

Frigid Bee Opener
Roell Indoor Track - St. Ambrose University
Davenport, Iowa - 12/6/2025
Results

Women 60 Meter Dash
Top 8 Advance by Time

Name	Year	School	Prelims	H#
Preliminaries				
1 Sarah Jordan	JR	St. Ambrose	7.75q	2
2 Claire O'Melia	FR	St. Ambrose	7.78q	3
3 Nazayda Bloch	FR	St. Ambrose	7.86q	2
4 Adedoyin Aderibigbe	FR	William Penn	7.89q	2
5 Makaiha Moore-Bell	JR	Monmouth College	7.98q	3
6 Lilly Ostert	JR	William Penn	8.01q	1
7 Ateezah Churchwell	FR	Quincy	8.12q	3
8 Hope Davies	FR	Unattached	X8.16q	1
9 Mitzi Evans	SR	Fitness Sports	X8.26	2
10 Miraya Pessman	FR	Sauk Valley CC	8.31	3
11 Hellen Doerue	FR	William Penn	8.33	3
12 Lou Cady	SO	St. Ambrose	8.37	2
13 Morgan McEnroe	SR	Unattached	X8.38	1
14 Sofia Capasso	SO	Quincy	8.46	3
15 Lucy Oehler	FR	St. Ambrose	8.47	1
16 Arina Tembo	JR	Grand View	8.50	1
17 Katelyn McCoy	FR	Quincy	8.66	1
18 Maryn Gardner	FR	St. Ambrose	8.81	1
19 Juliana DeNardo	FR	St. Ambrose	9.29	2

Women 60 Meter Dash

Name	Year	School	Finals	Points
Finals				
1 Sarah Jordan	JR	St. Ambrose	7.72	10 7.714
2 Adedoyin Aderibigbe	FR	William Penn	7.72	8 7.716
3 Nazayda Bloch	FR	St. Ambrose	7.77	6 7.761
4 Claire O'Melia	FR	St. Ambrose	7.77	5 7.769
5 Lilly Ostert	JR	William Penn	7.96	4
6 Makaiha Moore-Bell	JR	Monmouth College	8.04	3
7 Ateezah Churchwell	FR	Quincy	8.09	2
8 Hope Davies	FR	Unattached	X8.24	

Women 200 Meter Dash

Name	Year	School	Finals	H#	Points
1 Sarah Jordan	JR	St. Ambrose	25.72	1	10
2 Claire O'Melia	FR	St. Ambrose	25.87	1	8
3 Nazayda Bloch	FR	St. Ambrose	26.71	3	6
4 Maddie Rusk	SR	Monmouth College	27.03	2	5
5 Makaiha Moore-Bell	JR	Monmouth College	27.57	2	4
6 Isabelle Matthews	SR	Clarke	28.45	4	3
7 Sofia Capasso	SO	Quincy	28.50	5	2

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8 Hope Davies	FR Unattached	X28.71	3	
9 A'Yianna Maxwell	FR Monmouth College	28.90	2	1
10 Sophie Kern	FR Monmouth College	29.35	4	
11 Katelyn McCoy	FR Quincy	29.50	6	
12 Natalie Gonzalez	SO Monmouth College	29.52	5	
13 Arina Tembo	JR Grand View	30.69	3	
14 Ashlyn Rinaldi	FR Sauk Valley CC	30.89	6	
15 Tatum Points	SO Monmouth College	31.92	5	

Women 300 Meter Dash

Name	Year School	Finals	H#	Points
1 Mitzi Evans	SR Fitness Sports	X41.56	1	
10.863 (10.863)	41.555 (30.693)			
2 Morgan McEnroe	SR Unattached	X42.15	1	
11.546 (11.546)	42.143 (30.597)			
3 Lou Cady	SO St. Ambrose	44.18	2	10
11.335 (11.335)	44.173 (32.838)			
4 Precious Karyee	FR Grand View	44.99	2	8
12.154 (12.154)	44.990 (32.837)			
5 Lucy Oehler	FR St. Ambrose	45.47	3	6
11.988 (11.988)	45.462 (33.474)			
6 Brynna Croy	SR Grand View	45.59	3	5
11.013 (11.013)	45.588 (34.575)			
7 Maryn Gardner	FR St. Ambrose	47.98	3	4
12.622 (12.622)	47.978 (35.357)			

Women 800 Meter Run

Name	Year School	Finals	H#	Points
1 Hannah Ramsey	JR Wartburg	2:18.34	1	10
31.670 (31.670)	1:06.735 (35.065)	1:43.178 (36.444)		2:18.337 (35.159)
2 Bethany Warren	FR Wartburg	2:18.37	1	8
30.351 (30.351)	1:05.351 (35.000)	1:42.255 (36.904)		2:18.367 (36.113)
3 Kaylee Mowen	FR St. Ambrose	2:26.33	1	6
32.592 (32.592)	1:08.503 (35.912)	1:47.121 (38.618)		2:26.323 (39.203)
4 Danielle Moore	SO St. Ambrose	2:27.32	1	5
32.912 (32.912)	1:08.422 (35.510)	1:46.586 (38.164)		2:27.311 (40.725)
5 Jade Anderson	JR Wartburg	2:28.86	1	4
33.290 (33.290)	1:09.806 (36.517)	1:48.598 (38.793)		2:28.855 (40.257)
6 Melissa Bivolarov	JR Monmouth College	2:35.51	2	3
34.651 (34.651)	1:13.542 (38.892)	1:55.077 (41.535)		2:35.502 (40.425)
7 Amelia Iwanski	FR Monmouth College	2:49.20	2	2
35.309 (35.309)	1:15.860 (40.552)	2:00.991 (45.132)		2:49.197 (48.207)
8 Kaiya Gonzalez	JR Grand View	3:24.23	2	1
35.661 (35.661)	1:21.495 (45.834)	2:21.312 (59.818)		3:24.221 (1:02.909)

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Women 1 Mile Run

Name	Year	School	Finals	Points
1 Peyton Steffen	SR	Central College	5:01.11	10
			37.237 (37.237)	
			1:14.792 (37.555)	
			1:53.492 (38.700)	
			2:32.286 (38.794)	
			3:10.212 (37.927)	
			3:47.828 (37.617)	
			4:24.897 (37.069)	
			5:01.101 (36.204)	
2 Haley Meyer	SR	Wartburg	5:07.16	8
			37.435 (37.435)	
			1:15.065 (37.630)	
			1:54.215 (39.150)	
			2:34.536 (40.322)	
			3:14.252 (39.717)	
			3:53.681 (39.429)	
			4:32.081 (38.400)	
			5:07.151 (35.070)	
3 Nadia Bowden	SO	Wartburg	5:08.75	6
			37.670 (37.670)	
			1:15.308 (37.639)	
			1:54.445 (39.137)	
			2:34.720 (40.275)	
			3:14.445 (39.725)	
			3:53.887 (39.443)	
			4:32.300 (38.413)	
			5:08.741 (36.442)	
4 Alyssa Blankenship	SR	Wartburg	5:20.15	5
			38.083 (38.083)	
			1:15.830 (37.747)	
			1:56.050 (40.220)	
			2:37.445 (41.395)	
			3:18.597 (41.153)	
			3:59.726 (41.129)	
			4:40.400 (40.674)	
			5:20.145 (39.745)	
5 Claire Rye	FR	William Penn	5:34.14	4
			40.282 (40.282)	
			1:20.797 (40.515)	
			2:02.061 (41.264)	
			2:44.387 (42.327)	
			3:26.731 (42.344)	
			4:09.618 (42.888)	
			4:52.647 (43.029)	
			5:34.138 (41.492)	
6 Paige Luntsford	SO	Monmouth College	5:35.10	3
			40.525 (40.525)	
			1:20.410 (39.885)	
			2:01.728 (41.319)	
			2:44.041 (42.313)	
			3:26.448 (42.408)	
			4:09.476 (43.028)	
			4:52.536 (43.060)	
			5:35.091 (42.555)	
7 Lexi Bohms	SO	Unattached	X5:38.82	
			40.797 (40.797)	
			1:20.598 (39.802)	
			2:01.880 (41.282)	
			2:44.241 (42.362)	
			3:26.890 (42.649)	
			4:10.585 (43.695)	
			4:54.997 (44.413)	
			5:38.816 (43.819)	
8 Kendall Hein	FR	Grand View	5:57.97	2
			41.092 (41.092)	
			1:21.618 (40.527)	
			2:06.480 (44.862)	
			2:53.336 (46.857)	
			3:41.550 (48.214)	
			4:29.636 (48.087)	
			5:14.043 (44.408)	
			5:57.965 (43.922)	
9 Mallory Ostroski	FR	William Penn	6:06.89	1
			40.562 (40.562)	
			1:20.983 (40.422)	
			2:02.930 (41.947)	
			2:47.885 (44.955)	
			3:36.035 (48.150)	
			4:26.137 (50.103)	
			5:16.635 (50.498)	
			6:06.890 (50.255)	

Women 5000 Meter Run

Name	Year	School	Finals	Points
1 Maddie Merna	SR	Wartburg	17:29.94	10
2 Karle Kramer	SR	Wartburg	17:57.89	8
3 Lily Peterson	SR	Wartburg	18:02.58	6
4 Claire Hoyer	FR	Wartburg	18:09.55	5
5 Ava Vance	SO	Wartburg	18:17.07	4
6 Morgan Engel	JR	Wartburg	18:26.72	3
7 Kiana Brokaw	SO	Sauk Valley CC	22:08.17	2
8 Presley O'Bryant	FR	Sauk Valley CC	26:16.84	1

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Women 60 Meter Hurdles
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Name	Year School	Prelims	H#
Preliminaries			
1 Addisyn Terpstra	JR Grand View	8.94q	1
2 Elise Smith	FR Grand View	10.12q	2
3 Natalie Gonzalez	SO Monmouth College	10.47q	1
4 Kaiya Gonzalez	JR Grand View	10.85q	2
5 Tatum Points	SO Monmouth College	11.02q	2

Women 60 Meter Hurdles

Name	Year School	Finals	Points
Finals			
1 Addisyn Terpstra	JR Grand View	8.86	10
2 Elise Smith	FR Grand View	10.13	8
3 Natalie Gonzalez	SO Monmouth College	10.40	6
4 Kaiya Gonzalez	JR Grand View	10.77	5
5 Tatum Points	SO Monmouth College	11.04	4

Women 4x400 Meter Relay

School	Finals	Points
1 St. Ambrose	4:19.86	10
1) Lou Cady SO		
2) Sarah Jordan JR		
3) Claire O'Melia FR		
4) Lucy Oehler FR		
2 Grand View	4:20.86	8
1) Brynna Croy SR		
2) Elise Smith FR		
3) Precious Karyee FR		
4) Addisyn Terpstra JR		
3 St. Ambrose 'B'	x4:28.09	
1) Danielle Moore SO		
2) Kaylee Mowen FR		
3) Maryn Gardner FR		
4) Nazayda Bloch FR		
-- William Penn	DNF	
1) Lilly Ostert JR		
2) Crystal Shaw FR		
3) Hellen Doerue FR		
4) Mallory Ostroski FR		

Women High Jump

Name	Year School	Finals	Points
1 De'Aijah Tullis	FR Clarke	1.50m	4-11.00 10
1.40 1.45 1.50 1.55			
P XO O XXX			
2 Isabelle Matthews	SR Clarke	1.45m	4-09.00 8
1.40 1.45 1.50			
P O XXX			



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....Women High Jump

3 Arabella Nepa	FR William Penn	J1.45m	4-09.00	6
1.40 1.45 1.50				
O XO XXX				
-- Kaiya Gonzalez	JR Grand View	NH		
1.40 1.45				
P XXX				

Women Pole Vault

Name	Year School	Finals	Points
1 Kate Surwillo	SR St. Ambrose	3.05m 10-00.00	10
2.15 2.30 2.45 2.60 2.75 2.90 3.05 3.20			
P P P P XXO O XO XXX			
2 Malia Beich	SR Clarke	2.75m 9-00.25	8
2.15 2.30 2.45 2.60 2.75 2.90			
P P P O O XXX			
3 Gracelyn Abell	FR Sauk Valley CC	2.60m 8-06.25	5.50
2.15 2.30 2.45 2.60 2.75			
O O O O XXX			
3 Emma Heath	FR William Penn	2.60m 8-06.25	5.50
2.15 2.30 2.45 2.60 2.75			
P P O O XXX			
5 Keara Arnold	JR Clarke	2.45m 8-00.50	4
2.15 2.30 2.45 2.60			
O O XO XXX			
-- Evelyn Folkedah	FR Clarke	NH	
2.15 2.30 2.45 2.60 2.75			
P P P P XXX			

Women Long Jump

Name	Year School	Finals	Points
1 Crystal Shaw	FR William Penn	5.65m 18-06.50	10
5.18m 5.31m FOUL 5.42m 5.35m 5.65m			
2 Maddie Rusk	SR Monmouth College	5.29m 17-04.25	8
5.20m 5.10m 4.90m 5.29m 5.00m 5.27m			
3 Isabelle Matthews	SR Clarke	5.19m 17-00.50	6
FOUL 5.19m FOUL FOUL 5.03m 5.05m			
4 Gracee Roig	JR Clarke	5.14m 16-10.50	5
4.93m 5.14m 5.10m 5.01m 5.13m 4.91m			
5 A'Yianna Maxwell	FR Monmouth College	4.86m 15-11.50	4
FOUL 4.86m 4.61m 4.66m FOUL FOUL			
6 Lauren Hegele	FR Quincy	4.70m 15-05.00	3
FOUL 4.60m 4.54m 4.31m 4.70m 4.47m			
7 Kaiya Gonzalez	JR Grand View	4.64m 15-02.75	2
4.48m 4.62m 4.58m 4.51m 4.33m 4.64m			

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...Women Long Jump

8	Sophie Kern	FR Monmouth College	4.55m	14-11.25	1
	4.52m 4.51m 4.51m 4.20m 4.26m 4.55m				
9	Jor'ae Beaver	SO St. Ambrose	4.47m	14-08.00	
	4.47m 4.36m 4.35m				
10	Janelle Harrell	FR William Penn	4.43m	14-06.50	
	4.34m 4.42m 4.43m				
11	Catherine Zamora	JR St. Ambrose	4.17m	13-08.25	
	4.14m 4.17m 4.00m				
12	Bryнна Croy	SR Grand View	3.98m	13-00.75	
	3.98m 3.78m FOUL				
13	Erin Miner	FR St. Ambrose	3.68m	12-01.00	
	FOUL FOUL 3.68m				
--	Ashlyn Rinaldi	FR Sauk Valley CC	FOUL		
	FOUL FOUL FOUL				

Women Triple Jump

Name	Year School	Finals	Points
1 Gracee Roig	JR Clarke	10.94m 35-10.75	10
	10.79m 10.90m 10.90m 10.40m 10.94m 10.64m		
2 Crystal Shaw	FR William Penn	10.89m 35-08.75	8
	10.53m 10.83m 10.43m 10.89m 10.64m 10.66m		
3 De'Aijah Tullis	FR Clarke	10.64m 34-11.00	6
	FOUL 10.58m 9.86m 10.57m 10.64m 10.63m		
4 Lauren Hegele	FR Quincy	10.54m 34-07.00	5
	10.02m 10.54m 10.08m 10.08m 10.02m 10.02m		
5 Arabella Nepa	FR William Penn	10.06m 33-00.25	4
	9.95m PASS 9.84m FOUL PASS 10.06m		
6 Jor'ae Beaver	SO St. Ambrose	9.36m 30-08.50	3
	9.36m FOUL 9.29m FOUL 9.20m FOUL		
-- Erin Miner	FR St. Ambrose	FOUL	
	FOUL FOUL FOUL		
-- Catherine Zamora	JR St. Ambrose	FOUL	
	FOUL FOUL FOUL		

Women Shot Put

Name	Year School	Finals	Points
1 Brianna Neumiller	JR St. Ambrose	12.91m 42-04.25	10
	11.95m 12.78m 12.91m 12.76m 12.52m 12.51m		
2 Kayla Braun	SR Monmouth College	12.68m 41-07.25	8
	12.53m FOUL 11.99m 11.48m 12.68m 11.70m		
3 Phoebe Burt	SR William Penn	12.31m 40-04.75	6
	12.31m 12.08m 12.10m 11.91m FOUL 12.16m		
4 Lauren Orwig	FR Monmouth College	11.31m 37-01.25	5
	FOUL 11.31m FOUL FOUL FOUL FOUL		



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....Women Shot Put

5	Kyra Bivins	SO Monmouth College	11.14m	36-06.75	4
	11.14m 10.92m 10.69m 10.39m 10.72m 10.51m				
6	Jillian Toth	SR Monmouth College	11.11m	36-05.50	3
	11.11m FOUL 11.02m 10.92m 11.11m 10.76m				
7	Tosin Oshin	NA Unat-St. Ambrose	X10.89m	35-08.75	
	10.14m 10.89m 8.17m 9.19m 8.93m 9.26m				
8	Brynn Hogan	SR Monmouth College	10.43m	34-02.75	2
	10.06m 9.66m 10.20m 10.38m 9.99m 10.43m				
9	Kayla Hess	NA Unat-St. Ambrose	X10.32m	33-10.25	
	9.23m 9.86m FOUL 10.32m FOUL 9.72m				
10	Maddie Cunningham	SO Grand View	8.80m	28-10.50	1
	8.16m 7.94m FOUL FOUL 7.75m 8.80m				
11	Olivia Moisa	SO St. Ambrose	8.42m	27-07.50	
	8.27m 8.42m 7.41m 8.15m 7.85m FOUL				

Women Weight Throw

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Name	Year	School	Finals	Points		
=====						
1	Jillian Toth	SR Monmouth College	15.26m	50-00.75	10	
	14.54m 15.26m FOUL FOUL FOUL 15.21m					
2	Kayla Braun	SR Monmouth College	J15.26m	50-00.75	8	
	15.26m FOUL 14.75m 14.31m 15.18m FOUL					
3	Phoebe Burt	SR William Penn	14.24m	46-08.75	6	
	13.50m 14.24m 12.50m 12.82m FOUL FOUL					
4	Kyra Bivins	SO Monmouth College	13.62m	44-08.25	5	
	12.91m 12.78m 13.59m 13.35m 13.62m FOUL					
5	Isabella Fulks	SO William Penn	12.73m	41-09.25	4	
	12.30m FOUL 12.73m 12.70m 12.35m FOUL					
6	Lauren Orwig	FR Monmouth College	12.33m	40-05.50	3	
	11.51m FOUL FOUL 10.83m 11.55m 12.33m					
7	Maddie Cunningham	SO Grand View	12.15m	39-10.50	2	
	10.86m 12.15m 11.63m FOUL FOUL 10.95m					
8	Brianna Neumiller	JR St. Ambrose	11.95m	39-02.50	1	
	11.95m FOUL 11.00m FOUL FOUL FOUL					
9	Tosin Oshin	NA Unat-St. Ambrose	X11.44m	37-06.50		
	FOUL FOUL 11.44m 11.25m FOUL FOUL					
10	Alexis Tomlin	JR St. Ambrose	11.17m	36-07.75		
	10.48m FOUL 10.90m 10.95m FOUL 11.17m					
11	Kayla Hess	NA Unat-St. Ambrose	X9.88m	32-05.00		
	9.49m 9.88m FOUL					
--	Brynn Hogan	SR Monmouth College	FOUL			
	FOUL FOUL FOUL					
--	Olivia Moisa	SO St. Ambrose	FOUL			
	FOUL FOUL FOUL					

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Women 3000 Meter Race Walk

Name	Year School	Finals	Points
1 Leilani Mitchell	FR Grand View	17:10.30	10

Women - Team Rankings - 15 Events Scored

1) St. Ambrose	110	2) Monmouth College	92
3) Wartburg	77	4) William Penn	66.50
5) Grand View	62	6) Clarke	60
7) Quincy	12	8) Central College	10
9) Sauk Valley CC	8.50		

Men - Team Rankings - 16 Events Scored

1) St. Ambrose	132	2) Clarke	76
3) Quincy	75	4) Grand View	69
5) William Penn	64	6) Monmouth College	57
7) Wartburg	56	8) Sauk Valley CC	24
9) Central College	11	10) North Central College	8
11) Loras	6	12) Northern Iowa	3