

Chelsey M. Henkenius Indoor Open - 1/21/2017

Hoover Fieldhouse

Results

Women 60 Meter Dash

Name	School	Prelims
Preliminaries		
1	Cherry, Becca	Wartburg Col 7.86q
2	Flaws, Allie	Grand View U 8.04q
3	Wunschel, Shania	Buena Vista 8.10q
4	Spear, Mallory	Buena Vista 8.11q
5	Smith, Molly Jo	St. Ambrose 8.19q
6	Clark, Sha'Rhonda	Mount Mercy 8.19q
7	Waller, Amarri	Wartburg Col 8.22q
8	Bjustrom, Maggi	Wartburg Col 8.32q
9	Brant, Amy	Wartburg Col 8.38
10	Gridiron, Jade	Mount Mercy 8.40
11	Perez, Mary	St. Ambrose 8.43
12	Miller-Baker, Skylar	Wartburg Col 8.49
13	Nolting, Anne	St. Ambrose 8.52
14	Thorson, Makenzie	Wartburg Col 8.52
15	Jones, Jasmyne	Wartburg Col 8.55
16	Brimeyer, Jessica	Wartburg Col 8.57
17	Butturff, Destine	Buena Vista 8.64
18	Igarashi, Jessica	Buena Vista 8.70
19	Scott, Kisa	Wartburg Col 8.70
20	Hunt, Rachel	Briar Cliff 8.74
21	Haley, Lindsey	North Iowa A 8.74
22	Holbert, Sunkyu	Buena Vista 8.79
23	Baloch, Aminah	Mount Mercy 8.87
24	Lambert, Bryanna	North Iowa A 9.00
25	Waldman, Becca	Wartburg Col 9.22
26	Nabuyoli, Frankline	Mount Mercy 9.79
---	Ayers, Ronnoja	Grand View U DQ

Women 60 Meter Dash

Name	School	Finals
Finals		
1	Cherry, Becca	Wartburg Col 7.86 10
2	Flaws, Allie	Grand View U 8.08 8
3	Wunschel, Shania	Buena Vista 8.13 6
4	Spear, Mallory	Buena Vista 8.14 5
5	Waller, Amarri	Wartburg Col 8.17 4
6	Clark, Sha'Rhonda	Mount Mercy 8.22 3
7	Smith, Molly Jo	St. Ambrose 8.23 2
8	Bjustrom, Maggi	Wartburg Col 8.48 1

Women 200 Meter Dash

Name	School	Finals
Finals		
1	Ayers, Ronnoja	Grand View U 26.22 10
2	Spear, Mallory	Buena Vista 26.54 8
3	Lampe, Sarah	St. Ambrose 26.87 6
4	Flaws, Allie	Grand View U 27.32 5
5	Brant, Amy	Wartburg Col 27.41 4
6	Gadient, Rachel	Mount Mercy 27.50 3
7	Waller, Amarri	Wartburg Col 27.58 2
8	Clark, Sha'Rhonda	Mount Mercy 27.66 1
9	Wunschel, Shania	Buena Vista 27.69

10	Thorson, Makenzie	Wartburg Col 27.73
11	Hamilton, Dimetrea	Grand View U 27.78
12	Spear, Madison	Buena Vista 27.93
13	Nolting, Anne	St. Ambrose 28.02
14	Perez, Mary	St. Ambrose 28.19
15	Chandler, Raeshonda	Mount Mercy 28.19
16	Miller-Baker, Skylar	Wartburg Col 28.21
17	Scott, Kisa	Wartburg Col 28.44
18	Gridiron, Jade	Mount Mercy 28.49
19	Jones, Jasmyne	Wartburg Col 28.64
20	Roth, Sam	St. Ambrose 28.66
21	Brimeyer, Jessica	Wartburg Col 28.80
22	Ervin, Allyson	Buena Vista 28.83
23	Haley, Lindsey	North Iowa A 28.98
24	Holbert, Sunkyu	Buena Vista 29.01
25	Butturff, Destine	Buena Vista 29.32
26	Igarashi, Jessica	Buena Vista 29.46
27	Fuller, Abbie	St. Ambrose 29.49
28	VanZuuk, Jessica	Grand View U 29.55
29	Jones, Raven	Grand View U 29.79
30	Lambert, Bryanna	North Iowa A 30.04
31	MacDougall, Kaleigha	Grand View U 30.05
32	Waldman, Becca	Wartburg Col 30.52
33	Dopita, Angela	Briar Cliff 30.63
34	Wulffen, Jessica	St. Ambrose 31.27
35	Schwab, Cassidy	Briar Cliff 31.28
36	Meyer, Lindsay	Buena Vista 31.43
37	Ingalls, Madeline	Mount Mercy 32.06
38	Nabuyoli, Frankline	Mount Mercy 33.95

Women 400 Meter Dash

Name	School	Finals
Finals		
1	Smith, Molly Jo	St. Ambrose 59.56 10
2	Lampe, Sarah	St. Ambrose 1:00.03 8
3	Dellamuth, Bri	Wartburg Col 1:01.48 6
4	Sulek, Bridget	St. Ambrose 1:03.68 5
5	Quijano, Kristina	Wartburg Col 1:04.82 4
6	Puls, Katie	Buena Vista 1:05.83 3
7	Meyers, Mallory	St. Ambrose 1:06.25 2
8	Igarashi, Jessica	Buena Vista 1:07.24 1
9	Wiebusch, Ella	Buena Vista 1:07.96
10	MacDougall, Kaleigha	Grand View U 1:10.91

Women 600 Meter Run

Name	School	Finals
Finals		
1	Muhlenbruch, Kaitlyn	Wartburg Col 1:40.54 10
2	Roberts, Katie	Grand View U 1:41.86 8
3	Davis, Claire	Mount Mercy 1:43.91 6
4	Hammer, Abby	St. Ambrose 1:44.83 5
5	Jacobsen, Jamie	Briar Cliff 1:46.33 4
6	Wenzel, Erin	Grand View U 1:50.42 3
7	Roth, Mady	Mount Mercy 1:52.32 2
8	Miller, Briana	Wartburg Col 1:54.29 1
9	Dopita, Angela	Briar Cliff 1:57.54

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Results

Women 800 Meter Run

Name	School	Finals
Finals		
1 Vander Poel, Kathryn	Mount Mercy	2:21.06 10
2 Weaver, Cailey	North Iowa A	2:21.14 8
3 Plumb, Ashley	St. Ambrose	2:23.90 6
4 Taylor, Aubree	Wartburg Col	2:28.72 5
5 Adams, Sarah	St. Ambrose	2:30.88 4
6 Puls, Katie	Buena Vista	2:33.52 3
7 DeBaillie, Abby	Wartburg Col	2:35.21 2
8 Wiebusch, Ella	Buena Vista	2:36.34 1
9 Schmidt, Kendra	North Iowa A	2:37.63
10 Stockdale, Sara	St. Ambrose	2:39.14
11 Bonsall, Cassandra	North Iowa A	2:42.19
12 Reynolds, Jazmine	Mount Mercy	2:42.80
13 Fullerton, Amy	North Iowa A	2:44.24
14 Gonzague, Keisha	North Iowa A	2:45.58
15 Ertz, Jessica	Mount Mercy	2:47.11
16 Sowle, Courtney	Wartburg Col	2:47.92
17 Meiller, Megan	Grand View U	2:51.21
18 Harris, Tara	Buena Vista	2:54.32

Women 1000 Meter Run

Name	School	Finals
Finals		
1 Tell, Dakota	Wartburg Col	3:09.79 10
2 Ertz, Andrea	Mount Mercy	3:12.56 8
3 Carlsen, Maddie	Wartburg Col	3:13.01 6
4 Breitbach, Nicole	Wartburg Col	3:15.35 5
5 Rittgers, Erica	Wartburg Col	3:18.30 4
6 King, Kennedy	Grand View U	3:18.73 3
7 Pruet, Molly	Mount Mercy	3:19.19 2
8 Stevens, Ashley	Wartburg Col	3:20.53 1
9 Dickes, Jenny	St. Ambrose	3:22.87
10 Jacobsen, Jamie	Briar Cliff	3:24.14
11 Sobaski, Hannah	Grand View U	3:24.60
12 Nordgren, Christa	Grand View U	3:25.34
13 Rulis, Ashlyn	St. Ambrose	3:27.09
14 Gunn, Chloe	St. Ambrose	3:28.43
15 Cortes, Vanessa	Mount Mercy	3:28.85
16 Carlsson, Shelby	St. Ambrose	3:39.04
17 Woods, Allison	Mount Mercy	3:41.74
18 Willy, Michaela	North Iowa A	3:42.27
19 Gonzalez, Gabriela	Wartburg Col	3:51.50
20 Barretta, Michaela	Grand View U	3:53.66

Women 1 Mile Run

Name	School	Finals
Finals		
1 Tell, Dakota	Wartburg Col	5:19.75 10
2 Breitbach, Nicole	Wartburg Col	5:25.53 8
3 Silbernagel, Meghan	Wartburg Col	5:25.56 6
4 Carlsen, Maddie	Wartburg Col	5:30.00 5
5 Knobloch, Keeley	St. Ambrose	5:34.83 4
6 Pruet, Molly	Mount Mercy	5:36.28 3

7 Paisley, Karyn	St. Ambrose	5:40.28 2
8 Stevens, Ashley	Wartburg Col	5:40.40 1
9 Stockdale, Sara	St. Ambrose	5:44.62
10 Cortes, Vanessa	Mount Mercy	5:45.35
11 Mokhtary, Abby	Wartburg Col	5:49.88
12 Fober, Natalie	Wartburg Col	5:52.25
13 Harms, Haley	Wartburg Col	5:52.80
14 Feller, Gillian	Wartburg Col	5:56.49
15 Rusch, Alison	Wartburg Col	6:01.48
16 Lopez, Jenny	St. Ambrose	6:06.72
17 Ertz, Jessica	Mount Mercy	6:08.88
18 Woods, Allison	Mount Mercy	6:12.80
19 Harris, Tara	Buena Vista	6:24.47
20 Diaz, Guadalupe	North Iowa A	6:25.54
21 Gonzalez, Gabriela	Wartburg Col	6:38.29
22 Binkley, Katie	St. Ambrose	7:04.21

Women 3000 Meter Run

Name	School	Finals
Finals		
1 Mallon, Beth	Wartburg Col	10:52.88 10
2 Marchino, Gabby	Wartburg Col	11:22.36 8
3 Zamora, Alexa	Mount Mercy	11:26.08 6
4 Nelson, Katie	St. Ambrose	11:30.22 5
5 Hoffert, Katie	Mount Mercy	11:37.02 4
6 Thayer, Michelle	Grand View U	11:57.90 3
7 Falconer, Jacqueline	Wartburg Col	12:05.27 2
8 Erskine, Sara	St. Ambrose	15:09.34 1

Women 5000 Meter Run

Name	School	Finals
Finals		
1 Bagge, Ashlyn	Wartburg Col	17:37.79 10
2 Kelchen, Kylie	Wartburg Col	19:28.58 8
3 Thayer, Michelle	Grand View U	20:29.86 6
4 Fober, Miranda	Wartburg Col	20:33.40 5
5 Leonard, Hayley	Grand View U	22:01.68 4

Women 60 Meter Hurdles

Name	School	Prelims
Preliminaries		
1 Hamilton, Dimetrea	Grand View U	9.31q
2 Spear, Madison	Buena Vista	9.35q
3 Bjustrom, Maggi	Wartburg Col	9.51q
4 Duos, Reeva	Mount Mercy	9.60q
5 Sowle, Courtney	Wartburg Col	9.83q
6 Flanders, Renee	St. Ambrose	9.98q
7 Achter, Anna	Wartburg Col	10.00q
8 VanZuuk, Jessica	Grand View U	10.09q
9 VanVeldhuizen, Lydia	Grand View U	10.19
10 Ervin, Allyson	Buena Vista	10.21
11 Waldman, Becca	Wartburg Col	10.32
12 Trosky, Ellie	Mount Mercy	10.44
13 DeBaillie, Abby	Wartburg Col	10.50
14 Schwab, Cassidy	Briar Cliff	10.61
15 Wise, Julie	Mount Mercy	10.80

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Women 60 Meter Hurdles

Name	School	Finals
Finals		
1 Hamilton, Dimetrea	Grand View U	9.17 10
2 Spear, Madison	Buena Vista	9.20 8
3 Duos, Receva	Mount Mercy	9.54 6
4 Sowle, Courtney	Wartburg Col	9.56 5
5 Bjstrom, Maggi	Wartburg Col	9.64 4
6 Achter, Anna	Wartburg Col	9.97 3
7 Flanders, Renee	St. Ambrose	9.99 2
8 VanZuuk, Jessica	Grand View U	10.07 1

Women 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Wartburg College	A	1:45.98 10
2 Mount Mercy	A	1:56.56 8
1) Sanborn, Nicole	2) O'Shea, Ashli	
3) Baloch, Aminah	4) Jaynes, Karley	
3 St. Ambrose	A	1:57.06 6
1) Fuller, Abbie	2) Wulffen, Jessica	
3) Lamourt, Lauren	4) Voss, Amber	

Women 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Wartburg College	B	4:00.74 10
1) Tynismaa, Belle	2) Jones, Teylor	
3) Dellamuth, Bri	4) Duehr, Elizabeth	
2 Wartburg College	A	4:01.13 8
1) Muhlenbruch, Kaitlyn	2) Folkedahl, Dailen	
3) Cherry, Becca	4) Officer, Taylor	
3 Grand View Univ	A	4:12.70 6
1) Ayers, Ronnoja	2) King, Kennedy	
3) Roberts, Katie	4) Flaws, Allie	
4 Wartburg College	C	4:15.99 5
5 Buena Vista Uni	A	4:17.19 4
1) Ervin, Allyson	2) Spear, Madison	
3) Holbert, Sunkyu	4) Spear, Mallory	
6 St. Ambrose	A	4:18.32 3
1) Sulek, Bridget	2) Lampe, Sarah	
3) Hammer, Abby	4) Smith, Molly Jo	
7 Mount Mercy	B	4:19.34 2
1) Chandler, Raeshonda	2) O'Shea, Ashli	
3) Ertz, Andrea	4) Roth, Mady	
8 Mount Mercy	A	4:22.87 1
1) Gadiant, Rachel	2) Vander Poel, Kathryn	
3) Davis, Claire	4) Duos, Receva	
9 Grand View Univ	B	4:27.89
1) Hamilton, Dimetrea	2) VanVeldhuizen, Lydia	
3) Barry, Jamie	4) Wenzel, Erin	
10 Buena Vista Uni	B	4:36.50
1) Igarashi, Jessica	2) Wiebusch, Ella	
3) Puls, Katie	4) Harris, Tara	

11 Mount Mercy	C	4:38.62
1) Trosky, Ellie	2) Reynolds, Jazmine	
3) Wise, Julie	4) Ingalls, Madeline	
12 Wartburg College	D	4:40.19
13 North Iowa Area Comm	A	4:43.41
1) Fullerton, Amy	2) Schmidt, Kendra	
3) Bonsall, Cassandra	4) Willy, Michaela	

Women Distance Medley

Team	Relay	Finals
Finals		
1 Wartburg College	A	12:56.65 10
2 St. Ambrose	A	13:41.23 8
1) Rulis, Ashlyn	2) Voss, Amber	
3) Dickes, Jenny	4) Gunn, Chloe	
3 North Iowa Area Comm	A	14:08.26 6
1) Schmidt, Kendra	2) Weaver, Cailey	
3) Gonzague, Keisha	4) Fullerton, Amy	
4 Grand View Univ	A	14:15.39 5
1) Sobaski, Hannah	2) Barry, Jamie	
3) Barretta, Michaela	4) Nordgren, Christa	

Women High Jump

Name	School	Finals
Finals		
1 Sahr, Patricia	North Iowa A	1.59m 10
2 Sowle, Courtney	Wartburg Col	1.49m 8
3 Gadiant, Rachel	Mount Mercy	J1.49m 6
4 Chandler, Raeshonda	Mount Mercy	J1.49m 5
5 Meiller, Megan	Grand View U	1.44m 4
6 Chambers, Cassidy	St. Ambrose	1.39m 3
7 DeBaillie, Abby	Wartburg Col	J1.39m 2
8 Zweigart, Makayla	Mount Mercy	J1.39m 1
9 Stirling, Caroline	Mount Mercy	1.34m

Women Pole Vault

Name	School	Finals
Finals		
1 Munday, Chelsea	St. Ambrose	J2.90m 10
2 Larson, Sam	Wartburg Col	J2.15m 8
3 Chambers, Cassidy	St. Ambrose	J2.15m 6

Women Long Jump

Name	School	Finals
Finals		
1 Lamourt, Lauren	St. Ambrose	5.04m 10
2 Edwards, Lilia	Wartburg Col	4.80m 8
3 Sanborn, Nicole	Mount Mercy	4.78m 6
4 Fuller, Abbie	St. Ambrose	4.77m 5
5 Leffler, Victoria	Buena Vista	4.73m 4
6 McAtee, Olivia	Wartburg Col	4.71m 3
7 Jones, Raven	Grand View U	4.66m 2
8 Achter, Anna	Wartburg Col	4.63m 1
9 Butturff, Destine	Buena Vista	4.60m
10 Roth, Sam	St. Ambrose	4.58m
11 Wunschel, Shania	Buena Vista	4.39m

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Results

Finals ... (Women Long Jump)

Name	School	Finals
12 Stirling, Caroline	Mount Mercy	4.22m
13 Wade, Karlie	St. Ambrose	4.21m
14 Mason, Michaela	Buena Vista	4.18m
15 Paca, Abby	Wartburg Col	4.15m
15 Haley, Lindsey	North Iowa A	4.15m
17 Holbert, Sunkyu	Buena Vista	4.13m
18 Greenlee, Jasmin	Wartburg Col	4.07m
19 Larson, Sam	Wartburg Col	4.06m
20 Jaynes, Karley	Mount Mercy	4.01m
21 McKay, Jakeena	Wartburg Col	4.00m
22 Meyer, Lindsay	Buena Vista	3.92m

Women Triple Jump

Name	School	Finals
1 Leffler, Victoria	Buena Vista	10.68m 10
2 Roth, Sam	St. Ambrose	10.38m 8
3 Edwards, Lilia	Wartburg Col	10.10m 6
4 Greenlee, Jasmin	Wartburg Col	9.71m 5
5 Jones, Raven	Grand View U	9.66m 4
6 Jaynes, Karley	Mount Mercy	9.51m 3
7 Wade, Karlie	St. Ambrose	9.48m 2
8 Mason, Michaela	Buena Vista	9.27m 1
--- McKay, Jakeena	Wartburg Col	FOUL
--- Paca, Abby	Wartburg Col	FOUL

Women Shot Put

Name	School	Finals
1 Urban, Andrea	Briar Cliff	12.29m 10
2 Willson, Brooke	St. Ambrose	11.89m 8
3 Holtz, Sam	Wartburg Col	11.77m 6
4 Rehberg, Anna	Wartburg Col	11.50m 5
5 Slaughter, Caroline	Grand View U	11.12m 4
6 Guse, Mara	St. Ambrose	10.90m 3
7 Davis, LaVon	Grand View U	10.73m 2
8 Telfer, Grace	Buena Vista	10.65m 1
9 Eischeid, Cristyn	Buena Vista	10.36m
10 Carrillo, Michelle	Grand View U	10.24m
11 Boyd, Abby	Wartburg Col	10.02m
12 Toms, Tyffaney	Grand View U	9.96m
13 Feldman, Kristi	Mount Mercy	9.55m
14 Miller, Megan	Mount Mercy	9.27m
15 Morrison, Miranda	Mount Mercy	8.86m
16 Tiamiyu, Monsurat	Grand View U	7.83m
17 Wittwer, Shienne	North Iowa A	6.75m

Women Weight Throw

Name	School	Finals
1 Holtz, Sam	Wartburg Col	14.27m 10
2 Davis, LaVon	Grand View U	14.08m 8
3 Toms, Tyffaney	Grand View U	13.68m 6
4 Cox, Cherise	Grand View U	13.57m 5

5 Eischeid, Cristyn	Buena Vista	13.53m 4
6 Ferguson, Olivia	Briar Cliff	13.46m 3
7 Rehberg, Anna	Wartburg Col	12.78m 2
8 Willson, Brooke	St. Ambrose	12.73m 1
9 Feldman, Kristi	Mount Mercy	11.56m
10 Velez, Sulibeth	Wartburg Col	10.79m
11 Boyd, Abby	Wartburg Col	10.42m
12 Miller, Megan	Mount Mercy	10.40m
13 Carrillo, Michelle	Grand View U	9.73m
14 Tiamiyu, Monsurat	Grand View U	7.28m
15 Morrison, Miranda	Mount Mercy	6.54m
--- Telfer, Grace	Buena Vista	FOUL

Men 60 Meter Dash

Name	School	Prelims
1 Ohioze, Michael	St. Ambrose	7.06q
2 Harrington, Denison	Wartburg Col	7.11q
3 Iron Shell, Robert	Briar Cliff	7.16q
4 Lloyd, Sage	Briar Cliff	7.19q
5 Headley, Daniel	Grand View U	7.20q
6 Blank, Chad	Briar Cliff	7.24q
7 Bohlen, Vance	St. Ambrose	7.24q
8 Polite, Nikolas	Buena Vista	7.27q
9 Herzog, Alex	Wartburg Col	7.30
10 Bass, Dexter	Wartburg Col	7.32
11 Escotto, Alexies	Wartburg Col	7.39
12 Riley, Chuck	Wartburg Col	7.43
13 McKinney, Andre	North Iowa A	7.46
14 Richmond, Ryan	Wartburg Col	7.47
15 Cuvelier, Ben	Wartburg Col	7.48
16 Penberthy, Stephon	Wartburg Col	7.53
17 Ottey, Rojay	Mount Mercy	7.55
18 Tauber, Cal	Wartburg Col	7.60
19 Hoang, Randy	Grand View U	7.60
20 Sanders-Vick Jr., Roderick	St. Ambrose	7.71
21 Cole, Eric	St. Ambrose	7.75
22 Roberts, Zechariah	North Iowa A	7.76
23 Makondo, Joseph	Wartburg Col	7.77
24 Glenn, Michael	Grand View U	7.82
25 Kolvek, Brad	Briar Cliff	7.85
26 Anderson, Riley	Wartburg Col	7.90
27 Niemann, James	Wartburg Col	8.00
28 Parreira, Gabriel	Mount Mercy	8.08

Men 60 Meter Dash

Name	School	Finals
1 Ohioze, Michael	St. Ambrose	7.01 10
2 Harrington, Denison	Wartburg Col	7.07 8
3 Lloyd, Sage	Briar Cliff	7.17 6
4 Iron Shell, Robert	Briar Cliff	7.18 5
5 Headley, Daniel	Grand View U	7.20 4
6 Polite, Nikolas	Buena Vista	7.24 3
7 Blank, Chad	Briar Cliff	7.26 2
8 Bohlen, Vance	St. Ambrose	7.31 1

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Results

Men 200 Meter Dash

Name	School	Finals		
Finals				
1 Ohioze, Michael	St. Ambrose	22.23	10	
2 Iron Shell, Robert	Briar Cliff	22.48	8	
3 Cory, Clay	Grand View U	22.85	6	
4 Blank, Chad	Briar Cliff	22.90	5	
5 Reemtsma, Jack	St. Ambrose	23.06	4	
6 Lloyd, Sage	Briar Cliff	23.08	3	
7 Ezimora, Tobe	Briar Cliff	23.10	2	
8 Ferris, Matt	St. Ambrose	23.20	1	
9 Richmond, Ryan	Wartburg Col	23.44		
10 Headley, Daniel	Grand View U	23.69		
11 Diallo, Junior	Mount Mercy	23.70		
12 Fontenot, Denni's	St. Ambrose	23.79		
13 Polite, Nikolas	Buena Vista	23.85		
14 Coffin, Dylan	Buena Vista	23.85		
15 McKinney, Andre	North Iowa A	23.92		
16 Bohlen, Vance	St. Ambrose	24.14		
17 Debord, Rasheed	St. Ambrose	24.21		
18 Poignee, Jordan	Briar Cliff	24.34		
19 Riley, Chuck	Wartburg Col	24.39		
20 Thibault, Nick	Wartburg Col	24.39		
21 Michels, Jordan	Grand View U	24.39		
22 Thompson, Jacob	Grand View U	24.43		
23 Tauber, Cal	Wartburg Col	24.44		
24 Cox, Matt	Grand View U	24.50		
25 Lindsay, Rohan	Mount Mercy	24.74		
26 Bass, Dexter	Wartburg Col	24.76		
27 Fuller, Jesse	Briar Cliff	24.86		
28 Sacker, Justin	Buena Vista	25.02		
29 Ottey, Rojay	Mount Mercy	25.03		
30 Addoh, Braxton	Wartburg Col	25.12		
31 Drew, Josh	St. Ambrose	25.33		
32 Gonzalez, Rick	Mount Mercy	25.39		
33 Anderson, Riley	Wartburg Col	25.42		
34 Niemann, James	Wartburg Col	25.51		
35 Makondo, Joseph	Wartburg Col	25.53		
36 Jones, Fonzell	Grand View U	25.68		
37 Kolvek, Brad	Briar Cliff	25.68		
38 Shineflew, Kyus	Grand View U	25.73		
39 Roberts, Zechariah	North Iowa A	25.96		
40 Parreira, Gabriel	Mount Mercy	27.70		

Men 400 Meter Dash

Name	School	Finals		
Finals				
1 Cory, Clay	Grand View U	50.25	10	
2 Reemtsma, Jack	St. Ambrose	50.56	8	
3 Anderlik, Justin	Wartburg Col	51.21	6	
4 Sampson, Ben	Buena Vista	51.84	5	
5 Barnes, Joel	Mount Mercy	52.11	4	
6 Blank, Chad	Briar Cliff	52.31	3	
7 Teig, Alex	Wartburg Col	52.47	2	
8 Ferris, Matt	St. Ambrose	52.49	1	

9 Ezimora, Tobe	Briar Cliff	52.65		
10 Cox, Matt	Grand View U	53.74		
11 Krystofiak, Chris	Grand View U	54.10		
12 VanHorn, Ben	North Iowa A	54.10		
13 Fontenot, Denni's	St. Ambrose	54.14		
14 Hengesteg, Scott	North Iowa A	54.18		
15 Watkins, Major	St. Ambrose	54.43		
16 Holzman, Matt	Briar Cliff	55.05		
17 Elms-Jansson, Dennis	North Iowa A	55.27		
18 Kuntz, Jonah	St. Ambrose	55.31		
19 Loerts, Alex	Buena Vista	55.79		
20 Krueger, David	St. Ambrose	55.96		
21 Stamp, August	Mount Mercy	56.51		
22 Addoh, Braxton	Wartburg Col	57.18		
23 White, Matthew	North Iowa A	58.00		
24 Drew, Josh	St. Ambrose	59.48		
25 Jones, Fonzell	Grand View U	1:00.86		

Men 600 Meter Run

Name	School	Finals		
Finals				
1 Heinrichs, Joe	Briar Cliff	1:23.27	10	
2 Clarke, Edison	Mount Mercy	1:25.90	8	
3 Haning, Josh	Briar Cliff	1:25.99	6	
4 Long, Josh	Mount Mercy	1:29.56	5	
5 Kagemann, Jake	Wartburg Col	1:30.06	4	
6 Harris, Nick	Briar Cliff	1:32.84	3	
7 Kuhlmann, Canyon	North Iowa A	1:33.21	2	
8 Noel, Kaleb	Wartburg Col	1:33.60	1	
9 Clark, Taylor	Briar Cliff	1:35.02		
10 Svoboda, Matt	St. Ambrose	1:35.21		
11 Dejoode, Chris	Grand View U	1:41.47		

Men 800 Meter Run

Name	School	Finals		
Finals				
1 Khat, Wal	North Iowa A	2:01.60	10	
2 Sampson, Ben	Buena Vista	2:02.75	8	
3 Nichols, Rane	St. Ambrose	2:04.25	6	
4 Forster, Colton	Mount Mercy	2:05.24	5	
5 Aguilera, Jose	North Iowa A	2:05.54	4	
6 Kollasch, Zach	Briar Cliff	2:05.60	3	
7 Kollasch, Tony	Briar Cliff	2:05.74	2	
8 Bala, Alex	St. Ambrose	2:07.14	1	
9 Keller, Blake	North Iowa A	2:07.54		
10 Dean, Samuel	North Iowa A	2:07.78		
11 Albaugh, Brandon	Grand View U	2:11.70		
12 Blackmon, Jacob	Mount Mercy	2:11.72		
13 Kraft, John	North Iowa A	2:12.75		
14 Colborn, Clay	St. Ambrose	2:12.85		
15 Loerts, Alex	Buena Vista	2:18.04		
16 Galusha, Colton	Grand View U	2:18.96		
17 Smith, Steven	Buena Vista	2:19.25		
18 Hansen, Eric	Mount Mercy	2:20.29		
19 Stone, Devin	Mount Mercy	2:23.64		
20 Kenny, Zach	Buena Vista	2:24.26		

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Results

Finals ... (Men 800 Meter Run)

Name	School	Finals
21 Diaz, Mauricio	Mount Mercy	2:41.99

Men 1000 Meter Run

Name	School	Finals
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Finals

1 Roberts, Casey	Wartburg Col	2:36.62	10
2 Lindstrom, James	Mount Mercy	2:40.28	8
3 Heinrichs, Joe	Briar Cliff	2:40.59	6
4 Marshall, Michael	Mount Mercy	2:41.68	5
5 Appleton, Caleb	Wartburg Col	2:42.71	4
6 Gainey, Rhett	Grand View U	2:43.15	3
7 Golding, Aaron	Mount Mercy	2:46.02	2
8 McEvoy, Casey	Briar Cliff	2:46.37	1
9 Schnetzer, Colton	Wartburg Col	2:46.52	
10 Mancha, Emilio	St. Ambrose	2:47.40	
11 Wells, Zach	Wartburg Col	2:50.21	
12 Henry, Reid	St. Ambrose	2:51.08	
13 Haning, Josh	Briar Cliff	2:51.33	
14 Demers, Dalton	Briar Cliff	2:53.35	
15 Sapp, Conor	Wartburg Col	2:53.57	
16 Kuhlmann, Canyon	North Iowa A	2:53.74	
17 Niedermeier, Jonah	St. Ambrose	2:56.15	
18 Dejoode, Chris	Grand View U	2:57.16	
19 Carter, David	North Iowa A	2:58.81	
20 Mitchell, Skylar	St. Ambrose	2:58.98	
21 Thompson, Tyus	Mount Mercy	3:00.22	
22 Morrow, Josh	Grand View U	3:03.27	
23 Fuentes, Jon	Wartburg Col	3:05.55	
24 Andersen, Jon	Mount Mercy	3:07.15	
25 Groves, Zach	Briar Cliff	3:10.03	
26 Murray, Taylor	Grand View U	3:17.75	
27 Moshinsky, Ryan	Grand View U	3:19.36	

Men 1 Mile Run

Name	School	Finals
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Finals

1 Frawley, Jerry	Wartburg Col	4:21.91	10
2 Roberts, Casey	Wartburg Col	4:25.80	8
3 Appleton, Caleb	Wartburg Col	4:26.12	6
4 Lindstrom, James	Mount Mercy	4:31.26	5
5 Forster, Colton	Mount Mercy	4:34.48	4
6 Schnetzer, Colton	Wartburg Col	4:36.67	3
7 Golding, Aaron	Mount Mercy	4:38.74	2
8 Wells, Zach	Wartburg Col	4:44.06	1
9 Dean, Samuel	North Iowa A	4:44.94	
10 Mancha, Emilio	St. Ambrose	4:45.20	
11 Kraft, John	North Iowa A	4:46.94	
12 Sapp, Conor	Wartburg Col	4:47.49	
13 Blackmon, Jacob	Mount Mercy	4:48.10	
14 McEvoy, Casey	Briar Cliff	4:48.53	
15 Mitchell, Skylar	St. Ambrose	4:48.88	
16 Engelsen, AJ	St. Ambrose	4:55.91	
17 Gill, Brandon	Unattached	4:57.86	
18 Niedermeier, Jonah	St. Ambrose	4:57.89	

19 Smith, Steven	Buena Vista	4:59.11
20 Kenny, Zach	Buena Vista	5:25.10
21 Andersen, Jon	Mount Mercy	5:32.72
22 Murray, Taylor	Grand View U	5:42.63
23 Moshinsky, Ryan	Grand View U	5:45.95
24 Fuentes, Jon	Wartburg Col	5:56.00
25 Morrow, Josh	Grand View U	6:02.43

Men 3000 Meter Run

Name	School	Finals
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Finals

1 Moser, Bennet	Wartburg Col	8:36.02	10
2 Kaczinski, Eli	Wartburg Col	8:43.19	8
3 Kokare, Kailas	Wartburg Col	8:52.06	6
4 Peters, Anthony	St. Ambrose	9:10.70	5
5 Bowman, Evan	Mount Mercy	9:24.94	4
6 Schneider, Matthew	Unattached	9:26.91	3
7 Toppin, Joel	Wartburg Col	9:41.54	2
8 Quiroz, Ray	Grand View U	10:27.26	1
9 Rix, Evan	Grand View U	10:43.72	
10 Gerczak, Casey	St. Ambrose	10:51.01	
11 Hensel, Jake	Mount Mercy	10:55.67	
12 Herndon, Jacob	Mount Mercy	10:56.15	
13 Kessler, Leo	St. Ambrose	10:58.22	
14 Santino, Brian	St. Ambrose	11:14.76	

Men 5000 Meter Run

Name	School	Finals
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Finals

1 Scott, Lee	Wartburg Col	15:45.93	10
2 Read, Kyle	Wartburg Col	15:59.97	8
3 Black, Mitchell	Wartburg Col	16:07.50	6
4 O'Leary, Aaron	Wartburg Col	16:32.65	5
5 Demers, Dalton	Briar Cliff	17:04.50	4
6 Arechavaleta, Alex	Grand View U	17:48.45	3
7 Groves, Zach	Briar Cliff	17:58.30	2
8 Quiroz, Ray	Grand View U	18:14.44	1
9 Rix, Evan	Grand View U	18:23.54	

Men 60 Meter Hurdles

Name	School	Prelims
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Preliminaries

1 Reemtsma, Jack	St. Ambrose	8.59q
2 Cuvelier, Ben	Wartburg Col	8.75q
3 Sacker, Justin	Buena Vista	8.93q
4 Richmond, Ryan	Wartburg Col	9.09q
5 Connell, Cole	St. Ambrose	9.11q
6 Wessling, Kyle	Buena Vista	9.13q
7 Penberthy, Stephon	Wartburg Col	9.24q
8 Poignee, Jordan	Briar Cliff	9.27q
9 Escotto, Alexies	Wartburg Col	9.31
10 Fuller, Jesse	Briar Cliff	9.69
11 Niemann, James	Wartburg Col	9.72
12 Svoboda, Matt	St. Ambrose	9.86
13 Coffin, Dylan	Buena Vista	9.94
14 Harris, Nick	Briar Cliff	13.98

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Results

Men 60 Meter Hurdles

Name	School	Finals
Finals		
1 Reemtsma, Jack	St. Ambrose	8.48 10
2 Cuvelier, Ben	Wartburg Col	8.67 8
3 Sacker, Justin	Buena Vista	8.91 6
4 Wessling, Kyle	Buena Vista	9.06 5
5 Penberthy, Stephon	Wartburg Col	9.07 4
6 Connell, Cole	St. Ambrose	9.09 3
7 Richmond, Ryan	Wartburg Col	9.15 2
8 Poignee, Jordan	Briar Cliff	9.42 1

Men 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Wartburg College	A	1:33.48 10
2 St. Ambrose	A	1:37.12 8
1) Bohlen, Vance	2) Debord, Rasheed	
3) Cole, Eric	4) Scobee, Nick	

Men 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Wartburg College	B	3:27.28 10
1) Dolphin, Levi	2) Snider, Cody	
3) Crew, John	4) Herzog, Alex	
2 Wartburg College	A	3:27.46 8
1) Schwartz, Drew	2) Anderlik, Justin	
3) DeMott, Dillon	4) McMichael, Sam	
3 Mount Mercy	A	3:31.50 6
1) Diallo, Junior	2) Marshall, Michael	
3) Barnes, Joel	4) Clarke, Edison	
4 North Iowa Area Comm	A	3:32.30 5
1) Klasi, Ethan	2) Khat, Wal	
3) VanHorn, Ben	4) Hengesteg, Scott	
5 Wartburg College	C	3:32.73 4
6 Grand View Univ	A	3:33.05 3
1) Christensen, Bryon	2) Cory, Clay	
3) Thompson, Jacob	4) Albaugh, Brandon	
7 St. Ambrose	A	3:38.57 2
1) Watkins, Major	2) Nichols, Rane	
3) Connell, Cole	4) Kuntz, Jonah	
8 North Iowa Area Comm	B	3:45.29 1
1) Carter, David	2) Aguilera, Jose	
3) Kuhlmann, Canyon	4) White, Matthew	
9 Briar Cliff	A	3:45.64
1) Kollasch, Tony	2) Kollasch, Zach	
3) Bulten, Chase	4) Clark, Taylor	
10 Grand View Univ	B	3:46.49
1) Cox, Matt	2) Krystofiak, Chris	
3) Shineflew, Kyus	4) Michels, Jordan	
11 Mount Mercy	B	3:48.63
1) Lindsay, Rohan	2) Stamp, August	
3) Long, Josh	4) Gonzalez, Rick	

12 St. Ambrose	B	3:50.64
1) Krueger, David	2) Svoboda, Matt	
3) Bala, Alex	4) Dixon, Chris	
13 Mount Mercy	C	4:13.24
1) Thompson, Tyus	2) Hansen, Eric	
3) Stone, Devin	4) Diaz, Mauricio	

Men Distance Medley

Team	Relay	Finals
Finals		
1 Wartburg College	A	10:49.34 10
2 North Iowa Area Comm	A	10:58.92 8
1) Aguilera, Jose	2) Klasi, Ethan	
3) Carter, David	4) Keller, Blake	
3 St. Ambrose	A	11:22.75 6
1) Whittle, David	2) Dixon, Chris	
3) Colborn, Clay	4) Colborn, Grant	
4 Grand View Univ	A	11:44.61 5
1) Gainey, Rhett	2) Shineflew, Kyus	
3) Galusha, Colton	4) Dejoode, Chris	

Men High Jump

Name	School	Finals
Finals		
1 Michels, Jordan	Grand View U	1.81m 10
2 Stewart, Leo	Grand View U	1.76m 8
3 Scobee, Nick	St. Ambrose	J1.76m 6
4 Svoboda, Matt	St. Ambrose	J1.76m 5
5 Penberthy, Stephon	Wartburg Col	1.71m 3.5
5 Harris, Nick	Briar Cliff	1.71m 3.5
6 Moshinsky, Ryan	Grand View U	J1.71m 2
7 Hall, Quentin	St. Ambrose	J1.71m 1
8 McKinney, Andre	North Iowa A	J1.71m
9 Wessling, Kyle	Buena Vista	J1.71m
11 Cuvelier, Ben	Wartburg Col	1.66m
--- Wade, Robert	Unattached	X1.71m

Men Pole Vault

Name	School	Finals
Finals		
1 Connell, Cole	St. Ambrose	J3.50m 10
2 Nelson, Brit	Wartburg Col	J3.20m 8
3 Svoboda, Matt	St. Ambrose	J2.75m 6
4 Glenn, Michael	Grand View U	J2.75m 5
--- Krueger, David	St. Ambrose	NH

Men Long Jump

Name	School	Finals
Finals		
1 Headley, Daniel	Grand View U	6.69m 10
2 Stewart, Leo	Grand View U	6.54m 8
3 Keck, Nathan	Wartburg Col	6.41m 6
4 Wessling, Kyle	Buena Vista	6.16m 5
5 Escotto, Alexies	Wartburg Col	6.02m 4
6 Caballero, Gustavo	Mount Mercy	5.88m 3
7 Debord, Rasheed	St. Ambrose	5.77m 2

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Results

Finals ... (Men Long Jump)

Name	School	Finals	
8 Scobee, Nick	St. Ambrose	5.73m	1
9 Krystofiak, Chris	Grand View U	5.71m	
10 Drew, Josh	St. Ambrose	5.65m	
11 Pearson, Devante	Wartburg Col	5.49m	
12 Takaoka, Sho	Mount Mercy	5.38m	
--- Wade, Robert	Unattached	X5.60m	

9 Wilson, Anthony	Grand View U	13.39m
10 Roberts, Josh	Grand View U	13.32m
11 Hill, Austin	Grand View U	12.98m
12 Goeller, Jacob	Grand View U	12.85m
13 Bonner, Chase	Buena Vista	12.39m
14 Goeller, Tyler	Grand View U	12.11m
15 Arellanos, Armando	Mount Mercy	11.54m
16 Verdon, Kyle	St. Ambrose	11.15m
17 Cole-Brodnax, Josh	Mount Mercy	9.41m
18 Cwiok, Anthony	Grand View U	8.23m

Men Triple Jump

Name	School	Finals	
1 Keck, Nathan	Wartburg Col	13.19m	10
2 Caballero, Gustavo	Mount Mercy	12.58m	8
3 Scobee, Nick	St. Ambrose	12.04m	6
4 Svoboda, Matt	St. Ambrose	11.90m	5
5 Debord, Rasheed	St. Ambrose	11.88m	4
6 Takaoka, Sho	Mount Mercy	11.65m	3
7 Hall, Quentin	St. Ambrose	11.51m	2

Men Shot Put

Name	School	Finals	
1 Beall, Drew	Buena Vista	15.06m	10
2 Moore, Dakota	Wartburg Col	14.58m	8
3 Tatman, Chance	Grand View U	13.97m	5.5
3 Goeller, Jacob	Grand View U	13.97m	5.5
5 Siefken, Clay	Grand View U	13.58m	4
6 Bonner, Chase	Buena Vista	13.49m	3
7 Haight, JC	Briar Cliff	13.43m	2
8 Rohlk, Garrett	Buena Vista	13.24m	1
9 Verdon, Kyle	St. Ambrose	13.08m	
10 Sanders-Vick Jr., Roderick	St. Ambrose	12.63m	
11 Heimer, Sam	Wartburg Col	12.25m	
12 Cwiok, Anthony	Grand View U	12.06m	
13 Roberts, Josh	Grand View U	12.00m	
14 Wilson, Anthony	Grand View U	11.84m	
15 Doyle, Mason	Mount Mercy	11.81m	
16 Hill, Austin	Grand View U	11.63m	
17 Arellanos, Armando	Mount Mercy	11.50m	
18 Simon-Ressler, Mason	Wartburg Col	11.31m	
19 Goeller, Tyler	Grand View U	10.70m	
20 Rice, Darvee	St. Ambrose	9.76m	
21 Cole-Brodnax, Josh	Mount Mercy	9.35m	

Men Weight Throw

Name	School	Finals	
1 Peasley, Dustin	Briar Cliff	15.66m	10
2 Moore, Dakota	Wartburg Col	15.60m	8
3 Rohlk, Garrett	Buena Vista	15.57m	6
4 Siefken, Clay	Grand View U	15.19m	5
5 Beall, Drew	Buena Vista	14.70m	4
6 Mitchell, Taylor	Grand View U	14.65m	3
7 Heimer, Sam	Wartburg Col	14.31m	2
8 Tatman, Chance	Grand View U	13.54m	1