

**St. Ambrose Invitational**  
**Roell Indoor Track - St. Ambrose University**  
**Davenport, Iowa - 1/26/18 to 1/27/18**  
**Results**

**Men 60 Meter Dash**  
**Top 16 Advance by Time**

| Name                        | Year | School            | Prelims | H#      |
|-----------------------------|------|-------------------|---------|---------|
| <b>Preliminaries</b>        |      |                   |         |         |
| 1 Vance Bohlen              | JR   | St. Ambrose       | 7.18q   | 2       |
| 2 Dante Johnson             | FR   | St. Ambrose       | 7.26q   | 1       |
| 3 Austin O'Brien            | FR   | Central Methodist | 7.29q   | 3       |
| 4 Dayo Ajose                |      | Iowa Track Club   | X7.31q  | 2 7.302 |
| 5 Melvin Pettis             | FR   | St. Ambrose       | 7.31q   | 3 7.304 |
| 6 Shawn Bandel              | FR   | Judson            | 7.35q   | 1       |
| 7 Jibrian Parker            |      | Unattached        | X7.36q  | 3       |
| 8 Erik Hite                 | SR   | Iowa Track Club   | X7.38q  | 1       |
| 9 Reid Mettert              | SR   | Clarke            | 7.62q   | 3       |
| 10 Mike Garza               |      | Iowa Track Club   | X7.65q  | 3       |
| 11 Jurrone Petry            | FR   | Trinity Christian | 7.66q   | 2       |
| 12 Roderick Sanders-Vick Jr | JR   | St. Ambrose       | 7.69q   | 3       |
| 13 Nathan McCutcheon        | FR   | Clarke            | 7.89q   | 2       |
| 14 Logan VanOverloop        | FR   | Trinity Christian | 8.38q   | 2       |
| 15 Alex Fitzgerald          | FR   | Trinity Christian | 8.66q   | 1       |

**Men 60 Meter Dash**

| Name                        | Year | School            | Finals | H# | Points  |
|-----------------------------|------|-------------------|--------|----|---------|
| <b>Finals</b>               |      |                   |        |    |         |
| 1 Vance Bohlen              | JR   | St. Ambrose       | 7.13   | 2  | 10      |
| 2 Dante Johnson             | FR   | St. Ambrose       | 7.21   | 2  | 8       |
| 3 Dayo Ajose                |      | Iowa Track Club   | X7.22  | 2  |         |
| 4 Shawn Bandel              | FR   | Judson            | 7.27   | 2  | 6 7.262 |
| 5 Austin O'Brien            | FR   | Central Methodist | 7.27   | 2  | 5 7.270 |
| 6 Melvin Pettis             | FR   | St. Ambrose       | 7.36   | 2  | 4       |
| 7 Jibrian Parker            |      | Unattached        | X7.40  | 2  |         |
| 8 Erik Hite                 | SR   | Iowa Track Club   | X7.42  | 2  |         |
| 9 Jurrone Petry             | FR   | Trinity Christian | 7.70   | 1  | 3       |
| 10 Roderick Sanders-Vick Jr | JR   | St. Ambrose       | 7.73   | 1  | 2       |
| 11 Nathan McCutcheon        | FR   | Clarke            | 7.83   | 1  | 1       |
| 12 Logan VanOverloop        | FR   | Trinity Christian | 8.43   | 1  |         |
| 13 Alex Fitzgerald          | FR   | Trinity Christian | 8.81   | 1  |         |

**Men 200 Meter Dash**

| Name             | Year | School      | Finals | H# | Points |
|------------------|------|-------------|--------|----|--------|
| 1 Michel Ohioze  |      | Unattached  | X22.01 | 5  |        |
| 2 James Warren   |      | Unattached  | X22.80 | 5  |        |
| 3 Daniel Headley | SO   | Grand View  | 22.93  | 5  | 10     |
| 4 Dante Johnson  | FR   | St. Ambrose | 23.40  | 4  | 8      |
| 5 Vance Bohlen   | JR   | St. Ambrose | 23.49  | 5  | 6      |
| 6 Shawn Bandel   | FR   | Judson      | 23.56  | 4  | 5      |

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**....Men 200 Meter Dash**

|                         |                      |        |   |   |
|-------------------------|----------------------|--------|---|---|
| 7 Major Watkins         | NA Unattached        | X23.58 | 5 |   |
| 8 David Krueger         | NA Unattached        | X24.25 | 4 |   |
| 9 Austin O'Brien        | FR Central Methodist | 24.30  | 1 | 4 |
| 10 Taylor Manternach    | FR St. Ambrose       | 24.40  | 1 | 3 |
| 11 Francisco Villanueva | FR Judson            | 24.79  | 2 | 2 |
| 12 Justin Schutt        | SR Trinity Christian | 25.02  | 2 | 1 |
| 13 Josh Reid            | FR St. Ambrose       | 25.04  | 2 |   |
| 14 Nathan McCutcheon    | FR Clarke            | 25.15  | 2 |   |
| 15 Brockton Reed        | FR St. Ambrose       | 25.21  | 3 |   |
| 16 John Newton          | FR Grand View        | 25.35  | 3 |   |
| 17 Mike Garza           | Iowa Track Club      | X25.38 | 4 |   |
| 18 Jeff DeLong          | JR Judson            | 26.49  | 3 |   |
| 19 Logan VanOverloop    | FR Trinity Christian | 28.61  | 2 |   |
| -- Erik Hite            | SR Iowa Track Club   | XDQ    | 3 |   |

**Men 400 Meter Dash**

| Name                 | Year School          | Finals | H# | Points |
|----------------------|----------------------|--------|----|--------|
| 1 Michel Ohioze      | Unattached           | X49.36 | 4  |        |
| 2 Jack Reemtsma      | JR St. Ambrose       | 50.34  | 4  | 10     |
| 3 Jake Clouse        | FR Grand View        | 51.91  | 4  | 8      |
| 4 Gannon Svestka     | FR Grand View        | 52.33  | 4  | 6      |
| 5 Nehemiah Colyer    | FR Central Methodist | 53.05  | 4  | 5      |
| 6 Daniel Yarbrough   | FR Central Methodist | 53.08  | 3  | 4      |
| 7 Alex Bala          | SR St. Ambrose       | 53.25  | 3  | 3      |
| 8 Jordan Nathan      | JR Grand View        | 53.33  | 4  | 2      |
| 9 David Krueger      | NA Unattached        | X54.26 | 2  |        |
| 10 Barrion Collins   | FR Grand View        | 54.65  | 3  | 1      |
| 11 Major Watkins     | NA Unattached        | X55.02 | 3  |        |
| 12 Jarius Shannon    | JR St. Ambrose       | 55.26  | 2  |        |
| 13 Taylor Manternach | FR St. Ambrose       | 55.45  | 2  |        |
| 14 Akeel Spears      | SO Central Methodist | 56.26  | 2  |        |
| 15 John Newton       | FR Grand View        | 56.28  | 2  |        |
| 16 Leonard Jones     | FR St. Ambrose       | 56.92  | 1  |        |
| 17 Josh Reid         | FR St. Ambrose       | 57.00  | 1  |        |
| 18 Grant Bradman     | SO Judson            | 58.03  | 3  |        |

**Men 600 Meter Run**

| Name             | Year School           | Finals   | H# | Points |
|------------------|-----------------------|----------|----|--------|
| 1 James Warren   | Unattached            | X1:22.56 | 3  |        |
| 2 Brandon Young  | FR Grand View         | 1:24.56  | 3  | 10     |
| 3 Deonta Pittman | SR Calumet-St. Joseph | 1:24.59  | 3  | 8      |
| 4 Ben Huftalin   | FR Grand View         | 1:26.69  | 3  | 6      |
| 5 Koby Smith     | FR Judson             | 1:27.84  | 2  | 5      |
| 6 Daymean Probst | JR Central Methodist  | 1:27.88  | 3  | 4      |
| 7 Kevin Courtney | SO Trinity Christian  | 1:28.73  | 2  | 3      |

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**....Men 600 Meter Run**

|    |                 |                       |         |   |   |
|----|-----------------|-----------------------|---------|---|---|
| 8  | Grayson Thacker | FR Grand View         | 1:29.69 | 2 | 2 |
| 9  | Clinton Heffner | FR Central Methodist  | 1:30.73 | 3 | 1 |
| 10 | Rakeem Bluitt   | FR Calumet-St. Joseph | 1:32.44 | 1 |   |
| 11 | Ethan Lasley    | SO Central Methodist  | 1:35.48 | 1 |   |
| 12 | Kyus Shineflew  | SO Grand View         | 1:36.47 | 2 |   |
| 13 | Jose Beltran    | SO Trinity Christian  | 1:44.54 | 1 |   |
| 14 | Jeff DeLong     | JR Judson             | 1:46.46 | 2 |   |

**Men 800 Meter Run**

| Name | Year               | School                | Finals   | H# | Points |
|------|--------------------|-----------------------|----------|----|--------|
| 1    | Caleb DeWeerd      | FR Trinity Christian  | 2:00.59  | 3  | 10     |
| 2    | James Lindstrom    | JR Mount Mercy        | 2:01.93  | 3  | 8      |
| 3    | Joseph Sipiorski   | JR Judson             | 2:03.40  | 3  | 6      |
| 4    | Jacob Blackmon     | SO Mount Mercy        | 2:03.81  | 2  | 5      |
| 5    | Josh Long          | JR Mount Mercy        | 2:08.09  | 3  | 4      |
| 6    | Jordan Gehrke      | Iowa Track Club       | X2:08.65 | 2  |        |
| 7    | Koby Smith         | FR Judson             | 2:08.72  | 2  | 3      |
| 8    | Justin Christensen | FR St. Ambrose        | 2:08.94  | 3  | 2      |
| 9    | Michael Marshall   | JR Mount Mercy        | 2:10.25  | 3  | 1      |
| 10   | Clay Colborn       | SO St. Ambrose        | 2:10.77  | 3  |        |
| 11   | Robert Davis       | SO Calumet-St. Joseph | 2:10.82  | 2  |        |
| 12   | Ethan Lacey        | FR St. Ambrose        | 2:15.23  | 1  |        |
| 13   | Peter Runions      | FR St. Ambrose        | 2:17.22  | 1  |        |
| 14   | Anthony DelValle   | FR Calumet-St. Joseph | 2:17.63  | 1  |        |
| 15   | Alex Belzer        | Iowa Track Club       | X2:18.75 | 2  |        |
| 16   | Caleb Fletcher     | SR Judson             | 2:20.56  | 2  |        |
| 17   | Luis Munoz         | JR Calumet-St. Joseph | 2:21.32  | 2  |        |
| 18   | Michael Mikhail    | FR Judson             | 2:22.77  | 1  |        |
| 19   | Jesse Hannan       | Iowa Track Club       | X2:23.02 | 1  |        |
| 20   | Jack Haugen        | SO St. Ambrose        | 2:24.60  | 1  |        |
| 21   | Leo Kessler        | SO St. Ambrose        | 2:28.74  | 1  |        |

**Men 1000 Meter Run**

| Name | Year                    | School                | Finals  | H# | Points |
|------|-------------------------|-----------------------|---------|----|--------|
| 1    | Josh Pestka             | SO St. Ambrose        | 2:29.22 | 2  | 10     |
| 2    | Roger Malonda           | JR Calumet-St. Joseph | 2:30.44 | 2  | 8      |
| 3    | Rane Nichols            | SR St. Ambrose        | 2:31.53 | 2  | 6      |
| 4    | Joseph Sipiorski        | JR Judson             | 2:38.10 | 2  | 5      |
| 5    | Malik McCrary           | SR Clarke             | 2:40.21 | 2  | 4      |
| 6    | Nicholas Anderson       | SR Clarke             | 2:42.85 | 2  | 3      |
| 7    | Deonta Pittman          | SR Calumet-St. Joseph | 2:43.03 | 2  | 2      |
| 8    | Carlos Gonzalez-Tabares | SR Central Methodist  | 2:44.17 | 1  | 1      |
| 9    | Hayden Hackman          | FR Central Methodist  | 2:46.60 | 1  |        |
| 10   | Kevin Ockenfels         | SO Clarke             | 2:47.33 | 1  |        |
| 11   | Rakeem Bluitt           | FR Calumet-St. Joseph | 2:53.79 | 1  |        |

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**....Men 1000 Meter Run**

|                    |                       |         |   |
|--------------------|-----------------------|---------|---|
| 12 Michael Mikhail | FR Judson             | 3:00.23 | 1 |
| 13 Caleb Fletcher  | SR Judson             | 3:00.56 | 1 |
| 14 Luis Munoz      | JR Calumet-St. Joseph | 3:01.65 | 1 |
| 15 Jimmy Slowik    | FR Clarke             | 3:04.34 | 1 |

**Men 1 Mile Run**

| Name                   | Year School           | Finals   | H# | Points |
|------------------------|-----------------------|----------|----|--------|
| 1 Caleb DeWeerd        | FR Trinity Christian  | 4:23.01  | 2  | 10     |
| 2 Brantley VanOverloop | SO Trinity Christian  | 4:43.32  | 2  | 8      |
| 3 Trevor Albert        | FR Grand View         | 4:45.16  | 2  | 6      |
| 4 Nick Heidinger       | JR Trinity Christian  | 4:49.77  | 2  | 5      |
| 5 Skylar Mitchell      | SR St. Ambrose        | 4:50.58  | 2  | 4      |
| 6 Colton Schwartz      | Iowa Track Club       | X4:57.71 | 2  |        |
| 7 Ben Bourland         | SO Grand View         | 5:01.06  | 1  | 3      |
| 8 Ethan Lacey          | FR St. Ambrose        | 5:01.86  | 1  | 2      |
| 9 Alex Belzer          | Iowa Track Club       | X5:07.53 | 1  |        |
| 10 Jack Haugen         | SO St. Ambrose        | 5:11.20  | 1  | 1      |
| 11 Jesse Hannan        | Iowa Track Club       | X5:17.16 | 1  |        |
| 12 Simon Hagen         | FR St. Ambrose        | 5:20.58  | 2  |        |
| 13 Addison Barnhill    | FR Calumet-St. Joseph | 5:36.70  | 1  |        |

**Men 3000 Meter Run**

| Name                | Year School           | Finals   | H# | Points |
|---------------------|-----------------------|----------|----|--------|
| 1 Roger Malonda     | JR Calumet-St. Joseph | 8:54.76  | 2  | 10     |
| 2 Emilio Mancha     | JR St. Ambrose        | 9:01.13  | 2  | 8      |
| 3 Mario Scarcelli   | FR St. Xavier         | 9:06.80  | 2  | 6      |
| 4 Kyle VanderPlaats | JR Trinity Christian  | 9:19.39  | 2  | 5      |
| 5 Jordan Gehrke     | Iowa Track Club       | X9:36.74 | 2  |        |
| 6 Matthew King      | SR Calumet-St. Joseph | 9:43.33  | 2  | 4      |
| 7 Trevor Roebke     | SO Central Methodist  | 9:51.15  | 2  | 3      |
| 8 Tyler Reinkemeyer | FR Central Methodist  | 9:51.51  | 2  | 2      |
| 9 Sam Long          | SO St. Ambrose        | 9:57.19  | 2  | 1      |
| 10 Kevin Arias      | FR St. Xavier         | 10:16.38 | 1  |        |
| 11 Anthony DelValle | FR Calumet-St. Joseph | 10:17.34 | 1  |        |
| 12 Brian Baldwin    | SO St. Xavier         | 10:17.56 | 1  |        |
| 13 Anthony Giancola | FR Central Methodist  | 10:20.22 | 1  |        |
| 14 Jon Sabotta      | FR St. Ambrose        | 10:20.39 | 1  |        |
| 15 Skylar Brucks    | FR Central Methodist  | 10:34.09 | 1  |        |
| 16 Danny Parr       | FR St. Ambrose        | 10:50.61 | 1  |        |
| 17 Lucio Barboza    | SO St. Xavier         | 10:58.87 | 1  |        |
| 18 Taylor Murray    | JR Grand View         | 10:59.28 | 1  |        |
| 19 Brian Santino    | JR St. Ambrose        | 11:37.52 | 1  |        |

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**Men 5000 Meter Run**

| Name                  | Year | School            | Finals    | Points |
|-----------------------|------|-------------------|-----------|--------|
| 1 Elliot Knernschield | SO   | Central Methodist | 15:52.75  | 10     |
| 2 Radovan Kemboi      | FR   | Central Methodist | 15:55.03  | 8      |
| 3 David Whittle       | JR   | St. Ambrose       | 16:04.56  | 6      |
| 4 Justin Smith        | SR   | Central Methodist | 16:15.53  | 5      |
| 5 Robert Bruns        | SR   | Judson            | 16:17.08  | 4      |
| 6 Graham Lemmons      | FR   | Central Methodist | 16:47.10  | 3      |
| 7 Alex Arechavaleta   | JR   | Grand View        | 16:54.87  | 2      |
| 8 Logan Fraker        | JR   | Clarke            | 16:59.19  | 1      |
| 9 Kirk Leach          | FR   | Grand View        | 17:56.94  |        |
| 10 Matthew Mallary    | SR   | Judson            | 18:20.70  |        |
| 11 John Bowen         | SR   | Judson            | 18:27.23  |        |
| 12 Michael Mallon     |      | Unattached        | X18:33.26 |        |

**Men 60 Meter Hurdles**  
**Top 16 Advance by Time**

| Name                   | Year | School      | Prelims |
|------------------------|------|-------------|---------|
| Preliminaries          |      |             |         |
| 1 Jack Reemtsma        | JR   | St. Ambrose | 8.70q   |
| 2 Francisco Villanueva | FR   | Judson      | 8.80q   |
| 3 Matt Svoboda         | SR   | St. Ambrose | 10.11q  |

**Men 60 Meter Hurdles**

| Name                    | Year | School      | Finals | Points |
|-------------------------|------|-------------|--------|--------|
| Finals                  |      |             |        |        |
| 1 Jack Reemtsma         | JR   | St. Ambrose | 8.72   | 10     |
| 2 Matt Svoboda          | SR   | St. Ambrose | 9.86   | 8      |
| -- Francisco Villanueva | FR   | Judson      | FS     |        |

**Men 4x400 Meter Relay**

| School                     | Finals  | H# | Points |
|----------------------------|---------|----|--------|
| 1 Grand View               | 3:27.71 | 2  | 10     |
| 1) Jordan Nathan JR        |         |    |        |
| 2) Jake Clouse FR          |         |    |        |
| 3) Carson Doty FR          |         |    |        |
| 4) Brandon Albaugh SO      |         |    |        |
| 2 Central Methodist        | 3:35.60 | 2  | 8      |
| 1) Daniel Yarbrough FR     |         |    |        |
| 2) Akeel Spears SO         |         |    |        |
| 3) Ethan Lasley SO         |         |    |        |
| 4) Nehemiah Colyer FR      |         |    |        |
| 3 Judson                   | 3:36.19 | 2  | 6      |
| 1) Luis Colon FR           |         |    |        |
| 2) Francisco Villanueva FR |         |    |        |
| 3) Joseph Sipiorski JR     |         |    |        |
| 4) Koby Smith FR           |         |    |        |
| 4 St. Ambrose              | 3:36.87 | 2  | 5      |
| 1) Vance Bohlen JR         |         |    |        |
| 2) Dante Johnson FR        |         |    |        |

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**....Men 4x400 Meter Relay**

|                         |                         |          |     |
|-------------------------|-------------------------|----------|-----|
| 3) Jarius Shannon JR    | 4) Taylor Manternach FR |          |     |
| 5 Trinity Christian     |                         | 3:39.94  | 2 4 |
| 1) Justin Schutt SR     | 2) Kevin Courtney SO    |          |     |
| 3) Jurrone Petry FR     | 4) Caleb DeWeerd FR     |          |     |
| 6 Grand View 'B'        |                         | x3:47.08 | 1   |
| 1) Grayson Thacker FR   | 2) Kyus Shineflew SO    |          |     |
| 3) Trevor Albert FR     | 4) Taylor Murray JR     |          |     |
| 7 St. Ambrose 'B'       |                         | x3:52.64 | 1   |
| 1) Peter Runions FR     | 2) Leonard Jones FR     |          |     |
| 3) Josh Reid FR         | 4) Jacob Stone FR       |          |     |
| 8 Trinity Christian 'B' |                         | x3:53.51 | 1   |
| 1) Nathan Krygsheld FR  | 2) Noah Wolters JR      |          |     |
| 3) Andrew Miller SO     | 4) Will VanDyken JR     |          |     |
| -- Unattached           |                         | XDNF     | 2   |

**Men 4x800 Meter Relay**

| School                   |                        | Finals  | Points |
|--------------------------|------------------------|---------|--------|
| 1 Mount Mercy            |                        | 8:07.29 | 10     |
| 1) Josh Long JR          | 2) Michael Marshall JR |         |        |
| 3) Jacob Blackmon SO     | 4) James Lindstrom JR  |         |        |
| 2 Clarke                 |                        | 8:23.31 | 8      |
| 1) Nicholas Anderson SR  | 2) Malik McCrary SR    |         |        |
| 3) Jimmy Slowik FR       | 4) Kevin Ockenfels SO  |         |        |
| 3 Grand View             |                        | 8:31.08 | 6      |
| 1) Ben Huftalin FR       | 2) Carson Doty FR      |         |        |
| 3) Brandon Albaugh SO    | 4) Brandon Young FR    |         |        |
| 4 St. Ambrose            |                        | 8:56.29 | 5      |
| 1) Justin Christensen FR | 2) Clay Colborn SO     |         |        |
| 3) Peter Runions FR      | 4) Jacob Stone FR      |         |        |
| 5 Calumet-St. Joseph     |                        | 9:05.68 | 4      |
| 1) Addison Barnhill FR   | 2) Luis Munoz JR       |         |        |
| 3) Rakeem Bluitt FR      | 4) Matthew King SR     |         |        |
| 6 Trinity Christian      |                        | 9:17.06 | 3      |
| 1) Noah Wolters JR       | 2) Nathan Krygsheld FR |         |        |
| 3) Andrew Miller SO      | 4) Jose Beltran SO     |         |        |

**Men Distance Medley**

| School                     |                      | Finals   | Points |
|----------------------------|----------------------|----------|--------|
| 1 St. Ambrose              |                      | 10:45.94 | 10     |
| 1) Rane Nichols SR         | 2) Jack Reemtsma JR  |          |        |
| 3) Alex Bala SR            | 4) Josh Pestka SO    |          |        |
| 2 Trinity Christian        |                      | 11:13.39 | 8      |
| 1) Kyle VanderPlaats JR    | 2) Sam DeKryger SR   |          |        |
| 3) Brantley VanOverloop SO | 4) Nick Heidinger JR |          |        |
| 3 Central Methodist        |                      | 11:30.50 | 6      |

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**....Men Distance Medley**

- |                               |                         |
|-------------------------------|-------------------------|
| 1) Carlos Gonzalez-Tabares SR | 2) Clinton Heffner FR   |
| 3) Daymean Probst JR          | 4) Hayden Hackman FR    |
| 4 Central Methodist 'B'       | x12:35.89               |
| 1) Trevor Roebke SO           | 2) Tyler Reinkemeyer FR |
| 3) Anthony Giancola FR        | 4) Skylar Brucks FR     |

**Men High Jump**

| Name  | Year School           | Finals | Points     |
|---|-----------------------|--------|------------|
| 1 Demetrius Banks<br>1.63 1.68 1.73 1.78 1.83 1.88<br>P P P O O XXX | JR Calumet-St. Joseph | 1.83m  | 6-00.00 10 |
| 2 Quentin Hall<br>1.63 1.68 1.73 1.78 1.83<br>P P XO XXO XXX        | JR St. Ambrose        | 1.78m  | 5-10.00 8  |
| 3 Jordan Gehrke<br>1.63 1.68 1.73 1.78<br>O O O XXX                 | Iowa Track Club       | X1.73m | 5-08.00    |
| 4 Alex Kostyzak<br>1.63 1.68<br>XXO XXX                             | FR Grand View         | 1.63m  | 5-04.25 6  |
| 5 Keaton Comstock<br>1.63 1.68<br>XO XXX                            | FR Grand View         | J1.63m | 5-04.25 5  |
| -- Zac Daniels<br>1.63<br>XXX                                       | SO Grand View         | NH     |            |
| -- Keith Steinbach<br>1.63<br>XXX                                   | FR St. Ambrose        | NH     |            |

**Men Pole Vault**

| Name   | Year School          | Finals | Points      |
|--|----------------------|--------|-------------|
| 1 Nick Holman<br>3.05 3.20 3.35 3.50 3.65 3.80 3.95 4.10 4.25 4.40 4.55 4.70 4.85 5.00 5.20 5.45<br>P P P P P P P P P P P P P O O XO XXX | Unat-St. Ambrose     | X5.20m | 17-0.75     |
| 2 Peyton Besand<br>3.05 3.20 3.35 3.50 3.65 3.80 3.95 4.10 4.25 4.40 4.55 4.70 4.85 5.00<br>P P P P P P P O O O O XXO O XXX              | SO Central Methodist | 4.85m  | 15-11.00 10 |
| 3 Jon Walsh<br>3.05 3.20 3.35 3.50 3.65 3.80 3.95 4.10 4.25 4.40 4.55 4.70 4.85<br>P P P P P P P P O P O P O XXX                         | Iowa Track Club      | X4.70m | 15-05.00    |
| 4 Nick Peterson<br>3.05 3.20 3.35 3.50 3.65 3.80 3.95 4.10 4.25 4.40 4.55 4.70<br>P P P P P P P P P O O O XXX                            | SO Clarke            | 4.55m  | 14-11.00 8  |



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**....Men Pole Vault**

|    |  |                      |        |          |   |
|----|--|----------------------|--------|----------|---|
| 5  | Daniel Becker  | JR Judson            | 4.40m  | 14-05.25 | 6 |
|    | 3.05 3.20 3.35 3.50 3.65 3.80 3.95 4.10 4.25 4.40 4.55 |                      |        |          |   |
|    | P P P P P P P P P O XO XXX                             |                      |        |          |   |
| 6  | Daniel Pugh  | JR Central Methodist | 3.95m  | 12-11.50 | 5 |
|    | 3.05 3.20 3.35 3.50 3.65 3.80 3.95 4.10                |                      |        |          |   |
|    | O P O XO O XO O XXX                                    |                      |        |          |   |
| 7  | Robert Jerrick   | FR Central Methodist | 3.80m  | 12-05.50 | 4 |
|    | 3.05 3.20 3.35 3.50 3.65 3.80 3.95                     |                      |        |          |   |
|    | P P O O XO O XXX                                       |                      |        |          |   |
| 8  | Danny Martin   | FR Clarke            | J3.80m | 12-05.50 | 3 |
|    | 3.05 3.20 3.35 3.50 3.65 3.80 3.95                     |                      |        |          |   |
|    | P P P P P XO XXX                                       |                      |        |          |   |
| 9  | Owen Baldwin   | Iowa Track Club      | X3.65m | 11-11.75 |   |
|    | 3.05 3.20 3.35 3.50 3.65 3.80                          |                      |        |          |   |
|    | P P O XO XXO XXX                                       |                      |        |          |   |
| -- | Jacob Verplaetse                                       | Iowa Track Club      | XNH    |          |   |
|    | 3.05   |                      |        |          |   |
|    | XXX  |                      |        |          |   |

**Men Long Jump**

| Name               | Year | School             | Finals                              | Points |
|--------------------|------|--------------------|-------------------------------------|--------|
| 1 Darren Defreitas | SO   | Central Methodist  | 6.97m 22-10.50                      | 10     |
|                    |      |                    | 6.97m 6.80m FOUL 6.73m 6.86m        |        |
| 2 Robert Davis     | SO   | Calumet-St. Joseph | 6.67m 21-10.75                      | 8      |
|                    |      |                    | 6.46m 6.63m 6.62m 6.52m 5.29m 6.67m |        |
| 3 Alec McElyea     | FR   | St. Ambrose        | 6.55m 21-06.00                      | 6      |
|                    |      |                    | 6.31m 6.55m 6.48m 6.33m             |        |
| 4 Melvin Pettis    | FR   | St. Ambrose        | 6.39m 20-11.75                      | 5      |
|                    |      |                    | 6.30m 6.39m 6.08m 5.96m 5.99m       |        |
| 5 Demetrius Banks  | JR   | Calumet-St. Joseph | 5.95m 19-06.25                      | 4      |
|                    |      |                    | 5.84m 5.71m 5.73m FOUL 5.70m 5.95m  |        |
| 6 Jaerien Horton   | SO   | Central Methodist  | 5.94m 19-06.00                      | 3      |
|                    |      |                    | 5.81m 5.94m FOUL                    |        |
| 7 Brockton Reed    | FR   | St. Ambrose        | 5.92m 19-05.25                      | 2      |
|                    |      |                    | 5.61m 5.92m 5.62m 5.32m 5.79m 5.52m |        |
| 8 Reid Mettert     | SR   | Clarke             | 5.77m 18-11.25                      | 1      |
|                    |      |                    | 5.77m 5.62m 5.73m 5.45m FOUL FOUL   |        |
| 9 Cam Edom         | FR   | St. Ambrose        | 5.75m 18-10.50                      |        |
|                    |      |                    | FOUL 5.75m FOUL                     |        |
| 10 Zac Daniels     | SO   | Grand View         | 5.66m 18-07.00                      |        |
|                    |      |                    | 5.43m 5.66m FOUL                    |        |
| 11 Brian Damhoff   |      | Unattached         | X5.51m 18-01.00                     |        |
|                    |      |                    | 5.33m FOUL 5.51m                    |        |
| 12 Zachary Smith   | FR   | Central Methodist  | 5.39m 17-08.25                      |        |
|                    |      |                    | FOUL FOUL 5.39m                     |        |
| 13 Keegan Norris   | FR   | St. Ambrose        | 5.20m 17-0.75                       |        |
|                    |      |                    | 4.41m 5.20m 5.15m                   |        |



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**....Men Long Jump**

14 Jeff DeLong JR Judson 4.94m 16-02.50  
 4.81m 4.94m 4.64m

**Men Triple Jump**

| Name             | Year | School                                    | Finals | Points      |
|------------------|------|---|--------|-------------|
| 1 Jaerien Horton | SO   | Central Methodist                         | 12.97m | 42-06.75 10 |
|                  |      | 12.85m 12.57m 12.97m 12.55m 11.32m 12.70m |        |             |
| 2 Robert Davis   | SO   | Calumet-St. Joseph                        | 12.93m | 42-05.25 8  |
|                  |      | FOUL 12.58m 12.73m 12.76m FOUL 12.93m     |        |             |
| 3 Daniel Headley | SO   | Grand View                                | 12.62m | 41-05.00 6  |
|                  |      | 12.62m FOUL FOUL FOUL FOUL                |        |             |
| 4 Cam Edom       | FR   | St. Ambrose                               | 12.45m | 40-10.25 5  |
|                  |      | FOUL 12.29m 11.76m 12.21m FOUL 12.45m     |        |             |
| 5 Quentin Hall   | JR   | St. Ambrose                               | 11.79m | 38-08.25 4  |
|                  |      | FOUL 11.79m 11.47m 11.63m 11.35m FOUL     |        |             |
| 6 Keegan Norris  | FR   | St. Ambrose                               | 11.73m | 38-06.00 3  |
|                  |      | FOUL 11.73m 11.68m FOUL 11.48m 11.64m     |        |             |
| 7 Zachary Smith  | FR   | Central Methodist                         | 11.48m | 37-08.00 2  |
|                  |      | FOUL 11.48m 11.48m FOUL FOUL 11.45m       |        |             |

**Men Shot Put**

| Name                       | Year | School                                    | Finals | Points      |
|----------------------------|------|---|--------|-------------|
| 1 James Plummer            | JR   | Grand View                                | 16.46m | 54-00.00 10 |
|                            |      | FOUL 15.50m 15.95m 16.01m 15.90m 16.46m   |        |             |
| 2 Chance Tatman            | SR   | Grand View                                | 14.70m | 48-02.75 8  |
|                            |      | 12.72m 13.99m FOUL 14.70m 14.50m 14.66m   |        |             |
| 3 Austin Hill              | SO   | Grand View                                | 14.00m | 45-11.25 6  |
|                            |      | FOUL 12.75m 14.00m FOUL 13.56m 13.91m     |        |             |
| 4 Jake Goeller             | JR   | Grand View                                | 13.77m | 45-02.25 5  |
|                            |      | 13.77m FOUL 13.32m 13.23m FOUL FOUL       |        |             |
| 5 Tavares Brown-Henley     | SR   | Central Methodist                         | 13.54m | 44-05.25 4  |
|                            |      | FOUL 12.69m 12.75m 13.54m 13.01m 12.70m   |        |             |
| 6 Anthony Kowalczyk        | SR   | St. Xavier                                | 13.28m | 43-07.00 3  |
|                            |      | 13.20m 13.14m 12.73m 13.25m 13.28m 13.12m |        |             |
| 7 Sawyer Foss              | FR   | Clarke                                    | 13.26m | 43-06.00 2  |
|                            |      | 12.02m FOUL 13.19m FOUL FOUL 13.26m       |        |             |
| 8 Roderick Sanders-Vick Jr | JR   | St. Ambrose                               | 12.98m | 42-07.00 1  |
|                            |      | 12.79m FOUL 12.98m 12.76m FOUL 12.30m     |        |             |
| 9 Clay Siefken             | JR   | Grand View                                | 12.92m | 42-04.75    |
|                            |      | 11.87m 12.78m 12.92m FOUL FOUL FOUL       |        |             |
| 10 Kyle Verdon             | JR   | St. Ambrose                               | 12.74m | 41-09.75    |
|                            |      | FOUL 12.51m 12.74m                        |        |             |
| 11 Josh Wallick            | SR   | St. Xavier                                | 12.17m | 39-11.25    |
|                            |      | 12.17m 12.01m 11.87m                      |        |             |

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**....Men Shot Put**

|    |                      |                       |         |          |
|----|----------------------|-----------------------|---------|----------|
| 12 | Dominic Padlo        | FR Calumet-St. Joseph | 12.03m  | 39-05.75 |
|    | FOUL 11.92m 12.03m   |                       |         |          |
| 13 | Tyler Goeller        | SO Grand View         | 11.84m  | 38-10.25 |
|    | FOUL FOUL 11.84m     |                       |         |          |
| 14 | Gino Calandro        | FR Central Methodist  | 11.46m  | 37-07.25 |
|    | FOUL 11.46m 11.32m   |                       |         |          |
| 15 | Sam DeKryger         | SR Trinity Christian  | J11.46m | 37-07.25 |
|    | 10.29m 11.25m 11.46m |                       |         |          |
| 16 | Edgar Ibarra         | FR Calumet-St. Joseph | 11.39m  | 37-04.50 |
|    | 11.29m 11.14m 11.39m |                       |         |          |
| 17 | Andrew Allen         | JR Judson             | 11.32m  | 37-01.75 |
|    | 11.22m 11.32m 10.48m |                       |         |          |
| 18 | Noah Clark           | FR Grand View         | 11.15m  | 36-07.00 |
|    | 9.75m 9.46m 11.15m   |                       |         |          |
| 19 | Nick Joens           | FR Grand View         | 11.00m  | 36-01.25 |
|    | FOUL 11.00m FOUL     |                       |         |          |
| 20 | Kendall Barber       | FR Central Methodist  | 10.94m  | 35-10.75 |
|    | 10.79m 10.86m 10.94m |                       |         |          |
| 21 | Ronnie Strain        | SO Calumet-St. Joseph | 10.71m  | 35-01.75 |
|    | 9.29m 10.71m 10.02m  |                       |         |          |
| 22 | Mike Hyland          | FR St. Xavier         | 10.38m  | 34-0.75  |
|    | 9.51m FOUL 10.38m    |                       |         |          |
| 23 | Jacob White          | FR St. Ambrose        | 10.30m  | 33-09.50 |
|    | 10.30m 9.94m FOUL    |                       |         |          |
| 24 | Preston Hanley       | FR St. Ambrose        | 10.21m  | 33-06.00 |
|    | 10.21m 9.46m 9.82m   |                       |         |          |
| 25 | Robbie Klinkhammer   | FR Clarke             | 9.50m   | 31-02.00 |
|    | 9.50m 8.96m FOUL     |                       |         |          |
| 26 | Will VanDyken        | JR Trinity Christian  | 9.19m   | 30-02.00 |
|    | 9.09m 9.15m 9.19m    |                       |         |          |
| 27 | Michael Tappa        | FR St. Ambrose        | 8.54m   | 28-0.25  |
|    | 8.54m 8.47m 8.45m    |                       |         |          |
| 28 | Jonah Vandernaald    | FR Trinity Christian  | 7.83m   | 25-08.25 |
|    | 7.83m 7.82m 6.55m    |                       |         |          |
| 29 | Alex Fitzgerald      | FR Trinity Christian  | 7.74m   | 25-04.75 |
|    | 7.74m 7.57m 7.58m    |                       |         |          |
| -- | Anthony Wilson       | JR Grand View         | FOUL    |          |
|    | FOUL FOUL FOUL       |                       |         |          |

**Men Weight Throw**

| =====           |        |               |        |          |        |        |
|-----------------|--------|---------------|--------|----------|--------|--------|
| Name            | Year   | School        | Finals | Points   |        |        |
| =====           |        |               |        |          |        |        |
| 1 James Plummer |        | JR Grand View | 20.35m | 66-09.25 | 10     |        |
|                 | 19.05m | 20.25m        | 20.12m | 19.86m   | 20.35m | 19.67m |
| 2 Austin Hill   |        | SO Grand View | 16.57m | 54-04.50 | 8      |        |
|                 | 14.86m | 15.37m        | 16.34m | 16.24m   | 16.57m | FOUL   |
| 3 Clay Siefken  |        | JR Grand View | 15.93m | 52-03.25 | 6      |        |
|                 | FOUL   | 15.90m        | 15.74m | 15.93m   | 14.36m | 15.75m |

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**....Men Weight Throw**

|    |   |                       |        |          |   |
|----|---|-----------------------|--------|----------|---|
| 4  | Jake Goeller                              | JR Grand View         | 15.14m | 49-08.25 | 5 |
|    | 14.77m 14.78m 14.94m 14.68m 15.14m 14.93m |                       |        |          |   |
| 5  | Tyler Goeller                             | SO Grand View         | 15.07m | 49-05.50 | 4 |
|    | 13.84m FOUL FOUL 13.30m FOUL 15.07m       |                       |        |          |   |
| 6  | Andrew Allen                              | JR Judson             | 15.02m | 49-03.50 | 3 |
|    | 13.93m 14.80m FOUL 15.02m 15.02m 14.62m   |                       |        |          |   |
| 7  | Anthony Wilson                            | JR Grand View         | 14.20m | 46-07.25 | 2 |
|    | 13.28m 13.49m 13.71m 13.21m 14.12m 14.20m |                       |        |          |   |
| 8  | Tavares Brown-Henley                      | SR Central Methodist  | 14.02m | 46-00.00 | 1 |
|    | FOUL 13.59m 14.02m 13.81m 13.50m 13.03m   |                       |        |          |   |
| 9  | Jacob Boyle                               | SO Clarke             | 13.32m | 43-08.50 |   |
|    | 13.32m 12.72m FOUL FOUL FOUL 13.28m       |                       |        |          |   |
| 10 | Jeff Ruhlow                               | SR Clarke             | 13.28m | 43-07.00 |   |
|    | 13.28m FOUL 12.64m                        |                       |        |          |   |
| 11 | Josh Wallick                              | SR St. Xavier         | 13.05m | 42-09.75 |   |
|    | 13.05m FOUL 12.99m                        |                       |        |          |   |
| 12 | Ronnie Strain                             | SO Calumet-St. Joseph | 12.93m | 42-05.25 |   |
|    | 12.19m FOUL 12.93m                        |                       |        |          |   |
| 13 | Gino Calandro                             | FR Central Methodist  | 11.97m | 39-03.25 |   |
|    | 11.97m FOUL 10.78m                        |                       |        |          |   |
| 14 | Jacob White                               | FR St. Ambrose        | 11.77m | 38-07.50 |   |
|    | 11.48m FOUL 11.77m                        |                       |        |          |   |
| 15 | Dominic Padlo                             | FR Calumet-St. Joseph | 11.71m | 38-05.00 |   |
|    | FOUL 11.71m 10.76m                        |                       |        |          |   |
| 16 | Chance Tatman                             | SR Grand View         | 11.49m | 37-08.50 |   |
|    | 11.49m FOUL FOUL                          |                       |        |          |   |
| 17 | Nick Joens                                | FR Grand View         | 11.48m | 37-08.00 |   |
|    | 9.99m 8.92m 11.48m                        |                       |        |          |   |
| 18 | Noah Clark                                | FR Grand View         | 11.37m | 37-03.75 |   |
|    | 11.37m 10.70m 10.55m                      |                       |        |          |   |
| 19 | Kendall Barber                            | FR Central Methodist  | 10.89m | 35-08.75 |   |
|    | 10.64m 10.89m 10.63m                      |                       |        |          |   |
| 20 | Roderick Sanders-Vick Jr                  | JR St. Ambrose        | 10.73m | 35-02.50 |   |
|    | 9.67m 9.76m 10.73m                        |                       |        |          |   |
| 21 | Drew Larion                               | FR Clarke             | 10.44m | 34-03.00 |   |
|    | 9.79m 10.23m 10.44m                       |                       |        |          |   |
| 22 | Sawyer Foss                               | FR Clarke             | 10.41m | 34-02.00 |   |
|    | FOUL FOUL 10.41m                          |                       |        |          |   |
| 23 | Sully Adams                               | FR Clarke             | 10.02m | 32-10.50 |   |
|    | 10.02m 7.86m FOUL                         |                       |        |          |   |
| 24 | Edgar Ibarra                              | FR Calumet-St. Joseph | 9.94m  | 32-07.50 |   |
|    | FOUL 9.75m 9.94m                          |                       |        |          |   |
| 25 | Mike Hyland                               | FR St. Xavier         | 7.83m  | 25-08.25 |   |
|    | FOUL 7.52m 7.83m                          |                       |        |          |   |
| -- | Anthony Kowalczyk                         | SR St. Xavier         | FOUL   |          |   |
|    | FOUL FOUL FOUL                            |                       |        |          |   |
| -- | Justin Seaton                             | SR Central Methodist  | FOUL   |          |   |
|    | FOUL FOUL FOUL                            |                       |        |          |   |

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**....Men Weight Throw**

-- AJ Cwiok SO Grand View FOUL  
 FOUL FOUL FOUL

**Heptathlon: #1 Men 60 Meter Dash Heptathlon**

| Name            | Year | School      | Finals | Points |
|-----------------|------|-------------|--------|--------|
| 1 Jake Thompson | JR   | Grand View  | 7.38   | 752    |
| 2 Cole Connell  | JR   | St. Ambrose | 7.57   | 690    |
| 3 Matt Svoboda  | SR   | St. Ambrose | 7.86   | 601    |
| 4 Ben Simpson   | SO   | Judson      | 7.96   | 571    |

**Heptathlon: #7 Men 1000 Meter Run Heptathlon**

| Name            | Year | School      | Finals  | Points |
|-----------------|------|-------------|---------|--------|
| 1 Matt Svoboda  | SR   | St. Ambrose | 2:59.46 | 670    |
| 2 Cole Connell  | JR   | St. Ambrose | 3:03.73 | 628    |
| 3 Jake Thompson | JR   | Grand View  | 3:06.56 | 601    |
| 4 Ben Simpson   | SO   | Judson      | 3:13.62 | 537    |

**Heptathlon: #5 Men 60 Meter Hurdles Heptathlon**

| Name            | Year | School      | Finals | Points |
|-----------------|------|-------------|--------|--------|
| 1 Cole Connell  | JR   | St. Ambrose | 9.01   | 744    |
| 2 Matt Svoboda  | SR   | St. Ambrose | 9.91   | 558    |
| 3 Jake Thompson | JR   | Grand View  | 11.12  | 349    |
| 4 Ben Simpson   | SO   | Judson      | 11.72  | 263    |

**Heptathlon: #4 Men High Jump Heptathlon**

| Name            | Year | School      | Finals | Points      |
|-----------------|------|-------------|--------|-------------|
| 1 Cole Connell  | JR   | St. Ambrose | 1.83m  | 6-00.00 653 |
| 2 Jake Thompson | JR   | Grand View  | 1.74m  | 5-08.50 577 |
| 2 Matt Svoboda  | SR   | St. Ambrose | 1.74m  | 5-08.50 577 |
| 4 Ben Simpson   | SO   | Judson      | 1.50m  | 4-11.00 389 |

**Heptathlon: #6 Men Pole Vault Heptathlon**

| Name            | Year | School      | Finals | Points       |
|-----------------|------|-------------|--------|--------------|
| 1 Cole Connell  | JR   | St. Ambrose | 4.25m  | 13-11.25 688 |
| 2 Matt Svoboda  | SR   | St. Ambrose | 3.54m  | 11-07.25 493 |
| 3 Ben Simpson   | SO   | Judson      | 3.24m  | 10-07.50 416 |
| 4 Jake Thompson | JR   | Grand View  | 2.64m  | 8-08.00 273  |

2.44 2.54 2.64 2.74  
 O O XO XXX

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**Heptathlon: #2 Men Long Jump Heptathlon**

| Name                                 | Year School    | Finals         | Points |
|--------------------------------------|----------------|----------------|--------|
| 1 Cole Connell<br>FOUL 5.96m 6.12m   | JR St. Ambrose | 6.12m 20-01.00 | 613    |
| 2 Matt Svoboda<br>5.54m 5.65m FOUL   | SR St. Ambrose | 5.65m 18-06.50 | 512    |
| 3 Jake Thompson<br>4.84m 4.83m 4.93m | JR Grand View  | 4.93m 16-02.25 | 369    |
| 4 Ben Simpson<br>4.72m 4.72m 4.73m   | SO Judson      | 4.73m 15-06.25 | 332    |

**Heptathlon: #3 Men Shot Put Heptathlon**

| Name            | Year School    | Finals          | Points |
|-----------------|----------------|-----------------|--------|
| 1 Cole Connell  | JR St. Ambrose | 10.65m 34-11.25 | 525    |
| 2 Ben Simpson   | SO Judson      | 9.85m 32-03.75  | 477    |
| 3 Jake Thompson | JR Grand View  | 9.15m 30-0.25   | 435    |
| 4 Matt Svoboda  | SR St. Ambrose | 8.54m 28-0.25   | 398    |

**Men Heptathlon**

| Name            | Year School    | Finals | Points |
|-----------------|----------------|--------|--------|
| 1 Cole Connell  | JR St. Ambrose | 4541   | 10     |
| 2 Matt Svoboda  | SR St. Ambrose | 3809   | 8      |
| 3 Jake Thompson | JR Grand View  | 3356   | 6      |
| 4 Ben Simpson   | SO Judson      | 2985   | 5      |

**Men 3000 Meter Race Walk**

| Name             | Year School          | Finals   | Points |
|------------------|----------------------|----------|--------|
| 1 Anthony Peters | SR St. Ambrose       | 11:50.52 | 10     |
| 2 Jon Andersen   | JR Mount Mercy       | 15:09.55 | 8      |
| 3 Ryan Bennett   | SO Central Methodist | 21:27.99 | 6      |

**Women - Team Rankings - 21 Events Scored**

|                       |     |                      |     |
|-----------------------|-----|----------------------|-----|
| 1) St. Ambrose        | 244 | 2) Grand View        | 140 |
| 3) Clarke             | 101 | 4) Judson            | 74  |
| 5) Calumet-St. Joseph | 57  | 6) Trinity Christian | 52  |
| 7) St. Xavier         | 45  | 8) Central Methodist | 27  |
| 9) Mount Mercy        | 24  |                      |     |

**Men - Team Rankings - 21 Events Scored**

|                      |     |                       |     |
|----------------------|-----|-----------------------|-----|
| 1) St. Ambrose       | 194 | 2) Grand View         | 159 |
| 3) Central Methodist | 124 | 4) Calumet-St. Joseph | 66  |

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**....Men 3000 Meter Race Walk**

|                      |    |           |    |
|----------------------|----|-----------|----|
| 5) Trinity Christian | 60 | 6) Judson | 56 |
| 7) Mount Mercy       | 36 | 8) Clarke | 31 |
| 9) St. Xavier        | 9  |           |    |