



Conference Thursday, May 5



Field Events 4:00

Running Events 4:30

Sprint Med (100-100-200-400)			
Name	Split	Place	PR
Brailyn Desy			
David Cardenas			
Luke Wiebers			
Jake Fink			
Total	1:43.03	10	1:41.42

3200 Meter Run			
Name	Time	Place	PR
Ethan Olsen	11:56.47		12:02.87

4 X 800 Meter Relay			
Name	Split	Place	PR
Brian Ibarra			
Ethan Perrien			
Leo Flores			
Ricky Ledesma			
Total	8:45.06	3	8:50.31

15 Minute Break

100 Meter Dash			
Name	Time	Place	PR
Jacob Bruck	12.78		12.34
Brailyn Desy	12.24		11.96

Distance Medley Relay (200-200-400-800)			
Name	Split	Place	PR
David Cardenas			
Jake Fink			
Luke Wiebers			
Leo Flores			
Total	3:46.89	2	3:50.51

Team Standings	
Lewis Central	144
Glenwood	134
Clarinda	88
Harlan	69
Red Oak	62
Atlantic	57
Kuemper	56
St Alberts	45
Denison-Schleswig	39
Shenandoah	26
Creston	18
Personal Records Broken - 9	
Top 10's - 7	

400 Meter Dash			
Name	Time	Place	PR
Aidan Herbert	57.07		56.89
Brailyn Desy	55.74	10	56.12

4x200 Meter Relay			
Name	Split	Place	PR
Anthony Arambula			
Luke Wiebers			
David Cardenas			
Jake Fink			
Total	1:36.09	3	1:36.24

110 High Hurdles			
Name	Time	Place	PR
Brian Ibarra	16.73	7	16.63

800 Meter Run			
Name	Time	Place	PR
Leo Flores	2:05.39	5	2:05.11
Ethan Perrien	2:15.59		2:10.06

200 Meter Dash			
Name	Time	Place	PR
Anthony Arambula	24.36	8	24.75
Jacob Bruck	26.07		26.66

400 Meter Hurdles			
Name	Time	Place	PR
Brian Ibarra	1:02.03	7	1:01.54
Jake Fink	59.27	4	59.84

1600 Meter Run			
Name	Time	Place	PR
Ricky Ledesma	5:19.80		5:00.00
Ismael Alfaro	5:41.82		5:29.54

4x100 Relay			
Name	Split	Place	PR
Brailyn Desy			
Anthony Arambula			
Luke Wiebers			
David Cardenas			
Total	46.71	5	46.51

4x400 Relay			
Name	Split	Place	PR
Aidan Herbert			
Esteban Castellanos			
Chandler Perrien			
Ethan Perrien			
Total	3:46.07	8	3:47.87

Shot Put			
Name	Throw	Place	PR
Garret Plagge	37'11.5"		41'6"
Derek Scheuring	30'3"		34'10"

Discus			
Name	Throw	Place	PR
Garret Plagge	114'10"		127'8"
Derek Scheuring	91'		101'03"

Long Jump			
Name	Jump	Place	PR
Anthony Arambula	18-1	10	18-2

We had the Hawkeye 10 Conference Meet tonight and it was a great night to run. Finally!! The weather was cool, but it did not rain and there was not much wind. We had 9 PR's tonight and we had 7 top 10 times. Top 10 times included the 4x8 and 4x2 having the overall top time. The Distance Med had 3rd overall time and the 4x4 snuck in at number 10 with a PR. Individuals were Brian Ibarra in the 110H, Jake Fink in the 400H (3rd overall), and Leo Flores in the 800 with the 2nd best time. I was happy with how we ran all night. We need to continue to compete and now it is the state qualifying meet next Thursday. We have that at home and we are excited for the opportunity to compete for a chance to go to state.