

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****Women 55 Meter Dash****Top 8 Advance by Time**

All-Time: A	7.02	2020	Gabrielle Nolan, Loras			
Championship: C	7.12	2011	Faith Burt, Wartburg			
Facility: F	6.92	2/18/2012	Reyare Thomas, Iowa Central			
Name		Year	School	Seed	Prelims	H#

**Preliminaries**

1	Gabrielle Noland	SR	Loras	7.56	A 7.01q	4
2	Terrianna Black	SR	Loras	7.58	C 7.11q	3
3	Alison Beeman	SR	Dubuque	7.65	7.13q	2
4	Ya'Mia Ailes-Primes	SO	Dubuque	7.81	7.26q	1
5	Marion Edwards	SO	Loras	7.88	7.29q	3
6	Alanna Muhammad	SO	Wartburg	7.82	7.30q	1
7	Maddie Moran	SO	Nebraska Wesleyan	7.83	7.31q	2
8	Katie Saner	FR	Luther	8.07	7.37q	1
9	Stevie Lambe	SO	Loras	7.97	7.44	4
10	Kylie Johnston	JR	Buena Vista	8.00	7.48	4
11	Morgan Funke	SO	Wartburg	8.06	7.51	3
12	Mikala Sidney	FR	Wartburg	8.06	7.55	2
13	Larissa Sellers	FR	Nebraska Wesleyan	8.15	7.58	2
14	Allyson Woods	JR	Central College	8.15	7.59	3
15	Alyssa Skrove	SR	Dubuque	8.14	7.65	1
16	Christina Jackson	SO	Buena Vista	8.29	7.72	4
17	Sarah Nolting	SO	Simpson (Iowa)	8.38	7.74	3
18	Meagan Blomgren	FR	Simpson (Iowa)	8.43	7.79	1
19	Kenzie Blomgren	FR	Simpson (Iowa)	8.45	7.81	1
20	Katara Jondle	FR	Buena Vista	8.41	7.82	2
21	Marikka Coltvvet	SO	Luther	8.37	7.83	4
22	Corinne Thomas	SO	Simpson (Iowa)	8.96	8.22	2
23	Makayla Baker	FR	Simpson (Iowa)	9.04	8.45	3
24	Maggy Muller	FR	Luther	9.11	8.59	4

**Women 55 Meter Dash**

All-Time: A	7.02	2020	Gabrielle Nolan, Loras			
Championship: C	7.12	2011	Faith Burt, Wartburg			
Facility: F	6.92	2/18/2012	Reyare Thomas, Iowa Central			
Name		Year	School	Prelims	Finals	H# Points

<b>Finals</b>						
1	Gabrielle Noland	SR	Loras	7.01	7.05C	2 10
2	Terrianna Black	SR	Loras	7.11	7.13	2 8 7.121
3	Alison Beeman	SR	Dubuque	7.13	7.13	1 6 7.126
4	Ya'Mia Ailes-Primes	SO	Dubuque	7.26	7.18	1 5
5	Alanna Muhammad	SO	Wartburg	7.30	7.31	1 4
6	Marion Edwards	SO	Loras	7.29	7.34	2 3
7	Katie Saner	FR	Luther	7.37	7.44	1 2
8	Maddie Moran	SO	Nebraska Wesleyan	7.31	7.47	2 1

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****Women 200 Meter Dash**

All-Time: A 24.34 2019		Gabrielle Noland, Loras					
Championship: C 24.92 2013		Felicia Coleman, Central					
Facility: F 24.92 2013		Dominique Kimpel, Iowa Central					
Name	Year	School	Seed	Finals	H#	Points	
1	Alison Beeman	SR Dubuque	24.49	24.47C	8	10	
2	Gabrielle Noland	SR Loras	24.50	24.78C	8	8	
3	Ya'Mia Ailes-Primes	SO Dubuque	25.92	25.53	7	6	
4	Aspen Rolfes	JR Nebraska Wesleyan	25.78	25.59	8	5	
5	Alanna Muhammad	SO Wartburg	26.05	25.88	7	4	25.873
6	Marion Edwards	SO Loras	25.95	25.88	7	3	25.874
7	Terrianna Black	SR Loras	25.86	26.06	8	2	
8	Elayna Bahl	SO Loras	26.19	26.08	7	1	
9	Jackie Ganshirt	JR Wartburg	26.41	26.14	6		
10	Carlyn Cole	SR Coe	26.27	26.34	6		
11	Alexandra Daniel	SR Nebraska Wesleyan	26.45	26.38	6		26.371
12	Kylie Johnston	JR Buena Vista	26.80	26.38	5		26.374
13	Stevie Lambe	SO Loras	26.36	26.41	6		
14	Alyssa Skrove	SR Dubuque	26.49	26.45	5		
15	Rose Sieve	FR Luther	27.68	26.98	4		
16	Callie Anderson	FR Wartburg	26.94	27.10	5		
17	Allyson Woods	JR Central College	27.57	27.23	4		
18	Katara Jondle	FR Buena Vista	27.45	27.26	4		
19	Christina Jackson	SO Buena Vista	27.98	27.40	3		
20	Megan Carley	FR Nebraska Wesleyan	27.45	27.55	5		
21	Brittini Thomas	JR Buena Vista	27.69	27.57	4		
22	Rebekah Beard	SO Central College	28.17	27.86	3		
23	Holly Forrester	JR Central College	27.86	28.33	3		
24	Meagan Blomgren	FR Simpson (Iowa)	28.74	28.37	2		
25	Kasandra Keller	FR Luther	28.57	28.46	2		
26	Kenzie Blomgren	FR Simpson (Iowa)	28.93	28.53	2		
27	Erin Strohmeyer	SO Buena Vista	28.36	28.58	3		
28	Sarah Nolting	SO Simpson (Iowa)	29.37	29.03	2		
29	Tara Leporte	FR Buena Vista	30.39	30.20	1		
30	Corinne Thomas	SO Simpson (Iowa)	30.22	30.29	1		
31	Maggy Muller	FR Luther	30.91	30.75	1		
32	Makayla Baker	FR Simpson (Iowa)	31.60	30.87	1		

**Women 400 Meter Dash**

All-Time: A 55.19 2018		Elizabeth Jones, Nebraska Wesleyan					
Championship: C 55.83 2011		Nevada Morrison, Wartburg					
Facility: F 57.06 2008		Hannah Baker, Wartburg					
Name	Year	School	Seed	Finals	H#	Points	
1	Gabrielle Noland	SR Loras	57.18	56.35F	4	10	
	27.133 (27.133)	56.347 (29.215)					
2	Olivia Costley	SO Dubuque	57.58	57.30	4	8	
	26.899 (26.899)	57.295 (30.396)					
3	Jaderial Staebler	JR Wartburg	59.57	59.25	3	6	
	27.052 (27.052)	59.250 (32.199)					
4	Stevie Lambe	SO Loras	59.08	59.32	4	5	
	27.465 (27.465)	59.312 (31.848)					

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5	Alyssa Pfadenhauer	FR Loras	59.80	59.38	2	4	59.373
	27.538 (27.538)	59.373 (31.836)					
6	Jackie Ganshirt	JR Wartburg	59.67	59.38	3	3	59.378
	27.219 (27.219)	59.378 (32.160)					
7	Alexis Alt	SR Loras	59.66	59.54	3	2	
	27.084 (27.084)	59.536 (32.453)					
8	Aspen Rolfes	JR Nebraska Wesleyan	59.60	59.56	3	1	
	27.255 (27.255)	59.556 (32.301)					
9	Tabitha Guyett	SO Buena Vista	1:00.30	59.96	2		
	27.629 (27.629)	59.951 (32.322)					
10	Carson McSorley	SO Wartburg	59.57	1:00.46	4		
	27.186 (27.186)	1:00.459 (33.273)					
11	Devine Gines	SR Nebraska Wesleyan	1:01.60	1:01.23	2		
	28.913 (28.913)	1:01.221 (32.308)					
12	Katelyn Mangold	JR Simpson (Iowa)	1:05.53	1:04.69	2		
	29.643 (29.643)	1:04.689 (35.046)					
13	Ashley Telleen	FR Buena Vista	1:07.06	1:06.63	1		
	30.397 (30.397)	1:06.627 (36.230)					
14	Tianna Janssen	FR Buena Vista	1:06.39	1:06.94	1		
	31.411 (31.411)	1:06.932 (35.522)					
15	Amanda Mertens	SR Luther	1:06.77	1:08.27	1		
	32.419 (32.419)	1:08.261 (35.842)					
16	Abigael Stroup	FR Luther		1:13.10	1		
	34.261 (34.261)	1:13.098 (38.837)					

**Women 800 Meter Run**

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	All-Time: A	2:10.12	2011	Keelie Finnel, Coe			
	Championship: C	2:12.05	2007	Heidi Porter, Wartburg			
	Facility: F	2:14.72	2/28/2014	Taylor Moore, Wartburg			
	Name		Year School	Seed	Finals	H#	Points
=====							
1	Mari Stein		FR Central College	2:21.38	2:17.42	2	10
	34.311 (34.311)	1:09.837 (35.526)		1:44.807 (34.970)	2:17.413 (32.606)		
2	Erica Rittgers		SR Wartburg	2:13.90	2:17.77	2	8
	33.743 (33.743)	1:08.143 (34.400)		1:43.433 (35.290)	2:17.765 (34.332)		
3	Moriah Morter		SO Wartburg	2:20.15	2:20.10	2	6
	34.159 (34.159)	1:08.715 (34.556)		1:44.123 (35.408)	2:20.099 (35.976)		
4	Belle Tynnismaa		SR Wartburg	2:20.93	2:20.90	2	5
	33.983 (33.983)	1:08.401 (34.418)		1:43.947 (35.546)	2:20.899 (36.952)		
5	Valerie Herbst		JR Loras	2:23.99	2:22.79	2	4
	35.277 (35.277)	1:10.919 (35.642)		1:47.389 (36.470)	2:22.781 (35.392)		
6	Kaylee Osterberger		SO Loras	2:21.31	2:23.32	2	3
	35.043 (35.043)	1:10.959 (35.916)		1:47.803 (36.844)	2:23.315 (35.512)		
7	Rylee Bahe		SR Nebraska Wesleyan	2:23.75	2:23.78	2	2
	34.497 (34.497)	1:09.259 (34.762)		1:44.833 (35.574)	2:23.773 (38.940)		
8	Jadyn Forbes		FR Buena Vista	2:20.90	2:23.94	2	1
	34.271 (34.271)	1:10.643 (36.372)		1:48.495 (37.852)	2:23.935 (35.440)		
9	Heather Muntz		SR Dubuque	2:26.34	2:24.13	1	
	34.631 (34.631)	1:09.461 (34.830)		1:46.255 (36.794)	2:24.125 (37.870)		
10	Ciera Deitchler		FR Loras	2:23.63	2:24.41	2	
	34.637 (34.637)	1:10.481 (35.844)		1:47.409 (36.928)	2:24.401 (36.992)		
11	Camryn Larsen		JR Nebraska Wesleyan	2:21.48	2:24.66	2	
	34.405 (34.405)	1:09.009 (34.604)		1:44.915 (35.906)	2:24.655 (39.740)		

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12	Ellie Osterberger	SO Loras	2:23.48	2:28.08	2
	35.333 (35.333)	1:11.339 (36.006)	1:48.983 (37.644)	2:28.077 (39.094)	
13	Devyn McDonald	FR Nebraska Wesleyan	2:31.64	2:31.39	1
	35.599 (35.599)	1:12.151 (36.552)	1:51.647 (39.496)	2:31.383 (39.736)	
14	Madelyn Hunke	JR Nebraska Wesleyan	2:31.02	2:31.75	1
	35.825 (35.825)	1:12.381 (36.556)	1:51.395 (39.014)	2:31.749 (40.354)	
15	Nicole May	SO Central College	2:37.41	2:36.35	1
	37.229 (37.229)	1:15.359 (38.130)	1:56.197 (40.838)	2:36.343 (40.146)	
16	Ilsa Knivslund	SR Luther	2:36.38	2:36.54	1
	37.899 (37.899)	1:16.187 (38.288)	1:56.947 (40.760)	2:36.537 (39.590)	
17	Hollie Loper	FR Central College	2:39.48	2:40.21	1
	37.499 (37.499)	1:15.905 (38.406)	1:58.271 (42.366)	2:40.201 (41.930)	
18	Kylee Bass	FR Simpson (Iowa)	2:44.12	2:42.63	1
	38.079 (38.079)	1:17.339 (39.260)	1:59.871 (42.532)	2:42.623 (42.752)	
--	Mary Nelson	SO Simpson (Iowa)	2:58.92	DNS	1

**Women 1 Mile Run**

All-Time: A	4:43.92	2005	Missy Buttry, Wartburg			
Championship: C	4:46.06	2005	Missy Buttry, Wartburg			
Facility: F	4:46.06	2005	Missy Buttry, Wartburg			
Name	Year	School	Seed	Finals	H#	Points
1	Kassie Rosenbum	JR Loras	4:58.50	5:04.75	2	10
	40.255 (40.255)	1:19.469 (39.214)	1:58.549 (39.080)	2:38.153 (39.604)		
	3:16.115 (37.962)	3:52.537 (36.422)	4:29.957 (37.420)	5:04.743 (34.786)		
2	Aubrie Fisher	FR Wartburg	5:12.23	5:06.95	2	8
	40.531 (40.531)	1:19.797 (39.266)	1:58.835 (39.038)	2:38.493 (39.658)		
	3:16.633 (38.140)	3:53.259 (36.626)	4:31.113 (37.854)	5:06.943 (35.830)		
3	Mari Stein	FR Central College	5:12.90	5:08.41	2	6
	40.389 (40.389)	1:19.573 (39.184)	1:58.629 (39.056)	2:38.269 (39.640)		
	3:16.307 (38.038)	3:53.607 (37.300)	4:31.593 (37.986)	5:08.405 (36.812)		
4	Ellie Beiermann	SR Nebraska Wesleyan	5:11.85	5:11.80	2	5
	40.897 (40.897)	1:19.927 (39.030)	1:59.223 (39.296)	2:39.127 (39.904)		
	3:17.403 (38.276)	3:55.629 (38.226)	4:34.169 (38.540)	5:11.797 (37.628)		
5	Erica Rittgers	SR Wartburg	5:11.85	5:12.36	2	4
	40.509 (40.509)	1:19.739 (39.230)	1:58.895 (39.156)	2:38.523 (39.628)		
	3:16.601 (38.078)	3:53.767 (37.166)	4:31.809 (38.042)	5:12.353 (40.544)		
6	Madi Bahe	SO Nebraska Wesleyan	5:18.15	5:12.71	2	3
	41.009 (41.009)	1:20.171 (39.162)	1:59.463 (39.292)	2:39.151 (39.688)		
	3:17.499 (38.348)	3:55.841 (38.342)	4:34.613 (38.772)	5:12.709 (38.096)		
7	Cassidy Christopher	JR Wartburg	5:20.06	5:14.40	2	2
	41.227 (41.227)	1:20.495 (39.268)	1:59.431 (38.936)	2:38.855 (39.424)		
	3:17.867 (39.012)	3:56.757 (38.890)	4:36.243 (39.486)	5:14.395 (38.152)		
8	Stephanie Lewis	FR Luther	5:16.41	5:16.58	2	1
	40.857 (40.857)	1:20.303 (39.446)	1:59.639 (39.336)	2:39.601 (39.962)		
	3:18.233 (38.632)	3:56.125 (37.892)	4:35.485 (39.360)	5:16.579 (41.094)		
9	Kaylee Osterberger	SO Loras	5:16.50	5:18.55	2	
	40.717 (40.717)	1:20.079 (39.362)	1:59.357 (39.278)	2:39.327 (39.970)		
	3:18.993 (39.666)	3:58.729 (39.736)	4:38.681 (39.952)	5:18.547 (39.866)		
10	Amelia Hornseth	JR Luther	5:20.77	5:22.04	2	
	40.751 (40.751)	1:20.045 (39.294)	1:59.115 (39.070)	2:38.995 (39.880)		
	3:18.361 (39.366)	3:58.321 (39.960)	4:40.727 (42.406)	5:22.035 (41.308)		

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11 Heather Hostager	SO Luther	5:25.07	5:27.22	1
42.856 (42.856)	1:23.412 (40.556)	2:05.140 (41.728)	2:46.980 (41.840)	
3:27.564 (40.584)	4:08.544 (40.980)	4:51.094 (42.550)	5:27.212 (36.118)	
12 Alexis Riesberg	FR Loras	5:33.06	5:33.15	1
42.076 (42.076)	1:23.000 (40.924)	2:04.616 (41.616)	2:46.064 (41.448)	
3:26.536 (40.472)	4:07.922 (41.386)	4:51.628 (43.706)	5:33.146 (41.518)	
13 Allie Pujol	JR Luther	5:39.72	5:33.36	1
42.386 (42.386)	1:22.786 (40.400)	2:04.354 (41.568)	2:45.658 (41.304)	
3:26.238 (40.580)	4:08.240 (42.002)	4:51.656 (43.416)	5:33.358 (41.702)	
14 Kat Hoffman	SR Luther	5:31.28	5:35.52	1
42.608 (42.608)	1:23.170 (40.562)	2:04.922 (41.752)	2:46.674 (41.752)	
3:27.334 (40.660)	4:09.704 (42.370)	4:54.132 (44.428)	5:35.514 (41.382)	
15 Mackenzie Laughlin	SO Simpson (Iowa)	5:27.34	5:38.76	1
42.640 (42.640)	1:23.212 (40.572)	2:04.728 (41.516)	2:46.576 (41.848)	
3:28.358 (41.782)	4:12.364 (44.006)	4:57.830 (45.466)	5:38.758 (40.928)	
16 Lauren Miller	FR Central College	5:45.98	5:42.44	1
43.218 (43.218)	1:23.856 (40.638)	2:05.946 (42.090)	2:49.516 (43.570)	
3:35.934 (46.418)	4:22.138 (46.204)	5:06.846 (44.708)	5:42.438 (35.592)	
17 Erin Circo	SR Nebraska Wesleyan	5:40.77	5:42.84	1
42.978 (42.978)	1:23.578 (40.600)	2:05.030 (41.452)	2:47.260 (42.230)	
3:28.332 (41.072)	4:12.830 (44.498)	4:58.982 (46.152)	5:42.832 (43.850)	
18 Stevette Perez	FR Central College	6:36.72	6:28.72	1
43.546 (43.546)	1:25.956 (42.410)	2:12.402 (46.446)	3:02.268 (49.866)	
3:53.908 (51.640)	4:48.172 (54.264)	5:41.468 (53.296)	6:28.720 (47.252)	

**Women 3000 Meter Run**

All-Time: A	9:13.13	2005	Missy Buttry, Wartburg			
Championship: C	9:50.16	2012	Laura Sigmund, Wartburg			
Facility: F	10:02.77	1997	Turena Johnson Lane, Luther			
Name	Year	School	Seed	Finals	H#	Points
1 Kassie Rosenbum	JR	Loras	10:02.89	10:13.23	2	10
43.073 (43.073)	1:26.257 (43.184)	2:08.531 (42.274)	2:50.125 (41.594)			
3:31.749 (41.624)	4:13.331 (41.582)	4:56.627 (43.296)	5:39.031 (42.404)			
6:19.885 (40.854)	7:00.669 (40.784)	7:41.773 (41.104)	8:20.925 (39.152)			
8:57.873 (36.948)	9:35.659 (37.786)	10:13.227 (37.568)				
2 Aubrie Fisher	FR	Wartburg	10:05.54	10:19.49	2	8
43.507 (43.507)	1:26.677 (43.170)	2:08.773 (42.096)	2:50.517 (41.744)			
3:31.865 (41.348)	4:14.049 (42.184)	4:57.005 (42.956)	5:39.511 (42.506)			
6:20.663 (41.152)	7:01.235 (40.572)	7:42.663 (41.428)	8:22.205 (39.542)			
9:03.233 (41.028)	9:43.447 (40.214)	10:19.481 (36.034)				
3 Carina Collet	JR	Wartburg	10:10.17	10:19.80	2	6
43.187 (43.187)	1:26.355 (43.168)	2:08.239 (41.884)	2:49.501 (41.262)			
3:31.273 (41.772)	4:13.475 (42.202)	4:56.835 (43.360)	5:39.251 (42.416)			
6:20.335 (41.084)	7:00.935 (40.600)	7:42.251 (41.316)	8:22.535 (40.284)			
9:03.455 (40.920)	9:43.801 (40.346)	10:19.793 (35.992)				
4 Vera Lindhorst	SR	Luther	10:23.89	10:21.08	2	5
43.895 (43.895)	1:26.937 (43.042)	2:09.045 (42.108)	2:50.645 (41.600)			
3:32.435 (41.790)	4:14.419 (41.984)	4:57.317 (42.898)	5:39.779 (42.462)			
6:20.983 (41.204)	7:01.791 (40.808)	7:43.289 (41.498)	8:22.857 (39.568)			
9:03.723 (40.866)	9:44.087 (40.364)	10:21.073 (36.986)				

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5	Trinity Borland	SO Wartburg	10:24.98	10:22.83	2	4
	44.327 (44.327)	1:27.121 (42.794)	2:09.423 (42.302)	2:50.965 (41.542)		
	3:32.717 (41.752)	4:14.745 (42.028)	4:57.621 (42.876)	5:40.201 (42.580)		
	6:21.547 (41.346)	7:01.573 (40.026)	7:43.003 (41.430)	8:23.135 (40.132)		
	9:03.831 (40.696)	9:44.647 (40.816)	10:22.827 (38.180)			
6	Ellie Beiermann	SR Nebraska Wesleyan	10:29.87	10:25.70	2	3
	43.423 (43.423)	1:26.649 (43.226)	2:08.753 (42.104)	2:50.327 (41.574)		
	3:32.121 (41.794)	4:14.331 (42.210)	4:57.397 (43.066)	5:39.969 (42.572)		
	6:21.257 (41.288)	7:01.763 (40.506)	7:43.129 (41.366)	8:23.595 (40.466)		
	9:05.045 (41.450)	9:46.991 (41.946)	10:25.691 (38.700)			
7	Katalina Stai	SR Coe	10:42.77	10:29.40	2	2
	43.873 (43.873)	1:26.187 (42.314)	2:08.221 (42.034)	2:49.793 (41.572)		
	3:31.561 (41.768)	4:13.775 (42.214)	4:57.083 (43.308)	5:39.639 (42.556)		
	6:22.037 (42.398)	7:04.165 (42.128)	7:46.589 (42.424)	8:28.681 (42.092)		
	9:10.359 (41.678)	9:51.261 (40.902)	10:29.399 (38.138)			
8	Emily Hoelsing	SR Buena Vista	10:44.22	10:33.06	2	1
	44.357 (44.357)	1:27.745 (43.388)	2:10.441 (42.696)	2:51.899 (41.458)		
	3:33.819 (41.920)	4:15.945 (42.126)	4:58.727 (42.782)	5:40.739 (42.012)		
	6:23.055 (42.316)	7:04.721 (41.666)	7:46.975 (42.254)	8:29.587 (42.612)		
	9:11.499 (41.912)	9:52.795 (41.296)	10:33.057 (40.262)			
9	Janelle Baeskens	SO Wartburg	10:38.75	10:37.12	2	
	43.765 (43.765)	1:27.359 (43.594)	2:10.013 (42.654)	2:51.517 (41.504)		
	3:33.291 (41.774)	4:15.427 (42.136)	4:58.125 (42.698)	5:40.507 (42.382)		
	6:22.117 (41.610)	7:03.805 (41.688)	7:46.739 (42.934)	8:29.791 (43.052)		
	9:12.941 (43.150)	9:56.065 (43.124)	10:37.111 (41.046)			
10	Natalie Paulson	FR Wartburg	10:32.14	10:40.85	2	
	43.987 (43.987)	1:27.575 (43.588)	2:10.207 (42.632)	2:51.215 (41.008)		
	3:32.981 (41.766)	4:14.971 (41.990)	4:57.827 (42.856)	5:40.327 (42.500)		
	6:21.769 (41.442)	7:03.643 (41.874)	7:46.283 (42.640)	8:29.177 (42.894)		
	9:12.635 (43.458)	9:56.877 (44.242)	10:40.847 (43.970)			
11	Maeve Dunaway	SR Loras	10:51.41	10:47.58	1	
	43.119 (43.119)	1:28.019 (44.900)	2:11.051 (43.032)	2:53.971 (42.920)		
	3:37.209 (43.238)	4:20.707 (43.498)	5:04.907 (44.200)	5:48.437 (43.530)		
	6:32.201 (43.764)	7:15.893 (43.692)	7:58.975 (43.082)	8:43.245 (44.270)		
	9:26.735 (43.490)	10:08.955 (42.220)	10:47.577 (38.622)			
12	Katie Fetting	SO Luther	10:49.91	10:48.45	2	
	44.617 (44.617)	1:27.759 (43.142)	2:10.413 (42.654)	2:51.801 (41.388)		
	3:33.757 (41.956)	4:15.371 (41.614)	4:58.437 (43.066)	5:41.041 (42.604)		
	6:23.657 (42.616)	7:06.949 (43.292)	7:52.303 (45.354)	8:37.007 (44.704)		
	9:21.357 (44.350)	10:06.629 (45.272)	10:48.445 (41.816)			
13	Lauren Berg	SO Luther	10:50.93	10:50.07	1	
	43.719 (43.719)	1:27.417 (43.698)	2:11.123 (43.706)	2:54.119 (42.996)		
	3:37.333 (43.214)	4:21.263 (43.930)	5:05.457 (44.194)	5:48.967 (43.510)		
	6:32.777 (43.810)	7:16.409 (43.632)	7:59.169 (42.760)	8:42.227 (43.058)		
	9:26.089 (43.862)	10:09.191 (43.102)	10:50.067 (40.876)			
14	Camryn Reeg	SO Loras	10:51.59	10:53.30	1	
	43.009 (43.009)	1:27.931 (44.922)	2:10.855 (42.924)	2:53.789 (42.934)		
	3:37.059 (43.270)	4:21.019 (43.960)	5:05.197 (44.178)	5:48.705 (43.508)		
	6:32.501 (43.796)	7:16.155 (43.654)	7:59.863 (43.708)	8:43.659 (43.796)		
	9:27.761 (44.102)	10:11.033 (43.272)	10:53.299 (42.266)			

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15 Madi Bahe	SO Nebraska Wesleyan	10:46.21	10:58.26	2
44.077 (44.077)	1:27.351 (43.274)	2:09.965 (42.614)	2:51.517 (41.552)	
3:33.463 (41.946)	4:15.673 (42.210)	4:58.517 (42.844)	5:40.621 (42.104)	
6:22.935 (42.314)	7:06.093 (43.158)	7:52.029 (45.936)	8:37.833 (45.804)	
9:25.365 (47.532)	10:12.839 (47.474)	10:58.253 (45.414)		
16 Leah Treffer	JR Nebraska Wesleyan	10:52.94	11:02.35	1
43.311 (43.311)	1:28.195 (44.884)	2:11.417 (43.222)	2:54.367 (42.950)	
3:37.629 (43.262)	4:21.557 (43.928)	5:05.773 (44.216)	5:49.543 (43.770)	
6:33.503 (43.960)	7:17.731 (44.228)	8:02.611 (44.880)	8:47.621 (45.010)	
9:33.269 (45.648)	10:18.273 (45.004)	11:02.349 (44.076)		
17 Hailey Hill	FR Central College	11:13.73	11:14.88	1
42.363 (42.363)	1:27.129 (44.766)	2:11.685 (44.556)	2:54.919 (43.234)	
3:38.067 (43.148)	4:21.949 (43.882)	5:06.287 (44.338)	5:51.177 (44.890)	
6:36.591 (45.414)	7:22.751 (46.160)	8:09.107 (46.356)	8:55.813 (46.706)	
9:43.319 (47.506)	10:29.845 (46.526)	11:14.877 (45.032)		
18 Laura Duffield	JR Luther	11:21.62	11:36.36	1
42.763 (42.763)	1:27.723 (44.960)	2:12.119 (44.396)	2:55.637 (43.518)	
3:39.251 (43.614)	4:23.635 (44.384)	5:09.805 (46.170)	5:56.517 (46.712)	
6:44.461 (47.944)	7:34.127 (49.666)	8:23.557 (49.430)	9:12.951 (49.394)	
10:02.901 (49.950)	10:50.399 (47.498)	11:36.359 (45.960)		
19 Katie Murano	SO Simpson (Iowa)	11:50.31	11:41.78	1
43.593 (43.593)	1:28.491 (44.898)	2:13.407 (44.916)	2:58.861 (45.454)	
3:45.411 (46.550)	4:32.559 (47.148)	5:20.671 (48.112)	6:08.881 (48.210)	
6:57.501 (48.620)	7:46.435 (48.934)	8:35.345 (48.910)	9:23.615 (48.270)	
10:12.359 (48.744)	10:59.243 (46.884)	11:41.771 (42.528)		
20 Lauren Mahnke	JR Luther	11:40.47	11:45.97	1
44.101 (44.101)	1:28.829 (44.728)	2:13.461 (44.632)	2:58.587 (45.126)	
3:43.079 (44.492)	4:28.299 (45.220)	5:14.709 (46.410)	6:01.949 (47.240)	
6:50.185 (48.236)	7:39.567 (49.382)	8:28.653 (49.086)	9:19.631 (50.978)	
10:10.107 (50.476)	10:59.989 (49.882)	11:45.963 (45.974)		
21 Emily Buchheit	JR Simpson (Iowa)	11:43.87	11:46.03	1
44.003 (44.003)	1:29.109 (45.106)	2:14.625 (45.516)	3:00.425 (45.800)	
3:47.177 (46.752)	4:34.353 (47.176)	5:22.015 (47.662)	6:10.671 (48.656)	
6:59.249 (48.578)	7:48.557 (49.308)	8:37.709 (49.152)	9:27.193 (49.484)	
10:16.095 (48.902)	11:04.633 (48.538)	11:46.023 (41.390)		
22 Kyli Orr	SO Simpson (Iowa)	11:38.15	11:55.77	1
43.789 (43.789)	1:28.669 (44.880)	2:13.621 (44.952)	2:59.111 (45.490)	
3:45.483 (46.372)	4:32.233 (46.750)	5:20.287 (48.054)	6:08.597 (48.310)	
6:57.789 (49.192)	7:46.867 (49.078)	8:36.307 (49.440)	9:25.961 (49.654)	
10:16.653 (50.692)	11:08.231 (51.578)	11:55.767 (47.536)		
23 Sarah Salas	SR Central College	12:02.98	12:08.83	1
44.295 (44.295)	1:29.579 (45.284)	2:15.475 (45.896)	3:02.443 (46.968)	
3:50.047 (47.604)	4:38.749 (48.702)	5:27.669 (48.920)	6:16.601 (48.932)	
7:05.783 (49.182)	7:55.975 (50.192)	8:46.187 (50.212)	9:37.877 (51.690)	
10:30.767 (52.890)	11:21.893 (51.126)	12:08.825 (46.932)		

**Women 5000 Meter Run**

All-Time: A	16:51.66	2019	Carina Collet, Wartburg		
Championship: C	17:13.94	2/24/2017	Audrey Miller, Loras		
Facility: F	17:11.39	1997	Turena Johnson, Luther		
Name		Year School	Seed	Finals	Points

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1	Kassie Rosenbum	JR Loras	17:06.22	17:25.88	10
	43.448 (43.448)	1:24.824 (41.376)	2:07.024 (42.200)	2:49.006 (41.982)	
	3:31.213 (42.207)	4:13.423 (42.210)	4:56.065 (42.642)	5:38.679 (42.614)	
	6:20.862 (42.183)	7:02.336 (41.474)	7:46.306 (43.970)	8:28.575 (42.269)	
	9:11.782 (43.207)	9:53.974 (42.192)	10:38.242 (44.268)	11:21.785 (43.543)	
	12:05.127 (43.342)	12:48.045 (42.918)	13:31.056 (43.011)	14:12.993 (41.937)	
	14:55.255 (42.262)	15:31.573 (36.318)	16:07.179 (35.606)	16:48.821 (41.642)	
	17:25.880 (37.059)				
2	Carina Collet	JR Wartburg	17:31.78	17:42.52	8
	41.475 (41.475)	1:25.045 (43.570)	2:05.274 (40.229)	2:47.163 (41.889)	
	3:29.095 (41.932)	4:11.515 (42.420)	4:55.403 (43.888)	5:36.673 (41.270)	
	6:17.934 (41.261)	7:02.022 (44.088)	7:43.992 (41.970)	8:28.482 (44.490)	
	9:10.545 (42.063)	9:52.854 (42.309)	10:36.054 (43.200)	11:21.402 (45.348)	
	12:03.155 (41.753)	12:47.421 (44.266)	13:30.755 (43.334)	14:10.992 (40.237)	
	14:55.021 (44.030)	15:39.061 (44.040)	16:20.020 (40.959)	17:04.611 (44.591)	
	17:42.520 (37.909)				
3	Vera Lindhorst	SR Luther	17:50.96	6	
	42.299 (42.299)	1:25.808 (43.509)	2:06.157 (40.349)	2:50.487 (44.330)	
	3:30.437 (39.950)	4:14.524 (44.087)	4:53.062 (38.538)	5:39.641 (46.579)	
	6:20.684 (41.043)	7:05.804 (45.120)	7:47.341 (41.537)	8:31.573 (44.232)	
	9:13.877 (42.304)	9:57.403 (43.526)	10:43.804 (46.401)	11:28.941 (45.137)	
	12:13.975 (45.034)	12:58.761 (44.786)	13:43.880 (45.119)	14:29.191 (45.311)	
	15:13.485 (44.294)	15:54.957 (41.472)	16:36.294 (41.337)	17:14.745 (38.451)	
	17:50.952 (36.207)				
4	Trinity Borland	SO Wartburg	18:01.02	17:57.42	5
	41.715 (41.715)	1:23.875 (42.160)	2:06.235 (42.360)	2:47.780 (41.545)	
	3:29.865 (42.085)	4:12.324 (42.459)	4:54.517 (42.193)	5:39.205 (44.688)	
	6:21.853 (42.648)	7:03.182 (41.329)	7:45.662 (42.480)	8:29.122 (43.460)	
	9:12.783 (43.661)	9:57.022 (44.239)	10:41.241 (44.219)	11:28.701 (47.460)	
	12:13.231 (44.530)	12:53.891 (40.660)	13:41.192 (47.301)	14:29.034 (47.842)	
	15:13.281 (44.247)	15:54.061 (40.780)	16:36.419 (42.358)	17:19.141 (42.722)	
	17:57.412 (38.271)				
5	Emily Hoelsing	SR Buena Vista	18:30.82	18:22.72	4
	44.083 (44.083)	1:23.594 (39.511)	2:08.464 (44.871)	2:46.334 (37.870)	
	3:31.477 (45.143)	4:13.159 (41.682)	4:56.267 (43.108)	5:42.017 (45.750)	
	6:23.223 (41.206)	7:09.182 (45.959)	7:51.053 (41.871)	8:33.163 (42.110)	
	9:17.492 (44.329)	10:02.677 (45.185)	10:51.474 (48.797)	11:36.018 (44.544)	
	12:22.192 (46.174)	13:06.911 (44.719)	13:53.551 (46.640)	14:40.193 (46.642)	
	15:24.620 (44.427)	16:12.039 (47.419)	16:58.030 (45.991)	17:42.636 (44.606)	
	18:22.720 (40.084)				
6	Janelle Baeskens	SO Wartburg	18:28.03	18:30.18	3
	40.223 (40.223)	1:22.393 (42.170)	2:08.645 (46.252)	2:51.484 (42.839)	
	3:37.182 (45.698)	4:19.125 (41.943)	5:00.712 (41.587)	5:47.762 (47.050)	
	6:34.656 (46.894)	7:18.279 (43.623)	8:06.414 (48.135)	8:49.803 (43.389)	
	9:35.892 (46.089)	10:20.032 (44.140)	11:09.122 (49.090)	11:53.350 (44.228)	
	12:36.398 (43.048)	13:26.420 (50.022)	14:10.942 (44.522)	14:56.285 (45.343)	
	15:40.980 (44.695)	16:22.635 (41.655)	17:07.972 (45.337)	17:53.600 (45.628)	
	18:30.176 (36.576)				

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Women 5000 Meter Run**

7 Riley Mayer	SO Wartburg	18:41.86	18:32.92	2
40.884 (40.884)	1:22.254 (41.370)	2:07.864 (45.610)	2:52.727 (44.863)	
3:34.413 (41.686)	4:20.985 (46.572)	5:03.183 (42.198)	5:45.133 (41.950)	
6:30.322 (45.189)	7:21.217 (50.895)	8:06.671 (45.454)	8:48.932 (42.261)	
9:36.093 (47.161)	10:21.644 (45.551)	11:05.032 (43.388)	11:50.381 (45.349)	
12:41.406 (51.025)	13:23.804 (42.398)	14:05.841 (42.037)	14:50.892 (45.051)	
15:38.576 (47.684)	16:25.642 (47.066)	17:08.520 (42.878)	17:49.680 (41.160)	
18:32.916 (43.236)				
8 Camryn Reeg	SO Loras	18:42.85	18:39.47	1
46.794 (46.794)	1:28.306 (41.512)	2:11.215 (42.909)	2:58.846 (47.631)	
3:43.703 (44.857)	4:29.483 (45.780)	5:11.761 (42.278)	5:55.164 (43.403)	
6:40.278 (45.114)	7:24.491 (44.213)	8:09.383 (44.892)	8:54.324 (44.941)	
9:41.594 (47.270)	10:24.592 (42.998)	11:10.053 (45.461)	11:55.190 (45.137)	
12:40.605 (45.415)	13:26.683 (46.078)	14:13.892 (47.209)	15:01.544 (47.652)	
15:42.162 (40.618)	16:31.302 (49.140)	17:13.274 (41.972)	18:00.311 (47.037)	
18:39.466 (39.155)				
9 Maeve Dunaway	SR Loras	18:46.39	18:40.24	
45.226 (45.226)	1:29.704 (44.478)	2:11.467 (41.763)	2:56.042 (44.575)	
3:46.224 (50.182)	4:26.673 (40.449)	5:13.823 (47.150)	6:00.737 (46.914)	
6:40.283 (39.546)	7:27.644 (47.361)	8:14.642 (46.998)	8:59.346 (44.704)	
9:41.854 (42.508)	10:25.212 (43.358)	11:10.382 (45.170)	11:55.834 (45.452)	
12:44.414 (48.580)	13:25.981 (41.567)	14:15.215 (49.234)	14:56.788 (41.573)	
15:45.080 (48.292)	16:31.620 (46.540)	17:13.724 (42.104)	17:58.781 (45.057)	
18:40.234 (41.453)				
10 Leah Treffer	JR Nebraska Wesleyan	19:14.08	18:57.78	
44.867 (44.867)	1:29.503 (44.636)	2:11.384 (41.881)	2:57.227 (45.843)	
3:38.179 (40.952)	4:24.923 (46.744)	5:10.104 (45.181)	5:54.256 (44.152)	
6:39.132 (44.876)	7:24.078 (44.946)	8:09.771 (45.693)	8:55.694 (45.923)	
9:44.223 (48.529)	10:30.361 (46.138)	11:16.483 (46.122)	12:03.154 (46.671)	
12:47.941 (44.787)	13:36.720 (48.779)	14:21.072 (44.352)	15:07.820 (46.748)	
15:54.879 (47.059)	16:42.181 (47.302)	17:26.599 (44.418)	18:12.845 (46.246)	
18:57.776 (44.931)				
11 Lauren Berg	SO Luther	19:00.13		
43.326 (43.326)	1:27.307 (43.981)	2:10.405 (43.098)	2:52.042 (41.637)	
3:36.886 (44.844)	4:19.163 (42.277)	5:03.954 (44.791)	5:48.200 (44.246)	
6:33.255 (45.055)	7:17.112 (43.857)	8:04.762 (47.650)	8:50.301 (45.539)	
9:36.662 (46.361)	10:22.043 (45.381)	11:08.725 (46.682)	11:55.692 (46.967)	
12:42.713 (47.021)	13:30.752 (48.039)	14:16.044 (45.292)	14:59.051 (43.007)	
15:48.871 (49.820)	16:34.699 (45.828)	17:25.403 (50.704)	18:13.843 (48.440)	
19:00.122 (46.279)				
12 Qiana Roderick	FR Buena Vista	19:05.79	19:02.39	
42.184 (42.184)	1:27.245 (45.061)	2:12.404 (45.159)	2:53.603 (41.199)	
3:35.682 (42.079)	4:18.896 (43.214)	5:03.502 (44.606)	5:50.917 (47.415)	
6:36.259 (45.342)	7:21.681 (45.422)	8:04.981 (43.300)	8:52.405 (47.424)	
9:38.246 (45.841)	10:24.509 (46.263)	11:11.612 (47.103)	12:00.761 (49.149)	
12:47.657 (46.896)	13:32.701 (45.044)	14:22.231 (49.530)	15:07.452 (45.221)	
15:55.779 (48.327)	16:44.350 (48.571)	17:26.340 (41.990)	18:17.136 (50.796)	
19:02.390 (45.254)				

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13 Hailey Hill	FR Central College	20:24.81	19:18.71
40.678 (40.678)	1:23.274 (42.596)	2:10.287 (47.013)	2:51.817 (41.530)
3:35.153 (43.336)	4:20.022 (44.869)	5:06.411 (46.389)	5:50.933 (44.522)
6:37.685 (46.752)	7:22.193 (44.508)	8:07.264 (45.071)	8:54.283 (47.019)
9:40.657 (46.374)	10:26.779 (46.122)	11:12.420 (45.641)	11:58.374 (45.954)
12:45.477 (47.103)	13:33.352 (47.875)	14:21.924 (48.572)	15:11.320 (49.396)
16:00.300 (48.980)	16:49.330 (49.030)	17:40.160 (50.830)	18:32.098 (51.938)
19:18.706 (46.608)			
14 Amelia Morrow	SO Luther	19:43.99	
43.820 (43.820)	1:28.301 (44.482)	2:11.214 (42.913)	2:51.063 (39.849)
3:33.239 (42.176)	4:20.622 (47.383)	5:06.043 (45.421)	5:53.082 (47.039)
6:40.281 (47.199)	7:26.614 (46.333)	8:15.272 (48.658)	9:07.513 (52.241)
9:53.912 (46.399)	10:43.321 (49.409)	11:34.332 (51.011)	12:25.240 (50.908)
13:12.924 (47.684)	13:59.481 (46.557)	14:53.586 (54.105)	15:38.799 (45.213)
16:30.520 (51.721)	17:16.621 (46.101)	18:06.601 (49.980)	18:58.522 (51.921)
19:43.988 (45.466)			
15 Jaylen Arndt	FR Nebraska Wesleyan	21:35.75	20:35.98
45.623 (45.623)	1:29.603 (43.980)	2:19.905 (50.302)	3:06.792 (46.887)
3:53.432 (46.640)	4:41.733 (48.301)	5:30.504 (48.771)	6:19.223 (48.719)
7:07.959 (48.736)	7:56.645 (48.686)	8:48.474 (51.829)	9:35.827 (47.353)
10:25.211 (49.384)	11:15.300 (50.089)	12:07.802 (52.502)	12:56.460 (48.658)
13:46.331 (49.871)	14:39.951 (53.620)	15:31.304 (51.353)	16:22.261 (50.957)
17:15.552 (53.291)	18:04.416 (48.864)	18:55.370 (50.954)	19:49.240 (53.870)
20:35.978 (46.738)			
16 Sarah Salas	SR Central College	21:27.02	21:29.23
41.322 (41.322)	1:26.173 (44.851)	2:10.574 (44.401)	2:58.005 (47.431)
3:46.203 (48.198)	4:34.822 (48.619)	5:24.362 (49.540)	6:17.038 (52.676)
7:04.164 (47.126)	7:54.491 (50.327)	8:48.471 (53.980)	9:41.004 (52.533)
10:29.425 (48.421)	11:23.552 (54.127)	12:16.851 (53.299)	13:11.232 (54.381)
14:07.240 (56.008)	15:07.141 (59.901)	15:59.573 (52.432)	17:00.093 (1:00.520)
17:52.151 (52.058)	18:51.092 (58.941)	19:44.079 (52.987)	20:40.122 (56.043)
21:29.224 (49.102)			
17 Abigail Cawley	FR Nebraska Wesleyan	21:25.38	21:41.63
45.885 (45.885)	1:30.086 (44.201)	2:25.439 (55.353)	3:08.852 (43.413)
4:02.453 (53.601)	4:50.063 (47.610)	5:43.266 (53.203)	6:30.322 (47.056)
7:24.648 (54.326)	8:16.266 (51.618)	9:08.721 (52.455)	10:04.822 (56.101)
10:58.041 (53.219)	11:48.883 (50.842)	12:39.181 (50.298)	13:36.160 (56.979)
14:27.351 (51.191)	15:23.895 (56.544)	16:18.561 (54.666)	17:09.740 (51.179)
18:03.949 (54.209)	19:01.632 (57.683)	19:57.029 (55.397)	20:51.219 (54.190)
21:41.624 (50.405)			

**Women 55 Meter Hurdles****Top 8 Advance by Time**

All-Time: A	8.13	2009	Lauren Bucklin, Simpson		
Championship: C	8.13	2009	Lauren Bucklin, Simpson		
Facility: F	8.27	2/28/2014	Tashina McAllister, Wartburg		
Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1	Elayna Bahl	SO Loras	8.96	8.43q	4
2	Sailor Hinegardner	SO Wartburg	9.27	8.50q	2
3	Anna Achter	SR Wartburg	9.26	8.55q	1
4	Maggi Bjustrom	SR Wartburg	9.16	8.63q	3

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5	Marissa Nolan	SR	Wartburg	9.17	8.66q	2
6	Bailey Vance	JR	Loras	9.39	8.68q	4
7	Kiki Pingel	JR	Central College	9.33	8.70q	4
8	Brittini Thomas	JR	Buena Vista	9.21	8.78q	1
9	Demetria Johnson	JR	Dubuque	9.57	8.81	1
10	Larissa Sellers	FR	Nebraska Wesleyan	9.53	8.88	2
11	Macy Gustafson	JR	Nebraska Wesleyan	9.51	8.97	3
12	Mary Gray	JR	Central College	9.32	9.02	3
13	Rose Sieve	FR	Luther	9.69	9.03	2
14	Erin Strohmeyer	SO	Buena Vista	9.64	9.09	1
15	Addy Vinton	JR	Nebraska Wesleyan	10.18	9.38	4
16	Merryl Green	FR	Loras	9.78	9.43	3
17	Ashley Telleen	FR	Buena Vista	10.41	10.00	3
18	Tianna Janssen	FR	Buena Vista	10.65	10.04	2
19	Abigael Stroup	FR	Luther	11.21	10.11	1
20	Meghan Prohaska	FR	Dubuque	10.08	12.94	4

**Women 55 Meter Hurdles**

All-Time: A	8.13	2009	Lauren Bucklin, Simpson			
Championship: C	8.13	2009	Lauren Bucklin, Simpson			
Facility: F	8.27	2/28/2014	Tashina McAllister, Wartburg			
Name	Year	School	Prelims	Finals	H#	Points

Finals								
1	Elayna Bahl	SO	Loras	8.43	8.39	2	10	
2	Sailor Hinegardner	SO	Wartburg	8.50	8.48	2	8	
3	Kiki Pingel	JR	Central College	8.70	8.54	2	6	
4	Brittini Thomas	JR	Buena Vista	8.78	8.55	1	5	8.541
5	Bailey Vance	JR	Loras	8.68	8.55	1	4	8.544
6	Maggi Bjustrom	SR	Wartburg	8.63	8.59	1	3	
7	Anna Achter	SR	Wartburg	8.55	8.63	1	2	
--	Marissa Nolan	SR	Wartburg	8.66	DQ	2		False Start

**Women 4x400 Meter Relay**

All-Time: A	3:43.82	2012	Wartburg, Wartburg		
			S Morrison, F Burt, K Kregal, N Morrison		
Championship: C	3:52.91	2/27/2016	Wartburg, Wartburg		
			K Muhlenbruch, E Duehr, T Officer, K Johnston		
Facility: F	3:56.17	3/1/2014	Wartburg, Wartburg		
			L Schubert, T Moore, K Kregal, T McAllister		
School	Seed	Finals	H#	Points	
1	Dubuque	3:58.82	3:54.40F	2	10
	1) Olivia Costley SO	2) Heather Muntz SR			
	3) Abigail Smith FR	4) Alison Beeman SR			
	59.335 (59.335)	1:59.047 (59.712)	2:59.438 (1:00.391)	3:54.398 (54.961)	
2	Wartburg	3:56.86	3:57.20	2	8
	1) Jackie Ganshirt JR	2) Jaderial Staebler JR			
	3) Bri Dellamuth SR	4) Erica Rittgers SR			
	1:00.186 (1:00.186)	1:58.859 (58.674)	2:58.546 (59.687)	3:57.196 (58.650)	
3	Loras	3:55.67	3:58.73	2	6

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1) Alexis Alt SR	2) Elayna Bahl SO						
3) Alyssa Pfadenhauer FR	4) Marion Edwards SO						
1:00.725 (1:00.725)	2:01.045 (1:00.320)	2:59.900 (58.855)	3:58.725 (58.826)				
4 Nebraska Wesleyan		4:03.39	4:02.19	2	5		
1) Megan Carley FR	2) Alexandra Daniel SR						
3) Ellen Dalton FR	4) Aspen Rolfes JR						
1:01.560 (1:01.560)	2:01.515 (59.956)	3:01.569 (1:00.054)	4:02.184 (1:00.615)				
5 Buena Vista		4:11.43	4:08.89	2	4		
1) Tabitha Guyett SO	2) Jade Hays SO						
3) Brittini Thomas JR	4) Wren Klump SO						
1:00.076 (1:00.076)	2:03.314 (1:03.238)	3:05.978 (1:02.664)	4:08.881 (1:02.903)				
6 Luther		4:13.54	4:09.53	1	3		
1) Rose Sieve FR	2) Kasandra Keller FR						
3) Grace Herber SO	4) Katie Saner FR						
1:01.453 (1:01.453)	2:06.883 (1:05.430)	3:10.065 (1:03.183)	4:09.525 (59.460)				
7 Central College		4:12.18	4:14.66	1	2		
1) Kiki Pingel JR	2) Allyson Woods JR						
3) Krissa Larson SO	4) Mary Gray JR						
1:01.517 (1:01.517)	2:08.454 (1:06.938)	3:11.924 (1:03.470)	4:14.659 (1:02.736)				
8 Simpson (Iowa)		4:26.47	4:38.77	1	1		
1) Katelyn Mangold JR	2) Jamie Glanz JR						
3) Kylee Bass FR	4) Meagan Blomgren FR						
1:06.349 (1:06.349)	2:15.181 (1:08.832)	3:27.699 (1:12.518)	4:38.768 (1:11.070)				

**Women 4x800 Meter Relay**

=====							
All-Time: A	9:16.52	2010	Wartburg, Wartburg				
			E Eimers, B Fagerlind, A Kuiken, N Calabrese				
Championship: C	9:20.53	2010	Wartburg, Wartburg				
			E Eimers, B Fagerlind, A Kuiken, N Calabrese				
Facility: F	9:22.58	3/1/2014	Wartburg, Wartburg				
			K Adkins, T Officer, K Cochrane, H Vawter				
School				Seed	Finals	Points	
=====							
1 Wartburg					9:32.88	10	
1) Carson McSorley SO			2) Natalie Fober SR				
3) Moriah Morter SO			4) Belle Tynnismaa SR				
2:20.434 (2:20.434)	4:44.716 (2:24.282)	7:08.872 (2:24.156)	9:32.876 (2:24.004)				
2 Nebraska Wesleyan					9:41.02	8	
1) Rylee Bahe SR			2) Reagan Janzen SO				
3) Allie McLuen JR			4) Camryn Larsen JR				
2:26.454 (2:26.454)	4:50.634 (2:24.180)	7:16.732 (2:26.098)	9:41.012 (2:24.280)				
3 Loras					9:43.36	6	
1) Valerie Herbst JR			2) Ciera Deitchler FR				
3) Ellie Osterberger SO			4) Kaylee Osterberger SO				
2:23.894 (2:23.894)	4:51.902 (2:28.008)	7:20.266 (2:28.364)	9:43.356 (2:23.090)				
4 Luther					9:44.60	5	
1) Amelia Hornseth JR			2) Anneke Knauss SO				
3) Heather Hostager SO			4) Stephanie Lewis FR				
2:23.424 (2:23.424)	4:52.856 (2:29.432)	7:22.264 (2:29.408)	9:44.600 (2:22.336)				
5 Buena Vista					10:06.62	4	
1) Jadyn Forbes FR			2) Qiana Roderick FR				
3) Latrice Hodges SO			4) Wren Klump SO				
2:23.894 (2:23.894)	4:53.214 (2:29.320)	7:22.086 (2:28.872)	9:48.256 (2:26.170)				

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6 Central College	10:14.89	9:50.78	3
1) Lauren Coon FR	2) Lauren Miller FR		
3) Madelyn Soupir SO	4) Mari Stein FR		
2:26.090 (2:26.090)	4:56.806 (2:30.716)	7:24.834 (2:28.028)	9:50.780 (2:25.946)
7 Simpson (Iowa)	10:06.68	2	
1) Abby Loecke SO	2) Cat Lucht SO		
3) Sophie Hall SO	4) Mackenzie Laughlin SO		
2:28.314 (2:28.314)	5:01.070 (2:32.756)	7:35.524 (2:34.454)	10:06.680 (2:31.156)
8 Coe	10:13.19	1	
1) Dana Koester SR	2) Kandice Kittinger FR		
3) Martha Jesuit JR	4) Katalina Stai SR		
2:32.596 (2:32.596)	5:00.700 (2:28.104)	7:43.618 (2:42.918)	10:13.182 (2:29.564)
9 Dubuque	10:33.73		
1) Lucy Syverson JR	2) Eliana Berry FR		
3) Stacey Kloft FR	4) Kati Eden JR		
2:31.380 (2:31.380)	5:06.868 (2:35.488)	7:51.690 (2:44.822)	10:33.728 (2:42.038)

**Women Distance Medley**

All-Time: A	11:41.28	2013	Wartburg, Wartburg			
			H Vawter, K Kregel, K Cochrane, S Bruett			
Championship: C	11:48.85	2004	Wartburg, Wartburg			
			B Neal, S Arey, M Ubben, M Buttry			
Facility: F	11:53.42	2/28/2014	Wartburg, Wartburg			
			H Vawter, K Adkins, T Moore, S Bruett			
School			Seed	Finals	Points	
1 Nebraska Wesleyan	13:27.50	12:23.50	10			
1) Madi Bahe SO	2) Camryn Larsen JR					
3) Reagan Janzen SO	4) Ellie Beiermann SR					
3:50.179 (3:50.179)	4:50.325 (1:00.146)	7:12.957 (2:22.632)	12:23.491 (5:10.534)			
2 Wartburg	12:23.51	8				
1) Natalie Paulson FR	2) Brenna Jacobs SO					
3) Moriah Morter SO	4) Aubrie Fisher FR					
3:50.361 (3:50.361)	4:52.491 (1:02.130)	7:15.943 (2:23.452)	12:23.509 (5:07.566)			
3 Luther	12:32.03	6				
1) Amelia Hornseth JR	2) Katie Saner FR					
3) Rose Sieve FR	4) Stephanie Lewis FR					
3:47.441 (3:47.441)	4:47.397 (59.956)	7:16.777 (2:29.380)	12:32.023 (5:15.246)			
4 Loras	12:35.06	5				
1) Ellie Osterberger SO	2) Alyssa Pfadenhauer FR					
3) Ciera Deitchler FR	4) Kaylee Osterberger SO					
3:55.101 (3:55.101)	4:55.167 (1:00.066)	7:17.839 (2:22.672)	12:35.051 (5:17.212)			
5 Coe	12:46.87	4				
1) Kandice Kittinger FR	2) Carlyn Cole SR					
3) Dana Koester SR	4) Katalina Stai SR					
3:58.823 (3:58.823)	4:57.395 (58.572)	7:31.159 (2:33.764)	12:46.869 (5:15.710)			
6 Buena Vista	13:17.78	12:50.94	3			
1) Jadyne Forbes FR	2) Jade Hays SO					
3) Latrice Hodges SO	4) Emily Hoelsing SR					
3:49.727 (3:49.727)	4:52.893 (1:03.166)	7:22.677 (2:29.784)	12:50.931 (5:28.254)			
7 Central College	12:58.87	2				
1) Lauren Coon FR	2) Cali Coffman FR					

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3) Lauren Miller FR	4) Lauren Moll JR
3:58.455 (3:58.455) 5:05.169 (1:06.714) 7:33.627 (2:28.458) 12:58.861 (5:25.234)	
8 Simpson (Iowa)	13:31.52 13:16.32 1
1) Cat Lucht SO	2) Katelyn Mangold JR
3) Abby Loecke SO	4) Mackenzie Laughlin SO
4:01.245 (4:01.245) 5:04.007 (1:02.762) 7:34.085 (2:30.078) 13:16.315 (5:42.230)	
9 Dubuque	13:39.48
1) Stacey Kloft FR	2) Abigail Smith FR
3) Eliana Berry FR	4) Lucy Syverson JR
4:09.795 (4:09.795) 5:10.995 (1:01.200) 7:54.055 (2:43.060) 13:39.471 (5:45.416)	

**Women High Jump**

All-Time: A 1.72m 1998	Dawn Putnam-Vinyard, Buena Vista			
Championship: C 1.70m 2/27/2016	Kailey Kladivo, Wartburg			
Facility: F 1.68m 1988	Dawn Putnma-Vinyard, Buena Vista			
Name	Year School	Seed	Finals	Points
1 Brea Christopher	FR Wartburg	1.71m	1.66m	5-05.25 10
1.58 1.63 1.66 1.69				
O XO O XXX				
2 Ellie Roquet	JR Wartburg	1.63m	1.63m	5-04.25 8
1.53 1.58 1.63 1.66				
O O XO XXX				
3 Courtney Kruthoff	JR Central College	1.61m	1.63m	5-04.25 6
1.48 1.53 1.58 1.63 1.66				
XO XO XXO XO XXX				
4 Rachael Luebbe	FR Luther	1.62m	1.58m	5-02.25 5
1.43 1.48 1.53 1.58 1.63				
O PPP O XXO XXX				
5 Jamie Glanz	JR Simpson (Iowa)	1.52m	1.53m	5-00.25 2.50
1.48 1.53 1.58				
O O XXX				
5 Elayna Bahl	SO Loras	1.63m	1.53m	5-00.25 2.50
1.48 1.53 1.58				
O O XXX				
5 Addy Vinton	JR Nebraska Wesleyan	1.55m	1.53m	5-00.25 2.50
1.48 1.53 1.58				
O O XXX				
5 Alison Beeman	SR Dubuque	1.62m	1.53m	5-00.25 2.50
1.48 1.53 1.58 1.63				
O O XXP X				
9 Abigail Smith	FR Dubuque	1.57m	1.53m	5-00.25
1.43 1.48 1.53 1.58				
O XO XO XXX				
10 Lexi Groe	SO Wartburg	1.53m	1.53m	5-00.25
1.48 1.53 1.58				
XO XXO XXX				
11 Tori VanVelzen	JR Central College	1.59m	1.48m	4-10.25
1.48 1.53				
O XXX				
12 Cayley Carpenter	FR Nebraska Wesleyan	1.55m	1.48m	4-10.25
1.43 1.48 1.53				
XO O XXX				

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13 Malory Jones	FR Central College	1.48m	1.43m	4-08.25
1.43 1.48				
XO XXX				
-- Meghan Prohaska	FR Dubuque	1.52m	NH	
1.43				
XXX				
-- Rebecca Staples	JR Coe	1.30m	NH	
1.43				
XXX				

**Women Pole Vault**

All-Time: A	3.85m	2016	Elizabeth Brandenburg, Loras				
Championship: C	3.76m	2/26/2016	Elizabeth Brandenburg, Loras				
Facility: F	3.51m	2/28/2014	Elizabeth Brandenburg, Loras				
Name	Year	School	Seed	Finals	Points		
1 Maddie Tolly	SR	Nebraska Wesleyan	3.43m	3.36m	11-00.25	10	
3.26 3.36 3.52							
XO O XX							
2 Anna Achter	SR	Wartburg	3.22m	3.26m	10-08.25	8	
2.91 3.06 3.16 3.26 3.36							
O O XXO XO XXX							
3 Nicki Schneider	JR	Wartburg	3.20m	3.26m	10-08.25	6	
3.06 3.16 3.26 3.36							
O O XXO XXX							
4 Jenna Heimark	SR	Dubuque	3.05m	3.16m	10-04.25	5	
2.91 3.06 3.16 3.26							
O O XO XXX							
5 Isabelle Albers	FR	Wartburg	3.07m	3.16m	10-04.25	4	
2.91 3.06 3.16 3.26							
XO O XXO XXX							
6 Ellie Crouch	SO	Nebraska Wesleyan	3.12m	2.91m	9-06.50	2.50	
2.91 3.06							
O XXX							
6 Alexis Alt	SR	Loras	2.90m	2.91m	9-06.50	2.50	
2.76 2.91 3.06							
O O XX							
8 Alexys Johnson	FR	Dubuque	3.05m	2.91m	9-06.50	1	
2.76 2.91 3.06							
XO O XXX							
9 Abby Faulk	FR	Luther	2.76m	2.76m	9-00.50		
2.61 2.76 2.91							
O XO XX							
10 Meghan Prohaska	FR	Dubuque	2.75m	2.76m	9-00.50		
2.31 2.46 2.61 2.76 2.91							
XXO O XO XO XXX							
11 Hannah Insko	JR	Loras	2.46m	2.46m	8-00.75		
2.31 2.46 2.61							
O O XXX							
11 Cali Coffman	FR	Central College	2.60m	2.46m	8-00.75		
2.31 2.46 2.61							
O O XXX							

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13	Kali Feldermann	JR Luther	2.30m	2.46m	8-00.75
	2.31 2.46 2.61				
	O XO XXX				
14	Kasandra Keller	FR Luther	2.30m	2.31m	7-07.00
	2.31 2.46				
	XXO XXX				
--	Caroline Dochterman	SO Dubuque	3.05m	NH	
	2.76				
	XXX				

**Women Long Jump**

All-Time: A 6.17m 2012		Skye Morrison, Wartburg				
Championship: C 6.17m 2012		Skye Morrison, Wartburg				
Facility: F 5.72m 2002		Abby Gonzales, Central				
Name	Year	School	Seed	Finals	H#	Points
1 Terrianna Black	SR	Loras	5.38m	5.55m	18-02.50	2 10
	5.44m	5.47m	5.42m	5.54m	5.55m	FOUL
2 Elyse Acompanado	SR	Loras	5.43m	5.46m	17-11.00	2 8
	3.52m	5.08m	4.91m	5.01m	5.27m	5.46m
3 Cherisse Ward	SO	Wartburg	5.49m	5.43m	17-09.75	2 6
	5.34m	5.43m	5.35m	FOUL	FOUL	5.36m
4 Alanna Muhammad	SO	Wartburg	5.29m	5.35m	17-06.75	2 5
	FOUL	4.87m	FOUL	4.98m	5.07m	5.35m
5 Jaderial Staebler	JR	Wartburg	5.35m	5.30m	17-04.75	2 4
	5.30m	5.13m	5.21m	5.20m	5.01m	5.20m
6 Anna Achter	SR	Wartburg	5.14m	5.08m	16-08.00	2 3
	5.08m	5.03m	FOUL	FOUL	FOUL	FOUL
7 Demetria Johnson	JR	Dubuque	5.28m	5.01m	16-05.25	2 2
	4.77m	4.98m	4.91m	4.77m	4.75m	5.01m
8 Tessa Hoffman	SO	Nebraska Wesleyan	5.15m	4.95m	16-03.00	2 1
	4.87m	FOUL	FOUL	4.79m	4.89m	4.95m
9 Rebekah Beard	SO	Central College	5.30m	4.88m	16-00.25	2
	FOUL	FOUL	4.88m	FOUL	4.66m	FOUL
10 Katie Saner	FR	Luther	5.09m	4.85m	15-11.00	2
	4.85m	4.38m	4.64m			
11 Holly Forrester	JR	Central College	5.08m	4.83m	15-10.25	2
	4.59m	4.78m	4.83m			
12 Haleigh Benson	JR	Nebraska Wesleyan	5.10m	4.83m	15-10.25	2
	4.57m	4.71m	4.83m			
13 Laura Klein	SR	Dubuque	4.98m	4.81m	15-09.50	1
	4.64m	4.81m	4.79m			
14 Tabitha Guyett	SO	Buena Vista	4.98m	4.81m	15-09.50	1
	4.68m	4.81m	FOUL			
15 Alyssa Skrove	SR	Dubuque	5.48m	4.80m	15-09.00	2
	FOUL	FOUL	4.80m			
16 Marikka Coltvet	SO	Luther	5.07m	4.79m	15-08.75	1
	4.76m	4.79m	4.79m			
17 Hannah Marzinske	FR	Buena Vista	5.00m	4.77m	15-07.75	1
	4.35m	4.77m	4.75m			
18 Meagan Blomgren	FR	Simpson (Iowa)		4.75m	15-07.00	1
	4.75m	4.75m	4.56m			

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Women Long Jump**

19	Macy Gustafson	JR Nebraska Wesleyan	4.76m	4.70m	15-05.00	1
	FOUL FOUL 4.70m					
20	Aleen Souvannavong	FR Nebraska Wesleyan	4.92m	4.64m	15-02.75	1
	4.43m 4.62m 4.64m					
21	Maya Van Erp	FR Loras	4.72m	4.63m	15-02.25	1
	FOUL 4.63m FOUL					
22	Landry Luhring	SO Central College	4.70m	4.58m	15-00.50	1
	4.57m 4.58m 4.45m					
23	Kenzie Blomgren	FR Simpson (Iowa)	4.63m	4.46m	14-07.75	1
	4.46m FOUL 4.44m					
24	Rebecca Staples	JR Coe	4.58m	4.36m	14-03.75	1
	4.36m FOUL FOUL					
25	Haley Engen	FR Central College	4.45m	4.21m	13-09.75	1
	3.89m FOUL 4.21m					
26	Abby Olberding	JR Buena Vista	4.66m	4.20m	13-09.50	1
	4.08m 4.20m 4.05m					

**Women Triple Jump**

=====							
	All-Time: A	12.24m	2012		Skye Morrison, Wartburg		
	Championship: C	12.16m	2012		Skye Morrison, Wartburg		
	Facility: F	11.74m	2/3/2018		Becca Dup, Saint Mary's (Minn)		
	Name		Year	School	Seed	Finals	H# Points
=====							
1	Terrianna Black		SR	Loras	11.25m	11.76mF	38-07.00 2 10
	FOUL FOUL 11.76m	PASS	PASS	PASS			
2	Holly Forrester		JR	Central College	11.18m	11.22m	36-09.75 2 8
	10.60m 10.92m 11.09m	FOUL	10.95m	11.22m			
3	Elyse Acompanado		SR	Loras	11.29m	11.12m	36-05.75 2 6
	10.84m 11.12m 11.11m	10.89m	10.88m	11.06m			
4	Alyssa Skrove		SR	Dubuque	11.60m	11.09m	36-04.75 2 5
	11.09m FOUL 10.00m	FOUL	FOUL	FOUL			
5	Breya Christopher		FR	Wartburg	11.16m	10.93m	35-10.50 2 4
	10.92m 10.70m 10.72m	10.49m	10.48m	10.93m			
6	Tessa Hoffman		SO	Nebraska Wesleyan	10.96m	10.80m	35-05.25 2 3
	10.80m 10.63m 10.61m	10.36m	10.29m	10.68m			
7	Aleen Souvannavong		FR	Nebraska Wesleyan	11.14m	10.77m	35-04.00 2 2
	10.77m 10.10m 10.72m	10.66m	FOUL	10.64m			
8	Cherisse Ward		SO	Wartburg	11.10m	10.65m	34-11.25 2 1
	10.60m 9.59m 10.21m	10.42m	FOUL	10.65m			
9	Macy Gustafson		JR	Nebraska Wesleyan	10.89m	10.62m	34-10.25 1
	FOUL 10.52m 10.62m	10.45m	FOUL	10.21m			
10	Jenna Heimark		SR	Dubuque	11.14m	10.57m	34-08.25 2
	10.47m 10.57m FOUL						
11	Isabelle Albers		FR	Wartburg	10.72m	10.37m	34-00.25 1
	10.11m 10.37m 9.88m						
12	Rebekah Beard		SO	Central College	10.60m	10.26m	33-08.00 1
	FOUL FOUL 10.26m						
13	Demetria Johnson		JR	Dubuque	10.56m	10.15m	33-03.75 1
	FOUL FOUL 10.15m						
14	Grace Alley		FR	Loras	10.83m	10.14m	33-03.25 1
	8.73m 10.01m 10.14m						
15	Hannah Marzinske		FR	Buena Vista	10.17m	10.02m	32-10.50 1
	9.74m 9.93m 10.02m						

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Women Triple Jump**

16	Haleigh Benson	JR Nebraska Wesleyan	10.43m	9.84m	32-03.50	1
	9.84m 9.68m FOUL					
17	Yuan Bank	SO Central College	9.95m	9.16m	30-00.75	1
	9.16m FOUL FOUL					

**Women Shot Put**

All-Time: A 15.01m		2016	Tanasha Atwater, Dubuque					
Championship: C 14.67m		2/24/2017	Tanasha Atwater, Dubuque					
Facility: F 13.92m		2/28/2014	Kayla Hemann, Wartburg					
Name	Year	School	Seed	Finals	H#	Points		
1	Dayton Dolincheck	SR Nebraska Wesleyan	14.40m	14.14mF	46-04.75	2	10	
	13.38m FOUL 14.14m FOUL FOUL 13.40m							
2	Linnaea Konfrst	SR Nebraska Wesleyan	13.15m	13.59m	44-07.00	2	8	
	13.41m FOUL 12.74m 12.65m 12.96m 13.59m							
3	Kayla Slowick	JR Dubuque	14.01m	13.54m	44-05.25	2	6	
	12.05m 13.54m 12.66m 13.45m 13.43m 13.44m							
4	Caroline Ferguson	JR Dubuque	13.88m	13.23m	43-05.00	2	5	
	13.22m 13.22m FOUL 13.23m 13.00m FOUL							
5	Emily Burt	SR Central College	12.40m	13.02m	42-08.75	2	4	
	12.66m FOUL FOUL 12.61m 13.02m 12.26m							
6	Anna Rehberg	SR Wartburg	13.47m	12.74m	41-09.75	2	3	
	11.13m 12.19m 10.84m 12.74m FOUL 11.51m							
7	Ellie Lamb	FR Dubuque	13.02m	12.68m	41-07.25	2	2	
	11.23m 12.12m 12.38m 12.68m 12.09m 11.89m							
8	Kayla Weatherly	JR Loras	12.49m	12.54m	41-01.75	2	1	
	11.31m 12.54m 12.11m 11.43m FOUL 11.67m							
9	Mackenzie Goeller	SO Dubuque	12.00m	12.29m	40-04.00	2		
	12.09m 12.29m 11.88m 12.12m 11.75m 11.71m							
10	Jamilla Love	FR Central College	12.45m	12.17m	39-11.25	2		
	11.43m 12.12m 12.17m							
11	Dani Johnson	JR Wartburg	12.69m	12.00m	39-04.50	2		
	11.55m 11.29m 12.00m							
12	Grace Dupuy	SO Dubuque	11.83m	11.98m	39-03.75	1		
	11.66m 11.98m FOUL							
13	Jaycee Fleming	JR Nebraska Wesleyan	12.49m	11.58m	38-00.00	2		
	FOUL 11.17m 11.58m							
14	Jaydyn Palmer	FR Coe	12.00m	11.50m	37-08.75	2		
	11.50m 11.21m 11.36m							
15	Madison Trimpe	FR Buena Vista	11.68m	11.23m	36-10.25	1		
	FOUL 10.90m 11.23m							
16	Kayla Schlichting	SR Dubuque	11.90m	11.16m	36-07.50	1		
	10.91m 11.16m 10.98m							
17	Abby Marr	FR Central College	11.41m	11.15m	36-07.00	1		
	10.38m 10.39m 11.15m							
18	Emma Ammons	FR Wartburg	11.59m	11.13m	36-06.25	1		
	10.71m 10.93m 11.13m							
19	Aubrey Highum	SR Luther	11.85m	10.70m	35-01.25	1		
	FOUL 10.47m 10.70m							
20	Rebecca Simpson	SO Buena Vista	12.12m	10.60m	34-09.50	2		
	FOUL 10.23m 10.60m							
21	Josie Finch	SO Coe	11.07m	10.37m	34-00.25	1		
	10.06m 10.37m 9.97m							

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Women Shot Put**

22	Hailey Gadbow	FR Central College	11.14m	9.74m	31-11.50	1
	9.61m 8.94m 9.74m					
23	Peyton Turner	SO Buena Vista	10.74m	9.34m	30-07.75	1
	8.72m 8.61m 9.34m					
24	Madison Anderson	SR Simpson (Iowa)	8.20m	8.03m	26-04.25	1
	7.73m 7.61m 8.03m					
25	Alexis Crozier	FR Simpson (Iowa)	8.77m	7.96m	26-01.50	1
	7.96m 7.47m 7.92m					
26	Sydney Griebing	FR Luther	7.96m	7.75m	25-05.25	1
	7.75m FOUL 6.82m					
--	Anneliese Barton	JR Luther	10.71m	DNS		1

**Women Weight Throw**

=====							
All-Time: A 18.71m 2/25/2017 Tanasha Atwater, Dubuque							
Championship: C 18.71m 2/25/2017 Tanasha Atwater, Dubuque							
Facility: F 17.71m 2008 Liz Ulferts, Loras							
Name	Year	School	Seed	Finals	H#	Points	
=====							
1	Kennedy Morris	JR Central College	17.47m	17.68m	58-00.25	3	10
	16.85m 17.12m FOUL	FOUL	17.64m 17.68m				
2	Anna Rehberg	SR Wartburg	17.29m	17.45m	57-03.00	3	8
	16.79m 16.45m FOUL	16.84m 16.66m 17.45m					
3	Michelle Budden	SR Loras	17.61m	17.23m	56-06.50	3	6
	17.23m 16.98m 16.29m	FOUL	17.04m FOUL				
4	Caroline Ferguson	JR Dubuque	15.75m	16.77m	55-00.25	3	5
	15.80m 16.77m 15.43m	15.34m FOUL FOUL					
5	Tieranny Keahna	SR Coe	15.95m	16.29m	53-05.50	3	4
	16.29m 15.64m 15.77m	15.86m 15.82m FOUL					
6	Dani Johnson	JR Wartburg	16.46m	16.05m	52-08.00	3	3
	12.40m 16.05m 15.44m	14.91m 15.47m 15.54m					
7	Carly Fischer	JR Loras	16.28m	15.90m	52-02.00	3	2
	15.90m FOUL FOUL	15.22m 15.50m 15.51m					
8	Dayton Dolincheck	SR Nebraska Wesleyan	16.23m	15.74m	51-07.75	3	1
	15.68m 15.56m FOUL	FOUL	15.57m 15.74m				
9	Rebecca Simpson	SO Buena Vista	16.20m	15.51m	50-10.75	3	
	14.98m 15.51m FOUL	15.33m 15.36m 14.67m					
10	Emily Burt	SR Central College	16.28m	15.18m	49-09.75	3	
	15.10m 15.18m FOUL						
11	Michaela Karels	SO Buena Vista	15.57m	14.79m	48-06.25	2	
	14.51m 14.63m 14.79m						
12	Madison Trimpe	FR Buena Vista	14.04m	14.60m	47-11.00	2	
	14.60m 14.33m 14.55m						
13	Linnaea Konfrst	SR Nebraska Wesleyan	15.42m	14.37m	47-01.75	2	
	14.37m 14.22m 14.20m						
14	Mackenzie Goeller	SO Dubuque	15.16m	14.05m	46-01.25	2	
	14.05m FOUL 13.84m						
15	Emma Jacobs	JR Wartburg	13.93m	14.00m	45-11.25	2	
	13.29m 14.00m FOUL						
16	Peyton Turner	SO Buena Vista	14.02m	14.00m	45-11.25	2	
	FOUL 12.97m 14.00m						
17	Ellie Lamb	FR Dubuque	14.54m	13.82m	45-04.25	2	
	13.59m 13.69m 13.82m						

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Women Weight Throw**

18	Madison Brase	SO Nebraska Wesleyan	15.00m	13.81m	45-03.75	2
	FOUL 13.81m 13.11m					
19	Kayla Weatherly	JR Loras	14.30m	13.72m	45-00.25	2
	12.27m 12.37m 13.72m					
20	Abby Marr	FR Central College	14.61m	13.24m	43-05.25	2
	13.24m 12.73m 13.10m					
21	Lillian Smithson	SR Central College	13.71m	13.03m	42-09.00	2
	FOUL FOUL 13.03m					
22	Josie Finch	SO Coe	12.98m	12.66m	41-06.50	1
	11.97m 12.62m 12.66m					
23	Madison Arechiga	SR Coe	13.30m	12.30m	40-04.25	1
	11.71m 12.13m 12.30m					
24	Jaydyn Palmer	FR Coe	12.06m	12.01m	39-05.00	1
	FOUL 12.01m FOUL					
25	Aubrey Highum	SR Luther	12.31m	11.90m	39-00.50	1
	11.65m 11.70m 11.90m					
26	Anneliese Barton	JR Luther	12.56m	11.78m	38-07.75	1
	FOUL 11.78m 11.16m					
27	Aiyana Rouse	JR Central College	12.02m	11.13m	36-06.25	1
	10.23m 11.10m 11.13m					
28	Alexis Crozier	FR Simpson (Iowa)	10.22m	10.70m	35-01.25	1
	9.27m 9.84m 10.70m					
29	Sydney Griebing	FR Luther	8.70m	10.13m	33-03.00	1
	10.08m FOUL 10.13m					
30	Madison Anderson	SR Simpson (Iowa)	9.83m	9.55m	31-04.00	1
	FOUL 9.55m 8.89m					
--	Kayla Slowick	JR Dubuque	15.76m	FOUL		3
	FOUL FOUL FOUL					

**Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon**

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

Facility: F 2:28.19 2/28/2014 Anna Lampe, Luther

Name	Year	School	Finals	Points
1 Kiki Pingel		JR Central College	2:24.59F	762
	33.796 (33.796)	1:09.118 (35.322)	1:45.588 (36.470)	2:24.586 (38.998)
2 Wren Klump		SO Buena Vista	2:25.05F	756
	33.104 (33.104)	1:09.062 (35.958)	1:46.992 (37.930)	2:25.044 (38.052)
3 Mary Gray		JR Central College	2:27.28F	727
	33.740 (33.740)	1:09.532 (35.792)	1:47.244 (37.712)	2:27.278 (40.034)
4 Marissa Nolan		SR Wartburg	2:29.16	703
	33.174 (33.174)	1:09.858 (36.684)	1:48.596 (38.738)	2:29.160 (40.564)
5 Bri Dellamuth		SR Wartburg	2:30.57	686
	34.638 (34.638)	1:13.096 (38.458)	1:53.888 (40.792)	2:30.562 (36.674)
6 Abby DeBaillie		SR Wartburg	2:31.32	676
	33.298 (33.298)	1:09.582 (36.284)	1:48.342 (38.760)	2:31.316 (42.974)
7 Dana Koester		SR Coe	2:31.88	670
	35.618 (35.618)	1:13.204 (37.586)	1:52.632 (39.428)	2:31.874 (39.242)
8 Jamie Glanz		JR Simpson (Iowa)	2:38.01	596
	34.940 (34.940)	1:12.740 (37.800)	1:54.284 (41.544)	2:38.010 (43.726)
9 Grace Alley		FR Loras	2:40.76	564
	34.374 (34.374)	1:13.348 (38.974)	1:56.424 (43.076)	2:40.752 (44.328)

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10	Krissa Larson	SO Central College	2:43.63	532
	34.952 (34.952)	1:13.522 (38.570)	1:56.824 (43.302)	2:43.628 (46.804)
11	Malory Jones	FR Central College	2:48.84	476
	36.232 (36.232)	1:15.074 (38.842)	1:59.972 (44.898)	2:48.832 (48.860)

**Indoor Pentathlon: #1 Women 55 Meter Hurdles Indoor Pentathlon**

=====					
Championship:	C	8.98	2/24/2012	Camesha Goods, Wartburg	
Facility:	F	8.31	2/18/2012	Shawanna Steplight, Iowa Central	
Name			Year School	Finals	H# Points
=====					
1	Marissa Nolan		SR Wartburg	8.57C	4 865
2	Kiki Pingel		JR Central College	8.59C	4 860
3	Mary Gray		JR Central College	8.75C	4 826
4	Krissa Larson		SO Central College	8.90C	3 794
5	Bri Dellamuth		SR Wartburg	9.16	3 740
6	Grace Alley		FR Loras	9.43	2 686
7	Jamie Glanz		JR Simpson (Iowa)	9.58	3 657
8	Wren Klump		SO Buena Vista	9.76	2 621
9	Abby DeBaillie		SR Wartburg	9.82	2 611
10	Malory Jones		FR Central College	10.24	1 535
11	Dana Koester		SR Coe	10.34	1 517

**Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon**

=====					
Championship:	C	1.69m	2/27/2015	Leah Broderick, Luther	
Facility:	F	1.58m	2/28/2014	Leah Broderick, Luther	
Name			Year School	Finals	Points
=====					
1	Jamie Glanz		JR Simpson (Iowa)	1.53m	5-00.25 655
	1.41 1.44 1.47 1.50 1.53 1.56				
	0 0 0 0 0 XXX				
2	Marissa Nolan		SR Wartburg	1.44m	4-08.75 555
	1.29 1.32 1.35 1.38 1.41 1.44 1.47				
	0 PPP 0 0 XO 0 XXX				
2	Kiki Pingel		JR Central College	1.44m	4-08.75 555
	1.38 1.41 1.44 1.47				
	0 0 0 XXX				
4	Abby DeBaillie		SR Wartburg	1.41m	4-07.50 523
	1.29 1.32 1.35 1.38 1.41 1.44				
	0 0 0 XXO 0 XXX				
4	Dana Koester		SR Coe	1.41m	4-07.50 523
	1.32 1.35 1.38 1.41 1.44				
	0 0 0 0 XXX				
4	Mary Gray		JR Central College	1.41m	4-07.50 523
	1.38 1.41 1.44				
	0 XO XXX				
4	Bri Dellamuth		SR Wartburg	1.41m	4-07.50 523
	1.29 1.32 1.35 1.38 1.41 1.44				
	XO 0 XXO 0 0 XXX				
8	Malory Jones		FR Central College	1.38m	4-06.25 491
	1.32 1.35 1.38 1.41				
	0 0 0 XXX				

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8	Grace Alley	FR Loras	1.38m	4-06.25	491
	1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41				
	XO PPP PPP O XO XO XXO XXX				
8	Krissa Larson	SO Central College	1.38m	4-06.25	491
	1.32 1.35 1.38 1.41				
	O O O XXX				
11	Wren Klump	SO Buena Vista	1.29m	4-02.75	399
	1.20 1.23 1.26 1.29 1.32				
	O O O XXO XXX				

**Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon**

Championship: C 5.47m 2/24/2012 Camesha Goods, Wartburg						
Facility: F 5.72m 2002 Abby Gonzales, Central						
Name	Year	School	Finals		Points	
1	Mary Gray	JR Central College	5.12m	16-09.75	592	
	4.79m 4.95m 5.12m					
2	Bri Dellamuth	SR Wartburg	5.07m	16-07.75	578	
	4.84m 5.07m FOUL					
3	Marissa Nolan	SR Wartburg	5.04m	16-06.50	570	
	4.58m 4.82m 5.04m					
4	Kiki Pingel	JR Central College	4.84m	15-10.50	516	
	4.84m FOUL FOUL					
5	Jamie Glanz	JR Simpson (Iowa)	4.53m	14-10.50	436	
	4.53m FOUL 4.44m					
6	Grace Alley	FR Loras	4.50m	14-09.25	428	
	4.50m 4.42m FOUL					
7	Krissa Larson	SO Central College	4.45m	14-07.25	416	
	FOUL 4.45m FOUL					
8	Wren Klump	SO Buena Vista	4.44m	14-07.00	413	
	4.44m 4.26m 4.41m					
9	Dana Koester	SR Coe	4.40m	14-05.25	403	
	4.28m FOUL 4.40m					
10	Abby DeBaillie	SR Wartburg	4.21m	13-09.75	357	
	4.21m 4.09m FOUL					
11	Malory Jones	FR Central College	4.14m	13-07.00	340	
	4.14m 4.02m 3.99m					

**Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon**

Championship: C 12.05m 2/26/2010 Carissa Bentz, Central						
Facility: F 10.96m 2/28/2014 Leah Broderick, Luther						
Name	Year	School	Finals		Points	
1	Mary Gray	JR Central College	10.48m	34-04.75	561	
	10.48m 10.46m 10.14m					
2	Krissa Larson	SO Central College	9.68m	31-09.25	509	
	9.50m 9.68m 9.15m					
3	Kiki Pingel	JR Central College	9.40m	30-10.25	490	
	9.08m 9.21m 9.40m					
4	Abby DeBaillie	SR Wartburg	9.34m	30-07.75	486	
	8.85m 8.95m 9.34m					

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5	Grace Alley	FR Loras	9.22m	30-03.00	479
	8.84m 8.19m 9.22m				
6	Malory Jones	FR Central College	9.10m	29-10.25	471
	9.10m 9.10m 8.11m				
7	Bri Dellamuth	SR Wartburg	8.77m	28-09.25	449
	8.53m 8.77m 8.69m				
8	Jamie Glanz	JR Simpson (Iowa)	8.75m	28-08.50	448
	8.24m 8.75m 8.29m				
8	Dana Koester	SR Coe	8.75m	28-08.50	448
	8.46m 8.75m 8.75m				
10	Marissa Nolan	SR Wartburg	8.61m	28-03.00	439
	8.53m 8.61m 8.49m				
11	Wren Klump	SO Buena Vista	7.66m	25-01.75	377
	7.32m 7.66m 7.45m				

**Women Indoor Pentathlon**

All-Time: A	3505	2/27/2015	Leah Broderick, Luther
Championship: C	3505	2/27/2015	Leah Broderick, Luther
Facility: F	3264	2/28/2014	Mia Purnell, Wartburg

Name	Year	School	Seed	Finals	H#	Points
1 Mary Gray	JR	Central College	3280	3229		10
2 Kiki Pingel	JR	Central College	3227	3183		8
3 Marissa Nolan	SR	Wartburg	2941	3132		6
4 Bri Dellamuth	SR	Wartburg	2628	2976		5
5 Jamie Glanz	JR	Simpson (Iowa)	2348	2792		4
6 Krissa Larson	SO	Central College	2417	2742		3
7 Abby DeBaillie	SR	Wartburg	2581	2653		2
8 Grace Alley	FR	Loras		2648		1
9 Wren Klump	SO	Buena Vista	2183	2566		
10 Dana Koester	SR	Coe	2459	2561		
11 Malory Jones	FR	Central College	2268	2313		

**Men 55 Meter Dash****Top 8 Advance by Time**

All-Time: A	6.34	2009	Eric Bertelsen, Buena Vista
Championship: C	6.34	2009	Eric Bertelsen, Buena Vista
Facility: F	6.36	2/18/2012	Alfred Higgs, Iowa Central

Name	Year	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1 Josh Smith	SO	Loras	6.87	6.49q	5
2 Patrick Mikel	SR	Loras	7.04	6.52q	2
3 Dallas Wright	JR	Wartburg	7.05	6.56q	2
4 Carter Fricke	SO	Simpson (Iowa)	7.05	6.57q	1 6.565
5 Chase Keller	JR	Nebraska Wesleyan	7.09	6.57q	4 6.570
6 Craig Garrison	SO	Simpson (Iowa)	7.02	6.60q	4
7 Trent Koehler	SR	Nebraska Wesleyan	7.09	6.62q	3 6.612
8 Jeremiah Steed	JR	Dubuque	7.05	6.62q	1 6.613
9 Denison Harrington	SR	Wartburg	7.03	6.64	3
10 De'Andre Klein	SO	Loras	7.25	6.68	2
11 Jonathan Bossou	FR	Central College	7.15	6.70	4

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12	Nana Anim Asante-Apeatu	SR	Luther	7.12	6.71	5	6.701
12	Riley Nolan	SO	Wartburg	7.18	6.71	3	6.701
14	Carter Berkey	SO	Simpson (Iowa)	7.22	6.73	1	
15	Jackson Varney	SO	Coe	7.18	6.74	2	6.732
16	Spencer Hunt	FR	Buena Vista	7.43	6.74	3	6.737
17	Kianee Lewis	FR	Central College	7.20	6.75	1	
18	Maurice Cushion-Lewis	SR	Dubuque	7.12	6.76	5	
19	Kodjo Atikpohou	FR	Nebraska Wesleyan	7.25	6.77	3	
20	Jordan Baker	SR	Luther	7.47	6.79	1	
21	Jackson Sylvester	FR	Buena Vista	7.25	6.82	4	
22	Quon Lambert	SR	Luther	7.29	6.89	5	
23	Jacob Dick	SO	Central College	7.35	6.90	4	
24	Adrian Griffin	FR	Buena Vista	7.43	6.92	2	
25	Jadon Micke	FR	Buena Vista	7.32	7.02	5	
26	Marcus Barney	FR	Coe	7.75	7.10	1	
27	Nate Phillips	SR	Coe	7.77	7.22	2	
28	Ernest Jones	SO	Buena Vista	7.82	7.26	3	
29	Andrew Nunez	FR	Coe	8.35	7.67	5	
--	Ausar Alexander	FR	Coe	7.84	DQ	4	Finished Out of La

**Men 55 Meter Dash**

All-Time: A	6.34	2009	Eric Bertelsen, Buena Vista
Championship: C	6.34	2009	Eric Bertelsen, Buena Vista
Facility: F	6.36	2/18/2012	Alfred Higgs, Iowa Central
Name		Year School	Prelims Finals H# Points

Finals								
1	Josh Smith	SO	Loras	6.49	6.49	2	10	6.482
2	Patrick Mikel	SR	Loras	6.52	6.49	2	8	6.488
3	Dallas Wright	JR	Wartburg	6.56	6.53	1	6	
4	Craig Garrison	SO	Simpson (Iowa)	6.60	6.58	1	5	
5	Trent Koehler	SR	Nebraska Wesleyan	6.62	6.59	2	4	6.582
6	Carter Fricke	SO	Simpson (Iowa)	6.57	6.59	1	3	6.583
7	Chase Keller	JR	Nebraska Wesleyan	6.57	6.61	2	2	
8	Jeremiah Steed	JR	Dubuque	6.62	6.63	1	1	

**Men 200 Meter Dash**

All-Time: A	21.82	2009	Eric Bertelsen, Buena Vista
Championship: C	21.82	2009	Eric Bertelsen, Buena Vista
Facility: F	21.66	2/18/2012	Alfred Higgs, Iowa Central
Name		Year School	Seed Finals H# Points

1	Patrick Mikel	SR	Loras	21.99	21.74A	8	10	
2	Dallas Wright	JR	Wartburg	22.05	22.05	8	8	
3	Josh Smith	SO	Loras	22.17	22.09	8	6	
4	Colfay Pointer	SR	Dubuque	22.28	22.37	8	5	
5	Craig Garrison	SO	Simpson (Iowa)	22.56	22.54	7	4	
6	Max Murphy	FR	Buena Vista	22.93	22.61	6	3	
7	Michael Merical	SR	Nebraska Wesleyan	22.99	22.74	6	2	
8	Matt Kreidermacher	SO	Luther	23.04	22.82	5	1	22.811
9	Tyson Morrison	SR	Loras	22.86	22.82	7		22.818
10	Jeremiah Steed	JR	Dubuque	22.58	22.83	7		

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Men 200 Meter Dash**

11	Denison Harrington	SR	Wartburg	22.67	23.08	7	
12	Carter Tryon	SO	Central College	23.02	23.16	6	
13	Kianee Lewis	FR	Central College	23.38	23.19	4	
14	Riley Nolan	SO	Wartburg	23.05	23.20	5	
15	Carter Fricke	SO	Simpson (Iowa)	22.98	23.22	6	
16	Caleb Rigdon	JR	Coe	23.79	23.25	3	23.244
17	Jadon Micke	FR	Buena Vista	23.19	23.25	5	23.250
18	Kellen Fitch	JR	Simpson (Iowa)	24.22	23.27	3	
19	Chase Keller	JR	Nebraska Wesleyan	23.30	23.42	5	
20	Jackson Sylvester	FR	Buena Vista	23.45	23.48	4	
21	Noah Smith	SR	Loras	23.66	23.98	4	
22	James Reno	FR	Coe	23.80	24.08	3	
23	Jacob Dick	SO	Central College	23.76	24.18	3	
24	Adrian Griffin	FR	Buena Vista	24.58	24.43	2	
25	Jakob Harris	SO	Nebraska Wesleyan		24.47	1	
26	Brayden Trebon	FR	Coe	24.58	24.52	2	
27	Nate Phillips	SR	Coe	25.27	24.99	1	
--	Quon Lambert	SR	Luther	24.46	DQ	2	Inside Line
--	Nana Anim Asante-Apeatu	SR	Luther	23.52	DNS	4	

**Men 400 Meter Dash**

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All-Time: A 47.93 2/23/2019 Patrick Mikel, Loras							
Championship: C 47.93 2/23/2019 Patrick Mikel, Loras							
Facility: F 48.74 2008 Guy Dierikx, Central							
=====							
Name	Year	School	Seed	Finals	H#	Points	
=====							
1	Patrick Mikel	SR Loras	48.53	47.90A	5	10	
	22.704 (22.704)	47.899 (25.195)					
2	Colfay Pointer	SR Dubuque	49.21	48.53F	5	8	
	22.858 (22.858)	48.527 (25.670)					
3	Kyle Dickinson	SO Nebraska Wesleyan	49.58	49.55	5	6	
	23.575 (23.575)	49.543 (25.968)					
4	Tyson Morrison	SR Loras	49.87	50.27	5	5	
	23.442 (23.442)	50.267 (26.825)					
5	Craig Garrison	SO Simpson (Iowa)	50.55	50.53	4	4	
	23.640 (23.640)	50.522 (26.882)					
6	Ben Christenson	SO Nebraska Wesleyan	51.08	50.81	4	3	
	23.779 (23.779)	50.809 (27.030)					
7	Siletselwe Dlamini	SO Luther	51.90	51.28	2	2	
	23.934 (23.934)	51.272 (27.338)					
8	Shamari Scott	JR Loras	51.00	51.31	4	1	
	24.106 (24.106)	51.309 (27.204)					
9	Nick Kennicker	SR Wartburg	51.29	51.80	3		
	24.291 (24.291)	51.792 (27.501)					
10	Jared Braun	FR Wartburg	51.82	51.81	3		
	24.400 (24.400)	51.808 (27.408)					
11	Cory Suedmeier	SR Central College	51.83	52.06	3		
	24.274 (24.274)	52.058 (27.784)					
12	Grant Olson	FR Wartburg	51.82	52.09	3		
	24.759 (24.759)	52.089 (27.330)					
13	Caleb Rigdon	JR Coe	51.93	52.21	2		
	24.094 (24.094)	52.210 (28.116)					

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Men 400 Meter Dash**

14 Nolan Reynolds	FR Central College	53.85	52.59	2	
25.022 (25.022)	52.582 (27.560)				
15 Nick Drilling	FR Luther	53.34	52.64	2	
25.130 (25.130)	52.639 (27.510)				
16 Luke Wemhoff	SO Nebraska Wesleyan		53.44	1	
25.377 (25.377)	53.435 (28.058)				
17 Siyabonga Mabuza	SO Luther	54.03	54.73	1	
25.233 (25.233)	54.722 (29.489)				
18 Casey Lamle	SR Buena Vista	54.90	56.01	1	
26.259 (26.259)	56.003 (29.745)				
19 Max Powers	SO Buena Vista	57.55	58.79	1	
27.387 (27.387)	58.782 (31.396)				
-- Carter Tryon	SO Central College	51.16	DQ	4	Inside Line
24.067 (24.067)	50.967 (26.900)				
-- Tyler Williams	SO Simpson (Iowa)		SCR		

**Men 800 Meter Run**


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All-Time: A	1:51.72	2000	Jon Lindaman, Central
Championship: C	1:52.30	2/27/2016	Zach Frey, Loras
Facility: F	1:54.69	2008	Eric Patten, Simpson

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Name	Year	School	Seed	Finals	H#	Points
1 Mike Jasa		SO Loras	1:52.34	1:52.97F	2	10
27.618 (27.618)		56.212 (28.594)	1:25.074 (28.862)	1:52.970 (27.896)		
2 Dalton Martin		SO Wartburg	1:54.94	1:53.84F	2	8
26.974 (26.974)		55.492 (28.518)	1:25.054 (29.562)	1:53.836 (28.782)		
3 Will DeHaan		SO Central College	1:55.37	1:54.99	2	6
27.220 (27.220)		55.742 (28.522)	1:25.122 (29.380)	1:54.986 (29.864)		
4 Preston Kizer		JR Central College	1:56.78	1:55.27	2	5
27.374 (27.374)		55.956 (28.582)	1:25.438 (29.482)	1:55.268 (29.830)		
5 Carter Oberfoell		FR Loras	1:54.45	1:55.56	2	4
27.374 (27.374)		55.928 (28.554)	1:25.674 (29.746)	1:55.552 (29.878)		
6 Andrew Millan		SR Luther	1:57.70	1:56.00	2	3
27.820 (27.820)		56.370 (28.550)	1:26.034 (29.664)	1:56.000 (29.966)		
7 Wyatt Schmidt		SO Wartburg	1:53.35	1:56.31	2	2
26.752 (26.752)		55.286 (28.534)	1:25.192 (29.906)	1:56.310 (31.118)		
8 Wyatt Kelly		SO Loras	1:58.36	1:57.00	1	1
28.584 (28.584)		57.612 (29.028)	1:27.072 (29.460)	1:56.998 (29.926)		
9 Jacob Heitter		SR Dubuque	1:58.98	1:57.71	1	
28.206 (28.206)		57.312 (29.106)	1:27.138 (29.826)	1:57.708 (30.570)		
10 Garrett Lenner		FR Nebraska Wesleyan	2:00.59	1:57.72	1	
29.202 (29.202)		58.336 (29.134)	1:28.094 (29.758)	1:57.714 (29.620)		
11 Sam Madson		JR Wartburg	1:57.12	1:57.77	2	
28.548 (28.548)		57.936 (29.388)	1:27.658 (29.722)	1:57.762 (30.104)		
12 Frosty Lorimer		JR Wartburg	1:56.70	1:59.03	2	
28.100 (28.100)		56.820 (28.720)	1:27.114 (30.294)	1:59.026 (31.912)		
13 Conor Otting		JR Loras	1:57.72	1:59.52	2	
28.220 (28.220)		57.148 (28.928)	1:27.170 (30.022)	1:59.516 (32.346)		
14 Tyler Combs		JR Simpson (Iowa)	2:03.67	2:00.54	1	
30.190 (30.190)		59.758 (29.568)	1:30.174 (30.416)	2:00.538 (30.364)		
15 Daniel Haisch		FR Simpson (Iowa)	2:03.76	2:01.52	1	
29.880 (29.880)		59.290 (29.410)	1:29.848 (30.558)	2:01.520 (31.672)		

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16 Austin Pfiffner	SR Central College	2:03.27	2:01.78	1
28.940 (28.940)	57.892 (28.952)	1:28.106 (30.214)	2:01.780 (33.674)	
17 Carsten Thompson	SO Luther	2:10.45	2:04.69	1
30.548 (30.548)	1:00.750 (30.202)	1:33.272 (32.522)	2:04.690 (31.418)	
18 Jacob Sanders	FR Central College	2:03.41	2:05.36	1
29.718 (29.718)	59.488 (29.770)	1:31.680 (32.192)	2:05.354 (33.674)	
19 Levi Lefebure	SR Simpson (Iowa)	2:03.59	2:10.57	1
29.502 (29.502)	59.120 (29.618)	1:30.366 (31.246)	2:10.566 (40.200)	
20 Ethan Thompson	SR Buena Vista		2:20.86	1
31.380 (31.380)	1:05.106 (33.726)	1:42.856 (37.750)	2:20.852 (37.996)	
-- Josh Garcia	SO Buena Vista		DNS	1

**Men 1 Mile Run**

All-Time: A	4:10.40	2018	Sam Pinkowski,	Wartburg		
Championship: C	4:12.98	2/28/2015	Eli Horton,	Central College		
Facility: F	4:13.13	3/1/2014	Eli Horton,	Central		
Name	Year	School	Seed	Finals	H#	Points
1 Ryan Dalton		JR Wartburg	4:19.31	4:19.05	2	10
33.418 (33.418)	1:06.734 (33.316)	1:41.250 (34.516)	2:14.194 (32.944)			
2:46.604 (32.410)	3:17.822 (31.218)	3:49.236 (31.414)	4:19.048 (29.812)			
2 Cole Conklin-Little		SR Loras	4:21.10	4:19.43	2	8
33.816 (33.816)	1:07.114 (33.298)	1:41.436 (34.322)	2:14.616 (33.180)			
2:47.218 (32.602)	3:18.836 (31.618)	3:49.686 (30.850)	4:19.426 (29.740)			
3 Ian Kelly		FR Luther	4:18.11	4:19.54	2	6
33.068 (33.068)	1:06.452 (33.384)	1:40.838 (34.386)	2:14.010 (33.172)			
2:46.620 (32.610)	3:17.854 (31.234)	3:48.794 (30.940)	4:19.536 (30.742)			
4 Spencer Moon		FR Simpson (Iowa)	4:21.18	4:19.55	2	5
33.732 (33.732)	1:06.632 (32.900)	1:40.748 (34.116)	2:13.838 (33.090)			
2:46.358 (32.520)	3:17.618 (31.260)	3:48.450 (30.832)	4:19.550 (31.100)			
5 Mark Biechler		SO Dubuque	4:24.47	4:21.07	2	4
33.594 (33.594)	1:06.906 (33.312)	1:40.988 (34.082)	2:14.172 (33.184)			
2:46.822 (32.650)	3:18.140 (31.318)	3:49.462 (31.322)	4:21.062 (31.600)			
6 Ali Ali		JR Wartburg	4:22.69	4:22.69	2	3
32.808 (32.808)	1:06.240 (33.432)	1:40.552 (34.312)	2:14.056 (33.504)			
2:47.110 (33.054)	3:19.452 (32.342)	3:52.996 (33.544)	4:22.690 (29.694)			
7 Andy Vasquez		SR Nebraska Wesleyan	4:22.38	4:23.66	2	2
33.632 (33.632)	1:06.786 (33.154)	1:40.930 (34.144)	2:14.482 (33.552)			
2:47.068 (32.586)	3:19.072 (32.004)	3:51.216 (32.144)	4:23.656 (32.440)			
8 Caleb Appleton		SR Wartburg	4:19.76	4:23.92	2	1
33.822 (33.822)	1:06.944 (33.122)	1:41.162 (34.218)	2:14.842 (33.680)			
2:47.414 (32.572)	3:19.410 (31.996)	3:52.082 (32.672)	4:23.916 (31.834)			
9 Luke Guttormson		SO Loras	4:26.07	4:26.60	2	
34.846 (34.846)	1:07.902 (33.056)	1:42.102 (34.200)	2:15.838 (33.736)			
2:48.962 (33.124)	3:22.034 (33.072)	3:54.682 (32.648)	4:26.594 (31.912)			
10 Matt Heinzman		JR Wartburg	4:20.86	4:26.84	2	
33.956 (33.956)	1:07.010 (33.054)	1:41.492 (34.482)	2:14.326 (32.834)			
2:46.806 (32.480)	3:18.770 (31.964)	3:52.454 (33.684)	4:26.836 (34.382)			
11 Dan Iselin		JR Luther	4:28.92	4:28.15	2	
34.066 (34.066)	1:07.262 (33.196)	1:41.762 (34.500)	2:15.420 (33.658)			
2:47.746 (32.326)	3:19.824 (32.078)	3:53.532 (33.708)	4:28.144 (34.612)			

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12	Blake Keller	SR Loras	4:28.34	4:28.47	2
	34.522 (34.522)	1:07.560 (33.038)	1:41.600 (34.040)	2:15.200 (33.600)	
	2:48.210 (33.010)	3:21.630 (33.420)	3:55.532 (33.902)	4:28.466 (32.934)	
13	Justin Phillips	JR Coe	4:34.61	4:30.10	1
	34.687 (34.687)	1:08.381 (33.694)	1:42.751 (34.370)	2:19.331 (36.580)	
	2:54.985 (35.654)	3:29.563 (34.578)	4:01.315 (31.752)	4:30.095 (28.780)	
14	Colin Beck	SO Luther	4:38.00	4:32.29	1
	35.211 (35.211)	1:08.923 (33.712)	1:43.065 (34.142)	2:19.013 (35.948)	
	2:54.653 (35.640)	3:26.233 (31.580)	3:58.563 (32.330)	4:32.281 (33.718)	
15	Ryan Courtney	JR Simpson (Iowa)	4:32.65	4:33.17	2
	34.418 (34.418)	1:07.594 (33.176)	1:42.082 (34.488)	2:15.890 (33.808)	
	2:49.370 (33.480)	3:23.258 (33.888)	3:58.030 (34.772)	4:33.166 (35.136)	
16	Waleed Yual	SO Luther	4:41.22	4:34.47	1
	35.567 (35.567)	1:09.269 (33.702)	1:43.391 (34.122)	2:19.229 (35.838)	
	2:53.675 (34.446)	3:26.829 (33.154)	4:00.093 (33.264)	4:34.467 (34.374)	
17	David Will	JR Luther	4:34.58	4:35.71	1
	35.273 (35.273)	1:08.705 (33.432)	1:42.513 (33.808)	2:18.743 (36.230)	
	2:54.299 (35.556)	3:29.225 (34.926)	4:04.097 (34.872)	4:35.703 (31.606)	
18	Coe Booker	SO Coe	4:41.29	4:36.97	1
	35.973 (35.973)	1:09.659 (33.686)	1:43.861 (34.202)	2:19.675 (35.814)	
	2:55.551 (35.876)	3:30.513 (34.962)	4:04.347 (33.834)	4:36.969 (32.622)	
19	Ean Warrick	FR Simpson (Iowa)	4:40.16	4:37.09	1
	35.103 (35.103)	1:08.013 (32.910)	1:42.285 (34.272)	2:18.517 (36.232)	
	2:53.689 (35.172)	3:28.571 (34.882)	4:03.315 (34.744)	4:37.083 (33.768)	
20	Harry Dudley	JR Simpson (Iowa)	4:50.74	4:37.43	1
	36.111 (36.111)	1:10.227 (34.116)	1:44.393 (34.166)	2:19.825 (35.432)	
	2:55.373 (35.548)	3:30.403 (35.030)	4:04.739 (34.336)	4:37.425 (32.686)	
21	Collin Kern	SR Luther	4:24.76	4:38.65	2
	34.260 (34.260)	1:07.388 (33.128)	1:41.956 (34.568)	2:15.570 (33.614)	
	2:48.984 (33.414)	3:23.760 (34.776)	3:59.948 (36.188)	4:38.642 (38.694)	
22	Eli Miller	JR Central College	4:40.34	4:39.07	1
	33.991 (33.991)	1:07.031 (33.040)	1:41.909 (34.878)	2:18.111 (36.202)	
	2:53.943 (35.832)	3:28.939 (34.996)	4:04.521 (35.582)	4:39.063 (34.542)	
23	Marcus DeVries	FR Central College	4:47.42	4:45.90	1
	37.103 (37.103)	1:11.089 (33.986)	1:45.805 (34.716)	2:22.223 (36.418)	
	2:59.581 (37.358)	3:36.821 (37.240)	4:12.593 (35.772)	4:45.891 (33.298)	
24	Seth Nostrala	JR Simpson (Iowa)	4:34.86	4:48.21	1
	34.971 (34.971)	1:08.621 (33.650)	1:42.779 (34.158)	2:18.245 (35.466)	
	2:54.171 (35.926)	3:30.281 (36.110)	4:07.591 (37.310)	4:48.201 (40.610)	
25	Grant Engel	FR Nebraska Wesleyan	4:56.35	4:51.80	1
	37.433 (37.433)	1:11.625 (34.192)	1:47.325 (35.700)	2:24.345 (37.020)	
	3:01.801 (37.456)	3:39.629 (37.828)	4:16.935 (37.306)	4:51.793 (34.858)	
26	Andrew Benhart	SO Central College	4:56.70	4:52.89	1
	36.833 (36.833)	1:10.581 (33.748)	1:45.197 (34.616)	2:22.155 (36.958)	
	3:00.921 (38.766)	3:40.657 (39.736)	4:17.771 (37.114)	4:52.887 (35.116)	
27	Anthony Krick	SO Nebraska Wesleyan	4:57.19	4:54.07	1
	37.679 (37.679)	1:11.859 (34.180)	1:47.509 (35.650)	2:24.103 (36.594)	
	3:01.723 (37.620)	3:40.125 (38.402)	4:18.125 (38.000)	4:54.063 (35.938)	
28	Tyler Grames	SO Buena Vista	5:01.18	4:55.88	1
	36.731 (36.731)	1:10.903 (34.172)	1:46.071 (35.168)	2:21.777 (35.706)	
	2:59.291 (37.514)	3:38.033 (38.742)	4:18.255 (40.222)	4:55.879 (37.624)	
29	Zach Kenny	SR Buena Vista	5:03.15	5:04.15	1
	38.081 (38.081)	1:12.481 (34.400)	1:49.123 (36.642)	2:28.811 (39.688)	
	3:07.903 (39.092)	3:47.983 (40.080)	4:27.689 (39.706)	5:04.147 (36.458)	

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Men 1 Mile Run**

-- Drew Marksbury FR Buena Vista 4:54.13 DNS 1

**Men 3000 Meter Run**

All-Time: A 8:14.94 2014 Eli Horton, Central	
Championship: C 8:24.56 3/1/2014 Eli Horton, Central College	
Facility: F 8:24.56 3/1/2014 Eli Horton, Central	
Name	Year School Seed Finals H# Points
1 Joe Freiburger	JR Wartburg 8:31.43 8:33.70 2 10
32.537 (32.537)	1:07.149 (34.612) 1:42.687 (35.538) 2:17.831 (35.144)
2:53.187 (35.356)	3:28.225 (35.038) 4:03.667 (35.442) 4:39.115 (35.448)
5:13.955 (34.840)	5:49.053 (35.098) 6:22.607 (33.554) 6:56.187 (33.580)
7:29.501 (33.314)	8:02.143 (32.642) 8:33.695 (31.552)
2 Alec Ille	SO Wartburg 8:32.45 8:34.15 2 8
32.777 (32.777)	1:07.369 (34.592) 1:42.905 (35.536) 2:18.049 (35.144)
2:53.427 (35.378)	3:28.441 (35.014) 4:03.855 (35.414) 4:39.273 (35.418)
5:14.125 (34.852)	5:48.857 (34.732) 6:22.245 (33.388) 6:55.699 (33.454)
7:29.159 (33.460)	8:01.697 (32.538) 8:34.141 (32.444)
3 Tyler Havens	SR Loras 8:45.40 8:41.60 2 6
33.495 (33.495)	1:08.941 (35.446) 1:44.733 (35.792) 2:20.803 (36.070)
2:56.601 (35.798)	3:32.561 (35.960) 4:09.321 (36.760) 4:41.569 (32.248)
5:16.159 (34.590)	5:50.697 (34.538) 6:25.447 (34.750) 7:00.033 (34.586)
7:34.401 (34.368)	8:08.811 (34.410) 8:41.597 (32.786)
4 Joey Schultz	JR Loras 8:56.41 8:43.55 2 5
35.069 (35.069)	1:10.319 (35.250) 1:46.601 (36.282) 2:22.329 (35.728)
2:58.421 (36.092)	3:34.199 (35.778) 4:10.289 (36.090) 4:44.761 (34.472)
5:19.347 (34.586)	5:52.785 (33.438) 6:27.901 (35.116) 7:03.585 (35.684)
7:38.365 (34.780)	8:12.417 (34.052) 8:43.547 (31.130)
5 Jay Mixdorf	SO Wartburg 8:45.36 8:47.33 2 4
33.795 (33.795)	1:09.335 (35.540) 1:45.005 (35.670) 2:21.107 (36.102)
2:56.983 (35.876)	3:32.849 (35.866) 4:09.569 (36.720) 4:44.201 (34.632)
5:18.847 (34.646)	5:54.269 (35.422) 6:30.497 (36.228) 7:05.079 (34.582)
7:40.839 (35.760)	8:15.483 (34.644) 8:47.327 (31.844)
6 Caleb Appleton	SR Wartburg 8:40.74 8:48.41 2 3
33.213 (33.213)	1:08.607 (35.394) 1:44.495 (35.888) 2:20.515 (36.020)
2:56.327 (35.812)	3:32.289 (35.962) 4:09.031 (36.742) 4:44.447 (35.416)
5:19.071 (34.624)	5:53.345 (34.274) 6:28.907 (35.562) 7:04.773 (35.866)
7:40.615 (35.842)	8:16.125 (35.510) 8:48.401 (32.276)
7 Jonathan Facio	SR Simpson (Iowa) 8:58.28 8:50.12 2 2
34.639 (34.639)	1:09.627 (34.988) 1:45.489 (35.862) 2:21.589 (36.100)
2:57.537 (35.948)	3:33.315 (35.778) 4:10.123 (36.808) 4:45.029 (34.906)
5:19.999 (34.970)	5:54.735 (34.736) 6:29.885 (35.150) 7:05.701 (35.816)
7:41.217 (35.516)	8:16.737 (35.520) 8:50.113 (33.376)
8 Patrick Wolak	SR Loras 9:00.14 8:50.51 2 1
35.607 (35.607)	1:10.585 (34.978) 1:46.759 (36.174) 2:22.595 (35.836)
2:58.617 (36.022)	3:34.345 (35.728) 4:10.505 (36.160) 4:45.453 (34.948)
5:20.227 (34.774)	5:54.547 (34.320) 6:30.157 (35.610) 7:05.333 (35.176)
7:40.733 (35.400)	8:16.465 (35.732) 8:50.503 (34.038)
9 Preston Decker	JR Nebraska Wesleyan 8:57.20 8:53.08 2
34.265 (34.265)	1:09.673 (35.408) 1:45.289 (35.616) 2:21.387 (36.098)
2:57.317 (35.930)	3:33.095 (35.778) 4:09.833 (36.738) 4:44.929 (35.096)
5:19.741 (34.812)	5:55.273 (35.532) 6:31.697 (36.424) 7:08.137 (36.440)
7:44.995 (36.858)	8:21.975 (36.980) 8:53.077 (31.102)

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Men 3000 Meter Run**

10	Nate Sanders	JR Central College	8:55.50	8:55.88	2
	35.351 (35.351)	1:10.551 (35.200)	1:46.841 (36.290)	2:22.733 (35.892)	
	2:58.853 (36.120)	3:34.647 (35.794)	4:10.765 (36.118)	4:46.351 (35.586)	
	5:22.167 (35.816)	5:58.441 (36.274)	6:34.641 (36.200)	7:11.191 (36.550)	
	7:46.597 (35.406)	8:22.079 (35.482)	8:55.871 (33.792)		
11	Jerry Lotz	SR Central College	9:02.82	8:57.62	1
	34.202 (34.202)	1:09.694 (35.492)	1:45.248 (35.554)	2:21.224 (35.976)	
	2:58.058 (36.834)	3:34.384 (36.326)	4:10.316 (35.932)	4:46.586 (36.270)	
	5:23.752 (37.166)	5:59.326 (35.574)	6:35.476 (36.150)	7:12.140 (36.664)	
	7:48.856 (36.716)	8:25.358 (36.502)	8:57.620 (32.262)		
12	Tyler Cernohous	SO Dubuque	9:04.91	8:58.14	1
	33.948 (33.948)	1:09.442 (35.494)	1:45.030 (35.588)	2:20.704 (35.674)	
	2:57.324 (36.620)	3:33.640 (36.316)	4:09.690 (36.050)	4:46.404 (36.714)	
	5:23.402 (36.998)	5:59.668 (36.266)	6:35.734 (36.066)	7:12.490 (36.756)	
	7:49.018 (36.528)	8:24.724 (35.706)	8:58.136 (33.412)		
13	Daniel Sunvold	SR Central College	8:55.07	8:58.78	2
	34.185 (34.185)	1:09.445 (35.260)	1:45.233 (35.788)	2:21.363 (36.130)	
	2:57.261 (35.898)	3:33.049 (35.788)	4:09.759 (36.710)	4:45.639 (35.880)	
	5:21.643 (36.004)	5:58.003 (36.360)	6:34.419 (36.416)	7:11.207 (36.788)	
	7:48.261 (37.054)	8:24.315 (36.054)	8:58.779 (34.464)		
14	Luke Guttormson	SO Loras	9:01.32	9:00.25	1
	35.342 (35.342)	1:11.534 (36.192)	1:47.448 (35.914)	2:23.284 (35.836)	
	2:59.582 (36.298)	3:35.828 (36.246)	4:12.606 (36.778)	4:49.402 (36.796)	
	5:26.052 (36.650)	6:02.744 (36.692)	6:39.296 (36.552)	7:16.154 (36.858)	
	7:52.678 (36.524)	8:28.012 (35.334)	9:00.248 (32.236)		
15	Ryan Dalton	JR Wartburg	8:45.52	9:02.16	2
	34.037 (34.037)	1:09.721 (35.684)	1:45.867 (36.146)	2:22.733 (36.866)	
	2:59.155 (36.422)	3:34.969 (35.814)	4:10.997 (36.028)	4:46.119 (35.122)	
	5:22.897 (36.778)	5:59.201 (36.304)	6:37.011 (37.810)	7:13.495 (36.484)	
	7:50.387 (36.892)	8:27.023 (36.636)	9:02.153 (35.130)		
16	Eric Baldus	FR Simpson (Iowa)	9:08.14	9:06.35	1
	34.436 (34.436)	1:09.846 (35.410)	1:45.384 (35.538)	2:21.102 (35.718)	
	2:57.852 (36.750)	3:34.354 (36.502)	4:10.884 (36.530)	4:48.216 (37.332)	
	5:26.002 (37.786)	6:03.636 (37.634)	6:41.886 (38.250)	7:19.748 (37.862)	
	7:58.204 (38.456)	8:34.202 (35.998)	9:06.342 (32.140)		
17	Caleb Burjes	SO Luther	8:56.03	9:07.78	2
	34.541 (34.541)	1:10.003 (35.462)	1:46.135 (36.132)	2:21.853 (35.718)	
	2:57.883 (36.030)	3:33.653 (35.770)	4:10.439 (36.786)	4:45.281 (34.842)	
	5:20.563 (35.282)	5:56.391 (35.828)	6:34.043 (37.652)	7:12.033 (37.990)	
	7:50.919 (38.886)	8:29.281 (38.362)	9:07.775 (38.494)		
18	Cutler Owens	SO Central College	9:11.61	9:09.30	1
	34.490 (34.490)	1:09.964 (35.474)	1:45.544 (35.580)	2:21.436 (35.892)	
	2:57.540 (36.104)	3:33.458 (35.918)	4:09.576 (36.118)	4:46.340 (36.764)	
	5:23.494 (37.154)	6:00.108 (36.614)	6:37.782 (37.674)	7:16.704 (38.922)	
	7:55.922 (39.218)	8:34.560 (38.638)	9:09.298 (34.738)		
19	Caleb Silver	FR Central College	9:11.90	9:10.07	1
	33.628 (33.628)	1:09.144 (35.516)	1:44.846 (35.702)	2:20.906 (36.060)	
	2:57.804 (36.898)	3:34.136 (36.332)	4:10.082 (35.946)	4:46.866 (36.784)	
	5:24.260 (37.394)	6:01.512 (37.252)	6:39.680 (38.168)	7:16.462 (36.782)	
	7:55.506 (39.044)	8:32.886 (37.380)	9:10.068 (37.182)		

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Men 3000 Meter Run**

20 Fred Farrand	SO Luther	8:56.99	9:11.48	2
34.719 (34.719)	1:10.267 (35.548)	1:46.439 (36.172)	2:22.117 (35.678)	
2:58.181 (36.064)	3:33.931 (35.750)	4:10.737 (36.806)	4:46.237 (35.500)	
5:21.917 (35.680)	5:58.995 (37.078)	6:36.095 (37.100)	7:13.989 (37.894)	
7:53.375 (39.386)	8:32.429 (39.054)	9:11.475 (39.046)		
21 Simon Razidlo	FR Luther	9:31.65	9:16.72	1
35.350 (35.350)	1:11.184 (35.834)	1:48.112 (36.928)	2:25.636 (37.524)	
3:01.978 (36.342)	3:38.332 (36.354)	4:15.926 (37.594)	4:54.848 (38.922)	
5:34.440 (39.592)	6:12.636 (38.196)	6:50.588 (37.952)	7:29.514 (38.926)	
8:08.058 (38.544)	8:44.716 (36.658)	9:16.712 (31.996)		
22 Noah Forrey	SR Dubuque	9:22.42	9:17.30	1
35.086 (35.086)	1:10.532 (35.446)	1:46.162 (35.630)	2:22.776 (36.614)	
2:59.872 (37.096)	3:37.512 (37.640)	4:15.612 (38.100)	4:54.568 (38.956)	
5:32.640 (38.072)	6:10.776 (38.136)	6:48.380 (37.604)	7:26.294 (37.914)	
8:05.960 (39.666)	8:42.762 (36.802)	9:17.294 (34.532)		
23 Colby Karr	FR Nebraska Wesleyan	9:29.24	9:20.62	1
36.184 (36.184)	1:10.722 (34.538)	1:46.448 (35.726)	2:22.354 (35.906)	
2:58.516 (36.162)	3:35.686 (37.170)	4:13.530 (37.844)	4:51.384 (37.854)	
5:29.896 (38.512)	6:08.270 (38.374)	6:47.058 (38.788)	7:26.944 (39.886)	
8:05.196 (38.252)	8:44.084 (38.888)	9:20.620 (36.536)		
24 Cameron Kaltschnee	JR Buena Vista	9:16.43	9:34.87	1
34.892 (34.892)	1:10.254 (35.362)	1:45.818 (35.564)	2:21.956 (36.138)	
2:58.864 (36.908)	3:36.032 (37.168)	4:13.880 (37.848)	4:51.938 (38.058)	
5:30.348 (38.410)	6:09.472 (39.124)	6:48.970 (39.498)	7:30.124 (41.154)	
8:11.200 (41.076)	8:53.834 (42.634)	9:34.870 (41.036)		
25 Luke Evans	SR Simpson (Iowa)	9:32.78	9:36.22	1
35.672 (35.672)	1:12.478 (36.806)	1:49.724 (37.246)	2:27.732 (38.008)	
3:06.412 (38.680)	3:44.898 (38.486)	4:23.890 (38.992)	5:03.770 (39.880)	
5:43.634 (39.864)	6:23.756 (40.122)	7:02.800 (39.044)	7:43.856 (41.056)	
8:23.636 (39.780)	9:01.030 (37.394)	9:36.216 (35.186)		
26 Hayden Falkinburg	SR Nebraska Wesleyan	9:17.69	9:40.13	1
35.500 (35.500)	1:11.434 (35.934)	1:46.902 (35.468)	2:23.134 (36.232)	
2:59.808 (36.674)	3:36.858 (37.050)	4:15.358 (38.500)	4:54.314 (38.956)	
5:34.140 (39.826)	6:14.526 (40.386)	6:56.356 (41.830)	7:37.944 (41.588)	
8:19.530 (41.586)	9:00.750 (41.220)	9:40.128 (39.378)		
27 Jon Flaws	FR Buena Vista	9:36.86	9:47.75	1
34.880 (34.880)	1:10.898 (36.018)	1:47.882 (36.984)	2:25.382 (37.500)	
3:03.618 (38.236)	3:42.676 (39.058)	4:22.106 (39.430)	5:02.214 (40.108)	
5:42.920 (40.706)	6:23.164 (40.244)	7:04.670 (41.506)	7:45.782 (41.112)	
8:26.886 (41.104)	9:07.410 (40.524)	9:47.744 (40.334)		
28 Ryan Smith	FR Coe	9:56.29	9:53.97	1
36.816 (36.816)	1:13.774 (36.958)	1:52.264 (38.490)	2:30.978 (38.714)	
3:10.434 (39.456)	3:50.252 (39.818)	4:30.310 (40.058)	5:10.874 (40.564)	
5:51.698 (40.824)	6:32.718 (41.020)	7:13.174 (40.456)	7:54.300 (41.126)	
8:36.184 (41.884)	9:17.404 (41.220)	9:53.970 (36.566)		
29 Alec Hirsch	SO Buena Vista	10:07.72	10:07.81	1
35.930 (35.930)	1:12.130 (36.200)	1:50.178 (38.048)	2:28.840 (38.662)	
3:09.140 (40.300)	3:49.038 (39.898)	4:29.276 (40.238)	5:09.780 (40.504)	
5:51.184 (41.404)	6:31.928 (40.744)	7:13.934 (42.006)	7:56.718 (42.784)	
8:40.634 (43.916)	9:24.962 (44.328)	10:07.808 (42.846)		
-- Tom Altier	SO Luther	8:38.73	DNS	2

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****Men 5000 Meter Run**

All-Time: A 14:20.44		2005		Josh Moen, Wartburg	
Championship: C 14:27.80		2/28/2014		Eli Horton, Central College	
Facility: F 14:27.80		2/28/2014		Eli Horton, Central	
Name	Year	School	Seed	Finals	Points
1 Joe Freiburger		JR Wartburg	14:40.19	15:02.43	10
	33.489 (33.489)	1:07.315 (33.826)	1:43.197 (35.882)	2:19.206 (36.009)	
	2:54.261 (35.055)	3:29.648 (35.387)	4:07.030 (37.382)	4:42.608 (35.578)	
	5:19.388 (36.780)	5:56.241 (36.853)	6:31.075 (34.834)	7:07.689 (36.614)	
	7:43.067 (35.378)	8:25.036 (41.969)	9:01.525 (36.489)	9:35.051 (33.526)	
	10:11.155 (36.104)	10:48.527 (37.372)	11:22.727 (34.200)	11:58.564 (35.837)	
	12:36.138 (37.574)	13:12.169 (36.031)	13:49.145 (36.976)	14:24.726 (35.581)	
	15:02.430 (37.704)				
2 Morgan Shirley-Fairbairn		SO Wartburg	15:23.61	15:08.83	8
	32.039 (32.039)	1:07.698 (35.659)	1:45.312 (37.614)	2:21.431 (36.119)	
	2:54.401 (32.970)	3:30.067 (35.666)	4:06.102 (36.035)	4:43.947 (37.845)	
	5:20.108 (36.161)	5:54.019 (33.911)	6:30.939 (36.920)	7:09.447 (38.508)	
	7:47.166 (37.719)	8:24.630 (37.464)	9:03.067 (38.437)	9:41.004 (37.937)	
	10:18.107 (37.103)	10:56.025 (37.918)	11:34.241 (38.216)	12:12.108 (37.867)	
	12:48.376 (36.268)	13:27.004 (38.628)	14:04.604 (37.600)	14:39.785 (35.181)	
	15:08.822 (29.037)				
3 Jay Mixdorf		SO Wartburg	15:31.01	15:13.13	6
	34.947 (34.947)	1:08.925 (33.978)	1:45.310 (36.385)	2:24.171 (38.861)	
	3:03.563 (39.392)	3:39.528 (35.965)	4:18.992 (39.464)	4:55.568 (36.576)	
	5:32.098 (36.530)	6:08.197 (36.099)	6:43.506 (35.309)	7:20.329 (36.823)	
	7:55.076 (34.747)	8:34.959 (39.883)	9:12.827 (37.868)	9:48.807 (35.980)	
	10:24.010 (35.203)	10:58.305 (34.295)	11:36.968 (38.663)	12:14.227 (37.259)	
	12:49.580 (35.353)	13:26.266 (36.687)	14:04.245 (37.979)	14:39.868 (35.623)	
	15:11.538 (31.670)				
4 Daniel Sunvold		SR Central College	15:25.66	15:17.69	5
	31.420 (31.420)	1:09.964 (38.544)	1:41.804 (31.840)	2:18.078 (36.274)	
	2:55.338 (37.260)	3:29.351 (34.013)	4:08.079 (38.728)	4:45.968 (37.889)	
	5:21.266 (35.298)	5:59.865 (38.599)	6:35.415 (35.550)	7:12.837 (37.422)	
	7:50.574 (37.737)	8:28.787 (38.213)	9:06.566 (37.779)	9:46.345 (39.779)	
	10:24.085 (37.740)	11:00.439 (36.354)	11:38.950 (38.511)	12:19.507 (40.557)	
	12:52.456 (32.949)	13:29.744 (37.288)	14:09.235 (39.491)	14:42.758 (33.523)	
	15:17.690 (34.932)				
5 Joey Schultz		JR Loras	15:26.37	15:19.37	4
	32.801 (32.801)	1:11.548 (38.747)	1:47.427 (35.879)	2:24.975 (37.548)	
	3:04.521 (39.546)	3:40.951 (36.430)	4:18.541 (37.590)	4:56.156 (37.615)	
	5:33.340 (37.184)	6:08.006 (34.667)	6:41.857 (33.851)	7:21.928 (40.071)	
	7:54.616 (32.688)	8:31.705 (37.089)	9:12.080 (40.375)	9:48.046 (35.966)	
	10:26.167 (38.121)	11:03.430 (37.263)	11:41.020 (37.590)	12:14.149 (33.129)	
	12:55.922 (41.773)	13:31.886 (35.964)	14:10.705 (38.819)	14:47.191 (36.486)	
	15:19.366 (32.175)				
6 Preston Decker		JR Nebraska Wesleyan	15:47.85	15:21.56	3
	31.798 (31.798)	1:11.549 (39.751)	1:48.288 (36.739)	2:23.078 (34.790)	
	3:01.609 (38.531)	3:39.306 (37.697)	4:17.048 (37.742)	4:54.888 (37.840)	
	5:32.166 (37.278)	6:09.388 (37.222)	6:43.321 (33.933)	7:18.437 (35.116)	
	7:55.217 (36.780)	8:34.281 (39.064)	9:12.627 (38.346)	9:47.129 (34.502)	
	10:25.464 (38.335)	11:01.465 (36.001)	11:37.697 (36.232)	12:20.416 (42.719)	
	12:57.886 (37.470)	13:35.947 (38.061)	14:11.515 (35.568)	14:48.125 (36.610)	
	15:21.552 (33.427)				

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Men 5000 Meter Run**

7	Patrick Wolak	SR Loras	15:25.80	15:22.23	2
	36.412 (36.412)	1:12.767 (36.355)	1:49.511 (36.744)	2:28.027 (38.516)	
	3:04.660 (36.633)	3:41.422 (36.762)	4:19.251 (37.830)	4:57.402 (38.151)	
	5:34.179 (36.777)	6:10.225 (36.046)	6:45.748 (35.523)	7:19.747 (33.999)	
	7:56.047 (36.300)	8:33.236 (37.189)	9:12.027 (38.791)	9:49.025 (36.998)	
	10:25.206 (36.181)	11:02.946 (37.740)	11:40.025 (37.079)	12:15.875 (35.850)	
	12:53.634 (37.759)	13:33.393 (39.759)	14:06.634 (33.241)	14:48.105 (41.471)	
	15:22.226 (34.121)				
8	Liam Conroy	JR Wartburg	15:36.28	15:29.47	1
	34.947 (34.947)	1:09.992 (35.045)	1:46.986 (36.994)	2:25.609 (38.623)	
	3:03.878 (38.269)	3:42.048 (38.170)	4:19.687 (37.639)	4:57.476 (37.789)	
	5:34.637 (37.161)	6:10.477 (35.840)	6:46.530 (36.053)	7:22.827 (36.297)	
	7:58.207 (35.380)	8:37.081 (38.874)	9:14.947 (37.866)	9:51.505 (36.558)	
	10:29.177 (37.672)	11:10.206 (41.029)	11:46.582 (36.376)	12:24.236 (37.654)	
	13:01.524 (37.288)	13:39.527 (38.003)	14:19.726 (40.199)	14:54.074 (34.348)	
	15:29.464 (35.390)				
9	Nate Sanders	JR Central College	15:31.93	15:36.37	
	34.551 (34.551)	1:10.050 (35.499)	1:46.127 (36.077)	2:22.048 (35.921)	
	2:57.570 (35.522)	3:33.374 (35.804)	4:09.343 (35.969)	4:46.866 (37.523)	
	5:23.128 (36.262)	6:00.181 (37.053)	6:35.777 (35.596)	7:15.246 (39.469)	
	7:51.441 (36.195)	8:31.185 (39.744)	9:09.628 (38.443)	9:48.023 (38.395)	
	10:26.424 (38.401)	11:04.388 (37.964)	11:40.726 (36.338)	12:19.822 (39.096)	
	13:00.129 (40.307)	13:39.528 (39.399)	14:19.141 (39.613)	14:55.702 (36.561)	
	15:36.362 (40.660)				
10	Norbert Weijenberg	FR Nebraska Wesleyan	15:57.31	15:44.00	
	37.668 (37.668)	1:14.258 (36.590)	1:49.507 (35.249)	2:28.668 (39.161)	
	3:05.316 (36.648)	3:40.947 (35.631)	4:18.306 (37.359)	4:58.052 (39.746)	
	5:35.046 (36.994)	6:07.206 (32.160)	6:45.222 (38.016)	7:22.050 (36.828)	
	7:54.836 (32.786)	8:31.617 (36.781)	9:11.369 (39.752)	9:50.261 (38.892)	
	10:25.207 (34.946)	11:04.669 (39.462)	11:42.415 (37.746)	12:24.237 (41.822)	
	13:03.988 (39.751)	13:43.806 (39.818)	14:24.520 (40.714)	15:02.096 (37.576)	
	15:43.998 (41.902)				
11	Colin Weber	SR Luther	15:45.48		
	37.054 (37.054)	1:14.041 (36.987)	1:51.151 (37.110)	2:27.300 (36.149)	
	3:01.796 (34.496)	3:39.637 (37.841)	4:20.627 (40.990)	4:57.036 (36.409)	
	5:33.401 (36.365)	6:12.206 (38.805)	6:49.226 (37.020)	7:25.968 (36.742)	
	8:05.750 (39.782)	8:44.668 (38.918)	9:23.828 (39.160)	10:01.970 (38.142)	
	10:40.089 (38.119)	11:18.916 (38.827)	11:57.788 (38.872)	12:36.678 (38.890)	
	13:14.987 (38.309)	13:54.475 (39.488)	14:32.975 (38.500)	15:10.116 (37.141)	
	15:45.480 (35.364)				
12	Easton Sabala	SO Central College	15:51.09	15:50.59	
	36.868 (36.868)	1:11.689 (34.821)	1:48.441 (36.752)	2:26.607 (38.166)	
	3:03.596 (36.989)	3:40.083 (36.487)	4:19.570 (39.487)	4:57.770 (38.200)	
	5:32.927 (35.157)	6:10.068 (37.141)	6:42.319 (32.251)	7:18.265 (35.946)	
	7:57.567 (39.302)	8:33.126 (35.559)	9:15.485 (42.359)	9:54.625 (39.140)	
	10:32.157 (37.532)	11:13.946 (41.789)	11:51.668 (37.722)	12:32.876 (41.208)	
	13:11.459 (38.584)	13:53.361 (41.902)	14:33.538 (40.177)	15:11.319 (37.781)	
	15:50.586 (39.267)				

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13 Pierce Pennell	SO Nebraska Wesleyan	16:01.18	15:53.93
36.991 (36.991)	1:13.435 (36.444)	1:50.747 (37.312)	2:24.506 (33.759)
3:01.068 (36.562)	3:41.958 (40.890)	4:16.117 (34.160)	4:57.321 (41.204)
5:34.767 (37.446)	6:07.746 (32.979)	6:49.087 (41.341)	7:23.886 (34.799)
8:05.446 (41.560)	8:44.746 (39.300)	9:23.830 (39.084)	10:01.826 (37.996)
10:38.505 (36.679)	11:16.696 (38.191)	11:57.686 (40.990)	12:37.147 (39.461)
13:17.245 (40.098)	13:54.295 (37.050)	14:34.936 (40.641)	15:14.045 (39.109)
15:53.930 (39.885)			
14 Noah Nelsen	FR Simpson (Iowa)	16:00.37	
37.470 (37.470)	1:13.899 (36.429)	1:46.620 (32.721)	2:26.709 (40.089)
3:02.894 (36.185)	3:40.186 (37.292)	4:20.268 (40.082)	4:58.730 (38.462)
5:35.949 (37.219)	6:10.542 (34.593)	6:52.650 (42.108)	7:28.586 (35.936)
8:08.117 (39.531)	8:46.823 (38.706)	9:26.826 (40.003)	10:05.787 (38.961)
10:46.586 (40.799)	11:26.879 (40.293)	12:03.296 (36.417)	12:44.207 (40.911)
13:26.825 (42.618)	14:01.364 (34.539)	14:43.626 (42.262)	15:18.504 (34.878)
16:00.366 (41.862)			
15 Shane Breheny	JR Simpson (Iowa)	16:02.42	
36.207 (36.207)	1:11.751 (35.544)	1:49.668 (37.917)	2:26.272 (36.604)
3:04.001 (37.729)	3:37.567 (33.566)	4:19.689 (42.122)	4:57.496 (37.807)
5:34.382 (36.886)	6:10.228 (35.846)	6:47.786 (37.558)	7:26.746 (38.960)
8:03.958 (37.212)	8:42.277 (38.319)	9:23.711 (41.434)	10:00.436 (36.725)
10:39.197 (38.761)	11:21.464 (42.267)	12:04.266 (42.802)	12:42.106 (37.840)
13:23.125 (41.019)	14:04.905 (41.780)	14:43.305 (38.400)	15:26.545 (43.240)
16:02.418 (35.873)			
16 Tom Altier	SO Luther	16:06.98	
34.029 (34.029)	1:06.018 (31.989)	1:41.804 (35.786)	2:17.498 (35.694)
2:56.708 (39.210)	3:30.266 (33.558)	4:03.917 (33.651)	4:43.748 (39.831)
5:19.670 (35.922)	5:56.428 (36.758)	6:32.987 (36.559)	7:07.197 (34.210)
7:43.205 (36.008)	8:22.096 (38.891)	9:00.416 (38.320)	9:45.307 (44.891)
10:24.227 (38.920)	11:08.546 (44.319)	11:49.377 (40.831)	12:32.048 (42.671)
13:15.120 (43.072)	13:56.986 (41.866)	14:41.065 (44.079)	15:22.529 (41.464)
16:06.974 (44.445)			
17 Greg Tystahl	SO Buena Vista	15:53.50	16:11.50
34.350 (34.350)	1:12.531 (38.181)	1:48.327 (35.796)	2:24.850 (36.523)
3:04.330 (39.480)	3:42.227 (37.897)	4:20.030 (37.803)	4:57.687 (37.657)
5:33.239 (35.552)	6:11.311 (38.072)	6:48.943 (37.632)	7:27.807 (38.864)
8:06.748 (38.941)	8:46.987 (40.239)	9:26.326 (39.339)	10:05.699 (39.373)
10:41.665 (35.966)	11:25.284 (43.619)	12:05.179 (39.895)	12:45.366 (40.187)
13:26.447 (41.081)	14:06.977 (40.530)	14:46.985 (40.008)	15:30.584 (43.599)
16:11.500 (40.916)			
18 Logan Hayes	SR Loras	16:14.73	
38.012 (38.012)	1:12.850 (34.838)	1:53.307 (40.457)	2:31.343 (38.036)
3:08.588 (37.245)	3:45.166 (36.578)	4:23.941 (38.775)	5:00.867 (36.926)
5:40.641 (39.774)	6:19.087 (38.446)	6:55.528 (36.441)	7:32.576 (37.048)
8:12.385 (39.809)	9:29.749 (1:17.364)	10:06.876 (37.127)	10:47.807 (40.931)
11:27.542 (39.735)	12:06.225 (38.683)	12:48.903 (42.678)	13:29.721 (40.818)
14:09.395 (39.674)	14:52.996 (43.601)	15:34.382 (41.386)	16:14.730 (40.348)
16:47.824 (33.095)			

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Men 5000 Meter Run**

19 Thatcher Krob	FR Central College	16:02.77	16:15.81		
35.429 (35.429)	1:12.603 (37.174)	1:49.250 (36.647)	2:26.143 (36.893)		
3:04.143 (38.000)	3:40.228 (36.085)	4:19.248 (39.020)	4:57.499 (38.251)		
5:32.757 (35.258)	6:09.308 (36.551)	6:48.567 (39.259)	7:25.568 (37.001)		
8:06.525 (40.957)	8:47.004 (40.479)	9:27.318 (40.314)	10:07.226 (39.908)		
10:48.086 (40.860)	11:29.048 (40.962)	12:10.767 (41.719)	12:52.656 (41.889)		
13:32.029 (39.373)	14:14.336 (42.307)	14:57.185 (42.849)	15:37.178 (39.993)		
16:15.802 (38.624)					
20 McCoy Meshach	SR Coe	16:49.20	16:17.78		
38.050 (38.050)	1:14.788 (36.738)	1:53.242 (38.454)	2:29.847 (36.605)		
3:05.499 (35.652)	3:46.290 (40.791)	4:24.461 (38.171)	5:00.426 (35.965)		
5:42.722 (42.296)	6:20.245 (37.523)	6:57.766 (37.521)	7:39.237 (41.471)		
8:19.767 (40.530)	8:59.457 (39.690)	9:38.243 (38.786)	10:20.108 (41.865)		
10:59.945 (39.837)	11:38.747 (38.802)	12:15.396 (36.649)	12:59.649 (44.253)		
13:36.505 (36.856)	14:18.783 (42.278)	14:57.655 (38.872)	15:37.625 (39.970)		
16:17.780 (40.155)					
21 Cale Billheimer	JR Simpson (Iowa)	16:10.50	16:29.94		
35.888 (35.888)	1:10.749 (34.861)	1:47.861 (37.112)	2:25.428 (37.567)		
3:02.236 (36.808)	3:40.108 (37.872)	4:16.981 (36.873)	4:54.947 (37.966)		
5:33.401 (38.454)	6:12.519 (39.118)	6:52.042 (39.523)	7:30.963 (38.921)		
8:10.996 (40.033)	8:49.727 (38.731)	9:30.226 (40.499)	10:10.278 (40.052)		
10:53.236 (42.958)	11:35.096 (41.860)	12:16.780 (41.684)	13:00.246 (43.466)		
13:42.746 (42.500)	14:27.140 (44.394)	15:08.615 (41.475)	15:49.406 (40.791)		
16:29.938 (40.532)					
22 Cameron Kaltschnee	JR Buena Vista	16:38.02	17:11.37		
34.549 (34.549)	1:13.252 (38.703)	1:50.367 (37.115)	2:25.909 (35.542)		
3:05.323 (39.414)	3:43.409 (38.086)	4:21.408 (37.999)	4:59.677 (38.269)		
5:38.188 (38.511)	6:17.126 (38.938)	6:56.667 (39.541)	7:35.499 (38.832)		
8:15.029 (39.530)	8:52.518 (37.489)	9:36.668 (44.150)	10:18.865 (42.197)		
11:01.818 (42.953)	11:45.665 (43.847)	12:31.309 (45.644)	13:15.696 (44.387)		
14:03.846 (48.150)	14:46.126 (42.280)	15:35.379 (49.253)	16:24.190 (48.811)		
17:11.362 (47.172)					

**Men 55 Meter Hurdles****Top 8 Advance by Time**

All-Time: A	7.42	2009	Shawn Olorudami, Buena Vista		
Championship: C	7.56	2009	Shawn Olorudami, Buena Vista		
Championship: C	7.56	2/24/2017	Dylan Kalinay, Simpson (Iowa)		
Facility: F	7.62	2005	Basil Steele, Dubuque		
Facility: F	7.62	2/18/2012	Chris Williams, Iowa Central		
Name		Year	School	Seed	Prelims H#

**Preliminaries**

1 Ryan Rogers	JR Loras	8.26	7.63q	2	
2 Reese Hennerberg	JR Nebraska Wesleyan	8.26	7.78q	1	
3 Marshall Chasek	FR Nebraska Wesleyan	8.32	7.79q	1	
4 Dallas Wright	JR Wartburg	8.24	7.80q	3	
5 Max Murphy	FR Buena Vista	8.18	7.91q	4	
6 Sam Adeniyi	SR Simpson (Iowa)	8.49	8.06q	2	
7 Austin Greenwalt	SR Simpson (Iowa)	8.73	8.08q	3	
8 Jonathan Bossou	FR Central College	8.64	8.14q	4	
9 Max Cleveland	FR Simpson (Iowa)	8.77	8.19	4	8.184
10 Drake Lewis	SO Central College	8.76	8.19	1	8.185

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11 Rudy Vrtiska	SO Nebraska Wesleyan	8.73	8.22	2	
12 Danny Devenuto	SO Central College	8.72	8.24	4	8.232
13 Quinten Sommers	FR Wartburg	8.85	8.24	3	8.233
14 Andrew Black	JR Wartburg	8.76	8.29	1	
15 Elliott Meyer	JR Simpson (Iowa)	8.54	8.35	3	
16 Tyler Fowler	SR Dubuque	8.76	8.41	2	
17 Riley Flint	FR Buena Vista	8.84	8.42	4	
18 Trevor Eckols	JR Coe	9.40	8.62	1	
19 Ethan Taylor	FR Central College	9.37	8.69	1	
20 Maurice Maiden	FR Dubuque	9.04	9.01	2	
-- Michael Banks	SO Coe	8.76	DNF	3	

**Men 55 Meter Hurdles**

All-Time: A	7.42	2009	Shawn Olorudami, Buena Vista			
Championship: C	7.56	2009	Shawn Olorduami, Buena Vista			
Championship: C	7.56	2/24/2017	Dylan Kalinay, Simpson (Iowa)			
Facility: F	7.62	2005	Basil Steele, Dubuque			
Facility: F	7.62	2/18/2012	Chris Williams, Iowa Central			
Name		Year School	Prelims	Finals	H#	Points

Finals						
1 Ryan Rogers	JR Loras	7.63	7.68	2	10	
2 Max Murphy	FR Buena Vista	7.91	7.70	2	8	7.692
3 Dallas Wright	JR Wartburg	7.80	7.70	1	6	7.700
4 Marshall Chasek	FR Nebraska Wesleyan	7.79	7.74	1	5	
5 Jonathan Bossou	FR Central College	8.14	8.04	1	4	
6 Austin Greenwalt	SR Simpson (Iowa)	8.08	8.41	2	3	
7 Sam Adeniyi	SR Simpson (Iowa)	8.06	12.55	1	2	
-- Reese Hennerberg	JR Nebraska Wesleyan	7.78	DQ	2		Ran Around

**Men 4x400 Meter Relay**

All-Time: A	3:14.04	2004	Wartburg, Wartburg			
			A Six, S Bubb, A Six, B Showlater			
Championship: C	3:20.34	2/23/2019	Loras, Loras			
			T Morrison, A Hall, E Gradoville, P Mikel			
Facility: F	3:18.37	2/18/2012	Iowa Central, Iowa Central			
			A Higgs, G Powell, W Gime, C Nikanata			
School			Seed	Finals	H#	Points
1 Loras			3:16.95	3:19.68C	2	10
1) Patrick Mikel SR						
2) Shamari Scott JR						
3) Josh Smith SO						
4) Tyson Morrison SR						
48.849 (48.849)	1:39.230 (50.382)		2:29.567 (50.338)		3:19.675 (50.108)	
2 Nebraska Wesleyan			3:21.16	3:21.17	2	8
1) Michael Merical SR						
2) Ben Christenson SO						
3) Kyle Dickinson SO						
4) Gabe Anderson FR						
50.459 (50.459)	1:41.121 (50.663)		2:31.823 (50.702)		3:21.169 (49.347)	
3 Wartburg			3:22.24	3:22.03	2	6
1) Dallas Wright JR						
2) Grant Olson FR						
3) Jared Braun FR						
4) Nick Kennicker SR						
48.957 (48.957)	1:40.483 (51.526)		2:31.169 (50.687)		3:22.025 (50.856)	

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4	Dubuque			3:23.33	3:22.87	2	5
	1) Colfay Pointer SR		2) DaMon Street FR				
	3) Keaton Anderson FR		4) Dante Burchfield SR				
	49.049 (49.049)	1:39.314 (50.266)	2:30.426 (51.112)		3:22.867 (52.441)		
5	Buena Vista			3:29.35	3:26.51	1	4
	1) Jadon Micke FR		2) Jackson Sylvester FR				
	3) Riley Flint FR		4) Max Murphy FR				
	51.987 (51.987)	1:43.338 (51.352)	2:35.331 (51.993)		3:26.507 (51.176)		
6	Central College			3:27.41	3:26.77	1	3
	1) Cory Suedmeier SR		2) Danny Devenuto SO				
	3) Grant Boyse FR		4) Carter Tryon SO				
	52.615 (52.615)	1:44.589 (51.975)	2:35.937 (51.348)		3:26.766 (50.829)		
7	Luther			3:27.25	3:27.46	2	2
	1) Siletselwe Dlamini SO		2) Matt Kreidermacher SO				
	3) Nick Drilling FR		4) Vinnie Joseph FR				
	51.793 (51.793)	1:43.255 (51.462)	2:36.117 (52.862)		3:27.459 (51.342)		
8	Coe			3:31.92	3:32.55	1	1
	1) Caleb Rigdon JR		2) Jayden Weber SO				
	3) Gabe Varney SR		4) Trevor Eckols JR				
	52.691 (52.691)	1:45.283 (52.593)	2:38.913 (53.630)		3:32.544 (53.631)		
9	Simpson (Iowa)			3:27.90	3:40.10	1	
	1) Carter Fricke SO		2) Tyler Combs JR				
	3) Levi Lefebure SR		4) Austin Greenwalt SR				
	53.131 (53.131)	1:47.811 (54.681)	2:43.659 (55.848)		3:40.097 (56.438)		

**Men 4x800 Meter Relay**

=====							
	All-Time: A	7:48.50	2017	Central, Central			
				J Specht, T Rathje, K Pape, M Fairley			
	Championship: C	7:52.15	2013	Buena Vista, Buena Vista			
				A Smith, G Woodson, B Berberich, S Woodson			
	Facility: F	7:57.22	2/17/2012	North Iowa Area CC, North Iowa Area CC			
	School			Seed	Finals	Points	
=====							
1	Loras				7:53.75F	10	
	1) Carter Oberfoell FR		2) Cole Conklin-Little SR				
	3) Wyatt Kelly SO		4) Mike Jasa SO				
	1:58.982 (1:58.982)	3:57.648 (1:58.666)	5:56.406 (1:58.758)		7:53.742 (1:57.336)		
2	Wartburg				8:18.72	7:58.54	8
	1) Sam Pinkowski JR		2) Frosty Lorimer JR				
	3) Wyatt Schmidt SO		4) Dalton Martin SO				
	2:00.364 (2:00.364)	4:01.512 (2:01.148)	6:00.066 (1:58.554)		7:58.538 (1:58.472)		
3	Central College				8:01.28	7:58.99	6
	1) Preston Kizer JR		2) Adam Sylvia FR				
	3) Will DeHaan SO		4) Jack Sagan SO				
	2:01.942 (2:01.942)	4:01.936 (1:59.994)	6:01.358 (1:59.422)		7:58.984 (1:57.626)		
4	Simpson (Iowa)				7:59.34	5	
	1) Josh Paulson SR		2) Quentin Linnan FR				
	3) Clay Billheimer FR		4) Spencer Moon FR				
	2:02.572 (2:02.572)	4:02.062 (1:59.490)	6:01.002 (1:58.940)		7:59.334 (1:58.332)		
5	Luther				8:03.59	4	
	1) Lane Schwarz FR		2) Ian Kelly FR				
	3) Dan Iselin JR		4) Andrew Millan SR				
	2:01.478 (2:01.478)	3:59.980 (1:58.502)	6:02.828 (2:02.848)		8:03.582 (2:00.754)		

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Men 4x800 Meter Relay**

6	Nebraska Wesleyan					8:11.08	3
	1) Bryson Williams JR		2) Magwire Lott JR				
	3) Garrett Lenners FR		4) Max Bolke FR				
	2:00.334 (2:00.334)	4:03.896 (2:03.562)	6:07.808 (2:03.912)	8:11.072 (2:03.264)			
7	Dubuque					8:11.35	2
	1) Michael Orcutt JR		2) Jacob Heitter SR				
	3) Mark Biechler SO		4) Joseph Tobin SR				
	2:01.540 (2:01.540)	4:05.610 (2:04.070)	6:06.872 (2:01.262)	8:11.350 (2:04.478)			
8	Buena Vista					8:33.82	1
	1) Blake Patten JR		2) Alex Loerts SR				
	3) Anthony Baird SO		4) Colin Imhoff FR				
	2:02.280 (2:02.280)	4:04.062 (2:01.782)	6:10.292 (2:06.230)	8:17.558 (2:07.266)			
--	Coe					DNS	
	1) Justin Phillips JR		2) Coe Booker SO				
	3) McCoy Meshach SR		4) Dexter Hein-Harrison FR				

**Men Distance Medley**

=====							
	All-Time: A	9:54.08	2014	Central, Central			
				A O'Brien, S Hammack, D Jackson, E Horton			
Championship: C	10:01.66		2008	Wartburg, Wartburg			
				A Hodge, D Peth, J Hommer, K Balster			
Facility: F	10:01.66		2008	Wartburg, Wartburg			
				A Hodge, D Peth, J Hommer, K Balster			
=====							
	School			Seed	Finals	Points	
=====							
1	Loras				10:20.63	10	
	1) Cole Conklin-Little SR		2) Patrick Mikel SR				
	3) Mike Jasa SO		4) Luke Guttormson SO				
	3:07.881 (3:07.881)	3:55.781 (47.900)	5:51.001 (1:55.220)	10:20.629 (4:29.628)			
2	Luther				10:22.59	8	
	1) Collin Kern SR		2) Vinnie Joseph FR				
	3) Andrew Millan SR		4) Ian Kelly FR				
	3:11.083 (3:11.083)	4:01.653 (50.570)	5:58.567 (1:56.914)	10:22.585 (4:24.018)			
3	Wartburg				10:24.60	6	
	1) Matt Heinzman JR		2) Mac Nuanez SO				
	3) Sam Madson JR		4) Sam Pinkowski JR				
	3:07.581 (3:07.581)	3:59.839 (52.258)	5:58.291 (1:58.452)	10:24.597 (4:26.306)			
4	Dubuque				10:24.71	5	
	1) Tyler Cernohous SO		2) Keaton Anderson FR				
	3) Jacob Heitter SR		4) Mark Biechler SO				
	3:13.259 (3:13.259)	4:05.473 (52.214)	6:04.629 (1:59.156)	10:24.707 (4:20.078)			
5	Simpson (Iowa)				11:08.78	4	
	1) Ryan Courtney JR		2) Quentin Linnan FR				
	3) Josh Paulson SR		4) Jonathan Facio SR				
	3:17.223 (3:17.223)	4:08.659 (51.436)	6:09.659 (2:01.000)	10:41.355 (4:31.696)			
6	Central College				11:30.73	3	
	1) Caleb Silver FR		2) Bryan Marlin FR				
	3) Jack Sagan SO		4) Adam Sylvia FR				
	3:19.875 (3:19.875)	4:12.049 (52.174)	6:12.265 (2:00.216)	10:53.195 (4:40.930)			
7	Nebraska Wesleyan				11:00.08	2	
	1) Mason Coulter FR		2) Gabe Anderson FR				
	3) Magwire Lott JR		4) Colby Karr FR				
	3:21.173 (3:21.173)	4:12.221 (51.048)	6:16.235 (2:04.014)	10:59.327 (4:43.092)			

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Men Distance Medley**

8	Coe								11:03.79	1
	1) Justin Phillips JR									
	2) Jayden Weber SO									
	3) Coe Booker SO									
	4) Ian Hoover-Grinde FR									
	3:16.291 (3:16.291)	4:08.969 (52.678)	6:12.405 (2:03.436)	11:03.787 (4:51.382)						
9	Buena Vista								11:30.21	11:08.91
	1) Blake Patten JR									
	2) Casey Lamle SR									
	3) Alex Loerts SR									
	4) Greg Tystahl SO									
	3:20.153 (3:20.153)	4:11.841 (51.688)	6:13.437 (2:01.596)	11:08.909 (4:55.472)						

**Men High Jump**

All-Time: A 2.17m		2005	Cale VanGenderen, Central		
Championship: C 2.13m		2/27/2016	Logan Mulford, Central College		
Facility: F 2.18m		2/18/2012	James White, Iowa Central		
Name	Year	School	Seed	Finals	Points
1 Drake Lewis		SO Central College	2.06m	2.09m	6-10.25 10
1.92 1.97 2.00 2.03 2.06 2.09 2.14					
XO O O O XO O XXX					
2 DaMon Street		FR Dubuque	2.05m	2.00m	6-06.75 8
1.92 1.97 2.00 2.03					
O O O XXX					
3 Sam Beatty		FR Central College		2.00m	6-06.75 6
1.82 1.87 1.92 1.97 2.00 2.03 2.06					
O O XO XO XXO XXP X					
4 Zach Mohler		SO Luther	2.01m	1.97m	6-05.50 5
1.82 1.87 1.92 1.97 2.00					
O PPP O O XXX					
5 Ryan Rogers		JR Loras	1.97m	1.97m	6-05.50 4
1.87 1.92 1.97 2.00					
O XO XXO XXX					
6 Devante Pearson		SR Wartburg	2.00m	1.92m	6-03.50 3
1.82 1.87 1.92 1.97					
O XO O XXX					
7 Quintin Durov		SR Loras	1.93m	1.92m	6-03.50 2
1.82 1.87 1.92 1.97					
O O XO XXX					
8 Jatavion Hawkins		FR Dubuque	1.97m	1.87m	6-01.50 1
1.87 1.92					
O XXX					
9 Alex Martens		JR Loras	1.91m	1.87m	6-01.50
1.82 1.87 1.92					
XO O XXX					
10 Cole Peters		FR Luther		1.87m	6-01.50
1.77 1.82 1.87 1.92					
O XO XO XXX					
11 Austin Greenwalt		SR Simpson (Iowa)	1.90m	1.87m	6-01.50
1.82 1.87 1.92					
O XXO XXX					
12 Matt Bandy		SO Loras	1.88m	1.82m	5-11.50
1.82 1.87					
O XXX					

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Men High Jump**

13	Mason Schimonitz	FR Nebraska Wesleyan	1.83m	1.82m	5-11.50
	1.77 1.82 1.87				
	O XXO XXX				
14	Max Cleveland	FR Simpson (Iowa)	1.88m	1.77m	5-09.75
	1.77 1.82				
	O XXX				
15	Zeph Toe	FR Wartburg	1.81m	1.77m	5-09.75
	1.77 1.82				
	XO XXX				
--	Sam Adeniyi	SR Simpson (Iowa)	1.95m	NH	
	1.87				
	X				
--	Scott Edwards	SR Luther		NH	
	1.77				
	XXX				

**Men Pole Vault**

All-Time: A 5.20m 2008		Kyle Calvert, Loras					
Championship: C 4.91m 2007		Kyle Calvert, Loras					
Facility: F 4.85m 2008		Kyle Calvert, Loras					
Name	Year	School	Seed	Finals		Points	
1	Ryan Rogers	JR Loras	4.54m	4.44m	14-06.75	10	
	4.14 4.24 4.34 4.44						
	O PPP XO O						
2	Garrett Bates	SO Buena Vista	4.39m	4.34m	14-02.75	8	
	3.89 4.04 4.14 4.24 4.34 4.44						
	O O O XO O XXX						
3	Riley Barrett	JR Wartburg	4.06m	4.24m	13-11.00	6	
	3.59 3.74 3.89 4.04 4.14 4.24 4.34						
	O O O O XO XO XXX						
4	Tanner Johnson	JR Central College	4.00m	4.14m	13-07.00	5	
	3.74 3.89 4.04 4.14 4.24						
	O O XXO XO XXX						
5	Joe Fisher	FR Buena Vista	4.09m	4.14m	13-07.00	4	
	3.59 3.74 3.89 4.04 4.14 4.24						
	O XO XO XO XO XXX						
6	Trent Ostby	SR Luther	3.97m	4.04m	13-03.00	3	
	3.74 3.89 4.04 4.14						
	XO O O XXX						
7	Mychael Holliday	JR Wartburg	4.06m	3.89m	12-09.00	2	
	3.59 3.74 3.89 4.04						
	O O O XXX						
8	Liam Skerjanec	FR Nebraska Wesleyan	3.50m	3.74m	12-03.25	1	
	3.44 3.59 3.74 3.89						
	O XXO O XXX						
9	Dakota Frazier	FR Dubuque	3.63m	3.74m	12-03.25		
	3.44 3.59 3.74 3.89						
	XO O XXO XX						
10	Ryan Rogers	SO Luther		3.59m	11-09.25		
	3.44 3.59 3.74						
	O O XXX						



**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Men Long Jump**

16	Jordan Baker	SR Luther	6.28m	6.00m	19-08.25	1
	FOUL 6.00m FOUL					
17	Devante Pearson	SR Wartburg	6.50m	5.95m	19-06.25	2
	FOUL FOUL 5.95m					
18	Spencer Willett	JR Coe	5.65m	5.85m	19-02.50	1
	5.85m 5.52m 4.13m					
19	Diego Lopez	SO Luther	5.94m	5.76m	18-10.75	1
	FOUL 5.76m 5.46m					
20	Pat Beatty	SR Luther		5.47m	17-11.50	1
	FOUL 5.47m 5.22m					
--	Kodjo Atikpohou	FR Nebraska Wesleyan	6.03m	FOUL		1
	FOUL FOUL FOUL					

**Men Triple Jump**

All-Time: A 14.60m 2005		DeAndre Bovan, Dubuque				
Championship: C 14.60m 2005		DeAndre Bovan, Dubuque				
Facility: F 14.60m 2005		DeAndre Bovan, Dubuque				
Name	Year	School	Seed	Finals		Points
1 Brock Lewis		SO Central College	13.94m	14.23m	46-08.25	10
	13.94m 14.23m 12.98m	13.62m 14.15m FOUL				
2 Trent Koehler		SR Nebraska Wesleyan	14.20m	13.51m	44-04.00	8
	13.39m 13.12m 13.51m	FOUL 13.30m PASS				
3 Max Goodhue		FR Wartburg	13.36m	13.34m	43-09.25	6
	FOUL 13.03m FOUL 13.34m	13.27m 12.99m				
4 Rei'Shaun Spires		FR Dubuque	13.16m	13.30m	43-07.75	5
	FOUL 12.83m FOUL 13.30m	13.24m FOUL				
5 Jeremiah Steed		JR Dubuque	13.49m	13.30m	43-07.75	4
	13.06m FOUL 12.92m	FOUL 13.30m PASS				
6 Matt Winter		JR Nebraska Wesleyan	13.36m	13.22m	43-04.50	3
	12.83m 12.94m 13.08m	13.22m 13.18m FOUL				
7 Doyle Carroll		JR Loras	13.02m	12.98m	42-07.00	2
	12.62m 12.98m 11.44m	12.55m 12.65m 12.16m				
8 Devante Pearson		SR Wartburg	13.17m	12.81m	42-00.50	1
	FOUL 12.81m 12.61m 12.06m	12.20m 12.17m				
9 Dante Burchfield		SR Dubuque	13.76m	12.70m	41-08.00	
	FOUL 12.70m FOUL FOUL	12.38m FOUL				
10 Antonio Porter		SO Nebraska Wesleyan	13.12m	12.58m	41-03.25	
	11.63m 12.13m 12.58m					
11 Jordon Woods		SR Central College	12.90m	12.56m	41-02.50	
	FOUL 12.56m FOUL					
12 Mychael Holliday		JR Wartburg	12.73m	12.38m	40-07.50	
	12.38m 12.14m 12.31m					
13 Carter Berkey		SO Simpson (Iowa)	12.45m	12.36m	40-06.75	
	12.36m 12.31m 11.20m					
14 Aaron Poppert		JR Nebraska Wesleyan	11.78m	11.80m	38-08.75	
	11.68m 11.73m 11.80m					
15 Spencer Willett		JR Coe	11.20m	11.43m	37-06.00	
	11.43m 11.15m 11.38m					
--	Jatavion Hawkins	FR Dubuque	12.63m	FOUL		
	FOUL FOUL FOUL					

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****Men Shot Put**

All-Time: A 18.58m 2015		Colt Feltas, Wartburg			
All-Time: A 18.58m 2019		Blaze Murfin, Dubuque			
Championship: C 18.10m 2/27/2015		Colt Feltas, Wartburg			
Facility: F 18.84m 1996		Dennis Black, Upper Iowa			
Name	Year School	Seed	Finals	H#	Points
1 Clayton Hahn	SO Dubuque	14.93m	15.58m	51-01.50	2 10
	15.19m 15.23m 14.97m 15.58m FOUL FOUL				
2 Zachary Naatz	JR Dubuque	15.57m	15.35m	50-04.50	2 8
	FOUL 15.35m 15.14m 15.18m FOUL 15.17m				
3 Joshua Seymour	SR Coe	15.76m	14.90m	48-10.75	2 6
	14.90m 14.50m 13.84m FOUL 14.44m 14.46m				
4 Caleb Striegel	SR Simpson (Iowa)	15.04m	14.89m	48-10.25	2 5
	14.25m FOUL 14.71m FOUL FOUL 14.89m				
5 Kyle Ott	SO Nebraska Wesleyan	14.48m	14.28m	46-10.25	2 4
	FOUL 13.85m 14.28m FOUL 13.70m FOUL				
6 Theo Baldus	SO Central College	13.97m	14.02m	46-00.00	2 3
	13.84m 13.71m 14.02m 13.73m FOUL FOUL				
7 Mason Spree	JR Simpson (Iowa)	13.34m	13.59m	44-07.00	2 2
	FOUL 13.32m 12.94m FOUL 12.84m 13.59m				
8 Zac Couture	JR Loras	14.58m	13.53m	44-04.75	2 1
	12.75m 13.53m 13.29m 13.26m FOUL 13.22m				
9 Cade Collier	FR Dubuque	14.15m	13.16m	43-02.25	2
	13.16m FOUL FOUL 12.91m FOUL FOUL				
10 Lane Jellison	JR Buena Vista	13.90m	13.00m	42-08.00	2
	13.00m FOUL 12.53m				
11 Colton Youngren	JR Dubuque	13.55m	12.86m	42-02.25	2
	12.51m 12.86m 12.66m				
12 Graeson Trevino	SO Wartburg	12.76m	12.80m	42-00.00	1
	12.23m 12.80m FOUL				
13 Connor Wilcox	FR Nebraska Wesleyan	11.85m	12.34m	40-06.00	1
	FOUL 12.34m FOUL				
14 Connor Warrick	SR Simpson (Iowa)	12.41m	12.30m	40-04.25	1
	11.89m FOUL 12.30m				
15 Brenann Linn	FR Simpson (Iowa)	11.99m	12.26m	40-02.75	1
	12.03m 12.26m 11.96m				
16 Justin Schoppe	SO Wartburg	12.97m	11.97m	39-03.25	2
	FOUL 11.97m FOUL				
17 Neal Eckhoff	FR Loras	12.26m	11.66m	38-03.25	1
	11.66m 11.11m 10.43m				
18 Jacob Raisch	FR Central College	11.85m	11.44m	37-06.50	1
	FOUL 11.04m 11.44m				
19 Joe Hayden	FR Buena Vista	11.41m	11.39m	37-04.50	1
	11.39m 10.80m 10.62m				
20 Aizik Hodak	FR Wartburg	12.85m	11.08m	36-04.25	2
	11.08m 10.73m 10.49m				
21 Joshua Robles	SO Coe	11.51m	11.07m	36-04.00	1
	11.05m FOUL 11.07m				
22 David Graham	SR Nebraska Wesleyan	11.69m	11.07m	36-04.00	1
	10.44m 11.07m 10.96m				
23 Mitchell Williamson	FR Central College	12.05m	10.80m	35-05.25	1
	FOUL 10.50m 10.80m				
24 Reihana Paewai	JR Luther	9.39m	9.77m	32-00.75	1
	9.77m 9.50m FOUL				

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Men Shot Put**

25	Stone Grell	SO Luther	10.19m	9.70m	31-10.00	1
	9.31m 9.68m 9.70m					
26	Eric Smedsrud	JR Luther		8.72m	28-07.50	1
	FOUL 8.68m 8.72m					
--	Alex Freiburger	SR Coe	13.98m	FOUL		2
	FOUL FOUL FOUL					

**Men Weight Throw**

All-Time: A 20.52m		2019	Blaze Murfin, Dubuque					
Championship: C 19.59m		2/25/2017	Ron Brown, Dubuque					
Facility: F 18.13m		3/1/2014	Colt Feltes, Wartburg					
Name	Year	School	Seed	Finals	H#	Points		
1	Seth Knapp	SO Nebraska Wesleyan	16.99m	17.40m	57-01.00	2	10	
	16.26m 16.90m 16.97m	FOUL 16.33m 17.40m						
2	Aidan Carr	SR Dubuque	15.25m	16.91m	55-05.75	2	8	
	15.92m 16.27m	FOUL FOUL 16.91m	FOUL					
3	Joshua Seymour	SR Coe	17.16m	16.89m	55-05.00	2	6	
	15.83m	FOUL FOUL 16.89m 16.50m	FOUL					
4	Jared Pohlmann	SR Nebraska Wesleyan	17.43m	16.88m	55-04.75	2	5	
	FOUL 15.93m	FOUL FOUL 16.88m	FOUL					
5	Colton Youngren	JR Dubuque	16.81m	16.81m	55-02.00	2	4	
	16.16m	FOUL FOUL FOUL 16.81m						
6	Andrew Davis	SO Nebraska Wesleyan	16.31m	16.34m	53-07.50	2	3	
	FOUL 15.00m 15.62m	14.72m 15.36m 16.34m						
7	Clayton Hahn	SO Dubuque	16.06m	15.70m	51-06.25	2	2	
	15.58m	FOUL 15.52m 15.70m	FOUL FOUL					
8	Neal Eckhoff	FR Loras	15.33m	15.56m	51-00.75	2	1	
	FOUL 15.09m 15.56m	15.21m 15.06m 13.97m						
9	Theo Baldus	SO Central College	15.67m	15.12m	49-07.25	2		
	FOUL FOUL 15.12m	14.66m FOUL 14.59m						
10	Zachary Naatz	JR Dubuque	15.52m	15.10m	49-06.50	2		
	FOUL 15.10m	FOUL						
11	Lane Jellison	JR Buena Vista	16.26m	15.05m	49-04.50	2		
	15.05m 14.93m	FOUL						
12	Caleb Striegel	SR Simpson (Iowa)	15.24m	15.01m	49-03.00	1		
	13.45m	FOUL 15.01m						
13	Zac Couture	JR Loras	15.58m	14.99m	49-02.25	2		
	14.99m 14.74m	FOUL						
14	Mason Spree	JR Simpson (Iowa)	15.38m	14.83m	48-08.00	2		
	14.22m	FOUL 14.83m						
15	Alex Freiburger	SR Coe	14.75m	14.69m	48-02.50	1		
	14.53m 14.18m	14.69m						
16	Kyle Ott	SO Nebraska Wesleyan	14.93m	14.65m	48-00.75	1		
	13.78m 14.49m	14.65m						
17	Justin Schoppe	SO Wartburg	14.19m	14.60m	47-11.00	1		
	14.60m	FOUL 14.08m						
18	Josh Kreitlow	JR Wartburg	14.44m	14.14m	46-04.75	1		
	13.79m 14.14m	13.80m						
19	Zach Hellie	JR Nebraska Wesleyan	14.63m	13.02m	42-08.75	1		
	FOUL 13.02m	12.90m						
20	Mac Roush	JR Simpson (Iowa)	11.93m	11.82m	38-09.50	1		
	11.82m	FOUL FOUL						

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Men Weight Throw**

21	Reihana Paewai	JR Luther	11.42m	11.00m	36-01.25	1
	10.40m 11.00m 10.91m					
22	Joshua Robles	SO Coe	12.29m	10.89m	35-08.75	1
	10.89m FOUL FOUL					
23	Stone Grell	SO Luther	10.91m	9.10m	29-10.25	1
	FOUL 7.75m 9.10m					
--	Mitchell Williamson	FR Central College	11.27m	FOUL		1
	FOUL FOUL FOUL					
--	Martin Vineyard	FR Central College	11.80m	FOUL		1
	FOUL FOUL FOUL					
--	Aizik Hodak	FR Wartburg	13.33m	FOUL		1
	FOUL FOUL FOUL					

**Heptathlon: #1 Men 55 Meter Dash Heptathlon**

=====						
Championship:	C	7.21	2/22/2019	Caleb Jennings, Central College		
Facility:	F	6.76	2/28/2014	Jaemin Powell, Central		
Name			Year School	Finals	H#	Points
=====						
1	Nate Sielaff		SO Loras	6.86C	2	755
2	Tyler Fowler		SR Dubuque	6.93C	1	729
3	Tanner Ellingson		JR Nebraska Wesleyan	6.96C	2	719
4	Lucas Heitz		FR Central College	6.98C	2	713
5	Sam Adeniyi		SR Simpson (Iowa)	6.99C	2	710
6	Austin Greenwalt		SR Simpson (Iowa)	7.04C	1	690
7	Dalton Closson		SO Wartburg	7.08C	2	678
8	Cameron Sand		FR Simpson (Iowa)	7.11C	1	668
9	Nick Thompson		SO Central College	7.15C	1	653
10	Riley Barrett		JR Wartburg	7.16C	1	650
11	Robert Smedsrud		SR Luther	7.30	2	604
12	Nathan MacDonald		SO Wartburg	7.47	1	551

**Heptathlon: #7 Men 1000 Meter Run Heptathlon**

=====						
Championship:	C	2:39.01	2/22/2019	Curren Matthias, Wartburg		
Facility:	F	2:48.79	2/28/2014	Drew Morelan, Loras		
Name			Year School	Finals		Points
=====						
1	Riley Barrett		JR Wartburg	2:46.94F		798
	28.905 (28.905)	1:00.819 (31.914)		1:36.035 (35.216)		2:13.493 (37.458)
	2:46.939 (33.446)					
2	Dalton Closson		SO Wartburg	2:49.92		766
	29.973 (29.973)	1:02.777 (32.804)		1:38.793 (36.016)		2:15.619 (36.826)
	2:49.917 (34.298)					
3	Lucas Heitz		FR Central College	2:50.91		756
	30.529 (30.529)	1:03.787 (33.258)		1:39.145 (35.358)		2:15.403 (36.258)
	2:50.901 (35.498)					
4	Austin Greenwalt		SR Simpson (Iowa)	2:51.73		748
	30.789 (30.789)	1:04.111 (33.322)		1:39.451 (35.340)		2:16.105 (36.654)
	2:51.721 (35.616)					
5	Nate Sielaff		SO Loras	2:56.18		702
	30.215 (30.215)	1:03.489 (33.274)		1:40.047 (36.558)		2:19.829 (39.782)
	2:56.177 (36.348)					

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6	Nathan MacDonald	SO Wartburg	2:56.45	699
	31.723 (31.723)	1:04.333 (32.610)	1:40.375 (36.042)	2:20.269 (39.894)
	2:56.443 (36.174)			
7	Cameron Sand	FR Simpson (Iowa)	2:58.43	680
	32.233 (32.233)	1:04.927 (32.694)	1:41.107 (36.180)	2:20.623 (39.516)
	2:58.423 (37.800)			
8	Sam Adeniyi	SR Simpson (Iowa)	2:58.94	675
	30.981 (30.981)	1:04.519 (33.538)	1:40.663 (36.144)	2:18.759 (38.096)
	2:58.931 (40.172)			
9	Nick Thompson	SO Central College	2:59.81	666
	31.457 (31.457)	1:05.397 (33.940)	1:42.209 (36.812)	2:21.705 (39.496)
	2:59.805 (38.100)			
10	Robert Smedsrud	SR Luther	3:07.13	596
	32.721 (32.721)	1:06.293 (33.572)	1:43.585 (37.292)	2:25.349 (41.764)
	3:07.125 (41.776)			
11	Tanner Ellingson	JR Nebraska Wesleyan	3:15.34	522
	36.301 (36.301)	1:15.439 (39.138)	1:56.283 (40.844)	2:38.169 (41.886)
	3:15.335 (37.166)			
12	Tyler Fowler	SR Dubuque	3:24.87	441
	32.729 (32.729)	1:09.617 (36.888)	1:52.793 (43.176)	2:39.605 (46.812)
	3:24.863 (45.258)			

**Heptathlon: #5 Men 55 Meter Hurdles Heptathlon**

Championship: C	8.58	2/27/2015	Jacoby Firkins, Wartburg		
Championship: C	8.58	2/23/2018	Sam Adeniyi, Simpson (Iow		
Facility: F	8.15	2/28/2014	Nicholas Dugger, Wartburg		
Name		Year School	Finals	H#	Points
1	Sam Adeniyi	SR Simpson (Iowa)	8.10F	4	809
2	Lucas Heitz	FR Central College	8.16C	3	793
3	Riley Barrett	JR Wartburg	8.24C	4	775
4	Austin Greenwalt	SR Simpson (Iowa)	8.25C	4	772
5	Tanner Ellingson	JR Nebraska Wesleyan	8.34C	3	750
6	Tyler Fowler	SR Dubuque	8.43C	3	728
7	Dalton Closson	SO Wartburg	8.97	2	607
8	Nick Thompson	SO Central College	9.22	2	554
9	Nate Sielaff	SO Loras	9.81	1	440
10	Cameron Sand	FR Simpson (Iowa)	9.85	2	432
11	Robert Smedsrud	SR Luther	10.24	1	363
12	Nathan MacDonald	SO Wartburg	10.99	1	249

**Heptathlon: #4 Men High Jump Heptathlon**

Championship: C	2.06m	2/27/2009	Chris Buresh, Loras		
Championship: C	2.06m	2/24/2017	Will Daniels, Central College		
Facility: F	1.91m	2/28/2014	Conner Freeman, Central		
Name		Year School	Finals		Points
1	Sam Adeniyi	SR Simpson (Iowa)	1.94mF	6-04.25	749
	1.82 1.85 1.88 1.91 1.94 1.97				
	O O XO XXO XXO XPP				

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2	Austin Greenwalt	SR Simpson (Iowa)	1.82m	5-11.50	644
	1.76 1.79 1.82 1.85				
	O O O XXX				
3	Riley Barrett	JR Wartburg	1.79m	5-10.50	619
	1.67 1.70 1.73 1.76 1.79 1.82				
	O PPP O PPP O XXX				
3	Nate Sielaff	SO Loras	1.79m	5-10.50	619
	1.64 1.67 1.70 1.73 1.76 1.79 1.82				
	O O O XO XXO O XXX				
5	Nick Thompson	SO Central College	1.73m	5-08.00	569
	1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76				
	O PPP O O O O XO O O XXX				
5	Dalton Closson	SO Wartburg	1.73m	5-08.00	569
	1.61 1.64 1.67 1.70 1.73 1.76				
	O PPP O O O XXX				
7	Lucas Heitz	FR Central College	1.70m	5-07.00	544
	1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73				
	O O O O XXO XO O XO XXX				
7	Tyler Fowler	SR Dubuque	1.70m	5-07.00	544
	1.55 1.58 1.61 1.64 1.67 1.70 1.73				
	O PPP O PPP XO O XXX				
9	Cameron Sand	FR Simpson (Iowa)	1.61m	5-03.25	472
	1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64				
	O O O O O O XO XXX				
10	Tanner Ellingson	JR Nebraska Wesleyan	1.52m	4-11.75	404
	1.40 1.43 1.46 1.49 1.52 1.55				
	O O O O XO XXX				
10	Robert Smedsrud	SR Luther	1.52m	4-11.75	404
	1.40 1.43 1.46 1.49 1.52 1.55				
	O O O XO XO XXX				
--	Nathan MacDonald	SO Wartburg	NH		
	1.40				
	XXX				

**Heptathlon: #6 Men Pole Vault Heptathlon**

Championship: C 4.49m 2/25/2012 Aaron Fuller, Central

Facility: F 4.10m 2/28/2014 Devan Kennedy, Loras

Name	Year	School	Finals	Points
1 Riley Barrett		JR Wartburg	4.10mF 13-05.25	645
	3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20			
	XO PPP PPP O PPP XO XO O XXP			
2 Tyler Fowler		SR Dubuque	3.60m 11-09.75	509
	3.20 3.30 3.40 3.50 3.60 3.70			
	O PPP XO O XO XXX			
3 Cameron Sand		FR Simpson (Iowa)	3.50m 11-05.75	482
	3.00 3.10 3.20 3.30 3.40 3.50 3.60			
	O XO O O O XO XXX			
4 Sam Adeniyi		SR Simpson (Iowa)	3.40m 11-01.75	457
	2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50			
	XO O XO XO O XO XO XO O XXX			

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5	Dalton Closson	SO Wartburg	3.30m	10-10.00	431
	2.80 2.90 3.00 3.10 3.20 3.30 3.40				
	O PPP O O XXO XO XXX				
5	Lucas Heitz	FR Central College	3.30m	10-10.00	431
	2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40				
	O PPP O PPP O O XXX				
5	Austin Greenwalt	SR Simpson (Iowa)	3.30m	10-10.00	431
	2.80 2.90 3.00 3.10 3.20 3.30 3.40				
	O O O O O O XXX				
8	Nathan MacDonald	SO Wartburg	3.20m	10-06.00	406
	2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30				
	O PPP PPP O PPP O O XXO XXX				
8	Robert Smedsrud	SR Luther	3.20m	10-06.00	406
	3.00 3.10 3.20 3.30				
	XO O XO XXX				
10	Tanner Ellingson	JR Nebraska Wesleyan	3.10m	10-02.00	381
	2.80 2.90 3.00 3.10 3.20				
	O O XXO O XXX				
11	Nick Thompson	SO Central College	2.90m	9-06.25	333
	2.50 2.60 2.70 2.80 2.90 3.00				
	O O XO XXO O XXX				
12	Nate Sielaff	SO Loras	2.40m	7-10.50	220
	2.30 2.40 2.50				
	O XO XXX				

**Heptathlon: #2 Men Long Jump Heptathlon**

=====						
Championship: C 7.24m 2/25/2011 Ethan Miller, Central College						
Facility: F 6.41m 2/28/2014 Jaemin Powell, Central						
=====						
	Name	Year School	Finals		Points	
=====						
1	Sam Adeniyi	SR Simpson (Iowa)	6.43mF	21-01.25	682	
	FOUL 5.96m 6.43m					
2	Nate Sielaff	SO Loras	6.13m	20-01.50	615	
	FOUL 5.85m 6.13m					
3	Cameron Sand	FR Simpson (Iowa)	5.99m	19-08.00	584	
	5.46m 5.99m 5.25m					
4	Austin Greenwalt	SR Simpson (Iowa)	5.94m	19-06.00	574	
	5.69m 5.94m 5.88m					
5	Riley Barrett	JR Wartburg	5.82m	19-01.25	548	
	5.55m 5.67m 5.82m					
6	Nick Thompson	SO Central College	5.80m	19-00.50	544	
	5.67m 5.71m 5.80m					
7	Lucas Heitz	FR Central College	5.76m	18-10.75	535	
	FOUL FOUL 5.76m					
8	Tanner Ellingson	JR Nebraska Wesleyan	5.71m	18-09.00	525	
	5.26m 4.99m 5.71m					
9	Tyler Fowler	SR Dubuque	5.47m	17-11.50	475	
	FOUL FOUL 5.47m					
10	Dalton Closson	SO Wartburg	5.39m	17-08.25	459	
	4.93m 5.39m 5.19m					
11	Robert Smedsrud	SR Luther	5.19m	17-00.50	419	
	FOUL 5.19m FOUL					

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12 Nathan MacDonald SO Wartburg 4.88m 16-00.25 360  
 4.88m 4.65m 4.52m

**Heptathlon: #3 Men Shot Put Heptathlon**

=====  
 Championship: C 14.48m 2/23/2018 Ryan Kruse, Central Coll  
 Facility: F 12.11m 2/28/2014 Jacoby Firkins, Wartburg  
 Name Year School Finals Points  
 =====

1	Sam Adeniyi	SR Simpson (Iowa)	11.65m	38-02.75	585
	11.63m 10.90m 11.65m				
2	Nick Thompson	SO Central College	11.27m	36-11.75	562
	10.95m 11.27m 10.29m				
3	Lucas Heitz	FR Central College	11.23m	36-10.25	560
	FOUL 10.41m 11.23m				
4	Austin Greenwalt	SR Simpson (Iowa)	11.05m	36-03.00	549
	10.54m 11.05m 10.14m				
5	Riley Barrett	JR Wartburg	10.92m	35-10.00	541
	10.53m 10.92m 10.60m				
6	Tyler Fowler	SR Dubuque	10.33m	33-10.75	505
	8.84m 10.33m 10.17m				
7	Dalton Closson	SO Wartburg	10.31m	33-10.00	504
	10.17m 9.68m 10.31m				
8	Nathan MacDonald	SO Wartburg	9.89m	32-05.50	479
	9.47m 9.89m 9.89m				
9	Tanner Ellingson	JR Nebraska Wesleyan	9.87m	32-04.75	478
	9.46m 9.87m 8.81m				
10	Robert Smedsrud	SR Luther	9.30m	30-06.25	444
	FOUL 9.30m FOUL				
11	Cameron Sand	FR Simpson (Iowa)	8.86m	29-01.00	417
	8.86m 8.86m 8.63m				
12	Nate Sielaff	SO Loras	8.45m	27-08.75	393
	6.88m 8.38m 8.45m				

**Men Heptathlon**

=====  
 All-Time: A 5441 2019 Will Daniels, Central  
 Championship: C 4811 2/23/2018 Ryan Kruse, Central Coll  
 Facility: F 4699 2012 Leonard Overstreet, Iowa Central  
 Name Year School Seed Finals H# Points  
 =====

1	Sam Adeniyi	SR Simpson (Iowa)	4555	4667	10
2	Riley Barrett	JR Wartburg	4380	4576	8
3	Austin Greenwalt	SR Simpson (Iowa)	4199	4408	6
4	Lucas Heitz	FR Central College	4161	4332	5
5	Dalton Closson	SO Wartburg	4083	4014	4
6	Tyler Fowler	SR Dubuque		3931	3
7	Nick Thompson	SO Central College	3672	3881	2
8	Tanner Ellingson	JR Nebraska Wesleyan		3779	1
9	Nate Sielaff	SO Loras		3744	
10	Cameron Sand	FR Simpson (Iowa)		3735	
11	Robert Smedsrud	SR Luther		3236	
12	Nathan MacDonald	SO Wartburg		2744	

**2020 American Rivers Indoor Track & Field Championships - 2/28/2020 to 2/29/20****Hosted by: Luther College****Regents Center****Results****....Men Heptathlon**
 =====  
 Women - Team Rankings - 18 Events Scored  
 =====

1) Wartburg	211	2) Loras	174
3) Nebraska Wesleyan	83	4) Dubuque	78.50
5) Central College	78	6) Luther	33
7) Buena Vista	22	8) Coe	11
9) Simpson (Iowa)	10.50		

 =====  
 Men - Team Rankings - 18 Events Scored  
 =====

1) Loras	161	2) Wartburg	147
3) Dubuque	88	4) Nebraska Wesleyan	86
5) Central College	81	6) Simpson (Iowa)	62
7) Luther	34	8) Buena Vista	28
9) Coe	14		