

**Falcon Coed Relays 2016 - 4/21/2016**  
**West Sioux Community Track**  
**Results**

**Girls 100 Meter Dash**

Name	Year School	Finals	H#
<b>Finals</b>			
1 Hoogeveen, Lona	Bhrv	12.91	3
2 Boer, Ashley	Central Lyon	13.44	3
3 Vanden Brink, Janna	Unity Christian	13.59	3
4 Kruse, Hannah	West Lyon	13.61	3
5 Bailey, Ria	Beresford	13.85	3
6 McKee, Josie	West Sioux	14.00	2
7 Simon, Caitlin	Central Lyon	14.22	3
8 Nelson, Becca	Beresford	14.45	3
9 Meyer, Madeline	West Lyon	14.55	3
10 Beldt, Rebecca	Sheldon	14.71	2
11 Brandt, Bri	Bhrv	14.99	2
12 Elgersma, Gracie	Sheldon	15.00	2
13 Foglesong, Devyn	West Sioux	16.22	2
14 Liu, Kiki	Unity Christian	17.12	2
-- DeBoer, Faith	Bhrv	X14.47	1
-- Kusters, Sara	Bhrv	X15.75	1
-- Keegan, Rhiannon	Central Lyon	X17.25	1
-- Yocum, Becca	Sheldon	X17.66	1
-- Amnatka, Rita	Sheldon	X20.18	1

**Girls 100 Meter Dash WC**

Name	Year School	Finals
1 Siebrecht, Keri	Sheldon	27.18

**Girls 200 Meter Dash**

Name	Year School	Finals	H#
1 Hoogeveen, Lona	Bhrv	27.58	3
2 Kruse, Hannah	West Lyon	28.04	3
3 Steins, Courtney	Bhrv	28.32	3
4 Vanden Brink, Janna	Unity Christian	28.55	3
5 Peterson, Elle	Central Lyon	28.99	3
6 Nelson, Hannah	Beresford	29.10	3
7 Frink, Allie	Beresford	29.59	3
8 Simon, Caitlin	Central Lyon	29.69	3
9 Elgersma, Gracie	Sheldon	31.02	2
10 Kaemingk, Nicole	Unity Christian	31.63	2
11 Beldt, Rebecca	Sheldon	31.67	2
12 Gerber, Katrina	West Lyon	32.59	2
13 Liston, Cali	West Sioux	33.42	2
14 Ballard, Camyron	West Sioux	41.49	2
-- Block, Jordan	Bhrv	X31.07	1
-- Kusters, Sara	Bhrv	X33.66	1
-- Liu, Kiki	Unity Christian	X36.82	2

**Girls 400 Meter Dash WC**

Name	Year School	Finals
1 Siebrecht, Keri	Sheldon	1:51.80

**Girls 400 Meter Dash**

Name	Year School	Finals	H#
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**Falcon Coed Relays 2016 - 4/21/2016**  
**West Sioux Community Track**  
**Results**

1	Turek, Mikayla	Unity Christian	1:01.91	2
2	Kamphoff, Kacy	Sheldon	1:02.21	2
3	Alexander, Rachel	Bhrv	1:05.81	2
4	Kramer, Jordyn	West Lyon	1:08.90	2
5	Folkens, Riley	Central Lyon	1:09.78	1
6	Iwen, Madisen	Central Lyon	1:12.15	2
7	Ackerman, Greta	George-Little Rock	1:13.16	1
8	DeRuyter, Emily	Bhrv	1:14.79	2
9	Weiland, Victoria	Beresford	1:16.69	1
10	Harkness, Caitlyn	West Lyon	1:18.00	1
--	Avery, Emma	West Sioux	NT	2
--	Bandstra, Erin	Unity Christian	NT	2
--	Van Der Brink, Vaida	Bhrv	X1:17.09	1
--	Huschen, Hannah	Bhrv	X1:18.02	1

**Girls 800 Meter Run**

Name	Year School	Finals
1	Pullman, Hailey	West Sioux 2:31.29
2	Knauss, Anneke	Unity Christian 2:33.91
3	Witt, Makayla	Central Lyon 2:34.73
4	Schoo, Anessa	Sheldon 2:35.55
5	Schaap, Kendra	Beresford 2:38.00
6	Alexander, Rachel	Bhrv 2:42.24
7	Van Der Brink, Morgan	Bhrv 2:45.00
8	Knobloch, Molly	West Lyon 2:48.47
--	Topete, Ana	West Sioux NT
--	Blauwet, Megan	West Lyon NT
--	Stubbe, Tori	Central Lyon XNT
--	Borman, Reese	Central Lyon XNT
--	Willer, Tatum	Bhrv XNT
--	Van Der Brink, Vaida	Bhrv XNT
--	Friedrichsen, Jacie	Central Lyon NT
--	Ackerman, Greta	George-Little Rock NT
--	Worth, Caitlin	Beresford NT
--	Wagner, McKenzie	Sheldon NT
--	Tilstra, Adri	Unity Christian NT
--	Henning, Allison	George-Little Rock NT

**Girls 1500 Meter Run**

Name	Year School	Finals
1	Pullman, Hailey	West Sioux 5:23.62
2	Atwood, Ashlynn	Beresford 5:24.50
3	Van Meeteren, Emma	Sheldon 5:29.69

**....Girls 1500 Meter Run**

4	Bandstra, Erin	Unity Christian 5:35.63
5	Quartier, Grace	Beresford 5:52.13
6	Cain, Sarah	Sheldon 5:53.78
7	DeRuyter, Emily	Bhrv 5:59.85
8	De Ruyter, Alexa	Bhrv 6:03.35
--	Knobloch, Talia	West Lyon NT
--	Klingensmith, Karie	West Lyon NT
--	Schriener, Danielle	West Sioux NT
--	Dykstra, Jillian	Bhrv XNT
--	Henning, Allison	George-Little Rock NT
--	Broers, Katie	Unity Christian NT

**Falcon Coed Relays 2016 - 4/21/2016**  
**West Sioux Community Track**  
**Results**

-- Burg, MacKenzie      George-Little Rock      NT  
 -- Davelaar, Jordan      Unity Christian JV      NT  
 -- Bos, Jordan      Unity Christian JV      NT

**Girls 3000 Meter Run**

Name	Year School	Finals
1 Van Meeteren, Emma	Sheldon	11:30.80
2 Bandstra, Erin	Unity Christian	11:38.90
3 Blum, Sammy	Bhrv	12:04.80
4 Mochel, Julia	Beresford	12:37.00
5 Tilstra, Adri	Unity Christian	12:41.90
6 Ebert, Hannah	Beresford	12:56.20
7 Davelaar, Jordan	Unity Christian JV	13:29.00
8 Schriener, Danielle	West Sioux	14:09.60
-- Topete, Ana	West Sioux	NT
-- Burg, MacKenzie	George-Little Rock	NT
-- Rens, Grace	West Lyon	NT

**Girls 100 Meter Hurdles**

Name	Year School	Finals	H#
1 Groff, Bryn	Sheldon	16.00	2
2 VanVeldhuizen, Brianna	West Lyon	16.62	2
3 Tolk, Maddy	Sheldon	16.63	2
4 Stuit, Anmarie	Unity Christian	17.25	2
5 VanBeek, Tiffany	West Lyon	17.50	2
6 Rasmussen, Hope	Central Lyon	17.87	2
7 Anderson, Kaylee	Bhrv	18.84	1
8 Gorter, Hailey	Bhrv	19.15	1
9 Boekhout, Brecken	Central Lyon	19.49	2
10 Bak, Kailey	West Sioux	20.87	1
-- Mueller, Brynn	Unity Christian	NT	2
-- Massen, Sara	Bhrv	X19.00	1

**Girls 400 Meter Hurdles**

Name	Year School	Finals	H#
1 Turek, Mikayla	Unity Christian	1:09.89	2
2 Stuit, Anmarie	Unity Christian	1:10.64	2
3 VanVeldhuizen, Brianna	West Lyon	1:13.56	2
....Girls 400 Meter Hurdles			
4 Yeakel, Callie	Central Lyon	1:15.80	2
5 Van Meeteren, Kayla	Sheldon	1:20.62	2
6 Gorter, Hailey	Bhrv	1:21.77	2
7 Tolk, Maddy	Sheldon	1:22.76	2
8 Hage, Madison	West Lyon	1:26.07	1
9 Bak, Kailey	West Sioux	1:27.39	1
10 Fatherlos, Katarina	Beresford	1:34.13	1
-- Rasmussen, Hope	Central Lyon	NT	2

**Girls 4x100 Meter Relay**

School	Finals	H#
1 Beresford 'A'	54.19	2
2 Bhrv 'A'	54.68	2
3 West Lyon 'A'	54.74	2
4 Sheldon 'A'	55.28	2

**Falcon Coed Relays 2016 - 4/21/2016**  
**West Sioux Community Track**  
**Results**

5 Central Lyon 'A'	55.65	2
6 Unity Christian 'A'	56.00	2
7 George-Little Rock 'A'	1:02.42	2
8 West Sioux 'A'	1:04.47	2
-- Central Lyon 'B'	X58.56	1
-- Bhrvjv 'A'	X59.78	1
-- West Lyon JV 'A'	X1:03.00	1
-- Sheldon JV 'A'	X1:08.80	1

**Girls 4x200 Meter Relay**

School	Finals
1 West Lyon 'A'	1:54.91
2 Beresford 'A'	1:56.40
3 Central Lyon 'A'	1:56.85
4 Unity Christian 'A'	1:59.85
5 Sheldon 'A'	2:04.71
6 Bhrv 'A'	2:06.44
7 West Sioux 'A'	2:23.08
-- Bhrvjv 'A'	X2:11.18

**Girls 4x400 Meter Relay**

School	Finals
1 Central Lyon 'A'	4:28.50
2 West Lyon 'A'	4:30.65
3 Unity Christian 'A'	4:30.88
4 Beresford 'A'	4:33.53
5 Sheldon 'A'	4:37.81
6 Bhrv 'A'	4:40.48
7 West Sioux 'A'	4:52.24
-- Bhrvjv 'A'	X5:09.87

**Girls 4x800 Meter Relay**

School	Finals
1 Unity Christian 'A'	10:15.70
2 Sheldon 'A'	10:25.50
3 Bhrv 'A'	11:01.70
4 Beresford 'A'	11:15.20
5 West Lyon 'A'	11:19.20
6 West Sioux 'A'	11:22.70
7 Central Lyon 'A'	12:02.10
-- Bhrvjv 'A'	X12:43.10

**Girls 800 Sprint Medley**

School	Finals
1 Central Lyon 'A'	1:59.97
2 Sheldon 'A'	2:03.60
3 Beresford 'A'	2:04.60
4 Bhrv 'A'	2:05.06
5 Unity Christian 'A'	2:06.28
6 West Lyon 'A'	2:07.71
7 George-Little Rock 'A'	2:09.03
8 West Sioux 'A'	2:17.85

**Girls Distance Medley**

**Falcon Coed Relays 2016 - 4/21/2016**  
**West Sioux Community Track**  
**Results**

School	Finals
1 Central Lyon 'A'	4:36.30
2 Beresford 'A'	4:37.30
3 Bhrv 'A'	4:44.70
4 Unity Christian 'A'	4:51.60
5 George-Little Rock 'A'	4:51.68
6 West Sioux 'A'	5:08.40
7 Sheldon 'A'	5:08.60
8 West Lyon 'A'	5:23.50

**Girls 4x100 Meter Shuttle Hurdle**

School	Finals H#
1 Sheldon 'A'	1:09.38 2
2 West Lyon 'A'	1:13.72 2
3 Unity Christian 'A'	1:13.91 2
4 Central Lyon 'A'	1:17.80 1
5 Bhrv 'A'	1:18.72 1

**Girls High Jump**

Name	Year School	Finals
1 Van Beek, Cassie	Bhrv	5-00.00
2 Kiel, Anna	Unity Christian	4-10.00
3 Beldt, Rebecca	Sheldon	4-06.00
4 Twedt, Aubrey	Beresford	J4-06.00

**....Girls High Jump**

5 Riebeling, Shelby	Unity Christian	4-04.00
5 Knobloch, Courtney	West Lyon	4-04.00
7 Kirkebak, Kate	Beresford	J4-04.00
-- Peterson, Elle	Central Lyon	NH
-- Meyer, Jessica	West Lyon	NH

**Girls Long Jump**

Name	Year School	Finals
1 Turek, Mikayla	Unity Christian	16-01.00
2 Ericson, Abbie	West Sioux	14-08.50
3 Albrecht, Ashlyn	Sheldon	14-05.00
4 Boekhout, Brecken	Central Lyon	14-02.25
5 Simon, Caitlin	Central Lyon	13-07.25
6 Kavanagh, Alyssa	Sheldon	13-05.25
7 Grotewold, Madyson	West Lyon	13-03.00
8 Gerken, Kayla	George-Little Rock	13-01.25
9 Hage, Madison	West Lyon	12-09.25
10 Huot, Sadie	Beresford	12-08.00
11 Brandt, Bri	Bhrv	12-03.75
12 Willer, Tatum	Bhrv	10-03.25
-- Huschen, Hannah	Bhrv	X10-04.75

**Girls Shot Put**

Name	Year School	Finals
1 TerWee, Micayla	West Lyon	39-08.00
2 Van Beek, Cassie	Bhrv	36-01.00
3 Van Der Zwaag, Kaitlyn	Bhrv	32-00.00
4 Bonnema, Hannah	Unity Christian	31-09.50

**Falcon Coed Relays 2016 - 4/21/2016**  
**West Sioux Community Track**  
**Results**

5 Rodenbourgh, Taylor	West Sioux	31-02.50
6 Casperson, Emilee	Beresford	31-00.00
7 Schiebout, Marissa	Unity Christian	30-03.25
8 Borchers, Sierra	Unity Christian Jv2	29-09.50
9 Knudson, Kaitlyn	Beresford	29-05.00
10 Knobloch, Riley	West Lyon	28-09.50
11 Zoelle, Madison	Sheldon	26-11.25
12 Harms, Karissa	George-Little Rock	26-08.75
13 Vander Windt, Kennedy	Unity Christian JV	26-04.50
14 Pennings, Regan	Unity Christian Jv2	26-01.75
15 Westra, Maranda	Unity Christian JV	25-10.00
16 Strange, Connor	Central Lyon	25-01.50
17 Johnson, Makayla	Sheldon	25-00.00
18 Gorter, Alayna	Central Lyon	22-08.00
19 Schipper, Danna	West Sioux	22-01.00
-- Richter, Taylor	Bhrv	X28-11.25
-- Pottebaum, Erika	Bhrv	X26-11.00
-- Block, Jordan	Bhrv	X26-03.00

**Girls Shot Put WC**

Name	Year School	Finals
1 Siebrecht, Keri	Sheldon	11-04.75

**Girls Discus Throw**

Name	Year School	Finals
1 TerWee, Micayla	West Lyon	113-07
2 Rasmussen, Hope	Central Lyon	108-04
3 VanGelder, Holly	Beresford	104-08
4 Van Der Zwaag, Kaitlyn	Bhrv	94-06
5 Boden, Cali	Beresford	92-10
6 Borchers, Sierra	Unity Christian	88-00
7 Johnson, Makayla	Sheldon	J88-00
8 Knobloch, Riley	West Lyon	83-09
9 Snyder, Carly	Central Lyon	82-05
10 Harms, Karissa	George-Little Rock	79-09
11 Bonnema, Hannah	Unity Christian	78-03
12 Schiebout, Marissa	Unity Christian Jv2	78-02
13 Zoelle, Madison	Sheldon	75-04
14 Pennings, Regan	Unity Christian Jv2	71-03
15 Vander Windt, Kennedy	Unity Christian JV	68-10
16 Westra, Maranda	Unity Christian JV	63-11
17 Ballard, Camyron	West Sioux	60-09
-- McKee, Josie	West Sioux	ND
-- Richter, Taylor	Bhrv	X72-04
-- Pottebaum, Erika	Bhrv	X68-09
-- Block, Jordan	Bhrv	X67-02
-- Stubbe, Tori	Central Lyon	X67-00
-- Friedrichsen, Jacie	Central Lyon	X60-11

**Boys 100 Meter Dash**

Name	Year School	Finals	H#
1 Van Maanen, Myles	Bhrv	11.16	3
2 Van Wyhe, Riley	Central Lyon	11.28	3
3 Zevenbergen, Travis	Unity Christian	11.41	3
4 Joachim, Cole	West Lyon	11.44	3

**Falcon Coed Relays 2016 - 4/21/2016**  
**West Sioux Community Track**  
**Results**

5 Roths, CJ	Central Lyon	11.94	3
6 Pottebaum, Monte	West Lyon	12.01	3
7 Van Zee, RJ	Bhrvjv	12.16	2
8 Van Beek, Devin	Bhrvjv	12.17	3
9 Post, Brady	Bhrv	12.25	3
10 O'Hara, Jacob	Beresford	13.15	2
11 Klarenbeek, Brian	Beresford	13.78	2
12 Coons, Russel	West Sioux	13.85	2
13 Macias Denis, Martin	George-Little Rock	14.56	2
14 Hedden, Michael	West Sioux	14.59	2
-- Macias Denis, Erik	George-Little Rock	NT	2
-- Hoogendoorn, Trent	West Lyon	X13.62	1
-- Reinke, Trevor	West Lyon	X13.97	1
-- Clough, Noah	West Sioux	X15.78	1

**Boys 200 Meter Dash**

Name	Year School	Finals	H#
1 Zevenbergen, Travis	Unity Christian	23.25	2
2 Van Wyhe, Riley	Central Lyon	23.50	2
3 Vander Kooi, Jonah	Unity Christian	23.95	2
4 Menage, Pete	Central Lyon	24.10	2
5 Rentschler, Mitchell	West Lyon	24.72	2
6 Post, Cody	Bhrv	24.75	2
7 Mullinix, Logan	Beresford	25.76	1
8 Block, Logan	Bhrvjv	26.12	2
9 Poppenga, Carson	Beresford	26.16	1
10 Goodman, Caleb	Bhrv	26.22	2
11 Koopmans, Chase	West Sioux	26.36	1
12 Macias Denis, Erik	George-Little Rock	26.88	1
13 Kramer, Jesse	George-Little Rock	26.91	1
14 Fykstra, Dustin	Bhrvjv	27.93	1
15 Kooi, Will	West Lyon	27.94	1
-- Coons, Russel	West Sioux	NT	1

**Boys 400 Meter Dash**

Name	Year School	Finals	H#
1 Zevenbergen, Travis	Unity Christian	52.25	2
2 Blankespoor, Tate	West Lyon	53.90	2
3 Munoz, Isaac	Bhrv	54.85	2
4 Lynott, Jake	West Sioux	55.03	2
5 Ramsey, Dustin	Central Lyon	55.41	2
6 Byker, Sam	Unity Christian	56.53	2
7 Van Briesen, Dalton	George-Little Rock	59.47	2
8 Kramer, Jesse	George-Little Rock	1:00.28	1
9 Deastch, Nate	Central Lyon	1:03.21	2
10 Klarenbeek, Brian	Beresford	1:14.13	1
11 Pack, Nick	Beresford	1:14.50	1
-- Harkness, Hunter	West Lyon	NT	1

**Boys 800 Meter Run**

Name	Year School	Finals
1 Munoz, Isaac	Bhrv	2:08.91
2 Vander Plaats, Jacob	Unity Christian	2:10.06
3 Zonnefeld, Caden	Unity Christian	2:10.81
4 Peterson, Tim	Beresford	2:16.25

**Falcon Coed Relays 2016 - 4/21/2016**  
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**Results**

5 Bruggeman, Nick	West Lyon	2:23.06
6 Van Briesen, Dalton	George-Little Rock	2:26.04
7 Roemeling, Austin	Bhrv	2:26.78
8 Tazelaar, Thomas	Unity Christian JV	2:27.05
-- Boote, Tanner	West Lyon	NT
-- Horstman, Levi	West Lyon	XNT
-- Harkness, Hunter	West Lyon	XNT
-- Millikan, Drake	West Sioux	NT
-- Schuller, Trevor	West Sioux	NT
-- Ramirez, Jose	Bhrvjv	NT
-- Springer, Zach	Central Lyon	NT

**....Boys 800 Meter Run**

-- Sohl, Zach	Bhrvjv	NT
-- Larson, Jonah	Beresford	NT
-- Slice, Kevin	Unity Christian JV	NT
-- DeNoble, Andrew	Central Lyon	NT

**Boys 1600 Meter Run**

Name	Year School	Finals
1 Vander Plaats, Jacob	Unity Christian	4:52.47
2 Schoonhoven, Joseph	Unity Christian	5:07.66
3 Bruggeman, Nick	West Lyon	5:14.60
4 Davis, Dallas	Beresford	5:21.78
5 Slice, Kevin	Unity Christian JV	5:28.75
6 Langenhorst, Kalyn	West Lyon	5:31.95
7 Top, Parker	Bhrv	5:34.50
8 Tazelaar, Thomas	Unity Christian JV	5:35.46
-- Knoblock, Kerrick	West Lyon	XNT
-- Harkness, Eli	West Lyon	XNT
-- Iverson, Brooklyn	Bhrv	NT
-- Springer, Zach	Central Lyon	NT
-- Top, Kaden	Bhrvjv	NT
-- Hanson, Michael	Beresford	NT
-- Anderson, Joe	George-Little Rock	NT

**Boys 3200 Meter Run**

Name	Year School	Finals
1 Vander Plaats, Jacob	Unity Christian	10:15.80
2 Atwood, Alec	Beresford	10:22.80
3 Schoonhoven, Joseph	Unity Christian	10:30.50
4 Top, Parker	Bhrv	12:00.07
5 Harkness, Eli	West Lyon	12:10.19
6 Olbertson, Trystan	Beresford	13:10.10
-- Anderson, Joe	George-Little Rock	NT
-- Iverson, Brooklyn	Bhrv	NT

**Boys 110 Meter Hurdles**

Name	Year School	Finals
1 Korver, Calvin	Unity Christian	15.47
2 Bakker, Kyle	Bhrv	16.40
3 Willemsen, Kaden	Bhrv	16.90
4 Heyer, Isaac	West Lyon	17.36
5 Knobloch, Cade	Central Lyon	17.72
6 Baker, Jaydon	Central Lyon	18.14
-- VanOort, Kory	West Sioux	NT



**Falcon Coed Relays 2016 - 4/21/2016**  
**West Sioux Community Track**  
**Results**

**Boys 400 Meter Hurdles**

Name	Year School	Finals H#
1 Korver, Calvin	Unity Christian	58.62 2
<b>....Boys 400 Meter Hurdles</b>		
2 Bakker, Kyle	Bhrv	59.56 2
3 Bruggeman, Logan	West Lyon	1:01.82 2
4 Baker, Jaydon	Central Lyon	1:04.71 2
5 Harman, Dylan	Bhrv	1:04.83 2
6 Deatsch, Seth	Central Lyon	1:06.81 1
7 Willemsen, Kaden	Bhrvjv	1:10.40 2
8 VanOort, Kory	West Sioux	1:11.91 1
9 Macias Denis, Martin	George-Little Rock	1:14.38 1

**Boys 4x100 Meter Relay**

School	Finals H#
1 Central Lyon 'A'	46.01 2
2 Bhrv 'A'	46.18 2
3 West Sioux 'A'	48.16 2
4 Bhrvjv 'A'	49.92 2
5 Beresford 'A'	50.58 2
6 George-Little Rock 'A'	51.25 2
7 Unity Christian 'A'	51.38 2
8 West Lyon 'A'	52.42 2
-- Bhrv Jv2 'A'	X49.40 1
-- West Lyon JV 'A'	X56.90 1

**Boys 4x200 Meter Relay**

School	Finals H#
1 Central Lyon 'A'	1:34.80 2
2 Bhrv 'A'	1:36.16 2
3 West Lyon 'A'	1:41.72 2
4 Bhrvjv 'A'	1:42.03 2
5 Unity Christian 'A'	1:44.66 2
6 George-Little Rock 'A'	1:44.89 2
7 Beresford 'A'	1:45.16 2
-- West Sioux 'A'	DNF 2
-- Bhrv Jv2 'A'	X1:44.09 1
-- West Lyon JV 'A'	X1:59.31 1

**Boys 4x400 Meter Relay**

School	Finals
1 Unity Christian 'A'	3:39.28
2 Bhrv 'A'	3:39.93
3 Central Lyon 'A'	3:46.82
4 West Lyon 'A'	3:52.02
5 George-Little Rock 'A'	3:55.21
6 Bhrvjv 'A'	3:55.59
7 West Sioux 'A'	4:03.10
8 Beresford 'A'	4:15.53

**Boys 4x800 Meter Relay**

School	Finals
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**Falcon Coed Relays 2016 - 4/21/2016**  
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**Results**

1	Unity Christian 'A'	8:54.07
2	Beresford 'A'	8:58.90
3	Bhrv 'A'	9:02.30
4	George-Little Rock 'A'	9:06.40
5	Central Lyon 'A'	9:26.00
6	West Lyon 'A'	9:52.10
7	Bhrvjv 'A'	10:07.80

**Boys Distance Medley**

School	Finals
1 Bhrv 'A'	3:57.20
2 West Lyon 'A'	4:03.72
3 West Sioux 'A'	4:03.86
4 Beresford 'A'	4:04.90
5 Central Lyon 'A'	4:06.10
6 Unity Christian 'A'	4:06.22
7 George-Little Rock 'A'	4:13.50
8 Bhrvjv 'A'	4:15.00

**Boys 4x100 Meter Shuttle Hurdle**

School	Finals
1 West Lyon 'A'	1:04.69
2 Bhrv 'A'	1:04.90
3 Central Lyon 'A'	1:05.50

**Boys High Jump**

Name	Year School	Finals
1 Korver, Calvin	Unity Christian	6-04.00
2 TeSlaa, Jamison	Bhrv	5-06.00
2 Poppenga, Carson	Beresford	5-06.00
4 Schafer, Jacob	Bhrv	J5-06.00
5 Van't Hof, Noah	West Lyon	5-04.00
6 Knobloch, Cade	Central Lyon	J5-04.00
6 Heimensen, Zed	Central Lyon	J5-04.00
-- Noble, Zack	Bhrvjv	NH
-- Antonson, Jack	Beresford	NH

**Boys Long Jump**

Name	Year School	Finals
1 Van Maanen, Myles	Bhrv	19-09.00
2 Vander Kooi, Jonah	Unity Christian	19-04.50
3 Borah, Hunter	Beresford	18-08.00
4 Heyer, Isaac	West Lyon	18-01.50
5 Koopmans, Chase	West Sioux	18-01.00
6 Ramsey, Dustin	Central Lyon	17-11.00
<b>....Boys Long Jump</b>		
7 White, Nick	Central Lyon	16-07.00
8 Pease, Duncan	Beresford	16-04.75
9 Haken, Josh	George-Little Rock	16-04.00
10 Schiebout, Carter	Unity Christian	16-00.75
11 Millikan, Drake	West Sioux	15-01.00

**Boys Shot Put**

Name	Year School	Finals
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**Falcon Coed Relays 2016 - 4/21/2016**  
**West Sioux Community Track**  
**Results**

1	McCarty, Sam	Central Lyon	44-03.50
2	De Haan, Paxton	Unity Christian	43-06.50
3	DeSmet, Zach	West Lyon	42-03.00
4	Kroeze, Trey	Unity Christian	41-09.00
5	Hilbrands, Dylan	Bhrv	39-11.00
6	Peterson, Kaleb	Beresford	38-09.00
7	Saavedra, Jacen	Bhrv	38-08.00
8	Moore, Austin	West Lyon	38-01.00
9	Van Ginkel, Kyle	Bhrvjv	37-02.00
10	Kraai, Donny	Bhrvjv	36-11.75
11	Koopmans, Conner	West Sioux	35-11.25
12	Metzger, Parker	Central Lyon	35-02.00
13	Fitzgerald, Jack	Beresford	34-09.00
14	Huitink, Bryce	Unity Christian JV	34-08.50
15	Nohava, Jared	West Sioux	32-01.75
16	Davelaar, Cody	Unity Christian JV	31-09.00
17	Vander Windt, Jackson	Unity Christian Jv2	28-09.50
--	Oleson, Tanner	West Lyon	X41-02.50
--	Van Middendorp, Trevor	West Lyon	X32-09.00

**Boys Discus Throw**

Name	Year School	Finals
1	De Haan, Paxton	Unity Christian 131-06
2	Housken, Chris	Beresford 122-01
3	Saavedra, Jacen	Bhrv 116-00
4	Oleson, Tanner	West Lyon 114-02
5	DeNoble, Austin	Central Lyon 110-03
6	DeSmet, Zach	West Lyon 107-08
7	Van Ginkel, Kyle	Bhrv 106-10
8	Moore, Austin	West Lyon 105-05
9	Huot, Seth	Beresford 102-07
10	Kroeze, Trey	Unity Christian 95-04
11	Davelaar, Cody	Unity Christian JV 91-01
12	Gayer, Josh	West Lyon 90-11
13	McCarty, Sam	Central Lyon 86-00
14	Huitink, Bryce	Unity Christian JV 82-10
15	Clough, Noah	West Sioux 70-01
16	Block, Logan	Bhrvjv 69-02
17	Vander Windt, Jackson	Unity Christian Jv2 65-01
18	Hedden, Michael	West Sioux 64-08
--	Van Zee, RJ	Bhrvjv ND

**....Boys Discus Throw**

## Women - Team Rankings - 19 Events Scored

1) Unity Christian	121.50	2) BHRV	96
3) Sheldon	94	4) West Lyon	88.50
5) Central Lyon	80	6) Beresford	73
7) West Sioux	33	8) George-Little Rock	2

## Men - Team Rankings - 18 Events Scored

1) Unity Christian	164	2) BHRV	132
3) West Lyon	82	3) Central Lyon	82
5) Beresford	53	6) West Sioux	18
7) BHRVJV	9	7) George-Little Rock	9
9) Unity Christian JV	2		

**Falcon Coed Relays 2016 - 4/21/2016**  
**West Sioux Community Track**  
**Results**