

# DR. BROOKS COED VALLEY RELAYS



**Saturday, April 5, 2025**

**Boys Teams**

Ames  
Ankeny  
Ankeny Centennial  
Dowling Catholic  
DSM East  
DSM Lincoln  
DSM Roosevelt  
Iowa City High  
Johnston  
Mason City  
Prairie  
Sioux City East  
Sioux City North  
Southeast Polk  
Waukee  
Valley

**Girls Teams**

Ames  
Ankeny  
DSM East  
DSM Hoover  
DSM Roosevelt  
Dowling Catholic  
Marshalltown  
Sioux City East  
Sioux City North  
Prairie  
Waukee Northwest  
Valley

**Head Coaches**

Erica Douglas  
Jordan Mullen  
Nate Smith  
Jarred Herring  
Josh DeWaard  
Zach McClelland  
Sara Schwendinger  
Mike Moore  
Matthew Jaschen  
Tyler Ketelsen  
Bill Schwarz  
Rick Clarahan  
Erv Whitehead  
Jason Nolting  
Taylor Ashman  
Tom Trygstad

**Head Coaches**

Erica Douglas  
TJ Jumper  
Ken Morton  
Lauren Rohach Alt  
Kristy Harken  
Kelly Parriott  
Chad Pietig  
Rick Clarahan  
Erv Whitehead  
Bill Schwarz  
Ben Duea  
Keith Borness

## Acknowledgments

**The Valley Athletic Department and the Valley Track Coaches  
would like to express their appreciation to those who donated  
their time at the Dr. Brooks Coed Valley Relays.**

**Concession stand is located north of the track, to the left of the school entrance.**

**Restrooms: Please enter the doors of the high school and to the left. (Kybos are also available.)**

**\*Athletes: please do not wear spikes into the building.**

# ENTRY INFORMATION

## Dr. Brooks Coed Valley Relays

- **ONLINE REGISTRATION:** Please enter your entries through your Varsity Bound Team account by **9:00 AM on Friday, April 4<sup>th</sup>**. Please enter relay names for the announcer. If you have any questions, please contact Brett Carney at brettcarney10@gmail.com or 515-203-9557.
- **ENTRY LIMITS AND SEEDINGS:** We have an estimated time schedule for the meet. We will do our best to be as close to it as possible. If we get ahead we will only stay slightly ahead until the Senior Parent Recognition. The girls 200 meters is planned for a 3:05 PM start. The **Break** between the **Masters' 800** and the **Girls' 200** is for our **Senior Recognition**.  
**INDIVIDUAL EVENTS:** Each team may enter 2 Varsity competitors in each event. (Valley Boys' and Girls' JV will fill empty lanes with non team scoring athletes.)  
**RELAYS:** Each team may enter 1 Varsity team in each relay event. (Valley Boys' and Girls' JV will fill empty lanes with non team scoring relays.)  
The **3000 / 3200** meter run will be contested in 1 heat each. (Each heat could be very large.)  
The **1500 / 1600** meter run could be contested in 2 heats each, depending on numbers.  
The **800** meter run for both boys and girls could be contested in either 2 or 3 heats, depending on numbers.  
Determination of 800 heat sizes will be made by meet management and presented at the Coaches' Meeting  
**Wheelchair events:** Valley does not have any wheelchair competitors this year. If you do, let us know and we can open the Wheelchair 100 and 200. We do not plan to contest a wheelchair 400 or 800 this early in the season.
- Boys' and Girls' Shot and Discus will be 3 preliminary throws, with 9 advancing to the finals.  
Shot will be NE of the Track (near Track Shed) and the Discus will be West of the Track behind the bleachers.  
Long Jump will be 4 attempts all finals
- **CHANGES AND SCRATCHES:** Changes may be made at the meet. **These must be submitted upon arrival to the meet in the press box.**
- **ENTRY FEE:** \$130 for boys' team/\$130 for girls' team – Payable to Valley High School Athletic Office, 3650 Woodland Ave., West Des Moines, Iowa 50266
- **BOYS AWARDS:** Medals for ALL EVENTS; 1<sup>st</sup> – 3<sup>rd</sup>
- **GIRLS AWARDS:** Medals for ALL EVENTS; 1<sup>st</sup> – 3<sup>rd</sup>
- **RESULTS:** Results will be emailed out to coaches following the meet. You can get Live Results during the meet at [www.AATiming.com](http://www.AATiming.com)
- **PARKING/BUSES:** Bus parking will be in the north lot. Do not park on 39th street.
- **Admission/Concessions** - Family and friends can pay at the north gate and proceed to the bleachers. Admission is \$6. Online tickets can be purchased at: <https://www.vancoevents.com/us/DAPC> and cash is still accepted. There will be a QR code available to purchase online tickets as well, but we DO NOT accept cards at the gate. Concessions will accept cards and cash.
- **TEAM CAMPS:** Please set up outside of the fence, on the field beyond the bleachers and south of the discus area. **Athletes/Coaches can use both the north and south gates to enter and exit the track** (Spectators should only use the north gate, nearest the high school.) Please "police" your camp area and clean the area when you leave.
- There will be blue trash cans in every corner of the track, please ask your athletes to throw trash in them.

- Restrooms and concessions will be in the high school. Please enter the doors at the north side of the track.  
\*Athletes: please do not wear spikes into the building.

## Dr. Brooks' Coed Valley Relays

### Saturday, April 5, 2025

10:00 AM

<b>Varsity Boys' Discus</b> 3 flights	<b>3 Preliminary - 3 Finals</b>
<b>Varsity Girls' Shot Put</b> 3 flight	<b>3 Preliminary - 3 Finals</b>
<b>Varsity Boys' Long Jump</b> 2 flights	<b>4 Attempts - All Finals</b>
<b>Varsity Girls' High Jump</b>	<b>Starting Height 4'3"</b>

12:00 PM (or when called)

<b>Varsity Boys' Shot Put</b> 3 flights	<b>3 Preliminary - 3 Finals</b>
<b>Varsity Girls' Discus</b> 3 flights	<b>3 Preliminary - 3 Finals</b>
<b>Varsity Girls' Long Jump</b> 2 flights	<b>4 Attempts - All Finals</b>
<b>Varsity Boys' High Jump</b>	<b>Starting Height 5'5"</b>

10:45	G 800 Sprint Medley B 800 Sprint Medley
11:00	G 3000 M (Jackie Powell) B 3200 M
11:30	G 4x800 (Terry McGowan) B 4x800
12:00	G Shuttle Hurdle Relay B Shuttle Hurdle Relay
12:25	G 100 M B 100 M
12:50	G Distance Medley B 1600 Meter Medley
1:15	G 400 M B 400 M
1:35	G 4x200 B 4x200
1:55	G 100 M Hurdles B 110M H Hurdles (Janice McCullough)
2:10	G 800 M B 800 M
2:30	<i>Open 800</i>

Finals-2 heats Varsity
Finals-2 heats Varsity
Finals-1 heat Varsity (double waterfall)
Finals-1 heat Varsity (double waterfall)
Finals-1 heat Varsity (double waterfall)
Finals-1 heat Varsity (double waterfall)
Finals-4 heats Varsity
Finals-4 heats Varsity
Finals-4 heats Varsity
Finals-4 heats Varsity
Finals-2 heats Varsity
Finals-2 heats Varsity
Finals-4 heats Varsity
Finals-4 heats Varsity
Finals-2 heats Varsity
Finals-2 heats Varsity
Finals-4 heats Varsity
Finals-4 heats Varsity
Finals-3 heats Varsity
Finals-3 heats Varsity
<i>Finals-1 heat Open</i>

### 2:35 SENIOR RECOGNITION

3:05	G 200 M B 200 M	Finals-4 heats Varsity Finals-4 heats Varsity
3:25	G 400 M Hurdles B 400 M Hurdles	Finals-4 heats Varsity Finals-4 heats Varsity
3:40	G 1500 M B 1600 M	Finals-2 heats Varsity Finals-2 heats Varsity (double waterfall)
4:05	G 4x100 B 4x100 (Mike Coil)	Finals-2 heats Varsity Finals-2 heats Varsity
4:15	G 4x400 (Ray Byrnes) B 4x400	Finals-2 heats Varsity Finals-2 heats Varsity
4:40	End of Meet (Coaches' 4x400)	

## Dr. Brooks Coed Valley Relays Boys' Records

Event	Team	Name	School	Record	Year
Shot Put	Varsity	Matt Crouse	Fort Dodge	57' 9"	1985
	JV	Kendell Jackson	Roosevelt	49' 05"	2017
Discus	Varsity	Adam Judge	DM Lincoln	188' 1"	1998
	JV	Eric Schade	WDM Valley	145' 3.5"	1997
High Jump	Varsity	Charlie Nichols	WDM Dowling	6' 8"	1997
		Jared Seay	Johnston	6' 8"	2014
		Aquek Deng	WDM Valley	6' 8"	2019
	JV	Blake Brinkmeyer	Valley	6' 00.5	2017
Long Jump	Varsity	Abu Sama	SE Polk	24' 10"	2022
	JV	Kevin Berg	Ames	20' 1.5"	2004
Sprint Med. Relay	Varsity		Roosevelt	1:34.43	2017
	JV		Valley	1:41.40	2019
3200 meter Run	Varsity	Ford Washburn	Iowa City High	9:00.73	2023
	JV	Abdallah Ali	IC West	10:22.63	2014
4 x 800 Relay	Varsity		Dowling	7:55.16	2022
	JV		Johnston	8:33.08	2014
Shuttle Hur. Relay	Varsity		Centennial	57.23	2017
100 meter Dash	Varsity	Dennis Obregon	DM Tech	10.5	1961
		Clyde Duncan	DM North	10.5	1963
Medley Relay	Varsity		WDM Dowling	3:29.8	1981
	JV		WDM Valley	3:49.79	1994
400 meter Dash	Varsity	Dave Knight	Ames	48.1	1988
	JV	Joe Shore	DM Hoover	53.09	1999
4 x 200 Relay	Varsity		Valley	1:28.80	2023
	JV		WDM Valley	1:34.01	1998
110 High Hurdles	Varsity	Cyrus Nichols	DM Roosevelt	13.95	1999
	JV	Jayden Williams	WDM Valley	14.92	2019
800 meter Run	Varsity	Craig Cartier	Marshalltown	1:54.02	2000
	JV	Eric Grumstrap	Marshalltown	2:06.15	2000
200 meter Dash	Varsity	Nik Moser	Fort Dodge	21.48	2001
	JV	Jeff VanHemert	WDM Valley	22.71	1998
400 Low Hurdles	Varsity	Nik Moser	Fort Dodge	53.65	2000
	JV	Drew Veysey	Ames	58.07	2006
1600 meter Run	Varsity	Dan Taylor	Fort Dodge	4:17.85	2002
	JV	Jon Dole	Ames	4:35.95	1995
4 x 100 Relay	Varsity		SE Polk	42.26	2021
	JV		WDM Valley	44.01	1998
	Weightman		Ames	48.3	1990
4 x 400 Relay	Varsity		Mason City	3:19.81	
2023waukee	JV		WDM Valley	3:33.44	2002

## Dr. Brooks Coed Valley Relays Girls' Records

EVENT	NAME	SCHOOL	RECORD	YEAR
Shot Put	Kat Moody	Waukee	43-09.50	2017
Discus	Tracey Utley	Ft. Dodge	139-06.00	1994
High Jump	Josie Moreland	Waukee	5-08.00	2023
Long Jump	Jalynn Roberts-Lewis	Roosevelt	18-09.00	2013
3000 m	Addi Dorenkamp	Valley	9:37.41	2024
200 m	Natasha Kaiser	Roosevelt	24.46	1984
100 m	Agnus Sayeh	Roosevelt	12.25	2013
100 m Hurdles	Mackenzie Carney	Northwest	14.64	2022
100 m Wheelchair	Riley Lewis	Valley	37.30	2022
400 m	Claire Farrell	Norwalk	56.34	2022
400 m Hurdles	Sarah Plock	Iowa City High	1:03.66	2015
800 m	Sue Nelson	Indianola	2:16.90	1981
1500 m	Addi Dorenkamp	Valley	4:39.86	2024
4 x 100 m Relay		Assumption	48.82	2014
4 x 200 m Relay		Northwest	1:42.48	2023
4 x 400 m Relay		Northwest	3:57.76	2023
4 x 800 m Relay		Assumption	9:42.50	2014
Distance Medley Relay		Roosevelt	4:13.40	1981
Shuttle Hurdle Relay		Waukee	1:02.92	2021
Sprint Medley Relay		Assumption	1:47.97	2014