

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**Women 100 Meter Dash****9 Advance: Top 1 Each Heat plus Next 6 Best Times**

Championship: C 11.64 2021 Favor Ezewuzie, Wheaton  
 Stadium: S 11.64 2021 Favor Ezewuzie, Wheaton

Name	Year	School	Seed	Prelims	Wind	H#
<b>Preliminaries</b>						
1 Mercedes Jackson	SR	North Centra	11.80	11.96Q	1.5	1
2 McKenzie Reser	JR	Augustana (Ill.)	12.13	12.07Q	1.8	3
3 Lauren Marshall	SR	Elmhurst	12.24	12.17Q	2.3	2
4 Tiana Grady	FR	Elmhurst	12.22	12.37q	2.3	2 12.364
5 Aniya Seeley-Williams	FR	Elmhurst	12.55	12.37q	2.3	2 12.365
6 Imani Ogunribido	FR	Illinois Wesleyan	12.80	12.40q	2.3	2
7 Allie Dockins	JR	North Centra	12.48	12.43q	1.8	3
8 Heidi Krekelberg	FR	Wheaton (Ill.)	12.38	12.48q	1.8	3
9 Avery Smith	SR	Illinois Wesleyan	12.46	12.57q	1.5	1
10 Olivia Skibinski	FR	Illinois Wesleyan	12.44	12.61	1.5	1
11 Hannah Schwarz	JR	Elmhurst	12.58	12.67	1.5	1
12 Katarina Petrovic	FR	Illinois Wesleyan	12.87	12.68	2.3	2
13 Katelyn McCann	SO	North Centra	12.53	12.72	2.3	2
14 Anna Kegel	SO	Carthage	12.57	12.76	1.8	3
15 Tori Burke	SR	Illinois Wesleyan	13.06	12.79	1.5	1
16 Sarah Kerfin	SR	Carthage	13.08	12.80	1.8	3
17 Jazzmine Jones	SO	Carthage	13.09	12.88	2.3	2
18 Alayna Lazicki	FR	North Centra	12.75	12.89	1.8	3
19 Nakala Nadeau	JR	Elmhurst	12.74	12.90	1.5	1
20 Nabila Saam	FR	Augustana (Ill.)	12.97	12.96	1.5	1
21 Shea Voegtler	FR	Carthage	13.50	13.04	2.3	2
22 Rachel Ortlip	SR	Wheaton (Ill.)	13.96	13.61	1.8	3
23 Shanelle Clark	JR	Millikin	15.30	15.17	1.5	1
24 Vanessa Montesinos-Cruz	SR	North Park	15.86	15.75	1.5	1
-- Mariana Costa	JR	North Park	12.93	DNS	1.8	3

**Women 100 Meter Dash**

Championship: C 11.64 2021 Favor Ezewuzie, Wheaton  
 Stadium: S 11.64 2021 Favor Ezewuzie, Wheaton

Name	Year	School	Prelims	Finals	Wind	Points
<b>Finals</b>						
1 Mercedes Jackson	SR	North Centra	11.96	11.87	1.4	10
2 McKenzie Reser	JR	Augustana (Ill.)	12.07	11.93	1.4	8
3 Lauren Marshall	SR	Elmhurst	12.17	12.24	1.4	6
4 Allie Dockins	JR	North Centra	12.43	12.38	1.4	5
5 Avery Smith	SR	Illinois Wesleyan	12.57	12.42	1.4	4
6 Aniya Seeley-Williams	FR	Elmhurst	12.37	12.44	1.4	3
7 Tiana Grady	FR	Elmhurst	12.37	12.46	1.4	2 12.459
8 Heidi Krekelberg	FR	Wheaton (Ill.)	12.48	12.46	1.4	1 12.460
9 Imani Ogunribido	FR	Illinois Wesleyan	12.40	12.57	1.4	

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**Women 200 Meter Dash****9 Advance: Top 1 Each Heat plus Next 5 Best Times**

Championship: C 24.14 2008 Rachel Anderson, Illinois Wesleyan  
 Stadium: S 24.14 2008 Rachel Anderson, Illinois College

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

**Preliminaries**

1	Lindsey Novak	SR	North Centra	24.99	24.56Q	1.9	1
2	McKenzie Reser	JR	Augustana (Ill.)	25.23	25.05Q	1.6	2
3	Thea Ring	SO	North Park	25.06	25.20Q	1.6	3
4	Marcedes Jackson	SR	North Centra	25.43	25.31Q	1.3	4
5	Carmela Woods	FR	Elmhurst	25.63	25.55q	1.6	2
6	Kyla Miller	JR	North Centra	25.31	25.61q	1.3	4
7	Cali Minkie	SO	North Centra	26.15	25.76q	1.9	1
8	Naomi Jones	SO	Elmhurst	26.06	25.79q	1.9	1
9	Jordynn Griffin	SO	Illinois Wesleyan	25.82	25.81q	1.6	3
10	Hannah Schwarz	JR	Elmhurst	26.28	25.84	1.6	3
11	Crystelle VanWingerden	SR	Wheaton (Ill.)	26.41	25.86	1.3	4
12	Olivia Skibinski	FR	Illinois Wesleyan	26.32	26.03	1.6	2
13	Sarah Kerfin	SR	Carthage	26.86	26.21	1.9	1
14	Heidi Krekelberg	FR	Wheaton (Ill.)	26.47	26.28	1.3	4
15	Mandy Nelson	FR	Carthage	27.18	26.38	1.6	2
16	Zena Roberts	FR	Millikin	26.82	26.45	1.6	3
17	Lexi Elegbede-Peer	SR	Carroll (Wis.)	26.63	26.54	1.6	2
18	Tori Burke	SR	Illinois Wesleyan	26.83	26.56	1.9	1 26.551
19	Isabella Gonzalez	SO	Illinois Wesleyan	26.94	26.56	1.3	4 26.557
20	Carly Edwards	FR	Illinois Wesleyan	26.94	26.58	1.3	4
21	Jazzmine Jones	SO	Carthage	27.23	26.70	1.6	3
22	Jade Johnson	SR	Augustana (Ill.)	26.87	26.83	1.6	3
23	Shea Voegtler	FR	Carthage	28.63	27.84	1.6	3
24	Rachel Ortlip	SR	Wheaton (Ill.)	28.80	28.31	1.6	2
25	Abigail Davidson	SO	North Centra	28.25	28.42	1.9	1
26	Vanessa Montesinos-Cruz	SR	North Park	33.19	32.99	1.3	4
--	Alexis Wike	FR	Millikin	26.90	DNF	1.6	2
--	Mariana Costa	JR	North Park	27.73	DNS	1.9	1

**Women 200 Meter Dash**

Championship: C 24.14 2008 Rachel Anderson, Illinois Wesleyan  
 Stadium: S 24.14 2008 Rachel Anderson, Illinois College

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

**Finals**

1	McKenzie Reser	JR	Augustana (Ill.)	25.05	24.34	1.0	10
2	Lindsey Novak	SR	North Centra	24.56	24.48	1.0	8
3	Thea Ring	SO	North Park	25.20	24.97	1.0	6
4	Marcedes Jackson	SR	North Centra	25.31	25.06	1.0	5
5	Kyla Miller	JR	North Centra	25.61	25.55	1.0	4
6	Cali Minkie	SO	North Centra	25.76	25.81	1.0	3
7	Carmela Woods	FR	Elmhurst	25.55	25.85	1.0	2
8	Naomi Jones	SO	Elmhurst	25.79	25.98	1.0	1
9	Jordynn Griffin	SO	Illinois Wesleyan	25.81	26.12	1.0	

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**Women 400 Meter Dash****9 Advance: Top 1 Each Heat plus Next 6 Best Times**

Championship: C 55.25 2006		Rachel Anderson, Illinois Wesleyan			
Stadium: S 53.72 2023		Gabrielle Noland, Loras			
Name	Year	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1	Lindsey Novak	SR North Centra	57.29	56.84Q	1
2	Carmela Woods	FR Elmhurst	58.40	57.85Q	3
3	Naomi Jones	SO Elmhurst	58.58	58.13Q	2
4	Cali Minkie	SO North Centra	59.21	58.02q	3
5	Kyla Miller	JR North Centra	58.88	58.47q	2
6	Lovenya Perry	SO North Centra	1:00.67	58.71q	3
7	Crystelle VanWingerden	SR Wheaton (Ill.)	59.59	58.73q	1
8	Jordynn Griffin	SO Illinois Wesleyan	59.35	59.43q	1
9	Jules Grunloh	SR Illinois Wesleyan	1:01.20	59.83q	2
10	Cora Deemer	FR Augustana (Ill.)	1:00.91	1:00.20	2
11	Jordyn VanSanten	JR Augustana (Ill.)	1:01.45	1:00.34	3
12	Anika Tollerud	SO Carroll (Wis.)	1:02.71	1:00.44	2
13	Sadie Richert	SO Wheaton (Ill.)	1:01.85	1:00.47	1
14	Peyton Pollman	SR Illinois Wesleyan	1:02.72	1:01.09	3
15	Sadie Hartmann	JR Elmhurst	1:01.65	1:01.55	1
16	Kira Nelson	JR Augustana (Ill.)	1:02.86	1:02.12	1
17	Noelle Marsh	FR Carthage	1:02.20	1:02.26	3
18	Betty Tsoutsas	FR North Centra	1:02.36	1:03.28	2
19	Tavinya Taylor	SO Wheaton (Ill.)	1:05.33	1:04.36	1
20	Ashlyn Duncan	JR Millikin	1:05.47	1:04.42	3
21	Davion Lemon	JR Illinois Wesleyan		1:04.66	1
22	Victoria Watson	SR Carroll (Wis.)	1:05.52	1:04.81	2
23	Alexa Pawlowski	JR North Park	1:06.21	1:07.83	2
24	Johanna Soedergaard	SO North Park	1:13.79	1:09.36	3
--	Leora Neusner	FR North Park		DNF	1

**Women 400 Meter Dash**

Championship: C 55.25 2006		Rachel Anderson, Illinois Wesleyan			
Stadium: S 53.72 2023		Gabrielle Noland, Loras			
Name	Year	School	Prelims	Finals	Points
<b>Finals</b>					
1	Lindsey Novak	SR North Centra	56.84	56.97	10
2	Naomi Jones	SO Elmhurst	58.13	58.08	8
3	Carmela Woods	FR Elmhurst	57.85	58.61	6
4	Lovenya Perry	SO North Centra	58.71	58.67	5
5	Cali Minkie	SO North Centra	58.02	58.87	4
6	Crystelle VanWingerden	SR Wheaton (Ill.)	58.73	59.44	3
7	Kyla Miller	JR North Centra	58.47	59.95	2
8	Jordynn Griffin	SO Illinois Wesleyan	59.43	1:00.67	1
9	Jules Grunloh	SR Illinois Wesleyan	59.83	1:00.86	

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**Women 800 Meter Run****9 Advance: Top 2 Each Heat plus Next 3 Best Times**

Championship: C 2:10.96 2021		Mackenzie Dixon, Millikin			
Stadium: S 2:08.13 2022		Stephaine Brokaw, Unattached			
Name	Year	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1	Lina Maatouk	JR Augustana (Ill.)	2:21.27	2:17.36Q	2
	1:06.606 (1:06.606)	2:17.357 (1:10.752)			
2	Peyton Stinger	FR Illinois Wesleyan	2:23.61	2:19.86Q	3
	1:09.391 (1:09.391)	2:19.853 (1:10.462)			
3	Rebekah Buboltz	SO Carroll (Wis.)	2:21.98	2:20.93Q	1
	1:10.982 (1:10.982)	2:20.925 (1:09.943)			
4	Katie Risner	JR Millikin	2:25.78	2:20.26Q	2
	1:08.412 (1:08.412)	2:20.255 (1:11.843)			
5	Krista Koke	SO Millikin	2:23.03	2:20.44Q	3
	1:09.805 (1:09.805)	2:20.432 (1:10.627)			
6	Cire' Smith	FR North Centra	2:19.46	2:21.50Q	1
	1:10.485 (1:10.485)	2:21.500 (1:11.016)			
7	Alyssa Ruiz	JR Millikin	2:16.81	2:20.94q	3
	1:08.709 (1:08.709)	2:20.938 (1:12.230)			
8	Nayeli Villegas	FR Elmhurst	2:21.65	2:21.20q	2
	1:08.802 (1:08.802)	2:21.198 (1:12.396)			
9	Emma McGrath	JR Illinois Wesleyan	2:32.00	2:22.60q	1
	1:11.454 (1:11.454)	2:22.593 (1:11.140)			
10	Abby Rickard	FR Wheaton (Ill.)	2:25.52	2:23.08	2
	1:09.193 (1:09.193)	2:23.077 (1:13.884)			
11	Jessie Pakaski	SO Carthage	2:25.96	2:23.56	1
	1:11.186 (1:11.186)	2:23.559 (1:12.374)			
12	Segilola Smith-Pariola	FR North Centra	2:30.68	2:23.80	1
	1:12.002 (1:12.002)	2:23.797 (1:11.795)			
13	Molly Roberts	SO Elmhurst	2:25.33	2:24.90	1
	1:11.219 (1:11.219)	2:24.896 (1:13.678)			
14	Tia Hardt	SR Illinois Wesleyan	2:27.91	2:26.59	1
	1:11.734 (1:11.734)	2:26.587 (1:14.854)			
15	Reilly Boyer	FR North Centra	2:28.09	2:27.09	2
	1:09.076 (1:09.076)	2:27.089 (1:18.014)			
16	Portia Carrera	SR Augustana (Ill.)	2:30.45	2:27.10	3
	1:10.537 (1:10.537)	2:27.100 (1:16.564)			
17	Abby Lawson	FR Wheaton (Ill.)	2:29.51	2:27.47	3
	1:14.946 (1:14.946)	2:27.470 (1:12.524)			
18	Olivia Kiddy	FR Wheaton (Ill.)	2:27.28	2:27.73	3
	1:11.169 (1:11.169)	2:27.726 (1:16.557)			
19	Nile Doucette	SR Illinois Wesleyan	2:28.27	2:27.81	2
	1:10.638 (1:10.638)	2:27.809 (1:17.172)			
20	Skyler Tomecki	FR Illinois Wesleyan	2:31.05	2:28.85	2
	1:10.892 (1:10.892)	2:28.844 (1:17.953)			
21	Faith Brindley	SO Millikin	2:31.47	2:29.09	2
	1:10.824 (1:10.824)	2:29.081 (1:18.258)			
22	Casey De La Cruz	SR Augustana (Ill.)	2:32.25	2:29.14	3
	1:13.952 (1:13.952)	2:29.136 (1:15.184)			
23	Lauren Belvel	JR North Centra	2:28.43	2:29.50	1
	1:12.001 (1:12.001)	2:29.498 (1:17.498)			
24	Brooke Davies	FR Carroll (Wis.)	2:34.90	2:29.83	2
	1:11.269 (1:11.269)	2:29.821 (1:18.552)			

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women 800 Meter Run**

25	Grace Talbert	JR Millikin	2:35.32	2:30.76	1
	1:12.020 (1:12.020)	2:30.751 (1:18.732)			
26	Paige Rewerts	FR Elmhurst	2:33.34	2:32.03	2
	1:12.280 (1:12.280)	2:32.025 (1:19.746)			
27	Cori Cavanaugh	FR Carthage	2:33.13	2:32.25	1
	1:11.720 (1:11.720)	2:32.248 (1:20.528)			
28	Meredith Eisses	SO Wheaton (Ill.)	2:33.02	2:33.75	3
	1:14.398 (1:14.398)	2:33.743 (1:19.345)			
29	Julia Snider	FR Wheaton (Ill.)	2:27.54	2:35.91	3
	1:12.228 (1:12.228)	2:35.905 (1:23.677)			
30	Sophie Hummitsch	FR North Park	2:40.79	2:37.28	1
	1:15.590 (1:15.590)	2:37.271 (1:21.682)			
31	Lucy Beuthin	FR Carroll (Wis.)	2:36.36	2:37.57	3
	1:16.158 (1:16.158)	2:37.563 (1:21.405)			
32	Kenzie Egert	JR Carthage	2:39.39	2:40.91	3
	1:18.565 (1:18.565)	2:40.910 (1:22.346)			
33	Jackie Zaravia	SO Carthage		2:47.92	2
	1:19.024 (1:19.024)	2:47.919 (1:28.896)			

**Women 800 Meter Run**

Championship: C 2:10.96 2021 Mackenzie Dixon, Millikin  
 Stadium: S 2:08.13 2022 Stephaine Brokaw, Unattached

Name	Year	School	Prelims	Finals	Points
Finals					
1 Lina Maatouk		JR Augustana (Ill.)	2:17.36	2:18.22	10
	1:07.368 (1:07.368)	2:18.211 (1:10.844)			
2 Cire' Smith		FR North Centra	2:21.50	2:19.21	8
	1:08.689 (1:08.689)	2:19.201 (1:10.512)			
3 Nayeli Villegas		FR Elmhurst	2:21.20	2:20.25	6
	1:08.655 (1:08.655)	2:20.244 (1:11.589)			
4 Rebekah Buboltz		SO Carroll (Wis.)	2:20.93	2:21.39	5
	1:08.543 (1:08.543)	2:21.387 (1:12.845)			
5 Peyton Stinger		FR Illinois Wesleyan	2:19.86	2:21.48	4
	1:08.003 (1:08.003)	2:21.476 (1:13.474)			
6 Alyssa Ruiz		JR Millikin	2:20.94	2:21.86	3
	1:08.620 (1:08.620)	2:21.860 (1:13.240)			
7 Katie Risner		JR Millikin	2:20.26	2:29.25	2
	1:09.291 (1:09.291)	2:29.250 (1:19.960)			
8 Krista Koke		SO Millikin	2:20.44	2:30.68	1
	1:09.226 (1:09.226)	2:30.671 (1:21.446)			
9 Emma McGrath		JR Illinois Wesleyan	2:22.60	2:30.88	
	1:11.065 (1:11.065)	2:30.871 (1:19.806)			

**Women 1500 Meter Run**

Championship: C 4:30.52 2012 Tara Clemens, Illinois Wesleyan  
 Stadium: S 4:26.39 2013 Tricia Serres, Luther

Name	Year	School	Seed	Finals	H#	Points
1 Ashley Kachurik		SR Elmhurst	4:49.17	4:55.21	3	10
	1:03.005 (1:03.005)	2:26.469 (1:23.464)	3:44.559 (1:18.091)	4:55.208 (1:10.649)		
2 Lina Maatouk		JR Augustana (Ill.)	4:55.48	4:55.41	3	8
	1:02.712 (1:02.712)	2:25.426 (1:22.715)	3:44.471 (1:19.045)	4:55.407 (1:10.936)		

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women 1500 Meter Run**

3	Alyssa Ruiz	JR Millikin	4:38.46	4:58.04	3	6
	1:02.774 (1:02.774)	2:25.529 (1:22.755)	3:44.537 (1:19.009)	4:58.033 (1:13.497)		
4	Destiny Rogers	SR Wheaton (Ill.)	4:49.06	5:00.12	3	5
	1:02.621 (1:02.621)	2:26.347 (1:23.726)	3:45.993 (1:19.647)	5:00.120 (1:14.127)		
5	Julia Benes	JR North Centra	4:53.91	5:00.72	3	4
	1:02.931 (1:02.931)	2:25.734 (1:22.803)	3:44.898 (1:19.165)	5:00.713 (1:15.815)		
6	Madison Wies	JR Augustana (Ill.)	5:07.42	5:01.82	2	3
	59.637 (59.637)	2:22.164 (1:22.527)	3:46.174 (1:24.010)	5:01.818 (1:15.644)		
7	Emma McGrath	JR Illinois Wesleyan	4:54.56	5:01.98	3	2
	1:03.100 (1:03.100)	2:26.380 (1:23.280)	3:45.988 (1:19.609)	5:01.971 (1:15.983)		
8	Segilola Smith-Pariola	FR North Centra	5:06.99	5:02.19	2	1
	1:00.818 (1:00.818)	2:22.943 (1:22.125)	3:46.327 (1:23.385)	5:02.184 (1:15.857)		
9	Elizabeth Hulick	JR Millikin	5:08.39	5:06.34	2	
	1:00.657 (1:00.657)	2:23.528 (1:22.872)	3:46.929 (1:23.401)	5:06.337 (1:19.408)		
10	Lauren Belvel	JR North Centra	5:11.12	5:06.76	2	
	1:00.884 (1:00.884)	2:23.752 (1:22.868)	3:48.016 (1:24.265)	5:06.756 (1:18.740)		
11	Esther Brown	JR Elmhurst	5:07.55	5:06.86	2	
	1:00.589 (1:00.589)	2:23.344 (1:22.755)	3:47.225 (1:23.882)	5:06.853 (1:19.628)		
12	Tia Hardt	SR Illinois Wesleyan	5:04.71	5:07.05	3	
	1:04.120 (1:04.120)	2:27.011 (1:22.891)	3:48.753 (1:21.743)	5:07.050 (1:18.297)		
13	Sarah Quintanilla	SO Wheaton (Ill.)	4:59.89	5:07.65	3	
	1:04.001 (1:04.001)	2:25.330 (1:21.329)	3:45.765 (1:20.436)	5:07.648 (1:21.883)		
14	Molly Roberts	SO Elmhurst	5:02.91	5:09.08	3	
	1:02.768 (1:02.768)	2:26.092 (1:23.324)	3:45.267 (1:19.176)	5:09.079 (1:23.812)		
15	Marissa Magana	FR North Centra	5:11.23	5:09.81	2	
	59.717 (59.717)	2:22.730 (1:23.013)	3:47.648 (1:24.918)	5:09.808 (1:22.161)		
16	Jade Benavides	FR Elmhurst	5:11.69	5:10.22	2	
	1:00.396 (1:00.396)	2:22.537 (1:22.141)	3:45.188 (1:22.652)	5:10.220 (1:25.032)		
17	Sophia Huber	FR Wheaton (Ill.)	4:55.71	5:10.26	3	
	1:03.835 (1:03.835)	2:27.161 (1:23.326)	3:48.441 (1:21.280)	5:10.254 (1:21.814)		
18	Emma Mallory	SO Millikin	5:12.63	5:11.41	1	
	58.341 (58.341)	2:23.532 (1:25.191)	3:50.799 (1:27.268)	5:11.405 (1:20.606)		
19	Laura Prothero	SO Wheaton (Ill.)	5:02.85	5:11.80	3	
	1:03.793 (1:03.793)	2:27.935 (1:24.143)	3:50.956 (1:23.021)	5:11.797 (1:20.842)		
20	Nile Doucette	SR Illinois Wesleyan	5:04.79	5:13.04	2	
	58.442 (58.442)	2:20.777 (1:22.336)	3:45.273 (1:24.496)	5:13.039 (1:27.766)		
21	Brooke Nazos	SO Illinois Wesleyan	5:11.12	5:13.83	2	
	59.998 (59.998)	2:23.014 (1:23.016)	3:48.204 (1:25.191)	5:13.825 (1:25.621)		
22	Jessica Solar	FR Elmhurst	5:16.58	5:14.36	1	
	58.915 (58.915)	2:23.883 (1:24.968)	3:51.327 (1:27.444)	5:14.357 (1:23.030)		
23	Kylie Florance	FR Carthage	5:00.26	5:15.25	3	
	1:03.244 (1:03.244)	2:26.930 (1:23.686)	3:48.407 (1:21.477)	5:15.247 (1:26.840)		
24	Sam Knutilla	SR Carroll (Wis.)	5:19.61	5:16.11	1	
	1:00.125 (1:00.125)	2:24.763 (1:24.638)	3:49.949 (1:25.186)	5:16.105 (1:26.157)		
25	Liliana Bednarek	FR Carthage		5:24.68	1	
	59.509 (59.509)	2:26.159 (1:26.650)	3:56.512 (1:30.353)	5:24.679 (1:28.168)		
26	Leela Desharnais	SO Carthage	5:18.37	5:25.70	1	
	1:00.489 (1:00.489)	2:27.394 (1:26.906)	3:56.786 (1:29.392)	5:25.694 (1:28.909)		
27	Abby Kauffman	FR Wheaton (Ill.)	5:27.74	5:26.68	1	
	1:01.447 (1:01.447)	2:33.237 (1:31.790)	4:03.037 (1:29.801)	5:26.675 (1:23.638)		
28	Heather Wagner	SO Carthage	5:25.45	5:27.57	1	
	1:01.256 (1:01.256)	2:29.926 (1:28.670)	4:02.129 (1:32.204)	5:27.562 (1:25.433)		
29	Sophie Hummitsch	FR North Park	5:26.00	5:29.29	1	
	1:01.777 (1:01.777)	2:30.352 (1:28.575)	4:03.344 (1:32.992)	5:29.284 (1:25.941)		

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women 1500 Meter Run**

30 Kamryn Neer	FR North Centra	5:30.38	5:31.93	1
1:00.879 (1:00.879)	2:31.131 (1:30.253)	4:06.199 (1:35.068)	5:31.927 (1:25.729)	
-- Kendra Culler-Gautschi	FR Millikin	5:06.35	DNS	2
-- Mackenzie Engbert	SO North Park	5:32.62	DNS	1

**Women 5000 Meter Run**

=====					
Championship: C	17:28.01	2013	Sarahbeth Jones, Augustana		
Stadium: S	17:28.01	2013	Sarahbeth Jones, Augustana		
Name	Year	School	Seed	Finals	Points
=====					
1 Emma Odle		SR Augustana (Ill.)	17:16.61	17:42.18	10
40.215 (40.215)	2:05.997 (1:25.782)	3:31.841 (1:25.844)	4:57.806 (1:25.966)		
6:23.302 (1:25.496)	7:48.946 (1:25.644)	9:14.859 (1:25.914)	10:40.914 (1:26.055)		
12:06.298 (1:25.384)	13:31.842 (1:25.545)	14:57.996 (1:26.154)	16:23.812 (1:25.817)		
17:42.172 (1:18.361)					
2 Anna Boardman		SR Augustana (Ill.)	17:39.68	17:58.09	8
40.479 (40.479)	2:06.275 (1:25.796)	3:32.115 (1:25.841)	4:58.086 (1:25.972)		
6:23.604 (1:25.518)	7:49.266 (1:25.663)	9:15.172 (1:25.906)	10:41.354 (1:26.182)		
12:07.480 (1:26.126)	13:35.908 (1:28.429)	15:05.470 (1:29.562)	16:33.826 (1:28.357)		
17:58.088 (1:24.262)					
3 Julia Benes		JR North Centra	17:59.74	18:35.11	6
42.246 (42.246)	2:10.388 (1:28.142)	3:37.317 (1:26.930)	5:05.065 (1:27.748)		
6:33.805 (1:28.740)	8:03.358 (1:29.554)	9:33.245 (1:29.888)	11:03.287 (1:30.042)		
12:33.651 (1:30.364)	14:05.916 (1:32.266)	15:38.370 (1:32.454)	17:10.491 (1:32.121)		
18:35.108 (1:24.617)					
4 Natalie Conrad		JR Wheaton (Ill.)	18:40.32	18:38.88	5
44.203 (44.203)	2:12.963 (1:28.760)	3:42.714 (1:29.751)	5:12.354 (1:29.641)		
6:41.806 (1:29.452)	8:11.787 (1:29.981)	9:42.444 (1:30.658)	11:12.950 (1:30.506)		
12:43.642 (1:30.693)	14:13.918 (1:30.276)	15:46.656 (1:32.739)	17:15.957 (1:29.301)		
18:38.876 (1:22.919)					
5 Kylie Smith		JR Carthage	17:55.35	18:40.25	4
42.126 (42.126)	2:10.664 (1:28.538)	3:37.632 (1:26.968)	5:05.420 (1:27.789)		
6:34.172 (1:28.753)	8:04.068 (1:29.896)	9:34.478 (1:30.410)	11:05.800 (1:31.322)		
12:37.133 (1:31.333)	14:11.868 (1:34.736)	15:46.265 (1:34.397)	17:16.680 (1:30.416)		
18:40.249 (1:23.569)					
6 Caroline Stetina		JR Wheaton (Ill.)	18:34.93	18:43.13	3
42.937 (42.937)	2:11.514 (1:28.578)	3:40.332 (1:28.818)	5:07.906 (1:27.574)		
6:35.902 (1:27.997)	8:04.948 (1:29.046)	9:34.644 (1:29.697)	11:05.550 (1:30.906)		
12:37.550 (1:32.001)	14:12.062 (1:34.512)	15:45.373 (1:33.311)	17:16.180 (1:30.808)		
18:43.126 (1:26.946)					
7 Sophia Huber		FR Wheaton (Ill.)	18:19.23	18:43.74	2
44.384 (44.384)	2:12.983 (1:28.600)	3:42.992 (1:30.010)	5:12.801 (1:29.809)		
6:42.346 (1:29.545)	8:12.198 (1:29.852)	9:42.745 (1:30.548)	11:13.750 (1:31.006)		
12:45.158 (1:31.408)	14:16.473 (1:31.315)	15:49.760 (1:33.288)	17:22.337 (1:32.577)		
18:43.732 (1:21.395)					
8 Bethany Smeed		SO North Centra	18:49.76	18:52.31	1
42.480 (42.480)	2:11.728 (1:29.248)	3:40.583 (1:28.856)	5:08.221 (1:27.639)		
6:36.220 (1:27.999)	8:05.385 (1:29.166)	9:35.534 (1:30.150)	11:06.006 (1:30.473)		
12:37.810 (1:31.804)	14:12.155 (1:34.345)	15:46.530 (1:34.375)	17:18.906 (1:32.377)		
18:52.303 (1:33.397)					

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women 5000 Meter Run**

9	Annalese Chudy	JR Illinois Wesleyan	18:11.37	18:57.17				
	40.745 (40.745)	2:06.556 (1:25.812)	3:32.373 (1:25.817)	4:59.506 (1:27.133)				
	6:30.372 (1:30.866)	8:02.422 (1:32.051)	9:35.346 (1:32.925)	11:08.909 (1:33.563)				
	12:42.642 (1:33.734)	14:15.890 (1:33.248)	15:52.968 (1:37.078)	17:27.878 (1:34.911)				
	18:57.163 (1:29.285)							
10	Amanda Wilson	SR Illinois Wesleyan	18:18.10	19:01.04				
	43.769 (43.769)	2:11.978 (1:28.210)	3:42.402 (1:30.424)	5:11.121 (1:28.719)				
	6:42.242 (1:31.121)	8:16.077 (1:33.835)	9:49.216 (1:33.139)	11:20.796 (1:31.581)				
	12:53.439 (1:32.644)	14:25.070 (1:31.631)	16:00.675 (1:35.605)	17:34.530 (1:33.856)				
	19:01.039 (1:26.509)							
11	Quincy Collings	SR Millikin		19:10.49				
	44.230 (44.230)	2:12.186 (1:27.957)	3:42.012 (1:29.827)	5:10.526 (1:28.514)				
	6:40.445 (1:29.920)	8:12.300 (1:31.855)	9:43.560 (1:31.261)	11:16.416 (1:32.856)				
	12:51.250 (1:34.835)	14:28.120 (1:36.870)	16:05.526 (1:37.407)	17:41.048 (1:35.523)				
	19:10.482 (1:29.434)							
12	Louisa Brorson	SO Wheaton (Ill.)	18:29.28	19:11.43				
	43.536 (43.536)	2:12.387 (1:28.851)	3:42.900 (1:30.514)	5:13.137 (1:30.237)				
	6:42.820 (1:29.684)	8:12.590 (1:29.770)	9:43.137 (1:30.548)	11:15.228 (1:32.092)				
	12:50.052 (1:34.824)	14:24.928 (1:34.877)	16:01.246 (1:36.318)	17:38.839 (1:37.593)				
	19:11.425 (1:32.586)							
13	Nicole Brandy	JR North Centra	19:20.33	19:27.73				
	43.273 (43.273)	2:11.894 (1:28.621)	3:41.635 (1:29.742)	5:10.348 (1:28.714)				
	6:40.849 (1:30.501)	8:13.812 (1:32.964)	9:48.831 (1:35.019)	11:21.454 (1:32.624)				
	12:57.878 (1:36.424)	14:35.751 (1:37.874)	16:14.814 (1:39.064)	17:53.260 (1:38.447)				
	19:27.727 (1:34.467)							
14	Destiny Rogers	SR Wheaton (Ill.)	18:19.13	19:31.40				
	41.160 (41.160)	2:11.528 (1:30.369)	3:41.843 (1:30.315)	5:12.809 (1:30.966)				
	6:47.767 (1:34.958)	8:24.104 (1:36.338)	10:00.879 (1:36.775)	11:38.342 (1:37.464)				
	13:16.816 (1:38.474)	14:56.412 (1:39.597)	16:34.932 (1:38.520)	18:07.823 (1:32.891)				
	19:31.393 (1:23.570)							
15	Lily Anderson	FR North Centra	18:39.50	19:33.28				
	43.690 (43.690)	2:12.175 (1:28.486)	3:41.383 (1:29.208)	5:10.539 (1:29.157)				
	6:41.610 (1:31.071)	8:14.759 (1:33.149)	9:49.116 (1:34.358)	11:22.804 (1:33.688)				
	12:59.667 (1:36.863)	14:37.522 (1:37.856)	16:18.498 (1:40.976)	17:59.723 (1:41.225)				
	19:33.271 (1:33.549)							
16	Ellie De Farno	SO Augustana (Ill.)	19:18.21	19:47.85				
	43.901 (43.901)	2:11.825 (1:27.925)	3:42.518 (1:30.693)	5:12.930 (1:30.412)				
	6:45.908 (1:32.979)	8:21.191 (1:35.283)	9:57.798 (1:36.608)	11:34.636 (1:36.838)				
	13:12.995 (1:38.359)	14:52.591 (1:39.596)	16:32.221 (1:39.630)	18:10.650 (1:38.430)				
	19:47.841 (1:37.191)							
17	Natalie Parent	SO Carroll (Wis.)	19:47.73	19:59.36				
	45.334 (45.334)	2:16.329 (1:30.995)	3:49.894 (1:33.566)	5:27.006 (1:37.112)				
	7:02.820 (1:35.814)	8:37.830 (1:35.011)	10:14.568 (1:36.739)	11:52.685 (1:38.117)				
	13:29.958 (1:37.273)	15:09.315 (1:39.357)	16:49.890 (1:40.576)	18:27.434 (1:37.545)				
	19:59.357 (1:31.923)							
18	Paige Runkle	JR North Centra	19:24.54	20:02.51				
	44.664 (44.664)	2:13.520 (1:28.857)	3:43.740 (1:30.220)	5:17.286 (1:33.546)				
	6:55.061 (1:37.776)	8:32.917 (1:37.856)	10:11.954 (1:39.038)	11:49.701 (1:37.747)				
	13:29.164 (1:39.464)	15:09.010 (1:39.846)	16:49.600 (1:40.591)	18:27.928 (1:38.329)				
	20:02.508 (1:34.580)							
19	Elizabeth Hulick	JR Millikin	19:59.75	20:13.17				
	44.643 (44.643)	2:13.581 (1:28.939)	3:43.842 (1:30.262)	5:16.970 (1:33.128)				
	6:56.250 (1:39.280)	8:36.542 (1:40.293)	10:16.640 (1:40.098)	11:56.416 (1:39.776)				
	13:38.227 (1:41.812)	15:20.739 (1:42.512)	17:02.174 (1:41.435)	18:42.598 (1:40.424)				
	20:13.170 (1:30.573)							



**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women 5000 Meter Run**

20 Liz Eck	JR Carthage	19:39.69	20:23.53		
45.141 (45.141)	2:14.766 (1:29.625)	3:48.712 (1:33.947)	5:23.360 (1:34.648)		
6:58.606 (1:35.246)	8:36.720 (1:38.114)	10:16.817 (1:40.097)	11:57.142 (1:40.325)		
13:39.433 (1:42.292)	15:22.196 (1:42.764)	17:04.671 (1:42.475)	18:45.981 (1:41.311)		
20:23.522 (1:37.542)					
21 Riley Wieringa	JR Elmhurst	19:50.51	20:25.45		
45.021 (45.021)	2:13.835 (1:28.814)	3:43.298 (1:29.464)	5:13.430 (1:30.132)		
6:47.163 (1:33.734)	8:25.582 (1:38.419)	10:07.430 (1:41.849)	11:50.768 (1:43.339)		
13:33.499 (1:42.731)	15:17.417 (1:43.918)	17:03.252 (1:45.835)	18:48.051 (1:44.799)		
20:25.447 (1:37.396)					
22 Tala Yacoub	JR Elmhurst	19:51.27	20:37.27		
45.474 (45.474)	2:14.500 (1:29.026)	3:48.620 (1:34.120)	5:26.690 (1:38.071)		
7:02.764 (1:36.074)	8:38.788 (1:36.024)	10:18.551 (1:39.764)	11:56.120 (1:37.569)		
13:39.720 (1:43.601)	15:26.306 (1:46.586)	17:13.340 (1:47.034)	18:58.606 (1:45.266)		
20:37.266 (1:38.660)					
23 Gabrielle Holbrook	JR Carroll (Wis.)	20:31.41	20:48.81		
46.706 (46.706)	2:18.801 (1:32.095)	3:54.800 (1:35.999)	5:35.477 (1:40.678)		
7:15.204 (1:39.727)	8:54.882 (1:39.679)	10:34.921 (1:40.039)	12:17.208 (1:42.288)		
13:59.959 (1:42.751)	15:47.233 (1:47.275)	17:32.100 (1:44.867)	19:18.194 (1:46.095)		
20:48.807 (1:30.613)					
24 Katie Jerbi	SO Carthage	20:39.73	20:49.08		
46.217 (46.217)	2:17.297 (1:31.080)	3:52.240 (1:34.943)	5:27.170 (1:34.931)		
7:03.034 (1:35.864)	8:38.986 (1:35.952)	10:18.681 (1:39.696)	11:57.116 (1:38.436)		
13:39.747 (1:42.631)	15:27.899 (1:48.153)	17:22.608 (1:54.710)	19:12.594 (1:49.986)		
20:49.075 (1:36.481)					
25 Aubrey Broz	SR Carthage	19:43.69	20:55.03		
45.154 (45.154)	2:17.026 (1:31.872)	3:52.273 (1:35.248)	5:29.285 (1:37.012)		
7:09.492 (1:40.208)	8:53.124 (1:43.632)	10:35.234 (1:42.110)	12:16.552 (1:41.319)		
13:59.754 (1:43.202)	15:46.018 (1:46.265)	17:33.188 (1:47.170)	19:17.809 (1:44.621)		
20:55.022 (1:37.213)					
26 Natalie Wagner	JR Elmhurst	20:16.13	21:04.92		
46.034 (46.034)	2:18.125 (1:32.091)	3:52.680 (1:34.556)	5:28.908 (1:36.228)		
7:05.898 (1:36.990)	8:49.858 (1:43.960)	10:36.218 (1:46.361)	12:21.441 (1:45.223)		
14:07.838 (1:46.398)	15:54.384 (1:46.546)	17:40.398 (1:46.015)	19:25.209 (1:44.811)		
21:04.912 (1:39.704)					
27 Katie Nalley	JR Elmhurst	20:02.42	21:54.52		
44.600 (44.600)	2:13.291 (1:28.691)	3:47.522 (1:34.232)	5:29.306 (1:41.784)		
7:15.937 (1:46.631)	9:03.172 (1:47.235)	10:54.035 (1:50.864)	12:44.238 (1:50.203)		
14:37.867 (1:53.630)	16:32.458 (1:54.591)	18:22.071 (1:49.614)	20:12.510 (1:50.439)		
21:54.513 (1:42.004)					
28 Nora Robinson	SR Illinois Wesleyan	21:16.24	22:29.96		
46.100 (46.100)	2:26.839 (1:40.739)	4:10.676 (1:43.838)	5:55.529 (1:44.853)		
7:42.146 (1:46.618)	9:32.678 (1:50.533)	11:23.602 (1:50.924)	13:16.172 (1:52.571)		
15:10.145 (1:53.973)	17:04.357 (1:54.212)	18:58.540 (1:54.184)	20:49.848 (1:51.308)		
22:29.960 (1:40.113)					
-- Kendra Culler-Gautschi	FR Millikin		DNS		
-- Ashley Kachurik	SR Elmhurst		DNS		

**Women 10000 Meter Run**

=====					
Championship: C	35:44.34	2019	Ayrn Embretson,	Wheaton	
Stadium: S	35:44.34	2019	Aryn Embretson,	Wheaton	
Name		Year School	Seed	Finals	Points
=====					

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women 10000 Meter Run**

1	Anna Boardman	SR Augustana (Ill.)	36:46.28	36:54.69	10
	1:28.790 (1:28.790)	2:57.697 (1:28.907)	4:26.142 (1:28.446)	5:53.786 (1:27.645)	
	7:20.783 (1:26.997)	8:48.351 (1:27.568)	10:15.700 (1:27.350)	11:43.319 (1:27.619)	
	13:12.880 (1:29.561)	14:42.571 (1:29.692)	16:11.904 (1:29.333)	17:41.849 (1:29.945)	
	19:11.585 (1:29.737)	20:41.543 (1:29.958)	22:10.980 (1:29.437)	23:40.411 (1:29.432)	
	25:10.386 (1:29.976)	26:40.641 (1:30.255)	28:12.319 (1:31.679)	29:43.435 (1:31.116)	
	31:14.017 (1:30.582)	32:37.933 (1:23.916)	34:04.977 (1:27.044)	35:30.549 (1:25.573)	
	36:54.684 (1:24.136)				
2	Annalese Chudy	JR Illinois Wesleyan	36:36.18	37:11.74	8
	1:27.924 (1:27.924)	2:56.980 (1:29.056)	4:25.353 (1:28.374)	5:53.239 (1:27.886)	
	7:20.407 (1:27.169)	8:47.943 (1:27.536)	10:15.235 (1:27.293)	11:42.858 (1:27.624)	
	13:12.588 (1:29.730)	14:42.238 (1:29.651)	16:11.604 (1:29.366)	17:41.540 (1:29.937)	
	19:11.291 (1:29.751)	20:41.246 (1:29.955)	22:10.661 (1:29.415)	23:40.134 (1:29.474)	
	25:10.081 (1:29.948)	26:40.364 (1:30.283)	28:12.030 (1:31.667)	29:43.170 (1:31.140)	
	31:13.973 (1:30.803)	32:43.604 (1:29.632)	34:15.314 (1:31.710)	35:44.791 (1:29.478)	
	37:11.739 (1:26.948)				
3	Caroline Stetina	JR Wheaton (Ill.)	37:53.98	6	
	1:37.424 (1:37.424)	3:13.996 (1:36.573)	4:43.308 (1:29.312)	6:19.397 (1:36.089)	
	7:49.957 (1:30.560)	9:19.959 (1:30.002)	10:52.013 (1:32.054)	12:24.192 (1:32.180)	
	13:57.712 (1:33.520)	15:29.470 (1:31.759)	17:02.246 (1:32.776)	18:35.098 (1:32.852)	
	20:04.598 (1:29.501)	21:34.083 (1:29.485)	23:02.740 (1:28.658)	24:32.281 (1:29.541)	
	26:02.082 (1:29.802)	27:32.439 (1:30.357)	29:02.298 (1:29.860)	30:32.701 (1:30.403)	
	32:03.063 (1:30.362)	33:34.348 (1:31.286)	35:05.517 (1:31.169)	36:34.428 (1:28.912)	
	37:53.975 (1:19.547)				
4	Amanda Wilson	SR Illinois Wesleyan	37:09.89	38:00.22	5
	1:28.470 (1:28.470)	2:57.417 (1:28.947)	4:25.857 (1:28.440)	5:53.463 (1:27.607)	
	7:20.538 (1:27.076)	8:48.093 (1:27.556)	10:15.378 (1:27.286)	11:43.047 (1:27.669)	
	13:13.130 (1:30.084)	14:43.308 (1:30.178)	16:14.043 (1:30.735)	17:46.230 (1:32.187)	
	19:18.373 (1:32.143)	20:51.410 (1:33.037)	22:23.712 (1:32.302)	23:56.635 (1:32.924)	
	25:29.861 (1:33.226)	27:04.549 (1:34.688)	28:40.411 (1:35.862)	30:17.000 (1:36.589)	
	31:53.479 (1:36.480)	33:27.775 (1:34.296)	35:01.480 (1:33.705)	36:33.504 (1:32.025)	
	38:00.220 (1:26.716)				
5	Sophia Huber	FR Wheaton (Ill.)	38:07.23	4	
	1:37.470 (1:37.470)	3:14.115 (1:36.646)	4:43.385 (1:29.270)	6:19.687 (1:36.303)	
	7:50.269 (1:30.582)	9:20.890 (1:30.622)	10:54.017 (1:33.127)	12:24.718 (1:30.702)	
	13:58.184 (1:33.467)	15:31.308 (1:33.124)	17:04.333 (1:33.026)	18:35.719 (1:31.386)	
	20:07.348 (1:31.630)	21:37.144 (1:29.796)	23:06.796 (1:29.652)	24:37.883 (1:31.087)	
	26:09.083 (1:31.200)	27:41.431 (1:32.348)	29:13.180 (1:31.749)	30:45.545 (1:32.365)	
	32:16.985 (1:31.441)	33:48.329 (1:31.344)	35:19.269 (1:30.940)	36:49.702 (1:30.433)	
	38:07.224 (1:17.523)				
6	Louisa Brorson	SO Wheaton (Ill.)	36:36.15	38:18.89	3
	1:30.481 (1:30.481)	3:02.840 (1:32.359)	4:33.345 (1:30.505)	6:03.197 (1:29.853)	
	7:32.771 (1:29.574)	9:02.966 (1:30.196)	10:34.074 (1:31.108)	12:05.523 (1:31.449)	
	13:38.434 (1:32.912)	15:12.078 (1:33.644)	16:46.973 (1:34.896)	18:21.983 (1:35.010)	
	19:56.358 (1:34.375)	21:32.637 (1:36.280)	23:07.413 (1:34.776)	24:43.236 (1:35.823)	
	26:17.253 (1:34.017)	27:50.394 (1:33.142)	29:25.480 (1:35.086)	30:58.846 (1:33.366)	
	32:30.235 (1:31.389)	34:01.367 (1:31.132)	35:30.931 (1:29.564)	36:59.321 (1:28.391)	
	38:18.886 (1:19.565)				
7	Kylie Smith	JR Carthage	38:41.23	38:23.99	2
	1:28.226 (1:28.226)	2:57.268 (1:29.042)	4:25.662 (1:28.394)	5:54.121 (1:28.460)	
	7:21.131 (1:27.010)	8:49.491 (1:28.361)	10:19.558 (1:30.067)	11:51.211 (1:31.654)	
	13:23.571 (1:32.361)	14:56.530 (1:32.959)	16:30.567 (1:34.037)	18:05.462 (1:34.896)	
	19:41.287 (1:35.825)	21:16.848 (1:35.562)	22:51.755 (1:34.907)	24:26.956 (1:35.202)	
	26:02.365 (1:35.409)	27:33.917 (1:31.553)	29:10.538 (1:36.622)	30:45.852 (1:35.314)	
	32:18.733 (1:32.881)	33:53.155 (1:34.422)	35:26.899 (1:33.745)	36:57.975 (1:31.076)	
	38:23.982 (1:26.008)				

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women 10000 Meter Run**

8	Nicole Brandy	JR North Centra	39:06.23	38:59.64	1
	1:36.592 (1:36.592)	3:13.371 (1:36.779)	4:42.145 (1:28.775)	6:12.584 (1:30.440)	
	7:44.556 (1:31.973)	9:17.877 (1:33.321)	10:51.463 (1:33.586)	12:24.411 (1:32.948)	
	13:57.886 (1:33.475)	15:30.259 (1:32.374)	17:02.185 (1:31.926)	18:35.410 (1:33.225)	
	20:07.665 (1:32.256)	21:41.299 (1:33.634)	23:16.501 (1:35.202)	24:50.154 (1:33.653)	
	26:27.336 (1:37.182)	28:04.828 (1:37.493)	29:40.339 (1:35.511)	31:14.578 (1:34.239)	
	32:48.285 (1:33.708)	34:22.912 (1:34.628)	35:57.645 (1:34.733)	37:32.272 (1:34.627)	
	38:59.640 (1:27.368)				
9	Lily Anderson	FR North Centra	39:01.79	39:17.93	
	1:36.841 (1:36.841)	3:13.562 (1:36.722)	4:42.309 (1:28.747)	6:12.591 (1:30.282)	
	7:44.505 (1:31.915)	9:17.899 (1:33.394)	10:51.435 (1:33.536)	12:23.846 (1:32.411)	
	13:57.468 (1:33.623)	15:30.818 (1:33.350)	17:04.127 (1:33.310)	18:38.229 (1:34.102)	
	20:12.402 (1:34.174)	21:47.482 (1:35.081)	23:25.356 (1:37.874)	25:03.976 (1:38.620)	
	26:40.595 (1:36.620)	28:15.773 (1:35.178)	29:50.993 (1:35.220)	31:26.273 (1:35.280)	
	33:02.979 (1:36.707)	34:37.895 (1:34.916)	36:14.412 (1:36.518)	37:48.848 (1:34.436)	
	39:17.929 (1:29.082)				
10	Sarah Quintanilla	SO Wheaton (Ill.)	39:32.19		
	1:37.721 (1:37.721)	3:14.438 (1:36.717)	4:43.803 (1:29.366)	6:19.801 (1:35.999)	
	7:50.491 (1:30.690)	9:21.373 (1:30.882)	10:54.270 (1:32.898)	12:26.071 (1:31.801)	
	14:00.559 (1:34.488)	15:32.828 (1:32.270)	17:04.483 (1:31.655)	18:37.312 (1:32.829)	
	20:11.340 (1:34.029)	21:44.892 (1:33.552)	23:19.431 (1:34.540)	24:54.171 (1:34.740)	
	26:29.943 (1:35.772)	28:04.609 (1:34.666)	29:40.048 (1:35.439)	31:14.823 (1:34.775)	
	32:53.092 (1:38.269)	34:35.040 (1:41.949)	36:17.082 (1:42.042)	37:58.866 (1:41.785)	
	39:32.184 (1:33.318)				
11	Hope Clark	SR Wheaton (Ill.)	39:36.42		
	1:37.752 (1:37.752)	3:14.504 (1:36.753)	4:43.900 (1:29.396)	6:20.991 (1:37.091)	
	7:55.408 (1:34.417)	9:32.292 (1:36.885)	11:04.161 (1:31.869)	12:39.344 (1:35.184)	
	14:14.106 (1:34.763)	15:47.127 (1:33.021)	17:18.645 (1:31.519)	18:55.285 (1:36.640)	
	20:29.509 (1:34.224)	22:04.342 (1:34.834)	23:39.018 (1:34.676)	25:14.813 (1:35.796)	
	26:51.590 (1:36.778)	28:29.860 (1:38.270)	30:07.706 (1:37.846)	31:43.636 (1:35.930)	
	33:22.322 (1:38.687)	34:59.616 (1:37.294)	36:37.938 (1:38.322)	38:14.004 (1:36.067)	
	39:36.416 (1:22.412)				
12	Noelle Veome	JR Elmhurst	40:44.18	40:15.90	
	1:38.066 (1:38.066)	3:14.745 (1:36.680)	4:44.079 (1:29.334)	6:20.066 (1:35.988)	
	7:51.048 (1:30.982)	9:21.798 (1:30.750)	10:54.600 (1:32.803)	12:28.094 (1:33.494)	
	14:04.184 (1:36.091)	15:41.270 (1:37.087)	17:18.220 (1:36.950)	18:55.005 (1:36.785)	
	20:32.806 (1:37.802)	22:10.506 (1:37.700)	23:49.274 (1:38.768)	25:28.475 (1:39.202)	
	27:07.123 (1:38.648)	28:48.052 (1:40.929)	30:28.977 (1:40.925)	32:08.863 (1:39.886)	
	33:48.010 (1:39.148)	35:26.534 (1:38.524)	37:05.551 (1:39.017)	38:45.285 (1:39.735)	
	40:15.893 (1:30.608)				
13	Molly Glover	JR Elmhurst	40:59.85	41:12.13	
	1:38.163 (1:38.163)	3:15.118 (1:36.955)	4:48.887 (1:33.770)	6:25.541 (1:36.654)	
	8:03.888 (1:38.347)	9:41.876 (1:37.989)	11:20.537 (1:38.661)	12:59.014 (1:38.477)	
	14:36.842 (1:37.829)	16:14.167 (1:37.326)	17:53.100 (1:38.934)	19:33.769 (1:40.669)	
	21:11.715 (1:37.947)	22:53.035 (1:41.320)	24:33.868 (1:40.834)	26:12.960 (1:39.092)	
	27:54.922 (1:41.963)	29:37.417 (1:42.495)	31:17.770 (1:40.353)	32:57.848 (1:40.078)	
	34:38.796 (1:40.949)	36:20.723 (1:41.927)	38:02.110 (1:41.387)	39:41.752 (1:39.642)	
	41:12.129 (1:30.377)				

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women 10000 Meter Run**

14 Aubrey Broz	SR Carthage	42:09.45	42:57.64
1:37.067 (1:37.067)	3:13.782 (1:36.715)	4:43.157 (1:29.376)	6:19.452 (1:36.295)
7:55.351 (1:35.899)	9:36.361 (1:41.011)	11:19.523 (1:43.162)	13:02.467 (1:42.944)
14:44.663 (1:42.196)	16:29.253 (1:44.590)	18:16.036 (1:46.784)	20:01.540 (1:45.505)
21:46.758 (1:45.218)	23:33.513 (1:46.756)	25:20.657 (1:47.144)	27:10.123 (1:49.467)
28:59.470 (1:49.348)	30:48.902 (1:49.432)	32:36.301 (1:47.399)	34:22.201 (1:45.900)
36:07.580 (1:45.379)	37:53.845 (1:46.265)	39:38.586 (1:44.742)	41:22.106 (1:43.520)
42:57.636 (1:35.530)			
15 Hannah Roberts	SO Millikin	43:28.21	
1:37.823 (1:37.823)	3:15.458 (1:37.636)	4:51.944 (1:36.486)	6:31.435 (1:39.492)
8:11.671 (1:40.236)	9:53.690 (1:42.020)	11:35.371 (1:41.681)	13:19.057 (1:43.686)
15:02.820 (1:43.764)	16:49.243 (1:46.423)	18:37.570 (1:48.328)	20:25.220 (1:47.650)
22:11.063 (1:45.843)	23:59.279 (1:48.216)	25:49.003 (1:49.724)	27:35.301 (1:46.299)
29:21.599 (1:46.298)	31:09.877 (1:48.279)	32:57.669 (1:47.793)	34:43.986 (1:46.317)
36:29.586 (1:45.600)	38:16.048 (1:46.462)	40:01.813 (1:45.765)	41:46.436 (1:44.624)
43:28.206 (1:41.770)			

**Women 100 Meter Hurdles****9 Advance: Top 1 Each Heat plus Next 7 Best Times**

=====  
 Championship: C 13.73 2021 Favor Ezewuzie, Wheaton  
 Stadium: S 13.73 2021 Favor Ezewuzie, Wheaton

Name	Year	School	Seed	Prelims	Wind	H#
=====						
Preliminaries						
1 Nakala Nadeau		JR Elmhurst	14.27	14.38Q	1.6	1
2 Thea Ring		SO North Park	14.73	14.56Q	1.7	2
3 Faith Ladin		SR North Centra	15.25	15.41q	1.6	1
4 Tara Schaalma		FR Carthage	16.08	15.44q	1.6	1
5 Caylah Boyd		FR Elmhurst	15.50	15.68q	1.6	1
6 Anna Andretich		FR Elmhurst	16.17	15.90q	1.6	1
7 Madison Morrow		SR Augustana (Ill.)	15.51	15.97q	1.7	2
8 Denise Partee		SR North Centra	14.45	16.14q	1.7	2
9 Lauren Oelke		JR Augustana (Ill.)	16.33	16.25q	1.7	2
10 Hannah Jones		SR North Centra	15.84	16.26	1.7	2
11 Madyson Synstad		FR Illinois Wesleyan	16.22	16.30	1.7	2
12 Holly Brown		SR Wheaton (Ill.)	16.63	16.33	1.6	1
13 Brigit Doran		FR North Centra	16.87	16.67	1.6	1
14 Quetzalli Perez		FR North Centra	17.14	16.69	1.7	2
15 Katelyn Duber		FR Carroll (Wis.)	17.10	17.10	1.7	2
16 Ashley Wojciechowski		FR Carroll (Wis.)	18.08	17.49	1.6	1
17 Sarah Marrs		SO Augustana (Ill.)	18.49	18.90	1.6	1

**Women 100 Meter Hurdles**

=====  
 Championship: C 13.73 2021 Favor Ezewuzie, Wheaton  
 Stadium: S 13.73 2021 Favor Ezewuzie, Wheaton

Name	Year	School	Prelims	Finals	Wind	Points
=====						
Finals						
1 Thea Ring		SO North Park	14.56	14.44	1.6	10
2 Nakala Nadeau		JR Elmhurst	14.38	14.47	1.6	8
3 Faith Ladin		SR North Centra	15.41	15.31	1.6	6
4 Tara Schaalma		FR Carthage	15.44	15.49	1.6	5
5 Caylah Boyd		FR Elmhurst	15.68	15.80	1.6	4

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women 100 Meter Hurdles**

6	Anna Andretich	FR	Elmhurst	15.90	15.89	1.6	3
7	Madison Morrow	SR	Augustana (Ill.)	15.97	15.94	1.6	2
8	Lauren Oelke	JR	Augustana (Ill.)	16.25	16.33	1.6	1
--	Denise Partee	SR	North Centra	16.14	DNS	1.6	

**Women 400 Meter Hurdles****9 Advance: Top 1 Each Heat plus Next 7 Best Times**

Championship: C 1:00.88		2019	Jessica Franklin, Illinois Wesleyan		
Stadium: S 1:00.88		2019	Jessica Franklin, Illinois Wesleyan		
Name	Year	School	Seed	Prelims	H#

**Preliminaries**

1	Tara Schaalma	FR	Carthage	1:08.78	1:07.17Q	1
2	Lauren Oelke	JR	Augustana (Ill.)	1:08.38	1:08.17Q	2
3	Julie Heinrichs	JR	Carthage	1:09.08	1:07.23q	1
4	Holly Brown	SR	Wheaton (Ill.)	1:10.88	1:08.84q	2
5	Madison Morrow	SR	Augustana (Ill.)	1:08.23	1:09.05q	2
6	Hannah Jones	SR	North Centra	1:07.68	1:09.53q	1
7	Natalie Conrad	JR	Wheaton (Ill.)	1:10.59	1:10.43q	2
8	Gianna Konieczny	JR	Elmhurst	1:13.06	1:11.75q	2
9	Maddie Maragni	SO	Millikin	1:15.60	1:13.43q	1
10	Taylor Olund	JR	Carroll (Wis.)	1:17.02	1:14.05	2
11	Ciarra Rockness	FR	Wheaton (Ill.)	1:14.10	1:14.08	2
12	Alayna Schultz	FR	Millikin	1:12.25	1:14.33	1
13	Emma Kreuziger	JR	Carthage	1:16.77	1:16.23	1
14	Desiree Hall	FR	North Centra	1:22.77	1:23.32	2
--	Audrey Remole	FR	Millikin	1:12.29	DQ	1 False Start
--	Alexa Pawlowski	JR	North Park		DNS	1

**Women 400 Meter Hurdles**

Championship: C 1:00.88		2019	Jessica Franklin, Illinois Wesleyan		
Stadium: S 1:00.88		2019	Jessica Franklin, Illinois Wesleyan		
Name	Year	School	Prelims	Finals	Points

**Finals**

1	Hannah Jones	SR	North Centra	1:09.53	1:06.25	10
2	Lauren Oelke	JR	Augustana (Ill.)	1:08.17	1:06.83	8
3	Tara Schaalma	FR	Carthage	1:07.17	1:06.84	6
4	Natalie Conrad	JR	Wheaton (Ill.)	1:10.43	1:08.77	5
5	Holly Brown	SR	Wheaton (Ill.)	1:08.84	1:09.24	4
6	Madison Morrow	SR	Augustana (Ill.)	1:09.05	1:09.61	3
7	Gianna Konieczny	JR	Elmhurst	1:11.75	1:11.83	2
8	Julie Heinrichs	JR	Carthage	1:07.23	1:11.86	1
9	Maddie Maragni	SO	Millikin	1:13.43	1:12.28	

**Women 3000 Meter Steeplechase**

Championship: C 10:45.15		2018	Hannah Roeske, Wheaton		
Stadium: S 10:43.33		2023	Adriana Crabtree, Illinois Wesleyan		
Name	Year	School	Seed	Finals	Points

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women 3000 Meter Steeplechase**

1	Emma Odle	SR Augustana (Ill.)	10:49.57	10:56.00	10
	44.741 (44.741)	2:12.331 (1:27.590)	3:40.409 (1:28.078)	5:08.326 (1:27.917)	
	6:36.721 (1:28.396)	8:05.681 (1:28.960)	9:32.931 (1:27.251)	10:55.998 (1:23.067)	
2	Ashley Kachurik	SR Elmhurst	11:28.87	11:23.63	8
	45.086 (45.086)	2:13.688 (1:28.602)	3:44.477 (1:30.790)	5:16.692 (1:32.215)	
	6:50.260 (1:33.568)	8:24.863 (1:34.604)	9:58.329 (1:33.466)	11:23.629 (1:25.301)	
3	Natalie Conrad	JR Wheaton (Ill.)	11:40.11	11:25.28	6
	47.813 (47.813)	2:19.273 (1:31.460)	3:51.630 (1:32.358)	5:23.842 (1:32.213)	
	6:55.798 (1:31.956)	8:27.854 (1:32.057)	9:59.265 (1:31.411)	11:25.273 (1:26.009)	
4	Bethany Smeed	SO North Centra	11:45.38	11:26.78	5
	45.322 (45.322)	2:13.844 (1:28.522)	3:44.900 (1:31.057)	5:17.011 (1:32.111)	
	6:50.600 (1:33.589)	8:25.283 (1:34.684)	9:59.076 (1:33.794)	11:26.779 (1:27.703)	
5	Quincy Collings	SR Millikin	11:39.24	11:37.46	4
	45.027 (45.027)	2:14.585 (1:29.558)	3:46.235 (1:31.650)	5:18.941 (1:32.706)	
	6:53.829 (1:34.888)	8:30.606 (1:36.777)	10:07.061 (1:36.455)	11:37.460 (1:30.399)	
6	Esther Brown	JR Elmhurst	12:00.77	11:54.40	3
	47.400 (47.400)	2:20.694 (1:33.294)	3:54.243 (1:33.550)	5:29.336 (1:35.093)	
	7:05.660 (1:36.324)	8:42.803 (1:37.144)	10:22.376 (1:39.573)	11:54.392 (1:32.017)	
7	Elizabeth LaBrin	SO Wheaton (Ill.)	12:26.07	12:01.99	2
	49.736 (49.736)	2:26.639 (1:36.903)	4:03.130 (1:36.492)	5:39.150 (1:36.021)	
	7:17.259 (1:38.109)	8:56.373 (1:39.115)	10:31.960 (1:35.587)	12:01.987 (1:30.028)	
8	Brooke Nazos	SO Illinois Wesleyan	12:08.31	12:02.02	1
	47.699 (47.699)	2:20.219 (1:32.521)	3:53.168 (1:32.949)	5:28.290 (1:35.122)	
	7:05.396 (1:37.106)	8:45.377 (1:39.982)	10:28.001 (1:42.624)	12:02.012 (1:34.011)	
9	Jessica Solar	FR Elmhurst	12:07.09	12:05.58	
	47.340 (47.340)	2:19.830 (1:32.490)	3:53.415 (1:33.586)	5:29.978 (1:36.563)	
	7:08.903 (1:38.926)	8:48.835 (1:39.932)	10:29.943 (1:41.108)	12:05.571 (1:35.628)	
10	Lauren Mack	JR Elmhurst	12:24.41	12:08.40	
	48.444 (48.444)	2:21.658 (1:33.214)	3:54.950 (1:33.292)	5:30.574 (1:35.625)	
	7:09.441 (1:38.868)	8:51.315 (1:41.874)	10:32.681 (1:41.366)	12:08.396 (1:35.715)	
11	Mackenzie Meirhaeghe	FR Augustana (Ill.)	12:16.07	12:14.67	
	48.726 (48.726)	2:25.190 (1:36.464)	4:02.637 (1:37.447)	5:40.251 (1:37.615)	
	7:20.376 (1:40.125)	9:01.553 (1:41.177)	10:42.078 (1:40.525)	12:14.662 (1:32.584)	
12	Marissa Magana	FR North Centra	12:33.17	12:21.78	
	48.779 (48.779)	2:24.751 (1:35.972)	4:03.062 (1:38.311)	5:42.743 (1:39.681)	
	7:25.177 (1:42.435)	9:07.857 (1:42.680)	10:48.001 (1:40.144)	12:21.772 (1:33.771)	
13	Paige Runkle	JR North Centra	12:26.35	12:22.26	
	49.129 (49.129)	2:23.837 (1:34.708)	4:00.329 (1:36.492)	5:39.129 (1:38.800)	
	7:21.226 (1:42.097)	9:04.473 (1:43.247)	10:47.179 (1:42.706)	12:22.255 (1:35.076)	
14	Kylie Florance	FR Carthage	12:29.44	12:29.62	
	48.002 (48.002)	2:24.809 (1:36.808)	4:03.427 (1:38.618)	5:42.450 (1:39.023)	
	7:25.224 (1:42.775)	9:08.477 (1:43.254)	10:51.102 (1:42.626)	12:29.620 (1:38.518)	
15	Madelyn Flanigan	SR Wheaton (Ill.)	12:48.55	12:32.39	
	51.340 (51.340)	2:29.374 (1:38.035)	4:09.758 (1:40.384)	5:50.498 (1:40.740)	
	7:32.302 (1:41.804)	9:14.034 (1:41.733)	10:55.867 (1:41.833)	12:32.382 (1:36.516)	
16	Michaela Kustra	SR Wheaton (Ill.)	12:54.45	12:37.79	
	51.831 (51.831)	2:30.224 (1:38.393)	4:10.156 (1:39.932)	5:50.975 (1:40.820)	
	7:33.837 (1:42.862)	9:16.642 (1:42.805)	10:59.713 (1:43.072)	12:37.784 (1:38.071)	
17	Jessie Pakaski	SO Carthage	12:20.70	12:39.72	
	48.129 (48.129)	2:24.328 (1:36.199)	4:02.468 (1:38.141)	5:41.983 (1:39.515)	
	7:25.067 (1:43.085)	9:11.567 (1:46.500)	10:59.629 (1:48.062)	12:39.715 (1:40.086)	
18	Elena Everest	SO Wheaton (Ill.)	12:52.27	12:40.49	
	51.330 (51.330)	2:29.349 (1:38.019)	4:09.751 (1:40.402)	5:50.762 (1:41.012)	
	7:33.404 (1:42.642)	9:17.440 (1:44.037)	11:03.184 (1:45.744)	12:40.485 (1:37.301)	

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women 3000 Meter Steeplechase**

19	Claire Guenther	JR	Carthage	13:04.15	12:47.98		
	48.509 (48.509)	2:25.481 (1:36.973)	4:04.347 (1:38.866)	5:46.218 (1:41.872)			
	7:31.024 (1:44.806)	9:16.693 (1:45.670)	11:05.597 (1:48.904)	12:47.979 (1:42.383)			
20	Kamryn Neer	FR	North Centra	13:12.81	13:16.39		
	50.825 (50.825)	2:30.142 (1:39.317)	4:11.510 (1:41.369)	5:56.908 (1:45.398)			
	7:47.665 (1:50.757)	9:41.881 (1:54.217)	11:34.093 (1:52.212)	13:16.390 (1:42.297)			
21	Emma Klein	JR	North Park	14:03.05	13:46.24		
	52.380 (52.380)	2:37.160 (1:44.780)	4:24.455 (1:47.296)	6:16.756 (1:52.301)			
	8:10.701 (1:53.946)	10:04.741 (1:54.040)	11:59.906 (1:55.165)	13:46.234 (1:46.329)			

**Women 4x100 Meter Relay**

Championship: C 47.29 2015		Illinois Wesleyan, Illinois Wesleyan				
Stadium: S 45.72 2023		, Loras				
School		Seed	Finals	Points		
1	North Central (Ill.)	47.37	46.87C	10	46.865	
	1) Mercedes Jackson SR	2) Kyla Miller JR				
	3) Allie Dockins JR	4) Lindsey Novak SR				
2	Elmhurst	47.63	46.87C	8	46.870	
	1) Lauren Marshall SR	2) Tiana Grady FR				
	3) Hannah Schwarz JR	4) Aniya Seeley-Williams FR				
3	Illinois Wesleyan	48.40	48.34	6		
	1) Imani Ogunribido FR	2) Katarina Petrovic FR				
	3) Olivia Skibinski FR	4) Avery Smith SR				
4	Augustana (Ill.)	49.51	48.49	5		
	1) Jade Johnson SR	2) McKenzie Reser JR				
	3) Cora Deemer FR	4) Nabila Saam FR				
5	Carthage	49.83	49.06	4		
	1) Jazzmine Jones SO	2) Mandy Nelson FR				
	3) Anna Kegel SO	4) Sarah Kerfin SR				
6	Millikin	50.40	49.75	3		
	1) Zena Roberts FR	2) Katie Janvrin SO				
	3) Itzel Garcia JR	4) Alexis Wike FR				
7	Wheaton (Ill.)	50.06	50.53	2		
	1) Holly Brown SR	2) Crystelle VanWingerden SR				
	3) Rachel Ortlip SR	4) Heidi Krekelberg FR				
8	Carroll (Wis.)	50.74	51.33	1		
	1) Victoria Watson SR	2) Katelyn Duber FR				
	3) Taylor Olund JR	4) Lexi Elegbede-Peer SR				

**Women 4x400 Meter Relay**

Championship: C 3:49.41 2017		Wheaton, Wheaton				
Stadium: S 3:44.17 2022		, Loras				
School		Seed	Finals	Points		
1	North Central (Ill.)	3:58.76	3:57.51	10		
	1) Cali Minkie SO	2) Lovenya Perry SO				
	3) Cire' Smith FR	4) Lindsey Novak SR				
	1:59.793 (1:59.793)	3:00.066 (1:00.274)	3:57.505 (57.440)			
2	Augustana (Ill.)	4:03.69	3:59.78	8		
	1) Cora Deemer FR	2) Jordyn VanSanten JR				
	3) McKenzie Reser JR	4) Lina Maatouk JR				
	2:02.592 (2:02.592)	2:59.363 (56.772)	3:59.772 (1:00.410)			

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women 4x400 Meter Relay**

3	Elmhurst			3:58.06	4:01.34	6
	1) Naomi Jones SO		2) Carmela Woods FR			
	3) Nayeli Villegas FR		4) Sadie Hartmann JR			
	2:01.165 (2:01.165)	3:02.540 (1:01.376)	4:01.336 (58.797)			
4	Illinois Wesleyan			4:08.15	4:03.55	5
	1) Isabella Gonzalez SO		2) Jules Grunloh SR			
	3) Peyton Pollman SR		4) Jordynn Griffin SO			
	2:03.787 (2:03.787)	3:04.489 (1:00.702)	4:03.550 (59.061)			
5	Carthage			4:13.19	4:09.72	4
	1) Mandy Nelson FR		2) Julie Heinrichs JR			
	3) Noelle Marsh FR		4) Tara Schaalma FR			
	2:09.343 (2:09.343)	3:05.533 (56.190)	4:09.711 (1:04.179)			
6	Wheaton (Ill.)			4:10.15	4:11.04	3
	1) Olivia Kiddy FR		2) Sadie Richert SO			
	3) Abby Lawson FR		4) Crystelle VanWingerden SR			
	2:05.534 (2:05.534)	3:11.062 (1:05.528)	4:11.033 (59.971)			
7	Carroll (Wis.)			4:25.27	4:14.55	2
	1) Taylor Olund JR		2) Anika Tollerud SO			
	3) Lexi Elegbede-Peer SR		4) Rebekah Buboltz SO			
	2:01.490 (2:01.490)	3:12.449 (1:10.960)	4:14.545 (1:02.096)			
8	Millikin			4:11.00	4:15.33	1
	1) Itzel Garcia JR		2) Alyssa Ruiz JR			
	3) Katie Risner JR		4) Alexis Wike FR			
	2:05.079 (2:05.079)	3:09.809 (1:04.731)	4:15.323 (1:05.515)			

**Women High Jump**

Championship: C 1.77m 2017		Molly McGraw, Illinois Wesleyan					
Stadium: S 1.77m 2017		Molly McGraw, Illinois Wesleyan					
Name	Year	School	Seed	Finals	Points		
1	Grace Crowder	FR Wheaton (Ill.)	1.61m	1.62m	5-03.75	10	
	1.39 1.44 1.49 1.54 1.59		1.62 1.65				
	PPP O O O XO		O XXX				
2	Evie Wilson	JR Illinois Wesleyan	1.58m	1.59m	5-02.50	8	
	1.39 1.44 1.49 1.54 1.59		1.62 1.65				
	PPP O O O O		XPP XX				
3	Jocelyn Trotter	FR North Centra	1.58m	1.54m	5-00.50	5.50	
	1.39 1.44 1.49 1.54 1.59						
	PPP PPP O O XXX						
3	Alexis Wike	FR Millikin	1.57m	1.54m	5-00.50	5.50	
	1.39 1.44 1.49 1.54 1.59						
	PPP O PPP O XXX						
5	Rhiannon Marshall	SO Augustana (Ill.)	1.50m	1.54m	5-00.50	4	
	1.39 1.44 1.49 1.54 1.59						
	PPP PPP O XO XXX						
6	Hannah Sago	SO Millikin	1.60m	1.54m	5-00.50	2.50	
	1.39 1.44 1.49 1.54 1.59						
	PPP PPP O XXO XXX						
6	Audrey Remole	FR Millikin	1.50m	1.54m	5-00.50	2.50	
	1.39 1.44 1.49 1.54 1.59						
	O O O XXO XXX						
8	Teagan Johnston	JR Carthage	1.58m	1.54m	5-00.50	0.50	
	1.39 1.44 1.49 1.54 1.59						
	PPP O XO XXO XXX						



**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women High Jump**

8	Charlotte Monroe	FR Carthage	1.50m	1.54m	5-00.50	0.50
	1.39 1.44 1.49 1.54 1.59					
	PPP O XO XXO XXX					
10	Pola Kubrak	JR North Centra	1.58m	1.49m	4-10.50	
	1.39 1.44 1.49 1.54					
	PPP O O XXX					
11	Grace Loy	FR North Centra	1.48m	1.49m	4-10.50	
	1.39 1.44 1.49 1.54					
	XO O O XXX					
12	Anna Cotter	SR North Centra	1.51m	1.49m	4-10.50	
	1.39 1.44 1.49 1.54					
	O O XO XXX					
12	Angelina Camaci	SO Elmhurst	1.50m	1.49m	4-10.50	
	1.39 1.44 1.49 1.54					
	PPP O XO XXX					
14	Caylah Boyd	FR Elmhurst	1.53m	1.49m	4-10.50	
	1.39 1.44 1.49 1.54					
	PPP PPP XXO XXX					
15	Julia Klein	SO North Park	1.43m	1.44m	4-08.75	
	1.39 1.44 1.49					
	O O XXX					
16	Allison Hunt	FR Augustana (Ill.)	1.53m	1.44m	4-08.75	
	1.39 1.44 1.49					
	PPP XO XXX					
16	Kendal Franklin	SO North Centra	1.53m	1.44m	4-08.75	
	1.39 1.44 1.49					
	O XO XXX					
18	Sarah Stephens	SR Elmhurst	1.43m	1.44m	4-08.75	
	1.39 1.44 1.49					
	O XXO XXX					
18	Alayna Schultz	FR Millikin	1.50m	1.44m	4-08.75	
	1.39 1.44 1.49					
	O XXO XXX					
20	Annabeth Webb	FR Elmhurst	1.33m	1.39m	4-06.75	
	1.39 1.44					
	O XXX					
21	Mandy Torres Mirabal	SO Elmhurst	1.33m	1.39m	4-06.75	
	1.39 1.44					
	XO XXX					
22	Grace Jenkins	SO Augustana (Ill.)	1.38m	1.39m	4-06.75	
	1.39 1.44					
	XXO XXX					
--	Maria Bugge	SO North Park	1.50m	DNS		

**Women Pole Vault**

=====						
Championship: C	3.91m	2010	Rachel Secrest, North Central			
Stadium: S	3.97m	2022	Kat Krebasch, Augustana			
Name		Year School	Seed	Finals		Points
=====						
1	Natalie Johnson	JR North Centra	3.55m	3.58m	11-09.00	10
	2.73 2.88 3.03 3.18 3.33 3.48 3.58 3.68 3.78					
	PPP PPP PPP O O O O PPP XXX					

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women Pole Vault**

2	Gwen Berenyi	SO North Centra	3.55m	3.58m	11-09.00	8
	2.73 2.88 3.03 3.18 3.33 3.48 3.58 3.68 3.78					
	PPP PPP PPP PPP XXO O O PPP XXX					
3	Kate Weber	JR Elmhurst	3.35m	3.48m	11-05.00	6
	2.73 2.88 3.03 3.18 3.33 3.48 3.58					
	PPP PPP PPP O O XO XXX					
4	Haylee Yelle	SO Millikin	3.16m	3.33m	10-11.00	5
	2.73 2.88 3.03 3.18 3.33 3.48					
	PPP XO O XO O XXX					
5	Hailey Newill	SO Millikin	3.31m	3.33m	10-11.00	4
	2.73 2.88 3.03 3.18 3.33 3.48					
	PPP PPP PPP O XO XXX					
6	Ariana Rivera	JR North Centra	3.20m	3.18m	10-05.25	3
	2.73 2.88 3.03 3.18 3.33					
	PPP PPP O O XXX					
7	Grace Tinder	JR Carroll (Wis.)	3.26m	3.03m	9-11.25	2
	2.73 2.88 3.03 3.18					
	PPP O O XXX					
8	Julia Klein	SO North Park	3.30m	3.03m	9-11.25	1
	2.73 2.88 3.03 3.18					
	PPP PPP XXO XXX					
9	Madeline Simpson	SO Carroll (Wis.)	3.11m	3.03m	9-11.25	
	2.73 2.88 3.03 3.18					
	PPP XO XXO XXX					
10	Ashtin Roy	FR Wheaton (Ill.)	3.05m	2.88m	9-05.25	
	2.73 2.88 3.03					
	O O XXX					
11	Alexis Mazzenga	JR North Centra	3.05m	2.88m	9-05.25	
	2.73 2.88 3.03					
	O XO XXX					
12	Amiyah Woods	FR Augustana (Ill.)	2.80m	2.73m	8-11.50	
	2.73 2.88					
	O XXX					
12	Alexandria Ostopowicz	FR Carroll (Wis.)	2.61m	2.73m	8-11.50	
	2.73 2.88					
	O XXX					
12	Genevieve Berryman	SR Augustana (Ill.)	2.59m	2.73m	8-11.50	
	2.73 2.88					
	O XXX					
12	Grace Tu	SR Elmhurst	2.75m	2.73m	8-11.50	
	2.73 2.88					
	O XXX					
16	Madison Jessen	SO Millikin	2.77m	2.73m	8-11.50	
	2.73 2.88					
	XO XXX					
17	Alexandra Sahlin Cloutie	FR Carroll (Wis.)	2.75m	2.73m	8-11.50	
	2.73 2.88					
	XXO XXX					
--	Sammy Lehr	FR Augustana (Ill.)	2.39m	NH		
	2.73					
	XXX					

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**Women Long Jump**

Championship: C 5.96m 2018		Amelia Glueck, Illinois Wesleyan					
Stadium: S 5.96m 2018		Amelia Glueck, Illinois Wesleyan					
Name	Year	School	Seed	Finals	Wind	H#	Points
1 Vanessa Carr	SO	Elmhurst	5.43m	5.58m	1.1	18-03.75	2 10
5.24m(1.8) FOUL	5.21m(1.2)	5.37m(2.5)	5.39m(1.9)	5.58m(1.1)			
2 Lauren Marshall	SR	Elmhurst	5.42m	5.56m	2.1	18-03.00	2 8
5.23m(2.6) 5.39m(2.0)	5.25m(2.1)	5.34m(1.1)	5.56m(2.1)	5.43m(1.2)			
3 Christina Hall	SO	Carthage	5.02m	5.40m	1.4	17-08.75	1 6
5.08m(1.6) FOUL	FOUL	5.09m(1.5)	5.40m(1.4)	5.23m(1.6)			
4 Katelyn McCann	SO	North Centra	5.44m	5.39m	1.1	17-08.25	2 5
FOUL	5.17m(2.0)	5.29m(1.3)	5.39m(1.1)	FOUL	5.37m(1.3)		
5 Abigail Calhoun	JR	Carthage	5.24m	5.32m	1.9	17-05.50	2 4
4.10m(2.7) 5.05m(1.4)	5.26m(2.4)	5.10m(1.1)	5.32m(1.9)	PASS			
6 Katie Janvrin	SO	Millikin	5.53m	5.25m	1.4	17-02.75	2 3
5.09m(0.9) 4.98m(1.0)	5.02m(1.5)	5.09m(2.5)	5.25m(1.4)	5.09m(1.7)			
7 Teagan Johnston	JR	Carthage	5.15m	5.16m	1.1	16-11.25	2 2
4.86m(1.4) 5.09m(2.1)	5.03m(3.0)	4.76m(1.8)	5.16m(1.1)	5.09m(1.5)			
8 Lauren Wong	SR	Illinois Wesleyan	4.91m	5.15m	1.4	16-10.75	1 1
5.02m(1.3) 4.97m(2.0)	4.82m(2.3)	5.12m(1.5)	FOUL	5.15m(1.4)			
9 Allie Dockins	JR	North Centra	5.08m	5.13m	2.6	16-10.00	2
5.06m(1.1) 4.90m(0.3)	FOUL	4.96m(2.0)	5.13m(2.6)	FOUL			
10 Itzel Garcia	JR	Millikia	5.57m	5.01m	2.0	16-05.25	2
5.01m(2.0) 4.76m(2.5)	4.91m(1.6)						
11 Ashley Wojciechowski	FR	Carroll (Wis.)	5.06m	4.99m	1.9	16-04.50	2
4.89m(1.4) 4.99m(1.9)	4.91m(1.5)						
12 Zena Roberts	FR	Millikin	5.29m	4.98m	2.7	16-04.25	2
4.85m(1.5) FOUL	4.98m(2.7)						
13 Charlotte Monroe	FR	Carthage	5.08m	4.95m	2.1	16-03.00	2
FOUL	4.95m(2.1)	4.89m(2.1)					
14 Bridget Hall	FR	North Centra	4.86m	4.91m	0.8	16-01.50	1
4.80m(+0.0) FOUL	4.91m(0.8)						
15 Rachael Linskey	JR	Augustana (Ill.)	4.65m	4.88m	0.1	16-00.25	1
FOUL	4.88m(0.1)	FOUL					
16 Angelina Bakewell	FR	Elmhurst	4.97m	4.79m	+0.0	15-08.75	1
4.74m(1.5) 4.30m(1.0)	4.79m(+0.0)						
17 Francesca Scarabaggio	JR	Elmhurst	4.89m	4.73m	0.9	15-06.25	1
4.73m(0.9) 4.63m(1.7)	4.32m(+0.0)						
18 Jade Johnson	SR	Augustana (Ill.)	4.72m	4.72m	2.1	15-06.00	1
4.25m(0.3) 4.68m(2.9)	4.72m(2.1)						
19 Hannah Sago	SO	Millikin	4.83m	4.69m	+0.0	15-04.75	1
4.69m(+0.0) 4.53m(2.1)	4.35m(1.2)						
20 Anna Kegel	SO	Carthage	5.26m	4.67m	1.5	15-04.00	2
FOUL	4.67m(1.5)	FOUL					
21 Elizabeth Hayes	FR	Augustana (Ill.)	4.69m	4.61m	1.8	15-01.50	1
4.39m(0.8) 4.61m(1.8)	4.59m(1.7)						
22 Grace Cleveland	SR	Wheaton (Ill.)	4.64m	4.56m	+0.0	14-11.50	1
4.56m(+0.0) 4.54m(1.5)	4.42m(+0.0)						
23 Rachel Parthemore	SR	North Centra		4.53m	1.5	14-10.50	1
FOUL	3.84m(1.5)	4.53m(1.5)					
-- Hannah Johnson	SR	Augustana (Ill.)	4.94m	FOUL			1
FOUL	FOUL	FOUL					
-- Paulina Tinajero	FR	Elmhurst	5.29m	DNS	NWI		2

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**Women Triple Jump**

Championship: C 11.89m 2009		Chinny Ekwulugo, Illinois Wesleyan		
Stadium: S 12.71m 2021		Cierra Pullimiam, Unattached		
Name	Year School	Seed	Finals Wind	H# Points
1 Imani Ogunribido	FR Illinois Wesleyan	12.23m	12.30mC 1.0 40-04.25	2 10
11.90m(+0.0) 11.78m(1.2) 11.84m(-0.7) 11.50m(+0.0) 12.30m(1.0) 11.87m(+0.0)				
2 Lauren Wong	SR Illinois Wesleyan	11.56m	11.28m +0.0 37-00.25	2 8
11.22m(+0.0) FOUL FOUL FOUL 11.28m(+0.0) 10.86m(-1.3)				
3 Alice Sotelo	FR North Centra	10.83m	10.92m 3.0 35-10.00	2 6
10.52m(-2.5) 10.61m(-6.9) 10.90m(1.9) 10.87m(0.3) 10.92m(3.0) 10.56m(-0.3)				
4 Tara Schaalma	FR Carthage	11.05m	10.92m +0.0 35-10.00	2 5
10.59m(+0.0) FOUL 10.92m(+0.0) 10.50m(+0.0) FOUL FOUL				
5 Katie Janvrin	SO Millikin	11.07m	10.89m +0.0 35-08.75	2 4
10.57m(-3.6) 10.89m(+0.0) 10.80m(2.7) 10.58m(0.3) 10.70m(0.4) 10.79m(1.4)				
6 Franchesca Smith	JR Illinois Wesleyan	10.67m	10.76m 1.0 35-03.75	2 3
FOUL 10.76m(1.0) 10.59m(-0.4) 10.07m(2.6) 10.33m(-0.1) 10.52m(0.7)				
7 Vanessa Carr	SO Elmhurst	11.18m	10.74m -1.7 35-03.00	2 2
10.74m(-1.7) 10.57m(0.2) FOUL 9.93m(-0.5) 10.60m(+0.0) FOUL				
8 Hannah Johnson	SR Augustana (Ill.)	10.32m	10.51m 2.5 34-05.75	1 1
10.42m(1.2) 10.24m(-1.6) 10.51m(2.5) FOUL 10.30m(0.1) FOUL				
9 Taylor Price	SR North Centra	10.41m	10.50m +0.0 34-05.50	1
10.50m(+0.0) 10.25m(-0.6) 9.95m(-3.1) 10.21m(0.7) 9.39m(+0.0) PASS				
10 Grace Cleveland	SR Wheaton (Ill.)	10.08m	10.26m +0.0 33-08.00	1
10.01m(-0.5) 9.61m(+0.0) 10.26m(+0.0)				
11 Zena Roberts	FR Millikin	10.63m	10.12m +0.0 33-02.50	2
FOUL FOUL 10.12m(+0.0)				
12 Delaney Nash	JR North Centra	10.37m	10.11m -1.4 33-02.00	1
9.73m(+0.0) 9.57m(-1.5) 10.11m(-1.4)				
13 Anna Andretich	FR Elmhurst	11.03m	10.04m -0.4 32-11.25	1
10.04m(-0.4) 9.73m(-3.6) FOUL				
14 Katelyn Duber	FR Carroll (Wis.)	10.49m	9.99m -1.4 32-09.50	1
FOUL 9.90m(-0.1) 9.99m(-1.4)				
15 Elizabeth Hayes	FR Augustana (Ill.)	10.46m	9.95m -0.2 32-07.75	1
FOUL 9.95m(-0.2) 9.60m(-2.2)				
16 Jadyann Kramer	FR Carthage	9.92m	9.87m +0.0 32-04.75	1
9.35m(+0.0) 9.55m(+0.0) 9.87m(+0.0)				
17 Ashley Wojciechowski	FR Carroll (Wis.)	9.70m	9.59m -1.1 31-05.75	1
9.47m(+0.0) FOUL 9.59m(-1.1)				
18 Emma Kreuziger	JR Carthage	10.08m	9.56m -0.5 31-04.50	1
9.54m(-0.3) 9.56m(-0.5) PASS				
19 Erica Johnson	SR North Centra	9.19m	9.15m -1.1 30-00.25	1
FOUL 9.15m(-1.1) FOUL				
-- Maddie Maragni	SO Millikin	9.14m	FOUL	1
FOUL PASS PASS				
-- Abigail Calhoun	JR Carthage	11.92m	DNS NWI	2
-- Paulina Tinajero	FR Elmhurst	10.91m	DNS NWI	2

**Women Shot Put**

Championship: C 14.34m 2014		Ebony Stallworth, North Central		
Stadium: S 15.34m 2022		Brianna Leahy, UW-Platteville		
Name	Year School	Seed	Finals	H# Points
1 Aubrey Schoeneman	SR Carthage	15.11m	15.17mC 49-09.25	2 10
13.29m 13.84m 14.00m 15.07m 14.32m 15.17m				

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women Shot Put**

2	Vanessa Uitenbroek	JR Carroll (Wis.)	14.43m	14.83mC	48-08.00	2	8
	13.65m 14.45m 13.58m	14.83m 14.12m 13.55m					
3	Alyssa Gulsvig	SR Carthage	13.24m	13.78m	45-02.50	2	6
	13.18m 13.62m 13.16m	13.78m FOUL FOUL					
4	Maria Falk	JR Carroll (Wis.)	13.89m	13.53m	44-04.75	2	5
	13.45m 13.04m 13.23m	13.44m 13.53m 12.21m					
5	Alexis Mattox	SR Carthage	12.92m	13.19m	43-03.25	2	4
	12.50m 12.10m 12.55m	13.19m 13.03m 12.46m					
6	Madison Payne	SO Carthage	12.83m	12.75m	41-10.00	2	3
	11.87m 12.75m FOUL	12.20m 12.65m FOUL					
7	Mikayla Wright	SO Carthage	13.44m	12.73m	41-09.25	2	2
	12.73m 12.39m FOUL	FOUL FOUL FOUL					
8	Heather Michalski	JR Augustana (Ill.)	12.06m	12.31m	40-04.75	2	1
	11.83m 11.90m FOUL	FOUL 12.31m FOUL					
9	Kaitlyn Brucci	JR Carroll (Wis.)	12.29m	12.20m	40-00.50	2	
	12.16m 11.63m 11.35m	11.40m FOUL 12.20m					
10	Bridget Wunderlich	JR Augustana (Ill.)	12.16m	11.68m	38-04.00	2	
	11.68m 11.63m FOUL						
11	Skyler Barber	FR Augustana (Ill.)	11.36m	11.44m	37-06.50	1	
	10.95m 10.88m 11.44m						
12	Jazzalynne Hicks	FR Millikin	11.89m	11.28m	37-00.25	2	
	11.28m 11.11m 11.26m						
13	Lauryn Moore	FR Illinois Wesleyan	11.28m	11.04m	36-02.75	1	
	10.32m 11.04m 10.61m						
14	Alexandra Draves	SR North Centra	10.72m	10.93m	35-10.50	1	
	10.25m 10.80m 10.93m						
15	Sarah Sorrell	SR Augustana (Ill.)	10.33m	10.79m	35-05.00	1	
	10.25m 10.01m 10.79m						
16	Caroline Plasil	FR Carroll (Wis.)	10.36m	10.61m	34-09.75	1	
	9.89m 10.53m 10.61m						
17	Grace Pequignot	FR Carroll (Wis.)	10.40m	10.50m	34-05.50	1	
	10.50m FOUL 10.30m						
18	Robin Lee	JR North Centra	10.25m	10.38m	34-00.75	1	
	10.03m 10.38m FOUL						
19	Lauren McKnight	JR North Park	10.70m	10.34m	33-11.25	1	
	10.34m FOUL FOUL						
20	Amanda Melton	SO North Centra	11.03m	10.26m	33-08.00	1	
	10.26m FOUL FOUL						
21	Caroline Slater	JR Elmhurst	10.48m	10.11m	33-02.00	1	
	9.73m 9.94m 10.11m						

**Women Discus Throw**

Championship: C 48.33m 2016		Morgan Young, Carthage				
Stadium: S 57.47m 2018		Kelsey Card, Unattached				
Name	Year	School	Seed	Finals	H#	Points
1	Vanessa Uitenbroek	JR Carroll (Wis.)	49.06m	50.88mC	166-11	2 10
	46.90m 48.82m 48.62m	50.36m 49.34m 50.88m				
2	Charlotte Frere	SO Augustana (Ill.)	50.02m	46.18m	151-06	2 8
	41.94m 46.09m 46.18m	45.33m FOUL FOUL				
3	Alyssa Gulsvig	SR Carthage	45.42m	44.61m	146-04	2 6
	FOUL 39.25m 41.02m	43.41m FOUL 44.61m				
4	Cate Gudaitis	SR Carroll (Wis.)	46.12m	43.60m	143-00	2 5
	37.62m 41.10m 43.60m	40.86m 42.22m 42.34m				

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women Discus Throw**

5	Aubrey Schoeneman	SR Carthage	43.26m	43.14m	141-06	2	4
	FOUL 40.19m 37.97m 41.18m 42.20m 43.14m						
6	Jackie Tuzil	SO Carthage	41.17m	42.94m	140-10	2	3
	42.44m FOUL 41.57m 41.58m 42.94m 41.80m						
7	Nicole Tarpley	SR Carthage	44.26m	41.34m	135-07	2	2
	37.66m 41.34m FOUL 40.60m 39.85m FOUL						
8	Heather Michalski	JR Augustana (Ill.)		40.26m	132-01	1	1
	39.11m 40.26m 37.93m FOUL FOUL FOUL						
9	Amanda Melton	SO North Centra	37.54m	40.06m	131-05	2	
	40.06m FOUL 36.92m FOUL FOUL FOUL						
10	Sarah Sorrell	SR Augustana (Ill.)	36.57m	40.00m	131-03	1	
	31.66m 40.00m 35.85m						
11	Maria Falk	JR Carroll (Wis.)	36.09m	39.59m	129-11	1	
	FOUL 35.66m 39.59m						
12	Alexis Mattox	SR Carthage	36.18m	36.61m	120-01	1	
	FOUL 36.61m FOUL						
13	Arianna Teichman	JR North Centra	33.80m	34.20m	112-02	1	
	34.20m FOUL 31.84m						
14	Skyler Barber	FR Augustana (Ill.)	32.69m	33.88m	111-02	1	
	33.75m FOUL 33.88m						
15	Loreal Tucker	FR Illinois Wesleyan	37.36m	33.14m	108-09	2	
	33.14m FOUL FOUL						
16	Caroline Plasil	FR Carroll (Wis.)	33.36m	32.79m	107-07	1	
	31.35m 31.38m 32.79m						
17	Madi Ullrich	SO Carroll (Wis.)	31.00m	32.60m	106-11	1	
	30.52m 31.83m 32.60m						
18	Brianna Sweas	SO Millikin	35.36m	32.48m	106-07	1	
	32.48m 28.43m 32.29m						
19	Sarah Stephens	SR Elmhurst	30.38m	28.57m	93-09	1	
	28.57m FOUL 28.48m						
20	Lauren McKnight	JR North Park	28.08m	27.84m	91-04	1	
	27.14m 27.84m 25.91m						
--	Alexandra Draves	SR North Centra	38.50m	FOUL		2	
	FOUL PASS PASS						
--	Laina Nelson	FR Augustana (Ill.)	38.35m	FOUL		2	
	FOUL FOUL FOUL						

**Women Hammer Throw**

Championship: C 58.61m 2021		Emily Uitenbroek, Carroll				
Stadium: S 58.61m 2021		Emily Uitenbroek, Carroll				
Name	Year	School	Seed	Finals	H#	Points
1	Vanessa Uitenbroek	JR Carroll (Wis.)	52.39m	54.47m	178-08	2 10
	54.47m 51.88m 51.10m 54.37m FOUL 51.01m					
2	Alexandra Draves	SR North Centra	54.89m	54.23m	177-11	2 8
	FOUL 51.37m FOUL 54.23m FOUL FOUL					
3	Alexis Mattox	SR Carthage	56.28m	53.05m	174-00	2 6
	50.04m 52.93m 53.05m FOUL 52.81m 50.67m					
4	Carlyssa King	JR Illinois Wesleyan	52.33m	53.05m	174-00	2 5
	53.05m 48.85m 50.85m FOUL 49.98m FOUL					
5	Aubrey Schoeneman	SR Carthage	48.47m	49.92m	163-09	2 4
	FOUL 47.14m 49.92m FOUL FOUL FOUL					
6	Maria Falk	JR Carroll (Wis.)	48.23m	49.22m	161-06	2 3
	48.53m 48.33m 49.22m 48.48m FOUL 47.08m					

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women Hammer Throw**

7	Adriyanna Patterson	JR Millikin	46.94m	49.21m	161-05	2	2
	48.38m 48.30m 49.21m	45.49m 49.04m 47.63m					
8	Maria Bugge	SO North Park	43.99m	47.83m	156-11	2	1
	47.65m 47.83m 44.38m	45.49m 44.80m 47.53m					
9	Brianna Sweas	SO Millikin	45.41m	47.31m	155-02	2	
	41.93m 46.57m 47.31m	38.06m FOUL 45.61m					
10	Dora Dill	SR Carthage	48.00m	47.19m	154-10	2	
	45.70m 47.19m FOUL						
11	Nicole Tarpley	SR Carthage	50.23m	45.63m	149-08	2	
	FOUL FOUL 45.63m						
12	Charlotte Frere	SO Augustana (Ill.)	37.56m	44.24m	145-02	1	
	37.12m FOUL 44.24m						
13	Madison Payne	SO Carthage	47.76m	43.47m	142-07	2	
	FOUL FOUL 43.47m						
14	Arianna Teichman	JR North Centra	42.98m	43.01m	141-01	1	
	40.50m 38.80m 43.01m						
15	Bridget Wunderlich	JR Augustana (Ill.)	39.56m	39.01m	128-00	1	
	36.45m FOUL 39.01m						
16	Afi Gati	JR Augustana (Ill.)	39.57m	37.95m	124-06	1	
	FOUL 37.95m 37.92m						
17	Grace Pequignot	FR Carroll (Wis.)	36.21m	37.72m	123-09	1	
	37.72m 33.80m FOUL						
18	Loreal Tucker	FR Illinois Wesleyan	38.84m	37.53m	123-01	1	
	33.14m 36.86m 37.53m						
19	Jazzalynne Hicks	FR Millikin	38.34m	37.24m	122-02	1	
	36.48m 37.24m FOUL						
20	Caroline Plasil	FR Carroll (Wis.)	37.14m	35.90m	117-09	1	
	FOUL 35.90m 35.18m						
21	Amanda Melton	SO North Centra	35.64m	35.81m	117-06	1	
	FOUL 33.80m 35.81m						
22	Ameila Miller	FR Augustana (Ill.)	37.20m	35.44m	116-03	1	
	32.29m FOUL 35.44m						
23	Grace Kelly	SR Carroll (Wis.)	39.35m	34.03m	111-08	1	
	FOUL FOUL 34.03m						
--	Skyler Barber	FR Augustana (Ill.)	38.39m	FOUL		1	
	FOUL FOUL FOUL						

**Women Javelin Throw**

Championship: C 49.38m 2007		Brandi McNeil, Wheaton					
Stadium: S 49.38m 2007		Brandi McNeil, Wheaton					
Name	Year	School	Seed	Finals	H#	Points	
1 Hannah Jones		SR North Centra	40.70m	43.95m	144-02	1	10
	38.31m 37.58m 38.53m	FOUL 43.95m 36.46m					
2 Faith Ladin		SR North Centra	42.46m	41.22m	135-03	2	8
	36.21m 40.64m 41.22m	35.25m 39.91m 39.66m					
3 Heather Michalski		JR Augustana (Ill.)	38.58m	38.54m	126-05	2	6
	38.11m 37.23m 38.54m	36.34m 37.17m FOUL					
4 Carmella Lange		JR Carthage	35.26m	33.49m	109-10	2	5
	FOUL 31.80m 32.55m	33.49m 29.78m 30.24m					
5 Charlotte Frere		SO Augustana (Ill.)	33.56m	33.41m	109-07	2	4
	31.22m FOUL 33.41m	31.88m FOUL 33.38m					
6 Ameila Miller		FR Augustana (Ill.)	34.21m	33.02m	108-04	2	3
	29.47m 32.52m 33.02m	30.02m FOUL FOUL					

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Women Javelin Throw**

7	Anna Cotter	SR North Centra	31.39m	32.90m	107-11	2	2
	32.90m 31.72m 28.32m 28.68m 29.11m 27.82m						
8	Laina Nelson	FR Augustana (Ill.)	32.33m	31.95m	104-10	2	1
	31.95m FOUL 30.76m FOUL 28.32m 31.66m						
9	Robin Lee	JR North Centra	33.43m	31.60m	103-08	2	
	FOUL 31.60m 31.21m FOUL 27.16m 28.69m						
10	Kendal Franklin	SO North Centra	30.59m	31.20m	102-04	1	
	29.90m FOUL 31.20m						
11	Caitlin McCane	JR Illinois Wesleyan	31.50m	30.74m	100-10	2	
	29.32m 28.70m 30.74m						
12	Afi Gati	JR Augustana (Ill.)	27.38m	29.66m	97-04	1	
	29.66m 29.53m FOUL						
13	Madi Ullrich	SO Carroll (Wis.)	28.58m	29.09m	95-05	1	
	27.73m 27.80m 29.09m						
14	Jadyn Bothe	JR Illinois Wesleyan	26.56m	29.09m	95-05	1	
	24.16m FOUL 29.09m						
15	Ally LaBerge	JR Carthage	32.18m	28.68m	94-01	2	
	25.49m 28.68m 27.34m						
16	Hannah Tompkins	SO Wheaton (Ill.)	33.35m	28.68m	94-01	2	
	27.09m 24.82m 28.68m						
17	Caroline Slater	JR Elmhurst	27.88m	27.44m	90-00	1	
	26.93m 27.44m 26.67m						
18	Madison Payne	SO Carthage	31.12m	26.88m	88-02	2	
	26.44m 26.13m 26.88m						
19	Annabeth Webb	FR Elmhurst	22.93m	25.88m	84-11	1	
	20.87m 25.88m 24.35m						
20	Sarah Stephens	SR Elmhurst	29.76m	25.21m	82-08	1	
	22.55m 25.21m 24.27m						
21	Mandy Torres Mirabal	SO Elmhurst	25.30m	25.06m	82-03	1	
	FOUL 20.99m 25.06m						
22	Maria Bugge	SO North Park	26.16m	21.36m	70-01	1	
	20.43m 21.36m FOUL						
23	Kaitlyn Brucci	JR Carroll (Wis.)	24.69m	21.31m	69-11	1	
	21.31m 20.53m 20.36m						
24	McKenzie Boren	JR Millikin	24.73m	21.17m	69-05	1	
	21.17m FOUL 19.68m						
--	Johanna Soedergaard	SO North Park	26.70m	FOUL			1
	FOUL FOUL FOUL						

**Heptathlon: #4 Women 200 Meter Dash Heptathlon**

Name	Year School	Finals	Wind	H#	Points
1 Thea Ring	SO North Park	25.08	0.3	2	879
2 Faith Ladin	SR North Centra	25.95	0.2	1	802
3 Macy Fleury	SO North Centra	27.26	0.3	2	690
4 Teagan Johnston	JR Carthage	27.53	0.3	2	668
5 Hannah Jones	SR North Centra	27.89	0.3	2	640
6 Anna Cotter	SR North Centra	28.32	0.3	2	606
7 Anna Andretich	FR Elmhurst	28.51	0.3	2	591
8 Caroline Slater	JR Elmhurst	28.56	0.2	1	587
9 Julia Kraus	FR Carthage	28.72	0.3	2	575
10 Grace Nisius	SO Carthage	28.74	0.3	2	574
11 Hannah Tompkins	SO Wheaton (Ill.)	28.96	0.2	1	557
12 Allison Hunt	FR Augustana (Ill.)	29.18	0.2	1	541



**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Heptathlon: #4 Women 200 Meter Dash Heptathlon**

13 Addison Huppert	FR Carthage	29.43	0.2	1	523
14 McKenzie Boren	JR Millikin	30.09	0.2	1	476
15 Savannah Krzykowski	JR Carroll (Wis.)	30.27	0.2	1	463
16 Claire Eaton	SR North Centra	30.62	0.2	1	440

**Heptathlon: #7 Women 800 Meter Run Heptathlon**

Name	Year School	Finals	Points
1 Thea Ring	SO North Park	2:23.70	774
1:11.339 (1:11.339)	2:23.698 (1:12.360)		
2 Faith Ladin	SR North Centra	2:26.36	739
1:11.617 (1:11.617)	2:26.358 (1:14.742)		
3 Allison Hunt	FR Augustana (Ill.)	2:35.18	629
1:14.858 (1:14.858)	2:35.174 (1:20.316)		
4 Hannah Tompkins	SO Wheaton (Ill.)	2:38.20	594
1:19.068 (1:19.068)	2:38.200 (1:19.132)		
5 Hannah Jones	SR North Centra	2:38.77	587
1:15.174 (1:15.174)	2:38.763 (1:23.590)		
6 Grace Nisius	SO Carthage	2:41.89	551
1:19.917 (1:19.917)	2:41.881 (1:21.964)		
7 Julia Kraus	FR Carthage	2:44.69	520
1:20.501 (1:20.501)	2:44.688 (1:24.188)		
8 Anna Cotter	SR North Centra	2:45.99	506
1:24.000 (1:24.000)	2:45.986 (1:21.986)		
9 Caroline Slater	JR Elmhurst	2:47.24	493
1:23.366 (1:23.366)	2:47.235 (1:23.869)		
10 Savannah Krzykowski	JR Carroll (Wis.)	2:49.57	468
1:23.662 (1:23.662)	2:49.562 (1:25.901)		
11 McKenzie Boren	JR Millikin	3:00.83	358
1:19.489 (1:19.489)	3:00.830 (1:41.341)		
12 Macy Fleury	SO North Centra	3:01.67	350
1:25.014 (1:25.014)	3:01.667 (1:36.654)		
13 Teagan Johnston	JR Carthage	3:02.65	341
1:28.929 (1:28.929)	3:02.641 (1:33.713)		
14 Addison Huppert	FR Carthage	3:05.24	318
1:25.975 (1:25.975)	3:05.232 (1:39.258)		
15 Claire Eaton	SR North Centra	3:15.51	234
1:29.819 (1:29.819)	3:15.506 (1:45.688)		
-- Anna Andretich	FR Elmhurst	DNF	

**Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

Name	Year School	Finals	Wind H#	Points
1 Thea Ring	SO North Park	14.86	2.0 4	860
2 Anna Andretich	FR Elmhurst	15.80	1.4 3	739
3 Faith Ladin	SR North Centra	15.82	2.0 4	736
4 Hannah Jones	SR North Centra	15.86	2.0 4	732
5 Anna Cotter	SR North Centra	16.65	2.0 4	637
6 Hannah Tompkins	SO Wheaton (Ill.)	16.87	1.4 3	611
7 Allison Hunt	FR Augustana (Ill.)	17.02	1.4 3	594
8 Julia Kraus	FR Carthage	17.22	1.4 3	572
9 Claire Eaton	SR North Centra	17.35	0.8 2	558
10 Macy Fleury	SO North Centra	17.69	0.8 2	521

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

11 Addison Huppert	FR Carthage	18.19	0.8	2	469
12 Caroline Slater	JR Elmhurst	18.40	1.1	1	448
13 Teagan Johnston	JR Carthage	18.57	0.8	2	431
14 Grace Nisius	SO Carthage	18.65	1.1	1	424
15 Savannah Krzykowski	JR Carroll (Wis.)	19.58	1.1	1	338
16 McKenzie Boren	JR Millikin	20.94	1.1	1	229

**Heptathlon: #2 Women High Jump Heptathlon**

Name	Year School	Finals	H#	Points
1 Teagan Johnston	JR Carthage	1.56m	5-01.25	2 689
1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59	PPP PPP PPP PPP PPP O O O XO O XXX			
1 Thea Ring	SO North Park	1.56m	5-01.25	2 689
1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59	PPP PPP PPP PPP O O O XO XO XO XXX			
3 Faith Ladin	SR North Centra	1.53m	5-00.25	2 655
1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56	PPP PPP PPP O O O O XO O XXX			
4 Allison Hunt	FR Augustana (Ill.)	1.50m	4-11.00	2 621
1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53	PPP PPP PPP PPP O PPP XO XO XXX			
5 Grace Nisius	SO Carthage	1.44m	4-08.75	2 555
1.29 1.32 1.35 1.38 1.41 1.44 1.47	O O O O O XO XXX			
5 Hannah Tompkins	SO Wheaton (Ill.)	1.44m	4-08.75	2 555
1.29 1.32 1.35 1.38 1.41 1.44 1.47	O PPP O XXO XO XXO XXX			
7 Anna Andretich	FR Elmhurst	1.41m	4-07.50	1 523
1.08 1.11 1.14 1.17 1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44	PPP O PPP PPP PPP PPP PPP O O O O XO XXX			
7 Julia Kraus	FR Carthage	1.41m	4-07.50	2 523
1.29 1.32 1.35 1.38 1.41 1.44	O O XO O XXO XXX			
9 Anna Cotter	SR North Centra	1.38m	4-06.25	2 491
1.29 1.32 1.35 1.38 1.41	PPP PPP O O XXX			
9 Hannah Jones	SR North Centra	1.38m	4-06.25	2 491
1.29 1.32 1.35 1.38 1.41	O PPP O XO XXX			
11 Caroline Slater	JR Elmhurst	1.32m	4-04.00	1 429
1.08 1.11 1.14 1.17 1.20 1.23 1.26 1.29 1.32 1.35	PPP O PPP PPP PPP XO XO XXO XO XXX			
12 Macy Fleury	SO North Centra	1.26m	4-01.50	1 369
1.08 1.11 1.14 1.17 1.20 1.23 1.26 1.29	PPP PPP O PPP O O XXX			
13 Savannah Krzykowski	JR Carroll (Wis.)	1.20m	3-11.25	1 312
1.08 1.11 1.14 1.17 1.20 1.23	PPP PPP O O XO XXX			
13 Claire Eaton	SR North Centra	1.20m	3-11.25	1 312
1.08 1.11 1.14 1.17 1.20 1.23	O O O XO XXO XXX			

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Heptathlon: #2 Women High Jump Heptathlon**

13 Addison Huppert	FR Carthage	1.20m	3-11.25	1	312
1.08 1.11 1.14 1.17 1.20 1.23					
PPP PPP PPP XO XXO XXX					
13 McKenzie Boren	JR Millikin	1.20m	3-11.25	1	312
1.08 1.11 1.14 1.17 1.20 1.23					
PPP O O O XXO XXX					

**Heptathlon: #5 Women Long Jump Heptathlon**

Name	Year School	Finals	Wind	Points
1 Faith Ladin	SR North Centra	5.28m	1.8 17-04.00	637
5.06m(2.1) FOUL	5.28m(1.8)			
2 Anna Cotter	SR North Centra	5.16m	1.5 16-11.25	603
4.81m(0.3) 5.16m(1.5) 5.16m(+0.0)				
3 Thea Ring	SO North Park	5.13m	1.9 16-10.00	595
FOUL 5.13m(1.9) 5.12m(+0.0)				
4 Teagan Johnston	JR Carthage	5.00m	+0.0 16-05.00	559
5.00m(+0.0) 4.98m(0.3) 4.99m(0.5)				
5 Grace Nisius	SO Carthage	4.72m	1.8 15-06.00	485
4.72m(1.8) 4.66m(NWI) 4.39m(1.6)				
6 Macy Fleury	SO North Centra	4.67m	2.8 15-04.00	472
4.64m(0.3) 4.67m(2.8) FOUL				
6 Hannah Tompkins	SO Wheaton (Ill.)	4.67m	+0.0 15-04.00	472
4.38m(1.7) 4.37m(0.6) 4.67m(+0.0)				
8 Julia Kraus	FR Carthage	4.58m	0.2 15-00.50	448
4.54m(1.2) 4.44m(1.7) 4.58m(0.2)				
9 Allison Hunt	FR Augustana (Ill.)	4.56m	+0.0 14-11.50	443
4.56m(+0.0) 4.31m(2.7) 4.40m(+0.0)				
9 Hannah Jones	SR North Centra	4.56m	1.1 14-11.50	443
4.54m(2.5) 4.53m(1.5) 4.56m(1.1)				
11 Addison Huppert	FR Carthage	4.49m	3.1 14-08.75	426
4.07m(+0.0) 4.14m(2.7) 4.49m(3.1)				
12 Anna Andretich	FR Elmhurst	4.48m	2.0 14-08.50	423
4.48m(2.0) 4.34m(1.7) 4.43m(+0.0)				
13 Caroline Slater	JR Elmhurst	4.22m	+0.0 13-10.25	359
4.22m(+0.0) FOUL 4.16m(0.8)				
14 Savannah Krzykowski	JR Carroll (Wis.)	4.03m	+0.0 13-02.75	315
4.01m(+0.0) 4.03m(+0.0) 3.81m(1.1)				
15 McKenzie Boren	JR Millikin	3.98m	1.0 13-00.75	303
3.85m(+0.0) 3.98m(1.0) 3.77m(1.3)				
16 Claire Eaton	SR North Centra	3.87m	1.1 12-08.50	279
3.87m(1.1) 3.86m(1.9) FOUL				

**Heptathlon: #3 Women Shot Put Heptathlon**

Name	Year School	Finals	Points
1 Caroline Slater	JR Elmhurst	11.38m	37-04.00 620
9.30m 10.29m 11.38m			
2 Hannah Jones	SR North Centra	11.07m	36-04.00 600
9.67m 11.07m 10.15m			
3 Teagan Johnston	JR Carthage	10.51m	34-05.75 563
10.09m 10.51m 9.28m			

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Heptathlon: #3 Women Shot Put Heptathlon**

4	Faith Ladin	SR North Centra	10.09m	33-01.25	535
	10.00m 9.99m 10.09m				
5	Thea Ring	SO North Park	9.76m	32-00.25	514
	9.76m 9.25m 9.63m				
6	McKenzie Boren	JR Millikin	9.10m	29-10.25	471
	8.31m 7.87m 9.10m				
7	Grace Nisius	SO Carthage	8.22m	26-11.75	414
	7.84m 8.22m 8.01m				
8	Macy Fleury	SO North Centra	8.21m	26-11.25	413
	7.87m 8.21m 8.01m				
9	Hannah Tompkins	SO Wheaton (Ill.)	8.15m	26-09.00	409
	7.66m 8.15m 8.13m				
10	Addison Huppert	FR Carthage	8.04m	26-04.50	402
	8.04m 7.72m 7.94m				
11	Claire Eaton	SR North Centra	7.83m	25-08.25	388
	7.83m 7.71m 7.20m				
12	Anna Cotter	SR North Centra	7.65m	25-01.25	377
	FOUL 7.23m 7.65m				
13	Allison Hunt	FR Augustana (Ill.)	7.35m	24-01.50	357
	FOUL 6.25m 7.35m				
14	Savannah Krzykowski	JR Carroll (Wis.)	7.32m	24-00.25	356
	7.32m 6.75m 6.50m				
15	Julia Kraus	FR Carthage	7.03m	23-00.75	337
	7.03m 5.88m 6.68m				
16	Anna Andretich	FR Elmhurst	6.95m	22-09.75	332
	6.59m 6.52m 6.95m				

**Heptathlon: #6 Women Javelin Throw Heptathlon**

Name	Year School	Finals	Points
1 Hannah Jones	SR North Centra	41.93m	137-07 704
	39.97m 41.93m 39.92m		
2 Faith Ladin	SR North Centra	40.17m	131-09 671
	39.21m 40.17m 38.48m		
3 Teagan Johnston	JR Carthage	33.41m	109-07 541
	30.19m 29.87m 33.41m		
4 Anna Cotter	SR North Centra	30.05m	98-07 478
	28.18m 30.05m 29.38m		
5 Hannah Tompkins	SO Wheaton (Ill.)	29.08m	95-05 459
	27.34m 29.08m 28.42m		
6 Addison Huppert	FR Carthage	26.52m	87-00 411
	26.52m 26.28m 21.87m		
7 Thea Ring	SO North Park	25.69m	84-03 395
	FOUL 25.69m 24.20m		
8 Claire Eaton	SR North Centra	22.37m	73-05 333
	22.37m 20.20m 22.17m		
8 Grace Nisius	SO Carthage	22.37m	73-05 333
	21.92m FOUL 22.37m		
10 Julia Kraus	FR Carthage	22.19m	72-10 330
	22.19m 15.97m 19.82m		
11 McKenzie Boren	JR Millikin	21.38m	70-02 315
	21.38m FOUL 19.65m		
12 Macy Fleury	SO North Centra	19.53m	64-01 280
	19.53m 17.82m 17.45m		

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Heptathlon: #6 Women Javelin Throw Heptathlon**

13 Savannah Krzykowski	JR Carroll (Wis.)	18.49m	60-08	261
18.49m FOUL FOUL				
14 Caroline Slater	JR Elmhurst	16.09m	52-09	217
FOUL FOUL 16.09m				
15 Allison Hunt	FR Augustana (Ill.)	15.18m	49-10	200
14.25m 15.18m 12.67m				
-- Anna Andretich	FR Elmhurst	FOUL		
PASS FOUL FOUL				

**Women Heptathlon**

Championship: C 4790 2016		Jill Harmon, Illinois Wesleyan			
Stadium: S 4938 2022		Grace Alley, Loras			
Name	Year	School	Seed	Finals	H# Points
1 Faith Ladin	SR	North Centra		4775	10
2 Thea Ring	SO	North Park	4366	4706	8
3 Hannah Jones	SR	North Centra	4202	4197	6
4 Teagan Johnston	JR	Carthage	3521	3792	5
5 Anna Cotter	SR	North Centra		3698	4
6 Hannah Tompkins	SO	Wheaton (Ill.)		3657	3
7 Allison Hunt	FR	Augustana (Ill.)	3069	3385	2
8 Grace Nisius	SO	Carthage	2952	3336	1
9 Julia Kraus	FR	Carthage	3011	3305	
10 Caroline Slater	JR	Elmhurst		3153	
11 Macy Fleury	SO	North Centra		3095	
12 Addison Huppert	FR	Carthage	2592	2861	
13 Anna Andretich	FR	Elmhurst		2608	
14 Claire Eaton	SR	North Centra		2544	
15 Savannah Krzykowski	JR	Carroll (Wis.)		2513	
16 McKenzie Boren	JR	Millikin		2464	

**Men 100 Meter Dash****9 Advance: Top 1 Each Heat plus Next 5 Best Times**

Championship: C 10.45 2000		Carl Alexander, Millikin			
Stadium: S 10.45 2021		Derrick Jackson, Knox			
Name	Year	School	Seed	Prelims	Wind H#
<b>Preliminaries</b>					
1 Mac Anderson	JR	Carthage	10.78	10.77Q	0.7 4
2 Matt Brown	FR	Wheaton (Ill.)	10.77	10.80Q	1.3 1
3 Colin Griffin	JR	Millikin	10.86	10.91Q	1.2 2
4 Aidan Langan	SO	Wheaton (Ill.)	10.90	10.94Q	1.0 3
5 Jaylan Nelson	SO	Carthage	10.99	10.84q	1.3 1
6 Jahari Scott	SO	Illinois Wesleyan	10.94	10.96q	1.2 2
7 Reece Dusek	FR	Illinois Wesleyan		10.97q	1.0 3
8 Matt Lewis	SO	North Centra	10.89	11.02q	1.0 3
9 Carson Green	FR	Illinois Wesleyan	11.20	11.06q	1.3 1
10 Sean Abracia-Wendel	SO	Augustana (Ill.)	11.13	11.15	1.0 3
11 Joe Freedman	SO	Illinois Wesleyan	11.10	11.16	1.2 2 11.151
12 Braeden Clements	SR	Augustana (Ill.)	11.39	11.16	1.3 1 11.153
13 Jacob Cockrell	SO	Elmhurst	11.33	11.17	1.2 2
14 Luke Shugarman	JR	Carthage	11.17	11.22	1.2 2
15 Tre Mitchell	JR	Carthage	11.08	11.23	0.7 4 11.224

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men 100 Meter Dash**

16	Sylvester Brady	JR Augustana (Ill.)	11.26	11.23	1.0	3	11.225
17	JP Gilbert	SR Wheaton (Ill.)	11.19	11.23	1.3	1	11.227
18	Christopher Seals	FR Carthage	11.26	11.24	1.2	2	
19	David Flint	FR North Centra	11.14	11.29	1.0	3	
20	Tyrice Bender	FR Illinois Wesleyan	11.07	11.31	1.3	1	
21	Tyresse Miller	SO Elmhurst	11.49	11.35	1.0	3	
22	Ethan Holmes	SR North Centra	11.32	11.36	1.0	3	
23	Jason Smith	SR Augustana (Ill.)	11.23	11.38	0.7	4	
24	Don Starling	FR Millikin	11.47	11.40	1.2	2	
25	Jaedon Thompson	FR Elmhurst	11.51	11.41	1.0	3	
26	Tim Singmandeewised	SO North Park	11.35	11.43	0.7	4	
27	Cole Bradshaw	SO North Centra	11.39	11.44	1.3	1	
28	Corey Phillips	SO North Centra	11.19	11.53	0.7	4	
29	Michael Colant	SR Elmhurst	11.43	11.56	0.7	4	
30	Skylar Pearcy	FR Wheaton (Ill.)	11.79	11.75	1.3	1	
31	Bryan Boyd	SR North Park	11.74	11.87	1.2	2	
32	Jamal Freeman	SO Wheaton (Ill.)	11.88	11.90	1.3	1	11.893
33	Thomas Knight	SR North Park	11.78	11.90	0.7	4	11.898
34	Jeb Vanatta	FR Millikin	11.91	11.99	0.7	4	
--	Kemper Koslofski	SO Millikin	10.98	DNF	0.7	4	
--	Josh Chancellor-Seay	FR Millikin	12.33	DNS	1.2	2	

**Men 100 Meter Dash**

Championship: C 10.45	2000	Carl Alexander, Millikin			
Stadium: S 10.45	2021	Derrick Jackson, Knox			
Name	Year School	Prelims	Finals	Wind	Points

**Finals**

1	Mac Anderson	JR Carthage	10.77	10.68	1.4	10
2	Jaylan Nelson	SO Carthage	10.84	10.82	1.4	8
3	Matt Brown	FR Wheaton (Ill.)	10.80	10.85	1.4	6
4	Jahari Scott	SO Illinois Wesleyan	10.96	10.89	1.4	5
5	Colin Griffin	JR Millikin	10.91	10.97	1.4	4
6	Aidan Langan	SO Wheaton (Ill.)	10.94	10.98	1.4	3
7	Matt Lewis	SO North Centra	11.02	10.99	1.4	2
8	Carson Green	FR Illinois Wesleyan	11.06	11.24	1.4	1
9	Reece Dusek	FR Illinois Wesleyan	10.97	11.87	1.4	

**Men 200 Meter Dash****9 Advance: Top 1 Each Heat plus Next 4 Best Times**

Championship: C 21.1h	1994	Andre Coleman, North Central			
Stadium: S 21.02	2015	Zach Gordon, Olivet Nazarene Univ.			
Name	Year School	Seed	Prelims	Wind	H#

**Preliminaries**

1	Jaylan Nelson	SO Carthage	22.24	21.95Q	1.8	3	
2	Evan Lowder	SO Illinois Wesleyan	21.37	21.98Q	1.4	5	
3	Colin Griffin	JR Millikin	21.99	22.10Q	1.7	2	
4	Aidan Langan	SO Wheaton (Ill.)	22.20	22.20Q	0.9	1	
5	Connor McBride	SR Augustana (Ill.)	22.36	22.30Q	1.9	4	22.294
6	Dylan Parker	FR Carthage	22.22	22.30q	1.8	3	22.293
7	Emmanuel Nwatu	SO Millikin	22.41	22.38q	1.4	5	
8	Corey Phillips	SO North Centra	22.69	22.54q	1.9	4	

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men 200 Meter Dash**

9	Jacob Cockrell	SO	Elmhurst	23.67	22.56q	1.7	2	
10	Tyrice Bender	FR	Illinois Wesleyan	22.36	22.59	1.7	2	
11	Sylvester Brady	JR	Augustana (Ill.)	22.72	22.68	0.9	1	22.674
12	Luke Shugarman	JR	Carthage	22.62	22.68	1.7	2	22.675
13	Andrew Lehman	SR	North Centra	22.48	22.71	1.4	5	
14	Cole Marshall	FR	Illinois Wesleyan	22.82	22.81	1.8	3	
15	Braeden Clements	SR	Augustana (Ill.)		22.83	1.9	4	
16	Christopher Seals	FR	Carthage	22.96	22.85	1.7	2	
17	Jason Smith	SR	Augustana (Ill.)	22.85	22.89	1.8	3	
18	Sean Abracia-Wendel	SO	Augustana (Ill.)	23.01	22.93	1.4	5	
19	Silas Madrigal	SR	North Park	23.46	22.97	0.9	1	
20	JP Gilbert	SR	Wheaton (Ill.)	23.11	22.98	1.9	4	
21	Don Starling	FR	Millikin	23.35	23.03	1.8	3	
22	Braulio Flores	SO	North Centra	23.12	23.06	0.9	1	
23	Tyler Piron	JR	North Centra	22.95	23.22	1.9	4	
24	Ethan Holmes	SR	North Centra	23.07	23.25	1.7	2	
25	Jack Pearce	SO	Millikin	23.26	23.51	1.8	3	
26	Rye Johnson	SR	Millikin	23.64	23.58	1.9	4	
27	Michael Kleiner	JR	North Park	23.86	23.72	1.7	2	
28	Eric Jandura	JR	Elmhurst	23.77	23.75	1.4	5	
29	Tim Singmandeewised	SO	North Park	24.01	23.86	1.9	4	
30	Michael Colant	SR	Elmhurst	24.46	23.95	1.8	3	
31	Isaac Bledsoe	FR	Wheaton (Ill.)	23.85	24.02	1.4	5	
32	Josh Brito	SO	North Park	24.15	24.20	0.9	1	
33	Skylar Percy	FR	Wheaton (Ill.)	24.29	24.45	1.8	3	
34	Matt Brown	FR	Wheaton (Ill.)	22.88	26.52	0.9	1	
--	Noah Sadowski	FR	Illinois Wesleyan	22.27	DNF	0.9	1	
--	Reece Dusek	FR	Illinois Wesleyan	22.10	DQ	1.9	4	False Start
--	Bryan Boyd	SR	North Park		DNS	0.9	1	
--	Zaiden Smith	FR	Elmhurst	22.99	DNS	1.4	5	

**Men 200 Meter Dash**

=====  
Championship: C 21.1h 1994 Andre Coleman, North Central  
Stadium: S 21.02 2015 Zach Gordon, Olivet Nazarene Univ.  
Name Year School Prelims Finals Wind Points  
=====

**Finals**

1	Evan Lowder	SO	Illinois Wesleyan	21.98	21.33	1.6	10
2	Jaylan Nelson	SO	Carthage	21.95	21.51	1.6	8
3	Aidan Langan	SO	Wheaton (Ill.)	22.20	21.90	1.6	6
4	Colin Griffin	JR	Millikin	22.10	22.04	1.6	5
5	Connor McBride	SR	Augustana (Ill.)	22.30	22.16	1.6	4
6	Dylan Parker	FR	Carthage	22.30	22.19	1.6	3
7	Emmanuel Nwatu	SO	Millikin	22.38	22.66	1.6	2
8	Corey Phillips	SO	North Centra	22.54	22.67	1.6	1
9	Jacob Cockrell	SO	Elmhurst	22.56	22.86	1.6	

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**Men 400 Meter Dash****9 Advance: Top 1 Each Heat plus Next 5 Best Times**

Championship: C 47.06 2011		Dan Benton, North Central			
Stadium: S 46.30 1998		Andre Morris, Unattached			
Name	Year	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1	Evan Lowder	SO Illinois Wesleyan	47.14	49.33Q	4
2	Connor McBride	SR Augustana (Ill.)	49.61	49.62Q	2
3	Andrew Lehman	SR North Centra	50.02	49.98Q	3
4	Reece Dusek	FR Illinois Wesleyan	48.80	50.03Q	1
5	Joel Weber	SO Illinois Wesleyan	51.85	50.05q	4
6	Awstace Grauer	SO Millikin	50.16	50.06q	3
7	Caleb Bleich	SR Millikin	50.91	50.19q	4
8	Tyler Piron	JR North Centra	51.11	50.53q	3
9	Alek Zavadoski	FR Carthage	50.38	50.64q	2
10	Silas Madrigal	SR North Park	51.20	50.95	3
11	Zach Anderson	FR North Centra	50.82	51.18	4
12	Keydric Fulton-Wilson	FR North Centra	51.06	51.21	1
13	Ian Rothery	SR Wheaton (Ill.)	51.10	51.34	2
14	Wyanye Hosea	FR Illinois Wesleyan	51.95	51.47	2
15	Marc Alday	JR North Centra	50.65	51.59	1
16	Joseph Balas	JR Carthage	52.29	51.91	2
17	Cameron Tomko	SO Augustana (Ill.)	51.50	51.98	4
18	Ethan Zerbe	SR Wheaton (Ill.)	51.45	52.11	1
19	Andy Liu	SO Carthage	52.50	52.15	4
20	Jimmy Vercoe	SO Augustana (Ill.)	51.44	52.25	2
21	Bradley Lauber	JR Wheaton (Ill.)	52.43	52.33	1 52.325
22	Jack Pearce	SO Millikin	52.10	52.33	3 52.326
23	JJ Ruff	FR Wheaton (Ill.)	52.81	52.33	4 52.329
24	Dean Check	SR Augustana (Ill.)	53.93	52.40	2
25	Josh Brito	SO North Park	53.28	53.03	3
26	Zachary Welch	JR Wheaton (Ill.)	52.02	53.10	3
27	Aidan Lodwig	SR Carthage	53.13	53.18	1
28	River Sterud	SR Carroll (Wis.)	53.61	53.23	3
29	Cody Kazupski	SO Carthage	53.14	53.28	2
30	Rye Johnson	SR Millikin		53.40	4
31	Michael Kleiner	JR North Park	54.83	55.81	1
32	Harry Llobrera	JR Elmhurst	55.66	55.84	4
33	Zaiden Smith	FR Elmhurst	51.85	57.15	1

**Men 400 Meter Dash**

Championship: C 47.06 2011		Dan Benton, North Central			
Stadium: S 46.30 1998		Andre Morris, Unattached			
Name	Year	School	Prelims	Finals	Points
<b>Finals</b>					
1	Evan Lowder	SO Illinois Wesleyan	49.33	47.67	10
2	Reece Dusek	FR Illinois Wesleyan	50.03	48.92	8
3	Connor McBride	SR Augustana (Ill.)	49.62	49.60	6
4	Andrew Lehman	SR North Centra	49.98	50.09	5
5	Joel Weber	SO Illinois Wesleyan	50.05	50.40	4
6	Caleb Bleich	SR Millikin	50.19	50.87	3
7	Tyler Piron	JR North Centra	50.53	50.88	2
8	Awstace Grauer	SO Millikin	50.06	51.35	1



**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men 400 Meter Dash**

9 Alek Zavadoski FR Carthage 50.64 51.71

**Men 800 Meter Run**

**9 Advance: Top 2 Each Heat plus Next 3 Best Times**

Championship: C 1:49.26 2017		Grant Marton, Carroll			
Stadium: S 1:49.11 2002		Matt Groose, UW-Oshkosh			
Name	Year	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1 Chase Upmann		SR Carthage	1:54.02	1:52.43Q	2
	55.446 (55.446)	1:52.423 (56.977)			
2 Nolan Bates		FR Millikin	1:55.14	1:53.50Q	1
	57.504 (57.504)	1:53.499 (55.996)			
3 Jake Shumaker		JR Millikin	1:50.50	1:55.26Q	3
	1:00.418 (1:00.418)	1:55.259 (54.841)			
4 Ernie Waterson		JR Illinois Wesleyan	1:54.46	1:52.45Q	2
	55.830 (55.830)	1:52.448 (56.618)			
5 Logan Tantt		SR North Centra	1:53.67	1:55.28Q	1
	57.372 (57.372)	1:55.272 (57.900)			
6 Lucas Hoffman		JR North Centra	1:59.97	1:55.45Q	3
	1:00.612 (1:00.612)	1:55.444 (54.833)			
7 Logan Schaefer		SR North Centra	1:57.93	1:55.97q	2
	57.635 (57.635)	1:55.965 (58.330)			
8 Nathan Raatz		JR Carroll (Wis.)	1:56.34	1:56.29q	3
	1:00.465 (1:00.465)	1:56.288 (55.823)			
9 James Palumbo		SR Elmhurst	1:56.85	1:56.81q	2
	56.753 (56.753)	1:56.807 (1:00.055)			
10 Seth Hamerski		SO Illinois Wesleyan	1:56.19	1:56.85	3
	1:00.644 (1:00.644)	1:56.843 (56.199)			
11 Michael Barber		JR Carthage	1:59.85	1:57.06	1
	57.693 (57.693)	1:57.057 (59.364)			
12 Joe Gibbons		JR Augustana (Ill.)	1:57.91	1:57.16	1
	57.753 (57.753)	1:57.155 (59.402)			
13 Caleb Kernaghan		FR North Centra	1:57.61	1:57.60	2
	57.472 (57.472)	1:57.594 (1:00.122)			
14 Anthony Eddy		JR North Centra	1:58.89	1:58.10	1
	57.878 (57.878)	1:58.096 (1:00.218)			
15 Ethan Weber		SO Carroll (Wis.)	1:59.84	1:58.48	2
	58.117 (58.117)	1:58.475 (1:00.359)			
16 John Logan		SR Wheaton (Ill.)	1:57.77	1:58.63	3
	1:00.490 (1:00.490)	1:58.626 (58.136)			
17 Matt Gowen		SO Millikin	1:57.65	1:58.74	1
	58.405 (58.405)	1:58.739 (1:00.334)			
18 Wangai Karianjahi		SR Wheaton (Ill.)	2:01.78	1:59.09	2
	57.995 (57.995)	1:59.087 (1:01.092)			
19 Marvin Tchangwa		JR Elmhurst	1:59.45	1:59.15	1
	57.152 (57.152)	1:59.145 (1:01.994)			
20 Christian Skaggs		JR Millikin	1:58.90	1:59.17	3
	1:00.854 (1:00.854)	1:59.167 (58.313)			
21 Chase Smith		FR Millikin	1:56.43	1:59.38	1
	57.971 (57.971)	1:59.376 (1:01.405)			
22 Michael Herres		FR Carthage	1:59.24	1:59.56	3
	1:00.858 (1:00.858)	1:59.557 (58.699)			

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men 800 Meter Run**

23	Aaron Connors	FR Wheaton (Ill.)	2:00.12	2:00.15	3
	1:01.198 (1:01.198)	2:00.143 (58.945)			
24	Ali Karatas	SO North Park	1:57.88	2:00.17	3
	1:00.657 (1:00.657)	2:00.170 (59.513)			
25	Kayden Miller	FR Elmhurst	2:00.81	2:01.11	1
	57.947 (57.947)	2:01.104 (1:03.157)			
26	Aidan Nishimura	FR Illinois Wesleyan	1:58.48	2:01.97	2
	57.853 (57.853)	2:01.964 (1:04.111)			
27	Wyatt Shepson	FR Wheaton (Ill.)	1:59.76	2:02.50	2
	58.611 (58.611)	2:02.499 (1:03.889)			
28	Kaleb Skelly	FR Wheaton (Ill.)	2:05.42	2:05.42	1
	1:01.085 (1:01.085)	2:05.419 (1:04.335)			
29	Giovanni Martinez	FR North Park	2:07.72	2:05.43	3
	1:01.766 (1:01.766)	2:05.422 (1:03.656)			
30	Eli Fredrickson	FR Carthage	2:05.05	2:05.94	2
	59.170 (59.170)	2:05.931 (1:06.761)			
31	Bo Anderson	JR Carthage	2:08.37	2:06.18	3
	1:01.238 (1:01.238)	2:06.177 (1:04.940)			

**Men 800 Meter Run**

Championship: C 1:49.26 2017 Grant Marton, Carroll  
 Stadium: S 1:49.11 2002 Matt Groose, UW-Oshkosh

Name	Year	School	Prelims	Finals	Points
Finals					
1 Jake Shumaker		JR Millikin	1:55.26	1:50.34	10
	54.704 (54.704)	1:50.332 (55.629)			
2 Nathan Raatz		JR Carroll (Wis.)	1:56.29	1:52.95	8
	55.101 (55.101)	1:52.950 (57.849)			
3 Logan Tantt		SR North Centra	1:55.28	1:53.25	6
	55.248 (55.248)	1:53.241 (57.993)			
4 Ernie Waterson		JR Illinois Wesleyan	1:52.45	1:53.28	5
	55.347 (55.347)	1:53.272 (57.926)			
5 Nolan Bates		FR Millikin	1:53.50	1:53.46	4
	55.087 (55.087)	1:53.452 (58.366)			
6 Logan Schaefer		SR North Centra	1:55.97	1:54.91	3
	56.185 (56.185)	1:54.908 (58.724)			
7 Lucas Hoffman		JR North Centra	1:55.45	1:55.49	2
	55.885 (55.885)	1:55.485 (59.600)			
8 Chase Upmann		SR Carthage	1:52.43	1:55.69	1
	54.500 (54.500)	1:55.690 (1:01.191)			
9 James Palumbo		SR Elmhurst	1:56.81	1:56.67	
	56.305 (56.305)	1:56.661 (1:00.356)			

**Men 1500 Meter Run**

Championship: C 3:49.72 1997 Erik Dieckman, North Central  
 Stadium: S 3:45.34 2023 Christian Patzka, UW-Whitewater

Name	Year	School	Seed	Finals	H#	Points
1 Braden Nicholson		JR North Centra	3:55.37	3:53.76	3	10
	48.621 (48.621)	1:53.557 (1:04.936)	2:55.780 (1:02.224)	3:53.754 (57.974)		
2 Connor Riss		SR North Centra	3:56.84	3:54.81	3	8
	45.048 (45.048)	1:49.542 (1:04.494)	2:53.991 (1:04.450)	3:54.803 (1:00.812)		

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men 1500 Meter Run**

3	Gage Nielsen	JR North Centra	3:58.49	3:58.20	3	6
	46.384 (46.384)	1:53.237 (1:06.853)	2:57.367 (1:04.131)	3:58.193 (1:00.826)		
4	Brock Richards	FR Millikin	3:58.93	3:58.26	3	5
	47.870 (47.870)	1:53.625 (1:05.756)	2:58.281 (1:04.656)	3:58.251 (59.970)		
5	Matthew Shimenetto	SR North Centra	4:02.57	4:01.58	3	4
	48.385 (48.385)	1:53.775 (1:05.390)	2:58.618 (1:04.843)	4:01.571 (1:02.953)		
6	Sam Elsen	JR Wheaton (Ill.)	3:57.05	4:01.74	3	3
	47.734 (47.734)	1:53.936 (1:06.202)	2:59.456 (1:05.520)	4:01.739 (1:02.283)		
7	Micah Anderson	JR Carthage	4:01.69	4:02.13	3	2
	47.362 (47.362)	1:53.400 (1:06.038)	2:58.000 (1:04.600)	4:02.130 (1:04.130)		
8	Trevor Swanson	JR Carthage	4:01.74	4:02.19	3	1
	48.144 (48.144)	1:54.117 (1:05.973)	2:59.139 (1:05.023)	4:02.182 (1:03.044)		
9	Owen Dare	SO North Centra	3:58.20	4:02.27	3	
	47.386 (47.386)	1:52.987 (1:05.601)	2:58.120 (1:05.133)	4:02.261 (1:04.142)		
10	Emiliano Almendariz	FR Augustana (Ill.)	4:07.39	4:06.34	2	
	50.400 (50.400)	1:56.024 (1:05.624)	3:02.147 (1:06.123)	4:06.334 (1:04.188)		
11	Joe Gibbons	JR Augustana (Ill.)	4:07.05	4:06.43	2	
	50.744 (50.744)	1:57.481 (1:06.737)	3:04.091 (1:06.611)	4:06.428 (1:02.337)		
12	Zack Daniel	SO Illinois Wesleyan	4:03.38	4:07.13	3	
	48.055 (48.055)	1:54.257 (1:06.202)	3:00.817 (1:06.561)	4:07.125 (1:06.308)		
13	Brandon Mattsey	JR Millikin	4:04.08	4:08.00	3	
	48.286 (48.286)	1:53.823 (1:05.538)	3:00.259 (1:06.436)	4:07.994 (1:07.735)		
14	Joey Barber	SR Elmhurst	4:06.44	4:08.58	2	
	50.964 (50.964)	1:57.195 (1:06.232)	3:04.818 (1:07.623)	4:08.575 (1:03.757)		
15	Sheldon Powell	SO Wheaton (Ill.)	4:06.51	4:09.92	2	
	50.585 (50.585)	1:55.001 (1:04.416)	3:03.808 (1:08.808)	4:09.917 (1:06.110)		
16	Gabe Praamsma	JR Wheaton (Ill.)	4:13.10	4:10.22	2	
	51.206 (51.206)	1:57.547 (1:06.342)	3:04.977 (1:07.430)	4:10.215 (1:05.239)		
17	Nicholas Kania	JR Carthage	4:13.24	4:11.70	1	
	49.286 (49.286)	1:58.322 (1:09.036)	3:09.232 (1:10.911)	4:11.696 (1:02.464)		
18	Emerson Thorlton	SO Millikin	4:21.91	4:11.78	1	
	49.501 (49.501)	1:58.734 (1:09.233)	3:09.240 (1:10.507)	4:11.771 (1:02.531)		
19	Sam Carlson	SR Wheaton (Ill.)	4:07.17	4:12.84	2	
	50.781 (50.781)	1:56.168 (1:05.387)	3:03.952 (1:07.785)	4:12.832 (1:08.880)		
20	Reece Butcher	SO Millikin	4:31.58	4:17.63	1	
	49.518 (49.518)	1:58.842 (1:09.325)	3:09.798 (1:10.956)	4:17.628 (1:07.830)		
21	Joshua Lachance	FR Millikin	4:12.40	4:18.21	2	
	50.177 (50.177)	1:56.781 (1:06.604)	3:06.932 (1:10.152)	4:18.206 (1:11.275)		
22	Wyatt Shepson	FR Wheaton (Ill.)	4:06.24	4:18.35	2	
	51.117 (51.117)	1:58.512 (1:07.395)	3:10.857 (1:12.346)	4:18.344 (1:07.487)		
23	Joey Boreczky	SR Carthage	4:14.80	4:20.64	1	
	49.216 (49.216)	1:58.561 (1:09.346)	3:09.170 (1:10.609)	4:20.633 (1:11.463)		
24	Ali Karatas	SO North Park	4:11.99	4:20.91	2	
	51.007 (51.007)	1:57.146 (1:06.139)	3:08.409 (1:11.264)	4:20.909 (1:12.500)		
25	Martin Diaz	SO Elmhurst	4:19.90	4:26.62	1	
	52.795 (52.795)	2:04.632 (1:11.838)	3:16.614 (1:11.982)	4:26.616 (1:10.003)		
26	Charles Fitts	JR Carthage	4:26.89	4:31.83	1	
	52.842 (52.842)	2:05.024 (1:12.183)	3:18.160 (1:13.136)	4:31.826 (1:13.667)		
27	Aidan Ihms	JR Elmhurst	4:21.67	4:35.64	1	
	52.652 (52.652)	2:04.535 (1:11.883)	3:17.464 (1:12.930)	4:35.634 (1:18.170)		
28	Giovanni Martinez	FR North Park	4:54.25	4:48.84	1	
	53.170 (53.170)	2:08.507 (1:15.338)	3:29.758 (1:21.252)	4:48.832 (1:19.074)		
--	James Palumbo	SR Elmhurst	4:05.05	DNF	3	
	48.918 (48.918)	1:56.713 (1:07.796)				
--	Adam Miller	FR Augustana (Ill.)	4:10.49	DNS	2	

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**Men 5000 Meter Run**

Championship: C 14:24.36 1984		Shemi Sabag, Augustana					
Stadium: S 14:26.59 2023		Cullen Capuano, Washington Univ.					
Name	Year	School	Seed	Finals	Points		
1 Max Svienty		SR North Centra	13:57.03	14:53.96	10		
32.948 (32.948)	1:46.564 (1:13.616)	2:57.937 (1:11.373)	4:08.650 (1:10.714)				
5:20.072 (1:11.423)	6:33.228 (1:13.156)	7:44.019 (1:10.791)	8:55.933 (1:11.914)				
10:08.379 (1:12.447)	11:20.984 (1:12.606)	12:33.391 (1:12.408)	13:45.767 (1:12.376)				
14:53.957 (1:08.190)							
2 BJ Sorg		FR North Centra	14:38.79	14:54.19	8		
33.301 (33.301)	1:47.071 (1:13.770)	2:58.560 (1:11.490)	4:08.937 (1:10.377)				
5:20.379 (1:11.443)	6:33.487 (1:13.108)	7:47.250 (1:13.763)	8:58.667 (1:11.417)				
10:10.374 (1:11.708)	11:22.506 (1:12.132)	12:35.422 (1:12.917)	13:47.474 (1:12.052)				
14:54.186 (1:06.712)							
3 Joe Langridge		JR Augustana (Ill.)	14:51.24	14:59.96	6		
33.138 (33.138)	1:46.815 (1:13.677)	2:58.649 (1:11.834)	4:09.685 (1:11.036)				
5:21.355 (1:11.671)	6:33.851 (1:12.496)	7:47.730 (1:13.879)	9:00.541 (1:12.812)				
10:14.180 (1:13.639)	11:28.474 (1:14.294)	12:41.554 (1:13.081)	13:53.419 (1:11.865)				
14:59.956 (1:06.537)							
4 Bradyn Olmstead		SR Millikin	15:33.87	15:05.75	5		
35.353 (35.353)	1:49.896 (1:14.544)	3:02.891 (1:12.995)	4:15.133 (1:12.243)				
5:30.732 (1:15.599)	6:43.940 (1:13.208)	7:57.855 (1:13.916)	9:10.818 (1:12.964)				
10:24.054 (1:13.236)	11:38.176 (1:14.122)	12:51.990 (1:13.815)	14:02.859 (1:10.869)				
15:05.742 (1:02.884)							
5 Aidan Armstrong		SO North Centra	14:48.97	15:07.15	4		
33.795 (33.795)	1:47.549 (1:13.754)	2:59.379 (1:11.831)	4:10.196 (1:10.818)				
5:21.988 (1:11.792)	6:34.875 (1:12.887)	7:49.101 (1:14.227)	9:03.361 (1:14.260)				
10:19.039 (1:15.678)	11:34.165 (1:15.126)	12:50.127 (1:15.962)	14:04.151 (1:14.024)				
15:07.148 (1:02.997)							
6 Nathan Gibson		SR Wheaton (Ill.)	15:12.31	15:08.94	3		
34.436 (34.436)	1:49.146 (1:14.711)	3:02.466 (1:13.321)	4:16.370 (1:13.904)				
5:31.567 (1:15.197)	6:45.218 (1:13.652)	7:59.131 (1:13.913)	9:11.136 (1:12.006)				
10:23.459 (1:12.323)	11:37.712 (1:14.254)	12:52.352 (1:14.640)	14:04.897 (1:12.545)				
15:08.932 (1:04.036)							
7 Jacob Curulewski		SO Carthage	14:47.22	15:10.47	2		
35.427 (35.427)	1:49.672 (1:14.245)	3:00.781 (1:11.110)	4:14.338 (1:13.558)				
5:30.558 (1:16.220)	6:43.453 (1:12.896)	7:58.829 (1:15.376)	9:12.214 (1:13.386)				
10:25.075 (1:12.862)	11:38.881 (1:13.806)	12:52.162 (1:13.282)	14:03.895 (1:11.733)				
15:10.463 (1:06.569)							
8 Spencer Kirsteatter		SR Carroll (Wis.)	16:18.68	15:12.04	1		
36.145 (36.145)	1:50.523 (1:14.378)	3:03.684 (1:13.161)	4:15.644 (1:11.961)				
5:31.159 (1:15.515)	6:44.341 (1:13.183)	7:57.617 (1:13.276)	9:10.541 (1:12.924)				
10:23.783 (1:13.243)	11:37.997 (1:14.215)	12:51.711 (1:13.714)	14:04.871 (1:13.160)				
15:12.035 (1:07.165)							
9 Kyle Nofziger		SO North Centra	14:37.55	15:12.56			
33.613 (33.613)	1:47.314 (1:13.702)	2:58.965 (1:11.651)	4:09.317 (1:10.352)				
5:20.940 (1:11.623)	6:34.308 (1:13.368)	7:48.357 (1:14.049)	9:02.526 (1:14.170)				
10:18.505 (1:15.980)	11:34.554 (1:16.049)	12:50.739 (1:16.186)	14:03.729 (1:12.990)				
15:12.553 (1:08.825)							
10 Ishaan Patel		SR North Centra	14:54.00	15:19.15			
34.054 (34.054)	1:47.784 (1:13.730)	2:59.748 (1:11.964)	4:11.165 (1:11.417)				
5:27.321 (1:16.157)	6:44.192 (1:16.872)	7:58.504 (1:14.312)	9:11.845 (1:13.341)				
10:24.759 (1:12.915)	11:39.612 (1:14.853)	12:55.137 (1:15.525)	14:09.804 (1:14.668)				
15:19.146 (1:09.342)							

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men 5000 Meter Run**

11	Ethan Walker	JR Carthage	15:11.71	15:23.10		
	34.262 (34.262)	1:48.035 (1:13.773)	3:00.257 (1:12.222)	4:14.005 (1:13.749)		
	5:30.494 (1:16.489)	6:43.699 (1:13.206)	7:58.114 (1:14.415)	9:11.418 (1:13.304)		
	10:24.227 (1:12.810)	11:38.577 (1:14.351)	12:54.466 (1:15.889)	14:11.331 (1:16.865)		
	15:23.095 (1:11.764)					
12	Grant Ackard	JR Augustana (Ill.)	15:29.02	15:44.03		
	34.532 (34.532)	1:49.336 (1:14.805)	3:02.126 (1:12.791)	4:16.127 (1:14.001)		
	5:31.357 (1:15.230)	6:46.316 (1:14.960)	8:02.459 (1:16.143)	9:19.888 (1:17.430)		
	10:38.231 (1:18.343)	11:56.298 (1:18.068)	13:14.687 (1:18.390)	14:32.376 (1:17.689)		
	15:44.027 (1:11.652)					
13	Wynn Yeager	SR Wheaton (Ill.)	15:47.75	15:45.97		
	35.914 (35.914)	1:51.289 (1:15.376)	3:05.946 (1:14.657)	4:22.001 (1:16.055)		
	5:38.949 (1:16.948)	6:55.474 (1:16.525)	8:12.477 (1:17.004)	9:29.772 (1:17.296)		
	10:46.524 (1:16.752)	12:05.439 (1:18.916)	13:21.693 (1:16.254)	14:36.901 (1:15.208)		
	15:45.965 (1:09.065)					
14	Finbar Martin	JR Augustana (Ill.)	15:22.50	15:46.94		
	34.670 (34.670)	1:49.468 (1:14.799)	3:04.199 (1:14.731)	4:20.914 (1:16.715)		
	5:39.154 (1:18.240)	6:55.927 (1:16.774)	8:11.601 (1:15.674)	9:28.162 (1:16.562)		
	10:43.547 (1:15.385)	12:00.171 (1:16.625)	13:17.345 (1:17.174)	14:33.986 (1:16.641)		
	15:46.940 (1:12.954)					
15	Jacob Fopma	SR Wheaton (Ill.)	15:25.37	15:48.46		
	34.932 (34.932)	1:49.634 (1:14.703)	3:03.361 (1:13.727)	4:17.335 (1:13.975)		
	5:35.420 (1:18.085)	6:53.297 (1:17.878)	8:10.063 (1:16.766)	9:24.653 (1:14.590)		
	10:41.169 (1:16.516)	11:58.507 (1:17.339)	13:17.696 (1:19.189)	14:35.523 (1:17.827)		
	15:48.451 (1:12.928)					
16	Nick Fisch	JR Illinois Wesleyan	15:19.63	15:51.91		
	35.597 (35.597)	1:50.095 (1:14.499)	3:03.132 (1:13.037)	4:15.821 (1:12.690)		
	5:30.981 (1:15.160)	6:44.677 (1:13.697)	7:59.262 (1:14.585)	9:15.980 (1:16.719)		
	10:34.772 (1:18.792)	11:54.763 (1:19.992)	13:15.342 (1:20.579)	14:35.801 (1:20.459)		
	15:51.901 (1:16.100)					
17	Aiden Pacunas	FR Millikin	15:50.86	15:52.15		
	37.310 (37.310)	1:53.290 (1:15.980)	3:09.192 (1:15.903)	4:23.167 (1:13.976)		
	5:39.867 (1:16.700)	6:56.459 (1:16.592)	8:13.244 (1:16.786)	9:32.153 (1:18.909)		
	10:50.252 (1:18.099)	12:08.497 (1:18.245)	13:26.459 (1:17.963)	14:44.928 (1:18.469)		
	15:52.144 (1:07.217)					
18	Josh Steiner	FR Wheaton (Ill.)	15:52.11	15:52.60		
	36.193 (36.193)	1:51.913 (1:15.720)	3:06.577 (1:14.664)	4:22.159 (1:15.582)		
	5:39.058 (1:16.900)	6:55.793 (1:16.735)	8:12.244 (1:16.452)	9:29.451 (1:17.207)		
	10:46.986 (1:17.536)	12:05.692 (1:18.706)	13:24.025 (1:18.333)	14:40.697 (1:16.673)		
	15:52.598 (1:11.902)					
19	Jack Bathje	SR Augustana (Ill.)	15:49.58	15:54.41		
	35.846 (35.846)	1:51.823 (1:15.977)	3:05.342 (1:13.520)	4:20.763 (1:15.421)		
	5:37.937 (1:17.175)	6:54.532 (1:16.596)	8:09.664 (1:15.132)	9:27.592 (1:17.929)		
	10:45.386 (1:17.795)	12:04.989 (1:19.603)	13:24.406 (1:19.417)	14:41.626 (1:17.220)		
	15:54.406 (1:12.780)					
20	Luke Wertz	SO Wheaton (Ill.)	15:26.99	15:55.04		
	35.472 (35.472)	1:51.644 (1:16.172)	3:06.520 (1:14.877)	4:21.741 (1:15.221)		
	5:38.653 (1:16.912)	6:55.735 (1:17.082)	8:11.256 (1:15.522)	9:29.701 (1:18.445)		
	10:49.663 (1:19.963)	12:08.344 (1:18.681)	13:28.377 (1:20.034)	14:46.888 (1:18.511)		
	15:55.036 (1:08.149)					
21	Zack Fidrocki	FR Elmhurst	15:55.49	15:55.62		
	35.127 (35.127)	1:50.139 (1:15.012)	3:04.599 (1:14.461)	4:20.475 (1:15.876)		
	5:37.544 (1:17.070)	6:53.045 (1:15.501)	8:09.863 (1:16.818)	9:27.441 (1:17.578)		
	10:46.661 (1:19.220)	12:05.438 (1:18.778)	13:23.925 (1:18.487)	14:40.242 (1:16.318)		
	15:55.613 (1:15.371)					

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**...Men 5000 Meter Run**

22 Trevor Swanson	JR Carthage	15:08.76	15:57.69		
34.477 (34.477)	1:49.173 (1:14.696)	3:02.665 (1:13.492)	4:16.669 (1:14.004)		
5:33.139 (1:16.470)	6:51.005 (1:17.867)	8:10.386 (1:19.381)	9:29.219 (1:18.833)		
10:47.800 (1:18.582)	12:07.645 (1:19.845)	13:28.019 (1:20.374)	14:45.411 (1:17.392)		
15:57.681 (1:12.270)					
23 Luke Davey	FR Carthage	15:57.01	16:05.20		
36.514 (36.514)	1:52.220 (1:15.707)	3:07.111 (1:14.892)	4:22.307 (1:15.196)		
5:39.492 (1:17.186)	6:56.206 (1:16.714)	8:12.850 (1:16.644)	9:30.260 (1:17.411)		
10:47.466 (1:17.206)	12:06.857 (1:19.392)	13:27.219 (1:20.362)	14:46.120 (1:18.902)		
16:05.194 (1:19.074)					
24 Nicholas Williams	JR Elmhurst	15:57.76	16:13.71		
36.045 (36.045)	1:52.287 (1:16.242)	3:07.653 (1:15.367)	4:22.959 (1:15.306)		
5:41.256 (1:18.298)	6:58.883 (1:17.628)	8:19.201 (1:20.318)	9:40.050 (1:20.850)		
11:00.626 (1:20.576)	12:22.364 (1:21.738)	13:44.072 (1:21.708)	15:03.122 (1:19.051)		
16:13.703 (1:10.582)					
25 Gabe Bush	SR Millikin	16:41.17	16:15.99		
36.977 (36.977)	1:52.995 (1:16.018)	3:08.866 (1:15.871)	4:22.676 (1:13.811)		
5:39.445 (1:16.769)	6:56.114 (1:16.670)	8:12.757 (1:16.643)	9:31.884 (1:19.128)		
10:52.181 (1:20.297)	12:15.363 (1:23.182)	13:37.882 (1:22.520)	15:00.461 (1:22.579)		
16:15.983 (1:15.523)					
26 Christian Haywood	FR Augustana (Ill.)	15:46.49	16:17.87		
34.704 (34.704)	1:49.410 (1:14.706)	3:01.226 (1:11.817)	4:14.485 (1:13.259)		
5:30.642 (1:16.158)	6:44.460 (1:13.819)	8:00.309 (1:15.849)	9:19.867 (1:19.558)		
10:43.113 (1:23.246)	12:09.060 (1:25.947)	13:33.509 (1:24.450)	14:58.762 (1:25.253)		
16:17.867 (1:19.106)					
27 Julio Hernandez Lopez	JR Millikin	15:43.04	16:20.53		
34.218 (34.218)	1:49.936 (1:15.718)	3:04.148 (1:14.212)	4:19.431 (1:15.283)		
5:35.685 (1:16.255)	6:51.379 (1:15.694)	8:10.333 (1:18.954)	9:31.223 (1:20.890)		
10:53.209 (1:21.987)	12:15.381 (1:22.172)	13:38.116 (1:22.736)	15:01.390 (1:23.274)		
16:20.525 (1:19.136)					
28 Connor Wood	SO Carthage	16:05.47	16:30.07		
36.728 (36.728)	1:52.581 (1:15.853)	3:08.561 (1:15.981)	4:25.349 (1:16.788)		
5:46.121 (1:20.773)	7:06.952 (1:20.831)	8:27.332 (1:20.381)	9:47.292 (1:19.960)		
11:08.535 (1:21.243)	12:30.625 (1:22.090)	13:50.388 (1:19.763)	15:09.895 (1:19.508)		
16:30.061 (1:20.166)					
29 Josh Tong	SR Illinois Wesleyan	16:27.07	16:52.80		
37.008 (37.008)	1:52.778 (1:15.771)	3:09.577 (1:16.799)	4:27.606 (1:18.029)		
5:48.003 (1:20.397)	7:09.726 (1:21.723)	8:33.887 (1:24.162)	9:58.259 (1:24.372)		
11:22.805 (1:24.546)	12:47.773 (1:24.968)	14:12.164 (1:24.392)	15:35.668 (1:23.504)		
16:52.799 (1:17.132)					
30 Zack Daniel	SO Illinois Wesleyan	15:35.33	16:56.41		
35.151 (35.151)	1:50.333 (1:15.183)	3:04.709 (1:14.377)	4:22.183 (1:17.474)		
5:42.238 (1:20.056)	7:03.027 (1:20.789)	8:26.385 (1:23.358)	9:50.341 (1:23.956)		
11:16.993 (1:26.653)	12:41.401 (1:24.409)	14:06.660 (1:25.259)	15:31.367 (1:24.708)		
16:56.402 (1:25.035)					
31 Jessel Prabhu	SR Millikin	16:31.64	17:27.96		
37.458 (37.458)	1:53.593 (1:16.135)	3:09.678 (1:16.086)	4:27.968 (1:18.290)		
5:49.274 (1:21.306)	7:14.490 (1:25.216)	8:41.748 (1:27.259)	10:11.795 (1:30.048)		
11:42.415 (1:30.620)	13:13.203 (1:30.789)	14:44.474 (1:31.272)	16:12.653 (1:28.179)		
17:27.956 (1:15.304)					
-- Caleb DeBoer	JR Elmhurst	16:13.88	DNS		
-- Austin Sanderfoot	JR Carroll (Wis.)	15:19.52	SCR		

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**Men 10000 Meter Run**

Championship: C 29:43.9h 1993		Dan Mayer, North Central					
Stadium: S 29:55.63 2016		Zach Plank, North Central College					
Name	Year	School	Seed	Finals	Points		
1 Max Svienty		SR North Centra	29:06.60	30:12.44	10		
1:13.067 (1:13.067)	2:24.698 (1:11.632)	3:35.542 (1:10.844)	4:47.130 (1:11.589)	5:59.318 (1:12.188)	7:10.675 (1:11.358)	8:21.455 (1:10.780)	9:32.697 (1:11.242)
10:44.466 (1:11.770)	11:57.134 (1:12.668)	13:10.273 (1:13.139)	14:22.172 (1:11.900)	15:34.581 (1:12.409)	16:47.860 (1:13.279)	18:00.892 (1:13.033)	19:14.590 (1:13.698)
20:27.396 (1:12.806)	21:40.301 (1:12.906)	22:53.544 (1:13.243)	24:07.443 (1:13.900)	25:20.944 (1:13.501)	26:34.190 (1:13.246)	27:47.909 (1:13.719)	29:01.560 (1:13.652)
30:12.431 (1:10.871)							
2 Jonathan Olenek		SR North Centra	31:33.24	31:02.32	8		
1:15.657 (1:15.657)	2:34.124 (1:18.468)	3:50.512 (1:16.389)	5:05.093 (1:14.582)	6:20.823 (1:15.730)	7:37.941 (1:17.119)	8:53.782 (1:15.842)	10:10.503 (1:16.722)
11:26.777 (1:16.274)	12:42.485 (1:15.708)	13:58.097 (1:15.613)	15:12.707 (1:14.610)	16:26.606 (1:13.900)	17:41.121 (1:14.516)	18:54.746 (1:13.625)	20:08.907 (1:14.162)
21:22.816 (1:13.909)	22:36.541 (1:13.725)	23:50.154 (1:13.613)	25:03.960 (1:13.807)	26:18.254 (1:14.294)	27:32.509 (1:14.256)	28:45.859 (1:13.350)	29:57.079 (1:11.220)
31:02.313 (1:05.234)							
3 Matthew Jett		SR North Centra	30:53.46	31:04.19	6		
1:15.466 (1:15.466)	2:33.809 (1:18.344)	3:50.012 (1:16.203)	5:04.869 (1:14.858)	6:21.228 (1:16.359)	7:38.188 (1:16.960)	8:54.020 (1:15.832)	10:10.724 (1:16.705)
11:26.967 (1:16.243)	12:42.778 (1:15.812)	13:57.845 (1:15.067)	15:12.540 (1:14.695)	16:26.369 (1:13.829)	17:40.851 (1:14.483)	18:54.522 (1:13.671)	20:08.684 (1:14.162)
21:22.583 (1:13.900)	22:36.307 (1:13.724)	23:49.947 (1:13.641)	25:03.781 (1:13.834)	26:18.017 (1:14.237)	27:32.269 (1:14.252)	28:45.438 (1:13.169)	29:56.889 (1:11.452)
31:04.184 (1:07.295)							
4 Braden Nicholson		JR North Centra		31:08.79	5		
1:15.253 (1:15.253)	2:30.512 (1:15.259)	3:42.931 (1:12.419)	5:00.504 (1:17.574)	6:15.292 (1:14.788)	7:31.455 (1:16.164)	8:46.360 (1:14.905)	10:05.699 (1:19.339)
11:23.388 (1:17.690)	12:40.089 (1:16.701)	13:55.420 (1:15.332)	15:10.882 (1:15.462)	16:25.886 (1:15.005)	17:40.936 (1:15.051)	18:55.536 (1:14.600)	20:09.135 (1:13.599)
21:24.605 (1:15.470)	22:41.712 (1:17.107)	23:59.484 (1:17.772)	25:15.333 (1:15.849)	26:28.240 (1:12.907)	27:36.911 (1:08.671)	28:49.292 (1:12.382)	29:59.319 (1:10.027)
31:08.785 (1:09.466)							
5 Jacob Curulewski		SO Carthage	30:52.80	31:14.11	4		
1:16.281 (1:16.281)	2:30.565 (1:14.285)	3:43.091 (1:12.526)	5:00.557 (1:17.466)	6:15.353 (1:14.796)	7:31.480 (1:16.128)	8:46.415 (1:14.936)	10:05.759 (1:19.344)
11:23.421 (1:17.663)	12:40.142 (1:16.721)	13:55.498 (1:15.356)	15:10.962 (1:15.464)	16:25.969 (1:15.007)	17:41.014 (1:15.046)	18:55.699 (1:14.685)	20:09.809 (1:14.111)
21:24.909 (1:15.100)	22:41.971 (1:17.063)	23:59.592 (1:17.621)	25:15.434 (1:15.842)	26:29.648 (1:14.215)	27:42.312 (1:12.664)	28:54.820 (1:12.508)	30:06.437 (1:11.618)
31:14.106 (1:07.669)							
6 Bradyn Olmstead		SR Millikin	32:07.94	31:16.77	3		
1:17.069 (1:17.069)	2:35.207 (1:18.138)	3:51.226 (1:16.020)	5:05.861 (1:14.635)	6:22.016 (1:16.156)	7:38.678 (1:16.662)	8:54.583 (1:15.906)	10:11.257 (1:16.674)
11:27.464 (1:16.208)	12:43.078 (1:15.614)	13:58.796 (1:15.718)	15:14.377 (1:15.582)	16:27.281 (1:12.904)	17:41.759 (1:14.478)	18:56.005 (1:14.247)	20:10.700 (1:14.695)
21:25.569 (1:14.870)	22:42.478 (1:16.909)	23:59.771 (1:17.293)	25:15.609 (1:15.838)	26:29.326 (1:13.718)	27:43.072 (1:13.746)	28:57.269 (1:14.198)	30:11.094 (1:13.825)
31:16.764 (1:05.670)							

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men 10000 Meter Run**

7	Spencer Kirsteatter	SR Carroll (Wis.)	31:20.53	2	
	1:16.883 (1:16.883)	2:34.963 (1:18.080)	3:51.064 (1:16.101)	5:05.668 (1:14.605)	
	6:21.849 (1:16.181)	7:38.452 (1:16.603)	8:54.320 (1:15.868)	10:11.006 (1:16.687)	
	11:27.198 (1:16.193)	12:42.964 (1:15.766)	13:58.481 (1:15.517)	15:12.928 (1:14.448)	
	16:27.072 (1:14.144)	17:41.521 (1:14.449)	18:55.870 (1:14.350)	20:09.382 (1:13.512)	
	21:24.711 (1:15.329)	22:42.257 (1:17.546)	24:00.076 (1:17.820)	25:16.220 (1:16.145)	
	26:30.528 (1:14.308)	27:43.647 (1:13.119)	28:56.938 (1:13.292)	30:10.671 (1:13.734)	
	31:20.527 (1:09.856)				
8	Jacob Fopma	SR Wheaton (Ill.)	31:18.78	31:38.45	1
	1:16.062 (1:16.062)	2:34.181 (1:18.119)	3:50.337 (1:16.157)	5:04.391 (1:14.054)	
	6:20.297 (1:15.906)	7:37.509 (1:17.213)	8:53.404 (1:15.895)	10:10.199 (1:16.796)	
	11:26.450 (1:16.251)	12:42.605 (1:16.156)	13:58.287 (1:15.682)	15:14.318 (1:16.032)	
	16:29.279 (1:14.962)	17:44.598 (1:15.319)	19:00.110 (1:15.513)	20:15.599 (1:15.490)	
	21:30.773 (1:15.174)	22:46.622 (1:15.849)	24:02.979 (1:16.358)	25:19.187 (1:16.208)	
	26:35.405 (1:16.218)	27:51.036 (1:15.632)	29:08.400 (1:17.364)	30:24.709 (1:16.310)	
	31:38.441 (1:13.732)				
9	Finbar Martin	JR Augustana (Ill.)	31:39.45	31:50.31	
	1:15.476 (1:15.476)	2:34.011 (1:18.535)	3:50.274 (1:16.264)	5:04.942 (1:14.668)	
	6:20.554 (1:15.613)	7:37.709 (1:17.156)	8:53.552 (1:15.843)	10:10.311 (1:16.759)	
	11:26.562 (1:16.251)	12:42.028 (1:15.467)	13:57.599 (1:15.571)	15:12.475 (1:14.876)	
	16:26.826 (1:14.351)	17:41.261 (1:14.435)	18:55.620 (1:14.360)	20:10.826 (1:15.206)	
	21:26.418 (1:15.592)	22:42.998 (1:16.580)	23:59.618 (1:16.621)	25:15.942 (1:16.325)	
	26:33.641 (1:17.699)	27:55.302 (1:21.662)	29:17.481 (1:22.180)	30:36.081 (1:18.600)	
	31:50.306 (1:14.226)				
10	Nathan Gibson	SR Wheaton (Ill.)	32:25.95	31:53.30	
	1:15.965 (1:15.965)	2:34.447 (1:18.483)	3:50.203 (1:15.756)	5:04.669 (1:14.466)	
	6:21.206 (1:16.537)	7:38.779 (1:17.574)	8:55.084 (1:16.305)	10:11.681 (1:16.597)	
	11:27.968 (1:16.288)	12:44.059 (1:16.092)	14:00.153 (1:16.094)	15:16.607 (1:16.454)	
	16:33.843 (1:17.236)	17:50.711 (1:16.868)	19:06.878 (1:16.168)	20:23.835 (1:16.957)	
	21:41.033 (1:17.199)	22:58.821 (1:17.788)	24:16.757 (1:17.936)	25:34.645 (1:17.888)	
	26:51.829 (1:17.185)	28:08.617 (1:16.788)	29:25.466 (1:16.850)	30:41.179 (1:15.713)	
	31:53.292 (1:12.113)				
11	Jack Bathje	SR Augustana (Ill.)	31:53.94	31:59.11	
	1:15.838 (1:15.838)	2:34.351 (1:18.514)	3:50.532 (1:16.181)	5:05.162 (1:14.630)	
	6:20.693 (1:15.531)	7:37.815 (1:17.123)	8:53.735 (1:15.920)	10:10.479 (1:16.745)	
	11:26.902 (1:16.423)	12:42.418 (1:15.517)	13:58.512 (1:16.094)	15:14.963 (1:16.451)	
	16:30.910 (1:15.948)	17:46.334 (1:15.424)	19:03.966 (1:17.633)	20:22.417 (1:18.451)	
	21:41.170 (1:18.754)	22:59.339 (1:18.169)	24:18.162 (1:18.824)	25:38.159 (1:19.997)	
	26:56.690 (1:18.531)	28:14.700 (1:18.010)	29:32.976 (1:18.277)	30:49.807 (1:16.831)	
	31:59.110 (1:09.303)				
12	Nolan Crooks	FR North Centra	31:53.44	32:08.71	
	1:16.011 (1:16.011)	2:34.503 (1:18.493)	3:50.774 (1:16.271)	5:05.346 (1:14.572)	
	6:21.501 (1:16.156)	7:38.371 (1:16.870)	8:54.039 (1:15.668)	10:10.753 (1:16.714)	
	11:27.191 (1:16.438)	12:43.313 (1:16.123)	13:58.728 (1:15.416)	15:14.624 (1:15.896)	
	16:29.559 (1:14.935)	17:44.862 (1:15.304)	19:00.353 (1:15.491)	20:15.959 (1:15.607)	
	21:33.275 (1:17.316)	22:52.913 (1:19.638)	24:12.686 (1:19.774)	25:33.688 (1:21.002)	
	26:53.521 (1:19.834)	28:14.396 (1:20.875)	29:33.990 (1:19.594)	30:53.277 (1:19.288)	
	32:08.703 (1:15.427)				



**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men 10000 Meter Run**

13	Luke Wertz	SO Wheaton (Ill.)	32:08.80	32:20.71			
	1:16.295 (1:16.295)	2:34.702 (1:18.408)	3:50.132 (1:15.430)	5:04.865 (1:14.734)			
	6:20.987 (1:16.122)	7:38.132 (1:17.146)	8:53.331 (1:15.200)	10:10.123 (1:16.792)			
	11:26.303 (1:16.181)	12:42.260 (1:15.957)	13:58.012 (1:15.752)	15:14.799 (1:16.788)			
	16:31.549 (1:16.750)	17:50.132 (1:18.584)	19:07.319 (1:17.188)	20:25.133 (1:17.814)			
	21:46.040 (1:20.908)	23:06.059 (1:20.019)	24:26.926 (1:20.868)	25:45.510 (1:18.585)			
	27:04.885 (1:19.375)	28:25.609 (1:20.725)	29:48.402 (1:22.793)	31:07.988 (1:19.586)			
	32:20.706 (1:12.718)						
14	Alex Gazarek	JR Augustana (Ill.)	31:35.43	32:42.31			
	1:15.549 (1:15.549)	2:34.081 (1:18.532)	3:50.103 (1:16.023)	5:04.540 (1:14.437)			
	6:20.440 (1:15.900)	7:37.575 (1:17.135)	8:53.531 (1:15.956)	10:10.310 (1:16.780)			
	11:26.637 (1:16.328)	12:43.061 (1:16.424)	13:58.959 (1:15.898)	15:15.529 (1:16.570)			
	16:32.920 (1:17.391)	17:50.779 (1:17.860)	19:11.498 (1:20.719)	20:32.867 (1:21.369)			
	21:55.255 (1:22.389)	23:17.549 (1:22.294)	24:38.330 (1:20.782)	25:59.937 (1:21.608)			
	27:21.413 (1:21.476)	28:44.871 (1:23.458)	30:08.045 (1:23.175)	31:28.786 (1:20.742)			
	32:42.303 (1:13.517)						
15	Derek Garmire	JR Carthage	32:52.33	33:22.85			
	1:18.944 (1:18.944)	2:40.228 (1:21.284)	3:58.679 (1:18.452)	5:19.625 (1:20.946)			
	6:39.983 (1:20.358)	7:58.740 (1:18.757)	9:18.978 (1:20.239)	10:36.890 (1:17.912)			
	11:55.578 (1:18.689)	13:15.359 (1:19.782)	14:34.793 (1:19.434)	15:53.926 (1:19.134)			
	17:13.210 (1:19.284)	18:32.698 (1:19.488)	19:53.393 (1:20.696)	21:14.632 (1:21.239)			
	22:36.835 (1:22.203)	23:57.784 (1:20.950)	25:18.909 (1:21.126)	26:41.141 (1:22.232)			
	28:03.503 (1:22.362)	29:26.773 (1:23.270)	30:48.963 (1:22.190)	32:08.842 (1:19.880)			
	33:22.849 (1:14.007)						
16	Alden Kruse	JR Wheaton (Ill.)	32:45.83	33:40.14			
	1:18.090 (1:18.090)	2:37.235 (1:19.146)	3:56.450 (1:19.215)	5:16.425 (1:19.975)			
	6:36.446 (1:20.021)	7:55.795 (1:19.349)	9:16.941 (1:21.146)	10:36.423 (1:19.482)			
	11:55.558 (1:19.136)	13:15.305 (1:19.747)	14:34.097 (1:18.792)	15:52.800 (1:18.704)			
	17:11.297 (1:18.497)	18:31.912 (1:20.616)	19:53.922 (1:22.010)	21:16.780 (1:22.858)			
	22:38.901 (1:22.121)	24:01.498 (1:22.598)	25:24.149 (1:22.651)	26:47.105 (1:22.957)			
	28:09.732 (1:22.627)	29:34.414 (1:24.682)	30:59.308 (1:24.895)	32:22.482 (1:23.174)			
	33:40.133 (1:17.651)						
17	Caleb DeBoer	JR Elmhurst	33:55.50	33:53.13			
	1:16.688 (1:16.688)	2:37.852 (1:21.164)	3:58.723 (1:20.872)	5:19.602 (1:20.879)			
	6:40.067 (1:20.465)	7:58.755 (1:18.689)	9:18.475 (1:19.720)	10:37.108 (1:18.633)			
	11:57.100 (1:19.993)	13:18.274 (1:21.174)	14:39.865 (1:21.591)	16:01.738 (1:21.874)			
	17:24.345 (1:22.607)	18:47.539 (1:23.194)	20:10.067 (1:22.528)	21:32.183 (1:22.117)			
	22:55.684 (1:23.501)	24:18.664 (1:22.981)	25:42.316 (1:23.653)	27:05.241 (1:22.925)			
	28:28.262 (1:23.022)	29:51.850 (1:23.588)	31:14.967 (1:23.117)	32:36.751 (1:21.784)			
	33:53.130 (1:16.380)						
18	Eric Gronbeck	SR Wheaton (Ill.)	33:40.92	34:02.16			
	1:18.028 (1:18.028)	2:37.399 (1:19.372)	3:56.597 (1:19.198)	5:16.256 (1:19.660)			
	6:36.253 (1:19.998)	7:55.619 (1:19.366)	9:16.728 (1:21.110)	10:36.520 (1:19.793)			
	11:55.798 (1:19.278)	13:15.617 (1:19.820)	14:36.326 (1:20.709)	15:58.155 (1:21.830)			
	17:20.625 (1:22.470)	18:43.231 (1:22.606)	20:07.069 (1:23.838)	21:30.781 (1:23.713)			
	22:55.114 (1:24.334)	24:19.163 (1:24.049)	25:45.112 (1:25.950)	27:13.041 (1:27.929)			
	28:37.577 (1:24.537)	29:59.631 (1:22.054)	31:22.886 (1:23.255)	32:45.434 (1:22.548)			
	34:02.156 (1:16.723)						

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men 10000 Meter Run**

19	Chad Helmke	SO Carthage	33:27.94	34:07.22				
	1:18.828 (1:18.828)	2:39.542 (1:20.715)	3:58.437 (1:18.896)	5:19.392 (1:20.955)				
	6:39.855 (1:20.463)	7:58.721 (1:18.867)	9:18.931 (1:20.210)	10:36.803 (1:17.872)				
	11:56.092 (1:19.289)	13:16.632 (1:20.541)	14:36.355 (1:19.723)	15:57.252 (1:20.898)				
	17:19.032 (1:21.781)	18:40.286 (1:21.254)	20:02.597 (1:22.311)	21:25.872 (1:23.276)				
	22:50.148 (1:24.277)	24:14.785 (1:24.638)	25:41.245 (1:26.460)	27:07.526 (1:26.281)				
	28:33.188 (1:25.662)	29:59.030 (1:25.842)	31:20.911 (1:21.881)	32:47.794 (1:26.884)				
	34:07.215 (1:19.421)							
20	Ben Ewald	JR Carthage	35:05.74	34:07.88				
	1:19.011 (1:19.011)	2:40.266 (1:21.256)	4:00.015 (1:19.749)	5:20.999 (1:20.984)				
	6:41.826 (1:20.828)	8:03.406 (1:21.580)	9:25.750 (1:22.344)	10:49.012 (1:23.262)				
	12:12.378 (1:23.367)	13:36.448 (1:24.070)	14:59.677 (1:23.229)	16:22.433 (1:22.757)				
	17:45.744 (1:23.311)	19:06.450 (1:20.707)	20:28.923 (1:22.474)	21:52.534 (1:23.611)				
	23:16.645 (1:24.111)	24:40.844 (1:24.200)	26:06.222 (1:25.378)	27:30.303 (1:24.082)				
	28:53.772 (1:23.470)	30:16.340 (1:22.568)	31:38.748 (1:22.408)	33:00.281 (1:21.534)				
	34:07.877 (1:07.596)							
21	Aiden Bowser	SO Augustana (Ill.)	34:34.05	34:22.82				
	1:17.474 (1:17.474)	2:37.572 (1:20.098)	3:57.288 (1:19.717)	5:17.079 (1:19.791)				
	6:38.253 (1:21.175)	7:59.513 (1:21.260)	9:19.603 (1:20.090)	10:39.112 (1:19.510)				
	12:00.263 (1:21.152)	13:22.314 (1:22.051)	14:44.714 (1:22.400)	16:06.915 (1:22.202)				
	17:29.372 (1:22.457)	18:53.218 (1:23.847)	20:16.358 (1:23.141)	21:41.368 (1:25.010)				
	23:06.106 (1:24.738)	24:30.963 (1:24.857)	25:57.937 (1:26.974)	27:22.782 (1:24.846)				
	28:46.941 (1:24.160)	30:12.069 (1:25.128)	31:38.338 (1:26.269)	33:03.043 (1:24.706)				
	34:22.815 (1:19.772)							
22	Hector Herrera	JR Elmhurst	34:25.17					
	1:17.492 (1:17.492)	2:38.673 (1:21.182)	3:59.753 (1:21.081)	5:21.064 (1:21.311)				
	6:42.563 (1:21.499)	8:04.854 (1:22.292)	9:27.465 (1:22.611)	10:50.007 (1:22.543)				
	12:13.181 (1:23.175)	13:36.983 (1:23.802)	14:59.638 (1:22.656)	16:22.724 (1:23.086)				
	17:43.028 (1:20.304)	19:06.219 (1:23.192)	20:28.649 (1:22.430)	21:52.732 (1:24.083)				
	23:16.192 (1:23.460)	24:40.609 (1:24.418)	26:04.900 (1:24.291)	27:29.800 (1:24.900)				
	28:54.223 (1:24.424)	30:18.160 (1:23.937)	31:42.435 (1:24.275)	33:06.911 (1:24.477)				
	34:25.162 (1:18.251)							
23	Braydon Barth	SO Carthage	33:35.34	34:39.12				
	1:18.771 (1:18.771)	2:39.722 (1:20.952)	3:58.502 (1:18.780)	5:19.439 (1:20.937)				
	6:39.855 (1:20.417)	7:59.000 (1:19.145)	9:19.146 (1:20.147)	10:37.136 (1:17.990)				
	11:56.057 (1:18.921)	13:15.985 (1:19.929)	14:35.166 (1:19.181)	15:57.329 (1:22.164)				
	17:19.373 (1:22.044)	18:41.857 (1:22.484)	20:07.164 (1:25.308)	21:31.080 (1:23.917)				
	22:55.467 (1:24.387)	24:19.602 (1:24.135)	25:46.710 (1:27.108)	27:17.605 (1:30.896)				
	28:48.365 (1:30.760)	30:16.835 (1:28.470)	31:43.987 (1:27.153)	33:13.238 (1:29.251)				
	34:39.117 (1:25.879)							
24	Josh Tong	SR Illinois Wesleyan	34:30.14	34:45.15				
	1:16.617 (1:16.617)	2:36.934 (1:20.318)	3:56.874 (1:19.941)	5:17.390 (1:20.516)				
	6:38.575 (1:21.186)	7:59.224 (1:20.649)	9:19.350 (1:20.126)	10:38.477 (1:19.128)				
	12:00.587 (1:22.110)	13:22.594 (1:22.008)	14:45.009 (1:22.416)	16:07.232 (1:22.223)				
	17:29.662 (1:22.430)	18:53.786 (1:24.124)	20:19.862 (1:26.077)	21:46.140 (1:26.278)				
	23:12.860 (1:26.720)	24:41.010 (1:28.150)	26:08.313 (1:27.303)	27:36.641 (1:28.329)				
	29:05.167 (1:28.526)	30:32.232 (1:27.065)	31:59.624 (1:27.392)	33:24.328 (1:24.704)				
	34:45.146 (1:20.818)							

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men 10000 Meter Run**

25	Derek Dayton	SR Millikin	34:44.51	35:05.84		
	1:19.540 (1:19.540)	2:40.935 (1:21.395)	4:01.435 (1:20.501)	5:23.198 (1:21.763)		
	6:44.866 (1:21.669)	8:07.622 (1:22.756)	9:29.292 (1:21.670)	10:50.809 (1:21.517)		
	12:12.968 (1:22.160)	13:36.800 (1:23.832)	15:00.421 (1:23.621)	16:23.922 (1:23.502)		
	17:48.669 (1:24.748)	19:14.829 (1:26.160)	20:42.741 (1:27.913)	22:10.836 (1:28.095)		
	23:41.185 (1:30.350)	25:11.396 (1:30.212)	26:39.931 (1:28.536)	28:10.019 (1:30.088)		
	29:36.927 (1:26.909)	31:03.483 (1:26.556)	32:31.362 (1:27.879)	33:57.184 (1:25.823)		
	35:05.840 (1:08.656)					
26	William Turvey	FR Millikin	35:45.91			
	1:19.963 (1:19.963)	2:41.348 (1:21.386)	4:02.133 (1:20.785)	5:24.103 (1:21.971)		
	6:47.222 (1:23.119)	8:11.628 (1:24.407)	9:35.891 (1:24.263)	11:03.075 (1:27.185)		
	12:29.413 (1:26.338)	13:56.934 (1:27.521)	15:23.403 (1:26.470)	16:50.899 (1:27.496)		
	18:19.857 (1:28.958)	19:46.977 (1:27.120)	21:14.286 (1:27.310)	22:40.547 (1:26.261)		
	24:08.707 (1:28.160)	25:37.471 (1:28.764)	27:06.293 (1:28.823)	28:34.649 (1:28.356)		
	30:02.941 (1:28.293)	31:30.503 (1:27.562)	32:58.960 (1:28.458)	34:26.209 (1:27.250)		
	35:45.901 (1:19.692)					
27	Quartus Rassi	SO Millikin	34:28.82	36:26.63		
	1:19.670 (1:19.670)	2:40.690 (1:21.021)	4:00.359 (1:19.670)	5:21.375 (1:21.016)		
	6:42.110 (1:20.736)	8:03.993 (1:21.883)	9:26.890 (1:22.898)	10:52.207 (1:25.317)		
	12:19.238 (1:27.032)	13:46.585 (1:27.347)	15:14.414 (1:27.830)	16:42.807 (1:28.393)		
	18:11.558 (1:28.752)	19:40.782 (1:29.224)	21:12.185 (1:31.403)	22:42.917 (1:30.732)		
	24:15.007 (1:32.091)	25:47.003 (1:31.997)	27:20.412 (1:33.409)	28:54.512 (1:34.100)		
	30:27.316 (1:32.805)	31:59.924 (1:32.608)	33:33.963 (1:34.039)	35:02.059 (1:28.096)		
	36:26.630 (1:24.571)					

**Men 110 Meter Hurdles****9 Advance: Top 1 Each Heat plus Next 7 Best Times**

=====						
Championship: C	14.44	2002	Ryan Rogers, Wheaton			
Stadium: S	14.02	1996	Adam Decker, Nebraska Wesleyan			
Name		Year School	Seed	Prelims	Wind	H#
=====						
Preliminaries						
1	Isaiah Clausen	SR Wheaton (Ill.)	14.86	14.72Q	1.9	1
2	Emmanuel Nwatu	SO Millikin	15.15	15.16Q	2.4	2
3	Jediah Giller	SR Wheaton (Ill.)	15.28	15.20q	1.9	1
4	Peter Marra	SR Carroll (Wis.)	15.04	15.22q	2.4	2
5	AJ Banks	FR Augustana (Ill.)	15.15	15.39q	1.9	1
6	Alex Harvey	JR Illinois Wesleyan	15.62	15.43q	2.4	2
7	Eric Jandura	JR Elmhurst	16.11	15.81q	2.4	2
8	Mathew Hyland	FR Illinois Wesleyan	16.10	15.84q	1.9	1
9	Jared Kniola	FR Carroll (Wis.)	15.97	15.95q	2.4	2
10	Dayton Lasack	SO Millikin	16.00	16.12	1.9	1
11	Kedrick Johnson III	SO Carthage	16.25	16.48	1.9	1
12	Ryan Tsai	FR Wheaton (Ill.)	16.91	17.19	2.4	2
13	Nathaniel Williams	SO North Centra	17.12	17.46	2.4	2
14	Curtis Baldwin	SO Augustana (Ill.)	17.99	17.55	1.9	1
15	Luke Moran	FR North Centra	18.23	18.29	2.4	2
16	Dalton Hoadley	JR Millikin	16.60	18.56	1.9	1
--	Quenten Fisher	SR Illinois Wesleyan	16.20	DNS	2.4	2
--	Jonathan Paladio	FR North Centra	17.93	DNS	1.9	1

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**Men 110 Meter Hurdles**

Championship: C 14.44 2002		Ryan Rogers, Wheaton				
Stadium: S 14.02 1996		Adam Decker, Nebraska Wesleyan				
Name	Year	School	Prelims	Finals	Wind	Points
<b>Finals</b>						
1	Isaiah Clausen	SR Wheaton (Ill.)	14.72	14.76	3.5	10
2	Emmanuel Nwatu	SO Millikin	15.16	14.81	3.5	8
3	Peter Marra	SR Carroll (Wis.)	15.22	14.98	3.5	6
4	Jediah Giller	SR Wheaton (Ill.)	15.20	15.27	3.5	5
5	AJ Banks	FR Augustana (Ill.)	15.39	15.36	3.5	4
6	Alex Harvey	JR Illinois Wesleyan	15.43	15.51	3.5	3
7	Mathew Hyland	FR Illinois Wesleyan	15.84	15.65	3.5	2
8	Eric Jandura	JR Elmhurst	15.81	15.82	3.5	1
9	Jared Kniola	FR Carroll (Wis.)	15.95	16.01	3.5	

**Men 400 Meter Hurdles****9 Advance: Top 1 Each Heat plus Next 6 Best Times**

Championship: C 51.66 2014		David Volan, Augustana				
Stadium: S 50.22 2023		Will Reemtsma, St. Ambrose				
Name	Year	School	Seed	Prelims	H#	
<b>Preliminaries</b>						
1	Eli Odell	SR Wheaton (Ill.)	53.55	53.54Q	3	
2	Alex Harvey	JR Illinois Wesleyan	55.49	55.16Q	2	
3	Dayton Lasack	SO Millikin	54.54	55.19Q	1	
4	Peter Marra	SR Carroll (Wis.)	56.21	56.84q	2	
5	Emmanuel Nwatu	SO Millikin	58.32	57.00q	3	
6	AJ Banks	FR Augustana (Ill.)	57.69	57.57q	3	
7	Mykai Prince	FR Carthage	59.98	58.74q	2	
8	Jared Kniola	FR Carroll (Wis.)	1:00.56	1:00.10q	3	1:00.098
9	Jediah Giller	SR Wheaton (Ill.)	57.23	1:00.10q	1	1:00.100
10	Ryan Tsai	FR Wheaton (Ill.)	1:00.02	1:00.80	1	
11	Curtis Baldwin	SO Augustana (Ill.)	1:02.94	1:01.47	1	
12	Jason Connor	JR North Centra	59.96	1:01.56	2	
13	Luke Alberstett	SO Illinois Wesleyan	1:00.81	1:01.79	3	
14	Luke Moran	FR North Centra	1:01.72	1:02.78	1	
15	Justin Gatunzi	JR Carthage	1:02.86	1:02.89	2	
16	Quincy Carlson	FR Illinois Wesleyan	1:02.52	1:02.95	2	
17	Stephen Hansen	JR Wheaton (Ill.)	1:07.95	1:03.84	2	
18	Devery Hodge	SR North Centra	1:04.53	1:04.25	3	
19	Marcus Holman	SO Millikin	1:05.07	1:04.81	3	
20	Michael Hernandez	JR North Park	1:07.13	1:07.33	2	
--	Andrew Wieser	SR Elmhurst	59.73	DNS	1	
--	Jonathan Paladio	FR North Centra	1:05.28	DNS	1	

**Men 400 Meter Hurdles**

Championship: C 51.66 2014		David Volan, Augustana				
Stadium: S 50.22 2023		Will Reemtsma, St. Ambrose				
Name	Year	School	Prelims	Finals	Points	
<b>Finals</b>						
1	Eli Odell	SR Wheaton (Ill.)	53.54	53.31	10	
2	Dayton Lasack	SO Millikin	55.19	54.77	8	

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men 400 Meter Hurdles**

3	Alex Harvey	JR Illinois Wesleyan	55.16	55.11	6
4	AJ Banks	FR Augustana (Ill.)	57.57	56.58	5
5	Emmanuel Nwatu	SO Millikin	57.00	58.24	4
6	Mykai Prince	FR Carthage	58.74	58.78	3
7	Jared Kniola	FR Carroll (Wis.)	1:00.10	59.92	2
8	Jediah Giller	SR Wheaton (Ill.)	1:00.10	1:12.06	1
--	Peter Marra	SR Carroll (Wis.)	56.84	DQ	

Rule 15-6-2a

**Men 3000 Meter Steeplechase**

Championship: C 9:02.56		2006	Keith Sands, Augustana			
Stadium: S 8:57.04		2002	Jack Kafel, Universal Sole			
Name	Year	School	Seed	Finals	Points	
1	Sam Elsen	JR Wheaton (Ill.)	9:30.58	8:58.28C	10	
	35.677 (35.677)	1:47.813 (1:12.136)	3:00.868 (1:13.055)	4:14.180	(1:13.312)	
	5:25.161 (1:10.982)	6:36.110 (1:10.949)	7:49.483 (1:13.374)	8:58.271	(1:08.788)	
2	Joe Langridge	JR Augustana (Ill.)	9:12.62	9:08.43	8	
	35.304 (35.304)	1:46.918 (1:11.614)	3:00.622 (1:13.704)	4:15.174	(1:14.553)	
	5:29.612 (1:14.438)	6:44.503 (1:14.892)	7:58.725 (1:14.222)	9:08.430	(1:09.705)	
3	Luke Hoffmann	JR North Centra	9:22.32	9:10.82	6	
	36.864 (36.864)	1:49.903 (1:13.039)	3:03.525 (1:13.622)	4:18.233	(1:14.708)	
	5:32.185 (1:13.953)	6:46.552 (1:14.367)	8:00.732 (1:14.180)	9:10.814	(1:10.083)	
4	Micah Anderson	JR Carthage	9:19.57	9:14.61	5	
	35.963 (35.963)	1:48.131 (1:12.168)	3:01.036 (1:12.905)	4:14.753	(1:13.718)	
	5:28.300 (1:13.547)	6:43.905 (1:15.606)	8:01.096 (1:17.191)	9:14.603	(1:13.508)	
5	Kal Hoppe	FR North Centra	9:20.62	9:19.30	4	
	36.651 (36.651)	1:49.878 (1:13.227)	3:03.276 (1:13.399)	4:17.870	(1:14.594)	
	5:31.787 (1:13.918)	6:47.264 (1:15.477)	8:03.195 (1:15.932)	9:19.298	(1:16.103)	
6	Nathan Halbrader	JR North Centra	9:48.79	9:27.94	3	
	37.615 (37.615)	1:53.142 (1:15.527)	3:09.422 (1:16.281)	4:26.509	(1:17.087)	
	5:43.236 (1:16.728)	7:01.036 (1:17.801)	8:17.564 (1:16.528)	9:27.934	(1:10.370)	
7	Clark Kelly	SR North Centra	9:48.32	9:28.56	2	
	39.291 (39.291)	1:55.534 (1:16.243)	3:11.061 (1:15.527)	4:26.814	(1:15.754)	
	5:43.022 (1:16.208)	7:00.439 (1:17.418)	8:17.231 (1:16.792)	9:28.560	(1:11.330)	
8	Sheldon Powell	SO Wheaton (Ill.)	9:51.91	9:31.45	1	
	39.369 (39.369)	1:55.221 (1:15.852)	3:11.736 (1:16.515)	4:28.228	(1:16.492)	
	5:42.393 (1:14.165)	7:00.122 (1:17.730)	8:17.706 (1:17.584)	9:31.442	(1:13.737)	
9	Luke Cerwin	SO North Centra	9:48.77	9:35.19		
	38.452 (38.452)	1:54.034 (1:15.582)	3:11.355 (1:17.322)	4:28.022	(1:16.668)	
	5:44.837 (1:16.815)	7:02.781 (1:17.945)	8:20.394 (1:17.613)	9:35.186	(1:14.793)	
10	Braedon Veurink	SO Wheaton (Ill.)	9:46.94	9:36.75		
	39.921 (39.921)	1:55.848 (1:15.927)	3:12.700 (1:16.853)	4:28.331	(1:15.631)	
	5:44.239 (1:15.909)	7:03.200 (1:18.961)	8:23.195 (1:19.996)	9:36.748	(1:13.554)	
11	Noah Fopma	SR Wheaton (Ill.)	9:59.68	9:45.31		
	39.633 (39.633)	1:56.259 (1:16.626)	3:13.278 (1:17.020)	4:29.760	(1:16.483)	
	5:47.042 (1:17.282)	7:07.125 (1:20.083)	8:27.687 (1:20.562)	9:45.303	(1:17.616)	
12	Joey Barber	SR Elmhurst	9:39.35	9:49.07		
	38.035 (38.035)	1:52.792 (1:14.757)	3:08.791 (1:15.999)	4:26.054	(1:17.263)	
	5:45.399 (1:19.346)	7:06.259 (1:20.860)	8:30.628 (1:24.370)	9:49.070	(1:18.442)	
13	Nicholas Williams	JR Elmhurst	10:09.48	9:49.30		
	39.589 (39.589)	1:56.314 (1:16.725)	3:12.908 (1:16.594)	4:29.915	(1:17.008)	
	5:48.920 (1:19.005)	7:09.767 (1:20.848)	8:32.514 (1:22.747)	9:49.300	(1:16.787)	

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men 3000 Meter Steeplechase**

14	Gabe Bush	SR Millikin	10:06.06	9:54.57	
	37.074 (37.074)	1:50.536 (1:13.462)	3:04.246 (1:13.711)	4:21.353 (1:17.107)	
	5:40.073 (1:18.721)	7:01.990 (1:21.917)	8:28.967 (1:26.977)	9:54.563 (1:25.596)	
15	Donovan Garro	JR Augustana (Ill.)	10:10.02	10:01.17	
	40.201 (40.201)	1:56.722 (1:16.521)	3:13.547 (1:16.826)	4:30.517 (1:16.971)	
	5:51.654 (1:21.137)	7:15.299 (1:23.646)	8:40.947 (1:25.648)	10:01.169 (1:20.222)	
16	Jacob Snell	JR Wheaton (Ill.)	9:54.68	10:10.45	
	39.813 (39.813)	1:57.543 (1:17.731)	3:16.175 (1:18.633)	4:36.445 (1:20.270)	
	5:57.129 (1:20.685)	7:20.297 (1:23.169)	8:48.678 (1:28.381)	10:10.446 (1:21.768)	
17	Preston Bailey	SO Elmhurst	10:15.38	10:13.86	
	39.520 (39.520)	1:58.316 (1:18.796)	3:18.995 (1:20.680)	4:40.949 (1:21.954)	
	6:03.846 (1:22.898)	7:27.810 (1:23.965)	8:51.916 (1:24.106)	10:13.857 (1:21.941)	
18	Quinn Kelly	SO Carthage	10:33.10	10:20.97	
	41.431 (41.431)	2:01.486 (1:20.055)	3:21.961 (1:20.476)	4:44.360 (1:22.399)	
	6:08.190 (1:23.831)	7:33.362 (1:25.172)	8:59.911 (1:26.550)	10:20.963 (1:21.052)	
19	Gabe Johnson	SO Carthage	10:54.61	10:21.35	
	41.779 (41.779)	2:02.018 (1:20.239)	3:22.966 (1:20.948)	4:45.595 (1:22.630)	
	6:09.017 (1:23.422)	7:34.006 (1:24.989)	9:00.316 (1:26.310)	10:21.343 (1:21.028)	
20	Bailey Olson	SO Carroll (Wis.)	10:35.72	10:25.63	
	42.068 (42.068)	2:01.797 (1:19.730)	3:22.295 (1:20.499)	4:45.131 (1:22.836)	
	6:09.085 (1:23.954)	7:34.297 (1:25.212)	9:02.602 (1:28.305)	10:25.623 (1:23.021)	
21	Peyton Sand	FR Augustana (Ill.)	10:52.42	10:34.01	
	41.540 (41.540)	1:58.639 (1:17.100)	3:19.970 (1:21.331)	4:44.438 (1:24.469)	
	6:11.994 (1:27.557)	7:41.660 (1:29.666)	9:08.656 (1:26.996)	10:34.006 (1:25.351)	
22	Aidan Schlichting	SR Millikin	10:37.56	10:39.41	
	41.700 (41.700)	2:01.126 (1:19.426)	3:21.032 (1:19.907)	4:43.671 (1:22.639)	
	6:11.395 (1:27.724)	7:41.791 (1:30.397)	9:10.304 (1:28.513)	10:39.410 (1:29.106)	
23	Topher Davis	JR Carthage	10:07.40	10:39.56	
	38.656 (38.656)	1:56.069 (1:17.414)	3:14.039 (1:17.970)	4:32.294 (1:18.256)	
	5:58.013 (1:25.719)	7:30.208 (1:32.195)	9:04.700 (1:34.492)	10:39.560 (1:34.860)	
24	Charles Zielinski	JR Augustana (Ill.)	10:59.63	10:44.75	
	41.987 (41.987)	2:02.041 (1:20.054)	3:24.911 (1:22.870)	4:51.787 (1:26.877)	
	6:21.411 (1:29.624)	7:51.450 (1:30.039)	9:23.223 (1:31.774)	10:44.750 (1:21.527)	

**Men 4x100 Meter Relay**

Championship: C 40.98 2015		Augustana, Augustana			
Stadium: S 40.19 2022		, UW-Oshkosh			
School		Seed	Finals	Points	
1	Illinois Wesleyan	42.02	42.15	10	
	1) Jahari Scott SO	2) Tyrice Bender FR			
	3) Joe Freedman SO	4) Evan Lowder SO			
2	Wheaton (Ill.)	42.00	42.25	8	
	1) Isaiah Clausen SR	2) Aidan Langan SO			
	3) Eli Odell SR	4) Matt Brown FR			
3	Carthage	41.74	42.31	6	
	1) Tre Mitchell JR	2) Mac Anderson JR			
	3) Jaylan Nelson SO	4) Dylan Parker FR			
4	Millikin	41.75	42.33	5	
	1) Kemper Koslofski SO	2) Colin Griffin JR			
	3) Emmanuel Nwatu SO	4) Caleb Bleich SR			
5	Augustana (Ill.)	42.81	42.90	4	
	1) Sylvester Brady JR	2) Connor McBride SR			
	3) Jason Smith SR	4) Sean Abracia-Wendel SO			

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men 4x100 Meter Relay**

6 North Central (Ill.)	43.31	43.96	3
1) Matt Lewis SO	2) Corey Phillips SO		
3) Zach Anderson FR	4) David Flint FR		
7 Carroll (Wis.)		44.90	2
1) Peyton Thomas FR	2) Eber Lopez FR		
3) Ethan Zilisch FR	4) Jared Kniola FR		
8 North Park	44.82	45.86	1
1) Tim Singmandeewised SO	2) Michael Kleiner JR		
3) Thomas Knight SR	4) Silas Madrigal SR		
-- Elmhurst	43.12	DNF	
1) Jacob Cockrell SO	2) Eric Jandura JR		
3) Jaedon Thompson FR	4) Tyresse Miller SO		

**Men 4x400 Meter Relay**

Championship: C 3:12.82 2016		Augustana, Augustana	
Stadium: S 3:08.34 2023		, UW-LaCrosse	
School		Seed	Finals Points
1 Millikin		3:15.54	3:19.35 10
1) Colin Griffin JR	2) Dayton Lasack SO		
3) Nolan Bates FR	4) Jake Shumaker JR		
1:39.099 (1:39.099)	2:30.391 (51.293)	3:19.348 (48.957)	
2 Illinois Wesleyan		3:13.47	3:19.99 8
1) Tyrice Bender FR	2) Alex Harvey JR		
3) Joel Weber SO	4) Reece Dusek FR		
1:40.609 (1:40.609)	2:30.830 (50.222)	3:19.987 (49.158)	
3 Wheaton (Ill.)		3:23.05	3:24.23 6
1) Eli Odell SR	2) Ethan Zerbe SR		
3) Isaiah Clausen SR	4) Ian Rothery SR		
1:41.323 (1:41.323)	2:32.575 (51.252)	3:24.223 (51.648)	
4 Augustana (Ill.)		3:26.94	3:25.74 5
1) Sylvester Brady JR	2) Connor McBride SR		
3) Cameron Tomko SO	4) Jimmy Vercoe SO		
1:41.545 (1:41.545)	2:33.411 (51.866)	3:25.733 (52.322)	
5 North Central (Ill.)		3:27.54	3:25.78 4
1) Jake Juneau FR	2) Zach Anderson FR		
3) Keydric Fulton-Wilson FR	4) Logan Skidmore JR		
1:41.815 (1:41.815)	2:33.346 (51.532)	3:25.778 (52.432)	
6 Carroll (Wis.)		3:25.59	3:26.19 3
1) Peter Marra SR	2) Eber Lopez FR		
3) Ethan Weber SO	4) Nathan Raatz JR		
1:42.833 (1:42.833)	2:36.746 (53.914)	3:26.186 (49.440)	
7 Carthage		3:24.08	3:27.76 2
1) Alek Zavadoski FR	2) Dylan Parker FR		
3) Michael Barber JR	4) Joseph Balas JR		
1:44.365 (1:44.365)	2:35.980 (51.616)	3:27.752 (51.772)	
8 North Park		3:32.44	3:33.51 1
1) Josh Brito SO	2) Silas Madrigal SR		
3) Ali Karatas SO	4) Giovanni Martinez FR		
1:44.481 (1:44.481)	2:38.009 (53.528)	3:33.510 (55.501)	
9 Elmhurst		3:35.57	3:34.06
1) Eric Jandura JR	2) Marvin Tchangwa JR		
3) Kayden Miller FR	4) James Palumbo SR		
1:47.380 (1:47.380)	2:41.905 (54.525)	3:34.057 (52.153)	

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**Men High Jump**

Championship: C 2.19m 2014		Trevor James, Carthage		
Stadium: S 2.13m 1983		Greg Haynie, Augustana Track Club		
Name	Year School	Seed	Finals	Points
1 Adam Beasley	FR Illinois Wesleyan	2.01m	2.00m	6-06.75 10
1.74 1.79 1.84 1.89 1.94	1.97 2.00 2.03 2.06 2.09 2.12			
PPP PPP PPP PPP	XXP XO XO PPP PPP PPP XXX			
2 Cole Oleson	SO North Centra	1.90m	1.97m	6-05.50 8
1.74 1.79 1.84 1.89 1.94	1.97 2.00			
PPP PPP O O O	O XXX			
3 Matthew Lindberg	FR Illinois Wesleyan	1.94m	1.94m	6-04.25 6
1.74 1.79 1.84 1.89 1.94	1.97			
PPP PPP O O O	XXX			
4 Zebulon Turner	FR Carthage	1.97m	1.94m	6-04.25 5
1.74 1.79 1.84 1.89 1.94	1.97			
PPP PPP XO O O	XXX			
5 Caden Eller	FR Augustana (Ill.)	1.87m	1.89m	6-02.25 4
1.74 1.79 1.84 1.89 1.94	1.97			
PPP O O XO XXX	X			
6 Isaiah Clausen	SR Wheaton (Ill.)	1.91m	1.89m	6-02.25 3
1.74 1.79 1.84 1.89 1.94				
PPP O O XXO XXX				
7 Ethan Zilisch	FR Carroll (Wis.)	1.80m	1.84m	6-00.50 2
1.74 1.79 1.84 1.89				
XO XXO O XXX				
8 Wesley McCloud	SO North Park	1.93m	1.94m	6-04.25 1
1.74 1.79 1.84 1.89 1.94	1.97			
PPP XO XO XXX	O X			
9 Glenn Powers	SO Millikin	1.90m	1.84m	6-00.50
1.74 1.79 1.84 1.89				
PPP O XXO XXX				
10 Caden Foulke	SR Augustana (Ill.)	1.75m	1.79m	5-10.50
1.74 1.79 1.84				
O O XXX				
11 Cameron Tomko	SO Augustana (Ill.)	1.80m	1.79m	5-10.50
1.74 1.79 1.84				
XO XO XXX				
12 Dalton Hoadley	JR Millikin	1.70m	1.74m	5-08.50
1.74 1.79				
O XXX				
12 Prentice Myles	SO North Centra	1.78m	1.74m	5-08.50
1.74 1.79				
O XXX				
-- Jeffrey Leighliter	FR Elmhurst	1.71m	NH	
1.74				
XXX				
-- Owen Sheley	SO Elmhurst	1.76m	NH	
1.74				
XXX				
-- Drew Tatlock	SR Illinois Wesleyan	1.85m	NH	
1.74 1.79 1.84				
PPP PPP XXX				



**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**Men Pole Vault**

Championship: C 5.51m 2016		Luke Winder, North Central		
Stadium: S 5.51m 2016		Luke Winder, North Central		
Name	Year School	Seed	Finals	Points
1 Kyle Hensley	FR Millikin	5.05m	4.88m 16-00.00	10
3.83 3.98 4.13 4.28 4.43 4.58 4.68 4.78 4.88 5.06				
PPP PPP PPP PPP PPP	O XO XO O XXX			
2 Logan Turney	SO Elmhurst	4.56m	4.78m 15-08.25	8
3.83 3.98 4.13 4.28 4.43 4.58 4.68 4.78 4.88				
PPP PPP PPP PPP PPP	O O XXO XXX			
3 Derek Butts	SR Augustana (Ill.)	4.67m	4.68m 15-04.25	6
3.83 3.98 4.13 4.28 4.43 4.58 4.68 4.78 4.88				
PPP PPP PPP O XXO	XO XXO XXP X			
4 Isaac Whitaker	SO Illinois Wesleyan	4.73m	4.58m 15-00.25	5
3.83 3.98 4.13 4.28 4.43 4.58 4.68 4.78				
PPP PPP PPP PPP XO	O XXP X			
5 Joel Jaquinde	JR North Centra	4.30m	4.43m 14-06.25	4
3.83 3.98 4.13 4.28 4.43 4.58				
PPP XO O XO XO	XXX			
6 Reid McNeill	JR Augustana (Ill.)	4.37m	4.43m 14-06.25	3
3.83 3.98 4.13 4.28 4.43 4.58				
PPP PPP O O XXO	XXX			
7 Dakota Straight	JR Augustana (Ill.)	4.28m	4.13m 13-06.50	1.50
3.83 3.98 4.13 4.28				
PPP O XO XXX				
7 Corey Cebulski	SO Millikin	4.10m	4.13m 13-06.50	1.50
3.83 3.98 4.13 4.28				
PPP O XO XXX				
9 Grant Sarris	FR North Centra	4.10m	4.13m 13-06.50	
3.83 3.98 4.13 4.28				
XXO XO XXO XXX				
10 Ryan O'Dell	FR Augustana (Ill.)	3.98m	3.83m 12-06.75	
3.83 3.98				
O XXX				
11 Joshua Schuurman	SO Wheaton (Ill.)	3.95m	3.83m 12-06.75	
3.83 3.98				
XO XXX				
-- Michael Ruettiger	JR North Centra	4.25m	NH	
3.83 3.98				
PPP XXX				
-- Dalton Hoadley	JR Millikin	3.67m	NH	
3.83				
XXX				
-- James Earlywine	FR Millikin	3.82m	DNS	
-- Aidan O'Neill	JR Carthage	3.80m	DNS	

**Men Long Jump**

Championship: C 7.44m 1999		Carl Alexander, Millikin				
Stadium: S 7.57m 1991		Bill Euler, UW-Whitewater				
Name	Year School	Seed	Finals	Wind	H#	Points
1 Adam Beasley	FR Illinois Wesleyan	7.07m	7.44mC	0.5	24-05.00	3 10
7.30m(2.1) 7.43m(2.6) 7.44m(0.5) 7.26m(2.3) FOUL(1.8) FOUL(0.1)						

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**...Men Long Jump**

2	Isaiah Clausen	SR Wheaton (Ill.)	6.94m	7.28m	2.7	23-10.75	3	8
	7.09m(1.4) 7.28m(2.7) 7.06m(3.0) 7.06m(2.6) FOUL(2.4) PASS							
3	Caden Eller	FR Augustana (Ill.)	6.57m	6.90m	1.9	22-07.75	3	6
	6.67m(-0.7) 6.66m(1.0) 6.89m(1.9) 6.48m(2.0) 6.90m(1.9) 6.85m(1.3)							
4	Jahari Scott	SO Illinois Wesleyan	6.78m	6.89m	2.0	22-07.25	3	5
	6.82m(3.2) 6.89m(2.0) 6.88m(2.8) 6.32m(1.8) PASS 6.58m(1.5)							
5	Thomas Hills	SO Millikin	7.25m	6.82m	2.8	22-04.50	3	4
	6.52m(2.3) 6.60m(2.5) 6.82m(2.8) 6.05m(1.8) 6.45m(2.5) 6.49m(1.0)							
6	Carson Green	FR Illinois Wesleyan	6.51m	6.80m	2.0	22-03.75	2	3
	6.73m(2.6) FOUL(1.2) 6.59m(1.4) 6.80m(2.0) PASS FOUL(0.5)							
7	Prentice Myles	SO North Centra	6.62m	6.73m	0.7	22-01.00	3	2
	6.24m(2.5) FOUL(2.4) 6.64m(0.7) 6.44m(1.7) 5.83m(2.0) 6.73m(0.7)							
8	Jayden Leise	FR North Centra	6.17m	6.69m	0.8	21-11.50	2	1
	6.58m(1.6) 6.58m(1.0) 6.69m(0.8) 6.63m(2.5) 6.59m(2.5) 6.42m(0.5)							
9	Wesley McCloud	SO North Park	6.65m	6.59m	1.9	21-07.50	3	
	6.35m(1.9) 6.41m(2.3) 6.59m(1.9) 6.52m(2.6) 6.36m(3.2) 6.53m(1.6)							
10	Kedrick Johnson III	SO Carthage	6.51m	6.57m	0.8	21-06.75	2	
	6.31m(1.4) FOUL(1.7) 6.57m(0.8)							
11	Caleb Bleich	SR Millikin		6.54m	2.3	21-05.50	1	
	6.52m(1.2) FOUL(1.3) 6.54m(2.3)							
12	Don Starling	FR Millikin	6.60m	6.52m	1.5	21-04.75	3	
	6.52m(1.5) 5.39m(2.8) 6.51m(1.6)							
13	Luke Hemmersmeier	FR North Centra	6.37m	6.50m	2.7	21-04.00	2	
	6.02m(1.7) FOUL(2.6) 6.50m(2.7)							
14	Nnaemeka Obinna	JR Carthage	6.36m	6.48m	1.9	21-03.25	2	
	FOUL(1.6) 6.48m(1.9) FOUL(0.7)							
15	Braeden Clements	SR Augustana (Ill.)	6.26m	6.39m	2.2	20-11.75	2	
	FOUL(0.9) FOUL(3.0) 6.39m(2.2)							
16	Ben Jensen	JR Carthage	6.28m	6.33m	2.2	20-09.25	2	
	6.33m(2.2) 5.77m(1.4) 6.31m(1.0)							
17	Michael Robinson	SO North Centra	6.56m	6.30m	1.6	20-08.00	3	
	6.30m(1.6) FOUL(2.5) FOUL(2.6)							
18	Ethan Zilisch	FR Carroll (Wis.)	6.33m	6.25m	2.0	20-06.25	2	
	6.01m(2.5) 6.20m(1.8) 6.25m(2.0)							
19	Sylvester Brady	JR Augustana (Ill.)	5.83m	6.23m	+0.0	20-05.25	1	
	6.22m(2.0) 6.23m(+0.0) FOUL(3.2)							
20	Luke Holtmeier	FR Carthage	6.68m	6.22m	2.0	20-05.00	3	
	6.16m(2.5) FOUL(2.8) 6.22m(2.0)							
21	Kamren White	SO Carthage	6.00m	6.22m	2.1	20-05.00	1	
	6.03m(2.5) 5.93m(2.5) 6.22m(2.1)							
22	Kayton Garrett	FR Elmhurst	5.99m	6.17m	1.7	20-03.00	1	
	6.13m(1.2) 6.11m(1.8) 6.17m(1.7)							
23	Patrick Campbell	JR Elmhurst	6.07m	6.15m	3.4	20-02.25	2	
	FOUL(1.5) 6.15m(3.4) 5.92m(+0.0)							
24	Jaedon Thompson	FR Elmhurst	5.88m	5.93m	2.0	19-05.50	1	
	FOUL(2.0) FOUL(1.0) 5.93m(2.0)							
25	Noah Bisbee	FR Wheaton (Ill.)	5.65m	5.88m	1.2	19-03.50	1	
	5.34m(1.9) FOUL(3.4) 5.88m(1.2)							
26	Andrew Rhodes	SO North Centra	6.00m	5.83m	+0.0	19-01.50	1	
	FOUL(3.1) 5.68m(1.7) 5.83m(+0.0)							
27	Isaac Bledsoe	FR Wheaton (Ill.)	6.03m	5.75m	2.8	18-10.50	1	
	5.55m(1.3) 5.73m(2.7) 5.75m(2.8)							
28	Glenn Powers	SO Millikin	6.01m	5.73m	2.0	18-09.75	1	
	5.62m(2.2) 5.45m(+0.0) 5.73m(2.0)							

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**...Men Long Jump**

29	Bryan Boyd	SR North Park	5.69m	2.4	18-08.00	1
	5.69m(2.4) 4.92m(1.8) FOUL(0.3)					
--	Muhammad Freeman	FR Illinois Wesleyan	6.19m	FOUL		2
	FOUL(2.6) FOUL(1.0) FOUL(1.9)					

**Men Triple Jump**

Championship: C 16.94m 1990		Jan Cado, North Central					
Stadium: S 15.39m 1994		Leonard Jones, St. Thomas					
Name	Year	School	Seed	Finals	Wind	H#	Points
1	Jayden Leise	FR North Centra	14.28m	14.27m	3.6	46-10.00	2 10
	FOUL FOUL 14.16m(2.2) 14.01m(1.6) 14.27m(3.6) 12.64m(2.8)						
2	Kedrick Johnson III	SO Carthage	13.54m	14.14m	3.5	46-04.75	2 8
	FOUL 14.14m(3.5) 13.51m(2.1) 12.99m(1.5) 12.90m(2.9) 13.37m(2.1)						
3	Rickey Martinez	JR Elmhurst	14.13m	14.00m	2.9	45-11.25	2 6
	FOUL FOUL 13.62m(3.8) FOUL FOUL 14.00m(2.9)						
4	Sam Okewole	JR Illinois Wesleyan	13.08m	13.59m	3.0	44-07.00	2 5
	FOUL 12.60m(4.9) 13.59m(3.0) 13.55m(2.2) 13.15m(2.5) 13.31m(3.5)						
5	Kevin Fist	FR North Centra	13.15m	13.48m	1.8	44-02.75	2 4
	13.41m(4.5) 13.48m(1.8) 13.48m(3.5) 13.20m(3.3) FOUL PASS						
6	Ethan Godsey	FR Illinois Wesleyan	13.57m	13.33m	3.1	43-09.00	2 3
	13.33m(3.1) FOUL 13.10m(1.4) PASS PASS 12.98m(2.6)						
7	Isaac Bledsoe	FR Wheaton (Ill.)	12.36m	13.32m	2.1	43-08.50	1 2
	FOUL 12.17m(1.3) 13.32m(2.1) 11.86m(3.6) 12.01m(1.6) FOUL						
8	Luke Holtmeier	FR Carthage	12.91m	13.17m	3.6	43-02.50	2 1
	12.23m(1.6) 13.14m(4.4) FOUL 13.17m(3.6) 12.90m(1.6) 13.14m(2.8)						
9	Emmanuel Wang	FR Wheaton (Ill.)	12.79m	13.15m	3.4	43-01.75	2
	13.15m(3.4) FOUL 12.25m(2.0) 12.87m(2.8) 13.15m(1.7) FOUL						
10	Patrick Campbell	JR Elmhurst	12.80m	13.05m	4.0	42-09.75	2
	FOUL 13.03m(3.4) 13.05m(4.0)						
11	Kamren White	SO Carthage	12.64m	13.03m	2.8	42-09.00	1
	12.21m(1.7) FOUL 13.03m(2.8)						
12	Brandon Woods	FR North Centra	12.68m	12.97m	3.3	42-06.75	2
	FOUL 12.97m(3.3) 12.22m(3.8)						
13	Kayton Garrett	FR Elmhurst	12.72m	12.67m	2.7	41-07.00	2
	12.67m(2.7) 11.48m(2.8) 12.36m(4.7)						
14	Collin Moran	SO Carthage	12.05m	12.28m	3.5	40-03.50	1
	FOUL 12.28m(3.5) FOUL						
15	Dean Check	SR Augustana (Ill.)	11.93m	12.09m	2.2	39-08.00	1
	FOUL FOUL 12.09m(2.2)						
16	Jaedon Thompson	FR Elmhurst	12.27m	12.03m	3.8	39-05.75	1
	12.03m(3.8) FOUL 11.96m(1.5)						
17	Noah Bisbee	FR Wheaton (Ill.)	12.01m	11.92m	1.2	39-01.25	1
	FOUL FOUL 11.92m(1.2)						
18	Andrew Rhodes	SO North Centra		11.61m	1.1	38-01.25	1
	11.19m(2.4) 11.61m(1.1) 11.04m(2.7)						
19	Peyton Thomas	FR Carroll (Wis.)	11.65m	11.56m	2.5	37-11.25	1
	11.56m(2.5) FOUL PASS						
--	Michael Robinson	SO North Centra	12.65m	FOUL			1
	FOUL FOUL FOUL						
--	Thomas Hills	SO Millikin	12.61m	DNS	NWI		1

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**Men Shot Put**

Championship: C 18.04m 2023		Joseph White, Carthage								
Stadium: S 19.97m 2016		Roger Steen, Unattached								
Name	Year	School	Seed	Finals	H#	Points				
1 Joseph White	JR	Carthage	18.32m	18.98mC	62-03.25	2	10			
FOUL 17.32m	18.89m	FOUL 17.71m	18.98m							
2 Steven Hermsen	SR	Carroll (Wis.)	16.65m	15.98m	52-05.25	2	8			
FOUL 15.31m	15.98m	FOUL FOUL FOUL								
3 Will Campbell	SO	Carroll (Wis.)	14.52m	14.95m	49-00.75	2	6			
12.37m	14.17m	14.76m	FOUL 14.95m	FOUL						
4 Elijah Nitz	SR	Wheaton (Ill.)	14.58m	14.59m	47-10.50	2	5			
FOUL FOUL 14.51m	14.59m	FOUL 14.58m								
5 Lucas Leal	JR	Carthage	14.32m	14.28m	46-10.25	2	4			
13.50m	13.27m	14.28m	FOUL 14.26m	FOUL						
6 Renz Lies	JR	Carthage	13.75m	14.12m	46-04.00	2	3			
13.40m	14.12m	FOUL 13.54m	FOUL 13.26m							
7 Matt Wagner	JR	Illinois Wesleyan	14.00m	14.06m	46-01.50	2	2			
14.06m	12.40m	13.63m	13.78m	13.30m	FOUL					
8 Magnus Wells	SO	Augustana (Ill.)	13.63m	13.85m	45-05.25	2	1			
13.69m	13.85m	FOUL FOUL 13.68m	FOUL							
9 Jaden Pankau	JR	Wheaton (Ill.)	14.08m	13.84m	45-05.00	2				
13.84m	FOUL 13.54m	13.72m	13.67m	13.49m						
10 Luke Cowan	SR	Augustana (Ill.)	13.97m	13.82m	45-04.25	2				
13.82m	FOUL 13.80m									
11 Anthony Zajac	JR	North Centra	13.37m	13.70m	44-11.50	2				
12.98m	13.70m	13.37m								
12 Daniel Dominguez	SO	North Centra	14.01m	13.48m	44-02.75	2				
13.48m	13.48m	13.12m								
13 Gavin McAlister	SO	North Centra	12.49m	13.48m	44-02.75	1				
11.84m	13.48m	FOUL								
14 Tyler Rose	SO	Carthage	13.02m	13.39m	43-11.25	1				
13.39m	12.62m	FOUL								
15 Ben Balboa	FR	North Centra	13.57m	13.08m	42-11.00	2				
13.08m	12.99m	FOUL								
16 Collin Dames	FR	North Centra	13.37m	13.06m	42-10.25	1				
12.03m	13.06m	12.62m								
17 Camron Cross	SR	Millikin	12.45m	12.59m	41-03.75	1				
12.11m	12.59m	FOUL								
18 Jacob Brost	SO	Carthage	12.34m	12.16m	39-10.75	1				
FOUL 11.76m	12.16m									
19 Connor Rockford	FR	Augustana (Ill.)	11.77m	12.16m	39-10.75	1				
12.16m	FOUL 11.38m									
20 Nicholas Ervin	SO	Elmhurst	13.03m	11.96m	39-03.00	1				
11.68m	11.68m	11.96m								
21 Mason Wilson	SO	North Park	11.65m	11.62m	38-01.50	1				
11.62m	11.01m	11.56m								
22 Dolan Bair	SR	Wheaton (Ill.)		11.56m	37-11.25	1				
10.16m	11.00m	11.56m								
23 Thomas Knight	SR	North Park	11.85m	11.19m	36-08.50	1				
10.22m	11.19m	FOUL								
24 Quinton Stepps	SO	Wheaton (Ill.)	10.74m	11.11m	36-05.50	1				
FOUL FOUL 11.11m										
25 Richard Covington	SO	North Park	11.70m	11.05m	36-03.00	1				
10.60m	FOUL 11.05m									

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men Shot Put**

26	Max Kingsbury	FR Wheaton (Ill.)	11.21m	11.00m	36-01.25	1
	FOUL 10.88m 11.00m					
--	Brady Reusser	SO Carroll (Wis.)	14.48m	FOUL		2
	FOUL FOUL FOUL					
--	Jacob Taylor	JR Augustana (Ill.)	12.54m	FOUL		1
	FOUL FOUL FOUL					

**Men Discus Throw**

Championship: C 58.60m 2022		Steve hermsen, Carroll					
Stadium: S 65.42m 2015		Chase Madison, Unattached					
Name	Year	School	Seed	Finals	H#	Points	
1	Joseph White	JR Carthage	55.17m	58.54m	192-01	3	10
	54.05m FOUL 53.80m FOUL 58.54m 51.97m						
2	Steven Hermsen	SR Carroll (Wis.)	57.74m	56.85m	186-06	3	8
	FOUL 53.96m FOUL 53.46m 53.99m 56.85m						
3	Will Campbell	SO Carroll (Wis.)	45.42m	46.76m	153-05	3	6
	46.76m FOUL FOUL FOUL FOUL FOUL						
4	Elijah Nitz	SR Wheaton (Ill.)	42.84m	45.82m	150-04	3	5
	44.26m 43.09m 45.63m 43.19m 45.82m 44.18m						
5	Jordan Hughes	SO Carthage	40.13m	44.94m	147-05	2	4
	FOUL FOUL 44.94m FOUL FOUL FOUL						
6	Josh Friedland	SO North Centra	40.24m	44.04m	144-06	2	3
	FOUL 38.57m 43.73m FOUL 44.04m 31.46m						
7	Jaden Pankau	JR Wheaton (Ill.)	39.59m	44.01m	144-05	2	2
	39.06m 44.01m 41.74m FOUL FOUL 43.80m						
8	Ben Balboa	FR North Centra	42.72m	43.92m	144-01	2	1
	43.51m 42.91m 43.80m 43.92m 43.58m FOUL						
9	Camron Cross	SR Millikin	46.01m	43.84m	143-10	3	
	FOUL 43.84m 42.78m 41.92m 42.00m FOUL						
10	Anthony Zajac	JR North Centra	42.81m	43.14m	141-06	2	
	43.14m 43.01m 42.97m						
11	Brady Reusser	SO Carroll (Wis.)	44.35m	42.76m	140-03	3	
	FOUL 41.60m 42.76m						
12	Gavin McAlister	SO North Centra	39.03m	42.66m	139-11	2	
	40.75m 37.79m 42.66m						
13	Luke Cowan	SR Augustana (Ill.)	38.04m	41.58m	136-05	1	
	40.74m 41.58m 41.35m						
14	Connor Rockford	FR Augustana (Ill.)	43.19m	41.39m	135-09	3	
	41.39m FOUL FOUL						
15	Daniel Dominguez	SO North Centra	44.31m	41.26m	135-04	3	
	FOUL 38.82m 41.26m						
16	Magnus Wells	SO Augustana (Ill.)	45.59m	41.11m	134-10	3	
	FOUL FOUL 41.11m						
17	Jacob Brost	SO Carthage	40.02m	38.60m	126-08	2	
	38.17m 38.60m 38.59m						
18	JD Mckay	SR Wheaton (Ill.)	35.97m	37.69m	123-08	1	
	36.90m 37.48m 37.69m						
19	Lucas Leal	JR Carthage	38.13m	37.31m	122-05	1	
	37.31m 37.15m FOUL						
20	Evan James	FR Augustana (Ill.)		36.73m	120-06	1	
	36.73m FOUL FOUL						
21	Landon Wierenga	FR Augustana (Ill.)	39.25m	36.39m	119-05	2	
	FOUL FOUL 36.39m						

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men Discus Throw**

22	Richard Covington	SO North Park	39.18m	35.03m	114-11	2
	35.03m FOUL FOUL					
23	Thomas Knight	SR North Park	31.76m	34.05m	111-08	1
	34.05m 33.65m 33.59m					
24	Max Kingsbury	FR Wheaton (Ill.)	31.37m	33.43m	109-08	1
	FOUL 32.79m 33.43m					
25	Mason Wilson	SO North Park	33.76m	32.59m	106-11	1
	32.59m 32.04m FOUL					
26	Isaiah Williams	SO North Park	31.44m	32.36m	106-02	1
	32.05m 32.36m FOUL					
27	Dolan Bair	SR Wheaton (Ill.)		31.55m	103-06	1
	29.32m 31.55m 30.21m					
--	Tyler Rose	SO Carthage	42.90m	FOUL		3
	FOUL FOUL FOUL					
--	Hunter Danberry`	FR Millikin	39.85m	FOUL		2
	FOUL FOUL FOUL					

**Men Hammer Throw**

=====						
Championship: C 61.85m 2019 Cody Wheeler, Augustana						
Stadium: S 67.32m 4/20/2024 Justin Eichler, Wis.-Plattev						
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Jimmy Hinkley	JR Carroll (Wis.)	60.45m	58.10m	190-07	2 10
	56.79m 57.99m FOUL	57.25m 56.81m 58.10m				
2	Lucas Leal	JR Carthage	59.43m	57.63m	189-01	2 8
	57.63m FOUL FOUL FOUL	51.71m 52.45m				
3	Steven Hermsen	SR Carroll (Wis.)	56.84m	57.09m	187-04	2 6
	FOUL 50.32m 53.02m	54.05m FOUL 57.09m				
4	Joseph White	JR Carthage	60.57m	56.42m	185-01	2 5
	53.01m 52.78m 49.46m	FOUL 55.36m 56.42m				
5	Aykeem Spivey	SR Augustana (Ill.)	59.81m	55.66m	182-07	2 4
	48.93m 54.29m 55.66m	55.06m 54.98m 54.44m				
6	Anthony Zajac	JR North Centra	56.94m	53.57m	175-09	2 3
	52.18m FOUL 49.90m	53.57m FOUL FOUL				
7	C.J. Ladewig	JR Illinois Wesleyan	51.42m	51.08m	167-07	2 2
	FOUL 51.08m 50.99m	51.01m 50.01m FOUL				
8	Martin Egbo	SR North Centra	50.21m	50.33m	165-01	2 1
	45.59m 50.33m 48.83m	47.61m FOUL 49.29m				
9	Jacob Brost	SO Carthage	55.24m	50.21m	164-09	2
	48.46m FOUL 50.04m	50.21m FOUL FOUL				
10	Will Campbell	SO Carroll (Wis.)	48.04m	47.93m	157-03	2
	FOUL 45.80m 47.93m					
11	Luke Cowan	SR Augustana (Ill.)	48.71m	47.84m	156-11	2
	47.20m FOUL 47.84m					
12	Magnus Wells	SO Augustana (Ill.)	49.40m	46.79m	153-06	2
	43.08m 44.98m 46.79m					
13	Gavin McAlister	SO North Centra	45.25m	46.77m	153-05	1
	46.16m 46.77m 45.98m					
14	Landon Wierenga	FR Augustana (Ill.)	46.15m	45.97m	150-10	1
	FOUL 45.97m FOUL					
15	Renz Lies	JR Carthage	47.57m	44.42m	145-09	2
	44.42m FOUL FOUL					
16	Vincent Puelles	JR North Centra	42.48m	43.82m	143-09	1
	FOUL 43.82m 43.28m					

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men Hammer Throw**

17	Camron Cross	SR Millikin	43.61m	42.31m	138-10	1
	42.31m 42.27m 40.68m					
18	Brady Reusser	SO Carroll (Wis.)	43.13m	41.85m	137-04	1
	FOUL 41.85m FOUL					
19	Ben Balboa	FR North Centra	39.19m	40.03m	131-04	1
	40.03m FOUL FOUL					
20	Hunter Danberry`	FR Millikin	40.82m	39.25m	128-09	1
	39.25m FOUL 39.25m					
21	Isaiah Williams	SO North Park	37.07m	38.63m	126-09	1
	FOUL 35.20m 38.63m					
22	Juan Ocampo	SR Carroll (Wis.)	37.56m	38.59m	126-07	1
	38.59m 37.21m FOUL					
23	Joey Huizenga	SO Millikin	37.63m	38.11m	125-00	1
	36.19m 38.11m 35.78m					
24	Josh Zamber	JR Carthage	41.43m	37.84m	124-02	1
	37.84m FOUL FOUL					
25	Quinton Stepps	SO Wheaton (Ill.)	36.76m	32.95m	108-01	1
	FOUL FOUL 32.95m					
26	Richard Covington	SO North Park	28.85m	32.65m	107-01	1
	29.75m 32.65m FOUL					
--	Evan James	FR Augustana (Ill.)	47.01m	FOUL		2
	FOUL FOUL FOUL					

**Men Javelin Throw**

Championship: C 64.14m 2011		Lar Tenglin, North Park				
Stadium: S 63.83m 2011		Lars Tenglin, North Park				
Name	Year	School	Seed	Finals	H#	Points
1	Magnus Wells	SO Augustana (Ill.)	53.49m	53.90m	176-10	2 10
	52.08m 49.07m FOUL FOUL	50.17m 53.90m				
2	Mike Hudson	SR Augustana (Ill.)	51.64m	53.19m	174-06	2 8
	50.83m PASS PASS FOUL	47.87m 53.19m				
3	Dylan Russell	SO Augustana (Ill.)	46.07m	48.99m	160-09	2 6
	43.32m FOUL 44.08m 45.58m	44.32m 48.99m				
4	Jacob Brost	SO Carthage	48.52m	47.11m	154-07	2 5
	FOUL 45.07m 40.93m FOUL	38.69m 47.11m				
5	Reid McNeill	JR Augustana (Ill.)	46.19m	46.52m	152-07	2 4
	41.94m 43.97m 39.29m 39.17m	43.99m 46.52m				
6	Quinton Stepps	SO Wheaton (Ill.)	44.79m	45.27m	148-06	2 3
	45.00m 45.27m FOUL FOUL	42.30m 45.20m				
7	Vincent Puelles	JR North Centra	48.63m	44.18m	144-11	2 2
	44.18m 40.64m FOUL 39.23m	39.85m 40.36m				
8	Tyler Olson	JR North Park	41.04m	43.75m	143-06	2 1
	40.00m 43.75m 42.50m 42.91m	40.59m 42.97m				
9	Jacob Ahlberg	JR North Centra	44.96m	42.72m	140-02	2
	39.38m FOUL 42.72m 39.03m	39.16m 41.79m				
10	Devin Gephart	SR Augustana (Ill.)	42.08m	42.61m	139-09	2
	41.46m 42.61m 41.21m					
11	Rickey Martinez	JR Elmhurst	44.83m	41.97m	137-08	2
	40.15m 41.77m 41.97m					
12	Anthony Cristiano	FR North Centra	39.23m	41.42m	135-11	1
	41.42m 39.93m FOUL					
13	Mason Wilson	SO North Park	39.72m	40.67m	133-05	2
	40.67m 40.41m 40.09m					

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Men Javelin Throw**

14	Michael Hernandez	JR North Park	34.79m	38.66m	126-10	1
	32.88m 38.66m 33.86m					
15	Max Singer	SO Illinois Wesleyan	46.89m	38.49m	126-03	2
	FOUL 38.49m 36.27m					
16	Oakley Tate	FR Millikin	35.63m	37.61m	123-05	1
	33.99m 36.76m 37.61m					
17	Ben Maher	FR Wheaton (Ill.)	34.60m	36.92m	121-01	1
	32.90m 32.84m 36.92m					
18	Richard Covington	SO North Park	40.60m	36.91m	121-01	2
	36.91m FOUL FOUL					
19	Noah Bisbee	FR Wheaton (Ill.)	34.53m	35.88m	117-08	1
	33.75m 23.83m 35.88m					
20	Joey Huizenga	SO Millikin	38.30m	35.56m	116-08	1
	35.56m 35.26m 34.63m					
21	Alden Kruse	JR Wheaton (Ill.)	36.16m	34.55m	113-04	1
	33.75m 34.55m 33.78m					
22	Owen Sheley	SO Elmhurst	35.49m	34.18m	112-02	1
	31.43m FOUL 34.18m					
23	Ben Breitbach	FR Carroll (Wis.)	33.76m	33.28m	109-02	1
	33.28m 32.88m 31.29m					
24	Jared Szaltis	SR Elmhurst	33.74m	30.92m	101-05	1
	27.32m 30.92m 27.67m					
25	Josh Zamber	JR Carthage	35.07m	30.62m	100-05	1
	30.62m 29.66m 28.52m					
26	Adrian Campos	JR Elmhurst	31.35m	29.80m	97-09	1
	29.80m 28.60m FOUL					
27	Tobiah Gieser	SO Wheaton (Ill.)	34.37m	27.66m	90-09	1
	FOUL FOUL 27.66m					
--	Aaron Smith	SR North Park	33.25m	DNS		1

**Decathlon: #1 Men 100 Meter Dash Decathlon**

Name	Year School	Finals	Wind	Points
1 Adam Kedzior	JR Carthage	11.49	2.0	755
2 Mike Hudson	SR Augustana (Ill.)	11.82	2.0	687
3 Dylan Russell	SO Augustana (Ill.)	11.91	2.0	669
4 Devin Gephart	SR Augustana (Ill.)	12.01	2.0	649
5 Cohen Oberg	SO Wheaton (Ill.)	12.07	2.0	637
6 Jacob Ahlberg	JR North Centra	12.16	2.0	620
7 Sebastian Estrada	JR Carthage	12.42	2.0	571
8 Josh Klein	SR Illinois Wesleyan	12.91	2.0	483

**Decathlon: #5 Men 400 Meter Dash Decathlon**

Name	Year School	Finals	Points
1 Adam Kedzior	JR Carthage	51.28	757
2 Mike Hudson	SR Augustana (Ill.)	52.10	720
3 Dylan Russell	SO Augustana (Ill.)	52.59	699
4 Cohen Oberg	SO Wheaton (Ill.)	56.34	546
5 Jacob Ahlberg	JR North Centra	56.80	528
6 Sebastian Estrada	JR Carthage	57.95	486
7 Devin Gephart	SR Augustana (Ill.)	58.35	471
8 Josh Klein	SR Illinois Wesleyan	58.39	470



**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**Decathlon: #10 Men 1500 Meter Run Decathlon**

Name	Year	School	Finals	Points
1 Mike Hudson	SR	Augustana (Ill.)	4:47.03	637
45.442 (45.442)	2:01.323 (1:15.881)	3:26.914 (1:25.592)	4:47.029 (1:20.115)	
2 Adam Kedzior	JR	Carthage	4:51.32	611
53.393 (53.393)	2:13.445 (1:20.053)	3:38.187 (1:24.742)	4:51.311 (1:13.125)	
3 Dylan Russell	SO	Augustana (Ill.)	4:55.70	585
56.205 (56.205)	2:15.817 (1:19.612)	3:37.671 (1:21.855)	4:55.693 (1:18.022)	
4 Cohen Oberg	SO	Wheaton (Ill.)	5:09.31	507
58.036 (58.036)	2:25.978 (1:27.942)	3:55.136 (1:29.159)	5:09.307 (1:14.171)	
5 Devin Gephart	SR	Augustana (Ill.)	5:24.51	427
56.952 (56.952)	2:23.207 (1:26.256)	3:55.900 (1:32.694)	5:24.505 (1:28.606)	
6 Josh Klein	SR	Illinois Wesleyan	5:27.89	410
58.167 (58.167)	2:25.779 (1:27.612)	3:58.630 (1:32.852)	5:27.888 (1:29.258)	
7 Sebastian Estrada	JR	Carthage	5:43.02	338
56.164 (56.164)	2:24.132 (1:27.968)	4:04.569 (1:40.438)	5:43.017 (1:38.448)	
8 Jacob Ahlberg	JR	North Centra	6:02.83	253
1:00.242 (1:00.242)	2:34.999 (1:34.758)	4:23.128 (1:48.129)	6:02.830 (1:39.702)	

**Decathlon: #6 Men 110 Meter Hurdles Decathlon**

Name	Year	School	Finals	Wind	H#	Points
1 Adam Kedzior	JR	Carthage	16.46	-0.5	2	682
2 Mike Hudson	SR	Augustana (Ill.)	16.54	-0.5	2	673
3 Jacob Ahlberg	JR	North Centra	17.73	-0.5	2	550
4 Dylan Russell	SO	Augustana (Ill.)	18.12	-0.9	1	513
5 Cohen Oberg	SO	Wheaton (Ill.)	18.18	-0.5	2	507
6 Devin Gephart	SR	Augustana (Ill.)	18.70	-0.9	1	459
7 Josh Klein	SR	Illinois Wesleyan	19.24	-0.9	1	412
8 Sebastian Estrada	JR	Carthage	19.68	-0.9	1	375

**Decathlon: #4 Men High Jump Decathlon**

Name	Year	School	Finals	Points	
1 Mike Hudson	SR	Augustana (Ill.)	1.78m	5-10.00	610
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81	PPP PPP PPP PPP PPP	O O O O O	O O XXX		
2 Sebastian Estrada	JR	Carthage	1.75m	5-08.75	585
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81	PPP PPP PPP PPP PPP	PPP PPP PPP O PPP	O PPP XXX		
3 Jacob Ahlberg	JR	North Centra	1.72m	5-07.75	560
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75	PPP PPP PPP PPP O	PPP O O XXO XXO	XXX		
4 Cohen Oberg	SO	Wheaton (Ill.)	1.66m	5-05.25	512
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69	PPP PPP PPP PPP PPP	O XXO XO XXX			
5 Devin Gephart	SR	Augustana (Ill.)	1.60m	5-03.00	464
1.45 1.48 1.51 1.54 1.57 1.60 1.63	XO XO PPP XXO XO	XO XXX			
6 Adam Kedzior	JR	Carthage	1.57m	5-01.75	441
1.45 1.48 1.51 1.54 1.57 1.60 1.63	PPP PPP O PPP O	PPP XXX			

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Decathlon: #4 Men High Jump Decathlon**

7	Josh Klein	SR Illinois Wesleyan	1.51m	4-11.50	396
	1.45 1.48 1.51 1.54				
	O O O XXX				
8	Dylan Russell	SO Augustana (Ill.)	1.48m	4-10.25	374
	1.45 1.48 1.51 1.54				
	O O PPP XXX				

**Decathlon: #8 Men Pole Vault Decathlon**

Name	Year School	Finals	Points
1 Dylan Russell	SO Augustana (Ill.)	3.85m 12-07.50	576
	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 O PPP O O O PPP XO XO XXX		
1 Adam Kedzior	JR Carthage	3.85m 12-07.50	576
	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 O O O O XXO XXX		
1 Jacob Ahlberg	JR North Centra	3.85m 12-07.50	576
	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 O XXO O XO XO XXX		
4 Mike Hudson	SR Augustana (Ill.)	3.45m 11-03.75	469
	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 O PPP O O O O XO XXO XXX		
5 Devin Gephart	SR Augustana (Ill.)	3.35m 10-11.75	444
	2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45		
	PPP O PPP O PPP O O O O O XXX		
6 Cohen Oberg	SO Wheaton (Ill.)	3.15m 10-04.00	393
	2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25		
	PPP PPP PPP O O O O XXO XXX		
7 Josh Klein	SR Illinois Wesleyan	2.65m 8-08.25	275
	2.45 2.55 2.65 2.75		
	O O XO XXX		
-- Sebastian Estrada	JR Carthage	NH	
	2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15		
	PPP PPP PPP PPP PPP PPP XXX		

**Decathlon: #2 Men Long Jump Decathlon**

Name	Year School	Finals	Wind	Points	
1 Adam Kedzior	JR Carthage	6.30m	0.2	20-08.00	652
	6.30m(0.2) FOUL(3.0) 6.18m(3.2)				
2 Mike Hudson	SR Augustana (Ill.)	6.24m	2.3	20-05.75	639
	5.95m(1.8) FOUL(3.1) 6.24m(2.3)				
3 Cohen Oberg	SO Wheaton (Ill.)	6.00m	3.5	19-08.25	587
	5.59m(2.8) 5.97m(4.1) 6.00m(3.5)				
4 Jacob Ahlberg	JR North Centra	5.65m	0.2	18-06.50	512
	5.65m(0.2) 5.46m(1.7) 5.34m(2.7)				
5 Devin Gephart	SR Augustana (Ill.)	5.55m	4.4	18-02.50	492
	FOUL(1.3) FOUL(3.0) 5.55m(4.4)				
6 Dylan Russell	SO Augustana (Ill.)	5.49m	3.7	18-00.25	479
	5.42m(1.4) FOUL(3.2) 5.49m(3.7)				
7 Josh Klein	SR Illinois Wesleyan	5.10m	1.4	16-08.75	402
	4.34m(2.1) 5.10m(1.4) FOUL(4.7)				

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Decathlon: #2 Men Long Jump Decathlon**

8 Sebastian Estrada JR Carthage 3.83m +0.0 12-06.75 179  
 3.83m(+0.0) FOUL(2.9) FOUL(4.1)

**Decathlon: #3 Men Shot Put Decathlon**

Name	Year School	Finals	Points
1 Mike Hudson	SR Augustana (Ill.)	10.85m 35-07.25	537
10.85m 9.97m 10.69m			
2 Jacob Ahlberg	JR North Centra	10.83m 35-06.50	536
10.83m 10.44m 10.37m			
3 Adam Kedzior	JR Carthage	10.68m 35-00.50	527
10.68m 10.21m 10.52m			
4 Dylan Russell	SO Augustana (Ill.)	9.99m 32-09.50	485
9.99m 9.80m 9.91m			
5 Cohen Oberg	SO Wheaton (Ill.)	9.68m 31-09.25	466
9.38m 9.33m 9.68m			
6 Devin Gephart	SR Augustana (Ill.)	9.54m 31-03.75	458
9.07m 9.21m 9.54m			
7 Josh Klein	SR Illinois Wesleyan	9.52m 31-03.00	457
8.72m 9.36m 9.52m			
8 Sebastian Estrada	JR Carthage	8.84m 29-00.00	416
FOUL 8.69m 8.84m			

**Decathlon: #7 Men Discus Throw Decathlon**

Name	Year School	Finals	Points
1 Jacob Ahlberg	JR North Centra	36.96m 121-03	603
36.96m FOUL FOUL			
2 Mike Hudson	SR Augustana (Ill.)	36.55m 119-11	595
33.87m 34.80m 36.55m			
3 Josh Klein	SR Illinois Wesleyan	36.02m 118-02	584
35.54m 34.58m 36.02m			
4 Cohen Oberg	SO Wheaton (Ill.)	28.75m 94-04	440
28.75m FOUL FOUL			
5 Adam Kedzior	JR Carthage	28.73m 94-03	440
28.73m FOUL 27.95m			
6 Devin Gephart	SR Augustana (Ill.)	25.94m 85-01	385
24.25m 24.90m 25.94m			
7 Sebastian Estrada	JR Carthage	23.93m 78-06	347
23.93m FOUL 21.67m			
8 Dylan Russell	SO Augustana (Ill.)	21.93m 71-11	308
21.93m 20.40m 21.31m			

**Decathlon: #9 Men Javelin Throw Decathlon**

Name	Year School	Finals	Points
1 Mike Hudson	SR Augustana (Ill.)	49.44m 162-02	580
48.97m 47.02m 49.44m			
2 Jacob Ahlberg	JR North Centra	43.90m 144-00	499
39.25m 43.90m 42.86m			
3 Devin Gephart	SR Augustana (Ill.)	43.87m 143-11	498
43.20m 42.46m 43.87m			

**2024 CCIW Championships**  
**Augustana College, Rock Island, IL - 5/3/2024 to 5/4/2024**  
**Results**

**....Decathlon: #9 Men Javelin Throw Decathlon**

4	Dylan Russell	SO Augustana (Ill.)	41.02m	134-07	457
	40.58m 41.02m 40.61m				
5	Sebastian Estrada	JR Carthage	40.85m	134-00	454
	39.62m 40.85m FOUL				
6	Cohen Oberg	SO Wheaton (Ill.)	40.11m	131-07	444
	40.11m 36.13m 32.70m				
7	Adam Kedzior	JR Carthage	34.38m	112-09	361
	34.38m PASS PASS				
8	Josh Klein	SR Illinois Wesleyan	32.56m	106-10	335
	31.41m 31.61m 32.56m				

**Men Decathlon**

Championship: C 7009 2019		Leif Van Grinsven, Wheaton					
Stadium: S 6973 2005		Kevin Deering, UW-Oshkosh					
Name	Year	School	Seed	Finals	H#	Points	
1	Mike Hudson	SR Augustana (Ill.)	5586	6147	10		
2	Adam Kedzior	JR Carthage		5802	8		
3	Jacob Ahlberg	JR North Centra	4546	5237	6		
4	Dylan Russell	SO Augustana (Ill.)	4396	5145	5		
5	Cohen Oberg	SO Wheaton (Ill.)		5039	4		
6	Devin Gephart	SR Augustana (Ill.)	4210	4747	3		
7	Josh Klein	SR Illinois Wesleyan		4224	2		
8	Sebastian Estrada	JR Carthage		3751	1		

Women - Team Rankings - 21 Events Scored

1) North Central (Ill.)	203.50	2) Augustana (Ill.)	135
3) Elmhurst	112	4) Carthage	105
5) Illinois Wesleyan	71	6) Wheaton (Ill.)	67
7) Carroll (Wis.)	51	8) Millikin	48.50
9) North Park	26		

Men - Team Rankings - 21 Events Scored

1) North Central (Ill.)	167	2) Carthage	127
3) Illinois Wesleyan	125	4) Augustana (Ill.)	113.50
5) Wheaton (Ill.)	105	6) Millikin	92.50
7) Carroll (Wis.)	70	8) Elmhurst	15
9) North Park	4		