

Central College Open
Ron and Joyce Schipper Stadium
Pella, IA - 4/16/2014
Meet Program

Event 1 Women 100 Meter Hurdles**Top 8 Advance by Time**

| Lane | Name | Yr | School | Seed Time |
|----------------------------|-----------------------|----|---------------|-----------|
| Heat 1 of 3 Prelims | | | | |
| 3 | Kayla Rusher | FR | Simpson (Iow) | 19.28 |
| 4 | Abby Saladino | SO | Central Coll | 16.58 |
| 5 | Adrine Monagi | FR | North Iowa A | NT |
| 6 | Elizabeth Brandenburg | FR | Loras | 16.00 |
| 7 | Audrey Hooks | FR | Loras | 15.72 |
| Heat 2 of 3 Prelims | | | | |
| 2 | Emily Ruhser | JR | Loras | 16.95 |
| 3 | Morgan Koenigs | FR | Central Coll | 19.00 |
| 4 | Kayla Balke | JR | Loras | 16.76 |
| 5 | Leta Jaquis | FR | North Iowa A | NT |
| 6 | Sammie Osterberger | FR | Coe | 16.06 |
| 7 | Meredith Zimmerman | SO | Central Coll | 15.49 |
| Heat 3 of 3 Prelims | | | | |
| 2 | Nicole Bahl | FR | Simpson (Iow) | 17.50 |
| 3 | Rebecca Jensen | FR | Simpson (Iow) | 17.88 |
| 4 | Emily Sotelo | JR | Loras | 16.10 |
| 5 | Emma Drees | FR | Central Coll | 16.09 |
| 6 | Bayley Fleshner | JR | Simpson (Iow) | 15.13 |

Event 2 Men 110 Meter Hurdles**Top 8 Advance by Time**

| Lane | Name | Yr | School | Seed Time |
|----------------------------|----------------|----|---------------|-----------|
| Heat 1 of 2 Prelims | | | | |
| 2 | Logan Weers | FR | Central Coll | 17.10 |
| 3 | Andy Allen | SO | Unattached | 15.82 |
| 4 | Taylor Nelson | FR | North Iowa A | 18.14 |
| 5 | Jake Forgie | JR | Central Coll | 15.92 |
| 6 | Jake Brock | SO | Loras | 16.84 |
| 7 | Dan Roemerman | SO | Central Coll | 14.90 |
| Heat 2 of 2 Prelims | | | | |
| 3 | Conner Freeman | JR | Central Coll | 15.88 |
| 4 | Jaemin Powell | SO | Central Coll | 17.00 |
| 5 | Isaac Frazier | FR | Simpson (Iow) | 15.90 |
| 6 | Devan Kennedy | SO | Loras | 16.90 |
| 7 | Will Hanson | SO | North Iowa A | 14.66 |

Event 3 Women 100 Meter Dash**Top 8 Advance by Time**

| Lane | Name | Yr | School | Seed Time |
|----------------------------|--------------------|----|---------------|-----------|
| Heat 1 of 3 Prelims | | | | |
| 2 | Miranda Robert | JR | Grinnell | 14.54 |
| 3 | Alexis Hanson | FR | Loras | 13.20 |
| 4 | Cassie Hocker | FR | Coe | 13.74 |
| 5 | Monica Ruiz | SO | Central Coll | NT |
| 6 | Christine Ajinjeru | SR | Grinnell | 13.09 |
| 7 | Sarah Galbraith | SO | Simpson (Iow) | NT |
| Heat 2 of 3 Prelims | | | | |
| 2 | Kylie Bradley | FR | Central Coll | NT |
| 3 | Mercedes Kennedy | JR | Loras | 13.23 |
| 4 | Emily Ruhser | JR | Loras | 13.57 |
| 5 | Martina Smith | SO | North Iowa A | NT |
| 6 | Brittnee Powers | SO | Loras | 12.92 |
| 7 | Allie McBroom | JR | Central Coll | NT |
| Heat 3 of 3 Prelims | | | | |
| 2 | Priscillar John | FR | North Iowa A | NT |
| 3 | Melanie Nielsen | SO | Central Coll | 13.42 |
| 4 | Dieuwertje Boelen | FR | North Iowa A | 13.53 |
| 5 | Abigail Davis | SO | Central Coll | NT |
| 6 | Lauren Martin | JR | Simpson (Iow) | 12.89 |
| 7 | Shante Hawkins | FR | North Iowa A | NT |
| 8 | Jessica Kingston | FR | North Iowa A | NT |

Event 4 Men 100 Meter Dash**Top 8 Advance by Time**

| Lane | Name | Yr | School | Seed Time |
|----------------------------|--------------------|----|---------------|-----------|
| Heat 1 of 4 Prelims | | | | |
| 2 | Adrean Johnson | FR | Simpson (Iow) | 11.60 |
| 3 | Graham Houselog | SO | Coe | 12.45 |
| 4 | Luis Hernandez | JR | Grinnell | 13.05 |
| 5 | Jacques Edwards | FR | North Iowa A | 11.22 |
| 6 | Nick Ball | SO | Loras | 11.21 |
| 7 | Anton Jones | FR | Coe | 11.58 |
| Heat 2 of 4 Prelims | | | | |
| 2 | Austin Roberts | SO | Central Coll | NT |
| 3 | Giscard Philizaire | FR | Coe | 12.24 |
| 4 | Michael Burnett | SR | Loras | 11.65 |
| 5 | Cole Ebel | SO | Central Coll | 11.32 |
| 6 | Zac Gassman | JR | Loras | 11.18 |
| 7 | Clayton Birkes | FR | Coe | 11.50 |
| 8 | Nick Friedmann | FR | Loras | NT |

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Heat 3 of 4 Prelims...(Event 4 Men 100 Meter Dash)

| | | | | |
|---|--------------------|-----------------|-------|-------|
| 2 | Brandon Gradoville | FR Loras | NT | _____ |
| 3 | Keontae Neely | SO Loras | 12.23 | _____ |
| 4 | Hung Dao | SR Loras | 11.77 | _____ |
| 5 | Austin Witt | FR Central Coll | 11.33 | _____ |
| 6 | Kyle Ward | JR Loras | 11.08 | _____ |
| 7 | Davivorn Dowe | 2 Unattached | 11.50 | _____ |
| 8 | Simba Covington | FR Coe | NT | _____ |

Heat 4 of 4 Prelims

| | | | | |
|---|-----------------|------------------|-------|-------|
| 2 | Johnathan Braun | FR Grinnell | NT | _____ |
| 3 | Drew Morelan | JR Loras | 11.96 | _____ |
| 4 | Colton Silvia | FR Grinnell | 11.94 | _____ |
| 5 | Ed Hardman | SO Grinnell | 11.34 | _____ |
| 6 | Brad Vogel | SR Simpson (Iow) | 11.05 | _____ |
| 7 | Jared Grove | SO Simpson (Iow) | 11.48 | _____ |
| 8 | Braxton Peats | FR Simpson (Iow) | NT | _____ |

Event 5 Women 3000 Meter Steeplechase

| Lane | Name | Yr School | Seed Time | |
|------------------------------|----------------|-----------|-----------|-------|
| Section 1 of 1 Finals | | | | |
| 1 | Felicia Devine | SO Coe | 12:54.49 | _____ |

Event 6 Men 3000 Meter Steeplechase

| Lane | Name | Yr School | Seed Time | |
|------------------------------|------------------|------------------|-----------|-------|
| Section 1 of 1 Finals | | | | |
| 1 | Cody Doughan | SR Central Coll | 10:02.81 | _____ |
| 2 | Blake Willadsen | FR Simpson (Iow) | NT | _____ |
| 3 | John-Ross Tangi | SO North Iowa A | NT | _____ |
| 4 | Timothy Shepherd | JR Central Coll | 10:03.53 | _____ |

Event 7 Women 4x100 Meter Relay

| Lane | Team | Relay | Seed Time | |
|------------------------------|---------------|-------|-----------|-------|
| Section 1 of 1 Finals | | | | |
| 3 | Simpson (Iow) | A | 50.00 | _____ |
| 4 | North Iowa A | A | 49.32 | _____ |
| 5 | Loras | A | 49.95 | _____ |
| 6 | Simpson (Iow) | B | 54.00 | _____ |

Event 8 Men 4x100 Meter Relay

| Lane | Team | Relay | Seed Time | |
|------------------------------|---------------|-------|-----------|-------|
| Section 1 of 1 Finals | | | | |
| 3 | Simpson (Iow) | B | 45.00 | _____ |
| 4 | Loras | A | 42.65 | _____ |
| 5 | Simpson (Iow) | A | 43.20 | _____ |

Event 9 Women 1500 Meter Run

| Lane | Name | Yr School | Seed Time | |
|------------------------------|------------------|------------------|-----------|-------|
| Section 1 of 1 Finals | | | | |
| 1 | Elin Phipps | SO Central Coll | 4:55.00 | _____ |
| 2 | Lindsay Brunson | SO North Iowa A | NT | _____ |
| 3 | Emmorie Stokka | FR North Iowa A | 5:33.81 | _____ |
| 4 | Stephanie Faight | SO North Iowa A | 5:38.41 | _____ |
| 5 | Hannah Palmeter | FR North Iowa A | 5:08.34 | _____ |
| 6 | Sarah Lyles | FR North Iowa A | 6:30.68 | _____ |
| 7 | Sarah Mueller | JR Central Coll | 5:05.00 | _____ |
| 8 | Jessica Lamb | FR Simpson (Iow) | 5:20.00 | _____ |
| 9 | Kasey Wiedmaier | FR Central Coll | 5:09.00 | _____ |
| 10 | Becky Hilby | JR Loras | 5:02.48 | _____ |

Event 10 Men 1500 Meter Run

| Lane | Name | Yr School | Seed Time | |
|------------------------------|-------------------|------------------|-----------|-------|
| Section 1 of 2 Finals | | | | |
| 1 | Brady Hunt | SO Loras | 4:30.00 | _____ |
| 2 | Zachary Lindeberg | SO Simpson (Iow) | NT | _____ |
| 3 | Josh Kidman | FR North Iowa A | 4:30.00 | _____ |
| 4 | Ricky Jeray | FR North Iowa A | 4:38.63 | _____ |
| 5 | Daniel Paradisi | FR Coe | 4:18.07 | _____ |
| 6 | Matt Kane | JR Loras | 4:21.87 | _____ |
| 7 | Leif Jeppson | SR Simpson (Iow) | 4:18.80 | _____ |
| 8 | Max Nguyen | SR Simpson (Iow) | 4:18.00 | _____ |
| 9 | Ryan Rey | JR Coe | 4:32.40 | _____ |
| 10 | Josh Bird | FR Loras | 4:29.00 | _____ |

Section 2 of 2 Finals

| | | | | |
|----|---------------------|------------------|---------|-------|
| 1 | Miles Kirts | SO Simpson (Iow) | 4:13.59 | _____ |
| 2 | Brien Nugent | FR Loras | 4:14.64 | _____ |
| 3 | Shea Devine | SR Coe | 4:13.14 | _____ |
| 4 | Sam Whan | SO Loras | 4:00.33 | _____ |
| 5 | Austin Springsteen | FR Coe | 4:10.00 | _____ |
| 6 | Nathan Kimbrell | FR Loras | 4:10.00 | _____ |
| 7 | Zach Frey | SO Loras | 4:10.00 | _____ |
| 8 | Ryan Sheeran | JR Loras | 4:08.66 | _____ |
| 9 | Isaac Steffensmeier | FR Central Coll | 4:02.00 | _____ |
| 10 | Kyle Nuehring | SO Central Coll | 4:05.00 | _____ |

Event 11 Men 400 Meter Dash

| Lane | Name | Yr School | Seed Time | |
|------------------------------|--------------|------------------|-----------|-------|
| Section 1 of 2 Finals | | | | |
| 3 | Zach Quick | FR Central Coll | 57.00 | _____ |
| 4 | Michael Bahl | SR Simpson (Iow) | 53.11 | _____ |
| 5 | David Ashaya | FR Simpson (Iow) | 55.67 | _____ |

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Section 2 of 2 Finals...(Event 11 Men 400 Meter Dash)

| | | | | | |
|---|----------------|----|---------------|-------|-------|
| 1 | Cody Alexander | FR | Simpson (Iow) | 52.89 | _____ |
| 2 | Erik Franklin | FR | Coe | 51.80 | _____ |
| 3 | Matt Pearson | FR | Simpson (Iow) | 51.25 | _____ |
| 4 | Brice Sheeder | JR | Simpson (Iow) | 50.55 | _____ |
| 5 | Paul Pokana | SO | North Iowa A | 50.59 | _____ |
| 6 | L.J. Lipscomb | JR | Central Coll | 51.30 | _____ |
| 7 | Anthony Burton | SR | Simpson (Iow) | 52.15 | _____ |
| 8 | Alex Bleardorn | SO | Central Coll | 53.10 | _____ |

Event 12 Women 400 Meter Dash

| Lane | Name | Yr | School | Seed Time | |
|------|------|----|--------|-----------|--|
|------|------|----|--------|-----------|--|

Section 1 of 2 Finals

| | | | | | |
|---|------------------|----|--------------|---------|-------|
| 3 | Morgan Meyer | FR | North Iowa A | 1:09.53 | _____ |
| 4 | Amanda Brummet | FR | Coe | 1:02.79 | _____ |
| 5 | Jessica Kingston | FR | North Iowa A | 1:04.20 | _____ |

Section 2 of 2 Finals

| | | | | | |
|---|------------------|----|---------------|---------|-------|
| 2 | Kirstin Franklin | SR | Coe | 1:02.40 | _____ |
| 3 | Priscillar John | FR | North Iowa A | 1:01.79 | _____ |
| 4 | Taylor Beckman | JR | Central Coll | 59.83 | _____ |
| 5 | Larissa Backhaus | FR | Simpson (Iow) | 1:01.69 | _____ |
| 6 | Kenzie Drahn | SO | Coe | 1:02.20 | _____ |
| 7 | Jessie Eyerly | FR | Simpson (Iow) | 1:02.45 | _____ |

Event 13 Women 800 Meter Run

| Lane | Name | Yr | School | Seed Time | |
|------|------|----|--------|-----------|--|
|------|------|----|--------|-----------|--|

Section 1 of 2 Finals

| | | | | | |
|----|------------------|----|--------------|---------|-------|
| 1 | Emmorie Stokka | FR | North Iowa A | 2:32.46 | _____ |
| 2 | Nicolle Hewett | FR | North Iowa A | 2:37.60 | _____ |
| 3 | Sarah Lyles | FR | North Iowa A | 2:55.30 | _____ |
| 4 | Kendallyn Recker | FR | Coe | 2:35.00 | _____ |
| 5 | Amanda Elsen | JR | Loras | 2:35.31 | _____ |
| 6 | Ashley Miller | SR | Loras | 2:40.05 | _____ |
| 7 | BrandiAnn Daub | FR | North Iowa A | NT | _____ |
| 8 | Stephanie Fought | SO | North Iowa A | 2:54.12 | _____ |
| 9 | Martina Smith | SO | North Iowa A | 2:35.23 | _____ |
| 10 | Adrine Monagi | FR | North Iowa A | NT | _____ |

Section 2 of 2 Finals

| | | | | | |
|----|-----------------------|----|---------------|---------|-------|
| 1 | Kellie Wagner | SR | Loras | 2:22.38 | _____ |
| 2 | Hannah Palmeter | FR | North Iowa A | 2:21.90 | _____ |
| 3 | Molly Bramble | SO | Central Coll | 2:27.00 | _____ |
| 4 | Lindsey Gidel | FR | Loras | 2:28.36 | _____ |
| 5 | Andie Arthofer | FR | Central Coll | 2:27.00 | _____ |
| 6 | Lindsey Borgomainerio | SR | Simpson (Iow) | 2:24.00 | _____ |
| 7 | Kalama Towarup | FR | North Iowa A | 2:27.86 | _____ |
| 8 | Kristen Granata | FR | Coe | 2:31.00 | _____ |
| 9 | Amy Hurd | JR | Coe | 2:28.00 | _____ |
| 10 | Ashley Wenthold | SO | Loras | 2:31.45 | _____ |

Event 14 Men 800 Meter Run

| Lane | Name | Yr | School | Seed Time | |
|------|------|----|--------|-----------|--|
|------|------|----|--------|-----------|--|

Section 1 of 2 Finals

| | | | | | |
|----|-------------------|----|---------------|---------|-------|
| 1 | Alberto Vasquez | SO | Grinnell | 2:10.00 | _____ |
| 2 | Adam Varnas | JR | Loras | 2:06.00 | _____ |
| 3 | Tanner McClenahan | FR | Coe | 2:05.00 | _____ |
| 4 | Tim Wittman | FR | Loras | 2:03.46 | _____ |
| 5 | Mitch Green | FR | Simpson (Iow) | 2:04.10 | _____ |
| 6 | Austin McCool | FR | North Iowa A | 2:05.80 | _____ |
| 7 | Josh Kidman | FR | North Iowa A | 2:10.00 | _____ |
| 8 | Scott Patnode | SO | North Iowa A | 2:03.10 | _____ |
| 9 | Brandon Young | JR | Central Coll | 2:03.00 | _____ |
| 10 | Andy Allen | SO | Unattached | 2:04.55 | _____ |
| 11 | Clayton Fritz | SR | Central Coll | 2:05.94 | _____ |
| 12 | Ricky Jeray | FR | North Iowa A | 2:14.15 | _____ |

Section 2 of 2 Finals

| | | | | | |
|----|----------------|----|---------------|---------|-------|
| 1 | Mark Chapman | SR | Loras | 2:00.79 | _____ |
| 2 | Alex Blomquist | SO | North Iowa A | 1:59.00 | _____ |
| 3 | Veherney Babob | FR | North Iowa A | 1:58.00 | _____ |
| 4 | Nick Nolte | SO | Simpson (Iow) | 2:02.42 | _____ |
| 5 | Matt Marter | SO | Loras | 2:00.55 | _____ |
| 6 | Zach Frey | SO | Loras | 1:53.48 | _____ |
| 7 | Sam Whan | SO | Loras | 1:56.67 | _____ |
| 8 | Beau Freeborn | FR | Coe | 1:55.00 | _____ |
| 9 | Joshua Randall | SO | Coe | 1:56.00 | _____ |
| 10 | Jordan Sump | SR | Central Coll | 2:02.00 | _____ |
| 11 | Jon Ameling | SR | Coe | 1:59.00 | _____ |
| 12 | Nick Barnes | JR | Central Coll | 1:59.00 | _____ |

Event 15 Women 400 Meter Hurdles

| Lane | Name | Yr | School | Seed Time | |
|------|------|----|--------|-----------|--|
|------|------|----|--------|-----------|--|

Section 1 of 1 Finals

| | | | | | |
|---|------------------|----|---------------|---------|-------|
| 2 | Mercedes Kennedy | JR | Loras | 1:10.74 | _____ |
| 3 | Kayla Balke | JR | Loras | 1:09.00 | _____ |
| 4 | Emily Sotelo | JR | Loras | 1:06.50 | _____ |
| 5 | Sarah Galbraith | SO | Simpson (Iow) | 1:08.90 | _____ |
| 6 | Bayley Fleshner | JR | Simpson (Iow) | 1:09.50 | _____ |
| 7 | Leta Jaquis | FR | North Iowa A | 1:14.00 | _____ |

Event 16 Men 400 Meter Hurdles

| Lane | Name | Yr | School | Seed Time | |
|------|------|----|--------|-----------|--|
|------|------|----|--------|-----------|--|

Section 1 of 2 Finals

| | | | | | |
|---|----------------|----|---------------|---------|-------|
| 3 | John Gallagher | FR | Grinnell | 1:02.10 | _____ |
| 4 | Andy Becker | FR | Simpson (Iow) | 1:00.25 | _____ |
| 5 | Nick Friedmann | FR | Loras | 1:01.18 | _____ |

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Section 2 of 2 Finals...(Event 16 Men 400 Meter Hurdles)

| | | | | |
|---|---------------|----|--------------|-------|
| 2 | Taylor Nelson | FR | North Iowa A | 58.25 |
| 3 | Will Hanson | SO | North Iowa A | 57.22 |
| 4 | Trevor McKee | FR | Simpson (Iow | 56.24 |
| 5 | Andy Allen | SO | Unattached | 57.05 |
| 6 | Triston Twedt | FR | Simpson (Iow | 57.80 |
| 7 | Jake Brock | SO | Loras | 59.98 |

Event 17 Women 200 Meter Dash

| Lane | Name | Yr | School | Seed Time |
|------|------|----|--------|-----------|
|------|------|----|--------|-----------|

Section 1 of 4 Finals

| | | | | |
|---|------------------|----|--------------|-------|
| 2 | Kayla Rusher | FR | Simpson (Iow | 31.11 |
| 3 | Rebecca Jensen | FR | Simpson (Iow | 30.24 |
| 4 | Jessica Kingston | FR | North Iowa A | 29.97 |
| 5 | Morgan Meyer | FR | North Iowa A | 30.11 |
| 6 | Miranda Robert | JR | Grinnell | 30.94 |

Section 2 of 4 Finals

| | | | | |
|---|-------------------|----|--------------|-------|
| 1 | Nicole Bahl | FR | Simpson (Iow | 29.56 |
| 2 | Dieuwertje Boelen | FR | North Iowa A | 28.79 |
| 3 | Morgan Koenigs | FR | Central Coll | 28.10 |
| 4 | Abby Saladino | SO | Central Coll | 28.00 |
| 5 | Shante Hawkins | FR | North Iowa A | 28.03 |
| 6 | Emma Gitomer | SO | Coe | 28.77 |
| 7 | Ashley Nemechek | FR | Coe | 29.51 |
| 8 | Kylie Bradley | FR | Central Coll | 29.81 |

Section 3 of 4 Finals

| | | | | |
|---|--------------------|----|--------------|-------|
| 1 | Priscillar John | FR | North Iowa A | 27.90 |
| 2 | Kaitlyn Gillett | SO | Central Coll | 27.86 |
| 3 | Sammie Osterberger | FR | Coe | 27.50 |
| 4 | Laura Wondra | SR | Loras | 26.95 |
| 5 | Melanie Nielsen | SO | Central Coll | 27.33 |
| 6 | Allie McBroom | JR | Central Coll | 27.76 |
| 7 | Emma Drees | FR | Central Coll | 27.87 |
| 8 | Meredith Zimmerman | SO | Central Coll | 28.00 |

Section 4 of 4 Finals

| | | | | |
|---|--------------------|----|--------------|-------|
| 1 | Eloise Miller | JR | Grinnell | 26.74 |
| 2 | Lauren Martin | JR | Simpson (Iow | 26.54 |
| 3 | Christine Ajinjeru | SR | Grinnell | 26.24 |
| 4 | Abigail Davis | SO | Central Coll | 25.24 |
| 5 | Sarah Ney | JR | Simpson (Iow | 26.17 |
| 6 | Brittnee Powers | SO | Loras | 26.42 |
| 7 | Alexis Hanson | FR | Loras | 26.60 |
| 8 | Monica Ruiz | SO | Central Coll | 26.62 |

Event 18 Men 200 Meter Dash

| Lane | Name | Yr | School | Seed Time |
|------|------|----|--------|-----------|
|------|------|----|--------|-----------|

Section 1 of 4 Finals

| | | | | |
|---|------------------|----|--------------|-------|
| 1 | Luis Hernandez | JR | Grinnell | 26.54 |
| 2 | Braxton Peats | FR | Simpson (Iow | 25.20 |
| 3 | Michael Meersman | SR | Loras | 24.54 |
| 4 | Michael Burnett | SR | Loras | 24.38 |
| 5 | Conner Freeman | JR | Central Coll | 24.50 |
| 6 | Hung Dao | SR | Loras | 24.85 |
| 7 | John Gallagher | FR | Grinnell | 25.54 |

Section 2 of 4 Finals

| | | | | |
|---|--------------------|----|--------------|-------|
| 1 | Logan Weers | FR | Central Coll | 24.00 |
| 2 | Colton Silvia | FR | Grinnell | 23.98 |
| 3 | Adrean Johnson | FR | Simpson (Iow | 23.80 |
| 4 | Matthew Lopez | SO | Loras | 23.60 |
| 5 | Grady Carson | JR | Central Coll | 23.74 |
| 6 | Brandon Gradoville | FR | Loras | 23.95 |
| 7 | Jake Forgie | JR | Central Coll | 24.00 |
| 8 | Devan Kennedy | SO | Loras | 24.15 |

Section 3 of 4 Finals

| | | | | |
|---|-----------------|----|--------------|-------|
| 1 | Austin Roberts | SO | Central Coll | 23.46 |
| 2 | Clayton Birkes | FR | Coe | 23.36 |
| 3 | Johnathan Braun | FR | Grinnell | 23.34 |
| 4 | Jared Grove | SO | Simpson (Iow | 23.24 |
| 5 | Anton Jones | FR | Coe | 23.34 |
| 6 | Cole Ebel | SO | Central Coll | 23.35 |
| 7 | Brice Sheeder | JR | Simpson (Iow | 23.45 |
| 8 | Kyle Ward | JR | Loras | 23.48 |

Section 4 of 4 Finals

| | | | | |
|---|-----------------|----|--------------|-------|
| 1 | Jacques Edwards | FR | North Iowa A | 22.90 |
| 2 | Ed Hardman | SO | Grinnell | 22.70 |
| 3 | Dan Roerman | SO | Central Coll | 22.70 |
| 4 | Davivorn Dowe | 2 | Unattached | 21.33 |
| 5 | Nick Ball | SO | Loras | 22.43 |
| 6 | Brad Vogel | SR | Simpson (Iow | 22.70 |
| 7 | Paul Pokana | SO | North Iowa A | 22.83 |
| 8 | Zac Gassman | JR | Loras | 23.00 |

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Event 19 Women 3000 Meter Run

| Lane | Name | Yr | School | Seed Time |
|------------------------------|--------------------|----|---------------|-----------|
| Section 1 of 1 Finals | | | | |
| 1 | Emma Nelson | SR | Central Coll | 11:10.80 |
| 2 | Molly Bramble | SO | Central Coll | 11:10.00 |
| 3 | Shelby King | SR | Simpson (Iow) | NT |
| 4 | Erin Boggess | FR | Simpson (Iow) | 11:45.00 |
| 5 | Bree Gaster | SO | Simpson (Iow) | 11:20.00 |
| 6 | Cassidy Gornick | FR | Central Coll | 11:45.00 |
| 7 | Daphne Baumgartner | SR | Central Coll | 11:12.25 |
| 8 | Andie Arthofer | FR | Central Coll | 11:10.00 |
| 9 | Mallory Welk | JR | Central Coll | 11:45.81 |
| 10 | Beth Heims | FR | Coe | 11:35.05 |

Event 20 Men 3000 Meter Run

| Lane | Name | Yr | School | Seed Time |
|------------------------------|-------------------|----|---------------|-----------|
| Section 1 of 1 Finals | | | | |
| 1 | Jordan Burns | JR | Central Coll | 9:35.00 |
| 2 | Thomas Kolbo | SO | Simpson (Iow) | 10:00.00 |
| 3 | Nathaniel Jones | FR | Simpson (Iow) | 9:49.24 |
| 4 | Greg Margida | SO | Grinnell | 10:15.00 |
| 5 | Daniel Paradisi | FR | Coe | 10:11.71 |
| 6 | Bryce Phillips | SR | Simpson (Iow) | 9:47.10 |
| 7 | Blake Willadsen | FR | Simpson (Iow) | 9:40.00 |
| 8 | Ethan Pellegrino | FR | Simpson (Iow) | 9:19.42 |
| 9 | Kellan Kremer | SO | Simpson (Iow) | 9:45.00 |
| 10 | Drew Jackson | JR | Central Coll | 8:45.11 |
| 11 | Andrew Mayes | SO | Simpson (Iow) | 9:42.56 |
| 12 | Charlie Dewar | SR | Coe | 9:42.35 |
| 13 | Shea Devine | SR | Coe | 9:15.04 |
| 14 | Keenan McLaughlin | SR | Coe | 10:00.00 |

Event 23 Women 4x400 Meter Relay

| Lane | Team | Relay | Seed Time |
|------------------------------|---------------|-------|-----------|
| Section 1 of 2 Finals | | | |
| 3 | Loras | B | 4:20.00 |
| 4 | Coe | B | 4:20.00 |
| 5 | North Iowa A | A | 4:20.00 |
| 6 | Loras | C | 4:36.00 |
| Section 2 of 2 Finals | | | |
| 2 | Simpson (Iow) | B | 4:12.50 |
| 3 | Coe | A | 4:10.00 |
| 4 | Loras | A | 4:05.45 |
| 5 | Simpson (Iow) | A | 4:05.91 |
| 6 | Central Coll | A | 4:12.00 |

Event 24 Men 4x400 Meter Relay

| Lane | Team | Relay | Seed Time |
|------------------------------|---------------|-------|-----------|
| Section 1 of 2 Finals | | | |
| 2 | Loras | C | 3:45.00 |
| 3 | Coe | B | 3:38.00 |
| 4 | North Iowa A | A | 3:34.00 |
| 5 | Central Coll | C | 3:35.00 |
| 6 | Simpson (Iow) | C | 3:38.00 |
| Section 2 of 2 Finals | | | |
| 1 | Central Coll | B | 3:32.00 |
| 2 | Simpson (Iow) | B | 3:30.00 |
| 3 | Simpson (Iow) | A | 3:25.94 |
| 4 | Central Coll | A | 3:23.85 |
| 5 | Loras | A | 3:24.00 |
| 6 | Coe | A | 3:27.50 |
| 7 | Loras | B | 3:32.00 |
| 8 | Grinnell | A | 3:32.24 |

Event 25 Women Hammer Throw**Minimum Mark - 35m**

| Pos | Name | Yr | School | Seed Mark |
|-----------------------------|-------------------|----|--------------|-----------|
| Flight 1 of 1 Finals | | | | |
| 1 | Jennifer Medina | FR | Loras | 25.58m |
| 2 | Alex Bahl | FR | Coe | 26.08m |
| 3 | Sofia Lyskanowski | FR | Loras | 32.05m |
| 4 | Kathryn Thuestad | FR | Loras | 34.34m |
| 5 | Ali Settanni | SO | Loras | 35.19m |
| 6 | Brilee McWilliams | SO | North Iowa A | 35.68m |
| 7 | April McCarthy | SO | Central Coll | 37.74m |
| 8 | Lorell Stuht | FR | Central Coll | 40.74m |
| 9 | Morgan Steere | JR | Loras | 43.38m |

Event 26 Men Hammer Throw**Minimum Mark - 35m**

| Pos | Name | Yr | School | Seed Mark |
|-----------------------------|------------------|----|--------------|-----------|
| Flight 1 of 2 Finals | | | | |
| 1 | Terrel Jones | FR | Grinnell | 24.78m |
| 2 | Trenton Smothers | FR | Central Coll | 28.26m |
| 3 | Alex Mckee-Crow | SO | Coe | 28.75m |
| 4 | Adam Ownby | JR | Coe | 31.60m |
| 5 | Jon Power | FR | Central Coll | 31.79m |
| 6 | Jake Webb | FR | Central Coll | 32.80m |
| 7 | Zach Soer | FR | Loras | 33.77m |
| 8 | Jordan Sanders | FR | Central Coll | 35.52m |

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Flight 2 of 2 Finals...(Event 26 Men Hammer Throw)

| | | | | | |
|---|----------------------|----|--------------|--------|-------|
| 1 | Frank Davis | JR | Coe | 37.46m | _____ |
| 2 | Alex Deeds | JR | Coe | 40.05m | _____ |
| 3 | Joe Hetland | JR | Coe | 40.61m | _____ |
| 4 | Josh Tack | JR | Central Coll | 41.90m | _____ |
| 5 | Chris Davis | SO | Central Coll | 42.00m | _____ |
| 6 | Jordan Burkholder | JR | Loras | 42.85m | _____ |
| 7 | Daniel Yunek | SO | Coe | 45.02m | _____ |
| 8 | Nathan Maiers | JR | Loras | 47.93m | _____ |
| 9 | Steven Messerschmidt | SR | Central Coll | 55.07m | _____ |

Event 27 Women Discus Throw**Minimum Mark - 32m**

| Pos | Name | Yr | School | Seed Mark | |
|-----------------------------|-------------------|----|--------------|-----------|-------|
| Flight 1 of 2 Finals | | | | | |
| 1 | Sofia Lyskanowski | FR | Loras | 26.92m | _____ |
| 2 | Athena Carlson | JR | Grinnell | 29.32m | _____ |
| 3 | Meaghan Weiler | FR | North Iowa A | 29.66m | _____ |
| 4 | Ali Settanni | SO | Loras | 30.96m | _____ |
| 5 | Brilee McWilliams | SO | North Iowa A | 31.19m | _____ |
| 6 | Kathryn Thuestad | FR | Loras | 31.34m | _____ |
| 7 | LaBrisha Michael | FR | North Iowa A | 31.92m | _____ |

Flight 2 of 2 Finals

| | | | | | |
|---|-------------------|----|---------------|--------|-------|
| 1 | Zoe Carlson | FR | Simpson (Iow) | 32.58m | _____ |
| 2 | Lorell Stuht | FR | Central Coll | 33.17m | _____ |
| 3 | April McCarthy | SO | Central Coll | 33.70m | _____ |
| 4 | Morgan Steere | JR | Loras | 34.04m | _____ |
| 5 | Kennedy Gochenour | 8 | Unattached | 34.74m | _____ |
| 6 | Alex Bahl | FR | Coe | 35.60m | _____ |
| 7 | Katelyn Gochenour | SO | Unattached | 41.14m | _____ |
| 8 | Melissa Alger | SO | Coe | 45.70m | _____ |

Event 28 Men Discus Throw**Minimum Mark - 32m**

| Pos | Name | Yr | School | Seed Mark | |
|-----------------------------|-----------------|----|--------------|-----------|-------|
| Flight 1 of 2 Finals | | | | | |
| 1 | Drew Morelan | JR | Loras | 31.87m | _____ |
| 2 | Alex Mckee-Crow | SO | Coe | 34.80m | _____ |
| 3 | Terrel Jones | FR | Grinnell | 34.86m | _____ |
| 4 | Conner Freeman | JR | Central Coll | 35.05m | _____ |
| 5 | Frank Davis | JR | Coe | 36.17m | _____ |
| 6 | Adam Ownby | JR | Coe | 36.33m | _____ |
| 7 | Jordan Sanders | FR | Central Coll | 36.42m | _____ |
| 8 | Daniel Yunek | SO | Coe | 37.32m | _____ |
| 9 | Jon Power | FR | Central Coll | 37.47m | _____ |
| 10 | Chris Davis | SO | Central Coll | 37.70m | _____ |

Flight 2 of 2 Finals

| | | | | | |
|----|----------------------|----|--------------|--------|-------|
| 1 | Jake Webb | FR | Central Coll | 38.72m | _____ |
| 2 | Nathan Maiers | JR | Loras | 38.85m | _____ |
| 3 | Devan Kennedy | SO | Loras | 39.79m | _____ |
| 4 | Kody Dailey | FR | Central Coll | 39.99m | _____ |
| 5 | Josh Tack | JR | Central Coll | 40.40m | _____ |
| 6 | Ben Miller | FR | Central Coll | 40.70m | _____ |
| 7 | Steven Messerschmidt | SR | Central Coll | 42.03m | _____ |
| 8 | Alex Deeds | JR | Coe | 43.20m | _____ |
| 9 | Jordan Burkholder | JR | Loras | 44.54m | _____ |
| 10 | Grant Luer | | Unattached | 57.77m | _____ |

Event 29 Women High Jump**Starting height = 1.37m**

| Pos | Name | Yr | School | Seed Mark | |
|-----------------------------|-----------------|----|---------------|-----------|-------|
| Flight 1 of 1 Finals | | | | | |
| 1 | Adrine Monagi | FR | North Iowa A | NH | _____ |
| 2 | Erin Weaver | FR | Loras | 1.46m | _____ |
| 3 | Sarah Galbraith | SO | Simpson (Iow) | 1.48m | _____ |
| 4 | Hannah Moulds | JR | Simpson (Iow) | 1.48m | _____ |
| 5 | Emma Drees | FR | Central Coll | 1.54m | _____ |
| 6 | Hillary Hotz | JR | Central Coll | 1.58m | _____ |
| 7 | Katie Langmeier | SR | Loras | 1.69m | _____ |

Event 30 Men High Jump**Starting height = 1.73**

| Pos | Name | Yr | School | Seed Mark | |
|-----------------------------|---------------|----|---------------|-----------|-------|
| Flight 1 of 1 Finals | | | | | |
| 1 | Greg Cox | SO | Loras | 1.83m | _____ |
| 2 | Dan Vatch | SO | Loras | 1.85m | _____ |
| 3 | Luke Arrowood | FR | North Iowa A | 1.88m | _____ |
| 4 | Isaac Frazier | FR | Simpson (Iow) | 1.88m | _____ |
| 5 | Logan Mulford | FR | Central Coll | 1.93m | _____ |
| 6 | Josh Diehm | SR | Simpson (Iow) | 1.95m | _____ |
| 7 | Ben Kieler | FR | Loras | 2.00m | _____ |
| 8 | Dylan Toole | FR | Loras | 2.05m | _____ |

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Event 31 Women Long Jump

4 jumps, no finals

| Pos | Name | Yr | School | Seed Mark |
|-----------------------------|-----------------|----|---------------|-----------|
| Flight 1 of 1 Finals | | | | |
| 1 | Miranda Robert | JR | Grinnell | 4.11m |
| 2 | Ashley Nemechek | FR | Coe | 4.71m |
| 3 | Rajanee Michael | FR | North Iowa A | 4.74m |
| 4 | Anna Wernimont | SR | Loras | 4.80m |
| 5 | Kaitlyn Gillett | SO | Central Coll | 4.82m |
| 6 | Hannah Moulds | JR | Simpson (Iow) | 4.88m |
| 7 | Bayley Fleshner | JR | Simpson (Iow) | 5.00m |
| 8 | Eloise Miller | JR | Grinnell | 5.10m |
| 9 | Laura Wondra | SR | Loras | 5.20m |
| 10 | Rellie Kaputin | FR | North Iowa A | 5.73m |

Event 32 Men Long Jump

4 jumps, no finals

| Pos | Name | Yr | School | Seed Mark |
|-----------------------------|-----------------|----|--------------|-----------|
| Flight 1 of 1 Finals | | | | |
| 1 | Devan Kennedy | SO | Loras | ND |
| 2 | Drew Morelan | JR | Loras | ND |
| 3 | Zach Quick | FR | Central Coll | 5.18m |
| 4 | Graham Houselog | SO | Coe | 5.81m |
| 5 | Landon Coker | JR | Central Coll | 5.87m |
| 6 | Luke Arrowood | FR | North Iowa A | 5.98m |
| 7 | Erik Franklin | FR | Coe | 6.51m |
| 8 | Marcus Hughes | FR | North Iowa A | 6.54m |
| 9 | Keontae Neely | SO | Loras | 6.77m |

Event 33 Women Triple Jump

4 jumps, no finals

| Pos | Name | Yr | School | Seed Mark |
|-----------------------------|---------------|----|----------|-----------|
| Flight 1 of 1 Finals | | | | |
| 1 | Kenzie Drahn | SO | Coe | 10.92m |
| 2 | Eloise Miller | JR | Grinnell | 10.97m |

Event 34 Men Triple Jump

4 jumps, no finals

| Pos | Name | Yr | School | Seed Mark |
|-----------------------------|---------------|----|---------------|-----------|
| Flight 1 of 1 Finals | | | | |
| 1 | Zach Quick | FR | Central Coll | 10.84m |
| 2 | Colton Silvia | FR | Grinnell | 12.09m |
| 3 | Isaac Frazier | FR | Simpson (Iow) | 12.32m |
| 4 | Marcus Hughes | FR | North Iowa A | 13.01m |
| 5 | Keontae Neely | SO | Loras | 13.29m |

Event 35 Women Javelin Throw

Minimum Mark - 25m

| Pos | Name | Yr | School | Seed Mark |
|-----------------------------|--------------------|----|---------------|-----------|
| Flight 1 of 2 Finals | | | | |
| 1 | Hannah Moulds | JR | Simpson (Iow) | ND |
| 2 | Rajanee Michael | FR | North Iowa A | ND |
| 3 | Shelbi Stimpson | SO | Central Coll | ND |
| 4 | Nicolle Hewett | FR | North Iowa A | ND |
| 5 | April McCarthy | SO | Central Coll | 22.37m |
| 6 | Alex Bahl | FR | Coe | 24.81m |
| 7 | Meredith Zimmerman | SO | Central Coll | 24.97m |
| 8 | Lauren Martin | JR | Simpson (Iow) | 25.00m |
| 9 | Sarah Galbraith | SO | Simpson (Iow) | 25.00m |
| 10 | Kathryn Thuestad | FR | Loras | 25.39m |
| Flight 2 of 2 Finals | | | | |
| 1 | Bayley Fleshner | JR | Simpson (Iow) | 25.66m |
| 2 | Morgan Koenigs | FR | Central Coll | 25.88m |
| 3 | Ali Settanni | SO | Loras | 25.90m |
| 4 | Emma Drees | FR | Central Coll | 26.42m |
| 5 | Kaitlyn Gillett | SO | Central Coll | 27.33m |
| 6 | Cassie Hocker | FR | Coe | 28.87m |
| 7 | Kennedy Gochenour | 8 | Unattached | 32.13m |
| 8 | Ashley Nemechek | FR | Coe | 35.76m |
| 9 | Whitney Pavlat | JR | Central Coll | 37.32m |
| 10 | Sharon Toako | FR | North Iowa A | 38.24m |
| 11 | Katelyn Gochenour | SO | Unattached | 43.91m |

Event 36 Men Javelin Throw

Minimum Mark - 30m

| Pos | Name | Yr | School | Seed Mark |
|-----------------------------|------------------|----|---------------|-----------|
| Flight 1 of 2 Finals | | | | |
| 1 | Isaac Frazier | FR | Simpson (Iow) | ND |
| 2 | Marcus Hughes | FR | North Iowa A | ND |
| 3 | Mitch Green | FR | Simpson (Iow) | ND |
| 4 | Kelan Chang | SO | Coe | 32.73m |
| 5 | Chris Woodington | JR | Grinnell | 35.66m |
| 6 | Chris Davis | SO | Central Coll | 38.20m |
| 7 | Josh Diehm | SR | Simpson (Iow) | 38.52m |
| 8 | Devan Kennedy | SO | Loras | 40.64m |
| 9 | Daniel Yunek | SO | Coe | 40.94m |

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| | | | | | |
|---|-------------------|----|--------------|--------|-------|
| 1 | Jake Brock | SO | Loras | 43.37m | _____ |
| 2 | Jaemin Powell | SO | Central Coll | 45.13m | _____ |
| 3 | Gunnar Johnson | JR | Central Coll | 45.62m | _____ |
| 4 | Levi Ross | SR | Central Coll | 45.94m | _____ |
| 5 | Greg Cox | SO | Loras | 46.80m | _____ |
| 6 | Brett Mitchelmore | SO | Coe | 48.99m | _____ |
| 7 | Evan Rossing | SO | Loras | 54.57m | _____ |
| 8 | Michael Meersman | SR | Loras | 56.00m | _____ |
| 9 | Will Hanson | SO | North Iowa A | 57.43m | _____ |

Event 37 Women Pole Vault

Starting height = 2.45

| Pos | Name | Yr | School | Seed Mark | |
|-----------------------------|-----------------------|----|---------------|-----------|-------|
| Flight 1 of 1 Finals | | | | | |
| 1 | Carolyn Peckham | FR | Grinnell | 2.13m | _____ |
| 2 | Alyssa Hanson | FR | Simpson (Iow) | 2.30m | _____ |
| 3 | Samantha McConnell | FR | Grinnell | 2.43m | _____ |
| 4 | Mary Doherty | SO | Simpson (Iow) | 2.60m | _____ |
| 5 | Athena Carlson | JR | Grinnell | 2.74m | _____ |
| 6 | Madison Frehe | SR | Central Coll | 2.75m | _____ |
| 7 | Caileen Seguin | SR | Loras | 2.91m | _____ |
| 8 | Laura Bybee | SO | Coe | 3.05m | _____ |
| 9 | Amy Gladis | FR | Loras | 3.15m | _____ |
| 10 | Elizabeth Brandenburg | FR | Loras | 3.56m | _____ |

Event 38 Men Pole Vault

Starting height = 3m

| Pos | Name | Yr | School | Seed Mark | |
|-----------------------------|------------------|----|---------------|-----------|-------|
| Flight 1 of 1 Finals | | | | | |
| 1 | Andrew Koehler | FR | Coe | 2.44m | _____ |
| 2 | Jaemin Powell | SO | Central Coll | 3.24m | _____ |
| 3 | Luis Hernandez | JR | Grinnell | 3.35m | _____ |
| 4 | Conner Freeman | JR | Central Coll | 3.75m | _____ |
| 5 | Mitch Stoltzman | FR | Simpson (Iow) | 3.80m | _____ |
| 6 | David Rodgers IV | FR | Loras | 3.86m | _____ |
| 7 | Nick Lemmon | JR | Central Coll | 3.95m | _____ |
| 8 | Blade Westaby | SR | Loras | 4.16m | _____ |
| 9 | Jake Lindstrom | SR | Grinnell | 4.26m | _____ |

Event 39 Women Shot Put

Minimum Mark - 10m

| Pos | Name | Yr | School | Seed Mark | |
|-----------------------------|-------------------|----|---------------|-----------|-------|
| Flight 1 of 1 Finals | | | | | |
| 1 | Jennifer Medina | FR | Loras | 8.46m | _____ |
| 2 | Kaitlyn Gillett | SO | Central Coll | 8.73m | _____ |
| 3 | Zoe Carlson | FR | Simpson (Iow) | 9.00m | _____ |
| 4 | Meaghan Weiler | FR | North Iowa A | 9.14m | _____ |
| 5 | Sofia Lyskanowski | FR | Loras | 9.30m | _____ |
| 6 | Brilee McWilliams | SO | North Iowa A | 9.49m | _____ |
| 7 | Alex Bahl | FR | Coe | 9.49m | _____ |
| 8 | Ali Settanni | SO | Loras | 10.13m | _____ |
| 9 | Ashley Nemecek | FR | Coe | 10.26m | _____ |
| 10 | April McCarthy | SO | Central Coll | 10.39m | _____ |
| 11 | Kathryn Thuestad | FR | Loras | 10.39m | _____ |
| 12 | LaBrisha Michael | FR | North Iowa A | 12.91m | _____ |
| 13 | Morgan Steere | JR | Loras | 13.22m | _____ |

Event 40 Men Shot Put

Minimum Mark - 10m

| Pos | Name | Yr | School | Seed Mark | |
|-----------------------------|----------------------|----|--------------|-----------|-------|
| Flight 1 of 2 Finals | | | | | |
| 1 | Terrel Jones | FR | Grinnell | ND | _____ |
| 2 | Conner Freeman | JR | Central Coll | 10.28m | _____ |
| 3 | Trenton Smothers | FR | Central Coll | 10.58m | _____ |
| 4 | Jaemin Powell | SO | Central Coll | 11.08m | _____ |
| 5 | Zach Soer | FR | Loras | 12.05m | _____ |
| 6 | Adam Ownby | JR | Coe | 12.24m | _____ |
| 7 | Jon Power | FR | Central Coll | 12.26m | _____ |
| 8 | Josh Tack | JR | Central Coll | 12.33m | _____ |
| Flight 2 of 2 Finals | | | | | |
| 1 | Frank Davis | JR | Coe | 12.58m | _____ |
| 2 | Alex Mckee-Crow | SO | Coe | 12.70m | _____ |
| 3 | Kody Dailey | FR | Central Coll | 12.70m | _____ |
| 4 | Daniel Yunek | SO | Coe | 13.33m | _____ |
| 5 | Jordan Burkholder | JR | Loras | 13.45m | _____ |
| 6 | Alex Deeds | JR | Coe | 13.51m | _____ |
| 7 | Gunnar Johnson | JR | Central Coll | 14.07m | _____ |
| 8 | Steven Messerschmidt | SR | Central Coll | 14.48m | _____ |