

# IIAC Championships - Women

## Decorah, Iowa

### Feb. 27-28, 1998

**high jump**

1	Dawn Putnam-Vinyard, Buena Vista	5-6 1/4 (1.68m)
	NCAA provisional	
	Ties NCAA automatic	
	Forum record	
2	Amie Siebenaler, Luther	5-3 3/4 (1.62m)
3	Julie Jamines, Coe	5-2 (1.57m)
4	Kirstin Vanrooyan, Central	5-2 (1.57m)
4	Amy Oleson, Loras	5-2 (1.57m)
6	Arvin Lee, Luther	5-0 (1.52m)
6	Melissa Stensland, Wartburg	5-0 (1.52m)
6	Leah Embretson, Luther	5-0 (1.52m)
9	Darcie Hankemeier, Central	5-0 (1.52m)
10	Niki Popp, Coe	5-0 (1.52m)
11	Allison McGrew, Simpson	4-8 (1.42m)
11	Brandi Herman, Loras	4-8 (1.42m)

**long jump**

1	Melanie Uhl, Buena Vista	18-1 3/4 (5.53m)
	NCAA provisional	
2	<del>Jill Van Der Laest</del> Shannon Thomas, Coe	17-8 (5.38m)
	NCAA provisional	
3	Heather Hermann, Central	17-4 3/4 (5.30m)
4	Susan Doorenbos, Luther	17-3 1/4 (5.26m)
5	Amie Siebenaler, Luther	17-1 1/2 (5.22m)
6	Heather Healey, Loras	16-9 1/4 (5.11m)
7	Tenisha Davis, Loras	16-5 3/4 (5.02m)
8	Theresa Kelly, Loras	16-1 1/2 (4.91m)
9	Missy Nieres, Central	15-10 1/2 (4.84m)
10	Kate Proctor, Cornell	15-7 1/2 (4.76m)
11	Keevan Schadle, Wartburg	15-3 1/4 (4.65m)
12	Kelly Orr, Wartburg	15-2 1/4 (4.63m)
13	Lori McCann, Upper Iowa	14-7 3/4 (4.46m)
14	Beth Waage, Simpson	14-6 (4.42m)
15	Danielle Moore, Wartburg	14-6 (4.42m)
16	Sara Sowers, Simpson	14-3 3/4 (4.36m)
17	Allison McGrew, Simpson	14-3 1/4 (4.35m)

**triple jump**

1	Kate Proctor, Cornell	34-7 (10.54m)
2	Heidi Haberman, Buena Vista	34-7 (10.54m)
3	Amie Siebenaler, Luther	34-2 3/4 (10.43m)
4	Bridget Murphy, Loras	34-0 1/4 (10.37m)
5	Susan Doorenbos, Luther	33-8 (10.26m)
6	Karyl Kirkland, Loras	33-6 3/4 (10.23m)
7	Heather Healey, Loras	33-1 3/4 (10.10m)
8	Jen Freeman, Wm Penn	32-6 1/4 (9.91m)
9	Danielle Moore, Wartburg	32-1 1/2 (9.79m)
10	Keevan Schadle, Wartburg	31-9 1/2 (9.69m)
11	Katie Walters, Wm Penn	30-7 3/4 (9.34m)

**shot put**

1	Jess Ellis, Luther	43-4 1/4 (13.21m)
	NCAA provisional	
	NCAA automatic	
2	Amy Sullivan, Wartburg	40-10 1/2 (12.46m)
	NCAA provisional	
3	Dawn Digmann, Wartburg	40-3 1/2 (12.28m)
4	Melissa Stensland, Wartburg	39-10 3/4 (12.16m)
5	Kelly Dodd, Cornell	37-11 1/2 (11.57m)
6	Tina Bos, Central	37-11 1/4 (11.56m)
7	Carly Geinev, Loras	37-2 1/4 (11.33m)
8	Jami Lawrenson, Buena Vista	35-10 3/4 (10.94m)
9	Shailla Gent, Central	35-9 1/2 (10.91m)

10	Amy Clemens, Luther	34-7 1/2 (10.55m)
11	Tirzah Schnorr, Loras	34-0 1/4 (10.37m)
12	Angela Horman, Dubuque	33-6 (10.21m)
13	Valerie Dartt, Coe	33-0 1/2 (10.07m)
14	Darbi Leighton, Cornell	32-3 1/2 (9.84m)
15	Staci Nelson, Cornell	32-1 1/2 (9.79m)
16	Jodi Nicolai, Loras	31-7 1/2 (9.64m)
17	Jill Jefferson, Luther	29-11 1/4 (9.12m)

**55m**

Round 1, Heat 1		
1	Melanie Uhl, Buena Vista	7.29Q
	NCAA provisional	
	NCAA automatic	
	Forum record	
2	Missy Nieres, Central	7.75
3	Amy Frederick, Buena Vista	7.89
4	Jen Freeman, Wm Penn	8.09
5	Bethany Rippentrop, Upper Iowa	8.11
Round 1, Heat 2		
1	Kerry Flinn, Simpson	7.58Q
2	Kate Proctor, Cornell	7.82
3	Wwendy Lewen, Central	8.22
4	Ranee Wiederin, Coe	8.26
Round 1, Heat 3		
1	Theresa Kelly, Loras	7.65Q
2	Heather Witt, Loras	7.66
3	Becky Peterson, Luther	8.02
4	Gennie Guerra, Upper Iowa	8.88
Round 1, Heat 4		
1	Karyl Kirkland, Loras	7.61Q
2	Pamabanisha King, Wartburg	7.65
3	Trena Bell, Buena Vista	7.78
4	Crystal Johnson, Upper Iowa	7.91
5	Ann-Marie Christy, Wm Penn	8.18
6	Trisha Weidert, Cornell	8.35
Round 1, Heat 5		
1	Barb White, Wartburg	7.50Q
2	Andrea Kakacek, Wartburg	7.63q
3	Lola Famakinwa, Luther	7.75
4	Johnna Hayward, Luther	8.23
Final		
1	Melanie Uhl, Buena Vista	7.34
	NCAA provisional	
	Forum record	
2	Barb White, Wartburg	7.49
3	Andrea Kakacek, Wartburg	7.64
4	Kerry Flinn, Simpson	7.67
5	Theresa Kelly, Loras	7.73
6	Karyl Kirkland, Loras	7.83

**200m**

1	Melanie Uhl, Buena Vista	25.82
	Forum record	
2	Wendy Ellis, Loras	26.69
	Forum record	
3	Pamabanisha King, Wartburg	27.23
4	Theresa Kelly, Loras	27.53
5	Alvcia Ashburn, Luther	27.55
6	Kelly Wendt, Wartburg	27.63
7	Jill Van DerLaest, Coe	27.80
8	Missy Nieres, Central	27.95
9	Karyl Kirkland, Loras	28.03
10	Trena Bell, Buena Vista	28.06

11	Andrea Kakacek, Wartburg	28.10
12	Molly Gallagher, Luther	28.16
13	Lola Farnakinwa, Luther	28.55
14	Alison McGrew, Simpson	28.88
15	Amy Frederick, Buena Vista	28.91
16	Jen Freeman, Wm Penn	29.13
17	Ann-Marie Christy, Wm Penn	29.28
18	Beth Waage, Simpson	29.29
19	Shannon Adams, Coe	29.40
20	Suzi Cucchetti, Cornell	29.46
21	Wwendy Lewen, Central	29.62
22	Carrie Mackham, Coe	29.76
23	Trisha Weidert, Cornell	30.09
24	Bethany Rippenrop, Upper Iowa	30.52
25	Dante Few, Cornell	30.62

13	Emy Johnson, Coe	2:33.43
14	Betsy Neff, Wartburg	2:33.78
15	Katie Rudd, Cornell	2:34.47
16	Chrissy Deutschlander, Buena Vista	2:34.67
17	Hillary Ellingson, Coe	2:36.88
18	Mindy Hubler, Loras	2:39.55

1000m

1	Amy Neal, Wartburg	3:08.87
2	Siri Thompson, Luther	3:09.50
3	Jen Rediske, Luther	3:12.93
4	Sally Shumaker, Central	3:12.96
5	Katie Shearn, Wartburg	3:14.08
6	Annie Kinsella, Loras	3:14.48
7	Karen Bomar, Wartburg	3:15.18
8	Kim Lambeth, Dubuque	3:15.21
9	Katy Tierney, Loras	3:15.47
10	Marcia Woseba, Loras	3:18.45
11	Marcy Howarter, Luther	3:21.08
12	Tara Lyons, Coe	3:25.72
13	Steph Paris, Central	3:31.26

1500m

1	Trina Steines, Wartburg	4:47.08	NCAA provisional
2	Mary Fran Cullen, Loras	4:49.25	
3	Amy Neal, Wartburg	4:52.45	
4	Jenny Pfaff, Loras	4:57.62	
5	Johanna Olson, Luther	4:58.39	
6	Jen Rediske, Luther	4:58.59	
7	Sally Shumaker, Central	4:58.69	
8	Meg Bucaro, Loras	5:00.13	
9	Betsy Neff, Wartburg	5:01.36	
10	Marcy Howarter, Luther	5:08.37	
11	Amanda Kalen, Cornell	5:17.89	
12	Tara Lyons, Coe	5:20.00	
13	Heather Hendrickson, Buena Vista	5:21.56	
14	Steph Paris, Central	5:28.47	
15	Faith Wallowing Bull, Upper Iowa	5:30.67	
16	Jenn Osteen, Central	5:35.41	
17	Dominique Caspers, Upper Iowa	5:38.88	
18	Elizabeth Zuck, Upper Iowa	6:18.49	

3000m

1	Jenny Richey, Loras	10:28.88
2	Kat Shaner, Luther	10:34.52
3	Heidi Ludvigsen, Wartburg	10:42.36
4	Amy Neal, Wartburg	10:45.63
5	Amy Edwards, Loras	10:45.66
6	Lisa Demerath, Dubuque	10:53.13
7	Kelly Place, Luther	10:53.57
8	Julie Leonard, Wartburg	11:03.61
9	Katy Tierney, Loras	11:10.85
10	Heather Hoekstra, Central	11:26.24
11	Shaleen Rowray, Coe	11:32.04
12	Tara Lyons, Coe	11:47.16
13	Sara Scholtes, Luther	11:55.06
14	Jenn Osteen, Central	11:55.36
15	Dominique Caspers, Upper Iowa	12:24.86
16	Kate Martin, Cornell	12:44.75
17	Brandae Kragelund, Buena Vista	13:17.61
18	Elizabeth Zuck, Upper Iowa	13:35.45

5000m

1	Jenny Richey, Loras	18:05.90	NCAA provisional
2	Kat Shaner, Luther	18:08.23	
3	Heidi Ludvigsen, Wartburg	18:12.87	
4	Amy Edwards, Loras	18:27.91	
5	Julie Leonard, Wartburg	19:04.15	
6	Jennell Pribvi, Luther	19:14.90	
7	Kelli Hübler, Loras	19:37.09	
8	Robyn Siedschlag, Luther	19:39.95	
9	Shaleen Rowray, Coe	19:44.39	
10	Lisa Demerath, Dubuque	20:10.39	
11	Kristen Nauman, Wartburg	20:20.36	
12	Karen Nissen, Simpson	21:12.68	

400m

1	Wendy Ellis, Loras	58.36	NCAA provisional
			NCAA automatic
			Forum record
2	Andrea Metcalf, Loras	60.52	
3	Alycia Ashburn, Luther	60.53	
4	Jeanette Olson, Wartburg	61.86	
5	deanna Jacobsen, Luther	62.21	
6	Mary Potts, Simpson	62.40	
7	Kerri Deppe, Wartburg	62.81	
8	Ranee Wiederm, Coe	63.21	
9	Eden smith, Buena Vista	63.53	
10	Katie Clipperton, Buena Vista	63.64	
11	Kelly Orr, Wartburg	63.96	
12	Rachel Williams, Central	64.42	
13	Kristyn Scott, Loras	65.23	
14	Jen Freeman, Wm Penn	65.33	
15	Laura Binz, Luther	65.35	
16	Raelynn Basmer, Central	65.63	
17	Rhonda Bernhardt, Buena Vista	65.70	
18	Darcie Hankencicr, Central	65.80	
19	Erin Gibney, Coe	66.60	

600m

1	Angel Sheriff, Simpson	1:39.39	Forum record
2	Lamrie Fickbohm, Buena Vista	1:40.06	Forum record
3	Kel Hoeker, Wartburg	1:42.52	
4	Meg Bucaro, Loras	1:42.53	
5	Jenarth Tekippe, Luther	1:43.23	
6	Jennifer Holloway, Wartburg	1:43.53	
7	Asta Barcas, Luther	1:44.42	
8	Courtney Wearmouth, Simpson	1:44.55	
9	Trinity Tisue, Cornell	1:44.63	
10	Beth Jones, Luther	1:44.99	
11	Niki Popp, Coe	1:45.85	
12	Kristen Parson, Coe	1:47.77	
13	Kayla Sanders, Loras	1:48.36	
14	Mindy Graham, Central	1:49.72	
15	Jill Hoffman, Loras	1:50.14	
16	Abby Flichler, Wartburg	1:50.61	
17	Laura Adam, Wm Penn	1:53.98	
18	Becky Cooper, Dubuque	2:00.68	

800m

1	Trina Steines, Wartburg	2:19.00	NCAA provisional
			Forum record
2	Morgen Ellerbusch, Luther	2:21.11	
3	Mary Fran Cullen, Loras	2:21.58	
4	Amanda Kalen, Cornell	2:23.44	
5	Jen Ransom, Luther	2:23.64	
6	Emily Petia, Luther	2:24.14	
7	Melissa Hills, Cornell	2:25.55	
8	Cari Lyle, Wartburg	2:26.05	
9	Jennifer Lennard, Simpson	2:26.94	
10	Tonya Turner, Coe	2:28.52	
11	Jenny Pfaff, Loras	2:30.92	
12	Heather Hoekstra, Central	2:31.57	

13 Faith Wallowing Bull, Upper Iowa 21:38.01

35m hurdles

Round 1, Heat 1

1	Jeanette Olson, Wartburg	8.85Q
2	Susan Doorenbos, Luther	8.95q
3	Sommer Baxton, Wartburg	9.52
4	Heidi Haberman, Buena Vista	9.82
5	Kerri Deppe, Wartburg	9.92
6	Megan Kaska, Central	10.35

Round 1, Heat 2

1	Danieta Grob, Central	8.91Q
2	Sara Nauman, Dubuque	9.24q
3	Beth Waage, Simpson	9.25
4	Erica Rutledge, Coe	9.65
5	Angela Westcott, Dubuque	9.81
6	Katie Walters, Wm Penn	10.32

Round 1, Heat 3

1	Kiffany Dunham, Loras	9.00Q
2	Kristine Szafranski, Cornell	9.35
3	Nichole Mitchell, Buena Vista	9.37
4	Katie Mohrfeld, Coe	9.71
5	Tina Voler, Dubuque	10.08
6	Dante Few, Cornell	10.11

Round 1, Heat 4

1	Brandy Meinecke, Luther	8.93Q
2	Molly Gallagher, Luther	9.36
3	Kayla Sanders, Loras	9.43
4	Suzi Cucchetti, Cornell	9.96
5	Brandi Herman, Loras	10.03

Final

1	Danieta Grob, Central	8.75
2	Jeanette Olson, Wartburg	8.96
3	Kiffany Dunham, Loras	8.97
4	Brandy Meinecke, Luther	9.03
5	Susan Doorenbos, Luther	9.06
6	Sara Nauman, Dubuque	9.26

200m hurdles

1	Jeanette Olson, Wartburg	29.48
2	Brandy Meinecke, Luther	29.75
3	Sommer Baxton, Wartburg	30.22
4	Sarah Amatta, Luther	30.35
5	Kristine Szafranski, Cornell	30.56
6	Heidi Haberman, Buena Vista	30.72
7	Nichole Mitchell, Buena Vista	30.82
8	Beth Waage, Simpson	30.86
9	Misty Pruess, Loras	30.92
10	Kayla Sanders, Loras	31.02
11	Kiffany Dunham, Loras	31.03
12	Angel Sheriff, Simpson	31.31
13	Kerri Deppe, Wartburg	31.47
14	Katie Mohrfeld, Coe	31.89
15	Suzi Cucchetti, Cornell	31.93
16	Jenny Benson, Luther	32.31
17	Sara Nauman, Dubuque	32.58
18	Toni Short, Coe	32.71
19	Laura Adam, Wm Penn	33.55

4x200 relay

1	Loras, Loras	1:46.71
	Forum record	
2	Buena Vista, Buena Vista	1:49.18
	Forum record	
3	Luther, Luther	1:50.34
4	Wartburg, Wartburg	1:51.74
5	Simpson, Simpson	1:52.04
6	Coe, Coe	1:52.64
7	Central, Central	1:55.83
8	Cornell, Cornell	1:58.33
9	Upper Iowa, Upper Iowa	2:00.70
10	Wm Penn, Wm Penn	2:01.20
11	Dubuque, Dubuque	2:06.14

4x400 relay

1	Luther, Luther	4:04.73
	NCAA provisional	
2	Loras, Loras	4:05.43
	NCAA provisional	
3	Wartburg, Wartburg	4:07.30
4	Simpson, Simpson	4:11.04
5	Buena Vista, Buena Vista	4:14.78
6	Coe, Coe	4:23.68
7	Cornell, Cornell	4:26.98
8	Central, Central	4:37.16
9	Dubuque, Dubuque	4:46.37

distance medley relay

1	Loras, Loras	12:26.32
2	Wartburg, Wartburg	12:46.97
3	Luther, Luther	12:55.28
4	Cornell, Cornell	13:26.28
5	Buena Vista, Buena Vista	13:29.95
6	Coe, Coe	13:30.49
7	Dubuque, Dubuque	13:38.39
8	Simpson, Simpson	13:38.56

20# weight

1	Jess Ellis, Luther	49-3 (15.01m)
	NCAA provisional	
	Forum record	
2	Amy Sullivan, Wartburg	39-10 3/4 (12.16m)
3	Dawn Dismann, Wartburg	39-10 1/2 (12.15m)
4	Jan Frazier, Loras	38-9 (11.81m)
5	Kelly Dodd, Cornell	38-6 3/4 (11.75m)
6	Valerie Dartt, Coe	37-11 1/2 (11.57m)
7	Darbi Leighton, Cornell	33-1 (10.08m)
8	Staci Nelson, Cornell	22-7 3/4 (6.90m)

TEAM SCORES AFTER 18 EVENTS

1	Wartburg	148.3
2	Luther	129.7
3	Loras	125.0
4	Buena Vista	69.0
5	Central	24.0
6	Cornell	22.0
7	Simpson	21.0
8	Coe	17.0
9	Dubuque	2.0

# IIAC INDOOR CHAMPIONSHIPS - Men

## Decorah, Iowa

### Feb. 27-28, 1998

**long jump**

1	Jay Rhoten, Central	23-7 1/4 (7.19m)
		NCAA provisional
		Forum record
2	Hassan Rashid, Loras	22-4 1/2 (6.82m)
3	Tarvar Baskerville, Wm Penn	22-1 3/4 (6.75m)
4	Mike Walters, Luther	21-8 (6.60m)
5	Andrew Paulson, Central	21-4 3/4 (6.52m)
6	Matt Moore, Buena Vista	21-2 1/2 (6.46m)
7	Evan Bru, Central	21-2 1/2 (6.46m)
8	Ken Wheeler, Luther	21-2 (6.45m)
9	Josh Wedemeyer, Wartburg	21-1 1/4 (6.43m)
10	Zach Andrews, Coe	20-11 1/4 (6.38m)
11	James Rochford, Wartburg	20-1 3/4 (6.14m)
12	Shawn McCormick, Cornell	20-0 1/2 (6.11m)
13	Scott Larsen, Cornell	19-7 1/2 (5.98m)
14	Richard Miller, Wm Penn	19-7 1/2 (5.98m)
15	Nate Harrington, Buena Vista	19-7 (5.97m)
16	Joe Malholland, Coe	19-6 3/4 (5.96m)
17	Jeremiah Shaver, Upper Iowa	19-4 3/4 (5.91m)
18	Josh Husted, Wm Penn	19-0 1/2 (5.80m)
19	Dave Muth, Luther	19-0 1/2 (5.80m)
20	Bryce Berkompas, Coe	18-10 3/4 (5.76m)
21	Brock Bedwell, Simpson	18-7 1/4 (5.67m)
22	Lucas Rickertson, Loras	18-6 1/2 (5.65m)
23	Kc Powell, Simpson	15-11 1/2 (4.86m)

**triple jump**

1	Hassan Rashid, Loras	45-9 (13.94m)
2	Tarvar Baskerville, Wm Penn	45-7 3/4 (13.91m)
3	Quincy Crumbley, Upper Iowa	44-8 (13.61m)
4	K C. Powell, Simpson	44-6 1/4 (13.57m)
5	Ken Wheeler, Luther	43-8 1/2 (13.32m)
6	Jay Rhoten, Central	43-7 (13.28m)
7	Mike Walters, Luther	42-8 (13.00m)
8	Andrew Paulson, Central	40-11 (12.47m)
9	Dodi Smith, Wm Penn	39-10 (12.14m)
10	Clay Peterson, Luther	39-5 1/4 (12.02m)
11	Corv Contrall, Wartburg	39-3 1/4 (11.97m)
12	Ryan Sackfield, Coe	39-0 1/4 (11.89m)
13	Josh Gorman, Central	38-11 3/4 (11.88m)
14	Josh Husted, Wm Penn	38-11 (11.86m)
15	Bryce Berkompas, Coe	38-2 3/4 (11.65m)
16	Lucas Rickertson, Loras	37-10 (11.53m)
17	Eric Short, Simpson	36-11 (11.25m)
18	Shawn McCormick, Cornell	36-10 1/2 (11.24m)
19	Aaron Staker, Coe	36-5 1/2 (11.11m)

**pole vault**

1	Dan Davis, Luther	14-5 1/4 (4.40m)
2	Thane Holland, Luther	13-11 1/2 (4.25m)
3	Jay Rhoten, Central	13-5 1/2 (4.10m)
3	Justin Sheley, Loras	13-5 1/2 (4.10m)
5	Casey Hersant, Luther	13-5 1/2 (4.10m)
6	Gavin Johnson, Wm Penn	12-11 1/2 (3.95m)
7	Brian Snyder, Loras	12-5 3/4 (3.80m)
8	Jeff Huber, Wartburg	11-11 3/4 (3.65m)
9	Chuck Cibula, Central	10-6 (3.20m)

**high jump**

1	Sean Clark, Central	6-6 (1.98m)
2	Corv Woods, Central	6-6 (1.98m)
2	James Leembuis, Wartburg	6-6 (1.98m)
4	Chad Zrudsky, Coe	6-6 (1.98m)

5	Joel Johnson, Buena Vista	6-4 (1.93m)
5	Jay Rhoten, Central	6-4 (1.93m)
7	Scott Cordes, Wartburg	6-0 (1.83m)
8	Chris Chomycia, Wartburg	6-0 (1.83m)
9	Richard Miller, Wm Penn	5-10 1/4 (1.78m)
10	Chris Fry, Luther	4-6 1/2 (1.38m)

**shot put**

1	Joel Rochford, Wartburg	52-8 3/4 (16.07m)
		NCAA provisional
		NCAA automatic
2	Todd Woichik, Luther	49-6 1/2 (15.10m)
3	Ryan Schuffy, Wartburg	47-2 1/4 (14.38m)
4	Matt Monahan, Central	47-1 (14.35m)
5	Jason Trott, Luther	45-7 3/4 (13.91m)
6	Pete Hemberger, Luther	45-4 1/2 (13.83m)
7	Issac Ollinger, Coe	44-10 3/4 (13.68m)
8	Dan Anderson, Upper Iowa	43-2 1/2 (13.17m)
9	Ted Swenson, Loras	42-1 1/4 (12.83m)
10	Craig Pinter, Loras	41-2 1/2 (12.56m)
11	John Bixler, Wm Penn	39-11 1/2 (12.18m)
12	John Goeller, Upper Iowa	39-8 (12.09m)
13	Anthony Souhrada, Wartburg	39-7 3/4 (12.08m)
14	Jeb Downard, Buena Vista	39-7 1/4 (12.07m)
15	Andy Smith, Coe	39-6 (12.04m)
16	Jim Anderson, Loras	35-6 (10.82m)
17	Mark Stewart, Wm Penn	35-1 (10.69m)
18	Dave Buzzard, Central	33-10 (10.31m)
19	Rob Metzger, Cornell	29-0 1/2 (8.85m)

**55m**

**Round 1, Heat 1**

1	Damon Lynch, Upper Iowa	6.60Q
2	Cory Woods, Central	6.62q
3	Michael Peakin, Wartburg	6.77
4	Alvin Forbes, Loras	6.90
5	Ivan Gentry, Luther	6.93

**Round 1, Heat 2**

1	Larry Fuller, Simpson	6.62Q
2	Steve Steck, Loras	6.65
3	Shirville Taylor, Wm Penn	6.72
4	Tyler Molstre, Wartburg	6.79
5	Matt Jeter, Simpson	6.92
6	Ot Cruz, Dubuque	6.99

**Round 1, Heat 3**

1	Tim Lambertsen, Wartburg	6.68Q
2	Norm Thomas, Upper Iowa	6.71
3	Ryan Scriber, Coe	6.72
4	Nate Harrington, Buena Vista	6.81
5	Dan Volz, Luther	7.05
5	Marty Duffy, Wm Penn	7.05

**Round 1, Heat 4**

1	Adam Hartford, Central	6.69Q
2	Kevin Endelman, Buena Vista	6.70
3	Kurt Rottnefeldt, Cornell	6.95
4	Todd DeWoody, Simpson	6.97
5	Scott Larsen, Cornell	7.04
6	J B. Kiley, Buena Vista	7.21

**Round 1, Heat 5**

1	Kevin Coy, Loras	6.48Q
		NCAA provisional
		Forum record
2	Jon Klaassen, Central	6.67
3	Courtney Young, Upper Iowa	6.77

4	Danny McMahon, Coe	6.80	6	Andy Launspach, Simpson	1:24.13
5	Geoff Smith, Luther	6.88	7	Chad Klein, Central	1:24.26
6	Sessie Spencer, Wm Penn	6.94	8	Jeff Brennan, Buena Vista	1:24.47
<b>Final</b>					
1	Kevin Coy, Loras	6.58	9	Mike Leith, Buena Vista	1:24.48
2	Cory Woods, Central	6.59	10	Shawn Meinecke, Luther	1:24.53
3	Larry Fuller, Simpson	6.61	11	Jon Potter, Luther	1:24.54
4	Damon Lynch, Upper Iowa	6.67	12	Dustin Fadisa, Buena Vista	1:26.71
5	Adam Hartford, Central	6.71	13	Dave Simonson, Wartburg	1:27.24
6	Tim Lambertsen, Wartburg	6.74	14	Eric Thuente, Loras	1:27.47
<b>200m</b>					
1	Kevin Coy, Loras	22.50	15	Ryan Hughes, Loras	1:27.56
		Forum record	16	Eric Olson, Wartburg	1:27.57
2	Jon Klaassen, Central	22.74	17	Adam Mason, Central	1:28.56
		Forum record	18	Greg Swartandruber, Coe	1:29.41
3	Chris Cinnamo, Luther	22.83	19	Tim Jacobson, Luther	1:33.98
4	Chad Williams, Wartburg	22.97	20	Paul Kerr, Cornell	1:34.14
5	Josh Wedemeier, Wartburg	23.01	21	Jeff Sammon, Dubuque	1:34.47
6	Brian Huggins, Simpson	23.08	22	Jason Warner, Cornell	1:35.80
7	Tanner Pump, Coe	23.13	<b>800m</b>		
8	Ryan Scriver, Coe	23.16	1	Tim Berning, Loras	1:56.17
8	Kevin Erdelman, Buena Vista	23.16	2	Chris Button, Central	1:56.24
10	Mike Hodson, Central	23.32	3	Greg dye, Coe	1:57.32
11	Tim Lambertsen, Wartburg	23.34	4	Aaron Holtebeck, Luther	1:57.39
12	Kurt Ronnefeldt, Cornell	23.40	5	Chad Leitzen, Loras	1:58.65
13	Tom Greinert, Coe	23.56	6	Kendall Ricklefs, Wartburg	1:59.32
14	Matt Jeter, Simpson	23.62	7	Casey Fetzer, Coe	2:00.12
15	Todd DeWoody, Simpson	23.64	8	John Bergman, Wartburg	2:00.64
16	Norm Thomas, Upper Iowa	23.65	9	Ryan Blahavietz, Central	2:01.51
17	Steve Sieck, Loras	23.67	10	Joel Miron, Luther	2:01.65
18	Aaron Rothrock, Central	23.70	11	Phil Kruger, Luther	2:02.18
19	Scott Larsen, Cornell	23.74	12	Jeff Woodard, Simpson	2:02.24
19	Chris Unertl, Dubuque	23.74	13	Mike Klass, Wartburg	2:02.88
21	Shawn McCormick, Cornell	23.83	14	Ian Benedict, Cornell	2:03.58
22	Courtney Young, Upper Iowa	23.91	15	Dave Shurbrown, Buena Vista	2:03.75
23	Alvin Forbes, Loras	24.01	16	Josh Puyear, Central	2:04.88
24	Tony Brack, Luther	24.04	17	Ryan Kallem, Cornell	2:05.65
25	Zach Mathers, Buena Vista	24.12	18	Dan Maline, Dubuque	2:09.89
26	Shervelle Taylor, Wm Penn	24.42	19	Travis Nuss, Upper Iowa	2:11.66
27	Dan Volz, Luther	24.54	20	Jason Meek, Coe	2:11.79
27	Ot Cruz, Dubuque	24.54	21	Jon Lindbloom, Cornell	2:12.32
29	Nate Harrington, Buena Vista	24.68	22	Brett Flynn, Upper Iowa	2:14.13
30	Marty Duffy, Wm Penn	24.92	<b>1000m</b>		
31	Brandon Hagopiano, Wm Penn	25.89	1	Ryan Harms, Wartburg	2:30.54
32	Roscoe Watts, Upper Iowa	26.34			Forum record
<b>400m</b>					
1	Tanner Pump, Coe	50.55	2	Chris Schaefer, Loras	2:33.31
2	Miradeu Joseph, Wartburg	50.92	3	Jon Lindaman, Central	2:33.58
3	Trevor Shannon, Wartburg	51.48	4	Eric Modracek, Coe	2:35.81
4	Adam Hartford, Central	51.65	5	Vanzel Johnson, Coe	2:36.48
5	Vanzel Johnson, Coe	51.88	6	Stacey Sundet, Luther	2:37.51
6	Andrew Paulson, Central	51.89	7	Josh Lyons, Wartburg	2:37.74
7	Bryan Featherston, Coe	52.02	8	Dan Mandernach, Buena Vista	2:38.85
8	Steve Hobart, Luther	52.67	9	Jake Nimrod, Luther	2:39.05
9	Chris Unertl, Dubuque	52.93	10	Trent Rolling, Loras	2:39.85
10	Shane Arp, Buena Vista	53.00	11	Nate Caucutt, Luther	2:40.34
11	Alvin Forbes, Loras	53.12	12	Scott Kenney, Buena Vista	2:40.48
12	Dan Wolfe, Wartburg	53.23	13	Nate Rucker, Dubuque	2:42.12
13	Kelly Wallace, Central	53.24	14	Brian White, Buena Vista	2:42.42
14	Matt Moore, Buena Vista	53.41	15	Nate Breitfelder, Loras	2:43.18
15	James Anderson, Luther	53.60	16	Chris Lanman, Central	2:45.19
16	Josh Husted, Wm Penn	54.07	17	Kevin Lamb, Wartburg	2:47.19
17	Brandon Hagopiano, Wm Penn	57.75	18	Kevin Lindberg, Central	2:50.49
18	Michale Wright, Upper Iowa	60.38	19	Jason Warner, Cornell	2:58.54
19	Brian Thyer, Cornell	63.39	20	Paul Kerr, Cornell	3:00.77
<b>600m</b>					
1	Chad Williams, Wartburg	1:22.14	21	Sunny Wallowing Bull, Upper Iowa	3:05.58
		Forum record	<b>1500m</b>		
2	Zach Andrews, Coe	1:22.44	1	Ryan Harms, Wartburg	4:06.08
		Forum record	2	Chris Schaefer, Loras	4:07.71
3	Nate Koerselman, Central	1:22.66	3	Jon Lindaman, Central	4:07.74
		Forum record	4	Chad Leitzen, Loras	4:11.55
4	Kevin Hahn, Coe	1:23.94	5	Brian White, Buena Vista	4:12.62
5	Mike Adams, Loras	1:24.10	6	Ian Benedict, Cornell	4:13.65
			7	Trent Rolling, Loras	4:13.75
			8	John Bergman, Wartburg	4:17.19
			9	Aaron Ruf, Simpson	4:20.60
			10	Oscar Cardenas, Buena Vista	4:22.06

11	Mark Juel, Luther	4:22.23
12	Nick Trenkamp, Coe	4:22.30
13	Matt Brant, Luther	4:23.03
14	Morgan Parker, Central	4:23.90
15	Dan Johnston, Dubuque	4:24.34
16	Phillip Keys, Buena Vista	4:24.43
17	Jim Holmes, Wartburg	4:25.03
18	Mark Thompson, Luther	4:26.57
19	Jon Lindbloom, Cornell	4:32.38
20	Mark Hoscik, Central	4:33.58
21	Pat Ryan, Dubuque	4:34.61
22	Jason Warner, Cornell	4:40.15
23	A.J. Fesler, Coe	4:41.72
24	Dave Coles, Dubuque	4:41.85
25	Andy Rubly, Upper Iowa	4:58.04

**3000m**

1	Brian White, Buena Vista	9:01.22
2	Tom Zirbel, Wartburg	9:02.12
3	Stacey Sundet, Luther	9:03.49
4	Tj Craig, Wartburg	9:03.96
5	Brendan Conway, Loras	9:08.13
6	Jon Goettler, Loras	9:09.63
7	Tom Thorp, Loras	9:16.81
8	Oscar Cardenas, Buena Vista	9:17.61
9	Mark Juel, Luther	9:20.27
10	Nick Trenkamp, Coe	9:23.78
11	Rob Robinson, Simpson	9:24.77
12	Jon Rathie, Central	9:24.94
13	Scott Kenney, Buena Vista	9:25.81
14	Kevin Egan, Central	9:27.64
15	Ryan Mitchell, Wartburg	9:33.72
16	Simon Escorcio, Luther	9:40.36
17	Ryan Fye, Coe	9:40.76
18	Danny Hoover, Coe	9:41.93
19	Ryan Kramer, Upper Iowa	9:45.93
20	Matt Webster, Central	9:54.01
21	Pat Ryan, Dubuque	10:00.51
22	Sunny Wallowing Bull, Upper Iowa	10:54.16
23	Andy Rubly, Upper Iowa	11:05.14
24	Toby Brown, Cornell	11:08.58
25	Ethan Schneidermeyer, Cornell	11:09.51

**55m hurdles**

**Round 1, Heat 1**

1	Miradeu Joseph, Wartburg	7.83Q
2	Jay Rhoten, Central	7.96q
3	Bryan Featherston, Coe	8.40
4	Greg Clevenger, Simpson	8.70
5	Josh Herrell, Luther	11.60

**Round 1, Heat 2**

1	Cory Woods, Central	7.98Q
2	Kenny Fry, Simpson	8.11q
3	James Leembuis, Wartburg	8.38
4	Jeremy Lanferman, Wm Penn	9.08

**Round 1, Heat 3**

1	Brian Collier, Coe	7.85Q
2	Adam Gordon, Buena Vista	7.86q
3	Travis Holub, Upper Iowa	8.15
4	Chris Doyle, Cornell	8.35
5	Brock Bedwell, Simpson	8.51
6	Joel Van Etten, Upper Iowa	8.78

**Final**

1	Cory Woods, Central	7.73
	NCAA provisional	
	Forum record	
2	Brian Collier, Coe	7.78
	NCAA provisional	
	Forum record	
3	Miradeu Joseph, Wartburg	7.83
4	Adam Gordon, Buena Vista	7.84
5	Jay Rhoten, Central	8.10
6	Kenny Fry, Simpson	8.64

**200m hurdles**

1	Jay Rhoten, Central	25.05
2	Miradeu Joseph, Wartburg	25.28
3	Brian Collier, Coe	25.41
4	Adam Gordon, Buena Vista	25.85
5	Chris Doyle, Cornell	26.03
6	Bryan Featherston, Coe	26.05
7	Brock Bedwell, Simpson	26.33
8	John Zehr, Wartburg	26.67
9	Ryan Sackfield, Coe	26.76
10	Kenny Fry, Simpson	26.87
11	Josh Husted, Wm Penn	27.02
12	Chris Curry, Loras	27.34
13	Ken Wheeler, Luther	27.35
14	Greg Fosheim, Luther	27.37
15	Greg Clevenger, Simpson	27.72
16	Trov Henrich, Buena Vista	27.87
17	Eric Lenox, Wm Penn	28.32
18	Jeremy Lanferman, Wm Penn	29.16
19	Josh Herrell, Luther	30.42
20	Brian Thyer, Cornell	30.79

**4x200 relay**

1	Wartburg, Wartburg	92.30
2	Central, Central	92.80
3	Loras, Loras	92.81
4	Buena Vista, Buena Vista	93.47
5	Cornell, Cornell	93.54
6	Simpson, Simpson	93.82
7	Luther, Luther	94.27
8	Upper Iowa, Upper Iowa	95.34
9	Wm Penn, Wm Penn	97.44

**4x400 relay**

1	Coe, Coe	3:22.19
	NCAA provisional	
	Forum record	
2	Wartburg, Wartburg	3:23.33
	Forum record	
3	Central, Central	3:25.53
4	Luther, Luther	3:26.10
5	Simpson, Simpson	3:26.50
6	Buena Vista, Buena Vista	3:30.02
7	Loras, Loras	3:30.80
8	Cornell, Cornell	3:30.92
9	Wm Penn, Wm Penn	3:41.20
10	Dubuque, Dubuque	3:41.21
11	Upper Iowa, Upper Iowa	3:43.17

**distance medley relay**

1	Loras, Loras	10:19.57
2	Wartburg, Wartburg	10:24.81
3	Central, Central	10:25.81
4	Coe, Coe	10:28.31
5	Luther, Luther	10:43.36
6	Buena Vista, Buena Vista	10:49.13
7	Dubuque, Dubuque	11:01.04
8	Simpson, Simpson	11:16.99
9	Upper Iowa, Upper Iowa	12:10.31

**35 # weight throw**

1	Todd Wojchik, Luther	43-4 1/4 (13.21m)
	Forum record	
2	Mike Young, Loras	40-7 1/2 (12.38m)
3	Andy Smith, Coe	39-8 (12.09m)
4	Dave Buzzard, Central	36-4 (11.07m)
5	Joel Rochford, Wartburg	36-3 (11.05m)
6	Jon Hallenram, Wm Penn	34-2 1/4 (10.42m)
7	Anthony Souhrada, Wartburg	33-10 3/4 (10.33m)
8	David Forbes, Cornell	32-0 3/4 (9.77m)

**5000m**

1	Tj Craig, Wartburg	15:34.47
2	Tom Zirbel, Wartburg	15:50.92
3	Aaron Plein, Loras	16:00.39
4	Jon Goettler, Loras	16:00.56

5	Brendan Conway, Loras	16:01.30
6	Pat Cleary, Dubuque	16:03.77
7	Brad Behrens, Buena Vista	16:11.84
8	Jon Rathje, Central	16:13.74
9	Tim Dillon, Buena Vista	16:25.52
10	Brian Ryherd, Wartburg	16:32.53
11	Greg Bell, Buena Vista	16:33.16
12	Karl Knudison, Central	16:34.57
13	Danny Hoover, Coe	16:42.07
14	Kevin Esau, Central	16:43.44
15	Ryan Storschein, Luther	16:54.22
16	Ryan Kramer, Upper Iowa	16:58.02
17	Ryan Fye, Coe	17:02.43
18	Tom Lutz, Luther	17:24.62
19	Todd Bast, Luther	17:39.33
20	Ethan Schneidermeyer, Cornell	20:07.44
21	Toby Brown, Cornell	21:00.42

**TEAM SCORES AFTER 19 EVENTS**

1	Wartburg	145.0
2	Central	131.5
3	Loras	108.0
4	Coe	69.0
5	Luther	60.0
6	Buena Vista	28.5
7	Simpson	16.0
8	Win Penn	15.0
9	Upper Iowa	10.0
10	Cornell	5.0
11	Dubuque	1.0