

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****Women 60 Meter Dash****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

All-Time: A	7.50	2019	Gabrielle Noland, Loras			
Championship: C	7.58	2/25/2023	Isabella Hogue, Nebraska Wesleya			
Facilty: F	7.67	2/26/2022	Maddie Moran, Nebraska Wes			
Name		Year	School	Seed	Prelims	H#

**Preliminaries**

1	Emma Seipel	JR	Loras	7.73	7.75Q	2
2	Harmony Creasy	JR	Loras	7.71	7.76Q	3
3	Kelly Kohlhof	JR	Loras	7.80	7.77Q	1
4	Breanne Geary	SR	Nebraska Wesleyan	7.91	7.83q	1
5	Ava Parkins	FR	Central College	7.96	7.90q	2
6	Emily McMartin	SO	Central College	7.93	7.92q	3
7	Keeley Hourigan	JR	Nebraska Wesleyan	7.92	7.93q	2 7.924
8	Natalie Cummins	JR	Nebraska Wesleyan	7.93	7.93q	3 7.927
9	Madison Hays	SO	Simpson (Iowa)	8.01	7.98	1
10	Meghan McDonald	FR	Loras	8.03	7.99	2
11	Keira Alliss	SO	Dubuque	7.98	8.01	1
12	Mary Gustason	SO	Central College	8.06	8.10	3
13	Hannah Olson	SR	Buena Vista	8.18	8.23	3
14	Maya Cable	JR	Wartburg	8.29	8.29	2
15	Bianca Clemons	JR	Simpson (Iowa)		8.32	1
16	Kiana Carnes	FR	Wartburg	8.36	8.33	1
17	Avery Schultes	FR	Wartburg	8.42	8.35	2
18	Amara Marks	JR	Luther	8.41	8.40	1
19	Zoe Rahberg	SO	Luther	8.55	8.50	3
20	Kate Weiss	FR	Simpson (Iowa)	8.51	8.69	3
21	Natalie Carmenate	FR	Simpson (Iowa)	9.15	9.07	2

**Women 60 Meter Dash**

All-Time: A	7.50	2019	Gabrielle Noland, Loras			
Championship: C	7.58	2/25/2023	Isabella Hogue, Nebraska Wesleya			
Facilty: F	7.67	2/26/2022	Maddie Moran, Nebraska Wes			
Name		Year	School	Prelims	Finals	Points

**Finals**

1	Emma Seipel	JR	Loras	7.75	7.71	10
2	Harmony Creasy	JR	Loras	7.76	7.76	8
3	Kelly Kohlhof	JR	Loras	7.77	7.79	6
4	Breanne Geary	SR	Nebraska Wesleyan	7.83	7.87	5
5	Emily McMartin	SO	Central College	7.92	7.91	4
6	Ava Parkins	FR	Central College	7.90	7.94	3
7	Natalie Cummins	JR	Nebraska Wesleyan	7.93	7.96	2
8	Keeley Hourigan	JR	Nebraska Wesleyan	7.93	7.98	1

**Women 200 Meter Dash**

All-Time: A	24.34	2019	Gabrielle Noland, Loras			
Championship: C	24.47	2/29/2020	Alison Beeman, Dubuque			
Facilty: F	24.50	2020	Alison Beeman, Dubuque			
Name		Year	School	Seed	Finals	H# Points
1	Harmony Creasy	JR	Loras	25.60	25.38	3 10

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Women 200 Meter Dash**

2	Emma Seipel	JR Loras	25.56	25.52	4	8
3	JoJo Tyynismaa	SO Wartburg	25.51	25.76	5	6
4	Breanne Geary	SR Nebraska Wesleyan	25.25	25.79	5	5
5	Emily McMartin	SO Central College	25.57	25.80	4	4
6	Kelly Kohlhof	JR Loras	25.75	25.83	3	3
7	Gianna Borzileri	JR Dubuque	25.58	26.09	3	2
8	Abbi Roerdink	JR Central College	25.55	26.17	5	1
9	Ava Parkins	FR Central College	25.75	26.21	2	
10	Madison Hays	SO Simpson (Iowa)	25.57	26.36	4	
11	Lina Newland	SO Wartburg	26.03	26.43	2	
12	Sophia Stahle	FR Wartburg	26.10	26.72	2	
13	Keeley Hourigan	JR Nebraska Wesleyan	26.26	27.04	1	
14	Lanah Collins	SO Buena Vista	27.81	27.82	1	
15	Amara Marks	JR Luther	28.18	27.89	1	
16	Bianca Clemons	JR Simpson (Iowa)		28.17	2	
17	Zoe Rahberg	SO Luther	29.00	28.77	5	
18	Lily Chen	SR Luther	29.61	29.62	4	
19	Natalie Carmenate	FR Simpson (Iowa)	29.85	30.49	3	

**Women 400 Meter Dash**

=====						
All-Time: A 55.19		2018	Elizabeth Jones, Nebraska Wesleyan			
Championship: C 55.83		2011	Nevada Morrison, Wartburg			
Facilty: F 56.02		2/26/2022	Alyssa Pfadenhauer, Loras			
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Isabella Hogue	SR Nebraska Wesleyan	56.92	55.78C	5	10
	26.172 (26.172)	55.776 (29.604)				
2	JoJo Tyynismaa	SO Wartburg	57.48	57.69	5	8
	27.229 (27.229)	57.684 (30.456)				
3	Abbi Roerdink	JR Central College	57.50	57.81	5	6
	27.266 (27.266)	57.802 (30.536)				
4	Madison Hays	SO Simpson (Iowa)	57.46	57.82	5	5
	27.049 (27.049)	57.813 (30.764)				
5	Breanne Geary	SR Nebraska Wesleyan	58.22	58.13	4	4
	26.951 (26.951)	58.127 (31.177)				
6	Grace Alley	SR Loras	57.69	58.34	4	3
	27.518 (27.518)	58.340 (30.823)				
7	Harmony Creasy	JR Loras	57.63	58.64	4	2
	27.751 (27.751)	58.631 (30.881)				
8	Lina Newland	SO Wartburg	58.44	59.02	4	1
	27.906 (27.906)	59.018 (31.113)				
9	Alyssa Pfadenhauer	SR Loras		59.11	1	
	27.437 (27.437)	59.105 (31.668)				
10	Jaide Flowers	FR Dubuque	59.38	59.38	2	
	28.030 (28.030)	59.380 (31.350)				
11	Gianna Borzileri	JR Dubuque	58.61	59.90	3	
	27.655 (27.655)	59.900 (32.245)				
12	Layla Hughes	FR Loras	59.32	1:00.15	3	1:00.144
	28.433 (28.433)	1:00.144 (31.712)				
13	Sophia Stahle	FR Wartburg	59.15	1:00.15	3	1:00.147
	27.695 (27.695)	1:00.147 (32.452)				
14	Olivia Tollari	SO Wartburg	59.09	1:00.21	3	
	27.312 (27.312)	1:00.209 (32.897)				

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Women 400 Meter Dash**

15	Lauren Brown	JR Central College	59.52	1:00.72	2
	28.320 (28.320)	1:00.716 (32.396)			
16	Hannah Olson	SR Buena Vista	1:01.45	1:01.51	2
	29.406 (29.406)	1:01.507 (32.102)			
17	Reagan Koza	SR Nebraska Wesleyan	1:02.36	1:01.72	2
	28.856 (28.856)	1:01.713 (32.858)			
18	Puritie Smith	SO Buena Vista	1:02.51	1:03.87	1
	30.236 (30.236)	1:03.864 (33.629)			
19	Abby Alberti	JR Central College		1:06.02	1
	30.221 (30.221)	1:06.016 (35.795)			

**Women 800 Meter Run**

All-Time: A 2:10.12		2011	Keelie Finnel, Coe		
Championship: C 2:12.05		2007	Heidi Porter, Wartburg		
Facilty: F 2:15.33		2/26/2022	Reagan Janzen, Nebraska Wes		
Name	Year	School	Seed	Finals	H# Points
1	Peyton Steffen	SO Central College	2:15.27	2:14.35F	2 10
	32.740 (32.740)	1:06.497 (33.758)	1:40.000 (33.503)	2:14.342 (34.342)	
2	Haley Meyer	SO Wartburg	2:16.99	2:16.84	2 8
	33.490 (33.490)	1:07.974 (34.485)	1:43.766 (35.792)	2:16.838 (33.073)	
3	Frankie Chaidez	JR Loras	2:17.19	2:18.31	2 6
	33.993 (33.993)	1:08.616 (34.623)	1:44.483 (35.868)	2:18.302 (33.820)	
4	Alyssa Mayhew	JR Central College	2:20.37	2:20.31	2 5
	33.757 (33.757)	1:08.418 (34.661)	1:44.338 (35.920)	2:20.304 (35.966)	
5	Erin Phelan	JR Wartburg	2:19.50	2:21.98	2 4
	34.341 (34.341)	1:09.032 (34.691)	1:45.183 (36.151)	2:21.973 (36.790)	
6	Gabby Thomas	SR Nebraska Wesleyan	2:20.03	2:22.90	2 3
	33.104 (33.104)	1:07.573 (34.470)	1:45.044 (37.471)	2:22.895 (37.851)	
7	Alivia Roerdink	FR Central College	2:21.36	2:23.68	2 2
	34.070 (34.070)	1:08.796 (34.727)	1:45.397 (36.601)	2:23.679 (38.282)	
8	Crystal Burke	SR Coe	2:21.43	2:23.72	1 1
	36.405 (36.405)	1:11.655 (35.250)	1:47.205 (35.550)	2:23.719 (36.514)	
9	Delaney Vacek	SO Nebraska Wesleyan	2:17.81	2:25.14	2
	33.818 (33.818)	1:08.439 (34.621)	1:45.255 (36.817)	2:25.139 (39.884)	
10	Megan Bakke	FR Buena Vista	2:23.42	2:27.59	1
	36.523 (36.523)	1:12.498 (35.976)	1:49.854 (37.356)	2:27.583 (37.730)	
11	Ellie Meyer	JR Wartburg	2:18.46	2:28.02	2
	34.408 (34.408)	1:10.538 (36.130)	1:48.979 (38.442)	2:28.014 (39.035)	
12	Karley Ruiz-Genovese	SO Buena Vista	2:35.31	2:34.59	1
	37.409 (37.409)	1:14.930 (37.521)	1:54.801 (39.871)	2:34.588 (39.788)	
13	Kacie Eisentrager	SO Simpson (Iowa)	2:33.67	2:37.02	1
	36.915 (36.915)	1:15.322 (38.407)	1:57.446 (42.124)	2:37.019 (39.573)	
14	Jenna Gessert	FR Simpson (Iowa)	2:36.50	2:37.91	1
	37.561 (37.561)	1:16.803 (39.243)	1:58.254 (41.451)	2:37.906 (39.652)	
15	Ella Pippert	FR Simpson (Iowa)	2:47.90	2:49.63	1
	37.964 (37.964)	1:19.166 (41.203)	2:04.401 (45.235)	2:49.629 (45.228)	

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****Women 1 Mile Run**

All-Time: A 4:43.92 2005		Missy Buttry, Wartburg	
Championship: C 4:46.06 2005		Missy Buttry, Wartburg	
Facilty: F 4:56.68		Annika Cutforth, Wisconsin	
Name	Year School	Seed	Finals Points
1 Caroline McMartin	JR Central College	4:51.34	4:52.75F 10
37.179 (37.179)	1:12.835 (35.656)	1:49.494 (36.659)	2:26.377 (36.883)
3:02.893 (36.517)	3:39.607 (36.714)	4:16.184 (36.577)	4:52.743 (36.560)
2 Aubrie Fisher	SR Wartburg	4:54.92	5:03.65 8
37.435 (37.435)	1:13.497 (36.063)	1:53.518 (40.021)	2:33.231 (39.714)
3:12.099 (38.869)	3:50.973 (38.874)	4:28.947 (37.974)	5:03.649 (34.702)
3 Addy Parrott	JR Central College	4:59.76	5:04.26 6
37.658 (37.658)	1:13.748 (36.090)	1:53.256 (39.509)	2:32.951 (39.695)
3:11.844 (38.893)	3:50.722 (38.878)	4:28.730 (38.009)	5:04.260 (35.530)
4 Jenna Morey	SR Wartburg	5:12.95	5:10.76 5
39.996 (39.996)	1:19.046 (39.051)	1:59.282 (40.236)	2:40.198 (40.916)
3:21.595 (41.398)	4:01.659 (40.065)	4:37.498 (35.839)	5:10.756 (33.258)
5 Frankie Chaidez	JR Loras	5:05.51	5:10.78 4
39.429 (39.429)	1:18.767 (39.338)	1:59.007 (40.240)	2:39.727 (40.720)
3:21.078 (41.351)	4:01.211 (40.134)	4:37.729 (36.518)	5:10.779 (33.051)
6 Ella Johnson	FR Wartburg	5:15.07	5:13.21 3
40.258 (40.258)	1:19.210 (38.952)	1:59.221 (40.012)	2:39.944 (40.723)
3:21.303 (41.360)	4:01.559 (40.256)	4:38.373 (36.814)	5:13.207 (34.834)
7 Leah Bontrager	SO Central College	5:17.22	5:13.29 2
40.490 (40.490)	1:19.422 (38.932)	1:59.464 (40.043)	2:40.103 (40.639)
3:21.158 (41.055)	4:01.394 (40.236)	4:38.065 (36.672)	5:13.282 (35.217)
8 Elise Wieland	FR Simpson (Iowa)	5:28.43	5:20.58 1
40.637 (40.637)	1:19.628 (38.991)	1:59.536 (39.908)	2:40.641 (41.105)
3:22.021 (41.381)	4:02.427 (40.406)	4:41.959 (39.533)	5:20.578 (38.619)
9 Emily Erhardt	SR Simpson (Iowa)	5:19.92	5:24.62
40.756 (40.756)	1:19.626 (38.870)	1:59.722 (40.096)	2:40.375 (40.653)
3:21.722 (41.347)	4:02.093 (40.372)	4:42.947 (40.854)	5:24.613 (41.666)
10 Paige Jacobs	SO Loras	5:37.43	5:36.03
42.239 (42.239)	1:21.254 (39.015)	2:02.981 (41.727)	2:45.244 (42.263)
3:28.520 (43.276)	4:11.743 (43.223)	4:54.403 (42.660)	5:36.030 (41.628)
11 Bree Tenges	FR Simpson (Iowa)	5:42.75	5:55.21
42.581 (42.581)	1:21.755 (39.174)	2:05.277 (43.523)	2:50.134 (44.857)
3:36.911 (46.778)	4:23.966 (47.055)	5:10.647 (46.681)	5:55.210 (44.564)

**Women 3000 Meter Run**

All-Time: A 9:13.02 2005		Missy Buttry, Wartburg	
Championship: C 9:42.59 2/26/2022		Kassie Parker, Loras	
Facilty: F 9:42.59 2/26/2022		Kassie Parker, Loras	
Name	Year School	Seed	Finals H# Points
1 Megan Johnson	JR Central College	9:32.08	9:40.39C 2 10
36.632 (36.632)	1:15.951 (39.320)	1:55.746 (39.795)	2:34.980 (39.234)
3:13.833 (38.854)	3:52.775 (38.942)	4:32.074 (39.299)	5:11.436 (39.362)
5:50.975 (39.539)	6:30.834 (39.860)	7:10.206 (39.372)	7:49.118 (38.912)
8:27.069 (37.952)	9:04.956 (37.887)	9:40.390 (35.434)	

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Women 3000 Meter Run**

2	Caroline McMartin	JR Central College	9:41.47	9:52.50	2	8
	38.028 (38.028)	1:19.028 (41.001)	2:01.816 (42.788)	2:44.934 (43.118)		
	3:25.583 (40.650)	4:06.471 (40.888)	4:47.003 (40.533)	5:26.515 (39.512)		
	6:05.860 (39.345)	6:44.728 (38.868)	7:23.390 (38.662)	8:02.170 (38.780)		
	8:40.777 (38.608)	9:18.446 (37.669)	9:52.495 (34.050)			
3	Shaelyn Hostager	JR Wartburg	9:50.08	9:56.15	2	6
	38.207 (38.207)	1:19.199 (40.992)	2:01.985 (42.787)	2:45.129 (43.144)		
	3:25.944 (40.815)	4:06.858 (40.915)	4:47.376 (40.518)	5:26.756 (39.380)		
	6:06.120 (39.365)	6:44.944 (38.824)	7:23.628 (38.684)	8:02.403 (38.776)		
	8:41.031 (38.628)	9:18.853 (37.822)	9:56.141 (37.288)			
4	Aubrie Fisher	SR Wartburg	9:34.98	9:57.85	2	5
	37.508 (37.508)	1:18.951 (41.444)	2:01.751 (42.800)	2:44.868 (43.118)		
	3:25.850 (40.982)	4:06.755 (40.905)	4:47.290 (40.535)	5:27.026 (39.736)		
	6:06.458 (39.433)	6:45.375 (38.917)	7:24.256 (38.882)	8:03.619 (39.363)		
	8:42.619 (39.000)	9:21.386 (38.768)	9:57.849 (36.463)			
5	Teghan Booth	JR Simpson (Iowa)	10:10.72	10:04.91	2	4
	38.459 (38.459)	1:19.428 (40.969)	2:02.243 (42.815)	2:45.329 (43.087)		
	3:26.105 (40.777)	4:07.053 (40.948)	4:47.576 (40.523)	5:27.313 (39.738)		
	6:06.793 (39.481)	6:45.689 (38.896)	7:24.947 (39.259)	8:05.672 (40.726)		
	8:46.333 (40.661)	9:26.833 (40.501)	10:04.910 (38.077)			
6	Lara Kallem	SR Simpson (Iowa)	10:06.64	10:14.06	2	3
	38.505 (38.505)	1:19.335 (40.830)	2:02.119 (42.784)	2:45.238 (43.120)		
	3:26.194 (40.956)	4:07.123 (40.929)	4:47.678 (40.555)	5:27.754 (40.076)		
	6:08.509 (40.755)	6:50.017 (41.509)	7:31.930 (41.913)	8:13.516 (41.586)		
	8:55.747 (42.231)	9:37.688 (41.942)	10:14.060 (36.373)			
7	Addy Parrott	JR Central College	10:06.26	10:16.05	2	2
	38.748 (38.748)	1:19.615 (40.868)	2:02.389 (42.774)	2:45.431 (43.042)		
	3:26.435 (41.005)	4:07.562 (41.127)	4:48.209 (40.648)	5:28.001 (39.792)		
	6:07.144 (39.143)	6:46.982 (39.839)	7:27.818 (40.836)	8:09.725 (41.907)		
	8:52.065 (42.340)	9:34.797 (42.733)	10:16.046 (41.249)			
8	Ellie Meyer	JR Wartburg	10:15.80	10:22.36	2	1
	38.712 (38.712)	1:19.679 (40.967)	2:02.492 (42.814)	2:45.594 (43.102)		
	3:26.332 (40.738)	4:07.293 (40.962)	4:47.915 (40.622)	5:28.618 (40.704)		
	6:09.665 (41.047)	6:51.683 (42.018)	7:35.700 (44.018)	8:19.592 (43.893)		
	9:03.694 (44.102)	9:45.271 (41.577)	10:22.360 (37.089)			
9	Lindsey Davidson	JR Central College	10:27.98	10:43.90	2	
	39.052 (39.052)	1:19.772 (40.721)	2:02.683 (42.911)	2:45.702 (43.020)		
	3:26.902 (41.201)	4:08.092 (41.190)	4:49.685 (41.594)	5:31.605 (41.920)		
	6:14.848 (43.243)	6:58.908 (44.061)	7:43.096 (44.188)	8:28.076 (44.980)		
	9:14.269 (46.193)	9:59.792 (45.524)	10:43.899 (44.107)			
10	Claire Kallhoff	SR Nebraska Wesleyan	11:08.25	10:58.18	2	
	39.757 (39.757)	1:20.697 (40.940)	2:03.771 (43.075)	2:47.528 (43.757)		
	3:31.058 (43.530)	4:14.834 (43.776)	4:58.671 (43.837)	5:43.152 (44.482)		
	6:28.956 (45.805)	7:13.923 (44.967)	7:58.679 (44.756)	8:43.479 (44.801)		
	9:28.045 (44.566)	10:13.804 (45.760)	10:58.178 (44.374)			
11	Layken Bytnar	JR Central College	10:50.93	11:09.21	2	
	39.451 (39.451)	1:20.411 (40.960)	2:03.480 (43.070)	2:47.205 (43.725)		
	3:30.752 (43.547)	4:14.518 (43.766)	4:58.320 (43.803)	5:42.258 (43.938)		
	6:28.079 (45.822)	7:14.753 (46.674)	8:01.590 (46.838)	8:48.098 (46.508)		
	9:36.245 (48.148)	10:24.121 (47.876)	11:09.203 (45.082)			

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Women 3000 Meter Run**

12 Ashley Rockhold	SR Simpson (Iowa)	11:13.99	11:13.43	1
42.942 (42.942)	1:28.381 (45.440)	2:14.173 (45.792)	3:00.002 (45.829)	
3:45.431 (45.429)	4:32.035 (46.605)	5:19.404 (47.369)	6:06.481 (47.078)	
6:49.671 (43.190)	7:34.316 (44.645)	8:21.097 (46.782)	9:05.923 (44.826)	
9:51.712 (45.790)	10:35.686 (43.974)	11:13.422 (37.736)		
13 Natalia Wrobel	FR Loras	11:16.63	11:13.60	1
44.402 (44.402)	1:29.803 (45.401)	2:15.438 (45.636)	3:01.238 (45.800)	
3:45.706 (44.468)	4:32.367 (46.662)	5:19.137 (46.770)	6:05.889 (46.753)	
6:48.089 (42.200)	7:32.941 (44.852)	8:20.854 (47.913)	9:06.157 (45.304)	
9:51.388 (45.231)	10:34.537 (43.150)	11:13.597 (39.061)		
14 Avery Kittl	FR Loras	11:15.81	11:15.25	1
43.297 (43.297)	1:28.686 (45.390)	2:14.821 (46.136)	3:00.703 (45.882)	
3:45.241 (44.538)	4:31.711 (46.471)	5:18.917 (47.207)	6:05.298 (46.381)	
6:47.756 (42.459)	7:33.573 (45.817)	8:20.892 (47.319)	9:05.787 (44.896)	
9:51.068 (45.281)	10:34.899 (43.832)	11:15.245 (40.346)		
15 Julia Veit	SR Luther	11:16.90	11:18.76	1
44.582 (44.582)	1:30.112 (45.530)	2:15.230 (45.118)	3:00.512 (45.283)	
3:46.289 (45.777)	4:32.921 (46.633)	5:19.797 (46.876)	6:06.826 (47.030)	
6:50.368 (43.542)	7:35.605 (45.238)	8:21.832 (46.227)	9:07.876 (46.044)	
9:54.279 (46.404)	10:38.988 (44.709)	11:18.754 (39.766)		
16 Mya Whitaker	FR Simpson (Iowa)	11:08.83	11:19.96	2
40.020 (40.020)	1:21.227 (41.207)	2:04.552 (43.326)	2:48.722 (44.170)	
3:33.249 (44.527)	4:18.516 (45.268)	5:04.912 (46.396)	5:51.583 (46.671)	
6:38.668 (47.086)	7:26.512 (47.844)	8:13.926 (47.414)	9:01.711 (47.786)	
9:50.355 (48.644)	10:38.123 (47.769)	11:19.953 (41.830)		
17 Hunter Jones	FR Loras	11:27.24	11:26.50	1
43.846 (43.846)	1:28.987 (45.142)	2:15.078 (46.091)	3:00.974 (45.896)	
3:45.476 (44.502)	4:31.857 (46.382)	5:19.253 (47.397)	6:06.151 (46.898)	
6:48.436 (42.285)	7:33.302 (44.866)	8:20.560 (47.258)	9:06.539 (45.979)	
9:52.636 (46.097)	10:39.722 (47.086)	11:26.497 (46.776)		
18 Jaden Swarts	FR Buena Vista	11:57.14	11:31.55	1
44.049 (44.049)	1:29.477 (45.428)	2:15.732 (46.256)	3:01.359 (45.627)	
3:46.489 (45.130)	4:33.168 (46.679)	5:19.926 (46.758)	6:07.186 (47.260)	
6:51.739 (44.553)	7:39.355 (47.617)	8:28.262 (48.908)	9:17.554 (49.292)	
10:07.066 (49.512)	10:53.945 (46.879)	11:31.548 (37.603)		
19 Elie Tuhn	SO Simpson (Iowa)	11:20.79	11:31.83	1
43.620 (43.620)	1:28.588 (44.969)	2:14.483 (45.896)	3:00.318 (45.835)	
3:45.992 (45.674)	4:32.670 (46.678)	5:19.631 (46.961)	6:07.329 (47.699)	
6:51.477 (44.148)	7:37.946 (46.470)	8:25.420 (47.474)	9:13.131 (47.712)	
10:00.778 (47.647)	10:48.096 (47.318)	11:31.821 (43.726)		
20 Kaleena Hagen	SO Central College	11:14.82	11:35.03	1
42.643 (42.643)	1:28.083 (45.440)	2:13.857 (45.774)	2:59.666 (45.810)	
3:44.941 (45.276)	4:31.336 (46.395)	5:18.561 (47.226)	6:06.410 (47.849)	
6:52.912 (46.502)	7:39.777 (46.866)	8:27.278 (47.501)	9:15.351 (48.074)	
10:03.784 (48.433)	10:51.633 (47.850)	11:35.029 (43.397)		
21 Norah McDonald	FR Luther	11:31.47	11:41.59	1
44.841 (44.841)	1:30.363 (45.523)	2:15.868 (45.505)	3:01.506 (45.639)	
3:46.711 (45.206)	4:33.418 (46.707)	5:20.182 (46.764)	6:07.616 (47.435)	
6:53.175 (45.560)	7:40.127 (46.952)	8:27.572 (47.445)	9:15.666 (48.095)	
10:04.524 (48.858)	10:53.648 (49.125)	11:41.581 (47.934)		

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Women 3000 Meter Run**

22 Emily Escoto	JR Simpson (Iowa)	11:37.92	11:43.79	1
43.897 (43.897)	1:29.333 (45.437)	2:15.556 (46.223)	3:01.420 (45.864)	
3:47.156 (45.736)	4:33.343 (46.187)	5:20.522 (47.180)	6:08.061 (47.539)	
6:54.788 (46.727)	7:42.910 (48.123)	8:32.045 (49.135)	9:20.825 (48.781)	
10:09.594 (48.769)	10:58.907 (49.314)	11:43.783 (44.876)		

**Women 5000 Meter Run**

Name	Year School	Seed	Finals	Points
All-Time: A 15:58.58	2022	Kassie Parker, Loras		
Championship: C 17:13.94	2/24/2017	Audrey Miller, Loras		
Facilty: F 17:13.94	2017	Audrey Miller, Loras		
1 Megan Johnson	JR Central College	16:53.73	17:02.79C	10
37.752 (37.752)	1:19.347 (41.595)	2:01.920 (42.573)	2:43.234 (41.315)	
3:24.268 (41.034)	4:05.939 (41.671)	4:47.652 (41.713)	5:29.350 (41.699)	
6:10.970 (41.620)	6:52.559 (41.590)	7:34.745 (42.186)	8:17.250 (42.505)	
8:59.685 (42.436)	9:42.191 (42.506)	10:24.550 (42.359)	11:06.227 (41.678)	
11:47.846 (41.619)	12:29.557 (41.711)	13:11.705 (42.148)	13:53.092 (41.388)	
14:34.439 (41.347)	15:15.035 (40.597)	15:53.864 (38.829)	16:29.930 (36.066)	
17:02.788 (32.859)				
2 Aubrie Fisher	SR Wartburg		17:05.46C	8
38.507 (38.507)	1:19.921 (41.414)	2:02.685 (42.764)	2:44.389 (41.705)	
3:25.431 (41.042)	4:07.055 (41.624)	4:48.830 (41.776)	5:30.575 (41.746)	
6:12.199 (41.625)	6:53.565 (41.366)	7:35.816 (42.251)	8:18.332 (42.517)	
9:00.850 (42.518)	9:43.287 (42.437)	10:25.475 (42.189)	11:07.375 (41.900)	
11:48.773 (41.399)	12:30.512 (41.739)	13:12.663 (42.151)	13:53.861 (41.199)	
14:35.249 (41.388)	15:15.463 (40.214)	15:54.630 (39.168)	16:30.544 (35.914)	
17:05.459 (34.916)				
3 Shaelyn Hostager	JR Wartburg	16:45.89	17:12.24C	6
37.869 (37.869)	1:19.410 (41.542)	2:02.133 (42.724)	2:43.533 (41.400)	
3:24.531 (40.999)	4:06.214 (41.683)	4:47.918 (41.704)	5:29.640 (41.722)	
6:11.257 (41.618)	6:52.843 (41.586)	7:34.978 (42.135)	8:17.511 (42.533)	
8:59.973 (42.463)	9:42.463 (42.490)	10:24.823 (42.360)	11:06.509 (41.686)	
11:48.049 (41.541)	12:29.823 (41.775)	13:11.942 (42.119)	13:53.379 (41.438)	
14:34.740 (41.361)	15:15.290 (40.551)	15:54.333 (39.043)	16:32.374 (38.042)	
17:12.231 (39.858)				
4 Lara Kallem	SR Simpson (Iowa)	17:21.24	17:12.71C	5
38.244 (38.244)	1:19.659 (41.416)	2:02.321 (42.662)	2:43.848 (41.527)	
3:24.859 (41.012)	4:06.499 (41.640)	4:48.235 (41.737)	5:29.944 (41.709)	
6:11.575 (41.631)	6:53.130 (41.555)	7:35.275 (42.146)	8:17.798 (42.524)	
9:00.255 (42.457)	9:42.791 (42.536)	10:25.108 (42.318)	11:06.813 (41.706)	
11:48.354 (41.541)	12:30.119 (41.766)	13:12.238 (42.119)	13:53.654 (41.416)	
14:34.953 (41.299)	15:15.708 (40.756)	15:56.223 (40.515)	16:36.389 (40.166)	
17:12.702 (36.313)				
5 Teghan Booth	JR Simpson (Iowa)	17:34.30	17:15.78	4
38.157 (38.157)	1:19.682 (41.525)	2:02.443 (42.762)	2:44.089 (41.646)	
3:25.131 (41.042)	4:06.775 (41.645)	4:48.528 (41.753)	5:30.285 (41.758)	
6:11.887 (41.603)	6:53.351 (41.464)	7:35.555 (42.204)	8:18.079 (42.524)	
9:00.548 (42.470)	9:43.040 (42.493)	10:25.370 (42.330)	11:07.135 (41.766)	
11:48.548 (41.413)	12:30.333 (41.786)	13:12.582 (42.249)	13:53.961 (41.380)	
14:35.574 (41.613)	15:16.352 (40.778)	15:57.351 (41.000)	16:37.591 (40.240)	
17:15.774 (38.183)				

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Women 5000 Meter Run**

6	Becca Diddia	JR Loras	18:04.40	18:04.32	3
	40.962 (40.962)	1:22.460 (41.499)	2:06.244 (43.784)	2:50.819 (44.576)	
	3:35.464 (44.645)	4:20.154 (44.691)	5:04.705 (44.551)	5:50.027 (45.322)	
	6:35.412 (45.385)	7:19.522 (44.110)	8:04.398 (44.876)	8:49.232 (44.835)	
	9:34.439 (45.207)	10:19.643 (45.204)	11:04.296 (44.654)	11:46.708 (42.412)	
	12:30.006 (43.299)	13:14.147 (44.142)	13:57.200 (43.054)	14:39.523 (42.323)	
	15:21.400 (41.877)	16:03.538 (42.139)	16:45.706 (42.168)	17:26.528 (40.822)	
	18:04.316 (37.789)				
7	Kelly Giardina	SO Wartburg	18:11.01	18:15.09	2
	41.235 (41.235)	1:23.026 (41.791)	2:06.799 (43.774)	2:51.361 (44.563)	
	3:36.011 (44.650)	4:20.687 (44.676)	5:05.285 (44.598)	5:50.640 (45.356)	
	6:36.339 (45.699)	7:20.044 (43.706)	8:05.248 (45.205)	8:50.056 (44.808)	
	9:35.282 (45.226)	10:20.455 (45.174)	11:05.496 (45.042)	11:47.452 (41.956)	
	12:31.068 (43.616)	13:15.603 (44.536)	13:59.684 (44.082)	14:41.465 (41.782)	
	15:23.711 (42.246)	16:06.376 (42.666)	16:49.291 (42.916)	17:33.301 (44.010)	
	18:15.081 (41.780)				
8	Jenna Morey	SR Wartburg	17:57.93	18:23.28	1
	39.252 (39.252)	1:21.881 (42.629)	2:05.679 (43.799)	2:50.334 (44.655)	
	3:34.917 (44.584)	4:19.598 (44.681)	5:04.188 (44.590)	5:49.516 (45.328)	
	6:36.034 (46.518)	7:19.796 (43.762)	8:04.937 (45.141)	8:49.781 (44.845)	
	9:34.979 (45.199)	10:20.177 (45.198)	11:05.139 (44.962)	11:47.142 (42.004)	
	12:30.876 (43.734)	13:15.289 (44.414)	13:59.502 (44.213)	14:42.858 (43.357)	
	15:27.561 (44.703)	16:12.596 (45.036)	16:57.584 (44.988)	17:41.285 (43.701)	
	18:23.272 (41.987)				
9	Kira Hooper	JR Central College	18:08.84	18:33.12	
	39.755 (39.755)	1:22.143 (42.388)	2:05.960 (43.818)	2:50.580 (44.620)	
	3:35.171 (44.591)	4:19.866 (44.696)	5:04.410 (44.544)	5:49.730 (45.321)	
	6:35.142 (45.412)	7:19.251 (44.110)	8:04.124 (44.873)	8:48.940 (44.817)	
	9:34.142 (45.202)	10:19.378 (45.236)	11:04.820 (45.443)	11:49.218 (44.398)	
	12:33.958 (44.740)	13:18.353 (44.395)	14:03.213 (44.861)	14:48.457 (45.244)	
	15:33.824 (45.368)	16:19.294 (45.470)	17:04.514 (45.220)	17:49.403 (44.890)	
	18:33.111 (43.708)				
10	Lindsey Davidson	JR Central College	18:14.66	18:38.84	
	40.758 (40.758)	1:22.738 (41.980)	2:06.522 (43.785)	2:51.094 (44.572)	
	3:35.734 (44.640)	4:20.402 (44.668)	5:04.978 (44.577)	5:50.308 (45.331)	
	6:35.754 (45.446)	7:19.641 (43.888)	8:04.663 (45.023)	8:49.501 (44.838)	
	9:34.699 (45.199)	10:19.911 (45.212)	11:05.100 (45.190)	11:49.425 (44.325)	
	12:34.188 (44.763)	13:18.103 (43.915)	14:02.890 (44.787)	14:48.305 (45.415)	
	15:34.072 (45.768)	16:19.678 (45.607)	17:06.159 (46.482)	17:52.532 (46.373)	
	18:38.840 (46.308)				
11	Kate Hoogensen	JR Central College	19:24.35	19:36.43	
	43.243 (43.243)	1:27.205 (43.962)	2:13.086 (45.881)	2:59.862 (46.776)	
	3:46.759 (46.898)	4:33.110 (46.351)	5:19.550 (46.440)	6:06.467 (46.917)	
	6:53.104 (46.637)	7:39.694 (46.591)	8:26.474 (46.780)	9:13.679 (47.206)	
	10:01.230 (47.551)	10:49.148 (47.918)	11:37.006 (47.858)	12:25.033 (48.028)	
	13:13.113 (48.080)	14:01.090 (47.977)	14:49.124 (48.035)	15:36.871 (47.747)	
	16:25.234 (48.363)	17:13.534 (48.301)	18:01.578 (48.044)	18:49.285 (47.708)	
	19:36.422 (47.137)				



**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Women 5000 Meter Run**

12	Julia Veit	SR Luther		19:38.13
	44.890 (44.890)	1:30.662 (45.773)	2:17.948 (47.286)	3:05.369 (47.421)
	3:53.317 (47.948)	4:40.840 (47.524)	5:28.569 (47.730)	6:15.655 (47.086)
	7:02.900 (47.246)	7:50.484 (47.584)	8:38.074 (47.591)	9:26.040 (47.966)
	10:13.732 (47.692)	11:01.526 (47.795)	11:49.359 (47.833)	12:36.999 (47.640)
	13:25.141 (48.143)	14:12.989 (47.848)	15:01.113 (48.124)	15:49.171 (48.059)
	16:36.767 (47.596)	17:23.904 (47.137)	18:10.837 (46.933)	18:57.332 (46.495)
	19:38.130 (40.799)			
13	Annika Kruse	SO Central College	19:29.06	19:38.78
	43.444 (43.444)	1:27.928 (44.484)	2:13.713 (45.785)	3:00.280 (46.567)
	3:47.115 (46.836)	4:33.495 (46.380)	5:20.000 (46.505)	6:07.150 (47.151)
	6:54.275 (47.126)	7:41.223 (46.948)	8:28.989 (47.767)	9:16.714 (47.725)
	10:04.412 (47.698)	10:52.645 (48.233)	11:40.990 (48.346)	12:29.344 (48.354)
	13:17.444 (48.101)	14:05.866 (48.422)	14:54.877 (49.012)	15:44.191 (49.314)
	16:32.646 (48.455)	17:20.876 (48.230)	18:08.775 (47.899)	18:55.601 (46.826)
	19:38.773 (43.172)			
14	Mari Paulsen	SO Luther	20:14.02	
	45.222 (45.222)	1:30.973 (45.752)	2:18.289 (47.316)	3:05.705 (47.416)
	3:53.614 (47.910)	4:41.162 (47.548)	5:28.872 (47.710)	6:15.946 (47.074)
	7:03.233 (47.287)	7:50.761 (47.528)	8:38.364 (47.603)	9:26.353 (47.989)
	10:14.002 (47.649)	11:01.821 (47.820)	11:49.664 (47.843)	12:37.317 (47.654)
	13:25.670 (48.353)	14:14.971 (49.301)	15:05.479 (50.508)	15:56.504 (51.026)
	16:48.079 (51.576)	17:39.586 (51.508)	18:31.236 (51.650)	19:23.528 (52.292)
	20:14.013 (50.485)			
--	Claire Kallhoff	SR Nebraska Wesleyan	19:16.76	DNF
	42.727 (42.727)	1:23.342 (40.615)	2:07.047 (43.706)	2:51.680 (44.633)
	3:36.276 (44.597)	4:20.980 (44.704)	5:05.559 (44.579)	5:50.989 (45.430)
	6:36.656 (45.667)	7:20.295 (43.639)	8:05.531 (45.236)	8:50.344 (44.814)
	9:35.624 (45.280)	10:20.957 (45.334)	11:06.939 (45.982)	11:54.399 (47.460)
	12:43.511 (49.113)	13:33.481 (49.970)	14:22.820 (49.340)	15:12.089 (49.270)
	16:01.594 (49.505)	16:50.814 (49.221)	17:35.897 (45.083)	18:18.799 (42.902)

**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	8.87	2/25/2022	Elayna Bahl, Loras
Facility: F	8.87	2/25/2022	Elayna Bahl, Loras

Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1	JoJo Tyynismaa	SO Wartburg	8.82	8.94Q	2
2	Audrey Arnold	JR Simpson (Iowa)	9.23	9.21Q	1
3	Olivia Bohlen	SO Central College	9.14	9.23q	1 9.222
4	Grace Braden	FR Wartburg	9.19	9.23q	1 9.229
5	Grace Alley	SR Loras	9.23	9.26q	2
6	Annika Elco	SO Luther	9.43	9.31q	1
7	Keeley Hourigan	JR Nebraska Wesleyan	9.20	9.53q	2
8	Sophia Stahle	FR Wartburg	9.43	9.61q	2
9	Abby Gruver	JR Central College	10.01	9.82	2
10	Meghan Prohaska	SR Dubuque	9.64	9.94	2
11	Rachel Smith	FR Nebraska Wesleyan	9.75	10.03	1
12	Victoria Zoltowska	JR Dubuque	9.89	10.06	1
13	Nina Tomko	FR Dubuque	10.66	10.56	1

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Women 60 Meter Hurdles**

14 Abby Pierce	FR Loras	10.32	10.57	2
15 Britni Blackburn	SO Buena Vista	11.07	10.93	1

**Women 60 Meter Hurdles**

All-Time: A	8.53	2014	Tashina McAllister, Wartburg
Championship: C	8.87	2/25/2022	Elayna Bahl, Loras
Facilty: F	8.87	2/25/2022	Elayna Bahl, Loras

Name	Year	School	Prelims	Finals	Points
<b>Finals</b>					
1 JoJo Tynnismaa	SO	Wartburg	8.94	8.89	10
2 Olivia Bohlen	SO	Central College	9.23	9.06	8
3 Grace Alley	SR	Loras	9.26	9.11	6
4 Grace Braden	FR	Wartburg	9.23	9.15	5
5 Audrey Arnold	JR	Simpson (Iowa)	9.21	9.25	4
6 Keeley Hourigan	JR	Nebraska Wesleyan	9.53	9.40	3
7 Annika Elco	SO	Luther	9.31	9.43	2
8 Sophia Stahle	FR	Wartburg	9.61	9.52	1

**Women 4x400 Meter Relay**

All-Time: A	3:43.82	2012	Wartburg, Wartburg
			S Morrison, F Burt, K Kregal, N Morrison
Championship: C	3:48.75	2/26/2022	Loras, Loras
			S Lambe, E Bahl, M Edwards, A Pfadenhauer
Facilty: F	3:48.75	2/26/2022	Loras, Loras
			S Lambe, E Bahl, M Edwards, A Pfadenhauer

School	Seed	Finals	H#	Points
1 Central College	3:58.91	3:55.14	2	10
1) Lizzy Van Utrecht FR				
2) Ava Parkins FR				
3) Abby Gruver JR				
28.022 (28.022)	1:00.316 (32.294)	1:27.706 (27.390)	1:58.164 (30.459)	
2:26.102 (27.938)	2:57.553 (31.452)	3:24.878 (27.326)	3:55.140 (30.262)	
2 Wartburg	3:51.22	3:56.84	2	8
1) JoJo Tynnismaa SO				
2) Lina Newland SO				
3) Olivia Tollari SO				
27.610 (27.610)	1:00.136 (32.527)	1:27.058 (26.922)	1:57.892 (30.835)	
2:25.830 (27.938)	2:57.524 (31.694)	3:25.262 (27.739)	3:56.839 (31.577)	
3 Loras	3:51.62	4:00.92	2	6
1) Layla Hughes FR				
2) Alyssa Pfadenhauer SR				
3) Kelly Kohlhof JR				
28.420 (28.420)	1:00.930 (32.510)	1:28.057 (27.128)	1:59.469 (31.412)	
2:27.384 (27.916)	3:00.286 (32.902)	3:29.619 (29.333)	4:00.920 (31.302)	
4 Simpson (Iowa)	4:23.45	4:05.89	1	5
1) Maddax DeVault SO				
2) Ava Carder SO				
3) Audrey Arnold JR				
28.074 (28.074)	1:02.249 (34.175)	1:31.052 (28.803)	2:03.924 (32.873)	
2:33.803 (29.880)	3:07.298 (33.495)	3:33.915 (26.618)	4:05.887 (31.972)	
5 Dubuque	4:07.81	4:06.01	1	4
1) Riley Finn JR				
2) Jaide Flowers FR				

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Women 4x400 Meter Relay**

3) Emma Lundquist SR	4) Gianna Borzileri JR				
28.117 (28.117)	1:02.026 (33.910)	1:30.824 (28.798)	2:02.789 (31.965)		
2:32.729 (29.940)	3:06.371 (33.642)	3:34.050 (27.680)	4:06.008 (31.958)		
6 Buena Vista		4:40.43	4:19.77	1	3
1) Puritie Smith SO	2) Lanah Collins SO				
3) Hannah Olson SR	4) Megan Bakke FR				
29.402 (29.402)	1:04.288 (34.886)	1:35.001 (30.714)	2:08.768 (33.767)		
2:40.478 (31.711)	3:15.314 (34.836)	3:45.764 (30.450)	4:19.770 (34.006)		
7 Luther		4:36.51	4:32.25	1	2
1) Annika Elco SO	2) Sarah Grams JR				
3) Zoe Rahberg SO	4) Lily Chen SR				
29.527 (29.527)	1:05.281 (35.754)	1:35.806 (30.526)	2:15.348 (39.542)		
2:46.192 (30.844)	3:23.536 (37.345)	3:56.363 (32.827)	4:32.249 (35.887)		
8 Coe			4:33.61	1	1
1) Sangai Dukuly JR	2) Morgana Goodlow SR				
3) Gia Slocum FR	4) Crystal Burke SR				
28.703 (28.703)	1:02.105 (33.402)	1:33.816 (31.711)	2:06.189 (32.373)		
2:40.306 (34.117)	3:20.691 (40.386)	3:53.291 (32.600)	4:33.603 (40.313)		
-- Nebraska Wesleyan		3:50.87	DQ	2	Rule 15-5-2
1) Isabella Hilger SR	2) Kiarra Fennell FR				
3) Natalie Cummins JR	4) Raegan Levi SO				
27.372 (27.372)	1:00.896 (33.524)	1:28.012 (27.116)	1:59.370 (31.358)		
2:26.953 (27.584)	3:00.882 (33.930)	3:29.780 (28.898)	4:02.227 (32.448)		

**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			
Facilty: F 9:25.33	2013	Wartburg, Wartburg			
School			Seed	Finals	Points
1 Wartburg				9:24.29F	10
1) Madison Prier SO	2) Rachel Nagel JR				
3) Ella Johnson FR	4) Haley Meyer SO				
33.824 (33.824)	1:09.894 (36.070)	1:47.575 (37.682)	2:23.671 (36.096)		
2:56.469 (32.798)	3:32.753 (36.285)	4:08.678 (35.925)	4:45.396 (36.719)		
5:18.939 (33.543)	5:55.067 (36.128)	6:31.653 (36.587)	7:06.755 (35.102)		
7:39.077 (32.322)	8:13.579 (34.502)	8:50.605 (37.027)	9:24.289 (33.684)		
2 Loras				9:24.73F	8
1) Becca Diddia JR	2) Emily Jackson SO				
3) Bailey Vaughan SO	4) Frankie Chaidez JR				
34.222 (34.222)	1:10.126 (35.905)	1:47.832 (37.706)	2:21.658 (33.827)		
2:55.475 (33.818)	3:31.691 (36.216)	4:09.113 (37.423)	4:45.606 (36.493)		
5:19.206 (33.600)	5:54.711 (35.506)	6:30.918 (36.207)	7:06.983 (36.066)		
7:39.345 (32.362)	8:13.812 (34.468)	8:50.796 (36.984)	9:24.721 (33.926)		
3 Central College				9:35.37	6
1) Hadyn Miller SO	2) Alyssa Mayhew JR				
3) Alivia Roerdink FR	4) Peyton Steffen SO				
32.921 (32.921)	1:09.477 (36.557)	1:47.457 (37.981)	2:24.400 (36.943)		
2:57.020 (32.620)	3:33.306 (36.286)	4:09.734 (36.428)	4:47.143 (37.410)		
5:21.108 (33.966)	5:57.607 (36.499)	6:36.848 (39.242)	7:17.014 (40.167)		
7:48.628 (31.614)	8:23.201 (34.574)	8:59.260 (36.060)	9:35.363 (36.104)		

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20**

**Hosted by: University of Dubuque**

**2/23/2024 to 2/24/2024**

**Results**

**....Women 4x800 Meter Relay**

4 Nebraska Wesleyan				9:46.56	5
1) Gabby Thomas SR		2) Bethany Schuhmacher FR			
3) Thea Seibel SR		4) Delaney Vacek SO			
33.974 (33.974)	1:10.185 (36.211)	1:48.302 (38.118)	2:26.205 (37.903)		
2:58.902 (32.697)	3:34.027 (35.125)	4:09.456 (35.430)	4:45.770 (36.314)		
5:20.347 (34.578)	5:57.907 (37.560)	6:37.819 (39.912)	7:17.283 (39.464)		
7:49.559 (32.277)	8:26.152 (36.593)	9:05.447 (39.296)	9:46.554 (41.107)		
5 Dubuque				9:57.18	4
1) Kiana Vogel SO		2) Katelyn Pfaltzgraff JR			
3) Delisha Davis FR		4) Alexia Pecora FR			
33.680 (33.680)	1:09.759 (36.079)	1:47.770 (38.012)	2:25.012 (37.242)		
2:58.251 (33.240)	3:34.811 (36.561)	4:13.051 (38.240)	4:52.107 (39.057)		
5:25.825 (33.718)	6:04.080 (38.256)	6:44.354 (40.274)	7:24.269 (39.916)		
8:00.760 (36.491)	8:39.576 (38.817)	9:20.317 (40.742)	9:57.179 (36.862)		
6 Simpson (Iowa)				10:00.19	3
1) Kaya Young SR		2) Kate Huisinga SO			
3) Angel Schewe JR		4) Skyler Blessman SO			
34.569 (34.569)	1:10.776 (36.207)	1:49.683 (38.908)	2:27.583 (37.900)		
3:01.423 (33.840)	3:39.058 (37.635)	4:19.312 (40.254)	4:58.424 (39.112)		
5:32.364 (33.940)	6:08.399 (36.036)	6:46.619 (38.220)	7:26.811 (40.192)		
8:02.248 (35.437)	8:39.655 (37.408)	9:20.078 (40.424)	10:00.185 (40.108)		
7 Luther				10:34.28	2
1) Penelope Hansen SO		2) Lindsey Moseley SO			
3) Mari Paulsen SO		4) Lucy Corbin SO			
36.676 (36.676)	1:16.117 (39.442)	1:57.118 (41.001)	2:36.865 (39.747)		
3:12.701 (35.836)	3:53.469 (40.768)	4:35.647 (42.179)	5:17.563 (41.916)		
5:52.243 (34.680)	6:29.666 (37.424)	7:09.651 (39.985)	7:54.970 (45.319)		
8:31.413 (36.443)	9:10.630 (39.218)	9:52.141 (41.512)	10:34.274 (42.133)		
8 Coe				10:52.74	1
1) Crystal Burke SR		2) Lily Mayo FR			
3) Alexis Vaughn SO		4) Kendall Nolan FR			
35.718 (35.718)	1:12.276 (36.558)	1:50.601 (38.325)	2:27.377 (36.777)		
3:04.901 (37.524)	3:44.656 (39.755)	4:25.074 (40.418)	5:04.958 (39.884)		
5:44.224 (39.266)	6:26.599 (42.376)	7:10.893 (44.294)	7:57.666 (46.773)		
8:37.644 (39.978)	9:21.048 (43.405)	10:07.558 (46.510)	10:52.732 (45.174)		

**Women Distance Medley**

=====			
All-Time: A 11:40.13	2022	Wartburg, Wartburg	
		Meyer, Olson, McSorley, Fisher	
Championship: C 11:48.85	2004	Wartburg, Wartburg	
		B Neal, S Arey, M Ubben, M Buttry	
Facilty: F 11:50.55	2013	Luther, Luther	
School		Seed	Finals Points
=====			

1 Wartburg				11:37.14	12:25.61	10
1) Haley Meyer SO		2) Leah Cherry SO				
3) Rachel Nagel JR		4) Ellie Meyer JR				
39.706 (39.706)	1:20.399 (40.693)	1:59.057 (38.659)	2:36.663 (37.606)			
3:12.692 (36.030)	3:45.911 (33.220)	4:12.919 (27.008)	4:45.538 (32.620)			
5:17.132 (31.594)	5:54.117 (36.986)	6:31.532 (37.416)	7:08.386 (36.854)			
7:42.470 (34.084)	8:20.980 (38.510)	9:01.009 (40.030)	9:41.958 (40.949)			
10:23.547 (41.589)	11:04.653 (41.107)	11:45.883 (41.230)	12:25.602 (39.720)			

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Women Distance Medley**

2	Central College			11:38.53	12:33.07	8
	1) Sara Goodenbour JR		2) Lizzy Van Utrecht FR			
	3) Hadyn Miller SO		4) Leah Bontrager SO			
	39.899 (39.899)	1:20.640 (40.741)	1:59.236 (38.597)	2:36.973 (37.737)		
	3:13.797 (36.825)	3:51.838 (38.041)	4:19.387 (27.549)	4:51.296 (31.909)		
	5:22.278 (30.983)	5:58.308 (36.030)	6:37.172 (38.865)	7:13.869 (36.697)		
	7:49.479 (35.610)	8:27.711 (38.232)	9:07.714 (40.004)	9:48.161 (40.447)		
	10:29.897 (41.737)	11:11.894 (41.997)	11:53.582 (41.688)	12:33.064 (39.482)		
3	Loras			12:37.35	6	
	1) Bailey Vaughan SO		2) Layla Hughes FR			
	3) Emily Jackson SO		4) Frankie Chaidez JR			
	39.954 (39.954)	1:21.288 (41.334)	1:59.552 (38.264)	2:39.240 (39.689)		
	3:18.598 (39.358)	3:58.616 (40.019)	4:25.579 (26.963)	4:58.364 (32.785)		
	5:31.704 (33.340)	6:06.345 (34.641)	6:44.004 (37.659)	7:22.469 (38.466)		
	7:57.026 (34.557)	8:34.439 (37.414)	9:14.124 (39.685)	9:56.712 (42.588)		
	10:40.128 (43.416)	11:22.740 (42.612)	12:01.739 (38.999)	12:37.347 (35.609)		
4	Nebraska Wesleyan			13:48.32	12:41.88	5
	1) Delaney Vacek SO		2) Kiarra Fennell FR			
	3) Bethany Schuhmacher FR		4) Gabby Thomas SR			
	39.775 (39.775)	1:20.740 (40.966)	1:59.712 (38.972)	2:38.056 (38.344)		
	3:17.147 (39.092)	3:55.955 (38.809)	4:24.551 (28.596)	4:56.602 (32.051)		
	5:31.522 (34.921)	6:06.872 (35.350)	6:43.747 (36.875)	7:19.343 (35.596)		
	7:54.562 (35.220)	8:33.238 (38.677)	9:13.874 (40.637)	9:56.600 (42.726)		
	10:39.860 (43.261)	11:22.610 (42.750)	12:02.980 (40.370)	12:41.879 (38.900)		
5	Simpson (Iowa)			13:32.69	12:59.83	4
	1) Kate Huisinga SO		2) Ava Carder SO			
	3) Kaya Young SR		4) Emily Erhardt SR			
	39.817 (39.817)	1:20.820 (41.003)	2:01.099 (40.279)	2:41.009 (39.911)		
	3:21.287 (40.279)	4:02.739 (41.452)	4:31.032 (28.294)	5:04.806 (33.775)		
	5:36.389 (31.583)	6:12.929 (36.540)	6:52.455 (39.526)	7:32.147 (39.693)		
	8:07.458 (35.312)	8:45.743 (38.286)	9:25.096 (39.353)	10:05.634 (40.538)		
	10:47.374 (41.740)	11:30.477 (43.104)	12:15.182 (44.705)	12:59.828 (44.647)		
6	Dubuque			13:08.30	3	
	1) Delisha Davis FR		2) Emma Lundquist SR			
	3) Jaide Flowers FR		4) Kiana Vogel SO			
	39.746 (39.746)	1:20.174 (40.428)	1:59.342 (39.168)	2:38.010 (38.668)		
	3:17.562 (39.552)	3:55.866 (38.305)	4:25.337 (29.471)	5:00.014 (34.677)		
	5:31.565 (31.551)	6:05.612 (34.047)	6:43.921 (38.310)	7:22.564 (38.643)		
	7:59.918 (37.354)	8:40.618 (40.701)	9:24.269 (43.651)	10:08.685 (44.416)		
	10:54.410 (45.725)	11:41.971 (47.561)	12:27.125 (45.155)	13:08.293 (41.168)		
7	Buena Vista			13:22.07	2	
	1) Karley Ruiz-Genovese SO		2) Lanah Collins SO			
	3) Jaden Swarts FR		4) Megan Bakke FR			
	40.011 (40.011)	1:20.962 (40.951)	2:01.478 (40.516)	2:42.679 (41.201)		
	3:26.412 (43.734)	4:10.361 (43.950)	4:40.670 (30.309)	5:15.130 (34.460)		
	5:50.758 (35.628)	6:29.534 (38.776)	7:08.463 (38.929)	7:48.563 (40.101)		
	8:23.962 (35.400)	9:04.170 (40.208)	9:46.591 (42.422)	10:30.153 (43.562)		
	11:13.077 (42.925)	11:56.237 (43.160)	12:38.889 (42.653)	13:22.062 (43.173)		
8	Coe			13:35.35	13:27.16	1

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Women Distance Medley**

1) Crystal Burke SR	2) Sangai Dukuly JR				
3) Elise Dummermuth FR	4) Lily Mayo FR				
40.225 (40.225)	1:21.196 (40.972)	1:59.987 (38.791)	2:38.764 (38.778)		
3:18.172 (39.408)	3:56.029 (37.857)	4:23.836 (27.808)	4:58.508 (34.672)		
5:34.409 (35.902)	6:15.256 (40.847)	6:59.937 (44.681)	7:42.408 (42.472)		
8:23.213 (40.806)	9:05.351 (42.138)	9:48.802 (43.451)	10:32.384 (43.582)		
11:16.447 (44.064)	12:01.186 (44.739)	12:44.781 (43.595)	13:27.158 (42.377)		
9 Luther			13:46.18		
1) Lucy Corbin SO	2) Annika Elco SO				
3) Sarah Grams JR	4) Lindsey Moseley SO				
40.561 (40.561)	1:21.501 (40.941)	2:02.143 (40.642)	2:44.371 (42.228)		
3:28.829 (44.458)	4:13.813 (44.984)	4:46.160 (32.348)	5:21.406 (35.247)		
5:56.526 (35.120)	6:34.739 (38.213)	7:14.847 (40.109)	7:54.183 (39.336)		
8:33.969 (39.786)	9:15.386 (41.418)	9:59.271 (43.885)	10:45.198 (45.927)		
11:31.071 (45.874)	12:16.598 (45.528)	13:02.861 (46.263)	13:46.173 (43.312)		

**Women High Jump**

1.34,1.39,1.44,1.49,1.54,1.59,1.62,1.65,1.68,1.71,1.74																		
All-Time: A 1.75m 2023			Brea Christopher, Wartburg															
All-Time: A 1.75m 2024			Grace Alley, Loras															
Championship: C 1.73m 2/26/2022			Brea Christopher, Wartburg															
Facility: F 1.73m 2019			Chantel Kyler, Clarke															
Facility: F 1.73m 2/26/2022			Brea Christopher, Wartburg															
Name	Year	School	Seed	Finals	Points													
1 Grace Alley	SR	Loras	1.75m	1.71m	5-07.25	10	1.34	1.39	1.44	1.49	1.54	1.59	1.62	1.65	1.68	1.71	1.74	1.76
							PPP	PPP	PPP	PPP	PPP	O	PPP	O	O	XO	PPP	XXP
2 Sara Hoskins	JR	Loras	1.68m	1.68m	5-06.00	8	1.34	1.39	1.44	1.49	1.54	1.59	1.62	1.65	1.68	1.71		
							PPP	PPP	PPP	PPP	O	O	O	O	O	XXX		
3 Julia Klein	SO	Loras	1.62m	1.59m	5-02.50	6	1.34	1.39	1.44	1.49	1.54	1.59	1.62					
							PPP	PPP	PPP	O	O	O	XXX					
4 Jaden Gatts	FR	Dubuque	1.68m	1.54m	5-00.50	4.50	1.34	1.39	1.44	1.49	1.54	1.59	1.62					
							PPP	PPP	PPP	PPP	O	PPP	XXX					
4 Deshawna Neal	FR	Wartburg	1.56m	1.54m	5-00.50	4.50	1.34	1.39	1.44	1.49	1.54	1.59						
							PPP	PPP	PPP	PPP	O	XXX						
6 Samantha Nielsen	SO	Wartburg	1.65m	1.54m	5-00.50	3	1.34	1.39	1.44	1.49	1.54	1.59						
							PPP	PPP	PPP	PPP	XXO	XXX						
7 Abigail White	JR	Central College	1.52m	1.49m	4-10.50	1.50	1.34	1.39	1.44	1.49	1.54							
							PPP	PPP	O	O	XXX							
7 Meghan Prohaska	SR	Dubuque	1.56m	1.49m	4-10.50	1.50	1.34	1.39	1.44	1.49	1.54							
							PPP	PPP	PPP	O	XXX							
9 Emma Thurness	SO	Wartburg	1.53m	1.49m	4-10.50		1.34	1.39	1.44	1.49	1.54							
							PPP	PPP	XO	O	XXX							
9 Cadence Sinclair	FR	Central College	1.53m	1.49m	4-10.50		1.34	1.39	1.44	1.49	1.54							
							PPP	PPP	XO	O	XXX							
11 Alyssa Fowler	FR	Wartburg	1.55m	1.49m	4-10.50		1.34	1.39	1.44	1.49	1.54							
							1.34	1.39	1.44	1.49	1.54							

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20**

**Hosted by: University of Dubuque**

**2/23/2024 to 2/24/2024**

**Results**

PPP PPP XO XO XXX

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Women High Jump**

12	Grace Cummins	FR Loras	1.52m	1.44m	4-08.75
	1.34 1.39 1.44 1.49				
	PPP PPP XO XXX				
13	Aaliyah Johnson	JR Simpson (Iowa)	1.53m	1.44m	4-08.75
	1.34 1.39 1.44 1.49				
	PPP XO XO XXX				
14	Sarah Kolterman	FR Nebraska Wesleyan	1.45m	1.39m	4-06.75
	1.34 1.39 1.44				
	XO XXO XXX				
15	Nona Van Berkum	SO Central College	1.37m	1.34m	4-04.75
	1.34 1.39				
	O XXX				

**Women Pole Vault**

2.47, 2.62, 2.77, 2.92, 3.07, 3.17, 3.27, 3.37, 3.47, 3.57, 3.67, 3.77										
All-Time: A 3.85m 2016 Elizabeth Brandenburg, Loras										
Championship: C 3.76m 2/26/2016 Elizabeth Brandenburg, Loras										
Facilty: F 3.81m 2017 Elizabeth Brandenburg, Loras										
Name	Year	School	Seed	Finals	Points					
1	Meghan Prohaska	SR Dubuque	3.25m	3.47m	11-04.50	10				
	2.47 2.62 2.77 2.92 3.07 3.17 3.27 3.37 3.47 3.71									
	PPP PPP PPP PPP PPP O O O O XXX									
2	Amber Vroman	JR Central College	3.43m	3.37m	11-00.75	8				
	2.47 2.62 2.77 2.92 3.07 3.17 3.27 3.37 3.47									
	PPP PPP PPP PPP O XO XO O XXX									
3	Samantha Harvell	JR Dubuque	3.55m	3.37m	11-00.75	6				
	2.47 2.62 2.77 2.92 3.07 3.17 3.27 3.37 3.47									
	PPP PPP PPP PPP O O O XXO XXX									
4	Emily Druse	SR Nebraska Wesleyan	3.17m	3.27m	10-08.75	5				
	2.47 2.62 2.77 2.92 3.07 3.17 3.27 3.37									
	PPP PPP PPP O O O O XXX									
5	Abby Apeland	FR Loras	3.17m	3.17m	10-04.75	4				
	2.47 2.62 2.77 2.92 3.07 3.17 3.27									
	PPP PPP PPP XO XO O XXX									
6	Leah Howard	SO Central College	3.05m	2.92m	9-07.00	3				
	2.47 2.62 2.77 2.92 3.07									
	PPP O O XO XXX									
7	Amelia Herbert	SR Nebraska Wesleyan	2.87m	2.92m	9-07.00	2				
	2.47 2.62 2.77 2.92 3.07									
	O O O XXO XXX									
8	Ella Johnson	FR Wartburg	2.75m	2.62m	8-07.00	1				
	2.47 2.62 2.77									
	O O XXX									
9	Linnea Hedin	SO Luther	2.55m	2.62m	8-07.00					
	2.47 2.62 2.77									
	O XXO XXX									
--	Kendra Poppe	FR Nebraska Wesleyan	2.87m	NH						
	2.47 2.62									
	PPP XXX									



**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****Women Long Jump**

All-Time: A 6.17m 2012		Skye Morrison, Wartburg			
Championship: C 6.17m 2012		Skye Morrison, Wartburg			
Facilty: F 5.93m 2024		Emma Seipel, Loras			
Name	Year	School	Seed	Finals	Points
1 Emma Seipel	JR	Loras	6.08m	5.77m	18-11.25 10
4.32m 5.68m 5.77m 5.77m 5.61m	PASS				
2 Harmony Creasy	JR	Loras	5.94m	5.75m	18-10.50 8
5.66m 5.68m 5.75m	PASS PASS PASS				
3 Grace Alley	SR	Loras	5.87m	5.53m	18-01.75 6
FOUL FOUL 5.53m	PASS PASS PASS				
4 Olivia Tollari	SO	Wartburg	5.46m	5.27m	17-03.50 5
4.78m 5.14m 5.07m 4.96m 5.27m 5.18m					
5 Breanne Geary	SR	Nebraska Wesleyan	5.44m	5.26m	17-03.25 4
5.26m 5.16m 5.20m	FOUL FOUL PASS				
6 Shaniah Johnson	JR	Wartburg	5.29m	5.26m	17-03.25 3
5.26m 5.17m 5.18m 4.89m 5.17m 5.06m					
7 Lina Newland	SO	Wartburg	5.33m	5.20m	17-00.75 2
5.20m 4.63m 4.97m 5.01m 5.15m	FOUL				
8 Natalie Cummins	JR	Nebraska Wesleyan	5.40m	5.12m	16-09.75 1
5.06m 5.07m 5.06m 5.12m	FOUL 4.57m				
9 Chloe Mooberry	FR	Nebraska Wesleyan	5.39m	5.09m	16-08.50
4.89m 4.99m 4.84m 4.78m 4.76m 5.09m					
10 Anna Parrott	SO	Simpson (Iowa)	5.18m	4.99m	16-04.50
4.99m FOUL 4.84m					
11 Jaden Gatts	FR	Dubuque	5.05m	4.74m	15-06.75
4.74m 4.09m 4.31m					
12 Karlee Warnke	FR	Central College	4.81m	4.60m	15-01.25
FOUL FOUL 4.60m					
13 Grace Davidson	SR	Luther		4.18m	13-08.75
4.18m 3.92m 4.05m					
14 Gabbie Schei	SR	Luther	4.11m	3.98m	13-00.75
FOUL 3.98m 3.90m					
-- Jasmyrn Williams	FR	Central College		FOUL	
FOUL FOUL FOUL					

**Women Triple Jump**

All-Time: A 12.25m 2023		Grace Alley, Loras			
Championship: C 12.16m 2012		Skye Morrison, Wartburg			
Facilty: F 12.26m 2016		Amber Williams, UW-Platteville			
Name	Year	School	Seed	Finals	Points
1 Grace Alley	SR	Loras	11.94m	11.84m	38-10.25 10
11.84m FOUL FOUL	PASS PASS PASS				
2 Julia Klein	SO	Loras	11.13m	11.30m	37-01.00 8
11.29m 11.30m 11.17m 10.94m 11.07m 11.12m					
3 Emma Seipel	JR	Loras	10.57m	11.29m	37-00.50 6
10.90m 10.91m 11.26m 10.80m 10.95m 11.29m					
4 Shaniah Johnson	JR	Wartburg	11.29m	11.28m	37-00.25 5
FOUL 10.51m 10.79m 11.28m 11.02m 10.97m					
5 Sangai Dukuly	JR	Coe	10.97m	10.73m	35-02.50 4
10.13m 10.48m 10.73m 10.69m 10.57m 10.27m					

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Women Triple Jump**

6	Madeline Boulanger	FR	Wartburg	10.94m	10.65m	34-11.25	3
	10.37m FOUL 10.65m 10.50m FOUL 10.43m						
7	Chloe Dunigan	SO	Loras	10.65m	10.60m	34-09.50	2
	FOUL FOUL 10.31m 10.10m FOUL 10.60m						
8	Samantha Nielsen	SO	Wartburg	11.03m	10.57m	34-08.25	1
	FOUL 10.57m 10.43m 9.92m 9.86m 10.56m						
9	Victoria Zoltowska	JR	Dubuque	10.37m	10.39m	34-01.25	
	10.07m FOUL 10.20m FOUL 10.39m FOUL						

**Women Shot Put**

All-Time: A 15.01m		2016	Tanasha Atwater, Dubuque					
Championship: C 14.71m		2/24/2023	Kaitlyn Wilder, Dubuque					
Facilty: F 15.70m			Zonica Lindeque, UNAT-Wisconsin					
Name	Year	School	Seed	Finals	H#	Points		
1	Lily Meester	JR	Wartburg	14.02m	13.64m	44-09.00	2	10
	12.90m 13.58m 12.91m 12.25m 13.64m 13.04m							
2	Riley Vice	JR	Loras	13.10m	13.40m	43-11.75	2	8
	13.22m 13.40m FOUL FOUL FOUL 11.87m							
3	Kaitlyn Wilder	SR	Dubuque	13.87m	13.31m	43-08.00	2	6
	FOUL FOUL 12.78m FOUL FOUL 13.31m							
4	Nai'lah Anders	FR	Dubuque	13.14m	13.15m	43-01.75	2	5
	13.15m 12.78m 13.14m 12.47m FOUL FOUL							
5	Kristen Reicks	SR	Wartburg	12.66m	13.11m	43-00.25	2	4
	12.55m 12.31m 12.08m 11.85m 13.11m 12.06m							
6	Chloe Reiser	FR	Dubuque	12.65m	13.02m	42-08.75	2	3
	13.02m 12.09m 12.06m 12.14m FOUL FOUL							
7	Taylor Flaig	JR	Loras	12.96m	12.56m	41-02.50	2	2
	11.59m 12.29m FOUL FOUL 12.56m 12.27m							
8	Marley Espinosa	SO	Nebraska Wesleyan	12.11m	12.14m	39-10.00	2	1
	11.88m 12.04m 12.14m FOUL FOUL 11.53m							
9	Courtney Johnson	JR	Buena Vista	10.59m	12.13m	39-09.75	1	
	11.00m 11.63m 12.10m 11.95m 12.13m 11.81m							
10	Haley Beminio	JR	Wartburg	12.57m	12.02m	39-05.25	2	
	11.79m 12.02m 11.74m							
11	Anna Brennan	SR	Buena Vista	12.14m	11.90m	39-00.50	2	
	11.40m 11.90m FOUL							
12	Audra Gallick	SO	Loras	10.97m	11.85m	38-10.50	1	
	11.85m FOUL 11.26m							
13	Jasmine Angel	FR	Dubuque	11.97m	11.28m	37-00.25	2	
	11.28m 11.01m FOUL							
14	Lilly Duff	SO	Dubuque	11.33m	11.04m	36-02.75	1	
	FOUL FOUL 11.04m							
15	Anna Friedrichsen	SR	Buena Vista	11.19m	11.02m	36-02.00	1	
	10.30m FOUL 11.02m							
16	Payton Schermerhorn	FR	Buena Vista	11.22m	11.00m	36-01.25	1	
	11.00m FOUL FOUL							
17	Julianne Lundvall	FR	Luther	10.74m	10.92m	35-10.00	1	
	10.50m 10.42m 10.92m							
18	Aaliyah Johnson	JR	Simpson (Iowa)	10.51m	10.38m	34-00.75	1	
	10.01m 10.27m 10.38m							
19	Arynn Spence	FR	Nebraska Wesleyan	11.26m	10.38m	34-00.75	1	
	FOUL FOUL 10.38m							



**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Women Weight Throw**

20	Payten Hardy	SR Luther	12.93m	12.83m	42-01.25	1
	12.83m 12.81m 12.64m					
21	Kristen Davis	SO Buena Vista	12.97m	12.78m	41-11.25	1
	FOUL 12.78m FOUL					
22	Kira Baldus	JR Central College	11.59m	12.48m	40-11.50	1
	11.72m 12.48m 12.07m					
23	Piper Boggs	SO Coe	10.33m	11.00m	36-01.25	1
	10.66m FOUL 11.00m					
24	Eleanor Lefort	FR Luther	11.18m	10.24m	33-07.25	1
	9.84m 9.27m 10.24m					
25	Ashley Imdieke	JR Luther	9.49m	9.97m	32-08.50	1
	9.76m 9.48m 9.97m					

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

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

Facility: F 2:22.96 2/24/2017 Marta Springer, Luther

Name	Year	School	Finals	Points
1 Olivia Bohlen		SO Central College	2:31.97	668
	34.879 (34.879)	1:14.320 (39.441)	1:53.972 (39.652)	2:31.967 (37.995)
2 Caitlin Benesh		FR Wartburg	2:45.41	512
	38.940 (38.940)	1:21.830 (42.891)	2:05.429 (43.600)	2:45.408 (39.979)
3 Grace Braden		FR Wartburg	2:46.03	506
	38.112 (38.112)	1:19.932 (41.820)	2:03.734 (43.802)	2:46.030 (42.297)
4 Grace Alley		SR Loras	2:47.03	495
	37.860 (37.860)	1:19.679 (41.819)	2:03.432 (43.754)	2:47.022 (43.590)
5 Brooke Shafer		JR Wartburg	2:47.42	491
	39.930 (39.930)	1:23.643 (43.713)	2:08.859 (45.217)	2:47.415 (38.556)
6 Victoria Zoltowska		JR Dubuque	2:47.55	489
	38.766 (38.766)	1:22.548 (43.783)	2:07.381 (44.834)	2:47.546 (40.165)
7 Karsyn Lamm		JR Central College	2:54.14	422
	39.317 (39.317)	1:23.076 (43.760)	2:09.170 (46.094)	2:54.139 (44.970)
8 Anna Parrott		SO Simpson (Iowa)	2:56.77	396
	39.606 (39.606)	1:23.344 (43.739)	2:09.538 (46.194)	2:56.769 (47.231)
9 Aaliyah Johnson		JR Simpson (Iowa)	3:00.57	360
	38.322 (38.322)	1:22.247 (43.925)	2:12.403 (50.156)	3:00.564 (48.162)
10 Jazmine Woode		FR Wartburg	3:02.17	345
	41.701 (41.701)	1:27.319 (45.618)	2:17.163 (49.844)	3:02.166 (45.004)
11 Sarah Kolterman		FR Nebraska Wesleyan	3:02.81	340
	39.393 (39.393)	1:23.599 (44.207)	2:13.426 (49.827)	3:02.809 (49.383)
12 Amil-lion Derrick		JR Buena Vista	3:08.29	292
	40.752 (40.752)	1:24.296 (43.544)	2:13.444 (49.148)	3:08.284 (54.840)
-- Bridgette Smith		FR Loras	DNS	

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

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

Facility: F 9.52 2/25/2022 Krissa Larson, Central Coll

Name	Year	School	Finals	H#	Points
1 Olivia Bohlen		SO Central College	9.08F	4	893
2 Grace Braden		FR Wartburg	9.14F	4	881
3 Grace Alley		SR Loras	9.30F	4	848

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon**

4	Victoria Zoltowska	JR Dubuque	9.90	3	731	
5	Caitlin Benesh	FR Wartburg	9.98	4	716	
6	Karsyn Lamm	JR Central College	10.07	3	699	
7	Aaliyah Johnson	JR Simpson (Iowa)	10.18	2	679	10.174
8	Brooke Shafer	JR Wartburg	10.18	3	679	10.175
9	Jazmine Woode	FR Wartburg	10.28	2	661	
10	Amil-lion Derrick	JR Buena Vista	10.34	2	650	
11	Anna Parrott	SO Simpson (Iowa)	10.48	1	625	
12	Bridgette Smith	FR Loras	10.81	1	568	
13	Sarah Kolterman	FR Nebraska Wesleyan	10.99	1	538	

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

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

Facilty: F 1.66m 2/25/2022 Aaliyah Collier, Dubuque

Name	Year	School	Finals	Points
1 Grace Alley	SR	Loras	1.74mC 5-08.50	903
1.26 1.29 1.32 1.35 1.38	1.41 1.44 1.47 1.50 1.53	1.56 1.59 1.62 1.65 1.68	1.71 1.74 1.77	
PPP PPP PPP PPP PPP	PPP PPP PPP PPP PPP	PPP PPP PPP PPP PPP	0 0 0 XO 0 XPP	
2 Olivia Bohlen	SO	Central College	1.53m 5-00.25	655
1.17 1.20 1.23 1.26 1.29	1.32 1.35 1.38 1.41 1.44	1.47 1.50 1.53 1.56		
PPP PPP PPP PPP PPP	PPP PPP O XO XO	O O XO XXX		
3 Grace Braden	FR	Wartburg	1.50m 4-11.00	621
1.17 1.20 1.23 1.26 1.29	1.32 1.35 1.38 1.41 1.44	1.47 1.50 1.53		
PPP PPP PPP O O	O O O XO XO	XXO O XXX		
4 Aaliyah Johnson	JR	Simpson (Iowa)	1.47m 4-09.75	588
1.17 1.20 1.23 1.26 1.29	1.32 1.35 1.38 1.41 1.44	1.47 1.50		
PPP PPP PPP PPP PPP	PPP PPP PPP PPP XO	O XXX		
5 Bridgette Smith	FR	Loras	1.44m 4-08.75	555
1.17 1.20 1.23 1.26 1.29	1.32 1.35 1.38 1.41 1.44	1.47		
PPP PPP PPP PPP PPP	PPP PPP O O XXO	XXX		
5 Jazmine Woode	FR	Wartburg	1.44m 4-08.75	555
1.17 1.20 1.23 1.26 1.29	1.32 1.35 1.38 1.41 1.44	1.47		
PPP PPP PPP PPP PPP	O O XXO O O	XXX		
7 Anna Parrott	SO	Simpson (Iowa)	1.41m 4-07.50	523
1.17 1.20 1.23 1.26 1.29	1.32 1.35 1.38 1.41 1.44			
PPP PPP PPP PPP O	O O XXO XXO	XXX		
8 Brooke Shafer	JR	Wartburg	1.38m 4-06.25	491
1.17 1.20 1.23 1.26 1.29	1.32 1.35 1.38 1.41			
PPP PPP PPP XO XO	O XO XXO XXX			
8 Victoria Zoltowska	JR	Dubuque	1.38m 4-06.25	491
1.17 1.20 1.23 1.26 1.29	1.32 1.35 1.38 1.41			
PPP PPP PPP PPP PPP	PPP XXO O XXX			
8 Sarah Kolterman	FR	Nebraska Wesleyan	1.38m 4-06.25	491
1.17 1.20 1.23 1.26 1.29	1.32 1.35 1.38 1.41			
PPP PPP PPP PPP PPP	PPP XO XO XXX			
11 Amil-lion Derrick	JR	Buena Vista	1.32m 4-04.00	429
1.17 1.20 1.23 1.26 1.29	1.32 1.35			
PPP PPP O O XO	XO XXX			
11 Karsyn Lamm	JR	Central College	1.32m 4-04.00	429
1.17 1.20 1.23 1.26 1.29	1.32 1.35			
PPP O O O XO	XO XXX			

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon**

13 Caitlin Benesh FR Wartburg 1.26m 4-01.50 369  
 1.17 1.20 1.23 1.26 1.29  
 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 5.30m 2/23/2013 Laura Wondra, Loras

Name	Year	School	Finals	Points
1 Grace Alley	SR	Loras	5.48mC 17-11.75	694
5.42m 5.48m PASS				
2 Olivia Bohlen	SO	Central College	5.43mF 17-09.75	680
5.43m FOUL 5.17m				
3 Anna Parrott	SO	Simpson (Iowa)	4.89m 16-00.50	530
4.88m 4.89m FOUL				
4 Aaliyah Johnson	JR	Simpson (Iowa)	4.78m 15-08.25	500
4.64m FOUL 4.78m				
5 Victoria Zoltowska	JR	Dubuque	4.77m 15-07.75	498
4.75m 4.77m FOUL				
6 Karsyn Lamm	JR	Central College	4.60m 15-01.25	454
4.41m 4.60m 4.39m				
7 Amil-lion Derrick	JR	Buena Vista	4.41m 14-05.75	406
FOUL 4.41m FOUL				
8 Brooke Shafer	JR	Wartburg	4.35m 14-03.25	391
3.89m 4.30m 4.35m				
9 Sarah Kolterman	FR	Nebraska Wesleyan	4.33m 14-02.50	386
4.20m 4.26m 4.33m				
10 Grace Braden	FR	Wartburg	4.27m 14-00.25	371
FOUL 4.27m 4.23m				
11 Caitlin Benesh	FR	Wartburg	4.18m 13-08.75	350
3.84m 3.46m 4.18m				
12 Bridgette Smith	FR	Loras	4.08m 13-04.75	326
4.08m FOUL PASS				
13 Jazmine Woode	FR	Wartburg	4.00m 13-01.50	308
FOUL 4.00m FOUL				

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

Championship: C 12.05m 2/26/2010 Carissa Bentz, Central  
 Facility: F 11.34m 2/25/2022 Grace Alley, Loras

Name	Year	School	Finals	Points
1 Grace Alley	SR	Loras	12.05mC 39-06.50	664
12.02m 12.02m 12.05m				
2 Aaliyah Johnson	JR	Simpson (Iowa)	11.31m 37-01.25	616
11.31m 11.27m 10.03m				
3 Olivia Bohlen	SO	Central College	10.52m 34-06.25	564
9.61m 10.52m 9.62m				
4 Brooke Shafer	JR	Wartburg	10.00m 32-09.75	529
10.00m 9.49m 9.00m				
5 Anna Parrott	SO	Simpson (Iowa)	9.51m 31-02.50	497
9.16m 9.15m 9.51m				

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon**

6	Karsyn Lamm	JR Central College	9.42m	30-11.00	492
	9.42m 8.76m 8.77m				
7	Grace Braden	FR Wartburg	9.27m	30-05.00	482
	8.57m 8.27m 9.27m				
8	Bridgette Smith	FR Loras	8.96m	29-04.75	462
	FOUL 8.96m 8.75m				
9	Amil-lion Derrick	JR Buena Vista	8.93m	29-03.75	460
	FOUL 8.78m 8.93m				
10	Sarah Kolterman	FR Nebraska Wesleyan	8.42m	27-07.50	427
	8.07m 8.03m 8.42m				
11	Caitlin Benesh	FR Wartburg	8.41m	27-07.25	426
	8.30m 8.03m 8.41m				
12	Victoria Zoltowska	JR Dubuque	8.33m	27-04.00	421
	8.33m 8.14m 8.16m				
13	Jazmine Woode	FR Wartburg	8.07m	26-05.75	404
	6.87m 8.07m 7.98m				

**Women Indoor Pentathlon**

All-Time: A	3986	2024	Grace Alley, Loras			
Championship: C	3505	2/27/2015	Leah Broderick, Luther			
Facilty: F	3365	2/25/2022	Grace Alley, Loras			
Name	Year	School	Seed	Finals	H#	Points
1	Grace Alley	SR Loras	3986	3604C	10	
2	Olivia Bohlen	SO Central College	3372	3460F	8	
3	Grace Braden	FR Wartburg		2861	6	
4	Aaliyah Johnson	JR Simpson (Iowa)		2743	5	
5	Victoria Zoltowska	JR Dubuque		2630	4	
6	Brooke Shafer	JR Wartburg	2495	2581	3	
7	Anna Parrott	SO Simpson (Iowa)	2234	2571	2	
8	Karsyn Lamm	JR Central College	2445	2496	1	
9	Caitlin Benesh	FR Wartburg	2227	2373		
10	Jazmine Woode	FR Wartburg	1945	2273		
11	Amil-lion Derrick	JR Buena Vista	2024	2237		
12	Sarah Kolterman	FR Nebraska Wesleyan		2182		

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

All-Time: A	6.79	2/25/2022	Josh Smith, Loras			
Championship: C	6.79	2/25/2022	Josh Smith, Loras			
Facilty: F	6.79	2/25/2022	Josh Smith, Loras			
Name	Year	School	Seed	Prelims	H#	
Preliminaries						
1	Dayvion Foreman	JR Loras	6.90	6.92Q	2	
2	Derik Buntten	JR Loras	6.94	6.93Q	1	6.927
3	Jaylen Bell	SR Dubuque	6.86	6.93Q	4	6.930
4	Frank Day	JR Loras	6.90	6.94Q	3	
5	Ghaith Taha	SO Nebraska Wesleyan	6.95	6.95q	2	6.945
6	Austin Nauert	JR Nebraska Wesleyan	7.01	6.95q	1	6.949
7	Steven Dalmeida	SO Nebraska Wesleyan	6.99	6.97q	4	
8	Jaidyn Williams	SR Dubuque	7.02	6.99q	2	

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men 60 Meter Dash**

9	Aidan Gruver	SO	Wartburg	6.95	7.00	1	
10	Kendrick Achebe	SO	Simpson (Iowa)	6.99	7.01	3	
11	Nolan Lentz	SO	Dubuque	7.02	7.02	3	7.013
12	Ashton Bates	SO	Buena Vista	7.00	7.02	2	7.017
13	John Jeanisse	JR	Buena Vista	6.99	7.04	4	
14	Joseph Sams	SO	Simpson (Iowa)	7.01	7.06	1	
15	David Williams	SO	Wartburg	6.97	7.07	3	
16	Jacob Kamara	JR	Wartburg	7.06	7.09	4	
17	Shaymus Santiago	SO	Simpson (Iowa)	7.18	7.21	3	
18	Ladainian Linnear	SO	Coe	7.33	7.26	1	
19	Jackson Moats	JR	Central College	7.15	7.30	4	
20	Austyn Riehle	FR	Luther	7.32	7.35	1	
21	Kade Kreinbring	SO	Coe	7.41	7.38	3	
22	Brian Hart	JR	Central College	7.28	7.42	2	
23	Mason Farrington	FR	Central College	7.39	7.57	2	
24	Isaiah Powers	FR	Buena Vista	7.62	7.63	4	
--	Nandos Othman	FR	Luther	7.87	DNS	4	

**Men 60 Meter Dash**

=====  
 All-Time: A 6.79 2/25/2022 Josh Smith, Loras  
 Championship: C 6.79 2/25/2022 Josh Smith, Loras  
 Facility: F 6.79 2/25/2022 Josh Smith, Loras

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

Finals						
1	Frank Day	JR	Loras	6.94	6.88	10
2	Dayvion Foreman	JR	Loras	6.92	6.89	8
3	Jaylen Bell	SR	Dubuque	6.93	6.96	6
4	Derik Bunten	JR	Loras	6.93	6.97	5
5	Austin Nauert	JR	Nebraska Wesleyan	6.95	7.01	4
6	Ghaith Taha	SO	Nebraska Wesleyan	6.95	7.03	3
7	Jaidyn Williams	SR	Dubuque	6.99	7.04	2
--	Steven Dalmeida	SO	Nebraska Wesleyan	6.97	DQ	False Start

**Men 200 Meter Dash**

=====  
 All-Time: A 21.62 2/26/2022 Dallas Wright, Wartburg  
 Championship: C 21.62 2/26/2022 Dallas Wright, Wartburg  
 Facility: F 21.62 2/26/2022 Dallas Wright, Wartburg

Name	Year	School	Seed	Finals	H#	Points
------	------	--------	------	--------	----	--------

1	Jensen Clapp	JR	Wartburg	21.92	22.19	8	10
2	Morgan Conner	JR	Nebraska Wesleyan	21.68	22.36	8	8
3	Austin Nauert	JR	Nebraska Wesleyan	22.06	22.38	7	6
4	Frank Day	JR	Loras	22.29	22.40	5	5
5	JoJo Frost	SR	Dubuque	21.97	22.45	8	4
6	Jimmy Weispfenning	FR	Wartburg	21.98	22.46	7	3
7	Nolan Lentz	SO	Dubuque	22.18	22.49	6	2
8	Derik Bunten	JR	Loras	22.36	22.50	4	1
9	Joseph Sams	SO	Simpson (Iowa)	22.13	22.52	6	
10	Otis Patterson	SR	Dubuque	22.31	22.53	5	
11	Vaughn Bausch	FR	Nebraska Wesleyan	22.64	22.75	3	
12	Dayvion Foreman	JR	Loras	22.33	22.81	4	



**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men 200 Meter Dash**

13 Ashton Bates	SO Buena Vista	22.32	22.92	5
14 Ghaith Taha	SO Nebraska Wesleyan	22.45	22.94	4
15 Derrick Smith	JR Wartburg	22.11	22.95	6
16 Kendrick Achebe	SO Simpson (Iowa)	22.85	23.17	3
17 Connor Miklos	JR Central College	23.16	23.24	3
18 Easton Hays	SO Buena Vista	23.36	23.53	2
19 Lawsen Fuller	SO Central College	23.32	23.57	2
20 Austyn Riehle	FR Luther	23.27	23.83	2
21 Jackson Moats	JR Central College	23.41	23.85	1
22 Isaiah Morgan	FR Coe	23.91	23.92	5
23 Gavin Firchau	FR Buena Vista	23.52	24.13	1
24 Isaiah Jakel	FR Coe	23.70	24.16	8
25 Ladainian Linnear	SO Coe	23.82	24.21	7
26 Tancrede Lefort	JR Luther	24.13	24.44	4
27 Alex Schill	JR Buena Vista	23.82	24.84	6
28 Jacob French	JR Simpson (Iowa)	24.93	25.57	2
-- Isaiah Thomas	SR Buena Vista	23.36	DQ	1
-- Matt Kruse	SO Loras	22.09	DNS	7
-- Nandos Othman	FR Luther	24.39	DNS	3

Rule 1 art

**Men 400 Meter Dash**

=====  
 All-Time: A 47.90 2/29/2020 Patrick Mikel, Loras  
 Championship: C 47.90 2/29/2020 Patrick Mikel, Loras  
 Facility: F 47.95 2018 Patrick Mikel, Loras

Name	Year School	Seed	Finals	H#	Points
1 JoJo Frost	SR Dubuque	48.83	49.37	5	10
23.125 (23.125)	49.367 (26.242)				
2 Morgan Conner	JR Nebraska Wesleyan	48.00	49.56	5	8
22.920 (22.920)	49.552 (26.632)				
3 Jensen Clapp	JR Wartburg	48.56	49.57	5	6
23.232 (23.232)	49.563 (26.332)				
4 Kobe Howell	SR Dubuque	49.08	49.63	4	5
22.942 (22.942)	49.626 (26.684)				
5 Ian Neyens	JR Wartburg	49.13	50.19	4	4
23.384 (23.384)	50.190 (26.806)				
6 Ted Kruse	JR Loras	49.73	50.27	4	3
23.291 (23.291)	50.261 (26.970)				
7 Gabe Anderson	SR Nebraska Wesleyan	49.79	50.43	3	2
23.323 (23.323)	50.424 (27.102)				
8 Carson Vaske	JR Loras	50.00	50.55	3	1
23.443 (23.443)	50.543 (27.101)				
9 Noah Erickson	SO Central College	49.79	50.81	4	
23.666 (23.666)	50.809 (27.143)				
10 Ian Fagan	FR Loras	50.23	50.97	2	
23.907 (23.907)	50.963 (27.056)				
11 JD Elefson	SO Central College	49.90	51.07	3	
23.599 (23.599)	51.061 (27.462)				
12 Frankie Atwater	JR Wartburg	50.29	51.17	2	
23.760 (23.760)	51.163 (27.403)				
13 Paul Cory	JR Coe	50.11	51.19	3	
23.595 (23.595)	51.182 (27.588)				

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men 400 Meter Dash**

14 Nehemiah Griffin	SR Dubuque	51.05	51.32	2
23.755 (23.755)	51.319 (27.564)			
15 Mathew Siegel	SO Nebraska Wesleyan	51.91	52.60	2
24.553 (24.553)	52.598 (28.045)			
16 Finian Herbert	SR Nebraska Wesleyan	52.43	53.47	1
24.551 (24.551)	53.463 (28.912)			
17 Brayden Harris	SO Central College	52.92	53.69	1
25.006 (25.006)	53.684 (28.678)			
18 Kenley Crouthamel	FR Simpson (Iowa)		57.84	1
26.639 (26.639)	57.834 (31.195)			
-- Matt Kruse	SO Loras	48.60	DNS	5

**Men 800 Meter Run**

All-Time: A 1:49.45	2022	Mike Jasa, Loras			
Championship: C 1:50.49	2/25/2023	Mike Jasa, Loras			
Facilty: F 1:50.13	2021	Mike Jasa, Loras			
Name	Year	School	Seed	Finals	H# Points
1 Joe Franke	JR	Loras	1:51.63	1:52.13	2 10
26.867 (26.867)	54.623 (27.757)	1:23.066 (28.443)	1:52.127 (29.062)		
2 Kyle Miller	JR	Buena Vista	1:50.81	1:52.53	2 8
26.517 (26.517)	54.200 (27.684)	1:22.814 (28.614)	1:52.525 (29.712)		
3 Andrew Hutchinson	SR	Dubuque	1:52.29	1:52.62	2 6
27.028 (27.028)	55.283 (28.255)	1:24.055 (28.772)	1:52.612 (28.557)		
4 Carter Cruise	JR	Wartburg	1:52.86	1:54.61	2 5
28.226 (28.226)	56.358 (28.132)	1:25.508 (29.151)	1:54.603 (29.095)		
5 Rylan Martin	FR	Wartburg	1:53.90	1:55.51	2 4
29.034 (29.034)	56.701 (27.668)	1:25.885 (29.184)	1:55.505 (29.621)		
6 Jack Brown	FR	Central College	1:54.62	1:55.73	2 3
29.018 (29.018)	56.881 (27.864)	1:26.131 (29.250)	1:55.726 (29.596)		
7 Javier Kenney	SR	Nebraska Wesleyan	1:55.63	1:55.96	2 2
28.780 (28.780)	57.458 (28.679)	1:26.385 (28.927)	1:55.953 (29.568)		
8 Elliot Frideres	JR	Loras	1:56.15	1:56.67	2 1
29.511 (29.511)	57.252 (27.742)	1:26.155 (28.903)	1:56.663 (30.508)		
9 Luke Benson	JR	Wartburg	1:55.32	1:56.81	2
29.295 (29.295)	57.062 (27.767)	1:26.346 (29.284)	1:56.804 (30.459)		
10 Landis Musser	FR	Loras	1:59.51	2:00.68	1
27.889 (27.889)	57.605 (29.716)	1:29.521 (31.917)	2:00.672 (31.151)		
11 Ronan Jimenez	FR	Central College	2:02.86	2:00.83	1
28.159 (28.159)	58.554 (30.396)	1:29.910 (31.356)	2:00.830 (30.920)		
12 Ike Taylor	JR	Luther		2:01.67	1
30.690 (30.690)	1:00.566 (29.877)	1:31.625 (31.059)	2:01.665 (30.040)		
13 Carter Braun	SO	Buena Vista	2:06.06	2:02.61	1
30.433 (30.433)	1:00.982 (30.550)	1:32.779 (31.797)	2:02.605 (29.826)		
14 Nick Frideres	FR	Simpson (Iowa)	2:03.83	2:03.78	1
29.506 (29.506)	59.639 (30.133)	1:31.153 (31.514)	2:03.780 (32.628)		
15 Jermaine Dizon	SO	Luther	2:03.11	2:04.06	1
30.839 (30.839)	1:01.339 (30.500)	1:33.051 (31.713)	2:04.057 (31.006)		
16 Trent Pelzer	SR	Simpson (Iowa)	2:03.37	2:06.04	1
29.211 (29.211)	59.422 (30.211)	1:31.453 (32.031)	2:06.031 (34.579)		
17 Aiden Egertson	FR	Buena Vista	2:03.48	2:06.10	1
30.625 (30.625)	1:01.139 (30.514)	1:33.325 (32.187)	2:06.093 (32.769)		

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men 800 Meter Run**

18 Matthew Binsfeld	SO Luther	2:03.65	2:08.30	1
29.831 (29.831)	1:00.357 (30.527)	1:32.995 (32.639)	2:08.299 (35.304)	
19 Gabe Feldmann	FR Central College	2:03.11	2:09.53	1
28.404 (28.404)	58.945 (30.541)	1:33.445 (34.500)	2:09.527 (36.083)	

**Men 1 Mile Run**

All-Time: A	4:05.18	2024	Noah Jorgenson, Central			
Championship: C	4:06.75	2/25/2023	Christopher Collet, Wartburg			
Facilty: F	4:09.11	2/26/2022	Ryan Harvey, Loras			
Name	Year	School	Seed	Finals	H#	Points
1 Noah Jorgenson		JR Central College	4:02.09	4:08.86F	2	10
32.201 (32.201)	1:02.727 (30.526)	1:33.428 (30.701)	2:04.988 (31.560)			
2:36.444 (31.457)	3:07.729 (31.286)	3:38.122 (30.393)	4:08.856 (30.734)			
2 Christopher Collet		SR Wartburg	4:05.84	4:11.15	2	8
32.496 (32.496)	1:03.042 (30.546)	1:34.412 (31.371)	2:06.541 (32.129)			
2:38.169 (31.628)	3:09.957 (31.788)	3:40.926 (30.969)	4:11.146 (30.221)			
3 Ryan Harvey		JR Loras	4:05.04	4:11.54	2	6
32.914 (32.914)	1:03.475 (30.561)	1:34.796 (31.321)	2:06.639 (31.843)			
2:38.407 (31.769)	3:10.190 (31.784)	3:41.476 (31.286)	4:11.537 (30.062)			
4 Adam Sylvia		SR Central College	4:03.37	4:13.76	2	5
32.685 (32.685)	1:03.232 (30.547)	1:34.566 (31.334)	2:06.376 (31.811)			
2:38.195 (31.819)	3:10.550 (32.355)	3:42.318 (31.768)	4:13.755 (31.438)			
5 James Murray		SR Simpson (Iowa)	4:15.38	4:14.62	2	4
33.149 (33.149)	1:04.194 (31.045)	1:35.556 (31.363)	2:07.382 (31.826)			
2:39.193 (31.811)	3:11.252 (32.060)	3:42.893 (31.642)	4:14.614 (31.722)			
6 Hutton Edney		FR Wartburg	4:12.67	4:16.84	2	3
32.926 (32.926)	1:04.012 (31.087)	1:35.285 (31.273)	2:06.939 (31.654)			
2:38.778 (31.840)	3:11.318 (32.540)	3:44.258 (32.940)	4:16.834 (32.577)			
7 Jacob Belha		JR Loras	4:16.66	4:17.00	2	2
33.362 (33.362)	1:04.373 (31.012)	1:35.855 (31.482)	2:08.399 (32.544)			
2:40.692 (32.294)	3:13.038 (32.346)	3:45.633 (32.596)	4:16.995 (31.363)			
8 Carlo Dannenfelser		JR Loras	4:20.03	4:17.74	2	1
33.568 (33.568)	1:04.717 (31.149)	1:36.150 (31.433)	2:09.009 (32.860)			4:17.731
2:41.889 (32.880)	3:15.259 (33.370)	3:47.718 (32.459)	4:17.731 (30.014)			
9 Shane Erb		SO Wartburg	4:09.67	4:17.74	2	
32.692 (32.692)	1:03.775 (31.084)	1:35.104 (31.329)	2:09.164 (34.061)			4:17.732
2:42.348 (33.184)	3:15.864 (33.516)	3:47.746 (31.883)	4:17.732 (29.986)			
10 Lewis Kleman		JR Coe	4:12.09	4:31.03	2	
32.771 (32.771)	1:03.961 (31.190)	1:35.300 (31.339)	2:13.634 (38.335)			
2:47.871 (34.237)	3:22.433 (34.562)	3:57.860 (35.428)	4:31.024 (33.164)			
11 Cole Leggett		SO Simpson (Iowa)	4:27.59	4:31.32	2	
33.835 (33.835)	1:05.053 (31.218)	1:37.958 (32.905)	2:12.390 (34.433)			
2:47.747 (35.357)	3:23.340 (35.593)	3:57.509 (34.170)	4:31.311 (33.802)			
12 Jack Orengo		SR Central College	4:37.99	4:32.92	1	
38.291 (38.291)	1:14.270 (35.980)	1:49.216 (34.947)	2:23.305 (34.089)			
2:56.789 (33.484)	3:29.517 (32.728)	4:01.152 (31.635)	4:32.919 (31.767)			
13 Christian Montover		SO Luther	4:29.05	4:35.04	1	
38.495 (38.495)	1:14.506 (36.011)	1:49.896 (35.390)	2:24.019 (34.123)			
2:57.113 (33.095)	3:29.879 (32.766)	4:02.536 (32.658)	4:35.035 (32.499)			
14 Jonas Haugland		JR Luther	4:33.72	4:36.91	1	
39.121 (39.121)	1:15.537 (36.416)	1:51.128 (35.592)	2:24.673 (33.545)			
2:58.342 (33.669)	3:31.421 (33.079)	4:04.482 (33.062)	4:36.903 (32.422)			

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men 1 Mile Run**

15 Drew Klein	SR Simpson (Iowa)	4:32.57	4:38.05	1
38.284 (38.284)	1:14.254 (35.971)	1:49.399 (35.145)	2:23.515 (34.117)	
2:56.573 (33.058)	3:29.288 (32.715)	4:02.240 (32.952)	4:38.048 (35.808)	
16 Kurt Lebakken	SO Luther	4:32.51	4:38.41	1
38.770 (38.770)	1:14.867 (36.097)	1:50.693 (35.826)	2:24.421 (33.728)	
2:57.926 (33.506)	3:31.760 (33.834)	4:05.790 (34.031)	4:38.403 (32.613)	
17 Johnny Fox	FR Luther	4:42.53	4:38.42	1
38.913 (38.913)	1:15.140 (36.227)	1:50.898 (35.759)	2:25.148 (34.250)	
2:59.162 (34.014)	3:32.829 (33.668)	4:06.706 (33.878)	4:38.413 (31.707)	
18 Evan Brown	FR Nebraska Wesleyan	4:32.05	4:38.50	1
38.625 (38.625)	1:14.858 (36.234)	1:50.562 (35.704)	2:24.949 (34.388)	
2:58.860 (33.911)	3:32.826 (33.967)	4:06.315 (33.490)	4:38.497 (32.182)	
19 Gad Kanago	JR Coe	4:38.63	4:42.68	1
38.482 (38.482)	1:14.648 (36.166)	1:50.032 (35.385)	2:25.300 (35.268)	
2:59.481 (34.181)	3:33.847 (34.366)	4:09.108 (35.262)	4:42.674 (33.566)	
20 Blake Croushore	JR Simpson (Iowa)	4:39.17	4:43.76	1
38.097 (38.097)	1:14.421 (36.324)	1:49.639 (35.219)	2:23.811 (34.172)	
2:57.493 (33.682)	3:32.182 (34.690)	4:07.890 (35.708)	4:43.757 (35.868)	
21 Sam Schmitz	JR Wartburg	4:09.31	4:45.34	2
33.213 (33.213)	1:04.137 (30.924)	1:35.800 (31.663)	2:13.339 (37.539)	
2:50.678 (37.339)	3:28.519 (37.841)	4:06.280 (37.762)	4:45.339 (39.060)	
22 Josh Knispel	FR Nebraska Wesleyan	4:39.59	4:47.31	1
38.755 (38.755)	1:14.785 (36.030)	1:50.412 (35.627)	2:25.830 (35.419)	
3:00.847 (35.017)	3:36.284 (35.438)	4:11.719 (35.435)	4:47.301 (35.582)	
23 Brayden Mahlum	JR Buena Vista	4:48.59	4:49.20	1
38.008 (38.008)	1:14.061 (36.054)	1:49.776 (35.715)	2:24.988 (35.212)	
3:00.727 (35.740)	3:37.244 (36.518)	4:13.970 (36.726)	4:49.196 (35.226)	

**Men 3000 Meter Run**

All-Time: A	8:04.91	2024	Spencer Moon, Simpson			
Championship: C	8:16.55	2/26/2022	Joe Freiburger, Wartburg			
Facilty: F	8:16.55	2/26/2022	Joe Freiburger, Wartburg			
Name	Year	School	Seed	Finals	H#	Points
1 Spencer Moon		SR Simpson (Iowa)	8:04.91	8:16.11C	2	10
34.045 (34.045)	1:07.994 (33.949)	1:41.990 (33.997)	2:16.472 (34.482)			
2:50.935 (34.464)	3:25.398 (34.463)	3:58.048 (32.650)	4:28.867 (30.819)			
4:59.819 (30.952)	5:30.671 (30.852)	6:02.209 (31.538)	6:34.483 (32.275)			
7:07.642 (33.159)	7:41.742 (34.100)	8:16.103 (34.361)				
2 Christopher Collet		SR Wartburg	8:07.34	8:23.44	2	8
33.690 (33.690)	1:07.484 (33.794)	1:41.476 (33.992)	2:15.983 (34.508)			
2:50.420 (34.437)	3:24.942 (34.522)	3:58.331 (33.389)	4:29.203 (30.873)			
5:00.592 (31.389)	5:33.593 (33.001)	6:08.166 (34.574)	6:43.303 (35.137)			
7:18.520 (35.218)	7:52.719 (34.199)	8:23.431 (30.712)				
3 Lance Sobaski		SO Wartburg	8:23.12	8:24.63	2	6
33.933 (33.933)	1:08.237 (34.304)	1:42.559 (34.322)	2:17.013 (34.455)			
2:51.511 (34.498)	3:25.919 (34.409)	3:59.169 (33.250)	4:31.125 (31.956)			
5:04.148 (33.024)	5:37.867 (33.719)	6:11.427 (33.560)	6:45.242 (33.815)			
7:19.096 (33.854)	7:52.369 (33.273)	8:24.626 (32.258)				

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men 3000 Meter Run**

4	Jack Kinzer	JR Wartburg	8:12.11	8:26.55	2	5
	34.089 (34.089)	1:08.350 (34.261)	1:42.217 (33.868)	2:16.725 (34.508)		
	2:51.145 (34.420)	3:25.608 (34.464)	3:58.629 (33.022)	4:30.388 (31.760)		
	5:03.681 (33.294)	5:38.103 (34.422)	6:12.737 (34.634)	6:47.601 (34.864)		
	7:21.952 (34.351)	7:54.613 (32.662)	8:26.541 (31.928)			
5	Michael Goodenbour	JR Wartburg	8:26.22	8:31.34	2	4
	34.661 (34.661)	1:08.845 (34.184)	1:43.032 (34.187)	2:17.233 (34.202)		
	2:52.031 (34.798)	3:26.521 (34.490)	3:59.998 (33.477)	4:33.681 (33.684)		
	5:08.017 (34.336)	5:42.589 (34.572)	6:18.229 (35.641)	6:53.352 (35.123)		
	7:28.401 (35.050)	8:01.007 (32.606)	8:31.338 (30.331)			
6	Ean Warrick	SR Simpson (Iowa)	8:30.71	8:33.78	2	3
	34.143 (34.143)	1:08.607 (34.464)	1:42.774 (34.168)	2:16.997 (34.223)		
	2:51.785 (34.789)	3:26.229 (34.444)	3:59.525 (33.297)	4:32.106 (32.581)		
	5:05.389 (33.283)	5:39.446 (34.058)	6:14.575 (35.130)	6:50.369 (35.794)		
	7:26.697 (36.328)	8:02.187 (35.491)	8:33.778 (31.592)			
7	Ryan Harvey	JR Loras	8:25.56	8:34.29	2	2
	34.470 (34.470)	1:09.081 (34.612)	1:43.287 (34.206)	2:17.505 (34.218)		
	2:52.267 (34.762)	3:26.781 (34.515)	4:00.375 (33.594)	4:33.784 (33.409)		
	5:07.598 (33.814)	5:41.873 (34.275)	6:16.773 (34.900)	6:51.990 (35.217)		
	7:26.330 (34.340)	8:00.530 (34.201)	8:34.283 (33.754)			
8	Shane Erb	SO Wartburg	8:22.49	8:43.08	2	1
	34.714 (34.714)	1:09.508 (34.795)	1:43.594 (34.086)	2:17.848 (34.254)		
	2:52.672 (34.825)	3:27.181 (34.509)	4:01.988 (34.807)	4:36.837 (34.850)		
	5:11.709 (34.873)	5:47.141 (35.432)	6:23.083 (35.942)	6:59.299 (36.216)		
	7:35.029 (35.731)	8:10.598 (35.569)	8:43.079 (32.482)			
9	Julian Watson	JR Loras	8:42.63	8:45.64	2	
	34.925 (34.925)	1:09.815 (34.891)	1:43.859 (34.044)	2:18.155 (34.296)		
	2:52.953 (34.798)	3:27.476 (34.524)	4:01.745 (34.270)	4:37.105 (35.360)		
	5:12.602 (35.497)	5:48.883 (36.281)	6:24.823 (35.941)	7:01.021 (36.198)		
	7:36.599 (35.579)	8:12.008 (35.410)	8:45.639 (33.631)			
10	Jacob Belha	JR Loras	8:32.22	8:52.16	2	
	35.145 (35.145)	1:10.067 (34.923)	1:44.423 (34.356)	2:18.890 (34.468)		
	2:53.927 (35.037)	3:29.277 (35.351)	4:04.926 (35.650)	4:41.111 (36.185)		
	5:17.343 (36.233)	5:53.473 (36.130)	6:30.243 (36.770)	7:07.110 (36.868)		
	7:43.568 (36.458)	8:19.837 (36.269)	8:52.156 (32.320)			
11	Joey Hovinga	SO Central College	8:46.54	8:52.22	2	
	35.223 (35.223)	1:10.142 (34.919)	1:44.143 (34.002)	2:18.439 (34.296)		
	2:53.231 (34.793)	3:27.909 (34.678)	4:03.021 (35.112)	4:38.620 (35.600)		
	5:15.189 (36.569)	5:52.051 (36.862)	6:29.426 (37.376)	7:05.930 (36.504)		
	7:43.201 (37.271)	8:20.358 (37.158)	8:52.213 (31.855)			
12	Kaeden Fellingham	SR Luther	8:50.71	8:54.88	1	
	35.350 (35.350)	1:09.737 (34.387)	1:44.686 (34.949)	2:19.715 (35.030)		
	2:54.753 (35.039)	3:30.264 (35.512)	4:06.989 (36.725)	4:43.564 (36.575)		
	5:21.148 (37.585)	5:58.638 (37.491)	6:35.252 (36.614)	7:09.299 (34.047)		
	7:44.322 (35.024)	8:19.492 (35.170)	8:54.875 (35.383)			
13	Justin Reinhart	FR Luther	9:02.06	8:59.28	1	
	37.331 (37.331)	1:13.048 (35.718)	1:49.611 (36.563)	2:25.635 (36.024)		
	3:02.434 (36.800)	3:38.337 (35.903)	4:14.439 (36.103)	4:51.216 (36.777)		
	5:26.917 (35.702)	6:02.812 (35.895)	6:38.381 (35.570)	7:15.528 (37.148)		
	7:51.671 (36.143)	8:27.678 (36.007)	8:59.277 (31.600)			

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men 3000 Meter Run**

14	Kaden Sadler	JR Buena Vista	9:02.66	8:59.32	1
	35.073 (35.073)	1:09.064 (33.992)	1:43.106 (34.042)	2:18.358 (35.253)	
	2:53.816 (35.458)	3:29.541 (35.726)	4:06.257 (36.717)	4:42.871 (36.614)	
	5:20.354 (37.483)	5:58.132 (37.779)	6:35.754 (37.622)	7:11.918 (36.165)	
	7:48.865 (36.947)	8:26.920 (38.055)	8:59.317 (32.398)		
15	Jack Gatti	SR Simpson (Iowa)	8:55.58	8:59.69	1
	35.978 (35.978)	1:10.087 (34.110)	1:45.071 (34.985)	2:20.155 (35.084)	
	2:55.573 (35.418)	3:31.089 (35.516)	4:07.386 (36.297)	4:43.797 (36.412)	
	5:21.412 (37.615)	5:58.940 (37.529)	6:35.918 (36.978)	7:10.606 (34.688)	
	7:47.417 (36.812)	8:24.641 (37.224)	8:59.688 (35.047)		
16	Calvin Richey	JR Dubuque	8:50.64	9:00.98	1
	34.671 (34.671)	1:08.844 (34.173)	1:43.350 (34.506)	2:18.577 (35.228)	
	2:54.011 (35.434)	3:29.737 (35.726)	4:06.478 (36.742)	4:43.050 (36.573)	
	5:20.523 (37.473)	5:58.011 (37.488)	6:35.618 (37.608)	7:12.470 (36.853)	
	7:49.604 (37.134)	8:26.697 (37.094)	9:00.972 (34.276)		
17	Michel Heinrich	FR Luther	9:22.98	9:01.41	1
	37.627 (37.627)	1:13.405 (35.778)	1:49.908 (36.503)	2:25.881 (35.974)	
	3:02.069 (36.189)	3:37.931 (35.862)	4:14.136 (36.205)	4:50.859 (36.723)	
	5:27.250 (36.391)	6:03.810 (36.561)	6:40.555 (36.746)	7:17.493 (36.938)	
	7:54.644 (37.151)	8:30.307 (35.664)	9:01.404 (31.098)		
18	Anthony Carney	SO Dubuque	8:46.28	9:02.51	2
	35.371 (35.371)	1:10.295 (34.924)	1:44.683 (34.389)	2:19.382 (34.699)	
	2:55.283 (35.902)	3:31.932 (36.649)	4:08.968 (37.036)	4:45.811 (36.843)	
	5:22.312 (36.502)	5:59.239 (36.927)	6:36.507 (37.269)	7:13.443 (36.936)	
	7:50.471 (37.029)	8:26.821 (36.351)	9:02.504 (35.683)		
19	Conner Ross	FR Nebraska Wesleyan	9:06.27	9:02.84	1
	37.049 (37.049)	1:11.685 (34.637)	1:46.894 (35.209)	2:22.561 (35.667)	
	2:58.698 (36.137)	3:34.990 (36.292)	4:11.571 (36.582)	4:48.285 (36.714)	
	5:25.175 (36.891)	6:02.451 (37.276)	6:39.328 (36.878)	7:16.980 (37.652)	
	7:54.454 (37.474)	8:30.749 (36.296)	9:02.840 (32.092)		
20	Caleb Silver	SR Central College	8:20.26	9:03.64	2
	33.861 (33.861)	1:07.735 (33.875)	1:41.742 (34.007)	2:16.246 (34.505)	
	2:50.683 (34.437)	3:25.208 (34.525)	3:58.947 (33.740)	4:31.768 (32.821)	
	5:06.175 (34.407)	5:42.744 (36.569)	6:20.459 (37.716)	6:59.671 (39.212)	
	7:39.673 (40.003)	8:21.011 (41.338)	9:03.634 (42.624)		
21	Miles Combs	SR Simpson (Iowa)	9:00.52	9:04.05	1
	35.398 (35.398)	1:09.368 (33.971)	1:43.939 (34.571)	2:19.487 (35.548)	
	2:55.028 (35.541)	3:30.788 (35.760)	4:07.521 (36.734)	4:44.080 (36.560)	
	5:21.711 (37.631)	5:59.221 (37.510)	6:36.141 (36.921)	7:13.477 (37.336)	
	7:51.251 (37.774)	8:28.742 (37.492)	9:04.043 (35.301)		
22	William Wadsley	FR Central College	8:41.83	9:04.11	2
	35.635 (35.635)	1:10.619 (34.984)	1:44.995 (34.376)	2:19.721 (34.727)	
	2:55.630 (35.909)	3:31.620 (35.990)	4:08.657 (37.038)	4:45.741 (37.085)	
	5:22.651 (36.910)	5:59.741 (37.091)	6:36.945 (37.204)	7:14.313 (37.368)	
	7:52.172 (37.860)	8:28.676 (36.504)	9:04.101 (35.426)		
23	Jack Bode	FR Luther	9:06.99	9:05.30	1
	37.906 (37.906)	1:13.766 (35.861)	1:50.268 (36.502)	2:26.143 (35.876)	
	3:02.753 (36.610)	3:38.706 (35.954)	4:14.713 (36.007)	4:51.497 (36.785)	
	5:27.741 (36.245)	6:04.047 (36.306)	6:39.601 (35.554)	7:16.311 (36.710)	
	7:54.180 (37.869)	8:31.244 (37.065)	9:05.292 (34.048)		

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men 3000 Meter Run**

24 John Innamorato	SR Dubuque	8:50.63	9:08.32	1
35.668 (35.668)	1:09.844 (34.177)	1:44.411 (34.568)	2:19.768 (35.357)	
2:55.291 (35.524)	3:30.535 (35.244)	4:07.197 (36.662)	4:43.443 (36.246)	
5:20.695 (37.252)	5:58.345 (37.651)	6:35.797 (37.453)	7:11.947 (36.150)	
7:49.835 (37.888)	8:28.959 (39.124)	9:08.319 (39.361)		
25 Louden Foster	SR Simpson (Iowa)	9:09.97	9:11.51	1
36.757 (36.757)	1:11.989 (35.232)	1:47.210 (35.221)	2:22.276 (35.066)	
2:57.883 (35.607)	3:34.210 (36.327)	4:10.786 (36.577)	4:48.610 (37.824)	
5:25.986 (37.376)	6:03.627 (37.641)	6:42.139 (38.513)	7:20.818 (38.680)	
7:59.363 (38.545)	8:36.337 (36.974)	9:11.506 (35.169)		
26 Taylor Thunstedt	SO Central College	9:06.75	9:14.54	1
36.053 (36.053)	1:10.378 (34.326)	1:45.502 (35.124)	2:21.417 (35.915)	
2:57.142 (35.725)	3:33.809 (36.668)	4:11.085 (37.276)	4:47.749 (36.664)	
5:25.588 (37.840)	6:03.872 (38.285)	6:41.666 (37.794)	7:19.629 (37.964)	
7:58.611 (38.982)	8:38.242 (39.631)	9:14.533 (36.292)		
27 Dylan Austad	SO Buena Vista	9:24.50	9:17.39	1
34.724 (34.724)	1:09.526 (34.802)	1:44.733 (35.208)	2:21.099 (36.366)	
2:58.269 (37.170)	3:35.246 (36.977)	4:12.249 (37.004)	4:50.308 (38.059)	
5:28.619 (38.312)	6:07.159 (38.540)	6:47.026 (39.868)	7:26.726 (39.700)	
8:06.789 (40.063)	8:44.259 (37.470)	9:17.385 (33.126)		
28 Marc Medici	SR Simpson (Iowa)	8:48.11	9:18.02	1
35.052 (35.052)	1:09.083 (34.032)	1:43.611 (34.528)	2:18.855 (35.245)	
2:54.301 (35.447)	3:30.014 (35.714)	4:06.722 (36.708)	4:43.305 (36.584)	
5:20.895 (37.590)	5:58.735 (37.841)	6:36.992 (38.257)	7:15.935 (38.943)	
7:56.240 (40.305)	8:37.146 (40.907)	9:18.013 (40.867)		

**Men 5000 Meter Run**

All-Time: A	13:59.20	2024	Spencer Moon, Simpson		
Championship: C	14:25.87	2021	Joe Freiburger, Wartburg		
Facilty: F	14:44.41	2017	Alec Bass, Dubuque		
Name	Year	School	Seed	Finals	Points
1 Spencer Moon		SR Simpson (Iowa)	13:59.20	14:49.07	10
35.674 (35.674)	1:12.394 (36.720)	1:48.635 (36.241)	2:25.226 (36.591)		
3:01.520 (36.295)	3:38.308 (36.788)	4:14.668 (36.361)	4:51.715 (37.047)		
5:28.531 (36.816)	6:05.221 (36.691)	6:41.961 (36.740)	7:18.713 (36.752)		
7:55.150 (36.438)	8:31.934 (36.784)	9:09.050 (37.117)	9:45.553 (36.503)		
10:21.847 (36.294)	10:57.877 (36.031)	11:31.983 (34.106)	12:04.158 (32.176)		
12:36.320 (32.162)	13:08.325 (32.005)	13:41.262 (32.938)	14:14.864 (33.602)		
14:49.068 (34.204)					
2 Tyler Schermerhorn		SO Wartburg	14:16.51	14:51.09	8
35.562 (35.562)	1:11.952 (36.391)	1:48.361 (36.409)	2:24.918 (36.557)		
3:01.235 (36.317)	3:38.025 (36.790)	4:14.515 (36.491)	4:51.445 (36.931)		
5:28.242 (36.797)	6:04.913 (36.671)	6:41.656 (36.744)	7:18.430 (36.774)		
7:54.719 (36.289)	8:31.421 (36.702)	9:08.533 (37.113)	9:45.052 (36.520)		
10:21.305 (36.253)	10:57.367 (36.062)	11:32.417 (35.051)	12:04.798 (32.381)		
12:37.530 (32.732)	13:10.814 (33.285)	13:45.190 (34.376)	14:19.511 (34.321)		
14:51.082 (31.572)					

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men 5000 Meter Run**

3	Jacob Green	SR Wartburg	14:20.07	14:55.68	6
	35.400 (35.400)	1:11.714 (36.314)	1:47.786 (36.072)	2:24.478 (36.692)	
	3:00.921 (36.444)	3:37.703 (36.782)	4:14.222 (36.519)	4:51.075 (36.853)	
	5:27.924 (36.849)	6:04.631 (36.708)	6:41.330 (36.700)	7:18.134 (36.804)	
	7:54.899 (36.766)	8:31.690 (36.792)	9:08.792 (37.102)	9:45.323 (36.532)	
	10:21.572 (36.249)	10:57.642 (36.071)	11:32.222 (34.580)	12:04.533 (32.311)	
	12:37.861 (33.328)	13:12.305 (34.444)	13:47.084 (34.780)	14:22.109 (35.025)	
	14:55.671 (33.562)				
4	Ian Barry	JR Wartburg	14:44.87	15:00.14	5
	36.005 (36.005)	1:12.513 (36.508)	1:48.876 (36.364)	2:25.545 (36.669)	
	3:01.849 (36.304)	3:38.551 (36.702)	4:14.874 (36.324)	4:51.965 (37.091)	
	5:28.750 (36.785)	6:05.454 (36.705)	6:42.219 (36.765)	7:18.914 (36.696)	
	7:55.454 (36.540)	8:32.157 (36.704)	9:09.363 (37.206)	9:45.886 (36.523)	
	10:22.101 (36.216)	10:58.076 (35.975)	11:33.764 (35.689)	12:09.304 (35.540)	
	12:44.823 (35.519)	13:19.904 (35.082)	13:53.905 (34.002)	14:27.468 (33.563)	
	15:00.134 (32.667)				
5	Eli Larson	SO Wartburg	14:46.04	15:01.45	4
	36.269 (36.269)	1:12.863 (36.594)	1:49.500 (36.638)	2:26.268 (36.769)	
	3:02.168 (35.900)	3:39.147 (36.980)	4:15.587 (36.440)	4:52.597 (37.011)	
	5:29.167 (36.570)	6:05.899 (36.733)	6:42.754 (36.855)	7:19.360 (36.607)	
	7:55.863 (36.504)	8:32.594 (36.731)	9:09.896 (37.302)	9:46.392 (36.496)	
	10:22.619 (36.227)	10:58.570 (35.951)	11:34.367 (35.797)	12:09.861 (35.495)	
	12:45.475 (35.615)	13:20.691 (35.216)	13:55.255 (34.564)	14:29.564 (34.310)	
	15:01.441 (31.877)				
6	Connor Lancial	JR Wartburg	14:55.35	15:03.45	3
	36.464 (36.464)	1:12.643 (36.179)	1:49.048 (36.406)	2:25.659 (36.611)	
	3:02.011 (36.353)	3:38.733 (36.722)	4:15.091 (36.359)	4:52.108 (37.017)	
	5:28.953 (36.845)	6:05.683 (36.731)	6:42.439 (36.756)	7:18.944 (36.506)	
	7:55.647 (36.703)	8:32.347 (36.700)	9:09.621 (37.275)	9:46.152 (36.532)	
	10:22.353 (36.201)	10:58.318 (35.966)	11:34.095 (35.778)	12:09.596 (35.502)	
	12:45.159 (35.563)	13:20.611 (35.452)	13:55.814 (35.203)	14:31.475 (35.661)	
	15:03.441 (31.966)				
7	Julian Watson	JR Loras	14:34.62	15:04.11	2
	35.950 (35.950)	1:12.825 (36.875)	1:49.292 (36.468)	2:26.174 (36.882)	
	3:02.494 (36.321)	3:39.299 (36.805)	4:15.860 (36.561)	4:52.794 (36.934)	
	5:29.318 (36.525)	6:05.954 (36.636)	6:42.624 (36.670)	7:19.332 (36.708)	
	7:56.172 (36.841)	8:32.875 (36.703)	9:10.130 (37.256)	9:46.665 (36.535)	
	10:22.809 (36.145)	10:58.823 (36.014)	11:34.620 (35.797)	12:10.139 (35.519)	
	12:45.763 (35.625)	13:20.477 (34.714)	13:54.535 (34.059)	14:28.885 (34.350)	
	15:04.105 (35.220)				
8	Ryan McGrath	SO Loras	15:22.09	15:18.40	1
	36.393 (36.393)	1:13.657 (37.264)	1:50.185 (36.529)	2:26.912 (36.728)	
	3:03.201 (36.289)	3:39.705 (36.504)	4:16.417 (36.712)	4:53.186 (36.769)	
	5:30.213 (37.028)	6:07.331 (37.119)	6:44.235 (36.904)	7:20.988 (36.753)	
	7:58.087 (37.100)	8:34.765 (36.678)	9:11.683 (36.919)	9:48.186 (36.504)	
	10:24.744 (36.558)	11:01.208 (36.464)	11:38.663 (37.456)	12:15.822 (37.160)	
	12:53.118 (37.296)	13:31.014 (37.896)	14:08.556 (37.543)	14:45.164 (36.608)	
	15:18.396 (33.233)				



**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men 5000 Meter Run**

9	Joey Hovinga	SO Central College	15:16.22	15:23.09	
	36.658 (36.658)	1:13.891 (37.233)	1:49.988 (36.097)	2:27.162 (37.174)	
	3:03.445 (36.284)	3:40.243 (36.798)	4:17.080 (36.837)	4:53.755 (36.676)	
	5:29.688 (35.933)	6:06.480 (36.793)	6:43.336 (36.856)	7:19.988 (36.653)	
	7:56.877 (36.889)	8:33.710 (36.834)	9:10.888 (37.178)	9:47.440 (36.553)	
	10:23.202 (35.762)	10:59.234 (36.033)	11:35.883 (36.649)	12:13.657 (37.774)	
	12:52.154 (38.498)	13:30.467 (38.313)	14:08.144 (37.678)	14:46.297 (38.154)	
	15:23.088 (36.791)				
10	Eric Rutherford	SO Loras	15:22.65	15:23.11	
	36.094 (36.094)	1:13.372 (37.278)	1:49.884 (36.512)	2:26.771 (36.887)	
	3:03.042 (36.272)	3:39.772 (36.730)	4:16.499 (36.727)	4:53.287 (36.788)	
	5:30.280 (36.993)	6:07.474 (37.194)	6:43.851 (36.378)	7:20.606 (36.756)	
	7:57.617 (37.011)	8:34.435 (36.818)	9:11.780 (37.346)	9:48.480 (36.700)	
	10:25.251 (36.771)	11:01.986 (36.736)	11:39.587 (37.602)	12:17.765 (38.178)	
	12:56.122 (38.357)	13:34.506 (38.384)	14:12.107 (37.601)	14:49.303 (37.196)	
	15:23.105 (33.803)				
11	Anthony Carney	SO Dubuque	15:27.81	15:27.61	
	36.944 (36.944)	1:14.728 (37.784)	1:51.428 (36.701)	2:28.333 (36.905)	
	3:04.353 (36.021)	3:40.861 (36.508)	4:17.718 (36.858)	4:54.362 (36.645)	
	5:31.165 (36.803)	6:08.106 (36.942)	6:44.917 (36.811)	7:22.081 (37.165)	
	7:59.370 (37.289)	8:36.391 (37.021)	9:13.758 (37.367)	9:51.285 (37.527)	
	10:29.049 (37.765)	11:06.814 (37.766)	11:44.651 (37.837)	12:22.865 (38.215)	
	13:01.096 (38.232)	13:38.892 (37.796)	14:16.136 (37.244)	14:52.919 (36.784)	
	15:27.607 (34.688)				
12	William Wadsley	FR Central College	15:03.62	15:28.99	
	33.695 (33.695)	1:09.470 (35.776)	1:45.813 (36.344)	2:22.857 (37.044)	
	2:59.742 (36.885)	3:37.172 (37.431)	4:14.871 (37.699)	4:52.497 (37.626)	
	5:29.438 (36.941)	6:06.183 (36.746)	6:43.013 (36.830)	7:19.712 (36.700)	
	7:56.547 (36.835)	8:33.187 (36.640)	9:10.418 (37.231)	9:47.069 (36.652)	
	10:23.492 (36.423)	11:00.020 (36.528)	11:36.971 (36.952)	12:14.061 (37.090)	
	12:51.916 (37.855)	13:29.971 (38.056)	14:08.302 (38.332)	14:48.355 (40.053)	
	15:28.987 (40.632)				
13	Joey Wohlers	SR Dubuque	15:22.52	15:36.20	
	36.984 (36.984)	1:14.505 (37.522)	1:50.467 (35.962)	2:27.459 (36.992)	
	3:03.783 (36.325)	3:40.008 (36.225)	4:16.773 (36.765)	4:53.575 (36.802)	
	5:30.565 (36.991)	6:06.849 (36.284)	6:43.607 (36.758)	7:20.339 (36.732)	
	7:57.350 (37.012)	8:34.189 (36.839)	9:11.473 (37.285)	9:49.235 (37.763)	
	10:27.748 (38.513)	11:06.430 (38.683)	11:45.575 (39.145)	12:24.832 (39.258)	
	13:04.364 (39.532)	13:43.185 (38.822)	14:22.952 (39.768)	15:01.036 (38.084)	
	15:36.192 (35.156)				
14	Randy Jimenez	SO Central College	15:17.69	15:38.35	
	35.126 (35.126)	1:12.238 (37.112)	1:49.338 (37.101)	2:25.995 (36.657)	
	3:02.193 (36.198)	3:38.954 (36.761)	4:15.366 (36.413)	4:52.357 (36.991)	
	5:28.717 (36.360)	6:05.491 (36.774)	6:42.372 (36.882)	7:19.163 (36.791)	
	7:56.000 (36.838)	8:33.383 (37.383)	9:10.630 (37.248)	9:47.853 (37.223)	
	10:24.475 (36.623)	11:02.277 (37.802)	11:40.632 (38.356)	12:19.754 (39.123)	
	12:59.885 (40.131)	13:40.150 (40.265)	14:20.967 (40.817)	15:01.405 (40.439)	
	15:38.342 (36.937)				

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men 5000 Meter Run**

15 Drew Engler	SO Simpson (Iowa)	15:16.90	15:42.02
37.131 (37.131)	1:13.919 (36.788)	1:50.739 (36.820)	2:27.749 (37.010)
3:04.636 (36.888)	3:40.612 (35.977)	4:17.997 (37.385)	4:54.014 (36.018)
5:30.882 (36.868)	6:07.830 (36.948)	6:45.201 (37.371)	7:21.795 (36.595)
7:59.057 (37.263)	8:36.084 (37.028)	9:13.492 (37.408)	9:51.854 (38.363)
10:30.264 (38.410)	11:08.758 (38.494)	11:47.823 (39.065)	12:27.146 (39.324)
13:06.737 (39.591)	13:45.831 (39.095)	14:25.311 (39.480)	15:04.937 (39.627)
15:42.017 (37.080)			
16 Trentyn Gilges	SO Dubuque	15:34.06	15:46.38
36.700 (36.700)	1:14.208 (37.508)	1:51.007 (36.800)	2:28.085 (37.078)
3:04.082 (35.998)	3:40.348 (36.266)	4:17.470 (37.122)	4:54.255 (36.786)
5:31.451 (37.197)	6:08.639 (37.188)	6:45.747 (37.108)	7:23.026 (37.280)
8:00.578 (37.552)	8:38.552 (37.975)	9:16.757 (38.205)	9:55.465 (38.708)
10:34.040 (38.576)	11:12.780 (38.740)	11:51.688 (38.909)	12:31.034 (39.346)
13:11.016 (39.983)	13:50.867 (39.851)	14:30.911 (40.045)	15:10.341 (39.430)
15:46.374 (36.034)			
17 Kaeden Fellingham	SR Luther	15:46.45	
36.747 (36.747)	1:15.304 (38.558)	1:51.894 (36.590)	2:29.229 (37.335)
3:05.602 (36.374)	3:41.805 (36.203)	4:18.903 (37.098)	4:55.373 (36.471)
5:32.627 (37.254)	6:09.772 (37.145)	6:47.161 (37.390)	7:24.442 (37.282)
8:02.978 (38.536)	8:41.329 (38.352)	9:19.280 (37.951)	9:57.146 (37.867)
10:35.607 (38.461)	11:14.494 (38.887)	11:53.786 (39.292)	12:33.747 (39.962)
13:14.211 (40.464)	13:53.561 (39.350)	14:32.864 (39.304)	15:12.235 (39.371)
15:46.444 (34.210)			
18 Conner Ross	FR Nebraska Wesleyan	15:43.43	15:49.96
37.320 (37.320)	1:15.307 (37.987)	1:51.212 (35.906)	2:28.648 (37.436)
3:04.990 (36.343)	3:41.141 (36.152)	4:18.324 (37.183)	4:54.756 (36.432)
5:31.965 (37.210)	6:09.132 (37.168)	6:46.359 (37.227)	7:24.119 (37.760)
8:02.395 (38.277)	8:40.546 (38.151)	9:18.899 (38.354)	9:57.363 (38.465)
10:36.465 (39.102)	11:15.309 (38.844)	11:55.114 (39.806)	12:34.922 (39.808)
13:14.731 (39.809)	13:54.061 (39.331)	14:33.554 (39.493)	15:13.266 (39.712)
15:49.959 (36.693)			
19 Marc Medici	SR Simpson (Iowa)	15:10.94	16:01.63
35.833 (35.833)	1:13.099 (37.267)	1:49.647 (36.548)	2:26.531 (36.884)
3:02.810 (36.279)	3:39.552 (36.743)	4:16.198 (36.647)	4:53.062 (36.864)
5:30.030 (36.968)	6:07.218 (37.189)	6:45.140 (37.922)	7:23.626 (38.486)
8:02.618 (38.993)	8:41.656 (39.038)	9:20.923 (39.267)	10:00.583 (39.661)
10:40.559 (39.976)	11:20.863 (40.305)	12:01.489 (40.626)	12:42.518 (41.030)
13:23.300 (40.782)	14:02.863 (39.563)	14:42.787 (39.924)	15:23.195 (40.409)
16:01.622 (38.428)			
20 Malachi Thompson	SR Luther	16:15.70	
36.475 (36.475)	1:15.084 (38.610)	1:51.619 (36.535)	2:28.953 (37.334)
3:05.281 (36.328)	3:41.517 (36.236)	4:18.633 (37.116)	4:55.099 (36.467)
5:32.338 (37.240)	6:09.464 (37.126)	6:46.805 (37.342)	7:24.868 (38.063)
8:03.916 (39.048)	8:43.859 (39.943)	9:24.922 (41.063)	10:05.837 (40.916)
10:46.694 (40.858)	11:27.269 (40.575)	12:08.778 (41.510)	12:49.636 (40.858)
13:30.992 (41.356)	14:12.656 (41.665)	14:54.929 (42.273)	15:36.131 (41.202)
16:15.695 (39.564)			

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men 5000 Meter Run**

21 Noah Smith	SR Simpson (Iowa)	15:31.07	16:16.79
37.648 (37.648)	1:15.769 (38.121)	1:52.153 (36.384)	2:29.780 (37.628)
3:06.062 (36.283)	3:42.378 (36.316)	4:19.040 (36.663)	4:55.506 (36.466)
5:32.770 (37.264)	6:10.027 (37.258)	6:47.648 (37.622)	7:25.741 (38.093)
8:04.430 (38.689)	8:43.506 (39.076)	9:23.182 (39.677)	10:03.555 (40.373)
10:43.829 (40.274)	11:24.275 (40.446)	12:05.443 (41.169)	12:47.386 (41.944)
13:29.942 (42.556)	14:13.288 (43.347)	14:56.679 (43.391)	15:40.124 (43.446)
16:16.783 (36.659)			
22 Drew Peterson	SO Central College	15:52.47	16:19.15
37.469 (37.469)	1:15.582 (38.114)	1:51.712 (36.130)	2:29.487 (37.775)
3:05.879 (36.392)	3:42.104 (36.226)	4:19.286 (37.182)	4:56.687 (37.402)
5:35.415 (38.728)	6:14.536 (39.122)	6:54.381 (39.845)	7:35.095 (40.714)
8:15.851 (40.757)	8:56.739 (40.888)	9:37.955 (41.216)	10:19.315 (41.361)
11:00.325 (41.010)	11:41.316 (40.992)	12:22.441 (41.125)	13:03.298 (40.858)
13:43.791 (40.493)	14:23.891 (40.101)	15:03.730 (39.839)	15:43.032 (39.302)
16:19.146 (36.115)			

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

All-Time: A	7.95	2024	Max Cleveland, Simpson
Championship: C	8.09	3/7/2021	Ryan Rogers, Loras
Facilty: F	8.15	2/26/2022	Dallas Wright, Wartburg

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Eli Etherton		JR Nebraska Wesleyan	8.07	C 7.96Q	1
2 Max Cleveland		SR Simpson (Iowa)	7.95	C 8.05Q	2
3 Blake Hardison		SR Dubuque	8.17	F 8.10q	2
4 Noah Smith		SO Nebraska Wesleyan	8.14	8.29q	2
5 Reid Pakkebier		JR Central College	8.23	8.31q	1
6 Grant Miller		SO Central College	8.30	8.33q	1
7 Connor Miklos		JR Central College	8.32	8.34q	2
8 Brenden Godbout		JR Simpson (Iowa)	8.48	8.47q	1
9 Tanner Johnson		JR Nebraska Wesleyan	8.40	8.48	1
10 Deyton Love		JR Wartburg	8.08	8.53	1 8.521
11 Connor Plahn		FR Nebraska Wesleyan	8.57	8.53	2 8.524
12 Austin Rindels		FR Wartburg	8.52	8.55	2
13 Zak Kubitz		JR Wartburg	8.34	8.56	2
14 Calvin Brindle		JR Dubuque	8.65	8.65	1
15 Zeke Nelson		FR Central College	8.86	8.94	1

**Men 60 Meter Hurdles**

All-Time: A	7.95	2024	Max Cleveland, Simpson
Championship: C	8.09	3/7/2021	Ryan Rogers, Loras
Facilty: F	8.15	2/26/2022	Dallas Wright, Wartburg

Name	Year	School	Prelims	Finals	Points
Finals					
1 Eli Etherton		JR Nebraska Wesleyan	7.96	7.96C	10
2 Max Cleveland		SR Simpson (Iowa)	8.05	8.19	8 8.183
3 Blake Hardison		SR Dubuque	8.10	8.19	6 8.189
4 Noah Smith		SO Nebraska Wesleyan	8.29	8.24	5

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men 60 Meter Hurdles**

5 Grant Miller	SO Central College	8.33	8.30	4
6 Connor Miklos	JR Central College	8.34	8.37	3
7 Reid Pakkebier	JR Central College	8.31	8.46	2
8 Brenden Godbout	JR Simpson (Iowa)	8.47	8.48	1

**Men 4x400 Meter Relay**

All-Time: A 3:12.07	2023	Loras, Loras				
		Kruse, Smith, Jasa, Kruse				
Championship: C 3:17.54	3/7/2021	Wartburg, Wartburg				
		D Wright, Z Abbey, D Smith, W Schmidt				
Facilty: F 3:16.00	2015	Augustana, Augustana				
School			Seed	Finals	H#	Points
1 Dubuque			3:18.17	3:19.87	2	10
1) JoJo Frost SR		2) Otis Patterson SR				
3) Andrew Hutchinson SR		4) Kobe Howell SR				
23.549 (23.549)	50.702 (27.154)	1:13.035 (22.333)		1:40.659 (27.625)		
2:04.333 (23.674)	2:30.281 (25.948)	2:53.236 (22.956)		3:19.862 (26.627)		
2 Wartburg			3:16.97	3:20.02	2	8
1) Zach Abbey JR		2) Ian Neyens JR				
3) David Williams SO		4) Jensen Clapp JR				
23.674 (23.674)	51.659 (27.986)	1:14.727 (23.068)		1:41.402 (26.675)		
2:04.154 (22.752)	2:30.872 (26.718)	2:53.514 (22.642)		3:20.014 (26.501)		
3 Simpson (Iowa)			3:19.66	3:21.13	1	6
1) Joseph Sams SO		2) Brenden Godbout JR				
3) Blake Dephillips JR		4) Max Cleveland SR				
24.279 (24.279)	51.844 (27.565)	1:15.484 (23.641)		1:41.717 (26.234)		
2:05.071 (23.354)	2:32.454 (27.383)	2:55.068 (22.614)		3:21.122 (26.054)		
4 Central College			3:22.42	3:22.13	1	5
1) Brian Hart JR		2) Jake Van Hemert FR				
3) JD Elefson SO		4) Noah Erickson SO				
24.686 (24.686)	51.915 (27.230)	1:15.800 (23.885)		1:42.605 (26.805)		
2:05.718 (23.113)	2:32.320 (26.602)	2:55.367 (23.048)		3:22.128 (26.761)		
5 Loras			3:17.80	3:22.94	2	4
1) Carson Vaske JR		2) Will Kieffer JR				
3) Ian Fagan FR		4) Ted Kruse JR				
23.646 (23.646)	51.134 (27.488)	1:15.012 (23.879)		1:42.896 (27.884)		
2:06.193 (23.298)	2:32.570 (26.377)	2:55.227 (22.658)		3:22.936 (27.709)		
6 Nebraska Wesleyan			3:17.15	3:23.17	2	3
1) Aydon McDonald FR		2) McClain Meyer SO				
3) Jacob Wertz FR		4) Austin Nauert JR				
24.014 (24.014)	52.249 (28.235)	1:15.637 (23.388)		1:42.590 (26.953)		
2:05.960 (23.370)	2:34.008 (28.049)	2:57.166 (23.158)		3:23.163 (25.997)		
7 Buena Vista			3:34.56	3:30.73	1	2
1) Ashton Bates SO		2) John Jeanisse JR				
3) Kyle Miller JR		4) Carter Braun SO				
25.698 (25.698)	54.470 (28.772)	1:17.758 (23.288)		1:46.139 (28.382)		
2:10.724 (24.586)	2:37.406 (26.682)	3:03.540 (26.135)		3:30.730 (27.190)		
8 Coe			3:30.97	3:31.09	1	1
1) Paul Cory JR		2) Isaiah Jakel FR				
3) Robert Hansen SO		4) Cole Kirkham SO				
25.014 (25.014)	51.754 (26.740)	1:16.580 (24.826)		1:43.805 (27.226)		
2:08.648 (24.844)	2:37.810 (29.162)	3:03.754 (25.945)		3:31.082 (27.328)		

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men 4x400 Meter Relay**

9 Luther	3:32.86	3:38.35	1
1) Austyn Riehle FR	2) Logan Thompson SO		
3) Jermaine Dizon SO	4) Ike Taylor JR		
25.971 (25.971)	55.883 (29.912)	1:20.187 (24.305)	1:48.355 (28.168)
2:14.234 (25.879)	2:44.097 (29.864)	3:10.308 (26.211)	3:38.343 (28.036)

**Men 4x800 Meter Relay**

School	Seed	Finals	Points
All-Time: A 7:41.80	2023	Nebraska Wesleyan, Nebraska Wesleyan	
		Anderson, Kenney, Coulter, Lenners	
Championship: C 7:45.46	2/25/2023	Loras, Loras	
		C Oberfoell, C Guise, E Frideres, M Jasa	
Facilty: F 7:50.81	2/26/2022	Central College, Central Coll	
		K Cronin, W DeHaan, A Sylvia, N Jorgenson	
1 Central College		7:45.95F	10
1) Blake Creed FR	2) Adam Sylvia SR		
3) Jack Brown FR	4) Noah Jorgenson JR		
29.478 (29.478)	59.220 (29.743)	1:29.527 (30.307)	2:00.557 (31.031)
2:26.613 (26.056)	2:55.247 (28.635)	3:25.490 (30.243)	3:56.870 (31.380)
4:24.576 (27.707)	4:53.435 (28.859)	5:23.725 (30.291)	5:53.616 (29.891)
6:20.380 (26.765)	6:47.998 (27.618)	7:16.738 (28.740)	7:45.943 (29.205)
2 Wartburg		7:48.58F	8
1) Seth Bailey SO	2) Aiden Housman JR		
3) Carter Cruise JR	4) Rylan Martin FR		
28.635 (28.635)	57.949 (29.314)	1:28.091 (30.143)	1:58.200 (30.110)
2:25.719 (27.519)	2:54.501 (28.783)	3:25.136 (30.635)	3:55.278 (30.143)
4:23.076 (27.798)	4:51.462 (28.386)	5:21.292 (29.831)	5:51.969 (30.677)
6:19.035 (27.066)	6:47.738 (28.704)	7:18.460 (30.722)	7:48.573 (30.114)
3 Nebraska Wesleyan		7:50.05	7:50.37F 6
1) Gabe Anderson SR	2) Carter Siems FR		
3) Lucas Steuter FR	4) Javier Kenney SR		
28.803 (28.803)	58.182 (29.379)	1:28.227 (30.045)	1:57.933 (29.706)
2:25.974 (28.042)	2:54.843 (28.869)	3:25.450 (30.608)	3:55.218 (29.768)
4:23.122 (27.905)	4:52.436 (29.314)	5:23.191 (30.755)	5:55.413 (32.222)
6:22.059 (26.647)	6:50.840 (28.781)	7:20.307 (29.467)	7:50.368 (30.062)
4 Loras		7:53.01	5
1) Carson Hendrey SR	2) Chris Guise SR		
3) Elliot Frideres JR	4) Joe Franke JR		
28.905 (28.905)	58.424 (29.520)	1:27.831 (29.407)	1:58.193 (30.362)
2:25.548 (27.355)	2:53.863 (28.316)	3:23.566 (29.703)	3:56.401 (32.835)
4:23.804 (27.404)	4:53.276 (29.472)	5:24.929 (31.653)	5:58.361 (33.432)
6:24.142 (25.782)	6:52.851 (28.710)	7:22.975 (30.124)	7:53.010 (30.035)
5 Simpson (Iowa)		7:55.90	4
1) Corbin Truitt JR	2) Adam Gruhn JR		
3) James Murray SR	4) Cade Mash SR		
29.231 (29.231)	58.675 (29.444)	1:28.609 (29.934)	1:59.962 (31.353)
2:26.680 (26.719)	2:55.526 (28.846)	3:25.915 (30.390)	3:56.267 (30.352)
4:24.225 (27.959)	4:53.651 (29.426)	5:23.710 (30.060)	5:54.605 (30.895)
6:20.816 (26.211)	6:50.387 (29.571)	7:22.194 (31.808)	7:55.894 (33.701)

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20**

**Hosted by: University of Dubuque**

**2/23/2024 to 2/24/2024**

**Results**

**....Men 4x800 Meter Relay**

6 Luther					8:07.89	3
1) Benjamin Gillikin JR	2) Sorley Swanstrom-Arnold JR					
3) Christian Montover SO	4) Adam Koller SR					
29.374 (29.374)	59.018 (29.644)	1:29.112 (30.094)	1:59.197 (30.086)			
2:27.839 (28.642)	2:59.500 (31.661)	3:32.415 (32.916)	4:04.940 (32.525)			
4:32.609 (27.669)	5:02.883 (30.275)	5:35.394 (32.511)	6:08.360 (32.966)			
6:35.861 (27.501)	7:05.090 (29.230)	7:35.914 (30.824)	8:07.885 (31.971)			
7 Dubuque					8:14.26	2
1) Aiden Mohr FR	2) Evan Robertson FR					
3) Layton Ritter SO	4) Hunter Snyder JR					
29.097 (29.097)	58.909 (29.812)	1:30.007 (31.099)	2:03.305 (33.298)			
2:31.826 (28.521)	3:04.007 (32.182)	3:36.333 (32.326)	4:09.043 (32.711)			
4:36.444 (27.401)	5:07.455 (31.012)	5:39.819 (32.364)	6:11.362 (31.544)			
6:39.256 (27.894)	7:09.894 (30.638)	7:41.744 (31.850)	8:14.252 (32.508)			
8 Coe					8:43.70	1
1) Jared Thoma JR	2) Gad Kanago JR					
3) Andrew Livaudais FR	4) Tim Long JR					
29.894 (29.894)	59.811 (29.918)	1:32.218 (32.407)	2:06.828 (34.610)			
2:35.569 (28.741)	3:06.801 (31.233)	3:39.479 (32.678)	4:13.425 (33.947)			
4:45.109 (31.684)	5:16.582 (31.473)	5:49.873 (33.291)	6:24.876 (35.004)			
6:57.163 (32.288)	7:32.711 (35.548)	8:09.118 (36.407)	8:43.697 (34.579)			

**Men Distance Medley**

All-Time: A	9:39.80	2023	Loras, Loras
			Kelly, Kruse, Jasa, Harvey
Championship: C	10:01.66	2008	Wartburg, Wartburg
			A Hodge, D Peth, J Hommer, K Balster
Facilty: F	10:03.09	2/25/2022	Loras, Loras
			W Kelly, C Vaske, M Jasa, R Harvey

School	Seed	Finals	Points
1 Loras		10:03.16	10
1) Jacob Belha JR	2) Carson Vaske JR		
3) Joe Franke JR	4) Ryan Harvey JR		
30.383 (30.383)	1:01.303 (30.920)	1:33.187 (31.884)	2:04.743 (31.557)
2:36.047 (31.304)	3:06.676 (30.629)	3:29.186 (22.511)	3:56.219 (27.033)
4:22.258 (26.040)	4:50.946 (28.689)	5:20.719 (29.774)	5:50.221 (29.502)
6:19.459 (29.238)	6:49.443 (29.984)	7:20.013 (30.570)	7:51.443 (31.430)
8:23.402 (31.960)	8:55.710 (32.308)	9:29.205 (33.495)	10:03.153 (33.948)
2 Wartburg	9:54.84	10:03.89	8
1) Sam Schmitz JR	2) Frankie Atwater JR		
3) Aiden Housman JR	4) Lance Sobaski SO		
30.251 (30.251)	1:00.952 (30.702)	1:32.961 (32.009)	2:04.225 (31.265)
2:34.954 (30.730)	3:05.204 (30.250)	3:27.826 (22.623)	3:56.672 (28.846)
4:22.653 (25.981)	4:52.071 (29.419)	5:21.681 (29.610)	5:51.870 (30.189)
6:20.553 (28.684)	6:50.648 (30.095)	7:21.494 (30.847)	7:53.312 (31.818)
8:25.776 (32.464)	8:58.547 (32.771)	9:31.790 (33.243)	10:03.883 (32.094)
3 Simpson (Iowa)	9:51.04	10:15.22	6

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men Distance Medley**

1) James Murray SR	2) Blake Dephillips JR				
3) Adam Gruhn JR	4) Ean Warrick SR				
30.039 (30.039)	1:01.125 (31.086)	1:33.151 (32.026)	2:04.937 (31.786)		
2:35.314 (30.377)	3:05.052 (29.739)	3:28.092 (23.041)	3:58.439 (30.348)		
4:24.747 (26.308)	4:53.219 (28.472)	5:23.156 (29.937)	5:54.574 (31.418)		
6:24.068 (29.494)	6:55.450 (31.382)	7:27.735 (32.285)	8:00.504 (32.770)		
8:33.777 (33.273)	9:07.831 (34.055)	9:41.633 (33.802)	10:15.211 (33.579)		
4 Luther		10:24.80	5		
1) Benjamin Gillikin JR	2) Logan Thompson SO				
3) Leo Duffy SR	4) Adam Koller SR				
30.788 (30.788)	1:01.478 (30.691)	1:33.374 (31.896)	2:05.199 (31.826)		
2:36.768 (31.569)	3:07.854 (31.086)	3:32.145 (24.291)	4:00.857 (28.713)		
4:28.107 (27.250)	4:57.049 (28.943)	5:27.713 (30.664)	6:00.964 (33.251)		
6:33.084 (32.120)	7:06.702 (33.618)	7:39.541 (32.840)	8:12.399 (32.858)		
8:46.239 (33.840)	9:21.703 (35.464)	9:55.102 (33.399)	10:24.796 (29.694)		
5 Central College		9:48.98	10:26.89	4	
1) Mason Back FR	2) Jake Van Hemert FR				
3) Blake Creed FR	4) Caleb Silver SR				
30.678 (30.678)	1:01.664 (30.986)	1:33.611 (31.948)	2:05.780 (32.169)		
2:37.937 (32.157)	3:11.170 (33.233)	3:34.613 (23.443)	4:02.300 (27.688)		
4:29.053 (26.753)	4:58.062 (29.009)	5:29.552 (31.491)	6:05.091 (35.539)		
6:35.746 (30.656)	7:09.289 (33.543)	7:42.074 (32.786)	8:15.505 (33.432)		
8:48.317 (32.812)	9:21.929 (33.612)	9:55.435 (33.506)	10:26.883 (31.449)		
6 Buena Vista		10:30.42	3		
1) Kyle Miller JR	2) John Jeanisse JR				
3) Aiden Egertson FR	4) Kaden Sadler JR				
29.822 (29.822)	1:00.845 (31.023)	1:32.901 (32.056)	2:05.134 (32.234)		
2:36.118 (30.984)	3:05.809 (29.692)	3:28.383 (22.574)	3:56.931 (28.548)		
4:24.944 (28.013)	4:54.851 (29.907)	5:26.915 (32.065)	6:00.457 (33.542)		
6:29.577 (29.121)	7:01.185 (31.608)	7:35.029 (33.844)	8:10.323 (35.295)		
8:46.495 (36.172)	9:21.487 (34.993)	9:56.562 (35.075)	10:30.419 (33.858)		
7 Coe		11:06.14	10:34.35	2	
1) Lewis Kleman JR	2) Gad Kanago JR				
3) Paul Cory JR	4) Jared Thoma JR				
31.167 (31.167)	1:02.537 (31.370)	1:34.818 (32.281)	2:09.016 (34.199)		
2:44.755 (35.739)	3:20.893 (36.138)	3:44.797 (23.905)	4:12.123 (27.326)		
4:41.325 (29.202)	5:13.129 (31.805)	5:46.465 (33.336)	6:20.072 (33.607)		
6:49.770 (29.699)	7:20.800 (31.031)	7:52.609 (31.809)	8:24.548 (31.940)		
8:56.450 (31.902)	9:29.191 (32.741)	10:01.665 (32.475)	10:34.348 (32.683)		
8 Dubuque		10:41.86	1		
1) Hunter Snyder JR	2) Jaxon Sander SO				
3) Evan Robertson FR	4) Aiden Mohr FR				
30.969 (30.969)	1:02.614 (31.646)	1:35.080 (32.466)	2:07.903 (32.824)		
2:41.246 (33.344)	3:14.322 (33.076)	3:38.147 (23.825)	4:05.620 (27.474)		
4:32.507 (26.887)	5:03.189 (30.682)	5:36.042 (32.854)	6:10.159 (34.117)		
6:40.645 (30.487)	7:14.643 (33.999)	7:49.522 (34.879)	8:24.775 (35.253)		
8:57.632 (32.858)	9:33.544 (35.912)	10:09.641 (36.098)	10:41.858 (32.217)		
9 Nebraska Wesleyan		10:55.79	10:58.83		
1) Evan Brown FR	2) Aydon McDonald FR				
3) Carter Siems FR	4) Josh Knispel FR				
30.517 (30.517)	1:01.755 (31.238)	1:33.976 (32.221)	2:07.167 (33.192)		
2:41.818 (34.651)	3:18.089 (36.272)	3:41.853 (23.764)	4:09.222 (27.370)		
4:37.125 (27.903)	5:07.681 (30.557)	5:39.205 (31.524)	6:11.628 (32.423)		
6:42.263 (30.635)	7:16.221 (33.959)	7:51.208 (34.987)	8:26.838 (35.630)		
9:03.256 (36.418)	9:40.824 (37.569)	10:19.954 (39.130)	10:58.821 (38.868)		

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****Men High Jump**

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 2.11m 2013 Jonas Elusme, Wartburg											
Facility: F 2.11m 2017 Tristan Elmore, William Penn											
Name	Year	School	Seed	Finals	Points						
1 Gunner Meyer	SO	Central College	2.00m	2.07m	6-09.50	10					
1.77	1.82	1.87	1.92	1.95	1.98	2.01	2.04	2.07	2.10		
PPP	O	O	O	O	XO	XO	XO	O	XXP		
2 Eli Mackowski	JR	Nebraska Wesleyan	2.08m	2.04m	6-08.25	8					
1.77	1.82	1.87	1.92	1.95	1.98	2.01	2.04	2.07	2.10		
PPP	PPP	O	O	O	XO	O	O	XXP	X		
3 Ryker Strong	JR	Dubuque	1.95m	1.92m	6-03.50	6					
1.77	1.82	1.87	1.92	1.95							
PPP	PPP	O	XO	XXX							
4 Otis Patterson	SR	Dubuque	1.94m	1.92m	6-03.50	5					
1.77	1.82	1.87	1.92	1.95							
PPP	O	XO	XO	XXX							
5 Nolan Meyer	SO	Central College	1.88m	1.87m	6-01.50	3.50					
1.77	1.82	1.87	1.92								
PPP	XO	O	XXX								
5 Ryan Spence	FR	Dubuque	1.89m	1.87m	6-01.50	3.50					
1.77	1.82	1.87	1.92								
XO	O	O	XXX								
7 Raymond Venditti	SR	Loras	1.95m	1.87m	6-01.50	2					
1.77	1.82	1.87	1.92								
PPP	PPP	XO	XXX								
8 JR Knauss	SO	Simpson (Iowa)	1.80m	1.87m	6-01.50	0.50					
1.77	1.82	1.87	1.92								
O	XO	XXO	XXX								
8 Matt Franz	JR	Loras	1.83m	1.87m	6-01.50	0.50					
1.77	1.82	1.87	1.92								
O	XO	XXO	XXX								
10 James Bruner	SR	Nebraska Wesleyan	1.83m	1.82m	5-11.50						
1.77	1.82	1.87									
O	O	XXX									
10 Benjamin Cumpston	FR	Nebraska Wesleyan	1.87m	1.82m	5-11.50						
1.77	1.82	1.87									
O	O	XXX									
12 Dustin Mohler	SO	Wartburg	1.81m	1.77m	5-09.75						
1.77	1.82										
XXO	XXX										
-- Jatavion Hawkins	SR	Dubuque	2.06m	DNS							



**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****Men Pole Vault**

3.60, 3.75, 3.90, 3.4.05, 4.20, 4.30, 4.40, 4.50, 4.60, 4.70, 4.80, 4.90												
All-Time: A 5.20m 2008 Kyle Calvert, Loras												
Championship: C 4.92m 3/7/2021 Ryan Rogers, Loras												
Facilty: F 5.00m 2017 Matthew Dwyer, UW-Platteville												
Name	Year		School		Seed		Finals		Points			
1 Raymond Venditti	SR		Loras		4.84m		4.88m		16-00.00		10	
3.60 3.75 3.90 4.05 4.20 4.30 4.40 4.50 4.60 4.75 4.88 4.93												
PPP PPP PPP PPP PPP PPP O O XO XO XXX												
2 Ethan Stoker	SO		Dubuque		4.50m		4.50m		14-09.00		8	
3.60 3.75 3.90 4.05 4.20 4.30 4.40 4.50 4.60												
PPP PPP PPP PPP O O O O XXX												
3 Carson Collet	JR		Wartburg		4.40m		4.50m		14-09.00		6	
3.60 3.75 3.90 4.05 4.20 4.30 4.40 4.50 4.60												
PPP PPP PPP PPP O O O XXO XXX												
4 Devon Schultz	FR		Buena Vista		4.25m		4.30m		14-01.25		5	
3.60 3.75 3.90 4.05 4.20 4.30 4.40												
PPP PPP PPP O O O XXX												
5 Alex Wilson	JR		Loras		4.26m		4.30m		14-01.25		4	
3.60 3.75 3.90 4.05 4.20 4.30 4.40												
PPP PPP XO XXO XO O XXX												
6 Trey Faherty	SO		Wartburg		4.10m		4.30m		14-01.25		3	
3.60 3.75 3.90 4.05 4.20 4.30 4.40												
PPP PPP PPP O O XO XXX												
7 Nick Walch	FR		Buena Vista		4.40m		4.30m		14-01.25		2	
3.60 3.75 3.90 4.05 4.20 4.30 4.40												
PPP PPP XO O XO XO XXX												
8 Gavin Smith	SO		Central College		3.95m		4.05m		13-03.50		1	
3.60 3.75 3.90 4.05 4.20												
O O XXO O XXX												
9 Graham Peterson	SO		Nebraska Wesleyan		4.01m		4.05m		13-03.50			
3.60 3.75 3.90 4.05 4.20												
PPP XO O XO XXX												
10 Logan Jones	SR		Loras		4.00m		3.90m		12-09.50			
3.60 3.75 3.90 4.05												
PPP O XO XXX												
11 Braden Troeger	FR		Dubuque		4.05m		3.90m		12-09.50			
3.60 3.75 3.90 4.05												
O XO XXO XXX												
12 Ethan Ryan	SO		Dubuque		3.85m		3.75m		12-03.50			
3.60 3.75 3.90												
O O XXX												
13 Alex Miller	JR		Central College		3.95m		3.75m		12-03.50			
3.60 3.75 3.90												
XO XXO XXX												
14 TJ DiSessa	SO		Central College		3.65m		3.60m		11-09.75			
3.60 3.75												
XO XXX												

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****Men Long Jump**

All-Time: A 7.69m 2009		Eric Bertelsen, Buena Vista				
Championship: C 7.69m 2009		Eric Bertelsen, Buena Vista				
Facilty: F 7.32m 2014		James Wilson, Monmouth				
Name	Year	School	Seed	Finals	H#	Points
1 Derik Buntten	JR	Loras	7.21m	7.28m	23-10.75	2 10
7.28m 7.24m 7.19m	FOUL	PASS PASS				
2 Jaidyn Williams	SR	Dubuque	7.17m	7.15m	23-05.50	2 8
6.93m 7.03m 7.15m	FOUL	6.81m 7.10m				
3 Deyton Love	JR	Wartburg	7.15m	7.02m	23-00.50	2 6
7.02m 6.79m	FOUL	PASS PASS PASS				
4 Morgan Conner	JR	Nebraska Wesleyan	7.05m	6.98m	22-11.00	2 5
6.61m 6.97m 6.98m	6.84m	6.76m 6.22m				
5 Jatavion Hawkins	SR	Dubuque	6.88m	6.84m	22-05.25	2 4
6.79m 6.84m	FOUL	PASS PASS PASS				
6 Jay Gatto	FR	Wartburg	6.63m	6.70m	21-11.75	2 3
FOUL 6.70m	FOUL	6.31m 6.50m 6.42m				
7 Rei'Shaun Spires	SR	Loras	6.65m	6.63m	21-09.00	2 2
FOUL 6.37m 6.63m	6.07m	5.90m FOUL				
8 Kale Purcell	SO	Central College	6.60m	6.54m	21-05.50	2 1
6.42m 6.54m 6.26m	6.36m	6.54m 6.54m				
9 Alex Pierce	FR	Nebraska Wesleyan	6.53m	6.52m	21-04.75	1
5.43m 6.52m 6.01m	6.27m	FOUL FOUL				
10 Otis Patterson	SR	Dubuque	6.78m	6.41m	21-00.50	2
FOUL 6.17m 6.41m						
11 Lachlan Pickering	SO	Nebraska Wesleyan	6.74m	6.36m	20-10.50	2
FOUL FOUL 6.36m						
12 Dustin Mohler	SO	Wartburg	6.29m	6.29m	20-07.75	1
6.29m 6.00m 6.27m						
13 Easton Hays	SO	Buena Vista	6.21m	6.26m	20-06.50	1
FOUL 6.02m 6.26m						
14 Tancrede Lefort	JR	Luther	6.47m	6.25m	20-06.25	1
FOUL 6.05m 6.25m						
15 Kade Kreinbring	SO	Coe	6.39m	6.14m	20-01.75	1
6.11m FOUL 6.14m						
16 Isaiah Thomas	SR	Buena Vista	6.25m	6.12m	20-01.00	1
5.97m 6.12m 6.03m						
17 Charlie Irwin	SO	Loras	6.21m	5.91m	19-04.75	1
5.91m 5.78m FOUL						
18 Liam Kelso	FR	Central College	5.94m	5.84m	19-02.00	1
5.84m FOUL FOUL						
19 Trent Overturf	FR	Buena Vista	5.85m	5.74m	18-10.00	1
5.61m 5.74m 5.70m						
20 Josh Peters	FR	Coe	6.00m	5.69m	18-08.00	1
5.56m 5.69m FOUL						
21 Owen Tomko	FR	Central College	6.05m	5.61m	18-05.00	1
5.61m 5.36m 5.42m						
-- Jakhari Anderson	SR	Dubuque	6.70m	FOUL		2
FOUL FOUL FOUL						

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****Men Triple Jump**

All-Time: A 14.78m 2021		Brock Lewis, Central College		
Championship: C 14.78m 3/7/2021		Brock Lewis, Central College		
Facilty: F 14.86m 2010		Patrick Zeunik, Augustana		
Name	Year School	Seed	Finals	Points
1 Jaidyn Williams	SR Dubuque	14.39m	14.60m	47-11.00 10
13.78m 14.60m 14.48m	PASS PASS PASS			
2 Kale Purcell	SO Central College	14.24m	14.29m	46-10.75 8
13.89m 14.16m 13.94m	14.12m 14.29m 14.28m			
3 Akim Baba Traore	SO Dubuque	13.80m	13.88m	45-06.50 6
13.14m 13.53m 13.88m	13.57m FOUL 13.73m			
4 Lachlan Pickering	SO Nebraska Wesleyan	13.29m	13.81m	45-03.75 5
13.05m 12.99m 13.12m	13.27m 13.23m 13.81m			
5 Dallen Booker	SO Nebraska Wesleyan	13.67m	13.76m	45-01.75 4
13.33m 13.33m 13.76m	13.59m 13.52m 12.04m			
6 Rei'Shaun Spires	SR Loras	14.09m	13.61m	44-08.00 3
FOUL 13.13m FOUL	13.29m 13.45m 13.61m			
7 Dustin Mohler	SO Wartburg	13.53m	13.39m	43-11.25 2
13.39m 13.21m 13.36m	12.70m 13.11m 13.30m			
8 Ahmari Meeks-Miller	SO Loras	13.12m	13.33m	43-09.00 1
FOUL 12.82m 13.33m	FOUL FOUL 13.18m			
9 Phil Daniels	FR Wartburg	13.50m	13.21m	43-04.25
FOUL 13.14m 13.21m	12.83m 12.44m FOUL			
10 Daken Pessman	FR Loras	12.83m	12.94m	42-05.50
12.94m FOUL 12.88m				
11 Ya-aqob Lozano	FR Dubuque	13.10m	12.86m	42-02.25
12.65m 12.73m 12.86m				
12 Amro Shammakh	FR Dubuque	13.29m	12.83m	42-01.25
12.39m 12.66m 12.83m				
13 Isaiah Thomas	SR Buena Vista	12.24m	12.45m	40-10.25
12.33m 12.45m FOUL				
14 Jay Gatto	FR Wartburg	11.95m	11.82m	38-09.50
FOUL 11.79m 11.82m				
-- Jakhari Anderson	SR Dubuque	13.75m	DNS	

**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			
Facilty: F 19.76m		Andrew Stone, Wisconsin			
Name	Year School	Seed	Finals	H#	Points
1 Holden Murphy	JR Loras	16.36m	16.89m	55-05.00	2 10
16.19m 15.61m 16.89m	15.76m 15.70m FOUL				
2 Dre Jackson	SO Loras	15.28m	16.51m	54-02.00	2 8
FOUL 16.23m 14.70m	FOUL 16.32m 16.51m				
3 Colin Wojtkiewicz	SO Nebraska Wesleyan	15.86m	16.39m	53-09.25	2 6
FOUL 14.87m 14.90m	16.11m 16.39m 16.05m				
4 Jacob Edwards	JR Dubuque	16.28m	16.17m	53-00.75	2 5
15.22m 16.14m 15.79m	FOUL 16.17m FOUL				
5 Eric Lenz	JR Nebraska Wesleyan	16.29m	16.05m	52-08.00	2 4
15.47m 15.68m 15.46m	15.83m FOUL 16.05m				

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men Shot Put**

6	Mason Lobeck	JR	Wartburg	15.56m	15.94m	52-03.75	2	3
	14.97m 15.94m 14.15m		14.96m 14.61m 14.79m					
7	Cade Collier	SR	Dubuque	15.99m	15.73m	51-07.25	2	2
	15.07m 15.41m 15.50m		15.03m 15.73m FOUL					
8	Abraham Christensen	SO	Buena Vista	14.92m	15.15m	49-08.50	2	1
	14.34m 14.51m 15.15m		15.02m 14.29m FOUL					
9	Tommy Halatek	SR	Loras	15.09m	15.04m	49-04.25	2	
	14.45m 14.16m 15.04m		FOUL 14.63m 14.26m					
10	Dakota Hoffman	SO	Dubuque	15.32m	14.76m	48-05.25	2	
	14.76m 14.40m FOUL							
11	Eli Pflipsen	SO	Loras	14.41m	14.57m	47-09.75	2	
	14.39m 14.57m FOUL							
12	David Crow	JR	Buena Vista	12.78m	12.98m	42-07.00	1	
	11.99m 12.78m 12.98m							
13	Chris Baker	JR	Coe	14.99m	12.93m	42-05.25	2	
	12.93m FOUL 12.57m							
14	Christian Nunley	JR	Wartburg	13.81m	12.71m	41-08.50	2	
	10.55m 12.71m FOUL							
15	Cole Brandes	FR	Nebraska Wesleyan	12.84m	12.62m	41-05.00	1	
	12.33m 12.62m FOUL							
16	Owen Anthony	SO	Nebraska Wesleyan	12.86m	12.60m	41-04.25	1	
	FOUL 12.60m FOUL							
17	Eli Keahna	SO	Wartburg	13.15m	11.87m	38-11.50	2	
	10.04m 11.87m 11.30m							
18	Tomas Bueso	FR	Coe	11.77m	11.86m	38-11.00	1	
	11.58m 11.86m 11.51m							
19	Jex Schutjer	FR	Coe	12.54m	11.81m	38-09.00	1	
	FOUL FOUL 11.81m							
20	Logan Strom	FR	Luther	12.21m	11.62m	38-01.50	1	
	11.07m 11.31m 11.62m							
21	Tommy Morlan	SO	Central College	12.71m	11.60m	38-00.75	1	
	11.60m 11.47m FOUL							
22	Keegan Heneisen	FR	Coe	11.80m	11.37m	37-03.75	1	
	FOUL FOUL 11.37m							
23	Randell Howard	FR	Buena Vista	10.94m	11.29m	37-00.50	1	
	11.29m FOUL FOUL							
24	Sam Stoecker	FR	Central College	12.01m	11.05m	36-03.00	1	
	FOUL FOUL 11.05m							
25	Cory Fairbanks	JR	Central College	10.77m	10.84m	35-06.75	1	
	10.14m 10.84m 10.63m							
26	Joey Mehlhorn	SO	Luther	10.82m	10.82m	35-06.00	1	
	10.54m 10.82m FOUL							
27	Brandon Greiner	FR	Simpson (Iowa)	10.68m	9.68m	31-09.25	1	
	9.68m 9.13m 9.52m							
28	Joseph Dahl	FR	Luther	7.32m	7.05m	23-01.75	1	
	7.05m 6.77m 6.88m							

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****Men Weight Throw**

All-Time: A 20.52m 2019		Blaze Murfin, Dubuque				
Championship: C 19.59m 2/25/2017		Ron Brown, Dubuque				
Facility: F 20.56m		Jason Swarens, Wisconsin				
Name	Year	School	Seed	Finals	H#	Points
1 Holden Murphy		JR Loras	19.63m	19.73mC	64-08.75	2 10
	19.23m 19.70m 19.70m	19.73m 19.15m 19.59m				
2 Tommy Halatek		SR Loras	17.81m	18.87m	61-11.00	2 8
	17.54m FOUL 17.58m	18.87m 18.15m 18.54m				
3 Cade Collier		SR Dubuque	18.56m	17.67m	57-11.75	2 6
	17.66m FOUL 17.67m	17.29m FOUL 17.45m				
4 Eric Lenz		JR Nebraska Wesleyan	17.82m	17.18m	56-04.50	2 5
	FOUL 16.17m 17.18m	16.80m FOUL FOUL				
5 Christian Nunley		JR Wartburg	18.45m	17.04m	55-11.00	2 4
	16.36m FOUL 15.73m	16.94m 16.50m 17.04m				
6 Jacob Edwards		JR Dubuque	16.57m	17.00m	55-09.25	2 3
	15.95m 16.41m 17.00m	16.85m 16.36m FOUL				
7 Zach Sanford		SO Dubuque	16.69m	16.95m	55-07.50	2 2
	16.60m 16.20m 15.57m	14.51m 16.47m 16.95m				
8 Lucas Cummings		SO Dubuque	17.06m	16.79m	55-01.00	2 1
	FOUL FOUL 16.79m	FOUL FOUL FOUL				
9 Neal Eckhoff		SR Loras	17.14m	16.74m	54-11.25	2
	14.37m 16.74m 16.49m	16.01m 16.57m 16.45m				
10 Chris Baker		JR Coe	16.34m	16.25m	53-03.75	2
	15.54m 15.79m 16.25m					
11 Carter Allen		SO Loras	15.96m	15.84m	51-11.75	2
	14.80m 15.84m FOUL					
12 Eli Keahna		SO Wartburg	15.82m	15.78m	51-09.25	2
	15.45m 15.78m 15.25m					
13 Eli Pflipsen		SO Loras	15.79m	15.76m	51-08.50	2
	15.76m 14.94m FOUL					
14 Colin Wojtkiewicz		SO Nebraska Wesleyan	16.06m	15.69m	51-05.75	2
	15.37m 15.36m 15.69m					
15 Abraham Christensen		SO Buena Vista	15.38m	14.91m	48-11.00	1
	13.79m 14.91m 14.89m					
16 Trent Polley		SO Wartburg	13.88m	14.41m	47-03.50	1
	12.45m 14.41m FOUL					
17 David Crow		JR Buena Vista	13.95m	14.30m	46-11.00	1
	13.26m FOUL 14.30m					
18 Tyler Bradford		SO Nebraska Wesleyan	13.34m	14.10m	46-03.25	1
	13.12m FOUL 14.10m					
19 Cory Fairbanks		JR Central College	14.11m	13.85m	45-05.25	1
	13.85m FOUL FOUL					
20 Brandon Greiner		FR Simpson (Iowa)	13.22m	12.82m	42-00.75	1
	12.16m 11.41m 12.82m					
21 Joey Mehlhorn		SO Luther	12.89m	12.77m	41-10.75	1
	12.60m FOUL 12.77m					
22 Sam Stoecker		FR Central College	11.94m	12.28m	40-03.50	1
	11.33m 12.28m FOUL					
23 Cam Spina		SO Buena Vista	12.53m	12.22m	40-01.25	1
	11.47m 11.35m 12.22m					
24 Garrett Regier		FR Nebraska Wesleyan	12.44m	11.89m	39-00.25	1
	11.82m 11.89m FOUL					

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Men Weight Throw**

25 Logan Strom	FR Luther	11.74m	11.54m	37-10.50	1
FOUL 11.37m 11.54m					
26 Corbin Sodergren	SO Central College	11.66m	11.20m	36-09.00	1
11.20m FOUL FOUL					
27 Joseph Dahl	FR Luther	9.82m	10.31m	33-10.00	1
9.93m 10.31m 10.30m					

**Heptathlon: #1 Men 60 Meter Dash Heptathlon**

=====						
Championship: C	7.17	2/24/2023	Reid Pakkebier, Central College			
Facility: F	7.24	2/25/2022	Jack Mayer, Dubuque			
Name		Year	School	Finals	H#	Points
=====						
1 Reid Pakkebier			JR Central College	7.18F	2	819
2 Clarke Latcham			JR Simpson (Iowa)	7.21F	2	809
3 Zackary Huffman			SR Buena Vista	7.23F	2	802
4 Tanner Johnson			JR Nebraska Wesleyan	7.24F	2	799
5 Ulysses Patterson			JR Simpson (Iowa)	7.27	2	789 7.265
6 Gage Huyser			SO Central College	7.27	1	789 7.266
7 Gavin Smith			SO Central College	7.41	2	742
8 Kale Hobart			FR Central College	7.45	2	729
9 Owen Scherff			SO Loras	7.47	1	723
10 Jaxon Thompson			JR Central College	7.52	1	706
11 Jaydon Tarohocker			FR Nebraska Wesleyan	7.53	1	703
12 Will Johnson			FR Wartburg	7.54	1	700
13 Ian Lucas			SO Loras	7.59	2	684
14 Tai Cayton			FR Wartburg	7.60	1	681
15 Kevin Sohl			FR Nebraska Wesleyan	7.66	1	662
16 Daniel Zietlow			FR Wartburg	7.67	1	659

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

=====						
Championship: C	2:39.01	2/22/2019	Curren Matthias, Wartburg			
Facility: F	2:49.22	2/25/2017	Ben Cuvelier, Wartburg			
Name		Year	School	Finals		Points
=====						
1 Ian Lucas			SO Loras	2:49.68		769
30.519 (30.519)			1:04.072 (33.553)	1:40.399 (36.327)		2:17.950 (37.552)
2:49.674 (31.725)						
2 Gavin Smith			SO Central College	2:51.02		755
30.826 (30.826)			1:04.762 (33.937)	1:40.640 (35.878)		2:18.290 (37.650)
2:51.018 (32.729)						
3 Will Johnson			FR Wartburg	2:51.16		753
30.736 (30.736)			1:04.516 (33.780)	1:40.896 (36.381)		2:18.407 (37.512)
2:51.153 (32.746)						
4 Ulysses Patterson			JR Simpson (Iowa)	2:51.86		746
32.293 (32.293)			1:06.964 (34.672)	1:42.452 (35.488)		2:19.063 (36.611)
2:51.854 (32.792)						
5 Clarke Latcham			JR Simpson (Iowa)	2:51.89		746
33.230 (33.230)			1:06.763 (33.533)	1:41.564 (34.802)		2:18.026 (36.462)
2:51.886 (33.860)						
6 Kale Hobart			FR Central College	2:52.14		743
31.074 (31.074)			1:05.010 (33.936)	1:41.128 (36.118)		2:18.617 (37.489)
2:52.138 (33.522)						

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Heptathlon: #7 Men 1000 Meter Run Heptathlon**

7	Tanner Johnson	JR Nebraska Wesleyan	2:53.42	730
	31.180 (31.180)	1:05.459 (34.279)	1:41.632 (36.174)	2:19.006 (37.374)
	2:53.417 (34.411)			
8	Reid Pakkebier	JR Central College	3:01.00	654
	33.384 (33.384)	1:10.018 (36.634)	1:48.638 (38.621)	2:26.409 (37.771)
	3:00.994 (34.586)			
9	Jaydon Tarohocker	FR Nebraska Wesleyan	3:01.11	653
	32.012 (32.012)	1:07.362 (35.350)	1:44.834 (37.473)	2:25.579 (40.745)
	3:01.101 (35.522)			
10	Gage Huyser	SO Central College	3:01.32	651
	33.672 (33.672)	1:10.135 (36.464)	1:48.044 (37.909)	2:25.330 (37.286)
	3:01.314 (35.984)			
11	Jaxon Thompson	JR Central College	3:02.38	641
	33.420 (33.420)	1:09.850 (36.430)	1:48.223 (38.374)	2:25.788 (37.565)
	3:02.379 (36.592)			
12	Kevin Sohl	FR Nebraska Wesleyan	3:08.11	587
	32.699 (32.699)	1:08.836 (36.138)	1:47.418 (38.582)	2:28.338 (40.921)
	3:08.109 (39.771)			
13	Tai Cayton	FR Wartburg	3:14.41	530
	33.554 (33.554)	1:10.629 (37.075)	1:50.043 (39.415)	2:32.586 (42.543)
	3:14.410 (41.824)			
14	Zackary Huffman	SR Buena Vista	3:16.14	515
	33.132 (33.132)	1:08.391 (35.259)	1:47.169 (38.778)	2:29.537 (42.368)
	3:16.134 (46.598)			
15	Owen Scherff	SO Loras	3:19.97	482
	33.754 (33.754)	1:10.930 (37.176)	1:51.502 (40.573)	2:38.239 (46.737)
	3:19.970 (41.731)			
16	Daniel Zietlow	FR Wartburg	3:20.39	478
	34.574 (34.574)	1:11.471 (36.897)	1:53.243 (41.772)	2:37.551 (44.309)
	3:20.389 (42.839)			

**Heptathlon: #5 Men 60 Meter Hurdles Heptathlon**

=====						
Championship:	C	8.47	2/24/2023	Reid Pakkebier,	Central College	
Facilty:	F	8.67	2/25/2022	Lucas Heitz,	Central Coll	
Name			Year	School	Finals	H# Points
=====						
1	Tanner Johnson			JR Nebraska Wesleyan	8.40C	4 884
2	Gage Huyser			SO Central College	8.44C	4 874
3	Reid Pakkebier			JR Central College	8.51F	4 858
4	Gavin Smith			SO Central College	8.54F	3 851
5	Kale Hobart			FR Central College	8.66F	4 823
6	Ulysses Patterson			JR Simpson (Iowa)	8.74	3 804 8.732
7	Zackary Huffman			SR Buena Vista	8.74	3 804 8.736
8	Jaxon Thompson			JR Central College	8.95	2 757
9	Kevin Sohl			FR Nebraska Wesleyan	8.96	2 755
10	Clarke Latcham			JR Simpson (Iowa)	8.98	2 750
11	Daniel Zietlow			FR Wartburg	9.16	1 711
12	Ian Lucas			SO Loras	9.17	2 709
13	Owen Scherff			SO Loras	9.33	3 675
14	Jaydon Tarohocker			FR Nebraska Wesleyan	9.44	1 652
15	Tai Cayton			FR Wartburg	9.66	1 607
16	Will Johnson			FR Wartburg	10.18	1 508

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****Heptathlon: #4 Men High Jump Heptathlon**

Championship: C 2.06m 2/27/2009		Chris Buresh, Loras		
Championship: C 2.06m 2/24/2017		Will Daniels, Central College		
Facility: F 2.06m 2/24/2017		Will Daniels, Central College		
Name	Year	School	Finals	Points
1 Jaxon Thompson		JR Central College	1.91m 6-03.25	723
1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79 1.82 1.85 1.88 1.91 1.94	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O O XXO O XXO XXX			
2 Kale Hobart		FR Central College	1.88m 6-02.00	696
1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79 1.82 1.85 1.88 1.91	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O O O O XXX			
3 Ian Lucas		SO Loras	1.85m 6-00.75	670
1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79 1.82 1.85 1.88	PPP PPP PPP PPP PPP PPP PPP PPP PPP XO XO XO O O XO O O XXX			
4 Clarke Latcham		JR Simpson (Iowa)	1.79m 5-10.50	619
1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79 1.82	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O O XXX			
5 Ulysses Patterson		JR Simpson (Iowa)	1.76m 5-09.25	593
1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O XO O XXX			
5 Gavin Smith		SO Central College	1.76m 5-09.25	593
1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79	PPP PPP PPP PPP PPP PPP O PPP O O O XO O XXX			
5 Gage Huyser		SO Central College	1.76m 5-09.25	593
1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79	PPP PPP PPP PPP PPP PPP PPP PPP PPP O O O XXO O XXX			
8 Daniel Zietlow		FR Wartburg	1.73m 5-08.00	569
1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76	PPP PPP PPP PPP PPP O O PPP O O O XO XXX			
8 Jaydon Tarohocker		FR Nebraska Wesleyan	1.73m 5-08.00	569
1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76	PPP PPP PPP PPP PPP PPP PPP PPP O PPP XO O XXX			
8 Reid Pakkebier		JR Central College	1.73m 5-08.00	569
1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76	PPP PPP PPP PPP PPP PPP O PPP O O XXO XXO XXX			
8 Will Johnson		FR Wartburg	1.73m 5-08.00	569
1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76	PPP PPP PPP PPP PPP O XO XO O O O O XXX			
12 Tai Cayton		FR Wartburg	1.70m 5-07.00	544
1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73	PPP PPP PPP PPP PPP O PPP XO O O XXO XXX			
13 Zackary Huffman		SR Buena Vista	1.67m 5-05.75	520
1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70	PPP PPP PPP PPP PPP PPP O O XO O XXX			
14 Tanner Johnson		JR Nebraska Wesleyan	1.61m 5-03.25	472
1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64	PPP PPP PPP PPP PPP PPP O O XXX			
14 Kevin Sohl		FR Nebraska Wesleyan	1.61m 5-03.25	472
1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67	PPP PPP PPP PPP PPP PPP O O PPP XXX			
16 Owen Scherff		SO Loras	1.46m 4-09.50	360
1.40 1.43 1.46 1.49	O O O XXX			



**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****Heptathlon: #6 Men Pole Vault Heptathlon**

Championship: C 4.49m 2/25/2012		Aaron Fuller, Central		
Facility: F 4.40m 2/25/2022		Brody Klein, Central Coll		
Name	Year	School	Finals	Points
1 Jaxon Thompson		JR Central College	4.15m 13-07.25	659
2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95 4.05 4.15 4.25	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP 0 PPP 0 XO XXO XXX			
2 Gage Huyser		SO Central College	4.05m 13-03.50	631
2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95 4.05 4.15	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP 0 PPP 0 0 0 0 XXX			
3 Gavin Smith		SO Central College	3.95m 12-11.50	603
2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95 4.05	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP 0 0 0 XXO XXO XXX			
4 Clarke Latcham		JR Simpson (Iowa)	3.85m 12-07.50	576
2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP 0 PPP 0 0 0 0 XO XXX			
4 Tai Cayton		FR Wartburg	3.85m 12-07.50	576
2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65 3.75 3.85 3.95	PPP PPP PPP PPP PPP PPP PPP PPP PPP XO PPP 0 PPP XO PPP 0 0 XXO XXX			
6 Ian Lucas		SO Loras	3.55m 11-07.75	496
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP 0 0 0 XO XXX			
6 Ulysses Patterson		JR Simpson (Iowa)	3.55m 11-07.75	496
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP 0 PPP 0 0 XXX			
6 Kale Hobart		FR Central College	3.55m 11-07.75	496
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.65	PPP PPP PPP PPP PPP PPP PPP PPP 0 PPP 0 XO 0 0 XO XXO XXX			
9 Daniel Zietlow		FR Wartburg	3.45m 11-03.75	469
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55	PPP PPP PPP PPP 0 PPP 0 PPP 0 0 0 XO XO XXO XO XXX			
10 Zackary Huffman		SR Buena Vista	3.35m 10-11.75	444
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP 0 XXX			
10 Tanner Johnson		JR Nebraska Wesleyan	3.35m 10-11.75	444
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45	PPP PPP PPP PPP PPP PPP 0 0 0 0 XO 0 XO XXX			
10 Reid Pakkebier		JR Central College	3.35m 10-11.75	444
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45	PPP PPP PPP PPP PPP PPP PPP 0 PPP XO XO 0 0 XXX			
13 Kevin Sohl		FR Nebraska Wesleyan	3.25m 10-08.00	418
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35	PPP PPP PPP PPP PPP PPP XO 0 0 XXO 0 0 XXX			
14 Owen Scherff		SO Loras	3.15m 10-04.00	393
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25	PPP PPP PPP PPP PPP PPP XXO 0 0 0 0 XXX			
14 Jaydon Tarohocker		FR Nebraska Wesleyan	3.15m 10-04.00	393
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25	PPP PPP PPP PPP PPP PPP XO 0 0 0 XXX			
16 Will Johnson		FR Wartburg	2.75m 9-00.25	298
2.15 2.25 2.35 2.45 2.55 2.65 2.75 2.85	0 PPP XO PPP 0 0 XXO XXX			

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****Heptathlon: #2 Men Long Jump Heptathlon**

Championship: C 7.24m 2/25/2011 Ethan Miller, Central College					
Facility: F 6.67m 2/24/2017 Will Daniels, Central College					
Name	Year	School	Finals		Points
1 Ulysses Patterson	JR	Simpson (Iowa)	6.61m	21-08.25	723
6.46m FOUL 6.61m					
2 Gavin Smith	SO	Central College	6.44m	21-01.50	684
6.44m FOUL FOUL					
3 Gage Huyser	SO	Central College	6.41m	21-00.50	677
5.98m 6.34m 6.41m					
4 Kale Hobart	FR	Central College	6.36m	20-10.50	666
6.07m 6.14m 6.36m					
5 Reid Pakkebier	JR	Central College	6.25m	20-06.25	641
6.16m 6.25m 6.15m					
6 Ian Lucas	SO	Loras	6.22m	20-05.00	635
5.90m 5.77m 6.22m					
7 Tanner Johnson	JR	Nebraska Wesleyan	6.20m	20-04.25	630
5.46m 6.13m 6.20m					
8 Clarke Latcham	JR	Simpson (Iowa)	6.16m	20-02.50	621
FOUL 6.06m 6.16m					
9 Jaxon Thompson	JR	Central College	6.03m	19-09.50	593
6.03m 5.95m FOUL					
10 Zackary Huffman	SR	Buena Vista	5.93m	19-05.50	571
5.81m 5.93m 5.76m					
11 Kevin Sohl	FR	Nebraska Wesleyan	5.91m	19-04.75	567
5.91m 5.51m 5.79m					
12 Jaydon Tarohocker	FR	Nebraska Wesleyan	5.65m	18-06.50	512
5.65m 5.46m 5.30m					
13 Tai Cayton	FR	Wartburg	5.59m	18-04.25	500
5.16m 5.59m 5.28m					
14 Owen Scherff	SO	Loras	5.53m	18-01.75	487
5.53m 5.24m 5.36m					
15 Daniel Zietlow	FR	Wartburg	5.49m	18-00.25	479
5.04m 5.49m FOUL					
16 Will Johnson	FR	Wartburg	5.13m	16-10.00	407
FOUL FOUL 5.13m					

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

Championship: C 14.48m 2/23/2018 Ryan Kruse, Central Coll					
Facility: F 13.66m 2/24/2017 Ryan Kruse, Central College					
Name	Year	School	Finals		Points
1 Gavin Smith	SO	Central College	11.90m	39-00.50	600
11.57m 11.90m FOUL					
2 Reid Pakkebier	JR	Central College	11.87m	38-11.50	599
10.56m 11.54m 11.87m					
3 Gage Huyser	SO	Central College	11.46m	37-07.25	574
10.80m 11.11m 11.46m					
4 Ulysses Patterson	JR	Simpson (Iowa)	11.37m	37-03.75	568
11.34m 11.37m 10.78m					
5 Daniel Zietlow	FR	Wartburg	11.25m	36-11.00	561
11.25m 10.91m 9.45m					

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20****Hosted by: University of Dubuque****2/23/2024 to 2/24/2024****Results****....Heptathlon: #3 Men Shot Put Heptathlon**

6	Zackary Huffman	SR Buena Vista	11.00m	36-01.25	546
	10.96m 10.71m 11.00m				
7	Jaydon Tarohocker	FR Nebraska Wesleyan	10.81m	35-05.75	534
	9.87m 10.19m 10.81m				
8	Clarke Latcham	JR Simpson (Iowa)	10.55m	34-07.50	519
	9.98m 9.73m 10.55m				
9	Tanner Johnson	JR Nebraska Wesleyan	10.44m	34-03.00	512
	9.80m 10.27m 10.44m				
10	Kale Hobart	FR Central College	10.39m	34-01.25	509
	10.28m 10.39m 10.25m				
11	Jaxon Thompson	JR Central College	10.35m	33-11.50	507
	9.18m FOUL 10.35m				
12	Ian Lucas	SO Loras	10.15m	33-03.75	495
	9.00m 10.13m 10.15m				
13	Kevin Sohl	FR Nebraska Wesleyan	9.97m	32-08.50	484
	9.97m 9.30m 9.78m				
14	Owen Scherff	SO Loras	9.25m	30-04.25	441
	9.25m 7.73m 8.14m				
15	Tai Cayton	FR Wartburg	8.59m	28-02.25	401
	8.59m 8.13m 5.71m				
16	Will Johnson	FR Wartburg	7.91m	25-11.50	361
	7.91m 7.91m 7.65m				

**Men Heptathlon**

All-Time: A	5484	2022	Ryan Rogers, Loras			
Championship: C	4811	2/23/2018	Ryan Kruse, Central Coll			
Facilty: F	4753	2/25/2017	Will Daniels, Central College			
Name		Year School	Seed	Finals	H#	Points
1	Gavin Smith	SO Central College	4637	4828C	10	
2	Gage Huyser	SO Central College	2406	4789F	8	
3	Ulysses Patterson	JR Simpson (Iowa)	4835	4719	6	
4	Kale Hobart	FR Central College	4425	4662	5	
5	Clarke Latcham	JR Simpson (Iowa)		4640	4	
6	Jaxon Thompson	JR Central College	4635	4586	3	
7	Reid Pakkebie	JR Central College	4586	4584	2	
8	Tanner Johnson	JR Nebraska Wesleyan		4471	1	
9	Ian Lucas	SO Loras		4458		
10	Zackary Huffman	SR Buena Vista	4320	4202		
11	Jaydon Tarohocker	FR Nebraska Wesleyan		4016		
12	Kevin Sohl	FR Nebraska Wesleyan		3945		
13	Daniel Zietlow	FR Wartburg	3502	3926		
14	Tai Cayton	FR Wartburg	3850	3839		
15	Will Johnson	FR Wartburg	3473	3596		
16	Owen Scherff	SO Loras		3561		

**Women - Team Rankings - 18 Events Scored**

1) Loras	202	2) Wartburg	178.50
3) Central College	136.50	4) Dubuque	59
5) Nebraska Wesleyan	58	6) Simpson (Iowa)	45
7) Coe	12	8) Luther	6
9) Buena Vista	5		

**2024 American Rivers Indoor Track & Field Championships - 2/23/2024 to 2/24/20**

**Hosted by: University of Dubuque**

**2/23/2024 to 2/24/2024**

**Results**

**....Men Heptathlon**

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

1) Loras	145.50	2) Wartburg	144
3) Dubuque	123.50	4) Central College	97.50
5) Nebraska Wesleyan	95	6) Simpson (Iowa)	62.50
7) Buena Vista	21	8) Luther	8
9) Coe	4		