

A-R-C Triangular
Univ. of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 2/6/2021
Results

Women 55 Meter Dash
Top 8 Advance by Time

Facility: * 7.08 1/18/2020 Gabrielle Noland, Loras					
Name	Year	School	Prelims	H#	
Preliminaries					
1	Marion	Edwards	JR	Loras	7.35q 3
2	Stevie	Lambe	JR	Loras	7.55q 1
3	Elayna	Bahl	JR	Loras	7.65q 1
4	Kelly	Kohlhof	FR	Loras	7.68q 1
5	Emma	Seipel	FR	Dubuque	7.71q 3 7.706
6	Sophia	Schuler	FR	Loras	7.71q 1 7.707
7	De'ja	Austin-Cherry	FR	Loras	7.73q 2
8	Demetria	Johnson	SR	Dubuque	7.74q 2
9	Brooke	Kruse	FR	Loras	7.80 3
10	Emalee	Ryder	FR	Loras	7.84 1
11	Angelina	Innamorato	FR	Dubuque	7.85 3
12	Annika	Braaten	FR	Dubuque	7.86 1
13	Hannah	Zortman	FR	Loras	7.87 3
14	Bailey	Vance	SR	Loras	7.88 2
15	Abigail	Smith	SO	Dubuque	7.97 2
16	Olivia	Miller	FR	Dubuque	7.99 3
17	Morgan	Ramirez	FR	Loras	8.03 3
18	Caroline	Dochterman	JR	Dubuque	8.19 1
19	Lizzie	Schwartz	FR	Dubuque	8.26 2
20	Makayla	Baker	SO	Simpson (Iowa)	8.39 3
21	Meghan	Prohaska	SO	Dubuque	8.48 2
22	Katya	Utter	FR	Dubuque	8.86 2

Women 55 Meter Dash

Facility: * 7.08 1/18/2020 Gabrielle Noland, Loras					
Name	Year	School	Finals	Points	
Finals					
1	Marion	Edwards	JR	Loras	7.38 7
2	Kelly	Kohlhof	FR	Loras	7.57 5
3	Stevie	Lambe	JR	Loras	7.61 4
4	Elayna	Bahl	JR	Loras	7.62 3
5	Emma	Seipel	FR	Dubuque	7.69 2
6	De'ja	Austin-Cherry	FR	Loras	7.71 1
7	Sophia	Schuler	FR	Loras	7.82

Women 200 Meter Dash

Facility: * 24.92 2/24/2013 Felicia Coleman, Central					
Name	Year	School	Finals	H#	Points
1	Stevie	Lambe	JR	Loras	26.91 2 7
2	Kelly	Kohlhof	FR	Loras	27.04 2 5

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3	Abigail Smith	SO Dubuque	27.58	2	4
4	Brooke Kruse	FR Loras	28.31	1	3
5	Emma Seipel	FR Dubuque	28.77	2	2
6	Audrey Arnold	FR Simpson (Iowa)	29.25	1	1
7	Makayla Baker	SO Simpson (Iowa)	31.52	1	

Women 400 Meter Dash

Facility: * 57.19 1/19/2019 Gabrielle Noland, Loras
 Name Year School Finals Points

1	Olivia Costley	JR Dubuque	59.42	7	
2	Alyssa Pfadenhauer	SO Loras	1:00.31	5	
3	Merryl Green	SO Loras	1:04.53	4	

Women 800 Meter Run

Facility: * 3:10.91 2011 Hannah Hottle, Augustana
 Name Year School Finals H# Points

1	Samantha Heavlin	JR Loras	2:32.71*	2	7
2	Abby Loecke	JR Simpson (Iowa)	2:33.30*	2	5
3	Kaya Young	FR Simpson (Iowa)	2:38.12*	2	4
4	Cat Lucht	JR Simpson (Iowa)	2:40.53*	2	3
5	Stacey Kloft	SO Dubuque	2:42.13*	2	2
6	Riley Roman	FR Dubuque	2:42.64*	2	1
7	Claire Campbell	SO Loras	2:43.84*	1	
8	Allison Till	FR Loras	2:47.99*	1	
9	Emily Erhardt	FR Simpson (Iowa)	2:48.17*	1	
10	Macie Bopp	FR Simpson (Iowa)	2:48.76*	2	
11	Bailey Hammerand	SO Dubuque	3:00.44*	2	
12	Paige Nygaard	SO Simpson (Iowa)	3:12.45	1	

Women 1 Mile Run

Facility: * 4:59.47 1/29/2011 Catie Ellingson, Simpson
 Name Year School Finals H# Points

1	Kassie Rosenbum	SR Loras	4:59.60	2	7
2	Brianna Renner	JR Loras	5:28.44	2	5
3	Kaylee Osterberger	JR Loras	5:33.06	2	4
4	Ellie Osterberger	JR Loras	5:38.53	2	3
5	Hannah Insko	SR Loras	5:42.85	1	2
6	Mackenzie Laughlin	JR Simpson (Iowa)	5:42.85	2	1
7	Cat Lucht	JR Simpson (Iowa)	5:44.36	2	
8	Stacey Kloft	SO Dubuque	5:47.52	1	
9	Cheyenne Shaw	FR Loras	5:48.52	2	
10	Kaya Young	FR Simpson (Iowa)	5:53.45	2	
11	Emily Erhardt	FR Simpson (Iowa)	6:00.21	1	

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....Women 1 Mile Run

12	Macie Bopp	FR Simpson (Iowa)	6:03.68	1
13	Courtney Knight	SR Loras	6:11.04	1
14	Kylee Bass	SO Simpson (Iowa)	6:20.73	1
15	Erin Phelan	FR Loras	6:26.50	1
16	Ella Reilly	FR Loras	6:59.74	1

Women 3000 Meter Run

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 Facility: * 10:05.83 1/31/2009 Mary Bridget Corken, Loras
 Name Year School Finals Points
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1	Sophie Hall	JR Simpson (Iowa)	11:41.22	7
2	Kyli Orr	JR Simpson (Iowa)	11:50.16	5
3	Ashley Rockhold	FR Simpson (Iowa)	12:05.06	4
4	Katie Murano	JR Simpson (Iowa)	12:14.58	3

Women 55 Meter Hurdles
Top 8 Advance by Time

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 Facility: * 8.14 2/24/2013 Camesha Goods, Wartburg
 Name Year School Prelims H#
 =====

Preliminaries

1	Elayna Bahl	JR Loras	8.65q	2
2	Demetria Johnson	SR Dubuque	8.74q	1
3	Bailey Vance	SR Loras	8.93q	1
4	Audrey Arnold	FR Simpson (Iowa)	8.99q	2
5	Merryl Green	SO Loras	9.23q	2
6	Olivia Miller	FR Dubuque	9.57q	1
7	Emma Lundquist	FR Dubuque	9.79q	1
8	Lizzie Schwartz	FR Dubuque	9.92q	1
9	Jamie Glanz	SR Simpson (Iowa)	10.55	2
10	Grace Alley	SO Loras	10.71	2

Women 55 Meter Hurdles

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 Facility: * 8.14 2/24/2013 Camesha Goods, Wartburg
 Name Year School Finals Points
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Finals

1	Elayna Bahl	JR Loras	8.55	7
2	Demetria Johnson	SR Dubuque	8.82	5
3	Bailey Vance	SR Loras	8.96	4
4	Olivia Miller	FR Dubuque	9.34	3
5	Audrey Arnold	FR Simpson (Iowa)	9.39	2
6	Merryl Green	SO Loras	9.61	1
7	Emma Lundquist	FR Dubuque	10.00	
8	Lizzie Schwartz	FR Dubuque	10.06	



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Women 4x400 Meter Relay

Facility: * 3:53.23 2017		Nebraska Wesleyan	
School		Finals	Points
1	Loras	4:09.53	7
	1) Alyssa Pfadenhauer SO	2) Kelly Kohlhof FR	
	3) Ellie Osterberger JR	4) Elayna Bahl JR	
2	Loras 'B'	x4:13.64	
	1) Stevie Lambe JR	2) De'ja Austin-Cherry FR	
	3) Samantha Heavlin JR	4) Kaylee Osterberger JR	
3	Dubuque	4:14.23	5
	1) Abigail Smith SO	2) Olivia Costley JR	
	3) Ya'Mia Ailes-Primes JR	4) Angelina Innamorato FR	
4	Loras 'C'	x4:40.27	
	1) Merryl Green SO	2) Hannah Insko SR	
	3) Claire Campbell SO	4) Allison Till FR	
5	Simpson (Iowa)	4:43.50	4
	1) Audrey Arnold FR	2) Abby Loecke JR	
	3) Jamie Glanz SR	4) Makayla Baker SO	

Women High Jump

Facility: * 1.68m 1/19/2019		Chantel Kyler, Clarke	
Name	Year School	Finals	Points
1	Elayna Bahl JR Loras	1.55m	5-01.00 7
	1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.60		
	P P P P P O XO XXX		
2	Abigail Smith SO Dubuque	1.50m	4-11.00 4.50
	1.25 1.30 1.35 1.40 1.45 1.50 1.55		
	P P P P P O XXX		
2	Hannah Zortman FR Loras	1.50m	4-11.00 4.50
	1.25 1.30 1.35 1.40 1.45 1.50 1.55		
	P P P O O O XXX		
4	Sara Hoskins FR Loras	J1.50m	4-11.00 3
	1.25 1.30 1.35 1.40 1.45 1.50 1.55		
	P P P XO O O XXX		
5	Meghan Prohaska SO Dubuque	J1.50m	4-11.00 2
	1.25 1.30 1.35 1.40 1.45 1.50 1.55		
	P P P O O XO XXX		
6	Annika Braaten FR Dubuque	1.45m	4-09.00 0.50
	1.25 1.30 1.35 1.40 1.45 1.50		
	P P P O XXO XXX		
6	Jamie Glanz SR Simpson (Iowa)	1.45m	4-09.00 0.50
	1.25 1.30 1.35 1.40 1.45 1.50		
	P P O O XXO XXX		
8	Grace Alley SO Loras	1.40m	4-07.00
	1.25 1.30 1.35 1.40 1.45		
	XO XXO O XXO XXX		

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....Women High Jump

9 Olivia Miller FR Dubuque 1.35m 4-05.00
 1.25 1.30 1.35 1.40
 O O XXO XXX

Women Pole Vault

Facility: * 3.81m 1/14/2017 Elizabeth Brandenburg, Loras
 Name Year School Finals Points

1	Caroline Dochterman	JR Dubuque	3.25m	10-08.00	7
	2.31 2.44 2.59 2.74 2.92 3.05 3.20 3.25 3.30				
	P P P XXO XO O XXO O XXX				
2	Meghan Prohaska	SO Dubuque	2.59m	8-06.00	4.50
	2.31 2.44 2.59 2.74				
	O O XXO XXX				
2	Katya Utter	FR Dubuque	2.59m	8-06.00	4.50
	2.31 2.44 2.59 2.74				
	P O XXO XXX				
4	Hannah Insko	SR Loras	2.44m	8-00.00	3
	2.31 2.44 2.59				
	O XO XXX				

Women Long Jump

Facility: * 5.59m 1/17/2015 Rellie Kaputin, NIACC
 Name Year School Finals Points

1	Demetria Johnson	SR Dubuque	5.34m	17-06.25	7
	FOUL 5.03m FOUL 5.19m FOUL 5.34m				
2	Emma Seipel	FR Dubuque	5.30m	17-04.75	5
	5.18m 5.30m 5.25m 5.16m 5.09m 5.22m				
3	De'ja Austin-Cherry	FR Loras	4.96m	16-03.25	4
	4.87m 4.95m 4.64m 4.96m 4.88m 4.78m				
4	Olivia Miller	FR Dubuque	4.95m	16-03.00	3
	4.92m 4.95m FOUL 4.95m FOUL 4.75m				
5	Audrey Arnold	FR Simpson (Iowa)	4.90m	16-01.00	2
	4.88m 4.88m 4.82m 4.78m FOUL 4.90m				
6	Sophia Schuler	FR Loras	4.86m	15-11.50	1
	4.86m 4.84m FOUL 4.74m 4.76m 4.86m				
7	Emalee Ryder	FR Loras	4.61m	15-01.50	
	4.61m 4.60m 4.53m 4.52m FOUL 4.47m				
8	Morgan Ramirez	FR Loras	4.58m	15-00.50	
	4.44m 4.45m 4.56m 4.25m 4.58m 4.36m				
9	Angelina Innamorato	FR Dubuque	4.51m	14-09.75	
	4.28m 4.51m 4.39m 4.30m 4.50m 4.34m				
10	Jamie Glanz	SR Simpson (Iowa)	4.41m	14-05.75	
	FOUL 4.41m 4.17m				

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Women Triple Jump

Facility: * 11.66m 2/24/2013 Monique Davisson, Wartburg						
Name	Year	School	Finals		Points	
1 De'ja Austin-Cherry	FR	Loras	10.43m	34-02.75	7	
FOUL 10.43m 10.15m 10.16m 10.22m 9.96m						
2 Grace Alley	SO	Loras	10.34m	33-11.25	5	
10.32m 10.34m 10.05m 9.96m FOUL FOUL						
3 Demetria Johnson	SR	Dubuque	10.23m	33-06.75	4	
9.23m 9.00m 9.67m 9.46m 9.75m 10.23m						
4 Sophia Schuler	FR	Loras	10.10m	33-01.75	3	
9.86m 9.79m 9.88m 9.98m 10.10m 10.00m						
5 Morgan Ramirez	FR	Loras	9.97m	32-08.50	2	
9.97m 9.92m 9.75m 9.62m 9.62m 9.61m						
6 Angelina Innamorato	FR	Dubuque	9.45m	31-00.00	1	
9.45m 9.08m FOUL FOUL FOUL FOUL						
-- Emma Seipel	FR	Dubuque	FOUL			
FOUL FOUL FOUL						

Women Shot Put

Facility: * 14.67m 2017 Tanasha Atwater, Dubuque						
Name	Year	School	Finals		Points	
1 Kaitlyn Wilder	SO	Dubuque	13.79m	45-03.00	7	
13.65m 13.79m FOUL FOUL 13.08m FOUL						
2 Caroline Ferguson	SR	Dubuque	13.52m	44-04.25	5	
12.32m 12.86m FOUL 13.14m 13.52m FOUL						
3 Courtney Schnoor	SR	Loras	12.32m	40-05.00	4	
12.04m 11.69m 12.32m FOUL 11.11m 11.34m						
4 Grace Dupuy	JR	Dubuque	x11.77m	38-07.50		
11.34m 11.21m 11.37m 11.05m 11.77m 11.37m						
5 Kayla Weatherly	SR	Loras	11.62m	38-01.50	3	
FOUL 11.62m 10.96m 11.27m 11.13m FOUL						
6 Taylor Flaig	FR	Loras	x10.55m	34-07.50		
8.89m 10.55m 10.34m 10.26m 10.44m FOUL						
7 Mackenzie Goeller	JR	Dubuque	x10.19m	33-05.25		
FOUL FOUL 9.49m FOUL 10.19m FOUL						
8 Destiny Schwartz	FR	Loras	x9.17m	30-01.00		
8.64m 8.90m 9.07m FOUL 9.17m 7.97m						
9 Alexis Crozier	SO	Simpson (Iowa)	8.85m	29-00.50	2	
8.66m 8.85m 8.81m 8.50m 8.72m 8.64m						
10 Jamie Glanz	SR	Simpson (Iowa)	8.15m	26-09.00	1	
8.15m 7.99m 7.72m						

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Women Weight Throw

Facility: * 18.71m 2017 Tanasha Atwater, Dubuque									
Name	Year	School				Finals			Points
1 Caroline Ferguson		SR Dubuque				16.39m	53-09.25	7	
	14.79m	16.18m	FOUL	FOUL	15.34m	16.39m			
2 Mackenzie Goeller		JR Dubuque				15.24m	50-00.00	5	
	15.24m	14.55m	FOUL	14.17m	14.60m	14.43m			
3 Kaitlyn Wilder		SO Dubuque				x15.16m	49-09.00		
	15.16m	FOUL	FOUL	FOUL	14.25m	FOUL			
4 Courtney Schnoor		SR Loras				13.89m	45-07.00	4	
	12.18m	13.25m	FOUL	13.00m	13.43m	13.89m			
5 Taylor Flaig		FR Loras				13.83m	45-04.50	3	
	11.63m	12.36m	13.43m	12.70m	13.72m	13.83m			
6 Destiny Schwartz		FR Loras				x13.69m	44-11.00		
	FOUL	FOUL	11.38m	10.53m	10.73m	13.69m			
7 Kayla Weatherly		SR Loras				x13.61m	44-08.00		
	11.37m	11.69m	13.06m	FOUL	12.68m	13.61m			
8 Grace Dupuy		JR Dubuque				x11.98m	39-03.75		
	10.11m	FOUL	11.90m	11.98m	FOUL	FOUL			
9 Alivia Auer		SO Dubuque				x10.66m	34-11.75		
	10.33m	10.66m	10.65m	FOUL	FOUL	FOUL			
10 Alexis Crozier		SO Simpson (Iowa)				10.37m	34-00.25	2	
	10.37m	FOUL	FOUL						
11 Ashleigh Dierking		FR Loras				x9.61m	31-06.50		
	FOUL	9.54m	9.61m						
12 Madeline Reavley		FR Loras				x9.00m	29-06.50		
	FOUL	9.00m	7.91m						

Women - Team Rankings - 14 Events Scored

1) Loras	144.50	2) Dubuque	98
3) Simpson (Iowa)	46.50		

Men - Team Rankings - 14 Events Scored

1) Loras	139	2) Dubuque	92
3) Simpson (Iowa)	67		