

# IATC 2024 ALL STATE TEAMS

## 100m Dash

Class 1A	Baylor Speidel, 12	Lisbon	10.96
	Tiernan Boots, 11	Lisbon	10.98
Class 2A	Jaden Damiano, 12	Iowa Falls-Alden	11.06
	Landry Haberichter, 10	W Burlington/Norte Dame	11.16
Class 3A	Brevin Doll, 12	ADM, Adel	10.82
	Aiden Flora, 12	ADM, Adel	11.00
Class 4A	Logan Fairchild, 11	Ankeny	10.89
	Uriah Allen, 12	Waukee	10.90
Boys 100m Wheelchair	Jayden Stafford, 11	Mid-Prairie, W	18.46
	Josh Anderson, 10	Washington	19.45
Boys 100m Ambulatory	Ethan Kelly, 12	Waukon	13.86
	John Reynolds, 11	Siouxland Christian Schools	14.06

## 100m Dash Elite All State Team

Brevin Doll, 12	ADM, Adel	10.82
Logan Fairchild, 11	Ankeny	10.89
Uriah Allen, 12	Waukee	10.90
Baylor Speidel, 12	Lisbon	10.96

## 200m Dash

Class 1A	Baylor Speidel, 12	Lisbon	22.03
	Ryce Reynolds, 12	Mount Ayr	22.05
Class 2A	Cameron Decker, 12	Dike-New Hartford	22.38
	Noah Schmidgall, 11	Mediapolis	22.58
Class 3A	Brevin Doll, 12	ADM, Adel	21.50
	Aiden Flora, 12	ADM, Adel	21.82
Class 4A	Izaiah Loveless, 12	Iowa City, West	21.69
	Jackson Belding, 12	Ankeny	21.75
Boys 200m Wheel Chair	Jayden Stafford, 11	Mid-Prairie, Wellman	32.42
	Eli Johnson, 10	Bedford	34.91
Boys 200m Ambulatory	Ethan Kelly, 12	Waukon	28.29
	John Reynolds, 11	Siouxland Christian	29.62

## 200m Dash Elite All State Team

Brevin Doll, 12	ADM, Adel	21.50
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Izaiah Loveless, 12	Iowa City, West	21.69
Jackson Belding, 12	Ankeny	21.75
Aiden Flora, 12	ADM, Adel	21.82

#### **400m Dash**

Class 1A	Ryce Reynolds, 12	Mount Ayr	47.90
	Isaiah Johnson, 12	George-Little Rock	49.57
Class 2A	Ty Koehnk, 12	South Hamilton	48.39
	Alex Razez, 12	Shenandoah	49.35
Class 3A	Braedin Zondervan, 12	Carlisle	48.31
	Tye Hardin, 12	Maquoketa	48.86
Class 4A	Jackson Belding, 12	Ankeny	47.38
	Jordan Townsend, 11	Cedar Falls	48.15
Boys 400m Wheelchair	Jayden Stafford, 11	Mid-Prairie, Wellman	1:02.90
	Eli Johnson, 10	Bedford	1:06.61
Boys 400m Ambulatory	John Reynolds 11,	Siouxland Christian	1:13.13
	Brody Kleitsch, 12	Wapsie Valley, Fairbank	1:24.97

#### **400m Dash Elite All State Team**

Jackson Belding, 12	Ankeny	47.38
Ryce Reynolds, 12	Mount Ayr	47.90
Jordan Townsend, 11	Cedar Falls	48.15
Jashua Anglo, 11	Johnston	48.31
Braedin Zondervan, 12	Carlisle	48.31

#### **800m Run**

Class 1A	Landon Bendgen, 12	Woodbine	1:56.26
	Aidan Shannon, 12	Wapsie Valley, Fairbank	1:56.74
Class 2A	Carson Van Sickle, 12	Ogden	1:55.58
	Caleb Ten Pas, 10	Des Moines Christian	1:55.81
Class 3	Quentin Nauman, 10	Western Dubuque	1:51.60
	Tommy Tynismaa, 12	South Tama	1:53.20
Class 4A	Moustafa Tiea, 11	Iowa City, West	1:54.24
	Aydin McNeley, 12	Southeast Polk	1:54.82
Boys 800m Wheelchair	Jayden Stafford, 11	Mid-Prairie, Wellman	2:14.15
	Eli Johnson, 10	Bedford	2:22.89

#### **800m Run Elite All State Team**

Quentin Nauman, 10	Western Dubuque	1:51.60
Tommy Tynismaa, 12	South Tama	1:53.20

Moustafa Tiew, 11	Iowa City, West	1:54.24
Aydin McNeley, 12	Southeast Polk	1:54.82

**1600m Run**

Class 1A	Landon Bendgen, 12	Woodbine	4:17.37
	Aidan Shannon, 12	Wapsie Valley, Fairbank	4:19.86
Class 2A	Caleb Ten Pas, 10	Des Mones Christian	4:19.93
	Solomon Zaugg, 12	Mediapolis	4:20.91
Class 3A	Quentin Nauman, 10	Western Dubuque	4:12.80
	Canaan Dunham, 10	Pella	4:15.67
Class 4A	Tony Anania, 11	Norwalk	4:11.90
	Ethan Zuber, 11	Ankeny	4:11.94

**1600m Run Elite All State Team**

Tony Anania, 11	Norwalk	4:11.90
Ethan Zuber, 11	Ankeny	4:11.94
Quentin Nauman, 10	Western Dubuque	4:12.80
Max DeRocher, 12	Dowling Catholic	4:14.67

**3200 m Run**

Class 1A	Landon Bendgen, 12	Woodbine	9:15.47
	Aidan Shannon, 12	Wapsie Valley, Fairbank	9:31.84
Class 2A	Solomon Zaugg, 12	Mediapolis	9:19.15
	Caleb Ten Pas, 10	Des Moines Christian	9:25.96
Class 3A	Quentin Nauman, 10	Western Dubuque	8:54.11
	Canaan Dunham, 10	Pella	9:00.93
Class 4A	Ethan Zuber, 11	Ankeny	8:59.66
	Natnael Kifle, 12	Sioux City, North	9:00.11

**3200m Run Elite All State Team**

Quentin Nauman, 10	Western Dubuque	8:54.11
Ethan Zuber, 11	Ankeny	8:59.66
Natnael Kifle, 12	Sioux City, North	9:00.11
Canaan Dunham, 10	Pella	9:00.93

**110 M High Hurdles**

Class 1A	Gabe Funk, 11	Lenox	14.83
	Jack Follmann, 12	CAM, Anita	14.92
Class 2A	Ethan Stecker, 11	Spirit Lake	14.30
	Brady Wallace, 11	Treynor	14.30
Class 3A	Ashton Hogrefe, 12	Western Dubuque	14.44
	Tristan Rheingans, 12	Central DeWitt	14.61
Class 4A	Quinton Alexander, 11	Prairie, Cedar Rapids	13.95
	Tyler Kenaga, 12	Cedar Falls	14.28

**110m High Hurdles Elite All State Team**

Quinton Alexander, 11	Prairie, Cedar Rapids	13.95
Tyler Kenaga, 12	Cedar Falls	14.28
Ethan Stecker, 11	Spirit Lake	14.30
Brady Wallace, 11	Treynor	14.30

**400m Hurdles**

Class 1A	Ryce Reynolds, 12	Mount Ayr	51.68 SR
	Gabe Funk, 11	Lenox	53.6
Class 2A	Jaden Damiano, 12	Iowa Falls-Alden	52.03
	Isaac Wenthe, 11	Sheldon	53.08
Class 3A	Tristan Rheingans, 12	Central DeWitt	52.64
	Ashton Hogrefe, 12	Western Dubuque	52.82
Class 4A	Aidan Jacobsen, 12	Iowa City, West	52.85
	Jaxon Schreiber, 11	Cedar Falls	53.71

**400m Hurdles Elite All State Team**

Ryce Reynolds, 12	Mount Ayr	51.68
Jaden Damiano, 12	Iowa Falls-Alden	52.03
Tristan Rheingans, 12	Central DeWitt	52.64
Ashton Hogrefe, 12	Western Dubuque	52.82

**4x100m Relay**

Class 1A	Lisbon	Q. Coleman, D. Clark, T. Boots, B. Speidel	42.33
	Columbus, Columbus Junction	J. Chairez, R. Kaalberg, L. Ceant, K. Amigon	43.30
Class 2A	Shenandoah	H. Dukes, A. Razee, C. Graham, B. Cullin	42.75
	Treynor	J. Sornson, K. Elwood, D. Meyers, B. Wallace	42.75
Class 3A	Harlan	L. Francis, M. Sorfonden, B. Eggerss, C. Sears	41.60 SR
	ADM, Adel	A. Flora, T. Gelhaar, M. Vanorny, B. Doll	41.90
Class 4A	CR Kennedy	D. Dougherty, J. Doyle, N. Woods, C. Bodden	41.27 ATSR
	Ankeny Centennial	E. Porter, C. Welsch, L. Langford, M. Snyder	41.

**4x100m Relay Elite All State Team**

CR Kennedy		41.27
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Ankeny Centennial	D. Dougherty, J. Doyle, N. Woods, C. Bodden	41.34
Harlan	E. Porter, C. Welsch, L. Langford, M. Snyder	41.60
Cedar Falls	L. Francis, M. Sorfonden, B. Eggerss, C. Sears	41.76
	M. Darst, C. Courbat, J. Kies, W. Remmert	

#### **4x200m Relay**

Class 1A	Lisbon	Boots, D. Clark, R. Fridley, B. Speidel	1:28.46 SR
	Madrid	T. Fuller, J. Farrell, L. Fox, T. Sonnenfelt	1:30.88
Class 2A	South Hamilton		1:28.02
	Shenandoah	K. Hodnefield, R. Ricke, N. Severseike, T. Koehnk	1:28.86
		H. Dukes, A. Razee, C. Graham, B. Cullin	
Class 3A	ADM, Adel		1:25.55 ATSR
	Spencer	A. Flora, G. Rychnovsky, Z. Lohmann, B. Doll	1:28.00
		K. Stanzel, M. Robbins, J. Berends, A. Carrillo	
Class 4A	Ankeny Centennial		1:26.20
	Cedar Falls	R. McGhee, B. Jackson, E. Porter, C. Welsch	1:26.77
		M. Darst, J. Kies, W. Remmert, J. Townsend	

#### **4x200m Relay Elite All State**

	ADM, Adel		1:25.55 ATSR
	Ankeny Centennial	A. Flora, G. Rychnovsky, Z. Lohmann, B. Doll	1:26.20
	Cedar Falls	R. McGhee, B. Jackson, E. Porter, C. Welsch	1:26.77
	Iowa City, West	M. Darst, J. Kies, W. Remmert, J. Townsend	1:27.17
		T. Rent, M. Woods, J. Manson, I. Loveless	

#### **4x400m Relay**

Class 1A	Bellevue		3:22.59
	Earlham	C. Tath, K. Guenther, N. Dunne, G. Manders	3:25.35
		D. Canoyer, C. Smith, J. Petersen, W. Hale	
Class 2A	South Hamilton		3:16.35 SR
	Grundy Center	Koehnk, R. Ricke, N. Severseike, K. Hodnefield	3:21.73
		B. Wallis, B. Zinkula, B. Davie, T. Jirovsky	
Class 3A	Ballard		3:19.93
	Center Point Urbana	J. Witt, J. Fleischmann, E. Rouse, C. Lande	3:19.99
		J. Witte, C. Grimm, P. Stowers, N. Miller	

Class 4A	Ankeny		3:14.90
	Cedar Falls	L. Fairchild, T. Brownsberger, J. Bosch, J. Belding	
		H. Russell, K. Steege, J. Schreiber, J. Townsend	3:17.56

**4x400m Relay Elite All State**

Ankeny			3:14.90
South Hamilton		L. Fairchild, T. Brownsberger, J. Bosch, J. Belding	3:16.35 SR
Cedar Falls		T. Koehnke, R. Ricke, N. Severseike, K. Hodnefield	3:17.56
Prairie, Cedar Rapids		H. Russell, K. Steege, J. Schreiber, J. Townsend	3:18.63
		W. Koch, D. Bennis, C. Nove, J. Johannes	

**4x800m Relay**

Class 1A			
Class 2A	Okoboji, Milford		7:49.87 SR
	Mediapolis	T. Heimdal, A. Jostand, D. Sandven, E. Osler	7:51.00
		O. Schmidgall, W. Schmidgall, S. Zaugg, L. Rosas	
Class 3A	Center Point Urbana		7:57.39
	South Tama	C. Grimm, J. Witte, B. Havel, P. Stowers	7:59.78
		J. Brant, B. Rohrs, C. Rosenberger, T. Tynnismaa	
Class 4A	Ankeny		7:40.34
	Johnston	J. Bosch, N. Robie, I. Smith, E. Zuber	7:44.21
		N. Reese, C. Rourke, G. Ness, B. Picken	
4x800m Relay Elite All State	Ankeny		7:40.34
	Johnston	J. Bosch, N. Robie, I. Smith, E. Zuber	7:44.21
		N. Reese, C. Rourke, G. Ness, B. Picken	
	Dowling Catholic		7:46.02
		O. Wolfe, J. Mohan, J. Flori, M. DeRocher	
	Cedar Falls		7:46.91
		B. Hoyer, A. Aldamak, C. Wiering, C. Martin	

**Shuttle Hurdle Relay**

Class 1A	Lenox		59.72 SR
	West Hancock	D. Bashor, J. Martin-England, D. Evans, G. Funk	1:00.18
		E. Ford, J. Peterson, J. Subject, M. Smith	
Class 2A	Iowa Falls-Alden		58.70SR

	Treynor	J. Damiano, A. Barrick, C. Weaver, R. Morgan Jr.	59.10
Class 3A		B. Wallace, B. Casey, C. Konz, K. Elwood	
	Western Dubuque		58.06 SR
	ADM, Adel	B. Decker, J. Then, T. Horstman, A. Hogrefe	58.99
Class 4A		J. Kitzinger, Z. Lohmann, C. Reed, L. Krantz	
	Cedar Falls		57.37
	Ankeny	J. Kies, M. Mills, J. Schreiber, T. Kenaga	58.00
		L. Pote, S. Madsen, H. Carlson, G. Wise	
		<b><u>Shuttle Hurdle Relay Elite All State Team</u></b>	
	Cedar Falls		57.37
	Ankeny	J. Kies, M. Mills, J. Schreiber, T. Kenaga	58.00
		L. Pote, S. Madsen, H. Carlson, G. Wise	
	Western Dubuque		58.06
	Iowa Falls-Alden	B. Decker, J. Then, T. Horstman, A. Hogrefe	58.70
		J. Damiano, A. Barrick, C. Weaver, R. Morgan Jr.	

**Sprint Medley Relay**

Class 1A	Mount Ayr		1:32.66
	Lenox	T. Dugan, J. Ruggles, P. Fleharty, R. Reynolds	1:32.90
		J. Martin-England, D. Evans, D. Bashor, G. Funk	
Class 2A	Shenandoah		1:32.08
	South Hamilton	H. Dukes, C. Graham, B. Cullin, A. Razee	1:32.81
		N. Severseike, N. Gunderson, K. Hodnefield, T. Koehnk	
Class 3A	Newton		1:31.79
	Williamsburg	N. Thomason, R. Trease, C. Ergenbright, C. Klein	1:31.97
		A. Reese, C. Steckly, B. Wetjen, R. Heitman	
Class 4A	Cedar Falls		1:30.32
	Ankeny	M. Darst, W. Remmert, J. Kies, J. Townsend	1:30.54
		S. Sandvig, C. Henkes, D. Akers, J. Belding	

**Sprint Medley Relay Elite All State Team**

Cedar Falls	M. Darst, W. Remmert, J. Kies, J. Townsend	1:30.32
Ankeny	S. Sandvig, C. Henkes, D. Akers, J. Belding	1:30.54
Waukee Northwest	S. Johnson, G. Ludwig, X. Bernstine, J. DeYoung	1:31.37
Johnston	J. Shaw, D. Nyonee, J. Wang, J. Anglo	1:31.72

**Distance Medley Relay**

Class 1A	Wapsie Valley, Fairbank	3:33.05
	T. Sauerbrei, W. Schares, I. Buzynski, A. Shannon	
	Woodbine	3:33.43
	Barry, L. Blum, B. Pryor, L. Bendgen	

Class 2A	Des Moines Christian	3:31.05
	L. Carlisle, J. Fadden, M. Osborne, C. Ten Pas	
	Okoboji, Milford	3:31.41
	D. Jutting, E. Graves, T. Heimdal, E. Osler	

Class 3A	Western Dubuque	3:28.17
	D. Burds, G. Glusser, B. Decker, Q. Nauman	
	Center Point Urbana	3:30.86
	C. Andrews, A. Maloney, C. Grimm, P. Stowers	

Class 4A	Ankeny	3:24.56
	S. Sandvig, D. Akers, J. Bosch, E. Zuber	
	Dowling Catholic	3:26.07
	W. Ringwelski, T. Wilson, J. Kruger, M. DeRocher	

**Distance Medley Relay Elite All State**

Ankeny	S. Sandvig, D. Akers, J. Bosch, E. Zuber	3:24.56
Dowling Catholic	W. Ringwelski, T. Wilson, J. Kruger, M. DeRocher	3:26.07
Southeast Polk	A. Schafer, S. Zelenovich, E. Gaye, A. McNeley	3:27.0
Western Dubuque	D. Burds, G. Glusser, B. Decker, Q. Nauman	3:28.17

**Long Jump**

<u>Class 1A</u>	Austin Jordan, 11	Grand View Christian	22-00.25
	Daylin Schaefer, 12	Lisbon	21-08.00
<u>Class 2A</u>	Jack Miller, 12	Jesup	22-02.25
	Mason Boothby, 12	Underwood	22-00.50
<u>Class 3A</u>	Aren Schlemme, 10	Clear Creek-Amana	22-02.50
	Kaiden Quandahl, 12	Decorah	22-02.00
<u>Class 4</u>	T.Y. Pour, 11	Prairie, Cedar Rapids	23-04.50
	Aidan Jacobsen, 12	Iowa City, West	22-11.75

**Long Jump Elite All State**



T.Y. Pour, 11	Prairie, Cedar Rapids	23-04.50
Aidan Jacobsen, 12	Iowa City, West	22-11.75
Jacob Smetzer, 12	Cedar Rapid, Kennedy	22-09.50
Keshawn Wyldon, 10	Burlington	22-07.00

### **High Jump**

Class 1A	Lance Bunde, 12	ACGC	6-06.00
	Kolby Culbertson, 12	Coon Rapids-Bayard	6-05.00
Class 2A	Ryan Little, 11	Albia	6-09.00
	Tyson Seeser, 11	Camanche	6-07.00
Class 3A	Eli Zillman, 10	Fairfield	6-09.00
	Wanding Hosnyang, 12	Le Mars	6-07.00
	Eli Patterson, 10	Benton Comm	6-07.00
Class 4A	Idris Thomas, 12	Davenport, West	6-06.00
	Ben Sorensen, 12	Valley, West Des Moines	6-05.00

### **High Jump Elite All State Team**

Ryan Little, 11	Albia	6-09.00
Eli Zillman, 10	Fairfield	6-09.00
Tyson Seeser, 11	Camanche	6-07.00
Wanding Hosnyang, 12	Le Mars	6-07.00

### **Shot Put**

Class 1A	Ian Blowe, 12	Akron-Westfield	58-08.25
	Morgan Cooley, 10	East Union	52-05.00
Class 2A	Trevor Veenstra, 12	Pella Christian	58-10.75
	Maxwell Tiarks, 12	Underwood	57-11.50
Class 3A	Hanson King, 12	Pella	59-05.50
	Tory Wash, 12	Vinton-Shellsburg	57-10.00
Class 4A	Nathan Rotherham, 12	Dowling Catholic	59-00.50
	Sam Watts, 12	Linn-Mar	59-00.25
Boys Shot Put Wheelchair	Colton Roorda, 11	Unity Christian, Orange City	20-03.50
	Brandon Klein, 10	Fort Madison	17-09.75
Boys Shot Put Ambulatory	Ethan Kelly, 12	Waukon	38-10.00
	Brody Kleitsch, 12	Wapsie Valley, Fairbank	32-10.50

### **Shot Put Elite All State Team**

Hanson King, 12	Pella	59-05.50
Nathan Rotherham, 12	Dowling Catholic	59-00.50
Sam Watts, 12	Linn-Mar	59-00.25
Trevor Veenstra, 12	Pella Christian	58-10.75

**Discus Throw**

Class 1A	Ian Blowe, 12 Anthony Harrington, 10	Akron-Westfield Midland, Wyoming	175-11 159-10
Class 2A	Maxwell Tiarks, 12 Trevor Veenstra, 12	Underwood Pella Christian	181-04 181-02
Class 3A	Ben Kampman, 12 Derek Weisskopf, 12	Solon Williamsburg	186-03 179-08
Class 4A	Zach McMillian, 12 Nolan Dempsey, 11	North Scott Davenport, West	176-08 168-11

**Discus Throw Elite All State Team**

Ben Kampman, 12	Solon	186-03
Maxwell Tiarks, 12	Underwood	181-04
Trevor Veenstra, 12	Pella Christian	181-02
Derek Weisskopf, 12	Williamsburg	179-08