

Viking Relays
Williams Stadium - Grand View University
Des Moines, IA - 3/22/2014

Results

Women 100 Meter Dash

Facility: 11.92 * 2013 **Kylie Peterson**

Name	Yr	School	Finals
Finals			
1 Ashley Hemphill	FR	Grand View	13.66
2 Dieuwertje Boelen	FR	N.I.A.C.	14.12
3 Madison Hodson	FR	Grand View	15.71

Women 1500 Meter Run

Facility: 4:47.60 * 2012 **Obsie Birru**

Name	Yr	School	Finals
Finals			
1 Hannah Palmeter	FR	N.I.A.C.	5:08.34
2 Mary Carr	SO	Iowa Central	5:24.35
3 Jasmine Nielsen	JR	Grand View	5:24.37
4 Jenna Voelker		Iowa Track Club	5:26.18
5 Emmorie Stokka	FR	N.I.A.C.	5:33.81
6 Stephanie Faught	SO	N.I.A.C.	5:38.41
7 Hannah Sobaski	FR	Grand View	5:46.55
8 Cidni Latimer	FR	Iowa Central	5:50.33
9 Natalie Potts	FR	Grand View	5:50.77
10 Ashley Girard	FR	Grand View	5:52.26
11 Tajjonah Wiggins	SO	Iowa Central	5:54.81
12 Jasmine Stokes	SO	Iowa Central	6:09.59
13 Sarah Lyles	FR	N.I.A.C.	6:32.34

Women 3000 Meter Run

Facility: 10:55.60 * 2012 **Ashlie Decker**

Name	Yr	School	Finals
Finals			
1 Viola Kebenei	SO	Iowa Central	11:08.59
2 Tara Jackson	FR	Iowa Central	11:22.82
3 Lindsey Buddenberg	SO	Iowa Central	12:24.53
4 Ashley Ubbelohde	SR	Grand View	13:23.79

Women 5000 Meter Run

Facility: 17:55.16 * 3/22/2013 **Hannah Maina**

Name	Yr	School	Finals
Finals			
1 Kimberly Carter		Unattached	19:50.44
2 Kelsey Carbajo	SR	Grand View	20:17.08
3 Kalli McCann	JR	Grand View	21:32.78
4 Macy Carbajo	FR	Grand View	22:19.53
5 Hayley Leonard	FR	Grand View	22:24.75

Women 10000 Meter Run

Facility: 38:17.72 * 2010 **Obsie Birru**

Name	Yr	School	Finals
Finals			
1 Kelsey Carbajo	SR	Grand View	39:40.78
2 Cecilia David	SO	Iowa Central	40:01.87

3 Amberly Habhab SO Iowa Central 46:19.41

Women 100 Meter Hurdles

Facility: 14.12 * 2013 **Camesha Goods**
 Facility: 14.34 * 3/24/2012 **Shawanna Steplight**

Name	Yr	School	Finals
Finals			
1 Tanner Werthmann	FR	Grand View	16.53
2 Alyssa Cunninigham	FR	Grand View	17.37
3 Holly Anthony	SR	Grand View	17.48
4 Sam Haunsperger	SO	Grand View	18.40

Women 400 Meter Hurdles

Facility: 1:02.28 * 3/24/2012 **Sharon Krarula**

Name	Yr	School	Finals
Finals			
1 Jessica Kingston	FR	N.I.A.C.	1:12.03
2 Jaidin Ross	FR	Grand View	1:12.10
3 Holly Anthony	SR	Grand View	1:13.89
4 Nicolle Hewett	FR	N.I.A.C.	1:17.53
5 Alyssa Cunninigham	FR	Grand View	1:18.46
6 Leta Jaquis	FR	N.I.A.C.	1:19.73
7 Tanner Werthmann	FR	Grand View	1:20.42

Women 4x100 Meter Relay

Facility: 46.77 * 3/24/2012 **Iowa Central**

J Ford, D Kimpel, S Steplight, R Thomas

Team	Relay	Finals
Finals		
1 Grand View		51.02
1) Hannah Stouffer FR	2) Dede Ayers SO	
3) Ragan Duax SO	4) Alyssa Cunninigham FR	
2 North Iowa Area CC		52.27
1) Adrine Monagi FR	2) Priscillar John FR	
3) Morgan Meyer FR	4) Dieuwertje Boelen FR	

Women 4x200 Meter Relay

Facility: 1:41.26 * 3/24/2012 **Iowa Central**

D Kimpel, R Thomas, S Steplight, C Simmons

Team	Relay	Finals
Finals		
1 Grand View		1:48.61
1) Hannah Stouffer FR	2) Dede Ayers SO	
3) Ragan Duax SO	4) Lindsay Albert FR	
2 North Iowa Area CC		1:55.20
1) Adrine Monagi FR	2) Dieuwertje Boelen FR	
3) Morgan Meyer FR	4) Priscillar John FR	
3 Grand View	B	2:02.00
1) Ashley Hemphill FR	2) Kelley Carden FR	
3) Madison Hodson FR	4) Sam Haunsperger SO	

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Women 4x400 Meter Relay

Facility: 3:55.72 * 2011 Truman State

Team	Relay	Finals
Finals		
1 Grand View		4:27.19
1) Hannah Stouffer FR	2) Ragan Duax SO	
3) Dede Ayers SO	4) Holly Anthony SR	
2 North Iowa Area CC		4:30.97
1) Priscillar John FR	2) Jessica Kingston FR	
3) Morgan Meyer FR	4) Nicolle Hewett FR	
3 Grand View	B	4:41.85
1) Jaidin Ross FR	2) Lindsay Albert FR	
3) Abri Valentine FR	4) Hannah Sobaski FR	
4 Grand View	C	4:54.65
1) Tanner Werthmann FR	2) Sam Haunsperger SO	
3) Madison Hodson FR	4) Ashley Hemphill FR	

Women 4x800 Meter Relay

Facility: 9:36.21 * 2/24/2012 Iowa Central

T. Adderley, C Kumalalamene, F McKenna, C Duncan

Team	Relay	Finals
Finals		
1 Iowa Central CC		10:50.02
1) Jasmine Stokes SO	2) Taijonah Wiggins SO	
3) Christina Murphy FR	4) Mary Carr SO	
2 North Iowa Area CC		10:52.19
1) Kalama Towarup FR	2) Emmorie Stokka FR	
3) Lindsay Brunson SO	4) Martina Smith SO	
3 Grand View		11:22.86
1) Jasmine Nielsen JR	2) Natalie Potts FR	
3) Ashley Girard FR	4) Ashley Ubbelohde SR	

Women Distance Medley

Facility: 12:36.69 * 3/24/2012 Iowa Central

F McKenna, C Simmons, C Kumalalamene, C Duncan

Team	Relay	Finals
Finals		
1 North Iowa Area CC		13:22.69
1) Lindsay Brunson SO	2) Martina Smith SO	
3) Kalama Towarup FR	4) Hannah Palmeter FR	
2 Iowa Central CC		14:04.11
1) Mary Carr SO	2) Kianna Carter FR	
3) Jessica James FR	4) Cidni Latimer FR	
3 Grand View		14:28.26
1) Jasmine Nielsen JR	2) Natalie Potts FR	
3) Ashley Girard FR	4) Hayley Leonard FR	
4 Grand View	B	14:54.89
1) Hannah Sobaski FR	2) Jaidin Ross FR	
3) Macy Carbajo FR	4) Kalli McCann JR	

Women High Jump

Facility: 1.65m * 2011 Jullian Ourada

Facility: 1.65m * 3/24/2012 Cetrena Simmons

Name	Yr	School	Finals
Finals			
1 Kelley Carden	FR	Grand View	1.60m
--- Adrine Monagi	FR	N.I.A.C.	NH

Women Long Jump

Facility: 5.64m * 2012 Karen Hutson

Name	Yr	School	Finals
Finals			
1 Kelley Carden	FR	Grand View	5.06m
2 Tanner Werthmann	FR	Grand View	4.85m
3 Rajanee Michael	FR	N.I.A.C.	4.81m
4 Alyssa Cunninigham	FR	Grand View	4.27m

Women Shot Put

Facility: 14.16m * 2012 Lakiesha McKnight

Name	Yr	School	Finals
Finals			
1 Val Veiock	JR	Grand View	13.68m
2 Kennedi Simon	SO	Iowa Central	12.49m
3 Jena Krebs	JR	Grand View	11.89m
4 LaBrisha Michael	FR	N.I.A.C.	11.37m
5 Morgan Stampley	JR	Minnesota St	11.02m
6 Jacqueline Salinas	FR	Iowa Central	10.80m
7 Taylor Wells	FR	Grand View	10.60m
8 Salina Johnson	SO	Iowa Central	10.52m
9 Marissa Harnisch	SR	Grand View	10.46m
10 Cherise Cox	FR	Iowa Central	10.11m
11 Brilee McWilliams	SO	N.I.A.C.	9.45m
12 Morgan Larrington	JR	Grand View	9.42m
13 Meaghan Weiler	FR	N.I.A.C.	8.32m

Women Discus Throw

Facility: 43.26m * 3/24/2012 Val Veiock

Name	Yr	School	Finals
Finals			
1 Val Veiock	JR	Grand View	42.99m
2 Anna Ryan	SR	Minnesota St	39.38m
3 Emma Edelen	FR	Minnesota St	38.95m
4 Taylor Wells	FR	Grand View	37.71m
5 Colleen Frank	SR	Grand View	36.89m
6 Brilee McWilliams	SO	N.I.A.C.	31.00m
7 LaBrisha Michael	FR	N.I.A.C.	30.57m
8 Cherise Cox	FR	Iowa Central	30.01m
9 Meaghan Weiler	FR	N.I.A.C.	29.65m
10 Kennedy Wrice	JR	Grand View	25.00m
--- Jacqueline Salinas	FR	Iowa Central	FOUL

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Women Hammer Throw

Facility: 57.53m * 2012 Kate Walter

Name	Yr	School	Finals
Finals			
1	Morgan Stampley	JR Minnesota St	48.23m
2	Colleen Frank	SR Grand View	46.67m
3	Jena Krebs	JR Grand View	43.04m
4	Salina Johnson	SO Iowa Central	40.49m
5	Cherise Cox	FR Iowa Central	39.28m
6	Anna Ryan	SR Minnesota St	38.69m
7	Jacqueline Salinas	FR Iowa Central	38.55m
8	Kennedi Simon	SO Iowa Central	35.38m
9	Brilee McWilliams	SO N.I.A.C.	32.22m
10	Kennedy Wrice	JR Grand View	29.79m
---	Morgan Larrington	JR Grand View	FOUL

Women Javelin Throw

Facility: 43.93m * 2011 Jenna Higgins

Name	Yr	School	Finals
Finals			
1	Sharon Toako	FR N.I.A.C.	35.96m
2	Marissa Harnisch	SR Grand View	25.01m

Men 100 Meter Dash

Facility: 10.59 * 2013 William Smith

Name	Yr	School	Finals
Finals			
1	Deon Polk	FR N.I.A.C.	10.86
2	Kenny Simmons	SO Grand View	11.38
3	Harrison Burgess	FR Mount Mercy	11.77
4	Marcus Hughes	FR N.I.A.C.	12.15
5	Andy Cooper	FR Mount Mercy	12.25

Men 1500 Meter Run

Facility: 4:00.84 * 3/23/2013 Tahir Chakisso

Name	Yr	School	Finals
Finals			
1	Dylan Eigenberger	SO Iowa Central	4:16.82
2	Dean Cronin	SO Iowa Central	4:18.41
3	Isaac Lalang	SO Iowa Central	4:20.10
4	Kyle Hosting	SO Iowa Central	4:22.98
5	Ethan Pankow	SO Iowa Central	4:24.93
6	JR Snyder	FR Grand View	4:30.39
7	Alex Blomquist	SO N.I.A.C.	4:31.88
8	Roy Hummel	FR Grand View	4:45.80
9	Austin McCool	FR N.I.A.C.	4:49.07
10	Seth Harjes	SO Grand View	4:52.77
11	Nate Stadeker	JR Grand View	5:06.09
12	Chris Dejoode	FR Grand View	6:21.49

Men 3000 Meter Run

Facility: 9:39.31 * 3/23/2013 Alex Deir

Name	Yr	School	Finals
Finals			
1	Tyson Wieland	SO Iowa Central	9:57.22
2	Jaime Zarate	FR N.I.A.C.	10:05.84
3	Jafet Molinares	SO Iowa Central	10:37.21
4	Josh Kidman	FR N.I.A.C.	10:43.38
5	Justin Welsh	SR Grand View	10:54.24

Men 5000 Meter Run

Facility: 15:37.4h * 2012 Joey Nunes

Name	Yr	School	Finals
Finals			
1	Andy Marshall	SR Iowa Track Club	17:59.22
2	Kennedy Kiprop	SO Grand View	18:17.24
3	Nate Johnson	Unattached	19:05.62

Men 10000 Meter Run

Facility: 32:12.14 * 3/24/2012 Jamal Boma

Name	Yr	School	Finals
Finals			
1	Frankline Tonui	SO Iowa Central	31:05.21*
2	Blake Whalen	SO Iowa Central	31:35.39*
3	Nathan Meiners	SO Iowa Central	33:29.57
4	John-Ross Tangi	SO N.I.A.C.	33:29.94
5	Marquis Cox	SO Iowa Central	33:40.12
6	Sapolai Yao	NA N.I.A.C.	33:57.18
7	Kevin Brown	SR Grand View	34:08.65
8	Eric Gikundrio	SO Iowa Central	35:53.66
9	Feysel Rahmeto	SO Iowa Central	35:58.23

Men 110 Meter Hurdles

Facility: 14.68 * 2011 Russel Harris

Name	Yr	School	Finals
Finals			
1	Clay Cory	FR Grand View	17.08
2	Michael Allner	FR Grand View	17.53

Men 400 Meter Hurdles

Facility: 53.68 * 3/24/2012 Wala Gime

Name	Yr	School	Finals
Finals			
1	Tre Porter	SO Grand View	59.16
2	Tyler Patten	SR Grand View	59.51
3	Clay Cory	FR Grand View	1:00.61
4	Taylor Nelson	FR N.I.A.C.	1:00.67
5	Bryce Carpenter	FR Grand View	1:02.59

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Men 4x100 Meter Relay

Facility: 42.08 * 2011 Grand View

Bland, Hammer, Patten, Jones

Team	Relay	Finals
Finals		
1 Grand View		44.01
1) Jordan Cheatem FR	2) Alex Alvarez JR	
3) Keonte White JR	4) Kenny Simmons SO	
2 North Iowa Area CC		46.27
1) Deon Polk FR	2) Marcus Hughes FR	
3) Luke Arrowood FR	4) Taylor Nelson FR	
3 Grand View	B	47.89
1) Andrew Clements FR	2) Bryon Christensen FR	
3) Bryce Carpenter FR	4) Malik Denny FR	

Men 4x200 Meter Relay

Facility: 1:25.59 * 3/24/2012 Iowa Central

R Conwell, A Higgs, D Telesford, G Powell

Team	Relay	Finals
Finals		
1 Grand View		1:32.26
1) Keonte White JR	2) Zach Vos SR	
3) Jordan Cheatem FR	4) Alex Alvarez JR	
2 Grand View	B	1:39.75
1) Kenny Simmons SO	2) Bryon Christensen FR	
3) Andrew Clements FR	4) Michael Allner FR	
--- Mount Mercy		DNF
1) Harrison Burgess FR	2) Andy Cooper FR	
3) Monueir Moodie SO	4) Gaige Gill SR	

Men 4x400 Meter Relay

Facility: 3:19.56 * 3/23/2013 Iowa Central

L Casey, D Brown, R Narara, D Sanders

Team	Relay	Finals
Finals		
1 Iowa Track Club		3:31.44
1) Brennen Wears SR	2) Kaleb Bozorgzadeh SR	
3) Kyle Dombeck SR	4) Lorren Stahl SR	
2 Grand View		3:32.08
1) Keonte White JR	2) Alex Alvarez JR	
3) Tre Porter SO	4) Zach Vos SR	
3 Grand View	B	3:46.49
1) Bryon Christensen FR	2) Clay Cory FR	
3) Andrew Clements FR	4) Tyler Patten SR	
4 Grand View	C	3:47.38
1) Jordan Cheatem FR	2) Bryce Carpenter FR	
3) Jacob Stacy SO	4) Michael Allner FR	

Men 4x800 Meter Relay

Facility: 7:48.75 * 2010 St. Ambrose

Fallon, Quinn, Pogue, Darmody

Team	Relay	Finals
Finals		
1 Iowa Central CC		8:32.92
2 North Iowa Area CC		9:23.87
1) Alex Blomquist SO	2) Austin McCool FR	
3) Jaime Zarate FR	4) Josh Kidman FR	
3 Grand View		9:41.08
1) Seth Harjes SO	2) JR Snyder FR	
3) Roy Hummel FR	4) Justin Welsh SR	

Men Distance Medley

Facility: 10:35.02 * 3/24/2012 Iowa Central

C Kibby, D Finsterwalder, D Bennett, S Kebenei

Team	Relay	Finals
Finals		
1 Iowa Central CC		11:03.88
2 Iowa Track Club		11:21.81
1) Brennen Wears SR	2) Kyle Dombeck SR	
3) Lorren Stahl SR	4) Andy Marshall SR	
3 Grand View		11:54.99
1) JR Snyder FR	2) Seth Harjes SO	
3) Roy Hummel FR	4) Kennedy Kiprop SO	

Men High Jump

Facility: 2.10m * 2012 Matt Huseman

Name	Yr	School	Finals
Finals			
1 Luke Arrowood	FR	N.I.A.C.	1.80m
2 Michael Allner	FR	Grand View	1.70m
2 Bryce Carpenter	FR	Grand View	1.70m

Men Pole Vault

Facility: 4.96m * 2013 Will Haer

Name	Yr	School	Finals
Finals			
1 Tanner LaBore	SR	Grand View	3.66m

Men Long Jump

Facility: 7.04m * 2011 Ridge Hobbs

Name	Yr	School	Finals
Finals			
1 Kenny Simmons	SO	Grand View	6.47m
2 Andrew Clements	FR	Grand View	5.87m
3 Jimmie Davis	SR	Unattached	5.78m

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Men Shot Put

Facility: 16.79m * 2011 Tyler Wells

Name	Yr	School	Finals
Finals			
1	Allen Davis	FR Iowa Central	16.01m
2	Tyler Wells	Unattached	15.00m
3	Shaquille Wells	SO Iowa Central	14.82m
4	Tyler Hovey	FR Iowa Central	14.31m
5	Brady Grunder	FR Iowa Central	14.01m
6	Cameron Paddock	FR Iowa Central	13.95m
7	Nathan Stern	SR Mount Mercy	13.36m
8	Dallas Franks	SO Grand View	11.84m
9	Hunter Donovan	SO Grand View	11.54m
10	Joey Candelarie	FR Iowa Central	9.89m

Men Discus Throw

Facility: 49.76m * 2012 Grant Luer

Name	Yr	School	Finals
Finals			
1	Christopher Reed	SR Minnesota St	52.72m*
2	Grant Luer	Unattached	52.33m*
3	Matt Schiffer	SR N. Iowa	51.13m*
4	Lance Maxwell	SR Grand View	48.30m
5	Tyler Hovey	FR Iowa Central	45.85m
6	Adam McDonnell	SR N. Iowa	45.48m
7	Brady Grunder	FR Iowa Central	44.40m
8	Marc Osborn	SR Grand View	43.15m
9	Seth Pennock	SO Mount Mercy	42.98m
10	Taylor Mitchell	FR Grand View	42.40m
11	Samuel Udermann	Unattached	40.40m
12	Allen Davis	FR Iowa Central	36.16m
13	Cameron Paddock	FR Iowa Central	32.60m
14	Joey Candelarie	FR Iowa Central	31.51m
15	Shaquille Wells	SO Iowa Central	29.76m

Men Hammer Throw

Facility: 54.41m * 2013 Colt Feltes

Name	Yr	School	Finals
Finals			
1	Adam McDonnell	SR N. Iowa	56.00m*
2	Matt Schiffer	SR N. Iowa	53.59m
3	Christopher Reed	SR Minnesota St	52.70m
4	Brady Grunder	FR Iowa Central	50.96m
5	Marc Osborn	SR Grand View	47.48m
6	Lance Maxwell	SR Grand View	47.17m
7	Shaquille Wells	SO Iowa Central	46.70m
8	Cameron Paddock	FR Iowa Central	46.46m
9	Allen Davis	FR Iowa Central	45.00m
10	Hunter Donovan	SO Grand View	41.31m
11	Dallas Franks	SO Grand View	39.55m

12	Nathan Johnston	FR Grand View	35.75m
13	Joey Candelarie	FR Iowa Central	26.30m

Men Javelin Throw

Facility: 55.78m * 3/24/2012 Trey Taylor

Name	Yr	School	Finals
Finals			
1	Will Hanson	SO N.I.A.C.	51.78m
2	Tanner LaBore	SR Grand View	43.68m
3	Taylor Mitchell	FR Grand View	40.21m
4	Nathan Johnston	FR Grand View	39.30m
5	Jacob Stacy	SO Grand View	37.09m