



LEFT: Avery Staver runs the 200m dash Thursday at the state track meet where she placed 24th. MIDDLE: Tom Mikkelsen throws the shot put Friday where he placed 11th. RIGHT: Brandon Briley comes around the final corner in the 800m dash Saturday where he placed sixth in 1:56.5.

CNA photos by CHEYENNE ROCHE

## Blazing times and sun at state track

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DES MOINES — After a regular season filled with rain delays, strong headwinds and bundling up to keep warm, the weather at the 2024 State Coed Track and Field Championships was a complete 180.

With relentless sun and highs of 79 on Thursday, 83 on Friday and 89 on Saturday, athletes had a new set of challenges to face.

“The weather is something you can’t prepare in advance for,” Creston Coach Maggie Arnold said. “Friday, that was really our only long day where we were staying at the track all day long. We try to keep them warming up in the grassy area where there is some shade instead of on the hot track.”

The Panthers qualified in six events — boys and girls 4x800m relay; boys distance medley relay; boys 4x400m relay; Avery Staver in the girls 200m dash; Tom Mikkelsen in the shot put and Brandon Briley in the 800m run.

With Class 2A and 3A competing in the morning session, the Panthers made some adjustments heading into state.

“We started practicing in the morning,” Arnold said. “We’re certainly not used to racing in the morning.”

Though the team definitely had some disappointing finishes, the weekend was highlighted by a new school record and the first boys state medal in Creston since 2015.

Staver, a sophomore, got things started for Creston with the 200 on Thursday morning. Staver ran a personal record qualifying time of 26.47 to earn at-at-large berth.

In the meet, Staver ran a 26.88, placing 24th in her first appearance at state.

While Staver came in ranked 23rd, Arnold said they talked about how close the times are in sprints. “With those sprint events, even when you qualify in a certain place, when you look at the times, there’s not a lot of space between 23rd and eighth, really,” Arnold said. “Our goal for Avery was to get her on the track and get her comfortable. She did a great job; she loves that race. She wants to get better and be back.”

The girls 4x800m relay took the track next after a season-best qualifying race in 10:01.06, earning the 16th spot at state.

Sophomore Maylee Riley got the race started for the Panthers coming to the exchange zone third and landing a 2:29 split. Riley handed the baton off to freshman Hope

Henderson. Henderson held onto third through most of the first lap, but lost several spots through the final lap, running a 2:35.

Staver had the baton third. By her second lap, Clear Creek-Amana had a significant lead, a pack of six runners fighting for second. Algona split from the pack for second as Staver gained on the group throughout her leg. She came in at the back of the pack as she exchanged to junior Payton Davis for the anchor leg. Staver ran a 2:34 split.

Davis lost one position on the anchor leg, running a 2:37 to place the Panthers ninth in the first heat, 21st overall with a 10:15.98. Despite finishing lower than they had hoped, all four girls will be returning next year.

“That feels great, actually,” Arnold said. “The girls team was just a blast to be around all week. They were full of enthusiasm about everything, and they are all super excited for next year to get back. When we were watching, they were all talking about next year and all the events they want to qualify in.”

The boys 4x800 also had a bit of a disappointing race, but their two seniors — Austin Evans and Briley, had strong races.

As usual, Evans put the Panthers in a good position. He ran a fast first lap, keeping the lead spot. In the second lap, he fell a few positions, running a 2:01 split to put the Panthers in fifth.

In the second leg, junior Tyler Riley ran a 2:15. Briley got the baton in third, and was able to make up a position, putting the Panthers in 11th in the first heat. He ran a 2:00. Freshman Davin Wallace was on the anchor leg for the Panthers. He ran a 2:14 to finish in 12th in the heat and 24th overall.

“We didn’t run our best up there,” Arnold said. “I felt like Thursday, those two seniors gave us great legs and the others looked inexperienced, but that’s fine. You have to get your feet wet, get some experience somewhere. There were a little bit of nerves.”

On Friday, the Panthers were ready for some success, and they found it in a bittersweet distance medley relay.

They had two goals coming into the relay — break the school record of 3:35.06 set in 2015 and place in the top eight for a medal. Their qualifying time was 3:39.07, but Briley had run the 400 leg and Evans the 800. At state, the two were switched to their better races. The team hoped that could shave off the time needed. Both Evans and Briley were on the

state-qualifying DMR a year ago that placed 24th.

It was junior Casen Dryden on the opening 200 in the second of three heats. Dryden ran on the state team in 2022, but didn’t go out for track last season. Seth Gordon ran the second leg. The sophomore was out for track as a freshman, but mostly sidelined with injuries. Both ran strong legs before Evans got the baton for the 400.

At the cut in mark on the back stretch, Evans landed in second place. After some shuffling on the front stretch, Evans gave the baton to Briley in fourth after running a 53 second split, Glenwood in the lead.

Briley had a host of talented anchor runners to compete with including Andrew Smith of Glenwood who had topped Briley in the 800 at the Hawkeye 10 and state qualifying meets. South Tama County had Tommy Tynnismaa on the anchor, who would go on to take second in the 800 with a 1:53.2.

Tynnismaa passed four runners in the first lap, putting South Tama County in second. Briley passed two to place Creston in third. Down the stretch, it was Tynnismaa and Smith competing for the win, South Tama coming out on top, Glenwood in second and Creston in third.

It was a 1:53.5 for Tynnismaa in his anchor split, 1:56.2 for Smith and a 1:56.1 for Briley. With the fastest heat still to go, the Panthers sat at fourth. But one goal was already accomplished as the video board read a time of 3:34.64 for Creston — a new school record.

“The DMR, that was a legit record those boys broke,” Arnold said. “Jay Wolfe, a phenomenal runner, was the anchor, and Brandon’s brother Bryce was a member of the previous record, and he was outstanding as well. They wanted to get it last year, but didn’t perform at state. It’s been their goal all season long. We made the flip with Austin and Brandon so they were super confident. They were immediately confident about that.”

Wolfe holds the Hawkeye 10 meet 800m record of 1:57.57, set in 2014. In addition to Bryce Briley and Wolfe on that 2015 relay were Chris Foster and Seth Maitlen.

As the final heat took off, the boys watched the times anxiously. With Central Dewitt running a 3:33.5 out of the first heat, the Panthers were in fourth. They needed the fifth-place finished to have a time slower than theirs to place eighth and medal.

It was too close to call when Gilbert crossed the finish line in fifth, right around the time the Panthers had run. But their time of 3:33.96 was .68 seconds faster than the Panthers, and Gilbert claimed the final medal.

“This is the second time DMR has broken school record and not placed,” Arnold said. “The competition was so great this year. It was lightning fast this year and didn’t happen. They got the school record which they’ve really wanted, but it’s disappointing we didn’t get that medal.”

For Briley, it wasn’t just gaining the school record, but also bumping his brother from the record board that made the time so satisfying. But as a competitor, he was disappointed in their finish.

“Our first 200 legs got us off to a great start. We got the baton around which was one of our bigger issues. Austin got us going on the 400, and then I finished with a 1:56,” Briley said. “Our goal was to break the school record, which we did that, but it kind of feels like crap getting ninth, being so close. It was like three-quarters of a second.”

Creston freshman Tom Mikkelsen, a Hawkeye 10 shot put champion and the gold medalist at the state qualifying meet, got his chance to compete Friday afternoon.

He threw his personal best by nearly 2 ft in the qualifying meet, a 54-04.5. The throw seeded him fourth.

The top eight throws through three attempts move on to the finals. Mikkelsen was in the second flight, throwing a 51-06 on his first attempt, but was unable to top it from there. The mark gave him an 11th-place finish.

“I thought Tom did a nice job. He’s a creature of habit, and his schedule was thrown off a little,” Arnold said. “At the throws, Tom’s used to having a lot of guys, his teammates right there. The meets are a more laid back atmosphere; he’s not having to be contained to a specific area. As a freshman coming to a state meet, he has to get that experience somehow. Now he’s prepared for years to come.”

In Evans’ last chance for a medal, the Panthers ran the qualifying race for the 4x400m relay later that day, but it was a 20th-place finish for the relay of Evans, Wallace, Gordon and Briley.

Arnold said the big story behind this state meet is how hard Evans and Briley worked to get to where they are today. “Finally, after four years of hard work and working those

specific things they were able to run the fastest times of their careers from the 100 to the two mile,” she said. “It takes time, and people don’t want to be patient and work as long as it takes. They were willing to do that for their coaches, their teammates and their school. They didn’t have loads of natural talent — they developed that. They are extraordinary athletes.”

After five events were concluded and the Panthers still hadn’t claimed a medal, Briley was ready to take on the responsibility.

“I knew that I needed to bring in at least one medal for our team,” he said. “The D-med was a heart breaker. I knew I needed to perform at my absolute best to bring in a medal. We haven’t had one of those for awhile in Creston.”

With the eighth-fastest time coming in, Briley was in the main wave of runners in the boys 800m, but starting in the furthest lane. The fastest seed time was Smith of Glenwood with a 1:58.10. Tynnismaa came in with a 1:59.81.

While Briley was able to cut in right away, he was boxed in on the backstretch, not able to make a move until the front stretch on the first lap when he advanced to the front of the pack. He came through the first lap in 56 seconds, moving up to sixth place. On the backstretch, he pulled up next to Smith, passing him for a spot in fourth. On the final stretch, he was issued a challenge, as runners came up next to him, all vying for a coveted spot in the top-eight.

While Michael Yeomans of Solon and Isaac Sorensen of Clear Creek-Amana were able to get past him, Briley finished sixth, only .27 seconds ahead of the ninth-place finisher. His time of 1:56.5 was a PR in the open 800.

Quentin Nauman of Western Dubuque won the race in 1:51, a new Class 3A state meet record.

Briley said his 1:56.1 split in the DMR a day before was a big boost of confidence. “I wouldn’t have placed running a 1:58 like I did before; It was really fast out there,” he said. “I just ran the race like I needed to, finished strong and got sixth.”

Arnold said Briley’s race was the perfect way to wrap up the state meet. “He just literally never quits. That kid could have got down in the dumps. His freshman year he was the 25th spot, one away from qualifying for state,” she said. “He could have given up, but he never did. He’s just one of those kids where if you tell him he can’t do it, he’s definite-

ly going to do it. He’s so small, but he has an engine that just doesn’t stop. He wanted that medal so bad. He was able to get Smith back from Glenwood. That kid’s been kicking his butt since junior high. That finish was so strong and I couldn’t be more proud.”

Briley’s race scored three points for the Panthers, placing the boys 33rd in team standings.

TRACK | 6A

### PUBLIC NOTICE

May 8, 2024 Meeting Minutes  
Prairie Solid Waste Agency  
1774 Lark Avenue,  
Creston IA 50801

The PSWA monthly meeting was called to order May 8, 2024, at 5:22 PM by Chairman, Curt Angell. The following members were present: Dr. Dennis Hopkins (Union County), Curt Angell (Cromwell), Josh Thompson (Creston). Also in attendance: Janeen Frey (PSWA Manager), Trent Holliday (H&H Trucking) & Nathan Oht (SCS Engineers).

Motion by Thompson, second by Hopkins, to approve the presented Agenda, all voting aye, motion carried.

Motion by Hopkins, second by Thompson to approve the April 3, 2024 meeting minutes as presented. All voting aye, motion carried.

Motion by Hopkins, second by Thompson to approve a 4.5% wage increase for scale operators, Dennis Brown and Darius Boone starting July 1, 2024. With the 4.5% increase the wages will go from \$13.00/hour to \$13.58/hour. All voting aye, motion carried.

Motion by Hopkins, second by Thompson to accept the SCS Engineers Environmental Compliance and On-Call Support contract for FY25. All voting aye, motion carried.

H & H Trucking hauled 2310.81 tons to Metro East.

Manager will contact Loess Hills about hauling fees and compare to Metro East hauling fees before signing a new contract with Metro. This will be discussed further at the June meeting.

PSWA Manager is working with insurance adjusters, contractors and ICAP due to the tornado damage. The damage includes parts of the transfer station and office, the entire Red Iron building and its contents, 2 semi-trucks and 2 trailers and misc. property that was damaged and/or missing.

PSWA Manager will be working with Butterfield Sales on getting new trailers to keep operations going. These are going to replace the damaged trailers due to the tornado.

Tipping fee increase will be discussed at the June meeting. The deciding factors will be the Metro increase or Loess Hills tipping fee, if they get back to us with a number.

Motion by Thompson, second by Hopkins to approve the April 2024 Fund Balances, Bank Transfers, Bank Statements. All voting aye, motion carried.

Afton Star Publications.....\$46.41  
Alliant Energy  
Utilities.....\$500.00  
Butterfield Sales  
Trailer Repair.....\$2322.77  
C & J  
Cleanup-Tornado.....\$1200.00  
Carolina Software  
Support.....\$500.00  
Chat Mobility  
Telephone.....\$50.00  
Cintas

AED/First Aid.....\$164.49  
Creston News Advertiser  
Publications.....\$45.28  
Eurofins  
Leachate.....\$2341.35  
Fenton Construction  
Office-Tornado.....\$6635.00  
GRP

Sharps Disposal.....\$231.00  
H & H Trucking  
Hauling/Oper/Repairs.....\$71435.78  
H & H Trucking  
Cleanup-Tornado.....\$750.00  
Hilltop Repair  
Trailer Repair-Tornado.....\$550.80  
IDNR

Tonnage Fees.....\$17576.66  
Jensen Builders  
TS Repairs.....\$28610.00  
Liberty Tire  
Tire Disposal.....\$2561.23  
Metro Waste Authority  
Tipping.....\$45777.10  
NAPA

Trailer Parts.....\$46.92  
Pinnacle  
Publications.....\$205.20  
Scales Sales & Service  
Scale Repair-Tornado.....\$1183.00  
SCS Engineers  
Financial Assurance.....\$487.50  
SIRWA  
Water.....\$100.00  
Visa

Office Supplies.....\$195.68  
Windstream  
Telephone.....\$250.00  
Motion by Thompson, second by Hopkins, to adjourn at 6:03 PM. All voting aye, motion carried.

Next meeting will be held on Wednesday, June 5, 2024  
Chairman: Curt Angell

Attest: Janeen Frey