

Sports

Madison County Run Club open for registration

Cross country season is beginning in the coming weeks for high schoolers, and there's no reason younger athletes can't get into the running spirit this fall as well. The Madison County Run Club is open for registration for young athletes in fourth through sixth grades.

The club will meet on Wednesdays and Sundays at the Winterset City Park beginning on September 3. Sessions run from 7-8 p.m. Registration is priced

at \$25 per participant.

The club's race schedule is still to be determined. All proceeds will go to support the Winterset high school cross country team.

Any parents of children looking to develop their skills as an athlete or to learn the sport of cross country may reach out to Michael Back at 817-896-4588 or michaelback@att.net.

15TH ANNUAL WALK

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school programs, workplaces or health care clinics.

This walk will kick off the Healthiest State Month in October, where the Healthiest State Initiative will work with other nonprofits to raise awareness of the state of mental and physical health in Iowa, from obesity to cancer rates and mental health resources to food insecurity.

Each week of October, the Healthiest State Initiative will focus on a different aspect of health in an effort to raise awareness. The first week of October will be focused on Mental Health, together with the NAMI Iowa. For the second week, the Initiative

will partner with the Iowa Food Bank Association to focus on Food Insecurity and Nutrition. October's third week will focus on Physical Activity with the Iowa Natural Heritage Foundation. For the final week of the month, the focus will be Cancer, with the Iowa Cancer Consortium.

Another upcoming HSI event is Walk With Us at the IMT Des Moines Marathon on October 19. This new family-friendly one-mile walk is open to Iowans of all ages and abilities to participate either in person or virtually. For more information, visit tinyurl.com/HealthiestStateAnnualWalk.

For more information about the Healthiest State Month, visit iowahealthieststate.com/events/healthiest-state-month.

FOOTBALL SEASON

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coaches, and communities are at the center of our Iowa PBS Sports coverage," said Andrew Batt, executive director and general manager at Iowa PBS.

"We are excited to extend our award-winning, in-depth broadcasts to the IHSAA and mutually ensure statewide access of these games across all 99 counties of Iowa and beyond. Every Iowan deserves an opportunity to witness these athletes pursue a

championship on our state's most extensive broadcast and streaming network."

Iowa PBS's live broadcast and streaming of IHSAA championship sports will be in addition to the statewide network's existing coverage of Iowa Girls High School Athletic Union championships for various sports.

Their inclusion on Iowa PBS will be the cornerstone of the IHSAA's broadcast plan for free and accessible state tournament video, starting with football's semifinals and finals in fall 2025.

WINTERSET A'S

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Knobloch - Winterset, Alexander Armstrong - Winterset - Dan Alexander, Montross Pharmacy - Winterset - Jeff Olson, and Explore RE - Winterset - Pete Corkrean.

Box Score

Name	AB	R	H	2B	3B	HR	RBI	SAC	SO	BB	SB	BA
Easton Darling	21	10	11	5	0	0	3	0	2	4	1	.524
Conner Van Pelt	19	10	6	1	0	2	6	1	4	4	0	.316
Brock Johnson	21	10	11	1	1	3	14	0	2	3	0	.524
Colby Van Pelt	21	6	9	1	0	1	8	1	1	2	0	.429
Casey Young	17	7	10	2	1	2	12	0	5	7	0	.588
Tate Owens	21	6	4	1	0	0	4	0	4	2	0	.190
Kent Hickman	18	4	5	3	0	0	1	1	2	4	0	.278
Josh Porter	18	3	6	1	0	0	6	1	1	2	0	.333
Kyle Bunnetto	20	5	8	0	0	2	8	0	4	1	0	.400
Scott O'Brien	1	0	0	0	0	0	0	0	0	0	0	.000

Pitching

Name	IP	ER	ERA
Scott O'Brien	30	22	4.20
Kyle Bunnetto	7	11	10.99
Tate Owens	2	2	7.00

SWIMMING AND DIVING

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using deck starts from performing a running start.

Regular Season State Qualifying Diving Meets

Divers will now have two opportunities to qualify for the 2025 State Diving Meet during the regular season:

- Saturday, September 20 - Waukee
- Saturday, October 18 - Marshalltown YMCA/YWCA

The top five finishers at each meet will automatically qualify for state. If a diver places in the top five at both meets, the next-highest finisher(s) from the Marshalltown meet will qualify until 10 regular-season qualifiers are reached. Efforts will be made to have the same panels of officials and coaches judge both meets for consistency.

Like swimming's regular season qualifying process, divers who qualify during the regular season must compete in the regional meet and record a successful 11-dive performance to remain eligible for state.

2025 Regular Season State Qualifying Time Standards

Standards are the average of the 16th-place time from the last five state meets. Times must be achieved in an IGHS AU-sanctioned meet in a fully automatic-timed yard pool, and verified in Bound.

- 200 Free - 1:57.88
- 200 IM - 2:12.65
- 50 Free - :24.92
- 100 Fly - 1:00.19
- 100 Free - :54.55
- 500 Free - 5:21.03
- 100 Back - 1:00.19
- 100 Breast - 1:07.65

Rule 9-4-6 - Rotating Dive Schedule (2025 Season)

Weeks 1-2: Forward Group

Week 3: Back Group

Week 4: Inward Group

Week 5: Twisting Group

Week 6: Reverse Group

Then repeat the cycle.



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