

Viking Relays
Williams Stadium - Grand View University
Des Moines, IA - 3/23/2013

Results

Women 100 Meter Dash

Facility Rec: 12.21 * 2010 Ebonie Butler

Name	Yr	School	Finals
Finals			
1 Keddra Middleton	FR	Iowa Central	13.03
2 Payton Wilkenfeld	FR	Southwestern	13.63
3 Jazmine Dupee	SR	Grand View	13.69
4 Kaley Folkerts	FR	Southwestern	14.06
5 Kristin Klockslem	FR	Southwestern	14.08
6 Brittany Robinson	SR	Waldorf TC	14.52
7 Larissa Bustamante	SR	Waldorf TC	14.57
8 Lacey Heater	SR	Grand View	14.72
9 De'Sia Demmings	SR	Waldorf TC	14.75
10 Brei Theisen	FR	Southwestern	14.91
11 Mia Chiaro	SR	Waldorf TC	15.00
12 Lauryn Besack	FR	Grand View	15.09

Women 1500 Meter Run

Facility Rec: 4:51.51 * 2011 Obsie Birru

Name	Yr	School	Finals
Finals			
1 Ebeissa Nyandwi	SO	Iowa Central	4:52.87
2 Cidni Latimer	FR	Iowa Central	5:04.20
3 Allison McFayden	SR	Grand View	5:09.61
4 Cecilia Kumalalamene	SO	Iowa Central	5:21.80
5 Jasmine Nielsen	SO	Grand View	5:23.90
6 Stephanie Faught	FR	North Iowa A	6:18.49

Women 5000 Meter Run

Facility Rec: 18:07.30 * 2010 Obsie Birru

Name	Yr	School	Finals
Finals			
1 Hannah Maina	FR	Iowa Central	17:55.16*
2 Perla Gutierrez	SO	Iowa Central	18:43.40
3 Kalli McCann	SO	Southwestern	20:34.30
4 Alicia Dean	SR	Grand View	20:50.73
5 Regina Hafner	SO	Southwestern	21:34.55
6 Iesha Tillison	NA	Unat-Iowa Ce	22:34.64
7 Rebecca Baker	FR	North Iowa A	23:02.13

Women 10000 Meter Run

Facility Rec: 38:17.72 * 2010 Obsie Birru

Name	Yr	School	Finals
Finals			
1 Eveline Niyokwizigwa	SO	Iowa Central	40:41.67
2 Kelsey Carbajo	JR	Grand View	40:49.79
3 Jenna Voelker		Iowa TC	41:39.97

Women 100 Meter Hurdles

Facility Rec: 14.34 * 2011 Brittany Thomas
 Facility Rec: 14.34 * 3/24/2012 Shawanna Steplight

Name	Yr	School	Finals
Finals			
1 Sharon Kwarula	FR	Iowa Central	14.61
2 Shwanna Steplight		Unattached	14.96
3 Holly Anthony	JR	Grand View	16.20
4 Cetrena Simmons	FR	Iowa Central	17.37
5 Brielle Jackson	FR	Iowa Central	18.60
6 Sam Haunsperger	FR	Grand View	19.93

Women 400 Meter Hurdles

Facility Rec: 1:02.28 * 3/24/2012 Sharon Kwarula

Name	Yr	School	Finals
Finals			
1 Sharon Kwarula	FR	Iowa Central	1:04.26
2 Holly Anthony	JR	Grand View	1:11.64

Women 3000 Meter Steeplechase

Facility Rec: 11:30.14 * 2011 Obsie Birru

Name	Yr	School	Finals
Finals			
1 Fiona McKenna	SO	Iowa Central	11:14.08*
2 Laura Condron	SO	Iowa Central	11:14.81*
3 Jodi Miller	SO	Iowa Central	11:32.47
4 Jamie Neal	SO	Iowa Central	12:15.04
5 Ashley Ubbelohde	JR	Grand View	13:05.47
6 Regina Hafner	SO	Southwestern	13:39.47

Women 4x100 Meter Relay

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

J Ford, D Kimpel, S Steplight, R Thomas

Team	Relay	Finals
Finals		
1 Grand View		52.00
1) Ragan Duax FR	2) Dede Ayers FR	
3) Holly Anthony JR	4) Jazmine Dupee SR	
2 Southwestern CC		54.03
1) Payton Wilkenfeld FR	2) Brei Theisen FR	
3) Kristin Klockslem FR	4) Kaley Folkerts FR	

Women 4x200 Meter Relay

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

D Kimpel, R Thomas, S Steplight, C Simmons

Team	Relay	Finals
Finals		
1 Iowa Central CC		1:42.47
1) Chantal Duncan FR	2) Jessica James FR	
3) Rashidah Williams FR	4) Keddra Middleton FR	

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Finals ... (Women 4x200 Meter Relay)

Team	Relay	Finals
2 Grand View		1:54.15
1) Ragan Duax FR	2) Dede Ayers FR	
3) Brooke Hammond FR	4) Sam Haunsperger FR	
3 Southwestern CC		1:54.32
1) Payton Wilkenfeld FR	2) Brei Theisen FR	
3) Kristin Klockslem FR	4) Kaley Folkerts FR	
4 Grand View	B	2:00.06
1) Jazmine Dupee SR	2) Allison McFayden SR	
3) Lacey Heater SR	4) Lauryn Besack FR	

Women 4x400 Meter Relay

Facility Rec: 3:55.72 * 2011 Truman State

Team	Relay	Finals
1 Grand View		4:23.79
1) Ragan Duax FR	2) Dede Ayers FR	
3) Holly Anthony JR	4) Brooke Hammond FR	
2 North Iowa Area CC		4:34.10
1) Hillary Garvey SO	2) Lindsay Brunson FR	
3) Martina Smith FR	4) Dieuwertje Boelen FR	

Women 4x800 Meter Relay

Facility Rec: 9:36.21 * 3/24/2012 Iowa Central CC

T Adderley, C Kumalalamene, F McKenna, C Duncan

Team	Relay	Finals
1 Iowa Central CC	B	9:49.05
1) Jodi Miller SO	2) Laura Condron SO	
3) Tara Jackson FR	4) Ebeissa Nyandwi SO	
2 Iowa Central CC		9:51.35
1) Cidni Latimer FR	2) Kianna Carter FR	
3) Cecilia Kumalalamene SO	4) Fiona McKenna SO	
3 Grand View		10:49.67
1) Jasmine Nielsen SO	2) Allison McFayden SR	
3) Ashley Ubbelohde JR	4) Kelsey Carbajo JR	

Women Distance Medley

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

F McKenna, C Simmons, C Kumalalamene, C Duncan

Team	Relay	Finals
1 Iowa Central CC		13:02.69
1) Cecilia Kumalalamene SO	2) Jessica James FR	
3) Kianna Carter FR	4) Tara Jackson FR	
2 Grand View		13:33.51
1) Allison McFayden SR	2) Jasmine Nielsen SO	
3) Brooke Hammond FR	4) Alicia Dean SR	

3 North Iowa Area CC	14:45.04
1) Lindsay Brunson FR	2) Martina Smith FR
3) Hillary Garvey SO	4) Stephanie Faught FR

Women High Jump

Facility Rec: 1.65m * 2011 Jillian Ourada
 Facility Rec: 1.65m * 3/24/2012 Cetrena Simmons

Name	Yr	School	Finals
1 Cetrena Simmons	FR	Iowa Central	1.62m
2 Molly Schimp	FR	Southwestern	1.52m
3 Lacey Heater	SR	Grand View	1.42m
4 Jennifer Joyner	SR	Waldorf TC	1.32m

Women Pole Vault

Facility Rec: 3.60m * 2011 Ale Cano

Name	Yr	School	Finals
1 Brielle Jackson	FR	Iowa Central	1.68m
--- Lauryn Besack	FR	Grand View	NH

Women Long Jump

Top 9 Qualify For Finals

Facility Rec: 5.53m * 2010 Jessica Nessian

Name	Yr	School	Finals
1 Kededra Middleton	FR	Iowa Central	5.40m
2 Julia Hauser	NA	Midland	5.23m
3 Jazmine Dupee	SR	Grand View	4.88m
4 Kaley Folkerts	FR	Southwestern	4.68m
5 Jennifer Joyner	SR	Waldorf TC	4.38m
6 Mia Chiaro	SR	Waldorf TC	4.09m
7 Brittany Robinson	SR	Waldorf TC	4.08m

Women Triple Jump

Top 9 Qualify For Finals

Facility Rec: 11.36m * 2011 Shelby Meier

Name	Yr	School	Finals
1 Cetrena Simmons	FR	Iowa Central	10.88m
2 Lacey Heater	SR	Grand View	8.74m

Women Shot Put

Top 9 Qualify For Finals

Facility Rec: 13.96m * 2010 Mandy Streu

Name	Yr	School	Finals
1 Cherise Cox	FR	Iowa Central	10.82m
2 Lauren Smith	FR	Iowa Central	10.65m
3 Marissa Harnisch	JR	Grand View	10.63m
4 Maranda Chapin	FR	North Iowa A	10.35m
5 Morgan Larrington	SO	Grand View	10.30m

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Finals ... (Women Shot Put)

Name	Yr	School	Finals
6 Amber Jones	FR	Grand View	10.24m
7 Jacqueline Salinas	FR	Iowa Central	10.13m
8 Brilee McWilliams	FR	North Iowa A	10.01m
9 Tianah Smith	FR	Iowa Central	9.48m
10 Colleen Frank	JR	Grand View	9.21m
11 Kennedy Wrice	SO	Grand View	8.54m
12 Holly Anthony	JR	Grand View	8.19m

Women Discus Throw

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

Name	Yr	School	Finals
1 Val Veiock	SO	Grand View	42.63m
2 Lauren Smith	FR	Iowa Central	38.33m
3 Maranda Chapin	FR	North Iowa A	36.89m
4 Tianah Smith	FR	Iowa Central	35.22m
5 Colleen Frank	JR	Grand View	33.22m
6 Brilee McWilliams	FR	North Iowa A	33.15m
7 Marissa Harnisch	JR	Grand View	33.00m
8 Kristine Dunker	NA	Midland	32.63m
9 Jacqueline Salinas	FR	Iowa Central	31.73m
10 Emily Burchett	SO	North Iowa A	30.79m
11 Cherise Cox	FR	Iowa Central	30.71m
12 Amber Jones	FR	Grand View	28.95m
13 Morgan Larrington	SO	Grand View	28.39m
14 Kennedy Wrice	SO	Grand View	21.15m

Women Hammer Throw

Top 9 Qualify For Finals

Facility Rec: 51.02m * 2011 Kelsey Hansen

Name	Yr	School	Finals
1 Emily Burchett	SO	North Iowa A	42.01m
2 Colleen Frank	JR	Grand View	41.53m
3 Val Veiock	SO	Grand View	38.77m
4 Amber Jones	FR	Grand View	37.56m
5 Lauren Smith	FR	Iowa Central	35.88m
6 Kristine Dunker	NA	Midland	34.90m
7 Cherise Cox	FR	Iowa Central	34.70m
8 Tianah Smith	FR	Iowa Central	34.30m
9 Jacqueline Salinas	FR	Iowa Central	32.13m
10 Kennedy Wrice	SO	Grand View	25.97m
--- Morgan Larrington	SO	Grand View	FOUL

Women Javelin Throw

Facility Rec: 43.93m * 2011 Jenna Higgins

Name	Yr	School	Finals
1 Karen Liekhus	NA	Midland	32.58m

2 Julia Hauser	NA	Midland	32.52m
3 Val Veiock	SO	Grand View	29.39m
4 Lauryn Besack	FR	Grand View	27.42m
5 Marissa Harnisch	JR	Grand View	23.02m

Men 100 Meter Dash

Facility Rec: 10.65 * 2011 Gabriel Green

Name	Yr	School	Finals
1 James Loydd	SR	Waldorf TC	11.23
2 Chase Carlson	SO	Grand View	11.25
3 Owen Sutherland	FR	Iowa Central	11.50
4 Daniel Tucker	FR	Iowa Central	11.52
5 Caleb Franklin	SO	Midland	11.52
6 Kenny Simmons	FR	Grand View	11.70
7 Marquis Flowers	SO	Southwestern	11.76
8 Terrence Gaye	SO	Southwestern	11.80
9 Mitchell Swanson	SO	Midland	11.87
10 Conrad Thompson		Iowa TC	11.89
11 Dan Medrano	JR	Midland	11.95
12 Alphonso Cooper	JR	Midland	12.04
13 Cordell Black	SR	Waldorf TC	12.08
14 Justin Kersher	SR	Waldorf TC	12.38
15 Jarvis White Jr.	SR	Waldorf TC	12.74
16 Adam Pool	FR	Southwestern	12.76
17 Edward Taylor	SR	Waldorf TC	12.93

Men 1500 Meter Run

Facility Rec: 4:01.50 * 2011 Edwin Ronoh

Name	Yr	School	Finals
1 Tahir Chakisso	FR	Iowa Central	4:00.84*
2 Abbabiya Simbassa	FR	Iowa Central	4:02.16
3 Tor Gach	SO	Iowa Central	4:12.50
4 Kuaniyal Chol	FR	Iowa Central	4:19.01
5 Kevin White	SO	Iowa Central	4:21.20
6 John Kennedy		Iowa TC	4:28.01
7 Alejandro Sanchez	SR	Waldorf TC	4:30.14
8 John-Ross Tangi	SO	North Iowa A	4:31.92
9 Matt Bunnell	FR	Iowa Central	4:32.08
10 Austin Ward	SR	Grand View	4:36.47
11 Wesley Ohrt		Unattached	4:36.66
12 Seth Harjes	FR	Grand View	4:39.59
13 Tariq White	SR	Grand View	4:41.15
14 Justin Bond	SR	Grand View	4:43.02
15 Gage Beers	SO	Southwestern	4:43.70
16 Brandon Bergren	SO	Southwestern	4:53.92
17 Eric Schultz	SO	Grand View	4:57.66
18 Eric Robinson	SO	Southwestern	5:06.83
19 Nate Carr	SO	Southwestern	5:08.22
20 Claude Tuyikeze	SO	Grand View	5:09.90

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Men 5000 Meter Run

Facility Rec: 15:39.56 * 2011 Kevin Randle

Name	Yr	School	Finals
Finals			
1 Justin Welsh	JR	Grand View	18:13.75
2 Eric Schultz	SO	Grand View	18:27.01
3 Kennedy Kiprop	FR	Grand View	19:31.38
4 Claude Tuyikeze	SO	Grand View	21:38.54

Men 10000 Meter Run

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

Name	Yr	School	Finals
Finals			
1 Mason Powers	SO	North Iowa A	33:15.93
2 Colton Blay	FR	Iowa Central	33:46.12
3 Nicholas DiMarco	SO	North Iowa A	38:08.45
4 Josh Cobb	SO	Southwestern	40:25.96

Men 110 Meter Hurdles

Facility Rec: 14.68 * 2011 Russell Harris

Name	Yr	School	Finals
Finals			
1 Chris Caldwell	FR	Iowa Central	14.95
2 Pete Westerkamp		Unattached	15.29
3 Will Hanson	FR	North Iowa A	15.41
4 Namer Ray	FR	Iowa Central	15.57
5 Tyler Patten	JR	Grand View	15.98
6 Wala Gime	FR	Iowa Central	16.04
7 Cordell Black	SR	Waldorf TC	16.37
8 Jackson Shantz	SO	Southwestern	16.70
9 Andy Allen	SO	Unattached	17.35
10 Jacob Stacy	FR	Grand View	18.68

Men 400 Meter Hurdles

Facility Rec: 53.68 * 3/24/2012 Wala Gime

Name	Yr	School	Finals
Finals			
1 Roy Ravana	FR	Iowa Central	55.56
2 Namer Ray	FR	Iowa Central	56.61
3 Wala Gime	FR	Iowa Central	56.63
4 Nako Omot	FR	North Iowa A	56.71
5 Darrius Brown	FR	Iowa Central	56.94
6 Will Hanson	FR	North Iowa A	58.43
7 Conrad Thompson		Iowa TC	58.44
8 Alphonso Cooper	JR	Midland	1:00.00
9 Tre Porter	FR	Grand View	1:00.17
10 Andy Allen	SO	Unattached	1:00.25
11 Tyler Patten	JR	Grand View	1:02.22
12 Spencer Gardner	FR	Grand View	1:04.10
13 Jackson Shantz	SO	Southwestern	1:07.41

Men 3000 Meter Steeplechase

Facility Rec: 9:52.67 * 2011 John Darmody

Name	Yr	School	Finals
Finals			
1 Alex Deir	FR	Iowa Central	9:39.31*
2 Dana Schmidt		Unattached	9:50.93*
3 Mike Fish	SO	Iowa Central	9:54.96
4 Sapolai Yao	SO	North Iowa A	9:55.41
5 Jamal Boma	SO	Iowa Central	10:10.49
6 Anthony Plourde	SO	Iowa Central	10:19.49
7 Levi Storjohann	FR	Iowa Central	10:23.04
8 Justin Welsh	JR	Grand View	10:44.09
9 Kaleb Kiger	FR	Iowa Central	10:53.19

Men 4x100 Meter Relay

Facility Rec: 42.08 * 2011 Grand View

Team	Relay	Finals
Finals		
1 Iowa Central CC		42.12
1) Chris Caldwell FR	2) Namer Ray FR	
3) Dan-Neil Telesford FR	4) Deon Sanders FR	
2 Grand View		42.17
1) Keonte White SO	2) Wes Hammer JR	
3) Tyler Patten JR	4) Toi Jones JR	
3 Grand View	B	42.63
1) RJ Lloyd SO	2) Chase Carlson SO	
3) Kenny Simmons FR	4) Allen Clark FR	
4 Iowa Central CC	C	44.94
1) Owen Sutherland FR	2) Jamour Kaid FR	
3) Jeffrey Cathey FR	4) Darrius Brown FR	
5 Waldorf College TC		45.30
1) Cordell Black SR	2) Justin Kersher SR	
3) Trevn Lee SR	4) Collins McDonald SR	

Men 4x200 Meter Relay

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

Team	Relay	Finals
Finals		
1 Grand View		1:29.89
1) Keonte White SO	2) Chase Carlson SO	
3) Zach Vos JR	4) Wes Hammer JR	
2 Iowa Central CC		1:31.91
1) Deon Sanders FR	2) Chris Caldwell FR	
3) Ratutira Narara FR	4) Dan-Neil Telesford FR	
3 Grand View	B	1:32.13
1) Toi Jones JR	2) Nic Murrow SO	
3) Allen Clark FR	4) RJ Lloyd SO	

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Finals ... (Men 4x200 Meter Relay)

Team	Relay	Finals
4 Iowa Central CC	B	1:33.04
1) Xavier McAllister FR	2) Jerry Westerfield FR	
3) Nigel Preacher FR	4) Stephen Payne SO	
5 North Iowa Area CC		1:35.04
1) Paul Pokana SO	2) Matthew Hollister SO	
3) Travis Gilbert SO	4) Brock Schultz FR	
6 Southwestern CC		1:37.47
1) Marquis Flowers SO	2) Terrence Gaye SO	
3) Adam Pool FR	4) Rayvonne Brown SO	

Men 4x400 Meter Relay

Facility Rec: 3:23.87 * 2011 Grand View

Hammer, Alvarez, White, Westerkamp

Team	Relay	Finals
1 Iowa Central CC		3:19.56*
1) Lance Casey FR	2) Darius Brown FR	
3) Ratutira Narara FR	4) Deon Sanders FR	
2 North Iowa Area CC		3:28.03
1) Paul Pokana SO	2) Alex Lugo SO	
3) Nako Omot FR	4) Brock Schultz FR	
3 Grand View		3:28.90
1) Wes Hammer JR	2) Zach Vos JR	
3) Tre Porter FR	4) Bryce Adger JR	
4 Iowa Central CC	B	3:30.41
1) Chris Caldwell FR	2) Daniel Spence FR	
3) Wala Gime FR	4) Namer Ray FR	
5 North Iowa Area CC	B	3:43.57
1) Matthew Hollister SO	2) OJ Ojullu FR	
3) Alex Bloomquist SO	4) Scott Patnode SO	
6 Grand View	B	3:44.22
1) Toi Jones JR	2) Nic Murrow SO	
3) Spencer Gardner FR	4) Keonte White SO	

Men 4x800 Meter Relay

Facility Rec: 7:48.75 * 2010 St. Ambrose

Fallon, Quinn, Pogue, Darmody

Team	Relay	Finals
1 Iowa Central CC		7:59.70
1) Kevin White SO	2) Charles Carrington FR	
3) Zach Gearman SO	4) Kuaniyal Chol FR	
2 Iowa Central CC	B	8:00.03
1) Alex Deir FR	2) Anthony Plourde SO	
3) Abbabiya Simbassa FR	4) Tahir Chakisso FR	
3 Grand View		8:35.36
1) Tariq White SR	2) Justin Bond SR	
3) Austin Ward SR	4) Seth Harjes FR	

4 Iowa Central CC	C	8:36.15
1) Levi Storjohann FR	2) Kaleb Kiger FR	
3) Mike Fish SO	4) Jamal Boma SO	
5 North Iowa Area CC		8:39.05
1) Sapolai Yao SO	2) Jonny Worley FR	
3) Matt Bowman SO	4) Ryan O'Tool FR	
6 Southwestern CC		8:42.48
1) Dave Prchal FR	2) Joe Bierl SO	
3) Gage Beers SO	4) Rayvonne Brown SO	
7 Iowa Track Club		8:53.90
1) Max lassise SR	2) Trent Versluis SR	
3) Corey Brown SR	4) Brennen Wears SR	
8 Southwestern CC	B	9:49.63
1) Brandon Bergren SO	2) Auston Carter SO	
3) Eric Robinson SO	4) Nate Carr SO	

Men Distance Medley

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

C Kibby, D Finsterwalder, D Bennett, S Kebenei

Team	Relay	Finals
1 North Iowa Area CC		10:58.20
1) Matt Bowman SO	2) OJ Ojullu FR	
3) Alex Lugo SO	4) Jonny Worley FR	
2 Iowa Track Club		11:14.18
1) Max lassise SR	2) Kaleb Bozorgzadeh SR	
3) Brennen Wears SR	4) Corey Brown SR	
3 Southwestern CC		11:16.93
1) Dave Prchal FR	2) Joe Bierl SO	
3) Rayvonne Brown SO	4) Auston Carter SO	
4 Grand View		11:18.79
1) Austin Ward SR	2) Tre Porter FR	
3) Zach Vos JR	4) Justin Bond SR	
5 North Iowa Area CC	B	11:20.01
1) Scott Patnode SO	2) Matthew Hollister SO	
3) Alex Bloomquist SO	4) John-Ross Tangi SO	
6 Grand View	B	12:04.66
1) Tariq White SR	2) Nic Murrow SO	
3) Spencer Gardner FR	4) Seth Harjes FR	

Men High Jump

Facility Rec: 2.08m * 2011 Jordan Sathoff

Name	Yr	School	Finals
1 Nigel Preacher	FR	Iowa Central	2.03m
2 Micah Washington		Iowa Central	J2.03m
3 Xavier McAllister	FR	Iowa Central	J2.03m
4 Jacob Gapp	SO	North Iowa A	1.93m
5 Jerry Westerfield	FR	Iowa Central	1.88m
6 Allen Clark	FR	Grand View	J1.88m
7 Stephen Payne	SO	Iowa Central	J1.88m

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Men Pole Vault

Facility Rec: 4.40m * 2011 Nathan Teten

Name	Yr	School	Finals
Finals			
1 Dan Medrano	JR	Midland	4.09m
2 Trevor Richards		Unattached	3.79m
3 Tanner LaBore	JR	Grand View	3.64m
4 Adam Dobson	SO	Midland	3.49m
5 Chase Carlson	SO	Grand View	3.34m
6 Lance Casey	FR	Iowa Central	3.04m
7 Jacob Stacy	FR	Grand View	2.89m
--- Darrius Brown	FR	Iowa Central	NH

Men Long Jump**Top 9 Qualify For Finals**

Facility Rec: 7.04m * 2011 Ridge Hobbs

Name	Yr	School	Finals
Finals			
1 Allen Clark	FR	Grand View	6.95m
2 Jerry Westerfield	FR	Iowa Central	6.75m
3 Nigel Preacher	FR	Iowa Central	6.65m
4 Jacob Gapp	SO	North Iowa A	6.32m
5 Kenny Simmons	FR	Grand View	6.25m
6 Mitchell Swanson	SO	Midland	6.24m
7 James Loydd	SR	Waldorf TC	J6.24m
8 Jimmie Davis	JR	Grand View	6.07m
9 Jamour Kaid	FR	Iowa Central	5.73m
10 Denzel Sansom		Unattached	5.65m
11 Terrence Gaye	SO	Southwestern	J5.65m
12 Justin Kersher	SR	Waldorf TC	5.46m
13 Edward Taylor	SR	Waldorf TC	5.42m
14 Eric Robinson	SO	Southwestern	5.21m
15 Javis White Jr.	SR	Waldorf TC	4.50m

Men Triple Jump**Top 9 Qualify For Finals**

Facility Rec: 14.46m * 2010 Javarus Thomas

Name	Yr	School	Finals
Finals			
1 Demorrio Leggett	SO	Iowa Central	13.46m
2 Jamour Kaid	FR	Iowa Central	13.25m
3 Jimmie Davis	JR	Grand View	12.85m
4 Kenny Simmons	FR	Grand View	12.68m
--- Edward Taylor	SR	Waldorf TC	FOUL

Men Shot Put**Top 9 Qualify For Finals**

Facility Rec: 16.79m * 2011 Tyler Wells

Name	Yr	School	Finals
Finals			
1 Tyler Wells		Unattached	15.66m
2 Lance Maxwell	JR	Grand View	14.41m
3 Tyler Hovey	FR	Iowa Central	14.28m
4 Allen Davis	FR	Iowa Central	13.76m
5 Cameron Paddock	FR	Iowa Central	12.98m
6 Jon Higgins	FR	Grand View	12.84m
7 Ian Slama	SR	Midland	J12.84m
8 Cy Williams	SR	Grand View	12.43m
9 Dallas Franks	FR	Grand View	12.13m
10 Marc Osborn	JR	Grand View	12.05m
11 Zach Ruth	SO	Southwestern	11.68m
12 JaQuelle Grant	SO	North Iowa A	11.66m
13 Tray'Veon Armstrong	FR	Iowa Central	10.21m
14 Grant Staley	FR	North Iowa A	9.84m
15 Bryce Adger	JR	Grand View	9.52m
--- Malcolm Love	FR	Iowa Central	FOUL
--- Brady Grunder	FR	Iowa Central	FOUL

Men Discus Throw

Facility Rec: 49.76m * 3/24/2012 Grant Luer

Name	Yr	School	Finals
Finals			
1 Lance Maxwell	JR	Grand View	47.60m
2 Jon Higgins	FR	Grand View	43.93m
3 Tyler Hovey	FR	Iowa Central	43.64m
4 Tyler Wells		Unattached	43.23m
5 Brady Grunder	FR	Iowa Central	42.81m
6 Marc Osborn	JR	Grand View	42.07m
7 JaQuelle Grant	SO	North Iowa A	38.99m
8 Dallas Franks	FR	Grand View	38.82m
9 Allen Davis	FR	Iowa Central	37.98m
10 Cy Williams	SR	Grand View	35.60m
11 Mickey Gallagher	FR	Grand View	31.80m
12 Cameron Paddock	FR	Iowa Central	31.19m
13 Jacob Stacy	FR	Grand View	30.55m
14 Bryce Adger	JR	Grand View	29.45m
15 Tray'Veon Armstrong	FR	Iowa Central	28.54m
--- Grant Staley	FR	North Iowa A	FOUL

Men Hammer Throw**Top 9 Qualify For Finals**

Facility Rec: 52.05m * 2011 Jacob Clouse

Name	Yr	School	Finals
Finals			
1 Cy Williams	SR	Grand View	46.36m

Viking Relays
Williams Stadium - Grand View University
Des Moines, IA - 3/23/2013

Results

Finals ... (Men Hammer Throw)

	Name	Yr	School	Finals
2	Marc Osborn	JR	Grand View	46.11m
3	Trey Taylor	FR	North Iowa A	43.50m
4	Lance Maxwell	JR	Grand View	40.55m
5	Tyler Hovey	FR	Iowa Central	40.20m
6	Allen Davis	FR	Iowa Central	39.96m
7	Cameron Paddock	FR	Iowa Central	39.39m
8	Malcolm Love	FR	Iowa Central	39.21m
9	Dallas Franks	FR	Grand View	34.18m
10	Mickey Gallagher	FR	Grand View	25.10m
---	Jon Higgins	FR	Grand View	FOUL
---	Ian Slama	SR	Midland	FOUL
---	Tray'Veon Armstrong	FR	Iowa Central	FOUL
---	Brady Grunder	FR	Iowa Central	FOUL

Men Javelin Throw

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

	Name	Yr	School	Finals
Finals				
1	Trey Taylor	FR	North Iowa A	52.90m
2	Tanner LaBore	JR	Grand View	45.08m
3	Mickey Gallagher	FR	Grand View	36.13m