

Women 55 Meter Dash

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

Seed Times are 60M

All-Time: A 7.07 2010 Faith Burt, Wartburg

Championship: C 7.12 2011 Faith Burt, Wartburg

Facility: F 7.17 2/24/2013 Felicia Coleman, Central

| Name                  | Year | School           | Seed | Prelims | H#      |
|-----------------------|------|------------------|------|---------|---------|
| Preliminaries         |      |                  |      |         |         |
| 1 Becca Cherry        | SR   | Wartburg         | 7.82 | 7.24Q   | 2 7.234 |
| 2 Cassie Hocker       | SR   | Coe              | 7.69 | 7.24Q   | 3 7.238 |
| 3 Mallory Spear       | SR   | Buena Vista      | 7.88 | 7.33Q   | 1 7.328 |
| 4 Alison Beeman       | FR   | Dubuque          | 8.01 | 7.32q   | 3       |
| 5 Gabrielle Noland    | FR   | Loras            | 7.90 | 7.33q   | 2 7.328 |
| 6 Katie Krick         | SR   | Nebraska Wesleya | 7.83 | 7.33q   | 1 7.330 |
| 7 Kate Patton         | JR   | Central College  | 8.04 | 7.43q   | 3       |
| 8 Teylor Jones        | SO   | Wartburg         | 8.04 | 7.47q   | 2       |
| 9 Tessa Helmle        | SR   | Wartburg         | 8.10 | 7.49    | 3 7.483 |
| 10 Shania Wunschel    | JR   | Buena Vista      | 8.05 | 7.49    | 1 7.485 |
| 11 Alexis Alt         | FR   | Loras            | 8.16 | 7.50    | 2       |
| 12 Amanda Zbilski     | SR   | Dubuque          | 8.09 | 7.55    | 2       |
| 13 Alyssa Skrove      | FR   | Dubuque          | 8.18 | 7.59    | 1       |
| 14 Tierra Hildebrandt | FR   | Dubuque          | 8.07 | 7.62    | 1       |
| 15 Lindsey Wisnieski  | SO   | Nebraska Wesleya | 8.11 | 7.66    | 3 7.657 |
| 16 Alyssa Simon       | JR   | Loras            | 8.19 | 7.66    | 1 7.659 |
| 17 Keanna Belau       | SO   | Luther           | 8.38 | 7.74    | 2       |
| 18 Destine Butturff   | FR   | Buena Vista      | 8.52 | 7.86    | 2       |
| 19 Rebecca Jensen     | SO   | Simpson (Iowa)   | 8.52 | 7.87    | 3       |
| 20 Kacy Rodamaker     | SO   | Luther           | 8.44 | 7.92    | 3       |
| 21 Elise Weber        | FR   | Luther           | 8.87 | 8.18    | 1       |
| -- Olivia Cotton      | SO   | Central College  | 9.02 | DNS     | 1       |

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All-Time: A 7.07 2010 Faith Burt, Wartburg

Championship: C 7.12 2011 Faith Burt, Wartburg

Facility: F 7.17 2/24/2013 Felicia Coleman, Central

| Name               | Year | School           | Prelims | Finals | Points |
|--------------------|------|------------------|---------|--------|--------|
| Finals             |      |                  |         |        |        |
| 1 Cassie Hocker    | SR   | Coe              | 7.24    | 7.22   | 10     |
| 2 Becca Cherry     | SR   | Wartburg         | 7.24    | 7.29   | 8      |
| 3 Katie Krick      | SR   | Nebraska Wesleya | 7.33    | 7.32   | 6      |
| 4 Mallory Spear    | SR   | Buena Vista      | 7.33    | 7.35   | 5      |
| 5 Alison Beeman    | FR   | Dubuque          | 7.32    | 7.38   | 4      |
| 6 Gabrielle Noland | FR   | Loras            | 7.33    | 7.43   | 3      |
| 7 Kate Patton      | JR   | Central College  | 7.43    | 7.46   | 2      |
| 8 Teylor Jones     | SO   | Wartburg         | 7.47    | 7.61   | 1      |

Women 200 Meter Dash

All-Time: A 24.65 2014 Libbey Schubert, Wartburg  
 Championship: C 24.92 2013 Felicia Coleman, Central  
 Facility: F 24.92 2/24/2013 Felicia Coleman, Central

| Name                  | Year | School           | Seed  | Finals | H# | Points |
|-----------------------|------|------------------|-------|--------|----|--------|
| 1 Katie Krick         | SR   | Nebraska Wesleya | 25.46 | 25.42  | 6  | 10     |
| 2 Gabrielle Noland    | FR   | Loras            | 26.09 | 25.69  | 5  | 8      |
| 3 Teylor Jones        | SO   | Wartburg         | 25.56 | 25.87  | 6  | 6      |
| 4 Mallory Spear       | SR   | Buena Vista      | 25.83 | 25.99  | 6  | 5      |
| 5 Hope Heitman        | SO   | Central College  | 26.06 | 26.10  | 6  | 4      |
| 6 Alison Beeman       | FR   | Dubuque          | 26.51 | 26.40  | 4  | 3      |
| 7 Tessa Helmle        | SR   | Wartburg         | 26.27 | 26.41  | 5  | 2      |
| 8 Dailen Folkedahl    | JR   | Wartburg         | 26.34 | 26.45  | 5  | 1      |
| 9 Becca Cherry        | SR   | Wartburg         | 26.22 | 26.50  | 5  |        |
| 10 Alexis Alt         | FR   | Loras            | 27.04 | 26.58  | 3  |        |
| 11 Alyssa Simon       | JR   | Loras            | 26.73 | 26.74  | 4  |        |
| 12 Alexandra Daniel   | FR   | Nebraska Wesleya | 26.88 | 26.76  | 3  |        |
| 13 Kate Patton        | JR   | Central College  | 26.77 | 26.83  | 4  |        |
| 14 Shania Wunschel    | JR   | Buena Vista      | 27.21 | 26.92  | 3  |        |
| 15 Madison Spear      | SR   | Buena Vista      | 27.50 | 27.11  | 2  |        |
| 16 Amanda Brummet     | SR   | Coe              | 26.73 | 27.12  | 4  |        |
| 17 Tierra Hildebrandt | FR   | Dubuque          | 27.13 | 27.27  | 3  |        |
| 18 Lindsey Wisnieski  | SO   | Nebraska Wesleya | 27.33 | 27.52  | 2  |        |
| 19 Candace Enis       | SO   | Dubuque          | 27.60 | 27.61  | 2  |        |
| 20 Sunkyu Holbert     | FR   | Buena Vista      | 28.13 | 28.15  | 1  |        |
| 21 Kacy Rodamaker     | SO   | Luther           | 27.82 | 28.68  | 2  | 28.671 |
| 22 Audrey Lovan       | SO   | Simpson (Iowa)   | 28.84 | 28.68  | 1  | 28.679 |
| 23 Delaney Schurer    | SO   | Luther           | 28.76 | 28.72  | 1  |        |
| 24 Elise Weber        | FR   | Luther           | 29.10 | 28.91  | 1  |        |
| 25 Whitney Burgardt   | SO   | Central College  |       | 29.88  | 1  |        |

Women 400 Meter Dash

All-Time: A 55.46 2012 Nevada Morrison, Wartburg  
 Championship: C 55.83 2011 Nevada Morrison, Wartburg  
 Facility: F 57.72 1/14/2012 Keelie Finnel, Coe

| Name                  | Year | School            | Seed    | Finals  | H# | Points |
|-----------------------|------|-------------------|---------|---------|----|--------|
| 1 Katie Krick         | SR   | Nebraska Wesleya  | 57.31   | 57.21F  | 5  | 10     |
| 27.395 (27.395)       |      | 57.203 (29.808)   |         |         |    |        |
| 2 Kaylee Jones        | SO   | Nebraska Wesleya  | 57.83   | 57.35F  | 5  | 8      |
| 27.550 (27.550)       |      | 57.346 (29.796)   |         |         |    |        |
| 3 Elizabeth Jones     | SO   | Nebraska Wesleya  | 58.08   | 57.55F  | 5  | 6      |
| 27.745 (27.745)       |      | 57.543 (29.799)   |         |         |    |        |
| 4 Hope Heitman        | SO   | Central College   | 57.75   | 58.43   | 5  | 5      |
| 26.779 (26.779)       |      | 58.429 (31.650)   |         |         |    |        |
| 5 Abigail Hunke       | SR   | Nebraska Wesleya  | 59.34   | 58.64   | 4  | 4      |
| 27.917 (27.917)       |      | 58.640 (30.724)   |         |         |    |        |
| 6 Mallory Spear       | SR   | Buena Vista       | 59.34   | 58.94   | 4  | 3      |
| 28.253 (28.253)       |      | 58.940 (30.687)   |         |         |    |        |
| 7 Kaitlyn Muhlenbruch | SR   | Wartburg          | 59.04   | 59.12   | 4  | 2      |
| 28.112 (28.112)       |      | 59.114 (31.002)   |         |         |    |        |
| 8 Amanda Brummet      | SR   | Coe               | 59.66   | 59.41   | 4  | 1      |
| 27.568 (27.568)       |      | 59.406 (31.838)   |         |         |    |        |
| 9 Belle Tynismaa      | FR   | Wartburg          | 59.04   | 59.44   | 5  |        |
| 27.650 (27.650)       |      | 59.438 (31.788)   |         |         |    |        |
| 10 Dailen Folkedahl   | JR   | Wartburg          | 59.18   | 59.63   | 4  |        |
| 28.444 (28.444)       |      | 59.630 (31.186)   |         |         |    |        |
| 11 Jaycie Owens       | SO   | Simpson (Iowa)    | 1:03.97 | 1:03.13 | 3  |        |
| 29.411 (29.411)       |      | 1:03.126 (33.715) |         |         |    |        |

|    |                   |                    |         |         |   |
|----|-------------------|--------------------|---------|---------|---|
| 12 | Lynzie Miller     | SO Central College | 1:04.31 | 1:03.42 | 3 |
|    | 28.870 (28.870)   | 1:03.418 (34.548)  |         |         |   |
| 13 | Rachel Kelly      | SO Coe             | 1:04.52 | 1:03.65 | 3 |
|    | 29.324 (29.324)   | 1:03.650 (34.326)  |         |         |   |
| 14 | Shannon Baker     | FR Luther          | 1:05.00 | 1:04.03 | 3 |
|    | 29.858 (29.858)   | 1:04.026 (34.169)  |         |         |   |
| 15 | Katelyn Perez     | FR Luther          | 1:06.70 | 1:04.14 | 1 |
|    | 30.231 (30.231)   | 1:04.137 (33.906)  |         |         |   |
| 16 | Keeghan Corcoran  | SO Simpson (Iowa)  | 1:04.79 | 1:04.47 | 3 |
|    | 29.891 (29.891)   | 1:04.469 (34.578)  |         |         |   |
| 17 | Bre Waugh         | FR Simpson (Iowa)  | 1:05.46 | 1:04.76 | 2 |
|    | 30.369 (30.369)   | 1:04.753 (34.384)  |         |         |   |
| 18 | Kelsie Coates     | SO Coe             | 1:05.84 | 1:05.01 | 2 |
|    | 30.847 (30.847)   | 1:05.009 (34.162)  |         |         |   |
| 19 | Jessica Igarashi  | SO Buena Vista     | 1:06.48 | 1:05.24 | 2 |
|    | 30.393 (30.393)   | 1:05.240 (34.848)  |         |         |   |
| 20 | Caitlyn Landuyt   | SO Central College |         | 1:05.74 | 1 |
|    | 30.959 (30.959)   | 1:05.733 (34.775)  |         |         |   |
| 21 | Rhianna MacDonald | SR Luther          |         | 1:08.08 | 1 |
|    | 31.923 (31.923)   | 1:08.080 (36.158)  |         |         |   |

Women 800 Meter Run

|       |                   |                   |                   |                           |         |           |
|-------|-------------------|-------------------|-------------------|---------------------------|---------|-----------|
| ===== |                   |                   |                   |                           |         |           |
|       | All-Time: A       | 2:10.12           | 2011              | Keelie Finnel, Coe        |         |           |
|       | Championship: C   | 2:12.05           | 2007              | Heidi Porter, Wartburg    |         |           |
|       | Facility: F       | 2:13.58           | 2/21/2009         | Marie Schofer, Unattached |         |           |
|       | Name              | Year              | School            | Seed                      | Finals  | H# Points |
| ===== |                   |                   |                   |                           |         |           |
| 1     | Taylor Officer    | SR                | Wartburg          | 2:16.68                   | 2:16.22 | 2 10      |
|       | 33.832 (33.832)   | 1:07.777 (33.945) | 1:41.046 (33.269) | 2:16.218 (35.172)         |         |           |
| 2     | Elizabeth Duehr   | JR                | Wartburg          | 2:17.21                   | 2:17.58 | 2 8       |
|       | 33.922 (33.922)   | 1:07.860 (33.938) | 1:41.414 (33.554) | 2:17.572 (36.158)         |         |           |
| 3     | Allie Serres      | SO                | Loras             | 2:21.33                   | 2:20.02 | 2 6       |
|       | 34.256 (34.256)   | 1:08.159 (33.903) | 1:43.103 (34.944) | 2:20.017 (36.914)         |         |           |
| 4     | Rylee Bahe        | FR                | Nebraska Wesleya  | 2:22.02                   | 2:20.55 | 2 5       |
|       | 34.357 (34.357)   | 1:08.805 (34.448) | 1:43.371 (34.566) | 2:20.542 (37.171)         |         |           |
| 5     | Maddie Carlsen    | JR                | Wartburg          | 2:21.35                   | 2:22.23 | 2 4       |
|       | 34.555 (34.555)   | 1:09.420 (34.865) | 1:44.335 (34.915) | 2:22.222 (37.887)         |         |           |
| 6     | Alexis Hanson     | SR                | Loras             | 2:24.84                   | 2:22.73 | 2 3       |
|       | 34.719 (34.719)   | 1:09.235 (34.516) | 1:45.154 (35.919) | 2:22.723 (37.569)         |         |           |
| 7     | Josephine Bautch  | FR                | Coe               | 2:25.57                   | 2:27.39 | 2 2       |
|       | 34.704 (34.704)   | 1:10.239 (35.535) | 1:47.829 (37.590) | 2:27.388 (39.559)         |         |           |
| 8     | Bailey Cerveny    | SO                | Nebraska Wesleya  | 2:31.89                   | 2:28.13 | 2 1       |
|       | 34.894 (34.894)   | 1:10.958 (36.064) | 1:49.975 (39.017) | 2:28.128 (38.153)         |         |           |
| 9     | Emily Ney         | JR                | Loras             | 2:32.06                   | 2:29.90 | 2         |
|       | 34.958 (34.958)   | 1:11.125 (36.167) | 1:49.841 (38.716) | 2:29.892 (40.051)         |         |           |
| 10    | Ananda Easley     | SO                | Luther            |                           | 2:31.95 | 1         |
|       | 37.614 (37.614)   | 1:16.447 (38.833) | 1:57.578 (41.131) | 2:31.948 (34.370)         |         |           |
| 11    | Isabella Mazzanti | FR                | Dubuque           | 2:33.43                   | 2:32.18 | 1         |
|       | 37.347 (37.347)   | 1:17.223 (39.876) | 1:55.815 (38.592) | 2:32.171 (36.356)         |         |           |
| 12    | Ella Wiebusch     | FR                | Buena Vista       | 2:32.44                   | 2:32.88 | 1         |
|       | 37.117 (37.117)   | 1:16.893 (39.776) | 1:55.941 (39.048) | 2:32.876 (36.935)         |         |           |
| 13    | Martel DenHartog  | SO                | Luther            | 2:37.87                   | 2:34.53 | 1         |
|       | 36.401 (36.401)   | 1:12.615 (36.214) | 1:52.691 (40.076) | 2:34.528 (41.837)         |         |           |
| 14    | Abigail Ray       | SO                | Dubuque           | 2:34.78                   | 2:35.00 | 1         |
|       | 37.796 (37.796)   | 1:17.162 (39.366) | 1:56.061 (38.899) | 2:34.999 (38.938)         |         |           |
| 15    | Melissa Todman    | JR                | Dubuque           | 2:33.62                   | 2:35.37 | 1         |
|       | 37.082 (37.082)   | 1:16.573 (39.491) | 1:56.186 (39.613) | 2:35.364 (39.178)         |         |           |
| 16    | Brooke Debroux    | SR                | Luther            |                           | 2:48.09 | 1         |
|       | 37.379 (37.379)   | 1:17.929 (40.550) | 2:02.158 (44.229) | 2:48.084 (45.926)         |         |           |

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          | 4:59.47           | 1/29/2011           | Catie Ellingson, Simpson |                   |    |        |
| Name                 | Year              | School              | Seed                     | Finals            | H# | Points |
| =====                |                   |                     |                          |                   |    |        |
| 1 Fabiola Ortiz      |                   | SR Dubuque          | 5:02.45                  | 5:10.20           | 2  | 10     |
| 43.099 (43.099)      | 1:24.340 (41.241) |                     | 2:04.101 (39.761)        | 2:44.850 (40.749) |    |        |
| 3:24.483 (39.633)    | 4:02.206 (37.723) |                     | 4:38.018 (35.812)        | 5:10.191 (32.173) |    |        |
| 2 Morgan Lenners     |                   | SR Nebraska Wesleya | 5:13.06                  | 5:11.72           | 2  | 8      |
| 43.532 (43.532)      | 1:24.195 (40.663) |                     | 2:03.974 (39.779)        | 2:44.808 (40.834) |    |        |
| 3:24.434 (39.626)    | 4:02.123 (37.689) |                     | 4:37.781 (35.658)        | 5:11.716 (33.935) |    |        |
| 3 Jaclyn Rittgers    |                   | SR Wartburg         | 5:17.35                  | 5:12.43           | 2  | 6      |
| 44.063 (44.063)      | 1:24.770 (40.707) |                     | 2:04.442 (39.672)        | 2:45.437 (40.995) |    |        |
| 3:24.880 (39.443)    | 4:02.482 (37.602) |                     | 4:38.356 (35.874)        | 5:12.421 (34.065) |    |        |
| 4 Audrey Miller      |                   | SO Loras            | 5:01.82                  | 5:12.44           | 2  | 5      |
| 42.952 (42.952)      | 1:24.450 (41.498) |                     | 2:04.227 (39.777)        | 2:45.096 (40.869) |    |        |
| 3:24.558 (39.462)    | 4:02.281 (37.723) |                     | 4:37.830 (35.549)        | 5:12.433 (34.603) |    |        |
| 5 Dakota Tell        |                   | SR Wartburg         | 5:04.61                  | 5:13.02           | 2  | 4      |
| 43.287 (43.287)      | 1:24.476 (41.189) |                     | 2:04.204 (39.728)        | 2:44.968 (40.764) |    |        |
| 3:24.732 (39.764)    | 4:02.373 (37.641) |                     | 4:38.114 (35.741)        | 5:13.018 (34.904) |    |        |
| 6 Riley Sigler       |                   | SR Nebraska Wesleya | 5:17.71                  | 5:15.25           | 2  | 3      |
| 43.883 (43.883)      | 1:24.953 (41.070) |                     | 2:04.610 (39.657)        | 2:45.373 (40.763) |    |        |
| 3:25.012 (39.639)    | 4:02.790 (37.778) |                     | 4:40.361 (37.571)        | 5:15.244 (34.883) |    |        |
| 7 Meghan Silbernagel |                   | JR Wartburg         | 5:19.67                  | 5:16.61           | 2  | 2      |
| 44.256 (44.256)      | 1:25.291 (41.035) |                     | 2:05.028 (39.737)        | 2:45.730 (40.702) |    |        |
| 3:24.972 (39.242)    | 4:02.981 (38.009) |                     | 4:40.325 (37.344)        | 5:16.604 (36.279) |    |        |
| 8 Rachel Peter       |                   | SO Central College  | 5:24.89                  | 5:17.00           | 2  | 1      |
| 44.192 (44.192)      | 1:25.227 (41.035) |                     | 2:05.177 (39.950)        | 2:45.975 (40.798) |    |        |
| 3:25.292 (39.317)    | 4:02.818 (37.526) |                     | 4:38.940 (36.122)        | 5:16.993 (38.053) |    |        |
| 9 Kayla Kinateder    |                   | JR Dubuque          | 5:28.88                  | 5:19.44           | 1  |        |
| 41.082 (41.082)      | 1:20.188 (39.106) |                     | 1:59.550 (39.362)        | 2:38.992 (39.442) |    |        |
| 3:18.991 (39.999)    | 3:59.854 (40.863) |                     | 4:40.780 (40.926)        | 5:19.438 (38.658) |    |        |
| 10 Sadie Timms       |                   | JR Simpson (Iowa)   | 5:25.50                  | 5:21.90           | 2  |        |
| 43.661 (43.661)      | 1:24.708 (41.047) |                     | 2:04.364 (39.656)        | 2:45.196 (40.832) |    |        |
| 3:24.718 (39.522)    | 4:03.797 (39.079) |                     | 4:43.683 (39.886)        | 5:21.894 (38.211) |    |        |
| 11 Kenzie Carney     |                   | JR Luther           | 5:21.65                  | 5:23.12           | 2  |        |
| 44.006 (44.006)      | 1:25.052 (41.046) |                     | 2:04.876 (39.824)        | 2:45.646 (40.770) |    |        |
| 3:25.210 (39.564)    | 4:03.689 (38.479) |                     | 4:43.371 (39.682)        | 5:23.119 (39.748) |    |        |
| 12 Kemunto Ondande   |                   | SO Loras            | 5:29.43                  | 5:24.05           | 1  |        |
| 41.879 (41.879)      | 1:21.314 (39.435) |                     | 2:01.259 (39.945)        | 2:41.837 (40.578) |    |        |
| 3:22.255 (40.418)    | 4:03.773 (41.518) |                     | 4:45.330 (41.557)        | 5:24.047 (38.717) |    |        |
| 13 Brianna Bower     |                   | FR Loras            | 5:29.34                  | 5:24.21           | 1  |        |
| 42.111 (42.111)      | 1:21.619 (39.508) |                     | 2:01.568 (39.949)        | 2:42.108 (40.540) |    |        |
| 3:22.560 (40.452)    | 4:04.031 (41.471) |                     | 4:45.677 (41.646)        | 5:24.207 (38.530) |    |        |
| 14 Kiersten Wenthold |                   | SR Dubuque          | 5:22.82                  | 5:26.26           | 2  |        |
| 44.436 (44.436)      | 1:25.134 (40.698) |                     | 2:05.247 (40.113)        | 2:45.682 (40.435) |    |        |
| 3:25.837 (40.155)    | 4:06.093 (40.256) |                     | 4:47.053 (40.960)        | 5:26.254 (39.201) |    |        |
| 15 Sydni Harris      |                   | JR Nebraska Wesleya | 5:25.50                  | 5:29.56           | 2  |        |
| 43.789 (43.789)      | 1:24.831 (41.042) |                     | 2:04.831 (40.000)        | 2:45.873 (41.042) |    |        |
| 3:26.090 (40.217)    | 4:06.589 (40.499) |                     | 4:48.021 (41.432)        | 5:29.558 (41.537) |    |        |
| 16 Kat Hoffman       |                   | FR Luther           | 5:33.95                  | 5:35.40           | 1  |        |
| 42.339 (42.339)      | 1:21.953 (39.614) |                     | 2:02.528 (40.575)        | 2:44.373 (41.845) |    |        |
| 3:27.792 (43.419)    | 4:12.698 (44.906) |                     | 4:56.369 (43.671)        | 5:35.393 (39.024) |    |        |
| 17 Sarah Owens       |                   | SR Luther           | 5:47.40                  | 5:37.17           | 1  |        |
| 42.644 (42.644)      | 1:22.304 (39.660) |                     | 2:02.892 (40.588)        | 2:44.732 (41.840) |    |        |
| 3:28.149 (43.417)    | 4:12.983 (44.834) |                     | 4:56.565 (43.582)        | 5:37.164 (40.599) |    |        |
| 18 Lauren Moll       |                   | FR Central College  | 5:37.14                  | 5:38.00           | 1  |        |

|                      |                   |                    |                   |                   |   |  |
|----------------------|-------------------|--------------------|-------------------|-------------------|---|--|
|                      | 42.906 (42.906)   | 1:23.604 (40.698)  | 2:05.672 (42.068) | 2:47.738 (42.066) |   |  |
|                      | 3:30.610 (42.872) | 4:14.218 (43.608)  | 4:58.677 (44.459) | 5:37.993 (39.316) |   |  |
| 19 Katie Puls        |                   | SO Buena Vista     | 5:40.54           | 5:38.05           | 1 |  |
|                      | 43.202 (43.202)   | 1:23.820 (40.618)  | 2:05.420 (41.600) | 2:48.639 (43.219) |   |  |
|                      | 3:32.324 (43.685) | 4:16.141 (43.817)  | 4:59.074 (42.933) | 5:38.042 (38.968) |   |  |
| 20 Shelby Hunemiller |                   | SO Simpson (Iowa)  | 5:48.76           | 5:41.14           | 1 |  |
|                      | 42.992 (42.992)   | 1:23.456 (40.464)  | 2:05.550 (42.094) | 2:48.369 (42.819) |   |  |
|                      | 3:31.949 (43.580) | 4:15.904 (43.955)  | 4:59.767 (43.863) | 5:41.135 (41.368) |   |  |
| 21 Katie Guinane     |                   | SR Coe             | 6:00.68           | 5:54.99           | 1 |  |
|                      | 45.039 (45.039)   | 1:28.385 (43.346)  | 2:13.085 (44.700) | 2:59.235 (46.150) |   |  |
|                      | 3:45.314 (46.079) | 4:31.297 (45.983)  | 5:16.282 (44.985) | 5:54.987 (38.705) |   |  |
| 22 Jean Springsteen  |                   | SO Coe             | 6:37.95           | 6:31.24           | 1 |  |
|                      | 47.007 (47.007)   | 1:33.985 (46.978)  | 2:23.214 (49.229) | 3:12.312 (49.098) |   |  |
|                      | 4:02.519 (50.207) | 4:53.639 (51.120)  | 5:45.191 (51.552) | 6:31.234 (46.043) |   |  |
| 23 Ella Gibbons      |                   | SO Coe             | 6:41.43           | 6:34.70           | 1 |  |
|                      | 47.300 (47.300)   | 1:34.317 (47.017)  | 2:23.555 (49.238) | 3:13.906 (50.351) |   |  |
|                      | 4:04.561 (50.655) | 4:56.169 (51.608)  | 5:46.314 (50.145) | 6:34.700 (48.386) |   |  |
| 24 Melissa Charlton  |                   | JR Central College | 6:57.36           | 6:40.47           | 1 |  |
|                      | 50.802 (50.802)   | 1:39.700 (48.898)  | 2:29.887 (50.187) | 3:20.785 (50.898) |   |  |
|                      | 4:11.016 (50.231) | 5:01.171 (50.155)  | 5:51.908 (50.737) | 6:40.464 (48.556) |   |  |

Women 3000 Meter Run

|                   |                   |                     |                            |                   |    |        |
|-------------------|-------------------|---------------------|----------------------------|-------------------|----|--------|
| =====             |                   |                     |                            |                   |    |        |
| All-Time: A       | 9:13.13           | 2005                | Missy Buttry, Wartburg     |                   |    |        |
| Championship: C   | 9:50.16           | 2012                | Laura Sigmund, Wartburg    |                   |    |        |
| Facility: F       | 10:05.83          | 1/31/2009           | Mary Bridget Corken, Loras |                   |    |        |
| Name              | Year              | School              | Seed                       | Finals            | H# | Points |
| =====             |                   |                     |                            |                   |    |        |
| 1 Audrey Miller   |                   | SO Loras            | 9:52.43                    | 10:08.60          | 2  | 10     |
|                   | 39.496 (39.496)   | 1:20.363 (40.867)   | 2:02.589 (42.226)          | 2:44.581 (41.992) |    |        |
|                   | 3:26.521 (41.940) | 4:08.295 (41.774)   | 4:49.975 (41.680)          | 5:31.703 (41.728) |    |        |
|                   | 6:13.366 (41.663) | 6:53.894 (40.528)   | 7:34.709 (40.815)          | 8:15.497 (40.788) |    |        |
|                   | 8:55.587 (40.090) | 9:34.197 (38.610)   | 10:08.594 (34.397)         |                   |    |        |
| 2 Ashlyn Bagge    |                   | SR Wartburg         | 10:10.50                   | 10:10.46          | 2  | 8      |
|                   | 39.250 (39.250)   | 1:20.108 (40.858)   | 2:02.350 (42.242)          | 2:44.322 (41.972) |    |        |
|                   | 3:26.264 (41.942) | 4:08.040 (41.776)   | 4:49.696 (41.656)          | 5:31.407 (41.711) |    |        |
|                   | 6:13.077 (41.670) | 6:53.638 (40.561)   | 7:34.442 (40.804)          | 8:15.265 (40.823) |    |        |
|                   | 8:55.347 (40.082) | 9:33.959 (38.612)   | 10:10.456 (36.497)         |                   |    |        |
| 3 Dakota Tell     |                   | SR Wartburg         | 10:20.82                   | 10:12.08          | 2  | 6      |
|                   | 40.224 (40.224)   | 1:21.065 (40.841)   | 2:03.646 (42.581)          | 2:46.212 (42.566) |    |        |
|                   | 3:27.796 (41.584) | 4:09.948 (42.152)   | 4:51.641 (41.693)          | 5:33.131 (41.490) |    |        |
|                   | 6:14.583 (41.452) | 6:55.499 (40.916)   | 7:35.739 (40.240)          | 8:15.913 (40.174) |    |        |
|                   | 8:55.938 (40.025) | 9:34.561 (38.623)   | 10:12.080 (37.519)         |                   |    |        |
| 4 Jaclyn Rittgers |                   | SR Wartburg         | 10:29.99                   | 10:33.76          | 2  | 5      |
|                   | 41.906 (41.906)   | 1:23.576 (41.670)   | 2:07.556 (43.980)          | 2:51.766 (44.210) |    |        |
|                   | 3:36.054 (44.288) | 4:19.621 (43.567)   | 5:03.434 (43.813)          | 5:47.550 (44.116) |    |        |
|                   | 6:30.952 (43.402) | 7:13.337 (42.385)   | 7:58.253 (44.916)          | 8:41.521 (43.268) |    |        |
|                   | 9:21.376 (39.855) | 9:57.922 (36.546)   | 10:33.758 (35.836)         |                   |    |        |
| 5 Hannah Awtry    |                   | SO Nebraska Wesleya | 10:33.02                   | 10:39.73          | 2  | 4      |
|                   | 41.778 (41.778)   | 1:23.780 (42.002)   | 2:07.733 (43.953)          | 2:52.147 (44.414) |    |        |
|                   | 3:36.845 (44.698) | 4:20.070 (43.225)   | 5:04.178 (44.108)          | 5:47.827 (43.649) |    |        |
|                   | 6:31.219 (43.392) | 7:13.602 (42.383)   | 7:58.418 (44.816)          | 8:41.357 (42.939) |    |        |
|                   | 9:21.778 (40.421) | 10:02.691 (40.913)  | 10:39.724 (37.033)         |                   |    |        |
| 6 Kenzie Carney   |                   | JR Luther           | 10:50.48                   | 10:41.62          | 2  | 3      |
|                   | 42.177 (42.177)   | 1:24.275 (42.098)   | 2:08.246 (43.971)          | 2:52.519 (44.273) |    |        |
|                   | 3:36.590 (44.071) | 4:20.492 (43.902)   | 5:04.486 (43.994)          | 5:48.038 (43.552) |    |        |
|                   | 6:31.798 (43.760) | 7:14.484 (42.686)   | 7:58.801 (44.317)          | 8:42.033 (43.232) |    |        |
|                   | 9:22.970 (40.937) | 10:03.029 (40.059)  | 10:41.617 (38.588)         |                   |    |        |
| 7 Riley Sigler    |                   | SR Nebraska Wesleya | 10:31.82                   | 10:42.93          | 2  | 2      |
|                   | 40.747 (40.747)   | 1:22.883 (42.136)   | 2:06.637 (43.754)          | 2:51.164 (44.527) |    |        |

|    |                    |                     |                    |                   |   |   |
|----|--------------------|---------------------|--------------------|-------------------|---|---|
|    | 3:35.715 (44.551)  | 4:19.474 (43.759)   | 5:03.359 (43.885)  | 5:47.436 (44.077) |   |   |
|    | 6:31.365 (43.929)  | 7:14.207 (42.842)   | 7:58.733 (44.526)  | 8:42.400 (43.667) |   |   |
|    | 9:24.327 (41.927)  | 10:06.237 (41.910)  | 10:42.930 (36.693) |                   |   |   |
| 8  | Courtney Neuendorf | JR Simpson (Iowa)   | 10:37.59           | 10:43.71          | 2 | 1 |
|    | 41.061 (41.061)    | 1:23.156 (42.095)   | 2:06.973 (43.817)  | 2:51.473 (44.500) |   |   |
|    | 3:35.953 (44.480)  | 4:19.163 (43.210)   | 5:03.007 (43.844)  | 5:47.141 (44.134) |   |   |
|    | 6:31.010 (43.869)  | 7:13.913 (42.903)   | 7:58.554 (44.641)  | 8:41.755 (43.201) |   |   |
|    | 9:23.082 (41.327)  | 10:04.980 (41.898)  | 10:43.705 (38.725) |                   |   |   |
| 9  | Anna Ryden         | JR Luther           | 10:57.09           | 10:43.74          | 2 |   |
|    | 42.515 (42.515)    | 1:24.589 (42.074)   | 2:08.417 (43.828)  | 2:52.286 (43.869) |   |   |
|    | 3:36.400 (44.114)  | 4:20.256 (43.856)   | 5:04.364 (44.108)  | 5:48.475 (44.111) |   |   |
|    | 6:32.250 (43.775)  | 7:14.868 (42.618)   | 7:58.871 (44.003)  | 8:42.753 (43.882) |   |   |
|    | 9:24.726 (41.973)  | 10:06.003 (41.277)  | 10:43.735 (37.732) |                   |   |   |
| 10 | Emily Day          | SR Loras            | 10:57.15           | 10:45.04          | 1 |   |
|    | 39.084 (39.084)    | 1:20.528 (41.444)   | 2:03.196 (42.668)  | 2:46.416 (43.220) |   |   |
|    | 3:29.607 (43.191)  | 4:13.268 (43.661)   | 4:57.200 (43.932)  | 5:41.428 (44.228) |   |   |
|    | 6:25.512 (44.084)  | 7:09.372 (43.860)   | 7:53.155 (43.783)  | 8:37.333 (44.178) |   |   |
|    | 9:21.714 (44.381)  | 10:05.315 (43.601)  | 10:45.035 (39.720) |                   |   |   |
| 11 | Hannah Wright      | JR Luther           | 10:52.88           | 10:47.86          | 2 |   |
|    | 42.051 (42.051)    | 1:24.070 (42.019)   | 2:08.024 (43.954)  | 2:52.370 (44.346) |   |   |
|    | 3:36.729 (44.359)  | 4:20.435 (43.706)   | 5:03.918 (43.483)  | 5:47.737 (43.819) |   |   |
|    | 6:32.032 (44.295)  | 7:14.800 (42.768)   | 7:59.060 (44.260)  | 8:42.735 (43.675) |   |   |
|    | 9:24.457 (41.722)  | 10:07.125 (42.668)  | 10:47.858 (40.733) |                   |   |   |
| 12 | Maeve Dunaway      | FR Loras            | 10:48.53           | 10:48.40          | 2 |   |
|    | 42.278 (42.278)    | 1:23.887 (41.609)   | 2:07.802 (43.915)  | 2:52.611 (44.809) |   |   |
|    | 3:37.032 (44.421)  | 4:20.563 (43.531)   | 5:04.271 (43.708)  | 5:48.190 (43.919) |   |   |
|    | 6:31.973 (43.783)  | 7:15.465 (43.492)   | 7:59.513 (44.048)  | 8:43.002 (43.489) |   |   |
|    | 9:25.940 (42.938)  | 10:09.135 (43.195)  | 10:48.399 (39.264) |                   |   |   |
| 13 | Hanna Hegemann     | SO Nebraska Wesleya | 10:42.41           | 10:55.18          | 2 |   |
|    | 41.571 (41.571)    | 1:23.475 (41.904)   | 2:07.305 (43.830)  | 2:51.993 (44.688) |   |   |
|    | 3:36.339 (44.346)  | 4:19.908 (43.569)   | 5:04.062 (44.154)  | 5:48.015 (43.953) |   |   |
|    | 6:31.578 (43.563)  | 7:15.144 (43.566)   | 7:59.378 (44.234)  | 8:44.232 (44.854) |   |   |
|    | 9:29.521 (45.289)  | 10:13.112 (43.591)  | 10:55.173 (42.061) |                   |   |   |
| 14 | Mareena Franke     | SO Coe              | 11:20.92           | 11:07.72          | 1 |   |
|    | 41.287 (41.287)    | 1:26.424 (45.137)   | 2:11.933 (45.509)  | 2:57.396 (45.463) |   |   |
|    | 3:41.686 (44.290)  | 4:26.487 (44.801)   | 5:10.906 (44.419)  | 5:55.371 (44.465) |   |   |
|    | 6:41.823 (46.452)  | 7:27.796 (45.973)   | 8:13.730 (45.934)  | 8:59.738 (46.008) |   |   |
|    | 9:45.139 (45.401)  | 10:29.339 (44.200)  | 11:07.714 (38.375) |                   |   |   |
| 15 | Briana McCloskey   | SR Simpson (Iowa)   | 11:22.57           | 11:11.53          | 1 |   |
|    | 40.250 (40.250)    | 1:24.455 (44.205)   | 2:09.137 (44.682)  | 2:53.947 (44.810) |   |   |
|    | 3:39.228 (45.281)  | 4:24.492 (45.264)   | 5:08.304 (43.812)  | 5:52.912 (44.608) |   |   |
|    | 6:37.797 (44.885)  | 7:23.432 (45.635)   | 8:09.712 (46.280)  | 8:55.924 (46.212) |   |   |
|    | 9:42.898 (46.974)  | 10:28.042 (45.144)  | 11:11.529 (43.487) |                   |   |   |
| 16 | Gabi Wilson        | SR Central College  | 11:05.82           | 11:23.72          | 1 |   |
|    | 39.941 (39.941)    | 1:24.246 (44.305)   | 2:08.990 (44.744)  | 2:53.720 (44.730) |   |   |
|    | 3:38.923 (45.203)  | 4:24.183 (45.260)   | 5:09.032 (44.849)  | 5:55.001 (45.969) |   |   |
|    | 6:41.535 (46.534)  | 7:28.468 (46.933)   | 8:15.974 (47.506)  | 9:03.955 (47.981) |   |   |
|    | 9:51.844 (47.889)  | 10:38.856 (47.012)  | 11:23.712 (44.856) |                   |   |   |
| 17 | Katalina Stai      | FR Coe              | 11:37.01           | 11:32.68          | 1 |   |
|    | 43.519 (43.519)    | 1:30.280 (46.761)   | 2:15.832 (45.552)  | 3:02.426 (46.594) |   |   |
|    | 3:49.281 (46.855)  | 4:35.788 (46.507)   | 5:22.706 (46.918)  | 6:08.536 (45.830) |   |   |
|    | 6:55.269 (46.733)  | 7:41.462 (46.193)   | 8:28.158 (46.696)  | 9:15.472 (47.314) |   |   |
|    | 10:02.907 (47.435) | 10:49.568 (46.661)  | 11:32.674 (43.106) |                   |   |   |
| 18 | McKayla Morris     | SO Coe              | 11:54.21           | 11:37.54          | 1 |   |
|    | 43.562 (43.562)    | 1:30.410 (46.848)   | 2:16.127 (45.717)  | 3:02.635 (46.508) |   |   |
|    | 3:49.538 (46.903)  | 4:36.103 (46.565)   | 5:23.010 (46.907)  | 6:09.045 (46.035) |   |   |
|    | 6:56.160 (47.115)  | 7:44.568 (48.408)   | 8:32.576 (48.008)  | 9:20.261 (47.685) |   |   |
|    | 10:08.096 (47.835) | 10:55.100 (47.004)  | 11:37.535 (42.435) |                   |   |   |
| 19 | Meredith Robinson  | JR Luther           | 11:33.07           | 11:38.37          | 1 |   |
|    | 42.042 (42.042)    | 1:26.927 (44.885)   | 2:11.649 (44.722)  | 2:58.060 (46.411) |   |   |

|                    |                    |                    |                    |                     |
|--------------------|--------------------|--------------------|--------------------|---------------------|
|                    | 3:44.575 (46.515)  | 4:30.851 (46.276)  | 5:17.743 (46.892)  | 6:04.537 (46.794)   |
|                    | 6:52.381 (47.844)  | 7:40.672 (48.291)  | 8:29.264 (48.592)  | 9:17.481 (48.217)   |
|                    | 10:05.865 (48.384) | 10:53.087 (47.222) | 11:38.363 (45.276) |                     |
| 20 Savanna Henning | FR Central College |                    |                    | 12:08.62 11:51.33 1 |
|                    | 43.760 (43.760)    | 1:30.611 (46.851)  | 2:16.352 (45.741)  | 3:02.779 (46.427)   |
|                    | 3:49.708 (46.929)  | 4:36.368 (46.660)  | 5:23.264 (46.896)  | 6:09.421 (46.157)   |
|                    | 6:56.923 (47.502)  | 7:46.020 (49.097)  | 8:35.959 (49.939)  | 9:28.115 (52.156)   |
|                    | 10:19.988 (51.873) | 11:07.805 (47.817) | 11:51.326 (43.521) |                     |
| 21 Cassidy Gornick | SR Central College |                    |                    | 11:53.68 11:57.91 1 |
|                    | 42.587 (42.587)    | 1:27.313 (44.726)  | 2:12.293 (44.980)  | 2:58.221 (45.928)   |
|                    | 3:42.923 (44.702)  | 4:29.321 (46.398)  | 5:16.990 (47.669)  | 6:05.885 (48.895)   |
|                    | 6:55.084 (49.199)  | 7:45.517 (50.433)  | 8:36.483 (50.966)  | 9:26.892 (50.409)   |
|                    | 10:17.652 (50.760) | 11:08.672 (51.020) | 11:57.901 (49.229) |                     |

#### 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     | 17:50.50            | 2009               | Obsie Birru, Grand View |                    |
| Name            | Year                | School             | Seed                    | Finals Points      |
| =====           |                     |                    |                         |                    |
| 1 Audrey Miller | SO Loras            |                    | 17:19.69                | 17:13.94C 10       |
|                 | 39.721 (39.721)     | 1:19.725 (40.004)  | 2:01.528 (41.803)       | 2:43.678 (42.150)  |
|                 | 3:26.733 (43.055)   | 4:09.876 (43.143)  | 4:52.959 (43.083)       | 5:34.395 (41.436)  |
|                 | 6:16.588 (42.193)   | 6:58.765 (42.177)  | 7:40.877 (42.112)       | 8:22.829 (41.952)  |
|                 | 9:04.682 (41.853)   | 9:46.443 (41.761)  | 10:27.955 (41.512)      | 11:09.326 (41.371) |
|                 | 11:51.128 (41.802)  | 12:32.029 (40.901) | 13:12.878 (40.849)      | 13:53.958 (41.080) |
|                 | 14:35.240 (41.282)  | 15:16.834 (41.594) | 15:58.817 (41.983)      | 16:39.702 (40.885) |
|                 | 17:13.938 (34.236)  |                    |                         |                    |
| 2 Ashlyn Bagge  | SR Wartburg         |                    | 17:22.68                | 17:19.16F 8        |
|                 | 39.474 (39.474)     | 1:19.443 (39.969)  | 2:01.283 (41.840)       | 2:43.400 (42.117)  |
|                 | 3:26.469 (43.069)   | 4:09.590 (43.121)  | 4:52.625 (43.035)       | 5:34.113 (41.488)  |
|                 | 6:16.287 (42.174)   | 6:58.476 (42.189)  | 7:40.622 (42.146)       | 8:22.553 (41.931)  |
|                 | 9:04.429 (41.876)   | 9:46.179 (41.750)  | 10:27.696 (41.517)      | 11:09.079 (41.383) |
|                 | 11:50.890 (41.811)  | 12:31.840 (40.950) | 13:12.623 (40.783)      | 13:53.681 (41.058) |
|                 | 14:34.992 (41.311)  | 15:16.699 (41.707) | 15:58.554 (41.855)      | 16:39.541 (40.987) |
|                 | 17:19.156 (39.615)  |                    |                         |                    |
| 3 Riley Sigler  | SR Nebraska Wesleya |                    | 18:08.35                | 18:16.64 6         |
|                 | 41.227 (41.227)     | 1:24.134 (42.907)  | 2:08.800 (44.666)       | 2:53.544 (44.744)  |
|                 | 3:38.113 (44.569)   | 4:22.351 (44.238)  | 5:06.811 (44.460)       | 5:51.098 (44.287)  |
|                 | 6:35.679 (44.581)   | 7:20.043 (44.364)  | 8:04.578 (44.535)       | 8:48.816 (44.238)  |
|                 | 9:32.696 (43.880)   | 10:16.486 (43.790) | 11:00.794 (44.308)      | 11:45.429 (44.635) |
|                 | 12:30.402 (44.973)  | 13:14.923 (44.521) | 13:59.214 (44.291)      | 14:43.631 (44.417) |
|                 | 15:28.984 (45.353)  | 16:13.023 (44.039) | 16:56.938 (43.915)      | 17:39.809 (42.871) |
|                 | 18:16.632 (36.823)  |                    |                         |                    |
| 4 Hannah Awtry  | SO Nebraska Wesleya |                    | 18:16.50                | 18:17.97 5         |
|                 | 41.625 (41.625)     | 1:24.379 (42.754)  | 2:09.070 (44.691)       | 2:53.809 (44.739)  |
|                 | 3:38.281 (44.472)   | 4:22.581 (44.300)  | 5:07.064 (44.483)       | 5:51.299 (44.235)  |
|                 | 6:35.837 (44.538)   | 7:20.388 (44.551)  | 8:04.707 (44.319)       | 8:48.714 (44.007)  |
|                 | 9:32.182 (43.468)   | 10:15.749 (43.567) | 11:00.206 (44.457)      | 11:44.730 (44.524) |
|                 | 12:29.918 (45.188)  | 13:14.490 (44.572) | 13:58.364 (43.874)      | 14:42.725 (44.361) |
|                 | 15:27.247 (44.522)  | 16:12.022 (44.775) | 16:56.550 (44.528)      | 17:39.717 (43.167) |
|                 | 18:17.962 (38.245)  |                    |                         |                    |
| 5 Rachel Peter  | SO Central College  |                    | 18:21.70                | 4                  |
|                 | 44.342 (44.342)     | 1:29.115 (44.773)  | 2:12.503 (43.388)       | 2:55.547 (43.044)  |
|                 | 3:39.355 (43.808)   | 4:23.509 (44.154)  | 5:07.957 (44.448)       | 5:52.666 (44.709)  |
|                 | 6:37.002 (44.336)   | 7:21.682 (44.680)  | 8:05.825 (44.143)       | 8:50.043 (44.218)  |
|                 | 9:33.432 (43.389)   | 10:17.445 (44.013) | 11:01.660 (44.215)      | 11:46.192 (44.532) |
|                 | 12:30.765 (44.573)  | 13:15.291 (44.526) | 13:59.563 (44.272)      | 14:43.433 (43.870) |
|                 | 15:27.361 (43.928)  | 16:12.130 (44.769) | 16:56.671 (44.541)      | 17:40.271 (43.600) |

|                     |                     |                    |                    |          |   |  |  |
|---------------------|---------------------|--------------------|--------------------|----------|---|--|--|
|                     | 18:21.698 (41.427)  |                    |                    |          |   |  |  |
| 6 Nicole Breitbach  | SO Wartburg         |                    |                    | 18:24.20 | 3 |  |  |
| 43.531 (43.531)     | 1:26.436 (42.905)   | 2:10.151 (43.715)  | 2:54.772 (44.621)  |          |   |  |  |
| 3:39.204 (44.432)   | 4:23.450 (44.246)   | 5:07.776 (44.326)  | 5:52.153 (44.377)  |          |   |  |  |
| 6:36.652 (44.499)   | 7:21.094 (44.442)   | 8:05.171 (44.077)  | 8:49.256 (44.085)  |          |   |  |  |
| 9:32.963 (43.707)   | 10:16.873 (43.910)  | 11:01.262 (44.389) | 11:45.849 (44.587) |          |   |  |  |
| 12:30.537 (44.688)  | 13:15.116 (44.579)  | 13:59.332 (44.216) | 14:43.393 (44.061) |          |   |  |  |
| 15:28.511 (45.118)  | 16:12.403 (43.892)  | 16:56.771 (44.368) | 17:39.409 (42.638) |          |   |  |  |
| 18:24.199 (44.790)  |                     |                    |                    |          |   |  |  |
| 7 Anna Ryden        | JR Luther           |                    |                    | 18:29.23 | 2 |  |  |
| 45.094 (45.094)     | 1:29.909 (44.815)   | 2:13.882 (43.973)  | 2:58.121 (44.239)  |          |   |  |  |
| 3:42.352 (44.231)   | 4:26.387 (44.035)   | 5:10.591 (44.204)  | 5:53.108 (42.517)  |          |   |  |  |
| 6:37.296 (44.188)   | 7:22.341 (45.045)   | 8:06.924 (44.583)  | 8:50.980 (44.056)  |          |   |  |  |
| 9:35.060 (44.080)   | 10:19.887 (44.827)  | 11:04.726 (44.839) | 11:49.586 (44.860) |          |   |  |  |
| 12:33.911 (44.325)  | 13:18.470 (44.559)  | 14:03.154 (44.684) | 14:47.620 (44.466) |          |   |  |  |
| 15:33.670 (46.050)  | 16:18.825 (45.155)  | 17:04.533 (45.708) | 17:47.189 (42.656) |          |   |  |  |
| 18:29.221 (42.032)  |                     |                    |                    |          |   |  |  |
| 8 Hannah Wright     | JR Luther           |                    |                    | 18:30.77 | 1 |  |  |
| 44.020 (44.020)     | 1:27.791 (43.771)   | 2:11.034 (43.243)  | 2:55.064 (44.030)  |          |   |  |  |
| 3:39.563 (44.499)   | 4:23.732 (44.169)   | 5:08.214 (44.482)  | 5:52.536 (44.322)  |          |   |  |  |
| 6:36.819 (44.283)   | 7:21.781 (44.962)   | 8:06.584 (44.803)  | 8:50.567 (43.983)  |          |   |  |  |
| 9:34.630 (44.063)   | 10:19.291 (44.661)  | 11:04.208 (44.917) | 11:48.867 (44.659) |          |   |  |  |
| 12:34.063 (45.196)  | 13:18.585 (44.522)  | 14:03.363 (44.778) | 14:47.905 (44.542) |          |   |  |  |
| 15:33.879 (45.974)  | 16:18.400 (44.521)  | 17:04.221 (45.821) | 17:47.794 (43.573) |          |   |  |  |
| 18:30.768 (42.974)  |                     |                    |                    |          |   |  |  |
| 9 Nicole Hamilton   | JR Nebraska Wesleya | 18:51.85           | 18:41.30           |          |   |  |  |
| 42.365 (42.365)     | 1:25.134 (42.769)   | 2:09.503 (44.369)  | 2:54.149 (44.646)  |          |   |  |  |
| 3:38.810 (44.661)   | 4:23.115 (44.305)   | 5:07.658 (44.543)  | 5:52.331 (44.673)  |          |   |  |  |
| 6:36.535 (44.204)   | 7:20.885 (44.350)   | 8:05.402 (44.517)  | 8:49.726 (44.324)  |          |   |  |  |
| 9:34.083 (44.357)   | 10:18.808 (44.725)  | 11:03.843 (45.035) | 11:49.374 (45.531) |          |   |  |  |
| 12:34.727 (45.353)  | 13:20.692 (45.965)  | 14:07.164 (46.472) | 14:53.674 (46.510) |          |   |  |  |
| 15:40.728 (47.054)  | 16:27.142 (46.414)  | 17:13.969 (46.827) | 17:58.599 (44.630) |          |   |  |  |
| 18:41.297 (42.698)  |                     |                    |                    |          |   |  |  |
| 10 Maeve Dunaway    | FR Loras            | 18:51.93           | 18:45.07           |          |   |  |  |
| 43.740 (43.740)     | 1:28.306 (44.566)   | 2:12.596 (44.290)  | 2:56.168 (43.572)  |          |   |  |  |
| 3:40.852 (44.684)   | 4:25.019 (44.167)   | 5:09.017 (43.998)  | 5:53.313 (44.296)  |          |   |  |  |
| 6:37.607 (44.294)   | 7:22.094 (44.487)   | 8:07.296 (45.202)  | 8:51.937 (44.641)  |          |   |  |  |
| 9:35.657 (43.720)   | 10:20.123 (44.466)  | 11:04.431 (44.308) | 11:49.632 (45.201) |          |   |  |  |
| 12:34.169 (44.537)  | 13:18.714 (44.545)  | 14:03.714 (45.000) | 14:48.252 (44.538) |          |   |  |  |
| 15:34.192 (45.940)  | 16:19.138 (44.946)  | 17:04.726 (45.588) | 17:47.664 (42.938) |          |   |  |  |
| 18:45.061 (57.397)  |                     |                    |                    |          |   |  |  |
| 11 Beth Mallon      | JR Wartburg         | 18:48.18           | 18:48.17           |          |   |  |  |
| 42.632 (42.632)     | 1:25.380 (42.748)   | 2:09.771 (44.391)  | 2:54.404 (44.633)  |          |   |  |  |
| 3:38.694 (44.290)   | 4:22.814 (44.120)   | 5:07.320 (44.506)  | 5:51.540 (44.220)  |          |   |  |  |
| 6:36.021 (44.481)   | 7:20.635 (44.614)   | 8:04.819 (44.184)  | 8:48.760 (43.941)  |          |   |  |  |
| 9:32.438 (43.678)   | 10:16.171 (43.733)  | 11:00.490 (44.319) | 11:45.033 (44.543) |          |   |  |  |
| 12:30.177 (45.144)  | 13:14.749 (44.572)  | 13:58.818 (44.069) | 14:43.252 (44.434) |          |   |  |  |
| 15:29.028 (45.776)  | 16:18.036 (49.008)  | 17:08.613 (50.577) | 17:59.554 (50.941) |          |   |  |  |
| 18:48.165 (48.611)  |                     |                    |                    |          |   |  |  |
| 12 Emily Day        | SR Loras            | 18:58.69           | 18:53.81           |          |   |  |  |
| 44.065 (44.065)     | 1:29.023 (44.958)   | 2:13.352 (44.329)  | 2:57.862 (44.510)  |          |   |  |  |
| 3:43.410 (45.548)   | 4:28.965 (45.555)   | 5:14.629 (45.664)  | 6:00.764 (46.135)  |          |   |  |  |
| 6:46.387 (45.623)   | 7:31.245 (44.858)   | 8:16.745 (45.500)  | 9:02.559 (45.814)  |          |   |  |  |
| 9:48.397 (45.838)   | 10:34.159 (45.762)  | 11:19.904 (45.745) | 12:05.815 (45.911) |          |   |  |  |
| 12:51.601 (45.786)  | 13:37.262 (45.661)  | 14:23.319 (46.057) | 15:08.924 (45.605) |          |   |  |  |
| 15:54.406 (45.482)  | 16:40.651 (46.245)  | 17:26.258 (45.607) | 18:11.846 (45.588) |          |   |  |  |
| 18:53.809 (41.963)  |                     |                    |                    |          |   |  |  |
| 13 Briana McCloskey | SR Simpson (Iowa)   | 19:38.61           | 19:03.41           |          |   |  |  |
| 43.784 (43.784)     | 1:28.590 (44.806)   | 2:11.874 (43.284)  | 2:56.088 (44.214)  |          |   |  |  |
| 3:40.815 (44.727)   | 4:24.782 (43.967)   | 5:08.855 (44.073)  | 5:53.905 (45.050)  |          |   |  |  |



|                    |                    |                    |                    |                    |
|--------------------|--------------------|--------------------|--------------------|--------------------|
|                    | 6:39.138 (45.233)  | 7:24.639 (45.501)  | 8:10.632 (45.993)  | 8:56.733 (46.101)  |
|                    | 9:43.526 (46.793)  | 10:30.659 (47.133) | 11:17.516 (46.857) | 12:04.543 (47.027) |
|                    | 12:51.364 (46.821) | 13:37.681 (46.317) | 14:24.597 (46.916) | 15:11.781 (47.184) |
|                    | 15:58.857 (47.076) | 16:46.080 (47.223) | 17:33.212 (47.132) | 18:19.398 (46.186) |
|                    | 19:03.407 (44.009) |                    |                    |                    |
| 14 Mareena Franke  | SO Coe             |                    | 19:23.07           | 19:06.83           |
|                    | 44.897 (44.897)    | 1:29.533 (44.636)  | 2:14.403 (44.870)  | 2:58.837 (44.434)  |
|                    | 3:43.719 (44.882)  | 4:29.231 (45.512)  | 5:14.992 (45.761)  | 6:00.455 (45.463)  |
|                    | 6:45.761 (45.306)  | 7:31.255 (45.494)  | 8:17.502 (46.247)  | 9:03.043 (45.541)  |
|                    | 9:49.120 (46.077)  | 10:35.345 (46.225) | 11:22.257 (46.912) | 12:09.788 (47.531) |
|                    | 12:55.836 (46.048) | 13:43.817 (47.981) | 14:31.186 (47.369) | 15:18.179 (46.993) |
|                    | 16:04.882 (46.703) | 16:52.874 (47.992) | 17:40.799 (47.925) | 18:26.542 (45.743) |
|                    | 19:06.827 (40.285) |                    |                    |                    |
| 15 Gabi Wilson     | SR Central College |                    |                    | 19:08.44           |
|                    | 44.530 (44.530)    | 1:29.268 (44.738)  | 2:12.331 (43.063)  | 2:55.303 (42.972)  |
|                    | 3:39.051 (43.748)  | 4:23.326 (44.275)  | 5:07.520 (44.194)  | 5:51.982 (44.462)  |
|                    | 6:36.434 (44.452)  | 7:21.554 (45.120)  | 8:06.304 (44.750)  | 8:52.620 (46.316)  |
|                    | 9:39.475 (46.855)  | 10:26.539 (47.064) | 11:13.468 (46.929) | 12:00.944 (47.476) |
|                    | 12:48.528 (47.584) | 13:35.805 (47.277) | 14:23.254 (47.449) | 15:10.847 (47.593) |
|                    | 15:58.042 (47.195) | 16:46.984 (48.942) | 17:35.335 (48.351) | 18:23.709 (48.374) |
|                    | 19:08.440 (44.731) |                    |                    |                    |
| 16 Vera Lindhorst  | FR Luther          |                    |                    | 19:40.77           |
|                    | 46.967 (46.967)    | 1:32.416 (45.449)  | 2:19.535 (47.119)  | 3:08.122 (48.587)  |
|                    | 3:57.123 (49.001)  | 4:45.111 (47.988)  | 5:32.996 (47.885)  | 6:20.994 (47.998)  |
|                    | 7:09.290 (48.296)  | 7:58.008 (48.718)  | 8:45.556 (47.548)  | 9:33.408 (47.852)  |
|                    | 10:21.370 (47.962) | 11:09.540 (48.170) | 11:57.931 (48.391) | 12:46.355 (48.424) |
|                    | 13:34.818 (48.463) | 14:18.953 (44.135) | 15:03.372 (44.419) | 15:49.044 (45.672) |
|                    | 16:35.570 (46.526) | 17:22.111 (46.541) | 18:08.516 (46.405) | 18:55.105 (46.589) |
|                    | 19:40.763 (45.658) |                    |                    |                    |
| 17 Anna Restemayer | SO Luther          |                    |                    | 19:57.40           |
|                    | 46.458 (46.458)    | 1:32.075 (45.617)  | 2:19.344 (47.269)  | 3:07.779 (48.435)  |
|                    | 3:56.776 (48.997)  | 4:44.768 (47.992)  | 5:33.222 (48.454)  | 6:21.339 (48.117)  |
|                    | 7:09.604 (48.265)  | 7:58.302 (48.698)  | 8:45.890 (47.588)  | 9:33.739 (47.849)  |
|                    | 10:21.593 (47.854) | 11:09.829 (48.236) | 11:58.247 (48.418) | 12:46.018 (47.771) |
|                    | 13:34.495 (48.477) | 14:22.445 (47.950) | 15:10.573 (48.128) | 15:59.385 (48.812) |
|                    | 16:48.366 (48.981) | 17:37.664 (49.298) | 18:26.761 (49.097) | 19:15.394 (48.633) |
|                    | 19:57.395 (42.001) |                    |                    |                    |
| 18 Katalina Stai   | FR Coe             |                    |                    | 19:58.25           |
|                    | 45.279 (45.279)    | 1:31.271 (45.992)  | 2:19.132 (47.861)  | 3:07.477 (48.345)  |
|                    | 3:56.464 (48.987)  | 4:44.426 (47.962)  | 5:32.658 (48.232)  | 6:20.647 (47.989)  |
|                    | 7:08.952 (48.305)  | 7:57.676 (48.724)  | 8:45.248 (47.572)  | 9:33.100 (47.852)  |
|                    | 10:21.053 (47.953) | 11:09.247 (48.194) | 11:57.594 (48.347) | 12:45.646 (48.052) |
|                    | 13:33.850 (48.204) | 14:22.110 (48.260) | 15:10.015 (47.905) | 15:58.145 (48.130) |
|                    | 16:47.428 (49.283) | 17:35.686 (48.258) | 18:25.472 (49.786) | 19:14.270 (48.798) |
|                    | 19:58.243 (43.973) |                    |                    |                    |
| 19 Holly Wisnousky | SR Coe             |                    | 21:15.11           | 21:36.01           |
|                    | 47.004 (47.004)    | 1:32.934 (45.930)  | 2:21.183 (48.249)  | 3:09.945 (48.762)  |
|                    | 3:59.672 (49.727)  | 4:48.676 (49.004)  | 5:38.276 (49.600)  | 6:29.356 (51.080)  |
|                    | 7:20.466 (51.110)  | 8:10.490 (50.024)  | 9:02.321 (51.831)  | 9:55.029 (52.708)  |
|                    | 10:48.494 (53.465) | 11:43.249 (54.755) | 12:37.274 (54.025) | 13:31.499 (54.225) |
|                    | 14:25.190 (53.691) | 15:18.942 (53.752) | 16:13.494 (54.552) | 17:06.679 (53.185) |
|                    | 18:01.506 (54.827) | 18:56.085 (54.579) | 19:51.043 (54.958) | 20:45.402 (54.359) |
|                    | 21:36.009 (50.607) |                    |                    |                    |
| 20 Tara Harris     | SO Buena Vista     |                    | 21:58.81           | 21:41.10           |
|                    | 46.638 (46.638)    | 1:33.099 (46.461)  | 2:20.903 (47.804)  | 3:09.626 (48.723)  |
|                    | 3:58.883 (49.257)  | 4:49.168 (50.285)  | 5:39.812 (50.644)  | 6:31.264 (51.452)  |
|                    | 7:23.290 (52.026)  | 8:15.678 (52.388)  | 9:09.338 (53.660)  | 10:02.822 (53.484) |
|                    | 10:56.573 (53.751) | 11:50.350 (53.777) | 12:44.240 (53.890) | 13:38.036 (53.796) |
|                    | 14:31.506 (53.470) | 15:24.497 (52.991) | 16:18.939 (54.442) | 17:14.202 (55.263) |
|                    | 18:09.326 (55.124) | 19:04.104 (54.778) | 19:58.282 (54.178) | 20:51.017 (52.735) |

21:41.100 (50.083)

|                    |                    |                                       |
|--------------------|--------------------|---------------------------------------|
| -- Ashley Meldrum  | FR Central College | DNF                                   |
| 46.768 (46.768)    | 1:32.779 (46.011)  | 2:20.490 (47.711) 3:09.017 (48.527)   |
| 3:58.066 (49.049)  | 4:47.427 (49.361)  | 5:37.660 (50.233) 6:29.079 (51.419)   |
| 7:21.947 (52.868)  | 8:15.350 (53.403)  | 9:09.843 (54.493) 10:05.589 (55.746)  |
| 11:01.822 (56.233) | 11:57.786 (55.964) | 12:54.090 (56.304) 13:50.840 (56.750) |
| 14:47.770 (56.930) | 15:45.289 (57.519) | 16:42.898 (57.609) 17:39.992 (57.094) |
| 18:36.759 (56.767) | 19:32.761 (56.002) | 20:28.087 (55.326)                    |

Women 55 Meter Hurdles

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

Seed Times are 60M

|                 |      |           |                         |
|-----------------|------|-----------|-------------------------|
| All-Time: A     | 8.13 | 2009      | Lauren Bucklin, Simpson |
| Championship: C | 8.13 | 2009      | Lauren Bucklin, Simpson |
| Facility: F     | 8.14 | 2/24/2013 | Camesha Goods, Wartburg |

| Name | Year | School | Seed | Prelims | H# |
|------|------|--------|------|---------|----|
|------|------|--------|------|---------|----|

Preliminaries

|                         |    |                 |       |       |   |                 |
|-------------------------|----|-----------------|-------|-------|---|-----------------|
| 1 Audrey Hooks          | SR | Loras           | 8.96  | 8.37Q | 3 |                 |
| 2 Madison Spear         | SR | Buena Vista     | 9.03  | 8.42Q | 2 | 8.416           |
| 3 Maggi Bjustrom        | FR | Wartburg        | 9.04  | 8.42Q | 1 | 8.420           |
| 4 Courtney Sowle        | SR | Wartburg        | 9.11  | 8.47q | 1 |                 |
| 5 Aubree Taylor         | JR | Wartburg        | 9.63  | 8.73q | 2 |                 |
| 6 Elizabeth Brandenburg | SR | Loras           | 9.50  | 8.81q | 2 |                 |
| 7 Amanda Riniker        | SO | Wartburg        | 9.66  | 8.90q | 1 |                 |
| 8 MichelleAnn Sanchez   | JR | Dubuque         | 9.61  | 8.94q | 3 |                 |
| 9 Emma Drees            | SR | Central College | 9.66  | 8.95  | 1 |                 |
| 10 Bella Solis          | SO | Loras           | 9.54  | 8.97  | 3 |                 |
| 11 Whitney Burgardt     | SO | Central College | 9.98  | 9.28  | 2 |                 |
| 12 Rebecca Jensen       | SO | Simpson (Iowa)  | 10.18 | 9.44  | 3 |                 |
| 13 Katrina Pagel        | JR | Dubuque         | 10.56 | 9.45  | 1 |                 |
| 14 Jackie Krawczyk      | JR | Luther          | 10.07 | 9.48  | 3 |                 |
| 15 Caitlyn Landuyt      | SO | Central College | 10.41 | 9.79  | 2 |                 |
| 16 Sarah Sandage        | SO | Simpson (Iowa)  | 10.58 | 9.81  | 1 |                 |
| 17 Alaena Pelzer        | FR | Central College | 10.79 | 10.16 | 2 |                 |
| -- Kayla McIntyre       | FR | Dubuque         | 10.96 | DQ    | 3 | Finish out Lane |

Women 55 Meter Hurdles

Seed Times are 60M

|                 |      |           |                         |
|-----------------|------|-----------|-------------------------|
| All-Time: A     | 8.13 | 2009      | Lauren Bucklin, Simpson |
| Championship: C | 8.13 | 2009      | Lauren Bucklin, Simpson |
| Facility: F     | 8.14 | 2/24/2013 | Camesha Goods, Wartburg |

| Name | Year | School | Prelims | Finals | Points |
|------|------|--------|---------|--------|--------|
|------|------|--------|---------|--------|--------|

Finals

|                         |    |             |      |      |    |       |
|-------------------------|----|-------------|------|------|----|-------|
| 1 Maggi Bjustrom        | FR | Wartburg    | 8.42 | 8.35 | 10 | 8.341 |
| 2 Madison Spear         | SR | Buena Vista | 8.42 | 8.35 | 8  | 8.343 |
| 3 Audrey Hooks          | SR | Loras       | 8.37 | 8.38 | 6  |       |
| 4 Courtney Sowle        | SR | Wartburg    | 8.47 | 8.44 | 5  |       |
| 5 Aubree Taylor         | JR | Wartburg    | 8.73 | 8.75 | 4  |       |
| 6 Amanda Riniker        | SO | Wartburg    | 8.90 | 9.04 | 3  |       |
| 7 MichelleAnn Sanchez   | JR | Dubuque     | 8.94 | 9.09 | 2  |       |
| 8 Elizabeth Brandenburg | SR | Loras       | 8.81 | 9.91 | 1  |       |

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 1:43.59 2/24/2013 Wartburg, Wartburg

| School  | Seed    | Finals   | H# | Points       |
|---|---------|----------|----|--------------|
| 1 Nebraska Wesleyan                                 | 1:46.23 | 1:42.92F | 2  | 10           |
| 1) Katie Krick SR                                   |         |          |    |              |
| 2) Abigail Hunke SR                                 |         |          |    |              |
| 3) Alexandra Daniel FR                              |         |          |    |              |
| 4) Kaylee Jones SO                                  |         |          |    |              |
| 51.358 (51.358) 1:17.073 (25.716) 1:42.920 (25.847) |         |          |    |              |
| 2 Wartburg  | 1:45.98 | 1:43.33F | 2  | 8            |
| 1) Teylor Jones SO                                  |         |          |    |              |
| 2) Becca Cherry SR                                  |         |          |    |              |
| 3) Tessa Helmle SR                                  |         |          |    |              |
| 4) Dailen Folkedahl JR                              |         |          |    |              |
| 51.981 (51.981) 1:17.680 (25.700) 1:43.323 (25.643) |         |          |    |              |
| 3 Buena Vista                                       | 1:47.20 | 1:46.43  | 1  | 6            |
| 1) Shania Wunschel JR                               |         |          |    |              |
| 2) Sunkyu Holbert FR                                |         |          |    |              |
| 3) Madison Spear SR                                 |         |          |    |              |
| 4) Mallory Spear SR                                 |         |          |    |              |
| 54.195 (54.195) 1:20.953 (26.759) 1:46.425 (25.472) |         |          |    |              |
| 4 Central College                                   | 1:49.11 | 1:46.47  | 1  | 5            |
| 1) Hope Heitman SO                                  |         |          |    |              |
| 2) Kate Patton JR                                   |         |          |    |              |
| 3) Paige Doehrmann FR                               |         |          |    |              |
| 4) Brianna Carlson FR                               |         |          |    |              |
| 52.247 (52.247) 1:19.534 (27.287) 1:46.470 (26.936) |         |          |    |              |
| 5 Dubuque   | 1:45.26 | 1:46.68  | 2  | 4            |
| 1) Alyssa Skrove FR                                 |         |          |    |              |
| 2) Amanda Zbilski SR                                |         |          |    |              |
| 3) Tierra Hildebrandt FR                            |         |          |    |              |
| 4) Asha Flowers FR                                  |         |          |    |              |
| 52.637 (52.637) 1:19.441 (26.804) 1:46.677 (27.236) |         |          |    |              |
| 6 Luther  | 1:53.66 | 1:52.55  | 1  | 3            |
| 1) Kacy Rodamaker SO                                |         |          |    |              |
| 2) Randi-Kate Canoy SR                              |         |          |    |              |
| 3) Katelyn Perez FR                                 |         |          |    |              |
| 4) Delaney Schurer SO                               |         |          |    |              |
| 56.603 (56.603) 1:24.486 (27.883) 1:52.545 (28.060) |         |          |    |              |
| 7 Simpson (Iowa)                                    | 1:54.03 | 1:55.20  | 1  | 2            |
| 1) Audrey Lovan SO                                  |         |          |    |              |
| 2) Keeghan Corcoran SO                              |         |          |    |              |
| 3) Rebecca Jensen SO                                |         |          |    |              |
| 4) Jessica Gronke SR                                |         |          |    |              |
| 58.223 (58.223) 1:26.039 (27.816) 1:55.199 (29.160) |         |          |    |              |
| -- Loras  | 1:46.84 | DQ       | 2  | Exchange 2-3 |
| 1) Gabrielle Noland FR                              |         |          |    |              |
| 2) Alyssa Simon JR                                  |         |          |    |              |
| 3) Alexis Alt FR                                    |         |          |    |              |
| 4) Rachel Kilburg JR                                |         |          |    |              |

Women 4x400 Meter Relay

| School  | Seed    | Finals   | H# | Points |
|---|---------|----------|----|--------|
| All-Time: A 3:43.82 2012 Wartburg, Wartburg<br>S Morrison, F Burt, K Kregal, N Morrison               |         |          |    |        |
| Championship: C 3:52.91 2/27/2016 Wartburg, Wartburg<br>K Muhlenbruch, E Duehr, T Officer, K Johnston |         |          |    |        |
| Facility: F 3:55.57 2/24/2012 Wartburg, Wartburg  |         |          |    |        |
| 1 Nebraska Wesleyan   | 3:51.73 | 3:53.23F | 2  | 10     |
| 1) Elizabeth Jones SO   |         |          |    |        |
| 2) Devine Gines FR  |         |          |    |        |
| 3) Abigail Hunke SR   |         |          |    |        |
| 4) Kaylee Jones SO  |         |          |    |        |
| 57.946 (57.946) 1:58.698 (1:00.752) 2:57.355 (58.657)   |         |          |    |        |
| 3:53.224 (55.870)   |         |          |    |        |
| 2 Wartburg  | 3:55.48 | 3:53.83F | 2  | 8      |
| 1) Teylor Jones SO  |         |          |    |        |
| 2) Taylor Officer SR  |         |          |    |        |
| 3) Elizabeth Duehr JR   |         |          |    |        |
| 4) Kaitlyn Muhlenbruch SR   |         |          |    |        |
| 59.347 (59.347) 1:57.545 (58.198) 2:56.127 (58.583) 3:53.830 (57.703)                                 |         |          |    |        |
| 3 Central College   | 4:05.12 | 4:04.82  | 2  | 6      |
| 1) Kate Patton JR   |         |          |    |        |
| 2) Paige Doehrmann FR   |         |          |    |        |
| 3) Brianna Carlson FR   |         |          |    |        |
| 4) Hope Heitman SO  |         |          |    |        |
| 1:01.827 (1:01.827) 2:04.290 (1:02.463) 3:07.180 (1:02.890)   |         |          |    |        |
| 4:04.817 (57.638)   |         |          |    |        |

|                        |                          |                     |   |   |
|------------------------|--------------------------|---------------------|---|---|
| 4 Loras                | 4:06.96                  | 4:05.14             | 2 | 5 |
| 1) Gabrielle Noland FR | 2) Bella Solis SO        |                     |   |   |
| 3) Rachel Kilburg JR   | 4) Alexis Alt FR         |                     |   |   |
| 1:01.806 (1:01.806)    | 2:03.056 (1:01.250)      | 3:05.025 (1:01.969) |   |   |
| 4:05.134 (1:00.110)    |                          |                     |   |   |
| 5 Dubuque              | 4:09.48                  | 4:09.24             | 2 | 4 |
| 1) Amanda Zbilski SR   | 2) Alyssa Skrove FR      |                     |   |   |
| 3) Katrina Pagel JR    | 4) Tierra Hildebrandt FR |                     |   |   |
| 1:02.915 (1:02.915)    | 2:03.938 (1:01.024)      | 3:07.961 (1:04.024) |   |   |
| 4:09.236 (1:01.275)    |                          |                     |   |   |
| 6 Coe                  | 4:13.76                  | 4:12.57             | 1 | 3 |
| 1) Amanda Brummet SR   | 2) Josephine Bautch FR   |                     |   |   |
| 3) Rachel Kelly SO     | 4) Kelsie Coates SO      |                     |   |   |
| 59.985 (59.985)        | 2:03.673 (1:03.688)      | 3:07.774 (1:04.102) |   |   |
| 4:12.570 (1:04.796)    |                          |                     |   |   |
| 7 Buena Vista          | 4:14.41                  | 4:17.25             | 1 | 2 |
| 1) Madison Spear SR    | 2) Katie Puls SO         |                     |   |   |
| 3) Shania Wunschel JR  | 4) Mallory Spear SR      |                     |   |   |
| 1:04.513 (1:04.513)    | 2:09.703 (1:05.190)      | 3:13.772 (1:04.070) |   |   |
| 4:17.242 (1:03.470)    |                          |                     |   |   |
| 8 Luther               | 4:15.28                  | 4:18.79             | 1 | 1 |
| 1) Randi-Kate Canoy SR | 2) Katelyn Perez FR      |                     |   |   |
| 3) Shannon Baker FR    | 4) Morgan Sammons JR     |                     |   |   |
| 1:07.120 (1:07.120)    | 2:10.952 (1:03.832)      | 3:15.183 (1:04.232) |   |   |
| 4:18.781 (1:03.598)    |                          |                     |   |   |
| -- Simpson (Iowa)      | 4:22.25                  | DNS                 | 1 |   |
| 1) Jaycie Owens SO     | 2) Keeghan Corcoran SO   |                     |   |   |
| 3) Bre Waugh FR        | 4) Audrey Lovan SO       |                     |   |   |

#### 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             | 9:25.33                | 2013                | Wartburg, Wartburg                           |               |
| School                  |                        |                     | Seed   | Finals Points |
| =====                   |                        |                     |  |               |
| 1 Wartburg              |                        |                     | 9:35.71                                      | 10            |
| 1) Erica Rittgers FR    | 2) Maddie Carlsen JR   |                     |  |               |
| 3) Ashley Stevens SO    | 4) Belle Tynismaa FR   |                     |  |               |
| 2:26.124 (2:26.124)     | 4:48.978 (2:22.854)    | 7:16.372 (2:27.394) |  |               |
| 9:35.704 (2:19.332)     |                        |                     |  |               |
| 2 Loras                 | 10:36.15               | 9:38.78             | 8  |               |
| 1) Alexis Hanson SR     | 2) Kemunto Ondande SO  |                     |  |               |
| 3) Brittany McNamara FR | 4) Allie Serres SO     |                     |  |               |
| 2:25.990 (2:25.990)     | 4:50.379 (2:24.389)    | 7:17.097 (2:26.718) |  |               |
| 9:38.776 (2:21.679)     |                        |                     |  |               |
| 3 Dubuque               |                        | 9:40.04             | 6  |               |
| 1) Jade Romagna FR      | 2) Kayla Kinatader JR  |                     |  |               |
| 3) Kiersten Wenthold SR | 4) Fabiola Ortiz SR    |                     |  |               |
| 2:27.006 (2:27.006)     | 4:55.304 (2:28.298)    | 7:22.481 (2:27.177) |  |               |
| 9:40.034 (2:17.553)     |                        |                     |  |               |
| 4 Luther                |                        | 9:45.41             | 5  |               |
| 1) Mallory Carr SR      | 2) Marta Springer SO   |                     |  |               |
| 3) Ilsa Knivslund FR    | 4) Stephanie Murray SR |                     |  |               |
| 2:26.181 (2:26.181)     | 4:48.297 (2:22.116)    | 7:22.060 (2:33.763) |  |               |
| 9:45.402 (2:23.342)     |                        |                     |  |               |
| 5 Nebraska Wesleyan     |                        | 9:48.12             | 4  |               |
| 1) Rylee Bahe FR        | 2) Ellie Beiermann FR  |                     |  |               |

|   |   |                     |   |
|---|---|---------------------|---|
| 3) Riley Focht SR<br>2:26.547 (2:26.547)<br>9:48.113 (2:25.492)       | 4) Morgan Lenners SR<br>4:54.603 (2:28.056) | 7:22.621 (2:28.018) |   |
| 6 Central College   |   | 10:08.35            | 3 |
| 1) Kasey Wiedmaier SR   | 2) Andie Arthofer SR                        |                     |   |
| 3) Lauren Moll FR<br>2:30.377 (2:30.377)<br>10:08.341 (2:28.565)      | 4) Rachel Peter SO<br>5:03.769 (2:33.392)   | 7:39.776 (2:36.007) |   |
| 7 Simpson (Iowa)  |   | 10:09.36            | 2 |
| 1) Sadie Timms JR   | 2) Jessica Lamb SR                          |                     |   |
| 3) Mary Wood SO<br>2:32.583 (2:32.583)<br>10:09.356 (2:33.260)        | 4) Jessica Gronke SR<br>5:00.794 (2:28.211) | 7:36.096 (2:35.302) |   |
| 8 Buena Vista   |   | 11:05.17            | 1 |
| 1) Ella Wiebusch FR   | 2) Tara Harris SO                           |                     |   |
| 3) Jessica Igarashi SO<br>2:39.010 (2:39.010)<br>11:05.168 (2:40.498) | 4) Katie Puls SO<br>5:32.580 (2:53.570)     | 8:24.670 (2:52.090) |   |

#### 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 11:50.55  | 2013                                       | Luther, Luther                           |          |        |
| School  |  | Seed                                     | Finals   | Points |
| 1 Wartburg  |  | 12:56.65                                 | 12:12.29 | 10     |
| 1) Meghan Silbernagel JR  | 2) Aubree Taylor JR                        |  |          |        |
| 3) Belle Tynismaa FR<br>3:46.344 (3:46.344)<br>12:12.288 (5:07.080)   | 4) Dakota Tell SR<br>4:45.033 (58.689)     | 7:05.208 (2:20.175)                      |          |        |
| 2 Dubuque   |  | 12:18.98                                 | 8        |        |
| 1) Kiersten Wenthold SR   | 2) Alison Beeman FR                        |  |          |        |
| 3) Jade Romagna FR<br>3:50.087 (3:50.087)<br>12:18.977 (5:05.565)     | 4) Fabiola Ortiz SR<br>4:50.201 (1:00.114) | 7:13.412 (2:23.211)                      |          |        |
| 3 Loras   |  | 12:43.63                                 | 6        |        |
| 1) Kemunto Ondande SO   | 2) Alexis Hanson SR                        |  |          |        |
| 3) Allie Serres SO<br>3:52.346 (3:52.346)<br>12:43.625 (5:30.097)     | 4) Brianna Bower FR<br>4:52.681 (1:00.335) | 7:13.528 (2:20.847)                      |          |        |
| 4 Luther  |  | 12:48.87                                 | 5        |        |
| 1) Mallory Carr SR  | 2) Shannon Baker FR                        |  |          |        |
| 3) Stephanie Murray SR<br>3:57.250 (3:57.250)<br>12:48.869 (5:23.389) | 4) Kenzie Carney JR<br>5:00.418 (1:03.168) | 7:25.480 (2:25.062)                      |          |        |
| 5 Nebraska Wesleyan   |  | 12:51.87                                 | 12:52.65 | 4      |
| 1) Ellie Beiermann FR   | 2) Devine Gines FR                         |  |          |        |
| 3) Riley Focht SR<br>3:55.150 (3:55.150)<br>12:52.647 (5:29.621)      | 4) Sydni Harris JR<br>4:55.276 (1:00.126)  | 7:23.026 (2:27.750)                      |          |        |
| 6 Simpson (Iowa)  |  | 14:23.28                                 | 13:00.28 | 3      |
| 1) Courtney Neuendorf JR  | 2) Jaycie Owens SO                         |  |          |        |
| 3) Jessica Lamb SR<br>3:53.602 (3:53.602)<br>13:00.278 (5:31.651)     | 4) Sadie Timms JR<br>4:56.119 (1:02.517)   | 7:28.627 (2:32.508)                      |          |        |
| 7 Coe   |  | 13:24.41                                 | 2        |        |
| 1) McKayla Morris SO  | 2) Dana Koester FR                         |  |          |        |

|                       |  |
|-----------------------|--|
| 3) Katie Guinane SR   | 4) Josephine Bautch FR                       |
| 4:09.277 (4:09.277)   | 5:15.282 (1:06.005)      7:52.329 (2:37.047) |
| 13:24.403 (5:32.074)  |  |
| 8 Central College     | 14:13.94    13:25.58    1                    |
| 1) Andie Arthofer SR  | 2) Lynzie Miller SO                          |
| 3) Kasey Wiedmaier SR | 4) Lauren Moll FR                            |
| 4:06.529 (4:06.529)   | 5:09.028 (1:02.499)      7:40.958 (2:31.930) |
| 13:25.576 (5:44.618)  |  |
| 9 Buena Vista         | 14:11.16                                     |
| 1) Ella Wiebusch FR   | 2) Emma Konkler JR                           |
| 3) Tara Harris SO     | 4) Katie Puls SO                             |
| 4:12.078 (4:12.078)   | 5:18.441 (1:06.363)      8:16.220 (2:57.779) |
| 14:11.152 (5:54.932)  |  |

Women High Jump

1.40, 1.45, 1.50, 1.55, 1.60, 1.65, 1.70

All-Time: A 1.72m 1998 Dawn Putnam-Vinyard, Buena Vista

Championship: C 1.70m 2/27/2016 Kailey Kladivo, Wartburg

Facility: F 1.67m 2/19/2011 Michelle Strickland, Dubuque

Facility: F 1.67m 1/17/2015 Rellie Kaputin, North Iowa CC

| Name                     | Year | School           | Seed  | Finals | Points       |
|--------------------------|------|------------------|-------|--------|--------------|
| 1 Toree Hempstead        | SO   | Nebraska Wesleya | 1.62m | 1.60m  | 5-03.00 10   |
| 1.50 1.55 1.60 1.65      |      |                  |       |        |              |
| 0 X0 X0 XXX              |      |                  |       |        |              |
| 2 Camarie Stratman       | FR   | Nebraska Wesleya | 1.62m | 1.60m  | 5-03.00 8    |
| 1.45 1.50 1.55 1.60 1.65 |      |                  |       |        |              |
| 0 0 XX0 X0 XXX           |      |                  |       |        |              |
| 3 Jill Brichacek         | JR   | Nebraska Wesleya | 1.65m | 1.55m  | 5-01.00 6    |
| 1.50 1.55 1.60           |      |                  |       |        |              |
| 0 0 XXX                  |      |                  |       |        |              |
| 4 Brooke Runneberg       | SO   | Buena Vista      | 1.54m | 1.55m  | 5-01.00 5    |
| 1.50 1.55 1.60           |      |                  |       |        |              |
| 0 XX0 XXX                |      |                  |       |        |              |
| 5 Bella Solis            | SO   | Loras            | 1.60m | 1.50m  | 4-11.00 3    |
| 1.45 1.50 1.55           |      |                  |       |        |              |
| X0 0 XXX                 |      |                  |       |        |              |
| 5 Michelle Budden        | FR   | Loras            | 1.50m | 1.50m  | 4-11.00 3    |
| 1.40 1.45 1.50 1.55      |      |                  |       |        |              |
| 0 X0 0 XXX               |      |                  |       |        |              |
| 5 Victoria Leffler       | SO   | Buena Vista      | 1.58m | 1.50m  | 4-11.00 3    |
| 1.45 1.50 1.55           |      |                  |       |        |              |
| X0 0 XXX                 |      |                  |       |        |              |
| 8 Emma Drees             | SR   | Central College  | 1.44m | 1.45m  | 4-09.00 0.33 |
| 1.40 1.45 1.50           |      |                  |       |        |              |
| 0 0 XXX                  |      |                  |       |        |              |
| 8 Morgan Koenigs         | SR   | Central College  | 1.55m | 1.45m  | 4-09.00 0.33 |
| 1.40 1.45 1.50           |      |                  |       |        |              |
| 0 0 XXX                  |      |                  |       |        |              |
| 8 Courtney Sowle         | SR   | Wartburg         | 1.49m | 1.45m  | 4-09.00 0.33 |
| 1.45 1.50                |      |                  |       |        |              |
| 0 XXX                    |      |                  |       |        |              |
| 11 Molly Wettach         | SR   | Luther           | 1.47m | 1.40m  | 4-07.00      |
| 1.40 1.45                |      |                  |       |        |              |
| X0 XX                    |      |                  |       |        |              |
| 12 Asha Flowers          | FR   | Dubuque          | 1.45m | 1.40m  | 4-07.00      |
| 1.40 1.45                |      |                  |       |        |              |
| XX0 XXX                  |      |                  |       |        |              |
| -- Anna Achter           | FR   | Wartburg         | 1.38m | NH     |              |

1.40  
 XXX  
 -- Kristina Quijano SO Wartburg 1.42m NH  
 1.40  
 XXX  
 -- Allison Ewald JR Loras 1.30m NH  
 1.40  
 XXX

Women Pole Vault

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2.36, 2.51, 2.66, 2.81, 2.96, 3.11, 3.26, 3.41, 3.56, 3.71  
 All-Time: A 3.85m 2016 Elizabeth Brandenburg, Loras  
 Championship: C 3.76m 2/26/2016 Elizabeth Brandenburg, Loras  
 Facility: F 3.78m 2/17/2017 Elizabeth Brandenburg, Loras

| Name   | Year | School           | Seed  | Finals         | Points |
|--|------|------------------|-------|----------------|--------|
| 1 Elizabeth Brandenburg  | SR   | Loras            | 3.81m | 3.66m 12-00.00 | 10     |
| 2.36 2.51 2.66 2.81 2.96 3.11 3.26 3.41 3.56 3.66 3.86<br>PPP PPP PPP PPP PPP PPP PPP 0 PPP XO XXX |      |                  |       |                |        |
| 2 Katie Montgomery   | FR   | Nebraska Wesleya | 3.46m | 3.26m 10-08.25 | 7      |
| 2.36 2.51 2.66 2.81 2.96 3.11 3.26 3.41<br>PPP PPP PPP PPP PPP 0 0 XXX                             |      |                  |       |                |        |
| 2 Amanda Zbilski   | SR   | Dubuque          | 3.38m | 3.26m 10-08.25 | 7      |
| 2.36 2.51 2.66 2.81 2.96 3.11 3.26 3.41<br>PPP PPP PPP PPP 0 0 0 XXX                               |      |                  |       |                |        |
| 4 Maddie Tolly   | FR   | Nebraska Wesleya | 3.25m | 3.11m 10-02.50 | 5      |
| 2.36 2.51 2.66 2.81 2.96 3.11 3.26<br>PPP PPP PPP PPP XX0 0 XXX                                    |      |                  |       |                |        |
| 5 Michelle Johnson   | JR   | Wartburg         | 3.17m | 2.96m 9-08.50  | 3      |
| 2.36 2.51 2.66 2.81 2.96 3.11<br>PPP PPP PPP 0 XO XXX  |      |                  |       |                |        |
| 5 Audrey Lovan   | SO   | Simpson (Iowa)   | 2.75m | 2.96m 9-08.50  | 3      |
| 2.36 2.51 2.66 2.81 2.96 3.11<br>PPP 0 0 0 XO XXX  |      |                  |       |                |        |
| 5 Alexis Alt   | FR   | Loras            | 2.99m | 2.96m 9-08.50  | 3      |
| 2.36 2.51 2.66 2.81 2.96 3.11<br>PPP 0 0 0 XO XXX  |      |                  |       |                |        |
| 8 Amy Gladis   | SR   | Loras            | 2.94m | 2.96m 9-08.50  | 1      |
| 2.36 2.51 2.66 2.81 2.96 3.11<br>PPP PPP PPP 0 XX0 XXX   |      |                  |       |                |        |
| 9 Christina Brown  | JR   | Coe              | 3.10m | 2.81m 9-02.50  |        |
| 2.36 2.51 2.66 2.81 2.96<br>PPP PPP 0 0 XXX  |      |                  |       |                |        |
| 10 Sam Larson  | JR   | Wartburg         | 2.87m | 2.81m 9-02.50  |        |
| 2.36 2.51 2.66 2.81 2.96<br>PPP 0 XO 0 XXX   |      |                  |       |                |        |
| 11 Jenna Heimark   | FR   | Dubuque          | 2.78m | 2.66m 8-08.75  |        |
| 2.36 2.51 2.66 2.81<br>PPP 0 0 XXX   |      |                  |       |                |        |
| 12 Taylor Dooley   | SO   | Loras            | 2.95m | 2.66m 8-08.75  |        |
| 2.36 2.51 2.66 2.81<br>PPP XO XX0 XXX  |      |                  |       |                |        |
| 13 Keanna Belau  | SO   | Luther           | 2.50m | 2.36m 7-08.75  |        |
| 2.36 2.51<br>0 XXX   |      |                  |       |                |        |

Women Long Jump

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All-Time: A 6.17m 2012 Skye Morrison, Wartburg

Championship: C 6.17m 2012 Skye Morrison, Wartburg  
 Facility: F 5.75m 2/17/2017 Amber Williams, UW-Platteville

| Name                                | Year | School           | Seed  | Finals         | Points |
|-------------------------------------|------|------------------|-------|----------------|--------|
| 1 Elyse Acompanado                  | FR   | Loras            | 5.65m | 5.59m 18-04.25 | 10     |
| 5.55m 5.40m 5.43m 5.39m 5.59m 5.49m |      |                  |       |                |        |
| 2 Nicole Liske                      | SR   | Nebraska Wesleya | 5.17m | 5.43m 17-09.75 | 8      |
| FOUL 5.34m 5.43m 5.08m 5.24m FOUL   |      |                  |       |                |        |
| 3 Alyssa Skrove                     | FR   | Dubuque          | 5.23m | 5.23m 17-02.00 | 6      |
| 4.91m 5.23m 5.14m 5.10m 5.12m 5.13m |      |                  |       |                |        |
| 4 Olivia McAtee                     | SO   | Wartburg         | 4.95m | 5.22m 17-01.50 | 5      |
| FOUL 5.17m 5.22m 5.01m 4.97m 5.06m  |      |                  |       |                |        |
| 5 Allison Ostdiek                   | JR   | Nebraska Wesleya | 5.13m | 5.17m 16-11.50 | 4      |
| 4.84m 5.09m 5.17m 4.96m FOUL 5.05m  |      |                  |       |                |        |
| 6 Emma Drees                        | SR   | Central College  | 5.00m | 5.15m 16-10.75 | 3      |
| FOUL 5.15m 5.09m FOUL 4.99m 5.00m   |      |                  |       |                |        |
| 7 Sarah Schoel                      | JR   | Loras            | 4.97m | 5.01m 16-05.25 | 2      |
| 5.01m 4.62m 4.72m FOUL FOUL FOUL    |      |                  |       |                |        |
| 8 Morgan Koenigs                    | SR   | Central College  | 5.03m | 4.98m 16-04.25 | 1      |
| 4.98m 4.68m 4.91m FOUL 4.72m 4.80m  |      |                  |       |                |        |
| 9 Shania Wunschel                   | JR   | Buena Vista      | 4.97m | 4.96m 16-03.25 |        |
| FOUL 4.96m 4.86m 4.71m 4.81m FOUL   |      |                  |       |                |        |
| 10 Camarie Stratman                 | FR   | Nebraska Wesleya | 4.93m | 4.94m 16-02.50 |        |
| 4.84m 4.94m 4.71m                   |      |                  |       |                |        |
| 11 Treenetta Blocker                | JR   | Central College  | 4.70m | 4.94m 16-02.50 |        |
| 4.13m 4.94m 4.56m                   |      |                  |       |                |        |
| 12 Destine Butturff                 | FR   | Buena Vista      | 4.85m | 4.92m 16-01.75 |        |
| 4.71m 4.92m 4.85m                   |      |                  |       |                |        |
| 13 Elise Heiser                     | SR   | Luther           | 4.91m | 4.91m 16-01.50 |        |
| 4.91m 4.79m 4.85m                   |      |                  |       |                |        |
| 14 Amy Brant                        | JR   | Wartburg         | 4.85m | 4.86m 15-11.50 |        |
| 4.68m 4.82m 4.86m                   |      |                  |       |                |        |
| 15 Lilia Edwards                    | SO   | Wartburg         | 5.01m | 4.80m 15-09.00 |        |
| FOUL 4.80m 4.69m                    |      |                  |       |                |        |
| 16 Taylor Schaefer                  | SO   | Loras            | 4.91m | 4.64m 15-02.75 |        |
| 4.64m 4.56m 4.61m                   |      |                  |       |                |        |
| 17 Michaela Mason                   | FR   | Buena Vista      | 4.54m | 4.47m 14-08.00 |        |
| 4.03m 4.47m 4.32m                   |      |                  |       |                |        |
| 18 Lindsay Meyer                    | JR   | Buena Vista      | 4.22m | 3.96m 13-00.00 |        |
| 3.86m 3.90m 3.96m                   |      |                  |       |                |        |
| 19 Sarah Sandage                    | SO   | Simpson (Iowa)   | 4.24m | 3.91m 12-10.00 |        |
| 3.69m 3.91m FOUL                    |      |                  |       |                |        |
| -- Emily Schwendinger               | FR   | Dubuque          | 4.62m | 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 12.26m 2/19/2016 Amber Williams, UW-Platteville

| Name                                      | Year | School           | Seed   | Finals          | Points |
|---|------|------------------|--------|-----------------|--------|
| 1 Hannah Manley                           | JR   | Nebraska Wesleya | 10.44m | 11.19m 36-08.50 | 10     |
| 10.91m 11.00m FOUL 10.45m FOUL 11.19m     |      |                  |        |                 |        |
| 2 Lilia Edwards                           | SO   | Wartburg         | 10.55m | 11.09m 36-04.75 | 8      |
| 10.77m FOUL 10.83m 10.85m FOUL 11.09m     |      |                  |        |                 |        |
| 3 Elyse Acompanado                        | FR   | Loras            | 10.86m | 11.01m 36-01.50 | 6      |
| 11.01m 10.80m 10.81m 10.63m 10.85m 10.96m |      |                  |        |                 |        |
| 4 Camarie Stratman                        | FR   | Nebraska Wesleya | 10.69m | 10.92m 35-10.00 | 5      |
| 10.54m 10.67m 10.60m 10.80m 10.50m 10.92m |      |                  |        |                 |        |



|    |                         |                      |        |        |          |   |
|----|-------------------------|----------------------|--------|--------|----------|---|
| 5  | Janae Conley            | JR Wartburg          | 10.33m | 10.71m | 35-01.75 | 4 |
|    | 10.71m 10.42m 10.36m    | 10.38m 10.51m FOUL   |        |        |          |   |
| 6  | Jenna Heimark           | FR Dubuque           | 10.66m | 10.64m | 34-11.00 | 3 |
|    | FOUL FOUL 10.50m 10.33m | 10.46m 10.64m        |        |        |          |   |
| 7  | Victoria Leffler        | SO Buena Vista       | 10.68m | 10.63m | 34-10.50 | 2 |
|    | FOUL FOUL 10.63m 10.11m | FOUL 10.23m          |        |        |          |   |
| 8  | Alyssa Skrove           | FR Dubuque           | 11.12m | 10.62m | 34-10.25 | 1 |
|    | 10.43m 10.48m 10.45m    | 10.62m 10.35m 10.62m |        |        |          |   |
| 9  | Elise Heiser            | SR Luther            | 10.61m | 10.59m | 34-09.00 |   |
|    | 10.15m 10.56m 10.42m    | 10.40m 10.23m 10.59m |        |        |          |   |
| 10 | Aleyha Slatter          | SO Dubuque           | 10.43m | 10.55m | 34-07.50 |   |
|    | 10.48m 10.25m 10.33m    | 10.52m FOUL 10.55m   |        |        |          |   |
| 11 | Jasmin Greenlee         | FR Wartburg          | 10.06m | 9.98m  | 32-09.00 |   |
|    | 9.79m FOUL 9.98m        |                      |        |        |          |   |
| 12 | Jamie Knight            | JR Nebraska Wesleya  | 10.14m | 9.95m  | 32-07.75 |   |
|    | FOUL 9.95m FOUL         |                      |        |        |          |   |
| 13 | Krystyna Kaminski       | FR Loras             | 9.67m  | 9.75m  | 32-00.00 |   |
|    | 9.75m 9.49m 9.19m       |                      |        |        |          |   |
| 14 | Jackie Krawczyk         | JR Luther            | 9.38m  | 9.71m  | 31-10.25 |   |
|    | 9.41m 9.71m FOUL        |                      |        |        |          |   |
| 15 | Trenetta Blocker        | JR Central College   | 9.61m  | 9.69m  | 31-09.50 |   |
|    | 9.35m 6.26m 9.69m       |                      |        |        |          |   |
| 16 | Michaela Mason          | FR Buena Vista       | 10.00m | 9.39m  | 30-09.75 |   |
|    | 9.39m FOUL 9.33m        |                      |        |        |          |   |
| -- | Sarah Schoel            | JR Loras             | 9.57m  | FOUL   |          |   |
|    | FOUL PASS PASS          |                      |        |        |          |   |
| -- | Audrey Hooks            | SR Loras             | 10.34m | FOUL   |          |   |
|    | FOUL PASS PASS          |                      |        |        |          |   |

#### Women Shot Put

|       |                      |        |                  |                  |         |             |
|-------|----------------------|--------|------------------|------------------|---------|-------------|
| ===== |                      |        |                  |                  |         |             |
|       | All-Time: A          | 15.01m | 2016             | Tanasha Atwater, | Dubuque |             |
|       | Championship: C      | 14.19m | 2006             | Dana Klemm,      | Loras   |             |
|       | Facility: F          | 14.74m | 2/17/2017        | Tanasha Atwater, | Dubuque |             |
|       | Name                 | Year   | School           | Seed             | Finals  | Points      |
| ===== |                      |        |                  |                  |         |             |
| 1     | Tanasha Atwater      | JR     | Dubuque          | 15.01m           | 14.67mC | 48-01.75 10 |
|       | 14.48m 14.20m 14.67m | FOUL   | FOUL             | FOUL             |         |             |
| 2     | SteaVen Becker       | JR     | Nebraska Wesleya | 13.67m           | 13.98m  | 45-10.50 8  |
|       | 13.98m 13.20m FOUL   | FOUL   | FOUL             | 13.32m           |         |             |
| 3     | Dayton Dolincheck    | FR     | Nebraska Wesleya | 13.13m           | 13.36m  | 43-10.00 6  |
|       | 12.66m 12.92m FOUL   | 13.36m | FOUL             | 13.24m           |         |             |
| 4     | Anna Rehberg         | FR     | Wartburg         | 12.13m           | 13.04m  | 42-09.50 5  |
|       | 13.04m 11.96m 11.92m | FOUL   | FOUL             | FOUL             |         |             |
| 5     | Ciara Voycheske      | SR     | Nebraska Wesleya | 12.81m           | 12.27m  | 40-03.25 4  |
|       | FOUL 12.11m FOUL     | FOUL   | 12.27m           | 11.99m           |         |             |
| 6     | Tieranny Keahna      | FR     | Coe              | 11.93m           | 12.10m  | 39-08.50 3  |
|       | 12.10m 11.71m 11.44m | 11.41m | 11.57m           | 11.70m           |         |             |
| 7     | Adahja Weathers      | FR     | Dubuque          | 12.82m           | 12.10m  | 39-08.50 2  |
|       | 12.10m FOUL FOUL     | FOUL   | FOUL             | FOUL             |         |             |
| 8     | Cristyn Eischeid     | JR     | Buena Vista      | 11.68m           | 12.08m  | 39-07.75 1  |
|       | 12.08m 11.89m FOUL   | 11.63m | 11.74m           | 11.47m           |         |             |
| 9     | Kayla Schlichting    | FR     | Dubuque          | 11.78m           | 11.99m  | 39-04.00    |
|       | 11.99m 11.25m 11.78m | FOUL   | FOUL             | 11.40m           |         |             |
| 10    | Alex Niemier         | SO     | Simpson (Iowa)   | 11.61m           | 11.92m  | 39-01.25    |
|       | 11.05m 11.92m 11.42m |        |                  |                  |         |             |
| 11    | Esther Johnson       | SO     | Loras            | 11.83m           | 11.79m  | 38-08.25    |
|       | 11.79m 11.43m FOUL   |        |                  |                  |         |             |
| 12    | Sam Holtz            | JR     | Wartburg         | 12.76m           | 11.74m  | 38-06.25    |
|       | 11.74m FOUL FOUL     |        |                  |                  |         |             |

|    |                      |                     |        |        |          |
|----|----------------------|---------------------|--------|--------|----------|
| 13 | Jillian Harstad      | SR Luther           | 11.82m | 11.63m | 38-02.00 |
|    | 11.63m 11.12m FOUL   |                     |        |        |          |
| 14 | Jodi Koellner        | JR Nebraska Wesleya | 12.58m | 11.55m | 37-10.75 |
|    | FOUL FOUL 11.55m     |                     |        |        |          |
| 15 | Anna Hedges          | SO Loras            | 12.04m | 11.48m | 37-08.00 |
|    | FOUL 11.48m FOUL     |                     |        |        |          |
| 16 | Emily Burt           | FR Central College  | 11.22m | 11.33m | 37-02.25 |
|    | 11.33m 10.63m FOUL   |                     |        |        |          |
| 17 | Grace Telfer         | SO Buena Vista      | 11.12m | 11.14m | 36-06.75 |
|    | FOUL 10.86m 11.14m   |                     |        |        |          |
| 18 | Victoria Kapnisis    | SR Wartburg         | 12.05m | 11.01m | 36-01.50 |
|    | 11.01m FOUL FOUL     |                     |        |        |          |
| 19 | Hannah Ward          | JR Luther           | 10.70m | 10.81m | 35-05.75 |
|    | 10.81m 9.81m 9.58m   |                     |        |        |          |
| 20 | Madison Arechiga     | FR Coe              | 11.25m | 10.75m | 35-03.25 |
|    | 10.75m 10.37m 10.72m |                     |        |        |          |
| 21 | Jackie Cullinan      | SO Simpson (Iowa)   | 9.82m  | 9.54m  | 31-03.75 |
|    | 9.31m 9.54m 9.46m    |                     |        |        |          |
| 22 | savannah Nesvik      | SO Loras            | 10.41m | 9.52m  | 31-03.00 |
|    | 9.14m 9.52m 9.24m    |                     |        |        |          |
| 23 | Jenna Iverson        | JR Luther           | 9.04m  | 9.40m  | 30-10.25 |
|    | 8.63m 9.40m 9.39m    |                     |        |        |          |
| 24 | Emily Sassman        | FR Simpson (Iowa)   | 9.61m  | 9.11m  | 29-10.75 |
|    | 9.11m 9.09m 8.80m    |                     |        |        |          |
| 25 | Macin Harvey         | SO Central College  | 9.77m  | 8.71m  | 28-07.00 |
|    | FOUL 8.37m 8.71m     |                     |        |        |          |
| 26 | Madison Anderson     | FR Simpson (Iowa)   | 8.32m  | 7.47m  | 24-06.25 |
|    | 7.25m 7.21m 7.47m    |                     |        |        |          |

#### Women Weight Throw

|       |                        |           |                      |                         |         |             |
|-------|------------------------|-----------|----------------------|-------------------------|---------|-------------|
| ===== |                        |           |                      |                         |         |             |
|       | All-Time: A 17.95m     | 2014      |                      | Kayla Hemann, Wartburg  |         |             |
|       | Championship: C 17.71m | 2008      |                      | Liz Ulferts, Loras      |         |             |
|       | Facility: F 18.67m     | 1/30/2010 |                      | Emily Brown, Unattached |         |             |
|       | Name                   | Year      | School               | Seed                    | Finals  | Points      |
| ===== |                        |           |                      |                         |         |             |
| 1     | Tanasha Atwater        | JR        | Dubuque              | 17.32m                  | 18.71mF | 61-04.75 10 |
|       | 18.61m 17.90m FOUL     |           | 17.89m 18.14m 18.71m |                         |         |             |
| 2     | Lorell Stuh            | SR        | Central College      | 17.43m                  | 16.59m  | 54-05.25 8  |
|       | 16.59m FOUL 16.07m     |           | FOUL FOUL 16.08m     |                         |         |             |
| 3     | Sam Holtz              | JR        | Wartburg             | 14.72m                  | 15.63m  | 51-03.50 6  |
|       | 14.99m 15.32m 15.00m   |           | FOUL 15.48m 15.63m   |                         |         |             |
| 4     | Jodi Koellner          | JR        | Nebraska Wesleya     | 16.43m                  | 15.44m  | 50-08.00 5  |
|       | 14.76m 15.44m FOUL     |           | FOUL FOUL 15.18m     |                         |         |             |
| 5     | Anna Hedges            | SO        | Loras                | 14.89m                  | 15.16m  | 49-09.00 4  |
|       | FOUL FOUL 15.16m       |           | 14.67m 14.99m 14.82m |                         |         |             |
| 6     | Grace Telfer           | SO        | Buena Vista          | 14.73m                  | 14.85m  | 48-08.75 3  |
|       | 14.85m 14.63m 14.24m   |           | 13.88m 13.77m 14.40m |                         |         |             |
| 7     | Rebecca Burmahl        | SO        | Dubuque              | 15.03m                  | 14.77m  | 48-05.50 2  |
|       | 14.55m 14.77m 14.23m   |           | 14.57m FOUL FOUL     |                         |         |             |
| 8     | Tieranny Keahna        | FR        | Coe                  | 14.96m                  | 14.27m  | 46-10.00 1  |
|       | FOUL FOUL 13.86m       |           | 14.27m FOUL FOUL     |                         |         |             |
| 9     | Anna Rehberg           | FR        | Wartburg             | 14.09m                  | 13.69m  | 44-11.00    |
|       | 13.68m 13.46m 13.16m   |           | 13.69m 13.45m 13.57m |                         |         |             |
| 10    | Shelby Lane            | SO        | Dubuque              | 14.42m                  | 13.65m  | 44-09.50    |
|       | FOUL 13.65m 13.59m     |           |                      |                         |         |             |
| 11    | Esther Johnson         | SO        | Loras                | 15.02m                  | 13.58m  | 44-06.75    |
|       | 13.26m FOUL 13.58m     |           |                      |                         |         |             |
| 12    | SteaVen Becker         | JR        | Nebraska Wesleya     | 14.39m                  | 13.43m  | 44-00.75    |
|       | 13.35m 13.43m FOUL     |           |                      |                         |         |             |

|    |                      |                     |        |        |          |
|----|----------------------|---------------------|--------|--------|----------|
| 13 | savannah Nesvik      | SO Loras            | 13.55m | 13.19m | 43-03.25 |
|    | FOUL 12.64m 13.19m   |                     |        |        |          |
| 14 | Maddie Fitzgibbons   | SO Nebraska Wesleya | 13.79m | 13.13m | 43-01.00 |
|    | FOUL FOUL 13.13m     |                     |        |        |          |
| 15 | Victoria Kapnisis    | SR Wartburg         | 15.12m | 13.08m | 42-11.00 |
|    | 12.87m 13.08m FOUL   |                     |        |        |          |
| 16 | Cristyn Eischeid     | JR Buena Vista      | 13.53m | 12.29m | 40-04.00 |
|    | 12.29m 12.17m FOUL   |                     |        |        |          |
| 17 | Madison Arechiga     | FR Coe              | 11.96m | 12.25m | 40-02.25 |
|    | FOUL 12.25m 10.94m   |                     |        |        |          |
| 18 | Emily Burt           | FR Central College  | 12.66m | 11.46m | 37-07.25 |
|    | 11.44m 11.27m 11.46m |                     |        |        |          |
| 19 | Jillian Harstad      | SR Luther           | 12.12m | 11.41m | 37-05.25 |
|    | FOUL 11.41m FOUL     |                     |        |        |          |
| 20 | Macin Harvey         | SO Central College  | 11.66m | 10.93m | 35-10.50 |
|    | FOUL 10.93m FOUL     |                     |        |        |          |
| 21 | Jackie Cullinan      | SO Simpson (Iowa)   | 11.63m | 10.81m | 35-05.75 |
|    | 10.81m FOUL FOUL     |                     |        |        |          |
| 22 | Alex Niemier         | SO Simpson (Iowa)   | 11.48m | 10.49m | 34-05.00 |
|    | FOUL 10.49m 10.40m   |                     |        |        |          |
| 23 | Kassandra Bain       | FR Coe              | 10.92m | 9.86m  | 32-04.25 |
|    | FOUL 9.86m FOUL      |                     |        |        |          |
| 24 | Jenna Iverson        | JR Luther           | 9.52m  | 9.27m  | 30-05.00 |
|    | FOUL 9.27m FOUL      |                     |        |        |          |
| 25 | Emily Sassman        | FR Simpson (Iowa)   | 10.70m | 8.91m  | 29-02.75 |
|    | 8.91m FOUL FOUL      |                     |        |        |          |
| -- | Erica Frazier        | JR Dubuque          | 14.00m | FOUL   |          |
|    | FOUL FOUL FOUL       |                     |        |        |          |

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

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Championship: C 2:19.01 2/25/2011 Brittany Melloy, Wartburg

Facility: F 2:29.68 2/23/2013 Addy Rickels, Luther

| Name                 | Year            | School            | Finals            | Points            |
|----------------------|-----------------|-------------------|-------------------|-------------------|
| 1 Marta Springer     | SO              | Luther            | 2:22.96F          | 784               |
|                      | 34.086 (34.086) | 1:11.771 (37.685) | 1:49.964 (38.193) | 2:22.957 (32.993) |
| 2 Anna Frazier       | SO              | Nebraska Wesleya  | 2:28.02F          | 718               |
|                      | 33.842 (33.842) | 1:11.486 (37.644) | 1:50.808 (39.322) | 2:28.019 (37.211) |
| 3 Bella Solis        | SO              | Loras             | 2:29.65F          | 697               |
|                      | 34.118 (34.118) | 1:11.601 (37.483) | 1:51.012 (39.411) | 2:29.643 (38.631) |
| 4 Taylor Schaefer    | SO              | Loras             | 2:31.03           | 680               |
|                      | 35.582 (35.582) | 1:13.301 (37.719) | 1:52.825 (39.524) | 2:31.028 (38.203) |
| 5 Courtney Sowle     | SR              | Wartburg          | 2:31.56           | 673               |
|                      | 35.191 (35.191) | 1:12.488 (37.297) | 1:52.583 (40.095) | 2:31.558 (38.975) |
| 6 Emma Drees         | SR              | Central College   | 2:32.30           | 664               |
|                      | 34.391 (34.391) | 1:12.138 (37.747) | 1:52.566 (40.428) | 2:32.292 (39.726) |
| 7 Morgan Sammons     | JR              | Luther            | 2:32.40           | 663               |
|                      | 35.898 (35.898) | 1:13.417 (37.519) | 1:53.058 (39.641) | 2:32.392 (39.334) |
| 8 Abby DeBaillie     | FR              | Wartburg          | 2:36.90           | 609               |
|                      | 34.468 (34.468) | 1:12.323 (37.855) | 1:52.998 (40.675) | 2:36.891 (43.893) |
| 9 Morgan Koenigs     | SR              | Central College   | 2:46.74           | 498               |
|                      | 34.727 (34.727) | 1:13.013 (38.286) | 1:59.448 (46.435) | 2:46.734 (47.286) |
| 10 Anna Achter       | FR              | Wartburg          | 3:01.43           | 352               |
|                      | 36.538 (36.538) | 1:16.376 (39.838) | 2:06.135 (49.759) | 3:01.425 (55.290) |
| 11 Bobbi Jo Helgemoe | JR              | Dubuque           | 3:06.35           | 308               |
|                      | 37.120 (37.120) | 1:20.398 (43.278) | 2:12.679 (52.281) | 3:06.341 (53.662) |

Indoor Pentathlon: #1 Women 55 Meter Hurdles Indoor Pentathlon

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Championship: C 8.98 2/24/2012 Camesha Goods, Wartburg

Facility: F 8.83 2/23/2013 Laura Wondra, Loras

| Name                 | Year | School           | Finals | H# | Points |
|----------------------|------|------------------|--------|----|--------|
| 1 Courtney Sowle     | SR   | Wartburg         | 8.47F  | 3  | 887    |
| 2 Bella Solis        | SO   | Loras            | 8.84C  | 3  | 806    |
| 3 Emma Drees         | SR   | Central College  | 8.96C  | 3  | 781    |
| 4 Morgan Koenigs     | SR   | Central College  | 9.16   | 2  | 740    |
| 5 Anna Achter        | FR   | Wartburg         | 9.21   | 3  | 729    |
| 6 Taylor Schaefer    | SO   | Loras            | 9.56   | 2  | 661    |
| 7 Abby DeBaillie     | FR   | Wartburg         | 9.67   | 2  | 639    |
| 8 Morgan Sammons     | JR   | Luther           | 9.69   | 2  | 636    |
| 9 Marta Springer     | SO   | Luther           | 9.80   | 1  | 614    |
| 10 Bobbi Jo Helgemoe | JR   | Dubuque          | 9.96   | 1  | 585    |
| 11 Anna Frazier      | SO   | Nebraska Wesleya | 10.84  | 1  | 433    |

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Championship: C 1.69m 2/27/2015 Leah Broderick, Luther

Facility: F 1.61m 2/23/2013 Addy Rickels, Luther

| Name   | Year | School           | Finals        | Points |
|--|------|------------------|---------------|--------|
| 1 Bella Solis  | SO   | Loras            | 1.60m 5-03.00 | 736    |
| 1.27 1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57 1.60 1.63 |      |                  |               |        |
| PPP PPP PPP 0 PPP 0 0 0 0 0 0 XO 0 XXX                           |      |                  |               |        |
| 2 Morgan Koenigs   | SR   | Central College  | 1.57m 5-01.75 | 701    |
| 1.27 1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57 1.60      |      |                  |               |        |
| PPP PPP PPP PPP 0 0 0 XO 0 XXO XO XXX                            |      |                  |               |        |
| 3 Emma Drees   | SR   | Central College  | 1.51m 4-11.50 | 632    |
| 1.27 1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51 1.54                |      |                  |               |        |
| PPP PPP PPP PPP OPP 0 0 XXO XXO XXX                              |      |                  |               |        |
| 4 Courtney Sowle   | SR   | Wartburg         | 1.48m 4-10.25 | 599    |
| 1.27 1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51                     |      |                  |               |        |
| PPP PPP PPP PPP PPP 0 0 XO XXX                                   |      |                  |               |        |
| 5 Marta Springer   | SO   | Luther           | 1.42m 4-07.75 | 534    |
| 1.27 1.30 1.33 1.36 1.39 1.42 1.45                               |      |                  |               |        |
| PPP 0 0 0 0 0 0 XXX  |      |                  |               |        |
| 6 Anna Frazier   | SO   | Nebraska Wesleya | 1.39m 4-06.75 | 502    |
| 1.27 1.30 1.33 1.36 1.39 1.42                                    |      |                  |               |        |
| 0 0 0 0 XXO XXX  |      |                  |               |        |
| 6 Anna Achter  | FR   | Wartburg         | 1.39m 4-06.75 | 502    |
| 1.27 1.30 1.33 1.36 1.39 1.42                                    |      |                  |               |        |
| PPP XO PPP XO 0 XXX  |      |                  |               |        |
| 6 Abby DeBaillie   | FR   | Wartburg         | 1.39m 4-06.75 | 502    |
| 1.27 1.30 1.33 1.36 1.39 1.42                                    |      |                  |               |        |
| PPP 0 0 XO XO XXX  |      |                  |               |        |
| 6 Taylor Schaefer  | SO   | Loras            | 1.39m 4-06.75 | 502    |
| 1.27 1.30 1.33 1.36 1.39 1.42                                    |      |                  |               |        |
| PPP 0 0 0 XXO XXX  |      |                  |               |        |
| 10 Morgan Sammons  | JR   | Luther           | 1.36m 4-05.50 | 470    |
| 1.27 1.30 1.33 1.36 1.39   |      |                  |               |        |
| 0 XO 0 XO XXX  |      |                  |               |        |
| 10 Bobbi Jo Helgemoe   | JR   | Dubuque          | 1.36m 4-05.50 | 470    |
| 1.27 1.30 1.33 1.36 1.39   |      |                  |               |        |
| 0 0 XO XXO XXX   |      |                  |               |        |

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Championship: C 5.47m 2/24/2012 Camesha Goods, Wartburg

Facility: F 5.30m 2/23/2013 Laura Wondra, Loras

| Name                                     | Year | School              | Finals |          | Points |
|--|------|---------------------|--------|----------|--------|
| 1 Emma Drees<br>FOUL 5.11m 5.15m         |      | SR Central College  | 5.15m  | 16-10.75 | 601    |
| 2 Courtney Sowle<br>4.94m 4.99m 4.82m    |      | SR Wartburg         | 4.99m  | 16-04.50 | 557    |
| 3 Anna Achter<br>FOUL 4.68m 4.87m        |      | FR Wartburg         | 4.87m  | 15-11.75 | 524    |
| 4 Morgan Koenigs<br>4.56m 4.83m 4.82m    |      | SR Central College  | 4.83m  | 15-10.25 | 514    |
| 5 Taylor Schaefers<br>4.76m 4.80m 4.69m  |      | SO Loras            | 4.80m  | 15-09.00 | 506    |
| 6 Marta Springer<br>FOUL 4.79m 4.63m     |      | SO Luther           | 4.79m  | 15-08.75 | 503    |
| 7 Bella Solis<br>4.74m 4.60m 4.61m       |      | SO Loras            | 4.74m  | 15-06.75 | 490    |
| 8 Anna Frazier<br>4.64m 4.67m 4.72m      |      | SO Nebraska Wesleya | 4.72m  | 15-06.00 | 485    |
| 9 Morgan Sammons<br>FOUL 4.68m 4.55m     |      | JR Luther           | 4.68m  | 15-04.25 | 474    |
| 10 Abby DeBaillie<br>4.13m 4.30m 4.36m   |      | FR Wartburg         | 4.36m  | 14-03.75 | 393    |
| 11 Bobbi Jo Helgemoe<br>FOUL 4.29m 4.30m |      | JR Dubuque          | 4.30m  | 14-01.25 | 379    |

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Championship: C 12.05m 2/26/2010 Carissa Bentz, Central

Facility: F 10.47m 2/23/2013 Leah Broderick, Luther

| Name                                      | Year | School              | Finals |          | Points |
|---|------|---------------------|--------|----------|--------|
| 1 Bobbi Jo Helgemoe<br>10.14m 9.41m 9.99m |      | JR Dubuque          | 10.14m | 33-03.25 | 539    |
| 2 Courtney Sowle<br>7.49m 9.77m 10.11m    |      | SR Wartburg         | 10.11m | 33-02.00 | 537    |
| 3 Emma Drees<br>9.51m 9.89m 7.66m         |      | SR Central College  | 9.89m  | 32-05.50 | 522    |
| 4 Anna Frazier<br>8.78m 8.44m 9.39m       |      | SO Nebraska Wesleya | 9.39m  | 30-09.75 | 490    |
| 5 Morgan Koenigs<br>8.69m 8.69m 9.14m     |      | SR Central College  | 9.14m  | 30-00.00 | 473    |
| 6 Abby DeBaillie<br>8.77m 8.92m 8.64m     |      | FR Wartburg         | 8.92m  | 29-03.25 | 459    |
| 7 Marta Springer<br>FOUL 8.67m 8.62m      |      | SO Luther           | 8.67m  | 28-05.50 | 443    |
| 8 Morgan Sammons<br>8.08m 7.92m 8.28m     |      | JR Luther           | 8.28m  | 27-02.00 | 417    |
| 9 Bella Solis<br>FOUL 6.86m 7.54m         |      | SO Loras            | 7.54m  | 24-09.00 | 370    |
| 10 Taylor Schaefers<br>6.54m 7.47m 6.79m  |      | SO Loras            | 7.47m  | 24-06.25 | 365    |
| 11 Anna Achter<br>6.63m 5.41m 6.82m       |      | FR Wartburg         | 6.82m  | 22-04.50 | 324    |

Women Indoor Pentathlon

All-Time: A 3505 2/27/2015 Leah Broderick, Luther

Championship: C 3505 2/27/2015 Leah Broderick, Luther

Facility: F 3132 2/23/2013 Mia Purnell, Wartburg

| Name | Year | School | Seed | Finals | Points |
|------|------|--------|------|--------|--------|
|------|------|--------|------|--------|--------|

|    |                   |    |                  |      |       |    |
|----|-------------------|----|------------------|------|-------|----|
| 1  | Courtney Sowle    | SR | Wartburg         | 2969 | 3253F | 10 |
| 2  | Emma Drees        | SR | Central College  |      | 3200F | 8  |
| 3  | Bella Solis       | SO | Loras            |      | 3099  | 6  |
| 4  | Morgan Koenigs    | SR | Central College  | 2919 | 2926  | 5  |
| 5  | Marta Springer    | SO | Luther           | 2047 | 2878  | 4  |
| 6  | Taylor Schaefer   | SO | Loras            |      | 2714  | 3  |
| 7  | Morgan Sammons    | JR | Luther           | 2547 | 2660  | 2  |
| 8  | Anna Frazier      | SO | Nebraska Wesleya | 2414 | 2628  | 1  |
| 9  | Abby DeBaillie    | FR | Wartburg         | 2407 | 2602  |    |
| 10 | Anna Achter       | FR | Wartburg         |      | 2431  |    |
| 11 | Bobbi Jo Helgemoe | JR | Dubuque          |      | 2281  |    |

Men 55 Meter Dash

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

Seed Times are 60M

All-Time: A 6.34 2009 Eric Bertelsen, Buena Vista  
 Championship: C 6.34 2009 Eric Bertelsen, Buena Vista  
 Facility: F 6.37 1/17/2015 John Rivan, Southwestern CC

| Name | Year | School | Seed | Prelims | H# |
|------|------|--------|------|---------|----|
|------|------|--------|------|---------|----|

Preliminaries

|    |                         |    |                  |      |       |   |             |
|----|-------------------------|----|------------------|------|-------|---|-------------|
| 1  | Emmitt Wheatley         | SO | Simpson (Iowa)   | 6.94 | 6.52Q | 4 |             |
| 2  | Dylan Kalinay           | JR | Simpson (Iowa)   | 7.04 | 6.53Q | 1 |             |
| 3  | Brennan Dostal          | JR | Buena Vista      | 7.08 | 6.55Q | 3 |             |
| 4  | Travis Tupper           | JR | Simpson (Iowa)   | 7.01 | 6.56Q | 2 |             |
| 5  | Craig Timmons           | SR | Nebraska Wesleya | 7.01 | 6.58q | 3 |             |
| 6  | Denison Harrington      | FR | Wartburg         | 7.04 | 6.59q | 1 |             |
| 7  | Malik Morris            | JR | Nebraska Wesleya | 7.11 | 6.61q | 4 |             |
| 8  | Isaiah Ellis            | SO | Dubuque          | 7.12 | 6.65q | 2 |             |
| 9  | Justin Wimbish          | JR | Central College  | 7.06 | 6.66  | 2 | 6.653       |
| 10 | Mamer Mamer             | SO | Nebraska Wesleya | 7.14 | 6.66  | 1 | 6.659       |
| 11 | Jacob Beaton            | FR | Loras            | 7.22 | 6.67  | 3 |             |
| 12 | Tate Tufte              | SR | Simpson (Iowa)   | 7.15 | 6.70  | 1 | 6.691       |
| 12 | Mamoon Koko             | FR | Wartburg         | 7.17 | 6.70  | 2 | 6.691       |
| 14 | Clevon Catchings        | SO | Coe              | 7.23 | 6.70  | 2 | 6.692       |
| 15 | Alex Herzog             | FR | Wartburg         | 7.12 | 6.71  | 3 | 6.701       |
| 16 | Ryan Kind               | SO | Dubuque          | 7.25 | 6.71  | 1 | 6.708       |
| 17 | Colfay Pointer          | FR | Dubuque          | 7.11 | 6.72  | 4 |             |
| 18 | Nikolas Polite          | FR | Buena Vista      | 7.18 | 6.74  | 4 |             |
| 19 | Nana Anim Asante-Apeatu | FR | Luther           | 7.20 | 6.75  | 4 | 6.742       |
| 20 | Tyson Morrison          | FR | Loras            | 7.31 | 6.75  | 2 | 6.750       |
| 21 | Cooper Nelson           | SR | Luther           | 7.30 | 6.83  | 1 |             |
| 22 | Noah Smith              | FR | Loras            | 7.40 | 6.85  | 4 |             |
| 23 | Dylan Heetland          | FR | Central College  | 7.53 | 6.87  | 3 |             |
| 24 | Dylan Coffin            | FR | Buena Vista      | 7.36 | 6.88  | 3 |             |
| 25 | Quon Lambert            | FR | Luther           | 7.44 | 6.93  | 4 |             |
| -- | Caleb Jennings          | SO | Central College  | 7.18 | DQ    | 3 | False Start |

Men 55 Meter Dash

Seed Times are 60M

All-Time: A 6.34 2009 Eric Bertelsen, Buena Vista  
 Championship: C 6.34 2009 Eric Bertelsen, Buena Vista  
 Facility: F 6.37 1/17/2015 John Rivan, Southwestern CC

| Name | Year | School | Prelims | Finals | Points |
|------|------|--------|---------|--------|--------|
|------|------|--------|---------|--------|--------|

Finals

|   |                 |    |                |      |      |    |
|---|-----------------|----|----------------|------|------|----|
| 1 | Emmitt Wheatley | SO | Simpson (Iowa) | 6.52 | 6.49 | 10 |
|---|-----------------|----|----------------|------|------|----|

|   |                    |                     |      |      |   |
|---|--------------------|---------------------|------|------|---|
| 2 | Craig Timmons      | SR Nebraska Wesleya | 6.58 | 6.55 | 8 |
| 3 | Travis Tupper      | JR Simpson (Iowa)   | 6.56 | 6.57 | 6 |
| 4 | Dylan Kalinay      | JR Simpson (Iowa)   | 6.53 | 6.58 | 5 |
| 5 | Isaiah Ellis       | SO Dubuque          | 6.65 | 6.62 | 4 |
| 6 | Brennan Dostal     | JR Buena Vista      | 6.55 | 6.64 | 3 |
| 7 | Malik Morris       | JR Nebraska Wesleya | 6.61 | 6.68 | 2 |
| 8 | Denison Harrington | FR Wartburg         | 6.59 | 6.69 | 1 |

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 22.16 2014 David Devore, Augustana

| Name | Year                    | School              | Seed  | Finals | H# | Points              |
|------|-------------------------|---------------------|-------|--------|----|---------------------|
| 1    | Erik Franklin           | SR Coe              | 22.51 | 22.43  | 7  | 10                  |
| 2    | Isaiah Ellis            | SO Dubuque          | 22.55 | 22.53  | 7  | 8                   |
| 3    | Emmitt Wheatley         | SO Simpson (Iowa)   | 22.02 | 22.59  | 7  | 6                   |
| 4    | Justin Wimbish          | JR Central College  | 22.73 | 22.61  | 6  | 5                   |
| 5    | Justin Anderlik         | SR Wartburg         | 22.45 | 22.62  | 7  | 4                   |
| 6    | Travis Tupper           | JR Simpson (Iowa)   | 22.59 | 22.65  | 6  | 3                   |
| 7    | Craig Timmons           | SR Nebraska Wesleya | 22.92 | 22.67  | 5  | 2                   |
| 8    | Dylan Kalinay           | JR Simpson (Iowa)   | 23.04 | 22.90  | 5  | 1                   |
| 9    | Patrick Mikel           | FR Loras            | 23.00 | 22.93  | 5  |                     |
| 10   | Mamer Mamer             | SO Nebraska Wesleya | 23.07 | 23.04  | 5  |                     |
| 11   | Denison Harrington      | FR Wartburg         | 22.74 | 23.06  | 6  |                     |
| 12   | Drew Schwartz           | SR Wartburg         | 22.91 | 23.07  | 6  |                     |
| 13   | Trent Koehler           | FR Nebraska Wesleya | 23.10 | 23.11  | 4  |                     |
| 14   | Blake Morgan            | JR Central College  | 23.40 | 23.14  | 3  |                     |
| 15   | Keagan Zweifel          | FR Simpson (Iowa)   | 23.10 | 23.20  | 4  |                     |
| 16   | Clevon Catchings        | SO Coe              | 23.41 | 23.24  | 3  |                     |
| 17   | Nikolas Polite          | FR Buena Vista      | 23.47 | 23.32  | 3  |                     |
| 18   | Caleb Jennings          | SO Central College  | 23.39 | 23.36  | 4  |                     |
| 19   | Tyson Morrison          | FR Loras            | 23.78 | 23.39  | 2  |                     |
| 20   | Jacob Beaton            | FR Loras            | 23.72 | 23.46  | 2  |                     |
| 21   | Ryan Kind               | SO Dubuque          | 23.21 | 23.48  | 4  |                     |
| 22   | Dylan Coffin            | FR Buena Vista      | 23.81 | 23.86  | 2  |                     |
| 23   | Maxwell Tapp            | SO Luther           | 24.25 | 24.00  | 1  |                     |
| 24   | Nate Phillips           | FR Coe              | 24.67 | 24.40  | 1  |                     |
| 25   | Temitope Oshinbanjo     | FR Dubuque          | 24.01 | 24.48  | 2  |                     |
| 26   | Quon Lambert            | FR Luther           |       | 24.73  | 1  |                     |
| --   | Max Johnson             | SO Coe              | 23.53 | DQ     | 3  | Lane Line Violation |
| --   | Nana Anim Asante-Apeatu | FR Luther           |       | DNS    | 1  |                     |

Men 400 Meter Dash

=====  
All-Time: A 48.45 2006 Josh Hauser, Warburg  
Championship: C 48.78 2008 Guy Dierkx, Central  
Facility: F 49.28 2/19/2016 Jim Warren, St. Ambrose

| Name | Year            | School              | Seed  | Finals | H# | Points |
|------|-----------------|---------------------|-------|--------|----|--------|
| 1    | Erik Franklin   | SR Coe              | 49.70 | 49.68  | 5  | 10     |
|      | 23.284 (23.284) | 49.678 (26.395)     |       |        |    |        |
| 2    | Patrick Mikel   | FR Loras            | 50.16 | 50.12  | 5  | 8      |
|      | 23.428 (23.428) | 50.111 (26.683)     |       |        |    |        |
| 3    | Justin Anderlik | SR Wartburg         | 50.09 | 50.51  | 5  | 6      |
|      | 23.712 (23.712) | 50.502 (26.790)     |       |        |    |        |
| 4    | Garrett Teel    | SR Nebraska Wesleya | 50.27 | 50.61  | 5  | 5      |
|      | 23.957 (23.957) | 50.604 (26.648)     |       |        |    |        |
| 5    | Drew Schwartz   | SR Wartburg         | 50.59 | 50.80  | 4  | 4      |

|    |                    |                     |       |       |   |   |
|----|--------------------|---------------------|-------|-------|---|---|
|    | 23.615 (23.615)    | 50.796 (27.181)     |       |       |   |   |
| 6  | Colfay Pointer     | FR Dubuque          | 49.85 | 50.94 | 5 | 3 |
|    | 23.102 (23.102)    | 50.939 (27.838)     |       |       |   |   |
| 7  | Levi Dolphin       | JR Wartburg         | 50.94 | 50.97 | 4 | 2 |
|    | 23.747 (23.747)    | 50.961 (27.214)     |       |       |   |   |
| 8  | Brandon Gradoville | SR Loras            | 51.04 | 51.05 | 3 | 1 |
|    | 23.765 (23.765)    | 51.042 (27.277)     |       |       |   |   |
| 9  | Kirk Wicks         | SO Simpson (Iowa)   | 51.33 | 51.09 | 3 |   |
|    | 24.868 (24.868)    | 51.088 (26.220)     |       |       |   |   |
| 10 | Nathan Suell       | SO Coe              | 50.45 | 51.20 | 4 |   |
|    | 23.555 (23.555)    | 51.198 (27.644)     |       |       |   |   |
| 11 | Shamari Scott      | FR Loras            | 51.42 | 51.21 | 3 |   |
|    | 23.899 (23.899)    | 51.201 (27.302)     |       |       |   |   |
| 12 | Chase Wetterling   | SO Simpson (Iowa)   | 50.53 | 51.67 | 4 |   |
|    | 23.790 (23.790)    | 51.670 (27.880)     |       |       |   |   |
| 13 | Brennan Dostal     | JR Buena Vista      | 50.60 | 51.70 | 4 |   |
|    | 23.796 (23.796)    | 51.694 (27.898)     |       |       |   |   |
| 14 | Connor Lott        | SR Nebraska Wesleya | 52.62 | 52.46 | 3 |   |
|    | 26.043 (26.043)    | 52.457 (26.415)     |       |       |   |   |
| 15 | Travis Ohnoutka    | SO Nebraska Wesleya | 52.10 | 52.54 | 3 |   |
|    | 25.383 (25.383)    | 52.534 (27.152)     |       |       |   |   |
| 16 | Justin Sacker      | SR Buena Vista      | 54.49 | 54.17 | 2 |   |
|    | 25.775 (25.775)    | 54.170 (28.395)     |       |       |   |   |
| 17 | Steven Adkins      | SO Central College  | 54.07 | 54.35 | 2 |   |
|    | 24.744 (24.744)    | 54.343 (29.600)     |       |       |   |   |
| 18 | Cooper Nelson      | SR Luther           | 54.41 | 54.58 | 2 |   |
|    | 24.758 (24.758)    | 54.572 (29.815)     |       |       |   |   |
| 19 | Jacob Mentzer      | JR Dubuque          | 54.20 | 54.61 | 2 |   |
|    | 25.056 (25.056)    | 54.610 (29.554)     |       |       |   |   |
| 20 | Nate Phillips      | FR Coe              | 57.05 | 54.68 | 1 |   |
|    | 25.548 (25.548)    | 54.672 (29.124)     |       |       |   |   |
| 21 | Kijuan Posley      | SO Central College  | 55.25 | 54.92 | 2 |   |
|    | 24.972 (24.972)    | 54.913 (29.942)     |       |       |   |   |
| 22 | Robert Smedsrud    | FR Luther           | 56.63 | 55.84 | 1 |   |
|    | 26.483 (26.483)    | 55.832 (29.349)     |       |       |   |   |
| 23 | Grant Sparstad     | SO Luther           |       | 55.89 | 1 |   |
|    | 26.413 (26.413)    | 55.889 (29.476)     |       |       |   |   |
| 24 | Matthew Vannatta   | FR Central College  | 57.61 | 56.37 | 1 |   |
|    | 26.559 (26.559)    | 56.364 (29.805)     |       |       |   |   |

#### Men 800 Meter Run

|       |                 |                 |                     |                       |         |           |
|-------|-----------------|-----------------|---------------------|-----------------------|---------|-----------|
| ===== |                 |                 |                     |                       |         |           |
|       | All-Time: A     | 1:51.72         | 2000                | Jon Lindaman, Central |         |           |
|       | Championship: C | 1:52.30         | 2/27/2016           | Zach Frey, Loras      |         |           |
|       | Facility: F     | 1:53.50         | 2/19/2016           | Zach Frey, Loras      |         |           |
|       | Name            | Year            | School              | Seed                  | Finals  | H# Points |
| ===== |                 |                 |                     |                       |         |           |
| 1     | Ben Sampson     |                 | SR Buena Vista      | 1:57.60               | 1:54.97 | 2 10      |
|       | 27.343 (27.343) | 56.620 (29.277) | 1:27.001 (30.381)   | 1:54.965 (27.964)     |         |           |
| 2     | Kylian Lally    |                 | JR Loras            | 1:55.31               | 1:55.01 | 2 8       |
|       | 27.753 (27.753) | 56.580 (28.827) | 1:26.404 (29.824)   | 1:55.001 (28.597)     |         |           |
| 3     | Nathan Kimbrell |                 | SR Loras            | 1:58.77               | 1:56.22 | 2 6       |
|       | 28.407 (28.407) | 57.570 (29.163) | 1:27.516 (29.946)   | 1:56.215 (28.699)     |         |           |
| 4     | Cody Snider     |                 | JR Wartburg         | 1:58.39               | 1:56.95 | 2 5       |
|       | 26.784 (26.784) | 56.123 (29.339) | 1:26.710 (30.587)   | 1:56.949 (30.239)     |         |           |
| 5     | Bryan Butler    |                 | JR Nebraska Wesleya | 1:57.74               | 1:57.12 | 2 4       |
|       | 27.796 (27.796) | 57.043 (29.247) | 1:27.284 (30.241)   | 1:57.120 (29.836)     |         |           |
| 6     | Jon Specht      |                 | SO Central College  | 1:58.33               | 1:57.45 | 2 3       |
|       | 28.270 (28.270) | 57.340 (29.070) | 1:27.302 (29.962)   | 1:57.447 (30.145)     |         |           |
| 7     | John Crew       |                 | FR Wartburg         | 1:57.12               | 1:57.96 | 2 2       |



|                      |                     |                   |                   |                   |   |   |
|----------------------|---------------------|-------------------|-------------------|-------------------|---|---|
|                      | 27.071 (27.071)     | 56.348 (29.277)   | 1:26.556 (30.208) | 1:57.953 (31.397) |   |   |
| 8 Sam McMichael      | SO Wartburg         |                   | 1:57.87           | 1:57.99           | 2 | 1 |
|                      | 28.107 (28.107)     | 57.014 (28.907)   | 1:27.506 (30.492) | 1:57.981 (30.475) |   |   |
| 9 Tanner Dewey       | SR Nebraska Wesleya |                   | 1:57.53           | 1:58.10           | 2 |   |
|                      | 28.062 (28.062)     | 57.296 (29.234)   | 1:28.048 (30.752) | 1:58.093 (30.045) |   |   |
| 10 Hunter Klose      | SO Dubuque          |                   | 1:59.64           | 1:58.41           | 1 |   |
|                      | 28.626 (28.626)     | 58.367 (29.741)   | 1:28.270 (29.903) | 1:58.408 (30.138) |   |   |
| 11 Taylor Donner     | JR Central College  |                   | 1:59.76           | 1:58.63           | 1 |   |
|                      | 28.372 (28.372)     | 58.048 (29.676)   | 1:27.788 (29.740) | 1:58.626 (30.838) |   |   |
| 12 Casey Roberts     | SO Wartburg         |                   | 1:56.21           | 1:59.03           | 2 |   |
|                      | 27.535 (27.535)     | 56.828 (29.293)   | 1:27.349 (30.521) | 1:59.030 (31.681) |   |   |
| 13 Kyle Pape         | SO Central College  |                   | 1:59.38           | 2:00.40           | 1 |   |
|                      | 28.950 (28.950)     | 58.600 (29.650)   | 1:28.790 (30.190) | 2:00.397 (31.607) |   |   |
| 14 Jackson Churchill | FR Luther           |                   | 2:02.44           | 2:01.81           | 1 |   |
|                      | 29.417 (29.417)     | 59.902 (30.485)   | 1:30.688 (30.786) | 2:01.802 (31.114) |   |   |
| 15 Tanner Gibbons    | JR Luther           |                   | 2:05.59           | 2:04.46           | 1 |   |
|                      | 29.241 (29.241)     | 59.534 (30.293)   | 1:31.429 (31.895) | 2:04.454 (33.025) |   |   |
| 16 Max Ross          | FR Loras            |                   | 2:06.83           | 2:05.35           | 1 |   |
|                      | 30.362 (30.362)     | 1:01.065 (30.703) | 1:33.220 (32.155) | 2:05.345 (32.125) |   |   |
| 17 Ty Kloft          | SO Luther           |                   | 2:04.45           | 2:07.23           | 1 |   |
|                      | 29.084 (29.084)     | 59.143 (30.059)   | 1:31.263 (32.120) | 2:07.226 (35.963) |   |   |

#### Men 1 Mile Run

|                  |                   |                    |                             |                   |    |        |
|------------------|-------------------|--------------------|-----------------------------|-------------------|----|--------|
| =====            |                   |                    |                             |                   |    |        |
| 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      | 4:16.11           | 2/24/2013          | Eli Horton, Central         |                   |    |        |
| Name             | Year              | School             | Seed                        | Finals            | H# | Points |
| =====            |                   |                    |                             |                   |    |        |
| 1 Alec Bass      |                   | JR Dubuque         | 4:14.56                     | 4:22.74           | 2  | 10     |
|                  | 37.660 (37.660)   | 1:11.083 (33.423)  | 1:45.346 (34.263)           | 2:17.936 (32.590) |    |        |
|                  | 2:50.548 (32.612) | 3:23.165 (32.617)  | 3:54.449 (31.284)           | 4:22.737 (28.288) |    |        |
| 2 Mark Fairley   |                   | JR Central College | 4:18.02                     | 4:23.05           | 2  | 8      |
|                  | 37.282 (37.282)   | 1:11.239 (33.957)  | 1:45.482 (34.243)           | 2:18.098 (32.616) |    |        |
|                  | 2:50.746 (32.648) | 3:23.369 (32.623)  | 3:54.641 (31.272)           | 4:23.047 (28.406) |    |        |
| 3 Jon Specht     |                   | SO Central College | 4:25.46                     | 4:24.49           | 2  | 6      |
|                  | 38.098 (38.098)   | 1:11.896 (33.798)  | 1:46.208 (34.312)           | 2:19.893 (33.685) |    |        |
|                  | 2:51.842 (31.949) | 3:25.142 (33.300)  | 3:56.039 (30.897)           | 4:24.489 (28.450) |    |        |
| 4 Jerry Frawley  |                   | SR Wartburg        | 4:17.84                     | 4:24.88           | 2  | 5      |
|                  | 36.995 (36.995)   | 1:10.751 (33.756)  | 1:44.995 (34.244)           | 2:18.061 (33.066) |    |        |
|                  | 2:51.078 (33.017) | 3:23.832 (32.754)  | 3:54.875 (31.043)           | 4:24.880 (30.005) |    |        |
| 5 Brien Nugent   |                   | SR Loras           | 4:22.13                     | 4:25.75           | 2  | 4      |
|                  | 37.161 (37.161)   | 1:10.975 (33.814)  | 1:45.206 (34.231)           | 2:18.348 (33.142) |    |        |
|                  | 2:50.961 (32.613) | 3:23.643 (32.682)  | 3:55.048 (31.405)           | 4:25.750 (30.702) |    |        |
| 6 Casey Roberts  |                   | SO Wartburg        | 4:25.80                     | 4:26.94           | 2  | 3      |
|                  | 36.623 (36.623)   | 1:10.618 (33.995)  | 1:45.079 (34.461)           | 2:18.285 (33.206) |    |        |
|                  | 2:51.226 (32.941) | 3:24.072 (32.846)  | 3:56.034 (31.962)           | 4:26.936 (30.902) |    |        |
| 7 Caleb Appleton |                   | FR Wartburg        | 4:23.13                     | 4:27.21           | 2  | 2      |
|                  | 37.827 (37.827)   | 1:11.287 (33.460)  | 1:45.508 (34.221)           | 2:18.675 (33.167) |    |        |
|                  | 2:51.414 (32.739) | 3:24.443 (33.029)  | 3:56.786 (32.343)           | 4:27.208 (30.422) |    |        |
| 8 Kyle Pape      |                   | SO Central College | 4:26.97                     | 4:27.24           | 2  | 1      |
|                  | 37.834 (37.834)   | 1:11.769 (33.935)  | 1:45.921 (34.152)           | 2:19.121 (33.200) |    |        |
|                  | 2:51.611 (32.490) | 3:24.759 (33.148)  | 3:56.574 (31.815)           | 4:27.234 (30.660) |    |        |
| 9 Parker Beard   |                   | SR Luther          | 4:30.66                     | 4:27.40           | 2  |        |
|                  | 37.412 (37.412)   | 1:11.401 (33.989)  | 1:45.715 (34.314)           | 2:18.777 (33.062) |    |        |
|                  | 2:51.355 (32.578) | 3:24.282 (32.927)  | 3:56.395 (32.113)           | 4:27.392 (30.997) |    |        |
| 10 John Westby   |                   | SR Luther          | 4:31.15                     | 4:28.21           | 1  |        |
|                  | 33.754 (33.754)   | 1:06.815 (33.061)  | 1:41.006 (34.191)           | 2:15.696 (34.690) |    |        |
|                  | 2:50.153 (34.457) | 3:22.206 (32.053)  | 3:54.499 (32.293)           | 4:28.209 (33.710) |    |        |
| 11 Jack Carroll  |                   | SO Loras           | 4:32.52                     | 4:28.52           | 1  |        |

|                   |                     |                   |                   |                   |
|-------------------|---------------------|-------------------|-------------------|-------------------|
|                   | 33.514 (33.514)     | 1:06.597 (33.083) | 1:40.817 (34.220) | 2:15.494 (34.677) |
|                   | 2:50.240 (34.746)   | 3:23.068 (32.828) | 3:57.002 (33.934) | 4:28.519 (31.517) |
| 12 Matt Gagen     | JR Loras            |                   | 4:34.62           | 4:29.52 1         |
|                   | 34.023 (34.023)     | 1:07.068 (33.045) | 1:41.272 (34.204) | 2:15.970 (34.698) |
|                   | 2:50.548 (34.578)   | 3:23.332 (32.784) | 3:56.796 (33.464) | 4:29.517 (32.721) |
| 13 Patrick Larson | SR Luther           |                   | 4:26.38           | 4:29.87 2         |
|                   | 37.457 (37.457)     | 1:10.990 (33.533) | 1:45.298 (34.308) | 2:18.526 (33.228) |
|                   | 2:50.894 (32.368)   | 3:23.885 (32.991) | 3:56.511 (32.626) | 4:29.868 (33.357) |
| 14 Ian Mckenzie   | JR Simpson (Iowa)   |                   | 4:27.51           | 4:32.51 2         |
|                   | 37.091 (37.091)     | 1:11.420 (34.329) | 1:45.786 (34.366) | 2:19.381 (33.595) |
|                   | 2:52.066 (32.685)   | 3:25.690 (33.624) | 3:59.046 (33.356) | 4:32.502 (33.456) |
| 15 Alex Streit    | SO Luther           |                   | 4:41.75           | 4:33.60 1         |
|                   | 36.419 (36.419)     | 1:09.860 (33.441) | 1:44.036 (34.176) | 2:18.771 (34.735) |
|                   | 2:53.149 (34.378)   | 3:27.318 (34.169) | 4:01.521 (34.203) | 4:33.597 (32.076) |
| 16 Ben Nelson     | JR Coe              |                   | 4:37.89           | 4:34.52 1         |
|                   | 34.629 (34.629)     | 1:08.225 (33.596) | 1:42.839 (34.614) | 2:18.344 (35.505) |
|                   | 2:52.322 (33.978)   | 3:26.585 (34.263) | 4:00.871 (34.286) | 4:34.512 (33.641) |
| 17 Trey Seibel    | SO Nebraska Wesleya |                   | 4:41.55           | 4:36.86 1         |
|                   | 35.210 (35.210)     | 1:07.969 (32.759) | 1:42.545 (34.576) | 2:17.750 (35.205) |
|                   | 2:52.838 (35.088)   | 3:27.149 (34.311) | 4:02.589 (35.440) | 4:36.853 (34.264) |
| 18 Jonathan Facio | FR Simpson (Iowa)   |                   | 4:40.29           | 4:38.10 1         |
|                   | 34.918 (34.918)     | 1:08.502 (33.584) | 1:42.794 (34.292) | 2:17.991 (35.197) |
|                   | 2:52.512 (34.521)   | 3:27.461 (34.949) | 4:03.010 (35.549) | 4:38.094 (35.084) |
| 19 Tyler Knapp    | JR Nebraska Wesleya |                   | 4:29.51           | 4:38.72 2         |
|                   | 37.621 (37.621)     | 1:11.602 (33.981) | 1:45.986 (34.384) | 2:19.579 (33.593) |
|                   | 2:52.863 (33.284)   | 3:27.586 (34.723) | 4:03.152 (35.566) | 4:38.717 (35.565) |
| 20 Drew Roen      | SO Simpson (Iowa)   |                   | 4:45.20           | 4:40.25 1         |
|                   | 35.933 (35.933)     | 1:09.571 (33.638) | 1:44.222 (34.651) | 2:19.336 (35.114) |
|                   | 2:53.686 (34.350)   | 3:28.916 (35.230) | 4:04.709 (35.793) | 4:40.244 (35.535) |
| 21 Tyler Larson   | SR Buena Vista      |                   | 4:55.02           | 4:51.07 1         |
|                   | 36.129 (36.129)     | 1:09.918 (33.789) | 1:45.891 (35.973) | 2:22.932 (37.041) |
|                   | 3:00.955 (38.023)   | 3:38.860 (37.905) | 4:14.712 (35.852) | 4:51.061 (36.349) |
| 22 Austin Coyle   | SR Nebraska Wesleya |                   | 4:40.10           | 5:01.33 1         |
|                   | 35.569 (35.569)     | 1:09.371 (33.802) | 1:45.465 (36.094) | 2:22.786 (37.321) |
|                   | 3:01.634 (38.848)   | 3:41.165 (39.531) | 4:21.434 (40.269) | 5:01.322 (39.888) |
| 23 Zach Kenny     | FR Buena Vista      |                   | 5:12.42           | 5:07.98 1         |
|                   | 36.712 (36.712)     | 1:11.482 (34.770) | 1:49.686 (38.204) | 2:30.180 (40.494) |
|                   | 3:11.445 (41.265)   | 3:52.764 (41.319) | 4:31.430 (38.666) | 5:07.978 (36.548) |

#### 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     | 8:36.52           | 2/23/2010          | Don Boscelli, Unattached    |                   |    |        |
| Name            | Year              | School             | Seed                        | Finals            | H# | Points |
| =====           |                   |                    |                             |                   |    |        |
| 1 Alec Bass     |                   | JR Dubuque         | 8:31.69                     | 8:32.65F          | 2  | 10     |
|                 | 35.799 (35.799)   | 1:10.394 (34.595)  | 1:44.878 (34.484)           | 2:19.211 (34.333) |    |        |
|                 | 2:54.401 (35.190) | 3:29.100 (34.699)  | 4:05.085 (35.985)           | 4:40.819 (35.734) |    |        |
|                 | 5:16.457 (35.638) | 5:50.039 (33.582)  | 6:23.742 (33.703)           | 6:56.751 (33.009) |    |        |
|                 | 7:31.054 (34.303) | 8:03.575 (32.521)  | 8:32.642 (29.067)           |                   |    |        |
| 2 Bennet Moser  |                   | SR Wartburg        | 8:36.02                     | 8:34.49F          | 2  | 8      |
|                 | 35.438 (35.438)   | 1:09.937 (34.499)  | 1:44.134 (34.197)           | 2:18.684 (34.550) |    |        |
|                 | 2:53.934 (35.250) | 3:28.546 (34.612)  | 4:04.302 (35.756)           | 4:40.339 (36.037) |    |        |
|                 | 5:15.984 (35.645) | 5:49.903 (33.919)  | 6:23.480 (33.577)           | 6:56.959 (33.479) |    |        |
|                 | 7:31.193 (34.234) | 8:03.828 (32.635)  | 8:34.489 (30.661)           |                   |    |        |
| 3 Mark Fairley  |                   | JR Central College | 8:29.72                     | 8:36.96           | 2  | 6      |
|                 | 35.740 (35.740)   | 1:10.186 (34.446)  | 1:44.479 (34.293)           | 2:18.942 (34.463) |    |        |
|                 | 2:54.173 (35.231) | 3:28.747 (34.574)  | 4:04.530 (35.783)           | 4:40.582 (36.052) |    |        |
|                 | 5:16.206 (35.624) | 5:50.341 (34.135)  | 6:24.932 (34.591)           | 6:59.710 (34.778) |    |        |

|                       |                   |                     |                   |                   |   |          |
|-----------------------|-------------------|---------------------|-------------------|-------------------|---|----------|
|                       | 7:34.032 (34.322) | 8:06.544 (32.512)   | 8:36.958 (30.414) |                   |   |          |
| 4 Isaac Steffensmeier |                   | SR Central College  | 8:51.54           | 8:40.99           | 2 | 5        |
|                       | 36.089 (36.089)   | 1:10.646 (34.557)   | 1:45.346 (34.700) | 2:19.330 (33.984) |   |          |
|                       | 2:54.509 (35.179) | 3:29.563 (35.054)   | 4:05.570 (36.007) | 4:41.801 (36.231) |   |          |
|                       | 5:17.539 (35.738) | 5:51.960 (34.421)   | 6:26.122 (34.162) | 7:00.311 (34.189) |   |          |
|                       | 7:34.533 (34.222) | 8:08.024 (33.491)   | 8:40.989 (32.965) |                   |   |          |
| 5 Timothy Sevcik      |                   | JR Loras            | 8:56.42           | 8:42.16           | 2 | 4        |
|                       | 36.675 (36.675)   | 1:11.583 (34.908)   | 1:46.363 (34.780) | 2:21.018 (34.655) |   |          |
|                       | 2:56.577 (35.559) | 3:31.549 (34.972)   | 4:07.379 (35.830) | 4:43.181 (35.802) |   |          |
|                       | 5:17.713 (34.532) | 5:52.314 (34.601)   | 6:27.425 (35.111) | 7:02.020 (34.595) |   |          |
|                       | 7:36.842 (34.822) | 8:10.626 (33.784)   | 8:42.154 (31.528) |                   |   |          |
| 6 Jerry Frawley       |                   | SR Wartburg         | 8:48.33           | 8:43.92           | 2 | 3        |
|                       | 35.886 (35.886)   | 1:10.456 (34.570)   | 1:45.097 (34.641) | 2:19.600 (34.503) |   |          |
|                       | 2:54.619 (35.019) | 3:29.311 (34.692)   | 4:05.342 (36.031) | 4:41.171 (35.829) |   |          |
|                       | 5:17.026 (35.855) | 5:52.227 (35.201)   | 6:27.226 (34.999) | 7:03.112 (35.886) |   |          |
|                       | 7:38.703 (35.591) | 8:12.225 (33.522)   | 8:43.920 (31.695) |                   |   |          |
| 7 Eli Kaczinski       |                   | JR Wartburg         | 8:43.19           | 8:45.04           | 2 | 2        |
|                       | 35.152 (35.152)   | 1:09.741 (34.589)   | 1:43.893 (34.152) | 2:18.444 (34.551) |   |          |
|                       | 2:53.683 (35.239) | 3:28.919 (35.236)   | 4:04.867 (35.948) | 4:40.972 (36.105) |   |          |
|                       | 5:16.766 (35.794) | 5:51.993 (35.227)   | 6:27.026 (35.033) | 7:02.872 (35.846) |   |          |
|                       | 7:38.783 (35.911) | 8:13.175 (34.392)   | 8:45.039 (31.864) |                   |   |          |
| 8 Jordan Wheeler      |                   | JR Nebraska Wesleya | 8:46.84           | 8:47.41           | 2 | 1        |
|                       | 34.919 (34.919)   | 1:09.502 (34.583)   | 1:43.546 (34.044) | 2:18.055 (34.509) |   |          |
|                       | 2:53.320 (35.265) | 3:28.297 (34.977)   | 4:04.060 (35.763) | 4:40.101 (36.041) |   |          |
|                       | 5:15.734 (35.633) | 5:50.857 (35.123)   | 6:26.316 (35.459) | 7:02.319 (36.003) |   |          |
|                       | 7:38.068 (35.749) | 8:13.551 (35.483)   | 8:47.408 (33.857) |                   |   |          |
| 9 Ash Gandul          |                   | JR Nebraska Wesleya | 8:49.44           | 8:52.75           | 2 |          |
|                       | 34.975 (34.975)   | 1:09.618 (34.643)   | 1:44.352 (34.734) | 2:19.890 (35.538) |   |          |
|                       | 2:55.388 (35.498) | 3:31.022 (35.634)   | 4:06.929 (35.907) | 4:42.785 (35.856) |   |          |
|                       | 5:18.785 (36.000) | 5:54.441 (35.656)   | 6:30.374 (35.933) | 7:06.940 (36.566) |   |          |
|                       | 7:43.587 (36.647) | 8:19.475 (35.888)   | 8:52.743 (33.268) |                   |   |          |
| 10 Chad Berens        |                   | JR Nebraska Wesleya | 8:54.99           | 8:55.67           | 2 |          |
|                       | 35.595 (35.595)   | 1:10.069 (34.474)   | 1:44.700 (34.631) | 2:19.644 (34.944) |   |          |
|                       | 2:54.891 (35.247) | 3:30.114 (35.223)   | 4:06.009 (35.895) | 4:42.630 (36.621) |   |          |
|                       | 5:17.858 (35.228) | 5:54.110 (36.252)   | 6:30.796 (36.686) | 7:07.121 (36.325) |   |          |
|                       | 7:45.270 (38.149) | 8:22.222 (36.952)   | 8:55.663 (33.441) |                   |   |          |
| 11 Patrick Wolak      |                   | FR Loras            | 9:00.65           | 8:57.68           | 2 | 8:57.677 |
|                       | 36.215 (36.215)   | 1:10.873 (34.658)   | 1:45.617 (34.744) | 2:20.336 (34.719) |   |          |
|                       | 2:55.871 (35.535) | 3:31.280 (35.409)   | 4:07.119 (35.839) | 4:43.132 (36.013) |   |          |
|                       | 5:18.561 (35.429) | 5:54.612 (36.051)   | 6:31.067 (36.455) | 7:07.920 (36.853) |   |          |
|                       | 7:45.399 (37.479) | 8:22.668 (37.269)   | 8:57.677 (35.009) |                   |   |          |
| 12 Erik Duethman      |                   | JR Luther           | 9:08.28           | 8:57.68           | 1 | 8:57.680 |
|                       | 37.137 (37.137)   | 1:12.118 (34.981)   | 1:47.768 (35.650) | 2:23.694 (35.926) |   |          |
|                       | 2:59.800 (36.106) | 3:36.036 (36.236)   | 4:12.289 (36.253) | 4:48.466 (36.177) |   |          |
|                       | 5:25.132 (36.666) | 6:01.503 (36.371)   | 6:37.416 (35.913) | 7:13.592 (36.176) |   |          |
|                       | 7:48.981 (35.389) | 8:23.997 (35.016)   | 8:57.680 (33.683) |                   |   |          |
| 13 Justin Adams       |                   | JR Loras            | 9:09.56           | 9:05.89           | 1 |          |
|                       | 36.904 (36.904)   | 1:11.942 (35.038)   | 1:47.571 (35.629) | 2:23.520 (35.949) |   |          |
|                       | 2:59.645 (36.125) | 3:35.859 (36.214)   | 4:12.129 (36.270) | 4:48.419 (36.290) |   |          |
|                       | 5:24.985 (36.566) | 6:01.776 (36.791)   | 6:38.732 (36.956) | 7:16.432 (37.700) |   |          |
|                       | 7:53.651 (37.219) | 8:30.929 (37.278)   | 9:05.886 (34.957) |                   |   |          |
| 14 Trey Thompson      |                   | SO Simpson (Iowa)   | 9:13.96           | 9:07.48           | 1 |          |
|                       | 37.139 (37.139)   | 1:12.323 (35.184)   | 1:48.020 (35.697) | 2:24.037 (36.017) |   |          |
|                       | 3:00.125 (36.088) | 3:36.382 (36.257)   | 4:12.682 (36.300) | 4:48.846 (36.164) |   |          |
|                       | 5:25.790 (36.944) | 6:03.002 (37.212)   | 6:40.143 (37.141) | 7:17.551 (37.408) |   |          |
|                       | 7:55.558 (38.007) | 8:32.613 (37.055)   | 9:07.471 (34.858) |                   |   |          |
| 15 Tanner Rathje      |                   | JR Central College  | 9:06.11           | 9:08.04           | 2 |          |
|                       | 36.465 (36.465)   | 1:11.193 (34.728)   | 1:46.084 (34.891) | 2:20.786 (34.702) |   |          |
|                       | 2:56.381 (35.595) | 3:32.077 (35.696)   | 4:08.249 (36.172) | 4:45.075 (36.826) |   |          |
|                       | 5:21.771 (36.696) | 5:59.821 (38.050)   | 6:37.986 (38.165) | 7:16.771 (38.785) |   |          |

|                      |                    |                    |                    |                   |   |
|----------------------|--------------------|--------------------|--------------------|-------------------|---|
|                      | 7:55.632 (38.861)  | 8:33.351 (37.719)  | 9:08.032 (34.681)  |                   |   |
| 16 Derek Dinderman   | SO Coe             |                    | 8:59.43            | 9:09.31           | 2 |
|                      | 36.379 (36.379)    | 1:11.286 (34.907)  | 1:46.611 (35.325)  | 2:21.797 (35.186) |   |
|                      | 2:57.207 (35.410)  | 3:33.521 (36.314)  | 4:10.425 (36.904)  | 4:47.827 (37.402) |   |
|                      | 5:25.178 (37.351)  | 6:03.285 (38.107)  | 6:41.718 (38.433)  | 7:19.885 (38.167) |   |
|                      | 7:57.894 (38.009)  | 8:34.229 (36.335)  | 9:09.305 (35.076)  |                   |   |
| 17 Christian Deranek | JR Luther          |                    | 9:13.61            | 9:14.72           | 1 |
|                      | 37.819 (37.819)    | 1:13.107 (35.288)  | 1:49.927 (36.820)  | 2:27.851 (37.924) |   |
|                      | 3:05.061 (37.210)  | 3:42.103 (37.042)  | 4:18.902 (36.799)  | 4:55.950 (37.048) |   |
|                      | 5:33.602 (37.652)  | 6:10.849 (37.247)  | 6:47.658 (36.809)  | 7:25.063 (37.405) |   |
|                      | 8:02.440 (37.377)  | 8:39.115 (36.675)  | 9:14.712 (35.597)  |                   |   |
| 18 Ben Selcke        | JR Luther          |                    | 9:13.05            | 9:17.62           | 1 |
|                      | 37.961 (37.961)    | 1:13.388 (35.427)  | 1:50.246 (36.858)  | 2:28.164 (37.918) |   |
|                      | 3:05.357 (37.193)  | 3:42.406 (37.049)  | 4:19.223 (36.817)  | 4:56.217 (36.994) |   |
|                      | 5:33.344 (37.127)  | 6:10.551 (37.207)  | 6:47.347 (36.796)  | 7:24.786 (37.439) |   |
|                      | 8:02.106 (37.320)  | 8:39.794 (37.688)  | 9:17.613 (37.819)  |                   |   |
| 19 Bryce Hefty       | JR Luther          |                    | 9:20.23            | 9:18.91           | 1 |
|                      | 38.174 (38.174)    | 1:13.687 (35.513)  | 1:50.529 (36.842)  | 2:28.399 (37.870) |   |
|                      | 3:05.472 (37.073)  | 3:41.814 (36.342)  | 4:18.550 (36.736)  | 4:55.621 (37.071) |   |
|                      | 5:33.593 (37.972)  | 6:11.404 (37.811)  | 6:48.736 (37.332)  | 7:26.896 (38.160) |   |
|                      | 8:06.052 (39.156)  | 8:44.878 (38.826)  | 9:18.901 (34.023)  |                   |   |
| 20 Logan Egeland     | SO Simpson (Iowa)  |                    | 9:37.68            | 9:31.35           | 1 |
|                      | 37.743 (37.743)    | 1:14.560 (36.817)  | 1:52.127 (37.567)  | 2:30.704 (38.577) |   |
|                      | 3:09.950 (39.246)  | 3:48.620 (38.670)  | 4:26.721 (38.101)  | 5:06.064 (39.343) |   |
|                      | 5:45.264 (39.200)  | 6:23.991 (38.727)  | 7:02.880 (38.889)  | 7:41.745 (38.865) |   |
|                      | 8:20.801 (39.056)  | 8:56.862 (36.061)  | 9:31.344 (34.482)  |                   |   |
| 21 Nick Poff         | SO Coe             |                    | 9:38.38            | 9:39.54           | 1 |
|                      | 37.398 (37.398)    | 1:12.471 (35.073)  | 1:48.616 (36.145)  | 2:24.901 (36.285) |   |
|                      | 3:01.703 (36.802)  | 3:39.387 (37.684)  | 4:17.773 (38.386)  | 4:56.710 (38.937) |   |
|                      | 5:36.506 (39.796)  | 6:17.134 (40.628)  | 6:57.705 (40.571)  | 7:37.871 (40.166) |   |
|                      | 8:17.815 (39.944)  | 8:59.024 (41.209)  | 9:39.536 (40.512)  |                   |   |
| 22 Bryant Seuferer   | FR Central College |                    | 9:49.67            | 9:48.83           | 1 |
|                      | 37.680 (37.680)    | 1:14.186 (36.506)  | 1:51.812 (37.626)  | 2:31.038 (39.226) |   |
|                      | 3:10.067 (39.029)  | 3:48.668 (38.601)  | 4:27.140 (38.472)  | 5:05.831 (38.691) |   |
|                      | 5:45.597 (39.766)  | 6:24.730 (39.133)  | 7:04.617 (39.887)  | 7:44.635 (40.018) |   |
|                      | 8:27.429 (42.794)  | 9:09.788 (42.359)  | 9:48.829 (39.041)  |                   |   |
| 23 Steven Smith      | SR Buena Vista     |                    | 9:44.10            | 9:49.28           | 1 |
|                      | 38.304 (38.304)    | 1:14.935 (36.631)  | 1:52.352 (37.417)  | 2:30.847 (38.495) |   |
|                      | 3:09.807 (38.960)  | 3:49.031 (39.224)  | 4:27.625 (38.594)  | 5:07.241 (39.616) |   |
|                      | 5:48.483 (41.242)  | 6:29.937 (41.454)  | 7:11.189 (41.252)  | 7:52.047 (40.858) |   |
|                      | 8:32.731 (40.684)  | 9:13.147 (40.416)  | 9:49.278 (36.131)  |                   |   |
| 24 Jared Wells       | SO Coe             |                    | 10:44.62           | 10:16.76          | 1 |
|                      | 39.989 (39.989)    | 1:21.477 (41.488)  | 2:03.512 (42.035)  | 2:44.752 (41.240) |   |
|                      | 3:26.910 (42.158)  | 4:07.702 (40.792)  | 4:49.050 (41.348)  | 5:30.736 (41.686) |   |
|                      | 6:12.568 (41.832)  | 6:54.095 (41.527)  | 7:35.996 (41.901)  | 8:18.023 (42.027) |   |
|                      | 8:59.764 (41.741)  | 9:40.519 (40.755)  | 10:16.759 (36.240) |                   |   |
| 25 Tyler Larson      | SR Buena Vista     |                    | 10:06.98           | 10:44.92          | 1 |
|                      | 39.509 (39.509)    | 1:19.317 (39.808)  | 1:59.940 (40.623)  | 2:40.393 (40.453) |   |
|                      | 3:22.304 (41.911)  | 4:05.831 (43.527)  | 4:48.937 (43.106)  | 5:33.374 (44.437) |   |
|                      | 6:18.711 (45.337)  | 7:03.726 (45.015)  | 7:48.544 (44.818)  | 8:33.948 (45.404) |   |
|                      | 9:19.609 (45.661)  | 10:03.315 (43.706) | 10:44.911 (41.596) |                   |   |

Men 5000 Meter Run

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|                 |          |            |                             |           |        |
|-----------------|----------|------------|-----------------------------|-----------|--------|
| All-Time: A     | 14:20.44 | 2005       | Josh Moen, Wartburg         |           |        |
| Championship: C | 14:27.80 | 2/28/2014  | Eli Horton, Central College |           |        |
| Facility: F     | 15:22.08 | 2/23/2013  | Joe Farrand, Simpson        |           |        |
| Name            | Year     | School     | Seed                        | Finals    | Points |
| =====           |          |            |                             |           |        |
| 1 Alec Bass     |          | JR Dubuque | 14:43.25                    | 14:44.41F | 10     |

|                       |                    |                     |                    |                    |
|-----------------------|--------------------|---------------------|--------------------|--------------------|
|                       | 37.687 (37.687)    | 1:15.351 (37.664)   | 1:50.911 (35.560)  | 2:25.923 (35.012)  |
|                       | 3:01.286 (35.363)  | 3:36.824 (35.538)   | 4:12.588 (35.764)  | 4:48.291 (35.703)  |
|                       | 5:23.725 (35.434)  | 5:59.214 (35.489)   | 6:35.587 (36.373)  | 7:11.819 (36.232)  |
|                       | 7:48.098 (36.279)  | 8:25.177 (37.079)   | 9:02.002 (36.825)  | 9:38.615 (36.613)  |
|                       | 10:15.191 (36.576) | 10:52.267 (37.076)  | 11:28.040 (35.773) | 12:03.678 (35.638) |
|                       | 12:37.845 (34.167) | 13:10.503 (32.658)  | 13:43.236 (32.733) | 14:14.935 (31.699) |
|                       | 14:44.408 (29.473) |                     |                    |                    |
| 2 Bennet Moser        |                    | SR Wartburg         | 14:30.43           | 14:47.05F 8        |
|                       | 37.857 (37.857)    | 1:15.553 (37.696)   | 1:51.116 (35.563)  | 2:26.029 (34.913)  |
|                       | 3:01.457 (35.428)  | 3:36.956 (35.499)   | 4:12.730 (35.774)  | 4:48.431 (35.701)  |
|                       | 5:23.953 (35.522)  | 5:59.424 (35.471)   | 6:35.817 (36.393)  | 7:12.032 (36.215)  |
|                       | 7:48.259 (36.227)  | 8:25.349 (37.090)   | 9:02.221 (36.872)  | 9:38.842 (36.621)  |
|                       | 10:15.234 (36.392) | 10:52.330 (37.096)  | 11:28.177 (35.847) | 12:03.694 (35.517) |
|                       | 12:38.028 (34.334) | 13:10.726 (32.698)  | 13:43.501 (32.775) | 14:15.216 (31.715) |
|                       | 14:47.046 (31.830) |                     |                    |                    |
| 3 Mark Fairley        |                    | JR Central College  |                    | 15:00.07F 6        |
|                       | 38.603 (38.603)    | 1:16.214 (37.611)   | 1:51.628 (35.414)  | 2:26.527 (34.899)  |
|                       | 3:01.979 (35.452)  | 3:37.443 (35.464)   | 4:13.246 (35.803)  | 4:48.974 (35.728)  |
|                       | 5:24.455 (35.481)  | 5:59.913 (35.458)   | 6:36.310 (36.397)  | 7:12.579 (36.269)  |
|                       | 7:48.795 (36.216)  | 8:26.013 (37.218)   | 9:03.075 (37.062)  | 9:39.664 (36.589)  |
|                       | 10:15.968 (36.304) | 10:53.030 (37.062)  | 11:28.774 (35.744) | 12:04.993 (36.219) |
|                       | 12:41.203 (36.210) | 13:16.818 (35.615)  | 13:52.712 (35.894) | 14:27.046 (34.334) |
|                       | 15:00.069 (33.023) |                     |                    |                    |
| 4 Jordan Wheeler      |                    | JR Nebraska Wesleya | 15:07.43           | 15:05.09F 5        |
|                       | 38.339 (38.339)    | 1:15.605 (37.266)   | 1:50.680 (35.075)  | 2:25.770 (35.090)  |
|                       | 3:01.141 (35.371)  | 3:36.720 (35.579)   | 4:12.461 (35.741)  | 4:48.152 (35.691)  |
|                       | 5:23.488 (35.336)  | 5:58.978 (35.490)   | 6:35.359 (36.381)  | 7:11.597 (36.238)  |
|                       | 7:48.317 (36.720)  | 8:25.596 (37.279)   | 9:02.530 (36.934)  | 9:39.099 (36.569)  |
|                       | 10:15.482 (36.383) | 10:52.579 (37.097)  | 11:28.657 (36.078) | 12:05.488 (36.831) |
|                       | 12:42.736 (37.248) | 13:19.705 (36.969)  | 13:56.533 (36.828) | 14:33.382 (36.849) |
|                       | 15:05.088 (31.706) |                     |                    |                    |
| 5 Eli Kaczinski       |                    | JR Wartburg         | 15:32.21           | 15:05.60F 4        |
|                       | 38.023 (38.023)    | 1:15.768 (37.745)   | 1:51.362 (35.594)  | 2:26.260 (34.898)  |
|                       | 3:01.714 (35.454)  | 3:37.200 (35.486)   | 4:12.976 (35.776)  | 4:48.657 (35.681)  |
|                       | 5:24.190 (35.533)  | 5:59.634 (35.444)   | 6:36.067 (36.433)  | 7:12.312 (36.245)  |
|                       | 7:48.569 (36.257)  | 8:25.774 (37.205)   | 9:02.790 (37.016)  | 9:39.400 (36.610)  |
|                       | 10:15.731 (36.331) | 10:52.793 (37.062)  | 11:28.977 (36.184) | 12:05.718 (36.741) |
|                       | 12:42.269 (36.551) | 13:19.098 (36.829)  | 13:56.227 (37.129) | 14:33.037 (36.810) |
|                       | 15:05.595 (32.558) |                     |                    |                    |
| 6 Isaac Steffensmeier |                    | SR Central College  | 15:31.16           | 15:17.76F 3        |
|                       | 37.834 (37.834)    | 1:15.631 (37.797)   | 1:51.271 (35.640)  | 2:26.168 (34.897)  |
|                       | 3:01.619 (35.451)  | 3:37.108 (35.489)   | 4:12.853 (35.745)  | 4:48.776 (35.923)  |
|                       | 5:24.931 (36.155)  | 6:01.058 (36.127)   | 6:37.452 (36.394)  | 7:14.373 (36.921)  |
|                       | 7:51.572 (37.199)  | 8:29.229 (37.657)   | 9:07.002 (37.773)  | 9:44.404 (37.402)  |
|                       | 10:22.222 (37.818) | 10:59.866 (37.644)  | 11:38.121 (38.255) | 12:15.469 (37.348) |
|                       | 12:53.822 (38.353) | 13:30.952 (37.130)  | 14:07.466 (36.514) | 14:42.636 (35.170) |
|                       | 15:17.757 (35.121) |                     |                    |                    |
| 7 Ash Gandul          |                    | JR Nebraska Wesleya | 15:30.11           | 15:19.06F 2        |
|                       | 38.226 (38.226)    | 1:15.973 (37.747)   | 1:52.091 (36.118)  | 2:28.276 (36.185)  |
|                       | 3:04.288 (36.012)  | 3:40.671 (36.383)   | 4:16.135 (35.464)  | 4:52.977 (36.842)  |
|                       | 5:30.266 (37.289)  | 6:06.705 (36.439)   | 6:43.378 (36.673)  | 7:20.155 (36.777)  |
|                       | 7:57.629 (37.474)  | 8:34.816 (37.187)   | 9:12.393 (37.577)  | 9:49.767 (37.374)  |
|                       | 10:27.309 (37.542) | 11:04.936 (37.627)  | 11:42.041 (37.105) | 12:19.628 (37.587) |
|                       | 12:56.716 (37.088) | 13:33.689 (36.973)  | 14:11.335 (37.646) | 14:46.436 (35.101) |
|                       | 15:19.057 (32.621) |                     |                    |                    |
| 8 Kailas Kokare       |                    | SR Wartburg         | 15:38.80           | 15:20.66F 1        |
|                       | 38.398 (38.398)    | 1:16.667 (38.269)   | 1:52.402 (35.735)  | 2:27.562 (35.160)  |
|                       | 3:03.021 (35.459)  | 3:38.483 (35.462)   | 4:14.382 (35.899)  | 4:50.472 (36.090)  |
|                       | 5:26.725 (36.253)  | 6:03.249 (36.524)   | 6:40.493 (37.244)  | 7:17.410 (36.917)  |
|                       | 7:54.619 (37.209)  | 8:31.675 (37.056)   | 9:09.285 (37.610)  | 9:46.984 (37.699)  |

|                         |                     |                    |                    |
|-------------------------|---------------------|--------------------|--------------------|
| 10:24.836 (37.852)      | 11:02.216 (37.380)  | 11:39.754 (37.538) | 12:17.108 (37.354) |
| 12:55.135 (38.027)      | 13:32.867 (37.732)  | 14:10.766 (37.899) | 14:47.000 (36.234) |
| 15:20.657 (33.657)      |                     |                    |                    |
| 9 Trever Schwichtenberg | SR Luther           |                    | 15:28.72           |
| 40.079 (40.079)         | 1:18.198 (38.119)   | 1:54.741 (36.543)  | 2:31.155 (36.414)  |
| 3:07.523 (36.368)       | 3:43.787 (36.264)   | 4:21.253 (37.466)  | 4:58.517 (37.264)  |
| 5:35.288 (36.771)       | 6:12.763 (37.475)   | 6:50.355 (37.592)  | 7:27.700 (37.345)  |
| 8:05.347 (37.647)       | 8:42.021 (36.674)   | 9:20.006 (37.985)  | 9:57.759 (37.753)  |
| 10:34.693 (36.934)      | 11:12.598 (37.905)  | 11:50.235 (37.637) | 12:28.491 (38.256) |
| 13:05.890 (37.399)      | 13:43.741 (37.851)  | 14:21.232 (37.491) | 14:57.897 (36.665) |
| 15:28.716 (30.819)      |                     |                    |                    |
| 10 Lee Scott            | SR Wartburg         | 15:45.93           | 15:35.55           |
| 39.837 (39.837)         | 1:17.775 (37.938)   | 1:54.403 (36.628)  | 2:30.744 (36.341)  |
| 3:06.593 (35.849)       | 3:43.145 (36.552)   | 4:20.103 (36.958)  | 4:56.924 (36.821)  |
| 5:33.965 (37.041)       | 6:10.280 (36.315)   | 6:47.069 (36.789)  | 7:23.996 (36.927)  |
| 8:01.403 (37.407)       | 8:38.649 (37.246)   | 9:16.896 (38.247)  | 9:55.546 (38.650)  |
| 10:34.192 (38.646)      | 11:12.898 (38.706)  | 11:51.455 (38.557) | 12:30.151 (38.696) |
| 13:08.897 (38.746)      | 13:47.709 (38.812)  | 14:25.591 (37.882) | 15:02.463 (36.872) |
| 15:35.544 (33.081)      |                     |                    |                    |
| 11 Hunter Prueger       | JR Luther           |                    | 15:35.93           |
| 40.255 (40.255)         | 1:17.356 (37.101)   | 1:53.489 (36.133)  | 2:29.321 (35.832)  |
| 3:04.873 (35.552)       | 3:41.550 (36.677)   | 4:19.248 (37.698)  | 4:56.373 (37.125)  |
| 5:34.339 (37.966)       | 6:11.913 (37.574)   | 6:50.012 (38.099)  | 7:27.590 (37.578)  |
| 8:05.952 (38.362)       | 8:42.825 (36.873)   | 9:20.734 (37.909)  | 9:57.968 (37.234)  |
| 10:34.941 (36.973)      | 11:12.793 (37.852)  | 11:50.174 (37.381) | 12:28.035 (37.861) |
| 13:05.567 (37.532)      | 13:44.191 (38.624)  | 14:22.060 (37.869) | 15:00.732 (38.672) |
| 15:35.930 (35.198)      |                     |                    |                    |
| 12 Justin Adams         | JR Loras            | 15:43.16           | 15:40.28           |
| 38.836 (38.836)         | 1:16.743 (37.907)   | 1:52.930 (36.187)  | 2:28.539 (35.609)  |
| 3:04.404 (35.865)       | 3:41.279 (36.875)   | 4:17.900 (36.621)  | 4:53.925 (36.025)  |
| 5:31.151 (37.226)       | 6:08.176 (37.025)   | 6:45.548 (37.372)  | 7:23.319 (37.771)  |
| 8:00.994 (37.675)       | 8:38.514 (37.520)   | 9:16.705 (38.191)  | 9:55.097 (38.392)  |
| 10:33.254 (38.157)      | 11:11.420 (38.166)  | 11:49.760 (38.340) | 12:27.977 (38.217) |
| 13:06.928 (38.951)      | 13:46.528 (39.600)  | 14:25.763 (39.235) | 15:04.145 (38.382) |
| 15:40.280 (36.135)      |                     |                    |                    |
| 13 Patrick Wolak        | FR Loras            | 15:40.59           | 15:43.57           |
| 38.348 (38.348)         | 1:16.485 (38.137)   | 1:52.503 (36.018)  | 2:27.843 (35.340)  |
| 3:04.159 (36.316)       | 3:40.738 (36.579)   | 4:16.689 (35.951)  | 4:53.230 (36.541)  |
| 5:30.540 (37.310)       | 6:07.517 (36.977)   | 6:44.278 (36.761)  | 7:21.815 (37.537)  |
| 8:00.367 (38.552)       | 8:38.804 (38.437)   | 9:17.286 (38.482)  | 9:55.828 (38.542)  |
| 10:34.402 (38.574)      | 11:13.094 (38.692)  | 11:51.744 (38.650) | 12:30.387 (38.643) |
| 13:09.181 (38.794)      | 13:48.034 (38.853)  | 14:27.118 (39.084) | 15:05.761 (38.643) |
| 15:43.566 (37.805)      |                     |                    |                    |
| 14 Ben Hedges           | SR Loras            | 15:46.70           | 15:45.52           |
| 39.094 (39.094)         | 1:17.042 (37.948)   | 1:53.706 (36.664)  | 2:29.815 (36.109)  |
| 3:07.178 (37.363)       | 3:44.337 (37.159)   | 4:20.988 (36.651)  | 4:58.202 (37.214)  |
| 5:35.073 (36.871)       | 6:12.341 (37.268)   | 6:49.498 (37.157)  | 7:26.589 (37.091)  |
| 8:04.738 (38.149)       | 8:42.692 (37.954)   | 9:21.684 (38.992)  | 9:59.381 (37.697)  |
| 10:38.231 (38.850)      | 11:15.822 (37.591)  | 11:54.332 (38.510) | 12:33.126 (38.794) |
| 13:12.265 (39.139)      | 13:53.358 (41.093)  | 14:32.728 (39.370) | 15:11.978 (39.250) |
| 15:45.514 (33.536)      |                     |                    |                    |
| 15 Clay Simpson         | SO Nebraska Wesleya | 15:53.57           | 15:46.30           |
| 39.943 (39.943)         | 1:18.022 (38.079)   | 1:54.910 (36.888)  | 2:32.012 (37.102)  |
| 3:08.549 (36.537)       | 3:45.159 (36.610)   | 4:22.127 (36.968)  | 4:59.728 (37.601)  |
| 5:37.422 (37.694)       | 6:15.656 (38.234)   | 6:53.656 (38.000)  | 7:31.638 (37.982)  |
| 8:09.749 (38.111)       | 8:48.130 (38.381)   | 9:26.857 (38.727)  | 10:05.856 (38.999) |
| 10:44.869 (39.013)      | 11:23.208 (38.339)  | 12:01.827 (38.619) | 12:40.249 (38.422) |
| 13:18.420 (38.171)      | 13:56.775 (38.355)  | 14:35.474 (38.699) | 15:13.111 (37.637) |
| 15:46.293 (33.182)      |                     |                    |                    |
| 16 Tommy Herebic        | SO Nebraska Wesleya | 15:44.72           | 15:48.23           |

|                     |                    |                    |                    |                    |
|---------------------|--------------------|--------------------|--------------------|--------------------|
|                     | 39.308 (39.308)    | 1:17.303 (37.995)  | 1:53.335 (36.032)  | 2:29.010 (35.675)  |
|                     | 3:05.265 (36.255)  | 3:41.846 (36.581)  | 4:18.978 (37.132)  | 4:55.904 (36.926)  |
|                     | 5:33.383 (37.479)  | 6:10.674 (37.291)  | 6:48.799 (38.125)  | 7:26.984 (38.185)  |
|                     | 8:05.462 (38.478)  | 8:43.785 (38.323)  | 9:22.150 (38.365)  | 10:00.732 (38.582) |
|                     | 10:39.754 (39.022) | 11:18.330 (38.576) | 11:57.593 (39.263) | 12:36.762 (39.169) |
|                     | 13:16.138 (39.376) | 13:55.370 (39.232) | 14:35.458 (40.088) | 15:13.092 (37.634) |
|                     | 15:48.221 (35.129) |                    |                    |                    |
| 17 Patrick Finnegan |                    | JR Luther          |                    | 15:50.35           |
|                     | 40.546 (40.546)    | 1:18.379 (37.833)  | 1:55.071 (36.692)  | 2:31.450 (36.379)  |
|                     | 3:07.795 (36.345)  | 3:43.529 (35.734)  | 4:20.446 (36.917)  | 4:56.990 (36.544)  |
|                     | 5:34.731 (37.741)  | 6:11.811 (37.080)  | 6:49.749 (37.938)  | 7:27.336 (37.587)  |
|                     | 8:05.642 (38.306)  | 8:42.488 (36.846)  | 9:20.940 (38.452)  | 9:58.886 (37.946)  |
|                     | 10:37.992 (39.106) | 11:16.358 (38.366) | 11:54.799 (38.441) | 12:33.460 (38.661) |
|                     | 13:12.771 (39.311) | 13:52.650 (39.879) | 14:33.103 (40.453) | 15:12.524 (39.421) |
|                     | 15:50.347 (37.823) |                    |                    |                    |
| 18 Derek Dinderman  |                    | SO Coe             |                    | 15:50.42           |
|                     | 38.682 (38.682)    | 1:16.426 (37.744)  | 1:51.951 (35.525)  | 2:27.431 (35.480)  |
|                     | 3:03.397 (35.966)  | 3:39.594 (36.197)  | 4:16.360 (36.766)  | 4:53.062 (36.702)  |
|                     | 5:30.616 (37.554)  | 6:08.369 (37.753)  | 6:46.104 (37.735)  | 7:24.290 (38.186)  |
|                     | 8:01.990 (37.700)  | 8:40.021 (38.031)  | 9:19.131 (39.110)  | 9:58.154 (39.023)  |
|                     | 10:36.793 (38.639) | 11:15.956 (39.163) | 11:55.256 (39.300) | 12:34.401 (39.145) |
|                     | 13:13.668 (39.267) | 13:53.703 (40.035) | 14:33.936 (40.233) | 15:13.188 (39.252) |
|                     | 15:50.419 (37.231) |                    |                    |                    |
| 19 Trey Thompson    |                    | SO Simpson (Iowa)  |                    | 15:53.14           |
|                     | 40.386 (40.386)    | 1:17.529 (37.143)  | 1:53.905 (36.376)  | 2:30.205 (36.300)  |
|                     | 3:06.265 (36.060)  | 3:42.946 (36.681)  | 4:20.313 (37.367)  | 4:57.444 (37.131)  |
|                     | 5:35.456 (38.012)  | 6:13.735 (38.279)  | 6:51.340 (37.605)  | 7:29.803 (38.463)  |
|                     | 8:08.589 (38.786)  | 8:47.517 (38.928)  | 9:26.653 (39.136)  | 10:05.557 (38.904) |
|                     | 10:44.369 (38.812) | 11:22.737 (38.368) | 12:01.848 (39.111) | 12:40.947 (39.099) |
|                     | 13:19.715 (38.768) | 13:58.887 (39.172) | 14:37.812 (38.925) | 15:16.727 (38.915) |
|                     | 15:53.131 (36.404) |                    |                    |                    |
| 20 Jordan Toomey    |                    | SO Central College | 16:29.41           | 16:27.93           |
|                     | 39.081 (39.081)    | 1:17.067 (37.986)  | 1:54.118 (37.051)  | 2:30.506 (36.388)  |
|                     | 3:06.826 (36.320)  | 3:43.437 (36.611)  | 4:20.565 (37.128)  | 4:57.679 (37.114)  |
|                     | 5:35.731 (38.052)  | 6:14.003 (38.272)  | 6:51.970 (37.967)  | 7:30.324 (38.354)  |
|                     | 8:08.972 (38.648)  | 8:47.862 (38.890)  | 9:27.373 (39.511)  | 10:07.524 (40.151) |
|                     | 10:48.966 (41.442) | 11:31.448 (42.482) | 12:15.839 (44.391) | 12:59.822 (43.983) |
|                     | 13:44.295 (44.473) | 14:28.086 (43.791) | 15:10.928 (42.842) | 15:51.910 (40.982) |
|                     | 16:27.921 (36.011) |                    |                    |                    |
| 21 Steven Smith     |                    | SR Buena Vista     | 16:49.05           | 17:01.06           |
|                     | 40.310 (40.310)    | 1:18.667 (38.357)  | 1:55.550 (36.883)  | 2:32.381 (36.831)  |
|                     | 3:10.203 (37.822)  | 3:49.218 (39.015)  | 4:28.828 (39.610)  | 5:09.249 (40.421)  |
|                     | 5:50.766 (41.517)  | 6:31.984 (41.218)  | 7:12.289 (40.305)  | 7:52.960 (40.671)  |
|                     | 8:34.358 (41.398)  | 9:15.970 (41.612)  | 9:58.504 (42.534)  | 10:40.011 (41.507) |
|                     | 11:22.567 (42.556) | 12:04.868 (42.301) | 12:48.132 (43.264) | 13:31.568 (43.436) |
|                     | 14:14.036 (42.468) | 14:56.908 (42.872) | 15:39.114 (42.206) | 16:21.312 (42.198) |
|                     | 17:01.060 (39.748) |                    |                    |                    |
| 22 McCoy Meshach    |                    | FR Coe             | 17:07.40           | 17:02.79           |
|                     | 40.046 (40.046)    | 1:18.957 (38.911)  | 1:56.663 (37.706)  | 2:35.853 (39.190)  |
|                     | 3:15.589 (39.736)  | 3:56.356 (40.767)  | 4:37.716 (41.360)  | 5:18.123 (40.407)  |
|                     | 5:59.374 (41.251)  | 6:39.696 (40.322)  | 7:20.599 (40.903)  | 8:01.192 (40.593)  |
|                     | 8:42.308 (41.116)  | 9:23.421 (41.113)  | 10:04.985 (41.564) | 10:47.093 (42.108) |
|                     | 11:28.362 (41.269) | 12:11.061 (42.699) | 12:53.561 (42.500) | 13:35.903 (42.342) |
|                     | 14:17.393 (41.490) | 15:00.544 (43.151) | 15:42.532 (41.988) | 16:24.457 (41.925) |
|                     | 17:02.782 (38.325) |                    |                    |                    |
| 23 Sezar Carillo    |                    | SO Coe             | 17:31.35           | 17:30.05           |
|                     | 41.488 (41.488)    | 1:22.406 (40.918)  | 2:03.784 (41.378)  | 2:45.275 (41.491)  |
|                     | 3:27.730 (42.455)  | 4:09.614 (41.884)  | 4:51.696 (42.082)  | 5:34.103 (42.407)  |
|                     | 6:16.579 (42.476)  | 6:59.415 (42.836)  | 7:42.411 (42.996)  | 8:25.456 (43.045)  |
|                     | 9:08.468 (43.012)  | 9:50.583 (42.115)  | 10:33.457 (42.874) | 11:16.764 (43.307) |

11:59.984 (43.220) 12:42.071 (42.087) 13:24.278 (42.207) 14:06.259 (41.981)  
 14:47.547 (41.288) 15:29.587 (42.040) 16:11.477 (41.890) 16:51.892 (40.415)  
 17:30.045 (38.153)  
 -- Chad Carter SO Simpson (Iowa) 17:08.76 DNF  
 39.482 (39.482) 1:18.569 (39.087) 1:56.046 (37.477) 2:32.914 (36.868)  
 3:09.615 (36.701) 3:47.225 (37.610) 4:26.159 (38.934) 5:06.895 (40.736)  
 5:47.837 (40.942) 6:29.680 (41.843) 7:11.958 (42.278) 7:53.922 (41.964)  
 8:35.252 (41.330) 9:17.567 (42.315) 10:00.158 (42.591) 10:42.445 (42.287)  
 11:24.693 (42.248) 12:07.749 (43.056) 12:51.053 (43.304) 13:34.570 (43.517)  
 14:18.289 (43.719) 15:03.314 (45.025) 15:47.963 (44.649) 16:32.699 (44.736)

Men 55 Meter Hurdles

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

Seed Times are 60M

All-Time: A 7.42 2009 Shawn Olorudami, Buena Vista  
 Championship: C 7.56 2009 Shawn Olorduami, Buena Vista  
 Facility: F 7.64 1/28/2012 TJ Valley, UW-Platteville

| Name                 | Year | School           | Seed | Prelims | H#      |
|----------------------|------|------------------|------|---------|---------|
| Preliminaries        |      |                  |      |         |         |
| 1 Dylan Kalinay      | JR   | Simpson (Iowa)   | 8.20 | C 7.56Q | 3       |
| 2 Chris Hawkins      | JR   | Coe              | 8.35 | 7.79Q   | 2       |
| 3 Isaac Frazier      | SR   | Simpson (Iowa)   | 8.55 | 7.92Q   | 1       |
| 4 Ben Cuvelier       | JR   | Wartburg         | 8.61 | 7.95q   | 3       |
| 5 Nolin Linebaugh    | SO   | Nebraska Wesleya | 8.75 | 7.96q   | 2 7.954 |
| 6 Sam Adeniyi        | FR   | Simpson (Iowa)   | 8.60 | 7.96q   | 3 7.957 |
| 7 Gerrand Moody      | JR   | Loras            | 8.77 | 8.04q   | 3       |
| 8 Clayton Gray       | JR   | Dubuque          | 8.78 | 8.08q   | 3       |
| 9 Reese Iversen      | JR   | Central College  | 8.68 | 8.09    | 1       |
| 10 Justin Sacker     | SR   | Buena Vista      | 8.81 | 8.19    | 2       |
| 11 Hunter Pollpeter  | JR   | Central College  | 8.89 | 8.21    | 1       |
| 12 Mohamed Kamara    | FR   | Dubuque          | 8.58 | 8.25    | 2       |
| 13 Kyle Wessling     | SR   | Buena Vista      | 8.96 | 8.30    | 3       |
| 14 Michael Lueken    | FR   | Loras            | 8.95 | 8.31    | 2       |
| 15 Gavren Dochterman | FR   | Wartburg         | 8.68 | 8.42    | 2       |
| 16 James Niemann     | SO   | Wartburg         | 8.88 | 8.44    | 1       |
| 17 Tyler Fowler      | FR   | Dubuque          | 9.14 | 8.56    | 3       |
| 18 William Bestul    | SR   | Luther           | 9.67 | 8.83    | 1       |
| 19 Nils Boyum        | JR   | Luther           | 9.65 | 9.04    | 2       |
| -- Andrew O'Neill    | JR   | Loras            | 8.74 | DNS     | 1       |
| -- Braxtyn DeGolyer  | FR   | Nebraska Wesleya | 8.56 | DNS     | 1       |

Men 55 Meter Hurdles

Seed Times are 60M

All-Time: A 7.42 2009 Shawn Olorudami, Buena Vista  
 Championship: C 7.56 2009 Shawn Olorduami, Buena Vista  
 Facility: F 7.64 1/28/2012 TJ Valley, UW-Platteville

| Name              | Year | School           | Prelims | Finals | Points |
|-------------------|------|------------------|---------|--------|--------|
| Finals            |      |                  |         |        |        |
| 1 Dylan Kalinay   | JR   | Simpson (Iowa)   | 7.56    | 7.71   | 10     |
| 2 Chris Hawkins   | JR   | Coe              | 7.79    | 7.87   | 8      |
| 3 Sam Adeniyi     | FR   | Simpson (Iowa)   | 7.96    | 7.93   | 6      |
| 4 Isaac Frazier   | SR   | Simpson (Iowa)   | 7.92    | 7.98   | 5      |
| 5 Gerrand Moody   | JR   | Loras            | 8.04    | 7.99   | 4      |
| 6 Nolin Linebaugh | SO   | Nebraska Wesleya | 7.96    | 8.00   | 3      |
| 7 Ben Cuvelier    | JR   | Wartburg         | 7.95    | 8.03   | 2      |
| 8 Clayton Gray    | JR   | Dubuque          | 8.08    | 8.06   | 1      |



Men 4x200 Meter Relay

| All-Time: A 1:28.37           |                 | 2003              | Wartburg, Wartburg   |        |                          |  |  |
|-------------------------------|-----------------|-------------------|----------------------|--------|--------------------------|--|--|
| Championship: C 1:28.37       |                 | 2003              | Wartburg, Wartburg   |        |                          |  |  |
| Facility: F 1:29.26           |                 | 1/17/2015         | Augustana, Augustana |        |                          |  |  |
| School                        | Seed            | Finals            | H#                   | Points |                          |  |  |
| 1 Simpson (Iowa)              | 1:32.23         | 1:28.79F          | 2                    | 10     |                          |  |  |
| 1) Emmitt Wheatley SO         |                 |                   |                      |        | 2) Dylan Kalinay JR      |  |  |
| 3) Travis Tupper JR           |                 |                   |                      |        | 4) Chase Wetterling SO   |  |  |
|                               | 43.980 (43.980) | 1:06.058 (22.078) |                      |        | 1:28.786 (22.728)        |  |  |
| 2 Dubuque                     | 1:30.90         | 1:30.12           | 2                    | 8      |                          |  |  |
| 1) Isaiah Ellis SO            |                 |                   |                      |        | 2) Colfay Pointer FR     |  |  |
| 3) Ryan Kind SO               |                 |                   |                      |        | 4) Tyler Fowler FR       |  |  |
|                               | 44.692 (44.692) | 1:07.258 (22.567) |                      |        | 1:30.111 (22.853)        |  |  |
| 3 Wartburg                    | 1:33.48         | 1:30.37           | 1                    | 6      |                          |  |  |
| 1) Justin Anderlik SR         |                 |                   |                      |        | 2) Denison Harrington FR |  |  |
| 3) Drew Schwartz SR           |                 |                   |                      |        | 4) Ryan Richmond JR      |  |  |
|                               | 44.903 (44.903) | 1:07.744 (22.841) |                      |        | 1:30.366 (22.622)        |  |  |
| 4 Loras                       | 1:32.63         | 1:30.84           | 2                    | 5      |                          |  |  |
| 1) Patrick Mikel FR           |                 |                   |                      |        | 2) Shamari Scott FR      |  |  |
| 3) Tyson Morrison FR          |                 |                   |                      |        | 4) Jacob Beaton FR       |  |  |
|                               | 45.225 (45.225) | 1:07.956 (22.731) |                      |        | 1:30.838 (22.882)        |  |  |
| 5 Nebraska Wesleyan           | 1:35.10         | 1:31.20           | 1                    | 4      |                          |  |  |
| 1) Craig Timmons SR           |                 |                   |                      |        | 2) Zach Holka SR         |  |  |
| 3) Michael Merical FR         |                 |                   |                      |        | 4) Mamer Mamer SO        |  |  |
|                               | 45.068 (45.068) | 1:08.613 (23.546) |                      |        | 1:31.195 (22.582)        |  |  |
| 6 Central College             | 1:33.40         | 1:31.24           | 2                    | 3      |                          |  |  |
| 1) Caleb Jennings SO          |                 |                   |                      |        | 2) Blake Morgan JR       |  |  |
| 3) Phillip Carey FR           |                 |                   |                      |        | 4) Connor Lewin FR       |  |  |
|                               | 45.905 (45.905) | 1:08.522 (22.617) |                      |        | 1:31.233 (22.712)        |  |  |
| 7 Coe                         | 1:33.87         | 1:31.28           | 1                    | 2      |                          |  |  |
| 1) Erik Franklin SR           |                 |                   |                      |        | 2) Nathan Suell SO       |  |  |
| 3) Max Johnson SO             |                 |                   |                      |        | 4) Anton Jones SR        |  |  |
|                               | 44.765 (44.765) | 1:08.198 (23.434) |                      |        | 1:31.278 (23.080)        |  |  |
| 8 Buena Vista                 | 1:35.15         | 1:31.89           | 1                    | 1      |                          |  |  |
| 1) Nikolas Polite FR          |                 |                   |                      |        | 2) Dylan Coffin FR       |  |  |
| 3) Ben Sampson SR             |                 |                   |                      |        | 4) Brennan Dostal JR     |  |  |
|                               | 46.335 (46.335) | 1:09.195 (22.860) |                      |        | 1:31.882 (22.688)        |  |  |
| 9 Luther                      | 1:35.63         | 1:34.91           | 1                    |        |                          |  |  |
| 1) Nana Anim Asante-Apeatu FR |                 |                   |                      |        | 2) Noah Goetzke FR       |  |  |
| 3) Cooper Nelson SR           |                 |                   |                      |        | 4) Maxwell Tapp SO       |  |  |
|                               | 46.818 (46.818) | 1:11.096 (24.278) |                      |        | 1:34.906 (23.811)        |  |  |

Men 4x400 Meter Relay

| All-Time: A 3:14.04     |                 | 2004              | Wartburg, Wartburg   |        |                     |                   |  |
|-------------------------|-----------------|-------------------|----------------------|--------|---------------------|-------------------|--|
| Championship: C 3:22.06 |                 | 2/27/2016         | Loras, Loras         |        |                     |                   |  |
| Facility: F 3:16.00     |                 | 2/20/2015         | Augustana, Augustana |        |                     |                   |  |
| School                  | Seed            | Finals            | H#                   | Points |                     |                   |  |
| 1 Simpson (Iowa)        | 3:24.20         | 3:21.51C          | 2                    | 10     |                     |                   |  |
| 1) Chase Wetterling SO  |                 |                   |                      |        | 2) Travis Tupper JR |                   |  |
| 3) Matt Pearson SR      |                 |                   |                      |        | 4) Kirk Wicks SO    |                   |  |
|                         | 51.626 (51.626) | 1:41.310 (49.684) |                      |        | 2:31.438 (50.128)   | 3:21.506 (50.068) |  |

|    |                          |                         |                   |                   |    |                       |
|----|--------------------------|-------------------------|-------------------|-------------------|----|-----------------------|
| 2  | Loras                    |                         | 3:24.83           | 3:22.68           | 2  | 8                     |
|    | 1) Brandon Gradoville SR | 2) Anakin Hall SO       |                   |                   |    |                       |
|    | 3) Shamari Scott FR      | 4) Patrick Mikel FR     |                   |                   |    |                       |
|    | 50.903 (50.903)          | 1:42.389 (51.486)       | 2:32.885 (50.496) | 3:22.676 (49.792) |    |                       |
| 3  | Dubuque                  |                         | 3:27.18           | 3:26.56           | 1  | 6                     |
|    | 1) Colfay Pointer FR     | 2) Easton Cook FR       |                   |                   |    |                       |
|    | 3) Isaiah Ellis SO       | 4) Aaron Ofosu JR       |                   |                   |    |                       |
|    | 50.256 (50.256)          | 1:42.118 (51.862)       | 2:33.846 (51.728) | 3:26.559 (52.713) |    |                       |
| 4  | Buena Vista              |                         | 3:30.01           | 3:27.63           | 1  | 5                     |
|    | 1) Brennan Dostal JR     | 2) Nikolas Polite FR    |                   |                   |    |                       |
|    | 3) Justin Sacker SR      | 4) Ben Sampson SR       |                   |                   |    |                       |
|    | 51.393 (51.393)          | 1:44.598 (53.206)       | 2:36.472 (51.874) | 3:27.624 (51.153) |    |                       |
| 5  | Central College          |                         | 3:32.26           | 3:27.77           | 1  | 4                     |
|    | 1) Phillip Carey FR      | 2) Cory Suedmeier FR    |                   |                   |    |                       |
|    | 3) Caleb Jennings SO     | 4) Blake Morgan JR      |                   |                   |    |                       |
|    | 51.514 (51.514)          | 1:44.484 (52.970)       | 2:36.950 (52.466) | 3:27.770 (50.820) |    |                       |
| 6  | Coe                      |                         | 3:25.59           | 3:29.27           | 2  | 3                     |
|    | 1) Nathan Suell SO       | 2) Ryan Izer SO         |                   |                   |    |                       |
|    | 3) Hunter Hartshorne FR  | 4) Anton Jones SR       |                   |                   |    |                       |
|    | 51.684 (51.684)          | 1:44.656 (52.972)       | 2:36.497 (51.842) | 3:29.267 (52.770) |    |                       |
| 7  | Luther                   |                         | 3:34.21           | 3:36.64           | 1  | 2                     |
|    | 1) Cooper Nelson SR      | 2) Noah Goetzke FR      |                   |                   |    |                       |
|    | 3) Robert Smedsrud FR    | 4) Jackson Churchill FR |                   |                   |    |                       |
|    | 53.911 (53.911)          | 1:47.736 (53.826)       | 2:43.220 (55.484) | 3:36.633 (53.413) |    |                       |
| -- | Wartburg                 |                         | 3:23.25           |                   | DQ | 2 Interference        |
|    | 1) Justin Anderlik SR    | 2) Levi Dolphin JR      |                   |                   |    |                       |
|    | 3) Cody Snider JR        | 4) Drew Schwartz SR     |                   |                   |    |                       |
| -- | Nebraska Wesleyan        |                         | 3:22.26           |                   | DQ | 2 UnSporting Behavior |
|    | 1) Michael Merical FR    | 2) Garrett Teel SR      |                   |                   |    |                       |
|    | 3) Zach Holka SR         | 4) Tanner Dewey SR      |                   |                   |    |                       |

#### 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     | 7:52.15                   | 2013                | Buena Vista, Buena Vista |  |        |  |
| School          |                           |                     | Seed                     | Finals                                     | Points |  |
| =====           |                           |                     |                          |  |        |  |
| 1               | Loras                     |                     | 8:23.00                  | 7:54.10                                    | 10     |  |
|                 | 1) Nathan Kimbrell SR     | 2) Brien Nugent SR  |                          |  |        |  |
|                 | 3) Cole Conklin-Little FR | 4) Kylian Lally JR  |                          |  |        |  |
|                 | 1:59.529 (1:59.529)       | 3:58.469 (1:58.940) |                          | 5:57.353 (1:58.884)                        |        |  |
|                 | 7:54.091 (1:56.738)       |                     |                          |  |        |  |
| 2               | Luther                    |                     |                          | 7:54.16                                    | 8      |  |
|                 | 1) Bret Powers SR         | 2) Collin Kern FR   |                          |  |        |  |
|                 | 3) Kyle Gilberg SO        | 4) Andrew Millan FR |                          |  |        |  |
|                 | 2:01.536 (2:01.536)       | 3:57.705 (1:56.169) |                          | 5:56.848 (1:59.143)                        |        |  |
|                 | 7:54.151 (1:57.303)       |                     |                          |  |        |  |
| 3               | Nebraska Wesleyan         |                     |                          | 7:57.14                                    | 6      |  |
|                 | 1) Bryan Butler JR        | 2) Cory Plugge JR   |                          |  |        |  |
|                 | 3) Tyler Janssen JR       | 4) Alex Main SO     |                          |  |        |  |
|                 | 1:59.744 (1:59.744)       | 3:58.444 (1:58.700) |                          | 5:59.205 (2:00.761)                        |        |  |
|                 | 7:57.137 (1:57.932)       |                     |                          |  |        |  |
| 4               | Central College           |                     |                          | 7:58.28                                    | 5      |  |
|                 | 1) Kyle Pape SO           | 2) Preston Kizer FR |                          |  |        |  |
|                 | 3) Taylor Donner JR       | 4) Jon Specht SO    |                          |  |        |  |
|                 | 2:01.166 (2:01.166)       | 3:59.092 (1:57.926) |                          | 5:58.503 (1:59.411)                        |        |  |
|                 | 7:58.273 (1:59.770)       |                     |                          |  |        |  |

|   |                        |                         |                     |   |
|---|------------------------|-------------------------|---------------------|---|
| 5 | Wartburg               |                         | 7:58.54             | 4 |
|   | 1) John Crew FR        | 2) Sam McMichael SO     |                     |   |
|   | 3) Colton Schnetzer SR | 4) Conor Sapp FR        |                     |   |
|   | 1:59.915 (1:59.915)    | 3:59.086 (1:59.171)     | 6:00.266 (2:01.180) |   |
|   | 7:58.535 (1:58.269)    |                         |                     |   |
| 6 | Simpson (Iowa)         |                         | 8:09.83             | 3 |
|   | 1) Kyle Hovey JR       | 2) Jordan Coughenour SO |                     |   |
|   | 3) Levi Lefebure FR    | 4) Ian Mckenzie JR      |                     |   |
|   | 2:00.977 (2:00.977)    | 4:02.188 (2:01.211)     | 6:09.040 (2:06.852) |   |
|   | 8:09.827 (2:00.787)    |                         |                     |   |
| 7 | Dubuque                |                         | 8:17.26             | 2 |
|   | 1) Tyler Miller JR     | 2) Hunter Klose SO      |                     |   |
|   | 3) Jack Erickson FR    | 4) Tavian Rumpel FR     |                     |   |
|   | 2:04.101 (2:04.101)    | 4:05.933 (2:01.832)     | 6:11.474 (2:05.541) |   |
|   | 8:17.254 (2:05.780)    |                         |                     |   |
| 8 | Coe                    |                         | 8:35.61             | 1 |
|   | 1) Ben Nelson JR       | 2) Dray Schreiber JR    |                     |   |
|   | 3) Orié Brown SO       | 4) Jacob Feldman FR     |                     |   |
|   | 2:02.280 (2:02.280)    | 4:07.449 (2:05.169)     | 6:15.638 (2:08.189) |   |
|   | 8:35.608 (2:19.970)    |                         |                     |   |

#### 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             | 10:14.00                 | 2/24/2013           | Central, Central                          |
|       | School                  |                          | Seed                | Finals Points                             |
| ===== |                         |                          |                     |   |
| 1     | Wartburg                |                          | 10:15.44            | 10:17.69 10                               |
|       | 1) Jerry Frawley SR     | 2) Nick Kennicker FR     |                     |   |
|       | 3) Cody Snider JR       | 4) Caleb Appleton FR     |                     |   |
|       | 3:09.399 (3:09.399)     | 4:00.201 (50.802)        | 5:56.863 (1:56.662) |   |
|       | 10:17.685 (4:20.822)    |                          |                     |   |
| 2     | Loras                   |                          | 11:02.35            | 10:20.27 8                                |
|       | 1) Nathan Kimbrell SR   | 2) Brandon Gradoville SR |                     |   |
|       | 3) Kylian Lally JR      | 4) Brien Nugent SR       |                     |   |
|       | 3:13.387 (3:13.387)     | 4:03.867 (50.480)        | 6:00.138 (1:56.271) |   |
|       | 10:20.270 (4:20.132)    |                          |                     |   |
| 3     | Simpson (Iowa)          |                          | 11:31.79            | 10:24.16 6                                |
|       | 1) Kyle Hovey JR        | 2) Kirk Wicks SO         |                     |   |
|       | 3) Jordan Coughenour SO | 4) Ian Mckenzie JR       |                     |   |
|       | 3:12.476 (3:12.476)     | 4:03.141 (50.665)        | 6:00.342 (1:57.201) |   |
|       | 10:24.158 (4:23.816)    |                          |                     |   |
| 4     | Nebraska Wesleyan       |                          | 10:29.51            | 10:28.97 5                                |
|       | 1) Tyler Knapp JR       | 2) Travis Ohnoutka SO    |                     |   |
|       | 3) Cory Plugge JR       | 4) Chad Berens JR        |                     |   |
|       | 3:13.962 (3:13.962)     | 4:05.787 (51.825)        | 6:03.070 (1:57.283) |   |
|       | 10:28.970 (4:25.900)    |                          |                     |   |
| 5     | Central College         |                          | 10:21.38            | 10:29.80 4                                |
|       | 1) Tanner Rathje JR     | 2) Cory Suedmeier FR     |                     |   |
|       | 3) Preston Kizer FR     | 4) Taylor Donner JR      |                     |   |
|       | 3:13.902 (3:13.902)     | 4:06.396 (52.494)        | 6:05.260 (1:58.864) |   |
|       | 10:29.794 (4:24.534)    |                          |                     |   |
| 6     | Luther                  |                          | 10:29.99            | 3   |
|       | 1) Collin Kern FR       | 2) Kyle Gilberg SO       |                     |   |
|       | 3) Andrew Millan FR     | 4) Patrick Larson SR     |                     |   |
|       | 3:12.192 (3:12.192)     | 4:05.593 (53.401)        | 6:03.909 (1:58.316) |   |
|       | 10:29.984 (4:26.075)    |                          |                     |   |

|                      |                         |                     |   |
|----------------------|-------------------------|---------------------|---|
| 7 Dubuque            |                         | 10:56.58            | 2 |
| 1) Hunter Klose SO   | 2) Easton Cook FR       |                     |   |
| 3) Tyler Miller JR   | 4) Dalton Moore FR      |                     |   |
| 3:14.913 (3:14.913)  | 4:06.371 (51.458)       | 6:09.242 (2:02.871) |   |
| 10:56.571 (4:47.329) |                         |                     |   |
| 8 Coe                |                         | 11:01.03            | 1 |
| 1) Ben Nelson JR     | 2) Hunter Hartshorne FR |                     |   |
| 3) Dray Schreiber JR | 4) Ryan Izer SO         |                     |   |
| 3:18.383 (3:18.383)  | 4:11.845 (53.462)       | 6:20.152 (2:08.307) |   |
| 11:01.027 (4:40.875) |                         |                     |   |
| 9 Buena Vista        |                         | 12:10.61            |   |
| 1) Tyler Larson SR   | 2) Justin Sacker SR     |                     |   |
| 3) Zach Kenny FR     | 4) Steven Smith SR      |                     |   |
| 3:32.888 (3:32.888)  | 4:28.283 (55.395)       | 6:52.261 (2:23.978) |   |
| 12:10.602 (5:18.341) |                         |                     |   |

Men High Jump

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1.77, 1.82, 1.87, 1.92, 1.97, 2.02, 2.07, 2.12

All-Time: A 2.17m 2005 Cale VanGenderen, Central

Championship: C 2.13m 2/27/2016 Logan Mulford, Central College

Facility: F 2.11m 2/24/2013 Jonas Elusme, Wartburg

| Name                          | Year | School              | Seed  | Finals | Points     |
|-------------------------------|------|---------------------|-------|--------|------------|
| 1 Logan Mulford               |      | SR Central College  | 2.12m | 2.07m  | 6-09.50 10 |
| 1.92 1.97 2.02 2.07 2.12      |      |                     |       |        |            |
| 0 0 0 XO XXX                  |      |                     |       |        |            |
| 2 Malik Morris                |      | JR Nebraska Wesleya |       | 2.02m  | 6-07.50 8  |
| 1.87 1.92 1.97 2.02 2.07      |      |                     |       |        |            |
| 0 XO XO XO XXX                |      |                     |       |        |            |
| 3 Will Daniels                |      | FR Central College  | 2.03m | 2.02m  | 6-07.50 6  |
| 1.92 1.97 2.02 2.07           |      |                     |       |        |            |
| XXO XO XXO XXX                |      |                     |       |        |            |
| 4 Chandler Petersen           |      | SO Nebraska Wesleya | 2.09m | 1.97m  | 6-05.50 5  |
| 1.97 2.02                     |      |                     |       |        |            |
| 0 XXX                         |      |                     |       |        |            |
| 5 Blake Vande Hoef            |      | FR Buena Vista      | 1.98m | 1.97m  | 6-05.50 4  |
| 1.87 1.92 1.97 2.02           |      |                     |       |        |            |
| 0 0 XO XXX                    |      |                     |       |        |            |
| 6 Reese Iversen               |      | JR Central College  | 1.92m | 1.97m  | 6-05.50 3  |
| 1.77 1.82 1.87 1.92 1.97 2.02 |      |                     |       |        |            |
| 0 0 XO XXO XO XXX             |      |                     |       |        |            |
| 7 Kortez Pickett              |      | SO Dubuque          | 2.03m | 1.92m  | 6-03.50 2  |
| 1.87 1.92 1.97                |      |                     |       |        |            |
| XXO 0 XXX                     |      |                     |       |        |            |
| 8 Sam Rew                     |      | SO Nebraska Wesleya | 1.96m | 1.92m  | 6-03.50 1  |
| 1.87 1.92 1.97                |      |                     |       |        |            |
| 0 XXO XXX                     |      |                     |       |        |            |
| 9 Isaac Frazier               |      | SR Simpson (Iowa)   | 1.88m | 1.87m  | 6-01.50    |
| 1.77 1.82 1.87 1.92           |      |                     |       |        |            |
| 0 0 0 XXX                     |      |                     |       |        |            |
| 10 Sam Adeniyi                |      | FR Simpson (Iowa)   | 1.90m | 1.87m  | 6-01.50    |
| 1.82 1.87 1.92                |      |                     |       |        |            |
| 0 XO XXX                      |      |                     |       |        |            |
| 11 Brad Cavanaugh             |      | FR Loras            | 1.93m | 1.82m  | 5-11.50    |
| 1.77 1.82 1.87                |      |                     |       |        |            |
| 0 XO XXX                      |      |                     |       |        |            |
| 12 Quintin Durov              |      | FR Loras            | 1.85m | 1.82m  | 5-11.50    |
| 1.77 1.82 1.87                |      |                     |       |        |            |
| 0 XXO XXX                     |      |                     |       |        |            |

|    |                 |                   |       |       |         |
|----|-----------------|-------------------|-------|-------|---------|
| 13 | Jacob Rentz     | FR Dubuque        | 1.80m | 1.77m | 5-09.75 |
|    | 1.77 1.82       |                   |       |       |         |
|    | 0 XXX           |                   |       |       |         |
| 14 | Devante Pearson | FR Wartburg       | 1.82m | 1.77m | 5-09.75 |
|    | 1.77 1.82       |                   |       |       |         |
|    | X0 XXX          |                   |       |       |         |
| -- | Nathan Keck     | SO Wartburg       | 2.02m | NH    |         |
|    | 1.92            |                   |       |       |         |
|    | XXX             |                   |       |       |         |
| -- | Jeremy Redmond  | SR Luther         | 1.67m | NH    |         |
|    | 1.77            |                   |       |       |         |
|    | XXX             |                   |       |       |         |
| -- | Isaiah Strong   | FR Simpson (Iowa) | 1.97m | NH    |         |
|    | 1.87            |                   |       |       |         |
|    | XXX             |                   |       |       |         |

Men Pole Vault

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3.41, 3.56, 3.71, 3.86, 4.01, 4.16, 4.31, 4.46, 4.61, 4.76,4.91
All-Time: A 5.20m 2008 Kyle Calvert, Loras
Championship: C 4.91m 2007 Kyle Calvert, Loras
Facility: F 5.00m 2/18/2017 Matthew Dwyer, UW-Platteville
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| Name                   | Year   | School           | Seed  | Finals         | Points |
|------------------------|--|------------------|-------|----------------|--------|
| 1 Devan Kennedy        | SR   | Loras            | 4.45m | 4.46m 14-07.50 | 10     |
|                        | 3.41 3.56 3.71 3.86 4.01 4.16 4.31 4.46 4.61 |                  |       |                |        |
|                        | PPP PPP PPP PPP PPP PPP 0 XX0 XXX            |                  |       |                |        |
| 2 Nicholas Kazmierczak | SR   | Dubuque          | 4.06m | 4.31m 14-01.75 | 8      |
|                        | 3.41 3.56 3.71 3.86 4.01 4.16 4.31 4.46      |                  |       |                |        |
|                        | PPP PPP PPP PPP PPP X0 0 XXX                 |                  |       |                |        |
| 3 Ryan Ruskamp         | SO   | Nebraska Wesleya | 4.12m | 4.16m 13-07.75 | 6      |
|                        | 3.41 3.56 3.71 3.86 4.01 4.16 4.31           |                  |       |                |        |
|                        | PPP PPP PPP 0 0 0 XXX                        |                  |       |                |        |
| 4 Hunter Dunlap        | JR   | Loras            | 4.31m | 4.16m 13-07.75 | 5      |
|                        | 3.41 3.56 3.71 3.86 4.01 4.16 4.31           |                  |       |                |        |
|                        | PPP PPP PPP PPP 0 X0 XXX                     |                  |       |                |        |
| 5 Mitch Stoltzman      | FR   | Simpson (Iowa)   | 4.10m | 4.01m 13-01.75 | 4      |
|                        | 3.41 3.56 3.71 3.86 4.01 4.16                |                  |       |                |        |
|                        | PPP PPP PPP 0 0 XXX                          |                  |       |                |        |
| 6 Trent Rutledge       | FR   | Nebraska Wesleya | 4.16m | 4.01m 13-01.75 | 3      |
|                        | 3.41 3.56 3.71 3.86 4.01 4.16                |                  |       |                |        |
|                        | PPP PPP XX0 0 0 XXX                          |                  |       |                |        |
| 7 David Rodgers IV     | SR   | Loras            | 4.10m | 4.01m 13-01.75 | 2      |
|                        | 3.41 3.56 3.71 3.86 4.01 4.16                |                  |       |                |        |
|                        | PPP PPP PPP 0 X0 XXX                         |                  |       |                |        |
| 8 Trent Ostby          | FR   | Luther           | 3.98m | 4.01m 13-01.75 | 1      |
|                        | 3.41 3.56 3.71 3.86 4.01 4.16                |                  |       |                |        |
|                        | PPP X0 0 0 XX0 XXX                           |                  |       |                |        |
| 9 Ryan Kruse           | SO   | Central College  | 3.86m | 3.86m 12-08.00 |        |
|                        | 3.41 3.56 3.71 3.86 4.01                     |                  |       |                |        |
|                        | PPP PPP 0 0 XXX                              |                  |       |                |        |
| 10 Nick Dreska         | JR   | Loras            | 3.98m | 3.86m 12-08.00 |        |
|                        | 3.41 3.56 3.71 3.86 4.01                     |                  |       |                |        |
|                        | PPP PPP PPP X0 XXX                           |                  |       |                |        |
| 11 Chris Ball          | JR   | Loras            | 3.81m | 3.86m 12-08.00 |        |
|                        | 3.41 3.56 3.71 3.86 4.01                     |                  |       |                |        |
|                        | PPP PPP X0 XX0 XXX                           |                  |       |                |        |
| 12 Nick Johnson        | SR   | Nebraska Wesleya | 3.75m | 3.71m 12-02.00 |        |
|                        | 3.41 3.56 3.71 3.86                          |                  |       |                |        |
|                        | PPP 0 X0 XXX                                 |                  |       |                |        |

|                    |             |       |       |          |
|--------------------|-------------|-------|-------|----------|
| 13 Nils Boyum      | JR Luther   | 3.60m | 3.56m | 11-08.00 |
| 3.41 3.56 3.71     |             |       |       |          |
| 0 XX0 XXX          |             |       |       |          |
| 14 Blake Standring | FR Coe      | 3.56m | 3.41m | 11-02.25 |
| 3.41 3.56          |             |       |       |          |
| 0 XXX              |             |       |       |          |
| 14 Brit Nelson     | FR Wartburg | 3.56m | 3.41m | 11-02.25 |
| 3.41 3.56          |             |       |       |          |
| 0 XXX              |             |       |       |          |
| 16 Philip Senn     | JR Dubuque  | 3.40m | 3.41m | 11-02.25 |
| 3.41 3.56          |             |       |       |          |
| XX0 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              | 7.32m | 1/18/2014        | James Wilson,   | Monmouth    |          |    |
| Name                     | Year  | School           | Seed            | Finals      | Points   |    |
| =====                    |       |                  |                 |             |          |    |
| 1 Chris Hawkins          | JR    | Coe              | 7.30m           | 7.24m       | 23-09.00 | 10 |
| 6.78m FOUL               | 7.06m | 7.24m            | 6.94m           | FOUL        |          |    |
| 2 Trent Koehler          | FR    | Nebraska Wesleya | 6.90m           | 7.16m       | 23-06.00 | 8  |
| 6.68m 6.85m              | 7.16m | 7.02m            | FOUL            | FOUL        |          |    |
| 3 Malik Morris           | JR    | Nebraska Wesleya | 7.07m           | 7.02m       | 23-00.50 | 6  |
| FOUL 6.92m               | 6.62m | 7.02m            | 6.80m           | 6.72m       |          |    |
| 4 Justin Wimbish         | JR    | Central College  | 7.02m           | 6.99m       | 22-11.25 | 5  |
| FOUL 6.99m               | FOUL  | FOUL             | FOUL            | 6.95m       |          |    |
| 5 Colby Rattenborg       | JR    | Loras            | 6.58m           | 6.76m       | 22-02.25 | 4  |
| FOUL 6.55m               | 6.40m | 6.43m            | 6.73m           | 6.76m       |          |    |
| 6 Blaze Barista          | FR    | Dubuque          | 6.76m           | 6.59m       | 21-07.50 | 3  |
| 6.31m 6.44m              | 6.59m | FOUL             | FOUL            | 6.37m       |          |    |
| 7 Nathan Keck            | SO    | Wartburg         | 6.41m           | 6.51m       | 21-04.25 | 2  |
| 6.42m 6.42m              | 6.51m | 6.43m            | 6.45m           | 6.34m       |          |    |
| 8 Will Daniels           | FR    | Central College  | 6.56m           | 6.46m       | 21-02.50 | 1  |
| 6.37m 6.21m              | 6.21m | 6.46m            | FOUL            | FOUL        |          |    |
| 9 Famiek Cook            | SO    | Wartburg         | 5.49m           | 6.36m       | 20-10.50 |    |
| 6.36m FOUL               | 6.02m | 6.29m            | 6.15m           | 5.50m       |          |    |
| 10 Neal Valant           | FR    | Dubuque          | 6.33m           | 6.36m       | 20-10.50 |    |
| FOUL 6.36m               | FOUL  | 6.29m            | FOUL            | FOUL        |          |    |
| 11 Jordon Woods          | FR    | Central College  | 5.96m           | 6.35m       | 20-10.00 |    |
| 5.83m 6.35m              | 6.28m |                  |                 |             |          |    |
| 12 Maurice Cushion-Lewis | FR    | Dubuque          | 6.94m           | 6.31m       | 20-08.50 |    |
| 6.24m 6.31m              | 6.14m |                  |                 |             |          |    |
| 13 Ryan Richmond         | JR    | Wartburg         | 5.84m           | 6.14m       | 20-01.75 |    |
| 6.07m 6.14m              | 6.08m |                  |                 |             |          |    |
| 14 Michael Lueken        | FR    | Loras            | 6.27m           | 6.12m       | 20-01.00 |    |
| FOUL 6.12m               | 5.74m |                  |                 |             |          |    |
| 15 Jeremy Redmond        | SR    | Luther           | 5.50m           | 5.92m       | 19-05.25 |    |
| 5.79m 5.92m              | FOUL  |                  |                 |             |          |    |
| 16 Austin Greenwalt      | FR    | Simpson (Iowa)   | 6.19m           | 5.88m       | 19-03.50 |    |
| 5.69m 5.86m              | 5.88m |                  |                 |             |          |    |
| 17 Isaac Davis           | FR    | Coe              | 5.58m           | 5.81m       | 19-00.75 |    |
| FOUL 5.81m               | 5.79m |                  |                 |             |          |    |
| 18 Jordan Stiefel        | JR    | Loras            | 5.98m           | 5.78m       | 18-11.75 |    |
| 5.78m FOUL               | FOUL  |                  |                 |             |          |    |
| 19 CJ Nelson             | SO    | Coe              | 5.68m           | 5.77m       | 18-11.25 |    |
| FOUL FOUL                | 5.77m |                  |                 |             |          |    |
| 20 Brian Rew             | FR    | Simpson (Iowa)   | 5.66m           | 5.58m       | 18-03.75 |    |
| FOUL 5.58m               | 5.56m |                  |                 |             |          |    |

Men Triple Jump

| All-Time: A 14.60m 2005      |   | DeAndre Bovan, Dubuque    |        |             |
|------------------------------|---|---------------------------|--------|-------------|
| Championship: C 14.60m 2005  |   | DeAndre Bovan, Dubuque    |        |             |
| Facility: F 14.86m 1/15/2011 |   | Patrick Zeunik, Augustana |        |             |
| Name                         | Year School                               | Seed                      | Finals | Points      |
| 1 Chris Hawkins              | JR Coe                                    | 13.99m                    | 14.33m | 47-00.25 10 |
|                              | 13.44m 13.59m 14.22m FOUL 14.33m FOUL     |                           |        |             |
| 2 Blaze Barista              | FR Dubuque                                | 13.99m                    | 14.02m | 46-00.00 8  |
|                              | FOUL FOUL 13.64m 14.01m 14.02m 13.82m     |                           |        |             |
| 3 Trent Koehler              | FR Nebraska Wesleya                       | 14.19m                    | 13.72m | 45-00.25 6  |
|                              | FOUL 13.72m 11.51m 13.34m FOUL FOUL       |                           |        |             |
| 4 Nathan Keck                | SO Wartburg                               | 13.20m                    | 13.67m | 44-10.25 5  |
|                              | 13.28m FOUL 12.90m 13.67m 13.63m 13.57m   |                           |        |             |
| 5 Tyler Sharp                | SO Nebraska Wesleya                       | 13.43m                    | 13.50m | 44-03.50 4  |
|                              | FOUL 13.13m 13.28m 13.13m 13.31m 13.50m   |                           |        |             |
| 6 Colby Rattenborg           | JR Loras                                  | 13.38m                    | 13.32m | 43-08.50 3  |
|                              | 13.32m 13.05m 13.02m 13.20m FOUL 13.13m   |                           |        |             |
| 7 Trey Jennings              | FR Dubuque                                | 13.28m                    | 13.31m | 43-08.00 2  |
|                              | FOUL FOUL 13.21m 13.29m 12.89m 13.31m     |                           |        |             |
| 8 Jady Dightman              | FR Nebraska Wesleya                       | 12.86m                    | 12.83m | 42-01.25 1  |
|                              | 12.69m 12.83m FOUL 12.38m 12.52m FOUL     |                           |        |             |
| 9 Joe Kotz                   | SR Central College                        | 11.61m                    | 12.61m | 41-04.50    |
|                              | 11.45m 12.07m 12.61m 12.19m 11.28m 12.45m |                           |        |             |
| 10 Isaac Frazier             | SR Simpson (Iowa)                         |                           | 12.51m | 41-00.50    |
|                              | 12.19m 12.51m 12.51m                      |                           |        |             |
| 11 Austin Greenwalt          | FR Simpson (Iowa)                         | 12.28m                    | 12.42m | 40-09.00    |
|                              | 12.11m 12.42m 12.04m                      |                           |        |             |
| 12 Devante Pearson           | FR Wartburg                               | 12.44m                    | 12.38m | 40-07.50    |
|                              | FOUL 12.38m 12.17m                        |                           |        |             |
| 13 Neal Valant               | FR Dubuque                                | 12.91m                    | 12.19m | 40-00.00    |
|                              | FOUL 12.19m 11.94m                        |                           |        |             |
| 14 Jordan Stiefel            | JR Loras                                  | 11.42m                    | 11.99m | 39-04.00    |
|                              | FOUL FOUL 11.99m                          |                           |        |             |
| 15 Isaac Davis               | FR Coe                                    | 11.56m                    | 11.79m | 38-08.25    |
|                              | 11.10m 11.23m 11.79m                      |                           |        |             |
| 16 Jordon Woods              | FR Central College                        | 12.48m                    | 11.76m | 38-07.00    |
|                              | FOUL FOUL 11.76m                          |                           |        |             |
| 17 CJ Nelson                 | SO Coe                                    | 11.55m                    | 11.74m | 38-06.25    |
|                              | FOUL 11.74m FOUL                          |                           |        |             |
| -- Zach Quick                | SR Central College                        | 10.48m                    | FOUL   |             |
|                              | FOUL FOUL FOUL                            |                           |        |             |
| -- Ahymad Lee                | SO Wartburg                               | 11.81m                    | FOUL   |             |
|                              | FOUL FOUL FOUL                            |                           |        |             |

Men Shot Put

| All-Time: A 18.58m 2015          |   | Colt Feltes, Wartburg    |        |             |
|----------------------------------|---|--------------------------|--------|-------------|
| Championship: C 18.10m 2/27/2015 |   | Colt Feltes, Wartburg    |        |             |
| Facility: F 17.38m 1/28/2012     |   | Andy Novak, UW-La Crosse |        |             |
| Name                             | Year School                               | Seed                     | Finals | Points      |
| 1 Blaze Murfin                   | SO Dubuque                                | 16.47m                   | 16.78m | 55-00.75 10 |
|                                  | 16.48m 16.47m 16.74m 15.93m 16.78m 16.37m |                          |        |             |
| 2 Drew Beall                     | SO Buena Vista                            | 15.28m                   | 15.86m | 52-00.50 8  |
|                                  | 15.62m 14.63m 15.73m 15.86m FOUL 15.58m   |                          |        |             |
| 3 Ron Brown                      | SO Dubuque                                | 15.36m                   | 15.45m | 50-08.25 6  |
|                                  | 14.98m 15.05m 15.05m 14.85m 15.45m 15.42m |                          |        |             |

|    |                       |                      |        |        |          |   |
|----|-----------------------|----------------------|--------|--------|----------|---|
| 4  | Nathan Fitzgerald     | SO Central College   | 15.70m | 15.15m | 49-08.50 | 5 |
|    | 15.15m 15.04m 15.11m  | FOUL FOUL FOUL       |        |        |          |   |
| 5  | Josh Mathis           | FR Dubuque           | 14.28m | 15.09m | 49-06.25 | 4 |
|    | 15.02m FOUL FOUL      | 15.09m 13.98m 14.00m |        |        |          |   |
| 6  | Isaac Kelley          | SR Nebraska Wesleya  | 15.51m | 15.06m | 49-05.00 | 3 |
|    | FOUL 14.91m FOUL FOUL | FOUL 15.06m          |        |        |          |   |
| 7  | Chase Bonner          | SO Buena Vista       | 13.74m | 14.58m | 47-10.00 | 2 |
|    | 13.40m 13.17m 14.37m  | FOUL 14.58m FOUL     |        |        |          |   |
| 8  | Robbie Peters         | JR Coe               | 13.70m | 14.15m | 46-05.25 | 1 |
|    | 13.82m 13.49m 14.06m  | 13.64m 14.15m 13.66m |        |        |          |   |
| 9  | Dakota Moore          | JR Wartburg          | 14.58m | 13.97m | 45-10.00 |   |
|    | FOUL 13.97m FOUL FOUL | FOUL FOUL            |        |        |          |   |
| 10 | Seth Lindgren         | JR Nebraska Wesleya  | 14.89m | 13.92m | 45-08.00 |   |
|    | 13.27m FOUL 13.92m    |                      |        |        |          |   |
| 11 | Dylan Draeger         | JR Dubuque           | 13.62m | 13.76m | 45-01.75 |   |
|    | FOUL 13.38m 13.76m    |                      |        |        |          |   |
| 12 | Charles Goodman       | SO Nebraska Wesleya  | 14.43m | 13.43m | 44-00.75 |   |
|    | 12.54m 13.39m 13.43m  |                      |        |        |          |   |
| 13 | Garrett Rohlk         | JR Buena Vista       | 13.41m | 13.29m | 43-07.25 |   |
|    | 12.17m 13.29m FOUL    |                      |        |        |          |   |
| 14 | Koltin Pfaffle        | JR Luther            | 13.23m | 13.18m | 43-03.00 |   |
|    | FOUL 12.66m 13.18m    |                      |        |        |          |   |
| 15 | Patrick Norem         | SO Central College   | 13.32m | 13.17m | 43-02.50 |   |
|    | 13.17m 12.85m FOUL    |                      |        |        |          |   |
| 16 | Tanner Bird           | FR Central College   | 13.40m | 13.15m | 43-01.75 |   |
|    | 12.05m 12.68m 13.15m  |                      |        |        |          |   |
| 17 | Jacob Hayes           | JR Coe               | 13.51m | 12.82m | 42-00.75 |   |
|    | 11.55m 12.82m FOUL    |                      |        |        |          |   |
| 18 | Jackson Kelley        | SO Simpson (Iowa)    | 12.64m | 12.43m | 40-09.50 |   |
|    | 11.82m 12.43m 12.41m  |                      |        |        |          |   |
| 19 | Mason Simon-Ressler   | SR Wartburg          | 11.56m | 12.39m | 40-07.75 |   |
|    | 12.39m 12.37m 11.55m  |                      |        |        |          |   |
| 20 | Caleb Striegel        | FR Simpson (Iowa)    | 12.47m | 12.26m | 40-02.75 |   |
|    | 11.63m 12.06m 12.26m  |                      |        |        |          |   |
| 21 | Joe Pagura            | JR Loras             | 12.07m | 12.22m | 40-01.25 |   |
|    | 11.33m 11.79m 12.22m  |                      |        |        |          |   |
| 22 | Garrett Hammond       | SO Loras             | 13.03m | 12.19m | 40-00.00 |   |
|    | 12.19m 11.90m 11.98m  |                      |        |        |          |   |
| 23 | Sam Heimer            | JR Wartburg          | 12.32m | 12.14m | 39-10.00 |   |
|    | 12.14m FOUL FOUL      |                      |        |        |          |   |
| 24 | Braden Meints         | JR Simpson (Iowa)    | 11.61m | 11.92m | 39-01.25 |   |
|    | 10.99m 11.87m 11.92m  |                      |        |        |          |   |
| 25 | Lucas Kane            | JR Luther            | 11.54m | 11.85m | 38-10.50 |   |
|    | 11.85m FOUL 11.09m    |                      |        |        |          |   |
| -- | Jake Berg             | SO Loras             | 13.56m | FOUL   |          |   |
|    | FOUL FOUL FOUL        |                      |        |        |          |   |

#### Men Weight Throw

| All-Time: A 18.79m 2014 Colt Feltes, Wartburg         |                       |                      |        |         |          |    |
|---|-----------------------|----------------------|--------|---------|----------|----|
| Championship: C 18.13m 3/1/2014 Colt Feltes, Wartburg |                       |                      |        |         |          |    |
| Facility: F 18.38m 2/18/2012 Brian Benning, Augustana |                       |                      |        |         |          |    |
| Name  | Year                  | School               | Seed   | Finals  | Points   |    |
| 1 Ron Brown   |                       | SO Dubuque           | 18.75m | 19.59mA | 64-03.25 | 10 |
|   | FOUL 19.59m FOUL FOUL | FOUL PASS            |        |         |          |    |
| 2 Robbie Peters                                       |                       | JR Coe               | 17.17m | 17.34m  | 56-10.75 | 8  |
|   | 16.58m 17.34m 16.12m  | 15.89m 16.63m 16.44m |        |         |          |    |
| 3 Blaze Murfin  |                       | SO Dubuque           | 17.61m | 16.94m  | 55-07.00 | 6  |
|   | FOUL 16.94m FOUL FOUL | FOUL 16.87m          |        |         |          |    |



|    |                   |        |                     |             |        |          |   |
|----|-------------------|--------|---------------------|-------------|--------|----------|---|
| 4  | Jacob Hayes       |        | JR Coe              | 17.18m      | 16.93m | 55-06.50 | 5 |
|    | FOUL 16.37m       | 16.16m | 16.93m 16.63m       | FOUL        |        |          |   |
| 5  | Isaac Kelley      |        | SR Nebraska Wesleya | 16.29m      | 16.75m | 54-11.50 | 4 |
|    | 15.81m 15.71m     | 16.39m | 15.82m              | FOUL 16.75m |        |          |   |
| 6  | Michael Firkins   |        | SO Central College  | 16.34m      | 16.41m | 53-10.25 | 3 |
|    | 15.95m 15.83m     | 16.41m | FOUL 16.27m         | FOUL        |        |          |   |
| 7  | Alex Link         |        | JR Dubuque          | 16.60m      | 15.81m | 51-10.50 | 2 |
|    | FOUL 14.94m       | 15.81m | FOUL FOUL FOUL      |             |        |          |   |
| 8  | Jake Berg         |        | SO Loras            | 14.33m      | 15.62m | 51-03.00 | 1 |
|    | 14.89m 15.62m     | 14.50m | 15.06m              | FOUL 14.80m |        |          |   |
| 9  | Dakota Moore      |        | JR Wartburg         | 15.60m      | 15.50m | 50-10.25 |   |
|    | 15.50m FOUL       | FOUL   | 15.18m              | FOUL 15.15m |        |          |   |
| 10 | Seth Lindgren     |        | JR Nebraska Wesleya | 15.60m      | 15.23m | 49-11.75 |   |
|    | FOUL 15.23m       | FOUL   |                     |             |        |          |   |
| 11 | Drew Beall        |        | SO Buena Vista      | 15.60m      | 15.17m | 49-09.25 |   |
|    | FOUL 15.17m       | FOUL   |                     |             |        |          |   |
| 12 | Garrett Hammond   |        | SO Loras            | 15.90m      | 15.12m | 49-07.25 |   |
|    | 15.12m FOUL       | FOUL   |                     |             |        |          |   |
| 13 | Garrett Rohlk     |        | JR Buena Vista      | 15.93m      | 15.08m | 49-05.75 |   |
|    | 15.08m FOUL       | FOUL   |                     |             |        |          |   |
| 14 | Jake Webb         |        | SO Central College  | 14.72m      | 14.95m | 49-00.75 |   |
|    | 14.95m 14.73m     | 14.53m |                     |             |        |          |   |
| 15 | John Gregory      |        | SO Dubuque          | 15.12m      | 14.38m | 47-02.25 |   |
|    | FOUL 14.38m       | FOUL   |                     |             |        |          |   |
| 16 | Chase Bonner      |        | SO Buena Vista      | 14.74m      | 13.90m | 45-07.25 |   |
|    | FOUL 13.90m       | FOUL   |                     |             |        |          |   |
| 17 | Garrett McCarthy  |        | JR Nebraska Wesleya | 14.82m      | 13.89m | 45-07.00 |   |
|    | 13.89m FOUL       | FOUL   |                     |             |        |          |   |
| 18 | Sam Heimer        |        | JR Wartburg         | 14.41m      | 13.87m | 45-06.25 |   |
|    | 13.00m 13.87m     | FOUL   |                     |             |        |          |   |
| 19 | Braden Meints     |        | JR Simpson (Iowa)   | 12.87m      | 13.69m | 44-11.00 |   |
|    | 13.53m 13.69m     | FOUL   |                     |             |        |          |   |
| 20 | Nathan Fitzgerald |        | SO Central College  | 13.84m      | 13.55m | 44-05.50 |   |
|    | 13.55m 13.40m     | 13.15m |                     |             |        |          |   |
| 21 | Joe Pagura        |        | JR Loras            | 13.30m      | 13.44m | 44-01.25 |   |
|    | 13.13m 13.44m     | FOUL   |                     |             |        |          |   |
| 22 | Jordan Sanders    |        | SR Central College  | 13.67m      | 13.30m | 43-07.75 |   |
|    | 13.30m 12.73m     | 12.84m |                     |             |        |          |   |
| 23 | Joseph Peck       |        | SO Simpson (Iowa)   | 11.92m      | 13.24m | 43-05.25 |   |
|    | 13.24m 12.98m     | FOUL   |                     |             |        |          |   |
| 24 | Caleb Striegel    |        | FR Simpson (Iowa)   | 12.48m      | 12.67m | 41-07.00 |   |
|    | 10.81m 12.67m     | FOUL   |                     |             |        |          |   |
| 25 | Koltin Pfaffle    |        | JR Luther           | 11.88m      | 12.36m | 40-06.75 |   |
|    | FOUL 12.36m       | FOUL   |                     |             |        |          |   |
| 26 | Lucas Kane        |        | JR Luther           | 10.84m      | 10.63m | 34-10.50 |   |
|    | FOUL 10.63m       | 9.19m  |                     |             |        |          |   |

Heptathlon: #1 Men 55 Meter Dash Heptathlon

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Championship: C 7.23 2/24/2012 Breighen Powell, Central  
Facility: F 6.89 2/23/2013 Jaemin Powel, Central

| Name                | Year | School             | Finals | H# | Points |
|---------------------|------|--------------------|--------|----|--------|
| 1 Alexies Escotto   |      | JR Wartburg        | 6.72F  | 2  | 806    |
| 2 Isaac Frazier     |      | SR Simpson (Iowa)  | 6.78F  | 2  | 782    |
| 3 Will Daniels      |      | FR Central College | 6.80F  | 2  | 775    |
| 4 Elijah Kane       |      | JR Luther          | 6.84F  | 1  | 762    |
| 5 Ryan Kruse        |      | SO Central College | 6.90C  | 1  | 739    |
| 6 Ben Cuvelier      |      | JR Wartburg        | 6.91C  | 2  | 736    |
| 7 Stephon Penberthy |      | FR Wartburg        | 6.99C  | 2  | 710    |

|                      |                |       |   |     |
|----------------------|----------------|-------|---|-----|
| 8 Kyle Wessling      | SR Buena Vista | 7.08C | 1 | 678 |
| 9 Michael Lueken     | FR Loras       | 7.09C | 1 | 675 |
| 10 Jackson Hendricks | JR Luther      | 7.12C | 1 | 665 |

Heptathlon: #7 Men 1000 Meter Run Heptathlon

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Championship: C 2:47.82 2/25/2012 Dalen Dirth, Luther

Facility: F 2:52.06 2/24/2013 Drew Morelan, Loras

| Name                 | Year              | School            | Finals            | Points |
|----------------------|-------------------|-------------------|-------------------|--------|
| 1 Ben Cuvelier       | JR                | Wartburg          | 2:49.22F          | 774    |
| 30.665 (30.665)      | 1:04.780 (34.115) | 1:40.175 (35.395) | 2:16.142 (35.967) |        |
| 2:49.219 (33.077)    |                   |                   |                   |        |
| 2 Stephon Penberthy  | FR                | Wartburg          | 2:56.61           | 698    |
| 32.716 (32.716)      | 1:08.205 (35.489) | 1:46.410 (38.205) | 2:24.524 (38.114) |        |
| 2:56.604 (32.080)    |                   |                   |                   |        |
| 3 Kyle Wessling      | SR                | Buena Vista       | 2:57.28           | 691    |
| 31.522 (31.522)      | 1:06.338 (34.816) | 1:44.267 (37.929) | 2:23.097 (38.830) |        |
| 2:57.276 (34.179)    |                   |                   |                   |        |
| 4 Will Daniels       | FR                | Central College   | 3:02.57           | 639    |
| 33.793 (33.793)      | 1:09.947 (36.154) | 1:48.421 (38.474) | 2:26.455 (38.034) |        |
| 3:02.561 (36.106)    |                   |                   |                   |        |
| 5 Isaac Frazier      | SR                | Simpson (Iowa)    | 3:02.70           | 638    |
| 35.004 (35.004)      | 1:10.963 (35.959) | 1:48.630 (37.667) | 2:27.219 (38.589) |        |
| 3:02.692 (35.473)    |                   |                   |                   |        |
| 6 Alexies Escotto    | JR                | Wartburg          | 3:05.90           | 608    |
| 34.518 (34.518)      | 1:11.613 (37.095) | 1:50.855 (39.242) | 2:31.695 (40.840) |        |
| 3:05.895 (34.200)    |                   |                   |                   |        |
| 7 Michael Lueken     | FR                | Loras             | 3:06.37           | 603    |
| 33.211 (33.211)      | 1:08.722 (35.511) | 1:48.033 (39.311) | 2:28.505 (40.472) |        |
| 3:06.363 (37.858)    |                   |                   |                   |        |
| 8 Ryan Kruse         | SO                | Central College   | 3:08.02           | 588    |
| 35.731 (35.731)      | 1:13.894 (38.163) | 1:52.495 (38.601) | 2:32.285 (39.790) |        |
| 3:08.015 (35.730)    |                   |                   |                   |        |
| 9 Elijah Kane        | JR                | Luther            | 3:20.57           | 477    |
| 34.773 (34.773)      | 1:10.912 (36.139) | 1:50.396 (39.484) | 2:34.561 (44.165) |        |
| 3:20.563 (46.002)    |                   |                   |                   |        |
| -- Jackson Hendricks | JR                | Luther            | DNS               |        |

Heptathlon: #5 Men 55 Meter Hurdles Heptathlon

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Championship: C 8.58 2/27/2015 Jacoby Firkins, Wartburg

Facility: F 7.99 2/24/2013 Jacoby Firkins, Wartburg

| Name                 | Year | School          | Finals | H# | Points |
|----------------------|------|-----------------|--------|----|--------|
| 1 Isaac Frazier      | SR   | Simpson (Iowa)  | 7.95F  | 3  | 846    |
| 2 Ben Cuvelier       | JR   | Wartburg        | 7.97F  | 3  | 841    |
| 3 Kyle Wessling      | SR   | Buena Vista     | 8.32C  | 3  | 755    |
| 4 Alexies Escotto    | JR   | Wartburg        | 8.33C  | 1  | 752    |
| 5 Michael Lueken     | FR   | Loras           | 8.37C  | 2  | 744    |
| 6 Will Daniels       | FR   | Central College | 8.46C  | 3  | 722    |
| 7 Elijah Kane        | JR   | Luther          | 8.60   | 1  | 690    |
| 8 Stephon Penberthy  | FR   | Wartburg        | 8.61   | 2  | 687    |
| 9 Ryan Kruse         | SO   | Central College | 8.63   | 2  | 683    |
| -- Jackson Hendricks | JR   | Luther          | DNS    | 1  |        |

Heptathlon: #4 Men High Jump Heptathlon

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Championship: C 2.06m 2/27/2009 Chris Buresh, Loras

Facility: F 1.98m 2/23/2013 Jacoby Firkins, Wartburg



|    |                          |             |       |         |     |
|----|--------------------------|-------------|-------|---------|-----|
| 8  | Michael Lueken           | FR Loras    | 3.00m | 9-10.00 | 357 |
|    | 2.70 2.80 2.90 3.00 3.10 |             |       |         |     |
|    | 0 XX0 0 0 XXX            |             |       |         |     |
| 9  | Stephon Penberthy        | FR Wartburg | 2.80m | 9-02.25 | 309 |
|    | 2.70 2.80 2.90           |             |       |         |     |
|    | 0 0 XXX                  |             |       |         |     |
| -- | Jackson Hendricks        | JR Luther   | DNS   |         |     |
|    | 2.70                     |             |       |         |     |
|    | DNS                      |             |       |         |     |

Heptathlon: #2 Men Long Jump Heptathlon

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

Facility: F 6.17m 2/23/2013 Conner Freeman, Central

| Name                 | Year School        | Finals          | Points |
|----------------------|--------------------|-----------------|--------|
| 1 Will Daniels       | FR Central College | 6.67mF 21-10.75 | 736    |
|                      | 6.46m 6.67m FOUL   |                 |        |
| 2 Isaac Frazier      | SR Simpson (Iowa)  | 6.42mF 21-00.75 | 679    |
|                      | 6.42m 5.93m 6.21m  |                 |        |
| 3 Ryan Kruse         | SO Central College | 6.21mF 20-04.50 | 632    |
|                      | 5.96m 6.21m PASS   |                 |        |
| 4 Michael Lueken     | FR Loras           | 6.00m 19-08.25  | 587    |
|                      | 5.44m 6.00m FOUL   |                 |        |
| 5 Alexies Escotto    | JR Wartburg        | 5.99m 19-08.00  | 584    |
|                      | 5.70m 5.95m 5.99m  |                 |        |
| 5 Kyle Wessling      | SR Buena Vista     | 5.99m 19-08.00  | 584    |
|                      | 5.99m 5.97m 5.84m  |                 |        |
| 7 Ben Cuvelier       | JR Wartburg        | 5.96m 19-06.75  | 578    |
|                      | 5.96m 5.79m 5.92m  |                 |        |
| 8 Elijah Kane        | JR Luther          | 5.54m 18-02.25  | 490    |
|                      | 5.54m 5.44m 5.47m  |                 |        |
| 9 Stephon Penberthy  | FR Wartburg        | 5.53m 18-01.75  | 487    |
|                      | 5.32m FOUL 5.53m   |                 |        |
| 10 Jackson Hendricks | JR Luther          | 5.40m 17-08.75  | 461    |
|                      | 5.40m 5.27m 5.23m  |                 |        |

Heptathlon: #3 Men Shot Put Heptathlon

Championship: C 14.41m 2/26/2016 Ryan Kruse, Central College

Facility: F 13.34m 2/23/2013 Tyler Dobratz, Dubuque

| Name                | Year School          | Finals           | Points |
|---------------------|----------------------|------------------|--------|
| 1 Ryan Kruse        | SO Central College   | 13.66mF 44-09.75 | 708    |
|                     | 13.17m 13.13m 13.66m |                  |        |
| 2 Ben Cuvelier      | JR Wartburg          | 12.08m 39-07.75  | 611    |
|                     | 12.08m 11.25m 11.55m |                  |        |
| 3 Isaac Frazier     | SR Simpson (Iowa)    | 11.83m 38-09.75  | 596    |
|                     | 11.12m 11.83m FOUL   |                  |        |
| 4 Kyle Wessling     | SR Buena Vista       | 11.34m 37-02.50  | 566    |
|                     | FOUL 11.27m 11.34m   |                  |        |
| 5 Will Daniels      | FR Central College   | 10.91m 35-09.50  | 540    |
|                     | 9.61m 10.14m 10.91m  |                  |        |
| 6 Elijah Kane       | JR Luther            | 10.72m 35-02.00  | 529    |
|                     | 10.72m 10.28m 10.66m |                  |        |
| 7 Stephon Penberthy | FR Wartburg          | 9.81m 32-02.25   | 474    |
|                     | FOUL 9.78m 9.81m     |                  |        |
| 8 Jackson Hendricks | JR Luther            | 9.64m 31-07.50   | 464    |
|                     | 9.39m 9.43m 9.64m    |                  |        |
| 9 Alexies Escotto   | JR Wartburg          | 9.39m 30-09.75   | 449    |

9.39m 8.56m 9.21m  
 10 Michael Lueken FR Loras 8.90m 29-02.50 420  
 FOUL 8.00m 8.90m

Men Heptathlon

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 All-Time: A 5375 2015 Eric Larson, Central  
 Championship: C 4750 2/27/2015 Tyler Dobratz, Dubuque  
 Facility: F 4503 2/24/2013 Jacoby Firkins, Wartburg

| Name                | Year | School          | Seed | Finals | Points |
|---------------------|------|-----------------|------|--------|--------|
| 1 Will Daniels      | FR   | Central College | 4466 | 4753C  | 10     |
| 2 Isaac Frazier     | SR   | Simpson (Iowa)  | 4418 | 4696F  | 8      |
| 3 Ben Cuvelier      | JR   | Wartburg        | 4379 | 4615F  | 6      |
| 4 Ryan Kruse        | SO   | Central College | 4288 | 4611F  | 5      |
| 5 Kyle Wessling     | SR   | Buena Vista     | 4208 | 4401   | 4      |
| 6 Elijah Kane       | JR   | Luther          |      | 4027   | 3      |
| 7 Alexies Escotto   | JR   | Wartburg        | 3771 | 3968   | 2      |
| 8 Michael Lueken    | FR   | Loras           |      | 3930   | 1      |
| 9 Stephon Penberthy | FR   | Wartburg        | 4005 | 3861   |        |

Women - Team Rankings - 19 Events Scored

|                      |       |                |        |
|----------------------|-------|----------------|--------|
| 1) Nebraska Wesleyan | 193   | 2) Wartburg    | 183.33 |
| 3) Loras             | 122   | 4) Dubuque     | 82     |
| 5) Central College   | 56.66 | 6) Buena Vista | 44     |
| 7) Luther            | 26    | 8) Coe         | 22     |
| 9) Simpson (Iowa)    | 11    |                |        |

Men - Team Rankings - 19 Events Scored

|                      |     |                    |     |
|----------------------|-----|--------------------|-----|
| 1) Dubuque           | 125 | 2) Central College | 107 |
| 3) Nebraska Wesleyan | 102 | 4) Wartburg        | 98  |
| 5) Simpson (Iowa)    | 93  | 6) Loras           | 92  |
| 7) Coe               | 69  | 8) Buena Vista     | 37  |
| 9) Luther            | 17  |                    |     |