

2025 Drake Relays presented by Xstream powered by Mediacom

Saturday April 26, 2025

Saturday Weather

8 a.m. - Sunny, 48 degrees, east wind 10 mph

Noon - Sunny, 52 degrees, east wind 9 mph

4 p.m. - Sunny, 62 degrees, southeast wind 8 mph

ATTENDANCE

Thursday attendance: 6,841

Friday attendance: 16,079 (Day session: 8,355....Night Session: 7,724_

Saturday attendance: 14,504 (sellout)

Three-Day Total: 37,424

RELAYS CUP STANDINGS

College Men

1. Iowa State 35; 2. Iowa 26; 3. DePaul 21; 4. South Dakota State 15; 5. Northern Iowa 14; 6. Kansas State 11; 7 (tie). Nebraska and South Dakota 10

College Women

1, Iowa 36; 2. Iowa State 33; 3. Ohio State 21; 4. Kentucky 19; 5. DePaul 17; 6 (tie), Kansas State, Oregon and Utah 10; 9 (tie) Nebraska and Oregon State 7

High School Boys

1, Johnston 20; 2, Cedar Rapids Kennedy 16; 3, Cedar Falls 13; 4, Waukee Northwest 10; 5 (tie), Des Moines East and Ankeny Centennial 8; 7, Cedar Rapids Prairie 7; 8 (tie), Ankeny and Bettendorf 5

High School Girls

1, Waukee Northwest 38; 2, Pleasant Valley 20; 3, Indianola 13; 4, West Des Moines Valley 11; 5, Ankeny 9; 6 (tie), ADM and Linn-Mar 8; 8 (tie), Johnston and Pella 6

Friday Weather

8 a.m. – Cloudy, 54 degrees, north wind 9 mph, gusts to 15 mph

Noon - Cloudy, 57 degrees, north wind 12 mph, gusts to 20 mph

6 p.m. - Cloudy, 56 degrees, north wind 12 mph, gusts to 21 mph

Thursday Weather

2 p.m. - Mostly sunny, 71 degrees, east wind 6-10 mph

5 p.m. - Mostly cloudy, 68 degrees, northeast wind 7-14 mph

8 p.m. - Cloudy, 64 degrees, northeast wind 8 mph

DRAKE STADIUM RECORDS: 2

SATURDAY

Women's Mile – 4:23.69, Krissy Gear, Hoka. (Old record 4:40.2, Francie Larrieu, 1975.)

THURSDAY

Men's Invitational Hammer Throw – 266-0 (81.08m), Rudy Winkler, NYAC. Old record 256-4 (78.14m), Conor McCullough, NYAC, 2019.

WORLD RECORDS

THURSDAY

Kaitline Bounds, US Paralympic, set a world record in the T-20 division in the 5000 of 17:10.74

DRAKE RELAYS RECORDS

THREE-DAY TOTAL: 21 (Thursday: 4, Friday: 7, Saturday: 10)

SATURDAY: 10

MEN: 2

—Invitational Long Jump - 26-4 1/4 /8.03m, Charles Godfred, Minnesota (Old record: 26-1 1/4, Ralph Boston, Tennessee State, 1961)

—Iowa College Men Distance Medley Relay - Central, 10:06.15 (Old record: 10:07.48, Dordt, 2022).

WOMEN: 2

—Invitational Mile - 4:23.69, Krissy Gear, Hoka (old record: 4:40.2, Francie Larrieu, Pacific Coast Club, 1975)

—Invitational Long Jump - 22-1 3/4 (6.75m), Tara Davis-Woodhall, USA. (Old record 22-1 1/2 (6.74m), Brittney Reese, Nike, 2016).

BOYS HIGH SCHOOL: 3

—Shuttle Hurdle Relay - 56.82, Waukee Northwest (Old record: 57.44, Ankeny, 2025 prelims)

—1600 - 4:05.17, Quentin Nauman, Epworth Western Dubuque (Old record: 4:06.54, Tony Anania, Norwalk, 2024)

—4x400 Relay - 3:15.98, Johnston. (Old record 3:16.67, Cedar Falls, 2021.)

GIRLS HIGH SCHOOL: 3

—4x100 Relay – 47.42, Waukee Northwest, prelims. (Old record 47.55, Des Moines Roosevelt, 2012, and Cedar Rapids Jefferson, 2015.)

—Shuttle Hurdle Relay – 1:00.70, Waukee Northwest. (Old record 1:00.95, Waukee, 2017.)

—400 Hurdles – 59.86, Reese Brownlee, Clear Lake. (old record 1:00.25, Payton Wensel, Linn-Mar, 2018.)

DRAKE STADIUM RECORDS

—Women's Mile - 4:23.69, Krissy Gear, Hoka (old record: 4:40.2, Francie Larrieu, Pacific Coast Club, 1975)

WORLD LEADING MARKS

- Women's Mile - 4:23.69, Krissy Gear, Hoka posts No. 1 time in the world
- Women's Shuttle Hurdle Relay –Kentucky, 54.31 posts No. 1 time in the world
- Men's Shuttle Hurdle Relay – Iowa, 57.26 posts No. 1 time in the world
- Men's Shot Put - 70-11 ¼ (21.62m), Roger Steen, posts No. 2 mark in the world
- Women's Long Jump - 22-1 ¾ (6.75m), Tara Davis-Woodhall posts No. 4 mark in the world
- Men's Long Jump - 26-4 1/4 (8.03m) Charles Godfred, Minnesota, posts No. 8 mark in the world

COLLEGIATE RECORDS

- Women's Mile - 4:25.50, Silan Ayyildiz, Oregon. (Old record 4:290.04, Angela Chalmers, Northern Arizona, 1987). Oregon senior Mia Barnett also ran under record in 4:26.40

COLLEGIATE LEADING MARKS

- Men's Long Jump - 26-4 1/4 /8.03m, Charles Godfred, Minnesota, posts No. 1 mark in collegiate ranks
- Women's Shuttle Hurdle Relay – Kentucky, 54.31, posts No. 1 in collegiate ranks
- Men's Shuttle Hurdle Relay – Iowa, 57.26, posts No. 1 in collegiate ranks

IOWA ALL-TIME BESTS

- High School Boys 1600 - 4:05.17, Quentin Nauman, Epworth Western Dubuque (Previous best: 4:05.61, Nate Mueller, ADM, 2021).
- High School Boys Shuttle Hurdle Relay - 56.82, Waukee Northwest. (Previous best: 57.18, West Des Moines Valley, 2019)
- High School Girls 100 Hurdles - 13.82, Emma Havighurst, West Des Moines Valley. (Previous best: 13.9, Alex Gochenour, Logan-Magnolia, 13.9)

MILESTONES

-Clear Lake senior Reese Brownlee became just the second high school girls athlete to win three individual titles in the same Drake Relays, joining Shelby Houlihan who won the 800, 1500 and 3000 in 2011, competing for Sioux City East. Brownlee won the long jump Thursday, 400 Friday and set a Drake Relays record in the 400 hurdles Saturday.

-Western Dubuque junior Quentin Nauman became just the second high school boys athlete to win three individual titles in the same Drake Relays, joining Darwin VandeHoef of Rock Valley who captured the 110 and 400 hurdles along with the high jump in 1990. Nauman won the 3200 Thursday, the 800 Friday and set a meet record in the 1600 Saturday.

FRIDAY RECORDS: 7

WOMEN - 1

- 3000 steeplechase - 9:28.98, Sophie Novak, USA (Old record: 9:31.03, Annie Rodenfels, Boston Athletic Association, 2024).

BOYS HIGH SCHOOL - 3

—1600 Medley Relay - 3:25.35, Dowling Catholic. (Old record: 3:25.94, Cedar Rapids Prairie, 2016)

—4x200 Relay - 1:26.55, Ankeny Centennial (Old record: 1:27.51, Cedar Rapids Jefferson, 2018)

—800 - 1:51.76, Quentin Naumann, Western Dubuque **TIES** record set by Ryan Schweizer, Dowling Catholic, 2016

GIRLS HIGH SCHOOL - 2

—100 Hurdles - 13.82, Emma Havighurst, West Des Moines Valley (Old record: 14.19, Sydney Winger, Waukee, prelims, 2018)

—400 - 55.45, Reese Brownlee, Clear Lake **TIES** record set by Anjelena Carder, Waukee, 2024

MIDDLE SCHOOL - 1

Boys Sprint Medley Relay - 3:47.08 Des Moines Christian (Old mark: 3:49.70, Pella Middle School, 2019)

THURSDAY RECORDS: 4

MEN —3

—Invitational Hammer Throw – 266-0 (81.08m), Rudy Winkler, NYAC. (Old record: 252-0 (76.80m), Denzel Comenbentia, The Netherlands, 2024).

—Decathlon – 8,265 points, Till Steinforth, Nebraska. (Old record: 8,198, Kip Janvrin, VISA/Nike, 1996).

—Invitational Javelin - 265-9 (81.01m), Keyshawn Strachan, Nebraska. (Old record: 261-7, Arthur Petersen, Team Sparta, Denmark, 2024)

BOYS HIGH SCHOOL —1

—3200 – 8:25.45, Quentin Nauman, Western Dubuque. (Old record: 8:55.14, Jaden Merrick, Cedar Falls, 2024).

WORLD LEADING MARKS

SATURDAY

Women's Shuttle Hurdle Relay – Kentucky, 54.31

Men's Shuttle Hurdle Relay – Iowa, 57.26

FRIDAY

Men

4x800 Relay - 7:21.88, Iowa, ranks No. 1 on world list

Women

3000 Steeplechase - 9:30.41, Elise Thorner, New Balance, ranks No. 6 on world list...9:34.48, Angelina Ellis ranks No. 7 on world list...9:37.87 Janette Schraft ranks No. 12 on the world list 9:38.84, Aneta Konieczek ranks No. 14 and India's Ms Ankita at 9:30.00 (No. 15).

THURSDAY

MEN

Decathlon - 8,265 points Till Steinforth, Nebraska, ranks No. 1 on world list

Invitational Hammer Throw – 266-0 (81.08m), Rudy Winkler, NYAC, ranks No. 2 on world list

WOMEN

Invitational Hammer Throw — 247-0 (75.28), Brooke Andersen, Nike ranks No. 5 on world list

COLLEGIATE LEADING MARKS

SATURDAY

Men's Long Jump – 26-4 ¼ (8.03), Charles Godfred, Minnesota, ranks No. 1 overall

Men's College Distance Medley Relay – 9:49.64, Augustana (SD) ranks No. 1 in NCAA Division II

Women's College Distance Medley Relay – 11:53.10, Iowa Western CC ranks No. 1 in junior college.

FRIDAY

Men's 4x800 relay - 7:21.88, Iowa ranks No. 1 on collegiate list

Women's 4x200 Relay - 1:34.45, Kentucky ranks No. 2 on collegiate list

Men's 4x1600 relay - 16:38.06, Iowa State ranks No. 1 on collegiate list

Women's 4x1600 relay - 19:04.83, Oregon State ranks No. 1 on collegiate list....19:04.88, Notre Dame ranks No. 2 on collegiate list.

Women's college sprint medley – 4:00.86, Minnesota State ranks No. 1 in NCAA Division II

Men's college sprint medley - 3:25.42, Loras ranks No. 1 in NCAA Division III...3:23.14 by Minnesota State ranks No. 1 in NCAA Division II

THURSDAY

MEN

Javelin —265-9 (81.01m), Keyshawn Strachan, Nebraska, with No. 1 throw on collegiate list

College division 4x800 relay — 7:31.29 by Cornerstone of Michigan ranks No. 1 on NAIA list...Runner-up Iowa Central Community College logged the No. 3 junior college time at 7:32.82 and Minnesota State took over the NCAA Division II lead with its time of 7:34.02

WOMEN

College division 4x800 relay — 9:02.33 by Dordt ranks No. 1 on NAIA list...Iowa Western ran 9:15.28 which ranks No. 3 on National Junior College list

SATURDAY NOTES

Invitational Divisions

Fifty-Year-Old Mile Record Finally Falls

Running icon Francie Larrieu has been saying it was time for someone to break her 50-year-old Relays record in the invitational women's mile. A star-studded field of 16 runners made it happen. Krissy Gear led them all across the finish line, clocking 4:23.69 to beat crowd favorites Karissa Schweizer and Shelby Houlihan and obliterate Larrieu's record of 4:40.2 set in 1975. By the time everyone had finished, all 16 had come in under the old record. It was the second Relays victory of the week for Gear, who won the USATF One Mile Road Championship in downtown on Tuesday night. Houlihan, the American record holder in the 1500, was second in 4:23.84. She won a total of 16 championships on the Blue Oval while running at Sioux City East High School and is a 12-time national champion at various distances. Schweizer, a two-time Olympian who graduated from West Des Moines Dowling Catholic High School, was third in 4:25.27. She had finished second in the road mile.

The race also produced a national collegiate record. Fourth-place finisher Silan Ayyildiz of Oregon was clocked in 4:25.50, breaking the previous collegiate best of 4:29.04 run by Northern Arizona's Angela Chalmers in 1987. Ayyildiz's Oregon teammate, Mia Barnett, goes to No. 2 on the all-time collegiate list with her fifth-place time of 4:26.40.

Young Jumper Breaks Oldest Relays Record

En route to his victory in the WACT men's long jump, Minnesota sophomore Charles Godfred took down the oldest mark in the Drake Relays record book. Godfred went 26-4 $\frac{1}{4}$ (8.03) on his second jump to break the record of 26-1 $\frac{1}{4}$ (7.95m) that the great Ralph Boston set back in 1961. Godfred, the defending Big Ten outdoor champion, will get credit for a winning jump of 26-8 $\frac{1}{4}$ (8.13m), which he hit on his third attempt, but the favoring wind was over the allowable limit so that mark could not be counted as the record.

Gold Medalist Was Quick Off The Board

Olympic gold medalist Tara Davis-Woodhall wasted no time breaking the Relays record in the invitational women's long jump. On her first jump in the WACT event, Davis-Woodhall went 22-1 $\frac{3}{4}$ (6.75m), which was a quarter of an inch longer than the Relays record that Brittney Reese set in 2016. She didn't improve on that mark in the final five rounds, so it goes down as the winning jump. Sydney Willits, who was an NCAA indoor champion at Iowa State, finished second at 21-5 $\frac{1}{2}$ (6.54m).

Davis-Woodhall sprawled in the sand after her final jump, then got up, faced the crowd and urged them on. Minutes later, she watched her husband run as the only Paralympian in the invitational 400. Woodall, the Paralympic gold medalist in Paris last year, ran 48.13 in a race won by Jamaican Zandrión Barnes in 45.29.

Russell Shows Gold Medal Form in Hurdles Win

Olympic gold medalist Masai Russell treated the Drake Stadium crowd to a victory in the WACT women's 100 hurdles even as she and the other runners battled a head wind. Russell, who ran

a 12.62 in Gainesville, Fla., last weekend, clocked 12.74 this time to win handily. Denisha Cartwright, who won the university-college 100 hurdles while competing for Minnesota State at last year's Relays, was second in 12.93. Former UCF runner Rayniah Jones was third in 13-flat.

Robinson Dodges Trouble To Win Hurdles

Former Alabama standout Chris Robinson held on after stumbling at the last hurdle to win the WACT men's 400 hurdles, one of the showcase events at this year's Relays. Robinson, who was an NCAA champion and runner-up with the Crimson Tide, ran 48.92 to beat a fast-closing James Smith II. Smith II, coming off a victory at the Mt. SAC Relays, was clocked in 49.11. Kenyan Wiseman Mukhobe, a semifinalist at last year's Paris Olympics, was third in 49.43.

University-College Divisions Fast Times At The Blue Oval

The Drake Relays long has been known for fast shuttle hurdle relays and this year was no exception. The winners in both the men's and women's races recorded the best times in the world so far. Iowa won the men's race in 57.26, giving the Hawkeyes their second world best time in less than 24 hours. They logged the No. 1 time in the 4x800 relay on Friday night, running 7:21.88. Kentucky won the women's shuttle hurdle in a world best 54.31.

Small School, Big Results

Don't let the fact Sam Blaskowski competes for an NCAA Division III school fool you. He can flat out run. Blaskowski, a senior at Wisconsin-LaCrosse, won the men's university 100, running 10.37 into a head wind against a field that included two runners from Ohio State and another from DePaul. The new Relays champion is ranked No. 7 on the overall collegiate list this spring, having run 10.09, and holds Division III records in the 60, 100 and indoor and outdoor 200. Ohio State's Nazzio John was second in 10.54.

Duax Is Doing It Right

Holly Duax continues to enjoy sprinting success on the Blue Oval. Duax won two Class 4A state championships in the 100 at Drake Stadium when she ran for Sioux City North as well as two Drake Relays high school titles. Now she's a Relays university-college champion in the event. A sophomore at Iowa, Duax won the race in 11.98 against a head wind. She returned to the track a short time later and ran the opening leg in helping Iowa win the university sprint medley. The Hawkeyes outran Iowa State and Kentucky to win in 3:44.12 for their fourth Drake Relays title in the event. Iowa State was a close second in 3:44.53.

It's Augustana Again

Augustana of South Dakota continues to enjoy success in the college men's distance medley relay. The Vikings outran a 17-team field to win in 9:49.64, their third victory in the event in the last five Relays and seventh overall. That time is the best in NCAA Division II this year.

High School Divisions

Record Run Puts Brownlee in Select Company

Reese Brownlee's victory in the girls 400 hurdles put her in a select group of two. The Clear Lake senior broke the Relays record with her time of 59.86 for her third title this weekend to go with earlier victories in the long jump and 400. The only other athlete to win three individual titles in the girls division was Hall of Famer Shelby Houlihan, who won the 800, 1500 and 3000 while running for Sioux City East in 2011. Brownlee, who also won the 400 hurdles last year, became the first to run under 60 seconds at the Relays. The old Relays record was 1:00.25 by Linn-Mar's Payton Wensel in 2018.

Make It A Triple For Nauman

Nearly four decades after Rock Valley's Darwin Vande Hoef became the first athlete to win three individual Relays titles in the boys competition, Western Dubuque's Quinton Nauman has matched that. Nauman, a junior who has committed to Oregon, completed his triple crown by winning the 1600 in 4:05.17, a Relays record and the fastest time ever in the state. That came after he won the 3200 in record time on Thursday and the 800 on Friday, tying the Relays record in that event.. Vande Hoef won the 100 hurdles, 400 hurdles and long jump in 1989. Caleb Ten Pas of Des Moines Christian finished second in the 1600 in 4:07.70, which is No. 7 on the all-time list. Third went to Dowling Catholic's Owen Wolfe in 4:09.41, which is No. 10 all-time.

Record Tumbles In Boys Shuttle – Twice

Ankeny's Drake Relays record in the boys shuttle hurdle relay didn't last long. The Hawks broke the meet record in the morning preliminaries, running 57.44 to produce a new mark just 30 minutes after the meet got under way. Then, in the finals shortly after noon, Waukee Northwest broke that record with a 56.82 clocking, the fastest time ever in the state. Cedar Rapids Rapids Kennedy was second in 58.31, defending champion Cedar Falls (58.95) got and Ankeny was disqualified. Cedar Falls held the old record of 57.89, set at last year's Relays. The victory in the boys race completed a sweep for Northwest in the event. The Northwest girls also set a Relays record.

Northwest Back On Top In Girls Shuttle

After surrendering the crown for two years, Waukee Northwest regained the title in the girls shuttle hurdle relay with a record run. The Wolves sped to a 1:00.70 clocking, which is No. 3 on the state's all-time list and broke the Relays record of 1:00.95 that Waukee set in 2017. West Des Moines Valley, which had posted the fastest time in the prelims, was second in 1:01.15. That goes in at No. 6 on the all-time list. Dowling Catholic, which won the race the two previous years, failed to qualify for the final. Over the last 13 Drake Relays, Northwest, Waukee and Dowling Catholic have combined for 10 victories in the girls shuttle.

That was one of four relay victories this weekend for Northwest, which ran away from the competition in capturing the high school girls Relays Cup. The Wolves also won the 4x100 and 4x200 before capping the weekend with a victory in the 4x400.

PV Does It Again In Girls 4x800

Pleasant Valley went back-to-back in the girls distance medley and did it with an outstanding time. The Spartans, leading for all but part of one lap, ran 9:07.54 to win the event for the second straight year. That time ranks No. 2 on the state's all-time list, trailing only the 8:59.03 that Pleasant Valley ran last year. Grace Boleyn, the runner-up in the open 800 on Friday, anchored for the Spartans in 2:14.30. Waukee Northwest finished second in 9:10.22, which goes in at No. 6 on the all-time list.

Ankeny Does The Same In Boys Race

Ankeny made it two straight in the boys 4x800, running 7:41.41 to capture another Drake Relays flag and move to No. 4 on the state's all-time list. Ethan Zuber's 1:54.82 anchor allowed the Hawks to win comfortably. Cedar Falls finished second in 7:43.12, which ranks fifth on the all-time list.

And She's Just A Freshman

Cedar Falls freshman Charlee Gall is setting herself up for a memorable high school career after a splashy Drake Relays debut. Gall became a double Drake Relays winner when she took charge early in the race and won the girls 1500 in 4:31.54, which is No. 12 on the state's all-time list. The daughter of former Cedar Falls standout Sarah Gray, Gall started her weekend by winning the 3000 on Thursday. Her time in that race, 9:44.19, is ninth on the all-time list.

FRIDAY NOTES

Invitational Divisions

Women's Steeplechase Delivers On Promise

The WACT women's steeplechase looked to be one of the premier events this weekend and it delivered on that promise, producing a Relays record and adding five runners to the top 15 on the world list. Sophie Novak, a former Notre Dame standout who came in ranked third in the world, won in 9:28.48 to break the meet record. Novak passed Elise Thorner with 200 meters to go and easily broke the old record of 9:31.03 that Annie Rodenfels set last year. Thorner finished second in 9:30.41, which put her at No. 6 on the world list. Angelina Ellis took third in 9:34.48, No. 7 in the world, and former Iowa State runner Janette Schraft, who won 11 state high school titles on the Blue Oval, climbed into 12th on the world list with her fourth-place time of 9:37.87. Two-time Polish national champion Aneta Konieczek finished fifth in 9:38.84 (No. 14) and was followed by India's Ms Ankita at 9:30.00 (No. 15).

University-College Divisions

Disappointment For Iowa Sprinter

One of the top sprinters in the country won't be competing for a Relays title in the men's university-college 100. Iowa's Kalen Walker, who has the fifth-fastest time in the collegiate ranks this spring, was knocked out of the race when he false-started in the preliminaries. Walker has run a 10.06 and was considered a threat to break the Relays record of 10.11, set in 1983 by

Alabama's Calvin Smith. Samuel Blaskowski of Wisconsin-LaCrosse was the fastest qualifier in 10.19. Blaskowski, the NCAA Division III record holder, has the nation's seventh-fastest time this spring at 10.09.

Easier By The Dozen For The Cyclones

The Iowa State men have a long history of success in the university-college 4x1600 relay and the Cyclones made it an even dozen titles with a runaway victory in 16:38.06. That's top collegiate time this year. The Cyclones are now tied with Illinois for the most Relays championships in the event, though the Illiniii have not won it since 1982. Iowa State's lead was so comfortable that anchor runner Devan Kipyego could turn and wave to the crowd as he neared the finish line. It was an all-Iowa top three as Drake finished second in 16:58.69 and Iowa Central Community College was third in 16:59.78. Iowa State holds the Relays record in the event, running 16:09.45 in 1981.

Memorable Debut For Oregon State Women

Oregon State freshman Ainsley Herron sprinted past Notre Dame's Gretchen Farley in the final stretch to give the Beavers a victory in the women's 4x1600 relay. This is the first year the Oregon State women have competed in the Relays and the program came away with a memorable victory, finishing in 19:04.83 to edge Notre Dame, the defending champion, by five-hundredths of a second. Notre Dame led from the start and Ainsley stayed on Farley's heels in the final carry until making her move coming out of the final turn. It looked for a moment that Farley might regain the lead but Herron held on. Oregon State's time is the best in the collegiate ranks this spring.

Oregon Women Return With a Flourish

Oregon ran away from the field to win the women's university 4x800 relay, giving the Ducks their second title of the evening session and their first wins at Drake in 26 years. The Ducks set the pace early and increased their lead with each carry, finishing in 8:30.12 to post the third-fastest time in the world this year. The victory came 50 minutes after Oregon sophomore Juliet Cherubet won the 1500 in 4:13.11. This is the first time Oregon has brought a full team to the Relays since 1999 and the Ducks are making the most of their opportunity. Iowa State ran a good race for second in the relay, finishing in 8:40.86.

Iowa Wins Cy-Hawk Duel With Sizzling Performance

The men's university 4x800 relay turned into a Cy-Hawk showdown, with Iowa outrunning perennial contender Iowa State for the title – and posting the No. 1 time in the world so far this year. The Hawkeyes finished in 7:21.88 for their third Relays victory in the event, the two others coming in 1929 and 2017. No one in the world has run faster this year. Iowa State was seeking its second straight title in the event, its sixth in the last seven Relays and 15th overall. The Cyclones settled for second in 7:23.10.

Two runners from Iowa high schools ran the opening legs for the Hawkeyes – Derek Leicht of Dubuque Hempstead and James Fingalsen of Mason City. Ryan Schreiner and Terrick Johnson followed to take the quartet to its victory.

Hometown Champ In Women's 800

Thirty years after Gina DeWitt became the first Drake runner to win the women's university-college 800, the Bulldogs' Emilie Meyre repeated the feat. Meyre, the Missouri Valley Conference indoor 800 champion this year, outdueled Oregon's Ella Nelson to win the race in 2:03.85 – less than nine-tenths of a second off the meet record. Nelson got second in 2:04.50.

Another Title For Tyus

Nebraska's Tyus Wilson emerged from a championship showdown in the men's university-college high jump with his second straight Drake Relays title. Wilson, the reigning NCAA indoor champion, cleared 7-3 (2.21m) to beat the defending Division II outdoor champ, Jaivon Harrison of Grand Valley State. Harrison also cleared 7-3, but Wilson won on fewer misses. Harrison also won the D-II indoor title last year and was second this year.

The Streak Goes On For Bradley

A Bradley duo continued the Braves' success in the men's university-college 1500. Sophomore Jaxson Copeland won the race in 1:49.02, with freshman teammate Jamie Phillips right behind in 1:49.29. It's the third straight year a Bradley runner has won the race after Jack Crull won in 2023 and 2024. Crull will run in the invitational 1500 on Saturday. Copeland was the runner-up in the mile at the Missouri Valley Conference indoor meet this year and finished fifth in the Drake 1500 last year. Phillips was the MVC indoor 800 champion.

Back On Top In The Shot

Minnesota's Isaiah Schafer returned to the victory stand in the men's university-college men's shot after a one-year absence. Schafer threw 62-11 $\frac{1}{4}$ (19.18m) to earn his second Relays title in the event. He also won in 2023 but did not compete at Drake last year. He actually hit his winning mark twice – on his second and fourth attempts. Nebraska's Maxwell Otterdahl finished second at 60-6 (18.44m).

Mercy, Mercy Me

Iowa Western's Mercy Honesty came into the meet as a three-time national junior college champion and now she owns a Drake Relays title. Honesty went 42-10 $\frac{3}{4}$ (13.07m) to win the women's university-college triple jump. She was leading after four rounds and secured the title with her best jump of the day on her next attempt. Journey Amundson of Saint Louis finished second at 41-7 $\frac{3}{4}$ (12.69m). Honesty is the national juco leader in the event at 43- $\frac{1}{4}$ (13.11), a mark she posted at the national indoor championships.

It's Francois By A Whisker

The university-college 400 produced one of the nation's top times in the junior college ranks while featuring a tight finish. Iowa Western's Michael Francois edged Kansas State's Tavon Underwood to win in 46.44. That matches the No. 2 time among the nation's juco runners this

year. Underwood also was timed at 46.44. Carrying those times out to another digit, Francois came out six-thousandths of a second ahead (46.433 to 46.439).

Keeping Those Streaks Alive

Minnesota State continued its domination of the college sprint medley relay in both the men's and women's divisions. The men won for the fourth straight year in 3:23.14, which is No. 1 among NCAA Division II teams this year. The women made it three in a row by running 4:00.86. That also is the top time in Division II. Loras finished second in the men's race with the No. 1 time in Division III this year, running 3:25.42.

High School Divisions

A Quick Entry Into The Record Book

It took all of eight minutes to get the first noteworthy performance of the day. In the fourth heat of the girls 100-meter hurdles preliminaries, West Des Moines Valley's Emma Havighurst sped to an all-time best in the event. Her time of 13.82 seconds bumped Iowa Girls High School Athletic Union Hall of Famer Alex Gochenour of Logan-Magnolia off the top of the list. Gochenour had held that spot since 2010 with her time of 13.9. Havighurst's time was faster than the Relays record of 14.19, but the favoring wind was too strong to allow it as a record.

Havighurst matched her prelims time in the finals and in that race, the wind was legal so it goes down as the Relays record. Waukee's Sydney Winger set the old mark in 2018. Indianola's Josie McGraw was second in 13.98, which is No. 5 on the all-time list. Dowling Catholic's Annie Smith moved to No. 11 with her third-place time of 14.22.

Prairie Ace Follows Suit In Boys Race

Not to be outdone, Cedar Rapids Prairie's Quinton Alexander improved his all-time best in the boys 110 hurdles. Alexander won his preliminary heat in 13.55 seconds, slightly faster than the 13.64 he ran on his home track 11 days ago. Again, the favoring wind was too strong to allow his time to stand as a Relays record. That record is 13.84 set last year by Jaden Damiano of Iowa Falls-Alden.

The final later in the morning went a different way. Alexander clipped the penultimate hurdle and finished fourth in a race won by Treynor's Brady Wallace in 13.80. Spirit Lake's Cooper Winkel was second in 13.98, Knoxville's Koby Higginbotham took third in 14.15 and Alexander finished in 14.18.

Record Run For Dowling Catholic Boys

With Owen Wolfe running a swift anchor, Dowling Catholic of West Des Moines sped to a Relays record in the boys medley relay. Wolfe turned the final 800 meters in 1:50.76 to bring the Maroons home in 3:25.35, moving them to No. 6 on the state's all-time list. Norwalk was second in 3:28.22 and Iowa City West, the champion the two previous years, was third in 3:29.49.

Prince Joins Throwing Royalty

Clear Creek-Aman's Landon Prince put himself in an elite group with his victory in the boys discus, giving him a sweep of the throwing events. Prince threw 185-¼ to win the event by more than 10 feet. That follows his victory in the shot put on Thursday and makes him the sixth thrower in Drake Relays history to double in the two events. Bishop Heelan's Carson McInerney was second at 174-3 ¾.

Morton Salts Away Third Shot Title

Charlee Morton of Hampton-Dumont-CAL became the second athlete to capture three straight titles in the girls shot put with her winning throw of 46-9 ¼. She was the runner-up in the discus on Thursday after winning that event the two previous years. Hall of Famer Danica Haight of Iowa City West was the first to three-repeat in the shot, doing so from 2005-07. Spirit Lake's Lauren Travis was second in Friday's competition at 45-6. Morton's mark puts her at No. 14 on the state's all-time list.

Pella Christian Rules In Girls Medley

In a race filled with larger schools, Pella Christian grabbed the white Relays Flag in the girls sprint medley relay. Meredith Van Wyk, running the 200 leg, gave the Eagles the lead and anchor Bailey Vos held off a charge by Clear Lake's Reese Brownlee to give her team the victory in 1:46.36. Brownlee, the long jump champion on Thursday, ran her 400 leg in 55.5 to give the Lions second place in 1:46.88. Vos ran a 47.02 anchor.

Jaguars Sprint To Meet Record

Ankeny Centennial picked up its first victory in the 4x200 relay and the Jaguars did it with a record run. Centennial finished in 1:26.55 to break the Relays record of 1:27.14 that Cedar Rapids Jefferson set in 2018. The Jaguars' time goes in at No. 7 on the state's all-time list. Second-place Newton also ran under the old record, finishing in 1:27.11.

Northwest Girls Repeat In 4x200

Waukee Northwest won the girls 4x200 relay for the second straight year with one of the best times in state history. The Wolves turned the two laps in 1:40.97, putting them at No. 8 on the state's all-time list. Pella Christian, which won the sprint medley earlier in the day, was second in 1:42.06 with three of the four members of the medley team.

Two Wins And Counting For Nauman

Western Dubuque's Quentin Nauman became the first double winner in the boys division with a record-tying victory in the 800. Nauman outran Des Moines Christian's Caleb Ten Pas in the final 50 meters to win in 1:51.76. That ties the meet record that Dowling Catholic's Ryan Schweizer set in 2016 and is No. 12 on the state's all-time list. Ten Pas finished second in 1:52.02. Nauman will try for victory No. 3 when he runs the 1600 on Saturday.

Kadence Counts Off A Victory

Nashua-Plainfield's Kadence Huck, a two-time Class 1A state champion in the girls 800, is now a Drake Relays champ in the event. Huck beat a strong field and was pulling away at the end as

she finished in 2:10.51, which is No. 19 on the state's all-time list. Pleasant Valley's Brace Boelyn was second in 2:11.73.

Put 'Em On The List

Along with celebrating their Relays titles, the two 100 winners put their names on the state's all-time lists in their respective divisions. Girls winner Kelly Grobstich of Davenport Assumption ran 11.82, which is No. 14 all-time. That time matches the Relays record but won't count because the favoring wind was too strong. Dowling Catholic's Luke Nevitt charged out of lane 2 to win the boys race in 10.57, which checks in at No. 7 on the all-time list. Runner-up Ben Frazier of Waterloo West finished in 10.61, which ties for 16th on the all-time list.

She Runs As Well As She Jumps

Clear Lake's Reese Brownlee earned her second girls championship of the weekend with a near-record run in the 400. Brownlee won in 55.45 to match the Relays record that Waukee's Angelina Carder set in 2024. That ties Brownlee with Carder for the No. 14 spot on the state's all-time list. Brownlee repeated her title in the long jump on Thursday.

That Was Close!

The boys 400 hardly could have been any closer, coming down to a difference of two-thousandths of a second. Johnston's Joshua Anglo got the victory with a time of 48.84, which Nathan Miller of Center Point-Urbana ran in the first section. Taking their times out another place, Anglo's came to 48.836 and Miller's 48.838.

Stafford Rolls To Third Straight Wheelchair Title

Mid-Prairie's Jayden Stafford rolled his way to a third straight title in the boys wheelchair 400. Stafford won the race with his fastest time ever, finishing in 1:02.90. Bedford's Eli Johnson was second in 1:06.61.

THURSDAY NOTES

Invitational Divisions

Winkler Wows With Hammer Record

Two-time U.S. Olympian Rudy Winkler produced the meet's first record and he did so emphatically, winning the WACT men's hammer throw with a mark of 266-0 (m). That's the No. 2 throw in the world this year and easily topped the old record of 252-0 (76.80) that Denzel Comenentia of The Netherlands set last year. Winkler, the American record holder and a four-time U.S. champion, let go with his winning throw on his third attempt and no one threatened it through the rest of the competition. Minnesota senior Kastos Zaltos was second at 250-2 (76.26m).

Move Over Kip, It's Till's Turn Now

Nebraska's Till Steinforth repeated his decathlon championship with a meet record that lifted him to the No. 1 spot in the world this year. Steinforth amassed 8,265 points over the two days of competition to break a 29-year-old record held by Drake Relays Hall of Famer Kip Janvrin. Janvrin scored 8,198 points back in 1996. Steinforth's point total is the best in the world so far this year. A native of Germany, Steinforth was 15th at the Paris Olympics last year and was the bronze medalist in the heptathlon at this year's World Indoor Championships. Carter Morton, who is being redshirted at Northern Iowa, outran Iowa freshman Abraham Vogelsang in the final event, the 1500, to hold on to second place. Morton finished with a career-best 7,882 points and Vogelsang had 7,874 in an impressive Drake Relays debut.

Nebraska Junior Sets Relays Record, Collegiate Best

While all the attention was focused on four-time U.S. champion Curtis Thompson in the WACT men's javelin, Nebraska junior Keyshawn Strachan stole the show. Thompson entered the Drake Relays owning a world best mark of 287-11 (87.76 meters) set at the Texas Relays. But Strachan established a Drake Relays record of 265-9 (81.01m) on his second attempt. Strachan entered the Drake Relays ranked No. 2 on the collegiate list this spring at 262-6 (80.00m) but moved into No. 1 with that winning effort. Thompson finished second at 265-4 (80.88m).

Otabor Repeats Javelin Title With Clutch Throw

Bahamian Olympian Rhema Otabor repeated her title in the women's javelin, winning the WACT event in dramatic fashion. Otabor, a two-time NCAA champion competing for Nebraska and a 2024 Olympian, trailed Madison Wilttrout until throwing 190-11(58.20m) on her final attempt to edge Wilttrout by two inches. Wilttrout, who was an ACC champion and All-American at North Carolina, threw 190-90 (58.14) on her first attempt and no one passed her until Otabor came up with her clutch throw at the end.

Putting The Hammer Down

Brooke Anderson outdueled world leader Rachel Richeson to win the WACT women's hammer throw. Anderson, the world championships gold medalist in 2022, posted a throw of 247-0 (75.28m), a season best that ranks No. 5 in the world. Richeson, who has thrown 258-6 (78.80m) this year, was second at 238-8 (72.76). She is coming off a gold medal in the weight throw at this year's USA Indoor Championships.

Gray Glides To Heptathlon Title

Veteran competitor Jordan Gray completed a steady progression with her victory in the heptathlon. Gray finished third in 2023 and was the runner-up last year before putting together her winning performance for her first Drake Relays championship. Making her outdoor debut, Gray built a solid lead after the first four events Wednesday and stayed comfortably ahead through the final three events, finishing with 5,517 points. It was the 29-year-old's first complete heptathlon since winning the bronze medal at the 2023 Pan-American Games in Chile. Wisconsin junior Shaina Zinte had a strong second day to finish second with 5,261 points – one point ahead of Emily Swanson, a senior at Sioux Falls.

University-College Divisions

The college men's 4x800 relay produced some of the nation's top times, including the No. 1 clocking in the NAIA ranks by Cornerstone of Michigan, which won the race in 7:31.29. Runner-up Iowa Central Community College logged the No. 3 junior college time at 7:32.82 and Minnesota State took over the NCAA Division II lead with its time of 7:34.02.

Dordt Delivers With A Fast Pace

Dordt led from the start in racing to its first Drake Relays championship in the college women's 4x800 relay. The Defenders finished in 9:02.33, the top time among NAIA schools this year. Fifth-place finisher Iowa Western recorded the No. 3 time in the junior college ranks this spring, running 9:15.28. Minnesota-Duluth finished second in 9:04.37.

Gonzaga Goes Deep In Women's 5000

Gonzaga runners dominated the women's 5000, putting three runners in the top four, including the champion. Rosina Machu-Shuri, a two-time West Coast Conference cross country champion, won the race in 15:54.97. Iowa State's Betty Kipkore was second in 16:05.59 and she was followed by two more Gonzaga runners – freshman Logan Hofstee (16:05.90) and sophomore Jessica Frydenlund (16:18.73).

High School Divisions

Nauman Nails Down A Title And A Record

Western Dubuque's Quentin Nauman put the hammer down in the backstretch of the final lap and sped to a Relays record in the boys 3200. Nauman clocked 8:52.45 to beat a strong field that included defending champion Jaden Merrick of Cedar Falls, who set the old record of 8:55.14 last year and was leading until Nauman made his move, running the final 400 in a swift 55.75. Nauman's time puts him at No. 3 on the state's all-time list, behind only Thomas Pollard of Gilbert and Chandler Austin of Boone. Pella's Canaan Dunham was second in 8:56.11, which is seventh on the all-time list, and Ankeny's Ethan Zuber took third in 8:59.60. Merrick finished fourth in 9:02.74.

Seeser Soars To Personal Best

Camanche senior Tyson Seeser joined an elite group with his repeat victory in the boys high jump. Seeser cleared 7 feet to become just the fifth prep jumper to top that height at the Relays and only the 13th overall. He's first to win back-to-back titles since Jeff Giannettino won three straight from 2013-15. Albia's Ryan Little cleared 6-9 to finish second and Eli Patterson of Benton Community was third, also with a clearance of 6-9.

A Prince Of A Throw

Clear Creek-Amana's Landon Prince put together a consistent series to easily win the boys shot put. Prince, a senior, topped 60 feet on four of his six throws and logged a best of 61-10 $\frac{1}{4}$. He's the only thrower in the state to top 60 feet this season and has a best of 62-2, which is No. 20 on the state's all-time list. Sophomore Greyson Hartman was second in 58-11.

It's A Family Affair In Cedar Falls

Cedar Falls freshman Charlee Gall pulled away from the pack early and became the second member of her family to win the girls 3000. Gall, the daughter of three-time Drake Relays champion Sarah Gray, raced to a 9:44.19 clocking, which puts her at No. 9 on the state's all-time list. Her mother won her titles in 1995, 1996 and 1997 and is a member of the Iowa Girls High School Athletic Union's Track Hall of Fame. Council Bluffs St. Albert's Lili Denton was second in 9:50.90, which ranks 21st all-time.

Championship Run Ends In Girls Discus

Charlee Morton's run as the girls discus champion is over after a strong performance by Ottumwa's Delilah Subsin. Subsin topped 147 feet on five of her six throws and won it at 156-9, which puts her at No. 7 on the state's all-time list. Morton, a senior at Hampton-Dumont-CAL, had won the event the two previous years. She finished second this time at 149-04, which is a personal best and ranks No. 25 all-time.

Reese Still Rules In Long Jump

Clear Lake's Reese Brownlee took the first step in her bid to become a repeat champion in two events. Brownlee went 18-10 in the long jump to edge the state's all-time leader, Abby Mecklenburg of Linn-Mar, by a quarter of an inch for her second straight Relays title.

Mecklenburg has jumped 20-8 $\frac{1}{4}$ his year, the only Iowa girl who has gone past 20 feet. She had two chances at the end of the competition to pass Brownlee but fouled on both jumps. Grinnell's Aiden Gosselink was third at 18-4 $\frac{1}{4}$. Brownlee will go for her second straight title in the 400 hurdles on Saturday afternoon.