

MCC Indoor Championship Meet
Westwood Sports Complex
Sterling, IL - 2/14/2015

Results

Women 60 Meter Dash

Meet Record: 7.65 * 2/11/2012 Jenna Higgins

Name	Yr	School	Prelims
Preliminaries			
1	Kayla King	FR Viterbo	7.92q
2	Molly Jo Smith	SO St. Ambrose	8.06q
3	Sha'Rhonda Clark	SO Mount Mercy	8.19q
4	Tara Goehrke	SR St. Ambrose	8.21q
5	Erica Carradine	FR Clarke	8.22q
6	Holly Hunt	FR Clarke	8.26q
7	Ronnoja Ayers	FR Grand View	8.28q
8	Krista Bushkofsky	SO Clarke	8.29q
9	Hannah LaBrecque	FR St. Ambrose	8.33
10	Alile Browne	FR Viterbo	8.33
11	Jade Gridiron	FR Mount Mercy	8.34
12	Courtney Dalton	FR William Penn	8.35
13	Aminah Baloch	SO Mount Mercy	8.45
14	Patience York	FR Grand View	8.46
15	Nicole Sanborn	SO Mount Mercy	8.48
16	Justine Jensen	JR Mount Mercy	8.48
16	Molly Brietbach	FR Mount Mercy	8.48
18	Shena Geisinger	FR Grand View	8.57
19	Trineisha Gray	JR St. Ambrose	8.60
20	Karen Dascent	FR Viterbo	8.60
21	Kaleigha MacDougall	FR Grand View	8.93
22	Nicole Liggis	JR St. Ambrose	9.17

Women 60 Meter Dash

Meet Record: 7.65 * 2/11/2012 Jenna Higgins

Name	Yr	School	Finals
Finals			
1	Kayla King	FR Viterbo	7.83
2	Molly Jo Smith	SO St. Ambrose	8.06
3	Erica Carradine	FR Clarke	8.09
4	Sha'Rhonda Clark	SO Mount Mercy	8.16
5	Tara Goehrke	SR St. Ambrose	8.23
6	Ronnoja Ayers	FR Grand View	8.33
7	Krista Bushkofsky	SO Clarke	8.36
8	Holly Hunt	FR Clarke	8.39

Women 200 Meter Dash

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

Name	Yr	School	Finals
Finals			
1	Molly Jo Smith	SO St. Ambrose	25.72*
2	Kayla King	FR Viterbo	26.17
3	Sara Lampe	SO St. Ambrose	26.62
4	Tara Goehrke	SR St. Ambrose	26.84
5	Alile Browne	FR Viterbo	26.99

6	Hannah LaBrecque	FR St. Ambrose	27.08
7	Ronnoja Ayers	FR Grand View	27.12
8	Mary Perez	FR St. Ambrose	27.15
9	Sha'Rhonda Clark	SO Mount Mercy	27.18
10	Courtney Dalton	FR William Penn	27.42
11	Capria Davis	SO Mount Mercy	27.53
12	Erica Carradine	FR Clarke	27.81
13	Holly Hunt	FR Clarke	28.14
14	Aminah Baloch	SO Mount Mercy	28.20
15	Krista Bushkofsky	SO Clarke	28.47
16	Blakely Martin	SO Mount Mercy	28.49
17	Alyssa Cunninigham	SO Grand View	28.52
18	Lindsay Albert	SO Grand View	28.57
19	Patience York	FR Grand View	28.87
20	Jade Gridiron	FR Mount Mercy	28.87
21	Molly Brietbach	FR Mount Mercy	28.99
22	Hannah Rehder	FR Clarke	29.02
23	Nykitta Williams	FR William Penn	29.02
24	Holly Anthony	SR Grand View	29.32
25	Cassandra Kingery	SO William Penn	29.45
26	Kenzie Gunter	FR William Penn	29.75
27	Madison Hodson	SO Grand View	30.95

Women 400 Meter Dash

Meet Record: 58.82 * 2/14/2014 Hannah Stouffer

Name	Yr	School	Finals
Finals			
1	Molly Jo Smith	SO St. Ambrose	58.63*
2	Sara Lampe	SO St. Ambrose	59.49
3	Liz Mosbach	JR Mount Mercy	59.75
4	Tara Goehrke	SR St. Ambrose	1:01.40
5	Ali Cowell	SR St. Ambrose	1:01.44
6	Kennedy King	FR Grand View	1:01.48
7	Samantha Francois	SR Clarke	1:01.97
8	Myra Nichols	SR Clarke	1:02.21
9	Ronnoja Ayers	FR Grand View	1:02.65
10	Courtney Dalton	FR William Penn	1:04.06
11	Lindsay Albert	SO Grand View	1:04.35
12	Jamie Barry	FR Grand View	1:05.33
13	Hannah Rehder	FR Clarke	1:05.55
14	Jaidin Ross	SO Grand View	1:06.22
15	Corey Bormann	SR Clarke	1:08.70
16	Natalie Mendez	FR St. Ambrose	1:08.93
17	Receva Duos	FR Mount Mercy	1:09.11
18	Rachael Billmeyer	FR St. Ambrose	1:09.39

Women 600 Meter Run

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

Name	Yr	School	Finals
Finals			
1	Liz Mosbach	JR Mount Mercy	1:38.50

**MCC Indoor Championship Meet
Westwood Sports Complex
Sterling, IL - 2/14/2015**

Results

Finals ... (Women 600 Meter Run)

Name	Yr	School	Finals
2 Kennedy King	FR	Grand View	1:39.35
3 Abby Hammer	FR	St. Ambrose	1:39.94
4 Katie Roberts	FR	Grand View	1:40.22
5 Nicole Woodall	SO	St. Ambrose	1:40.63
6 Charlette Flanders	FR	St. Ambrose	1:44.02
7 Jasmine Nielsen	SR	Grand View	1:44.19
8 Bakita Kak	FR	Grand View	1:45.69
9 Lindsay Albert	SO	Grand View	1:46.20
10 Stephanie Kasiurak	JR	Clarke	1:48.81
11 Anna Cole	FR	Clarke	1:51.72
12 Sarah Gibson	JR	Viterbo	1:55.30
13 Kallihan Riley	JR	St. Ambrose	1:56.73
14 Taelor Cooper	FR	St. Ambrose	1:59.74

Women 800 Meter Run

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

Name	Yr	School	Finals
1 Tarah Alexander	SO	William Penn	2:20.05*
2 Nicole Woodall	SO	St. Ambrose	2:20.88
3 Austyn Their	JR	Clarke	2:21.41
4 Liz Mosbach	JR	Mount Mercy	2:24.03
5 Kennedy King	FR	Grand View	2:25.15
6 Katie Roberts	FR	Grand View	2:26.93
7 Lindsay Brunson	JR	Mount Mercy	2:27.81
8 Sara Lampe	SO	St. Ambrose	2:28.71
9 Ashlyn Rulis	FR	St. Ambrose	2:32.30
10 Abby Hammer	FR	St. Ambrose	2:32.32
11 Kate Groenhagen	JR	St. Ambrose	2:32.56
12 Molly Gilchrist	FR	St. Ambrose	2:33.06
13 Natalie Potts	SO	Grand View	2:35.64
14 Jasmine Nielsen	SR	Grand View	2:35.67
15 Katherine Herrig	SO	Clarke	2:44.04

Women 1 Mile Run

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

Name	Yr	School	Finals
1 Dominique Guinnane	SR	St. Ambrose	5:24.55
2 Lindsay Brunson	JR	Mount Mercy	5:28.85
3 Molly Pruett	FR	Mount Mercy	5:35.04
4 Kate Groenhagen	JR	St. Ambrose	5:37.60
5 Jasmine Nielsen	SR	Grand View	5:38.74
6 Ashlyn Rulis	FR	St. Ambrose	5:41.16
7 Cassandra Stuflick	SO	Clarke	5:45.44
8 Kimberly Tenno	FR	Grand View	5:47.85
9 Addison Kepner	SO	William Penn	5:49.34
10 Natalie Potts	SO	Grand View	5:51.10
11 Hannah Sobaski	SO	Grand View	5:55.76

12 Becky Winters	SO	St. Ambrose	5:57.47
13 Sydnee Hendricks	FR	Clarke	6:01.32
14 Katherine Herrig	SO	Clarke	6:04.03
15 Jennifer Shaffer	FR	Grand View	7:13.54

Women 3000 Meter Run

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

Name	Yr	School	Finals
1 Rebecca Wilder	SR	St. Ambrose	10:59.29
2 Dominique Guinnane	SR	St. Ambrose	11:00.46
3 Heidi Flanders	SO	Viterbo	11:16.49
4 Molly Pruett	FR	Mount Mercy	11:19.22
5 Eveline Niyokwizigigwa	SR	Mount Mercy	11:20.77
6 Jasmine Nielsen	SR	Grand View	11:21.80
7 Katie Nelson	SO	St. Ambrose	11:23.38
8 Katie Wetzell	SR	St. Ambrose	11:33.60
9 Dana Ewan	JR	Mount Mercy	11:37.85
10 Deja Lewis	SO	William Penn	11:51.30
11 Christa Nordgren	FR	Grand View	11:53.04
12 Hayley Leonard	SO	Grand View	11:57.86
13 Ann Froeschle	FR	St. Ambrose	11:57.96
14 Addison Kepner	SO	William Penn	11:58.02
15 Abby Martin	SO	Mount Mercy	11:58.04
16 Anna Halstead	FR	Grand View	11:59.22
17 Sarah Brandt	JR	Viterbo	12:07.95
18 Kalli McCann	SR	Grand View	12:08.89
19 Marinna Schroud	FR	Mount Mercy	12:17.15
20 Guadalupe Gonzalez	FR	William Penn	12:19.37
21 Sara Erskine	FR	St. Ambrose	12:28.48
22 Katerina Althoff	SR	Mount Mercy	12:37.77
23 Briana Mutch	FR	Grand View	12:45.73
24 Katie Marter	FR	Clarke	13:07.02

Women 5000 Meter Run

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

Name	Yr	School	Finals
1 Rebecca Wilder	SR	St. Ambrose	19:30.35
2 Dominique Guinnane	SR	St. Ambrose	19:30.71
3 Katie Nelson	SO	St. Ambrose	19:47.05
4 Dana Ewan	JR	Mount Mercy	19:53.44
5 Eveline Niyokwizigigwa	SR	Mount Mercy	19:59.81
6 Hayley Leonard	SO	Grand View	20:28.12
7 Abby Martin	SO	Mount Mercy	20:35.45
8 Anna Halstead	FR	Grand View	20:37.67
9 Mary Adlfinger	JR	St. Ambrose	20:39.87
10 Marinna Schroud	FR	Mount Mercy	20:58.07
11 Taylor Luczak	JR	Clarke	21:17.39
12 Katerina Althoff	SR	Mount Mercy	21:30.43
13 Guadalupe Gonzalez	FR	William Penn	21:38.73

**MCC Indoor Championship Meet
Westwood Sports Complex
Sterling, IL - 2/14/2015**

Results

Finals ... (Women 5000 Meter Run)

Name	Yr	School	Finals
14 Jenny Lopez	FR	St. Ambrose	21:40.90
--- Christa Nordgren	FR	Grand View	DQ

Women 60 Meter Hurdles

Meet Record: 9.00 * 2/11/2012 Laurel Murphy

Name	Yr	School	Prelims
Preliminaries			
1 Krista Bushkofsky	SO	Clarke	9.03q
2 Myra Nichols	SR	Clarke	9.30q
3 Tara Goehrke	SR	St. Ambrose	9.34q
4 Alyssa Cunningham	SO	Grand View	9.71q
5 Allison Smith	JR	Clarke	9.74q
6 Tanner Werthmann	SO	Grand View	9.76q
7 Samantha Francois	SR	Clarke	9.77q
8 Cassandra Kingery	SO	William Penn	9.79q
9 Kenzie Gunter	FR	William Penn	9.80
10 Jaidin Ross	SO	Grand View	9.83
11 Sara Strauel	SO	St. Ambrose	9.88
12 Rachel Jellings	SO	Mount Mercy	10.29
13 Holly Anthony	SR	Grand View	10.32
14 Suzanne Flexsenhar	JR	Mount Mercy	10.56
15 Shealynn Miller	SO	Mount Mercy	10.65
16 Taylor Zumbach	JR	Mount Mercy	10.87

Women 60 Meter Hurdles

Meet Record: 9.00 * 2/11/2012 Laurel Murphy

Name	Yr	School	Finals
Finals			
1 Krista Bushkofsky	SO	Clarke	9.07
2 Myra Nichols	SR	Clarke	9.30
3 Tara Goehrke	SR	St. Ambrose	9.38
4 Cassandra Kingery	SO	William Penn	9.48
5 Alyssa Cunningham	SO	Grand View	9.64
6 Allison Smith	JR	Clarke	9.66
7 Tanner Werthmann	SO	Grand View	9.69
8 Samantha Francois	SR	Clarke	10.11

Women 4x400 Meter Relay

Meet Record: 4:05.87 * 2/14/2014 Clarke

F Samura, S Myers, A Swinney, S Dishmon

Team	Relay	Finals
1 St. Ambrose		4:04.91*
1) Charlette Flanders FR	2) Sara Lampe SO	
3) Tara Goehrke SR	4) Molly Jo Smith SO	
2 Clarke		4:09.24
1) Samantha Francois SR	2) Holly Hunt FR	
3) Austyn Their JR	4) Myra Nichols SR	

3 Grand View	4:15.90
1) Ronnoja Ayers FR	2) Katie Roberts FR
3) Jamie Barry FR	4) Alyssa Cunningham SO
4 Mount Mercy	4:18.92
1) Julie Long FR	2) Ashli O'Shea SO
3) Allison Scott JR	4) Blakely Martin SO
5 Viterbo	4:25.86
1) Alile Browne FR	2) Sarah Gibson JR
3) Taylor Kasten FR	4) Marissa Massoth FR
--- William Penn	DNF
1) Tarah Alexander SO	2) Nykitta Williams FR
3) Whitley Schertz SR	4) Courtney Dalton FR

Women 4x800 Meter Relay

Meet Record: 9:59.58 * Clarke

Leslie, Freund, Moyna, Gleich

Team	Relay	Finals
Finals		
1 St. Ambrose		10:15.27
1) Kate Groenhagen JR	2) Ashlyn Rulis FR	
3) Amber Trick JR	4) Nicole Woodall SO	
2 Clarke		10:33.37
1) Stephanie Kasiurak JR	2) Cassandra Stuflick SO	
3) Anna Herber SO	4) Anna Cole FR	
3 Grand View		10:41.63
1) Natalie Potts SO	2) Hannah Sobaski SO	
3) Bakita Kak FR	4) Kimberly Teno FR	

Women Distance Medley

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

A McFayden, J Schertz, W Schertz, B Craig

Team	Relay	Finals
Finals		
1 Grand View		13:28.61
1) Hannah Sobaski SO	2) Jamie Barry FR	
3) Kimberly Teno FR	4) Natalie Potts SO	
2 Clarke		13:41.65
1) Anna Herber SO	2) Stephanie Kasiurak JR	
3) Austyn Their JR	4) Sydnee Hendricks FR	
3 St. Ambrose		13:46.80
1) Taylor Parus JR	2) Marissa Dunkerley SR	
3) Amber Trick JR	4) Katie Wetzell SR	
4 Viterbo		13:56.28
1) Sarah Brandt JR	2) Taylor Kasten FR	
3) Marissa Massoth FR	4) Heidi Flanders SO	
5 Mount Mercy		14:03.95
1) Lindsay Brunson JR	2) Ashli O'Shea SO	
3) Kelsey Feldman FR	4) Molly Pruett FR	

MCC Indoor Championship Meet**Westwood Sports Complex****Sterling, IL - 2/14/2015****Results****Women High Jump****Meet Record: 1.69m * 2/11/2012 Larissa Wilden**

Name	Yr	School	Finals
Finals			
1 Sara Strauel	SO	St. Ambrose	1.67m
2 Allison Smith	JR	Clarke	1.62m
3 Danielle Schroeder	SO	Mount Mercy	1.52m
4 Myra Nichols	SR	Clarke	1.47m
4 Tara Goehrke	SR	St. Ambrose	1.47m
4 Ali Cowell	SR	St. Ambrose	1.47m
7 Christanne Middleton	FR	Grand View	J1.47m
8 Alora Simmons	SO	William Penn	J1.47m
9 Holly Anthony	SR	Grand View	1.42m
10 Autumn Vergelye	JR	St. Ambrose	J1.42m
11 Alile Browne	FR	Viterbo	1.37m
--- Suzanne Flexsenhar	JR	Mount Mercy	NH

Women Pole Vault**Meet Record: 3.29m * 2/9/2013 Jaclyn Scavuzzo**

Name	Yr	School	Finals
Finals			
1 Jaclyn Scavuzzo	SR	St. Ambrose	2.83m
2 Amanda Aberle	JR	St. Ambrose	2.53m
2 Celeste Raya	SR	St. Ambrose	2.53m
4 Jessica Donar	SO	Clarke	J2.53m
5 April Flood	JR	Clarke	2.38m
6 Mileva Gacanich	SR	Clarke	J2.38m
7 Nikkie Rasmussen	FR	Viterbo	J2.38m
8 Whitley Schertz	SR	William Penn	2.23m
9 Natalie Mendez	FR	St. Ambrose	J2.23m
10 Hayley Leonard	SO	Grand View	2.14m
--- Janet Kuskie	JR	William Penn	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
Finals			
1 Liz Mosbach	JR	Mount Mercy	5.28m
2 Krista Bushkofsky	SO	Clarke	5.15m
3 Nicole Sanborn	SO	Mount Mercy	5.12m
4 Samantha Francois	SR	Clarke	J5.12m
5 Holly Anthony	SR	Grand View	5.04m
6 Aminah Baloch	SO	Mount Mercy	4.95m
7 Ali Cowell	SR	St. Ambrose	J4.95m
8 Corey Bormann	SR	Clarke	4.92m
9 Tanner Werthmann	SO	Grand View	4.77m
10 Raveen Rhone	SR	William Penn	4.74m
11 Nykitta Williams	FR	William Penn	4.73m
12 Trineisha Gray	JR	St. Ambrose	4.72m

13 Alyssa Cunningham	SO	Grand View	4.71m
14 Karissa Alfred	JR	St. Ambrose	4.70m
15 Jordan Donels	FR	Grand View	4.07m
16 Kaleigha MacDougall	FR	Grand View	3.77m
--- Brandi Hosford	FR	St. Ambrose	FOUL

Women Triple Jump**Meet Record: 10.96m * 2/14/2014 Trineisha Gray**

Name	Yr	School	Finals
Finals			
1 Trineisha Gray	JR	St. Ambrose	11.02m*
2 Liz Mosbach	JR	Mount Mercy	10.74m
3 Raveen Rhone	SR	William Penn	10.61m
4 Allison Smith	JR	Clarke	10.40m
5 Nykitta Williams	FR	William Penn	10.36m
6 Ali Cowell	SR	St. Ambrose	10.32m
7 Alyssa Cunningham	SO	Grand View	10.26m
8 Nicole Sanborn	SO	Mount Mercy	10.01m
9 Aminah Baloch	SO	Mount Mercy	9.96m
10 Jaclyn Scavuzzo	SR	St. Ambrose	9.72m
11 Brandi Hosford	FR	St. Ambrose	9.58m
12 Christanne Middleton	FR	Grand View	9.54m
13 Karissa Alfred	JR	St. Ambrose	9.09m
--- Sarah Gibson	JR	Viterbo	FOUL
--- Jordan Donels	FR	Grand View	FOUL
--- Shena Geisinger	FR	Grand View	FOUL

Women Shot Put**Meet Record: 13.95m * 2/13/2010 Mandy Streu**

Name	Yr	School	Finals
Finals			
1 Val Veiock	SR	Grand View	14.59m*
2 Meaghan Foster	SO	William Penn	12.95m
3 Jena Krebs	SR	Grand View	12.45m
4 Jennifer Davis	FR	Grand View	12.40m
5 Taylor Wells	SO	Grand View	12.37m
6 Samantha Reilly	FR	Viterbo	12.29m
7 Morgan Larrington	SR	Grand View	11.55m
8 Suzanne Flexsenhar	JR	Mount Mercy	11.12m
9 Kayla Hanson	SR	Mount Mercy	10.99m
10 Autumn Vergelye	JR	St. Ambrose	10.70m
11 Courtney Hickson	JR	Clarke	10.68m
12 Preston Kopp	SO	Clarke	10.61m
13 Katie Broghammer	JR	Clarke	10.56m
14 Kristin Lastovka	SO	William Penn	10.41m
15 Amber Jones	JR	Grand View	10.31m
16 Cheyenne Kindell	FR	Viterbo	10.04m
17 Chloe Reicks	FR	Mount Mercy	9.59m
18 Megan Miller	FR	Mount Mercy	9.47m
19 Rachel Bork	FR	Clarke	8.15m

MCC Indoor Championship Meet

Westwood Sports Complex

Sterling, IL - 2/14/2015

Results

Women Weight Throw

Meet Record: 17.17m * 2008 Emily Brown

Name	Yr	School	Finals
Finals			
1	Jena Krebs	SR Grand View	17.80m*
2	Val Veiock	SR Grand View	17.69m*
3	Amber Jones	JR Grand View	15.57m
4	Kayla Hanson	SR Mount Mercy	15.34m
5	Samantha Reilly	FR Viterbo	15.13m
6	Courtney Hickson	JR Clarke	14.74m
7	Preston Kopp	SO Clarke	14.69m
8	Taylor Wells	SO Grand View	14.65m
9	Meaghan Foster	SO William Penn	14.21m
10	Kennedy Wrice	SR Grand View	13.62m
11	Morgan Larrington	SR Grand View	13.46m
12	Trisha Beckley	SR Clarke	13.44m
13	Katie Broghammer	JR Clarke	12.13m
14	Kristin Lastovka	SO William Penn	11.93m
15	Chloe Reicks	FR Mount Mercy	11.49m
16	Cheyenne Kindell	FR Viterbo	11.47m
17	Janel Henggeler	FR St. Ambrose	10.62m
18	Emily Messerschmidt	JR Viterbo	10.60m
19	Rachel Bork	FR Clarke	9.57m
20	Kristi Feldman	FR Mount Mercy	8.17m
21	Katelin Clements	FR Viterbo	8.02m
22	Megan Miller	FR Mount Mercy	7.10m

Men 60 Meter Dash

Meet Record: 6.90 * 2/11/2012 Gabriel Green

Name	Yr	School	Prelims
Preliminaries			
1	Keonte White	SR Grand View	6.92q
2	Jordan Cheatem	SO Grand View	7.08q
3	Romel Marzette	SO William Penn	7.09q
4	Isaiah Mosher	SO St. Ambrose	7.10q
5	Leeshad O'Neal	FR Grand View	7.11q
6	Michael Ohioze	SO St. Ambrose	7.11q
7	Kenny Simmons	JR Grand View	7.17q
8	Tre Porter	JR Grand View	7.19q
9	Jaylin Thomas	FR William Penn	7.23
10	Evan Frazier	SR St. Ambrose	7.25
11	Bryan Quintero	FR William Penn	7.26
12	Xavier Smart	SO Viterbo	7.27
13	David Hale	SR Viterbo	7.27
14	Tim DeJong	SR William Penn	7.29
15	Kevon Farquharson	FR Mount Mercy	7.36
16	Shaquille Jones	FR St. Ambrose	7.43
17	Javier Quinonez	FR Viterbo	7.51
18	Jacob Gilbert	FR Grand View	7.52

19 Riley Neil FR Mount Mercy 7.61

Men 60 Meter Dash

Meet Record: 6.90 * 2/11/2012 Gabriel Green

Name	Yr	School	Finals
Finals			
1	Keonte White	SR Grand View	6.86*
2	Romel Marzette	SO William Penn	6.99
3	Jordan Cheatem	SO Grand View	7.06
4	Isaiah Mosher	SO St. Ambrose	7.09
5	Michael Ohioze	SO St. Ambrose	7.09
6	Tre Porter	JR Grand View	7.11
7	Leeshad O'Neal	FR Grand View	7.12
8	Kenny Simmons	JR Grand View	7.17

Men 200 Meter Dash

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

Name	Yr	School	Finals
Finals			
1	Keonte White	SR Grand View	22.41
2	Jim Warren	JR St. Ambrose	22.67
3	Leeshad O'Neal	FR Grand View	22.67
4	Michael Ohioze	SO St. Ambrose	22.86
5	CJ Watts	JR William Penn	22.94
6	Evan Frazier	SR St. Ambrose	22.99
7	Neiman Thompson	JR William Penn	23.10
8	Jordan Cheatem	SO Grand View	23.12
9	Romel Marzette	SO William Penn	23.18
10	Jaylin Thomas	FR William Penn	23.31
11	Tre Porter	JR Grand View	23.53
12	Rondell Simmons	JR Grand View	23.62
13	Isaiah Mosher	SO St. Ambrose	23.62
14	David Hale	SR Viterbo	23.64
15	Joseph Torres	SR St. Ambrose	23.87
16	Xavier Smart	SO Viterbo	23.94
17	Clay Cory	SO Grand View	24.04
18	Austin Williams	FR St. Ambrose	24.09
19	Tim DeJong	SR William Penn	24.57
20	Javier Quinonez	FR Viterbo	24.64
21	Riley Neil	FR Mount Mercy	25.59
---	Stepfon Williams	JR William Penn	DNF

Men 400 Meter Dash

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

Name	Yr	School	Finals
Finals			
1	Alex Edwards	SR William Penn	49.74*
2	Jim Warren	JR St. Ambrose	49.77*
3	CJ Watts	JR William Penn	50.46
4	Keonte White	SR Grand View	51.00
5	Joseph Torres	SR St. Ambrose	51.26

MCC Indoor Championship Meet**Westwood Sports Complex****Sterling, IL - 2/14/2015****Results****Finals ... (Men 400 Meter Dash)**

Name	Yr	School	Finals
6 Neiman Thompson	JR	William Penn	51.36
7 Tre Porter	JR	Grand View	52.11
8 Michael Ohioze	SO	St. Ambrose	52.11
9 Brendan Walters	SR	Clarke	52.55
10 Leeshad O'Neal	FR	Grand View	52.70
11 Bryon Christensen	SO	Grand View	53.00
12 Ryan Giesemann	SR	St. Ambrose	53.17
13 Clay Cory	SO	Grand View	53.28
14 Spencer Medlin	FR	William Penn	53.38
15 Matt Ferris	SO	St. Ambrose	53.43
16 Rondell Simmons	JR	Grand View	53.59
17 Stepfon Williams	JR	William Penn	53.99
18 Patrick Rothert	SR	Clarke	57.33
19 Michael Kosmann	SO	Viterbo	58.70
20 Josiah Brown	SR	Viterbo	1:00.67

Men 600 Meter Run**Meet Record: 1:20.49 * 2/14/2014 Alex Edwards**

Name	Yr	School	Finals
Finals			
1 Alex Edwards	SR	William Penn	1:19.75*
2 Jim Warren	JR	St. Ambrose	1:21.95
3 CJ Watts	JR	William Penn	1:23.22
4 Seth Harjes	JR	Grand View	1:23.68
5 Neiman Thompson	JR	William Penn	1:24.04
6 Ryan Giesemann	SR	St. Ambrose	1:25.30
7 Bryon Christensen	SO	Grand View	1:25.66
8 Matt Ferris	SO	St. Ambrose	1:25.69
9 Gavin Zimmerman	JR	Viterbo	1:26.90
10 Zack Molid	SR	Clarke	1:29.19
11 Nick Anderson	SR	Clarke	1:29.34
12 Monueir Moodie	FR	Mount Mercy	1:29.39
13 David Krueger	SO	St. Ambrose	1:30.82
14 BJ Rodriguez	SO	Viterbo	1:34.89
15 Chris Dejoode	SO	Grand View	1:45.19

Men 800 Meter Run**Meet Record: 1:57.95 * 2/12/2011 John Darmody**

Name	Yr	School	Finals
Finals			
1 Alex Edwards	SR	William Penn	2:01.40
2 Nicholas Anderson	FR	Clarke	2:04.74
3 Dean Knieps	SR	St. Ambrose	2:04.93
4 Jim Warren	JR	St. Ambrose	2:05.79
5 Seth Harjes	JR	Grand View	2:05.83
6 Malik McCrary	FR	Clarke	2:05.84
7 Payton Busch	SO	William Penn	2:05.90
8 Rhett Gainey	FR	Grand View	2:06.40
9 Zack Johnson	FR	William Penn	2:07.42

10 Nicholas Thomas	SR	William Penn	2:07.49
11 David Meyers	SR	Clarke	2:10.34
12 Omar Raya	FR	St. Ambrose	2:13.76
13 Joshua Housel	SO	Viterbo	2:15.98
14 BJ Rodriguez	SO	Viterbo	2:18.45
15 Kyle Collins	JR	Clarke	2:18.76
16 Ben Coyer	JR	St. Ambrose	2:19.56
17 John Herber	JR	Clarke	2:24.68
18 Duoth Tut	FR	Grand View	2:28.25
19 Chris Dejoode	SO	Grand View	2:29.47

Men 1 Mile Run**Meet Record: 4:22.18 * 2/13/2010 John Darmody**

Name	Yr	School	Finals
Finals			
1 Dean Knieps	SR	St. Ambrose	4:38.44
2 Anthony Peters	FR	St. Ambrose	4:38.72
3 Rhett Gainey	FR	Grand View	4:39.18
4 Ben Coyer	JR	St. Ambrose	4:42.09
5 Ochaung Akway	JR	William Penn	4:43.03
6 Saromo Mugisha	SR	William Penn	4:44.04
7 Tyler Connelly	FR	William Penn	4:50.57
8 Adrian Salazar	FR	Viterbo	4:51.10
9 Josh Petersen	SR	Viterbo	4:51.20
10 Zack Johnson	FR	William Penn	4:55.45
11 Seth Harjes	JR	Grand View	4:58.13
12 Kyle Collins	JR	Clarke	4:58.80
13 Garrett Heckman	FR	William Penn	4:59.21
14 Nicholas Thomas	SR	William Penn	5:02.66
15 Kennedy Kiprof	JR	Grand View	5:03.00
16 Rhett Thys	FR	Mount Mercy	5:03.53
17 Devin Stone	SO	Mount Mercy	5:14.16
18 Duoth Tut	FR	Grand View	5:21.11
19 John Herber	JR	Clarke	5:24.09
20 Eric Hansen	SO	Mount Mercy	5:24.67

Men 3000 Meter Run**Meet Record: 9:14.01 * 2/11/2012 Kevin Randle**

Name	Yr	School	Finals
Finals			
1 Jonah Niedermeier	SO	St. Ambrose	9:21.72
2 Evan Bowman	SO	Mount Mercy	9:24.93
3 Anthony Peters	FR	St. Ambrose	9:31.45
4 Grant Colborn	SO	St. Ambrose	9:42.64
5 Saromo Mugisha	SR	William Penn	9:42.86
6 Chris Pasquale	JR	Viterbo	9:46.34
7 Anthony Kinley	FR	Mount Mercy	9:49.41
8 Kennedy Kiprof	JR	Grand View	9:52.47
9 Yonas Desta	SO	William Penn	9:53.92
10 Nate Johnson	FR	Grand View	9:54.24
11 Tyler Connelly	FR	William Penn	10:00.47

MCC Indoor Championship Meet**Westwood Sports Complex****Sterling, IL - 2/14/2015****Results****Finals ... (Men 3000 Meter Run)**

Name	Yr	School	Finals
12 Ty Balduf	JR	St. Ambrose	10:02.65
13 Patrick Lessor	SO	Viterbo	10:06.23
14 Tanner Artzen	SR	St. Ambrose	10:06.66
15 Brenice Ndayizeye	SO	William Penn	10:12.29
16 Andrew Spaight	FR	Viterbo	10:16.51
17 Evan Rix	FR	Grand View	10:28.57
18 Ray Quiroz	FR	Grand View	10:30.24
19 Devin Stone	SO	Mount Mercy	10:31.37
20 Luke North	SO	Clarke	10:35.23
21 Eric Hansen	SO	Mount Mercy	11:05.81
--- Ochaung Akway	JR	William Penn	DQ

Men 5000 Meter Run**Meet Record: 15:36.53 * 2/11/2012 Kevin Randle**

Name	Yr	School	Finals
1 Jonah Niedermeier	SO	St. Ambrose	16:18.77
2 Evan Bowman	SO	Mount Mercy	16:22.46
3 Ochaung Akway	JR	William Penn	16:25.81
4 Anthony Kinley	FR	Mount Mercy	16:48.59
5 Grant Colborn	SO	St. Ambrose	16:49.20
6 Ty Balduf	JR	St. Ambrose	16:55.64
7 Yonas Desta	SO	William Penn	16:57.92
8 Eric Alcaraz	FR	Viterbo	16:58.30
9 Tanner Artzen	SR	St. Ambrose	17:09.84
10 William Jeffries	SO	Viterbo	17:16.57
11 Patrick Lessor	SO	Viterbo	17:20.32
12 Kennedy Kiprop	JR	Grand View	17:35.82
13 Luke North	SO	Clarke	18:06.06
14 Evan Rix	FR	Grand View	18:18.44
15 Jacob Herndon	FR	Mount Mercy	18:40.20

Men 60 Meter Hurdles**Meet Record: 8.22 * 2/11/2012 Keith Brown**

Name	Yr	School	Prelims
1 Markenson Charles	SO	William Penn	8.83q
2 Charlie Rachford	FR	William Penn	9.10q
3 Austin Williams	FR	St. Ambrose	9.16q
4 Clay Cory	SO	Grand View	9.29q
5 Michael Allner	SO	Grand View	9.49q
6 Taurus Black	FR	Clarke	9.90q
7 Matt Svoboda	FR	St. Ambrose	9.99q
8 Kohl Gregory	JR	Clarke	10.45q

Men 60 Meter Hurdles**Meet Record: 8.22 * 2/11/2012 Keith Brown**

Name	Yr	School	Finals
1 Charlie Rachford	FR	William Penn	8.70
2 Markenson Charles	SO	William Penn	8.74
3 Taurus Black	FR	Clarke	8.99
4 Clay Cory	SO	Grand View	9.13
5 Michael Allner	SO	Grand View	9.25
6 Austin Williams	FR	St. Ambrose	9.55
7 Matt Svoboda	FR	St. Ambrose	9.84
8 Kohl Gregory	JR	Clarke	9.96

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
1 St. Ambrose		3:27.43
1) Michael Ohioze SO	2) Ryan Giesemann SR	
3) Evan Frazier SR	4) Joseph Torres SR	
2 Grand View		3:27.63
1) Jordan Cheatem SO	2) Tre Porter JR	
3) Keonte White SR	4) Clay Cory SO	
3 William Penn		3:28.27
1) CJ Watts JR	2) Spencer Medlin FR	
3) Cornelius McCastle SO	4) Neiman Thompson JR	
4 Viterbo		3:36.60
1) David Hale SR	2) Matt Bartels FR	
3) Gavin Zimmerman JR	4) Joshua Housel SO	
5 Mount Mercy		3:42.84
1) Monueir Moodie FR	2) Rick Gonzalez SO	
3) Anthony Crawley SO	4) Kevon Farquharson FR	
6 Clarke		3:47.77
1) Zack Molid SR	2) Patrick Rothert SR	
3) Jeff Ruhlow FR	4) Brendan Walters SR	

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
1 William Penn		8:27.45
1) Payton Busch SO	2) Nicholas Thomas SR	
3) Zack Johnson FR	4) Alex Edwards SR	
2 St. Ambrose		8:33.52
1) Jim Warren JR	2) Ben Coyer JR	
3) Reid Henry FR	4) Dean Knieps SR	

**MCC Indoor Championship Meet
Westwood Sports Complex
Sterling, IL - 2/14/2015**

Results

Finals ... (Men 4x800 Meter Relay)

Team	Relay	Finals
3 Clarke		8:43.05
1) Nick Anderson SR	2) Nicholas Anderson FR	
3) David Meyers SR	4) Malik McCrary FR	
4 Viterbo		8:46.57
1) Andrew Thonesen JR	2) Adrian Salazar FR	
3) Hayden Gibson FR	4) Noah Strohm FR	
5 Grand View		8:47.09
1) Seth Harjes JR	2) Rhett Gainey FR	
3) Bryon Christensen SO	4) Michael Allner SO	
6 Mount Mercy		8:57.74
1) Nigel Christianson SO	2) Erik Ryan SO	
3) Eric Stevenson FR	4) Rhett Thys FR	

Men Distance Medley

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

N McNamara, J Kremer, N Genzler, J Whitmore

Team	Relay	Finals
1 Clarke		11:05.82
1) Nick Anderson SR	2) Brendan Walters SR	
3) Nicholas Anderson FR	4) Malik McCrary FR	
2 Grand View		11:12.66
1) Rhett Gainey FR	2) Rondell Simmons JR	
3) Ray Quiroz FR	4) Nate Johnson FR	
3 William Penn		11:17.57
1) Garrett Heckman FR	2) Spencer Medlin FR	
3) Payton Busch SO	4) Nicholas Thomas SR	
4 St. Ambrose		11:19.62
1) Emmett McClain SR	2) Josh Drew FR	
3) Tyler Kesner FR	4) Reid Henry FR	
5 Viterbo		11:21.35
1) Andrew Thonesen JR	2) Matt Bartels FR	
3) Joshua Housel SO	4) Josh Petersen SR	
6 Mount Mercy		11:35.91
1) Eric Stevenson FR	2) Anthony Crawley SO	
3) Erik Ryan SO	4) Nigel Christianson SO	

Men High Jump

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

Name	Yr	School	Finals
1 Cornelius McCastle	SO	William Penn	2.01m
2 Joseph Torres	SR	St. Ambrose	J2.01m
3 Malik Denny	SO	Grand View	1.96m
4 Kohl Gregory	JR	Clarke	1.91m
5 Michael Allner	SO	Grand View	1.86m
6 Andrew Esser	JR	St. Ambrose	J1.86m
7 Keegan Blutworth	JR	Viterbo	1.81m
8 Nick Scobee	SO	St. Ambrose	1.76m

9 Romel Marzette	SO	William Penn	1.71m
10 Van Love-Scott	SR	William Penn	J1.71m
11 Matt Svoboda	FR	St. Ambrose	J1.71m
12 Matthew Jernigan	FR	William Penn	1.66m

Men Pole Vault

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

Name	Yr	School	Finals
Finals			
1 Nick Wager	JR	St. Ambrose	4.25m
2 Mark Schmidt	SO	Clarke	4.10m
3 Lucas Rusk	JR	St. Ambrose	3.80m
3 Josh Stice	SR	St. Ambrose	3.80m
5 Jonathan Shephard	JR	Clarke	J3.80m
6 Gavin Zimmerman	JR	Viterbo	3.65m
6 Ashton Rutherford	FR	St. Ambrose	3.65m
8 Michael Allner	SO	Grand View	3.35m
9 David Krueger	SO	St. Ambrose	2.90m
10 Robert Woodle	SO	William Penn	2.60m
11 Jacob Gilbert	FR	Grand View	2.45m
--- Patrick Mahoney	JR	St. Ambrose	NH

Men Long Jump

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

Name	Yr	School	Finals
Finals			
1 Michael Ohioze	SO	St. Ambrose	6.73m
2 Jaylin Thomas	FR	William Penn	6.72m
3 Romel Marzette	SO	William Penn	6.68m
4 Isaiah Mosher	SO	St. Ambrose	6.49m
5 Kenny Simmons	JR	Grand View	J6.49m
6 Malik Denny	SO	Grand View	6.48m
7 Brendan Walters	SR	Clarke	6.31m
8 Rasheed Debord	SO	St. Ambrose	6.19m
9 Kohl Gregory	JR	Clarke	6.08m
10 Reid Deets	FR	Grand View	6.06m
11 Joshua Rankin	SO	William Penn	5.86m
12 Tiquan Malone	FR	Grand View	5.77m
13 Van Love-Scott	SR	William Penn	5.76m
14 Matt Bartels	FR	Viterbo	5.71m
15 Andrew Clements	SO	Grand View	5.66m
16 Andrew Esser	JR	St. Ambrose	5.49m
17 Cameron Henrickson	SO	Viterbo	5.35m

Men Triple Jump

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

Name	Yr	School	Finals
Finals			
1 Cornelius McCastle	SO	William Penn	13.91m
2 Kenny Simmons	JR	Grand View	13.86m
3 Trey Wiedmann	JR	Clarke	13.62m

**MCC Indoor Championship Meet
Westwood Sports Complex
Sterling, II - 2/14/2015**

Results

Finals ... (Men Triple Jump)

Name	Yr	School	Finals
4 Romel Marzette	SO	William Penn	13.41m
5 Jimmie Davis	SR	Grand View	12.80m
6 Joshua Rankin	SO	William Penn	12.68m
7 Andrew Esser	JR	St. Ambrose	12.63m
8 Jaylin Thomas	FR	William Penn	12.46m
9 Andrew Clements	SO	Grand View	12.43m
10 Van Love-Scott	SR	William Penn	12.09m
11 Cameron Henrickson	SO	Viterbo	J12.09m
12 Malik Denny	SO	Grand View	11.64m
--- Nick Scobee	SO	St. Ambrose	FOUL
--- Matt Svoboda	FR	St. Ambrose	FOUL
--- Reid Deets	FR	Grand View	FOUL
--- Rasheed Debord	SO	St. Ambrose	FOUL

Men Shot Put

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

Name	Yr	School	Finals
1 Kalob Gist	SO	William Penn	14.83m
2 Derek Seddon	SO	William Penn	14.59m
3 Dallas Franks	JR	Grand View	14.18m
4 Taylor Mitchell	SO	Grand View	14.08m
5 Derek Robinson	FR	William Penn	13.94m
6 Cameron Paddock	JR	Grand View	13.66m
7 Jake Jennings	FR	St. Ambrose	13.23m
8 Hunter Donovan	JR	Grand View	13.10m
9 Jonathan Shephard	JR	Clarke	12.43m
10 Zach Berryman	FR	Mount Mercy	12.28m
11 Jeff Ruhlrow	FR	Clarke	12.24m
12 Nathan Johnston	SO	Grand View	11.51m
13 Oscar Garza	FR	St. Ambrose	11.45m
14 Aaron Seddon	FR	William Penn	10.52m
15 Brandon Slifka	FR	Grand View	10.48m
16 Mason Palmer	FR	Viterbo	9.06m
17 Bradley Nachtman	SO	Mount Mercy	7.97m

Men Weight Throw

Meet Record: 18.06m * 2/12/2011 Luke Wielgopolan

Name	Yr	School	Finals
1 Nathan Johnston	SO	Grand View	17.98m
2 Cameron Paddock	JR	Grand View	16.60m
3 Derek Seddon	SO	William Penn	16.41m
4 Hunter Donovan	JR	Grand View	15.89m
5 Taylor Mitchell	SO	Grand View	14.47m
6 Dallas Franks	JR	Grand View	14.45m
7 Derek Robinson	FR	William Penn	13.66m
8 Aaron Seddon	FR	William Penn	13.39m
9 John Sturtz	JR	Clarke	12.39m

10 Kalob Gist	SO	William Penn	12.34m
11 Brandon Slifka	FR	Grand View	11.55m
12 Jeff Ruhlrow	FR	Clarke	11.32m
13 Jake Jennings	FR	St. Ambrose	10.43m
14 Zach Berryman	FR	Mount Mercy	10.30m
15 Oscar Garza	FR	St. Ambrose	9.94m
16 Eli Gage	FR	St. Ambrose	9.68m

Women - Team Rankings - 18 Events Scored

1) St. Ambrose	238
2) Grand View	131
3) Clarke	114
4) Mount Mercy	111
5) Viterbo	46
6) William Penn	35

Men - Team Rankings - 18 Events Scored

1) St. Ambrose	205.5
2) William Penn	200
3) Grand View	169
4) Clarke	62
5) Mount Mercy	33
6) Viterbo	23.5