

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****Women 100 Meter Dash****8 Advance: Top 1 Each Heat plus Next 4 Best Times**

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All-Time: A 11.86 2016 Erica Dynes, Wartburg
All-Time1: A 11.86 5/14/2016 Erica Dynes (wind), Wartburg
Championship: C 11.94 5/10/2014 Libbey Schubert, Wartburg
Name Year School Seed Prelims Wind H#
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Preliminaries

	Name	Year	School	Seed	Prelims	Wind	H#	
1	Gabrielle Noland	JR	Loras	11.87	11.98Q	1.2	1	
2	Alison Beeman	JR	Dubuque	12.07	12.30Q	-0.1	2	
3	Aspen Rolfes	SO	Nebraska Wesleyan	12.23	12.42Q	0.5	4	12.414
4	Terrianna Black	JR	Loras	12.18	12.46Q	-0.4	3	
5	Morgan Funke	FR	Wartburg	12.54	12.42q	1.2	1	12.416
6	Alanna Muhammad	FR	Wartburg	12.43	12.45q	0.5	4	
7	Ya'Mia Ailes-Primes	FR	Dubuque	12.47	12.52q	-0.1	2	
8	Alexandra Daniel	JR	Nebraska Wesleyan	12.48	12.57q	1.2	1	
9	Marion Edwards	FR	Coe	12.58	12.62	-0.1	2	
10	Lindsey Wisnieski	SR	Nebraska Wesleyan	12.45	12.65	-0.4	3	
11	Allyson Woods	SO	Central College	12.66	12.68	-0.4	3	
12	Kylie Johnston	SO	Buena Vista	12.74	12.82	0.5	4	
13	Taylan Olson	FR	Wartburg	12.68	12.88	0.5	4	
14	Chinasa Menakaya	FR	Coe	12.96	12.98	-0.1	2	
15	Destiny Wash	FR	Dubuque	13.05	13.14	1.2	1	
16	Sarah Nolting	FR	Simpson (Iowa)	13.16	13.18	-0.1	2	
17	Rylea Ranum	FR	Luther	13.78	13.19	1.2	1	13.182
18	MacKenzie James	SR	Simpson (Iowa)	12.91	13.19	-0.4	3	13.186
19	Jazmyn Whitfield	FR	Coe	13.28	13.22	-0.4	3	
20	Darian Wegner	SO	Wartburg	13.39	13.35	0.5	4	
21	Isabella Audetat	FR	Luther	13.49	13.38	-0.4	3	
22	Christina Jackson	FR	Buena Vista	13.02	13.41	1.2	1	
23	Abby Olberding	SO	Buena Vista	13.35	13.49	0.5	4	
24	Gabrielle Lenth	FR	Loras	13.55	13.76	-0.1	2	
25	Corinne Thomas	FR	Simpson (Iowa)	14.13	14.12	1.2	1	

Women 100 Meter Dash

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All-Time: A 11.86 2016 Erica Dynes, Wartburg
All-Time1: A 11.86 5/14/2016 Erica Dynes (wind), Wartburg
Championship: C 11.94 5/10/2014 Libbey Schubert, Wartburg
Name Year School Prelims Finals Wind Points
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Finals

	Name	Year	School	Prelims	Finals	Wind	Points	
1	Alison Beeman	JR	Dubuque	12.30	11.93C	1.6	10	11.924
2	Gabrielle Noland	JR	Loras	11.98	11.93C	1.6	8	11.927
3	Aspen Rolfes	SO	Nebraska Wesleyan	12.42	12.18	1.6	6	
4	Ya'Mia Ailes-Primes	FR	Dubuque	12.52	12.41	1.6	5	
5	Terrianna Black	JR	Loras	12.46	12.42	1.6	4	
6	Morgan Funke	FR	Wartburg	12.42	12.46	1.6	3	
7	Alanna Muhammad	FR	Wartburg	12.45	12.69	1.6	2	
8	Alexandra Daniel	JR	Nebraska Wesleyan	12.57	12.79	1.6	1	

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****Women 200 Meter Dash****8 Advance: Top 1 Each Heat plus Next 4 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

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 Name Year School Seed Prelims Wind H#
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Preliminaries

1	Gabrielle Noland	JR	Loras	23.94	24.66Q	0.9	1
2	Alison Beeman	JR	Dubuque	24.79	24.79Q	0.4	3
3	Aspen Rolfes	SO	Nebraska Wesleyan	24.43	24.99Q	1.3	2
4	Kaylee Jones	SR	Nebraska Wesleyan	25.29	25.11Q	0.6	4
5	Elizabeth Jones	SR	Nebraska Wesleyan	25.25	25.17q	0.6	4
6	Alanna Muhammad	FR	Wartburg	25.79	25.18q	0.9	1
7	Ya'Mia Ailes-Primes	FR	Dubuque	25.75	25.43q	0.9	1
8	Jackie Ganshirt	SO	Wartburg	25.61	25.49q	1.3	2
9	Marion Edwards	FR	Coe	26.06	25.67	0.6	4
10	Alexis Alt	JR	Loras	26.31	25.78	0.9	1
11	Abigail Allen	SO	Nebraska Wesleyan	25.56	25.89	0.4	3
12	Brenna Jacobs	FR	Wartburg	26.04	25.92	0.4	3
13	Alyssa Skrove	JR	Dubuque	26.11	25.98	0.6	4
14	Taylan Olson	FR	Wartburg	26.27	25.99	1.3	2
15	Carlyn Cole	JR	Coe	27.01	26.08	1.3	2
16	Kylie Johnston	SO	Buena Vista	25.99	26.14	1.3	2
17	Allyson Woods	SO	Central College	26.57	26.36	0.9	1
18	Olivia Costley	FR	Dubuque	26.19	26.52	0.4	3
19	Christina Jackson	FR	Buena Vista	27.15	26.96	0.6	4
20	Rylea Ranum	FR	Luther	28.01	27.11	0.9	1
21	MacKenzie James	SR	Simpson (Iowa)	27.05	27.14	0.4	3
22	Jazmyn Whitfield	FR	Coe	27.36	27.37	0.6	4
23	Chinasa Menakaya	FR	Coe	27.77	27.52	1.3	2
24	Erin Strohmeyer	FR	Buena Vista	27.84	27.74	0.9	1
25	Sarah Nolting	FR	Simpson (Iowa)	28.14	27.79	1.3	2
26	Isabella Audetat	FR	Luther	28.84	27.83	0.4	3
27	Allyson Ervin	SR	Buena Vista	27.74	27.85	0.4	3
28	Gabrielle Lenth	FR	Loras	28.64	28.37	0.6	4
29	Delefine Niyigena	FR	Simpson (Iowa)	28.50	28.39	0.4	3
30	Landry Luhning	FR	Central College	28.57	28.80	0.6	4
31	Amanda Mertens	SO	Luther	31.61	28.85	0.9	1
32	Corinne Thomas	FR	Simpson (Iowa)	29.83	29.12	1.3	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

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 Name Year School Prelims Finals Wind Points
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Finals

1	Alison Beeman	JR	Dubuque	24.79	24.74	-1.0	10
2	Gabrielle Noland	JR	Loras	24.66	24.96	-1.0	8
3	Aspen Rolfes	SO	Nebraska Wesleyan	24.99	24.99	-1.0	6
4	Kaylee Jones	SR	Nebraska Wesleyan	25.11	25.40	-1.0	5
5	Ya'Mia Ailes-Primes	FR	Dubuque	25.43	25.63	-1.0	4
6	Elizabeth Jones	SR	Nebraska Wesleyan	25.17	25.64	-1.0	3
7	Alanna Muhammad	FR	Wartburg	25.18	26.00	-1.0	2
8	Jackie Ganshirt	SO	Wartburg	25.49	26.41	-1.0	1

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****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			
Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Kaylee Jones	SR Nebraska Wesleyan	55.57	56.66Q	1
2	Alexis Alt	JR Loras	58.46	57.72Q	3
3	Elizabeth Jones	SR Nebraska Wesleyan	55.89	58.09Q	2
4	Jackie Ganshirt	SO Wartburg	58.64	58.01q	1
5	Stevie Lambe	FR Loras	58.88	58.06q	1
6	Anna Frazier	SR Nebraska Wesleyan	58.40	58.19q	3
7	Olivia Costley	FR Dubuque	58.47	58.26q	2
8	Brenna Jacobs	FR Wartburg	59.51	59.39q	3
9	Devine Gines	JR Nebraska Wesleyan	58.89	59.65	2
10	Jaderial Staebler	SO Wartburg	1:00.64	59.80	3
11	Sarah Christopher	FR Central College	1:01.33	1:01.19	2
12	Allyson Ervin	SR Buena Vista		1:03.31	2
13	Natalie Fober	JR Wartburg		1:03.86	1
14	Rachel Kelly	SR Coe	1:04.25	1:04.30	1
15	Valerie Herbst	SO Loras	1:05.27	1:04.78	2
16	Jaycie Owens	SR Simpson (Iowa)	1:04.77	1:04.85	1
17	Amanda Mertens	SO Luther	1:06.80	1:07.52	3
18	Katie Puls	SR Buena Vista	1:10.42	1:09.15	3
19	Martha Jesuit	SO Coe		1:09.18	1

Women 400 Meter Dash

All-Time: A 53.58 2012		Nevada Morrison, Wartburg			
Championship: C 54.56 2007		Hannah Baker, Wartburg			
Name	Year	School	Prelims	Finals	Points
Finals					
1	Kaylee Jones	SR Nebraska Wesleyan	56.66	55.31	10
2	Elizabeth Jones	SR Nebraska Wesleyan	58.09	56.01	8
3	Olivia Costley	FR Dubuque	58.26	58.13	6
4	Alexis Alt	JR Loras	57.72	58.23	5
5	Jackie Ganshirt	SO Wartburg	58.01	58.51	4
6	Anna Frazier	SR Nebraska Wesleyan	58.19	58.54	3
7	Brenna Jacobs	FR Wartburg	59.39	1:00.60	2
--	Stevie Lambe	FR Loras	58.06	DNS	

Women 800 Meter Run**9 Advance: Top 2 Each Heat plus Next 5 Best Times**

All-Time: A 2:06.83 2011		Keelie Finnel, Coe			
Championship: C 2:08.59 5/12/2012		Nevada Morrison, Wartburg			
Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	Erica Rittgers	JR Wartburg	2:15.84	2:14.67Q	2
2	Lily Campbell	FR Wartburg	2:14.93	2:16.50Q	1
3	Allie Serres	SR Loras	2:17.14	2:16.46Q	2
4	Camryn Larsen	SO Nebraska Wesleyan	2:20.31	2:16.65Q	1
5	Ashley Stevens	SR Wartburg	2:21.16	2:17.05q	2

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****....Women 800 Meter Run**

6	Kemunto Ondande	SR	Loras	2:22.63	2:18.20q	1
7	Belle Tynismaa	JR	Wartburg	2:22.43	2:18.23q	1
8	Rylee Bahe	JR	Nebraska Wesleyan	2:21.79	2:18.76q	2
9	Audrey Klein	JR	Simpson (Iowa)	2:19.67	2:21.95q	1
10	Morgan Minear	SO	Loras	2:26.49	2:23.50	2
11	Kaylee Osterberger	FR	Loras	2:22.70	2:23.62	2
12	Madelyn Hunke	SO	Nebraska Wesleyan	2:28.50	2:26.92	2
13	Allie McLuen	SO	Nebraska Wesleyan	2:29.71	2:27.22	2
14	Anneke Knauss	FR	Luther	2:30.00	2:29.11	1
15	Abby Loecke	FR	Simpson (Iowa)	2:26.93	2:31.36	1
16	Peyton McClure	FR	Luther		2:34.73	2
17	Mary Nelson	FR	Simpson (Iowa)	2:37.74	2:37.61	1
18	Emma Abernethy	SO	Luther	2:28.44	2:38.92	1

Women 800 Meter Run

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All-Time: A	2:06.83	2011	Keelie Finnel, Coe			
Championship: C	2:08.59	5/12/2012	Nevada Morrison, Wartburg			
Name		Year	School	Prelims	Finals	Points
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Finals

1	Erica Rittgers	JR	Wartburg	2:14.67	2:17.61	10
2	Allie Serres	SR	Loras	2:16.46	2:18.42	8
3	Lily Campbell	FR	Wartburg	2:16.50	2:19.02	6
4	Belle Tynismaa	JR	Wartburg	2:18.23	2:19.07	5
5	Rylee Bahe	JR	Nebraska Wesleyan	2:18.76	2:20.82	4
6	Ashley Stevens	SR	Wartburg	2:17.05	2:21.74	3
7	Audrey Klein	JR	Simpson (Iowa)	2:21.95	2:22.61	2
8	Camryn Larsen	SO	Nebraska Wesleyan	2:16.65	2:23.44	1
9	Kemunto Ondande	SR	Loras	2:18.20	2:24.27	

Women 1500 Meter Run

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All-Time: A	4:20.86	2003	Missy Buttry, Wartburg			
Championship: C	4:24.35	2004	Missy Buttry, Wartburg			
Name		Year	School	Seed	Finals	H# Points
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1	Anna Restemayer	SR	Luther	4:45.61	4:39.68	2	10
2	Kassie Rosenbum	SO	Loras	4:43.80	4:40.36	2	8
3	Amelia Hornseth	SO	Luther	4:47.21	4:41.44	2	6
4	Erica Rittgers	JR	Wartburg	4:56.35	4:43.87	2	5
5	Hanna Hegemann	SR	Nebraska Wesleyan	4:43.65	4:46.86	2	4
6	Carina Collet	SO	Wartburg	4:48.74	4:48.77	2	3
7	Madi Bahe	FR	Nebraska Wesleyan	4:49.01	4:49.45	2	2
8	Moriah Morter	FR	Wartburg	4:51.31	4:50.64	2	1
9	Kemunto Ondande	SR	Loras	4:47.62	4:51.47	2	
10	Miranda Kruiswyk	FR	Central College	4:55.37	4:53.70	2	
11	Hannah Awtry	SR	Nebraska Wesleyan	4:54.28	4:57.93	2	
12	Nicole Breitbart	SR	Wartburg	4:55.56	4:58.36	2	
13	Latrice Hodges	FR	Buena Vista	5:01.18	5:00.39	2	
14	Allie Pujol	SO	Luther	5:02.77	5:01.10	1	
15	Molly Walkner	SR	Loras	5:01.26	5:01.88	2	
16	Martel DenHartog	SR	Luther	5:02.63	5:05.13	1	
17	Hannah Insko	SO	Loras	5:07.61	5:11.07	1	
18	Kyli Orr	FR	Simpson (Iowa)	5:18.33	5:11.30	1	

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****...Women 1500 Meter Run**

19	Emily Buchheit	SO	Simpson (Iowa)	5:14.05	5:11.88	1
20	Isabella Mazzanti	JR	Dubuque	5:11.92	5:12.56	1
21	Kaylynne Bechen	FR	Buena Vista	5:18.66	5:14.53	1
22	Jean Springsteen	SR	Coe	5:16.33	5:15.06	1
23	McKayla Morris	SR	Coe	5:38.40	5:15.58	1
24	Sarah Steffensmeier	SO	Central College	5:20.87	5:27.13	1
25	Mary Nelson	FR	Simpson (Iowa)	5:41.61	5:43.54	1
26	Alyssa Knudson	SR	Coe	5:57.24	6:03.71	1
--	Erin Circo	JR	Nebraska Wesleyan	5:13.56	DNS	1

Women 5000 Meter Run

All-Time: A 15:37.48		2003	Missy Buttry, Wartburg			
Championship: C 15:57.69		2004	Missy Buttry, Wartburg			
Name	Year	School	Seed	Finals	Points	
1	Kassie Rosenbum	SO	Loras	17:12.97	17:03.68	10
2	Carina Collet	SO	Wartburg	16:52.07	17:04.09	8
3	Ellie Beiermann	JR	Nebraska Wesleyan	18:32.89	17:53.16	6
4	Anna Restemayer	SR	Luther	17:53.01	18:00.61	5
5	Trinity Borland	FR	Wartburg	18:36.67	18:07.39	4
6	Emily Hoelsing	JR	Buena Vista	18:37.20	18:08.17	3
7	Miranda Kruiswyk	FR	Central College	17:48.51	18:13.16	2
8	Katie Fetting	FR	Luther	18:33.91	18:29.06	1
9	Moriah Morter	FR	Wartburg	18:29.66	18:35.63	
10	Katalina Stai	JR	Coe	18:17.62	18:35.94	
11	Taylor Brtek	SO	Nebraska Wesleyan	19:10.00	18:38.51	
12	Kat Hoffman	JR	Luther	18:33.53	18:56.16	
13	Nicole Breitbach	SR	Wartburg	18:47.98	18:56.50	
14	Maeve Dunaway	SO	Loras	19:13.88	18:58.56	
15	Mareena Franke	SR	Coe	19:22.95	19:11.51	
16	Edith Flores	SO	Dubuque	19:29.06	19:21.98	
17	Audrey Miller	JR	Loras	18:56.09	19:23.97	
18	Emma Woelfel	SO	Loras	19:34.61	19:47.51	
19	Jean Springsteen	SR	Coe	19:39.45	19:56.59	
20	Kaylee Willadsen	SR	Simpson (Iowa)	20:25.24	20:04.67	
21	Kate Derrick	JR	Simpson (Iowa)	20:58.82	20:42.49	
22	Jenna Murray	SR	Central College	21:08.41	21:43.53	
23	Rayanne Dally	FR	Central College	21:57.02	22:08.71	
--	Vera Lindhorst	JR	Luther	17:55.81	DNS	
--	Hannah Awtry	SR	Nebraska Wesleyan		DNS	
--	Hanna Hegemann	SR	Nebraska Wesleyan	18:48.74	DNS	

Women 10000 Meter Run

All-Time: A 34:24.85		2004	Missy Buttry, Wartburg			
Championship: C 35:36.92		5/11/2018	Ashlyn Bagge, Wartburg			
Name	Year	School	Seed	Finals	Points	
1	Carina Collet	SO	Wartburg	35:54.46	37:57.15	10
2	Kassie Rosenbum	SO	Loras	35:34.27	38:24.38	8
3	Katalina Stai	JR	Coe	42:37.43	38:25.61	6
4	Trinity Borland	FR	Wartburg		38:54.20	5
5	Emily Hoelsing	JR	Buena Vista	38:35.00	38:56.25	4
6	Amelia Morrow	FR	Luther		40:03.78	3

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****....Women 10000 Meter Run**

7	Maggie Bald	FR	Loras	39:36.51	40:18.70	2
8	Mareena Franke	SR	Coe	42:36.25	40:19.89	1
9	Jean Springsteen	SR	Coe	42:35.95	40:43.48	
10	Leah Treffer	SO	Nebraska Wesleyan	42:10.93	40:45.88	
11	Lauren Berg	FR	Luther		40:45.90	
12	Janelle Baeskens	SO	Wartburg		40:56.17	
13	Audrey Miller	JR	Loras	39:52.01	41:01.81	
14	Shaelyn McEnany	SR	Wartburg		42:09.75	
15	Shania Kelly	FR	Loras	41:14.48	42:37.69	
16	Brittney Donner	SR	Nebraska Wesleyan	44:44.99	44:24.69	
17	Jenna Murray	SR	Central College	51:37.19	45:14.84	
--	MacLaine Thelen	JR	Nebraska Wesleyan	45:22.62	DNS	
--	Vera Lindhorst	JR	Luther	37:55.04	DNS	

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
Name			Year School	Seed Prelims Wind H#

Preliminaries

1	Maggi Bjustrom	JR	Wartburg	14.62	14.51Q	0.8	1
2	Elayna Bahl	FR	Loras	14.75	14.74Q	1.0	2
3	Bella Solis	SR	Loras	14.90	14.81Q	2.9	3
4	Brittini Thomas	SO	Buena Vista	15.54	15.11q	2.9	3
5	Brittany Burks	JR	Dubuque	15.29	15.13q	2.9	3
6	Demetria Johnson	SO	Dubuque	15.48	15.45q	0.8	1
7	Sailor Hinegardner	FR	Wartburg	15.36	15.50q	1.0	2
8	Macy Gustafson	SO	Nebraska Wesleyan	15.37	15.57q	0.8	1
9	Haley Beckert	SO	Wartburg	16.21	15.61	2.9	3
10	Aricka Lambson	FR	Wartburg	15.79	15.64	0.8	1
11	Lauren Steege	SO	Coe	15.98	15.68	1.0	2
12	Erin Strohmeyer	FR	Buena Vista	15.51	15.72	1.0	2
13	Kia Noibi	FR	Simpson (Iowa)	16.15	15.88	2.9	3
14	Whitney Burgardt	SR	Central College	16.34	16.23	1.0	2
15	Vanessa Eniola	FR	Dubuque	15.63	16.30	1.0	2
16	Bailey Vance	SO	Loras	15.62	16.39	2.9	3
17	Delefine Niyigena	FR	Simpson (Iowa)	17.09	16.62	0.8	1
18	Alaena Pelzer	JR	Central College	17.83	17.80	0.8	1
19	Laura Bainter	SR	Loras	17.94	17.83	1.0	2
20	Tamya Vaultonburg	FR	Dubuque	15.66	20.64	0.8	1

Women 100 Meter Hurdles

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
Name			Year School	Prelims Finals Wind Points

Finals

1	Bella Solis	SR	Loras	14.81	14.45	1.0	10
2	Maggi Bjustrom	JR	Wartburg	14.51	14.60	1.0	8
3	Elayna Bahl	FR	Loras	14.74	14.69	1.0	6

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****...Women 100 Meter Hurdles**

4	Brittini Thomas	SO Buena Vista	15.11	15.29	1.0	5	
5	Sailor Hinegardner	FR Wartburg	15.50	15.47	1.0	4	
6	Macy Gustafson	SO Nebraska Wesleyan	15.57	15.68	1.0	3	
7	Demetria Johnson	SO Dubuque	15.45	16.98	1.0	2	
--	Brittany Burks	JR Dubuque	15.13	DQ	1.0		False Sta

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		1:00.68	5/12/2018	Bella Solis, Loras			
Name	Year	School	Seed	Prelims	H#		

Preliminaries

1	Bella Solis	SR Loras	1:00.38	C 1:00.51Q	3	
2	Katelyn Mangold	SO Simpson (Iowa)	1:04.51	1:04.48Q	1	
3	Carson McSorley	FR Wartburg	1:04.22	1:04.62Q	2	
4	Elayna Bahl	FR Loras	1:07.30	1:05.05q	1	
5	Maggi Bjustrom	JR Wartburg	1:06.32	1:05.57q	3	
6	Kiki Pingel	SO Central College	1:04.81	1:05.69q	1	
7	Brittini Thomas	SO Buena Vista	1:07.13	1:05.87q	1	
8	Lynzie Miller	SR Central College	1:05.52	1:06.06q	2	
9	Grace Herber	FR Luther	1:07.62	1:06.99	3	
10	Samantha Heavlin	FR Loras	1:07.90	1:07.04	2	
11	Celia Da Silva	SR Loras	1:07.83	1:07.91	3	
12	Kristen Casbon	FR Buena Vista	1:07.50	1:07.96	2	
13	Bri Dellamuth	JR Wartburg	1:06.88	1:09.47	2	
14	Jessica Igarashi	SR Buena Vista	1:08.72	1:09.48	1	
15	Autumn Wolf	SO Buena Vista	1:08.62	1:09.81	1	
16	Mary Gray	SO Central College	1:05.60	1:10.26	3	
17	Luci Swarthout	FR Simpson (Iowa)	1:08.74	1:10.39	2	
18	Abby DeBaillie	JR Wartburg	1:09.71	1:10.55	3	
19	Dana Koester	JR Coe	1:09.23	1:11.90	3	
20	Sophie Hall	FR Simpson (Iowa)	1:12.98	1:12.57	2	
21	Taylor Rindone	FR Central College	1:14.42	1:14.19	1	

Women 400 Meter Hurdles

All-Time: A		59.33	2014	Tashina McAllister, Wartburg			
Championship: C		1:00.68	5/12/2018	Bella Solis, Loras			
Name	Year	School	Prelims	Finals	Points		

Finals							
1	Bella Solis	SR Loras	1:00.51	59.88C	10		
2	Carson McSorley	FR Wartburg	1:04.62	1:03.76	8		
3	Katelyn Mangold	SO Simpson (Iowa)	1:04.48	1:04.14	6		
4	Maggi Bjustrom	JR Wartburg	1:05.57	1:04.96	5		
5	Kiki Pingel	SO Central College	1:05.69	1:05.09	4	1:05.083	
6	Elayna Bahl	FR Loras	1:05.05	1:05.09	3	1:05.089	
7	Lynzie Miller	SR Central College	1:06.06	1:05.42	2		
8	Brittini Thomas	SO Buena Vista	1:05.87	1:08.45	1		

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****Women 3000 Meter Steeplechase**

All-Time: A 10:20.97 2007 Janet Dobyys, Luther						
Championship: C 10:35.64 2007 Janet Dobyys, Luther						
Name	Year	School	Seed	Finals	Points	
1 Ellie Beiermann	JR	Nebraska Wesleyan	10:51.29	10:56.94	10	
2 Hanna Hegemann	SR	Nebraska Wesleyan	10:55.25	10:59.91	8	
3 Hannah Awtry	SR	Nebraska Wesleyan	11:28.62	11:20.31	6	
4 Moriah Morter	FR	Wartburg	12:01.40	11:24.98	5	
5 Heather Hostager	FR	Luther		11:37.49	4	
6 Nicole Breitbach	SR	Wartburg	11:46.27	11:50.47	3	
7 Kylie Kelchen	JR	Wartburg	12:09.29	12:03.81	2	
8 Haley Harms	SR	Wartburg	11:59.03	12:05.66	1	
9 Brianna Renner	FR	Loras	12:29.60	12:11.03		
10 Ananda Easley	SR	Luther	13:20.48	13:16.49		
-- Cat Lucht	FR	Simpson (Iowa)	12:41.72	DNF		

Women 4x100 Meter Relay

All-Time: A 46.10 2010 Wartburg, Wartburg						
J Kordick, N Morrison, J Ganshirt, FBurt						
Championship: C 46.79 2010 Wartburg, Wartburg						
Kordick, Morrison, Ganshirt, Burt						
School	Seed	Finals	H#	Points		
1 Dubuque	48.19	47.33	2	10		
1) Ya'Mia Ailes-Primes FR					2) Brittany Burks JR	
3) Alyssa Skrove JR					4) Alison Beeman JR	
2 Loras	47.21	47.64	2	8		
1) Terrianna Black JR					2) Alexis Alt JR	
3) Bella Solis SR					4) Gabrielle Noland JR	
3 Nebraska Wesleyan	47.26	47.73	2	6		
1) Lindsey Wisnieski SR					2) Anna Frazier SR	
3) Alexandra Daniel JR					4) Aspen Rolfes SO	
4 Wartburg	48.03	48.33	2	5		
1) Jackie Ganshirt SO					2) Taylan Olson FR	
3) Morgan Funke FR					4) Alanna Muhammad FR	
5 Central College	49.91	49.50	2	4		
1) Allyson Woods SO					2) Holly Forrester SO	
3) Sarah Christopher FR					4) Lynzie Miller SR	
6 Coe	49.53	49.73	2	3		
1) Carlyn Cole JR					2) Marion Edwards FR	
3) Jazmyn Whitfield FR					4) Chinasa Menakaya FR	
7 Buena Vista	50.22	49.82	1	2		
1) Abby Olberding SO					2) Christina Jackson FR	
3) Brittini Thomas SO					4) Kylie Johnston SO	
8 Simpson (Iowa)	51.52	51.47	1	1		
1) MacKenzie James SR					2) Kia Noibi FR	
3) Sarah Nolting FR					4) Katelyn Mangold SO	
9 Luther	51.85	52.53	1			
1) Isabella Audetat FR					2) Rylea Ranum FR	
3) Marikka Coltvvet FR					4) Jessica Junker SO	

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****Women 4x400 Meter Relay**

School	Seed	Finals	H#	Points
All-Time: A 3:38.85 2012 Wartburg, Wartburg F Burt, S Morrison, K Kregel, N Morrison				
Championship: C 3:44.95 5/13/2017 Nebraska Wesleyan, Nebraska Wes E Jones, A Hunke, K Jones, K Krick				
1 Nebraska Wesleyan	3:46.61	3:49.23	2	10
1) Abigail Allen SO				
2) Anna Frazier SR				
3) Camryn Larsen SO				
4) Kaylee Jones SR				
2 Loras	3:46.35	3:55.57	2	8
1) Alexis Alt JR				
2) Allie Serres SR				
3) Kaylee Osterberger FR				
4) Bella Solis SR				
3 Wartburg	3:52.69	3:55.87	2	6
1) Belle Tynismaa JR				
2) Jaderial Staebler SO				
3) Lily Campbell FR				
4) Carson McSorley FR				
4 Central College	3:59.95	3:59.72	2	5
1) Kiki Pingel SO				
2) Sarah Christopher FR				
3) Lynzie Miller SR				
4) Mary Gray SO				
5 Coe	4:06.31	4:03.66	2	4
1) Carlyn Cole JR				
2) Marion Edwards FR				
3) Josephine Bautch JR				
4) Rachel Kelly SR				
6 Dubuque	3:58.74	4:05.90	2	3
1) Olivia Costley FR				
2) Alison Beeman JR				
3) Vanessa Eniola FR				
4) Alyssa Skrove JR				
7 Buena Vista	4:11.56	4:09.32	1	2
1) Wren Klump FR				
2) Allyson Ervin SR				
3) Brittini Thomas SO				
4) Kristen Casbon FR				
8 Luther	4:17.08	4:11.82	1	1
1) Rylea Ranum FR				
2) Grace Herber FR				
3) Anneke Knauss FR				
4) Amelia Hornseth SO				
9 Simpson (Iowa)	4:15.92	4:18.62	1	
1) Katelyn Mangold SO				
2) Cat Lucht FR				
3) Abby Loecke FR				
4) Audrey Klein JR				

Women 4x800 Meter Relay

School	Seed	Finals	Points
All-Time: A 9:01.89 2010 Wartburg, Wartburg N Calabrese, A Kuiken, J Kuiken, E Eimers			
Championship: C 9:05.41 5/9/2014 Wartburg, Wartburg K Canning, T Officer, K Cochrane, T Moore			
1 Wartburg	9:19.27	9:22.78	10
1) Lily Campbell FR			
2) Carson McSorley FR			
3) Ashley Stevens SR			
4) Belle Tynismaa JR			
2 Loras	9:36.41	9:28.21	8
1) Kemunto Ondande SR			
2) Kaylee Osterberger FR			
3) Ellie Osterberger FR			
4) Allie Serres SR			
3 Nebraska Wesleyan	9:36.58	9:30.39	6
1) Reagan Janzen FR			
2) Madi Bahe FR			
3) Rylee Bahe JR			
4) Camryn Larsen SO			
4 Luther		9:39.36	5
1) Anna Restemayer SR			
2) Katie Fetting FR			
3) Martel DenHartog SR			
4) Amelia Hornseth SO			
5 Simpson (Iowa)		9:54.75	4

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****....Women 4x800 Meter Relay**

1) Audrey Klein JR	2) Abby Loecke FR		
3) Mary Wood SR	4) Kyli Orr FR		
6 Buena Vista		9:58.98	3
1) Wren Klump FR	2) Kristen Casbon FR		
3) Kaylynn Bechen FR	4) Latrice Hodges FR		
7 Central College		9:59.46	2
1) Nicole May FR	2) Sarah Steffensmeier SO		
3) Madelyn Soupir FR	4) Miranda Kruiswyk FR		
8 Coe		10:16.93	1
1) Josephine Bautch JR	2) Dana Koester JR		
3) McKayla Morris SR	4) Alyssa Knudson SR		
9 Dubuque		10:28.88	
1) Isabella Mazzanti JR	2) Edith Flores SO		
3) Kati Eden FR	4) Lucy Syverson JR		

Women High Jump

All-Time: A 1.78m 1984		Becky Ebert Sullivan, Wartburg					
Championship: C 1.71m 1995		Teresa Breyfogle, Buena Vista					
Name	Year	School	Seed	Finals		Points	
1 Tori VanVelzen		SO Central College	1.65m	1.63m	5-04.25	10	
1.53 1.58 1.63 1.68							
0 0 0 XXX							
2 Ellie Roquet		SO Wartburg	1.58m	1.63m	5-04.25	8	
1.53 1.58 1.63 1.68							
0 0 XXO XXX							
3 Sarah Holtz		JR Luther	1.56m	1.58m	5-02.25	5	
1.48 1.53 1.58 1.63							
0 0 XO XXX							
3 Bella Solis		SR Loras		1.58m	5-02.25	5	
1.48 1.53 1.58 1.63 1.68							
0 0 XO PPP XXX							
3 Toree Hempstead		SR Nebraska Wesleyan	1.59m	1.58m	5-02.25	5	
1.48 1.53 1.58 1.63							
0 0 XO XXX							
6 Addy Vinton		SO Nebraska Wesleyan	1.65m	1.58m	5-02.25	3	
1.48 1.53 1.58 1.63							
0 XO XXO XXX							
7 Darby Hawtrey		FR Coe	1.58m	1.53m	5-00.25	2	
1.43 1.48 1.53 1.58							
0 XO 0 XXX							
8 Lexi Groe		FR Wartburg	1.53m	1.53m	5-00.25	1	
1.48 1.53 1.58							
XO XO XXX							
9 Courtney Kruthoff		SO Central College		1.53m	5-00.25		
1.48 1.53 1.58							
XXO XXO XXX							
10 Nicki Schneider		SO Wartburg	1.53m	1.48m	4-10.25		
1.48 1.53							
0 XXX							
10 Haley Beckert		SO Wartburg	1.43m	1.48m	4-10.25		
1.38 1.43 1.48 1.53							
0 0 0 XXX							

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****....Women High Jump**

12	Jamie Glanz	SO Simpson (Iowa)	1.54m	1.43m	4-08.25
	1.43 1.48				
	O XXX				
13	Rebecca Staples	SO Coe	1.38m	1.38m	4-06.25
	1.38 1.43				
	O XXX				
13	Taylor Bushke	SO Dubuque	1.43m	1.38m	4-06.25
	1.38 1.43				
	O XXX				
15	Sydney Burgardt	FR Central College	1.40m	1.38m	4-06.25
	1.38 1.43				
	XO XXX				
--	Kennedy Berreckman	FR Nebraska Wesleyan	1.53m	NH	
	1.43				
	XXX				
--	Kamryn Juni	SO Simpson (Iowa)	1.52m	DNS	

Women Pole Vault

=====						
All-Time: A 3.95m		2016	Elizabeth Brandenburg, Loras			
Championship: C 3.88m		5/13/2017	Elizabeth Brandenburg, Loras			
Name	Year	School	Seed	Finals	Points	
=====						
1	Maddie Tolly	JR Nebraska Wesleyan	3.53m	3.40m	11-01.75	10
	3.20 3.30 3.40 3.57					
	O XO O XXX					
2	Jenna Heimark	JR Dubuque	3.22m	3.20m	10-06.00	8
	2.90 3.05 3.20 3.30 3.40					
	O O O XXP X					
3	Ellie Crouch	FR Nebraska Wesleyan	3.13m	3.05m	10-00.00	6
	2.60 2.75 2.90 3.05 3.20					
	O O XO XXO XXX					
4	Taylor Dooley	SR Loras	3.00m	2.90m	9-06.25	5
	2.75 2.90 3.05					
	O O XXX					
5	Nicki Schneider	SO Wartburg	3.41m	2.90m	9-06.25	3.50
	2.90 3.05					
	XO XXX					
5	Caroline Dochterman	FR Dubuque	2.90m	2.90m	9-06.25	3.50
	2.45 2.60 2.75 2.90 3.05					
	O O O XO XXX					
7	Noelle Drapeau	SO Luther	2.90m	2.75m	9-00.25	2
	2.45 2.60 2.75 2.90					
	O O O XXX					
8	Mikaela Lengwin	SR Loras	2.60m	2.75m	9-00.25	1
	2.45 2.60 2.75 2.90					
	O O XXO XXX					
--	Hannah Insko	SO Loras	2.15m	NH		
	2.45					
	XXX					

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****Women Long Jump**

All-Time: A 6.49m 2012 Skye Morrison, Wartburg									
Championship: C 6.49m 5/12/2012 Skye Morrison, Wartburg									
Name	Year	School	Seed	Finals	Wind	H#	Points		
1	Jarika Eisentrager	SO Wartburg	5.31m	5.34m	+0.0	17-06.25	2	10	
	5.24m(0.4)	5.10m(+0.0)	5.34m(+0.0)	5.16m(+0.0)	FOUL(+0.0)	FOUL(-1.5)			
2	Terrianna Black	JR Loras	5.12m	5.26m	+0.0	17-03.25	2	8	
	5.00m(0.3)	5.00m(+0.0)	4.77m(+0.0)	4.95m(-1.0)	4.78m(+0.0)	5.26m(+0.0)			
3	Demetria Johnson	SO Dubuque	5.39m	5.22m	+0.0	17-01.50	2	6	
	5.08m(-0.5)	5.22m(+0.0)	5.18m(1.2)	4.91m(+0.0)	FOUL(+0.0)	4.99m(-0.2)			
4	Elyse Acompanado	JR Loras	5.49m	5.21m	-0.1	17-01.25	2	5	
	5.09m(0.1)	FOUL(+0.0)	5.13m(-1.4)	5.21m(-0.1)	5.10m(-0.6)	FOUL(-0.5)			
5	Jaderial Staebler	SO Wartburg	5.25m	5.17m	+0.0	16-11.50	2	4	
	5.02m(0.1)	5.16m(-0.6)	5.17m(+0.0)	4.96m(+0.0)	FOUL(+0.0)	4.93m(+0.0)			
6	Alanna Muhammad	FR Wartburg	5.46m	5.17m	+0.0	16-11.50	2	3	
	4.84m(+0.0)	5.17m(+0.0)	4.83m(-2.2)	5.14m(+0.0)	FOUL(+0.0)	FOUL(+0.0)			
7	Lindsey Wisnieski	SR Nebraska Wesleyan	5.17m	5.10m	-0.8	16-08.75	2	2	
	FOUL(+0.0)	4.99m(-1.3)	FOUL(-1.1)	FOUL(+0.0)	5.10m(-0.8)	FOUL(+0.0)			
8	Macy Gustafson	SO Nebraska Wesleyan	4.64m	5.09m	-0.8	16-08.50	1	1	
	FOUL(-1.4)	5.09m(-0.8)	FOUL(+0.0)	FOUL(+0.0)	FOUL(-0.2)	4.68m(+0.0)			
9	Taylor Schaefer	SR Loras	5.14m	5.05m	+0.0	16-07.00	2		
	4.86m(+0.0)	4.91m(-1.9)	FOUL(0.3)	FOUL(-0.9)	FOUL(+0.0)	5.05m(+0.0)			
10	Jada Grubbs	FR Coe	5.19m	4.89m	+0.0	16-00.50	2		
	4.89m(+0.0)	4.88m(-0.9)	4.88m(+0.0)						
11	Cherisse Ward	FR Wartburg	5.33m	4.88m	+0.0	16-00.25	2		
	4.88m(+0.0)	FOUL(-0.1)	4.85m(+0.0)						
12	Holly Forrester	SO Central College	5.09m	4.85m	+0.0	15-11.00	2		
	4.85m(+0.0)	FOUL(+0.0)	4.81m(-0.9)						
13	Alyssa Skrove	JR Dubuque	5.43m	4.85m	+0.0	15-11.00	2		
	FOUL(+0.0)	4.85m(+0.0)	FOUL(+0.0)						
14	Abigail Allen	SO Nebraska Wesleyan	5.05m	4.79m	+0.0	15-08.75	1		
	4.42m(-1.5)	4.51m(+0.0)	4.79m(+0.0)						
15	Abby Olberding	SO Buena Vista	5.05m	4.75m	+0.0	15-07.00	1		
	4.45m(-3.4)	4.73m(+0.0)	4.75m(+0.0)						
16	Tabitha Guyett	FR Buena Vista	5.06m	4.73m	+0.0	15-06.25	1		
	4.44m(-2.3)	4.64m(+0.0)	4.73m(+0.0)						
17	Laura Klein	JR Dubuque	4.94m	4.68m	-1.8	15-04.25	1		
	4.68m(-1.8)	4.63m(+0.0)	4.40m(-1.3)						
18	Delefine Niyigena	FR Simpson (Iowa)	4.80m	4.66m	-1.5	15-03.50	1		
	4.66m(-1.5)	4.52m(0.5)	4.42m(+0.0)						
19	Rebekah Beard	FR Central College	4.73m	4.66m	-0.8	15-03.50	1		
	FOUL(-0.6)	FOUL(+0.0)	4.66m(-0.8)						
20	Vanessa Eniola	FR Dubuque	5.28m	4.59m	-1.9	15-00.75	2		
	4.56m(+0.0)	FOUL(-0.2)	4.59m(-1.9)						
21	Marikka Coltvvet	FR Luther	4.99m	4.59m	-0.2	15-00.75	1		
	4.59m(-0.2)	FOUL(-2.3)	FOUL(-1.1)						
22	Landry Luhring	FR Central College	4.57m	4.54m	+0.0	14-10.75	1		
	4.36m(-1.3)	4.54m(+0.0)	4.37m(+0.0)						
23	Autumn Wolf	SO Buena Vista	4.92m	4.43m	+0.0	14-06.50	1		
	4.43m(+0.0)	FOUL(-1.6)	FOUL(+0.0)						
24	Rebecca Staples	SO Coe	4.80m	4.32m	-1.2	14-02.25	1		
	4.32m(-1.2)	4.32m(1.1)	FOUL(+0.0)						
--	Kia Noibi	FR Simpson (Iowa)	5.02m	FOUL			1		
	FOUL(0.2)	FOUL(+0.0)	FOUL(-0.7)						

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****Women Triple Jump**

All-Time: A 12.62m 2012 Skye Morrison, Wartburg									
Championship: C 12.56m 5/12/2012 Skye Morrison, Wartburg									
Name	Year	School	Seed	Finals	Wind	H#	Points		
1 Jenna Heimark	JR	Dubuque	11.21m	11.33m	NWI	37-02.25	2	10	
10.79m(-0.0) FOUL	10.97m(-0.0)	10.72m(-0.0)	FOUL	11.33m(-0.0)					
2 Alyssa Skrove	JR	Dubuque	11.53m	11.22m	NWI	36-09.75	2	8	
10.79m(-0.0) FOUL	10.87m(-0.0)	10.83m(-0.0)	11.06m(-0.0)	11.22m(-0.0)					
3 Elyse Acompanado	JR	Loras	10.68m	11.08m	NWI	36-04.25	2	6	
10.95m(-0.0)	10.85m(-0.0)	PASS	11.08m(-0.0)	10.64m(-0.0)	10.99m(-0.0)				
4 Holly Forrester	SO	Central College	11.20m	11.04m	NWI	36-02.75	2	5	
9.81m(-0.0)	11.04m(-0.0)	10.95m(-0.0)	10.69m(-0.0)	FOUL	FOUL				
5 Macy Gustafson	SO	Nebraska Wesleyan	11.05m	10.76m	NWI	35-03.75	2	4	
10.76m(-0.0) FOUL	FOUL	FOUL	FOUL	10.40m(-0.0)					
6 Cherisse Ward	FR	Wartburg	10.55m	10.70m	NWI	35-01.25	2	3	
10.47m(-0.0)	10.22m(-0.0)	10.70m(-0.0)	10.37m(-0.0)	10.50m(-0.0)	10.25m(-0.0)				
7 Lilia Edwards	SR	Wartburg	10.86m	10.65m	NWI	34-11.25	2	2	
10.56m(-0.0) FOUL	FOUL	10.39m(-0.0)	10.65m(-0.0)	FOUL					
8 Demetria Johnson	SO	Dubuque		10.63m	NWI	34-10.50	1	1	
10.40m(-0.0)	10.10m(-0.0)	10.62m(-0.0)	10.63m(-0.0)	FOUL	FOUL				
9 Ellie Roquet	SO	Wartburg		10.62m	NWI	34-10.25	1		
10.24m(-0.0)	10.35m(-0.0)	10.62m(-0.0)	10.30m(-0.0)	10.06m(-0.0)	9.96m(-0.0)				
10 Tessa Hoffman	FR	Nebraska Wesleyan	10.69m	10.51m	NWI	34-05.75	2		
10.14m(-0.0)	10.13m(-0.0)	10.51m(-0.0)							
11 Jarika Eisentrager	SO	Wartburg	10.32m	10.40m	NWI	34-01.50	1		
10.09m(-0.0)	10.32m(-0.0)	10.40m(-0.0)							
12 Aleyha Slatte	SR	Dubuque	10.33m	10.34m	NWI	33-11.25	1		
FOUL	FOUL	10.34m(-0.0)							
13 Rebekah Beard	FR	Central College	10.36m	10.22m	NWI	33-06.50	2		
9.89m(-0.0) FOUL	10.22m(-0.0)								
14 Sarah Holtz	JR	Luther	10.41m	10.16m	NWI	33-04.00	2		
9.74m(-0.0)	10.16m(-0.0)	10.05m(-0.0)							
15 Yuan Bank	FR	Central College	9.84m	9.99m	NWI	32-09.50	1		
9.94m(-0.0)	9.99m(-0.0)	9.98m(-0.0)							
16 Taylor Schaefer	SR	Loras	10.35m	9.91m	NWI	32-06.25	1		
9.91m(-0.0)	9.89m(-0.0)	FOUL							
17 Haleigh Benson	SO	Nebraska Wesleyan	10.12m	9.85m	NWI	32-03.75	1		
9.45m(-0.0) FOUL	9.85m(-0.0)								
-- Makayla Brewer	FR	Coe	9.90m	FOUL			1		
FOUL	FOUL	FOUL							
-- Marikka Coltv	FR	Luther	9.99m	FOUL			1		
FOUL	FOUL	FOUL							

Women Shot Put

All-Time: A 15.09m 2017 Tanasha Atwater, Dubuque									
Championship: C 14.87m 5/11/2013 Kayla Hemann, Wartburg									
Name	Year	School	Seed	Finals	H#	Points			
1 Caroline Ferguson	SO	Dubuque	13.91m	14.16m	46-05.50	2	10		
13.31m	FOUL	13.25m	13.86m	13.33m	14.16m				
2 Dayton Dolincheck	JR	Nebraska Wesleyan	14.13m	14.12m	46-04.00	2	8		
12.96m	14.03m	13.88m	FOUL	FOUL	14.12m				
3 Anna Rehberg	JR	Wartburg	13.38m	13.34m	43-09.25	2	6		
12.98m	12.61m	12.84m	13.29m	FOUL	13.34m				

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4	Kayla Slowick	SO Dubuque	13.52m	13.06m	42-10.25	2	5
	12.18m 12.13m 12.69m	FOUL 12.45m 13.06m					
5	Courtney Schnoor	SO Loras	12.96m	12.93m	42-05.25	2	4
	12.53m 12.29m 11.99m	12.90m 12.89m 12.93m					
6	Jaycee Fleming	SO Nebraska Wesleyan	13.34m	12.52m	41-01.00	2	3
	12.48m 12.52m FOUL	12.10m FOUL FOUL					
7	Dani Johnson	SO Wartburg	11.75m	12.39m	40-07.75	1	2
	12.23m FOUL 11.30m	12.20m 12.39m 12.30m					
8	Emily Burt	JR Central College	13.53m	12.27m	40-03.25	2	1
	11.86m 12.14m 12.11m	FOUL FOUL 12.27m					
9	Maddie Fitzgibbons	SR Nebraska Wesleyan	12.02m	12.26m	40-02.75	2	
	11.77m 12.26m FOUL	FOUL FOUL 11.47m					
10	Kayla Schlichting	JR Dubuque	12.05m	11.98m	39-03.75	2	
	11.55m 11.98m 11.83m						
11	Tonee Lafayette	FR Loras	12.60m	11.94m	39-02.25	2	
	11.94m FOUL 11.55m						
12	Tieranny Keahna	JR Coe	12.51m	11.72m	38-05.50	2	
	11.72m FOUL 11.31m						
13	Linnaea Konfrst	JR Nebraska Wesleyan	12.37m	11.66m	38-03.25	2	
	11.16m 11.66m FOUL						
14	Emma Jacobs	SO Wartburg	11.32m	11.55m	37-10.75	1	
	11.14m 10.45m 11.55m						
15	Konnie Washington	FR Wartburg	11.27m	11.54m	37-10.50	1	
	11.11m FOUL 11.54m						
16	Grace Dupuy	FR Dubuque	12.22m	11.53m	37-10.00	2	
	11.42m 11.23m 11.53m						
17	Kaeleigh De Waard	FR Central College	12.40m	11.34m	37-02.50	2	
	10.85m 11.34m 10.43m						
18	Peyton Turner	FR Buena Vista	10.61m	10.87m	35-08.00	1	
	10.03m 9.36m 10.87m						
19	Anna Hedges	SR Loras	11.70m	10.67m	35-00.25	1	
	10.67m 10.63m 10.53m						
20	Esther Johnson	SR Loras	12.21m	10.53m	34-06.75	2	
	9.98m 10.53m FOUL						
21	Josie Finch	FR Coe	10.57m	10.44m	34-03.00	1	
	10.04m 10.44m 9.55m						
22	Aubrey Highum	JR Luther		10.23m	33-06.75	1	
	FOUL 10.23m 10.17m						
23	Tyra Payne	FR Buena Vista	9.58m	9.93m	32-07.00	1	
	9.93m FOUL FOUL						
24	Lexi Engen	SO Central College	9.86m	9.20m	30-02.25	1	
	8.83m 8.95m 9.20m						
25	Mariah Balajadia	SO Luther	9.45m	8.99m	29-06.00	1	
	8.81m 8.80m 8.99m						
26	Madison Arechiga	JR Coe	10.08m	8.91m	29-02.75	1	
	8.72m 8.91m FOUL						
27	Aiyana Rouse	SO Central College	9.05m	8.36m	27-05.25	1	
	FOUL 8.36m FOUL						
28	Madison Anderson	JR Simpson (Iowa)	8.24m	8.14m	26-08.50	1	
	8.14m 7.71m 8.00m						
--	Hannah Slater	FR Luther	9.08m	DNS			1

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All-Time: A 48.65m 2008 Ellen Thys, Loras		Championship: C 48.18m 5/14/2016 Melissa Alger, Coe							
Name	Year	School	Seed	Finals	H#	Points			
1 Kelsey Betthauser	SR	Dubuque	48.24m	45.33m	148-09	2	10		
	44.44m	45.33m	FOUL	FOUL	FOUL	FOUL			
2 Linnaea Konfrst	JR	Nebraska Wesleyan	43.34m	42.13m	138-03	2	8		
	39.40m	39.69m	41.16m	41.55m	42.13m	FOUL			
3 Rebecca Burmahl	SR	Dubuque	46.11m	40.83m	133-11	2	6		
	FOUL	38.73m	40.83m	FOUL	FOUL	FOUL			
4 Kayla Slowick	SO	Dubuque	44.20m	40.60m	133-02	2	5		
	31.98m	39.55m	FOUL	40.60m	FOUL	FOUL			
5 Carly Fischer	JR	Loras	41.49m	40.53m	133-00	2	4		
	40.53m	FOUL	FOUL	FOUL	FOUL	40.35m			
6 Shelby Lane	SR	Dubuque	40.98m	40.22m	131-11	2	3		
	40.22m	37.72m	FOUL	FOUL	FOUL	FOUL			
7 Maddie Fitzgibbons	SR	Nebraska Wesleyan	45.83m	39.81m	130-07	2	2		
	39.81m	FOUL	FOUL	FOUL	FOUL	FOUL			
8 Esther Johnson	SR	Loras	38.09m	39.62m	130-00	1	1		
	33.96m	FOUL	39.62m	FOUL	FOUL	34.06m			
9 Emma Jacobs	SO	Wartburg	39.36m	39.18m	128-06	2			
	FOUL	38.90m	FOUL	FOUL	39.18m	37.67m			
10 Kennedy Morris	SO	Central College	41.59m	37.77m	123-11	2			
	FOUL	36.64m	37.77m						
11 Emily Burt	JR	Central College	39.64m	36.80m	120-09	2			
	36.80m	36.22m	35.30m						
12 Anna Rehberg	JR	Wartburg	39.84m	36.57m	120-00	2			
	FOUL	33.01m	36.57m						
13 Gillian Streit	SO	Central College	44.25m	36.44m	119-07	2			
	FOUL	35.09m	36.44m						
14 Courtney Schnoor	SO	Loras	37.65m	36.26m	118-11	1			
	31.03m	36.26m	FOUL						
15 Tieranny Keahna	JR	Coe	33.49m	36.09m	118-05	1			
	33.39m	36.09m	34.07m						
16 Peyton Turner	FR	Buena Vista	39.38m	36.04m	118-03	2			
	36.04m	33.78m	34.88m						
17 Aubrey Highum	JR	Luther	36.96m	35.31m	115-10	1			
	35.31m	33.32m	26.28m						
18 Lillian Smithson	JR	Central College	38.48m	34.55m	113-04	2			
	32.55m	34.55m	33.28m						
19 Jaycee Fleming	SO	Nebraska Wesleyan	38.13m	34.44m	113-00	2			
	FOUL	34.44m	33.58m						
20 Madison Brase	FR	Nebraska Wesleyan	37.58m	34.43m	112-11	1			
	34.43m	FOUL	32.66m						
21 Anneliese Barton	SO	Luther	35.91m	34.31m	112-07	1			
	34.31m	30.17m	33.40m						
22 Dani Johnson	SO	Wartburg	33.03m	33.85m	111-01	1			
	33.41m	32.52m	33.85m						
23 Anna Hedges	SR	Loras	37.53m	33.22m	109-00	1			
	FOUL	29.93m	33.22m						
24 Serina Hovden	SO	Wartburg	36.95m	33.09m	108-07	1			
	31.42m	32.14m	33.09m						
25 Tyra Payne	FR	Buena Vista	34.51m	32.99m	108-03	1			
	FOUL	31.17m	32.99m						

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26	Michaela Karels	FR Buena Vista	34.67m	32.11m	105-04	1
	32.02m 32.11m 31.90m					
27	Mariah Balajadia	SO Luther	31.55m	30.09m	98-09	1
	30.09m 29.38m FOUL					
28	Josie Finch	FR Coe	32.57m	28.78m	94-05	1
	FOUL 26.82m 28.78m					
29	Madison Anderson	JR Simpson (Iowa)	25.69m	21.90m	71-10	1
	FOUL 21.90m 21.86m					

Women Hammer Throw

All-Time: A 55.45m 2016		Tanasha Atwater, Dubuque					
Championship: C 54.86m 5/11/2018		Rebecca Burmahl, Dubuque					
Name	Year	School	Seed	Finals	H#	Points	
1	Rebecca Burmahl	SR Dubuque	53.31m	51.52m	169-00	2	10
	49.25m 51.52m FOUL	50.79m FOUL FOUL					
2	Kennedy Morris	SO Central College	49.93m	47.97m	157-04	2	8
	47.97m FOUL 47.80m	FOUL 47.06m 46.38m					
3	Maddie Fitzgibbons	SR Nebraska Wesleyan	53.18m	47.65m	156-04	2	6
	45.66m 47.48m FOUL	47.65m 46.85m FOUL					
4	Caroline Ferguson	SO Dubuque	50.36m	47.06m	154-05	2	5
	FOUL FOUL 47.06m FOUL	42.46m 44.54m					
5	Shelby Lane	SR Dubuque	48.23m	45.38m	148-11	2	4
	FOUL 45.38m 44.68m	FOUL 42.88m FOUL					
6	Anna Hedges	SR Loras	46.54m	44.77m	146-10	2	3
	44.77m FOUL 43.04m	42.82m FOUL FOUL					
7	Anna Rehberg	JR Wartburg	43.80m	44.08m	144-07	2	2
	39.62m 44.08m 43.25m	FOUL FOUL 43.26m					
8	Emily Burt	JR Central College	44.28m	43.85m	143-10	2	1
	43.85m 41.12m 43.51m	42.14m 42.05m FOUL					
9	Carly Fischer	JR Loras	48.20m	43.50m	142-08	2	
	FOUL 43.50m FOUL FOUL	41.65m FOUL					
10	Esther Johnson	SR Loras	51.40m	42.89m	140-08	2	
	FOUL 42.89m FOUL						
11	Dani Johnson	SO Wartburg	42.13m	41.98m	137-09	1	
	39.71m 38.62m 41.98m						
12	Lillian Smithson	JR Central College	40.47m	41.44m	135-11	1	
	41.44m 41.10m 40.22m						
13	Michelle Budden	JR Loras	45.74m	41.03m	134-07	2	
	41.03m FOUL 40.02m						
14	Michaela Karels	FR Buena Vista	40.56m	40.59m	133-02	1	
	40.59m 38.78m 38.07m						
15	Dayton Dolincheck	JR Nebraska Wesleyan	43.80m	40.37m	132-05	2	
	FOUL 40.37m FOUL						
16	Kaeleigh De Waard	FR Central College	41.09m	40.00m	131-03	1	
	40.00m 39.17m 39.15m						
17	Abby Boyd	JR Wartburg	40.89m	39.91m	130-11	1	
	39.80m 38.73m 39.91m						
18	Kelsey Betthauser	SR Dubuque	49.86m	38.72m	127-00	2	
	FOUL 38.72m FOUL						
19	Linnaea Konfrst	JR Nebraska Wesleyan	44.90m	38.69m	126-11	2	
	36.71m FOUL 38.69m						
20	Anneliese Barton	SO Luther	36.92m	38.64m	126-09	1	
	38.64m FOUL 36.39m						

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21	Emma Jacobs	SO Wartburg	38.36m	37.61m	123-05	1
	37.61m FOUL FOUL					
22	Peyton Turner	FR Buena Vista	40.04m	37.51m	123-01	1
	31.89m 37.51m 36.94m					
23	Josie Finch	FR Coe	41.95m	35.69m	117-01	1
	32.31m FOUL 35.69m					
24	Tyra Payne	FR Buena Vista	36.63m	35.44m	116-03	1
	FOUL 35.44m FOUL					
25	Mariah Balajadia	SO Luther	40.56m	35.39m	116-01	1
	33.06m 35.39m FOUL					
26	Tieranny Keahna	JR Coe	39.42m	35.18m	115-05	1
	35.18m FOUL FOUL					
27	Rebecca Simpson	FR Nebraska Wesleyan	42.45m	34.02m	111-07	2
	FOUL FOUL 34.02m					
28	Madison Arechiga	JR Coe	34.40m	33.71m	110-07	1
	33.71m FOUL 33.04m					
29	Madison Anderson	JR Simpson (Iowa)	24.62m	24.90m	81-08	1
	24.90m 24.62m FOUL					
--	Hannah Slater	FR Luther	32.28m	DNS		1

Women Javelin Throw

All-Time: A 48.44m 2004		Dia Dohlman, Wartburg					
Championship: C 47.97m 2007		Kelsey Hagerty, Simpson					
Name	Year	School	Seed	Finals	H#	Points	
1	Rebecca Simpson	FR Nebraska Wesleyan	36.60m	35.87m	117-08	2	10
	35.87m FOUL FOUL FOUL FOUL FOUL						
2	Grace Dupuy	FR Dubuque	33.03m	34.90m	114-06	1	8
	31.65m 34.90m 29.73m 31.08m FOUL 30.63m						
3	Lindsey Wisnieski	SR Nebraska Wesleyan	36.22m	34.25m	112-04	2	6
	34.25m FOUL 32.00m 32.37m 33.04m 31.78m						
4	Emily Schwendinger	JR Dubuque	34.69m	34.17m	112-01	2	5
	31.14m 29.96m 30.51m 33.25m 31.79m 34.17m						
5	Taylor Dooley	SR Loras	34.30m	33.56m	110-01	2	4
	30.26m 31.96m FOUL 33.56m 29.90m FOUL						
6	Kennedy Morris	SO Central College	35.06m	33.44m	109-08	2	3
	31.56m 28.73m 27.38m 33.44m FOUL FOUL						
7	Nicki Schneider	SO Wartburg	33.48m	33.32m	109-04	1	2
	31.48m 31.00m 33.32m 26.32m 29.07m 31.60m						
8	Esther Johnson	SR Loras	35.45m	33.31m	109-03	2	1
	31.03m 33.31m FOUL 28.66m 27.26m FOUL						
9	Lynsey Dolphin	SO Wartburg	34.43m	32.53m	106-09	2	
	FOUL 29.67m 31.64m 32.27m 30.04m 32.53m						
10	Ellie Roquet	SO Wartburg	35.62m	30.40m	99-09	2	
	FOUL 29.95m 30.40m						
11	Darby Hawtrey	FR Coe		30.16m	98-11	1	
	29.34m FOUL 30.16m						
12	Michaela Karels	FR Buena Vista	31.55m	29.94m	98-03	1	
	28.18m 27.80m 29.94m						
13	Sarah Holtz	JR Luther	32.81m	29.37m	96-04	1	
	29.37m 27.79m FOUL						
14	Courtney Schnoor	SO Loras	36.24m	29.28m	96-01	2	
	27.42m FOUL 29.28m						

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15	Kelsey Betthauser	SR Dubuque	34.64m	28.38m	93-01	2
	28.02m 28.38m FOUL					
16	Carsyn Zumpfe	FR Nebraska Wesleyan	30.54m	28.35m	93-00	1
	FOUL 28.35m FOUL					
17	Jessica Junker	SO Luther	31.58m	28.13m	92-03	1
	26.30m 28.13m 27.70m					
18	Lexi Engen	SO Central College	29.68m	27.77m	91-01	1
	23.02m 22.74m 27.77m					
19	Abby DeBaillie	JR Wartburg	34.25m	27.02m	88-08	1
	FOUL 27.02m FOUL					
20	Anneliese Barton	SO Luther	37.54m	26.37m	86-06	2
	26.37m 21.00m FOUL					
21	Savannah Nesvik	SR Loras	28.79m	23.92m	78-06	1
	20.20m FOUL 23.92m					

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 Bri Dellamuth	JR	Wartburg	26.48	2.2	2	756
2 Kiki Pingel	SO	Central College	26.94	2.2	2	717
3 Mary Gray	SO	Central College	26.95	2.2	2	716
4 Krissa Larson	FR	Central College	27.41	2.2	2	678
5 Marissa Nolan	JR	Wartburg	27.59	2.2	2	664
6 Wren Klump	FR	Buena Vista	27.96	2.5	1	634
7 Addy Vinton	SO	Nebraska Wesleyan	28.03	2.5	1	628
8 Dana Koester	JR	Coe	28.35	2.5	1	604
9 Jessica Junker	SO	Luther	28.80	2.5	1	569
10 Abby DeBaillie	JR	Wartburg	29.81	2.5	1	495

Heptathlon: #7 Women 800 Meter Run Heptathlon

Championship: C 2:21.98 5/2/2009 Brittany Melloy, Wartburg				
Name	Year	School	Finals	Points
1 Kiki Pingel	SO	Central College	2:26.88	732
2 Mary Gray	SO	Central College	2:27.58	724
3 Wren Klump	FR	Buena Vista	2:27.74	721
4 Dana Koester	JR	Coe	2:27.79	721
5 Abby DeBaillie	JR	Wartburg	2:28.99	706
6 Jessica Junker	SO	Luther	2:29.45	700
7 Marissa Nolan	JR	Wartburg	2:35.45	626
8 Bri Dellamuth	JR	Wartburg	2:37.41	603
9 Addy Vinton	SO	Nebraska Wesleyan	2:39.00	584
10 Krissa Larson	FR	Central College	2:39.91	574

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 Mary Gray	SO	Central College	15.20	2.4	3	815
2 Addy Vinton	SO	Nebraska Wesleyan	15.78	2.4	3	741
3 Kiki Pingel	SO	Central College	15.85	2.4	3	733

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4	Marissa Nolan	JR Wartburg	16.62	2.4	3	640
5	Krissa Larson	FR Central College	16.65	2.5	2	637
6	Bri Dellamuth	JR Wartburg	16.80	2.5	2	619
7	Jessica Junker	SO Luther	17.11	2.5	2	584
8	Abby DeBaillie	JR Wartburg	17.41	2.4	1	551
9	Wren Klump	FR Buena Vista	18.15	2.4	1	473
10	Dana Koester	JR Coe	18.22	2.4	1	466

Heptathlon: #2 Women High Jump Heptathlon

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

Name	Year School	Finals	Points
1 Addy Vinton	SO Nebraska Wesleyan	1.54m	5-00.50 666
1.24 1.27 1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57			
PPP PPP PPP PPP PPP PPP PPP XXO O O XXX			
2 Bri Dellamuth	JR Wartburg	1.48m	4-10.25 599
1.24 1.27 1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51			
PPP O O O O O O XO XO XXX			
3 Kiki Pingel	SO Central College	1.45m	4-09.00 566
1.24 1.27 1.30 1.33 1.36 1.39 1.42 1.45 1.48			
PPP PPP PPP PPP XO XXO XXO O XXX			
4 Mary Gray	SO Central College	1.42m	4-07.75 534
1.24 1.27 1.30 1.33 1.36 1.39 1.42 1.45			
PPP PPP PPP PPP O XO O XXX			
5 Dana Koester	JR Coe	1.39m	4-06.75 502
1.24 1.27 1.30 1.33 1.36 1.39 1.42			
PPP PPP PPP O XO O XXX			
6 Jessica Junker	SO Luther	1.36m	4-05.50 470
1.24 1.27 1.30 1.33 1.36 1.39			
PPP PPP PPP O O XXX			
6 Abby DeBaillie	JR Wartburg	1.36m	4-05.50 470
1.24 1.27 1.30 1.33 1.36 1.39			
PPP PPP O XO XO XXX			
8 Marissa Nolan	JR Wartburg	1.33m	4-04.25 439
1.24 1.27 1.30 1.33 1.36			
O XO O O XXX			
9 Krissa Larson	FR Central College	1.27m	4-02.00 379
1.24 1.27 1.30			
PPP O XXX			
-- Wren Klump	FR Buena Vista	NH	
1.24			
XXX			

Heptathlon: #5 Women Long Jump Heptathlon

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

Name	Year School	Finals	Wind	Points
1 Kiki Pingel	SO Central College	5.12m	+0.0	16-09.75 592
5.12m(+0.0) 4.80m(+0.0) FOUL				
2 Mary Gray	SO Central College	5.01m	+0.0	16-05.25 562
5.01m(+0.0) FOUL FOUL				
3 Marissa Nolan	JR Wartburg	4.96m	+0.0	16-03.25 548
4.96m(+0.0) 4.93m(+0.0) 4.83m(+0.0)				

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4	Addy Vinton	SO Nebraska Wesleyan	4.89m	+0.0	16-00.50	530
	4.64m(+0.0)	3.96m(+0.0)	4.89m(+0.0)			
5	Bri Dellamuth	JR Wartburg	4.71m	+0.0	15-05.50	482
	4.71m(+0.0)	4.64m(+0.0)	4.58m(+0.0)			
6	Krissa Larson	FR Central College	4.60m	+0.0	15-01.25	454
	FOUL	4.59m(+0.0)	4.60m(+0.0)			
7	Dana Koester	JR Coe	4.51m	+0.0	14-09.75	431
	4.17m(+0.0)	4.51m(+0.0)	4.31m(+0.0)			
8	Abby DeBaillie	JR Wartburg	4.24m	+0.0	13-11.00	364
	FOUL	FOUL	4.24m(+0.0)			
9	Jessica Junker	SO Luther	4.20m	+0.0	13-09.50	355
	4.20m(+0.0)	4.20m(+0.0)	FOUL			
10	Wren Klump	FR Buena Vista	4.17m	+0.0	13-08.25	347
	4.17m(+0.0)	4.12m(+0.0)	FOUL			

Heptathlon: #3 Women Shot Put Heptathlon

Championship: C 12.06m 5/7/2010 Carissa Bentz, Central						
Name	Year	School	Finals		Points	
1	Mary Gray	SO Central College	10.53m	34-06.75	564	
	9.93m	10.53m	9.83m			
2	Kiki Pingel	SO Central College	9.87m	32-04.75	521	
	9.61m	9.87m	9.40m			
3	Abby DeBaillie	JR Wartburg	9.66m	31-08.50	507	
	9.40m	PASS	9.66m			
4	Krissa Larson	FR Central College	9.60m	31-06.00	503	
	9.26m	9.60m	9.12m			
5	Addy Vinton	SO Nebraska Wesleyan	9.40m	30-10.25	490	
	8.95m	8.71m	9.40m			
6	Dana Koester	JR Coe	8.31m	27-03.25	419	
	8.19m	8.31m	FOUL			
7	Marissa Nolan	JR Wartburg	7.98m	26-02.25	398	
	FOUL	7.98m	FOUL			
8	Jessica Junker	SO Luther	7.90m	25-11.00	393	
	7.81m	6.75m	7.90m			
9	Bri Dellamuth	JR Wartburg	7.65m	25-01.25	377	
	7.65m	7.30m	7.60m			
10	Wren Klump	FR Buena Vista	6.58m	21-07.25	308	
	6.58m	6.38m	5.69m			

Heptathlon: #6 Women Javelin Throw Heptathlon

Championship: C 41.10m 5/12/2004 Lindsay Schultz, Central						
Name	Year	School	Finals		Points	
1	Abby DeBaillie	JR Wartburg	31.75m	104-02	510	
	30.43m	26.49m	31.75m			
2	Jessica Junker	SO Luther	29.89m	98-01	475	
	28.16m	29.89m	29.61m			
3	Krissa Larson	FR Central College	29.65m	97-03	470	
	27.14m	27.39m	29.65m			
4	Marissa Nolan	JR Wartburg	29.14m	95-07	460	
	29.14m	24.79m	FOUL			

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****....Heptathlon: #6 Women Javelin Throw Heptathlon**

5	Bri Dellamuth	JR Wartburg	27.58m	90-06	431
	21.77m 27.58m 27.01m				
6	Addy Vinton	SO Nebraska Wesleyan	27.05m	88-09	421
	FOUL 27.05m 26.59m				
7	Dana Koester	JR Coe	25.08m	82-03	384
	24.68m 25.08m FOUL				
8	Kiki Pingel	SO Central College	24.27m	79-07	369
	22.89m 24.27m FOUL				
9	Mary Gray	SO Central College	21.81m	71-07	323
	FOUL FOUL 21.81m				
10	Wren Klump	FR Buena Vista	20.89m	68-06	305
	20.89m 20.60m 20.14m				

Women Heptathlon

All-Time: A		4943	2004	Raegan Schultz, Central			
Championship: C		4818	5/8/2014	Leah Broderick, Luther			
Name	Year	School	Seed	Finals	H#	Points	
1	Mary Gray	SO Central College	4363	4238		10	
2	Kiki Pingel	SO Central College	4402	4230		8	
3	Addy Vinton	SO Nebraska Wesleyan	4177	4060		6	
4	Bri Dellamuth	JR Wartburg		3867		5	
5	Marissa Nolan	JR Wartburg	3671	3775		4	
6	Krissa Larson	FR Central College	3591	3695		3	
7	Abby DeBaillie	JR Wartburg	3280	3603		2	
8	Jessica Junker	SO Luther		3546		1	
9	Dana Koester	JR Coe		3527			
10	Wren Klump	FR Buena Vista		2788			

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

All-Time: A		10.41	2010	Davivorn Dowe, Dubuque			
Championship: C		10.58	2008	Orlando Walton, Dubuque			
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1	Jeremiah Steed	SO Dubuque	11.02	10.78Q	1.7	2	
2	Denison Harrington	JR Wartburg	10.84	10.82Q	2.5	3	
3	Isaiah Ellis	SR Dubuque	10.76	10.89Q	2.2	1	
4	Chase Keller	SO Nebraska Wesleyan	10.91	11.06Q	1.1	4	
5	Dylan Kutsch	FR Dubuque	11.04	10.85q	2.5	3	
6	Josh Smith	FR Loras	10.80	10.88q	1.7	2	
7	Caleb Rigdon	SO Coe	11.21	10.95q	2.2	1	
8	Trent Koehler	JR Nebraska Wesleyan	10.97	10.96q	2.2	1	
9	Elijah Thomas	FR Loras	10.96	11.01	1.7	2	
10	Mamer Mamer	SR Nebraska Wesleyan	10.93	11.03	2.5	3	
11	Bryson Runge	SO Wartburg	11.19	11.04	2.5	3	
12	Mamoon Koko	JR Wartburg	11.26	11.08	1.7	2	11.073
13	Maurice Cushion-Lewis	JR Dubuque	10.87	11.08	1.1	4	11.076
14	Kellen Fitch	SO Simpson (Iowa)	11.06	11.08	1.1	4	11.080
15	Craig Garrison	FR Simpson (Iowa)	11.01	11.14	2.2	1	
16	Carter Fricke	FR Simpson (Iowa)	11.31	11.21	2.5	3	11.203
17	Rodney Schwartzhoff	FR Coe	11.20	11.21	1.7	2	11.208

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****....Men 100 Meter Dash**

18	Riley Nolan	FR	Wartburg	11.36	11.25	1.1	4
19	Nana Anim Asante-Apeatu	JR	Luther	11.47	11.26	2.5	3
20	Troy Vittetoe	SR	Simpson (Iowa)	11.18	11.28	1.1	4
21	De'Andre Klein	FR	Loras	11.21	11.29	2.2	1
22	Clevon Catchings	SR	Coe	11.33	11.46	1.1	4
23	Maxwell Tapp	SR	Luther	11.76	11.55	2.2	1
24	Dwayne Emilus	FR	Loras	11.51	11.58	1.7	2
25	Jacob Dick	FR	Central College	11.96	11.69	2.2	1
26	Quon Lambert	SO	Luther		11.93	1.1	4
27	Taylor Smith	SR	Central College	12.52	12.31	2.5	3
28	Ernest Jones	FR	Buena Vista	12.38	12.36	1.7	2

Men 100 Meter Dash

All-Time: A 10.41		2010	Davivorn Dowe, Dubuque				
Championship: C 10.58		2008	Orlando Walton, Dubuque				
Name	Year	School	Prelims	Finals	Wind	Points	

Finals						
1	Jeremiah Steed	SO	Dubuque	10.78	11.01	0.9 10 11.005
2	Isaiah Ellis	SR	Dubuque	10.89	11.01	0.9 8 11.007
3	Dylan Kutsch	FR	Dubuque	10.85	11.03	0.9 6
4	Caleb Rigdon	SO	Coe	10.95	11.04	0.9 5
5	Josh Smith	FR	Loras	10.88	11.05	0.9 4
6	Denison Harrington	JR	Wartburg	10.82	11.10	0.9 3
7	Trent Koehler	JR	Nebraska Wesleyan	10.96	11.12	0.9 2
8	Chase Keller	SO	Nebraska Wesleyan	11.06	11.29	0.9 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			
Name	Year	School	Seed	Prelims	Wind	H#

Preliminaries						
1	Patrick Mikel	JR	Loras	21.46	21.65Q	-0.1 1
2	Kellen Fitch	SO	Simpson (Iowa)	21.97	21.87Q	0.9 4
3	Josh Smith	FR	Loras	21.95	21.95Q	-0.2 3
4	Isaiah Ellis	SR	Dubuque	21.86	21.96Q	0.5 2
5	Denison Harrington	JR	Wartburg	22.42	22.09q	0.9 4
6	Joe Duehr	JR	Wartburg	22.27	22.13q	-0.1 1
7	Caleb Rigdon	SO	Coe	22.60	22.16q	0.5 2
8	Colfay Pointer	JR	Dubuque	22.20	22.21q	0.5 2 22.206
9	Jeremiah Steed	SO	Dubuque	22.24	22.21	-0.1 1 22.207
10	Craig Garrison	FR	Simpson (Iowa)	22.06	22.26	0.9 4
11	Tyson Morrison	JR	Loras	22.42	22.29	0.9 4
12	Evan Gradoville	SR	Loras	22.36	22.33	-0.2 3
13	Troy Vittetoe	SR	Simpson (Iowa)	22.16	22.41	-0.2 3
14	Nathan Suell	SR	Coe	23.23	22.58	-0.2 3 22.573
15	Kirk Wicks	SR	Simpson (Iowa)	22.36	22.58	0.5 2 22.580
16	Chase Keller	SO	Nebraska Wesleyan	22.50	22.65	-0.2 3
17	Alex Teig	JR	Wartburg	22.84	22.70	-0.1 1
18	Riley Nolan	FR	Wartburg	22.83	22.82	-0.1 1
19	Rodney Schwartzhoff	FR	Coe	23.49	22.84	0.9 4

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****....Men 200 Meter Dash**

20	Clevon Catchings	SR	Coe	23.31	23.03	0.9	4
21	Siletselwe Dlamini	FR	Luther	23.07	23.13	0.5	2
22	Nana Anim Asante-Apeatu	JR	Luther		23.16	-0.2	3
23	Maxwell Tapp	SR	Luther	23.55	23.20	-0.2	3
24	Travis Ohnoutka	SR	Nebraska Wesleyan	23.86	24.05	0.5	2
25	Jacob Dick	FR	Central College	24.31	24.32	-0.1	1
26	Taylor Smith	SR	Central College	25.33	25.10	-0.1	1
27	Ernest Jones	FR	Buena Vista	25.44	25.46	0.5	2

Men 200 Meter Dash

All-Time: A 21.25		2007	Orlando Walton, Dubuque				
Championship: C 21.26		2007	Orlando Walton, Dubuque				
Name	Year	School	Prelims	Finals	Wind	Points	

Finals

1	Patrick Mikel	JR	Loras	21.65	21.75	-1.8	10
2	Isaiah Ellis	SR	Dubuque	21.96	22.24	-1.8	8
3	Kellen Fitch	SO	Simpson (Iowa)	21.87	22.35	-1.8	6
4	Joe Duehr	JR	Wartburg	22.13	22.45	-1.8	5
5	Josh Smith	FR	Loras	21.95	22.62	-1.8	4
6	Caleb Rigdon	SO	Coe	22.16	22.68	-1.8	3
7	Denison Harrington	JR	Wartburg	22.09	22.78	-1.8	2
8	Colfay Pointer	JR	Dubuque	22.21	22.84	-1.8	1

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

All-Time: A 46.53		2018	Patrick Mikel, Loras			
Championship: C 47.24		5/12/2018	Patrick Mikel, Loras			
Name	Year	School	Seed	Prelims	H#	

Preliminaries

1	Patrick Mikel	JR	Loras	47.09	48.69Q	1
2	Kyle Dickinson	FR	Nebraska Wesleyan	49.11	49.40Q	3
3	Colfay Pointer	JR	Dubuque	48.15	49.54Q	2
4	Evan Gradoville	SR	Loras	48.96	49.61q	3
5	Tyson Morrison	JR	Loras	49.48	50.08q	2
6	Michael Merical	JR	Nebraska Wesleyan	49.87	50.19q	1
7	Joe Duehr	JR	Wartburg	49.61	50.22q	1
8	Nathan Suell	SR	Coe		50.26q	3 50.255
9	Alex Teig	JR	Wartburg	50.12	50.26	3 50.259
10	Travis Tupper	SR	Simpson (Iowa)	50.35	50.39	3
11	Ben Christenson	FR	Nebraska Wesleyan	50.10	50.58	2
12	Emmitt Wheatley	SR	Simpson (Iowa)	51.09	50.74	3
13	Wyatt Schmidt	FR	Wartburg	50.59	50.75	1
14	Chase Wetterling	SR	Simpson (Iowa)	50.81	50.81	2
15	Grady Hovenga	FR	Wartburg	50.62	50.96	1
16	Anakin Hall	SR	Loras	51.35	51.07	2
17	Kirk Wicks	SR	Simpson (Iowa)	50.40	51.37	2
18	Cory Suedmeier	JR	Central College	51.32	51.45	3
19	Casey Lamle	SR	Buena Vista	51.69	51.84	1
20	Juan Antonio Nelson	SO	Luther		52.06	2
21	Hunter Hartshorne	JR	Coe	53.22	52.80	1
22	Angelou Scott	SO	Nebraska Wesleyan	53.67	54.04	2

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****....Men 400 Meter Dash**

23 Jonah Gehrt SR Luther 54.14 54.33 3

Men 400 Meter Dash

=====
 All-Time: A 46.53 2018 Patrick Mikel, Loras
 Championship: C 47.24 5/12/2018 Patrick Mikel, Loras
 Name Year School Prelims Finals Points
 =====

Finals

1	Patrick Mikel	JR Loras	48.69	46.92C	10
2	Colfay Pointer	JR Dubuque	49.54	48.54	8
3	Kyle Dickinson	FR Nebraska Wesleyan	49.40	48.84	6
4	Tyson Morrison	JR Loras	50.08	49.49	5
5	Evan Gradoville	SR Loras	49.61	49.52	4
6	Nathan Suell	SR Coe	50.26	49.73	3
7	Joe Duehr	JR Wartburg	50.22	50.14	2
8	Michael Merical	JR Nebraska Wesleyan	50.19	50.28	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
 Name Year School Seed Prelims H#
 =====

Preliminaries

1	Casey Roberts	SR Wartburg	1:51.72	1:53.30Q	1
2	Mark Schulz	SR Wartburg	1:51.92	1:56.27Q	2
3	Kyle Pape	SR Central College	1:53.42	1:57.78Q	3
4	Jack Carroll	SR Loras	1:56.02	1:55.69Q	1
5	Frosty Lorimer	SO Wartburg	1:57.52	1:56.62Q	2
6	Cole Conklin-Little	JR Loras	1:56.68	1:58.31Q	3
7	Wyatt Kelly	FR Loras	1:55.59	1:56.74q	2
8	Conor Otting	SO Loras	1:56.90	1:56.94q	1
9	Kyle Gilberg	SR Luther	1:56.85	1:57.33q	2
10	Will DeHaan	FR Central College	1:58.14	1:57.51	2
11	Tyler Combs	SO Simpson (Iowa)	1:56.08	1:57.72	1
12	Ryan Izer	SR Coe	1:57.03	1:58.41	1
13	Carsten Thompson	FR Luther	1:59.15	1:59.35	1
14	Josh Paulson	JR Simpson (Iowa)	1:56.49	2:00.01	2
15	Jacob Heitter	JR Dubuque	1:58.07	2:00.02	3
16	Bryson Williams	SO Nebraska Wesleyan	1:56.65	2:00.32	3
17	Parker Hill	SR Central College	2:02.42	2:00.80	2
18	Seth Nostrala	SO Simpson (Iowa)	2:02.58	2:03.26	3
19	Waleed Yual	FR Luther	2:04.67	2:03.55	1
20	Austin Pfiffner	JR Central College	2:04.35	2:04.33	2
21	Tavian Rumble	JR Dubuque	1:54.97	2:04.72	3
22	Grayson Groepper	FR Simpson (Iowa)	2:02.97	2:04.95	3
23	Sam Madson	SO Wartburg	1:58.09	2:05.21	3
24	Trevor Haren	SO Luther	2:00.42	2:06.76	1

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****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					
Name	Year	School	Prelims	Finals	Points
Finals					
1	Casey Roberts	SR Wartburg	1:53.30	1:53.21	10
2	Kyle Pape	SR Central College	1:57.78	1:53.51	8
3	Mark Schulz	SR Wartburg	1:56.27	1:53.67	6
4	Frosty Lorimer	SO Wartburg	1:56.62	1:56.90	5
5	Kyle Gilberg	SR Luther	1:57.33	1:57.12	4
6	Conor Otting	SO Loras	1:56.94	1:59.30	3
7	Jack Carroll	SR Loras	1:55.69	1:59.52	2
8	Cole Conklin-Little	JR Loras	1:58.31	2:00.44	1
9	Wyatt Kelly	FR Loras	1:56.74	2:01.45	

Men 1500 Meter Run

All-Time: A 3:46.89 2008 Andy Hodge, Wartburg					
Championship: C 3:51.30 2006 Bryan George, Central					
Name	Year	School	Seed	Finals	H# Points
1	Casey Roberts	SR Wartburg	3:53.96	3:55.56	2 10
2	Caleb Appleton	JR Wartburg	3:59.38	3:57.53	2 8
3	Matt Heinzman	SO Wartburg	3:56.26	3:58.49	2 6
4	Kyle Pape	SR Central College	3:58.93	3:58.58	2 5
5	Ali Ali	SO Wartburg	4:01.91	3:59.45	2 4
6	Andy Vasquez	JR Nebraska Wesleyan	4:01.85	3:59.95	2 3
7	Bryant Seufferer	JR Central College	4:04.03	4:01.01	2 2
8	Jack Carroll	SR Loras	4:00.27	4:01.15	2 1
9	Collin Kern	JR Luther	4:05.53	4:01.37	2
10	Blake Keller	JR Loras	4:04.54	4:02.67	2
11	Mark Biechler	FR Dubuque	4:06.49	4:03.26	2
12	Cole Conklin-Little	JR Loras	3:59.33	4:03.32	2
13	Dan Iselin	SO Luther	4:01.45	4:04.03	2
14	Luke Guttormson	FR Loras	4:00.57	4:04.17	2
15	Alex Streitz	SR Luther	4:05.15	4:07.21	2
16	Ryan Courtney	SO Simpson (Iowa)	4:04.97	4:07.24	2
17	Jonathan Facio	JR Simpson (Iowa)	4:12.27	4:08.36	1
18	Trey Seibel	SR Nebraska Wesleyan	4:09.78	4:08.77	1
19	Justin Phillips	FR Coe	4:09.42	4:09.43	1
20	David Kawula	FR Nebraska Wesleyan	4:12.77	4:10.85	1
21	Will DeHaan	FR Central College	4:07.91	4:11.51	1
22	Jayden Oshirak	FR Dubuque	4:12.17	4:13.29	1
23	Grant Sparstad	SR Luther	4:11.85	4:13.40	1
24	Alex Loerts	JR Buena Vista	4:16.82	4:13.69	1
25	Parker Hill	SR Central College	4:10.21	4:15.25	1
26	Michael Orcutt	SO Dubuque	4:17.20	4:15.70	1
27	Jonathan Kawula	FR Nebraska Wesleyan	4:24.11	4:17.14	1
28	Coe Booker	FR Coe	4:15.91	4:26.17	1
29	Ethan Thompson	FR Buena Vista	4:28.81	4:28.97	1
30	Levi Lefebure	JR Simpson (Iowa)	4:20.42	4:29.96	1
31	Zach Kenny	JR Buena Vista	4:34.96	4:32.47	1
32	Luke Evans	JR Simpson (Iowa)	4:23.56	4:32.91	1
33	Matthew Marroquin	FR Buena Vista	4:46.16	4:42.48	1

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****Men 5000 Meter Run**

All-Time: A 14:11.28 2015		Eli Horton, Central			
Championship: C 14:37.93 2004		Josh Moen, Wartburg			
Name	Year	School	Seed	Finals	Points
1	Sam Pinkowski	SO Wartburg		14:42.56	10
2	Tom Altier	FR Luther	15:57.43	14:44.13	8
3	Caleb Appleton	JR Wartburg	14:35.25	14:52.59	6
4	Joe Freiburger	SO Wartburg	14:37.55	14:59.21	5
5	Jeremy Fopma	FR Central College	15:15.33	15:09.28	4
6	Clay Simpson	SR Nebraska Wesleyan	15:23.73	15:10.40	3
7	Andy Vasquez	JR Nebraska Wesleyan	14:54.62	15:11.94	2
8	Luke Guttormson	FR Loras	15:09.30	15:12.16	1
9	Matt Heinzman	SO Wartburg	15:08.95	15:13.07	
10	Alec Bass	SR Dubuque	14:55.80	15:14.15	
11	Joey Schultz	SO Loras	15:17.03	15:18.77	
12	Tyler Havens	JR Loras	15:08.82	15:26.02	
13	Trey Thompson	SR Simpson (Iowa)	15:18.81	15:30.26	
14	Patrick Wolak	JR Loras	15:50.66	15:31.83	
15	Preston Decker	SO Nebraska Wesleyan	15:57.33	15:37.52	
16	Jordan Toomey	SR Central College	15:25.65	15:40.67	
17	Nate Sanders	SO Central College	15:40.57	15:43.81	
18	Caleb Burjes	FR Luther	16:08.67	15:44.07	
19	Colin Weber	JR Luther	16:26.33	15:47.22	
20	Greg Tystahl	FR Buena Vista	16:35.14	15:50.23	
21	Cale Billheimer	SO Simpson (Iowa)	15:47.30	15:50.94	
22	Daniel Sunvold	JR Central College	15:35.26	15:56.11	
23	Justin Phillips	FR Coe		15:57.34	
24	McCoy Meshach	SO Coe	15:52.87	16:00.47	
25	Joe Frazier	SO Nebraska Wesleyan	16:33.60	16:03.26	
26	Fred Farrand	FR Luther	17:07.93	16:03.76	
27	Seth Nostrala	SO Simpson (Iowa)	16:15.02	16:05.25	
28	Caleb Blevins	SO Coe	16:48.12	16:08.35	
29	Logan Egeland	SR Simpson (Iowa)	15:37.81	16:13.66	
30	Alec Hirsch	FR Buena Vista	16:32.87	16:40.08	
31	Tyler Grames	FR Buena Vista	17:03.19	16:55.73	
--	Coe Booker	FR Coe	16:50.49	DNS	

Men 10000 Meter Run

All-Time: A 29:31.08 2016		Cole Decker, Central			
Championship: C 30:25.14 5/13/2016		Cole Decker, Central Coll			
Name	Year	School	Seed	Finals	Points
1	Joe Freiburger	SO Wartburg	30:58.86	31:56.28	10
2	Trey Thompson	SR Simpson (Iowa)	31:41.19	32:04.77	8
3	Alec Bass	SR Dubuque	31:27.05	32:11.58	6
4	Joey Schultz	SO Loras	31:17.91	32:13.42	5
5	Patrick Wolak	JR Loras	32:51.12	32:25.75	4
6	Andrew Ellison	FR Wartburg	32:37.80	32:39.86	3
7	Logan Egeland	SR Simpson (Iowa)	33:20.48	32:44.24	2
8	Morgan Shirley-Fairbairn	FR Wartburg	32:15.69	32:52.66	1
9	Alec Ille	FR Wartburg		32:54.65	
10	Easton Sabala	FR Central College	33:20.83	33:00.38	
11	Hayden Falkinburg	JR Nebraska Wesleyan	34:56.25	33:02.39	
12	Brycen Wallace	FR Central College		33:12.03	

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****....Men 10000 Meter Run**

13	Ben Lamparek	FR Central College	34:00.24	33:19.82	
14	Cameron Kaltschnee	SO Buena Vista	33:59.80	33:50.07	
15	Preston Kauder	SR Loras	32:58.23	33:50.60	
16	Quenton Max	FR Luther	33:46.18	34:09.97	
17	McCoy Meshach	SO Coe		34:28.42	
18	Pierce Pennell	FR Nebraska Wesleyan	35:11.09	34:52.02	34:52.011
19	Ryan Finer	FR Simpson (Iowa)		34:52.02	34:52.019
20	Chad Carter	SR Simpson (Iowa)		35:31.26	
21	Sezar Carillo	SR Coe		35:55.86	
22	Ryan Murphy	JR Loras	35:09.96	36:28.77	
23	Mason Muur	JR Central College	35:51.48	37:02.41	
24	Jared Wells	SR Coe		37:50.49	
25	Anthony Krick	FR Nebraska Wesleyan		37:58.86	
--	Stefan Hankerson	SR Luther		DNF	

Men 110 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

All-Time: A 14.19	2016	Dan Roserman, Central College
All-Time1: A 14.28	2008	Shawn Olorundami, Buena Vista (wind)
Championship: C 14.30	5/11/2018	Dylan Kalinay, Simpson (Iow)
Name	Year School	Seed Prelims Wind H#

Preliminaries

1	Dallas Wright	SO Wartburg	15.21	15.03Q	1.0	1
2	Ryan Rogers	SO Loras	15.09	15.04Q	1.0	2
3	Will Daniels	JR Central College	15.09	15.05q	1.0	2
4	Famiek Cook	SR Wartburg	15.01	15.08q	1.0	1
5	Sam Adeniyi	JR Simpson (Iowa)	15.81	15.55q	1.0	2
6	Elliott Meyer	SO Simpson (Iowa)	16.02	15.62q	1.0	2
7	Nick Kennicker	JR Wartburg	15.71	15.74q	1.0	1
8	Andrew Black	SO Wartburg	15.68	15.94q	1.0	2
9	Danny Devenuto	FR Central College	16.17	15.97	1.0	1
10	Nolin Linebaugh	SR Nebraska Wesleyan	15.74	16.02	1.0	1
11	Austin Greenwalt	JR Simpson (Iowa)	15.47	16.11	1.0	2
12	James Radziunas	FR Nebraska Wesleyan	15.34	16.25	1.0	1
13	Tyler Williams	FR Simpson (Iowa)	16.56	16.52	1.0	1
14	Trevor Eckols	SO Coe	16.89	16.90	1.0	2

Men 110 Meter Hurdles

All-Time: A 14.19	2016	Dan Roserman, Central College
All-Time1: A 14.28	2008	Shawn Olorundami, Buena Vista (wind)
Championship: C 14.30	5/11/2018	Dylan Kalinay, Simpson (Iow)
Name	Year School	Prelims Finals Wind Points

Finals

1	Famiek Cook	SR Wartburg	15.08	14.89	0.4	10
2	Dallas Wright	SO Wartburg	15.03	15.03	0.4	8
3	Will Daniels	JR Central College	15.05	15.08	0.4	6
4	Ryan Rogers	SO Loras	15.04	15.28	0.4	5
5	Nick Kennicker	JR Wartburg	15.74	15.87	0.4	4
6	Andrew Black	SO Wartburg	15.94	15.96	0.4	3
7	Sam Adeniyi	JR Simpson (Iowa)	15.55	16.13	0.4	2
8	Elliott Meyer	SO Simpson (Iowa)	15.62	16.52	0.4	1

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****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 52.42 5/11/2018 Jordan Coughenour, Simpson (Iow					
Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Dallas Wright	SO	Wartburg	53.32	52.62Q	3
2 Mike Jasa	FR	Loras	53.63	53.92Q	2
3 Nick Kennicker	JR	Wartburg	54.64	54.22Q	1
4 Jordan Coughenour	SR	Simpson (Iowa)	54.57	54.33q	1
5 Jayden Weber	FR	Coe	56.36	55.99q	3
6 Carter Tryon	FR	Central College	57.72	56.10q	1
7 Nolin Linebaugh	SR	Nebraska Wesleyan	57.21	56.42q	1
8 Kaleb Noel	SR	Wartburg	57.04	56.70q	2
9 Landon Kraus	SR	Coe	57.72	57.22	2
10 James Niemann	SR	Wartburg	56.82	57.98	3
11 Austin Greenwalt	JR	Simpson (Iowa)	56.05	58.27	2
12 Nick Poff	SR	Coe	58.06	58.56	3
13 Luke Wemhoff	FR	Nebraska Wesleyan	59.28	59.29	1
14 Tyler Williams	FR	Simpson (Iowa)	1:01.27	59.67	3
15 Cole Engel	FR	Coe	59.15	59.80	2
16 Dante Burchfield	JR	Dubuque	1:00.19	1:00.07	1
17 Jakob Harris	FR	Nebraska Wesleyan	1:00.20	1:00.87	2
18 Max Powers	FR	Buena Vista	1:03.26	1:05.34	3
19 James Radziunas	FR	Nebraska Wesleyan	57.92	1:05.57	3

Men 400 Meter Hurdles

All-Time: A 51.30 2001 Miradieu Joseph, Wartburg					
Championship: C 52.42 5/11/2018 Jordan Coughenour, Simpson (Iow					
Name	Year	School	Prelims	Finals	Points
Finals					
1 Dallas Wright	SO	Wartburg	52.62	52.30C	10
2 Nick Kennicker	JR	Wartburg	54.22	54.11	8
3 Mike Jasa	FR	Loras	53.92	54.61	6
4 Jordan Coughenour	SR	Simpson (Iowa)	54.33	54.73	5
5 Jayden Weber	FR	Coe	55.99	56.20	4
6 Nolin Linebaugh	SR	Nebraska Wesleyan	56.42	56.67	3
7 Carter Tryon	FR	Central College	56.10	56.71	2
8 Kaleb Noel	SR	Wartburg	56.70	56.94	1

Men 3000 Meter Steeplechase

All-Time: A 8:57.39 2018 Mark Fairley, Central					
Championship: C 9:12.94 1985 Dan Huston, Wartburg					
Name	Year	School	Seed	Finals	Points
1 Tyler Havens	JR	Loras	9:34.09	9:21.78	10
2 Jeremy Fopma	FR	Central College	9:35.19	9:25.19	8
3 Liam Conroy	SO	Wartburg	9:19.33	9:28.13	6
4 Jonathan Facio	JR	Simpson (Iowa)	9:46.01	9:28.69	5
5 Clay Simpson	SR	Nebraska Wesleyan	9:40.15	9:31.56	4
6 Jordan Toomey	SR	Central College	9:42.38	9:36.21	3
7 Daniel Sunvold	JR	Central College	9:52.13	9:38.09	2

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****....Men 3000 Meter Steeplechase**

8	Conor Sapp	JR Wartburg	9:45.83	9:46.93	1
9	Logan Hayes	JR Loras	9:40.19	9:46.98	
10	Jake Till	SR Loras	9:56.73	9:47.92	
11	Ryan Courtney	SO Simpson (Iowa)	10:00.03	9:49.68	
12	Cutler Owens	FR Central College	10:03.16	9:51.20	
13	Curren Matthias	SO Wartburg	10:03.22	9:55.18	
14	David Will	SO Luther	10:01.02	9:58.36	
15	Joseph Tobin	JR Dubuque	10:10.43	9:58.49	
16	Tyler Cernohous	FR Dubuque	10:02.10	9:59.32	
17	Colin Weber	JR Luther	9:56.83	9:59.52	
18	Caleb Burjes	FR Luther	10:23.00	10:02.93	
19	Greg Tystahl	FR Buena Vista	10:27.89	10:04.72	
20	Jay Mixdorf	FR Wartburg	10:06.46	10:29.28	
21	Josh Dunsbergen	FR Buena Vista	10:29.27	10:32.37	
22	Nathan Vail	SO Loras	10:38.79	10:40.59	
23	Colin Beck	FR Luther	10:35.88	10:51.49	

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		
School		Seed	Finals	H#	Points
=====					
1	Wartburg	42.01	41.64	2	10
	1) Denison Harrington JR				
	3) Dallas Wright SO				
	2) Joe Duehr JR				
	4) Bryson Runge SO				
2	Simpson (Iowa)	41.79	41.75	2	8
	1) Troy Vittetoe SR				
	3) Travis Tupper SR				
	2) Craig Garrison FR				
	4) Kellen Fitch SO				
3	Coe	42.18	42.32	2	6
	1) Rodney Schwartzhoff FR				
	3) Jackson Varney FR				
	2) Caleb Rigdon SO				
	4) Nathan Suell SR				
4	Central College	43.61	42.81	1	5
	1) Caleb Jennings SR				
	3) Carter Tryon FR				
	2) Brock Lewis FR				
	4) Cory Suedmeier JR				
5	Nebraska Wesleyan	41.91	42.88	2	4
	1) Mamer Mamer SR				
	3) Matt Winter SO				
	2) Chase Keller SO				
	4) Trent Koehler JR				
6	Buena Vista	46.20	47.05	1	3
	1) Cory Kitt FR				
	3) Blake Patten SO				
	2) Casey Lamle SR				
	4) Ernest Jones FR				
--	Loras	41.42	DNF	2	
	1) Elijah Thomas FR				
	3) Evan Gradoville SR				
	2) Josh Smith FR				
	4) Patrick Mikel JR				
--	Dubuque	41.70	DNF	2	
	1) Dylan Kutsch FR				
	3) Isaiah Ellis SR				
	2) Jeremiah Steed SO				
	4) Maurice Cushion-Lewis JR				
--	Luther	43.79	DQ	1	Exchange 2-
	1) Quon Lambert SO				
	3) Maxwell Tapp SR				
	2) Nana Anim Asante-Apeatu JR				
	4) Siletselwe Dlamini FR				

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****Men 4x400 Meter Relay**

School	Seed	Finals	H#	Points
All-Time: A 3:09.64 2000 Central, Central N Koerselman, A Hartford, T Tavegia, C McCullough				
Championship: C 3:13.75 5/9/2015 Loras, Loras B Gradoville, Z Gassman, Z Frey, J Goerdt				
1 Loras	3:14.04	3:14.13	2	10
1) Evan Gradoville SR	2) Tyson Morrison JR			
3) Josh Smith FR	4) Patrick Mikel JR			
2 Wartburg	3:15.94	3:17.71	2	8
1) Grady Hovenga FR	2) Alex Teig JR			
3) Famiek Cook SR	4) Casey Roberts SR			
3 Dubuque	3:20.16	3:18.41	2	6
1) Isaiah Ellis SR	2) Colfay Pointer JR			
3) Tavian Rumble JR	4) Joshua Cash FR			
4 Simpson (Iowa)	3:19.52	3:19.21	2	5
1) Chase Wetterling SR	2) Travis Tupper SR			
3) Craig Garrison FR	4) Jordan Coughenour SR			
5 Nebraska Wesleyan	3:20.84	3:20.41	2	4
1) Michael Merical JR	2) Ben Christenson FR			
3) Marcus Thimm SO	4) Kyle Dickinson FR			
6 Coe	3:24.03	3:25.71	2	3
1) Jayden Weber FR	2) Jackson Varney FR			
3) Ryan Izer SR	4) Nathan Suell SR			
7 Central College	3:27.43	3:26.74	1	2
1) Caleb Jennings SR	2) Will DeHaan FR			
3) Carter Tryon FR	4) Cory Suedmeier JR			
8 Buena Vista	3:30.62	3:27.36	1	1
1) Blake Patten SO	2) Alex Loerts JR			
3) Anthony Baird FR	4) Casey Lamle SR			
9 Luther	3:30.87	3:28.57	1	
1) Maxwell Tapp SR	2) Kyle Gilberg SR			
3) Trevor Haren SO	4) Juan Antonio Nelson SO			

Men 4x800 Meter Relay

School	Seed	Finals	Points
All-Time: A 7:36.04 1985 Simpson, Simpson M.Christianson, K.Janvrin, J.Brooks, K.Pederson			
Championship: C 7:38.44 5/9/2014 Wartburg, Wartburg J Hochstetler, N Green, C Moser, D Bonthius			
1 Central College		7:47.43	10
1) Bryant Seuferer JR	2) Rylan Heffernan FR		
3) Will DeHaan FR	4) Kyle Pape SR		
2 Loras	7:49.33	7:47.94	8
1) Jack Carroll SR	2) Wyatt Kelly FR		
3) Conor Otting SO	4) Mike Jasa FR		
3 Wartburg	7:42.63	7:49.82	6
1) Frosty Lorimer SO	2) Keagan John FR		
3) Wyatt Schmidt FR	4) Mark Schulz SR		
4 Luther	7:55.18	7:50.93	5
1) Alex Streitz SR	2) Collin Kern JR		
3) Dan Iselin SO	4) Kyle Gilberg SR		
5 Simpson (Iowa)		7:56.99	4

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****....Men 4x800 Meter Relay**

1) Tyler Combs SO	2) Josh Paulson JR		
3) Steve Cruz-Castro FR	4) Levi Lefebure JR		
6 Dubuque		8:01.44	3
1) Joshua Cash FR	2) Tavian Rumble JR		
3) Jacob Heitter JR	4) Hunter Klose SR		
7 Nebraska Wesleyan		8:05.14	2
1) Magwire Lott SO	2) Tyler Taubenheim FR		
3) Holden Christen FR	4) Bryson Williams SO		
8 Coe		8:16.98	1
1) Justin Phillips FR	2) Ryan Izer SR		
3) Coe Booker FR	4) Caleb Blevins SO		
9 Buena Vista		8:27.77	
1) Alex Loerts JR	2) Casey Lamle SR		
3) Blake Patten SO	4) Anthony Baird FR		

Men High Jump

All-Time: A 2.18m 2005		Andy Stoecken, Loras					
Championship: C 2.16m 2005		Andy Stoecken, Loras					
Name	Year	School	Seed	Finals		Points	
1 Drake Lewis		FR Central College	2.00m	2.06m	6-09.00	10	
1.86 1.91 1.96 2.01 2.06 2.09							
0 0 0 0 XO XXX							
2 Chandler Petersen		SR Nebraska Wesleyan	1.97m	2.01m	6-07.00	8	
1.86 1.91 1.96 2.01 2.06							
0 0 0 XXO XXX							
3 Will Daniels		JR Central College	2.09m	1.96m	6-05.00	6	
1.91 1.96 2.01							
0 0 XXX							
4 Quintin Durov		JR Loras	1.92m	1.96m	6-05.00	5	
1.81 1.86 1.91 1.96 2.01							
0 XO 0 0 XXX							
5 Alex Martens		SO Loras	1.92m	1.96m	6-05.00	4	
1.81 1.86 1.91 1.96 2.01							
0 XO 0 XXO XXX							
6 Sam Rew		SR Nebraska Wesleyan	1.95m	1.96m	6-05.00	3	
1.86 1.91 1.96 2.01							
XO XXO XXO XXX							
7 Ryan Rogers		SO Loras	2.02m	1.91m	6-03.25	2	
1.81 1.86 1.91 1.96							
0 XO 0 XXX							
8 Matt Bandy		FR Loras	1.92m	1.86m	6-01.25	1	
1.81 1.86 1.91							
0 0 XXX							
9 Kortez Pickett		SR Dubuque	1.87m	1.86m	6-01.25		
1.81 1.86 1.91							
XO 0 XXX							
10 Grayson McBride		SO Nebraska Wesleyan	1.97m	1.86m	6-01.25		
1.86 1.91							
XO XXX							
11 Devante Pearson		JR Wartburg	1.95m	1.81m	5-11.25		
1.81 1.86							
XO XXX							

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****....Men High Jump**

12	Brett LaDoux	SR Wartburg	1.75m	1.81m	5-11.25
	1.76 1.81 1.86				
	XXO XO XXX				
13	Tyler Sharp	SR Nebraska Wesleyan	1.86m	1.76m	5-09.25
	1.76 1.81				
	XO XXX				
14	Mac Nunez	FR Wartburg	1.70m	1.76m	5-09.25
	1.71 1.76 1.81				
	O XXO XXX				
--	Keaton Fleck	FR Coe	1.72m	DNS	

Men Pole Vault

All-Time: A 5.20m 2015		Rick Valcin, Dubuque					
Championship: C 4.95m 5/9/2015		Rick Valcin, Dubuque					
Name	Year	School	Seed	Finals		Points	
1	Tyler Miksch	FR Nebraska Wesleyan	4.50m	4.45m	14-07.25	10	
	4.10 4.25 4.35 4.45 4.57						
	O O O XXO XXX						
2	Will Daniels	JR Central College	4.50m	4.35m	14-03.25	8	
	3.65 3.80 3.95 4.10 4.25 4.35 4.45						
	XO O PPP O O XO XXX						
3	Ryan Rogers	SO Loras	4.30m	4.35m	14-03.25	6	
	3.80 3.95 4.10 4.25 4.35 4.45						
	O XO O O XXO XXX						
4	Trent Ostby	JR Luther	4.05m	4.25m	13-11.25	5	
	3.95 4.10 4.25 4.35						
	XO XO XO XXX						
5	Philip Senn	SR Dubuque	4.05m	4.10m	13-05.25	4	
	3.80 3.95 4.10 4.25						
	XO XXO XO XXX						
6	Tanner Johnson	SO Central College	3.96m	3.95m	12-11.50	3	
	3.80 3.95 4.10						
	O XO XXX						
7	Ryan Rogers	FR Luther	3.65m	3.80m	12-05.50	2	
	3.50 3.65 3.80 3.95						
	O O XO XXX						
8	Riley Barrett	SO Wartburg	3.70m	3.80m	12-05.50	1	
	3.35 3.50 3.65 3.80 3.95						
	O O XO XXO XXX						
9	Kaleb Noel	SR Wartburg	3.43m	3.65m	11-11.75		
	3.35 3.50 3.65 3.80						
	XXO O O XXX						
10	Mychael Holliday	SO Wartburg	3.65m	3.65m	11-11.75		
	3.35 3.50 3.65 3.80						
	O O XO XXX						
11	Ryan Ruskamp	SR Nebraska Wesleyan	3.70m	3.50m	11-05.75		
	3.50 3.65						
	XO XXX						
12	Austin Neufeld	FR Nebraska Wesleyan	3.40m	3.50m	11-05.75		
	3.50 3.65						
	XXO XXX						

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****...Men Pole Vault**

12	Treyten Chiglo	SO Luther	3.65m	3.50m	11-05.75
	3.50 3.65				
	XXO XXX				
12	Brit Nelson	SR Wartburg	3.70m	3.50m	11-05.75
	3.50 3.65				
	XXO XXX				
--	Connor Hopkins	SO Luther	3.30m	NH	
	3.35				
	XXX				
--	Corbin Stillmunkes	SO Dubuque	3.20m	NH	
	3.35				
	XXX				
--	Garrett Bates	FR Buena Vista	3.90m	NH	
	3.50				
	XXX				
--	Kevin Wissing	JR Dubuque	3.30m	DNS	

Men Long Jump

=====									
All-Time: A 7.57m		2012	Jonas Elusme, Wartburg						
All-Time: A 7.71m		2012	Jonas Elusme, Wartburg (wind)						
Championship: C 7.71m		5/12/2012	Jonas Elusme, Wartburg						
Name	Year	School	Seed	Finals	Wind		H#	Points	
=====									
1	Famiek Cook	SR Wartburg	7.10m	7.11m	1.7	23-04.00	2	10	
	7.11m(1.7)	6.81m(0.1)	6.72m(2.5)	PASS	PASS	6.77m(0.3)			
2	Trent Koehler	JR Nebraska Wesleyan	7.21m	7.09m	+0.0	23-03.25	2	8	
	6.82m(+0.0)	6.84m(+0.0)	6.94m(1.2)	FOUL(-0.8)	6.84m(-0.5)	7.09m(+0.0)			
3	Will Daniels	JR Central College	6.64m	6.81m	+0.0	22-04.25	2	6	
	6.51m(0.8)	6.43m(+0.0)	6.81m(+0.0)	PASS(0.5)	6.57m(+0.0)	PASS			
4	Maurice Cushion-Lewis	JR Dubuque	7.09m	6.76m	0.9	22-02.25	2	5	
	6.46m(-0.3)	6.35m(0.3)	6.76m(0.9)	6.43m(+0.0)	FOUL(-0.3)	6.68m(3.1)			
5	Matt Winter	SO Nebraska Wesleyan	6.84m	6.74m	0.7	22-01.50	2	4	
	FOUL(2.7)	FOUL(+0.0)	6.45m(+0.0)	FOUL(-0.3)	6.66m(+0.0)	6.74m(0.7)			
6	Jackson Varney	FR Coe	6.74m	6.68m	+0.0	21-11.00	2	3	
	6.28m(1.6)	6.66m(+0.0)	6.51m(1.9)	6.49m(+0.0)	6.68m(+0.0)	6.67m(0.9)			
7	Ryan Rogers	SO Loras	6.80m	6.62m	0.5	21-08.75	2	2	
	6.51m(0.8)	6.21m(+0.0)	5.30m(+0.0)	6.62m(0.5)	6.31m(+0.0)	PASS			
8	Dallas Wright	SO Wartburg	6.62m	6.47m	+0.0	21-02.75	2	1	
	FOUL(0.5)	6.22m(1.0)	6.47m(+0.0)	PASS	PASS	PASS			
9	Brock Lewis	FR Central College	6.74m	6.45m	0.5	21-02.00	2		
	FOUL(+0.0)	6.38m(-1.6)	6.42m(+0.0)	FOUL(+0.0)	FOUL(+0.0)	6.45m(0.5)			
10	Peter Kilburg	SO Loras	6.52m	6.34m	+0.0	20-09.75	1		
	6.34m(+0.0)	FOUL(0.1)	FOUL(+0.0)						
11	Mychael Holliday	SO Wartburg	6.04m	6.31m	2.8	20-08.50	1		
	FOUL(1.1)	6.11m(1.6)	6.31m(2.8)						
12	Doyle Carroll	SO Loras	6.62m	6.31m	0.7	20-08.50	2		
	FOUL(+0.0)	6.31m(0.7)	FOUL(+0.0)						
13	Antonio Porter	FR Nebraska Wesleyan	6.23m	6.14m	+0.0	20-01.75	1		
	5.72m(+0.0)	6.14m(+0.0)	5.89m(0.5)						
14	Devante Pearson	JR Wartburg	6.03m	6.13m	-0.9	20-01.50	1		
	FOUL(+0.0)	6.13m(-0.9)	6.07m(0.2)						
15	Jaelen Boysen	FR Dubuque	6.57m	6.13m	0.6	20-01.50	2		
	6.13m(0.6)	FOUL(+0.0)	FOUL(+0.0)						

2019 American Rivers Conference Outdoor Track & Field Championships

Coe College - 5/9/2019 to 5/11/2019

Results

...Men Long Jump

16	Jordon Woods	JR Central College	6.63m	5.93m	-0.3	19-05.50	2
	5.93m(-0.3) FOUL(+0.0)	5.52m(2.3)					
17	Cory Kitt	FR Buena Vista	6.14m	5.91m	-0.7	19-04.75	1
	5.79m(+0.0) 5.91m(-0.7) 5.53m(0.1)						
18	Diego Lopez	FR Luther	6.00m	5.83m	1.7	19-01.50	1
	5.64m(-1.6) FOUL(+0.0) 5.83m(1.7)						
19	Keaton Fleck	FR Coe	6.14m	5.83m	1.6	19-01.50	1
	5.28m(+0.0) 5.43m(0.8) 5.83m(1.6)						
20	Nate Sielaff	FR Loras	6.13m	5.70m	0.4	18-08.50	1
	FOUL(1.1) 5.52m(0.9) 5.70m(0.4)						
21	Spencer Willett	SO Coe	5.80m	5.66m	+0.0	18-07.00	1
	FOUL(+0.0) 5.66m(+0.0) FOUL(0.5)						
22	Aaron Poppert	SO Nebraska Wesleyan		5.37m	+0.0	17-07.50	1
	5.29m(-0.7) 4.79m(+0.0) 5.37m(+0.0)						
23	Carter Berkey	FR Simpson (Iowa)	6.43m	5.32m	+0.0	17-05.50	1
	5.32m(+0.0) PASS PASS						
24	Brian Rew	JR Simpson (Iowa)	5.59m	5.19m	-0.1	17-00.50	1
	5.19m(-0.1) FOUL(+0.0) FOUL						

Men Triple Jump

All-Time: A 15.15m 1973		Kip Korir, Coe					
Championship: C 15.14m 2017		Garrett Sellhorst, Nebraska Wes					
Name	Year	School	Seed	Finals	Wind	H#	Points
1	Kortez Pickett	SR Dubuque	14.02m	13.99m	+0.0	45-10.75	2 10
	13.99m(+0.0) 12.78m(+0.0) 13.37m(0.7) 13.86m(+0.0) 13.77m(+0.0) 13.79m(+0.0)						
2	Tyler Sharp	SR Nebraska Wesleyan	13.37m	13.46m	+0.0	44-02.00	2 8
	12.97m(0.9) 12.99m(+0.0) 13.46m(+0.0) 12.86m(+0.0) 12.54m(+0.0) 12.95m(+0.0)						
3	Lado Kose	FR Nebraska Wesleyan	13.40m	13.42m	+0.0	44-00.50	2 6
	12.81m(0.7) 13.42m(+0.0) 12.81m(+0.0) 13.04m(+0.0) 12.48m(+0.0) 12.87m(+0.0)						
4	Trent Koehler	JR Nebraska Wesleyan		13.38m	+0.0	43-10.75	1 5
	FOUL 12.42m(0.5) 13.38m(+0.0) PASS PASS PASS						
5	Brock Lewis	FR Central College	13.77m	13.26m	+0.0	43-06.00	2 4
	FOUL 12.33m(+0.0) 13.26m(+0.0) FOUL FOUL 13.17m(+0.0)						
6	Mychael Holliday	SO Wartburg	13.07m	13.24m	0.3	43-05.25	2 3
	FOUL 13.24m(0.3) FOUL FOUL 12.51m(+0.0) 12.60m(+0.0)						
7	Nicholas Beatty	JR Dubuque	13.19m	13.11m	+0.0	43-00.25	2 2
	FOUL FOUL 12.55m(+0.0) 12.93m(+0.0) 12.96m(+0.0) 13.11m(+0.0)						
8	Dante Burchfield	JR Dubuque	12.95m	12.96m	0.5	42-06.25	1 1
	12.55m(+0.0) 12.91m(+0.0) 12.96m(0.5) FOUL FOUL 12.61m(+0.0)						
9	Cory Kitt	FR Buena Vista	13.15m	12.72m	+0.0	41-08.75	2
	12.52m(1.1) 12.58m(+0.0) 12.31m(+0.0) 12.55m(+0.0) 12.72m(+0.0) FOUL						
10	Peter Kilburg	SO Loras	12.99m	12.55m	+0.0	41-02.25	1
	12.10m(+0.0) 12.55m(+0.0) 12.25m(0.5) 12.48m(+0.0) 12.50m(+0.0) FOUL						
11	Devante Pearson	JR Wartburg	12.72m	12.53m	0.8	41-01.50	1
	12.27m(0.6) 12.53m(0.8) 11.83m(+0.0)						
12	Antonio Porter	FR Nebraska Wesleyan	12.82m	12.40m	+0.0	40-08.25	1
	12.13m(0.6) FOUL 12.40m(+0.0)						
13	Jordon Woods	JR Central College	12.66m	12.37m	+0.0	40-07.00	1
	FOUL 12.37m(+0.0) FOUL						
14	Doyle Carroll	SO Loras	13.42m	12.29m	+0.0	40-04.00	2
	FOUL FOUL 12.29m(+0.0)						
15	Mac Nuanez	FR Wartburg	13.01m	12.26m	+0.0	40-02.75	2
	12.26m(+0.0) 12.16m(+0.0) 12.16m(+0.0)						

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16	Nate Sielaff	FR Loras	12.03m	12.01m	+0.0	39-05.00	1
	FOUL	12.00m(0.9)	12.01m(+0.0)				
17	Ahymad Lee	SR Wartburg	11.61m	11.84m	+0.0	38-10.25	1
	FOUL	FOUL	11.84m(+0.0)				
18	Diego Lopez	FR Luther	11.45m	11.36m	1.3	37-03.25	1
	11.27m(1.2)	11.36m(1.3)	11.30m(+0.0)				
19	Spencer Willett	SO Coe	11.64m	11.15m	+0.0	36-07.00	1
	11.15m(+0.0)	11.08m(0.9)	FOUL				
--	Jeremiah Steed	SO Dubuque	13.34m	FOUL			2
	FOUL	FOUL	FOUL				

Men Shot Put

All-Time: A 19.18m		1996	Dennis Black, Upper Iowa					
Championship: C 19.18m		1996	Dennis Black, Upper Iowa					
Name	Year	School	Seed	Finals	H#	Points		
1	Blaze Murfin	SR Dubuque	18.11m	16.26m	53-04.25	3	10	
	16.26m	16.08m	FOUL	16.24m	FOUL	FOUL		
2	Chase Bonner	SR Buena Vista	16.06m	15.79m	51-09.75	3	8	
	14.74m	15.79m	FOUL	14.51m	14.28m	14.96m		
3	Nathan Fitzgerald	SR Central College	15.26m	15.49m	50-10.00	3	6	
	15.26m	FOUL	15.00m	FOUL	FOUL	15.49m		
4	Jake Berg	SR Loras	13.10m	15.46m	50-08.75	2	5	
	14.83m	14.64m	13.99m	FOUL	15.46m	14.71m		
5	Zachary Naatz	SO Dubuque	14.69m	14.97m	49-01.50	3	4	
	FOUL	FOUL	14.55m	14.97m	13.85m	FOUL		
6	Charles Goodman	SR Nebraska Wesleyan	15.14m	14.70m	48-02.75	3	3	
	14.66m	FOUL	14.34m	14.70m	FOUL	14.68m		
7	Drew Beall	SR Buena Vista	14.27m	14.59m	47-10.50	3	2	
	13.86m	13.89m	14.22m	14.59m	14.58m	FOUL		
8	Caleb Striegel	JR Simpson (Iowa)	15.29m	14.40m	47-03.00	3	1	
	14.21m	14.40m	13.42m	14.15m	14.35m	14.10m		
9	Josh Seymour	JR Coe	14.07m	13.89m	45-07.00	2		
	13.14m	13.45m	13.89m	13.84m	13.50m	13.53m		
10	Austin Feyen	JR Dubuque	15.01m	13.84m	45-05.00	3		
	12.78m	13.68m	13.84m					
11	Dallas McFarland	JR Coe	13.10m	13.56m	44-06.00	2		
	13.56m	13.49m	FOUL					
12	Garrett Hammond	SR Loras	14.81m	13.51m	44-04.00	3		
	12.58m	13.51m	13.28m					
13	Sam Lindgren	SO Nebraska Wesleyan	14.40m	13.41m	44-00.00	3		
	FOUL	12.86m	13.41m					
14	Lane Jellison	SO Buena Vista	14.09m	13.34m	43-09.25	2		
	FOUL	13.17m	13.34m					
15	Darian Savage	JR Buena Vista	13.62m	13.23m	43-05.00	2		
	12.94m	13.23m	13.13m					
16	Mason Spree	SO Simpson (Iowa)	13.14m	13.08m	42-11.00	2		
	12.65m	13.08m	FOUL					
17	Chad Moser	SR Loras	13.49m	13.01m	42-08.25	2		
	12.11m	13.01m	FOUL					
18	Dylan Draeger	SR Dubuque	13.93m	12.97m	42-06.75	2		
	12.97m	FOUL	FOUL					
19	Justin Schoppe	JR Wartburg	12.60m	12.69m	41-07.75	2		
	12.15m	12.68m	12.69m					

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20	Kyle Ott	FR	Nebraska Wesleyan	14.32m	12.51m	41-00.50	3
	FOUL 12.51m FOUL						
21	Zac Couture	SO	Loras	12.18m	12.10m	39-08.50	1
	10.92m 12.10m FOUL						
22	Graeson Trevino	FR	Wartburg	11.90m	12.01m	39-05.00	1
	11.13m 12.01m FOUL						
23	Connor Warrick	SR	Simpson (Iowa)	11.58m	11.25m	36-11.00	1
	11.25m FOUL 10.86m						
24	Stone Grell	FR	Luther	10.83m	11.14m	36-06.75	1
	10.25m 10.52m 11.14m						
25	Josh Kreitlow	SO	Wartburg	11.33m	11.07m	36-04.00	1
	11.07m 10.87m 10.75m						
26	David Graham	JR	Nebraska Wesleyan	11.36m	10.87m	35-08.00	1
	10.69m FOUL 10.87m						
27	Jaxon Lee	JR	Simpson (Iowa)	11.37m	10.86m	35-07.75	1
	10.54m 10.61m 10.86m						
28	Braxton Addoh	SR	Wartburg	10.79m	10.40m	34-01.50	1
	10.40m 10.05m 10.40m						
29	Caleb Glodowski	FR	Luther	10.42m	9.96m	32-08.25	1
	FOUL 9.96m FOUL						
30	Reihana Paewai	SO	Luther	8.88m	8.48m	27-10.00	1
	8.48m FOUL 8.31m						
--	Alex Freiburger	JR	Coe	12.21m	FOUL		2
	FOUL FOUL FOUL						
--	Anthony Dixon	FR	Coe	13.17m	FOUL		2
	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						
Name	Year	School	Seed	Finals	H#	Points		
1	Blaze Murfin	SR	Dubuque	53.01m	50.08m	164-04	3	10
	48.02m 49.08m 50.08m		49.02m FOUL 49.65m					
2	Drew Beall	SR	Buena Vista	47.06m	46.80m	153-06	3	8
	FOUL FOUL 41.35m 41.34m		46.80m FOUL					
3	Jared Pohlmann	JR	Nebraska Wesleyan	47.98m	46.29m	151-10	3	6
	42.34m 41.95m FOUL 43.43m		46.29m 45.06m					
4	Caleb Striegel	JR	Simpson (Iowa)	45.89m	45.21m	148-04	3	5
	43.87m 43.81m 44.70m 44.72m		45.21m 44.45m					
5	Colton Youngren	SO	Dubuque	46.66m	44.13m	144-09	3	4
	FOUL FOUL 44.10m FOUL 44.13m		FOUL					
6	Andrew Davis	FR	Nebraska Wesleyan	43.03m	42.49m	139-05	2	3
	42.49m FOUL 41.25m FOUL FOUL		42.29m					
7	Nathan Fitzgerald	SR	Central College	47.60m	42.17m	138-04	3	2
	FOUL FOUL 42.17m 41.59m 42.16m		40.57m					
8	Clayton Hahn	FR	Dubuque	45.03m	42.11m	138-02	3	1
	41.04m FOUL FOUL 41.85m 42.11m		FOUL					
9	Theo Baldus	FR	Central College	46.24m	41.20m	135-02	3	
	41.20m FOUL FOUL 39.52m 39.39m		FOUL					
10	Josh Seymour	JR	Coe	45.06m	40.62m	133-03	3	
	39.14m 40.62m FOUL							
11	Jake Berg	SR	Loras	43.75m	39.49m	129-07	2	
	37.61m 39.49m 38.20m							

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12	Zachary Naatz	SO	Dubuque	41.35m	38.74m	127-01	2
	38.74m FOUL 36.45m						
13	Zac Couture	SO	Loras	39.70m	38.43m	126-01	2
	38.43m FOUL 35.21m						
14	Kyle Ott	FR	Nebraska Wesleyan	43.86m	38.10m	125-00	3
	38.10m FOUL 37.32m						
15	Charles Goodman	SR	Nebraska Wesleyan	43.97m	38.00m	124-08	3
	FOUL 37.10m 38.00m						
16	Darian Savage	JR	Buena Vista	42.88m	37.84m	124-02	2
	30.53m 36.44m 37.84m						
17	Lane Jellison	SO	Buena Vista	38.94m	37.23m	122-02	2
	35.38m 36.76m 37.23m						
18	Dallas McFarland	JR	Coe	40.20m	35.26m	115-08	2
	35.26m FOUL FOUL						
19	Graeson Trevino	FR	Wartburg	36.82m	34.17m	112-01	2
	FOUL FOUL 34.17m						
20	Samuel Jackson	FR	Coe	33.74m	34.09m	111-10	1
	34.09m 33.12m 34.02m						
21	Mac Roush	SO	Simpson (Iowa)	33.30m	33.92m	111-03	1
	33.92m FOUL 32.83m						
22	Josh Kreitlow	SO	Wartburg	34.95m	33.09m	108-07	2
	FOUL FOUL 33.09m						
23	Robert Smedsrud	JR	Luther	29.40m	30.67m	100-07	1
	30.67m 30.62m 27.00m						
24	Josh Dietrich	JR	Simpson (Iowa)	32.25m	30.33m	99-06	1
	30.33m 27.00m 26.64m						
25	Garrett Hammond	SR	Loras	37.70m	29.55m	96-11	2
	FOUL 29.55m FOUL						
26	Stone Grell	FR	Luther	31.20m	29.22m	95-10	1
	28.05m 29.22m 27.56m						
27	Jaxon Lee	JR	Simpson (Iowa)	30.32m	28.56m	93-08	1
	27.70m FOUL 28.56m						
28	Justin Schoppe	JR	Wartburg	28.95m	28.42m	93-03	1
	28.42m FOUL 26.86m						
29	Delo Johnson	SO	Wartburg	30.44m	28.31m	92-10	1
	FOUL 26.87m 28.31m						
30	Reihana Paewai	SO	Luther	23.92m	24.53m	80-06	1
	21.23m 20.93m 24.53m						
--	Alex Freiburger	JR	Coe	36.18m	FOUL		2
	FOUL FOUL FOUL						
--	John Meskimen	SR	Loras	34.89m	FOUL		1
	FOUL FOUL FOUL						

Men Hammer Throw

=====							
All-Time: A 59.99m		2019		Blaze Murfin, Wartburg			
Championship: C 58.13m		5/11/2018		Georg Niit, Nebraska Wes			
Name	Year	School	Seed	Finals	H#	Points	
=====							
1	Blaze Murfin	SR	Dubuque	59.99m	59.16mC	194-01	3 10
	56.98m FOUL FOUL		56.06m FOUL 59.16m				
2	John Gregory	SR	Dubuque	55.68m	54.23m	177-11	3 8
	50.76m 53.07m 54.23m		51.77m 52.05m 49.71m				
3	Garrett Hammond	SR	Loras	52.33m	53.77m	176-05	3 6
	49.60m 53.77m FOUL FOUL		FOUL FOUL				

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****....Men Hammer Throw**

4	Shelmund Mercalina	SR Buena Vista	52.75m	50.91m	167-00	3	5
	49.37m 46.43m 47.71m 50.66m 49.99m 50.91m						
5	Drew Beall	SR Buena Vista	52.37m	50.81m	166-08	3	4
	50.81m 49.53m 50.54m FOUL 47.39m 49.72m						
6	Austin Feyen	JR Dubuque	51.91m	50.76m	166-06	3	3
	48.16m FOUL FOUL 49.20m 50.76m FOUL						
7	Chase Bonner	SR Buena Vista	52.35m	50.71m	166-04	3	2
	49.13m 50.71m FOUL 45.39m FOUL 49.49m						
8	Jared Pohlmann	JR Nebraska Wesleyan	50.42m	49.57m	162-07	3	1
	49.57m 48.00m 48.61m FOUL FOUL FOUL						
9	Aidan Carr	JR Dubuque	48.85m	48.41m	158-10	3	
	FOUL 45.76m 48.41m FOUL 48.20m FOUL						
10	Lotu Ahomana	SR Coe	47.81m	46.55m	152-09	3	
	44.85m 46.55m FOUL						
11	Sam Lindgren	SO Nebraska Wesleyan	45.31m	42.78m	140-04	2	
	41.67m 42.51m 42.78m						
12	Charles Goodman	SR Nebraska Wesleyan	45.46m	42.62m	139-10	2	
	42.16m FOUL 42.62m						
13	Caleb Striegel	JR Simpson (Iowa)	43.52m	42.22m	138-06	2	
	42.22m 41.82m 41.42m						
14	Josh Kreitlow	SO Wartburg	45.35m	41.60m	136-06	2	
	41.60m 41.26m FOUL						
15	Zach Hellie	SO Nebraska Wesleyan	43.41m	41.23m	135-03	2	
	41.23m FOUL FOUL						
16	John Meskimen	SR Loras	44.92m	40.61m	133-03	2	
	40.61m FOUL 39.16m						
17	Mason Spree	SO Simpson (Iowa)	42.58m	40.32m	132-03	2	
	40.32m FOUL FOUL						
18	Theo Baldus	FR Central College	42.28m	40.26m	132-01	2	
	FOUL 40.26m 40.05m						
19	Josh Seymour	JR Coe	47.27m	39.99m	131-02	3	
	39.99m FOUL FOUL						
20	Nic Young	SR Loras	43.40m	39.39m	129-03	2	
	39.39m 38.53m 37.20m						
21	Lane Jellison	SO Buena Vista	42.74m	38.21m	125-04	2	
	FOUL 38.21m FOUL						
22	Anthony Dixon	FR Coe	40.70m	37.59m	123-04	1	
	37.59m FOUL 36.90m						
23	Justin Schoppe	JR Wartburg	34.26m	34.02m	111-07	1	
	33.27m FOUL 34.02m						
24	Delo Johnson	SO Wartburg	29.43m	33.41m	109-07	1	
	29.19m 31.28m 33.41m						
25	Graeson Trevino	FR Wartburg	38.47m	32.99m	108-03	1	
	FOUL FOUL 32.99m						
26	Luke Pavlat	FR Central College	33.47m	32.77m	107-06	1	
	30.84m 32.39m 32.77m						
27	Reihana Paewai	SO Luther	30.38m	31.83m	104-05	1	
	31.83m 29.32m FOUL						
28	Joshua Robles	FR Coe	30.20m	31.25m	102-06	1	
	31.25m FOUL FOUL						
29	Caleb Glodowski	FR Luther	29.13m	30.04m	98-07	1	
	26.95m 30.04m FOUL						
30	Stone Grell	FR Luther	32.59m	27.73m	91-00	1	
	27.73m 27.16m 25.60m						

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-- Mac Roush	SO Simpson (Iowa)	32.52m	FOUL	1
FOUL FOUL FOUL				
-- Jake Berg	SR Loras	47.10m	FOUL	2
FOUL FOUL FOUL				

Men Javelin Throw

All-Time: A 66.71m 2001 Bryce Berkompas, Coe					
Championship: C 67.71m 2001 Bryce Berkompas, Coe					
Name	Year School	Seed	Finals	H#	Points
1 Ty Chrisman	FR Dubuque	53.23m	52.96m	173-09	2 10
49.45m 50.82m 51.73m	52.96m FOUL 52.43m				
2 Andrew Davis	FR Nebraska Wesleyan	50.11m	52.16m	171-01	2 8
49.04m 45.20m 49.00m	47.90m 48.51m 52.16m				
3 Will Daniels	JR Central College	53.17m	50.12m	164-05	2 6
49.05m 48.62m 50.12m	48.56m 47.12m 45.28m				
4 Jarrett Proby	FR Nebraska Wesleyan	50.03m	49.03m	160-10	2 5
49.03m 43.46m 45.76m	FOUL 42.60m 44.16m				
5 Josh Dietrich	JR Simpson (Iowa)	54.20m	47.73m	156-07	2 4
FOUL 47.08m 46.46m 45.34m	46.00m 47.73m				
6 Jordan Polk	SR Nebraska Wesleyan	46.03m	47.60m	156-02	2 3
47.60m 38.26m FOUL 41.52m	FOUL FOUL				
7 Jackson Varney	FR Coe	45.15m	45.84m	150-05	2 2
45.84m 42.41m 39.93m	FOUL 36.11m 36.91m				
8 Jaelen Boysen	FR Dubuque	47.24m	44.87m	147-02	2 1
42.34m FOUL 44.83m FOUL	44.87m 40.74m				
9 Mac Nuanez	FR Wartburg	42.77m	44.20m	145-00	1
40.46m 44.20m 40.85m	41.48m 42.50m 42.74m				
10 Connor Warrick	SR Simpson (Iowa)	47.07m	44.04m	144-06	2
41.97m 44.04m 43.57m					
11 Andrew Kammerzell	JR Nebraska Wesleyan	45.08m	43.85m	143-10	2
42.38m 43.85m 40.40m					
12 Nathan Fitzgerald	SR Central College	44.55m	43.47m	142-07	1
FOUL 41.41m 43.47m					
13 Riley Nolan	FR Wartburg	45.02m	42.96m	140-11	1
37.44m 42.45m 42.96m					
14 Tanner Johnson	SO Central College	45.92m	41.96m	137-08	2
41.29m 36.84m 41.96m					
15 Riley Barrett	SO Wartburg	46.58m	41.81m	137-02	2
40.43m 35.60m 41.81m					
16 Robert Smedsrud	JR Luther	41.35m	40.19m	131-10	1
38.60m 36.30m 40.19m					
17 James Niemann	SR Wartburg	44.44m	38.71m	127-00	1
36.55m 36.98m 38.71m					
18 Luke Pavlat	FR Central College	37.04m	37.34m	122-06	1
35.11m 37.34m 33.76m					
19 Eric Smedsrud	SO Luther	41.76m	35.92m	117-10	1
35.92m 30.12m 31.56m					
20 Connor Hopkins	SO Luther	37.70m	34.88m	114-05	1
34.88m 34.66m 26.40m					
21 Jaxon Lee	JR Simpson (Iowa)	36.35m	33.51m	109-11	1
31.91m 33.51m 33.37m					
22 Mac Roush	SO Simpson (Iowa)	37.88m	33.00m	108-03	1
FOUL FOUL 33.00m					

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****....Men Javelin Throw**

23 Maxwell Tapp SR Luther 39.69m 32.83m 107-08 1
 32.00m 32.83m 31.19m

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 Caleb Jennings	SR	Central College	11.01C	3.0	2	858
2 Kevin Wissing	JR	Dubuque	11.47	3.0	2	759
3 Rudy Vrtiska	FR	Nebraska Wesleyan	11.62	3.0	2	728
4 Austin Greenwalt	JR	Simpson (Iowa)	11.63	3.0	2	725
5 Jon Meinholz	FR	Loras	11.65	3.0	2	721
6 Riley Barrett	SO	Wartburg	11.68	2.7	1	715
7 Tanner Ellingson	SO	Nebraska Wesleyan	11.70	3.0	2	711
8 Dalton Closson	FR	Wartburg	11.72	2.7	1	707
9 Nick Thompson	FR	Central College	12.03	2.7	1	645
10 Corbin Stillmunkes	SO	Dubuque	12.12	2.7	1	628
11 Robert Smedsrud	JR	Luther	12.16	2.7	1	620
12 Peyton Wetzel	SR	Nebraska Wesleyan	13.08	2.7	1	454

Decathlon: #5 Men 400 Meter Dash Decathlon

Championship: C 49.03 5/9/2003 Tanner Whipple, Central

Name	Year	School	Finals	H#	Points
1 Rudy Vrtiska	FR	Nebraska Wesleyan	52.71	2	694
2 Austin Greenwalt	JR	Simpson (Iowa)	53.16	2	675
3 Riley Barrett	SO	Wartburg	53.24	2	671
4 Kevin Wissing	JR	Dubuque	53.43	1	663
5 Caleb Jennings	SR	Central College	54.23	2	630
6 Jon Meinholz	FR	Loras	55.35	2	585
7 Tanner Ellingson	SO	Nebraska Wesleyan	55.43	2	582
8 Dalton Closson	FR	Wartburg	55.68	1	572
9 Robert Smedsrud	JR	Luther	56.39	1	544
10 Nick Thompson	FR	Central College	56.97	1	522
11 Corbin Stillmunkes	SO	Dubuque	1:01.53	1	363
12 Peyton Wetzel	SR	Nebraska Wesleyan	1:02.34	1	337

Decathlon: #10 Men 1500 Meter Run Decathlon

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

Name	Year	School	Finals	Points
1 Riley Barrett	SO	Wartburg	4:40.04	680
2 Rudy Vrtiska	FR	Nebraska Wesleyan	4:49.08	624
3 Dalton Closson	FR	Wartburg	4:53.54	597
4 Nick Thompson	FR	Central College	4:54.62	591
5 Robert Smedsrud	JR	Luther	4:59.86	561
6 Austin Greenwalt	JR	Simpson (Iowa)	5:05.09	531
7 Kevin Wissing	JR	Dubuque	5:16.60	468
8 Peyton Wetzel	SR	Nebraska Wesleyan	5:18.58	457
9 Jon Meinholz	FR	Loras	5:18.60	457
10 Tanner Ellingson	SO	Nebraska Wesleyan	5:33.20	384
11 Caleb Jennings	SR	Central College	5:35.77	371

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Results

....Decathlon: #10 Men 1500 Meter Run Decathlon

-- Corbin Stillmunkes SO Dubuque DNF

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 Austin Greenwalt	JR	Simpson (Iowa)	15.71	1.5	3	766
2 Rudy Vrtiska	FR	Nebraska Wesleyan	15.82	1.5	3	753
3 Riley Barrett	SO	Wartburg	16.11	1.5	3	720
4 Tanner Ellingson	SO	Nebraska Wesleyan	16.46	1.5	3	682
5 Kevin Wissing	JR	Dubuque	17.06	1.1	2	618
6 Dalton Closson	FR	Wartburg	17.72	0.9	1	551
7 Peyton Wetzel	SR	Nebraska Wesleyan	17.99	1.1	2	525
8 Corbin Stillmunkes	SO	Dubuque	19.25	1.1	2	411
9 Robert Smedsrud	JR	Luther	20.34	0.9	1	323
10 Nick Thompson	FR	Central College	20.94	0.9	1	279
11 Jon Meinholz	FR	Loras	21.40	1.1	2	247
12 Caleb Jennings	SR	Central College	21.80	0.9	1	221

Decathlon: #4 Men High Jump Decathlon

Championship: C 2.04m 5/2/2008 Chris Buresh, Loras																		
Name	Year	School	Finals	Points														
1 Austin Greenwalt	JR	Simpson (Iowa)	1.82m	5-11.50	644													
	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73	1.76	1.79	1.82	1.85		
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	XO	O	O	O	XXO	XO	O	XXX		
2 Riley Barrett	SO	Wartburg	1.79m	5-10.50	619													
	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73	1.76	1.79	1.82			
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	PPP	O	PPP	XO	XXO	XXX			
3 Caleb Jennings	SR	Central College	1.76m	5-09.25	593													
	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73	1.76					
	PPP	PPP	PPP	PPP	PPP	O	PPP	O	PPP	O	PPP	XO	XXO					
4 Dalton Closson	FR	Wartburg	1.73m	5-08.00	569													
	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73	1.76					
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	PPP	O	XXO	XXO	XXX					
5 Nick Thompson	FR	Central College	1.67m	5-05.75	520													
	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70							
	PPP	PPP	PPP	PPP	PPP	XXO	PPP	XXO	XXO	O	XXX							
6 Kevin Wissing	JR	Dubuque	1.58m	5-02.25	449													
	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64									
	PPP	PPP	PPP	PPP	PPP	PPP	XO	PPP	XXX									
7 Jon Meinholz	FR	Loras	1.55m	5-01.00	426													
	1.40	1.43	1.46	1.49	1.52	1.55	1.58											
	O	O	O	XO	XO	XO	XXX											
7 Rudy Vrtiska	FR	Nebraska Wesleyan	1.55m	5-01.00	426													
	1.40	1.43	1.46	1.49	1.52	1.55	1.58											
	PPP	XO	XO	O	O	XO	XXX											
9 Corbin Stillmunkes	SO	Dubuque	1.52m	4-11.75	404													
	1.40	1.43	1.46	1.49	1.52	1.55												
	O	PPP	O	PPP	O	XXX												
10 Robert Smedsrud	JR	Luther	1.49m	4-10.50	381													
	1.40	1.43	1.46	1.49	1.52													
	PPP	O	O	XO	XXX													

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10	Peyton Wetzel	SR Nebraska Wesleyan	1.49m	4-10.50	381
	1.40 1.43 1.46 1.49 1.52				
	PPP O XXO O XXX				
12	Tanner Ellingson	SO Nebraska Wesleyan	1.43m	4-08.25	338
	1.40 1.43 1.46				
	O O XXX				

Decathlon: #8 Men Pole Vault Decathlon

Championship: C 4.55m 5/2/2009 Chris Buresh, Loras																
Name	Year	School	Finals										Points			
1	Riley Barrett	SO Wartburg	3.75m	12-03.50	549											
	2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85					PPP PPP PPP PPP PPP PPP PPP O PPP PPP O PPP O O XXX										
2	Rudy Vrtiska	FR Nebraska Wesleyan	3.45m	11-03.75	469											
	2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55					PPP PPP PPP PPP O PPP XO XO O O XO O XXX										
3	Kevin Wissing	JR Dubuque	3.25m	10-08.00	418											
	2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35					PPP PPP PPP PPP PPP O XO O XO XO XXX										
4	Jon Meinholz	FR Loras	3.15m	10-04.00	393											
	2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25					PPP PPP PPP O O O XO O XO XXX										
4	Corbin Stillmunkes	SO Dubuque	3.15m	10-04.00	393											
	2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25					PPP PPP PPP PPP PPP XO O O O XXX										
4	Dalton Closson	FR Wartburg	3.15m	10-04.00	393											
	2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25					PPP PPP PPP O PPP O PPP XO XXO XXX										
4	Tanner Ellingson	SO Nebraska Wesleyan	3.15m	10-04.00	393											
	2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25					PPP O O O O XO O XO O XXX										
8	Nick Thompson	FR Central College	3.05m	10-00.00	369											
	2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15					PPP PPP PPP O O O XO XO XXX										
9	Caleb Jennings	SR Central College	2.95m	9-08.00	345											
	2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05					O PPP XO O O XXO XXO XXX										
9	Robert Smedsrud	JR Luther	2.95m	9-08.00	345											
	2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05					O O O O XXO XXO O XXX										
11	Peyton Wetzel	SR Nebraska Wesleyan	2.85m	9-04.25	321											
	2.35 2.45 2.55 2.65 2.75 2.85 2.95					PPP O O O O XXO XXX										
12	Austin Greenwalt	JR Simpson (Iowa)	2.65m	8-08.25	275											
	2.35 2.45 2.55 2.65 2.75					PPP XXO O O XXX										

Decathlon: #2 Men Long Jump Decathlon

Championship: C 7.07m 5/8/2014 Jaemin Powell, Central Coll						
Name	Year	School	Finals	Wind	Points	

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1	Austin Greenwalt	JR Simpson (Iowa)	6.15m	1.7	20-02.25	619
	6.15m(1.7) 6.14m(1.2) 5.78m(0.4)					
2	Nick Thompson	FR Central College	6.04m	1.8	19-09.75	595
	FOUL 5.95m(1.6) 6.04m(1.8)					
3	Caleb Jennings	SR Central College	5.82m	+0.0	19-01.25	548
	5.26m(-0.3) 5.72m(1.6) 5.82m(+0.0)					
4	Riley Barrett	SO Wartburg	5.74m	0.5	18-10.00	531
	5.45m(1.2) 5.60m(0.9) 5.74m(0.5)					
5	Rudy Vrtiska	FR Nebraska Wesleyan	5.73m	-1.0	18-09.75	529
	FOUL 5.51m(1.6) 5.73m(-1.0)					
5	Kevin Wissing	JR Dubuque	5.73m	1.0	18-09.75	529
	5.73m(1.0) FOUL FOUL					
7	Tanner Ellingson	SO Nebraska Wesleyan	5.59m	NWI	18-04.25	500
	5.59m(NWI) 5.26m(1.9) 5.45m(1.8)					
8	Dalton Closson	FR Wartburg	5.42m	1.5	17-09.50	465
	FOUL 5.42m(1.5) 5.30m(1.6)					
9	Jon Meinholz	FR Loras	5.24m	1.7	17-02.25	429
	5.22m(NWI) 5.16m(0.1) 5.24m(1.7)					
10	Corbin Stillmunkes	SO Dubuque	5.21m	0.1	17-01.25	423
	FOUL 5.21m(0.1) 4.98m(1.6)					
11	Peyton Wetzel	SR Nebraska Wesleyan	5.13m	NWI	16-10.00	407
	5.13m(NWI) FOUL FOUL					
12	Robert Smedsrud	JR Luther	4.92m	0.9	16-01.75	367
	4.85m(NWI) 4.92m(0.9) 4.73m(1.1)					

Decathlon: #3 Men Shot Put Decathlon

Championship: C 13.73m 5/12/2016 Ryan Kruse, Central Coll						
Name	Year	School	Finals		Points	
1	Caleb Jennings	SR Central College	11.44m	37-06.50	572	
	FOUL 10.70m 11.44m					
2	Corbin Stillmunkes	SO Dubuque	11.15m	36-07.00	555	
	11.14m 11.15m FOUL					
3	Riley Barrett	SO Wartburg	10.64m	34-11.00	524	
	10.06m 9.99m 10.64m					
4	Nick Thompson	FR Central College	10.59m	34-09.00	521	
	10.59m 10.31m 9.84m					
5	Tanner Ellingson	SO Nebraska Wesleyan	10.18m	33-04.75	496	
	10.18m 9.94m 10.18m					
6	Kevin Wissing	JR Dubuque	10.02m	32-10.50	487	
	9.61m 9.62m 10.02m					
7	Austin Greenwalt	JR Simpson (Iowa)	9.66m	31-08.50	465	
	9.66m 9.43m 9.07m					
8	Jon Meinholz	FR Loras	9.56m	31-04.50	459	
	9.56m FOUL 9.16m					
9	Robert Smedsrud	JR Luther	9.37m	30-09.00	448	
	9.32m 9.27m 9.37m					
10	Peyton Wetzel	SR Nebraska Wesleyan	8.92m	29-03.25	421	
	8.92m 8.70m FOUL					
11	Rudy Vrtiska	FR Nebraska Wesleyan	8.52m	27-11.50	397	
	7.70m 8.52m 8.18m					
12	Dalton Closson	FR Wartburg	6.73m	22-01.00	291	
	6.73m 5.79m 6.65m					

2019 American Rivers Conference Outdoor Track & Field Championships**Coe College - 5/9/2019 to 5/11/2019****Results****Decathlon: #7 Men Discus Throw Decathlon**

Championship: C 43.24m 5/11/2017 Ryan Kruse, Central Coll					
Name	Year	School	Finals	Points	
1 Riley Barrett	SO	Wartburg	35.54m	116-07	575
34.00m 35.54m 33.15m					
2 Robert Smedsrud	JR	Luther	32.15m	105-06	507
24.48m 31.54m 32.15m					
3 Caleb Jennings	SR	Central College	29.74m	97-07	459
FOUL 29.74m FOUL					
4 Tanner Ellingson	SO	Nebraska Wesleyan	29.34m	96-03	451
29.34m 24.97m 24.90m					
5 Austin Greenwalt	JR	Simpson (Iowa)	28.37m	93-01	432
28.37m FOUL FOUL					
6 Jon Meinholz	FR	Loras	28.19m	92-06	429
28.19m FOUL 26.95m					
7 Corbin Stillmunkes	SO	Dubuque	27.28m	89-06	411
27.09m FOUL 27.28m					
8 Kevin Wissing	JR	Dubuque	27.20m	89-03	410
FOUL 27.20m FOUL					
9 Nick Thompson	FR	Central College	25.92m	85-00	385
FOUL 23.51m 25.92m					
10 Peyton Wetzel	SR	Nebraska Wesleyan	25.00m	82-00	367
FOUL 20.95m 25.00m					
11 Rudy Vrtiska	FR	Nebraska Wesleyan	23.60m	77-05	340
22.93m 22.00m 23.60m					
12 Dalton Closson	FR	Wartburg	19.61m	64-04	265
19.61m FOUL FOUL					

Decathlon: #9 Men Javelin Throw Decathlon

Championship: C 55.15m 5/12/2016 Ryan Kruse, Central Coll					
Name	Year	School	Finals	Points	
1 Austin Greenwalt	JR	Simpson (Iowa)	46.94m	154-00	543
46.94m 45.40m PASS					
2 Corbin Stillmunkes	SO	Dubuque	42.49m	139-05	478
42.49m FOUL 40.28m					
3 Jon Meinholz	FR	Loras	42.39m	139-01	477
35.69m 42.39m 39.29m					
4 Riley Barrett	SO	Wartburg	41.40m	135-10	462
41.40m 39.98m 41.40m					
5 Caleb Jennings	SR	Central College	41.06m	134-08	457
38.42m 41.06m 41.06m					
6 Nick Thompson	FR	Central College	39.68m	130-02	437
36.97m 35.63m 39.68m					
7 Robert Smedsrud	JR	Luther	37.13m	121-10	401
36.47m 33.75m 37.13m					
8 Kevin Wissing	JR	Dubuque	37.06m	121-07	400
36.40m 36.61m 37.06m					
9 Rudy Vrtiska	FR	Nebraska Wesleyan	34.66m	113-08	365
FOUL 31.37m 34.66m					
10 Peyton Wetzel	SR	Nebraska Wesleyan	34.16m	112-01	358
FOUL 34.16m FOUL					
11 Tanner Ellingson	SO	Nebraska Wesleyan	33.29m	109-03	346
32.32m FOUL 33.29m					

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12 Dalton Closson FR Wartburg 28.49m 93-06 278
 FOUL 28.49m 27.53m

Men Decathlon

All-Time: A		7528	1986	Kip Janvrin, Simpson	
Championship: C		6754	5/10/2003	Peter Wagner, Central	
Name	Year	School	Seed	Finals	H# Points
1	Riley Barrett	SO Wartburg	5872	6046	10
2	Austin Greenwalt	JR Simpson (Iowa)	5352	5675	8
3	Rudy Vrtiska	FR Nebraska Wesleyan	5129	5325	6
4	Kevin Wissing	JR Dubuque		5201	5
5	Caleb Jennings	SR Central College	4179	5054	4
6	Tanner Ellingson	SO Nebraska Wesleyan	4629	4883	3
7	Nick Thompson	FR Central College	4525	4864	2
8	Dalton Closson	FR Wartburg		4688	1
9	Jon Meinholz	FR Loras		4623	
10	Robert Smedsrud	JR Luther		4497	
11	Corbin Stillmunkes	SO Dubuque		4066	
12	Peyton Wetzel	SR Nebraska Wesleyan	3995	4028	

Women - Team Rankings - 22 Events Scored

1) Wartburg	188.50	2) Nebraska Wesleyan	188
3) Loras	161	4) Dubuque	157.50
5) Central College	68	6) Luther	43
7) Buena Vista	20	8) Coe	17
9) Simpson (Iowa)	13		

Men - Team Rankings - 22 Events Scored

1) Wartburg	197	2) Dubuque	144
3) Nebraska Wesleyan	125	4) Loras	124
5) Central College	114	6) Simpson (Iowa)	64
7) Buena Vista	33	8) Coe	30
9) Luther	24		