

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****Women 100 Meter Dash****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

All-Time: A 11.48 2019 Gabrielle Noland, Loras					
Championship: C 11.93 5/11/2019 Alison Beeman, Dubuque					
Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1	Emma Seipel	JR Loras	11.98	C 11.87Q	1.8 3
2	JoJo Tynismaa	SO Wartburg	12.41	11.91Q	2.4 1
3	Emily McMartin	SO Central College	12.33	12.18Q	2.3 2
4	Harmony Creasy	JR Loras	12.19	12.14q	2.4 1
5	Natalie Cummins	JR Nebraska Wesleyan	12.75	12.23q	2.4 1
6	Breanne Geary	SR Nebraska Wesleyan	12.57	12.24q	1.8 3
7	Ava Parkins	FR Central College	12.60	12.25q	2.4 1
8	Kelly Kohlhof	JR Loras	12.32	12.32q	2.3 2
9	Mary Gustason	SO Central College	12.64	12.44	2.4 1
10	Meghan McDonald	FR Loras	12.61	12.51	2.3 2
11	Sophia Stahle	FR Wartburg		12.53	2.4 1 12.527
11	Bianca Clemons	JR Simpson (Iowa)	12.61	12.53	2.3 2 12.527
13	Keira Alliss	SO Dubuque	12.58	12.55	1.8 3
14	Hannah Olson	SR Buena Vista	12.74	12.74	1.8 3
15	Sabryn Egli	SO Central College	12.98	12.83	2.3 2
16	Addie Parker	JR Wartburg	13.18	12.91	1.8 3
17	Amara Marks	JR Luther	13.09	13.06	2.3 2
18	Zoe Rahberg	SO Luther	13.14	13.08	2.4 1
19	Avery Schultes	FR Wartburg	13.25	13.29	1.8 3
20	Grace Davidson	SR Luther	13.55	13.30	2.3 2
21	Tink Mitchell	FR Coe	13.39	13.43	2.4 1
--	Jacey Moore	SO Simpson (Iowa)	13.84	DNS	2.3 2
--	Grace Kahon	FR Dubuque	12.68	DNS	1.8 3

Women 100 Meter Dash

All-Time: A 11.48 2019 Gabrielle Noland, Loras					
Championship: C 11.93 5/11/2019 Alison Beeman, Dubuque					
Name	Year School	Prelims	Finals	Wind	Points
Finals					
1	Emma Seipel	JR Loras	11.87	12.15	-0.8 10
2	JoJo Tynismaa	SO Wartburg	11.91	12.25	-0.8 8
3	Harmony Creasy	JR Loras	12.14	12.44	-0.8 6
4	Kelly Kohlhof	JR Loras	12.32	12.45	-0.8 5
5	Breanne Geary	SR Nebraska Wesleyan	12.24	12.46	-0.8 4
6	Emily McMartin	SO Central College	12.18	12.49	-0.8 3
7	Natalie Cummins	JR Nebraska Wesleyan	12.23	12.55	-0.8 2
8	Ava Parkins	FR Central College	12.25	12.60	-0.8 1

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

All-Time: A 23.44 2019 Gabrielle Noland, Loras					
Championship: C 23.84 5/11/2012 Nevada Morrison, Wartburg					
Name	Year School	Seed	Prelims	Wind	H#
Preliminaries					
1	Isabella Hogue	SR Nebraska Wesleyan	24.26	24.31Q	2.9 2

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Women 200 Meter Dash**

2	Emma Seipel	JR Loras	25.16	24.82Q	1.3	1
3	Emily McMartin	SO Central College	25.29	25.02Q	3.5	4
4	Harmony Creasy	JR Loras	25.07	25.07Q	4.2	3
5	Breanne Geary	SR Nebraska Wesleyan	25.79	25.15q	2.9	2
6	Lina Newland	SO Wartburg	25.31	25.19q	3.5	4
7	Alyssa Pfadenhauer	JR Loras	25.88	25.24q	4.2	3
8	Gianna Borzileri	JR Dubuque	25.98	25.46q	3.5	4 25.452
9	Abbi Roerdink	JR Central College	25.40	25.46	1.3	1 25.457
10	Kelly Kohlhof	JR Loras	25.47	25.58	4.2	3
11	Ava Parkins	FR Central College	25.93	25.62	1.3	1
12	Natalie Cummins	JR Nebraska Wesleyan	25.79	25.81	2.9	2
13	Hannah Olson	SR Buena Vista	26.11	26.02	1.3	1
14	Bianca Clemons	JR Simpson (Iowa)	26.64	26.11	4.2	3
15	Raegan Levi	SO Nebraska Wesleyan	26.34	26.16	2.9	2
16	Olivia Tollari	SO Wartburg	26.30	26.23	4.2	3
17	Addie Parker	JR Wartburg	27.09	26.54	1.3	1
18	Sabryn Egli	SO Central College	27.17	26.82	3.5	4
19	Sangai Dukuly	JR Coe	26.48	26.87	2.9	2
20	Kiana Carnes	FR Wartburg	27.33	27.14	3.5	4
21	Zoe Rahberg	SO Luther	27.90	27.39	2.9	2
22	Amara Marks	JR Luther	27.46	27.53	1.3	1
23	Emily Groppoli	JR Luther	28.33	27.64	4.2	3
24	Tink Mitchell	FR Coe	27.86	28.74	2.9	2
--	Lanah Collins	SO Buena Vista	27.56	DNS	4.2	3
--	Jacey Moore	SO Simpson (Iowa)	28.86	DNS	1.3	1
--	Grace Kahon	FR Dubuque	26.02	DNS	3.5	4

Women 200 Meter Dash

All-Time: A	23.44	2019	Gabrielle Noland, Loras			
Championship: C	23.84	5/11/2012	Nevada Morrison, Wartburg			
Name	Year	School	Prelims	Finals	Wind	Points

Finals

1	Isabella Hogue	SR Nebraska Wesleyan	24.31	24.10	-0.6	10
2	Emma Seipel	JR Loras	24.82	24.86	-0.6	8
3	Harmony Creasy	JR Loras	25.07	25.01	-0.6	6
4	Breanne Geary	SR Nebraska Wesleyan	25.15	25.07	-0.6	5
5	Emily McMartin	SO Central College	25.02	25.39	-0.6	4
6	Lina Newland	SO Wartburg	25.19	25.48	-0.6	3
7	Alyssa Pfadenhauer	JR Loras	25.24	25.53	-0.6	2
8	Gianna Borzileri	JR Dubuque	25.46	26.10	-0.6	1

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	Abbi Roerdink	JR Central College	55.93	56.82Q	2
2	Alyssa Pfadenhauer	JR Loras	57.49	57.35Q	1
3	Lina Newland	SO Wartburg	58.04	57.98Q	3
4	Kiarra Fennell	FR Nebraska Wesleyan	59.23	57.99q	1

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Women 400 Meter Dash**

5	Gianna Borzileri	JR Dubuque	58.84	58.28q	3
6	Grace Alley	JR Loras		58.66q	1
7	Isabella Hilger	SR Nebraska Wesleyan	59.32	58.88q	1
8	Olivia Tollari	SO Wartburg	59.99	59.28q	1
9	Rachel Nagel	JR Wartburg	59.29	59.42	2
10	Lizzy Van Utrecht	FR Central College	59.28	59.47	2
11	Layla Hughes	FR Loras	59.94	59.69	3
12	Jaide Flowers	FR Dubuque	59.87	59.75	3
13	Alexa Koza	SR Nebraska Wesleyan	1:00.65	59.83	2
14	Lauren Brown	JR Central College	1:00.59	1:01.78	2
15	Hannah Ramsey	FR Wartburg	1:01.11	1:01.86	1
16	Reagan Koza	SR Nebraska Wesleyan	1:03.27	1:02.01	3
17	Lanah Collins	SO Buena Vista	1:05.94	1:06.68	3

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	Abbi Roerdink	JR Central College	56.82	55.75	10
2	Alyssa Pfadenhauer	JR Loras	57.35	55.92	8
3	Gianna Borzileri	JR Dubuque	58.28	57.29	6
4	Kiarra Fennell	FR Nebraska Wesleyan	57.99	57.34	5
5	Grace Alley	JR Loras	58.66	57.96	4
6	Isabella Hilger	SR Nebraska Wesleyan	58.88	59.18	3
7	Lina Newland	SO Wartburg	57.98	59.42	2
8	Olivia Tollari	SO Wartburg	59.28	59.86	1

Women 800 Meter Run**8 Advance: Top 2 Each Heat plus Next 2 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	Peyton Steffen	SO Central College	2:12.52	2:12.92Q	3
	1:04.675 (1:04.675)	2:12.920 (1:08.246)			
2	Frankie Chaidez	JR Loras	2:16.00	2:15.84Q	1
	1:09.290 (1:09.290)	2:15.834 (1:06.544)			
3	Haley Meyer	SO Wartburg	2:14.56	2:17.09Q	2
	1:09.332 (1:09.332)	2:17.085 (1:07.753)			
4	Erin Phelan	JR Wartburg	2:19.23	2:15.16Q	3
	1:06.090 (1:06.090)	2:15.154 (1:09.064)			
5	Alivia Roerdink	FR Central College	2:17.17	2:18.10Q	1
	1:09.243 (1:09.243)	2:18.095 (1:08.853)			
6	Delaney Vacek	SO Nebraska Wesleyan	2:18.40	2:18.65Q	2
	1:09.337 (1:09.337)	2:18.650 (1:09.314)			
7	Alyssa Mayhew	JR Central College	2:18.63	2:15.40q	3
	1:05.993 (1:05.993)	2:15.394 (1:09.401)			
8	Alyssa Blankenship	JR Luther	2:23.32	2:17.05q	3
	1:06.227 (1:06.227)	2:17.048 (1:10.821)			

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Women 800 Meter Run**

9	Ella Johnson	FR Wartburg	2:19.93	2:18.73	2
	1:09.611 (1:09.611)	2:18.725 (1:09.115)			
10	Becca Diddia	JR Loras	2:20.78	2:18.74	1
	1:09.466 (1:09.466)	2:18.739 (1:09.273)			
11	Crystal Burke	SR Coe	2:21.56	2:20.15	2
	1:09.961 (1:09.961)	2:20.146 (1:10.185)			
12	Abby Alberti	JR Central College	2:28.11	2:21.48	1
	1:10.267 (1:10.267)	2:21.480 (1:11.213)			
13	Gabby Thomas	SR Nebraska Wesleyan	2:23.52	2:22.46	2
	1:09.519 (1:09.519)	2:22.455 (1:12.936)			
14	Madison Prier	SO Wartburg	2:22.24	2:23.23	3
	1:07.910 (1:07.910)	2:23.226 (1:15.317)			
15	Ava Carder	SO Simpson (Iowa)	2:21.35	2:26.46	1
	1:09.977 (1:09.977)	2:26.457 (1:16.480)			
16	Jenna Gessert	FR Simpson (Iowa)		2:33.34	2
	1:10.729 (1:10.729)	2:33.335 (1:22.606)			
17	Penelope Hansen	SO Luther	2:35.51	2:36.09	1
	1:15.898 (1:15.898)	2:36.087 (1:20.190)			

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	Haley Meyer	SO Wartburg	2:17.09	2:14.47	10
	1:08.787 (1:08.787)	2:14.467 (1:05.680)			
2	Frankie Chaidez	JR Loras	2:15.84	2:16.48	8
	1:09.497 (1:09.497)	2:16.474 (1:06.977)			
3	Erin Phelan	JR Wartburg	2:15.16	2:16.56	6
	1:09.919 (1:09.919)	2:16.554 (1:06.636)			
4	Peyton Steffen	SO Central College	2:12.92	2:18.62	5
	1:09.323 (1:09.323)	2:18.611 (1:09.289)			
5	Delaney Vacek	SO Nebraska Wesleyan	2:18.65	2:20.39	4
	1:09.498 (1:09.498)	2:20.389 (1:10.891)			
6	Alyssa Blankenship	JR Luther	2:17.05	2:20.70	3
	1:09.670 (1:09.670)	2:20.692 (1:11.022)			
7	Alyssa Mayhew	JR Central College	2:15.40	2:21.76	2
	1:09.928 (1:09.928)	2:21.754 (1:11.826)			
8	Alivia Roerdink	FR Central College	2:18.10	2:23.21	1
	1:10.192 (1:10.192)	2:23.207 (1:13.016)			

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	Caroline McMartin	JR Central College	4:30.85	4:29.24	2	10
	52.974 (52.974)	2:07.728 (1:14.754)	3:21.742 (1:14.014)	4:29.235 (1:07.494)		
2	Megan Johnson	JR Central College	4:29.41	4:30.38	2	8
	52.342 (52.342)	2:07.233 (1:14.892)	3:21.404 (1:14.171)	4:30.371 (1:08.967)		
3	Peyton Steffen	SO Central College	4:32.29	4:31.71	2	6
	52.583 (52.583)	2:07.452 (1:14.870)	3:21.554 (1:14.103)	4:31.710 (1:10.156)		

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Women 1500 Meter Run**

4	Ellie Meyer	JR Wartburg	4:40.32	4:38.07	2	5
	54.315 (54.315)	2:12.271 (1:17.956)	3:28.967 (1:16.697)	4:38.065 (1:09.098)		
5	Aubrie Fisher	SR Wartburg	4:30.45	4:39.70	2	4
	53.160 (53.160)	2:09.973 (1:16.813)	3:27.481 (1:17.509)	4:39.700 (1:12.219)		
6	Addy Parrott	JR Central College	4:42.48	4:42.31	2	3
	54.589 (54.589)	2:10.844 (1:16.255)	3:27.840 (1:16.996)	4:42.306 (1:14.466)		
7	Frankie Chaidez	JR Loras	4:36.53	4:42.35	2	2
	54.493 (54.493)	2:11.969 (1:17.477)	3:29.429 (1:17.460)	4:42.341 (1:12.913)		
8	Becca Diddia	JR Loras	4:42.73	4:43.35	2	1
	54.745 (54.745)	2:11.747 (1:17.003)	3:29.216 (1:17.469)	4:43.343 (1:14.127)		
9	Teah Miller	FR Luther	4:47.08	4:50.92	2	
	55.175 (55.175)	2:11.489 (1:16.314)	3:30.617 (1:19.128)	4:50.916 (1:20.300)		
10	Jenna Morey	SR Wartburg	4:44.18	4:53.10	2	
	54.973 (54.973)	2:12.541 (1:17.569)	3:32.615 (1:20.074)	4:53.095 (1:20.481)		
11	Emily Erhardt	SR Simpson (Iowa)	4:53.75	4:57.34	2	
	55.479 (55.479)	2:13.480 (1:18.001)	3:34.843 (1:21.363)	4:57.331 (1:22.488)		
12	Megan Bakke	FR Buena Vista	4:59.94	4:57.89	1	
	58.151 (58.151)	2:19.478 (1:21.327)	3:42.126 (1:22.649)	4:57.884 (1:15.758)		
13	Mari Paulsen	SO Luther	5:03.31	4:59.93	1	
	58.963 (58.963)	2:20.986 (1:22.023)	3:42.698 (1:21.712)	4:59.928 (1:17.231)		
14	Kiana Vogel	SO Dubuque	5:10.69	5:04.15	1	
	58.641 (58.641)	2:20.576 (1:21.935)	3:44.489 (1:23.914)	5:04.146 (1:19.658)		
15	Kaya Young	SR Simpson (Iowa)	5:00.95	5:05.27	1	
	58.474 (58.474)	2:20.013 (1:21.540)	3:45.755 (1:25.742)	5:05.270 (1:19.515)		
16	Karley Ruiz-Genovese	SO Buena Vista	5:15.34	5:06.97	1	
	59.616 (59.616)	2:20.858 (1:21.243)	3:45.238 (1:24.380)	5:06.962 (1:21.724)		
17	Kiley Chapman	JR Dubuque	5:01.17	5:08.10	1	
	58.400 (58.400)	2:20.270 (1:21.870)	3:43.936 (1:23.667)	5:08.094 (1:24.159)		
18	Elise Wieland	JR Simpson (Iowa)	4:57.58	5:14.04	1	
	58.154 (58.154)	2:21.257 (1:23.104)	3:50.704 (1:29.447)	5:14.034 (1:23.330)		
19	Ella Johnson	FR Wartburg	4:52.48	5:14.51	2	
	56.034 (56.034)	2:18.151 (1:22.118)	3:48.038 (1:29.887)	5:14.503 (1:26.465)		
20	Thea Seibel	SR Nebraska Wesleyan	5:18.43	5:15.76	1	
	59.751 (59.751)	2:23.633 (1:23.882)	3:52.441 (1:28.809)	5:15.753 (1:23.312)		
21	Lucy Corbin	SO Luther	5:18.15	5:17.25	1	
	1:00.161 (1:00.161)	2:23.813 (1:23.652)	3:50.544 (1:26.731)	5:17.247 (1:26.704)		
22	Avary Byers	SO Nebraska Wesleyan	5:19.56	5:19.47	1	
	59.517 (59.517)	2:22.166 (1:22.649)	3:50.279 (1:28.113)	5:19.469 (1:29.190)		
23	Emily Escoto	SO Simpson (Iowa)	5:18.34	5:19.88	1	
	59.942 (59.942)	2:23.523 (1:23.581)	3:52.675 (1:29.152)	5:19.871 (1:27.197)		
24	Penelope Hansen	SO Luther	5:32.34	5:44.93	1	
	1:05.093 (1:05.093)	2:38.231 (1:33.139)	4:13.674 (1:35.443)	5:44.926 (1:31.252)		
--	Emily Jackson	SO Loras	4:59.77	DNS	1	

Women 5000 Meter Run

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	All-Time: A	15:37.00	2023	Kassie Parker, Loras		
	Championship: C	15:57.69	2004	Missy Buttry, Wartburg		
	Name	Year	School	Seed	Finals	Points
=====						
1	Megan Johnson	JR	Central College	16:35.93	17:09.13	10
	40.688 (40.688)	2:04.037 (1:23.350)	3:28.486 (1:24.450)	4:52.691 (1:24.205)		
	6:18.444 (1:25.754)	7:43.352 (1:24.908)	9:06.985 (1:23.634)	10:31.047 (1:24.063)		
	11:54.244 (1:23.198)	13:17.142 (1:22.898)	14:39.114 (1:21.973)	15:58.554 (1:19.440)		
	17:09.123 (1:10.570)					

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Women 5000 Meter Run**

2	Lexi Brown	SR Wartburg	16:34.95	17:20.76	8
	39.949 (39.949)	2:00.976 (1:21.027)	3:23.583 (1:22.608)	4:47.082 (1:23.500)	
	6:12.342 (1:25.260)	7:38.017 (1:25.676)	9:03.241 (1:25.224)	10:28.645 (1:25.405)	
	11:52.355 (1:23.710)	13:17.162 (1:24.808)	14:39.139 (1:21.977)	15:59.225 (1:20.087)	
	17:20.753 (1:21.528)				
3	Caroline McMartin	JR Central College	16:29.11	17:25.25	6
	40.974 (40.974)	2:04.439 (1:23.466)	3:28.826 (1:24.388)	4:53.237 (1:24.411)	
	6:18.908 (1:25.671)	7:44.289 (1:25.382)	9:08.787 (1:24.498)	10:33.090 (1:24.303)	
	11:57.124 (1:24.034)	13:20.649 (1:23.526)	14:44.098 (1:23.450)	16:06.637 (1:22.539)	
	17:25.250 (1:18.614)				
4	Addy Parrott	JR Central College	17:40.91	17:54.26	5
	41.373 (41.373)	2:05.167 (1:23.794)	3:29.415 (1:24.248)	4:54.493 (1:25.079)	
	6:20.701 (1:26.208)	7:47.741 (1:27.041)	9:14.644 (1:26.903)	10:40.923 (1:26.280)	
	12:07.481 (1:26.558)	13:36.038 (1:28.557)	15:03.821 (1:27.784)	16:30.989 (1:27.169)	
	17:54.254 (1:23.265)				
5	Ellie Meyer	JR Wartburg	16:59.90	18:19.24	4
	41.025 (41.025)	2:04.834 (1:23.810)	3:29.148 (1:24.314)	4:54.276 (1:25.128)	
	6:19.961 (1:25.685)	7:47.610 (1:27.649)	9:16.731 (1:29.122)	10:48.290 (1:31.559)	
	12:18.769 (1:30.480)	13:49.497 (1:30.728)	15:20.416 (1:30.920)	16:51.369 (1:30.954)	
	18:19.235 (1:27.866)				
6	Lindsey Davidson	JR Central College	18:14.20	18:45.87	3
	40.248 (40.248)	2:03.331 (1:23.084)	3:29.228 (1:25.897)	4:55.745 (1:26.518)	
	6:24.011 (1:28.266)	7:53.106 (1:29.095)	9:24.279 (1:31.174)	10:56.438 (1:32.160)	
	12:31.278 (1:34.840)	14:06.047 (1:34.770)	15:39.684 (1:33.637)	17:14.720 (1:35.037)	
	18:45.870 (1:31.150)				
7	Teah Miller	FR Luther	18:03.80	19:09.02	2
	41.756 (41.756)	2:06.056 (1:24.301)	3:32.779 (1:26.723)	5:01.657 (1:28.878)	
	6:34.046 (1:32.390)	8:07.849 (1:33.803)	9:42.546 (1:34.697)	11:16.968 (1:34.423)	
	12:54.097 (1:37.130)	14:31.001 (1:36.904)	16:08.990 (1:37.989)	17:45.656 (1:36.666)	
	19:09.012 (1:23.357)				
8	Crystal Burke	SR Coe	20:09.41	19:14.48	1
	45.931 (45.931)	2:18.480 (1:32.550)	3:51.139 (1:32.659)	5:22.946 (1:31.808)	
	6:57.095 (1:34.149)	8:30.278 (1:33.183)	10:04.178 (1:33.900)	11:37.906 (1:33.729)	
	13:12.397 (1:34.492)	14:45.877 (1:33.480)	16:20.063 (1:34.186)	17:51.824 (1:31.762)	
	19:14.477 (1:22.653)				
9	Julia Veit	SR Luther	19:22.64	19:39.24	
	43.283 (43.283)	2:14.393 (1:31.111)	3:47.457 (1:33.064)	5:22.625 (1:35.168)	
	6:57.639 (1:35.014)	8:30.655 (1:33.017)	10:05.724 (1:35.069)	11:42.219 (1:36.496)	
	13:20.232 (1:38.014)	14:56.997 (1:36.765)	16:33.842 (1:36.846)	18:10.599 (1:36.757)	
	19:39.233 (1:28.634)				
10	Claire Kallhoff	SR Nebraska Wesleyan	19:59.52	19:46.66	
	42.773 (42.773)	2:12.960 (1:30.187)	3:45.947 (1:32.988)	5:21.430 (1:35.484)	
	6:53.788 (1:32.358)	8:26.401 (1:32.614)	10:03.403 (1:37.002)	11:38.644 (1:35.241)	
	13:13.669 (1:35.026)	14:54.273 (1:40.605)	16:35.996 (1:41.724)	18:13.813 (1:37.817)	
	19:46.653 (1:32.841)				
11	Kiley Chapman	JR Dubuque	19:39.21	20:01.15	
	45.606 (45.606)	2:18.306 (1:32.700)	3:51.366 (1:33.061)	5:23.192 (1:31.826)	
	6:58.392 (1:35.200)	8:35.312 (1:36.921)	10:14.804 (1:39.492)	11:53.492 (1:38.689)	
	13:31.197 (1:37.705)	15:10.253 (1:39.057)	16:48.781 (1:38.529)	18:28.455 (1:39.674)	
	20:01.145 (1:32.690)				
12	Norah McDonald	FR Luther	20:09.89	20:06.31	
	46.712 (46.712)	2:19.786 (1:33.075)	3:55.541 (1:35.755)	5:34.094 (1:38.553)	
	7:11.946 (1:37.853)	8:47.283 (1:35.337)	10:22.980 (1:35.697)	12:00.360 (1:37.381)	
	13:38.813 (1:38.453)	15:15.325 (1:36.512)	16:54.435 (1:39.110)	18:32.519 (1:38.084)	
	20:06.303 (1:33.785)				

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Women 5000 Meter Run**

13 Ashley Rockhold	SR Simpson (Iowa)	19:19.58	20:37.41		
42.977 (42.977)	2:13.983 (1:31.007)	3:47.151 (1:33.168)	5:22.366 (1:35.215)		
6:58.010 (1:35.644)	8:35.707 (1:37.698)	10:15.257 (1:39.550)	11:56.363 (1:41.106)		
13:38.765 (1:42.402)	15:24.141 (1:45.376)	17:11.899 (1:47.759)	18:55.724 (1:43.826)		
20:37.404 (1:41.680)					
14 Elie Tuhn	SO Simpson (Iowa)	19:51.55	20:48.12		
46.450 (46.450)	2:19.141 (1:32.691)	3:55.394 (1:36.254)	5:33.999 (1:38.605)		
7:12.426 (1:38.427)	8:51.702 (1:39.276)	10:35.010 (1:43.309)	12:17.871 (1:42.862)		
14:01.304 (1:43.434)	15:44.826 (1:43.522)	17:27.563 (1:42.738)	19:09.151 (1:41.588)		
20:48.117 (1:38.966)					
15 Kari Mathsen	FR Nebraska Wesleyan	19:32.82	20:58.22		
42.522 (42.522)	2:12.748 (1:30.227)	3:45.728 (1:32.980)	5:21.172 (1:35.444)		
6:58.311 (1:37.139)	8:35.189 (1:36.878)	10:18.293 (1:43.105)	12:04.424 (1:46.131)		
13:52.615 (1:48.192)	15:41.715 (1:49.100)	17:32.377 (1:50.662)	19:20.798 (1:48.422)		
20:58.216 (1:37.418)					
16 Lucy Corbin	SO Luther	19:54.49	21:12.85		
46.206 (46.206)	2:18.712 (1:32.506)	3:51.816 (1:33.105)	5:25.371 (1:33.555)		
7:05.360 (1:39.989)	8:48.465 (1:43.105)	10:34.625 (1:46.160)	12:20.037 (1:45.413)		
14:06.616 (1:46.579)	15:53.013 (1:46.398)	17:43.972 (1:50.959)	19:31.296 (1:47.324)		
21:12.842 (1:41.547)					
-- Alli Gonnella	FR Dubuque	19:48.71	DNF		
46.483 (46.483)	2:21.288 (1:34.805)				
-- Bailey Vaughan	SO Loras	18:48.14	DNS		
-- Aubrie Fisher	SR Wartburg	16:28.70	DNS		
-- Shaelyn Hostager	JR Wartburg	16:32.19	DNS		
-- Avary Byers	SO Nebraska Wesleyan	21:03.40	DNS		
-- Becca Diddia	JR Loras	17:39.37	DNS		
-- Lara Kallem	JR Simpson (Iowa)	16:57.88	DNS		
-- Teghan Booth	JR Simpson (Iowa)	17:03.18	DNS		

Women 10000 Meter Run

=====						
All-Time: A	32:21.21	2024	Shaelyn Hostager, Wartburg			
Championship: C	35:36.92	5/11/2018	Ashlyn Bagge, Wartburg			
Name	Year	School	Seed	Finals	Points	
=====						
1 Shaelyn Hostager	JR	Wartburg	34:21.21	38:12.25	10	
1:35.136 (1:35.136)	3:06.794 (1:31.658)	4:33.328 (1:26.534)	6:02.657 (1:29.330)			
7:33.959 (1:31.302)	9:05.499 (1:31.541)	10:38.534 (1:33.035)	12:11.936 (1:33.402)			
13:46.365 (1:34.430)	15:24.108 (1:37.743)	17:03.182 (1:39.075)	18:42.778 (1:39.596)			
20:21.500 (1:38.722)	21:56.134 (1:34.634)	23:31.460 (1:35.326)	25:07.917 (1:36.458)			
26:43.632 (1:35.715)	28:03.506 (1:19.874)	29:28.060 (1:24.554)	30:52.322 (1:24.263)			
32:18.340 (1:26.018)	33:46.111 (1:27.771)	35:15.409 (1:29.298)	36:44.636 (1:29.228)			
38:12.244 (1:27.608)						
2 Lara Kallem	JR	Simpson (Iowa)	35:10.24	38:22.53	8	
1:35.445 (1:35.445)	3:07.090 (1:31.645)	4:33.617 (1:26.528)	6:02.970 (1:29.353)			
7:34.259 (1:31.290)	9:05.182 (1:30.924)	10:38.261 (1:33.080)	12:11.674 (1:33.413)			
13:46.150 (1:34.477)	15:23.827 (1:37.677)	17:02.904 (1:39.077)	18:42.506 (1:39.603)			
20:22.389 (1:39.884)	21:56.782 (1:34.393)	23:32.050 (1:35.269)	25:08.445 (1:36.395)			
26:44.192 (1:35.747)	28:03.817 (1:19.626)	29:28.480 (1:24.663)	30:55.847 (1:27.367)			
32:25.756 (1:29.910)	33:54.456 (1:28.700)	35:26.391 (1:31.936)	36:55.855 (1:29.464)			
38:22.525 (1:26.671)						

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Women 10000 Meter Run**

3	Teghan Booth	JR Simpson (Iowa)	35:23.22	38:43.97	6
	1:35.735 (1:35.735)	3:07.379 (1:31.644)	4:33.907 (1:26.528)	6:03.224 (1:29.318)	
	7:34.528 (1:31.304)	9:05.782 (1:31.254)	10:38.815 (1:33.034)	12:11.398 (1:32.583)	
	13:45.898 (1:34.500)	15:23.543 (1:37.646)	17:02.631 (1:39.089)	18:42.233 (1:39.603)	
	20:22.070 (1:39.837)	21:56.530 (1:34.460)	23:31.828 (1:35.299)	25:08.269 (1:36.441)	
	26:44.028 (1:35.759)	28:04.304 (1:20.277)	29:32.205 (1:27.901)	31:03.136 (1:30.931)	
	32:36.918 (1:33.783)	34:10.380 (1:33.462)	35:44.308 (1:33.928)	37:15.781 (1:31.474)	
	38:43.970 (1:28.189)				
4	Kelly Giardina	SO Wartburg	36:50.09	39:16.80	5
	1:36.568 (1:36.568)	3:16.921 (1:40.353)	4:52.962 (1:36.041)	6:26.692 (1:33.730)	
	7:59.549 (1:32.858)	9:33.531 (1:33.982)	11:06.841 (1:33.311)	12:40.418 (1:33.577)	
	14:15.159 (1:34.742)	15:50.294 (1:35.135)	17:25.480 (1:35.186)	19:01.179 (1:35.700)	
	20:35.719 (1:34.540)	22:10.634 (1:34.916)	23:44.721 (1:34.087)	25:18.560 (1:33.840)	
	26:53.306 (1:34.746)	28:25.974 (1:32.669)	29:59.089 (1:33.115)	31:33.547 (1:34.459)	
	33:08.373 (1:34.826)	34:43.952 (1:35.579)	36:18.869 (1:34.917)	37:53.504 (1:34.635)	
	39:16.797 (1:23.294)				
5	Jenna Morey	SR Wartburg	39:22.34	4	
	1:36.301 (1:36.301)	3:16.880 (1:40.580)	4:52.929 (1:36.049)	6:26.688 (1:33.759)	
	7:59.529 (1:32.842)	9:33.546 (1:34.017)	11:06.822 (1:33.276)	12:40.399 (1:33.578)	
	14:15.170 (1:34.771)	15:50.269 (1:35.100)	17:25.441 (1:35.173)	19:01.155 (1:35.714)	
	20:35.675 (1:34.521)	22:10.659 (1:34.984)	23:44.845 (1:34.186)	25:18.550 (1:33.705)	
	26:53.765 (1:35.216)	28:27.717 (1:33.953)	30:03.635 (1:35.918)	31:40.103 (1:36.468)	
	33:15.622 (1:35.519)	34:51.249 (1:35.628)	36:24.102 (1:32.853)	37:55.215 (1:31.114)	
	39:22.340 (1:27.126)				
6	Kira Hooper	JR Central College	37:16.35	39:31.45	3
	1:35.894 (1:35.894)	3:07.625 (1:31.731)	4:34.245 (1:26.621)	6:03.489 (1:29.245)	
	7:34.750 (1:31.261)	9:06.042 (1:31.292)	10:39.103 (1:33.062)	12:12.159 (1:33.056)	
	13:46.576 (1:34.417)	15:24.340 (1:37.764)	17:03.449 (1:39.110)	18:42.975 (1:39.526)	
	20:21.773 (1:38.798)	21:56.345 (1:34.572)	23:31.635 (1:35.291)	25:08.104 (1:36.469)	
	26:43.924 (1:35.820)	28:15.224 (1:31.301)	29:51.456 (1:36.232)	31:28.681 (1:37.226)	
	33:06.227 (1:37.546)	34:43.223 (1:36.996)	36:19.998 (1:36.775)	37:56.166 (1:36.168)	
	39:31.450 (1:35.284)				
7	Karle Kramer	SO Wartburg	38:57.02	40:24.40	2
	1:36.378 (1:36.378)	3:17.327 (1:40.949)	4:53.922 (1:36.595)	6:27.746 (1:33.825)	
	8:00.432 (1:32.686)	9:34.348 (1:33.917)	11:07.802 (1:33.454)	12:41.320 (1:33.519)	
	14:15.949 (1:34.629)	15:51.080 (1:35.131)	17:26.259 (1:35.179)	19:02.014 (1:35.755)	
	20:37.620 (1:35.607)	22:16.667 (1:39.047)	23:54.827 (1:38.161)	25:33.296 (1:38.469)	
	27:13.635 (1:40.340)	28:55.987 (1:42.353)	30:42.483 (1:46.496)	32:26.562 (1:44.080)	
	33:57.531 (1:30.970)	35:36.465 (1:38.934)	37:14.510 (1:38.045)	38:52.901 (1:38.392)	
	40:24.399 (1:31.499)				
8	Claire Kallhoff	SR Nebraska Wesleyan	39:43.24	40:38.42	1
	1:36.904 (1:36.904)	3:17.248 (1:40.345)	4:53.180 (1:35.932)	6:26.879 (1:33.699)	
	7:59.727 (1:32.848)	9:33.730 (1:34.004)	11:07.030 (1:33.300)	12:40.601 (1:33.571)	
	14:15.332 (1:34.731)	15:50.437 (1:35.106)	17:25.630 (1:35.194)	19:01.358 (1:35.728)	
	20:37.007 (1:35.650)	22:17.124 (1:40.117)	23:58.196 (1:41.072)	25:42.736 (1:44.540)	
	27:25.186 (1:42.450)	29:06.133 (1:40.948)	30:46.371 (1:40.238)	32:23.994 (1:37.623)	
	34:00.841 (1:36.848)	35:44.898 (1:44.058)	37:26.051 (1:41.153)	39:03.988 (1:37.937)	
	40:38.414 (1:34.427)				

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Women 10000 Meter Run**

9	Layken Bytnar	JR Central College	41:12.99					
	1:37.212 (1:37.212)	3:17.512 (1:40.300)	4:53.531 (1:36.020)	6:27.286 (1:33.755)				
	8:00.062 (1:32.777)	9:34.038 (1:33.977)	11:07.369 (1:33.331)	12:40.946 (1:33.577)				
	14:15.646 (1:34.701)	15:50.759 (1:35.113)	17:25.927 (1:35.169)	19:01.647 (1:35.720)				
	20:37.325 (1:35.678)	22:16.362 (1:39.038)	23:54.525 (1:38.163)	25:32.988 (1:38.463)				
	27:13.333 (1:40.346)	28:55.737 (1:42.404)	30:42.259 (1:46.523)	32:26.520 (1:44.261)				
	34:13.735 (1:47.215)	36:00.435 (1:46.700)	37:45.976 (1:45.542)	39:28.795 (1:42.819)				
	41:12.985 (1:44.191)							
10	Annika Kruse	SO Central College	42:43.06					
	1:37.824 (1:37.824)	3:18.313 (1:40.489)	4:58.935 (1:40.623)	6:40.367 (1:41.432)				
	8:20.369 (1:40.002)	10:01.747 (1:41.379)	11:42.613 (1:40.866)	13:24.141 (1:41.528)				
	15:05.991 (1:41.851)	16:48.669 (1:42.678)	18:31.121 (1:42.453)	20:15.310 (1:44.189)				
	21:57.836 (1:42.527)	23:42.644 (1:44.808)	25:26.281 (1:43.637)	27:11.012 (1:44.731)				
	28:55.836 (1:44.824)	30:42.617 (1:46.782)	32:26.902 (1:44.285)	34:11.957 (1:45.056)				
	35:57.251 (1:45.294)	37:41.258 (1:44.007)	39:26.098 (1:44.841)	41:09.999 (1:43.902)				
	42:43.051 (1:33.052)							
11	Hunter Jones	FR Loras	43:37.51					
	1:38.666 (1:38.666)	3:19.289 (1:40.623)	4:59.921 (1:40.632)	6:41.063 (1:41.142)				
	8:20.875 (1:39.813)	10:02.509 (1:41.634)	11:43.729 (1:41.220)	13:25.914 (1:42.186)				
	15:10.592 (1:44.678)	16:57.807 (1:47.216)	18:44.353 (1:46.546)	20:31.901 (1:47.548)				
	22:21.426 (1:49.525)	24:11.149 (1:49.724)	26:02.738 (1:51.589)	27:48.035 (1:45.297)				
	29:35.194 (1:47.160)	31:22.549 (1:47.355)	33:08.741 (1:46.193)	34:55.716 (1:46.975)				
	36:44.270 (1:48.554)	38:32.367 (1:48.098)	40:17.256 (1:44.889)	42:00.642 (1:43.386)				
	43:37.505 (1:36.864)							
12	Ellie Roorda	JR Central College	41:34.89	45:20.00				
	1:38.136 (1:38.136)	3:18.635 (1:40.500)	4:59.264 (1:40.629)	6:40.425 (1:41.162)				
	8:20.427 (1:40.002)	10:01.927 (1:41.500)	11:43.113 (1:41.186)	13:25.216 (1:42.104)				
	15:10.236 (1:45.020)	16:57.512 (1:47.276)	18:44.017 (1:46.506)	20:31.588 (1:47.572)				
	22:21.100 (1:49.512)	24:10.878 (1:49.778)	26:02.481 (1:51.604)	27:55.991 (1:53.510)				
	29:49.538 (1:53.548)	31:46.286 (1:56.748)	33:43.834 (1:57.549)	35:40.152 (1:56.319)				
	37:36.864 (1:56.712)	39:34.220 (1:57.356)	41:32.802 (1:58.582)	43:26.300 (1:53.499)				
	45:19.996 (1:53.696)							
--	Avery Kittl	FR Loras	DNF					
	1:38.431 (1:38.431)	3:18.990 (1:40.559)	4:59.591 (1:40.602)	6:40.742 (1:41.152)				
	8:20.683 (1:39.941)	10:02.232 (1:41.550)	11:43.415 (1:41.183)	13:25.570 (1:42.155)				
	15:11.139 (1:45.570)	16:58.405 (1:47.266)	18:47.233 (1:48.828)	20:37.471 (1:50.238)				

Women 100 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

All-Time: A	13.96	2013	Camesha Goods, Wartburg				
Championship: C	14.30	5/13/2023	JoJo Tyynismaa, Wartburg				
Name		Year School	Seed	Prelims	Wind	H#	

Preliminaries

1	JoJo Tyynismaa	SO Wartburg	14.11	C 14.30Q	0.8	2	
2	Grace Braden	FR Wartburg	14.83	14.71Q	1.1	1	
3	Maddax DeVault	SO Simpson (Iowa)	15.52	14.87q	1.1	1	
4	Audrey Arnold	SR Simpson (Iowa)	15.11	15.12q	0.8	2	15.112
5	Olivia Bohlen	SO Central College	14.83	15.12q	1.1	1	15.114
6	Grace Alley	JR Loras	15.14	15.25q	0.8	2	
7	Sophia Stahle	FR Wartburg	15.41	15.31q	0.8	2	15.307
7	Rachel Smith	FR Nebraska Wesleyan	15.36	15.31q	1.1	1	15.307
9	Caitlin Benesh	FR Wartburg	15.89	16.07	1.1	1	
10	Abby Pierce	FR Loras	16.79	17.15	0.8	2	

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****...Women 100 Meter Hurdles**

11 Rachel Theis	FR Loras	17.17	17.50	0.8	2
12 Britni Blackburn	SO Buena Vista	18.42	18.15	1.1	1
-- Annika Elco	SO Luther	15.50	DNF	0.8	2
-- Keeley Hourigan	JR Nebraska Wesleyan	15.32	DNF	1.1	1
-- Nina Tomko	FR Dubuque	18.06	DNS	1.1	1

Women 100 Meter Hurdles

=====					
All-Time: A 13.96	2013	Camesha Goods, Wartburg			
Championship: C 14.30	5/13/2023	JoJo Tyynismaa, Wartburg			
Name	Year	School	Prelims	Finals	Wind Points
=====					

Finals					
1 JoJo Tyynismaa	SO	Wartburg	14.30	14.28C	0.4 10
2 Grace Braden	FR	Wartburg	14.71	14.76	0.4 8
3 Olivia Bohlen	SO	Central College	15.12	14.97	0.4 6
4 Maddax DeVault	SO	Simpson (Iowa)	14.87	15.07	0.4 5
5 Grace Alley	JR	Loras	15.25	15.30	0.4 4
6 Sophia Stahle	FR	Wartburg	15.31	15.88	0.4 3
7 Audrey Arnold	SR	Simpson (Iowa)	15.12	16.05	0.4 2
8 Rachel Smith	FR	Nebraska Wesleyan	15.31	16.16	0.4 1

Women 400 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

=====					
All-Time: A 59.02	2019	Bella Solis, Loras			
Championship: C 59.88	5/11/2019	Bella Solis, Loras			
Name	Year	School	Seed	Prelims	H#
=====					

Preliminaries					
1 JoJo Tyynismaa	SO	Wartburg	1:01.93	1:01.64Q	2
2 Madison Hays	SO	Simpson (Iowa)	1:03.21	1:03.42Q	1
3 Sophia Stahle	FR	Wartburg	1:02.85	1:03.59q	1
4 Maddax DeVault	SO	Simpson (Iowa)	1:04.49	1:05.45q	2
5 Abby Gruver	JR	Central College	1:04.91	1:06.12q	2
6 Bethany Schuhmacher	FR	Nebraska Wesleyan	1:07.64	1:06.28q	1
7 Katelyn Pfaltzgraff	JR	Dubuque	1:07.67	1:06.65q	1
8 Annika Elco	SO	Luther	1:11.05	1:06.77q	1
9 Grace Braden	FR	Wartburg	1:07.89	1:08.08	2
10 Emma Lundquist	SR	Dubuque	1:08.44	1:08.64	2
11 Allison Kettmann	SO	Wartburg	1:09.81	1:10.79	1
12 Rachel Theis	FR	Loras	1:12.22	1:10.82	1
13 Rachel Smith	FR	Nebraska Wesleyan	1:11.40	1:12.38	2
14 Abby Pierce	FR	Loras	1:11.77	1:13.13	2
15 Abby Halverson	SO	Central College	1:20.34	1:21.50	1

Women 400 Meter Hurdles

=====					
All-Time: A 59.02	2019	Bella Solis, Loras			
Championship: C 59.88	5/11/2019	Bella Solis, Loras			
Name	Year	School	Prelims	Finals	Points
=====					

Finals					
1 JoJo Tyynismaa	SO	Wartburg	1:01.64	1:01.09	10
2 Madison Hays	SO	Simpson (Iowa)	1:03.42	1:02.11	8

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Women 400 Meter Hurdles**

3	Sophia Stahle	FR Wartburg	1:03.59	1:03.17	6
4	Abby Gruver	JR Central College	1:06.12	1:04.37	5
5	Bethany Schuhmacher	FR Nebraska Wesleyan	1:06.28	1:04.94	4
6	Maddax DeVault	SO Simpson (Iowa)	1:05.45	1:05.64	3
7	Katelyn Pfaltzgraff	JR Dubuque	1:06.65	1:06.14	2
8	Annika Elco	SO Luther	1:06.77	1:07.56	1

Women 3000 Meter Steeplechase

All-Time: A 10:19.79		2024	Megan Johnson, Central			
Championship: C 10:30.87		5/12/2023	Aubrie Fisher, Wartburg			
Name	Year	School	Seed	Finals	Points	
1	Megan Johnson	JR Central College	10:19.79	10:21.93C	10	
	39.692 (39.692)	2:00.383 (1:20.692)	3:23.295 (1:22.913)	4:48.372 (1:25.077)		
	6:14.260 (1:25.888)	7:40.221 (1:25.962)	9:04.656 (1:24.435)	10:21.929 (1:17.273)		
2	Caroline McMartin	JR Central College	10:21.45	10:24.84C	8	
	40.176 (40.176)	2:00.560 (1:20.384)	3:23.569 (1:23.010)	4:48.603 (1:25.035)		
	6:14.557 (1:25.954)	7:40.418 (1:25.861)	9:04.930 (1:24.512)	10:24.838 (1:19.909)		
3	Ellie Meyer	JR Wartburg	10:33.30	10:39.00	6	
	39.991 (39.991)	2:01.355 (1:21.364)	3:24.858 (1:23.504)	4:49.432 (1:24.574)		
	6:16.745 (1:27.314)	7:44.997 (1:28.252)	9:15.094 (1:30.098)	10:39.000 (1:23.906)		
4	Aubrie Fisher	SR Wartburg	10:24.28	10:46.16	5	
	39.683 (39.683)	2:00.662 (1:20.980)	3:23.940 (1:23.279)	4:49.732 (1:25.792)		
	6:18.850 (1:29.118)	7:49.024 (1:30.175)	9:19.306 (1:30.283)	10:46.154 (1:26.848)		
5	Addy Parrott	JR Central College	10:49.07	11:02.98	4	
	40.596 (40.596)	2:01.589 (1:20.993)	3:26.000 (1:24.411)	4:53.587 (1:27.587)		
	6:24.360 (1:30.773)	7:56.524 (1:32.165)	9:30.150 (1:33.626)	11:02.971 (1:32.822)		
6	Lily Peterson	SO Wartburg	11:42.88	11:40.09	3	
	44.695 (44.695)	2:12.994 (1:28.299)	3:45.911 (1:32.918)	5:23.007 (1:37.096)		
	6:59.325 (1:36.319)	8:37.091 (1:37.766)	10:13.273 (1:36.182)	11:40.084 (1:26.812)		
7	Emily Erhardt	SR Simpson (Iowa)	11:45.84	11:47.02	2	
	42.937 (42.937)	2:10.998 (1:28.061)	3:43.182 (1:32.185)	5:17.643 (1:34.461)		
	6:53.105 (1:35.462)	8:30.867 (1:37.762)	10:10.018 (1:39.152)	11:47.014 (1:36.996)		
8	Kate Hoogensen	JR Central College	11:47.29	11:50.97	1	
	44.660 (44.660)	2:15.882 (1:31.222)	3:50.243 (1:34.362)	5:25.926 (1:35.683)		
	7:03.357 (1:37.432)	8:41.264 (1:37.908)	10:17.971 (1:36.707)	11:50.961 (1:32.991)		
9	Ashley Bloomquist	SR Wartburg	11:44.75	12:03.10		
	44.373 (44.373)	2:13.325 (1:28.953)	3:46.688 (1:33.363)	5:22.907 (1:36.220)		
	7:01.518 (1:38.611)	8:43.187 (1:41.670)	10:24.798 (1:41.612)	12:03.100 (1:38.302)		
10	Julia Veit	SR Luther	12:02.49	12:13.37		
	46.313 (46.313)	2:18.492 (1:32.180)	3:55.330 (1:36.838)	5:34.983 (1:39.653)		
	7:16.090 (1:41.107)	8:58.263 (1:42.174)	10:38.744 (1:40.481)	12:13.369 (1:34.625)		
11	Delisha Davis	FR Dubuque	12:08.24	12:18.70		
	42.181 (42.181)	2:12.277 (1:30.097)	3:47.474 (1:35.197)	5:25.689 (1:38.215)		
	7:09.998 (1:44.309)	8:55.043 (1:45.046)	10:39.301 (1:44.258)	12:18.691 (1:39.390)		
12	Lindsey Moseley	SO Luther	12:51.79	12:29.01		
	48.577 (48.577)	2:22.195 (1:33.618)	4:00.756 (1:38.562)	5:41.887 (1:41.132)		
	7:23.730 (1:41.843)	9:08.201 (1:44.471)	10:51.729 (1:43.529)	12:29.002 (1:37.273)		
13	Norah McDonald	FR Luther	12:49.85	12:39.79		
	48.527 (48.527)	2:22.136 (1:33.609)	4:00.470 (1:38.334)	5:41.690 (1:41.220)		
	7:23.618 (1:41.929)	9:08.207 (1:44.590)	10:55.244 (1:47.037)	12:39.789 (1:44.546)		
14	Natalia Wrobel	JR Loras	12:03.54	12:43.20		
	46.385 (46.385)	2:18.657 (1:32.272)	3:56.803 (1:38.146)	5:38.652 (1:41.849)		
	7:22.149 (1:43.497)	9:09.284 (1:47.136)	10:56.253 (1:46.969)	12:43.191 (1:46.938)		

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15 Alexia Pecora	FR Dubuque	12:23.02	12:56.21
44.629 (44.629)	2:15.959 (1:31.330)	3:52.267 (1:36.309)	5:32.898 (1:40.631)
7:21.712 (1:48.815)	9:14.598 (1:52.886)	11:07.532 (1:52.934)	12:56.201 (1:48.669)
-- Bailey Vaughan	SO Loras	11:58.02	DNF
45.145 (45.145)			

Women 4x100 Meter Relay

All-Time: A 46.02	2023	Loras, Loras		
		Creasy, Edwards, Lambe, Noland		
Championship: C 46.11	5/13/2023	Loras, Loras		
		H Creasy, M Edwards, S Lambe, K Kohlhof		
School		Seed	Finals	Points
1 Loras		46.50	46.46	10
1) Harmony Creasy JR		2) Kelly Kohlhof JR		
3) Alyssa Pfadenhauer JR		4) Emma Seipel JR		
2 Nebraska Wesleyan		47.80	47.28	8
1) Keeley Hourigan JR		2) Raegan Levi SO		
3) Breanne Geary SR		4) Natalie Cummins JR		
3 Central College		47.99	47.45	6
1) Mary Gustason SO		2) Abbi Roerdink JR		
3) Emily McMartin SO		4) Ava Parkins FR		
4 Wartburg		47.79	47.76	5
1) Lina Newland SO		2) JoJo Tynnismaa SO		
3) Olivia Tollari SO		4) Sophia Stahle FR		
5 Simpson (Iowa)		48.39	48.36	4
1) Audrey Arnold SR		2) Madison Hays SO		
3) Maddax DeVault SO		4) Bianca Clemons JR		
6 Dubuque		48.35	49.38	3
1) Keira Alliss SO		2) Gianna Borzileri JR		
3) Riley Finn JR		4) Grace Kahon FR		
7 Luther		51.16	51.60	2
1) Amara Marks JR		2) Grace Davidson SR		
3) Emily Groppoli JR		4) Annika Elco SO		
8 Coe		52.31	54.45	1
1) Sangai Dukuly JR		2) Crystal Burke SR		
3) Morgana Goodlow SR		4) Tink Mitchell FR		

Women 4x400 Meter Relay

All-Time: A 3:38.85	2012	Wartburg, Wartburg			
		F Burt, S Morrison, K Kregel, N Morrison			
Championship: C 3:40.61	5/13/2023	Loras, Loras			
		M Edwards, G Noland, S Lambe, A Pfadenhauer			
School		Seed	Finals	H#	Points
1 Central College		3:51.51	3:49.26	2	10
1) Lizzy Van Utrecht FR		2) Ava Parkins FR			
3) Emily McMartin SO		4) Abbi Roerdink JR			
1:55.980 (1:55.980)	2:53.375 (57.396)	3:49.253 (55.879)			
2 Nebraska Wesleyan		3:53.39	3:50.95	2	8
1) Breanne Geary SR		2) Isabella Hilger SR			
3) Natalie Cummins JR		4) Kiarra Fennell FR			
1:55.840 (1:55.840)	2:53.882 (58.043)	3:50.944 (57.062)			

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Women 4x400 Meter Relay**

3	Wartburg			3:49.43	3:51.02	2	6	
	1) Sophia Stahle FR		2) Haley Meyer SO					
	3) Lina Newland SO		4) JoJo Tynnismaa SO					
	1:56.263 (1:56.263)	2:54.757 (58.494)	3:51.020 (56.264)					
4	Loras			3:48.40	3:52.35	2	5	
	1) Harmony Creasy JR		2) Kelly Kohlhof JR					
	3) Layla Hughes FR		4) Alyssa Pfadenhauer JR					
	1:55.810 (1:55.810)	2:56.047 (1:00.238)	3:52.344 (56.298)					
5	Simpson (Iowa)			4:05.88	4:16.81	1	4	
	1) Ava Carder SO		2) Audrey Arnold SR					
	3) Maddax DeVault SO		4) Kaya Young SR					
	2:05.745 (2:05.745)	3:10.971 (1:05.226)	4:16.807 (1:05.837)					
6	Luther			4:21.94	4:20.12	1	3	
	1) Annika Elco SO		2) Mari Paulsen SO					
	3) Sarah Grams JR		4) Alyssa Blankenship JR					
	2:10.451 (2:10.451)	3:18.317 (1:07.867)	4:20.120 (1:01.804)					
7	Buena Vista			4:21.04	4:22.22	1	2	
	1) Hannah Olson SR		2) Megan Bakke FR					
	3) Karley Ruiz-Genovese SO		4) Jaden Swarts FR					
	2:04.761 (2:04.761)	3:12.194 (1:07.433)	4:22.215 (1:10.021)					
--	Dubuque			3:59.44		DQ	1	Rule 15-5-2
	1) Riley Finn JR		2) Jaide Flowers FR					
	3) Emma Lundquist SR		4) Gianna Borzileri JR					

Women 4x800 Meter Relay

All-Time: A 9:01.89		2010	Wartburg, Wartburg				
Championship: C 9:05.41		5/9/2014	Wartburg, Wartburg				
			N Calabrese, A Kuiken, J Kuiken, E Eimers				
			K Canning, T Officer, K Cochrane, T Moore				
School			Seed	Finals	Points		
1	Loras		9:09.89	9:20.31	10		
	1) Becca Diddia JR		2) Emily Jackson SO				
	3) Frankie Chaidez JR		4) Alyssa Pfadenhauer JR				
	1:08.674 (1:08.674)	2:20.349 (1:11.675)	3:30.097 (1:09.749)	4:42.891 (1:12.794)			
	5:46.641 (1:03.750)	6:58.231 (1:11.590)	8:04.643 (1:06.412)	9:20.310 (1:15.668)			
2	Wartburg			9:22.74	8		
	1) Ella Johnson FR		2) Rachel Nagel JR				
	3) Madison Prier SO		4) Haley Meyer SO				
	1:10.128 (1:10.128)	2:21.848 (1:11.720)	3:32.626 (1:10.778)	4:45.613 (1:12.987)			
	5:52.369 (1:06.756)	7:06.585 (1:14.216)	8:14.121 (1:07.537)	9:22.733 (1:08.612)			
3	Central College		9:27.79	9:30.24	6		
	1) Riley Packer SO		2) Sara Goodenbour JR				
	3) Leah Bontrager SO		4) Hadyn Miller JR				
	1:08.484 (1:08.484)	2:23.126 (1:14.642)	3:31.680 (1:08.555)	4:44.310 (1:12.630)			
	5:52.737 (1:08.428)	7:06.677 (1:13.940)	8:14.271 (1:07.594)	9:30.233 (1:15.962)			
4	Nebraska Wesleyan			9:40.33	5		
	1) Gabby Thomas SR		2) Bethany Schuhmacher FR				
	3) Thea Seibel SR		4) Delaney Vacek SO				
	1:09.849 (1:09.849)	2:24.579 (1:14.730)	3:33.798 (1:09.219)	4:47.645 (1:13.847)			
	5:58.498 (1:10.853)	7:18.760 (1:20.263)	8:26.266 (1:07.506)	9:40.323 (1:14.057)			
5	Luther			9:40.36	4		

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Women 4x800 Meter Relay**

1) Alyssa Blankenship JR	2) Mari Paulsen SO										
3) Sarah Grams JR	4) Teah Miller FR										
1:08.930 (1:08.930)	2:22.228 (1:13.298)	3:31.933 (1:09.705)	4:48.194 (1:16.262)								
5:57.068 (1:08.874)	7:21.997 (1:24.930)	8:27.078 (1:05.081)	9:40.358 (1:13.280)								
6 Dubuque			10:04.73	3							
1) Kiana Vogel SO	2) Jaide Flowers FR										
3) Delisha Davis FR	4) Alexia Pecora FR										
1:09.453 (1:09.453)	2:25.139 (1:15.686)	3:33.914 (1:08.776)	4:54.071 (1:20.158)								
6:08.116 (1:14.045)	7:26.761 (1:18.645)	8:44.805 (1:18.045)	10:04.728 (1:19.923)								
7 Simpson (Iowa)			10:06.64	2							
1) Kaya Young SR	2) Elise Wieland JR										
3) Ava Carder SO	4) Emily Erhardt SR										
1:10.508 (1:10.508)	2:27.665 (1:17.158)	3:44.251 (1:16.586)	5:04.152 (1:19.902)								
6:12.642 (1:08.490)	7:35.310 (1:22.668)	8:47.294 (1:11.985)	10:06.639 (1:19.345)								
8 Buena Vista			10:14.16	1							
1) Megan Bakke FR	2) Hannah Olson SR										
3) Karley Ruiz-Genovese SO	4) Jaden Swarts FR										
1:09.126 (1:09.126)	2:21.987 (1:12.861)	3:35.486 (1:13.500)	5:01.334 (1:25.848)								
6:11.840 (1:10.506)	7:32.593 (1:20.754)	8:50.231 (1:17.638)	10:14.153 (1:23.922)								

Women High Jump

All-Time: A 1.78m 1984												Becky Ebert Sullivan, Wartburg			
Championship: C 1.74m 5/13/2022												Grace Alley, Loras			
Name	Year School					Seed	Finals			Points					
1 Grace Alley	JR Loras					1.66m	1.75mC	5-08.75	10						
1.36 1.41 1.46 1.51 1.56	1.61 1.66 1.69 1.72 1.75	1.78													
PPP PPP PPP PPP PPP	O XO XO XXO XO	XXX													
2 Sara Hoskins	JR Loras					1.72m	1.72m	5-07.75	8						
1.36 1.41 1.46 1.51 1.56	1.61 1.66 1.69 1.72 1.75														
PPP PPP PPP PPP PPP	O O XXO O	XXX													
3 Jaden Gatts	FR Dubuque					1.70m	1.72m	5-07.75	6						
1.36 1.41 1.46 1.51 1.56	1.61 1.66 1.69 1.72 1.75														
PPP PPP PPP PPP XO	O XXO XXO XXO	XXX													
4 Deshawna Neal	FR Wartburg					1.59m	1.61m	5-03.25	4.50						
1.36 1.41 1.46 1.51 1.56	1.61 1.66														
PPP PPP PPP PPP O	O XXX														
4 Julia Klein	SO Loras					1.62m	1.61m	5-03.25	4.50						
1.36 1.41 1.46 1.51 1.56	1.61 1.66														
PPP PPP PPP O O	O XXX														
6 Samantha Nielsen	SO Wartburg					1.60m	1.56m	5-01.25	2.50						
1.36 1.41 1.46 1.51 1.56	1.61														
PPP PPP PPP PPP O	XXX														
6 Abigail White	JR Central College					1.50m	1.56m	5-01.25	2.50						
1.36 1.41 1.46 1.51 1.56	1.61														
PPP O O O O	XXX														
8 Sage Austin	FR Central College					1.50m	1.51m	4-11.50	1						
1.36 1.41 1.46 1.51 1.56															
O PPP O O XXX															
9 Katie Dailey	JR Luther					1.50m	1.51m	4-11.50							
1.36 1.41 1.46 1.51 1.56															
O O O XXO XXX															
10 Cadence Sinclair	FR Central College					1.55m	1.46m	4-09.50							
1.36 1.41 1.46 1.51															
PPP O O XXX															

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11	Alyssa Fowler	FR Wartburg	1.54m	1.46m	4-09.50
	1.36 1.41 1.46 1.51				
	PPP O XO XXX				
11	Emily Druse	SR Nebraska Wesleyan	1.51m	1.46m	4-09.50
	1.36 1.41 1.46 1.51				
	PPP O XO XXX				
13	Nona Van Berkum	SO Central College	1.39m	1.36m	4-05.50
	1.36 1.41				
	O XXX				
13	Eleanor Lefort	FR Luther	1.42m	1.36m	4-05.50
	1.36 1.41				
	O XXX				
15	Grace Cummins	FR Loras	1.47m	1.36m	4-05.50
	1.36 1.41				
	XXO XXX				
--	Jazmine Woode	FR Wartburg	1.54m	NH	
	1.36 1.41 1.46				
	PPP PPP XXX				

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	Emily Druse	SR Nebraska Wesleyan	3.30m	3.43m	11-03.00	10				
	2.53 2.68 2.83 2.98 3.13 3.28 3.43 3.53									
	PPP PPP PPP PPP O O XO XXX									
2	Amber Vroman	JR Central College	3.36m	3.28m	10-09.00	8				
	2.53 2.68 2.83 2.98 3.13 3.28 3.43									
	PPP PPP PPP PPP O O XXX									
3	Meghan Prohaska	SR Dubuque	2.80m	3.13m	10-03.25	6				
	2.53 2.68 2.83 2.98 3.13 3.28									
	PPP PPP PPP O O XXX									
4	Abby Apeland	FR Loras	3.26m	3.13m	10-03.25	5				
	2.53 2.68 2.83 2.98 3.13 3.28									
	PPP PPP PPP XO O XXX									
5	Leah Howard	SO Central College	3.00m	2.98m	9-09.25	4				
	2.53 2.68 2.83 2.98 3.13									
	PPP XXO O XO XXX									
6	Amelia Herbert	SR Nebraska Wesleyan	2.85m	2.83m	9-03.25	2.50				
	2.53 2.68 2.83 2.98									
	O O XO XXX									
6	Ella Johnson	FR Wartburg	2.71m	2.83m	9-03.25	2.50				
	2.53 2.68 2.83 2.98									
	O O XO XXX									
8	Kendra Poppe	FR Nebraska Wesleyan	2.93m	2.83m	9-03.25	1				
	2.53 2.68 2.83 2.98									
	XO O XO XXX									
9	Linnea Hedin	SO Luther	2.60m	2.53m	8-03.50					
	2.53 2.68									
	XO XXX									
--	Samantha Harvell	JR Dubuque	3.40m	NH						
	2.53 2.68 2.83 2.98 3.13									
	PPP PPP PPP PPP XXX									

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****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	Points			
1 Harmony Creasy	JR	Loras	5.81m	5.60m	3.3	18-04.50	10		
5.42m(2.4)	5.60m(3.3)	PASS	5.38m(2.3)	PASS	PASS				
2 Emma Seipel	JR	Loras	6.11m	5.58m	2.2	18-03.75	8		
5.58m(2.2)	5.50m(2.6)	5.51m(1.3)	5.44m(+0.0)	5.45m(2.1)	5.48m(2.6)				
3 Olivia Tollari	SO	Wartburg	5.41m	5.48m	1.5	17-11.75	6		
FOUL	5.21m(2.8)	5.33m(2.6)	FOUL	5.22m(2.5)	5.48m(1.5)				
4 Natalie Cummins	JR	Nebraska Wesleyan	5.48m	5.47m	3.2	17-11.50	5		
5.33m(2.0)	FOUL	5.10m(0.2)	5.15m(2.2)	5.47m(3.2)	FOUL				
5 Breanne Geary	SR	Nebraska Wesleyan	5.36m	5.44m	2.5	17-10.25	4		
5.18m(+0.0)	5.15m(2.1)	5.30m(2.8)	5.44m(2.5)	5.34m(2.5)	FOUL				
6 Grace Alley	JR	Loras	5.74m	5.42m	1.9	17-09.50	3		
FOUL	5.36m(2.6)	FOUL	FOUL	FOUL	5.42m(1.9)				
7 Chloe Mooberry	FR	Nebraska Wesleyan	5.10m	5.30m	2.7	17-04.75	2		
5.16m(2.7)	5.01m(0.9)	4.93m(1.0)	5.09m(1.6)	5.00m(3.1)	5.30m(2.7)				
8 Lina Newland	SO	Wartburg	5.21m	5.29m	2.6	17-04.25	1		
5.03m(2.3)	5.29m(2.6)	4.98m(3.2)	4.92m(3.3)	5.08m(0.7)	5.08m(2.2)				
9 Olivia Bohlen	SO	Central College	5.44m	5.18m	0.3	17-00.00			
5.18m(0.3)	4.35m(1.9)	5.11m(1.2)	FOUL	4.87m(1.6)	FOUL				
10 Julia Klein	SO	Loras	5.10m	5.02m	4.7	16-05.75			
5.02m(4.7)	4.92m(0.6)	4.88m(2.3)							
11 Shaniah Johnson	JR	Wartburg	5.56m	5.00m	2.5	16-05.00			
4.74m(1.9)	5.00m(2.5)	4.97m(0.6)							
12 Emma Houdek	JR	Wartburg	5.04m	4.87m	1.5	15-11.75			
4.87m(1.5)	4.67m(1.5)	4.71m(1.7)							
13 Karlee Warnke	FR	Central College	5.10m	4.83m	3.2	15-10.25			
4.54m(1.7)	4.83m(3.2)	4.60m(1.2)							
14 Amara Marks	JR	Luther	4.72m	4.62m	1.3	15-02.00			
4.52m(3.4)	4.43m(2.8)	4.62m(1.3)							
15 Gabbie Schei	SR	Luther	4.40m	4.04m	3.0	13-03.25			
4.04m(3.0)	3.95m(2.4)	3.93m(1.6)							

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	Points			
1 Grace Alley	JR	Loras	12.17m	11.46m	-2.8	37-07.25	10		
11.23m(0.5)	FOUL	11.46m(-2.8)	PASS	PASS	PASS				
2 Emma Seipel	JR	Loras	11.37m	11.36m	+0.0	37-03.25	8		
10.98m(-2.7)	10.93m(-1.8)	11.01m(+0.0)	11.24m(-1.2)	11.36m(+0.0)	PASS				
3 Harmony Creasy	JR	Loras	11.96m	11.31m	-1.1	37-01.25	6		
10.89m(-0.6)	11.23m(-0.7)	PASS	FOUL	11.31m(-1.1)	PASS				
4 Julia Klein	SO	Loras	11.33m	11.24m	+0.0	36-10.50	5		
10.97m(+0.0)	11.24m(+0.0)	10.99m(-1.3)	FOUL	FOUL	PASS				
5 Shaniah Johnson	JR	Wartburg	11.60m	11.15m	-0.8	36-07.00	4		
10.88m(+0.0)	PASS	10.80m(0.1)	11.15m(-0.8)	11.01m(-0.1)	10.97m(+0.0)				
6 Deshawna Neal	FR	Wartburg	10.46m	10.80m	-1.1	35-05.25	3		
10.80m(-1.1)	10.25m(-1.5)	10.20m(+0.0)	10.19m(+0.0)	FOUL	9.94m(+0.0)				
7 Madeline Boulanger	FR	Wartburg	11.03m	10.79m	-0.1	35-05.00	2		
10.51m(0.9)	10.34m(+0.0)	10.49m(-1.7)	10.79m(-0.1)	10.67m(-1.1)	FOUL				

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8	Sangai Dukuly	JR Coe	11.05m	10.16m	-1.4	33-04.00	1
	9.93m(-0.9)	10.16m(+0.0)	FOUL	10.05m(+0.0)	10.16m(-1.4)	9.99m(-2.6)	
9	Nona Van Berkum	SO Central College	8.92m	9.28m	+0.0	30-05.50	
	9.08m(-3.0)	9.14m(-1.5)	9.28m(+0.0)	9.07m(-2.1)	9.27m(-2.4)	8.73m(-0.7)	
--	Samantha Nielsen	SO Wartburg	11.03m	FOUL			
	FOUL	FOUL	FOUL				

Women Shot Put

All-Time: A 15.09m		2017	Tanasha Atwater, Dubuque				
All-Time: A 15.09m		2023	Kaitlyn Wilder, Dubuque				
Championship: C 14.87m		5/11/2013	Kayla Hemann, Wartburg				
Name	Year	School	Seed	Finals	H#	Points	
1	Kaitlyn Wilder	SR Dubuque	14.51m	13.77m	45-02.25	2	10
	13.73m	FOUL	13.77m	13.68m	FOUL	FOUL	
2	Lily Meester	JR Wartburg	13.74m	13.27m	43-06.50	2	8
	13.27m	12.97m	12.47m	13.08m	12.55m	FOUL	
3	Haley Beminio	JR Wartburg	12.88m	13.12m	43-00.50	2	6
	12.44m	12.88m	12.36m	13.12m	12.73m	12.57m	
4	Courtney Johnson	JR Buena Vista	12.50m	13.11m	43-00.25	2	5
	12.64m	12.84m	13.11m	FOUL	13.00m	FOUL	
5	Kristen Reicks	SR Wartburg	12.88m	13.08m	42-11.00	2	4
	12.12m	12.99m	12.71m	12.06m	13.08m	12.93m	
6	Riley Vice	JR Loras	12.78m	12.79m	41-11.50	2	3
	12.31m	FOUL	11.97m	12.57m	12.13m	12.79m	
7	Taylor Flaig	JR Loras	12.05m	12.68m	41-07.25	1	2
	12.52m	FOUL	12.28m	12.68m	FOUL	12.17m	
8	Marley Espinosa	SO Nebraska Wesleyan	12.13m	12.48m	40-11.50	2	1
	12.48m	12.35m	11.95m	11.99m	FOUL	12.22m	
9	Anna Friedrichsen	JR Buena Vista	11.86m	12.25m	40-02.25	1	
	11.01m	11.67m	12.25m	FOUL	FOUL	12.07m	
10	Nai'lah Anders	FR Dubuque	12.99m	12.14m	39-10.00	2	
	11.73m	12.14m	FOUL				
11	Emmilly Berglund	FR Nebraska Wesleyan	12.88m	11.93m	39-01.75	2	
	11.93m	FOUL	11.53m				
12	Ja'Dein Madison	SO Nebraska Wesleyan	12.39m	11.80m	38-08.75	2	
	11.80m	FOUL	FOUL				
13	Lilly Duff	SO Dubuque	12.32m	11.73m	38-06.00	2	
	FOUL	FOUL	11.73m				
14	Lily Smith	FR Nebraska Wesleyan	11.23m	11.55m	37-10.75	1	
	11.34m	11.55m	10.94m				
15	Morgan Lantaff	FR Buena Vista	11.98m	11.46m	37-07.25	1	
	FOUL	10.51m	11.46m				
16	Caitlyn Cox	SO Loras	12.06m	11.45m	37-06.75	1	
	11.45m	FOUL	10.76m				
17	Payton Schermerhorn	FR Buena Vista	11.13m	11.40m	37-05.00	1	
	11.04m	11.40m	FOUL				
18	Audra Gallick	SO Loras	11.00m	11.25m	36-11.00	1	
	10.28m	11.18m	11.25m				
19	Julianne Lundvall	FR Luther	11.04m	11.11m	36-05.50	1	
	10.50m	9.97m	11.11m				
20	Allison Van Gorp	JR Central College	12.03m	10.75m	35-03.25	1	
	10.58m	10.16m	10.75m				

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21	Rylee Gallaher	FR	Wartburg	11.55m	10.46m	34-04.00	1
	8.29m 10.46m 9.50m						
22	Ashley Imdieke	JR	Luther	8.98m	9.07m	29-09.25	1
	8.31m 8.73m 9.07m						
--	Chloe Reiser	FR	Dubuque	13.59m	FOUL		2
	FOUL FOUL FOUL						

Women Discus Throw

All-Time: A 50.20m		2021	Linnaea Konfrst, Nebraska Wesleya				
Championship: C 48.18m		5/14/2016	Melissa Alger, Coe				
Name	Year	School	Seed	Finals	H#	Points	
1	Nai'lah Anders	FR	Dubuque	46.59m	47.76m	156-08	2 10
	47.76m FOUL 42.67m	FOUL	FOUL	FOUL	FOUL		
2	Kaitlyn Wilder	SR	Dubuque	44.80m	47.16m	154-09	2 8
	43.50m 45.03m FOUL	FOUL	FOUL	46.98m 47.16m			
3	Kaelyn Means	FR	Nebraska Wesleyan	44.34m	44.16m	144-10	2 6
	42.46m 42.05m 44.16m	40.90m 41.94m	FOUL				
4	Riley Vice	JR	Loras	43.41m	43.95m	144-02	2 5
	42.75m 41.71m 43.95m	43.10m 42.24m 39.99m					
5	Talbot Kinney	JR	Wartburg	39.40m	42.37m	139-00	1 4
	39.40m 33.10m 42.37m	42.03m FOUL 35.61m					
6	Anna Friedrichsen	JR	Buena Vista	42.64m	42.24m	138-07	2 3
	41.67m FOUL 42.24m	39.26m 41.32m 38.31m					
7	Anna Lundahl	JR	Nebraska Wesleyan	41.69m	41.26m	135-04	2 2
	41.26m 38.59m 40.78m	FOUL FOUL FOUL					
8	Brittany Lingenfelter	JR	Wartburg	38.17m	40.94m	134-04	1 1
	38.96m 40.94m 37.70m	37.70m 40.20m 33.88m					
9	Emmilly Berglund	FR	Nebraska Wesleyan	43.13m	40.88m	134-01	2
	36.74m 40.88m FOUL	39.99m FOUL 40.34m					
10	Tara Jochumsen	JR	Wartburg	40.30m	40.81m	133-11	1
	39.48m 40.77m 40.81m						
11	Lily Meester	JR	Wartburg	41.81m	40.41m	132-07	2
	40.41m 34.88m 37.51m						
12	Audra Gallick	SO	Loras	35.64m	39.50m	129-07	1
	FOUL 39.13m 39.50m						
13	Aliah Clarke	JR	Nebraska Wesleyan	33.55m	39.25m	128-09	1
	FOUL 39.25m 37.30m						
14	Breen Duffy	SO	Dubuque	40.60m	38.92m	127-08	1
	FOUL 38.92m FOUL						
15	Taylor Flaig	JR	Loras	43.01m	38.86m	127-06	2
	FOUL 36.51m 38.86m						
16	Allison Van Gorp	JR	Central College	39.52m	38.64m	126-09	1
	37.98m 38.64m FOUL						
17	Morgan Lantaff	FR	Buena Vista	37.39m	36.89m	121-00	1
	36.89m FOUL FOUL						
18	Laura Benedict	JR	Loras	34.99m	33.00m	108-03	1
	33.00m FOUL FOUL						
--	Kristen Davis	SO	Buena Vista	36.66m	FOUL		1
	FOUL FOUL FOUL						
--	Ashley Glennon	SO	Dubuque	41.48m	FOUL		2
	FOUL FOUL FOUL						

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****Women Hammer Throw**

All-Time: A 58.98m 2023		Kaitlyn Wilder, Dubuque			
Championship: C 55.06m 5/13/2023		Rebecca Simpson, Buena Vista			
Name	Year School	Seed	Finals	H#	Points
1 Emma True	JR Wartburg	58.58m	59.88mA	196-05	2 10
53.32m 59.88m 57.25m 56.59m FOUL 58.01m					
2 Kaitlyn Wilder	SR Dubuque	58.29m	58.30mC	191-03	2 8
56.89m 57.03m 58.30m FOUL FOUL 56.24m					
3 Taylor Flaig	JR Loras	53.82m	53.05m	174-00	2 6
52.32m 53.05m 52.83m FOUL 52.37m FOUL					
4 Anna Friedrichsen	JR Buena Vista	51.92m	52.84m	173-04	2 5
51.42m 45.36m 44.75m 47.83m 51.31m 52.84m					
5 Caitlyn Cox	SO Loras	53.50m	52.63m	172-08	2 4
FOUL FOUL 52.63m 49.88m FOUL FOUL					
6 Ja'Dein Madison	SO Nebraska Wesleyan	52.09m	52.34m	171-09	2 3
52.34m FOUL FOUL 52.11m FOUL 51.58m					
7 Kaelyn Means	FR Nebraska Wesleyan	48.45m	48.59m	159-05	2 2
47.02m 46.69m 45.95m 44.29m FOUL 48.59m					
8 Haley Beminio	JR Wartburg	47.87m	48.58m	159-04	2 1
47.97m 48.58m 48.04m FOUL 48.58m 45.56m					
9 Chloe Reiser	FR Dubuque	46.37m	47.54m	156-00	2
47.08m 46.73m FOUL 47.54m FOUL FOUL					
10 Grace McCartan	SR Wartburg	48.21m	46.87m	153-09	2
43.46m 45.23m 46.87m					
11 Arynn Spence	FR Nebraska Wesleyan	43.24m	46.67m	153-01	1
46.67m 46.43m FOUL					
12 Tara Jochumsen	JR Wartburg	47.32m	44.22m	145-01	2
43.83m FOUL 44.22m					
13 Tracy Allen	SR Coe	44.13m	44.20m	145-00	1
44.20m FOUL FOUL					
14 Courtney Johnson	JR Buena Vista	45.04m	43.53m	142-10	2
40.82m 39.41m 43.53m					
15 Jasmine Angel	FR Dubuque	44.84m	42.74m	140-03	1
42.74m FOUL 41.88m					
16 Eleanor Lefort	FR Luther	40.68m	42.64m	139-11	1
42.64m 39.52m FOUL					
17 Payten Hardy	SR Luther	40.26m	42.48m	139-04	1
40.23m 42.48m 40.71m					
18 Breen Duffy	SO Dubuque	48.83m	41.27m	135-05	2
FOUL FOUL 41.27m					
19 Audra Gallick	SO Loras	41.48m	40.54m	133-00	1
37.12m 40.54m 40.27m					
20 Riley Vice	JR Loras	41.01m	40.42m	132-07	1
40.42m 40.14m 40.16m					
21 Payton Schermerhorn	FR Buena Vista	39.43m	40.12m	131-07	1
39.66m FOUL 40.12m					
22 Kristen Davis	SO Buena Vista	37.59m	38.00m	124-08	1
FOUL 38.00m FOUL					
23 Piper Boggs	SO Coe	34.53m	35.98m	118-00	1
FOUL 35.98m 33.51m					
24 Morgan Devereaux	JR Central College	39.20m	34.96m	114-08	1
FOUL 34.96m FOUL					
25 Ashley Imdieke	JR Luther	30.09m	30.38m	99-08	1
23.86m 28.21m 30.38m					

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****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 Avery Decker		SR Nebraska Wesleyan	45.37m	42.41m	139-02	2	10			
	39.17m	FOUL	42.10m	42.41m	38.73m	FOUL				
2 Ashley Glennon		SO Dubuque	37.97m	40.05m	131-05	2	8			
	40.05m	35.88m	FOUL	FOUL	FOUL	35.48m				
3 Samantha Nielsen		SO Wartburg	37.41m	39.71m	130-03	2	6			
	39.11m	38.53m	33.56m	37.42m	39.71m	39.10m				
4 Brooke Shafer		JR Wartburg	36.86m	39.41m	129-03	2	5			
	37.54m	34.77m	FOUL	32.25m	39.41m	36.10m				
5 Aliah Clarke		JR Nebraska Wesleyan	36.52m	39.34m	129-01	2	4			
	FOUL	34.88m	34.74m	35.10m	39.34m	36.49m				
6 Addie Thomas		JR Nebraska Wesleyan	36.92m	38.65m	126-10	2	3			
	30.91m	33.25m	38.65m	FOUL	35.35m	34.72m				
7 Arynn Spence		FR Nebraska Wesleyan	35.88m	37.11m	121-09	2	2			
	30.68m	FOUL	33.85m	FOUL	35.61m	37.11m				
8 Haley Bemnio		JR Wartburg	35.93m	36.01m	118-02	2	1			
	29.23m	34.66m	35.08m	33.75m	36.01m	FOUL				
9 Grace Alley		JR Loras	35.15m	35.08m	115-01	2				
	30.06m	FOUL	32.32m	32.17m	32.26m	35.08m				
10 Courtney Johnson		JR Buena Vista	33.91m	30.46m	99-11	2				
	FOUL	FOUL	30.46m							
11 Allie Schweitzberger		FR Wartburg	30.89m	29.73m	97-06	1				
	29.73m	26.60m	26.99m							
12 Emily Jackson		SO Loras	29.70m	29.02m	95-02	1				
	29.02m	26.48m	28.55m							
13 Gracie Pierson		SO Central College	32.37m	28.94m	94-11	1				
	28.94m	27.78m	27.30m							
14 Katie Dailey		JR Luther	29.15m	27.79m	91-02	1				
	25.26m	26.75m	27.79m							
15 Karsyn Lamm		JR Central College	27.20m	26.65m	87-05	1				
	24.69m	22.24m	26.65m							
16 Gabbie Schei		SR Luther	25.08m	26.56m	87-02	1				
	25.80m	24.11m	26.56m							
17 Morgana Goodlow		SR Coe	27.00m	25.27m	82-11	1				
	16.22m	25.27m	24.96m							
18 Emily Groppoli		JR Luther	25.59m	24.84m	81-06	1				
	19.81m	24.61m	24.84m							
19 Piper Boggs		SO Coe	27.73m	24.41m	80-01	1				
	21.01m	FOUL	24.41m							

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 Olivia Bohlen		SO Central College	26.55	4.4	2	750			
2 Anna Parrott		SO Simpson (Iowa)	27.01	4.4	2	711			
3 Caitlin Benesh		FR Wartburg	27.72	4.4	2	653			
4 Brooke Shafer		JR Wartburg	28.08	4.4	2	625			
5 Karsyn Lamm		JR Central College	28.25	4.4	2	611			
6 Sage Austin		FR Central College	28.37	4.4	2	602			
7 Hailey Foxhoven		JR Wartburg	28.56	4.4	2	587			

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8	Jazmine Woode	FR Wartburg	28.88	3.6	1	563
9	Amil-lion Derrick	JR Buena Vista	29.36	4.4	2	528
10	Sarah Kolterman	FR Nebraska Wesleyan	30.05	3.6	1	479
11	Bridgette Smith	FR Loras	30.98	3.6	1	416

Heptathlon: #7 Women 800 Meter Run Heptathlon

=====						
Championship: C 2:21.98 5/2/2009 Brittany Melloy, Wartburg						
Name	Year	School	Finals	Points		
=====						
1	Caitlin Benesh	FR Wartburg	2:48.57	479		
	1:24.714 (1:24.714)	2:48.562 (1:23.848)				
2	Brooke Shafer	JR Wartburg	2:49.04	474		
	1:25.667 (1:25.667)	2:49.031 (1:23.364)				
3	Olivia Bohlen	SO Central College	2:49.46	469		
	1:25.275 (1:25.275)	2:49.451 (1:24.176)				
4	Karsyn Lamm	JR Central College	2:50.57	458		
	1:25.016 (1:25.016)	2:50.567 (1:25.551)				
5	Hailey Foxhoven	JR Wartburg	2:51.85	445		
	1:25.726 (1:25.726)	2:51.842 (1:26.116)				
6	Anna Parrott	SO Simpson (Iowa)	2:52.84	435		
	1:25.260 (1:25.260)	2:52.837 (1:27.577)				
7	Bridgette Smith	FR Loras	2:54.82	415		
	1:27.218 (1:27.218)	2:54.811 (1:27.593)				
8	Sage Austin	FR Central College	2:55.58	407		
	1:24.977 (1:24.977)	2:55.576 (1:30.600)				
9	Sarah Kolterman	FR Nebraska Wesleyan	2:58.43	380		
	1:26.515 (1:26.515)	2:58.421 (1:31.907)				
10	Jazmine Woode	FR Wartburg	3:04.25	327		
	1:32.241 (1:32.241)	3:04.250 (1:32.010)				
11	Amil-lion Derrick	JR Buena Vista	3:07.71	297		
	1:31.841 (1:31.841)	3:07.709 (1:35.869)				

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	Olivia Bohlen	SO Central College	15.01	1.7	3	840
2	Caitlin Benesh	FR Wartburg	16.16	1.7	3	695
3	Karsyn Lamm	JR Central College	17.02	1.7	3	594
4	Hailey Foxhoven	JR Wartburg	17.05	2.2	2	591
5	Brooke Shafer	JR Wartburg	17.34	1.7	3	559
6	Amil-lion Derrick	JR Buena Vista	17.38	2.2	2	554
7	Anna Parrott	SO Simpson (Iowa)	18.16	2.2	1	472
8	Jazmine Woode	FR Wartburg	18.22	2.2	2	466
9	Bridgette Smith	FR Loras	19.08	2.2	1	383
10	Sarah Kolterman	FR Nebraska Wesleyan	19.44	2.2	2	350
11	Sage Austin	FR Central College	21.21	2.2	1	210

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****Heptathlon: #2 Women High Jump Heptathlon**

Championship: C 1.67m 5/1/2009 Kinsey Bak, Simpson													
Name	Year School										Finals	Points	
1 Sage Austin	FR Central College										1.51m	4-11.50	632
	1.24	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54		
	PPP	PPP	PPP	PPP	O	PPP	O	O	XO	O	XXX		
2 Jazmine Woode	FR 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	PPP	PPP	PPP	O	PPP	O	O	O	XXX			
3 Bridgette Smith	FR Loras										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	O	XO	XO	XO	XXX				
3 Hailey Foxhoven	JR Wartburg										1.45m	4-09.00	566
	1.24	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48				
	O	PPP	O	O	O	O	XXO	O	XXX				
3 Olivia Bohlen	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	O	O	O	O	XXX				
6 Anna Parrott	SO Simpson (Iowa)										1.39m	4-06.75	502
	1.24	1.27	1.30	1.33	1.36	1.39	1.42						
	PPP	PPP	PPP	PPP	O	O	XXX						
6 Brooke Shafer	JR Wartburg										1.39m	4-06.75	502
	1.24	1.27	1.30	1.33	1.36	1.39	1.42						
	O	PPP	O	O	XO	XXO	XXX						
8 Sarah Kolterman	FR Nebraska Wesleyan										1.36m	4-05.50	470
	1.24	1.27	1.30	1.33	1.36	1.39							
	PPP	PPP	O	O	O	XXX							
9 Caitlin Benesh	FR Wartburg										1.30m	4-03.25	409
	1.24	1.27	1.30	1.33									
	O	O	XO	XXX									
9 Karsyn Lamm	JR Central College										1.30m	4-03.25	409
	1.24	1.27	1.30										
	O	O	OXX										
11 Amil-lion Derrick	JR Buena Vista										1.27m	4-02.00	379
	1.24	1.27	1.30										
	O	O	XXX										

Heptathlon: #5 Women Long Jump Heptathlon

Championship: C 5.54m 5/12/2004 Abby Vanderah, Loras									
Name	Year School					Finals	Wind	Points	
1 Olivia Bohlen	SO Central College					5.06m	+0.0	16-07.25	576
	FOUL	5.06m(+0.0)			PASS				
2 Caitlin Benesh	FR Wartburg					4.81m	1.0	15-09.50	508
	4.27m(0.9)	FOUL	4.81m(1.0)						
3 Karsyn Lamm	JR Central College					4.63m	2.5	15-02.25	461
	FOUL	4.63m(2.5)			4.58m(-0.1)				
4 Hailey Foxhoven	JR Wartburg					4.62m	+0.0	15-02.00	459
	4.49m(0.7)	4.48m(1.7)	4.62m(+0.0)						
5 Sarah Kolterman	FR Nebraska Wesleyan					4.52m	0.9	14-10.00	433
	4.52m(0.9)	FOUL	4.45m(0.8)						
5 Brooke Shafer	JR Wartburg					4.52m	1.6	14-10.00	433
	4.32m(+0.0)	4.52m(1.6)	4.33m(0.4)						

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Heptathlon: #5 Women Long Jump Heptathlon**

7	Amil-lion Derrick	JR Buena Vista	4.46m	+0.0	14-07.75	418
	4.06m(+0.0)	4.46m(+0.0)	FOUL			
8	Anna Parrott	SO Simpson (Iowa)	4.45m	0.1	14-07.25	416
	4.45m(0.1)	FOUL	FOUL			
9	Sage Austin	FR Central College	4.38m	2.5	14-04.50	398
	4.38m(2.5)	4.26m(1.4)	4.27m(+0.0)			
10	Jazmine Woode	FR Wartburg	4.32m	1.2	14-02.25	384
	4.02m(+0.0)	FOUL	4.32m(1.2)			
11	Bridgette Smith	FR Loras	4.17m	1.1	13-08.25	347
	4.17m(1.1)	3.53m(2.9)	4.12m(0.9)			

Heptathlon: #3 Women Shot Put Heptathlon

Championship: C 12.06m 5/7/2010 Carissa Bentz, Central						
Name	Year	School	Finals		Points	
1	Olivia Bohlen	SO Central College	10.64m	34-11.00	571	
	9.82m	10.12m	10.64m			
2	Hailey Foxhoven	JR Wartburg	10.63m	34-10.50	571	
	10.57m	9.85m	10.63m			
3	Brooke Shafer	JR Wartburg	10.17m	33-04.50	541	
	9.39m	9.53m	10.17m			
4	Anna Parrott	SO Simpson (Iowa)	9.62m	31-06.75	505	
	9.62m	9.49m	9.55m			
5	Amil-lion Derrick	JR Buena Vista	9.52m	31-03.00	498	
	9.31m	8.19m	9.52m			
6	Sarah Kolterman	FR Nebraska Wesleyan	9.40m	30-10.25	490	
	8.59m	9.18m	9.40m			
7	Karsyn Lamm	JR Central College	8.96m	29-04.75	462	
	8.78m	8.94m	8.96m			
8	Bridgette Smith	FR Loras	8.84m	29-00.00	454	
	FOUL	8.82m	8.84m			
9	Jazmine Woode	FR Wartburg	8.73m	28-07.75	447	
	7.96m	8.73m	6.03m			
10	Caitlin Benesh	FR Wartburg	8.63m	28-03.75	440	
	8.20m	8.63m	8.18m			
11	Sage Austin	FR Central College	6.86m	22-06.25	326	
	6.84m	6.86m	6.86m			

Heptathlon: #6 Women Javelin Throw Heptathlon

Championship: C 41.10m 5/12/2004 Lindsay Schultz, Central						
Name	Year	School	Finals		Points	
1	Olivia Bohlen	SO Central College	33.39m	109-06	541	
	33.39m	30.44m	32.28m			
2	Brooke Shafer	JR Wartburg	33.08m	108-06	535	
	30.27m	32.25m	33.08m			
3	Karsyn Lamm	JR Central College	29.24m	95-11	462	
	27.83m	29.24m	28.57m			
4	Caitlin Benesh	FR Wartburg	29.10m	95-06	460	
	29.10m	27.78m	28.43m			
5	Hailey Foxhoven	JR Wartburg	26.50m	86-11	411	
	21.91m	20.53m	26.50m			

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Heptathlon: #6 Women Javelin Throw Heptathlon**

6	Bridgette Smith	FR Loras	26.36m	86-06	408
	26.36m 22.46m 22.17m				
7	Sarah Kolterman	FR Nebraska Wesleyan	26.22m	86-00	405
	17.76m 23.79m 26.22m				
8	Jazmine Woode	FR Wartburg	24.88m	81-07	380
	24.88m 23.24m 17.38m				
9	Amil-lion Derrick	JR Buena Vista	24.20m	79-05	367
	24.20m 23.33m 22.25m				
10	Anna Parrott	SO Simpson (Iowa)	23.39m	76-09	352
	23.39m FOUL 18.85m				
11	Sage Austin	FR Central College	21.56m	70-09	318
	20.59m 21.19m 21.56m				

Women Heptathlon

All-Time: A		5233	2024	Alley Grace, Loras		
Championship: C		4818	5/8/2014	Leah Broderick, Luther		
Name	Year	School	Seed	Finals	H#	Points
1	Olivia Bohlen	SO Central College	4737	4313		10
2	Brooke Shafer	JR Wartburg		3669		8
3	Caitlin Benesh	FR Wartburg	3239	3644		6
4	Hailey Foxhoven	JR Wartburg		3630		5
5	Karsyn Lamm	JR Central College	3515	3457		4
6	Anna Parrott	SO Simpson (Iowa)	3382	3393		3
7	Jazmine Woode	FR Wartburg	2881	3166		2
8	Amil-lion Derrick	JR Buena Vista	2497	3041		1
9	Sarah Kolterman	FR Nebraska Wesleyan		3007		
10	Bridgette Smith	FR Loras		2989		
11	Sage Austin	FR Central College	2213	2893		

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		10.50	5/13/2022	Jeremiah Steed, Dubuque		
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Josh Smith	SR Loras	10.58	10.48Q	3.3	2
2	Derik Bunten	JR Loras	10.72	10.59Q	2.2	1 10.588
3	Frank Day	JR Loras	10.64	10.59Q	3.6	3 10.590
4	Nolan Lentz	SO Dubuque	10.77	10.61Q	2.5	4
5	Ghaith Taha	SO Nebraska Wesleyan	10.80	10.63q	3.3	2
6	De'Andre Klein	SR Loras	10.69	10.64q	3.6	3 10.632
7	Ashton Bates	SO Buena Vista	10.83	10.64q	3.3	2 10.639
8	Jaberrius Peake	FR Dubuque	10.83	10.66q	2.5	4
9	Joseph Sams	SO Simpson (Iowa)	10.84	10.71	2.2	1
10	Jaylen Bell	SR Dubuque	10.60	10.72	2.5	4
11	Austin Nauert	JR Nebraska Wesleyan	11.12	10.75	3.3	2 10.744
12	Aidan Gruver	SO Wartburg	10.62	10.75	2.2	1 10.747
13	Jacob Kamara	JR Wartburg	11.21	10.76	2.2	1 10.752
14	Kendrick Achebe	SO Simpson (Iowa)	10.98	10.76	2.5	4 10.753
15	Jaidyn Williams	SR Dubuque	10.94	10.79	2.2	1 10.781
16	Steven Dalmeida	SO Nebraska Wesleyan	10.92	10.79	3.6	3 10.788

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****...Men 100 Meter Dash**

17	Noah Erickson	SO Central College	11.05	10.96	3.3	2
18	Dallen Booker	SO Nebraska Wesleyan	11.25	10.97	3.6	3
19	Caden Miller-Baker	JR Wartburg	11.18	11.06	2.5	4
20	Owen Tomko	FR Central College	11.37	11.21	3.3	2
21	Jackson Moats	JR Central College	11.27	11.22	2.2	1
22	Zackary Huffman	SR Buena Vista	11.26	11.24	3.6	3
23	Isaiah Morgan	FR Coe	11.30	11.39	2.5	4
24	Zeke Nelson	FR Central College	11.67	11.44	2.5	4
25	Austyn Riehle	FR Luther	11.39	11.47	3.3	2
26	Jay Lee	FR Simpson (Iowa)	11.85	11.60	2.2	1
27	Kenley Crouthamel	FR Simpson (Iowa)	12.10	11.83	3.6	3
--	Jeffrey Oestreicher	SO Wartburg	10.87	DNS	3.6	3

Men 100 Meter Dash

All-Time: A 10.41		2010	Davivorn Dowe, Dubuque			
Championship: C 10.50		5/13/2022	Jeremiah Steed, Dubuque			
Name	Year	School	Prelims	Finals	Wind	Points

Finals

1	Josh Smith	SR Loras	10.48	10.52	1.8	10
2	Jaberrius Peake	FR Dubuque	10.66	10.57	1.8	8
3	Derik Buntten	JR Loras	10.59	10.63	1.8	6
4	Nolan Lentz	SO Dubuque	10.61	10.71	1.8	5
5	Frank Day	JR Loras	10.59	10.72	1.8	4
6	De'Andre Klein	SR Loras	10.64	10.73	1.8	3
7	Ghaith Taha	SO Nebraska Wesleyan	10.63	10.74	1.8	2
8	Ashton Bates	SO Buena Vista	10.64	10.81	1.8	1

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

All-Time: A 21.08		2022	Nolan Lentz, Dubuque			
Championship: C 21.09		5/14/2022	Dallas Wright, Wartburg			
Name	Year	School	Seed	Prelims	Wind	H#

Preliminaries

1	Jaberrius Peake	FR Dubuque	21.70	21.31Q	1.8	2
2	Morgan Conner	JR Nebraska Wesleyan	21.77	21.41Q	1.8	3
3	Nolan Lentz	SO Dubuque	21.67	21.47Q	3.2	4
4	Otis Patterson	SR Dubuque	21.76	21.67Q	3.3	1
5	Ashton Bates	SO Buena Vista	21.96	21.63q	1.8	2
6	Austin Nauert	JR Nebraska Wesleyan	21.85	21.69q	1.8	2
7	Josh Smith	SR Loras	21.77	21.71q	3.3	1
8	Jensen Clapp	JR Wartburg	21.87	21.74q	3.2	4
9	Joseph Sams	SO Simpson (Iowa)	22.08	21.90	1.8	3
10	Frank Day	JR Loras	21.73	21.95	1.8	3
11	Dayvion Foreman	JR Loras	22.03	22.01	3.3	1
12	Derrick Smith	JR Wartburg	21.87	22.05	3.2	4
13	Kobe Howell	SR Dubuque	21.98	22.06	1.8	3
14	Kendrick Achebe	SO Simpson (Iowa)	22.75	22.15	1.8	3
15	Aidan Gruver	SO Wartburg	22.23	22.19	1.8	2
16	De'Andre Klein	SR Loras	22.07	22.22	3.3	1
17	Noah Erickson	SO Central College	22.68	22.54	1.8	2
18	Owen Tomko	FR Central College	23.20	22.65	1.8	3

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****...Men 200 Meter Dash**

19	Tancrede Lefort	JR Luther	23.42	22.88	3.2	4
20	Austyn Riehle	FR Luther	23.03	22.98	3.3	1
21	Ian Young	FR Nebraska Wesleyan	23.51	23.25	3.2	4
22	Isaiah Morgan	FR Coe	23.24	23.39	1.8	2
23	Mason Farrington	FR Central College	22.96	23.49	3.3	1
24	Jay Lee	FR Simpson (Iowa)	24.38	24.20	1.8	2
25	Jacob French	JR Simpson (Iowa)	24.96	25.02	1.8	3
26	Mohamed Temsah	JR Wartburg	22.25	39.16	3.2	4
--	Dallen Booker	SO Nebraska Wesleyan	22.33	DQ	3.2	4 False Start
--	Zeke Nelson	FR Central College		DNS	3.3	1

Men 200 Meter Dash

All-Time: A	21.08	2022	Nolan Lentz, Dubuque			
Championship: C	21.09	5/14/2022	Dallas Wright, Wartburg			
Name	Year	School	Prelims	Finals	Wind	Points

Finals

1	Jaberrius Peake	FR Dubuque	21.31	21.51	-0.2	10
2	Josh Smith	SR Loras	21.71	21.82	-0.2	8
3	Morgan Conner	JR Nebraska Wesleyan	21.41	21.94	-0.2	6
4	Nolan Lentz	SO Dubuque	21.47	21.96	-0.2	5
5	Austin Nauert	JR Nebraska Wesleyan	21.69	22.08	-0.2	4
6	Otis Patterson	SR Dubuque	21.67	22.09	-0.2	3
7	Ashton Bates	SO Buena Vista	21.63	22.19	-0.2	2
8	Jensen Clapp	JR Wartburg	21.74	22.27	-0.2	1

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

All-Time: A	46.27	2019	Patrick Mikel, Loras		
Championship: C	46.87	5/14/2022	Dallas Wright, Wartburg		
Name	Year	School	Seed	Prelims	H#

Preliminaries

1	Jensen Clapp	JR Wartburg	48.84	48.22Q	2
2	Ian Fagan	FR Loras	48.44	48.68Q	1 48.677
3	Kaleb Brand	SO Central College	47.91	48.68Q	3 48.679
4	JoJo Frost	SR Dubuque	48.12	48.45q	2
5	Kobe Howell	SR Dubuque	48.30	48.86q	1
6	Gabe Anderson	SR Nebraska Wesleyan	48.89	48.94q	3
7	Ted Kruse	JR Loras	49.56	49.29q	1
8	Ian Neyens	JR Wartburg	49.26	49.32q	2
9	Carson Vaske	JR Loras	49.65	49.63	2
10	Zach Abbey	JR Wartburg	49.59	49.93	1
11	Derrick Smith	JR Wartburg	49.23	49.99	3
12	McClain Meyer	SO Nebraska Wesleyan	50.11	50.13	3
13	Nehemiah Griffin	SR Dubuque	50.47	50.25	2
14	Jrake Van Hemert	FR Central College	50.21	50.73	3
15	Garrett Byrd	SR Dubuque	50.67	50.98	1
16	Matthew Franzen	SR Luther	50.79	51.48	1
17	Gabe Feldmann	FR Central College	51.23	51.53	2
18	Cole Duba	SO Nebraska Wesleyan	52.00	51.61	2
19	Mathew Siegel	SO Nebraska Wesleyan	51.95	52.03	3
20	Brian Hart	JR Central College		55.51	1

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Men 400 Meter Dash**

21	Isaiah Powers	FR Buena Vista	55.96	56.43	1
--	Ben Gilbert-Binder	SO Simpson (Iowa)	51.98	DNS	3

Men 400 Meter Dash

All-Time: A 46.27		2019	Patrick Mikel, Loras		
Championship: C 46.87		5/14/2022	Dallas Wright, Wartburg		
Name	Year	School	Prelims	Finals	Points

Finals

1	JoJo Frost	SR Dubuque	48.45	47.69	10
2	Kaleb Brand	SO Central College	48.68	47.82	8
3	Kobe Howell	SR Dubuque	48.86	47.93	6
4	Gabe Anderson	SR Nebraska Wesleyan	48.94	48.10	5
5	Ian Fagan	FR Loras	48.68	48.25	4
6	Jensen Clapp	JR Wartburg	48.22	48.37	3
7	Ted Kruse	JR Loras	49.29	49.12	2
8	Ian Neyens	JR Wartburg	49.32	49.81	1

Men 800 Meter Run**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

All-Time: A 1:47.81		2023	Mike Jasa, Loras		
Championship: C 1:48.01		5/13/2023	Mike Jasa, Loras		
Name	Year	School	Seed	Prelims	H#

Preliminaries

1	Joe Franke	JR Loras	1:51.92	1:51.31Q	2
	53.819 (53.819)	1:51.303 (57.484)			
2	Kyle Miller	JR Buena Vista	1:50.64	1:52.01Q	1
	54.672 (54.672)	1:52.004 (57.332)			
3	Noah Jorgenson	JR Central College	1:50.17	1:53.35Q	3
	56.008 (56.008)	1:53.348 (57.341)			
4	Andrew Hutchinson	SR Dubuque	1:50.16	1:55.46Q	4
	57.355 (57.355)	1:55.456 (58.102)			
5	Ryan Harvey	SR Loras	1:52.47	1:51.51q	2
	54.007 (54.007)	1:51.508 (57.501)			
6	Carter Cruise	JR Wartburg	1:53.27	1:53.14q	1
	55.167 (55.167)	1:53.135 (57.969)			
7	Javier Kenney	SR Nebraska Wesleyan	1:55.31	1:54.95q	3
	56.137 (56.137)	1:54.948 (58.812)			
8	Jacob Belha	JR Loras	1:57.21	1:55.15q	2
	55.400 (55.400)	1:55.145 (59.746)			
9	Carson Hendrey	JR Loras	1:57.62	1:56.19	1
	56.501 (56.501)	1:56.187 (59.686)			
10	Aiden Housman	JR Wartburg	1:54.50	1:56.25	4 1:56.248
	57.446 (57.446)	1:56.248 (58.802)			
11	Luke Benson	SR Wartburg	1:55.88	1:56.25	1 1:56.249
	56.261 (56.261)	1:56.249 (59.988)			
12	Rylan Martin	FR Wartburg	1:54.49	1:57.46	3
	56.825 (56.825)	1:57.453 (1:00.628)			
13	Jonas Haugland	JR Luther	2:00.31	2:00.14	4
	58.256 (58.256)	2:00.139 (1:01.883)			
14	Adam Gruhn	SR Simpson (Iowa)	1:57.33	2:00.82	2
	55.133 (55.133)	2:00.812 (1:05.679)			

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Men 800 Meter Run**

15	Sorley Swanstrom-Arnold	JR Luther	2:03.13	2:01.00	2
	58.684 (58.684)	2:01.000 (1:02.317)			
16	Alex Ienn	FR Nebraska Wesleyan	2:01.15	2:02.26	3
	58.816 (58.816)	2:02.254 (1:03.438)			
17	Jacob Wertz	FR Nebraska Wesleyan	1:59.84	2:02.32	3
	58.281 (58.281)	2:02.317 (1:04.037)			
18	Will Ode	SR Luther	2:04.18	2:03.20	2
	59.003 (59.003)	2:03.192 (1:04.189)			
19	Noah Smith	SR Simpson (Iowa)		2:03.76	1
	57.787 (57.787)	2:03.758 (1:05.972)			
20	Carter Siems	FR Nebraska Wesleyan	1:54.77	2:04.32	4
	58.042 (58.042)	2:04.317 (1:06.275)			
21	Ethan Haus	FR Simpson (Iowa)	2:02.65	2:04.67	1
	58.649 (58.649)	2:04.662 (1:06.014)			
22	Austin Jones	FR Simpson (Iowa)	2:05.65	2:05.52	1
	58.978 (58.978)	2:05.517 (1:06.540)			
23	Ronan Jimenez	FR Central College	2:05.68	2:08.08	3
	1:01.146 (1:01.146)	2:08.078 (1:06.933)			
24	Carter Braun	SO Buena Vista	2:00.64	2:08.11	4
	57.839 (57.839)	2:08.108 (1:10.270)			
25	Cayden McLeland	FR Central College	2:11.32	2:08.19	4
	59.644 (59.644)	2:08.187 (1:08.543)			
26	Carter Hall	SO Central College	2:12.11	2:11.69	3
	1:01.340 (1:01.340)	2:11.689 (1:10.349)			
27	Zach Thompson	SO Buena Vista	2:08.59	2:12.15	4
	1:01.220 (1:01.220)	2:12.149 (1:10.930)			

Men 800 Meter Run

=====					
	All-Time: A	1:47.81	2023	Mike Jasa, Loras	
	Championship: C	1:48.01	5/13/2023	Mike Jasa, Loras	
	Name		Year School	Prelims	Finals Points
=====					
Finals					
1	Joe Franke	JR Loras	1:51.31	1:50.86	10
	55.622 (55.622)	1:50.857 (55.236)			
2	Kyle Miller	JR Buena Vista	1:52.01	1:51.03	8
	55.398 (55.398)	1:51.026 (55.628)			
3	Andrew Hutchinson	SR Dubuque	1:55.46	1:52.70	6
	56.337 (56.337)	1:52.691 (56.354)			
4	Carter Cruise	JR Wartburg	1:53.14	1:53.23	5
	55.834 (55.834)	1:53.224 (57.390)			
5	Ryan Harvey	SR Loras	1:51.51	1:54.74	4
	56.949 (56.949)	1:54.734 (57.786)			
6	Noah Jorgenson	JR Central College	1:53.35	1:55.93	3
	57.222 (57.222)	1:55.921 (58.700)			
7	Javier Kenney	SR Nebraska Wesleyan	1:54.95	1:56.10	2
	56.735 (56.735)	1:56.099 (59.364)			
8	Jacob Belha	JR Loras	1:55.15	1:57.80	1
	57.903 (57.903)	1:57.793 (59.890)			

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****Men 1500 Meter Run**

All-Time: A 3:44.98 2024		Ryan Harvey, Loras				
Championship: C 3:46.56 5/14/2022		Christopher Collet, Wartburg				
Name	Year	School	Seed	Finals	H#	Points
1 Noah Jorgenson		JR Central College	3:45.40	3:50.09	3	10
49.966 (49.966)	1:53.164 (1:03.198)	2:54.807 (1:01.644)	3:50.087 (55.280)			
2 Christopher Collet		SR Wartburg	3:51.90	3:50.16	3	8
49.717 (49.717)	1:53.150 (1:03.434)	2:54.861 (1:01.711)	3:50.158 (55.297)			
3 Ryan Harvey		SR Loras	3:44.98	3:52.09	3	6
50.238 (50.238)	1:53.323 (1:03.085)	2:54.690 (1:01.368)	3:52.082 (57.393)			
4 Shane Erb		SO Wartburg	3:51.19	3:52.79	3	5
49.843 (49.843)	1:52.895 (1:03.053)	2:54.664 (1:01.769)	3:52.783 (58.120)			
5 Sam Schmitz		JR Wartburg	3:53.32	3:52.90	3	4
50.635 (50.635)	1:53.640 (1:03.006)	2:55.169 (1:01.529)	3:52.899 (57.731)			
6 Lewis Kleman		JR Coe	3:52.46	3:54.17	3	3
49.707 (49.707)	1:52.931 (1:03.224)	2:54.871 (1:01.940)	3:54.163 (59.292)			
7 James Murray		SR Simpson (Iowa)	3:53.99	3:56.43	3	2
50.393 (50.393)	1:53.514 (1:03.122)	2:55.643 (1:02.129)	3:56.426 (1:00.783)			
8 Jacob Belha		JR Loras	3:55.05	3:57.07	3	1
50.617 (50.617)	1:54.262 (1:03.646)	2:56.818 (1:02.556)	3:57.068 (1:00.250)			
9 Jack Brown		FR Central College	3:53.28	3:59.55	3	
50.155 (50.155)	1:53.384 (1:03.229)	2:56.026 (1:02.643)	3:59.545 (1:03.519)			
10 Nathan Kinzer		FR Wartburg	3:56.01	4:00.51	3	
50.826 (50.826)	1:53.839 (1:03.014)	2:56.492 (1:02.653)	4:00.509 (1:04.017)			
11 Christian Montover		SO Luther	4:05.83	4:01.72	2	
47.303 (47.303)	1:51.321 (1:04.018)	2:58.093 (1:06.773)	4:01.717 (1:03.624)			
12 Mason Back		FR Central College	4:02.96	4:01.94	2	
47.073 (47.073)	1:51.300 (1:04.227)	2:57.809 (1:06.510)	4:01.936 (1:04.127)			
13 Adam Koller		SR Luther	4:07.11	4:03.32	2	
47.847 (47.847)	1:52.747 (1:04.901)	2:59.629 (1:06.882)	4:03.317 (1:03.688)			
14 Cade Mash		JR Simpson (Iowa)	4:04.80	4:03.40	2	
46.905 (46.905)	1:51.537 (1:04.633)	2:58.435 (1:06.898)	4:03.399 (1:04.964)			
15 Jacob Hocking		SR Loras	4:03.58	4:08.35	2	
47.522 (47.522)	1:52.195 (1:04.674)	2:59.883 (1:07.688)	4:08.345 (1:08.463)			
16 Cole Leggett		SO Simpson (Iowa)	4:05.92	4:08.79	2	
48.259 (48.259)	1:53.429 (1:05.170)	3:02.701 (1:09.273)	4:08.783 (1:06.082)			
17 Chris Guise		SR Loras	4:01.22	4:09.89	3	
51.048 (51.048)	1:54.516 (1:03.468)	2:59.331 (1:04.816)	4:09.887 (1:10.556)			
18 Evan Brown		FR Nebraska Wesleyan	4:10.93	4:10.17	1	
52.447 (52.447)	2:00.847 (1:08.401)	3:08.761 (1:07.914)	4:10.161 (1:01.400)			
19 Benjamin Gillikin		JR Luther	4:06.81	4:10.93	2	
47.999 (47.999)	1:52.412 (1:04.413)	3:00.535 (1:08.123)	4:10.921 (1:10.386)			
20 Corbin Truitt		JR Simpson (Iowa)	4:07.71	4:13.40	1	
52.228 (52.228)	2:01.108 (1:08.880)	3:08.671 (1:07.564)	4:13.391 (1:04.721)			
21 Aiden Mohr		FR Dubuque	4:07.66	4:13.46	2	
48.461 (48.461)	1:54.628 (1:06.168)	3:04.818 (1:10.190)	4:13.460 (1:08.643)			
22 Josh Knispel		FR Nebraska Wesleyan	4:17.96	4:16.07	1	
53.238 (53.238)	2:02.546 (1:09.308)	3:11.958 (1:09.412)	4:16.065 (1:04.108)			
23 Aiden Egertson		FR Buena Vista	4:20.55	4:16.65	1	
52.946 (52.946)	2:02.113 (1:09.168)	3:09.917 (1:07.804)	4:16.645 (1:06.728)			
24 Ethan Olson		FR Nebraska Wesleyan	4:20.99	4:18.11	1	
52.694 (52.694)	2:02.062 (1:09.368)	3:11.791 (1:09.730)	4:18.107 (1:06.316)			
25 Jared Thoma		JR Coe	4:07.21	4:19.13	2	
48.714 (48.714)	1:54.865 (1:06.152)	3:05.901 (1:11.036)	4:19.123 (1:13.222)			

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Men 1500 Meter Run**

26	Luka Flores	FR Central College	4:21.93	4:20.30	1
	53.652 (53.652)	2:03.487 (1:09.836)	3:13.176 (1:09.690)	4:20.294 (1:07.118)	
27	Philip Marrero	JR Coe	4:23.48	4:23.99	1
	53.461 (53.461)	2:03.994 (1:10.533)	3:16.185 (1:12.192)	4:23.985 (1:07.801)	
28	Leo Duffy	SR Luther	4:07.16	4:24.36	2
	48.854 (48.854)	1:55.138 (1:06.284)	3:07.169 (1:12.032)	4:24.358 (1:17.189)	
29	Tim Long	SO Coe	4:26.19	4:25.05	1
	53.987 (53.987)	2:04.685 (1:10.698)	3:16.954 (1:12.269)	4:25.049 (1:08.096)	
30	Brody Koos	FR Nebraska Wesleyan	4:35.92	4:31.90	1
	54.687 (54.687)	2:05.139 (1:10.452)	3:17.916 (1:12.777)	4:31.891 (1:13.975)	
31	Brayden Mahlum	JR Buena Vista	4:29.06	4:36.72	1
	54.394 (54.394)	2:04.975 (1:10.582)	3:20.647 (1:15.672)	4:36.714 (1:16.067)	

Men 5000 Meter Run

All-Time: A 13:51.65		2024		Spencer Moon, Simpson	
Championship: C 14:23.64		5/13/2023		Spencer Moon, Simpson (Iow)	
Name	Year	School	Seed	Finals	Points
1	Jacob Green	SR Wartburg	14:23.68	14:52.34	10
	32.997 (32.997)	1:44.706 (1:11.709)	2:56.826 (1:12.121)	4:09.308 (1:12.482)	
	5:22.842 (1:13.534)	6:34.968 (1:12.127)	7:47.373 (1:12.406)	8:59.946 (1:12.573)	
	10:12.677 (1:12.732)	11:25.112 (1:12.435)	12:37.397 (1:12.286)	13:48.101 (1:10.704)	
	14:52.337 (1:04.237)				
2	Eli Larson	SO Wartburg	14:35.94	14:55.35	8
	33.783 (33.783)	1:45.521 (1:11.738)	2:57.529 (1:12.009)	4:09.665 (1:12.136)	
	5:22.970 (1:13.306)	6:35.226 (1:12.257)	7:47.625 (1:12.399)	9:00.213 (1:12.589)	
	10:12.926 (1:12.713)	11:25.370 (1:12.445)	12:37.633 (1:12.264)	13:48.342 (1:10.709)	
	14:55.343 (1:07.002)				
3	Caleb Silver	JR Central College	15:03.02	15:03.05	6
	33.604 (33.604)	1:45.314 (1:11.710)	2:57.289 (1:11.976)	4:09.805 (1:12.516)	
	5:23.226 (1:13.421)	6:36.057 (1:12.832)	7:47.908 (1:11.851)	9:00.467 (1:12.560)	
	10:14.110 (1:13.644)	11:27.917 (1:13.807)	12:41.488 (1:13.571)	13:55.277 (1:13.790)	
	15:03.050 (1:07.773)				
4	Randy Jimenez	SO Central College	15:11.15	15:12.00	5
	33.215 (33.215)	1:45.154 (1:11.940)	2:56.959 (1:11.805)	4:09.421 (1:12.463)	
	5:22.633 (1:13.212)	6:35.318 (1:12.685)	7:47.647 (1:12.329)	9:01.036 (1:13.390)	
	10:15.360 (1:14.325)	11:31.448 (1:16.088)	12:46.954 (1:15.506)	14:01.585 (1:14.632)	
	15:12.000 (1:10.415)				
5	Ian Barry	JR Wartburg	14:44.97	15:19.82	4
	33.145 (33.145)	1:44.997 (1:11.853)	2:57.027 (1:12.030)	4:09.541 (1:12.515)	
	5:23.019 (1:13.478)	6:35.405 (1:12.387)	7:48.220 (1:12.815)	9:01.142 (1:12.922)	
	10:13.804 (1:12.663)	11:27.641 (1:13.838)	12:40.910 (1:13.269)	13:54.423 (1:13.514)	
	15:19.815 (1:25.392)				
6	Connor Lancial	JR Wartburg	14:59.04	15:20.60	3
	34.054 (34.054)	1:45.886 (1:11.832)	2:57.850 (1:11.964)	4:10.182 (1:12.333)	
	5:23.533 (1:13.352)	6:35.817 (1:12.284)	7:48.564 (1:12.748)	9:01.801 (1:13.237)	
	10:16.198 (1:14.397)	11:32.386 (1:16.188)	12:48.464 (1:16.078)	14:04.068 (1:15.605)	
	15:20.597 (1:16.529)				
7	Lewis Kleman	JR Coe	14:50.54	15:26.29	2
	35.591 (35.591)	1:52.800 (1:17.209)	3:08.794 (1:15.994)	4:24.256 (1:15.462)	
	5:38.608 (1:14.353)	6:54.555 (1:15.947)	8:08.831 (1:14.277)	9:22.927 (1:14.096)	
	10:36.517 (1:13.591)	11:50.355 (1:13.838)	13:05.911 (1:15.556)	14:19.862 (1:13.952)	
	15:26.281 (1:06.420)				

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8	Drew Engler	SO Simpson (Iowa)	15:35.31	15:32.28	1
	36.068 (36.068)	1:53.010 (1:16.942)	3:09.059 (1:16.050)	4:23.153 (1:14.094)	
	5:37.950 (1:14.797)	6:54.418 (1:16.469)	8:09.040 (1:14.622)	9:23.169 (1:14.130)	
	10:36.787 (1:13.619)	11:50.746 (1:13.959)	13:06.225 (1:15.480)	14:19.572 (1:13.347)	
	15:32.279 (1:12.708)				
9	Eric Rutherford	SO Loras	15:14.03	15:37.35	
	35.441 (35.441)	1:52.308 (1:16.867)	3:07.420 (1:15.112)	4:21.696 (1:14.276)	
	5:37.550 (1:15.854)	6:54.325 (1:16.776)	8:09.419 (1:15.095)	9:23.643 (1:14.224)	
	10:38.351 (1:14.709)	11:54.641 (1:16.290)	13:10.620 (1:15.980)	14:26.874 (1:16.254)	
	15:37.350 (1:10.477)				
10	Justin Reinhart	FR Luther	15:17.58	15:45.64	
	39.791 (39.791)	1:58.259 (1:18.468)	3:15.963 (1:17.704)	4:30.706 (1:14.743)	
	5:45.586 (1:14.880)	6:59.360 (1:13.774)	8:13.281 (1:13.922)	9:28.494 (1:15.214)	
	10:44.468 (1:15.974)	12:01.662 (1:17.194)	13:19.239 (1:17.578)	14:34.967 (1:15.729)	
	15:45.638 (1:10.671)				
11	Joey Wohlers	SR Dubuque	15:11.64	15:49.79	
	34.347 (34.347)	1:46.243 (1:11.897)	2:58.163 (1:11.920)	4:09.990 (1:11.828)	
	5:23.497 (1:13.507)	6:36.688 (1:13.191)	7:53.070 (1:16.383)	9:11.852 (1:18.782)	
	10:31.923 (1:20.071)	11:51.807 (1:19.885)	13:12.797 (1:20.990)	14:33.903 (1:21.106)	
	15:49.788 (1:15.886)				
12	Anthony Carney	SO Dubuque	15:12.51	15:50.42	
	35.771 (35.771)	1:52.503 (1:16.733)	3:07.672 (1:15.170)	4:21.906 (1:14.234)	
	5:37.720 (1:15.814)	6:54.116 (1:16.396)	8:08.602 (1:14.487)	9:24.135 (1:15.534)	
	10:41.719 (1:17.585)	11:59.960 (1:18.241)	13:18.015 (1:18.056)	14:35.732 (1:17.717)	
	15:50.415 (1:14.684)				
13	Michel Heinrich	FR Luther	15:23.69	15:51.10	
	37.938 (37.938)	1:53.926 (1:15.989)	3:11.480 (1:17.554)	4:25.231 (1:13.752)	
	5:38.864 (1:13.633)	6:55.711 (1:16.848)	8:12.893 (1:17.182)	9:30.175 (1:17.283)	
	10:49.430 (1:19.255)	12:07.213 (1:17.784)	13:25.561 (1:18.349)	14:41.495 (1:15.934)	
	15:51.099 (1:09.604)				
14	Jack Gatti	SR Simpson (Iowa)	15:22.45	15:51.93	
	37.508 (37.508)	1:53.667 (1:16.160)	3:11.957 (1:18.291)	4:28.981 (1:17.024)	
	5:45.852 (1:16.872)	7:03.261 (1:17.409)	8:21.082 (1:17.822)	9:39.640 (1:18.558)	
	10:56.530 (1:16.891)	12:11.023 (1:14.493)	13:26.915 (1:15.893)	14:38.382 (1:11.467)	
	15:51.921 (1:13.540)				
15	Conner Ross	FR Nebraska Wesleyan	16:07.12	16:03.72	
	36.481 (36.481)	1:53.172 (1:16.692)	3:11.520 (1:18.348)	4:28.687 (1:17.168)	
	5:45.537 (1:16.850)	7:02.984 (1:17.447)	8:20.794 (1:17.810)	9:39.211 (1:18.418)	
	10:58.265 (1:19.054)	12:18.082 (1:19.817)	13:36.973 (1:18.892)	14:55.056 (1:18.084)	
	16:03.719 (1:08.664)				
16	Gad Kanago	JR Coe	16:21.59	16:05.22	
	37.743 (37.743)	1:53.220 (1:15.478)	3:09.332 (1:16.112)	4:24.732 (1:15.401)	
	5:39.516 (1:14.784)	6:57.357 (1:17.842)	8:16.524 (1:19.167)	9:37.291 (1:20.768)	
	10:58.612 (1:21.321)	12:18.272 (1:19.660)	13:37.078 (1:18.806)	14:55.353 (1:18.276)	
	16:05.213 (1:09.860)				
17	Trentyn Gilges	SO Dubuque	15:52.56	16:09.86	
	36.158 (36.158)	1:52.624 (1:16.466)	3:07.962 (1:15.338)	4:22.168 (1:14.206)	
	5:37.931 (1:15.764)	6:53.993 (1:16.063)	8:08.859 (1:14.866)	9:26.487 (1:17.628)	
	10:46.691 (1:20.204)	12:08.302 (1:21.611)	13:31.493 (1:23.192)	14:54.449 (1:22.956)	
	16:09.856 (1:15.407)				
18	Ean Warrick	SR Simpson (Iowa)	14:45.63	16:10.56	
	33.386 (33.386)	1:43.479 (1:10.094)	2:54.484 (1:11.005)	4:06.621 (1:12.137)	
	5:22.328 (1:15.708)	6:39.351 (1:17.023)	7:58.708 (1:19.357)	9:17.952 (1:19.244)	
	10:39.827 (1:21.876)	12:04.376 (1:24.549)	13:31.164 (1:26.788)	14:55.494 (1:24.331)	
	16:10.559 (1:15.066)				

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19	Marc Medici	SR Simpson (Iowa)	15:11.53	16:18.94		
	36.792 (36.792)	1:53.003 (1:16.212)	3:08.478 (1:15.475)	4:22.904 (1:14.427)		
	5:38.462 (1:15.558)	6:55.370 (1:16.908)	8:12.638 (1:17.269)	9:31.211 (1:18.573)		
	10:50.772 (1:19.561)	12:11.773 (1:21.002)	13:34.448 (1:22.675)	14:57.432 (1:22.984)		
	16:18.932 (1:21.501)					
20	Colby Cryer	FR Loras	15:37.32	16:25.55		
	37.239 (37.239)	1:53.379 (1:16.140)	3:11.192 (1:17.813)	4:28.074 (1:16.883)		
	5:44.746 (1:16.672)	7:02.717 (1:17.972)	8:20.536 (1:17.819)	9:40.677 (1:20.142)		
	11:04.327 (1:23.650)	12:27.777 (1:23.450)	13:50.342 (1:22.565)	15:09.667 (1:19.326)		
	16:25.548 (1:15.881)					
21	Taylor Thunstedt	SO Central College	16:11.16	16:36.27		
	35.185 (35.185)	1:52.766 (1:17.581)	3:10.930 (1:18.164)	4:28.413 (1:17.484)		
	5:46.434 (1:18.022)	7:04.708 (1:18.274)	8:24.651 (1:19.944)	9:45.576 (1:20.925)		
	11:07.894 (1:22.319)	12:31.480 (1:23.586)	13:55.819 (1:24.340)	15:20.669 (1:24.850)		
	16:36.262 (1:15.593)					
22	Jack Bode	FR Luther	15:53.28	16:41.23		
	39.415 (39.415)	1:57.941 (1:18.527)	3:16.690 (1:18.749)	4:36.389 (1:19.700)		
	5:57.430 (1:21.041)	7:19.157 (1:21.728)	8:39.335 (1:20.179)	10:00.867 (1:21.532)		
	11:22.653 (1:21.786)	12:44.271 (1:21.618)	14:07.076 (1:22.805)	15:27.892 (1:20.817)		
	16:41.221 (1:13.330)					
23	Evan Brown	FR Nebraska Wesleyan	16:38.88	16:51.83		
	38.767 (38.767)	1:57.269 (1:18.502)	3:16.348 (1:19.080)	4:36.100 (1:19.752)		
	5:57.164 (1:21.065)	7:19.692 (1:22.528)	8:43.032 (1:23.340)	10:07.199 (1:24.168)		
	11:29.945 (1:22.746)	12:53.155 (1:23.211)	14:16.716 (1:23.561)	15:37.263 (1:20.548)		
	16:51.824 (1:14.561)					
24	Jack Beehler	SO Loras	15:55.68	17:01.61		
	38.122 (38.122)	1:54.211 (1:16.090)	3:12.410 (1:18.199)	4:30.086 (1:17.677)		
	5:51.047 (1:20.962)	7:14.871 (1:23.824)	8:39.749 (1:24.878)	10:02.824 (1:23.076)		
	11:27.373 (1:24.549)	12:52.293 (1:24.921)	14:17.044 (1:24.751)	15:40.231 (1:23.188)		
	17:01.608 (1:21.378)					
25	Ethan Olson	FR Nebraska Wesleyan	17:20.54			
	38.799 (38.799)	1:57.107 (1:18.309)	3:16.020 (1:18.913)	4:35.755 (1:19.735)		
	5:56.885 (1:21.131)	7:20.292 (1:23.407)	8:45.504 (1:25.213)	10:13.035 (1:27.531)		
	11:41.388 (1:28.353)	13:09.282 (1:27.894)	14:35.891 (1:26.610)	16:01.433 (1:25.543)		
	17:20.534 (1:19.102)					
26	Thomas Vasquez	FR Nebraska Wesleyan	16:27.69	17:39.11		
	37.539 (37.539)	1:51.829 (1:14.290)	3:07.573 (1:15.745)	4:27.245 (1:19.672)		
	5:49.449 (1:22.205)	7:15.353 (1:25.904)	8:43.312 (1:27.960)	10:11.277 (1:27.965)		
	11:40.370 (1:29.094)	12:53.162 (1:12.792)	14:40.912 (1:47.750)	16:10.752 (1:29.841)		
	17:39.104 (1:28.352)					
--	Hadyn Piskorski	SO Buena Vista	16:55.26	DNF		
	39.118 (39.118)	1:57.578 (1:18.461)	3:15.727 (1:18.149)	4:37.248 (1:21.521)		
	6:03.198 (1:25.950)	7:32.605 (1:29.408)	9:05.479 (1:32.874)			
--	Carlo Dannenfelser	JR Loras	14:49.91	DNF		
	35.228 (35.228)	1:52.269 (1:17.042)	3:07.232 (1:14.963)	4:21.428 (1:14.196)		
	5:37.291 (1:15.864)	6:53.861 (1:16.570)				
--	Kaden Sadler	JR Buena Vista	15:46.16	DNS		
--	William Wadsley	FR Central College	15:21.41	DNS		

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****Men 10000 Meter Run**

All-Time: A 29:18.21 2024		Spencer Moon, Simpson			
Championship: C 30:20.66 5/13/2022		Joe Freiburger, Wartburg			
Name	Year	School	Seed	Finals	Points
1	Spencer Moon	SR Simpson (Iowa)	29:18.21	31:12.31	10
	1:17.950 (1:17.950)	2:35.952 (1:18.002)	3:51.547 (1:15.595)	5:06.774 (1:15.228)	
	6:22.775 (1:16.001)	7:39.918 (1:17.143)	8:56.726 (1:16.809)	10:14.711 (1:17.985)	
	11:32.388 (1:17.677)	12:50.121 (1:17.734)	14:07.425 (1:17.304)	15:24.700 (1:17.276)	
	16:41.831 (1:17.131)	17:59.357 (1:17.526)	19:16.139 (1:16.783)	20:31.298 (1:15.160)	
	21:41.047 (1:09.749)	22:47.709 (1:06.662)	23:55.166 (1:07.457)	25:03.746 (1:08.581)	
	26:14.899 (1:11.153)	27:28.058 (1:13.160)	28:41.825 (1:13.767)	29:56.888 (1:15.063)	
	31:12.306 (1:15.419)				
2	Tyler Schermerhorn	SO Wartburg	29:24.39	31:19.98	8
	1:17.794 (1:17.794)	2:35.757 (1:17.964)	3:51.400 (1:15.644)	5:06.623 (1:15.223)	
	6:22.639 (1:16.016)	7:39.777 (1:17.138)	8:56.551 (1:16.774)	10:14.575 (1:18.024)	
	11:32.087 (1:17.512)	12:49.821 (1:17.735)	14:07.127 (1:17.306)	15:24.394 (1:17.267)	
	16:41.530 (1:17.137)	17:59.073 (1:17.543)	19:15.821 (1:16.748)	20:31.022 (1:15.201)	
	21:41.259 (1:10.238)	22:48.337 (1:07.079)	23:59.860 (1:11.524)	25:13.317 (1:13.457)	
	26:28.547 (1:15.230)	27:44.008 (1:15.462)	28:59.196 (1:15.188)	30:13.689 (1:14.493)	
	31:19.975 (1:06.287)				
3	Isaiah Hammerand	FR Wartburg	30:39.10	31:50.39	6
	1:18.062 (1:18.062)	2:36.066 (1:18.004)	3:51.688 (1:15.623)	5:06.932 (1:15.244)	
	6:22.939 (1:16.007)	7:40.066 (1:17.128)	8:56.852 (1:16.786)	10:14.852 (1:18.000)	
	11:32.662 (1:17.810)	12:50.392 (1:17.731)	14:07.719 (1:17.327)	15:24.959 (1:17.240)	
	16:42.111 (1:17.153)	17:59.610 (1:17.500)	19:16.407 (1:16.797)	20:31.284 (1:14.878)	
	21:41.816 (1:10.532)	22:55.769 (1:13.954)	24:10.750 (1:14.981)	25:26.683 (1:15.934)	
	26:44.493 (1:17.810)	28:01.661 (1:17.168)	29:19.553 (1:17.892)	30:35.704 (1:16.151)	
	31:50.384 (1:14.681)				
4	Eric Rutherford	SO Loras	31:41.72	31:58.39	5
	1:19.371 (1:19.371)	2:37.659 (1:18.288)	3:53.012 (1:15.353)	5:08.693 (1:15.682)	
	6:24.813 (1:16.121)	7:42.070 (1:17.258)	8:58.346 (1:16.276)	10:16.439 (1:18.093)	
	11:34.336 (1:17.897)	12:51.808 (1:17.472)	14:09.536 (1:17.729)	15:26.359 (1:16.823)	
	16:43.542 (1:17.184)	18:00.986 (1:17.444)	19:17.964 (1:16.978)	20:33.186 (1:15.223)	
	21:49.241 (1:16.055)	23:06.525 (1:17.285)	24:24.237 (1:17.712)	25:42.184 (1:17.948)	
	27:00.851 (1:18.667)	28:17.824 (1:16.973)	29:36.492 (1:18.668)	30:50.844 (1:14.352)	
	31:58.388 (1:07.545)				
5	Dawson Fricke	FR Wartburg	31:08.02	32:02.45	4
	1:18.532 (1:18.532)	2:36.538 (1:18.006)	3:52.130 (1:15.592)	5:07.381 (1:15.251)	
	6:23.488 (1:16.108)	7:40.593 (1:17.105)	8:57.365 (1:16.773)	10:15.351 (1:17.986)	
	11:33.168 (1:17.817)	12:50.865 (1:17.698)	14:08.227 (1:17.362)	15:25.560 (1:17.334)	
	16:42.724 (1:17.164)	18:00.142 (1:17.418)	19:17.030 (1:16.889)	20:32.593 (1:15.563)	
	21:49.229 (1:16.637)	23:06.657 (1:17.428)	24:24.515 (1:17.858)	25:41.989 (1:17.474)	
	27:00.631 (1:18.642)	28:17.738 (1:17.107)	29:36.235 (1:18.498)	30:50.781 (1:14.547)	
	32:02.445 (1:11.664)				
6	Paul Hoopes	JR Wartburg	30:53.88	32:04.81	3
	1:18.340 (1:18.340)	2:36.305 (1:17.966)	3:51.945 (1:15.640)	5:07.176 (1:15.231)	
	6:23.246 (1:16.071)	7:40.349 (1:17.103)	8:57.135 (1:16.786)	10:15.113 (1:17.978)	
	11:32.925 (1:17.813)	12:50.640 (1:17.715)	14:08.004 (1:17.365)	15:25.292 (1:17.288)	
	16:42.483 (1:17.191)	17:59.888 (1:17.405)	19:16.759 (1:16.871)	20:32.055 (1:15.297)	
	21:48.892 (1:16.838)	23:06.282 (1:17.390)	24:24.043 (1:17.762)	25:41.735 (1:17.692)	
	27:00.384 (1:18.650)	28:17.455 (1:17.071)	29:36.394 (1:18.940)	30:51.745 (1:15.351)	
	32:04.805 (1:13.060)				

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Men 10000 Meter Run**

7	Joey Hovinga	SO Central College	32:21.39	2
	1:18.835 (1:18.835)	2:37.327 (1:18.493)	3:52.653 (1:15.326)	5:08.036 (1:15.384)
	6:24.360 (1:16.324)	7:41.503 (1:17.144)	8:58.204 (1:16.701)	10:16.191 (1:17.988)
	11:34.123 (1:17.933)	12:51.373 (1:17.250)	14:08.843 (1:17.470)	15:26.138 (1:17.295)
	16:43.344 (1:17.207)	18:00.744 (1:17.400)	19:17.781 (1:17.037)	20:32.965 (1:15.184)
	21:49.539 (1:16.574)	23:07.036 (1:17.497)	24:24.961 (1:17.925)	25:43.281 (1:18.321)
	27:03.283 (1:20.003)	28:25.694 (1:22.412)	29:49.437 (1:23.743)	31:08.006 (1:18.569)
	32:21.381 (1:13.376)			
8	Ean Warrick	SR Simpson (Iowa)	32:28.47	1
	1:18.571 (1:18.571)	2:36.852 (1:18.281)	3:52.329 (1:15.478)	5:07.586 (1:15.257)
	6:23.786 (1:16.200)	7:40.873 (1:17.087)	8:57.633 (1:16.760)	10:15.595 (1:17.963)
	11:33.473 (1:17.878)	12:51.113 (1:17.640)	14:08.550 (1:17.437)	15:25.855 (1:17.306)
	16:43.039 (1:17.184)	18:00.448 (1:17.410)	19:17.487 (1:17.039)	20:35.173 (1:17.687)
	21:55.112 (1:19.939)	23:14.355 (1:19.244)	24:34.926 (1:20.571)	25:55.764 (1:20.838)
	27:15.488 (1:19.725)	28:35.402 (1:19.914)	29:55.227 (1:19.825)	31:15.289 (1:20.062)
	32:28.461 (1:13.172)			
9	Joey Wohlers	SR Dubuque	31:30.44	32:38.34
	1:19.090 (1:19.090)	2:37.155 (1:18.065)	3:52.510 (1:15.356)	5:07.785 (1:15.275)
	6:24.090 (1:16.306)	7:41.190 (1:17.101)	8:57.936 (1:16.746)	10:15.946 (1:18.011)
	11:33.840 (1:17.894)	12:51.555 (1:17.715)	14:09.298 (1:17.743)	15:26.719 (1:17.421)
	16:44.309 (1:17.590)	18:02.726 (1:18.417)	19:22.716 (1:19.991)	20:43.189 (1:20.473)
	22:02.664 (1:19.475)	23:23.284 (1:20.621)	24:42.815 (1:19.532)	26:03.605 (1:20.790)
	27:23.504 (1:19.899)	28:43.118 (1:19.615)	30:03.246 (1:20.128)	31:21.719 (1:18.473)
	32:38.340 (1:16.622)			
10	Marc Medici	SR Simpson (Iowa)	31:31.02	33:20.40
	1:19.276 (1:19.276)	2:37.450 (1:18.174)	3:52.780 (1:15.331)	5:08.483 (1:15.703)
	6:24.656 (1:16.173)	7:41.843 (1:17.187)	8:58.668 (1:16.825)	10:16.738 (1:18.071)
	11:34.643 (1:17.905)	12:52.075 (1:17.432)	14:11.033 (1:18.958)	15:31.046 (1:20.014)
	16:51.013 (1:19.967)	18:10.972 (1:19.959)	19:32.101 (1:21.129)	20:55.046 (1:22.945)
	22:17.825 (1:22.779)	23:40.721 (1:22.897)	25:02.969 (1:22.248)	26:26.988 (1:24.020)
	27:51.109 (1:24.121)	29:14.111 (1:23.002)	30:37.395 (1:23.285)	32:02.525 (1:25.131)
	33:20.397 (1:17.872)			
11	Conner Ross	FR Nebraska Wesleyan	32:35.04	33:31.16
	1:21.170 (1:21.170)	2:40.495 (1:19.325)	3:55.534 (1:15.039)	5:12.071 (1:16.537)
	6:30.080 (1:18.010)	7:48.747 (1:18.667)	9:08.460 (1:19.714)	10:27.869 (1:19.409)
	11:48.681 (1:20.812)	13:09.980 (1:21.300)	14:30.051 (1:20.071)	15:51.171 (1:21.120)
	17:10.274 (1:19.104)	18:30.454 (1:20.180)	19:51.272 (1:20.819)	21:14.363 (1:23.091)
	22:36.266 (1:21.903)	23:58.115 (1:21.850)	25:20.831 (1:22.716)	26:44.733 (1:23.902)
	28:08.687 (1:23.955)	29:31.270 (1:22.584)	30:54.398 (1:23.128)	32:15.644 (1:21.247)
	33:31.153 (1:15.509)			
12	Kaeden Fellingham	SR Luther	32:08.67	33:43.24
	1:19.596 (1:19.596)	2:37.873 (1:18.277)	3:53.451 (1:15.578)	5:09.571 (1:16.121)
	6:26.196 (1:16.625)	7:44.729 (1:18.533)	9:04.974 (1:20.246)	10:25.008 (1:20.034)
	11:45.310 (1:20.302)	13:05.079 (1:19.769)	14:24.947 (1:19.869)	15:46.090 (1:21.143)
	17:06.440 (1:20.351)	18:27.725 (1:21.285)	19:48.730 (1:21.006)	21:11.004 (1:22.274)
	22:33.798 (1:22.795)	23:57.486 (1:23.688)	25:21.085 (1:23.600)	26:45.374 (1:24.289)
	28:11.553 (1:26.180)	29:39.854 (1:28.302)	31:05.484 (1:25.630)	32:28.945 (1:23.461)
	33:43.236 (1:14.292)			

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13	Jack Gatti	SR Simpson (Iowa)	31:33.04	33:47.50				
	1:20.504 (1:20.504)	2:38.683 (1:18.179)	3:54.064 (1:15.381)	5:10.388 (1:16.324)				
	6:26.863 (1:16.475)	7:42.924 (1:16.062)	8:59.336 (1:16.413)	10:17.051 (1:17.715)				
	11:34.925 (1:17.874)	12:52.378 (1:17.454)	14:11.349 (1:18.971)	15:31.518 (1:20.170)				
	16:51.746 (1:20.228)	18:13.856 (1:22.110)	19:35.059 (1:21.203)	21:00.092 (1:25.033)				
	22:24.860 (1:24.769)	23:50.794 (1:25.934)	25:15.423 (1:24.629)	26:41.252 (1:25.829)				
	28:05.868 (1:24.616)	29:33.085 (1:27.217)	31:02.090 (1:29.006)	32:30.311 (1:28.221)				
	33:47.498 (1:17.188)							
14	Stephen Ringo	SR Loras	32:31.89	33:49.50				
	1:21.662 (1:21.662)	2:40.845 (1:19.183)	3:56.837 (1:15.993)	5:12.468 (1:15.631)				
	6:30.519 (1:18.051)	7:49.312 (1:18.794)	9:09.328 (1:20.016)	10:30.507 (1:21.179)				
	11:49.411 (1:18.904)	13:09.007 (1:19.597)	14:28.616 (1:19.609)	15:50.299 (1:21.684)				
	17:11.159 (1:20.860)	18:34.592 (1:23.433)	19:58.999 (1:24.407)	21:24.207 (1:25.208)				
	22:47.904 (1:23.698)	24:04.190 (1:16.286)	25:24.108 (1:19.918)	26:44.769 (1:20.661)				
	28:09.135 (1:24.367)	29:36.878 (1:27.744)	31:00.361 (1:23.483)	32:23.887 (1:23.526)				
	33:49.491 (1:25.604)							
15	Dylan Austad	SO Buena Vista	33:51.56					
	1:20.321 (1:20.321)	2:38.494 (1:18.173)	3:54.250 (1:15.757)	5:11.101 (1:16.851)				
	6:29.393 (1:18.292)	7:48.475 (1:19.082)	9:07.771 (1:19.296)	10:27.696 (1:19.925)				
	11:48.442 (1:20.747)	13:09.725 (1:21.283)	14:30.773 (1:21.048)	15:52.172 (1:21.400)				
	17:12.359 (1:20.188)	18:33.973 (1:21.614)	19:56.756 (1:22.783)	21:19.903 (1:23.148)				
	22:43.684 (1:23.781)	24:08.033 (1:24.350)	25:32.112 (1:24.079)	26:57.169 (1:25.058)				
	28:21.803 (1:24.635)	29:46.224 (1:24.422)	31:09.612 (1:23.388)	32:33.851 (1:24.240)				
	33:51.559 (1:17.709)							
16	Calvin Richey	JR Dubuque	33:08.57	34:08.72				
	1:19.824 (1:19.824)	2:37.941 (1:18.118)	3:53.205 (1:15.264)	5:09.157 (1:15.953)				
	6:25.331 (1:16.174)	7:42.620 (1:17.289)	9:00.275 (1:17.656)	10:20.329 (1:20.055)				
	11:41.965 (1:21.636)	13:02.884 (1:20.920)	14:25.578 (1:22.694)	15:48.564 (1:22.986)				
	17:12.130 (1:23.567)	18:37.513 (1:25.383)	20:03.034 (1:25.522)	21:28.629 (1:25.595)				
	22:54.142 (1:25.514)	24:19.129 (1:24.987)	25:44.509 (1:25.380)	27:09.968 (1:25.460)				
	28:35.581 (1:25.613)	30:00.135 (1:24.555)	31:25.375 (1:25.240)	32:49.185 (1:23.810)				
	34:08.715 (1:19.530)							
17	Jack Beehler	SO Loras	32:11.71	34:23.77				
	1:20.984 (1:20.984)	2:39.192 (1:18.208)	3:55.239 (1:16.047)	5:11.768 (1:16.530)				
	6:29.817 (1:18.049)	7:48.354 (1:18.538)	9:08.192 (1:19.839)	10:29.693 (1:21.501)				
	11:50.907 (1:21.214)	13:12.934 (1:22.028)	14:35.583 (1:22.649)	15:57.619 (1:22.036)				
	17:20.961 (1:23.342)	18:46.261 (1:25.301)	20:10.711 (1:24.451)	21:35.157 (1:24.446)				
	23:00.590 (1:25.433)	24:25.899 (1:25.309)	25:52.202 (1:26.304)	27:18.320 (1:26.118)				
	28:44.405 (1:26.085)	30:09.519 (1:25.115)	31:34.490 (1:24.972)	33:00.157 (1:25.667)				
	34:23.769 (1:23.613)							
18	Kaden Sadler	JR Buena Vista	35:07.28					
	1:20.105 (1:20.105)	2:38.201 (1:18.096)	3:52.958 (1:14.757)	5:08.938 (1:15.981)				
	6:25.089 (1:16.151)	7:42.382 (1:17.294)	8:59.088 (1:16.706)	10:18.105 (1:19.018)				
	11:40.616 (1:22.512)	13:03.135 (1:22.519)	14:29.895 (1:26.760)	15:52.716 (1:22.822)				
	17:24.449 (1:31.733)	18:55.924 (1:31.476)	20:25.748 (1:29.824)	21:50.457 (1:24.709)				
	23:21.181 (1:30.724)	24:49.779 (1:28.598)	26:24.364 (1:34.586)	27:55.103 (1:30.740)				
	29:24.361 (1:29.258)	30:50.409 (1:26.049)	32:21.189 (1:30.780)	33:48.061 (1:26.872)				
	35:07.274 (1:19.213)							

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19	Dominic Lozano	JR	Dubuque	33:28.27	35:16.87		
	1:20.587 (1:20.587)	2:38.723 (1:18.136)	3:53.941 (1:15.219)	5:10.117 (1:16.176)			
	6:27.209 (1:17.093)	7:47.375 (1:20.166)	9:08.996 (1:21.621)	10:31.854 (1:22.859)			
	11:57.699 (1:25.845)	13:24.092 (1:26.394)	14:51.930 (1:27.838)	16:19.423 (1:27.493)			
	17:47.415 (1:27.993)	19:14.958 (1:27.543)	20:40.498 (1:25.541)	22:04.401 (1:23.903)			
	23:31.795 (1:27.394)	24:59.453 (1:27.658)	26:27.627 (1:28.175)	27:57.547 (1:29.920)			
	29:25.778 (1:28.232)	30:51.828 (1:26.050)	32:17.013 (1:25.186)	33:45.242 (1:28.230)			
	35:16.868 (1:31.626)						
20	Malachi Thompson	SR	Luther	32:12.71	35:22.15		
	1:19.896 (1:19.896)	2:38.151 (1:18.256)	3:53.743 (1:15.592)	5:09.867 (1:16.124)			
	6:26.543 (1:16.676)	7:45.693 (1:19.151)	9:06.668 (1:20.976)	10:29.413 (1:22.745)			
	11:53.019 (1:23.606)	13:17.001 (1:23.982)	14:42.332 (1:25.332)	16:08.213 (1:25.881)			
	17:36.937 (1:28.725)	19:07.015 (1:30.078)	20:37.191 (1:30.176)	22:04.886 (1:27.696)			
	23:31.517 (1:26.631)	25:02.444 (1:30.927)	26:41.820 (1:39.377)	28:17.472 (1:35.652)			
	29:44.401 (1:26.929)	31:11.643 (1:27.243)	32:40.394 (1:28.751)	34:04.028 (1:23.635)			
	35:22.149 (1:18.121)						
21	Drew Peterson	SO	Central College	35:23.15			
	1:20.769 (1:20.769)	2:40.203 (1:19.434)	3:59.629 (1:19.427)	5:21.377 (1:21.748)			
	6:44.805 (1:23.429)	8:07.913 (1:23.108)	9:31.322 (1:23.410)	10:56.163 (1:24.841)			
	12:21.114 (1:24.952)	13:46.654 (1:25.540)	15:13.201 (1:26.548)	16:40.336 (1:27.136)			
	18:06.406 (1:26.070)	19:33.809 (1:27.403)	21:00.574 (1:26.766)	22:27.933 (1:27.359)			
	23:54.914 (1:26.982)	25:22.260 (1:27.346)	26:51.307 (1:29.048)	28:19.178 (1:27.872)			
	29:44.735 (1:25.557)	31:10.787 (1:26.052)	32:37.568 (1:26.782)	34:02.692 (1:25.124)			
	35:23.142 (1:20.450)						
22	Colby Cryer	FR	Loras	33:25.04	35:59.40		
	1:20.888 (1:20.888)	2:40.179 (1:19.292)	3:56.852 (1:16.673)	5:14.481 (1:17.629)			
	6:35.360 (1:20.880)	7:57.182 (1:21.822)	9:19.070 (1:21.889)	10:42.080 (1:23.010)			
	12:05.198 (1:23.119)	13:29.552 (1:24.354)	14:55.112 (1:25.560)	16:21.479 (1:26.368)			
	17:46.967 (1:25.488)	19:13.060 (1:26.093)	20:39.449 (1:26.389)	22:06.085 (1:26.636)			
	23:34.984 (1:28.900)	25:03.678 (1:28.694)	26:31.187 (1:27.510)	27:59.100 (1:27.914)			
	29:25.419 (1:26.319)	30:52.317 (1:26.899)	32:15.353 (1:23.036)	33:32.948 (1:17.596)			
	35:59.399 (2:26.451)						
23	Grant Goodman	JR	Central College	35:19.39	36:58.75		
	1:21.458 (1:21.458)	2:42.530 (1:21.072)	4:04.813 (1:22.283)	5:29.768 (1:24.956)			
	6:55.774 (1:26.007)	8:21.449 (1:25.675)	9:48.404 (1:26.956)	11:16.635 (1:28.231)			
	12:45.569 (1:28.935)	14:14.967 (1:29.398)	15:45.224 (1:30.258)	17:15.905 (1:30.681)			
	18:47.994 (1:32.090)	20:19.159 (1:31.165)	21:51.036 (1:31.878)	23:23.934 (1:32.898)			
	24:57.176 (1:33.243)	26:30.335 (1:33.159)	28:03.438 (1:33.103)	29:35.458 (1:32.021)			
	31:06.717 (1:31.259)	32:37.345 (1:30.628)	34:07.479 (1:30.135)	35:36.128 (1:28.649)			
	36:58.742 (1:22.615)						
--	Jack Orenge	JR	Central College	33:20.30	DNS		

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

=====							
All-Time:	A	14.08	2024	Deyton Love,	Wartburg		
Championship:	C	14.22	5/14/2022	Deyton Love,	Wartburg		
Name		Year	School	Seed	Prelims	Wind	H#
=====							
Preliminaries							
1	Deyton Love		JR Wartburg	14.08	C 14.14Q	1.4	3
2	Eli Etherton		JR Nebraska Wesleyan	14.39	14.19Q	3.6	1
3	Blake Hardison		SR Dubuque	14.08	14.46Q	1.4	2
4	Max Cleveland		SR Simpson (Iowa)	14.32	14.38q	3.6	1
5	Gunner Meyer		SO Central College	14.91	14.44q	3.6	1

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Men 110 Meter Hurdles**

6	Noah Smith	SO Nebraska Wesleyan	14.46	14.53q	1.4	3
7	Reid Pakkebier	JR Central College	14.74	14.79q	1.4	2
8	Grant Miller	SO Central College	14.75	14.88q	1.4	2
9	Connor Miklos	JR Central College	14.82	14.91	1.4	3
10	Brenden Godbout	JR Simpson (Iowa)	15.05	15.07	1.4	3
11	Calvin Brindle	JR Dubuque	15.73	15.09	3.6	1
12	Tanner Johnson	JR Nebraska Wesleyan	15.01	15.11	3.6	1
13	Austin Rindels	FR Wartburg	15.41	15.22	1.4	3
14	Trystin Myers	JR Nebraska Wesleyan	15.14	15.23	1.4	2
15	Zak Kubitz	JR Wartburg	15.10	15.32	1.4	2
16	Owen Scherff	SO Loras	16.49	16.02	3.6	1
17	Andrew Schlemme	FR Loras	17.07	18.56	1.4	3

Men 110 Meter Hurdles

=====						
All-Time: A	14.08	2024	Deyton Love, Wartburg			
Championship: C	14.22	5/14/2022	Deyton Love, Wartburg			
Name	Year	School	Prelims	Finals	Wind	Points
=====						

Finals

1	Deyton Love	JR Wartburg	14.14	14.06A	1.1	10
2	Blake Hardison	SR Dubuque	14.46	14.13C	1.1	8
3	Max Cleveland	SR Simpson (Iowa)	14.38	14.38	1.1	6
4	Gunner Meyer	SO Central College	14.44	14.60	1.1	5
5	Noah Smith	SO Nebraska Wesleyan	14.53	14.64	1.1	4
6	Reid Pakkebier	JR Central College	14.79	15.01	1.1	3
--	Grant Miller	SO Central College	14.88	DNF	1.1	
--	Eli Etherton	JR Nebraska Wesleyan	14.19	DNF	1.1	

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

=====						
All-Time: A	50.88	2022	Dallas Wright, Wartburg			
Championship: C	51.72	5/15/2021	Dallas Wright, Wartburg			
Name	Year	School	Seed	Prelims	H#	
=====						

Preliminaries

1	Deyton Love	JR Wartburg	53.17	53.42Q	1	
2	Ted Kruse	JR Loras	54.14	54.86Q	2	
3	JoJo Frost	SR Dubuque	52.17	55.33Q	3	
4	Brenden Godbout	JR Simpson (Iowa)	54.85	55.11q	1	
5	Blake Hardison	SR Dubuque	54.58	55.25q	2	
6	Matt Kruse	SO Loras	57.48	55.75q	1	
7	Connor Plahn	FR Nebraska Wesleyan	55.77	56.10q	3	
8	Aydon McDonald	FR Nebraska Wesleyan	57.05	57.74q	2	
9	Noah Bauereis	SO Wartburg	56.06	57.85	3	
10	Brayden Harris	SO Central College	57.89	57.92	3	
11	Austin Rindels	FR Wartburg	58.25	58.48	1	
12	Matthew Franzen	SR Luther	58.13	58.84	3	
13	Zak Kubitz	JR Wartburg	56.58	59.94	2	
14	Tanner Fry	JR Central College	1:00.68	1:00.45	1	
15	Lawsen Fuller	SO Central College	1:00.41	1:00.99	2	
16	Jaxon Sander	SO Dubuque	56.26	1:01.02	1	
17	Carson LaChapelle	FR Nebraska Wesleyan	1:05.42	1:07.89	3	
--	Blake McLain	FR Nebraska Wesleyan	59.49	DNS	2	

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****Men 400 Meter Hurdles**

Name	Year	School	Prelims	Finals	Points
All-Time: A 50.88	2022	Dallas Wright, Wartburg			
Championship: C 51.72	5/15/2021	Dallas Wright, Wartburg			

Finals

1 Deyton Love	JR	Wartburg	53.42	51.65C	10
2 JoJo Frost	SR	Dubuque	55.33	51.66C	8
3 Brenden Godbout	JR	Simpson (Iowa)	55.11	53.49	6
4 Blake Hardison	SR	Dubuque	55.25	53.69	5
5 Ted Kruse	JR	Loras	54.86	54.41	4
6 Connor Plahn	FR	Nebraska Wesleyan	56.10	55.25	3
7 Matt Kruse	SO	Loras	55.75	56.54	2
8 Aydon McDonald	FR	Nebraska Wesleyan	57.74	57.15	1

Men 3000 Meter Steeplechase

Name	Year	School	Seed	Finals	Points
All-Time: A 8:47.57	2023	Christopher Collet, Wartburg			
Championship: C 8:59.24	5/12/2023	Christopher Collet, Wartburg			

1 Christopher Collet	SR	Wartburg	8:48.24	8:59.03C	10
35.912 (35.912)	1:48.426 (1:12.514)	3:02.449 (1:14.024)	4:16.099 (1:13.650)		
5:29.997 (1:13.899)	6:43.721 (1:13.724)	7:54.540 (1:10.820)	8:59.023 (1:04.483)		
2 Lance Sobaski	SO	Wartburg	9:06.08	9:06.87	8
36.956 (36.956)	1:48.869 (1:11.914)	3:02.623 (1:13.754)	4:16.340 (1:13.717)		
5:30.234 (1:13.894)	6:44.277 (1:14.043)	7:56.881 (1:12.604)	9:06.861 (1:09.981)		
3 Jack Brown	FR	Central College	9:13.33	9:10.66	6
36.688 (36.688)	1:49.203 (1:12.516)	3:03.072 (1:13.869)	4:16.705 (1:13.634)		
5:30.742 (1:14.037)	6:44.946 (1:14.205)	7:58.315 (1:13.369)	9:10.651 (1:12.336)		
4 Caleb Silver	JR	Central College	9:03.19	9:21.02	5
36.084 (36.084)	1:48.656 (1:12.572)	3:02.737 (1:14.081)	4:16.511 (1:13.775)		
5:30.327 (1:13.816)	6:45.922 (1:15.595)	8:03.349 (1:17.428)	9:21.012 (1:17.663)		
5 Jack Kinzer	JR	Wartburg	9:01.00	9:23.07	4
36.374 (36.374)	1:48.973 (1:12.600)	3:03.382 (1:14.409)	4:17.543 (1:14.162)		
5:32.631 (1:15.088)	6:50.259 (1:17.629)	8:08.428 (1:18.169)	9:23.064 (1:14.636)		
6 Clay Pehl	JR	Wartburg	9:10.70	9:25.21	3
36.841 (36.841)	1:49.145 (1:12.304)	3:02.906 (1:13.761)	4:16.921 (1:14.016)		
5:31.309 (1:14.388)	6:48.116 (1:16.807)	8:07.889 (1:19.773)	9:25.207 (1:17.319)		
7 Anthony Carney	SO	Dubuque	9:23.93	9:26.31	2
37.557 (37.557)	1:50.229 (1:12.673)	3:04.786 (1:14.557)	4:21.151 (1:16.366)		
5:38.528 (1:17.377)	6:56.864 (1:18.336)	8:13.904 (1:17.040)	9:26.309 (1:12.406)		
8 Randy Jimenez	SO	Central College	9:27.36	9:40.94	1
36.456 (36.456)	1:49.637 (1:13.182)	3:03.427 (1:13.790)	4:18.488 (1:15.062)		
5:35.429 (1:16.942)	6:55.484 (1:20.055)	8:17.602 (1:22.118)	9:40.932 (1:23.331)		
9 Kurt Lebakken	SO	Luther	9:51.76	9:54.47	
38.734 (38.734)	1:56.100 (1:17.366)	3:14.695 (1:18.595)	4:33.604 (1:18.910)		
5:54.987 (1:21.384)	7:15.317 (1:20.330)	8:36.758 (1:21.442)	9:54.467 (1:17.710)		
10 Hunter Reade	JR	Dubuque	9:54.60	10:04.68	
38.075 (38.075)	1:52.428 (1:14.353)	3:09.957 (1:17.530)	4:29.455 (1:19.499)		
5:52.090 (1:22.635)	7:17.069 (1:24.980)	8:45.150 (1:28.081)	10:04.676 (1:19.527)		
11 Chris Guise	SR	Loras	9:53.53	10:05.87	
39.663 (39.663)	1:57.771 (1:18.109)	3:16.813 (1:19.042)	4:36.593 (1:19.780)		
5:57.310 (1:20.718)	7:18.508 (1:21.199)	8:40.759 (1:22.252)	10:05.866 (1:25.107)		

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Men 3000 Meter Steeplechase**

12	Donovan Card	FR Central College	10:04.87	10:10.31		
	37.334 (37.334)	1:51.401 (1:14.068)	3:08.352 (1:16.951)	4:29.989 (1:21.638)		
	5:53.974 (1:23.986)	7:20.660 (1:26.686)	8:47.343 (1:26.683)	10:10.306 (1:22.964)		
13	Miles Combs	JR Simpson (Iowa)	10:18.56	10:15.13		
	40.931 (40.931)	1:58.782 (1:17.852)	3:19.084 (1:20.302)	4:40.449 (1:21.366)		
	6:04.016 (1:23.567)	7:28.185 (1:24.169)	8:53.861 (1:25.676)	10:15.129 (1:21.269)		
14	Jacob Willson	SR Simpson (Iowa)	10:15.79	10:22.49		
	39.312 (39.312)	1:57.443 (1:18.131)	3:17.526 (1:20.084)	4:38.177 (1:20.651)		
	6:02.095 (1:23.919)	7:28.476 (1:26.381)	8:57.607 (1:29.131)	10:22.483 (1:24.877)		
15	Derek Behrens	SR Loras	10:11.67	10:24.22		
	40.531 (40.531)	1:59.348 (1:18.817)	3:19.882 (1:20.535)	4:42.246 (1:22.364)		
	6:06.992 (1:24.747)	7:32.377 (1:25.385)	8:58.181 (1:25.805)	10:24.215 (1:26.034)		
16	Logan Hoger	SO Loras	10:16.18	10:27.44		
	40.831 (40.831)	1:58.602 (1:17.772)	3:19.115 (1:20.514)	4:41.358 (1:22.243)		
	6:05.266 (1:23.908)	7:31.201 (1:25.935)	8:58.977 (1:27.776)	10:27.433 (1:28.456)		
17	Johnny Fox	FR Luther	10:27.09	10:29.27		
	41.797 (41.797)	2:01.694 (1:19.897)	3:24.403 (1:22.709)	4:47.912 (1:23.510)		
	6:14.529 (1:26.618)	7:41.868 (1:27.339)	9:07.871 (1:26.004)	10:29.266 (1:21.395)		
18	Josh Knispel	FR Nebraska Wesleyan	10:34.86	10:30.88		
	41.281 (41.281)	2:01.126 (1:19.845)	3:21.699 (1:20.573)	4:44.797 (1:23.099)		
	6:09.905 (1:25.108)	7:37.220 (1:27.316)	9:05.128 (1:27.908)	10:30.874 (1:25.747)		
19	Will Yasdick	JR Loras	10:44.04	10:47.64		
	41.961 (41.961)	2:03.936 (1:21.976)	3:26.073 (1:22.137)	4:50.617 (1:24.544)		
	6:17.628 (1:27.011)	7:46.593 (1:28.966)	9:17.881 (1:31.288)	10:47.634 (1:29.754)		
20	Louden Foster	JR Simpson (Iowa)	10:40.34	10:56.36		
	41.633 (41.633)	2:03.510 (1:21.878)	3:25.625 (1:22.116)	4:50.955 (1:25.330)		
	6:20.208 (1:29.254)	7:51.704 (1:31.496)	9:24.807 (1:33.103)	10:56.358 (1:31.551)		
21	Robert Howes	FR Simpson (Iowa)	10:43.76	11:08.77		
	41.562 (41.562)	2:01.282 (1:19.720)	3:24.891 (1:23.609)	4:51.935 (1:27.044)		
	6:22.007 (1:30.072)	7:57.268 (1:35.262)	9:33.744 (1:36.476)	11:08.766 (1:35.022)		

Men 4x100 Meter Relay

=====
 All-Time: A 40.54 2021 Wartburg, Wartburg
 Championship: C 40.61 5/14/2022 Dubuque, Dubuque
 J Bell, J Steed, G Byrd, N Lentz

School	Seed	Finals	H#	Points
1 Loras	40.95	40.94	2	10
1) De'Andre Klein SR				
2) Josh Smith SR				
3) Derik Bunten JR				
4) Frank Day JR				
2 Dubuque	40.61	40.98	2	8
1) Jaidyn Williams SR				
2) Nolan Lentz SO				
3) Blake Hardison SR				
4) Jaylen Bell SR				
3 Wartburg	41.55	41.27	2	6
1) Aidan Gruver SO				
2) Jensen Clapp JR				
3) Jimmy Weispfenning FR				
4) Derrick Smith JR				
4 Nebraska Wesleyan	41.47	41.32	2	5
1) Dallen Booker SO				
2) Austin Nauert JR				
3) McClain Meyer SO				
4) Morgan Conner JR				
5 Simpson (Iowa)	42.97	42.70	2	4
1) Kendrick Achebe SO				
2) Joseph Sams SO				
3) Blake Dephillips JR				
4) Carter Berkey SR				
6 Buena Vista	43.35	42.73	1	3
1) Zackary Huffman SR				
2) Isaiah Thomas SR				

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Men 4x100 Meter Relay**

3) Easton Hays SO	4) Ashton Bates SO				
7 Central College	42.52	42.79	2	2	
1) Connor Miklos JR	2) Jackson Moats JR				
3) JD Elefson SO	4) Noah Erickson SO				
8 Luther		43.73	1	1	
1) Tancrede Lefort JR	2) Rylan Ruf FR				
3) Austyn Riehle FR	4) Matthew Franzen SR				
-- Coe	43.99	SCR			
1) Kade Kreinbring SO	2) Josh Peters FR				
3) Griffin Coates FR	4) Markies Stewart FR				

Men 4x400 Meter Relay

All-Time: A 3:09.64	2000	Central, Central					
		N Koerselman, A Hartford, T Tavegia, C McCullough					
Championship: C 3:10.80	5/13/2023	Loras, Loras					
		M Jasa, J Smith, T Kruse, C Oberfoell					
School		Seed	Finals	H#	Points		
1 Dubuque		3:13.47	3:13.26	2	10		
1) Kobe Howell SR	2) Otis Patterson SR						
3) Andrew Hutchinson SR	4) JoJo Frost SR						
1:36.468 (1:36.468)	2:24.450 (47.982)	3:13.258 (48.808)					
2 Loras		3:14.32	3:13.79	2	8		
1) Carson Vaske JR	2) Joe Franke JR						
3) Ted Kruse JR	4) Ian Fagan FR						
1:37.089 (1:37.089)	2:25.651 (48.562)	3:13.783 (48.133)					
3 Central College		3:17.89	3:15.05	1	6		
1) Noah Erickson SO	2) JD Elefson SO						
3) Jake Van Hemert FR	4) Kaleb Brand SO						
1:38.635 (1:38.635)	2:27.850 (49.215)	3:15.050 (47.201)					
4 Wartburg		3:15.45	3:16.08	1	5		
1) Zach Abbey JR	2) Ian Neyens JR						
3) Jensen Clapp JR	4) Derrick Smith JR						
1:38.343 (1:38.343)	2:27.160 (48.817)	3:16.077 (48.917)					
5 Nebraska Wesleyan		3:15.01	3:17.11	2	4		
1) Gabe Anderson SR	2) McClain Meyer SO						
3) Carter Siems FR	4) Javier Kenney SR						
1:38.644 (1:38.644)	2:27.989 (49.345)	3:17.105 (49.117)					
6 Simpson (Iowa)		3:14.86	3:17.52	2	3		
1) Joseph Sams SO	2) Brenden Godbout JR						
3) Blake Dephillips JR	4) Max Cleveland SR						
1:38.999 (1:38.999)	2:29.206 (50.207)	3:17.517 (48.312)					
7 Luther		3:27.56	3:28.70	1	2		
1) Matthew Franzen SR	2) Logan Thompson SO						
3) Will Ode SR	4) Leo Duffy SR						
1:43.241 (1:43.241)	2:36.997 (53.756)	3:28.698 (51.702)					
8 Coe		3:30.41	3:35.81	1	1		
1) Isaiah Jakel FR	2) Robert Hansen SO						
3) Cole Kirkham SO	4) Jacob Schmit FR						
1:45.363 (1:45.363)	2:42.030 (56.667)	3:35.801 (53.772)					
-- Buena Vista		3:36.42	DQ	1			Rule 15-5-2
1) Gavin Firchau FR	2) Ashton Bates SO						
3) Carter Braun SO	4) Kyle Miller JR						

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****Men 4x800 Meter Relay**

School	Seed	Finals	Points
All-Time: A 7:22.17 2023 Loras, Loras Kelly, Harvey, Oberfoell, Jasa			
Championship: C 7:33.43 5/13/2022 Wartburg, Wartburg W Schmidt, D Martin, M Heinzman, F Lorimer			
1 Loras	7:42.42	7:39.05	10
1) Carlo Dannenfelser JR			
2) Ryan Harvey SR			
3) Will Kieffer JR			
4) Joe Franke JR			
58.759 (58.759) 1:57.171 (58.412) 2:52.025 (54.855) 3:50.073 (58.049)			
4:46.877 (56.804) 5:48.754 (1:01.877) 6:41.001 (52.248) 7:39.041 (58.040)			
2 Central College		7:40.33	8
1) Blake Creed FR			
2) Adam Sylvia JR			
3) Jack Brown FR			
4) Kaleb Brand SO			
58.926 (58.926) 1:57.618 (58.692) 2:52.251 (54.634) 3:51.405 (59.154)			
4:46.630 (55.226) 5:47.173 (1:00.544) 6:40.242 (53.069) 7:40.326 (1:00.084)			
3 Nebraska Wesleyan	7:47.06	7:42.58	6
1) Gabe Anderson SR			
2) Carter Siems FR			
3) Lucas Steuter FR			
4) Javier Kenney SR			
58.269 (58.269) 1:56.284 (58.016) 2:52.422 (56.138) 3:51.840 (59.418)			
4:47.904 (56.064) 5:49.077 (1:01.174) 6:41.669 (52.592) 7:42.575 (1:00.906)			
4 Wartburg	7:43.70	7:44.40	5
1) Ben Roussell FR			
2) Aiden Housman JR			
3) Luke Benson SR			
4) Hutton Edney FR			
58.446 (58.446) 1:57.498 (59.052) 2:52.401 (54.903) 3:52.968 (1:00.568)			
4:49.435 (56.467) 5:50.804 (1:01.369) 6:43.636 (52.832) 7:44.396 (1:00.761)			
5 Luther	7:53.00	7:54.74	4
1) Benjamin Gillikin JR			
2) Logan Thompson SO			
3) Adam Koller SR			
4) Leo Duffy SR			
58.564 (58.564) 1:56.969 (58.406) 2:52.606 (55.638) 3:52.342 (59.736)			
4:49.652 (57.310) 5:49.556 (59.905) 6:41.250 (51.694) 7:54.740 (1:13.490)			
6 Simpson (Iowa)		7:59.77	3
1) Corbin Truitt JR			
2) Cade Mash JR			
3) Trent Pelzer SR			
4) Adam Gruhn SR			
58.886 (58.886) 1:59.997 (1:01.111) 2:54.089 (54.093) 3:57.548 (1:03.460)			
4:53.854 (56.306) 5:57.604 (1:03.750) 6:54.728 (57.125) 7:59.764 (1:05.036)			
7 Dubuque		8:04.43	2
1) Hunter Snyder SR			
2) Evan Robertson FR			
3) Aiden Mohr FR			
4) George West FR			
59.231 (59.231) 1:59.616 (1:00.385) 2:56.447 (56.832) 4:02.331 (1:05.884)			
5:00.340 (58.009) 6:04.112 (1:03.773) 7:01.399 (57.287) 8:04.426 (1:03.027)			
8 Coe	8:47.13	8:05.09	1
1) Jared Thoma JR			
2) Gad Kanago JR			
3) Andrew Livaudais FR			
4) Lewis Kleman JR			
58.329 (58.329) 1:55.809 (57.481) 2:52.905 (57.097) 3:56.675 (1:03.770)			
4:54.040 (57.366) 5:59.003 (1:04.963) 6:58.100 (59.097) 8:05.083 (1:06.983)			
9 Buena Vista		8:39.93	
1) Carter Braun SO			
2) Brayden Mahlum JR			
3) Zach Thompson SO			
4) Aiden Egertson FR			
1:03.414 (1:03.414) 2:04.497 (1:01.084) 3:09.112 (1:04.616) 4:17.379 (1:08.268)			
5:16.330 (58.951) 6:25.205 (1:08.876) 7:25.332 (1:00.128) 8:39.929 (1:14.597)			

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****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 Eli Mackowski	JR	Nebraska Wesleyan	2.10m	2.07m	6-09.50	10						
1.78	1.83	1.88	1.93	1.98	2.03	2.06	2.07	2.09	2.11			
PPP	PPP	O	O	O	O	PPP	XO	PPP	XXX			
2 Jatavion Hawkins	SR	Dubuque	2.07m	1.98m	6-06.00	8						
1.78	1.83	1.88	1.93	1.98	2.03							
PPP	PPP	PPP	O	O	XXX							
3 Otis Patterson	SR	Dubuque	1.97m	1.93m	6-04.00	6						
1.78	1.83	1.88	1.93	1.98								
PPP	O	O	O	XXX								
4 Raymond Venditti	SR	Loras	1.84m	1.88m	6-02.00	4.50						
1.78	1.83	1.88	1.93									
O	O	O	XXX									
4 Gunner Meyer	SO	Central College	1.96m	1.88m	6-02.00	4.50						
1.78	1.83	1.88	1.93									
PPP	PPP	O	XXX									
6 Gideon Armah - Amissah	SO	Luther	1.85m	1.88m	6-02.00	3						
1.78	1.83	1.88	1.93									
XO	O	O	XXX									
7 Matt Bandy	SR	Loras	1.90m	1.88m	6-02.00	2						
1.78	1.83	1.88	1.93									
PPP	PPP	XXO	XXX									
8 Rylan Ruf	FR	Luther	1.90m	1.83m	6-00.00	1						
1.78	1.83	1.88										
O	O	XXX										
9 James Bruner	SR	Nebraska Wesleyan	1.90m	1.83m	6-00.00							
1.78	1.83	1.88										
O	XO	XXX										
9 Dustin Mohler	SO	Wartburg	1.86m	1.83m	6-00.00							
1.78	1.83	1.88										
O	XO	XXX										
9 Nolan Meyer	SO	Central College	1.91m	1.83m	6-00.00							
1.78	1.83	1.88										
PPP	XO	XXX										
9 Keith Keahna	JR	Dubuque	1.85m	1.83m	6-00.00							
1.78	1.83	1.88										
O	XO	XXX										
13 Benjamin Cumpston	FR	Nebraska Wesleyan	1.86m	1.83m	6-00.00							
1.78	1.83	1.88										
XXO	XO	XXX										
14 JR Knauss	SO	Simpson (Iowa)	1.85m	1.78m	5-10.00							
1.78	1.83											
XXO	XXX											
-- Ryker Strong	JR	Dubuque	1.90m	NH								
1.78	1.83	1.88										
PPP	PPP	XXX										

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****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 Raymond Venditti	SR	Loras	4.90m	4.96mC	16-03.25	10					
3.76 3.91 4.06 4.21 4.36 4.51 4.66 4.81 4.91 4.96 5.01											
PPP PPP PPP PPP PPP	O	O	O	XXP	O	XXX					
2 Brody Klein	SR	Central College	4.35m	4.66m	15-03.50	8					
3.76 3.91 4.06 4.21 4.36 4.51 4.66 4.81											
PPP PPP O O O	XO	O	XXX								
3 Carson Collet	JR	Wartburg	4.43m	4.51m	14-09.50	6					
3.76 3.91 4.06 4.21 4.36 4.51 4.66											
PPP PPP O O O	XO	XXX									
4 Alex Wilson	JR	Loras	4.30m	4.51m	14-09.50	5					
3.76 3.91 4.06 4.21 4.36 4.51 4.66											
PPP XO O XO O	XXO	XXX									
5 Trey Faherty	SO	Wartburg	4.35m	4.21m	13-09.75	4					
3.76 3.91 4.06 4.21 4.36											
PPP XO O O XXX											
6 Graham Peterson	SO	Nebraska Wesleyan	4.00m	4.21m	13-09.75	3					
3.76 3.91 4.06 4.21 4.36											
O O O XO XXX											
7 Logan Jones	SR	Loras	4.13m	4.21m	13-09.75	2					
3.76 3.91 4.06 4.21 4.36											
PPP XO XXO XXO XXX											
8 Ethan Stoker	SO	Dubuque	4.43m	4.06m	13-03.75	1					
3.76 3.91 4.06 4.21											
PPP PPP XO XXX											
9 Collin Allan	JR	Nebraska Wesleyan	3.86m	3.91m	12-10.00						
3.76 3.91 4.06											
XO O XXX											
10 TJ DiSessa	SO	Central College	3.90m	3.91m	12-10.00						
3.76 3.91 4.06											
O XO XXX											
11 Alex Miller	JR	Central College	3.95m	3.91m	12-10.00						
3.76 3.91 4.06											
XXO XO XXX											
12 Braden Troeger	FR	Dubuque	3.98m	3.76m	12-04.00						
3.76 3.91											
XO XXX											
-- Jaxon Thompson	JR	Central College	4.40m	NH							
3.76 3.91 4.06											
PPP PPP XXX											
-- Ethan Ryan	SO	Dubuque	4.15m	NH							
3.76											
XXX											
-- Devon Schultz	FR	Buena Vista	4.67m	NH							
3.76 3.91 4.06 4.21 4.36											
PPP PPP PPP PPP XXX											

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****Men Long Jump**

All-Time: A 7.71m 2012 Jonas Elusme, Wartburg									
Championship: C 7.71m 5/12/2012 Jonas Elusme, Wartburg									
Name	Year	School	Seed	Finals	Wind	H#	Points		
1 Derik Bunten		JR Loras	7.08m	7.21m	1.9	23-08.00	2	10	
FOUL	7.21m(1.9)	7.09m(2.9)	FOUL	PASS	PASS				
2 Morgan Conner		JR Nebraska Wesleyan	7.29m	7.14m	3.4	23-05.25	2	8	
7.02m(2.4)	7.14m(3.4)	6.97m(3.7)	6.79m(2.0)	6.48m(2.6)	PASS				
3 Deyton Love		JR Wartburg	6.95m	7.13m	3.6	23-04.75	2	6	
7.04m(1.6)	7.02m(5.0)	FOUL	6.96m(3.3)	7.13m(3.6)	FOUL				
4 Carter Berkey		SR Simpson (Iowa)	6.99m	7.12m	3.1	23-04.50	2	5	
6.88m(0.3)	FOUL	FOUL	6.83m(1.8)	7.04m(2.6)	7.12m(3.1)				
5 Lachlan Pickering		SO Nebraska Wesleyan	6.78m	6.87m	2.3	22-06.50	2	4	
6.87m(2.3)	6.23m(3.4)	FOUL	6.67m(1.6)	6.47m(2.0)	6.74m(2.6)				
6 Jaidyn Williams		SR Dubuque	7.07m	6.83m	3.4	22-05.00	2	3	
6.66m(1.8)	6.83m(3.4)	6.29m(2.1)	6.71m(2.6)	6.77m(2.7)	FOUL				
7 Otis Patterson		SR Dubuque	6.81m	6.83m	4.5	22-05.00	2	2	
FOUL	6.13m(2.8)	6.83m(4.5)	FOUL	FOUL	6.77m(1.7)				
8 Jakhari Anderson		SR Dubuque	6.70m	6.75m	3.2	22-01.75	2	1	
FOUL	6.57m(3.4)	6.75m(3.2)	FOUL	6.68m(2.2)	6.55m(1.7)				
9 Reid Pakkebier		JR Central College	6.72m	6.73m	4.1	22-01.00	2		
6.60m(2.2)	6.71m(3.6)	6.73m(4.1)	6.59m(3.4)	FOUL	FOUL				
10 Dustin Mohler		SO Wartburg	6.73m	6.70m	1.9	21-11.75	2		
6.70m(1.9)	6.69m(3.1)	6.68m(3.6)							
11 Jay Gatto		FR Wartburg	6.86m	6.57m	2.4	21-06.75	2		
FOUL	FOUL	6.57m(2.4)							
12 Easton Hays		SO Buena Vista	6.52m	6.56m	3.0	21-06.25	1		
FOUL	FOUL	6.56m(3.0)							
13 Gavin Firchau		FR Buena Vista	6.53m	6.46m	3.0	21-02.50	1		
6.20m(2.8)	6.46m(3.0)	FOUL							
14 Rei'Shaun Spires		JR Loras	6.59m	6.44m	1.6	21-01.50	1		
6.44m(1.6)	6.34m(2.0)	6.39m(2.6)							
15 Kale Purcell		JR Central College	6.94m	6.41m	1.7	21-00.50	2		
FOUL	6.41m(1.7)	6.40m(2.0)							
16 Jatavion Hawkins		SR Dubuque		6.39m	3.7	20-11.75	1		
6.03m(2.5)	6.39m(3.7)	6.34m(3.5)							
17 Alex Pierce		FR Nebraska Wesleyan	6.55m	6.35m	3.1	20-10.00	1		
6.26m(2.7)	6.35m(3.1)	FOUL							
18 Owen Tomko		FR Central College	6.24m	6.26m	2.8	20-06.50	1		
6.13m(2.0)	6.26m(2.8)	5.90m(3.5)							
19 Kade Kreinbring		SO Coe	6.21m	6.19m	2.7	20-03.75	1		
6.19m(2.7)	FOUL	FOUL							
20 Trent Overturf		FR Buena Vista	5.98m	6.06m	3.6	19-10.75	1		
5.79m(2.3)	6.06m(3.6)	6.03m(3.0)							
21 Phil Daniels		FR Wartburg	6.30m	6.03m	3.4	19-09.50	1		
5.79m(2.1)	6.03m(3.4)	6.00m(3.2)							
22 Liam Kelso		FR Central College	5.89m	5.94m	3.2	19-06.00	1		
5.80m(4.3)	5.84m(2.3)	5.94m(3.2)							
23 Gunnar Jones		FR Nebraska Wesleyan	5.44m	5.80m	2.4	19-00.50	1		
5.58m(2.1)	5.80m(2.4)	5.38m(2.3)							
24 Charlie Irwin		SO Loras	6.07m	5.55m	+0.0	18-02.50	1		
FOUL	5.55m(+0.0)	PASS							
25 Gideon Armah - Amissah		SO Luther	5.81m	5.25m	1.8	17-02.75	1		
5.25m(1.8)	5.11m(2.2)	4.85m(2.2)							

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****...Men Long Jump**

-- Tancrede Lefort JR Luther 6.73m FOUL 2
 FOUL FOUL 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 Kale Purcell		JR Central College	14.63m	14.49m	0.2	47-06.50	2 10
	13.93m(+0.0)	14.10m(1.5)	FOUL	14.23m(-1.0)	14.33m(-0.4)	14.49m(0.2)	
2 Jaidyn Williams		SR Dubuque	14.40m	14.46m	1.0	47-05.25	2 8
	14.07m(2.7)	13.86m(-1.2)	14.12m(-1.6)	14.20m(-0.1)	14.37m(2.4)	14.46m(1.0)	
3 Akim Baba Traore		SO Dubuque	13.50m	13.95m	1.0	45-09.25	2 6
	13.62m(3.4)	13.40m(0.9)	13.39m(-2.4)	13.33m(0.2)	13.69m(0.8)	13.95m(1.0)	
4 Dallen Booker		SO Nebraska Wesleyan	14.21m	13.92m	2.5	45-08.00	2 5
	13.43m(2.4)	13.62m(-0.7)	13.80m(+0.0)	FOUL	13.80m(0.6)	13.92m(2.5)	
5 Dustin Mohler		SO Wartburg	13.25m	13.51m	2.2	44-04.00	2 4
	13.51m(2.2)	13.29m(+0.0)	FOUL	FOUL	13.08m(1.9)	FOUL	
6 Rei'Shaun Spires		JR Loras	13.77m	13.42m	3.6	44-00.50	2 3
	FOUL	13.42m(3.6)	13.26m(-1.4)	13.11m(1.8)	13.38m(-0.4)	FOUL	
7 Jakhari Anderson		SR Dubuque	13.64m	13.42m	2.1	44-00.50	2 2
	FOUL	13.26m(+0.0)	13.42m(2.1)	FOUL	FOUL	FOUL	
8 Isaiah Thomas		SR Buena Vista	12.74m	13.33m	1.0	43-09.00	1 1
	12.29m(0.1)	12.90m(+0.0)	13.33m(1.0)	12.43m(0.9)	12.77m(-0.4)	12.87m(0.6)	
9 Daken Pessman		FR Loras	13.18m	13.28m	1.2	43-07.00	1
	13.23m(0.3)	FOUL	FOUL	FOUL	FOUL	13.28m(1.2)	
10 Carter Berkey		SR Simpson (Iowa)		13.15m	-1.4	43-01.75	1
	12.80m(0.1)	13.15m(-1.4)	FOUL				
11 Lachlan Pickering		SO Nebraska Wesleyan	14.07m	13.12m	2.5	43-00.50	2
	13.02m(0.2)	13.12m(2.5)	FOUL				
12 Ya-aqob Lozano		FR Dubuque	13.40m	12.74m	0.2	41-09.75	2
	FOUL	FOUL	12.74m(0.2)				
13 Austin Rindels		FR Wartburg	12.61m	12.58m	1.6	41-03.25	1
	12.48m(2.2)	12.26m(-0.3)	12.58m(1.6)				
14 Jay Gatto		FR Wartburg	12.16m	12.37m	0.9	40-07.00	1
	FOUL	12.37m(0.9)	11.88m(1.1)				
15 Liam Kelso		FR Central College	11.97m	12.22m	-0.4	40-01.25	1
	FOUL	FOUL	12.22m(-0.4)				
16 Phil Daniels		FR Wartburg	13.12m	12.15m	0.6	39-10.50	1
	12.04m(0.7)	12.04m(0.5)	12.15m(0.6)				
17 Ahmari Meeks-Miller		SO Loras	12.96m	12.05m	2.2	39-06.50	1
	FOUL	12.05m(2.2)	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 Holden Murphy		JR Loras	16.26m	16.95m	55-07.50	2 10
	15.03m	15.58m	FOUL	16.47m	16.95m	FOUL
2 Jacob Edwards		JR Dubuque	16.85m	16.81m	55-02.00	2 8
	15.36m	15.48m	15.27m	15.81m	15.74m	16.81m

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Men Shot Put**

3	Dakota Hoffman	SO	Dubuque	15.76m	16.77m	55-00.25	2	6
	14.91m 15.41m FOUL 15.84m FOUL 16.77m							
4	Mason Lobeck	JR	Wartburg	15.40m	15.85m	52-00.00	2	5
	14.24m 14.76m 14.54m 14.91m 15.14m 15.85m							
5	Dre Jackson	SO	Loras	14.47m	15.80m	51-10.00	2	4
	13.86m 14.56m 15.29m 15.80m 15.19m FOUL							
6	Cade Collier	SR	Dubuque	15.70m	15.69m	51-05.75	2	3
	15.20m 15.69m 15.68m FOUL FOUL 15.61m							
7	Samuel Maas	JR	Dubuque	15.25m	15.68m	51-05.50	2	2
	15.08m FOUL 15.31m 15.53m 15.46m 15.68m							
8	Eli Pflipsen	SO	Loras	14.65m	14.97m	49-01.50	2	1
	14.97m FOUL FOUL FOUL FOUL FOUL							
9	Christian Nunley	JR	Wartburg	14.89m	14.72m	48-03.50	2	
	13.91m 14.72m FOUL 13.98m FOUL 13.20m							
10	Eric Lenz	JR	Nebraska Wesleyan	15.63m	14.66m	48-01.25	2	
	14.66m FOUL 14.66m							
11	Abraham Christensen	SO	Buena Vista	15.26m	14.28m	46-10.25	2	
	13.98m FOUL 14.28m							
12	Colin Wojtkiewicz	SO	Nebraska Wesleyan	15.12m	14.21m	46-07.50	2	
	13.34m 14.21m 14.07m							
13	Neal Eckhoff	SR	Loras	14.32m	14.03m	46-00.50	2	
	14.03m 13.53m 13.47m							
14	Garett Regier	FR	Nebraska Wesleyan	13.32m	13.52m	44-04.25	1	
	12.88m 13.11m 13.52m							
15	David Crow	JR	Buena Vista	13.02m	13.30m	43-07.75	1	
	11.78m FOUL 13.30m							
16	Cole Brandes	FR	Nebraska Wesleyan	13.11m	12.87m	42-02.75	1	
	12.87m FOUL FOUL							
17	Eli Keahna	SO	Wartburg	13.01m	12.80m	42-00.00	1	
	12.80m 12.54m 12.65m							
18	Jex Schutjer	FR	Coe	13.16m	12.62m	41-05.00	1	
	12.50m 12.62m FOUL							
19	Tommy Morlan	SO	Central College	12.43m	12.27m	40-03.25	1	
	12.22m 11.52m 12.27m							
20	Logan Strom	FR	Luther	12.55m	12.07m	39-07.25	1	
	FOUL 12.07m 12.05m							
21	Tomas Bueso	FR	Coe	13.02m	11.88m	38-11.75	1	
	FOUL FOUL 11.88m							
22	Sam Stoecker	FR	Central College	11.39m	11.21m	36-09.50	1	
	11.21m FOUL FOUL							
23	Adam Teare	JR	Wartburg	11.46m	10.77m	35-04.00	1	
	10.30m 10.46m 10.77m							
24	Cory Fairbanks	JR	Central College	11.17m	10.57m	34-08.25	1	
	10.51m 10.14m 10.57m							
25	Logan Goheen	FR	Central College	10.29m	10.24m	33-07.25	1	
	9.87m 10.24m 9.88m							
--	Joey Mehlhorn	SO	Luther	11.20m	FOUL		1	
	FOUL FOUL FOUL							

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****Men Discus Throw**

All-Time: A 54.98m 2015		Colt Feltles, Wartburg								
Championship: C 52.85m 5/9/2015		Colt Feltles, Wartburg								
Name	Year	School	Seed	Finals	H#	Points				
1	Carter Allen	FR Loras	50.63m	51.68m	169-07	2	10			
	46.09m FOUL	43.45m FOUL	51.68m FOUL							
2	Jacob Edwards	JR Dubuque	49.03m	50.36m	165-03	2	8			
	48.70m 50.31m	50.36m 44.03m	46.83m 45.72m							
3	Eli Pflipsen	SO Loras	49.06m	49.39m	162-00	2	6			
	40.62m FOUL	46.63m 49.39m	41.19m 46.78m							
4	Christian Nunley	JR Wartburg	49.97m	48.83m	160-02	2	5			
	47.17m 47.81m	46.38m 48.83m	40.20m 46.82m							
5	Ross Stauffacher	JR Loras	47.99m	47.92m	157-03	2	4			
	47.92m FOUL	41.75m FOUL	FOUL FOUL							
6	Cade Collier	SR Dubuque	46.90m	47.58m	156-01	2	3			
	43.94m 47.58m	FOUL FOUL	FOUL FOUL							
7	Adam Teare	JR Wartburg	43.09m	46.71m	153-03	2	2			
	45.10m 43.33m	39.64m 42.44m	41.60m 46.71m							
8	Lucas Cummings	SO Dubuque	46.17m	46.29m	151-10	2	1			
	46.29m 43.48m	45.24m FOUL	45.43m FOUL							
9	Zach Sanford	SO Dubuque	47.53m	45.78m	150-02	2				
	43.76m 45.78m	FOUL FOUL	FOUL FOUL							
10	Abraham Christensen	SO Buena Vista	46.99m	43.85m	143-10	2				
	FOUL FOUL	43.85m								
11	Mason Lobeck	JR Wartburg	41.66m	42.56m	139-07	2				
	FOUL 42.56m	FOUL								
12	David Crow	JR Buena Vista	39.33m	42.51m	139-06	1				
	40.75m 38.65m	42.51m								
13	Chris Baker	JR Coe	45.57m	41.86m	137-04	2				
	41.86m FOUL	FOUL								
14	Holden Murphy	JR Loras	53.21m	41.37m	135-09	2				
	41.37m 40.23m	FOUL								
15	Sam Stoecker	FR Central College	39.66m	40.31m	132-03	1				
	40.23m 40.31m	39.97m								
16	Tommy Morlan	SO Central College	39.36m	38.58m	126-07	1				
	38.58m 38.23m	36.27m								
17	Logan Strom	FR Luther	40.42m	37.79m	124-00	1				
	37.79m FOUL	FOUL								
18	Cole Brandes	FR Nebraska Wesleyan	40.31m	37.36m	122-07	1				
	37.36m FOUL	FOUL								
19	Kael Patterson	FR Central College	35.35m	36.54m	119-10	1				
	36.54m FOUL	34.40m								
20	Joey Mehlhorn	SO Luther	34.75m	36.32m	119-02	1				
	36.32m FOUL	35.70m								
21	Tomas Bueso	FR Coe	36.28m	35.97m	118-00	1				
	35.97m 34.63m	FOUL								
22	Eli Keahna	SO Wartburg	38.54m	35.41m	116-02	1				
	30.62m 35.41m	FOUL								
23	Brandon Greiner	FR Simpson (Iowa)	32.67m	33.99m	111-06	1				
	33.99m 33.53m	32.53m								
24	Jex Schutjer	FR Coe	35.51m	33.30m	109-03	1				
	31.75m FOUL	33.30m								
25	Corbin Sodergren	SO Central College	35.28m	33.25m	109-01	1				
	FOUL 33.25m	FOUL								

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Men Discus Throw**

26 Cam Spina SO Buena Vista 34.06m 32.18m 105-07 1
 FOUL 32.18m FOUL

Men Hammer Throw

All-Time: A 60.82m 2019 Blaze Murfin, Wartburg		Championship: C 59.24m 5/13/2023 Cade Collier, Dubuque										
Name	Year	School	Seed	Finals	H#	Points						
1 Cade Collier		SR Dubuque	60.58m	62.77mA	205-11	2	10					
	61.55m	62.38m	FOUL	60.05m	60.65m	62.77m						
2 Holden Murphy		JR Loras	59.43m	58.54m	192-01	2	8					
	53.76m	57.29m	55.52m	58.54m	FOUL	57.00m						
3 Colin Wojtkiewicz		SO Nebraska Wesleyan	53.79m	58.27m	191-02	2	6					
	54.74m	57.61m	57.97m	FOUL	55.12m	58.27m						
4 Carter Allen		FR Loras	54.74m	56.72m	186-01	2	5					
	56.34m	55.11m	52.86m	FOUL	56.72m	FOUL						
5 Chris Baker		JR Coe	55.93m	56.70m	186-00	2	4					
	FOUL	53.44m	FOUL	FOUL	FOUL	56.70m						
6 Christian Nunley		JR Wartburg	56.34m	56.69m	186-00	2	3					
	56.69m	54.78m	FOUL	54.23m	56.00m	56.24m						
7 Tommy Halatek		SR Loras	52.77m	54.29m	178-01	2	2					
	54.29m	54.04m	53.06m	52.33m	53.04m	FOUL						
8 Jacob Edwards		JR Dubuque	52.92m	53.45m	175-04	2	1					
	53.26m	FOUL	53.45m	52.52m	FOUL	FOUL						
9 Neal Eckhoff		SR Loras	51.22m	51.79m	169-11	2						
	FOUL	51.53m	51.79m	49.37m	51.25m	50.26m						
10 Zach Steffensen		SO Dubuque	50.35m	51.68m	169-07	2						
	51.68m	FOUL	FOUL									
11 David Crow		JR Buena Vista	46.20m	45.07m	147-10	2						
	42.12m	43.53m	45.07m									
12 Eli Keahna		SO Wartburg	44.03m	43.90m	144-00	1						
	FOUL	43.90m	43.86m									
13 Adam Teare		JR Wartburg	44.78m	43.00m	141-01	2						
	43.00m	FOUL	FOUL									
14 Abraham Christensen		SO Buena Vista	47.78m	42.23m	138-06	2						
	FOUL	39.36m	42.23m									
15 Joey Mehlhorn		SO Luther	43.20m	41.88m	137-05	1						
	40.72m	FOUL	41.88m									
16 Cole Brandes		FR Nebraska Wesleyan	40.42m	41.20m	135-02	1						
	FOUL	41.20m	FOUL									
17 Grady Robinson		JR Wartburg	42.74m	41.03m	134-07	1						
	40.96m	41.03m	FOUL									
18 Garrett Regier		FR Nebraska Wesleyan	40.44m	40.54m	133-00	1						
	FOUL	40.54m	38.65m									
19 Cory Fairbanks		JR Central College	39.90m	39.52m	129-08	1						
	39.52m	FOUL	38.92m									
20 Tomas Bueso		FR Coe	36.85m	38.99m	127-11	1						
	35.06m	38.99m	FOUL									
21 Cam Spina		SO Buena Vista	38.12m	38.56m	126-06	1						
	30.74m	38.56m	FOUL									
22 Brandon Greiner		FR Simpson (Iowa)	34.07m	37.54m	123-02	1						
	31.75m	FOUL	37.54m									
23 Kael Patterson		FR Central College	34.67m	36.76m	120-07	1						
	36.76m	36.27m	FOUL									

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Men Hammer Throw**

24	Corbin Sodergren	SO Central College	37.73m	35.86m	117-08	1
	35.78m FOUL 35.86m					
25	Logan Strom	FR Luther	33.24m	35.44m	116-03	1
	34.14m 33.87m 35.44m					
26	Jeremiah LaFleur	SO Central College	35.33m	33.07m	108-06	1
	33.07m 31.57m 32.33m					
27	Joseph Dahl	FR Luther	30.41m	30.74m	100-10	1
	30.73m 30.74m FOUL					
--	Eric Lenz	JR Nebraska Wesleyan	52.55m	FOUL		2
	FOUL FOUL FOUL					
--	Lucas Cummings	SO Dubuque	53.97m	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	Braydin Preston	SO Dubuque	57.03m	59.64m	195-08	2	10
	53.99m 56.05m 57.67m			59.64m 56.29m 56.70m			
2	Trent Polley	SO Wartburg	61.24m	56.53m	185-05	2	8
	54.20m 51.41m 55.65m			56.53m 56.11m 53.92m			
3	Holden Murphy	JR Loras	51.06m	54.32m	178-02	2	6
	43.13m 50.90m 49.55m			49.74m 54.32m 52.04m			
4	Gavin Smith	SO Central College	46.18m	54.32m	178-02	2	5
	46.52m 46.52m 45.38m			49.62m 46.67m 54.32m			
5	Zackary Huffman	SR Buena Vista	52.04m	51.68m	169-07	2	4
	47.23m 45.13m 46.77m			51.68m 50.45m FOUL			
6	Troy Galloway	SO Simpson (Iowa)	48.19m	51.67m	169-06	2	3
	47.67m 47.77m 46.77m			51.67m 49.61m 46.38m			
7	Leif Carey-Odden	JR Luther	50.08m	48.40m	158-09	2	2
	39.17m 46.02m 48.40m			FOUL 37.97m 44.15m			
8	Brody Herriott	JR Wartburg	43.69m	46.92m	153-11	1	1
	38.30m 43.23m 46.92m			43.91m 45.52m 33.86m			
9	Jacob Hoffman	FR Dubuque	44.74m	45.82m	150-04	1	
	42.12m 41.94m 45.82m			FOUL 37.88m FOUL			
10	Jaydon Tarohocker	FR Nebraska Wesleyan	44.86m	45.57m	149-06	1	
	45.57m FOUL 34.51m						
11	Stephen Elliott	JR Wartburg	43.37m	44.23m	145-01	1	
	42.81m 44.23m 42.76m						
12	Eric Maher	JR Dubuque	52.32m	43.52m	142-09	2	
	43.52m 40.08m 37.50m						
13	Grant Colligan	JR Nebraska Wesleyan	41.42m	43.18m	141-08	1	
	43.18m FOUL 40.88m						
14	Daniel Zietlow	FR Wartburg	45.54m	42.60m	139-09	2	
	42.60m 39.12m 40.85m						
15	Reid Pakkebier	JR Central College	44.82m	40.19m	131-10	1	
	39.45m FOUL 40.19m						
16	Will Ode	SR Luther	37.23m	39.78m	130-06	1	
	35.43m 34.76m 39.78m						
17	Andrew McCabe	FR Dubuque	44.78m	38.90m	127-07	1	
	38.90m 34.72m 34.48m						
18	Ian Lucas	SO Loras	44.16m	38.25m	125-06	1	
	37.45m 36.93m 38.25m						

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Men Javelin Throw**

19 Chandler Berry	FR Buena Vista	39.41m	33.70m	110-07	1
FOUL FOUL 33.70m					
20 Owen Scherff	SO Loras	36.47m	33.00m	108-03	1
24.81m 33.00m FOUL					
-- Grant Miller	SO Central College	49.61m	DNS		2
-- Kale Hobart	FR Central College	50.16m	DNS		2

Decathlon: #1 Men 100 Meter Dash Decathlon

Championship: C 11.01 5/9/2019 Caleb Jennings, Central College						
Name	Year	School	Finals	Wind	H#	Points
1 Ulysses Patterson	JR	Simpson (Iowa)	11.20	1.4	2	817
2 Gage Huyser	SO	Central College	11.34	1.4	2	786
3 Kale Hobart	FR	Central College	11.35	1.4	2	784
4 Gavin Smith	SO	Central College	11.42	3.2	1	769
5 Ian Lucas	SO	Loras	11.50	1.4	2	753
6 Will Johnson	FR	Wartburg	11.60	1.4	2	732
7 Clarke Latcham	JR	Simpson (Iowa)	11.64	1.4	2	723
8 Jaydon Tarohocker	FR	Nebraska Wesleyan	11.71	1.4	2	709
9 Jaxon Thompson	JR	Central College	11.79	3.2	1	693
10 Daniel Zietlow	FR	Wartburg	11.89	3.2	1	673
11 Kevin Sohl	FR	Nebraska Wesleyan	11.90	1.4	2	671

Decathlon: #5 Men 400 Meter Dash Decathlon

Championship: C 49.03 5/9/2003 Tanner Whipple, Central						
Name	Year	School	Finals	H#	Points	
1 Ian Lucas	SO	Loras	50.94	1	772	
2 Ulysses Patterson	JR	Simpson (Iowa)	51.02	2	768	
3 Gage Huyser	SO	Central College	51.65	2	740	
4 Kale Hobart	FR	Central College	51.71	2	737	
5 Gavin Smith	SO	Central College	52.18	1	717	
6 Will Johnson	FR	Wartburg	53.03	2	680	
7 Clarke Latcham	JR	Simpson (Iowa)	53.69	2	652	
8 Kevin Sohl	FR	Nebraska Wesleyan	55.44	2	581	
9 Jaydon Tarohocker	FR	Nebraska Wesleyan	55.66	2	573	
10 Daniel Zietlow	FR	Wartburg	55.97	2	560	
11 Jaxon Thompson	JR	Central College	56.48	1	541	

Decathlon: #10 Men 1500 Meter Run Decathlon

Championship: C 4:22.57 5/13/2005 Chad Compton, Cornell						
Name	Year	School	Finals	Points		
1 Ian Lucas	SO	Loras	4:36.83	700		
48.287 (48.287)	2:03.492 (1:15.206)	3:24.230 (1:20.738)	4:36.822 (1:12.592)			
2 Ulysses Patterson	JR	Simpson (Iowa)	4:44.24	654		
50.591 (50.591)	2:07.434 (1:16.843)	3:27.097 (1:19.664)	4:44.232 (1:17.136)			
3 Gage Huyser	SO	Central College	4:50.48	616		
51.099 (51.099)	2:11.857 (1:20.758)	3:37.099 (1:25.242)	4:50.476 (1:13.378)			
4 Gavin Smith	SO	Central College	4:52.79	602		
50.807 (50.807)	2:11.522 (1:20.716)	3:33.541 (1:22.020)	4:52.789 (1:19.248)			

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Decathlon: #10 Men 1500 Meter Run Decathlon**

5	Will Johnson	FR Wartburg	4:56.68	579
	49.869 (49.869)	2:09.634 (1:19.765)	3:35.507 (1:25.874)	4:56.674 (1:21.168)
6	Jaydon Tarohocker	FR Nebraska Wesleyan	5:00.10	559
	52.217 (52.217)	2:16.598 (1:24.381)	3:46.871 (1:30.273)	5:00.096 (1:13.226)
7	Jaxon Thompson	JR Central College	5:03.07	542
	51.923 (51.923)	2:16.157 (1:24.235)	3:46.385 (1:30.229)	5:03.063 (1:16.678)
8	Kale Hobart	FR Central College	5:08.18	514
	50.435 (50.435)	2:11.315 (1:20.881)	3:38.737 (1:27.422)	5:08.173 (1:29.436)
9	Clarke Latcham	JR Simpson (Iowa)	5:31.24	393
	53.539 (53.539)	2:19.857 (1:26.318)	3:58.331 (1:38.475)	5:31.236 (1:32.905)
10	Kevin Sohl	FR Nebraska Wesleyan	5:36.36	369
	55.196 (55.196)	2:30.051 (1:34.855)	4:06.943 (1:36.892)	5:36.351 (1:29.409)
11	Daniel Zietlow	FR Wartburg	5:42.54	340
	53.628 (53.628)	2:24.317 (1:30.689)	4:07.335 (1:43.018)	5:42.539 (1:35.205)

Decathlon: #6 Men 110 Meter Hurdles Decathlon

Championship: C 14.90 5/12/2022 Ryan Rogers, Loras						
Name	Year	School	Finals	Wind	H#	Points
1	Kale Hobart	FR Central College	15.39	-1.0	3	803
2	Gage Huyser	SO Central College	15.53	-1.0	3	787
3	Ulysses Patterson	JR Simpson (Iowa)	15.60	-1.0	3	778
4	Gavin Smith	SO Central College	15.95	-1.0	3	738
5	Ian Lucas	SO Loras	16.51	0.4	2	676
6	Jaxon Thompson	JR Central College	16.56	0.4	2	671
7	Kevin Sohl	FR Nebraska Wesleyan	16.63	0.4	2	663
8	Jaydon Tarohocker	FR Nebraska Wesleyan	17.18	-2.1	1	606
9	Daniel Zietlow	FR Wartburg	17.32	-2.1	1	591
10	Will Johnson	FR Wartburg	17.73	-2.1	1	550
11	Clarke Latcham	JR Simpson (Iowa)	17.96	0.4	2	528

Decathlon: #4 Men High Jump Decathlon

Championship: C 2.04m 5/2/2008 Chris Buresh, Loras						
Name	Year	School	Finals	Points		
1	Clarke Latcham	JR Simpson (Iowa)	1.87m	687		
	1.60 1.63 1.66 1.69 1.72	1.75 1.78 1.81 1.84 1.87 1.90				
	PPP PPP PPP PPP PPP	PPP O O XXO O XXX				
1	Ulysses Patterson	JR Simpson (Iowa)	1.87m	687		
	1.60 1.63 1.66 1.69 1.72	1.75 1.78 1.81 1.84 1.87 1.90				
	PPP PPP PPP PPP PPP	O XO O O O XXX				
3	Gage Huyser	SO Central College	1.81m	636		
	1.60 1.63 1.66 1.69 1.72	1.75 1.78 1.81 1.84				
	PPP PPP PPP O PPP	O XXO O XXX				
3	Jaydon Tarohocker	FR Nebraska Wesleyan	1.81m	636		
	1.60 1.63 1.66 1.69 1.72	1.75 1.78 1.81 1.84				
	PPP O PPP XO PPP	O O O XXX				
5	Kevin Sohl	FR Nebraska Wesleyan	1.78m	610		
	1.60 1.63 1.66 1.69 1.72	1.75 1.78 1.81				
	O O O O XO	O XXO XXX				
5	Jaxon Thompson	JR Central College	1.78m	610		
	1.60 1.63 1.66 1.69 1.72	1.75 1.78 1.81				
	PPP PPP PPP PPP XXO	O XO XXX				

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****....Decathlon: #4 Men High Jump Decathlon**

5	Ian Lucas	SO Loras	1.78m	5-10.00	610
	1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81				
	PPP PPP PPP O O XXO XO XXX				
5	Will Johnson	FR Wartburg	1.78m	5-10.00	610
	1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81				
	O PPP XO XO O XO XXO XXX				
5	Kale Hobart	FR Central College	1.78m	5-10.00	610
	1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81				
	PPP PPP PPP O PPP O O XXX				
10	Daniel Zietlow	FR Wartburg	1.75m	5-08.75	585
	1.60 1.63 1.66 1.69 1.72 1.75 1.78				
	O PPP XO XO O XXO XXX				
10	Gavin Smith	SO Central College	1.75m	5-08.75	585
	1.60 1.63 1.66 1.69 1.72 1.75 1.78				
	PPP O O O O O XXX				

Decathlon: #8 Men Pole Vault Decathlon

Championship: C 4.65m 5/11/2023 Brody Klein, Central Coll

Name	Year	School	Finals	Points
1 Gage Huyser	SO	Central College	4.15m 13-07.25	659
	2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95 4.05 4.15 4.25			
	PPP PPP PPP PPP PPP PPP PPP PPP PPP O O O O O XXX			
2 Gavin Smith	SO	Central College	4.05m 13-03.50	631
	2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95 4.05 4.15			
	PPP PPP PPP PPP PPP PPP PPP O O XO O O PPP XO XXX			
3 Ian Lucas	SO	Loras	3.85m 12-07.50	576
	2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95			
	PPP PPP PPP PPP PPP PPP PPP XXO XXO XO O O XXX			
3 Kale Hobart	FR	Central College	3.85m 12-07.50	576
	2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95			
	PPP PPP PPP PPP PPP O PPP O O O XO O XXX			
5 Jaxon Thompson	JR	Central College	3.75m 12-03.50	549
	2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95			
	PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP XXX			
6 Jaydon Tarohocker	FR	Nebraska Wesleyan	3.65m 11-11.75	522
	2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75			
	PPP PPP PPP XO O O O O XO XXO XXX			
6 Ulysses Patterson	JR	Simpson (Iowa)	3.65m 11-11.75	522
	2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75			
	PPP PPP PPP PPP PPP PPP O PPP O XO XXX			
8 Clarke Latcham	JR	Simpson (Iowa)	3.25m 10-08.00	418
	2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95 4.05 4.15 4.25 4.35			
	PPP PPP PPP O PPP XXO PPP PPP PPP PPP PPP PPP PPP PPP PPP			
9 Daniel Zietlow	FR	Wartburg	3.05m 10-00.00	369
	2.75 2.85 2.95 3.05 3.15			
	PPP PPP O O XXX			
9 Kevin Sohl	FR	Nebraska Wesleyan	3.05m 10-00.00	369
	2.75 2.85 2.95 3.05 3.15 3.25			
	PPP O PPP O PPP XXX			
11 Will Johnson	FR	Wartburg	2.95m 9-08.00	345
	2.75 2.85 2.95 3.05			
	O XO O XXX			

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****Decathlon: #2 Men Long Jump Decathlon**

Championship: C 7.07m 5/8/2014 Jaemin Powell, Central Coll							
Name	Year	School	Finals	Wind	Points		
1 Gavin Smith	SO	Central College	6.84m	1.7	22-05.25	776	
FOUL	6.84m(1.7)	PASS					
2 Ulysses Patterson	JR	Simpson (Iowa)	6.71m	2.6	22-00.25	746	
FOUL	6.71m(2.6)	6.49m(2.9)					
3 Gage Huyser	SO	Central College	6.64m	3.1	21-09.50	729	
FOUL	FOUL	6.64m(3.1)					
4 Jaydon Tarohocker	FR	Nebraska Wesleyan	6.53m	1.6	21-05.25	704	
6.53m(1.6)	6.48m(2.2)	FOUL					
5 Kale Hobart	FR	Central College	6.22m	3.5	20-05.00	635	
6.22m(3.5)	4.76m(4.5)	6.03m(0.9)					
6 Clarke Latcham	JR	Simpson (Iowa)	6.21m	4.6	20-04.50	632	
5.91m(2.2)	6.21m(4.6)	PASS					
7 Ian Lucas	SO	Loras	6.08m	4.0	19-11.50	604	
5.95m(3.4)	6.08m(4.0)	5.79m(2.7)					
8 Will Johnson	FR	Wartburg	5.82m	3.6	19-01.25	548	
5.82m(3.6)	5.55m(4.1)	5.76m(3.9)					
9 Kevin Sohl	FR	Nebraska Wesleyan	5.81m	3.1	19-00.75	546	
5.43m(2.7)	5.67m(3.1)	5.81m(3.1)					
10 Jaxon Thompson	JR	Central College	5.80m	2.0	19-00.50	544	
5.80m(2.0)	5.77m(2.3)	5.66m(0.8)					
11 Daniel Zietlow	FR	Wartburg	5.47m	4.2	17-11.50	475	
5.29m(4.4)	5.47m(4.2)	5.42m(1.7)					

Decathlon: #3 Men Shot Put Decathlon

Championship: C 13.73m 5/12/2016 Ryan Kruse, Central Coll							
Name	Year	School	Finals	Wind	Points		
1 Gavin Smith	SO	Central College	12.34m	40-06.00	627		
12.14m	FOUL	12.34m					
2 Daniel Zietlow	FR	Wartburg	11.26m	36-11.50	562		
11.26m	FOUL	11.15m					
3 Ulysses Patterson	JR	Simpson (Iowa)	11.17m	36-07.75	556		
10.59m	FOUL	11.17m					
4 Gage Huyser	SO	Central College	11.13m	36-06.25	554		
11.13m	FOUL	FOUL					
5 Kale Hobart	FR	Central College	10.40m	34-01.50	510		
10.40m	9.61m	10.37m					
6 Clarke Latcham	JR	Simpson (Iowa)	10.38m	34-00.75	508		
10.21m	10.38m	10.08m					
7 Jaxon Thompson	JR	Central College	10.34m	33-11.25	506		
9.92m	10.34m	10.11m					
8 Kevin Sohl	FR	Nebraska Wesleyan	10.11m	33-02.00	492		
FOUL	9.39m	10.11m					
9 Ian Lucas	SO	Loras	9.60m	31-06.00	462		
9.44m	9.33m	9.60m					
10 Jaydon Tarohocker	FR	Nebraska Wesleyan	9.25m	30-04.25	441		
9.17m	9.25m	9.20m					
11 Will Johnson	FR	Wartburg	8.12m	26-07.75	373		
8.12m	7.97m	7.73m					

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****Decathlon: #7 Men Discus Throw Decathlon**

Championship: C 43.24m 5/11/2017 Ryan Kruse, Central Coll					
Name	Year	School	Finals	Points	
1 Jaxon Thompson	JR	Central College	39.45m	129-05	653
39.45m 35.23m FOUL					
2 Ulysses Patterson	JR	Simpson (Iowa)	37.55m	123-02	615
29.82m 37.55m 33.32m					
3 Gavin Smith	SO	Central College	37.03m	121-06	604
35.00m FOUL 37.03m					
4 Kale Hobart	FR	Central College	34.70m	113-10	558
29.79m 33.24m 34.70m					
5 Kevin Sohl	FR	Nebraska Wesleyan	33.76m	110-09	539
30.37m 31.53m 33.76m					
6 Jaydon Tarohocker	FR	Nebraska Wesleyan	31.96m	104-10	503
31.96m 31.67m 30.61m					
7 Gage Huyser	SO	Central College	31.70m	104-00	498
FOUL 31.70m FOUL					
8 Daniel Zietlow	FR	Wartburg	31.30m	102-08	490
28.12m 31.30m 30.60m					
9 Ian Lucas	SO	Loras	31.16m	102-03	487
31.16m 28.52m 30.40m					
10 Clarke Latcham	JR	Simpson (Iowa)	29.50m	96-09	455
27.53m 29.50m FOUL					
11 Will Johnson	FR	Wartburg	23.69m	77-09	342
14.45m 23.69m FOUL					

Decathlon: #9 Men Javelin Throw Decathlon

Championship: C 55.15m 5/12/2016 Ryan Kruse, Central Coll					
Name	Year	School	Finals	Points	
1 Gavin Smith	SO	Central College	52.42m	172-00	624
52.42m FOUL 48.09m					
2 Kale Hobart	FR	Central College	49.77m	163-03	585
49.77m PASS PASS					
3 Jaydon Tarohocker	FR	Nebraska Wesleyan	46.71m	153-03	540
41.51m 44.54m 46.71m					
4 Jaxon Thompson	JR	Central College	45.86m	150-05	528
45.86m 37.43m 39.62m					
5 Daniel Zietlow	FR	Wartburg	45.48m	149-02	522
43.30m 45.48m FOUL					
6 Ulysses Patterson	JR	Simpson (Iowa)	45.43m	149-00	521
45.43m 40.10m 38.15m					
7 Clarke Latcham	JR	Simpson (Iowa)	40.65m	133-04	452
40.12m 40.65m 39.18m					
8 Gage Huyser	SO	Central College	39.66m	130-01	437
39.66m FOUL 37.42m					
9 Ian Lucas	SO	Loras	38.88m	127-07	426
35.80m 35.79m 38.88m					
10 Will Johnson	FR	Wartburg	29.69m	97-05	295
29.27m FOUL 29.69m					
11 Kevin Sohl	FR	Nebraska Wesleyan	28.66m	94-00	280
26.94m 20.76m 28.66m					

2024 American Rivers Conference Outdoor Track & Field Championships**Adel Stadium, Nebraska Wesleyan - 5/9/2024 to 5/11/2024****Results****Men Decathlon**

Name	Year	School	Seed	Finals	H#	Points
All-Time: A	7528	1986	Kip Janvrin, Simpson			
Championship: C	6754	5/10/2003	Peter Wagner, Central			
1	Gavin Smith	SO Central College		6673		10
2	Ulysses Patterson	JR Simpson (Iowa)	6513	6664		8
3	Gage Huyser	SO Central College	6193	6442		6
4	Kale Hobart	FR Central College	6431	6312		5
5	Ian Lucas	SO Loras		6066		4
6	Jaxon Thompson	JR Central College		5837		3
7	Jaydon Tarohocker	FR Nebraska Wesleyan		5793		2
8	Clarke Latcham	JR Simpson (Iowa)	4094	5448		1
9	Daniel Zietlow	FR Wartburg	4935	5167		
10	Kevin Sohl	FR Nebraska Wesleyan		5120		
11	Will Johnson	FR Wartburg	4775	5054		

Women - Team Rankings - 22 Events Scored

1) Wartburg	234.50	2) Loras	186.50
3) Central College	165.50	4) Nebraska Wesleyan	117.50
5) Dubuque	71	6) Simpson (Iowa)	47
7) Buena Vista	17	8) Luther	15
9) Coe	3		

Men - Team Rankings - 22 Events Scored

1) Loras	194.50	2) Dubuque	185
3) Wartburg	178	4) Central College	121.50
5) Nebraska Wesleyan	80	6) Simpson (Iowa)	53
7) Buena Vista	19	8) Luther	13
9) Coe	11		