

SAU Tune Up
Roell Indoor Track - St. Ambrose University
Davenport, Iowa - 2/7/2026
Results

Women 60 Meter Dash
Top 8 Advance by Time

| Name | Year School | Prelims | H# |
|----------------------|-------------------|---------|----|
| Preliminaries | | | |
| 1 Claire O'Melia | FR St. Ambrose | 7.89q | 1 |
| 2 Autumn Damm | FR Hawkeye CC | 8.27q | 2 |
| 3 Gift Gonpue | JR Mount Mercy | 8.37q | 2 |
| 4 Mitzi Evans | SR Fitness Sports | X8.38q | 1 |
| 5 Gralynn Martin | SO Mount Mercy | 8.53q | 1 |
| 6 Juliana DeNardo | FR St. Ambrose | 9.10q | 2 |
| 7 Sofia Anderson | Iowa TC | X9.74q | 2 |
| 8 Samara Thompson | JR St. Ambrose | 10.49q | 1 |

Women 60 Meter Dash

| Name | Year School | Finals | Points |
|-------------------|-------------------|--------|--------|
| Finals | | | |
| 1 Claire O'Melia | FR St. Ambrose | 7.76 | 7 |
| 2 Mitzi Evans | SR Fitness Sports | X8.23 | |
| 3 Autumn Damm | FR Hawkeye CC | 8.33 | 5 |
| 4 Gift Gonpue | JR Mount Mercy | 8.35 | 4 |
| 5 Gralynn Martin | SO Mount Mercy | 8.51 | 3 |
| 6 Juliana DeNardo | FR St. Ambrose | 9.14 | 2 |
| 7 Samara Thompson | JR St. Ambrose | 10.77 | 1 |

Women 200 Meter Dash

| Name | Year School | Finals | H# | Points |
|----------------------|-------------------|--------|----|--------|
| 1 Claire O'Melia | FR St. Ambrose | 25.88 | 5 | 7 |
| 2 Sarah Jordan | JR St. Ambrose | 26.24 | 5 | 5 |
| 3 Mitzi Evans | SR Fitness Sports | X27.16 | 4 | |
| 4 Gift Gonpue | JR Mount Mercy | 27.20 | 3 | 4 |
| 5 Lou Cady | SO St. Ambrose | 27.87 | 2 | 3 |
| 6 Gralynn Martin | SO Mount Mercy | 28.84 | 3 | 2 |
| 7 Esther Oyunge | FR Mount Mercy | 29.28 | 4 | 1 |
| 8 Danielle Moore | SO St. Ambrose | 29.39 | 2 | |
| 9 Maryn Gardner | FR St. Ambrose | 29.53 | 4 | |
| 10 Danielle Dimmings | JR Mount Mercy | 30.12 | 5 | |
| 11 Erin Miner | FR St. Ambrose | 31.85 | 5 | |
| 12 Samara Thompson | JR St. Ambrose | 36.86 | 2 | |

Women 400 Meter Dash

| Name | Year School | Finals | H# | Points |
|---------------|----------------|---------|----|--------|
| 1 Lou Cady | SO St. Ambrose | 1:02.30 | 2 | 7 |
| 2 Lucy Oehler | FR St. Ambrose | 1:03.64 | 1 | 5 |

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| | | | | | |
|---|----------------|----------------|---------|---|---|
| 3 | Danielle Moore | SO St. Ambrose | 1:05.35 | 2 | 4 |
| 4 | Maryn Gardner | FR St. Ambrose | 1:09.06 | 1 | 3 |

Women 600 Meter Run

| Name | Year | School | Finals | Points |
|------------------|------|-------------|---------|--------|
| 1 Mallori Jones | SO | Hawkeye CC | 1:40.15 | 7 |
| 2 Ashlie Kascel | FR | Mount Mercy | 1:46.72 | 5 |
| 3 Olivia Norrish | FR | Mount Mercy | 1:53.89 | 4 |
| 4 Cora McArtor | FR | Mount Mercy | 1:57.27 | 3 |
| -- Cecilia Smith | FR | Hawkeye CC | DQ | |

Women 800 Meter Run

| Name | Year | School | Finals | Points |
|--------------------|------|-------------|---------|--------|
| 1 Catie Reittinger | SO | Mount Mercy | 2:27.27 | 7 |

Women 1000 Meter Run

| Name | Year | School | Finals | H# |
|-------------------|------|-------------|----------|----|
| 1 Abby Knepper | JR | Mount Mercy | 3:02.01 | 2 |
| 2 Maria Dudzik | SO | Mount Mercy | 3:22.64 | 2 |
| 3 Olivia Norrish | FR | Mount Mercy | 3:24.45 | 1 |
| 4 Lexi Havercamp | SO | St. Ambrose | 3:27.36 | 2 |
| 5 Cora McArtor | FR | Mount Mercy | 3:28.95 | 1 |
| 6 Emma Beardsley | | Iowa TC | X3:31.01 | 2 |
| 7 Roselle Wardell | SO | Hawkeye CC | 3:38.35 | 1 |
| 8 Eileen Elenteny | JR | St. Ambrose | 3:52.40 | 1 |
| 9 Abigail Adams | | Iowa TC | X3:52.91 | 2 |
| 10 Rylie Dunn | FR | St. Ambrose | 3:59.43 | 1 |

Women 1 Mile Run

| Name | Year | School | Finals | Points |
|----------------------|------|-------------|----------|--------|
| 1 Kaitlyn Knoche | JR | St. Ambrose | 5:13.35 | 7 |
| 2 Maurina Fahrenkrug | FR | St. Ambrose | 5:16.60 | 5 |
| 3 Kalin Rotzoll | SR | Mount Mercy | 5:21.54 | 4 |
| 4 Addy Smith | SR | St. Ambrose | 5:30.34 | 3 |
| 5 Carlie Woolm | JR | St. Ambrose | 5:33.66 | 2 |
| 6 Allison Hein | SR | St. Ambrose | 5:39.64 | 1 |
| 7 Maria Dudzik | SO | Mount Mercy | 5:54.75 | |
| 8 Loryn Heil | SR | St. Ambrose | 6:25.12 | |
| 9 Abigail Adams | | Iowa TC | X6:46.65 | |

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Women 60 Meter Hurdles

| Name | Year School | Finals | Points |
|---------------------|----------------|--------|--------|
| 1 Danielle Dimmings | JR Mount Mercy | 11.28 | 7 |

Women 4x400 Meter Relay

| School | Finals | Points |
|--|--------------------------------|--------|
| 1 Mount Mercy 1) Brooklyn Johnson SR 2) Skylar Palmgren FR 3) Ashlie Kascel FR 4) Catie Reittinger SO | 4:16.50 | 7 |
| 2 St. Ambrose 'C' 3 St. Ambrose 'B' 4 Hawkeye CC 1) Autumn Damm FR 2) Mallori Jones SO 3) Cecilia Smith FR 4) Roselle Wardell SO | 4:43.72 x4:43.83 4:50.52 | 5 |

Women High Jump

| Name | Year School | Finals | Points |
|--|----------------|--------|-----------|
| 1 Neve Schilling 1.35 1.40 1.45 1.53 O O XXO XXX | Iowa TC | X1.45m | 4-09.00 |
| 2 CJ Starke 1.30 1.35 1.40 1.45 O O O XXX | FR St. Ambrose | 1.40m | 4-07.00 7 |

Women Pole Vault

| Name | Year School | Finals | Points |
|---|----------------|--------|------------|
| 1 Ryleigh Warden 3.00 3.15 3.30 XXO O XXX | SR St. Ambrose | 3.15m | 10-04.00 7 |
| 2 Carla Santos 3.00 3.15 O XXX | SR Mount Mercy | J3.00m | 9-10.00 5 |
| 3 Kate Surwillo 3.00 3.15 XO XXX | SR St. Ambrose | J3.00m | 9-10.00 4 |

Women Long Jump

| Name | Year School | Finals | Points |
|---|----------------|--------|------------|
| 1 Brooklyn Johnson 5.25m 5.17m 5.36m 5.19m 5.20m 5.15m | SR Mount Mercy | 5.36m | 17-07.00 7 |

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| | | | | | |
|---|-------------------------------------|----------------|-------|----------|---|
| 2 | Gift Gonpue | JR Mount Mercy | 5.08m | 16-08.00 | 5 |
| | 5.08m 5.02m 4.88m 4.94m 4.77m FOUL | | | | |
| 3 | Catherine Zamora | JR St. Ambrose | 4.20m | 13-09.50 | 4 |
| | 3.96m 4.20m 4.13m 4.13m 4.20m 4.15m | | | | |
| 4 | Erin Miner | FR St. Ambrose | 4.08m | 13-04.75 | 3 |
| | FOUL FOUL FOUL 3.97m 4.08m 3.65m | | | | |

Women Triple Jump

| Name | Year School | Finals | Points |
|---------------------|-----------------------------------|-----------------|--------|
| 1 Brooklyn Johnson | SR Mount Mercy | 10.03m 32-11.00 | 7 |
| | 10.03m 9.90m FOUL 9.74m FOUL FOUL | | |
| 2 Erin Miner | FR St. Ambrose | 9.50m 31-02.00 | 5 |
| | 9.50m 9.04m FOUL FOUL FOUL FOUL | | |
| -- Catherine Zamora | JR St. Ambrose | FOUL | |
| | FOUL FOUL FOUL FOUL FOUL FOUL | | |

Women Shot Put

| Name | Year School | Finals | Points |
|----------------------|---|-----------------|--------|
| 1 Kailan McEwen | SO Hawkeye CC | 12.73m 41-09.25 | 7 |
| | 12.46m 12.67m 11.63m 11.10m 12.73m FOUL | | |
| 2 Brianna Neumiller | JR St. Ambrose | 12.47m 40-11.00 | 5 |
| | FOUL 11.81m 10.77m 12.00m 12.47m FOUL | | |
| 3 Tosin Oshin | FR St. Ambrose | 11.37m 37-03.75 | 4 |
| | 10.18m 9.93m 11.37m 10.23m 11.21m FOUL | | |
| 4 Natalie DeFord | SO Mount Mercy | 11.16m 36-07.50 | 3 |
| | 10.08m 11.16m 10.96m 10.03m 10.26m FOUL | | |
| 5 Kylie Smither | FR Mount Mercy | 11.03m 36-02.25 | 2 |
| | 10.71m 10.60m 11.03m 10.48m 10.49m 10.34m | | |
| 6 Claire Geerts | SO Mount Mercy | 10.90m 35-09.25 | 1 |
| | FOUL 10.90m 10.40m 10.46m 9.88m FOUL | | |
| 7 Riley Goddard | FR Hawkeye CC | 10.65m 34-11.25 | |
| | 9.65m 10.52m 10.65m 10.16m 10.47m FOUL | | |
| 8 Jaclyn Wooldridge | JR Mount Mercy | 10.58m 34-08.50 | |
| | 9.87m 9.98m 10.58m 9.83m 9.85m 10.13m | | |
| 9 Savannah Slobodnik | FR Mount Mercy | 10.12m 33-02.50 | |
| | FOUL 9.65m 9.91m FOUL 10.12m 9.77m | | |
| 10 Madison Andrews | FR Mount Mercy | 9.73m 31-11.25 | |
| | 9.73m 9.73m 9.53m | | |
| 11 Allee Clark | FR Mount Mercy | 9.33m 30-07.50 | |
| | 9.33m 8.72m 9.27m | | |
| 12 Claire Hynek | FR Mount Mercy | 8.75m 28-08.50 | |
| | 8.59m 7.50m 8.75m | | |
| 13 Kayla Hess | FR St. Ambrose | 8.37m 27-05.50 | |
| | FOUL 8.37m FOUL | | |

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Women Weight Throw

| Name | Year | School | Finals | Points |
|---|------|-------------|--------|------------|
| 1 Riley Goddard | FR | Hawkeye CC | 15.85m | 52-00.00 7 |
| 15.09m 13.80m FOUL 14.50m 14.12m 15.85m | | | | |
| 2 Kailan McEwen | SO | Hawkeye CC | 15.61m | 51-02.75 5 |
| FOUL FOUL 15.43m 15.10m 15.61m 14.73m | | | | |
| 3 Natalie DeFord | SO | Mount Mercy | 13.65m | 44-09.50 4 |
| 13.08m 13.65m 11.86m 12.15m FOUL 12.67m | | | | |
| 4 Brianna Neumiller | JR | St. Ambrose | 13.05m | 42-09.75 3 |
| 10.99m 12.12m 12.02m FOUL 13.05m 12.89m | | | | |
| 5 Savannah Slobodnik | FR | Mount Mercy | 12.98m | 42-07.00 2 |
| FOUL 10.83m 12.98m FOUL 11.99m FOUL | | | | |
| 6 Jaclyn Wooldridge | JR | Mount Mercy | 12.75m | 41-10.00 1 |
| 11.96m FOUL 11.86m 11.58m 12.13m 12.75m | | | | |
| 7 Claire Geerts | SO | Mount Mercy | 12.51m | 41-00.50 |
| 12.21m 11.70m 11.98m 12.51m 11.83m FOUL | | | | |
| 8 Kylie Smither | FR | Mount Mercy | 12.16m | 39-10.75 |
| FOUL 12.16m FOUL 11.79m 11.40m 11.99m | | | | |
| 9 Alexis Tomlin | JR | St. Ambrose | 11.42m | 37-05.75 |
| 11.42m 11.04m 11.23m 11.18m FOUL FOUL | | | | |
| 10 Claire Hynek | FR | Mount Mercy | 11.37m | 37-03.75 |
| FOUL 11.28m 11.37m | | | | |
| 11 Allee Clark | FR | Mount Mercy | 11.15m | 36-07.00 |
| FOUL 11.15m 10.40m | | | | |
| 12 Tosin Oshin | FR | St. Ambrose | 10.66m | 34-11.75 |
| 10.66m FOUL FOUL | | | | |
| 13 Kayla Hess | FR | St. Ambrose | 10.58m | 34-08.50 |
| FOUL 10.58m FOUL | | | | |
| 14 Madison Andrews | FR | Mount Mercy | 10.23m | 33-06.75 |
| 10.23m 9.05m 9.33m | | | | |

Women - Team Rankings - 14 Events Scored

| | | | |
|----------------|-----|----------------|----|
| 1) St. Ambrose | 109 | 2) Mount Mercy | 88 |
| 3) Hawkeye CC | 31 | | |

Men - Team Rankings - 15 Events Scored

| | | | |
|----------------|--------|----------------|--------|
| 1) St. Ambrose | 155.50 | 2) Mount Mercy | 113.50 |
| 3) Hawkeye CC | 18 | | |