

STATE GIRLS' TRACK AND FIELD NOTEBOOK

Schraft repeats as 3,000 champ in Class 1A

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Janette Schraft of East Mills of Hastings found winning a state title as a freshman fueled her ambition.

The sophomore repeated as the Class 1A state champion Thursday in the 3,000 meters at the state girls' track meet at Drake Stadium. Schraft didn't expect to make a run at becoming a four-time state champion in the same event until a year ago.

"That never crossed my mind until last year, when I won as a freshman," Schraft said. "I remember, I thought, 'I'd like to come out and do that again.'"

She made that happen by repeating, crossing the finish line in 10 minutes,

36.29 seconds. Schraft trailed Clarks-ville freshman Kori Wedeking for most of the race. Then she pushed the pace in the final lap.

Wedeking took second in 10:38.52.

Nock notches 3,000 title: Bailey Nock of Iowa City West didn't always have a warm relationship with the long race. "Going into it, I was completely terrified," Nock said of her first experience with the race, an indoor event when she was a freshman.

Nock grew to like it. She won the Class 4A 3,000 in 10:03.22 Thursday. Johnston's Jessica McKee took second in 10:20.88.

Opening moves: Harlan's Gillian Streit and Lawton-Bronson's Jadin Wagner both won events

with strong first throws.

Streit took the 3A discus title with a toss of 137-3.

Wagner won the 1A shot put by throwing 40-11 1/2.

Not this time: Waukee's shuttle hurdle relay dominance continued Thursday, though the Warriors did not break a record. Last month, Waukee's unit of Sydney Winger, Mary Gray, Lauren Nelson and Hannah Schau ran twice at the Drake Relays. In a preliminary, the team broke the Drake record; in the final, the team ran an all-time Iowa best of 1:00.95.

Waukee ran a clocking of 1:01.83 in a 4A preliminary Thursday. Although not quite a state meet record, it put the Warriors into Saturday's final with the top seed.



East Mills' Janette Schraft pushes to the finish to win the girls' Class 1A 3,000-meter run Thursday, on the first day of the state track and field championship at Drake Stadium.

MICHAEL ZAMORA/THE REGISTER

STATE TRACK AND FIELD RESULTS

BOYS STATE MEET

CLASS 4A

PRELIMINARIES

200—1. Dan Blocker, Waukee 21.78; 2. Ezekiel Hayslett, Davenport North 22.05; 3. Collin Glazek, Davenport North 22.14; 4. Tayshawn Cooper, Waterloo West 22.16; 5. Carlton Todd, Waterloo West 22.17; 6. Justice Young, DM East 22.17; 7. Mason Fairchild, Southeast Polk 22.21; 8. Josue Bokoyo, CR Jefferson 22.23.

100—1. Dan Blocker, Waukee 10.73; 2. Ryan Van-Baale, Ankeny Centennial 10.74; 3. Taven Gardner, Urbandale 10.77; 4. Jayson Murray, Dowling Catholic 10.88; 5. Chris Ewoldsen, Indianola 10.92; 6. Tay Collins, Dubuque Hempstead 10.95; 7. Kevin Kurth, Davenport Central 10.96; 8. G. Bennett, Western Dubuque (Epworth) 10.97.

Shuttle hurdle relay—1. Ankeny Centennial (Riley Moss, Adam Mudge, Jake Pinegar, Taylor Weil) 59.22; 2. Linn-Mar (Marion) 57.28; 3. WDM Valley 57.31; 4. CR Washington 57.95; 5. Waukee 57.98; 6. Western Dubuque (Epworth) 58.01; 7. CR Kennedy 58.48; 8. Iowa City West 59.01.

FINALS

High jump—1. Chuol Chuol, Ames 6-05; 2. Trayvon Williams, WDM Valley 6-05; Owen Min-shall, Waukee 6-05; 14. Jared Sam-Merthwehler, Iowa City West 6-02; Suni Lane, Bettendorf 6-02; 16. Mary Borseth, CR Pine 6-02; 17. Quinton Curly, WDM Valley 6-02; 8. Ryan Keck, Waukee 6-02.

Discus—1. Jackson Coker, CR Kennedy 174-05; 2. Bedale Naba, WDM Valley 171-11; 3. Ross Secar, Urbandale 163-10; 4. Riley Higgins, Linn-Mar (Marion) 162-10; 5. Cole Webster, Bettendorf 161-08; 6. Logan Jones, CB Lewis Central 160-01; 7. Cameron Baker, CR Jefferson 158-10; 8. Jacob Wiggins, Waukee 158-07; 9. Sam Hanna, Pleasant Valley 154-00; 10. Zach Morrison, Waukee 153-07.

3000—1. Ryan Murphy, Linn-Mar (Marion) 9:09.28; 2. Patrick Bose, Johnston 9:09.96; 3. Kolby

Greiner, Iowa City West 9:13.35; 4. Sam Schilling, Cedar Falls 9:13.56; 5. Ali Ali, Iowa City West 9:24.33; 6. Camden Cox, Ankeny Centennial 9:29.15; 7. Konnor Sommer, Pleasant Valley 9:30.16; 8. Tim Sindt, Ankeny 9:34.28.

4800—1. Waukee (Carson Doty, Ryan Modlin, Tyler Groathouse, Josh Andrews) 7:49.34; 2. Cedar Falls 7:50.63; 3. Dowling Catholic 7:52.38; 4. WDM Valley 7:55.73; 5. Urbandale 7:56.31; 6. Pleasant Valley 7:58.15; 7. Iowa City High 8:00.11; 8. Johnston 8:03.59.

400—1. Darien Porter, Bettendorf 48.24; 2. Josh Andrews, Waukee 48.64; 3. KaShaun Baker, Pleasant Valley 48.91; 4. Jacob Keller, WDM Valley 49.01; 5. Kenneth McMahon, CB Lewis Central 49.06; 6. Sam Tudor, Waterloo West 49.33; 7. Sam Yeaway, Ottumwa 49.51; 8. Davion Houston, DM Roosevelt 49.94.

CLASS 3A

PRELIMINARIES

Shuttle hurdle relay—1. Carlisle (Max Goodhue, Nolan Bruns, Andrew Black, Dallas Wright) 58.00; 2. Boone 58.37; 3. Spirit Lake 59.14; 4. Mount Pleasant 59.18; 5. Dallas Center-Grimes 59.34; 6. Pella 59.86; 7. Decora 59.92; 8. Dubuque Wheatland 1:00.08.

200—1. Isaiah Truitt, West Burlington/Notre Dame 21.56; 2. Alden Kuntz, Dubuque Wahlert 22.27; 3. Rancey Freeman, Dallas Center-Grimes 22.53; 4. Terry Harris, Central DeWitt 22.55; 5. Lantz Reed, Boone 22.62; 6. Mavrick Decker, Glenwood 22.65; 7. Samonte Bowden, Algona 22.82.

100—1. Isaiah Truitt, West Burlington/Notre Dame 10.89; 2. Tanner Iske, West Liberty 10.92; 3. Rancey Freeman, Dallas Center-Grimes 10.97; 4. Alden Kuntz, Dubuque Wahlert 11.04; 5. Terry Harris, Central DeWitt 11.09; 6. Jorma Schelding, Sergeant Bluff/Luton 11.16; 7. Riley Holan, Benton Community 11.22; 8. Jared Heel, West Delaware 11.25.

FINALS

High jump—1. John Frost, Central Point-Urbana 49.07; 2. Nate Kennedy, Glenwood 49.33; 3. Ty Boekelman, Sergeant Bluff/Luton 49.32; 4. Dallas Wright, Carlisle 49.98; 5. Sam Allen, Grinnell 50.06; 6. Tyler Bartz, Vinton-Shellsburg 50.12; 7. Britton Delgard, Sergeant Bluff/Luton 50.47; 8. Devin Sheridan, Iowa Falls-Alden 50.81.

Discus—1. Tristan Wiers, Mount Vernon 190-10; 2. Colby Wadsworth, Boone 168-09; 3. Spencer Cuvelier, Crestwood (Cresco) 166-09; 4. Tyson Wasenar, Pella 162-03; 5. Ryan Kennedy, Norwalk 162-03; 6. Matt Visel, Mount Vernon 158-03; 7. Jackson Walker, Solon 154-05; 8. Adam Hovden, Decatur 149-05.

CLASS 2A

PRELIMINARIES

Shuttle hurdle relay—1. Cherokee (Mason Timmerman, Chad Johansson, Mason Pitts, Isaac La-Fleur) 59.85; 2. Cascade 1:00.14; 3. Central Decatur 1:00.52; 4. Pleasantville 1:00.89; 5. West Lyon (Inwood) 1:01.08; 6. South Central Calhoun 1:01.46; 7. Van Meter 1:01.51; 8. Osceola 1:01.55.

200—1. Gage Clay, AHSW 21.69; 2. Jacob Clouse, Albia 21.93; 3. Michael Santi, Madrid 22.05; 4. Marcus Mumm, Tri-Center (Medla) 22.37; 5. David Gonzalez, Camanche 22.46; 6. Connor Blough, Dike-New Hartford 22.47; 7. Ethan Wyant, Jesup 22.67; 8. Noah Anderson, PCM (Monroe) 22.68.

100—1. Michael Santi, Madrid 10.77; 2. Tony Leshan, Albia 10.88; 3. Gage Clay, AHSW 10.96; 4. Tyson Kooma, Western Christian 11.14; 5. Hunter Tyree, Pleasantville 11.22; 6. Joe Stein, Okoboji-Milford 11.22; 7. Hunter Strutt, Hampton-Dumont 11.26; 8. Mason Lanhart, Camanche 11.29.

FINALS

Long jump—1. Miles Ruper, Carroll Kuemper 21.11; 2. Michael Santi, Madrid 21.06; 3. Evan Reifert, Wilton 21.01; 4. Devan Evans, Osceola 20.05; 5. Anthony Krier, Alta/Aurelia 20.03; 6. Brandon Winkler, Sheldon 20.02; 7. Nick Durnin, Dike-New Hartford 20.02; 8. Jonah Vander Kooi, Unity Christian (Orange City) 20.01.

3200—1. Andrew Stumbo, Ogden 9:28.37; 2. Reece Smith, Garner-Hayfield/Ventura 9:30.03; 3. Jacob Vander Plaats, Unity Christian (Orange City) 9:34.25; 4. Sean McDermott, Madrid 9:35.95; 5. Aaron Loos, Monticello 9:36.59; 6. Spencer Warehime, Southeast Valley 9:38.57; 7. Nick Melting, East Marshall 9:43.89; 8. Zach Pettit, Mid-Prairie (Wellman) 9:52.56.

4800—1. Dike-New Hartford (Broden Coulter, Nate Sharp, Ryan Moore, Connor Blough) 8:01.33; 2. KP-WC 8:03.90; 3. Mid-Prairie (Wellman) 8:07.97; 4. Appleton-Parkersburg 8:08.88; 5. Denver 8:11.05; 6. Anamosa 8:17.21; 7. DM Christian 8:18.19; 8. Underwood 8:18.73.

400—1. Kyle Sinnott, Albia 49.32; 2. Brett Daley, Treynor 49.91; 3. Nathan Ward, South Winneshiek 50.12; 4. Connor Blough, Dike-New Hartford 50.20; 5. Alec Still, KP-WC 50.62; 6. Travis Zevenbergen, Unity Christian (Orange City) 50.76; 7. Jack Jensen, Iowa City Regina 50.94; 8. Ethan Wyant, Jesup 51.30.

Shot put—1. Jared Brinkman, Iowa City Regina 63.04; 2. Caden Fawcett, Western Christian 61.08; 3. Nick Phelps, KP-WC 60.11; 4. Coy Kirkpatrick, Madrid 57.02; 5. Levi Duwa, Mid-Prairie (Wellman) 56.11; 6. Ben Lingenfelter, Cherokee 52.07; 7. Logan Klemp, South Hamilton 51.02; 8. Landen Burke, Madrid 51.01.

CLASS 1A

PRELIMINARIES

200—1. Jack Butteris, Lisbon 22.30; 2. Avery Moore, Sigourney 22.34; 3. Joey Harkins, Earlham 22.50; 4. Jordan Bendet, Montezuma 22.64; 5. AJ Lefler, Lawton-Bronson 22.67; 6. Bryce Robison, Winfield-Mt. Union 22.85; 7. Riley Van Wyhe, Central Lyon 22.99; 8. Keegan James, BGM (Brooklyn) 23.04.

100—1. Derek Bova, Lisbon 10.94; 2. Keegan James, BGM (Brooklyn) 11.11; 3. Avery Moore, Sigourney 11.18; 4. Bryce Colburn, Sigourney 11.18; 5. AJ Lefler, Lawton-Bronson 11.20; 6. Jacob Wickenkamp, Keota 11.28; 7. Cornell Hulme, WACO (Wayland) 11.29; 8. Riley Van Wyhe, Central Lyon 11.30.

Shuttle hurdle relay—1. Lake Mills (Alex Albert, Slade Silfentes, Grant Fjeldstad, Charlie Dugan) 59.22; 2. Audubon 1:00.34; 3. Saint Ansgar 1:00.44; 4. Earlham 1:00.58; 5. Fremont Mills 1:00.81; 6. WACO (Wayland) 1:00.95; 7. Akonla-Westfield 1:01.01; 8. West Hancock 1:01.47.

FINALS

200—1. Gable Slepierda, Central Lyon 9:15.30; 2. Riley Bauer, North Union 9:28.85; 3. Ryan Millikin, Pekin (Packwood) 9:30.24; 4. Jacob Hansen, West Fork (Sheffield) 9:50.87; 5. Jacob Wessel, Edgewood-Colesburg 9:53.76; 6. Joe Anderson, George-Little Rock 9:53.85; 7. Shane Breheny, Nodaway Valley 9:58.47; 8. Brycen Wallace, Nodaway Valley 9:59.54.

Long jump—1. Jovante Squires, Lone Tree 21.07; 2. Jake Lynott, West Sioux (Havardan) 20.09; 3. MacCoy Yeakey, West Hancock 20.03; 4. Tyson Decker, West Hancock 20.01; 5. Bryce Flater, Grundy Center 19.11; 6. Austin Allard, Akron-Westfield 19.10; 7. Brett Givens, Lisbon 19.10; 8. Will Grammes, Grundy Center 19.07.

4800—1. Pekin (Packwood) (Chandler Eckley, Sam Roth, Isaiah Witrook, Ryan Millikin) 7:58.63; 2. Hudson 8:09.82; 3. Lisbon 8:12.64; 4. AGWSR 8:12.81; 5. North Linn 8:18.15; 6. CB St. Albert 8:20.38; 7. Earlham 8:21.51; 8. Gehlen Catholic 8:23.47.

400—1. Avery Moore, Sigourney 49.19; 2. Blake Langhurst, Lisbon 49.33; 3. Jack Butteris, Lisbon 49.89; 4. Joey Harkins, Earlham 50.01; 5. Tyson Vander Linden, Lynnville-Sully 50.54; 6. Holden Gillepie, Dunkerton 50.85; 7. Zach Ambrose, Boyer Valley 51.10; 8. Corey McKee, Lynnville-Sully 51.25.

Shot put—1. Caleb Meinders, AGWSR 55-03; 2. Dawson Ellingson, Hudson 54-08; 3. Nathan Karsjens, AGWSR 54-04; 4. Theo Baldus, Saint Ansgar 50-09; 5. Jake Crozier, Twin Cedars (Bussey) 50-08; 6. Matt Gagan, CB St. Albert 50-06; 7. Sam Phillips, Fremont Mills 49-11; 8. Trevor Northrup, Pekin (Packwood) 49-03.

GIRLS

CLASS 4A

PRELIMINARIES

Shuttle hurdle relay—1. Waukee (Sydney Winger, Mary Gray, Lauren Nelson, Hannah Schau) 1:01.83; 2. Iowa City West 1:03.64; 3. Dowling Catholic 1:05.12; 4. Ankeny 1:05.71; 5. Urbandale 1:06.02; 6. Ankeny Centennial 1:06.27; 7. Pleasant Valley 1:06.54; 8. Southeast Polk 1:06.91.

200—1. Keri Roberts, Waterloo East 24.09; 2. Darby Thomas, CB Lincoln 24.60; 3. Sydney Milano, Southeast Polk 24.70; 4. Khenadi Jones, Sioux City West 24.87; 5. Mackenzie Woodard, Southeast Polk 25.49; 6. Stevie Lamb, Dubuque Senior 25.60; 7. Eriana Brown, DM East 25.73; 8. Alanna Muhammad, Waterloo East 25.73.

100—1. Keri Roberts, Waterloo East 11.69; 2. Darby Thomas, CB Lincoln 12.01; 3. Khenadi Jones, SC West 12.05; 4. Alanna Muhammad, Waterloo East 12.29; 5. Shanah Smith, Fort Dodge 12.34; 6. Mackenzie Woodard, Southeast Polk 12.35; 7. Jasmine Rumley, Ankeny 12.37; 8. Jill Bennett, Linn-Mar (Marion) 12.39.

FINALS

3000—1. Bailey Nock, Iowa City West 10:03.22; 2. Jessica McKee, Johnston 10:20.88; 3. Gabby Skopec, Iowa City West 10:27.73; 4. Sydney Schaffer, Waukee 10:30.59; 5. Emily Bywater, Iowa City High 10:33.48; 6. Ally Gallagher, Bettendorf 10:35.03; 7. Helen Gould, WDM Valley 10:36.47; 8. Kylie Latham, Ottumwa 10:36.48.

Discus—1. Anna Hoyman, Indianola 138-00; 2. Leah Distenhorf, Iowa City West 128-05; 3. Kayla Slowick, North Scott 128-02; 4. Jasmin Martin, Urbandale 125-10; 5. Lea Grady, Davenport Central 125-07; 6. Cecelia Yale, CB Jefferson 124-06; 7. Kat Moody, Waukee 123-06; 8. Katrina Connor, Mason City 117-04.

4800—1. Waukee (Lily Campbell, Megan Graithehouse, Jessica Caraway, Logan Akason) 9:15.12; 2. Dowling Catholic 9:24.85; 3. Cedar Falls 9:25.06; 4. Sioux City East 9:29.77; 5. Ottumwa 9:32.89; 6. Indianola 9:38.30; 7. Southeast Polk 9:38.47; 8. Johnston 9:44.16.

400—1. Peyton Wensel, Linn-Mar (Marion) 54.84; 2. Sydney Milano, Southeast Polk 55.57; 3. Darby Thomas, CB Lincoln 56.18; 4. Mackenzie Michal, Cedar Falls 57.25; 5. Addie Swanson, Pleasant Valley 57.26; 6. Ali Wroblewski, Bettendorf 57.75; 7. Laurel Houghton, DM Lincoln 58.06; 8. Mercy Oyadare, SC North 59.06.

High jump—1. Ellie Roquet, Johnston 5-07; 2. Skyler Presler, Linn-Mar (Marion) 5-04; 3. Erica Loussaert, North Scott 5-04; 4. Alexis Hayes, North Scott 5-04; 5. Auriona Kimbrough, Cedar Falls 5-04; 6. Tarel Manning, Waterloo East 5-02; 7. Sara Hoskins, Pleasant Valley 5-02; 8. Olivia Sharar, Ankeny 5-02; Megan Witte, CB Lewis Central 5-02; Amber Smothers, Dubuque Hempstead 5-02.

CLASS 3A

PRELIMINARIES

200—1. Keaton Kester, ADM (Adel) 24.61; 2. Emily Vos, Pella 25.03; 3. Annika Pingel, Pella 25.15; 4. Jasmine Harris, Davenport Assumption 25.19; 5. Anna Sherman, Dubuque Wahlert 25.21; 6. Carly King, Davenport Assumption 25.26; 7. Anna Garwood, Union (LaPorte City) 25.37; 8. Jackie Gan-shirt, Dubuque Wahlert 25.63.

100—1. Keaton Kester, ADM (Adel) 12.08; 2. Ellie Masten, Benton Community 12.29; 3. Elizabeth Masten, Benton Community 12.31; 4. Carly King, Davenport Assumption 12.34; 5. Hannah Anderson, Washington 12.46; 6. Emily Vos, Pella 12.53; 7. Anna Garwood, Union (LaPorte City) 12.38; 8. Jasmine Harris, Davenport Assumption 12.39.

Shuttle hurdle relay—1. Mount Vernon (Annie Rhomborg, Annie Leopold, Libby Ryan, Catherine Yeoman) 1:05.47; 2. Pella 1:05.51; 3. Union (LaPorte City) 1:05.83; 4. Benton Community 1:05.94; 5. Maquoketa 1:06.50; 6. Solon 1:07.05; 7. Charles City 1:07.54; 8. Carlisle 1:07.71.

FINALS

Shot put—1. Gillian Streit, Harlan 137-03; 2. Kelsey Peters, Humboldt 128-10; 3. Alexis Wester-

High jump—1. Blair Brooks, Marion 6-07; 2. Cameron Central, Spencer 6-07; 3. Noah Feldman, West Liberty 6-06; 4. John Carlson, Bondurant-Farrar 6-04; 5. Keith Kehnia, South Tama 6-04; 6. Eric Swart, Gilbert 6-04; 17. Om Unique Wilkerson, Nevada 6-02; Matt Bandy, Dubuque Wahlert 6-02; Shawn Shindler, Decora 6-02; Jack Moore, Oskaloosa 6-02.

3200—1. Myles Bach, Marion 9:28.56; 2. Logan Murray, Mount Pleasant 9:31.69; 3. Jeremy Fogpa, Marion 9:40.26; 4. JJ Orput, Carlisle 9:43.50; 5. Miles Scott, Sergeant Bluff/Luton 9:44.69; 6. Cody Mertens, Mount Pleasant 9:47.57; 7. Connor Ritz, SC Bishop Heelan 9:48.89; 8. Lucas Chamberland, Grinnell 9:52.35.

4800—1. Mount Vernon (Zach Krogmann, Nick Leopold, Jack Young, Jeremy Krogmann) 7:58.92; 2. Gilbert 8:08.58; 3. Spirit Lake 8:09.36; 4. Dubuque Wahlert 8:12.43; 5. CR Xavier 8:12.85; 6. Mount Pleasant 8:14.22; 7. Oskaloosa 8:16.362; 8. Pella 8:16.364.

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