

**Cougar Invitational  
Concordia University Chicago  
River Forest, IL - 4/17/2014**

**Results**

**Women 100 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Amber Wentzloff	SR	Lewis	12.56 10
2 Loretta Johnson	JR	Aurora	12.81 8
3 Rashada Anderson	SO	Concordia	13.18 6
4 Jasmine Cawley	FR	Concordia	13.20 5
5 Joshlynn Eaton	SR	Concordia	13.21 4
6 Danyale Worsham	JR	Concordia	13.41 3
7 Andrea Caldwell	JR	Concordia	13.52 2
8 Kimmy Bigbie	FR	Calumet-St.	13.59 1
9 Lauren Zimmer	SR	Concordia	13.70 -0.7
10 Naomi Bradley	FR	DuPage	13.73 -0.7
11 Nicole Bargo	SR	Concordia	13.80 -0.7
12 Lindsay Beasley	SO	Concordia	13.93 -0.7
13 Kim Stellmack	JR	Elmhurst	14.53 -0.7
14 Julia Wiesemann	SO	Calumet-St.	15.08 -0.7
15 Leah VanTol	SO	Trinity Chri	15.22 -0.2
16 Yasmine Owaynat	FR	Oakton CC	15.51 -0.2
17 Becky Leevey		Unattached	X18.61 -0.2
--- Linda Lababidad	FR	Oakton CC	FS -0.2

**Women 200 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Loretta Johnson	JR	Aurora	26.14 10
2 Amber Wentzloff	SR	Lewis	26.29 8
3 Jasmine Cawley	FR	Concordia	27.17 6
4 Crystal Daniels	JR	Calumet-St.	27.71 5
5 Elaina Feuerbach	FR	Roosevelt	27.72 4
6 Danyale Worsham	JR	Concordia	27.87 3
7 Jeannette Coleman	FR	Robert Morri	28.09 2
8 Kimmy Bigbie	FR	Calumet-St.	28.10 1
9 Lauren Zimmer	SR	Concordia	28.13 -1.9
10 Ellie Sigman	SO	Rend Lake	28.40 -0.9
11 Naomi Bradley	FR	DuPage	28.43 -0.9
12 Courtney Nurczyk	JR	Concordia	28.68 -0.9
13 Angela Klunder	FR	Trinity Chri	28.83 -1.8
14 Nicole Bargo	SR	Concordia	28.95 -2.1
15 Sara Losacco	SO	Trinity Chri	29.28 -0.9
16 Cassandra LeSavage	FR	Robert Morri	29.64 -1.8
17 Stephanie Daniels	FR	Calumet-St.	29.71 -1.8
18 Ciara Murray	FR	Loyola	29.80 -2.1
19 Dasha Tuddy	SO	Robert Morri	29.83 -1.8
20 Rachel Koronkiewicz	FR	St. Xavier	30.12 -0.3
21 Kim Stellmack	JR	Elmhurst	30.18 -0.9
22 Katarzyna Wojtulewicz	FR	Triton Colle	30.33 -1.8
23 Alena Pacheco	FR	Roosevelt	30.39 -0.9
24 Amber Snearl	SO	Roosevelt	30.48 -1.8
25 Amy Rice	SO	Illinois Tec	31.94 -0.3

26 Yasmine Owaynat	FR	Oakton CC	32.88 -2.4
27 Jaya Joseph	JR	Concordia	33.91 -0.3
28 Linda Lababidad	FR	Oakton CC	36.35 -0.3

**Women 400 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Crystal Daniels	JR	Calumet-St.	58.86 10
2 Courtney Kalous	FR	Trinity Chri	1:00.20 8
3 Meghan Nichol	JR	Lewis	1:04.89 6
4 Stephanie Daniels	FR	Calumet-St.	1:05.16 5
5 Elaina Feuerbach	FR	Roosevelt	1:05.93 4
6 Ciara Murray	FR	Loyola	1:06.29 3
7 Rachel Koronkiewicz	FR	St. Xavier	1:07.77 2
8 Amber Snearl	SO	Roosevelt	1:08.47 1
9 Melina Rodriguez	FR	Triton Colle	1:09.34
10 Amy Rice	SO	Illinois Tec	1:11.36
11 Victoria Thorne	FR	Triton Colle	1:14.67
12 Becca LaManna	SO	Concordia	1:18.64
13 Daisy Espinoza	FR	Triton Colle	1:19.43
14 Linda Lababidad	FR	Oakton CC	1:22.94

**Women 800 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Kayla Konow	JR	Concordia	2:24.08 10
2 Anna Galvez	SR	St. Xavier	2:24.60 8
3 Alex Reid	JR	Elmhurst	2:24.97 6
4 Monica Byrne	FR	DuPage	2:26.61 5
5 Jessica Disselkoen	SO	Trinity Chri	2:27.18 4
6 Alena Pacheco	FR	Roosevelt	2:28.58 3
7 Alyssa Poremba	SR	Elmhurst	2:29.34 2
8 Catlyn Walker	FR	Robert Morri	2:29.57 1
9 Jordan Wallace	SR	St. Xavier	2:30.00
10 Leslie Rosario	SR	St. Xavier	2:30.79
11 Lauren Dentzman	NA	SPT	2:32.19
12 Alisha Johnson	FR	Concordia	2:32.22
13 Kelah Freeman	FR	DuPage	2:32.38
14 Lexi McDermid	SO	St. Xavier	2:32.40
15 Toria Plottner	SO	Rend Lake	2:35.41
16 April Wanagas	SO	Illinois Tec	2:36.10
17 Miriama Kisiel	SO	Triton Colle	2:40.49
18 Ann Kolker	SO	St. Xavier	2:40.84
19 Reghan Quick	FR	Elmhurst	2:51.52
20 Shatiquia Graf	SO	DuPage	2:56.67
21 Aracelis Figueroa	SR	Concordia	3:06.92
22 Jaya Joseph	JR	Concordia	3:20.98
23 Becca LaManna	SO	Concordia	3:21.27

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**Concordia University Chicago**  
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**Results**

**Women 1000 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Jessica Disselkoe	SO	Trinity Chri	3:08.65 10
2 Hannah Schwab	SR	Trinity Chri	3:11.55 8
3 Alisha Johnson	FR	Concordia	3:16.75 6
4 Leah VanTol	SO	Trinity Chri	3:28.93 5
5 Sonja Sorensen	FR	Concordia	3:45.72 4
6 Aracelis Figueroa	SR	Concordia	3:57.89 3

**Women 1500 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Ashley Jourdan	FR	Trinity Chri	4:45.09 10
2 Alyssa Poremba	SR	Elmhurst	4:47.99 8
3 Kayla Konow	JR	Concordia	4:55.26 6
4 Andrea Holm	FR	Lewis	4:59.48 5
5 Monica Hahn	JR	Lewis	5:00.20 4
6 Ann Kolker	SO	St. Xavier	5:01.04 3
7 Ashley Shares	JR	St. Xavier	5:02.25 2
8 Mollie Dalton	FR	Lewis	5:09.48 1
9 Lauren Loomis	FR	Lewis	5:11.77
10 Paige Gatter	SO	Lewis	5:12.94
11 Megan Burgener	FR	Lewis	5:18.89
12 April Wanagas	SO	Illinois Tec	5:21.26
13 Sara Algawerash	FR	DuPage	5:21.98
14 Riley Seiler	JR	Elmhurst	5:27.26
15 Natalie Arturo	FR	DuPage	5:30.27
16 Emily Vihnanek	FR	Lewis	5:32.43
17 Sheena Arnolts	SO	Robert Morri	5:37.43
18 Joanna Sanchez	FR	Robert Morri	5:38.26
19 Elizabeth Roush	JR	Lewis	5:50.38
20 Mary Rozny	FR	Oakton CC	5:55.68
21 Camyrria Baggett	FR	Calumet-St.	5:57.82
22 Amanda Magee	JR	St. Xavier	5:59.66

**Women 3000 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Anna Bos	JR	Trinity Chri	10:20.07 10
2 Hannah Schwab	SR	Trinity Chri	11:10.55 8
3 Anne Crotteau	JR	Illinois Tec	11:13.14 6
4 Arely Castillo	SO	Lewis	11:16.01 5
5 Abby Dodis	FR	Lewis	11:34.39 4
6 Mary Piltaver	FR	Harper	11:39.71 3
7 Kasey Zaremba	JR	Trinity Chri	11:40.83 2
8 Courtney Correa	FR	St. Xavier	11:44.45 1
9 Alex White	FR	Lewis	11:57.02
10 Mallory Bergbower	SO	Rend Lake	11:58.96
11 Jaqui Paneral	FR	Lewis	12:02.43

12 Ali Proffitt	JR	St. Xavier	12:10.06
13 Sonja Sorensen	FR	Concordia	12:34.17
14 Kelley Guastella	JR	Concordia	13:06.41

**Women 100 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Samantha Stewart	SR	Lewis	15.90 10
2 Emily Dykstra	SO	Trinity Chri	16.42 8
3 Jennifer Johnson		Unattached	X16.59 -1.2
4 Lexi McDermid	SO	St. Xavier	17.62 6
5 Veronica Hannink	SR	Illinois Tec	18.57 5
6 Rachel Stainhaus	FR	DuPage	18.64 4

**Women 400 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Brooke Hamilton	SO	Trinity Chri	1:09.16 10
2 Justine VanDyk	SR	Trinity Chri	1:11.08 8
3 Veronica Hannink	SR	Illinois Tec	1:11.56 6
4 Anna Spotts	FR	Trinity Chri	1:13.74 5
5 Lizzy Dongas	FR	Concordia	1:16.35 4

**Women 4x100 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Concordia (Ill.)	B	50.97 10
1) Andrea Caldwell JR	2) Joshlynn Eaton SR	
3) Danyale Worsham JR	4) Rashada Anderson SO	
2 Concordia (Ill.)	x54.13	
1) Courtney Nurczyk JR	2) Lizzy Dongas FR	
3) Lauren Zimmer SR	4) Jasmine Cawley FR	
3 Trinity Christian	54.19 8	
1) Sara Losacco SO	2) Angela Klunder FR	
3) Elizabeth Roth FR	4) Brooke Hamilton SO	

**Women 4x400 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Trinity Christian		4:05.98 10
1) Ashley Jourdan FR	2) Brooke Hamilton SO	
3) Emily Dykstra SO	4) Courtney Kalous FR	
2 Robert Morris (Ill.)	4:34.09 8	
1) Jeannette Coleman FR	2) Cassandra LeSavage FR	
3) Sheena Arnolts SO	4) Catlyn Walker FR	
3 Triton College	4:49.85 6	
1) Miriama Kisiel SO	2) Katarzyna Wojtulewicz FR	
3) Victoria Thorne FR	4) Melina Rodriguez FR	

**Cougar Invitational**  
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**Results**

**Women 4x800 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 St. Xavier		9:45.95 10
1) Leslie Rosario SR	2) Anna Galvez SR	
3) Jordan Wallace SR	4) Nicole Watkins FR	
2 Trinity Christian		10:19.02 8
1) Anna Spotts FR	2) Kasey Zaremba JR	
3) Anna Vandekamp FR	4) Justine VanDyk SR	
3 Elmhurst		10:51.46 6
1) Riley Seiler JR	2) Christina Rentner FR	
3) Lily Velazquez JR	4) Alex Reid JR	
4 Elmhurst	B	x11:38.56
1) Reghan Quick FR	2) Hayley Zweig FR	
3) Caitlin O'Mara SO	4) Julie Cukla SO	

**Women High Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Jenna Taylor	SO	Aurora	1.62m 10
2 Nikolina Madjer	JR	Loyola	1.57m 8
3 Destinie Willis	FR	Aurora	1.52m 6
4 Casey Waltemath	SO	DuPage	J1.52m 5
5 Carrie Boelt	FR	Calumet-St.	J1.52m 4
6 Rebecca Kuipers	JR	Trinity Chri	1.37m 2.5
6 Kaylee Swearingen	JR	Aurora	1.37m 2.5

**Women Pole Vault**

Name	Yr	School	Finals
<b>Finals</b>			
1 Sarah Peters	SO	Valparaiso	3.45m 10
2 Rachel Burkhart	FR	Aurora	2.85m 8
3 Sara Miller	FR	Rend Lake	2.70m 6
4 Ashley Heisey	SO	Valparaiso	J2.70m 5
5 Kaylee Swearingen	JR	Aurora	2.40m 4
--- Kim Lemke	FR	DuPage	NH
--- Nicki Jager	SO	Trinity Chri	NH

**Women Long Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Lexi Ellis	SO	Loyola	5.37m 10
2 Ellie Sigman	SO	Rend Lake	4.67m 8
3 Andrea Caldwell	JR	Concordia	4.59m 6
4 Lizzy Dongas	FR	Concordia	4.39m 5
5 Cynthia Mote	FR	Elmhurst	4.06m 4
6 Julia Wiesemann	SO	Calumet-St.	3.91m 3
--- Joshlynn Eaton	SR	Concordia	FOUL

**Women Triple Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Lexi Ellis	SO	Loyola	10.99m 10
2 Samantha Stewart	SR	Lewis	10.60m 8
3 Emily Dykstra	SO	Trinity Chri	10.54m 6
4 Justine VanDyk	SR	Trinity Chri	9.81m 5
5 Elizabeth Roth	FR	Trinity Chri	9.02m 4
--- Courtney Nurczyk	JR	Concordia	FOUL

**Women Shot Put**

Name	Yr	School	Finals
<b>Finals</b>			
1 Abby Pierce	SO	Concordia	10.10m 10
2 Maleasha Meredith	FR	Rend Lake	9.73m 8
3 Monica Smith	SO	DuPage	9.72m 6
4 Rachel Kuipers	FR	Trinity Chri	9.59m 5
5 Becky Leevey		Unattached	X9.27m
6 Andrea Zamora	FR	Calumet-St.	8.79m 4
7 Molly Toepper	FR	Trinity Chri	7.78m 3
8 Lexi McDermid	SO	St. Xavier	6.28m 2

**Women Discus Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Monica Smith	SO	DuPage	35.45m 10
2 Olivia Schipper	SO	Trinity Chri	34.80m 8
3 Abby Pierce	SO	Concordia	33.65m 6
4 Becky Leevey		Unattached	X32.80m
5 Maleasha Meredith	FR	Rend Lake	29.50m 5
6 Rachel Kuipers	FR	Trinity Chri	26.90m 4
7 Jess Condon	SO	Elmhurst	26.10m 3
8 Krystyna Kotlinski	FR	Elmhurst	21.60m 2
9 Stephanie Huwe	SO	Elmhurst	16.50m 1

**Women Javelin Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Sara Miller	FR	Rend Lake	30.90m 10
2 Monica Smith	SO	DuPage	26.10m 8
3 Anna Vandekamp	FR	Trinity Chri	23.90m 6
4 Olivia Schipper	SO	Trinity Chri	23.40m 5
5 Krystyna Kotlinski	FR	Elmhurst	23.20m 4
6 Cynthia Mote	FR	Elmhurst	22.80m 3
7 Jess Condon	SO	Elmhurst	22.10m 2
8 Ellie Sigman	SO	Rend Lake	20.90m 1
9 Rachel Kuipers	FR	Trinity Chri	18.90m
10 Stephanie Huwe	SO	Elmhurst	16.30m

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**Results**

**Men 100 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Tyrone Echols	SO	Rend Lake	11.21 10
2 Lamar Blandon	SR	Lewis	11.31 8
3 Deion Carter	FR	Robert Morri	11.37 6
4 Antonio Garcia		Unattached	X11.70 -0.8
5 ahmir lansdown	FR	Unattached	X11.78 -2.1
6 Chris Morse	SR	Trinity Chri	11.78 5
7 Matt Gapski	JR	Concordia	11.82 4
8 CJ Greer	FR	Concordia	12.00 3
9 Kevin Dix	FR	Calumet-St.	12.01 2
10 John Walker	FR	Harper	12.03 1
11 Tyler Haag	SO	Illinois Tec	12.15 -0.8
12 Mohammad Bilal	FR	Oakton CC	12.40 -0.8
13 LaRoi Harmon	FR	Calumet-St.	12.45 -2.1
14 Sean Burke	FR	Oakton CC	12.57 -2.1
15 Tommy Mai	FR	Illinois Tec	12.61 -1.3
16 Konrad Sniezek	SO	Illinois Tec	12.94 -1.3
17 Kevin Conley	SO	Oakton CC	13.11 -1.3
18 Jorge Cuevas		Unattached	X13.30 -1.3
19 Marc Hernandez	FR	Trinity Chri	14.34 -1.3
20 Henry Garcia	JR	Concordia	16.28 -1.3

**Men 200 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Tonderai Tomu	SR	zimbabwe	X21.95 -1.0
2 Deion Carter	FR	Robert Morri	22.73 10
3 Tyrone Echols	SO	Rend Lake	22.90 8
4 Christian Lehman	SR	Loyola	23.14 6
5 Isiah Doss	FR	DuPage	23.50 5
6 John Walker	FR	Harper	23.58 4
7 Jamal Taylor		Unattached	X23.59 -2.1
8 Brandon Cottier	FR	Rend Lake	23.76 3
9 Kyle Gregory	FR	DuPage	23.81 2
10 Tyler Haag	SO	Illinois Tec	23.84 1
11 ahmir lansdown	FR	Unattached	X23.91 -0.6
12 Mitchlie Martyr	FR	Illinois Tec	23.97 -2.0
13 Matt Gapski	JR	Concordia	24.03 -1.7
14 Todd Brady	JR	Roosevelt	24.10 -1.7
15 Daniel Orozco	SR	Unattached	X24.72 -2.1
16 Matthew Schaap	SO	Trinity Chri	24.73 -0.3
17 Kevin Dix	FR	Calumet-St.	25.13 -3.1
18 Adam Flores	FR	Robert Morri	25.14 -2.0
19 Fernando Perez	JR	Calumet-St.	25.16 -1.4
20 Mohammad Bilal	FR	Oakton CC	25.30 -3.1
21 Daniel Mueller	SR	Concordia	25.41 -3.1
22 Sean Burke	FR	Oakton CC	25.41 -0.3
23 Will Suhrbur	FR	Concordia	25.42 -0.3

24 Kevin Conley	SO	Oakton CC	25.81 -1.4
25 Lukasz Gimier	FR	Triton Colle	25.91 -0.3
26 Nick Kellerhals	SO	Harper	25.92 -3.1
27 Konrad Sniezek	SO	Illinois Tec	26.18 -0.3
28 Tommy Mai	FR	Illinois Tec	26.23 -1.4
29 Raman Venugopal	FR	Illinois Tec	26.79 -1.4
30 Jorge Cuevas		Unattached	X27.06 -1.4
31 William Carlson	FR	Illinois Tec	30.04 -2.1
32 Henry Garcia	JR	Concordia	34.96 -2.1

**Men 400 Meter Dash**

Name	Yr	School	Finals
<b>Finals</b>			
1 Tonderai Tomu	SR	zimbabwe	X48.72
2 Andre Barnes	JR	Lewis	49.40 10
3 Tom Rohn	SO	Harper	49.84 8
4 Christian Lehman	SR	Loyola	51.31 6
5 Josh Warren	FR	Concordia	51.47 5
6 Cordney Ellis	SO	Unattached	X51.77
7 Jamal Taylor		Unattached	X52.04
8 Mitchlie Martyr	FR	Illinois Tec	52.33 4
9 Kevin Perez	SO	Loyola	52.62 3
10 Craig VanderGalien	FR	Trinity Chri	52.66 2
11 Travis Lewis	FR	Robert Morri	52.93 1
12 Jerry Williams	JR	Concordia	53.64
13 Brandon Cottier	FR	Rend Lake	53.85
14 Fernando Perez	JR	Calumet-St.	54.18
15 Adam Flores	FR	Robert Morri	55.39
16 Daniel Orozco	SR	Unattached	X56.29
17 Lukasz Gimier	FR	Triton Colle	57.04
18 Matt Scardine	FR	Calumet-St.	57.83
19 Raman Venugopal	FR	Illinois Tec	59.35
20 Nick Kellerhals	SO	Harper	59.71
21 Jorge Cuevas		Unattached	X1:01.39
22 William Carlson	FR	Illinois Tec	1:05.42
23 Thomas Manyek	JR	Calumet-St.	1:06.69

**Men 800 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Brandon Smith	FR	Unattached	X1:57.27
2 Will Cross	JR	Elmhurst	1:58.67 10
3 James Frederickson	FR	Lewis	1:59.68 8
4 Max Anderson	SO	Harper	2:00.38 6
5 Ethan Montague	SR	Illinois Tec	2:00.45 5
6 Kevin Perez	SO	Loyola	2:01.61 4
7 Karson Hahn	FR	Rend Lake	2:01.66 3
8 Todd Brady	JR	Roosevelt	2:03.08 2
9 Jose Garcia-Alvarez	SO	DuPage	2:05.40 1
10 Kyle Irvin	FR	Lewis	2:06.13
11 John Majerus	FR	Harper	2:06.73

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

Name	Yr	School	Finals
12 Kevin Otte	FR	DuPage	2:08.37
13 Thomas Woods	SO	Roosevelt	2:09.66
14 Junius Matlock	FR	Harper	2:09.93
15 Connor Williams	FR	Harper	2:10.48
16 Alex Clark	FR	Trinity Chri	2:11.37
17 Jeremy Ruston		Unattached	X2:12.49
18 AJ Pascente	FR	Triton Colle	2:12.55
19 Quentin Shipley	FR	Illinois Tec	2:14.58
20 Alvaro Frias-Partida	FR	Lewis	2:14.64
21 Jorge Villa	FR	Elmhurst	2:15.51
22 Brandon Dluzen	SO	DuPage	2:16.66
23 Adam Gurke	FR	Roosevelt	2:17.60
24 John Hoffman II	SO	Concordia	2:19.60
25 Christian Rasmussen	FR	Concordia	2:19.76
26 Abe Mulberry	SO	Elmhurst	2:20.26
27 Raphael Quintana	FR	Harper	2:20.29
28 Troy Harness	FR	Roosevelt	2:21.92
29 David Schousen	SO	Elmhurst	2:22.72

**Men 1000 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Josh Warren	FR	Concordia	2:37.13 10
2 Chris Koutavas	SR	Trinity Chri	2:40.38 8
3 Jerry Williams	JR	Concordia	2:42.64 6
4 Phillip Cano	SR	Illinois Tec	2:45.64 5
5 John Hoffman II	SO	Concordia	2:58.16 4
6 Christian Rasmussen	FR	Concordia	3:07.95 3

**Men 1500 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 Andy Reidsma	SR	Trinity Chri	3:59.73 10
2 Will Cross	JR	Elmhurst	4:01.44 8
3 Andrew DeBolt	SO	Elmhurst	4:05.09 6
4 Jhoan Lino	SO	Harper	4:05.31 5
5 Andrew Montague	SR	Illinois Tec	4:08.96 4
6 Karson Hahn	FR	Rend Lake	4:08.99 3
7 Jeff Potat	FR	Calumet-St.	4:12.35 2
8 Jeremy Ruston		Unattached	X4:12.51
9 Cody Velthuisen	FR	Trinity Chri	4:16.07 1
10 Thomas Woods	SO	Roosevelt	4:27.90
11 David Alvarez		Unattached	X4:28.32
12 Miguel Sanchez	FR	Elmhurst	4:29.25
13 Phil Strader	SR	Calumet-St.	4:31.67
14 Christopher Zielinski		Unattached	X4:37.33
15 Adam Gurke	FR	Roosevelt	4:38.15
16 Troy Harness	FR	Roosevelt	4:41.65
17 Jacob Wilson	SO	Elmhurst	4:41.90

18 James Wooldridge		Unattached	X4:43.49
19 Daniel Alferes	FR	Oakton CC	5:10.97
20 Ervin Ruiz	FR	Oakton CC	5:34.45

**Men 3000 Meter Run**

Name	Yr	School	Finals
<b>Finals</b>			
1 James Weissensel	SO	Lewis	9:00.54 10
2 Samuel Wietlispach	SO	Illinois Tec	9:03.44 8
3 Max Sliwa	SR	Lewis	9:13.07 6
4 Chris Koutavas	SR	Trinity Chri	9:14.24 5
5 William O'Connell	FR	Elmhurst	9:27.90 4
6 Sebastian Ramirez	FR	Harper	9:31.25 3
7 Daniel Woldesilassie	NA	Unat-Dupage	X9:32.87
8 Michael Potter	SO	Trinity Chri	9:34.72 2
9 Tyrell Natewa	FR	Trinity Chri	9:36.93 1
10 Andrew Guibord	SO	Harper	9:40.51
11 Thomas Stoffels	FR	DuPage	9:43.35
12 Ryan Weseloh	FR	Concordia	9:43.62
13 Brenton Rains	FR	Rend Lake	9:47.76
14 Leonardo Flores	FR	Lewis	9:48.99
15 Peter Lau	SR	Illinois Tec	9:48.99
16 Mark Bohdan	SO	Trinity Chri	9:50.08
17 Axel Munoz	JR	Elmhurst	10:01.18
18 Christian Sorenson	SR	Concordia	10:09.06
19 Jake Wilson	FR	Rend Lake	10:15.77
20 Connor Williams	FR	Harper	10:21.79
21 Ricardo Robles	FR	Elmhurst	11:04.32

**Men 110 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Josh Schultz	JR	Concordia	15.67 10
2 Dan Lim	SO	Harper	16.26 8
3 Brendon Shanks	FR	Calumet-St.	16.94 6
4 Josh Nienhueser	FR	Unattached	X20.11 -1.1

**Men 400 Meter Hurdles**

Name	Yr	School	Finals
<b>Finals</b>			
1 Kalmon Stokes	SO	Aurora	54.48 10
2 Ernest Downing	SO	Harper	58.45 8
3 Ethan Hill		Unattached	X58.48
4 Brendon Shanks	FR	Calumet-St.	59.11 6
5 Jonathan Heideman	FR	DuPage	59.35 5
6 Jason Becker	FR	Concordia	59.52 4
7 Cody McSorley	JR	Aurora	59.74 3
8 Logan Hoffert	FR	Concordia	59.85 2
9 Phillip Cano	SR	Illinois Tec	1:02.23 1
10 Dan Lim	SO	Harper	1:02.50
11 Manuel Ocana	FR	Elmhurst	1:05.06

**Cougar Invitational**  
**Concordia University Chicago**  
**River Forest, IL - 4/17/2014**

**Results**

**Finals ... (Men 400 Meter Hurdles)**

Name	Yr	School	Finals
---		Josh Nienhueser	FR Unattached XFS

**Men 4x100 Meter Relay**

Team	Relay	Finals
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**Finals**

1	DuPage	42.81	10
	1) Shane Bruni FR	2) Chris James SO	
	3) Kyle Gregory FR	4) Raper Ryan SO	
2	Harper College	43.62	8
	1) Ernest Downing SO	2) Tom Rohn SO	
	3) Max Anderson SO	4) John Walker FR	
3	Trinity Christian	44.79	6
	1) Chris Morse SR	2) Jason Nagelkirk FR	
	3) Matthew Schaap SO	4) Robert Wood FR	

**Men 4x400 Meter Relay**

Team	Relay	Finals
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**Finals**

1	Harper College	3:26.81	10
	1) Max Anderson SO	2) John Walker FR	
	3) Tom Rohn SO	4) Ernest Downing SO	
2	Trinity Christian	3:32.51	8
	1) Chris Paepke FR	2) Jason Nagelkirk FR	
	3) Craig VanderGalien FR	4) Andy Reidsma SR	
3	Elmhurst	3:34.69	6
	1) Jacob Wilson SO	2) Will Cross JR	
	3) Andrew DeBolt SO	4) Abe Mulberry SO	
4	Illinois Tech	3:35.41	5
	1) Tyler Haag SO	2) Ethan Montague SR	
	3) Andrew Montague SR	4) Quentin Shipley FR	
5	Concordia (Ill.)	B 3:36.16	4
	1) Josh Warren FR	2) Jerry Williams JR	
	3) Christian Rasmussen FR	4) John Hoffman II SO	
6	Trinity Christian	B x3:46.30	
	1) Jason Vanderaa JR	2) Alex Clark FR	
	3) Cody Velthuizen FR	4) David Buffham FR	
7	Concordia (Ill.)	x4:05.52	
	1) Jason Becker FR	2) Logan Hoffert FR	
	3) Daniel Mueller SR	4) Henry Garcia JR	

**Men 4x800 Meter Relay**

Team	Relay	Finals
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**Finals**

1	Trinity Christian	8:43.29	10
	1) Michael Potter SO	2) Joshua Whitten FR	
	3) David Buffham FR	4) Jason Vanderaa JR	
2	Elmhurst	9:17.31	8
	1) Joey Slinkman JR	2) Ricardo Robles FR	
	3) Jorge Villa FR	4) William O'Connell FR	

**Men High Jump**

Name	Yr	School	Finals
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**Finals**

1	Matt Stewart	FR	Calumet-St.	1.95m	10
2	Austen Stewart	FR	Aurora	1.90m	8
3	maximilian savinkov	FR	Unattached	XJ1.90m	
4	George Shehadeh	FR	Robert Morri	1.70m	6
---	Loren Iwanicki	JR	Aurora	NH	
---	Matt Stack		Unattached	XNH	

**Men Pole Vault**

Name	Yr	School	Finals
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**Finals**

1	Justin Zosso	FR	Valparaiso	4.20m	10
2	Pawel Klimek	FR	Illinois-Chi	J4.20m	8
3	Jordan Kelly	FR	Valparaiso	J4.20m	6
4	Keagan Potts	SO	Loyola	J4.20m	5
5	Will Suhrbur	FR	Concordia	4.05m	4
6	Eric Herbert	FR	Lewis	3.90m	3
7	Trace Turner	SO	Rend Lake	3.75m	2
8	Logan Allen	FR	Calumet-St.	3.60m	1
9	Austin Tolbert	FR	Aurora	J3.60m	
10	Robert Sprung	FR	Aurora	J3.60m	
11	Daniel Mueller	SR	Concordia	3.30m	
12	Anthony Modyman	FR	Aurora	2.70m	
---	Shane Bruni	FR	DuPage	NH	

**Men Long Jump**

Name	Yr	School	Finals
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**Finals**

1	Kalmon Stokes	SO	Aurora	6.70m	10
2	Andrew Tirmenstein		Unattached	X6.53m	1.6
3	Jesse Steward	JR	Lewis	6.47m	8
4	Matt Stewart	FR	Calumet-St.	6.42m	6
5	Deion Carter	FR	Robert Morri	6.39m	5
6	Ernest Downing	SO	Harper	6.35m	4
7	Teva Venet	FR	Illinois Tec	6.32m	3
8	George Shehadeh	FR	Robert Morri	6.00m	2
9	Loren Iwanicki	JR	Aurora	5.98m	1
10	Kristopher Pierce		Unattached	X5.95m	3.7
11	Brian Damhoff		Unattached	X5.65m	0.2
12	CJ Greer	FR	Concordia	5.26m	0.1
13	Tidiane Diarra	SR	Lewis	4.96m	3.2
14	James Shields	FR	Unattached	X4.87m	2.8

**Men Triple Jump**

Name	Yr	School	Finals
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**Finals**

1	James Shields	FR	Unattached	X13.54m	+0.0
2	Teva Venet	FR	Illinois Tec	12.74m	10

**Cougar Invitational**  
**Concordia University Chicago**  
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**Results**

**Finals ... (Men Triple Jump)**

Name	Yr	School	Finals
3 Logan Hoffert	FR	Concordia	12.25m 8
4 Andrew Tirmenstein		Unattached	X12.11m 2.1
5 Jason Becker	FR	Concordia	11.72m 6
6 Matt Stack		Unattached	X10.77m 0.2
--- Tidiany Diarra	SR	Lewis	FOUL

**Men Shot Put**

Name	Yr	School	Finals
<b>Finals</b>			
1 Ian Welsh	FR	DuPage	13.93m 10
2 Joseph Yassin	FR	Illinois Tec	12.46m 8
3 Henry Antolik	FR	DuPage	12.26m 6
4 Brad Walls	FR	Harper	12.17m 5
5 Adam Suszka	FR	Concordia	11.33m 4
6 Joseph Duszynski	JR	Concordia	11.28m 3
7 Mateusz Gniecki	FR	Triton Colle	11.15m 2
8 Jacob Wilson	SO	Elmhurst	11.01m 1
9 Crist Brenner	SO	DuPage	10.93m
10 Mike Winquist	FR	Concordia	10.45m
11 Noah Bednarek	FR	Elmhurst	10.36m
12 Jack Kosar	SR	Illinois Tec	10.27m
13 Justin Bolo	JR	Concordia	8.75m
14 Jorge Barba	SR	Calumet-St.	8.69m
15 Christian Nicholson	SR	Illinois Tec	8.12m
16 Erik Burkiwicz	FR	DuPage	7.76m
--- Michael Pajdzik	FR	Calumet-St.	FOUL

**Men Discus Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Floyd Turner		Unattached	X48.48m
2 Crist Brenner	SO	DuPage	44.97m 10
3 Joseph Yassin	FR	Illinois Tec	41.11m 8
4 Noah Bednarek	FR	Elmhurst	36.81m 6
5 Brad Walls	FR	Harper	35.80m 5
6 Ian Welsh	FR	DuPage	35.51m 4
7 Joseph Duszynski	JR	Concordia	35.11m 3
8 Henry Antolik	FR	DuPage	32.36m 2
9 Jon DeYoung	SR	Trinity Chri	32.21m 1
10 Tim Miller	SO	Calumet-St.	31.59m
11 Adam Suszka	FR	Concordia	27.87m
12 Mike Winquist	FR	Concordia	27.09m
13 Mateusz Gniecki	FR	Triton Colle	25.75m
14 Ethan Borchers	FR	Concordia	25.21m
15 Jack Kosar	SR	Illinois Tec	24.00m
16 Justin Bolo	JR	Concordia	23.58m
17 Christian Nicholson	SR	Illinois Tec	23.18m
18 Erik Burkiwicz	FR	DuPage	19.93m

**Men Javelin Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Jack Kosar	SR	Illinois Tec	49.20m 10
2 Joseph Yassin	FR	Illinois Tec	48.80m 8
3 Jacob Wilson	SO	Elmhurst	45.60m 6
4 Jake Wilson	FR	Rend Lake	45.20m 5
5 Matt Stack		Unattached	X43.50m
6 Tim Miller	SO	Calumet-St.	42.40m 4
7 Jason Nagelkirk	FR	Trinity Chri	39.50m 3
8 Robert Wood	FR	Trinity Chri	39.00m 2
9 Henry Antolik	FR	DuPage	37.10m 1
10 Noah Bednarek	FR	Elmhurst	36.10m
11 Trace Turner	SO	Rend Lake	35.50m
12 Tidiany Diarra	SR	Lewis	31.90m
13 Christian Nicholson	SR	Illinois Tec	23.70m

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

1) Trinity Christian	170.5
2) Concordia (Ill.)	99
3) Lewis	61
4) Aurora	48.5
5) Elmhurst	41
6) Rend Lake	38
6) DuPage	38
8) St. Xavier	34
9) Calumet-St. Joseph	33
10) Loyola (Ill.)	31
11) Illinois Tech	17
12) Valparaiso	15
13) Roosevelt	12
14) Robert Morris (Ill.)	11
15) Triton College	6
16) Harper College	3

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

1) Concordia (Ill.)	83
2) Illinois Tech	80
3) Harper College	75
4) Trinity Christian	64
5) DuPage	56
6) Elmhurst	55
7) Lewis	53
8) Calumet-St. Joseph	37
9) Rend Lake	34
10) Aurora	32
11) Robert Morris (Ill.)	30
12) Loyola (Ill.)	24
13) Valparaiso	16
14) Illinois-Chicago	8

**Cougar Invitational  
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Results**

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15) Roosevelt	2
15) Triton College	2