

Southeast Polk Boys Ram Relays - 4/03/2025

Southeast Polk HS Meet Program

Boys SMR 800m Varsity

Heat 1 of 1 Finals

2	DES MOINES EAST	'A'	1:37.00
3	SOUTHEAST POLK	'A'	1:36.28
4	WAUKEE	'A'	1:36.00
5	ANKENY CENTENNIAL	'A'	1:36.00
6	DES MOINES HOOVER	'A'	1:36.50
7	PELLA	'A'	1:38.22
8	ANKENY	'A'	1:40.00

Boys SMR 800m Junior Varsity

Heat 1 of 2 Finals

3	SOUTHEAST POLK	'B'	
4	VALLEY WEST DES MOINES	'B'	1:46.60
5	PELLA	'A'	1:47.00

Heat 2 of 2 Finals

2	ANKENY CENTENNIAL	'A'	1:43.00
3	SOUTHEAST POLK	'A'	1:41.00
4	WAUKEE	'A'	1:39.00
5	ANKENY	'A'	1:39.82
6	DES MOINES EAST	'A'	1:43.00
7	VALLEY WEST DES MOINES	'A'	1:45.40

Boys 3200 Meters Varsity

Heat 1 of 1 Finals

1	Canaan Dunham	11	PELLA	9:13.32
2	Ike Smith	11	ANKENY	9:32.00
3	Dashiell Coyier	12	WAUKEE	9:32.20
4	Ben Peterson	10	WAUKEE	9:54.20
5	Sean Thomas	12	ANKENY CENTENNIAL	9:54.49
6	Jonah Ebersole	10	PELLA	10:30.03
7	Nelsen Perrigo	9	VALLEY WEST DES MOI...	10:40.64
8	Carson Whiting	10	VALLEY WEST DES MOI...	10:45.00
9	Henry Laird	9	SOUTHEAST POLK	11:14.19
10	Buck McClafin	12	SOUTHEAST POLK	11:25.15
11	Jonas Robinson	11	ANKENY CENTENNIAL	11:30.00

Boys 3200 Meters Junior Varsity

Heat 1 of 1 Finals

12	Mason Friedel	9	WAUKEE	10:00.00
13	Maxwell Curnyn	10	ANKENY CENTENNIAL	10:30.00
14	Ian Smith	11	ANKENY CENTENNIAL	11:02.00
15	Tarunesh Gopinath	10	VALLEY WEST DES MOI...	11:08.11
16	Alton Ladd	12	VALLEY WEST DES MOI...	11:10.00
17	Adam Hartwigsen	12	ANKENY CENTENNIAL	11:35.00
18	Brandon McLaughlin	11	VALLEY WEST DES MOI...	12:17.57
19	Jason Rivas	12	DES MOINES EAST	12:30.00
20	Sawyer Miller	9	ANKENY	
21	Samuel Keller	9	PELLA	
22	Benton Schuchart	9	ANKENY	
23	Caleb Punt	10	PELLA	

Boys 4x800 Relay Varsity

Heat 1 of 1 Finals

1	WAUKEE	'A'	8:04.00
2	SOUTHEAST POLK	'A'	8:15.00
3	HUMBOLDT	'A'	8:26.77
4	VALLEY WEST DES MOINES	'A'	8:28.61
5	ANKENY CENTENNIAL	'A'	8:30.00
6	PELLA	'A'	8:35.12
7	ANKENY	'A'	8:40.99
8	DES MOINES HOOVER	'A'	10:00.50

Boys 4x800 Relay Junior Varsity

Heat 1 of 1 Finals

9	WAUKEE	'A'	8:40.00
10	ANKENY	'A'	8:40.99
11	SOUTHEAST POLK	'A'	8:50.00
12	ANKENY CENTENNIAL	'A'	9:00.00
13	PELLA	'A'	9:05.00
14	ANKENY CENTENNIAL	'B'	10:00.00
15	DES MOINES EAST	'A'	10:40.18

Boys 4x110 Shuttle Hurdles Varsity

Heat 1 of 2 Finals

2	ANKENY CENTENNIAL	'A'	1:11.00
4	HUMBOLDT	'A'	1:04.00
6	WAUKEE	'A'	1:05.50

Heat 2 of 2 Finals

2	PELLA	'A'	1:02.26
4	ANKENY	'A'	57.67
6	SOUTHEAST POLK	'A'	1:02.13
8	VALLEY WEST DES MOINES	'A'	1:02.61

Southeast Polk Boys Ram Relays - 4/03/2025

Southeast Polk HS

Meet Program

Boys 4x110 Shuttle Hurdles Junior Varsity

Heat 1 of 2 Finals

4	SOUTHEAST POLK	'A'	1:16.00
6	DES MOINES EAST	'A'	

Heat 2 of 2 Finals

2	PELLA	'A'	1:11.00
4	VALLEY WEST DES MOINES	'A'	1:08.90
6	ANKENY	'A'	1:10.00

Boys 100 Meters Varsity

Heat 1 of 2 Finals

2	Emmanuel Diers	11	PELLA	12.13
3	Owen Kettler	10	PELLA	11.78
4	Finn McClure	11	ANKENY	11.65
5	Drake DeGroote	11	VALLEY WEST DES MOI...	11.74
6	Roman Levine	12	VALLEY WEST DES MOI...	12.10
7	Qwaden Clearwater	12	DES MOINES EAST	
8	Diyon Berry	11	DES MOINES HOOVER	

Heat 2 of 2 Finals

1	Jarvis Hughes	12	DES MOINES EAST	11.42
2	Jamual Richardson Willia...	11	WAUKEE	11.20
3	Joel Neith	12	ANKENY CENTENNIAL	11.15
4	Noah Ross	11	ANKENY CENTENNIAL	10.90
5	Fredrick Tarasid-Tarawally	10	SOUTHEAST POLK	11.10
6	Lucas Chambers	12	SOUTHEAST POLK	11.15
7	Samuel Sandvig	12	ANKENY	11.40
8	Ben Case Haub	11	WAUKEE	11.42

Boys 100 Meters Junior Varsity

Heat 1 of 3 Finals

2	Miles Bircher	9	DES MOINES HOOVER
3	Josh Hollins	10	DES MOINES HOOVER
4	Nate Watson	9	DES MOINES EAST
5	Arop Arop	10	DES MOINES EAST
6	Javahcy Brooks	10	DES MOINES HOOVER

Heat 2 of 3 Finals

1	Solomon Swanson	10	ANKENY	
2	Isaiah Loftis	12	PELLA	12.89
3	Adam Peterson	12	SOUTHEAST POLK	12.50
4	Jack Winchester	11	SOUTHEAST POLK	12.22
5	Treyce Young	11	ANKENY CENTENNIAL	12.30
6	Da'vionte Deener	9	DES MOINES EAST	12.60
7	Jayden Johnson	12	SOUTHEAST POLK	12.90
8	Emanuwel Davis	11	ANKENY	

Heat 3 of 3 Finals

1	Tom Miller	9	ANKENY CENTENNIAL	12.10
2	Bryan Butler	12	SOUTHEAST POLK	11.90
3	Brodey Brandt	12	SOUTHEAST POLK	11.59
4	Jayden Adaway	10	VALLEY WEST DES MOI...	11.50
5	Nathiyus Akuar	9	VALLEY WEST DES MOI...	11.50
6	Sam Heither	12	ANKENY CENTENNIAL	11.70
7	Blake Dorenkamp	10	VALLEY WEST DES MOI...	11.95
8	Thomas Dixon	11	SOUTHEAST POLK	12.00

Boys SMR 1600m Varsity

Heat 1 of 1 Finals

2	SOUTHEAST POLK	'A'	3:50.00
3	WAUKEE	'A'	3:40.00
4	ANKENY	'A'	3:30.00
5	ANKENY CENTENNIAL	'A'	3:36.00
6	PELLA	'A'	3:40.57

Boys SMR 1600m Junior Varsity

Heat 1 of 1 Finals

1	SOUTHEAST POLK	'B'	
2	VALLEY WEST DES MOINES	'A'	4:15.25
3	ANKENY CENTENNIAL	'A'	4:10.00
4	ANKENY	'A'	3:45.00
5	SOUTHEAST POLK	'A'	4:10.00
6	PELLA	'A'	4:15.00
7	DES MOINES EAST	'A'	4:15.36
8	ANKENY CENTENNIAL	'B'	4:20.00

Boys 400 Meters Varsity

Heat 1 of 2 Finals

3	Logan Peterson	10	ANKENY	55.86
4	Nathaniel Ligman	11	PELLA	54.15
5	Jackson Deutsch	9	SOUTHEAST POLK	54.50
6	Kaiden Chavez	10	ANKENY	56.00

Heat 2 of 2 Finals

1	Jonathan Owen	12	VALLEY WEST DES MOI...	54.10
2	Tavian Boess	12	WAUKEE	53.00
3	Reed Anderson	12	ANKENY CENTENNIAL	52.40
4	Emmanuel Gaye	12	SOUTHEAST POLK	50.75
5	Corbin Vander Weerdt	12	ANKENY CENTENNIAL	52.40
6	Colin Kerndt	12	PELLA	52.75
7	Nick Wellet	12	WAUKEE	53.00
8	Gabriel Zingler	10	VALLEY WEST DES MOI...	53.60

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Southeast Polk HS

Meet Program

Boys 400 Meters Junior Varsity

Heat 1 of 2 Finals

1	Carter Follmuth	9	ANKENY	
2	Jett Molstre	9	SOUTHEAST POLK	
3	Dorian Hilson	12	DES MOINES EAST	1:02.20
4	Vince Nuckolls	10	SOUTHEAST POLK	1:02.00
5	Noah Huffaker	12	PELLA	1:02.00
6	Jaxson Pace	9	PELLA	1:03.00
7	Levi Yeager	9	ANKENY	
8	Cash Roberts	11	DES MOINES EAST	

Heat 2 of 2 Finals

1	Caleb Punt	10	PELLA	1:01.00
2	Mustafa Farah	10	VALLEY WEST DES MOI...	58.75
3	Thomas Limback	10	VALLEY WEST DES MOI...	57.35
4	Luke Mitchell	10	ANKENY CENTENNIAL	56.90
5	Hunter Runchey	10	ANKENY CENTENNIAL	57.00
6	Greyson Lewis	9	SOUTHEAST POLK	57.50
7	Ben Fleming	10	VALLEY WEST DES MOI...	58.95
8	David Davis	10	DES MOINES HOOVER	59.62

Boys 4x200 Relay Varsity

Heat 1 of 1 Finals

1	DES MOINES HOOVER	'A'	1:35.48
2	VALLEY WEST DES MOINES	'A'	1:32.10
3	PELLA	'A'	1:30.93
4	ANKENY CENTENNIAL	'A'	1:28.34
5	SOUTHEAST POLK	'A'	1:30.13
6	WAUKEE	'A'	1:31.00
7	ANKENY	'A'	1:33.75
8	DES MOINES EAST	'A'	1:33.77

Boys 4x200 Relay Junior Varsity

Heat 1 of 2 Finals

3	PELLA	'A'	1:40.00
4	VALLEY WEST DES MOINES	'B'	1:39.50
5	DES MOINES EAST	'B'	1:40.00
6	SOUTHEAST POLK	'C'	

Heat 2 of 2 Finals

1	ANKENY CENTENNIAL	'B'	1:39.00
2	DES MOINES EAST	'A'	1:37.00
3	VALLEY WEST DES MOINES	'A'	1:36.40
4	ANKENY	'A'	1:35.00
5	DES MOINES HOOVER	'A'	1:35.48
6	SOUTHEAST POLK	'A'	1:36.80
7	ANKENY CENTENNIAL	'A'	1:37.00
8	SOUTHEAST POLK	'B'	1:38.25

Boys 110m Hurdles Varsity

Heat 1 of 2 Finals

2	Austin Banny JR	11	VALLEY WEST DES MOI...	19.17
3	Grant Finken	9	PELLA	17.78
4	Lucas Peterson	11	WAUKEE	16.69
5	Devin Boyle	11	ANKENY CENTENNIAL	17.70
6	Traden Skinner	11	DES MOINES HOOVER	18.50

Heat 2 of 2 Finals

1	Logan VanDenBroek	10	PELLA	16.66
2	Alex Van Der Brink	11	SOUTHEAST POLK	15.90
3	Miciah LeLaCheur	11	VALLEY WEST DES MOI...	15.02
4	Hayden Carlson	11	ANKENY	14.36
5	Landon Pote	12	ANKENY	14.94
6	Bentley Brennick	11	SOUTHEAST POLK	15.45
7	Noah Hinrichs	11	WAUKEE	16.12
8	Gavin Matheny	11	ANKENY CENTENNIAL	16.50

Boys 110m Hurdles Junior Varsity

Heat 1 of 1 Finals

2	Jaxon Volk	12	ANKENY CENTENNIAL	20.00
3	Nic Ryan	10	ANKENY CENTENNIAL	17.90
4	Conley Harne	10	VALLEY WEST DES MOI...	16.79
5	Atticus Petersma	9	VALLEY WEST DES MOI...	17.45
6	Jack Shields	9	SOUTHEAST POLK	19.44
7	Miles Bircher	9	DES MOINES HOOVER	

Boys 800 Meters Varsity

Heat 1 of 1 Finals

1	Nicholas Robie	12	ANKENY	1:56.50
2	Canaan Dunham	11	PELLA	1:56.70
3	Brayden Vander Wilt	12	ANKENY CENTENNIAL	2:02.00
4	Carter Hoskins	10	WAUKEE	2:05.00
5	Tate Brownsberger	12	ANKENY	2:06.87
6	Drew Klemesrud	12	WAUKEE	2:07.08
7	Chase Gordon	11	DES MOINES HOOVER	2:08.50
8	Will Ackelson	11	SOUTHEAST POLK	2:10.00
9	Noah Schuknecht	11	PELLA	2:10.76
10	Alexander Schumacher	12	SOUTHEAST POLK	2:12.00
11	Nelsen Perrigo	9	VALLEY WEST DES MOI...	2:13.44
12	Angel Cruz Felipe	11	VALLEY WEST DES MOI...	2:13.85
13	Isaiah Williams	12	DES MOINES EAST	2:15.75
14	Nathan Buckley	11	DES MOINES HOOVER	2:47.11
15	Trevon Kelly	12	DES MOINES EAST	3:13.57

Southeast Polk Boys Ram Relays - 4/03/2025

Southeast Polk HS
Meet Program

Boys 800 Meters Junior Varsity

Heat 1 of 1 Finals

1	Lucas Dragert	11	WAUKEE	2:10.00
2	Dane Paulsen	11	PELLA	2:10.79
3	Brady Bechler	9	WAUKEE	2:12.00
4	Asher Schiebout	11	PELLA	2:14.55
5	Aaron Whiting	10	VALLEY WEST DES MOI...	2:15.75
6	Charles Herzog	9	VALLEY WEST DES MOI...	2:16.35
7	Ian Smith	11	ANKENY CENTENNIAL	2:17.00
8	Ivan Lopez	11	SOUTHEAST POLK	2:20.00
9	Adam Hartwigsen	12	ANKENY CENTENNIAL	2:20.00
10	Noah Huffaker	12	PELLA	2:25.00
11	Jonas Robinson	11	ANKENY CENTENNIAL	2:25.26
12	Blake Ranslow	11	VALLEY WEST DES MOI...	2:30.10
13	Abel Cerda	11	SOUTHEAST POLK	2:35.00
14	Benji DeBoom	9	SOUTHEAST POLK	2:36.94
15	Ivan Phan	11	DES MOINES HOOVER	2:45.50
16	Marqaries Neighbors	12	DES MOINES HOOVER	2:46.74
17	Nolan Gee	12	DES MOINES EAST	2:54.01
18	Jackson Luft	11	DES MOINES EAST	3:06.83
19	Elijah Thompson	9	ANKENY	
20	Jackson Kaiser	11	ANKENY	
21	Kevin Diphibane	11	DES MOINES EAST	
22	Aidan Heaton	10	ANKENY	

Boys 200 Meters Varsity

Heat 1 of 2 Finals

1	Nathaniel Ligman	11	PELLA	25.58
2	Drake DeGroote	11	VALLEY WEST DES MOI...	23.95
3	Qwaden Clearwater	12	DES MOINES EAST	23.85
4	Sam Heither	12	ANKENY CENTENNIAL	23.40
5	Roman Levine	12	VALLEY WEST DES MOI...	23.82
6	Craig Farley	12	DES MOINES EAST	23.85
7	Josh Hollins	10	DES MOINES HOOVER	24.41
8	Jack Romig	11	ANKENY	24.85

Heat 2 of 2 Finals

1	Kyler Jones	11	ANKENY CENTENNIAL	23.35
2	Alexander Zuber	10	ANKENY	23.01
3	Drew Thompson	11	SOUTHEAST POLK	22.75
4	Emmanuel Gaye	12	SOUTHEAST POLK	22.20
5	Harry Mullens	11	PELLA	22.63
6	Alvin Grier	11	WAUKEE	23.00
7	Brady Carr	9	WAUKEE	23.20
8	Justice Parkey	12	DES MOINES HOOVER	23.29

Boys 200 Meters Junior Varsity

Heat 1 of 4 Finals

3	Norman Ha	9	ANKENY	
4	Jaxson Pace	9	PELLA	28.00
5	Cash Roberts	11	DES MOINES EAST	28.00

Heat 2 of 4 Finals

2	Davion Hunter	11	DES MOINES HOOVER	27.50
3	James Hunter	10	DES MOINES EAST	26.50
4	Jayden Johnson	12	SOUTHEAST POLK	26.00
5	David Gbeaday	9	DES MOINES HOOVER	26.20
6	Ethan Van Maanen	10	PELLA	27.50
7	Jason Deo	10	DES MOINES EAST	28.00

Heat 3 of 4 Finals

1	David Davis	10	DES MOINES HOOVER	25.80
2	AJ McKenzie	11	VALLEY WEST DES MOI...	25.29
3	Cloud Abbott	12	VALLEY WEST DES MOI...	25.15
4	Dylan Panther	12	ANKENY	24.90
5	Keaton Olson	11	ANKENY CENTENNIAL	25.00
6	Adam Peterson	12	SOUTHEAST POLK	25.25
7	Aidan Kruempel	10	PELLA	25.47
8	Kaden Klootwyk	12	VALLEY WEST DES MOI...	25.55

Heat 4 of 4 Finals

1	Solomon Swanson	10	ANKENY	24.90
2	Rex Jensen	12	ANKENY CENTENNIAL	24.60
3	Maximus Ogden	9	SOUTHEAST POLK	24.20
4	Aaden Levy	10	SOUTHEAST POLK	23.90
5	Reid Thompson	9	SOUTHEAST POLK	24.10
6	Bryan Butler	12	SOUTHEAST POLK	24.50
7	Josh Dweh	12	ANKENY CENTENNIAL	24.70
8	Thomas Dixon	11	SOUTHEAST POLK	24.75

Boys 400m Hurdles Varsity

Heat 1 of 2 Finals

3	Max Stelpflug	10	PELLA	1:07.40
4	Benjamin O'Halloran	10	PELLA	1:01.34
5	Cooper Quinn	12	VALLEY WEST DES MOI...	1:05.90
6	Traden Skinner	11	DES MOINES HOOVER	

Heat 2 of 2 Finals

1	Gavin Matheny	11	ANKENY CENTENNIAL	1:01.00
2	Cal Meisner	9	WAUKEE	59.20
3	Luke Bartlett	12	SOUTHEAST POLK	58.20
4	Cael Woods	12	ANKENY CENTENNIAL	54.20
5	Jayden Jeter	11	WAUKEE	54.63
6	Bentley Brennick	11	SOUTHEAST POLK	58.20
7	Jaylen Jackson	12	VALLEY WEST DES MOI...	59.55
8	Harrison Truman	10	ANKENY	59.73

Boys 400m Hurdles Junior Varsity

Heat 1 of 2 Finals

3	Miles Bircher	9	DES MOINES HOOVER	1:10.50
4	Andrew Alatorre	10	SOUTHEAST POLK	1:10.23
5	Gus Johnson	10	ANKENY	1:10.49
6	Dorian Hillson	12	DES MOINES EAST	1:15.00

Southeast Polk Boys Ram Relays - 4/03/2025

Southeast Polk HS

Meet Program

Heat 2 of 2 Finals (400m Hurdles Junior Varsity)

1	Hayden Hamilton	10	SOUTHEAST POLK	1:10.00
2	Treyson Kelly	9	DES MOINES EAST	1:05.00
3	Mark Nelson	12	ANKENY CENTENNIAL	1:03.00
4	Zane Redman	10	PELLA	1:02.00
5	Grant Finken	9	PELLA	1:03.00
6	Daveon Davis	9	DES MOINES EAST	1:05.00
7	Gavin Marschel	9	VALLEY WEST DES MOI...	1:06.54
8	John Chesire	10	VALLEY WEST DES MOI...	1:08.66

Boys 1600 Meters Varsity

Heat 1 of 1 Finals

1	Sean Thomas	12	ANKENY CENTENNIAL	4:29.00
2	Joseph Lawry	12	WAUKEE	4:31.53
3	Cohen Moll	11	ANKENY CENTENNIAL	4:33.00
4	Davis Johnson	11	ANKENY CENTENNIAL	4:36.00
5	Mason Gaulke	11	PELLA	4:41.24
6	Chase Gordon	11	DES MOINES HOOVER	4:42.41
7	Devon Browne	12	PELLA	4:46.00
8	Josh Moberg	11	SOUTHEAST POLK	4:47.53
9	Brock Johnson	12	SOUTHEAST POLK	4:47.84
10	Sean Benderinger	12	VALLEY WEST DES MOI...	4:50.89
11	Mason Friedel	9	WAUKEE	4:56.14
12	Logan Rolling	11	ANKENY	5:00.14
13	Nelsen Perrigo	9	VALLEY WEST DES MOI...	5:06.47
14	Brayden Nixt	10	ANKENY	5:11.60

Boys 1600 Meters Junior Varsity

Heat 1 of 1 Finals

1	Nick Wellet	12	WAUKEE	4:50.00
2	Rishab Patel	11	WAUKEE	4:52.00
3	Ellis Coyier	12	WAUKEE	4:52.00
4	Lane Moeckly	10	ANKENY CENTENNIAL	5:02.46
5	Brayden Peitz	10	SOUTHEAST POLK	5:05.78
6	Zane Hrastich	12	SOUTHEAST POLK	5:10.00
7	Tarunesh Gopinath	10	VALLEY WEST DES MOI...	5:12.50
8	Max Johnson	10	SOUTHEAST POLK	5:20.13
9	Luke Patterson	11	SOUTHEAST POLK	5:21.81
10	Weston Bowser	10	VALLEY WEST DES MOI...	5:24.16
11	Noah Huffaker	12	PELLA	5:45.45
12	Samuel Keller	9	PELLA	6:00.00
13	Cameron Renes	11	DES MOINES HOOVER	6:05.11
14	Kaiden Browne	12	PELLA	6:15.84
15	Eli Hutchison	12	VALLEY WEST DES MOI...	6:45.00
16	Xander Mielke	12	DES MOINES EAST	
17	Jackson Luft	11	DES MOINES EAST	
18	Jackson Schulz	10	ANKENY	
19	Miles Harbert	9	ANKENY	
20	Gideon Miller	11	ANKENY	

Boys 4x100 Relay Varsity

Heat 1 of 2 Finals

3	DES MOINES HOOVER	'A'	45.99
4	ANKENY	'A'	44.85
5	HUMBOLDT	'A'	44.86

Heat 2 of 2 Finals

2	DES MOINES EAST	'A'	44.32
3	WAUKEE	'A'	43.50
4	SOUTHEAST POLK	'A'	42.90
5	ANKENY CENTENNIAL	'A'	43.00
6	VALLEY WEST DES MOINES	'A'	43.59
7	PELLA	'A'	44.50

Boys 4x100 Relay Junior Varsity

Heat 1 of 2 Finals

3	DES MOINES HOOVER	'A'	50.50
4	WAUKEE	'A'	48.00
5	DES MOINES EAST	'B'	48.00

Heat 2 of 2 Finals

1	PELLA	'A'	47.22
2	DES MOINES EAST	'A'	46.00
3	SOUTHEAST POLK	'A'	45.50
4	ANKENY CENTENNIAL	'A'	45.00
5	ANKENY	'A'	45.00
6	VALLEY WEST DES MOINES	'A'	45.65
7	ANKENY CENTENNIAL	'B'	46.90
8	SOUTHEAST POLK	'B'	47.00

Boys 4x400 Relay Junior Varsity

Heat 1 of 2 Finals

2	DES MOINES HOOVER	'A'	4:20.50
3	VALLEY WEST DES MOINES	'B'	4:04.50
4	PELLA	'A'	3:58.00
5	VALLEY WEST DES MOINES	'A'	4:02.50
6	DES MOINES EAST	'B'	4:05.00

Heat 2 of 2 Finals

1	PELLA	'B'	3:58.00
2	DES MOINES EAST	'A'	3:50.00
3	SOUTHEAST POLK	'A'	3:44.00
4	ANKENY	'A'	3:24.87
5	WAUKEE	'A'	3:40.00
6	ANKENY CENTENNIAL	'A'	3:45.00
7	SOUTHEAST POLK	'B'	3:51.00
8	ANKENY CENTENNIAL	'B'	3:55.00

Southeast Polk Boys Ram Relays - 4/03/2025

Southeast Polk HS
Meet Program

Boys 4x400 Relay Varsity

Heat 1 of 1 Finals

1	DES MOINES HOOVER	'A'	3:56.56
2	ANKENY	'A'	3:36.00
3	WAUKEE	'A'	3:26.00
4	ANKENY CENTENNIAL	'A'	3:24.83
5	DES MOINES EAST	'A'	3:25.00
6	PELLA	'A'	3:30.10
7	SOUTHEAST POLK	'A'	3:38.00
8	HUMBOLDT	'A'	3:39.41

Boys Shot Put Junior Varsity

Flight 1 of 2 Finals

1	Julius Vera	9	DES MOINES HOOVER	
2	Jai'Mere Taylor	9	DES MOINES HOOVER	
3	Max Castellano	9	DES MOINES EAST	
4	Karsten Bernholtz	12	ANKENY	
5	Caleb Jorgenson	10	DES MOINES HOOVER	
6	Karter Strahl-Most	9	DES MOINES EAST	29-04.50
7	Keegan Pilcher	9	ANKENY CENTENNIAL	30-00.00
8	Alex Aguilar	11	DES MOINES EAST	30-02.00
9	AJ Ryker	11	WAUKEE	30-04.00
10	Wesley Williams	12	WAUKEE	33-07.00
11	Nicholas Gallant	10	SOUTHEAST POLK	34-07.00
12	Patrick Moreland	12	WAUKEE	35-04.00
13	Rylan VanDyke	12	PELLA	36-00.00
14	Malachi Loftis	12	PELLA	36-07.50

Flight 2 of 2 Finals

1	Tyson Rauser	12	ANKENY	36-09.00
2	Levi Kohtz	10	WAUKEE	37-02.00
3	Anthony Mershon	11	VALLEY WEST DES MOI...	37-07.00
4	Landon Carlson	10	VALLEY WEST DES MOI...	37-07.00
5	Riley Zitterich	10	VALLEY WEST DES MOI...	38-03.00
6	Noah White	10	SOUTHEAST POLK	38-10.00
7	Caleb Quick	10	SOUTHEAST POLK	39-02.50
8	Braylin Deakin-Keahey	11	ANKENY CENTENNIAL	39-10.00
9	Quintin Moore	12	VALLEY WEST DES MOI...	40-05.50
10	Benjamin Dothager	11	PELLA	43-00.00
11	Joel Yankoon	9	SOUTHEAST POLK	43-08.25
12	Samuel Carlson	11	PELLA	44-00.00
13	Cooper Chebuhar	10	SOUTHEAST POLK	44-02.00
14	Johnathan Gilbert	10	ANKENY CENTENNIAL	48-08.50

Boys Shot Put Varsity

Flight 1 of 1 Finals

1	Mason Cook-Vasquez	9	DES MOINES EAST	37-05.50
2	Tahj Williams	12	DES MOINES HOOVER	37-10.00
3	Kian Gilmore	12	VALLEY WEST DES MOI...	40-09.50
4	Tommy Lloyd	11	WAUKEE	41-09.00
5	Caden Flewellyn	11	VALLEY WEST DES MOI...	43-10.00
6	Cael Roberts	11	SOUTHEAST POLK	44-01.00
7	Reagan Anderson	10	PELLA	44-09.00
8	Nathan Lee	11	ANKENY	45-04.50
9	Logan Meagher	12	WAUKEE	46-05.00
10	Manuel Adame	12	DES MOINES EAST	47-09.00
11	Teague Cantrall	11	SOUTHEAST POLK	48-05.50
12	Gavin Humphrey	12	ANKENY CENTENNIAL	48-06.00
13	Palmer Hemming	11	PELLA	48-07.50
14	Ryan Tomlinson	12	ANKENY	49-01.50
15	Max Dickinson	12	ANKENY CENTENNIAL	52-01.00

Boys Discus Junior Varsity

Flight 1 of 2 Finals

1	Jose Tello-Price	11	DES MOINES EAST	
2	Ryan Pruin	11	ANKENY	
3	Kaiden Polk	10	DES MOINES EAST	
4	Julius Vera	9	DES MOINES HOOVER	
5	Jai'Mere Taylor	9	DES MOINES HOOVER	
6	Caleb Jorgenson	10	DES MOINES HOOVER	
7	Aaron Stockbauer	10	DES MOINES EAST	
8	Alfrdeo Munoz	9	DES MOINES EAST	58-05.00
9	Braxton Knapp	10	VALLEY WEST DES MOI...	74-03.00
10	AJ Ryker	11	WAUKEE	80-02.00
11	Elliot Pugh	10	VALLEY WEST DES MOI...	80-06.00
12	Calvin Kadel	10	SOUTHEAST POLK	81-11.00
13	Vance Castle	9	PELLA	82-00.00
14	Richard Dameron	9	WAUKEE	82-07.00

Flight 2 of 2 Finals

1	Jared Mease	11	WAUKEE	84-00.00
2	Landon Carlson	10	VALLEY WEST DES MOI...	85-04.00
3	Cael Thompson	11	ANKENY CENTENNIAL	90-05.00
4	Landon Panknen	9	PELLA	92-04.00
5	Asher Megonnell	9	ANKENY CENTENNIAL	93-00.00
6	Caleb Quick	10	SOUTHEAST POLK	93-11.00
7	Jacob Warner	9	PELLA	95-05.00
8	Will Dietz	11	ANKENY CENTENNIAL	100-03.00
9	Tommy Lloyd	11	WAUKEE	106-07.00
10	Roscoe Kavalier	9	SOUTHEAST POLK	108-10.00
11	Anthony Mershon	11	VALLEY WEST DES MOI...	111-05.00
12	Tyson Rauser	12	ANKENY	120-04.00
13	Jonathan Panknen	11	PELLA	130-04.00
14	Gio Wilson	10	SOUTHEAST POLK	143-08.00

Southeast Polk Boys Ram Relays - 4/03/2025

Southeast Polk HS

Meet Program

Boys Discus Varsity

Flight 1 of 2 Finals

1	Tahj Williams	12	DES MOINES HOOVER	100-10.00
2	Malik Williams	10	DES MOINES EAST	101-08.00
3	Levi Kohtz	10	WAUKEE	110-05.00
4	Caden Flewellyn	11	VALLEY WEST DES MOI...	110-11.00
5	Manuel Adame	12	DES MOINES EAST	119-01.00
6	Johnny Gilbert	10	ANKENY CENTENNIAL	125-00.00
7	Andrew Haase	12	ANKENY	129-03.00

Flight 2 of 2 Finals

1	Garrett O'Halloran	12	PELLA	131-09.00
2	Ryan Tomlinson	12	ANKENY	132-09.00
3	Wesley Williams	12	WAUKEE	133-07.00
4	Caleb Larson	11	ANKENY CENTENNIAL	136-05.00
5	Teague Cantrall	11	SOUTHEAST POLK	138-05.00
6	Reece Whinery	11	SOUTHEAST POLK	139-10.00
7	Reagan Anderson	10	PELLA	147-10.00
8	Kian Gilmore	12	VALLEY WEST DES MOI...	162-02.00

Boys High Jump Junior Varsity

Flight 1 of 1 Finals

1	Javahcy Brooks	10	DES MOINES HOOVER	
2	Kayden Johnson	10	DES MOINES EAST	
3	Daveon Davis	9	DES MOINES EAST	
4	Urban Ingram	10	ANKENY CENTENNIAL	5-02.00
5	Kody Vonnahme	10	ANKENY CENTENNIAL	5-02.00
6	Owen Vossberg	11	SOUTHEAST POLK	5-04.00
7	Brady Johnson	11	SOUTHEAST POLK	5-04.00
8	Jaidyn Perry	11	SOUTHEAST POLK	5-04.00
9	Dannick Nzimi	9	VALLEY WEST DES MOI...	5-04.00
10	Marco Fenu	10	VALLEY WEST DES MOI...	5-04.00
11	Donault Moore	11	VALLEY WEST DES MOI...	5-10.00

Boys High Jump Varsity

Flight 1 of 1 Finals

1	Tyler Carlson	12	HUMBOLDT	
2	Isaiah Williams	12	DES MOINES EAST	5-06.00
3	Jaxon Volk	12	ANKENY CENTENNIAL	5-06.00
4	Reid Thompson	9	SOUTHEAST POLK	5-08.00
5	Jacob Worden	11	SOUTHEAST POLK	5-08.00
6	Jack Reed	10	PELLA	6-00.00
7	Austin Banny JR	11	VALLEY WEST DES MOI...	6-00.00
8	Logan VanDenBroek	10	PELLA	6-02.00
9	Jaylen Jackson	12	VALLEY WEST DES MOI...	6-02.00
10	Ajak Malual	9	WAUKEE	6-02.00

Boys Long Jump Junior Varsity

Flight 1 of 1 Finals

1	Reece Conklin	9	ANKENY	
2	Mark Agbro	10	PELLA	16-00.00
3	Ivan Sandoval	10	ANKENY	16-02.00
4	Kyler Van Maanen	10	PELLA	16-04.00
5	Adam Peterson	12	SOUTHEAST POLK	17-00.00
6	Treyce Young	11	ANKENY CENTENNIAL	17-00.00
7	Tom Miller	9	ANKENY CENTENNIAL	17-00.00
8	Bryce Ligman	9	PELLA	17-04.00
9	Donault Moore	11	VALLEY WEST DES MOI...	17-10.00
10	Daevon Hall	9	VALLEY WEST DES MOI...	17-10.25
11	Chris Zeh	9	SOUTHEAST POLK	18-00.00
12	Urban Ingram	10	ANKENY CENTENNIAL	18-00.00
13	Riker Branderhorst	10	PELLA	18-00.00
14	Cayson Harris	10	SOUTHEAST POLK	18-01.50
15	Jamel Heliman	10	DES MOINES EAST	18-02.00
16	Jayden Johnson	12	SOUTHEAST POLK	18-02.50
17	Jayden Adaway	10	VALLEY WEST DES MOI...	18-09.00
18	Brandon Harrell	10	DES MOINES HOOVER	19-04.50

Boys Long Jump Varsity

Flight 1 of 1 Finals

1	Dylan Panther	12	ANKENY	
2	Carter Follmuth	9	ANKENY	18-02.75
3	Aidan Kruempel	10	PELLA	18-05.00
4	Jeremiah Bassett	12	ANKENY CENTENNIAL	18-06.50
5	Diyon Berry	11	DES MOINES HOOVER	18-08.00
6	Greyson Lewis	9	SOUTHEAST POLK	18-10.00
7	Gavin Matheny	11	ANKENY CENTENNIAL	19-01.50
8	Brayden Lewis	11	SOUTHEAST POLK	19-05.75
9	Ben Fleming	10	VALLEY WEST DES MOI...	19-08.00
10	A'Rontae Johnson	11	DES MOINES EAST	19-11.00
11	Jayden Brown	11	VALLEY WEST DES MOI...	20-08.00
12	Johnathon (Jt) Giefer	11	DES MOINES EAST	20-10.00
13	Elliot Carlson	12	HUMBOLDT	20-11.75
14	Emmanuel Diers	11	PELLA	21-00.00
15	Alvin Grier	11	WAUKEE	21-05.25
16	Jamual Richardson Willia...	11	WAUKEE	22-01.50