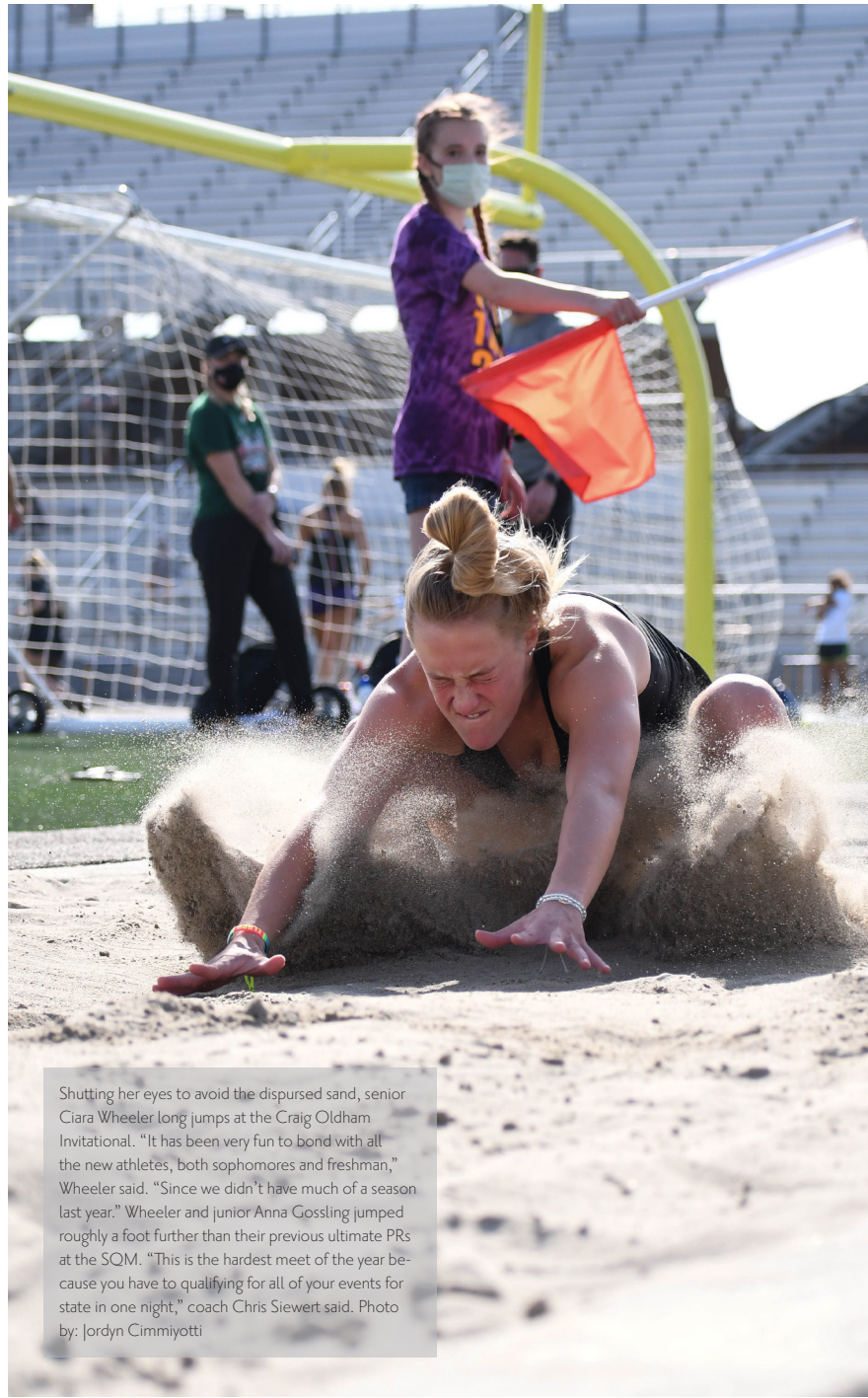


State Qualifiers

Hannah Abbey	Ciaran Rigby
Anna Gossling	Sydney Hodges
Bella Heikes	Maggie Burry
Miya Long	Ava Smithson
Jayce Blanchard	Ella Smithson
Krissy Spear	Kinsley Theobald
Ciara Wheeler	Sophie Ruddy
Addi Kamienski	Aleah Tenpas
Giada Grimes	Sam Strauss
Alyssa Miner	Bailey Vaughan
Karli Wagner	

Heaving the shot through the air, junior Kass Taylor throws at the CIML Central Conference Meet. Taylor threw 27-04.00. Photo by: Jordyn Cimmiyotti



Shutting her eyes to avoid the dispersed sand, senior Ciara Wheeler long jumps at the Craig Oldham Invitational. "It has been very fun to bond with all the new athletes, both sophomores and freshman," Wheeler said. "Since we didn't have much of a season last year." Wheeler and junior Anna Gossling jumped roughly a foot further than their previous ultimate PRs at the SQM. "This is the hardest meet of the year because you have to qualifying for all of your events for state in one night," coach Chris Siewert said. Photo by: Jordyn Cimmiyotti



school record falls at Drake

●Aleah Tenpas '22

"We were all just so excited, because going into there (Drake Relays) we had like a 9:45 and at Drake, we hit 9:27. So it was all really exciting for us, and for us to get that it was just really exciting, and we can share that together."

●Sam Strauss '21

"It (breaking the record) was really cool. We really weren't expecting to break it. We just went into the race trying to win, I guess... we came out pretty well."

●Isabella Heikes '21

"We were all very surprised, it was a big shock to us. I think it made it even more exciting for us. We had just checked the record a few days prior. We knew right away that we had broken it."

●Krissy Spear '24

"Breaking a school record with Bella, Sam and Aleah didn't even feel real at first. It still really doesn't. It's definitely a moment I will never forget. I'm so glad I got to have such a special moment with the seniors on my team before they graduate."

Ducking Shenanigans

●Paige Peterson '23

"When we're just sitting around at a track meet, our muscles get tired and we don't want them tired for running. I think Duck-Duck-Goose kept us loose in our legs. It was super nice, and you met new people, so that was pretty cool."

●Addi Kamienski '21

"I thought it was a fun idea. A few of my teammates started it, and it was a good way to connect to other teams and occupy yourself while you're waiting."

Junior Kyra Labenz run a leg of the 4 x 400 for JV at the Craig Oldham Invitational. Earlier in the event she ran the 4 x 800. Photo by Sam Mills



Jayce Blanchard, sophomore, remains a step behind a runner from Ankeny Centennial during the sprint medly at the Craig Oldham Invitational. "When I ran the open 400 at our conference meet, I finished my race with a new best time," Blanchard said. "As I crossed the finish line one of my teammates, Izzy Garcia (sophomore) was already running out to me to give me a hug and congratulating me on a new placement within the state and new PR. Having the support from teammates after a race is one of the best feelings for sure." During the season, Blanchard's times inched within a few hundredths of the school record. Photo by: Jordyn Cimmiyotti

2. Aleah Tenpas, junior, keeps up with the other runners at the CIML Central Conference Meet in the 3000 meter run. Tenpas and freshman Olivia Verde qualified for state in the 3000 and 1500 meter runs, Tenpas in four events. Photo by: Jordyn Cimmiyotti

3. Senior Bella Heikes reaches back to grab the baton from fellow senior Sam Strauss. The two seniors ran the 4x800 meter relay at the Craig Oldham Invitational. These same two along with Krissy Spear freshman and junior Aleah Tenpas made state with a time of 9:35:27, the third best time going in 4A. Photo By: Sam Mills

4. After pushing off the starting block, sophomore Renee Johnson runs the distance medley at the CIML Central Conference Meet. Johnson ran JV. Photo by: Jordyn Cimmiyotti



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girls track

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