

**Midwest Collegiate Conference
Outdoor Track and Field Championships
William Penn University, Oskaloosa, IA - 5/4/2013 to 5/5/2013**

Results

Women 100 Meter Dash

Meet Record: 11.84 * 2012 Jenna Higgins

Name	Yr	School	Prelims
Preliminaries			
1	Jenna Higgins	SR	Mount Mercy 12.34Q
2	Maryann Dike	FR	Mount Mercy 12.56Q
3	Larissa Wilden	SR	Mount Mercy 12.94Q
4	Mwale Kapande	SR	Mount Mercy 12.73q
5	Jazmine Epps	FR	William Penn 12.82q
6	Dede Ayers	FR	Grand View 13.03q
7	Ragan Duax	FR	Grand View 13.04q
8	April Devore	FR	St. Ambrose 13.07q
9	Emily Giles	FR	William Penn 13.24
10	Cierra Threats	FR	William Penn 13.24
11	Trineisha Gray	FR	St. Ambrose 13.29
12	Samantha Francois	SO	Clarke 13.39
13	Justine Jensen	FR	Mount Mercy 13.44
14	Jazmine Dupee	SR	Grand View 13.54
15	Jackee Thompson	SR	St. Ambrose 13.84
16	Nicole Liggis	FR	St. Ambrose 14.33
17	Danielle Krueger	FR	Viterbo 15.54
18	Cortney Wesela	SO	Viterbo 17.57

Women 100 Meter Dash

Meet Record: 11.84 * 2012 Jenna Higgins

Name	Yr	School	Finals
Finals			
1	Jenna Higgins	SR	Mount Mercy 12.09 10
2	Maryann Dike	FR	Mount Mercy 12.47 8
3	Mwale Kapande	SR	Mount Mercy 12.60 6
4	Jazmine Epps	FR	William Penn 12.67 5
5	April Devore	FR	St. Ambrose 12.85 4
6	Dede Ayers	FR	Grand View 12.87 3
7	Larissa Wilden	SR	Mount Mercy 12.88 2
8	Ragan Duax	FR	Grand View 13.14 1

Women 200 Meter Dash

Meet Record: 25.05 * 1998 Nadia Cunningham

Name	Yr	School	Prelims
Preliminaries			
1	Jenna Higgins	SR	Mount Mercy 25.78Q
2	Maryann Dike	FR	Mount Mercy 26.18Q
3	Dede Ayers	FR	Grand View 26.19Q
4	Jazmine Epps	FR	William Penn 26.43q
5	Ragan Duax	FR	Grand View 26.52q
6	April Devore	FR	St. Ambrose 26.68q
7	Mwale Kapande	SR	Mount Mercy 26.76q
8	Larissa Wilden	SR	Mount Mercy 26.96q

9	Autumn Vergeyle	FR	St. Ambrose 27.37
10	Cierra Threats	FR	William Penn 27.73
11	Sade Myers	SO	William Penn 27.74
12	Emily Giles	FR	William Penn 27.85
13	Justine Jensen	FR	Mount Mercy 27.90
14	Liz Mosbach	FR	Mount Mercy 27.95
15	Trineisha Gray	FR	St. Ambrose 28.08
16	Chelsea Weber	FR	Viterbo 29.23
17	Darrise Humphries	JR	Clarke 29.53
18	Nicole Liggis	FR	St. Ambrose 29.85
19	Jackee Thompson	SR	St. Ambrose 29.87
20	Sam Haunsperger	FR	Grand View 31.40

Women 200 Meter Dash

Meet Record: 25.05 * 1998 Nadia Cunningham

Name	Yr	School	Finals
Finals			
1	Jenna Higgins	SR	Mount Mercy 25.26 10
2	Maryann Dike	FR	Mount Mercy 25.73 8
3	Jazmine Epps	FR	William Penn 26.07 6
4	Dede Ayers	FR	Grand View 26.46 5
5	Mwale Kapande	SR	Mount Mercy 26.67 4
6	Larissa Wilden	SR	Mount Mercy 26.74 3
7	April Devore	FR	St. Ambrose 26.90 2
8	Ragan Duax	FR	Grand View 27.28 1

Women 400 Meter Dash

Meet Record: 53.54 * 1998 Louise Ayuetotche

Name	Yr	School	Finals
Finals			
1	Marissa Dunkerley	SO	St. Ambrose 1:00.47 10
2	April Devore	FR	St. Ambrose 1:00.63 8
3	Maryann Dike	FR	Mount Mercy 1:00.82 6
4	Ragan Duax	FR	Grand View 1:01.09 5
5	Liz Mosbach	FR	Mount Mercy 1:01.32 4
6	Sade Myers	SO	William Penn 1:02.08 3
7	Brooke Hammond	FR	Grand View 1:02.37 2
8	Samantha Francois	SO	Clarke 1:02.75 1
9	Dede Ayers	FR	Grand View 1:02.83
10	Jen Rushton	JR	St. Ambrose 1:03.30
11	Autumn Vergeyle	FR	St. Ambrose 1:03.41
12	Kayley Keller	FR	Mount Mercy 1:03.71
13	Ali Cowell	FR	St. Ambrose 1:05.67
14	Paige Wehling	FR	St. Ambrose 1:07.74
15	Corey Bormann	SO	Clarke 1:09.38
16	Darrise Humphries	JR	Clarke 1:10.89

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Women 800 Meter Run

Meet Record: 2:16.50 * 1998 Nadia Cunningham

Name	Yr	School	Finals
Finals			
1 Tarah Alexander	FR	William Penn	2:20.85 10
2 Allison McFayden	SR	Grand View	2:22.08 8
3 Megan Byrne	FR	St. Ambrose	2:22.41 6
4 Liz Mosbach	FR	Mount Mercy	2:24.59 5
5 Nicole Wager	FR	St. Ambrose	2:29.38 4
6 Katie Beckett	JR	St. Ambrose	2:29.69 3
7 Jasmine Nielsen	SO	Grand View	2:30.01 2
8 Allison Scott	FR	Mount Mercy	2:31.00 1
9 Stephanie Kasiurak	FR	Clarke	2:31.63
10 Kate Groenhagen	FR	St. Ambrose	2:33.50
11 Shelby Daisy	SR	Mount Mercy	2:35.66
12 Molly Burkhalter	JR	St. Ambrose	2:37.32
13 Austyn Thier	FR	Clarke	2:41.58
14 Maggie Dwyer	SO	St. Ambrose	2:42.04
15 Cassidy Mayberry	SO	Viterbo	2:43.95
16 Sarah Gibson	FR	Viterbo	2:48.75

Women 1500 Meter Run

Meet Record: 4:45.25 * 2012 Obsie Birru

Name	Yr	School	Finals
Finals			
1 Allison McFayden	SR	Grand View	4:59.26 10
2 Allison Scott	FR	Mount Mercy	5:03.11 8
3 Rebecca Wilder	SO	St. Ambrose	5:05.40 6
4 Jasmine Nielsen	SO	Grand View	5:07.90 5
5 Valinn McReynolds	SR	William Penn	5:10.39 4
6 Christine Eden	SR	St. Ambrose	5:10.85 3
7 Amber Trick	FR	St. Ambrose	5:15.58 2
8 Kate Groenhagen	FR	St. Ambrose	5:16.67 1
9 Megan Miller	SO	St. Ambrose	5:18.02
10 Mackenzie Holladay	JR	Mount Mercy	5:23.08
11 Jaisa Miller	JR	St. Ambrose	5:23.57
12 Janessa Sjobeck	SO	Viterbo	5:27.30
13 Samantha Horn	JR	Grand View	5:31.34
14 Courtney Klein	JR	Clarke	5:48.64
15 Leah Schultz	SR	Mount Mercy	5:57.10

Women 5000 Meter Run

Meet Record: 18:28.18 * 2010 Obsie Birru

Name	Yr	School	Finals
Finals			
1 Christine Eden	SR	St. Ambrose	19:11.17 10
2 Rebecca Wilder	SO	St. Ambrose	19:23.36 8
3 Morgan Meseke	JR	St. Ambrose	19:52.58 6
4 Nicole Wager	FR	St. Ambrose	20:04.54 5
5 Dana Ewan	FR	Mount Mercy	20:09.08 4

6 Stephanie Nibaur	SR	Mount Mercy	20:09.36 3
7 Kelsey Carbajo	JR	Grand View	20:15.99 2
8 Ashley Ubbelohde	JR	Grand View	20:32.06 1
9 Grace Gordon	JR	Clarke	20:33.31
10 Sandy Gebhart	JR	Viterbo	20:37.26
11 Whitney Derga	SO	St. Ambrose	20:57.22
12 Wendi Dunn	JR	Mount Mercy	21:22.14
13 Rosemary Bailey	SO	William Penn	21:34.48
14 Samantha Horn	JR	Grand View	21:37.58
15 Alicia Dean	SR	Grand View	22:15.67
16 Taylor Luczak	FR	Clarke	22:26.93
17 Katerina Althoff	SO	Mount Mercy	22:32.25
18 Leah Schultz	SR	Mount Mercy	22:47.65
19 Kyra DeSchepper	FR	Clarke	23:06.72

Women 10000 Meter Run

Meet Record: 38:08.83 * 2012 Obsie Birru

Name	Yr	School	Finals
Finals			
1 Morgan Meseke	JR	St. Ambrose	41:08.14 10
2 Kelsey Carbajo	JR	Grand View	41:36.32 8
3 Mary Adlfinger	FR	St. Ambrose	41:55.08 6
4 Stephanie Nibaur	SR	Mount Mercy	42:15.46 5
5 Mackenzie Holladay	JR	Mount Mercy	43:22.07 4
6 Wendi Dunn	JR	Mount Mercy	43:43.73 3
7 Alicia Dean	SR	Grand View	44:38.36 2
8 Katie Wetzell	SO	St. Ambrose	45:53.41 1
9 Hannah Livesey	JR	Viterbo	46:46.28
10 Jill Haram	FR	Viterbo	48:25.17

Women 100 Meter Hurdles

Meet Record: 14.87 * 2012 Rachel Luehrs

Name	Yr	School	Prelims
Preliminaries			
1 Jenna Higgins	SR	Mount Mercy	15.27Q
2 Larissa Wilden	SR	Mount Mercy	15.30Q
3 Holly Anthony	JR	Grand View	15.72Q
4 Tara Goehrke	SO	St. Ambrose	15.64q
5 Audre'ahna Harris	JR	William Penn	15.97q
6 Taylor Zumbach	FR	Mount Mercy	16.27q
7 Allison Smith	FR	Clarke	16.46q
8 Suzanne Flexsenhar	FR	Mount Mercy	16.48q
9 Regan Enfield	FR	Mount Mercy	16.81
10 Lindsey Kimler	SO	William Penn	16.94
11 Karissa Alfred	FR	St. Ambrose	17.10
12 Ali Cowell	FR	St. Ambrose	17.15
13 Morgan Weaver	SO	St. Ambrose	18.05
14 Alora Simmons	FR	William Penn	18.12
15 Allison Williams	FR	William Penn	18.76
16 Sam Haunsperger	FR	Grand View	19.68

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Preliminaries ... (Women 100 Meter Hurdles)

Name	Yr	School	Prelims
--- Lauren Palmer	SR	Clarke	FS

Women 100 Meter Hurdles

Meet Record: 14.87 * 2012 Rachel Luehrs

Name	Yr	School	Finals
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Finals

1 Jenna Higgins	SR	Mount Mercy	14.82* 10
2 Larissa Wilden	SR	Mount Mercy	14.84* 8
3 Allison Smith	FR	Clarke	16.07 6
4 Audre'ahna Harris	JR	William Penn	16.10 5
5 Tara Goehrke	SO	St. Ambrose	16.26 4
6 Holly Anthony	JR	Grand View	16.27 3
7 Taylor Zumbach	FR	Mount Mercy	16.45 2
8 Suzanne Flexsenhar	FR	Mount Mercy	17.15 1

Women 400 Meter Hurdles

Meet Record: 1:03.71 * 2011 Jacqueline Kane

Name	Yr	School	Finals
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Finals

1 Samantha Francois	SO	Clarke	1:06.42 10
2 Jasmine Nielsen	SO	Grand View	1:06.86 8
3 Tara Goehrke	SO	St. Ambrose	1:08.12 6
4 Ali Cowell	FR	St. Ambrose	1:09.02 5
5 Regan Enfield	FR	Mount Mercy	1:09.07 4
6 Holly Anthony	JR	Grand View	1:11.38 3
7 Brooke Hammond	FR	Grand View	1:11.76 2
8 Corey Bormann	SO	Clarke	1:13.49 1
9 Taylor Zumbach	FR	Mount Mercy	1:14.33
10 Allison McFayden	SR	Grand View	1:15.20
11 Morgan Weaver	SO	St. Ambrose	1:15.29

Women 3000 Meter Steeplechase

Meet Record: 11:19.79 * 2012 Sadie Fisher

Name	Yr	School	Finals
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Finals

1 Nicole Wager	FR	St. Ambrose	11:57.70 10
2 Dana Ewan	FR	Mount Mercy	12:17.37 8
3 Whitney Derga	SO	St. Ambrose	12:27.49 6
4 Ashley Ubbelohde	JR	Grand View	12:34.24 5
5 Kelsey Carbajo	JR	Grand View	12:37.60 4
6 Mary Adlfinger	FR	St. Ambrose	12:56.59 3
7 Katerina Althoff	SO	Mount Mercy	13:16.38 2
8 Alicia Dean	SR	Grand View	13:24.04 1
9 Katie Wetzell	SO	St. Ambrose	14:03.95
10 Kallee Saturn	JR	Viterbo	14:17.53
11 Paige Gulbrandsen	SO	St. Ambrose	14:24.78

Women 4x100 Meter Relay

Meet Record: 47.69 * 2012 Mount Mercy

Team	Relay	Finals
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Finals

1 Mount Mercy		48.04 10
1) Maryann Dike FR	2) Jenna Higgins SR	
3) Larissa Wilden SR	4) Mwale Kapande SR	
2 William Penn		50.48 8
1) Cierra Threats FR	2) Emily Giles FR	
3) Sade Myers SO	4) Jazmine Epps FR	
3 Grand View		50.87 6
1) Jazmine Dupee SR	2) Dede Ayers FR	
3) Brooke Hammond FR	4) Ragan Duax FR	
4 St. Ambrose		51.39 5
1) Jacee Thompson SR	2) April Devore FR	
3) Tara Goehrke SO	4) Ali Cowell FR	
5 Clarke		51.89 4
1) Stephanie Kasiurak FR	2) Darrise Humphries JR	
3) Corey Bormann SO	4) Megan Fuhrman FR	

Women 4x400 Meter Relay

Meet Record: 3:59.04 * 2012 Ashford

Team	Relay	Finals
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Finals

1 St. Ambrose		4:06.54 10
1) April Devore FR	2) Tara Goehrke SO	
3) Autumn Vergeyle FR	4) Marissa Dunkerley SO	
2 Grand View		4:06.87 8
1) Jasmine Nielsen SO	2) Dede Ayers FR	
3) Brooke Hammond FR	4) Allison McFayden SR	
3 Mount Mercy		4:09.30 6
1) Allison Scott FR	2) Kayley Keller FR	
3) Liz Mosbach FR	4) Maryann Dike FR	
4 William Penn		4:12.67 5
1) Jazmine Epps FR	2) Tarah Alexander FR	
3) Cierra Threats FR	4) Sade Myers SO	
5 Clarke		4:27.27 4
1) Samantha Francois SO	2) Stephanie Kasiurak FR	
3) Allison Smith FR	4) Austyn Thier FR	
6 Viterbo		4:56.74 3
1) Chelsea Weber FR	2) Jessica Pacholski JR	
3) Molly Baker FR	4) Allison Moritz SO	

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Women 4x800 Meter Relay

Meet Record: 9:23.34 * 2012 Grand View
Keller, Birru, McFayden, Craig

Team	Relay	Finals
Finals		
1 Mount Mercy		9:52.63 10
1) Liz Mosbach FR	2) Shelby Daisy SR	
3) Allison Scott FR	4) Dana Ewan FR	
2 Grand View		10:08.92 8
1) Ashley Ubbelohde JR	2) Allison McFayden SR	
3) Samantha Horn JR	4) Jasmine Nielsen SO	
3 William Penn		10:11.83 6
1) Sade Myers SO	2) Rosemary Bailey SO	
3) Valinn McReynolds SR	4) Tarah Alexander FR	
4 St. Ambrose		10:15.12 5
1) Katie Beckett JR	2) Kate Groenhagen FR	
3) Molly Burkhalter JR	4) Nicole Wager FR	
5 Viterbo		10:26.65 4
1) Molly Baker FR	2) Jessica Pacholski JR	
3) Janessa Sjobeck SO	4) Sandy Gebhart JR	
6 Clarke		10:41.93 3
1) Lauren Palmer SR	2) Stephanie Kasiurak FR	
3) Courtney Klein JR	4) Austyn Thier FR	

Women High Jump

Meet Record: 1.59m * 2006 NaOnka Mixon

Name	Yr	School	Finals
Finals			
1 Larissa Wilden	SR	Mount Mercy	1.70m* 10
2 Alora Simmons	FR	William Penn	1.55m 8
3 Jazmine Epps	FR	William Penn	J1.55m 6
4 Lauren Palmer	SR	Clarke	1.50m 5
5 Courtney Camp	FR	St. Ambrose	J1.50m 4
6 Lacey Heater	SR	Grand View	J1.50m 3
7 Ali Cowell	FR	St. Ambrose	1.45m 2
8 Maggie Dwyer	SO	St. Ambrose	1.40m 1
9 Lindsey Kimler	SO	William Penn	J1.40m
10 Allison Smith	FR	Clarke	J1.40m
--- Jenna Speltz	FR	Viterbo	NH

Women Pole Vault

Meet Record: 3.53m * 2010 Morgan Bradford

Name	Yr	School	Finals
Finals			
1 Jaclyn Scavuzzo	SO	St. Ambrose	2.90m 10
2 Megan Fuhrman	FR	Clarke	2.75m 8
3 Celeste Raya	FR	St. Ambrose	2.60m 6
4 Mileva Gacanich	SO	Clarke	2.45m 5
5 April Flood	FR	Clarke	2.30m 4
6 Nikki Moreno	SO	Mount Mercy	2.00m 3

--- Amanda Aberle FR St. Ambrose NH

Women Long Jump

Meet Record: 5.84m * 2012 Mwale Kapande

Name	Yr	School	Finals
Finals			
1 Mwale Kapande	SR	Mount Mercy	5.61m 10
2 Jazmine Epps	FR	William Penn	5.27m 8
3 Jenna Higgins	SR	Mount Mercy	5.26m 6
4 April Devore	FR	St. Ambrose	5.20m 5
5 Liz Mosbach	FR	Mount Mercy	J5.20m 4
6 Larissa Wilden	SR	Mount Mercy	5.06m 3
7 Trineisha Gray	FR	St. Ambrose	5.03m 2
8 Jazmine Dupee	SR	Grand View	J5.03m 1
9 Holly Anthony	JR	Grand View	4.94m
10 Samantha Francois	SO	Clarke	4.84m
11 Karissa Alfred	FR	St. Ambrose	4.75m
12 Emily Giles	FR	William Penn	4.47m
13 Danielle Krueger	FR	Viterbo	3.93m

Women Triple Jump

Meet Record: 11.18m * 2000 Crystal Seamans

Name	Yr	School	Finals
Finals			
1 Trineisha Gray	FR	St. Ambrose	10.63m 10
2 Jazmine Dupee	SR	Grand View	10.47m 8
3 Naomi Patruchak	JR	St. Ambrose	J10.47m 6
4 Sarah Torres	JR	St. Ambrose	10.17m 5
5 Allison Smith	FR	Clarke	10.04m 4
6 Mwale Kapande	SR	Mount Mercy	9.89m 3
7 Halle Lewis	FR	St. Ambrose	9.66m 2
8 Lacey Heater	SR	Grand View	9.03m 1
--- Sarah Gibson	FR	Viterbo	FOUL
--- Karissa Alfred	FR	St. Ambrose	FOUL

Women Shot Put

Meet Record: 13.96m * 2011 Mandy Streu

Name	Yr	School	Finals
Finals			
1 Val Veiock	SO	Grand View	13.80m 10
2 Mandy Streu	SR	St. Ambrose	12.80m 8
3 Meaghan Foster	FR	William Penn	12.67m 6
4 Devon Jensen	SR	Grand View	12.18m 5
5 Amber Jones	FR	Grand View	11.29m 4
6 Liz Williams	FR	St. Ambrose	11.13m 3
7 Jordan Machorro	FR	William Penn	11.11m 2
8 Marissa Harnisch	JR	Grand View	10.90m 1
9 Emma Hoerr	FR	William Penn	10.87m
10 Morgan Larrington	SO	Grand View	10.58m
11 Katie Broghammer	FR	Clarke	10.49m
12 Jenna Higgins	SR	Mount Mercy	10.46m

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Finals ... (Women Shot Put)

Name	Yr	School	Finals
13	Brittany Demmer	JR	Clarke 10.44m
14	Kristin Lastovka	FR	William Penn 10.15m
15	Colleen Frank	JR	Grand View 9.96m
16	Amanda Schrempf	FR	William Penn 9.84m
17	Kayla Hanson	SO	Mount Mercy 9.83m
18	Tamara Weltch	JR	William Penn 9.30m
19	Courtney Hickson	FR	Clarke 9.10m
20	Emily Messerschmidt	FR	Viterbo 8.78m
21	Kacey Schoepp	FR	Viterbo 8.73m
22	Samantha Smart	FR	Mount Mercy 8.57m
23	Mackenzie Doering	FR	St. Ambrose 8.17m

Women Discus Throw

Meet Record: 44.20m * 2012 Val Veiock

Name	Yr	School	Finals
1	Val Veiock	SO	Grand View 42.54m 10
2	Devon Jensen	SR	Grand View 41.38m 8
3	Mandy Streu	SR	St. Ambrose 40.63m 6
4	Jordan Machorro	FR	William Penn 38.99m 5
5	Brittany Demmer	JR	Clarke 38.56m 4
6	Emma Hoerr	FR	William Penn 37.99m 3
7	Colleen Frank	JR	Grand View 36.62m 2
8	Amber Jones	FR	Grand View 34.82m 1
9	Courtney Hickson	FR	Clarke 33.57m
10	Marissa Harnisch	JR	Grand View 32.92m
11	Kayla Hanson	SO	Mount Mercy 31.59m
12	Amanda Schrempf	FR	William Penn 31.02m
13	Liz Williams	FR	St. Ambrose 30.07m
14	Katie Broghammer	FR	Clarke 29.83m
15	Emily Messerschmidt	FR	Viterbo 29.02m
16	Kacey Schoepp	FR	Viterbo 27.50m
17	Morgan Larrington	SO	Grand View 27.25m
18	Meaghan Foster	FR	William Penn 27.24m
19	Trisha Beckley	SO	Clarke 26.54m
20	Samantha Smart	FR	Mount Mercy 24.83m
21	Mackenzie Doering	FR	St. Ambrose 21.82m

Women Hammer Throw

Meet Record: 49.72m * 2009 Emily Brown

Name	Yr	School	Finals
1	Colleen Frank	JR	Grand View 47.72m 10
2	Mandy Streu	SR	St. Ambrose 47.68m 8
3	Brittany Demmer	JR	Clarke 44.15m 6
4	Val Veiock	SO	Grand View 43.55m 5
5	Kristin Lastovka	FR	William Penn 41.48m 4
6	Amber Jones	FR	Grand View 39.52m 3
7	Kayla Hanson	SO	Mount Mercy 39.24m 2

8	Trisha Beckley	SO	Clarke 36.33m 1
9	Meaghan Foster	FR	William Penn 35.70m
10	Marissa Harnisch	JR	Grand View 34.74m
11	Katie Broghammer	FR	Clarke 33.01m
12	Morgan Larrington	SO	Grand View 32.64m
13	Mackenzie Doering	FR	St. Ambrose 32.50m
14	Liz Williams	FR	St. Ambrose 32.24m
15	Amanda Schrempf	FR	William Penn 28.69m
---	Kennedy Wrice	SO	Grand View FOUL
---	Tamara Weltch	JR	William Penn FOUL

Women Javelin Throw

Meet Record: 44.20m * 2012 Jenna Higgins

Name	Yr	School	Finals
1	Jenna Higgins	SR	Mount Mercy 38.71m 10
2	Devon Jensen	SR	Grand View 38.14m 8
3	Val Veiock	SO	Grand View 35.03m 6
4	Jasmine Reisberg	JR	Clarke 32.15m 5
5	Amber Jones	FR	Grand View 31.12m 4
6	Emilie Minteer	SR	St. Ambrose 28.17m 3
7	Justine Jensen	FR	Mount Mercy 27.72m 2
8	Autumn Vergeyle	FR	St. Ambrose 26.94m 1
9	Morgan Larrington	SO	Grand View 25.98m
10	Regan Enfield	FR	Mount Mercy 25.50m
11	Kayley Keller	FR	Mount Mercy 24.32m
12	Marissa Harnisch	JR	Grand View 23.27m
13	Emily Messerschmidt	FR	Viterbo 20.59m
14	Paige Wheeler	SO	St. Ambrose 19.24m
15	Lindsey Kimler	SO	William Penn 18.52m
16	Kacey Schoepp	FR	Viterbo 17.45m
---	Suzanne Flexsenhar	FR	Mount Mercy FOUL

Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Yr	School	Finals
1	Jenna Higgins	SR	Mount Mercy 26.15 784
2	Tara Goehrke	SO	St. Ambrose 27.81 646
3	Larissa Wilden	SR	Mount Mercy 28.29 608
4	Ali Cowell	FR	St. Ambrose 28.70 577
5	Holly Anthony	JR	Grand View 28.71 576
6	Autumn Vergeyle	FR	St. Ambrose 28.76 572
7	Karissa Alfred	FR	St. Ambrose 29.76 499
8	Suzanne Flexsenhar	FR	Mount Mercy 30.39 455

Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Yr	School	Finals
1	Holly Anthony	JR	Grand View 2:40.32 569
2	Ali Cowell	FR	St. Ambrose 2:41.48 556
3	Tara Goehrke	SO	St. Ambrose 2:41.55 555



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Finals ... (Heptathlon: #7 Women 800 Meter Run Heptathlon)

Name	Yr	School	Finals	
4 Larissa Wilden	SR	Mount Mercy	2:45.94	507
5 Autumn Vergeyle	FR	St. Ambrose	2:47.46	490
6 Jenna Higgins	SR	Mount Mercy	2:48.14	483
7 Suzanne Flexsenhar	FR	Mount Mercy	2:50.33	460
8 Karissa Alfred	FR	St. Ambrose	3:14.95	239

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Yr	School	Finals	
1 Larissa Wilden	SR	Mount Mercy	15.30	802
2 Jenna Higgins	SR	Mount Mercy	15.59	765
3 Holly Anthony	JR	Grand View	15.96	719
4 Tara Goehrke	SO	St. Ambrose	16.09	703
5 Karissa Alfred	FR	St. Ambrose	17.32	561
6 Suzanne Flexsenhar	FR	Mount Mercy	17.66	524
7 Ali Cowell	FR	St. Ambrose	17.84	505
8 Autumn Vergeyle	FR	St. Ambrose	19.60	336

Heptathlon: #2 Women High Jump Heptathlon

Name	Yr	School	Finals	
1 Larissa Wilden	SR	Mount Mercy	1.57m	701
2 Ali Cowell	FR	St. Ambrose	1.48m	599
3 Autumn Vergeyle	FR	St. Ambrose	1.39m	502
4 Tara Goehrke	SO	St. Ambrose	1.36m	470
4 Holly Anthony	JR	Grand View	1.36m	470
6 Karissa Alfred	FR	St. Ambrose	1.30m	409
6 Suzanne Flexsenhar	FR	Mount Mercy	1.30m	409
6 Jenna Higgins	SR	Mount Mercy	1.30m	409

Heptathlon: #5 Women Long Jump Heptathlon

Name	Yr	School	Finals	
1 Jenna Higgins	SR	Mount Mercy	5.31m	645
2 Holly Anthony	JR	Grand View	5.05m	573
3 Larissa Wilden	SR	Mount Mercy	5.02m	565
4 Karissa Alfred	FR	St. Ambrose	4.81m	508
5 Ali Cowell	FR	St. Ambrose	4.63m	461
6 Autumn Vergeyle	FR	St. Ambrose	4.61m	456
7 Suzanne Flexsenhar	FR	Mount Mercy	4.37m	396
8 Tara Goehrke	SO	St. Ambrose	4.26m	369

Heptathlon: #3 Women Shot Put Heptathlon

Name	Yr	School	Finals	
1 Jenna Higgins	SR	Mount Mercy	10.57m	567
2 Holly Anthony	JR	Grand View	9.20m	477
3 Suzanne Flexsenhar	FR	Mount Mercy	9.12m	472
4 Autumn Vergeyle	FR	St. Ambrose	8.41m	426

5 Larissa Wilden	SR	Mount Mercy	7.81m	387
6 Tara Goehrke	SO	St. Ambrose	7.45m	364
7 Ali Cowell	FR	St. Ambrose	6.87m	327
8 Karissa Alfred	FR	St. Ambrose	6.79m	322

Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Yr	School	Finals	
1 Jenna Higgins	SR	Mount Mercy	49.98m	860
2 Autumn Vergeyle	FR	St. Ambrose	27.30m	426
3 Larissa Wilden	SR	Mount Mercy	23.53m	355
4 Holly Anthony	JR	Grand View	23.08m	346
5 Suzanne Flexsenhar	FR	Mount Mercy	21.87m	324
6 Tara Goehrke	SO	St. Ambrose	21.74m	321
7 Karissa Alfred	FR	St. Ambrose	20.13m	291
8 Ali Cowell	FR	St. Ambrose	14.38m	185

Women Heptathlon

Name	Yr	School	Finals	
1 Jenna Higgins	SR	Mount Mercy	4513	10
2 Larissa Wilden	SR	Mount Mercy	3925	8
3 Holly Anthony	JR	Grand View	3730	6
4 Tara Goehrke	SO	St. Ambrose	3428	5
5 Ali Cowell	FR	St. Ambrose	3210	4
6 Autumn Vergeyle	FR	St. Ambrose	3208	3
7 Suzanne Flexsenhar	FR	Mount Mercy	3040	2
8 Karissa Alfred	FR	St. Ambrose	2829	1

Men 100 Meter Dash

Meet Record: 10.50 * 2004 Jason Drewelow

Name	Yr	School	Prelims	
1 Gabriel Green	SR	William Penn	10.78Q	
2 Keonte White	SO	Grand View	10.89Q	
3 Kenny Simmons	FR	Grand View	11.18Q	
4 Raimon Clay	SO	St. Ambrose	10.99q	
5 Toi Jones	JR	Grand View	11.03q	
6 Evan Frazier	SO	St. Ambrose	11.08q	
7 Kederick Givens	FR	William Penn	11.09q	
8 Chase Carlson	SO	Grand View	11.13q	
9 Jalen Wilson	SO	William Penn	11.22	
10 David Hale	SO	Viterbo	11.22	
11 Spencer Gardner	FR	Grand View	11.37	
12 Antonio Thomas	SO	Mount Mercy	11.40	
13 Joseph Torres	SO	St. Ambrose	11.46	
14 Kenbea Walker	SO	William Penn	11.50	
15 Jordan Mendoza	SR	Clarke	11.51	
16 Xavier Smart	FR	Viterbo	11.61	
17 Bradley Phillips	SO	Mount Mercy	11.94	

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Preliminaries ... (Men 100 Meter Dash)

Name	Yr	School	Prelims
18 Travis Brimeyer	FR	Mount Mercy	12.37
19 Kris Lee	FR	Mount Mercy	12.59
20 LaDon Singleton	FR	Mount Mercy	12.82

Men 100 Meter Dash

Meet Record: 10.50 * 2004 Jason Drewelow

Name	Yr	School	Finals
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Finals

1 Keonte White	SO	Grand View	10.68	10
2 Gabriel Green	SR	William Penn	10.71	8
3 Raimon Clay	SO	St. Ambrose	10.89	6
4 Toi Jones	JR	Grand View	10.92	5
5 Evan Frazier	SO	St. Ambrose	11.04	4
6 Kederick Givens	FR	William Penn	11.09	3
7 Kenny Simmons	FR	Grand View	11.14	2
8 Chase Carlson	SO	Grand View	11.23	1

Men 200 Meter Dash

Meet Record: 21.47 * 2011 Gabriel Green

Name	Yr	School	Prelims
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Preliminaries

1 Kederick Givens	FR	William Penn	22.04Q
2 Keonte White	SO	Grand View	22.23Q
3 Gabriel Green	SR	William Penn	22.39Q
4 Raimon Clay	SO	St. Ambrose	22.14q
5 Chase Carlson	SO	Grand View	22.33q
6 Evan Frazier	SO	St. Ambrose	22.61q
7 Toi Jones	JR	Grand View	22.64q
8 Tre Porter	FR	Grand View	22.70q
9 Joseph Torres	SO	St. Ambrose	22.87
10 Zach Vos	JR	Grand View	22.92
11 Sid Beck	JR	Mount Mercy	23.01
12 Brendan Walters	SO	Clarke	23.16
13 David Hale	SO	Viterbo	23.18
14 Stephon Williams	SO	William Penn	23.41
15 Ryan Giesemann	SO	St. Ambrose	23.49
16 Spencer Gardner	FR	Grand View	23.62
17 Kodey Salow	SO	Mount Mercy	24.37
18 Xavier Smart	FR	Viterbo	24.63
19 Kenbea Walker	SO	William Penn	24.71
20 Bradley Phillips	SO	Mount Mercy	25.29
21 Travis Brimeyer	FR	Mount Mercy	25.31

Men 200 Meter Dash

Meet Record: 21.47 * 2011 Gabriel Green

Name	Yr	School	Finals
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Finals

1 Keonte White	SO	Grand View	21.92	10
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2 Gabriel Green	SR	William Penn	22.02	8
3 Kederick Givens	FR	William Penn	22.18	6
4 Evan Frazier	SO	St. Ambrose	22.28	5
5 Raimon Clay	SO	St. Ambrose	22.39	4
6 Toi Jones	JR	Grand View	23.00	3
7 Tre Porter	FR	Grand View	23.06	2
8 Chase Carlson	SO	Grand View	2:01.08	1

Men 400 Meter Dash

Meet Record: 48.43 * 2012 Gabriel Green

Name	Yr	School	Finals
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Finals

1 Gabriel Green	SR	William Penn	49.25	10
2 Tre Porter	FR	Grand View	49.48	8
3 Jim Warren	FR	St. Ambrose	49.50	6
4 Joseph Torres	SO	St. Ambrose	50.31	5
5 Matt Mayer	SO	St. Ambrose	50.98	4
6 Spencer Gardner	FR	Grand View	51.32	3
7 Jordan Kremer	SO	St. Ambrose	51.88	2
8 Nic Murrow	SO	Grand View	51.91	1
9 Brendan Walters	SO	Clarke	51.93	
10 Stephon Williams	SO	William Penn	52.05	
11 Sid Beck	JR	Mount Mercy	52.15	
12 Ryan Giesemann	SO	St. Ambrose	52.95	
13 Blake Campbell	SR	Mount Mercy	54.28	
14 Allen Clark	FR	Grand View	54.49	
15 Quinton Peters	SO	Viterbo	55.87	
16 Patrick Milder	SR	St. Ambrose	1:04.68	
--- Zach Vos	JR	Grand View	DQ	

Men 800 Meter Run

Meet Record: 1:55.25 * 2011 John Darmody

Name	Yr	School	Finals
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Finals

1 John Darmody	SR	St. Ambrose	1:56.73	10
2 Tariq White	SR	Grand View	1:57.87	8
3 Graham Mahon	JR	Clarke	1:58.44	6
4 Tyler Hartley	SO	Mount Mercy	1:58.65	5
5 Paul Cave	SO	Clarke	1:59.24	4
6 Seth Harjes	FR	Grand View	1:59.27	3
7 Blake Washington	JR	William Penn	2:00.31	2
8 Nick Gentzler	SO	St. Ambrose	2:00.64	1
9 Nicholas Thomas	SO	William Penn	2:00.68	
10 Alex Edwards	SO	William Penn	2:01.58	
11 Zack Molid	JR	Clarke	2:02.32	
12 Aubrey Barnes	JR	St. Ambrose	2:02.38	
13 Ian Darland	FR	Mount Mercy	2:03.85	
14 David Carbajal	JR	Mount Mercy	2:06.14	
15 Erik Ryan	FR	Mount Mercy	2:06.84	
16 Justin Bond	SR	Grand View	2:06.84	
17 John Roudabush	SO	William Penn	2:07.36	

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Finals ... (Men 800 Meter Run)

Name	Yr	School	Finals
18 Bryce Althoff	SR	Mount Mercy	2:08.32
19 Emmett McClain	FR	St. Ambrose	2:08.78
20 Nick Anderson	SO	Clarke	2:11.80
21 Ben Black	FR	St. Ambrose	2:11.86
22 Andrew Thonesen	SO	Viterbo	2:13.83
23 John Herber	FR	Clarke	2:13.89
24 Austin Ward	SR	Grand View	2:16.50
25 Ben Coyer	FR	St. Ambrose	2:17.25
26 David Meyers	SO	Clarke	2:19.28

Men 1500 Meter Run

Meet Record: 4:07.10 * 2008 Cliff Miles

Name	Yr	School	Finals
1 John Darmody	SR	St. Ambrose	4:03.43* 10
2 Tyler Hartley	SO	Mount Mercy	4:09.92 8
3 Aubrey Barnes	JR	St. Ambrose	4:13.77 6
4 Nate McNamara	JR	St. Ambrose	4:17.27 5
5 TJ Mosbach	JR	Mount Mercy	4:17.79 4
6 Ben Coyer	FR	St. Ambrose	4:18.00 3
7 Justin Bond	SR	Grand View	4:26.99 2
8 Austin Ward	SR	Grand View	4:29.43 1
9 Deane Wichelt	SO	William Penn	4:35.15
10 Colton Anderson	SO	St. Ambrose	4:37.55
11 Kyle Collins	FR	Clarke	4:38.88
12 Monueir Moodie	FR	Mount Mercy	4:40.41
13 David Meyers	SO	Clarke	4:43.51
14 Jacob Hart	FR	Viterbo	4:44.78
15 Louis Sughroue	SO	Mount Mercy	4:45.83
16 Cameron Pittman	JR	William Penn	5:02.59
17 Claude Tuyikeze	SO	Grand View	5:06.94

Men 5000 Meter Run

Meet Record: 15:39.56 * 2011 Kevin Randle

Name	Yr	School	Finals
1 John Darmody	SR	St. Ambrose	16:05.56 10
2 TJ Mosbach	JR	Mount Mercy	16:21.70 8
3 Michael Lessor	JR	Viterbo	16:22.11 6
4 Ryan Buchanan	SR	St. Ambrose	16:30.55 5
5 Mitch Johnson	JR	Mount Mercy	17:00.77 4
6 Jay Whitmore	SR	St. Ambrose	17:08.83 3
7 Yanni Gallagher	FR	William Penn	17:08.88 2
8 Kennedy Kiprop	FR	Grand View	17:13.70 1
9 Tyler Norby	SR	St. Ambrose	17:16.80
10 Quintin Marshall	JR	William Penn	17:24.71
11 Eric Schultz	SO	Grand View	18:21.78
12 Justin Welsh	JR	Grand View	19:06.63
13 Derek Barnett	SR	Grand View	19:53.00

14 Claude Tuyikeze SO Grand View 21:40.76

Men 10000 Meter Run

Meet Record: 32:30.85 * 2011 Kevin Randle

Name	Yr	School	Finals
1 TJ Mosbach	JR	Mount Mercy	33:43.70 10
2 Ryan Buchanan	SR	St. Ambrose	34:03.00 8
3 Patrick Understeller	SR	Viterbo	35:08.80 6
4 Tanner Artznen	SO	St. Ambrose	35:27.00 5
5 Tyler Norby	SR	St. Ambrose	35:39.70 4
6 Ty Balduf	FR	St. Ambrose	35:46.70 3
7 Justin Welsh	JR	Grand View	36:36.80 2
8 Kennedy Kiprop	FR	Grand View	36:37.00 1
9 Quintin Marshall	JR	William Penn	36:37.80
10 Eric Schultz	SO	Grand View	38:07.60
11 Josh Bellows	JR	Clarke	40:56.70

Men 110 Meter Hurdles

Meet Record: 14.51 * 2012 Keith Brown

Name	Yr	School	Prelims
1 Sam Taylor	SO	William Penn	15.46Q
2 Tyler Patten	JR	Grand View	15.54Q
3 Kaz Johnson	JR	St. Ambrose	15.84q
4 Robert Cole	FR	St. Ambrose	16.20q
5 Trevor Volz	SO	William Penn	16.31q
6 Patrick Mahoney	FR	St. Ambrose	16.41q
7 Tanner Ewing	SO	St. Ambrose	16.49q
8 Blake Campbell	SR	Mount Mercy	16.78q
9 Emerson Ludwig	FR	Viterbo	17.50
10 Tyler Ernst	JR	Clarke	18.42

Men 110 Meter Hurdles

Meet Record: 14.51 * 2012 Keith Brown

Name	Yr	School	Finals
1 Sam Taylor	SO	William Penn	15.06 10
2 Kaz Johnson	JR	St. Ambrose	15.22 8
3 Tanner Ewing	SO	St. Ambrose	15.31 6
4 Tyler Patten	JR	Grand View	15.50 5
5 Trevor Volz	SO	William Penn	16.00 4
6 Blake Campbell	SR	Mount Mercy	16.19 3
7 Robert Cole	FR	St. Ambrose	16.38 2
8 Patrick Mahoney	FR	St. Ambrose	16.68 1

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Men 400 Meter Hurdles

Meet Record: 53.90 * 2012 Bryce Adger

Name	Yr	School	Finals
Finals			
1 Bryce Adger	JR	Grand View	55.59 10
2 Paul Cave	SO	Clarke	55.83 8
3 Blake Campbell	SR	Mount Mercy	56.38 6
4 Tyler Patten	JR	Grand View	57.32 5
5 Tanner Ewing	SO	St. Ambrose	58.11 4
6 John Darmody	SR	St. Ambrose	58.33 3
7 Jordan Mendoza	SR	Clarke	59.51 2
8 Tre Porter	FR	Grand View	1:00.84 1
9 Spencer Gardner	FR	Grand View	1:00.85
10 Trevor Volz	SO	William Penn	1:01.00
11 Patrick Rothert	SO	Clarke	1:01.29
12 Ben DiSera	SR	Viterbo	1:01.40
13 Kaz Johnson	JR	St. Ambrose	1:01.78
14 Patrick Mahoney	FR	St. Ambrose	1:01.84
15 John Herber	FR	Clarke	1:06.12
16 Quinton Peters	SO	Viterbo	1:07.90

Men 3000 Meter Steeplechase

Meet Record: 9:45.83 * 2000 Matt Trannell

Name	Yr	School	Finals
Finals			
1 John Darmody	SR	St. Ambrose	9:53.66 10
2 Mitch Johnson	JR	Mount Mercy	10:07.88 8
3 Jay Whitmore	SR	St. Ambrose	10:09.01 6
4 Yanni Gallagher	FR	William Penn	10:17.85 5
5 Justin Welsh	JR	Grand View	10:18.79 4
6 Tanner Artzen	SO	St. Ambrose	10:23.80 3
7 Jonnie Schoening	SR	Clarke	11:12.69 2
8 Chris Pasquale	FR	Viterbo	11:28.96 1
9 Ben Black	FR	St. Ambrose	11:44.33
10 Marshall Eckert	FR	Viterbo	11:50.12
11 Derek Barnett	SR	Grand View	12:16.13

Men 4x100 Meter Relay

Meet Record: 41.99 * 2009 Grand View

Team	Relay	Finals
Finals		
1 Grand View		42.33 10
1) Keonte White SO	2) Toi Jones JR	
3) Tyler Patten JR	4) Chase Carlson SO	
2 William Penn		42.77 8
1) Sam Taylor SO	2) Kederick Givens FR	
3) Stephon Williams SO	4) Gabriel Green SR	
3 St. Ambrose		43.15 6
1) Colton Anderson SO	2) Tanner Artzen SO	
3) Timmy Arvesen SO	4) Ty Balduf FR	

4 Mount Mercy		44.03 5
1) Blake Campbell SR	2) Sid Beck JR	
3) Bradley Phillips SO	4) Antonio Thomas SO	
5 Viterbo		44.09 4
1) Xavier Smart FR	2) Ben DiSera SR	
3) Brock Mrdjenovich SO	4) David Hale SO	
6 Clarke		44.87 3
1) Jordan Mendoza SR	2) Tyler Ernst JR	
3) Brendan Walters SO	4) Trey Wiedmann FR	

Men 4x400 Meter Relay

Meet Record: 3:19.70 * 2012 St. Ambrose

Team	Relay	Finals
Finals		
1 Grand View		3:20.82 10
1) Tariq White SR	2) Zach Vos JR	
3) Spencer Gardner FR	4) Tre Porter FR	
2 William Penn		3:21.59 8
1) Alex Edwards SO	2) Sam Taylor SO	
3) Stephon Williams SO	4) Gabriel Green SR	
3 St. Ambrose		3:22.31 6
1) Matt Mayer SO	2) Jordan Kremer SO	
3) Joseph Torres SO	4) Ryan Giesemann SO	
4 Clarke		3:29.19 5
1) Paul Cave SO	2) Nick Anderson SO	
3) Graham Mahon JR	4) Brendan Walters SO	
5 Mount Mercy		3:31.62 4
1) Blake Campbell SR	2) Andre Moodie SR	
3) Tyler Hartley SO	4) Sid Beck JR	
6 Viterbo		3:36.64 3
1) Ben DiSera SR	2) Brock Mrdjenovich SO	
3) Andrew Thonesen SO	4) David Hale SO	

Men 4x800 Meter Relay

Meet Record: 7:47.10 * 2012 Grand View

Team	Relay	Finals
Finals		
1 William Penn		7:58.07 10
1) Blake Washington JR	2) Nicholas Thomas SO	
3) Deane Wichelt SO	4) Alex Edwards SO	
2 Grand View		7:58.83 8
1) Tariq White SR	2) Justin Bond SR	
3) Austin Ward SR	4) Seth Harjes FR	
3 Mount Mercy		8:01.36 6
1) Tyler Hartley SO	2) Mitch Johnson JR	
3) Erik Ryan FR	4) Andre Moodie SR	
4 St. Ambrose		8:05.65 5
1) Colton Anderson SO	2) Tanner Artzen SO	
3) Timmy Arvesen SO	4) Ty Balduf FR	

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Finals ... (Men 4x800 Meter Relay)

Team	Relay	Finals
5 Clarke		8:09.35 4
1) Nick Anderson SO	2) Zack Molid JR	
3) Stacy Latnie JR	4) Graham Mahon JR	
6 Viterbo		9:10.21 3
1) Andrew Thonesen SO	2) Ben DiSera SR	
3) Jacob Hart FR	4) Jacob Butler SO	

Men High Jump

Meet Record: 1.96m * 2012 Austin Smith

Name	Yr	School	Finals
Finals			
1 Allen Clark	FR	Grand View	1.96m* 10
2 Kaz Johnson	JR	St. Ambrose	J1.96m* 8
3 Joseph Torres	SO	St. Ambrose	J1.96m* 6
4 Charles Deneen	JR	Clarke	1.91m 5
5 Kohl Gregory	FR	Clarke	1.86m 4
6 Sam Taylor	SO	William Penn	J1.86m 3
7 Andrew Esser	FR	St. Ambrose	J1.86m 2
8 Robert Cole	FR	St. Ambrose	1.81m 1
9 Brock Mrdjenovich	SO	Viterbo	1.76m
10 Keegan Blutworth	FR	Viterbo	1.66m
11 Martin Mlinaric	SO	Mount Mercy	1.61m

Men Pole Vault

Meet Record: 4.70m * 2012 Mike Malone

Name	Yr	School	Finals
Finals			
1 Bryce Adger	JR	Grand View	4.25m 10
2 Gavin Dederling	FR	Clarke	4.10m 8
3 Nick Wager	FR	St. Ambrose	3.95m 6
4 Jonathan Shephard	FR	Clarke	J3.95m 5
5 Tanner LaBore	JR	Grand View	J3.95m 4
6 Lucas Rusk	FR	St. Ambrose	3.35m 3
7 Jacob Stacy	FR	Grand View	J3.35m 2
8 Chase Carlson	SO	Grand View	3.20m 1
9 Dalton Yocum	FR	Viterbo	3.05m
10 Patrick Mahoney	FR	St. Ambrose	2.90m
11 Trevor Volz	SO	William Penn	2.75m
--- David Schultz	FR	Viterbo	NH

Men Long Jump

Meet Record: 7.30m * 2012 Jalen Wilson

Name	Yr	School	Finals
Finals			
1 Jalen Wilson	SO	William Penn	7.43m* 10
2 Allen Clark	FR	Grand View	6.99m 8
3 Bryce Adger	JR	Grand View	6.68m 6
4 Sam Taylor	SO	William Penn	6.49m 5
5 Kaz Johnson	JR	St. Ambrose	6.48m 4

6 Bryndon Douglas	FR	William Penn	6.45m 3
7 Jordan Bell	FR	St. Ambrose	6.28m 2
8 Kenny Simmons	FR	Grand View	6.26m 1
9 Robert Cole	FR	St. Ambrose	6.24m
10 Brendan Walters	SO	Clarke	6.15m
11 Antonio Thomas	SO	Mount Mercy	6.03m
12 Joseph Jordan	FR	Viterbo	6.00m
13 Jimmie Davis	JR	Grand View	J6.00m
14 Van Love-Scott	SO	William Penn	5.94m
15 Quinton Peters	SO	Viterbo	5.78m
16 Jordan Mendoza	SR	Clarke	5.74m
17 Kris Lee	FR	Mount Mercy	5.72m
18 LaDon Singleton	FR	Mount Mercy	5.63m
19 Ian VanAntwerp	SR	St. Ambrose	4.92m

Men Triple Jump

Meet Record: 14.46m * 2010 Javares Thomas

Name	Yr	School	Finals
Finals			
1 Allen Clark	FR	Grand View	13.79m 10
2 Kenny Simmons	FR	Grand View	13.63m 8
3 Bryce Adger	JR	Grand View	J13.63m 6
4 Robert Cole	FR	St. Ambrose	13.60m 5
5 Ian VanAntwerp	SR	St. Ambrose	13.52m 4
6 Jordan Bell	FR	St. Ambrose	13.16m 3
7 Trey Wiedmann	FR	Clarke	12.84m 2
8 Joseph Jordan	FR	Viterbo	12.43m 1
9 Kohl Gregory	FR	Clarke	12.04m
10 Van Love-Scott	SO	William Penn	11.99m
11 Bryndon Douglas	FR	William Penn	11.93m
12 Andrew Esser	FR	St. Ambrose	J11.93m
--- Jimmie Davis	JR	Grand View	FOUL
--- Patrick Mahoney	FR	St. Ambrose	FOUL

Men Shot Put

Meet Record: 17.56m * 2012 Tyler Wells

Name	Yr	School	Finals
Finals			
1 Wes Vaden	SR	St. Ambrose	15.79m 10
2 Lance Maxwell	JR	Grand View	14.51m 8
3 Cy Williams	SR	Grand View	13.41m 6
4 Dallas Franks	FR	Grand View	12.93m 5
5 Peter Turcato	SR	St. Ambrose	12.44m 4
6 Jonah Hoelscher	SO	St. Ambrose	12.19m 3
7 Marc Osborn	JR	Grand View	11.85m 2
8 Hunter Donovan	FR	Grand View	11.66m 1
9 Austin Robbins	SO	St. Ambrose	11.63m
10 Jon Higgins	FR	Grand View	11.28m
11 Josh Olson	JR	St. Ambrose	11.11m
12 Kalob Gist	FR	William Penn	11.07m
13 Jonathan Shephard	FR	Clarke	10.83m

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Finals ... (Men Shot Put)

Name	Yr	School	Finals
14 Nate Kubik	FR	Mount Mercy	10.65m
15 Colt Brumbaugh	SO	William Penn	9.52m
16 Max Breidel	FR	Viterbo	8.99m
17 John Sturtz	FR	Clarke	8.22m

Men Discus Throw

Meet Record: 54.54m * 2006 Floyd Turner

Name	Yr	School	Finals
Finals			
1 Lance Maxwell	JR	Grand View	47.52m 10
2 Jon Higgins	FR	Grand View	45.17m 8
3 Wes Vaden	SR	St. Ambrose	42.98m 6
4 Jonah Hoelscher	SO	St. Ambrose	42.53m 5
5 Marc Osborn	JR	Grand View	41.76m 4
6 Dallas Franks	FR	Grand View	38.29m 3
7 Austin Robbins	SO	St. Ambrose	38.12m 2
8 Cy Williams	SR	Grand View	38.02m 1
9 Hunter Donovan	FR	Grand View	36.93m
10 Bryce Armstrong	FR	William Penn	34.48m
11 Peter Turcato	SR	St. Ambrose	33.28m
12 Kodey Salow	SO	Mount Mercy	32.60m
13 Jonathan Shephard	FR	Clarke	31.29m
14 Josh Olson	JR	St. Ambrose	29.45m
15 Seth Pennock	FR	Mount Mercy	29.37m
16 Nate Kubik	FR	Mount Mercy	28.89m
17 Max Breidel	FR	Viterbo	27.27m
18 Vladimir Vukovic	SO	Mount Mercy	25.76m
--- Kalob Gist	FR	William Penn	FOUL

Men Hammer Throw

Meet Record: 52.19m * 2003 Rob Firrell

Name	Yr	School	Finals
Finals			
1 Lance Maxwell	JR	Grand View	50.70m 10
2 Cy Williams	SR	Grand View	49.10m 8
3 Wes Vaden	SR	St. Ambrose	47.83m 6
4 Marc Osborn	JR	Grand View	46.26m 5
5 Peter Turcato	SR	St. Ambrose	40.85m 4
6 Dallas Franks	FR	Grand View	39.31m 3
7 Austin Robbins	SO	St. Ambrose	38.63m 2
8 Jonah Hoelscher	SO	St. Ambrose	37.57m 1
9 Jon Higgins	FR	Grand View	36.86m
10 Kalob Gist	FR	William Penn	36.26m
11 Hunter Donovan	FR	Grand View	35.41m
12 Nate Kubik	FR	Mount Mercy	32.76m
13 Bryce Armstrong	FR	William Penn	31.56m
14 Colt Brumbaugh	SO	William Penn	25.02m

Men Javelin Throw

Meet Record: 55.21m * 2008 Matt Hilby

Name	Yr	School	Finals
Finals			
1 Marc Osborn	JR	Grand View	48.41m 10
2 Kodey Salow	SO	Mount Mercy	48.04m 8
3 Tanner LaBore	JR	Grand View	44.76m 6
4 Lance Maxwell	JR	Grand View	42.93m 5
5 Lucas Rusk	FR	St. Ambrose	40.33m 4
6 Mickey Gallagher	FR	Grand View	39.96m 3
7 Chase Carlson	SO	Grand View	39.51m 2
8 Joseph Torres	SO	St. Ambrose	39.29m 1
9 Austin Robbins	SO	St. Ambrose	39.27m
10 Wes Vaden	SR	St. Ambrose	39.04m
11 Van Love-Scott	SO	William Penn	38.00m
12 Nate Kubik	FR	Mount Mercy	36.09m
13 Sam Taylor	SO	William Penn	35.99m
14 Jacob Stacy	FR	Grand View	35.49m
15 Ryan Giesemann	SO	St. Ambrose	34.24m
16 Bryce Althoff	SR	Mount Mercy	33.33m
17 Emerson Ludwig	FR	Viterbo	33.18m
18 Trevor Volz	SO	William Penn	32.60m
19 Colt Brumbaugh	SO	William Penn	27.80m
20 Max Breidel	FR	Viterbo	22.80m
--- Peter Turcato	SR	St. Ambrose	FOUL
--- Gavin Dederling	FR	Clarke	FOUL

Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Yr	School	Finals
Finals			
1 Chase Carlson	SO	Grand View	11.16 825
2 Bryce Adger	JR	Grand View	11.41 771
3 Jacob Stacy	FR	Grand View	11.52 748
4 Sam Taylor	SO	William Penn	11.58 736
5 Trevor Volz	SO	William Penn	11.81 689
6 Robert Cole	FR	St. Ambrose	11.86 679
7 Patrick Mahoney	FR	St. Ambrose	12.00 651
8 Andrew Esser	FR	St. Ambrose	12.41 573
9 Lucas Rusk	FR	St. Ambrose	12.92 481

Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Yr	School	Finals
Finals			
1 Bryce Adger	JR	Grand View	52.80 690
2 Chase Carlson	SO	Grand View	55.46 580
3 Sam Taylor	SO	William Penn	55.75 569
4 Robert Cole	FR	St. Ambrose	55.80 567
5 Patrick Mahoney	FR	St. Ambrose	56.04 558
6 Jacob Stacy	FR	Grand View	57.75 493
7 Andrew Esser	FR	St. Ambrose	57.83 490

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Results

Finals ... (Decathlon: #5 Men 400 Meter Dash Decathlon)

Name	Yr	School	Finals	
8 Trevor Volz	SO	William Penn	58.01	483
9 Lucas Rusk	FR	St. Ambrose	1:00.69	390

Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Yr	School	Finals	
1 Bryce Adger	JR	Grand View	4:47.34	635
2 Andrew Esser	FR	St. Ambrose	4:57.25	576
3 Lucas Rusk	FR	St. Ambrose	4:59.55	562
4 Patrick Mahoney	FR	St. Ambrose	5:01.68	550
5 Robert Cole	FR	St. Ambrose	5:04.21	536
6 Trevor Volz	SO	William Penn	5:05.82	527
7 Jacob Stacy	FR	Grand View	5:08.38	512
8 Sam Taylor	SO	William Penn	5:11.77	494
9 Chase Carlson	SO	Grand View	5:15.62	473

Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Yr	School	Finals	
1 Sam Taylor	SO	William Penn	16.01	732
2 Robert Cole	FR	St. Ambrose	16.11	720
3 Trevor Volz	SO	William Penn	16.69	657
4 Bryce Adger	JR	Grand View	17.07	617
5 Patrick Mahoney	FR	St. Ambrose	17.53	570
6 Chase Carlson	SO	Grand View	18.27	499
7 Jacob Stacy	FR	Grand View	18.86	445
8 Andrew Esser	FR	St. Ambrose	21.03	272
9 Lucas Rusk	FR	St. Ambrose	21.65	231

Decathlon: #4 Men High Jump Decathlon

Name	Yr	School	Finals	
1 Andrew Esser	FR	St. Ambrose	1.90m	714
2 Sam Taylor	SO	William Penn	1.81m	636
3 Robert Cole	FR	St. Ambrose	1.78m	610
4 Bryce Adger	JR	Grand View	1.72m	560
5 Jacob Stacy	FR	Grand View	1.66m	512
6 Chase Carlson	SO	Grand View	1.51m	396
6 Patrick Mahoney	FR	St. Ambrose	1.51m	396
6 Lucas Rusk	FR	St. Ambrose	1.51m	396
9 Trevor Volz	SO	William Penn	1.48m	374

Decathlon: #8 Men Pole Vault Decathlon

Name	Yr	School	Finals	
1 Bryce Adger	JR	Grand View	4.35m	716
2 Lucas Rusk	FR	St. Ambrose	3.35m	444
3 Chase Carlson	SO	Grand View	3.15m	393
4 Sam Taylor	SO	William Penn	3.05m	369

5 Patrick Mahoney	FR	St. Ambrose	2.95m	345
6 Trevor Volz	SO	William Penn	2.45m	231
7 Jacob Stacy	FR	Grand View	2.25m	189
--- Andrew Esser	FR	St. Ambrose	NH	
--- Robert Cole	FR	St. Ambrose	NH	

Decathlon: #2 Men Long Jump Decathlon

Name	Yr	School	Finals	
1 Bryce Adger	JR	Grand View	6.36m	666
2 Sam Taylor	SO	William Penn	6.15m	619
3 Jacob Stacy	FR	Grand View	6.09m	606
4 Chase Carlson	SO	Grand View	5.86m	556
5 Robert Cole	FR	St. Ambrose	5.79m	542
6 Andrew Esser	FR	St. Ambrose	5.78m	540
7 Patrick Mahoney	FR	St. Ambrose	5.37m	455
8 Lucas Rusk	FR	St. Ambrose	5.29m	439
9 Trevor Volz	SO	William Penn	5.02m	386

Decathlon: #3 Men Shot Put Decathlon

Name	Yr	School	Finals	
1 Jacob Stacy	FR	Grand View	11.33m	566
2 Chase Carlson	SO	Grand View	10.88m	539
3 Robert Cole	FR	St. Ambrose	9.85m	477
4 Sam Taylor	SO	William Penn	9.38m	448
5 Patrick Mahoney	FR	St. Ambrose	9.08m	431
6 Trevor Volz	SO	William Penn	9.06m	429
7 Bryce Adger	JR	Grand View	9.01m	426
8 Lucas Rusk	FR	St. Ambrose	8.61m	403
9 Andrew Esser	FR	St. Ambrose	8.50m	396

Decathlon: #7 Men Discus Throw Decathlon

Name	Yr	School	Finals	
1 Jacob Stacy	FR	Grand View	31.65m	497
2 Chase Carlson	SO	Grand View	31.02m	485
3 Bryce Adger	JR	Grand View	30.82m	481
4 Lucas Rusk	FR	St. Ambrose	30.29m	470
5 Robert Cole	FR	St. Ambrose	28.72m	439
6 Sam Taylor	SO	William Penn	27.59m	417
7 Andrew Esser	FR	St. Ambrose	23.69m	342
8 Patrick Mahoney	FR	St. Ambrose	22.48m	319
9 Trevor Volz	SO	William Penn	21.02m	291

Decathlon: #9 Men Javelin Throw Decathlon

Name	Yr	School	Finals	
1 Sam Taylor	SO	William Penn	39.81m	439
2 Bryce Adger	JR	Grand View	37.94m	412
3 Jacob Stacy	FR	Grand View	37.52m	406

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Finals ... (Decathlon: #9 Men Javelin Throw Decathlon)

	Name	Yr	School	Finals	
4	Chase Carlson	SO	Grand View	37.42m	405
5	Lucas Rusk	FR	St. Ambrose	36.89m	397
6	Trevor Volz	SO	William Penn	35.41m	376
7	Robert Cole	FR	St. Ambrose	35.25m	374
8	Andrew Esser	FR	St. Ambrose	31.24m	317
9	Patrick Mahoney	FR	St. Ambrose	29.00m	285

Men Decathlon

	Name	Yr	School	Finals	
Finals					
1	Bryce Adger	JR	Grand View	5974	10
2	Sam Taylor	SO	William Penn	5459	8
3	Chase Carlson	SO	Grand View	5151	6
4	Jacob Stacy	FR	Grand View	4974	5
5	Robert Cole	FR	St. Ambrose	4944	4
6	Patrick Mahoney	FR	St. Ambrose	4560	3
7	Trevor Volz	SO	William Penn	4443	2
8	Andrew Esser	FR	St. Ambrose	4220	1
9	Lucas Rusk	FR	St. Ambrose	4213	

Women - Team Rankings - 22 Events Scored

1)	St. Ambrose	244
2)	Mount Mercy	228
3)	Grand View	199
4)	William Penn	94
5)	Clarke	71
6)	Viterbo	7

Men - Team Rankings - 22 Events Scored

1)	Grand View	304
2)	St. Ambrose	269
3)	William Penn	115
4)	Mount Mercy	79
5)	Clarke	58
6)	Viterbo	24