

UNI 3/10/15

Joey Riley started us off with a solid performance in the Shot at just over 40 feet. Newcomer Luke Norem shows great potential with a 36 foot toss. In the Long, Jump Tyjon Rose and newcomer Austin Kuhnle jumped over 17 feet. Fadein Sheridan showed great promise in the High Jump just missing the 5'10 mark and settling for 12th place at 5'8. The 4x2 ran into trouble early and was disqualified. The 4x8, a mostly inexperienced group of Janssen 9, Steinfeldt 9, Dannen 11 and Weeks 12 ran a respectable 9:30. This looks like a group that will give us all they have. Michael Kent won his heat of the 60 M Dash and Tyjon Rose scorched the track running away with his heat. Sheridan and Meyer turned in 56 quarters in the 400 open. Rose turned in a great 200 M Dash PR of 24.41 FAT. Zac Katschke and Alex Umana set personal bests in the 800 M Run. Strong Legs by Sheridan and Janssen help push the 4x4 under 4 minutes. Overall I thought our men did a great job.. The effort was good and I believe we have established a great foundation for success.

Nevada 3/31/15

The day started off with multiple varsity athletes dropping out of the line-up but the Cadets fought hard to overcome the adversity and put forth a great effort that would make any coach proud! Joey Riley started the meet off with a season best 41'10.5 in the Shot Put. Kevin Sheridan stayed consistent and reached 5'8 before having to leave for the 400 M Dash settling in at 2nd overall. Tyler Weeks ran a strong, aggressive race to take first place in the 3200 M Run where newcomer Greg Tystahl showed guts by passing several runners in the last 2 laps to score team points. With two runners out of the 4x8, the foursome led by PR's from Katschke and Umana pulled out a 4th place finish. In the 100 M Dash Tyjon Rose set a Personal best at 11.88. Kevin Sheridan continues to improve in the 400 setting another personal best of 54.92. The 4x2 used great handoffs to take the victory! Rose, Steelman, Harding and Kuhnle. All four set person bests! Adam Long set a personal best in the 110 M High Hurdles. Tyson Rose set a personal best in the 200 at 23.95! Matt Dannen set a PR in the open 800. Katschke's battle at anchor in the 1600 M medley- was spectacular! With half the 4x4 gone, the replacements did the team proud setting a season best time! Although we came a little short, the effort was amazing to watch!

Forest City 4/2/2015

Two meets in two days along with 9 guys out for one reason or another meant we weren't anywhere near full strength, but the effort remained high once again! Joey Riley Started the meet of with a solid performance in the shot put, followed by Luke Norem's PR for the double! Austin Kuhnle set a PR in the Long Jump at 18'1! Devin Sheridan jumped a new PR at 5'10 for 3rd! In the 3200, Weeks turned in a season best 11:12 and remained aggressive as he equaled his seed and cut 7 seconds in a strong wind placing 3rd. Greg Tystahl cut 18 seconds setting a new PR! Brady Janssen returned to the line-up to set a new PR in the 4x800! The shuttle Hurdle dropped 2 seconds with PR's from Moore and Kuhnle. The 4x2, missing Steelman,

finished 3rd with PR's from Harding and Kent. Todd Raisch set a new PR in the 1600! With all the changes we were forced to make and the short rest, I felt it was a solid meet for us.

Clarion 4/10/15

We limped into Clarion with a lot of guys out of the line-up. We had some great efforts and some not so great moments. 12 PR's came out of the meet along with several season bests as well. In the Discus Jace Ites set a new PR at 102'8 and Joey Riley threw a season best 125'6.5 for third. In the 3200 M Run Weeks continued to improve with a season best 11:08 and Greg Tystahl set a new PR at 12:24! In the Shuttle Hurdle Relay, Killian Moore set a new PR in 17.65. In the 100 M Dash Rose and Brannick both set PR's at 11.39 and 12.21 respectively. In the 4x2, Rose also set a PR for his 200 split at 22.92! in the 110 M High Hurdles Zac Katschke set a new PR at 18.94! Weeks and Raisch both set PR's in the 1600 with Weeks placing 3rd. Tyson Rose and Weston Meyer both set PRE's turning the Double at 23.61 and 24.40. Aaron McClellan set a new PR in the 400 M Lows at 1:06.64! The Medley team of Rose, Kent, Meyer and Brady set a season best in that race running all alone in the slow heat. The group pushed out to an over 100 M lead to take 4th overall. Zac Katchke gutted out the 800 taking 1st place and setting a new PR along with Weeks. Weston Meyer recorded a PR in the 4x1. The Cadets finished 5th overall, just 2 points out of 4th.

IFA 4/14/15

This ones for my Dad. Before the meet, we talked about my request that we dedicate our effort to my dad, Earl Harms. I told the men that I wasn't asking them to win the meet, but that I wanted them to do their best. Our whole program is built on effort, so what I was asking for was a standing order, so I think they new this was something special to me. The team responded with 26 personal and season bests. A meet that looked like a 4 way battle propelled us to 2nd place and 118 team points. I know I am so proud to lead this team and I know my dad was proud of us as well.

In the Shot, Senior Joey Riley lead with a 3rd place finish from his 5th seed and Luke Norem set a new PR for 5th for the double! In the Discus, Riley turned in another 3rd matching his seed and Jace Ites set a new PR at 109'8. In the High Jump Freshman Devin Sheridan tied for 1st at 5'8. Tyler Weeks set a new PR in a tough 3200 field inching closer to the School Record! Tyler has dropped his time in every single meet this season in the 3200. Greg Tystahl reached his target of 6th for the double. The 4x8 of Katschke, Janssen, Dannen and Umana set a season best time! The Shuttle Hurdle Team of Moore (PR), Harding (PR), McClellan and Katschke rand a good time for the group. Tyjon Rose and Austin Kuhnle turned the 1-3 double in the 100 M Dash. Devin Sheridan and Montana Marchant both set PR's going 4th and 5th. The 4x2 of Rose, Kuhnle, Harding and Meyer set a season best! Moore and Katschke turned the 4-6 double in the 110 Highs. Todd Raisch set a new PR in the 1600. Rose and Meyer turned the 1-5 double in the 200 M Dash. In the 400 M Hurdles, Aaron McClellan set a new PR! The 1600 M Medley of Kent, Marchant, Meyer and Janssen set a season best time for 3rd. Katschke and Weeks turned the 4-5 double. The 4x1 of Rose (PR), Kuhnle (PR), Kent and Meyer (PR) took first in a season best time! The 4x400 of Sheridan (PR), Moore (PR), Marchant (PR) Harding

(PR) all recorded pR's on the way to a season best relay time! This was the first time all season we were healthy (not including the athletes injured). We look to be even stronger next week as we add to the line-up!

Webster City 4/21/15

The conditions were COLD, Windy and it was a night that challenged your mental toughness. The Cadets had a mixed bag of results. Devin Sheridan Placed 3rd in the High Jump amongst a tough field by tying his personal best of 5'10! The 4x8 of Katschke, Janssen, Dannen and Boomsma recorded a season best 9:21.02! In the Shuttle Hurdle Relay Harding and Moore both set PR's. The 4x200 set a season best of 1:35.73 with PR's from Rose and Kuhnle and strong legs from Harding and Meyer. In the 1600, Landon Boomsma took first in a spectacular race among some top milers at 4:53, just a few seconds off his PR! Booms came back in another tough race torching the field on the straight away shaving 6 seconds off his PR in the open 800!

Gilbert 4/27/15

What started out as a disaster in the field events soon opened up into a flurry of 20 PR's and season bests in the running events. Tyler Weeks opened the night by setting a new school record in the 3200 M Run at 10:46 eclipsing the old mark set by Junior Alan Bruflodt last season of 10:49.25. Greg Tystahl followed suite with a personal best t as well of 12:20! The 4x8 wasn't far off their season mark as Personal best splits were set by Dannen and Krakow in that relay. The same was true of the Shuttle Hurdle as PR's were set by Kuhnle, Harding and McClellan. Tristan Brannick also set a Pr in the 100 M Dash! With Weston Meyer out the 4x2 came close to its season best as Rose and Kuhnle set PRs in that race. Zac Katschke set a PR in 110 High Hurdles. Landon Boomsma won the 1600 M run and set a new PR at 4:39.93. In the 200 M Dash Rose and Kuhnle both set PR's with Rose going 3rd overall. Killian Moore set a PR in the 400 M Lows. Vincent Elias turned a 60 flat for a PR in the 400 portion of the medley. Booms finished 2nd in a PR time of 2:04.25 in the 800 M Run. The 4x1 team of Rose, Kuhnle, Kent and Harding turned in a season best of 47.17, with Kent setting a PR in his leg. Brady Janssen also turned in a PR in the 4x4 of 56.78. The Cadets placed 4th out of 8 teams and overall I was pleased with the improvement, but we need to do better as the season is edging closer to the end we need to be disciplined about preparing: Warming Up and Cooling Down before and after our races!

South Hardin 9th-10th Invitational 4/29/15

IFA's Freshmen and Sophomores won the South Hardin 9th & 10th Grade Invitational last night in Eldora racking up 193 Team Points on the night with 17 PR's and season bests. Luke Norem tossed a PR in the Shot on the way to winning that event at 39'. Montana Marchant took first with a PR in the Long Jump at 17'9.25! Jace Ites won the Discus. Greg Tystahl cut 7 seconds off his PR in the 3200 M Run on his way to 2nd. Aaron McClellan led the way in the Shuttle Hurdle Relay with a PR split of 16.21. Weston Meyer took first in the 400 M Dash

setting a new meet record! Adam Long and Aaron McClellan set PR's in the 110 M HH with McClellan taking first. Weston Meyer smoked the field in the 200 to place first. Adam Long won the 400 M Hurdles just ahead of McClellan who set his 3rd PR of the night! Brady Janssen won the 800 M Run! The 4x400 Team of Elias, Muilenburg, Krukow and Lemke won the event with PR's from: Elias & Muilenburg! The Cadets return to Eldora Friday night for the Clary Relays.

Clary 5/1/2015

After scouting the meet entries it looked like Denver would win the meet over IFA by 50 points. By the end of the night the Cadets had cut that down to 15 Points! 20 PR's and Season bests were recorded on the way to a 2nd place finish at the Clary Invitational! Jace Ites fired a PR of 116'6 in the Discus. Tate Muilenburg equaled his best jump to take 7th in the High Jump. Tyler Weeks won the 3200 close to his PR and Greg Tystahl set a new one at 12:01 for 7th! The 4x800 smashed their Season Best by 26 seconds with PR's from Boomsma, Janssen and Dannen. The Shuttle Hurdle team set a season best: (Kuhnle-PR, McClellan, Harding, Moore-PR). Logan Steel returned to the line-up racing to 4th with a 55 quarter! The 4x2 team set a season best of 1:34.83 finishing first from the 4th seed (Rose-PR, Kuhnle, Harding, Meyer-PR) Weeks set a new PR in the 1600. Landon Boomsma won the 800! The 4x1 set a season best of 46.71 (Rose-PR, Kuhnle-PR, Kent, Meyer). The 4x400 team of Harding, Moore, Steelman and Boomsma set a season best on the way to 2nd. It was a great night and we are really proud of the effort the team gave!

Nashua 5/4/15

Joey Riley comes up big with two 2nd place finishes in the throws! In the Discus Riley set a season best 132'6.5" and followed that up with a 2nd in the Shot Put. Riley came in seeded 6th in the Discus. Tyler Weeks took second in the 3200 M Run eclipsing his own school record at 10:45.19. Greg Tystahl also set a PR breaking the 12 minute barrier at 11:53.10! Matt Dannen set a PR in the 4x8 on their way to 2nd. Harding and McClellan set PR's in the Shuttle Hurdle Relay. Tyson Rose took the 100 M Dash in 11.91. Steelman took 3rd in the 400 and Janssen followed with 4th both setting PR's in the process! The 4x200 team of Rose, Kuhnle, Harding and Meyer took the tape! The 110 High Hurdles shined as McClellan took second in a PR time of 17.37. Long followed with 4th. Booms and Weeks went 1-2 in the 1600 racking up 18 points with Weeks setting a new PR. Tyjon Rose took first for the third time with Kuhnle at 4th in the 200 M Dash. Cody Harding set a PR in the 1600 MmMedley as that group took third. Boomsma's 1st and Katschke's 6th in the 800 kept our lead at IFA 133 to 130 for St. Ansgar. Then disaster struck as a dropped baton put us in a one point lead going into the 4x4. IFA was seeded 3rd and St. Ansgar was seeded 1st going into the race- so we had to beat them to win the meet! In the opening leg Steelman set a PR as a burst of speed erupted down the strait away- Putting us in first after the first exchange. Killian Moore ran like a man possessed increasing our lead into the second exchange. Boomsma took off but then was passed by St Ansgar on the backstretch. Landon then went with St. Ansgar and caught and passed him down the strait away! Cody Harding took off with a lead and never looked back setting a PR for

himself and crossing the tape first to win the meet! It was awesome! The Cadets travel to Clear Lake Thursday night to see if they can upset the Lions at their home meet.

#### Clear Lake 5/7/15

We saw a pretty good effort tonight. We were in a very tough meet, the toughest I've seen at Clear Lake since I've been the Head Coach. The boys knew we were up against it and that the rest of the season would be tough as well. Our strategy was to race with them, because we know we are going to need very good times to make it to state and if we can compete with those tough teams we will get pulled into the top 24! The meet was suspended twice for lightning and the 2nd time we were sent home. The team was surging when the meet was stopped and we finished just 8 1/2 points out of first! Joey Riley started us off with a first place finish in the Discus! Although a lot of times were close to PR's the wind denied us in the distance events- but it showed a great effort by Seidl's group! The Shuttle Hurdle set a season best of 65.05 (Kuhnle PR, McClellan, Long PR, Moore) Sheridan returned to the 400 and along with Steelman set PR's of 53.34 and 54.99! Aaron McClellan set a PR in the 110 HH. Boomsma finished the last race in second- near a PR when the meet was suspended indefinitely. Just knowing our team, I would not have bet against us!

#### NCC 5/11/15

Senior Joey Riley came up big when it counted the most as the veteran thrower threw two PR's on the night! Riley threw 42'11 in the Shot Put for 5th and 147'1 for 3rd in the Discus! We fared much better in the field events than in previous meets. The 4x8 ran a decent time in a strong and cold wind taking 3rd. (Booms, Katschke, Janssen, Dannen) Tristan Brannick set a new PR in the 100 at 12.27! Boomsma struck Gold in the 1600 and 800 M Races. The 4x400 of Sheridan, Steelman, Boomsma and Harding showed guts taking 3rd after being seeded 6th! We came into the meet seeded 5th as a team and that's how we left. Looking forward to better weather and a lot of improvement on Thursday!

#### District 3A-3 2015

It was a miserable night for conditions but some events still found a way to run close to their season bests! Freshman Greg Tystahl managed to knock off a substantial amount of time from his PR in the 3200, something most guys in the 32 couldn't say tonight. Freshman Carter Krakow joined the 4x8 and set a new PR as well. The Shuttle Hurdle ran close to their season best. Sophomore Logan Steelman set a new PR in the 400 of 54.91 placing. The 4x2 ran very close to their season best with Cody Harding setting a PR in his 200 M Leg. Landon Boomsma qualified for state with a PR in the 1600 at 4:35.67. Killian Moore ran a great race in the 400 M Lows taking the slow heat and placing 8th overall. The 16m Relay saw a season best on the strength of Brady Janssen's career 800 at 2:12! Booms then took 4th in the 800 at 2:03 which was a PR and a strong time for the at large bid tho state. The 4x4 set a season best time to finish out the night. Poor conditions but pretty respectable results in tough district. A better

performance for us. Now we wait and see if we get pulled in in other events. We should know by late Friday afternoon if all the 3A districts finished tonight.