICC	1:03.37

High Jump		School	Height
Nate Hutcheson	12	L-M	6' 6"
Ryan Sander	11	CRX	6' 3"
Andrew Mitchell	12	ICW	6' 2"
Keenan Davis	12	CRW	6' 2"
Logan Ruffridge	11	CRJ	6'
Max Martino	11	CRK	6'
Josh Diehm	11	WW	6'
Kyle Bernard	12	CF	6'
Barkley Hill		CF	6'
Peter Van Voorhis	11	ICW	5' 10"
Tom Frieden	10	CRP	5' 10"
Nicholas Clark	12	CRW	5' 10"
Ted Pillard	12	DS	5' 10"
Tony Callahan	12	DW	5' 10"
Jeremy Johnson	9	ICC	5' 10"
Brandon Ophoff	9	L-M	5' 10"
Ryan Hejda	12	CRK	5' 8"
Jordan Bradley	11	ICW	5' 8"
Joe Buelow	12	DH	5' 8"
Luke Meyers		CF	5' 8"
John Beardsworth	12	CRW	5' 8"
Richard Bryant	9	ICW	5' 8"

Long Jump		School	Distance
Robert Hogg		CRW	21' 8"
Josh Lenz	12	DH	21' 6.5"
Jerrold Manago	12	WW	21' 6"
Darius Washington	12	WE	21' 3.5"
Caleb Mere	10	CRK	21' 3"
Adrian Martin	12	ICW	21' 1.25"
Charles Rogers	9	ICW	21' 1.25"
Barkley Hill		CF	21'
Gavin Smith	12	ICW	20' 8"
Luke Burbach	11	DW	20' 5.5"
Scott Schebler	12	CRP	20' 5"
Bobby Millard	10	ICC	20' 4"
Anthony Bryant	9	ICW	20' 2"
C. J. Breitbach	11	DS	20' 0.25"
Richard Bryant	9	ICW	19' 10.5"
Riley McCarron		DW	19' 9.25"
Cameron Bradley	11	CRK	19' 9"
Herve Nzombo	12	ICW	19' 4"
Matt Kearney		L-M	19' 4"
Drake Hickok	9	CRW	19' 3.5"

Shot Put		School	Distance
Kevin Harp	12	ICC	53' 6"
Adam Prybil	10	ICC	49' 4.5"
Casey O'Connor	12	ICW	48' 1"
Jacob Dix	11	CF	48'
Eric Ritter	12	ICW	47' 5"
Tucker Tholen	11	ICC	47' 2"
Shawn Albee	11	CRJ	46' 9.5"
Ryan Piche	11	L-M	45' 9.25"
Chris Herrig	11	DS	45' 1.5"
Jordan Waddick	10	DH	44' 3.75"
Mark Jennings		L-M	44' 0.75"
Nate Jones	11	L-M	43' 7"
Jacob Dee	11	CRJ	43' 2"
Michael Jeschke	10	DW	43' 2"
Mike Bangston		CF	42' 9.25"
Connor Mebus	9	ICW	42' 6"
Scott Schlickman	12	DS	42' 3.5"
Zach Kremenak	11	CRK	41' 11.5"
Jordan Young		CRW	41' 9.5"
Stratton Steffy	11	CF	41' 9"

Discus		School	Distance
Sam Joens	10	CRP	141' 6"
Ryan Piche	11	L-M	141' 2"
Tim Lawrence-Richard	11	CF	129' 10"
Mac Mahmens	10	L-M	125' 6.5"
Spencer Heath	12	ICW	124' 4"
Zach Kremenak		CRK	119' 7"
Trevor Johnson		CF	118' 9.5"
Mike Bangston	12	CF	118' 9"
Kyle Brandt		CF	118' 2"
Collin Hennessey		CRW	114' 5"
Shawn Albee	11	CRJ	111' 6.5"
Jacob Gannon	11	ICW	109' 10"
Derek Norland	10	ICW	109' 5"
Aaron Kepler	12	ICW	109' 2"
Devon Reese	12	CRW	108' 7"
Mark Jennings	11	L-M	108'
Kameron Beets	11	CRK	107' 11"
Tom Moore	12	CRK	107' 10"
John Donahue		CRJ	104' 8"
Andrew Martin		WW	102' 9"

4x100 M Relay	Time
CR Xavier	:43.71
CR Washington	:44.06
Iowa City West	:44.43
Linn-Mar	:44.78
Waterloo West	:44.85
CR Jefferson	:45.18
Cedar Falls	:45.30
CR Kennedy	:45.43
CR Prairie	:45.51
Waterloo East	:45.73
Dubuque Hempstead	:46.51
Dubuque Senior	:46.70
Dubuque Wahlert	:47.50
Iowa City High	:48.15

4x200 M Relay	Time
CR Washington	1:30.18
CR Kennedy	1:32.03
Iowa City West	1:32.09
Cedar Falls	1:32.17
CR Xavier	1:32.94
Linn-Mar	1:33.08
CR Jefferson	1:33.26
Waterloo West	1:33.46
Dubuque Hempstead	1:35.80
Iowa City High	1:35.94
Dubuque Senior	1:36.36
CR Prairie	1:37.16
Waterloo East	1:37.44
Dubuque Wahlert	1:40.13

4x400 M Relay	Time
Cedar Falls	3:25.89
Iowa City West	3:28.93
CR Kennedy	3:30.91
Dubuque Senior	3:32.14
Waterloo West	3:32.49
Iowa City High	3:33.51
CR Washington	3:34.15
Linn-Mar	3:34.75
CR Jefferson	3:37.33
Dubuque Hempstead	3:40.32
CR Prairie	3:43.22
Dubuque Wahlert	3:44.21
Waterloo East	3:51.88
CR Xavier	

4x800 M Relay	Time
CR Kennedy	8:17.52
Waterloo West	8:22.49
Iowa City West	8:26.03
Iowa City High	8:28.67
Cedar Falls	8:28.67
Linn-Mar	8:35.35
Dubuque Senior	8:36.26
CR Xavier	8:37.96
CR Washington	8:41.68
CR Prairie	8:54.94
Dubuque Hempstead	8:55.31
Dubuque Wahlert	9:20.67
CR Jefferson	9:23.76
Waterloo East	

Medley Relay	Time
Cedar Falls	3:37.99
CR Kennedy	3:40.58
CR Prairie	3:45.56
Waterloo West	3:46.21
CR Xavier	3:48.64
Dubuque Hempstead	3:53.65
Iowa City West	3:54.32
CR Washington	3:54.99
Iowa City High	3:55.88
Dubuque Senior	3:56.70
Linn-Mar	4:01.91
Dubuque Wahlert	4:09.74
CR Jefferson	4:11.94
Waterloo East	

Shuttle Hurdle Relay	Time
Linn-Mar	1:00.92
CR Kennedy	1:01.11
CR Washington	1:01.18
Cedar Falls	1:02.44
Iowa City West	1:04.73
Waterloo West	1:05.24
CR Xavier	1:07.77
Iowa City High	1:08.90
CR Prairie	1:09.35
Dubuque Senior	1:16.02
Dubuque Hempstead	
CR Jefferson	
Dubuque Wahlert	
Waterloo East	

All times are hand held equivalent. Fully automatic times have had .24 deducted.

Shot Wheelchair	School	Time

Disc Wheelchair	School	Time