

Recap

Licensed to University of Northern Iowa

Hy-Tek's Meet Manager 1/30/2010 05:52 PM

Jack Jennett Invite - 1/29/2010 to 1/30/2010

Cedar Falls, IA

Results

Women 60 Meter Dash

Name	Year School	Prelims	H#
Preliminaries			
1 Harris, ChrisDell	Western Illi	7.82q	3
2 Biermann, Katrina	Truman State	8.07q	3
3 Kirk, Kalie	St. Louis U.	8.08q	3
4 Klier, Nikki	Unattached	8.13q	2
5 Minertz, Laura	Ashford	8.17q	1
6 Teape, Melissa	Iowa Central CC	8.18q	2
7 Kapande, Mwale	Graceland	8.24q	2
8 Hale, Jessica	Northern Iow	8.41q	1
9 Korell, Brittany	Northern Iow	8.48	3
10 Sepich, Erika	Bradley	8.50	2
11 Kessler, Heather	Northern Iow	8.58	1
12 Thompson, Amanda	St. Louis U.	8.62	3
13 Lindaman, Lauren	Northern Iow	8.64	2
14 Bivens, Tatierra	Bradley	8.66	3
15 Smith, Johanna	Northern Iow	8.75	3
16 Merritt, Katie	Northern Iow	8.85	1
17 Wenzel, Sarah	Ashford	8.87	2
18 Gonzales, Jaclyn	Bradley	10.01	1

Women 60 Meter Dash

Name	Year School	Finals
Finals		
1 Harris, ChrisDell	Western Illi	7.83
2 Kirk, Kalie	St. Louis U.	7.97
3 Klier, Nikki	Unattached	8.04
4 Biermann, Katrina	Truman State	8.11
5 Teape, Melissa	Iowa Central CC	8.15
6 Minertz, Laura	Ashford	8.20
7 Kapande, Mwale	Graceland	8.28
8 Hale, Jessica	Northern Iow	8.40

Women 200 Meter Dash

Name	Year School	Finals	H#
1 Lee, Sanchia	Iowa Central CC	25.72	7
2 Klier, Nikki	Unattached	25.85	7
3 Harris, ChrisDell	Western Illi	25.87	7
4 Gierke, Lindsay	Northern Iow	25.98	5
5 Brungardt, Michaela	Northern Iow	26.19	6
6 Kindelsperger, Ellen	Northern Iow	26.26	5
7 Minertz, Laura	Ashford	26.86	5
8 Johannesen, Claire	Northern Iow	26.91	5
9 Hunter, Tamara	Iowa Central CC	26.96	6
10 Wieck, Jamie	Northern Iow	27.09	4
11 Roche, Ashley	St. Louis U.	27.24	6
12 Sawyer, Abbey	Western Illi	27.36	3
13 Dugger, Mallory	St. Louis U.	27.49	4
14 Fields, Kalynn	Graceland	27.61	2
15 Korell, Brittany	Northern Iow	27.66	2
16 Prinsen, Emily	Northern Iow	27.67	4
17 O'Quinn, Maddie	St. Louis U.	27.82	3
18 Willis, Marriah	Graceland	28.22	3
19 Goldkamp, Mary	Bradley	28.32	3
20 Ehredt, Danyelle	Western Illi	28.39	4
21 McCarthy, Caitlin	St. Louis U.	28.78	1
22 Bivens, Tatierra	Bradley	28.80	2
23 Sepich, Erika	Bradley	29.02	2
24 VanderHolt, Rachel	Northern Iow	29.62	1
25 Cleghorn, Lyndsey	Bradley	31.01	1
26 Gonzales, Jaclyn	Bradley	33.44	1
27 Hermann, Lynsi	Bradley	34.13	1

Women 400 Meter Dash

Name	Year School	Finals	H#
1 Cameron, Sam	Northern Iow	57.38	5
2 Alexander, Tiffany	St. Louis U.	1:00.40	4
3 Kirk, Kalie	St. Louis U.	1:00.45	1
4 Dugger, Mallory	St. Louis U.	1:00.66	3
5 Roche, Ashley	St. Louis U.	1:00.74	3
6 Selenke, Alexandria	Northern Iow	1:00.89	2
7 Herbers, Kayla	Northern Iow	1:01.16	4
8 Kucharski, Lisa	Truman State	1:01.30	4
9 Brockman, Miranda	Western Illi	1:01.48	5
10 Minertz, Laura	Ashford	1:01.88	3
11 Selby, Kayla	Northern Iow	1:01.95	2
12 Sargent, Kaci	Truman State	1:02.16	4

13	Siebenaller, Dana	St. Louis U.	1:02.79	3
14	Hunter, Tamara	Iowa Central CC	1:03.39	5
15	Benson, Nicole	Bradley	1:03.60	3
16	Jones, Michaela	St. Louis U.	1:03.80	2
17	Kapande, Mwale	Graceland	1:07.34	2
18	Lotter, Tracy	Bradley	1:09.11	1
19	Fields, Kalynn	Graceland	1:09.46	1
20	Fog, Lauren	Bradley	1:09.75	1
21	Garrett, Rachel	Bradley	1:14.98	1

Women 600 Meter Run

Name	Year School	Finals	H#
1	Hosch, Holli	Northern Iow	1:34.12 2
2	O'Quinn, Maddie	St. Louis U.	1:34.36 2
3	Fraley, Sara	St. Louis U.	1:36.37 2
4	McCarthy, Caitlin	St. Louis U.	1:38.09 2
5	Okwumabua, Nkemdilim	Ashford	1:38.36 2
6	Rumble, Ayesha	Iowa Central CC	1:38.41 2
7	Ratermann, Anne	Truman State	1:38.68 2
8	Shaddox, Shawn	Northern Iow	1:39.16 2
9	Romano, Jenna	St. Louis U.	1:39.27 1
10	Hartman, Michelle	Bradley	1:39.56 1
11	Triggs, Lindsey	Graceland	1:45.26 1
12	Jones, Michaela	St. Louis U.	1:46.27 1
13	Boedeker, Debbie	Truman State	1:46.49 2
14	Mueller, Caroline	St. Louis U.	1:50.26 1
15	Smith, Katelyn	Iowa Central CC	1:51.70 1
16	Bol, Diana	Iowa Central CC	1:55.43 1
17	Canales, Olivia	Ashford	2:20.04 1

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Year School	Finals	Points
1	McCarthy, Emily	Northern Iow	2:21.58 802
2	Bradford, AG	Iowa Central CC	2:24.85 759
3	Okwumabua, Nkemdilim	Ashford	2:25.29 753
4	Willis, Marriah	Graceland	2:42.59 544
5	Chaney, Brittani	Graceland	2:42.80 541
6	Atkins, Alexis	Western Illi	2:52.22 441
7	Watson, Talisa	Western Illi	3:00.10 364

Women 800 Meter Run

Name	Year School	Finals
1	Goldkamp, Mary	Bradley 2:15.86

2	Cashman, Molly	Northern Iow	2:17.23
3	Byers, Amy	Western Illi	2:18.08
4	Wetzel, Heather	Western Illi	2:20.09
5	Jay, Katie	Western Illi	2:20.40
6	Keller, Kara	Iowa Central CC	2:20.41
7	Arps, Destiny	Iowa Central CC	2:20.88
8	Siebenaller, Dana	St. Louis U.	2:21.67
9	Lynes, Chelsea	Western Illi	2:23.46
10	Thomas, Haley	Northern Iow	2:24.30
11	Parker, Josi	Western Illi	2:25.34
12	Dietsch, Julie	Western Illi	2:25.42
13	Vorthmann, Amanda	Iowa Central CC	2:27.25
14	Brandt, Amanda	Northern Iow	2:28.48
15	Reinig, Regina	Northern Iow	2:33.36
16	Ranum, Kelsey	Northern Iow	2:34.24
17	Murray, Ashley	Ashford	2:42.94
18	Santiago, Wendy	Iowa Central CC	3:02.33

Women 1000 Meter Run

Name	Year School	Finals	
1	Fraley, Sara	St. Louis U.	2:59.66
2	Williams, Fiona	Truman State	2:59.92
3	Nowak, Katie	Bradley	3:02.98
4	Romano, Jenna	St. Louis U.	3:03.75
5	Murphy, Leann	Bradley	3:07.20
6	Brubaker, Rachel	Bradley	3:12.60
7	Rumble, Ayesha	Iowa Central CC	3:14.39
8	Seyller, Shannon	Bradley	3:15.11
9	Pettie, Shelbie	Iowa Central CC	3:18.03
10	Hallstein, Sarah	Bradley	3:24.29
11	Ross, Alice	Graceland	3:25.12
12	Crimmins, Liz	Iowa Central CC	3:25.74
13	Griffin, Chelsea	Bradley	3:41.91

Women 1 Mile Run

Name	Year School	Finals	
1	Olsen, Carly	Northern Iow	5:06.74
2	Benson, Nicole	Bradley	5:06.82
3	Orf, Hilary	St. Louis U.	5:09.40
4	Wilkins, Lindsey	Northern Iow	5:09.73
5	Dell'Orco, Dani	Truman State	5:11.72
6	Tjaden, Holly	Northern Iow	5:12.90
7	Blanchard, Leah	Northern Iow	5:19.17
8	Grauel, Karen	Truman State	5:19.77
9	Gronemeyer, Michelle	Truman State	5:21.29

10	Fog, Lauren	Bradley	5:21.83
11	Lageschulte, Jill	Northern Iow	5:22.33
12	Lotter, Tracy	Bradley	5:37.90
--	Bowden, Amy	Northern Iow	DNF
--	Bor, Nancy	Iowa Central CC	DNF
--	Davidshofer, April	Northern Iow	DNF
--	Buikema, Hattie	Northern Iow	DNF
--	Crites, Annie	Truman State	DNF
--	Mathis, Elli	Truman State	DNF
--	Brown, Amanda	Truman State	DNF
--	Lech, Kathryn	Graceland	DNF
--	Hendrickson, Jennifer	Graceland	DNF
--	Crimmins, Liz	Iowa Central CC	DNF
--	Pettie, Shelbie	Iowa Central CC	DNF
--	Garrett, Rachel	Bradley	DNF
--	Thurston, Alycia	Western Illi	DNF

Women 3000 Meter Run

Name	Year School	Finals
1	Medley, Elise	St. Louis U. 10:39.75
2	Nowasell, Danielle	Northern Iow 10:39.93
3	Schon, Scotti	Northern Iow 11:06.98
4	Labuz, Amanda	St. Louis U. 11:17.27
5	Ruckman, Jami	Graceland 11:17.50
6	Jakobsen, Erika	Ashford 12:30.88
7	Roy, Elizabeth	Western Illi 12:43.81

Women 60 Meter Hurdles

Name	Year School	Prelims	H#
Preliminaries			
1	Kirk, Kalie	9.04q	2
2	Alexander, Tiffany	9.14q	1
3	Gierke, Lindsay	9.17q	2
4	Kessler, Heather	9.33q	1
5	Hale, Jessica	9.45q	1
6	Lindaman, Lauren	9.48q	2
7	Korell, Brittany	9.55q	2
8	Merritt, Katie	9.80q	1
9	Chaney, Brittani	10.18	2
10	Smith, Johanna	10.25	1
11	Mueller, Caroline	10.41	1
12	Willis, Marriah	10.69	1
13	Andrews, Kelsi	11.31	2

Women 60 Meter Hurdles

Name	Year School	Finals
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Finals

1 Kirk, Kalie	St. Louis U.	9.12
2 Gierke, Lindsay	Northern Iow	9.23
3 Lindaman, Lauren	Northern Iow	9.33
4 Alexander, Tiffany	St. Louis U.	9.36
5 Hale, Jessica	Northern Iow	9.45
6 Kessler, Heather	Northern Iow	9.49
7 Korell, Brittany	Northern Iow	9.71
8 Merritt, Katie	Northern Iow	9.89

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Year School	Finals	H#	Points
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1 Bradford, AG	Iowa Central CC	8.96	2	918
2 Chaney, Brittani	Graceland	9.84	2	742
3 Watson, Talisa	Western Illi	10.14	2	686
4 Atkins, Alexis	Western Illi	10.21	1	673
5 Willis, Marriah	Graceland	10.48	2	625
6 McCarthy, Emily	Northern Iow	10.72	1	583
7 Okwumabua, Nkemdilim	Ashford	11.21	1	503

Women 4x400 Meter Relay

School	Finals	H#
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1 Northern Iowa 'A'	3:50.81	3
1) Kindelsperger, Ellen		
2) Cameron, Sam		
3) Hosch, Holli		
4) Brungardt, Michaela		
2 Iowa Central CC 'A'	3:56.44	3
1) Lee, Sanchia		
2) Teape, Melissa		
3) Hunter, Tamara		
4) Arps, Destiny		
3 St. Louis U. 'B'	3:59.64	2
1) O'Quinn, Maddie		
2) McCarthy, Caitlin		
3) Romano, Jenna		
4) Fraley, Sara		
4 St. Louis U. 'A'	4:00.18	3
1) Alexander, Tiffany		
2) Kirk, Kalie		
3) Roche, Ashley		
4) Dugger, Mallory		
5 Northern Iowa 'B'	4:02.61	2
1) Selby, Kayla		
2) Johannesen, Claire		
3) Herbers, Kayla		
4) Selenke, Alexandria		
6 Western Illinois 'A'	4:04.33	3
1) Brockman, Miranda		
2) Byers, Amy		
3) Jay, Katie		
4) Lynes, Chelsea		
7 Northern Iowa 'C'	4:07.22	1
1) Cashman, Molly		
2) Shaddox, Shawn		

3) Smith, Johanna	4) Lindaman, Lauren		
8 Truman State 'A'		4:09.87	2
1) Ratermann, Anne	2) Boedeker, Debbie		
3) Sargent, Kaci	4) Kucharski, Lisa		
9 Bradley 'A'		4:11.41	3
1) Hartman, Michelle	2) Benson, Nicole		
3) Goldkamp, Mary	4) Murphy, Leann		
10 Western Illinois 'B'		4:12.90	2
1) Ehredt, Danyelle	2) Harris, ChrisDell		
3) Dietsch, Julie	4) Sawyer, Abbey		
11 Northern Iowa 'D'		4:13.81	1
1) Brandt, Amanda	2) Blanchard, Leah		
3) Olsen, Carly	4) Thomas, Haley		
12 St. Louis U. 'C'		4:16.52	1
1) Siebenaller, Dana	2) Jones, Michaela		
3) Mueller, Caroline	4) Thompson, Amanda		
13 Iowa Central CC 'B'		4:21.30	1
1) Keller, Kara	2) Pettie, Shelbie		
3) Smith, Katelyn	4) Bol, Diana		
14 Western Illinois 'C'		4:24.99	2
1) Watson, Talisa	2) Moore, Katelyn		
3) Wetzell, Heather	4) Parker, Josi		
15 Graceland 'B'		4:35.63	1
1) Nordyke, Stephanie	2) Ross, Alice		
3) Fields, Kalynn	4) Ruckman, Jami		
16 Bradley 'B'		4:37.34	1
1) Garrett, Rachel	2) Lotter, Tracy		
3) Switzer, Amanda	4) Fog, Lauren		
17 Iowa Central CC 'C'		4:39.52	1
1) Vorthmann, Amanda	2) Taylor, Caitie		
3) Santiago, Wendy	4) Bor, Nancy		

Women High Jump

Name	Year School	Finals	
1 VanderHolt, Rachel	Northern Iow	1.60m	5-03.00
2 Ketcham, Heather	Ashford	1.55m	5-01.00
3 Robinson, Razanna	Graceland	J1.55m	5-01.00
4 Solms, Natalie	Ashford	1.50m	4-11.00
5 Cleghorn, Lyndsey	Bradley	J1.50m	4-11.00
-- Llouno, Angel	Graceland	NH	

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Year School	Finals	Points
1 Bradford, AG	Iowa Central CC	1.60m	5-03.00 736
2 Atkins, Alexis	Western Illi	1.51m	4-11.50 632

3	Chaney, Brittani	Graceland	1.48m	4-10.25	599
4	McCarthy, Emily	Northern Iow	1.45m	4-09.00	566
5	Watson, Talisa	Western Illi	1.42m	4-07.75	534
5	Willis, Marriah	Graceland	1.42m	4-07.75	534
7	Okwumabua, Nkemdilim	Ashford	1.36m	4-05.50	470

Women Pole Vault

Name	Year School	Finals
1 Wexter, Jenna	Northern Iow	3.84m 12-07.25
2 Chew, Faith	Unattached	3.35m 10-11.75
3 Bramon, Lindsey	Truman State	2.60m 8-06.25
4 Wyffels, Megan	Western Illi	2.45m 8-00.50
5 Rumble, Ayesha	Iowa Central CC	2.30m 7-06.50

Women Long Jump

Name	Year School	Finals
1 Wieck, Jamie	Northern Iow	5.49m 18-00.25
2 Pritchard, Latrice	Iowa Central CC	5.40m 17-08.75
3 Cloudy, Brittney	St. Louis U.	5.39m 17-08.25
4 Kapande, Mwale	Graceland	5.33m 17-06.00
5 Moore, Katelyn	Western Illi	5.00m 16-05.00
6 Willis, Marriah	Graceland	4.81m 15-09.50
7 Wenzel, Sarah	Ashford	4.76m 15-07.50
8 Thompson, Amanda	St. Louis U.	4.66m 15-03.50
9 Solms, Natalie	Ashford	4.65m 15-03.25

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Year School	Finals	Points
1 Bradford, AG	Iowa Central CC	5.89m 19-04.00	816
2 Chaney, Brittani	Graceland	5.18m 17-00.00	609
3 McCarthy, Emily	Northern Iow	4.79m 15-08.75	503
4 Willis, Marriah	Graceland	4.73m 15-06.25	487
5 Atkins, Alexis	Western Illi	4.70m 15-05.00	479
6 Watson, Talisa	Western Illi	4.21m 13-09.75	357
7 Okwumabua, Nkemdilim	Ashford	4.07m 13-04.25	324

Women Triple Jump

Name	Year School	Finals
1 Ileso, Izzy	Iowa Central CC	12.31m 40-04.75
2 Cloudy, Brittney	St. Louis U.	12.08m 39-07.75
3 Biermann, Katrina	Truman State	11.82m 38-09.50

4	Lee, Sanchia	Iowa Central CC	11.63m	38-02.00
5	Solms, Natalie	Ashford	10.52m	34-06.25
6	Moore, Katelyn	Western Illi	10.45m	34-03.50
7	Thompson, Amanda	St. Louis U.	10.11m	33-02.00
--	Pritchard, Latrice	Iowa Central CC	FOUL	
--	Wenzel, Sarah	Ashford	FOUL	

Women Shot Put

Name	Year School	Finals
1 LaRue, Dana	Western Illi	14.71m 48-03.25
2 Harms, Traci	Northern Iow	14.33m 47-00.25
3 Kromminga, Kaitlin	Unattached	13.72m 45-00.25
4 Sukovaty, Kelsey	Northern Iow	13.40m 43-11.75
5 Letuli, Tessa	Truman State	12.81m 42-00.50
6 McGruder, Dimonique	Truman State	12.62m 41-05.00
7 Lensing, Hannah	Unattached	12.41m 40-08.75
8 Talimatasi, Leti	Graceland	12.38m 40-07.50
9 Fevold, Jess	Iowa Central CC	12.12m 39-09.25
10 Ortega, Jessica	Western Illi	11.91m 39-01.00
11 Hoffman, Megan	Truman State	11.80m 38-08.75
12 Brandt, Megan	Iowa Central CC	11.43m 37-06.00
13 Verity, Jenna	Western Illi	11.28m 37-00.25
14 Nunnikhoven, Becky	Truman State	11.22m 36-09.75
15 Voeltz, Ashley	Ashford	11.13m 36-06.25
16 Jones, Lizzy	Western Illi	10.88m 35-08.50
17 Sanford, Amber	Graceland	10.85m 35-07.25

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Year School	Finals	Points
1 Bradford, AG	Iowa Central CC	9.90m 32-05.75	523
2 Atkins, Alexis	Western Illi	8.24m 27-00.50	415
3 Chaney, Brittani	Graceland	8.19m 26-10.50	412
4 Willis, Marriah	Graceland	8.18m 26-10.00	411
5 Watson, Talisa	Western Illi	7.86m 25-09.50	390
6 McCarthy, Emily	Northern Iow	7.80m 25-07.25	386
7 Okwumabua, Nkemdilim	Ashford	7.66m 25-01.75	377

Women Weight Throw

Name	Year School	Finals
1 Harms, Traci	Northern Iow	17.10m 56-01.25
2 LaRue, Dana	Western Illi	16.36m 53-08.25
3 Landers, Courtney	Northern Iow	16.30m 53-05.75
4 Ortega, Jessica	Western Illi	15.46m 50-08.75

5	Sukovaty, Kelsey	Northern Iow	15.32m	50-03.25
6	Jones, Lizzy	Western Illi	15.28m	50-01.75
7	Letuli, Tessa	Truman State	14.66m	48-01.25
8	McCarroll, Rachel	Truman State	13.14m	43-01.50
9	Fevold, Jess	Iowa Central CC	13.10m	42-11.75
10	Talimatasi, Leti	Graceland	12.65m	41-06.00
11	Cassmeyer, Samantha	Truman State	12.41m	40-08.75
12	Brandt, Megan	Iowa Central CC	11.95m	39-02.50
13	Voeltz, Ashley	Ashford	11.67m	38-03.50
14	Lensing, Hannah	Unattached	11.12m	36-05.75
15	Verity, Jenna	Western Illi	10.79m	35-05.00
16	Nunnikhoven, Becky	Truman State	10.13m	33-03.00
17	Sanford, Amber	Graceland	8.66m	28-05.00

Women Indoor Pentathlon Time Trial

Name	Year School	Finals
1	Bradford, AG	Iowa Central CC 3752
2	Chaney, Brittani	Graceland 2903
3	McCarthy, Emily	Northern Iow 2840
4	Atkins, Alexis	Western Illi 2640
5	Willis, Marriah	Graceland 2601
6	Okwumabua, Nkemdilim	Ashford 2427
7	Watson, Talisa	Western Illi 2331

Men 60 Meter Dash

Name	Year School	Prelims	H#
Preliminaries			
1	Parker, Ray	Unattached	6.91q 2
2	Johnson, Tim	Northern Iow	6.94q 3
3	Reid, Terrance	Unattached	6.98q 4
4	Wellington, Wilmot	Iowa Central CC	7.02q 1
5	Gentle, Jonathan	Iowa Central CC	7.06q 1
6	Hurford, Derek	Unattached	7.08q 2
7	Craig, Marciano	Iowa Central CC	7.09q 1
8	Whelan, David	St. Louis U.	7.10q 2
9	Richardson, Raymond	Western Illi	7.16 3
10	Gibbs, Justin	Graceland	7.22 4
11	Bouyer, Adrien	Iowa Central CC	7.23 2
12	Gilbert, Austin	Ashford	7.26 4
13	Newlin, Sean	Unattached	7.27 2
14	Anderson, Paul	Western Illi	7.30 3
15	Neal, Michael	Iowa Central CC	7.32 1
16	Pecina, Mario	Graceland	7.35 2
17	Kotecki, Patrick	St. Louis U.	7.38 3
18	Williams, Darien	Western Illi	7.46 2

19	Stewart, Kyle	Graceland	7.47	2
20	Morales, Igor	Graceland	7.47	4
21	Winston, Colton	Iowa Central CC	7.48	4
22	LaVant, Demetrius	Truman State	7.50	3
23	James, Ray	Graceland	7.51	1
24	Malone, Mike	Unattached	7.56	1
25	Sallis, Lorenzo	Graceland	7.63	4
26	Overstreet, Deondrea	Iowa Central CC	7.69	1
27	Sala, Joey	Graceland	7.85	3
28	Bird, Joe	Iowa Central CC	8.35	3

Men 60 Meter Dash

Name	Year School	Finals
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Finals

1	Parker, Ray	Unattached	6.81
2	Reid, Terrance	Unattached	6.90
3	Gentle, Jonathan	Iowa Central CC	6.99
4	Wellington, Wilmot	Iowa Central CC	7.00
5	Craig, Marciano	Iowa Central CC	7.04
6	Johnson, Tim	Northern Iow	7.05
7	Hurford, Derek	Unattached	7.12
8	Whelan, David	St. Louis U.	7.13

Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Year School	Finals	Points
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1	Walls, Troy	Iowa Central CC	7.33	769
2	Bacon, Troy	Northern Iow	7.43	736
3	Yerk, Aaron	Ashford	7.48	719
4	Wilkins, Ethan	Iowa Central CC	7.54	700
5	Gooris, Daniel	Northern Iow	7.60	681
6	Pozzi, Austin	Ashford	7.62	675
7	Ludwikowski, Justin	Iowa Central CC	7.76	631
8	Renwick, Dustin	St. Ambrose	7.82	613

Men 200 Meter Dash

Name	Year School	Finals	H#
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1	Reid, Terrance	Unattached	21.76	7
2	Parker, Ray	Unattached	22.21	7
3	Wellington, Wilmot	Iowa Central CC	22.69	7
4	Cole, Alvin	Northern Iow	22.71	6
5	Bouyer, Adrien	Iowa Central CC	22.81	6
6	Craig, Marciano	Iowa Central CC	22.83	5
7	Hammel, Dennis	Northern Iow	22.87	5

8	Gilbert, Austin	Ashford	22.92	5
9	Gentle, Jonathan	Iowa Central CC	22.92	6
10	Richardson, Raymond	Western Illi	22.93	6
11	Denson, Roland	Iowa Central CC	23.11	4
12	Sanigular, James	Iowa Central CC	23.11	4
13	Zimmer, Mark	St. Louis U.	23.24	4
14	Anderson, Paul	Western Illi	23.73	5
15	Neal, Michael	Iowa Central CC	23.79	3
16	Williams, Tim	Western Illi	23.86	3
17	Awah, Christian	Ashford	23.88	3
18	Lynn, Scott	Northern Iow	23.93	2
19	Stewart, Kyle	Graceland	23.97	2
20	Williams, Darien	Western Illi	23.99	2
21	Liles, Jeff	Western Illi	24.03	3
22	Kasel, Chris	Northern Iow	24.05	2
23	Newlin, Sean	Unattached	24.41	3
24	Morales, Igor	Graceland	24.44	1
25	Pecina, Mario	Graceland	24.48	1
26	Kleven, Matt	Northern Iow	24.65	2
27	James, Ray	Graceland	24.68	1
28	Overstreet, Deondrea	Iowa Central CC	24.75	2
29	Wada, Micah	Graceland	24.85	1
30	Sallis, Lorenzo	Graceland	24.86	1
31	Kost, Sam	Truman State	25.76	1

Men 400 Meter Dash

=====				
	Name	Year School	Finals	H#
=====				
1	Goos, Cory	Northern Iow	48.98	5
2	Cornilsen, Jordan	Northern Iow	49.76	5
3	Collins, Bryan	Northern Iow	49.94	5
4	Gilbert, Austin	Ashford	51.30	3
5	Denson, Roland	Iowa Central CC	51.31	5
6	Zimmer, Mark	St. Louis U.	51.32	3
7	Streater, Jeremy	Western Illi	51.53	4
8	Slaymaker, Kyle	Northern Iow	51.75	4
9	Whelan, David	St. Louis U.	51.75	3
10	Sanigular, James	Iowa Central CC	52.05	2
11	Kotecki, Patrick	St. Louis U.	52.78	2
12	Collins, Mike	St. Louis U.	52.81	3
13	Smiles, Dahmar	St. Louis U.	53.05	4
14	Austin, Kyle	Western Illi	53.94	2
15	Stewart, Kyle	Graceland	54.07	1
16	Paul, Alex	Iowa Central CC	54.15	2
17	Murillo, Ian	Truman State	54.20	1
18	Kimp, Ron	Truman State	54.76	2
19	Wada, Micah	Graceland	56.42	1
20	Kost, Sam	Truman State	56.55	1

21 Bennett, Chris Graceland 59.20 1

Men 600 Meter Run

Name	Year School	Finals	H#
1 Offerman, Greg	Unattached	1:21.97	4
2 Grenko, Ryan	Unattached	1:22.27	4
3 Lewis, Willard	Iowa Central CC	1:22.35	4
4 Fulton, Tim	Unattached	1:22.99	4
5 Drinkall, Andrew	Ashford	1:23.27	4
6 Craddick, Mike	Northern Iow	1:23.29	4
7 Jason, Cameron	Iowa Central CC	1:23.67	3
8 Bareth, Marc	Unattached	1:23.78	3
9 Jennings, Jordan	St. Louis U.	1:23.85	3
10 Krogmann, Ryan	Northern Iow	1:24.20	4
11 Schrum, Jacob	Truman State	1:24.29	2
12 Pinta, Brian	Western Illi	1:24.40	3
13 Burns, Kyle	Northern Iow	1:24.81	3
14 Gibbs, Justin	Graceland	1:24.91	2
15 Bartels, Justin	Northern Iow	1:25.64	2
16 Knight, Tony	Iowa Central CC	1:25.87	3
17 Peterson, Ryan	Truman State	1:26.75	2
18 Are, Ademola	Ashford	1:26.85	2
19 Robey, Gavin	St. Louis U.	1:27.29	1
20 Burris, Jeff	Unattached	1:27.87	1
21 Leal, Matt	Western Illi	1:27.88	2
22 Powell, Garfield	Iowa Central CC	1:27.93	2
23 DeGross, Garrett	Western Illi	1:28.07	1
24 Rivera, Ray	Ashford	1:29.77	1
25 Barnes, Franklin	Ashford	1:31.93	1

Men 800 Meter Run

Name	Year School	Finals
1 Lieghio, Anthony	Iowa Central CC	1:55.42
2 Lee, Terence	Iowa Central CC	1:56.25
3 Fick, Josh	Iowa Central CC	2:00.85
4 Okee, Anthony	Iowa Central CC	2:01.89
5 Drinkall, Andrew	Ashford	2:03.60
6 Herrington, Will	St. Louis U.	2:03.66
7 Henaifesh, Jeremiah	Western Illi	2:03.71
8 Glenn, David	Western Illi	2:04.64
9 Carrera, Mizael	Ashford	2:05.70
10 Vicker, Scott	St. Louis U.	2:05.90
11 Bond, Justin	Iowa Central CC	2:07.12
12 Karley, Chris	Graceland	2:07.55
13 Bankston, Joseph	Iowa Central CC	2:09.46

14	Romig, Taylor	Graceland	2:10.09
15	McClain, Patrick	Ashford	2:10.60
16	VeVerka, Elliott	Graceland	2:12.45
17	Fiscus, Gage	Iowa Central CC	2:13.85
18	Markov, Mikhail	Iowa Central CC	2:18.30

Heptathlon: #7 Men 1000 Meter Run Heptathlon

Name	Year School	Finals	Points
1 Wilkins, Ethan	Iowa Central CC	2:46.64	801
2 Gooris, Daniel	Northern Iow	2:46.67	801
3 Renwick, Dustin	St. Ambrose	2:58.53	679
4 Pozzi, Austin	Ashford	3:06.01	607
5 Ludwikowski, Justin	Iowa Central CC	3:08.11	587
6 Yerk, Aaron	Ashford	3:12.52	547
7 Walls, Troy	Iowa Central CC	3:21.54	469

Men 1000 Meter Run

Name	Year School	Finals
1 Jennings, Jordan	St. Louis U.	2:33.45
2 Vink, Ben	Graceland	2:33.68
3 Ross, Kyle	St. Louis U.	2:38.61
4 Lee, Terence	Iowa Central CC	2:38.81
5 Gambach, Michael	Truman State	2:39.56
6 Juhl, Matt	Iowa Central CC	2:41.35
7 Drinkall, Andrew	Ashford	2:42.32
8 Gibb, Derek	Western Illi	2:43.90
9 Rivera, Ray	Ashford	2:48.12

Men 1 Mile Run

Name	Year School	Finals
1 Cotter, Tomas	Iowa Central CC	4:17.19
2 Crossman, Conroy	Iowa Central CC	4:18.41
3 Vosberg, Aaron	Northern Iow	4:21.89
4 Holdmeyer, Brian	St. Louis U.	4:23.88
5 Chapman, Zach	Truman State	4:26.00
6 Egan, Brett	Northern Iow	4:27.34
7 Gibb, Derek	Western Illi	4:27.90
8 Mark, Alex	Northern Iow	4:27.95
9 Venner, John	Truman State	4:28.40
10 Juhl, Matt	Iowa Central CC	4:28.98
11 Marlow, Chase	Western Illi	4:29.90
12 Gutteridge, Brandon	Truman State	4:31.14
13 McGraw, Mike	Western Illi	4:31.25

14	Russo, Aaron	Western Illi	4:31.49
15	Herrington, Will	St. Louis U.	4:32.50
16	Vicker, Scott	St. Louis U.	4:36.89
17	Nielsen, David	Northern Iow	4:37.44
18	Buckles, Tyler	Western Illi	4:38.92
19	Dial, Mike	Truman State	4:39.11
20	Davis, Logan	St. Louis U.	4:39.72
21	Donahoo, Stanley	St. Louis U.	4:40.28
22	Petrofsky, Chad	Truman State	4:41.35
23	Johnson, Laroy	Iowa Central CC	4:41.86
24	Orf, Greg	St. Louis U.	4:42.41
25	Carrera, Mizael	Ashford	4:42.52
26	Niyiragira, Liberio	Iowa Central CC	4:47.04
27	McClain, Patrick	Ashford	4:59.99

Men 3000 Meter Run

Name	Year	School	Finals	
1		Grundman, Neil	Graceland	8:35.41
2		Hostettler, Jack	St. Louis U.	8:48.10
3		Khalif, Ahmed	Graceland	8:55.12
4		Rodrigues, Neal	St. Louis U.	8:55.82
5		Thompson, Brendon	Northern Iow	8:57.19
6		Gorman, Bob	Truman State	9:03.42
7		Cooper, Mike	Unattached	9:32.49
--		Jakobsen, Aleksander	Ashford	DNF
--		Cristoso, Rafael	Ashford	DNF

Men 60 Meter Hurdles

Name	Year	School	Prelims	H#
Preliminaries				
1		Smiles, Dahmar	St. Louis U.	8.16q 1
2		Arnett, Nathan	Iowa Central CC	8.28q 2
3		Evans, Tasman	Iowa Central CC	8.43q 1
4		Awah, Christian	Ashford	8.57q 2
5		Puls, Channing	Northern Iow	8.57q 2
6		Collins, Mike	St. Louis U.	8.61q 2
7		Lynn, Scott	Northern Iow	8.66q 1
8		Malone, Mike	Unattached	8.68q 1
9		Kasel, Chris	Northern Iow	9.01 1
10		Liles, Jeff	Western Illi	9.11 2
11		Clark, Tyler	Northern Iow	9.17 2
12		Bennett, Chris	Graceland	9.37 2
13		Williams, Gairy	Iowa Central CC	9.48 1
14		Robey, Gavin	St. Louis U.	9.62 1
15		Sallis, Lorenzo	Graceland	9.75 2

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Name	Year School	Finals	H#	Points
Finals				
1 Walls, Troy	Iowa Central CC	8.70	2	813
2 Gooris, Daniel	Northern Iow	8.79	1	793
3 Wilkins, Ethan	Iowa Central CC	8.91	2	766
4 Ludwikowski, Justin	Iowa Central CC	8.96	1	755
5 Renwick, Dustin	St. Ambrose	9.03	2	739
6 Pozzi, Austin	Ashford	9.39	1	662
7 Yerker, Aaron	Ashford	9.91	2	558

Men 60 Meter Hurdles

Name	Year School	Finals
1 Arnett, Nathan	Iowa Central CC	8.19
2 Smiles, Dahmar	St. Louis U.	8.31
3 Evans, Tasman	Iowa Central CC	8.34
4 Lynn, Scott	Northern Iow	8.47
5 Puls, Channing	Northern Iow	8.50
6 Malone, Mike	Unattached	8.51
7 Awah, Christian	Ashford	8.53
8 Collins, Mike	St. Louis U.	8.56

Men 4x400 Meter Relay

School	Finals	H#
1 Northern Iowa 'A'	3:18.21	3
1) Cornilsen, Jordan	2) Hammel, Dennis	
3) Albrecht, Corey	4) Goos, Cory	
2 Iowa Central CC 'A'	3:21.29	3
1) Watts, Christopher	2) Arnett, Nathan	
3) Lewis, Willard	4) Crossman, Conroy	
3 Northern Iowa 'B'	3:21.62	3
1) Collins, Bryan	2) Madsen, Josh	
3) Craddick, Mike	4) Burns, Kyle	
4 Western Illinois 'A'	3:25.50	3
1) Pinta, Brian	2) Richardson, Raymond	
3) Liles, Jeff	4) Williams, Tim	
5 Iowa Central CC 'B'	3:26.59	2
1) Gray, Gawain	2) Bouyer, Adrien	
3) Wilkins, Ethan	4) Knight, Tony	
6 St. Louis U. 'A'	3:27.55	3
1) Zimmer, Mark	2) Collins, Mike	
3) Whelan, David	4) Smiles, Dahmar	

7	Unattached 'A'		3:29.36	3
8	Iowa Central CC 'C'		3:29.39	1
	1) Lieghio, Anthony	2) Denson, Roland		
	3) Wellington, Wilmot	4) Jason, Cameron		
9	Western Illinois 'B'		3:30.54	2
	1) Glenn, David	2) Austin, Kyle		
	3) Pope, Torinn	4) Russo, Aaron		
10	Ashford 'A'		3:30.93	2
	1) Barnes, Franklin	2) Phillips, Robert		
	3) Snyder, Caleb	4) Are, Ademola		
11	St. Louis U. 'B'		3:32.41	1
	1) Kotecki, Patrick	2) Jennings, Jordan		
	3) Robey, Gavin	4) Ross, Kyle		
12	Northern Iowa 'C'		3:34.91	1
	1) Kasel, Chris	2) Clark, Tyler		
	3) Puls, Channing	4) Lynn, Scott		
13	Iowa Central CC 'D'		3:34.95	1
	1) Juhl, Matt	2) Powell, Garfield		
	3) Lee, Terence	4) Sanigular, James		
14	Truman State 'A'		3:35.12	1
	1) Peterson, Ryan	2) Murillo, Ian		
	3) Kimp, Ron	4) Schrum, Jacob		
15	Western Illinois 'C'		3:37.96	2
	1) Leal, Matt	2) Gibb, Derek		
	3) DeGross, Garrett	4) Streater, Jeremy		
16	Graceland 'A'		3:38.68	2
	1) Gibbs, Justin	2) Vink, Ben		
	3) Wada, Micah	4) Stewart, Kyle		

Heptathlon: #4 Men High Jump Heptathlon

Name	Year School	Finals	Points
1 Walls, Troy	Iowa Central CC	2.07m	6-09.50 868
2 Gooris, Daniel	Northern Iow	2.01m	6-07.00 813
3 Wilkins, Ethan	Iowa Central CC	1.89m	6-02.25 705
4 Yerk, Aaron	Ashford	1.83m	6-00.00 653
5 Renwick, Dustin	St. Ambrose	1.80m	5-10.75 627
6 Pozzi, Austin	Ashford	1.77m	5-09.75 602
7 Ludwikowski, Justin	Iowa Central CC	1.71m	5-07.25 552

Men High Jump

Name	Year School	Finals
1 Mack, Marquis	Iowa Central CC	2.05m 6-08.75
1 Leuer, Travis	Northern Iow	2.05m 6-08.75
3 Oamen, Ehi	Northern Iow	J2.05m 6-08.75
4 Hardin, Lawrence	Western Illi	2.00m 6-06.75

5	Smith, Austin	Ashford	1.95m	6-04.75
6	Williams, Gairy	Iowa Central CC	1.80m	5-10.75
7	Snyder, Caleb	Ashford	1.70m	5-07.00

Heptathlon: #6 Men Pole Vault Heptathlon

Name	Year School	Finals	Points
1	Gooris, Daniel	Northern Iow	5.10m 16-08.75 941
2	Yerk, Aaron	Ashford	4.10m 13-05.25 645
3	Renwick, Dustin	St. Ambrose	3.10m 10-02.00 381
4	Ludwikowski, Justin	Iowa Central CC	3.00m 9-10.00 357
5	Pozzi, Austin	Ashford	2.80m 9-02.25 309
--	Walls, Troy	Iowa Central CC	NH
--	Wilkins, Ethan	Iowa Central CC	NH

Men Pole Vault

Name	Year School	Finals
1	Kranz, Sam	Northern Iow 5.23m 17-01.75
2	Beese, Mike	Unattached 4.90m 16-00.75
3	Clark, Tyler	Northern Iow 4.15m 13-07.25
4	Hargadine, Michael	Unattached 4.00m 13-01.50
--	Veal, Jeff	Western Illi NH
--	Goodhardt, Shawn	Ashford NH
--	Clements, Eli	Iowa Central CC NH

Heptathlon: #2 Men Long Jump Heptathlon

Name	Year School	Finals	Points
1	Walls, Troy	Iowa Central CC	6.45m 21-02.00 686
1	Wilkins, Ethan	Iowa Central CC	6.45m 21-02.00 686
3	Gooris, Daniel	Northern Iow	6.42m 21-00.75 679
4	Yerk, Aaron	Ashford	6.31m 20-08.50 655
5	Pozzi, Austin	Ashford	6.21m 20-04.50 632
6	Renwick, Dustin	St. Ambrose	5.93m 19-05.50 571
7	Ludwikowski, Justin	Iowa Central CC	5.23m 17-02.00 427

Men Long Jump

Name	Year School	Finals
1	Hurford, Derek	Unattached 7.21m 23-08.00
2	Cole, Alvin	Northern Iow 7.10m 23-03.50
3	Parker, Ray	Unattached 6.93m 22-09.00
4	Lewis, Jeroyal	Graceland 6.76m 22-02.25
5	Snyder, Caleb	Ashford 6.48m 21-03.25

6	Williams, Gairy	Iowa Central CC	6.34m	20-09.75
7	Williams, Tim	Western Illi	6.30m	20-08.00
8	James, Ray	Graceland	6.26m	20-06.50
9	LaVant, Demetrius	Truman State	6.17m	20-03.00
10	Puls, Channing	Northern Iow	6.08m	19-11.50

Men Triple Jump

Name	Year School	Finals
1 Jordan, Aaron	Iowa Central CC	13.59m 44-07.00
2 Winston, Colton	Iowa Central CC	13.15m 43-01.75

Men Shot Put

Name	Year School	Finals
1 Romero, Justin	Northern Iow	16.25m 53-03.75
2 Weeks, Allen	Northern Iow	16.11m 52-10.25
3 Williams, Jordan	Northern Iow	16.06m 52-08.25
4 Atwood, Derek	Truman State	15.71m 51-06.50
5 Crisman, Jason	Western Illi	15.40m 50-06.25
5 Touchie, Spencer	Ashford	15.40m 50-06.25
7 Smith, Matthew	Truman State	14.88m 48-10.00
8 Sherrick, Brayden	Western Illi	14.83m 48-08.00
9 Van Delft, Alex	Truman State	14.73m 48-04.00
10 Lippert, Tyler	Western Illi	14.23m 46-08.25
11 Libe, James	Iowa Central CC	13.95m 45-09.25
12 Hurt, Tanner	Northern Iow	13.56m 44-06.00
13 McDonnell, Adam	Unattached	13.40m 43-11.75
14 Schiffer, Matt	Unattached	13.33m 43-09.00
15 Martin, Rahim	Graceland	13.10m 42-11.75
15 Grosso, Nick	Iowa Central CC	13.10m 42-11.75
17 Kwasa, Justin	St. Louis U.	13.09m 42-11.50
18 Lame, Cody	Graceland	12.21m 40-00.75
19 Snyder, Joe	Ashford	12.17m 39-11.25
20 Park, Jacob	Iowa Central CC	11.99m 39-04.00
21 Ball, Trevon	Iowa Central CC	11.79m 38-08.25
22 Norman, Michael	Iowa Central CC	10.36m 34-00.00
23 Olson, Matt	Graceland	9.80m 32-02.00
24 Williams, Gairy	Iowa Central CC	9.60m 31-06.00
25 Vink, Peter	Graceland	8.60m 28-02.75
26 Peace, Matias	Iowa Central CC	7.35m 24-01.50
-- Hames, Paul	Western Illi	FOUL
-- Kunc, Jarod	Iowa Central CC	FOUL

Heptathlon: #3 Men Shot Put Heptathlon

Name	Year School	Finals	Points
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1	Gooris, Daniel	Northern Iow	13.85m	45-05.25	719
2	Ludwikowski, Justin	Iowa Central CC	12.80m	42-00.00	655
3	Yerk, Aaron	Ashford	11.67m	38-03.50	586
4	Pozzi, Austin	Ashford	11.06m	36-03.50	549
5	Renwick, Dustin	St. Ambrose	10.59m	34-09.00	521
6	Walls, Troy	Iowa Central CC	9.46m	31-00.50	453
7	Wilkins, Ethan	Iowa Central CC	9.00m	29-06.50	426

Men Weight Throw

Name	Year	School	Finals		
1	Kwasa, Justin	St. Louis U.	17.58m	57-08.25	
2	Williams, Jordan	Northern Iow	16.92m	55-06.25	
3	Sherrick, Brayden	Western Illi	16.35m	53-07.75	
4	Weeks, Allen	Northern Iow	16.06m	52-08.25	
5	Lippert, Tyler	Western Illi	16.00m	52-06.00	
6	Crisman, Jason	Western Illi	15.68m	51-05.50	
7	Hames, Paul	Western Illi	15.30m	50-02.50	
8	Hurt, Tanner	Northern Iow	15.29m	50-02.00	
9	Schiffer, Matt	Unattached	14.72m	48-03.50	
10	McDonnell, Adam	Unattached	14.44m	47-04.50	
11	Grosso, Nick	Iowa Central CC	13.74m	45-01.00	
12	Touchie, Spencer	Ashford	12.95m	42-06.00	
13	Ball, Trevon	Iowa Central CC	12.81m	42-00.50	
14	Viehmann, John	Truman State	12.45m	40-10.25	
15	Snyder, Joe	Ashford	11.71m	38-05.00	
16	Martin, Rahim	Graceland	11.13m	36-06.25	
17	Kunc, Jarod	Iowa Central CC	10.02m	32-10.50	
18	Libe, James	Iowa Central CC	9.66m	31-08.50	
19	Lame, Cody	Graceland	9.53m	31-03.25	
20	Norman, Michael	Iowa Central CC	8.94m	29-04.00	
--	Peace, Matias	Iowa Central CC	FOUL		
--	Park, Jacob	Iowa Central CC	FOUL		

Men Heptathlon Time Trial

Name	Year	School	Finals
1	Gooris, Daniel	Northern Iow	5427
2	Yerk, Aaron	Ashford	4363
3	Renwick, Dustin	St. Ambrose	4131
4	Wilkins, Ethan	Iowa Central CC	4084
5	Walls, Troy	Iowa Central CC	4058
6	Pozzi, Austin	Ashford	4036
7	Ludwikowski, Justin	Iowa Central CC	3964

Women - Team Rankings - 1 Events Scored

1) Graceland	12	2) Iowa Central CC	10
3) Western Illinois	7	4) Northern Iowa	6
5) Ashford	3		

Men - Team Rankings - 1 Events Scored

1) Iowa Central CC	11	1) Ashford	11
3) Northern Iowa	10	4) St. Ambrose	6