

2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019

Hosted by: Wartburg College

Hoover Fieldhouse

Results**Women 60 Meter Dash****8 Advance: Top 1 Each Heat plus Next 4 Best Times**

All-Time:	7.59	A	2014	Abigail Davis, Central
Championship:	7.71	C	2012	Faith Burt, Wartburg
Championship:	7.71	C	2/26/2016	Abigail Davis, Central College
Facility:	7.72	F	2009	Faith Burt, Wartburg College
Facility:	7.72	F	2017	Cassie Hocker, Coe
Facility:	7.72	F	2012	Jenna Higgin, Mount Mercy University

	Name	Yr	School	Seed	Prelims	H#
Preliminaries						
1	Gabrielle Noland	JR	Loras	7.61	A 7.59 Q	4
2	Stevie Lambe	FR	Loras	7.87	7.80 Q	1
3	Terrianna Black	JR	Loras	7.74	7.83 Q	3
4	Alanna Muhammad	FR	Wartburg	7.76	7.85 Q	2
5	Ya'Mia Ailes-Primes	FR	Dubuque	7.87	7.95 q	2
6	Alexandra Daniel	JR	Nebraska Wesleyan	7.98	7.97 q	4
7	Marion Edwards	FR	Coe	8.02	7.97 q	1
8	Aspen Rolfes	SO	Nebraska Wesleyan	7.91	8.00 q	3
9	Kylie Johnston	SO	Buena Vista	8.01	8.04	2
10	Morgan Funke	FR	Wartburg	7.99	8.04	3
11	Lindsey Wisnieski	SR	Nebraska Wesleyan	7.99	8.05	4
12	Alexis Alt	JR	Loras	8.05	8.07	1
13	Taylan Olson	FR	Wartburg	8.13	8.07	3
13	Allyson Woods	SO	Central College	8.12	8.07	2
15	MacKenzie James	SR	Simpson (Iowa)	8.32	8.28	3
16	Jade Hays	FR	Buena Vista	8.44	8.37	1
17	Tierra Hildebrandt	SR	Dubuque	8.20	8.39	4
18	Sarah Nolting	FR	Simpson (Iowa)	8.49	8.40	3
19	Chinasa Menakaya	FR	Coe	8.37	8.42	2
20	Isabella Audetat	FR	Luther	8.39	8.45	1
21	Rylea Ranum	FR	Luther	8.53	8.48	4
22	Christina Jackson	FR	Buena Vista	8.27	8.50	4
23	Marikka Coltvet	FR	Luther	8.45	8.59	2
24	Delefine Niyigena	FR	Simpson (Iowa)	8.66	8.60	4
---	Alison Beeman	JR	Dubuque	7.82	DQ	1



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Championship:	7.71	C	2012	Faith Burt, Wartburg
Championship:	7.71	C	2/26/2016	Abigail Davis, Central College
Facility:	7.72	F	2009	Faith Burt, Wartburg College
Facility:	7.72	F	2017	Cassie Hocker, Coe
Facility:	7.72	F	2012	Jenna Higgin, Mount Mercy University

	Name	Yr	School	Prelims	Finals	Points
Finals						
1	Gabrielle Noland	JR	Loras	7.59	7.60 C	10
2	Terrianna Black	JR	Loras	7.83	7.81	8
3	Alanna Muhammad	FR	Wartburg	7.85	7.87	6
4	Stevie Lambe	FR	Loras	7.80	7.92	5
5	Aspen Rolfes	SO	Nebraska Wesleyan	8.00	7.93	4
6	Ya'Mia Ailes-Primes	FR	Dubuque	7.95	7.93	3
7	Marion Edwards	FR	Coe	7.97	7.95	2
8	Alexandra Daniel	JR	Nebraska Wesleyan	7.97	7.98	1

Women 200 Meter Dash

All-Time:	24.65	A	2014	Libbey Schubert, Wartburg
Championship:	24.92	C	2013	Felicia Coleman, Central
Facility:	24.93	F	2016	Meg Heafy, UW-La Crosse

	Name	Yr	School	Seed	Finals	H#	Points
Finals							
1	Alison Beeman	JR	Dubuque	24.77	24.93 F	8	10
2	Gabrielle Noland	JR	Loras	24.59	25.34	8	8
3	Aspen Rolfes	SO	Nebraska Wesleyan	25.40	25.62	8	6
4	Elizabeth Jones	SR	Nebraska Wesleyan	25.56	25.79	7	5
5	Kaylee Jones	SR	Nebraska Wesleyan	25.47	25.99	7	4
6	Alanna Muhammad	FR	Wartburg	25.51	26.00	7	3
7	Alexandra Daniel	JR	Nebraska Wesleyan	25.65	26.07	6	2
8	Jackie Ganshirt	SO	Wartburg	25.69	26.10	6	1
9	Ya'Mia Ailes-Primes	FR	Dubuque	26.04	26.23	5	
10	Marion Edwards	FR	Coe	25.77	26.34	6	
11	Alexis Alt	JR	Loras	26.04	26.47	5	
12	Allyson Woods	SO	Central College	26.51	26.63	4	
13	Morgan Funke	FR	Wartburg	26.10	26.79	4	
14	Kylie Johnston	SO	Buena Vista	26.69	26.81	4	
15	Christina Jackson	FR	Buena Vista	27.18	27.38	3	
16	Jade Hays	FR	Buena Vista	27.04	27.62	3	
17	Rylea Ranum	FR	Luther	27.71	27.82	2	
18	MacKenzie James	SR	Simpson (Iowa)	27.78	27.84	2	
19	Chinasa Menakaya	FR	Coe	27.53	28.14	3	
20	Isabella Audetat	FR	Luther	28.25	28.23	1	
21	Jazmyn Whitfield	FR	Coe	27.76	28.27	2	



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Results**Finals ... (Women 200 Meter Dash)**

Name	Yr	School	Seed	Finals	H#	Points
22 Sarah Nolting	FR	Simpson (Iowa)	28.94	28.72	1	
23 Delefine Niyigena	FR	Simpson (Iowa)	28.87	29.11	1	
24 Landry Luhring	FR	Central College	29.78	29.90	1	
25 Yuen Ching Lee	SO	Luther	35.51	34.27	1	
--- Terrianna Black	JR	Loras	25.95	DNS	5	

Women 400 Meter Dash

All-Time:	55.19	A	2018	Elizabeth Jones, Nebraska Wesleyan
Championship:	55.83	C	2011	Nevada Morrison, Wartburg
Facility:	55.94	F	2011	Nevada Morrison, Wartburg College

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Gabrielle Noland 27.967 (27.967)	JR	Loras	56.44	57.51	6	10
2 Elizabeth Jones 27.322 (27.322)	SR	Nebraska Wesleyan	56.79	57.63	6	8
3 Kaylee Jones 27.669 (27.669)	SR	Nebraska Wesleyan	56.12	57.89	6	6
4 Stevie Lambe 27.482 (27.482)	FR	Loras	59.02	58.31	5	5
5 Lily Campbell 27.909 (27.909)	FR	Wartburg	58.62	58.81	5	4
6 Alexis Alt 27.273 (27.273)	JR	Loras	59.29	58.94	4	3
7 Anna Frazier 28.109 (28.109)	SR	Nebraska Wesleyan	59.11	59.29	5	2
8 Olivia Costley 27.835 (27.835)	FR	Dubuque	59.79	59.30	4	1
9 Jackie Ganshirt 28.138 (28.138)	SO	Wartburg	58.47	59.57	6	
10 Carson McSorley 27.746 (27.746)	FR	Wartburg	59.21	59.78	5	
11 Carlyn Cole 27.879 (27.879)	JR	Coe	1:00.73	1:01.30	4	
12 Lynzie Miller 27.688 (27.688)	SR	Central College	1:01.63	1:01.64	4	
13 Sarah Christopher 28.506 (28.506)	FR	Central College	1:02.18	1:02.19	3	
14 Katelyn Mangold 29.656 (29.656)	SO	Simpson (Iowa)	1:03.53	1:03.07	3	
15 Allyson Ervin 29.204 (29.204)	SR	Buena Vista	1:04.32	1:03.27	2	
16 Ciara Davies 29.327 (29.327)	FR	Central College	1:03.87	1:03.51	3	
17 Luci Swarthout 30.721 (30.721)	FR	Simpson (Iowa)	1:07.30	1:04.15	2	



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	Name	Yr	School	Seed	Finals	H#	Points
18	Jessica Igarashi 29.415 (29.415)	SR	Buena Vista	1:04.56	1:04.52	2	
			1:04.518 (35.104)				
19	Jaycie Owens 30.120 (30.120)	SR	Simpson (Iowa)	1:06.21	1:04.97	2	
			1:04.965 (34.845)				
20	Rachel Kelly 29.003 (29.003)	SR	Coe	1:03.95	1:05.10	3	
			1:05.097 (36.095)				
21	Aubrey Highum 31.463 (31.463)	JR	Luther	1:08.45	1:07.80	1	
			1:07.795 (36.333)				
22	Amanda Mertens 31.594 (31.594)	SO	Luther	1:09.52	1:08.29	1	
			1:08.285 (36.691)				
23	Katie Puls 32.590 (32.590)	SR	Buena Vista	1:12.04	1:11.83	1	
			1:11.824 (39.235)				

Women 800 Meter Run**All-Time: 2:10.12 A 2011 Keelie Finnel, Coe****Championship: 2:12.05 C 2007 Heidi Porter, Wartburg****Facility: 2:12.21 F 2008 Jessica Scott, UW Platteville**

	Name	Yr	School	Seed	Finals	H#	Points
Finals							
1	Ashley Stevens 34.301 (34.301)	SR	Wartburg	2:18.70	2:18.53	2	10
			1:08.761 (34.460) 1:44.049 (35.289)	2:18.521 (34.472)			
2	Belle Tynismaa 33.865 (33.865)	JR	Wartburg	2:17.01	2:18.66	2	8
			1:07.947 (34.083) 1:43.411 (35.464)	2:18.653 (35.242)			
3	Camryn Larsen 33.985 (33.985)	SO	Nebraska Wesleyan	2:18.49	2:19.04	2	6
			1:08.069 (34.085) 1:44.217 (36.148)	2:19.036 (34.819)			
4	Erica Rittgers 34.093 (34.093)	JR	Wartburg	2:16.98	2:19.50	2	5
			1:08.301 (34.208) 1:44.625 (36.325)	2:19.493 (34.868)			
5	Allie Serres 34.506 (34.506)	SR	Loras	2:19.27	2:19.63	2	4
			1:08.790 (34.284) 1:44.687 (35.898)	2:19.625 (34.938)			
6	Ellie Osterberger 34.623 (34.623)	FR	Loras	2:22.65	2:22.27	2	3
			1:09.377 (34.754) 1:45.209 (35.833)	2:22.266 (37.057)			
7	Bella Solis 33.947 (33.947)	SR	Loras	2:17.61	2:22.36	2	2
			1:08.224 (34.277) 1:44.489 (36.266)	2:22.357 (37.868)			
8	Audrey Klein 34.749 (34.749)	JR	Simpson (Iowa)	2:23.53	2:22.97	2	1
			1:09.477 (34.729) 1:45.526 (36.049)	2:22.961 (37.435)			
9	Rylee Bahe 34.301 (34.301)	JR	Nebraska Wesleyan	2:20.64	2:24.79	2	
			1:08.530 (34.229) 1:44.433 (35.904)	2:24.781 (40.348)			
10	Mary Wood 34.248 (34.248)	SR	Simpson (Iowa)	2:30.69	2:30.51	1	
			1:11.338 (37.090) 1:50.371 (39.033)	2:30.507 (40.136)			
11	Madelyn Hunke 34.566 (34.566)	SO	Nebraska Wesleyan	2:31.81	2:32.05	1	
			1:11.604 (37.038) 1:51.189 (39.585)	2:32.043 (40.854)			
12	Kyli Orr 34.975 (34.975)	FR	Simpson (Iowa)	2:34.85	2:37.17	1	
			1:12.144 (37.169) 1:53.367 (41.223)	2:37.169 (43.802)			
13	Peyton McClure 36.496 (36.496)	FR	Luther		2:37.45	1	
			1:15.982 (39.486) 1:57.554 (41.572)	2:37.447 (39.893)			
14	Sophie Hall 36.071 (36.071)	FR	Simpson (Iowa)	2:35.55	2:38.66	1	
			1:14.821 (38.750) 1:57.134 (42.313)	2:38.651 (41.517)			
---	Amelia Hornseth	SO	Luther	2:22.33	DNS	2	



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Results

Finals ... (Women 800 Meter Run)

Name	Yr	School	Seed	Finals	H#	Points
--- Anneke Knauss	FR	Luther	2:35.83	DNS	1	

Women 1 Mile Run

All-Time:	4:43.92	A	2005	Missy Buttry, Wartburg
Championship:	4:46.06	C	2005	Missy Buttry, Wartburg
Facility:	4:57.86	F	2008	Liz Phillips, Washington (Mo.)

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Cassidy Christopher	SO	Wartburg	5:04.09	5:12.60	2	10
43.860 (43.860)	1:25.150 (41.290)	2:04.572 (39.422)	2:43.517 (38.945)			
3:23.099 (39.582)	4:00.822 (37.723)	4:38.068 (37.246)	5:12.595 (34.527)			
2 Hanna Hegemann	SR	Nebraska Wesleyan	5:09.46	5:13.52	2	8
44.102 (44.102)	1:25.358 (41.256)	2:04.726 (39.368)	2:43.625 (38.899)			
3:23.338 (39.713)	4:01.065 (37.727)	4:38.210 (37.145)	5:13.516 (35.306)			
3 Hannah Awtry	SR	Nebraska Wesleyan	5:12.85	5:15.27	2	6
44.572 (44.572)	1:26.005 (41.433)	2:05.245 (39.240)	2:44.206 (38.961)			
3:23.885 (39.679)	4:02.142 (38.257)	4:40.104 (37.962)	5:15.266 (35.162)			
4 Ellie Beiermann	JR	Nebraska Wesleyan	5:11.12	5:15.32	2	5
44.158 (44.158)	1:25.544 (41.386)	2:05.027 (39.483)	2:43.895 (38.868)			
3:23.628 (39.733)	4:01.559 (37.931)	4:39.500 (37.941)	5:15.319 (35.819)			
5 Moriah Morter	FR	Wartburg	5:14.42	5:18.59	2	4
43.922 (43.922)	1:25.204 (41.282)	2:04.319 (39.115)	2:43.366 (39.047)			
3:23.303 (39.937)	4:00.940 (37.637)	4:39.819 (38.879)	5:18.586 (38.767)			
6 Anna Restemayer	SR	Luther	5:15.14	5:19.27	2	3
44.322 (44.322)	1:25.673 (41.351)	2:05.361 (39.688)	2:44.597 (39.236)			
3:24.371 (39.774)	4:03.998 (39.627)	4:43.168 (39.170)	5:19.269 (36.101)			
7 Madi Bahe	FR	Nebraska Wesleyan	5:14.63	5:20.53	2	2
44.348 (44.348)	1:25.806 (41.458)	2:05.458 (39.652)	2:44.466 (39.008)			
3:24.152 (39.686)	4:03.530 (39.378)	4:42.314 (38.784)	5:20.522 (38.208)			
8 Kemunto Ondande	SR	Loras	5:33.10	5:20.88	2	1
44.811 (44.811)	1:26.403 (41.592)	2:06.074 (39.671)	2:45.053 (38.979)			
3:25.010 (39.957)	4:04.833 (39.823)	4:44.421 (39.588)	5:20.880 (36.459)			
9 Nicole Breitbach	SR	Wartburg	5:18.30	5:21.10	2	
44.632 (44.632)	1:26.130 (41.498)	2:05.689 (39.559)	2:44.839 (39.150)			
3:24.683 (39.844)	4:04.150 (39.467)	4:43.197 (39.047)	5:21.096 (37.899)			
10 Ally Peters	SR	Luther	5:29.60	5:29.48	2	
45.110 (45.110)	1:26.721 (41.611)	2:06.428 (39.707)	2:45.331 (38.903)			
3:25.405 (40.074)	4:05.832 (40.427)	4:47.709 (41.877)	5:29.475 (41.766)			
11 Molly Walkner	SR	Loras	5:28.35	5:33.07	2	
45.263 (45.263)	1:26.928 (41.665)	2:06.969 (40.041)	2:46.565 (39.596)			
3:26.631 (40.066)	4:07.553 (40.922)	4:50.293 (42.740)	5:33.061 (42.768)			
12 Hannah Insko	SO	Loras	5:36.61	5:39.38	1	
48.469 (48.469)	1:29.824 (41.355)	2:14.729 (44.905)	2:56.500 (41.771)			
3:39.460 (42.960)	4:21.537 (42.077)	5:02.331 (40.794)	5:39.379 (37.048)			
13 Allie Pujol	SO	Luther	5:39.57	5:40.11	1	
48.790 (48.790)	1:30.403 (41.613)	2:15.295 (44.892)	2:57.310 (42.015)			
3:39.940 (42.630)	4:22.310 (42.370)	5:02.881 (40.571)	5:40.106 (37.225)			



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Name	Yr	School	Seed	Finals	H#	Points
14 Emily Buchheit	SO	Simpson (Iowa)	5:40.53	5:44.53	1	
49.288 (49.288)	1:30.876 (41.588)	2:15.673 (44.797)	2:57.892 (42.219)			
3:40.623 (42.731)	4:23.460 (42.837)	5:06.203 (42.743)	5:44.528 (38.325)			
15 McKayla Morris	SR	Coe	5:42.11	5:45.64	1	
48.231 (48.231)	1:30.290 (42.059)	2:15.112 (44.822)	2:56.988 (41.876)			
3:40.249 (43.261)	4:23.111 (42.862)	5:05.747 (42.636)	5:45.638 (39.891)			
16 Abby Loecke	FR	Simpson (Iowa)	5:48.73	5:52.36	1	
49.563 (49.563)	1:31.716 (42.153)	2:15.969 (44.253)	2:59.014 (43.045)			
3:42.900 (43.886)	4:27.701 (44.801)	5:12.146 (44.445)	5:52.352 (40.206)			
17 Jean Springsteen	SR	Coe	5:48.49	5:52.46	1	
48.301 (48.301)	1:30.626 (42.325)	2:15.489 (44.863)	2:57.662 (42.173)			
3:41.400 (43.738)	4:25.968 (44.568)	5:10.630 (44.662)	5:52.458 (41.828)			
18 Rachel Peter	JR	Central College	5:49.36	5:53.92	1	
49.255 (49.255)	1:31.985 (42.730)	2:16.310 (44.325)	2:58.605 (42.295)			
3:42.900 (44.295)	4:30.463 (47.563)	5:16.372 (45.909)	5:53.915 (37.543)			
19 Kat Hoffman	JR	Luther	5:33.41	5:54.25	1	
48.453 (48.453)	1:30.071 (41.618)	2:14.932 (44.861)	2:56.696 (41.764)			
3:39.584 (42.888)	4:21.803 (42.219)	5:06.571 (44.768)	5:54.247 (47.676)			
20 Cat Lucht	FR	Simpson (Iowa)	5:51.56	5:59.42	1	
49.038 (49.038)	1:32.194 (43.156)	2:16.525 (44.331)	2:59.809 (43.284)			
3:44.718 (44.909)	4:32.032 (47.314)	5:18.422 (46.390)	5:59.416 (40.994)			
21 Mareena Franke	SR	Coe	5:52.92	6:00.63	1	
49.004 (49.004)	1:32.476 (43.472)	2:17.145 (44.669)	3:01.635 (44.490)			
3:47.536 (45.901)	4:33.057 (45.521)	5:18.198 (45.141)	6:00.624 (42.426)			

Women 3000 Meter Run**All-Time: 9:13.13 A 2005****Missy Buttry, Wartburg****Championship: 9:50.16 C 2012****Laura Sigmund, Wartburg****Facility: 9:56.10 F 2010****Jennifer Kuiken, Wartburg College**

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Carina Collet	SO	Wartburg	10:09.95	9:57.83	2	10
39.243 (39.243)	1:18.994 (39.751)	1:59.436 (40.442)	2:40.307 (40.871)			
3:21.180 (40.873)	4:01.915 (40.735)	4:42.448 (40.533)	5:20.914 (38.466)			
6:01.014 (40.100)	6:41.411 (40.397)	7:21.606 (40.195)	8:01.796 (40.190)			
8:41.740 (39.944)	9:20.773 (39.033)	9:57.828 (37.055)				
2 Cassidy Christopher	SO	Wartburg	10:25.63	10:11.88	2	8
39.859 (39.859)	1:19.794 (39.935)	2:00.422 (40.628)	2:41.068 (40.646)			
3:21.810 (40.742)	4:02.564 (40.754)	4:43.385 (40.821)	5:24.277 (40.892)			
6:06.267 (41.990)	6:48.695 (42.428)	7:31.128 (42.433)	8:12.834 (41.706)			
8:53.487 (40.653)	9:33.573 (40.086)	10:11.876 (38.303)				
3 Kassie Rosenbum	SO	Loras	10:19.76	10:16.20	2	6
39.529 (39.529)	1:19.258 (39.729)	1:59.735 (40.477)	2:40.614 (40.879)			
3:21.453 (40.839)	4:02.202 (40.749)	4:42.222 (40.020)	5:21.086 (38.864)			
6:01.886 (40.800)	6:44.331 (42.445)	7:27.255 (42.924)	8:10.135 (42.880)			
8:52.652 (42.517)	9:35.162 (42.510)	10:16.195 (41.033)				



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Name	Yr	School	Seed	Finals	H#	Points
4 Ellie Beiermann	JR	Nebraska Wesleyan	10:20.45	10:25.93	2	5
40.157 (40.157)	1:19.955 (39.798)	2:00.734 (40.779)	2:41.630 (40.896)			
3:22.884 (41.254)	4:04.075 (41.191)	4:45.841 (41.766)	5:27.955 (42.114)			
6:11.130 (43.175)	6:54.676 (43.546)	7:38.136 (43.460)	8:21.435 (43.299)			
9:04.659 (43.224)	9:46.864 (42.205)	10:25.929 (39.065)				
5 Miranda Kruiswyk	FR	Central College	10:34.98	10:29.34	2	4
39.555 (39.555)	1:19.606 (40.051)	2:00.188 (40.582)	2:41.188 (41.000)			
3:22.278 (41.090)	4:03.258 (40.980)	4:44.658 (41.400)	5:26.989 (42.331)			
6:09.907 (42.918)	6:53.503 (43.596)	7:37.342 (43.839)	8:21.197 (43.855)			
9:04.694 (43.497)	9:47.794 (43.100)	10:29.337 (41.543)				
6 Hanna Hegemann	SR	Nebraska Wesleyan	10:35.60	10:34.02	2	3
40.065 (40.065)	1:20.238 (40.173)	2:01.472 (41.234)	2:43.435 (41.963)			
3:27.034 (43.599)	4:10.610 (43.576)	4:53.509 (42.899)	5:35.864 (42.355)			
6:19.101 (43.237)	7:02.671 (43.570)	7:47.566 (44.895)	8:33.546 (45.980)			
9:17.737 (44.191)	9:59.542 (41.805)	10:34.013 (34.471)				
7 Hannah Awtry	SR	Nebraska Wesleyan	10:37.13	10:41.17	2	2
40.561 (40.561)	1:21.557 (40.996)	2:03.518 (41.961)	2:46.394 (42.876)			
3:30.062 (43.668)	4:12.862 (42.800)	4:57.595 (44.733)	5:41.349 (43.754)			
6:25.811 (44.462)	7:09.672 (43.861)	7:54.060 (44.388)	8:38.611 (44.551)			
9:21.650 (43.039)	10:05.095 (43.445)	10:41.163 (36.068)				
8 Katalina Stai	JR	Coe	10:55.44	10:41.53	2	1
40.590 (40.590)	1:21.793 (41.203)	2:03.555 (41.762)	2:46.506 (42.951)			
3:30.104 (43.598)	4:12.927 (42.823)	4:57.729 (44.802)	5:41.761 (44.032)			
6:25.843 (44.082)	7:09.762 (43.919)	7:54.613 (44.851)	8:39.375 (44.762)			
9:22.263 (42.888)	10:04.313 (42.050)	10:41.523 (37.210)				
9 Nicole Breitbach	SR	Wartburg	10:42.76	10:41.60	2	
41.174 (41.174)	1:22.488 (41.314)	2:04.705 (42.217)	2:47.220 (42.515)			
3:30.755 (43.535)	4:13.565 (42.810)	4:57.955 (44.390)	5:41.690 (43.735)			
6:26.055 (44.365)	7:10.231 (44.176)	7:54.356 (44.125)	8:38.863 (44.507)			
9:21.905 (43.042)	10:04.052 (42.147)	10:41.597 (37.545)				
10 Katie Fetting	FR	Luther	10:53.31	10:42.90	2	
42.943 (42.943)	1:26.131 (43.188)	2:09.234 (43.103)	2:52.208 (42.974)			
3:35.306 (43.098)	4:18.148 (42.842)	5:01.877 (43.729)	5:45.541 (43.664)			
6:29.415 (43.874)	7:12.499 (43.084)	7:55.923 (43.424)	8:39.322 (43.399)			
9:21.072 (41.750)	10:04.717 (43.645)	10:42.895 (38.178)				
11 Vera Lindhorst	JR	Luther	10:47.97	10:42.99	2	
42.633 (42.633)	1:25.708 (43.075)	2:08.880 (43.172)	2:51.786 (42.906)			
3:34.922 (43.136)	4:17.781 (42.859)	5:01.451 (43.670)	5:45.163 (43.712)			
6:28.937 (43.774)	7:11.930 (42.993)	7:55.375 (43.445)	8:38.559 (43.184)			
9:20.465 (41.906)	10:03.096 (42.631)	10:42.983 (39.887)				
12 Moriah Morter	FR	Wartburg	10:35.48	10:43.06	2	
39.847 (39.847)	1:19.982 (40.135)	2:01.043 (41.061)	2:43.178 (42.135)			
3:26.746 (43.568)	4:10.347 (43.601)	4:53.259 (42.912)	5:35.594 (42.335)			
6:18.807 (43.213)	7:02.434 (43.627)	7:47.287 (44.853)	8:33.317 (46.030)			
9:17.490 (44.173)	10:02.280 (44.790)	10:43.057 (40.777)				



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019

Hosted by: Wartburg College

Hoover Fieldhouse

Results

13 Heather Hostager	FR Luther		11:08.80	11:07.56	1
42.079 (42.079)	1:25.921 (43.842)	2:08.842 (42.921)	2:51.929 (43.087)		
3:35.495 (43.566)	4:18.647 (43.152)	5:01.760 (43.113)	5:46.863 (45.103)		
6:32.454 (45.591)	7:18.008 (45.554)	8:05.343 (47.335)	8:52.937 (47.594)		
9:39.370 (46.433)	10:25.262 (45.892)	11:07.559 (42.297)			



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019**Hosted by: Wartburg College****Hoover Fieldhouse****Results****Finals ... (Women 3000 Meter Run)**

Name	Yr	School	Seed	Finals	H#	Points
14 Maeve Dunaway	SO	Loras	11:34.90	11:23.20	1	
43.462 (43.462)	1:28.182 (44.720)	2:14.586 (46.404)	3:00.829 (46.243)			
3:46.183 (45.354)	4:32.498 (46.315)	5:19.127 (46.629)	6:05.915 (46.788)			
6:51.245 (45.330)	7:37.529 (46.284)	8:24.176 (46.647)	9:10.948 (46.772)			
9:57.685 (46.737)	10:42.825 (45.140)	11:23.193 (40.368)				
15 Maggie Bald	FR	Loras	11:33.56	11:26.74	1	
43.220 (43.220)	1:27.960 (44.740)	2:14.352 (46.392)	3:00.552 (46.200)			
3:45.975 (45.423)	4:32.721 (46.746)	5:18.870 (46.149)	6:06.178 (47.308)			
6:51.817 (45.639)	7:38.124 (46.307)	8:25.009 (46.885)	9:11.503 (46.494)			
9:58.048 (46.545)	10:43.874 (45.826)	11:26.738 (42.864)				
16 Ashlee Litterer	JR	Simpson (Iowa)	11:26.91	11:38.81	1	
42.565 (42.565)	1:27.024 (44.459)	2:12.125 (45.101)	2:58.870 (46.745)			
3:45.315 (46.445)	4:32.583 (47.268)	5:19.648 (47.065)	6:06.765 (47.117)			
6:54.747 (47.982)	7:43.183 (48.436)	8:31.931 (48.748)	9:20.488 (48.557)			
10:08.750 (48.262)	10:56.059 (47.309)	11:38.803 (42.744)				
17 Katie Murano	FR	Simpson (Iowa)	11:26.58	11:42.24	1	
42.341 (42.341)	1:26.569 (44.228)	2:11.734 (45.165)	2:58.432 (46.698)			
3:45.331 (46.899)	4:32.358 (47.027)	5:19.318 (46.960)	6:07.852 (48.534)			
6:56.956 (49.104)	7:45.604 (48.648)	8:34.706 (49.102)	9:24.150 (49.444)			
10:12.797 (48.647)	11:01.020 (48.223)	11:42.240 (41.220)				
18 Jean Springsteen	SR	Coe	11:36.82	11:45.28	1	
44.631 (44.631)	1:30.438 (45.807)	2:17.300 (46.862)	3:04.330 (47.030)			
3:51.513 (47.183)	4:39.301 (47.788)	5:27.000 (47.699)	6:14.086 (47.086)			
7:01.985 (47.899)	7:50.309 (48.324)	8:38.207 (47.898)	9:26.551 (48.344)			
10:14.175 (47.624)	11:01.607 (47.432)	11:45.273 (43.666)				
19 Mareena Franke	SR	Coe	11:34.64	11:52.75	1	
45.571 (45.571)	1:32.095 (46.524)	2:20.386 (48.291)	3:07.489 (47.103)			
3:55.068 (47.579)	4:41.894 (46.826)	5:28.984 (47.090)	6:17.818 (48.834)			
7:07.472 (49.654)	7:56.404 (48.932)	8:44.717 (48.313)	9:33.721 (49.004)			
10:21.465 (47.744)	11:09.297 (47.832)	11:52.743 (43.446)				
20 Tara Harris	SR	Buena Vista	11:37.98	12:28.31	1	
44.689 (44.689)	1:30.804 (46.115)	2:17.629 (46.825)	3:04.802 (47.173)			
3:51.979 (47.177)	4:39.605 (47.626)	5:26.069 (46.464)	6:15.068 (48.999)			
7:05.353 (50.285)	7:57.568 (52.215)	8:50.282 (52.714)	9:44.346 (54.064)			
10:39.001 (54.655)	11:33.687 (54.686)	12:28.306 (54.619)				
21 Rayanne Dally	FR	Central College	12:20.28	12:47.74	1	
46.003 (46.003)	1:33.986 (47.983)	2:23.349 (49.363)	3:13.890 (50.541)			
4:05.853 (51.963)	4:58.048 (52.195)	5:49.971 (51.923)	6:43.192 (53.221)			
7:36.297 (53.105)	8:28.685 (52.388)	9:22.642 (53.957)	10:15.846 (53.204)			
11:08.453 (52.607)	12:00.692 (52.239)	12:47.736 (47.044)				
--- Lauren Berg	FR	Luther	10:56.45	DNS	1	



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Results**Women 5000 Meter Run****All-Time: 16:53.98 A 2012 Laura Sigmund, Wartburg****Championship: 17:13.94 C 2/24/2017 Audrey Miller, Loras****Facility: 17:22.07 F 3/3/2018 MariKate Murphy, Cornell College**

Name	Yr	School	Seed	Finals	Points
Finals					
1 Carina Collet		SO Wartburg	17:05.92	17:26.12	10
43.745 (43.745)	1:27.466 (43.721)	2:10.379 (42.913)	2:52.626 (42.247)		
3:34.687 (42.061)	4:17.493 (42.806)	5:00.965 (43.472)	5:44.122 (43.157)		
6:26.515 (42.393)	7:09.415 (42.900)	7:51.763 (42.348)	8:34.856 (43.093)		
9:17.600 (42.744)	10:00.451 (42.851)	10:42.939 (42.488)	11:24.058 (41.119)		
12:05.785 (41.727)	12:47.030 (41.245)	13:29.107 (42.077)	14:10.631 (41.524)		
14:52.546 (41.915)	15:33.289 (40.743)	16:13.630 (40.341)	16:50.082 (36.452)		
17:26.116 (36.034)					
2 Kassie Rosenbum		SO Loras	17:46.19	17:28.87	8
44.497 (44.497)	1:27.932 (43.435)	2:11.390 (43.458)	2:53.937 (42.547)		
3:35.813 (41.876)	4:18.246 (42.433)	5:01.244 (42.998)	5:44.457 (43.213)		
6:26.966 (42.509)	7:09.884 (42.918)	7:51.915 (42.031)	8:35.132 (43.217)		
9:17.746 (42.614)	10:00.681 (42.935)	10:43.024 (42.343)	11:24.227 (41.203)		
12:05.875 (41.648)	12:47.329 (41.454)	13:29.398 (42.069)	14:10.943 (41.545)		
14:52.753 (41.810)	15:33.619 (40.866)	16:13.535 (39.916)	16:50.024 (36.489)		
17:28.863 (38.839)					
3 Hanna Hegemann		SR Nebraska Wesleyan	17:52.54	17:38.36	6
43.624 (43.624)	1:27.583 (43.959)	2:10.520 (42.937)	2:52.759 (42.239)		
3:34.801 (42.042)	4:17.686 (42.885)	5:01.132 (43.446)	5:44.332 (43.200)		
6:26.898 (42.566)	7:09.711 (42.813)	7:52.237 (42.526)	8:35.316 (43.079)		
9:17.946 (42.630)	10:00.767 (42.821)	10:43.200 (42.433)	11:24.374 (41.174)		
12:06.075 (41.701)	12:47.759 (41.684)	13:29.707 (41.948)	14:11.292 (41.585)		
14:52.920 (41.628)	15:34.358 (41.438)	16:16.382 (42.024)	16:57.823 (41.441)		
17:38.353 (40.530)					
4 Ellie Beiermann		JR Nebraska Wesleyan	17:46.28	17:49.95	5
43.415 (43.415)	1:27.282 (43.867)	2:10.241 (42.959)	2:52.490 (42.249)		
3:34.525 (42.035)	4:17.388 (42.863)	5:00.862 (43.474)	5:44.094 (43.232)		
6:26.743 (42.649)	7:09.551 (42.808)	7:52.088 (42.537)	8:35.289 (43.201)		
9:17.960 (42.671)	10:00.811 (42.851)	10:43.313 (42.502)	11:24.653 (41.340)		
12:06.471 (41.818)	12:48.652 (42.181)	13:31.358 (42.706)	14:13.767 (42.409)		
14:56.755 (42.988)	15:39.801 (43.046)	16:23.504 (43.703)	17:07.703 (44.199)		
17:49.946 (42.243)					
5 Hannah Awtry		SR Nebraska Wesleyan	18:17.75	18:02.58	4
43.929 (43.929)	1:27.910 (43.981)	2:10.759 (42.849)	2:53.179 (42.420)		
3:35.141 (41.962)	4:17.964 (42.823)	5:01.416 (43.452)	5:44.642 (43.226)		
6:27.260 (42.618)	7:10.018 (42.758)	7:52.501 (42.483)	8:35.915 (43.414)		
9:18.326 (42.411)	10:01.233 (42.907)	10:44.055 (42.822)	11:26.783 (42.728)		
12:11.091 (44.308)	12:55.034 (43.943)	13:39.269 (44.235)	14:23.735 (44.466)		
15:07.522 (43.787)	15:52.382 (44.860)	16:36.524 (44.142)	17:20.753 (44.229)		
18:02.575 (41.822)					



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019**Hosted by: Wartburg College****Hoover Fieldhouse****Results****Finals ... (Women 5000 Meter Run)**

Name	Yr	School	Seed	Finals	Points
6 Miranda Kruiswyk	FR	Central College	18:44.19	18:18.85	3
43.596 (43.596)	1:27.794 (44.198)	2:10.859 (43.065)	2:53.480 (42.621)		
3:35.202 (41.722)	4:17.901 (42.699)	5:01.492 (43.591)	5:44.825 (43.333)		
6:27.384 (42.559)	7:10.258 (42.874)	7:52.815 (42.557)	8:36.182 (43.367)		
9:18.750 (42.568)	10:01.768 (43.018)	10:45.019 (43.251)	11:29.098 (44.079)		
12:13.653 (44.555)	12:58.656 (45.003)	13:44.216 (45.560)	14:30.019 (45.803)		
15:16.364 (46.345)	16:02.831 (46.467)	16:49.192 (46.361)	17:34.693 (45.501)		
18:18.850 (44.157)					
7 Vera Lindhorst	JR	Luther		18:30.53	2
45.356 (45.356)	1:29.502 (44.146)	2:12.185 (42.683)	2:55.895 (43.710)		
3:40.533 (44.638)	4:25.275 (44.742)	5:11.365 (46.090)	5:58.214 (46.849)		
6:41.013 (42.799)	7:24.165 (43.152)	8:08.961 (44.796)	8:53.408 (44.447)		
9:38.139 (44.731)	10:22.929 (44.790)	11:07.817 (44.888)	11:53.638 (45.821)		
12:38.215 (44.577)	13:21.780 (43.565)	14:07.264 (45.484)	14:51.468 (44.204)		
15:35.279 (43.811)	16:20.447 (45.168)	17:05.617 (45.170)	17:48.774 (43.157)		
18:30.525 (41.751)					
8 Moriah Morter	FR	Wartburg	18:46.80	18:33.66	1
44.151 (44.151)	1:28.170 (44.019)	2:11.281 (43.111)	2:53.388 (42.107)		
3:35.415 (42.027)	4:18.137 (42.722)	5:01.706 (43.569)	5:44.934 (43.228)		
6:27.644 (42.710)	7:10.623 (42.979)	7:53.209 (42.586)	8:37.349 (44.140)		
9:22.197 (44.848)	10:08.085 (45.888)	10:54.547 (46.462)	11:40.861 (46.314)		
12:27.439 (46.578)	13:13.713 (46.274)	14:00.147 (46.434)	14:46.107 (45.960)		
15:33.435 (47.328)	16:20.185 (46.750)	17:06.709 (46.524)	17:51.396 (44.687)		
18:33.659 (42.263)					
9 Emily Hoelsing	JR	Buena Vista	18:33.40	18:43.13	
43.887 (43.887)	1:28.068 (44.181)	2:11.091 (43.023)	2:53.680 (42.589)		
3:35.559 (41.879)	4:18.385 (42.826)	5:01.905 (43.520)	5:45.150 (43.245)		
6:28.089 (42.939)	7:11.581 (43.492)	7:55.769 (44.188)	8:40.707 (44.938)		
9:25.915 (45.208)	10:11.979 (46.064)	10:59.020 (47.041)	11:46.437 (47.417)		
12:33.621 (47.184)	13:21.124 (47.503)	14:07.850 (46.726)	14:55.242 (47.392)		
15:42.516 (47.274)	16:29.719 (47.203)	17:16.387 (46.668)	18:01.965 (45.578)		
18:43.128 (41.163)					
10 Anna Hertz	FR	Wartburg	18:57.64	19:22.80	
44.199 (44.199)	1:28.465 (44.266)	2:11.901 (43.436)	2:55.612 (43.711)		
3:40.312 (44.700)	4:25.073 (44.761)	5:11.133 (46.060)	5:57.955 (46.822)		
6:43.535 (45.580)	7:30.437 (46.902)	8:17.842 (47.405)	9:04.202 (46.360)		
9:52.322 (48.120)	10:39.988 (47.666)	11:27.862 (47.874)	12:15.255 (47.393)		
13:03.034 (47.779)	13:51.530 (48.496)	14:39.306 (47.776)	15:27.797 (48.491)		
16:14.821 (47.024)	17:02.998 (48.177)	17:50.672 (47.674)	18:38.016 (47.344)		
19:22.796 (44.780)					
11 Amelia Morrow	FR	Luther		19:39.29	
47.738 (47.738)	1:33.489 (45.751)	2:19.316 (45.827)	3:07.546 (48.230)		
3:55.971 (48.425)	4:42.105 (46.134)	5:29.286 (47.181)	6:16.047 (46.761)		
7:02.184 (46.137)	7:49.317 (47.133)	8:36.564 (47.247)	9:23.433 (46.869)		
10:11.476 (48.043)	10:59.369 (47.893)	11:47.016 (47.647)	12:33.350 (46.334)		
13:21.780 (48.430)	14:09.880 (48.100)	14:59.412 (49.532)	15:48.849 (49.437)		
16:36.770 (47.921)	17:23.223 (46.453)	18:09.288 (46.065)	18:55.803 (46.515)		
19:39.282 (43.479)					



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019

Hosted by: Wartburg College

Hoover Fieldhouse

Results



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019**Hosted by: Wartburg College****Hoover Fieldhouse****Results****Finals ... (Women 5000 Meter Run)**

Name	Yr	School	Seed	Finals	Points
12 Maggie Bald	FR	Loras	19:57.22	19:42.22	
45.753 (45.753)	1:31.454 (45.701)	2:18.534 (47.080)	3:07.807 (49.273)		
3:56.000 (48.193)	4:41.692 (45.692)	5:29.599 (47.907)	6:16.561 (46.962)		
7:02.497 (45.936)	7:50.319 (47.822)	8:36.498 (46.179)	9:25.242 (48.744)		
10:11.185 (45.943)	10:58.809 (47.624)	11:46.255 (47.446)	12:33.064 (46.809)		
13:20.687 (47.623)	14:07.233 (46.546)	14:55.866 (48.633)	15:44.673 (48.807)		
16:34.464 (49.791)	17:22.790 (48.326)	18:09.757 (46.967)	18:58.539 (48.782)		
19:42.213 (43.674)					
13 Lauren Berg	FR	Luther		19:52.47	
46.569 (46.569)	1:33.335 (46.766)	2:19.109 (45.774)	3:07.331 (48.222)		
3:55.728 (48.397)	4:41.844 (46.116)	5:29.109 (47.265)	6:15.740 (46.631)		
7:02.403 (46.663)	7:49.621 (47.218)	8:36.891 (47.270)	9:23.703 (46.812)		
10:11.730 (48.027)	10:59.672 (47.942)	11:47.407 (47.735)	12:34.240 (46.833)		
13:22.121 (47.881)	14:10.177 (48.056)	14:59.639 (49.462)	15:49.146 (49.507)		
16:37.196 (48.050)	17:24.841 (47.645)	18:14.320 (49.479)	19:03.764 (49.444)		
19:52.464 (48.700)					
14 Ashlee Litterer	JR	Simpson (Iowa)		19:56.07	
46.232 (46.232)	1:32.394 (46.162)	2:18.945 (46.551)	3:08.167 (49.222)		
3:56.326 (48.159)	4:42.389 (46.063)	5:30.122 (47.733)	6:17.098 (46.976)		
7:03.994 (46.896)	7:52.463 (48.469)	8:40.769 (48.306)	9:29.379 (48.610)		
10:16.270 (46.891)	11:05.298 (49.028)	11:54.157 (48.859)	12:43.212 (49.055)		
13:31.390 (48.178)	14:19.935 (48.545)	15:08.867 (48.932)	15:57.514 (48.647)		
16:46.514 (49.000)	17:35.168 (48.654)	18:24.348 (49.180)	19:11.835 (47.487)		
19:56.064 (44.229)					
15 Mareena Franke	SR	Coe		20:02.20	
47.552 (47.552)	1:34.754 (47.202)	2:21.976 (47.222)	3:09.391 (47.415)		
3:58.513 (49.122)	4:44.805 (46.292)	5:32.927 (48.122)	6:21.840 (48.913)		
7:11.281 (49.441)	8:00.223 (48.942)	8:48.172 (47.949)	9:37.157 (48.985)		
10:26.556 (49.399)	11:15.721 (49.165)	12:04.737 (49.016)	12:52.853 (48.116)		
13:40.721 (47.868)	14:28.871 (48.150)	15:18.522 (49.651)	16:07.428 (48.906)		
16:55.847 (48.419)	17:44.002 (48.155)	18:31.806 (47.804)	19:19.272 (47.466)		
20:02.191 (42.919)					
16 Jean Springsteen	SR	Coe		20:05.36	
47.178 (47.178)	1:34.166 (46.988)	2:21.428 (47.262)	3:08.869 (47.441)		
3:57.078 (48.209)	4:44.461 (47.383)	5:32.513 (48.052)	6:21.476 (48.963)		
7:10.911 (49.435)	7:59.947 (49.036)	8:47.826 (47.879)	9:36.844 (49.018)		
10:26.246 (49.402)	11:15.417 (49.171)	12:04.393 (48.976)	12:52.531 (48.138)		
13:41.038 (48.507)	14:29.658 (48.620)	15:19.159 (49.501)	16:08.678 (49.519)		
16:57.600 (48.922)	17:46.615 (49.015)	18:35.152 (48.537)	19:23.264 (48.112)		
20:05.355 (42.091)					
17 Brianna Renner	FR	Loras		20:06.59	
46.285 (46.285)	1:32.730 (46.445)	2:19.629 (46.899)	3:09.180 (49.551)		
3:58.219 (49.039)	4:45.015 (46.796)	5:33.163 (48.148)	6:22.147 (48.984)		
7:11.581 (49.434)	8:00.563 (48.982)	8:48.513 (47.950)	9:37.454 (48.941)		
10:26.796 (49.342)	11:15.433 (48.637)	12:04.019 (48.586)	12:52.118 (48.099)		
13:40.444 (48.326)	14:29.102 (48.658)	15:18.682 (49.580)	16:07.681 (48.999)		
16:56.175 (48.494)	17:44.768 (48.593)	18:32.574 (47.806)	19:20.987 (48.413)		
20:06.584 (45.597)					



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Hosted by: Wartburg College

Hoover Fieldhouse

Results



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Hosted by: Wartburg College

Hoover Fieldhouse

Results**Finals ... (Women 5000 Meter Run)**

Name	Yr	School	Seed	Finals	Points
18 Kaylee Willadsen	SR	Simpson (Iowa)	20:36.54	20:37.57	
46.556 (46.556)	1:33.067 (46.511)	2:19.366 (46.299)	3:08.427 (49.061)		
3:56.625 (48.198)	4:42.762 (46.137)	5:30.424 (47.662)	6:17.468 (47.044)		
7:04.316 (46.848)	7:52.773 (48.457)	8:41.079 (48.306)	9:29.331 (48.252)		
10:16.566 (47.235)	11:05.629 (49.063)	11:54.549 (48.920)	12:43.594 (49.045)		
13:33.643 (50.049)	14:26.496 (52.853)	15:20.317 (53.821)	16:14.202 (53.885)		
17:09.085 (54.883)	18:02.559 (53.474)	18:56.349 (53.790)	19:49.688 (53.339)		
20:37.562 (47.874)					
19 Rayanne Dally	FR	Central College	21:54.89	21:35.73	
47.114 (47.114)	1:33.841 (46.727)	2:21.122 (47.281)	3:08.577 (47.455)		
3:57.876 (49.299)	4:46.528 (48.652)	5:37.337 (50.809)	6:28.896 (51.559)		
7:21.181 (52.285)	8:13.985 (52.804)	9:07.119 (53.134)	10:01.053 (53.934)		
10:54.077 (53.024)	11:47.799 (53.722)	12:41.054 (53.255)	13:34.162 (53.108)		
14:28.723 (54.561)	15:24.035 (55.312)	16:18.555 (54.520)	17:11.892 (53.337)		
18:06.414 (54.522)	19:01.009 (54.595)	19:54.522 (53.513)	20:47.967 (53.445)		
21:35.730 (47.763)					

Women 60 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

All-Time:	8.53	A	2014	Tashina McAllister, Wartburg
Championship:	8.88	C	2/28/2015	Meredith Zimmerman, Central College
Facility:	8.72	F	2013	Camesha Goods, Wartburg College

Name	Yr	School	Seed	Prelims	H#
Preliminaries					
1 Elayna Bahl	FR	Loras	9.09	9.03 Q	3
2 Maggi Bjustrom	JR	Wartburg	9.17	9.15 Q	2
3 Demetria Johnson	SO	Dubuque	9.24	9.30 Q	1
4 Sailor Hinegardner	FR	Wartburg	9.49	9.29 q	3
5 Bella Solis	SR	Loras	9.35	9.31 q	2
6 Brittini Thomas	SO	Buena Vista	9.57	9.43 q	2
7 Bailey Vance	SO	Loras	9.40	9.46 q	3
8 Mary Gray	SO	Central College	9.30	9.52 q	1
9 Macy Gustafson	SO	Nebraska Wesleyan	9.65	9.53	1
10 Aricka Lambson	FR	Wartburg	9.66	9.54	1
11 Kia Noibi	FR	Simpson (Iowa)	9.87	9.68	2
12 Kiki Pingel	SO	Central College	9.67	9.78	2
13 Erin Strohmeyer	FR	Buena Vista	9.76	9.79	3
14 Whitney Burgardt	SR	Central College	9.99	9.92	1
15 Tamya Vaultonburg	FR	Dubuque	9.72	9.93	3
16 Delefine Niyigena	FR	Simpson (Iowa)	10.48	10.14	3
17 Naomi Amani	FR	Dubuque	10.15	10.14	2
18 Jazmyn Whitfield	FR	Coe	10.09	10.20	1
19 Sarah Nolting	FR	Simpson (Iowa)	10.30	10.44	3
20 Darby Hawtrey	FR	Coe		10.58	1
21 Martha Jesuit	SO	Coe	10.70	11.00	2



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Results**Women 60 Meter Hurdles**

All-Time: 8.53 A 2014 Tashina McAllister, Wartburg
Championship: 8.88 C 2/28/2015 Meredith Zimmerman, Central College
Facility: 8.72 F 2013 Camesha Goods, Wartburg College

Name	Yr	School	Prelims	Finals	Points
Finals					
1 Maggi Bjustrom	JR	Wartburg	9.15	9.02	10
2 Elayna Bahl	FR	Loras	9.03	9.03	8
3 Demetria Johnson	SO	Dubuque	9.30	9.17	6
4 Bella Solis	SR	Loras	9.31	9.18	5
5 Bailey Vance	SO	Loras	9.46	9.31	4
6 Mary Gray	SO	Central College	9.52	9.39	3
7 Brittini Thomas	SO	Buena Vista	9.43	9.48	2
8 Sailor Hinegardner	FR	Wartburg	9.29	9.54	1

Women 4x200 Meter Relay

All-Time: 1:41.54 A 2009 Wartburg, Wartburg
H Baker, A Aimable, N Morrison, K Steffens
Championship: 1:41.54 C 2009 Wartburg, Wartburg
H Baker, N Morrison, F Burt, A Aimable
Facility: 1:41.54 F 2009 Wartburg College, Wartburg College

Team	Relay	Seed	Finals	H#	Points
Finals					
1 Nebraska Wesleyan			1:41.55	1	10
1) Aspen Rolfes SO	2) Alexandra Daniel JR	3) Elizabeth Jones SR	4) Kaylee Jones SR		
51.045 (51.045)	1:16.252 (25.208)	1:41.542 (25.290)			
2 Loras			1:41.58	1	8
1) Gabrielle Noland JR	2) Stevie Lambe FR	3) Alexis Alt JR	4) Terrianna Black JR		
49.828 (49.828)	1:15.448 (25.620)	1:41.572 (26.124)			
3 Wartburg		1:49.03	1:44.10	3	6
1) Alanna Muhammad FR	2) Jackie Ganshirt SO	3) Morgan Funke FR	4) Brenna Jacobs FR		
51.564 (51.564)	1:18.041 (26.477)	1:44.098 (26.057)			
4 Central College		1:49.66	1:47.15	3	5
1) Allyson Woods SO	2) Lynzie Miller SR	3) Sarah Christopher FR	4) Holly Forrester SO		
53.854 (53.854)	1:21.112 (27.258)	1:47.141 (26.030)			
5 Buena Vista		1:50.29	1:48.78	2	4
1) Jade Hays FR	2) Christina Jackson FR	3) Brittini Thomas SO	4) Kylie Johnston SO		
54.816 (54.816)	1:22.116 (27.300)	1:48.775 (26.659)			
6 Coe			1:49.27	1	3
1) Carlyn Cole JR	2) Marion Edwards FR	3) Jazmyn Whitfield FR	4) Chinasa Menakaya FR		
52.535 (52.535)	1:20.417 (27.882)	1:49.264 (28.848)			
7 Simpson (Iowa)		1:52.31	1:50.97	2	2
1) MacKenzie James SR	2) Katelyn Mangold SO	3) Sarah Nolting FR	4) Jaycie Owens SR		
53.974 (53.974)	1:22.702 (28.728)	1:50.970 (28.268)			
8 Luther		2:00.56	1:53.86	2	1
1) Isabella Audetat FR	2) Rylea Ranum FR	3) Hannah Slater FR	4) Marikka Coltvet FR		
55.633 (55.633)	1:24.563 (28.930)	1:53.860 (29.297)			



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Team	Relay	Seed	Finals	H#	Points
--- Dubuque		1:45.32	DQ	3	
1) Ya'Mia Ailes-Primes FR	2) Alyssa Skrove JR	3) Alison Beeman JR	4) Tierra Hildebrandt SR		
55.335 (55.335)	1:19.821 (24.486)	1:47.331 (27.511)			

Women 4x400 Meter Relay

All-Time: 3:43.82 A 2012 Wartburg, Wartburg
S Morrison, F Burt, K Kregal, N Morrison

Championship: 3:52.91 C 2/27/2016 Wartburg, Wartburg
K Muhlenbruch, E Duehr, T Officer, K Johnston

Facility: 3:50.65 F 2011 Wartburg College, Wartburg College

Team	Relay	Seed	Finals	H#	Points
Finals					
1 Nebraska Wesleyan		3:51.36	3:54.41	2	10
1) Anna Frazier SR	2) Kaylee Jones SR	3) Aspen Rolfes SO	4) Elizabeth Jones SR		
58.939 (58.939)	1:55.729 (56.790)	2:57.584 (1:01.856)	3:54.402 (56.818)		
2 Wartburg		3:54.36	3:55.60	2	8
1) Jackie Ganshirt SO	2) Brenna Jacobs FR	3) Lily Campbell FR	4) Belle Tynismaa JR		
59.418 (59.418)	1:58.698 (59.280)	2:56.987 (58.290)	3:55.597 (58.610)		
3 Loras		3:52.53	4:01.66	2	6
1) Stevie Lambe FR	2) Alexis Alt JR	3) Elayna Bahl FR	4) Bella Solis SR		
58.999 (58.999)	1:59.405 (1:00.406)	3:01.574 (1:02.170)	4:01.660 (1:00.086)		
4 Central College		4:02.79	4:03.92	2	5
1) Kiki Pingel SO	2) Sarah Christopher FR	3) Lynzie Miller SR	4) Mary Gray SO		
1:00.980 (1:00.980)	2:03.054 (1:02.074)	3:02.612 (59.558)	4:03.918 (1:01.306)		
5 Dubuque		4:03.07	4:08.82	2	4
1) Olivia Costley FR	2) Alison Beeman JR	3) Alyssa Skrove JR	4) Vanessa Eniola FR		
1:03.166 (1:03.166)	2:02.685 (59.519)	3:05.367 (1:02.683)	4:08.812 (1:03.445)		
6 Buena Vista		4:11.12	4:16.32	1	3
1) Wren Klump FR	2) Kristen Casbon FR	3) Tabitha Guyett FR	4) Brittini Thomas SO		
1:04.144 (1:04.144)	2:07.063 (1:02.920)	3:10.070 (1:03.007)	4:16.313 (1:06.244)		
7 Simpson (Iowa)		4:12.11	4:20.72	1	2
1) Katelyn Mangold SO	2) Jaycie Owens SR	3) Kyli Orr FR	4) Luci Swarouth FR		
1:03.354 (1:03.354)	2:07.709 (1:04.355)	3:15.695 (1:07.986)	4:20.714 (1:05.019)		
8 Coe		4:24.66	4:24.66	1	1
1) Rachel Kelly SR	2) Martha Jesuit SO	3) Dana Koester JR	4) McKayla Morris SR		
1:04.217 (1:04.217)	2:10.364 (1:06.147)	3:16.357 (1:05.993)	4:24.651 (1:08.295)		
9 Luther		4:19.74	4:29.43	1	
1) Aubrey Highum JR	2) Rylea Ranum FR	3) Isabella Audetat FR	4) Amanda Mertens SO		
1:07.981 (1:07.981)	2:14.423 (1:06.442)	3:19.527 (1:05.104)	4:29.427 (1:09.900)		



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Results**Women 4x800 Meter Relay****All-Time: 9:16.52 A 2010****Wartburg, Wartburg****Championship: 9:20.53 C 2010****E Eimers, B Fagerlind, A Kuiken, N Calabrese****Wartburg, Wartburg****E Eimers, B Fagerlind, A Kuiken, N Calabrese****Facility: 9:16.52 F 2010****Wartburg College, Wartburg College**

Team	Relay	Seed	Finals	Points	
Finals					
1	Nebraska Wesleyan 1) Rylee Bahe JR 2:26.114 (2:26.114)	2) Madi Bahe FR 4:49.934 (2:23.820)	3) Reagan Janzen FR 7:15.191 (2:25.257)	9:36.46 4) Camryn Larsen SO 9:36.457 (2:21.266)	10
2	Wartburg 1) Ashley Stevens SR 2:24.604 (2:24.604)	2) Carson McSorley FR 4:48.817 (2:24.213)	3) Jaderial Staebler SO 7:18.353 (2:29.536)	9:37.78 9:37.773 (2:19.420) 4) Erica Rittgers JR	8
3	Loras 1) Ellie Osterberger FR 2:25.540 (2:25.540)	2) Kaylee Osterberger FR 4:53.184 (2:27.644)	3) Kemunto Ondande SR 7:19.845 (2:26.661)	9:58.78 9:41.50 9:41.491 (2:21.646) 4) Allie Serres SR	6
4	Luther 1) Grace Herber FR 2:31.114 (2:31.114)	2) Ally Peters SR 5:03.496 (2:32.382)	3) Martel DenHartog SR 7:36.223 (2:32.727)	10:05.04 10:05.039 (2:28.816) 4) Anna Restemayer SR	5
5	Simpson (Iowa) 1) Audrey Klein JR 2:33.045 (2:33.045)	2) Abby Loecke FR 5:03.463 (2:30.418)	3) Mary Wood SR 7:41.689 (2:38.226)	10:17.67 10:17.667 (2:35.978) 4) Cat Lucht FR	4
6	Central College 1) Sarah Steffensmeier SO 2:30.457 (2:30.457)	2) Miranda Kruiswyk FR 4:59.125 (2:28.668)	3) Rachel Peter JR 7:46.943 (2:47.818)	10:20.97 10:20.966 (2:34.023) 4) Rebekah Beard FR	3
7	Dubuque 1) Isabella Mazzanti JR 2:31.633 (2:31.633)	2) Edith Flores SO 5:07.155 (2:35.522)	3) Megan Ely JR 7:44.592 (2:37.437)	10:22.58 10:22.572 (2:37.980) 4) Lucy Syverson SO	2
8	Buena Vista 1) Emily Hoelsing JR 2:33.896 (2:33.896)	2) Kaylynn Bechen FR 5:07.486 (2:33.590)	3) Latrice Hodges FR 7:43.883 (2:36.397)	10:29.77 10:29.768 (2:45.885) 4) Allyson Ervin SR	1
9	Coe 1) Dana Koester JR 2:30.870 (2:30.870)	2) McKayla Morris SR 5:05.678 (2:34.808)	3) Katalina Stai JR 7:38.011 (2:32.333)	10:29.86 10:29.858 (2:51.847) 4) Meghan Brune SO	

Women Distance Medley**All-Time: 11:41.28 A 2013****Wartburg, Wartburg****Championship: 11:48.85 C 2004****H Vawter, K Kregel, K Cochrane, S Bruett****Wartburg, Wartburg****B Neal, S Arey, M Ubben, M Buttry****Facility: 11:46.88 F 3/2/2018****Washington U., Washington U.****A Martin, N Althoff, A Wagner, A Lindsay**

Team	Relay	Seed	Finals	Points	
Finals					
1	Wartburg 1) Trinity Borland FR 3:57.704 (3:57.704)	2) Jaderial Staebler SO 4:56.771 (59.067)	3) Erica Rittgers JR 7:14.886 (2:18.115)	13:15.20 12:26.02 12:26.019 (5:11.133) 4) Cassidy Christopher SO	10



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Team	Relay	Seed	Finals	Points
2 Nebraska Wesleyan 1) Madi Bahe FR 3:50.162 (3:50.162)	2) Devine Gines JR 4:49.935 (59.773)	3) Reagan Janzen FR 7:13.924 (2:23.989)	12:37.00 12:34.81 4) Taylor Brtek SO	8
3 Loras 1) Ellie Osterberger FR 3:53.613 (3:53.613)	2) Bella Solis SR 4:52.320 (58.707)	3) Allie Serres SR 7:11.471 (2:19.151)	12:43.45 12:43.448 (5:31.977)	6
4 Luther 1) Katie Fetting FR 3:55.420 (3:55.420)	2) Grace Herber FR 4:58.296 (1:02.876)	3) Martel DenHartog SR 7:28.872 (2:30.576)	12:51.69 12:51.684 (5:22.812)	5
5 Coe 1) McKayla Morris SR 4:00.711 (4:00.711)	2) Rachel Kelly SR 5:03.650 (1:02.939)	3) Dana Koester JR 7:37.922 (2:34.272)	13:22.87 12:59.61 4) Katalina Stai JR	4
6 Simpson (Iowa) 1) Audrey Klein JR 3:56.138 (3:56.138)	2) Cat Lucht FR 5:00.477 (1:04.339)	3) Abby Loecke FR 7:27.377 (2:26.900)	14:16.28 13:03.98 4) Emily Buchheit SO	3
7 Buena Vista 1) Kaylynn Bechen FR 4:03.722 (4:03.722)	2) Kristen Casbon FR 5:06.036 (1:02.314)	3) Wren Klump FR 7:35.762 (2:29.726)	13:09.12 13:09.116 (5:33.354)	2
8 Dubuque 1) Edith Flores SO 4:04.323 (4:04.323)	2) Olivia Costley FR 5:03.722 (59.399)	3) Isabella Mazzanti JR 7:36.071 (2:32.349)	13:38.30 13:38.293 (6:02.222)	1
9 Central College 1) Sarah Steffensmeier SO 4:02.545 (4:02.545)	2) Krissa Larson FR 5:07.869 (1:05.324)	3) Sarah Salas JR 8:04.678 (2:56.809)	14:03.03 14:03.030 (5:58.352)	

Women High Jump

All-Time:	1.72m	A	1998	Dawn Putnam-Vinyard, Buena Vista
Championship:	1.70m	C	2/27/2016	Kailey Kladivo, Wartburg
Facility:	1.73m	F	2013	Emily Tysma, Monmouth College

Name	Yr	School	Finals	Points	
1 Courtney Kruthoff	SO	Central College	1.66m	5-05.25	10
2 Bella Solis	SR	Loras	1.63m	5-04.25	8
3 Tori VanVelzen	SO	Central College	1.60m	5-03.00	6
4 Ellie Roquet	SO	Wartburg	1.60m	5-03.00	5
5 Addy Vinton	SO	Nebraska Wesleyan	1.55m	5-01.00	4
6 Nicki Schneider	SO	Wartburg	1.55m	5-01.00	3
7 Jamie Glanz	SO	Simpson (Iowa)	1.55m	5-01.00	2
8 Toree Hempstead	SR	Nebraska Wesleyan	1.50m	4-11.00	.50
8 Kamryn Juni	SO	Simpson (Iowa)	1.50m	4-11.00	.50
10 Haley Beckert	SO	Wartburg	1.45m	4-09.00	
11 Shelby Hibbler	SO	Dubuque	1.45m	4-09.00	
12 Darby Hawtrey	FR	Coe	1.45m	4-09.00	
13 Kennedy Berreckman	FR	Nebraska Wesleyan	1.40m	4-07.00	
14 Taylor Schaefer	SR	Loras	1.40m	4-07.00	
15 Rebecca Staples	SO	Coe	1.40m	4-07.00	



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Results

Finals ... (Women High Jump)

Name	Yr	School	Finals	Points
--- Kiki Pingel	SO	Central College	NH	

Women Pole Vault

All-Time:	3.85m	A	2016	Elizabeth Brandenburg, Loras
Championship:	3.76m	C	2/26/2016	Elizabeth Brandenburg, Loras
Facility:	3.77m	F	2016	Meaghan Howell, UW-La Crosse

Name	Yr	School	Finals	Points	
Finals					
1 Maddie Tolly	JR	Nebraska Wesleyan	3.40m	11-01.75	10
2 Nicki Schneider	SO	Wartburg	3.25m	10-08.00	8
3 Jenna Heimark	JR	Dubuque	3.10m	10-02.00	6
4 Ellie Crouch	FR	Nebraska Wesleyan	2.95m	9-08.00	5
5 Taylor Dooley	SR	Loras	2.80m	9-02.25	3.50
5 Anna Achter	JR	Wartburg	2.80m	9-02.25	3.50
7 Noelle Drapeau	SO	Luther	2.65m	8-08.25	2
8 Mikaela Lengwin	JR	Loras	2.65m	8-08.25	1
9 Caroline Dochterman	FR	Dubuque	2.50m	8-02.50	
10 Hannah Insko	SO	Loras	2.35m	7-08.50	
11 Sarah Sandage	SR	Simpson (Iowa)	2.20m	7-02.50	
--- Sarah Nolting	FR	Simpson (Iowa)	NH		
--- Kali Feldermann	FR	Luther	DNS		

Women Long Jump

All-Time:	6.17m	A	2012	Skye Morrison, Wartburg
Championship:	6.17m	C	2012	Skye Morrison, Wartburg
Facility:	6.17m	F	2012	Skye MOrrison, Wartburg College

Name	Yr	School	Finals	H#	Points
Finals					
1 Jarika Eisentrager	SO	Wartburg	5.36m	17-07.00	2 10
2 Elyse Acompanado	JR	Loras	5.33m	17-06.00	2 8
3 Demetria Johnson	SO	Dubuque	5.25m	17-02.75	2 6
4 Terrianna Black	JR	Loras	5.22m	17-01.50	2 5
5 Taylor Schaefer	SR	Loras	5.20m	17-00.75	2 4
6 Vanessa Eniola	FR	Dubuque	5.09m	16-08.50	2 3
7 Jaderial Staebler	SO	Wartburg	5.08m	16-08.00	1 2
8 Rebekah Beard	FR	Central College	5.01m	16-05.25	1 1
9 Lilia Edwards	SR	Wartburg	5.00m	16-05.00	1
10 Courtney Kruthoff	SO	Central College	4.99m	16-04.50	1
11 Abigail Allen	SO	Nebraska Wesleyan	4.99m	16-04.50	2
12 Holly Forrester	SO	Central College	4.97m	16-03.75	2
13 Mary Gray	SO	Central College	4.97m	16-03.75	2
14 Alyssa Skrove	JR	Dubuque	4.93m	16-02.25	2
15 Tabitha Guyett	FR	Buena Vista	4.92m	16-01.75	2
16 Kia Noibi	FR	Simpson (Iowa)	4.91m	16-01.50	1



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Results**Finals ... (Women Long Jump)**

Name	Yr	School	Finals	H#	Points
17 Lindsey Wisnieski	SR	Nebraska Wesleyan	4.83m 15-10.25	2	
18 Abby Olberding	SO	Buena Vista	4.82m 15-09.75	1	
19 Autumn Wolf	SO	Buena Vista	4.75m 15-07.00	1	
20 Macy Gustafson	SO	Nebraska Wesleyan	4.69m 15-04.75	2	
21 Rebecca Staples	SO	Coe	4.68m 15-04.25	1	
22 Marikka Coltvvet	FR	Luther	4.67m 15-04.00	1	
23 Delefine Niyigena	FR	Simpson (Iowa)	4.46m 14-07.75	1	
--- Maria Maguina	SO	Luther	DNS	1	
--- Kali Feldermann	FR	Luther	DNS	1	

Women Triple Jump

All-Time:	12.24m	A	2012	Skye Morrison, Wartburg
Championship:	12.16m	C	2012	Skye Morrison, Wartburg
Facility:	12.32m	F	2017	Amber Williams, UW-Platteville

Name	Yr	School	Finals	H#	Points
Finals					
1 Alyssa Skrove	JR	Dubuque	11.30m 37-01.00	2	10
2 Jenna Heimark	JR	Dubuque	11.16m 36-07.50	2	8
3 Lilia Edwards	SR	Wartburg	11.06m 36-03.50	2	6
4 Holly Forrester	SO	Central College	10.94m 35-10.75	2	5
5 Macy Gustafson	SO	Nebraska Wesleyan	10.78m 35-04.50	2	4
6 Terrianna Black	JR	Loras	10.78m 35-04.50	2	3
7 Tessa Hoffman	FR	Nebraska Wesleyan	10.72m 35-02.00	2	2
8 Jarika Eisentrager	SO	Wartburg	10.70m 35-01.25	2	1
9 Anna Achter	JR	Wartburg	10.57m 34-08.25	1	
10 Taylor Schaefer	SR	Loras	10.55m 34-07.50	1	
11 Elyse Acompanado	JR	Loras	10.30m 33-09.50	2	
12 Cherisse Ward	FR	Wartburg	10.22m 33-06.50	1	
13 Rebekah Beard	FR	Central College	10.03m 32-11.00	1	
14 Yuan Bank	FR	Central College	9.86m 32-04.25	1	
15 Haleigh Benson	SO	Nebraska Wesleyan	9.75m 32-00.00	1	
16 Marikka Coltvvet	FR	Luther	9.28m 30-05.50	1	
--- Aleyha Slatter	SR	Dubuque	FOUL	1	

Women Shot Put

All-Time:	15.01m	A	2016	Tanasha Atwater, Dubuque
Championship:	14.67m	C	2/24/2017	Tanasha Atwater, Dubuque
Facility:	14.55m	F	2013	Kayla Hemann, Wartburg College

Name	Yr	School	Finals	H#	Points
Finals					
1 Dayton Dolincheck	JR	Nebraska Wesleyan	14.03m 46-00.50	2	10
2 Anna Rehberg	JR	Wartburg	13.72m 45-00.25	2	8
3 Grace Dupuy	FR	Dubuque	12.64m 41-05.75	2	6
4 Jaycee Fleming	SO	Nebraska Wesleyan	12.61m 41-04.50	2	5



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Results**Finals ... (Women Shot Put)**

Name	Yr	School	Finals		H#	Points
5 Kayla Schlichting	JR	Dubuque	12.55m	41-02.25	2	4
6 Tonee Lafayette	FR	Loras	12.42m	40-09.00	2	3
7 Emily Burt	JR	Central College	12.13m	39-09.75	2	2
8 Esther Johnson	SR	Loras	12.07m	39-07.25	2	1
9 Anna Hedges	SR	Loras	11.90m	39-00.50	1	
10 Rebecca Simpson	FR	Nebraska Wesleyan	11.73m	38-06.00	2	
11 Emma Jacobs	SO	Wartburg	11.54m	37-10.50	2	
12 Dani Johnson	SO	Wartburg	11.24m	36-10.50	2	
13 Kaeleigh De Waard	FR	Central College	11.22m	36-09.75	1	
14 Aubrey Highum	JR	Luther	10.63m	34-10.50	1	
15 Kayla Weatherly	SO	Loras	10.56m	34-07.75	1	
16 Peyton Turner	FR	Buena Vista	10.38m	34-00.75	1	
17 Alex Niemier	JR	Simpson (Iowa)	10.23m	33-06.75	1	
18 Josie Finch	FR	Coe	10.06m	33-00.25	1	
19 Aiyana Rouse	SO	Central College	9.81m	32-02.25	1	
20 Tyra Payne	FR	Buena Vista	9.33m	30-07.50	1	
21 Mariah Balajadia	SO	Luther	9.32m	30-07.00	1	
22 Madison Arechiga	JR	Coe	9.25m	30-04.25	1	
23 Hannah Slater	FR	Luther	8.90m	29-02.50	1	
24 Madison Anderson	JR	Simpson (Iowa)	8.57m	28-01.50	1	
--- Caroline Ferguson	SO	Dubuque	FOUL		2	
--- Kayla Slowick	SO	Dubuque	FOUL		2	

Women Weight Throw

All-Time: 18.71m A 2/25/2017 Tanasha Atwater, Dubuque

Championship: 18.71m C 2/25/2017 Tanasha Atwater, Dubuque

Facility: 18.45m F 1/19/2019 Michelle Carrillo, Grand View

Name	Yr	School	Finals		H#	Points
Finals						
1 Kelsey Betthausen	SR	Dubuque	17.00m	55-09.25	2	10
2 Kennedy Morris	SO	Central College	16.76m	55-00.00	2	8
3 Maddie Fitzgibbons	SR	Nebraska Wesleyan	16.65m	54-07.50	2	6
4 Rebecca Burmahl	SR	Dubuque	16.63m	54-06.75	2	5
5 Esther Johnson	SR	Loras	16.29m	53-05.50	2	4
6 Tieranny Keahna	JR	Coe	16.19m	53-01.50	2	3
7 Shelby Lane	SR	Dubuque	16.11m	52-10.25	2	2
8 Dayton Dolincheck	JR	Nebraska Wesleyan	15.97m	52-04.75	2	1
9 Emily Burt	JR	Central College	15.65m	51-04.25	2	
10 Anna Hedges	SR	Loras	14.89m	48-10.25	2	
11 Anna Rehberg	JR	Wartburg	14.80m	48-06.75	2	
12 Michelle Budden	JR	Loras	14.32m	46-11.75	2	
13 Kaeleigh De Waard	FR	Central College	13.86m	45-05.75	1	
14 Kayla Slowick	SO	Dubuque	13.73m	45-00.50	2	
15 Michaela Karels	FR	Buena Vista	13.32m	43-08.50	1	



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Name	Yr	School	Finals		H#	Points
16 Madison Brase	FR	Nebraska Wesleyan	13.21m	43-04.25	1	
17 Josie Finch	FR	Coe	13.16m	43-02.25	1	
18 Emma Jacobs	SO	Wartburg	12.92m	42-04.75	1	
19 Anneliese Barton	SO	Luther	12.39m	40-07.75	1	
20 Lillian Smithson	JR	Central College	12.26m	40-02.75	1	
21 Peyton Turner	FR	Buena Vista	12.02m	39-05.25	1	
22 Tyra Payne	FR	Buena Vista	11.77m	38-07.50	1	
23 Madison Arechiga	JR	Coe	11.74m	38-06.25	1	
24 Dani Johnson	SO	Wartburg	11.69m	38-04.25	2	
25 Mariah Balajadia	SO	Luther	11.64m	38-02.25	1	
26 Hannah Slater	FR	Luther	11.17m	36-07.75	1	
27 Alex Niemier	JR	Simpson (Iowa)	9.35m	30-08.25	1	
28 Madison Anderson	JR	Simpson (Iowa)	9.05m	29-08.25	1	

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon**Championship: 2:19.01 C 2/25/2011 Brittany Melloy, Wartburg****Facility: 2:21.74 F 1/28/2011 Brittany Melloy, Wartburg College**

Name	Yr	School	Finals		Points
Finals					
1 Kiki Pingel	SO	Central College	2:25.22		754
34.839 (34.839)	1:10.495 (35.656)	1:47.760 (37.265)	2:25.218 (37.458)		
2 Mary Gray	SO	Central College	2:27.56		724
34.719 (34.719)	1:10.252 (35.533)	1:48.285 (38.033)	2:27.558 (39.273)		
3 Abby DeBaillie	JR	Wartburg	2:28.03		718
35.083 (35.083)	1:11.072 (35.989)	1:48.692 (37.620)	2:28.024 (39.332)		
4 Dana Koester	JR	Coe	2:32.05		667
36.250 (36.250)	1:13.867 (37.617)	1:53.416 (39.549)	2:32.044 (38.628)		
5 Bri Dellamuth	JR	Wartburg	2:33.31		652
36.504 (36.504)	1:14.705 (38.201)	1:56.105 (41.400)	2:33.307 (37.202)		
6 Addy Vinton	SO	Nebraska Wesleyan	2:35.41		627
35.709 (35.709)	1:13.617 (37.908)	1:54.647 (41.030)	2:35.409 (40.762)		
7 Marissa Nolan	JR	Wartburg	2:43.05		538
37.645 (37.645)	1:17.343 (39.698)	2:00.296 (42.953)	2:43.045 (42.749)		
8 Krissa Larson	FR	Central College	2:48.46		480
35.189 (35.189)	1:14.117 (38.928)	1:59.365 (45.248)	2:48.452 (49.087)		
9 Demetria Johnson	SO	Dubuque	2:52.51		438
37.533 (37.533)	1:17.040 (39.507)	2:03.708 (46.668)	2:52.502 (48.794)		
10 Vanessa Eniola	FR	Dubuque	3:00.12		364
38.619 (38.619)	1:19.958 (41.339)	2:07.823 (47.865)	3:00.117 (52.294)		
--- Katelyn Mangold	SO	Simpson (Iowa)	DNS		



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Results**Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon**

Championship: 8.98 C 2/24/2012 Camesha Goods, Wartburg
 Facility: 9.02 F 2/3/2012 Camesha Goods, Wartburg College

Name	Yr	School	Finals	H#	Points
Finals					
1 Mary Gray	SO	Central College	9.16	3	877
2 Demetria Johnson	SO	Dubuque	9.34	3	840
3 Kiki Pingel	SO	Central College	9.61	3	787
4 Addy Vinton	SO	Nebraska Wesleyan	9.92	2	727
5 Krissa Larson	FR	Central College	9.99	2	714
6 Marissa Nolan	JR	Wartburg	10.04	2	705
7 Katelyn Mangold	SO	Simpson (Iowa)	10.11	2	692
8 Vanessa Eniola	FR	Dubuque	10.26	3	664
9 Abby DeBaillie	JR	Wartburg	10.36	1	646
10 Bri Dellamuth	JR	Wartburg	10.45	1	630
11 Dana Koester	JR	Coe	10.87	1	558

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

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

Name	Yr	School	Finals	H#	Points
Finals					
1 Addy Vinton	SO	Nebraska Wesleyan	1.63m	5-04.25	2 771
2 Mary Gray	SO	Central College	1.48m	4-10.25	2 599
3 Demetria Johnson	SO	Dubuque	1.42m	4-07.75	2 534
3 Kiki Pingel	SO	Central College	1.42m	4-07.75	2 534
5 Abby DeBaillie	JR	Wartburg	1.39m	4-06.75	1 502
6 Vanessa Eniola	FR	Dubuque	1.36m	4-05.50	2 470
7 Krissa Larson	FR	Central College	1.33m	4-04.25	2 439
7 Bri Dellamuth	JR	Wartburg	1.33m	4-04.25	1 439
9 Dana Koester	JR	Coe	1.30m	4-03.25	1 409
9 Marissa Nolan	JR	Wartburg	1.30m	4-03.25	1 409
--- Katelyn Mangold	SO	Simpson (Iowa)	NH		1

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Championship: 5.47m C 2/24/2012 Camesha Goods, Wartburg
 Facility: 5.57m F 2016 Amber Williams, UW-Platteville

Name	Yr	School	Finals	Points
Finals				
1 Mary Gray	SO	Central College	5.20m	17-00.75 614
2 Demetria Johnson	SO	Dubuque	5.16m	16-11.25 603
3 Kiki Pingel	SO	Central College	5.00m	16-05.00 559
4 Marissa Nolan	JR	Wartburg	4.93m	16-02.25 540
4 Vanessa Eniola	FR	Dubuque	4.93m	16-02.25 540
6 Addy Vinton	SO	Nebraska Wesleyan	4.74m	15-06.75 490



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Results**Finals ... (Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon)**

Name	Yr	School	Finals		Points
7 Bri Dellamuth	JR	Wartburg	4.68m	15-04.25	474
8 Krissa Larson	FR	Central College	4.61m	15-01.50	456
9 Katelyn Mangold	SO	Simpson (Iowa)	4.28m	14-00.50	374
10 Abby DeBaillie	JR	Wartburg	4.18m	13-08.75	350
11 Dana Koester	JR	Coe	4.10m	13-05.50	331

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

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

Facility: 11.34m F 2/27/2015 Leah Broderick, Luther

Name	Yr	School	Finals		Points
Finals					
1 Mary Gray	SO	Central College	10.13m	33-03.00	538
2 Abby DeBaillie	JR	Wartburg	9.76m	32-00.25	514
3 Kiki Pingel	SO	Central College	9.71m	31-10.25	510
4 Dana Koester	JR	Coe	9.45m	31-00.00	494
5 Marissa Nolan	JR	Wartburg	8.71m	28-07.00	445
6 Addy Vinton	SO	Nebraska Wesleyan	8.56m	28-01.00	436
7 Vanessa Eniola	FR	Dubuque	8.46m	27-09.25	429
8 Krissa Larson	FR	Central College	8.35m	27-04.75	422
9 Bri Dellamuth	JR	Wartburg	8.17m	26-09.75	410
10 Demetria Johnson	SO	Dubuque	7.69m	25-02.75	379
11 Katelyn Mangold	SO	Simpson (Iowa)	7.23m	23-08.75	350

Women Indoor Pentathlon

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

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

Facility: 3505 F 2/27/2015 Leah Broderick, Luther

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Mary Gray	SO	Central College	3234	3352		10
2 Kiki Pingel	SO	Central College	3076	3144		8
3 Addy Vinton	SO	Nebraska Wesleyan	2711	3051		6
4 Demetria Johnson	SO	Dubuque	2764	2794		5
5 Abby DeBaillie	JR	Wartburg	2663	2730		4
6 Marissa Nolan	JR	Wartburg	2324	2637		3
7 Bri Dellamuth	JR	Wartburg	2502	2605		2
8 Krissa Larson	FR	Central College	2474	2511		1
9 Vanessa Eniola	FR	Dubuque	2974	2467		
10 Dana Koester	JR	Coe		2459		



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Results

Men 60 Meter Dash

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

All-Time: 6.89 A 2015 Ernest Winters, Dubuque

All-Time: 6.89 A 2015 Kyle Ward, Loras

Championship: 6.89 C 2/28/2015 Ernest Winters, Dubuque

Facility: 6.82 F 2016 David Paynotta, UW-River Falls

Name	Yr	School	Seed	Prelims	H#
Preliminaries					
1 Will Daniels	JR	Central College	6.97	6.91 Q	4
2 Elijah Thomas	FR	Loras	7.01	6.98 Q	3
3 Dylan Kutsch	FR	Dubuque	7.02	7.03 Q	2
4 Josh Smith	FR	Loras	7.04	7.04 Q	1
5 Patrick Mikel	JR	Loras	7.11	7.05 q	2
6 Trent Koehler	JR	Nebraska Wesleyan	7.08	7.06 q	4
7 De'Andre Klein	FR	Loras	7.07	7.07 q	2
8 Maurice Cushion-Lewis	JR	Dubuque	7.09	7.07 q	3
9 Caleb Rigdon	SO	Coe	7.07	7.09	3
10 Denison Harrington	JR	Wartburg	7.08	7.10	4
11 Jeremiah Steed	SO	Dubuque	7.04	7.11	1
12 Rodney Schwartzhoff	FR	Coe	7.16	7.13	3
13 Nana Anim Asante-Apeatu	JR	Luther	7.12	7.15	1
14 Travis Tupper	SR	Simpson (Iowa)	7.13	7.15	1
15 Carter Fricke	FR	Simpson (Iowa)	7.24	7.16	1
16 Craig Garrison	FR	Simpson (Iowa)	7.15	7.18	2
17 Kirk Wicks	SR	Simpson (Iowa)	7.22	7.20	3
18 Chase Keller	SO	Nebraska Wesleyan	7.16	7.20	4
19 Mamer Mamer	SR	Nebraska Wesleyan	7.19	7.24	4
20 Cory Suedmeier	JR	Central College	7.22	7.24	2
21 Riley Nolan	FR	Wartburg	7.31	7.31	2
22 Quon Lambert	SO	Luther	7.33	7.31	3
23 Clevon Catchings	SR	Coe	7.42	7.33	4
24 Ian Kuykendall	FR	Luther	7.26	7.34	1
25 Chuck Riley	SR	Wartburg	7.34	7.40	4
26 Jacob Dick	FR	Central College	7.58	7.65	3
27 Ernest Jones	FR	Buena Vista	7.93	7.93	2

Men 60 Meter Dash

All-Time: 6.89 A 2015 Ernest Winters, Dubuque

All-Time: 6.89 A 2015 Kyle Ward, Loras

Championship: 6.89 C 2/28/2015 Ernest Winters, Dubuque

Facility: 6.82 F 2016 David Paynotta, UW-River Falls

Name	Yr	School	Prelims	Finals	Points
Finals					
1 Elijah Thomas	FR	Loras	6.98	6.95	10
2 Will Daniels	JR	Central College	6.91	6.99	8



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Name	Yr	School	Prelims	Finals	Points
3 De'Andre Klein	FR	Loras	7.07	7.01	6
4 Patrick Mikel	JR	Loras	7.05	7.07	5
5 Trent Koehler	JR	Nebraska Wesleyan	7.06	7.13	4
6 Maurice Cushion-Lewis	JR	Dubuque	7.07	7.14	3
7 Dylan Kutsch	FR	Dubuque	7.03	7.15	2
8 Josh Smith	FR	Loras	7.04	7.16	1

Men 200 Meter Dash

All-Time:	21.82	A	2009	Eric Bertelsen, Buena Vista
Championship:	21.82	C	2009	Eric Bertelsen, Buena Vista
Facility:	21.82	F	2009	Eric Bertelsen, Buena Vista

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Patrick Mikel	JR	Loras	21.85	22.01	8	10
2 Dallas Wright	SO	Wartburg	22.13	22.53	8	8
3 Jeremiah Steed	SO	Dubuque	22.22	22.55	7	6
4 Josh Smith	FR	Loras	22.20	22.55	7	5
5 Joe Duehr	JR	Wartburg	22.29	22.56	7	4
6 Craig Garrison	FR	Simpson (Iowa)	22.73	22.82	4	3
7 Tyson Morrison	JR	Loras	22.64	22.92	5	2
8 Kellen Fitch	SO	Simpson (Iowa)	23.07	22.94	3	1
9 Travis Tupper	SR	Simpson (Iowa)	22.47	22.99	6	
10 Caleb Rigdon	SO	Coe	22.70	23.01	5	
11 Chase Keller	SO	Nebraska Wesleyan	22.82	23.05	4	
12 Isaiah Ellis	SR	Dubuque	22.90	23.14	3	
13 Cory Suedmeier	JR	Central College	22.84	23.27	3	
14 Siletselwe Dlamini	FR	Luther	23.09	23.36	2	
15 De'Andre Klein	FR	Loras	22.69	23.37	5	
16 Rodney Schwartzhoff	FR	Coe	23.36	23.42	2	
17 Juan Antonio Nelson	SO	Luther	22.73	23.52	4	
18 Ian Kuykendall	FR	Luther	23.44	23.67	1	
19 Luke Wemhoff	FR	Nebraska Wesleyan	23.33	23.86	2	
20 Nate Phillips	JR	Coe	24.40	24.21	1	
21 Taylor Smith	SR	Central College	24.78	24.85	1	
22 Angelou Scott	SO	Nebraska Wesleyan	24.59	24.99	1	
23 Ernest Jones	FR	Buena Vista	25.38	25.95	1	
--- Jackson Varney	FR	Coe	22.55	DQ	6	
--- Denison Harrington	JR	Wartburg	22.42	DNS	6	
--- Colfay Pointer	JR	Dubuque	22.19	DNS	8	



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Results**Men 400 Meter Dash**

All-Time: 47.95 A 2019 Patrick Mikel, Loras
Championship: 48.78 C 2008 Guy Dierkx, Central
Facility: 48.31 F 3/3/2018 Patrick Mikel, Loras

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Patrick Mikel 22.673 (22.673)		JR Loras	47.20	47.93 A	5	10
2 Tyson Morrison 23.847 (23.847)		JR Loras	49.66	50.50	5	8
3 Joe Duehr 23.696 (23.696)		JR Wartburg	50.55	50.81	4	6
4 Jordan Coughenour 23.988 (23.988)		SR Simpson (Iowa)	50.44	50.82	4	5
5 Kyle Dickinson 24.649 (24.649)		FR Nebraska Wesleyan	50.68	50.82	3	4
6 Evan Gradoville 24.305 (24.305)		SR Loras	50.72	50.94	3	3
7 Michael Merical 23.290 (23.290)		JR Nebraska Wesleyan	49.84	51.04	5	2
8 Mitchell Yaw 23.726 (23.726)		SO Central College	51.15	51.16	2	1
9 Alex Teig 24.421 (24.421)		JR Wartburg	50.72	51.26	3	
10 Colfay Pointer 23.612 (23.612)		JR Dubuque	48.30	51.33	5	
11 Kirk Wicks 24.059 (24.059)		SR Simpson (Iowa)	50.72	51.43	3	
12 Grady Hovenga 23.839 (23.839)		FR Wartburg	50.63	51.63	4	
13 Carter Tryon 24.469 (24.469)		FR Central College	51.75	52.24	2	
14 Alec Stahl 24.894 (24.894)		FR Central College	52.57	52.79	2	
15 Landon Kraus 25.174 (25.174)		SR Coe	53.23	53.22	1	
16 Jayden Weber 24.882 (24.882)		FR Coe	52.55	53.37	2	
17 Emmitt Wheatley 25.039 (25.039)		SR Simpson (Iowa)	50.63	53.39	4	
18 Luke Wemhoff 25.448 (25.448)		FR Nebraska Wesleyan	53.12	53.72	1	
19 Eric Smedsrud 25.703 (25.703)		SO Luther	54.26	53.73	1	
20 Nick Poff 25.487 (25.487)		SR Coe	53.98	54.28	1	
21 Max Powers 26.482 (26.482)		FR Buena Vista	56.62	57.97	1	



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019**Hosted by: Wartburg College****Hoover Fieldhouse****Results****Men 800 Meter Run**

All-Time: 1:51.72 A 2000 Jon Lindaman, Central
Championship: 1:52.30 C 2/27/2016 Zach Frey, Loras
Facility: 1:52.51 F 2019 Mark Schlutz, Wartburg College

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Mark Schulz 29.183 (29.183)	SR	Wartburg	1:50.93 1:55.228 (27.392)	1:55.23	2	10
2 Casey Roberts 29.404 (29.404)	SR	Wartburg	1:52.46 1:55.530 (27.497)	1:55.53	2	8
3 Kyle Pape 29.514 (29.514)	SR	Central College	1:53.02 1:55.620 (27.379)	1:55.62	2	6
4 Mike Jasa 29.844 (29.844)	FR	Loras	1:54.66 1:55.717 (27.046)	1:55.72	2	5
5 Frosty Lorimer 29.606 (29.606)	SO	Wartburg	1:53.39 1:56.992 (28.452)	1:57.00	2	4
6 Cole Conklin-Little 30.120 (30.120)	JR	Loras	1:57.36 1:58.115 (28.844)	1:58.12	2	3
7 Will DeHaan 29.690 (29.690)	FR	Central College	1:56.70 1:58.550 (28.900)	1:58.55	2	2
8 Kyle Gilberg 29.855 (29.855)	SR	Luther	1:56.12 1:58.752 (30.003)	1:58.76	2	1
9 Tavian Rumble 29.991 (29.991)	JR	Dubuque	1:56.50 1:59.212 (29.473)	1:59.22	2	
10 Tyler Combs 30.061 (30.061)	SO	Simpson (Iowa)	1:57.00 2:00.114 (30.247)	2:00.12	2	
11 Wyatt Kelly 29.966 (29.966)	FR	Loras	1:58.28 2:00.496 (29.924)	2:00.50	1	
12 Carsten Thompson 29.966 (29.966)	FR	Luther	2:03.92 2:02.003 (29.359)	2:02.01	1	
13 Levi Lefebure 29.751 (29.751)	JR	Simpson (Iowa)	1:58.36 2:04.734 (32.423)	2:04.74	1	
14 Grayson Groepper 29.376 (29.376)	FR	Simpson (Iowa)	2:04.99 2:06.158 (32.680)	2:06.16	1	
15 Jordan Polk 28.861 (28.861)	SR	Nebraska Wesleyan	2:11.60 2:06.738 (33.056)	2:06.74	1	
--- Trevor Haren	SO	Luther	2:05.14	DNS	1	

Men 1 Mile Run

All-Time: 4:10.40 A 2018 Sam Pinkowski, Wartburg
Championship: 4:12.98 C 2/28/2015 Eli Horton, Central College
Facility: 4:10.99 F 2/17/2018 Casey Roberts, Wartburg

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Matt Heinzman 32.359 (32.359) 2:41.877 (32.051)	SO	Wartburg	4:13.37 2:09.826 (32.280) 4:16.697 (30.130)	4:16.70	2	10



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019**Hosted by: Wartburg College****Hoover Fieldhouse****Results****Finals ... (Men 1 Mile Run)**

Name	Yr	School	Seed	Finals	H#	Points
2 Dan Iselin	SO	Luther	4:18.85	4:17.26	2	8
33.726 (33.726)	1:05.995 (32.269)	1:38.982 (32.987)	2:11.107 (32.125)			
2:42.944 (31.837)	3:14.590 (31.646)	3:46.692 (32.102)	4:17.253 (30.561)			
3 Sam Pinkowski	SO	Wartburg	4:10.24	4:17.82	2	6
32.542 (32.542)	1:04.886 (32.344)	1:37.286 (32.400)	2:09.559 (32.273)			
2:41.599 (32.040)	3:14.250 (32.651)	3:46.717 (32.467)	4:17.811 (31.094)			
4 Andy Vasquez	JR	Nebraska Wesleyan	4:22.45	4:20.57	2	5
33.454 (33.454)	1:05.543 (32.089)	1:38.434 (32.891)	2:10.979 (32.545)			
2:43.781 (32.802)	3:16.718 (32.937)	3:49.638 (32.920)	4:20.567 (30.929)			
5 Dalton Martin	FR	Wartburg	4:20.45	4:21.22	2	4
32.687 (32.687)	1:05.070 (32.383)	1:37.803 (32.733)	2:10.225 (32.422)			
2:43.013 (32.788)	3:16.919 (33.906)	3:50.664 (33.745)	4:21.218 (30.554)			
6 Alec Ille	FR	Wartburg	4:19.57	4:21.66	2	3
33.638 (33.638)	1:05.788 (32.150)	1:38.706 (32.918)	2:11.801 (33.095)			
2:44.913 (33.112)	3:18.094 (33.181)	3:50.368 (32.274)	4:21.651 (31.283)			
7 Jack Carroll	SR	Loras	4:20.57	4:21.79	2	2
32.892 (32.892)	1:05.013 (32.121)	1:37.885 (32.872)	2:10.480 (32.595)			
2:43.263 (32.783)	3:16.919 (33.656)	3:50.176 (33.257)	4:21.786 (31.610)			
8 Mark Biechler	FR	Dubuque	4:21.35	4:23.90	2	1
33.123 (33.123)	1:05.170 (32.047)	1:38.073 (32.903)	2:10.720 (32.647)			
2:43.481 (32.761)	3:17.216 (33.735)	3:51.064 (33.848)	4:23.896 (32.832)			
9 Ryan Courtney	SO	Simpson (Iowa)	4:27.40	4:28.37	2	
34.106 (34.106)	1:06.350 (32.244)	1:39.377 (33.027)	2:13.287 (33.910)			
2:47.665 (34.378)	3:22.122 (34.457)	3:56.060 (33.938)	4:28.367 (32.307)			
10 Alex Streitz	SR	Luther	4:20.80	4:29.38	2	
34.452 (34.452)	1:06.925 (32.473)	1:40.053 (33.128)	2:13.694 (33.641)			
2:47.393 (33.699)	3:22.466 (35.073)	3:57.184 (34.718)	4:29.372 (32.188)			
11 Blake Keller	JR	Loras	4:24.58	4:30.28	2	
33.845 (33.845)	1:05.968 (32.123)	1:39.066 (33.098)	2:12.250 (33.184)			
2:45.842 (33.592)	3:19.927 (34.085)	3:55.085 (35.158)	4:30.280 (35.195)			
12 Josh Paulson	JR	Simpson (Iowa)	4:28.60	4:32.17	2	
34.256 (34.256)	1:06.606 (32.350)	1:39.702 (33.096)	2:13.786 (34.084)			
2:48.298 (34.512)	3:23.397 (35.099)	3:58.345 (34.948)	4:32.166 (33.821)			
13 Tyler Cernohous	FR	Dubuque	4:32.31	4:36.01	1	
35.660 (35.660)	1:08.122 (32.462)	1:42.713 (34.591)	2:16.768 (34.055)			
2:51.381 (34.613)	3:26.502 (35.121)	4:01.921 (35.419)	4:36.002 (34.081)			
14 Mark Morgan	FR	Loras	4:28.17	4:36.23	2	
34.526 (34.526)	1:07.145 (32.619)	1:40.288 (33.143)	2:14.163 (33.875)			
2:48.565 (34.402)	3:23.797 (35.232)	4:00.251 (36.454)	4:36.227 (35.976)			
15 Joe Frazier	SO	Nebraska Wesleyan	4:39.11	4:36.38	1	
35.884 (35.884)	1:08.939 (33.055)	1:43.635 (34.696)	2:18.782 (35.147)			
2:53.759 (34.977)	3:28.789 (35.030)	4:03.130 (34.341)	4:36.372 (33.242)			
16 Caleb Burjes	FR	Luther	4:35.02	4:38.15	1	
35.632 (35.632)	1:08.673 (33.041)	1:44.014 (35.341)	2:19.436 (35.422)			
2:55.099 (35.663)	3:30.067 (34.968)	4:05.912 (35.845)	4:38.144 (32.232)			
17 Easton Sabala	FR	Central College	4:35.42	4:38.87	1	
36.247 (36.247)	1:08.920 (32.673)	1:42.893 (33.973)	2:17.132 (34.239)			
2:52.223 (35.091)	3:27.883 (35.660)	4:04.616 (36.733)	4:38.861 (34.245)			



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019Hosted by: **Wartburg College****Hoover Fieldhouse****Results****Finals ... (Men 1 Mile Run)**

Name	Yr	School	Seed	Finals	H#	Points
18 Waleed Yual	FR	Luther	4:38.18	4:39.11	1	
35.979 (35.979)	1:09.435 (33.456)	1:43.347 (33.912)	2:18.250 (34.903)			
2:53.124 (34.874)	3:28.557 (35.433)	4:04.267 (35.710)	4:39.109 (34.842)			
19 Kaleb Weist	JR	Nebraska Wesleyan	4:40.94	4:39.48	1	
36.463 (36.463)	1:10.038 (33.575)	1:44.417 (34.379)	2:19.352 (34.935)			
2:54.334 (34.982)	3:28.986 (34.652)	4:04.098 (35.112)	4:39.471 (35.373)			
20 Parker Hill	SR	Central College	4:34.36	4:40.98	1	
35.227 (35.227)	1:07.759 (32.532)	1:42.662 (34.903)	2:19.010 (36.348)			
2:55.005 (35.995)	3:31.646 (36.641)	4:07.613 (35.967)	4:40.978 (33.365)			
21 Grant Sparstad	SR	Luther	4:38.56	4:42.08	1	
36.280 (36.280)	1:09.630 (33.350)	1:43.827 (34.197)	2:18.395 (34.568)			
2:52.478 (34.083)	3:27.073 (34.595)	4:03.769 (36.696)	4:42.073 (38.304)			
22 Seth Nostrala	SO	Simpson (Iowa)	4:34.30	4:44.03	1	
35.457 (35.457)	1:08.007 (32.550)	1:42.425 (34.418)	2:16.597 (34.172)			
2:52.735 (36.138)	3:31.261 (38.526)	4:08.623 (37.362)	4:44.027 (35.404)			
23 Cutler Owens	FR	Central College	4:47.33	4:45.49	1	
35.588 (35.588)	1:08.280 (32.692)	1:42.886 (34.606)	2:17.560 (34.674)			
2:53.356 (35.796)	3:30.349 (36.993)	4:08.360 (38.011)	4:45.485 (37.125)			
24 Tyler Grames	FR	Buena Vista	4:51.81	4:51.11	1	
36.653 (36.653)	1:10.311 (33.658)	1:44.716 (34.405)	2:20.376 (35.660)			
2:57.585 (37.209)	3:36.800 (39.215)	4:15.899 (39.099)	4:51.106 (35.207)			
25 Ethan Thompson	FR	Buena Vista	4:53.64	5:00.35	1	
36.019 (36.019)	1:09.859 (33.840)	1:44.880 (35.021)	2:21.835 (36.955)			
3:01.038 (39.203)	3:41.210 (40.172)	4:22.478 (41.268)	5:00.346 (37.868)			
26 Matthew Marroquin	FR	Buena Vista	5:02.60	5:09.62	1	
36.993 (36.993)	1:12.079 (35.086)	1:49.733 (37.654)	2:29.278 (39.545)			
3:10.301 (41.023)	3:51.414 (41.113)	4:32.054 (40.640)	5:09.616 (37.562)			

Men 3000 Meter Run

All-Time: 8:14.94 A 2014 Eli Horton, Central
Championship: 8:24.56 C 3/1/2014 Eli Horton, Central College
Facility: 8:29.99 F 1/20/2018 Sam Pinkowski, Wartburg

Name	Yr	School	Seed	Finals	H#	Points
1 Caleb Appleton	JR	Wartburg	8:29.26	8:34.62	2	10
31.772 (31.772)	1:06.434 (34.662)	1:41.904 (35.470)	2:17.442 (35.538)			
2:53.031 (35.589)	3:28.035 (35.004)	4:03.001 (34.966)	4:38.082 (35.081)			
5:13.378 (35.296)	5:48.670 (35.292)	6:23.560 (34.890)	6:58.661 (35.101)			
7:33.307 (34.646)	8:06.231 (32.924)	8:34.619 (28.388)				
2 Joe Freiburger	SO	Wartburg	8:31.54	8:37.25	2	8
31.472 (31.472)	1:06.145 (34.673)	1:41.522 (35.377)	2:17.150 (35.628)			
2:52.743 (35.593)	3:27.746 (35.003)	4:03.140 (35.394)	4:38.326 (35.186)			
5:13.618 (35.292)	5:48.897 (35.279)	6:23.785 (34.888)	6:58.913 (35.128)			
7:33.500 (34.587)	8:06.625 (33.125)	8:37.245 (30.620)				
3 Tom Altier	FR	Luther	8:44.40	8:37.30	2	6
32.081 (32.081)	1:06.702 (34.621)	1:42.222 (35.520)	2:17.718 (35.496)			
2:53.302 (35.584)	3:28.296 (34.994)	4:03.381 (35.085)	4:38.551 (35.170)			
5:13.834 (35.283)	5:49.118 (35.284)	6:24.030 (34.912)	6:59.099 (35.069)			
7:33.729 (34.630)	8:06.083 (32.354)	8:37.299 (31.216)				



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019

Hosted by: Wartburg College

Hoover Fieldhouse

Results



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019**Hosted by: Wartburg College****Hoover Fieldhouse****Results****Finals ... (Men 3000 Meter Run)**

Name	Yr	School	Seed	Finals	H#	Points
4 Clay Simpson	SR	Nebraska Wesleyan	8:47.11	8:43.30	2	5
33.577 (33.577)	1:07.802 (34.225)	1:42.666 (34.864)	2:17.914 (35.248)			
2:53.570 (35.656)	3:28.501 (34.931)	4:03.730 (35.229)	4:38.647 (34.917)			
5:13.966 (35.319)	5:49.422 (35.456)	6:24.246 (34.824)	6:59.276 (35.030)			
7:34.351 (35.075)	8:08.800 (34.449)	8:43.293 (34.493)				
5 Jay Mixdorf	FR	Wartburg	8:44.89	8:49.49	2	4
33.775 (33.775)	1:08.348 (34.573)	1:43.688 (35.340)	2:18.914 (35.226)			
2:54.565 (35.651)	3:30.274 (35.709)	4:05.675 (35.401)	4:42.042 (36.367)			
5:18.053 (36.011)	5:54.236 (36.183)	6:29.219 (34.983)	7:04.972 (35.753)			
7:41.340 (36.368)	8:16.150 (34.810)	8:49.481 (33.331)				
6 Jeremy Fopma	FR	Central College	8:48.78	8:50.87	2	3
34.059 (34.059)	1:08.596 (34.537)	1:44.087 (35.491)	2:19.361 (35.274)			
2:54.807 (35.446)	3:30.951 (36.144)	4:07.199 (36.248)	4:42.981 (35.782)			
5:19.146 (36.165)	5:55.160 (36.014)	6:31.211 (36.051)	7:07.464 (36.253)			
7:43.768 (36.304)	8:18.680 (34.912)	8:50.866 (32.186)				
7 Jonathan Facio	JR	Simpson (Iowa)	8:47.13	8:52.11	2	2
34.037 (34.037)	1:08.422 (34.385)	1:42.945 (34.523)	2:18.172 (35.227)			
2:53.852 (35.680)	3:28.885 (35.033)	4:04.283 (35.398)	4:39.221 (34.938)			
5:15.529 (36.308)	5:52.271 (36.742)	6:29.519 (37.248)	7:06.400 (36.881)			
7:43.433 (37.033)	8:18.728 (35.295)	8:52.106 (33.378)				
8 Trey Thompson	SR	Simpson (Iowa)	8:41.68	8:54.89	2	1
33.706 (33.706)	1:08.055 (34.349)	1:43.263 (35.208)	2:18.610 (35.347)			
2:54.203 (35.593)	3:30.197 (35.994)	4:06.363 (36.166)	4:42.225 (35.862)			
5:18.852 (36.627)	5:55.542 (36.690)	6:32.239 (36.697)	7:09.075 (36.836)			
7:46.318 (37.243)	8:21.822 (35.504)	8:54.884 (33.062)				
9 Patrick Wolak	JR	Loras	8:51.73	8:56.20	2	
34.441 (34.441)	1:08.747 (34.306)	1:44.178 (35.431)	2:19.598 (35.420)			
2:54.700 (35.102)	3:30.629 (35.929)	4:06.595 (35.966)	4:42.373 (35.778)			
5:18.315 (35.942)	5:54.223 (35.908)	6:29.499 (35.276)	7:05.842 (36.343)			
7:42.884 (37.042)	8:20.043 (37.159)	8:56.192 (36.149)				
10 Preston Decker	SO	Nebraska Wesleyan	8:56.05	8:56.58	2	
33.882 (33.882)	1:08.124 (34.242)	1:43.843 (35.719)	2:19.488 (35.645)			
2:54.337 (34.849)	3:30.342 (36.005)	4:06.940 (36.598)	4:42.891 (35.951)			
5:19.845 (36.954)	5:55.273 (35.428)	6:32.687 (37.414)	7:10.121 (37.434)			
7:47.609 (37.488)	8:23.807 (36.198)	8:56.579 (32.772)				
11 Joey Schultz	SO	Loras	8:53.42	8:57.10	2	
34.403 (34.403)	1:08.986 (34.583)	1:44.508 (35.522)	2:20.361 (35.853)			
2:55.208 (34.847)	3:31.478 (36.270)	4:07.564 (36.086)	4:43.412 (35.848)			
5:19.497 (36.085)	5:56.296 (36.799)	6:32.627 (36.331)	7:09.710 (37.083)			
7:46.115 (36.405)	8:22.591 (36.476)	8:57.100 (34.509)				
12 Tyler Havens	JR	Loras	8:58.10	9:01.73	1	
34.719 (34.719)	1:10.453 (35.734)	1:46.990 (36.537)	2:24.033 (37.043)			
2:59.885 (35.852)	3:35.648 (35.763)	4:11.423 (35.775)	4:47.462 (36.039)			
5:24.524 (37.062)	6:00.682 (36.158)	6:37.580 (36.898)	7:14.560 (36.980)			
7:51.010 (36.450)	8:27.490 (36.480)	9:01.730 (34.240)				



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019

Hosted by: Wartburg College

Hoover Fieldhouse

Results

13	Bryant Seuferer	JR	Central College	9:01.22	9:12.41	1
	35.037 (35.037)	1:10.742 (35.705)	1:47.322 (36.580)	2:24.353 (37.031)		
	3:00.322 (35.969)	3:36.364 (36.042)	4:13.332 (36.968)	4:50.982 (37.650)		
	5:29.059 (38.077)	6:07.014 (37.955)	6:45.279 (38.265)	7:23.279 (38.000)		
	8:01.550 (38.271)	8:38.473 (36.923)	9:12.407 (33.934)			



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019**Hosted by: Wartburg College****Hoover Fieldhouse****Results****Finals ... (Men 3000 Meter Run)**

	Name	Yr	School	Seed	Finals	H#	Points
14	Ryan Courtney	SO	Simpson (Iowa)	9:10.91	9:15.56	1	
	35.412 (35.412)	1:11.089 (35.677)	1:47.744 (36.655)	2:24.833 (37.089)			
	3:00.820 (35.987)	3:36.926 (36.106)	4:14.149 (37.223)	4:51.342 (37.193)			
	5:28.771 (37.429)	6:06.525 (37.754)	6:44.646 (38.121)	7:23.466 (38.820)			
	8:02.070 (38.604)	8:39.876 (37.806)	9:15.554 (35.678)				
15	Fred Farrand	FR	Luther	9:15.49	9:26.44	1	
	36.312 (36.312)	1:13.009 (36.697)	1:51.082 (38.073)	2:29.043 (37.961)			
	3:08.406 (39.363)	3:45.938 (37.532)	4:24.151 (38.213)	5:02.212 (38.061)			
	5:40.709 (38.497)	6:19.755 (39.046)	6:57.502 (37.747)	7:35.052 (37.550)			
	8:12.765 (37.713)	8:50.540 (37.775)	9:26.437 (35.897)				
16	Stefan Hankerson	SR	Luther	9:22.77	9:28.08	1	
	36.577 (36.577)	1:13.302 (36.725)	1:51.325 (38.023)	2:29.274 (37.949)			
	3:08.100 (38.826)	3:45.580 (37.480)	4:23.689 (38.109)	5:01.833 (38.144)			
	5:40.384 (38.551)	6:19.254 (38.870)	6:57.423 (38.169)	7:35.419 (37.996)			
	8:13.240 (37.821)	8:50.945 (37.705)	9:28.072 (37.127)				
17	Pierce Pennell	FR	Nebraska Wesleyan	9:30.31	9:36.00	1	
	36.788 (36.788)	1:13.554 (36.766)	1:51.562 (38.008)	2:29.150 (37.588)			
	3:06.900 (37.750)	3:45.326 (38.426)	4:23.430 (38.104)	5:02.543 (39.113)			
	5:41.311 (38.768)	6:20.349 (39.038)	6:59.605 (39.256)	7:40.036 (40.431)			
	8:20.528 (40.492)	9:01.254 (40.726)	9:35.993 (34.739)				
18	Jonathan Kawula	FR	Nebraska Wesleyan	9:41.65	9:36.89	1	
	36.891 (36.891)	1:13.915 (37.024)	1:51.918 (38.003)	2:29.474 (37.556)			
	3:07.884 (38.410)	3:46.421 (38.537)	4:24.517 (38.096)	5:03.268 (38.751)			
	5:42.449 (39.181)	6:21.934 (39.485)	7:02.034 (40.100)	7:42.731 (40.697)			
	8:23.569 (40.838)	9:02.531 (38.962)	9:36.883 (34.352)				
19	Caleb Blevins	SO	Coe	9:46.89	9:46.99	1	
	39.188 (39.188)	1:18.494 (39.306)	1:58.226 (39.732)	2:39.407 (41.181)			
	3:19.649 (40.242)	3:59.779 (40.130)	4:40.221 (40.442)	5:20.770 (40.549)			
	6:01.192 (40.422)	6:41.216 (40.024)	7:20.454 (39.238)	7:59.045 (38.591)			
	8:37.374 (38.329)	9:14.505 (37.131)	9:46.989 (32.484)				
20	Jared Wells	SR	Coe	9:58.38	9:55.56	1	
	39.396 (39.396)	1:18.725 (39.329)	1:58.400 (39.675)	2:39.602 (41.202)			
	3:19.895 (40.293)	4:00.043 (40.148)	4:40.590 (40.547)	5:21.686 (41.096)			
	6:02.824 (41.138)	6:44.230 (41.406)	7:25.161 (40.931)	8:05.244 (40.083)			
	8:45.048 (39.804)	9:22.068 (37.020)	9:55.552 (33.484)				
21	Josh Dunsbergen	FR	Buena Vista	9:52.93	10:00.82	1	
	37.143 (37.143)	1:14.634 (37.491)	1:53.391 (38.757)	2:32.191 (38.800)			
	3:12.098 (39.907)	3:52.452 (40.354)	4:32.970 (40.518)	5:14.117 (41.147)			
	5:55.947 (41.830)	6:38.798 (42.851)	7:22.045 (43.247)	8:04.591 (42.546)			
	8:45.964 (41.373)	9:27.985 (42.021)	10:00.814 (32.829)				
22	Sezar Carillo	SR	Coe	10:15.05	10:04.68	1	
	39.612 (39.612)	1:18.981 (39.369)	1:58.679 (39.698)	2:39.711 (41.032)			
	3:20.293 (40.582)	4:00.412 (40.119)	4:40.912 (40.500)	5:21.763 (40.851)			
	6:02.872 (41.109)	6:44.012 (41.140)	7:24.565 (40.553)	8:05.992 (41.427)			
	8:46.866 (40.874)	9:26.794 (39.928)	10:04.677 (37.883)				
---	Zach Kenny	JR	Buena Vista	10:05.06	DNS	1	
---	Jordan Toomey	SR	Central College	8:56.52	DNS	2	



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019**Hosted by: Wartburg College****Hoover Fieldhouse****Results****Men 5000 Meter Run**

All-Time: 14:20.44 A 2005 Josh Moen, Wartburg
Championship: 14:27.80 C 2/28/2014 Eli Horton, Central College
Facility: 14:39.29 F 2016 Cole Decker, Central College

Name	Yr	School	Seed	Finals	Points
Finals					
1 Sam Pinkowski		SO Wartburg	15:03.20	14:40.87	10
35.287 (35.287)	1:11.842 (36.555)	1:47.675 (35.833)	2:23.992 (36.317)		
2:59.492 (35.500)	3:33.426 (33.934)	4:07.607 (34.181)	4:42.500 (34.893)		
5:17.691 (35.191)	5:53.112 (35.421)	6:28.867 (35.755)	7:05.008 (36.141)		
7:41.543 (36.535)	8:17.700 (36.157)	8:53.134 (35.434)	9:27.758 (34.624)		
10:02.547 (34.789)	10:36.859 (34.312)	11:11.934 (35.075)	11:46.983 (35.049)		
12:22.295 (35.312)	12:57.744 (35.449)	13:33.314 (35.570)	14:08.051 (34.737)		
14:40.867 (32.816)					
2 Joe Freiburger		SO Wartburg	14:53.00	14:52.87	8
35.183 (35.183)	1:11.620 (36.437)	1:47.470 (35.850)	2:23.819 (36.349)		
2:59.208 (35.389)	3:33.948 (34.740)	4:08.145 (34.197)	4:43.060 (34.915)		
5:18.261 (35.201)	5:53.479 (35.218)	6:29.124 (35.645)	7:05.274 (36.150)		
7:41.716 (36.442)	8:17.876 (36.160)	8:53.446 (35.570)	9:28.019 (34.573)		
10:02.838 (34.819)	10:37.928 (35.090)	11:14.290 (36.362)	11:51.636 (37.346)		
12:28.859 (37.223)	13:05.949 (37.090)	13:43.592 (37.643)	14:18.932 (35.340)		
14:52.869 (33.937)					
3 Caleb Appleton		JR Wartburg	14:44.79	14:53.02	6
35.565 (35.565)	1:12.109 (36.544)	1:47.923 (35.814)	2:24.251 (36.328)		
2:59.776 (35.525)	3:33.710 (33.934)	4:07.889 (34.179)	4:42.798 (34.909)		
5:17.981 (35.183)	5:53.019 (35.038)	6:28.649 (35.630)	7:04.766 (36.117)		
7:41.403 (36.637)	8:17.584 (36.181)	8:53.753 (36.169)	9:28.290 (34.537)		
10:03.452 (35.162)	10:38.958 (35.506)	11:15.137 (36.179)	11:51.955 (36.818)		
12:28.422 (36.467)	13:05.656 (37.234)	13:43.560 (37.904)	14:19.620 (36.060)		
14:53.018 (33.398)					
4 Clay Simpson		SR Nebraska Wesleyan	15:25.78	15:12.55	5
36.796 (36.796)	1:13.252 (36.456)	1:48.808 (35.556)	2:24.600 (35.792)		
3:00.590 (35.990)	3:35.679 (35.089)	4:11.387 (35.708)	4:47.793 (36.406)		
5:24.397 (36.604)	6:01.564 (37.167)	6:39.010 (37.446)	7:16.333 (37.323)		
7:53.477 (37.144)	8:30.479 (37.002)	9:07.986 (37.507)	9:45.869 (37.883)		
10:22.689 (36.820)	10:59.335 (36.646)	11:36.321 (36.986)	12:13.687 (37.366)		
12:49.939 (36.252)	13:26.605 (36.666)	14:02.651 (36.046)	14:37.841 (35.190)		
15:12.542 (34.701)					
5 Trey Thompson		SR Simpson (Iowa)	15:03.69	15:17.99	4
36.036 (36.036)	1:12.370 (36.334)	1:48.114 (35.744)	2:24.489 (36.375)		
3:00.125 (35.636)	3:34.782 (34.657)	4:10.611 (35.829)	4:47.231 (36.620)		
5:24.101 (36.870)	6:01.754 (37.653)	6:39.184 (37.430)	7:16.592 (37.408)		
7:53.733 (37.141)	8:30.795 (37.062)	9:08.270 (37.475)	9:46.121 (37.851)		
10:22.434 (36.313)	10:59.118 (36.684)	11:36.250 (37.132)	12:14.175 (37.925)		
12:51.849 (37.674)	13:29.275 (37.426)	14:07.035 (37.760)	14:43.396 (36.361)		
15:17.989 (34.593)					



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019**Hosted by: Wartburg College****Hoover Fieldhouse****Results****Finals ... (Men 5000 Meter Run)**

Name	Yr	School	Seed	Finals	Points
6 Jeremy Fopma	FR	Central College	15:15.98	15:25.14	3
36.676 (36.676)	1:13.010 (36.334)	1:48.660 (35.650)	2:24.915 (36.255)		
3:01.078 (36.163)	3:35.441 (34.363)	4:10.838 (35.397)	4:47.499 (36.661)		
5:24.306 (36.807)	6:01.506 (37.200)	6:38.978 (37.472)	7:16.333 (37.355)		
7:53.493 (37.160)	8:30.497 (37.004)	9:08.031 (37.534)	9:45.911 (37.880)		
10:22.889 (36.978)	10:59.823 (36.934)	11:37.208 (37.385)	12:15.247 (38.039)		
12:53.379 (38.132)	13:31.427 (38.048)	14:09.367 (37.940)	14:47.202 (37.835)		
15:25.136 (37.934)					
7 Joey Schultz	SO	Loras	15:24.12	15:29.08	2
36.624 (36.624)	1:13.626 (37.002)	1:49.831 (36.205)	2:26.243 (36.412)		
3:03.005 (36.762)	3:39.672 (36.667)	4:16.686 (37.014)	4:53.945 (37.259)		
5:30.785 (36.840)	6:07.682 (36.897)	6:45.288 (37.606)	7:22.556 (37.268)		
8:00.313 (37.757)	8:38.521 (38.208)	9:15.708 (37.187)	9:53.360 (37.652)		
10:31.618 (38.258)	11:08.601 (36.983)	11:47.124 (38.523)	12:25.355 (38.231)		
13:02.995 (37.640)	13:41.230 (38.235)	14:19.260 (38.030)	14:56.126 (36.866)		
15:29.074 (32.948)					
8 Liam Conroy	SO	Wartburg	15:12.43	15:36.14	1
36.320 (36.320)	1:13.202 (36.882)	1:49.121 (35.919)	2:25.290 (36.169)		
3:01.750 (36.460)	3:37.369 (35.619)	4:13.752 (36.383)	4:50.841 (37.089)		
5:28.060 (37.219)	6:04.995 (36.935)	6:42.326 (37.331)	7:19.861 (37.535)		
7:58.218 (38.357)	8:36.715 (38.497)	9:15.103 (38.388)	9:53.675 (38.572)		
10:30.870 (37.195)	11:09.264 (38.394)	11:47.799 (38.535)	12:27.136 (39.337)		
13:06.991 (39.855)	13:46.873 (39.882)	14:25.677 (38.804)	15:03.822 (38.145)		
15:36.140 (32.318)					
9 Patrick Wolak	JR	Loras	15:17.40	15:37.71	
36.563 (36.563)	1:13.418 (36.855)	1:49.808 (36.390)	2:25.890 (36.082)		
3:02.470 (36.580)	3:39.290 (36.820)	4:16.397 (37.107)	4:53.593 (37.196)		
5:30.609 (37.016)	6:07.806 (37.197)	6:44.728 (36.922)	7:21.720 (36.992)		
7:58.952 (37.232)	8:36.808 (37.856)	9:14.843 (38.035)	9:52.514 (37.671)		
10:30.035 (37.521)	11:07.723 (37.688)	11:46.099 (38.376)	12:24.465 (38.366)		
13:03.340 (38.875)	13:41.919 (38.579)	14:21.029 (39.110)	15:00.454 (39.425)		
15:37.709 (37.255)					
10 Daniel Sunvold	JR	Central College	15:37.91	15:38.98	
36.920 (36.920)	1:14.180 (37.260)	1:50.870 (36.690)	2:27.382 (36.512)		
3:04.347 (36.965)	3:41.327 (36.980)	4:18.106 (36.779)	4:55.464 (37.358)		
5:32.793 (37.329)	6:09.760 (36.967)	6:46.970 (37.210)	7:24.091 (37.121)		
8:02.051 (37.960)	8:40.772 (38.721)	9:19.040 (38.268)	9:57.670 (38.630)		
10:36.262 (38.592)	11:15.749 (39.487)	11:54.622 (38.873)	12:34.345 (39.723)		
13:13.987 (39.642)	13:52.477 (38.490)	14:29.567 (37.090)	15:05.810 (36.243)		
15:38.972 (33.162)					
11 Preston Decker	SO	Nebraska Wesleyan	15:37.88	15:45.27	
37.049 (37.049)	1:14.528 (37.479)	1:49.665 (35.137)	2:25.683 (36.018)		
3:02.258 (36.575)	3:38.942 (36.684)	4:15.977 (37.035)	4:53.319 (37.342)		
5:30.785 (37.466)	6:08.092 (37.307)	6:45.224 (37.132)	7:22.679 (37.455)		
8:01.270 (38.591)	8:40.137 (38.867)	9:18.290 (38.153)	9:56.152 (37.862)		
10:35.730 (39.578)	11:15.453 (39.723)	11:53.601 (38.148)	12:34.040 (40.439)		
13:13.668 (39.628)	13:53.029 (39.361)	14:32.449 (39.420)	15:10.715 (38.266)		
15:45.267 (34.552)					



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019

Hosted by: Wartburg College

Hoover Fieldhouse

Results



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019**Hosted by: Wartburg College****Hoover Fieldhouse****Results****Finals ... (Men 5000 Meter Run)**

Name	Yr	School	Seed	Finals	Points
12 Preston Kauder	SR	Loras	15:28.93	15:47.03	
36.451 (36.451)	1:13.368 (36.917)	1:49.872 (36.504)	2:25.958 (36.086)		
3:02.603 (36.645)	3:39.088 (36.485)	4:16.244 (37.156)	4:53.538 (37.294)		
5:30.550 (37.012)	6:07.790 (37.240)	6:45.043 (37.253)	7:22.848 (37.805)		
8:01.791 (38.943)	8:40.525 (38.734)	9:18.268 (37.743)	9:56.381 (38.113)		
10:35.512 (39.131)	11:15.177 (39.665)	11:54.127 (38.950)	12:33.169 (39.042)		
13:12.064 (38.895)	13:51.622 (39.558)	14:30.770 (39.148)	15:10.450 (39.680)		
15:47.028 (36.578)					
13 Logan Egeland	SR	Simpson (Iowa)	15:38.77	15:57.99	
37.256 (37.256)	1:14.389 (37.133)	1:51.066 (36.677)	2:26.991 (35.925)		
3:03.908 (36.917)	3:40.669 (36.761)	4:17.678 (37.009)	4:54.974 (37.296)		
5:31.965 (36.991)	6:09.153 (37.188)	6:47.344 (38.191)	7:25.990 (38.646)		
8:05.730 (39.740)	8:45.501 (39.771)	9:24.555 (39.054)	10:03.615 (39.060)		
10:42.485 (38.870)	11:22.725 (40.240)	12:02.763 (40.038)	12:43.473 (40.710)		
13:22.981 (39.508)	14:03.688 (40.707)	14:42.924 (39.236)	15:22.173 (39.249)		
15:57.987 (35.814)					
14 Jordan Toomey	SR	Central College	15:25.51	16:00.94	
36.945 (36.945)	1:13.952 (37.007)	1:50.640 (36.688)	2:26.826 (36.186)		
3:03.671 (36.845)	3:40.337 (36.666)	4:17.368 (37.031)	4:54.603 (37.235)		
5:31.170 (36.567)	6:08.391 (37.221)	6:45.536 (37.145)	7:22.959 (37.423)		
8:00.614 (37.655)	8:38.781 (38.167)	9:16.148 (37.367)	9:54.919 (38.771)		
10:33.900 (38.981)	11:14.108 (40.208)	11:55.181 (41.073)	12:37.434 (42.253)		
13:20.248 (42.814)	14:02.250 (42.002)	14:44.432 (42.182)	15:23.947 (39.515)		
16:00.931 (36.984)					
15 Brycen Wallace	FR	Central College	15:48.47	16:06.40	
37.139 (37.139)	1:14.453 (37.314)	1:50.444 (35.991)	2:26.551 (36.107)		
3:03.354 (36.803)	3:40.084 (36.730)	4:17.167 (37.083)	4:54.317 (37.150)		
5:32.239 (37.922)	6:10.441 (38.202)	6:49.370 (38.929)	7:29.000 (39.630)		
8:08.100 (39.100)	8:48.435 (40.335)	9:28.646 (40.211)	10:08.353 (39.707)		
10:48.140 (39.787)	11:29.006 (40.866)	12:10.266 (41.260)	12:49.846 (39.580)		
13:30.435 (40.589)	14:10.614 (40.179)	14:50.598 (39.984)	15:31.661 (41.063)		
16:06.397 (34.736)					
16 Will Simonson	SR	Luther		16:07.70	
38.726 (38.726)	1:17.566 (38.840)	1:56.330 (38.764)	2:34.431 (38.101)		
3:12.401 (37.970)	3:50.959 (38.558)	4:28.976 (38.017)	5:07.552 (38.576)		
5:45.302 (37.750)	6:23.412 (38.110)	7:01.719 (38.307)	7:40.989 (39.270)		
8:19.567 (38.578)	8:59.622 (40.055)	9:39.495 (39.873)	10:17.589 (38.094)		
10:54.405 (36.816)	11:32.441 (38.036)	12:10.951 (38.510)	12:49.876 (38.925)		
13:29.134 (39.258)	14:09.623 (40.489)	14:50.948 (41.325)	15:30.919 (39.971)		
16:07.696 (36.777)					
17 Greg Tystahl	FR	Buena Vista	16:08.10	16:11.70	
36.168 (36.168)	1:12.980 (36.812)	1:50.229 (37.249)	2:27.186 (36.957)		
3:04.116 (36.930)	3:41.019 (36.903)	4:17.917 (36.898)	4:55.235 (37.318)		
5:32.476 (37.241)	6:09.476 (37.000)	6:47.683 (38.207)	7:26.335 (38.652)		
8:05.838 (39.503)	8:45.864 (40.026)	9:25.273 (39.409)	10:05.385 (40.112)		
10:44.562 (39.177)	11:24.379 (39.817)	12:04.531 (40.152)	12:45.653 (41.122)		
13:26.686 (41.033)	14:08.650 (41.964)	14:51.526 (42.876)	15:33.514 (41.988)		
16:11.700 (38.186)					



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019

Hosted by: Wartburg College

Hoover Fieldhouse

Results



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019**Hosted by: Wartburg College****Hoover Fieldhouse****Results****Finals ... (Men 5000 Meter Run)**

Name	Yr	School	Seed	Finals	Points
18 Nate Sanders	SO	Central College	15:41.79	16:15.88	
37.180 (37.180)	1:14.719 (37.539)	1:50.994 (36.275)	2:27.539 (36.545)		
3:04.599 (37.060)	3:41.595 (36.996)	4:18.380 (36.785)	4:55.760 (37.380)		
5:33.113 (37.353)	6:10.229 (37.116)	6:47.971 (37.742)	7:26.575 (38.604)		
8:06.078 (39.503)	8:45.243 (39.165)	9:24.298 (39.055)	10:03.131 (38.833)		
10:43.013 (39.882)	11:23.369 (40.356)	12:04.365 (40.996)	12:46.565 (42.200)		
13:28.737 (42.172)	14:10.622 (41.885)	14:52.718 (42.096)	15:34.660 (41.942)		
16:15.878 (41.218)					
19 Colin Weber	JR	Luther		16:19.69	
38.203 (38.203)	1:17.011 (38.808)	1:55.799 (38.788)	2:33.886 (38.087)		
3:11.823 (37.937)	3:50.382 (38.559)	4:28.352 (37.970)	5:06.934 (38.582)		
5:45.023 (38.089)	6:23.135 (38.112)	7:01.446 (38.311)	7:40.725 (39.279)		
8:19.270 (38.545)	8:59.323 (40.053)	9:39.212 (39.889)	10:17.986 (38.774)		
10:57.390 (39.404)	11:37.588 (40.198)	12:17.384 (39.796)	12:57.181 (39.797)		
13:37.404 (40.223)	14:18.251 (40.847)	14:58.925 (40.674)	15:39.785 (40.860)		
16:19.689 (39.904)					
20 Hayden Falkinburg	JR	Nebraska Wesleyan	16:22.76	16:25.10	
37.635 (37.635)	1:15.013 (37.378)	1:51.734 (36.721)	2:28.116 (36.382)		
3:05.087 (36.971)	3:42.186 (37.099)	4:19.372 (37.186)	4:57.419 (38.047)		
5:36.451 (39.032)	6:16.017 (39.566)	6:55.599 (39.582)	7:35.872 (40.273)		
8:15.458 (39.586)	8:55.729 (40.271)	9:36.867 (41.138)	10:18.259 (41.392)		
10:59.191 (40.932)	11:40.643 (41.452)	12:21.933 (41.290)	13:03.661 (41.728)		
13:44.645 (40.984)	14:26.626 (41.981)	15:08.063 (41.437)	15:49.746 (41.683)		
16:25.091 (35.345)					
21 Quenton Max	FR	Luther		16:25.92	
38.479 (38.479)	1:17.274 (38.795)	1:56.083 (38.809)	2:34.168 (38.085)		
3:12.108 (37.940)	3:50.669 (38.561)	4:28.644 (37.975)	5:07.222 (38.578)		
5:44.754 (37.532)	6:22.877 (38.123)	7:01.195 (38.318)	7:40.506 (39.311)		
8:19.036 (38.530)	8:59.075 (40.039)	9:39.817 (40.742)	10:18.925 (39.108)		
10:59.569 (40.644)	11:41.249 (41.680)	12:22.732 (41.483)	13:04.861 (42.129)		
13:46.606 (41.745)	14:27.343 (40.737)	15:10.269 (42.926)	15:49.223 (38.954)		
16:25.918 (36.695)					
22 Cale Billheimer	SO	Simpson (Iowa)	16:04.15	16:26.41	
37.508 (37.508)	1:14.673 (37.165)	1:51.364 (36.691)	2:27.779 (36.415)		
3:04.844 (37.065)	3:41.849 (37.005)	4:18.690 (36.841)	4:56.126 (37.436)		
5:33.584 (37.458)	6:10.779 (37.195)	6:49.850 (39.071)	7:28.630 (38.780)		
8:08.680 (40.050)	8:50.096 (41.416)	9:30.701 (40.605)	10:10.728 (40.027)		
10:51.774 (41.046)	11:33.474 (41.700)	12:15.134 (41.660)	12:57.476 (42.342)		
13:40.791 (43.315)	14:22.839 (42.048)	15:04.739 (41.900)	15:47.509 (42.770)		
16:26.407 (38.898)					
23 Alec Hirsch	FR	Buena Vista	15:48.72	16:40.77	
35.851 (35.851)	1:12.616 (36.765)	1:48.370 (35.754)	2:24.717 (36.347)		
3:00.784 (36.067)	3:35.415 (34.631)	4:11.177 (35.762)	4:48.168 (36.991)		
5:26.657 (38.489)	6:04.653 (37.996)	6:43.978 (39.325)	7:22.219 (38.241)		
8:00.670 (38.451)	8:43.359 (42.689)	9:25.227 (41.868)	10:05.905 (40.678)		
10:48.799 (42.894)	11:32.326 (43.527)	12:15.044 (42.718)	12:59.032 (43.988)		
13:44.134 (45.102)	14:28.500 (44.366)	15:13.048 (44.548)	15:57.488 (44.440)		
16:40.764 (43.276)					



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Hosted by: Wartburg College

Hoover Fieldhouse

Results



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019

Hosted by: Wartburg College

Hoover Fieldhouse

Results**Men 60 Meter Hurdles****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

All-Time: 8.00 A 2009 Shawn Olorundami, Buena Vista
Championship: 8.20 C 2/24/2018 Dylan Kalinay, Simpson (Iowa)
Facility: 8.11 F 3/3/2018 Dylan Kalinay, Simpson (Iowa)

Name	Yr	School	Seed	Prelims	H#		
Preliminaries							
1		Famiek Cook	SR	Wartburg	8.35	8.28 Q	3
2		Will Daniels	JR	Central College	8.37	8.34 Q	1
3		Dallas Wright	SO	Wartburg	8.41	8.36 Q	2
4		Ryan Rogers	SO	Loras	8.35	8.45 q	2
5		Reese Hennerberg	SO	Nebraska Wesleyan	8.44	8.45 q	3
6		James Radziunas	FR	Nebraska Wesleyan	8.39	8.54 q	1
7		Elliott Meyer	SO	Simpson (Iowa)	8.74	8.56 q	1
8		Nolin Linebaugh	SR	Nebraska Wesleyan	8.57	8.66 q	2
9		Grant Fjelstad	FR	Wartburg	8.69	8.70	1
10		Jordan Coughenour	SR	Simpson (Iowa)	8.92	8.80	3
11		Austin Larson	FR	Buena Vista	8.53	8.81	3
12		Austin Greenwalt	JR	Simpson (Iowa)	8.82	8.87	2
13		Danny Devenuto	FR	Central College	8.91	9.04	3
14		Tyler Williams	FR	Simpson (Iowa)	9.37	9.10	1
15		Cole Engel	FR	Coe	9.83	9.48	1
16		Trevor Eckols	SO	Coe	9.19	9.68	2
17		Eric Smedsrud	SO	Luther	10.93	10.53	3
18		Connor Hopkins	SO	Luther	10.39	10.59	2

Men 60 Meter Hurdles

All-Time: 8.00 A 2009 Shawn Olorundami, Buena Vista
Championship: 8.20 C 2/24/2018 Dylan Kalinay, Simpson (Iowa)
Facility: 8.11 F 3/3/2018 Dylan Kalinay, Simpson (Iowa)

Name	Yr	School	Prelims	Finals	Points		
Finals							
1		Ryan Rogers	SO	Loras	8.45	8.32	10
2		Reese Hennerberg	SO	Nebraska Wesleyan	8.45	8.36	8
3		Famiek Cook	SR	Wartburg	8.28	8.49	6
4		Elliott Meyer	SO	Simpson (Iowa)	8.56	8.54	5
5		James Radziunas	FR	Nebraska Wesleyan	8.54	8.55	4
6		Will Daniels	JR	Central College	8.34	8.67	3
7		Nolin Linebaugh	SR	Nebraska Wesleyan	8.66	8.70	2
---		Dallas Wright	SO	Wartburg	8.36	DQ	



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019Hosted by: **Wartburg College****Hoover Fieldhouse****Results****Men 4x200 Meter Relay****All-Time: 1:28.37 A 2003****Wartburg, Wartburg****S Bubb, J Hauser, A Six, B Showlater****Championship: 1:28.37 C 2003****Wartburg, Wartburg****S Bubb, J Hauser, A Six, B Showlater****Facility: 1:29.19 F 2/27/2015****Dubuque, Dubuque****E Winters, J Miggins, H Ross, D Robinson**

Team	Relay	Seed	Finals	H#	Points
Finals					
1	Wartburg		1:29.80	1	10
	1) Dallas Wright SO 44.411 (44.411)	2) Joe Duehr JR 1:06.514 (22.103)	3) Famiek Cook SR 1:29.795 (23.281)	4) Roberto Salamo FR	
2	Dubuque		1:30.74	3	8
	1) Jeremiah Steed SO 44.926 (44.926)	2) Dylan Kutsch FR 1:07.299 (22.373)	3) Jaelen Boysen FR 1:29.895 (22.597)	4) Isaiah Ellis SR	
3	Loras		1:29.93	1	6
	1) Patrick Mikel JR 44.132 (44.132)	2) Josh Smith FR 1:06.775 (22.643)	3) Tyson Morrison JR 1:29.930 (23.156)	4) De'Andre Klein FR	
4	Simpson (Iowa)		1:31.57	3	5
	1) Travis Tupper SR 44.987 (44.987)	2) Craig Garrison FR 1:07.515 (22.529)	3) Kirk Wicks SR 1:30.369 (22.854)	4) Troy Vittetoe SR	
5	Coe		1:38.46	2	4
	1) Caleb Rigdon SO 45.535 (45.535)	2) Nathan Suell SR 1:07.978 (22.443)	3) Jackson Varney FR 1:30.802 (22.824)	4) Rodney Schwartzhoff FR	
6	Nebraska Wesleyan		1:33.82	2	3
	1) Michael Meralc JR 46.000 (46.000)	2) Chase Keller SO 1:08.655 (22.656)	3) Matt Winter SO 1:30.946 (22.291)	4) Ben Christenson FR	
7	Central College		1:32.13	3	2
	1) Cory Suedmeier JR 45.743 (45.743)	2) Carter Tryon FR 1:08.525 (22.782)	3) Mitchell Yaw SO 1:31.782 (23.257)	4) Danny Devenuto FR	
8	Luther		1:35.28	2	1
	1) Ian Kuykendall FR 46.961 (46.961)	2) Nana Anim Asante-Apeatu JR 1:09.978 (23.017)	3) Siletselwe Dlamini FR 1:33.617 (23.639)	4) Maxwell Tapp SR	
9	Buena Vista		1:39.10	1	
	1) Casey Lamle SR 48.471 (48.471)	2) Austin Larson FR 1:13.854 (25.384)	3) Garrett Bates FR 1:39.091 (25.237)	4) Cory Kitt FR	



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Results**Men 4x400 Meter Relay****All-Time: 3:14.04 A 2004****Wartburg, Wartburg****A Six, S Bubb, A Six, B Showlater****Championship: 3:21.51 C 2/25/2017****Simpson (Iowa), Simpson (Iowa)****C Wetterling, T Tupper, M Pearson, K Wicks****Facility: 3:17.42 F 3/3/2018****Augustana (Ill.), Augustana (Ill.)****J Yamamoto, J Swanson, A LaMendola, K Hucker**

Team	Relay	Seed	Finals	H#	Points
Finals					
1	Loras	3:16.57	3:20.34 C	2	10
	1) Tyson Morrison JR 50.979 (50.979)	2) Anakin Hall SR 1:42.274 (51.295)	3) Evan Gradoville SR 3:20.339 (47.585)	4) Patrick Mikel JR	
2	Wartburg	3:17.95	3:21.47 C	2	8
	1) Dallas Wright SO 49.635 (49.635)	2) Famiek Cook SR 1:40.339 (50.704)	3) Roberto Salamo FR 3:21.467 (49.613)	4) Casey Roberts SR	
3	Nebraska Wesleyan	3:21.91	3:23.09	2	6
	1) Michael Merical JR 50.869 (50.869)	2) Marcus Thimm SO 1:42.183 (51.314)	3) Ben Christenson FR 3:23.081 (50.185)	4) Kyle Dickinson FR	
4	Central College	3:21.42	3:25.32	2	5
	1) Mitchell Yaw SO 51.328 (51.328)	2) Carter Tryon FR 1:42.141 (50.813)	3) Caleb Jennings SR 3:25.311 (50.870)	4) Cory Suedmeier JR	
5	Simpson (Iowa)	3:21.07	3:27.15	2	4
	1) Travis Tupper SR 51.099 (51.099)	2) Jordan Coughenour SR 1:42.214 (51.115)	3) Emmitt Wheatley SR 3:27.148 (52.378)	4) Kirk Wicks SR	
6	Coe	3:27.86	3:29.58	1	3
	1) Landon Kraus SR 53.385 (53.385)	2) Jayden Weber FR 1:45.718 (52.334)	3) Hunter Hartshorne JR 3:29.579 (51.445)	4) Nathan Suell SR	
7	Dubuque	3:24.12	3:34.74	1	2
	1) Jeremiah Steed SO 55.822 (55.822)	2) Dante Burchfield JR 1:48.368 (52.547)	3) Isaiah Ellis SR 3:34.735 (54.186)	4) Michael Orcutt SO	
8	Buena Vista	3:32.53	3:36.04	1	1
	1) Blake Patten SO 55.994 (55.994)	2) Alex Loerts JR 1:50.413 (54.419)	3) Anthony Baird FR 3:36.040 (51.272)	4) Casey Lamle SR	
9	Luther	3:33.82	3:36.06	1	
	1) Eric Smedsrud SO 55.546 (55.546)	2) Maxwell Tapp SR 1:49.374 (53.828)	3) Waleed Yual FR 3:36.054 (51.343)	4) Juan Antonio Nelson SO	



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Results**Men 4x800 Meter Relay**All-Time: **7:48.50 A 2017**

Central, Central

Championship: **7:52.15 C 2013**

J Specht, T Rathje, K Pape, M Fairley

Buena Vista, Buena Vista

Facility: **7:58.25 F 2/28/2015**

A Smith, G Woodson, B Berberich, S Woodson

Wartburg, Wartburg

J Hochstetler, C Snider, J Ludwig, R Hermsen

Team	Relay	Seed	Finals	Points
Finals				
1	Wartburg		7:53.52 F	10
	1) Matt Heinzman SO	2) Conor Sapp JR	3) Dalton Martin FR	4) Mark Schulz SR
	2:00.032 (2:00.032)	3:58.491 (1:58.459)	5:55.167 (1:56.676)	7:53.511 (1:58.344)
2	Loras		7:54.80 F	8
	1) Mike Jasa FR	2) Conor Otting SO	3) Joe Eichhorn FR	4) Cole Conklin-Little JR
	1:57.871 (1:57.871)	3:58.405 (2:00.534)	5:57.134 (1:58.729)	7:54.795 (1:57.661)
3	Luther		7:59.88	6
	1) David Will SO	2) Collin Kern JR	3) Carsten Thompson FR	4) Kyle Gilberg SR
	1:59.792 (1:59.792)	3:58.314 (1:58.522)	6:00.277 (2:01.963)	7:59.872 (1:59.595)
4	Central College		8:04.21	5
	1) Will DeHaan FR	2) Kyle Pape SR	3) Rylan Heffernan FR	4) Alec Stahl FR
	2:02.865 (2:02.865)	4:06.761 (2:03.896)	6:07.623 (2:00.862)	8:04.203 (1:56.580)
5	Dubuque		8:04.51	4
	1) Tavian Rumble JR	2) Hunter Klose SR	3) Michael Orcutt SO	4) Jacob Heitter JR
	2:01.010 (2:01.010)	4:00.640 (1:59.630)	6:05.182 (2:04.542)	8:04.505 (1:59.323)
6	Coe		8:10.41	3
	1) Ryan Izer SR	2) Justin Phillips FR	3) Coe Booker FR	4) McCoy Meshach JR
	1:59.194 (1:59.194)	4:01.953 (2:02.759)	6:06.608 (2:04.655)	8:10.402 (2:03.794)
7	Nebraska Wesleyan		8:11.81	2
	1) Magwire Lott SO	2) Bryson Williams SO	3) Trey Seibel SR	4) Holden Christen FR
	2:07.792 (2:07.792)	4:09.250 (2:01.458)	6:11.164 (2:01.914)	8:11.809 (2:00.645)
8	Buena Vista		8:21.63	1
	1) Alex Loerts JR	2) Blake Patten SO	3) Anthony Baird FR	4) Cameron Kaltschnee SO
	2:00.447 (2:00.447)	4:03.189 (2:02.742)	6:09.789 (2:06.600)	8:16.090 (2:06.301)
9	Simpson (Iowa)		8:24.86	
	1) Tyler Combs SO	2) Josh Paulson JR	3) Steve Cruz-Castro FR	4) Levi Lefebure JR
	2:04.972 (2:04.972)	4:09.439 (2:04.467)	6:15.127 (2:05.688)	8:24.860 (2:09.733)



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Results**Men Distance Medley****All-Time: 9:54.08 A 2014****Central, Central****Championship: 10:01.66 C 2008****A O'Brien, S Hammack, D Jackson, E Horton****Wartburg, Wartburg****Facility: 9:56.53 F 3/2/2018****A Hodge, D Peth, J Hommer, K Balster****Wis.-Eau Claire, Wis.-Eau Claire****B Paucek, B Christnovich, D Lueck, P Treacy**

Team	Relay	Seed	Finals	Points	
Finals					
1	Wartburg 1) Frosty Lorimer SO 3:10.241 (3:10.241)	2) Wyatt Schmidt FR 4:00.884 (50.643)	3) Conor Sapp JR 6:00.492 (1:59.608)	10:31.46 10:17.33 4) Casey Roberts SR 10:17.328 (4:16.836)	10
2	Luther 1) Alex Streitz SR 3:11.547 (3:11.547)	2) Juan Antonio Nelson SO 4:04.331 (52.784)	3) Kyle Gilberg SR 6:01.619 (1:57.288)	10:17.74 10:17.733 (4:16.114)	8
3	Loras 1) Cole Conklin-Little JR 3:11.294 (3:11.294)	2) Anakin Hall SR 4:01.709 (50.415)	3) Mike Jasa FR 5:57.169 (1:55.460)	10:19.96 10:19.960 (4:22.791)	6
4	Simpson (Iowa) 1) Tyler Combs SO 3:10.760 (3:10.760)	2) Jordan Coughenour SR 4:00.953 (50.193)	3) Levi Lefebure JR 6:01.650 (2:00.697)	11:42.57 10:26.125 (4:24.475)	5
5	Central College 1) Will DeHaan FR 3:11.100 (3:11.100)	2) Alec Stahl FR 4:03.037 (51.937)	3) Parker Hill SR 6:04.263 (2:01.226)	11:04.25 10:27.467 (4:23.204)	4
6	Dubuque 1) Jacob Heitter JR 3:13.528 (3:13.528)	2) Colfay Pointer JR 4:03.850 (50.322)	3) Tavian Rumble JR 6:03.759 (1:59.909)	10:29.63 10:29.626 (4:25.867)	3
7	Buena Vista 1) Alex Loerts JR 3:15.494 (3:15.494)	2) Casey Lamle SR 4:07.005 (51.511)	3) Blake Patten SO 6:08.771 (2:01.766)	10:48.45 10:48.449 (4:39.678)	2
8	Coe 1) Justin Phillips FR 3:18.361 (3:18.361)	2) Jayden Weber FR 4:11.253 (52.892)	3) Ryan Izer SR 6:11.784 (2:00.531)	10:58.10 10:50.553 (4:38.769)	1
9	Nebraska Wesleyan 1) Trey Seibel SR 3:15.302 (3:15.302)	2) Travis Ohnoutka SR 4:07.785 (52.483)	3) Bryson Williams SO 6:09.158 (2:01.373)	10:52.85 10:51.406 (4:42.248)	10:51.41 4) David Kawula FR

Men High Jump**All-Time: 2.17m A 2005****Cale VanGenderen, Central****Championship: 2.13m C 2/27/2016****Logan Mulford, Central College****Facility: 2.10m F 2011****Jonas Elusme, Wartburg College**

Name	Yr	School	Finals	Points	
Finals					
1	Chandler Petersen	SR Nebraska Wesleyan	2.05m	6-08.75	10
2	Will Daniels	JR Central College	2.02m	6-07.50	8
3	Grayson McBride	SO Nebraska Wesleyan	1.94m	6-04.25	6
4	Sam Rew	SR Nebraska Wesleyan	1.94m	6-04.25	5
5	Quintin Durov	JR Loras	1.89m	6-02.25	3.50



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Results**Finals ... (Men High Jump)**

Name	Yr	School	Finals	Points
5 Drake Lewis	FR	Central College	1.89m 6-02.25	3.50
7 Matt Bandy	FR	Loras	1.89m 6-02.25	2
8 Ryan Rogers	SO	Loras	1.84m 6-00.50	1
9 Devante Pearson	JR	Wartburg	1.84m 6-00.50	
10 Brett LaDoux	SR	Wartburg	1.84m 6-00.50	
11 Jackson Varney	FR	Coe	1.79m 5-10.50	
12 Mac Nuanez	FR	Wartburg	1.79m 5-10.50	
--- Kortez Pickett	SR	Dubuque	NH	

Men Pole Vault

All-Time:	5.20m	A	2008	Kyle Calvert, Loras
Championship:	4.91m	C	2007	Kyle Calvert, Loras
Facility:	5.62m	F	2008	Jacob Pauli, Nike

Name	Yr	School	Finals	Points
Finals				
1 Ryan Rogers	SO	Loras	4.46m 14-07.50	10
2 Will Daniels	JR	Central College	4.31m 14-01.75	8
3 Tyler Miksch	FR	Nebraska Wesleyan	4.16m 13-07.75	6
4 Trent Ostby	JR	Luther	4.01m 13-01.75	5
5 Tanner Johnson	SO	Central College	4.01m 13-01.75	4
6 Philip Senn	SR	Dubuque	4.01m 13-01.75	3
7 Brit Nelson	SR	Wartburg	3.71m 12-02.00	2
8 Ryan Rogers	FR	Luther	3.56m 11-08.00	1
9 Ryan Ruskamp	SR	Nebraska Wesleyan	3.56m 11-08.00	
10 Tyler Fowler	JR	Dubuque	3.26m 10-08.25	
--- Jon Fuentes	JR	Wartburg	NH	
--- Kaleb Noel	SR	Wartburg	NH	
--- Garrett Bates	FR	Buena Vista	NH	
--- Connor Hopkins	SO	Luther	NH	

Men Long Jump

All-Time:	7.69m	A	2009	Eric Bertelsen, Buena Vista
Championship:	7.69m	C	2009	Eric Bertelsen, Buena Vista
Facility:	7.34m	F	2009	Eric Bertelsen, Buena Vista

Name	Yr	School	Finals	H#	Points
Finals					
1 Famiek Cook	SR	Wartburg	7.36m F 24-01.75	2	10
2 Trent Koehler	JR	Nebraska Wesleyan	6.87m 22-06.50	2	8
3 Will Daniels	JR	Central College	6.83m 22-05.00	2	6
4 Matt Winter	SO	Nebraska Wesleyan	6.77m 22-02.50	2	5
5 Brock Lewis	FR	Central College	6.60m 21-08.00	1	4
6 Jackson Varney	FR	Coe	6.56m 21-06.25	2	3
7 Jaelen Boysen	FR	Dubuque	6.53m 21-05.25	2	2
8 Ryan Rogers	SO	Loras	6.49m 21-03.50	2	1



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Name	Yr	School	Finals	H#	Points
9 Peter Kilburg	SO	Loras	6.33m 20-09.25	2	
10 Devante Pearson	JR	Wartburg	6.25m 20-06.25	1	
11 Carter Berkey	FR	Simpson (Iowa)	6.25m 20-06.25	2	
12 Antonio Porter	FR	Nebraska Wesleyan	6.23m 20-05.25	1	
13 Doyle Carroll	SO	Loras	6.19m 20-03.75	2	
14 Cory Kitt	FR	Buena Vista	6.12m 20-01.00	1	
15 Kortez Pickett	SR	Dubuque	6.11m 20-00.50	1	
16 Maxwell Tapp	SR	Luther	6.10m 20-00.25	1	
17 Austin Hobbs	SO	Wartburg	6.06m 19-10.75	1	
18 Austin Greenwalt	JR	Simpson (Iowa)	6.05m 19-10.25	2	
19 Jordon Woods	JR	Central College	5.96m 19-06.75	1	
20 Keaton Fleck	FR	Coe	5.77m 18-11.25	1	
21 Trent Ostby	JR	Luther	5.65m 18-06.50	1	
22 Spencer Willett	SO	Coe	5.26m 17-03.25	1	
23 Maurice Cushion-Lewis	JR	Dubuque	5.26m 17-03.25	2	
24 Brian Rew	JR	Simpson (Iowa)	5.24m 17-02.25	1	

Men Triple Jump**All-Time: 14.60m A 2005****DeAndre Bovan, Dubuque****Championship: 14.60m C 2005****DeAndre Bovan, Dubuque****Facility: 14.40m F 2015****Cornelius McCastle, William Penn**

Name	Yr	School	Finals	H#	Points
Finals					
1 Kortez Pickett	SR	Dubuque	14.03m 46-00.50	2	10
2 Trent Koehler	JR	Nebraska Wesleyan	13.80m 45-03.50	1	8
3 Jeremiah Steed	SO	Dubuque	13.54m 44-05.25	2	6
4 Dante Burchfield	JR	Dubuque	13.47m 44-02.50	2	5
5 Nicholas Beatty	SO	Dubuque	13.44m 44-01.25	2	4
6 Tyler Sharp	SR	Nebraska Wesleyan	13.39m 43-11.25	2	3
7 Doyle Carroll	SO	Loras	13.37m 43-10.50	2	2
8 Brock Lewis	FR	Central College	13.28m 43-07.00	1	1
9 Cory Kitt	FR	Buena Vista	13.15m 43-01.75	2	
10 Lado Kose	FR	Nebraska Wesleyan	12.85m 42-02.00	1	
11 Devante Pearson	JR	Wartburg	12.67m 41-07.00	1	
12 Austin Greenwalt	JR	Simpson (Iowa)	12.17m 39-11.25	1	
13 Nate Sielaff	FR	Loras	11.70m 38-04.75	1	
--- Ahymad Lee	SR	Wartburg	FOUL	1	
--- Jordon Woods	JR	Central College	FOUL	1	
--- Peter Kilburg	SO	Loras	FOUL	2	



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Results**Men Shot Put**

All-Time: 18.58m A 2015 Colt Feltes, Wartburg
Championship: 18.10m C 2/27/2015 Colt Feltes, Wartburg
Facility: 18.58m F 2015 Colt Feltes, Wartburg College

Name	Yr	School	Finals		H#	Points	
Finals							
1	Blaze Murfin	SR	Dubuque	17.53m	57-06.25	2	10
2	Chase Bonner	SR	Buena Vista	15.69m	51-05.75	2	8
3	Nathan Fitzgerald	SR	Central College	15.59m	51-01.75	2	6
4	Caleb Striegel	JR	Simpson (Iowa)	15.29m	50-02.00	2	5
5	Zachary Naatz	SO	Dubuque	15.02m	49-03.50	2	4
6	Charles Goodman	SR	Nebraska Wesleyan	14.97m	49-01.50	2	3
7	Jake Berg	SR	Loras	14.89m	48-10.25	2	2
8	Sam Lindgren	SO	Nebraska Wesleyan	14.58m	47-10.00	2	1
9	Drew Beall	SR	Buena Vista	14.37m	47-01.75	2	
10	Garrett Hammond	SR	Loras	14.29m	46-10.75	2	
11	Austin Feyen	JR	Dubuque	14.25m	46-09.00	2	
12	Kyle Ott	FR	Nebraska Wesleyan	14.21m	46-07.50	2	
13	Joey Mueller	SR	Nebraska Wesleyan	13.86m	45-05.75	1	
14	Chad Moser	SR	Loras	13.56m	44-06.00	1	
15	Josh Seymour	JR	Coe	13.56m	44-06.00	1	
16	Lane Jellison	SO	Buena Vista	13.04m	42-09.50	2	
17	Dallas McFarland	JR	Coe	12.92m	42-04.75	1	
18	Graeson Trevino	FR	Wartburg	12.45m	40-10.25	1	
19	Connor Warrick	JR	Simpson (Iowa)	12.12m	39-09.25	1	
20	Justin Schoppe	JR	Wartburg	11.96m	39-03.00	1	
21	Josh Kreitlow	SO	Wartburg	11.88m	38-11.75	1	
22	Mason Spree	SO	Simpson (Iowa)	11.77m	38-07.50	1	
23	Alex Freiburger	JR	Coe	11.36m	37-03.25	1	
24	Stone Grell	FR	Luther	10.83m	35-06.50	1	
25	Caleb Glodowski	FR	Luther	10.04m	32-11.25	1	
26	Reihana Paewai	SO	Luther	8.67m	28-05.50	1	

Men Weight Throw

All-Time: 20.39m A 2019 Blaze Murfin, Dubuque
Championship: 19.59m C 2/25/2017 Ron Brown, Dubuque
Facility: 20.42m F 2/17/2018 James Plummer, Grand View

Name	Yr	School	Finals		H#	Points	
Finals							
1	Blaze Murfin	SR	Dubuque	18.96m	62-02.50	2	10
2	Austin Feyen	JR	Dubuque	17.46m	57-03.50	2	8
3	Jared Pohlmann	JR	Nebraska Wesleyan	16.93m	55-06.50	2	6
4	John Gregory	SR	Dubuque	16.84m	55-03.00	2	5
5	Drew Beall	SR	Buena Vista	16.26m	53-04.25	2	4
6	Seth Knapp	FR	Nebraska Wesleyan	16.14m	52-11.50	2	3



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Results**Finals ... (Men Weight Throw)**

Name	Yr	School	Finals		H#	Points
7 Garrett Hammond	SR	Loras	16.06m	52-08.25	2	2
8 Jake Berg	SR	Loras	15.98m	52-05.25	2	1
9 Chase Bonner	SR	Buena Vista	15.79m	51-09.75	2	
10 Sam Lindgren	SO	Nebraska Wesleyan	15.33m	50-03.50	2	
11 Shelmund Mercalina	SR	Buena Vista	14.94m	49-00.25	2	
12 Colton Youngren	SO	Dubuque	14.91m	48-11.00	2	
13 Nathan Fitzgerald	SR	Central College	14.83m	48-08.00	2	
14 Lane Jellison	SO	Buena Vista	14.55m	47-09.00	1	
15 Theo Baldus	FR	Central College	14.50m	47-07.00	1	
16 Caleb Striegel	JR	Simpson (Iowa)	14.33m	47-00.25	2	
17 Nic Young	JR	Loras	14.19m	46-06.75	1	
18 Josh Kreitlow	SO	Wartburg	13.61m	44-08.00	1	
19 Dallas McFarland	JR	Coe	12.90m	42-04.00	1	
20 Mason Spree	SO	Simpson (Iowa)	12.82m	42-00.75	1	
21 Jaxon Lee	JR	Simpson (Iowa)	12.67m	41-07.00	1	
22 Lotu Ahomana	SR	Coe	12.57m	41-03.00	1	
23 Josh Seymour	JR	Coe	12.47m	40-11.00	2	
24 Nathan MacDonald	FR	Wartburg	12.22m	40-01.25	1	
25 Justin Schoppe	JR	Wartburg	12.12m	39-09.25	1	
26 Anthony Dixon	FR	Coe	11.97m	39-03.25	1	
27 Luke Pavlat	FR	Central College	10.93m	35-10.50	1	
28 Caleb Glodowski	FR	Luther	10.05m	32-11.75	1	
29 Reihana Paewai	SO	Luther	8.17m	26-09.75	1	
30 Stone Grell	FR	Luther	8.04m	26-04.50	1	

Heptathlon: #1 Men 60 Meter Dash Heptathlon

Championship: 7.23 C 2/24/2012 Breighen Powerll, Central
 Facility: 7.11 F 1/31/2014 Eric Larson, Central College

Name	Yr	School	Finals	H#	Points
Finals					
1 Caleb Jennings	SR	Central College	7.21 C	2	809
2 Tyler Fowler	JR	Dubuque	7.35	2	762
3 Kevin Wissing	JR	Dubuque	7.42	1	739
4 Jon Meinholz	FR	Loras	7.50	2	713
5 Rudy Vrtiska	FR	Nebraska Wesleyan	7.52	2	706
6 Tanner Ellingson	SO	Nebraska Wesleyan	7.53	2	703
7 Riley Barrett	SO	Wartburg	7.65	2	665
8 Ryan Trainer	SO	Simpson (Iowa)	7.77	1	628
9 Nick Thompson	FR	Central College	7.79	2	622
10 Mychael Holliday	SO	Wartburg	7.98	1	565
11 Peyton Wetzel	SR	Nebraska Wesleyan	8.09	1	534
12 Curren Matthias	SO	Wartburg	8.10	1	531
--- Robert Smedsrud	JR	Luther	DNS	1	



2019 American Rivers Indoor Track & Field Championships - 2/22/2019 to 2/23/2019Hosted by: **Wartburg College****Hoover Fieldhouse****Results****Heptathlon: #7 Men 1000 Meter Run Heptathlon****Championship: 2:47.82 C 2/25/2012 Dalen Dirth, Luther****Facility: 2:37.44 F 2/2/2013 Dan Kremer, St. Thomas**

Name	Yr	School	Finals	Points
Finals				
1 Curren Matthias	SO	Wartburg	2:39.01 C	884
30.599 (30.599)	1:01.860 (31.261)	1:34.362 (32.502)	2:06.882 (32.520)	
2:39.004 (32.122)				
2 Riley Barrett	SO	Wartburg	2:50.50	760
31.252 (31.252)	1:05.597 (34.345)	1:42.611 (37.014)	2:19.164 (36.553)	
2:50.493 (31.329)				
3 Rudy Vrtiska	FR	Nebraska Wesleyan	2:54.32	721
32.761 (32.761)	1:07.493 (34.732)	1:44.301 (36.808)	2:21.484 (37.183)	
2:54.313 (32.829)				
4 Caleb Jennings	SR	Central College	3:00.52	659
32.780 (32.780)	1:07.917 (35.137)	1:45.047 (37.130)	2:24.401 (39.354)	
3:00.512 (36.111)				
5 Nick Thompson	FR	Central College	3:01.57	649
32.503 (32.503)	1:08.098 (35.595)	1:46.469 (38.371)	2:25.941 (39.472)	
3:01.570 (35.629)				
6 Jon Meinholz	FR	Loras	3:06.90	598
34.424 (34.424)	1:10.514 (36.090)	1:50.228 (39.714)	2:32.361 (42.133)	
3:06.893 (34.532)				
7 Mychael Holliday	SO	Wartburg	3:06.91	598
34.069 (34.069)	1:11.463 (37.394)	1:51.364 (39.901)	2:34.004 (42.640)	
3:06.906 (32.902)				
8 Peyton Wetzal	SR	Nebraska Wesleyan	3:13.05	542
33.656 (33.656)	1:09.310 (35.654)	1:49.719 (40.409)	2:34.674 (44.955)	
3:13.041 (38.367)				
9 Tyler Fowler	JR	Dubuque	3:14.02	533
35.745 (35.745)	1:14.099 (38.354)	1:55.155 (41.056)	2:36.341 (41.186)	
3:14.012 (37.671)				
10 Tanner Ellingson	SO	Nebraska Wesleyan	3:16.63	511
34.266 (34.266)	1:11.565 (37.299)	1:51.696 (40.131)	2:34.992 (43.296)	
3:16.626 (41.634)				
11 Kevin Wissing	JR	Dubuque	3:20.38	478
36.130 (36.130)	1:14.656 (38.526)	1:56.873 (42.217)	2:40.890 (44.017)	
3:20.373 (39.483)				
12 Ryan Trainer	SO	Simpson (Iowa)	3:20.85	474
34.768 (34.768)	1:12.885 (38.117)	1:54.310 (41.425)	2:37.941 (43.631)	
3:20.846 (42.905)				
--- Robert Smedsrud	JR	Luther	DNS	

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon**Championship: 8.58 C 2/27/2015 Jacoby Firkins, Wartburg****Championship: 8.58 C 2/23/2018 Sam Adeniyi, Simpson (Iow****Facility: 8.44 F 2/1/2014 Eric Larson, Central College**

Name	Yr	School	Finals	H#	Points
Finals					
1 Rudy Vrtiska	FR	Nebraska Wesleyan	9.04	4	737



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Results**Finals ... (Heptathlon: #5 Men 60 Meter Hurdles Heptathlon)**

Name	Yr	School	Finals	H#	Points
2 Riley Barrett	SO	Wartburg	9.08	4	728
3 Tanner Ellingson	SO	Nebraska Wesleyan	9.09	4	726
4 Tyler Fowler	JR	Dubuque	9.10	4	724
5 Ryan Trainer	SO	Simpson (Iowa)	9.28	3	685
6 Jon Meinholz	FR	Loras	9.69	2	601
7 Mychael Holliday	SO	Wartburg	9.79	2	581
8 Kevin Wissing	JR	Dubuque	10.03	3	535
9 Peyton Wetzel	SR	Nebraska Wesleyan	10.08	3	526
10 Caleb Jennings	SR	Central College	10.18	1	508
11 Curren Matthias	SO	Wartburg	10.32	2	482
12 Nick Thompson	FR	Central College	10.54	1	444
--- Robert Smedsrud	JR	Luther	DNS	1	

Heptathlon: #4 Men High Jump Heptathlon

Championship:	2.06m	C	2/27/2009	Chris Buresh, Loras
Championship:	2.06m	C	2/24/2017	Will Daniels, Central College
Facility:	2.06m	F	2/27/2009	Chris Buresh, Loras College

Name	Yr	School	Finals	H#	Points
Finals					
1 Caleb Jennings	SR	Central College	1.77m	5-09.75	2 602
1 Riley Barrett	SO	Wartburg	1.77m	5-09.75	2 602
3 Mychael Holliday	SO	Wartburg	1.74m	5-08.50	1 577
3 Ryan Trainer	SO	Simpson (Iowa)	1.74m	5-08.50	2 577
5 Tyler Fowler	JR	Dubuque	1.68m	5-06.00	2 528
6 Nick Thompson	FR	Central College	1.65m	5-05.00	2 504
7 Curren Matthias	SO	Wartburg	1.62m	5-03.75	1 480
7 Kevin Wissing	JR	Dubuque	1.62m	5-03.75	2 480
9 Rudy Vrtiska	FR	Nebraska Wesleyan	1.56m	5-01.25	1 434
10 Jon Meinholz	FR	Loras	1.50m	4-11.00	2 389
11 Peyton Wetzel	SR	Nebraska Wesleyan	1.44m	4-08.75	1 345
11 Tanner Ellingson	SO	Nebraska Wesleyan	1.44m	4-08.75	1 345
--- Robert Smedsrud	JR	Luther	DNS		1

Heptathlon: #6 Men Pole Vault Heptathlon

Championship:	4.49m	C	2/25/2012	Aaron Fuller, Central
Facility:	4.60m	F	2/1/2014	Connor O'Neill, St. Thomas

Name	Yr	School	Finals	Points
Finals				
1 Tyler Fowler	JR	Dubuque	3.45m	11-03.75 469
1 Riley Barrett	SO	Wartburg	3.45m	11-03.75 469
3 Mychael Holliday	SO	Wartburg	3.35m	10-11.75 444
4 Rudy Vrtiska	FR	Nebraska Wesleyan	3.25m	10-08.00 418
5 Curren Matthias	SO	Wartburg	3.05m	10-00.00 369
5 Kevin Wissing	JR	Dubuque	3.05m	10-00.00 369



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Name	Yr	School	Finals	Points
7 Nick Thompson	FR	Central College	2.95m 9-08.00	345
8 Ryan Trainer	SO	Simpson (Iowa)	2.85m 9-04.25	321
9 Peyton Wetzel	SR	Nebraska Wesleyan	2.75m 9-00.25	298
9 Caleb Jennings	SR	Central College	2.75m 9-00.25	298
11 Jon Meinholz	FR	Loras	2.55m 8-04.25	253
12 Tanner Ellingson	SO	Nebraska Wesleyan	2.45m 8-00.50	231
--- Robert Smedsrud	JR	Luther	DNS	

Heptathlon: #2 Men Long Jump Heptathlon**Championship: 7.24m C 2/25/2011 Ethan Miller, Central College****Facility: 6.85m F 1/31/2014 Eric Larson, Central College**

Name	Yr	School	Finals	Points
Finals				
1 Nick Thompson	FR	Central College	6.18m 20-03.50	626
2 Caleb Jennings	SR	Central College	5.95m 19-06.25	576
3 Rudy Vrtiska	FR	Nebraska Wesleyan	5.94m 19-06.00	574
4 Kevin Wissing	JR	Dubuque	5.85m 19-02.50	554
5 Ryan Trainer	SO	Simpson (Iowa)	5.82m 19-01.25	548
6 Tyler Fowler	JR	Dubuque	5.77m 18-11.25	537
6 Mychael Holliday	SO	Wartburg	5.77m 18-11.25	537
8 Riley Barrett	SO	Wartburg	5.69m 18-08.00	521
9 Tanner Ellingson	SO	Nebraska Wesleyan	5.60m 18-04.50	502
10 Peyton Wetzel	SR	Nebraska Wesleyan	5.26m 17-03.25	433
11 Jon Meinholz	FR	Loras	5.22m 17-01.50	425
12 Curren Matthias	SO	Wartburg	5.15m 16-10.75	411
--- Robert Smedsrud	JR	Luther	DNS	

Heptathlon: #3 Men Shot Put Heptathlon**Championship: 14.48m C 2/23/2018 Ryan Kruse, Central Coll****Facility: 14.29m F 2/4/2011 Devin Dirth, St. Thomas**

Name	Yr	School	Finals	Points
Finals				
1 Caleb Jennings	SR	Central College	11.06m 36-03.50	549
2 Riley Barrett	SO	Wartburg	10.51m 34-05.75	516
3 Tanner Ellingson	SO	Nebraska Wesleyan	10.37m 34-00.25	508
4 Jon Meinholz	FR	Loras	9.72m 31-10.75	469
4 Tyler Fowler	JR	Dubuque	9.72m 31-10.75	469
6 Nick Thompson	FR	Central College	9.71m 31-10.25	468
7 Kevin Wissing	JR	Dubuque	9.63m 31-07.25	463
8 Ryan Trainer	SO	Simpson (Iowa)	9.39m 30-09.75	449
9 Peyton Wetzel	SR	Nebraska Wesleyan	9.38m 30-09.25	448
10 Rudy Vrtiska	FR	Nebraska Wesleyan	9.36m 30-08.50	447
11 Curren Matthias	SO	Wartburg	7.57m 24-10.00	341
12 Mychael Holliday	SO	Wartburg	7.00m 22-11.75	307



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Results**Finals ... (Heptathlon: #3 Men Shot Put Heptathlon)**

Name	Yr	School	Finals	Points
--- Robert Smedsrud	JR	Luther	DNS	

Men Heptathlon

All-Time:	5441	A	2019	Will Daniels, Central
Championship:	4811	C	2/23/2018	Ryan Kruse, Central Coll
Facility:	5271	F	2/1/5014	Eric Larson, Central College

Name	Yr	School	Seed	Finals	H#	Points
Finals						
1 Riley Barrett	SO	Wartburg	4035	4261		10
2 Rudy Vrtiska	FR	Nebraska Wesleyan	3763	4037		8
3 Tyler Fowler	JR	Dubuque	3771	4022		6
4 Caleb Jennings	SR	Central College	1905	4001		5
5 Ryan Trainer	SO	Simpson (Iowa)		3682		4
6 Nick Thompson	FR	Central College	3395	3658		3
7 Kevin Wissing	JR	Dubuque		3618		2
8 Mychael Holliday	SO	Wartburg		3609		1
9 Tanner Ellingson	SO	Nebraska Wesleyan	3506	3526		
10 Curren Matthias	SO	Wartburg	3242	3498		
11 Jon Meinholz	FR	Loras		3448		
12 Peyton Wetzel	SR	Nebraska Wesleyan	2657	3126		

Women - Team Rankings - 19 Events Scored

1) Nebraska Wesleyan	181.5	2) Wartburg	178.5
3) Loras	156.5	4) Dubuque	92
5) Central College	74	6) Luther	18
7) Simpson (Iowa)	14.5	8) Coe	14
9) Buena Vista	12		

Men - Team Rankings - 19 Events Scored

1) Wartburg	177	2) Loras	136.5
3) Nebraska Wesleyan	122	4) Dubuque	104
5) Central College	90.5	6) Simpson (Iowa)	44
7) Luther	36	8) Buena Vista	16
9) Coe	14		

