

## MCC Indoor Championship Meet

## Westwood Sports Complex

Sterling, IL - 2/14/2014

## Results

## Women 55 Meter Dash

Meet Record: 7.11 \* 2/11/2012 Jenna Higgins

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	April Devore	SO St. Ambrose	7.56q
2	Ragan Duax	SO Grand View	7.56q
3	Megan Lehmkuhl	JR Clarke	7.59q
4	Sha'Rhonda Clark	FR Mount Mercy	7.63q
5	Tori Ertmer	SR St. Ambrose	7.65q
6	Cierra Threats	SO William Penn	7.68q
7	Emmenuela Meneide	SR William Penn	7.68q
8	Nicole Sanborn	FR Mount Mercy	7.70q
9	Aminah Baloch	FR Mount Mercy	7.70
10	Shaniece Dishmon	JR William Penn	7.77
11	Krista Bushkofsky	FR Clarke	7.78
12	Ashley Hemphill	SO Grand View	7.80
13	Justine Jensen	SO Mount Mercy	7.84
14	Laura Francois	SO St. Ambrose	7.86
15	Hannah Waller	FR St. Ambrose	7.90
16	Blakely Martin	FR Mount Mercy	8.01
17	Sam Haunsperger	SO Grand View	8.14
18	Nicole Liggis	SO St. Ambrose	8.22
19	Natalie Semrad	FR Viterbo	8.73

## Women 55 Meter Dash

Meet Record: 7.11 \* 2/11/2012 Jenna Higgins

Name	Yr	School	Finals
<b>Finals</b>			
1	Ragan Duax	SO Grand View	7.44 10
2	April Devore	SO St. Ambrose	7.49 8
3	Megan Lehmkuhl	JR Clarke	7.52 6
4	Emmenuela Meneide	SR William Penn	7.58 5
5	Tori Ertmer	SR St. Ambrose	7.59 4
6	Sha'Rhonda Clark	FR Mount Mercy	7.63 3
7	Nicole Sanborn	FR Mount Mercy	7.73 2
8	Cierra Threats	SO William Penn	7.94 1

## Women 200 Meter Dash

Meet Record: 25.91 \* 2/11/2012 Jenna Higgins

Name	Yr	School	Finals
<b>Finals</b>			
1	Hannah Stouffer	FR Grand View	26.07 10
2	Ragan Duax	SO Grand View	26.31 8
3	April Devore	SO St. Ambrose	27.03 6
4	Amber Sanderson	FR Viterbo	27.06 5
5	Sara Lampe	FR St. Ambrose	27.24 4
6	Dede Ayers	SO Grand View	27.42 3
7	Samantha Francois	JR Clarke	27.43 2
8	Megan Lehmkuhl	JR Clarke	27.48 1

9	Sha'Rhonda Clark	FR Mount Mercy	27.51
10	Emmenuela Meneide	SR William Penn	27.63
11	Aminah Baloch	FR Mount Mercy	27.83
12	Liz Mosbach	SO Mount Mercy	28.02
13	Ali Cowell	SO St. Ambrose	28.28
14	Tori Ertmer	SR St. Ambrose	28.31
15	Autumn Vergeyle	SO St. Ambrose	28.36
16	Alyssa Cunninigham	FR Grand View	28.72
17	Cierra Threats	SO William Penn	28.86
18	Holly Anthony	SR Grand View	28.86
19	Nicole Sanborn	FR Mount Mercy	28.97
20	Taylor Zumbach	SO Mount Mercy	29.08
21	Blakely Martin	FR Mount Mercy	29.09
22	Darrise Humphries	SR Clarke	30.56
23	Sam Haunsperger	SO Grand View	31.65

## Women 400 Meter Dash

Meet Record: 1:00.18 \* 2/11/2012 Myelle Vann

Name	Yr	School	Finals
<b>Finals</b>			
1	Hannah Stouffer	FR Grand View	58.82* 10
2	Ragan Duax	SO Grand View	59.99* 8
3	Liz Mosbach	SO Mount Mercy	1:00.20 6
4	Megan Lehmkuhl	JR Clarke	1:01.12 5
5	Tara Goehrke	JR St. Ambrose	1:02.33 4
6	Samantha Francois	JR Clarke	1:02.78 3
7	Myra Nichols	JR Clarke	1:03.71 2
8	Ali Cowell	SO St. Ambrose	1:04.13 1
9	Dede Ayers	SO Grand View	1:04.13
10	Marissa Dunkerley	JR St. Ambrose	1:04.51
11	Lindsay Albert	FR Grand View	1:04.98
12	Shaniece Dishmon	JR William Penn	1:05.26
13	Holly Anthony	SR Grand View	1:05.38
14	Lilly Walters	FR William Penn	1:05.78
15	Danielle Paquette	FR Clarke	1:06.11
16	Cierra Threats	SO William Penn	1:06.89
17	Abri Valentine	FR Grand View	1:07.58
18	Jessica Pacholski	SR Viterbo	1:07.62
19	Corey Bormann	JR Clarke	1:08.52
20	Kayley Keller	SO Mount Mercy	1:09.38
21	Darrise Humphries	SR Clarke	1:14.61

## Women 600 Meter Run

Meet Record: 1:37.84 \* 2/12/2011 Jacqueline Kane

Name	Yr	School	Finals
<b>Finals</b>			
1	Liz Mosbach	SO Mount Mercy	1:39.64 10
2	Jasmine Nielsen	JR Grand View	1:41.32 8
3	Nicole Woodall	FR St. Ambrose	1:41.37 6
4	Sara Lampe	FR St. Ambrose	1:42.56 5
5	Jaidin Ross	FR Grand View	1:47.93 4

## MCC Indoor Championship Meet

## Westwood Sports Complex

Sterling, IL - 2/14/2014

## Results

## Finals ... (Women 600 Meter Run)

Name	Yr	School	Finals
6 Stephanie Kasiurak	SO	Clarke	1:49.86 3
7 Hannah Sobaski	FR	Grand View	1:50.16 2
8 Sarah Gibson	SO	Viterbo	1:51.87 1
9 Kate Groenhagen	SO	St. Ambrose	1:52.15
10 Paige Wehling	SO	St. Ambrose	1:52.79
11 Courtney Meidenbauer	JR	Viterbo	1:57.90
12 Kallihan Riley	SO	St. Ambrose	2:00.05
13 Kayla Guepfer	FR	Viterbo	2:02.62
14 Kallee Saturn	SR	Viterbo	2:06.68

## Women 800 Meter Run

Meet Record: 2:20.67 \* 2/12/2011 Obsie Birru

Name	Yr	School	Finals
1 Austyn Their	SO	Clarke	2:22.49 10
2 Katie Beckett	SR	St. Ambrose	2:23.31 8
3 Nicole Woodall	FR	St. Ambrose	2:23.91 6
4 Jasmine Nielsen	JR	Grand View	2:25.89 5
5 Allison Scott	SO	Mount Mercy	2:29.84 4
6 Tarah Alexander	SO	William Penn	2:30.82 3
7 Anna Herber	FR	Clarke	2:31.15 2
8 Jaidin Ross	FR	Grand View	2:31.92 1
9 Stephanie Kasiurak	SO	Clarke	2:32.90
10 Hannah Sobaski	FR	Grand View	2:36.57
11 Natalie Potts	FR	Grand View	2:36.76
12 Sara Lampe	FR	St. Ambrose	2:40.01
13 Amanda Aberle	SO	St. Ambrose	2:40.41
14 Ashley Girard	FR	Grand View	2:42.41
15 Kate Groenhagen	SO	St. Ambrose	2:43.38
16 Becky Winters	FR	St. Ambrose	2:44.42
17 Courtney Meidenbauer	JR	Viterbo	2:47.92
18 Kallee Saturn	SR	Viterbo	2:56.22
19 Emilie Jacobson	SO	Mount Mercy	2:57.32

## Women 1 Mile Run

Meet Record: 5:06.81 \* 2/12/2011 Obsie Birru

Name	Yr	School	Finals
1 Dominique Guinnane	JR	St. Ambrose	5:18.92 10
2 Austyn Their	SO	Clarke	5:24.58 8
3 Jasmine Nielsen	JR	Grand View	5:26.88 6
4 Nicole Wager	SO	St. Ambrose	5:27.46 5
5 Allison Scott	SO	Mount Mercy	5:28.55 4
6 Meredith Jones	FR	Viterbo	5:31.35 3
7 Rachel Turi	FR	Viterbo	5:35.65 2
8 Kelsey Carbajo	SR	Grand View	5:39.10 1
9 Deja Lewis	FR	William Penn	5:48.38
10 Ashley Ubbelohde	SR	Grand View	5:48.69
11 Laura Biederwolf	FR	St. Ambrose	5:51.57

12 Maggie Dwyer	JR	St. Ambrose	5:59.63
13 Katie Nelson	FR	St. Ambrose	6:00.51
14 Taylor Parus	FR	St. Ambrose	6:02.58
15 Jordyn Welhoefer	SO	Viterbo	6:03.47
16 Emilie Jacobson	SO	Mount Mercy	6:38.39

## Women 3000 Meter Run

Meet Record: 10:18.55 \* 2/11/2012 Obsie Birru

Name	Yr	School	Finals
1 Jasmine Nielsen	JR	Grand View	10:59.02 10
2 Dominique Guinnane	JR	St. Ambrose	11:00.00 8
3 Meredith Jones	FR	Viterbo	11:00.02 6
4 Rebecca Wilder	JR	St. Ambrose	11:00.04 5
5 Kelsey Carbajo	SR	Grand View	11:04.05 4
6 Nicole Wager	SO	St. Ambrose	11:10.16 3
7 Megan Miller	JR	St. Ambrose	11:16.31 2
8 Whitney Derga	JR	St. Ambrose	11:21.60 1
9 Eveline Niyokwizigigwa	JR	Mount Mercy	11:42.48
10 Deja Lewis	FR	William Penn	11:45.92
11 Mallory Lampasona	FR	St. Ambrose	11:46.15
12 Dana Ewan	SO	Mount Mercy	11:59.42
13 Rosemary Bailey	JR	William Penn	12:04.20
14 Ashley Ubbelohde	SR	Grand View	12:08.86
15 Shelby Thompson	FR	Viterbo	12:16.54
16 Kalli McCann	JR	Grand View	12:19.06
17 Hayley Leonard	FR	Grand View	12:20.77
18 Macy Carbajo	FR	Grand View	12:28.60
19 Sarah Brandt	SO	Viterbo	12:30.41
20 Abby Martin	FR	Mount Mercy	12:43.43
21 Katerina Althoff	JR	Mount Mercy	13:12.77

## Women 5000 Meter Run

Meet Record: 17:52.77 \* 2/13/2010 Obsie Birru

Name	Yr	School	Finals
1 Rebecca Wilder	JR	St. Ambrose	18:47.40 10
2 Kelsey Carbajo	SR	Grand View	18:52.94 8
3 Megan Miller	JR	St. Ambrose	18:57.85 6
4 Whitney Derga	JR	St. Ambrose	19:27.17 5
5 Eveline Niyokwizigigwa	JR	Mount Mercy	19:55.32 4
6 Dana Ewan	SO	Mount Mercy	20:01.60 3
7 Samantha Gardner	FR	Viterbo	20:18.85 2
8 Rosemary Bailey	JR	William Penn	20:29.17 1
9 Katie Wetzell	JR	St. Ambrose	20:38.15
10 Kalli McCann	JR	Grand View	20:48.01
11 Macy Carbajo	FR	Grand View	20:50.25
12 Savannah Gardner	FR	Viterbo	20:53.52
13 Carrie Pieper	SR	Clarke	21:24.80
14 Kyra DeSchepper	SO	Clarke	21:43.79
15 Abby Martin	FR	Mount Mercy	21:53.34

**MCC Indoor Championship Meet  
Westwood Sports Complex  
Sterling, IL - 2/14/2014**

**Results**

**Finals ... (Women 5000 Meter Run)**

Name	Yr	School	Finals
16 Katerina Althoff	JR	Mount Mercy	22:07.67
17 Hannah Livesey	SR	Viterbo	22:18.59

**Women 55 Meter Hurdles**

Meet Record: 8.37 \* 2/11/2012 Laurel Murphy

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Myra Nichols	JR	Clarke	8.78q
2 Alyssa Cunningham	FR	Grand View	8.81q
3 Krista Bushkofsky	FR	Clarke	8.84q
4 Amber Sanderson	FR	Viterbo	8.86q
5 Tara Goehrke	JR	St. Ambrose	8.98q
6 Hannah Waller	FR	St. Ambrose	9.00q
7 Holly Anthony	SR	Grand View	9.09q
8 Allison Smith	SO	Clarke	9.15q
9 Sara Strauel	FR	St. Ambrose	9.20
10 Renee Flanders	FR	St. Ambrose	9.22
11 Tristyn Forget	FR	Viterbo	9.27
12 Tanner Werthmann	FR	Grand View	9.32
13 Rachel Jellings	FR	Mount Mercy	9.59
14 Taylor Zumbach	SO	Mount Mercy	9.82
15 Shealynn Miller	FR	Mount Mercy	9.84
16 Suzanne Flexsenhar	SO	Mount Mercy	9.86
17 Sam Haunsperger	SO	Grand View	9.97
18 Morgan Weaver	JR	St. Ambrose	10.55

**Women 55 Meter Hurdles**

Meet Record: 8.37 \* 2/11/2012 Laurel Murphy

Name	Yr	School	Finals
<b>Finals</b>			
1 Amber Sanderson	FR	Viterbo	8.75 10
2 Krista Bushkofsky	FR	Clarke	8.81 8
3 Alyssa Cunningham	FR	Grand View	8.91 6
4 Myra Nichols	JR	Clarke	8.94 5
5 Holly Anthony	SR	Grand View	8.97 4
6 Tara Goehrke	JR	St. Ambrose	8.98 3
7 Hannah Waller	FR	St. Ambrose	9.00 2
8 Allison Smith	SO	Clarke	9.27 1

**Women 4x400 Meter Relay**

Meet Record: 4:08.35 \* 2/11/2012 William Penn

F Samura, S Myers, A Swinney, S Dishmon

Team	Relay	Finals
1 Clarke		4:05.87* 10
1) Samantha Francois JR	2) Myra Nichols JR	
3) Austyn Their SO	4) Megan Lehmkuhl JR	

2 Grand View	4:06.46* 8
1) Ragan Duax SO	2) Dede Ayers SO
3) Holly Anthony SR	4) Hannah Stouffer FR
3 St. Ambrose	4:14.66 6
1) April Devore SO	2) Marissa Dunkerley JR
3) Ali Cowell SO	4) Tara Goehrke JR
4 Mount Mercy	4:23.99 5
1) Liz Mosbach SO	2) Kate Hergert FR
3) Rachel Jellings FR	4) Blakely Martin FR
5 William Penn	4:30.52 4
1) Cierra Threats SO	2) Whitley Schertz SO
3) Lilly Walters FR	4) Shaniece Dishmon JR
6 Viterbo	4:30.54 3
1) Allison Moritz JR	2) Laura DeSmith FR
3) Jessica Pacholski SR	4) Jordyn Welhoefer SO

**Women 4x800 Meter Relay**

Meet Record: 9:59.58 \*

Clarke

Leslie, Freund, Moyna, Gleich

Team	Relay	Finals
<b>Finals</b>		
1 St. Ambrose		10:14.48 10
1) Amanda Aberle SO	2) Karissa Alfred SO	
3) Katie Beckett SR	4) Laura Biederwolf FR	
2 Viterbo		10:35.08 8
1) Heidi Flanders FR	2) Samantha Gardner FR	
3) Sarah Gibson SO	4) Rachel Turi FR	
3 Clarke		10:36.89 6
1) Stephanie Kasiurak SO	2) Katherine Herrig FR	
3) Courtney Klein SR	4) Anna Herber FR	
4 Grand View		10:42.24 5
1) Jaidin Ross FR	2) Hannah Sobaski FR	
3) Ashley Girard FR	4) Natalie Potts FR	
5 Mount Mercy		10:50.10 4
1) Allison Scott SO	2) Anne Bruno SR	
3) Mackenzie Holladay SR	4) Regan Enfield SO	

**Women Distance Medley**

Meet Record: 13:17.53 \* 2/12/2011 Grand View

A McFayden, J Schertz, W Schertz, B Craig

Team	Relay	Finals
<b>Finals</b>		
1 St. Ambrose		13:42.80 10
1) Ainslie Horras FR	2) Marissa Dunkerley JR	
3) Amanda Aberle SO	4) Katie Nelson FR	
2 Viterbo		13:47.96 8
1) Sarah Gibson SO	2) Allison Moritz JR	
3) Rachel Turi FR	4) Kayla Guepfer FR	
3 Clarke		14:01.89 6
1) Anna Herber FR	2) Danielle Paquette FR	
3) Katherine Herrig FR	4) Courtney Klein SR	

**MCC Indoor Championship Meet  
Westwood Sports Complex  
Sterling, IL - 2/14/2014**

**Results**

**Finals ... (Women Distance Medley)**

Team	Relay	Finals
4 Mount Mercy		14:03.88 5
1) Mackenzie Holladay SR	2) Kate Hergert FR	
3) Regan Enfield SO	4) Anne Bruno SR	
5 Grand View		14:09.60 4
1) Ashley Girard FR	2) Madison Hodson FR	
3) Natalie Potts FR	4) Hayley Leonard FR	

**Women High Jump**

Meet Record: 1.69m \* 2/11/2012 Larissa Wilden

Name	Yr	School	Finals
<b>Finals</b>			
1 Kelley Carden	FR	Grand View	1.64m 10
2 Allison Smith	SO	Clarke	1.59m 8
3 Sara Strauel	FR	St. Ambrose	J1.59m 6
4 Courtney Camp	SO	St. Ambrose	1.54m 5
5 Alora Simmons	SO	William Penn	1.49m 3.5
5 Myra Nichols	JR	Clarke	1.49m 3.5
7 Ali Cowell	SO	St. Ambrose	1.44m 1.5
7 Danielle Schroeder	FR	Mount Mercy	1.44m 1.5
9 Ashley Girard	FR	Grand View	1.39m
10 Laura DeSmith	FR	Viterbo	1.34m

**Women Pole Vault**

Meet Record: 3.29m \* 2/9/2013 Jaclyn Scavuzzo

Name	Yr	School	Finals
<b>Finals</b>			
1 Jaclyn Scavuzzo	JR	St. Ambrose	2.83m 10
2 April Flood	SO	Clarke	2.68m 8
3 Celeste Raya	SO	St. Ambrose	J2.68m 6
4 Amanda Aberle	SO	St. Ambrose	2.53m 5
5 Jessica Donar	FR	Clarke	J2.53m 4
6 Katie Pennacchio	FR	St. Ambrose	J2.53m 3
7 Whitley Schertz	SO	William Penn	2.38m 2
8 Megan Fuhrman	SO	Clarke	J2.38m 1
--- Mileva Gacanich	JR	Clarke	NH

**Women Long Jump**

Meet Record: 5.47m \* 2/9/2013 Mwale Kapande

Meet Record: 5.47m \* 2/11/2012 Mwale Kapande

Name	Yr	School	Finals
<b>Finals</b>			
1 Nicole Sanborn	FR	Mount Mercy	5.20m 10
2 Karissa Alfred	SO	St. Ambrose	5.07m 8
3 April Devore	SO	St. Ambrose	5.04m 6
4 Holly Anthony	SR	Grand View	4.97m 5
5 Trineisha Gray	SO	St. Ambrose	4.96m 4
6 Liz Mosbach	SO	Mount Mercy	4.95m 3
7 Samantha Francois	JR	Clarke	4.88m 2
8 Kelley Carden	FR	Grand View	4.85m 1

9 Krista Bushkofsky	FR	Clarke	J4.85m
10 Tanner Werthmann	FR	Grand View	4.71m
11 Courtney Camp	SO	St. Ambrose	4.69m
12 Aminah Baloch	FR	Mount Mercy	4.65m
13 Alyssa Cunninigham	FR	Grand View	4.58m
14 Raveen Rhone	JR	William Penn	4.57m
15 Tristyn Forget	FR	Viterbo	4.19m
16 Abri Valentine	FR	Grand View	3.90m

**Women Triple Jump**

Meet Record: 10.79m \* 2/12/2011 Naomi Patrnczak

Name	Yr	School	Finals
<b>Finals</b>			
1 Trineisha Gray	SO	St. Ambrose	10.96m* 10
2 Naomi Patrnczak	SR	St. Ambrose	10.52m 8
3 Raveen Rhone	JR	William Penn	10.30m 6
4 Allison Smith	SO	Clarke	10.22m 5
5 Alyssa Cunninigham	FR	Grand View	10.20m 4
6 Sarah Torres	SR	St. Ambrose	10.07m 3
7 Liz Mosbach	SO	Mount Mercy	J10.07m 2
8 Nicole Sanborn	FR	Mount Mercy	9.75m 1
9 Tori Zlomie	FR	St. Ambrose	9.59m
10 Laura DeSmith	FR	Viterbo	9.40m
11 Aminah Baloch	FR	Mount Mercy	9.30m
12 Tanner Werthmann	FR	Grand View	9.25m
13 Karissa Alfred	SO	St. Ambrose	9.15m

**Women Shot Put**

Meet Record: 13.95m \* 2/13/2010 Mandy Streu

Name	Yr	School	Finals
<b>Finals</b>			
1 Val Veiock	JR	Grand View	13.71m 10
2 Meaghan Foster	SO	William Penn	12.10m 8
3 Taylor Wells	FR	Grand View	11.82m 6
4 Brittany Demmer	SR	Clarke	11.71m 5
5 Jena Krebs	SO	Grand View	11.38m 4
6 Morgan Larrington	JR	Grand View	11.13m 3
7 Marissa Harnisch	SR	Grand View	10.91m 2
8 Amber Jones	SO	Grand View	10.89m 1
9 Preston Kopp	FR	Clarke	10.58m
10 Courtney Hickson	SO	Clarke	10.34m
11 Kristin Lastovka	SO	William Penn	10.21m
12 Autumn Vergeyle	SO	St. Ambrose	10.14m
13 Kayla Hanson	JR	Mount Mercy	10.05m
14 Katie Broghammer	SO	Clarke	9.89m
15 Tamara Welch	SR	William Penn	9.60m
16 Emily Messerschmidt	SO	Viterbo	9.26m
17 Suzanne Flexsenhar	SO	Mount Mercy	9.24m
18 Megan Fuhrman	SO	Clarke	9.17m
19 Mackenzie Doering	SO	St. Ambrose	8.87m
20 Justice Carson	FR	Viterbo	7.53m

**MCC Indoor Championship Meet**  
**Westwood Sports Complex**  
**Sterling, IL - 2/14/2014**  
**Results**

**Women Weight Throw**

Meet Record: 17.17m \* 2008 Emily Brown

Name	Yr	School	Finals
<b>Finals</b>			
1	Val Veiock	JR Grand View	16.75m 10
2	Colleen Frank	SR Grand View	16.74m 8
3	Kayla Hanson	JR Mount Mercy	16.09m 6
4	Brittany Demmer	SR Clarke	15.98m 5
5	Meaghan Foster	SO William Penn	15.79m 4
6	Amber Jones	SO Grand View	15.57m 3
7	Jena Krebs	SO Grand View	14.86m 2
8	Courtney Hickson	SO Clarke	14.50m 1
9	Trisha Beckley	JR Clarke	14.14m
10	Marissa Harnisch	SR Grand View	13.71m
11	Preston Kopp	FR Clarke	12.98m
12	Mackenzie Doering	SO St. Ambrose	12.40m
13	Kennedy Wrice	JR Grand View	11.86m
14	Kristin Lastovka	SO William Penn	11.79m
15	Tamara Weltch	SR William Penn	11.40m
16	Katie Broghammer	SO Clarke	11.17m
17	Justice Carson	FR Viterbo	9.13m
18	Emily Messerschmidt	SO Viterbo	8.62m
19	Autumn Vergeyle	SO St. Ambrose	7.31m

**Men 55 Meter Dash**

Meet Record: 6.42 \* 2/11/2012 Gabriel Green

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Keonte White	JR Grand View	6.51q
2	Jordan Cheatem	FR Grand View	6.60q
3	Taylor Shively	SO Clarke	6.62q
4	Kenny Simmons	SO Grand View	6.67q
5	Isaiah Mosher	FR St. Ambrose	6.68q
6	Evan Frazier	JR St. Ambrose	6.69q
7	Chase Carlson	JR Grand View	6.70q
8	Elnimar Barakat	SO William Penn	6.72q
9	Brandon Belt	SO St. Ambrose	6.72
10	Michael Ohioze	FR St. Ambrose	6.74
11	Jonathan Ward	FR William Penn	6.75
12	Demetriyone Singleton	SR Clarke	6.78
13	Dejon Shaw	FR William Penn	6.83
14	Kenbea Walker	JR William Penn	6.94
15	Dominique Collins	FR Viterbo	6.96
16	Bradley Phillips	JR Mount Mercy	7.15
17	Ryan Liercke	FR Mount Mercy	7.24
18	Jack South	FR Mount Mercy	7.27
19	Michael Kosmann	FR Viterbo	7.31

**Men 55 Meter Dash**

Meet Record: 6.42 \* 2/11/2012 Gabriel Green

Name	Yr	School	Finals
<b>Finals</b>			
1	Keonte White	JR Grand View	6.50 10
2	Jordan Cheatem	FR Grand View	6.61 8
3	Kenny Simmons	SO Grand View	6.65 6
4	Taylor Shively	SO Clarke	6.65 5
5	Isaiah Mosher	FR St. Ambrose	6.66 4
6	Chase Carlson	JR Grand View	6.71 3
7	Elnimar Barakat	SO William Penn	6.78 2
8	Evan Frazier	JR St. Ambrose	6.80 1

**Men 200 Meter Dash**

Meet Record: 22.30 \* 2/11/2012 Gabriel Green

Name	Yr	School	Finals
<b>Finals</b>			
1	Keonte White	JR Grand View	22.67 10
2	Evan Frazier	JR St. Ambrose	23.10 8
3	Tre Porter	SO Grand View	23.23 6
4	Elnimar Barakat	SO William Penn	23.33 5
5	David Hale	JR Viterbo	23.33 4
6	Taylor Shively	SO Clarke	23.40 3
7	Alex Alvarez	SR Grand View	23.51 2
8	Jordan Cheatem	FR Grand View	23.52 1
9	Joseph Torres	JR St. Ambrose	23.56
10	Michael Ohioze	FR St. Ambrose	23.60
11	Demetriyone Singleton	SR Clarke	23.62
12	Brendan Walters	JR Clarke	23.63
13	Kenbea Walker	JR William Penn	23.73
14	Tyler Ernst	SR Clarke	23.79
15	Anthony Crawley	FR Mount Mercy	23.79
16	Stephon Williams	JR William Penn	23.91
17	Dejon Shaw	FR William Penn	24.15
18	Jonathan Ward	FR William Penn	24.35
19	Sheldon Harn	FR Viterbo	24.52
20	Filip Kovacevic	FR Mount Mercy	25.39
21	Derek Henkel	SO St. Ambrose	25.52
22	Bradley Phillips	JR Mount Mercy	26.07
---	Paul Cave	JR Clarke	FS
---	Chase Carlson	JR Grand View	DNF

**Men 400 Meter Dash**

Meet Record: 50.33 \* 2/13/2010 Gabriel Green

Name	Yr	School	Finals
<b>Finals</b>			
1	Alex Edwards	JR William Penn	50.43 10
2	Alex Alvarez	SR Grand View	51.12 8
3	Joseph Torres	JR St. Ambrose	51.45 6
4	Zach Vos	SR Grand View	51.54 5



**MCC Indoor Championship Meet  
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**Results**

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

Name	Yr	School	Finals
5 Paul Cave	JR	Clarke	51.66 4
6 Brendan Walters	JR	Clarke	51.95 3
7 Ryan Gieseemann	JR	St. Ambrose	51.97 2
8 Taylor Shively	SO	Clarke	52.01 1
9 Tre Porter	SO	Grand View	52.08
10 Joshua Housel	FR	Viterbo	52.57
11 Stephon Williams	JR	William Penn	52.81
12 Anthony Crawley	FR	Mount Mercy	52.96
13 Gavin Zimmerman	FR	Viterbo	53.09
14 Clay Cory	FR	Grand View	53.22
15 Nic Murrow	JR	Grand View	53.88
16 Rick Gonzalez	FR	Mount Mercy	54.05
17 Jonah Kuntz	FR	St. Ambrose	54.06
18 David Krueger	FR	St. Ambrose	58.45
19 John Herber	SO	Clarke	58.60
20 Keonte White	JR	Grand View	58.70

**Men 600 Meter Run**

**Meet Record: 1:21.02 \* 2/9/2013 Alex Edwards**

Name	Yr	School	Finals
<b>Finals</b>			
1 Alex Edwards	JR	William Penn	1:20.49* 10
2 Alex Alvarez	SR	Grand View	1:23.82 8
3 Zach Vos	SR	Grand View	1:24.33 6
4 Jim Warren	SO	St. Ambrose	1:24.83 5
5 Nick Anderson	JR	Clarke	1:25.27 4
6 Seth Harjes	SO	Grand View	1:26.04 3
7 Tre Porter	SO	Grand View	1:26.94 2
8 Blake Washington	SR	William Penn	1:28.72 1
9 Nick Gentzler	JR	St. Ambrose	1:29.06
10 Bryon Christensen	FR	Grand View	1:30.46
11 Colton Anderson	JR	St. Ambrose	1:30.50
12 BJ Rodriguez	FR	Viterbo	1:30.69
13 Zack Molid	SR	Clarke	1:32.17
14 John Herber	SO	Clarke	1:33.58
15 Eric Hansen	FR	Mount Mercy	1:46.18
16 Chris Dejoode	FR	Grand View	1:58.16

**Men 800 Meter Run**

**Meet Record: 1:57.95 \* 2/12/2011 John Darmody**

Name	Yr	School	Finals
<b>Finals</b>			
1 Alex Edwards	JR	William Penn	2:00.34 10
2 Tyler Hartley	JR	Mount Mercy	2:02.26 8
3 Aubrey Barnes	SR	St. Ambrose	2:02.65 6
4 Seth Harjes	SO	Grand View	2:03.22 5
5 Zach Vos	SR	Grand View	2:03.25 4
6 Nicholas Thomas	JR	William Penn	2:04.36 3
7 Nick Gentzler	JR	St. Ambrose	2:04.77 2

8 Zack Molid	SR	Clarke	2:07.25 1
9 Chase Gregory	JR	Clarke	2:07.42
10 Blake Washington	SR	William Penn	2:08.36
11 Nick Anderson	JR	Clarke	2:10.46
12 Roy Hummel	FR	Grand View	2:11.10
13 Jake Godlewski	FR	St. Ambrose	2:11.45
14 Ben Coyer	SO	St. Ambrose	2:13.99
15 JR Snyder	FR	Grand View	2:15.55
16 Josh Bellows	SR	Clarke	2:15.69
17 Stacy Latnie	SR	Clarke	2:27.29
18 Eric Hansen	FR	Mount Mercy	2:30.58
19 Jacob Estrella	FR	Clarke	2:35.32

**Men 1 Mile Run**

**Meet Record: 4:22.18 \* 2/13/2010 John Darmody**

Name	Yr	School	Finals
<b>Finals</b>			
1 Tyler Hartley	JR	Mount Mercy	4:31.96 10
2 Dean Knieps	JR	St. Ambrose	4:36.04 8
3 JR Snyder	FR	Grand View	4:36.91 6
4 Aubrey Barnes	SR	St. Ambrose	4:37.52 5
5 TJ Mosbach	SR	Mount Mercy	4:38.52 4
6 Ben Coyer	SO	St. Ambrose	4:38.56 3
7 Nicholas Thomas	JR	William Penn	4:40.56 2
8 Evan Bowman	FR	Mount Mercy	4:41.18 1
9 Anthony Maciag	FR	St. Ambrose	4:43.36
10 Chase Gregory	JR	Clarke	4:43.38
11 Jed Barton	FR	Viterbo	4:59.89
12 Evan Rains	SO	Viterbo	5:10.21
13 David Meyers	JR	Clarke	5:15.17

**Men 3000 Meter Run**

**Meet Record: 9:14.01 \* 2/11/2012 Kevin Randle**

Name	Yr	School	Finals
<b>Finals</b>			
1 Ty Balduf	SO	St. Ambrose	9:15.39 10
2 TJ Mosbach	SR	Mount Mercy	9:19.26 8
3 Evan Bowman	FR	Mount Mercy	9:19.38 6
4 Yonas Desta	FR	William Penn	9:31.68 5
5 Tyler Hartley	JR	Mount Mercy	9:34.44 4
6 Kevin Brown	SR	Grand View	9:34.74 3
7 Grant Colborn	FR	St. Ambrose	9:36.79 2
8 Jonah Niedermeier	FR	St. Ambrose	9:37.36 1
9 Justin Welsh	SR	Grand View	9:47.36
10 Tanner Artzen	JR	St. Ambrose	9:53.01
11 Kennedy Kiprop	SO	Grand View	9:56.11
12 Michael Lessor	SR	Viterbo	10:04.80
13 Anthony Maciag	FR	St. Ambrose	10:05.24
14 Chris Pasquale	SO	Viterbo	10:36.48
15 Devin Stone	FR	Mount Mercy	10:46.37
16 Luke North	FR	Clarke	11:01.33

**MCC Indoor Championship Meet  
Westwood Sports Complex  
Sterling, IL - 2/14/2014**

**Results**

**Finals ... (Men 3000 Meter Run)**

Name	Yr	School	Finals
---	William Jeffries	FR Viterbo	DNF

**Men 5000 Meter Run**

Meet Record: 15:36.53 \* 2/11/2012 Kevin Randle

Name	Yr	School	Finals
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**Finals**

1	TJ Mosbach	SR Mount Mercy	15:59.98	10
2	Evan Bowman	FR Mount Mercy	16:09.35	8
3	Kevin Brown	SR Grand View	16:16.83	6
4	Yonas Desta	FR William Penn	16:17.55	5
5	Ty Balduf	SO St. Ambrose	16:33.58	4
6	Grant Colborn	FR St. Ambrose	16:47.19	3
7	Jonah Niedermeier	FR St. Ambrose	16:52.57	2
8	Justin Welsh	SR Grand View	17:00.90	1
9	Kennedy Kiprop	SO Grand View	17:15.89	
10	Austin Habel	SO Clarke	17:25.48	
11	Tanner Artzen	JR St. Ambrose	17:29.67	
12	Patrick Lessor	SO Viterbo	18:10.54	
13	Luke North	FR Clarke	18:11.44	
14	Kyle Collins	SO Clarke	18:24.37	
15	Devin Stone	FR Mount Mercy	18:40.51	

**Men 55 Meter Hurdles**

Meet Record: 7.63 \* 2/11/2012 Keith Brown

Name	Yr	School	Prelims
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**Preliminaries**

1	Sam Taylor	JR William Penn	7.90q
2	Demetriyone Singleton	SR Clarke	7.90q
3	Tyler Ernst	SR Clarke	7.91q
4	Tanner Ewing	JR St. Ambrose	7.94q
5	Kaz Johnson	SR St. Ambrose	8.05q
6	Sheldon Harn	FR Viterbo	8.20q
7	Tyler Patten	SR Grand View	8.24q
8	Patrick Mahoney	SO St. Ambrose	8.69q
9	Clay Cory	FR Grand View	8.72
10	Michael Allner	FR Grand View	8.78
11	Markenson Charles	FR William Penn	8.83

**Men 55 Meter Hurdles**

Meet Record: 7.63 \* 2/11/2012 Keith Brown

Name	Yr	School	Finals
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**Finals**

1	Sam Taylor	JR William Penn	7.76	10
2	Tyler Ernst	SR Clarke	7.82	8
3	Tanner Ewing	JR St. Ambrose	7.90	6
4	Kaz Johnson	SR St. Ambrose	7.95	5
5	Demetriyone Singleton	SR Clarke	7.98	4
6	Tyler Patten	SR Grand View	8.41	3

7	Sheldon Harn	FR Viterbo	8.41	2
8	Patrick Mahoney	SO St. Ambrose	8.75	1

**Men 4x400 Meter Relay**

Meet Record: 3:25.34 \* 2/9/2013 Grand View

W Hammer, Z Vos, A Alvarez, B Adger

Team	Relay	Finals
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**Finals**

1	St. Ambrose	3:26.85	10
	1) Ryan Giesemann JR	2) Jonah Kuntz FR	
	3) Evan Frazier JR	4) Joseph Torres JR	
2	Clarke	3:26.92	8
	1) Paul Cave JR	2) Taylor Shively SO	
	3) Brendan Walters JR	4) Nick Anderson JR	
3	Grand View	3:29.23	6
	1) Clay Cory FR	2) Zach Vos SR	
	3) Tre Porter SO	4) Alex Alvarez SR	
4	William Penn	3:32.50	5
	1) Sam Taylor JR	2) Stephon Williams JR	
	3) Nicholas Thomas JR	4) Alex Edwards JR	
5	Viterbo	3:35.94	4
	1) David Hale JR	2) Brock Mrdjenovich JR	
	3) Gavin Zimmerman FR	4) Joshua Housel FR	
6	Mount Mercy	3:45.02	3
	1) Anthony Crawley FR	2) Rick Gonzalez FR	
	3) Harrison Burgess FR	4) Filip Kovacevic FR	

**Men 4x800 Meter Relay**

Meet Record: 8:14.30 \* 2/9/2013 St. Ambrose

A Barnes, D Knieps, N Gentzler, J Darmody

Team	Relay	Finals
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**Finals**

1	St. Ambrose	8:32.35	10
	1) Aubrey Barnes SR	2) Ben Coyer SO	
	3) Jake Godlewski FR	4) Nick Gentzler JR	
2	Clarke	8:44.75	8
	1) Zack Molid SR	2) Chase Gregory JR	
	3) Graham Mahon SR	4) Stacy Latnie SR	
3	Grand View	8:46.35	6
	1) Seth Harjes SO	2) JR Snyder FR	
	3) Roy Hummel FR	4) Andrew Clements FR	
4	Mount Mercy	8:57.99	5
	1) Erik Ryan SO	2) Tyler Steele FR	
	3) Aaron Lacy SO	4) Louis Sughroue JR	
5	Viterbo	9:02.16	4
	1) Riley Tuma FR	2) BJ Rodriguez FR	
	3) Alex Shaker FR	4) Patrick Lessor SO	
6	William Penn	9:44.13	3
	1) Carlos Lizama FR	2) Jeremy Mooney FR	
	3) Josh Wooten FR	4) Blake Washington SR	

**MCC Indoor Championship Meet  
Westwood Sports Complex  
Sterling, IL - 2/14/2014**

**Results**

**Men Distance Medley**

**Meet Record: 10:56.59 \* 2/9/2013 St. Ambrose**

**N McNamara, J Kremer, N Genzler, J Whitmore**

Team	Relay	Finals
<b>Finals</b>		
1	Clarke	11:29.36 10
	1) Graham Mahon SR	2) Patrick Rothert JR
	3) Stacy Latnie SR	4) Josh Bellows SR
2	Mount Mercy	11:29.85 8
	1) Erik Ryan SO	2) Harrison Burgess FR
	3) Aaron Lacy SO	4) Tyler Steele FR
3	St. Ambrose	11:30.43 6
	1) Jake Godlewski FR	2) David Krueger FR
	3) Emmett McClain SO	4) Nate McNamara SR
4	Grand View	11:56.43 5
	1) Bryce Carpenter FR	2) Andrew Clements FR
	3) Bryon Christensen FR	4) Roy Hummel FR
5	William Penn	12:03.94 4
	1) Jeremy Mooney FR	2) Kenbea Walker JR
	3) Josh Wooten FR	4) Carlos Lizama FR
6	Viterbo	12:13.52 3
	1) Alex Shaker FR	2) David Hale JR
	3) Riley Tuma FR	4) Chris Pasquale SO

**Men High Jump**

**Meet Record: 2.04m \* 2/11/2012 Austin Smith**

Name	Yr	School	Finals
<b>Finals</b>			
1	Kaz Johnson	SR St. Ambrose	1.95m 10
2	Kohl Gregory	SO Clarke	1.90m 8
3	Sam Taylor	JR William Penn	1.85m 5.5
3	Andrew Esser	SO St. Ambrose	1.85m 5.5
5	Joseph Torres	JR St. Ambrose	J1.85m 4
6	Malik Denny	FR Grand View	J1.85m 3
7	Bryce Carpenter	FR Grand View	1.80m 2
8	Michael Allner	FR Grand View	J1.80m 1
9	Trey Wiedmann	SO Clarke	J1.80m
10	Brock Mrdjenovich	JR Viterbo	1.75m
11	Tyler Ernst	SR Clarke	J1.75m
11	Nick Scobee	FR St. Ambrose	J1.75m
13	Keegan Blutworth	SO Viterbo	J1.75m

**Men Pole Vault**

**Meet Record: 4.40m \* 2/11/2012 Mike Malone**

Name	Yr	School	Finals
<b>Finals</b>			
1	Tanner LaBore	SR Grand View	3.95m 10
2	Nick Wager	SO St. Ambrose	J3.95m 8
3	Mark Schmidt	FR Clarke	J3.95m 6
4	Jonathan Shephard	SO Clarke	3.80m 5

5	Lucas Rusk	SO St. Ambrose	J3.80m 4
6	Chase Carlson	JR Grand View	3.65m 3
7	Josh Stice	JR St. Ambrose	3.50m 2
8	Patrick Mahoney	SO St. Ambrose	3.35m 1
9	Kohl Gregory	SO Clarke	3.20m
10	Dalton Yocum	SO Viterbo	3.05m
11	David Krueger	FR St. Ambrose	2.75m
12	Josh Wooten	FR William Penn	J2.75m
13	Brock Mrdjenovich	JR Viterbo	2.60m

**Men Long Jump**

**Meet Record: 7.03m \* 2/13/2010 Royce Clay**

Name	Yr	School	Finals
<b>Finals</b>			
1	Sam Taylor	JR William Penn	6.47m 10
2	Isaiah Mosher	FR St. Ambrose	6.38m 8
3	Brendan Walters	JR Clarke	6.34m 6
4	Kenny Simmons	SO Grand View	6.06m 5
5	Jimmie Davis	SR Grand View	6.03m 4
6	Chris Gossett	FR William Penn	6.02m 3
7	Andrew Clements	FR Grand View	6.01m 2
8	Jacob Stacy	SO Grand View	5.92m 1
9	Joseph Jordan	SO Viterbo	5.87m
10	Ryan Liercke	FR Mount Mercy	5.81m
11	Kaz Johnson	SR St. Ambrose	5.80m
12	Rasheed Debord	FR St. Ambrose	5.77m
13	Edward Robinson	FR St. Ambrose	5.53m
14	Joshua Rankin	FR William Penn	5.52m
15	Michael Detert	SO Clarke	5.26m
16	Jordan Jones	JR Viterbo	5.12m
17	Cameron Henrickson	FR Viterbo	4.96m

**Men Triple Jump**

**Meet Record: 14.70m \* 2/13/2010 Javares Thomas**

Name	Yr	School	Finals
<b>Finals</b>			
1	Trey Wiedmann	SO Clarke	13.57m 10
2	Chris Gossett	FR William Penn	13.20m 8
3	Jimmie Davis	SR Grand View	13.18m 6
4	Kenny Simmons	SO Grand View	13.13m 5
5	Jordan Jones	JR Viterbo	12.41m 4
6	Joshua Rankin	FR William Penn	12.40m 3
7	Andrew Esser	SO St. Ambrose	12.26m 2
8	Edward Robinson	FR St. Ambrose	12.25m 1
9	Joseph Jordan	SO Viterbo	12.20m
10	Andrew Clements	FR Grand View	11.89m
11	Kohl Gregory	SO Clarke	11.14m
12	Cameron Henrickson	FR Viterbo	10.77m
13	Malik Denny	FR Grand View	10.74m
---	Jacob Stacy	SO Grand View	FOUL
---	Rasheed Debord	FR St. Ambrose	FOUL



**MCC Indoor Championship Meet**  
**Westwood Sports Complex**  
**Sterling, IL - 2/14/2014**  
**Results**

**Men Shot Put**

Meet Record: 16.43m \* 2/11/2012 Tyler Wells

Name	Yr	School	Finals
<b>Finals</b>			
1 Nathan Stern	SR	Mount Mercy	15.95m 10
2 Kalob Gist	SO	William Penn	14.85m 8
3 Lance Maxwell	SR	Grand View	14.72m 6
4 Derek Seddon	FR	William Penn	14.69m 5
5 Taylor Mitchell	FR	Grand View	13.59m 4
6 Hunter Donovan	SO	Grand View	13.01m 3
7 Dallas Franks	SO	Grand View	12.83m 2
8 Austin Robbins	JR	St. Ambrose	12.05m 1
9 Jonathan Shephard	SO	Clarke	11.98m
10 Nathan Johnston	FR	Grand View	11.62m
11 Seth Pennock	SO	Mount Mercy	11.09m
12 Colt Brumbaugh	JR	William Penn	10.90m
13 Michael Schneider	SO	Viterbo	10.77m
14 Josh Stice	JR	St. Ambrose	10.54m
--- Marc Osborn	SR	Grand View	FOUL
--- Ryan Murray	FR	Clarke	FOUL

**Men - Team Rankings - 18 Events Scored**

1) Grand View	211
2) St. Ambrose	158.5
3) William Penn	123.5
4) Clarke	94
5) Mount Mercy	85
6) Viterbo	21

**Men Weight Throw**

Meet Record: 18.06m \* 2/12/2011 Luke Wielgopalan

Name	Yr	School	Finals
<b>Finals</b>			
1 Lance Maxwell	SR	Grand View	17.39m 10
2 Marc Osborn	SR	Grand View	16.15m 8
3 Hunter Donovan	SO	Grand View	15.85m 6
4 Derek Seddon	FR	William Penn	15.35m 5
5 Nathan Johnston	FR	Grand View	14.40m 4
6 Dallas Franks	SO	Grand View	14.32m 3
7 Austin Robbins	JR	St. Ambrose	13.26m 2
8 Kalob Gist	SO	William Penn	12.24m 1
9 Taylor Mitchell	FR	Grand View	11.60m
10 Ryan Murray	FR	Clarke	10.53m
11 Colt Brumbaugh	JR	William Penn	10.47m
12 Michael Schneider	SO	Viterbo	9.22m
--- John Sturtz	SO	Clarke	FOUL

**Women - Team Rankings - 18 Events Scored**

1) St. Ambrose	213.5
2) Grand View	194
3) Clarke	120.5
4) Mount Mercy	73.5
5) Viterbo	48
6) William Penn	37.5