



TRACK & FIELD

ROSTER • SCHEDULE / RESULTS • NEWS • ARCHIVES



Recap

Licensed to University of Northern Iowa
 HY-TEK's Meet Manager 2/18/2011 06:47 PM
 UNI Invite - 2/18/2011
 Cedar Falls, IA
 Results

Women 60 Meter Dash

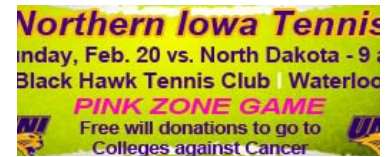
Name	Year School	Prelims	H#
Preliminaries			
1 Thomas, Reyare	Iowa Central	7.59q	3
2 Steele, Shennae	Iowa Western	7.67q	2
3 Teape, Melissa	Iowa Central	7.75q	1
4 Higgins, Jenna	Mount Mercy	7.92q	4
5 Ileso, Izehi	Iowa Central	8.05q	4
6 Coleman, Felicia	Central Coll	8.07q	1
7 Kindelsperger, Ellen	Northern Iow	8.09q	2
8 McChee, Janesha	Iowa Western	8.12q	3
9 Penning, Janie	Northern Iow	8.19q	3
10 Pritchard, Latrice	Iowa Central	8.26q	4
11 Bittorf, Camille	Iowa Central	8.36q	1
12 Anderson, Lauren	Simpson	8.37q	2
13 Maher, Jordan	Simpson	8.38q	2
14 Burgardt, Lindsey	North Iowa A	8.40q	2
15 Lehmkuhl, Megan	Clarke Unive	8.41q	1
16 Lawler, Megan	North Iowa A	8.42q	4
17 Sebastian, Katie	Clarke Unive	8.43	3
18 Sabers, Molly	Simpson	8.51	3
19 Woodford, Amber	Buena Vista	8.57	3
20 Mulder, Nicole	Simpson	8.58	4
21 Collier, Jenise	D4 National	8.59	2
21 Whiting, Bri	D4 National	8.59	1
23 Elias, Jasmine	Iowa Western	8.61	1
24 Waddy, Samoane	North Iowa A	8.66	4
25 Gerst, Lis	Central Coll	8.81	3
26 Vinson, Sydney	Iowa Western	9.19	2

Women 60 Meter Dash

Name	Year School	Finals	H#
Finals			
1 Thomas, Reyare	Iowa Central	7.58	2
2 Teape, Melissa	Iowa Central	7.71	2
3 Higgins, Jenna	Mount Mercy	7.90	2
4 Ileso, Izehi	Iowa Central	8.03	2
5 Kindelsperger, Ellen	Northern Iow	8.09	2
6 Penning, Janie	Northern Iow	8.17	1
7 Pritchard, Latrice	Iowa Central	8.20	1
8 Lehmkuhl, Megan	Clarke Unive	8.26	1
9 Burgardt, Lindsey	North Iowa A	8.38	1
10 Lawler, Megan	North Iowa A	8.40	1
11 Maher, Jordan	Simpson	8.44	1

Women 200 Meter Dash

Name	Year School	Finals	H#
1 Thomas, Reyare	Iowa Central	24.72	7
2 Steele, Shennae	Iowa Western	24.84	7
3 Martin, Yoniecia	Iowa Central	25.41	7
4 Teape, Melissa	Iowa Central	25.74	7
5 Teas, Emily	Central Coll	26.41	6
6 Johnson, Edna	Iowa Western	26.65	6
7 McChee, Janesha	Iowa Western	26.87	5
8 Woodford, Amber	Buena Vista	27.27	5
9 Retz, Samantha	Central Coll	27.60	4
10 Penning, Janie	Northern Iow	27.66	6



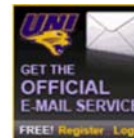
PANTHER CHECK CARD EXCLUSIVELY AT



UNI FAN POLL



SHELTERINSURANCE.COM



11 Sabers, Molly	Simpson	27.67	6
12 Maher, Jordan	Simpson	27.70	4
13 Anderson, Lauren	Simpson	27.72	6
14 Pritchard, Latrice	Iowa Central	27.76	5
15 Purdy, Rachel	Central Coll	27.79	5
15 Lawler, Megan	North Iowa A	27.79	3
17 Sigmund, April	Simpson	28.00	5
18 Burgardt, Lindsey	North Iowa A	28.24	3
18 Elias, Jasmine	Iowa Western	28.24	5
20 Jones, Calia	North Iowa A	28.39	3
21 Wehde, Miranda	Central Coll	28.48	4
22 Mancil, Danashi	Iowa Central	28.58	3
23 Mulder, Nicole	Simpson	28.61	5
23 Sharp, Morgan	Central Coll	28.61	2
25 Kohlmeyer, Danelle	D4 National	28.66	4
26 Whiting, Bri	D4 National	28.97	4
27 Boyd, Andrea	Buena Vista	29.00	3
28 Devens, Jenna	D4 National	29.16	2
29 Jones, Rachel	D4 National	29.17	4
30 Meyers, Alyse	Simpson	29.21	4
31 Nelson, Whitney	Buena Vista	29.23	2
32 Collier, Jenise	D4 National	29.31	3
33 Waddy, Samoane	North Iowa A	29.63	2
34 Lorenz, Molly	Buena Vista	29.68	2
35 Krips, Breannah	Buena Vista	29.99	1
36 Miller, Paige	Buena Vista	30.00	1
37 Reisdorf, Zoey	Buena Vista	30.34	1
38 Ahrendsen, Liz	Buena Vista	30.59	2
39 Mason, Natalie	Central Coll	30.60	3
40 Parham, Rachel	Buena Vista	31.19	1
41 Glynn, Kay	Kay Glynn	31.41	1

Women 400 Meter Dash

Name	Year School	Finals	H#
1 Martin, Yoniece	Iowa Central	59.91	4
2 Teape, Melissa	Iowa Central	1:00.04	3
3 Adderley, Te'shon	Iowa Central	1:00.52	4
4 Thomas, Reyare	Iowa Central	1:00.65	2
5 Fiscus, Megan	Northern Iow	1:00.84	3
6 Shaddox, Shawn	Northern Iow	1:01.37	4
7 Wright, Lacey	Iowa Western	1:01.41	3
8 Sigmund, April	Simpson	1:01.57	3
9 Cashman, Molly	unatt-uni	1:01.68	4
10 Miller, Isabelle	Grinnell Col	1:02.06	3
11 Johnson, Edna	Iowa Western	1:02.48	2
12 Lorenz, Molly	Buena Vista	1:04.94	2
13 Schafbuch, Bailey	Buena Vista	1:04.96	2
14 Mulder, Nicole	Simpson	1:05.01	3
15 Ahrendsen, Liz	Buena Vista	1:06.46	2
16 Mancil, Danashi	Iowa Central	1:07.33	1
17 Nelson, Whitney	Buena Vista	1:07.88	1
18 Reisdorf, Zoey	Buena Vista	1:08.65	1
19 Meyers, Alyse	Simpson	1:08.89	1
20 Parham, Rachel	Buena Vista	1:12.06	1
-- Bittorf, Camille	Iowa Central	DNF	2

Women 600 Meter Run

Name	Year School	Finals	H#
1 Hunter, Tamara	Iowa Central	1:38.40	2
2 Okwumabua, Nkemdilim	Ashford Univ	1:38.94	2
3 Day, Hannah	Clarke Unive	1:40.89	2
4 Edwards, Nicolia	Iowa Western	1:43.58	2
5 King, Shelby	Simpson	1:48.20	2
6 Wichert, Jenny	Iowa Western	1:50.03	1
7 Schindel, Brandi	Simpson	1:55.83	1
8 Fiser, Michaela	North Iowa A	1:58.70	1
9 Yarrow, Allia	North Iowa A	2:01.60	1

Women 800 Meter Run

Name	Year School	Finals
1 Burnell, Sarah	Grinnell Col	2:18.64
2 Blanchard, Leah	Northern Iow	2:21.40
3 Edmond, Tanesha	North Iowa A	2:24.69
4 Woods, Ashleigh	Iowa Central	2:24.70
5 Nelson, Sammy	North Iowa A	2:26.24
6 Sharp, Kaity	Central Coll	2:26.61
7 Moyna, Katrina	Clarke Unive	2:27.75
8 Reinhold, Eve	Central Coll	2:27.97
9 Farriss, Kristen	Central Coll	2:30.44
10 Lamb, Amanda	Central Coll	2:30.45
11 Russell, Leah	Grinnell Col	2:30.75
12 Rudy, Margaret	Grinnell Col	2:31.60
13 Davis, Sara	Central Coll	2:33.99
14 Daisy, Shelby	Mount Mercy	2:34.82
15 Wehde, Maggie	Central Coll	2:35.26
16 Wright, Lacey	Iowa Western	2:36.20
17 Rustad, Taylor	North Iowa A	2:36.28
18 Ford, Javona	Iowa Central	2:48.66
19 Steplight, Shawanna	Iowa Central	3:02.82

Women 1000 Meter Run

Name	Year School	Finals
------	-------------	--------

1	Ellingson, Catie	Simpson	2:55.88
2	Ripperger, Beth	Mount Mercy	3:05.53
3	Rumble, Ayesha	Iowa Central	3:06.18
4	Adderley, Te'shon	Iowa Central	3:15.98
5	Hills, Annie	Simpson	3:17.51
6	Danielsen, Kara	Mount Mercy	3:18.08
7	Boyle, Jayde	Simpson	3:21.81
8	Wichert, Jenny	Iowa Western	3:39.36
9	Ubbelohde, Ashley	North Iowa A	3:41.11
10	Bol, Diana	Iowa Central	3:45.26

Women 1 Mile Run

Name	Year	School	Finals
1	Wilkins, Lindsey	Northern Iow	5:05.36
2	Thomas, Hayley	Northern Iow	5:06.25
3	Schon, Scotti	Northern Iow	5:10.30
4	Crippen, Sara	Central Coll	5:23.90
5	Buikema, Hattie	Northern Iow	5:24.24
6	VonHolten, Molly	Central Coll	5:33.49
7	Davidshofer, April	Northern Iow	5:38.58
8	Fly, Kaylee	Iowa Western	5:41.24
9	Burt, Meghann	Central Coll	5:49.16
10	Guzman, Erin	Simpson	5:56.61
11	Ubbelohde, Ashley	North Iowa A	6:00.80
12	Chepkwony, Zenah	Iowa Western	6:00.81
13	Lynn, Erin	North Iowa A	6:03.54
14	Bol, Diana	Iowa Central	6:21.60
15	Miller, Dana	Iowa Western	6:25.58

Women 3000 Meter Run

Name	Year	School	Finals
1	Bueneke, Anna	North Iowa A	10:15.64
2	Lageschulte, Jill	Northern Iow	10:33.99
3	Fick, Allison	Northern Iow	10:46.28
4	Kruckenber, Kalyn	North Iowa A	10:51.69
5	Rouse, Stephanie	Grinnell Col	11:07.35
6	Gordon, Grace	Clarke Unive	11:17.29
7	White, Cassidy	Grinnell Col	11:21.20
8	Vautin, Jacqueline	Grinnell Col	11:21.42
9	Nibaur, Stephanie	Mount Mercy	11:27.26
10	Fly, Kaylee	Iowa Western	11:28.19
11	Chepkwony, Zenah	Iowa Western	12:27.99
12	Miller, Dana	Iowa Western	12:40.95
13	Drummey, Joanna	Iowa Western	12:42.54
14	Nelsen, Carmen	Grinnell Col	12:51.31
15	Sittig, Katherine	Grinnell Col	13:56.56

Women 60 Meter Hurdles

Name	Year	School	Prelims	H#
Preliminaries				
1	Nowak, Olimpia	Northern Iow	8.52q	1
2	Bradford, A.G.	Unattached	8.62q	1
3	Gierke, Lindsay	Northern Iow	8.92q	3
4	Dawson, Denise	Iowa Western	9.11q	2
5	Hale, Jessica	Northern Iow	9.17q	4
6	Lindaman, Lauren	Northern Iow	9.27q	1
7	Ackerman, Abbie	Northern Iow	9.38q	2
8	Ford, Javona	Iowa Central	9.40q	2
9	Anderson, Lauren	Simpson	9.43q	4
10	Nessan, Jessica	Clarke Unive	9.50q	3
11	Wandling, Emily	Northern Iow	9.59q	1
11	Hansen, Rachael	Iowa Central	9.59q	4
13	Stoullil, Megan	Central Coll	9.62q	1
14	Wilden, Larissa	Mount Mercy	9.64q	3
15	Sabers, Molly	Simpson	9.69q	4
15	Ziskovsky, Jill	Central Coll	9.69q	3
17	Maher, Jordan	Simpson	9.85	4
18	Schafbuch, Bailey	Buena Vista	9.87	2
19	Wilson, Caitlin	Central Coll	10.00	3
20	Bak, Kinsey	Simpson	10.01	1
21	Boyd, Andrea	Buena Vista	10.04	4
22	MacDonald, Samantha	Iowa Western	10.06	2
23	Smith, Johanna	Northern Iow	10.19	3
24	Krips, Breannah	Buena Vista	10.29	3
25	Mason, Natalie	Central Coll	10.32	1
26	Meyer, Laura	D4 National	10.87	4
27	Noble, Myriah	Buena Vista	11.30	2
28	Miller, Paige	Buena Vista	11.34	2
29	Shunk, Felica	Central Coll	11.62	1
--	Steplight, Shawanna	Iowa Central	DQ	2

Women 60 Meter Hurdles

Name	Year	School	Finals	H#
Finals				
1	Nowak, Olimpia	Northern Iow	8.47	2
2	Bradford, A.G.	Unattached	8.63	2
3	Gierke, Lindsay	Northern Iow	8.90	2
4	Hale, Jessica	Northern Iow	9.24	2
5	Wandling, Emily	Northern Iow	9.33	1
6	Lindaman, Lauren	Northern Iow	9.35	2
7	Ford, Javona	Iowa Central	9.36	2
8	Anderson, Lauren	Simpson	9.43	1

9 Hansen, Rachael	Iowa Central	9.45	1
10 Nessian, Jessica	Clarke Unive	9.51	1
11 Stoullil, Megan	Central Coll	9.57	1
12 Sabers, Molly	Simpson	9.67	1
13 Ackerman, Abbie	Northern Iow	15.25	2

Women 4x400 Meter Relay

School	Finals	H#
1 Iowa Central 'A'	3:53.91	2
2 Central College (Iowa) 'A'	3:55.46	2
3 Iowa Western 'A'	4:05.65	2
4 Northern Iowa 'A'	4:08.57	2
5 Northern Iowa 'B'	4:11.58	2
6 Clarke University 'A'	4:12.78	2
7 Grinnell College 'A'	4:15.91	1
8 D4 National Champion 'A'	4:18.71	1
9 North Iowa Area CC 'A'	4:20.71	1
10 Central College (Iowa) 'C'	4:23.49	1
11 Central College (Iowa) 'D'	4:30.18	1
12 D4 National Champion 'B'	4:36.92	1
-- Central College (Iowa) 'B'	DNF	2

Women Distance Medley

School	Finals
1 Mount Mercy 'A'	12:40.37
2 North Iowa Area CC 'A'	13:22.90
3 Iowa Central 'A'	13:45.51
4 Mount Mercy 'B'	13:47.41
5 Iowa Western 'A'	14:24.63

Women High Jump

Name	Year School	Finals
1 Dawson, Denise	Iowa Western	1.55m 5-01.00
1 Bak, Kinsey	Simpson	1.55m 5-01.00
1 McGhee, Janesha	Iowa Western	1.55m 5-01.00
1 Lindaman, Lauren	Northern Iow	1.55m 5-01.00
1 Smith, Johanna	Northern Iow	1.55m 5-01.00
6 Johannesen, Claire	Northern Iow	1.50m 4-11.00
6 Steplight, Shawanna	Iowa Central	1.50m 4-11.00
6 Wilden, Larissa	Mount Mercy	1.50m 4-11.00
6 Wilson, Caitlin	Central Coll	1.50m 4-11.00
6 Ziskovsky, Jill	Central Coll	1.50m 4-11.00
6 Ketcham, Heather	Ashford Univ	1.50m 4-11.00
6 Ahrendsen, Liz	Buena Vista	1.50m 4-11.00
13 MacDonald, Samantha	Iowa Western	1.45m 4-09.00
13 Gierke, Lindsay	Northern Iow	1.45m 4-09.00
13 Ileso, Izehi	Iowa Central	1.45m 4-09.00
13 Ford, Javona	Iowa Central	1.45m 4-09.00
17 Shunk, Felica	Central Coll	1.40m 4-07.00
18 Hansen, Rachael	Iowa Central	1.30m 4-03.25

Women Pole Vault

Name	Year School	Finals
1 Wexter, Jenna	Northern Iow	3.80m 12-05.50
2 Bradford, Morgan	Clarke Unive	3.05m 10-00.00
3 Glynn, Kay	Kay Glynn	2.75m 9-00.25
4 Gutzmer, Alexandria	Iowa Western	2.60m 8-06.25
5 Rumble, Ayesha	Iowa Central	J2.60m 8-06.25
6 Bergman, Katie	Clarke Unive	J2.60m 8-06.25
7 Anderson, Lauren	Simpson	J2.60m 8-06.25
8 Gutzmer, Alexis	Iowa Western	2.45m 8-00.50
9 Hasenmiller, Liz	Central Coll	J2.45m 8-00.50
-- Frehe, Madison	Central Coll	NH

Women Long Jump

Name	Year School	Finals
1 Bradford, A.G.	Unattached	5.55m 18-02.50
2 Wandling, Emily	Northern Iow	5.45m 17-10.75
3 Dawson, Denise	Iowa Western	5.42m 17-09.50
4 Ileso, Izehi	Iowa Central	5.41m 17-09.00
5 Nessian, Jessica	Clarke Unive	5.34m 17-06.25
6 Wenzel, Sarah	Ashford Univ	5.24m 17-02.25
7 Steplight, Shawanna	Iowa Central	5.20m 17-00.75
8 Pritchard, Latrice	Iowa Central	4.92m 16-01.75
9 Ford, Javona	Iowa Central	4.89m 16-00.50
10 Sharp, Morgan	Central Coll	4.74m 15-06.75
11 Lebeda, Molly	Iowa Western	4.58m 15-00.50
12 Rosien, Janae	Mount Mercy	4.47m 14-08.00
13 Hansen, Rachael	Iowa Central	4.29m 14-01.00
14 Peterson, Kelsey	Central Coll	4.03m 13-02.75
15 Vinson, Sydney	Iowa Western	3.87m 12-08.50

Women Triple Jump

Name	Year School	Finals
1 Pritchard, Latrice	Iowa Central	11.19m 36-08.50
2 Ford, Javona	Iowa Central	11.07m 36-04.00
3 Sabers, Molly	Simpson	10.17m 33-04.50
-- Ileso, Izehi	Iowa Central	ND

Women Shot Put

Name	Year School	Finals	
1 Sukovaty, Kelsey	Northern Iow	14.96m	49-01.00
2 Harms, Traci	Northern Iow	13.69m	44-11.00
3 Colpitts, Chelsea	Iowa Western	13.37m	43-10.50
4 Darrow, Morgan	Central Coll	13.01m	42-08.25
5 Hansen, Kelsey	Mount Mercy	12.32m	40-05.00
6 Fevold, Jess	Central Coll	12.28m	40-03.50
7 Ziskovsky, Allie	Mount Mercy	12.09m	39-08.00
8 Nowak, Olimpia	Northern Iow	11.79m	38-08.25
9 Rabon, Sydney	unatt-uni	11.76m	38-07.00
10 Besack, Maddy	Simpson	11.60m	38-00.75
11 Ileso, Izehi	Iowa Central	11.59m	38-00.25
12 Abrahamson, Melissa	Iowa Central	11.38m	37-04.00
13 Gentry-Jones, Laura	William Penn	11.17m	36-07.75
14 Hamilton, Stephanie	Iowa Western	10.58m	34-08.50
15 Lyons, Ashley	William Penn	10.33m	33-10.75
16 Vargas-Hafoka, Brianna	Iowa Western	9.96m	32-08.25
17 Peterson, Kelsey	Central Coll	9.87m	32-04.75
18 Eggers, Kylee	Iowa Western	9.85m	32-03.75
19 Ford, Javona	Iowa Central	9.19m	30-02.00
20 Hasche, Bridgett	Buena Vista	8.98m	29-05.50
21 Weltch, Tamara	Simpson	8.96m	29-04.75
22 MacDonald, Samantha	Iowa Western	7.92m	26-00.00
23 Larsen, Erin	Buena Vista	7.66m	25-01.75

Women Weight Throw

Name	Year School	Finals	
1 Harms, Traci	Northern Iow	17.81m	58-05.25
2 Sukovaty, Kelsey	Northern Iow	16.65m	54-07.50
3 Darrow, Morgan	Central Coll	15.64m	51-03.75
4 Hansen, Kelsey	Mount Mercy	15.52m	50-11.00
5 Fevold, Jess	Central Coll	14.50m	47-07.00
6 Kaldenberg, Jesseka	Central Coll	13.73m	45-00.50
7 Abrahamson, Melissa	Iowa Central	13.40m	43-11.75
8 Ziskovsky, Allie	Mount Mercy	11.82m	38-09.50
9 Besack, Maddy	Simpson	10.04m	32-11.25
10 Weltch, Tamara	Simpson	9.50m	31-02.00
11 Larsen, Erin	Buena Vista	8.47m	27-09.50

Men 60 Meter Dash

Name	Year School	Prelims	H#
Preliminaries			
1 Anderson, Carlos	Northern Iow	6.87q	4
2 Herring, Jarred	Northern Iow	6.92q	5
3 Welmington, Welmont	Northern Iow	6.93q	3
4 Larney, Josh	Iowa Central	6.96q	2
5 Bertelsen, Eric	unatt-uni	6.97q	6
5 green, tyrone	Alonzo Markh	6.97q	3
7 Crafton, Dylan	Iowa Western	7.04q	5
8 Hancock, Michael	Iowa Central	7.07q	4
8 Green, Gabriel	William Penn	7.07q	1
8 Markham, Alonzo	Alonzo Markh	7.07q	7
11 Vogel, Brad	Simpson	7.13q	6
11 Martin, Andre	Northern Iow	7.13q	4
13 Kramer, Derek	Northern Iow	7.15q	7
14 Wood, Kyle	Central Coll	7.16q	5
15 Howard, Ira	Iowa Western	7.18q	2
16 Tobin, Michael	Iowa Central	7.20q	6
17 Burchfield, Allen	Iowa Central	7.21	6
18 Boey, Brandon	Iowa Central	7.23	7
18 Teague, DeMykhal	Ashford Univ	7.23	2
20 Gibbs, Phill	Iowa Central	7.25	4
21 Stephens, Marquis	Team Roc	7.26	1
22 Danko, Logan	Central Coll	7.27	3
23 Veach, Trevor	Central Coll	7.28	1
23 Cluke, Josh	Iowa Western	7.28	4
25 Wagoner, Mitch	Central Coll	7.33	2
26 Johnson, Rodney	Iowa Western	7.38	5
27 Heetland, Trent	Central Coll	7.44	2
27 Kennedy, Dwayne	Iowa Western	7.44	3
29 Johnson, Darren	D4 National	7.48	5
30 Nicholas, Mitch	Simpson	7.51	7
31 Ivey, Micheal	Buena Vista	7.53	1
32 Sarkic, Alen	D4 National	7.55	4
33 Cottingham, Christian	Buena Vista	7.56	4
34 Bradley, Marquis	Grinnell Col	7.67	3
35 Ratliff, Ronnie	Iowa Western	7.69	1
36 Brown, Alex	Buena Vista	7.71	2
37 Lemmon, Nick	Central Coll	7.78	2
38 Adams, Stephen	Buena Vista	8.04	6
39 McCleery, Thomas	Central Coll	8.22	7
40 Surratt, Jeff	Jeff Surratt	8.26	5
-- Sanson, Denzel	North Iowa A	DQ	1

Men 60 Meter Dash

Name	Year School	Finals	H#
Finals			
1 Herring, Jarred	Northern Iow	6.86	2
2 Larney, Josh	Iowa Central	6.92	2
2 Welmington, Welmont	Northern Iow	6.92	2

4 Bertelsen, Eric	unatt-uni	6.93	2
5 Hancock, Michael	Iowa Central	7.04	1
6 Kramer, Derek	Northern Iow	7.06	1
7 Vogel, Brad	Simpson	7.07	1
8 Martin, Andre	Northern Iow	7.09	1
9 Green, Gabriel	William Penn	7.10	2
10 Tobin, Michael	Iowa Central	7.21	1
11 Markham, Alonzo	Alonzo Markh	7.29	1

Men 200 Meter Dash

Name	Year School	Finals	H#
1 Wood, Jamel	Iowa Western	21.92	10
2 Higgs, Alfred	Iowa Central	22.02	10
3 Welmington, Welmont	Northern Iow	22.30	9
4 Crafton, Dylan	Iowa Western	22.34	9
5 Gray, Gawain	North Iowa A	22.36	9
6 Larney, Josh	Iowa Central	22.48	10
7 Collins, Bryan	Northern Iow	22.52	9
8 Mason, Elijah	Iowa Western	22.71	8
9 Johnson, Tim	Northern Iow	22.77	9
10 Wood, Kyle	Central Coll	22.84	8
10 Kramer, Derek	Northern Iow	22.84	10
12 Markham, Alonzo	Alonzo Markh	22.89	10
13 Wagoner, Mitch	Central Coll	22.90	5
14 Laguerre, Cherby	Iowa Western	22.93	3
15 Danko, Logan	Central Coll	23.06	7
16 Scovel, Allen	Central Coll	23.13	8
17 Veach, Trevor	Central Coll	23.18	7
18 Martin, Andre	Northern Iow	23.24	8
19 Tobin, Michael	Iowa Central	23.35	9
20 Boey, Brandon	Iowa Central	23.38	7
21 Teague, DeMykhal	Ashford Univ	23.41	9
22 Gibbs, Phill	Iowa Central	23.52	4
23 Drummond, Damion	Unattached	23.66	8
23 Clendenen, Andrew	D4 National	23.66	6
23 Stephens, Derek	Team Roc	23.66	5
26 Puls, Channing	Northern Iow	23.67	9
27 Lynn, Scott	Northern Iow	23.68	8
28 Sarkic, Alen	D4 National	23.72	6
29 Butler, Catrell	Iowa Western	23.75	6
29 Burchfield, Allen	Iowa Central	23.75	5
31 Laster, Clein	Iowa Central	23.82	6
32 Landburg, Jordan	Iowa Western	23.88	6
33 Heetland, Trent	Central Coll	23.89	4
34 Mann, Colin	Buena Vista	23.97	4
35 Bakkum, Jordan	North Iowa A	24.01	3
36 Johnson, Rodney	Iowa Western	24.11	7
37 Stephens, Marquis	Team Roc	24.24	5
38 Nicholas, Mitch	Simpson	24.47	4
39 Cluke, Josh	Iowa Western	24.48	6
40 Heisterkamp, Philip	Central Coll	24.49	5
41 Reese, Cole	Simpson	24.51	5
42 Singh, Harpreet	Grinnell Col	24.55	3
43 Moultrie, Asa	North Iowa A	24.57	4
44 Brehm, John	D4 National	24.70	3
45 Hopper, Andrew	Central Coll	24.73	2
46 Schott, Jarrod	Simpson	24.79	4
47 Humbieber, Dylan	D4 National	24.88	5
48 Ernst, Tyler	Clarke Unive	24.94	4
49 Bahl, Michael	Simpson	25.31	4
50 Hackman, Kyle	D4 National	25.54	2
51 Sansom, Denzel	North Iowa A	25.64	2
52 Howard, Ira	Iowa Western	26.06	8
52 Shakespeare, Alan	D4 National	26.06	2
54 Kennedy, Dwayne	Iowa Western	26.14	3
55 Blythe, Nolan	Central Coll	26.21	3
56 McCleery, Thomas	Central Coll	26.99	1
57 Surratt, Jeff	Jeff Surratt	27.16	1

Men 400 Meter Dash

Name	Year School	Finals	H#
1 Wood, Jamel	Iowa Western	48.31	4
2 Higgs, Alfred	Iowa Central	49.35	4
3 Stockstell, Aaron	Northern Iow	49.49	4
4 Dielschneider, Beau	Northern Iow	49.55	4
5 Markham, Alonzo	Alonzo Markh	50.04	4
6 Newtoff, Ryan	Northern Iow	50.25	4
7 Lieghio, Anthony	Iowa Central	50.88	3
8 Laguerre, Cherby	Iowa Western	51.10	3
9 Landburg, Jordan	Iowa Western	51.60	3
10 Christensen, Brandon	Simpson	52.10	3
11 Stephens, Derek	Team Roc	53.41	2
12 Laster, Clein	Iowa Central	53.48	2
13 Patterson, Brian	Buena Vista	55.17	1
14 Tix, Trevor	North Iowa A	55.63	1
15 Heying, Ted	Simpson	55.91	2
16 Bahl, Michael	Simpson	58.84	2
17 Surratt, Jeff	Jeff Surratt	1:04.28	1

Men 600 Meter Run

Name	Year School	Finals	H#
1 Jones, Troy	Iowa Western	1:20.62	3
2 Arnett, Nathan	Iowa Central	1:20.71	3
3 Johnson, Terrence	Iowa Western	1:24.00	3

4	Roudabush, Josh	William Penn	1:24.03	3
5	Jepson, Leif	Simpson	1:26.39	3
6	Kirksey, Clint	Iowa Western	1:26.76	2
7	Richardson, Jacques	Iowa Central	1:29.05	2
8	Campbell, Blake	North Iowa A	1:29.13	3
9	Dorpinghaus, Logan	Simpson	1:29.40	2
10	Stafford, Matt	Buena Vista	1:30.87	1
11	Burris, Jeff	unatt-uni	1:31.09	1
12	Wilson, Kyle	Iowa Western	1:32.86	1
13	Smith, Andrew	Buena Vista	1:33.77	3
14	Storey, Jesse	Iowa Western	1:47.70	1

Men 800 Meter Run

Name	Year	School	Finals
1	Jaiyesimi, Banjo	Iowa Western	1:53.54
2	Kebenei, Stanley	Iowa Central	1:53.67
3	Drummond, Damion	Unattached	1:54.54
4	Schornack, Ben	Central Coll	1:55.95
5	Stone, Matt	Simpson	1:56.10
6	Bartels, Justin	Northern Iow	1:56.60
7	Rouse, Kyle	Northern Iow	1:57.37
8	Lewis, Willard	Iowa Central	1:58.33
9	Kibby, Calvin	Iowa Central	1:58.43
10	Rutledge, Chad	Northern Iow	1:58.74
11	Hollan, Quinn	D4 National	1:59.81
12	Mahon, Graham	Clarke Unive	2:00.18
13	Corcoran, Andrew	North Iowa A	2:00.26
14	DeLong, Noah	Grinnell Col	2:00.41
15	Burns, Kyle	Northern Iow	2:00.79
16	Bond, Justin	Iowa Central	2:01.63
17	Thomas, Tavaris	Iowa Central	2:01.78
18	Kemp, Kenny	Central Coll	2:03.16
19	Griffin, Brandon	Iowa Central	2:04.09
20	Fritz, Clayton	Central Coll	2:04.58
21	Butler, Jaleal	Iowa Western	2:05.55
22	Carbajal, David	Mount Mercy	2:05.79
23	Barnes, Nick	Central Coll	2:06.13
24	Sump, Jordan	Central Coll	2:06.14
25	Wilson, Christopher	Grinnell Col	2:06.36
26	Ferris, Mat	North Iowa A	2:06.72
27	Akway, Ochaung	Iowa Central	2:06.97
28	Scholl, Tyler	D4 National	2:07.40
29	Stewart, Bryon	Iowa Western	2:10.55
30	Tylinski, Michael	Grinnell Col	2:10.82
31	Tilleskjor, Joe	North Iowa A	2:12.73
32	Mendoza, Frederico	Buena Vista	2:15.08
33	Pearson, Dan	Buena Vista	2:15.74
34	Soden, Andrew	Buena Vista	2:33.11

Men 1000 Meter Run

Name	Year	School	Finals
1	Cotter, Tomas	Iowa Central	2:31.24
2	Osoro, Joash	Iowa Central	2:35.77
3	Jones, Troy	Iowa Western	2:37.61
4	Johnson, Laroy	Iowa Central	2:38.76
5	Hobson, Marquez	North Iowa A	2:39.03
6	Warnke, John	Simpson	2:40.34
7	Barnes, Aubrey	Iowa Central	2:40.36
8	Teetzel, Nick	Iowa Western	2:40.82
9	Meek, Jamie	Iowa Western	2:43.23
10	Harris, RJ	North Iowa A	2:43.24
11	Clarke, Matthew	Mount Mercy	2:44.61
12	Studey, Daniel	Iowa Western	2:49.88
13	King, Austin	D4 National	2:50.41
14	Kirksey, Clint	Iowa Western	2:54.59
15	Stafford, Matt	Buena Vista	3:00.03

Men 1 Mile Run

Name	Year	School	Finals
1	Samoel, Isaiah	Iowa Western	4:17.25
2	Osoro, Joash	Iowa Central	4:17.61
3	Vosberg, Aaron	Northern Iow	4:20.69
4	Swanson, Andrew	Northern Iow	4:23.67
5	Blue, Kyle	Iowa Western	4:24.16
6	Krogmann, Ryan	Northern Iow	4:25.19
7	Manirumva, Lewi	Iowa Central	4:28.17
8	Hamer, Andrew	Central Coll	4:34.36
9	Tyler, Benjamin	Grinnell Col	4:34.79
10	Krauth, Samuel	Grinnell Col	4:35.09
11	Teetzel, Nick	Iowa Western	4:36.30
12	Hunter, Blake	Iowa Western	4:39.85
13	Scholl, Tyler	D4 National	4:42.15
14	Hazard, Justin	Iowa Western	4:47.78
15	Studey, Daniel	Iowa Western	4:50.24
16	Caldwell, Nick	D4 National	4:50.25
17	Phillips, Bryce	Simpson	4:51.40
18	Marzan, Ryan	Buena Vista	4:52.80
19	Gerhardt, Pat	Simpson	4:56.05

Men 3000 Meter Run

Name	Year	School	Finals
1	Kebenei, Stanley	Iowa Central	8:24.09

2	Lieghio, Anthony	Iowa Central	8:35.85
3	Samoei, Isaiah	Iowa Western	8:39.04
4	Jarso, Kemal	Iowa Central	8:43.18
5	Blue, Kyle	Iowa Western	8:45.84
6	Thompson, Brendon	Northern Iow	9:05.51
7	Hopp, Nathan	Nathan Hopp	9:08.08
8	Nielsen, David	Northern Iow	9:09.26
9	Bett, Kipyegon	North Iowa A	9:17.36
10	Mosbach, TJ	Mount Mercy	9:20.87
11	Manchester, Cody	North Iowa A	9:21.01
12	Kakazu, Nathan	Grinnell Col	9:25.59
13	Hunter, Blake	Iowa Western	9:29.46
14	Hazard, Justin	Iowa Western	9:32.54
15	Hill, Mitch	Unattached	9:36.57
16	Nelson, Blake	North Iowa A	9:37.31
17	Pearce, Ian	Iowa Western	9:47.63
18	Christiansen, Brian	Buena Vista	9:50.23
19	Terry, Keith	Mount Mercy	9:53.15
20	Moore, Jake	Iowa Western	10:00.00
21	Drogo, Anthony	Iowa Western	10:12.65

Men 60 Meter Hurdles

Name	Year	School	Prelims	H#
Preliminaries				
1	Hancock, Michael	Iowa Central	7.93q	3
2	Arnett, Nathan	Iowa Central	7.97q	4
3	Henely, Chris	Northern Iow	8.27q	1
4	Butler, Catrell	Iowa Western	8.28q	2
5	Lynn, Scott	Northern Iow	8.36q	2
6	Miller, Ethan	Central Coll	8.43q	3
7	Awah, Christian	Ashford Univ	8.53q	4
8	Puls, Channing	Northern Iow	8.53q	3
9	Walls, Troy	Iowa Central	8.59q	1
10	Ludwikowski, Justin	Ashford Univ	8.64q	2
11	Brondyke, Kurtis	Central Coll	8.65q	4
12	Mason, Elijah	Iowa Western	8.66q	4
13	Newtoff, Ryan	Northern Iow	8.67q	1
14	Anderson, Terry	Iowa Western	8.79q	3
15	Lindaman, Ben	Northern Iow	8.80q	2
16	Are, Ademola	Ashford Univ	8.95q	3
17	Kramer, Lance	Simpson	8.98	3
18	Unkrich, Kerry	Iowa Central	9.03	1
19	Ernst, Tyler	Clarke Unive	9.06	2
20	Kasel, Chris	Northern Iow	9.08	1
21	Heying, Ted	Simpson	9.15	4
22	White, Julian	Iowa Western	9.15	2
23	Haggins, Chris	unatt-uni	9.17	2
24	Hopper, Andrew	Central Coll	9.25	2
25	Clark, Tyler	Northern Iow	9.31	3
26	Blythe, Nolan	Central Coll	9.31	4
27	Singleton, Demetryione	Ashford Univ	9.40	4
28	Powell, Breighen	Central Coll	9.46	1
29	Levy, Samuel	Grinnell Col	9.47	1
30	Pearson, Antowyn	Iowa Western	9.66	3

Men 60 Meter Hurdles

Name	Year	School	Finals	H#
Finals				
1	Hancock, Michael	Iowa Central	7.84	2
2	Arnett, Nathan	Iowa Central	7.92	2
3	Puls, Channing	Northern Iow	8.26	2
4	Awah, Christian	Ashford Univ	8.34	2
5	Lynn, Scott	Northern Iow	8.42	2
6	Miller, Ethan	Central Coll	8.48	2
7	Brondyke, Kurtis	Central Coll	8.50	1
8	Lindaman, Ben	Northern Iow	8.60	1
9	Walls, Troy	Iowa Central	8.68	1
10	Ludwikowski, Justin	Ashford Univ	8.70	1
11	Newtoff, Ryan	Northern Iow	8.80	1
12	Are, Ademola	Ashford Univ	8.85	1

Men 4x400 Meter Relay

School	Finals	H#	
1	Iowa Western 'A'	3:17.86	2
2	Iowa Central 'A'	3:19.05	2
3	Central College (Iowa) 'A'	3:25.07	2
4	Northern Iowa 'C'	3:27.32	2
5	Buena Vista 'A'	3:29.17	1
6	Simpson 'A'	3:29.86	1
7	D4 National Champion 'A'	3:30.40	2
8	Iowa Central 'B'	3:32.44	2
9	Central College (Iowa) 'B'	3:35.78	2
10	North Iowa Area CC 'A'	3:36.23	1
11	Central College (Iowa) 'C'	3:36.65	2
12	D4 National Champion 'B'	3:41.12	1
13	Mount Mercy 'A'	3:45.28	1
14	Grinnell College 'A'	3:45.63	1
--	Central College (Iowa) 'D'	DNF	1

Men Distance Medley

School	Finals	
1	Iowa Central 'A'	10:41.50

2 North Iowa Area CC 'A'	10:44.20
3 D4 National Champion 'A'	10:51.37
4 Mount Mercy 'A'	10:55.14
5 Iowa Western 'A'	11:11.85

Men High Jump

Name	Year School	Finals
1 White, James	Iowa Central	2.10m 6-10.75
2 Walls, Troy	Iowa Central	2.05m 6-08.75
3 Leuer, Travis	Northern Iow	2.00m 6-06.75
4 Daniel, Kashef	Iowa Western	J2.00m 6-06.75
5 King, A	Unattached	1.95m 6-04.75
6 Larson, Thomas	Northern Iow	J1.95m 6-04.75
7 Wilkins, Ethan	Iowa Central	1.85m 6-00.75
8 Dahlstrom, Ben	Iowa Central	J1.85m 6-00.75
9 Marzahl, Matt	D4 National	J1.85m 6-00.75
10 Clark, Brian	Iowa Western	1.80m 5-10.75
11 Anderson, Terry	Iowa Western	1.75m 5-08.75
11 Kramer, Lance	Simpson	1.75m 5-08.75
-- Diehm, Josh	Simpson	NH

Men Pole Vault

Name	Year School	Finals
1 Pauli, Jacob	unatt-uni	5.20m 17-00.75
2 Kranz, Sam	Northern Iow	5.05m 16-06.75
3 Miller, Ethan	Central Coll	4.30m 14-01.25
4 Fuller, Aaron	Central Coll	J4.30m 14-01.25
5 Lemmon, Nick	Central Coll	4.00m 13-01.50
6 Lindstrom, Jake	Grinnell Col	3.85m 12-07.50
7 Kasel, Chris	Northern Iow	3.70m 12-01.50
8 Lindaman, Ben	Northern Iow	J3.70m 12-01.50
-- Elkin, Ethan	Simpson	NH
-- Stice, Josh	Central Coll	NH
-- Clark, Tyler	Northern Iow	NH

Men Long Jump

Name	Year School	Finals
1 Bertelsen, Eric	unatt-uni	7.37m 24-02.25
2 Markham, Alonzo	Alonzo Markh	6.84m 22-05.25
3 Daniel, Kashef	Iowa Western	6.78m 22-03.00
4 White, James	Iowa Central	6.64m 21-09.50
5 Bakum, Jordan	North Iowa A	6.46m 21-02.50
6 Peterson, Stefan	Buena Vista	6.44m 21-01.50
7 Crossett, Kyle	Iowa Central	6.36m 20-10.50
8 Larney, Josh	Iowa Central	6.29m 20-07.75
9 Heisterkamp, Philip	Central Coll	6.27m 20-07.00
10 Schott, Jarrod	Simpson	6.21m 20-04.50
11 Mauer, Jason	Central Coll	6.18m 20-03.50
11 Ivey, Micheal	Buena Vista	6.18m 20-03.50
13 Mosley, Calvin	Iowa Central	5.97m 19-07.00
14 Cottingham, Christian	Buena Vista	5.85m 19-02.50
15 Cluke, Josh	Iowa Western	5.74m 18-10.00
16 Johnson, Rodney	Iowa Western	5.68m 18-07.75
17 Pearson, Antowyn	Iowa Western	5.56m 18-03.00
18 Sanner, Charles	Iowa Central	5.48m 17-11.75
19 Goldstein, Samuel	Grinnell Col	5.41m 17-09.00
20 Dahlstrom, Ben	Iowa Central	5.23m 17-02.00
21 Kunkle, Jake	Iowa Western	5.19m 17-00.50
22 Farrington, Jake	Iowa Central	4.98m 16-04.25
-- Hallengren, Shane	Central Coll	ND

Men Triple Jump

Name	Year School	Finals
1 Schott, Jarrod	Simpson	12.42m 40-09.00
2 Goldstein, Samuel	Grinnell Col	J12.42m 40-09.00
3 Davis, Emery	Central Coll	11.27m 36-11.75
4 Brown, Alex	Buena Vista	10.75m 35-03.25

Men Shot Put


Name	Year School	Finals
1 Romero, Justin	Northern Iow	17.08m 56-00.50
2 Williams, Jordan	Northern Iow	16.83m 55-02.75
3 Graber, Matt	Central Coll	16.07m 52-08.75
4 Toben, Nic	Northern Iow	15.76m 51-08.50
5 Libe, James	Iowa Central	14.81m 48-07.25
6 Hurt, Tanner	Northern Iow	14.70m 48-02.75
7 Miller, Phillip	Central Coll	14.58m 47-10.00
8 Maxwell, Lance	North Iowa A	14.39m 47-02.50
9 Fleming, Josh	Central Coll	14.21m 46-07.50
10 Hunt, Jasper	Iowa Western	13.73m 45-00.50
11 Munson, Mike	Simpson	13.56m 44-06.00
12 Hennessy, Rory	Simpson	13.13m 43-01.00
13 Brondyke, Kurtis	Central Coll	13.09m 42-11.50
14 Messerschmidt, Steven	Central Coll	12.97m 42-06.75
15 Frakes, Nathan	Iowa Western	12.83m 42-01.25
16 Stockdale, Taylor	Simpson	12.17m 39-11.25
17 Hudnall, Matt	Buena Vista	11.53m 37-10.00
18 Best, Matt	Buena Vista	11.31m 37-01.25
19 Carstensen, Zack	Iowa Central	10.27m 33-08.50
20 Adams, Stephen	Buena Vista	9.91m 32-06.25

21 Donnelly, Ciaran	Iowa Western	9.69m	31-09.50
22 Sheehan, Casey	Iowa Western	8.46m	27-09.25
23 Norris, Jeff	Iowa Western	8.45m	27-08.75

Men Weight Throw

Name	Year School	Finals	
1 <u>Hurt, Tanner</u>	Northern Iow	17.76m	58-03.25
2 <u>Williams, Jordan</u>	Northern Iow	17.69m	58-00.50
3 <u>McDonnell, Adam</u>	Northern Iow	16.81m	55-02.00
4 Graber, Matt	Central Coll	15.32m	50-03.25
5 Miller, Phillip	Central Coll	15.29m	50-02.00
6 <u>Schiffer, Matt</u>	Northern Iow	15.15m	49-08.50
7 Joyce, Jesse	Central Coll	14.38m	47-02.25
8 Fleming, Josh	Central Coll	13.81m	45-03.75
9 Hennessy, Rory	Simpson	13.76m	45-01.75
10 Messerschmidt, Steven	Central Coll	13.63m	44-08.75
11 Hixon, Trevor	Central Coll	12.81m	42-00.50
12 Stockdale, Taylor	Simpson	12.79m	41-11.50
13 Best, Matt	Buena Vista	12.35m	40-06.25
13 Fulton, Mike	William Penn	12.35m	40-06.25
15 Libe, James	Iowa Central	12.20m	40-00.50
16 Calvert, George	William Penn	11.29m	37-00.50

 [Printer-friendly format](#)

 [Email this article](#)

Visit other CBS Interactive Sites

BNET

© 2011 CBS Interactive. All rights reserved. | [Privacy Policy \(UPDATED\)](#) | [Terms of Use](#) | [About Us](#) | [Advertise](#) | [Feedback](#) | [XML](#) [RSS Feeds](#)

[UNIPanthers.com Official Store](#) [Northern Iowa Gifts & Accessories](#) [Northern Iowa Hats](#) [Northern Iowa Jerseys](#) [Northern Iowa Sweatshirts & Fleece](#) [Northern Iowa T-Shirts](#)