

Central College Invitational
Ron and Joyce Schipper Stadium
Pella, IA - 3/28/2013

Results

Women 100 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Felicia Coleman	SR	Central Coll	12.37q 0.3
2 shawanna steplight		Unattached	12.84q 0.7
3 Ragan Duax	FR	Grand View	12.89q 3.4
4 Sarah Ney	SO	Simpson (Iow	13.14q 0.3
5 Monica Ruiz	FR	Central Coll	13.23q 0.7
6 Hillary Garvey	SO	North Iowa A	13.33q 3.4
7 Lauren Martin	SO	Simpson (Iow	13.33q 0.3
8 Aubrey Lindgren	JR	Northwestern	13.35q 0.7
9 Dede Ayers	FR	Grand View	13.35 3.4
10 Allie McBroom	SO	Central Coll	13.35 3.4
11 Kelly Hendricks	SR	Drake	13.36 0.7
12 Payton Wilkenfeld	FR	Southwestern	13.41 0.3
13 Lis Gerst	SO	Central Coll	13.51 0.3
14 Emily Giles	FR	William Penn	13.60 3.4
15 Jazmine Epps	FR	William Penn	13.63 0.7
16 Kaley Folkerts	FR	Southwestern	13.64 3.4
17 Ashley Schneider	JR	Northwestern	13.81 3.4
18 Cierra Threats	FR	William Penn	13.82 0.3
19 Kristin Klocksiem	FR	Southwestern	13.92 0.7
20 Katy Hart	FR	Northwestern	14.11 0.3
21 Layce Johnson	JR	Northwestern	14.20 0.7

Women 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Felicia Coleman	SR	Central Coll	12.24 10
2 shawanna steplight		Unattached	12.49 1.1
3 Ragan Duax	FR	Grand View	13.04 8
4 Sarah Ney	SO	Simpson (Iow	13.16 6
5 Monica Ruiz	FR	Central Coll	13.28 5
6 Aubrey Lindgren	JR	Northwestern	13.44 4
7 Lauren Martin	SO	Simpson (Iow	13.54 3

Women 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Katie Sunderman	FR	Central Coll	26.72 10
2 Sarah Ney	SO	Simpson (Iow	27.11 8
3 Ragan Duax	FR	Grand View	27.18 6
4 Payton Wilkenfeld	FR	Southwestern	27.72 5
5 Taylor Beckman	SO	Central Coll	27.91 4
6 Emily Giles	FR	William Penn	28.35 3
7 Kristin Klocksiem	FR	Southwestern	28.36 2
8 Allie McBroom	SO	Central Coll	28.38 1
9 April Sigmund	SR	Simpson (Iow	28.38 0.3
10 Cierra Threats	FR	William Penn	28.51 1.3

11 Jazmine Dupee	SR	Grand View	28.52 0.3
12 Jazmine Epps	FR	William Penn	28.52 0.2
13 Abby Saladino	FR	Central Coll	x28.62 0.3
14 Brooke Hammond	FR	Grand View	28.67 0.3
15 Holly Anthony	JR	Grand View	x28.68 0.2
16 Jordan Maher	JR	Simpson (Iow	28.70 0.2
17 Abigail Stevens	FR	Northwestern	28.73 1.3
18 Martina Smith	FR	North Iowa A	28.97 0.8
19 Kaley Folkerts	FR	Southwestern	29.02 0.8
20 Kelly Hendricks	SR	Drake	29.19 0.2
21 Amanda Lamb	JR	Central Coll	x29.22 0.3
22 Rachel Purdy	SR	Central Coll	x29.32 0.2
23 Lindsay Taylor	FR	Simpson (Iow	x29.75 1.3
24 Meredith Zimmerman	FR	Central Coll	x29.77 0.3
25 Hannah Moulds	SO	Simpson (Iow	x30.19 1.3
26 Brei Theisen	FR	Southwestern	x30.39 0.8
27 Madison Yohe	FR	Northwestern	30.50 0.2
28 Lacey Heater	SR	Grand View	x31.81 0.8
29 Sam Haunsperger	FR	Grand View	x31.94 1.3

Women 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Lauren Spranger	FR	Northwestern	59.31 10
2 Camie Kibbee	SO	Central Coll	1:00.77 8
3 Melanie Nielsen	FR	Central Coll	1:01.66 6
4 April Sigmund	SR	Simpson (Iow	1:02.09 5
5 Brooke Hammond	FR	Grand View	1:02.77 4
6 Sarah Galbraith	FR	Simpson (Iow	1:03.70 3
7 Dede Ayers	FR	Grand View	1:03.72 2
8 Callie Buske	FR	Northwestern	1:04.21 1
9 Amanda Lamb	JR	Central Coll	1:04.75
10 Rachel Purdy	SR	Central Coll	x1:05.80
11 Rachel Lee	FR	Northwestern	1:08.17
12 Meagan Kirts	SR	Simpson (Iow	1:08.49
13 Jessica Sawatzky	FR	Northwestern	x1:08.73

Women 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Elin Phipps	FR	Central Coll	2:21.82 10
2 Brianna Hobbs	SR	Northwestern	2:22.63 8
3 Dawn Gildersleeve	JR	Northwestern	2:23.08 6
4 Jackie Niewenhuis	JR	Northwestern	2:27.04 5
5 Hillary Garvey	SO	North Iowa A	2:28.48 4
6 Tarah Alexander	FR	William Penn	2:28.95 3
7 Lauren Spranger	FR	Northwestern	x2:29.93
8 Sarah Mueller	SO	Central Coll	2:30.85 2
9 Alison Ranniger	SO	Central Coll	2:32.37 1
10 Brandi Schindel	JR	Simpson (Iow	2:36.02
11 Martina Smith	FR	North Iowa A	2:36.52

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Results

Finals ... (Women 800 Meter Run)

Name	Yr	School	Finals
12 Allison Heifner	SR	Drake	2:36.57
13 Stephanie Faught	FR	North Iowa A	2:54.12
14 Rebecca Baker	FR	North Iowa A	x3:06.26

Women 1500 Meter Run

Name	Yr	School	Finals
Finals			
1 Elin Phipps	FR	Central Coll	4:50.11 10
2 Jamie Elbert	JR	Simpson (Iow)	4:56.69 8
3 Allison McFayden	SR	Grand View	5:03.16 6
4 Alyssa Eaves	SO	Central Coll	5:04.00 5
5 Molly Bramble	FR	Central Coll	5:05.14 4
6 Sarah Mueller	SO	Central Coll	x5:05.44
7 Emily Saville	SO	Central Coll	x5:07.32
8 Leslie Stover	SR	Northwestern	5:10.40 3
9 Jade Osborne	SR	Simpson (Iow)	5:13.54 2
10 Lindsey Borgomainerio	JR	Simpson (Iow)	5:14.77 1
11 Stephanie Parks	SO	Drake	5:15.18
12 Kelley Thurman	FR	Northwestern	5:19.35
13 Kelsey Carbajo	JR	Grand View	5:20.87
14 Valinn McReynolds	SR	William Penn	5:22.18
15 Jasmine Nielsen	SO	Grand View	5:24.90
16 Ashley Ubbelohde	JR	Grand View	x5:29.53
17 Shelby King	JR	Simpson (Iow)	x5:35.01
18 Emily Manning	SO	Simpson (Iow)	x5:35.87
19 Corrine Muyskens	SR	Northwestern	5:37.26
20 Jill McInnis	SO	Northwestern	x5:39.69
21 Regina Hafner	SO	Southwestern	5:40.31
22 Alicia Dean	SR	Grand View	x5:41.73
23 Joleen Wilhelm	SO	Northwestern	x5:45.21
24 Stephanie Faught	FR	North Iowa A	5:51.90
25 Leah Clark	SO	Simpson (Iow)	x5:57.87
26 Emily Nienhuis	FR	Northwestern	x6:00.34
27 Rebecca Baker	FR	North Iowa A	6:09.40
28 Breanne Buseman	JR	Central Coll	x6:56.59

Women 5000 Meter Run

Name	Yr	School	Finals
Finals			
1 Gabbi Wilson	FR	Central Coll	19:11.57 10
2 Amber Sandbulte	SO	Northwestern	19:46.75 8
3 Kelsey Carbajo	JR	Grand View	19:46.87 6
4 Kalli McCann	SO	Southwestern	20:06.46 5
5 Alicia Dean	SR	Grand View	20:30.34 4
6 Juli Smith	FR	Drake	20:33.94 3
7 Ashley Ubbelohde	JR	Grand View	20:34.40 2
8 Valinn McReynolds	SR	William Penn	20:48.17 1
9 Regina Hafner	SO	Southwestern	21:11.22
10 Rosemary Bailey	SO	William Penn	21:23.90

11 Macy Logan FR Marshalltown 24:02.62

Women 100 Meter Hurdles

Name	Yr	School	Prelims
Preliminaries			
1 Karen Hutson	SO	Northwestern	15.12q 1.3
2 Bayley Fleshner	SO	Simpson (Iow)	15.18q 1.3
3 shawanna steplight		Unattached	15.76q 1.4
4 Brooke Foreman	FR	Drake	15.88q 1.4
5 Holly Anthony	JR	Grand View	16.20q 1.4
6 Jordan Maher	JR	Simpson (Iow)	16.40q 1.3
7 McKenna Zimmerman	FR	Central Coll	16.59q 1.4
8 Meredith Zimmerman	FR	Central Coll	16.91q 1.3
9 Abby Saladino	FR	Central Coll	17.34 1.4
10 Abigail Stevens	FR	Northwestern	17.80 1.4
11 Hannah Moulds	SO	Simpson (Iow)	17.97 1.3
12 Tena Jeppesen	SO	Northwestern	18.04 1.3
13 Allison Williams	FR	William Penn	18.78 1.3
14 Lindsey Kimler	SO	William Penn	18.99 1.4
15 Sam Haunsperger	FR	Grand View	23.05 1.4

Women 100 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Karen Hutson	SO	Northwestern	14.83 10
2 shawanna steplight		Unattached	15.48 0.4
3 Brooke Foreman	FR	Drake	15.52 8
4 Bayley Fleshner	SO	Simpson (Iow)	15.68 6
5 McKenna Zimmerman	FR	Central Coll	16.06 5
6 Jordan Maher	JR	Simpson (Iow)	16.49 4
7 Meredith Zimmerman	FR	Central Coll	16.86 3
8 Holly Anthony	JR	Grand View	17.00 2

Women 400 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Brooke Foreman	FR	Drake	1:07.36 10
2 Sarah Wedel	FR	Northwestern	1:11.23 8
3 Jasmine Nielsen	SO	Grand View	1:13.46 6
4 Regina Steffen	SO	Northwestern	1:13.81 5
5 Allison McFayden	SR	Grand View	1:15.62 4

Women 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Central College	B	49.81 10
1) Lis Gerst SO	2) Katie Sunderman FR	
3) Felicia Coleman SR	4) McKenna Zimmerman FR	

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Finals ... (Women 4x100 Meter Relay)

Team	Relay	Finals
2 Simpson (Iowa)	A	50.87 8
1) Bayley Fleshner SO	2) Lauren Martin SO	
3) Sarah Ney SO	4) Jordan Maher JR	
3 Central College	A	x51.68
1) Monica Ruiz FR	2) Melanie Nielsen FR	
3) Camie Kibbee SO	4) Taylor Beckman SO	
4 Northwestern (Iowa)	A	53.64 6
1) Aubrey Lindgren JR	2) Ashley Schneider JR	
3) Emily Culver FR	4) Madison Yohe FR	
5 Southwestern CC	A	53.98 5
1) Payton Wilkenfeld FR	2) Brei Theisen FR	
3) Kristin Kloksiem FR	4) Kaley Folkerts FR	
6 Simpson (Iowa)	B	x54.21
	4) Hannah Moulds SO	

Women 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Northwestern (Iowa)	A	4:10.42 10
1) Megan Walhof SO	2) Jackie Niewenhuis JR	
3) Lauren Spranger FR	4) Karen Hutson SO	
2 Grand View	A	4:16.90 8
1) Jasmine Nielsen SO	2) Holly Anthony JR	
3) Ragan Duax FR	4) Dede Ayers FR	
3 Simpson (Iowa)	A	4:17.35 6
1) April Sigmund SR	2) Sammy Nelson SR	
	4) Lindsey Borgomainerio JR	
4 Grand View	B	x4:54.50
1) Brooke Hammond FR	2) Allison McFayden SR	
3) Jazmine Dupee SR	4) Sam Haunsperger FR	

Women High Jump

Name	Yr	School	Finals
Finals			
1 Alora Simmons	FR	William Penn	1.45m 10
2 Molly Schimp	FR	Southwestern	1.45m 7
2 Jazmine Epps	FR	William Penn	1.45m 7
4 Lauren Martin	SO	Simpson (Iow)	1.45m 5
5 Tess Ory	FR	Central Coll	1.40m 4
6 Lacey Heater	SR	Grand View	1.35m 3
7 Hannah Moulds	SO	Simpson (Iow)	1.35m 2

Women Pole Vault

Name	Yr	School	Finals
Finals			
1 Lydia Steenhoek	FR	Northwestern	2.75m 10
2 Gwen Baumgardner	SR	Drake	2.60m 8
3 Mary Doherty	FR	Simpson (Iow)	2.60m 6
4 Madison Frehe	JR	Central Coll	2.60m 5

5 Evangeline Lavelle	SR	Central Coll	2.45m 4
6 Abigail Stevens	FR	Northwestern	2.45m 3

Lauryn Besack	FR	Grand View	NH

Women Long Jump

Name	Yr	School	Finals
Finals			
1 Karen Hutson	SO	Northwestern	5.57m 10
2 Holly Anthony	JR	Grand View	5.23m 8
3 Taylor Beckman	SO	Central Coll	5.06m 6
4 Mackenzie Small	JR	Northwestern	4.96m 5
5 Bayley Fleshner	SO	Simpson (Iow)	4.85m 4
6 Sarah Galbraith	FR	Simpson (Iow)	4.84m 3
7 Emily Giles	FR	William Penn	4.68m 2
8 Katy Hart	FR	Northwestern	4.62m 1
9 Hannah Shie	FR	Northwestern	x4.56m -0.3
10 Hope Hancox	FR	Simpson (Iow)	4.55m 2.7
11 Hannah Moulds	SO	Simpson (Iow)	x4.54m -1.1
12 Jacie White	SO	Northwestern	x4.50m 1.1
13 Kaley Folkerts	FR	Southwestern	4.38m -1.5

Women Triple Jump

Name	Yr	School	Finals
Finals			
1 Allyson Austin	SO	Northwestern	10.81m 10
2 Jazmine Dupee	SR	Grand View	9.84m 8
3 Shelbi Stimpson	FR	Central Coll	9.65m 6
4 Lindsay Taylor	FR	Simpson (Iow)	9.62m 5
5 Sarah Galbraith	FR	Simpson (Iow)	9.58m 4
6 Jessica Sawatzky	FR	Northwestern	9.43m 3
7 Shanna Aberson	SR	Central Coll	9.14m 2

Women Shot Put

Name	Yr	School	Finals
Finals			
1 Val Veiock	SO	Grand View	12.83m 10
2 Jena Krebs	SO	Northwestern	12.53m 8
3 Adrienne Bishop	SO	Northwestern	11.41m 6
4 Jess Fevold	SR	Central Coll	11.34m 5
5 Emma Hoerr	FR	William Penn	11.31m 4
6 Morgan Stampley	SO	Minnesota St	11.13m 3
7 Amber Jones	FR	Grand View	10.82m 2
8 Hannah Shie	FR	Northwestern	10.73m 1
9 Marissa Harnisch	JR	Grand View	10.70m
10 Meaghan Foster	FR	William Penn	10.17m
11 April McCarthy	FR	Central Coll	10.15m
12 Colleen Frank	JR	Grand View	x10.12m
13 Savannah Clapper	FR	Northwestern	x9.84m
14 Morgan Larrington	SO	Grand View	x9.75m
15 Kennedy Wrice	SO	Grand View	x9.56m
16 Brilee McWilliams	FR	North Iowa A	9.45m

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Results

Finals ... (Women Shot Put)

Name	Yr	School	Finals
17 Tamara Weltch	JR	William Penn	9.39m
18 Maranda Chapin	FR	North Iowa A	8.88m
19 Hannah Twedt	FR	Northwestern	x8.77m

Women Discus Throw

Name	Yr	School	Finals
Finals			
1 Majesty Tutson	SR	Iowa	50.11m 10
2 Dakotah Goodell	FR	Iowa	44.86m 8
3 Courtney Fritz	JR	Iowa	43.73m 6
4 Amanda Stahle	SO	Iowa	x43.54m
5 Val Veiock	SO	Grand View	38.97m 5
6 Jena Krebs	SO	Northwestern	37.40m 4
7 Devon Jensen	SR	Grand View	37.20m 3
8 Jordan Maher	JR	Simpson (Iow)	36.69m 2
9 Anna Ryan	JR	Minnesota St	36.52m 1
10 Emma Hoerr	FR	William Penn	35.26m
11 Colleen Frank	JR	Grand View	35.16m
12 Maranda Chapin	FR	North Iowa A	34.85m
13 Jordan Machorro	FR	William Penn	33.97m
14 Meaghan Foster	FR	William Penn	33.56m
15 Jess Fevold	SR	Central Coll	33.13m
16 Megan Fuchser	FR	Northwestern	31.22m
17 Brilee McWilliams	FR	North Iowa A	31.06m
18 Savannah Clapper	FR	Northwestern	28.73m
19 Hannah Twedt	FR	Northwestern	x27.03m
20 April McCarthy	FR	Central Coll	26.17m
21 Kennedy Wrice	SO	Grand View	x25.80m

Women Hammer Throw

Name	Yr	School	Finals
Finals			
1 Annemie Smith	SO	Iowa	57.06m 10
2 Ashlyn Gulvas	JR	Iowa	54.85m 8
3 Kayla Sanborn	JR	Unattached	X48.14m
4 Chelsea Colpitts	SO	Iowa	46.67m 6
5 Morgan Stampley	SO	Minnesota St	46.64m 5
6 Dakotah Goodell	FR	Iowa	x44.33m
7 Val Veiock	SO	Grand View	43.65m 4
8 Anna Ryan	JR	Minnesota St	42.16m 3
9 Tamara Weltch	JR	William Penn	41.39m 2
10 Meaghan Foster	FR	William Penn	41.02m 1
11 Jess Fevold	SR	Central Coll	40.13m
12 Jena Krebs	SO	Northwestern	40.05m
13 Amber Jones	FR	Grand View	39.89m
14 Colleen Frank	JR	Grand View	39.31m
15 Audom Hathaway	SR	Minnesota St	39.09m
16 Adrienne Bishop	SO	Northwestern	38.93m
17 Kennedy Wrice	SO	Grand View	x32.07m

18 April McCarthy	FR	Central Coll	31.84m
19 Hannah Twedt	FR	Northwestern	31.59m
20 Morgan Larrington	SO	Grand View	x31.16m
21 Marissa Harnisch	JR	Grand View	x30.50m
22 Savannah Clapper	FR	Northwestern	x27.34m

Women Javelin Throw

Name	Yr	School	Finals
Finals			
1 Devon Jensen	SR	Grand View	38.22m 10
2 Whitney Pavlat	SO	Central Coll	33.64m 8
3 Morgan Sharp	SR	Central Coll	33.33m 6
4 Shanna Aberson	SR	Central Coll	30.95m 5
5 Mariah Young	SO	Simpson (Iow)	30.76m 4
6 Jena Krebs	SO	Northwestern	30.04m 3
7 Lauryn Besack	FR	Grand View	27.19m 2
8 Marissa Harnisch	JR	Grand View	26.15m
9 Amber Jones	FR	Grand View	x23.94m 1
10 Hannah Shie	FR	Northwestern	20.25m
11 Morgan Larrington	SO	Grand View	x19.66m
--- Abigail Stevens	FR	Northwestern	FOUL

Men 100 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Nicholas Nelson	SR	Minnesota St	10.91q 2.1
2 Jeriah Dunk	JR	Northwestern	10.99q 1.2
3 Gabriel Green	SR	William Penn	11.00q 1.2
4 Carmono Lane	JR	Minnesota St	11.04q 2.1
5 Brandon Hammack	SR	Northwestern	11.05q 0.9
6 Aaron Arment	SO	Simpson (Iow)	11.12q 1.2
7 Jesse Selgeby	JR	Northwestern	11.20q 0.9
8 Keonte White	SO	Grand View	11.22q 1.2
9 Logan Danko	SR	Central Coll	11.22 1.2
10 Wes Hammer	JR	Grand View	11.34 2.1
11 Marquis Flowers	SO	Southwestern	11.42 1.2
12 Alex Van Roekel	FR	Northwestern	11.44 0.9
13 Allen Clark	FR	Grand View	11.46 2.1
14 Kederick Givens	FR	William Penn	11.52 0.9
15 frank leachmon	SO	Unattached	11.56 1.2
16 Terrence Gaye	SO	Southwestern	11.57 2.1
17 Landon Coker	SO	Central Coll	11.57 1.2
18 Koray Karakas	FR	Northwestern	11.58 2.1
19 Bryndon Douglas	FR	William Penn	11.92 1.2
20 Alex Bleardorn	FR	Central Coll	11.95 0.9
21 Jared Grove	FR	Simpson (Iow)	11.98 1.2
22 Grady Carson	SO	Central Coll	12.13 1.2
23 Brennan Dorsey	FR	Northwestern	12.28 0.9
24 Jordan Dorsey	JR	Northwestern	12.29 1.2
25 Adam Pool	FR	Southwestern	12.63 1.2

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Men 100 Meter Dash

	Name	Yr	School	Finals	
Finals					
1	Nicholas Nelson	SR	Minnesota St	10.91	10
2	Carmono Lane	JR	Minnesota St	10.97	8
3	Brandon Hammack	SR	Northwestern	10.99	6
4	Jeriah Dunk	JR	Northwestern	11.01	5
5	Aaron Arment	SO	Simpson (Iow	11.12	4
6	Keonte White	SO	Grand View	11.18	3
7	Jesse Selgeby	JR	Northwestern	11.20	2

Men 200 Meter Dash

	Name	Yr	School	Finals	
Finals					
1	Gabriel Green	SR	William Penn	22.29	10
2	Keonte White	SO	Grand View	22.43	8
3	Carmono Lane	JR	Minnesota St	22.52	6
4	Aaron Arment	SO	Simpson (Iow	22.61	5
5	Nathan Hancock	SO	Minnesota St	22.65	4
6	Chase Carlson	SO	Grand View	22.98	3
7	Kederick Givens	FR	William Penn	23.07	2
8	Mitch Wagoner	JR	Central Coll	23.19	1
9	Mason Zimmerman	SO	Central Coll	23.20	1.0
10	Marquis Flowers	SO	Southwestern	23.25	0.8
11	Nick Borchert		University o	23.41	1.0
12	Alex Lugo	SO	North Iowa A	23.45	1.6
13	Allen Clark	FR	Grand View	23.57	1.0
14	Justin Welch	SR	Drake	23.64	0.8
15	Brock Schultz	FR	North Iowa A	23.66	1.6
16	Philip Heisterkamp	SR	Central Coll	23.80	0.8
17	Terrence Gaye	SO	Southwestern	23.90	1.6
18	Aric Waltz	FR	Northwestern	23.95	1.6
19	Jared Grove	FR	Simpson (Iow	23.99	0.8
20	Koray Karakas	FR	Northwestern	24.00	1.6
21	Josh Thompson	SO	Northwestern	24.01	0.2
22	Cole Ebel	FR	Central Coll	x24.35	0.8
23	Kenny Simmons	FR	Grand View	x24.38	0.2
24	Jake Forgie	SO	Central Coll	x24.50	0.2
25	Matt Schimek	JR	Drake	24.51	1.4
26	Travis Gilbert	SO	North Iowa A	24.56	0.2
27	Michael Bahl	JR	Simpson (Iow	24.71	0.2
28	Jimmie Davis	JR	Grand View	x24.74	1.6
29	Ryan O'Tool	FR	North Iowa A	x24.81	1.4
30	Matthew Hollister	SO	North Iowa A	x24.93	0.2
31	Jordan Dorsey	JR	Northwestern	x25.01	0.2
32	Adam Pool	FR	Southwestern	25.24	1.4
33	John Bach	SO	Central Coll	x25.61	1.6

Men 400 Meter Dash

	Name	Yr	School	Finals	
Finals					
1	Gabriel Green	SR	William Penn	50.15	10
2	Brice Sheeder	SO	Simpson (Iow	50.47	8
3	Alex Lugo	SO	North Iowa A	51.02	6
4	Tyler Westphal	SR	Central Coll	51.11	5
5	Austin Roberts	FR	Central Coll	51.61	4
6	Brock Schultz	FR	North Iowa A	51.66	3
7	Spencer Gardner	FR	Grand View	51.91	2
8	Bryce Adger	JR	Grand View	51.94	1
9	Nick Borchert		University o	52.05	
10	Kevin Martinson	FR	Northwestern	52.50	
11	Adam Potter	SR	Northwestern	52.50	
12	Devan Quam	FR	Simpson (Iow	52.51	
13	C.J. Moody	SO	Simpson (Iow	53.07	
14	Austin Stubbs	FR	Central Coll	53.15	
15	Justin Welch	SR	Drake	53.20	
16	Wes Hammer	JR	Grand View	53.41	
17	Blake Washington	JR	William Penn	53.45	
18	Toi Jones	JR	Grand View	x53.48	
19	Kaleb Bozorgzadeh		University o	53.51	
20	Nicholas Thomas	SO	William Penn	53.76	
21	Michael Bahl	JR	Simpson (Iow	x53.77	
22	Matthew Hollister	SO	North Iowa A	53.89	
23	John Bach	SO	Central Coll	x54.47	
24	Clayton Fritz	JR	Central Coll	x54.49	
25	Sean Buczek	FR	Drake	54.57	
26	John Roudabush	SO	William Penn	x54.65	
27	Ryan O'Tool	FR	North Iowa A	x55.04	
28	Jacob Stacy	FR	Grand View	x55.15	
29	Miles Barton	SO	Central Coll	x55.15	
30	Noah Hollinger	SO	Northwestern	55.22	
31	Noah Busker	FR	Central Coll	x55.97	
32	Jamorsay Lambert	SO	William Penn	x1:01.42	

Men 800 Meter Run

	Name	Yr	School	Finals	
Finals					
1	Taylor Bodin	JR	Northwestern	1:56.29	10
2	Tariq White	SR	Grand View	1:58.03	8
3	Brennen Wears		University o	1:58.87	6
4	Leif Jeppson	SR	Simpson (Iow	1:58.93	5
5	Ben Schornack	SR	Central Coll	2:00.06	4
6	Zach Vos	JR	Grand View	2:00.08	3
7	Anthony Burton	SO	Simpson (Iow	2:00.20	2
8	Brandon Schuler	SR	Northwestern	2:00.36	1
9	Rayvonne Brown	SO	Southwestern	2:00.47	
10	Michael Kuder		University o	2:01.09	
11	Austin King	JR	Northwestern	2:01.85	

Central College Invitational
Ron and Joyce Schipper Stadium
Pella, IA - 3/28/2013

Results**Finals ... (Men 800 Meter Run)**

Name	Yr	School	Finals
12 Mark Lahart	SR	Simpson (Iow	2:02.47
13 Zachary Elkins	FR	Drake	2:03.03
14 OJ Ojullu	FR	North Iowa A	2:03.14
15 Joe Bierl	SO	Southwestern	2:04.38
16 Alex Bloomquist	SO	North Iowa A	2:04.60
17 Blake Washington	JR	William Penn	2:04.77
18 Nick Barnes	SO	Central Coll	2:05.45
19 Sapolai Yao	SO	North Iowa A	2:07.45
20 Deane Wichelt	SO	William Penn	2:08.73
21 Corey Brown		University o	2:09.59
22 Nicholas Thomas	SO	William Penn	2:10.06
23 Brandon Young	SO	Central Coll	2:10.66
24 Nick Nolte	FR	Simpson (Iow	x2:11.07
25 Mason Powers	SO	North Iowa A	x2:11.79
26 Scott Patnode	SO	North Iowa A	x2:15.88
27 John Roudabush	SO	William Penn	x2:17.63
28 Brandon Bergren	SO	Southwestern	2:23.70
29 Nate Carr	SO	Southwestern	x2:25.30
30 Eric Robinson	SO	Southwestern	x2:26.49
31 Nicholas DiMarco	SO	North Iowa A	x2:31.18

Men 1500 Meter Run

Name	Yr	School	Finals
1 Ben Schornack	SR	Central Coll	4:05.11 10
2 Kyle Anderson	FR	Northwestern	4:05.37 8
3 Logan Hovland	SO	Northwestern	4:05.56 6
4 Skyler Giddings	SO	Northwestern	4:06.24 5
5 Mason Powers	SO	North Iowa A	4:09.23 4
6 Zach Wittenberg	JR	Northwestern	x4:13.54
7 Kyle Nuehring	FR	Central Coll	4:13.91 3
8 Nick Barnes	SO	Central Coll	4:14.20 2
9 Mitchell Davis	SR	Simpson (Iow	4:18.59 1
10 Alex Edwards	SO	William Penn	4:19.37
11 Miles Kirts	FR	Simpson (Iow	4:20.24
12 Nick Yaeger	FR	Simpson (Iow	4:20.51
13 Corey Brown		University o	4:21.21
14 Caleb VanderBaan	FR	Northwestern	x4:21.88
15 Austin Ward	SR	Grand View	4:23.01
16 Justin Burns	SO	Central Coll	x4:24.04
17 Elliott Johnson	FR	Northwestern	x4:26.29
18 Chris Serridge	SO	Central Coll	x4:26.49
19 Eric Posthuma	JR	Northwestern	x4:26.87
20 Andrew Mayes	FR	Simpson (Iow	x4:27.58
21 Deane Wichelt	SO	William Penn	4:29.23
22 Scott Patnode	SO	North Iowa A	4:30.39
23 Auston Carter	SO	Southwestern	4:30.86
24 Justin Bond	SR	Grand View	4:32.57
25 Brandon Young	SO	Central Coll	x4:33.39

26 Justin Welsh	JR	Grand View	4:33.94
27 Seth Harjes	FR	Grand View	x4:45.62
28 Brandon Bergren	SO	Southwestern	4:53.41
29 Eric Schultz	SO	Grand View	x4:53.58
30 Nicholas DiMarco	SO	North Iowa A	4:55.00
31 Nate Carr	SO	Southwestern	5:04.57
32 Josh Cobb	SO	Southwestern	x5:10.25
33 Claude Tuyikeze	SO	Grand View	x5:10.35

Men 5000 Meter Run

Name	Yr	School	Finals
1 Drew Jackson	SO	Central Coll	15:26.40 10
2 Guy Eckman	JR	Drake	15:38.48 8
3 Ian Harkreader	FR	Drake	15:48.50 6
4 Trent Smith	FR	North Iowa A	15:54.34 5
5 Ali Jandal	FR	Drake	16:07.37 4
6 Brandon Clough	SR	Central Coll	16:14.29 3
7 Calvin Daack	SO	Drake	x16:15.31
8 John-Ross Tangi	SO	North Iowa A	16:31.82 2
9 Anthony Epp	SO	Northwestern	16:43.26 1
10 Ryan Weitgenant	FR	Northwestern	16:46.74
11 Yanni Gallagher	FR	William Penn	16:51.41
12 Andrew Lichter	SR	Northwestern	17:09.48
13 Nathan Carr	FR	Marshalltown	17:10.51
14 Quintin Marshall	JR	William Penn	17:11.69
15 Justin Welsh	JR	Grand View	17:19.04
16 Paul McCleary	SO	Northwestern	x17:49.93
17 Gabe Beers	SO	Southwestern	17:56.15
18 Dave Prchal	FR	Southwestern	17:56.17
19 Austin Ward	SR	Grand View	18:09.48
20 Eric Schultz	SO	Grand View	18:22.87
21 Auston Carter	SO	Southwestern	18:23.10
22 Seth Harjes	FR	Grand View	x18:46.05
23 Kennedy Kiprop	FR	Grand View	x18:48.85
24 Justin Bond	SR	Grand View	x18:51.57
25 Josh Cobb	SO	Southwestern	x19:11.65
26 Claude Tuyikeze	SO	Grand View	x22:10.04

Men 110 Meter Hurdles

Name	Yr	School	Prelims
1 Dan Roerman	FR	Central Coll	15.36q 0.8
2 Kyle Heidebrink	JR	Northwestern	15.46q 1.9
3 Will Hanson	FR	North Iowa A	15.49q 0.8
4 Jace Ver Steeg	FR	Northwestern	15.82q 0.8
5 Tyler Patten	JR	Grand View	15.98q 0.8
6 Jackson Shantz	SO	Southwestern	16.15q 1.9
7 Josh Thompson	SO	Northwestern	16.41q 1.9
8 Ted Heying	SR	Simpson (Iow	16.50q 1.9

**Central College Invitational
Ron and Joyce Schipper Stadium
Pella, IA - 3/28/2013**

Results

Preliminaries ... (Men 110 Meter Hurdles)

Name	Yr	School	Prelims
9 Jake Forgie	SO	Central Coll	16.70 1.9
10 Trevor Volz	SO	William Penn	17.00 0.8

Men 110 Meter Hurdles

Name	Yr	School	Finals
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Finals

1 Dan Roerman	FR	Central Coll	15.38 10
2 Will Hanson	FR	North Iowa A	15.40 8
3 Kyle Heidebrink	JR	Northwestern	15.62 6
4 Tyler Patten	JR	Grand View	15.73 5
5 Josh Thompson	SO	Northwestern	16.30 4
6 Ted Heying	SR	Simpson (Iow)	16.38 3
7 Jackson Shantz	SO	Southwestern	16.68 2
8 Jace Ver Steeg	FR	Northwestern	23.00 1

Men 400 Meter Hurdles

Name	Yr	School	Finals
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Finals

1 Drake Hickok	FR	Central Coll	55.59 10
2 Kyle Heidebrink	JR	Northwestern	57.77 8
3 Tyler Patten	JR	Grand View	59.55 6
4 Chris Meyers	JR	Northwestern	1:00.02 5
5 Trevor Volz	SO	William Penn	1:00.28 4
6 Jordan Sump	JR	Central Coll	1:00.57 3
7 Ted Heying	SR	Simpson (Iow)	1:02.34 2
8 Jacob Stacy	FR	Grand View	1:05.15 1
9 Spencer Gardner	FR	Grand View	1:06.59

Men 3000 Meter Steeplechase

Name	Yr	School	Finals
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Finals

1 Sapolai Yao	SO	North Iowa A	9:43.32 10
2 Jake Sutton	SR	Simpson (Iow)	9:50.25 8
3 Matt Bowman	SO	North Iowa A	10:24.80 6
4 Jonny Worley	FR	North Iowa A	10:38.16 5
5 Michael Splavec	JR	Central Coll	11:15.20 4
6 Lars Larson	SR	Central Coll	11:19.34 3
7 Dave Prchal	FR	Southwestern	11:31.46 2
8 Gage Beers	SO	Southwestern	11:54.65 1

Men 4x100 Meter Relay

Team	Relay	Finals
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Finals

1 Northwestern (Iowa)	A	42.44 10
1) Jeriah Dunk JR	2) Brandon Hammack SR	
3) Alex Van Roekel FR	4) Jesse Selgeby JR	
2 Central College	B	44.47 8
1) Austin Roberts FR	2) Alex Bleardom FR	
3) Dan Roerman FR	4) Cole Ebel FR	

3 Southwestern CC	A	46.51 6
1) Terrence Gaye SO	2) Rayvonne Brown SO	
3) Adam Pool FR	4) Marquis Flowers SO	
--- Central College	A	DNF
1) Mitch Wagoner JR	2) Logan Danko SR	
3) Mason Zimmerman SO	4) Grady Carson SO	

Men 4x400 Meter Relay

Team	Relay	Finals
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Finals

1 Northwestern (Iowa)	A	3:24.59 10
1) Taylor Bodin JR	2) Kevin Martinson FR	
3) Elliott Johnson FR	4) Brandon Schuler SR	
2 Simpson (Iowa)	A	3:25.97 8
1) Brice Sheeder SO	4) Anthony Burton SO	
3) John Cord JR	A	3:27.05 6
3 Central College	2) Miles Barton SO	
1) Austin Stubbs FR	4) Philip Heisterkamp SR	
3) Tyler Westphal SR	A	3:28.44 5
4 Grand View	2) Zach Vos JR	
1) Wes Hammer JR	4) Bryce Adger JR	
3) Keonte White SO	A	3:28.65 4
5 Southwestern CC	2) Joe Bierl SO	
1) Terrence Gaye SO	4) Rayvonne Brown SO	
3) Marquis Flowers SO	A	3:28.81 3
6 North Iowa Area CC	2) Alex Lugo SO	
1) Matthew Hollister SO	4) OJ Ojullu FR	
3) Brock Schultz FR	B	3:29.00 2
7 William Penn	2) Nicholas Thomas SO	
1) Blake Washington JR	4) Trevor Volz SO	
3) Deane Wichelt SO	B	x3:29.11
8 Northwestern (Iowa)	2) Kyle Anderson FR	
1) Zach Wittenberg JR	4) Adam Potter SR	
3) Logan Hovland SO	B	x3:42.64
9 Central College	2) Noah Busker FR	
1) Jordan Sump JR	4) John Bach SO	
3) Clayton Fritz JR	B	x3:46.78
10 North Iowa Area CC	2) Ryan O'Tool FR	
1) Alex Bloomquist SO	4) Mason Powers SO	
3) Scott Patnode SO	B	x3:53.15
11 Southwestern CC	2) Brandon Bergren SO	
1) Adam Pool FR	4) Eric Robinson SO	
3) Nate Carr SO		

Men High Jump

Name	Yr	School	Finals
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Finals

1 Matt Huseman	JR	Northwestern	2.06m 10
2 Jacob Gapp	SO	North Iowa A	1.95m 8
3 John Cord	JR	Simpson (Iow)	1.90m 6
4 Sean Buczek	FR	Drake	1.85m 5

Central College Invitational
Ron and Joyce Schipper Stadium
Pella, IA - 3/28/2013

Results

Finals ... (Men High Jump)

Name	Yr	School	Finals	
5 Josh Diehm	JR	Simpson (Iow	1.85m	4
6 Ben Green	SO	Northwestern	1.85m	3

Men Pole Vault

Name	Yr	School	Finals	
Finals				
1 Matt Smalley		Unattached	X4.40m	
2 Tyler Schiferl		Unattached	X4.25m	
3 Bryce Adger	JR	Grand View	3.95m	10
4 Chase Carlson	SO	Grand View	3.35m	7
4 Matt Schimek	JR	Drake	3.35m	7
6 BJ Groskreutz	FR	Northwestern	2.45m	5

Men Long Jump

Name	Yr	School	Finals	
Finals				
1 Jordan Micallef	SO	Northwestern	6.53m	10
2 Jacob Gapp	SO	North Iowa A	6.43m	8
3 Peter Wagner		Unattached	X6.42m	1.4
4 John Cord	JR	Simpson (Iow	6.39m	6
5 Kenny Simmons	FR	Grand View	6.24m	5
6 Jimmie Davis	JR	Grand View	6.10m	4
7 Bryndon Douglas	FR	William Penn	6.07m	3
8 Jeff Walker	FR	Unattached	X6.03m	1.8
9 Noah Hollinger	SO	Northwestern	5.92m	2
10 Van Love-Scott	SO	William Penn	5.71m	1
11 Terrence Gaye	SO	Southwestern	5.64m	2.1
12 Eric Robinson	SO	Southwestern	5.18m	2.4

Men Triple Jump

Name	Yr	School	Finals	
Finals				
1 Allen Clark	FR	Grand View	13.63m	10
2 Sean Buczek	FR	Drake	13.51m	8
3 Emery Davis	SR	Central Coll	12.57m	6
4 Ben Green	SO	Northwestern	12.04m	5
5 Miles Barton	SO	Central Coll	11.86m	4

Men Shot Put

Name	Yr	School	Finals	
Finals				
1 Christopher Reed	JR	Minnesota St	16.54m	10
2 Steven Messerschmidt	JR	Central Coll	14.67m	8
3 Josh Fleming	SR	Central Coll	14.45m	6
4 Levi Etleman	SO	Northwestern	14.20m	5
5 Lance Maxwell	JR	Grand View	14.19m	4
6 Bryan Keys	FR	Minnesota St	13.94m	3
7 Gunnar Johnson	SO	Central Coll	13.11m	2
8 Lawton De Jong	FR	Northwestern	12.83m	1

9 Kalob Gist	FR	William Penn	12.82m	
10 Cy Williams	SR	Grand View	12.52m	
11 JaQuelle Grant	SO	North Iowa A	12.25m	
12 Brandon Pekelder	SO	Northwestern	12.19m	
13 Dallas Franks	FR	Grand View	12.16m	
14 Zach Ruth	SO	Southwestern	12.06m	
15 Nathan Hancock	SO	Minnesota St	11.56m	
16 John Cord	JR	Simpson (Iow	11.55m	
17 Austin Bechthold	FR	Simpson (Iow	11.49m	
18 Josh Tack	SO	Central Coll	x11.33m	
18 Hunter Donovan	FR	Grand View	x11.33m	
20 Cameron McKinney	SO	Northwestern	x10.90m	
21 Peter Wagner		Unattached	X10.50m	
22 Jacob Huston	FR	William Penn	9.82m	
23 Grant Staley	FR	North Iowa A	9.40m	
24 Bryce Armstrong	FR	William Penn	9.31m	
25 Mickey Gallagher	FR	Grand View	x8.85m	

Men Discus Throw

Name	Yr	School	Finals	
Finals				
1 Gabe Hull	SO	Iowa	56.82m	10
2 Grant Luer	SR	Minnesota St	50.15m	8
3 Christopher Reed	JR	Minnesota St	50.06m	6
4 Josh Fleming	SR	Central Coll	49.20m	5
5 Lance Maxwell	JR	Grand View	46.36m	4
6 Jon Higgins	FR	Grand View	46.30m	3
7 Dalton Kelley	SO	Northwestern	45.33m	2
8 Levi Etleman	SO	Northwestern	43.55m	1
9 Josh Tack	SO	Central Coll	41.21m	
10 Marc Osborn	JR	Grand View	40.96m	
11 Steven Messerschmidt	JR	Central Coll	39.09m	
12 Zach Landhuis	FR	Northwestern	38.57m	
13 Hunter Donovan	FR	Grand View	x38.52m	
14 Gunnar Johnson	SO	Central Coll	x37.88m	
15 Bryce Armstrong	FR	William Penn	37.52m	
16 Peter Wagner		Unattached	X37.29m	
17 Dallas Franks	FR	Grand View	x36.79m	
18 JaQuelle Grant	SO	North Iowa A	36.58m	
19 Cy Williams	SR	Grand View	x36.45m	
20 Mickey Gallagher	FR	Grand View	x36.22m	
21 Eric Larson	SO	Central Coll	x35.64m	
22 John Cord	JR	Simpson (Iow	35.24m	
23 Brandon Pekelder	SO	Northwestern	x35.00m	
24 Chris Davis	FR	Central Coll	x34.80m	
25 Ben Guhl	FR	Northwestern	x34.31m	
26 Lawton De Jong	FR	Northwestern	x32.83m	
27 Cameron McKinney	SO	Northwestern	x31.12m	
28 Conner Freeman	SO	Central Coll	x31.08m	
29 Bryce Adger	JR	Grand View	x30.13m	
30 Nathan Hancock	SO	Minnesota St	29.62m	

Central College Invitational
Ron and Joyce Schipper Stadium
Pella, IA - 3/28/2013

Results

Finals ... (Men Discus Throw)

	Name	Yr	School	Finals
31	Jaemin Powell	FR	Central Coll	x28.35m
32	Grant Staley	FR	North Iowa A	24.84m
---	Andrew Carman	SO	Iowa	FOUL

Men Hammer Throw

	Name	Yr	School	Finals
Finals				
1	Josh Fleming	SR	Central Coll	50.16m 10
2	Cy Williams	SR	Grand View	49.82m 8
3	Steven Messerschmidt	JR	Central Coll	48.26m 6
4	Trey Taylor	FR	North Iowa A	47.68m 5
5	Christopher Reed	JR	Minnesota St	46.07m 4
6	Marc Osborn	JR	Grand View	44.27m 3
7	Lance Maxwell	JR	Grand View	43.72m 2
8	Jon Higgins	FR	Grand View	x40.83m
9	Lawton De Jong	FR	Northwestern	36.75m 1
10	Dallas Franks	FR	Grand View	x34.38m
11	Chris Davis	FR	Central Coll	34.18m
12	Josh Tack	SO	Central Coll	x33.87m
13	Hunter Donovan	FR	Grand View	x33.19m
14	Jacob Huston	FR	William Penn	31.50m
15	Cameron McKinney	SO	Northwestern	30.42m
16	Brandon Pekelder	SO	Northwestern	30.07m
17	Bryan Keys	FR	Minnesota St	29.35m
---	Colt Brumbaugh	SO	William Penn	FOUL
---	Bryce Armstrong	FR	William Penn	FOUL

Men Javelin Throw

	Name	Yr	School	Finals
Finals				
1	Jordan Boekhout	SR	Northwestern	53.65m 10
2	John Cord	JR	Simpson (Iow	52.92m 8
3	Trey Taylor	FR	North Iowa A	52.80m 6
4	Dalton Kelley	SO	Northwestern	50.39m 5
5	Marc Osborn	JR	Grand View	49.18m 4
6	Zach Landhuis	FR	Northwestern	44.61m 3
7	Nathan Hancock	SO	Minnesota St	42.24m 2
8	Gunnar Johnson	SO	Central Coll	40.98m 1
9	Colt Brumbaugh	SO	William Penn	38.02m
10	Noah Hollinger	SO	Northwestern	x37.98m
11	Mickey Gallagher	FR	Grand View	37.15m
12	Jacob Stacy	FR	Grand View	36.56m
13	Jace Ver Steeg	FR	Northwestern	x36.25m
14	Adam Ledvina	SR	Central Coll	34.27m
15	Austin Bechthold	FR	Simpson (Iow	32.72m
16	Chris Davis	FR	Central Coll	32.61m
17	Jordan Micallef	SO	Northwestern	x28.57m
18	Chase Carlson	SO	Grand View	x28.11m

Women - Team Rankings - 18 Events Scored

1)	Central College	155
2)	Northwestern (Iowa)	148
3)	Grand View	114
4)	Simpson (Iowa)	95
5)	Iowa	48
6)	William Penn	33
7)	Drake	29
8)	Southwestern CC	24
9)	Minnesota State	12
10)	North Iowa Area CC	4

Men - Team Rankings - 19 Events Scored

1)	Northwestern (Iowa)	151
2)	Central College	134
3)	Grand View	109
4)	North Iowa Area CC	79
5)	Simpson (Iowa)	70
6)	Minnesota State	61
7)	Drake	38
8)	William Penn	32
9)	Southwestern CC	15
10)	Iowa	10
11)	University of Iowa Track Club	6