

**Cornell College Invitational**  
**Ash Park Stadium**  
**Mount Vernon, IA - 4/6/2013**

**Results**

**Women 100 Meter Dash**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Stefani Wright	SR	Coe	12.77	10
2 Sarah Ney	SO	Simpson	13.10	8
3 Rachel Thelen	SR	St. Scholast	13.14	6
4 Lauren Martin	SO	Simpson	13.22	5
5 Brianna Meeks	FR	Cornell	13.29	4
6 Erin Kammer	FR	Luther	13.36	3
7 Dia LeFebvre	JR	Luther	13.69	2
8 Kaitlyn Holden	SR	Luther	13.71	1
9 Elsa Goldman		Grinnell	14.05	-0.4
10 Maia Pugh	SO	Luther	14.06	1.1
11 Deidre Franzen	FR	Cornell	14.08	-0.4
12 Isabelle Miller	SR	Grinnell	14.08	-1.2
13 Jennifer Vaith	JR	Luther	14.10	-0.4
14 Lindsay Taylor	FR	Simpson	14.28	-0.8
15 Becca Carpenter		Grinnell	14.32	-0.8
16 Steph Rima	FR	Luther	14.36	1.1
17 Julia Joseph	SO	Luther	14.40	1.1
18 Miranda Robert		Grinnell	14.41	1.1
19 Sarah Jensen	SR	Grinnell	14.43	1.1
20 Elsie Freland	SR	Cornell	14.62	1.1
21 Melissa Lockwood	SO	Luther	14.93	1.1
22 Clare McCarthy	FR	Cornell	15.07	-0.8
23 Kylie Cockrum	SO	Cornell	15.81	-0.8
24 Millie Alvear	FR	Cornell	15.92	-0.8

**Women 200 Meter Dash**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Stefani Wright	SR	Coe	26.50	10
2 Christine Ajinjeru	SR	Grinnell	26.88	8
3 Sarah Ney	SO	Simpson	27.29	6
4 Eloise Miller	SR	Grinnell	27.46	5
5 Amy Hurd	SO	Coe	27.81	4
6 Brianna Meeks	FR	Cornell	27.89	3
7 Kate Worthington	SO	Coe	28.14	2
8 Tynisha Person	SO	Cornell	28.20	1
9 Leah Broderick	SO	Luther	28.27	2.1
10 Jordyn Dudek	JR	Luther	28.29	1.4
11 Kenzie Drahn	FR	Coe	28.36	2.1
12 Dia LeFebvre	JR	Luther	28.59	2.1
13 Kaitlyn Holden	SR	Luther	28.63	1.8
14 Cayce Lanning	SO	Luther	28.67	2.1
15 Gabrielle Murphy	FR	Luther	28.89	1.5
16 Lindsay Taylor	FR	Simpson	29.16	1.8
17 Anna Burke	SO	Luther	29.22	1.8
18 Sara Crane	FR	Coe	29.27	+0.0

19 Maia Pugh	SO	Luther	29.30	0.3
20 Deidre Franzen	FR	Cornell	29.42	1.5
21 Bre Pierce	FR	Luther	29.79	+0.0
22 Julia Joseph	SO	Luther	29.97	0.3
23 Hannah Moulds	SO	Simpson	30.04	+0.0
24 Steph Rima	FR	Luther	30.07	1.8
25 Callie Heimburger	SO	Cornell	30.10	+0.0
26 Becca Carpenter		Grinnell	30.12	0.3
27 Elsie Freland	SR	Cornell	30.18	+0.0
28 Melissa Kraker	JR	Cornell	30.27	1.8
29 Sammie Knudson	FR	Luther	30.27	+0.0
30 Anneliese Preus	FR	Luther	30.36	1.8
31 Kelly Zucker		Grinnell	30.63	+0.0
32 Miranda Robert		Grinnell	30.79	0.3
33 Clare McCarthy	FR	Cornell	31.27	+0.0
34 Samantha Ea	FR	Luther	31.94	0.3
35 Alli Wright	JR	Luther	32.42	0.3
36 Millie Alvear	FR	Cornell	32.96	0.3

**Women 400 Meter Dash**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Laurel Ohaju	SO	St. Scholast	1:01.19	10
2 Brianna Buske	SO	St. Scholast	1:01.74	8
3 Anna Hennessy	SR	Luther	1:03.08	6
4 April Sigmund	SR	Simpson	1:03.80	5
5 Maggie Kurtovich	FR	St. Scholast	1:04.32	4
6 Caitlin Vaughan	SR	St. Scholast	1:04.61	3
7 Emma Gitomer	FR	Coe	1:06.50	2
8 Sarah Galbraith	FR	Simpson	1:07.04	1
9 Meagan Kirts	SR	Simpson	1:09.48	
10 Emily Haefner	FR	Cornell	1:10.17	

**Women 800 Meter Run**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Jamie Elbert	JR	Simpson	2:24.01	10
2 Emily Lundgren	FR	St. Scholast	2:27.07	8
3 Lindsey Borgomainerio	JR	Simpson	2:31.45	6
4 Sammy Nelson	SR	Simpson	2:35.08	5
5 Ellen Pinnette	SR	Grinnell	2:36.46	4
6 Brandi Schindel	JR	Simpson	2:38.99	3
7 Samantha Kubica	SR	Grinnell	2:46.14	2
8 Alethea Cook		Grinnell	2:47.50	1
9 Cassandra Miller		Grinnell	2:53.18	
10 Emily Manning	SO	Simpson	2:54.54	
11 Gina Haro		Grinnell	2:57.32	
12 Emily Boydston		Grinnell	3:03.87	
13 Danielle Border	SO	Luther	3:06.92	

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**Women 1500 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Jamie Elbert	JR	Simpson	5:08.10 10
2 Kristen Fernandez-Kong	SO	Cornell	5:10.22 8
3 Paulina Campbell		Grinnell	5:14.14 6
4 Hannah Garvey	SO	Cornell	5:15.63 5
5 Jenna Voelker		Iowa TC	5:22.12 4
6 Eva Smith	SR	Grinnell	5:24.32 3
7 Genevieve Grant	FR	Cornell	5:42.76 2
8 Emily Manning	SO	Simpson	5:44.84 1
9 Bree Gaster	FR	Simpson	5:45.14

**Women 5000 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Leslie Smebak	SR	Cornell	18:15.31 10
2 Laura Ettl	JR	Cornell	18:56.73 8
3 Claudia Gonzalez	JR	Cornell	20:05.33 6
4 Alison Bayly		Grinnell	20:07.89 5
5 Maria Helgeson	SR	Cornell	20:28.96 4
6 Clare Roberts		Grinnell	20:28.99 3
7 Laura Wetzel	FR	Cornell	20:35.52 2
8 Ashley Reynolds	SO	Cornell	20:42.04 1
9 Lauren Emery		Grinnell	21:13.08
10 Jacqueline Vautin		Grinnell	21:18.42
11 Metea Voyce		Grinnell	21:36.25
12 Kayla Musgjerd	SR	Coe	22:43.44
13 Allison Rogers	FR	Coe	23:11.35

**Women 100 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Bayley Fleshner	SO	Simpson	15.37 10
2 Maggie Bair	JR	St. Scholast	15.84 8
3 Jordan Maher	JR	Simpson	16.16 6
4 Jenna McGee	FR	Luther	16.57 5
5 Megan Hatfield	SR	Luther	16.65 4
6 Leah Broderick	SO	Luther	17.14 3
7 Emily Schwantke	SO	St. Scholast	17.22 2
8 Anna Lampe	SO	Luther	17.26 1
9 Nora Bresette-Buccino	SR	Grinnell	17.40 -0.3
10 Hannah Moulds	SO	Simpson	17.47 1.3
11 Anna Burke	SO	Luther	17.76 -0.3
12 Sara Crane	FR	Coe	17.91 -1.1
13 Kate Worthington	SO	Coe	17.92 1.3
14 Kelly Zucker		Grinnell	18.01 1.3
15 Melissa Lockwood	SO	Luther	18.21 1.3
16 Sammie Knudson	FR	Luther	18.45 1.3

17 Courtnee DeMuth	SO	Luther	18.47 1.3
18 Hannah Theisen	FR	Luther	19.58 -1.1

**Women 400 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Sara Heizer	SR	Coe	1:07.45 10
2 Isabelle Miller	SR	Grinnell	1:08.30 8
3 Marea Holkesvik	FR	Luther	1:08.85 6
4 Anna Lampe	SO	Luther	1:09.63 5
5 Amy Campbell	FR	St. Scholast	1:09.94 4
6 Jenna McGee	FR	Luther	1:12.47 3
7 Megan Hatfield	SR	Luther	1:12.58 2
8 Kirstin Franklin	JR	Coe	1:13.16 1
9 Hope Hancox	FR	Simpson	1:13.56
10 Bayley Fleshner	SO	Simpson	1:14.63
11 Nora Bresette-Buccino	SR	Grinnell	1:15.24
12 Kelly Guimond	SO	Luther	1:16.48
13 Kathleen Guimond	SO	Luther	1:22.02
14 Angel Wilford	FR	Luther	1:24.88

**Women 3000 Meter Steeplechase**

Name	Yr	School	Finals
<b>Finals</b>			
1 Diana Seer		Grinnell	11:53.31 10
2 Sanjuanita Martinez	FR	Cornell	12:37.07 8
3 Chelsey Thill	SR	Coe	13:42.25 6
4 Shelby King	JR	Simpson	13:45.30 5
5 Felicia Devine	FR	Coe	13:55.93 4

**Women 4x100 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Simpson (Iowa)		50.06 10
1) Bayley Fleshner SO	2) Lauren Martin SO	
3) Sarah Ney SO	4) Jordan Maher JR	
2 Luther		51.37 8
1) Erin Kammer FR	2) Kelsey Strand SO	
3) Anna Hennessy SR	4) Marea Holkesvik FR	
3 Coe		51.42 6
1) Kate Worthington SO	2) Sara Heizer SR	
3) Kenzie Drahn FR	4) Stefani Wright SR	
4 Luther	B	x52.97
1) Jordyn Dudek JR	2) Hannah Theisen FR	
3) Steph Rima FR	4) Jenna McGee FR	
5 Simpson (Iowa)	B	x54.08
1) April Sigmund SR	2) Sarah Galbraith FR	
3) Lindsay Taylor FR	4) Hannah Moulds SO	

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**Finals ... (Women 4x100 Meter Relay)**

Team	Relay	Finals
6 Luther	C	x54.42
1) Dia LeFebvre JR	2) Cayce Lanning SO	
3) Kaitlyn Holden SR	4) Jennifer Vaith JR	
7 Luther	F	x56.88
1) Kathleen Guimond SO	2) Megan Feltes FR	
3) Kelly Guimond SO	4) Olivia Mitchell FR	
8 Luther	E	x57.03
1) Courtney DeMuth SO	2) Jessica Edgar FR	
3) Melissa Lockwood SO	4) Maia Pugh SO	
9 Luther	G	x59.20
1) Lydia Petersen SO	2) Alli Wright JR	
3) Sarah Ea FR	4) Samantha Ea FR	
--- Cornell College		DQ
1) Mariah Brandly FR	2) Tynisha Person SO	
3) Katie Gilbert FR	4) Brianna Meeks FR	
--- Luther	D	DQ
1) Julia Joseph SO	2) Riley Jamison JR	
3) Kelsey Rohs SR	4) Bre Pierce FR	

**Women 4x400 Meter Relay**

Team	Relay	Finals
1 Grinnell		4:03.77 10
1) Sarah Jensen SR	2) Christine Ajinjeru SR	
3) Eloise Miller SR	4) Isabelle Miller SR	
2 Luther		4:07.43 8
1) Kelsey Strand SO	2) Marea Holkesvik FR	
3) Anna Hennessy SR	4) Hannah Theisen FR	
3 St. Scholastica		4:09.12 6
1) Emily Lundgren FR	2) Laurel Ohaju SO	
3) Brianna Buske SO	4) Maggie Kurtovich FR	
4 Coe		4:16.11 5
1) Sara Heizer SR	2) Stefani Wright SR	
3) Amy Hurd SO	4) Kirstin Franklin JR	
5 Simpson (Iowa)		4:18.62 4
1) April Sigmund SR	2) Jamie Elbert JR	
3) Sarah Galbraith FR	4) Sammy Nelson SR	
6 Cornell College		4:22.32 3
1) Mariah Brandly FR	2) Tynisha Person SO	
3) Sanjuanita Martinez FR	4) Kristen Fernandez-Kong SO	
7 Simpson (Iowa)	B	x4:26.46
1) Meagan Kirts SR	2) Lauren Martin SO	
3) Sarah Ney SO	4) Brandi Schindel JR	
8 Luther	D	x4:32.49
1) Olivia Mitchell FR	2) Megan Feltes FR	
3) Megan Hatfield SR	4) Sammie Knudson FR	

9 Grinnell	B	x4:32.75
1) Nora Bresette-Buccino R	2) Ellen Pinnette SR	
3) Samantha Kubica SR	4) Eva Smith SR	
10 Luther	E	x4:37.17
1) Kelly Guimond SO	2) Kathleen Guimond SO	
3) Alli Wright JR	4) Sarah Eckhart FR	
11 Luther	F	x5:01.47
1) Samantha Ea FR	2) Danielle Border SO	
3) Sarah Ea FR	4) Angel Wilford FR	

**Women High Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Nicole Christianson	FR	St. Scholast	1.57m 10
2 Cassandra Morigaki	SR	Coe	1.52m 8
3 Melissa Kraker	JR	Cornell	1.47m 6
4 Alex Blair	SO	St. Scholast	1.47m 5
5 Lauren Martin	SO	Simpson	1.42m 4
6 Hannah Theisen	FR	Luther	1.37m 2.5
6 Olivia Krejcarek	SO	St. Scholast	1.37m 2.5
8 Hannah Moulds	SO	Simpson	1.37m 1
--- Laura Nielson	FR	St. Scholast	NH
--- Bre Lohn	SR	St. Scholast	NH

**Women Pole Vault**

Name	Yr	School	Finals
<b>Finals</b>			
1 Maggie Bair	JR	St. Scholast	3.05m 10
2 Shelby Dugas	SO	St. Scholast	3.05m 8
3 Olivia Krejcarek	SO	St. Scholast	3.05m 6
4 Laura Bybee	FR	Coe	3.05m 5
5 Elsa Goldman		Grinnell	2.90m 4
6 Kristen Blodgett	SR	Coe	2.75m 3
7 Rachel Thelen	SR	St. Scholast	2.75m 2
8 Athena Carlson		Grinnell	2.75m 1
9 Kaitlyn Holden	SR	Luther	2.60m
10 Mary Doherty	FR	Simpson	2.60m

**Women Long Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Danielle Dickson	SO	St. Scholast	5.18m 10
2 Eloise Miller	SR	Grinnell	5.16m 8
3 Bayley Fleshner	SO	Simpson	5.10m 6
4 Hannah Moulds	SO	Simpson	4.96m 5
5 Leah Broderick	SO	Luther	4.94m 4
6 Gabrielle Murphy	FR	Luther	4.93m 3
7 Tynisha Person	SO	Cornell	4.85m 2
8 Kenzie Drahn	FR	Coe	4.75m 1
9 Maggie Kurtovich	FR	St. Scholast	4.75m 3.1

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**Results**

**Finals ... (Women Long Jump)**

Name	Yr	School	Finals
10 Sarah Galbraith	FR	Simpson	4.66m 2.6
11 Anna Burke	SO	Luther	4.63m 4.2
12 Anna Lampe	SO	Luther	4.55m 0.3
13 Katie Gilbert	FR	Cornell	4.30m 0.9
14 Hope Hancox	FR	Simpson	4.20m 0.5
15 Jessica Edgar	FR	Luther	4.19m 0.6
16 Lydia Petersen	SO	Luther	4.04m 4.4
17 Sammie Knudson	FR	Luther	3.76m 1.4
18 Kylie Cockrum	SO	Cornell	3.37m 2.6
--- Mariah Brandly	FR	Cornell	FOUL
--- Sarah Ney	SO	Simpson	FOUL

**Women Triple Jump**

Name	Yr	School	Finals
1 Rachel Miller	SR	St. Scholast	10.88m 10
2 Katie Gilbert	FR	Cornell	10.34m 8
3 Kirstin Franklin	JR	Coe	10.28m 6
4 Nicole Christianson	FR	St. Scholast	10.10m 5
5 Megan Hatfield	SR	Luther	9.81m 4
6 Lindsay Taylor	FR	Simpson	9.28m 3
7 Jessica Edgar	FR	Luther	9.04m 2
8 Emma Gitomer	FR	Coe	8.78m 1
9 Sarah Galbraith	FR	Simpson	8.65m 0.6
10 Lydia Petersen	SO	Luther	8.45m 0.3

**Women Shot Put**

Name	Yr	School	Finals
1 Kelsey Sukovaty	JR	N. Iowa	15.73m 10
2 Sydney Rabon	SO	N. Iowa	13.64m 8
3 Becky Huberty	JR	St. Scholast	13.23m 6
4 Jamie Lindstrom	FR	N. Iowa	12.76m 5
5 Madison Acree	SO	Cornell	12.35m 4
6 Larissa Brewer	FR	Cornell	11.38m 3
7 Addy Rickels	SR	Luther	8.95m 2
8 Carly Roome	FR	Cornell	8.56m 1
9 Edith Hammond		Grinnell	8.43m
10 Ashley Davila	FR	Cornell	7.17m

**Women Discus Throw**

Name	Yr	School	Finals
1 Chloe Schmidt	FR	N. Iowa	42.76m 10
2 Jamie Lindstrom	FR	N. Iowa	42.02m 8
3 Jordan Maher	JR	Simpson	40.02m 6
4 Amanda Dunn	JR	Luther	39.26m 5
5 Melissa Alger	FR	Coe	38.48m 4

6 Brittany Ludwig	FR	St. Scholast	37.34m 3
7 Madison Acree	SO	Cornell	35.60m 2
8 Larissa Brewer	FR	Cornell	33.16m 1
9 Ashley Schwantke	SO	St. Scholast	32.27m
10 Athena Carlson		Grinnell	31.09m
11 Alexa Verner	SO	St. Scholast	30.53m
12 Carly Roome	FR	Cornell	29.33m
13 Chelsea Arredondo	SR	Coe	26.98m
14 Edith Hammond		Grinnell	17.14m
15 Ashley Davila	FR	Cornell	16.51m

**Women Hammer Throw**

Name	Yr	School	Finals
1 Sydney Rabon	SO	N. Iowa	50.74m 10
2 Kelsey Sukovaty	JR	N. Iowa	50.35m 8
3 Jamie Lindstrom	FR	N. Iowa	46.67m 6
4 Amanda Dunn	JR	Luther	45.06m 5
5 Chelsea Arredondo	SR	Coe	42.46m 4
6 Madison Acree	SO	Cornell	40.31m 3
7 Brittany Ludwig	FR	St. Scholast	37.30m 2
8 Chloe Schmidt	FR	N. Iowa	36.39m 1
9 Rachel Aune	JR	Luther	33.23m
10 Larissa Brewer	FR	Cornell	30.94m
11 Ashley Davila	FR	Cornell	27.09m
12 Carly Roome	FR	Cornell	24.86m
--- Becky Huberty	JR	St. Scholast	FOUL

**Women Javelin Throw**

Name	Yr	School	Finals
1 Leah Broderick	SO	Luther	36.45m 10
2 Anna Burke	SO	Luther	33.60m 8
3 Emily Schwantke	SO	St. Scholast	31.05m 6
4 Anna Lampe	SO	Luther	30.75m 5
5 Ashley Schwantke	SO	St. Scholast	30.68m 4
6 Addy Rickels	SR	Luther	30.61m 3
7 Rachel Burns	FR	N. Iowa	30.06m 2
8 Kristen Blodgett	SR	Coe	27.72m 1
9 Alexa Verner	SO	St. Scholast	27.09m
10 Kylie Cockrum	SO	Cornell	25.44m
11 Olivia Krejcarek	SO	St. Scholast	23.22m
12 Chelsea Arredondo	SR	Coe	23.19m
13 Mariah Young	SO	Simpson	22.61m
14 Bayley Fleshner	SO	Simpson	21.69m
15 Rachel Aune	JR	Luther	21.20m
16 Athena Carlson		Grinnell	19.91m
17 Hannah Theisen	FR	Luther	17.52m
18 Sammie Knudson	FR	Luther	17.00m
19 Edith Hammond		Grinnell	15.61m

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**Men 100 Meter Dash**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Nick Clark	SR	Luther	11.00	10
2 D'Juan Richardson	SR	Unattached	X11.24	0.9
3 Dennis Gilbertson	SR	Coe	11.28	8
4 Preston Ritchie	SO	Cornell	11.40	6
5 Dixon Romeo	SR	Grinnell	11.41	5
6 Henry Jungbauer	SO	Luther	11.50	4
7 Ed Hardman		Grinnell	11.55	3
8 Ra'Shad Green	FR	Cornell	11.66	2
9 Gus Fulgoni	SR	Grinnell	11.68	1
10 Jeff Ohaju	FR	St. Scholast	11.72	2.0
11 Jake McGurran	FR	St. Scholast	11.74	2.0
12 Jared Grove	FR	Simpson	11.78	2.0
13 Caleb Freund	SO	Luther	11.87	2.0
14 Quindarien Long	SR	Waldorf	11.90	1.6
15 Kyle Hove	FR	Luther	11.90	1.2
16 Rich Degenhardt	SR	Iowa TC	11.93	0.9
17 Jon Snyder	SR	Iowa TC	12.05	1.6
18 Edward Taylor		Waldorf	12.14	1.7
19 Derek Mueller	SO	Luther	12.22	1.7
20 Chris Woodington	SO	Grinnell	12.34	1.7
21 Eric Angerorth Franks	SO	Luther	12.35	1.2
22 Erik Queoff	FR	Luther	12.55	1.6
23 Jeronimo Garcia	SR	Iowa TC	12.57	1.6
24 Tom Lundberg	SO	Luther	12.66	1.7
25 Jake Lindstrom		Grinnell	12.74	1.7
26 Jacob Miller	FR	Luther	12.78	1.2
27 Luis Hernandez		Grinnell	12.92	1.2
28 Collins McDonald	SR	Waldorf	12.97	1.2
29 Ben Vaughn		Grinnell	13.12	1.2
30 Kohei Takatsuka		Grinnell	13.30	1.2
31 Tony Dischinger	JR	Luther	13.61	1.2
32 John Ellis		Unattached	15.10	2.0

**Men 200 Meter Dash**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Preston Ritchie	SO	Cornell	23.25	10
2 Dennis Gilbertson	SR	Coe	23.30	8
3 Kyle Dombeck	SR	Iowa TC	23.43	6
4 Bryan Stanford	SO	Coe	23.55	5
5 Ronald Edwards	SR	Grinnell	23.66	4
6 Jared Grove	FR	Simpson	23.86	3
7 Ed Hardman		Grinnell	23.88	2
8 Jake McGurran	FR	St. Scholast	23.89	1
9 Dixon Romeo	SR	Grinnell	24.16	1.0
10 Peter Krumm	FR	Luther	24.27	-0.5

11 Erik Ohlrogge	FR	Luther	24.30	0.3
12 Kaleb Bozorgzadeh	SR	Iowa TC	24.49	1.0
13 Jeff Ohaju	FR	St. Scholast	24.98	-0.5
14 Michael Bahl	JR	Simpson	25.05	-0.5
15 Gordan Rey	FR	Coe	25.35	1.3
16 Eric Angerorth Franks	SO	Luther	25.49	-0.5
17 Aaron Busch	SO	Luther	25.53	-0.5
18 John Ellis		Unattached	25.63	0.3
19 Jeronimo Garcia	SR	Iowa TC	25.76	1.3
20 Chris Woodington	SO	Grinnell	25.92	1.7
21 Jon Ameling	JR	Coe	26.00	1.3
22 Quindarien Long	SR	Waldorf	26.22	1.7
23 Tim Conwell	FR	Grinnell	26.46	1.7
24 Collins McDonald	SR	Waldorf	27.03	1.7
25 Luis Hernandez		Grinnell	27.35	1.7

**Men 400 Meter Dash**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Brennan Stine	SO	Cornell	50.51	10
2 Brice Sheeder	SO	Simpson	51.41	8
3 Kaleb Bozorgzadeh	SR	Iowa TC	51.91	6
4 Devan Quam	FR	Simpson	52.15	5
5 Quinton Banks	SR	Grinnell	52.39	4
6 C.J. Moody	SO	Simpson	52.88	3
7 Ryan Guentzel	JR	St. Scholast	53.12	2
8 Austin Dellamuth	SR	Iowa TC	53.22	1
9 David Garwood	SR	Grinnell	53.33	
10 Blake Tish	FR	Simpson	53.42	
11 Zach Nelson	JR	Cornell	53.49	
12 Joseph Callan	SO	Cornell	53.68	
13 Michael Bahl	JR	Simpson	53.95	
14 Andrew McCarthy	FR	Luther	54.05	
15 Jonathon Williams	SO	Luther	54.06	
16 Graham Whiting	FR	St. Scholast	54.18	
17 Marnel Desir	SR	Cornell	55.08	
18 Matt Miller	FR	St. Scholast	55.51	
19 Charlie Bruer	SR	Luther	57.19	
20 Tim Conwell	FR	Grinnell	57.58	
21 Andrew Smith	FR	Coe	57.83	
--- Nick Borchert	SR	Iowa TC	DNF	

**Men 800 Meter Run**

Name	Yr	School	Finals	
<b>Finals</b>				
1 Brennen Wears	SR	Iowa TC	1:59.16	10
2 Leif Jeppson	SR	Simpson	1:59.75	8
3 Kyle Moorehead	SR	Grinnell	2:00.86	6
4 Mark Lahart	SR	Simpson	2:01.88	5
5 Alejandro Sanchez	SR	Waldorf	2:04.06	4

**Cornell College Invitational**  
**Ash Park Stadium**  
**Mount Vernon, IA - 4/6/2013**

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

Name	Yr	School	Finals	
6 Michael Kuder	SR	Iowa TC	2:05.01	3
7 Nate Wood	FR	Coe	2:06.25	2
8 Joshua Randall	FR	Coe	2:07.72	1
9 Bryce Phillips	JR	Simpson	2:08.57	
10 John Kennedy		Iowa TC	2:08.61	
11 Anthony Burton	SO	Simpson	2:09.77	
12 Nick Nolte	FR	Simpson	2:11.01	
13 Carsen Kuesel	JR	Cornell	2:11.76	
14 Harry Maher	SR	Grinnell	2:12.22	
15 Ryan Rey	SO	Coe	2:14.15	
16 Chris Unseth		Iowa TC	2:17.20	
17 Cody Clark	SR	Waldorf	2:19.20	
18 Arthur Fretheim		Grinnell	2:46.97	

**Men 1500 Meter Run**

Name	Yr	School	Finals	
1 Nate Kolacia	SR	Grinnell	4:08.08	10
2 Andrew Dewar	SR	Coe	4:08.70	8
3 Jacob Butts	SO	Cornell	4:15.48	6
4 John Kennedy		Iowa TC	4:16.32	5
5 Jon Ameling	JR	Coe	4:16.81	4
6 Miles Kirts	FR	Simpson	4:17.88	3
7 Corey Brown		Iowa TC	4:22.66	2
8 Nathan Carr	FR	Marshalltown	4:23.61	1
9 Charlie Mesimore	SO	Cornell	4:24.95	
10 Bryce Phillips	JR	Simpson	4:25.24	
11 Nick Yaeger	FR	Simpson	4:25.28	
12 Andrew Mayes	FR	Simpson	4:28.71	
13 Jake Sutton	SR	Simpson	4:33.68	
14 Josh Randall	JR	Cornell	4:34.43	
15 Ryan Rey	SO	Coe	4:35.09	
16 Nick Nolte	FR	Simpson	4:35.55	
17 Josh Lindsay	FR	Cornell	4:42.50	
18 Justin Petersen	FR	Coe	4:45.30	
19 Cody Clark	SR	Waldorf	4:48.19	
20 Keenan Mclaughlin	JR	Coe	4:51.49	
21 Scott Hageman	SR	Cornell	4:54.16	
22 Jason Chien		Grinnell	5:41.38	

**Men 5000 Meter Run**

Name	Yr	School	Finals	
1 Jordan Kemme	SR	Cornell	15:53.05	10
2 Lawrence Dennis	SO	Cornell	16:01.99	8
3 Young Phil		Iowa TC	16:04.92	6
4 Erik Figge		Grinnell	16:08.72	5
5 Evan Griffith		Grinnell	16:21.57	4

6 Corey Brown		Iowa TC	16:38.82	3
7 Timothy Orris		Unattached	X17:10.78	
8 CJ Horan	JR	Cornell	17:19.49	2
9 Max lassise		Iowa TC	17:30.27	1
10 Tyler Smiley		Grinnell	17:35.42	
11 michael kabela		Unattached	17:38.61	
12 Robby Menner		Grinnell	18:34.48	
13 Doug Anderson		Grinnell	18:39.35	
14 Alberto Vasquez		Grinnell	19:10.70	
15 Greg Margida		Grinnell	20:16.77	

**Men 110 Meter Hurdles**

Name	Yr	School	Finals	
1 Justin Hanson	SR	St. Scholast	15.85	10
2 Kevin Wagner	FR	St. Scholast	15.94	8
3 Nick Lenstra	SO	Coe	15.94	6
4 Ted Heying	SR	Simpson	16.32	5
5 Conrad Thompson	SR	Iowa TC	16.34	4
6 Bryan Stanford	SO	Coe	16.41	3
7 Aaron Egelkraut	FR	St. Scholast	16.56	2
8 John Cord	JR	Simpson	17.03	1
9 Andy Ambrose	SR	Luther	17.06	0.2

**Men 400 Meter Hurdles**

Name	Yr	School	Finals	
1 Nick Lenstra	SO	Coe	57.85	10
2 Sam Stokes Cerkvnik	SO	Luther	58.16	8
3 Ted Heying	SR	Simpson	59.46	6
4 Conrad Thompson	SR	Iowa TC	59.71	5
5 Luke Johannessen	SO	St. Scholast	1:00.29	4
6 John Cord	JR	Simpson	1:00.91	3
7 Connor Stevens	SO	St. Scholast	1:01.46	2
8 Aaron Egelkraut	FR	St. Scholast	1:01.73	1
9 Michael Naumann	FR	St. Scholast	1:02.44	
10 Windom Shields	SR	Grinnell	1:06.87	

**Men 3000 Meter Steeplechase**

Name	Yr	School	Finals	
1 Mitchell Davis	SR	Simpson	10:07.81	10
2 Nathan Kakazu		Grinnell	10:24.08	8
3 Shea Devine	JR	Coe	10:32.75	6
4 Nathan Rumpza	FR	Coe	10:40.38	5
5 Alejandro Sanchez	SR	Waldorf	10:49.13	4
6 Arturo Hernandez	FR	Cornell	10:49.19	3
7 Ben Swerdlow	SR	Cornell	10:55.59	2
8 Lex Mundell		Grinnell	11:45.01	1



**Cornell College Invitational  
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Mount Vernon, IA - 4/6/2013**

**Results**

**Men 4x100 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Cornell College		43.50 10
1) Brennan Stine SO	2) Preston Ritchie SO	
3) Marnel Desir SR	4) Ra'Shad Green FR	
2 Coe		44.00 8
1) Dennis Gilbertson SR	2) Nick Lenstra SO	
3) Bryan Stanford SO	4) Dustin Elsbury FR	
3 Iowa Track Club		45.03 6
1) Kyle Dombeck SR	2) Rich Degenhardt SR	
3) Andrew Christ SR	4) Jon Snyder SR	
4 Luther	B	x45.46
1) Kyle Hove FR	2) Erik Ohlrogge FR	
3) Conner Goetz SO	4) Jonathon Williams SO	
5 Simpson (Iowa)	B	x45.65
1) Jared Grove FR	2) Blake Tish FR	
3) Michael Bahl JR	4) Ted Heying SR	
6 Luther	C	x45.88
1) Aaron Busch SO	2) Devin Gilbertson JR	
3) Joshua Olson FR	4) Charlie Bruer SR	
7 Luther	E	x47.92
1) Sam Stokes Cerkvenik SO	2) Jacob Miller FR	
3) Tony Dischinger JR		
--- Luther		DQ
1) Nick Clark SR	2) Caleb Freund SO	
3) Henry Jungbauer SO	4) Peter Krumm FR	
--- Luther	D	DQ
1) Eric Angeroth Franks SO	2) Erik Queoff FR	
3) Tom Lundberg SO	4) Derek Mueller SO	

**Men 4x400 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Simpson (Iowa)		3:25.94 10
1) Brice Sheeder SO	2) Leif Jeppson SR	
3) Devan Quam FR	4) Anthony Burton SO	
2 Luther		3:26.97 8
1) Nick Clark SR	2) Erik Ohlrogge FR	
3) Sam Stokes Cerkvenik SO	4) Jonathon Williams SO	
3 Grinnell		3:29.07 6
1) Quinton Banks SR	2) David Garwood SR	
3) Nate Kolacia SR	4) Kyle Moorehead SR	
4 Iowa Track Club		3:30.37 5
1) Kaleb Bozorzadeh SR	2) Austin Dellamuth SR	
3) Kyle Dombeck SR	4) Nick Borchert SR	
5 Simpson (Iowa)	B	x3:32.87
1) Blake Tish FR	2) Mark Lahart SR	
3) Michael Bahl JR	4) C.J. Moody SO	

6 Luther	B	x3:33.33
1) Andy Ambrose SR	2) Peter Krumm FR	
3) Conner Goetz SO	4) Devin Gilbertson JR	
7 Coe		3:38.45 4
1) Nate Wood FR	2) Justin Petersen FR	
3) Jon Ameling JR	4) Joshua Randall FR	
8 Cornell College		3:40.25 3
1) Brennan Stine SO	2) Zach Nelson JR	
3) Joseph Callan SO	4) Carsen Kuesel JR	
9 St. Scholastica	B	x3:42.17
1) Alex Horoshak SO	2) Matt Miller FR	
3) Michael Naumann FR	4) Aaron Egelkraut FR	
10 Grinnell	B	x3:44.79
1) Gus Fulgoni SR	2) Dixon Romeo SR	
3) Zach Angel SR	4) Sam Krauth SR	
11 Luther	E	x3:44.96
1) Caleb Freund SO	2) Tom Lundberg SO	
3) Joshua Olson FR	4) Derek Mueller SO	
12 Iowa Track Club	B	x3:47.80
1) Conrad Thompson SR	2) Jeronimo Garcia SR	
3) Brennen Wears SR	4) Michael Kuder SR	
13 Luther	D	x3:58.19
1) Eric Angeroth Franks SO	2) Tony Dischinger JR	
3) Erik Queoff FR	4) Dan Etter JR	

**Men High Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Gus Fulgoni	SR	Grinnell	1.97m 10
2 Griffin Lentsch	SR	Grinnell	1.92m 8
3 Corey Anderson	FR	St. Scholast	1.87m 6
4 Ra'Shad Green	FR	Cornell	1.82m 5
5 Zach Visina	SO	St. Scholast	1.82m 4
6 Aaron Stephens		Unattached	X1.77m
7 Collin Foote		Iowa TC	1.67m 3
8 Brad Cox	FR	Cornell	1.67m 1.5
8 Conner Goetz	SO	Luther	1.67m 1.5
--- John Cord	JR	Simpson	NH
--- Ryan Davis	FR	Grinnell	NH

**Men Pole Vault**

Name	Yr	School	Finals
<b>Finals</b>			
1 Jake Lindstrom		Grinnell	4.25m 10
2 Travis Ambuehl	JR	St. Scholast	4.25m 8
3 Riley Niebuhr	SO	St. Scholast	3.95m 6
4 Erik Queoff	FR	Luther	3.80m 5
5 Derek Mueller	SO	Luther	3.35m 4
6 Tom Lundberg	SO	Luther	3.20m 3
7 Luis Hernandez		Grinnell	3.05m 2

**Cornell College Invitational  
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**Results**

**Finals ... (Men Pole Vault)**

Name	Yr	School	Finals
8 John Cord	JR	Simpson	3.05m 1
9 Jacob Miller	FR	Luther	2.90m
--- Gordan Rey	FR	Coe	NH
--- Andy Ambrose	SR	Luther	NH

**Men Long Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 John Cord	JR	Simpson	6.40m 10
2 Gavin Warnock		Grinnell	6.40m 8
3 Alex Horoshak	SO	St. Scholast	6.29m 6
4 Marcus Haustein	SR	Coe	6.27m 5
5 Jake McGurran	FR	St. Scholast	6.18m 4
6 Henry Jungbauer	SO	Luther	6.14m 3
7 Rich Degenhardt	SR	Iowa TC	5.94m 2
8 Graham Houselog	FR	Coe	5.77m 1
9 Kyle Hove	FR	Luther	5.69m 1.0
10 Edward Taylor		Waldorf	5.61m 6.4
11 Matt Miller	FR	St. Scholast	5.10m 1.9
12 Charles Banta	SR	Luther	5.02m 1.1
13 Tony Dischinger	JR	Luther	4.11m 1.0
--- Caleb Freund	SO	Luther	FOUL

**Men Triple Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Gavin Warnock		Grinnell	12.82m 10
2 Peter Drinkwine	SR	St. Scholast	12.64m 8
3 Joshua Olson	FR	Luther	12.46m 6
4 Marcus Haustein	SR	Coe	11.77m 5
5 Edward Taylor		Waldorf	11.48m 4
6 Caleb Freund	SO	Luther	10.49m 3
7 Dixon Romeo	SR	Grinnell	10.18m 2
8 Kohei Takatsuka		Grinnell	10.09m 1
9 Ben Vaughn		Grinnell	10.03m 0.1

**Men Shot Put**

Name	Yr	School	Finals
<b>Finals</b>			
1 Justin Baker	SO	N. Iowa	16.76m 10
2 Jeremy Peterson	FR	St. Scholast	14.24m 8
3 Eric Ritter	SR	Coe	13.99m 6
4 Justin Mann	JR	St. Scholast	13.67m 5
5 Alex Deeds	SO	Coe	13.00m 4
6 Jonathan Araujo	JR	Cornell	12.90m 3
7 Frank Davis	SO	Coe	12.58m 2
8 Charlie Fernow	JR	St. Scholast	12.37m 1
9 Frank Lesar	FR	St. Scholast	11.40m

10 Nick Arnold	FR	Luther	11.26m
11 Alex Mckee-Crow	FR	Coe	10.99m
12 John Bray	FR	Cornell	10.60m
13 Adam Ownby	FR	Coe	10.47m
14 Tefiro Serunjogi	SO	Grinnell	8.85m

**Men Discus Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Chase Madison		Unattached	X57.94m
2 Matt Schiffer	JR	N. Iowa	47.74m 10
3 Justin Baker	SO	N. Iowa	43.47m 8
4 Ryan Murphy	SO	St. Scholast	41.69m 6
5 Jeremy Peterson	FR	St. Scholast	41.63m 5
6 Nick Arnold	FR	Luther	39.94m 4
7 Parker Kenyon	SO	Cornell	38.84m 3
8 Alex Deeds	SO	Coe	38.53m 2
9 Jonathan Araujo	JR	Cornell	37.16m 1
10 John Cord	JR	Simpson	33.69m
11 Daniel Yunek	FR	Coe	32.04m
12 Frank Davis	SO	Coe	30.46m
13 Andy Ambrose	SR	Luther	29.36m
14 Alex Mckee-Crow	FR	Coe	28.57m
15 Kevin Wagner	FR	St. Scholast	27.90m
16 Nick Weeg		Iowa TC	27.66m
17 Eric Soat	SO	Coe	26.55m
18 Adam Ownby	FR	Coe	25.24m
--- Christopher Doran	SR	St. Scholast	FOUL

**Men Hammer Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Jon Dahlin		Unattached	X53.95m
2 Justin Baker	SO	N. Iowa	53.24m 10
3 Matt Schiffer	JR	N. Iowa	52.76m 8
4 Eric Ritter	SR	Coe	51.58m 6
5 Dan Etter	JR	Luther	49.13m 5
6 Jeremy Peterson	FR	St. Scholast	40.75m 4
7 Dan Blattner	JR	Luther	40.24m 3
8 Charlie Fernow	JR	St. Scholast	40.06m 2
9 Alex Deeds	SO	Coe	40.05m 1
10 Ryan Murphy	SO	St. Scholast	39.53m
11 Justin Mann	JR	St. Scholast	36.77m
12 Parker Kenyon	SO	Cornell	36.24m
13 Eric Soat	SO	Coe	35.97m
14 Frank Davis	SO	Coe	35.40m
15 Nick Arnold	FR	Luther	33.04m
16 Kevin Pflaum		Grinnell	31.77m
17 Adam Ownby	FR	Coe	31.25m
18 Frank Lesar	FR	St. Scholast	30.69m



**Cornell College Invitational  
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Results**

**Finals ... (Men Hammer Throw)**

Name	Yr	School	Finals
19 Alex Mckee-Crow	FR	Coe	28.75m
20 John Bray	FR	Cornell	23.46m
--- Daniel Yunek	FR	Coe	FOUL

5) Cornell College	85.5
6) Luther	72.5
7) Iowa Track Club	68
8) Northern Iowa	46
9) Waldorf College Track Club	12
10) Marshalltown CC	1

**Men Javelin Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 John Cord	JR	Simpson	54.11m 10
2 Tyler Hetland		Unattached	X48.90m
3 Zev Braun		Grinnell	47.69m 8
4 Joe Hetland	SO	Coe	47.35m 6
5 Kelin Dunfee	JR	St. Scholast	46.20m 5
6 Henry Jungbauer	SO	Luther	43.46m 4
7 Brett Mitchelmore	FR	Coe	41.15m 3
8 Riley Niebuhr	SO	St. Scholast	40.96m 2
9 Dan Etter	JR	Luther	40.41m 1
10 Andrew Christ	SR	Iowa TC	40.08m
11 Andy Ambrose	SR	Luther	39.41m
12 Kevin Wagner	FR	St. Scholast	36.80m
13 Caleb Freund	SO	Luther	36.33m
14 Daniel Yunek	FR	Coe	35.51m
15 Brad Cox	FR	Cornell	35.17m
16 Austin Becthold	FR	Simpson	33.29m
17 Erik Queoff	FR	Luther	33.20m
18 John Bray	FR	Cornell	32.94m
19 Eric Angeroth Franks	SO	Luther	32.83m
20 Kelan Chang	FR	Coe	32.30m
21 Chris Woodington	SO	Grinnell	30.65m
22 Nick Arnold	FR	Luther	30.50m
23 Tefiro Serunjogi	SO	Grinnell	25.06m

**Women - Team Rankings - 19 Events Scored**

1) St. Scholastica	148.5
2) Simpson (Iowa)	120
3) Luther	110.5
4) Cornell College	95
5) Coe	93
6) Grinnell	78
7) Northern Iowa	68
8) Iowa Track Club	4

**Men - Team Rankings - 19 Events Scored**

1) Coe	119
2) Grinnell	118
3) St. Scholastica	110
4) Simpson (Iowa)	91