

SAU Tune Up
Roell Indoor Track - St. Ambrose University
Davenport, Iowa - 2/10/2023
Results

Women 60 Meter Dash
Top 8 Advance by Time

Name	Year	School	Prelims	H#
Preliminaries				
1 Lily Ashrafzadeh	JR	Columbia (Mo.)	8.14q	3
2 Paige Crippes	SO	St. Ambrose	8.17q	2
3 Lexie Johnson	JR	St. Ambrose	8.18q	1
4 Emma Smith	FR	Culver-Stockton	8.20q	2
5 Madeline Burton	SO	Columbia (Mo.)	8.25q	3
6 Makenzie Schwartz	JR	Columbia (Mo.)	8.27q	1
7 Mattie Janssen	SO	Hawkeye CC	8.29q	3
8 Jasmine Wilson	FR	Southeastern CC	8.46q	1
9 Alexandra Kliethermes	FR	Truman	8.62	2
10 Maddi Vawter	FR	Hawkeye CC	8.63	2
11 Sofia Rumbolz	SO	Sauk Valley CC	8.64	3
12 Lexi Miller	FR	Hawkeye CC	8.70	1
13 Mikayla Gazo	FR	Sauk Valley CC	8.76	3
14 Gracie Rathe	FR	Hawkeye CC	8.84	2
15 Syrinidie Fowkes	FR	Sauk Valley CC	8.89	1

Women 60 Meter Dash

Name	Year	School	Finals	Points
Finals				
1 Lily Ashrafzadeh	JR	Columbia (Mo.)	8.06	10
2 Lexie Johnson	JR	St. Ambrose	8.13	8
3 Madeline Burton	SO	Columbia (Mo.)	8.19	6
4 Paige Crippes	SO	St. Ambrose	8.22	5
5 Mattie Janssen	SO	Hawkeye CC	8.28	4
6 Jasmine Wilson	FR	Southeastern CC	8.40	3
7 Makenzie Schwartz	JR	Columbia (Mo.)	x8.41	

Women 200 Meter Dash

Name	Year	School	Finals	H#	Points
1 Madeline Burton	SO	Columbia (Mo.)	27.42	5	10
2 Clare Lycan	SR	Unattached	X27.66	6	
3 Kendall Dascher	JR	Truman	27.97	6	8
4 Teagan Meyers	FR	Sauk Valley CC	28.48	5	6
5 Alexandra Kliethermes	FR	Truman	28.78	4	5
6 Kallie Mincks	FR	Hawkeye CC	28.79	3	4
7 Maddi Vawter	FR	Hawkeye CC	28.80	5	3
8 Sadie Lenz	SO	Sauk Valley CC	28.84	4	2
9 Melody Kremer	FR	Hawkeye CC	x29.43	6	
10 Jasmine Wilson	FR	Southeastern CC	29.51	5	1
11 Gracie Rathe	FR	Hawkeye CC	x29.75	4	
12 Melanie Hubbs	SR	Culver-Stockton	29.88	3	

SAU Tune Up
Roell Indoor Track - St. Ambrose University
Davenport, Iowa - 2/10/2023
Results

....Women 200 Meter Dash

13 Lexi Miller	FR Hawkeye CC	x30.13	3
14 Ellie Reynolds	FR Columbia (Mo.)	30.51	2
15 Caroline Lindsey	SO Culver-Stockton	30.76	2
16 Taylor Hodge	FR St. Ambrose	33.18	2
17 Rachel Rusche	FR Hawkeye CC	x33.24	2

Women 400 Meter Dash

Name	Year School	Finals	H#	Points
1 Gabbi Butler	JR St. Ambrose	58.93	3	10
2 Jordan Gallentine	SO Hawkeye CC	1:00.38	3	8
3 Megan Jansett	SR St. Ambrose	1:00.46	3	6
4 Kendall Dascher	JR Truman	1:02.05	3	5
5 Federica Gammarota	FR Missouri Valley	1:04.05	2	4
6 Carissa Mackey	FR Southeastern CC	1:04.55	2	3
7 Emmaline Nau	Unattached	X1:07.41	2	
8 Anna Pierce	SR St. Ambrose	x1:09.33	2	
9 Audrey Gilmore	JR Truman	1:09.75	3	2
10 Ellie Reynolds	FR Columbia (Mo.)	1:11.72	1	1
11 Taylor Hodge	FR St. Ambrose	x1:12.91	1	

Women 600 Meter Run

Name	Year School	Finals	Points
1 Sydnie Martin	FR Hawkeye CC	1:41.84	10

Women 800 Meter Run

Name	Year School	Finals	Points
1 Cassidy Yaley	FR Southeastern CC	2:34.50	10
2 Lilly Garnsey	JR Iowa Wesleyan	2:34.51	8
3 Jayne Eilderts	SO St. Ambrose	2:49.46	6
4 Loryn Heil	FR St. Ambrose	2:50.12	5
5 Ayana Lewis	SO Iowa Wesleyan	2:59.60	4
6 Rylee McCrery	JR St. Ambrose	x3:00.07	
7 Izela Avalos	JR Iowa Wesleyan	x3:02.98	
8 Allison Hein	FR St. Ambrose	x3:03.56	
9 Teya Hawkins	JR Iowa Wesleyan	x3:52.93	

Women 1000 Meter Run

Name	Year School	Finals	Points
1 Allie Simpson	SO Southeastern CC	3:15.95	10
2 Kyleigh Foster	FR St. Ambrose	3:17.88	8
3 Jules Breakenridge	FR Hawkeye CC	3:22.44	6

SAU Tune Up
Roell Indoor Track - St. Ambrose University
Davenport, Iowa - 2/10/2023
Results

Women 1 Mile Run

Name	Year School	Finals	Points
1 Aisha Ramone	FR Southeastern CC	5:16.13	10
2 Maddie Tieskotter	FR Hawkeye CC	5:58.00	8
3 Emma Schultz	FR Truman	5:59.32	6
4 Carissa Mackey	FR Southeastern CC	6:01.17	5
5 Brooklyn Moehle	FR Southeastern CC	x6:05.31	
6 Jordan Robinson	SO Sauk Valley CC	6:11.23	4
-- Allie Simpson	SO Southeastern CC	DNF	

Women 60 Meter Hurdles
Top 8 Advance by Time

Name	Year School	Prelims	H#
Preliminaries			
1 Emmaline Nau	Unattached	X9.52q	1
2 Makenzie Schwartz	JR Columbia (Mo.)	9.80q	2
3 Katie Lambrecht	SO St. Ambrose	9.97q	2
4 Clare Lycan	SR Unattached	X10.15q	1
5 Federica Gammarota	FR Missouri Valley	10.20q	1
6 Kallie Mincks	FR Hawkeye CC	10.55q	1
7 Melody Kremer	FR Hawkeye CC	10.64q	2
8 Carlie Hoppe	SO Hawkeye CC	10.79q	1
9 Audrey Gilmore	JR Truman	10.97	2
10 Izela Avalos	JR Iowa Wesleyan	11.66	2
11 Teya Hawkins	JR Iowa Wesleyan	12.69	1
12 Ayana Lewis	SO Iowa Wesleyan	13.47	1

Women 60 Meter Hurdles

Name	Year School	Finals	Points
Finals			
1 Katie Lambrecht	SO St. Ambrose	9.69	10
2 Emmaline Nau	Unattached	X9.75	
3 Makenzie Schwartz	JR Columbia (Mo.)	9.81	8
4 Clare Lycan	SR Unattached	X9.86	
5 Federica Gammarota	FR Missouri Valley	10.33	6
6 Melody Kremer	FR Hawkeye CC	10.39	5
7 Kallie Mincks	FR Hawkeye CC	10.64	4
8 Carlie Hoppe	SO Hawkeye CC	x10.82	

Women 4x400 Meter Relay

School	Finals	Points
1 Columbia (Mo.) 1) Lily Ashrafzadeh JR 2) Madeline Burton SO	4:23.04	10

SAU Tune Up
Roell Indoor Track - St. Ambrose University
Davenport, Iowa - 2/10/2023
Results

....Women Pole Vault

3	Tara Ryan	JR St. Ambrose	x2.25m	7-04.50	
	1.50 1.65 1.80 1.95 2.25 2.40				
	P P P P O XXX				
4	Payton Flowers	SR Culver-Stockton	J2.25m	7-04.50	6
	1.50 1.65 1.80 1.95 2.25 2.40				
	P P P P XO XXX				
5	Victoria McCraney	FR Hawkeye CC	1.80m	5-10.75	5
	1.50 1.65 1.80 1.95				
	O XO O XXX				
6	Makenzie Schwartz	JR Columbia (Mo.)	1.65m	5-05.00	4
	1.50 1.65 1.80				
	O O XXX				
7	Gracie Schultz	SO Columbia (Mo.)	1.50m	4-11.00	3
	1.50 1.65				
	O XXX				

Women Long Jump

Name	Year School	Finals	Points
1 Lily Ashrafzadeh	JR Columbia (Mo.)	5.35m 17-06.75	10
	5.04m 5.35m 5.25m 5.14m 5.06m PASS		
2 Kayla Bushey	Unattached	X5.30m 17-04.75	
	FOUL FOUL 5.30m PASS PASS PASS		
3 Madeline Burton	SO Columbia (Mo.)	5.28m 17-04.00	8
	5.27m 5.11m 5.08m 5.28m 5.00m 5.20m		
4 Lexie Johnson	JR St. Ambrose	J5.28m 17-04.00	6
	5.09m FOUL 5.26m 4.99m 5.28m 5.04m		
5 Addison Walker	SO Truman	4.94m 16-02.50	5
	4.84m 4.94m 4.89m 4.61m PASS PASS		
6 Sofia Rumbolz	SO Sauk Valley CC	4.92m 16-01.75	4
	FOUL FOUL 4.77m 4.92m 4.67m FOUL		
7 Camille Schroeder	SO Southeastern CC	4.81m 15-09.50	3
	4.79m FOUL 4.81m FOUL FOUL 4.59m		
8 Gracie Schultz	SO Columbia (Mo.)	x4.76m 15-07.50	
	4.49m 4.74m 4.57m 4.59m 4.76m 4.76m		
9 Izela Avalos	JR Iowa Wesleyan	4.75m 15-07.00	2
	4.47m 4.75m 4.34m 4.51m FOUL FOUL		
10 Clare Lycan	SR Unattached	X4.71m 15-05.50	
	4.53m 4.71m 4.45m		
11 Sadie Lenz	SO Sauk Valley CC	4.64m 15-02.75	1
	4.33m 4.54m 4.64m		
12 Syrinidie Fowkes	FR Sauk Valley CC	x4.21m 13-09.75	
	3.93m 4.20m 4.21m		
13 Ayana Lewis	SO Iowa Wesleyan	4.18m 13-08.75	
	4.18m FOUL 4.05m		
14 Jordan Robinson	SO Sauk Valley CC	x3.93m 12-10.75	
	FOUL 3.73m 3.93m		

SAU Tune Up
Roell Indoor Track - St. Ambrose University
Davenport, Iowa - 2/10/2023
Results

....Women Long Jump

15 Teya Hawkins JR Iowa Wesleyan x2.95m 9-08.25
 2.95m 2.94m PASS

Women Triple Jump

Name	Year	School	Finals	Points
1 Kayla Bushey		Unattached	X12.00m	39-04.50
		FOUL 11.73m 12.00m FOUL 11.74m FOUL		
2 Alexis Andersen	FR	St. Ambrose	10.90m	35-09.25 10
		10.43m FOUL 10.87m 10.59m 10.57m 10.90m		
3 Lily Ashrafzadeh	JR	Columbia (Mo.)	10.64m	34-11.00 8
		10.26m 10.64m 10.47m 10.34m 10.15m PASS		
4 Sofia Rumbolz	SO	Sauk Valley CC	10.41m	34-02.00 6
		FOUL FOUL 10.12m 10.41m FOUL 10.19m		
5 Teagan Meyers	FR	Sauk Valley CC	10.30m	33-09.50 5
		9.74m 10.01m 10.09m 10.23m 10.30m 10.05m		
6 Addison Walker	SO	Truman	10.26m	33-08.00 4
		9.99m 10.06m 10.26m 9.85m 9.70m PASS		
7 Sadie Lenz	SO	Sauk Valley CC	x9.80m	32-02.00
		9.80m 9.42m 9.58m 9.37m 9.53m 9.06m		
-- Liliana Olsen	SR	St. Ambrose	FOUL	
		FOUL FOUL FOUL FOUL FOUL FOUL		

Women Shot Put

Name	Year	School	Finals	H#	Points
1 Annah Miller	JR	St. Ambrose	14.34m	47-00.75	2 10
		13.20m 13.79m FOUL 13.81m 14.34m 13.26m			
2 Rebecca Simpson	SR	Buena Vista	14.21m	46-07.50	2 8
		13.71m 13.83m 13.63m 14.21m 13.89m 13.64m			
3 Brianna Hunter	SR	Iowa Wesleyan	13.66m	44-09.75	2 6
		13.39m 13.16m 13.66m FOUL FOUL 13.32m			
4 Courtney Johnson	SO	Buena Vista	11.92m	39-01.25	2 5
		11.92m 11.41m 10.83m 11.28m FOUL FOUL			
5 Zoey Chrisman	FR	Missouri Valley	11.75m	38-06.75	2 4
		10.89m 10.54m FOUL FOUL 11.31m 11.75m			
6 Macie Ables	SO	Missouri Valley	11.53m	37-10.00	2 3
		11.46m 9.82m FOUL 10.23m 11.53m 10.42m			
7 Anna Friedrichsen	JR	Buena Vista	xJ11.53m	37-10.00	2
		11.02m 11.53m FOUL 10.99m FOUL 11.21m			
8 Jeanette Woehrle	SO	Columbia (Mo.)	11.50m	37-08.75	2 2
		10.00m 10.89m 11.07m 10.94m FOUL 11.50m			
9 Carlie Hoppe	SO	Hawkeye CC	11.47m	37-07.75	2 1
		10.61m 11.47m 11.23m 11.46m 10.59m 10.81m			
10 Destiny Zimdars	FR	Truman	10.80m	35-05.25	2
		FOUL 10.47m 10.80m			



SAU Tune Up
Roell Indoor Track - St. Ambrose University
Davenport, Iowa - 2/10/2023
Results

....Women Shot Put

11	Kylie Linson	SO Missouri Valley	x10.79m	35-05.00	2
	10.74m 10.78m 10.79m				
12	Dani Morgan	SR Culver-Stockton	10.73m	35-02.50	2
	FOUL 10.67m 10.73m				
13	Reyven McDonald	FR Missouri Valley	x10.70m	35-01.25	1
	10.70m 10.37m 9.86m				
14	Anna Dunne	SR St. Ambrose	10.21m	33-06.00	1
	9.70m 9.93m 10.21m				
15	Paula Romero Rodriguez	SO Missouri Valley	x9.72m	31-10.75	1
	9.17m 9.72m 8.92m				
16	Alexandria Cain	FR St. Ambrose	x9.41m	30-10.50	1
	FOUL 8.40m 9.41m				
17	Evelyn Roland	SO Columbia (Mo.)	9.03m	29-07.50	1
	9.03m FOUL FOUL				
18	Josephine Wright	SO Columbia (Mo.)	x8.94m	29-04.00	1
	8.82m 8.75m 8.94m				
19	Isabella Hesse	FR Hawkeye CC	8.82m	28-11.25	1
	8.82m 8.58m FOUL				
20	Jaylynn Martin	JR Truman	8.73m	28-07.75	1
	8.73m FOUL 8.68m				
21	Teya Hawkins	JR Iowa Wesleyan	8.38m	27-06.00	1
	8.19m 8.38m 8.33m				
22	Julianna Jones	FR St. Ambrose	x7.79m	25-06.75	1
	7.15m 7.19m 7.79m				
23	Izela Avalos	JR Iowa Wesleyan	x6.82m	22-04.50	1
	6.45m 6.82m 6.59m				
24	Ayana Lewis	SO Iowa Wesleyan	x6.29m	20-07.75	1
	6.29m 5.86m 6.29m				

Women Weight Throw

=====						
Name	Year	School	Finals		H#	Points
=====						
1	Rebecca Simpson	SR Buena Vista	17.71m	58-01.25	2	10
	16.28m 17.71m 17.41m	16.95m FOUL FOUL				
2	Anna Friedrichsen	JR Buena Vista	15.78m	51-09.25	2	8
	14.90m 14.72m 14.98m	FOUL 15.78m 15.56m				
3	Abby Bartz	FR Hawkeye CC	15.62m	51-03.00	2	6
	12.45m 14.06m 14.62m	14.53m 15.62m 14.76m				
4	Annah Miller	JR St. Ambrose	15.05m	49-04.50	2	5
	12.99m FOUL 13.54m	14.29m FOUL 15.05m				
5	Courtney Johnson	SO Buena Vista	x14.64m	48-00.50	2	
	12.94m 13.62m 13.93m	14.64m FOUL 13.34m				
6	Paula Romero Rodriguez	SO Missouri Valley	14.17m	46-06.00	2	4
	13.81m FOUL FOUL FOUL	13.88m 14.17m				
7	Macie Ables	SO Missouri Valley	13.82m	45-04.25	2	3
	13.78m 13.82m 13.53m	13.45m 13.38m 12.81m				
8	Jeanette Woehrle	SO Columbia (Mo.)	13.09m	42-11.50	2	2
	13.09m FOUL FOUL FOUL	FOUL FOUL FOUL				

SAU Tune Up
Roell Indoor Track - St. Ambrose University
Davenport, Iowa - 2/10/2023
Results

....Women Weight Throw

9	Destiny Zimdars	FR Truman	13.07m	42-10.75	2	1
	10.88m FOUL 13.07m 11.72m FOUL FOUL					
10	Zoey Chrisman	FR Missouri Valley	x12.50m	41-00.25	1	
	12.25m 12.50m 12.28m					
11	Reyven McDonald	FR Missouri Valley	x12.34m	40-06.00	1	
	11.64m 12.34m 12.34m					
12	Kylie Linson	SO Missouri Valley	x12.20m	40-00.50	2	
	12.20m FOUL FOUL					
13	Madi Blumhoff	SR St. Ambrose	12.14m	39-10.00	1	
	12.14m 11.74m 12.12m					
14	Evelyn Roland	SO Columbia (Mo.)	12.04m	39-06.00	1	
	11.85m 12.04m FOUL					
15	Anna Dunne	SR St. Ambrose	xJ12.04m	39-06.00	1	
	12.04m 11.70m 11.78m					
16	Jaylynn Martin	JR Truman	11.35m	37-03.00	1	
	10.38m 11.10m 11.35m					
17	Elyse Trunck	FR Hawkeye CC	10.58m	34-08.50	1	
	9.27m 10.27m 10.58m					
18	Julianna Jones	FR St. Ambrose	x9.73m	31-11.25	1	
	9.34m 9.73m 9.14m					
19	Ashlyn Utterback	SO St. Ambrose	x9.66m	31-08.50	1	
	FOUL 8.16m 9.66m					

Women 3000 Meter Race Walk

=====				
Name	Year	School	Finals	Points
=====				
1	Faith	Younce	SO Iowa Wesleyan	15:32.82 10
2	Allison	Morris	JR Iowa Wesleyan	16:29.15 8

=====

Women - Team Rankings - 16 Events Scored

=====

1) St. Ambrose	116	2) Columbia (Mo.)	90
3) Hawkeye CC	65	4) Southeastern CC	51
5) Iowa Wesleyan	43	6) Sauk Valley CC	38
7) Truman	36	8) Buena Vista	31
9) Missouri Valley	24	10) Culver-Stockton	6

=====

Men - Team Rankings - 17 Events Scored

=====

1) St. Ambrose	156	2) Hawkeye CC	108.50
3) Columbia (Mo.)	77.50	4) Southeastern CC	53
5) Iowa Wesleyan	52	6) Culver-Stockton	47
7) Truman	36	8) Missouri Valley	24
9) Sauk Valley CC	16	10) Buena Vista	7