

2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

Women 100 Meter Dash**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Run off @ 8:05PM

All-Time: A 11.89 2014 Abigail Davis, Central
 Championship: C 11.94 5/10/2014 Libbey Schubert, Wartburg
 Stadium: S 11.71 2011 Reyare Thomas, Iowa Central

Name	Year	School	Seed	Prelims	Wind	H#
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Preliminaries

1	Erica Dynes	SR	Wartburg	12.09	12.13Q	2.1	2	
2	Abigail Davis	SR	Central College	12.05	12.15Q	1.8	1	
3	Brittnee Powers	SR	Loras	12.38	12.40Q	1.6	3	
4	Cassie Hocker	JR	Coe	12.33	12.57q	1.6	3	
5	Monica Ruiz	SR	Central College	12.75	12.64q	2.1	2	12.634
6	Taylor Jones	FR	Wartburg	12.66	12.64q	1.8	1	12.638
7	Candace Enis	FR	Dubuque	12.70	12.67q	1.8	1	
8	Alyssa Simon	SO	Loras	12.65	12.70q	2.1	2	12.692 - W Ru
9	Hope Heitman	FR	Central College	12.91	12.70	1.8	1	12.692-L Run
10	Becca Cherry	JR	Wartburg	12.81	12.78	1.6	3	
11	Kayla Johnston	FR	Wartburg	12.79	12.85	1.6	3	
12	Kate Patton	SO	Central College	12.87	12.89	2.1	2	
13	Brittany Burks	FR	Dubuque	12.87	12.93	1.8	1	
14	Rachel Kilburg	SO	Loras	13.08	13.02	1.6	3	
15	Kacy Rodamaker	FR	Luther	13.08	13.07	2.1	2	13.063
16	Alexis Hove	SO	Luther	12.91	13.07	2.1	2	13.066
17	Keanna Belau	FR	Luther	13.30	13.30	2.1	2	
18	Audrey Lovan	SO	Simpson (Iowa)	13.14	13.42	1.8	1	13.416
19	Emma Konkler	SO	Buena Vista	13.17	13.42	1.8	1	13.418
20	Madison Brace	JR	Luther	13.77	13.73	2.1	2	13.725
21	Shania Wunschel	SO	Buena Vista	12.97	13.73	1.6	3	13.729
22	Clarice Martin	FR	Loras	13.48	13.82	1.6	3	
23	Molly Lewison	SO	Buena Vista	13.55	14.06	1.6	3	
24	Sarah Sandage	FR	Simpson (Iowa)	14.63	14.74	1.8	1	

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 Championship: C 11.94 5/10/2014 Libbey Schubert, Wartburg
 Stadium: S 11.71 2011 Reyare Thomas, Iowa Central

Name	Year	School	Prelims	Finals	Wind	Points
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Finals

1	Erica Dynes	SR	Wartburg	12.13	11.86	4.1	10
2	Abigail Davis	SR	Central College	12.15	11.89	4.1	8
3	Brittnee Powers	SR	Loras	12.40	12.04	4.1	6
4	Cassie Hocker	JR	Coe	12.57	12.15	4.1	5
5	Monica Ruiz	SR	Central College	12.64	12.33	4.1	4
6	Candace Enis	FR	Dubuque	12.67	12.50	4.1	3
7	Taylor Jones	FR	Wartburg	12.64	12.53	4.1	2
8	Alyssa Simon	SO	Loras	12.70	12.88	4.1	1



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Women 200 Meter Dash**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

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All-Time: A 23.84 2012 Nevada Morrison, Wartburg
Championship: C 23.84 5/11/2012 Nevada Morrison, Wartburg
Stadium: S 24.10 2005 Diana Lawson, New Jersey City
Name Year School Seed Prelims Wind H#
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Preliminaries

Name	Year	School	Seed	Prelims	Wind	H#
1 Abigail Davis	SR	Central College	24.78	24.95Q	2.4	1
2 Brittnee Powers	SR	Loras	24.79	25.45Q	3.3	2 25.443
3 Erica Dynes	SR	Wartburg	25.47	25.46Q	2.6	3 25.455
4 Dailen Folkedahl	SO	Wartburg	25.82	25.45q	2.4	1 25.445
5 Laura Stenzel	SR	Wartburg	25.54	25.46q	3.3	2 25.455
6 Mallory Spear	JR	Buena Vista	25.30	25.59q	2.6	3
7 Teylor Jones	FR	Wartburg	25.71	25.81q	2.4	1
8 Hope Heitman	FR	Central College	26.31	26.04q	3.3	2
9 Monica Ruiz	SR	Central College	26.31	26.09	2.4	1
10 Kate Patton	SO	Central College	26.18	26.37	2.6	3
11 Alyssa Simon	SO	Loras	25.95	26.57	3.3	2
12 Rachel Kilburg	SO	Loras	26.15	26.64	2.6	3
13 Erin Kammer	SR	Luther	27.57	26.81	2.6	3
14 Randi-Kate Canoy	JR	Luther	26.79	26.90	3.3	2
15 Cassie Hocker	JR	Coe	26.68	26.93	2.4	1
16 Amanda Brummet	JR	Coe	27.02	27.01	3.3	2
17 Alexis Hove	SO	Luther	26.96	27.21	2.6	3
18 Kacy Rodamaker	FR	Luther	26.91	27.24	2.6	3
19 Elizabeth Burgus	SO	Simpson (Iowa)	27.54	27.61	3.3	2
20 Emma Konkler	SO	Buena Vista	27.21	28.22	2.4	1
21 Shania Wunschel	SO	Buena Vista	27.27	28.65	2.4	1
22 Clarice Martin	FR	Loras	28.15	28.81	2.6	3
23 Jessica Igarashi	FR	Buena Vista	28.48	29.42	3.3	2

Women 200 Meter Dash

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All-Time: A 23.84 2012 Nevada Morrison, Wartburg
Championship: C 23.84 5/11/2012 Nevada Morrison, Wartburg
Stadium: S 24.10 2005 Diana Lawson, New Jersey City
Name Year School Prelims Finals Wind Points
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Finals

Name	Year	School	Prelims	Finals	Wind	Points
1 Abigail Davis	SR	Central College	24.95	24.73	4.7	10
2 Brittnee Powers	SR	Loras	25.45	24.85	4.7	8
3 Laura Stenzel	SR	Wartburg	25.46	25.32	4.7	6
4 Dailen Folkedahl	SO	Wartburg	25.45	25.57	4.7	5
5 Teylor Jones	FR	Wartburg	25.81	25.62	4.7	4
6 Erica Dynes	SR	Wartburg	25.46	25.93	4.7	3
7 Mallory Spear	JR	Buena Vista	25.59	25.99	4.7	2
8 Hope Heitman	FR	Central College	26.04	26.20	4.7	1



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

Women 400 Meter Dash**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

All-Time: A	53.58	2012	Nevada Morrison, Wartburg		
Championship: C	54.56	2007	Hannah Baker, Wartburg		
Stadium: S	54.59	2005	Tiffany Clark, The College of New Jersey		
Name		Year	School	Seed	Prelims H#

Preliminaries

1	Ashlee Downs	SR	Central College	57.61	56.82Q	1
2	Taylor Officer	JR	Wartburg	58.57	57.32Q	2
3	Laura Stenzel	SR	Wartburg	58.33	58.68Q	3
4	Dailen Folkedahl	SO	Wartburg	57.80	57.76q	2
5	Mallory Spear	JR	Buena Vista	58.69	57.83q	1
6	Alexis Hanson	JR	Loras	57.99	59.08q	3
7	Tessa Helmle	JR	Wartburg	59.56	59.17q	1
8	Amanda Brummet	JR	Coe	59.79	1:00.48q	2
9	Regan Engleman	SO	Central College	1:00.53	1:00.55	3
10	Elizabeth Burgus	SO	Simpson (Iowa)	1:02.10	1:00.93	1
11	Randi-Kate Canoy	JR	Luther	1:02.95	1:01.29	1
12	Morganne Haer	JR	Buena Vista	1:00.27	1:01.35	3
13	Sarah Schoel	SO	Loras	1:00.57	1:01.49	2
14	Anna Shaw	SO	Central College	1:08.78	1:05.56	1
15	Bre Pierce	SR	Luther	1:03.52	1:05.61	2
16	Jessica Igarashi	FR	Buena Vista	1:06.74	1:08.46	3
17	Sarah Ea	SR	Luther	1:07.00	1:09.34	2
18	Rachel Kelly	FR	Coe	1:05.09	1:09.99	3
19	Samantha Ea	SR	Luther	1:08.97	1:10.30	1

Women 400 Meter Dash

All-Time: A	53.58	2012	Nevada Morrison, Wartburg		
Championship: C	54.56	2007	Hannah Baker, Wartburg		
Stadium: S	54.59	2005	Tiffany Clark, The College of New Jersey		
Name		Year	School	Prelims	Finals Points

Finals

1	Ashlee Downs	SR	Central College	56.82	56.55	10
2	Dailen Folkedahl	SO	Wartburg	57.76	57.35	8
3	Mallory Spear	JR	Buena Vista	57.83	57.58	6
4	Alexis Hanson	JR	Loras	59.08	57.86	5
5	Taylor Officer	JR	Wartburg	57.32	57.89	4
6	Laura Stenzel	SR	Wartburg	58.68	58.16	3
7	Tessa Helmle	JR	Wartburg	59.17	58.78	2
8	Amanda Brummet	JR	Coe	1:00.48	1:00.34	1



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

Women 800 Meter Run**9 Advance: Top 2 Each Heat plus Next 3 Best Times**

Name	Year	School	Seed	Prelims	H#

All-Time: A	2:06.83	2011	Keelie Finnel, Coe		
Championship: C	2:08.59	5/12/2012	Nevada Morrison, Wartburg		
Stadium: S	2:11.54	2005	Marcia Taddy, UW-Platteville		
Name	Year	School	Seed	Prelims	H#

Preliminaries					
1 Maddie Kleve		SR Wartburg	2:15.67	2:18.12Q	1
1:08.001 (1:08.001)	2:18.113 (1:10.113)				
2 Elizabeth Duehr		SO Wartburg	2:17.15	2:21.43Q	2
1:08.849 (1:08.849)	2:21.425 (1:12.576)				
3 Meghan Silbernagel		SO Wartburg	2:19.59	2:22.16Q	3
1:10.525 (1:10.525)	2:22.159 (1:11.635)				
4 Kemunto Ondande		FR Loras	2:20.22	2:20.03Q	1
1:08.398 (1:08.398)	2:20.030 (1:11.633)				
5 Samantha Feller		JR Wartburg	2:20.03	2:23.12Q	2
1:09.103 (1:09.103)	2:23.120 (1:14.017)				
6 Allie Serres		FR Loras	2:19.68	2:24.93Q	3
1:10.304 (1:10.304)	2:24.927 (1:14.624)				
7 Sydney Gehrt		SR Luther	2:20.73	2:22.12q	1
1:09.497 (1:09.497)	2:22.111 (1:12.614)				
8 Martina Smith		SR Buena Vista	2:24.30	2:25.72q	3
1:10.688 (1:10.688)	2:25.711 (1:15.024)				
9 Rachel Peter		FR Central College	2:25.56	2:25.80q	2
1:10.542 (1:10.542)	2:25.794 (1:15.253)				
10 Courtney Neuendorf		SO Simpson (Iowa)	2:27.04	2:29.11	1
1:10.019 (1:10.019)	2:29.101 (1:19.083)				
11 Liz Venezio		FR Loras	2:23.95	2:29.95	2
1:11.660 (1:11.660)	2:29.947 (1:18.287)				
12 Rebecca Diemer		SR Simpson (Iowa)	2:26.09	2:30.20	1
1:10.895 (1:10.895)	2:30.196 (1:19.301)				
13 Jennifer Zoutte		SO Central College	2:28.89	2:30.39	2
1:11.223 (1:11.223)	2:30.382 (1:19.160)				
14 Kasey Wiedmaier		JR Central College	2:24.88	2:32.33	3
1:10.997 (1:10.997)	2:32.322 (1:21.326)				
15 Rhianna MacDonald		JR Luther	2:33.52	2:32.60	1
1:13.398 (1:13.398)	2:32.599 (1:19.202)				
16 Martel DenHartog		FR Luther	2:32.85	2:34.15	1
1:13.256 (1:13.256)	2:34.149 (1:20.894)				
17 Carrie Piper		SO Loras	2:29.74	2:36.12	3
1:13.857 (1:13.857)	2:36.114 (1:22.257)				
18 Samaya Lewis		FR Coe	2:29.78	2:37.85	3
1:12.642 (1:12.642)	2:37.841 (1:25.199)				
19 Shannon Meehan		SO Luther		2:38.37	3
1:17.808 (1:17.808)	2:38.369 (1:20.561)				
20 Jessica Lamb		JR Simpson (Iowa)	2:31.78	2:40.27	2
1:14.107 (1:14.107)	2:40.267 (1:26.160)				
21 Lesley Roquet		SO Simpson (Iowa)	2:35.65	2:41.56	2
1:15.261 (1:15.261)	2:41.554 (1:26.294)				



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Results

....Women 800 Meter Run

22 Alyssa Knudson FR Coe 2:42.60 2:44.00 3
 1:19.629 (1:19.629) 2:43.996 (1:24.367)

Women 800 Meter Run

=====
 All-Time: A 2:06.83 2011 Keelie Finnel, Coe
 Championship: C 2:08.59 5/12/2012 Nevada Morrison, Wartburg
 Stadium: S 2:11.54 2005 Marcia Taddy, UW-Platteville
 Name Year School Prelims Finals Points
 =====

Finals

Name	Year	School	Prelims	Finals	Points
1 Elizabeth Duehr		SO Wartburg	2:21.43	2:19.43	10
1:11.111 (1:11.111)		2:19.422 (1:08.311)			
2 Maddie Kleve		SR Wartburg	2:18.12	2:20.33	8
1:11.023 (1:11.023)		2:20.326 (1:09.304)			
3 Allie Serres		FR Loras	2:24.93	2:21.24	6
1:11.275 (1:11.275)		2:21.236 (1:09.961)			
4 Meghan Silbernagel		SO Wartburg	2:22.16	2:21.90	5
1:11.329 (1:11.329)		2:21.893 (1:10.564)			
5 Samantha Feller		JR Wartburg	2:23.12	2:22.03	4
1:11.210 (1:11.210)		2:22.028 (1:10.818)			
6 Sydney Gehrt		SR Luther	2:22.12	2:22.94	3
1:11.550 (1:11.550)		2:22.934 (1:11.384)			
7 Kemunto Ondande		FR Loras	2:20.03	2:23.99	2
1:11.626 (1:11.626)		2:23.986 (1:12.360)			
8 Rachel Peter		FR Central College	2:25.80	2:27.12	1
1:11.822 (1:11.822)		2:27.116 (1:15.294)			
9 Martina Smith		SR Buena Vista	2:25.72	2:30.09	
1:11.911 (1:11.911)		2:30.087 (1:18.177)			

Women 1500 Meter Run

=====
 All-Time: A 4:20.86 2003 Missy Buttry, Wartburg
 Championship: C 4:24.35 2004 Missy Buttry, Wartburg
 Stadium: S 4:27.27 2005 Missy Buttry, Wartburg
 Name Year School Seed Finals H# Points
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Name	Year	School	Seed	Finals	H#	Points
1 Tricia Serres		SR Luther	4:30.07	4:34.85	2	10
52.267 (52.267)		2:07.270 (1:15.004)	3:20.358 (1:13.088)	4:34.845 (1:14.487)		
2 Maddie Kleve		SR Wartburg	4:37.43	4:44.97	2	8
52.525 (52.525)		2:07.521 (1:14.997)	3:25.280 (1:17.760)	4:44.967 (1:19.687)		
3 Meghan Silbernagel		SO Wartburg	4:46.79	4:48.37	2	6
55.598 (55.598)		2:10.238 (1:14.640)	3:29.437 (1:19.199)	4:48.370 (1:18.934)		
4 Fabiola Ortiz		JR Dubuque	4:47.71	4:49.09	2	5
56.668 (56.668)		2:14.637 (1:17.970)	3:34.755 (1:20.118)	4:49.081 (1:14.327)		
5 Audrey Miller		FR Loras	4:53.65	4:49.64	2	4
56.837 (56.837)		2:14.812 (1:17.976)	3:34.182 (1:19.370)	4:49.637 (1:15.456)		
6 Kemunto Ondande		FR Loras	4:52.12	4:52.75	2	3
56.121 (56.121)		2:13.200 (1:17.080)	3:33.845 (1:20.645)	4:52.744 (1:18.899)		



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....Women 1500 Meter Run

7	Shae McEnany	FR Wartburg	4:49.59	4:56.07	2	2
	55.794 (55.794)	2:12.012 (1:16.219)	3:34.378 (1:22.366)	4:56.068 (1:21.691)		
8	Dakota Tell	JR Wartburg	4:46.07	4:57.17	2	1
	55.533 (55.533)	2:09.666 (1:14.133)	3:25.360 (1:15.695)	4:57.168 (1:31.808)		
9	Evie Kammeyer	SO Central College	4:59.43	4:58.14	2	
	57.895 (57.895)	2:16.269 (1:18.374)	3:38.261 (1:21.993)	4:58.138 (1:19.877)		
10	Kiersten Wenthold	JR Dubuque	4:54.67	5:01.69	2	
	57.347 (57.347)	2:17.137 (1:19.791)	3:40.310 (1:23.173)	5:01.684 (1:21.375)		
11	Lucy Conroy	FR Coe	4:58.92	5:07.00	2	
	57.094 (57.094)	2:17.680 (1:20.587)	3:42.122 (1:24.442)	5:06.992 (1:24.870)		
12	Stephanie Murray	JR Luther	5:15.76	5:10.47	1	
	1:02.415 (1:02.415)	2:26.691 (1:24.276)	3:56.970 (1:30.280)	5:10.465 (1:13.495)		
13	Martina Smith	SR Buena Vista	5:03.21	5:12.46	2	
	57.684 (57.684)	2:17.450 (1:19.767)	3:45.307 (1:27.857)	5:12.458 (1:27.152)		
14	Katie Puls	FR Buena Vista	5:10.36	5:15.19	1	
	1:04.399 (1:04.399)	2:28.375 (1:23.976)	3:56.565 (1:28.191)	5:15.190 (1:18.625)		
15	Katie Larson	SR Luther	5:17.89	5:15.90	1	
	1:02.819 (1:02.819)	2:26.934 (1:24.115)	3:57.551 (1:30.618)	5:15.899 (1:18.349)		
16	Rebecca Diemer	SR Simpson (Iowa)	4:59.96	5:17.72	2	
	57.674 (57.674)	2:20.199 (1:22.526)	3:48.332 (1:28.134)	5:17.719 (1:29.387)		
17	Carrie Piper	SO Loras	5:12.22	5:23.35	1	
	1:04.643 (1:04.643)	2:28.075 (1:23.433)	3:59.513 (1:31.438)	5:23.341 (1:23.828)		
18	Lesley Roquet	SO Simpson (Iowa)	5:28.32	5:24.81	1	
	1:02.918 (1:02.918)	2:28.504 (1:25.587)	4:00.877 (1:32.373)	5:24.805 (1:23.928)		
19	Kayla Kinateder	SO Dubuque	5:15.83	5:26.33	1	
	1:02.370 (1:02.370)	2:27.049 (1:24.679)	3:59.792 (1:32.744)	5:26.321 (1:26.530)		
20	Shelby Hunemiller	FR Simpson (Iowa)	5:27.63	5:28.55	1	
	1:03.247 (1:03.247)	2:28.823 (1:25.577)	4:00.470 (1:31.647)	5:28.548 (1:28.079)		
21	Emily Starman	SO Luther	5:34.54	5:34.87	1	
	1:04.259 (1:04.259)	2:33.049 (1:28.791)	4:05.988 (1:32.939)	5:34.870 (1:28.883)		
22	Kristin Mackenburg	SO Dubuque	5:27.71	5:36.46	1	
	1:02.602 (1:02.602)	2:29.947 (1:27.346)	4:06.126 (1:36.179)	5:36.460 (1:30.335)		
23	Kaylee Alvarez	FR Coe	5:19.26	5:41.54	1	
	1:01.669 (1:01.669)	2:26.375 (1:24.706)	4:02.391 (1:36.017)	5:41.534 (1:39.144)		
24	Jean Springsteen	FR Coe	6:03.29	6:01.16	1	
	1:05.918 (1:05.918)	2:40.383 (1:34.465)	4:23.417 (1:43.035)	6:01.155 (1:37.738)		
--	McKayla Morris	FR Coe	5:25.32	DNS	1	
--	Lindsey Gidel	JR Loras	5:08.20	DNS	2	
--	Kendra Conforti	SO Central College	5:11.04	DNS	1	

Women 5000 Meter Run

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	All-Time: A	15:37.48	2003	Missy Buttry,	Wartburg	
	Championship: C	15:57.69	2004	Missy Buttry,	Wartburg	
	Stadium: S	16:11.90	2005	Missy Buttry,	Wartburg	
	Name		Year School	Seed	Finals	Points
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....Women 5000 Meter Run

1	Tricia Serres	SR Luther	17:10.94	17:43.69	10
	38.670 (38.670)	2:03.354 (1:24.684)	3:29.520 (1:26.166)	4:56.111 (1:26.592)	
	6:23.564 (1:27.454)	7:50.507 (1:26.943)	9:19.853 (1:29.346)	10:46.886 (1:27.034)	
	12:11.912 (1:25.026)	13:37.716 (1:25.805)	15:04.306 (1:26.590)	16:27.701 (1:23.396)	
	17:43.689 (1:15.989)				
2	Audrey Miller	FR Loras	17:14.49	18:05.28	8
	47.281 (47.281)	2:16.935 (1:29.654)	3:46.475 (1:29.541)	5:14.719 (1:28.244)	
	6:42.438 (1:27.720)	8:11.612 (1:29.174)	9:38.187 (1:26.576)	11:05.705 (1:27.519)	
	12:32.267 (1:26.562)	13:59.295 (1:27.029)	15:26.426 (1:27.132)	16:51.021 (1:24.595)	
	18:05.271 (1:14.250)				
3	Holly McKinney	SO Central College	18:10.57		6
	46.982 (46.982)	2:16.691 (1:29.709)	3:46.268 (1:29.578)	5:14.486 (1:28.218)	
	6:42.169 (1:27.684)	8:11.358 (1:29.189)	9:37.922 (1:26.565)	11:05.439 (1:27.518)	
	12:32.006 (1:26.567)	13:59.034 (1:27.029)	15:26.292 (1:27.259)	16:52.448 (1:26.156)	
	18:10.562 (1:18.114)				
4	Kenzie Carney	SO Luther	18:13.78	18:16.74	5
	47.868 (47.868)	2:17.467 (1:29.600)	3:46.859 (1:29.392)	5:15.107 (1:28.249)	
	6:42.934 (1:27.827)	8:12.362 (1:29.428)	9:40.267 (1:27.906)	11:06.482 (1:26.216)	
	12:32.557 (1:26.075)	13:59.745 (1:27.189)	15:26.763 (1:27.019)	16:53.667 (1:26.904)	
	18:16.733 (1:23.067)				
5	Jaclyn Rittgers	JR Wartburg	18:11.66	18:18.69	4
	48.247 (48.247)	2:17.627 (1:29.381)	3:47.298 (1:29.671)	5:15.226 (1:27.929)	
	6:43.178 (1:27.952)	8:12.208 (1:29.030)	9:39.440 (1:27.233)	11:06.961 (1:27.522)	
	12:32.648 (1:25.687)	14:00.110 (1:27.463)	15:28.336 (1:28.227)	16:57.401 (1:29.065)	
	18:18.684 (1:21.284)				
6	Maggie Saenz Ruiz	SR Loras	18:07.17	18:24.69	3
	48.170 (48.170)	2:17.814 (1:29.645)	3:47.589 (1:29.775)	5:15.767 (1:28.179)	
	6:43.932 (1:28.166)	8:13.144 (1:29.212)	9:41.140 (1:27.996)	11:09.877 (1:28.738)	
	12:37.666 (1:27.790)	14:06.566 (1:28.900)	15:34.535 (1:27.970)	17:02.904 (1:28.370)	
	18:24.685 (1:21.782)				
7	Dakota Tell	JR Wartburg	18:06.74	18:27.32	2
	48.540 (48.540)	2:18.064 (1:29.524)	3:47.275 (1:29.211)	5:15.080 (1:27.806)	
	6:43.450 (1:28.370)	8:12.488 (1:29.038)	9:40.002 (1:27.515)	11:07.296 (1:27.295)	
	12:32.951 (1:25.655)	14:01.618 (1:28.667)	15:33.522 (1:31.905)	17:03.050 (1:29.528)	
	18:27.319 (1:24.269)				
8	Emily Day	JR Loras	18:36.27		1
	50.184 (50.184)	2:19.282 (1:29.098)	3:48.785 (1:29.503)	5:17.955 (1:29.170)	
	6:46.568 (1:28.614)	8:15.079 (1:28.512)	9:43.960 (1:28.881)	11:14.118 (1:30.158)	
	12:42.758 (1:28.640)	14:13.409 (1:30.652)	15:45.377 (1:31.968)	17:15.375 (1:29.998)	
	18:36.267 (1:20.893)				
9	Lauren Mordini	SR Luther	18:11.40	18:40.94	
	47.601 (47.601)	2:17.194 (1:29.593)	3:46.618 (1:29.425)	5:14.881 (1:28.263)	
	6:42.692 (1:27.812)	8:11.908 (1:29.216)	9:40.745 (1:28.837)	11:09.562 (1:28.817)	
	12:39.920 (1:30.359)	14:11.033 (1:31.113)	15:42.961 (1:31.929)	17:15.147 (1:32.186)	
	18:40.940 (1:25.794)				
10	Lucy Conroy	FR Coe	18:49.72	18:44.01	
	47.822 (47.822)	2:18.263 (1:30.442)	3:47.819 (1:29.556)	5:16.382 (1:28.564)	
	6:44.805 (1:28.424)	8:14.233 (1:29.428)	9:44.723 (1:30.490)	11:17.058 (1:32.336)	
	12:48.977 (1:31.919)	14:20.814 (1:31.838)	15:52.891 (1:32.078)	17:23.914 (1:31.023)	
	18:44.004 (1:20.090)				



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11 Bree Gaster	SR Simpson (Iowa)	18:44.67					
50.432 (50.432)	2:19.313 (1:28.881)	3:48.100 (1:28.787)	5:16.755 (1:28.656)				
6:46.040 (1:29.285)	8:16.831 (1:30.791)	9:48.501 (1:31.671)	11:20.693 (1:32.193)				
12:52.940 (1:32.247)	14:24.823 (1:31.884)	15:55.516 (1:30.693)	17:24.471 (1:28.955)				
18:44.669 (1:20.199)							
12 Shae McEnany	FR Wartburg	18:07.87	18:46.14				
48.772 (48.772)	2:18.323 (1:29.551)	3:47.582 (1:29.259)	5:15.523 (1:27.942)				
6:43.752 (1:28.230)	8:12.752 (1:29.000)	9:41.101 (1:28.349)	11:11.448 (1:30.348)				
12:42.916 (1:31.468)	14:15.292 (1:32.377)	15:48.821 (1:33.530)	17:21.332 (1:32.512)				
18:46.133 (1:24.801)							
13 Kara Maloney	SR Luther	18:11.69	18:50.74				
48.151 (48.151)	2:17.832 (1:29.682)	3:47.112 (1:29.280)	5:15.890 (1:28.778)				
6:44.271 (1:28.382)	8:13.792 (1:29.521)	9:43.496 (1:29.704)	11:15.042 (1:31.546)				
12:47.193 (1:32.152)	14:20.563 (1:33.371)	15:53.977 (1:33.415)	17:25.803 (1:31.826)				
18:50.738 (1:24.936)							
14 Rachel Peter	FR Central College	19:40.96	18:57.63				
49.647 (49.647)	2:19.902 (1:30.255)	3:48.695 (1:28.794)	5:17.332 (1:28.637)				
6:46.357 (1:29.025)	8:16.566 (1:30.209)	9:46.016 (1:29.450)	11:16.996 (1:30.981)				
12:49.340 (1:32.344)	14:21.448 (1:32.109)	15:54.112 (1:32.665)	17:28.715 (1:34.603)				
18:57.622 (1:28.907)							
15 Courtney Neuendorf	SO Simpson (Iowa)	19:17.59	18:58.65				
50.427 (50.427)	2:19.614 (1:29.187)	3:48.285 (1:28.672)	5:17.022 (1:28.737)				
6:46.175 (1:29.153)	8:16.969 (1:30.794)	9:48.785 (1:31.817)	11:20.991 (1:32.207)				
12:53.433 (1:32.442)	14:25.753 (1:32.321)	15:58.494 (1:32.742)	17:32.401 (1:33.907)				
18:58.642 (1:26.241)							
16 Mareena Franke	FR Coe	19:10.35	19:02.01				
50.081 (50.081)	2:20.219 (1:30.138)	3:49.696 (1:29.477)	5:18.989 (1:29.293)				
6:49.534 (1:30.546)	8:20.887 (1:31.353)	9:52.527 (1:31.641)	11:23.646 (1:31.119)				
12:56.821 (1:33.176)	14:30.504 (1:33.684)	16:02.538 (1:32.034)	17:35.562 (1:33.025)				
19:02.006 (1:26.445)							
17 Kelly Minear	SO Loras	19:23.64					
49.910 (49.910)	2:19.574 (1:29.664)	3:48.639 (1:29.065)	5:17.676 (1:29.037)				
6:47.245 (1:29.569)	8:19.061 (1:31.817)	9:52.688 (1:33.628)	11:27.336 (1:34.648)				
13:02.655 (1:35.319)	14:37.095 (1:34.440)	16:14.427 (1:37.333)	17:52.862 (1:38.436)				
19:23.633 (1:30.771)							
18 Nicole Breitbach	FR Wartburg	18:46.49	19:33.43				
49.004 (49.004)	2:18.755 (1:29.751)	3:48.044 (1:29.289)	5:16.892 (1:28.848)				
6:46.350 (1:29.458)	8:17.249 (1:30.899)	9:49.081 (1:31.833)	11:21.366 (1:32.286)				
12:56.573 (1:35.207)	14:38.188 (1:41.615)	16:20.373 (1:42.186)	18:02.729 (1:42.357)				
19:33.424 (1:30.695)							
19 Cassidy Gornick	JR Central College	18:44.73	20:03.92				
49.265 (49.265)	2:18.960 (1:29.695)	3:48.402 (1:29.442)	5:17.287 (1:28.885)				
6:49.614 (1:32.328)	8:26.359 (1:36.745)	10:04.016 (1:37.658)	11:43.693 (1:39.677)				
13:25.488 (1:41.795)	15:07.817 (1:42.330)	16:50.610 (1:42.794)	18:30.617 (1:40.007)				
20:03.911 (1:33.295)							
20 Holly Wisnousky	SO Coe	21:42.14	22:00.00				
51.201 (51.201)	2:27.617 (1:36.416)	4:08.307 (1:40.691)	5:50.954 (1:42.647)				
7:35.340 (1:44.386)	9:23.289 (1:47.950)	11:12.264 (1:48.976)	12:59.991 (1:47.728)				
14:47.795 (1:47.804)	16:37.196 (1:49.402)	18:27.703 (1:50.507)	20:17.574 (1:49.871)				
21:59.991 (1:42.418)							



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21 Tara Harris	FR Buena Vista	21:53.02	22:07.33		
50.861 (50.861)	2:27.391 (1:36.530)	4:08.776 (1:41.386)	5:53.105 (1:44.329)		
7:40.659 (1:47.554)	9:31.009 (1:50.351)	11:20.237 (1:49.228)	13:08.774 (1:48.538)		
14:57.997 (1:49.224)	16:48.563 (1:50.566)	18:36.903 (1:48.341)	20:24.262 (1:47.360)		
22:07.322 (1:43.060)					
-- Briana McCloskey	JR Simpson (Iowa)	19:23.03	DNS		
-- Rebecca Diemer	SR Simpson (Iowa)	19:19.32	DNS		

Women 10000 Meter Run

All-Time: A	34:24.85	2004	Missy Buttry, Wartburg		
Championship: C	36:22.03	5/11/2012	Alana Enabnit, Wartburg		
Stadium: S	34:00.43	2005	Carter Hamill, Amherst		
Name	Year	School	Seed	Finals	Points
=====					
1 Maggie Saenz Ruiz	SR	Loras	36:26.42	38:06.08	10
1:35.808 (1:35.808)	3:07.510 (1:31.702)	4:39.157 (1:31.648)	6:09.919 (1:30.763)		
7:42.074 (1:32.156)	9:13.269 (1:31.195)	10:45.275 (1:32.007)	12:15.493 (1:30.219)		
13:50.323 (1:34.830)	15:24.226 (1:33.903)	16:54.698 (1:30.473)	18:26.412 (1:31.715)		
19:58.874 (1:32.462)	21:30.660 (1:31.787)	23:02.496 (1:31.837)	24:35.233 (1:32.737)		
26:07.529 (1:32.297)	27:40.379 (1:32.850)	29:11.505 (1:31.126)	30:41.957 (1:30.453)		
32:12.721 (1:30.764)	33:39.605 (1:26.885)	35:07.039 (1:27.435)	36:36.132 (1:29.093)		
38:06.077 (1:29.946)					
2 Lauren Mordini	SR	Luther		38:14.25	8
1:35.757 (1:35.757)	3:07.431 (1:31.674)	4:39.031 (1:31.601)	6:09.634 (1:30.604)		
7:41.772 (1:32.139)	9:12.962 (1:31.190)	10:44.989 (1:32.028)	12:15.224 (1:30.236)		
13:50.204 (1:34.980)	15:24.102 (1:33.898)	16:54.570 (1:30.469)	18:26.161 (1:31.591)		
19:58.600 (1:32.440)	21:30.566 (1:31.967)	23:02.259 (1:31.694)	24:35.206 (1:32.947)		
26:07.460 (1:32.255)	27:40.322 (1:32.862)	29:11.242 (1:30.920)	30:41.835 (1:30.594)		
32:13.473 (1:31.639)	33:45.796 (1:32.323)	35:18.086 (1:32.291)	36:48.114 (1:30.029)		
38:14.243 (1:26.129)					
3 Kara Maloney	SR	Luther		38:29.70	6
1:36.054 (1:36.054)	3:07.765 (1:31.711)	4:39.364 (1:31.600)	6:10.225 (1:30.862)		
7:42.426 (1:32.202)	9:13.566 (1:31.140)	10:45.614 (1:32.049)	12:15.855 (1:30.242)		
13:50.554 (1:34.699)	15:24.487 (1:33.933)	16:54.968 (1:30.482)	18:26.754 (1:31.787)		
19:59.178 (1:32.425)	21:31.045 (1:31.867)	23:02.909 (1:31.865)	24:35.709 (1:32.801)		
26:07.976 (1:32.268)	27:41.074 (1:33.098)	29:14.793 (1:33.719)	30:49.133 (1:34.340)		
32:24.552 (1:35.420)	33:59.426 (1:34.874)	35:33.186 (1:33.760)	37:05.285 (1:32.100)		
38:29.695 (1:24.410)					
4 Brianne Cook	SR	Loras	40:15.58	39:16.22	5
1:41.383 (1:41.383)	3:13.550 (1:32.168)	4:47.593 (1:34.043)	6:21.839 (1:34.246)		
7:58.005 (1:36.167)	9:34.925 (1:36.921)	11:12.326 (1:37.401)	12:49.704 (1:37.379)		
14:24.881 (1:35.178)	15:57.248 (1:32.368)	17:31.468 (1:34.220)	19:06.084 (1:34.616)		
20:38.014 (1:31.931)	22:12.094 (1:34.080)	23:45.716 (1:33.622)	25:18.731 (1:33.015)		
26:53.515 (1:34.785)	28:29.354 (1:35.839)	30:04.892 (1:35.539)	31:39.500 (1:34.608)		
33:14.227 (1:34.727)	34:49.721 (1:35.495)	36:24.600 (1:34.879)	37:54.983 (1:30.383)		
39:16.216 (1:21.234)					



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5	Erin Ellefsen	JR Luther	39:22.31	4
	1:39.639 (1:39.639)	3:12.859 (1:33.220)	4:47.012 (1:34.154)	6:21.290 (1:34.278)
	7:57.634 (1:36.345)	9:34.551 (1:36.917)	11:11.801 (1:37.251)	12:49.137 (1:37.337)
	14:25.274 (1:36.138)	15:57.661 (1:32.388)	17:30.447 (1:32.786)	19:04.370 (1:33.923)
	20:37.565 (1:33.195)	22:11.760 (1:34.195)	23:46.484 (1:34.725)	25:19.864 (1:33.380)
	26:54.710 (1:34.846)	28:29.752 (1:35.042)	30:05.174 (1:35.423)	31:39.908 (1:34.734)
	33:14.446 (1:34.538)	34:49.883 (1:35.438)	36:24.770 (1:34.887)	37:54.640 (1:29.870)
	39:22.309 (1:27.670)			
6	Anna Ryden	SO Luther	39:30.77	3
	1:39.354 (1:39.354)	3:12.584 (1:33.230)	4:46.736 (1:34.153)	6:20.932 (1:34.196)
	7:57.095 (1:36.164)	9:34.259 (1:37.164)	11:11.505 (1:37.247)	12:48.837 (1:37.333)
	14:25.016 (1:36.180)	15:57.453 (1:32.438)	17:30.214 (1:32.761)	19:04.061 (1:33.847)
	20:37.270 (1:33.209)	22:11.464 (1:34.194)	23:46.059 (1:34.595)	25:19.217 (1:33.158)
	26:53.865 (1:34.649)	28:29.577 (1:35.712)	30:04.967 (1:35.391)	31:39.349 (1:34.382)
	33:14.159 (1:34.810)	34:49.576 (1:35.418)	36:24.483 (1:34.907)	37:58.223 (1:33.740)
	39:30.761 (1:32.539)			
7	Cassidy Gornick	JR Central College	43:09.49	2
	1:40.093 (1:40.093)	3:13.205 (1:33.113)	4:47.357 (1:34.152)	6:21.985 (1:34.628)
	7:58.214 (1:36.230)	9:35.143 (1:36.930)	11:12.331 (1:37.188)	12:49.637 (1:37.307)
	14:25.486 (1:35.850)	15:58.178 (1:32.692)	17:31.825 (1:33.647)	19:06.334 (1:34.509)
	20:39.836 (1:33.502)	22:13.749 (1:33.914)	23:48.948 (1:35.199)	25:22.989 (1:34.041)
	26:59.538 (1:36.550)	28:36.977 (1:37.440)	30:15.476 (1:38.499)	31:52.289 (1:36.813)
	33:29.267 (1:36.979)	35:05.900 (1:36.634)	36:42.589 (1:36.690)	38:18.484 (1:35.895)
	39:45.706 (1:27.223)			
8	Beth Mallon	SO Wartburg	40:04.60	1
	1:40.233 (1:40.233)	3:13.150 (1:32.918)	4:47.272 (1:34.122)	6:21.568 (1:34.296)
	7:57.898 (1:36.331)	9:34.818 (1:36.921)	11:12.071 (1:37.253)	12:49.413 (1:37.343)
	14:24.319 (1:34.907)	15:56.597 (1:32.279)	17:29.547 (1:32.950)	19:03.301 (1:33.754)
	20:36.865 (1:33.564)	22:10.924 (1:34.059)	23:45.388 (1:34.464)	25:18.406 (1:33.018)
	26:53.397 (1:34.992)	28:29.058 (1:35.661)	30:04.651 (1:35.594)	31:39.632 (1:34.981)
	33:16.453 (1:36.822)	35:01.525 (1:45.072)	36:43.113 (1:41.589)	38:26.452 (1:43.340)
	40:04.593 (1:38.141)			
9	Jaclyn Rittgers	JR Wartburg	40:23.79	
	1:38.750 (1:38.750)	3:12.101 (1:33.351)	4:46.351 (1:34.251)	6:21.108 (1:34.757)
	7:57.374 (1:36.267)	9:34.381 (1:37.007)	11:11.631 (1:37.251)	12:48.942 (1:37.312)
	14:24.077 (1:35.136)	15:56.356 (1:32.279)	17:29.294 (1:32.938)	19:03.618 (1:34.325)
	20:37.014 (1:33.396)	22:11.185 (1:34.171)	23:50.329 (1:39.144)	25:36.851 (1:46.523)
	27:18.148 (1:41.297)	28:55.856 (1:37.709)	30:33.170 (1:37.315)	32:10.805 (1:37.636)
	33:50.772 (1:39.967)	35:30.785 (1:40.014)	37:09.548 (1:38.763)	38:48.261 (1:38.713)
	40:23.786 (1:35.525)			
10	Briana McCloskey	JR Simpson (Iowa)	40:52.35	
	1:39.950 (1:39.950)	3:13.012 (1:33.062)	4:47.148 (1:34.137)	6:21.337 (1:34.189)
	7:57.714 (1:36.378)	9:34.676 (1:36.962)	11:11.945 (1:37.270)	12:49.275 (1:37.331)
	14:24.601 (1:35.327)	15:56.921 (1:32.321)	17:29.903 (1:32.982)	19:05.759 (1:35.856)
	20:43.865 (1:38.106)	22:22.861 (1:38.996)	24:02.579 (1:39.719)	25:42.162 (1:39.583)
	27:24.277 (1:42.116)	29:06.624 (1:42.347)	30:49.263 (1:42.640)	32:33.754 (1:44.491)
	34:15.557 (1:41.804)	35:54.191 (1:38.634)	37:35.764 (1:41.574)	39:16.251 (1:40.487)
	40:52.348 (1:36.098)			



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11 Holly Wisnousky	SO Coe					44:44.92	
1:42.437 (1:42.437)	3:19.397 (1:36.961)	5:01.025 (1:41.628)	6:46.919 (1:45.895)				
8:34.350 (1:47.432)	10:21.703 (1:47.354)	12:08.905 (1:47.202)	13:56.945 (1:48.041)				
15:44.640 (1:47.696)	17:32.700 (1:48.061)	19:21.469 (1:48.769)	21:12.246 (1:50.778)				
23:02.816 (1:50.570)	24:51.728 (1:48.912)	26:43.247 (1:51.520)	28:33.884 (1:50.637)				
30:24.149 (1:50.265)	32:15.257 (1:51.109)	34:06.564 (1:51.307)	35:55.968 (1:49.405)				
37:44.266 (1:48.298)	39:29.723 (1:45.458)	41:16.140 (1:46.417)	43:04.783 (1:48.644)				
44:44.914 (1:40.132)							

Women 100 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

All-Time: A 13.96	2013	Camesha Goods, Wartburg
All-Time1: A 13.92	2009	Lauren Bucklin, Simpson (wind)
Championship: C 14.35	5/9/2015	Elizabeth Brandenburg, Loras
Championship: C 13.92	2009	Lauren Bucklin, Simpson (wind)
Stadium: S 14.08	2005	Sheana Grigsby, Carthage

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Audrey Hooks	JR	Loras	14.44	14.89Q	3.1	1
2 Derica Jakoubek	SR	Wartburg	14.84	14.97Q	2.3	3
3 Sammie Osterberger	JR	Coe	14.71	15.00Q	2.2	2
4 Madison Spear	JR	Buena Vista	14.94	15.05q	2.3	3
5 Brittany Burks	FR	Dubuque	15.21	15.27q	3.1	1
6 Courtney Sowle	JR	Wartburg	15.27	15.30q	2.2	2
7 Aubree Taylor	SO	Wartburg	15.42	15.46q	2.3	3
8 Isabella Solis	FR	Dubuque	15.20	15.54q	3.1	1
9 Allie Osterberger	JR	Coe	15.66	15.67	3.1	1
10 Amanda Riniker	FR	Wartburg	15.44	15.73	2.3	3
11 Elizabeth Brandenburg	JR	Loras	15.74	15.87	3.1	1
12 Sybbie Sears	SO	Buena Vista	15.65	16.00	2.2	2
13 Devin Hasson	SO	Loras	16.51	16.54	2.3	3
14 MichelleAnn Sanchez	SO	Dubuque	15.15	16.75	2.2	2
15 Jackie Krawczyk	SO	Luther	16.57	16.78	2.3	3
16 Jesse Robinson	SR	Luther	16.87	16.80	3.1	1
17 Taylor Schaefer	FR	Loras	17.07	16.84	2.2	2
18 Molly Lewison	SO	Buena Vista	16.83	16.97	2.2	2
19 Sarah Sandage	FR	Simpson (Iowa)	17.49	17.34	2.3	3
20 Caitlyn Landuyt	SO	Central College	17.77	17.44	2.3	3
21 Marea Holkesvik	SR	Luther	16.33	17.56	2.2	2
22 Sara Schloesser	SR	Luther	17.99	18.01	2.2	2
23 Maddie Smith	SO	Central College	16.89	18.32	3.1	1



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All-Time: A	13.96	2013	Camesha Goods, Wartburg				
All-Time1: A	13.92	2009	Lauren Bucklin, Simpson (wind)				
Championship: C	14.35	5/9/2015	Elizabeth Brandenburg, Loras				
Championship: C	13.92	2009	Lauren Bucklin, Simpson (wind)				
Stadium: S	14.08	2005	Sheana Grigsby, Carthage				
Name		Year	School	Prelims	Finals	Wind	Points

Finals

1	Audrey Hooks	JR	Loras	14.89	14.49	4.0	10
2	Madison Spear	JR	Buena Vista	15.05	14.67	4.0	8
3	Derica Jakoubek	SR	Wartburg	14.97	14.74	4.0	6
4	Brittany Burks	FR	Dubuque	15.27	14.94	4.0	5
5	Courtney Sowle	JR	Wartburg	15.30	15.00	4.0	4
6	Sammie Osterberger	JR	Coe	15.00	15.01	4.0	3
7	Isabella Solis	FR	Dubuque	15.54	15.36	4.0	2
8	Aubree Taylor	SO	Wartburg	15.46	15.38	4.0	1

Women 400 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

All-Time: A	59.33	2014	Tashina McAllister, Wartburg				
Championship: C	1:01.14	5/10/2014	Tashina McAllister, Wartburg				
Stadium: S	1:01.39	2011	Brittany Melloy, Wartburg				
Name		Year	School	Seed	Prelims	H#	

Preliminaries

1	Sybbie Sears	SO	Buena Vista	1:03.76	1:04.38Q	3
2	Isabella Solis	FR	Dubuque	1:04.70	1:06.18Q	1
3	Kaitlyn Muhlenbruch	SR	Wartburg	1:05.86	1:08.02Q	2
4	Aubree Taylor	SO	Wartburg	1:05.16	1:06.78q	1
5	Madison Spear	JR	Buena Vista	1:05.91	1:06.95q	3
6	Katrina Pagel	SO	Dubuque	1:06.30	1:08.05q	3
7	Sammie Osterberger	JR	Coe	1:04.51	1:08.15q	2
8	Amanda Riniker	FR	Wartburg	1:06.82	1:08.76q	1
9	Allie Osterberger	JR	Coe	1:07.15	1:09.16	2
10	Devin Hasson	SO	Loras	1:06.87	1:09.96	1
11	Marea Holkesvik	SR	Luther	1:07.43	1:10.03	3
12	Derica Jakoubek	SR	Wartburg	1:06.50	1:11.15	2
13	Celia Da Silva	FR	Loras	1:09.27	1:12.38	3
14	Jackie Krawczyk	SO	Luther	1:11.25	1:12.88	3
15	Lynzie Miller	FR	Central College	1:09.99	1:12.93	1
16	Taylor Schaefer	FR	Loras	1:09.84	1:13.06	2
17	Merissa Larson	SO	Central College	1:10.79	1:16.65	2
18	Allyson Ervin	FR	Buena Vista	1:10.37	1:18.35	1
--	Morgan Sammons	SO	Luther	1:11.56	DNS	3



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All-Time: A	59.33	2014	Tashina McAllister, Wartburg
Championship: C	1:01.14	5/10/2014	Tashina McAllister, Wartburg
Stadium: S	1:01.39	2011	Brittany Melloy, Wartburg

Name	Year	School	Prelims	Finals	Points
Finals					
1 Isabella Solis	FR	Dubuque	1:06.18	1:04.35	10
2 Sybbie Sears	SO	Buena Vista	1:04.38	1:04.41	8
3 Aubree Taylor	SO	Wartburg	1:06.78	1:05.07	6
4 Sammie Osterberger	JR	Coe	1:08.15	1:06.07	5
5 Madison Spear	JR	Buena Vista	1:06.95	1:07.30	4
6 Katrina Pagel	SO	Dubuque	1:08.05	1:07.36	3
7 Amanda Riniker	FR	Wartburg	1:08.76	1:07.83	2
8 Kaitlyn Muhlenbruch	SR	Wartburg	1:08.02	1:08.16	1

Women 3000 Meter Steeplechase

All-Time: A	10:20.97	2007	Janet Dobyys, Luther
Championship: C	10:35.64	2007	Janet Dobyys, Luther
Stadium: S	10:33.21	2005	Shauneen Garrahan, Amherst

Name	Year	School	Seed	Finals	Points
1 Fabiola Ortiz	JR	Dubuque	11:21.05	11:01.63	10
46.258 (46.258)	2:10.409 (1:24.151)	3:39.039 (1:28.630)	5:10.655 (1:31.617)		
6:41.396 (1:30.741)	8:13.081 (1:31.686)	9:41.988 (1:28.907)	11:01.623 (1:19.636)		
2 Holly McKinney	SO	Central College	11:27.88	11:02.36	8
46.379 (46.379)	2:11.850 (1:25.471)	3:40.470 (1:28.620)	5:10.482 (1:30.013)		
6:39.289 (1:28.807)	8:09.082 (1:29.793)	9:39.292 (1:30.211)	11:02.360 (1:23.068)		
3 Bree Gaster	SR	Simpson (Iowa)	11:28.30	11:30.42	6
47.215 (47.215)	2:16.391 (1:29.176)	3:46.361 (1:29.970)	5:17.524 (1:31.164)		
6:51.283 (1:33.759)	8:24.636 (1:33.353)	9:57.746 (1:33.110)	11:30.419 (1:32.674)		
4 Emily Day	JR	Loras	11:41.92	11:42.94	5
49.847 (49.847)	2:20.431 (1:30.585)	3:53.214 (1:32.784)	5:26.833 (1:33.619)		
7:00.524 (1:33.691)	8:38.113 (1:37.590)	10:12.284 (1:34.171)	11:42.933 (1:30.650)		
5 Kelly Minear	SO	Loras	11:53.27	11:59.59	4
51.822 (51.822)	2:23.128 (1:31.306)	3:58.923 (1:35.796)	5:33.065 (1:34.142)		
7:09.697 (1:36.633)	8:48.049 (1:38.352)	10:24.787 (1:36.739)	11:59.587 (1:34.800)		
6 Andie Arthofer	JR	Central College	12:30.35	12:12.96	3
51.291 (51.291)	2:22.780 (1:31.489)	3:58.778 (1:35.999)	5:36.273 (1:37.496)		
7:16.393 (1:40.120)	8:57.868 (1:41.476)	10:37.411 (1:39.543)	12:12.951 (1:35.540)		
7 Gillian Feller	JR	Wartburg	12:05.05	12:13.24	2
50.828 (50.828)	2:23.107 (1:32.280)	3:59.728 (1:36.622)	5:37.480 (1:37.753)		
7:16.966 (1:39.486)	8:58.349 (1:41.384)	10:39.359 (1:41.010)	12:13.236 (1:33.878)		
8 Jenna Dengler	SR	Luther	12:55.78	12:13.52	1
50.144 (50.144)	2:21.513 (1:31.370)	3:57.182 (1:35.670)	5:36.977 (1:39.795)		
7:16.902 (1:39.925)	8:59.353 (1:42.452)	10:40.856 (1:41.504)	12:13.520 (1:32.665)		
9 Evie Kammeyer	SO	Central College	11:55.08	12:15.87	
49.136 (49.136)	2:20.314 (1:31.179)	3:51.755 (1:31.441)	5:25.544 (1:33.790)		
6:58.196 (1:32.653)	8:34.584 (1:36.388)	10:28.381 (1:53.797)	12:15.864 (1:47.484)		



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10 Kelsey Miner	JR Wartburg	12:25.21	12:30.04		
51.123 (51.123)	2:23.578 (1:32.455)	3:59.224 (1:35.647)	5:35.414 (1:36.191)		
7:14.827 (1:39.413)	9:00.173 (1:45.346)	10:46.755 (1:46.583)	12:30.038 (1:43.283)		
11 Meredith Robinson	SO Luther	12:53.54	12:36.37		
52.592 (52.592)	2:30.591 (1:38.000)	4:12.061 (1:41.470)	5:53.723 (1:41.663)		
7:35.347 (1:41.625)	9:17.407 (1:42.060)	10:58.756 (1:41.350)	12:36.368 (1:37.613)		
12 Maleaha Earnest	JR Central College	12:56.00	12:40.49		
53.445 (53.445)	2:31.787 (1:38.342)	4:12.555 (1:40.769)	5:54.814 (1:42.259)		
7:37.477 (1:42.664)	9:20.417 (1:42.941)	11:04.192 (1:43.775)	12:40.487 (1:36.296)		
13 Katie Puls	FR Buena Vista	13:42.60	12:43.24		
50.469 (50.469)	2:24.066 (1:33.598)	4:01.643 (1:37.577)	5:40.073 (1:38.430)		
7:25.579 (1:45.507)	9:16.520 (1:50.941)	11:02.991 (1:46.472)	12:43.235 (1:40.244)		
14 Sam Lahey	SO Luther	12:51.51	12:45.57		
53.193 (53.193)	2:31.856 (1:38.663)	4:13.612 (1:41.757)	5:55.848 (1:42.237)		
7:39.382 (1:43.534)	9:22.791 (1:43.409)	11:07.203 (1:44.412)	12:45.565 (1:38.362)		
15 Tessa Kraus	SR Luther	12:49.57	13:05.07		
52.937 (52.937)	2:30.732 (1:37.796)	4:13.115 (1:42.384)	5:57.891 (1:44.776)		
7:46.458 (1:48.567)	9:34.895 (1:48.437)	11:23.224 (1:48.330)	13:05.066 (1:41.843)		
16 Miranda Fober	SO Wartburg	12:45.74	13:13.03		
52.129 (52.129)	2:27.689 (1:35.560)	4:06.885 (1:39.196)	5:51.688 (1:44.804)		
7:39.644 (1:47.957)	9:34.947 (1:55.303)	11:26.259 (1:51.312)	13:13.025 (1:46.767)		
-- Maddie Kemp	SO Wartburg	13:15.39	DNS		

Women 4x100 Meter Relay

=====					
All-Time: A	46.10	2010	Wartburg, Wartburg		
			J Kordick, N Morrison, J Ganshirt, F Burt		
Championship: C	46.79	2010	Wartburg, Wartburg		
			Kordick, Morrison, Ganshirt, Burt		
Stadium: S	46.84	2011	Iowa Central, Iowa Central		
School			Seed	Finals	Points
=====					
1	Central College		47.73	48.07	10
	1) Abigail Davis SR	2) Ashlee Downs SR			
	3) Kate Patton SO	4) Hope Heitman FR			
2	Dubuque		49.56	49.58	8
	1) Brittany Burks FR	2) Candace Enis FR			
	3) MichelleAnn Sanchez SO	4) Amanda Zbilski JR			
3	Loras		48.28	49.77	6
	1) Brittnee Powers SR	2) Alyssa Simon SO			
	3) Rachel Kilburg SO	4) Audrey Hooks JR			
4	Buena Vista		49.19	49.94	5
	1) Shania Wunschel SO	2) Mallory Spear JR			
	3) Morganne Haer JR	4) Madison Spear JR			
5	Luther		49.74	50.21	4
	1) Randi-Kate Canoy JR	2) Kacy Rodamaker FR			
	3) Alexis Hove SO	4) Erin Kammer SR			
6	Coe			51.07	3
	1) Amanda Brummet JR	2) Allie Osterberger JR			
	3) Sammie Osterberger JR	4) Cassie Hocker JR			



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....Women 4x100 Meter Relay

7 Simpson (Iowa)	52.00	52.93	2
1) Audrey Lovan SO	2) Elizabeth Burgus SO		
3) Danielle Roethler SO	4) Sarah Sandage FR		
-- Wartburg	47.59	DQ	Exchange 2-3
1) Erica Dynes SR	2) Tessa Helmle JR		
3) Laura Stenzel SR	4) Teylor Jones FR		

Women 4x400 Meter Relay

=====			
Started on the Wrong marks - 1st Runner Ran Long			
All-Time: A 3:38.85	2012	Wartburg, Wartburg	
		F Burt, S Morrison, K Kregel, N Morrison	
Championship: C 3:45.30	5/10/2014	Wartburg, Wartburg	
		T McAllister, K Adkins, K Kregel, L Schubert	
Stadium: S 3:45.32	2011	Wartburg	
School		Seed	Finals Points
=====			
1 Central College		3:49.73	3:53.64 10
1) Ashlee Downs SR	2) Kate Patton SO		
3) Hope Heitman FR	4) Abigail Davis SR		
1:59.280 (1:59.280)	2:56.984 (57.704)	3:53.639 (56.656)	
2 Wartburg		3:50.83	3:54.32 8
1) Elizabeth Duehr SO	2) Kaitlyn Muhlenbruch SR		
3) Tessa Helmle JR	4) Taylor Officer JR		
1:58.418 (1:58.418)	2:56.916 (58.498)	3:54.315 (57.399)	
3 Loras		3:53.90	3:57.90 6
1) Brittnee Powers SR	2) Allie Serres FR		
3) Rachel Kilburg SO	4) Alexis Hanson JR		
1:58.702 (1:58.702)	2:58.052 (59.350)	3:57.895 (59.844)	
4 Luther		4:03.54	4:06.13 5
1) Marea Holkesvik SR	2) Kacy Rodamaker FR		
3) Randi-Kate Canoy JR	4) Kayla Ingvalson JR		
2:02.092 (2:02.092)	3:06.077 (1:03.985)	4:06.127 (1:00.050)	
5 Buena Vista		4:00.02	4:08.79 4
1) Sybbie Sears SO	2) Morganne Haer JR		
3) Martina Smith SR	4) Mallory Spear JR		
2:05.136 (2:05.136)	3:07.352 (1:02.217)	4:08.788 (1:01.437)	
6 Coe		4:06.33	4:09.68 3
1) Amanda Brummet JR	2) Allie Osterberger JR		
3) Samaya Lewis FR	4) Sammie Osterberger JR		
2:04.057 (2:04.057)	3:08.845 (1:04.788)	4:09.679 (1:00.835)	
7 Dubuque		4:04.04	4:11.37 2
1) Katrina Pagel SO	2) Amanda Zbilski JR		
3) Jamie Draeger FR	4) Fabiola Ortiz JR		
2:06.862 (2:06.862)	3:09.358 (1:02.497)	4:11.362 (1:02.004)	
8 Simpson (Iowa)		4:15.05	4:28.06 1
1) Elizabeth Burgus SO	2) Jessica Lamb JR		
3) Jaycie Owens FR	4) Courtney Neuendorf SO		
2:11.987 (2:11.987)	3:19.175 (1:07.188)	4:28.051 (1:08.877)	



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Women 4x800 Meter Relay

All-Time: A 9:01.89 2010		Wartburg, Wartburg			
Championship: C 9:05.41 5/9/2014		Wartburg, Wartburg			
School	Seed	Finals	Points		
1 Wartburg	9:34.08	9:32.73	10		
1) Elizabeth Duehr SO	2) Samantha Feller JR				
3) Maddie Carlsen SO	4) Taylor Officer JR				
2:21.659 (2:21.659)	4:49.343 (2:27.684)	7:12.561 (2:23.219)	9:32.727 (2:20.166)		
2 Luther	9:56.98	9:37.48	8		
1) Sydney Gehrt SR	2) Stephanie Murray JR				
3) Natalie Sandstrom FR	4) Tricia Serres SR				
2:25.054 (2:25.054)	4:52.564 (2:27.511)	7:19.067 (2:26.503)	9:37.474 (2:18.408)		
3 Loras	9:50.24	9:49.39	6		
1) Kemunto Ondande FR	2) Audrey Miller FR				
3) Liz Venezio FR	4) Carrie Piper SO				
2:23.149 (2:23.149)	4:49.371 (2:26.222)	7:17.229 (2:27.859)	9:49.382 (2:32.154)		
4 Central College		10:03.66	5		
1) Rachel Peter FR	2) Andie Arthofer JR				
3) Jennifer Zoutte SO	4) Kasey Wiedmaier JR				
2:31.420 (2:31.420)	5:00.885 (2:29.465)	7:34.671 (2:33.787)	10:03.659 (2:28.988)		
5 Simpson (Iowa)		10:21.13	4		
1) Courtney Neuendorf SO	2) Rebecca Diemer SR				
3) Bree Gaster SR	4) Sarah Galbraith SR				
2:29.234 (2:29.234)	5:02.539 (2:33.306)	7:33.324 (2:30.785)	10:21.124 (2:47.801)		
6 Coe		10:25.06	3		
1) Samaya Lewis FR	2) Lucy Conroy FR				
3) Katie Guinane SO	4) McKayla Morris FR				
2:36.548 (2:36.548)	5:07.649 (2:31.101)	7:48.723 (2:41.074)	10:25.053 (2:36.331)		
7 Dubuque		10:28.56	2		
1) Kiersten Wenthold JR	2) Kayla Kinateder SO				
3) Jamie Draeger FR	4) Kristin Mackenburg SO				
2:25.273 (2:25.273)	4:59.836 (2:34.563)	7:45.907 (2:46.072)	10:28.553 (2:42.646)		
8 Buena Vista		10:31.99	1		
1) Martina Smith SR	2) Katie Puls FR				
3) Sybbie Sears SO	4) Tara Harris FR				
2:33.377 (2:33.377)	5:09.736 (2:36.359)	7:43.595 (2:33.860)	10:31.987 (2:48.393)		

Women High Jump

Opening Height: 1.34m raise by 5 cm through 1.69					
All-Time: A 1.78m 1984		Becky Ebert Sullivan, Wartburg			
Championship: C 1.71m 1995		Teresa Breyfogle, Buena Vista			
Stadium: S 1.76m 2005		Christyn Schumann, Texas Lutheran			
Name	Year	School	Seed	Finals	Points
1 Kailey Kladivo		SR Wartburg	1.70m	1.64m	5-04.50 10
1.59 1.64 1.73					
0 0 XXX					



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....Women High Jump

2	Isabella Solis	FR Dubuque	1.55m	1.59m	5-02.50	8
	1.44 1.49 1.54 1.59 1.64					
	0 0 XO 0 XXX					
3	Brooke Runneberg	FR Buena Vista	1.60m	1.59m	5-02.50	6
	1.49 1.54 1.59 1.64					
	0 0 XO XXX					
4	Marissa Johnson	FR Central College	1.53m	1.59m	5-02.50	5
	1.44 1.49 1.54 1.59 1.64					
	0 0 0 XXO XXX					
5	Alexis Higgins	SR Dubuque	1.60m	1.54m	5-00.50	4
	1.54 1.59					
	0 XXX					
6	Mallary Erbes	FR Wartburg		1.54m	5-00.50	3
	1.44 1.49 1.54 1.59					
	0 0 XXO XXX					
7	Brianna Prohaska	FR Wartburg	1.46m	1.49m	4-10.50	2
	1.44 1.49 1.54					
	0 0 XXX					
8	Victoria Leffler	FR Buena Vista	1.55m	1.49m	4-10.50	1
	1.44 1.49 1.54					
	XO 0 XXX					
9	Jordyn Gargus	SR Dubuque	1.51m	1.49m	4-10.50	
	1.44 1.49 1.54					
	XO XO XXX					
10	Morgan Koenigs	JR Central College	1.50m	1.44m	4-08.75	
	1.39 1.44 1.49					
	0 0 XXX					
11	Jessica Harris	SR Coe	1.41m	1.44m	4-08.75	
	1.39 1.44 1.49					
	XO 0 XXX					
12	Molly Wettach	JR Luther	1.51m	1.44m	4-08.75	
	1.34 1.39 1.44 1.49					
	XO XO XO XXX					
13	Emma Drees	JR Central College	1.46m	1.44m	4-08.75	
	1.39 1.44 1.49					
	XO XXO XXX					
--	Sarah Galbraith	SR Simpson (Iowa)	1.52m		NH	
	1.44					
	XXX					
--	Allison Ewald	SO Loras	1.35m		DNS	

Women Pole Vault

=====						
Opening Height: 2.15m, increase by 15 cm						
All-Time: A 3.89m 2016 Elizabeth Brandenburg, Loras						
Championship: C 3.70m 5/9/2015 Elizabeth Brandenburg, Loras						
Stadium: S 3.72m 2005 Stephanie Barns, UW-Eau Claire						
Name	Year	School	Seed	Finals	Points	
=====						



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....Women Pole Vault

1	Elizabeth Brandenburg	JR Loras	3.89m	3.76mS	12-04.00	10
	3.50 3.61 3.76 3.91					
	0 0 XXO XXX					
2	Amanda Zbilski	JR Dubuque	3.15m	3.20m	10-06.00	8
	2.90 3.05 3.20 3.35					
	0 0 0 XXX					
3	Amy Gladis	JR Loras	3.29m	3.20m	10-06.00	6
	2.90 3.05 3.20 3.35					
	XO XO XO XXX					
4	Laura Bybee	SR Coe	3.15m	3.05m	10-00.00	5
	2.90 3.05 3.20					
	XXO 0 XXX					
5	Michelle Johnson	SO Wartburg	3.06m	3.05m	10-00.00	4
	2.60 2.75 2.90 3.05 3.20					
	0 XO XXO XO XXX					
6	Mary Doherty	SR Simpson (Iowa)	2.85m	2.75m	9-00.25	3
	2.45 2.60 2.75 2.90					
	XO 0 0 XXX					
7	Audrey Lovan	SO Simpson (Iowa)	2.85m	2.75m	9-00.25	2
	2.45 2.60 2.75 2.90					
	0 0 XO XXX					
8	Taylor Dooley	FR Loras	2.60m	2.75m	9-00.25	1
	2.60 2.75 2.90					
	0 XXO XXX					
9	Sam Larson	SO Wartburg	2.76m	2.60m	8-06.25	
	2.30 2.45 2.60 2.75					
	0 0 XXO XXX					
10	Keanna Belau	FR Luther	2.75m	2.45m	8-00.50	
	2.30 2.45 2.60					
	0 0 XXX					
11	Breanna Hanson	FR Wartburg	2.15m	2.30m	7-06.50	
	2.15 2.30 2.45					
	0 XO XXX					
12	Sidney Larsen	JR Luther	2.15m	2.15m	7-00.50	
	2.15 2.30					
	XO XXX					
--	Jordan Honken	FR Luther	2.79m	DNS		

Women Long Jump

=====							
All-Time: A	6.49m	2012	Skye Morrison, Wartburg				
Championship: C	6.49m	5/12/2012	Skye Morrison, Wartburg				
Stadium: S	6.02m	2012	Skye Morrison, Wartburg				
Name	Year	School	Seed	Finals	Wind	Points	
=====							
1 Sarah Galbraith		SR Simpson (Iowa)	5.13m	5.23m	5.0	17-02.00	10
	4.93m(2.9)	5.06m(2.1) FOUL	5.23m(5.0)	4.93m(2.3)	5.16m(1.2)		
2 Morganne Haer		JR Buena Vista	5.26m	5.16m	1.9	16-11.25	8
	4.86m(4.0)	4.98m(5.7)	4.94m(3.9)	4.94m(4.9)	5.16m(1.9)	5.05m(3.0)	
3 Ashlee Downs		SR Central College	5.28m	5.15m	1.9	16-10.75	6
	4.59m(4.4)	4.77m(2.8)	5.06m(3.3)	4.75m(3.5)	4.98m(3.4)	5.15m(1.9)	



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4	Jaclyn Stoakes	SR Wartburg	5.12m	4.98m	2.0	16-04.25	5
	4.86m(3.1)	4.90m(4.2)	4.76m(3.6)	FOUL	4.93m(4.3)	4.98m(2.0)	
5	Sammie Osterberger	JR Coe	4.97m	4.97m	3.7	16-03.75	4
	4.72m(3.3)	4.74m(4.4)	4.97m(3.7)	4.79m(5.0)	FOUL	4.70m(2.4)	
6	Sarah Schoel	SO Loras	5.23m	4.95m	2.1	16-03.00	3
	4.87m(2.4)	4.94m(2.8)	4.89m(6.6)	4.22m(2.7)	4.91m(4.5)	4.95m(2.1)	
7	Emma Drees	JR Central College	5.05m	4.94m	4.7	16-02.50	2
	4.80m(3.8)	4.94m(4.7)	4.54m(3.1)	4.89m(2.7)	4.78m(4.2)	4.90m(3.9)	
8	Kailey Kladivo	SR Wartburg	5.14m	4.92m	6.2	16-01.75	1
	4.92m(6.2)	4.82m(2.7)	4.67m(2.1)	4.86m(2.2)	4.86m(4.5)	4.86m(2.0)	
9	Trenetta Blocker	SO Central College	4.64m	4.91m	2.9	16-01.50	
	4.79m(2.2)	4.91m(2.9)	FOUL	4.68m(4.4)	FOUL	4.58m(1.6)	
10	Amy Brant	SO Wartburg	4.97m	4.81m	1.8	15-09.50	
	4.81m(1.8)	FOUL	4.73m(3.1)				
11	Olivia McAtee	FR Wartburg	5.10m	4.72m	3.2	15-06.00	
	4.40m(2.3)	4.72m(3.2)	4.71m(4.9)				
12	Morgan Koenigs	JR Central College	4.68m	4.63m	2.6	15-02.25	
	4.33m(1.9)	4.63m(2.6)	4.57m(2.9)				
13	Shania Wunschel	SO Buena Vista	4.83m	4.50m	2.1	14-09.25	
	4.50m(2.1)	4.05m(2.4)	4.39m(3.0)				
14	Taylor Schaefer	FR Loras	4.84m	4.47m	1.8	14-08.00	
	4.47m(1.8)	4.41m(1.3)	FOUL				
15	Jasmine Cole	FR Dubuque	4.65m	4.37m	2.8	14-04.00	
	4.30m(2.2)	4.37m(2.8)	3.93m(2.2)				
16	Johanna Steggall	FR Dubuque	4.61m	4.34m	2.7	14-03.00	
	3.91m(3.0)	4.21m(1.5)	4.34m(2.7)				
17	Sarah Sandage	FR Simpson (Iowa)	4.32m	4.22m	3.2	13-10.25	
	4.22m(3.2)	4.20m(3.8)	FOUL				
18	Lindsay Meyer	SO Buena Vista	4.04m	3.89m	1.4	12-09.25	
	3.89m(1.4)	3.72m(1.9)	3.89m(3.2)				

Women Triple Jump

=====							
All-Time: A		12.62m	2012	Skye Morrison, Wartburg			
Championship: C		12.56m	5/12/2012	Skye Morrison, Wartburg			
Stadium: S		12.82m	2010	Izehi Ileso, Iowa Central			
Name	Year	School	Seed	Finals	Wind	Points	
=====							
1	Jakeena McKay	FR Wartburg	10.56m	10.59m	3.6	34-09.00	10
	FOUL	FOUL	9.87m(3.2)	10.43m(3.1)	10.11m(3.9)	10.59m(3.6)	
2	Aleyha Slatter	FR Dubuque	10.67m	10.53m	5.3	34-06.75	8
	9.86m(4.7)	10.34m(3.3)	10.33m(3.7)	FOUL	FOUL	10.53m(5.3)	
3	Janae Conley	SO Wartburg	10.44m	10.38m	5.4	34-00.75	6
	10.17m(3.7)	10.09m(4.6)	10.33m(4.7)	10.35m(3.9)	10.22m(6.3)	10.38m(5.4)	
4	Kailey Kladivo	SR Wartburg	10.53m	10.33m	2.1	33-10.75	5
	10.28m(4.3)	10.33m(2.1)	10.20m(5.4)	10.14m(5.1)	10.05m(3.4)	10.20m(4.3)	
5	Audrey Hooks	JR Loras	10.46m	10.13m	2.5	33-03.00	4
	10.13m(2.5)	PASS	PASS	PASS	PASS		
6	Lauren Larson	SR Wartburg	10.19m	10.08m	3.9	33-01.00	3
	10.08m(3.9)	9.83m(6.1)	FOUL	9.80m(4.2)	FOUL	FOUL	



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7	Morganne Haer	JR Buena Vista	10.17m	10.07m	2.5	33-00.50	2
	9.48m(2.1) 9.99m(2.4) 9.76m(3.0) 10.07m(2.5) 9.73m(2.2) 9.63m(5.1)						
8	Victoria Leffler	FR Buena Vista	10.27m	9.90m	3.0	32-05.75	1
	FOUL 9.89m(3.7) 9.87m(3.9) 9.77m(2.9) 9.71m(3.3) 9.90m(3.0)						
9	Jackie Krawczyk	SO Luther	9.73m	9.79m	4.5	32-01.50	
	9.30m(2.5) 9.76m(3.5) 9.79m(4.5) 9.14m(3.3) 9.65m(3.5) 9.68m(2.7)						
10	Trenetta Blocker	SO Central College	9.77m	9.25m	3.3	30-04.25	
	8.94m(2.4) 9.25m(3.3) FOUL						
--	Bobbi Jo Helgemoe	SO Dubuque	9.61m	FOUL			
	PASS FOUL FOUL						

Women Shot Put

All-Time: A 14.88m		2014	Kayla Hemann, Wartburg				
Championship: C 14.87m		5/11/2013	Kayla Hemann, Wartburg				
Stadium: S 14.64m		2005	Robyn Jarocki, UW-Oshkosh				
Name	Year	School	Seed	Finals	Points		
1	Tanasha Atwater	SO Dubuque	14.51m	12.92m	42-04.75	10	
	12.30m 12.79m FOUL 12.92m 12.71m 12.79m						
2	Victoria Kapnisis	JR Wartburg	12.59m	12.69m	41-07.75	8	
	11.83m 12.26m 12.04m 12.69m FOUL FOUL						
3	Sam Holtz	SO Wartburg	12.60m	12.39m	40-07.75	6	
	11.70m 12.23m 12.39m 12.32m 11.83m 12.31m						
4	Jillian Harstad	JR Luther	12.32m	12.13m	39-09.75	5	
	10.62m 11.60m 11.64m 12.13m 11.43m 11.72m						
5	Lauren Egnarski	SO Dubuque	12.48m	11.90m	39-00.50	4	
	11.09m FOUL 11.90m 11.37m 11.09m 11.65m						
6	Anna Hedges	FR Loras	12.16m	11.80m	38-08.75	3	
	10.02m 11.61m 11.43m 10.25m 10.68m 11.80m						
7	Megan Larson	FR Loras		11.75m	38-06.75	2	
	11.15m 11.43m 11.56m 11.61m 10.81m 11.75m						
8	April McCarthy	SR Central College	11.86m	11.48m	37-08.00	1	
	11.30m 11.17m 10.99m 11.45m 11.40m 11.48m						
9	Nicole Forson	SR Dubuque	12.48m	11.44m	37-06.50		
	FOUL 11.17m 11.44m 11.31m FOUL FOUL						
10	Alex Niemier	FR Simpson (Iowa)	11.66m	11.20m	36-09.00		
	10.80m 10.68m 11.20m						
11	Melissa Alger	SR Coe	12.07m	11.16m	36-07.50		
	11.16m FOUL 11.11m						
12	Abbie Hauptert	SO Wartburg	11.70m	10.98m	36-00.25		
	10.76m FOUL 10.98m						
13	Cristyn Eischeid	SO Buena Vista	11.91m	10.64m	34-11.00		
	FOUL FOUL 10.64m						
14	Keely Glenn	FR Dubuque	11.32m	10.48m	34-04.75		
	10.48m FOUL 10.38m						
15	Alayna Geronzin	FR Simpson (Iowa)	10.33m	10.47m	34-04.25		
	10.47m FOUL 10.00m						
16	Shelby Davis	FR Central College	9.02m	10.14m	33-03.25		
	10.14m 9.93m 9.26m						



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....Women Shot Put

17	Sofia Lyskanowski	JR Loras	9.92m	9.44m	30-11.75
	9.17m 9.35m 9.44m				
18	Hannah Ward	SO Luther	10.10m	9.42m	30-11.00
	7.93m 9.42m 8.50m				
19	Jackie Cullinan	SO Simpson (Iowa)	10.25m	9.31m	30-06.50
	9.14m 9.03m 9.31m				
20	Jenna Iverson	SO Luther	10.17m	9.11m	29-10.75
	9.11m 8.77m 8.83m				
21	Macin Harvey	FR Central College	9.41m	9.02m	29-07.25
	8.87m 8.58m 9.02m				
22	Grace Telfer	FR Buena Vista	11.15m	9.02m	29-07.25
	9.02m FOUL FOUL				
23	Bri Burton	FR Wartburg	8.66m	7.99m	26-02.75
	FOUL 7.99m 7.83m				
--	Amanda Skarban	SO Coe	10.94m	FOUL	
	FOUL FOUL FOUL				
--	Stephanie Lashbrook	SO Luther	10.54m	DNS	
--	Lauren Hargrave	FR Coe	10.80m	DNS	

Women Discus Throw

All-Time: A 48.65m 2008		Ellen Thys, Loras					
Championship: C 46.95m 2008		Jess Jewell, Luther					
Stadium: S 52.34m 2005		Robyn Jarocki, UW-Oshkosh					
Name	Year	School	Seed	Finals	Points		
1	Melissa Alger	SR Coe	45.88m	48.18mC	158-01	10	
	41.42m 45.13m 48.18m	45.98m 47.88m 44.76m					
2	Jackie Hoyme	SR Luther	45.47m	43.64m	143-02	8	
	34.32m 40.85m FOUL	FOUL 43.60m 43.64m					
3	Abigail Willis	SO Dubuque	38.83m	42.55m	139-07	6	
	42.55m FOUL 39.84m	42.28m 41.28m FOUL					
4	Lorell Stuht	JR Central College	41.52m	41.71m	136-10	5	
	41.71m 36.23m 36.41m	38.16m 41.33m FOUL					
5	Shelby Lane	FR Dubuque	39.45m	40.81m	133-11	4	
	39.09m 38.57m 38.11m	40.81m 39.01m 39.70m					
6	Tina Ageson	SR Buena Vista	38.65m	40.02m	131-03	3	
	40.02m FOUL 35.52m	36.66m 36.75m 38.64m					
7	Annie Gullickson	SR Simpson (Iowa)	38.48m	39.68m	130-02	2	
	37.93m 39.68m 39.30m	39.48m FOUL FOUL					
8	Victoria Kapnisis	JR Wartburg	41.44m	38.80m	127-03	1	
	FOUL 36.70m 34.05m	38.72m 38.80m FOUL					
9	Rebecca Burmahl	FR Dubuque	42.34m	38.71m	127-00		
	37.06m FOUL FOUL	37.88m FOUL 38.71m					
10	Amanda Skarban	SO Coe	34.50m	36.45m	119-07		
	34.90m 35.43m 36.45m						
11	Grace Telfer	FR Buena Vista	36.20m	34.72m	113-11		
	33.47m 34.72m 32.34m						
12	Alex Bahl	SR Coe	32.98m	34.62m	113-07		
	32.27m 34.62m FOUL						



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....Women Discus Throw

13	Shelby Davis	FR Central College	24.45m	34.46m	113-01
	32.38m FOUL 34.46m				
14	Sam Holtz	SO Wartburg	37.40m	34.06m	111-09
	32.59m 34.06m 31.49m				
15	April McCarthy	SR Central College	38.78m	34.03m	111-08
	27.55m FOUL 34.03m				
16	Anna Hedges	FR Loras	36.09m	32.94m	108-01
	FOUL FOUL 32.94m				
17	Sofia Lyskanowski	JR Loras	31.78m	32.72m	107-04
	32.72m 24.53m 31.12m				
18	Alayna Geronzin	FR Simpson (Iowa)	33.67m	31.97m	104-11
	31.97m 30.47m FOUL				
19	Jenna Iverson	SO Luther	32.20m	30.84m	101-02
	30.84m 28.35m FOUL				
20	Macin Harvey	FR Central College	31.97m	30.03m	98-06
	26.38m 30.03m 27.07m				
21	Jillian Harstad	JR Luther	35.88m	29.48m	96-09
	FOUL FOUL 29.48m				
22	Jackie Cullinan	SO Simpson (Iowa)	30.64m	28.18m	92-05
	FOUL 28.18m 25.07m				
23	Sulibeth Velez	FR Wartburg	23.87m	22.63m	74-03
	22.00m 22.63m 19.20m				
24	Bri Burton	FR Wartburg	24.23m	21.02m	68-11
	FOUL 17.80m 21.02m				
--	Kelsey Betthauser	FR Dubuque	37.79m	FOUL	
	FOUL FOUL FOUL				
--	Stephanie Lashbrook	SO Luther	28.04m	DNS	
--	Lauren Hargrave	FR Coe	34.10m	DNS	
--	Alex Niemier	FR Simpson (Iowa)	25.36m	DNS	

Women Hammer Throw

=====
 All-Time: A 55.27m 2007 Dana Klemm, Loras
 Championship: C 54.32m 5/12/2012 Morgan Darrow, Central
 Stadium: S 59.55m 2005 Kelly Godsey, Bates

Name	Year	School	Seed	Finals	Points
1 Lorell Stuht		JR Central College	53.16m	51.69m	169-07 10
		FOUL 49.17m 50.20m FOUL 51.69m FOUL			
2 Tanasha Atwater		SO Dubuque	53.72m	49.17m	161-04 8
		46.03m 47.55m 49.17m FOUL FOUL FOUL			
3 Nicole Forson		SR Dubuque	49.58m	48.86m	160-04 6
		47.42m 48.39m 48.86m FOUL 46.58m 46.00m			
4 Rebecca Burmahl		FR Dubuque	47.25m	48.49m	159-01 5
		48.49m 45.29m 44.20m FOUL FOUL FOUL			
5 Jackie Hoyme		SR Luther	48.07m	46.63m	153-00 4
		44.83m 44.61m 46.63m FOUL FOUL 46.08m			
6 Sofia Lyskanowski		JR Loras	40.65m	42.14m	138-03 3
		37.38m 38.33m 39.10m 42.14m 38.82m 40.70m			



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7	Lauren Egnarski	SO Dubuque	45.79m	41.73m	136-11	2
	40.50m 41.73m FOUL 40.66m 40.90m FOUL					
8	Tina Ageson	SR Buena Vista	46.48m	41.07m	134-09	1
	40.70m 41.07m 40.50m 40.56m FOUL 40.29m					
9	Sam Holtz	SO Wartburg	40.57m	39.15m	128-05	
	39.03m 38.37m FOUL FOUL FOUL 39.15m					
10	Jennifer Medina	JR Loras	38.92m	38.86m	127-06	
	38.86m FOUL FOUL					
11	Anna Hedges	FR Loras	43.58m	38.71m	127-00	
	35.25m 38.71m FOUL					
12	Victoria Kapnisis	JR Wartburg	43.96m	37.80m	124-00	
	FOUL 37.80m FOUL					
13	savannah Nesvik	FR Loras	38.83m	37.13m	121-10	
	37.13m FOUL 33.36m					
14	Cristyn Eischeid	SO Buena Vista	43.49m	36.96m	121-03	
	36.96m FOUL 36.63m					
15	Sulibeth Velez	FR Wartburg	37.54m	34.48m	113-01	
	33.04m 34.48m 30.61m					
16	Jenna Iverson	SO Luther	38.93m	33.35m	109-05	
	29.69m 31.55m 33.35m					
17	Jillian Harstad	JR Luther	37.55m	31.90m	104-08	
	31.90m FOUL FOUL					
18	Bri Burton	FR Wartburg	29.88m	30.76m	100-11	
	30.76m 29.05m 30.23m					
19	Alex Bahl	SR Coe	35.93m	30.65m	100-07	
	FOUL FOUL 30.65m					
20	Alex Niemier	FR Simpson (Iowa)	32.17m	30.41m	99-09	
	30.41m FOUL 30.32m					
21	Amanda Skarban	SO Coe	36.75m	30.34m	99-06	
	FOUL 30.34m FOUL					
22	Macin Harvey	FR Central College	32.52m	29.37m	96-04	
	28.58m 28.44m 29.37m					
23	Brooke Napolitano	SO Central College	32.04m	23.26m	76-04	
	FOUL 23.26m FOUL					
24	Jackie Cullinan	SO Simpson (Iowa)	27.73m	23.24m	76-03	
	23.24m FOUL FOUL					
--	Alayna Geronzin	FR Simpson (Iowa)	39.86m	FOUL		
	FOUL FOUL FOUL					
--	Stephanie Lashbrook	SO Luther	36.00m	FOUL		
	FOUL PASS PASS					
--	Lauren Hargrave	FR Coe	37.89m	DNS		

Women Javelin Throw

=====						
All-Time: A	48.44m	2004	Dia Dohlman, Wartburg			
Championship: C	47.97m	2007	Kelsey Hagerty, Simpson			
Stadium: S	45.37m	2005	Tiffany Masuhr, Richard Stockton			
Name	Year	School	Seed	Finals	Points	
=====						



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....Women Javelin Throw

1	Megan Karels	SR Wartburg	38.96m	34.15m	112-00	10
	34.09m 34.15m 32.62m 29.80m FOUL 32.74m					
2	Jaclyn Stoakes	SR Wartburg	31.96m	33.97m	111-05	8
	31.23m FOUL 31.87m FOUL 33.97m 33.58m					
3	Morgan Koenigs	JR Central College	34.30m	33.05m	108-05	6
	FOUL FOUL 33.05m 26.91m 30.56m FOUL					
4	Erin Kammer	SR Luther	33.47m	32.99m	108-03	5
	32.99m 32.92m 25.67m FOUL 30.19m 27.16m					
5	Alyssa Simon	SO Loras	31.78m	32.99m	108-03	4
	FOUL 32.74m 32.70m 32.99m FOUL 25.68m					
6	Taylor Dooley	FR Loras	30.74m	32.72m	107-04	3
	30.64m 26.92m 32.72m 32.43m 28.95m 31.65m					
7	Alexis Hove	SO Luther	32.48m	32.43m	106-05	2
	29.73m 32.43m 31.04m 31.20m 25.38m 20.62m					
8	Abigail Willis	SO Dubuque	36.45m	31.96m	104-10	1
	30.02m 31.96m FOUL 29.38m FOUL 31.30m					
9	Regan Wolverton	FR Loras	29.23m	31.22m	102-05	
	27.86m 31.22m 23.17m 25.64m 22.02m 30.16m					
10	Courtney Sowle	JR Wartburg	33.74m	29.87m	98-00	
	29.87m FOUL 24.70m					
11	Kelsey Betthauser	FR Dubuque	30.55m	29.85m	97-11	
	FOUL 26.73m 29.85m					
12	Morganne Haer	JR Buena Vista	32.35m	29.81m	97-10	
	29.81m 28.59m FOUL					
13	Molly Wettach	JR Luther	31.67m	29.54m	96-11	
	FOUL 28.70m 29.54m					
14	Danielle Roethler	SO Simpson (Iowa)	31.36m	29.00m	95-02	
	23.95m 24.80m 29.00m					
15	Kayla Ingvalson	JR Luther	30.02m	27.83m	91-04	
	26.11m 27.83m 25.89m					
16	Sammie Osterberger	JR Coe	29.76m	27.45m	90-01	
	27.45m FOUL 24.77m					
17	Emma Konkler	SO Buena Vista	29.16m	27.39m	89-10	
	27.39m 25.02m 26.38m					
18	Maddie Smith	SO Central College	28.49m	27.33m	89-08	
	26.34m 27.33m 26.88m					
19	Emma Drees	JR Central College	26.02m	26.57m	87-02	
	FOUL 26.57m FOUL					
20	Sarah Galbraith	SR Simpson (Iowa)	30.37m	25.30m	83-00	
	25.30m 25.15m 22.27m					
21	Lilia Edwards	FR Wartburg		25.19m	82-08	
	24.30m 25.19m 24.88m					
22	Jackie Cullinan	SO Simpson (Iowa)	25.27m	24.55m	80-06	
	24.55m 23.85m 22.21m					
23	Katie Guinane	SO Coe	26.63m	23.97m	78-08	
	23.97m 21.85m 19.21m					
24	Allison Distler	FR Dubuque	31.30m	23.85m	78-03	
	FOUL FOUL 23.85m					
25	Alayna Geronzin	FR Simpson (Iowa)	24.66m	22.10m	72-06	
	19.21m 22.10m 16.22m					



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Heptathlon: #4 Women 200 Meter Dash Heptathlon

Championship: C 25.58 5/12/2005 Jasmin Jones-Green, Coe						
Name	Year	School	Finals	Wind	H#	Points
1 Sarah Galbraith	SR	Simpson (Iowa)	26.52	3.1	2	752
2 Courtney Sowle	JR	Wartburg	26.60	3.1	2	745
3 Jaclyn Stoakes	SR	Wartburg	26.90	3.1	2	720
4 Morgan Koenigs	JR	Central College	26.98	4.7	1	713
5 Emma Drees	JR	Central College	27.25	4.7	1	691
6 Megan Karels	SR	Wartburg	27.99	3.1	2	632
7 Merissa Larson	SO	Central College	28.12	4.7	1	621
8 Kayla Ingvalson	JR	Luther	28.14	3.1	2	620
9 Morgan Sammons	SO	Luther	28.33	4.7	1	605

Heptathlon: #7 Women 800 Meter Run Heptathlon

Championship: C 2:21.98 5/2/2009 Brittany Melloy, Wartburg				
Name	Year	School	Finals	Points
1 Courtney Sowle	JR	Wartburg	2:28.65	710
1:13.75 (1:13.75)	2:28.65 (1:14.91)			
2 Sarah Galbraith	SR	Simpson (Iowa)	2:29.42	700
1:13.39 (1:13.39)	2:29.42 (1:16.04)			
3 Kayla Ingvalson	JR	Luther	2:30.28	689
1:14.86 (1:14.86)	2:30.28 (1:15.42)			
4 Emma Drees	JR	Central College	2:33.19	653
1:15.18 (1:15.18)	2:33.19 (1:18.02)			
5 Morgan Sammons	SO	Luther	2:34.02	643
1:15.48 (1:15.48)	2:34.02 (1:18.54)			
6 Jaclyn Stoakes	SR	Wartburg	2:38.30	593
1:14.73 (1:14.73)	2:38.30 (1:23.58)			
7 Megan Karels	SR	Wartburg	2:38.79	587
1:15.43 (1:15.43)	2:38.79 (1:23.37)			
8 Merissa Larson	SO	Central College	2:43.07	538
1:15.85 (1:15.85)	2:43.07 (1:27.22)			
9 Morgan Koenigs	JR	Central College	2:48.70	477
1:15.91 (1:15.91)	2:48.70 (1:32.79)			

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Championship: C 14.93 5/9/2003 Raegan Schultz, Central						
Name	Year	School	Finals	Wind	H#	Points
1 Courtney Sowle	JR	Wartburg	15.01	0.7	3	840
2 Jaclyn Stoakes	SR	Wartburg	15.43	0.7	3	786
3 Sarah Galbraith	SR	Simpson (Iowa)	15.97	0.7	3	718
4 Megan Karels	SR	Wartburg	16.39	2.3	2	667
5 Emma Drees	JR	Central College	16.51	2.3	2	653
6 Morgan Koenigs	JR	Central College	16.95	1.3	1	602 16.948
6 Morgan Sammons	SO	Luther	16.95	2.3	2	602 16.948
8 Merissa Larson	SO	Central College	17.10	1.3	1	585



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....Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

9 Kayla Ingvalson JR Luther 17.73 1.3 1 517

Heptathlon: #2 Women High Jump Heptathlon

Opening Height: 1.20m / 3'11.25"

Championship: C 1.67m 5/1/2009 Kinsey Bak, Simpson

Name	Year	School	Finals	Points
1 Courtney Sowle	JR	Wartburg	1.60m	736
1.48 1.51 1.54 1.57 1.60 1.63				
0 0 XO XO 0 XXX				
2 Sarah Galbraith	SR	Simpson (Iowa)	1.51m	632
1.42 1.45 1.48 1.51 1.54				
0 0 XXO 0 XXX				
3 Emma Drees	JR	Central College	1.48m	599
1.39 1.42 1.45 1.48 1.51				
XO 0 0 XO XXX				
3 Jaclyn Stoakes	SR	Wartburg	1.48m	599
1.36 1.39 1.42 1.45 1.48 1.51				
0 XO 0 XXO XO XXX				
5 Morgan Koenigs	JR	Central College	1.45m	566
1.39 1.42 1.45 1.48				
0 XO XXO XXX				
6 Merissa Larson	SO	Central College	1.39m	502
1.30 1.33 1.36 1.39 1.42				
0 0 0 XO XXX				
6 Megan Karels	SR	Wartburg	1.39m	502
1.30 1.33 1.36 1.39 1.42				
0 0 0 XO XXX				
8 Morgan Sammons	SO	Luther	1.30m	409
1.24 1.27 1.30 1.33				
0 0 XXO XXX				
9 Kayla Ingvalson	JR	Luther	1.27m	379
1.24 1.27 1.30				
0 0 XXX				

Heptathlon: #5 Women Long Jump Heptathlon

Championship: C 5.54m 5/12/2004 Abby Vanderah, Loras

Name	Year	School	Finals	Wind	Points
1 Jaclyn Stoakes	SR	Wartburg	5.13m	1.3	595
FOUL(-1.7) 4.91m(-1.7) 5.13m(1.3)					
2 Courtney Sowle	JR	Wartburg	4.96m	1.5	548
4.63m(+0.0) 4.96m(1.5) 4.60m(-0.9)					
3 Megan Karels	SR	Wartburg	4.93m	1.5	540
4.60m(-1.5) 4.74m(+0.0) 4.93m(1.5)					
3 Sarah Galbraith	SR	Simpson (Iowa)	4.93m	-0.5	540
4.92m(-0.3) 4.89m(-1.4) 4.93m(-0.5)					



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....Heptathlon: #5 Women Long Jump Heptathlon

5	Emma Drees	JR Central College	4.73m	+0.0	15-06.25	487
	4.66m(+0.0) 4.73m(+0.0) 4.67m(1.2)					
6	Morgan Koenigs	JR Central College	4.70m	0.1	15-05.00	479
	4.47m(+0.0) 4.31m(-0.3) 4.70m(0.1)					
7	Kayla Ingvalson	JR Luther	4.55m	1.1	14-11.25	441
	4.55m(1.1) 4.53m(-0.3) FOUL(2.3)					
8	Morgan Sammons	SO Luther	4.41m	0.8	14-05.75	406
	4.41m(0.8) 4.20m(-2.0) 4.30m(2.3)					
9	Merissa Larson	SO Central College	4.26m	2.2	13-11.75	369
	4.26m(2.2) 4.00m(+0.0) 4.01m(0.6)					

Heptathlon: #3 Women Shot Put Heptathlon

Championship: C 12.06m 5/7/2010 Carissa Bentz, Central						
Name	Year	School	Finals			Points
1	Jaclyn Stoakes	SR Wartburg	10.68m	35-00.50		574
	10.23m 10.31m 10.68m					
2	Megan Karels	SR Wartburg	10.12m	33-02.50		537
	10.12m 9.32m 9.38m					
3	Courtney Sowle	JR Wartburg	9.53m	31-03.25		499
	9.53m FOUL 8.85m					
4	Kayla Ingvalson	JR Luther	9.49m	31-01.75		496
	9.06m 9.25m 9.49m					
5	Sarah Galbraith	SR Simpson (Iowa)	9.40m	30-10.25		490
	FOUL 9.40m FOUL					
6	Morgan Koenigs	JR Central College	9.06m	29-08.75		468
	9.06m 8.69m 8.83m					
7	Emma Drees	JR Central College	8.36m	27-05.25		423
	FOUL 8.36m 7.91m					
8	Morgan Sammons	SO Luther	8.24m	27-00.50		415
	7.68m 7.32m 8.24m					
9	Merissa Larson	SO Central College	7.24m	23-09.00		350
	6.21m 7.24m 6.50m					

Heptathlon: #6 Women Javelin Throw Heptathlon

Championship: C 41.10m 5/12/2004 Lindsay Schultz, Central						
Name	Year	School	Finals			Points
1	Megan Karels	SR Wartburg	35.26m	115-08		577
	33.73m 35.26m 31.55m					
2	Morgan Koenigs	JR Central College	34.12m	111-11		555
	29.77m 34.12m 30.18m					
3	Jaclyn Stoakes	SR Wartburg	33.60m	110-03		545
	33.60m FOUL 31.37m					
4	Morgan Sammons	SO Luther	30.83m	101-02		492
	30.83m 29.22m 26.81m					
5	Kayla Ingvalson	JR Luther	29.87m	98-00		474
	29.86m 29.87m 27.51m					



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....Heptathlon: #6 Women Javelin Throw Heptathlon

6	Courtney Sowle	JR Wartburg	29.83m	97-10	473
	25.60m 29.83m 29.19m				
7	Sarah Galbraith	SR Simpson (Iowa)	28.54m	93-08	449
	26.60m 28.54m 23.87m				
8	Emma Drees	JR Central College	24.58m	80-08	374
	FOUL 24.58m FOUL				
9	Merissa Larson	SO Central College	19.10m	62-08	272
	14.89m 19.10m FOUL				

Women Heptathlon

=====
 All-Time: A 4943 2004 Raegan Schultz, Central
 Championship: C 4818 5/8/2014 Leah Broderick, Luther

Name	Year	School	Seed	Finals	Points
1 Courtney Sowle	JR	Wartburg	4156	4551	10
2 Jaclyn Stoakes	SR	Wartburg	4086	4412	8
3 Sarah Galbraith	SR	Simpson (Iowa)	4243	4281	6
4 Megan Karels	SR	Wartburg	3895	4042	5
5 Emma Drees	JR	Central College		3880	4
6 Morgan Koenigs	JR	Central College	3260	3860	3
7 Kayla Ingvalson	JR	Luther	3584	3616	2
8 Morgan Sammons	SO	Luther	3411	3572	1
9 Merissa Larson	SO	Central College	3095	3237	

Men 100 Meter Dash**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

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 All-Time: A 10.41 2010 Davivorn Dowe, Dubuque
 Championship: C 10.58 2008 Orlando Walton, Dubuque
 Stadium: S 10.47 2011 Alfred Higgs, Iowa Central

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Emmitt Wheatley	FR	Simpson (Iowa)	10.75	10.68Q	3.7	1
2 Dan Roerman	SR	Central College	11.18	10.86Q	2.6	4
3 Chris Nothnick	SR	Wartburg	11.14	10.89Q	2.2	3
4 Dylan Kalinay	SO	Simpson (Iowa)	11.13	10.92Q	2.1	2
5 Isaiah Ellis	FR	Dubuque	10.92	10.93q	2.2	3 10.925
6 Moussa Kuyateh	FR	Buena Vista	10.78	10.93q	2.1	2 10.926
7 Clayton Gray	SO	Dubuque	11.03	10.95q	2.2	3
8 Justin Wimbish	SO	Central College	10.97	11.00q	2.6	4
9 Joseph Fedoris	SR	Wartburg	11.12	11.04	3.7	1
10 Ty Troutman	SR	Wartburg	11.12	11.05	3.7	1
11 Travis Tupper	SO	Simpson (Iowa)	10.95	11.07	2.6	4 11.063
12 Davey Jergens	SO	Simpson (Iowa)	11.23	11.07	2.2	3 11.067
13 Hunter Howe	SO	Central College	11.14	11.11	2.6	4
14 Nick Ball	SR	Loras	11.11	11.15	2.1	2 11.141
15 Peter Krumm	SR	Luther	11.29	11.15	3.7	1 11.146
16 Caleb Jennings	FR	Central College	11.32	11.18	2.1	2



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....Men 100 Meter Dash

17	Demetrius Harper	FR	Coe	11.58	11.32	2.2	3	
18	Gerrand Moody	SO	Loras		11.41	3.7	1	
19	Cooper Nelson	JR	Luther	11.56	11.47	2.6	4	
20	Tyler Blanchard	FR	Dubuque	11.25	11.51	3.7	1	11.505
21	Terris Sallis	SR	Wartburg	11.41	11.51	2.2	3	11.507
22	Todor Andonov	FR	Luther		11.56	3.7	1	
23	Brett Bulovsky	FR	Luther	11.47	11.59	2.6	4	
24	Chris Ball	SO	Loras	11.59	11.67	2.1	2	
25	Marcus Weathers Jr.	JR	Dubuque	11.24	11.73	2.1	2	

Men 100 Meter Dash

All-Time: A	10.41	2010	Davivorn Dowe, Dubuque					
Championship: C	10.58	2008	Orlando Walton, Dubuque					
Stadium: S	10.47	2011	Alfred Higgs, Iowa Central					
Name		Year	School	Prelims	Finals	Wind	Points	

Finals								
1	Dan Roemerman	SR	Central College	10.86	10.80	1.7	10	
2	Emmitt Wheatley	FR	Simpson (Iowa)	10.68	10.88	1.7	8	10.876
3	Moussa Kuyateh	FR	Buena Vista	10.93	10.88	1.7	6	10.879
4	Isaiah Ellis	FR	Dubuque	10.93	10.97	1.7	5	
5	Dylan Kalinay	SO	Simpson (Iowa)	10.92	10.99	1.7	4	
6	Chris Nothnick	SR	Wartburg	10.89	11.00	1.7	3	
7	Justin Wimbish	SO	Central College	11.00	11.20	1.7	2	
8	Clayton Gray	SO	Dubuque	10.95	11.23	1.7	1	

Men 200 Meter Dash**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

All-Time: A	21.25	2007	Orlando Walton, Dubuque					
Championship: C	21.26	2007	Orlando Walton, Dubuque					
Stadium: S	20.99	2005	Nate Olson, UW-La Crosse					
Name		Year	School	Seed	Prelims	Wind	H#	

Preliminaries								
1	Isaiah Ellis	FR	Dubuque	21.79	21.86Q	5.6	1	
2	Erik Franklin	JR	Coe	22.12	21.89Q	2.0	4	
3	Emmitt Wheatley	FR	Simpson (Iowa)	21.83	21.93Q	2.9	2	
4	Chris Nothnick	SR	Wartburg	21.86	22.01Q	2.4	3	
5	Dan Roemerman	SR	Central College	22.37	22.02q	5.6	1	
6	Dylan Kalinay	SO	Simpson (Iowa)	22.22	22.10q	2.4	3	
7	Hunter Howe	SO	Central College	22.31	22.16q	5.6	1	
8	Justin Wimbish	SO	Central College	22.48	22.41q	2.0	4	
9	Nick Ball	SR	Loras	22.00	22.50	2.0	4	
10	Travis Tupper	SO	Simpson (Iowa)	22.40	22.58	2.9	2	
11	Austin Flieder	FR	Luther	22.52	22.62	2.4	3	
12	Caleb Jennings	FR	Central College	22.72	22.63	2.0	4	
13	Joseph Fedoris	SR	Wartburg	22.56	22.66	2.9	2	
14	Brandon Gradoville	JR	Loras	22.28	22.70	2.9	2	



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....Men 200 Meter Dash

15	Levi Dolphin	SO	Wartburg	22.45	22.72	2.0	4
16	Izaiah Lavatai	FR	Dubuque	22.65	22.81	5.6	1
17	Peter Krumm	SR	Luther	22.70	22.82	2.4	3
18	Andrew McCarthy	SR	Luther	22.88	22.83	2.4	3
19	Ty Troutman	SR	Wartburg	22.59	22.89	5.6	1
20	Stedman Foster	SR	Loras	22.65	22.97	2.9	2
21	Maxwell Tapp	FR	Luther	23.34	23.01	5.6	1
22	Moussa Kuyateh	FR	Buena Vista	22.41	23.02	2.4	3
23	Demetrius Harper	FR	Coe	23.60	23.12	5.6	1
24	Evan Gradoville	FR	Loras	23.83	23.17	2.4	3
25	Mark Eberly	JR	Buena Vista	22.71	23.21	2.0	4
26	Ryan Sarver	FR	Simpson (Iowa)	23.29	23.62	2.9	2
27	Clayton Birkes	JR	Coe	23.79	23.95	2.9	2
--	Marcus Weathers Jr.	JR	Dubuque		DNS	2.0	4

Men 200 Meter Dash

All-Time: A	21.25	2007	Orlando Walton, Dubuque
Championship: C	21.26	2007	Orlando Walton, Dubuque
Stadium: S	20.99	2005	Nate Olson, UW-La Crosse

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1	Isaiah Ellis	FR	Dubuque	21.86	21.66	4.1 10
2	Erik Franklin	JR	Coe	21.89	21.67	4.1 8
3	Chris Nothnick	SR	Wartburg	22.01	21.72	4.1 6
4	Emmitt Wheatley	FR	Simpson (Iowa)	21.93	21.90	4.1 5
5	Dylan Kalinay	SO	Simpson (Iowa)	22.10	22.03	4.1 4
6	Dan Roemerman	SR	Central College	22.02	22.24	4.1 3
7	Hunter Howe	SO	Central College	22.16	22.35	4.1 2
8	Justin Wimbish	SO	Central College	22.41	22.45	4.1 1

Men 400 Meter Dash**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

All-Time: A	47.28	2005	Josh Hauser, Wartburg
Championship: C	47.39	2004	Tyler Sherden, Luther
Stadium: S	45.95	2005	Bobby Young, Lincoln (PA)

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Jackson Reemtsma	FR	Luther	49.21	48.24Q 4
2	Levi Dolphin	SO	Wartburg	49.75	49.32Q 3
3	Brandon Gradoville	JR	Loras	48.54	49.44Q 1
4	Erik Franklin	JR	Coe	48.92	49.47Q 2
5	Stedman Foster	SR	Loras	49.01	49.59q 3
6	Alex Bleadorn	SR	Central College	50.66	49.85q 4
7	Kirk Wicks	FR	Simpson (Iowa)	49.86	50.05q 2
8	Blake Morgan	SO	Central College	50.61	50.12q 3
9	Chase Wetterling	FR	Simpson (Iowa)	49.60	50.13 4



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10	Andrew McCarthy	SR	Luther	50.33	50.24	1
11	Matt Pearson	JR	Simpson (Iowa)	51.21	50.25	2
12	Austin Flieder	FR	Luther	50.07	50.52	1
13	Drew Schwartz	JR	Wartburg	50.42	50.66	2
14	Raleigh Sims	SR	Luther	51.13	50.72	1
15	Anton Jones	JR	Coe	51.34	50.87	3
16	Evan Gradoville	FR	Loras	51.09	50.97	2
17	Prince Krah	FR	Simpson (Iowa)	51.13	51.21	1
18	Nathan Suell	FR	Coe	52.06	51.42	3
19	Mark Schulz	FR	Wartburg	54.18	51.48	1
20	Brennan Dostal	SO	Buena Vista	51.46	51.55	4
21	Mark Eberly	JR	Buena Vista	50.64	51.93	4
22	Sam McMichael	FR	Wartburg	52.00	52.21	4
23	Izaiah Lavatai	FR	Dubuque	50.73	52.30	3
24	Anakin Hall	FR	Loras	52.53	52.68	2
25	Clayton Birkes	JR	Coe	54.35	53.54	1
26	Kijuan Posley	FR	Central College	58.79	55.29	3
--	Erich Thalacher	SO	Central College	55.79	DQ	2 Lane Line Violatio

Men 400 Meter Dash

All-Time: A	47.28	2005	Josh Hauser, Wartburg
Championship: C	47.39	2004	Tyler Sherden, Luther
Stadium: S	45.95	2005	Bobby Young, Lincoln (PA)

Name	Year	School	Prelims	Finals	Points	
Finals						
1	Jackson Reemtsma	FR	Luther	48.24	48.15	10
2	Brandon Gradoville	JR	Loras	49.44	49.18	8
3	Erik Franklin	JR	Coe	49.47	49.38	6
4	Stedman Foster	SR	Loras	49.59	49.51	5
5	Alex Bleadorn	SR	Central College	49.85	49.71	4
6	Kirk Wicks	FR	Simpson (Iowa)	50.05	49.77	3
7	Levi Dolphin	SO	Wartburg	49.32	49.92	2
8	Blake Morgan	SO	Central College	50.12	51.34	1

Men 800 Meter Run**9 Advance: Top 2 Each Heat plus Next 3 Best Times**

All-Time: A	1:49.94	1976	Ken Mullen, Coe
Championship: C	1:51.59	5/9/2015	Zach Frey, Loras
Stadium: S	1:49.87	2005	Nick Symmonds, Williamette (OR)

Name	Year	School	Seed	Prelims	H#	
Preliminaries						
1	Ryan Hermsen	SR	Wartburg	1:53.30	1:56.20Q	2
	56.779 (56.779)		1:56.192 (59.413)			
2	Zach Frey	SR	Loras	1:50.88	1:56.82Q	1
	58.873 (58.873)		1:56.819 (57.946)			



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3	Nicholas Green	SR Wartburg	1:53.65	1:57.95Q	3
	56.664 (56.664)	1:57.942 (1:01.279)			
4	Cody Snider	SO Wartburg	1:53.66	1:56.42Q	2
	56.570 (56.570)	1:56.416 (59.846)			
5	Beau Freeborn	JR Coe	1:54.59	1:57.11Q	1
	59.115 (59.115)	1:57.104 (57.989)			
6	Kylian Lally	SO Loras	1:53.62	1:58.36Q	3
	57.774 (57.774)	1:58.352 (1:00.579)			
7	Erik Ohlrogge	SR Luther	1:55.13	1:56.47q	2
	56.919 (56.919)	1:56.461 (59.542)			
8	Nathan Kimbrell	JR Loras	1:56.64	1:58.22q	2
	57.087 (57.087)	1:58.218 (1:01.132)			
9	Casey Roberts	FR Wartburg	1:54.82	1:58.29q	1
	59.399 (59.399)	1:58.287 (58.889)			
10	Jack Carroll	FR Loras	1:55.96	1:58.46	3
	58.424 (58.424)	1:58.460 (1:00.037)			
11	Kyle Pape	FR Central College	2:00.87	1:59.29	2
	56.949 (56.949)	1:59.284 (1:02.335)			
12	Taylor Donner	SO Central College	1:57.35	1:59.62	1
	59.812 (59.812)	1:59.615 (59.804)			
13	Hunter Klose	FR Dubuque	1:57.42	2:00.15	1
	59.325 (59.325)	2:00.147 (1:00.823)			
14	Ben Sampson	JR Buena Vista	1:57.52	2:00.85	2
	56.750 (56.750)	2:00.844 (1:04.094)			
15	Parker Beard	JR Luther	1:59.22	2:01.19	3
	58.698 (58.698)	2:01.187 (1:02.489)			
16	Bret Powers	JR Luther	2:01.68	2:01.42	3
	59.778 (59.778)	2:01.419 (1:01.641)			
17	Kyle Nuehring	SR Central College	1:58.14	2:02.88	3
	1:00.026 (1:00.026)	2:02.872 (1:02.846)			
18	Kyle Hovey	SO Simpson (Iowa)	1:59.37	2:03.52	2
	57.969 (57.969)	2:03.520 (1:05.552)			
19	Paul Woizeschke	SO Buena Vista	2:00.15	2:04.18	1
	1:00.029 (1:00.029)	2:04.176 (1:04.148)			
20	Noah Kudla	FR Luther	1:59.43	2:04.31	1
	1:00.561 (1:00.561)	2:04.301 (1:03.741)			
21	Ryan Izer	FR Coe	1:56.21	2:05.34	3
	59.444 (59.444)	2:05.338 (1:05.895)			
22	Nick Kibby	SO Simpson (Iowa)	2:03.29	2:06.67	2
	57.820 (57.820)	2:06.670 (1:08.850)			
23	Parker Hill	FR Central College	2:01.21	2:07.56	3
	1:00.331 (1:00.331)	2:07.552 (1:07.221)			
24	Andre Dunlap	FR Dubuque	2:06.56	2:07.69	1
	1:01.390 (1:01.390)	2:07.687 (1:06.297)			
25	Brady Hannula	SR Buena Vista	2:08.22	2:11.83	2
	58.079 (58.079)	2:11.828 (1:13.749)			
26	Joseph Dobson	FR Buena Vista	2:07.78	2:12.61	1
	1:01.434 (1:01.434)	2:12.608 (1:11.174)			



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Men 800 Meter Run

=====
All-Time: A 1:49.94 1976 Ken Mullen, Coe
Championship: C 1:51.59 5/9/2015 Zach Frey, Loras
Stadium: S 1:49.87 2005 Nick Symmonds, Williamette (OR)
=====

Name	Year	School	Prelims	Finals	Points
Finals					
1 Zach Frey		SR Loras	1:56.82	1:53.51	10
56.950 (56.950)		1:53.510 (56.560)			
2 Kylian Lally		SO Loras	1:58.36	1:54.06	8
57.059 (57.059)		1:54.057 (56.999)			
3 Nicholas Green		SR Wartburg	1:57.95	1:54.32	6
56.685 (56.685)		1:54.311 (57.626)			
4 Cody Snider		SO Wartburg	1:56.42	1:54.73	5
57.130 (57.130)		1:54.722 (57.592)			
5 Ryan Hermsen		SR Wartburg	1:56.20	1:55.00	4
57.294 (57.294)		1:55.000 (57.706)			
6 Beau Freeborn		JR Coe	1:57.11	1:55.12	3
57.601 (57.601)		1:55.111 (57.510)			
7 Casey Roberts		FR Wartburg	1:58.29	1:56.98	2
57.941 (57.941)		1:56.977 (59.036)			
8 Erik Ohlrogge		SR Luther	1:56.47	1:57.03	1
57.501 (57.501)		1:57.025 (59.524)			
9 Nathan Kimbrell		JR Loras	1:58.22	1:57.26	
57.685 (57.685)		1:57.251 (59.567)			

Men 1500 Meter Run

=====
All-Time: A 3:46.89 2008 Andy Hodge, Wartburg
Championship: C 3:51.30 2006 Bryan George, Central
Stadium: S 3:42.88 2011 Stanley Kebenel, Iowa Central
=====

Name	Year	School	Seed	Finals	H#	Points
1 Bennet Moser		SR Wartburg	4:00.70	3:57.81	2	10
47.605 (47.605)		1:51.786 (1:04.182)	2:55.952 (1:04.166)	3:57.810 (1:01.859)		
2 Liam Hartley		SR Wartburg	3:58.83	3:58.90	2	8
47.698 (47.698)		1:52.203 (1:04.506)	2:57.154 (1:04.951)	3:58.897 (1:01.744)		
3 Mark Fairley		SO Central College	3:59.24	3:59.01	2	6
47.900 (47.900)		1:52.437 (1:04.538)	2:56.989 (1:04.552)	3:59.003 (1:02.015)		
4 Ryan Hermsen		SR Wartburg	3:52.89	3:59.28	2	5
46.665 (46.665)		1:51.337 (1:04.673)	2:55.541 (1:04.204)	3:59.277 (1:03.736)		
5 John Donovan		SR Luther	3:58.37	4:01.90	2	4
47.177 (47.177)		1:51.989 (1:04.813)	2:56.614 (1:04.625)	4:01.893 (1:05.280)		
6 Brien Nugent		JR Loras	4:01.03	4:02.81	2	3
48.286 (48.286)		1:52.024 (1:03.738)	2:57.164 (1:05.140)	4:02.806 (1:05.643)		
7 Casey Roberts		FR Wartburg	4:01.12	4:04.26	2	2
48.402 (48.402)		1:52.552 (1:04.150)	2:58.564 (1:06.012)	4:04.257 (1:05.694)		
8 Cole Decker		SR Central College	3:58.79	4:05.01	2	1
47.495 (47.495)		1:51.601 (1:04.107)	2:58.034 (1:06.433)	4:05.008 (1:06.975)		
9 Alec Bass		FR Dubuque	3:56.43	4:06.26	2	
46.944 (46.944)		1:51.797 (1:04.854)	2:57.686 (1:05.889)	4:06.253 (1:08.567)		



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....Men 1500 Meter Run

10	Sam Whan	SR Loras	4:00.27	4:10.37	2
	48.382 (48.382)	1:52.288 (1:03.906)	2:58.880 (1:06.593)	4:10.364 (1:11.484)	
11	Alex Bishop	JR Luther	4:12.48	4:11.54	1
	48.926 (48.926)	1:54.760 (1:05.835)	3:06.544 (1:11.784)	4:11.531 (1:04.988)	
12	Danny May	JR Luther	4:10.31	4:12.32	1
	47.991 (47.991)	1:54.455 (1:06.465)	3:03.999 (1:09.544)	4:12.319 (1:08.320)	
13	Andrew Welch	SR Luther	4:07.77	4:13.32	1
	49.110 (49.110)	1:55.060 (1:05.951)	3:04.169 (1:09.109)	4:13.319 (1:09.150)	
14	Ian Mckenzie	SO Simpson (Iowa)	4:02.72	4:13.57	2
	47.387 (47.387)	1:53.074 (1:05.688)	3:03.334 (1:10.260)	4:13.569 (1:10.236)	
15	Taylor Donner	SO Central College	4:02.78	4:14.52	2
	48.572 (48.572)	1:53.653 (1:05.081)	3:02.242 (1:08.589)	4:14.516 (1:12.275)	
16	Ben Nelson	SO Coe	4:14.95	4:15.00	1
	48.950 (48.950)	1:56.139 (1:07.190)	3:05.018 (1:08.879)	4:14.994 (1:09.977)	
17	Brady Hunt	SR Loras	4:17.83	4:15.84	1
	50.038 (50.038)	1:58.179 (1:08.141)	3:08.752 (1:10.574)	4:15.838 (1:07.087)	
18	Tanner Rathje	SO Central College	4:00.90	4:17.06	2
	48.131 (48.131)	1:53.211 (1:05.081)	3:02.928 (1:09.717)	4:17.058 (1:14.131)	
19	Nick Yaeger	SR Simpson (Iowa)	4:05.44	4:23.59	2
	48.198 (48.198)	1:55.044 (1:06.847)	3:09.391 (1:14.348)	4:23.581 (1:14.190)	
20	Payton Nevills	SR Dubuque	4:14.49	4:23.72	1
	49.959 (49.959)	2:01.746 (1:11.788)	3:14.203 (1:12.458)	4:23.719 (1:09.516)	
21	Jack Reschenberg	SO Loras	4:19.01	4:24.47	1
	50.958 (50.958)	2:01.648 (1:10.691)	3:14.684 (1:13.037)	4:24.467 (1:09.783)	
22	Jonathan Berland	JR Dubuque	4:18.72	4:25.88	1
	50.688 (50.688)	2:01.429 (1:10.742)	3:15.309 (1:13.880)	4:25.874 (1:10.566)	
23	Drew Roen	FR Simpson (Iowa)	4:30.40	4:31.27	1
	51.432 (51.432)	2:02.508 (1:11.076)	3:16.605 (1:14.097)	4:31.267 (1:14.663)	
24	Austin Springsteen	JR Coe	4:12.05	4:32.76	1
	49.490 (49.490)	1:58.452 (1:08.962)	3:13.778 (1:15.327)	4:32.760 (1:18.982)	
25	Tyler Larson	JR Buena Vista	4:36.06	4:47.09	1
	52.403 (52.403)	2:07.481 (1:15.078)	3:28.684 (1:21.204)	4:47.084 (1:18.400)	
--	Brady Hannula	SR Buena Vista	4:47.62	DNS	1
--	Salem Hildebrandt	SO Simpson (Iowa)	4:18.23	DNS	1

Men 5000 Meter Run

All-Time: A	14:11.28	2015	Eli Horton, Central
Championship: C	14:37.93	2004	Josh Moen, Wartburg
Stadium: S	14:31.00	2003	Josh Moen, Wartburg

Name	Year	School	Seed	Finals	Points
1 Cole Decker		SR Central College	14:11.31	15:10.06	10
	40.508 (40.508)	1:59.165 (1:18.657)	3:17.347 (1:18.182)	4:30.611 (1:13.264)	
	5:41.488 (1:10.878)	6:51.640 (1:10.152)	8:01.884 (1:10.245)	9:13.755 (1:11.871)	
	10:25.449 (1:11.695)	11:38.039 (1:12.591)	12:50.784 (1:12.745)	14:03.089 (1:12.306)	
	15:10.059 (1:06.971)				



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2 Bennet Moser	SR Wartburg	14:31.64	15:18.98	8
39.983 (39.983)	1:58.539 (1:18.556)	3:17.242 (1:18.703)	4:33.129 (1:15.887)	
5:46.126 (1:12.998)	6:58.470 (1:12.344)	8:08.582 (1:10.113)	9:20.471 (1:11.890)	
10:32.117 (1:11.647)	11:43.890 (1:11.773)	12:56.348 (1:12.459)	14:09.146 (1:12.798)	
15:18.979 (1:09.834)				
3 Alec Bass	FR Dubuque	15:09.49	15:20.65	6
39.570 (39.570)	1:58.262 (1:18.692)	3:16.932 (1:18.670)	4:33.092 (1:16.160)	
5:46.102 (1:13.011)	6:58.727 (1:12.625)	8:08.842 (1:10.116)	9:20.762 (1:11.921)	
10:32.521 (1:11.760)	11:44.779 (1:12.259)	13:00.523 (1:15.744)	14:13.822 (1:13.299)	
15:20.641 (1:06.820)				
4 Mason Tope	SO Loras	15:03.98	15:21.40	5
40.645 (40.645)	1:59.495 (1:18.850)	3:17.522 (1:18.027)	4:33.673 (1:16.152)	
5:46.777 (1:13.104)	6:59.067 (1:12.291)	8:09.552 (1:10.485)	9:21.269 (1:11.718)	
10:33.225 (1:11.957)	11:46.109 (1:12.884)	13:00.186 (1:14.077)	14:14.042 (1:13.856)	
15:21.391 (1:07.350)				
5 JJ Frawley	JR Wartburg	15:07.52	15:25.22	4
41.173 (41.173)	2:00.061 (1:18.888)	3:18.210 (1:18.149)	4:34.606 (1:16.397)	
5:47.392 (1:12.786)	6:59.839 (1:12.448)	8:11.779 (1:11.941)	9:26.161 (1:14.382)	
10:40.977 (1:14.816)	11:53.127 (1:12.151)	13:06.894 (1:13.767)	14:18.940 (1:12.047)	
15:25.215 (1:06.276)				
6 Alex Streit	FR Luther	15:52.12	15:26.72	3
40.328 (40.328)	1:59.441 (1:19.113)	3:17.624 (1:18.183)	4:34.038 (1:16.415)	
5:47.691 (1:13.653)	7:00.719 (1:13.028)	8:13.751 (1:13.032)	9:27.379 (1:13.628)	
10:40.621 (1:13.242)	11:52.906 (1:12.286)	13:07.793 (1:14.887)	14:20.900 (1:13.108)	
15:26.711 (1:05.811)				
7 Isaac Steffensmeier	JR Central College	14:55.99	15:28.25	2
41.599 (41.599)	1:59.081 (1:17.483)	3:17.247 (1:18.166)	4:33.215 (1:15.968)	
5:46.340 (1:13.126)	6:58.898 (1:12.558)	8:11.381 (1:12.483)	9:25.941 (1:14.561)	
10:40.702 (1:14.761)	11:54.031 (1:13.329)	13:09.805 (1:15.775)	14:22.880 (1:13.075)	
15:28.245 (1:05.365)				
8 John Sevcik	JR Loras	15:12.00	15:29.46	1
41.411 (41.411)	2:00.142 (1:18.731)	3:17.704 (1:17.563)	4:34.162 (1:16.459)	
5:47.187 (1:13.025)	6:59.618 (1:12.432)	8:11.621 (1:12.004)	9:26.019 (1:14.398)	
10:40.879 (1:14.860)	11:53.293 (1:12.415)	13:06.281 (1:12.988)	14:18.871 (1:12.591)	
15:29.454 (1:10.584)				
9 Eli Kaczinski	SO Wartburg	15:03.34	15:32.42	
41.268 (41.268)	1:59.670 (1:18.402)	3:17.824 (1:18.154)	4:34.529 (1:16.706)	
5:47.777 (1:13.248)	7:00.345 (1:12.569)	8:13.221 (1:12.876)	9:27.183 (1:13.962)	
10:41.101 (1:13.918)	11:53.158 (1:12.058)	13:07.356 (1:14.198)	14:23.161 (1:15.806)	
15:32.420 (1:09.259)				
10 Mark Fairley	SO Central College	15:13.39	15:40.01	
42.100 (42.100)	2:00.884 (1:18.784)	3:18.432 (1:17.549)	4:35.174 (1:16.743)	
5:48.719 (1:13.545)	7:01.568 (1:12.849)	8:15.134 (1:13.566)	9:29.276 (1:14.142)	
10:41.564 (1:12.289)	11:57.548 (1:15.985)	13:15.865 (1:18.317)	14:33.205 (1:17.341)	
15:40.005 (1:06.801)				
11 Blake Willadsen	JR Simpson (Iowa)	15:55.29	15:40.62	
40.130 (40.130)	1:59.216 (1:19.086)	3:17.526 (1:18.310)	4:33.966 (1:16.441)	
5:47.411 (1:13.445)	7:00.923 (1:13.512)	8:14.759 (1:13.836)	9:30.481 (1:15.723)	
10:44.514 (1:14.033)	11:59.688 (1:15.174)	13:15.429 (1:15.742)	14:29.862 (1:14.433)	
15:40.616 (1:10.755)				



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12	Tanner Rathje	SO Central College	15:31.62	15:52.87		
	41.805 (41.805)	2:00.364 (1:18.559)	3:18.192 (1:17.829)	4:34.888 (1:16.697)		
	5:48.267 (1:13.379)	7:01.276 (1:13.009)	8:15.756 (1:14.480)	9:33.915 (1:18.159)		
	10:50.973 (1:17.059)	12:08.389 (1:17.417)	13:25.732 (1:17.344)	14:41.902 (1:16.171)		
	15:52.865 (1:10.963)					
13	Kailas Kokare	SO Wartburg	15:16.58	15:53.75		
	41.498 (41.498)	1:59.767 (1:18.269)	3:17.875 (1:18.108)	4:34.658 (1:16.784)		
	5:48.074 (1:13.416)	7:02.190 (1:14.116)	8:18.114 (1:15.925)	9:34.752 (1:16.639)		
	10:51.081 (1:16.329)	12:08.716 (1:17.636)	13:25.917 (1:17.202)	14:42.458 (1:16.542)		
	15:53.750 (1:11.292)					
14	Hunter Prueger	SO Luther	16:13.66	16:02.02		
	41.780 (41.780)	2:00.621 (1:18.841)	3:18.844 (1:18.223)	4:35.374 (1:16.531)		
	5:48.759 (1:13.385)	7:02.589 (1:13.830)	8:18.873 (1:16.285)	9:34.558 (1:15.685)		
	10:52.674 (1:18.117)	12:09.588 (1:16.914)	13:27.103 (1:17.516)	14:47.340 (1:20.238)		
	16:02.014 (1:14.674)					
15	Colin Ensminger	JR Loras	16:02.05	16:05.03		
	41.653 (41.653)	2:00.366 (1:18.713)	3:18.269 (1:17.904)	4:34.897 (1:16.629)		
	5:48.602 (1:13.705)	7:02.914 (1:14.312)	8:20.194 (1:17.281)	9:40.272 (1:20.079)		
	10:59.386 (1:19.114)	12:17.255 (1:17.870)	13:35.513 (1:18.258)	14:52.312 (1:16.800)		
	16:05.026 (1:12.715)					
16	Ian Mckenzie	SO Simpson (Iowa)	15:39.39	16:07.14		
	39.783 (39.783)	1:58.349 (1:18.566)	3:17.044 (1:18.695)	4:33.441 (1:16.398)		
	5:47.052 (1:13.611)	7:01.649 (1:14.597)	8:19.131 (1:17.483)	9:38.307 (1:19.176)		
	10:58.511 (1:20.205)	12:18.137 (1:19.626)	13:37.886 (1:19.749)	14:57.229 (1:19.344)		
	16:07.137 (1:09.908)					
17	Derek Dinderman	FR Coe	16:10.06	16:08.30		
	42.169 (42.169)	1:59.984 (1:17.816)	3:17.929 (1:17.945)	4:34.318 (1:16.390)		
	5:49.130 (1:14.812)	7:03.293 (1:14.163)	8:21.700 (1:18.407)	9:40.836 (1:19.137)		
	11:00.130 (1:19.294)	12:19.960 (1:19.830)	13:40.202 (1:20.243)	14:59.850 (1:19.648)		
	16:08.298 (1:08.448)					
18	Isiah Herout	FR Luther	16:16.59	16:09.07		
	40.970 (40.970)	2:00.097 (1:19.127)	3:18.555 (1:18.458)	4:35.418 (1:16.864)		
	5:48.429 (1:13.011)	7:01.911 (1:13.482)	8:17.824 (1:15.914)	9:34.242 (1:16.418)		
	10:52.313 (1:18.071)	12:11.213 (1:18.901)	13:30.949 (1:19.736)	14:52.712 (1:21.764)		
	16:09.064 (1:16.352)					
19	Nathan Haerr	SO Coe	15:46.56	16:11.86		
	41.026 (41.026)	1:59.836 (1:18.810)	3:18.025 (1:18.189)	4:33.847 (1:15.823)		
	5:46.606 (1:12.759)	6:59.727 (1:13.121)	8:14.348 (1:14.621)	9:31.989 (1:17.642)		
	10:51.887 (1:19.898)	12:13.299 (1:21.413)	13:34.392 (1:21.094)	14:54.900 (1:20.508)		
	16:11.851 (1:16.952)					
20	Preston Kauder	FR Loras	15:54.66	16:11.99		
	40.915 (40.915)	1:59.916 (1:19.001)	3:18.061 (1:18.145)	4:34.422 (1:16.362)		
	5:47.877 (1:13.455)	7:01.938 (1:14.061)	8:17.208 (1:15.271)	9:33.730 (1:16.522)		
	10:51.924 (1:18.194)	12:13.178 (1:21.255)	13:35.297 (1:22.120)	14:56.306 (1:21.009)		
	16:11.987 (1:15.682)					
21	Trey Thompson	FR Simpson (Iowa)	15:51.39	16:17.42		
	39.246 (39.246)	1:55.678 (1:16.432)	3:11.845 (1:16.168)	4:28.124 (1:16.280)		
	5:44.937 (1:16.813)	7:01.349 (1:16.413)	8:18.432 (1:17.084)	9:36.992 (1:18.560)		
	10:58.152 (1:21.161)	12:19.583 (1:21.431)	13:39.902 (1:20.320)	15:01.166 (1:21.264)		
	16:17.418 (1:16.253)					



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....Men 5000 Meter Run

22 Andrew Laird	SR Buena Vista	16:48.08	16:35.81		
41.939 (41.939)	2:00.446 (1:18.507)	3:18.402 (1:17.957)	4:35.702 (1:17.301)		
5:51.031 (1:15.329)	7:09.500 (1:18.470)	8:28.574 (1:19.074)	9:49.093 (1:20.519)		
11:10.722 (1:21.630)	12:33.415 (1:22.694)	13:56.222 (1:22.808)	15:17.605 (1:21.383)		
16:35.804 (1:18.199)					
23 Christian Deranek	SO Luther	16:06.26	16:42.21		
42.421 (42.421)	2:00.717 (1:18.296)	3:18.644 (1:17.928)	4:35.733 (1:17.090)		
5:49.199 (1:13.466)	7:03.802 (1:14.603)	8:22.354 (1:18.553)	9:42.293 (1:19.939)		
11:04.635 (1:22.343)	12:29.159 (1:24.524)	13:55.681 (1:26.523)	15:20.236 (1:24.555)		
16:42.207 (1:21.972)					
24 Steven Smith	JR Buena Vista	17:14.83	17:16.01		
42.109 (42.109)	2:01.012 (1:18.903)	3:18.934 (1:17.923)	4:37.646 (1:18.712)		
6:00.666 (1:23.020)	7:24.639 (1:23.973)	8:49.982 (1:25.344)	10:14.713 (1:24.731)		
11:41.114 (1:26.402)	13:04.799 (1:23.685)	14:29.601 (1:24.802)	15:55.200 (1:25.600)		
17:16.010 (1:20.810)					
25 Jared Wells	FR Coe	18:07.18	17:47.79		
42.560 (42.560)	2:04.615 (1:22.056)	3:29.818 (1:25.203)	4:55.922 (1:26.105)		
6:22.208 (1:26.286)	7:48.753 (1:26.546)	9:15.731 (1:26.979)	10:41.844 (1:26.113)		
12:08.757 (1:26.914)	13:34.276 (1:25.520)	15:01.018 (1:26.742)	16:27.068 (1:26.051)		
17:47.788 (1:20.720)					
-- Nick Yaeger	SR Simpson (Iowa)		DNF		
40.684 (40.684)	1:59.735 (1:19.051)	3:17.791 (1:18.056)	4:33.462 (1:15.672)		
5:46.469 (1:13.007)	6:59.346 (1:12.877)	8:11.974 (1:12.628)	9:26.862 (1:14.888)		

Men 10000 Meter Run

All-Time: A	29:31.08	2016	Cole Decker, Central		
Championship: C	30:36.80	2008	Kevin Balster, Wartburg		
Stadium: S	30:31.45	2005	Josh Moen, Wartburg		
Name	Year	School	Seed	Finals	Points
1 Cole Decker		SR Central College	29:31.08	30:25.14S	10
1:20.240 (1:20.240)	2:32.854 (1:12.614)	3:43.331 (1:10.477)	4:57.533 (1:14.202)		
6:10.354 (1:12.822)	7:21.901 (1:11.547)	8:33.852 (1:11.952)	9:46.191 (1:12.340)		
10:58.169 (1:11.979)	12:10.041 (1:11.873)	13:24.241 (1:14.200)	14:35.477 (1:11.237)		
15:50.968 (1:15.492)	17:02.011 (1:11.043)	18:13.657 (1:11.647)	19:25.882 (1:12.226)		
20:37.502 (1:11.621)	21:49.799 (1:12.297)	23:01.095 (1:11.297)	24:18.507 (1:17.412)		
25:36.296 (1:17.789)	26:52.816 (1:16.521)	28:07.234 (1:14.418)	29:16.641 (1:09.408)		
30:25.138 (1:08.497)					
2 Mason Tope		SO Loras	31:23.91	31:38.65	8
1:21.590 (1:21.590)	2:33.975 (1:12.386)	3:44.913 (1:10.938)	4:59.354 (1:14.442)		
6:13.521 (1:14.167)	7:28.974 (1:15.454)	8:45.704 (1:16.731)	10:02.742 (1:17.038)		
11:19.609 (1:16.868)	12:37.671 (1:18.062)	13:57.381 (1:19.711)	15:16.425 (1:19.044)		
16:32.853 (1:16.429)	17:49.699 (1:16.847)	19:09.347 (1:19.648)	20:27.760 (1:18.413)		
21:43.422 (1:15.663)	22:56.900 (1:13.478)	24:11.155 (1:14.255)	25:26.267 (1:15.113)		
26:40.570 (1:14.303)	27:55.816 (1:15.247)	29:11.220 (1:15.405)	30:26.485 (1:15.265)		
31:38.646 (1:12.161)					



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....Men 10000 Meter Run

3	Eli Kaczinski	SO Wartburg	31:48.77	6	
	1:23.594 (1:23.594)	2:39.866 (1:16.273)	3:55.406 (1:15.541)	5:11.595 (1:16.189)	
	6:27.471 (1:15.877)	7:42.443 (1:14.972)	8:57.410 (1:14.968)	10:13.193 (1:15.783)	
	11:29.350 (1:16.158)	12:45.982 (1:16.633)	14:01.903 (1:15.922)	15:18.890 (1:16.988)	
	16:35.366 (1:16.476)	17:51.010 (1:15.645)	19:09.565 (1:18.555)	20:27.991 (1:18.426)	
	21:43.623 (1:15.633)	22:57.243 (1:13.620)	24:11.671 (1:14.429)	25:28.917 (1:17.247)	
	26:45.699 (1:16.782)	28:02.144 (1:16.446)	29:18.149 (1:16.006)	30:35.442 (1:17.294)	
	31:48.766 (1:13.324)				
4	Justin Adams	SO Loras	32:17.48	31:56.70	5
	1:21.787 (1:21.787)	2:35.376 (1:13.589)	3:50.610 (1:15.235)	5:07.773 (1:17.163)	
	6:24.900 (1:17.128)	7:42.471 (1:17.571)	8:57.680 (1:15.210)	10:13.414 (1:15.734)	
	11:29.522 (1:16.109)	12:46.211 (1:16.690)	14:02.184 (1:15.974)	15:19.137 (1:16.954)	
	16:35.621 (1:16.484)	17:51.363 (1:15.743)	19:09.393 (1:18.030)	20:27.536 (1:18.143)	
	21:43.094 (1:15.559)	22:57.532 (1:14.438)	24:13.458 (1:15.927)	25:31.656 (1:18.198)	
	26:51.765 (1:20.110)	28:11.284 (1:19.519)	29:30.116 (1:18.832)	30:45.514 (1:15.399)	
	31:56.696 (1:11.183)				
5	Isaac Steffensmeier	JR Central College	31:24.80	31:59.53	4
	1:20.321 (1:20.321)	2:33.120 (1:12.799)	3:44.387 (1:11.267)	4:58.762 (1:14.376)	
	6:12.954 (1:14.192)	7:28.449 (1:15.496)	8:45.115 (1:16.666)	10:01.937 (1:16.823)	
	11:19.087 (1:17.151)	12:37.023 (1:17.936)	13:56.827 (1:19.805)	15:15.847 (1:19.020)	
	16:32.246 (1:16.400)	17:49.125 (1:16.880)	19:09.237 (1:20.112)	20:27.976 (1:18.739)	
	21:44.271 (1:16.296)	23:00.608 (1:16.338)	24:19.427 (1:18.819)	25:37.473 (1:18.046)	
	26:56.237 (1:18.764)	28:17.057 (1:20.821)	29:36.212 (1:19.155)	30:51.948 (1:15.737)	
	31:59.530 (1:07.582)				
6	John Sevcik	JR Loras	32:07.96	32:00.31	3
	1:21.181 (1:21.181)	2:33.672 (1:12.492)	3:44.674 (1:11.002)	4:59.082 (1:14.409)	
	6:13.218 (1:14.136)	7:28.722 (1:15.505)	8:45.388 (1:16.666)	10:02.326 (1:16.939)	
	11:19.328 (1:17.003)	12:37.312 (1:17.984)	13:57.101 (1:19.790)	15:16.129 (1:19.028)	
	16:32.519 (1:16.391)	17:49.401 (1:16.883)	19:09.492 (1:20.091)	20:28.142 (1:18.650)	
	21:43.898 (1:15.757)	22:57.792 (1:13.894)	24:13.014 (1:15.223)	25:29.179 (1:16.166)	
	26:45.970 (1:16.791)	28:03.240 (1:17.271)	29:24.082 (1:20.843)	30:45.804 (1:21.723)	
	32:00.306 (1:14.502)				
7	Nathan Haerr	SO Coe	32:39.82	2	
	1:24.489 (1:24.489)	2:41.351 (1:16.863)	3:58.183 (1:16.833)	5:14.702 (1:16.520)	
	6:34.712 (1:20.010)	7:52.379 (1:17.667)	9:10.456 (1:18.077)	10:29.021 (1:18.566)	
	11:48.391 (1:19.370)	13:06.065 (1:17.674)	14:24.322 (1:18.257)	15:44.447 (1:20.125)	
	17:02.572 (1:18.126)	18:20.798 (1:18.226)	19:38.836 (1:18.038)	20:57.426 (1:18.590)	
	22:17.487 (1:20.061)	23:34.954 (1:17.467)	24:55.196 (1:20.243)	26:13.312 (1:18.116)	
	27:31.581 (1:18.269)	28:51.364 (1:19.784)	30:09.588 (1:18.224)	31:26.633 (1:17.046)	
	32:39.813 (1:13.180)				
8	Clare Brandt	SR Luther	32:11.43	32:46.41	1
	1:23.890 (1:23.890)	2:40.531 (1:16.642)	3:56.881 (1:16.351)	5:12.672 (1:15.791)	
	6:30.176 (1:17.504)	7:47.799 (1:17.624)	9:04.796 (1:16.998)	10:23.292 (1:18.496)	
	11:42.180 (1:18.889)	13:03.110 (1:20.930)	14:24.005 (1:20.896)	15:44.292 (1:20.287)	
	17:02.286 (1:17.995)	18:20.646 (1:18.360)	19:38.525 (1:17.879)	20:57.092 (1:18.567)	
	22:17.247 (1:20.155)	23:34.694 (1:17.447)	24:55.099 (1:20.406)	26:14.470 (1:19.371)	
	27:33.972 (1:19.503)	28:54.111 (1:20.139)	30:15.770 (1:21.660)	31:34.928 (1:19.158)	
	32:46.403 (1:11.476)				



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9	Kailas Kokare	SO Wartburg				32:50.75	
	1:23.636 (1:23.636)	2:40.030 (1:16.395)	3:55.522 (1:15.493)	5:11.380 (1:15.858)			
	6:27.265 (1:15.886)	7:42.520 (1:15.255)	8:57.523 (1:15.004)	10:13.324 (1:15.801)			
	11:29.896 (1:16.573)	12:46.485 (1:16.590)	14:02.638 (1:16.154)	15:19.390 (1:16.753)			
	16:36.327 (1:16.938)	17:53.514 (1:17.187)	19:12.205 (1:18.692)	20:30.902 (1:18.697)			
	21:51.367 (1:20.465)	23:13.570 (1:22.204)	24:38.724 (1:25.155)	26:02.234 (1:23.510)			
	27:26.492 (1:24.258)	28:49.224 (1:22.732)	30:11.000 (1:21.777)	31:35.028 (1:24.028)			
	32:50.748 (1:15.721)						
10	Erik Duethman	SO Luther				32:57.76	
	1:24.573 (1:24.573)	2:40.868 (1:16.296)	3:57.932 (1:17.065)	5:13.104 (1:15.173)			
	6:30.405 (1:17.301)	7:47.914 (1:17.509)	9:04.970 (1:17.057)	10:23.358 (1:18.388)			
	11:41.903 (1:18.546)	13:02.820 (1:20.917)	14:23.694 (1:20.875)	15:44.149 (1:20.455)			
	17:01.978 (1:17.829)	18:20.514 (1:18.537)	19:38.549 (1:18.035)	20:56.756 (1:18.207)			
	22:16.937 (1:20.181)	23:34.655 (1:17.718)	24:54.711 (1:20.057)	26:13.842 (1:19.131)			
	27:31.344 (1:17.502)	28:51.702 (1:20.359)	30:15.484 (1:23.782)	31:38.460 (1:22.976)			
	32:57.758 (1:19.298)						
11	Kyle Read	JR Wartburg				33:14.59	
	1:25.118 (1:25.118)	2:45.347 (1:20.229)	4:06.372 (1:21.026)	5:26.028 (1:19.656)			
	6:46.551 (1:20.524)	8:07.431 (1:20.880)	9:28.861 (1:21.431)	10:48.866 (1:20.005)			
	12:08.557 (1:19.692)	13:27.186 (1:18.629)	14:47.910 (1:20.725)	16:07.387 (1:19.477)			
	17:25.390 (1:18.003)	18:42.813 (1:17.423)	20:01.939 (1:19.126)	21:20.325 (1:18.386)			
	22:40.612 (1:20.288)	24:02.603 (1:21.992)	25:23.725 (1:21.123)	26:43.416 (1:19.691)			
	28:04.096 (1:20.681)	29:26.565 (1:22.469)	30:47.245 (1:20.680)	32:06.271 (1:19.027)			
	33:14.588 (1:08.317)						
12	Bryce Hefty	SO Luther				33:24.37	
	1:25.508 (1:25.508)	2:45.415 (1:19.907)	4:06.904 (1:21.490)	5:26.716 (1:19.812)			
	6:47.111 (1:20.396)	8:07.955 (1:20.844)	9:29.128 (1:21.174)	10:49.116 (1:19.988)			
	12:08.831 (1:19.716)	13:27.845 (1:19.014)	14:48.418 (1:20.574)	16:07.934 (1:19.516)			
	17:25.695 (1:17.761)	18:43.310 (1:17.615)	20:02.663 (1:19.353)	21:21.065 (1:18.403)			
	22:41.113 (1:20.048)	24:02.675 (1:21.563)	25:23.062 (1:20.387)	26:42.472 (1:19.411)			
	28:03.073 (1:20.601)	29:24.966 (1:21.894)	30:46.913 (1:21.948)	32:07.762 (1:20.850)			
	33:24.364 (1:16.603)						
13	Kevin Klobassa	SR Wartburg				33:33.37	
	1:25.375 (1:25.375)	2:45.088 (1:19.713)	4:06.055 (1:20.968)	5:26.260 (1:20.205)			
	6:46.826 (1:20.567)	8:07.679 (1:20.853)	9:28.576 (1:20.898)	10:48.561 (1:19.985)			
	12:08.239 (1:19.679)	13:27.437 (1:19.198)	14:48.155 (1:20.719)	16:07.639 (1:19.484)			
	17:25.096 (1:17.458)	18:42.540 (1:17.444)	20:01.651 (1:19.111)	21:20.570 (1:18.919)			
	22:40.853 (1:20.284)	24:02.300 (1:21.448)	25:23.412 (1:21.112)	26:43.047 (1:19.636)			
	28:03.345 (1:20.298)	29:24.500 (1:21.156)	30:46.288 (1:21.789)	32:10.014 (1:23.726)			
	33:33.365 (1:23.351)						
14	John Stoppelman	SO Loras	32:55.22	34:20.98			
	1:24.171 (1:24.171)	2:41.117 (1:16.947)	3:57.525 (1:16.409)	5:13.334 (1:15.810)			
	6:30.705 (1:17.371)	7:48.230 (1:17.525)	9:07.609 (1:19.380)	10:28.455 (1:20.846)			
	11:49.233 (1:20.779)	13:11.437 (1:22.205)	14:34.017 (1:22.581)	15:56.775 (1:22.758)			
	17:19.220 (1:22.446)	18:43.016 (1:23.796)	20:04.840 (1:21.825)	21:30.123 (1:25.283)			
	22:55.615 (1:25.493)	24:20.499 (1:24.884)	25:46.180 (1:25.682)	27:12.181 (1:26.002)			
	28:39.193 (1:27.012)	30:07.861 (1:28.669)	31:35.380 (1:27.520)	33:00.406 (1:25.026)			
	34:20.979 (1:20.574)						



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15	Chad Carter	FR Simpson (Iowa)	34:42.66						
	1:24.276 (1:24.276)	2:45.004 (1:20.729)	4:07.819 (1:22.815)	5:28.925 (1:21.107)					
	6:54.223 (1:25.298)	8:15.879 (1:21.657)	9:39.764 (1:23.885)	11:02.009 (1:22.246)					
	12:23.517 (1:21.509)	13:46.682 (1:23.165)	15:10.538 (1:23.856)	16:33.767 (1:23.229)					
	17:54.600 (1:20.834)	19:16.265 (1:21.665)	20:39.490 (1:23.226)	22:03.398 (1:23.908)					
	23:26.267 (1:22.869)	24:52.269 (1:26.002)	26:17.459 (1:25.191)	27:43.905 (1:26.447)					
	29:09.659 (1:25.754)	30:34.404 (1:24.746)	31:59.046 (1:24.642)	33:22.344 (1:23.298)					
	34:42.658 (1:20.315)								
16	Jordan Toomey	FR Central College	35:03.65						
	1:24.829 (1:24.829)	2:45.274 (1:20.446)	4:08.054 (1:22.780)	5:29.209 (1:21.156)					
	6:54.525 (1:25.316)	8:16.164 (1:21.640)	9:40.074 (1:23.910)	11:02.359 (1:22.286)					
	12:24.000 (1:21.642)	13:47.081 (1:23.081)	15:11.111 (1:24.030)	16:34.754 (1:23.643)					
	17:58.111 (1:23.357)	19:22.542 (1:24.432)	20:46.865 (1:24.323)	22:12.914 (1:26.050)					
	23:39.267 (1:26.353)	25:05.823 (1:26.557)	26:33.216 (1:27.394)	28:00.881 (1:27.666)					
	29:27.871 (1:26.991)	30:54.323 (1:26.453)	32:21.421 (1:27.098)	33:46.769 (1:25.349)					
	35:03.641 (1:16.873)								
17	Steven Smith	JR Buena Vista	35:04.13	35:06.46					
	1:15.095 (1:15.095)	2:34.418 (1:19.323)	3:54.027 (1:19.609)	5:14.173 (1:20.147)					
	6:36.431 (1:22.259)	8:00.255 (1:23.824)	9:23.495 (1:23.240)	10:47.152 (1:23.657)					
	12:10.535 (1:23.383)	13:36.086 (1:25.552)	15:02.325 (1:26.239)	16:28.502 (1:26.178)					
	17:52.028 (1:23.526)	19:17.113 (1:25.086)	20:42.606 (1:25.493)	22:10.198 (1:27.593)					
	23:36.533 (1:26.336)	25:05.012 (1:28.479)	26:32.779 (1:27.767)	28:00.390 (1:27.611)					
	29:27.700 (1:27.311)	30:54.002 (1:26.303)	32:21.110 (1:27.108)	33:46.418 (1:25.309)					
	35:06.458 (1:20.040)								
18	Matthew Gausmann	SR Luther	34:24.37	35:44.91					
	1:26.503 (1:26.503)	2:46.228 (1:19.725)	4:10.393 (1:24.165)	5:33.893 (1:23.501)					
	6:58.288 (1:24.395)	8:21.538 (1:23.250)	9:47.218 (1:25.680)	11:12.852 (1:25.635)					
	12:38.894 (1:26.043)	14:03.659 (1:24.765)	15:28.858 (1:25.199)	16:55.800 (1:26.943)					
	18:22.329 (1:26.530)	19:49.789 (1:27.461)	21:15.986 (1:26.198)	22:41.478 (1:25.492)					
	24:07.664 (1:26.187)	25:36.665 (1:29.001)	27:06.037 (1:29.372)	28:33.494 (1:27.458)					
	30:02.016 (1:28.522)	31:29.627 (1:27.612)	32:58.795 (1:29.169)	34:25.043 (1:26.248)					
	35:44.908 (1:19.866)								
19	Colin Thomson	FR Central College	36:10.77						
	1:26.907 (1:26.907)	2:46.607 (1:19.700)	4:12.424 (1:25.818)	5:39.621 (1:27.198)					
	7:06.524 (1:26.903)	8:33.179 (1:26.656)	9:59.735 (1:26.557)	11:27.755 (1:28.020)					
	12:54.827 (1:27.073)	14:23.284 (1:28.457)	15:52.348 (1:29.064)	17:19.646 (1:27.299)					
	18:43.246 (1:23.600)	20:08.203 (1:24.957)	21:34.084 (1:25.882)	23:02.996 (1:28.912)					
	24:34.876 (1:31.881)	26:05.289 (1:30.414)	27:36.140 (1:30.851)	29:07.853 (1:31.714)					
	30:34.692 (1:26.840)	31:59.398 (1:24.706)	33:23.362 (1:23.964)	34:51.738 (1:28.377)					
	36:10.765 (1:19.027)								



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Men 110 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

All-Time: A 14.33	1991	Mike Godbout, Simpson
All-Time1: A 14.28	2008	Shawn Olorundami, Buena Vista (wind)
Championship: C 14.41	1990	Mike Godbout, Simpson
Stadium: S 13.58	2011	Michael Hancock, Iowa Central
Name	Year	School

Preliminaries

	Name	Year	School	Seed	Prelims	Wind	H#
1	Dan Roerman	SR	Central College	14.46	14.45Q	1.7	2
2	Dylan Kalinay	SO	Simpson (Iowa)	14.38	14.67Q	1.8	1
3	Austin Groth	SR	Buena Vista	14.89	14.83Q	1.4	3
4	Jackson Reemtsma	FR	Luther	14.88	15.06q	1.4	3
5	Isaac Frazier	JR	Simpson (Iowa)	14.93	15.25q	1.7	2
6	Chris Hawkins	SO	Coe	15.08	15.42q	1.8	1
7	Gerrand Moody	SO	Loras	15.37	15.52q	1.7	2
8	Andrew O'Neill	SO	Loras	15.44	15.58q	1.4	3
9	Ben Cuvelier	SO	Wartburg	15.37	15.68	1.4	3 15.674
10	Justin Sacker	JR	Buena Vista	15.76	15.68	1.8	1 15.678
11	Hunter Pollpeter	SO	Central College	15.18	15.70	1.8	1
12	Reese Iversen	SO	Central College	15.66	15.86	1.7	2
13	Trevor McKee	JR	Simpson (Iowa)	16.24	16.19	1.8	1
14	James Niemann	FR	Wartburg	16.35	16.27	1.7	2
15	Tyler Reindl	SO	Buena Vista	17.44	16.75	1.8	1
16	Ryan Richmond	SO	Wartburg	17.17	17.45	1.7	2
17	Peter Lillibridge	SR	Luther	17.10	17.68	1.4	3
18	William Bestul	JR	Luther	17.02	17.95	1.4	3

Men 110 Meter Hurdles

All-Time: A 14.33	1991	Mike Godbout, Simpson
All-Time1: A 14.28	2008	Shawn Olorundami, Buena Vista (wind)
Championship: C 14.41	1990	Mike Godbout, Simpson
Stadium: S 13.58	2011	Michael Hancock, Iowa Central
Name	Year	School

Finals

	Name	Year	School	Prelims	Finals	Wind	Points
1	Dan Roerman	SR	Central College	14.45	14.22	2.7	10
2	Dylan Kalinay	SO	Simpson (Iowa)	14.67	14.41	2.7	8
3	Jackson Reemtsma	FR	Luther	15.06	14.67	2.7	6
4	Gerrand Moody	SO	Loras	15.52	15.15	2.7	5
5	Isaac Frazier	JR	Simpson (Iowa)	15.25	15.40	2.7	4
6	Andrew O'Neill	SO	Loras	15.58	15.67	2.7	3
7	Austin Groth	SR	Buena Vista	14.83	22.01	2.7	2
--	Chris Hawkins	SO	Coe	15.42	DNS	2.7	



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Men 400 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

All-Time: A	51.30	2001	Miradieu Joseph, Wartburg		
Championship: C	53.13	5/10/2014	Evan Zurbuchen, Dubuque		
Stadium: S	51.71	2011	Nathan Arnet, Iowa Central		
Name		Year	School	Seed	Prelims H#

Preliminaries

1	Jake Brock	SR	Loras	54.75	55.81Q	2
2	Jordan Coughenour	SO	Simpson (Iowa)	54.43	55.98Q	3
3	Austin Roberts	SR	Central College	55.28	56.39Q	1
4	Austin Groth	SR	Buena Vista	55.92	56.46q	3
5	Justin Sacker	JR	Buena Vista	57.26	56.57q	2
6	Justin Anderlik	JR	Wartburg	55.27	56.71q	1
7	Nick Thibault	SO	Wartburg	55.97	57.09q	3
8	Trevor McKee	JR	Simpson (Iowa)	56.60	57.15q	1
9	Dillon DeMott	SO	Wartburg	56.27	57.42	2
10	James Niemann	FR	Wartburg	57.08	58.43	1
11	Peter Lillibridge	SR	Luther	58.88	58.61	1
12	Cooper Nelson	JR	Luther	57.88	58.87	3
13	Landon Kraus	FR	Coe	58.64	59.15	2
14	Andrew O'Neill	SO	Loras	57.92	59.72	3
15	Max Johnson	FR	Coe	1:00.14	1:00.58	2
16	Hunter Lynch	SR	Luther	1:00.00	1:00.74	1
17	Tyler Reindl	SO	Buena Vista	1:00.51	1:02.69	3
18	Jacob Mentzer	SO	Dubuque	1:00.85	1:03.09	3
19	William Bestul	JR	Luther	1:06.51	1:06.70	2
--	Tate Jensen	SO	Central College	55.30	DNS	2

Men 400 Meter Hurdles

All-Time: A	51.30	2001	Miradieu Joseph, Wartburg		
Championship: C	53.13	5/10/2014	Evan Zurbuchen, Dubuque		
Stadium: S	51.71	2011	Nathan Arnet, Iowa Central		
Name		Year	School	Prelims	Finals Points

Finals

1	Jordan Coughenour	SO	Simpson (Iowa)	55.98	54.43	10
2	Austin Groth	SR	Buena Vista	56.46	55.02	8
3	Jake Brock	SR	Loras	55.81	55.25	6
4	Justin Anderlik	JR	Wartburg	56.71	55.59	5
5	Nick Thibault	SO	Wartburg	57.09	55.82	4
6	Justin Sacker	JR	Buena Vista	56.57	55.90	3
7	Austin Roberts	SR	Central College	56.39	56.03	2
8	Trevor McKee	JR	Simpson (Iowa)	57.15	57.06	1



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Men 3000 Meter Steeplechase

Name	Year	School	Seed	Finals	Points
All-Time: A 9:02.55 2007 Patrick Johnson, Wartburg					
Championship: C 9:12.94 1985 Dan Huston, Wartburg					
Stadium: S 9:09.19 2005 Zach Barr, Monmouth (IL)					
Name	Year	School	Seed	Finals	Points
1 Mark Fairley		SO Central College	9:36.25	9:17.11	10
40.736 (40.736)	1:52.773 (1:12.038)	3:08.364 (1:15.591)	4:24.376 (1:16.013)		
5:40.061 (1:15.686)	6:54.901 (1:14.840)	8:09.527 (1:14.626)	9:17.103 (1:07.577)		
2 JJ Frawley		JR Wartburg	9:37.13	9:24.67	8
40.070 (40.070)	1:52.456 (1:12.386)	3:08.048 (1:15.593)	4:24.048 (1:16.001)		
5:39.721 (1:15.673)	6:54.489 (1:14.769)	8:09.171 (1:14.682)	9:24.661 (1:15.491)		
3 Lee Scott		JR Wartburg	9:46.75	9:32.04	6
41.777 (41.777)	1:55.322 (1:13.545)	3:10.616 (1:15.295)	4:26.784 (1:16.168)		
5:44.163 (1:17.379)	7:01.140 (1:16.978)	8:18.173 (1:17.034)	9:32.032 (1:13.859)		
4 Nick Yaeger		SR Simpson (Iowa)	9:35.75	9:36.14	5
40.376 (40.376)	1:52.547 (1:12.171)	3:08.108 (1:15.561)	4:24.125 (1:16.018)		
5:40.571 (1:16.447)	6:58.564 (1:17.993)	8:19.632 (1:21.068)	9:36.131 (1:16.500)		
5 Zach Marpe		JR Wartburg	9:44.42	9:41.54	4
41.314 (41.314)	1:54.887 (1:13.573)	3:10.936 (1:16.050)	4:27.687 (1:16.752)		
5:45.710 (1:18.023)	7:04.505 (1:18.795)	8:25.138 (1:20.634)	9:41.533 (1:16.395)		
6 Patrick Finnegan		SO Luther	9:43.06	9:48.75	3
41.564 (41.564)	1:53.999 (1:12.435)	3:09.095 (1:15.096)	4:24.255 (1:15.161)		
5:41.054 (1:16.800)	7:01.990 (1:20.936)	8:26.297 (1:24.308)	9:48.744 (1:22.447)		
7 Tanner Rathje		SO Central College	10:01.66	9:52.50	2
41.040 (41.040)	1:53.903 (1:12.863)	3:09.380 (1:15.477)	4:26.157 (1:16.778)		
5:46.081 (1:19.925)	7:08.674 (1:22.593)	8:33.271 (1:24.597)	9:52.491 (1:19.220)		
8 Ben Hedges		JR Loras	10:10.56	9:55.04	1
43.694 (43.694)	2:01.078 (1:17.385)	3:23.257 (1:22.180)	4:41.545 (1:18.288)		
6:00.639 (1:19.095)	7:19.480 (1:18.841)	8:37.496 (1:18.016)	9:55.035 (1:17.539)		
9 Will Simonson		FR Luther	10:06.61	10:06.97	
42.187 (42.187)	2:00.146 (1:17.959)	3:22.537 (1:22.392)	4:43.306 (1:20.770)		
6:03.670 (1:20.364)	7:25.285 (1:21.616)	8:47.158 (1:21.874)	10:06.967 (1:19.809)		
10 Blake Willadsen		JR Simpson (Iowa)	10:19.26	10:08.25	
41.217 (41.217)	1:53.515 (1:12.298)	3:09.560 (1:16.045)	4:27.881 (1:18.322)		
5:49.446 (1:21.565)	7:13.583 (1:24.138)	8:41.630 (1:28.047)	10:08.247 (1:26.617)		
11 Joel Toppin		SO Wartburg	10:17.94	10:09.95	
42.374 (42.374)	1:57.826 (1:15.453)	3:16.775 (1:18.949)	4:37.455 (1:20.680)		
6:01.608 (1:24.154)	7:25.010 (1:23.402)	8:50.229 (1:25.219)	10:09.942 (1:19.714)		
12 Nick Poff		FR Coe	10:26.71	10:14.26	
42.937 (42.937)	1:59.173 (1:16.237)	3:18.474 (1:19.301)	4:39.013 (1:20.540)		
6:00.917 (1:21.905)	7:24.446 (1:23.529)	8:50.815 (1:26.369)	10:14.256 (1:23.442)		
13 Jonathan Berland		JR Dubuque	10:18.04	10:16.72	
44.379 (44.379)	2:03.343 (1:18.965)	3:25.057 (1:21.714)	4:47.969 (1:22.912)		
6:13.372 (1:25.404)	7:37.126 (1:23.754)	9:00.499 (1:23.373)	10:16.715 (1:16.217)		
14 Billy Jeide		SO Luther	10:14.50	10:17.83	
43.799 (43.799)	2:00.179 (1:16.381)	3:22.502 (1:22.324)	4:44.430 (1:21.929)		
6:07.473 (1:23.043)	7:32.827 (1:25.354)	8:55.532 (1:22.705)	10:17.825 (1:22.294)		
15 Luke Lumbar		SO Luther	10:07.62	10:20.74	
42.099 (42.099)	2:00.593 (1:18.494)	3:22.875 (1:22.283)	4:44.685 (1:21.811)		
6:09.788 (1:25.103)	7:35.520 (1:25.733)	9:00.118 (1:24.598)	10:20.739 (1:20.622)		



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....Men 3000 Meter Steeplechase

16 Matt Gagen	SO Loras	10:19.33	10:20.79		
44.474 (44.474)	2:04.030 (1:19.557)	3:25.551 (1:21.522)	4:47.814 (1:22.263)		
6:12.233 (1:24.420)	7:36.081 (1:23.848)	9:00.562 (1:24.481)	10:20.790 (1:20.229)		
17 Jake Till	FR Loras	10:30.82	10:36.57		
44.838 (44.838)	2:04.848 (1:20.011)	3:27.395 (1:22.548)	4:52.530 (1:25.135)		
6:19.208 (1:26.679)	7:48.141 (1:28.933)	9:15.779 (1:27.638)	10:36.568 (1:20.790)		
18 Jeremy Caracci	SO Central College	10:49.42	10:46.31		
43.199 (43.199)	2:02.996 (1:19.798)	3:26.059 (1:23.063)	4:52.907 (1:26.848)		
6:21.822 (1:28.916)	7:52.123 (1:30.301)	9:24.329 (1:32.207)	10:46.304 (1:21.976)		
19 Karl Weaver	JR Central College	11:02.08	11:19.68		
45.644 (45.644)	2:11.569 (1:25.925)	3:40.838 (1:29.269)	5:12.469 (1:31.632)		
6:45.113 (1:32.645)	8:19.666 (1:34.553)	9:52.605 (1:32.939)	11:19.676 (1:27.072)		
-- Payton Nevills	SR Dubuque	10:16.67	DNF		
43.596 (43.596)	2:00.529 (1:16.934)	3:23.504 (1:22.975)	4:47.025 (1:23.521)		

Men 4x100 Meter Relay

All-Time: A	40.77	2007	Dubuque, Dubuque		
			Blackmon, Metezier, Walker, Walton		
Championship: C	41.24	2001	Central, Central		
			Brownlee, Tavegia, Hartford, McCullough		
Stadium: S	40.47	2005	Nebraska Wesleyan, Nebraska Wesleyan		
School			Seed	Finals	Points
1 Simpson (Iowa)			41.75	41.74	10
1) Emmitt Wheatley FR		2) Dylan Kalinay SO			
3) Travis Tupper SO		4) Davey Jergens SO			
2 Dubuque			41.63	42.30	8
1) Tyler Blanchard FR		2) Clayton Gray SO			
3) Izaiah Lavatai FR		4) Isaiah Ellis FR			
3 Central College			42.31	42.60	6
1) Dan Roemerman SR		2) Justin Wimbish SO			
3) Blake Morgan SO		4) Hunter Howe SO			
4 Loras			42.42	43.43	5
1) Nick Ball SR		2) Brandon Gradoville JR			
3) Gerrand Moody SO		4) Stedman Foster SR			
5 Coe			42.74	43.62	4
1) Anton Jones JR		2) Max Johnson FR			
3) Demetrius Harper FR		4) Nathan Suell FR			
6 Luther			42.83	44.26	3
1) Cooper Nelson JR		2) Andrew McCarthy SR			
3) Maxwell Tapp FR		4) Peter Krumm SR			
-- Wartburg			41.83	DNF	
1) Ty Troutman SR		2) Joseph Fedoris SR			
3) Chris Nothnick SR		4) Justin Anderlik JR			
-- Buena Vista			42.75	DQ	Exchange 1-2
1) Moussa Kuyateh FR		2) Brennan Dostal SO			
3) Austin Groth SR		4) Mark Eberly JR			



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Men 4x400 Meter Relay

All-Time: A 3:09.64		2000	Central, Central		
Championship: C 3:13.75		5/9/2015	Loras, Loras		
Stadium: S 3:08.71		2005	Uw-La Crosse, UW-La Crosse		
School			Seed	Finals	Points
1 Loras			3:16.83	3:18.69	10
1) Brandon Gradoville JR		2) Stedman Foster SR			
3) Kylian Lally SO		4) Zach Frey SR			
1:40.077 (1:40.077)	2:29.754 (49.677)	3:18.683 (48.930)			
2 Wartburg			3:17.26	3:19.10	8
1) Justin Anderlik JR		2) Levi Dolphin SO			
3) Chris Nothnick SR		4) Dillon DeMott SO			
1:39.962 (1:39.962)	2:29.440 (49.478)	3:19.098 (49.659)			
3 Central College			3:19.83	3:22.21	6
1) Alex Bleadorn SR		2) Caleb Jennings FR			
3) Austin Roberts SR		4) Hunter Howe SO			
1:42.479 (1:42.479)	2:32.424 (49.946)	3:22.210 (49.786)			
4 Coe			3:21.74	3:22.42	5
1) Anton Jones JR		2) Nathan Suell FR			
3) Erik Franklin JR		4) Beau Freeborn JR			
1:42.210 (1:42.210)	2:32.494 (50.285)	3:22.412 (49.918)			
5 Simpson (Iowa)			3:17.58	3:22.86	4
1) Jordan Coughenour SO		2) Chase Wetterling FR			
3) Kirk Wicks FR		4) Prince Krah FR			
1:42.349 (1:42.349)	2:32.155 (49.807)	3:22.852 (50.698)			
6 Luther			3:20.15	3:23.14	3
1) Raleigh Sims SR		2) Cooper Nelson JR			
3) Andrew McCarthy SR		4) Jackson Reemtsma FR			
1:44.466 (1:44.466)	2:34.485 (50.019)	3:23.135 (48.651)			
7 Buena Vista			3:24.52	3:24.97	2
1) Mark Eberly JR		2) Brennan Dostal SO			
3) Ben Sampson JR		4) Austin Groth SR			
1:43.172 (1:43.172)	2:32.889 (49.718)	3:24.963 (52.074)			
8 Dubuque			3:22.66	3:30.75	1
1) Jacob Mentzer SO		2) Hunter Klose FR			
3) Tyler Miller SO		4) Aaron Ofosu SO			
1:47.411 (1:47.411)	2:38.852 (51.442)	3:30.745 (51.893)			

Men 4x800 Meter Relay

All-Time: A 7:35.8h		1985	Simpson, Simpson		
Championship: C 7:38.44		5/9/2014	Wartburg, Wartburg		
School			Seed	Finals	Points
1 Loras			7:54.35	7:44.91	10
M.Christianson, K.Janvrin, J.Brooks, K.Pederson					
J Hochstetler, N Green, C Moser, D Bonthius					



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....Men 4x800 Meter Relay

1) Kylian Lally SO	2) Brien Nugent JR						
3) Sam Whan SR	4) Zach Frey SR						
1:57.628 (1:57.628)	3:55.315 (1:57.688)	5:50.256 (1:54.942)	7:44.903 (1:54.647)				
2 Wartburg		7:39.90	7:48.58	8			
1) Cody Snider SO	2) Mark Schulz FR						
3) Jason Ludwig SO	4) Nicholas Green SR						
1:56.907 (1:56.907)	3:54.676 (1:57.770)	5:52.319 (1:57.644)	7:48.580 (1:56.262)				
3 Luther		8:11.38	7:54.22	6			
1) Erik Ohlrogge SR	2) Kyle Gilberg FR						
3) Alex Bishop JR	4) John Donovan SR						
1:58.383 (1:58.383)	3:57.548 (1:59.165)	5:56.255 (1:58.707)	7:54.213 (1:57.959)				
4 Coe		8:03.65	7:57.95	5			
1) Ben Nelson SO	2) Dray Schreiber SO						
3) Derek Dinderman FR	4) Ryan Izer FR						
1:59.811 (1:59.811)	3:57.370 (1:57.560)	5:59.269 (2:01.899)	7:57.946 (1:58.677)				
5 Central College		7:54.96	7:58.72	4			
1) Nick Guzman SO	2) Kyle Nuehring SR						
3) Kyle Pape FR	4) Mark Fairley SO						
1:59.906 (1:59.906)	3:57.113 (1:57.208)	5:58.911 (2:01.798)	7:58.712 (1:59.802)				
6 Dubuque		8:22.79	8:01.94	3			
1) Alec Bass FR	2) Hunter Klose FR						
3) Tyler Miller SO	4) Aaron Ofosu SO						
1:58.410 (1:58.410)	3:57.313 (1:58.903)	5:58.412 (2:01.099)	8:01.938 (2:03.526)				
7 Simpson (Iowa)			8:33.51	2			
1) Ian Mckenzie SO	2) Salem Hildebrandt SO						
3) Trevor McKee JR	4) Nick Nolte SR						
2:03.339 (2:03.339)	4:07.682 (2:04.343)	6:16.196 (2:08.515)	8:33.509 (2:17.313)				
8 Buena Vista			9:02.73	1			
1) Paul Woizeschke SO	2) Joseph Dobson FR						
3) Brady Hannula SR	4) Tyler Larson JR						
2:14.746 (2:14.746)	4:32.032 (2:17.286)	6:49.830 (2:17.799)	9:02.722 (2:12.893)				

Men High Jump

Opening Height: 1.72 raise by 5 cm through 2.07

All-Time: A 2.18m 2005 Andy Stoecken, Loras

Championship: C 2.16m 2005 Andy Stoecken, Loras

Stadium: S 2.12m 2005 Cale Van Genderen, Central

Name	Year	School	Seed	Finals	Points
1 Logan Mulford		JR Central College	2.13m	2.02m	6-07.50 10
1.92 1.97 2.02					
O O O					
2 Jeremy Lawson		JR Dubuque	1.95m	1.97m	6-05.50 8
1.87 1.92 1.97 2.02					
O PPP O XXX					
3 Isaac Frazier		JR Simpson (Iowa)	1.96m	1.97m	6-05.50 6
1.87 1.92 1.97 2.02					
XO XXO XO XXX					



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....Men High Jump

4	Reese Iversen	SO Central College	1.80m	1.92m	6-03.50	5
	1.72 1.77 1.82 1.87 1.92 1.97					
	O PPP PPP XO O XXX					
5	Nathan Keck	FR Wartburg	1.99m	1.92m	6-03.50	4
	1.87 1.92 1.97					
	O XO XXX					
6	Keontae Neely	SR Loras	1.95m	1.87m	6-01.50	3
	1.87 1.92					
	XXO XXX					
7	Grant Preheim	SO Luther	1.84m	1.82m	5-11.50	2
	1.72 1.77 1.82 1.87					
	XO O O XXX					
8	Nicholas Dugger	SR Wartburg		1.82m	5-11.50	1
	1.77 1.82 1.87					
	O XXO XXX					
9	Dan Vatch	SR Loras	1.85m	1.77m	5-09.75	
	1.77 1.82					
	O XXX					
9	Robert Wade	SR Wartburg	1.82m	1.77m	5-09.75	
	1.77 1.82					
	O XXX					
11	Greg Cox	SR Loras	1.75m	1.77m	5-09.75	
	1.72 1.77 1.82					
	XO O XXX					
--	Brett LaDoux	FR Wartburg	1.82m	NH		
	1.82					
	XXX					
--	Kortez Pickett	FR Dubuque	1.90m	DNS		

Men Pole Vault

Opening Height: 3.75m, raise by 15 cm increments						
All-Time: A 5.20m 2015 Rick Valcin, Dubuque						
Championship: C 4.95m 5/9/2015 Rick Valcin, Dubuque						
Stadium: S 5.20m 2003 Keenan King, Monmouth						
Stadium: S 5.20m 2008 Peter Sprecher, Monmouth						
Name	Year	School	Seed	Finals		Points
1 Erik Queoff		SR Luther	4.61m	4.35m	14-03.25	10
	4.05 4.20 4.35 4.50					
	XO XXO O XXX					
2 Alexander Schlueter		SR Dubuque	4.38m	4.35m	14-03.25	8
	4.20 4.35 4.50					
	XO XO XXX					
3 Hunter Dunlap		SO Loras	4.21m	4.35m	14-03.25	6
	4.05 4.20 4.35 4.50					
	XO XO XO XXX					
4 Zach Pogorzelski		FR Wartburg	4.08m	4.20m	13-09.25	5
	3.75 3.90 4.05 4.20 4.35					
	O O O XO XXX					



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....Men Pole Vault

5 Windom Shields	SR Luther	4.35m	4.05m	13-03.50	3.50
3.90 4.05 4.20					
XXO O XXX					
5 Nick Sigrist	SO Luther	4.30m	4.05m	13-03.50	3.50
3.90 4.05 4.20					
XXO O XXX					
7 Nick Dreska	SO Loras	4.20m	4.05m	13-03.50	2
3.90 4.05 4.20					
XXO XO XXX					
8 Jacob Miller	SR Luther	4.10m	4.05m	13-03.50	1
3.90 4.05 4.20					
O XXO XXX					
9 David Rodgers IV	JR Loras	3.85m	3.90m	12-09.50	
3.90 4.05					
XO XXX					
-- Chris Ball	SO Loras	3.78m		NH	
3.75					
XXX					
-- Alexies Escotto	SO Wartburg			NH	
3.75					
XXX					
-- Mitch Stoltzman	JR Simpson (Iowa)	4.20m		NH	
3.90					
XXX					

Men Long Jump

=====							
All-Time: A	7.57m	2012	Jonas Elusme, Wartburg				
All-Time1: A	7.71m	2012	Jonas Elusme, Wartburg (wind)				
Championship: C	7.71m	5/12/2012	Jonas Elusme, Wartburg				
Stadium: S	7.96m	2005	Paul lemic, Richard Stockton				
Name	Year	School	Seed	Finals	Wind	Points	
=====							
1 Chris Hawkins		SO Coe	7.16m	7.05m	1.5	23-01.75	10
6.70m(0.5)	6.97m(1.7)	7.05m(1.5)	6.68m(2.1)	PASS	PASS		
2 Justin Wimbish		SO Central College	6.82m	6.72m	1.1	22-00.75	8
FOUL	6.44m(1.8)	6.72m(1.1)	5.80m(2.2)	6.24m(1.4)	PASS		
3 Keontae Neely		SR Loras	6.56m	6.58m	1.2	21-07.25	6
6.58m(1.2)	6.52m(3.2)	6.44m(1.9)	6.40m(2.2)	FOUL	6.02m(2.0)		
4 Isaac Frazier		JR Simpson (Iowa)	6.56m	6.46m	1.5	21-02.50	5
6.36m(1.9)	6.46m(1.5)	6.27m(1.6)	5.93m(1.6)	6.25m(2.1)	PASS		
5 Emmitt Wheatley		FR Simpson (Iowa)	6.65m	6.40m	1.8	21-00.00	4
FOUL	FOUL	6.40m(1.8)	FOUL	6.36m(2.3)	PASS		
6 Grant Preheim		SO Luther	6.01m	6.35m	2.8	20-10.00	3
6.35m(2.8)	6.12m(2.6)	6.16m(1.7)	FOUL	6.31m(1.2)	PASS		
7 Nathan Keck		FR Wartburg		6.33m	2.6	20-09.25	2
6.23m(1.9)	6.33m(2.6)	6.22m(3.0)	FOUL	FOUL	PASS		
8 Kortez Pickett		FR Dubuque	6.57m	6.32m	1.6	20-09.00	1
6.32m(1.6)	5.35m(1.3)	FOUL	PASS	PASS	PASS		



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...Men Long Jump

9	Jaemin Powell	SR Central College	6.51m	6.29m	+0.0	20-07.75
	6.29m(+0.0) 5.88m(1.0) 6.02m(1.7) PASS		6.14m(2.7) 5.89m(2.9)			
10	Nick Hageman	SR Wartburg	6.40m	6.26m	1.1	20-06.50
	6.06m(1.9) FOUL		6.26m(1.1)			
11	Martin Rodriguez	FR Loras	6.29m	6.16m	1.4	20-02.50
	6.14m(1.8) FOUL		6.16m(1.4)			
12	Kyle Hove	SR Luther	6.33m	6.09m	1.3	19-11.75
	6.09m(1.3) 1.82m(2.7) FOUL					
13	Jordan Stiefel	SO Loras	5.73m	5.85m	2.1	19-02.50
	FOUL 5.68m(2.8) 5.85m(2.1)					
14	Hunter Lynch	SR Luther	5.60m	5.83m	2.8	19-01.50
	5.83m(2.8) 5.05m(3.3) FOUL					
15	CJ Nelson	FR Coe	5.96m	5.74m	3.3	18-10.00
	5.58m(2.2) 5.53m(2.1) 5.74m(3.3)					
16	Jordan Schmitt	JR Wartburg		5.64m	3.3	18-06.00
	5.64m(3.3) FOUL		FOUL			
17	Erik Queoff	SR Luther	5.88m	5.61m	2.6	18-05.00
	5.35m(3.7) 5.61m(2.6) 5.33m(1.4)					
18	Jack Redmond	FR Coe	5.86m	5.51m	1.9	18-01.00
	5.15m(3.4) 5.51m(1.9) FOUL					
19	Ahymad Lee	FR Wartburg		5.36m	1.0	17-07.00
	5.36m(1.0) 5.21m(1.6) 5.20m(2.2)					
20	Jared Bronaugh	SR Buena Vista	4.58m	4.84m	1.8	15-10.50
	4.84m(1.8) 4.62m(2.7) 3.98m(2.2)					

Men Triple Jump

All-Time: A 15.15m 1973		Kip Korir, Coe					
Championship: C 14.72m 2003		Deandre Bovan, Dubuque					
Stadium: S 15.10m 2011		Pat Zeunik, Augustana (IL)					
Name	Year	School	Seed	Finals	Wind	Points	
1	Charles Jackson III	FR Dubuque	13.82m	14.19m	4.4	46-06.75	10
	FOUL	13.32m(3.2) 12.90m(3.8) 13.30m(3.1) 13.67m(2.7)		14.19m(4.4)			
2	Keontae Neely	SR Loras	13.40m	14.10m	4.3	46-03.25	8
	FOUL	FOUL 12.66m(1.8) 12.56m(2.8) 14.10m(4.3) 12.97m(3.9)					
3	Kebba Bojang	SR Dubuque	14.38m	13.96m	4.3	45-09.75	6
	FOUL	13.54m(3.5) 13.72m(3.4) 13.06m(4.6) 13.80m(4.6) 13.96m(4.3)					
4	Nathan Keck	FR Wartburg	13.41m	13.75m	3.8	45-01.50	5
	FOUL	FOUL 13.26m(2.6) 13.17m(2.7) FOUL 13.75m(3.8)					
5	Isaac Frazier	JR Simpson (Iowa)	13.82m	13.33m	4.1	43-09.00	4
	FOUL	13.01m(3.3) 12.91m(4.2) 13.01m(4.7) 13.33m(4.1) 11.55m(1.7)					
6	Grant Preheim	SO Luther	12.72m	12.91m	2.8	42-04.25	3
	FOUL	12.91m(2.8) 12.59m(2.9) 12.48m(2.0) 12.41m(2.3) 11.09m(3.0)					
7	Joe Kotz	JR Central College	12.49m	12.90m	4.3	42-04.00	2
	12.33m(1.1) 12.56m(3.6) 12.90m(4.3) FOUL		12.57m(3.2) 12.62m(3.2)				
8	Trey Moddelmogg	FR Simpson (Iowa)	13.05m	12.62m	2.7	41-05.00	1
	12.62m(2.7) 12.36m(4.0) 12.41m(3.0) 12.51m(3.3) 12.58m(2.2) 12.58m(2.2)						
9	Dan Vatch	SR Loras	12.78m	12.57m	1.2	41-03.00	
	12.28m(4.0) 12.53m(5.4) 12.57m(1.2) 12.05m(4.8) 12.46m(3.6) 12.45m(4.1)						



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....Men Triple Jump

10	Hunter Dunlap	SO Loras	12.79m	12.31m	4.1	40-04.75
	12.31m(4.1)	12.20m(5.4)	12.25m(4.9)			
11	Ahymad Lee	FR Wartburg	12.15m	11.75m	2.9	38-06.75
	11.72m(4.7)	11.75m(2.9)	FOUL			
12	Nick Hageman	SR Wartburg		11.65m	4.8	38-02.75
	11.50m(2.4)	11.32m(2.9)	11.65m(4.8)			
--	Jack Redmond	FR Coe		FOUL		
	FOUL	FOUL	PASS			
--	Jordan Stiefel	SO Loras	11.54m	FOUL		
	FOUL	FOUL	FOUL			
--	Chris Hawkins	SO Coe	13.98m	FOUL		
	FOUL	PASS	PASS			
--	Zach Quick	JR Central College	12.22m	DNS	NWI	
--	Kortez Pickett	FR Dubuque		DNS	NWI	
--	Brett LaDoux	FR Wartburg	11.86m	DNS	NWI	

Men Shot Put

All-Time: A 19.18m		1996	Dennis Black, Upper Iowa			
Championship: C 19.18m		1996	Dennis Black, Upper Iowa			
Stadium: S 18.41m		2005	Cody Brotherton, McMurry			
Name	Year	School	Seed	Finals	Points	
1	Blaze Murfin	FR Dubuque	15.93m	14.73m	48-04.00	10
	14.73m	14.30m	14.39m	FOUL	14.69m	FOUL
2	Drew Beall	FR Buena Vista	14.78m	14.50m	47-07.00	8
	13.76m	14.33m	14.50m	FOUL	FOUL	13.70m
3	Alex Mckee-Crow	SR Coe	14.73m	13.91m	45-07.75	6
	13.15m	FOUL	FOUL	13.33m	13.91m	13.44m
4	Kody Dailey	SR Central College	14.01m	13.55m	44-05.50	5
	11.89m	FOUL	12.26m	13.55m	13.29m	FOUL
5	Dakota Moore	SO Wartburg	12.35m	13.20m	43-03.75	4
	11.95m	12.69m	12.42m	13.20m	12.69m	12.59m
6	Ryan Kruse	SO Central College	13.33m	13.00m	42-08.00	3
	12.83m	12.68m	FOUL	FOUL	12.49m	13.00m
7	Scott Taylor	SO Dubuque	13.47m	12.76m	41-10.50	2
	12.40m	12.76m	12.52m	FOUL	FOUL	12.41m
8	Dylan Draeger	SO Dubuque	13.65m	12.35m	40-06.25	1
	12.05m	FOUL	12.35m	FOUL	12.20m	FOUL
9	Ethan Oleson	JR Dubuque	13.31m	12.26m	40-02.75	
	12.26m	FOUL	12.06m	11.48m	FOUL	11.99m
10	Tom Schiffer	SO Wartburg	12.99m	12.23m	40-01.50	
	FOUL	11.76m	12.23m			
11	Jake Berg	FR Loras	12.38m	12.15m	39-10.50	
	12.15m	FOUL	11.27m			
11	Patrick Norem	FR Central College	13.15m	12.15m	39-10.50	
	12.15m	FOUL	FOUL			
13	Sam Heimer	SO Wartburg	11.91m	12.11m	39-08.75	
	FOUL	11.90m	12.11m			



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....Men Shot Put

14 Koltin Pfaffle	SO Luther	13.09m	12.01m	39-05.00
12.01m FOUL FOUL				
15 Chase Bonner	FR Buena Vista	13.87m	11.95m	39-02.50
11.32m 11.95m FOUL				
16 Joe Pagura	SO Loras	11.97m	11.80m	38-08.75
11.09m 11.62m 11.80m				
17 Chad Moser	FR Loras	12.00m	11.55m	37-10.75
11.55m 11.54m 11.44m				
18 Jacob Hayes	SO Coe	12.95m	11.51m	37-09.25
FOUL FOUL 11.51m				
19 Garrett Hammond	FR Loras	11.55m	10.99m	36-00.75
FOUL 10.44m 10.99m				
20 Clayton Weltha	FR Wartburg		10.80m	35-05.25
10.72m 10.76m 10.80m				
-- Robbie Peters	SO Coe	13.05m	FOUL	
FOUL FOUL FOUL				

Men Discus Throw

=====							
All-Time: A 54.98m		2015	Colt Feltes, Wartburg				
Championship: C 52.85m		5/9/2015	Colt Feltes, Wartburg				
Stadium: S 59.76m		2005	Dan Austin, Williams				
Name	Year	School	Seed	Finals	Points		
=====							
1 Alex Link		SO Dubuque	47.46m	48.30m	158-05	10	
48.20m 48.05m 48.30m		46.12m 44.65m 46.09m					
2 Sam Heimer		SO Wartburg	44.38m	46.77m	153-05	8	
45.92m 46.77m FOUL		41.96m FOUL FOUL					
3 Blaze Murfin		FR Dubuque	46.89m	45.90m	150-07	6	
44.97m 45.85m 43.80m		45.31m 45.90m 45.41m					
4 Kody Dailey		SR Central College	42.50m	44.86m	147-02	5	
FOUL 44.86m 42.79m		FOUL FOUL FOUL					
5 Drew Beall		FR Buena Vista	47.21m	44.59m	146-03	4	
43.12m 44.59m FOUL		36.64m 39.26m 44.31m					
6 Jacob Hayes		SO Coe	45.48m	44.53m	146-01	3	
FOUL FOUL 44.53m		FOUL 40.74m FOUL					
7 Ryan Kruse		SO Central College	43.04m	44.41m	145-08	2	
44.08m 43.24m 44.21m		44.41m FOUL 43.71m					
8 Ben Miller		JR Central College	44.19m	44.40m	145-08	1	
44.40m 37.41m FOUL		FOUL FOUL 34.22m					
9 Michael Firkins		SO Central College	41.93m	44.18m	144-11		
FOUL 44.18m 42.54m		FOUL 43.21m FOUL					
10 Robbie Peters		SO Coe	41.66m	42.62m	139-10		
37.89m 39.34m 42.62m							
11 Koltin Pfaffle		SO Luther	36.78m	41.16m	135-00		
FOUL 40.85m 41.16m							
12 Nick Arnold		SR Luther	40.74m	40.77m	133-09		
38.53m FOUL 40.77m							
13 Dakota Moore		SO Wartburg	42.96m	39.78m	130-06		
39.78m FOUL FOUL							



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....Men Discus Throw

14 Clayton Weltha	FR Wartburg	39.51m	129-07
39.51m 30.85m FOUL			
15 Joe Greenhill	FR Loras	39.57m	123-11
32.40m 35.05m 37.76m		37.76m	
16 Alec Sindelar	SR Buena Vista	38.84m	123-08
FOUL 35.28m 37.70m		37.70m	
17 Garrett Rohlk	SO Buena Vista	41.69m	120-06
FOUL 36.73m FOUL		36.73m	
18 Tom Schiffer	SO Wartburg	37.50m	111-05
33.70m 33.25m 33.95m		33.95m	
19 Garrett Hammond	FR Loras	37.07m	110-02
32.06m 33.57m FOUL		33.57m	
20 Zach Lindstrom	SO Loras	34.36m	100-05
FOUL 30.61m FOUL		30.61m	
21 John Meskimen	FR Loras	34.00m	99-01
FOUL 30.20m 28.69m		30.20m	
22 Lucas Kane	SO Luther	36.38m	97-06
29.73m FOUL 29.30m		29.73m	
23 Lotu Ahomana	FR Coe	32.46m	94-07
28.83m FOUL FOUL		28.83m	

Men Hammer Throw

All-Time: A 58.49m	2015	Colt Feltes, Wartburg		
Championship: C 57.43m	2007	Jason Fisher, Central		
Stadium: S 63.71m	2008	Kevin Baker, Unattached		
Name	Year School	Seed	Finals	Points
1 Blaze Murfin	FR Dubuque	51.82m	49.88m	163-08 10
45.07m FOUL 49.88m	FOUL FOUL	47.71m		
2 Robbie Peters	SO Coe	50.31m	49.03m	160-10 8
45.22m 48.02m FOUL	49.00m 49.03m	FOUL		
3 Zach Soer	JR Loras	50.31m	48.72m	159-10 6
48.07m 48.66m 48.72m	FOUL FOUL FOUL			
4 Chris Davis	SR Central College	46.37m	48.15m	158-00 5
48.15m 47.69m 47.75m	FOUL 41.80m 42.42m			
5 Nick Arnold	SR Luther	46.67m	47.07m	154-05 4
45.77m FOUL 46.19m	46.58m 47.07m 45.08m			
6 Garrett Rohlk	SO Buena Vista	45.52m	45.56m	149-06 3
FOUL 44.36m FOUL	45.56m 44.54m	FOUL		
7 Jacob Hayes	SO Coe	43.29m	44.90m	147-04 2
43.06m 43.36m 44.90m	43.94m 42.80m 42.11m			
8 Alec Sindelar	SR Buena Vista	48.06m	44.81m	147-00 1
40.23m 44.34m 43.55m	FOUL 44.81m	FOUL		
9 Alex Link	SO Dubuque	48.74m	44.35m	145-06
FOUL FOUL 44.16m	FOUL 40.72m 44.35m			
10 Jake Webb	JR Central College	47.30m	44.02m	144-05
43.43m 44.02m	FOUL			
11 Dylan Draeger	SO Dubuque	46.51m	43.92m	144-01
42.27m 43.92m 42.28m				



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....Men Hammer Throw

12 Joe Pagura	SO Loras	41.94m	43.31m	142-01
FOUL 43.31m 36.15m				
13 Jordan Sanders	JR Central College	41.94m	42.94m	140-10
42.68m 39.66m 42.94m				
14 Scott Taylor	SO Dubuque	44.75m	42.87m	140-08
41.13m 42.15m 42.87m				
15 Garrett Hammond	FR Loras	42.33m	41.98m	137-09
41.98m FOUL FOUL				
16 Dakota Moore	SO Wartburg	45.63m	41.52m	136-03
FOUL 40.52m 41.52m				
17 Zach Lindstrom	SO Loras	41.77m	40.34m	132-04
40.34m FOUL FOUL				
18 Alex Mckee-Crow	SR Coe	41.03m	39.94m	131-00
37.79m 39.35m 39.94m				
19 Drew Beall	FR Buena Vista	41.18m	39.00m	127-11
38.93m FOUL 39.00m				
20 Chase Bonner	FR Buena Vista	42.73m	38.90m	127-07
38.90m FOUL FOUL				
21 Sam Heimer	SO Wartburg	41.42m	38.61m	126-08
FOUL 38.61m 38.19m				
22 Michael Firkins	SO Central College	39.75m	36.36m	119-03
FOUL 3.65m 36.36m				
23 Lotu Ahomana	FR Coe	37.34m	34.72m	113-11
34.72m FOUL 31.44m				
24 Lucas Kane	SO Luther	34.65m	33.08m	108-06
33.08m FOUL FOUL				
25 Drew Jensen	SO Simpson (Iowa)	35.94m	31.08m	102-00
FOUL 28.44m 31.08m				
26 Koltin Pfaffle	SO Luther	38.89m	29.41m	96-06
29.41m FOUL 29.04m				

Men Javelin Throw

=====							
All-Time: A	66.71m	2001	Bryce Berkompas, Coe				
Championship: C	67.71m	2001	Bryce Berkompas, Coe				
Stadium: S	63.93m	2004	Jason Huegel, Wartburg				
Name	Year	School	Seed	Finals	Points		
=====							
1 Kody Dailey		SR Central College	58.55m	53.98m	177-01	10	
47.65m 53.98m 51.54m		FOUL 50.83m PASS					
2 Ryan Kruse		SO Central College	55.94m	51.65m	169-05	8	
FOUL FOUL 51.65m FOUL		FOUL PASS					
3 Lucas Kane		SO Luther	52.56m	51.56m	169-02	6	
48.22m 38.34m 49.59m		48.42m 48.90m 51.56m					
4 Andy Reed		SO Loras	47.42m	49.82m	163-05	5	
49.82m 42.90m 48.45m		FOUL 48.72m FOUL					
5 Kyle Hove		SR Luther	50.42m	48.42m	158-10	4	
48.42m 47.10m 47.29m		46.00m 43.07m 44.72m					
6 Jake Brock		SR Loras	56.21m	48.15m	158-00	3	
45.75m FOUL 46.42m		44.86m 48.15m 44.96m					



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....Men Javelin Throw

7	Elijah Kane	SO Luther	54.36m	47.17m	154-09	2
	44.72m 43.78m FOUL 45.53m 43.76m 47.17m					
8	Nick Hageman	SR Wartburg	45.62m	46.33m	152-00	1
	45.36m 43.29m 46.33m FOUL 43.50m 42.89m					
9	Kyle Wessling	JR Buena Vista	53.78m	45.18m	148-03	
	45.18m FOUL FOUL 41.71m FOUL 45.03m					
10	Tyler Heinrich	JR Dubuque	43.44m	43.50m	142-08	
	42.85m 43.50m 43.36m					
11	Peter Lillibridge	SR Luther	44.56m	42.92m	140-10	
	41.72m 42.92m 42.80m					
12	Michael Firkins	SO Central College	49.83m	42.63m	139-10	
	41.08m 42.63m 41.39m					
13	Jordan Schmitt	JR Wartburg	46.67m	42.40m	139-01	
	FOUL 40.18m 42.40m					
14	Matt Van Metre	SO Simpson (Iowa)	40.90m	39.21m	128-08	
	FOUL 39.21m 38.41m					
15	Jake Kagemann	SO Wartburg	45.01m	38.71m	127-00	
	38.71m 37.25m 37.60m					
16	Cal Tauber	SO Wartburg	42.20m	36.16m	118-08	
	FOUL 36.16m 34.98m					
17	Alec Sindelar	SR Buena Vista	40.37m	36.13m	118-06	
	FOUL 35.90m 36.13m					
18	Steven Adkins	FR Central College	42.58m	35.34m	115-11	
	35.34m 35.19m 31.61m					
19	Jared Bronaugh	SR Buena Vista	31.98m	27.96m	91-09	
	27.96m FOUL FOUL					

Decathlon: #1 Men 100 Meter Dash Decathlon

Championship: C 11.10 5/7/2010 Nick Clark, Luther						
Name	Year	School	Finals	Wind	H#	Points
1 Jaemin Powell	SR	Central College	11.26	1.3	2	804
2 Elijah Kane	SO	Luther	11.30	1.3	2	795
3 Nick Sigrist	SO	Luther	11.48	1.3	2	757
4 Ben Cuvelier	SO	Wartburg	11.53	1.3	2	746
5 Jackson Hendricks	SO	Luther	11.58	2.7	1	736
6 Trey Modellmogg	FR	Simpson (Iowa)	11.71	1.3	2	709
7 Nicholas Dugger	SR	Wartburg	11.81	2.7	1	689
8 Ryan Kruse	SO	Central College	11.93	2.7	1	665
9 Nils Boyum	JR	Luther	12.02	2.7	1	647

Decathlon: #5 Men 400 Meter Dash Decathlon

Championship: C 49.03 5/9/2003 Tanner Whipple, Central						
Name	Year	School	Finals	H#	Points	
1 Nick Sigrist	SO	Luther	51.83	2	732	
2 Ben Cuvelier	SO	Wartburg	52.18	2	717	
3 Jaemin Powell	SR	Central College	53.59	2	657	



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....Decathlon: #5 Men 400 Meter Dash Decathlon

4	Trey Modellmogg	FR Simpson (Iowa)	53.85	1	646
5	Elijah Kane	SO Luther	54.23	2	630
6	Jackson Hendricks	SO Luther	54.76	1	608
7	Nicholas Dugger	SR Wartburg	55.74	1	569
8	Ryan Kruse	SO Central College	57.85	1	489
9	Nils Boyum	JR Luther	59.43	1	433

Decathlon: #10 Men 1500 Meter Run Decathlon

Championship: C 4:22.57 5/13/2005 Chad Compton, Cornell

Name	Year	School	Finals	Points
1 Nick Sigrist	SO	Luther	4:40.41	678
49.279 (49.279)	2:06.562 (1:17.284)	3:29.271 (1:22.709)	4:40.406 (1:11.136)	
2 Ben Cuvelier	SO	Wartburg	4:40.90	675
49.988 (49.988)	2:07.460 (1:17.472)	3:31.398 (1:23.938)	4:40.899 (1:09.502)	
3 Nicholas Dugger	SR	Wartburg	4:45.52	646
51.485 (51.485)	2:13.210 (1:21.725)	3:35.578 (1:22.369)	4:45.518 (1:09.941)	
4 Trey Modellmogg	FR	Simpson (Iowa)	4:50.92	613
50.935 (50.935)	2:12.864 (1:21.930)	3:35.298 (1:22.435)	4:50.918 (1:15.621)	
5 Jaemin Powell	SR	Central College	5:05.45	529
51.924 (51.924)	2:14.280 (1:22.357)	3:41.841 (1:27.561)	5:05.441 (1:23.601)	
6 Jackson Hendricks	SO	Luther	5:11.52	495
50.450 (50.450)	2:15.551 (1:25.102)	3:48.415 (1:32.865)	5:11.518 (1:23.103)	
7 Ryan Kruse	SO	Central College	5:32.02	389
51.251 (51.251)	2:19.879 (1:28.629)	4:01.317 (1:41.438)	5:32.015 (1:30.699)	
8 Elijah Kane	SO	Luther	6:04.03	248
57.353 (57.353)	2:34.724 (1:37.371)	4:23.075 (1:48.352)	6:04.025 (1:40.951)	
9 Nils Boyum	JR	Luther	6:26.15	167
57.439 (57.439)	2:45.268 (1:47.830)	4:40.341 (1:55.073)	6:26.144 (1:45.803)	

Decathlon: #6 Men 110 Meter Hurdles Decathlon

Championship: C 15.06 5/3/2008 James Klobucar, Cornell

Name	Year	School	Finals	Wind	H#	Points
1 Nick Sigrist	SO	Luther	15.68	0.5	3	769
2 Ben Cuvelier	SO	Wartburg	15.88	0.5	3	746
3 Nicholas Dugger	SR	Wartburg	16.23	1.0	2	707
4 Trey Modellmogg	FR	Simpson (Iowa)	16.75	0.5	3	651
5 Ryan Kruse	SO	Central College	16.99	1.0	2	625
6 Elijah Kane	SO	Luther	17.18	1.2	1	606
7 Jaemin Powell	SR	Central College	17.20	1.2	1	604
8 Nils Boyum	JR	Luther	17.35	1.0	2	588
9 Jackson Hendricks	SO	Luther	19.16	1.2	1	419



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Championship: C 2.04m 5/2/2008 Chris Buresh, Loras													
Name	Year	School	Finals								Points		
1 Nicholas Dugger	SR	Wartburg	1.92m	6-03.50	731								
			1.68	1.71	1.74	1.77	1.80	1.83	1.86	1.89	1.92	1.95	
			0	0	0	0	0	XO	0	XO	XO	XXX	
2 Jaemin Powell	SR	Central College	1.89m	6-02.25	705								
			1.62	1.65	1.68	1.71	1.74	1.77	1.80	1.83	1.86	1.89	1.92
			0	0	0	0	XO	XO	XO	XO	0	XXO	XXX
3 Ryan Kruse	SO	Central College	1.83m	6-00.00	653								
			1.62	1.65	1.68	1.71	1.74	1.77	1.80	1.83	1.86		
			0	0	0	XO	XXO	0	XO	0	XXX		
4 Trey Modellmogg	FR	Simpson (Iowa)	1.77m	5-09.75	602								
			1.62	1.65	1.68	1.71	1.74	1.77	1.80				
			0	0	0	0	XXO	XXO	XXX				
5 Ben Cuvelier	SO	Wartburg	1.68m	5-06.00	528								
			1.56	1.59	1.62	1.65	1.68	1.71					
			0	XXO	XO	0	0	XXX					
6 Nick Sigrist	SO	Luther	1.65m	5-05.00	504								
			1.50	1.53	1.56	1.59	1.62	1.65	1.68				
			0	PPP	0	PPP	0	0	XXX				
6 Nils Boyum	JR	Luther	1.65m	5-05.00	504								
			1.50	1.53	1.56	1.59	1.62	1.65	1.68				
			0	0	0	XO	XXO	0	XXX				
6 Jackson Hendricks	SO	Luther	1.65m	5-05.00	504								
			1.53	1.56	1.59	1.62	1.65	1.68					
			0	0	0	0	0	XXX					
9 Elijah Kane	SO	Luther	1.59m	5-02.50	457								
			1.50	1.53	1.56	1.59	1.62						
			0	0	XO	0	XXX						

Decathlon: #8 Men Pole Vault Decathlon

Championship: C 4.55m 5/2/2009 Chris Buresh, Loras											
Name	Year	School	Finals								Points
1 Nick Sigrist	SO	Luther	4.06m	13-03.75	634						
			3.66	3.76	3.86	3.96	4.06	4.16			
			0	PPP	0	0	XXO	XXX			
2 Nils Boyum	JR	Luther	3.96m	12-11.75	606						
			3.56	3.66	3.76	3.86	3.96	4.06			
			0	0	0	0	0	XXX			
3 Jaemin Powell	SR	Central College	3.76m	12-04.00	551						
			3.16	3.26	3.36	3.46	3.56	3.66	3.76	3.86	
			0	0	0	PPP	XO	0	XXO	XXX	
3 Ryan Kruse	SO	Central College	3.76m	12-04.00	551						
			3.16	3.26	3.36	3.46	3.56	3.66	3.76	3.86	
			XO	0	0	PPP	0	XO	0	XXX	



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....Decathlon: #8 Men Pole Vault Decathlon

5	Elijah Kane	SO Luther	3.56m	11-08.00	498
	2.96 3.06 3.16 3.26 3.36 3.46 3.56 3.66				
	0 0 0 0 0 0 XXO XXX				
6	Trey Modellmogg	FR Simpson (Iowa)	3.16m	10-04.25	396
	2.66 2.76 2.86 2.96 3.06 3.16 3.26				
	0 PPP 0 XXO 0 0 XXX				
7	Ben Cuvelier	SO Wartburg	3.06m	10-00.50	371
	2.36 2.46 2.56 2.66 2.76 2.86 2.96 3.06 3.16				
	0 PPP 0 PPP 0 0 0 0 XXX				
8	Nicholas Dugger	SR Wartburg	2.96m	9-08.50	347
	2.56 2.66 2.76 2.86 2.96 3.06				
	XO 0 0 0 XO XXX				
9	Jackson Hendricks	SO Luther	2.56m	8-04.75	255
	2.36 2.46 2.56 2.66				
	0 PPP XXO XXX				

Decathlon: #2 Men Long Jump Decathlon

=====							
Championship: C 7.07m 5/8/2014 Jaemin Powell, Central Coll							
Name	Year	School	Finals	Wind	Points		
=====							
1	Jaemin Powell	SR Central College	6.78m	3.3	22-03.00	762	
	6.51m(2.3) 6.58m(1.4) 6.78m(3.3)						
2	Ryan Kruse	SO Central College	6.29m	2.8	20-07.75	650	
	FOUL(2.2) 5.94m(2.7) 6.29m(2.8)						
3	Nick Sigrist	SO Luther	6.06m	3.3	19-10.75	600	
	6.03m(1.3) 6.02m(4.1) 6.06m(3.3)						
4	Elijah Kane	SO Luther	5.82m	4.5	19-01.25	548	
	5.74m(2.0) 5.82m(4.5) 5.77m(2.1)						
5	Trey Modellmogg	FR Simpson (Iowa)	5.81m	2.4	19-00.75	546	
	5.81m(2.4) 5.59m(2.8) 5.68m(2.0)						
6	Ben Cuvelier	SO Wartburg	5.59m	1.3	18-04.25	500	
	4.80m(3.0) 5.07m(3.4) 5.59m(1.3)						
6	Nils Boyum	JR Luther	5.59m	2.3	18-04.25	500	
	5.36m(1.3) 5.59m(2.3) 5.50m(4.7)						
8	Nicholas Dugger	SR Wartburg	5.57m	0.9	18-03.25	496	
	5.55m(2.7) 5.57m(0.9) 5.54m(1.3)						
9	Jackson Hendricks	SO Luther	5.45m	1.1	17-10.75	471	
	FOUL(3.2) FOUL(2.2) 5.45m(1.1)						

Decathlon: #3 Men Shot Put Decathlon

=====							
Championship: C 13.31m 5/8/2014 Tyler Dobratz, Dubuque							
Name	Year	School	Finals	Points			
=====							
1	Ryan Kruse	SO Central College	13.73mC	45-00.50	712		
	13.62m FOUL 13.73m						
2	Elijah Kane	SO Luther	11.62m	38-01.50	583		
	10.51m 11.62m 10.86m						



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....Decathlon: #3 Men Shot Put Decathlon

3	Jaemin Powell	SR Central College	10.70m	35-01.25	528
	FOUL 10.21m 10.70m				
4	Ben Cuvelier	SO Wartburg	10.63m	34-10.50	524
	FOUL 9.34m 10.63m				
5	Nick Sigrist	SO Luther	9.79m	32-01.50	473
	9.62m 9.79m 9.50m				
6	Jackson Hendricks	SO Luther	9.21m	30-02.75	438
	7.82m 9.21m 8.55m				
7	Nicholas Dugger	SR Wartburg	9.07m	29-09.25	430
	8.36m 8.35m 9.07m				
8	Trey Modellmogg	FR Simpson (Iowa)	8.93m	29-03.75	422
	8.93m 8.19m 8.89m				
9	Nils Boyum	JR Luther	8.76m	28-09.00	411
	8.76m 7.46m 8.38m				

Decathlon: #7 Men Discus Throw Decathlon

Championship: C 43.11m 5/10/2003 Jason Huegel, Wartburg

Name	Year School	Finals	Points
1 Ryan Kruse	SO Central College	42.40m	139-01 713
	42.40m FOUL 42.21m		
2 Jaemin Powell	SR Central College	32.95m	108-01 523
	32.95m FOUL 32.48m		
3 Ben Cuvelier	SO Wartburg	32.01m	105-00 504
	30.99m 32.01m 30.79m		
4 Nick Sigrist	SO Luther	30.97m	101-07 484
	29.62m 30.29m 30.97m		
5 Elijah Kane	SO Luther	25.37m	83-03 374
	23.52m 23.97m 25.37m		
6 Trey Modellmogg	FR Simpson (Iowa)	24.31m	79-09 354
	FOUL 22.49m 24.31m		
7 Jackson Hendricks	SO Luther	23.81m	78-01 344
	FOUL 23.81m FOUL		
8 Nils Boyum	JR Luther	23.38m	76-08 336
	23.38m 22.06m FOUL		
9 Nicholas Dugger	SR Wartburg	23.04m	75-07 330
	23.04m FOUL FOUL		

Decathlon: #9 Men Javelin Throw Decathlon

Championship: C 53.67m 5/10/2003 Jason Huegel, Wartburg

Name	Year School	Finals	Points
1 Ryan Kruse	SO Central College	55.15mC	180-11 665
	FOUL 55.15m FOUL		
2 Elijah Kane	SO Luther	44.90m	147-04 514
	44.90m 41.96m 43.85m		
3 Nick Sigrist	SO Luther	44.88m	147-03 513
	38.42m 37.60m 44.88m		



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....Decathlon: #9 Men Javelin Throw Decathlon

4	Jaemin Powell	SR Central College	43.87m	143-11	498
	41.13m 43.87m 43.21m				
5	Ben Cuvelier	SO Wartburg	40.42m	132-07	448
	37.40m 40.42m FOUL				
6	Nils Boyum	JR Luther	37.26m	122-03	403
	FOUL 37.26m 33.78m				
7	Nicholas Dugger	SR Wartburg	34.78m	114-01	367
	30.82m 29.69m 34.78m				
8	Jackson Hendricks	SO Luther	33.82m	110-11	353
	32.57m 30.08m 33.82m				
9	Trey Modellmogg	FR Simpson (Iowa)	24.93m	81-09	229
	22.82m 23.95m 24.93m				

Men Decathlon

All-Time: A	7528	1986	Kip Janvrin, Simpson		
Championship: C	6754	5/10/2003	Peter Wagner, Central		
Stadium: S	7104	2005	Devin Deering, UW-Oshkosh		
Name		Year School	Seed	Finals	Points
1	Jaemin Powell	SR Central College	4396	6161	10
2	Nick Sigrist	SO Luther	5944	6144	8
3	Ryan Kruse	SO Central College	5799	6112	6
4	Ben Cuvelier	SO Wartburg	5435	5759	5
5	Nicholas Dugger	SR Wartburg		5312	4
6	Elijah Kane	SO Luther	5109	5253	3
7	Trey Modellmogg	FR Simpson (Iowa)	4713	5168	2
8	Jackson Hendricks	SO Luther	4463	4623	1
9	Nils Boyum	JR Luther	4007	4595	

Women - Team Rankings - 22 Events Scored

1) Wartburg	243	2) Loras	138
3) Dubuque	124	4) Central College	120
5) Luther	94	6) Buena Vista	60
7) Coe	42	8) Simpson (Iowa)	36

Men - Team Rankings - 22 Events Scored

1) Central College	176	2) Wartburg	153
3) Loras	135	4) Dubuque	106
5) Luther	94	6) Simpson (Iowa)	90
7) Coe	62	8) Buena Vista	38

