

**Midwest Collegiate Conference  
Indoor Track and Field Championships  
Sterling, IL - 2/21/2009  
Meet Program**

**Event 9 Women 55 Meter Dash****Top 8 Advance by Time**

Lane	Name	School	Seed Time
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**Heat 1 of 3 Prelims**

1	Francois, Alexa	Mount Mercy	8.66
2	Hall, Corey	Iowa Wesleyan	9.65
3	Buchanan, Laquisha	Ashford	8.12
4	Reagan, Steph	St. Ambrose	8.34
5	Kooi, Cortni	Mount Mercy	8.44
6	Brown, Charisse	Grand View	8.45
7	Sullivan, Shannon	Grand View	8.42
8	Hotz, Nicole	Mount Mercy	8.92

**Heat 2 of 3 Prelims**

1			
2	Klaas, Tori	St. Ambrose	9.15
3	Carlson, Tabatha	Grand View	8.20
4	Schiltz, Laura	Grand View	8.35
5	Minertz, Laura	Ashford	8.40
6	Knoll, Jessica	Grand View	8.59
7	Orvella, Beca	Mount Mercy	9.00
8			

**Heat 3 of 3 Prelims**

1			
2			
3	Schieferdecker, Carli	St. Ambrose	8.57
4	Turner, Alexis	Ashford	8.78
5	Shore, Nicole	Grand View	8.95
6	Reyna, Serina	Iowa Wesleyan	9.01
7	Duncan, Datisha	Ashford	8.50
8			

**Event 19 Women 200 Meter Dash**

Lane	Name	School	Seed Time
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**Section 1 of 7 Finals**

1			
2	Day, Hannah	Clarke	27.87
3	Buchanan, Laquisha	Ashford	27.18
4	Carlson, Tabatha	Grand View	26.92
5	Minertz, Laura	Ashford	27.55
6	Brown, Charisse	Grand View	27.94

**Section 2 of 7 Finals**

1			
2	Pettit, Krista	William Penn	28.58
3	Schertz, Jordyn	Grand View	28.47
4	Reagan, Steph	St. Ambrose	28.02
5	Milroy, Marla	St. Ambrose	28.57
6	Klein, Karie	Clarke	28.72

**Section 3 of 7 Finals**

1			
2	Duncan, Datisha	Ashford	29.02
3	Maher, Alyssa	Mount Mercy	28.84
4	Warren, Emilie	Mount Mercy	28.75
5	Pestotnik, Maggie	Grand View	28.88
6	Wink, Melisa	William Penn	29.05

**Section 4 of 7 Finals**

1			
2	Zielke, Elyssa	Clarke	29.50
3	Gruenke, Holly	St. Ambrose	29.22
4	Francois, Alexa	Mount Mercy	29.14
5	Knoll, Jessica	Grand View	29.30
6	Turner, Alexis	Ashford	29.54

**Section 5 of 7 Finals**

1			
2	Gillman, Jamie	Grand View	29.73
3	McAninch, Lindsey	Clarke	29.66
4	Bixler, Jessica	William Penn	29.61
5	Reyna, Serina	Iowa Wesleyan	29.68
6	Hotz, Nicole	Mount Mercy	30.08

**Section 6 of 7 Finals**

1			
2	Klaas, Tori	St. Ambrose	31.16
3	Orvella, Beca	Mount Mercy	30.76
4	Buss, Maggie	St. Ambrose	30.74
5	Christiansen, Brea	St. Ambrose	30.97
6			

**Section 7 of 7 Finals**

1			
2			
3	Hall, Corey	Iowa Wesleyan	34.57
4	McNames, Kelsey	Clarke	32.77
5	Krzystofiak, Kate	Iowa Wesleyan	NT
6			

**Event 15 Women 400 Meter Dash**

Lane	Name	School	Seed Time
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**Section 1 of 4 Finals**

1			
2	Reagan, Steph	St. Ambrose	1:02.64
3	Brown, Charisse	Grand View	1:02.21
4	Carlson, Tabatha	Grand View	1:00.89
5	Schroeder, Bonnie	St. Ambrose	1:02.46
6	Day, Hannah	Clarke	1:02.74

**Section 2 of 4 Finals**

1			
2	Schertz, Jordyn	Grand View	1:05.22
3	Moyna, Katrina	Clarke	1:04.21
4	Kane, Jacqueline	Mount Mercy	1:03.57
5	Sullivan, Shannon	Grand View	1:05.05
6	Wink, Melisa	William Penn	1:05.36

**Midwest Collegiate Conference  
Indoor Track and Field Championships  
Sterling, IL - 2/21/2009  
Meet Program**

**Section 3 of 4 Finals...(Event 15 Women 400 Meter Dash)**

1			
2	Baake, Alyssa	Mount Mercy	1:10.08
3	Bixler, Jessica	William Penn	1:06.54
4	Bys, Kailey	St. Ambrose	1:05.94
5	Kobliska, Sara	Mount Mercy	1:10.00
6	Berg, Kelsey	St. Ambrose	1:10.21

**Section 4 of 4 Finals**

1			
2	Schraeder, Kelsey	Ashford	1:27.62
3	Krzystofiak, Kate	Iowa Wesleyan	1:12.16
4	Shore, Nicole	Grand View	1:11.35
5	Stockton, Brittany	Iowa Wesleyan	1:18.95
6	Kollasch, Stephanie	Clarke	NT

**Event 1 Women 600 Meter Dash**

Lane Name	School	Seed Time
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**Section 1 of 4 Finals**

1			
2	Swartz, Taylar	Grand View	1:48.56
3	Leslie, Samantha	Clarke	1:42.77
4	Freund, Carley	Clarke	1:40.72
5	Schroeder, Bonnie	St. Ambrose	1:46.94
6	Lacher, McKelle	Grand View	1:50.86

**Section 2 of 4 Finals**

1			
2	Lovdahl, Jayne	St. Ambrose	NT
3	Turner, Karissa	Ashford	1:54.63
4	Riley, Brittany	Grand View	1:52.62
5	Kobliska, Sara	Mount Mercy	NT
6			

**Section 3 of 4 Finals**

1			
2			
3	Popp, Teresa	St. Ambrose	NT
4	Kane, Jacqueline	Mount Mercy	NT
5	Stockton, Brittany	Iowa Wesleyan	NT
6	Kvidera, Chelsea	Mount Mercy	NT

**Section 4 of 4 Finals**

1			
2			
3	Krzystofiak, Kate	Iowa Wesleyan	NT
4	Yotter, Kori	Mount Mercy	NT
5	Baake, Alyssa	Mount Mercy	NT
6			

**Event 17 Women 800 Meter Run**

Lane Name	School	Seed Time
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**Section 1 of 2 Finals**

1A	Gleich, Kelsey	Clarke	2:32.86
2A	Swartz, Taylar	Grand View	2:28.24
2B	Maier, Dana	St. Ambrose	2:34.85
3A	Lacher, McKelle	Grand View	2:32.02
3B	Young, Cassie	St. Ambrose	2:38.09
4A	Danielsen, Kara	Mount Mercy	2:33.25

**Section 2 of 2 Finals**

1A	Kobliska, Sara	Mount Mercy	2:49.86
2A	Hermesen, Paula	Mount Mercy	2:38.18
2B	Baake, Alyssa	Mount Mercy	NT
3A	Miller, Marissa	Grand View	2:43.71
3B	Krzystofiak, Kate	Iowa Wesleyan	NT
4A	Stockton, Brittany	Iowa Wesleyan	3:12.76

**Event 13 Women 1 Mile Run**

Lane Name	School	Seed Time
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**Section 1 of 1 Finals**

1	Birru, Obsie	Grand View	5:09.13
2	Yotter, Kori	Mount Mercy	5:31.34
3	Ashcraft, Brooke	St. Ambrose	5:32.38
4	Hensley, Megan	Grand View	6:06.95
5	Jacob, Sarah	St. Ambrose	6:09.97
6	Leonard, Ariel	Clarke	6:21.67
7	Craig, Betsy	Grand View	NT

**Event 21 Women 3000 Meter Run**

Lane Name	School	Seed Time
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**Section 1 of 1 Finals**

1	Birru, Obsie	Grand View	10:22.06
2	Ashcraft, Brooke	St. Ambrose	11:09.78
3	Hendrickson, Sara	Grand View	11:23.38
4	Danielsen, Keely	Mount Mercy	11:42.53
5	Jakobsen, Erika	Ashford	11:52.08
6	Clegg, Jessica	Clarke	12:13.63
7	Hensley, Megan	Grand View	12:17.15
8	Yotter, Britney	Mount Mercy	12:18.99
9	Crain, Jessi	Clarke	12:31.60
10	Toney, Brittany	Grand View	13:05.13
11	Hoover, Felicia	Grand View	14:00.59
12	Sullivan, Casey	St. Ambrose	15:06.39
13	Behan, Erin	Mount Mercy	NT

**Midwest Collegiate Conference  
Indoor Track and Field Championships  
Sterling, IL - 2/21/2009  
Meet Program**

**Event 5 Women 5000 Meter Run**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Birru, Obsie	Grand View	17:50.50
2	Hendrickson, Sara	Grand View	19:32.83
3	Ashcraft, Brooke	St. Ambrose	19:48.47
4	Behan, Erin	Mount Mercy	19:50.70
5	Danielsen, Keely	Mount Mercy	20:38.78
6	Clegg, Jessica	Clarke	20:42.25
7	Jakobsen, Erika	Ashford	20:42.50
8	Hensley, Megan	Grand View	21:36.39
9	Crain, Jessi	Clarke	22:56.30
10	Yotter, Britney	Mount Mercy	NT

**Event 7 Women 55 Meter Hurdles****Top 8 Advance by Time**

Lane	Name	School	Seed Time
<b>Heat 1 of 3 Prelims</b>			
1	Pestotnik, Maggie	Grand View	10.00
2	Moore, LaTasha	Grand View	9.49
3	Casper, Courtney	Grand View	9.52
4	Saunders, Shannon	William Penn	12.92
5	Zielke, Elyssa	Clarke	10.31
6	Orvella, Beca	Mount Mercy	10.24
7	Maher, Alyssa	Mount Mercy	9.63
8	Berg, Kelsey	St. Ambrose	10.84
<b>Heat 2 of 3 Prelims</b>			
1	Hotz, Nicole	Mount Mercy	10.23
2	Reyna, Serina	Iowa Wesleyan	10.72
3	Christiansen, Brea	St. Ambrose	10.86
4	Reagan, Steph	St. Ambrose	9.42
5	Milroy, Marla	St. Ambrose	10.07
6	Petit, Krista	William Penn	10.12
7			
8			

**Heat 3 of 3 Prelims**

1	Klein, Karie	Clarke	10.21
2	McNames, Kelsey	Clarke	11.86
3	Francois, Alexa	Mount Mercy	10.18
4	Flynn, Anna	St. Ambrose	10.52
5	Kollasch, Stephanie	Clarke	11.04
6	Skarda, Bridget	Grand View	10.63
7			
8			

**Event 25 Women 4x400 Meter Relay**

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	William Penn		4:32.16
2	Mount Mercy		4:16.69
3	Grand View		4:09.13
4	Clarke		4:12.30
5	Ashford		4:28.96
6	St. Ambrose		NT

**Event 23 Women 4x800 Meter Relay**

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Clarke		10:03.79
2	Mount Mercy		10:08.85
3	Grand View		10:25.67
4	St. Ambrose		NT

**Event 11 Women Distance Medley DMR**

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Grand View		12:31.12
2	Clarke		12:59.57
3	Mount Mercy		13:15.24
4	St. Ambrose		13:36.78
5			
6			

**Event 31 Women High Jump**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Casper, Courtney	Grand View	1.53m
2	Morrissey, Emily	St. Ambrose	1.46m
3	Craig, Betsy	Grand View	1.45m
4	Burnett, Katie	William Penn	1.55m
5	Sullivan, Shannon	Grand View	1.53m
6	Rosheisen, Brooke	St. Ambrose	1.46m
7	Kvidera, Chelsea	Mount Mercy	1.30m
8	Guerin, Lindsey	St. Ambrose	1.52m
9	Wagner, Corrie	Iowa Wesleyan	1.40m
10	Solms, Natalie	Ashford	1.55m

**Event 33 Women Pole Vault**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Guerin, Lindsey	St. Ambrose	3.00m
2	Maciag, Michelle	St. Ambrose	2.74m
3	Schertz, Jordyn	Grand View	2.14m
4	Gunawan, Lauren	St. Ambrose	2.88m
5	Berg, Kelsey	St. Ambrose	NH
6	Skarda, Bridget	Grand View	2.55m
7	Bradford, Morgan	Clarke	3.20m
8	Ledford, Anne	St. Ambrose	3.18m

**Midwest Collegiate Conference  
Indoor Track and Field Championships  
Sterling, IL - 2/21/2009  
Meet Program**

**Event 29 Women Long Jump**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Van Zuiden, Tara	Ashford	4.83m
2	Gruenke, Holly	St. Ambrose	3.99m
3	Wagner, Corrie	Iowa Wesleyan	4.76m
4	Sullivan, Shannon	Grand View	4.67m
5	Duncan, Datisha	Ashford	4.94m
6	Casper, Courtney	Grand View	4.76m
7	Schieferdecker, Carli	St. Ambrose	4.84m
8	Kooi, Cortni	Mount Mercy	ND
9	Guerin, Lindsey	St. Ambrose	4.61m
10	El'Amin, Najmah	William Penn	ND
11	Milroy, Marla	St. Ambrose	4.98m

**Event 37 Women Triple Jump**

Pos	Name	School	Seed Mark
<b>Flight 1 of 2 Finals</b>			
1	Casper, Courtney	Grand View	ND
2	Rosheisen, Brooke	St. Ambrose	9.77m
3	Moore, LaTasha	Grand View	9.58m
4	Milroy, Marla	St. Ambrose	9.39m
5	Morrissey, Emily	St. Ambrose	8.23m
6	Maciag, Michelle	St. Ambrose	8.84m
7	Guerin, Lindsey	St. Ambrose	10.09m
<b>Flight 2 of 2 Finals</b>			
1	Van Zuiden, Tara	Ashford	10.07m
2	Burnett, Katie	William Penn	8.01m
3	Sullivan, Shannon	Grand View	9.57m
4	El'Amin, Najmah	William Penn	ND
5	Kooi, Cortni	Mount Mercy	1.00m
6	Schieferdecker, Carli	St. Ambrose	10.05m
7	Solms, Natalie	Ashford	10.37m

**Event 35 Women Shot Put**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Henggeler, Nicole	St. Ambrose	10.22m
2	Funk, Brooke	Ashford	10.30m
3	Schiltz, Laura	Grand View	11.39m
4	Burnett, Katie	William Penn	10.06m
5	Wagner, Corrie	Iowa Wesleyan	11.97m
6	Hansen, Kelsey	Mount Mercy	10.61m
7	Camp, Lauryn	Grand View	10.75m
8	Tangen, Meredith	St. Ambrose	10.63m
9	Houston, Ashley	Grand View	10.42m
10	Streu, Mandy	St. Ambrose	13.54m
11	Maas, Chelsea	Grand View	11.15m

**Event 27 Women Weight Throw**

Pos	Name	School	Seed Mark
<b>Flight 1 of 1 Finals</b>			
1	Hansen, Kelsey	Mount Mercy	12.69m
2	Henggeler, Nicole	St. Ambrose	12.54m
3	Streu, Mandy	St. Ambrose	13.83m
4	Funk, Brooke	Ashford	10.79m
5	Houston, Ashley	Grand View	10.96m
6	Camp, Lauryn	Grand View	11.45m
7	Tangen, Meredith	St. Ambrose	11.65m
8	Maas, Chelsea	Grand View	13.74m
9	Schiltz, Laura	Grand View	14.04m
10	Brown, Emily	Clarke	17.29m

**Event 10 Men 55 Meter Dash**

<b>Top 8 Advance by Time</b>			
Lane	Name	School	Seed Time
<b>Heat 1 of 3 Prelims</b>			
1	Maddock, Lonzell	Iowa Wesleyan	7.48
2	Yerk, Aaron	Ashford	7.49
3	Whitten, Sean	St. Ambrose	7.21
4	Morris, Reggie	William Penn	7.50
5	Brunson, Kelvin	Iowa Wesleyan	7.11
6	Guerrero, Eric	St. Ambrose	7.34
7	Robertson, Cody	Mount Mercy	NT
8	Kindell, Ivan	William Penn	7.46
<b>Heat 2 of 3 Prelims</b>			
1	Nwaogwugwu, Andrew	Grand View	7.36
2	Thomas, Robert	Iowa Wesleyan	7.44
3	Bland, Titus	Grand View	7.01
4	Hall, Dan	St. Ambrose	7.27
5	Wade, Jenerro	William Penn	7.55
6	Henderson, Jarvis	Grand View	7.27
7	Are, Ademola	Ashford	7.39
8	Stepter, Carlos	William Penn	7.22
<b>Heat 3 of 3 Prelims</b>			
1	Hakeman, Matt	Mount Mercy	7.61
2	Cooper, Phil	Grand View	7.10
3	Deady, David	Mount Mercy	7.35
4	Pechota, Matthew	Mount Mercy	8.31
5	Strawhacker, Austin	Grand View	7.78
6	Furlow, Lawrence	Grand View	7.17
7	Cewe, Toby	St. Ambrose	7.42
8	Amy, Jason	Iowa Wesleyan	7.33

**Midwest Collegiate Conference  
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Sterling, IL - 2/21/2009  
Meet Program**

**Event 20 Men 200 Meter Dash**

Lane	Name	School	Seed Time
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**Section 1 of 6 Finals**

1			
2	Furlow, Lawrence	Grand View	22.94
3	Bland, Titus	Grand View	22.68
4	Henderson, Jarvis	Grand View	22.65
5	Cooper, Phil	Grand View	22.84
6	Stepter, Carlos	William Penn	23.11

**Section 2 of 6 Finals**

1			
2	Hall, Dan	St. Ambrose	23.74
3	Brunson, Kelvin	Iowa Wesleyan	23.55
4	Whitten, Sean	St. Ambrose	23.40
5	Scroggins, Jimmy	Mount Mercy	23.69
6	Amy, Jason	Iowa Wesleyan	23.90

**Section 3 of 6 Finals**

1			
2	Shaw, Mervin	Iowa Wesleyan	24.42
3	Newbill, Shane	Iowa Wesleyan	24.36
4	Nwaogwugwu, Andrew	Grand View	23.99
5	Kindell, Ivan	William Penn	24.42
6	Brown, Dustin	Clarke	24.50

**Section 4 of 6 Finals**

1			
2	Wade, Jenerro	William Penn	24.77
3	Mich, Matt	William Penn	24.53
4	Thomas, Robert	Iowa Wesleyan	24.50
5	Deady, David	Mount Mercy	24.67
6	Griffin, Kevin	Ashford	25.09

**Section 5 of 6 Finals**

1			
2	Reinhart, Aaron	Mount Mercy	26.89
3	Hakeman, Matt	Mount Mercy	25.24
4	Strawhacker, Austin	Grand View	25.22
5	Brydl, Lukas	Mount Mercy	26.60
6			

**Section 6 of 6 Finals**

1			
2			
3	Stoermer, Mitch	St. Ambrose	27.20
4	Pechota, Matthew	Mount Mercy	27.02
5	Hill, Spencer	St. Ambrose	NT
6			

**Event 16 Men 400 Meter Dash**

Lane	Name	School	Seed Time
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**Section 1 of 6 Finals**

1			
2	Bland, Titus	Grand View	53.22
3	Scroggins, Jimmy	Mount Mercy	52.71
4	Cooper, Phil	Grand View	52.45
5	Barnes, Franklin	Ashford	53.17
6	Henderson, Dustin	Mount Mercy	53.38

**Section 2 of 6 Finals**

1			
2	Are, Ademola	Ashford	53.96
3	Cewe, Toby	St. Ambrose	53.88
4	Amy, Jason	Iowa Wesleyan	53.85
5	Whalen, Sean	St. Ambrose	53.91
6	Smalley, Matt	Grand View	54.00

**Section 3 of 6 Finals**

1			
2	Charles, Gregory	Grand View	54.92
3	Hall, Dan	St. Ambrose	54.50
4	Henderson, Jarvis	Grand View	54.03
5	Burck, Spencer	William Penn	54.78
6	McDonnald, Baquon	Iowa Wesleyan	55.05

**Section 4 of 6 Finals**

1			
2	Reinhart, Aaron	Mount Mercy	58.46
3	Voss, Tanner	William Penn	56.83
4	Brown, Dustin	Clarke	55.10
5	Binkley, Mitch	St. Ambrose	57.23
6	Sheehan, Rob	Clarke	58.51

**Section 5 of 6 Finals**

1			
2	Maddock, Lonzell	Iowa Wesleyan	NT
3	Brydl, Lukas	Mount Mercy	1:00.94
4	Steinbach, Nick	St. Ambrose	1:00.11
5	Monos, Shawn	Iowa Wesleyan	NT
6	Shaw, Mervin	Iowa Wesleyan	NT

**Section 6 of 6 Finals**

1			
2			
3	Roudabush, Josh	William Penn	NT
4	Furlow, Lawrence	Grand View	NT
5	Newbill, Shane	Iowa Wesleyan	NT
6			

**Midwest Collegiate Conference  
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Meet Program**

**Event 18 Men 800 Meter Run**

Lane Name	School	Seed Time
<b>Section 1 of 2 Finals</b>		
1A McNamara, Dan	Clarke	2:05.75
2A Darmody, John	St. Ambrose	1:59.11
2B Mase, Isaac	Clarke	2:06.77
3A Waring, Justin	Mount Mercy	2:03.62
3B Quinn, Austin	St. Ambrose	2:07.43
4A Clarke, Matthew	Mount Mercy	2:06.52
<b>Section 2 of 2 Finals</b>		
1A Barginear, Arvell	Ashford	2:12.10
2A Schmidt, Matt	St. Ambrose	2:09.29
2B Sheehan, Rob	Clarke	2:24.95
3A Irving, Tyler	Grand View	2:10.25
3B Fallon, Tommy	St. Ambrose	NT
4A Dewey, Brian	Grand View	2:21.11

**Event 4 Men 1000 Meter Run**

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1 Darmody, John	St. Ambrose	2:34.84
2 Quinn, Austin	St. Ambrose	2:41.86
3 Stephens, Aaron	Mount Mercy	2:48.54
4 Schmidt, Matt	St. Ambrose	2:50.24
5 Messerschmidt, Drew	Grand View	2:57.13
6 Yerk, Aaron	Ashford	3:12.50
7 Gaffney, John	Ashford	NT
8 Brydl, Lukas	Mount Mercy	NT
9 Waring, Justin	Mount Mercy	NT
10 Reinhart, Aaron	Mount Mercy	NT
11 Irving, Tyler	Grand View	NT
12 McNamara, Dan	Clarke	NT

**Event 14 Men 1 Mile Run**

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1 Darmody, John	St. Ambrose	4:19.67
2 Becker, Scott	Mount Mercy	4:39.07
3 Mase, Isaac	Clarke	4:43.47
4 Quinn, Austin	St. Ambrose	4:48.07
5 Aldrich, Jon	Grand View	4:49.23
6 Messerschmidt, Drew	Grand View	4:57.31
7 DeVore, Donovan	William Penn	5:11.76
8 Sobucki, James	St. Ambrose	5:21.82

**Event 22 Men 3000 Meter Run**

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1 Miroux, Mike	Mount Mercy	9:33.74
2 Randle, Keith	St. Ambrose	9:37.17
3 Terry, Keith	Mount Mercy	9:51.05
4 Aldrich, Jon	Grand View	9:55.57
5 Letzring, Jordan	William Penn	10:01.60
6 Olieny, Jekow	Mount Mercy	10:08.86
7 Messerschmidt, Drew	Grand View	10:10.35
8 Mock, Eric	St. Ambrose	10:13.57
9 Barker, Jacob	St. Ambrose	10:16.32
10 Paton, Alan	Grand View	10:16.85
11 Villareal, Nick	St. Ambrose	10:35.41
12 Newcomb, Nick	Grand View	10:41.65
13 Williams, Spencer	Grand View	10:50.65
14 Sang, Evans	Clarke	11:10.63

**Event 6 Men 5000 Meter Run**

Lane Name	School	Seed Time
<b>Section 1 of 1 Finals</b>		
1 Miroux, Mike	Mount Mercy	16:16.87
2 Terry, Keith	Mount Mercy	16:40.23
3 Randle, Keith	St. Ambrose	16:54.06
4 Olieny, Jekow	Mount Mercy	17:46.66
5 Barker, Jacob	St. Ambrose	17:50.02
6 Paton, Alan	Grand View	17:56.80
7 Williams, Spencer	Grand View	18:51.99
8 Mock, Eric	St. Ambrose	NT
9 Villareal, Nick	St. Ambrose	NT
10 Letzring, Jordan	William Penn	NT
11 Ptasienski, Luke	Iowa Wesleyan	NT
12 Aldrich, Jon	Grand View	NT

**Event 8 Men 55 Meter Hurdles**

<b>Top 8 Advance by Time</b>		
Lane Name	School	Seed Time
<b>Heat 1 of 2 Prelims</b>		
1 Robertson, Cody	Mount Mercy	NT
2 Renwick, Dustin	St. Ambrose	8.93
3 ReVoor, Russell	Clarke	8.94
4 DeVenney, Danny	St. Ambrose	9.25
5 Voss, Tanner	William Penn	9.61
6 Barnes, Franklin	Ashford	8.77
7 Westerkamp, Pete	Grand View	8.94
8 Hughes, Steven	Grand View	9.15

**Midwest Collegiate Conference  
Indoor Track and Field Championships  
Sterling, IL - 2/21/2009  
Meet Program**

**Heat 2 of 2 Prelims...(Event 8 Men 55 Meter Hurdles)**

1	Williams, John	St. Ambrose	10.36
2	Foster, Ryan	St. Ambrose	9.59
3	Smalley, Matt	Grand View	8.81
4	Maddock, Lonzell	Iowa Wesleyan	9.25
5	Yerk, Aaron	Ashford	10.39
6			
7	Mich, Matt	William Penn	9.82
8	Whalen, Sean	St. Ambrose	8.82

**Event 26 Men 4x400 Meter Relay**

Lane	Team	Relay	Seed Time
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**Section 1 of 2 Finals**

1			
2	Ashford		3:36.36
3	Mount Mercy		3:35.97
4	Grand View		3:29.73
5	St. Ambrose		3:36.02
6			

**Section 2 of 2 Finals**

1			
2			
3	Clarke		3:41.00
4	William Penn		3:39.80
5	Iowa Wesleyan		3:47.48
6			

**Event 24 Men 4x800 Meter Relay**

Lane	Team	Relay	Seed Time
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**Section 1 of 1 Finals**

1	St. Ambrose		8:23.03
2	Mount Mercy		8:23.91
3	Grand View		8:49.23
4	William Penn		NT
5			
6			

**Event 12 Men Distance Medley DMR**

Lane	Team	Relay	Seed Time
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**Section 1 of 1 Finals**

1	Mount Mercy		11:04.02
2	Grand View		11:25.99
3	St. Ambrose		NT
4			
5			
6			

**Event 32 Men High Jump**

Pos	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	Barnes, Travis	Grand View	1.98m
2	Foster, Ryan	St. Ambrose	NH
3	Hughes, Steven	Grand View	1.98m
4	Dixon, David	St. Ambrose	NH
5	Stephens, Aaron	Mount Mercy	1.88m
6	ReVoir, Russell	Clarke	1.92m
7	Meyer, Jamey	St. Ambrose	NH
8	Yerk, Aaron	Ashford	1.79m
9	Smith, Austin	Ashford	1.90m
10	Davis, Andrew	Iowa Wesleyan	1.88m

**Event 34 Men Pole Vault**

Pos	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	Griffin, Kevin	Ashford	4.27m
2	Smalley, Matt	Grand View	3.35m
3	Irving, Tyler	Grand View	NH
4	Stoermer, Mitch	St. Ambrose	2.58m
5	Hughes, Steven	Grand View	3.35m
6	Hill, Spencer	St. Ambrose	NH
7	Renwick, Dustin	St. Ambrose	2.88m
8	Yerk, Aaron	Ashford	4.06m
9	Are, Ademola	Ashford	NH
10	Foster, Ryan	St. Ambrose	3.78m

**Event 30 Men Long Jump**

Pos	Name	School	Seed Mark
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**Flight 1 of 2 Finals**

1	Scroggins, Jimmy	Mount Mercy	ND
2	Wade, Jenerro	William Penn	5.12m
3	Simpao, Marcus	St. Ambrose	ND
4	Yerk, Aaron	Ashford	6.27m
5	Burck, Spencer	William Penn	6.30m
6	Whitten, Sean	St. Ambrose	6.44m
7	Guerrero, Eric	St. Ambrose	5.74m
8	Boldger, Eric	Clarke	5.64m
9	Mich, Matt	William Penn	5.60m
10	Henderson, Jarvis	Grand View	6.22m

**Flight 2 of 2 Finals**

1	Griffin, Kevin	Ashford	5.77m
2	Morris, Reggie	William Penn	6.12m
3	Hughes, Steven	Grand View	6.35m
4	Bland, Titus	Grand View	6.30m
5	Hall, Dan	St. Ambrose	6.27m
6	Cewe, Toby	St. Ambrose	5.87m
7	Davis, Andrew	Iowa Wesleyan	6.48m
8	Clay, Royce	William Penn	6.77m
9	Dawson, Richard	Iowa Wesleyan	5.59m
10			

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Meet Program**

**Event 38 Men Triple Jump**

Pos	Name	School	Seed Mark
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**Flight 1 of 2 Finals**

1	Renwick, Dustin	St. Ambrose	13.22m
2	Dawson, Richard	Iowa Wesleyan	11.51m
3	Griffin, Kevin	Ashford	11.11m
4	Davis, Andrew	Iowa Wesleyan	12.34m
5	Hughes, Steven	Grand View	13.17m
6	Morris, Reggie	William Penn	11.94m
7	Foster, Ryan	St. Ambrose	11.77m

**Flight 2 of 2 Finals**

1	Simpao, Marcus	St. Ambrose	11.14m
2	Mich, Matt	William Penn	11.71m
3	Boldger, Eric	Clarke	12.23m
4	Williams, John	St. Ambrose	10.82m
5	Clay, Royce	William Penn	13.64m
6	Barnes, Travis	Grand View	12.98m
7	Whitten, Sean	St. Ambrose	13.86m

**Event 36 Men Shot Put**

Pos	Name	School	Seed Mark
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**Flight 1 of 2 Finals**

1	Chavez, Tim	Iowa Wesleyan	12.43m
2	Yerk, Aaron	Ashford	10.75m
3	Cherryholmes, Scott	St. Ambrose	14.80m
4	Roeder, Curtis	St. Ambrose	11.98m
5	Nichols, Heath	William Penn	12.74m
6	DeVenney, Danny	St. Ambrose	12.26m
7	McCullough, Jacob	William Penn	13.82m
8	Wilson, Chad	St. Ambrose	12.53m
9	Adams, Jordan	Grand View	14.45m

**Flight 2 of 2 Finals**

1	Hines, Colten	Grand View	12.16m
2	Neal, Drew	Grand View	10.52m
3	Werstein, Jonathon	Mount Mercy	8.66m
4	Milder, David	William Penn	10.81m
5	Heuermann, Nick	St. Ambrose	13.39m
6	Novy, Ken	Mount Mercy	12.01m
7	Wells, Tyler	Grand View	13.91m
8	Spencer, Nick	St. Ambrose	13.17m
9			

**Event 28 Men Weight Throw**

Pos	Name	School	Seed Mark
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**Flight 1 of 2 Finals**

1	McCullough, Jacob	William Penn	12.92m
2	Werstein, Jonathon	Mount Mercy	7.87m
3	Nichols, Heath	William Penn	12.94m
4	Willett, Brian	William Penn	5.84m
5	Adams, Jordan	Grand View	16.50m
6	Novy, Ken	Mount Mercy	11.28m
7	Roeder, Curtis	St. Ambrose	12.32m
8	Milder, David	William Penn	12.38m

**Flight 2 of 2 Finals**

1	Neal, Drew	Grand View	12.97m
2	Spencer, Nick	St. Ambrose	14.07m
3	Wells, Tyler	Grand View	13.68m
4	Heuermann, Nick	St. Ambrose	11.67m
5	Rufus, Danny	St. Ambrose	15.21m
6	Cherryholmes, Scott	St. Ambrose	13.30m
7	Hines, Colten	Grand View	11.78m
8	DeVenney, Danny	St. Ambrose	13.65m