

2023 Midwest Conference Championship - 5/12/2023 to 5/13/2023**Live Results posted on Results.AdkinsTrak.com****Grinnell College****Results****Women 100 Meter Dash****Top 8 Advance by Time**

Conference: 11.93 2017		Briana Gardner, Monmouth College				
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Carchidi, Eva	Grinnell	12.43	12.32q	2.2	1 12.312
2	Osborn, Madison	Cornell College	12.13	12.32q	1.7	3 12.314
3	McDonald, Jordyn	Beloit	12.37	12.48q	1.6	2
4	Nichols, Lakeida	Illinois College	12.70	12.51q	1.6	2
5	Jones, AJ	Lake Forest	12.96	12.67q	2.2	1
6	Villarreal, Alyssa	Monmouth (Ill.)	12.93	12.74q	1.6	2
7	Dockins, Allie	Knox	12.68	12.79q	2.2	1
8	Rusk, Maddie	Monmouth (Ill.)	12.82	12.86q	1.7	3
9	Erickson, Jenna	Ripon	13.14	13.07	1.6	2
10	Mar, Caitlyne	Cornell College	13.27	13.12	1.6	2
11	Cross, Morgan	Lawrence	13.44	13.15	2.2	1
12	Royster, Darcel	Beloit	13.18	13.20	1.7	3
13	Beaman, Kayla	Knox	13.10	13.24	2.2	1
14	Sifuentez-Lewis, Marissa	Illinois College	13.32	13.25	2.2	1
15	Sugiyama, Emily	Lawrence	13.47	13.31	1.7	3
16	Pulaski, Annie	Lake Forest	13.47	13.37	1.6	2
17	Jones, Fynesse	Illinois College	13.48	13.41	1.7	3
18	Hursey, Miranda	Monmouth (Ill.)	13.51	13.57	1.6	2
19	Celus, Ally	Monmouth (Ill.)	13.24	13.66	1.7	3
20	Voinescu, Isa	Grinnell		13.91	1.7	3
21	McField, Sarah	Lake Forest	14.23	14.01	2.2	1
22	Ong, Caitlin	Grinnell	14.54	14.12	2.2	1
23	Natalie, Alexandra	Grinnell	15.43	15.57	1.6	2
24	Radziewicz, Mary	Lake Forest	12.76	15.80	1.7	3

Women 100 Meter Dash

Conference: 11.93 2017		Briana Gardner, Monmouth College				
Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1	Osborn, Madison	Cornell College	12.32	12.40	-1.3	10
2	McDonald, Jordyn	Beloit	12.48	12.49	-1.3	8
3	Nichols, Lakeida	Illinois College	12.51	12.55	-1.3	6
4	Carchidi, Eva	Grinnell	12.32	12.56	-1.3	5
5	Dockins, Allie	Knox	12.79	13.11	-1.3	4
6	Jones, AJ	Lake Forest	12.67	13.13	-1.3	3
7	Villarreal, Alyssa	Monmouth (Ill.)	12.74	13.16	-1.3	2
8	Rusk, Maddie	Monmouth (Ill.)	12.86	13.22	-1.3	1

Women 200 Meter Dash**Top 8 Advance by Time**

Conference: 24.70 2017		Briana Gardner, Monmouth College				
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Boyance, T'Aira	Beloit	25.05	25.24q	-1.7	5
2	McDonald, Jordyn	Beloit	25.68	25.73q	-1.8	4

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3	Osborn, Madison	Cornell College	25.90	25.74q	-1.6	3
4	Carchidi, Eva	Grinnell	26.14	26.00q	-2.4	2
5	McAllister, Natalie	Cornell College	26.16	26.11q	-1.2	1
6	Edassery, Sonia	Grinnell	26.14	26.24q	-1.2	1
7	Radziewicz, Mary	Lake Forest	26.63	26.34q	-1.7	5
8	Oakley, Brooke	Illinois College	26.25	26.50q	-2.4	2
9	Miller, Olivia	Ripon	26.28	26.54	-1.6	3
10	Dockins, Allie	Knox	26.43	26.73	-1.7	5
11	Rusk, Maddie	Monmouth (Ill.)	26.36	27.14	-1.8	4
12	Rahn, Payton	Ripon	27.14	27.15	-1.6	3
13	Mar, Caitlyne	Cornell College	27.27	27.17	-2.4	2
14	Beaman, Kayla	Knox	27.83	27.25	-1.8	4
15	Jones, AJ	Lake Forest		27.31	-1.7	5
16	Benson, Madeline	Illinois College	26.65	27.32	-1.8	4
17	Royster, Darcel	Beloit	27.66	27.53	-2.4	2
18	Taylor, Ava	Grinnell	27.49	27.65	-1.2	1
19	Sugiyama, Emily	Lawrence	27.94	27.88	-1.8	4
20	Jones, Fynesse	Illinois College	27.86	28.05	-1.7	5
21	Villarreal, Alyssa	Monmouth (Ill.)	27.46	28.07	-1.2	1
22	Pulaski, Annie	Lake Forest	28.80	28.32	-2.4	2
23	Cross, Morgan	Lawrence	28.56	28.56	-1.6	3
24	Celus, Ally	Monmouth (Ill.)	27.79	28.56	-1.6	3
25	Hoyer, Nicole	Monmouth (Ill.)	27.86	28.57	-1.7	5
26	McMahon, Montana	Beloit		28.87	-1.8	4
27	Wessel, Gretchen	Illinois College	29.70	29.59	-1.2	1
28	McField, Sarah	Lake Forest	30.88	30.03	-1.6	3
29	Vega Juarez, Itzel	Lawrence	30.69	30.33	-2.4	2
30	Goodman, Jessie	Grinnell	30.50	30.63	-1.2	1

Women 200 Meter Dash

Conference: 24.70 2017 Briana Gardner, Monmouth College
 Name Year School Prelims Finals Wind Points

Finals

1	Boyance, T'Aira	Beloit	25.24	25.01	-1.9	10
2	Osborn, Madison	Cornell College	25.74	25.24	-1.9	8
3	McDonald, Jordyn	Beloit	25.73	25.28	-1.9	6
4	Carchidi, Eva	Grinnell	26.00	25.66	-1.9	5
5	Edassery, Sonia	Grinnell	26.24	26.19	-1.9	4
6	Radziewicz, Mary	Lake Forest	26.34	26.22	-1.9	3
7	Oakley, Brooke	Illinois College	26.50	26.44	-1.9	2
8	McAllister, Natalie	Cornell College	26.11	26.62	-1.9	1

Women 400 Meter Dash**Top 8 Advance by Time**

Conference: 55.49 2014 Christine Ajinjeru, Grinnell College
 Name Year School Seed Prelims H#

Preliminaries

1	Brown, Sidney	Cornell College	59.78	58.36q	1
2	Boyance, T'Aira	Beloit	56.60	58.57q	3
3	Edassery, Sonia	Grinnell	59.76	59.33q	2

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**Grinnell College
Results****....Women 400 Meter Dash**

4	Oakley, Brooke	Illinois College	1:01.24	1:00.11q	2
5	Rahn, Payton	Ripon	1:00.52	1:00.20q	1
6	Damste, Candis	Beloit	1:03.68	1:01.42q	2
7	Furch, Alayna	Beloit	1:01.49	1:02.00q	3
8	Loos-Austin, Rose	Beloit	1:03.35	1:02.94q	3
9	Engst, Carina	Monmouth (Ill.)	1:06.68	1:04.75	3
10	Ibarra, Devin	Ripon	1:06.23	1:04.90	3
11	Hoyer, Nicole	Monmouth (Ill.)	1:04.59	1:05.21	1
12	Ong, Caitlin	Grinnell	1:05.89	1:06.28	2
13	Cotton, Olivia	Cornell College	1:05.11	1:06.72	1
14	Demeuse, Greta	Ripon		1:07.12	1
15	Vega Juarez, Itzel	Lawrence	1:11.64	1:10.99	2
16	Jorgensen, Delfina	Lake Forest		1:14.37	2
17	Endicott, Amanda	Lawrence	1:20.34	1:17.08	1

Women 400 Meter Dash

Conference: 55.49 2014 Christine Ajinjeru, Grinnell College
 Name Year School Prelims Finals Points

Finals

1	Boyance, T'Aira	Beloit	58.57	57.86	10
2	Brown, Sidney	Cornell College	58.36	59.35	8
3	Furch, Alayna	Beloit	1:02.00	59.74	6
4	Oakley, Brooke	Illinois College	1:00.11	1:00.03	5
5	Edassery, Sonia	Grinnell	59.33	1:00.29	4
6	Rahn, Payton	Ripon	1:00.20	1:00.77	3
7	Loos-Austin, Rose	Beloit	1:02.94	1:03.27	2
8	Damste, Candis	Beloit	1:01.42	1:03.29	1

Women 800 Meter Run

Conference: 2:09.12 2012 Emily Schudrowitz, St. Norbert College
 Name Year School Seed Finals H# Points

1	Claussen-Tubbs, Ava	Cornell College	2:24.75	2:18.54	3	10
	1:07.831 (1:07.831)	2:18.531 (1:10.700)				
2	Koppes, Alyza	Cornell College	2:24.13	2:20.98	3	8
	1:07.284 (1:07.284)	2:20.976 (1:13.692)				
3	Engbretson, Grace	Ripon	2:26.16	2:23.50	3	6
	1:10.710 (1:10.710)	2:23.500 (1:12.790)				
4	Cortes, Jenny	Ripon	2:22.25	2:24.43	3	5
	1:07.623 (1:07.623)	2:24.428 (1:16.806)				
5	Willett, Isabelle	Ripon	2:27.07	2:27.43	3	4
	1:12.557 (1:12.557)	2:27.421 (1:14.865)				
6	Reid, Sam	Grinnell	2:27.39	2:29.02	3	3
	1:12.515 (1:12.515)	2:29.014 (1:16.500)				
7	Onukaogu, Faith	Lawrence	2:32.96	2:29.90	3	2
	1:12.338 (1:12.338)	2:29.892 (1:17.555)				
8	Rabbani, Allison	Grinnell	2:35.74	2:31.31	2	1
	1:08.263 (1:08.263)	2:31.308 (1:23.045)				
9	Elliott-Rude, Eleanor	Grinnell	2:32.18	2:31.48	3	
	1:12.804 (1:12.804)	2:31.475 (1:18.671)				

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

10	Bodnar, Lilia	Lawrence	2:34.09	2:31.88	3
	1:13.336 (1:13.336)	2:31.877 (1:18.541)			
11	Taylor, Madeline	Lawrence	2:31.93	2:33.69	3
	1:13.052 (1:13.052)	2:33.688 (1:20.636)			
12	Orrick, Ashley	Illinois College	2:32.91	2:34.19	3
	1:13.557 (1:13.557)	2:34.183 (1:20.627)			
13	Stanich, Jaicey	Lawrence	2:38.90	2:35.94	2
	1:15.721 (1:15.721)	2:35.938 (1:20.217)			
14	Valentine, Aspen	Beloit	2:35.39	2:36.40	2
	1:16.421 (1:16.421)	2:36.397 (1:19.976)			
15	Eaton, Lindsay	Monmouth (Ill.)	2:39.36	2:36.94	2
	1:16.210 (1:16.210)	2:36.940 (1:20.730)			
16	Mosquera, Jade	Beloit	2:40.89	2:38.35	2
	1:15.919 (1:15.919)	2:38.341 (1:22.423)			
17	Pakosz, Natalie	Ripon	2:29.26	2:38.66	3
	1:15.924 (1:15.924)	2:38.653 (1:22.730)			
18	Charron, Grace	Grinnell	2:37.86	2:38.90	2
	1:12.814 (1:12.814)	2:38.898 (1:26.085)			
19	Czuj, Josephine	Beloit	2:41.48	2:42.19	2
	1:15.534 (1:15.534)	2:42.190 (1:26.657)			
20	Ray, Becca	Lake Forest	2:45.43	2:42.71	2
	1:18.773 (1:18.773)	2:42.703 (1:23.930)			
21	Meason, Madeline	Beloit	2:46.85	2:45.66	2
	1:19.662 (1:19.662)	2:45.660 (1:25.999)			
22	Dorner, Julie	Lake Forest	2:47.31	2:46.10	2
	1:20.197 (1:20.197)	2:46.094 (1:25.897)			
23	Mercado-Ramos, Kairy	Illinois College	2:49.83	2:46.25	1
	1:20.780 (1:20.780)	2:46.244 (1:25.465)			
24	Peters, Claire	Illinois College	2:49.47	2:51.17	2
	1:17.730 (1:17.730)	2:51.165 (1:33.435)			
25	Mechta, Rawya	Lake Forest	2:53.09	2:51.60	1
	1:22.154 (1:22.154)	2:51.591 (1:29.438)			
26	Delgadillo, Serena	Knox	3:00.23	3:01.08	1
	1:22.281 (1:22.281)	3:01.076 (1:38.795)			
27	Drake, Ashley	Illinois College	2:59.91	3:02.21	1
	1:31.704 (1:31.704)	3:02.205 (1:30.501)			

Women 1500 Meter Run

Conference:		4:35.44	2014	Sarah Burnell, Grinnell College		
Name	Year	School	Seed	Finals	H#	Points
1	Lammers, Katie	Cornell College	4:53.72	4:46.98	2	10
	54.121 (54.121)	2:13.099 (1:18.979)	3:33.902 (1:20.803)	4:46.972	(1:13.070)	
2	Cortes, Jenny	Ripon	4:54.69	4:51.50	2	8
	55.168 (55.168)	2:13.304 (1:18.136)	3:34.131 (1:20.827)	4:51.495	(1:17.365)	
3	Roark, Hannah	Grinnell	5:04.24	4:53.82	2	6
	56.123 (56.123)	2:17.776 (1:21.654)	3:39.250 (1:21.475)	4:53.815	(1:14.565)	
4	Koppes, Alyza	Cornell College	5:02.58	4:54.03	2	5
	55.135 (55.135)	2:14.683 (1:19.549)	3:37.598 (1:22.915)	4:54.029	(1:16.431)	
5	Karow, Morgan	Grinnell	5:07.59	4:54.98	2	4
	57.706 (57.706)	2:18.089 (1:20.384)	3:39.008 (1:20.919)	4:54.971	(1:15.964)	
6	Pakosz, Natalie	Ripon	5:01.03	4:55.51	2	3
	55.988 (55.988)	2:15.248 (1:19.260)	3:36.753 (1:21.506)	4:55.501	(1:18.748)	

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7	Engebretson, Grace	Ripon	5:05.58	4:59.30	2	2
	57.065 (57.065)	2:18.498 (1:21.434)	3:42.893 (1:24.395)	4:59.299 (1:16.406)		
8	Kaczmarczyk, Crystal	Grinnell	5:15.13	5:01.05	2	1
	58.022 (58.022)	2:18.389 (1:20.368)	3:40.068 (1:21.679)	5:01.049 (1:20.982)		
9	Oliver, Cristyn	Lawrence	5:06.50	5:01.53	2	
	54.435 (54.435)	2:15.694 (1:21.260)	3:40.893 (1:25.199)	5:01.530 (1:20.638)		
10	Willett, Isabelle	Ripon	5:06.87	5:06.09	2	
	56.553 (56.553)	2:17.826 (1:21.274)	3:41.350 (1:23.525)	5:06.085 (1:24.735)		
11	Krell, Berkeley	Lawrence	5:21.41	5:17.14	2	
	57.228 (57.228)	2:19.453 (1:22.225)	3:48.993 (1:29.540)	5:17.132 (1:28.140)		
12	Klassen, Kylie	Grinnell	5:29.55	5:19.87	1	
	1:01.474 (1:01.474)	2:27.709 (1:26.235)	3:53.695 (1:25.986)	5:19.869 (1:26.175)		
13	Taylor, Madeline	Lawrence	5:12.29	5:21.66	2	
	57.332 (57.332)	2:19.306 (1:21.975)	3:49.871 (1:30.565)	5:21.660 (1:31.790)		
14	Valentine, Aspen	Beloit	5:25.11	5:23.42	2	
	1:00.329 (1:00.329)	2:29.558 (1:29.229)	4:02.103 (1:32.545)	5:23.419 (1:21.317)		
15	Orrick, Ashley	Illinois College	5:16.65	5:26.12	2	
	57.546 (57.546)	2:19.868 (1:22.323)	3:50.623 (1:30.755)	5:26.117 (1:35.494)		
16	Moldenhauer, Jasmine	Lawrence	5:34.39	5:28.72	1	
	1:01.661 (1:01.661)	2:28.044 (1:26.384)	3:56.526 (1:28.482)	5:28.714 (1:32.189)		
17	Garey, Skylar	Monmouth (Ill.)	5:28.22	5:32.02	2	
	59.999 (59.999)	2:27.530 (1:27.531)	3:59.792 (1:32.262)	5:32.013 (1:32.222)		
18	De Montigny, Simone	Beloit	5:36.09	5:35.54	1	
	1:02.217 (1:02.217)	2:29.954 (1:27.738)	4:04.699 (1:34.745)	5:35.540 (1:30.841)		
19	Mercado-Ramos, Kairy	Illinois College	5:44.03	5:40.90	1	
	1:03.235 (1:03.235)	2:33.617 (1:30.382)	4:08.678 (1:35.062)	5:40.898 (1:32.220)		
20	Czuj, Josephine	Beloit	5:46.50	5:47.22	1	
	1:05.501 (1:05.501)	2:38.681 (1:33.180)	4:16.638 (1:37.957)	5:47.220 (1:30.583)		
21	Meason, Madeline	Beloit	5:44.26	5:51.98	1	
	1:06.404 (1:06.404)	2:39.688 (1:33.284)	4:19.112 (1:39.425)	5:51.974 (1:32.863)		
22	Peters, Claire	Illinois College	5:53.13	6:07.11	1	
	1:03.534 (1:03.534)	2:35.903 (1:32.369)	4:16.993 (1:41.090)	6:07.108 (1:50.116)		
23	Czauderna, Amy	Lake Forest	6:15.10	6:08.81	1	
	1:06.199 (1:06.199)	2:43.046 (1:36.847)	4:25.690 (1:42.645)	6:08.802 (1:43.112)		
24	Parises, Grace	Cornell College	6:17.23	6:16.09	1	
	1:03.298 (1:03.298)	2:40.973 (1:37.675)	4:31.633 (1:50.660)	6:16.087 (1:44.455)		
25	Drake, Ashley	Illinois College	6:12.35	6:42.88	1	
	1:20.713 (1:20.713)	3:10.532 (1:49.820)	4:57.049 (1:46.518)	6:42.876 (1:45.827)		
26	Cruz, Heidi	Lake Forest		7:08.11	1	
	1:15.942 (1:15.942)	3:10.283 (1:54.341)	5:11.246 (2:00.964)	7:08.106 (1:56.860)		
27	Shields, Lexi	Monmouth (Ill.)	7:00.99	7:14.15	1	
	1:21.157 (1:21.157)	3:14.974 (1:53.818)	5:16.955 (2:01.981)	7:14.150 (1:57.195)		

Women 5000 Meter Run

Conference:	17:01.71	2016	Erin Artz, St Norbert College			
Name		Year	School	Seed	Finals	Points
1 Miyamoto, Keely			Grinnell	17:41.20	18:19.73	10
	41.361 (41.361)	2:09.295 (1:27.935)	3:36.604 (1:27.309)	5:03.440 (1:26.836)		
	6:31.327 (1:27.888)	8:00.132 (1:28.805)	9:29.271 (1:29.140)	10:58.873 (1:29.602)		
	12:28.455 (1:29.582)	13:57.649 (1:29.195)	15:27.714 (1:30.065)	16:57.259 (1:29.545)		
	18:19.725 (1:22.467)					

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2	Flyte, Mikayla	Ripon	18:08.87	18:36.25	8
	41.230 (41.230)	2:10.192 (1:28.963)	3:38.570 (1:28.378)	5:07.684 (1:29.115)	
	6:37.760 (1:30.077)	8:08.710 (1:30.950)	9:39.936 (1:31.226)	11:10.890 (1:30.955)	
	12:41.647 (1:30.757)	14:12.738 (1:31.091)	15:44.889 (1:32.151)	17:15.107 (1:30.219)	
	18:36.245 (1:21.138)				
3	Denamur, Ali	Ripon	18:26.25	18:42.43	6
	41.835 (41.835)	2:09.640 (1:27.805)	3:36.900 (1:27.260)	5:03.788 (1:26.889)	
	6:31.487 (1:27.700)	8:00.675 (1:29.188)	9:30.093 (1:29.419)	10:59.985 (1:29.893)	
	12:31.047 (1:31.062)	14:03.840 (1:32.793)	15:37.528 (1:33.689)	17:11.526 (1:33.999)	
	18:42.426 (1:30.900)				
4	Karow, Morgan	Grinnell	18:53.32	18:43.73	5
	42.425 (42.425)	2:10.973 (1:28.549)	3:40.652 (1:29.680)	5:12.099 (1:31.447)	
	6:43.044 (1:30.945)	8:15.365 (1:32.322)	9:46.814 (1:31.449)	11:18.932 (1:32.119)	
	12:51.473 (1:32.541)	14:23.987 (1:32.515)	15:56.819 (1:32.832)	17:25.750 (1:28.932)	
	18:43.723 (1:17.973)				
5	Oliver, Cristyn	Lawrence	18:44.80	18:48.81	4
	41.687 (41.687)	2:09.443 (1:27.756)	3:36.728 (1:27.285)	5:03.559 (1:26.831)	
	6:31.732 (1:28.174)	8:01.323 (1:29.591)	9:33.128 (1:31.805)	11:05.889 (1:32.761)	
	12:39.424 (1:33.535)	14:13.856 (1:34.433)	15:49.037 (1:35.181)	17:21.844 (1:32.807)	
	18:48.806 (1:26.963)				
6	Diamond-Berman, Mira	Grinnell	18:56.38	19:04.01	3
	43.193 (43.193)	2:12.340 (1:29.148)	3:41.777 (1:29.437)	5:12.650 (1:30.874)	
	6:43.617 (1:30.967)	8:15.909 (1:32.292)	9:47.368 (1:31.460)	11:20.721 (1:33.354)	
	12:52.783 (1:32.062)	14:25.992 (1:33.210)	15:59.745 (1:33.753)	17:33.867 (1:34.123)	
	19:04.007 (1:30.140)				
7	Roark, Hannah	Grinnell	18:49.51	19:16.81	2
	42.749 (42.749)	2:11.354 (1:28.605)	3:41.359 (1:30.005)	5:12.399 (1:31.040)	
	6:43.377 (1:30.979)	8:15.625 (1:32.249)	9:47.113 (1:31.488)	11:20.641 (1:33.529)	
	12:57.373 (1:36.732)	14:35.965 (1:38.592)	16:11.621 (1:35.657)	17:47.528 (1:35.907)	
	19:16.805 (1:29.277)				
8	Winebrenner, Riley	Lawrence	18:51.94	19:26.25	1
	42.098 (42.098)	2:12.215 (1:30.118)	3:40.720 (1:28.505)	5:12.956 (1:32.237)	
	6:45.749 (1:32.793)	8:20.601 (1:34.853)	9:54.775 (1:34.175)	11:31.065 (1:36.290)	
	13:07.939 (1:36.874)	14:42.040 (1:34.101)	16:18.505 (1:36.465)	17:55.433 (1:36.929)	
	19:26.246 (1:30.814)				
9	Foster, Althea	Lawrence	19:19.75	20:47.13	
	42.590 (42.590)	2:14.670 (1:32.080)	3:51.647 (1:36.977)	5:29.643 (1:37.996)	
	7:08.424 (1:38.781)	8:49.829 (1:41.405)	10:31.982 (1:42.154)	12:14.899 (1:42.917)	
	13:59.233 (1:44.335)	15:43.978 (1:44.745)	17:26.225 (1:42.247)	19:08.164 (1:41.940)	
	20:47.121 (1:38.958)				
10	Haider, Aasma	Lawrence	20:29.93	21:31.24	
	43.564 (43.564)	2:18.184 (1:34.620)	3:58.380 (1:40.196)	5:41.953 (1:43.574)	
	7:28.699 (1:46.746)	9:12.783 (1:44.085)	10:58.721 (1:45.939)	12:44.716 (1:45.995)	
	14:32.761 (1:48.045)	16:21.286 (1:48.525)	18:09.359 (1:48.073)	19:54.000 (1:44.641)	
	21:31.237 (1:37.238)				
11	De Montigny, Simone	Beloit	20:21.14	22:12.27	
	44.195 (44.195)	2:20.979 (1:36.784)	4:02.440 (1:41.462)	5:46.071 (1:43.631)	
	7:32.041 (1:45.970)	9:23.235 (1:51.195)	11:11.727 (1:48.492)	13:00.825 (1:49.099)	
	14:52.475 (1:51.650)	16:43.100 (1:50.626)	18:35.875 (1:52.775)	20:27.120 (1:51.246)	
	22:12.264 (1:45.144)				

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12 Ascher-Handlin, Elinor	Cornell College	21:40.15	22:28.15		
44.195 (44.195)	2:21.259 (1:37.064)	4:02.572 (1:41.314)	5:46.410 (1:43.839)		
7:29.533 (1:43.123)	9:15.691 (1:46.159)	11:08.334 (1:52.643)	13:02.496 (1:54.163)		
14:56.550 (1:54.055)	16:52.327 (1:55.777)	18:47.865 (1:55.539)	20:41.056 (1:53.191)		
22:28.150 (1:47.095)					
-- Lammers, Katie	Cornell College	18:34.61	DNF		
41.589 (41.589)	2:09.521 (1:27.933)	3:36.750 (1:27.229)	5:03.685 (1:26.935)		
6:31.621 (1:27.937)	8:00.399 (1:28.778)	9:29.770 (1:29.371)	11:02.061 (1:32.292)		
12:36.733 (1:34.672)					

Women 10000 Meter Run

Conference:	36:27.59	2008	Jenny Scherer, St. Norbert College		
Name	Year	School	Seed	Finals	Points
1 Flyte, Mikayla		Ripon	37:01.46	38:58.71	10
1:24.732 (1:24.732)	2:54.984 (1:30.252)	4:26.052 (1:31.069)	5:57.511 (1:31.459)		
7:28.283 (1:30.773)	9:01.053 (1:32.770)	10:33.851 (1:32.799)	12:05.683 (1:31.832)		
13:38.466 (1:32.783)	15:11.838 (1:33.373)	16:45.531 (1:33.694)	18:20.071 (1:34.540)		
19:53.751 (1:33.680)	21:28.581 (1:34.831)	23:03.408 (1:34.827)	24:38.975 (1:35.568)		
26:15.157 (1:36.182)	27:51.518 (1:36.361)	29:27.386 (1:35.869)	31:02.948 (1:35.562)		
32:39.917 (1:36.970)	34:16.870 (1:36.954)	35:54.094 (1:37.225)	37:28.848 (1:34.754)		
38:58.701 (1:29.854)					
2 Denamur, Ali		Ripon	38:09.25	40:07.89	8
1:25.088 (1:25.088)	2:55.257 (1:30.170)	4:26.268 (1:31.011)	5:57.702 (1:31.435)		
7:28.821 (1:31.119)	9:01.173 (1:32.353)	10:33.947 (1:32.775)	12:06.344 (1:32.397)		
13:40.103 (1:33.760)	15:16.632 (1:36.530)	16:55.294 (1:38.662)	18:35.538 (1:40.245)		
20:17.543 (1:42.005)	21:58.045 (1:40.503)	23:37.267 (1:39.222)	25:18.271 (1:41.005)		
26:58.247 (1:39.976)	28:37.310 (1:39.063)	30:17.095 (1:39.785)	31:57.692 (1:40.598)		
33:36.815 (1:39.124)	35:17.294 (1:40.480)	36:56.203 (1:38.909)	38:34.665 (1:38.463)		
40:07.889 (1:33.224)					
3 Miyamoto, Keely		Grinnell	40:27.36	6	
1:24.316 (1:24.316)	2:54.736 (1:30.420)	4:25.813 (1:31.077)	5:57.306 (1:31.493)		
7:28.520 (1:31.215)	9:00.821 (1:32.302)	10:33.637 (1:32.816)	12:05.982 (1:32.345)		
13:38.910 (1:32.928)	15:12.793 (1:33.884)	16:48.585 (1:35.792)	18:25.375 (1:36.790)		
20:02.940 (1:37.565)	21:42.894 (1:39.954)	23:21.334 (1:38.440)	25:00.915 (1:39.582)		
26:42.857 (1:41.942)	28:25.771 (1:42.915)	30:09.140 (1:43.369)	31:53.314 (1:44.175)		
33:38.607 (1:45.294)	35:24.274 (1:45.667)	37:10.517 (1:46.244)	38:55.482 (1:44.965)		
40:27.357 (1:31.875)					
4 Diamond-Berman, Mira		Grinnell	40:45.69	5	
1:35.462 (1:35.462)	3:12.299 (1:36.837)	4:50.889 (1:38.590)	6:28.606 (1:37.718)		
8:06.714 (1:38.108)	9:46.537 (1:39.824)	11:26.032 (1:39.495)	13:05.070 (1:39.038)		
14:44.144 (1:39.075)	16:20.606 (1:36.462)	17:57.599 (1:36.994)	19:34.698 (1:37.100)		
21:13.411 (1:38.714)	22:51.375 (1:37.964)	24:28.756 (1:37.382)	26:07.438 (1:38.682)		
27:45.602 (1:38.165)	29:25.017 (1:39.415)	31:04.255 (1:39.238)	32:44.349 (1:40.095)		
34:24.161 (1:39.813)	36:01.587 (1:37.426)	37:38.956 (1:37.370)	39:13.638 (1:34.682)		
40:45.688 (1:32.050)					

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5	Schaefer, Emma	Grinnell	41:02.18	4	
	1:35.091 (1:35.091)	3:10.651 (1:35.561)	4:47.985 (1:37.334)	6:25.279 (1:37.295)	
	8:02.291 (1:37.012)	9:39.661 (1:37.371)	11:18.021 (1:38.360)	12:54.836 (1:36.815)	
	14:33.436 (1:38.601)	16:10.397 (1:36.961)	17:46.717 (1:36.320)	19:22.995 (1:36.278)	
	21:02.236 (1:39.242)	22:37.640 (1:35.404)	24:13.853 (1:36.214)	25:51.915 (1:38.062)	
	27:32.930 (1:41.016)	29:13.695 (1:40.765)	30:57.316 (1:43.621)	32:40.960 (1:43.645)	
	34:22.464 (1:41.505)	36:05.437 (1:42.973)	37:48.377 (1:42.940)	39:27.938 (1:39.561)	
	41:02.177 (1:34.240)				
6	Foster, Althea	Lawrence	42:27.76	42:31.75	3
	1:24.464 (1:24.464)	2:54.846 (1:30.383)	4:25.986 (1:31.140)	5:58.116 (1:32.130)	
	7:35.581 (1:37.466)	9:11.921 (1:36.340)	10:50.620 (1:38.700)	12:31.053 (1:40.434)	
	14:12.071 (1:41.018)	15:53.340 (1:41.270)	17:34.285 (1:40.945)	19:15.561 (1:41.276)	
	20:57.155 (1:41.594)	22:37.520 (1:40.366)	24:18.952 (1:41.432)	26:01.930 (1:42.979)	
	27:42.839 (1:40.909)	29:22.576 (1:39.738)	31:02.800 (1:40.225)	32:44.294 (1:41.494)	
	34:23.258 (1:38.965)	36:04.663 (1:41.405)	37:45.342 (1:40.680)	39:49.069 (2:03.727)	
	42:31.743 (2:42.675)				
7	Haider, Aasma	Lawrence	45:41.24	42:31.88	2
	1:34.963 (1:34.963)	3:11.717 (1:36.755)	4:48.327 (1:36.610)	6:27.227 (1:38.900)	
	8:05.305 (1:38.078)	9:44.896 (1:39.591)	11:27.250 (1:42.355)	13:10.855 (1:43.605)	
	14:53.958 (1:43.104)	16:38.488 (1:44.530)	18:24.328 (1:45.840)	20:08.121 (1:43.793)	
	21:53.898 (1:45.778)	23:37.706 (1:43.809)	25:23.326 (1:45.620)	27:09.548 (1:46.222)	
	28:53.895 (1:44.348)	30:38.454 (1:44.559)	32:23.361 (1:44.908)	34:06.635 (1:43.275)	
	35:52.834 (1:46.199)	37:36.624 (1:43.791)	39:18.642 (1:42.018)	41:00.369 (1:41.728)	
	42:31.879 (1:31.510)				
8	Barba, Diana	Grinnell	42:35.27	1	
	1:35.758 (1:35.758)	3:11.571 (1:35.814)	4:50.405 (1:38.834)	6:28.481 (1:38.077)	
	8:06.729 (1:38.248)	9:46.677 (1:39.949)	11:26.166 (1:39.490)	13:05.351 (1:39.185)	
	14:44.857 (1:39.507)	16:26.551 (1:41.694)	18:09.351 (1:42.801)	19:53.239 (1:43.888)	
	21:38.459 (1:45.220)	23:21.647 (1:43.189)	25:03.490 (1:41.843)	26:48.535 (1:45.046)	
	28:33.890 (1:45.355)	30:21.254 (1:47.364)	32:08.833 (1:47.580)	33:56.196 (1:47.364)	
	35:43.809 (1:47.613)	37:29.039 (1:45.230)	39:18.273 (1:49.235)	41:01.527 (1:43.255)	
	42:35.264 (1:33.737)				
9	Orsi, Rain	Lawrence	47:31.61	43:37.42	
	1:34.941 (1:34.941)	3:11.941 (1:37.000)	4:48.787 (1:36.847)	6:27.586 (1:38.799)	
	8:05.221 (1:37.635)	9:43.094 (1:37.874)	11:23.138 (1:40.045)	13:04.768 (1:41.630)	
	14:45.516 (1:40.748)	16:28.141 (1:42.625)	18:12.188 (1:44.048)	19:56.557 (1:44.370)	
	21:40.087 (1:43.530)	23:24.836 (1:44.750)	25:12.630 (1:47.795)	27:02.081 (1:49.451)	
	28:52.217 (1:50.136)	30:39.212 (1:46.995)	32:30.481 (1:51.270)	34:23.364 (1:52.883)	
	36:16.271 (1:52.908)	38:06.575 (1:50.305)	39:59.197 (1:52.622)	41:50.037 (1:50.840)	
	43:37.420 (1:47.384)				
10	Mosconi, Angela	Ripon	44:50.25		
	1:34.151 (1:34.151)	3:10.486 (1:36.335)	4:48.285 (1:37.800)	6:26.193 (1:37.909)	
	8:03.397 (1:37.205)	9:42.775 (1:39.378)	11:23.565 (1:40.790)	13:05.104 (1:41.540)	
	14:46.522 (1:41.419)	16:32.761 (1:46.240)	18:20.191 (1:47.430)	20:06.422 (1:46.232)	
	21:55.157 (1:48.735)	23:45.633 (1:50.476)	25:37.493 (1:51.860)	27:31.980 (1:54.488)	
	29:25.525 (1:53.545)	31:21.533 (1:56.008)	33:19.384 (1:57.852)	35:19.621 (2:00.237)	
	37:19.928 (2:00.307)	39:19.499 (1:59.572)	41:15.695 (1:56.196)	43:08.113 (1:52.418)	
	44:50.248 (1:42.135)				

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**Grinnell College
Results**

....Women 10000 Meter Run

11	Sutter, Annika	Cornell College	47:53.07	46:49.38				
	1:42.618 (1:42.618)	3:29.751 (1:47.134)	5:22.080 (1:52.329)	7:15.969 (1:53.890)				
	9:10.279 (1:54.310)	11:04.776 (1:54.498)	12:55.789 (1:51.013)	14:48.185 (1:52.396)				
	16:40.466 (1:52.281)	18:33.683 (1:53.218)	20:26.463 (1:52.780)	22:19.907 (1:53.444)				
	24:13.625 (1:53.719)	26:07.645 (1:54.020)	28:00.259 (1:52.615)	29:52.394 (1:52.135)				
	31:44.271 (1:51.878)	33:36.294 (1:52.023)	35:31.488 (1:55.195)	37:26.387 (1:54.900)				
	39:21.488 (1:55.101)	41:16.741 (1:55.254)	43:10.014 (1:53.274)	45:02.309 (1:52.295)				
	46:49.374 (1:47.065)							
12	Johnson, Jada	Ripon	47:35.17					
	1:44.831 (1:44.831)	3:35.608 (1:50.777)	5:28.491 (1:52.884)	7:19.712 (1:51.221)				
	9:12.215 (1:52.503)	11:03.773 (1:51.559)	12:55.616 (1:51.843)	14:48.452 (1:52.837)				
	16:43.515 (1:55.063)	18:38.165 (1:54.650)	20:35.031 (1:56.867)	22:30.395 (1:55.364)				
	24:26.845 (1:56.450)	26:23.778 (1:56.934)	28:20.499 (1:56.721)	30:17.559 (1:57.060)				
	32:15.367 (1:57.809)	34:13.557 (1:58.190)	36:11.079 (1:57.523)	38:09.935 (1:58.856)				
	40:08.339 (1:58.405)	42:05.424 (1:57.085)	43:57.769 (1:52.346)	45:51.242 (1:53.473)				
	47:35.169 (1:43.928)							
13	Ascher-Handlin, Elinor	Cornell College	46:37.55	47:47.81				
	1:37.556 (1:37.556)	3:29.598 (1:52.043)	5:22.038 (1:52.440)	7:15.930 (1:53.892)				
	9:10.250 (1:54.320)	11:04.810 (1:54.560)	12:55.559 (1:50.750)	14:48.026 (1:52.468)				
	16:40.485 (1:52.459)	18:33.751 (1:53.266)	20:26.566 (1:52.816)	22:20.014 (1:53.448)				
	24:13.569 (1:53.555)	26:07.685 (1:54.117)	28:00.323 (1:52.638)	29:53.114 (1:52.791)				
	31:52.662 (1:59.549)	33:52.140 (1:59.479)	35:52.123 (1:59.983)	37:52.583 (2:00.460)				
	39:56.023 (2:03.440)	41:53.789 (1:57.767)	43:50.993 (1:57.204)	45:45.969 (1:54.976)				
	47:47.805 (2:01.837)							
14	Wunderlich, Eliza	Lawrence	51:13.39	50:07.16				
	1:42.870 (1:42.870)	3:32.553 (1:49.684)	5:26.923 (1:54.370)	7:20.667 (1:53.745)				
	9:18.221 (1:57.554)	11:18.056 (1:59.836)	13:17.530 (1:59.474)	15:19.266 (2:01.736)				
	17:20.060 (2:00.795)	19:23.344 (2:03.285)	21:26.173 (2:02.829)	23:28.937 (2:02.765)				
	25:33.565 (2:04.628)	27:37.965 (2:04.401)	29:41.075 (2:03.110)	31:45.139 (2:04.064)				
	33:48.263 (2:03.125)	35:53.151 (2:04.889)	37:57.527 (2:04.376)	40:02.764 (2:05.238)				
	42:09.711 (2:06.947)	44:12.847 (2:03.136)	46:14.354 (2:01.508)	48:14.410 (2:00.056)				
	50:07.159 (1:52.750)							
15	Tolu-Honary, Mina	Beloit	58:53.60	57:38.48				
	2:02.903 (2:02.903)	4:17.226 (2:14.323)	6:32.307 (2:15.082)	8:48.400 (2:16.093)				
	11:04.058 (2:15.659)	13:20.257 (2:16.200)	15:37.662 (2:17.405)	17:55.431 (2:17.769)				
	20:12.964 (2:17.534)	22:31.451 (2:18.488)	24:51.144 (2:19.693)	27:10.454 (2:19.310)				
	29:28.350 (2:17.896)	31:50.243 (2:21.894)	34:11.913 (2:21.670)	36:34.574 (2:22.661)				
	38:56.560 (2:21.987)	41:18.770 (2:22.210)	43:41.226 (2:22.456)	46:02.783 (2:21.557)				
	48:24.168 (2:21.385)	50:44.264 (2:20.096)	55:24.494 (4:40.230)	57:38.477 (2:13.984)				

**Women 100 Meter Hurdles
Top 8 Advance by Time**

=====							
Conference:	13.84	2012	Missy Norville, Illinois College				
Name		Year	School	Seed	Prelims	Wind	H#
=====							
Preliminaries							
1	McAllister, Natalie		Cornell College	14.49	14.65q	1.1	3
2	Miller, Olivia		Ripon	14.84	14.76q	1.6	2
3	Hilmes, Kristina		Illinois College	16.27	15.70q	1.1	1
4	Welte, Hannah		Beloit	16.59	16.42q	1.1	1
5	Carolan, Hailey		Cornell College	16.72	16.50q	1.6	2
6	Staker, Sadie		Grinnell	17.47	17.08q	1.1	1
7	Yank, Irene		Lawrence	17.16	17.11q	1.1	3

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Grinnell College**Results****....Women 100 Meter Hurdles**

8	Zendejas, Mariana	Lawrence	17.45	17.25q	1.6	2
9	Flesch, Caroline	Ripon	18.14	17.27	1.1	3
10	Pickup, Cari	Cornell College	17.71	17.32	1.6	2
11	Finn, Bridget	Ripon	17.10	17.41	1.1	3
12	Han, Jacquelyn	Lake Forest	17.50	17.73	1.1	1
13	Paquin, Claire	Lawrence	17.93	17.79	1.1	3
14	Shafar, Megan	Knox	18.68	18.88	1.6	2
15	Clay, Ally	Monmouth (Ill.)	20.09	20.74	1.6	2

Women 100 Meter Hurdles

Conference: 13.84 2012 Missy Norville, Illinois College
 Name Year School Prelims Finals Wind Points

Finals

1	McAllister, Natalie	Cornell College	14.65	14.83	-0.2	10
2	Miller, Olivia	Ripon	14.76	15.05	-0.2	8
3	Hilmes, Kristina	Illinois College	15.70	16.52	-0.2	6
4	Carolan, Hailey	Cornell College	16.50	16.81	-0.2	5
5	Staker, Sadie	Grinnell	17.08	17.12	-0.2	4
6	Yank, Irene	Lawrence	17.11	17.19	-0.2	3
7	Zendejas, Mariana	Lawrence	17.25	17.48	-0.2	2
8	Welte, Hannah	Beloit	16.42	18.43	-0.2	1

Women 400 Meter Hurdles**Top 8 Advance by Time**

Conference: 1:02.44 1997 Heather Furrow, Monmouth College
 Name Year School Seed Prelims H#

Preliminaries

1	Finn, Bridget	Ripon	1:10.23	1:06.98q	1
2	Welte, Hannah	Beloit	1:06.33	1:07.78q	2
3	Carolan, Hailey	Cornell College	1:07.83	1:08.06q	1
4	Staker, Sadie	Grinnell	1:08.99	1:08.48q	1
5	Hilmes, Kristina	Illinois College	1:09.36	1:08.88q	2
6	Flesch, Caroline	Ripon	1:12.49	1:09.14q	2
7	Pickup, Cari	Cornell College	1:09.86	1:09.19q	2
8	Paquin, Claire	Lawrence	1:10.64	1:11.67q	1
9	Han, Jacquelyn	Lake Forest	1:17.52	1:15.05	1
10	Arnhold, Nicole	Ripon	1:20.17	1:20.21	1
--	Sherman, Kiki	Ripon	1:12.23	DQ	2 Hurdle Violation

Women 400 Meter Hurdles

Conference: 1:02.44 1997 Heather Furrow, Monmouth College
 Name Year School Prelims Finals Points

Finals

1	Welte, Hannah	Beloit	1:07.78	1:05.87	10
2	Finn, Bridget	Ripon	1:06.98	1:07.07	8
3	Carolan, Hailey	Cornell College	1:08.06	1:07.74	6
4	Flesch, Caroline	Ripon	1:09.14	1:07.95	5
5	Staker, Sadie	Grinnell	1:08.48	1:08.39	4

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**Grinnell College
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6 Pickup, Cari	Cornell College	1:09.19	1:09.97	3
7 Paquin, Claire	Lawrence	1:11.67	1:12.61	2
8 Hilmes, Kristina	Illinois College	1:08.88	1:12.74	1

Women 3000 Meter Steeplechase

Conference:		10:55.07	2016	Sam Martinez, Cornell College	
Name	Year	School	Seed	Finals	Points
1 Flyte, Mikayla		Ripon	11:44.98	11:39.78	10
43.516 (43.516)	2:10.844 (1:27.328)		3:45.631 (1:34.788)	5:23.035 (1:37.404)	
6:59.961 (1:36.926)	8:36.727 (1:36.767)		10:12.031 (1:35.304)	11:39.777 (1:27.747)	
2 Winebrenner, Riley		Lawrence	11:47.77	11:51.15	8
43.972 (43.972)	2:10.369 (1:26.397)		3:45.036 (1:34.668)	5:22.730 (1:37.694)	
6:58.831 (1:36.102)	8:36.815 (1:37.984)		10:15.301 (1:38.487)	11:51.144 (1:35.843)	
3 Pakosz, Natalie		Ripon	12:06.24	12:04.58	6
45.353 (45.353)	2:17.363 (1:32.010)		3:53.571 (1:36.208)	5:32.229 (1:38.659)	
7:11.034 (1:38.805)	8:50.853 (1:39.820)		10:30.455 (1:39.602)	12:04.575 (1:34.120)	
4 Kaczmarczyk, Crystal		Grinnell	12:23.02	12:22.25	5
45.938 (45.938)	2:18.515 (1:32.577)		3:54.175 (1:35.660)	5:33.880 (1:39.705)	
7:14.476 (1:40.596)	8:58.094 (1:43.619)		10:43.160 (1:45.066)	12:22.248 (1:39.089)	
5 Crow, Autumn		Knox	12:20.76	12:28.48	4
47.971 (47.971)	2:22.577 (1:34.607)		4:05.066 (1:42.490)	5:49.726 (1:44.660)	
7:33.541 (1:43.815)	9:16.573 (1:43.033)		10:59.258 (1:42.685)	12:28.472 (1:29.215)	
6 Schaefer, Emma		Grinnell		12:32.35	3
50.440 (50.440)	2:23.317 (1:32.878)		4:02.031 (1:38.715)	5:41.369 (1:39.338)	
7:23.226 (1:41.857)	9:08.072 (1:44.847)		10:54.785 (1:46.713)	12:32.346 (1:37.561)	
7 Mosconi, Angela		Ripon	12:23.43	12:40.58	2
48.150 (48.150)	2:23.106 (1:34.957)		4:06.733 (1:43.627)	5:52.181 (1:45.448)	
7:38.514 (1:46.334)	9:23.252 (1:44.739)		11:08.401 (1:45.150)	12:40.576 (1:32.175)	
8 Barba, Diana		Grinnell	13:06.48	12:47.80	1
48.480 (48.480)	2:21.748 (1:33.269)		4:02.356 (1:40.609)	5:48.011 (1:45.655)	
7:32.311 (1:44.300)	9:20.655 (1:48.345)		11:09.831 (1:49.177)	12:47.791 (1:37.960)	
9 Anderson, Natalie		Lawrence	13:09.61	12:49.36	
51.328 (51.328)	2:28.166 (1:36.839)		4:07.869 (1:39.703)	5:48.865 (1:40.996)	
7:32.643 (1:43.779)	9:20.151 (1:47.508)		11:07.497 (1:47.347)	12:49.354 (1:41.857)	
10 Alvarez, Saxon		Knox	13:06.06	13:03.01	
48.768 (48.768)	2:25.077 (1:36.310)		4:10.453 (1:45.376)	5:52.198 (1:41.745)	
7:40.892 (1:48.695)	9:29.545 (1:48.653)		11:17.835 (1:48.290)	13:03.004 (1:45.170)	
11 Mullen, Ginger		Grinnell		14:04.44	
51.449 (51.449)	2:33.565 (1:42.116)		4:19.841 (1:46.276)	6:13.167 (1:53.327)	
8:09.226 (1:56.060)	10:08.226 (1:59.000)		12:07.471 (1:59.245)	14:04.438 (1:56.968)	
-- Sherman, Kiki		Ripon		DNF	
47.691 (47.691)	2:20.621 (1:32.930)		3:58.796 (1:38.176)	5:46.487 (1:47.691)	
7:38.376 (1:51.889)					

Women 4x100 Meter Relay

Conference:		47.84	2014	Monmouth College	
School		Seed	Finals	H#	Points
1 Beloit		48.29	48.22	2	10
1) McDonald, Jordyn	2) Furch, Alayna				

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3) Welte, Hannah	4) Boyance, T'Aira				
2 Cornell College	48.87	49.05	2	8	
1) Mar, Caitlyne	2) Osborn, Madison				
3) Brown, Sidney	4) McAllister, Natalie				
3 Grinnell	49.50	49.21	2	6	
1) Edassery, Sonia	2) Taylor, Ava				
3) Crowe, Maile	4) Carchidi, Eva				
4 Illinois College	50.21	49.39	2	5	
1) Sifuentez-Lewis, Marissa	2) Oakley, Brooke				
3) Hilmes, Kristina	4) Nichols, Lakeida				
5 Ripon	49.99	50.55	2	4	
1) Miller, Olivia	2) Erickson, Jenna				
3) Rahn, Payton	4) Gray, Kynaeda				
6 Monmouth (Ill.)	50.25	50.81	2	3	
1) Hursey, Miranda	2) Villarreal, Alyssa				
3) Turner, Linsey	4) Rusk, Maddie				
7 Knox	52.33	51.87	1	2	
1) Dockins, Allie	2) Beaman, Kayla				
3) Balfour, Peyton	4) Layne, Abbie				
8 Lake Forest	51.96	52.03	1	1	
1) Jones, AJ	2) Pulaski, Annie				
3) Han, Jacquelyn	4) Radziewicz, Mary				
9 Lawrence	52.52	52.18	1		
1) Paquin, Claire	2) Cross, Morgan				
3) Yank, Irene	4) Sugiyama, Emily				

Women 4x400 Meter Relay

School	Seed	Finals	H#	Points
Conference: 3:56.09 2014 Grinnell College				
Fritts, Ajinjeru, Miller, Burnell				
1 Beloit	3:58.47	3:57.28	2	10
1) Damste, Candis	2) Furch, Alayna			
3) McDonald, Jordyn	4) Boyance, T'Aira			
2 Cornell College	4:10.07	4:02.21	2	8
1) Brown, Sidney	2) Claussen-Tubbs, Ava			
3) Koppes, Alyza	4) Osborn, Madison			
3 Ripon	4:09.28	4:02.58	2	6
1) Miller, Olivia	2) Engebretson, Grace			
3) Cortes, Jenny	4) Rahn, Payton			
4 Illinois College	4:13.17	4:11.70	2	5
1) Benson, Madeline	2) Nichols, Lakeida			
3) Orrick, Ashley	4) Oakley, Brooke			
5 Grinnell	4:13.04	4:13.21	2	4
1) Staker, Sadie	2) Crowe, Maile			
3) Frasca, Athena	4) Edassery, Sonia			
6 Monmouth (Ill.)	4:32.63	4:18.86	1	3
1) Rusk, Maddie	2) Hoyer, Nicole			
3) Engst, Carina	4) Celus, Ally			
7 Lawrence	4:27.53	4:20.75	2	2
1) Onukaogu, Faith	2) Bodnar, Lilia			
3) Krell, Berkeley	4) Sugiyama, Emily			
8 Lake Forest	4:49.90	4:25.12	1	1

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7	Rusk, Maddie	Monmouth (Ill.)	5.03m	5.05m	1.8	16-07.00	2	2
	4.65m(1.6)	4.81m(1.5)	4.81m(1.9)	4.91m(1.0)	5.05m(1.8)	4.74m(1.0)		
8	Welte, Hannah	Beloit	5.09m	5.01m	2.0	16-05.25	2	1
	4.85m(0.9)	FOUL	4.87m(0.4)	5.01m(2.0)	FOUL	4.54m(1.3)		
9	Turner, Linsey	Monmouth (Ill.)	4.76m	4.75m	0.9	15-07.00	2	
	4.68m(2.3)	4.54m(1.1)	4.37m(1.3)	4.72m(0.5)	FOUL	4.75m(0.9)		
10	Loos-Austin, Rose	Beloit	4.72m	4.57m	2.4	15-00.00	1	
	4.57m(2.4)	4.43m(1.2)	4.37m(2.0)					
11	Elliott-Rude, Eleanor	Grinnell	4.75m	4.56m	1.1	14-11.50	2	
	4.25m(2.1)	FOUL	4.56m(1.1)					
12	Cross, Morgan	Lawrence	4.87m	4.55m	0.9	14-11.25	2	
	4.31m(1.7)	4.30m(2.0)	4.55m(0.9)					
12	Oden, Melanie	Grinnell	4.73m	4.55m	2.1	14-11.25	2	
	4.50m(1.5)	4.49m(1.4)	4.55m(2.1)					
14	Hoyer, Nicole	Monmouth (Ill.)	4.83m	4.52m	0.6	14-10.00	2	
	4.46m(1.2)	4.39m(1.3)	4.52m(0.6)					
15	Zendejas, Mariana	Lawrence	4.71m	4.49m	0.3	14-08.75	1	
	4.47m(1.5)	4.49m(0.3)	4.36m(1.8)					
16	Cotton, Olivia	Cornell College	4.46m	4.48m	1.4	14-08.50	1	
	4.01m(1.5)	4.48m(1.4)	4.38m(2.0)					
17	Beaman, Kayla	Knox	4.48m	4.45m	1.6	14-07.25	1	
	4.14m(2.0)	4.45m(1.6)	4.25m(1.4)					
17	Yank, Irene	Lawrence	4.61m	4.45m	1.0	14-07.25	1	
	4.33m(1.3)	4.45m(1.0)	3.91m(2.0)					
19	Luong, Thao	Knox	4.01m	4.35m	0.7	14-03.25	1	
	FOUL	4.35m(0.7)	FOUL					
20	Dixon, Ronnautica	Illinois College	4.49m	4.20m	1.7	13-09.50	1	
	4.00m(0.8)	4.20m(1.7)	3.71m(3.8)					
21	Vollmayr-Lee, Mira	Grinnell	3.92m	4.11m	1.8	13-06.00	1	
	4.11m(1.8)	4.11m(1.9)	3.91m(1.8)					
22	Grove, Hannah	Illinois College	4.24m	4.01m	2.1	13-02.00	1	
	2.63m(2.1)	4.01m(2.1)	3.80m(0.4)					
23	Royster, Darcel	Beloit	4.60m	3.82m	2.0	12-06.50	1	
	3.82m(2.0)	3.72m(2.2)	3.75m(1.1)					

Women Triple Jump

Conference: 12.52m 2012 Melissa Noville, Illinois College								
Name	Year	School	Seed	Finals	Wind	Points		
1	Young, Nyasia	Illinois College	10.74m	10.77m	0.2	35-04.00	10	
	FOUL	FOUL	10.10m(0.6)	10.29m(+0.0)	10.22m(-0.1)	10.77m(0.2)		
2	Balfour, Peyton	Knox	11.05m	10.63m	0.5	34-10.50	8	
	10.09m(-0.0)	10.17m(-0.0)	10.50m(-0.0)	10.06m(+0.0)	10.49m(0.1)	10.63m(0.5)		
3	Rahn, Payton	Ripon	10.42m	10.13m	0.2	33-03.00	6	
	9.45m(+0.0)	FOUL	10.05m(1.4)	FOUL	9.65m(1.0)	10.13m(0.2)		
4	Rexroat, Delaney	Monmouth (Ill.)	10.36m	10.13m	+0.0	33-03.00	5	
	9.81m(0.8)	FOUL	10.13m(+0.0)	9.86m(+0.0)	9.92m(-0.1)	9.89m(0.2)		
5	Rusk, Maddie	Monmouth (Ill.)	10.16m	10.12m	+0.0	33-02.50	4	
	9.54m(0.3)	9.83m(+0.0)	9.88m(+0.0)	9.85m(0.3)	FOUL	10.12m(+0.0)		
6	Turner, Linsey	Monmouth (Ill.)	9.89m	10.08m	1.9	33-01.00	3	
	9.70m(+0.0)	9.82m(0.4)	10.08m(1.9)	9.83m(+0.0)	9.80m(+0.0)	10.03m(0.7)		
7	Zendejas, Mariana	Lawrence	10.25m	10.02m	0.2	32-10.50	2	
	9.43m(3.8)	FOUL	9.57m(-0.1)	10.02m(0.2)	9.68m(0.7)	9.72m(0.2)		

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8	Yank, Irene	Lawrence	9.78m	9.87m	1.7	32-04.75	1
	FOUL		9.87m(1.7)	9.61m(0.7)	9.68m(+0.0)	9.38m(+0.0)	9.83m(0.4)
9	Engst, Carina	Monmouth (Ill.)	10.17m	9.85m	+0.0	32-03.75	
			9.51m(+0.0)	9.30m(-0.5)	9.47m(0.5)	9.67m(+0.0)	9.59m(0.5)
10	Luong, Thao	Knox	9.97m	J9.85m	-0.2	32-03.75	
			9.40m(-0.7)	FOUL	9.51m(+0.0)	9.59m(0.9)	9.42m(+0.0)
11	Oden, Melanie	Grinnell	9.93m	9.41m	0.6	30-10.50	
			9.36m(0.6)	9.41m(0.6)	9.30m(+0.0)		
12	Taylor, Alekzandria	Beloit		9.36m	+0.0	30-08.50	
			9.36m(+0.0)	FOUL	FOUL		
13	Vanden Acker, Anna	Lawrence	9.59m	9.34m	0.1	30-07.75	
			8.86m(+0.0)	9.17m(0.1)	9.34m(0.1)		
14	Arnhold, Nicole	Ripon	9.56m	9.14m	0.4	30-00.00	
			FOUL	9.14m(0.4)	FOUL		
15	Dixon, Ronnautica	Illinois College	9.21m	9.04m	0.3	29-08.00	
			9.04m(0.3)	8.85m(0.1)	9.02m(-0.1)		

Women Shot Put

Conference: 14.27m 2014 Raven Robinson, Monmouth College									
Name	Year	School	Seed	Finals	H#	Points			
1 Boley, Maddie		Monmouth (Ill.)	12.77m	12.83m	42-01.25	2	10		
			11.61m	11.30m	12.58m	12.83m	11.88m	12.42m	
2 Braun, Kayla		Monmouth (Ill.)	12.46m	12.22m	40-01.25	2	8		
			12.15m	12.11m	11.80m	12.22m	11.78m	FOUL	
3 Cox, Addi		Monmouth (Ill.)	12.37m	12.16m	39-10.75	2	6		
			11.84m	11.79m	12.16m	11.56m	11.82m	11.25m	
4 Otzelberger, Kalya		Ripon	12.31m	12.05m	39-06.50	2	5		
			11.83m	11.81m	11.77m	11.70m	12.05m	FOUL	
5 Gibbons, Gracie		Monmouth (Ill.)	11.75m	11.69m	38-04.25	2	4		
			10.98m	10.84m	11.28m	10.75m	11.51m	11.69m	
6 Booher, Sara		Grinnell	11.20m	11.23m	36-10.25	2	3		
			11.23m	10.66m	11.15m	10.48m	11.20m	FOUL	
7 Mathieu, Arynn		Ripon	11.17m	11.14m	36-06.75	2	2		
			9.88m	10.64m	11.14m	10.50m	10.69m	10.97m	
8 Kuper, Sydney		Illinois College	11.13m	11.07m	36-04.00	2	1		
			11.07m	10.93m	FOUL	FOUL	FOUL	10.72m	
9 McAllister, Natalie		Cornell College	11.28m	10.63m	34-10.50	2			
			10.47m	10.59m	10.63m	10.21m	FOUL	10.45m	
10 Bayo, Hadja		Beloit	10.46m	10.34m	33-11.25	1			
			9.78m	10.34m	FOUL				
11 Johnson, Myra		Lawrence	10.43m	10.18m	33-04.75	1			
			10.13m	10.18m	9.98m				
12 Saylor, Cheyanne		Ripon	10.82m	10.13m	33-03.00	2			
			FOUL	10.13m	FOUL				
13 Warhoe, Samantha		Cornell College	10.78m	9.81m	32-02.25	2			
			9.66m	9.81m	9.33m				
14 Galowitz, Kylie		Grinnell	10.14m	9.60m	31-06.00	1			
			9.39m	9.60m	9.51m				
15 Fox, Grace		Lawrence	9.13m	9.48m	31-01.25	1			
			9.48m	8.66m	9.25m				
16 Teno, Delanie		Illinois College	9.93m	9.32m	30-07.00	1			
			9.21m	FOUL	9.32m				

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17	Dockins, Allie	Knox	8.58m	8.83m	28-11.75	1
	8.83m 8.33m 7.98m					
17	Herrera, Kai	Beloit	9.82m	8.83m	28-11.75	1
	8.57m 8.83m 8.75m					
19	Neymeyer, Maya	Cornell College	6.55m	7.05m	23-01.75	1
	6.27m 7.05m 6.58m					
20	Marjaei, Sam	Knox	7.02m	6.14m	20-01.75	1
	6.09m 6.12m 6.14m					

Women Discus Throw

Conference:	49.15m	2009	Tanesha Hughes, Monmouth College						
Name		Year	School	Seed	Finals		H#	Points	
1	Boley, Maddie		Monmouth (Ill.)	44.55m	43.67m	143-03	2	10	
	41.79m 41.73m 40.47m 39.47m 43.67m 43.44m								
2	Rockwell, Aiyana		Grinnell	40.06m	41.83m	137-03	2	8	
	41.50m 41.83m 41.31m 40.82m FOUL 39.03m								
3	Dybal, Amanda		Monmouth (Ill.)	42.00m	41.06m	134-08	2	6	
	36.03m FOUL 37.02m 41.06m 40.43m 40.40m								
4	Otzelberger, Kalyn		Ripon	41.66m	38.26m	125-06	2	5	
	36.16m FOUL FOUL 35.81m 38.26m FOUL								
5	Filkins, Andrea		Grinnell	36.58m	38.12m	125-01	2	4	
	30.02m 33.27m 38.12m 36.10m 35.54m 36.47m								
6	Bayo, Hadja		Beloit	32.84m	36.39m	119-05	1	3	
	33.11m 36.39m 35.32m 33.44m 33.87m 34.56m								
7	Pittenger, Cydney		Ripon	37.12m	36.18m	118-08	2	2	
	32.42m 35.34m 36.18m FOUL 33.70m 34.12m								
8	Johnson, Myra		Lawrence	36.31m	36.01m	118-02	2	1	
	35.15m 36.01m 33.91m 33.83m 34.31m 34.24m								
9	Braun, Kayla		Monmouth (Ill.)	35.58m	35.97m	118-00	2		
	29.33m 31.83m 35.97m FOUL 30.73m FOUL								
10	Fox, Grace		Lawrence	36.55m	34.87m	114-05	2		
	27.58m 34.87m 31.09m								
11	Galowitz, Kylie		Grinnell	33.89m	34.44m	113-00	1		
	31.10m 34.44m 32.92m								
12	Cox, Addi		Monmouth (Ill.)	39.44m	32.39m	106-03	2		
	29.29m 32.39m FOUL								
13	Kuper, Sydney		Illinois College	36.54m	31.68m	103-11	2		
	FOUL FOUL 31.68m								
14	Warhoe, Samantha		Cornell College	28.02m	30.72m	100-09	1		
	30.72m FOUL FOUL								
15	Teno, Delanie		Illinois College	28.32m	29.92m	98-02	1		
	27.56m 28.81m 29.92m								
16	Herrera, Kai		Beloit	28.94m	28.03m	91-11	1		
	27.25m 27.18m 28.03m								
17	Taylor, Alekzandria		Beloit	26.39m	27.27m	89-06	1		
	27.02m 24.93m 27.27m								
18	Saylor, Cheyanne		Ripon	29.49m	27.21m	89-03	1		
	27.21m FOUL FOUL								
19	Strovers, Maddy		Grinnell	28.32m	26.68m	87-06	1		
	26.68m FOUL 26.26m								
20	Koth, Sam		Cornell College	22.34m	19.18m	62-11	1		
	19.18m FOUL FOUL								

2023 Midwest Conference Championship - 5/12/2023 to 5/13/2023**Live Results posted on Results.AdkinsTrak.com****Grinnell College
Results****....Women Discus Throw**

21 Marjaei, Sam Knox 19.90m 16.70m 54-09 1
FOUL 14.88m 16.70m

Women Hammer Throw

Conference:		55.20m	2019	Agne Lukoseviciute, Grinnell College						
Name	Year	School	Seed	Finals	H#	Points				
1 Dybal, Amanda		Monmouth (Ill.)	46.92m	45.88m	150-06	2	10			
	43.99m	FOUL	44.77m	45.29m	45.70m	45.88m				
2 Mathieu, Arynn		Ripon	44.48m	44.52m	146-01	2	8			
	42.11m	44.52m	38.90m	39.52m	39.37m	39.13m				
3 Otzelberger, Kalyn		Ripon	43.09m	43.41m	142-05	2	6			
	41.23m	FOUL	41.49m	FOUL	42.74m	43.41m				
4 Boley, Maddie		Monmouth (Ill.)	43.06m	42.93m	140-10	2	5			
	FOUL	41.98m	42.07m	42.93m	37.55m	42.59m				
5 Cox, Addi		Monmouth (Ill.)	48.52m	42.62m	139-10	2	4			
	40.77m	FOUL	FOUL	42.62m	FOUL	FOUL				
6 Pittenger, Cydney		Ripon	42.10m	42.12m	138-02	2	3			
	36.84m	41.18m	40.65m	FOUL	42.12m	37.49m				
7 Kuper, Sydney		Illinois College	43.15m	41.55m	136-04	2	2			
	38.85m	39.68m	41.55m	41.29m	37.14m	41.33m				
8 Saylor, Cheyanne		Ripon	40.03m	39.39m	129-03	2	1			
	37.08m	39.39m	37.80m	37.94m	39.37m	36.48m				
9 Warhoe, Samantha		Cornell College	38.47m	38.35m	125-10	2				
	35.48m	35.97m	38.35m	FOUL	34.32m	33.76m				
10 Filkins, Andrea		Grinnell	39.09m	38.13m	125-01	2				
	FOUL	FOUL	38.13m							
11 Toth, Jillian		Monmouth (Ill.)	42.62m	37.69m	123-08	2				
	FOUL	37.69m	FOUL							
12 Strovers, Maddy		Grinnell	35.61m	36.21m	118-09	1				
	FOUL	31.57m	36.21m							
13 Fox, Grace		Lawrence	35.14m	33.40m	109-07	1				
	31.22m	33.40m	FOUL							
14 Taylor, Alekzandria		Beloit	35.18m	33.38m	109-06	1				
	32.37m	33.38m	FOUL							
15 Teno, Delanie		Illinois College	33.25m	33.23m	109-00	1				
	33.23m	29.23m	FOUL							
16 Galowitz, Kylie		Grinnell	33.39m	32.90m	107-11	1				
	FOUL	FOUL	32.90m							
17 Thomas, Keyleigh		Illinois College	32.18m	32.11m	105-04	1				
	31.90m	28.53m	32.11m							
18 Koth, Sam		Cornell College	26.50m	27.98m	91-09	1				
	27.14m	27.98m	FOUL							
19 Johnson, Myra		Lawrence	27.28m	22.99m	75-05	1				
	22.99m	20.26m	21.97m							
20 Neymeyer, Maya		Cornell College	26.01m	22.40m	73-06	1				
	22.40m	21.52m	22.24m							

2023 Midwest Conference Championship - 5/12/2023 to 5/13/2023**Live Results posted on Results.AdkinsTrak.com****Grinnell College
Results****Women Javelin Throw**

Conference:		43.69m	2015	Brittany Burgess, Illinois College						
Name	Year	School	Seed	Finals		H#	Points			
1 McAllister, Natalie		Cornell College	33.47m	35.67m	117-00	2	10			
		32.91m 31.12m FOUL FOUL FOUL 35.67m								
2 Mathieu, Arynn		Ripon	29.07m	33.30m	109-03	2	8			
		32.00m FOUL 31.69m 33.30m FOUL 33.21m								
3 Dybal, Amanda		Monmouth (Ill.)	33.14m	33.10m	108-07	2	6			
		33.10m 32.38m 31.07m FOUL FOUL 32.99m								
4 Finn, Bridget		Ripon	28.83m	32.41m	106-04	2	5			
		32.36m 31.40m 28.54m 32.41m 31.94m 30.33m								
5 Thomas, Keyleigh		Illinois College	31.83m	32.37m	106-02	2	4			
		25.42m 30.15m 30.83m 30.30m 32.37m FOUL								
6 Fox, Grace		Lawrence	30.08m	32.19m	105-07	2	3			
		26.21m 30.24m 28.35m 31.74m 32.19m 30.85m								
7 Voinescu, Isa		Grinnell		31.45m	103-02	1	2			
		25.77m 25.00m 29.77m FOUL 31.45m FOUL								
8 Miller, Olivia		Ripon	30.22m	30.71m	100-09	2	1			
		FOUL 29.30m 30.71m 29.61m 29.09m 27.61m								
9 Rexroat, Delaney		Monmouth (Ill.)	29.45m	29.39m	96-05	2				
		FOUL 29.39m 28.28m 24.87m 27.41m 28.08m								
10 Marsh, Grace		Grinnell	30.41m	29.31m	96-02	2				
		27.16m 28.96m 29.31m								
11 Flesch, Caroline		Ripon	26.67m	27.68m	90-10	1				
		24.75m 27.15m 27.68m								
12 Luong, Thao		Knox	26.40m	25.58m	83-11	1				
		21.67m 25.58m 19.20m								
12 Beyers, Carson		Illinois College	28.44m	25.58m	83-11	2				
		FOUL 25.58m 25.38m								
14 Gibbons, Gracie		Monmouth (Ill.)	28.17m	25.26m	82-10	2				
		25.26m 20.12m 25.26m								
15 Kalk, Liz		Beloit	27.48m	25.19m	82-08	2				
		24.37m 25.19m FOUL								
16 Warhoe, Samantha		Cornell College	22.03m	24.20m	79-05	1				
		24.20m FOUL 21.81m								
17 Koth, Sam		Cornell College	21.49m	23.30m	76-05	1				
		17.86m 23.30m 18.29m								
18 Wessel, Gretchen		Illinois College	25.50m	22.47m	73-09	1				
		FOUL 22.39m 22.47m								
19 Herrera, Kai		Beloit	22.25m	21.84m	71-08	1				
		21.84m 21.02m FOUL								
20 Cotton, Olivia		Cornell College	21.86m	20.14m	66-01	1				
		12.41m 20.14m 15.03m								
21 Johnson, Myra		Lawrence	24.95m	19.86m	65-02	1				
		19.86m 16.73m 19.10m								
22 Rivera, Ainara		Knox	21.43m	17.99m	59-00	1				
		15.30m 17.99m 15.17m								

2023 Midwest Conference Championship - 5/12/2023 to 5/13/2023**Live Results posted on Results.AdkinsTrak.com****Grinnell College****Results****Men 100 Meter Dash****Top 8 Advance by Time**

Conference: 10.61 2007		D.J. Jackson, Illinois College				
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Jackson, Derrick	Knox	10.74	10.63q	1.7	3
2	Fadden, Lucas	Grinnell	10.77	10.65q	1.1	2
3	Bailey, Jonathan	Knox	10.71	10.69q	1.9	4
4	Douglas, Jack	Illinois College	10.95	10.78q	1.6	1
5	Vander Galien, Logan	Ripon	11.02	10.92q	1.6	1
6	Joseph, Ajani	Beloit	11.17	10.93q	1.6	1
7	Greiner, Doniel	Cornell College	11.13	11.02q	1.9	4 11.015
8	Geggie, Trevor	Knox	11.06	11.02q	1.7	3 11.017
9	Ballman, Kendall	Knox	11.15	11.09	1.7	3
10	Hiser, Alexander	Grinnell	11.13	11.15	1.9	4
11	Ditsworth, Luke	Monmouth (Ill.)	11.03	11.20	1.1	2
12	Wright, Mason	Lake Forest	11.31	11.23	1.1	2
13	Slater, Tracy	Illinois College	11.32	11.34	1.7	3 11.332
14	Jachimiec, Luke	Monmouth (Ill.)	11.15	11.34	1.1	2 11.336
15	DeGeorge, Daniel	Beloit	11.45	11.34	1.9	4 11.338
16	Walcher, Kyler	Grinnell	11.46	11.38	1.1	2
17	Zook, Tristan	Lawrence	11.70	11.44	1.7	3
18	Weddington, Miles	Illinois College	11.46	11.47	1.7	3
19	Grice, Lane	Monmouth (Ill.)	11.49	11.49	1.6	1
20	Crawford, Laquanta	Cornell College	11.41	11.53	1.9	4
21	Khalid, Rayan	Lake Forest	11.53	11.55	1.1	2
22	Myles, Michael	Beloit	11.48	11.61	1.6	1
23	Robinson, Jermaine	Lake Forest	11.81	11.62	1.9	4
24	Rodriguez, Aaron	Illinois College	11.84	11.80	1.9	4
25	Douthat, Andrew	Lake Forest	12.25	12.20	1.7	3
26	Arhebun, Drew	Beloit	12.46	12.57	1.1	2

Men 100 Meter Dash

Conference: 10.61 2007		D.J. Jackson, Illinois College				
Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1	Fadden, Lucas	Grinnell	10.65	10.88	-0.6	10
2	Jackson, Derrick	Knox	10.63	10.89	-0.6	8
3	Bailey, Jonathan	Knox	10.69	11.00	-0.6	6
4	Vander Galien, Logan	Ripon	10.92	11.09	-0.6	5
5	Joseph, Ajani	Beloit	10.93	11.21	-0.6	4
6	Greiner, Doniel	Cornell College	11.02	11.35	-0.6	3
7	Geggie, Trevor	Knox	11.02	11.49	-0.6	2

Men 200 Meter Dash**Top 8 Advance by Time**

Conference: 21.36 2007		Dante Daniels, Monmouth College				
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Pierce, Tyrell	Knox	21.16	21.79q	-1.2	4

2023 Midwest Conference Championship - 5/12/2023 to 5/13/2023

Live Results posted on Results.AdkinsTrak.com

**Grinnell College
Results****....Men 200 Meter Dash**

2	Fadden, Lucas	Grinnell	21.99	21.99q	-2.5	3
3	Joseph, Ajani	Beloit	23.01	22.28q	-2.1	1
4	Walker, Dameco	Ripon	23.17	22.30q	-2.5	3
5	Outlaw, Adrian	Monmouth (Ill.)	22.50	22.50q	-2.1	1
6	Davies, Jacob	Ripon	22.60	22.64q	-1.7	2
7	Martin, Ahmasi	Beloit	22.57	22.67q	-2.1	1
8	Bailey, Jonathan	Knox	22.91	22.70q	-2.5	3
9	Greiner, Doniel	Cornell College	22.82	22.92	-1.2	4
10	DeGeorge, Daniel	Beloit	22.96	22.99	-1.7	2
11	Ditsworth, Luke	Monmouth (Ill.)	22.46	23.03	-1.7	2
12	Vander Galien, Logan	Ripon	23.84	23.05	-1.7	2
13	Lungu, Matthew	Lake Forest	23.38	23.13	-2.5	3
14	Saldanha, John Michael	Grinnell	22.86	23.16	-1.2	4
15	Wright, Mason	Lake Forest	23.12	23.35	-1.7	2
16	Slater, Tracy	Illinois College		23.50	-2.1	1
17	Khalid, Rayan	Lake Forest	23.77	23.61	-2.1	1
18	Grice, Lane	Monmouth (Ill.)	23.31	23.61	-1.2	4
19	Weddington, Miles	Illinois College	23.08	23.77	-2.1	1
20	Tyson, Trentyn	Lake Forest	24.28	23.79	-1.2	4
21	Zook, Tristan	Lawrence	23.38	23.81	-1.7	2
22	White, Collin	Illinois College	23.85	23.85	-2.5	3
23	Casseus, Raymond	Illinois College	23.48	23.87	-2.1	1
24	Jachimiec, Luke	Monmouth (Ill.)	23.23	23.92	-1.2	4
25	Milenge, Moise	Grinnell	25.10	24.89	-1.2	4
26	Hooton, Frank	Beloit	26.88	25.99	-2.5	3

Men 200 Meter Dash

Conference: 21.36 2007 Dante Daniels, Monmouth College
 Name Year School Prelims Finals Wind Points

Finals

1	Pierce, Tyrell	Knox	21.79	21.49	-1.4	10
2	Fadden, Lucas	Grinnell	21.99	21.77	-1.4	8
3	Walker, Dameco	Ripon	22.30	22.22	-1.4	6
4	Joseph, Ajani	Beloit	22.28	22.25	-1.4	5
5	Outlaw, Adrian	Monmouth (Ill.)	22.50	22.32	-1.4	4
6	Bailey, Jonathan	Knox	22.70	22.45	-1.4	3
7	Davies, Jacob	Ripon	22.64	22.54	-1.4	2
8	Martin, Ahmasi	Beloit	22.67	22.61	-1.4	1

Men 400 Meter Dash**Top 8 Advance by Time**

Conference: 46.48 5/12/2023 Tyrell Pierce, Knox
 Name Year School Seed Prelims H#

Preliminaries

1	Pierce, Tyrell	Knox	46.87	46.48q	4
2	Atou, Alexandre	Beloit	51.05	49.84q	3
3	Outlaw, Adrian	Monmouth (Ill.)	51.38	50.08q	1
4	Davies, Jacob	Ripon		50.47q	2
5	Martin, Ahmasi	Beloit	52.68	50.86q	3
6	Lungu, Matthew	Lake Forest	51.79	50.92q	2

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Live Results posted on Results.AdkinsTrak.com

**Grinnell College
Results****....Men 400 Meter Dash**

7	Curry, Patrick	Monmouth (Ill.)	51.51	50.93q	1
8	Gilbert, Aiden	Grinnell		51.12q	4
9	McGuire, Jaxin	Cornell College	52.94	51.45	4
10	Fuller, Andrew	Grinnell	51.24	51.58	2
11	Joly, Brandon	Beloit	53.25	51.87	1
12	Jacobs, Currey	Cornell College	53.81	52.18	1
13	White, Collin	Illinois College	52.71	52.75	4
14	Welch-Groves, Cameron	Grinnell		52.76	3
15	Jackson, Marcus	Lawrence	53.10	53.09	3
16	Soukup, Gavin	Cornell College	53.21	53.28	2
17	Tyson, Trentyn	Lake Forest	56.54	53.65	3
18	Zewdie, Israel	Beloit	54.68	53.99	4
19	Bernas, Riley	Monmouth (Ill.)	54.54	54.75	2
20	Lewan, Jayden	Lake Forest	55.78	54.97	4
21	Beaver, Owen	Knox	56.59	55.51	2
22	Casseus, Raymond	Illinois College	54.58	55.65	3
23	Scott, Tyler	Lawrence	58.13	56.19	1
24	Keith, Liam	Knox	1:00.63	1:00.19	1

Men 400 Meter Dash

Conference: 46.48 5/12/2023 Tyrell Pierce, Knox

Name	Year	School	Prelims	Finals	Points
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Finals

1	Pierce, Tyrell	Knox	46.48	47.56	10
2	Outlaw, Adrian	Monmouth (Ill.)	50.08	49.52	8
3	Atou, Alexandre	Beloit	49.84	49.83	6
4	Davies, Jacob	Ripon	50.47	50.16	5
5	Curry, Patrick	Monmouth (Ill.)	50.93	51.36	4
6	Lungu, Matthew	Lake Forest	50.92	51.46	3
7	Gilbert, Aiden	Grinnell	51.12	51.72	2
8	Martin, Ahmasi	Beloit	50.86	54.04	1

Men 800 Meter Run

Conference: 1:52.94 1981 Dave Green, Univ of Chicago

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

1	Villanueva, Rainier	Ripon	1:56.79	1:55.38	3	10
	57.801 (57.801)	1:55.379 (57.579)				
2	Chestovich, Andy	Grinnell	1:57.58	1:56.29	3	8
	58.193 (58.193)	1:56.289 (58.096)				
3	Robinson, Luke	Grinnell	1:56.69	1:56.90	3	6
	57.427 (57.427)	1:56.899 (59.473)				
4	Newton, Eli	Monmouth (Ill.)	1:55.63	1:57.20	3	5
	58.139 (58.139)	1:57.196 (59.058)				
5	Isaacson, Fisher	Cornell College	1:57.55	1:57.35	3	4
	58.054 (58.054)	1:57.344 (59.290)				
6	Heagy, Connor	Grinnell	1:58.08	1:57.38	3	3
	57.712 (57.712)	1:57.372 (59.660)				
7	Kuwaye, Christian	Ripon	2:00.29	1:57.39	3	2
	1:57.389 (1:57.389)					

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

8	Jumbeck, Jacob	Ripon	2:00.13	1:58.48	3	1
	1:58.479 (1:58.479)					
9	Cantor, Micah	Grinnell	1:57.19	1:58.75	3	
	1:58.741 (1:58.741)					
10	Detmer, Will	Illinois College	1:59.50	1:58.77	3	
	1:58.769 (1:58.769)					
11	Hunt, Gabe	Cornell College	2:03.54	1:59.66	2	
	59.656 (59.656)	1:59.660 (1:00.004)				
12	Myatt, Connor	Lawrence	2:02.55	1:59.92	2	
	58.406 (58.406)	1:59.912 (1:01.506)				
13	Sotomayor, William	Cornell College	2:03.57	2:01.43	2	
	58.482 (58.482)	2:01.426 (1:02.945)				
14	Hutchings, Isaak	Cornell College	2:00.44	2:01.60	3	
	58.277 (58.277)	2:01.599 (1:03.323)				
15	Thorson, Bergen	Lawrence	2:01.83	2:02.69	3	
	2:02.690 (2:02.690)					
16	Melin, Steven	Illinois College	2:06.13	2:02.78	2	
	59.812 (59.812)	2:02.771 (1:02.960)				
17	Roberts, Gabe	Illinois College	2:13.11	2:09.18	2	
	1:01.701 (1:01.701)	2:09.178 (1:07.477)				
18	Bernas, Braden	Monmouth (Ill.)	2:03.79	2:10.12	2	
	59.978 (59.978)	2:10.116 (1:10.138)				
19	Juridico, Lance	Lawrence	2:14.57	2:10.88	2	
	1:01.526 (1:01.526)	2:10.877 (1:09.351)				
20	Cortinas, Aiden	Beloit	2:16.15	2:11.07	2	
	1:02.892 (1:02.892)	2:11.070 (1:08.178)				
21	Hintz, Sawyer	Lawrence	2:16.04	2:13.28	2	
	1:03.521 (1:03.521)	2:13.271 (1:09.750)				
22	La Prad, Noah	Knox	2:24.16	2:23.88	2	
	1:09.091 (1:09.091)	2:23.874 (1:14.784)				
23	Varnum, Elliott	Knox		2:27.22	1	
	1:12.644 (1:12.644)	2:27.211 (1:14.567)				
24	Camba, Marcelo	Lake Forest	2:34.00	2:31.26	1	
	1:12.889 (1:12.889)	2:31.257 (1:18.369)				
25	Muszynski, Max	Beloit	2:31.27	2:35.18	2	
	1:09.736 (1:09.736)	2:35.178 (1:25.442)				

Men 1500 Meter Run

=====							
Conference:	3:53.06	2005	Zach Barr, Monmouth College				
Name	Year	School	Seed	Finals	H#	Points	
=====							
1 Villanueva, Rainier		Ripon	4:02.14	3:56.37	2	10	
	46.148 (46.148)	1:50.957 (1:04.810)	2:55.729 (1:04.772)	3:56.367			(1:00.639)
2 Robinson, Luke		Grinnell	4:01.06	3:57.77	2	8	
	45.545 (45.545)	1:50.784 (1:05.239)	2:55.487 (1:04.704)	3:57.762			(1:02.275)
3 Miller, Lance		Knox	4:03.86	3:57.98	2	6	
	47.260 (47.260)	1:52.274 (1:05.015)	2:57.328 (1:05.054)	3:57.980			(1:00.653)
4 Isaacson, Fisher		Cornell College	4:01.78	3:58.92	2	5	
	45.329 (45.329)	1:50.553 (1:05.224)	2:55.436 (1:04.884)	3:58.916			(1:03.480)
5 Kuwaye, Christian		Ripon	4:03.80	4:01.62	2	4	
	48.084 (48.084)	1:53.276 (1:05.192)	2:57.596 (1:04.320)	4:01.614			(1:04.018)
6 Heagy, Connor		Grinnell	4:04.22	4:02.35	2	3	
	46.432 (46.432)	1:51.490 (1:05.059)	2:57.809 (1:06.319)	4:02.346			(1:04.538)

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

7	Newton, Eli	Monmouth (Ill.)	4:09.45	4:06.54	2	2
	46.953 (46.953)	1:51.899 (1:04.946)	2:58.790 (1:06.892)	4:06.539 (1:07.750)		
8	Coble, Thomas	Cornell College	4:06.98	4:07.57	2	1
	45.849 (45.849)	1:51.201 (1:05.353)	1:54.117 (2.916)	4:07.567 (2:13.450)		
9	Chestovich, Andy	Grinnell	4:08.61	4:09.21	2	
	47.521 (47.521)	1:53.784 (1:06.263)	3:01.612 (1:07.829)	4:09.209 (1:07.598)		
10	Hutchings, Isaak	Cornell College	4:15.48	4:09.34	2	
	47.435 (47.435)	1:53.320 (1:05.885)	3:01.258 (1:07.938)	4:09.334 (1:08.076)		
11	Detmer, Will	Illinois College	4:14.48	4:10.24	2	
	46.280 (46.280)	1:51.427 (1:05.147)	2:58.345 (1:06.919)	4:10.235 (1:11.890)		
12	Hunt, Gabe	Cornell College	4:22.87	4:12.00	2	
	47.763 (47.763)	3:03.464 (2:15.701)	4:11.999 (1:08.536)			
13	Myatt, Connor	Lawrence	4:13.45	4:13.00	2	
	47.849 (47.849)	1:54.895 (1:07.047)	3:05.193 (1:10.298)	4:12.998 (1:07.805)		
14	Melin, Steven	Illinois College	4:15.69	4:15.62	2	
	48.033 (48.033)	1:54.496 (1:06.464)	3:05.518 (1:11.022)	4:15.611 (1:10.094)		
15	Snyder, James	Grinnell	4:19.45	4:19.06	2	
	48.383 (48.383)	1:55.807 (1:07.425)	3:06.621 (1:10.815)	4:19.060 (1:12.440)		
16	Dettmer, Caden	Illinois College	4:27.74	4:25.69	1	
	50.771 (50.771)	2:01.921 (1:11.150)	3:14.914 (1:12.993)	4:25.688 (1:10.775)		
17	Cortinas, Aiden	Beloit	4:36.96	4:31.64	1	
	50.556 (50.556)	2:02.745 (1:12.189)	3:17.698 (1:14.954)	4:31.634 (1:13.936)		
18	Bernas, Braden	Monmouth (Ill.)	4:36.06	4:45.24	1	
	50.793 (50.793)	2:02.871 (1:12.078)	3:25.056 (1:22.186)	4:45.238 (1:20.182)		
19	Schoon, Henry	Beloit	4:48.76	4:49.07	1	
	52.265 (52.265)	2:06.417 (1:14.153)	3:27.466 (1:21.049)	4:49.064 (1:21.599)		
20	Varnum, Elliott	Knox	4:50.36	4:54.19	1	
	55.651 (55.651)	2:14.029 (1:18.378)	3:36.861 (1:22.833)	4:54.186 (1:17.325)		
21	La Prad, Noah	Knox	4:59.34	4:55.32	1	
	55.357 (55.357)	2:15.898 (1:20.541)	3:38.311 (1:22.413)	4:55.319 (1:17.009)		
22	Warhausen, Connor	Illinois College	4:52.39	5:15.73	1	
	57.551 (57.551)	2:26.540 (1:28.990)	4:01.785 (1:35.245)	5:15.724 (1:13.940)		
23	Muszynski, Max	Beloit	5:13.68	5:16.03	1	
	1:02.136 (1:02.136)	2:34.276 (1:32.140)	4:03.799 (1:29.524)	5:16.021 (1:12.222)		

Men 5000 Meter Run

=====						
Conference:	14:42.44	1980	Doug Simpson, Carleton College			
Name	Year	School	Seed	Finals	Points	
=====						
1	Goodell, Brian	Grinnell	14:53.15	15:19.95	10	
	37.706 (37.706)	1:52.716 (1:15.010)	3:05.605 (1:12.890)	4:20.162 (1:14.558)		
	5:33.585 (1:13.423)	6:50.064 (1:16.480)	8:00.987 (1:10.924)	9:14.224 (1:13.237)		
	10:28.125 (1:13.901)	11:43.221 (1:15.097)	12:57.244 (1:14.023)	15:19.950 (2:22.706)		
2	Ramsey, Bradley	Grinnell	14:57.60	15:29.63	8	
	37.861 (37.861)	1:55.551 (1:17.690)	3:13.071 (1:17.520)	4:27.849 (1:14.779)		
	5:43.457 (1:15.609)	6:58.241 (1:14.785)	8:11.492 (1:13.251)	9:26.201 (1:14.709)		
	10:39.831 (1:13.631)	11:53.200 (1:13.369)	13:06.575 (1:13.375)	14:20.726 (1:14.151)		
	15:29.621 (1:08.896)					
3	Forstner, Sam	Ripon	14:58.57	15:31.52	6	
	36.510 (36.510)	1:51.836 (1:15.327)	3:05.122 (1:13.286)	4:19.606 (1:14.484)		
	5:33.866 (1:14.261)	6:50.300 (1:16.434)	8:02.471 (1:12.172)	9:18.564 (1:16.093)		
	10:35.616 (1:17.052)	11:52.636 (1:17.021)	13:08.416 (1:15.780)	14:26.186 (1:17.770)		
	15:31.520 (1:05.334)					

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4	Decleene, Jonah	Ripon	15:28.91	15:39.25	5
	36.461 (36.461)	1:51.601 (1:15.140)	3:04.861 (1:13.261)	4:19.356 (1:14.495)	
	5:33.366 (1:14.010)	6:49.898 (1:16.532)	8:05.604 (1:15.706)	9:21.526 (1:15.923)	
	10:37.583 (1:16.057)	11:53.613 (1:16.030)	13:10.876 (1:17.263)	14:27.905 (1:17.030)	
	15:39.241 (1:11.337)				
5	Seeber, Matt	Ripon	15:20.67	15:52.78	4
	36.659 (36.659)	1:52.136 (1:15.478)	3:05.351 (1:13.215)	4:19.897 (1:14.546)	
	5:34.779 (1:14.882)	6:50.863 (1:16.085)	8:06.200 (1:15.337)	9:22.686 (1:16.487)	
	10:41.050 (1:18.364)	11:59.126 (1:18.076)	13:18.844 (1:19.719)	14:37.461 (1:18.618)	
	15:52.772 (1:15.311)				
6	Nickeson, Andrew	Grinnell	15:42.74	15:59.28	3
	37.074 (37.074)	1:53.456 (1:16.382)	3:06.320 (1:12.865)	4:20.731 (1:14.412)	
	5:34.831 (1:14.100)	6:50.561 (1:15.730)	8:05.884 (1:15.324)	9:23.941 (1:18.057)	
	10:44.826 (1:20.885)	12:06.194 (1:21.369)	13:29.511 (1:23.317)	14:49.533 (1:20.023)	
	15:59.271 (1:09.738)				
7	Bruce, Adam	Lawrence	15:57.65	16:03.93	2
	3:10.625 (3:10.625)	4:28.411 (1:17.786)	5:46.301 (1:17.891)	7:05.845 (1:19.544)	
	8:25.239 (1:19.395)	9:44.677 (1:19.439)	11:03.572 (1:18.895)	12:22.266 (1:18.695)	
	13:40.180 (1:17.914)	14:54.146 (1:13.967)	16:03.916 (1:09.770)	16:03.927 (0.011)	
8	Bilskie, Tyler	Cornell College	15:51.79	16:15.81	1
	36.899 (36.899)	1:52.420 (1:15.521)	3:05.874 (1:13.455)	4:20.416 (1:14.542)	
	5:35.189 (1:14.774)	6:51.267 (1:16.079)	8:08.233 (1:16.966)	9:28.107 (1:19.875)	
	10:49.799 (1:21.692)	12:12.901 (1:23.102)	13:35.780 (1:22.880)	14:58.767 (1:22.988)	
	16:15.801 (1:17.034)				
9	Boggs, Devin	Illinois College	16:07.23	16:27.69	
	39.299 (39.299)	1:58.348 (1:19.050)	3:19.179 (1:20.831)	4:38.276 (1:19.098)	
	5:58.251 (1:19.975)	7:16.216 (1:17.965)	8:35.376 (1:19.160)	9:54.295 (1:18.920)	
	11:12.650 (1:18.355)	12:31.295 (1:18.645)	13:50.915 (1:19.620)	15:11.005 (1:20.090)	
	16:27.689 (1:16.685)				
10	Olson, RJ	Ripon	16:24.58	16:33.09	
	38.085 (38.085)	1:53.989 (1:15.905)	3:10.911 (1:16.923)	4:28.533 (1:17.622)	
	5:46.516 (1:17.983)	7:06.613 (1:20.098)	8:25.668 (1:19.055)	9:47.009 (1:21.341)	
	11:10.527 (1:23.519)	12:34.161 (1:23.634)	13:56.298 (1:22.138)	15:16.815 (1:20.517)	
	16:33.081 (1:16.267)				
11	Callahan, Brodie	Cornell College	16:29.65	16:40.35	
	38.401 (38.401)	1:56.282 (1:17.882)	3:16.909 (1:20.627)	4:36.965 (1:20.056)	
	5:56.433 (1:19.469)	7:15.916 (1:19.483)	8:35.720 (1:19.805)	9:57.475 (1:21.755)	
	11:19.206 (1:21.732)	12:41.567 (1:22.361)	14:02.356 (1:20.789)	15:23.336 (1:20.980)	
	16:40.342 (1:17.007)				
12	Popoca, Thomas	Lawrence	16:26.88	16:43.74	
	36.918 (36.918)	1:53.570 (1:16.652)	3:10.709 (1:17.140)	4:28.201 (1:17.492)	
	5:46.432 (1:18.232)	7:07.083 (1:20.651)	8:26.251 (1:19.168)	9:48.615 (1:22.365)	
	11:13.032 (1:24.418)	12:38.134 (1:25.102)	14:04.151 (1:26.017)	15:26.954 (1:22.804)	
	16:43.733 (1:16.780)				
13	Turner, Ezra	Grinnell	16:13.55	17:00.62	
	37.535 (37.535)	1:53.732 (1:16.198)	3:08.956 (1:15.224)	4:26.126 (1:17.171)	
	5:43.987 (1:17.861)	7:06.241 (1:22.255)	8:29.007 (1:22.766)	9:54.662 (1:25.655)	
	11:20.931 (1:26.270)	12:47.121 (1:26.190)	14:15.386 (1:28.265)	15:42.135 (1:26.749)	
	17:00.612 (1:18.478)				
14	Chesnut, Ethyn	Cornell College	17:00.76	17:06.38	
	37.076 (37.076)	1:55.801 (1:18.725)	3:16.564 (1:20.764)	4:36.818 (1:20.255)	
	5:56.169 (1:19.351)	7:16.182 (1:20.014)	8:36.629 (1:20.447)	10:02.271 (1:25.642)	
	12:52.019 (2:49.749)	14:18.759 (1:26.740)	15:46.056 (1:27.298)	17:06.365 (1:20.309)	
	17:06.371 (0.006)				

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....Men 5000 Meter Run

15 West, Owen	Lawrence	16:30.76	17:06.80		
37.210 (37.210)	1:53.199 (1:15.990)	3:10.983 (1:17.785)	4:28.069 (1:17.086)		
5:52.526 (1:24.457)	7:16.438 (1:23.913)	8:37.529 (1:21.091)	10:04.061 (1:26.532)		
11:27.836 (1:23.776)	12:57.554 (1:29.718)	14:25.996 (1:28.443)	15:51.889 (1:25.893)		
17:06.796 (1:14.907)					
16 Hannig, Nick	Illinois College	16:43.82	17:16.63		
39.255 (39.255)	1:58.261 (1:19.007)	3:19.145 (1:20.884)	4:38.246 (1:19.101)		
5:58.229 (1:19.984)	7:18.892 (1:20.664)	8:43.885 (1:24.993)	10:10.020 (1:26.135)		
11:36.434 (1:26.415)	13:03.762 (1:27.329)	14:30.073 (1:26.311)	15:51.296 (1:21.224)		
17:16.625 (1:25.329)					
17 Colter, Neo	Monmouth (Ill.)	17:36.39			
40.700 (40.700)	2:04.395 (1:23.695)	3:28.421 (1:24.026)	4:52.589 (1:24.169)		
6:18.195 (1:25.606)	7:44.200 (1:26.005)	9:11.879 (1:27.680)	10:38.791 (1:26.913)		
12:05.993 (1:27.202)	13:30.591 (1:24.599)	14:56.541 (1:25.950)	16:19.144 (1:22.604)		
17:36.386 (1:17.242)					
18 Fulgencio, Eduardo	Illinois College	16:55.34	17:41.18		
38.535 (38.535)	1:58.081 (1:19.547)	3:19.437 (1:21.356)	4:39.608 (1:20.171)		
6:04.805 (1:25.197)	7:31.281 (1:26.477)	8:57.257 (1:25.976)	10:24.657 (1:27.400)		
11:52.640 (1:27.983)	13:21.373 (1:28.734)	14:51.927 (1:30.555)	16:20.487 (1:28.560)		
17:41.173 (1:20.686)					
19 Plumley, William	Monmouth (Ill.)	17:05.50	17:48.00		
38.184 (38.184)	1:57.821 (1:19.638)	3:21.035 (1:23.214)	4:45.921 (1:24.886)		
6:11.841 (1:25.921)	7:39.496 (1:27.655)	9:07.657 (1:28.161)	10:35.119 (1:27.462)		
12:01.746 (1:26.627)	13:28.140 (1:26.395)	14:55.341 (1:27.201)	16:23.524 (1:28.184)		
17:47.997 (1:24.474)					
20 McAuliffe, Spencer	Illinois College	18:30.35	18:26.13		
39.751 (39.751)	2:01.876 (1:22.126)	3:27.984 (1:26.108)	4:54.167 (1:26.184)		
6:20.616 (1:26.450)	7:50.213 (1:29.597)	9:21.692 (1:31.480)	10:52.363 (1:30.671)		
12:25.118 (1:32.755)	13:57.385 (1:32.267)	15:29.243 (1:31.859)	17:00.908 (1:31.665)		
18:26.129 (1:25.221)					
21 Schoon, Henry	Beloit	18:48.59	19:30.02		
43.863 (43.863)	2:13.366 (1:29.503)	3:42.146 (1:28.780)	5:12.666 (1:30.520)		
6:42.970 (1:30.305)	8:11.463 (1:28.494)	9:40.731 (1:29.269)	11:13.973 (1:33.242)		
12:49.629 (1:35.656)	14:25.974 (1:36.345)	16:01.866 (1:35.892)	17:39.393 (1:37.528)		
19:30.016 (1:50.624)					
22 Eichfeld, Owen	Beloit	20:49.08	19:51.07		
47.086 (47.086)	2:24.359 (1:37.274)	4:02.161 (1:37.803)	5:40.776 (1:38.615)		
7:21.317 (1:40.541)	9:02.241 (1:40.924)	10:41.284 (1:39.044)	12:20.585 (1:39.301)		
14:01.312 (1:40.728)	15:44.783 (1:43.471)	17:40.435 (1:55.652)	19:26.695 (1:46.260)		

Men 10000 Meter Run

=====						
Conference:	30:46.24	1981	Mike Axinn, Univ of Chicago			
Name	Year	School	Seed	Finals	Points	
=====						
1 Goodell, Brian		Grinnell		32:08.12	10	
1:11.735 (1:11.735)	2:27.060 (1:15.325)	3:42.712 (1:15.652)	4:58.230 (1:15.519)			
6:14.928 (1:16.698)	7:32.037 (1:17.110)	8:49.005 (1:16.969)	10:07.815 (1:18.810)			
11:25.819 (1:18.004)	12:44.965 (1:19.147)	14:03.789 (1:18.824)	15:22.881 (1:19.093)			
16:40.780 (1:17.899)	17:59.281 (1:18.502)	19:19.566 (1:20.285)	20:38.252 (1:18.686)			
21:57.683 (1:19.431)	23:17.388 (1:19.705)	24:35.557 (1:18.170)	25:54.728 (1:19.171)			
27:16.900 (1:22.172)	28:32.336 (1:15.437)	29:44.015 (1:11.679)	30:57.851 (1:13.837)			
32:08.113 (1:10.262)						

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2	Ramsey, Bradley	Grinnell	32:15.68	8	
	1:14.792 (1:14.792)	2:31.507 (1:16.715)	3:48.274 (1:16.767)	5:04.685 (1:16.412)	
	6:22.158 (1:17.473)	7:38.630 (1:16.472)	8:56.514 (1:17.885)	10:13.159 (1:16.645)	
	11:30.741 (1:17.583)	12:48.939 (1:18.198)	14:07.746 (1:18.808)	15:25.000 (1:17.255)	
	16:41.370 (1:16.370)	17:59.553 (1:18.183)	19:20.050 (1:20.498)	20:38.848 (1:18.798)	
	21:58.274 (1:19.426)	23:17.185 (1:18.911)	24:35.344 (1:18.160)	25:55.478 (1:20.135)	
	27:17.498 (1:22.020)	28:34.347 (1:16.850)	29:47.806 (1:13.460)	31:02.950 (1:15.145)	
	32:15.673 (1:12.723)				
3	Forstner, Sam	Ripon	30:56.52	32:32.07	6
	1:11.703 (1:11.703)	2:26.790 (1:15.087)	3:42.443 (1:15.654)	4:58.007 (1:15.565)	
	6:14.660 (1:16.653)	7:31.817 (1:17.158)	8:48.760 (1:16.943)	10:07.543 (1:18.784)	
	11:25.545 (1:18.003)	12:44.715 (1:19.170)	14:03.614 (1:18.899)	15:22.643 (1:19.030)	
	16:41.010 (1:18.367)	17:59.031 (1:18.022)	19:19.315 (1:20.284)	20:38.029 (1:18.715)	
	21:57.465 (1:19.436)	23:17.655 (1:20.191)	24:35.774 (1:18.119)	25:54.517 (1:18.744)	
	28:33.099 (2:38.582)	29:52.900 (1:19.801)	31:14.012 (1:21.113)	32:32.069 (1:18.057)	
4	Declene, Jonah	Ripon	32:39.89	33:00.49	5
	1:16.581 (1:16.581)	2:32.121 (1:15.540)	3:48.760 (1:16.640)	5:05.725 (1:16.965)	
	6:22.635 (1:16.910)	7:38.862 (1:16.228)	8:56.425 (1:17.564)	10:12.607 (1:16.182)	
	11:29.976 (1:17.370)	12:48.049 (1:18.073)	14:05.924 (1:17.875)	15:23.343 (1:17.420)	
	16:40.525 (1:17.183)	17:59.814 (1:19.289)	19:19.810 (1:19.997)	20:38.476 (1:18.666)	
	21:57.934 (1:19.458)	23:18.658 (1:20.725)	24:41.566 (1:22.909)	26:06.147 (1:24.581)	
	27:30.406 (1:24.260)	28:54.325 (1:23.920)	30:17.640 (1:23.315)	31:39.170 (1:21.530)	
	33:00.490 (1:21.320)				
5	Seeber, Matt	Ripon	31:56.41	33:43.98	4
	1:15.422 (1:15.422)	2:31.730 (1:16.309)	3:48.518 (1:16.788)	5:05.460 (1:16.942)	
	6:23.535 (1:18.075)	7:42.049 (1:18.515)	9:01.449 (1:19.400)	10:21.449 (1:20.000)	
	11:41.417 (1:19.969)	13:02.729 (1:21.312)	14:24.133 (1:21.405)	15:46.520 (1:22.387)	
	17:09.894 (1:23.375)	18:33.360 (1:23.467)	19:57.720 (1:24.360)	21:22.236 (1:24.517)	
	22:46.334 (1:24.098)	24:09.825 (1:23.491)	25:34.954 (1:25.130)	27:00.328 (1:25.375)	
	28:26.520 (1:26.193)	29:54.009 (1:27.489)	31:16.436 (1:22.428)	32:36.585 (1:20.150)	
	33:43.977 (1:07.392)				
6	Bilskie, Tyler	Cornell College	34:20.13	33:44.34	3
	1:15.905 (1:15.905)	2:32.419 (1:16.515)	3:49.587 (1:17.169)	5:07.577 (1:17.990)	
	6:26.343 (1:18.766)	7:45.121 (1:18.779)	9:04.181 (1:19.060)	10:22.900 (1:18.720)	
	11:41.923 (1:19.023)	13:01.204 (1:19.281)	14:21.231 (1:20.028)	15:41.860 (1:20.630)	
	17:02.542 (1:20.682)	18:23.595 (1:21.053)	19:45.290 (1:21.695)	21:08.658 (1:23.369)	
	22:34.330 (1:25.672)	23:59.396 (1:25.067)	25:25.035 (1:25.639)	26:51.111 (1:26.077)	
	28:17.555 (1:26.444)	29:45.290 (1:27.736)	31:10.306 (1:25.016)	32:32.182 (1:21.876)	
	33:44.338 (1:12.156)				
7	Callahan, Brodie	Cornell College	35:46.07	33:50.91	2
	1:15.690 (1:15.690)	2:36.028 (1:20.339)	3:56.360 (1:20.333)	5:15.497 (1:19.137)	
	6:36.201 (1:20.705)	7:58.923 (1:22.722)	9:21.784 (1:22.861)	10:43.748 (1:21.965)	
	12:06.684 (1:22.936)	13:30.725 (1:24.042)	14:55.410 (1:24.685)	16:20.245 (1:24.836)	
	17:41.491 (1:21.246)	19:02.694 (1:21.203)	20:24.665 (1:21.972)	21:46.502 (1:21.837)	
	23:06.502 (1:20.000)	24:28.449 (1:21.947)	25:49.370 (1:20.921)	27:12.037 (1:22.668)	
	28:34.010 (1:21.973)	29:55.468 (1:21.459)	31:15.956 (1:20.489)	32:36.850 (1:20.895)	
	33:50.909 (1:14.059)				

2023 Midwest Conference Championship - 5/12/2023 to 5/13/2023**Live Results posted on Results.AdkinsTrak.com****Grinnell College
Results****....Men 10000 Meter Run**

8	Bruce, Adam	Lawrence	33:53.28	1
	1:17.570 (1:17.570)	2:36.783 (1:19.213)	3:56.955 (1:20.173)	5:16.725 (1:19.770)
	6:36.952 (1:20.228)	7:58.509 (1:21.557)	9:20.689 (1:22.180)	10:42.585 (1:21.897)
	12:04.489 (1:21.904)	13:25.817 (1:21.329)	14:47.580 (1:21.764)	16:10.165 (1:22.585)
	17:32.892 (1:22.728)	18:55.352 (1:22.460)	20:17.560 (1:22.208)	21:39.721 (1:22.162)
	23:03.512 (1:23.791)	24:27.295 (1:23.783)	25:50.530 (1:23.235)	27:14.516 (1:23.987)
	28:38.283 (1:23.767)	30:01.124 (1:22.841)	31:23.816 (1:22.693)	32:42.577 (1:18.761)
	33:53.274 (1:10.697)			
9	Boggs, Devin	Illinois College	35:00.51	33:57.56
	1:16.815 (1:16.815)	2:32.699 (1:15.884)	3:49.811 (1:17.113)	5:07.849 (1:18.038)
	6:26.699 (1:18.850)	7:45.460 (1:18.761)	9:04.454 (1:18.995)	11:45.237 (2:40.784)
	13:06.039 (1:20.802)	14:28.566 (1:22.528)	15:50.920 (1:22.354)	17:13.264 (1:22.345)
	18:35.096 (1:21.833)	19:57.276 (1:22.180)	21:20.624 (1:23.348)	22:45.600 (1:24.976)
	24:12.515 (1:26.916)	25:38.915 (1:26.400)	27:04.515 (1:25.600)	28:29.439 (1:24.925)
	29:53.977 (1:24.539)	31:16.860 (1:22.883)	32:42.397 (1:25.538)	33:57.555 (1:15.158)
	33:57.561 (0.007)			
10	Popoca, Thomas	Lawrence	37:40.80	34:51.22
	1:17.734 (1:17.734)	2:36.977 (1:19.244)	3:57.130 (1:20.154)	5:16.810 (1:19.680)
	6:37.118 (1:20.309)	7:59.091 (1:21.974)	9:21.221 (1:22.130)	10:43.146 (1:21.925)
	12:06.895 (1:23.749)	13:30.781 (1:23.887)	14:55.009 (1:24.228)	16:19.954 (1:24.945)
	17:45.948 (1:25.995)	19:12.487 (1:26.540)	20:37.537 (1:25.050)	22:03.490 (1:25.953)
	23:30.971 (1:27.482)	24:57.953 (1:26.982)	26:27.508 (1:29.555)	27:56.187 (1:28.680)
	29:21.606 (1:25.420)	30:48.021 (1:26.415)	32:13.861 (1:25.840)	33:39.229 (1:25.368)
	34:51.216 (1:11.988)			
11	Miller, John	Grinnell	35:00.44	
	1:19.090 (1:19.090)	2:36.593 (1:17.504)	3:56.082 (1:19.490)	5:15.229 (1:19.147)
	6:35.923 (1:20.695)	7:58.614 (1:22.691)	9:21.460 (1:22.846)	10:43.437 (1:21.978)
	12:06.502 (1:23.065)	13:30.410 (1:23.908)	14:55.132 (1:24.723)	16:19.995 (1:24.863)
	17:41.985 (1:21.990)	19:11.700 (1:29.715)	20:37.744 (1:26.045)	22:03.735 (1:25.992)
	23:31.207 (1:27.472)	24:58.170 (1:26.964)	26:27.763 (1:29.593)	27:55.871 (1:28.109)
	29:21.179 (1:25.308)	30:48.310 (1:27.132)	33:39.023 (2:50.713)	35:00.430 (1:21.407)
	35:00.433 (0.004)			
12	Olson, RJ	Ripon	35:06.45	
	1:18.131 (1:18.131)	2:37.120 (1:18.990)	3:57.220 (1:20.100)	5:16.953 (1:19.734)
	6:37.219 (1:20.266)	7:58.813 (1:21.595)	9:20.922 (1:22.110)	10:42.767 (1:21.845)
	12:04.664 (1:21.897)	13:26.035 (1:21.372)	14:47.879 (1:21.844)	16:10.290 (1:22.411)
	17:33.725 (1:23.436)	18:58.180 (1:24.455)	20:24.407 (1:26.227)	21:51.458 (1:27.051)
	23:18.895 (1:27.437)	24:46.116 (1:27.222)	26:14.944 (1:28.828)	27:44.389 (1:29.445)
	29:14.422 (1:30.034)	30:45.880 (1:31.458)	32:14.113 (1:28.234)	33:39.415 (1:25.303)
	35:06.443 (1:27.028)			
13	Chesnut, Ethyn	Cornell College	36:01.24	35:50.97
	1:18.975 (1:18.975)	2:41.225 (1:22.250)	4:05.566 (1:24.341)	5:30.966 (1:25.400)
	6:56.250 (1:25.284)	8:22.265 (1:26.015)	9:49.441 (1:27.177)	11:17.133 (1:27.692)
	12:46.944 (1:29.811)	14:16.955 (1:30.012)	15:45.135 (1:28.180)	17:13.200 (1:28.065)
	18:37.569 (1:24.370)	20:04.017 (1:26.449)	21:29.913 (1:25.896)	22:57.593 (1:27.680)
	24:23.656 (1:26.064)	25:49.697 (1:26.041)	27:15.288 (1:25.591)	28:44.004 (1:28.716)
	30:13.934 (1:29.930)	31:40.851 (1:26.918)	33:08.413 (1:27.562)	34:35.152 (1:26.740)
	35:50.970 (1:15.818)			

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Live Results posted on Results.AdkinsTrak.com

**Grinnell College
Results****....Men 10000 Meter Run**

14 Fulgencio, Eduardo	Illinois College	38:16.25	36:53.48				
1:16.984 (1:16.984)	2:36.279 (1:19.295)	3:56.660 (1:20.382)	5:15.794 (1:19.134)				
6:36.482 (1:20.689)	7:59.209 (1:22.727)	9:24.734 (1:25.525)	10:53.582 (1:28.849)				
12:24.153 (1:30.571)	13:54.604 (1:30.451)	15:25.265 (1:30.662)	16:55.189 (1:29.924)				
18:27.305 (1:32.117)	19:59.787 (1:32.482)	21:31.920 (1:32.133)	23:06.312 (1:34.393)				
24:42.155 (1:35.844)	26:15.798 (1:33.643)	27:49.048 (1:33.250)	29:23.550 (1:34.503)				
30:59.374 (1:35.824)	32:31.389 (1:32.015)	34:00.752 (1:29.364)	35:31.524 (1:30.772)				
36:53.475 (1:21.951)							
15 West, Owen	Lawrence	38:53.80	37:19.23				
1:17.965 (1:17.965)	2:37.271 (1:19.307)	3:58.100 (1:20.829)	5:20.847 (1:22.748)				
6:47.325 (1:26.478)	8:14.478 (1:27.154)	9:41.037 (1:26.560)	11:07.090 (1:26.053)				
12:38.049 (1:30.960)	14:03.798 (1:25.750)	15:30.824 (1:27.026)	17:06.205 (1:35.381)				
18:37.865 (1:31.660)	20:12.828 (1:34.964)	21:43.610 (1:30.783)	23:22.205 (1:38.595)				
24:58.753 (1:36.548)	26:28.630 (1:29.878)	28:03.431 (1:34.801)	29:38.920 (1:35.490)				
31:15.325 (1:36.405)	32:51.230 (1:35.905)	34:24.255 (1:33.026)	35:53.216 (1:28.961)				
37:19.230 (1:26.014)							
16 Plumley, William	Monmouth (Ill.)	38:17.09					
1:19.310 (1:19.310)	2:41.784 (1:22.474)	4:05.621 (1:23.838)	5:31.306 (1:25.685)				
6:56.635 (1:25.330)	8:23.145 (1:26.510)	9:50.868 (1:27.723)	11:20.050 (1:29.182)				
12:50.285 (1:30.236)	14:21.271 (1:30.986)	15:53.450 (1:32.180)	17:26.425 (1:32.975)				
19:01.195 (1:34.770)	20:38.104 (1:36.910)	22:16.994 (1:38.890)	23:52.655 (1:35.662)				
25:27.688 (1:35.033)	27:08.115 (1:40.428)	28:50.175 (1:42.060)	30:30.763 (1:40.588)				
32:05.456 (1:34.694)	33:41.956 (1:36.500)	35:18.933 (1:36.977)	36:51.154 (1:32.221)				
38:17.084 (1:25.930)							
17 Horn, Kyle	Knox	39:02.17					
1:22.095 (1:22.095)	2:48.198 (1:26.103)	4:13.844 (1:25.646)	5:43.291 (1:29.448)				
7:14.723 (1:31.432)	8:48.734 (1:34.011)	10:22.868 (1:34.135)	11:57.385 (1:34.517)				
13:35.135 (1:37.751)	15:15.747 (1:40.612)	16:57.186 (1:41.440)	18:39.357 (1:42.171)				
20:21.335 (1:41.979)	22:04.525 (1:43.190)	23:49.098 (1:44.573)	25:34.024 (1:44.926)				
27:16.636 (1:42.613)	28:59.362 (1:42.726)	30:43.465 (1:44.103)	32:25.549 (1:42.085)				
34:07.706 (1:42.158)	35:51.647 (1:43.941)	37:33.293 (1:41.646)	39:02.168 (1:28.875)				
-- Lutzke, Noah	Cornell College	33:17.90	DNF				
1:12.395 (1:12.395)	2:28.065 (1:15.670)	3:46.144 (1:18.079)	5:04.935 (1:18.792)				
6:22.402 (1:17.467)	7:40.238 (1:17.836)	9:00.189 (1:19.951)	10:20.134 (1:19.945)				
11:41.700 (1:21.567)	13:03.754 (1:22.054)	14:24.573 (1:20.820)					
-- Krysan, Mark	Grinnell		DNF				
1:22.933 (1:22.933)	2:49.035 (1:26.103)	4:11.953 (1:22.918)	5:36.005 (1:24.053)				
7:01.334 (1:25.329)	8:26.521 (1:25.188)	9:55.284 (1:28.763)	11:25.906 (1:30.623)				
12:56.146 (1:30.240)	14:26.108 (1:29.962)	15:55.669 (1:29.561)	17:22.052 (1:26.384)				
18:50.680 (1:28.629)	20:20.576 (1:29.896)	21:54.080 (1:33.504)	23:28.088 (1:34.009)				

Men 110 Meter Hurdles**Top 8 Advance by Time**

Conference:	14.33	2012	Justin Johnson, St. Norbert College				
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1 Otis, Nathaniel		Beloit	15.89	15.84q	0.9	2	
2 Ganiyu, Azeez		Beloit	16.40	16.27q	1.8	1	
3 Soutsos, Peter		Monmouth (Ill.)	16.50	16.41q	1.8	1	
4 Lee, Jackson		Illinois College	16.65	16.62q	0.9	2	
5 James, Xavier		Grinnell	17.14	17.24q	1.8	1	
6 Phillips, Dorian		Ripon	17.04	17.29q	1.8	1	

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**Grinnell College
Results****....Men 110 Meter Hurdles**

7	Wilkins, Austin	Cornell College	17.02	17.42q	0.9	2
8	Telschow, Oscar	Ripon	18.00	17.65q	0.9	2
9	Coon, Jake	Cornell College	18.76	17.85	0.9	2
10	Centeno, Darnell	Knox	19.01	18.72	1.8	1

Men 110 Meter Hurdles

Conference: 14.33 2012 Justin Johnson, St. Norbert College
 Name Year School Prelims Finals Wind Points

Finals

1	Otis, Nathaniel	Beloit	15.84	15.73	-1.0	10
2	Ganiyu, Azeez	Beloit	16.27	15.86	-1.0	8
3	Lee, Jackson	Illinois College	16.62	16.57	-1.0	6
4	James, Xavier	Grinnell	17.24	16.80	-1.0	5
5	Wilkins, Austin	Cornell College	17.42	17.42	-1.0	4
6	Telschow, Oscar	Ripon	17.65	17.45	-1.0	3
7	Phillips, Dorian	Ripon	17.29	17.53	-1.0	2
8	Soutsos, Peter	Monmouth (Ill.)	16.41	28.05	-1.0	1

Men 400 Meter Hurdles**Top 8 Advance by Time**

Conference: 51.75 2011 Logan Hohl, Monmouth College
 Name Year School Seed Prelims H#

Preliminaries

1	Otis, Nathaniel	Beloit	55.46	55.43q	3
2	James, Xavier	Grinnell	58.35	58.28q	1
3	Anderson, Jacob	Knox	1:00.94	58.65q	3
4	Mendola, Noah	Grinnell	57.85	58.79q	2
5	Lottig, Quintin	Beloit	59.44	59.18q	2
6	Bona, Reed	Monmouth (Ill.)	58.92	1:00.01q	1
7	Trzebiatowski, Sam	Ripon	1:01.63	1:01.01q	3
8	Wilkins, Austin	Cornell College	1:01.69	1:01.53q	2
9	Brauman, Braeden	Monmouth (Ill.)	1:03.70	1:01.83	3
10	Wetzel-Meehan, Ray	Lawrence	1:03.36	1:01.87	2
11	Scherff, Elgin	Illinois College	1:04.04	1:02.41	1
12	Soutsos, Peter	Monmouth (Ill.)	1:06.09	1:02.81	2
13	Coon, Jake	Cornell College	1:03.75	1:02.92	2
14	Boev, Ryan	Grinnell	1:03.00	1:02.93	1
15	Lee, Jackson	Illinois College	1:03.62	1:03.71	3
16	Phillips, Dorian	Ripon	1:06.04	1:06.34	1
17	Centeno, Darnell	Knox		1:08.43	3

Men 400 Meter Hurdles

Conference: 51.75 2011 Logan Hohl, Monmouth College
 Name Year School Prelims Finals Points

Finals

1	Otis, Nathaniel	Beloit	55.43	55.00	10
2	Anderson, Jacob	Knox	58.65	56.45	8
3	Mendola, Noah	Grinnell	58.79	57.09	6

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**Grinnell College
Results****....Men 400 Meter Hurdles**

4 James, Xavier	Grinnell	58.28	57.12	5
5 Lottig, Quintin	Beloit	59.18	57.30	4
6 Bona, Reed	Monmouth (Ill.)	1:00.01	58.73	3
7 Trzebiatowski, Sam	Ripon	1:01.01	1:00.76	2
8 Wilkins, Austin	Cornell College	1:01.53	1:02.23	1

Men 3000 Meter Steeplechase

Conference: 9:08.31 2005		Zach Barr, Monmouth College				
Name	Year	School	Seed	Finals	Points	
1 Goodell, Brian		Grinnell	9:26.76	9:38.08	10	
44.282 (44.282)	1:59.940 (1:15.659)	3:15.497 (1:15.557)	4:33.057 (1:17.561)			
5:50.936 (1:17.879)	7:07.704 (1:16.769)	8:24.102 (1:16.398)	9:38.077 (1:13.975)			
2 Miller, Lance		Knox	9:47.82	9:48.04	8	
44.591 (44.591)	2:01.152 (1:16.561)	3:18.605 (1:17.454)	4:37.888 (1:19.284)			
5:56.929 (1:19.041)	7:17.413 (1:20.485)	8:34.538 (1:17.125)	9:48.034 (1:13.496)			
3 Coble, Thomas		Cornell College	9:46.28	9:57.07	6	
43.887 (43.887)	2:00.795 (1:16.909)	3:18.005 (1:17.210)	4:37.637 (1:19.632)			
5:58.379 (1:20.743)	7:20.686 (1:22.307)	8:42.958 (1:22.273)	9:57.068 (1:14.110)			
4 Kuwaye, Christian		Ripon	9:58.98	9:57.61	5	
46.068 (46.068)	2:01.363 (1:15.295)	3:18.325 (1:16.962)	4:37.547 (1:19.222)			
5:56.600 (1:19.054)	7:17.841 (1:21.241)	8:39.178 (1:21.338)	9:57.605 (1:18.427)			
5 Baquera, Adrian		Ripon	10:14.95	10:07.86	4	
45.263 (45.263)	2:02.377 (1:17.115)	3:19.531 (1:17.154)	4:38.773 (1:19.243)			
5:58.719 (1:19.946)	7:20.988 (1:22.270)	8:45.298 (1:24.310)	10:07.852 (1:22.555)			
6 Wetzell-Meehan, Ray		Lawrence	10:19.01	10:18.80	3	
44.869 (44.869)	2:02.764 (1:17.895)	3:24.166 (1:21.402)	4:48.003 (1:23.838)			
6:11.741 (1:23.738)	7:36.490 (1:24.750)	9:02.330 (1:25.840)	10:18.793 (1:16.464)			
7 Coble, Dylan		Lawrence	10:22.10	10:18.84	2	
46.085 (46.085)	2:04.573 (1:18.489)	3:25.967 (1:21.395)	4:47.624 (1:21.657)			
6:11.026 (1:23.402)	7:35.753 (1:24.728)	9:01.762 (1:26.010)	10:18.837 (1:17.075)			
8 Colter, Neo		Monmouth (Ill.)	10:34.41	10:24.30	1	
46.789 (46.789)	2:05.701 (1:18.912)	3:26.618 (1:20.918)	4:49.602 (1:22.985)			
6:13.130 (1:23.528)	7:39.862 (1:26.733)	9:06.829 (1:26.967)	10:24.297 (1:17.468)			
9 Boj dak-Yates, Itai		Lawrence	10:33.48	10:24.87		
46.103 (46.103)	2:05.742 (1:19.639)	3:27.643 (1:21.902)	4:50.092 (1:22.450)			
6:12.568 (1:22.476)	7:38.007 (1:25.440)	9:03.927 (1:25.920)	10:24.863 (1:20.937)			
10 Williams, Carter		Grinnell	10:45.97	10:32.77		
45.446 (45.446)	2:04.957 (1:19.511)	3:26.967 (1:22.011)	4:49.796 (1:22.829)			
6:14.026 (1:24.230)	9:08.313 (2:54.288)	10:32.763 (1:24.450)				
11 Scherff, Elgin		Illinois College	10:25.09	10:37.92		
45.742 (45.742)	2:02.937 (1:17.195)	3:23.805 (1:20.869)	4:48.500 (1:24.695)			
6:14.428 (1:25.929)	7:42.897 (1:28.469)	9:11.946 (1:29.050)	10:37.911 (1:25.965)			
12 Ching, Tyler		Grinnell	11:35.34	11:20.40		
47.511 (47.511)	2:10.640 (1:23.130)	3:35.956 (1:25.316)	5:04.652 (1:28.697)			
6:38.338 (1:33.686)	8:13.378 (1:35.040)	9:51.274 (1:37.896)	11:20.394 (1:29.120)			
13 Short, Ben		Grinnell	12:01.72			
48.272 (48.272)	2:14.983 (1:26.711)	5:22.841 (3:07.858)	7:02.371 (1:39.530)			
7:40.947 (38.577)	8:42.281 (1:01.334)	10:24.723 (1:42.443)	12:01.716 (1:36.993)			
-- Perry, Eli		Monmouth (Ill.)	11:26.26	DNF		
46.605 (46.605)	2:09.567 (1:22.962)	3:36.777 (1:27.210)	5:14.262 (1:37.485)			
7:01.395 (1:47.134)						

2023 Midwest Conference Championship - 5/12/2023 to 5/13/2023**Live Results posted on Results.AdkinsTrak.com****Grinnell College
Results****Men 4x100 Meter Relay**

Conference: 41.24 2014 Monmouth College
Parr, Brown, Green, Wilson

School	Seed	Finals	H#	Points
1 Ripon	41.77	41.61	2	10
1) Vander Galien, Logan	2) Davies, Jacob			
3) Walker, Dameco	4) Gray, Cade			
2 Knox	42.14	41.78	2	8
1) Bailey, Jonathan	2) Pierce, Tyrell			
3) Geggie, Trevor	4) Jackson, Derrick			
3 Grinnell	42.86	42.83	2	6
1) Hiser, Alexander	2) Saldanha, John Michael			
3) Walcher, Kyler	4) Fadden, Lucas			
4 Monmouth (Ill.)	42.40	43.15	2	5
1) Jachimiec, Luke	2) Ditsworth, Luke			
3) Bona, Reed	4) Outlaw, Adrian			
5 Beloit	43.15	43.38	2	4
1) Joseph, Ajani	2) Martin, Ahmasi			
3) Otis, Nathaniel	4) Joly, Brandon			
6 Cornell College	44.40	44.00	1	3
1) Greiner, Doniel	2) Soukup, Gavin			
3) Watters, Nathan	4) McGuire, Jaxin			
7 Illinois College	43.10	44.24	2	2 44.231
1) Weddington, Miles	2) Slater, Tracy			
3) Casseus, Raymond	4) Douglas, Jack			
8 Lake Forest	44.28	44.24	1	1 44.232
1) Lungu, Matthew	2) Robinson, Jermaine			
3) Alade, Michael	4) Wright, Mason			
9 Lawrence	44.27	44.66	1	
1) Benjamin, David	2) Watson, Jaydon			
3) Eggert, Will	4) Zook, Tristan			

Men 4x400 Meter Relay

Conference: 3:15.47 2009 Monmouth College
D. Daniels, T. Rundle, J. Reschke, L. Reschke

School	Seed	Finals	H#	Points
1 Monmouth (Ill.)	3:25.21	3:21.42	2	10
1) Bona, Reed	2) Curry, Patrick			
3) Newton, Eli	4) Outlaw, Adrian			
2 Beloit	3:22.51	3:21.54	2	8
1) Atou, Alexandre	2) Martin, Ahmasi			
3) Otis, Nathaniel	4) Joly, Brandon			
3 Grinnell	3:30.55	3:23.83	2	6
1) Fuller, Andrew	2) Mendola, Noah			
3) Chestovich, Andy	4) Fadden, Lucas			
4 Ripon	3:23.14	3:23.97	2	5
1) Jumbeck, Jacob	2) Walker, Dameco			
3) Trzebiatowski, Sam	4) Villanueva, Rainier			
5 Cornell College	3:30.18	3:29.12	2	4
1) McGuire, Jaxin	2) Jacobs, Currey			
3) Watters, Nathan	4) Isaacson, Fisher			
6 Knox	3:46.49	3:30.11	1	3

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Live Results posted on Results.AdkinsTrak.com

Grinnell College**Results****....Men 4x400 Meter Relay**

1) Pierce, Tyrell	2) Miller, Lance				
3) Beaver, Owen	4) Anderson, Jacob				
7 Lawrence		3:36.62	3:33.23	1	2
1) Jackson, Marcus	2) Myatt, Connor				
3) Benjamin, David	4) Thorson, Bergen				
8 Illinois College		3:36.56	3:35.64	2	1
1) White, Collin	2) Casseus, Raymond				
3) Dettmer, Caden	4) Detmer, Will				
9 Lake Forest			3:39.03	1	
1) Lungu, Matthew	2) Khalid, Rayan				
3) Lewan, Jayden	4) Wright, Mason				

Men High Jump

Conference:		2.13m	1993	Scott Schliech, Beloit College							
Name	Year	School	Seed	Finals	Points						
1 Fisher, Ben		Ripon	2.05m	1.97m	6-05.50	10					
	1.62	1.67	1.72	1.77	1.82	1.87	1.92	1.97	2.02		
	PPP	PPP	PPP	PPP	PPP	O	O	O	XXX		
2 Gray, Cade		Ripon	1.71m	1.92m	6-03.50	8					
	1.62	1.67	1.72	1.77	1.82	1.87	1.92	1.97			
	PPP	PPP	O	O	O	O	O	XXX			
3 Crawford, Laquanta		Cornell College	1.90m	1.87m	6-01.50	6					
	1.62	1.67	1.72	1.77	1.82	1.87	1.92				
	PPP	PPP	PPP	O	O	XO	XXX				
4 Myles, Michael		Beloit	1.85m	J1.87m	6-01.50	5					
	1.62	1.67	1.72	1.77	1.82	1.87	1.92				
	PPP	PPP	O	O	O	XXO	XXX				
5 Charles, Diontia		Beloit	1.87m	1.82m	5-11.50	4					
	1.62	1.67	1.72	1.77	1.82	1.87					
	PPP	O	O	O	O	XXX					
6 Otis, Nathaniel		Beloit	1.77m	1.77m	5-09.75	3					
	1.62	1.67	1.72	1.77	1.82	1.87	1.92				
	PPP	O	O	O	PPP	PPP	XXX				
7 Novelle, Jack		Grinnell	1.82m	1.72m	5-07.75	2					
	1.62	1.67	1.72	1.77							
	PPP	PPP	O	XXX							
8 Twardowski, Joey		Monmouth (Ill.)	1.72m	J1.72m	5-07.75	1					
	1.62	1.67	1.72	1.77							
	O	O	XO	XXX							
9 Curry, Patrick		Monmouth (Ill.)	1.77m	J1.72m	5-07.75						
	1.62	1.67	1.72	1.77							
	PPP	O	XXO	XXX							
10 Zook, Tristan		Lawrence	1.75m	1.67m	5-05.75						
	1.62	1.67	1.72								
	O	XO	XXX								
-- Telschow, Oscar		Ripon	1.61m	NH							
	1.62										
	XXX										

2023 Midwest Conference Championship - 5/12/2023 to 5/13/2023**Live Results posted on Results.AdkinsTrak.com****Grinnell College
Results****Men Pole Vault**

Conference: 5.21m 2018 Dan Evers, Monmouth College												
Name					Year	School	Seed	Finals			Points	
1 Gray, Cade						Ripon	5.10m	5.16m	16-11.00	10		
	3.66	3.81	3.96	4.11	4.26	4.41	4.56	4.71	4.86	5.01	5.11	5.16
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	XO	O	PPP	XO
2 Wilson, Reed						Monmouth (Ill.)	4.76m	4.71m	15-05.50	8		
	3.66	3.81	3.96	4.11	4.26	4.41	4.56	4.71	4.86			
	PPP	PPP	PPP	PPP	PPP	O	XO	O	XXX			
3 Bona, Reed						Monmouth (Ill.)	4.25m	4.26m	13-11.75	6		
	3.66	3.81	3.96	4.11	4.26	4.41						
	PPP	PPP	O	XO	O	XXX						
4 Lee, Jackson						Illinois College	4.05m	4.11m	13-05.75	5		
	3.66	3.81	3.96	4.11	4.26							
	PPP	O	O	O	XXX							
5 San Diego, Isaac						Ripon	4.20m	J4.11m	13-05.75	4		
	3.66	3.81	3.96	4.11	4.26							
	PPP	PPP	XO	XO	XXX							
6 Sena, Ethan						Knox	3.96m	3.96m	12-11.75	3		
	3.66	3.81	3.96	4.11								
	XXO	XO	XO	XXX								
7 Beyers, Max						Illinois College	4.15m	3.81m	12-06.00	1.50		
	3.66	3.81	3.96									
	PPP	XO	XXX									
7 Bernas, Riley						Monmouth (Ill.)	3.95m	3.81m	12-06.00	1.50		
	3.66	3.81	3.96									
	O	XO	XXX									
-- Haring, Isaac						Ripon	3.75m	NH				
	3.66											
	XXX											
-- O'Sullivan, Nyhan						Lawrence	3.25m	NH				
	3.66											
	XXX											

Men Long Jump

Conference: 7.63m 5/12/2023 Cade Gray, Ripon												
Name					Year	School	Seed	Finals	Wind	H#	Points	
1 Gray, Cade						Ripon	7.49m	7.63m	2.0	25-00.50	2 10	
	7.63m(2.0)	7.45m(0.4)	7.43m(1.1)	PASS	PASS	7.11m(2.0)						
2 Walker, Dameco						Ripon	7.66m	7.50m	2.0	24-07.25	2 8	
	7.50m(2.0)	7.41m(0.4)	7.40m(1.1)	6.06m(3.1)	6.32m(2.9)	7.41m(2.0)						
3 Fisher, Ben						Ripon	6.85m	7.01m	1.9	23-00.00	2 6	
	6.73m(1.7)	6.87m(0.9)	6.90m(0.7)	6.90m(1.1)	6.74m(0.6)	7.01m(1.9)						
4 Ballman, Kendall						Knox	7.01m	6.97m	1.6	22-10.50	2 5	
	6.95m(1.8)	6.64m(0.2)	FOUL	FOUL	6.97m(1.6)	FOUL						
5 Saldanha, John Michael						Grinnell	6.51m	6.77m	4.5	22-02.50	2 4	
	6.77m(4.5)	6.69m(1.2)	FOUL	6.28m(1.8)	6.53m(3.6)	6.63m(1.7)						
6 Benjamin, David						Lawrence	6.87m	6.60m	2.1	21-08.00	2 3	
	6.60m(2.1)	6.46m(+0.0)	6.38m(1.6)	6.35m(1.3)	6.02m(2.0)	6.28m(1.3)						
7 Davies, Jacob						Ripon	6.75m	6.32m	1.5	20-09.00	2 2	
	6.08m(3.6)	6.18m(1.4)	6.31m(1.4)	6.32m(1.5)	6.20m(1.7)	6.29m(2.5)						

2023 Midwest Conference Championship - 5/12/2023 to 5/13/2023**Live Results posted on Results.AdkinsTrak.com****Grinnell College
Results****...Men Long Jump**

8	Bailey, Jonathan	Knox	5.89m	6.19m	3.3	20-03.75	1	1
	5.84m(1.6) FOUL	6.19m(3.3)	5.97m(2.0)	6.13m(2.7)	5.87m(1.9)			
9	Hiser, Alexander	Grinnell	5.95m	6.18m	2.7	20-03.50	1	
	6.17m(1.0) FOUL	6.05m(1.2) PASS	6.18m(2.7)	6.16m(2.0)				
10	Griffin, Yohane	Knox		6.06m	1.1	19-10.75	1	
	5.85m(1.3)	6.06m(1.1)	5.87m(0.7)					
11	Alade, Michael	Lake Forest	6.18m	6.05m	+0.0	19-10.25	2	
	5.84m(1.8) FOUL	6.05m(+0.0)						
12	York, Johnny	Monmouth (Ill.)	6.18m	5.85m	+0.0	19-02.50	2	
	FOUL	5.85m(+0.0)	5.68m(1.5)					
13	Jachimiec, Luke	Monmouth (Ill.)	5.59m	5.81m	2.6	19-00.75	1	
	5.62m(0.9)	5.30m(0.9)	5.81m(2.6)					
13	Crawford, Laquanta	Cornell College	6.07m	5.81m	1.0	19-00.75	2	
	4.73m(0.7)	5.67m(+0.0)	5.81m(1.0)					
15	Martin, Ahmasi	Beloit	5.81m	5.77m	1.6	18-11.25	1	
	5.49m(1.4)	5.49m(3.2)	5.77m(1.6)					
16	Kishi, Brian	Knox	5.61m	5.59m	1.6	18-04.25	1	
	FOUL	FOUL	5.59m(1.6)					
17	DeGeorge, Daniel	Beloit	5.45m	5.29m	3.0	17-04.25	1	
	5.23m(1.4)	5.14m(2.0)	5.29m(3.0)					
18	Mulimba, Mwesigwa	Lake Forest	4.83m	4.75m	1.4	15-07.00	1	
	4.51m(2.3)	4.75m(1.4)	3.50m(2.8)					
19	Arhebun, Drew	Beloit	4.82m	4.51m	1.6	14-09.75	1	
	4.51m(1.6) FOUL	4.37m(1.5)						

Men Triple Jump

=====									
Conference:	14.96m	2022	Will Ross, Illinois College						
Name	Year	School	Seed	Finals	Wind	Points			
=====									
1	Walker, Dameco	Ripon	14.90m	14.38m	+0.0	47-02.25	10		
	13.83m(1.9) PASS	PASS	13.85m(2.0)	12.62m(2.3)	14.38m(+0.0)				
2	Gray, Cade	Ripon	13.70m	13.94m	1.9	45-09.00	8		
	13.10m(0.7)	13.62m(0.5)	13.74m(+0.0)	13.52m(0.6)	13.67m(+0.0)	13.94m(1.9)			
3	Fisher, Ben	Ripon	13.21m	13.34m	0.8	43-09.25	6		
	12.51m(+0.0)	12.98m(0.5)	12.85m(0.1)	13.21m(+0.0)	13.34m(0.8)	11.62m(+0.0)			
4	Greene, Maurice	Monmouth (Ill.)	12.98m	13.16m	+0.0	43-02.25	5		
	12.44m(0.2)	13.06m(0.7)	13.11m(0.2)	12.90m(+0.0)	13.16m(+0.0)	13.09m(0.7)			
5	Ballman, Kendall	Knox	13.11m	13.11m	-0.6	43-00.25	4		
	FOUL	12.58m(1.0)	13.08m(0.4)	13.02m(+0.0)	13.07m(1.3)	13.11m(-0.6)			
6	Saldanha, John Michael	Grinnell	12.40m	12.63m	0.8	41-05.25	3		
	12.11m(1.6)	12.47m(0.5) FOUL	11.68m(1.7)	12.16m(0.7)	12.63m(0.8)				
7	Eggert, Will	Lawrence	12.96m	12.51m	+0.0	41-00.50	2		
	FOUL	12.29m(0.2)	12.43m(1.0)	12.41m(+0.0)	12.51m(+0.0)	11.36m(0.6)			
8	Benjamin, David	Lawrence	12.88m	12.40m	0.3	40-08.25	1		
	12.31m(+0.0)	12.40m(0.3)	12.40m(0.4)	11.82m(0.5)	11.70m(+0.0)	PASS			
9	Centeno, Darnell	Knox	11.70m	12.02m	+0.0	39-05.25			
	11.86m(1.5)	11.69m(0.2)	11.92m(1.0)	11.64m(0.4)	11.96m(+0.0)	12.02m(+0.0)			

2023 Midwest Conference Championship - 5/12/2023 to 5/13/2023**Live Results posted on Results.AdkinsTrak.com****Grinnell College
Results****Men Shot Put**

Conference:		16.71m	2014	Zach Beek, Ripon College							
Name	Year	School	Seed	Finals	H#	Points					
1	Toberman, Caleb	Monmouth (Ill.)	13.78m	14.95m	49-00.75	2	10				
	12.47m	13.55m	14.95m	FOUL	14.10m	FOUL					
2	Hernandez, Saul	Illinois College	13.92m	14.07m	46-02.00	2	8				
	13.29m	14.03m	14.07m	13.55m	FOUL	FOUL					
3	Reyes, Emiliano	Beloit	13.09m	13.56m	44-06.00	2	6				
	13.56m	12.51m	13.21m	13.56m	13.53m	FOUL					
4	Rodgers, Deon	Illinois College	13.33m	13.09m	42-11.50	2	5				
	11.93m	FOUL	13.09m	FOUL	FOUL	FOUL					
5	Phillips, Sam	Monmouth (Ill.)	12.93m	12.94m	42-05.50	2	4				
	12.88m	12.94m	12.15m	12.26m	12.36m	12.85m					
6	Hodge, Melvin	Illinois College	12.97m	12.90m	42-04.00	2	3				
	12.20m	12.59m	FOUL	12.90m	FOUL	12.64m					
7	Anderson, Shane	Monmouth (Ill.)	12.10m	12.79m	41-11.50	1	2				
	11.30m	12.38m	12.79m	12.39m	FOUL	12.65m					
8	Moushon, Xander	Illinois College	12.91m	12.56m	41-02.50	2	1				
	12.14m	FOUL	12.56m	FOUL	FOUL	12.48m					
9	McLaughlin, Sean	Lawrence	12.32m	12.53m	41-01.50	2					
	12.32m	12.53m	12.53m	12.40m	12.35m	FOUL					
10	Orwig, Blake	Monmouth (Ill.)	13.33m	12.48m	40-11.50	2					
	FOUL	12.15m	12.48m								
11	Clawson, Ian	Grinnell	11.92m	12.22m	40-01.25	1					
	11.22m	12.22m	12.13m								
12	Yelkin, Nicholas	Cornell College	11.98m	11.90m	39-00.50	1					
	11.90m	FOUL	10.92m								
13	Watters, Nathan	Cornell College	12.22m	11.89m	39-00.25	2					
	11.85m	11.61m	11.89m								
14	Thomas, Ian	Lawrence	13.00m	J11.89m	39-00.25	2					
	11.89m	FOUL	FOUL								
15	Huggins, Julian	Knox	10.81m	11.46m	37-07.25	1					
	11.46m	10.92m	11.14m								
16	Snow, Anthony	Ripon	11.15m	11.29m	37-00.50	1					
	11.02m	FOUL	11.29m								
17	Slatter, Cooper	Beloit	10.72m	10.82m	35-06.00	1					
	10.82m	FOUL	9.94m								
18	Chu, Travis	Grinnell	10.18m	10.80m	35-05.25	1					
	10.80m	9.71m	FOUL								
19	Corley, Matthew	Cornell College	10.80m	10.75m	35-03.25	1					
	10.75m	10.61m	10.36m								
20	Bean, Garret	Grinnell	10.42m	10.54m	34-07.00	1					
	10.31m	10.54m	9.35m								
21	Corley, Andrew	Cornell College	10.23m	9.65m	31-08.00	1					
	9.51m	FOUL	9.65m								
--	Richter, Theo	Grinnell	11.11m	FOUL		1					
	FOUL	FOUL	FOUL								

Men Discus Throw

Conference:		50.70m	1977	Ron Wopat, Lawrence University						
Name	Year	School	Seed	Finals	H#	Points				

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Results****....Men Discus Throw**

1	Rodgers, Deon	Illinois College	43.67m	46.09m	151-02	3	10
	37.70m 39.83m 38.21m 43.37m 40.10m 46.09m						
2	Toberman, Caleb	Monmouth (Ill.)	42.37m	44.18m	144-11	3	8
	42.05m 44.18m FOUL 42.97m 42.03m FOUL						
3	Watters, Nathan	Cornell College	38.11m	42.49m	139-05	3	6
	41.18m FOUL 40.73m 42.49m 42.36m 39.23m						
4	Anderson, Shane	Monmouth (Ill.)	40.63m	41.67m	136-08	3	5
	FOUL FOUL 41.25m 40.67m 38.96m 41.67m						
5	Clawson, Ian	Grinnell	41.00m	39.87m	130-10	3	4
	39.63m 37.31m FOUL 37.15m 39.87m FOUL						
6	Wilson, Bryant	Illinois College	40.74m	39.24m	128-09	3	3
	39.24m 38.86m FOUL FOUL 36.98m FOUL						
7	Diaz, Omar	Illinois College	32.22m	39.00m	127-11	1	2
	38.87m 39.00m 35.52m FOUL 24.96m FOUL						
8	Richter, Theo	Grinnell	37.99m	38.67m	126-10	3	1
	38.67m FOUL FOUL FOUL 38.27m 37.48m						
9	Reyes, Emiliano	Beloit	39.99m	38.15m	125-02	3	
	FOUL 38.15m FOUL FOUL FOUL 34.45m						
10	Snow, Anthony	Ripon	37.56m	37.80m	124-00	2	
	37.80m FOUL FOUL						
11	Wilcoxon, Quinn	Cornell College	37.02m	37.35m	122-06	2	
	34.49m FOUL 37.35m						
12	Moushon, Xander	Illinois College	38.21m	36.25m	118-11	3	
	FOUL 35.45m 36.25m						
13	Schnetzler, Jeff	Monmouth (Ill.)	37.28m	35.73m	117-03	2	
	35.51m 33.74m 35.73m						
14	Yelkin, Nicholas	Cornell College	33.73m	34.40m	112-10	2	
	FOUL 34.40m FOUL						
15	Chu, Travis	Grinnell	32.52m	33.06m	108-05	1	
	FOUL 32.83m 33.06m						
16	Bean, Garret	Grinnell	35.25m	32.61m	107-00	2	
	30.16m 31.03m 32.61m						
17	Huggins, Julian	Knox	37.89m	32.16m	105-06	2	
	32.16m 25.73m FOUL						
18	Anderson, Caden	Beloit	32.14m	31.61m	103-08	1	
	30.77m 29.05m 31.61m						
19	Thomas, Ian	Lawrence	32.29m	31.07m	101-11	1	
	29.22m 31.07m FOUL						
20	McLaughlin, Sean	Lawrence	24.15m	30.75m	100-11	1	
	28.68m 29.52m 30.75m						
21	Dzolic, Stevan	Knox	29.79m	29.94m	98-03	1	
	29.94m FOUL 28.70m						
22	Slatter, Cooper	Beloit	30.27m	29.04m	95-03	1	
	27.18m 27.74m 29.04m						
23	Schopen, Caleb	Cornell College	32.56m	28.05m	92-00	2	
	FOUL 26.48m 28.05m						
24	Dahlborg, Lucas	Knox	24.90m	23.39m	76-09	1	
	23.39m 21.60m FOUL						
--	Orwig, Blake	Monmouth (Ill.)	36.86m	FOUL			2
	FOUL FOUL FOUL						

2023 Midwest Conference Championship - 5/12/2023 to 5/13/2023**Live Results posted on Results.AdkinsTrak.com****Grinnell College
Results****Men Hammer Throw**

Conference:		58.47m	2012	Adam Sellner, Ripon College							
Name	Year	School	Seed	Finals	H#	Points					
1	Toberman, Caleb	Monmouth (Ill.)	51.14m	50.21m	164-09	2	10				
	44.47m	47.51m	48.42m	48.78m	FOUL	50.21m					
2	Clawson, Ian	Grinnell	49.36m	48.51m	159-02	2	8				
	42.68m	FOUL	47.59m	48.51m	45.18m	FOUL					
3	Anderson, Shane	Monmouth (Ill.)	47.52m	46.54m	152-08	2	6				
	44.59m	44.79m	43.99m	45.74m	FOUL	46.54m					
4	Moushon, Xander	Illinois College	44.18m	44.34m	145-06	2	5				
	44.34m	43.85m	43.73m	42.19m	41.97m	FOUL					
5	Corley, Andrew	Cornell College	41.95m	42.11m	138-02	2	4				
	FOUL	FOUL	42.11m	FOUL	39.33m	40.87m					
6	Hodge, Melvin	Illinois College	39.66m	42.01m	137-10	1	3				
	FOUL	38.00m	38.38m	41.58m	42.01m	39.43m					
7	McLaughlin, Sean	Lawrence	41.06m	40.99m	134-06	1	2				
	39.40m	FOUL	37.69m	40.99m	39.56m	38.44m					
8	Orwig, Blake	Monmouth (Ill.)	41.18m	40.55m	133-00	2	1				
	39.97m	40.25m	38.71m	FOUL	40.55m	40.21m					
9	Bean, Garret	Grinnell	44.38m	39.57m	129-10	2					
	39.57m	FOUL	33.66m	FOUL	FOUL	FOUL					
10	Rodgers, Deon	Illinois College	41.54m	38.27m	125-07	2					
	36.72m	38.27m	36.12m								
11	Reyes, Emiliano	Beloit	43.61m	37.98m	124-07	2					
	FOUL	FOUL	37.98m								
12	Hernandez, Saul	Illinois College	40.86m	37.88m	124-03	1					
	FOUL	37.88m	36.72m								
13	Corley, Matthew	Cornell College	39.64m	35.76m	117-04	1					
	FOUL	35.76m	FOUL								
14	Snow, Anthony	Ripon	36.27m	34.91m	114-06	1					
	FOUL	29.19m	34.91m								
15	Bahu, Michael	Cornell College	35.77m	32.94m	108-01	1					
	FOUL	FOUL	32.94m								
16	Dzolic, Stevan	Knox	36.73m	32.76m	107-06	1					
	32.48m	32.76m	FOUL								
17	Schnetzler, Jeff	Monmouth (Ill.)	41.89m	31.37m	102-11	2					
	FOUL	31.37m	FOUL								
18	Hahn, Brevin	Cornell College	30.29m	28.72m	94-03	1					
	28.72m	FOUL	FOUL								
19	Huggins, Julian	Knox	26.37m	26.10m	85-07	1					
	26.10m	FOUL	25.43m								
20	Slatter, Cooper	Beloit	28.50m	21.66m	71-01	1					
	19.98m	FOUL	21.66m								
--	Richter, Theo	Grinnell	47.70m	FOUL		2					
	FOUL	FOUL	FOUL								
--	Dahlborg, Lucas	Knox	21.61m	FOUL		1					
	FOUL	FOUL	FOUL								

Men Javelin Throw

Conference:		60.43m	1992	Dave Hillis, Monmouth College						
Name	Year	School	Seed	Finals	H#	Points				

2023 Midwest Conference Championship - 5/12/2023 to 5/13/2023**Live Results posted on Results.AdkinsTrak.com****Grinnell College
Results****....Men Javelin Throw**

1	Thomas, Ian	Lawrence	57.53m	52.12m	171-00	2	10
	46.81m 52.12m 50.51m FOUL FOUL 48.56m						
2	Watson, Jaydon	Lawrence	47.96m	49.48m	162-04	2	8
	40.32m 40.72m 41.15m 49.48m FOUL 44.09m						
3	Charles, Diontia	Beloit	43.18m	45.25m	148-05	2	6
	FOUL 45.25m 44.24m FOUL 43.68m 44.31m						
4	Telschow, Oscar	Ripon	44.66m	44.89m	147-03	2	5
	43.57m 42.11m 41.17m 44.89m 41.42m 41.49m						
5	Bumstead, Jake	Beloit	43.71m	42.15m	138-03	2	4
	39.94m 42.15m 42.08m 41.40m FOUL 40.73m						
6	Anderson, Caden	Beloit	45.78m	41.61m	136-06	2	3
	41.61m 39.58m 40.67m FOUL FOUL 39.86m						
7	Basinger, Brayden	Grinnell	41.68m	41.50m	136-02	1	2
	41.50m 38.36m 33.74m 36.72m 37.49m 39.80m						
8	Eggert, Will	Lawrence	43.56m	41.14m	135-00	2	1
	37.83m 41.14m FOUL FOUL FOUL 39.98m						
9	Phillips, Sam	Monmouth (Ill.)	43.24m	39.88m	130-10	2	
	36.34m 39.88m 38.75m 38.63m 38.27m 38.20m						
10	Beyers, Max	Illinois College	43.45m	39.16m	128-06	2	
	38.92m 39.16m 37.41m						
11	Hiser, Alexander	Grinnell	44.41m	38.26m	125-06	2	
	36.49m 37.10m 38.26m						
12	Milenge, Moise	Grinnell	36.64m	38.07m	124-11	1	
	38.07m FOUL 33.55m						
13	Little, Kyle	Illinois College	50.42m	37.95m	124-06	2	
	37.95m FOUL 31.83m						
14	Lutzke, Noah	Cornell College	41.69m	36.17m	118-08	1	
	32.66m 36.17m 34.68m						
15	Watters, Nathan	Cornell College	38.24m	34.52m	113-03	1	
	34.52m FOUL 29.83m						
16	Haring, Isaac	Ripon	37.54m	34.48m	113-01	1	
	33.53m 32.89m 34.48m						
17	Rodriguez, Aaron	Illinois College	38.78m	34.37m	112-09	1	
	30.59m 34.37m 34.02m						
18	Piepkorn, Kit	Knox	37.41m	33.76m	110-09	1	
	33.76m PASS PASS						
19	Dicko, Hadam	Knox	46.11m	33.70m	110-07	2	
	33.70m FOUL 32.90m						
20	Hintz, Sawyer	Lawrence	34.81m	31.89m	104-07	1	
	27.36m 25.27m 31.89m						
21	Wilson, Bryant	Illinois College	35.31m	31.50m	103-04	1	
	31.21m FOUL 31.50m						
22	Keith, Liam	Knox		31.38m	102-11	1	
	31.38m 29.75m 29.60m						
23	Nair, Aditya	Grinnell	29.30m	27.53m	90-04	1	
	26.16m 27.53m 26.88m						

 Women - Team Rankings - 20 Events Scored

1) Ripon	180	2) Cornell College	137
3) Monmouth (Ill.)	121	4) Grinnell	113
5) Beloit	89	6) Illinois College	62
7) Lawrence	36	8) Knox	33
9) Lake Forest	8		

2023 Midwest Conference Championship - 5/12/2023 to 5/13/2023

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Grinnell College

Results

....Men Javelin Throw

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Men - Team Rankings - 20 Events Scored
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1) Ripon	193	2) Grinnell	149
3) Monmouth (Ill.)	110.50	4) Beloit	92
5) Knox	85	6) Illinois College	55.50
7) Cornell College	53	8) Lawrence	37
9) Lake Forest	4		