

Women 60 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times

All-Time: A 7.59 2014 Abigail Davis, Central

Championship: C 7.71 2012 Faith Burt, Wartburg

Facility: F 7.52 2/21/2015 Destiny Carter, Iowa Central CC

Name	Year	School	Seed	Prelims	H#
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Preliminaries

1	Abigail Davis	SR	Central College	7.69	C 7.71Q	3
2	Erica Dynes	SR	Wartburg	7.77	7.83Q	2
3	Ashlee Downs	SR	Central College	7.97	7.90Q	1
4	Brittnee Powers	SR	Loras	7.99	7.94q	1
5	Mallory Spear	JR	Buena Vista	8.05	7.97q	3
6	Cassie Hocker	JR	Coe	8.04	8.03q	3
7	Hope Heitman	FR	Central College	8.12	8.04q	1
8	Tessa Helmle	JR	Wartburg	8.11	8.09q	1
9	Taylor Jones	FR	Wartburg	8.02	8.10	2
10	Shania Wunschel	SO	Buena Vista	8.20	8.15	3
11	Alyssa Simon	SO	Loras	8.14	8.19	2
12	Brittany Burns	JR	Dubuque	8.17	8.20	3
13	Candace Enis	FR	Dubuque	8.11	8.23	2
14	Alexis Hove	SO	Luther	8.39	8.26	3
15	Kacy Rodamaker	FR	Luther	8.22	8.28	2
16	Elizabeth Brandenburg	JR	Loras	8.63	8.31	1
17	Hailey Dollen	SO	Buena Vista	8.34	8.33	1
18	Audrey Lovan	SO	Simpson (Iowa)	8.40	8.43	3
19	Monica Litman	FR	Dubuque	8.35	8.45	1
20	Emma Konkler	SO	Buena Vista	8.59	8.47	1
21	Keanna Belau	FR	Luther	8.39	8.48	2
22	MacKenzie James	FR	Simpson (Iowa)	8.58	8.56	2
23	Rebecca Jensen	JR	Simpson (Iowa)	8.68	8.67	2
24	Sarah Sandage	FR	Simpson (Iowa)	9.14	9.27	3

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Championship: C 7.71 2012 Faith Burt, Wartburg

Facility: F 7.52 2/21/2015 Destiny Carter, Iowa Central CC

Name	Year	School	Prelims	Finals	Points
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Finals

1	Abigail Davis	SR	Central College	7.71	7.73	10	
2	Brittnee Powers	SR	Loras	7.94	7.90	8	7.894
3	Erica Dynes	SR	Wartburg	7.83	7.90	6	7.898
4	Ashlee Downs	SR	Central College	7.90	7.92	5	
5	Cassie Hocker	JR	Coe	8.03	7.95	4	
6	Mallory Spear	JR	Buena Vista	7.97	7.97	3	
7	Tessa Helmle	JR	Wartburg	8.09	8.05	2	
8	Hope Heitman	FR	Central College	8.04	8.06	1	
Preliminaries							
9	Taylor Jones	FR	Wartburg	8.10			
10	Shania Wunschel	SO	Buena Vista	8.15			
11	Alyssa Simon	SO	Loras	8.19			

12	Brittany Burns	JR Dubuque	8.20
13	Candace Enis	FR Dubuque	8.23
14	Alexis Hove	SO Luther	8.26
15	Kacy Rodamaker	FR Luther	8.28
16	Elizabeth Brandenburg	JR Loras	8.31
17	Hailey Dollen	SO Buena Vista	8.33
18	Audrey Lovan	SO Simpson (Iowa)	8.43
19	Monica Litman	FR Dubuque	8.45
20	Emma Konkler	SO Buena Vista	8.47
21	Keanna Belau	FR Luther	8.48
22	MacKenzie James	FR Simpson (Iowa)	8.56
23	Rebecca Jensen	JR Simpson (Iowa)	8.67
24	Sarah Sandage	FR Simpson (Iowa)	9.27

Women 200 Meter Dash

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All-Time: A	24.65	2014	Libbey Schubert, Wartburg
Championship: C	24.92	2013	Felicia Coleman, Central
Facility: F	24.46	2/21/2015	Danielle Riggins, Iowa Central CC

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Name	Year	School	Seed	Finals	H#	Points
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Finals

1	Abigail Davis	SR Central College	25.80	25.18	6	10
2	Hope Heitman	FR Central College	26.61	25.67	5	8
3	Erica Dynes	SR Wartburg	26.50	25.94	5	6
4	Mallory Spear	JR Buena Vista	26.59	25.95	5	5
5	Brittnee Powers	SR Loras	26.43	25.98	6	4
6	Taylor Jones	FR Wartburg	25.97	26.05	6	3
7	Dailen Folkedahl	SO Wartburg	26.18	26.09	6	2
8	Alexis Hanson	JR Loras	26.95	26.50	4	1
9	Brittany Burns	JR Dubuque	26.94	26.76	4	
10	Brittany Burks	FR Dubuque	27.44	26.80	3	
11	Cassie Hocker	JR Coe	27.03	26.83	4	
12	Alyssa Simon	SO Loras	26.64	27.11	5	
13	Kacy Rodamaker	FR Luther	27.25	27.18	3	
14	Candace Enis	FR Dubuque	27.21	27.31	4	
15	Sammie Osterberger	JR Coe	27.24	27.36	3	
16	Shania Wunschel	SO Buena Vista	27.45	27.43	3	
17	Alexis Hove	SO Luther	28.25	27.72	2	
18	Randi-Kate Canoy	JR Luther	28.39	27.87	2	
19	MacKenzie James	FR Simpson (Iowa)	27.92	27.95	2	
20	Elizabeth Burgus	SO Simpson (Iowa)	28.10	28.13	2	
21	Trenetta Blocker	SO Central College	28.55	28.35	1	
22	Jessica Igarashi	FR Buena Vista	29.33	29.11	1	
23	Audrey Lovan	SO Simpson (Iowa)	29.98	29.35	1	
24	Jaycie Owens	FR Simpson (Iowa)	31.44	30.40	1	

Women 400 Meter Dash

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All-Time: A	55.46	2012	Nevada Morrison, Wartburg
Championship: C	55.83	2011	Nevada Morrison, Wartburg
Facility: F	56.95	2010	Keelie Finnel, Coe College

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Name	Year	School	Seed	Finals	H#	Points
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1	Abigail Davis	SR Central College	57.82	57.14	4	10
	26.396 (26.396)	57.132 (30.737)				
2	Kaitlyn Muhlenbruch	JR Wartburg	58.70	57.83	4	8
	27.255 (27.255)	57.824 (30.569)				
3	Mallory Spear	JR Buena Vista	59.56	58.31	4	6
	28.100 (28.100)	58.304 (30.204)				

4	Ashlee Downs	SR Central College	59.40	58.54	4	5
	27.613 (27.613)	58.540 (30.927)				
5	Kayla Johnston	FR Wartburg	1:00.69	58.96	3	4
	27.084 (27.084)	58.952 (31.868)				
6	Alexis Hanson	JR Loras	1:00.50	59.25	4	3
	28.288 (28.288)	59.248 (30.960)				
7	Laura Stenzel	SR Wartburg	1:01.09	1:00.04	3	2
	27.292 (27.292)	1:00.037 (32.745)				
8	Morganne Haer	JR Buena Vista	1:01.07	1:00.28	3	1
	28.380 (28.380)	1:00.274 (31.895)				
9	Sybbie Sears	FR Buena Vista	1:01.44	1:00.64	3	
	28.923 (28.923)	1:00.635 (31.712)				
10	Amanda Brummet	JR Coe	1:03.14	1:02.33	3	
	29.182 (29.182)	1:02.321 (33.139)				
11	Marea Holkesvik	SR Luther	1:03.60	1:02.88	2	
	29.904 (29.904)	1:02.875 (32.972)				
12	Lynzie Miller	FR Central College	1:04.76	1:03.32	2	
	29.979 (29.979)	1:03.318 (33.340)				
13	Bre Pierce	SR Luther	1:06.62	1:04.43	1	
	30.556 (30.556)	1:04.426 (33.870)				
14	Natalie Sandstrom	FR Luther	1:05.25	1:04.75	2	
	30.651 (30.651)	1:04.746 (34.096)				
15	Sydney Crnkovich	SR Buena Vista	1:05.81	1:04.95	1	
	30.523 (30.523)	1:04.950 (34.427)				
16	Keeghan Corcoran	SO Simpson (Iowa)	1:08.06	1:07.44	1	
	31.755 (31.755)	1:07.438 (35.683)				

Women 800 Meter Run

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	All-Time: A	2:10.12	2011	Keelie Finnel, Coe		
	Championship: C	2:12.05	2007	Heidi Porter, Wartburg		
	Facility: F	2:14.16	2006	Heidi Porter, Wartburg College		
	Name	Year	School	Seed	Finals	H# Points
=====						
1	Taylor Officer	JR	Wartburg	2:15.34	2:17.82	2 10
	32.517 (32.517)	1:05.884 (33.367)	1:41.273 (35.390)	2:17.818 (36.545)		
2	Elizabeth Duehr	SO	Wartburg	2:19.77	2:18.20	2 8
	32.952 (32.952)	1:06.266 (33.314)	1:42.615 (36.350)	2:18.193 (35.579)		
3	Allie Serres	FR	Loras	2:22.40	2:19.40	2 6
	33.233 (33.233)	1:06.419 (33.186)	1:42.704 (36.286)	2:19.397 (36.694)		
4	Samantha Feller	JR	Wartburg	2:22.41	2:19.86	2 5
	32.836 (32.836)	1:06.585 (33.749)	1:42.988 (36.404)	2:19.860 (36.873)		
5	Kemunto Ondande	FR	Loras	2:28.39	2:24.84	2 4
	34.118 (34.118)	1:09.425 (35.308)	1:47.102 (37.677)	2:24.837 (37.735)		
6	Martina Smith	SR	Buena Vista	2:24.00	2:27.30	2 3
	34.243 (34.243)	1:09.398 (35.156)	1:47.760 (38.362)	2:27.299 (39.539)		
7	Liz Venezia	FR	Loras	2:26.96	2:28.43	2 2
	36.852 (36.852)	1:13.912 (37.060)	1:51.518 (37.606)	2:28.425 (36.907)		
8	Amanda Taylor	FR	Luther		2:28.55	1 1
	37.102 (37.102)	1:14.616 (37.514)	1:52.908 (38.293)	2:28.542 (35.634)		
9	Kasey Wiedmaier	JR	Central College	2:31.17	2:29.21	2
	36.687 (36.687)	1:13.464 (36.778)	1:52.428 (38.965)	2:29.204 (36.777)		
10	Katie Puls	FR	Buena Vista	2:27.30	2:29.39	2
	35.262 (35.262)	1:13.389 (38.127)	1:52.582 (39.194)	2:29.386 (36.805)		
11	Jennifer Zoutte	SO	Central College	2:32.20	2:29.59	2
	34.817 (34.817)	1:11.656 (36.840)	1:50.848 (39.192)	2:29.588 (38.741)		
12	Kendra Conforti	SO	Central College	2:34.18	2:33.34	2
	37.018 (37.018)	1:14.209 (37.191)	1:53.405 (39.197)	2:33.339 (39.934)		
13	Abigail Ray	FR	Dubuque	2:38.85	2:36.60	1
	38.864 (38.864)	1:18.702 (39.838)	1:58.727 (40.026)	2:36.597 (37.870)		

14 Jenna Dengler	SR Luther			2:37.22	1
39.011 (39.011)	1:18.798 (39.787)	1:59.249 (40.452)	2:37.214 (37.965)		
15 Rhianna MacDonald	JR Luther		2:38.61	2:37.80	1
38.239 (38.239)	1:18.040 (39.801)	1:59.025 (40.986)	2:37.794 (38.769)		
16 Jaclyn Roeder	SO Dubuque		2:41.64	2:40.75	1
37.008 (37.008)	1:17.080 (40.073)	1:59.578 (42.498)	2:40.744 (41.167)		
17 Lesley Roquet	SO Simpson (Iowa)		2:42.45	2:42.02	1
38.683 (38.683)	1:19.996 (41.313)	2:02.039 (42.044)	2:42.015 (39.977)		
18 Alyssa Knudson	FR Coe		2:46.27	2:42.61	1
38.824 (38.824)	1:20.230 (41.406)	2:02.356 (42.127)	2:42.608 (40.253)		
19 Natalie Zutter	FR Coe		2:46.37	2:43.39	1
39.924 (39.924)	1:21.699 (41.776)	2:04.441 (42.742)	2:43.388 (38.947)		
20 Amanda Donovan	SO Coe		2:52.65	2:46.59	1
40.019 (40.019)	1:22.246 (42.228)	2:05.294 (43.048)	2:46.587 (41.294)		
21 Kelsey Roquet	SO Simpson (Iowa)		2:48.28	2:50.28	1
39.548 (39.548)	1:22.510 (42.962)	2:06.479 (43.969)	2:50.274 (43.795)		
-- Elin Phipps	SR Central College		2:33.45	DNF	2
34.737 (34.737)	1:14.382 (39.646)				
-- Mary Wood	FR Simpson (Iowa)		2:48.93	DNS	1

Women 1 Mile Run

All-Time: A	4:43.92	2005	Missy Buttry, Wartburg		
Championship: C	4:46.06	2005	Missy Buttry, Wartburg		
Facility: F	5:05.02	2011	Jylian Jaloma, UMKC		
Name	Year	School	Seed	Finals	H# Points
1 Tricia Serres	SR Luther		5:06.37	5:04.95F	2 10
2.483 (2.483)	37.649 (35.166)	1:14.671 (37.022)	1:52.098 (37.427)		
2:29.499 (37.401)	3:06.164 (36.666)	3:43.499 (37.335)	4:21.886 (38.388)		
5:04.942 (43.056)					
2 Maddie Kleve	SR Wartburg		5:13.69	5:08.24	2 8
2.587 (2.587)	37.857 (35.270)	1:14.873 (37.017)	1:52.318 (37.445)		
2:29.739 (37.421)	3:06.856 (37.117)	3:47.681 (40.826)	4:28.860 (41.180)		
5:08.232 (39.372)					
3 Fabiola Ortiz	JR Dubuque		5:15.49	5:11.78	2 6
2.670 (2.670)	39.878 (37.208)	1:18.125 (38.247)	1:56.589 (38.464)		
2:36.639 (40.051)	3:16.310 (39.671)	3:56.551 (40.242)	4:36.255 (39.704)		
5:11.780 (35.526)					
4 Meghan Silbernagel	SO Wartburg		5:19.39	5:11.80	2 5
2.584 (2.584)	39.914 (37.330)	1:17.594 (37.680)	1:56.013 (38.419)		
2:35.362 (39.350)	3:15.702 (40.340)	3:56.225 (40.524)	4:36.172 (39.947)		
5:11.791 (35.620)					
5 Holly McKinney	SO Central College		5:23.42	5:17.20	2 4
2.639 (2.639)	38.989 (36.351)	1:17.346 (38.357)	1:56.335 (38.989)		
2:36.265 (39.931)	3:15.419 (39.154)	3:56.058 (40.640)	4:37.596 (41.539)		
5:17.199 (39.603)					
6 Kenzie Carney	SO Luther		5:21.39	5:23.03	2 3
2.534 (2.534)	39.549 (37.015)	1:17.779 (38.230)	1:56.918 (39.139)		
2:37.021 (40.104)	3:17.531 (40.510)	3:59.371 (41.841)	4:41.930 (42.559)		
5:23.027 (41.098)					
7 Dakota Tell	JR Wartburg		5:17.56	5:31.28	2 2
2.554 (2.554)	39.266 (36.713)	1:16.701 (37.435)	1:54.977 (38.276)		
2:33.892 (38.915)	3:14.287 (40.396)	3:56.938 (42.651)	4:42.854 (45.917)		
5:31.275 (48.421)					
8 Rachel Peter	FR Central College		5:31.94	5:33.66	1 1
2.544 (2.544)	40.172 (37.628)	1:19.956 (39.785)	2:00.995 (41.039)		
2:43.951 (42.956)	3:27.346 (43.396)	4:11.522 (44.176)	4:55.148 (43.626)		
5:33.652 (38.505)					
9 Maddie Bain	JR Coe		5:40.61	5:39.05	1

	2.639 (2.639)	40.551 (37.913)	1:20.636 (40.085)	2:02.181 (41.546)	
	2:44.846 (42.665)	3:28.046 (43.201)	4:12.224 (44.178)	4:56.250 (44.027)	
	5:39.047 (42.797)				
10 Katie Puls		FR Buena Vista	5:30.10	5:39.73	2
	2.395 (2.395)	39.712 (37.317)	1:19.037 (39.325)	1:59.848 (40.812)	
	2:42.760 (42.912)	3:26.475 (43.715)	4:11.058 (44.584)	4:56.881 (45.823)	
	5:39.727 (42.846)				
11 Carrie Piper		SO Loras	5:49.82	5:48.19	1
	2.881 (2.881)	43.339 (40.459)	1:24.856 (41.517)	2:07.368 (42.512)	
	2:50.791 (43.424)	3:35.202 (44.411)	4:20.867 (45.666)	5:07.281 (46.415)	
	5:48.190 (40.909)				
12 Sydney Brokaw		SO Loras		5:54.64	1
	2.691 (2.691)	44.547 (41.856)	1:28.067 (43.521)	2:12.061 (43.994)	
	2:56.316 (44.256)	3:41.402 (45.086)	4:26.856 (45.454)	5:13.058 (46.203)	
	5:54.632 (41.575)				
13 Emily Starman		SO Luther	6:00.86	5:56.05	1
	2.731 (2.731)	43.334 (40.603)	1:27.362 (44.029)	2:12.506 (45.144)	
	2:57.619 (45.114)	3:43.064 (45.446)	4:29.111 (46.047)	5:14.272 (45.162)	
	5:56.045 (41.774)				
14 Meredith Robinson		SO Luther	6:00.39	5:58.89	1
	2.693 (2.693)	43.041 (40.349)	1:27.078 (44.037)	2:12.449 (45.372)	
	2:57.368 (44.920)	3:42.743 (45.375)	4:28.791 (46.048)	5:14.787 (45.997)	
	5:58.884 (44.097)				
15 Kennedi Hostetter		FR Buena Vista	6:23.69	6:11.09	1
	2.751 (2.751)	45.220 (42.469)	1:29.382 (44.163)	2:15.513 (46.131)	
	3:02.374 (46.862)	3:50.257 (47.883)	4:39.087 (48.830)	5:26.439 (47.353)	
	6:11.081 (44.643)				
16 Jenna Murray		FR Central College	6:22.28	6:18.45	1
	2.698 (2.698)	43.841 (41.143)	1:27.812 (43.972)	2:13.205 (45.393)	
	3:00.399 (47.195)	3:49.581 (49.183)	4:38.701 (49.120)	5:29.038 (50.338)	
	6:18.447 (49.409)				
-- Courtney Neuendorf		SO Simpson (Iowa)	5:27.99	DNF	2
	2.417 (2.417)	38.388 (35.971)	1:16.984 (38.597)	1:57.215 (40.231)	
	2:38.883 (41.669)	3:23.018 (44.136)			
-- Audrey Miller		FR Loras	5:12.51	SCR	

Women 3000 Meter Run

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All-Time: A	9:13.13	2005	Missy Buttry, Wartburg			
Championship: C	9:50.16	2012	Laura Sigmund, Wartburg			
Facility: F	10:10.44	2010	Anna Kraayenbrink, Wartburg			
Name		Year School	Seed	Finals	H#	Points
=====						
1 Tricia Serres		SR Luther	10:16.46	10:24.35	2	10
	41.139 (41.139)	1:24.165 (43.027)	2:07.267 (43.102)	2:50.081 (42.814)		
	3:32.318 (42.238)	4:15.031 (42.713)	4:57.752 (42.721)	5:40.411 (42.659)		
	6:22.669 (42.259)	7:04.327 (41.659)	7:45.789 (41.462)	8:26.643 (40.855)		
	9:07.364 (40.722)	9:47.328 (39.964)	10:24.345 (37.017)			
2 Holly McKinney		SO Central College	10:38.72	10:42.78	2	8
	41.573 (41.573)	1:24.653 (43.080)	2:07.998 (43.345)	2:51.101 (43.103)		
	3:33.810 (42.709)	4:16.733 (42.923)	5:00.323 (43.590)	5:43.571 (43.248)		
	6:26.546 (42.975)	7:10.172 (43.627)	7:54.322 (44.150)	8:38.247 (43.925)		
	9:22.567 (44.321)	10:06.588 (44.021)	10:42.772 (36.185)			
3 Lauren Mordini		SR Luther	10:53.65	10:43.34	2	6
	42.029 (42.029)	1:25.313 (43.284)	2:08.558 (43.245)	2:51.700 (43.142)		
	3:34.633 (42.933)	4:17.461 (42.828)	5:00.978 (43.517)	5:44.273 (43.295)		
	6:26.849 (42.576)	7:10.445 (43.597)	7:54.934 (44.489)	8:38.693 (43.759)		
	9:22.934 (44.242)	10:06.390 (43.456)	10:43.335 (36.946)			
4 Shae McEnany		FR Wartburg	10:50.99	10:45.40	2	5
	41.926 (41.926)	1:24.945 (43.019)	2:08.268 (43.323)	2:51.391 (43.123)		

	3:34.194 (42.803)	4:17.178 (42.984)	5:00.685 (43.507)	5:43.955 (43.270)		
	6:27.370 (43.416)	7:10.912 (43.542)	7:54.639 (43.727)	8:39.030 (44.391)		
	9:23.320 (44.291)	10:07.116 (43.796)	10:45.398 (38.282)			
5	Dakota Tell	JR Wartburg	10:42.49	10:46.04	2	4
	42.515 (42.515)	1:25.833 (43.318)	2:08.943 (43.110)	2:52.140 (43.197)		
	3:34.927 (42.787)	4:18.494 (43.567)	5:01.731 (43.237)	5:45.230 (43.500)		
	6:28.556 (43.326)	7:12.377 (43.821)	7:55.565 (43.188)	8:39.313 (43.748)		
	9:23.624 (44.312)	10:07.323 (43.699)	10:46.033 (38.710)			
6	Kara Maloney	SR Luther	10:58.72	10:49.88	2	3
	42.235 (42.235)	1:25.445 (43.210)	2:08.842 (43.397)	2:52.003 (43.161)		
	3:35.176 (43.173)	4:17.940 (42.764)	5:01.422 (43.482)	5:44.902 (43.481)		
	6:28.109 (43.207)	7:12.163 (44.054)	7:56.528 (44.365)	8:41.007 (44.480)		
	9:26.070 (45.063)	10:10.345 (44.276)	10:49.874 (39.529)			
7	Sadie Timms	SO Simpson (Iowa)	11:00.19	10:51.55	2	2
	42.507 (42.507)	1:25.798 (43.291)	2:09.053 (43.255)	2:52.222 (43.169)		
	3:35.153 (42.931)	4:18.823 (43.670)	5:01.918 (43.096)	5:45.416 (43.498)		
	6:28.770 (43.354)	7:13.014 (44.244)	7:57.816 (44.803)	8:42.805 (44.989)		
	9:28.169 (45.365)	10:12.097 (43.928)	10:51.549 (39.452)			
8	Lucy Conroy	FR Coe	11:01.49	10:54.04	2	1
	42.220 (42.220)	1:25.098 (42.878)	2:08.388 (43.290)	2:51.520 (43.132)		
	3:34.832 (43.312)	4:18.258 (43.426)	5:01.554 (43.296)	5:45.056 (43.503)		
	6:28.356 (43.300)	7:12.678 (44.322)	7:57.494 (44.817)	8:42.412 (44.918)		
	9:27.868 (45.457)	10:12.427 (44.559)	10:54.035 (41.609)			
9	Kelly Minear	SO Loras	11:12.23	10:56.14	2	
	42.927 (42.927)	1:26.232 (43.305)	2:10.556 (44.324)	2:54.300 (43.744)		
	3:37.882 (43.583)	4:21.400 (43.518)	5:06.130 (44.730)	5:50.044 (43.915)		
	6:34.242 (44.198)	7:18.013 (43.771)	8:01.516 (43.503)	8:45.462 (43.947)		
	9:30.445 (44.983)	10:14.061 (43.616)	10:56.131 (42.071)			
10	Emily Day	JR Loras	11:14.34	11:05.38	1	
	41.601 (41.601)	1:25.479 (43.878)	2:10.043 (44.565)	2:55.241 (45.198)		
	3:40.778 (45.538)	4:26.928 (46.150)	5:10.871 (43.944)	5:55.249 (44.378)		
	6:39.789 (44.540)	7:25.076 (45.288)	8:10.352 (45.276)	8:55.511 (45.160)		
	9:40.423 (44.912)	10:24.834 (44.412)	11:05.377 (40.543)			
11	Gillian Feller	JR Wartburg	10:50.97	11:06.01	2	
	42.275 (42.275)	1:25.599 (43.324)	2:08.706 (43.107)	2:51.911 (43.205)		
	3:34.564 (42.653)	4:18.792 (44.228)	5:02.192 (43.401)	5:45.973 (43.781)		
	6:31.011 (45.038)	7:16.361 (45.351)	8:02.010 (45.649)	8:48.426 (46.417)		
	9:36.372 (47.946)	10:23.266 (46.895)	11:06.009 (42.743)			
12	Anna Ryden	SO Luther	11:23.77	11:16.55	1	
	41.399 (41.399)	1:25.349 (43.950)	2:09.917 (44.569)	2:55.137 (45.220)		
	3:41.169 (46.033)	4:27.172 (46.003)	5:11.622 (44.451)	5:56.873 (45.251)		
	6:42.375 (45.503)	7:29.288 (46.914)	8:16.295 (47.008)	9:02.635 (46.340)		
	9:48.815 (46.181)	10:34.637 (45.823)	11:16.548 (41.911)			
13	Cassidy Gornick	JR Central College	11:09.60	11:18.98	2	
	42.846 (42.846)	1:26.152 (43.306)	2:10.060 (43.908)	2:53.606 (43.546)		
	3:37.570 (43.965)	4:21.086 (43.516)	5:05.623 (44.537)	5:49.429 (43.806)		
	6:36.478 (47.050)	7:22.486 (46.009)	8:10.234 (47.748)	8:58.326 (48.092)		
	9:47.964 (49.638)	10:35.278 (47.315)	11:18.977 (43.699)			
14	Mareena Franke	FR Coe	11:23.65	11:20.22	1	
	43.786 (43.786)	1:27.720 (43.935)	2:14.182 (46.462)	3:00.022 (45.841)		
	3:45.658 (45.637)	4:31.519 (45.861)	5:16.705 (45.187)	6:02.258 (45.553)		
	6:47.402 (45.145)	7:33.734 (46.333)	8:20.797 (47.063)	9:07.649 (46.853)		
	9:53.804 (46.156)	10:38.850 (45.046)	11:20.217 (41.368)			
15	Rachel Peter	FR Central College	11:19.65	11:30.14	1	
	41.308 (41.308)	1:25.160 (43.852)	2:09.762 (44.603)	2:54.907 (45.145)		
	3:40.505 (45.599)	4:26.776 (46.271)	5:11.200 (44.425)	5:57.315 (46.115)		
	6:45.661 (48.346)	7:33.400 (47.739)	8:20.990 (47.591)	9:09.555 (48.566)		
	9:57.006 (47.451)	10:45.845 (48.840)	11:30.135 (44.290)			
16	Hannah Appleseth	FR Buena Vista	12:00.93	12:30.91	1	
	44.267 (44.267)	1:29.697 (45.431)	2:17.833 (48.136)	3:07.388 (49.555)		

	3:56.313 (48.926)	4:47.241 (50.928)	5:39.680 (52.440)	6:31.218 (51.539)	
	7:23.342 (52.125)	8:14.789 (51.447)	9:06.637 (51.849)	9:58.848 (52.212)	
	10:51.676 (52.829)	11:42.582 (50.906)	12:30.902 (48.320)		
17 Tara Harris	FR Buena Vista			12:50.81	12:54.89 1
	44.871 (44.871)	1:31.406 (46.535)	2:21.474 (50.069)	3:12.011 (50.537)	
	4:04.001 (51.991)	4:55.487 (51.487)	5:47.772 (52.286)	6:41.038 (53.266)	
	7:34.381 (53.343)	8:27.583 (53.202)	9:22.071 (54.488)	10:16.948 (54.877)	
	11:11.119 (54.171)	12:04.352 (53.233)	12:54.881 (50.530)		
18 Ella Gibbons	FR Coe			12:59.36	12:57.55 1
	45.398 (45.398)	1:32.294 (46.896)	2:22.575 (50.282)	3:13.119 (50.544)	
	4:04.483 (51.365)	4:55.644 (51.162)	5:48.200 (52.557)	6:41.774 (53.574)	
	7:34.720 (52.946)	8:27.216 (52.497)	9:21.708 (54.492)	10:17.192 (55.484)	
	11:12.792 (55.601)	12:07.494 (54.702)	12:57.548 (50.054)		
-- Briana McCloskey	JR Simpson (Iowa)			11:12.27	DNS 1
-- Audrey Miller	FR Loras			10:34.77	SCR

Women 5000 Meter Run

=====					
All-Time: A	16:53.98	2012	Laura Sigmund, Wartburg		
Championship: C	17:15.81	2012	Alana Enabnit, Wartburg		
Facility: F	17:39.91	2004	Gina Morgan, Nebraska Wesleyan		
Name	Year	School	Seed	Finals	Points
=====					
1 Audrey Miller		FR Loras	17:52.79	19:36.81	10
	53.676 (53.676)	1:49.739 (56.064)	2:47.960 (58.221)	3:47.727 (59.767)	
	4:39.357 (51.631)	5:27.415 (48.058)	6:15.864 (48.449)	7:02.688 (46.825)	
	7:50.866 (48.178)	8:36.659 (45.793)	9:22.658 (46.000)	10:09.552 (46.895)	
	10:56.964 (47.413)	11:44.740 (47.776)	12:33.090 (48.350)	13:21.592 (48.502)	
	14:10.078 (48.486)	14:57.319 (47.242)	15:39.056 (41.738)	16:17.491 (38.435)	
	16:58.504 (41.014)	17:41.077 (42.573)	18:19.156 (38.079)	18:58.966 (39.811)	
	19:36.807 (37.841)				
2 Kelly Minear		SO Loras	19:22.14	19:48.17	8
	53.831 (53.831)	1:49.895 (56.065)	2:48.117 (58.223)	3:47.897 (59.780)	
	4:40.197 (52.301)	5:28.248 (48.051)	6:16.881 (48.633)	7:03.855 (46.975)	
	7:51.801 (47.946)	8:37.901 (46.101)	9:23.862 (45.961)	10:10.745 (46.884)	
	10:58.032 (47.288)	11:45.847 (47.815)	12:33.998 (48.151)	13:22.507 (48.509)	
	14:10.984 (48.477)	14:58.095 (47.112)	15:43.471 (45.377)	16:25.059 (41.589)	
	17:06.225 (41.166)	17:47.793 (41.569)	18:29.196 (41.404)	19:07.646 (38.450)	
	19:48.165 (40.520)				
3 Shae McEnany		FR Wartburg		19:48.31	6
	54.335 (54.335)	1:50.305 (55.971)	2:48.474 (58.170)	3:48.261 (59.787)	
	4:40.062 (51.802)	5:28.555 (48.493)	6:16.316 (47.761)	7:03.094 (46.779)	
	7:51.268 (48.174)	8:37.303 (46.035)	9:23.254 (45.952)	10:10.161 (46.908)	
	10:57.537 (47.377)	11:45.362 (47.825)	12:33.642 (48.280)	13:22.134 (48.492)	
	14:10.534 (48.400)	14:57.738 (47.205)	15:40.395 (42.657)	16:20.121 (39.727)	
	17:02.336 (42.216)	17:44.821 (42.485)	18:27.846 (43.025)	18:58.966 (31.121)	
	19:48.306 (49.340)				
4 Lauren Mordini		SR Luther		19:48.89	5
	54.078 (54.078)	1:50.118 (56.041)	2:48.332 (58.214)	3:48.071 (59.739)	
	4:39.546 (51.476)	5:27.574 (48.028)	6:16.015 (48.441)	7:02.903 (46.889)	
	7:51.080 (48.177)	8:36.762 (45.682)	9:22.933 (46.172)	10:09.856 (46.924)	
	10:57.249 (47.394)	11:45.034 (47.785)	12:33.379 (48.345)	13:21.842 (48.463)	
	14:10.231 (48.389)	14:57.471 (47.241)	15:38.849 (41.379)	16:17.271 (38.422)	
	16:58.349 (41.079)	17:40.991 (42.642)	18:24.133 (43.142)	19:07.977 (43.844)	
	19:48.884 (40.908)				
5 Kara Maloney		SR Luther		19:51.05	4
	54.528 (54.528)	1:50.522 (55.995)	2:48.716 (58.194)	3:48.425 (59.709)	
	4:39.870 (51.446)	5:27.943 (48.073)	6:16.404 (48.461)	7:03.168 (46.765)	
	7:51.385 (48.217)	8:37.065 (45.680)	9:23.127 (46.063)	10:10.083 (46.957)	
	10:57.441 (47.359)	11:45.207 (47.766)	12:33.561 (48.354)	13:21.925 (48.364)	

14:10.455 (48.530)	14:57.641 (47.187)	15:39.550 (41.910)	16:18.567 (39.017)
17:00.457 (41.891)	17:43.068 (42.611)	18:26.440 (43.373)	19:09.861 (43.421)
19:51.050 (41.190)			
6 Bree Gaster	SR Simpson (Iowa)	19:58.67	3
54.285 (54.285)	1:50.357 (56.073)	2:48.521 (58.165)	3:48.205 (59.684)
4:40.791 (52.587)	5:28.625 (47.834)	6:17.142 (48.517)	7:04.216 (47.075)
7:52.307 (48.091)	8:38.604 (46.298)	9:25.002 (46.398)	10:11.185 (46.184)
10:58.450 (47.266)	11:45.927 (47.478)	12:34.181 (48.254)	13:22.452 (48.271)
14:10.901 (48.449)	14:58.135 (47.235)	15:43.657 (45.523)	16:26.119 (42.462)
17:09.258 (43.139)	17:52.351 (43.093)	18:35.426 (43.075)	19:17.778 (42.352)
19:58.663 (40.886)			
7 Nicole Breitbach	FR Wartburg	20:00.59	2
54.960 (54.960)	1:50.951 (55.992)	2:49.240 (58.289)	3:48.950 (59.710)
4:40.924 (51.975)	5:28.876 (47.952)	6:17.389 (48.513)	7:04.430 (47.042)
7:52.581 (48.151)	8:38.512 (45.932)	9:24.510 (45.998)	10:11.349 (46.840)
10:58.130 (46.782)	11:46.121 (47.991)	12:34.155 (48.034)	13:22.768 (48.613)
14:11.228 (48.460)	14:58.416 (47.189)	15:43.866 (45.451)	16:25.664 (41.799)
17:08.975 (43.311)	17:51.777 (42.802)	18:35.917 (44.140)	19:20.455 (44.539)
20:00.583 (40.128)			
8 Emily Day	JR Loras	19:13.61	20:07.49
53.547 (53.547)	1:49.594 (56.048)	2:47.804 (58.211)	3:47.579 (59.775)
4:40.330 (52.752)	5:28.315 (47.985)	6:16.865 (48.550)	7:03.619 (46.755)
7:51.713 (48.094)	8:37.627 (45.915)	9:23.582 (45.955)	10:10.478 (46.897)
10:57.830 (47.353)	11:45.634 (47.804)	12:33.825 (48.191)	13:22.309 (48.484)
14:10.758 (48.449)	14:57.908 (47.151)	15:43.209 (45.302)	16:25.848 (42.639)
17:09.540 (43.692)	17:54.212 (44.673)	18:39.411 (45.199)	19:25.069 (45.659)
20:07.481 (42.412)			
9 Erin Ellefsen	JR Luther	20:16.77	
54.708 (54.708)	1:50.725 (56.018)	2:49.042 (58.317)	3:48.767 (59.725)
4:40.625 (51.859)	5:27.986 (47.362)	6:16.602 (48.616)	7:03.745 (47.144)
7:52.023 (48.278)	8:37.489 (45.467)	9:23.472 (45.983)	10:10.407 (46.936)
10:57.714 (47.308)	11:45.504 (47.790)	12:33.870 (48.366)	13:22.159 (48.289)
14:10.637 (48.478)	14:57.804 (47.168)	15:43.276 (45.473)	16:27.404 (44.128)
17:12.999 (45.596)	17:59.028 (46.029)	18:45.116 (46.089)	19:31.133 (46.018)
20:16.765 (45.632)			
10 Briana McCloskey	JR Simpson (Iowa)	20:28.33	
53.490 (53.490)	1:49.541 (56.052)	2:47.760 (58.219)	3:47.458 (59.698)
4:39.187 (51.730)	5:27.202 (48.015)	6:15.589 (48.387)	7:02.495 (46.907)
7:50.774 (48.279)	8:36.825 (46.051)	9:22.749 (45.925)	10:09.703 (46.955)
10:57.087 (47.385)	11:44.861 (47.774)	12:33.209 (48.348)	13:21.700 (48.491)
14:10.181 (48.481)	14:58.135 (47.954)	15:42.816 (44.682)	16:27.050 (44.234)
17:13.540 (46.491)	18:01.919 (48.379)	18:51.573 (49.654)	19:40.649 (49.077)
20:28.327 (47.678)			
11 Cassidy Gornick	JR Central College	19:43.73	20:46.17
54.005 (54.005)	1:50.048 (56.044)	2:48.233 (58.186)	3:48.043 (59.810)
4:39.104 (51.062)	5:27.152 (48.048)	6:15.561 (48.409)	7:02.408 (46.848)
7:50.440 (48.032)	8:36.349 (45.909)	9:22.470 (46.122)	10:09.371 (46.902)
10:56.789 (47.419)	11:44.612 (47.823)	12:32.936 (48.324)	13:21.417 (48.481)
14:09.894 (48.477)	14:57.167 (47.274)	15:44.882 (47.715)	16:33.110 (48.228)
17:23.656 (50.547)	18:13.765 (50.109)	19:05.454 (51.690)	19:56.632 (51.179)
20:46.162 (49.530)			
12 Hannah Appleseth	FR Buena Vista	20:44.44	21:29.18
53.911 (53.911)	1:49.984 (56.074)	2:48.166 (58.183)	3:47.849 (59.683)
4:39.592 (51.744)	5:27.634 (48.042)	6:16.080 (48.446)	7:03.466 (47.387)
7:52.593 (49.127)	8:39.542 (46.950)	9:28.722 (49.180)	10:19.304 (50.583)
11:10.558 (51.254)	12:01.509 (50.952)	12:53.645 (52.137)	13:45.975 (52.331)
14:37.973 (51.998)	15:30.444 (52.472)	16:22.078 (51.635)	17:13.810 (51.733)
18:06.290 (52.481)	18:59.126 (52.837)	19:51.580 (52.455)	20:42.563 (50.983)
21:29.178 (46.616)			
-- Sarah Shirar	SR Wartburg		DNF

54.697 (54.697) 1:50.683 (55.987) 2:48.885 (58.203) 3:48.559 (59.674)
 4:40.488 (51.930) 5:28.448 (47.960) 6:17.163 (48.715) 7:04.055 (46.893)
 7:52.300 (48.245) 8:38.198 (45.899) 9:24.157 (45.959) 10:11.052 (46.896)
 10:58.307 (47.256) 11:46.392 (48.085) 12:34.550 (48.158) 13:23.119 (48.569)
 14:12.130 (49.012) 14:59.423 (47.294) 15:47.165 (47.742)

Women 60 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 5 Best Times
 All-Time: A 8.53 2014 Tashina McAllister, Wartburg
 Championship: C 8.88 2/28/2015 Meredith Zimmerman, Central College
 Facility: F 8.61 2/20/2016 Danielle Riggins, Iowa Central

Name	Year	School	Seed	Prelims	H#
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Preliminaries

1	Elizabeth Brandenburg	JR	Loras	8.89	9.00Q	3	
2	Derica Jakoubek	SR	Wartburg	9.22	9.20Q	1	
3	Audrey Hooks	JR	Loras	9.01	9.21Q	2	
4	Amanda Riniker	FR	Wartburg	9.48	9.37q	2	9.362
5	Sammie Osterberger	JR	Coe	9.29	9.37q	1	9.366
6	Courtney Sowle	JR	Wartburg	9.39	9.54q	3	9.534
7	Isabella Solis	FR	Dubuque	9.55	9.54q	1	9.537
8	Aubree Taylor	SO	Wartburg	9.52	9.59q	1	9.582
9	Sybbie Sears	FR	Buena Vista	9.71	9.59	3	9.588
10	Maddie Smith	SO	Central College	9.71	9.68	2	
11	Devin Hasson	SO	Loras	9.88	9.78	2	
12	Madison Spear	JR	Buena Vista	9.37	9.85	2	
13	Molly Lewison	SO	Buena Vista	9.93	9.95	1	
14	Whitney Burgardt	FR	Central College	9.83	10.05	2	
15	MichelleAnn Sanchez	SO	Dubuque	9.40	10.08	3	
16	Katy Ehrsam	FR	Luther	10.27	10.14	2	
17	Rebecca Jensen	JR	Simpson (Iowa)	10.31	10.26	3	
18	Jesse Robinson	SR	Luther	10.45	10.27	2	
19	Sarah Sandage	FR	Simpson (Iowa)	10.44	10.44	3	
20	Molly Wettach	JR	Luther	10.61	11.00	1	
21	Jaycie Owens	FR	Simpson (Iowa)	12.10	11.22	1	
--	Abby Saladino	SR	Central College	9.71	DNS	3	

Women 60 Meter Hurdles

All-Time: A 8.53 2014 Tashina McAllister, Wartburg
 Championship: C 8.88 2/28/2015 Meredith Zimmerman, Central College
 Facility: F 8.61 2/20/2016 Danielle Riggins, Iowa Central

Name	Year	School	Prelims	Finals	Points
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Finals

1	Elizabeth Brandenburg	JR	Loras	9.00	8.95	10	
2	Audrey Hooks	JR	Loras	9.21	9.05	8	
3	Derica Jakoubek	SR	Wartburg	9.20	9.14	6	
4	Courtney Sowle	JR	Wartburg	9.54	9.38	5	9.371
5	Amanda Riniker	FR	Wartburg	9.37	9.38	4	9.375
6	Sammie Osterberger	JR	Coe	9.37	9.38	3	9.376
7	Isabella Solis	FR	Dubuque	9.54	9.53	2	
8	Aubree Taylor	SO	Wartburg	9.59	9.68	1	

Preliminaries

9	Sybbie Sears	FR	Buena Vista	9.59		
10	Maddie Smith	SO	Central College	9.68		
11	Devin Hasson	SO	Loras	9.78		
12	Madison Spear	JR	Buena Vista	9.85		
13	Molly Lewison	SO	Buena Vista	9.95		

14 Whitney Burgardt	FR Central College	10.05
15 MichelleAnn Sanchez	SO Dubuque	10.08
16 Katy Ehrsam	FR Luther	10.14
17 Rebecca Jensen	JR Simpson (Iowa)	10.26
18 Jesse Robinson	SR Luther	10.27
19 Sarah Sandage	FR Simpson (Iowa)	10.44
20 Molly Wettach	JR Luther	11.00
21 Jaycie Owens	FR Simpson (Iowa)	11.22
-- Abby Saladino	SR Central College	DNS

Women 4x200 Meter Relay

=====				
All-Time: A	1:41.54	2009	Wartburg, Wartburg	
			H Baker, A Aimable, N Morrison, K Steffens	
Championship: C	1:41.54	2009	Wartburg, Wartburg	
			H Baker, N Morrison, F Burt, A Aimable	
Facility: F	1:41.91	2010	Wartburg, Wartburg	
			F Burt, S Morrison, J Ganshirt, J Kordick	
School		Seed	Finals	H# Points
=====				

Finals

1 Central College		1:47.82	1:42.61	2	10
1) Abigail Davis SR					
2) Hope Heitman FR					
3) Ashlee Downs SR					
4) Monica Ruiz SR					
51.205 (51.205)	1:16.693 (25.489)	1:42.608 (25.915)			
2 Wartburg		1:50.23	1:43.60	1	8
1) Teylor Jones FR					
2) Dailen Folkedahl SO					
3) Kayla Johnston FR					
4) Erica Dynes SR					
51.605 (51.605)	1:17.938 (26.333)	1:43.596 (25.659)			
3 Loras		1:47.28	1:45.27	2	6
1) Brittnee Powers SR					
2) Alexis Hanson JR					
3) Alyssa Simon SO					
4) Rachel Kilburg SO					
52.398 (52.398)	1:18.778 (26.380)	1:45.262 (26.485)			
4 Dubuque		1:49.43	1:46.59	2	5
1) Brittany Burks FR					
2) Brittany Burns JR					
3) Candace Enis FR					
4) Amanda Zbilski JR					
53.020 (53.020)	1:19.665 (26.645)	1:46.581 (26.917)			
5 Coe			1:48.86	1	4
1) Cassie Hocker JR					
2) Sammie Osterberger JR					
3) Amanda Brummet JR					
4) Allie Osterberger JR					
53.182 (53.182)	1:21.177 (27.996)	1:48.856 (27.679)			
6 Luther		1:50.47	1:50.45	1	3
1) Alexis Hove SO					
2) Randi-Kate Canoy JR					
3) Katy Ehrsam FR					
4) Kacy Rodamaker FR					
55.722 (55.722)	1:23.615 (27.893)	1:50.442 (26.827)			
7 Simpson (Iowa)		1:54.74	1:54.57	1	2
1) Audrey Lovan SO					
2) MacKenzie James FR					
3) Keeghan Corcoran SO					
4) Danielle Roethler SO					
57.122 (57.122)	1:25.319 (28.197)	1:54.568 (29.250)			
-- Buena Vista		1:49.82	DQ	2	Lane Line Violation
1) Shania Wunschel SO					
2) Morganne Haer JR					
3) Mallory Spear JR					
4) Madison Spear JR					
52.540 (52.540)	1:19.414 (26.874)	1:46.790 (27.377)			

Women 4x400 Meter Relay

=====				
All-Time: A	3:43.82	2012	Wartburg, Wartburg	
			S Morrison, F Burt, K Kregal, N Morrison	
Championship: C	3:54.75	2/28/2015	Wartburg, Wartburg	
			T Moore, T Officer, R Cheeseman, K Kregel	

Facility: F 3:55.98 2/21/2015 Iowa Western CC, Iowa Western CC
 T Shirley, K Pollard, K James, Y Bennett

School	Seed	Finals	H#	Points
1 Wartburg	3:55.31	3:52.91C	2	10
1) Kaitlyn Muhlenbruch JR	2) Elizabeth Duehr SO			
3) Taylor Officer JR	4) Kayla Johnston FR			
58.547 (58.547) 1:56.370 (57.824)	2:54.976 (58.606)	3:52.907 (57.932)		
2 Central College	3:58.34	3:54.95F	2	8
1) Monica Ruiz SR	2) Abigail Davis SR			
3) Ashlee Downs SR	4) Hope Heitman FR			
58.986 (58.986) 3:54.943 (1:00.597)	1:56.260 (57.275)	2:54.346 (58.087)		
3 Loras	4:05.10	4:04.12	2	6
1) Brittnee Powers SR	2) Rachel Kilburg SO			
3) Alyssa Simon SO	4) Devin Hasson SO			
59.800 (59.800) 4:04.111 (1:01.588)	2:01.452 (1:01.653)	3:02.524 (1:01.072)		
4 Buena Vista	4:02.87	4:06.05	2	5
1) Sybbie Sears FR	2) Morganne Haer JR			
3) Martina Smith SR	4) Mallory Spear JR			
1:01.045 (1:01.045) 4:06.043 (1:01.679)	2:02.465 (1:01.421)	3:04.365 (1:01.900)		
5 Dubuque	4:12.15	4:07.02	1	4
1) Brittany Burks FR	2) Katrina Pagel SO			
3) Amanda Zbilski JR	4) Brittany Burns JR			
1:02.660 (1:02.660) 4:07.014 (1:01.736)	2:03.493 (1:00.833)	3:05.279 (1:01.787)		
6 Luther	4:16.14	4:12.61	1	3
1) Marea Holkesvik SR	2) Kayla Ingvalson JR			
3) Bre Pierce SR	4) Kacy Rodamaker FR			
1:03.092 (1:03.092) 4:12.610 (1:01.047)	2:06.505 (1:03.414)	3:11.564 (1:05.059)		
7 Coe	4:50.45	4:13.10	1	2
1) Amanda Brummet JR	2) Sammie Osterberger JR			
3) Rachel Kelly FR	4) Allie Osterberger JR			
1:02.614 (1:02.614) 4:13.095 (1:03.961)	2:04.954 (1:02.341)	3:09.134 (1:04.180)		
8 Simpson (Iowa)	4:22.03	4:35.76	1	1
1) Elizabeth Burgus SO	2) MacKenzie James FR			
3) Keeghan Corcoran SO	4) Danielle Roethler SO			
1:04.732 (1:04.732) 4:35.755 (1:10.771)	2:16.093 (1:11.362)	3:24.984 (1:08.891)		

Women 4x800 Meter Relay

All-Time: A 9:16.60	2010	Wartburg, Wartburg		
		A Kuiken, J Kuiken, E Eimers, N Calabrese		
Championship: C 9:20.53	2010	Wartburg, Wartburg		
		E Eimers, B Fagerlind, A Kuiken, N Calabrese		
Facility: F 9:20.53	2010	Wartburg College, Wartburg College		
		E Eimers, R Fagerlind, N Calabrese, A Kuiken		
School	Seed	Finals	Points	
1 Loras	10:13.23	9:45.00	10	
1) Allie Serres FR	2) Liz Venezia FR			
3) Kemunto Ondande FR	4) Alexis Hanson JR			
2:23.783 (2:23.783) 9:44.992 (2:24.510)	4:53.532 (2:29.749)	7:20.482 (2:26.951)		
2 Dubuque		10:00.62	8	

1) Fabiola Ortiz JR	2) Kayla Kinateder SO			
3) Kiersten Wenthold JR	4) Skylar Brooks SO			
2:29.871 (2:29.871)	4:54.223 (2:24.352)	7:27.662 (2:33.440)		
10:00.615 (2:32.954)				
3 Wartburg		9:54.11	10:06.54	6
1) Samantha Feller JR	2) Abby Mahoney SO			
3) Meghan Parman SR	4) Briana Miller JR			
2:24.104 (2:24.104)	4:54.789 (2:30.685)	7:25.571 (2:30.783)		
10:06.531 (2:40.960)				
4 Luther			10:10.96	5
1) Sydney Gehrt SR	2) Kenzie Carney SO			
3) Stephanie Murray JR	4) Martel DenHartog FR			
2:27.969 (2:27.969)	5:02.430 (2:34.461)	7:38.748 (2:36.318)		
10:10.957 (2:32.210)				
5 Simpson (Iowa)			10:19.53	4
1) Sarah Galbraith SR	2) Courtney Neuendorf SO			
3) Jessica Gronke JR	4) Bree Gaster SR			
2:37.897 (2:37.897)	5:12.826 (2:34.929)	7:47.104 (2:34.278)		
10:19.525 (2:32.422)				
6 Coe			10:26.71	3
1) Katie Guinane JR	2) Samaya Lewis FR			
3) Maddie Bain JR	4) McKayla Morris FR			
2:29.776 (2:29.776)	5:09.731 (2:39.955)	7:50.920 (2:41.190)		
10:26.710 (2:35.790)				
7 Central College			10:26.76	2
1) Kendra Conforti SO	2) Jennifer Zoutte SO			
3) Merissa Larson SO	4) Andie Arthofer JR			
2:34.502 (2:34.502)	5:06.612 (2:32.111)	7:47.447 (2:40.835)		
10:26.755 (2:39.308)				
8 Buena Vista			11:01.99	1
1) Katie Puls FR	2) Kennedi Hostetter FR			
3) Allyson Ervin FR	4) Tara Harris FR			
2:31.576 (2:31.576)	5:17.799 (2:46.224)	8:00.436 (2:42.637)		
11:01.981 (3:01.546)				

Women Distance Medley

=====				
All-Time: A	11:41.28	2013	Wartburg, Wartburg	
			H Vawter, K Kregel, K Cochrane, S Bruett	
Championship: C	11:48.85	2004	Wartburg, Wartburg	
			B Neal, S Arey, M Ubben, M Buttry	
Facility: F	11:48.85	2003	Wartburg College, Wartburg College	
School			Seed	Finals
				Points
=====				
1 Wartburg			12:12.53	10
1) Meghan Silbernagel SO	2) Aubree Taylor SO			
3) Taylor Officer JR	4) Maddie Kleve SR			
3:47.865 (3:47.865)	4:48.556 (1:00.692)	7:06.702 (2:18.146)		
12:12.529 (5:05.827)				
2 Luther			12:16.06	8
1) Kenzie Carney SO	2) Marea Holkesvik SR			
3) Sydney Gehrt SR	4) Tricia Serres SR			
3:51.667 (3:51.667)	4:53.402 (1:01.736)	7:16.666 (2:23.264)		
12:16.055 (4:59.389)				
3 Loras			12:50.86	6
1) Kemunto Ondande FR	2) Devin Hasson SO			
3) Allie Serres FR	4) Liz Venezio FR			
3:53.363 (3:53.363)	4:54.106 (1:00.744)	7:16.696 (2:22.591)		
12:50.852 (5:34.156)				
4 Simpson (Iowa)			14:51.45	5

1) Courtney Neuendorf SO	2) Elizabeth Burgus SO		
3) Jessica Gronke JR	4) Sadie Timms SO		
3:56.706 (3:56.706)	4:59.077 (1:02.372)	7:33.674 (2:34.597)	
12:54.621 (5:20.947)			
5 Dubuque		13:17.02	12:55.82 4
1) Kiersten Wenthold JR	2) Isabella Solis FR		
3) Kayla Kinatader SO	4) Fabiola Ortiz JR		
4:02.523 (4:02.523)	5:05.203 (1:02.681)	7:39.894 (2:34.691)	
12:55.819 (5:15.926)			
6 Buena Vista		13:11.30	3
1) Martina Smith SR	2) Allyson Ervin FR		
3) Sybbie Sears FR	4) Katie Puls FR		
4:00.693 (4:00.693)	5:02.755 (1:02.062)	7:33.015 (2:30.261)	
13:11.293 (5:38.278)			
7 Central College		13:18.34	2
1) Andie Arthofer JR	2) Lynzie Miller FR		
3) Kasey Wiedmaier JR	4) Holly McKinney SO		
4:17.348 (4:17.348)	5:20.364 (1:03.017)	7:49.116 (2:28.752)	
13:18.332 (5:29.216)			
8 Coe		13:39.60	1
1) Maddie Bain JR	2) Rachel Kelly FR		
3) Katie Guinane JR	4) Mareena Franke FR		
4:10.327 (4:10.327)	5:14.009 (1:03.682)	7:52.009 (2:38.001)	
13:39.592 (5:47.584)			

Women High Jump

=====						
1.39, 1.44, 1.49, 1.54, 1.59, 1.64, 1.69, 1.74, 1.79						
All-Time: A 1.72m 1998 Dawn Putnam-Vinyard, Buena Vista						
Championship: C 1.66m 2010 Krystal Jackson, Coe						
Facility: F 1.78m 2012 Megan Glisar, Morningside						
Name	Year	School	Seed	Finals	Points	
=====						
1 Kailey Kladivo		SR Wartburg		1.70mC	5-07.00	10
1.49 1.54 1.59 1.64 1.70 1.75						
0 PPP 0 0 0 XXX						
2 Brooke Runneberg		FR Buena Vista	1.57m	1.59m	5-02.50	8
1.49 1.54 1.59 1.64						
0 0 XO XXX						
3 Marissa Johnson		FR Central College	1.57m	1.59m	5-02.50	6
1.44 1.49 1.54 1.59 1.64						
0 XO 0 XXO XXX						
4 Victoria Leffler		FR Buena Vista	1.57m	1.54m	5-00.50	5
1.44 1.49 1.54 1.59						
0 0 XO XXX						
5 Sarah Galbraith		SR Simpson (Iowa)	1.56m	1.49m	4-10.50	4
1.44 1.49 1.54						
0 XO XXX						
6 Isabella Solis		FR Dubuque	1.56m	1.49m	4-10.50	3
1.44 1.49 1.54 1.59 1.64						
XO XO XPP PPP XX						
7 Morgan Koenigs		JR Central College	1.51m	1.44m	4-08.75	2
1.44 1.49						
0 XXX						
8 Jordyn Gargus		SR Dubuque	1.55m	1.44m	4-08.75	1
1.44 1.49						
XO XXX						
9 Molly Wettach		JR Luther	1.41m	1.44m	4-08.75	
1.39 1.44 1.49						
XXO XXO XXX						

10 Brianna Prohaska	FR Wartburg	1.54m	1.39m	4-06.75
1.39 1.44				
0 XXX				
11 Allison Ewald	SO Loras	1.41m	1.39m	4-06.75
1.39 1.44				
X0 XXX				
-- Emma Drees	JR Central College	1.54m	NH	
1.44				
XXX				
-- Jessica Harris	SR Coe	1.46m	NH	
1.44				
XXX				

Women Pole Vault

2.26, 2.41, 2.56, 2.71, 2.86, 3.01, 3.16, 3.31, 3.46, 3.61, 3.76
 All-Time: A 3.75m 2006 Whitney Calvert, Loras
 Championship: C 3.66m 2/27/2015 Elizabeth Brandenburg, Loras
 Facility: F 3.86m 2012 Brigitte Gross, Unattached
 Facility: F 3.86m 2012 Kayla Coffee, Unattached

Name	Year	School	Seed	Finals	Points
1 Elizabeth Brandenburg	JR	Loras	3.74m	3.76mA 12-04.00	10
3.31 3.46 3.61 3.76 3.81					
0 0 0 0 XXX					
2 Amanda Zbilski	JR	Dubuque	3.36m	3.16m 10-04.25	8
3.01 3.16 3.31					
0 X0 XXX					
3 Amy Gladis	JR	Loras	3.05m	3.16m 10-04.25	6
2.86 3.01 3.16 3.31					
X0 0 X0 XXX					
4 Laura Bybee	SR	Coe	3.20m	3.16m 10-04.25	5
2.86 3.01 3.16 3.31					
X0 X0 X0 XXX					
5 Audrey Lovan	SO	Simpson (Iowa)	2.80m	2.86m 9-04.50	4
2.41 2.56 2.71 2.86 3.01					
0 0 0 0 XXX					
6 Christina Brown	SO	Coe	2.97m	2.86m 9-04.50	3
2.71 2.86 3.01					
0 X0 XXX					
7 Michelle Johnson	SO	Wartburg	2.82m	2.71m 8-10.75	2
2.71 2.86					
0 XXX					
8 Sam Larson	SO	Wartburg	2.90m	2.71m 8-10.75	1
2.41 2.56 2.71 2.86					
X0 XX0 X0 XXX					
9 Jordan Honken	FR	Luther	2.75m	2.56m 8-04.75	
2.41 2.56 2.71					
0 0 XXX					
10 Taylor Dooley	FR	Loras	2.46m	2.56m 8-04.75	
2.41 2.56 2.71					
XX0 0 XXX					
11 Keanna Belau	FR	Luther	2.45m	2.56m 8-04.75	
2.26 2.41 2.56 2.71					
0 0 XX0 XXX					
11 Mary Doherty	SR	Simpson (Iowa)	2.65m	2.56m 8-04.75	
2.41 2.56 2.71					
0 XX0 XXX					
13 Whitney Burgardt	FR	Central College	2.35m	2.41m 7-10.75	
2.26 2.41 2.56					

0	XO	XXX					
13	Emily Miller		FR Luther	2.61m	2.41m	7-10.75	
	2.41	2.56					
	XO	XXX					
--	Allison Ewald		SO Loras	2.57m	NH		
	2.41						
	XXX						

Women Long Jump

=====							
	All-Time: A	6.17m	2012		Skye Morrison, Wartburg		
Championship: C	6.17m	2012		Skye Morrison, Wartburg			
Facility: F	6.07m	2013		Caitlin Walgrave, Unattached			
Name		Year	School	Seed	Finals		Points
=====							
1	Morganne Haer		JR Buena Vista	5.10m	5.29m	17-04.25	10
	4.91m	4.91m	4.96m	5.06m	5.29m	FOUL	
2	Olivia McAtee		FR Wartburg	5.12m	5.16m	16-11.25	8
	FOUL	4.75m	5.00m	4.94m	4.97m	5.16m	
3	Ashlee Downs		SR Central College	5.15m	5.14m	16-10.50	6
	5.01m	5.14m	FOUL	5.10m	FOUL	FOUL	
4	Jaclyn Stoakes		SR Wartburg	5.01m	4.84m	15-10.50	5
	4.83m	FOUL	4.84m	4.80m	FOUL	4.66m	
5	Shania Wunschel		SO Buena Vista	4.43m	4.83m	15-10.25	4
	4.54m	4.65m	4.68m	4.83m	FOUL	4.73m	
6	Sarah Schoel		SO Loras	4.86m	4.76m	15-07.50	3
	FOUL	4.46m	4.73m	4.57m	FOUL	4.76m	
7	Amy Brant		SO Wartburg	4.91m	4.73m	15-06.25	2
	4.70m	FOUL	FOUL	4.38m	4.73m	FOUL	
8	Sarah Galbraith		SR Simpson (Iowa)	4.87m	4.65m	15-03.25	1
	4.65m	4.45m	FOUL	4.46m	FOUL	FOUL	
9	Morgan Koenigs		JR Central College	4.76m	4.62m	15-02.00	
	4.62m	4.46m	4.47m	4.33m	4.56m	4.17m	
10	Emma Drees		JR Central College	4.91m	4.60m	15-01.25	
	FOUL	FOUL	4.60m				
11	Taylor Schaefer		FR Loras	4.42m	4.59m	15-00.75	
	4.59m	4.39m	FOUL				
12	Lindsay Meyer		SO Buena Vista	3.78m	3.78m	12-05.00	
	3.78m	3.77m	3.68m				
--	Jakeena McKay		FR Wartburg	4.99m	FOUL		
	FOUL	FOUL	FOUL				

Women Triple Jump

=====							
	All-Time: A	12.24m	2012		Skye Morrison, Wartburg		
Championship: C	12.16m	2012		Skye Morrison, Wartburg			
Facility: F	12.05m	2011		Tara Korshoj, Unattached			
Name		Year	School	Seed	Finals		Points
=====							
1	Elise Heiser		JR Luther	10.56m	10.72m	35-02.00	10
	FOUL	FOUL	10.58m	10.58m	10.55m	10.72m	
2	Victoria Leffler		FR Buena Vista	10.41m	10.45m	34-03.50	8
	10.26m	10.06m	9.27m	10.45m	FOUL	FOUL	
3	Lauren Larson		SR Wartburg	10.79m	10.39m	34-01.25	6
	FOUL	10.39m	10.16m	10.33m	10.39m	10.29m	
4	Audrey Hooks		JR Loras	10.61m	10.35m	33-11.50	5
	10.32m	10.35m	8.86m	10.02m	9.96m	10.20m	
5	Janae Conley		SO Wartburg	10.38m	10.33m	33-10.75	4
	10.03m	10.33m	10.12m	10.08m	10.07m	10.02m	
6	Jakeena McKay		FR Wartburg	10.57m	10.29m	33-09.25	3

	FOUL	10.29m	9.99m	10.11m	9.67m	FOUL				
7	Jackie Krawczyk			SO Luther			9.82m	10.10m	33-01.75	2
		9.59m	9.74m	10.10m	9.39m	9.22m	9.29m			
8	Aleyha Slatter			FR Dubuque			10.15m	9.96m	32-08.25	1
		8.91m	9.59m	9.96m	9.83m	FOUL	9.61m			
9	Trenetta Blocker			SO Central College			9.56m	9.42m	30-11.00	
		8.84m	9.19m	9.15m	8.97m	9.42m	FOUL			
10	Sarah Schoel			SO Loras			9.52m	8.28m	27-02.00	
		FOUL	8.28m	FOUL						
--	Bobbi Jo Helgemoe			SO Dubuque			9.17m	FOUL		
		FOUL	FOUL	FOUL						

Women Shot Put

=====										
All-Time: A		14.96m	2014	Kayla Hemann, Wartburg						
Championship: C		14.19m	2006	Dana Klemm, Loras						
Facility: F		15.46m	2/19/2016	Janeah Stewart, Iowa Central						
Name	Year	School	Seed	Finals	Points					
=====										
1	Tanasha Atwater	SO Dubuque	13.83m	14.09m	46-02.75	10				
			13.92m	14.09m	13.91m	13.57m	12.35m	13.69m		
2	Victoria Kapnisis	JR Wartburg	12.96m	13.21m	43-04.25	8				
			13.21m	12.66m	FOUL	12.40m	FOUL	12.62m		
3	Sam Holtz	SO Wartburg	13.62m	12.92m	42-04.75	6				
			12.92m	12.50m	12.02m	12.55m	12.90m	FOUL		
4	Nicole Forson	SR Dubuque	12.48m	12.48m	40-11.50	5				
			11.49m	FOUL	10.95m	12.48m	11.21m	11.20m		
5	Lauren Egnarski	SO Dubuque	12.09m	11.81m	38-09.00	4				
			11.08m	11.29m	FOUL	11.04m	11.81m	11.10m		
6	Keely Glenn	FR Dubuque	11.66m	11.70m	38-04.75	3				
			10.53m	10.83m	11.34m	10.80m	11.70m	11.26m		
7	Anna Hedges	FR Loras	11.11m	11.69m	38-04.25	2				
			10.94m	11.69m	10.32m	FOUL	10.97m	10.91m		
8	Cristyn Eischeid	SO Buena Vista	11.41m	11.63m	38-02.00	1				
			FOUL	FOUL	11.63m	FOUL	11.00m	11.02m		
9	April McCarthy	JR Central College	11.10m	11.60m	38-00.75					
			11.60m	FOUL	FOUL	10.75m	11.04m	FOUL		
10	Jillian Harstad	JR Luther	11.85m	11.19m	36-08.50					
			10.53m	10.46m	11.19m					
11	Lauren Hargrave	FR Coe	10.91m	11.11m	36-05.50					
			11.03m	11.07m	11.11m					
12	Melissa Alger	SR Coe	11.28m	11.07m	36-04.00					
			10.86m	FOUL	11.07m					
13	Alayna Geronzin	FR Simpson (Iowa)	10.80m	10.88m	35-08.50					
			FOUL	9.96m	10.88m					
14	Alex Niemier	FR Simpson (Iowa)	10.55m	10.56m	34-07.75					
			10.31m	10.56m	10.35m					
15	Grace Telfer	FR Buena Vista	10.01m	10.23m	33-06.75					
			9.40m	10.06m	10.23m					
16	Hannah Ward	SO Luther	10.19m	10.18m	33-04.75					
			9.12m	9.79m	10.18m					
17	Bri Burton	FR Wartburg	10.22m	9.96m	32-08.25					
			9.80m	9.74m	9.96m					
18	savannah Nesvik	FR Loras	9.53m	9.92m	32-06.50					
			9.66m	9.61m	9.92m					
19	Sofia Lyskanowski	JR Loras	10.27m	9.68m	31-09.25					
			9.68m	9.63m	9.56m					
20	Jessica Harris	SR Coe	10.04m	9.56m	31-04.50					
			9.25m	FOUL	9.56m					
21	Jackie Cullinan	SO Simpson (Iowa)	10.11m	9.43m	30-11.25					

9.09m 9.43m FOUL
 22 Macin Harvey FR Central College 9.46m 9.33m 30-07.50
 8.90m 9.33m 9.15m
 -- Stephanie Lashbrook SO Luther 10.35m SCR

Women Weight Throw

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All-Time: A 17.95m 2014		Kayla Hemann, Wartburg					
Championship: C 17.71m 2008		Liz Ulferts, Loras					
Facility: F 18.43m 2/20/2016		Janeah Stewart, Iowa Central					
Name	Year	School	Seed	Finals	Points		
=====							
1	Lorell Stuht	JR Central College	16.80m	16.86m	55-03.75	10	
	16.86m 16.60m FOUL	15.57m 15.26m 15.38m					
2	Nicole Forson	SR Dubuque	15.69m	15.61m	51-02.75	8	
	FOUL 15.00m FOUL	15.61m 14.79m 14.16m					
3	Tanasha Atwater	SO Dubuque	16.80m	15.10m	49-06.50	6	
	FOUL 15.10m FOUL	FOUL 14.55m 15.08m					
4	Victoria Kapnisis	JR Wartburg	15.37m	14.86m	48-09.00	5	
	13.57m 14.86m 14.51m	FOUL FOUL 14.25m					
5	Abigail Willis	SO Dubuque	13.80m	13.58m	44-06.75	4	
	12.21m 13.06m FOUL	12.24m 12.60m 13.58m					
6	Tina Ageson	SR Buena Vista	14.12m	13.48m	44-02.75	3	
	12.66m FOUL 13.15m	13.48m 13.13m 13.13m					
7	Cristyn Eischeid	SO Buena Vista	12.96m	13.44m	44-01.25	2	
	12.37m 12.60m 12.91m	12.31m 12.45m 13.44m					
8	Jackie Hoyme	SR Luther	13.98m	13.28m	43-07.00	1	
	12.92m 12.36m 13.28m	FOUL FOUL FOUL					
9	April McCarthy	JR Central College	13.64m	13.11m	43-00.25		
	12.47m 12.91m 11.85m	11.96m 11.94m 13.11m					
10	Rebecca Burmahl	FR Dubuque	14.50m	12.84m	42-01.50		
	12.84m 12.76m FOUL						
11	Anna Hedges	FR Loras	13.25m	12.54m	41-01.75		
	12.54m FOUL 11.56m						
12	Sam Holtz	SO Wartburg	13.76m	12.45m	40-10.25		
	12.36m 12.45m FOUL						
13	Alayna Geronzin	FR Simpson (Iowa)	11.84m	12.43m	40-09.50		
	FOUL 12.43m FOUL						
14	Sulibeth Velez	FR Wartburg	11.76m	12.20m	40-00.50		
	12.20m FOUL FOUL						
15	Sofia Lyskanowski	JR Loras	12.96m	12.10m	39-08.50		
	FOUL 12.10m FOUL						
16	Grace Telfer	FR Buena Vista	11.77m	11.68m	38-04.00		
	11.68m 11.57m 11.55m						
17	savannah Nesvik	FR Loras	12.09m	11.42m	37-05.75		
	FOUL 11.42m FOUL						
18	Lauren Hargrave	FR Coe	12.53m	11.40m	37-05.00		
	10.70m 11.40m FOUL						
19	Alex Niemier	FR Simpson (Iowa)	10.29m	11.10m	36-05.00		
	10.71m 10.45m 11.10m						
20	Jillian Harstad	JR Luther	11.45m	11.02m	36-02.00		
	10.43m 11.02m 10.05m						
21	Alex Bahl	SR Coe	10.86m	10.90m	35-09.25		
	10.90m 10.32m FOUL						
22	Jennifer Medina	JR Loras	11.82m	10.37m	34-00.25		
	8.71m FOUL 10.37m						
23	Macin Harvey	FR Central College	11.28m	10.27m	33-08.50		
	FOUL 10.27m 10.26m						
24	Jackie Cullinan	SO Simpson (Iowa)	8.86m	8.79m	28-10.25		
	7.51m 8.31m 8.79m						

-- Stephanie Lashbrook SO Luther 12.42m SCR

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

=====
Championship: C 2:19.01 2/25/2011 Brittany Melloy, Wartburg
Facility: F 2:21.86 2/26/2010 Rebecca Fagerlind, Wartburg

Name	Year	School	Finals	Points
1 Sarah Galbraith	SR	Simpson (Iowa)	2:31.54	674
37.360 (37.360)	1:15.425 (38.065)	1:52.202 (36.778)	2:31.531 (39.329)	
2 Courtney Sowle	JR	Wartburg	2:37.55	601
37.615 (37.615)	1:16.594 (38.979)	1:58.332 (41.739)	2:37.543 (39.211)	
3 Morgan Sammons	SO	Luther	2:37.69	600
38.885 (38.885)	1:19.420 (40.536)	2:00.109 (40.689)	2:37.681 (37.572)	
4 Kayla Ingvalson	JR	Luther	2:38.04	596
37.954 (37.954)	1:18.448 (40.494)	1:58.163 (39.716)	2:38.034 (39.871)	
5 Merissa Larson	SO	Central College	2:39.70	576
38.207 (38.207)	1:18.167 (39.960)	2:00.031 (41.865)	2:39.694 (39.664)	
6 Jaclyn Stoakes	SR	Wartburg	2:40.78	564
37.742 (37.742)	1:16.972 (39.230)	1:58.864 (41.893)	2:40.772 (41.909)	
7 Emma Drees	JR	Central College	2:41.61	555
38.125 (38.125)	1:18.706 (40.581)	2:00.792 (42.087)	2:41.602 (40.811)	
8 Megan Karels	SR	Wartburg	2:43.59	532
37.756 (37.756)	1:17.533 (39.777)	2:01.253 (43.720)	2:43.590 (42.337)	
9 Morgan Koenigs	JR	Central College	2:58.32	381
38.974 (38.974)	1:20.346 (41.373)	2:07.571 (47.226)	2:58.319 (50.748)	

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

=====

Championship: C 8.98 2/24/2012 Camesha Goods, Wartburg
Facility: F 8.51 2/19/2016 Danielle Riggins, Iowa Central

Name	Year	School	Finals	H#	Points
1 Courtney Sowle	JR	Wartburg	9.53	3	802
2 Jaclyn Stoakes	SR	Wartburg	9.68	3	773
3 Megan Karels	SR	Wartburg	9.96	2	720
4 Sarah Galbraith	SR	Simpson (Iowa)	10.01	2	710
5 Emma Drees	JR	Central College	10.06	3	701
6 Morgan Koenigs	JR	Central College	10.50	1	621
7 Merissa Larson	SO	Central College	10.57	2	609
8 Morgan Sammons	SO	Luther	10.63	1	599
9 Kayla Ingvalson	JR	Luther	11.17	1	509

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

=====

Championship: C 1.69m 2/27/2015 Leah Broderick, Luther
Facility: F 1.67m 2/26/2010 Kinsey Bak, Simpson

Name	Year	School	Finals	Points
1 Sarah Galbraith	SR	Simpson (Iowa)	1.55m	5-01.00 678
1.43 1.46 1.49 1.52 1.55 1.58				
0 0 0 XX0 XX0 XXX				
2 Courtney Sowle	JR	Wartburg	1.52m	4-11.75 644
1.43 1.46 1.49 1.52 1.55				
0 0 XO 0 XXX				
2 Morgan Koenigs	JR	Central College	1.52m	4-11.75 644
1.40 1.43 1.46 1.49 1.52 1.55				
0 0 0 0 0 XXX				
4 Jaclyn Stoakes	SR	Wartburg	1.49m	4-10.50 610
1.40 1.43 1.46 1.49 1.52				

	XX0	0	XO	XO	XXX				
5	Emma Drees					JR Central College	1.46m	4-09.50	577
	1.40	1.43	1.46	1.49					
	0	XO	0	XXX					
6	Merissa Larson					SO Central College	1.40m	4-07.00	512
	1.31	1.34	1.37	1.40	1.43				
	0	0	XO	XO	XXX				
6	Megan Karels					SR Wartburg	1.40m	4-07.00	512
	1.31	1.34	1.37	1.40	1.43				
	0	0	XXO	XO	XXX				
8	Kayla Ingvalson					JR Luther	1.37m	4-06.00	481
	1.22	1.25	1.28	1.31	1.34	1.37	1.40		
	0	0	0	XO	XXO	XXO	XXX		
9	Morgan Sammons					SO Luther	1.31m	4-03.50	419
	1.22	1.25	1.28	1.31	1.34				
	0	XO	0	0	XXX				

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

=====
Championship: C 5.47m 2/24/2012 Camesha Goods, Wartburg
Facility: F 5.69m 2/21/2014 Elizabeth Dadzie, Iowa Central
Name Year School Finals Points
=====

1	Jaclyn Stoakes				SR Wartburg	4.96m	16-03.25	548
	4.96m	FOUL	4.72m					
2	Courtney Sowle				JR Wartburg	4.81m	15-09.50	508
	FOUL	4.81m	4.68m					
3	Megan Karels				SR Wartburg	4.80m	15-09.00	506
	4.36m	4.80m	FOUL					
4	Sarah Galbraith				SR Simpson (Iowa)	4.75m	15-07.00	492
	4.64m	4.75m	4.48m					
5	Emma Drees				JR Central College	4.74m	15-06.75	490
	FOUL	4.74m	4.72m					
6	Morgan Koenigs				JR Central College	4.46m	14-07.75	418
	4.43m	FOUL	4.46m					
7	Kayla Ingvalson				JR Luther	4.45m	14-07.25	416
	4.17m	4.40m	4.45m					
8	Merissa Larson				SO Central College	4.35m	14-03.25	391
	4.35m	4.20m	3.98m					
9	Morgan Sammons				SO Luther	4.13m	13-06.75	338
	3.86m	4.13m	4.05m					

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

=====
Championship: C 12.05m 2/26/2010 Carissa Bentz, Central
Facility: F 12.05m 2/26/2010 Carissa Bentz, Central
Name Year School Finals Points
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1	Jaclyn Stoakes				SR Wartburg	9.80m	32-02.00	516
	9.80m	9.68m	9.45m					
2	Morgan Koenigs				JR Central College	9.46m	31-00.50	494
	9.24m	FOUL	9.46m					
3	Kayla Ingvalson				JR Luther	9.32m	30-07.00	485
	9.26m	9.32m	9.12m					
4	Sarah Galbraith				SR Simpson (Iowa)	9.20m	30-02.25	477
	9.20m	9.11m	FOUL					
5	Megan Karels				SR Wartburg	8.91m	29-02.75	458
	8.79m	8.91m	8.65m					
6	Courtney Sowle				JR Wartburg	8.86m	29-01.00	455
	8.73m	FOUL	8.86m					

7	Emma Drees		JR Central College	8.24m	27-00.50	415
	8.21m	8.15m	8.24m			
8	Morgan Sammons		SO Luther	8.16m	26-09.25	410
	8.14m	8.12m	8.16m			
9	Merissa Larson		SO Central College	6.88m	22-07.00	327
	6.22m	6.53m	6.88m			

Women Indoor Pentathlon

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All-Time: A 3505 2/27/2015 Leah Broderick, Luther
Championship: C 3505 2/27/2015 Leah Broderick, Luther
Facility: F 3727 2009 AG Bradford, Iowa Central

Name	Year	School	Seed	Finals	Points
1 Sarah Galbraith	SR	Simpson (Iowa)	2966	3031	10
2 Jaclyn Stoakes	SR	Wartburg	3019	3011	8
3 Courtney Sowle	JR	Wartburg	2888	3010	6
4 Emma Drees	JR	Central College	2883	2738	5
5 Megan Karels	SR	Wartburg	2605	2728	4
6 Morgan Koenigs	JR	Central College	2534	2558	3
7 Kayla Ingvalson	JR	Luther		2487	2
8 Merissa Larson	SO	Central College	2483	2415	1
9 Morgan Sammons	SO	Luther	2346	2366	

Men 60 Meter Dash

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8 Advance: Top 1 Each Heat plus Next 4 Best Times

All-Time: A 6.89 2015 Ernest Winters, Dubuque
Championship: C 6.89 2/28/2015 Ernest Winters, Dubuque
Facility: F 6.75 2/21/2015 Eli Minor, Iowa Central CC
Facility: F 6.75 2/20/2016 Eli Minor, Iowa Central CC

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Emmitt Wheatley	FR	Simpson (Iowa)	7.11	7.02Q	2
2 Moussa Kuyateh	FR	Buena Vista	7.03	7.04Q	4
3 Dan Roerman	SR	Central College	7.17	7.05Q	3
4 Najee Toomer	FR	Dubuque	7.12	7.09Q	1 7.089
5 Justin Wimbish	SO	Central College	7.16	7.06q	4 7.052
6 Ty Troutman	SR	Wartburg	7.10	7.06q	3 7.056
7 Brennan Dostal	SO	Buena Vista	7.18	7.09q	2 7.083
8 Travis Tupper	SO	Simpson (Iowa)	7.14	7.11q	3 7.104
9 Dylan Kalinay	SO	Simpson (Iowa)	7.19	7.11	1 7.108
10 Davey Jergens	SO	Simpson (Iowa)	7.22	7.13	2
11 Dexter Bass	SR	Wartburg	7.12	7.17	1 7.163
12 Marcus Weathers Jr.	JR	Dubuque	7.13	7.17	2 7.166
13 Tyler Blanchard	FR	Dubuque	7.24	7.18	3
14 Erik Franklin	JR	Coe	7.15	7.19	4
15 Cole Ebel	SR	Central College	7.30	7.20	3
16 Chris Nothnick	SR	Wartburg	7.19	7.23	1
17 Peter Krumm	SR	Luther	7.25	7.27	4
18 Nick Ball	SR	Loras	7.29	7.29	4
19 Cooper Nelson	JR	Luther	7.32	7.33	2
20 Andrew McCarthy	SR	Luther	7.38	7.39	1
21 Demetrius Harper	FR	Coe	7.43	7.43	2
22 Max Johnson	FR	Coe	7.49	7.44	3 7.431
23 Gerrand Moody	SO	Loras	7.35	7.44	1 7.437
24 Chris Ball	SO	Loras	7.55	7.59	4
25 Tyler Reindl	SO	Buena Vista	7.79	7.71	4

Men 60 Meter Dash

All-Time: A	6.89	2015	Ernest Winters, Dubuque			
Championship: C	6.89	2/28/2015	Ernest Winters, Dubuque			
Facility: F	6.75	2/21/2015	Eli Minor, Iowa Central CC			
Facility: F	6.75	2/20/2016	Eli Minor, Iowa Central CC			
Name	Year	School	Prelims	Finals	Points	

Finals

1	Moussa Kuyateh	FR Buena Vista	7.04	6.98	10	
2	Dan Roerman	SR Central College	7.05	7.04	8	
3	Emmitt Wheatley	FR Simpson (Iowa)	7.02	7.05	6	
4	Najee Toomer	FR Dubuque	7.09	7.06	5	
5	Brennan Dostal	SO Buena Vista	7.09	7.10	4	7.093
6	Ty Troutman	SR Wartburg	7.06	7.10	3	7.094
7	Justin Wimbish	SO Central College	7.06	7.18	2	
8	Travis Tupper	SO Simpson (Iowa)	7.11	7.20	1	

Preliminaries

9	Dylan Kalinay	SO Simpson (Iowa)	7.11			
10	Davey Jergens	SO Simpson (Iowa)	7.13			
11	Dexter Bass	SR Wartburg	7.17			
12	Marcus Weathers Jr.	JR Dubuque	7.17			
13	Tyler Blanchard	FR Dubuque	7.18			
14	Erik Franklin	JR Coe	7.19			
15	Cole Ebel	SR Central College	7.20			
16	Chris Nothnick	SR Wartburg	7.23			
17	Peter Krumm	SR Luther	7.27			
18	Nick Ball	SR Loras	7.29			
19	Cooper Nelson	JR Luther	7.33			
20	Andrew McCarthy	SR Luther	7.39			
21	Demetrius Harper	FR Coe	7.43			
22	Max Johnson	FR Coe	7.44			
23	Gerrand Moody	SO Loras	7.44			
24	Chris Ball	SO Loras	7.59			
25	Tyler Reindl	SO Buena Vista	7.71			

Men 200 Meter Dash

All-Time: A	21.82	2009	Eric Bertelsen, Buena Vista			
Championship: C	21.82	2009	Eric Bertelsen, Buena Vista			
Facility: F	21.76	2/21/2015	Travion Clark, Iowa Western CC			
Name	Year	School	Seed	Finals	H#	Points

Finals

1	Emmitt Wheatley	FR Simpson (Iowa)	22.83	22.58	6	10
2	Famiek Cook	FR Wartburg	22.88	22.60	5	8
3	Dylan Kalinay	SO Simpson (Iowa)	22.95	22.62	5	6
4	Isaiah Ellis	FR Dubuque	22.87	22.79	6	5
5	Erik Franklin	JR Coe	22.77	22.80	6	4
6	Travis Tupper	SO Simpson (Iowa)	23.09	22.86	4	3 22.856
7	Ty Troutman	SR Wartburg	22.98	22.86	5	2 22.858
8	Dan Roerman	SR Central College	23.66	22.99	2	1
9	Stedman Foster	SR Loras	23.30	23.08	4	23.072
10	Prince Kraha	FR Simpson (Iowa)	23.12	23.08	4	23.078
11	Moussa Kuyateh	FR Buena Vista	23.38	23.15	3	
12	Peter Krumm	SR Luther	23.57	23.28	3	
13	Andrew McCarthy	SR Luther	23.61	23.31	3	
14	Drew Schwartz	JR Wartburg	23.04	23.50	5	
15	Evan Gradoville	FR Loras	24.11	23.63	1	
16	Ryan Kind	FR Dubuque	23.66	23.77	3	

17	Demetrius Harper	FR Coe	23.73	23.90	2	
18	Caleb Jennings	FR Central College	23.88	24.03	2	
19	Cooper Nelson	JR Luther	24.41	24.63	1	
20	Tyler Reindl	SO Buena Vista	25.46	24.72	1	
21	Chris Nothnick	SR Wartburg	22.60	29.37	6	
--	Nick Ball	SR Loras	23.15	DQ	4	Lane Line Violation
--	Justin Wimbish	SO Central College		DNS	1	
--	Chris Hawkins	SO Coe	23.69	DNS	2	

Men 400 Meter Dash

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All-Time: A	48.45	2006	Josh Hauser, Warburg			
Championship: C	48.78	2008	Guy Dierkx, Central			
Facility: F	48.95	2007	Jason Peters, Nebraska Wesleyan			
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Justin Anderlik	SR Wartburg	50.56	49.96	4	10
	23.396 (23.396)	49.955 (26.559)				
2	Brandon Gradoville	JR Loras	50.46	50.21	4	8
	23.527 (23.527)	50.203 (26.677)				
3	Stedman Foster	SR Loras	52.36	50.75	2	6
	23.287 (23.287)	50.745 (27.458)				
4	Brennan Dostal	SO Buena Vista	51.77	50.93	3	5
	23.764 (23.764)	50.923 (27.159)				
5	Blake Morgan	SO Central College	51.29	51.10	4	4 51.091
	23.995 (23.995)	51.091 (27.096)				
6	Alex Bleadorn	SR Central College	50.84	51.10	4	3 51.095
	23.656 (23.656)	51.095 (27.440)				
7	Drew Schwartz	JR Wartburg	50.92	51.20	4	2
	23.685 (23.685)	51.192 (27.507)				
8	Raleigh Sims	SR Luther	52.41	51.38	2	1
	24.179 (24.179)	51.375 (27.196)				
9	Austin Roberts	SR Central College	51.92	51.57	3	
	23.754 (23.754)	51.569 (27.815)				
10	Hunter Howe	SO Central College	51.38	51.68	3	
	23.957 (23.957)	51.677 (27.721)				
11	Justin Sacker	JR Buena Vista	52.47	52.29	2	
	24.521 (24.521)	52.284 (27.764)				
12	Jordan Coughenour	SO Simpson (Iowa)	53.50	52.35	2	
	25.191 (25.191)	52.350 (27.159)				
13	Will Coonradt	SO Wartburg	51.31	52.36	3	
	23.837 (23.837)	52.352 (28.515)				
14	Mark Eberly	JR Buena Vista	52.07	52.50	3	
	24.213 (24.213)	52.497 (28.284)				
15	Luke Sarver	FR Simpson (Iowa)	54.08	52.97	1	
	24.727 (24.727)	52.963 (28.236)				
16	Evan Gradoville	FR Loras	52.97	53.13	2	
	24.748 (24.748)	53.129 (28.381)				
17	Ryan Sarver	FR Simpson (Iowa)	54.20	53.31	1	
	25.281 (25.281)	53.303 (28.022)				
18	Erik Ohlrogge	SR Luther		53.62	1	
	25.362 (25.362)	53.618 (28.256)				
19	Maxwell Tapp	FR Luther	55.45	54.72	1	
	24.963 (24.963)	54.720 (29.758)				
20	Landon Kraus	FR Coe	56.08	54.87	1	
	25.510 (25.510)	54.870 (29.361)				

Men 800 Meter Run

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All-Time: A 1:51.72 2000 Jon Lindaman, Central

Championship: C 1:53.24 2/28/2015 Seth Woodson, Buena Vista
 Facility: F 1:50.28 2013 Monte Larson, Morningside

Name	Year	School	Seed	Finals	H#	Points
1 Zach Frey	SR	Loras	1:53.50	1:52.30C	2	10
26.859 (26.859)	54.774 (27.915)	1:23.433 (28.659)	1:52.293 (28.861)			
2 Ben Sampson	JR	Buena Vista	1:55.78	1:53.19C	2	8
26.578 (26.578)	54.454 (27.876)	1:23.541 (29.087)	1:53.183 (29.643)			
3 Nicholas Green	SR	Wartburg	1:56.29	1:53.50	2	6
26.568 (26.568)	54.206 (27.638)	1:23.265 (29.059)	1:53.493 (30.229)			
4 Mark Schulz	FR	Wartburg	1:56.30	1:54.13	2	5
27.350 (27.350)	55.181 (27.831)	1:23.952 (28.771)	1:54.124 (30.173)			
5 Kylian Lally	SO	Loras	1:56.92	1:55.41	2	4
27.514 (27.514)	55.166 (27.652)	1:24.505 (29.339)	1:55.404 (30.900)			
6 Beau Freeborn	JR	Coe	1:58.01	1:55.64	2	3
27.654 (27.654)	56.345 (28.691)	1:25.654 (29.310)	1:55.634 (29.980)			
7 Taylor Donner	SO	Central College	2:00.09	1:57.96	2	2
28.331 (28.331)	56.839 (28.508)	1:26.727 (29.889)	1:57.953 (31.227)			
8 Jason Ludwig	SO	Wartburg	1:58.14	1:58.05	2	1
27.412 (27.412)	56.009 (28.597)	1:26.683 (30.675)	1:58.050 (31.368)			
9 Nathan Kimbrell	JR	Loras	2:00.31	1:58.20	1	
29.626 (29.626)	58.891 (29.265)	1:28.755 (29.865)	1:58.200 (29.445)			
10 Ben Nelson	SO	Coe	1:57.96	1:58.52	2	
28.161 (28.161)	56.363 (28.202)	1:25.916 (29.554)	1:58.520 (32.604)			
11 Parker Hill	FR	Central College	2:01.95	2:02.24	1	
29.561 (29.561)	58.308 (28.747)	1:28.835 (30.528)	2:02.239 (33.404)			
12 Tim Semmen	SR	Luther	2:04.91	2:03.01	1	
29.923 (29.923)	59.273 (29.350)	1:30.231 (30.959)	2:03.005 (32.774)			
13 Cole Simon	SO	Central College	2:03.26	2:03.21	1	
29.813 (29.813)	59.528 (29.715)	1:30.955 (31.428)	2:03.209 (32.254)			
14 Paul Woizeschke	SO	Buena Vista	2:01.11	2:03.23	1	
28.877 (28.877)	59.672 (30.796)	1:33.614 (33.943)	2:03.230 (29.616)			
15 Jake Bieber	SO	Luther	2:11.08	2:03.52	1	
30.005 (30.005)	59.762 (29.757)	1:31.185 (31.424)	2:03.511 (32.326)			
16 Bret Powers	JR	Luther	2:04.77	2:04.01	1	
30.322 (30.322)	1:00.297 (29.975)	1:31.971 (31.675)	2:04.003 (32.032)			
17 Joseph Dobson	FR	Buena Vista	2:08.31	2:08.48	1	
30.140 (30.140)	1:00.935 (30.796)	1:34.516 (33.581)	2:08.473 (33.957)			
18 Nick Kibby	SO	Simpson (Iowa)	2:16.79	2:12.68	1	
30.301 (30.301)	1:01.438 (31.138)	1:36.318 (34.880)	2:12.677 (36.360)			

Men 1 Mile Run

Name	Year	School	Seed	Finals	H#	Points
All-Time: A 4:10.88	2014	Austin O'Brien, Central				
Championship: C 4:12.98	2/28/2015	Eli Horton, Central College				
Facility: F 4:14.52	2011	Andy Coy, Dakota State University				
1 Ryan Hermsen	SR	Wartburg	4:14.42	4:18.88	2	10
2.184 (2.184)	34.536 (32.352)	1:06.471 (31.935)	1:38.845 (32.374)			
2:11.618 (32.773)	2:44.063 (32.446)	3:16.345 (32.282)	3:47.781 (31.437)			
4:18.877 (31.096)						
2 Cole Decker	SR	Central College	4:23.24	4:19.14	2	8
2.426 (2.426)	35.415 (32.989)	1:07.121 (31.707)	1:39.451 (32.330)			
2:11.979 (32.528)	2:44.545 (32.567)	3:16.653 (32.108)	3:48.707 (32.054)			
4:19.137 (30.430)						
3 JJ Frawley	JR	Wartburg	4:21.37	4:19.86	2	6
2.353 (2.353)	35.075 (32.722)	1:06.952 (31.877)	1:39.249 (32.297)			
2:12.148 (32.899)	2:44.627 (32.480)	3:16.967 (32.340)	3:48.901 (31.934)			
4:19.854 (30.954)						

4	John Donovan	SR Luther	4:21.43	4:20.00	2	5
	2.262 (2.262)	34.815 (32.553)	1:06.726 (31.911)	1:39.130 (32.404)		
	2:11.884 (32.754)	2:44.371 (32.488)	3:17.206 (32.835)	3:49.156 (31.950)		
	4:19.995 (30.840)					
5	Ian Mckenzie	SO Simpson (Iowa)	4:21.63	4:23.14	2	4
	2.453 (2.453)	35.513 (33.060)	1:07.596 (32.083)	1:40.075 (32.479)		
	2:12.901 (32.827)	2:46.393 (33.492)	3:19.979 (33.586)	3:52.484 (32.505)		
	4:23.137 (30.654)					
6	Liam Hartley	SR Wartburg	4:23.92	4:24.83	2	3
	2.259 (2.259)	36.123 (33.864)	1:08.272 (32.149)	1:40.617 (32.346)		
	2:13.164 (32.547)	2:45.813 (32.649)	3:19.453 (33.640)	3:53.198 (33.746)		
	4:24.824 (31.626)					
7	Brien Nugent	JR Loras	4:30.09	4:25.90	2	2
	2.115 (2.115)	35.979 (33.864)	1:08.139 (32.160)	1:40.651 (32.513)		
	2:13.350 (32.699)	2:46.053 (32.703)	3:19.559 (33.506)	3:52.876 (33.317)		
	4:25.894 (33.019)					
8	Casey Roberts	FR Wartburg	4:28.47	4:27.95	2	1
	2.276 (2.276)	36.257 (33.981)	1:08.452 (32.195)	1:40.903 (32.452)		
	2:14.052 (33.149)	2:46.771 (32.719)	3:20.797 (34.026)	3:55.053 (34.257)		
	4:27.942 (32.889)					
9	Jack Carroll	FR Loras	4:23.85	4:30.76	2	
	2.228 (2.228)	35.334 (33.106)	1:07.218 (31.884)	1:39.574 (32.356)		
	2:12.520 (32.947)	2:45.455 (32.935)	3:19.843 (34.388)	3:55.131 (35.289)		
	4:30.756 (35.626)					
10	Sam Whan	SR Loras	4:35.60	4:31.46	1	
	2.431 (2.431)	37.056 (34.625)	1:12.602 (35.547)	1:46.168 (33.566)		
	2:19.980 (33.813)	2:53.710 (33.730)	3:27.400 (33.690)	4:00.661 (33.262)		
	4:31.459 (30.798)					
11	Andrew Welch	SR Luther	4:34.26	4:33.34	1	
	2.432 (2.432)	36.836 (34.404)	1:12.270 (35.435)	1:46.397 (34.127)		
	2:20.222 (33.826)	2:53.983 (33.761)	3:27.683 (33.700)	4:00.970 (33.288)		
	4:33.339 (32.369)					
12	Mark Fairley	SO Central College	4:24.13	4:35.52	2	
	2.235 (2.235)	35.906 (33.671)	1:07.970 (32.064)	1:40.445 (32.476)		
	2:13.845 (33.400)	2:48.190 (34.345)	3:24.158 (35.969)	4:00.503 (36.346)		
	4:35.520 (35.018)					
13	Danny May	JR Luther	4:37.01	4:39.42	1	
	2.330 (2.330)	36.806 (34.476)	1:12.349 (35.544)	1:46.681 (34.332)		
	2:20.740 (34.060)	2:54.380 (33.640)	3:28.576 (34.197)	4:04.014 (35.438)		
	4:39.414 (35.401)					
14	Ben Stelk	SO Central College	4:39.83	4:44.30	1	
	2.236 (2.236)	36.567 (34.331)	1:12.041 (35.475)	1:46.132 (34.091)		
	2:19.944 (33.813)	2:55.548 (35.604)	3:32.055 (36.508)	4:08.593 (36.539)		
	4:44.299 (35.707)					
15	Tanner Rathje	SO Central College	4:29.57	4:46.36	2	
	2.291 (2.291)	35.682 (33.391)	1:08.110 (32.428)	1:40.954 (32.845)		
	2:14.886 (33.932)	2:50.404 (35.519)	3:27.548 (37.144)	4:07.643 (40.095)		
	4:46.357 (38.715)					
16	Hunter Reifschneider	FR Dubuque	4:49.44	4:47.75	1	
	2.304 (2.304)	37.171 (34.867)	1:12.871 (35.701)	1:46.983 (34.112)		
	2:22.382 (35.400)	2:58.219 (35.838)	3:35.997 (37.778)	4:14.100 (38.103)		
	4:47.744 (33.644)					
17	Chad Carter	FR Simpson (Iowa)	4:59.51	4:49.65	1	
	2.414 (2.414)	37.531 (35.117)	1:13.193 (35.663)	1:47.807 (34.615)		
	2:23.332 (35.525)	2:59.190 (35.859)	3:36.295 (37.105)	4:14.014 (37.719)		
	4:49.646 (35.633)					
18	Drew Roen	FR Simpson (Iowa)	4:56.46	4:54.94	1	
	2.300 (2.300)	37.717 (35.417)	1:13.351 (35.635)	1:48.093 (34.743)		
	2:22.761 (34.668)	2:57.950 (35.190)	3:35.863 (37.913)	4:15.429 (39.566)		
	4:54.935 (39.507)					

19 Brady Hannula	SR Buena Vista	5:04.16	4:59.14	1
2.537 (2.537)	38.034 (35.497)	1:13.702 (35.669)	1:49.171 (35.470)	
2:25.921 (36.751)	3:03.813 (37.892)	3:42.918 (39.105)	4:22.688 (39.771)	
4:59.137 (36.450)				
20 Andy Baird	FR Coe	5:11.65	4:59.73	1
2.621 (2.621)	39.397 (36.777)	1:16.059 (36.663)	1:52.967 (36.908)	
2:30.968 (38.002)	3:09.898 (38.930)	3:48.133 (38.235)	4:25.484 (37.351)	
4:59.727 (34.244)				
21 Tyler Larson	JR Buena Vista	4:58.65	5:07.42	1
2.610 (2.610)	39.080 (36.471)	1:16.327 (37.247)	1:53.855 (37.528)	
2:32.363 (38.508)	3:11.850 (39.487)	3:50.916 (39.067)	4:28.771 (37.855)	
5:07.413 (38.642)				

Men 3000 Meter Run

=====					
All-Time: A	8:14.94	2014	Eli Horton, Central		
Championship: C	8:24.56	3/1/2014	Eli Horton, Central College		
Facility: F	8:26.95	2/20/2016	Sylvester Barus, Iowa Western		
Name	Year	School	Seed	Finals	H# Points
=====					
1 Cole Decker	SR	Central College	8:29.31	8:37.43	2 10
33.305 (33.305)	1:07.442 (34.137)	1:42.144 (34.703)	2:17.016 (34.872)		
2:51.792 (34.777)	3:26.766 (34.974)	4:01.998 (35.233)	4:36.936 (34.939)		
5:11.840 (34.904)	5:47.020 (35.181)	6:22.388 (35.369)	6:57.771 (35.383)		
7:33.027 (35.257)	8:07.083 (34.056)	8:37.429 (30.347)			
2 Alec Bass	SO	Dubuque	8:40.75	8:37.45	2 8
35.909 (35.909)	1:11.805 (35.897)	1:47.404 (35.600)	2:23.381 (35.977)		
2:58.680 (35.300)	3:33.199 (34.520)	4:07.634 (34.435)	4:42.077 (34.444)		
5:16.721 (34.644)	5:51.014 (34.294)	6:25.598 (34.584)	7:00.596 (34.999)		
7:35.138 (34.542)	8:08.376 (33.238)	8:37.448 (29.073)			
3 Bennet Moser	SR	Wartburg	8:35.90	8:41.37	2 6
35.718 (35.718)	1:11.678 (35.961)	1:47.208 (35.531)	2:23.274 (36.066)		
2:58.556 (35.283)	3:33.292 (34.737)	4:07.441 (34.149)	4:41.898 (34.458)		
5:16.500 (34.602)	5:51.057 (34.558)	6:25.700 (34.643)	7:00.757 (35.058)		
7:35.387 (34.630)	8:09.224 (33.838)	8:41.368 (32.144)			
4 Isaac Steffensmeier	JR	Central College	8:49.38	8:45.31	2 5
36.923 (36.923)	1:12.624 (35.702)	1:47.834 (35.211)	2:23.571 (35.738)		
2:59.067 (35.496)	3:33.701 (34.635)	4:07.828 (34.127)	4:42.728 (34.901)		
5:17.129 (34.401)	5:51.916 (34.788)	6:26.094 (34.178)	7:01.034 (34.941)		
7:35.808 (34.774)	8:10.579 (34.772)	8:45.301 (34.722)			
5 Ryan Hermsen	SR	Wartburg	8:41.34	8:46.15	2 4
36.544 (36.544)	1:12.420 (35.877)	1:47.965 (35.546)	2:23.807 (35.843)		
2:59.224 (35.417)	3:33.679 (34.456)	4:07.974 (34.295)	4:42.355 (34.382)		
5:17.104 (34.749)	5:51.934 (34.831)	6:26.287 (34.353)	7:01.507 (35.221)		
7:37.030 (35.524)	8:12.539 (35.509)	8:46.146 (33.608)			
6 John Sevcik	JR	Loras	8:56.21	8:47.37	2 3
36.894 (36.894)	1:13.192 (36.299)	1:48.522 (35.331)	2:23.988 (35.467)		
2:59.401 (35.413)	3:34.310 (34.910)	4:08.761 (34.451)	4:43.369 (34.609)		
5:17.868 (34.499)	5:52.513 (34.646)	6:27.372 (34.859)	7:02.011 (34.640)		
7:37.398 (35.388)	8:12.876 (35.478)	8:47.368 (34.493)			
7 Mason Tope	SO	Loras	8:54.93	8:49.82	2 2
36.287 (36.287)	1:12.176 (35.890)	1:47.711 (35.536)	2:23.579 (35.869)		
2:58.935 (35.356)	3:33.390 (34.456)	4:07.364 (33.974)	4:41.832 (34.469)		
5:16.917 (35.085)	5:51.691 (34.775)	6:26.793 (35.102)	7:02.308 (35.516)		
7:38.095 (35.788)	8:15.214 (37.119)	8:49.812 (34.598)			
8 JJ Frawley	JR	Wartburg	8:41.59	8:56.37	2 1
37.123 (37.123)	1:12.738 (35.616)	1:48.121 (35.384)	2:24.024 (35.904)		
2:59.498 (35.474)	3:34.225 (34.728)	4:08.235 (34.010)	4:42.959 (34.725)		
5:17.509 (34.550)	5:52.655 (35.147)	6:28.240 (35.586)	7:04.549 (36.309)		
7:41.859 (37.310)	8:19.773 (37.915)	8:56.370 (36.598)			

9	Nick Yaeger	SR Simpson (Iowa)	8:49.89	9:06.42	2
	37.190 (37.190)	1:12.977 (35.788)	1:48.311 (35.335)	2:24.291 (35.981)	
	2:59.647 (35.356)	3:34.016 (34.370)	4:08.551 (34.535)	4:44.460 (35.910)	
	5:20.536 (36.077)	5:57.786 (37.250)	6:35.525 (37.739)	7:14.038 (38.513)	
	7:52.574 (38.536)	8:30.510 (37.937)	9:06.415 (35.905)		
10	Alex Streitz	FR Luther	9:15.80	9:08.91	1
	35.215 (35.215)	1:11.591 (36.376)	1:48.666 (37.076)	2:26.025 (37.359)	
	3:03.459 (37.435)	3:40.930 (37.471)	4:19.174 (38.244)	4:57.039 (37.865)	
	5:33.431 (36.393)	6:10.073 (36.643)	6:47.237 (37.164)	7:24.767 (37.530)	
	8:02.323 (37.556)	8:37.446 (35.123)	9:08.901 (31.456)		
11	Erik Duethman	SO Luther	9:10.81	9:09.84	1
	34.627 (34.627)	1:10.759 (36.133)	1:48.004 (37.245)	2:25.342 (37.338)	
	3:02.845 (37.503)	3:40.325 (37.480)	4:18.498 (38.174)	4:56.193 (37.695)	
	5:32.739 (36.547)	6:08.884 (36.145)	6:46.016 (37.132)	7:22.054 (36.039)	
	7:58.199 (36.146)	8:35.088 (36.890)	9:09.837 (34.750)		
12	Ben Hedges	JR Loras	9:14.57	9:13.01	1
	34.957 (34.957)	1:11.305 (36.348)	1:48.392 (37.087)	2:25.645 (37.253)	
	3:03.146 (37.501)	3:40.630 (37.485)	4:18.804 (38.174)	4:56.076 (37.272)	
	5:32.808 (36.733)	6:09.220 (36.412)	6:46.299 (37.079)	7:23.037 (36.739)	
	8:01.129 (38.093)	8:38.204 (37.076)	9:13.006 (34.802)		
13	Nathan Haerr	SO Coe	9:16.27	9:17.17	1
	35.464 (35.464)	1:11.915 (36.452)	1:49.025 (37.110)	2:26.337 (37.312)	
	3:03.752 (37.415)	3:41.323 (37.571)	4:19.503 (38.180)	4:56.690 (37.187)	
	5:33.067 (36.378)	6:09.843 (36.777)	6:46.461 (36.619)	7:24.711 (38.250)	
	8:02.476 (37.765)	8:41.341 (38.865)	9:17.163 (35.823)		
14	Mark Fairley	SO Central College	8:48.75	9:25.54	2
	36.557 (36.557)	1:13.210 (36.654)	1:48.810 (35.601)	2:24.525 (35.716)	
	3:00.251 (35.726)	3:36.204 (35.954)	4:14.608 (38.404)	4:53.688 (39.081)	
	5:33.669 (39.981)	6:14.859 (41.191)	6:55.249 (40.391)	7:34.211 (38.962)	
	8:13.155 (38.944)	8:50.786 (37.631)	9:25.532 (34.747)		
15	Will Simonson	FR Luther	9:16.64	9:26.54	1
	35.837 (35.837)	1:12.217 (36.381)	1:49.374 (37.157)	2:26.692 (37.318)	
	3:03.911 (37.219)	3:41.747 (37.836)	4:19.895 (38.148)	4:57.432 (37.537)	
	5:34.321 (36.890)	6:11.887 (37.566)	6:50.711 (38.824)	7:29.601 (38.891)	
	8:09.965 (40.364)	8:49.013 (39.049)	9:26.536 (37.523)		
16	Andrew Laird	SR Buena Vista	9:44.86	9:29.99	1
	36.266 (36.266)	1:12.486 (36.221)	1:49.190 (36.705)	2:26.459 (37.269)	
	3:04.159 (37.700)	3:42.078 (37.919)	4:19.761 (37.683)	4:57.679 (37.918)	
	5:35.045 (37.366)	6:13.010 (37.965)	6:51.752 (38.743)	7:31.397 (39.645)	
	8:10.942 (39.545)	8:50.571 (39.630)	9:29.983 (39.412)		
17	Derek Dinderman	FR Coe	9:33.80	9:36.38	1
	36.254 (36.254)	1:12.948 (36.695)	1:50.181 (37.233)	2:27.861 (37.680)	
	3:05.874 (38.013)	3:44.543 (38.669)	4:23.375 (38.833)	5:02.921 (39.546)	
	5:43.357 (40.437)	6:23.759 (40.402)	7:04.232 (40.474)	7:44.613 (40.381)	
	8:24.629 (40.017)	9:02.257 (37.628)	9:36.374 (34.118)		
18	Blake Willadsen	JR Simpson (Iowa)	9:03.00	9:37.71	2
	36.753 (36.753)	1:13.418 (36.666)	1:49.512 (36.095)	2:25.758 (36.247)	
	3:02.719 (36.962)	3:40.648 (37.929)	4:19.132 (38.484)	4:58.007 (38.876)	
	5:37.175 (39.168)	6:16.664 (39.489)	6:56.851 (40.188)	7:37.607 (40.757)	
	8:18.059 (40.452)	8:58.473 (40.415)	9:37.705 (39.232)		
19	Steven Smith	JR Buena Vista	9:55.14	9:42.72	1
	36.819 (36.819)	1:13.254 (36.436)	1:50.482 (37.228)	2:28.205 (37.723)	
	3:06.283 (38.078)	3:44.865 (38.582)	4:23.664 (38.800)	5:03.171 (39.507)	
	5:42.971 (39.801)	6:22.762 (39.791)	7:02.778 (40.017)	7:43.230 (40.452)	
	8:23.924 (40.695)	9:03.877 (39.953)	9:42.712 (38.836)		
20	Sezar Carillo	FR Coe	10:15.28	10:17.09	1
	37.136 (37.136)	1:14.266 (37.130)	1:52.797 (38.531)	2:32.148 (39.352)	
	3:12.650 (40.502)	3:53.168 (40.519)	4:35.521 (42.354)	5:17.549 (42.029)	
	6:00.015 (42.466)	6:43.418 (43.403)	7:27.216 (43.798)	8:10.888 (43.672)	
	8:54.710 (43.823)	9:37.282 (42.572)	10:17.084 (39.802)		

21 Jared Wells	FR Coe	11:09.28	1
38.070 (38.070)	1:18.020 (39.951)	2:00.182 (42.163)	2:42.814 (42.632)
3:27.040 (44.226)	4:12.720 (45.681)	4:58.186 (45.466)	5:44.327 (46.142)
6:30.750 (46.424)	7:17.776 (47.026)	8:04.733 (46.958)	8:51.535 (46.803)
9:39.197 (47.662)	10:24.665 (45.469)	11:09.279 (44.614)	
-- Payton Nevills	SR Dubuque	9:09.43	DNS 2

Men 5000 Meter Run

=====				
All-Time: A	14:20.44	2005	Josh Moen, Wartburg	
Championship: C	14:27.80	2/28/2014	Eli Horton, Central College	
Facility: F	14:40.39	2/20/2015	Andrew Ronoh, Unattached	
Name	Year	School	Seed	Finals Points
=====				
1 Cole Decker		SR Central College	14:39.29	14:32.80F 10
35.808 (35.808)	1:11.648 (35.841)	1:45.731 (34.083)	2:20.127 (34.397)	
2:53.817 (33.690)	3:28.433 (34.617)	4:02.731 (34.298)	4:37.528 (34.798)	
5:13.023 (35.495)	5:48.384 (35.362)	6:23.783 (35.400)	6:58.085 (34.302)	
7:32.717 (34.633)	8:07.924 (35.207)	8:43.575 (35.652)	9:19.299 (35.725)	
9:54.815 (35.517)	10:30.270 (35.455)	11:05.502 (35.233)	11:40.615 (35.113)	
12:16.108 (35.494)	12:51.807 (35.700)	13:27.156 (35.350)	14:01.738 (34.582)	
14:32.793 (31.056)				
2 Alec Bass		SO Dubuque	15:02.33	14:53.20 8
36.010 (36.010)	1:11.967 (35.958)	1:45.974 (34.007)	2:20.570 (34.597)	
2:54.331 (33.761)	3:28.911 (34.581)	4:03.259 (34.348)	4:37.800 (34.542)	
5:13.227 (35.427)	5:48.569 (35.343)	6:24.043 (35.475)	6:58.914 (34.871)	
7:33.195 (34.282)	8:08.208 (35.013)	8:43.818 (35.611)	9:19.582 (35.765)	
9:55.171 (35.590)	10:30.948 (35.777)	11:07.390 (36.443)	11:44.821 (37.431)	
12:22.760 (37.939)	13:01.073 (38.314)	13:39.960 (38.887)	14:17.896 (37.936)	
14:53.200 (35.305)				
3 Mason Tope		SO Loras	15:22.29	15:10.93 6
36.792 (36.792)	1:13.045 (36.254)	1:48.054 (35.010)	2:23.311 (35.257)	
2:59.387 (36.077)	3:36.094 (36.708)	4:13.376 (37.282)	4:49.817 (36.442)	
5:26.082 (36.266)	6:02.251 (36.170)	6:38.725 (36.475)	7:15.433 (36.708)	
7:52.314 (36.882)	8:29.255 (36.942)	9:06.356 (37.101)	9:43.051 (36.696)	
10:19.085 (36.035)	10:55.951 (36.867)	11:33.224 (37.273)	12:10.343 (37.119)	
12:46.773 (36.431)	13:23.951 (37.178)	14:00.949 (36.998)	14:37.097 (36.149)	
15:10.929 (33.832)				
4 Isaac Steffensmeier		JR Central College	15:12.02	15:13.86 5
36.979 (36.979)	1:13.222 (36.244)	1:48.168 (34.947)	2:23.398 (35.230)	
2:59.191 (35.794)	3:35.756 (36.566)	4:11.666 (35.911)	4:47.999 (36.334)	
5:23.942 (35.943)	5:59.866 (35.925)	6:35.857 (35.992)	7:12.801 (36.944)	
7:49.862 (37.062)	8:26.844 (36.982)	9:04.110 (37.266)	9:40.754 (36.645)	
10:17.898 (37.144)	10:55.496 (37.598)	11:33.467 (37.971)	12:10.768 (37.301)	
12:48.386 (37.618)	13:25.050 (36.665)	14:02.757 (37.707)	14:39.930 (37.173)	
15:13.854 (33.925)				
5 Bennet Moser		SR Wartburg		15:20.70 4
35.654 (35.654)	1:11.533 (35.880)	1:45.650 (34.117)	2:20.329 (34.680)	
2:54.071 (33.742)	3:28.645 (34.575)	4:03.019 (34.374)	4:37.501 (34.483)	
5:12.907 (35.406)	5:48.240 (35.334)	6:23.790 (35.551)	6:58.754 (34.964)	
7:33.518 (34.765)	8:09.408 (35.891)	8:46.391 (36.983)	9:24.564 (38.173)	
10:03.287 (38.723)	10:43.327 (40.041)	11:23.694 (40.367)	12:04.504 (40.811)	
12:45.461 (40.958)	13:25.819 (40.358)	14:06.502 (40.684)	14:45.951 (39.449)	
15:20.694 (34.744)				
6 John Sevcik		JR Loras	15:35.12	15:22.32 3
36.494 (36.494)	1:12.574 (36.081)	1:47.798 (35.225)	2:23.064 (35.266)	
2:59.161 (36.098)	3:35.892 (36.732)	4:13.090 (37.198)	4:49.556 (36.467)	
5:25.841 (36.286)	6:01.992 (36.152)	6:38.500 (36.508)	7:15.167 (36.668)	
7:52.135 (36.969)	8:29.047 (36.912)	9:06.114 (37.067)	9:43.363 (37.249)	
10:20.166 (36.804)	10:57.180 (37.014)	11:35.040 (37.860)	12:12.935 (37.896)	

	12:50.099 (37.164)	13:27.583 (37.484)	14:05.945 (38.362)	14:44.999 (39.054)
	15:22.317 (37.318)			
7 Tanner Rathje	SO Central College			15:39.80 2
	36.384 (36.384)	1:13.360 (36.976)	1:48.518 (35.159)	2:23.688 (35.170)
	2:59.677 (35.990)	3:36.274 (36.598)	4:13.239 (36.965)	4:50.346 (37.107)
	5:26.620 (36.275)	6:02.832 (36.213)	6:39.365 (36.534)	7:16.213 (36.849)
	7:53.559 (37.346)	8:31.908 (38.349)	9:11.208 (39.300)	9:50.613 (39.406)
	10:29.037 (38.424)	11:07.710 (38.673)	11:47.438 (39.729)	12:27.862 (40.424)
	13:07.348 (39.487)	13:47.673 (40.325)	14:26.571 (38.899)	15:03.826 (37.255)
	15:39.791 (35.966)			
8 Clare Brandt	SR Luther			15:42.35 1
	37.825 (37.825)	1:15.548 (37.724)	1:52.848 (37.300)	2:30.224 (37.376)
	3:07.466 (37.242)	3:44.832 (37.366)	4:22.176 (37.344)	4:59.250 (37.074)
	5:36.168 (36.919)	6:14.219 (38.051)	6:52.270 (38.051)	7:30.026 (37.756)
	8:07.828 (37.802)	8:46.207 (38.380)	9:24.694 (38.487)	10:02.406 (37.712)
	10:39.979 (37.573)	11:18.426 (38.447)	11:56.701 (38.276)	12:36.410 (39.709)
	13:14.467 (38.057)	13:52.973 (38.506)	14:30.899 (37.927)	15:07.610 (36.712)
	15:42.349 (34.739)			
9 Eli Kaczinski	SO Wartburg			15:46.63
	37.095 (37.095)	1:13.472 (36.378)	1:48.692 (35.221)	2:23.897 (35.205)
	2:59.839 (35.943)	3:36.268 (36.430)	4:13.538 (37.270)	4:50.076 (36.539)
	5:26.330 (36.255)	6:02.488 (36.159)	6:38.933 (36.446)	7:15.675 (36.742)
	7:52.571 (36.896)	8:29.527 (36.957)	9:06.674 (37.147)	9:44.035 (37.361)
	10:21.943 (37.909)	11:01.439 (39.496)	11:41.088 (39.650)	12:20.681 (39.593)
	13:01.835 (41.155)	13:44.478 (42.643)	14:27.132 (42.654)	15:08.996 (41.865)
	15:46.626 (37.630)			
10 Colin Ensminger	JR Loras			16:09.17 15:58.19
	38.095 (38.095)	1:15.889 (37.794)	1:53.573 (37.684)	2:31.955 (38.382)
	3:11.196 (39.241)	3:49.344 (38.149)	4:26.794 (37.450)	5:04.643 (37.849)
	5:43.500 (38.857)	6:22.327 (38.827)	7:00.666 (38.340)	7:39.477 (38.811)
	8:18.900 (39.423)	8:57.881 (38.982)	9:36.481 (38.600)	10:15.360 (38.879)
	10:53.886 (38.527)	11:32.406 (38.520)	12:11.291 (38.885)	12:50.005 (38.715)
	13:28.836 (38.831)	14:07.299 (38.463)	14:45.329 (38.030)	15:23.486 (38.158)
	15:58.184 (34.698)			
11 Trey Thompson	FR Simpson (Iowa)			15:59.58
	39.097 (39.097)	1:16.988 (37.891)	1:54.463 (37.475)	2:32.550 (38.087)
	3:10.854 (38.304)	3:50.100 (39.247)	4:28.768 (38.668)	5:08.269 (39.501)
	5:47.364 (39.096)	6:26.994 (39.630)	7:07.150 (40.157)	7:46.406 (39.256)
	8:25.014 (38.609)	9:03.557 (38.543)	9:41.921 (38.364)	10:20.418 (38.497)
	10:58.453 (38.036)	11:36.132 (37.679)	12:13.845 (37.713)	12:52.675 (38.830)
	13:30.573 (37.898)	14:09.236 (38.664)	14:47.194 (37.958)	15:24.485 (37.291)
	15:59.579 (35.094)			
12 Kyle Read	JR Wartburg			16:01.74
	38.184 (38.184)	1:15.681 (37.497)	1:51.920 (36.239)	2:28.698 (36.779)
	3:05.901 (37.203)	3:42.974 (37.074)	4:19.872 (36.898)	4:58.033 (38.162)
	5:36.189 (38.156)	6:14.475 (38.286)	6:52.646 (38.171)	7:30.489 (37.843)
	8:09.980 (39.492)	8:49.147 (39.167)	9:28.818 (39.672)	10:09.660 (40.842)
	10:50.319 (40.660)	11:30.353 (40.035)	12:10.847 (40.494)	12:49.045 (38.198)
	13:29.776 (40.732)	14:09.598 (39.823)	14:49.629 (40.031)	15:28.207 (38.578)
	16:01.734 (33.528)			
13 Isiah Herout	FR Luther			16:07.22
	38.810 (38.810)	1:16.724 (37.914)	1:54.173 (37.449)	2:32.276 (38.103)
	3:11.288 (39.012)	3:50.446 (39.159)	4:29.039 (38.593)	5:07.597 (38.558)
	5:46.943 (39.347)	6:26.858 (39.915)	7:06.899 (40.042)	7:46.099 (39.200)
	8:24.376 (38.277)	9:02.902 (38.527)	9:41.622 (38.720)	10:19.714 (38.092)
	10:58.203 (38.489)	11:37.197 (38.995)	12:16.881 (39.684)	12:56.073 (39.193)
	13:35.633 (39.560)	14:15.212 (39.580)	14:54.138 (38.926)	15:32.446 (38.308)
	16:07.218 (34.773)			
14 Patrick Finnegan	SO Luther			16:09.70
	38.599 (38.599)	1:16.407 (37.808)	1:53.708 (37.301)	2:31.606 (37.898)

3:10.864 (39.258)	3:50.368 (39.505)	4:29.285 (38.917)	5:07.921 (38.636)
5:46.975 (39.055)	6:26.645 (39.670)	7:07.029 (40.385)	7:46.287 (39.258)
8:24.721 (38.435)	9:03.316 (38.595)	9:42.169 (38.853)	10:20.107 (37.938)
10:58.982 (38.876)	11:38.589 (39.607)	12:17.880 (39.292)	12:57.145 (39.265)
13:36.444 (39.299)	14:16.360 (39.917)	14:55.236 (38.876)	15:34.465 (39.230)
16:09.699 (35.234)			
15 Justin Adams	SO Loras	15:42.36	16:10.78
37.468 (37.468)	1:14.444 (36.977)	1:51.000 (36.557)	2:28.068 (37.069)
3:05.271 (37.203)	3:42.018 (36.748)	4:18.821 (36.804)	4:56.128 (37.307)
5:33.081 (36.953)	6:10.931 (37.850)	6:49.233 (38.302)	7:27.757 (38.525)
8:06.848 (39.091)	8:46.322 (39.475)	9:25.916 (39.594)	10:06.082 (40.167)
10:46.537 (40.455)	11:27.608 (41.072)	12:08.646 (41.039)	12:48.459 (39.813)
13:29.435 (40.977)	14:07.602 (38.167)	14:48.615 (41.014)	15:30.216 (41.602)
16:10.776 (40.560)			
16 Blake Willadsen	JR Simpson (Iowa)		16:13.21
38.397 (38.397)	1:15.220 (36.823)	1:51.588 (36.368)	2:28.331 (36.744)
3:05.133 (36.803)	3:41.536 (36.404)	4:18.539 (37.003)	4:55.768 (37.229)
5:33.495 (37.727)	6:11.301 (37.806)	6:49.783 (38.483)	7:29.090 (39.307)
8:08.915 (39.826)	8:48.680 (39.765)	9:28.986 (40.307)	10:09.967 (40.981)
10:50.583 (40.617)	11:30.958 (40.376)	12:10.576 (39.618)	12:50.528 (39.953)
13:30.849 (40.321)	14:11.840 (40.992)	14:53.226 (41.387)	15:33.869 (40.644)
16:13.210 (39.341)			
17 Nathan Haerr	SO Coe		16:20.86
37.733 (37.733)	1:14.798 (37.065)	1:51.334 (36.537)	2:28.447 (37.113)
3:05.629 (37.182)	3:42.546 (36.918)	4:19.550 (37.004)	4:57.602 (38.052)
5:35.925 (38.324)	6:15.072 (39.147)	6:54.094 (39.022)	7:32.897 (38.804)
8:12.625 (39.728)	8:52.725 (40.101)	9:33.067 (40.342)	10:13.389 (40.323)
10:53.554 (40.166)	11:33.079 (39.525)	12:13.539 (40.461)	12:54.882 (41.343)
13:36.692 (41.811)	14:18.416 (41.725)	14:59.267 (40.852)	15:40.412 (41.146)
16:20.856 (40.444)			
18 Steven Smith	JR Buena Vista	16:45.93	16:57.02
38.383 (38.383)	1:16.140 (37.757)	1:53.682 (37.542)	2:32.007 (38.325)
3:11.030 (39.023)	3:50.913 (39.884)	4:29.670 (38.757)	5:08.889 (39.220)
5:48.981 (40.092)	6:30.009 (41.029)	7:11.905 (41.897)	7:53.103 (41.199)
8:33.609 (40.506)	9:15.530 (41.922)	9:58.147 (42.617)	10:40.846 (42.699)
11:23.071 (42.226)	12:04.981 (41.911)	12:47.142 (42.162)	13:29.185 (42.044)
14:10.980 (41.796)	14:53.879 (42.899)	15:35.658 (41.780)	16:16.962 (41.305)
16:57.014 (40.052)			
19 Sezar Carillo	FR Coe		17:43.46
39.277 (39.277)	1:17.553 (38.276)	1:54.963 (37.410)	2:33.630 (38.667)
3:13.511 (39.882)	3:54.108 (40.597)	4:34.962 (40.855)	5:16.162 (41.201)
5:57.762 (41.601)	6:40.079 (42.317)	7:22.977 (42.898)	8:06.713 (43.736)
8:50.989 (44.276)	9:35.100 (44.112)	10:18.662 (43.562)	11:02.143 (43.481)
11:45.838 (43.695)	12:31.169 (45.332)	13:16.917 (45.749)	14:02.312 (45.395)
14:48.120 (45.809)	15:34.042 (45.923)	16:19.627 (45.585)	17:01.179 (41.553)
17:43.453 (42.274)			

Men 60 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 5 Best Times

All-Time: A 8.11 2016 Dan Roerman, Central
 Championship: C 8.31 2012 Larry Johnson, Wartburg
 Facility: F 8.10 2014 Kion Joseph, Iowa Central CC

Name	Year	School	Seed	Prelims	H#
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Preliminaries

1 Dan Roerman	SR	Central College	8.11	C 8.27Q	3
2 Dylan Kalinay	SO	Simpson (Iowa)	8.33	8.41Q	2
3 Gerrand Moody	SO	Loras	8.43	8.55Q	1
4 Austin Groth	SR	Buena Vista	8.53	8.46q	3

5	Hunter Pollpeter	SO Central College	8.66	8.56q	1
6	Chris Hawkins	SO Coe	8.51	8.60q	2
7	Isaac Frazier	JR Simpson (Iowa)	8.50	8.64q	1
8	Reese Iversen	SO Central College	8.66	8.66q	1
9	Clayton Gray	SO Dubuque	8.64	8.79	2
10	Famiek Cook	FR Wartburg	8.57	8.81	3
11	Justin Sacker	JR Buena Vista	8.88	8.90	2
12	Ben Cuvelier	SO Wartburg	8.77	8.97	3
13	Jake Brock	SR Loras	8.77	9.04	3
14	Riley Woods	FR Wartburg	9.36	9.24	1
15	Nils Boyum	SO Luther	9.57	9.27	2
16	Peter Lillibridge	SR Luther	9.36	9.45	1
17	William Bestul	JR Luther	9.87	9.53	3
18	Andrew O'Neill	SO Loras	8.74	9.68	2

Men 60 Meter Hurdles

=====
All-Time: A 8.11 2016 Dan Roerman, Central
Championship: C 8.31 2012 Larry Johnson, Wartburg
Facility: F 8.10 2014 Kion Joseph, Iowa Central CC

Name	Year	School	Prelims	Finals	Points
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Finals

1	Dan Roerman	SR Central College	8.27	8.22C	10
2	Isaac Frazier	JR Simpson (Iowa)	8.64	8.40	8
3	Gerrand Moody	SO Loras	8.55	8.49	6
4	Dylan Kalinay	SO Simpson (Iowa)	8.41	8.53	5
5	Chris Hawkins	SO Coe	8.60	8.54	4
6	Hunter Pollpeter	SO Central College	8.56	8.55	3
7	Austin Groth	SR Buena Vista	8.46	8.58	2
8	Reese Iversen	SO Central College	8.66	8.69	1

Preliminaries

9	Clayton Gray	SO Dubuque	8.79		
10	Famiek Cook	FR Wartburg	8.81		
11	Justin Sacker	JR Buena Vista	8.90		
12	Ben Cuvelier	SO Wartburg	8.97		
13	Jake Brock	SR Loras	9.04		
14	Riley Woods	FR Wartburg	9.24		
15	Nils Boyum	SO Luther	9.27		
16	Peter Lillibridge	SR Luther	9.45		
17	William Bestul	JR Luther	9.53		
18	Andrew O'Neill	SO Loras	9.68		

Men 4x200 Meter Relay

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All-Time: A 1:28.37 2003 Wartburg, Wartburg
S Bubb, J Hauser, A Six, B Showlater
Championship: C 1:28.37 2003 Wartburg, Wartburg
S Bubb, J Hauser, A Six, B Showlater
Facility: F 1:29.85 2/7/2015 Briar Cliff, Briar Cliff
R Muncy, R Iron Shell, F Wallace, A Cowan

School	Seed	Finals	H#	Points
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Finals

1	Simpson (Iowa)	1:32.19	1:29.31F	2	10
	1) Emmitt Wheatley FR	2) Dylan Kalinay SO			
	3) Travis Tupper SO	4) Prince Krah FR			
	44.431 (44.431) 1:06.750 (22.319)	1:29.301 (22.552)			
2	Wartburg		1:30.44	1	8
	1) Chris Nothnick SR	2) Ty Troutman SR			

3) Joseph Fedoris SR	44.850 (44.850)	1:07.623 (22.774)	4) Drew Schwartz JR	1:30.439 (22.816)				
3 Central College				1:33.96	1:30.46	1	6	
1) Justin Wimbish SO			2) Alex Bleadorn SR					
3) Hunter Howe SO	45.506 (45.506)	1:07.848 (22.343)	4) Blake Morgan SO	1:30.452 (22.605)				
4 Dubuque				1:32.29	1:30.82	2	5	
1) Marcus Weathers Jr. JR			2) Isaiah Ellis FR					
3) Izaiah Lavatai FR	44.916 (44.916)	1:07.899 (22.983)	4) Ryan Kind FR	1:30.816 (22.918)				
5 Buena Vista				1:35.05	1:31.29	1	4	
1) Moussa Kuyateh FR			2) Brennan Dostal SO					
3) Mark Eberly JR	45.881 (45.881)	1:08.476 (22.596)	4) Ben Sampson JR	1:31.282 (22.806)				
6 Loras				1:32.84	1:31.52	2	3	
1) Stedman Foster SR			2) Brandon Gradoville JR					
3) Jake Brock SR	45.913 (45.913)	1:09.104 (23.191)	4) Nick Ball SR	1:31.514 (22.411)				
7 Luther				1:31.92	1:31.90	2	2	
1) Austin Flieder FR			2) Peter Krumm SR					
3) Andrew McCarthy SR	45.966 (45.966)	1:08.801 (22.835)	4) Elijah Kane SO	1:31.894 (23.094)				
8 Coe				1:33.58	1:33.14	1	1	
1) Erik Franklin JR			2) Chris Hawkins SO					
3) Anton Jones JR	46.199 (46.199)	1:09.488 (23.289)	4) Max Johnson FR	1:33.139 (23.652)				

Men 4x400 Meter Relay

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All-Time: A	3:14.04	2004	Wartburg, Wartburg				
			A Six, S Bubb, A Six, B Showlater				
Championship: C	3:22.65	2005	Wartburg, Wartburg				
			DJ Cobler, T Whipple, J Koeppe, G Dierikx				
Facility: F	3:17.85	2/21/2015	Iowa Western CC, Iowa Western CC				
			J Murray, J Willingham, S Livingston, B Hawthorne				
School			Seed	Finals	H#	Points	
=====							
1 Loras			3:25.04	3:22.06C	2	10	
1) Brandon Gradoville JR							
3) Jake Brock SR							
	51.074 (51.074)	1:40.675 (49.602)	2) Stedman Foster SR	2:32.552 (51.877)	3:22.059 (49.508)		
2 Wartburg			3:22.87	3:22.21C	2	8	
1) Nicholas Green SR							
3) Justin Anderlik SR	51.378 (51.378)	1:41.648 (50.270)	2) Famiek Cook FR	2:32.708 (51.061)	3:22.203 (49.495)		
3 Central College			3:24.10	3:24.37	2	6	
1) Alex Bleadorn SR							
3) Blake Morgan SO	51.531 (51.531)	1:42.471 (50.941)	2) Austin Roberts SR	2:33.478 (51.008)	3:24.368 (50.891)		
4 Simpson (Iowa)			3:28.74	3:25.44	1	5	
1) Kirk Wicks FR							
3) Matt Pearson JR	52.384 (52.384)	1:43.742 (51.358)	2) Prince Krah FR	2:34.571 (50.830)	3:25.435 (50.865)		
5 Luther			3:28.05	3:26.22	1	4	
1) Austin Flieder FR							
3) Peter Krumm SR	51.848 (51.848)	1:42.741 (50.894)	2) Andrew McCarthy SR	2:34.993 (52.253)	3:26.215 (51.222)		
6 Buena Vista			3:23.17	3:26.74	2	3	
1) Mark Eberly JR							
3) Austin Groth SR							

	52.296 (52.296)	1:43.725 (51.429)	2:35.383 (51.659)	3:26.733 (51.350)		
7 Coe			3:26.15	3:30.65	1	2
1) Erik Franklin JR						
2) Anton Jones JR						
3) Nick Poff FR						
4) Max Johnson FR						
	51.074 (51.074)	1:42.498 (51.425)	2:36.621 (54.124)	3:30.646 (54.025)		
8 Dubuque			3:30.61	3:31.23	1	1
1) Marcus Weathers Jr. JR						
2) Izaiah Lavatai FR						
3) Jacob Mentzer SO						
4) Isaiah Ellis FR						
	51.951 (51.951)	1:44.120 (52.170)	2:39.069 (54.949)	3:31.224 (52.155)		

Men 4x800 Meter Relay

=====						
	All-Time: A	7:52.15	2013	Buena Vista, Buena Vista		
				A Smith, G Woodson, B Berberich, S Woodson		
Championship: C	7:52.15	2013	Buena Vista, Buena Vista			
				A Smith, G Woodson, B Berberich, S Woodson		
Facility: F	7:43.90	1/31/2015	Northwestern (Iowa), Northwestern			
			S Giddings, L Hovland, E Johnson, K Anderson			
School			Seed	Finals	Points	
=====						
1 Coe				7:56.40	10	
1) Ben Nelson SO			2) Dray Schreiber SO			
3) Ryan Izer FR			4) Beau Freeborn JR			
	2:00.494 (2:00.494)	4:00.198 (1:59.704)		5:58.746 (1:58.549)		
	7:56.392 (1:57.646)					
2 Luther				7:57.97	8	
1) John Donovan SR			2) Parker Beard JR			
3) Noah Kudla FR			4) Kyle Gilberg FR			
	2:01.270 (2:01.270)	4:00.565 (1:59.296)		6:00.455 (1:59.890)		
	7:57.963 (1:57.508)					
3 Simpson (Iowa)				7:58.86	6	
1) Kyle Hovey SO			2) Ian Mckenzie SO			
3) Salem Hildebrandt SO			4) Trevor McKee JR			
	1:59.744 (1:59.744)	3:59.658 (1:59.914)		5:59.759 (2:00.102)		
	7:58.859 (1:59.100)					
4 Loras				7:59.99	5	
1) Kylian Lally SO			2) Brien Nugent JR			
3) Nathan Kimbrell JR			4) Jack Carroll FR			
	1:59.851 (1:59.851)	3:58.170 (1:58.319)		5:58.230 (2:00.061)		
	7:59.990 (2:01.761)					
5 Wartburg			8:05.09	8:03.28	4	
1) Jason Ludwig SO			2) Sam McMichael FR			
3) Anthony Green SR			4) Levi Dolphin SO			
	2:00.039 (2:00.039)	4:02.250 (2:02.211)		6:00.900 (1:58.650)		
	8:03.272 (2:02.372)					
6 Dubuque				8:13.81	3	
1) Hunter Klose FR			2) Aaron Ofosu SO			
3) Andre Dunlap FR			4) Austin Yirkovsky FR			
	2:01.201 (2:01.201)	4:03.617 (2:02.416)		6:08.918 (2:05.302)		
	8:13.801 (2:04.883)					
7 Central College				8:16.92	2	
1) Taylor Donner SO			2) Parker Hill FR			
3) Kyle Nuehring SO			4) Kyle Pape FR			
	2:02.010 (2:02.010)	4:13.410 (2:11.401)		6:17.167 (2:03.757)		
	8:16.919 (1:59.753)					
8 Buena Vista				8:57.82	1	
1) Paul Woizeschke SO			2) Joseph Dobson FR			
3) Brady Hannula SR			4) Tyler Larson JR			
	2:06.805 (2:06.805)	4:21.936 (2:15.132)		6:39.580 (2:17.645)		
	8:57.812 (2:18.232)					

Men Distance Medley

=====					
All-Time: A	9:54.08	2014	Central, Central		
			A O'Brien, S Hammack, D Jackson, E Horton		
Championship: C	10:01.66	2008	Wartburg, Wartburg		
			A Hodge, D Peth, J Hommer, K Balster		
Facility: F	10:12.55	2003	Morningside, Morningside		
School			Seed	Finals	Points
=====					
1	Wartburg			10:08.44F	10
	1) JJ Frawley JR		2) Justin Anderlik SR		
	3) Nicholas Green SR		4) Ryan Hermsen SR		
	3:07.542 (3:07.542)		3:58.083 (50.541)	5:52.591 (1:54.509)	
	10:08.434 (4:15.843)				
2	Loras		11:33.16	10:22.89	8
	1) Brien Nugent JR		2) Kylian Lally SO		
	3) Zach Frey SR		4) Jack Carroll FR		
	3:09.933 (3:09.933)		4:00.729 (50.797)	5:56.448 (1:55.720)	
	10:22.890 (4:26.442)				
3	Simpson (Iowa)		11:43.03	10:25.42	6
	1) Ian Mckenzie SO		2) Kirk Wicks FR		
	3) Kyle Hovey SO		4) Nick Yaeger SR		
	3:14.768 (3:14.768)		4:06.081 (51.314)	6:04.162 (1:58.081)	
	10:25.411 (4:21.249)				
4	Central College		10:32.86	10:27.41	5
	1) Taylor Donner SO		2) Eli Harper JR		
	3) Kyle Pape FR		4) Mark Fairley SO		
	3:11.987 (3:11.987)		4:03.944 (51.957)	6:04.211 (2:00.268)	
	10:27.405 (4:23.195)				
5	Luther			10:35.86	4
	1) Parker Beard JR		2) Raleigh Sims SR		
	3) Alex Streitz FR		4) John Donovan SR		
	3:17.956 (3:17.956)		4:09.417 (51.462)	6:12.246 (2:02.829)	
	10:35.860 (4:23.614)				
6	Coe		10:50.31	10:39.16	3
	1) Beau Freeborn JR		2) Dray Schreiber SO		
	3) Ben Nelson SO		4) Ryan Izer FR		
	3:11.998 (3:11.998)		4:04.714 (52.717)	6:03.959 (1:59.245)	
	10:39.157 (4:35.199)				
7	Dubuque		10:44.64	10:50.70	2
	1) Hunter Klose FR		2) Tyler Miller SO		
	3) Aaron Ofosu SO		4) Payton Nevills SR		
	3:14.902 (3:14.902)		4:07.478 (52.577)	6:09.948 (2:02.470)	
	10:50.700 (4:40.753)				
8	Buena Vista			11:08.39	1
	1) Brady Hannula SR		2) Paul Woizeschke SO		
	3) Joseph Dobson FR		4) Tyler Larson JR		
	3:33.728 (3:33.728)		4:27.181 (53.453)	6:37.975 (2:10.795)	
	11:08.387 (4:30.412)				

Men High Jump

=====					
1.73, 1.78, 1.83, 1.88, 1.93, 1.98, 2.03, 2.08					
All-Time: A	2.17m	2005	Cale VanGenderen, Central		
Championship: C	2.12m	3/1/2014	Jonas Elusme, Wartburg		
Facility: F	2.17m	2011	Ben Zuch, Midland Lutheran College		
Name	Year	School	Seed	Finals	Points
=====					
1	Logan Mulford	JR Central College	2.14m	2.13mC	6-11.75 10

	1.93	1.98	2.03	2.08	2.13	2.18					
	0	0	XO	PPP	XO	XXX					
2	Isaac Frazier						JR Simpson (Iowa)	1.97m	1.98m	6-06.00	8
	1.83	1.88	1.93	1.98	2.03						
	XO	0	0	XXO	XXX						
3	Nathan Keck						FR Wartburg	1.97m	1.93m	6-04.00	5.50
	1.83	1.88	1.93	1.98							
	0	0	0	XXX							
3	Kortez Pickett						FR Dubuque	1.95m	1.93m	6-04.00	5.50
	1.83	1.88	1.93	1.98							
	0	0	0	XXX							
5	Dan Vatch						SR Loras	1.90m	1.93m	6-04.00	4
	1.78	1.83	1.88	1.93	1.98						
	0	0	XXO	0	XXX						
6	Keontae Neely						SR Loras	1.87m	1.93m	6-04.00	3
	1.78	1.83	1.88	1.93	1.98						
	0	0	0	XO	XXX						
7	Reese Iversen						SO Central College	1.89m	1.88m	6-02.00	2
	1.78	1.83	1.88	1.93							
	0	0	XO	XXX							
8	Robert Wade						SR Wartburg	1.87m	1.83m	6-00.00	1
	1.78	1.83	1.88								
	XO	0	XXX								
9	Brett LaDoux						FR Wartburg	1.87m	1.78m	5-10.00	
	1.78	1.83									
	0	XXX									
10	Grant Preheim						SO Luther	1.77m	1.78m	5-10.00	
	1.73	1.78	1.83								
	0	XXO	XXX								
11	Trey Moddelmogg						FR Simpson (Iowa)	1.80m	1.73m	5-08.00	
	1.73	1.78									
	XXO	XXX									
--	Greg Cox						SR Loras	1.75m	NH		
	1.73										
	XXX										

Men Pole Vault

=====											
	3.49, 3.64, 3.79, 3.94, 4.09, 4.24, 4.39, 4.54, 4.69, 4.84										
	All-Time: A 5.20m 2008 Kyle Calvert, Loras										
	Championship: C 4.91m 2007 Kyle Calvert, Loras										
	Facility: F 5.08m 2012 Brian Schenavar, University of Sioux Fall										
	Name		Year	School		Seed		Finals			Points
=====											
1	Nicholas Kazmierczak			JR Dubuque		4.28m		4.54m		14-10.75	10
	4.24	4.39	4.54	4.60							
	XO	XO	XXO	XXX							
2	Erik Queoff			SR Luther		4.13m		4.39m		14-04.75	8
	3.94	4.09	4.24	4.39	4.54						
	0	XO	XXO	XXO	XXX						
3	Nick Sigrist			SO Luther		4.25m		4.24m		13-11.00	6
	3.64	3.79	3.94	4.09	4.24	4.39					
	XO	PPP	0	0	XO	XXX					
4	Zach Pogorzelski			FR Wartburg		4.01m		4.09m		13-05.00	5
	3.64	3.79	3.94	4.09	4.24						
	XO	0	0	0	XXX						
5	Hunter Dunlap			SO Loras		4.30m		4.09m		13-05.00	4
	3.94	4.09	4.24								
	XXO	0	XXX								
6	David Rodgers IV			JR Loras		4.00m		4.09m		13-05.00	3

	3.79	3.94	4.09	4.24					
	XO	0	XO	XXX					
7	Alexander Schlueter	SR	Dubuque	3.96m	4.09m	13-05.00	2		
	3.79	3.94	4.09	4.24					
	XXO	XO	XXO	XXX					
8	Mitch Stoltzman	JR	Simpson (Iowa)	4.15m	3.94m	12-11.00	1		
	3.79	3.94	4.09						
	0	0	XXX						
9	Nick Dreska	SO	Loras	3.95m	3.94m	12-11.00			
	3.79	3.94	4.09						
	0	XO	XXX						
10	Windom Shields	SR	Luther	3.97m	3.94m	12-11.00			
	3.79	3.94	4.09						
	XXO	XO	XXX						
11	Jacob Miller	SR	Luther	3.72m	3.79m	12-05.25			
	3.79	3.94							
	0	XXX							
11	Nils Boyum	SO	Luther	3.57m	3.79m	12-05.25			
	3.64	3.79	3.94						
	0	0	XXX						
13	Alexies Escotto	SO	Wartburg	3.65m	3.49m	11-05.25			
	3.49	3.64							
	0	XXX							

Men Long Jump

=====									
	All-Time: A	7.69m	2009	Eric Bertelsen,	Buena Vista				
	Championship: C	7.69m	2009	Eric Bertelsen,	Buena Vista				
	Facility: F	7.58m	2/20/2015	William Williams,	Unattached				
Name	Year	School	Seed	Finals	Points				
=====									
1	Chris Hawkins	SO	Coe	7.03m	7.05m	23-01.75	10		
	6.87m	FOUL	7.03m	6.25m	7.05m	FOUL			
2	Justin Wimbish	SO	Central College	6.69m	6.84m	22-05.25	8		
	6.84m	FOUL	6.83m	6.47m	FOUL	6.46m			
3	Jaemin Powell	SR	Central College	6.61m	6.81m	22-04.25	6		
	6.44m	6.81m	FOUL	6.35m	FOUL	6.52m			
4	Famiek Cook	FR	Wartburg	6.65m	6.71m	22-00.25	5		
	6.43m	6.71m	6.50m	6.41m	6.68m	6.42m			
5	Emmitt Wheatley	FR	Simpson (Iowa)	6.40m	6.70m	21-11.75	4		
	6.45m	FOUL	6.36m	6.70m	FOUL	6.60m			
6	Colby Rattenborg	SO	Dubuque	6.56m	6.58m	21-07.25	3		
	6.39m	FOUL	FOUL	6.58m	6.22m	FOUL			
7	Erik Franklin	JR	Coe	6.49m	6.56m	21-06.25	2		
	6.56m	FOUL	6.21m	PASS	PASS	PASS			
8	Nick Hageman	SR	Wartburg	6.58m	6.51m	21-04.25	1		
	6.14m	6.51m	6.44m	FOUL	FOUL	FOUL			
9	Kyle Hove	SR	Luther	6.38m	6.33m	20-09.25			
	6.33m	6.23m	6.09m	6.00m	FOUL	FOUL			
10	Keontae Neely	SR	Loras	6.67m	6.25m	20-06.25			
	6.13m	FOUL	6.25m						
11	Charles Jackson III	FR	Dubuque	6.58m	6.23m	20-05.25			
	6.23m	6.15m	FOUL						
12	Reese Iversen	SO	Central College	6.16m	6.23m	20-05.25			
	5.91m	FOUL	6.23m						
13	Kortez Pickett	FR	Dubuque	6.76m	5.96m	19-06.75			
	FOUL	5.96m	5.66m						
14	Jack Redmond	FR	Coe	5.65m	5.82m	19-01.25			
	FOUL	5.46m	5.82m						
15	Erik Queoff	SR	Luther	5.80m	5.66m	18-07.00			

FOUL 5.55m 5.66m
 16 Hunter Lynch SR Luther 5.45m 5.01m 16-05.25
 FOUL 4.47m 5.01m

Men Triple Jump

=====
 All-Time: A 14.60m 2005 DeAndre Bovan, Dubuque
 Championship: C 14.60m 2005 DeAndre Bovan, Dubuque
 Facility: F 15.91m 2/7/2015 Augustus Cowan, Briar Cliff
 Name Year School Seed Finals Points
 =====

1	Chris Hawkins	SO	Coe	12.71m	14.05m	46-01.25	10
	FOUL	13.55m	13.54m	13.54m	14.05m	13.99m	
2	Kebba Bojang	SR	Dubuque	14.23m	13.94m	45-09.00	8
	13.59m	FOUL	13.94m	FOUL	FOUL	FOUL	
3	Keontae Neely	SR	Loras	13.05m	13.55m	44-05.50	6
	FOUL	13.03m	FOUL	12.42m	13.55m	12.92m	
4	Isaac Frazier	JR	Simpson (Iowa)	13.13m	13.32m	43-08.50	5
	12.72m	13.32m	13.20m	PASS	PASS	PASS	
5	Nathan Keck	FR	Wartburg	13.17m	13.08m	42-11.00	4
	12.46m	FOUL	12.86m	12.85m	12.43m	13.08m	
6	Grant Preheim	SO	Luther	12.56m	12.87m	42-02.75	3
	12.57m	12.68m	12.71m	12.87m	12.53m	12.81m	
7	Dan Vatch	SR	Loras	12.53m	12.72m	41-08.75	2
	12.72m	12.17m	12.00m	12.12m	12.52m	12.38m	
8	Brett LaDoux	FR	Wartburg	12.28m	12.56m	41-02.50	1
	12.18m	12.56m	FOUL	12.21m	12.08m	12.47m	
9	Kortez Pickett	FR	Dubuque	13.06m	12.54m	41-01.75	
	12.54m	11.17m	FOUL	PASS	PASS	PASS	
10	Trey Moddelmog	FR	Simpson (Iowa)	12.51m	12.49m	40-11.75	
	12.49m	12.35m	PASS				
11	Joe Kotz	JR	Central College	12.36m	12.23m	40-01.50	
	11.91m	12.23m	12.20m				
12	Jordan Stiefel	SO	Loras		11.22m	36-09.75	
	FOUL	FOUL	11.22m				
--	Tate Jensen	SO	Central College		FOUL		
	FOUL	FOUL	FOUL				
--	Ahymad Lee	FR	Wartburg	12.34m	FOUL		
	FOUL	FOUL	FOUL				
--	Jack Redmond	FR	Coe	11.34m	FOUL		
	FOUL	PASS	PASS				
--	Colby Rattenborg	SO	Dubuque	12.45m	FOUL		
	FOUL	FOUL	FOUL				
--	Zach Quick	JR	Central College	11.46m	FOUL		
	FOUL	FOUL	FOUL				
--	Charles Jackson III	FR	Dubuque	13.97m	DNS		

Men Shot Put

=====
 All-Time: A 18.58m 2015 Colt Feltes, Wartburg
 Championship: C 18.10m 2/27/2015 Colt Feltes, Wartburg
 Facility: F 18.15m 2/6/2016 Kyle McKelvey, Unattached
 Name Year School Seed Finals Points
 =====

1	Blaze Murfin	FR	Dubuque	15.77m	15.25m	50-00.50	10
	14.85m	15.25m	14.95m	FOUL	FOUL	FOUL	
2	Drew Beall	FR	Buena Vista	14.65m	14.78m	48-06.00	8
	14.31m	FOUL	14.34m	13.37m	14.78m	FOUL	
3	Robbie Peters	SO	Coe	14.57m	14.65m	48-00.75	6
	FOUL	14.05m	14.65m	FOUL	FOUL	FOUL	

4	Nathan Fitzgerald	FR	Central College	14.02m	14.49m	47-06.50	5
	FOUL 14.11m 14.04m	FOUL	14.49m 14.31m				
5	Alex Mckee-Crow	SR	Coe	14.15m	14.12m	46-04.00	4
	13.97m 14.07m 13.53m	FOUL	14.12m 13.94m				
6	Kody Dailey	JR	Central College	14.38m	14.01m	45-11.75	3
	13.83m 13.86m	FOUL	FOUL 13.92m 14.01m				
7	Chase Bonner	FR	Buena Vista	13.69m	13.94m	45-09.00	2
	12.70m 13.94m	FOUL	FOUL 13.44m FOUL				
8	Ryan Kruse	FR	Central College	13.44m	13.83m	45-04.50	1
	FOUL 13.83m 13.81m	13.74m	FOUL 13.59m				
9	Tom Schiffer	SO	Wartburg	13.68m	13.33m	43-09.00	
	12.58m 13.33m	FOUL	12.85m FOUL 12.33m				
10	Dylan Draeger	SO	Dubuque	13.02m	13.29m	43-07.25	
	12.91m 13.00m 13.29m						
11	Jacob Hayes	SO	Coe	13.84m	12.96m	42-06.25	
	12.23m 12.96m 12.56m						
12	Scott Taylor	SO	Dubuque	12.86m	12.69m	41-07.75	
	11.90m 12.25m 12.69m						
13	Dakota Moore	SO	Wartburg	14.38m	12.42m	40-09.00	
	FOUL FOUL 12.42m						
14	Jake Berg	FR	Loras	12.93m	12.28m	40-03.50	
	FOUL 11.28m 12.28m						
15	Sam Heimer	SO	Wartburg	11.88m	12.12m	39-09.25	
	11.87m 11.94m 12.12m						
16	Koltin Pfaffle	SO	Luther	13.05m	12.10m	39-08.50	
	FOUL 12.10m 11.85m						
17	John Meskimen	FR	Loras	12.48m	11.80m	38-08.75	
	11.80m 10.19m	FOUL					
18	Lucas Kane	SO	Luther	11.01m	11.34m	37-02.50	
	11.34m 10.53m 10.98m						
19	Garrett Hammond	FR	Loras	11.96m	11.13m	36-06.25	
	11.13m	FOUL	FOUL				
20	Zach Soer	JR	Loras	12.73m	10.93m	35-10.50	
	FOUL FOUL 10.93m						

Men Weight Throw

=====							
	All-Time: A	18.79m	2014	Colt Feltes,	Wartburg		
	Championship: C	18.13m	3/1/2014	Colt Feltes,	Wartburg		
	Facility: F	17.97m	2/20/2016	Brian Williams,	Iowa Central		
	Name		Year	School	Seed	Finals	Points
=====							
1	Mario-John Otchere	SR	Dubuque	16.95m	17.09m	56-01.00	10
	15.99m 15.70m 15.96m	FOUL	16.37m 17.09m				
2	Blaze Murfin	FR	Dubuque	17.00m	17.06m	55-11.75	8
	FOUL 16.95m 16.79m	FOUL	17.06m 16.02m				
3	Robbie Peters	SO	Coe	16.91m	16.55m	54-03.75	6
	14.96m 16.17m 16.55m	FOUL	FOUL 15.56m				
4	Alex Link	SO	Dubuque	16.65m	15.77m	51-09.00	5
	15.39m	FOUL	FOUL 15.58m	FOUL	15.77m		
5	Chris Davis	SR	Central College	15.76m	15.76m	51-08.50	4
	13.96m 15.71m 15.05m	15.76m	14.80m 15.59m				
6	Garrett Rohlk	SO	Buena Vista	15.80m	15.70m	51-06.25	3
	15.53m	FOUL	15.09m 15.70m	15.10m	14.36m		
7	Michael Firkins	FR	Central College	15.01m	15.46m	50-08.75	2
	FOUL 14.78m 15.46m	15.21m	FOUL 15.29m				
8	Zach Soer	JR	Loras	15.62m	15.26m	50-00.75	1
	15.26m 11.93m	FOUL	14.33m	FOUL	14.99m		
9	Jacob Hayes	SO	Coe	15.03m	14.89m	48-10.25	
	FOUL FOUL 14.89m	14.76m	FOUL 14.10m				

10 Dakota Moore	SO Wartburg	15.54m	14.73m	48-04.00
14.22m 14.73m 14.59m				
11 Sam Heimer	SO Wartburg	13.50m	14.22m	46-08.00
13.07m FOUL 14.22m				
12 Jake Webb	JR Central College	14.18m	13.85m	45-05.25
13.85m FOUL 12.98m				
13 Alec Sindelar	SR Buena Vista	14.69m	13.57m	44-06.25
FOUL FOUL 13.57m				
14 Nick Arnold	SR Luther	14.25m	13.33m	43-09.00
12.90m FOUL 13.33m				
15 Dylan Draeger	SO Dubuque	13.18m	12.97m	42-06.75
FOUL 12.91m 12.97m				
16 Chase Bonner	FR Buena Vista	13.36m	12.87m	42-02.75
FOUL FOUL 12.87m				
17 Drew Beall	FR Buena Vista	13.45m	12.82m	42-00.75
FOUL 12.82m FOUL				
18 Garrett Hammond	FR Loras	12.63m	12.06m	39-07.00
11.90m FOUL 12.06m				
19 Lotu Ahomana	FR Coe	10.92m	10.93m	35-10.50
FOUL 10.93m FOUL				
-- Jake Berg	FR Loras	12.74m	FOUL	
FOUL FOUL FOUL				
-- Tom Schiffer	SO Wartburg	13.26m	FOUL	
FOUL FOUL FOUL				

Heptathlon: #1 Men 60 Meter Dash Heptathlon

=====
Championship: C 7.23 2/24/2012 Breighen Powell, Central
Facility: F 7.11 2/20/2015 Dylan Poirier, Unattached
Facility: F 7.11 2/19/2016 Jared Seay, Iowa Central
Name Year School Finals H# Points
=====

1 Jaemin Powell	SR Central College	7.30	2	779
2 Elijah Kane	SO Luther	7.32	2	772
3 Isaac Frazier	JR Simpson (Iowa)	7.35	2	762
4 Nick Sigrist	SO Luther	7.47	1	723
5 Trey Moddelmogg	FR Simpson (Iowa)	7.53	2	703 7.522
6 Nicholas Dugger	SR Wartburg	7.53	1	703 7.523
7 Ben Cuvelier	SO Wartburg	7.56	2	694
8 Ryan Kruse	FR Central College	7.57	1	690
9 Kyle Wessling	JR Buena Vista	7.59	2	684 7.582
10 Jackson Hendricks	SO Luther	7.59	1	684 7.587
11 Cameron Kiner	FR Central College	8.07	1	540

Heptathlon: #7 Men 1000 Meter Run Heptathlon

=====
Championship: C 2:47.82 2/25/2012 Dalen Dirth, Luther
Facility: F 2:45.67 2/20/2010 Ethan Wilkins, Iowa Central
Name Year School Finals Points
=====

1 Nick Sigrist	SO Luther	2:53.21	732
34.590 (34.590) 1:08.539 (33.949) 1:44.466 (35.928) 2:21.551 (37.085)			
2:53.203 (31.652)			
2 Ben Cuvelier	SO Wartburg	2:54.30	721
33.023 (33.023) 1:08.164 (35.141) 1:45.045 (36.882) 2:23.411 (38.367)			
2:54.299 (30.888)			
3 Kyle Wessling	JR Buena Vista	2:56.54	699
34.336 (34.336) 1:09.965 (35.630) 1:47.109 (37.144) 2:22.786 (35.677)			
2:56.538 (33.753)			
4 Jaemin Powell	SR Central College	3:00.95	655

	33.738 (33.738)	1:09.378 (35.641)	1:46.777 (37.399)	2:25.250 (38.473)
	3:00.945 (35.696)			
5	Isaac Frazier	JR Simpson (Iowa)	3:01.11	653
	35.118 (35.118)	1:10.876 (35.759)	1:48.251 (37.375)	2:26.006 (37.755)
	3:01.103 (35.098)			
6	Trey Moddelmogg	FR Simpson (Iowa)	3:02.34	642
	33.970 (33.970)	1:09.638 (35.669)	1:48.238 (38.600)	2:26.260 (38.022)
	3:02.340 (36.081)			
7	Cameron Kiner	FR Central College	3:02.92	636
	35.245 (35.245)	1:12.268 (37.024)	1:51.390 (39.123)	2:28.186 (36.796)
	3:02.918 (34.733)			
8	Ryan Kruse	FR Central College	3:13.17	541
	35.502 (35.502)	1:12.292 (36.791)	1:53.024 (40.733)	2:36.066 (43.042)
	3:13.163 (37.097)			
9	Elijah Kane	SO Luther	3:14.28	531
	34.869 (34.869)	1:11.205 (36.337)	1:50.164 (38.959)	2:31.344 (41.181)
	3:14.277 (42.933)			
10	Jackson Hendricks	SO Luther	3:14.85	526
	35.643 (35.643)	1:12.610 (36.968)	1:53.394 (40.785)	2:36.738 (43.344)
	3:14.842 (38.104)			
--	Nicholas Dugger	SR Wartburg		DNS

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

=====
Championship: C 8.58 2/27/2015 Jacoby Firkins, Wartburg
Facility: F 8.49 2/22/2014 Darrius Brown, Iowa Central

Name	Year	School	Finals	H#	Points
1 Ben Cuvelier	SO	Wartburg	8.66	3	823
2 Isaac Frazier	JR	Simpson (Iowa)	8.69	3	816
3 Kyle Wessling	JR	Buena Vista	8.79	3	793
4 Nicholas Dugger	SR	Wartburg	8.80	2	791
5 Trey Moddelmogg	FR	Simpson (Iowa)	9.10	2	724
6 Ryan Kruse	FR	Central College	9.12	2	720
7 Nick Sigrist	SO	Luther	9.21	3	700
8 Cameron Kiner	FR	Central College	9.26	2	690
9 Elijah Kane	SO	Luther	9.27	1	687
10 Jaemin Powell	SR	Central College	9.69	1	601
11 Jackson Hendricks	SO	Luther	12.54	1	164

Heptathlon: #4 Men High Jump Heptathlon

=====
Championship: C 2.06m 2/27/2009 Chris Buresh, Loras
Facility: F 2.07m 2/19/2016 Jared Seay, Iowa Central

Name	Year	School	Finals	Points
1 Isaac Frazier	JR	Simpson (Iowa)	1.96m	6-05.00 767
			1.78 1.81 1.84 1.87 1.90 1.93 1.96 1.99	
			0 PPP 0 0 0 0 0 XXX	
2 Cameron Kiner	FR	Central College	1.87m	6-01.50 687
			1.72 1.75 1.78 1.81 1.84 1.87 1.90	
			0 0 0 XX0 0 XX0 XXX	
3 Trey Moddelmogg	FR	Simpson (Iowa)	1.84m	6-00.50 661
			1.72 1.75 1.78 1.81 1.84 1.87	
			0 0 XO XX0 XX0 XXX	
3 Ryan Kruse	FR	Central College	1.84m	6-00.50 661
			1.72 1.75 1.78 1.81 1.84 1.87	
			XO 0 XO XO 0 XXX	
5 Kyle Wessling	JR	Buena Vista	1.81m	5-11.25 636
			1.66 1.69 1.72 1.75 1.78 1.81 1.84	

	0	PPP	0	0	XO	XXO	XXX				
6	Jaemin Powell					SR Central College		1.78m	5-10.00	610	
		1.72	1.75	1.78	1.81						
		XO	XXO	XO	XXX						
7	Nicholas Dugger					SR Wartburg		1.72m	5-07.75	560	
		1.72	1.75	1.78							
		0	PPP	XXX							
8	Nick Sigrist					SO Luther		1.69m	5-06.50	536	
		1.54	1.57	1.60	1.63	1.66	1.69	1.72			
		0	PPP	0	0	0	0	XXX			
8	Ben Cuvelier					SO Wartburg		1.69m	5-06.50	536	
		1.54	1.57	1.60	1.63	1.66	1.69	1.72			
		0	0	0	XXO	0	XO	XXX			
8	Elijah Kane					SO Luther		1.69m	5-06.50	536	
		1.54	1.57	1.60	1.63	1.66	1.69	1.72			
		0	0	XO	0	0	XXO	XXX			
11	Jackson Hendricks					SO Luther		1.63m	5-04.25	488	
		1.54	1.57	1.60	1.63	1.66					
		XO	0	0	XO	XXX					

Heptathlon: #6 Men Pole Vault Heptathlon

=====
Championship: C 4.49m 2/25/2012 Aaron Fuller, Central
Facility: F 4.98m 2/20/2015 Dylan Poirier, Unattached
Name Year School Finals Points
=====

1	Nick Sigrist					SO Luther		4.34m	14-02.75	714		
		3.54	3.64	3.74	3.84	3.94	4.04	4.14	4.24	4.34	4.44	
		0	PPP	PPP	0	0	XO	PPP	XO	XXO	XPP	
2	Ryan Kruse					FR Central College		3.54m	11-07.25	493		
		3.24	3.34	3.44	3.54	3.64						
		XXO	XXO	XO	0	XXX						
3	Jaemin Powell					SR Central College		3.44m	11-03.50	467		
		3.24	3.34	3.44	3.54							
		0	0	XO	XXX							
4	Kyle Wessling					JR Buena Vista		3.34m	10-11.50	441		
		2.94	3.04	3.14	3.24	3.34	3.44					
		0	XO	0	0	XO	XXX					
5	Nicholas Dugger					SR Wartburg		3.14m	10-03.50	391		
		2.24	2.34	2.44	2.54	2.64	2.74	2.84	2.94	3.04	3.14	3.24
		0	0	XO	0	0	0	0	0	0	0	XXX
6	Trey Moddelmogg					FR Simpson (Iowa)		3.04m	9-11.75	367		
		2.64	2.74	2.84	2.94	3.04	3.14					
		XO	0	0	0	XXO	XXX					
6	Isaac Frazier					JR Simpson (Iowa)		3.04m	9-11.75	367		
		2.74	2.84	2.94	3.04	3.14						
		0	0	0	0	XXX						
8	Ben Cuvelier					SO Wartburg		2.94m	9-07.75	342		
		2.14	2.24	2.34	2.44	2.54	2.64	2.74	2.84	2.94	3.04	
		0	PPP	0	0	XXO	0	0	XO	0	XXX	
9	Jackson Hendricks					SO Luther		2.74m	8-11.75	296		
		2.14	2.24	2.34	2.44	2.54	2.64	2.74	2.84			
		0	0	0	0	0	0	XO	XXX			
9	Cameron Kiner					FR Central College		2.74m	8-11.75	296		
		2.14	2.24	2.34	2.44	2.54	2.64	2.74	2.84			
		0	0	0	PPP	0	0	XXO	XXX			
9	Elijah Kane					SO Luther		2.74m	8-11.75	296		
		2.14	2.24	2.34	2.44	2.54	2.64	2.74	2.84	2.94		
		0	PPP	0	PPP	XO	0	0	PPP	XXX		

Heptathlon: #2 Men Long Jump Heptathlon

Championship: C 7.24m 2/25/2011 Ethan Miller, Central College

Facility: F 6.90m 2/26/2010 Ethan Miller, Central College

Name	Year	School	Finals	Points
1 Jaemin Powell 5.93m 6.56m 6.44m	SR	Central College	6.56m 21-06.25	711
2 Isaac Frazier 6.16m FOUL 6.35m	JR	Simpson (Iowa)	6.35m 20-10.00	664
3 Ryan Kruse 5.91m 6.06m 5.92m	FR	Central College	6.06m 19-10.75	600
4 Kyle Wessling FOUL 6.05m PASS	JR	Buena Vista	6.05m 19-10.25	597
5 Elijah Kane 5.84m 5.23m 5.89m	SO	Luther	5.89m 19-04.00	563
5 Nicholas Dugger 5.55m 5.63m 5.89m	SR	Wartburg	5.89m 19-04.00	563
7 Nick Sigrist 5.88m 5.77m FOUL	SO	Luther	5.88m 19-03.50	561
8 Trey Modellmogg 5.75m 5.60m 5.66m	FR	Simpson (Iowa)	5.75m 18-10.50	533
9 Ben Cuvelier 5.23m 5.35m 5.43m	SO	Wartburg	5.43m 17-09.75	467
10 Jackson Hendricks 5.34m FOUL FOUL	SO	Luther	5.34m 17-06.25	449
11 Cameron Kiner FOUL 5.14m FOUL	FR	Central College	5.14m 16-10.50	409

Heptathlon: #3 Men Shot Put Heptathlon

Championship: C 13.34m 2/23/2013 Tyler Dobratz, Dubuque

Facility: F 13.08m 2/26/2010 James Wohrley, Cornell College

Name	Year	School	Finals	Points
1 Ryan Kruse 1.31m FOUL 14.41m	FR	Central College	14.41mC 47-03.50	753
2 Isaac Frazier 11.08m 10.80m 12.31m	JR	Simpson (Iowa)	12.31m 40-04.75	625
3 Jaemin Powell 11.36m 12.06m 11.99m	SR	Central College	12.06m 39-07.00	610
4 Kyle Wessling 10.93m 10.94m 10.96m	JR	Buena Vista	10.96m 35-11.50	543
5 Cameron Kiner 10.52m 10.16m 10.74m	FR	Central College	10.74m 35-03.00	530
5 Ben Cuvelier 10.01m 9.73m 10.74m	SO	Wartburg	10.74m 35-03.00	530
7 Elijah Kane 8.42m 9.72m 10.35m	SO	Luther	10.35m 33-11.50	507
8 Nick Sigrist 8.96m 9.51m 9.42m	SO	Luther	9.51m 31-02.50	456
9 Nicholas Dugger 9.23m 8.91m 8.45m	SR	Wartburg	9.23m 30-03.50	440
10 Trey Modellmogg 9.08m 9.21m FOUL	FR	Simpson (Iowa)	9.21m 30-02.75	438
11 Jackson Hendricks 8.52m 8.01m FOUL	SO	Luther	8.52m 27-11.50	397

Men Heptathlon

All-Time: A 5375 2015 Eric Larson, Central
 Championship: C 4750 2/27/2015 Tyler Dobratz, Dubuque
 Facility: F 4880 2/22/2014 Darrius Brown, Iowa Central

Name	Year	School	Seed	Finals	Points
1 Isaac Frazier	JR	Simpson (Iowa)	4522	4654	10
2 Ryan Kruse	FR	Central College	4298	4458	8
3 Jaemin Powell	SR	Central College	4390	4433	6
4 Nick Sigrist	SO	Luther		4422	5
5 Kyle Wessling	JR	Buena Vista	4248	4393	4
6 Ben Cuvelier	SO	Wartburg	3941	4113	3
7 Trey Moddelmogg	FR	Simpson (Iowa)	3449	4068	2
8 Elijah Kane	SO	Luther		3892	1
9 Cameron Kiner	FR	Central College	3561	3788	
10 Jackson Hendricks	SO	Luther		3004	

Women - Team Rankings - 19 Events Scored

1) Wartburg	216	2) Loras	119
3) Central College	117	4) Dubuque	82
5) Luther	76	6) Buena Vista	68
7) Simpson (Iowa)	36	8) Coe	26

Men - Team Rankings - 19 Events Scored

1) Central College	148	2) Wartburg	127.50
3) Simpson (Iowa)	100	4) Loras	99
5) Dubuque	98.50	6) Coe	65
7) Buena Vista	55	8) Luther	48