

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Men****Men 60 Meter Dash****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

All-Time: A	6.87	2020	Josh Smith, Loras			
Championship: C	6.89	2/28/2015	Ernest Winters, Dubuque			
Facility: F	6.82	2016	David Paynotta, UW-River Falls			
Name		Year	School	Seed	Prelims	H#

**Preliminaries**

1	Josh Smith	JR	Loras	6.88	C 6.88Q	3
2	Derrick Smith	SO	Wartburg	6.97	C 6.89Q	1
3	Joseph Stein	FR	Central College	6.94	6.92Q	2
4	Randy Williams	FR	Wartburg	7.07	7.00q	3 6.998
5	De'Andre Klein	JR	Loras	7.05	7.00q	1 6.999
6	Riley Nolan	SO	Wartburg	7.08	7.05q	2
7	Jeremiah Steed	SR	Dubuque	7.07	7.09q	3 7.085
8	Chase Keller	SR	Nebraska Wesleyan	7.13	7.09q	1 7.089
9	Brandon Deas	SO	Luther	7.14	7.22	1 7.212
10	Spencer Hunt	SO	Buena Vista	7.25	7.22	3 7.215
11	Jaidyn Williams	FR	Dubuque	7.20	7.22	3 7.218
12	Josh Bishop	FR	Coe	7.06	7.24	2
13	Christian St. Romain	FR	Buena Vista	7.19	7.33	2
14	Kodjo Atikpohou	SO	Nebraska Wesleyan	7.33	7.34	1
15	Samuel Mosisa	FR	Central College	7.32	7.37	2
16	Jacob Dick	JR	Central College	7.36	7.44	1
17	Quon Lambert	SR	Luther	7.40	7.47	2
18	Kellen Fitch	SR	Simpson (Iowa)	7.59	7.56	3
19	Ausar Alexander	SO	Coe	7.59	7.65	3

**Men 60 Meter Dash**

All-Time: A	6.87	2020	Josh Smith, Loras			
Championship: C	6.89	2/28/2015	Ernest Winters, Dubuque			
Facility: F	6.82	2016	David Paynotta, UW-River Falls			
Name		Year	School	Prelims	Finals	Points

**Finals**

1	Josh Smith	JR	Loras	6.88	6.83A	10
2	Joseph Stein	FR	Central College	6.92	6.87A	8 6.863
3	Derrick Smith	SO	Wartburg	6.89	6.87A	6 6.870
4	Jeremiah Steed	SR	Dubuque	7.09	7.05	5
5	Riley Nolan	SO	Wartburg	7.05	7.08	4
6	Randy Williams	FR	Wartburg	7.00	7.09	3
7	Chase Keller	SR	Nebraska Wesleyan	7.09	7.10	2
8	De'Andre Klein	JR	Loras	7.00	12.71	1

**Men 200 Meter Dash**

All-Time: A	21.74	2/29/2020	Patrick Mikel, Loras			
Championship: C	21.74	2/29/2020	Patrick Mikel, Loras			
Facility: F	21.82	2009	Eric Bertelsen, Buena Vista			
Name		Year	School	Seed	Finals	H# Points
1	Derrick Smith	SO	Wartburg	22.24	21.76F	7 10
2	Josh Smith	JR	Loras	22.13	21.88	7 8
3	Jeremiah Steed	SR	Dubuque	22.54	22.38	7 6

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4	Riley Nolan	SO Wartburg	22.81	22.45	6	5	22.445
5	Ben Christenson	JR Nebraska Wesleyan	22.56	22.45	6	4	22.448
6	Max Cleveland	SO Simpson (Iowa)	23.21	22.78	4	3	
7	Carter Tryon	JR Central College	22.95	22.85	5	2	
8	Dayvion Foreman	FR Loras	23.29	22.93	3	1	
9	Eli Etherton	FR Nebraska Wesleyan	22.98	23.05	5		
10	Spencer Hunt	SO Buena Vista	23.31	23.09	3		
11	Joseph Stein	FR Central College	22.57	23.13	6		
12	Blake Hardison	FR Dubuque	23.23	23.27	4		
13	Siletselwe Dlamini	JR Luther	23.48	23.29	2		
14	Matt Kreidermacher	JR Luther	23.39	23.33	2		
15	Kellen Fitch	SR Simpson (Iowa)	24.90	24.08	1		
16	Siyabonga Mabuza	JR Luther	24.25	24.42	2		
17	Ausar Alexander	SO Coe	24.93	24.44	1		
18	Bernard Kenyi	SR Luther	24.98	24.99	1		
--	Christian St. Romain	FR Buena Vista	24.41	DQ	1		R:7.5.2.b
--	Josh Bishop	FR Coe	23.24	DNS	3		
--	Raymond Venditti	SO Loras	22.90	DNS	5		
--	Jadon Micke	SO Buena Vista	23.05	DNS	4		

**Men 400 Meter Dash**

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All-Time: A 47.90 2/29/2020 Patrick Mikel, Loras							
Championship: C 47.90 2/29/2020 Patrick Mikel, Loras							
Facility: F 47.93 2/23/2019 Patrick Mikel, Loras							
=====							
	Name	Year School	Seed	Finals	H#	Points	
=====							
1	Dallas Wright	SR Wartburg	49.43	48.42	4	10	
	23.250 (23.250)	48.420 (25.171)					
2	Kyle Dickinson	JR Nebraska Wesleyan	49.32	48.81	4	8	
	23.530 (23.530)	48.804 (25.274)					
3	Shamari Scott	SR Loras	51.45	50.47	2	6	
	23.909 (23.909)	50.466 (26.558)					
4	Ted Kruse	FR Loras	50.65	51.05	4	4.50	51.044
	23.726 (23.726)	51.044 (27.319)					
4	Jadon Micke	SO Buena Vista	51.69	51.05	2	4.50	51.044
	24.722 (24.722)	51.044 (26.323)					
6	Kobe Howell	SO Dubuque	51.10	51.09	4	3	
	23.751 (23.751)	51.086 (27.335)					
7	Nolan Reynolds	SO Central College	52.33	51.47	2	2	
	24.657 (24.657)	51.469 (26.812)					
8	Nehemiah Griffin	FR Dubuque	51.30	51.77	3	1	
	23.811 (23.811)	51.767 (27.956)					
9	Jake Willkomm	FR Loras	51.44	51.78	3		
	24.120 (24.120)	51.780 (27.660)					
10	Jensen Clapp	FR Wartburg	51.39	52.45	3		
	23.993 (23.993)	52.441 (28.448)					
11	Chance Downs	FR Luther	52.67	52.87	2		
	25.385 (25.385)	52.870 (27.485)					
12	Jackson Sylvester	SO Buena Vista	53.55	53.29	1		
	24.876 (24.876)	53.289 (28.414)					
13	Firdavs Atabaev	FR Luther	54.23	53.95	1		
	25.009 (25.009)	53.947 (28.939)					
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**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Men****....Men 400 Meter Dash**

14 Riley Flint	SO Buena Vista	57.00	54.86	1	
26.473 (26.473)	54.855 (28.382)				
-- Carter Tryon	JR Central College	51.31	DQ	3	False Start

**Men 800 Meter Run**

All-Time: A	1:51.72	2000	Jon Lindaman, Central			
Championship: C	1:52.30	2/27/2016	Zach Frey, Loras			
Facility: F	1:52.51	2019	Mark Schultz, Wartburg College			
Name	Year	School	Seed	Finals	H#	Points
1 Mike Jasa	JR	Loras	1:52.70	1:52.45F	2	10
27.580 (27.580)	57.536 (29.956)	1:24.899 (27.364)	1:52.444 (27.545)			
2 Dalton Martin	JR	Wartburg	1:53.63	1:53.88	2	8
27.736 (27.736)	57.707 (29.971)	1:26.044 (28.338)	1:53.871 (27.827)			
3 Wyatt Schmidt	SO	Wartburg	1:53.61	1:54.07	2	6
27.625 (27.625)	57.572 (29.948)	1:25.435 (27.864)	1:54.061 (28.626)			
4 Noah Jorgenson	FR	Central College	1:54.69	1:55.23	2	5
27.769 (27.769)	57.717 (29.948)	1:26.214 (28.498)	1:55.224 (29.010)			
5 Will DeHaan	JR	Central College	1:54.94	1:55.45	2	4
28.033 (28.033)	57.776 (29.743)	1:26.684 (28.908)	1:55.450 (28.766)			
6 Carter Oberfoell	SO	Loras	1:55.50	1:55.83	2	3
27.764 (27.764)	57.896 (30.132)	1:27.247 (29.352)	1:55.821 (28.574)			
7 Garrett Lenners	SO	Nebraska Wesleyan	1:55.81	1:56.04	2	2
27.932 (27.932)	57.948 (30.016)	1:26.906 (28.958)	1:56.040 (29.134)			
8 James Murray	FR	Simpson (Iowa)	1:58.12	1:57.61	2	1
28.211 (28.211)	58.093 (29.882)	1:27.281 (29.188)	1:57.603 (30.322)			
9 Andrew Hutchinson	FR	Dubuque	1:58.61	1:58.16	2	
28.532 (28.532)	58.368 (29.836)	1:28.018 (29.650)	1:58.153 (30.136)			
10 Trevor Haren	SR	Luther	2:03.80	2:01.51	1	
30.657 (30.657)	1:02.039 (31.382)	1:32.239 (30.200)	2:01.509 (29.270)			
11 Carsten Thompson	JR	Luther	2:02.27	2:02.57	1	
30.921 (30.921)	1:01.898 (30.977)	1:33.075 (31.178)	2:02.567 (29.492)			
12 Kyle Miller	FR	Buena Vista	1:59.95	2:03.77	1	
30.363 (30.363)	1:01.630 (31.267)	1:32.878 (31.248)	2:03.769 (30.892)			
-- Magwire Lott	SR	Nebraska Wesleyan	2:02.80	DNS	1	

**Men 1 Mile Run**

All-Time: A	4:10.01	2013	Eli Horton, Central			
Championship: C	4:12.98	2/28/2015	Eli Horton, Central College			
Facility: F	4:10.99	2/17/2018	Casey Roberts, Wartburg			
Name	Year	School	Seed	Finals	H#	Points
1 Christopher Collet	FR	Wartburg	4:12.26	4:15.68	2	10
33.041 (33.041)	1:04.968 (31.927)	1:38.111 (33.143)	2:13.039 (34.928)			
2:47.621 (34.583)	3:18.368 (30.747)	3:47.611 (29.243)	4:15.676 (28.066)			
2 Matt Heinzman	SR	Wartburg	4:14.39	4:16.34	2	8
33.731 (33.731)	1:05.536 (31.806)	1:38.508 (32.972)	2:13.327 (34.819)			
2:47.853 (34.527)	3:18.457 (30.604)	3:48.156 (29.699)	4:16.336 (28.180)			
3 Ian Kelly	SO	Luther	4:17.90	4:16.67	2	6
33.288 (33.288)	1:05.189 (31.902)	1:38.336 (33.147)	2:13.208 (34.872)			
2:47.785 (34.578)	3:18.623 (30.838)	3:47.892 (29.270)	4:16.668 (28.776)			

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4	Ali Ali	SR Wartburg	4:19.43	4:18.68	2	5	4:18.672
	34.011 (34.011)	1:05.784 (31.774)	1:38.800 (33.016)	2:13.679 (34.879)			
	2:48.404 (34.726)	3:19.229 (30.826)	3:49.764 (30.535)	4:18.672 (28.908)			
5	Wyatt Kelly	JR Loras	4:21.12	4:18.68	2	4	4:18.676
	34.111 (34.111)	1:06.139 (32.028)	1:39.240 (33.102)	2:13.857 (34.618)			
	2:48.147 (34.290)	3:19.155 (31.008)	3:49.199 (30.044)	4:18.676 (29.478)			
6	Dan Iselin	SR Luther	4:23.94	4:21.09	2	3	
	33.539 (33.539)	1:05.784 (32.246)	1:38.824 (33.040)	2:13.537 (34.714)			
	2:48.121 (34.584)	3:19.429 (31.308)	3:49.884 (30.455)	4:21.083 (31.199)			
7	Will DeHaan	JR Central College	4:18.98	4:21.30	2	2	
	33.161 (33.161)	1:05.409 (32.248)	1:38.611 (33.202)	2:13.364 (34.754)			
	2:47.935 (34.571)	3:18.856 (30.922)	3:48.936 (30.080)	4:21.291 (32.355)			
8	Ryan Harvey	FR Loras	4:20.25	4:22.62	2	1	
	34.308 (34.308)	1:05.883 (31.575)	1:38.629 (32.747)	2:13.447 (34.818)			
	2:47.699 (34.252)	3:18.975 (31.276)	3:47.780 (28.806)	4:22.616 (34.836)			
9	Drew Klein	FR Simpson (Iowa)	4:29.55	4:22.97	2		
	34.504 (34.504)	1:06.363 (31.859)	1:39.049 (32.687)	2:13.928 (34.879)			
	2:48.265 (34.338)	3:19.968 (31.703)	3:50.808 (30.840)	4:22.964 (32.156)			
10	Mark Biechler	JR Dubuque	4:18.71	4:29.73	2		
	33.905 (33.905)	1:06.023 (32.118)	1:38.983 (32.960)	2:13.765 (34.783)			
	2:47.983 (34.218)	3:20.060 (32.078)	3:53.863 (33.803)	4:29.727 (35.864)			
11	Ethan Kober	FR Luther	4:34.88	4:32.30	1		
	33.316 (33.316)	1:06.892 (33.576)	1:40.739 (33.848)	2:16.214 (35.475)			
	2:51.834 (35.620)	3:27.479 (35.646)	4:02.914 (35.435)	4:32.292 (29.379)			
12	Finian Herbert	FR Nebraska Wesleyan	4:44.21	4:36.20	1		
	33.552 (33.552)	1:07.124 (33.572)	1:41.576 (34.453)	2:16.518 (34.942)			
	2:52.231 (35.714)	3:28.159 (35.928)	4:03.798 (35.639)	4:36.198 (32.400)			
13	Mason Coulter	SO Nebraska Wesleyan	4:47.42	4:36.39	1		
	34.122 (34.122)	1:07.824 (33.702)	1:42.292 (34.469)	2:17.743 (35.451)			
	2:53.367 (35.624)	3:28.084 (34.718)	4:02.955 (34.871)	4:36.386 (33.431)			
14	Adam Sylvia	FR Central College	4:35.83	4:36.92	1		
	32.808 (32.808)	1:06.312 (33.504)	1:40.259 (33.948)	2:15.690 (35.431)			
	2:51.164 (35.475)	3:27.172 (36.008)	4:02.694 (35.522)	4:36.912 (34.219)			
15	Cale Billheimer	SR Simpson (Iowa)	4:42.64	4:37.05	1		
	33.632 (33.632)	1:06.720 (33.088)	1:40.471 (33.752)	2:15.951 (35.480)			
	2:51.558 (35.607)	3:27.855 (36.298)	4:03.456 (35.602)	4:37.047 (33.591)			
16	Jason White	FR Simpson (Iowa)	4:46.01	4:39.74	1		
	33.730 (33.730)	1:07.444 (33.714)	1:42.027 (34.584)	2:17.399 (35.372)			
	2:53.578 (36.179)	3:29.556 (35.979)	4:04.982 (35.426)	4:39.740 (34.759)			
17	Nathan Magalhaes	SR Simpson (Iowa)	4:45.76	4:42.16	1		
	34.656 (34.656)	1:08.370 (33.714)	1:43.098 (34.728)	2:19.436 (36.339)			
	2:56.419 (36.983)	3:33.730 (37.311)	4:09.970 (36.240)	4:42.154 (32.184)			
18	Lewis Kleman	FR Coe	4:40.32	4:45.80	1		
	33.984 (33.984)	1:08.206 (34.222)	1:43.703 (35.498)	2:19.838 (36.135)			
	2:56.474 (36.636)	3:33.011 (36.538)	4:09.623 (36.612)	4:45.800 (36.178)			
19	Tyler Grames	JR Buena Vista	4:52.57	4:46.59	1		
	33.064 (33.064)	1:06.576 (33.512)	1:41.294 (34.718)	2:17.184 (35.891)			
	2:54.187 (37.003)	3:32.548 (38.362)	4:11.219 (38.671)	4:46.587 (35.368)			
20	Ryan Smith	SO Coe	4:48.33	4:51.09	1		
	34.322 (34.322)	1:08.726 (34.404)	1:44.038 (35.312)	2:20.534 (36.496)			
	2:57.796 (37.263)	3:36.044 (38.248)	4:14.772 (38.728)	4:51.088 (36.316)			

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All-Time: A 8:14.94 2014		Eli Horton, Central	
Championship: C 8:24.56 3/1/2014		Eli Horton, Central College	
Facility: F 8:19.87 3/7/2020		Brad Hodkinson, Washington U	
Name	Year School	Seed	Finals H# Points
1 Christopher Collet	FR Wartburg	8:27.66	8:30.74 2 10
33.089 (33.089)	1:09.254 (36.166)	1:46.546 (37.292)	2:21.500 (34.954)
2:56.325 (34.826)	3:31.505 (35.180)	4:06.868 (35.363)	4:42.121 (35.254)
5:17.101 (34.980)	5:51.780 (34.679)	6:25.802 (34.023)	6:59.601 (33.799)
7:32.521 (32.920)	8:02.298 (29.778)	8:30.734 (28.436)	
2 Luke Guttormson	JR Loras	8:39.53	8:31.55 2 8
33.913 (33.913)	1:10.072 (36.159)	1:47.380 (37.308)	2:22.006 (34.627)
2:56.706 (34.700)	3:31.758 (35.052)	4:07.105 (35.347)	4:42.320 (35.215)
5:16.689 (34.370)	5:51.309 (34.620)	6:25.361 (34.052)	6:58.934 (33.574)
7:31.438 (32.504)	8:02.157 (30.719)	8:31.544 (29.387)	
3 Colin Beck	JR Luther	8:39.49	8:37.16 2 6
33.421 (33.421)	1:09.814 (36.394)	1:47.094 (37.280)	2:22.472 (35.378)
2:56.752 (34.280)	3:31.945 (35.194)	4:06.744 (34.799)	4:41.825 (35.082)
5:16.930 (35.106)	5:51.437 (34.507)	6:25.593 (34.156)	6:59.290 (33.698)
7:32.112 (32.822)	8:04.794 (32.683)	8:37.160 (32.366)	
4 Ryan Harvey	FR Loras	8:42.04	8:39.14 2 5
34.013 (34.013)	1:10.140 (36.127)	1:47.094 (36.955)	2:22.373 (35.279)
2:56.944 (34.571)	3:31.928 (34.984)	4:07.337 (35.410)	4:42.576 (35.239)
5:17.360 (34.784)	5:52.052 (34.692)	6:26.402 (34.351)	7:00.752 (34.350)
7:35.505 (34.754)	8:08.969 (33.464)	8:39.132 (30.163)	
5 Spencer Moon	SO Simpson (Iowa)	8:34.50	8:40.59 2 4
33.534 (33.534)	1:09.553 (36.019)	1:46.818 (37.266)	2:21.768 (34.950)
2:56.516 (34.748)	3:31.588 (35.072)	4:06.636 (35.048)	4:41.502 (34.867)
5:16.682 (35.180)	5:51.613 (34.931)	6:26.089 (34.476)	7:00.285 (34.196)
7:35.086 (34.802)	8:09.482 (34.396)	8:40.590 (31.108)	
6 Alec Ille	JR Wartburg	8:33.40	8:43.79 2 3
33.254 (33.254)	1:09.341 (36.087)	1:46.458 (37.118)	2:21.194 (34.736)
2:55.977 (34.783)	3:31.096 (35.119)	4:06.220 (35.124)	4:41.209 (34.990)
5:16.381 (35.172)	5:51.184 (34.803)	6:25.300 (34.116)	6:58.704 (33.404)
7:33.308 (34.604)	8:08.597 (35.290)	8:43.782 (35.186)	
7 Conor Gregg Escalante	FR Luther	8:53.40	8:45.28 2 2
33.665 (33.665)	1:10.044 (36.379)	1:47.345 (37.302)	2:22.693 (35.348)
2:57.085 (34.392)	3:32.278 (35.194)	4:07.444 (35.166)	4:42.830 (35.387)
5:17.638 (34.808)	5:52.709 (35.071)	6:27.689 (34.980)	7:03.188 (35.499)
7:39.113 (35.926)	8:13.784 (34.671)	8:45.276 (31.492)	
8 Joe Freiburger	SR Wartburg	8:21.93	8:45.53 2 1
33.356 (33.356)	1:09.584 (36.228)	1:46.854 (37.271)	2:22.240 (35.386)
2:57.252 (35.012)	3:32.160 (34.908)	4:07.632 (35.472)	4:43.238 (35.607)
5:19.480 (36.242)	5:55.161 (35.682)	6:29.704 (34.543)	7:05.876 (36.172)
7:40.840 (34.964)	8:14.194 (33.355)	8:45.530 (31.336)	
9 Jerry Lotz	SR Central College	9:01.44	8:55.38 2
34.124 (34.124)	1:10.300 (36.176)	1:47.593 (37.294)	2:22.876 (35.283)
2:57.546 (34.671)	3:32.498 (34.952)	4:07.917 (35.419)	4:43.456 (35.539)
5:19.254 (35.799)	5:54.894 (35.640)	6:30.148 (35.254)	7:06.172 (36.024)
7:42.577 (36.406)	8:19.485 (36.908)	8:55.373 (35.888)	

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10	Seth Nostrala	SR Simpson (Iowa)	9:04.59	9:02.34	1
	34.949 (34.949)	1:09.503 (34.555)	1:45.551 (36.048)	2:21.101 (35.550)	
	2:57.482 (36.382)	3:33.709 (36.227)	4:10.282 (36.574)	4:44.527 (34.246)	
	5:19.759 (35.232)	5:56.261 (36.502)	6:32.971 (36.711)	7:10.058 (37.087)	
	7:49.146 (39.088)	8:28.113 (38.967)	9:02.339 (34.227)		
11	Caleb Silver	FR Central College	9:04.42	9:14.24	1
	34.709 (34.709)	1:09.437 (34.728)	1:45.434 (35.998)	2:20.946 (35.512)	
	2:57.351 (36.406)	3:33.607 (36.256)	4:10.657 (37.050)	4:47.421 (36.764)	
	5:25.509 (38.088)	6:05.051 (39.543)	6:44.207 (39.156)	7:21.785 (37.578)	
	7:58.918 (37.134)	8:36.974 (38.056)	9:14.235 (37.262)		
12	Kaeden Fellingham	FR Luther	9:12.54	9:15.38	1
	35.061 (35.061)	1:09.717 (34.656)	1:45.717 (36.000)	2:21.374 (35.658)	
	2:57.641 (36.267)	3:33.889 (36.248)	4:10.550 (36.662)	4:46.223 (35.674)	
	5:23.773 (37.550)	6:02.707 (38.935)	6:41.207 (38.500)	7:20.643 (39.436)	
	7:59.967 (39.324)	8:39.318 (39.351)	9:15.378 (36.060)		
13	Greg Tystahl	JR Buena Vista	9:02.42	9:16.83	2
	34.765 (34.765)	1:10.532 (35.767)	1:47.716 (37.184)	2:23.633 (35.918)	
	2:59.277 (35.644)	3:35.681 (36.404)	4:12.809 (37.128)	4:50.282 (37.474)	
	5:28.546 (38.264)	6:07.660 (39.114)	6:45.845 (38.186)	7:24.566 (38.722)	
	8:02.806 (38.240)	8:40.546 (37.740)	9:16.828 (36.282)		
14	Ian Hoover-Grinde	SO Coe	9:33.37	9:26.25	1
	36.509 (36.509)	1:13.093 (36.584)	1:50.426 (37.334)	2:28.315 (37.890)	
	3:06.033 (37.718)	3:43.810 (37.778)	4:21.490 (37.680)	4:58.731 (37.242)	
	5:36.258 (37.527)	6:14.477 (38.219)	6:53.434 (38.958)	7:32.537 (39.103)	
	8:11.466 (38.930)	8:49.906 (38.440)	9:26.241 (36.335)		
15	Nate Sanders	SR Central College	8:58.02	9:26.43	2
	34.528 (34.528)	1:10.746 (36.219)	1:47.961 (37.215)	2:23.304 (35.343)	
	2:58.914 (35.611)	3:34.969 (36.055)	4:11.801 (36.832)	4:49.709 (37.908)	
	5:28.272 (38.563)	6:07.957 (39.686)	6:47.918 (39.962)	7:27.837 (39.919)	
	8:08.196 (40.359)	8:48.512 (40.316)	9:26.422 (37.911)		
16	Anthony Krick	JR Nebraska Wesleyan	9:30.47	9:28.62	1
	35.269 (35.269)	1:10.758 (35.490)	1:48.575 (37.818)	2:27.067 (38.492)	
	3:06.241 (39.174)	3:44.105 (37.864)	4:22.105 (38.000)	5:00.638 (38.534)	
	5:39.627 (38.990)	6:18.125 (38.498)	6:57.509 (39.384)	7:36.693 (39.184)	
	8:16.367 (39.675)	8:54.822 (38.455)	9:28.611 (33.790)		
17	Marc Medici	FR Simpson (Iowa)	9:50.40	9:41.12	1
	36.146 (36.146)	1:12.858 (36.712)	1:50.227 (37.370)	2:28.085 (37.858)	
	3:06.627 (38.543)	3:44.982 (38.355)	4:23.426 (38.444)	5:02.142 (38.716)	
	5:41.135 (38.994)	6:20.574 (39.439)	7:01.091 (40.518)	7:41.633 (40.542)	
	8:22.859 (41.227)	9:03.394 (40.535)	9:41.111 (37.718)		
18	Tyler Grames	JR Buena Vista	10:00.32	9:56.56	1
	35.549 (35.549)	1:11.129 (35.580)	1:48.246 (37.118)	2:26.814 (38.568)	
	3:06.345 (39.531)	3:45.627 (39.283)	4:25.575 (39.948)	5:06.458 (40.883)	
	5:47.917 (41.459)	6:30.101 (42.184)	7:11.961 (41.860)	7:54.289 (42.328)	
	8:36.251 (41.963)	9:17.121 (40.870)	9:56.558 (39.438)		
--	Harry Dudley	SR Simpson (Iowa)	8:50.54	DNF	2
	33.685 (33.685)	1:09.841 (36.156)	1:46.606 (36.766)	2:21.001 (34.395)	
	2:55.840 (34.839)	3:30.985 (35.146)	4:06.494 (35.510)	4:42.473 (35.979)	
--	Jake Newman	FR Nebraska Wesleyan		DNF	1

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Men****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	14:32.34	1/16/2021	Joe Freiburger, Wartburg		
Name	Year	School	Seed	Finals	Points
=====					
1	Joe Freiburger	SR Wartburg	14:32.34	14:25.87C	10
2	Evan Jamrozy	FR Loras		14:54.84	8
3	Morgan Shirley-Fairbairn	SR Wartburg	14:54.84	15:07.00	6
4	Sam Schmitz	FR Wartburg	15:12.60	15:08.05	5
5	Joey Schultz	SR Loras	15:16.44	15:16.61	4
6	Sam Schillinger	JR Luther		15:17.51	3
7	Drew Hoffman	SR Wartburg	15:18.65	15:20.96	2
8	Harry Dudley	SR Simpson (Iowa)		15:23.71	1
9	Tyler Cernohous	JR Dubuque	15:43.85	15:42.10	
10	Brian Maty	SR Loras	15:19.80	15:46.99	
11	Adam Koller	FR Luther		15:48.41	
12	Ryan Courtney	SR Simpson (Iowa)		15:50.75	
13	Nate Sanders	SR Central College	16:28.48	15:55.94	
14	Noah Forrey	SR Dubuque	16:15.72	15:58.21	
15	Pierce Pennell	JR Nebraska Wesleyan	16:12.34	16:00.08	
16	Thatcher Krob	SO Central College	16:40.44	16:02.60	
17	Quenton Max	JR Luther		16:05.65	
18	Colby Karr	SO Nebraska Wesleyan	16:11.86	16:07.90	
19	Jack Orengo	SO Central College	16:21.81	16:17.27	
20	Cameron Kaltschnee	SR Buena Vista	16:10.33	16:28.10	

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

=====					
All-Time: A	8.00	2009	Shawn Olorundami, Buena Vista		
Championship: C	8.20	2/24/2018	Dylan Kalinay, Simpson (Iow		
Facility: F	8.08	2/20/2021	Deyton Love, Wartburg		
Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1	Deyton Love	FR Wartburg	8.08	C 8.12Q	3
2	Dallas Wright	SR Wartburg	8.16	8.25Q	2 8.245
3	Ryan Rogers	SR Loras	8.17	8.25Q	1 8.247
4	Max Cleveland	SO Simpson (Iowa)	8.37	8.37q	2
5	Marshall Chasek	SO Nebraska Wesleyan	8.34	8.42q	1
6	Jonathan Bossou	SO Central College	8.56	8.50q	2
7	Eli Etherton	FR Nebraska Wesleyan	8.55	8.54q	3
8	Elliott Meyer	SR Simpson (Iowa)	8.70	8.61q	2
9	Reese Hennerberg	SR Nebraska Wesleyan	8.55	8.67	3
10	Blake Hardison	FR Dubuque	8.67	8.68	1
11	Drake Lewis	JR Central College	8.70	8.82	3 8.811
12	Trystin Myers	FR Nebraska Wesleyan	8.72	8.82	3 8.813
13	Danny Devenuto	JR Central College	8.84	8.84	2
14	Dylan Reimer	FR Buena Vista	8.94	8.96	1
15	Riley Flint	SO Buena Vista	9.03	9.00	1
16	Julian Perez	FR Coe	9.16	9.22	2
17	Trevor Eckols	SR Coe	9.27	9.35	3
18	Tyler Williams	JR Simpson (Iowa)	9.57	9.48	3
19	Max Santiago	FR Dubuque	8.64	10.62	1

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Men****Men 60 Meter Hurdles**

All-Time: A	8.00	2009	Shawn Olorundami, Buena Vista
Championship: C	8.20	2/24/2018	Dylan Kalinay, Simpson (Iow
Facility: F	8.08	2/20/2021	Deyton Love, Wartburg
Name		Year School	Prelims Finals Points

Finals						
1	Deyton Love	FR	Wartburg	8.12	8.06F	10
2	Ryan Rogers	SR	Loras	8.25	8.09C	8
3	Dallas Wright	SR	Wartburg	8.25	8.10C	6
4	Eli Etherton	FR	Nebraska Wesleyan	8.54	8.34	5
5	Max Cleveland	SO	Simpson (Iowa)	8.37	8.59	4
6	Elliott Meyer	SR	Simpson (Iowa)	8.61	8.76	3
7	Jonathan Bossou	SO	Central College	8.50	8.87	2
--	Marshall Chasek	SO	Nebraska Wesleyan	8.42	DQ	

P1 Rule 7.6.2.

**Men 4x400 Meter Relay**

All-Time: A	3:14.04	2004	Wartburg, Wartburg
Championship: C	3:19.68	2/29/2020	Loras, Loras
Facility: F	3:15.64	3/7/2020	Washington U., Washington U
School		Seed	Finals H# Points

  

1	Wartburg	3:20.08	3:17.54C	2	10
	1) Dallas Wright SR	2) Zach Abbey FR			
	3) Derrick Smith SO	4) Wyatt Schmidt SO			
	49.060 (49.060)	1:40.369 (51.309)	2:28.798 (48.429)	3:17.538 (48.741)	
2	Loras	3:17.74	3:18.70C	2	8
	1) Josh Smith JR	2) Shamari Scott SR			
	3) Ted Kruse FR	4) Mike Jasa JR			
	49.912 (49.912)	1:40.102 (50.191)	2:30.436 (50.334)	3:18.699 (48.264)	
3	Nebraska Wesleyan	3:19.77	3:20.57	2	6
	1) Ben Christenson JR	2) Kyle Dickinson JR			
	3) Marcus Thimm SR	4) Rudy Vrtiska JR			
	49.710 (49.710)	1:39.483 (49.773)	2:29.876 (50.394)	3:20.562 (50.686)	
4	Central College	3:29.74	3:24.96	1	5
	1) Danny Devenuto JR	2) Nolan Reynolds SO			
	3) Grant Boyse SO	4) Carter Tryon JR			
	52.787 (52.787)	1:43.665 (50.879)	2:35.103 (51.438)	3:24.954 (49.852)	
5	Luther	3:27.99	3:27.86	1	4
	1) Matt Kreidermacher JR	2) Siletselwe Dlamini JR			
	3) Leo Duffy FR	4) Chance Downs FR			
	52.356 (52.356)	1:43.079 (50.723)	2:34.965 (51.886)	3:27.855 (52.890)	
6	Dubuque	3:24.80	3:29.56	2	3
	1) Nehemiah Griffin FR	2) Jeremiah Steed SR			
	3) Nolan Lentz FR	4) Kobe Howell SO			
	52.321 (52.321)	1:43.029 (50.708)	2:36.686 (53.658)	3:29.554 (52.868)	
7	Simpson (Iowa)	3:32.05	3:30.68	1	2
	1) Steve Cruz-Castro JR	2) Max Cleveland SO			
	3) Ulysses Patterson FR	4) Brenden Godbout FR			
	52.247 (52.247)	1:43.505 (51.258)	2:36.671 (53.166)	3:30.679 (54.009)	



**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Men****....Men 4x400 Meter Relay**

8 Buena Vista	3:31.94	3:36.15	1	1
1) Zackary Huffman FR	2) Spencer Hunt SO			
3) Riley Flint SO	4) Jackson Sylvester SO			
58.923 (58.923)	1:50.943 (52.020)	2:44.181 (53.239)	3:36.149 (51.968)	
9 Coe	3:37.28	3:42.90	1	
1) Paul Cory FR	2) Trevor Eckols SR			
3) Jayden Weber JR	4) Caleb Rigdon SR			
53.757 (53.757)	1:49.059 (55.303)	2:43.985 (54.926)	3:42.896 (58.912)	

**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 7:53.52	2/23/2019	Wartburg, Wartburg			
		M Heinzman, C Sapp, D Martin, M Schulz			
School		Seed	Finals	Points	
1 Wartburg			7:46.78A	10	
1) Sam Madson SR	2) Frosty Lorimer SR				
3) Matt Heinzman SR	4) Dalton Martin JR				
1:58.623 (1:58.623)	3:57.097 (1:58.474)	5:54.163 (1:57.066)	7:46.773 (1:52.611)		
2 Nebraska Wesleyan			7:57.96	8	
1) Gabe Anderson SO	2) Tyler Taubenheim JR				
3) Javier Kenney FR	4) Garrett Lenners SO				
1:59.607 (1:59.607)	3:58.641 (1:59.034)	6:01.137 (2:02.497)	7:57.958 (1:56.821)		
3 Loras			7:58.03	6	
1) Wyatt Kelly JR	2) Conor Otting SR				
3) Shane McBride SO	4) Carter Oberfoell SO				
1:59.173 (1:59.173)	3:58.365 (1:59.193)	6:01.145 (2:02.780)	7:58.027 (1:56.882)		
4 Luther			7:58.16	5	
1) Will Ode FR	2) David Will SR				
3) Dan Iselin SR	4) Ian Kelly SO				
2:00.296 (2:00.296)	4:00.199 (1:59.903)	6:01.833 (2:01.635)	7:58.160 (1:56.327)		
5 Central College			8:03.23	4	
1) Adam Sylvia FR	2) Jacob Sanders SO				
3) Noah Jorgenson FR	4) Will DeHaan JR				
2:01.573 (2:01.573)	4:05.611 (2:04.038)	6:05.721 (2:00.111)	8:03.221 (1:57.500)		
6 Simpson (Iowa)			8:15.27	3	
1) Clay Billheimer SO	2) Trent Pelzer FR				
3) Drew Klein FR	4) Cade Mash FR				
2:04.780 (2:04.780)	4:05.749 (2:00.970)	6:07.904 (2:02.155)	8:15.265 (2:07.362)		
7 Dubuque			8:24.02	2	
1) Andrew Hutchinson FR	2) Michael Orcutt SR				
3) Tyler Cernohous JR	4) Jayden Oshirak JR				
2:06.936 (2:06.936)	4:09.764 (2:02.828)	6:16.328 (2:06.564)	8:24.017 (2:07.689)		
8 Coe			8:35.65	1	
1) Justin Phillips SR	2) Coe Booker JR				
3) Jared Thoma FR	4) Ryan Smith SO				
2:06.333 (2:06.333)	4:12.888 (2:06.556)	6:20.507 (2:07.620)	8:35.647 (2:15.140)		
9 Buena Vista			8:48.04		
1) Jon Flaws SO	2) Cameron Kaltschnee SR				

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Men****....Men 4x800 Meter Relay**

3) Anthony Baird JR 4) Kyle Miller FR  
 2:10.499 (2:10.499) 4:27.034 (2:16.535) 6:40.736 (2:13.702) 8:48.031 (2:07.296)

**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 9:56.53 3/2/2018 Wis.-Eau Claire, Wis.-Eau Claire		B Paucek, B Christnovich, D Lueck, P Treacy	
School	Seed	Finals	Points
1 Wartburg	10:06.05	10:16.81	10
1) Frosty Lorimer SR	2) Sean Henson FR		
3) Carter Cruise FR	4) Sam Madson SR		
3:09.792 (3:09.792)	4:00.994 (51.202)	6:01.098 (2:00.104)	10:16.806 (4:15.708)
2 Simpson (Iowa)		10:21.65	8
1) James Murray FR	2) Steve Cruz-Castro JR		
3) Clay Billheimer SO	4) Spencer Moon SO		
3:12.974 (3:12.974)	4:03.482 (50.508)	6:03.798 (2:00.316)	10:21.644 (4:17.846)
3 Loras	11:03.20	10:34.76	6
1) Chris Guise FR	2) Carson Vaske FR		
3) Conor Otting SR	4) Will Yasdick FR		
3:16.312 (3:16.312)	4:06.606 (50.294)	6:04.348 (1:57.742)	10:34.756 (4:30.408)
4 Luther	10:21.71	10:35.71	5
1) Lane Schwarz SO	2) Tinashe Chisora FR		
3) Leo Duffy FR	4) David Will SR		
3:14.320 (3:14.320)	4:06.754 (52.434)	6:08.094 (2:01.340)	10:35.702 (4:27.608)
5 Dubuque		10:36.74	4
1) Michael Orcutt SR	2) Nolan Lentz FR		
3) Andrew Hutchinson FR	4) Mark Biechler JR		
3:19.448 (3:19.448)	4:10.754 (51.306)	6:14.188 (2:03.434)	10:36.734 (4:22.546)
6 Nebraska Wesleyan	11:14.86	10:46.40	3
1) Kellen McLaughlin FR	2) Gabe Anderson SO		
3) Magwire Lott SR	4) Preston Decker SR		
3:21.652 (3:21.652)	4:11.738 (50.086)	6:14.770 (2:03.032)	10:46.400 (4:31.630)
7 Coe	11:09.61	10:47.45	2
1) Justin Phillips SR	2) Jayden Weber JR		
3) Jared Thoma FR	4) Coe Booker JR		
3:19.154 (3:19.154)	4:11.590 (52.436)	6:17.066 (2:05.476)	10:47.448 (4:30.382)
8 Buena Vista		10:48.95	1
1) Kyle Miller FR	2) Jackson Sylvester SO		
3) Jon Flaws SO	4) Greg Tystahl JR		
3:20.494 (3:20.494)	4:11.582 (51.088)	6:17.490 (2:05.908)	10:48.950 (4:31.460)
9 Central College	11:28.93	10:50.32	
1) Marcus DeVries SO	2) Grant Boyse SO		
3) Logan Berg FR	4) Caleb Silver FR		
3:24.256 (3:24.256)	4:17.338 (53.082)	6:24.482 (2:07.144)	10:50.318 (4:25.836)

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021**

Hosted by: Wartburg College

The W

**Results - Men****Men High Jump**

1.62, 1.67, 1.72, 1.77, 1.82, 1.87, 1.92, 1.95, 1.98, 2.01, 2.04, 2.07														
All-Time: A 2.17m 2005 Cale VanGenderen, Central														
Championship: C 2.13m 2/27/2016 Logan Mulford, Central College														
Facility: F 2.10m 2011 Jonas Elusme, Wartburg College														
Name	Year	School	Seed	Finals	Points									
1 Drake Lewis		JR Central College	2.05m	1.95m	6-04.75	10								
1.62 1.67 1.72 1.77 1.82 1.87 1.92 1.95 1.98 2.01 2.04 2.06														
PPP PPP PPP PPP PPP O O XO PPP PPP PPP XXX														
2 Alex Martens		SR Loras	1.86m	1.92m	6-03.50	7								
1.62 1.67 1.72 1.77 1.82 1.87 1.92 1.95														
PPP PPP PPP PPP O O O XXX														
2 Jatavion Hawkins		SO Dubuque	1.95m	1.92m	6-03.50	7								
1.62 1.67 1.72 1.77 1.82 1.87 1.92 1.95														
PPP PPP PPP PPP O O O XXX														
4 Matthew Riedemann		FR Central College	1.93m	1.92m	6-03.50	5								
1.62 1.67 1.72 1.77 1.82 1.87 1.92 1.95														
PPP PPP PPP PPP XO XO O XXX														
5 Matt Bandy		JR Loras	1.95m	1.87m	6-01.50	3.50								
1.62 1.67 1.72 1.77 1.82 1.87 1.92														
PPP PPP PPP PPP O O XXX														
5 Zach Mohler		SR Luther	1.95m	1.87m	6-01.50	3.50								
1.62 1.67 1.72 1.77 1.82 1.87 1.92														
PPP PPP PPP PPP O O XXX														
7 Ryan Rogers		SR Loras	1.95m	1.87m	6-01.50	2								
1.62 1.67 1.72 1.77 1.82 1.87 1.92														
PPP PPP PPP PPP O XXO XXX														
8 Sabian Arceneaux		FR Coe	1.78m	1.82m	5-11.50	1								
1.62 1.67 1.72 1.77 1.82 1.87														
PPP O O XO XO XXX														
9 Jaden Bilal		FR Luther	1.77m	1.72m	5-07.75									
1.62 1.67 1.72 1.77														
O O XO XXX														
10 Zachary Frandolig		FR Nebraska Wesleyan	1.73m	1.67m	5-05.75									
1.62 1.67 1.72														
O XXO XXX														
-- Kody Carlson		FR Wartburg	1.62m	NH										
1.62														
XXX														
-- Kyellis Atwater		FR Dubuque	1.86m	DNS										
1.62														
DNS														

**Men Pole Vault**

2.80, 3.00, 3.20, 3.35, 3.50, 3.65, 3.80, 3.95, 4.05, 4.15, 4.25, 4.35																			
All-Time: A 5.20m 2008 Kyle Calvert, Loras																			
Championship: C 4.91m 2007 Kyle Calvert, Loras																			
Facility: F 5.62m 2008 Jacob Pauli, Nike																			
Name	Year	School	Seed	Finals	Points														
1 Ryan Rogers		SR Loras	4.88m	4.92mC	16-01.75	10													
3.00 3.20 3.35 3.50 3.65 3.80 3.95 4.05 4.15 4.25 4.35 4.45 4.55 4.65 4.75 4.85 4.92 5.00																			
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O O O O PPP PPP O XXX																			

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Men****....Men Pole Vault**

2	Tanner Johnson	SR Central College	4.28m	4.45m	14-07.25	8
	2.80 3.00 3.20 3.35 3.50 3.65 3.80 3.95 4.05 4.15 4.25 4.35 4.45 4.55					
	PPP PPP PPP PPP PPP PPP PPP O O O PPP XXO XXO XXX					
3	Treyten Chiglo	SR Luther	4.05m	3.95m	12-11.50	6
	2.80 3.00 3.20 3.35 3.50 3.65 3.80 3.95 4.05					
	PPP PPP PPP PPP PPP PPP XXO O XXX					
4	Joe Fisher	SO Buena Vista	3.95m	3.95m	12-11.50	5
	2.80 3.00 3.20 3.35 3.50 3.65 3.80 3.95 4.05					
	PPP PPP PPP PPP PPP O XXO XXO XXX					
5	Brody Klein	FR Central College	3.85m	3.80m	12-05.50	4
	2.80 3.00 3.20 3.35 3.50 3.65 3.80 3.95					
	PPP PPP PPP PPP PPP XO O XXX					
6	Austin Neufeld	JR Nebraska Wesleyan	3.75m	3.80m	12-05.50	3
	2.80 3.00 3.20 3.35 3.50 3.65 3.80 3.95					
	PPP PPP PPP PPP O O XO XXX					
7	Logan Jones	SO Loras	3.80m	3.80m	12-05.50	2
	2.80 3.00 3.20 3.35 3.50 3.65 3.80 3.95					
	PPP PPP PPP PPP O XO XXO XXX					
8	Nathan MacDonald	JR Wartburg	3.60m	3.65m	11-11.75	1
	2.80 3.00 3.20 3.35 3.50 3.65 3.80					
	PPP PPP O PPP O O XXX					
9	Riley Barrett	SR Wartburg	4.01m	3.65m	11-11.75	
	2.80 3.00 3.20 3.35 3.50 3.65 3.80					
	PPP PPP PPP PPP PPP XXO XXX					
10	Chris Rylant	FR Nebraska Wesleyan	3.50m	3.50m	11-05.75	
	2.80 3.00 3.20 3.35 3.50 3.65					
	PPP PPP PPP XO O XXX					
11	Eric Smedsrud	SR Luther	3.45m	3.35m	10-11.75	
	2.80 3.00 3.20 3.35 3.50					
	PPP XO O O XXX					
12	Luke Sigwarth	FR Dubuque	2.92m	3.00m	9-10.00	
	2.80 3.00 3.20					
	O O XXX					
--	Mokbel Obeid	FR Dubuque	2.85m	NH		
	2.80 3.00					
	PPP XXX					
--	Raymond Venditti	SO Loras	3.65m	DNS		
	2.80					
	DNS					
--	Garrett Bates	JR Buena Vista	4.20m	SCR		

**Men Long Jump**

=====  
 All-Time: A 7.69m 2009 Eric Bertelsen, Buena Vista  
 Championship: C 7.69m 2009 Eric Bertelsen, Buena Vista  
 Facility: F 7.36m 2/22/2019 Famiek Cook, Wartburg

Name	Year	School	Seed	Finals	H#	Points
1 Brock Lewis		JR Central College	7.03m	7.12m	23-04.50	2 10
2 Ryan Rogers		SR Loras	6.96m	7.09m	23-03.25	2 8
3 Carter Berkey		JR Simpson (Iowa)	6.50m	6.77m	22-02.50	2 6

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4	Derik Buntten	FR Loras	6.56m	6.73m	22-01.00	2	5
	6.71m 6.64m 6.47m FOUL 6.58m 6.73m						
5	Deyton Love	FR Wartburg	6.36m	6.69m	21-11.50	1	4
	FOUL FOUL 6.69m FOUL FOUL 6.62m						
6	Matt Winter	SR Nebraska Wesleyan	6.85m	6.63m	21-09.00	2	3
	FOUL 6.63m FOUL 6.46m 6.51m FOUL						
7	Max Goodhue	SO Wartburg	6.65m	6.49m	21-03.50	2	2
	FOUL 6.21m 6.49m 6.46m 6.34m 6.41m						
8	Ulysses Patterson	FR Simpson (Iowa)	6.27m	6.49m	21-03.50	1	1
	6.33m 6.49m FOUL 6.09m FOUL FOUL						
9	Rei'Shaun Spires	SO Dubuque	6.49m	6.47m	21-02.75	2	
	6.47m 6.46m FOUL 6.29m 6.42m 6.27m						
10	Jaidyn Williams	FR Dubuque	6.78m	6.24m	20-05.75	2	
	5.98m FOUL 6.24m						
11	Jakhari Anderson	FR Dubuque	6.32m	6.16m	20-02.50	1	
	6.09m 5.74m 6.16m						
12	Dalton Schmitt	SO Nebraska Wesleyan	6.37m	5.98m	19-07.50	2	
	5.93m 5.98m 5.27m						
13	Isaiah Thomas	FR Buena Vista	5.82m	5.55m	18-02.50	1	
	FOUL 4.94m 5.55m						
14	Julian Perez	FR Coe	5.69m	5.49m	18-00.25	1	
	5.37m 5.36m 5.49m						
15	Spencer Willett	SR Coe	5.96m	5.48m	17-11.75	1	
	5.34m 5.25m 5.48m						
16	Sam Bundy	SO Luther	6.00m	5.46m	17-11.00	1	
	5.46m 5.19m 5.10m						
17	Sabian Arceneaux	FR Coe	5.61m	5.31m	17-05.25	1	
	5.27m 5.15m 5.31m						
--	Quon Lambert	SR Luther	5.64m	FOUL			1
	FOUL FOUL FOUL						

**Men Triple Jump**

=====							
All-Time: A 14.67m		2021	Brock Lewis, Central				
Championship: C 14.60m		2005	DeAndre Bovan, Dubuque				
Facility: F 14.52m		3/7/2020	Collin Trout, St. John's (Minn)				
Name	Year	School	Seed	Finals	Points		
=====							
1	Brock Lewis	JR Central College	14.67m	14.78mA	48-06.00	10	
	14.44m FOUL 14.44m	14.76m 14.78m PASS					
2	Derik Buntten	FR Loras	13.05m	13.60m	44-07.50	8	
	13.60m FOUL 13.21m	13.35m 13.15m PASS					
3	Jeremiah Steed	SR Dubuque	13.31m	13.56m	44-06.00	6	
	FOUL 13.14m PASS FOUL	13.56m 12.62m					
4	Rei'Shaun Spires	SO Dubuque		13.46m	44-02.00	5	
	FOUL 13.20m PASS 13.46m	FOUL 13.02m					
5	Jaidyn Williams	FR Dubuque	12.46m	13.16m	43-02.25	4	
	13.16m FOUL PASS 12.48m	12.68m FOUL					
6	Max Goodhue	SO Wartburg	13.13m	12.96m	42-06.25	3	
	12.96m 12.85m 12.86m	12.68m 12.82m 12.61m					
7	Dalton Schmitt	SO Nebraska Wesleyan	13.05m	12.85m	42-02.00	2	
	FOUL 12.65m 12.85m FOUL	12.79m FOUL					
8	Matt Winter	SR Nebraska Wesleyan	13.06m	12.75m	41-10.00	1	
	FOUL 12.70m 12.74m	12.75m FOUL PASS					

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9	Doyle Carroll	SR Loras	12.76m	12.65m	41-06.00
	12.65m 12.60m 12.44m	FOUL 12.56m 12.39m			
10	Jakhari Anderson	FR Dubuque	12.91m	12.55m	41-02.25
	12.55m 12.35m	FOUL			
11	Trystin Myers	FR Nebraska Wesleyan	12.52m	12.54m	41-01.75
	12.54m 12.35m 12.40m				
12	Danny Devenuto	JR Central College	12.19m	12.28m	40-03.50
	11.85m 12.09m 12.28m				
13	Mac Nuanez	JR Wartburg	12.55m	12.18m	39-11.50
	12.18m 11.33m 11.92m				
14	Carter Berkey	JR Simpson (Iowa)	12.06m	11.32m	37-01.75
	FOUL FOUL 11.32m				
--	Spencer Willett	SR Coe	11.83m	FOUL	
	FOUL FOUL FOUL				

**Men Shot Put**

=====						
	All-Time: A	18.58m	2015	Colt Feltes,	Wartburg	
	All-Time: A	18.58m	2019	Blaze Murfin,	Dubuque	
	Championship: C	18.10m	2/27/2015	Colt Feltes,	Wartburg	
	Facility: F	18.58m	2015	Colt Feltes,	Wartburg College	
	Name	Year	School	Seed	Finals	Points
=====						
1	Clayton Hahn	JR	Dubuque	16.17m	16.11m	52-10.25 10
	15.65m 15.88m	FOUL	FOUL	16.11m 15.95m		
2	Zachary Naatz	SR	Dubuque	15.73m	15.82m	51-11.00 8
	15.64m 14.95m 15.01m	FOUL	FOUL	15.82m		
3	Zac Couture	SR	Loras	13.38m	14.57m	47-09.75 6
	14.57m	FOUL	13.97m	FOUL	14.40m 14.42m	
4	Cade Collier	SO	Dubuque	15.16m	14.07m	46-02.00 5
	FOUL 14.07m	FOUL	FOUL	FOUL	FOUL	
5	Lane Jellison	SR	Buena Vista	13.99m	13.82m	45-04.25 4
	13.35m	FOUL	13.82m	FOUL	13.52m 13.66m	
6	Theo Baldus	JR	Central College	13.65m	13.65m	44-09.50 3
	13.65m	FOUL	13.38m	FOUL	FOUL 13.21m	
7	Kyle Ott	JR	Nebraska Wesleyan	14.38m	13.46m	44-02.00 2
	12.53m 13.46m	FOUL	FOUL	FOUL		
8	Thomas Spoehr	FR	Central College	13.04m	13.44m	44-01.25 1
	13.02m 12.61m 12.84m	12.90m	13.31m 13.44m			
9	Sam Lindgren	JR	Nebraska Wesleyan	13.45m	13.28m	43-07.00
	13.02m	FOUL	FOUL	FOUL	13.28m	FOUL
10	Aizik Hodak	SO	Wartburg	14.23m	12.94m	42-05.50
	12.94m	FOUL	FOUL			
11	Graeson Trevino	SR	Wartburg	12.88m	12.72m	41-08.75
	11.71m 12.72m 12.41m					
12	Mason Spree	SR	Simpson (Iowa)	14.24m	12.68m	41-07.25
	12.27m	FOUL	12.68m			
13	Theo Davis	FR	Loras	13.60m	12.35m	40-06.25
	12.02m 12.35m 12.26m					
--	Brenann Linn	SO	Simpson (Iowa)	13.45m	DNS	
--	Josh Huetter	FR	Coe	8.95m	DNS	
--	Marcos Villanueva	FR	Coe	7.03m	DNS	

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Men****Men Weight Throw**

All-Time: A 20.52m 2019		Blaze Murfin, Dubuque			
Championship: C 19.59m 2/25/2017		Ron Brown, Dubuque			
Facility: F 21.71m 3/2/2019		Andrew Jarrett, Wis.-La Crosse			
Name	Year School	Seed	Finals	H#	Points
1 Seth Knapp	JR Nebraska Wesleyan	18.12m	16.70m	54-09.50	2 10
16.70m FOUL FOUL	16.20m FOUL FOUL				
2 Clayton Hahn	JR Dubuque	16.85m	16.69m	54-09.25	2 8
15.43m 15.60m 16.60m	16.08m 16.69m 16.64m				
3 Andrew Davis	JR Nebraska Wesleyan	17.04m	16.65m	54-07.50	2 6
16.23m 16.63m 16.17m	FOUL 16.65m FOUL				
4 Neal Eckhoff	SO Loras	16.52m	16.26m	53-04.25	2 5
15.43m 15.01m 15.38m	15.58m 15.58m 16.26m				
5 Theo Baldus	JR Central College	16.12m	15.68m	51-05.50	2 4
14.89m FOUL 14.96m	14.92m FOUL 15.68m				
6 Kyle Ott	JR Nebraska Wesleyan	15.83m	15.61m	51-02.75	2 3
14.11m 15.14m 15.54m	15.23m 15.61m FOUL				
7 Mason Spree	SR Simpson (Iowa)	17.26m	15.37m	50-05.25	2 2
FOUL 14.23m 15.30m	FOUL FOUL 15.37m				
8 Sam Lindgren	JR Nebraska Wesleyan	15.70m	14.81m	48-07.25	2 1
14.81m 14.75m FOUL	FOUL FOUL FOUL				
9 Josh Kreitlow	SR Wartburg	15.15m	14.36m	47-01.50	1
13.91m 13.95m 14.36m	13.35m 13.82m 13.72m				
10 Luke Weber	FR Dubuque	14.07m	13.88m	45-06.50	1
13.88m FOUL 13.43m					
11 Lane Jellison	SR Buena Vista	15.48m	13.61m	44-08.00	2
13.61m 13.05m FOUL					
12 Mac Roush	SR Simpson (Iowa)	12.98m	12.78m	41-11.25	1
12.78m FOUL FOUL					
13 Stone Grell	JR Luther	12.16m	12.30m	40-04.25	1
12.30m FOUL FOUL					
14 Martin Vineyard	SO Central College	13.12m	11.79m	38-08.25	1
11.56m 11.70m 11.79m					
15 Aizik Hodak	SO Wartburg	14.91m	10.77m	35-04.00	1
10.77m FOUL FOUL					
-- Zac Couture	SR Loras	15.01m	FOUL		1
FOUL FOUL FOUL					
-- Zachary Naatz	SR Dubuque	16.15m	FOUL		2
FOUL FOUL FOUL					
-- Reihana Paewai	SR Luther	11.69m	FOUL		1
FOUL FOUL FOUL					
-- Josh Huetter	FR Coe	8.99m	DNS		1
-- Marcos Villanueva	FR Coe	7.21m	DNS		1

**Indoor Pentathlon: #5 Men 1000 Meter Run Indoor Pentathlon**

Championship: C 2:39.01 2/22/2019		Curren Matthias, Wartburg	
Facility: F 2:37.44 2/2/2013		Dan Kremer, St. Thomas	
Name	Year School	Finals	Points
1 Riley Barrett	SR Wartburg	2:49.98	766
31.579 (31.579)	1:06.572 (34.994)	1:42.764 (36.192)	2:17.569 (34.806)
2:49.975 (32.406)			

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Men****....Indoor Pentathlon: #5 Men 1000 Meter Run Indoor Pentathlon**

2 Dalton Closson	JR Wartburg	2:51.11	754
31.759 (31.759)	1:06.341 (34.583)	1:42.528 (36.187)	2:17.996 (35.468)
2:51.104 (33.108)			
3 Lucas Heitz	SO Central College	2:53.77	727
32.573 (32.573)	1:07.615 (35.042)	1:44.453 (36.839)	2:19.991 (35.538)
2:53.763 (33.772)			
4 Brenden Godbout	FR Simpson (Iowa)	2:56.71	697
33.567 (33.567)	1:09.487 (35.920)	1:46.144 (36.658)	2:21.520 (35.376)
2:56.708 (35.188)			
5 Nick Thompson	JR Central College	2:58.48	679
33.413 (33.413)	1:09.279 (35.866)	1:46.169 (36.891)	2:22.859 (36.690)
2:58.471 (35.612)			
6 Nate Sielaff	JR Loras	2:59.38	670
34.247 (34.247)	1:10.181 (35.935)	1:48.759 (38.578)	2:25.603 (36.844)
2:59.373 (33.771)			
7 Jaxon Thompson	FR Central College	3:05.61	610
33.923 (33.923)	1:10.035 (36.112)	1:48.275 (38.240)	2:26.971 (38.696)
3:05.601 (38.631)			
8 Paul Cory	FR Coe	3:07.24	595
34.881 (34.881)	1:11.480 (36.599)	1:50.245 (38.766)	2:31.403 (41.158)
3:07.233 (35.831)			
9 Keegan Rich	JR Nebraska Wesleyan	3:08.61	582
34.864 (34.864)	1:11.351 (36.487)	1:49.724 (38.374)	2:30.253 (40.530)
3:08.609 (38.356)			
10 Max Powers	JR Buena Vista	3:09.22	577
32.993 (32.993)	1:09.148 (36.155)	1:48.395 (39.247)	2:30.511 (42.116)
3:09.211 (38.700)			
11 Zach Mohler	SR Luther	3:10.36	566
35.437 (35.437)	1:11.772 (36.335)	1:50.651 (38.879)	2:30.939 (40.288)
3:10.352 (39.414)			
-- Tanner Ellingson	SR Nebraska Wesleyan	DNS	
-- Jack Mayer	FR Dubuque	DNS	

**Indoor Pentathlon: #1 Men 60 Meter Hurdles Indoor Pentathlon**

=====						
Championship: C	8.58	2/27/2015	Jacoby Firkins, Wartburg			
Facility: F	8.44	2/1/2014	Eric Larson, Central College			
Name		Year	School	Finals	H#	Points
=====						
1 Lucas Heitz			SO Central College	8.58C	4	841
2 Keegan Rich			JR Nebraska Wesleyan	8.81	4	788
3 Brenden Godbout			FR Simpson (Iowa)	8.84	3	781
4 Riley Barrett			SR Wartburg	8.94	4	759
5 Jaxon Thompson			FR Central College	8.99	3	748
6 Tanner Ellingson			SR Nebraska Wesleyan	9.09	4	726
7 Dalton Closson			JR Wartburg	9.32	3	677
8 Zach Mohler			SR Luther	9.48	2	644
9 Nick Thompson			JR Central College	9.69	2	601
10 Nate Sielaff			JR Loras	9.78	1	583
11 Paul Cory			FR Coe	10.02	1	537
12 Max Powers			JR Buena Vista	11.37	1	312
-- Jack Mayer			FR Dubuque	DNS	2	



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The W

**Results - Men****Indoor Pentathlon: #4 Men High Jump Indoor Pentathlon**

Championship: C 2.06m 2/27/2009		Chris Buresh, Loras																		
Facility: F 2.06m 2/27/2009		Chris Buresh, Loras College																		
Name	Year	School	Finals														Points			
1	Jaxon Thompson	FR Central College	1.90m	6-02.75	714															
	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90	1.93		
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	0	PPP	0	PPP	XXO	0	XO	XXX		
2	Paul Cory	FR Coe	1.87m	6-01.50	687															
	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87	1.90		
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	XO	0	0	XO	0	XXO	XXX		
3	Zach Mohler	SR Luther	1.84m	6-00.50	661															
	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63	1.66	1.69	1.72	1.75	1.78	1.81	1.84	1.87		
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	XO	0	XO	XXX		
4	Nick Thompson	JR Central College	1.75m	5-08.75	585															
	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63	1.66	1.69	1.72	1.75	1.78		
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	XO	XO	XO	0	XXO	XO	XXX		
4	Keegan Rich	JR Nebraska Wesleyan	1.75m	5-08.75	585															
	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63	1.66	1.69	1.72	1.75	1.78		
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	0	PPP	XO	XO	0	0	XXX		
6	Nate Sielaff	JR Loras	1.72m	5-07.75	560															
	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63	1.66	1.69	1.72	1.75			
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	0	XO	XO	XXX			
7	Brenden Godbout	FR Simpson (Iowa)	1.69m	5-06.50	536															
	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63	1.66	1.69	1.72				
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	0	XO	0	0	XXX				
8	Lucas Heitz	SO Central College	1.66m	5-05.25	512															
	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63	1.66	1.69					
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	0	0	0	XO	XXX					
8	Dalton Closson	JR Wartburg	1.66m	5-05.25	512															
	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63	1.66	1.69	1.72				
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	0	PPP	0	PPP	XXX				
10	Riley Barrett	SR Wartburg	1.60m	5-03.00	464															
	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54	1.57	1.60	1.63	1.66	1.69					
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	XXO	PPP	PPP	XXO	PPP	PPP	XXX					
11	Tanner Ellingson	SR Nebraska Wesleyan	1.51m	4-11.50	396															
	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51	1.54										
	0	PPP	PPP	PPP	0	PPP	PPP	0	XO	XXX										
12	Max Powers	JR Buena Vista	1.48m	4-10.25	374															
	1.27	1.30	1.33	1.36	1.39	1.42	1.45	1.48	1.51											
	0	XO	0	XXO	0	0	0	XO	XXX											
--	Jack Mayer	FR Dubuque																		
	1.27																			
	DNS																			

**Indoor Pentathlon: #2 Men Long Jump Indoor Pentathlon**

Championship: C 7.24m 2/25/2011		Ethan Miller, Central College																		
Facility: F 6.93m 3/1/2019		Jonathan Ansumana, Principia																		
Name	Year	School	Finals														Points			
1	Keegan Rich	JR Nebraska Wesleyan	6.53m	21-05.25	704															
	6.36m	6.53m	6.44m																	
2	Jaxon Thompson	FR Central College	6.44m	21-01.50	684															
	4.35m	FOUL	6.44m																	

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3	Brenden Godbout	FR Simpson (Iowa)	6.34m	20-09.75	661
	6.22m 6.34m 6.20m				
4	Nick Thompson	JR Central College	6.32m	20-09.00	657
	6.08m 6.32m PASS				
5	Nate Sielaff	JR Loras	6.29m	20-07.75	650
	6.03m 5.89m 6.29m				
6	Lucas Heitz	SO Central College	6.12m	20-01.00	613
	5.39m 6.12m 5.66m				
7	Zach Mohler	SR Luther	6.01m	19-08.75	589
	5.99m FOUL 6.01m				
8	Paul Cory	FR Coe	5.90m	19-04.25	565
	5.71m 5.90m 5.84m				
9	Dalton Closson	JR Wartburg	5.87m	19-03.25	559
	5.81m 5.87m 5.56m				
10	Tanner Ellingson	SR Nebraska Wesleyan	5.43m	17-09.75	467
	5.42m 5.37m 5.43m				
11	Riley Barrett	SR Wartburg	5.35m	17-06.75	451
	5.35m FOUL 5.20m				
12	Max Powers	JR Buena Vista	4.78m	15-08.25	341
	4.61m 4.78m FOUL				
--	Jack Mayer	FR Dubuque		DNS	

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

=====						
Championship: C 14.48m 2/23/2018 Ryan Kruse, Central College						
Facility: F 14.29m 2/4/2011 Devin Dirth, St. Thomas						
	Name	Year School	Finals		Points	
=====						
1	Lucas Heitz	SO Central College	12.33m	40-05.50	626	
	12.19m 11.86m 12.33m					
2	Nick Thompson	JR Central College	11.90m	39-00.50	600	
	10.96m 11.43m 11.90m					
3	Zach Mohler	SR Luther	10.81m	35-05.75	534	
	10.49m 10.65m 10.81m					
4	Riley Barrett	SR Wartburg	10.55m	34-07.50	519	
	10.55m 10.24m FOUL					
4	Dalton Closson	JR Wartburg	10.55m	34-07.50	519	
	9.91m 10.55m 10.21m					
6	Keegan Rich	JR Nebraska Wesleyan	10.06m	33-00.25	489	
	9.92m 9.61m 10.06m					
7	Nate Sielaff	JR Loras	10.00m	32-09.75	486	
	10.00m 9.87m 10.00m					
8	Tanner Ellingson	SR Nebraska Wesleyan	9.99m	32-09.50	485	
	9.16m FOUL 9.99m					
9	Paul Cory	FR Coe	9.46m	31-00.50	453	
	9.46m 9.34m 7.85m					
10	Jaxon Thompson	FR Central College	9.33m	30-07.50	445	
	8.56m 9.33m 8.98m					
11	Max Powers	JR Buena Vista	8.64m	28-04.25	404	
	8.19m 8.57m 8.64m					
12	Brenden Godbout	FR Simpson (Iowa)	8.08m	26-06.25	371	
	6.97m 7.33m 8.08m					
--	Jack Mayer	FR Dubuque		DNS		

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Men****....Indoor Pentathlon: #3 Men Shot Put Indoor Pentathlon**=====
  
Women - Team Rankings - 18 Events Scored
  
=====

1) Wartburg	200	2) Loras	136
3) Dubuque	102	4) Nebraska Wesleyan	82
5) Central College	79	6) Luther	42
7) Buena Vista	36	8) Simpson (Iowa)	17
9) Coe	8		

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

1) Wartburg	172	2) Loras	158
3) Central College	112	4) Dubuque	77
5) Nebraska Wesleyan	75	6) Luther	45.50
7) Simpson (Iowa)	42	8) Buena Vista	15.50
9) Coe	4		

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021**

Hosted by: Wartburg College

The W

**Results - Women****Women 60 Meter Dash****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

All-Time: A	7.50	2019	Gabrielle Noland, Loras			
Championship: C	7.59	2/22/2019	Gabrielle Noland, Loras			
Facility: F	7.59	2/22/2019	Gabrielle Noland, Loras			
Name		Year	School	Seed	Prelims	H#

## Preliminaries

1	Marion Edwards	JR	Loras	7.77	7.80Q	2
2	Ya'Mia Ailes-Primes	JR	Dubuque	7.88	7.86Q	1
3	Alanna Muhammad	JR	Wartburg	7.93	7.91q	1
4	Stevie Lambe	JR	Loras	7.99	7.96q	1
5	Maddie Moran	JR	Nebraska Wesleyan	7.99	7.97q	2 7.963
6	Breanne Geary	FR	Nebraska Wesleyan	7.98	7.97q	2 7.968
7	Kylie Johnston	SR	Buena Vista	8.00	8.00q	1
8	Mikala Sidney	SO	Wartburg	8.08	8.05q	2
9	Shantel Koranda	SO	Nebraska Wesleyan	8.05	8.09	2
10	Emma Seipel	FR	Dubuque	8.19	8.16	1
11	Kasey Pelzer	FR	Central College	8.12	8.19	1
12	Christina Jackson	JR	Buena Vista	8.44	8.34	2
13	Grace Davidson	FR	Luther	8.39	8.47	2
14	Kaitlynn Nielsen	FR	Buena Vista	8.54	8.48	1
15	Gabbie Schei	FR	Luther	8.79	8.82	1
--	Makayla Baker	SO	Simpson (Iowa)	8.97	DNS	2

**Women 60 Meter Dash**

All-Time: A	7.50	2019	Gabrielle Noland, Loras			
Championship: C	7.59	2/22/2019	Gabrielle Noland, Loras			
Facility: F	7.59	2/22/2019	Gabrielle Noland, Loras			
Name		Year	School	Prelims	Finals	Points

## Finals

1	Marion Edwards	JR	Loras	7.80	7.71	10
2	Ya'Mia Ailes-Primes	JR	Dubuque	7.86	7.82	8
3	Alanna Muhammad	JR	Wartburg	7.91	7.92	6
4	Breanne Geary	FR	Nebraska Wesleyan	7.97	7.97	5
5	Maddie Moran	JR	Nebraska Wesleyan	7.97	8.00	4
6	Kylie Johnston	SR	Buena Vista	8.00	8.07	3
7	Stevie Lambe	JR	Loras	7.96	8.12	2
8	Mikala Sidney	SO	Wartburg	8.05	8.13	1

**Women 200 Meter Dash**

All-Time: A	24.34	2019	Gabrielle Noland, Loras			
Championship: C	24.47	2/29/2020	Alison Beeman, Dubuque			
Facility: F	24.93	2016	Meg Heafy, UW-La Crosse			
Facility: F	24.93	2/23/2019	Alison Beeman, Dubuque			
Name		Year	School	Seed	Finals	H# Points

1	Aspen Rolfes	SR	Nebraska Wesleyan	25.34	25.04	5	10
2	Marion Edwards	JR	Loras	25.93	25.70	5	8
3	Jackie Ganshirt	SR	Wartburg	26.27	26.11	5	6
4	Alyssa Pfadenhauer	SO	Loras	26.40	26.13	4	5
5	Elayna Bahl	JR	Loras	26.95	26.15	3	4

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Women****....Women 200 Meter Dash**

6	Ya'Mia Ailes-Primes	JR Dubuque	26.48	26.21	4	3
7	Rose Sieve	SO Luther	26.72	26.43	3	2
8	Kelly Kohlhof	FR Loras	26.67	26.44	4	1
9	Mikala Sidney	SO Wartburg	27.01	26.78	2	
10	Olivia Costley	JR Dubuque	26.93	26.84	3	
11	Katara Jondle	SO Buena Vista	27.80	27.06	1	
12	Kasandra Keller	SO Luther	27.80	27.20	1	
13	Jade Hays	JR Buena Vista	27.42	27.45	2	
14	Audrey Arnold	FR Simpson (Iowa)	27.53	27.56	2	
15	Sydney Janzen	FR Nebraska Wesleyan	27.88	27.99	1	
16	Kaitlynn Nielsen	FR Buena Vista	27.84	28.08	1	
--	Makayla Baker	SO Simpson (Iowa)	30.72	DNS	1	
--	Rachel Daniels	FR Central College	29.10	SCR		

**Women 400 Meter Dash**

All-Time: A 55.19 2018		Elizabeth Jones, Nebraska Wesleyan				
Championship: C 55.83 2011		Nevada Morrison, Wartburg				
Facility: F 55.94 2011		Nevada Morrison, Wartburg College				
Name	Year	School	Seed	Finals	H#	Points
1	Alyssa Pfadenhauer	SO Loras	58.50	57.82	4	10
	27.646 (27.646)	57.815 (30.170)				
2	Aspen Rolfes	SR Nebraska Wesleyan	57.85	57.96	4	8
	27.317 (27.317)	57.954 (30.638)				
3	Taylan Olson	JR Wartburg	59.63	58.23	3	6
	28.002 (28.002)	58.227 (30.225)				
4	Stevie Lambe	JR Loras	59.44	58.39	3	5
	27.459 (27.459)	58.384 (30.925)				
5	Jackie Ganshirt	SR Wartburg	59.15	58.86	4	4
	27.450 (27.450)	58.851 (31.401)				
6	Isabella Hilger	FR Nebraska Wesleyan	1:00.35	59.07	3	3
	27.402 (27.402)	59.069 (31.668)				
7	Brenna Jacobs	JR Wartburg	1:00.53	59.35	3	2
	27.685 (27.685)	59.347 (31.662)				
8	Megan Carley	SO Nebraska Wesleyan	1:00.86	59.81	2	1
	27.983 (27.983)	59.808 (31.826)				
9	Abigail Smith	SO Dubuque	1:01.00	1:00.18	2	
	28.713 (28.713)	1:00.178 (31.465)				
10	Olivia Costley	JR Dubuque	59.14	1:00.66	4	
	28.571 (28.571)	1:00.655 (32.084)				
11	Tabitha Guyett	JR Buena Vista	1:01.62	1:00.78	2	
	28.724 (28.724)	1:00.775 (32.051)				
12	Hadyn Miller	FR Central College	1:01.31	1:00.81	2	
	28.280 (28.280)	1:00.804 (32.524)				
13	Maggie Haller	FR Luther	1:03.91	1:01.93	1	
	29.563 (29.563)	1:01.929 (32.366)				
14	Abbi Roerdink	FR Central College	1:01.79	1:02.13	1	
	29.233 (29.233)	1:02.121 (32.888)				
15	Abby Gruver	FR Central College		1:03.05	1	
	29.882 (29.882)	1:03.042 (33.160)				
16	Jade Hays	JR Buena Vista	1:05.36	1:03.47	1	
	30.425 (30.425)	1:03.461 (33.036)				

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Women****Women 800 Meter Run**

All-Time: A 2:10.12 2011		Keelie Finnel, Coe	
Championship: C 2:12.05 2007		Heidi Porter, Wartburg	
Facility: F 2:12.21 2008		Jessica Scott, UW Platteville	
Name	Year School	Seed	Finals Points
1 Reagan Janzen	JR Nebraska Wesleyan	2:16.13	2:16.73 10
33.434 (33.434)	1:09.260 (35.826)	1:44.328 (35.068)	2:16.728 (32.400)
2 Mari Stein	SO Central College	2:18.89	2:17.42 8
33.358 (33.358)	1:09.534 (36.176)	1:44.112 (34.578)	2:17.416 (33.304)
3 Carson McSorley	JR Wartburg	2:18.00	2:17.77 6
33.594 (33.594)	1:09.640 (36.046)	1:44.572 (34.932)	2:17.766 (33.194)
4 Ana Goellner	FR Luther	2:23.93	2:21.00 5
34.764 (34.764)	1:10.120 (35.356)	1:45.816 (35.696)	2:20.992 (35.176)
5 Lily Campbell	SO Wartburg	2:20.21	2:21.03 4
34.324 (34.324)	1:09.928 (35.604)	1:45.442 (35.514)	2:21.030 (35.588)
6 Camryn Larsen	SR Nebraska Wesleyan	2:17.69	2:22.78 3
33.756 (33.756)	1:09.776 (36.020)	1:44.872 (35.096)	2:22.776 (37.904)
7 Jadyn Forbes	SO Buena Vista	2:26.16	2:28.01 2
35.128 (35.128)	1:12.724 (37.596)	1:51.110 (38.386)	2:28.004 (36.894)
8 Lauren Miller	SO Central College	2:34.47	2:30.16 1
35.948 (35.948)	1:12.498 (36.550)	1:51.712 (39.214)	2:30.156 (38.444)
9 Samantha Heavlin	JR Loras	2:31.41	2:30.48
35.444 (35.444)	1:12.848 (37.404)	1:52.032 (39.184)	2:30.480 (38.448)
10 Morgan Hansen	FR Luther	2:34.38	2:30.99
35.986 (35.986)	1:13.090 (37.104)	1:52.328 (39.238)	2:30.988 (38.660)
11 Hollie Loper	SO Central College	2:33.38	2:33.99
35.784 (35.784)	1:13.012 (37.228)	1:52.420 (39.408)	2:33.982 (41.562)
12 Allison Till	FR Loras	2:38.39	2:40.70
39.400 (39.400)	1:19.044 (39.644)	2:00.178 (41.134)	2:40.692 (40.514)
-- Meg Sessions	FR Luther	2:34.86	SCR

**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 4:57.86 2008		Liz Phillips, Washington (Mo.)	
Name	Year School	Seed	Finals Points
1 Kassie Rosenbum	SR Loras	4:59.60	5:06.51 10
41.324 (41.324)	1:22.162 (40.838)	2:03.714 (41.552)	2:44.852 (41.138)
3:23.706 (38.854)	4:00.152 (36.446)	4:33.156 (33.004)	5:06.508 (33.352)
2 Aubrie Fisher	SO Wartburg	5:07.64	5:06.82 8
41.398 (41.398)	1:22.254 (40.856)	2:03.816 (41.562)	2:44.966 (41.150)
3:23.868 (38.902)	4:00.446 (36.578)	4:33.066 (32.620)	5:06.814 (33.748)
3 Moriah Morter	JR Wartburg	5:16.04	5:08.51 6
41.956 (41.956)	1:22.834 (40.878)	2:04.250 (41.416)	2:45.396 (41.146)
3:24.444 (39.048)	4:00.238 (35.794)	4:32.776 (32.538)	5:08.502 (35.726)
4 Caroline McMartin	FR Central College	5:14.89	5:12.41 5
41.596 (41.596)	1:22.466 (40.870)	2:03.960 (41.494)	2:45.090 (41.130)
3:24.074 (38.984)	4:00.714 (36.640)	4:35.532 (34.818)	5:12.402 (36.870)
5 Madi Bahe	JR Nebraska Wesleyan	5:15.48	5:14.94 4
41.678 (41.678)	1:22.624 (40.946)	2:04.112 (41.488)	2:45.238 (41.126)
3:24.238 (39.000)	4:01.092 (36.854)	4:37.908 (36.816)	5:14.940 (37.032)

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Women****....Women 1 Mile Run**

6	Amelia Hornseth	SR Luther	5:22.51	5:18.86	3
	41.806 (41.806)	1:22.588 (40.782)	2:04.112 (41.524)	2:45.224 (41.112)	
	3:24.246 (39.022)	4:01.242 (36.996)	4:39.218 (37.976)	5:18.854 (39.636)	
7	Layken Bytnar	FR Central College	5:50.79	5:44.17	2
	42.950 (42.950)	1:25.938 (42.988)	2:10.664 (44.726)	2:54.600 (43.936)	
	3:38.324 (43.724)	4:23.102 (44.778)	5:07.886 (44.784)	5:44.162 (36.276)	
8	Mackenzie Laughlin	JR Simpson (Iowa)	5:30.22	5:44.41	1
	42.284 (42.284)	1:24.254 (41.970)	2:07.786 (43.532)	2:51.682 (43.896)	
	3:35.858 (44.176)	4:20.910 (45.052)	5:06.862 (45.952)	5:44.408 (37.546)	
9	Gabrielle Janssen	FR Luther	5:52.02	5:44.53	
	43.446 (43.446)	1:26.196 (42.750)	2:10.932 (44.736)	2:54.958 (44.026)	
	3:38.988 (44.030)	4:24.212 (45.224)	5:07.910 (43.698)	5:44.524 (36.614)	
10	Cheyenne Shaw	FR Loras	5:48.16	5:49.40	
	42.582 (42.582)	1:25.696 (43.114)	2:10.450 (44.754)	2:54.302 (43.852)	
	3:38.032 (43.730)	4:22.894 (44.862)	5:07.482 (44.588)	5:49.396 (41.914)	
11	Macie Bopp	FR Simpson (Iowa)	6:03.68	5:53.12	
	43.170 (43.170)	1:26.132 (42.962)	2:11.084 (44.952)	2:55.118 (44.034)	
	3:38.754 (43.636)	4:24.180 (45.426)	5:08.638 (44.458)	5:53.112 (44.474)	
12	Emily Erhardt	FR Simpson (Iowa)	5:56.36	6:04.05	
	42.950 (42.950)	1:25.820 (42.870)	2:10.864 (45.044)	2:55.314 (44.450)	
	3:39.816 (44.502)	4:26.658 (46.842)	5:14.754 (48.096)	6:04.046 (49.292)	
--	Gabby Thomas	FR Nebraska Wesleyan	5:17.82	DNS	

**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	9:48.63	2021	Kassie Rosenbum,	Loras	
	Name	Year	School	Seed	Finals	Points
=====						
1	Aubrie Fisher	SO	Wartburg	10:04.19	9:59.66	10
	39.329 (39.329)	1:20.895 (41.566)	2:02.801 (41.906)	2:43.645 (40.844)		
	3:24.391 (40.746)	4:05.519 (41.128)	4:47.295 (41.776)	5:28.967 (41.672)		
	6:09.663 (40.696)	6:50.825 (41.162)	7:31.023 (40.198)	8:10.315 (39.292)		
	8:49.009 (38.694)	9:27.253 (38.244)	9:59.653 (32.400)			
2	Kassie Rosenbum	SR	Loras	9:48.63	10:00.15	8
	39.167 (39.167)	1:20.615 (41.448)	2:02.539 (41.924)	2:43.387 (40.848)		
	3:24.145 (40.758)	4:05.281 (41.136)	4:47.047 (41.766)	5:28.699 (41.652)		
	6:09.427 (40.728)	6:50.573 (41.146)	7:30.807 (40.234)	8:10.069 (39.262)		
	8:48.769 (38.700)	9:27.109 (38.340)	10:00.141 (33.032)			
3	Alexis Brown	SO	Wartburg	10:41.00	10:37.87	6
	43.815 (43.815)	1:28.067 (44.252)	2:12.597 (44.530)	2:55.371 (42.774)		
	3:40.237 (44.866)	4:24.849 (44.612)	5:05.825 (40.976)	5:49.145 (43.320)		
	6:33.345 (44.200)	7:16.635 (43.290)	7:58.637 (42.002)	8:39.877 (41.240)		
	9:20.765 (40.888)	10:01.205 (40.440)	10:37.865 (36.660)			
4	Brianna Renner	JR	Loras	10:38.25	10:37.90	5
	43.761 (43.761)	1:28.245 (44.484)	2:12.829 (44.584)	2:55.663 (42.834)		
	3:40.475 (44.812)	4:25.063 (44.588)	5:06.447 (41.384)	5:49.421 (42.974)		
	6:33.575 (44.154)	7:16.505 (42.930)	7:58.105 (41.600)	8:39.129 (41.024)		
	9:19.925 (40.796)	9:59.719 (39.794)	10:37.899 (38.180)			

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Women****....Women 3000 Meter Run**

5	Natalie Paulson	SO Wartburg	10:35.28	10:46.16	4
	43.781 (43.781)	1:27.729 (43.948)	2:12.143 (44.414)	2:54.797 (42.654)	
	3:39.949 (45.152)	4:24.517 (44.568)	5:05.493 (40.976)	5:48.847 (43.354)	
	6:33.009 (44.162)	7:16.347 (43.338)	7:58.279 (41.932)	8:39.521 (41.242)	
	9:21.337 (41.816)	10:04.993 (43.656)	10:46.159 (41.166)		
6	Emily Hoelsing	SR Buena Vista	10:43.02	10:49.62	3
	43.589 (43.589)	1:27.473 (43.884)	2:11.887 (44.414)	2:54.937 (43.050)	
	3:39.835 (44.898)	4:24.401 (44.566)	5:06.059 (41.658)	5:49.311 (43.252)	
	6:33.423 (44.112)	7:16.589 (43.166)	7:59.371 (42.782)	8:41.681 (42.310)	
	9:25.075 (43.394)	10:08.443 (43.368)	10:49.613 (41.170)		
7	Qiana Roderick	SO Buena Vista	11:03.65	10:54.56	2
	43.957 (43.957)	1:27.973 (44.016)	2:12.413 (44.440)	2:55.211 (42.798)	
	3:40.125 (44.914)	4:24.693 (44.568)	5:06.689 (41.996)	5:49.707 (43.018)	
	6:33.867 (44.160)	7:17.197 (43.330)	8:00.319 (43.122)	8:44.261 (43.942)	
	9:28.613 (44.352)	10:12.487 (43.874)	10:54.555 (42.068)		
8	Lauren Berg	JR Luther	10:39.20	11:06.39	1
	44.501 (44.501)	1:29.303 (44.802)	2:13.557 (44.254)	2:57.293 (43.736)	
	3:41.503 (44.210)	4:25.821 (44.318)	5:09.825 (44.004)	5:54.419 (44.594)	
	6:39.303 (44.884)	7:23.809 (44.506)	8:08.687 (44.878)	8:53.379 (44.692)	
	9:38.429 (45.050)	10:23.285 (44.856)	11:06.385 (43.100)		
9	Lindsey Davidson	FR Central College	11:20.61	11:18.76	
	44.199 (44.199)	1:28.617 (44.418)	2:13.115 (44.498)	2:56.307 (43.192)	
	3:40.691 (44.384)	4:25.523 (44.832)	5:10.265 (44.742)	5:54.713 (44.448)	
	6:40.021 (45.308)	7:26.623 (46.602)	8:12.931 (46.308)	8:59.555 (46.624)	
	9:47.211 (47.656)	10:34.461 (47.250)	11:18.755 (44.294)		
10	Hailey Hill	SO Central College	11:08.53	11:33.37	
	44.191 (44.191)	1:28.553 (44.362)	2:12.867 (44.314)	2:55.803 (42.936)	
	3:40.457 (44.654)	4:25.211 (44.754)	5:10.431 (45.220)	5:56.093 (45.662)	
	6:43.245 (47.152)	7:31.191 (47.946)	8:19.563 (48.372)	9:08.389 (48.826)	
	9:57.691 (49.302)	10:45.673 (47.982)	11:33.365 (47.692)		
11	Kyli Orr	JR Simpson (Iowa)	11:47.30	11:37.38	
	44.335 (44.335)	1:29.021 (44.686)	2:13.295 (44.274)	2:57.119 (43.824)	
	3:42.301 (45.182)	4:27.493 (45.192)	5:13.723 (46.230)	6:00.293 (46.570)	
	6:47.929 (47.636)	7:35.601 (47.672)	8:23.997 (48.396)	9:13.481 (49.484)	
	10:03.517 (50.036)	10:51.903 (48.386)	11:37.375 (45.472)		
12	Julia Veit	FR Luther	11:39.84	11:45.07	
	45.575 (45.575)	1:32.861 (47.286)	2:19.117 (46.256)	3:05.141 (46.024)	
	3:51.649 (46.508)	4:38.591 (46.942)	5:25.777 (47.186)	6:12.473 (46.696)	
	6:58.875 (46.402)	7:46.995 (48.120)	8:35.977 (48.982)	9:24.521 (48.544)	
	10:12.923 (48.402)	11:02.177 (49.254)	11:45.065 (42.888)		
13	Peyton McClure	JR Luther	11:32.26	11:45.69	
	45.735 (45.735)	1:33.159 (47.424)	2:19.401 (46.242)	3:05.421 (46.020)	
	3:51.379 (45.958)	4:38.289 (46.910)	5:25.503 (47.214)	6:11.917 (46.414)	
	6:58.635 (46.718)	7:46.665 (48.030)	8:35.645 (48.980)	9:24.159 (48.514)	
	10:12.669 (48.510)	11:01.909 (49.240)	11:45.683 (43.774)		
14	Claire Kallhoff	FR Nebraska Wesleyan	11:55.17	11:55.60	
	44.593 (44.593)	1:28.971 (44.378)	2:13.213 (44.242)	2:56.931 (43.718)	
	3:41.981 (45.050)	4:27.679 (45.698)	5:15.749 (48.070)	6:06.837 (51.088)	
	6:58.571 (51.734)	7:49.159 (50.588)	8:40.453 (51.294)	9:30.143 (49.690)	
	10:21.911 (51.768)	11:12.801 (50.890)	11:55.591 (42.790)		



**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Women****....Women 3000 Meter Run**

15 Ashley Rockhold	FR Simpson (Iowa)	12:00.42	12:02.35		
44.617 (44.617)	1:29.551 (44.934)	2:13.867 (44.316)	2:58.189 (44.322)		
3:44.427 (46.238)	4:31.653 (47.226)	5:20.245 (48.592)	6:09.679 (49.434)		
6:59.381 (49.702)	7:49.825 (50.444)	8:40.543 (50.718)	9:31.819 (51.276)		
10:23.389 (51.570)	11:14.347 (50.958)	12:02.349 (48.002)			
16 Abigail Cawley	SO Nebraska Wesleyan	12:12.72	12:30.41		
44.821 (44.821)	1:29.465 (44.644)	2:15.263 (45.798)	3:03.175 (47.912)		
3:52.051 (48.876)	4:41.737 (49.686)	5:32.107 (50.370)	6:22.957 (50.850)		
7:14.621 (51.664)	8:06.973 (52.352)	8:59.501 (52.528)	9:52.717 (53.216)		
10:45.709 (52.992)	11:39.163 (53.454)	12:30.401 (51.238)			

**Women 5000 Meter Run**

All-Time: A	16:50.82	2021	Kassie Rosenbaum, Loras		
Championship: C	17:13.94	2/24/2017	Audrey Miller, Loras		
Facility: F	16:50.82	2/20/2021	Kassie Rosenbaum, Loras		
Name	Year	School	Seed	Finals	Points
1 Carina Collet		SR Wartburg	18:22.43	17:48.23	10
40.035 (40.035)	1:21.141 (41.106)	2:03.433 (42.292)	2:45.747 (42.314)		
3:28.337 (42.590)	4:10.823 (42.486)	4:53.245 (42.422)	5:35.619 (42.374)		
6:18.261 (42.642)	7:01.497 (43.236)	7:44.253 (42.756)	8:27.027 (42.774)		
9:10.237 (43.210)	9:53.869 (43.632)	10:37.491 (43.622)	11:20.965 (43.474)		
12:04.901 (43.936)	12:48.359 (43.458)	13:32.091 (43.732)	14:15.979 (43.888)		
14:59.641 (43.662)	15:42.829 (43.188)	16:26.047 (43.218)	17:09.081 (43.034)		
17:48.221 (39.140)					
2 Natalie Paulson		SO Wartburg	18:25.93	17:58.22	8
43.873 (43.873)	1:27.499 (43.626)	2:12.413 (44.914)	2:57.165 (44.752)		
3:41.707 (44.542)	4:24.611 (42.904)	5:07.897 (43.286)	5:50.739 (42.842)		
6:33.289 (42.550)	7:15.087 (41.798)	7:57.009 (41.922)	8:39.085 (42.076)		
9:22.337 (43.252)	10:06.027 (43.690)	10:49.707 (43.680)	11:33.335 (43.628)		
12:16.501 (43.166)	12:59.953 (43.452)	13:42.327 (42.374)	14:26.277 (43.950)		
15:09.537 (43.260)	15:53.719 (44.182)	16:38.275 (44.556)	17:20.477 (42.202)		
17:58.213 (37.736)					
3 Leah Treffer		SR Nebraska Wesleyan	18:26.36	18:00.65	6
43.375 (43.375)	1:25.025 (41.650)	2:07.339 (42.314)	2:50.679 (43.340)		
3:34.263 (43.584)	4:16.775 (42.512)	4:59.817 (43.042)	5:43.227 (43.410)		
6:27.095 (43.868)	7:10.347 (43.252)	7:54.335 (43.988)	8:38.227 (43.892)		
9:22.285 (44.058)	10:06.213 (43.928)	10:49.907 (43.694)	11:33.705 (43.798)		
12:17.311 (43.606)	13:00.665 (43.354)	13:44.531 (43.866)	14:28.119 (43.588)		
15:11.679 (43.560)	15:55.073 (43.394)	16:38.757 (43.684)	17:20.751 (41.994)		
18:00.649 (39.898)					
4 Emily Hoelsing		SR Buena Vista	18:27.09	18:18.43	5
43.209 (43.209)	1:24.135 (40.926)	2:06.579 (42.444)	2:49.977 (43.398)		
3:32.885 (42.908)	4:15.553 (42.668)	4:58.785 (43.232)	5:41.647 (42.862)		
6:25.671 (44.024)	7:09.507 (43.836)	7:53.663 (44.156)	8:37.995 (44.332)		
9:22.015 (44.020)	10:05.931 (43.916)	10:50.081 (44.150)	11:34.683 (44.602)		
12:19.121 (44.438)	13:03.963 (44.842)	13:49.261 (45.298)	14:34.607 (45.346)		
15:20.709 (46.102)	16:06.571 (45.862)	16:52.197 (45.626)	17:37.429 (45.232)		
18:18.421 (40.992)					

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5	Shaelyn Hostager	FR Wartburg	18:29.37	18:26.65	4
	45.579 (45.579)	1:28.115 (42.536)	2:12.635 (44.520)	2:57.443 (44.808)	
	3:42.037 (44.594)	4:25.111 (43.074)	5:08.669 (43.558)	5:51.119 (42.450)	
	6:33.739 (42.620)	7:17.105 (43.366)	8:01.129 (44.024)	8:45.033 (43.904)	
	9:29.589 (44.556)	10:14.015 (44.426)	10:58.795 (44.780)	11:43.467 (44.672)	
	12:28.323 (44.856)	13:13.411 (45.088)	13:58.635 (45.224)	14:42.959 (44.324)	
	15:28.085 (45.126)	16:12.553 (44.468)	16:57.747 (45.194)	17:43.071 (45.324)	
	18:26.641 (43.570)				
6	Janelle Baeskens	JR Wartburg	18:26.08	18:43.78	3
	43.959 (43.959)	1:27.477 (43.518)	2:12.413 (44.936)	2:57.187 (44.774)	
	3:41.735 (44.548)	4:24.915 (43.180)	5:08.513 (43.598)	5:51.399 (42.886)	
	6:34.751 (43.352)	7:18.801 (44.050)	8:03.699 (44.898)	8:49.147 (45.448)	
	9:34.815 (45.668)	10:20.575 (45.760)	11:06.157 (45.582)	11:52.545 (46.388)	
	12:38.705 (46.160)	13:24.741 (46.036)	14:12.001 (47.260)	14:59.345 (47.344)	
	15:45.725 (46.380)	16:31.781 (46.056)	17:17.831 (46.050)	18:03.091 (45.260)	
	18:43.779 (40.688)				
7	Lauren Berg	JR Luther	18:44.85		2
	45.693 (45.693)	1:29.097 (43.404)	2:12.799 (43.702)	2:57.419 (44.620)	
	3:41.977 (44.558)	4:24.871 (42.894)	5:08.275 (43.404)	5:51.187 (42.912)	
	6:34.327 (43.140)	7:17.617 (43.290)	8:01.757 (44.140)	8:46.387 (44.630)	
	9:31.953 (45.566)	10:17.633 (45.680)	11:03.535 (45.902)	11:50.171 (46.636)	
	12:36.999 (46.828)	13:23.707 (46.708)	14:10.865 (47.158)	14:58.287 (47.422)	
	15:44.917 (46.630)	16:31.291 (46.374)	17:17.623 (46.332)	18:02.949 (45.326)	
	18:44.845 (41.896)				
8	Cat Lucht	JR Simpson (Iowa)	19:08.52		1
	45.591 (45.591)	1:30.013 (44.422)	2:15.219 (45.206)	2:58.951 (43.732)	
	3:42.607 (43.656)	4:25.923 (43.316)	5:09.501 (43.578)	5:53.695 (44.194)	
	6:39.191 (45.496)	7:25.223 (46.032)	8:11.391 (46.168)	8:57.955 (46.564)	
	9:44.683 (46.728)	10:31.699 (47.016)	11:18.917 (47.218)	12:06.617 (47.700)	
	12:55.687 (49.070)	13:45.251 (49.564)	14:31.373 (46.122)	15:18.011 (46.638)	
	16:05.249 (47.238)	16:52.439 (47.190)	17:39.747 (47.308)	18:25.897 (46.150)	
	19:08.515 (42.618)				
9	Kate Hoogensen	FR Central College	19:45.74	19:20.13	
	45.413 (45.413)	1:29.841 (44.428)	2:15.057 (45.216)	2:59.001 (43.944)	
	3:42.799 (43.798)	4:27.039 (44.240)	5:12.735 (45.696)	5:59.065 (46.330)	
	6:45.371 (46.306)	7:32.173 (46.802)	8:18.883 (46.710)	9:05.769 (46.886)	
	9:52.511 (46.742)	10:39.709 (47.198)	11:27.275 (47.566)	12:15.163 (47.888)	
	13:02.859 (47.696)	13:50.647 (47.788)	14:38.617 (47.970)	15:26.021 (47.404)	
	16:13.539 (47.518)	17:01.499 (47.960)	17:49.665 (48.166)	18:36.407 (46.742)	
	19:20.121 (43.714)				
10	Hailey Hill	SO Central College	19:38.94	19:48.44	
	45.329 (45.329)	1:29.751 (44.422)	2:14.825 (45.074)	2:58.599 (43.774)	
	3:42.289 (43.690)	4:25.473 (43.184)	5:09.055 (43.582)	5:53.321 (44.266)	
	6:38.893 (45.572)	7:24.943 (46.050)	8:11.093 (46.150)	8:57.659 (46.566)	
	9:44.463 (46.804)	10:31.473 (47.010)	11:18.607 (47.134)	12:06.319 (47.712)	
	12:55.533 (49.214)	13:45.497 (49.964)	14:36.759 (51.262)	15:28.921 (52.162)	
	16:21.997 (53.076)	17:15.389 (53.392)	18:08.435 (53.046)	19:00.485 (52.050)	
	19:48.435 (47.950)				

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Women****....Women 5000 Meter Run**

11 Sophie Hall	JR Simpson (Iowa)	19:48.68		
45.895 (45.895)	1:30.339 (44.444)	2:15.509 (45.170)	2:59.749 (44.240)	
3:43.341 (43.592)	4:29.271 (45.930)	5:16.713 (47.442)	6:04.351 (47.638)	
6:51.757 (47.406)	7:40.889 (49.132)	8:29.601 (48.712)	9:18.243 (48.642)	
10:06.831 (48.588)	10:55.231 (48.400)	11:45.439 (50.208)	12:34.465 (49.026)	
13:24.567 (50.102)	14:14.141 (49.574)	15:04.703 (50.562)	15:54.809 (50.106)	
16:43.703 (48.894)	17:33.207 (49.504)	18:22.991 (49.784)	19:09.981 (46.990)	
19:48.675 (38.694)				
12 Josephine Blatny	FR Nebraska Wesleyan	20:13.36	19:57.26	
46.217 (46.217)	1:30.643 (44.426)	2:15.787 (45.144)	3:00.461 (44.674)	
3:45.201 (44.740)	4:31.201 (46.000)	5:17.611 (46.410)	6:04.379 (46.768)	
6:52.093 (47.714)	7:41.239 (49.146)	8:29.533 (48.294)	9:17.767 (48.234)	
10:06.725 (48.958)	10:55.459 (48.734)	11:45.751 (50.292)	12:34.745 (48.994)	
13:24.997 (50.252)	14:14.449 (49.452)	15:04.355 (49.906)	15:54.351 (49.996)	
16:43.951 (49.600)	17:33.497 (49.546)	18:23.671 (50.174)	19:11.577 (47.906)	
19:57.253 (45.676)				
13 Stacey Kloft	SO Dubuque	20:17.31		
46.713 (46.713)	1:31.179 (44.466)	2:16.571 (45.392)	3:02.319 (45.748)	
3:50.351 (48.032)	4:38.323 (47.972)	5:27.703 (49.380)	6:17.129 (49.426)	
7:06.631 (49.502)	7:57.031 (50.400)	8:47.089 (50.058)	9:36.955 (49.866)	
10:27.135 (50.180)	11:17.957 (50.822)	12:06.895 (48.938)	12:56.085 (49.190)	
13:45.833 (49.748)	14:34.403 (48.570)	15:24.667 (50.264)	16:13.831 (49.164)	
17:03.523 (49.692)	17:53.827 (50.304)	18:42.345 (48.518)	19:32.917 (50.572)	
20:17.305 (44.388)				
14 Erin Phelan	FR Loras	21:38.82	20:44.64	
49.307 (49.307)	1:38.237 (48.930)	2:25.953 (47.716)	3:13.393 (47.440)	
4:02.661 (49.268)	4:51.983 (49.322)	5:43.059 (51.076)	6:32.029 (48.970)	
7:20.989 (48.960)	8:10.793 (49.804)	9:00.661 (49.868)	9:51.077 (50.416)	
10:40.913 (49.836)	11:31.643 (50.730)	12:21.043 (49.400)	13:10.749 (49.706)	
14:00.427 (49.678)	14:50.477 (50.050)	15:42.827 (52.350)	16:35.163 (52.336)	
17:25.351 (50.188)	18:16.149 (50.798)	19:06.917 (50.768)	19:55.647 (48.730)	
20:44.631 (48.984)				
15 Shania Kelly	SR Loras	21:25.52		
49.677 (49.677)	1:38.635 (48.958)	2:26.227 (47.592)	3:13.643 (47.416)	
4:02.929 (49.286)	4:52.313 (49.384)	5:43.361 (51.048)	6:33.677 (50.316)	
7:24.233 (50.556)	8:15.625 (51.392)	9:06.701 (51.076)	9:58.875 (52.174)	
10:50.513 (51.638)	11:43.335 (52.822)	12:36.213 (52.878)	13:29.165 (52.952)	
14:22.467 (53.302)	15:15.667 (53.200)	16:08.717 (53.050)	17:02.359 (53.642)	
17:56.115 (53.756)	18:49.665 (53.550)	19:42.703 (53.038)	20:35.091 (52.388)	
21:25.515 (50.424)				

**Women 60 Meter Hurdles****8 Advance: Top 1 Each Heat plus Next 6 Best Times**

All-Time: A	8.53	2014	Tashina McAllister, Wartburg		
Championship: C	8.88	2/28/2015	Meredith Zimmerman, Central College		
Facility: F	8.72	2013	Camesha Goods, Wartburg College		
Name		Year School	Seed	Prelims	H#
=====					
Preliminaries					
1 Elayna Bahl		JR Loras	9.06	8.92Q	1
2 Kiki Pingel		SR Central College	8.97	9.05Q	2
3 Demetria Johnson		SR Dubuque	9.11	8.97q	1
4 Bailey Vance		SR Loras	9.42	9.20q	1

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5	Sailor Hinegardner	JR	Wartburg	9.27	9.23q	2
6	Mary Gray	SR	Central College	9.13	9.25q	2
7	Audrey Arnold	FR	Simpson (Iowa)	9.36	9.36q	1
8	Aricka Lambson	SO	Wartburg	9.62	9.39q	2
9	Jessica Sump	FR	Buena Vista	9.49	9.49	2
10	Larissa Sellers	SO	Nebraska Wesleyan	9.69	9.66	1
11	Rose Sieve	SO	Luther	9.74	9.82	1
12	Ashley Telleen	SO	Buena Vista	10.15	10.17	2
13	Lauren Steege	SR	Coe	10.06	10.19	2

**Women 60 Meter Hurdles**

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

Name	Year	School	Prelims	Finals	Points
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**Finals**

1	Elayna Bahl	JR	Loras	8.92	8.92	10
2	Kiki Pingel	SR	Central College	9.05	9.03	8
3	Demetria Johnson	SR	Dubuque	8.97	9.12	6
4	Sailor Hinegardner	JR	Wartburg	9.23	9.18	5
5	Bailey Vance	SR	Loras	9.20	9.21	4
6	Mary Gray	SR	Central College	9.25	9.28	3
7	Aricka Lambson	SO	Wartburg	9.39	9.52	2
8	Audrey Arnold	FR	Simpson (Iowa)	9.36	9.96	1

**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	3:49.68	3/2/2019	Nebraska Wesleyan, Nebraska Wesleya
			E Jones, K Jones, A Frazier, A Rolfes

School	Seed	Finals	H#	Points
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1	Loras	3:55.18	3:57.18	2	10
	1) Stevie Lambe JR		2) Elayna Bahl JR		
	3) Marion Edwards JR		4) Alyssa Pfadenhauer SO		
	59.586 (59.586)	1:59.679 (1:00.094)	2:58.446 (58.767)	3:57.171 (58.725)	
2	Wartburg	3:58.57	3:59.79	2	8
	1) Jackie Ganshirt SR		2) Brenna Jacobs JR		
	3) Taylan Olson JR		4) Carson McSorley JR		
	1:00.900 (1:00.900)	2:00.581 (59.681)	3:00.738 (1:00.158)	3:59.781 (59.043)	
3	Nebraska Wesleyan	3:55.49	4:01.68	2	6
	1) Megan Carley SO		2) Ellen Dalton SO		
	3) Isabella Hilger FR		4) Alexa Koza FR		
	1:00.230 (1:00.230)	2:00.923 (1:00.694)	3:01.057 (1:00.134)	4:01.673 (1:00.617)	
4	Dubuque	4:13.88	4:06.06	1	5
	1) Olivia Costley JR		2) Abigail Smith SO		
	3) Olivia Miller FR		4) Ya'Mia Ailes-Primes JR		
	1:00.848 (1:00.848)	2:04.772 (1:03.924)	3:06.605 (1:01.834)	4:06.060 (59.455)	

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5	Central College			4:06.53	4:06.10	2	4
	1) Mary Gray SR		2) Abbi Roerdink FR				
	3) Elsie Thoreson FR		4) Hadyn Miller FR				
	1:00.527 (1:00.527)	2:01.473 (1:00.946)	3:03.441 (1:01.968)	4:06.098 (1:02.658)			
6	Luther			4:12.97	4:09.94	1	3
	1) Rose Sieve SO		2) Kasandra Keller SO				
	3) Maggie Haller FR		4) Mya Ploor FR				
	1:01.530 (1:01.530)	2:03.437 (1:01.907)	3:05.991 (1:02.554)	4:09.939 (1:03.948)			
7	Buena Vista			4:16.24	4:20.42	1	2
	1) Amanda Brich FR		2) Ashley Telleen SO				
	3) Wren Klump JR		4) Jade Hays JR				
	1:03.862 (1:03.862)	2:09.824 (1:05.962)	3:14.177 (1:04.353)	4:20.418 (1:06.241)			
8	Simpson (Iowa)			4:29.97	4:45.12	1	1
	1) Audrey Arnold FR		2) Jamie Glanz SR				
	3) Macie Bopp FR		4) Makayla Baker SO				
	1:07.848 (1:07.848)	2:19.910 (1:12.063)	3:35.638 (1:15.728)	4:45.118 (1:09.480)			

**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	9:16.52	2010	Wartburg College, Wartburg College			
	School			Seed	Finals	Points	
=====							
1	Nebraska Wesleyan				9:30.23	10	
	1) Reagan Janzen JR		2) Camryn Larsen SR				
	3) Allie McLuen SR		4) Gabby Thomas FR				
	2:22.338 (2:22.338)	4:45.828 (2:23.490)	7:08.948 (2:23.120)	9:30.228 (2:21.280)			
2	Central College				9:41.76	8	
	1) Alyssa Mayhew FR		2) Kiki Pingel SR				
	3) Caroline McMartin FR		4) Mari Stein SO				
	2:27.206 (2:27.206)	4:54.260 (2:27.054)	7:17.356 (2:23.096)	9:41.760 (2:24.404)			
3	Luther				9:42.08	6	
	1) Stephanie Lewis SO		2) Amelia Hornseth SR				
	3) Anneke Knauss JR		4) Ana Goellner FR				
	2:24.502 (2:24.502)	4:53.708 (2:29.206)	7:17.820 (2:24.112)	9:42.078 (2:24.258)			
4	Wartburg				9:53.92	5	
	1) Rachel Nagel FR		2) Jenna Morey FR				
	3) Annie Mast SO		4) Jane Pinkowski FR				
	2:29.668 (2:29.668)	4:55.990 (2:26.322)	7:24.222 (2:28.232)	9:53.912 (2:29.690)			
5	Loras				9:56.39	4	
	1) Ellie Osterberger JR		2) Abby Landwehr SO				
	3) Alexis Riesberg SO		4) Kaylee Osterberger JR				
	2:26.634 (2:26.634)	4:57.340 (2:30.706)	7:27.906 (2:30.566)	9:56.384 (2:28.478)			
6	Buena Vista				10:29.20	3	
	1) Jadyne Forbes SO		2) Latrice Hodges JR				
	3) Wren Klump JR		4) Qiana Roderick SO				
	2:36.782 (2:36.782)	5:14.610 (2:37.828)	7:52.744 (2:38.134)	10:29.198 (2:36.454)			
7	Coe				10:38.67	2	
	1) Crystal Burke FR		2) Kandice Kittinger SO				
	3) Martha Jesuit SR		4) Sydney Silva FR				
	2:31.888 (2:31.888)	5:03.348 (2:31.460)	7:41.376 (2:38.028)	10:38.662 (2:57.286)			

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Women****....Women 4x800 Meter Relay**

8 Simpson (Iowa)					10:50.48	1
1) Abby Loecke JR		2) Katelyn Mangold SR				
3) Kaya Young FR		4) Mackenzie Laughlin JR				
2:29.838 (2:29.838)	5:02.842 (2:33.004)	8:00.458 (2:57.616)	10:50.480 (2:50.022)			

**Women Distance Medley**

School	Year	Location	Seed	Finals	Points
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	11:46.88	3/2/2018	Washington U., Washington U.		
			A Martin, N Althoff, A Wagner, A Lindsay		
School	Year	Location	Seed	Finals	Points
1 Luther			12:31.04	12:37.20	10
1) Stephanie Lewis SO		2) Mya Ploor FR			
3) Anneke Knauss JR		4) Amelia Hornseth SR			
3:51.965 (3:51.965)	4:53.375 (1:01.410)	7:17.163 (2:23.788)	12:37.191 (5:20.028)		
2 Wartburg			12:08.26	12:38.04	8
1) Jenna Morey FR		2) Rachel Nagel FR			
3) Annie Mast SO		4) Alexis Brown SO			
3:53.477 (3:53.477)	4:53.833 (1:00.356)	7:19.669 (2:25.836)	12:38.033 (5:18.364)		
3 Loras			13:18.19	12:45.72	6
1) Kaylee Osterberger JR		2) Merryl Green SO			
3) Ellie Osterberger JR		4) Alexis Riesberg SO			
3:51.809 (3:51.809)	4:53.183 (1:01.374)	7:16.935 (2:23.752)	12:45.715 (5:28.780)		
4 Buena Vista				13:10.19	5
1) Jadyn Forbes SO		2) Amanda Brich FR			
3) Latrice Hodges JR		4) Qiana Roderick SO			
3:55.339 (3:55.339)	4:58.807 (1:03.468)	7:32.025 (2:33.218)	13:10.185 (5:38.160)		
5 Simpson (Iowa)				13:17.77	4
1) Kaya Young FR		2) Katelyn Mangold SR			
3) Abby Loecke JR		4) Mackenzie Laughlin JR			
4:03.709 (4:03.709)	5:08.821 (1:05.112)	7:42.743 (2:33.922)	13:17.767 (5:35.024)		
6 Coe			13:47.66	13:18.65	3
1) Crystal Burke FR		2) Sydney Silva FR			
3) Martha Jesuit SR		4) Kandice Kittinger SO			
3:59.465 (3:59.465)	5:13.443 (1:13.978)	7:52.675 (2:39.232)	13:18.641 (5:25.966)		
7 Nebraska Wesleyan			12:42.11	13:31.53	2
1) Kate Schoening SO		2) Alexa Koza FR			
3) Reagan Koza FR		4) McKenna Marsh FR			
4:28.665 (4:28.665)	5:29.265 (1:00.600)	7:57.091 (2:27.826)	13:31.529 (5:34.438)		
8 Central College				13:36.29	1
1) Layken Bytnar FR		2) Elsie Thoreson FR			
3) Hollie Loper SO		4) Alyssa Mayhew FR			
4:12.739 (4:12.739)	5:13.583 (1:00.844)	7:57.009 (2:43.426)	13:36.289 (5:39.280)		

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Women****Women High Jump**

1.41,1.46,1.51,1.56,1.59,1.62,1.65,1.68,1.71,1.74

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

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

Facility: F 1.73m 2013 Emily Tysma, Monmouth College

Facility: F 1.73m 3/7/2020 Brea Christopher, Wartburg

Name	Year	School	Seed	Finals	Points
1 Brea Christopher	SO	Wartburg	1.69m	1.62m	5-03.75 10
1.41 1.46 1.51 1.56 1.59 1.62 1.65 1.68 1.71					
PPP PPP PPP PPP O O PPP PPP XXX					
2 Elayna Bahl	JR	Loras	1.58m	1.59m	5-02.50 8
1.41 1.46 1.51 1.56 1.59 1.62					
PPP O XO XXO O XXX					
3 Rachael Luebbe	SO	Luther	1.62m	1.59m	5-02.50 6
1.41 1.46 1.51 1.56 1.59 1.62					
PPP XO O O XO XXX					
4 Sara Hoskins	FR	Loras	1.52m	1.59m	5-02.50 5
1.41 1.46 1.51 1.56 1.59 1.62					
O O XO XXO XO XXX					
5 Abigail Smith	SO	Dubuque	1.62m	1.56m	5-01.25 4
1.41 1.46 1.51 1.56 1.59					
PPP PPP O O XXX					
6 Jamie Glanz	SR	Simpson (Iowa)	1.50m	1.51m	4-11.50 3
1.41 1.46 1.51 1.56					
PPP O O XXX					
7 Meghan Prohaska	SO	Dubuque	1.54m	1.51m	4-11.50 2
1.41 1.46 1.51 1.56					
XO O O XXX					
8 Hannah Zortman	FR	Loras	1.53m	1.46m	4-09.50 1
1.41 1.46 1.51					
XO XO XXX					
9 skylar Cole	FR	Buena Vista	1.45m	1.46m	4-09.50
1.41 1.46 1.51					
XO XXO XXX					
10 Annika Braaten	FR	Dubuque	1.49m	1.41m	4-07.50
1.41 1.46					
O XXX					
-- Malory Jones	SO	Central College	1.62m	NH	
1.41 1.46					
PPP XXX					
-- Rebecca Staples	SR	Coe	1.41m	NH	
1.41					
XXX					
-- Ellie Roquet	SR	Wartburg	1.53m	NH	
1.41 1.46 1.51					
PPP PPP XXX					
-- Addy Vinton	SR	Nebraska Wesleyan	1.58m	DNS	

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Women****Women Pole Vault**

2.37, 2.52, 2.67, 2.82, 2.92, 3.02, 3.12, 3.22, 3.32, 3.42, 3.52, 3.62  
 3.72, 3.82, 3.92, 4.02

All-Time: A 3.85m 2016 Elizabeth Brandenburg, Loras  
 Championship: C 3.76m 2/26/2016 Elizabeth Brandenburg, Loras  
 Facility: F 3.91m 3/2/2019 Heidi Nassos, Washington U.

Name	Year	School	Seed	Finals	Points
1 Caroline Dochterman		JR Dubuque	3.30m	3.42m 11-02.50	10
		2.37 2.52 2.67 2.82 2.92 3.02 3.12 3.22 3.32 3.42 3.52			
		PPP PPP PPP PPP XO O XO O XPP XO XXX			
2 Nicki Schneider		SR Wartburg	3.30m	3.32m 10-10.75	8
		2.37 2.52 2.67 2.82 2.92 3.02 3.12 3.22 3.32 3.42			
		PPP PPP PPP PPP PPP O XO XXO O XXX			
3 Belle Albers		SO Wartburg	3.01m	3.12m 10-02.75	6
		2.37 2.52 2.67 2.82 2.92 3.02 3.12 3.22			
		PPP PPP PPP XXO O O XO XXX			
4 Cali Coffman		SO Central College	2.90m	2.82m 9-03.00	5
		2.37 2.52 2.67 2.82 2.92			
		PPP O XO O XXX			
5 Katya Utter		FR Dubuque	2.75m	2.67m 8-09.00	4
		2.37 2.52 2.67 2.82			
		PPP O O XXX			
6 Mya Floor		FR Luther	2.70m	2.67m 8-09.00	3
		2.37 2.52 2.67 2.82			
		O XXO O XXX			
7 Hannah Insko		SR Loras	2.72m	2.52m 8-03.25	2
		2.37 2.52 2.67			
		PPP O XXX			
8 Meghan Prohaska		SO Dubuque	2.70m	2.52m 8-03.25	1
		2.37 2.52 2.67			
		O XO XXX			
-- Emily Druse		FR Nebraska Wesleyan	2.60m	NH	
		2.37 2.52			
		PPP XXX			
-- Noelle Drapeau		SR Luther	2.70m	NH	
		2.37			
		XXX			
-- Abby Faulk		SO Luther	3.07m	NH	
		2.37 2.52 2.67 2.82			
		PPP PPP PPP XXX			

**Women Long Jump**

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

Name	Year	School	Seed	Finals	H#	Points
1 Demetria Johnson		SR Dubuque	5.34m	5.46m 17-11.00	2	10
		5.21m 5.27m 5.27m 5.46m 5.37m 5.32m				
2 Emma Seipel		FR Dubuque	5.46m	5.36m 17-07.00	2	8
		5.28m 5.28m 5.27m 5.36m 5.25m 5.36m				
3 Holly Forrester		SR Central College	5.10m	5.34m 17-06.25	2	6
		5.05m 5.01m 5.10m 5.14m FOUL 5.34m				



**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Women****....Women Long Jump**

4	Shaniah Johnson	FR	Wartburg	5.40m	5.26m	17-03.25	2	5
	5.26m FOUL 5.06m 5.17m 5.14m 5.16m							
5	Alanna Muhammad	JR	Wartburg	5.08m	5.19m	17-00.50	1	4
	4.78m FOUL 5.06m 5.19m 4.99m 5.09m							
6	Breanne Geary	FR	Nebraska Wesleyan	5.29m	4.98m	16-04.25	2	3
	FOUL 4.90m 4.83m 4.91m 4.98m FOUL							
7	Kasey Pelzer	FR	Central College	4.86m	4.97m	16-03.75	1	2
	4.97m 4.94m 4.59m FOUL FOUL FOUL							
8	Tabitha Guyett	JR	Buena Vista	5.10m	4.91m	16-01.50	2	1
	4.56m 4.63m 4.91m 4.76m 4.86m 4.69m							
9	Sophia Schuler	FR	Loras	5.36m	4.85m	15-11.00	2	
	4.82m 4.55m FOUL 4.85m FOUL 4.84m							
10	De'ja Austin-Cherry	FR	Loras	4.96m	4.76m	15-07.50	1	
	4.35m 4.73m 4.76m							
11	Audrey Arnold	FR	Simpson (Iowa)	5.11m	4.54m	14-10.75	2	
	FOUL FOUL 4.54m							
12	Tessa Hoffman	JR	Nebraska Wesleyan	4.82m	4.53m	14-10.50	1	
	3.68m 4.50m 4.53m							
13	Gabbie Schei	FR	Luther	4.39m	4.42m	14-06.00	1	
	4.33m 4.42m 4.36m							
14	Haleigh Benson	SR	Nebraska Wesleyan	4.79m	4.42m	14-06.00	1	
	4.30m FOUL 4.42m							
15	Rebecca Staples	SR	Coe	4.53m	4.41m	14-05.75	1	
	4.41m 4.22m 4.22m							
16	Jessica Sump	FR	Buena Vista	5.10m	4.31m	14-01.75	2	
	4.31m 4.26m ND							
--	Grace Davidson	FR	Luther	4.66m	DNS			1

**Women Triple Jump**

All-Time: A 12.24m 2012		Skye Morrison, Wartburg					
Championship: C 12.16m 2012		Skye Morrison, Wartburg					
Facility: F 12.32m 2017		Amber Williams, UW-Platteville					
Name	Year	School	Seed	Finals	Points		
1	Shaniah Johnson	FR	Wartburg	11.19m	11.38m	37-04.00	10
	11.06m 10.32m 11.30m 10.67m FOUL 11.38m						
2	Breya Christopher	SO	Wartburg	10.52m	11.28m	37-00.25	8
	11.28m 11.08m 10.92m PASS 11.01m 11.01m						
3	Tessa Hoffman	JR	Nebraska Wesleyan	11.15m	11.16m	36-07.50	6
	11.12m 11.16m 10.90m 10.61m FOUL 11.09m						
4	Holly Forrester	SR	Central College	11.31m	11.15m	36-07.00	5
	10.48m 9.49m 10.94m 11.10m 11.12m 11.15m						
5	Daekota Knott	FR	Wartburg	11.08m	10.98m	36-00.25	4
	10.66m 10.98m 10.66m 10.54m 10.45m 10.55m						
6	Emma Seipel	FR	Dubuque	10.41m	10.85m	35-07.25	3
	10.46m 10.74m 10.66m 10.48m 10.43m 10.85m						
7	Grace Alley	SO	Loras	10.51m	10.84m	35-06.75	2
	10.46m 10.84m 10.80m 10.21m 10.50m 10.27m						
8	De'ja Austin-Cherry	FR	Loras	10.78m	10.79m	35-05.00	1
	9.71m 10.79m 10.12m 10.08m 10.28m 10.72m						
9	Demetria Johnson	SR	Dubuque	10.53m	10.72m	35-02.00	
	10.28m 10.53m 10.72m 10.53m 10.57m PASS						

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Women****....Women Triple Jump**

10	Haleigh Benson	SR Nebraska Wesleyan	9.93m	9.43m	30-11.25
	9.38m 9.26m 9.43m				
11	Yuan Bank	JR Central College	9.45m	9.36m	30-08.50
	9.36m 9.33m FOUL				
12	Aleksey Betancur	FR Nebraska Wesleyan	9.29m	8.77m	28-09.25
	8.77m FOUL FOUL				
--	Lazia Burks	FR Buena Vista		DNS	

**Women Shot Put**

All-Time: A 15.01m 2016		Tanasha Atwater, Dubuque						
Championship: C 14.67m 2/24/2017		Tanasha Atwater, Dubuque						
Facility: F 14.55m 2013		Kayla Hemann, Wartburg College						
Name	Year	School	Seed	Finals	H#	Points		
1	Kaitlyn Wilder	FR Dubuque	14.00m	14.01m	45-11.75	2	10	
	13.29m 14.01m FOUL	FOUL 13.21m FOUL						
2	Caroline Ferguson	SR Dubuque	13.89m	13.89m	45-07.00	2	8	
	12.50m 13.89m 13.54m	FOUL 13.71m FOUL						
3	Courtney Schnoor	SR Loras	13.03m	12.69m	41-07.75	2	6	
	12.69m 12.56m FOUL	11.99m 12.09m FOUL						
4	Lily Meester	FR Wartburg	13.19m	12.52m	41-01.00	2	5	
	12.52m 12.34m 12.14m	11.10m FOUL 11.43m						
5	Rebecca Simpson	SO Buena Vista	12.24m	12.16m	39-10.75	2	4	
	12.16m 11.83m 12.16m	11.99m 12.09m 11.95m						
6	Jaydyn Palmer	SO Coe	11.82m	12.10m	39-08.50	2	3	
	11.57m 11.85m 12.10m	11.62m FOUL FOUL						
7	Mackenzie Goeller	JR Dubuque	11.43m	12.02m	39-05.25	1	2	
	11.68m 11.72m 11.95m	11.70m 12.02m 11.64m						
8	Grace Dupuy	JR Dubuque	11.97m	11.89m	39-00.25	2	1	
	11.89m 11.12m 11.59m	11.26m 11.74m 11.55m						
9	Anna Brennan	FR Buena Vista	11.55m	11.87m	38-11.50	1		
	10.98m 11.55m 11.87m	11.09m 11.12m FOUL						
10	Haley Beminio	FR Wartburg	11.88m	11.28m	37-00.25	2		
	11.28m 10.90m 10.01m							
11	Taylor Flaig	FR Loras	11.48m	10.83m	35-06.50	1		
	10.66m 10.83m FOUL							
12	Abby Marr	SO Central College	11.62m	10.72m	35-02.00	1		
	10.72m 10.64m 10.67m							
13	Margaret Stucker	FR Luther	10.07m	10.27m	33-08.50	1		
	FOUL 10.27m 9.79m							
14	Anneliese Barton	SR Luther	10.59m	10.20m	33-05.75	1		
	9.96m 10.20m 10.03m							
15	Morgan Gallentine	FR Central College	9.48m	9.70m	31-10.00	1		
	9.60m 9.70m 9.57m							
16	Alexis Crozier	SO Simpson (Iowa)	8.93m	8.46m	27-09.25	1		
	8.24m 8.46m 7.50m							
17	Tracy Allen	FR Coe	8.79m	7.36m	24-01.75	1		
	7.36m 6.53m FOUL							
--	Kayla Weatherly	SR Loras	13.26m	FOUL		2		
	FOUL FOUL FOUL							
--	Madison Trimpe	SO Buena Vista	12.07m	FOUL		2		
	FOUL FOUL FOUL							

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Women****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 18.45m 1/19/2019 Michelle Carrillo, Grand View	
Name	Year School Seed Finals H# Points
1 Dani Johnson	SR Wartburg 16.35m 16.43m 53-11.00 2 10
FOUL 15.74m 16.43m FOUL 15.90m FOUL	
2 Caroline Ferguson	SR Dubuque 16.62m 16.29m 53-05.50 2 8
15.11m 15.33m FOUL 15.61m 15.54m 16.29m	
3 Kaitlyn Wilder	FR Dubuque 16.10m 16.20m 53-01.75 2 6
FOUL 15.03m FOUL FOUL 16.20m 15.44m	
4 Carly Fischer	SR Loras 17.12m 16.20m 53-01.75 2 5
FOUL 16.20m FOUL FOUL FOUL FOUL	
5 Rebecca Simpson	SO Buena Vista 16.36m 16.18m 53-01.00 2 4
16.18m 15.95m 16.12m 15.63m 16.16m FOUL	
6 Abby Marr	SO Central College 15.77m 15.28m 50-01.75 2 3
15.28m FOUL 14.68m 14.07m 15.18m 15.08m	
7 Anna Friedrichsen	FR Buena Vista 15.11m 15.11m 49-07.00 1 2
15.11m 13.86m 13.71m FOUL 13.71m 14.10m	
8 Madison Brase	JR Nebraska Wesleyan 14.98m 15.05m 49-04.50 1 1
14.54m 14.55m 15.05m 14.77m 15.03m FOUL	
9 Mackenzie Goeller	JR Dubuque 15.77m 14.93m 48-11.75 2
FOUL 14.93m FOUL 13.76m FOUL FOUL	
10 Emma Jacobs	SR Wartburg 14.46m 14.26m 46-09.50 1
13.62m 14.26m 13.71m	
11 Courtney Schnoor	SR Loras 15.88m 14.09m 46-02.75 2
14.09m 13.89m FOUL	
12 Michaela Karels	JR Buena Vista 15.86m 14.07m 46-02.00 2
13.55m 14.07m FOUL	
13 Madison Trimpe	SO Buena Vista 14.33m 14.00m 45-11.25 1
13.27m 14.00m FOUL	
14 Jaydyn Palmer	SO Coe 12.86m 12.73m 41-09.25 1
12.06m 12.73m 12.55m	
15 Anneliese Barton	SR Luther 13.07m 12.69m 41-07.75 1
12.69m FOUL 11.65m	
16 Taylor Flaig	FR Loras 15.14m 12.03m 39-05.75 2
FOUL FOUL 12.03m	
17 Alexis Crozier	SO Simpson (Iowa) 11.32m 10.45m 34-03.50 1
10.23m 10.45m 10.34m	
18 Tracy Allen	FR Coe 10.62m 10.09m 33-01.25 1
9.76m FOUL 10.09m	
19 Payten Hardy	FR Luther 11.26m 9.71m 31-10.25 1
9.23m FOUL 9.71m	
-- Kennedy Morris	SR Central College 17.33m FOUL 2
FOUL FOUL FOUL	
-- Aiyana Rouse	SR Central College 12.65m DNS 1

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

Championship: C 2:19.01 2/25/2011 Brittany Melloy, Wartburg	
Facility: F 2:21.74 1/28/2011 Brittany Melloy, Wartburg College	
Name	Year School Finals Points

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Women****....Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon**

1	Wren Klump	JR Buena Vista	2:32.18	666
	34.979 (34.979)	1:11.979 (37.000)	1:52.471 (40.492)	2:32.171 (39.700)
2	Kiki Pingel	SR Central College	2:37.41	603
	35.273 (35.273)	1:16.113 (40.840)	1:58.835 (42.722)	2:37.405 (38.570)
3	Mary Gray	SR Central College	2:37.44	603
	35.067 (35.067)	1:15.889 (40.822)	1:58.667 (42.778)	2:37.433 (38.766)
4	Olivia Miller	FR Dubuque	2:39.36	580
	36.739 (36.739)	1:18.183 (41.444)	2:03.129 (44.946)	2:39.351 (36.222)
5	Grace Alley	SO Loras	2:40.41	568
	39.873 (39.873)	1:21.049 (41.176)	2:02.287 (41.238)	2:40.401 (38.114)
6	Jamie Glanz	SR Simpson (Iowa)	2:40.53	567
	39.457 (39.457)	1:20.853 (41.396)	2:02.633 (41.780)	2:40.527 (37.894)
7	Hailey Foxhoven	FR Wartburg	2:42.16	548
	38.799 (38.799)	1:21.215 (42.416)	2:04.991 (43.776)	2:42.159 (37.168)
8	Ryin Lehmann	SO Wartburg	2:46.28	503
	40.071 (40.071)	1:22.293 (42.222)	2:06.871 (44.578)	2:46.271 (39.400)
9	Kaelyn Kurtenbach-Winch	FR Luther	3:01.16	354
	42.347 (42.347)	1:27.699 (45.352)	2:15.963 (48.264)	3:01.155 (45.192)

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

Championship: C	8.98	2/24/2012	Camesha Goods, Wartburg
Facility: F	9.02	2/3/2012	Camesha Goods, Wartburg College
Name		Year School	Finals H# Points
1	Kiki Pingel	SR Central College	8.97C 3 916
2	Mary Gray	SR Central College	9.16 3 877
3	Hailey Foxhoven	FR Wartburg	9.71 3 767
4	Grace Alley	SO Loras	10.07 2 699
5	Olivia Miller	FR Dubuque	10.19 2 677
6	Jamie Glanz	SR Simpson (Iowa)	10.31 1 655
7	Ryin Lehmann	SO Wartburg	10.76 2 577
8	Kaelyn Kurtenbach-Winch	FR Luther	10.91 1 551
9	Wren Klump	JR Buena Vista	14.27 1 126

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

Championship: C	1.69m	2/27/2015	Leah Broderick, Luther
Facility: F	1.69m	2/27/2015	Leah Broderick, Luther
Name		Year School	Finals Points
1	Jamie Glanz	SR Simpson (Iowa)	1.51m 4-11.50 632
	1.27 1.30 1.33 1.36 1.39	1.42 1.45 1.48 1.51 1.54	
	PPP PPP PPP PPP PPP	O O XO O XXX	
1	Hailey Foxhoven	FR Wartburg	1.51m 4-11.50 632
	1.27 1.30 1.33 1.36 1.39	1.42 1.45 1.48 1.51 1.54	
	PPP O PPP O O	XO O O XXO XXX	
3	Mary Gray	SR Central College	1.48m 4-10.25 599
	1.27 1.30 1.33 1.36 1.39	1.42 1.45 1.48 1.51	
	PPP PPP PPP PPP O	O XO XXO XXX	
4	Olivia Miller	FR Dubuque	1.45m 4-09.00 566
	1.27 1.30 1.33 1.36 1.39	1.42 1.45 1.48	
	O PPP O PPP XO	O O XXX	

**2021 American Rivers Indoor Track & Field Championships - 3/6/2021****Hosted by: Wartburg College****The W****Results - Women****....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon**

5	Ryin Lehmann	SO Wartburg	1.42m	4-07.75	534
	1.27 1.30 1.33 1.36 1.39 1.42 1.45				
	PPP O O O XXO XXO XXX				
6	Wren Klump	JR Buena Vista	1.39m	4-06.75	502
	1.27 1.30 1.33 1.36 1.39 1.42				
	PPP XO XO O XXO XXX				
6	Grace Alley	SO Loras	1.39m	4-06.75	502
	1.27 1.30 1.33 1.36 1.39 1.42 1.45				
	PPP PPP O PPP O PPP XXX				
6	Kiki Pingel	SR Central College	1.39m	4-06.75	502
	1.27 1.30 1.33 1.36 1.39 1.42				
	PPP PPP PPP PPP O XXX				
9	Kaelyn Kurtenbach-Winch	FR Luther	1.36m	4-05.50	470
	1.27 1.30 1.33 1.36 1.39				
	XO O O O XXX				

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

=====						
Championship: C 5.47m 2/24/2012 Camesha Goods, Wartburg						
Facility: F 5.57m 2016 Amber Williams, UW-Platteville						
Name	Year	School	Finals		Points	
=====						
1	Kiki Pingel	SR Central College	5.28m	17-04.00	637	
	5.13m 5.02m 5.28m					
2	Mary Gray	SR Central College	5.20m	17-00.75	614	
	4.90m 5.20m PASS					
3	Hailey Foxhoven	FR Wartburg	4.95m	16-03.00	546	
	4.69m 4.64m 4.95m					
4	Grace Alley	SO Loras	4.87m	15-11.75	524	
	4.79m 4.71m 4.87m					
5	Olivia Miller	FR Dubuque	4.86m	15-11.50	522	
	FOUL 4.86m 4.67m					
6	Jamie Glanz	SR Simpson (Iowa)	4.67m	15-04.00	472	
	FOUL 4.67m FOUL					
7	Kaelyn Kurtenbach-Winch	FR Luther	4.52m	14-10.00	433	
	4.52m 4.47m 3.43m					
8	Wren Klump	JR Buena Vista	4.36m	14-03.75	393	
	4.21m 4.36m 4.34m					
9	Ryin Lehmann	SO Wartburg	4.01m	13-02.00	310	
	3.95m 4.01m FOUL					

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

=====						
Championship: C 12.05m 2/26/2010 Carissa Bentz, Central						
Facility: F 11.34m 2/27/2015 Leah Broderick, Luther						
Name	Year	School	Finals		Points	
=====						
1	Mary Gray	SR Central College	11.08m	36-04.25	600	
	10.34m 10.63m 11.08m					
2	Kiki Pingel	SR Central College	10.32m	33-10.25	550	
	10.11m 10.32m 10.21m					
3	Jamie Glanz	SR Simpson (Iowa)	9.49m	31-01.75	496	
	8.55m 9.49m 8.81m					

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4	Grace Alley	SO Loras	9.13m	29-11.50	473
	8.89m 9.13m 9.06m				
5	Ryin Lehmann	SO Wartburg	8.72m	28-07.50	446
	8.72m 8.49m 8.15m				
6	Wren Klump	JR Buena Vista	8.54m	28-00.25	434
	7.58m 8.54m 8.45m				
7	Kaelyn Kurtenbach-Winch	FR Luther	8.17m	26-09.75	410
	8.17m 8.10m 7.74m				
8	Olivia Miller	FR Dubuque	7.82m	25-08.00	388
	7.26m 7.67m 7.82m				
9	Hailey Foxhoven	FR Wartburg	7.03m	23-00.75	337
	6.70m 7.03m 6.88m				

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 Women - Team Rankings - 18 Events Scored
 

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1) Wartburg	200	2) Loras	136
3) Dubuque	102	4) Nebraska Wesleyan	82
5) Central College	79	6) Luther	42
7) Buena Vista	36	8) Simpson (Iowa)	17
9) Coe	8		