

A-R-C Triangular
Univ. of Dubuque - A.Y. McDonald Indoor Track
Dubuque, Iowa - 2/20/2021
Results

Women 55 Meter Dash
Top 8 Advance by Time

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Facility: * 7.08 1/18/2020 Gabrielle Noland, Loras					
Name	Year	School	Prelims	H#	
=====					
Preliminaries					
1	Ya'Mia	Ailes-Primes	JR Dubuque	7.36q	2
2	Demetria	Johnson	SR Dubuque	7.60q	2
3	Emma	Seipel	FR Dubuque	7.64q	1
4	Domonique	Rivers	FR Buena Vista	7.79q	1
5	Katara	Jondle	SO Buena Vista	7.81q	1
6	Abigail	Smith	SO Dubuque	7.92q	2
7	Christina	Jackson	JR Buena Vista	7.94q	2
8	Kaitlynn	Nielsen	FR Buena Vista	7.95q	1
9	Angelina	Innamorato	FR Dubuque	7.96	1
10	Emma	Lundquist	FR Dubuque	8.10	1
11	Caroline	Dochterman	JR Dubuque	8.13	2
12	Lizzie	Schwartz	FR Dubuque	8.28	2
13	Meghan	Prohaska	SO Dubuque	8.44	1

Women 55 Meter Dash

=====					
Facility: * 7.08 1/18/2020 Gabrielle Noland, Loras					
Name	Year	School	Finals	Points	
=====					
Finals					
1	Ya'Mia	Ailes-Primes	JR Dubuque	7.40	7
2	Demetria	Johnson	SR Dubuque	7.69	5
3	Emma	Seipel	FR Dubuque	x7.70	
4	Domonique	Rivers	FR Buena Vista	7.82	4
5	Katara	Jondle	SO Buena Vista	7.93	3
6	Christina	Jackson	JR Buena Vista	x8.00	
7	Kaitlynn	Nielsen	FR Buena Vista	x8.05	

Women 200 Meter Dash

=====					
Facility: * 24.92 2/24/2013 Felicia Coleman, Central					
Name	Year	School	Finals	H#	Points
=====					
1	Alison	Beeman	NA Unat-Dubuque	X26.20	3
2	Ya'Mia	Ailes-Primes	JR Dubuque	26.48	3 7
3	Olivia	Costley	JR Dubuque	27.19	3 5
4	Abigail	Smith	SO Dubuque	x27.27	3
5	Annika	Braaten	FR Dubuque	x27.34	2
6	Kaitlynn	Nielsen	FR Buena Vista	27.85	2 4
7	Angelina	Innamorato	FR Dubuque	x28.30	2
8	Lazia	Burks	FR Buena Vista	30.15	1 3
9	Lauren	Steege	SR Coe	30.75	1 2

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Women 400 Meter Dash

Facility: * 57.19 1/19/2019 Gabrielle Noland, Loras						
Name	Year	School	Finals	H#	Points	
1 Olivia Costley	JR	Dubuque	59.14	2	7	
2 Tabitha Guyett	JR	Buena Vista	1:02.25	2	5	
3 Wren Klump	JR	Buena Vista	1:04.35	2	4	
4 Katara Jondle	SO	Buena Vista	x1:08.53	1		
5 Ashley Telleen	SO	Buena Vista	x1:08.57	1		

Women 800 Meter Run

Facility: * 3:10.91 2011 Hannah Hottle, Augustana						
Name	Year	School	Finals	Points		
1 Jadyne Forbes	SO	Buena Vista	2:26.61*	7		
2 Crystal Burke	FR	Coe	2:29.36*	5		
3 Stacey Kloft	SO	Dubuque	2:38.08*	4		
4 Riley Roman	FR	Dubuque	2:39.68*	3		
5 Latrice Hodges	JR	Buena Vista	2:42.12*	2		
6 Martha Jesuit	SR	Coe	2:42.79*	1		
7 Sydney Silva	FR	Coe	x3:01.53*			

Women 1 Mile Run

Facility: * 4:59.47 1/29/2011 Catie Ellingson, Simpson						
Name	Year	School	Finals	Points		
1 Kandice Kittinger	SO	Coe	5:40.55	7		
2 Qiana Roderick	SO	Buena Vista	5:43.25	5		
3 Stacey Kloft	SO	Dubuque	5:46.99	4		

Women 5000 Meter Run

Facility: * 10:05.83 1/31/2009 Mary Bridget Corken, Loras						
Name	Year	School	Finals	Points		
1 Emily Hoelsing	SR	Buena Vista	18:27.09	7		
-- Qiana Roderick	SO	Buena Vista	DNF			

Women 55 Meter Hurdles

Facility: * 8.14 2/24/2013 Camesha Goods, Wartburg						
Name	Year	School	Finals	Points		
1 Demetria Johnson	SR	Dubuque	8.77	7		
2 Jessica Sump	FR	Buena Vista	9.10	5		
3 Lauren Steege	SR	Coe	9.36	4		
4 Olivia Miller	FR	Dubuque	9.41	3		
5 Ashley Telleen	SO	Buena Vista	9.43	2		

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....Women 55 Meter Hurdles

6 Lizzie Schwartz	FR Dubuque	x10.14
7 Wren Klump	JR Buena Vista	x10.41

Women 4x400 Meter Relay

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Facility: *	3:53.23	2017	Nebraska Wesleyan
			Cochrane, Moore, Ke. Kregel, Ka. Kregel
School			Finals Points
=====			
1 Dubuque		4:15.97	7
1) Angelina Innamorato FR	2) Annika Braaten FR		
3) Abigail Smith SO	4) Ya'Mia Ailes-Primes JR		
2 Buena Vista		4:16.24	5
1) Wren Klump JR	2) Jadyn Forbes SO		
3) Ashley Telleen SO	4) Tabitha Guyett JR		
3 Coe		4:43.26	4
1) Crystal Burke FR	2) Martha Jesuit SR		
3) Kandice Kittinger SO	4) Sydney Silva FR		
-- Buena Vista 'B'		DNF	
1) Amanda Brich FR	2) Katara Jondle SO		
3) Lazia Burks FR	4) Latrice Hodges JR		

Women High Jump

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Facility: *	1.68m	1/19/2019	Chantel Kyler, Clarke
Name		Year School	Finals Points
=====			
1 Abigail Smith		SO Dubuque	1.61m 5-03.25 7
1.31 1.36 1.41 1.46 1.51 1.56 1.61 1.66			
P P P O O O XO XXX			
2 Meghan Prohaska		SO Dubuque	1.51m 4-11.50 5
1.31 1.36 1.41 1.46 1.51 1.56			
P P P O XO XXX			
3 Alison Beeman		NA Unat-Dubuque	X1.46m 4-09.50
1.31 1.36 1.41 1.46 1.51			
P P P O XXX			
4 Rebecca Staples		SR Coe	1.41m 4-07.50 4
1.31 1.36 1.41 1.46			
P O XO XXX			
4 Annika Braaten		FR Dubuque	x1.41m 4-07.50
1.31 1.36 1.41 1.46			
P O XO XXX			
6 Olivia Miller		FR Dubuque	x1.31m 4-03.50
1.31 1.36			
XXO XXX			
-- Morgana Goodlow		FR Coe	NH
1.31			
XXX			

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Women Pole Vault

Facility: * 3.81m 1/14/2017 Elizabeth Brandenburg, Loras										
Name	Year	School	Finals							Points
1 Caroline Dochterman	JR	Dubuque	3.00m	9-10.00	7					
	2.31	2.40	2.55	2.70	2.85	3.00	3.15			
	P	P	P	P	P	O	XXX			
2 Meghan Prohaska	SO	Dubuque	2.55m	8-04.25	5					
	2.31	2.40	2.55	2.70						
	XO	XO	O	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					
	5.25m	5.27m	FOUL	5.34m	FOUL	4.99m				
2 Emma Seipel	FR	Dubuque	5.30m	17-04.75	5					
	4.88m	4.90m	5.30m	5.29m	5.16m	5.26m				
3 Jessica Sump	FR	Buena Vista	5.10m	16-08.75	4					
	4.72m	4.87m	4.97m	5.10m	4.87m	FOUL				
4 Olivia Miller	FR	Dubuque	x4.97m	16-03.75						
	4.53m	4.86m	4.97m	4.81m	4.79m	4.64m				
5 Tabitha Guyett	JR	Buena Vista	4.94m	16-02.50	3					
	FOUL	FOUL	4.72m	4.94m	FOUL	4.87m				
6 Rebecca Staples	SR	Coe	4.53m	14-10.50	2					
	4.17m	FOUL	4.43m	4.53m	4.43m	FOUL				
7 Angelina Innamorato	FR	Dubuque	x4.51m	14-09.75						
	4.22m	4.41m	FOUL	4.19m	FOUL	4.51m				
8 Wren Klump	JR	Buena Vista	x4.47m	14-08.00						
	4.19m	4.30m	4.47m	4.23m	PASS	PASS				

Women Triple Jump

Facility: * 11.66m 2/24/2013 Monique Davisson, Wartburg										
Name	Year	School	Finals							Points
1 Demetria Johnson	SR	Dubuque	10.53m	34-06.75	7					
	10.06m	10.25m	10.53m	10.36m	10.42m	10.44m				
2 Emma Seipel	FR	Dubuque	10.26m	33-08.00	5					
	10.11m	FOUL	9.89m	10.11m	10.08m	10.26m				
3 Angelina Innamorato	FR	Dubuque	x9.10m	29-10.25						
	FOUL	FOUL	9.07m	9.10m	FOUL	FOUL				

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Women Shot Put

Facility: * 14.67m 2017 Tanasha Atwater, Dubuque							
Name	Year	School				Finals	Points
1 Kaitlyn Wilder	FR	Dubuque				14.00m	45-11.25 7
FOUL 14.00m FOUL FOUL FOUL FOUL							
2 Caroline Ferguson	SR	Dubuque				13.45m	44-01.50 5
12.48m 13.36m 13.45m 13.06m FOUL FOUL							
3 Grace Dupuy	JR	Dubuque				x11.41m	37-05.25
11.29m 11.40m 11.41m 11.38m 11.34m 11.28m							
4 Rebecca Simpson	SO	Buena Vista				11.33m	37-02.25 4
FOUL 1.00m 11.26m 10.94m 11.33m FOUL							
5 Anna Brennan	FR	Buena Vista				11.23m	36-10.25 3
11.10m 11.23m 11.23m 11.13m 11.05m FOUL							
6 Jaydyn Palmer	SO	Coe				11.19m	36-08.50 2
11.19m 11.13m FOUL FOUL FOUL FOUL							
7 Madison Trimpe	SO	Buena Vista				x11.02m	36-02.00
FOUL 11.02m FOUL FOUL FOUL FOUL							
8 Mackenzie Goeller	JR	Dubuque				x10.74m	35-03.00
10.13m FOUL 10.74m FOUL FOUL FOUL							
9 Peyton Turner	JR	Buena Vista				x10.59m	34-09.00
9.71m 10.59m FOUL FOUL 10.10m 10.00m							
10 Anna Friedrichsen	FR	Buena Vista				x10.39m	34-01.25
10.39m FOUL FOUL							
11 Calgary Kuker	FR	Buena Vista				x10.11m	33-02.00
9.95m 10.11m FOUL							
12 McKenzie Sampson	FR	Dubuque				x9.72m	31-10.75
9.72m 8.75m 8.55m							
13 Tracy Allen	FR	Coe				8.79m	28-10.25 1
8.65m 8.09m 8.79m							
14 Chrissy Rayford	FR	Coe				x7.90m	25-11.00
7.90m 7.39m 7.59m							
15 Olivia Miller	FR	Dubuque				x7.60m	24-11.25
7.60m 7.13m 7.20m							
16 Lauren Meyer	FR	Coe				x6.30m	20-08.00
FOUL 5.61m 6.30m							

Women Weight Throw

Facility: * 18.71m 2017 Tanasha Atwater, Dubuque							
Name	Year	School				Finals	Points
1 Rebecca Simpson	SO	Buena Vista				16.25m	53-03.75 7
15.90m FOUL FOUL 15.29m 16.25m 16.03m							
2 Caroline Ferguson	SR	Dubuque				16.14m	52-11.50 5
16.14m FOUL FOUL FOUL FOUL FOUL							
3 Kaitlyn Wilder	FR	Dubuque				15.88m	52-01.25 4
15.78m 14.82m 15.88m FOUL 15.50m FOUL							
4 Mackenzie Goeller	JR	Dubuque				x15.74m	51-07.75
15.74m 15.46m FOUL 14.92m FOUL FOUL							

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5	Madison Trimpe	SO Buena Vista	14.23m	46-08.25	3
	13.77m 14.02m 14.23m	FOUL FOUL FOUL			
6	Michaela Karels	JR Buena Vista	x13.93m	45-08.50	
	FOUL FOUL 12.96m	FOUL FOUL 13.93m			
7	Peyton Turner	JR Buena Vista	x12.87m	42-02.75	
	12.09m FOUL 11.45m	11.63m 12.87m 12.40m			
8	Alivia Auer	SO Dubuque	x12.56m	41-02.50	
	12.56m 11.93m 11.83m	12.55m FOUL FOUL			
9	Calgary Kuker	FR Buena Vista	x12.28m	40-03.50	
	11.89m 12.28m	FOUL FOUL FOUL FOUL			
10	Jaydyn Palmer	SO Coe	11.28m	37-00.25	2
	FOUL FOUL 11.28m				
11	Grace Dupuy	JR Dubuque	x11.15m	36-07.00	
	10.89m 11.15m	FOUL			
12	McKenzie Sampson	FR Dubuque	x10.89m	35-08.75	
	10.89m FOUL	10.46m			
13	Anna Brennan	FR Buena Vista	x10.85m	35-07.25	
	10.85m FOUL	FOUL			
14	Tracy Allen	FR Coe	9.65m	31-08.00	1
	8.52m 9.24m	9.65m			
15	Lauren Meyer	FR Coe	xJ9.65m	31-08.00	
	8.97m 9.65m	FOUL			
16	Chrissy Rayford	FR Coe	x7.05m	23-01.75	
	7.05m FOUL	FOUL			
--	Anna Friedrichsen	FR Buena Vista	FOUL		
	FOUL FOUL FOUL				

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Women - Team Rankings - 14 Events Scored

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1) Dubuque	128	2) Buena Vista	80
3) Coe	35		

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Men - Team Rankings - 14 Events Scored

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1) Dubuque	144	2) Coe	68
3) Buena Vista	67		