

Cornell Invitational
Ash Park Stadium - Cornell College
Mount Vernon, IA - 4/5/2014

Results

Women 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Christine Ajinjeru	SR	Grinnell	13.18 10
2 Erin Kammer	SO	Luther	13.35 8
3 Sara Bechard	FR	Coe	13.37 6
4 Dieuwertje Boelen	FR	North Iowa A	13.53 5
5 Rhecie Lee	SO	Southwestern	13.71 4
6 Daja Tyree	FR	Grinnell	13.71 3
7 Randi-Kate Canoy	FR	Luther	13.72 2
8 Marea Holkesvik	SO	Luther	13.72 1
9 Payton Wilkenfeld	FR	Southwestern	13.73 +0.0
10 Cassie Hocker	FR	Coe	13.74 +0.0
11 Sarah Eckhert	SO	Luther	13.86 -0.1
12 Jordyn Dudek	SR	Luther	13.87 -0.8
13 Kristin Klocksiam	FR	Southwestern	13.95 0.1
14 Kayla Ingvalson	FR	Luther	13.97 -0.8
15 Deidre Franzen	SO	Cornell Coll	14.02 0.1
16 Becca Carpenter	JR	Grinnell	14.04 0.1
17 Tynisha Person	JR	Cornell Coll	14.10 +0.0
18 Gabrielle Murphy	SO	Luther	14.12 1.3
19 Addi Tapp	FR	Luther	14.22 -0.1
20 Marcella Hudson	SO	Southwestern	14.26 +0.0
21 Sarah Matthiesen	JR	Luther	14.36 1.7
22 Kaia Monson	FR	Luther	14.38 1.3
23 Callie Heimburger	SR	Cornell Coll	14.53 0.1
24 Miranda Robert	JR	Grinnell	14.54 0.1
25 Bre Pierce	SO	Luther	14.56 1.7
26 Makeda Barkley	FR	Luther	14.61 1.7
27 Sarah Ea	SO	Luther	14.65 -0.8
28 Courtney DeMuth	JR	Luther	14.68 -0.8
29 Kileigh Dudek	FR	Luther	14.76 1.3
30 Elise Heiser	FR	Luther	14.78 1.7
31 Julia Joseph	JR	Luther	14.81 -0.1
32 Jesse Robinson	SO	Luther	14.89 1.3
33 Olivia Mitchell	SO	Luther	14.93 -0.1
34 Kathleen Guimond	SR	Luther	15.07 1.3
35 Clare McCarthy	SO	Cornell Coll	15.09 0.1
36 Samantha Ea	SO	Luther	15.14 1.3
37 Katie Supplee	SO	Luther	15.22 1.3
38 Kelly Guimond	SR	Luther	15.27 -0.1
39 Solveig Nelson	FR	Luther	15.56 1.7
40 Victoria Sandeno	FR	Luther	17.87 -0.8

Women 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Christine Ajinjeru	SR	Grinnell	26.71 10
2 Adrine Monagi	FR	North Iowa A	27.21 8
3 Sydney Strunk	FR	Cornell Coll	27.57 6

4 Daja Tyree	FR	Grinnell	27.66 5
5 Sammie Osterberger	FR	Coe	27.81 4
6 Sara Bechard	FR	Coe	27.93 3
7 Shante Hawkins	FR	North Iowa A	28.03 2
8 Kenzie Drahn	SO	Coe	28.17 1
9 Leah Broderick	JR	Luther	28.25 0.1
10 Kristin Klocksiam	FR	Southwestern	28.29 -0.2
11 Payton Wilkenfeld	FR	Southwestern	28.34 -1.5
12 Rhecie Lee	SO	Southwestern	28.66 -0.2
13 Deidre Franzen	SO	Cornell Coll	28.76 -0.2
14 Dieuwertje Boelen	FR	North Iowa A	28.80 -0.2
15 Emma Gitomer	SO	Coe	28.81 -0.2
16 Kayla Ingvalson	FR	Luther	29.35 1.4
17 Becca Carpenter	JR	Grinnell	29.72 -0.9
18 Marcella Hudson	SO	Southwestern	29.86 -0.9
19 Morgan Meyer	FR	North Iowa A	30.11 0.1
20 Makeda Barkley	FR	Luther	30.19 0.1
21 Callie Heimburger	SR	Cornell Coll	30.22 -0.9
22 Sarah Ea	SO	Luther	30.42 1.4
23 Julia Joseph	JR	Luther	30.68 -0.9
24 Courtney DeMuth	JR	Luther	30.69 0.1
25 Clare McCarthy	SO	Cornell Coll	30.96 -0.9
26 Miranda Robert	JR	Grinnell	31.19 -0.9
27 Alex Schmiechen	SO	Grinnell	32.18 -0.9
28 Solveig Nelson	FR	Luther	33.02 1.4
29 Kileigh Dudek	FR	Luther	33.47 1.6
30 Samantha Ea	SO	Luther	33.99 1.6
31 Victoria Sandeno	FR	Luther	37.77 1.4

Women 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Sydney Strunk	FR	Cornell Coll	1:01.39 10
2 Priscillar John	FR	North Iowa A	1:01.79 8
3 Amanda Brummet	FR	Coe	1:02.79 6
4 Jordyn Dudek	SR	Luther	1:03.05 5
5 Randi-Kate Canoy	FR	Luther	1:05.78 4
6 Bre Pierce	SO	Luther	1:07.76 3
7 Erin Danielson	FR	Luther	1:08.36 2
8 Melissa Kraker	SR	Cornell Coll	1:08.38 1
9 Hannah Garvey	JR	Cornell Coll	1:09.39
10 Morgan Meyer	FR	North Iowa A	1:09.53
11 Felicia Devine	SO	Coe	1:10.02
12 Alicia Wilson	FR	Cornell Coll	1:11.18
13 Alex Schmiechen	SO	Grinnell	1:12.02

Women 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Sarah Burnell	JR	Grinnell	2:17.08 10
2 Abrah Masterson	FR	Cornell Coll	2:21.97 8

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Finals ... (Women 800 Meter Run)

Name	Yr	School	Finals
3 Laura Ettlin	SR	Cornell Coll	2:25.45 6
4 Samantha Kubica	SO	Grinnell	2:27.49 5
5 Eva Smith	SO	Grinnell	2:29.21 4
6 Amy Hurd	JR	Coe	2:30.03 3
7 Kalama Towarup	FR	North Iowa A	2:30.58 2
8 Rhianna MacDonald	FR	Luther	2:31.88 1
9 Maddie Bain	FR	Coe	2:32.44
10 Sarah Matthiesen	JR	Luther	2:32.86
11 Kristen Granata	FR	Coe	2:34.66
12 Emmorie Stokka	FR	North Iowa A	2:34.74
13 Martina Smith	SO	North Iowa A	2:35.23
14 Christina Hammerstrom	SO	Luther	2:45.80
15 Bridget O'Malley	SO	Grinnell	2:49.88
16 Sarah McKeon	SO	Southwestern	2:52.04
17 Emilee Velandar	SO	Luther	2:58.27
18 Libby Hurley-Boyd	SO	Southwestern	3:00.75
19 Carly Pierson	FR	Cornell Coll	3:02.21
20 Sarah Lyles	FR	North Iowa A	3:02.88
21 Reilly Lederhaas	SO	Luther	3:05.39

Women 1500 Meter Run

Name	Yr	School	Finals
1 Abrah Masterson	FR	Cornell Coll	4:49.84 10
2 Kayla Uphoff	SR	Luther	4:51.72 8
3 Laura Ettlin	SR	Cornell Coll	4:53.83 6
4 Nicole Powers	SR	Luther	5:02.41 5
5 Mallory Carr	FR	Luther	5:03.87 4
6 Diana Seer	JR	Grinnell	5:04.51 3
7 Kayla Naber	JR	Luther	5:08.08 2
8 Kara Maloney	SO	Luther	5:10.49 1
9 Maddie Lambert	SR	Luther	5:12.82
10 Krista Konrad	JR	Luther	5:13.48
11 Maddie Bain	FR	Coe	5:13.59
12 Sarah Owens	FR	Luther	5:19.04
13 Antonia Androski	SO	Grinnell	5:19.09
14 Kristen Granata	FR	Coe	5:26.19
15 Karin Yndestad	FR	Grinnell	5:26.59
16 Sophie Ristau	JR	Luther	5:27.12
17 Jesse McNealy	SO	Grinnell	5:28.09
18 Bridget O'Malley	SO	Grinnell	5:28.78
19 Nawang Palkit	SR	Luther	5:38.14
20 Tessa Kraus	SO	Luther	5:45.82
21 Shelby Koontz	FR	Luther	5:49.83
22 Kendalyn Recker	FR	Coe	5:51.07
23 Sarah McKeon	SO	Southwestern	5:56.90
24 Alethea Cook	SO	Grinnell	5:58.15
25 Carly Pierson	FR	Cornell Coll	6:12.51
26 Libby Hurley-Boyd	SO	Southwestern	6:24.40

27 Sarah Lyles FR North Iowa A 6:30.68

Women 5000 Meter Run

Name	Yr	School	Finals
1 Marie Schofer		Unattached	X17:50.11
2 Flannery Cerbin		Unattached	X17:54.74
3 Jayne Cole	SR	Luther	17:57.56 10
4 Emma Spoon		Unattached	X17:58.79
5 Hannah Palmeter	FR	North Iowa A	18:33.26 8
6 Maggie Pierson	SR	Luther	18:50.20 6
7 Brenna Gibbons		Unattached	X19:04.67
8 Lauren Mordini	SO	Luther	19:06.24 5
9 Laura Ettlin	SR	Cornell Coll	19:19.64 4
10 Clare Roberts	SO	Grinnell	19:38.93 3
11 Hailey Hansen	FR	Luther	19:41.96 2
12 Beth Heims	FR	Coe	19:48.29 1
13 Rachel Moline	FR	Cornell Coll	19:52.91
14 Erin Ellefsen	FR	Luther	19:56.76
15 Brooke Debroux	FR	Luther	20:07.77
16 Genevieve Grant	SO	Cornell Coll	20:16.15
17 Devon Hovey	JR	Luther	20:28.84
18 Stephanie Faught	SO	North Iowa A	20:32.54
19 Katie Larson	SO	Luther	20:44.75
20 Jenna Dengler	SO	Luther	21:11.83
21 Allison Rogers	SO	Coe	21:43.05

Women 100 Meter Hurdles

Name	Yr	School	Finals
1 Sammie Osterberger	FR	Coe	16.06 10
2 Nikki Leach	FR	Cornell Coll	16.62 8
3 Ashley Nemechek	FR	Coe	16.77 6
4 Anna Burke	JR	Luther	16.89 5
5 Kaia Monson	FR	Luther	17.19 4
6 Leah Broderick	JR	Luther	17.24 3
7 Daja Tyree	FR	Grinnell	17.51 2
8 Nora Bresette-Buccino	SO	Grinnell	17.61 1
9 Jessica Kingston	FR	North Iowa A	17.67 -0.1
10 Jesse Robinson	SO	Luther	17.86 0.4
11 Courtnee DeMuth	JR	Luther	18.29 -0.1
12 Katie Supplee	SO	Luther	18.48 -0.1
13 Anna Lampe	JR	Luther	20.88 -0.1
14 Breann Grell	FR	Cornell Coll	20.93 0.4

Women 400 Meter Hurdles

Name	Yr	School	Finals
1 Anna Lampe	JR	Luther	1:06.48 10
2 Kirstin Franklin	SR	Coe	1:08.95 8
3 Marea Holkesvik	SO	Luther	1:09.75 6



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Finals ... (Women 400 Meter Hurdles)

Name	Yr	School	Finals
4 Anna Burke	JR	Luther	1:11.06 5
5 Jessica Kingston	FR	North Iowa A	1:11.25 4
6 Rachel Fritts	SR	Grinnell	1:14.25 3
7 Nicolle Hewett	FR	North Iowa A	1:14.80 2
8 Nora Bresette-Buccino	SO	Grinnell	1:15.23 1
9 Kathleen Guimond	SR	Luther	1:19.95
10 Breann Grell	FR	Cornell Coll	1:20.71
11 Kelly Guimond	SR	Luther	1:21.14
12 Diana Seer	JR	Grinnell	1:21.57
13 Nikki Leach	FR	Cornell Coll	1:21.67

Women 3000 Meter Steeplechase

Name	Yr	School	Finals
1 Sanjuanita Martinez	SO	Cornell Coll	11:32.20 10
2 Ashley Reynolds	JR	Cornell Coll	12:19.72 8
3 Felicia Devine	SO	Coe	13:29.20 6
4 Leta Jaquis	FR	North Iowa A	14:51.52 5

Women 4x100 Meter Relay

Team	Relay	Finals
1 North Iowa Area CC		50.14 10
1) Priscillar John FR	2) Adrine Monagi FR	
3) Dieuwertje Boelen FR	4) Shante Hawkins FR	
2 Luther		51.37 8
1) Erin Kammer SO	2) Anna Lampe JR	
3) Marea Holkesvik SO	4) Randi-Kate Canoy FR	
3 Coe		52.23 6
1) Sara Bechard FR	2) Kenzie Drahn SO	
3) Emma Gitomer SO	4) Amanda Brummet FR	
4 Cornell College		52.64 5
1) Nikki Leach FR	2) Katie Gilbert SO	
3) Deidre Franzen SO	4) Sydney Strunk FR	
5 Southwestern CC		53.09 4
1) Payton Wilkenfeld FR	2) Kristin Kloksiem FR	
3) Jmyrehea Douglas SO	4) Rhecie Lee SO	
6 Luther	C	x53.94
1) Sarah Matthiesen JR	2) Sarah Eckhart SO	
3) Addi Tapp FR	4) Gabrielle Murphy SO	
7 Luther	F	x54.55
1) Kaia Monson FR	2) Jordyn Dudek SR	
3) Courtnee DeMuth JR	4) Kayla Ingvalson FR	
8 Cornell College	B	x57.09
1) Clare McCarthy SO	2) Breann Grell FR	
3) Callie Heimburger SR	4) Alicia Wilson FR	
9 Luther	B	x57.34
1) Sarah Ea SO	2) Kileigh Dudek FR	
3) Julia Joseph JR	4) Sara Schloesser SO	

10 Luther	D	x59.96
1) Samantha Ea SO	2) Makeda Barkley FR	
3) Kelly Guimond SR	4) Solveig Nelson FR	
11 Luther	G	x1:02.83
1) Kathleen Guimond SR	2) Hannah Bernatz FR	
3) Elise Heiser FR	4) Victoria Sandeno FR	
--- Luther	E	DQ
1) Katie Supplee SO	2) Jesse Robinson SO	
3) Bre Pierce SO	4) Jordan Lawrence FR	

Women 4x400 Meter Relay

Team	Relay	Finals
1 Luther		4:10.72 10
1) Anna Lampe JR	2) Marea Holkesvik SO	
3) Sarah Matthiesen JR	4) Jordyn Dudek SR	
2 Grinnell		4:11.48 8
1) Nora Bresette-Buccino SO	2) Christine Ajinjeru SR	
3) Eloise Miller JR	4) Rachel Fritts SR	
3 North Iowa Area CC		4:11.70 6
1) Priscillar John FR	2) Jessica Kingston FR	
3) Kalama Towarup FR	4) Martina Smith SO	
4 Coe		4:15.22 5
1) Kenzie Drahn SO	2) Sammie Osterberger FR	
3) Emma Gitomer SO	4) Kirstin Franklin SR	
5 Luther	B	x4:20.06
1) Leah Broderick JR	2) Randi-Kate Canoy FR	
3) Mallory Carr FR	4) Anna Burke JR	
6 Cornell College		4:22.47 4
1) Deidre Franzen SO	2) Sanjuanita Martinez SO	
3) Melissa Kraker SR	4) Sydney Strunk FR	
7 Luther	C	x4:27.47
1) Bre Pierce SO	2) Kayla Uphoff SR	
3) Nicole Powers SR	4) Erin Kammer SO	
8 Luther	D	x4:45.73
1) Kelly Guimond SR	2) Samantha Ea SO	
3) Sarah Ea SO	4) Kathleen Guimond SR	

Women High Jump

Name	Yr	School	Finals
1 Leah Broderick	JR	Luther	1.55m 10
2 Sara Bechard	FR	Coe	1.50m 8
3 Melissa Kraker	SR	Cornell Coll	1.45m 6
4 Tynisha Person	JR	Cornell Coll	1.40m 5
5 Anna Lampe	JR	Luther	1.35m 4
6 Ashley Nemechek	FR	Coe	1.30m 3
--- Rhecie Lee	SO	Southwestern	NH
--- Anna Burke	JR	Luther	NH

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Women Pole Vault

Name	Yr	School	Finals
Finals			
1 Laura Bybee	SO	Coe	2.80m 10
2 Jordan Lawrence	FR	Luther	2.50m 8
3 Athena Carlson	JR	Grinnell	J2.50m 6
4 Samantha McConnell	FR	Grinnell	2.20m 5
5 Hannah Bernatz	FR	Luther	1.90m 4
--- Elsa Goldman	JR	Grinnell	NH

Women Long Jump

Name	Yr	School	Finals
Finals			
1 Adrine Monagi	FR	North Iowa A	5.09m 10
2 Eloise Miller	JR	Grinnell	5.05m 8
3 Rhecie Lee	SO	Southwestern	4.81m 6
4 Gabrielle Murphy	SO	Luther	4.80m 5
5 Kenzie Drahn	SO	Coe	J4.80m 4
6 Addi Tapp	FR	Luther	4.72m 3
7 Ashley Nemechek	FR	Coe	4.71m 2
8 Katie Gilbert	SO	Cornell Coll	4.63m 1
9 Rajanee Michael	FR	North Iowa A	4.50m +0.0
10 Tynisha Person	JR	Cornell Coll	4.38m +0.0
11 Miranda Robert	JR	Grinnell	4.09m -0.1
12 Makeda Barkley	FR	Luther	3.73m -0.4

Women Triple Jump

Name	Yr	School	Finals
Finals			
1 Kenzie Drahn	SO	Coe	10.92m 10
2 Kirstin Franklin	SR	Coe	10.52m 8
3 Katie Gilbert	SO	Cornell Coll	10.23m 6
4 Gabrielle Murphy	SO	Luther	10.08m 5
5 Elise Heiser	FR	Luther	9.92m 4
6 Nikki Leach	FR	Cornell Coll	9.77m 3
7 Emma Gitomer	SO	Coe	9.33m 2
8 Solveig Nelson	FR	Luther	9.02m 1

Women Shot Put

Name	Yr	School	Finals
Finals			
1 LaBrisha Michael	FR	North Iowa A	14.38m 10
2 Jackie Hoyme	SO	Luther	11.83m 8
3 Jordan Young	SR	Grinnell	11.76m 6
4 Larissa Brewer	SO	Cornell Coll	11.04m 5
5 Shammel Mangrum	SO	Southwestern	10.78m 4
6 Brilee McWilliams	SO	North Iowa A	10.62m 3
7 Melissa Alger	SO	Coe	10.27m 2
8 Jillian Harstad	FR	Luther	10.18m 1
9 Ashley Nemechek	FR	Coe	9.88m

10 Kylie Cockrum	JR	Cornell Coll	9.46m
11 Meaghan Weiler	FR	North Iowa A	9.14m
12 Alex Bahl	FR	Coe	8.74m
13 Alea Berube	FR	Cornell Coll	8.02m
14 Ashley Davila	SO	Cornell Coll	6.67m
--- Madison Acree	JR	Cornell Coll	FOUL

Women Discus Throw

Name	Yr	School	Finals
Finals			
1 Melissa Alger	SO	Coe	45.70m 10
2 Amanda Dunn	SR	Luther	42.06m 8
3 Shammel Mangrum	SO	Southwestern	41.26m 6
4 Jackie Hoyme	SO	Luther	40.27m 5
5 Larissa Brewer	SO	Cornell Coll	36.02m 4
6 Madison Acree	JR	Cornell Coll	34.95m 3
7 Alex Bahl	FR	Coe	33.41m 2
8 Jordan Young	SR	Grinnell	33.11m 1
9 LaBrisha Michael	FR	North Iowa A	31.92m
10 Brilee McWilliams	SO	North Iowa A	30.02m
11 Meaghan Weiler	FR	North Iowa A	29.66m
12 Alea Berube	FR	Cornell Coll	27.69m
13 Jillian Harstad	FR	Luther	25.47m

Women Hammer Throw

Name	Yr	School	Finals
Finals			
1 Amanda Dunn	SR	Luther	46.87m 10
2 Madison Acree	JR	Cornell Coll	46.42m 8
3 Larissa Brewer	SO	Cornell Coll	41.00m 6
4 Jackie Hoyme	SO	Luther	39.90m 5
5 Kylie Cockrum	JR	Cornell Coll	32.74m 4
6 Brilee McWilliams	SO	North Iowa A	32.51m 3
7 Jillian Harstad	FR	Luther	29.15m 2
8 Alea Berube	FR	Cornell Coll	28.88m 1
9 Melissa Alger	SO	Coe	26.49m
10 Alex Bahl	FR	Coe	26.08m
11 Ashley Davila	SO	Cornell Coll	25.20m
--- Jordan Young	SR	Grinnell	FOUL

Women Javelin Throw

Name	Yr	School	Finals
Finals			
1 Sharon Toako	FR	North Iowa A	38.71m 10
2 Jordan Young	SR	Grinnell	35.17m 8
3 Anna Burke	JR	Luther	34.83m 6
4 Anna Lampe	JR	Luther	33.52m 5
5 Leah Broderick	JR	Luther	33.36m 4
6 Ashley Nemechek	FR	Coe	32.64m 3
7 Kylie Cockrum	JR	Cornell Coll	31.50m 2
8 Adrine Monagi	FR	North Iowa A	29.30m 1

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Finals ... (Women Javelin Throw)

Name	Yr	School	Finals
9 Cassie Hocker	FR	Coe	28.87m
10 Madison Acree	JR	Cornell Coll	27.46m
11 Sammie Osterberger	FR	Coe	25.98m
12 Alex Bahl	FR	Coe	24.81m
13 Solveig Nelson	FR	Luther	20.60m
14 Kayla Ingvalson	FR	Luther	18.84m
--- Alicia Wilson	FR	Cornell Coll	FOUL

Men 100 Meter Dash

Name	Yr	School	Finals
1 Deon Polk	FR	North Iowa A	10.90 10
2 Preston Ritchie	JR	Cornell Coll	11.10 8
3 Jacques Edwards	FR	North Iowa A	11.22 6
4 Bobby Neal	SO	Southwestern	11.26 5
5 Jose Oquendo		Unattached	X11.37 +0.0
6 Justin Martin	SO	Southwestern	11.40 4
7 Ed Hardman	SO	Grinnell	11.44 3
8 Cole Hocker	JR	Luther	11.44 2
9 Anton Jones	FR	Coe	11.58 1
10 Peter Krumm	SO	Luther	11.60 -2.4
11 Andrew McCarthy	SO	Luther	11.66 1.5
12 Cooper Nelson	FR	Luther	11.72 -2.6
13 Caleb Freund	JR	Luther	12.01 -2.6
14 Shaquille Beck	SO	Southwestern	12.07 1.5
15 Devin Gilbertson	SR	Luther	12.13 -2.6
16 Giscard Philizaire	FR	Coe	12.24 -2.6
17 Sam Stokes Cerkenik	JR	Luther	12.25 -2.4
18 Dan Etter	SR	Luther	12.28 1.5
19 Zach Nelson	SR	Cornell Coll	12.36 1.5
20 Peter Lillibridge	SO	Luther	12.41 -2.6
21 Graham Houselog	SO	Coe	12.45 +0.0
22 Jacob Miller	SO	Luther	12.59 -2.4
23 William Bestul	FR	Luther	12.61 -2.6
24 Jason Zubay	FR	Luther	12.68 +0.0
25 Erik Queoff	SO	Luther	12.83 1.5
26 Kaleb Whiting	FR	Cornell Coll	13.04 +0.0
27 Luis Hernandez	JR	Grinnell	13.05 +0.0
28 Tony Dischinger	SR	Luther	13.33 1.5
29 Gus Nelson	FR	Luther	13.61 1.5

Men 200 Meter Dash

Name	Yr	School	Finals
1 Deon Polk	FR	North Iowa A	22.50 10
2 Ed Hardman	SO	Grinnell	22.70 8
3 Jacques Edwards	FR	North Iowa A	22.90 6
4 Preston Ritchie	JR	Cornell Coll	22.92 5
5 Erik Franklin	FR	Coe	23.20 4

6 Andrew McCarthy	SO	Luther	23.21 3
7 Anton Jones	FR	Coe	23.34 2
8 Cole Hocker	JR	Luther	23.69 1
9 Gus Fulgoni	JR	Grinnell	23.84 -0.6
10 Beau Freeborn	FR	Coe	23.94 -1.6
11 Tevin Smith	SO	Southwestern	24.78 +0.0
12 Joseph Callan	JR	Cornell Coll	24.84 +0.0
13 Dan Etter	SR	Luther	24.95 -1.6
14 Peter Lillibridge	SO	Luther	25.28 +0.0
15 Jason Zubay	FR	Luther	25.71 -1.6
16 William Bestul	FR	Luther	26.32 -1.6
17 Tony Dischinger	SR	Luther	27.73 -1.6
18 Ken Sunseri		Unattached	28.71 +0.0

Men 400 Meter Dash

Name	Yr	School	Finals
1 Theo Pinau	SO	Southwestern	49.60 10
2 Joshua Randall	SO	Coe	51.25 8
3 Beau Freeborn	FR	Coe	51.39 6
4 Erik Ohlrogge	SO	Luther	54.36 5
5 Joseph Callan	JR	Cornell Coll	55.25 4
6 Carsen Kuesel	SR	Cornell Coll	56.07 3
7 Ken Sunseri		Unattached	X1:04.01

Men 800 Meter Run

Name	Yr	School	Finals
1 Thomas Guittar	SR	Cornell Coll	1:58.46 10
2 Rayvonne Brown	FR	Southwestern	1:58.58 8
3 Veherney Babob	FR	North Iowa A	1:59.01 6
4 Alex Blomquist	SO	North Iowa A	1:59.45 5
5 Jon Ameling	SR	Coe	2:00.93 4
6 Nate Wood	SO	Coe	2:01.56 3
7 Greg Scott	JR	Luther	2:02.27 2
8 Joe Bierl	FR	Southwestern	2:03.59 1
9 Shea Devine	SR	Coe	2:04.54
10 Scott Patnode	SO	North Iowa A	2:05.28
11 Jacob Butts	JR	Cornell Coll	2:05.91
12 Mitchell Stenoien	FR	Luther	2:06.03
13 Bret Powers	FR	Luther	2:06.25
14 Devin Gilbertson	SR	Luther	2:07.46
15 Zachary Clapp	FR	Cornell Coll	2:07.75
16 Austin McCool	FR	North Iowa A	2:09.42
17 Ovan Garcia	SO	Southwestern	2:14.61
18 Peter Herber	SO	Luther	2:14.63
19 Nate Carr	FR	Southwestern	2:17.28
20 Josh Kidman	FR	North Iowa A	2:17.41
21 Alberto Vasquez	SO	Grinnell	2:18.95
22 Ricky Jeray	FR	North Iowa A	2:26.60
23 Chasen Selsor	SO	Southwestern	2:29.21

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Finals ... (Men 800 Meter Run)

Name	Yr	School	Finals
24 Roberto Munoz	SO	Grinnell	2:43.22
25 Arthur Fretheim	SR	Grinnell	2:54.34

Men 1500 Meter Run

Name	Yr	School	Finals
Finals			
1 Kurt Hellmann	SO	Luther	4:05.28 10
2 Ben Tyler	SR	Grinnell	4:07.37 8
3 Jon Ameling	SR	Coe	4:11.53 6
4 Shea Devine	SR	Coe	4:13.14 5
5 Anthony McLean	FR	Grinnell	4:14.54 4
6 Parker Beard	FR	Luther	4:14.90 3
7 Andrew Johnson	JR	Luther	4:17.28 2
8 Jacob Butts	JR	Cornell Coll	4:17.88 1
9 Lawrence Dennis	JR	Cornell Coll	4:19.39
10 Matthew McCarthy	FR	Grinnell	4:22.10
11 Kyle Moorehead	JR	Grinnell	4:23.89
12 Andrew Welch	SO	Luther	4:23.90
13 Aaron Weckwerth	JR	Luther	4:24.56
14 John Westby	FR	Luther	4:26.52
15 Ben Friederichs	SO	Southwestern	4:26.85
16 Lex Mundell	SO	Grinnell	4:31.50
17 Greg Dorow	FR	Luther	4:33.83
18 Ovan Garcia	SO	Southwestern	4:37.53
19 Johnny Hadish	SO	Luther	4:38.07
20 Ricky Jeray	FR	North Iowa A	4:38.63
21 Ryan Conrardy	FR	Cornell Coll	4:39.98
22 Cassidy Warson	SO	Southwestern	4:42.48
23 Fintan Mason	FR	Grinnell	4:42.60
24 Taylor Christen	FR	Cornell Coll	4:46.29
25 Aidan Healey	FR	Grinnell	4:49.48
26 Ben Mothershead	SO	Grinnell	4:52.45
27 Ian Punke	JR	Luther	4:54.72
28 Alberto Vasquez	SO	Grinnell	4:54.83
29 Chasen Selsor	SO	Southwestern	5:00.95
30 Eric Angeroth Franks	JR	Luther	5:16.98
31 Roberto Munoz	SO	Grinnell	5:41.59
32 Arthur Fretheim	SR	Grinnell	6:09.05

Men 5000 Meter Run

Name	Yr	School	Finals
Finals			
1 Austin Bauer	SR	Luther	15:00.17 10
2 Scott Mittman	SR	Luther	15:00.62 8
3 Trever Schwichtenberg	FR	Luther	15:31.76 6
4 Tyler Broadwell	SO	Luther	15:32.92 5
5 Adam Bohach		Unattached	X15:36.09
6 Andrew Dewar		Unattached	X15:42.45
7 Clare Brandt	SO	Luther	15:46.94 4

8 Sip Simelane	SR	Luther	15:50.26 3
9 Daniel Paradisi	FR	Coe	16:00.26 2
10 CJ Horan	SR	Cornell Coll	16:03.76 1
11 Matt Rosene	JR	Luther	16:09.82
12 Tim Semmen	SO	Luther	16:38.15
13 Charlie Dewar	SR	Coe	16:43.19
14 Josh Lindsay	SO	Cornell Coll	16:44.46
15 Nils Johnson	JR	Luther	16:56.89
16 Soren Thompson	SR	Luther	17:04.24
17 Ben Friederichs	SO	Southwestern	17:14.69
18 Chase Nowak		Unattached	17:17.51
19 Keenan McLaughlin	SR	Coe	17:25.53
20 Matthew Gausmann	SO	Luther	17:30.87
21 Gage Beers	FR	Southwestern	17:35.56
22 Travis Houle	JR	Luther	17:59.64
23 Aaron Ward	SO	Southwestern	18:27.54
24 Cassidy Warson	SO	Southwestern	18:59.56

Men 110 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Will Hanson	SO	North Iowa A	14.66 10
2 Nick Lenstra	JR	Coe	16.37 8
3 Bryan Stanford	JR	Coe	16.63 6
4 Jackson Shantz	FR	Southwestern	17.50 5
5 Corey Beaman	SO	Southwestern	17.91 4
6 William Bestul	FR	Luther	18.08 3
7 Taylor Nelson	FR	North Iowa A	18.14 2
8 Peter LillibrIDGE	SO	Luther	18.18 1
9 Nobuki Harata	FR	Cornell Coll	22.11 +0.0

Men 400 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Sam Stokes CerKvenik	JR	Luther	56.87 10
2 Nick Lenstra	JR	Coe	57.38 8
3 Jackson Shantz	FR	Southwestern	57.44 6
4 Corey Beaman	SO	Southwestern	1:00.29 5
5 Cooper Nelson	FR	Luther	1:00.82 4
6 Taylor Nelson	FR	North Iowa A	1:00.97 3
7 Windom Shields	SO	Luther	1:01.36 2
8 John Gallagher	FR	Grinnell	1:02.23 1
9 Clayton Birkes	FR	Coe	1:02.34
10 Hunter Lynch	SO	Luther	1:07.45
11 Nobuki Harata	FR	Cornell Coll	1:07.66
12 Gus Nelson	FR	Luther	1:13.45
13 Zach Nelson	SR	Cornell Coll	1:14.47

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Men 3000 Meter Steeplechase

Name	Yr	School	Finals
Finals			
1 Sam Zook	SR	Luther	9:49.83 10
2 Jaime Zarate	FR	North Iowa A	10:10.50 8
3 Josh Kidman	FR	North Iowa A	10:41.87 6
4 Carsen Kuesel	SR	Cornell Coll	10:57.91 5
5 Gage Beers	FR	Southwestern	10:58.87 4
6 Aaron Ward	SO	Southwestern	10:59.66 3
7 Tanner McClenahan	FR	Coe	11:32.85 2
8 Tucker Horan	FR	Cornell Coll	11:34.52 1

Men 4x100 Meter Relay

Team	Relay	Finals
Finals		
1 Southwestern CC		43.03 10
1) Bobby Neal SO	2) Torian Parks SO	
3) John Rivian SO	4) Justin Martin SO	
2 North Iowa Area CC		43.17 8
1) Will Hanson SO	2) Deon Polk FR	
3) Marcus Hughes FR	4) Paul Pokana SO	
3 Southwestern CC	B	x44.97
1) Marquis Flowers FR	2) Tevin Smith SO	
3) Shaquille Beck SO	4) Theo Pinau SO	
4 Luther	B	46.47 6
1) Cooper Nelson FR	2) Caleb Freund JR	
3) Peter Lillibridge SO	4) Kyle Hove SO	
5 Luther	C	x47.77
1) William Bestul FR	2) Devin Gilbertson SR	
3) Erik Ohlrogge SO	4) Tony Dischinger SR	
--- Cornell College		DNF
1) Preston Ritchie JR	2) Kenny Smith FR	
3) Joseph Callan JR	4) Zach Nelson SR	
--- Luther		DQ
1) Peter Krumm SO	2) Andrew McCarthy SO	
3) Cole Hocker JR	4) Sam Stokes Cerkvenik JR	

Men 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Southwestern CC		3:24.81 10
1) Rayvonne Brown FR	2) Marquis Flowers FR	
3) Joe Bierl FR	4) Theo Pinau SO	
2 North Iowa Area CC		3:27.84 8
1) Alex Blomquist SO	2) Veherney Babob FR	
3) Taylor Nelson FR	4) Paul Pokana SO	
3 Coe		3:28.26 6
1) Erik Franklin FR	2) Beau Freeborn FR	
3) Joshua Randall SO	4) Anton Jones FR	

4 Luther		3:31.39 5
1) Andrew McCarthy SO	2) Sam Stokes Cerkvenik JR	
3) Devin Gilbertson SR	4) Erik Ohlrogge SO	
5 Cornell College		3:32.82 4
1) Joseph Callan JR	2) Thomas Guittar SR	
3) Carsen Kuesel SR	4) Nobuki Harata FR	
6 Luther	B	x3:40.36
1) Cooper Nelson FR	2) Peter Krumm SO	
3) Aaron Weckwerth JR	4) Kyle Hove SO	
7 Grinnell	B	3:46.46 3
1) Ronald Edwards SR	2) John Gallagher FR	
3) Matthew McCarthy FR	4) Colin Dowdell FR	
8 Luther	E	x3:51.41
9 Luther	D	x3:52.54
1) Andrew Welch SO	2) Mitchell Stenoien FR	
3) Hunter Lynch SO	4) Tony Dischinger SR	
10 Southwestern CC	B	x4:00.50
1) Corey Beaman SO	2) Jackson Shantz FR	
3) Tevin Smith SO	4) John Rivian SO	
--- Luther	C	DNF
1) Caleb Freund JR	2) Bret Powers FR	
3) Greg Scott JR	4) Gus Nelson FR	

Men High Jump

Name	Yr	School	Finals
Finals			
1 Ben Knake	FR	Cornell Coll	1.85m 10
2 Kenny Smith	FR	Cornell Coll	J1.85m 8
3 Luke Arrowood	FR	North Iowa A	1.80m 6
4 Windom Shields	SO	Luther	1.60m 5
5 Caleb Freund	JR	Luther	J1.60m 4
6 Clayton Birkes	FR	Coe	1.55m 3
7 Brett Mitchelmore	SO	Coe	J1.55m 2

Men Pole Vault

Name	Yr	School	Finals
Finals			
1 Erik Queoff	SO	Luther	4.10m 10
2 Jake Lindstrom	SR	Grinnell	J4.10m 8
3 Windom Shields	SO	Luther	3.65m 6
4 Derek Mueller	JR	Luther	3.50m 5
5 Gordan Rey	SO	Coe	3.35m 4
6 Luis Hernandez	JR	Grinnell	3.20m 3
7 Caleb Freund	JR	Luther	2.90m 2
--- Andrew Koehler	FR	Coe	NH
--- Jacob Miller	SO	Luther	NH

Men Long Jump

Name	Yr	School	Finals
Finals			
1 Erik Franklin	FR	Coe	6.39m 10

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Finals ... (Men Long Jump)

Name	Yr	School	Finals
2 Preston Ritchie	JR	Cornell Coll	6.14m 8
3 Kenny Smith	FR	Cornell Coll	6.12m 6
4 Graham Houselog	SO	Coe	5.81m 5
5 Kyle Hove	SO	Luther	5.77m 4
6 Luke Arrowood	FR	North Iowa A	5.57m 3
7 Kaleb Whiting	FR	Cornell Coll	5.04m 2
8 Tony Dischinger	SR	Luther	4.48m 1

Men Triple Jump

Name	Yr	School	Finals
1 Erik Franklin	FR	Coe	12.57m 10
2 Kenny Smith	FR	Cornell Coll	12.54m 8
3 Kyle Hove	SO	Luther	11.32m 6
4 Kaleb Whiting	FR	Cornell Coll	10.37m 5

Men Shot Put

Name	Yr	School	Finals
1 Charles Zilaitis	FR	Cornell Coll	14.00m 10
2 Alex Deeds	JR	Coe	13.51m 8
3 Daniel Yunek	SO	Coe	13.33m 6
4 Alex Mckee-Crow	SO	Coe	12.70m 5
5 Jakob May	FR	Cornell Coll	12.60m 4
6 Parker Kenyon	JR	Cornell Coll	12.49m 3
7 Frank Davis	JR	Coe	12.33m 2
8 Adam Ownby	JR	Coe	12.01m 1
9 Nick Arnold	SO	Luther	11.55m
10 Daniel Chavez	FR	Luther	11.01m
11 John Bray	SO	Cornell Coll	10.61m
12 Dan Blattner	SR	Luther	10.28m
13 Tefiro Serunjogi	JR	Grinnell	10.01m
--- Jackson Engstrom	SR	Cornell Coll	FOUL

Men Discus Throw

Name	Yr	School	Finals
1 Nick Arnold	SO	Luther	41.47m 10
2 Parker Kenyon	JR	Cornell Coll	40.91m 8
3 Alex Deeds	JR	Coe	39.65m 6
4 Charles Zilaitis	FR	Cornell Coll	36.90m 5
5 Daniel Yunek	SO	Coe	36.59m 4
6 Adam Ownby	JR	Coe	36.33m 3
7 Frank Davis	JR	Coe	36.17m 2
8 Alex Mckee-Crow	SO	Coe	34.80m 1
9 Terrel Jones	FR	Grinnell	34.23m
10 Daniel Chavez	FR	Luther	30.12m
11 Ryan Davis	SO	Grinnell	28.83m
12 Tefiro Serunjogi	JR	Grinnell	27.81m

13 Jakob May	FR	Cornell Coll	26.53m
--- Jackson Engstrom	SR	Cornell Coll	FOUL

Men Hammer Throw

Name	Yr	School	Finals
1 eric ritter		Unattached	X48.93m
2 Dan Etter	SR	Luther	46.81m 10
3 Daniel Yunek	SO	Coe	45.02m 8
4 Charles Zilaitis	FR	Cornell Coll	43.95m 6
5 Nick Arnold	SO	Luther	41.21m 5
6 Joe Hetland	JR	Coe	40.61m 4
7 Dan Blattner	SR	Luther	39.45m 3
8 Parker Kenyon	JR	Cornell Coll	39.09m 2
9 Alex Deeds	JR	Coe	37.76m 1
10 Jackson Engstrom	SR	Cornell Coll	35.51m
11 John Bray	SO	Cornell Coll	33.21m
12 Jakob May	FR	Cornell Coll	29.50m
13 Tefiro Serunjogi	JR	Grinnell	27.49m
14 Ryan Davis	SO	Grinnell	25.00m
15 Terrel Jones	FR	Grinnell	24.78m

Men Javelin Throw

Name	Yr	School	Finals
1 Will Hanson	SO	North Iowa A	56.68m 10
2 Brett Mitchelmore	SO	Coe	46.32m 8
3 Charles Zilaitis	FR	Cornell Coll	43.90m 6
4 Kyle Hove	SO	Luther	43.37m 5
5 Joe Hetland	JR	Coe	40.20m 4
6 Jakob May	FR	Cornell Coll	39.95m 3
7 Erik Queoff	SO	Luther	39.16m 2
8 Caleb Freund	JR	Luther	37.43m 1
9 Nick Arnold	SO	Luther	37.35m
10 Chris Woodington	JR	Grinnell	35.36m
11 Andrew Joseph	FR	Cornell Coll	33.41m
12 Kelan Chang	SO	Coe	32.56m
13 Peter Lillibridge	SO	Luther	31.97m
14 John Bray	SO	Cornell Coll	31.70m
15 Windom Shields	SO	Luther	30.65m
16 Daniel Chavez	FR	Luther	29.77m

Women - Team Rankings - 19 Events Scored

1) Luther	218
2) Cornell College	140
3) Coe	129
4) Grinnell	102
5) North Iowa Area CC	97
6) Southwestern CC	24

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Men - Team Rankings - 19 Events Scored

1) Luther	184
2) Coe	168
3) Cornell College	136
4) North Iowa Area CC	107
5) Southwestern CC	75
6) Grinnell	38