

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**Women 60 Meter Dash**

=====  
 RMAC Indoor: R 7.32 2010 Indira Spence, Adams State  
 NCAA Auto: A 7.46 2019  
 NCAA Prov: P 7.68 2019

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 # 1517 Thomas, Kandace	SR	Adams State	7.33	R 7.30Q	2
2 # 1511 Johnson, Dianna	SR	Adams State	7.39	A 7.42Q	3
3 # 1840 Zink, Kayla	SO	Uc-Colo. Spgs.	7.54	P 7.55Q	1
4 # 1727 Clanton, Tatianna	SR	Csu-Pueblo	7.61	P 7.58q	1
5 # 1641 York, Brooklynn	SO	Colorado Mesa	7.75	P 7.60q	2
6 # 1815 Ellis, Amyre	FR	Uc-Colo. Spgs.	7.76	P 7.66q	2
7 # 1879 Johnson, Shynesti	FR	Western Colorado	7.71	7.76q	3
8 # 1818 Ghosh, Shewli	SO	Uc-Colo. Spgs.	7.82	7.78q	3
9 # 1828 Morpurgo, Nicole	JR	Uc-Colo. Spgs.	7.90	7.79	2
10 # 1621 Arceneaux, Sierra	FR	Colorado Mesa	7.90	7.80	3
11 # 1836 Valdes, Kamerin	SO	Uc-Colo. Spgs.	7.85	7.83	1
12 # 1570 Soderstrom, Shayn	SR	Black Hills St.	7.91	7.85	2
13 # 1837 Waterman, Kayla	FR	Uc-Colo. Spgs.	7.89	7.88	1
14 # 1555 Fuller, Breanne	FR	Black Hills St.	7.95	7.92	3
15 # 1877 Hahn, Kacee Lyn	JR	Western Colorado	7.95	7.93	1 7.921
16 # 1635 Reining, Jazmyne	SR	Colorado Mesa	8.01	7.93	3 7.930
17 # 1782 Janus, Annalie	FR	South Dakota Mines	8.04	7.97	2
18 # 1881 Murphy, Chelsey	SO	Western Colorado	7.95	8.12	1

**Women 60 Meter Dash**

=====  
 RMAC Indoor: R 7.32 2010 Indira Spence, Adams State  
 NCAA Auto: A 7.46 2019  
 NCAA Prov: P 7.68 2019

Name	Year	School	Prelims	Finals	Points
Finals					
1 # 1517 Thomas, Kandace	SR	Adams State	7.30	7.18R	10 RMAC Record
2 # 1511 Johnson, Dianna	SR	Adams State	7.42	7.22R	8
3 # 1840 Zink, Kayla	SO	Uc-Colo. Spgs.	7.55	7.59P	6
4 # 1727 Clanton, Tatianna	SR	Csu-Pueblo	7.58	7.67P	5
5 # 1641 York, Brooklynn	SO	Colorado Mesa	7.60	7.68P	4
6 # 1879 Johnson, Shynesti	FR	Western Colorado	7.76	7.79	3
7 # 1818 Ghosh, Shewli	SO	Uc-Colo. Spgs.	7.78	7.86	2
8 # 1815 Ellis, Amyre	FR	Uc-Colo. Spgs.	7.66	7.87	1

**Women 200 Meter Dash**

=====  
 RMAC Indoor: R 23.76 2014 Kayon Robinson, Adams State  
 NCAA Auto: A 23.97 2019  
 NCAA Prov: P 24.89 2019

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 # 1517 Thomas, Kandace	SR	Adams State	24.00	R 23.63q	3 RMAC Record
2 # 1511 Johnson, Dianna	SR	Adams State	24.39	P 24.43q	2
3 # 1727 Clanton, Tatianna	SR	Csu-Pueblo	24.99	P 24.85q	1
4 # 1633 Payne, Jill	JR	Colorado Mesa	25.02	25.00q	4

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**....Women 200 Meter Dash**

5 #	1513	Martinez, Malakah	SO Adams State	25.04	25.09q	5
6 #	1840	Zink, Kayla	SO Uc-Colo. Spgs.	25.73	25.26q	4
7 #	1570	Soderstrom, Shayn	SR Black Hills St.	25.16	25.31q	5
8 #	1621	Arceneaux, Sierra	FR Colorado Mesa	25.29	25.35q	4
9 #	1728	Fairchild, Lauren	JR Csu-Pueblo	25.51	25.41	3
10 #	1828	Morpurgo, Nicole	JR Uc-Colo. Spgs.	25.47	25.54	3
11 #	1877	Hahn, Kacee Lyn	JR Western Colorado	25.34	25.70	1
12 #	1819	Glover, Dejah	SO Uc-Colo. Spgs.	25.61	25.89	2
13 #	1872	Burt, Mackenzie	FR Western Colorado	25.62	25.90	1
14 #	1641	York, Brooklynn	SO Colorado Mesa	25.40	25.98	2
15 #	1836	Valdes, Kamerin	SO Uc-Colo. Spgs.	25.78	26.06	5
16 #	1818	Ghosh, Shewli	SO Uc-Colo. Spgs.	26.01	26.24	1
17 #	1888	Toure, Fanta	FR Western Colorado	25.82	26.70	5
18 #	1837	Waterman, Kayla	FR Uc-Colo. Spgs.	25.99	26.76	4

**Women 200 Meter Dash**

=====

RMAC Indoor:	R 23.76	2014	Kayon Robinson, Adams State
NCAA Auto:	A 23.97	2019	
NCAA Prov:	P 24.89	2019	

Name	Year	School	Prelims	Finals	H#	Points
=====						
Finals						
1 #	1511	Johnson, Dianna	SR Adams State	24.43	24.16P	2 10
2 #	1727	Clanton, Tatianna	SR Csu-Pueblo	24.85	24.75P	1 8
3 #	1840	Zink, Kayla	SO Uc-Colo. Spgs.	25.26	24.79P	1 6
4 #	1513	Martinez, Malakah	SO Adams State	25.09	24.99	2 5
5 #	1633	Payne, Jill	JR Colorado Mesa	25.00	25.03	1 4
6 #	1570	Soderstrom, Shayn	SR Black Hills St.	25.31	25.52	2 3
7 #	1621	Arceneaux, Sierra	FR Colorado Mesa	25.35	25.59	1 2
-- #	1517	Thomas, Kandace	SR Adams State	23.63	DNS	2

**Women 400 Meter Dash**

=====

RMAC Indoor:	R 54.99	2013	Kaymarie Jones, Adams State
NCAA Auto:	A 54.45	2019	
NCAA Prov:	P 56.65	2019	

Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1 #	1633	Payne, Jill	JR Colorado Mesa	55.84	P 56.62q 1
2 #	1838	Webb, Skylyn	SR Uc-Colo. Spgs.	55.82	56.77q 4
3 #	1513	Martinez, Malakah	SO Adams State	56.22	58.08q 5
4 #	1819	Glover, Dejah	SO Uc-Colo. Spgs.	58.62	58.52q 2
5 #	1630	Molder, McKenna	FR Colorado Mesa	58.10	58.63q 3
6 #	1806	Anderson, Aleksan	JR Uc-Colo. Spgs.	59.14	59.47q 3
7 #	1888	Toure, Fanta	FR Western Colorado	59.10	59.96q 2
8 #	1822	Jordan, Jalen	JR Uc-Colo. Spgs.	59.89	1:00.21q 1 1:00.207
9 #	1626	Golden, Haley	FR Colorado Mesa	59.34	1:00.21 1 1:00.209
10 #	1591	Frick, Christina	JR Chadron State	59.58	1:00.33 4
11 #	1882	Purse, Sophie	FR Western Colorado	59.20	1:00.56 5
12 #	1560	Langseth, Zoe	JR Black Hills St.	59.70	1:00.69 4
13 #	1590	Cardona, Celeste	SO Chadron State	59.92	1:01.27 5
14 #	1830	Reynolds, Diana	FR Uc-Colo. Spgs.	1:00.84	1:01.51 2

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**...Women 400 Meter Dash**

15 # 1686 Moriarty, Layla	SO Colorado Mines	1:00.68	1:01.56	2
16 # 1681 Ford, Grace	SO Colorado Mines	1:01.04	1:02.86	5
17 # 1672 Beach, Allee	SO Colorado Mines	1:01.03	1:02.90	3
18 # 1926 Hooper, Madison	FR Westminster (Utah)	1:00.26	1:03.96	3

**Women 400 Meter Dash**

=====

RMAC Indoor: R 54.99	2013	Kaymarie Jones, Adams State
NCAA Auto: A 54.45	2019	
NCAA Prov: P 56.65	2019	

Name	Year School	Prelims	Finals	H#	Points
=====					
Finals					
1 # 1838 Webb, Skylyn	SR Uc-Colo. Spgs.	56.77	54.65R	2	10
2 # 1513 Martinez, Malakah	SO Adams State	58.08	55.80P	1	8
3 # 1633 Payne, Jill	JR Colorado Mesa	56.62	56.24P	2	6
4 # 1630 Molder, McKenna	FR Colorado Mesa	58.63	58.15	2	5
5 # 1888 Toure, Fanta	FR Western Colorado	59.96	58.76	2	4
6 # 1819 Glover, Dejah	SO Uc-Colo. Spgs.	58.52	59.39	1	3
7 # 1806 Anderson, Aleksan	JR Uc-Colo. Spgs.	59.47	59.43	1	2
8 # 1822 Jordan, Jalen	JR Uc-Colo. Spgs.	1:00.21	1:00.52	1	1

**Women 800 Meter Run**

=====

RMAC Indoor: R 2:11.10	1999	Sarah Parkey, Adams State
NCAA Auto: A 2:08.32	2019	
NCAA Prov: P 2:14.12	2019	

Name	Year School	Seed	Finals	H#	Points
=====					
1 # 1838 Webb, Skylyn	SR Uc-Colo. Spgs.	2:03.87	2:11.46P	3	10
32.876 (32.876)	1:06.234 (33.358)	1:39.645 (33.411)	2:11.458 (31.813)		
2 # 1885 Sharon, Bailey	JR Western Colorado	2:09.60	2:13.82P	3	8
32.594 (32.594)	1:05.951 (33.357)	1:39.876 (33.925)	2:13.814 (33.938)		
3 # 1874 Cusick, Jessica	JR Western Colorado	2:11.80	2:14.04P	3	6
33.061 (33.061)	1:06.603 (33.542)	1:40.556 (33.953)	2:14.033 (33.477)		
4 # 1817 Enderle, Elinor	SO Uc-Colo. Spgs.	2:15.79	2:16.29	3	5
34.134 (34.134)	1:08.241 (34.107)	1:42.224 (33.983)	2:16.287 (34.063)		
5 # 1730 Hernandez, Yasmin	SO Csú-Pueblo	2:12.95	2:18.37	3	4
33.201 (33.201)	1:07.483 (34.282)	1:42.681 (35.198)	2:18.368 (35.687)		
6 # 1680 Duck, Mackenzie	FR Colorado Mines	2:18.44	2:20.68	2	3
34.640 (34.640)	1:10.325 (35.685)	1:46.249 (35.924)	2:20.673 (34.424)		
7 # 1805 Almasri, Layla	SO Uc-Colo. Spgs.	2:18.21	2:20.74	2	2
34.428 (34.428)	1:10.089 (35.661)	1:45.556 (35.467)	2:20.736 (35.180)		
8 # 1566 Roth, Cailey	SR Black Hills St.	2:15.89	2:21.04	2	1
34.192 (34.192)	1:09.874 (35.682)	1:45.430 (35.556)	2:21.031 (35.601)		
9 # 1786 Westerman, Erica	SR South Dakota Mines	2:15.96	2:22.00	2	
34.469 (34.469)	1:10.129 (35.660)	1:46.086 (35.957)	2:21.994 (35.908)		
10 # 1561 Lundquist, Taylor	FR Black Hills St.	2:19.53	2:22.24	2	
35.048 (35.048)	1:10.501 (35.453)	1:46.610 (36.109)	2:22.236 (35.626)		
11 # 1929 Scott, Katie	SO Westminster (Utah)	2:19.33	2:23.33	2	
34.866 (34.866)	1:10.603 (35.737)	1:46.625 (36.022)	2:23.325 (36.700)		
12 # 1552 Dykstra, Erica	FR Black Hills St.	2:20.85	2:23.80	1	
35.250 (35.250)	1:11.845 (36.595)	1:47.570 (35.725)	2:23.796 (36.226)		

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

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

13 #	1807 Austin, Maia	JR Uc-Colo. Spgs.	2:14.91	2:24.94	3
	34.577 (34.577)	1:08.818 (34.241)	1:46.117 (37.299)	2:24.934 (38.817)	
14 #	1631 Oglesby, Abby	SO Colorado Mesa	2:21.49	2:25.15	1
	35.488 (35.488)	1:11.116 (35.628)	1:47.646 (36.530)	2:25.141 (37.495)	
15 #	1599 Willadsen, Emma	SO Chadron State	2:20.27	2:26.20	1
	35.521 (35.521)	1:12.432 (36.911)	1:49.685 (37.253)	2:26.198 (36.513)	
16 #	1512 Levine, Megan	FR Adams State	2:22.76	2:26.82	1
	35.694 (35.694)	1:12.562 (36.868)	1:49.660 (37.098)	2:26.815 (37.155)	
17 #	1558 Hudyma, Mayson	SO Black Hills St.	2:22.62	2:28.88	1
	35.882 (35.882)	1:12.799 (36.917)	1:49.997 (37.198)	2:28.873 (38.876)	
18 #	1781 Gagen, Kayla	JR South Dakota Mines	2:22.40	2:33.36	1
	36.182 (36.182)	1:13.436 (37.254)	1:52.592 (39.156)	2:33.357 (40.765)	

**Women 1 Mile Run**

=====						
RMAC Indoor: R 4:49.40		1996	Elva Dryer, Western State			
NCAA Auto: A 4:44.72		2019				
NCAA Prov: P 4:58.90		2019				
Name	Year	School	Seed	Finals	H#	Points
=====						
1 #	1508 Flanagan, Roisin	SR Adams State	4:39.34	5:01.16	2	10
	38.705 (38.705)	1:18.018 (39.313)	1:57.325 (39.308)	2:36.210 (38.885)		
	3:14.197 (37.988)	3:51.067 (36.870)	4:26.351 (35.285)	5:01.151 (34.800)		
2 #	1505 Cotter, Stephanie	FR Adams State	5:00.72	5:03.67	2	8
	39.071 (39.071)	1:18.294 (39.223)	1:57.665 (39.372)	2:36.522 (38.858)		
	3:14.488 (37.966)	3:51.675 (37.188)	4:28.441 (36.766)	5:03.662 (35.222)		
3 #	1674 Burton, Kara	JR Colorado Mines	4:55.38	5:08.90	2	6
	39.378 (39.378)	1:18.545 (39.168)	1:57.961 (39.416)	2:36.924 (38.963)		
	3:15.288 (38.365)	3:53.561 (38.273)	4:31.398 (37.838)	5:08.894 (37.496)		
4 #	1807 Austin, Maia	JR Uc-Colo. Spgs.	5:04.19	5:15.63	2	5
	43.125 (43.125)	1:22.807 (39.682)	2:03.258 (40.452)	2:43.122 (39.865)		
	3:22.527 (39.405)	3:59.948 (37.422)	4:36.927 (36.979)	5:15.621 (38.695)		
5 #	1515 Montenegro, Desir	SR Adams State	5:05.17	5:15.99	1	4
	40.105 (40.105)	1:18.072 (37.968)	1:58.322 (40.250)	2:39.052 (40.730)		
	3:18.889 (39.838)	3:59.026 (40.138)	4:37.895 (38.869)	5:15.982 (38.088)		
6 #	1509 Grover, Malena	SR Adams State	5:04.68	5:17.05	1	3
	39.836 (39.836)	1:17.759 (37.923)	1:58.037 (40.279)	2:39.489 (41.452)		
	3:20.403 (40.915)	4:01.073 (40.670)	4:40.887 (39.815)	5:17.043 (36.156)		
7 #	1875 Gigstad, Hannah M	FR Western Colorado	5:05.48	5:17.35	1	2
	41.883 (41.883)	1:20.657 (38.775)	2:00.215 (39.558)	2:40.270 (40.056)		
	3:20.695 (40.425)	4:01.340 (40.646)	4:41.106 (39.766)	5:17.345 (36.239)		
8 #	1682 Geesen, Madeline	SO Colorado Mines	5:01.31	5:17.73	2	1
	42.168 (42.168)	1:21.301 (39.133)	2:00.640 (39.339)	2:40.090 (39.450)		
	3:20.524 (40.435)	4:00.852 (40.329)	4:40.184 (39.332)	5:17.724 (37.540)		
9 #	1755 Ruiz, Erica	SR Msu Denver	4:56.47	5:17.93	2	
	41.925 (41.925)	1:20.998 (39.073)	2:00.330 (39.332)	2:39.022 (38.693)		
	3:18.108 (39.086)	3:58.408 (40.300)	4:39.315 (40.908)	5:17.930 (38.615)		
10 #	1816 Ellis, Hannah	FR Uc-Colo. Spgs.	5:08.91	5:19.27	1	
	41.705 (41.705)	1:21.063 (39.359)	2:00.843 (39.780)	2:41.060 (40.218)		
	3:20.936 (39.876)	4:00.942 (40.006)	4:40.579 (39.638)	5:19.266 (38.688)		
11 #	1821 Guzman, Marah	JR Uc-Colo. Spgs.	5:12.99	5:22.72	1	
	42.249 (42.249)	1:21.569 (39.320)	2:01.093 (39.525)	2:41.292 (40.199)		
	3:21.632 (40.340)	4:02.832 (41.200)	4:44.320 (41.489)	5:22.713 (38.393)		

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**....Women 1 Mile Run**

12 # 1820 Greitzer, Lexie	SR Uc-Colo. Spgs.	5:12.24	5:23.20	1
42.126 (42.126)	1:21.512 (39.386)	2:01.329 (39.818)	2:41.626 (40.298)	
3:21.906 (40.280)	4:03.112 (41.206)	4:44.630 (41.519)	5:23.196 (38.566)	
13 # 1554 Fredrick, Abbie	JR Black Hills St.	5:02.98	5:23.50	2
42.781 (42.781)	1:22.502 (39.722)	2:03.032 (40.530)	2:42.924 (39.892)	
3:22.022 (39.099)	4:00.748 (38.726)	4:41.495 (40.748)	5:23.491 (41.996)	
14 # 1785 Straatmeyer, Adel	SR South Dakota Mines	5:08.01	5:24.41	1
41.899 (41.899)	1:21.225 (39.326)	2:01.020 (39.796)	2:41.042 (40.022)	
3:21.372 (40.330)	4:02.427 (41.056)	4:44.463 (42.036)	5:24.410 (39.948)	
15 # 1595 Henry, Alyse	JR Chadron State	5:09.13	5:25.91	1
41.619 (41.619)	1:20.923 (39.305)	2:00.483 (39.560)	2:40.647 (40.165)	
3:20.945 (40.298)	4:02.080 (41.136)	4:44.129 (42.049)	5:25.902 (41.773)	
16 # 1751 Gruidel, Alden	JR Msu Denver	5:11.89	5:32.90	1
41.660 (41.660)	1:21.199 (39.539)	2:00.722 (39.523)	2:40.826 (40.105)	
3:21.150 (40.325)	4:03.735 (42.585)	4:48.107 (44.373)	5:32.900 (44.793)	
17 # 1737 Streff, Hailey	SO Csu-Pueblo	5:03.62	5:37.19	2
43.161 (43.161)	1:23.171 (40.010)	2:03.818 (40.648)	2:45.264 (41.446)	
3:28.440 (43.176)	4:12.787 (44.348)	4:56.985 (44.199)	5:37.187 (40.202)	
-- # 1504 Christensen, Tiff	JR Adams State	4:49.15	DNS	2

**Women 3000 Meter Run**

=====  
 RMAC Indoor: R 9:40.20 2003 Amber Klein, Adams State  
 NCAA Auto: A 9:29.46 2019  
 NCAA Prov: P 9:58.00 2019

Name	Year School	Seed	Finals	Points
1 # 1507 Flanagan, Eilish	SR Adams State	9:26.08	10:01.23	10
41.822 (41.822)	1:22.922 (41.100)	2:03.336 (40.414)	2:44.730 (41.395)	
3:25.923 (41.194)	4:06.631 (40.708)	4:46.165 (39.534)	5:25.672 (39.508)	
6:05.246 (39.574)	6:44.686 (39.440)	7:24.231 (39.546)	8:03.870 (39.640)	
8:43.446 (39.577)	9:22.951 (39.505)	10:01.226 (38.275)		
2 # 1508 Flanagan, Roisin	SR Adams State	9:18.24	10:13.08	8
43.989 (43.989)	1:25.054 (41.065)	2:06.886 (41.832)	2:48.509 (41.623)	
3:30.216 (41.707)	4:11.782 (41.567)	4:52.491 (40.709)	5:33.778 (41.287)	
6:14.144 (40.367)	6:55.909 (41.765)	7:37.535 (41.627)	8:19.003 (41.469)	
9:00.529 (41.527)	9:39.358 (38.829)	10:13.077 (33.720)		
3 # 1679 Cook, Chloe	SR Colorado Mines	9:45.23	10:15.35	6
42.382 (42.382)	1:23.579 (41.197)	2:04.286 (40.707)	2:45.554 (41.268)	
3:27.126 (41.573)	4:08.639 (41.514)	4:50.302 (41.663)	5:32.065 (41.764)	
6:13.946 (41.881)	6:55.721 (41.776)	7:37.394 (41.674)	8:18.817 (41.424)	
9:00.342 (41.526)	9:40.628 (40.286)	10:15.347 (34.720)		
4 # 1884 Rufener, Kennedy	SR Western Colorado	9:46.53	10:19.21	5
42.704 (42.704)	1:23.466 (40.763)	2:04.188 (40.722)	2:45.482 (41.295)	
3:27.036 (41.554)	4:08.532 (41.496)	4:50.212 (41.680)	5:31.966 (41.754)	
6:13.881 (41.916)	6:55.619 (41.738)	7:37.301 (41.683)	8:18.733 (41.433)	
9:00.546 (41.813)	9:41.190 (40.644)	10:19.207 (38.017)		
5 # 1506 Darioosh-Bonnet,	SO Adams State	9:50.82	10:32.09	4
43.039 (43.039)	1:24.715 (41.676)	2:06.615 (41.900)	2:48.982 (42.368)	
3:31.115 (42.133)	4:12.554 (41.440)	4:54.186 (41.632)	5:35.427 (41.242)	
6:17.721 (42.294)	7:00.456 (42.735)	7:43.112 (42.657)	8:25.810 (42.698)	
9:09.026 (43.217)	9:51.390 (42.364)	10:32.089 (40.699)		

## 2019 RMAC Indoor Track and Field Championships - 2/23/2019

## Adams State University

## High Altitude Training Center

## Results

## ....Women 3000 Meter Run

6 #	1510 Hunter-Galvan, Ha	JR Adams State	9:45.26	10:41.36	3
	44.838 (44.838)	1:27.157 (42.320)	2:08.797 (41.640)	2:50.546 (41.750)	
	3:32.752 (42.207)	4:14.572 (41.820)	4:56.278 (41.706)	5:38.549 (42.271)	
	6:21.024 (42.476)	7:04.240 (43.217)	7:48.120 (43.880)	8:31.744 (43.624)	
	9:15.578 (43.834)	9:58.884 (43.307)	10:41.356 (42.472)		
7 #	1875 Gigstad, Hannah M	FR Western Colorado	10:19.72	10:49.62	2
	45.205 (45.205)	1:27.689 (42.485)	2:10.532 (42.843)	2:53.084 (42.553)	
	3:34.481 (41.397)	4:17.203 (42.723)	5:00.213 (43.010)	5:43.578 (43.365)	
	6:27.282 (43.705)	7:10.826 (43.544)	7:55.559 (44.734)	8:39.886 (44.327)	
	9:25.389 (45.504)	10:09.882 (44.494)	10:49.619 (39.737)		
8 #	1734 Pauley, Claire	FR Csu-Pueblo	10:18.27	10:51.96	1
	44.551 (44.551)	1:27.469 (42.918)	2:09.216 (41.747)	2:50.926 (41.710)	
	3:33.446 (42.520)	4:16.257 (42.812)	4:59.705 (43.448)	5:43.341 (43.637)	
	6:26.973 (43.633)	7:10.609 (43.636)	7:55.499 (44.890)	8:40.202 (44.704)	
	9:25.720 (45.518)	10:10.590 (44.870)	10:51.954 (41.364)		
9 #	1829 Novak, Katie	SO Uc-Colo. Spgs.	10:07.71	10:55.88	
	44.289 (44.289)	1:27.978 (43.689)	2:12.313 (44.336)	2:57.079 (44.767)	
	3:40.733 (43.654)	4:24.742 (44.010)	5:09.802 (45.060)	5:53.990 (44.189)	
	6:38.765 (44.775)	7:23.501 (44.737)	8:06.977 (43.477)	8:51.122 (44.146)	
	9:35.036 (43.914)	10:17.662 (42.627)	10:55.876 (38.214)		
10 #	1725 Bouma, Nicole	SO Csu-Pueblo	10:02.55	11:04.93	
	44.659 (44.659)	1:28.061 (43.403)	2:10.772 (42.711)	2:52.815 (42.044)	
	3:34.108 (41.294)	4:16.383 (42.276)	4:59.803 (43.420)	5:43.396 (43.593)	
	6:27.082 (43.687)	7:10.674 (43.592)	7:55.736 (45.062)	8:41.079 (45.344)	
	9:28.969 (47.890)	10:18.642 (49.673)	11:04.926 (46.284)		
11 #	1595 Henry, Alyse	JR Chadron State	10:20.91	11:16.28	
	44.524 (44.524)	1:28.175 (43.651)	2:12.486 (44.311)	2:57.240 (44.755)	
	3:40.944 (43.704)	4:24.911 (43.967)	5:09.615 (44.704)	5:54.232 (44.618)	
	6:39.638 (45.406)	7:25.571 (45.933)	8:11.941 (46.370)	8:58.698 (46.757)	
	9:45.489 (46.791)	10:32.884 (47.396)	11:16.275 (43.391)		
12 #	1515 Montenegro, Desir	SR Adams State	9:59.36	11:22.63	
	45.076 (45.076)	1:27.897 (42.822)	2:10.597 (42.700)	2:53.005 (42.408)	
	3:35.126 (42.122)	4:18.477 (43.351)	5:02.170 (43.694)	5:47.947 (45.777)	
	6:34.656 (46.709)	7:22.487 (47.832)	8:11.891 (49.404)	8:59.927 (48.037)	
	9:47.479 (47.552)	10:35.842 (48.364)	11:22.630 (46.788)		
-- #	1816 Ellis, Hannah	FR Uc-Colo. Spgs.	10:18.77	DNF	
	44.196 (44.196)	1:27.916 (43.720)	2:12.272 (44.357)	2:56.964 (44.693)	
	3:40.588 (43.624)				
-- #	1514 Meuwissen, Piper	SO Adams State	9:57.38	DNF	
	44.259 (44.259)	1:25.335 (41.077)	2:07.151 (41.817)	2:48.766 (41.615)	
	3:30.651 (41.886)	4:12.244 (41.594)	4:53.642 (41.398)	5:35.723 (42.082)	
	6:18.089 (42.366)				
-- #	1870 Ahrens, Cassidy	SR Western Colorado	10:09.10	DNF	
	44.919 (44.919)	1:27.387 (42.469)	2:10.236 (42.849)	2:52.634 (42.399)	
-- #	1509 Grover, Malena	SR Adams State	9:41.29	DNS	
-- #	1502 Bogina, Kaylee	JR Adams State	9:40.72	DNS	

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**Women 5000 Meter Run**

=====						
RMAC Indoor: R 16:50.50		2011	Kirsten McGlynn, Adams State			
NCAA Auto: A 16:33.62		2019				
NCAA Prov: P 17:27.66		2019				
Name	Year	School	Seed	Finals	Points	
=====						
1 # 1509 Grover, Malena	SR	Adams State	16:38.88	18:06.86	10	
43.624 (43.624)	1:27.081 (43.458)	2:11.041 (43.960)	2:55.595 (44.555)			
3:38.901 (43.306)	4:22.132 (43.232)	5:05.674 (43.542)	5:50.002 (44.329)			
6:35.005 (45.003)	7:19.329 (44.325)	8:03.689 (44.360)	8:47.597 (43.908)			
9:31.312 (43.716)	10:15.265 (43.953)	10:58.811 (43.546)	11:42.258 (43.448)			
12:25.875 (43.618)	13:09.769 (43.895)	13:53.965 (44.196)	14:38.057 (44.092)			
15:21.692 (43.636)	16:04.987 (43.295)	16:47.661 (42.675)	17:28.901 (41.240)			
18:06.854 (37.953)						
2 # 1506 Darioosh-Bonnet,	SO	Adams State	17:21.16	18:12.89	8	
42.749 (42.749)	1:26.142 (43.393)	2:10.115 (43.973)	2:54.802 (44.688)			
3:37.441 (42.639)	4:20.821 (43.380)	5:04.724 (43.903)	5:49.497 (44.773)			
6:34.047 (44.550)	7:18.322 (44.276)	8:02.537 (44.215)	8:46.344 (43.808)			
9:30.044 (43.700)	10:13.701 (43.658)	10:57.418 (43.718)	11:40.855 (43.438)			
12:24.959 (44.105)	13:08.537 (43.578)	13:52.684 (44.148)	14:36.805 (44.122)			
15:21.217 (44.412)	16:05.567 (44.350)	16:49.394 (43.828)	17:32.341 (42.948)			
18:12.881 (40.540)						
3 # 1502 Bogina, Kaylee	JR	Adams State	16:40.74	18:17.11	6	
43.444 (43.444)	1:26.788 (43.345)	2:10.787 (43.999)	2:55.328 (44.542)			
3:38.589 (43.262)	4:21.827 (43.238)	5:05.367 (43.540)	5:49.754 (44.388)			
6:34.741 (44.988)	7:19.071 (44.330)	8:03.501 (44.430)	8:47.295 (43.795)			
9:30.999 (43.705)	10:14.921 (43.922)	10:58.368 (43.448)	11:41.958 (43.590)			
12:25.522 (43.565)	13:09.378 (43.856)	13:53.518 (44.140)	14:37.734 (44.216)			
15:21.915 (44.182)	16:05.284 (43.369)	16:49.481 (44.198)	17:33.325 (43.845)			
18:17.104 (43.779)						
4 # 1816 Ellis, Hannah	FR	Uc-Colo. Spgs.	17:40.69	18:36.77	5	
44.301 (44.301)	1:29.785 (45.485)	2:15.404 (45.619)	3:00.685 (45.282)			
3:45.304 (44.619)	4:30.652 (45.349)	5:16.737 (46.085)	6:03.088 (46.352)			
6:49.618 (46.530)	7:35.828 (46.210)	8:21.832 (46.005)	9:07.224 (45.392)			
9:52.049 (44.826)	10:36.535 (44.486)	11:21.098 (44.563)	12:05.988 (44.890)			
12:50.769 (44.782)	13:34.819 (44.050)	14:19.197 (44.378)	15:04.392 (45.196)			
15:49.754 (45.362)	16:34.419 (44.666)	17:17.079 (42.660)	17:58.402 (41.323)			
18:36.768 (38.366)						
5 # 1870 Ahrens, Cassidy	SR	Western Colorado	17:26.23	18:49.05	4	
43.131 (43.131)	1:26.519 (43.389)	2:10.481 (43.962)	2:54.495 (44.015)			
3:37.167 (42.672)	4:20.488 (43.322)	5:04.424 (43.936)	5:49.245 (44.822)			
6:34.421 (45.176)	7:18.818 (44.398)	8:03.328 (44.510)	8:48.225 (44.898)			
9:33.308 (45.083)	10:18.988 (45.680)	11:05.318 (46.330)	11:51.494 (46.176)			
12:37.794 (46.300)	13:24.195 (46.402)	14:10.088 (45.893)	14:57.508 (47.420)			
15:44.788 (47.280)	16:31.788 (47.000)	17:18.545 (46.758)	18:04.994 (46.449)			
18:49.048 (44.055)						
6 # 1690 Wenham, Megan	SR	Colorado Mines	17:35.63	18:53.65	3	
44.928 (44.928)	1:30.167 (45.239)	2:15.708 (45.542)	3:00.952 (45.245)			
3:45.605 (44.653)	4:30.981 (45.376)	5:17.029 (46.049)	6:03.274 (46.245)			
6:49.988 (46.715)	7:36.619 (46.632)	8:22.588 (45.969)	9:08.077 (45.489)			
9:53.151 (45.075)	10:37.347 (44.196)	11:21.579 (44.233)	12:06.388 (44.809)			
12:51.108 (44.720)	13:35.425 (44.318)	14:19.988 (44.563)	15:05.268 (45.280)			
15:50.995 (45.728)	16:36.771 (45.776)	17:22.934 (46.163)	18:08.921 (45.988)			
18:53.642 (44.722)						

**2019 RMAC Indoor Track and Field Championships - 2/23/2019****Adams State University****High Altitude Training Center****Results****....Women 5000 Meter Run**

7 #	1751 Gruidel, Alden	JR Msu Denver	18:11.26	19:01.60	2
	46.379 (46.379)	1:31.367 (44.988)	2:16.902 (45.536)	3:02.514 (45.612)	
	3:47.179 (44.666)	4:31.755 (44.576)	5:17.177 (45.422)	6:03.391 (46.215)	
	6:49.797 (46.406)	7:36.174 (46.378)	8:21.971 (45.798)	9:07.384 (45.413)	
	9:52.299 (44.916)	10:36.782 (44.483)	11:21.294 (44.512)	12:06.088 (44.795)	
	12:50.737 (44.649)	13:34.429 (43.693)	14:18.658 (44.229)	15:03.749 (45.092)	
	15:50.078 (46.329)	16:37.145 (47.068)	17:25.765 (48.620)	18:14.492 (48.728)	
	19:01.595 (47.103)				
8 #	1687 Reynolds, Michael	SR Colorado Mines	17:59.51	19:05.68	1
	46.297 (46.297)	1:31.602 (45.306)	2:17.314 (45.712)	3:03.218 (45.905)	
	3:49.009 (45.792)	4:33.372 (44.363)	5:17.885 (44.513)	6:03.691 (45.806)	
	6:50.249 (46.559)	7:36.525 (46.276)	8:22.354 (45.829)	9:07.628 (45.275)	
	9:52.858 (45.230)	10:37.865 (45.008)	11:23.301 (45.436)	12:09.492 (46.192)	
	12:56.541 (47.049)	13:42.938 (46.398)	14:29.348 (46.410)	15:16.234 (46.886)	
	16:03.417 (47.183)	16:51.079 (47.663)	17:38.212 (47.133)	18:24.262 (46.050)	
	19:05.674 (41.412)				
9 #	1613 Middleton, Mandee	JR Colo. Christian	17:59.31	19:10.10	
	47.997 (47.997)	1:32.167 (44.170)	2:17.631 (45.465)	3:03.615 (45.985)	
	3:49.248 (45.633)	4:33.719 (44.472)	5:18.254 (44.535)	6:04.027 (45.773)	
	6:50.565 (46.539)	7:36.927 (46.362)	8:22.974 (46.048)	9:08.364 (45.390)	
	9:53.921 (45.558)	10:38.428 (44.508)	11:23.929 (45.502)	12:10.109 (46.180)	
	12:57.042 (46.933)	13:43.619 (46.578)	14:29.765 (46.146)	15:16.664 (46.899)	
	16:03.739 (47.076)	16:49.859 (46.120)	17:36.771 (46.912)	18:24.041 (47.270)	
	19:10.095 (46.055)				
10 #	1779 Moser, Theresa	JR New Mexico H	17:53.38	19:15.71	
	45.232 (45.232)	1:30.374 (45.142)	2:15.749 (45.376)	3:01.252 (45.503)	
	3:44.798 (43.546)	4:30.192 (45.395)	5:16.451 (46.259)	6:02.874 (46.423)	
	6:49.725 (46.852)	7:36.355 (46.630)	8:22.667 (46.312)	9:07.902 (45.236)	
	9:53.519 (45.618)	10:39.182 (45.663)	11:26.008 (46.826)	12:12.914 (46.906)	
	13:00.378 (47.465)	13:48.651 (48.273)	14:36.594 (47.943)	15:22.937 (46.343)	
	16:09.885 (46.949)	16:57.944 (48.059)	17:46.305 (48.362)	18:32.825 (46.520)	
	19:15.704 (42.879)				
11 #	1685 Molesworth, Morga	FR Colorado Mines	18:01.01	19:23.81	
	45.989 (45.989)	1:31.309 (45.320)	2:17.082 (45.773)	3:02.957 (45.875)	
	3:48.762 (45.806)	4:34.295 (45.533)	5:19.164 (44.869)	6:04.299 (45.136)	
	6:50.862 (46.563)	7:37.199 (46.338)	8:23.295 (46.096)	9:08.801 (45.506)	
	9:54.229 (45.429)	10:39.859 (45.630)	11:25.759 (45.900)	12:12.642 (46.883)	
	13:00.109 (47.468)	13:48.368 (48.259)	14:36.329 (47.962)	15:24.001 (47.672)	
	16:12.324 (48.323)	17:00.992 (48.669)	17:50.128 (49.136)	18:38.127 (47.999)	
	19:23.804 (45.678)				
12 #	1755 Ruiz, Erica	SR Msu Denver	17:18.05	19:36.57	
	44.605 (44.605)	1:29.895 (45.290)	2:15.134 (45.239)	2:59.394 (44.260)	
	3:44.514 (45.120)	4:29.921 (45.408)	5:16.168 (46.248)	6:02.567 (46.399)	
	6:49.364 (46.798)	7:36.098 (46.735)	8:22.491 (46.393)	9:09.089 (46.599)	
	9:56.448 (47.359)	10:44.407 (47.959)	11:32.522 (48.116)	12:20.918 (48.396)	
	13:09.224 (48.306)	13:56.605 (47.382)	14:45.235 (48.630)	15:35.234 (49.999)	
	16:24.574 (49.340)	17:13.591 (49.018)	18:01.909 (48.319)	18:49.539 (47.630)	
	19:36.567 (47.028)				



**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

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

13 #	1550 Davis, Nicole	SR Black Hills St.	18:18.73	19:38.90	
	47.709 (47.709)	1:33.468 (45.759)	2:20.341 (46.873)	3:06.901 (46.560)	
	3:53.004 (46.103)	4:39.228 (46.225)	5:26.027 (46.799)	6:12.822 (46.796)	
	6:59.574 (46.752)	7:45.555 (45.982)	8:31.531 (45.976)	9:17.957 (46.426)	
	10:04.468 (46.512)	10:51.541 (47.073)	11:39.761 (48.220)	12:27.767 (48.006)	
	13:16.392 (48.626)	14:04.342 (47.950)	14:52.572 (48.230)	15:41.179 (48.608)	
	16:30.361 (49.182)	17:20.215 (49.855)	18:09.791 (49.576)	18:57.352 (47.562)	
	19:38.899 (41.548)				
14 #	1563 Moore, Tori	SR Black Hills St.	17:45.58	19:58.51	
	46.799 (46.799)	1:32.657 (45.858)	2:19.601 (46.945)	3:06.101 (46.500)	
	3:52.075 (45.975)	4:38.354 (46.279)	5:23.982 (45.629)	6:08.792 (44.810)	
	6:55.581 (46.789)	7:42.784 (47.203)	8:30.357 (47.573)	9:18.308 (47.952)	
	10:06.067 (47.759)	10:55.652 (49.586)	11:45.239 (49.588)	12:34.928 (49.689)	
	13:23.194 (48.266)	14:11.669 (48.476)	15:01.719 (50.050)	15:53.221 (51.502)	
	16:44.705 (51.485)	17:35.781 (51.076)	18:26.268 (50.488)	19:14.984 (48.716)	
	19:58.505 (43.522)				
15 #	1551 Davis, Savannah	SR Black Hills St.	18:18.56	19:59.13	
	47.401 (47.401)	1:33.251 (45.850)	2:20.189 (46.939)	3:06.775 (46.586)	
	3:52.855 (46.080)	4:39.075 (46.220)	5:25.908 (46.833)	6:12.679 (46.772)	
	6:59.435 (46.756)	7:46.262 (46.828)	8:33.284 (47.022)	9:20.712 (47.429)	
	10:07.654 (46.942)	10:55.037 (47.383)	11:43.625 (48.589)	12:32.548 (48.923)	
	13:22.211 (49.663)	14:11.471 (49.260)	15:01.229 (49.759)	15:51.317 (50.088)	
	16:40.889 (49.573)	17:31.341 (50.452)	18:21.227 (49.886)	19:11.299 (50.073)	
	19:59.122 (47.823)				
16 #	1937 Thiros, Alexia	SO Western Colorado	18:39.86	20:03.10	
	45.689 (45.689)	1:31.055 (45.366)	2:16.817 (45.762)	3:02.705 (45.889)	
	3:48.497 (45.792)	4:34.638 (46.142)	5:21.762 (47.125)	6:09.795 (48.033)	
	6:57.752 (47.958)	7:45.954 (48.202)	8:33.784 (47.830)	9:22.999 (49.216)	
	10:12.259 (49.260)	11:01.864 (49.605)	11:52.075 (50.212)	12:41.842 (49.768)	
	13:31.227 (49.385)	14:20.709 (49.483)	15:10.701 (49.992)	16:00.978 (50.278)	
	16:50.737 (49.759)	17:40.535 (49.799)	18:30.337 (49.802)	19:19.857 (49.520)	
	20:03.094 (43.238)				
17 #	1565 Robinson, Xiomara	SO Black Hills St.	18:29.72	21:00.32	
	47.104 (47.104)	1:32.965 (45.862)	2:19.858 (46.893)	3:06.411 (46.553)	
	3:52.492 (46.082)	4:38.771 (46.279)	5:25.615 (46.845)	6:13.089 (47.475)	
	7:00.079 (46.990)	7:47.987 (47.908)	8:38.492 (50.506)	9:29.494 (51.002)	
	10:20.849 (51.356)	11:13.092 (52.243)	12:06.569 (53.478)	12:59.865 (53.296)	
	13:53.694 (53.829)	14:47.555 (53.862)	15:41.735 (54.180)	16:36.239 (54.505)	
	17:30.405 (54.166)	18:23.609 (53.205)	19:17.024 (53.415)	20:09.927 (52.903)	
	21:00.317 (50.390)				
-- #	1501 Baker, Sadie	SR Adams State	18:00.75	DNS	

**Women 60 Meter Hurdles**

=====  
 RMAC Indoor: R 8.28 2011                      Indira Spence, Adams State  
 NCAA Auto: A 8.42 2019  
 NCAA Prov: P 8.81 2019

=====  
 Name                      Year School                      Seed                      Prelims                      H#  
 =====

Preliminaries

1 #	1519 Watson, Oweneika	JR Adams State	8.55	P 8.68Q	2
2 #	1516 Smith, Katherine	SR Adams State	9.10	8.85Q	1
3 #	1877 Hahn, Kacee Lyn	JR Western Colorado	8.85	8.91Q	3
4 #	1637 Thomas, McKayla	SR Colorado Mesa	9.04	8.96q	2

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**....Women 60 Meter Hurdles**

5 # 1889	Vickers, Jenai	JR Western Colorado	9.01	9.03q	1	
6 # 1881	Murphy, Chelsey	SO Western Colorado	8.71	9.09q	1	
7 # 1673	Brown, Kennede	SO Colorado Mines	9.15	9.10q	3	
8 # 1814	Crowe, Kaija	SO Uc-Colo. Spgs.	8.99	9.14q	3	
9 # 1629	Kroupa, Lyndzie	JR Colorado Mesa	9.04	9.16	2	
10 # 1562	Marosok, Brittney	JR Black Hills St.	9.30	9.17	2	
11 # 1806	Anderson, Aleksan	JR Uc-Colo. Spgs.	9.28	9.18	1	
12 # 1835	Tracy, Cameron	FR Uc-Colo. Spgs.	9.17	9.31	3	
13 # 1632	Paterson, Kailey	FR Colorado Mesa	9.34	9.41	1	
14 # 1615	Spykstra, Anna	JR Colo. Christian	9.42	9.42	3	
15 # 1549	Campbell, Katie	JR Black Hills St.	9.45	9.43	1	
16 # 1880	Mullen, Kayla	JR Western Colorado	9.30	9.47	2	9.462
17 # 1927	McAllister, Natal	FR Westminster (Utah)	9.43	9.47	3	9.469
18 # 1678	Collins, Sophia	FR Colorado Mines	9.47	9.69	2	

**Women 60 Meter Hurdles**

=====

RMAC Indoor: R	8.28	2011	Indira Spence, Adams State
NCAA Auto: A	8.42	2019	
NCAA Prov: P	8.81	2019	

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

=====

Finals

1 # 1881	Murphy, Chelsey	SO Western Colorado	9.09	8.85	10	
2 # 1516	Smith, Katherine	SR Adams State	8.85	8.91	8	8.905
3 # 1637	Thomas, McKayla	SR Colorado Mesa	8.96	8.91	6	8.908
4 # 1877	Hahn, Kacee Lyn	JR Western Colorado	8.91	9.00	5	
5 # 1889	Vickers, Jenai	JR Western Colorado	9.03	9.03	4	
6 # 1673	Brown, Kennede	SO Colorado Mines	9.10	9.07	3	
7 # 1814	Crowe, Kaija	SO Uc-Colo. Spgs.	9.14	9.17	2	
-- # 1519	Watson, Oweneika	JR Adams State	8.68	DNS		

**Women 4x400 Meter Relay**

=====

RMAC Indoor: R	3:47.18	2014	Adams State
			Canegan, Scherrer, Roberts, Robinson
NCAA Auto: A	3:43.34	2019	
NCAA Prov: P	3:51.01	2019	

School	Seed	Finals	H#	Points
1	Csu-Pueblo 'A'	3:50.91	3:54.38	2 10
1)	#1727 Clanton, Tatianna SR			
2)	#1737 Streff, Hailey SO			
3)	#1730 Hernandez, Yasmine SO			
4)	#1728 Fairchild, Lauren JR			
	58.645 (58.645) 1:58.487 (59.842) 2:56.544 (58.057) 3:54.378 (57.835)			
2	Western Colorado 'A'	3:51.66	3:55.25	2 8
1)	#1877 Hahn, Kacee Lyn JR			
2)	#1888 Toure, Fanta FR			
3)	#1872 Burt, Mackenzie FR			
4)	#1885 Sharon, Bailey JR			
	59.818 (59.818) 1:58.600 (58.783) 2:58.755 (1:00.156) 3:55.246 (56.491)			
3	Colorado Mesa 'A'	3:53.51	3:59.72	2 6
1)	#1630 Molder, McKenna FR			
2)	#1626 Golden, Haley FR			
3)	#1639 Trichler, Sydney FR			
4)	#1633 Payne, Jill JR			
	1:00.790 (1:00.790) 2:03.088 (1:02.299) 3:03.348 (1:00.260) 3:59.719 (56.372)			
4	Black Hills St. 'A'	4:01.07	4:03.21	2 5

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

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

- 1) #1570 Soderstrom, Shayna SR      2) #1552 Dykstra, Erica FR
- 3) #1561 Lundquist, Taylor FR      4) #1560 Langseth, Zoe JR
- 1:00.374 (1:00.374)    2:01.814 (1:01.440)    3:03.484 (1:01.670)    4:03.201 (59.717)
- 5 Chadron State 'A'      4:02.80    4:04.08    1    4
- 1) #1591 Frick, Christina JR      2) #1590 Cardona, Celeste SO
- 3) #1596 Horton, Chasidy SR      4) #1597 Thomsen, Julianne SO
- 1:01.366 (1:01.366)    2:01.013 (59.647)    3:02.646 (1:01.634)    4:04.079 (1:01.434)
- 6 Colorado Mines 'A'      4:03.03    4:05.60    1    3
- 1) #1681 Ford, Grace SO      2) #1671 Artzberger, Ali SR
- 3) #1686 Moriarty, Layla SO      4) #1680 Duck, Mackenzie FR
- 1:03.087 (1:03.087)    2:03.697 (1:00.610)    3:03.452 (59.755)    4:05.593 (1:02.141)
- 7 Adams State 'A'      3:55.53    4:06.77    2    2
- 1) #1516 Smith, Katherine SR      2) #1518 Vigil, Miranda SR
- 3) #1505 Cotter, Stephanie FR      4) #1513 Martinez, Malakah SO
- 1:01.112 (1:01.112)    2:04.362 (1:03.250)    3:02.793 (58.432)    4:06.770 (1:03.977)
- 8 Uc-Colo. Spgs. 'A'      3:52.90    4:07.37    2    1
- 1) #1830 Reynolds, Diana FR      2) #1817 Enderle, Elinor SO
- 3) #1807 Austin, Maia JR      4) #1819 Glover, Dejah SO
- 1:03.356 (1:03.356)    2:04.282 (1:00.926)    3:07.438 (1:03.157)    4:07.363 (59.926)
- 9 New Mexico Highlands 'A'      4:03.05    4:07.60    1
- 1) #1769 Butler, Abbigale SO      2) #1768 Armijo, Beatrice FR
- 3) #1770 Butler, Taylor SO      4) #1780 Topal, Annie SO
- 1:02.596 (1:02.596)    2:04.570 (1:01.974)    3:08.183 (1:03.613)    4:07.598 (59.416)
- 10 Msu Denver 'A'      4:17.83    4:13.88    1
- 1) #1750 Garand, Teagan FR      2) #1754 Renfroe, Megan FR
- 3) #1756 Scott, Kamryn FR      4) #1758 Stanton, Jessica FR
- 1:03.040 (1:03.040)    2:06.397 (1:03.357)    3:09.560 (1:03.163)    4:13.880 (1:04.320)
- 11 South Dakota Mines 'A'      4:14.88    4:21.10    1
- 1) #1785 Straatmeyer, Adeline SR    2) #1784 Mathieu, Katherine FR
- 3) #1786 Westerman, Erica SR      4) #1781 Gagen, Kayla JR
- 1:05.502 (1:05.502)    2:09.677 (1:04.176)    3:16.922 (1:07.245)    4:21.096 (1:04.174)
- Westminster (Utah) 'A'      4:19.20    DNS    1
- 1) #1926 Hooper, Madison FR      2) #1929 Scott, Katie SO
- 3) #1932 Wright, Allison JR      4) #1931 Valdez, Katie SO

**Women Distance Medley**

=====					
RMAC Indoor:	R	11:45.25	2/24/2017	Adams State	
				R Flanagan, K Hartman, C Steen, J Thurman	
RMAC Indoor:	R	11:45.25	2/24/2017	Adams State	
				R Flanagan, K Hartman, C Steen, J Thurman	
NCAA Auto:	A	11:35.38	2019		
NCAA Prov:	P	12:04.60	2019		
School		Seed	Finals	H#	Points
=====					
1 Adams State 'A'		11:42.45	11:54.83P	2	10
1) #1507 Flanagan, Eilish SR	2) #1510 Hunter-Galvan, HaLeigh JR				
3) #1505 Cotter, Stephanie FR	4) #1508 Flanagan, Roisin SR				
2 Colorado Mines 'A'		11:52.55	12:22.37	2	8
1) #1674 Burton, Kara JR	2) #1671 Artzberger, Ali SR				
3) #1680 Duck, Mackenzie FR	4) #1679 Cook, Chloe SR				
3 Western Colorado 'A'			12:33.20	1	6
1) #1875 Gigstad, Hannah Mae FR	2) #1885 Sharon, Bailey JR				
3) #1886 Strahan, Amelia FR	4) #1884 Rufener, Kennedy SR				
4 Uc-Colo. Spgs. 'A'		11:41.65	12:41.82	2	5

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**....Women Distance Medley**

1) #1817 Enderle, Elinor SO	2) #1822 Jordan, Jalen JR			
3) #1805 Almasri, Layla SO	4) #1807 Austin, Maia JR			
5 Csu-Pueblo 'A'		11:37.93	12:45.05	2 4
1) #1737 Streff, Hailey SO	2) #1726 Casias, Kayana SO			
3) #1730 Hernandez, Yasmine SO	4) #1725 Bouma, Nicole SO			
6 Chadron State 'A'		12:37.42	13:03.42	1 3
1) #1598 Watson, Madi SO	2) #1591 Frick, Christina JR			
3) #1599 Willadsen, Emma SO	4) #1595 Henry, Alyse JR			
7 South Dakota Mines 'A'		12:34.67	13:23.18	1 2
1) #1786 Westerman, Erica SR	2) #1784 Mathieu, Katherine FR			
3) #1781 Gagen, Kayla JR	4) #1785 Straatmeyer, Adeline SR			
8 Colo. Christian 'A'			13:26.90	1 1
1) #1610 Hamerly, Christina JR	2) #1612 Hitchings, Cydne JR			
3) #1613 Middleton, Mandee JR	4) #1611 Hanson, Kayla JR			
9 Black Hills St. 'A'		12:17.67	13:49.54	2
1) #1938 Van Den Hemel, Kelsey JR	2) #1556 Goehring, Julette SO			
3) #1939 Ward, Jules FR	4) #1940 Allerdings, Nicole JR			
10 Westminster (Utah) 'A'		13:39.25	13:55.90	1
1) #1928 Rohrer-Fitzhugh, Hannah F	2) #1926 Hooper, Madison FR			
3) #1929 Scott, Katie SO	4) #1930 Sheehan, Christine SO			
11 Msu Denver 'A'		12:21.83	13:59.25	2
1) #1753 Kort, Vanessa FR	2) #1750 Garand, Teagan FR			
3) #1757 Smidt, Abigail SO	4) #1752 Kocman, Brittney JR			
12 New Mexico Highlands 'A'		13:03.13	14:15.40	1
1) #1779 Moser, Theresa JR	2) #1768 Armijo, Beatrice FR			
3) #1770 Butler, Taylor SO	4) #1775 Marrujo, Natalia SO			

**Women High Jump**

=====

RMAC Indoor: R 1.91m 2014                      Barbara Szaboo, Western State

NCAA Auto: A 1.76m 2019

NCAA Prov: P 1.67m 2019

Name	Year School	Seed	Finals	Points
1 # 1771 Canegan, Serena	FR New Mexico H	1.63m	1.65m	10
1.52 1.57 1.62 1.65 1.68				
O P O XXO XXP				
2 # 1814 Crowe, Kaija	SO Uc-Colo. Spgs.	1.61m	J1.65m	8
1.52 1.57 1.62 1.65 1.68				
O O XXO XXO XXX				
3 # 1735 Pavlenko, Lydia	JR Csu-Pueblo	1.63m	1.62m	6
1.57 1.62 1.65				
XXO O XXX				
4 # 1684 Martin, Hannah	FR Colorado Mines	1.63m	J1.62m	5
1.52 1.57 1.62 1.65				
O O XO XXX				
5 # 1564 Richards, Alexand	SR Black Hills St.	1.63m	J1.62m	4
1.52 1.57 1.62 1.65				
O O XXO XXX				
6 # 1624 Cerrone, Sarah	SO Colorado Mesa	1.61m	J1.62m	3
1.52 1.57 1.62 1.65				
O XO XXO XXX				

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**....Women High Jump**

7 # 1637	Thomas, McKayla	SR Colorado Mesa	1.60m	J1.62m	2
	1.52 1.57 1.62 1.65				
	O XXO XXO XXX				
8 # 1628	King, Megan	SO Colorado Mesa	1.55m	1.57m	1
	1.47 1.52 1.57 1.62				
	XO XXO XO XXX				
9 # 1636	Sleeman, April	FR Colorado Mesa	1.60m	J1.57m	
	1.47 1.52 1.57 1.62				
	XO O XXO XXX				
10 # 1600	Williamson, Allee	JR Chadron State	1.55m	1.52m	
	1.47 1.52 1.57				
	O O XXX				
10 # 1827	Meek, Hannah	SO Uc-Colo. Spgs.	1.61m	1.52m	
	1.52 1.57				
	O XXX				
12 # 1832	Smith, Celia	SO Uc-Colo. Spgs.	1.65m	J1.52m	
	1.52 1.57				
	XO XXX				
12 # 1592	Gilkey, Miranda	FR Chadron State	1.56m	J1.52m	
	1.47 1.52 1.57				
	O XO XXX				
12 # 1640	White, Erika	JR Colorado Mesa	1.60m	J1.52m	
	1.47 1.52 1.57				
	O XO XXX				
15 # 1825	Landers, Olivia	JR Uc-Colo. Spgs.	1.55m	J1.52m	
	1.47 1.52 1.57				
	XO XO XXX				
-- # 1639	Trichler, Sydney	FR Colorado Mesa	1.54m	NH	
	1.47				
	XXX				
-- # 1880	Mullen, Kayla	JR Western Colorado	1.55m	NH	
	1.47				
	XXX				
-- # 1808	Barone, Morgan	JR Uc-Colo. Spgs.	1.55m	NH	
	1.52				
	XXX				

**Women Pole Vault**

=====  
 RMAC Indoor: R 3.89m 2/23/2018 Angelique Urenda, CSU-Pueblo  
 NCAA Auto: A 4.02m 2019  
 NCAA Prov: P 3.57m 2019

Name	Year School	Seed	Finals	Points	
1 # 1783	Keeble, Erica	SO South Dakota Mines	4.05m	3.95mR	10 RMAC Record
	3.75 3.85 3.95 4.05				
	XO P O XXX				
2 # 1559	Huneke, Jordyn	SO Black Hills St.	3.97m	3.85mP	8
	3.50 3.65 3.75 3.85 3.95 4.05				
	XO XO XXO O XPP XPP				
3 # 1623	Casey, Gabriella	SR Colorado Mesa	3.67m	3.75mP	6
	3.35 3.50 3.65 3.75 3.85				
	XXO XO O XXO XXX				

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**....Women Pole Vault**

4 # 1887 Swindell, Nocona	SR Western Colorado	3.73m	3.65mP	5
3.50 3.65 3.75				
O O XXX				
5 # 1568 Scott, Whitney	SO Black Hills St.	3.60m	J3.65mP	4
3.50 3.65 3.75				
XXO XO XXX				
6 # 1824 Kuskie, Brenna	SO Uc-Colo. Spgs.	3.65m	J3.65mP	3
3.35 3.50 3.65 3.75				
XXO XO XO XXX				
7 # 1557 Hendrick, Hannah	FR Black Hills St.	3.60m	3.50m	2
3.20 3.35 3.50 3.65				
O O O XXX				
8 # 1683 Griner, Gabrielle	FR Colorado Mines	3.53m	J3.50m	1
3.20 3.35 3.50 3.65				
O XO O XXX				
9 # 1564 Richards, Alexand	SR Black Hills St.	3.30m	3.35m	
3.20 3.35 3.50				
O O XXX				
10 # 1810 Braune, Grace	FR Uc-Colo. Spgs.	3.38m	3.20m	
3.05 3.20 3.35				
O XO XXX				
11 # 1569 Sherman, JoJo	SO Black Hills St.	3.15m	J3.20m	
3.05 3.20 3.35				
XXO XO XXX				
12 # 1622 Badgley, Morgan	FR Colorado Mesa	3.13m	3.05m	
3.05 3.20				
O XXX				
13 # 1688 Roth, Chloe	SO Colorado Mines	3.42m	J3.05m	
3.05 3.20				
XO XXX				
-- # 1883 Reese, Brienna	FR Western Colorado	3.05m	NH	
3.05				
XXX				
-- # 1625 Elder, Spencer	JR Colorado Mesa	3.42m	NH	
3.20				
XXX				
-- # 1831 Rieke, Megan	FR Uc-Colo. Spgs.	3.23m	NH	
3.05				
XXX				

**Women Long Jump**

=====						
RMAC Indoor: R	6.37m	2015	Shanice McPherson, N.M. Highlands			
NCAA Auto: A	6.10m	2019				
NCAA Prov: P	11.64m	2019				
Name	Year School		Seed	Finals	H#	Points
=====						
1 # 1517 Thomas, Kandace	SR Adams State	5.96m	6.32mA	2	10	
6.16m 6.07m FOUL 6.06m FOUL 6.32m						
2 # 1814 Crowe, Kaija	SO Uc-Colo. Spgs.	5.91m	5.93m	2	8	
5.88m 5.93m 5.81m 5.75m ND 5.92m						
3 # 1812 Carr, Jada	SR Uc-Colo. Spgs.	5.77m	5.84m	2	6	
FOUL 5.73m 5.84m 5.74m FOUL 5.62m						

**2019 RMAC Indoor Track and Field Championships - 2/23/2019****Adams State University****High Altitude Training Center****Results****....Women Long Jump**

4 #	1728 Fairchild, Lauren	JR	Csu-Pueblo	5.93m	5.78m	2	5
	4.99m 5.48m FOUL FOUL 5.78m ND						
5 #	1827 Meek, Hannah	SO	Uc-Colo. Spgs.	5.89m	5.69m	2	4
	5.41m 5.30m 4.93m 5.69m 5.17m 5.61m						
6 #	1727 Clanton, Tatianna	SR	Csu-Pueblo	5.80m	5.66m	2	3
	5.48m 5.65m 5.66m 5.57m FOUL FOUL						
7 #	1780 Topal, Annie	SO	New Mexico H	5.64m	5.61m	2	2
	5.51m 5.38m 5.61m 5.32m ND 5.46m						
8 #	1519 Watson, Oweneika	JR	Adams State	5.64m	5.60m	2	1
	5.45m 5.60m FOUL FOUL FOUL FOUL						
9 #	1724 Andrews, Reagan	SO	Csu-Pueblo	5.16m	5.39m	1	
	5.39m 5.11m 4.99m 5.17m FOUL 5.24m						
10 #	1774 Hunter, Tashay	SR	New Mexico H	5.69m	5.38m	2	
	FOUL 5.38m 4.30m						
10 #	1735 Pavlenko, Lydia	JR	Csu-Pueblo	5.41m	5.38m	1	
	FOUL 5.17m 5.38m						
12 #	1815 Ellis, Amyre	FR	Uc-Colo. Spgs.	5.50m	5.32m	1	
	5.25m 5.32m 3.86m						
13 #	1671 Artzberger, Ali	SR	Colorado Mines	5.60m	5.30m	1	
	4.60m 5.30m 5.26m						
14 #	1627 Jackson, Kiana	FR	Colorado Mesa	5.40m	5.22m	1	
	FOUL 5.11m 5.22m						
15 #	1678 Collins, Sophia	FR	Colorado Mines	5.33m	5.14m	1	
	5.14m ND 4.84m						
16 #	1881 Murphy, Chelsey	SO	Western Colorado	5.38m	5.12m	1	
	4.80m 5.09m 5.12m						
17 #	1632 Paterson, Kailey	FR	Colorado Mesa	5.52m	5.10m	1	
	FOUL 4.99m 5.10m						
18 #	1640 White, Erika	JR	Colorado Mesa	5.41m	4.97m	1	
	FOUL FOUL 4.97m						

**Women Triple Jump**

=====

RMAC Indoor: R 12.98m 2/27/2016 Salcia Slack, N.M. Highlands

NCAA Auto: A 12.48m 2019

NCAA Prov: P 11.64m 2019

Name	Year	School	Seed	Finals	H#	Points
1 # 1780 Topal, Annie	SO	New Mexico H	12.13m	12.39mP	2	10
		12.12m FOUL 12.03m 12.12m 12.30m 12.39m				
2 # 1724 Andrews, Reagan	SO	Csu-Pueblo	11.37m	12.11mP	2	8
		12.01m FOUL FOUL ND 12.11m ND				
3 # 1627 Jackson, Kiana	FR	Colorado Mesa	11.90m	11.70mP	2	6
		FOUL ND 11.16m 11.67m 11.57m 11.70m				
4 # 1827 Meek, Hannah	SO	Uc-Colo. Spgs.	12.08m	J11.70mP	2	5
		11.70m 11.51m 11.02m 11.25m 11.13m FOUL				
5 # 1589 Carbajal, Mitchell	SR	Chadron State	11.28m	11.57m	1	4
		FOUL FOUL 11.39m FOUL 11.57m 11.40m				
6 # 1736 Sommer, Emma	FR	Csu-Pueblo	11.44m	11.46m	2	3
		11.24m FOUL 11.25m 11.08m 11.35m 11.46m				
7 # 1735 Pavlenko, Lydia	JR	Csu-Pueblo	12.00m	J11.46m	2	2
		ND 11.27m 11.31m 10.99m FOUL 11.46m				
8 # 1823 Keller, Miah	FR	Uc-Colo. Spgs.	11.47m	11.32m	2	1
		11.32m FOUL 11.30m ND 11.16m FOUL				

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**....Women Triple Jump**

9 #	1812 Carr, Jada	SR Uc-Colo. Spgs.	11.30m	11.24m	2
	10.69m 11.11m 11.20m		10.65m FOUL 11.24m		
10 #	1809 Beier, Heidi	SO Uc-Colo. Spgs.	11.11m	11.10m	1
	11.04m 10.92m 11.10m				
11 #	1815 Ellis, Amyre	FR Uc-Colo. Spgs.	11.21m	11.06m	1
	11.06m FOUL 10.52m				
12 #	1671 Artzberger, Ali	SR Colorado Mines	11.00m	11.04m	1
	11.02m 11.04m FOUL				
13 #	1638 Torgerson, Caitli	JR Colorado Mesa	11.11m	10.84m	1
	FOUL FOUL 10.84m				
14 #	1549 Campbell, Katie	JR Black Hills St.	11.14m	10.76m	1
	10.49m 10.64m 10.76m				
15 #	1813 Carroll, Alexis	SO Uc-Colo. Spgs.	11.15m	10.72m	1
	10.55m 10.72m FOUL				
16 #	1833 Strong, Alyssa	JR Uc-Colo. Spgs.	10.68m	10.50m	1
	10.50m 10.29m FOUL				
17 #	1732 Martin, Angelina	JR Csu-Pueblo	10.72m	10.47m	1
	10.47m ND PASS				
-- #	1774 Hunter, Tashay	SR New Mexico H	11.86m	FOUL	2
	FOUL PASS PASS				

**Women Shot Put**

=====  
 RMAC Indoor: R 15.34m 2/27/2016 Madison McLaughlin, Black Hills  
 NCAA Auto: A 15.59m 2019  
 NCAA Prov: P 13.61m 2019

Name	Year School	Seed	Finals	H#	Points
1 # 1733 McKinley, Jenna	JR Csu-Pueblo	13.59m	14.07mP	2	10
	12.87m 13.22m 13.77m		14.07m 13.82m FOUL		
2 # 1676 Clark, Courtney	JR Colorado Mines	14.44m	14.01mP	2	8
	13.54m 13.61m 12.77m		14.01m 13.52m 13.83m		
3 # 1567 Sawvell, Kyla	FR Black Hills St.	12.62m	13.23m	2	6
	13.05m 12.32m 12.83m		FOUL 13.23m 12.58m		
4 # 1689 Tomon, Kathleen	SO Colorado Mines	12.83m	13.20m	2	5
	FOUL 12.30m FOUL 12.66m		13.20m 12.73m		
5 # 1871 Anderson, Tessa	SO Western Colorado	12.91m	12.94m	2	4
	FOUL 12.40m FOUL FOUL		12.94m		
6 # 1503 Chosa, Jazmine	SO Adams State	12.66m	12.87m	2	3
	12.62m 12.48m 12.87m		FOUL FOUL FOUL		
7 # 1593 Hallsted, Ashton	JR Chadron State	12.64m	12.53m	2	2
	FOUL 11.49m 12.53m		11.50m 12.44m 12.42m		
8 # 1677 Coleman, Gina	SO Colorado Mines	12.85m	12.48m	2	1
	12.48m FOUL 12.29m		FOUL FOUL FOUL		
9 # 1834 Suazo, Sierra	SO Uc-Colo. Spgs.	13.05m	12.32m	2	
	11.52m 12.32m FOUL		FOUL FOUL FOUL		
10 # 1691 West, Reilly	FR Colorado Mines	12.13m	12.07m	1	
	11.59m 12.07m 11.73m				
11 # 1876 Gustason, Amber	FR Western Colorado	12.46m	11.91m	1	
	FOUL 11.36m 11.91m				
12 # 1811 Calhoun, Kelsey	JR Uc-Colo. Spgs.	12.44m	11.83m	1	
	FOUL 11.61m 11.83m				
13 # 1594 Hansen, Emily	SO Chadron State	11.90m	11.74m	1	
	FOUL FOUL 11.74m				



**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**....Women Shot Put**

14 #	1771 Canegan, Serena	FR New Mexico H	11.89m	11.69m	1
	11.24m 11.69m 11.66m				
15 #	1675 Carlo, Krista	SO Colorado Mines	11.84m	11.68m	1
	11.28m 11.15m 11.68m				
16 #	1729 Graham, Heather	FR Csu-Pueblo	12.27m	11.54m	1
	11.25m FOUL 11.54m				
17 #	1564 Richards, Alexand	SR Black Hills St.	11.90m	11.33m	1
	11.33m 10.89m 10.92m				
18 #	1553 Fidler, Maddi	SO Black Hills St.	12.42m	11.29m	1
	10.28m 11.29m FOUL				

**Women Weight Throw**

=====

RMAC Indoor: R 21.80m 2/24/2017 Mel Herl, Chadron State  
 RMAC Indoor: R 21.80m 2/24/2017 Mel Herl, Chadron Stat  
 NCAA Auto: A 19.87m 2019  
 NCAA Prov: P 16.97m 2019

Name	Year School	Seed	Finals	H#	Points
1 # 1593 Hallsted, Ashton	JR Chadron State	19.72m	19.67mP	2	10
	17.80m FOUL 18.82m 18.35m 18.38m 19.67m				
2 # 1677 Coleman, Gina	SO Colorado Mines	18.79m	16.52m	2	8
	16.30m FOUL FOUL 16.51m FOUL 16.52m				
3 # 1834 Suazo, Sierra	SO Uc-Colo. Spgs.	17.56m	16.29m	2	6
	15.37m 14.92m 15.95m 14.93m 16.29m 15.95m				
4 # 1733 McKinley, Jenna	JR Csu-Pueblo	16.27m	16.01m	2	5
	14.46m FOUL FOUL 15.73m 15.55m 16.01m				
5 # 1676 Clark, Courtney	JR Colorado Mines	15.44m	15.92m	2	4
	14.86m 15.79m 15.71m FOUL 15.92m 15.21m				
6 # 1567 Sawvell, Kyla	FR Black Hills St.	16.33m	15.71m	2	3
	14.21m 14.90m 14.53m 15.14m 15.71m FOUL				
7 # 1811 Calhoun, Kelsey	JR Uc-Colo. Spgs.	15.15m	15.55m	1	2
	15.38m 15.33m 15.40m 15.55m FOUL 15.55m				
8 # 1553 Fidler, Maddi	SO Black Hills St.	14.52m	14.57m	1	1
	13.48m 14.57m FOUL 13.58m FOUL FOUL				
9 # 1731 Lockhart, Elizabe	SO Csu-Pueblo	14.46m	14.25m	1	
	13.98m FOUL 14.25m FOUL 13.02m FOUL				
10 # 1871 Anderson, Tessa	SO Western Colorado	14.24m	13.88m	1	
	13.88m 13.78m FOUL				
11 # 1675 Carlo, Krista	SO Colorado Mines	15.98m	13.84m	2	
	FOUL 13.84m FOUL				
12 # 1691 West, Reilly	FR Colorado Mines	15.79m	13.63m	2	
	FOUL 13.33m 13.63m				
13 # 1776 Mbadie, Christina	SR New Mexico H	13.28m	13.57m	1	
	FOUL 11.58m 13.57m				
14 # 1634 Pickert, Danielle	SR Colorado Mesa	15.58m	13.54m	2	
	13.54m FOUL 13.48m				
15 # 1594 Hansen, Emily	SO Chadron State	13.17m	12.70m	1	
	12.70m FOUL FOUL				
16 # 1729 Graham, Heather	FR Csu-Pueblo	13.18m	12.34m	1	
	11.93m FOUL 12.34m				
17 # 1876 Gustason, Amber	FR Western Colorado	14.08m	12.12m	1	
	FOUL 11.43m 12.12m				

**2019 RMAC Indoor Track and Field Championships - 2/23/2019****Adams State University  
High Altitude Training Center  
Results****....Women Weight Throw**

18 # 1878 Hawman, Breann JR Western Colorado 13.95m 12.00m 1  
12.00m FOUL FOUL

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

```

=====
RMAC Indoor: R 2:26.34 2/23/2018 Amanda Giles, Colo. Mines
Name Year School Finals H# Points
=====
1 # 1639 Trichler, Sydney FR Colorado Mesa 2:28.37 1 713
36.403 (36.403) 1:12.766 (36.363) 1:49.622 (36.856) 2:28.362 (38.740)
2 # 1516 Smith, Katherine SR Adams State 2:30.80 2 683
36.061 (36.061) 1:13.766 (37.706) 1:54.360 (40.594) 2:30.793 (36.434)
3 # 1806 Anderson, Aleksan JR Uc-Colo. Spgs. 2:30.93 2 681
37.254 (37.254) 1:14.139 (36.885) 1:53.171 (39.032) 2:30.928 (37.758)
4 # 1640 White, Erika JR Colorado Mesa 2:31.69 2 672
36.990 (36.990) 1:14.014 (37.025) 1:54.402 (40.389) 2:31.681 (37.280)
5 # 1880 Mullen, Kayla JR Western Colorado 2:35.64 2 624
36.921 (36.921) 1:14.930 (38.009) 1:55.055 (40.126) 2:35.639 (40.584)
6 # 1597 Thomsen, Julianne SO Chadron State 2:37.46 2 602
37.774 (37.774) 1:15.550 (37.776) 1:56.219 (40.670) 2:37.456 (41.238)
7 # 1826 McKinna-Worrell, FR Uc-Colo. Spgs. 2:38.12 1 595
36.117 (36.117) 1:15.094 (38.978) 1:56.885 (41.791) 2:38.113 (41.229)
8 # 1773 Harrison, Lucia FR New Mexico H 2:40.68 1 565
36.705 (36.705) 1:14.997 (38.292) 1:57.221 (42.224) 2:40.679 (43.459)
9 # 1632 Paterson, Kailey FR Colorado Mesa 2:42.27 2 547
38.060 (38.060) 1:15.876 (37.817) 1:56.719 (40.843) 2:42.261 (45.542)
10 # 1769 Butler, Abbigale SO New Mexico H 2:44.03 1 528
36.160 (36.160) 1:14.878 (38.719) 1:57.004 (42.127) 2:44.025 (47.021)
11 # 1814 Crowe, Kaija SO Uc-Colo. Spgs. 2:45.07 2 516
40.335 (40.335) 1:21.328 (40.993) 2:03.950 (42.622) 2:45.062 (41.113)
12 # 1923 Cobabe, Lauren FR Westminster (Utah) 2:45.85 1 508
37.741 (37.741) 1:18.893 (41.152) 2:04.513 (45.621) 2:45.843 (41.330)
13 # 1596 Horton, Chasidy SR Chadron State 2:46.62 1 499
38.450 (38.450) 1:19.771 (41.321) 2:03.401 (43.630) 2:46.615 (43.215)
14 # 1931 Valdez, Katie SO Westminster (Utah) 2:57.71 1 387
38.249 (38.249) 1:20.339 (42.090) 2:08.594 (48.256) 2:57.707 (49.113)
15 # 1925 Harrison, Kylie JR Westminster (Utah) 3:14.31 1 244
37.272 (37.272) 1:21.321 (44.050) 2:14.978 (53.658) 3:14.302 (59.324)
=====

```

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

```

=====
RMAC Indoor: R 9.13 2/23/2018 Kaija Crowe, UC-Colo. Spg
Name Year School Finals H# Points
=====
1 # 1516 Smith, Katherine SR Adams State 8.92R 4 927
2 # 1814 Crowe, Kaija SO Uc-Colo. Spgs. 9.06R 4 897
3 # 1806 Anderson, Aleksan JR Uc-Colo. Spgs. 9.10R 3 889
4 # 1596 Horton, Chasidy SR Chadron State 9.29 4 850
5 # 1880 Mullen, Kayla JR Western Colorado 9.35 3 838 9.341
6 # 1640 White, Erika JR Colorado Mesa 9.35 4 838 9.347
7 # 1597 Thomsen, Julianne SO Chadron State 9.41 1 826
8 # 1632 Paterson, Kailey FR Colorado Mesa 9.42 3 824
9 # 1923 Cobabe, Lauren FR Westminster (Utah) 9.60 2 789
10 # 1826 McKinna-Worrell, FR Uc-Colo. Spgs. 9.63 2 783
=====

```

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

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

11 #	1769	Butler, Abbigale	SO New Mexico H	9.79	3	752
12 #	1773	Harrison, Lucia	FR New Mexico H	10.42	1	636
13 #	1925	Harrison, Kylie	JR Westminster (Utah)	10.45	2	630
14 #	1639	Trichler, Sydney	FR Colorado Mesa	10.46	2	629
15 #	1931	Valdez, Katie	SO Westminster (Utah)	10.67	1	592

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

=====

RMAC Indoor: R 1.64m 2/23/2018 Kaija Crowe, UC-Colo. Spg

Name	Year	School	Finals	Points
1 # 1814 Crowe, Kaija	SO	Uc-Colo. Spgs.	1.62m	759
1.50 1.53 1.56 1.59 1.62 1.68				
O P O P XO XXX				
2 # 1640 White, Erika	JR	Colorado Mesa	1.56m	689
1.44 1.47 1.50 1.53 1.56 1.59				
O O O XO XXO XXX				
3 # 1826 McKinna-Worrell,	FR	Uc-Colo. Spgs.	1.53m	655
1.38 1.41 1.44 1.47 1.50 1.53 1.56				
O O O O O O XXX				
3 # 1516 Smith, Katherine	SR	Adams State	1.53m	655
1.44 1.47 1.50 1.53 1.56				
XO XO XO XO XXX				
3 # 1880 Mullen, Kayla	JR	Western Colorado	1.53m	655
1.47 1.50 1.53 1.56				
O XO XXO XXX				
6 # 1773 Harrison, Lucia	FR	New Mexico H	1.50m	621
1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53				
O O O XO O XXO O XXX				
6 # 1639 Trichler, Sydney	FR	Colorado Mesa	1.50m	621
1.44 1.47 1.50 1.53				
O XO O XXX				
6 # 1632 Paterson, Kailey	FR	Colorado Mesa	1.50m	621
1.35 1.38 1.41 1.44 1.47 1.50 1.53				
O XO O O O O XXX				
9 # 1769 Butler, Abbigale	SO	New Mexico H	1.47m	588
1.38 1.41 1.44 1.47 1.50				
O O XO O XXX				
9 # 1806 Anderson, Aleksan	JR	Uc-Colo. Spgs.	1.47m	588
1.32 1.35 1.38 1.41 1.44 1.47 1.50				
O O O O XO O XXX				
9 # 1923 Cobabe, Lauren	FR	Westminster (Utah)	1.47m	588
1.35 1.38 1.41 1.44 1.47 1.50				
O O XO XXO O XXX				
12 # 1597 Thomsen, Julianne	SO	Chadron State	1.41m	523
1.41 1.44				
XXO XXX				
12 # 1925 Harrison, Kylie	JR	Westminster (Utah)	1.41m	523
1.32 1.35 1.38 1.41 1.44				
O O XO XXO XXX				
12 # 1931 Valdez, Katie	SO	Westminster (Utah)	1.41m	523
1.38 1.41 1.44				
O XXO XXX				

**2019 RMAC Indoor Track and Field Championships - 2/23/2019****Adams State University  
High Altitude Training Center  
Results****....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon**

-- # 1596 Horton, Chasidy SR Chadron State NH  
1.41  
XXX

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

```

=====
RMAC Indoor: R 5.71m 2/23/2018 Kaija Crowe, UC-Colo. Spg
Name Year School Finals Points
=====
1 # 1814 Crowe, Kaija SO Uc-Colo. Spgs. 5.69m 756
  5.44m 5.69m 5.60m
2 # 1516 Smith, Katherine SR Adams State 5.38m 665
  5.21m FOUL 5.38m
3 # 1632 Paterson, Kailey FR Colorado Mesa 5.19m 612
  FOUL 5.07m 5.19m
4 # 1596 Horton, Chasidy SR Chadron State 5.10m 587
  5.10m 5.10m FOUL
5 # 1769 Butler, Abbigale SO New Mexico H 5.05m 573
  4.89m 5.01m 5.05m
6 # 1826 McKinna-Worrell, FR Uc-Colo. Spgs. 5.01m 562
  5.01m 4.79m 4.81m
7 # 1806 Anderson, Aleksan JR Uc-Colo. Spgs. 4.98m 554
  4.58m 4.62m 4.98m
8 # 1880 Mullen, Kayla JR Western Colorado 4.97m 551
  4.77m FOUL 4.97m
9 # 1640 White, Erika JR Colorado Mesa 4.93m 540
  4.93m FOUL FOUL
10 # 1773 Harrison, Lucia FR New Mexico H 4.79m 503
  4.58m 4.79m 4.64m
11 # 1597 Thomsen, Julianne SO Chadron State 4.72m 485
  4.27m 4.72m FOUL
12 # 1639 Trichler, Sydney FR Colorado Mesa 4.71m 482
  FOUL 4.62m 4.71m
13 # 1925 Harrison, Kylie JR Westminster (Utah) 4.62m 459
  4.62m 4.46m 4.39m
14 # 1931 Valdez, Katie SO Westminster (Utah) 4.60m 454
  4.37m 4.60m 4.56m
15 # 1923 Cobabe, Lauren FR Westminster (Utah) 4.52m 433
  FOUL FOUL 4.52m
=====

```

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

```

=====
RMAC Indoor: R 12.19m 2/23/2018 Taneika Elliston, N.M. Highlands
Name Year School Finals Points
=====
1 # 1597 Thomsen, Julianne SO Chadron State 10.89m 588
  9.92m 10.39m 10.89m
2 # 1880 Mullen, Kayla JR Western Colorado 10.25m 546
  10.25m FOUL 10.19m
3 # 1814 Crowe, Kaija SO Uc-Colo. Spgs. 10.01m 530
  9.45m 9.45m 10.01m
4 # 1806 Anderson, Aleksan JR Uc-Colo. Spgs. 9.90m 523
  9.38m 9.08m 9.90m
=====

```

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

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

5 #	1640 White, Erika	JR Colorado Mesa	9.87m	521
	9.75m 8.09m 9.87m			
6 #	1596 Horton, Chasidy	SR Chadron State	9.83m	518
	9.83m 9.50m 9.22m			
7 #	1516 Smith, Katherine	SR Adams State	9.60m	503
	FOUL 9.60m 9.52m			
8 #	1639 Trichler, Sydney	FR Colorado Mesa	9.50m	497
	9.50m FOUL 8.96m			
9 #	1925 Harrison, Kylie	JR Westminster (Utah)	9.22m	479
	8.82m 9.22m 8.21m			
10 #	1632 Paterson, Kailey	FR Colorado Mesa	9.12m	472
	9.11m 9.12m 9.03m			
11 #	1931 Valdez, Katie	SO Westminster (Utah)	9.11m	471
	8.83m 9.11m 6.86m			
12 #	1769 Butler, Abbigale	SO New Mexico H	8.78m	450
	8.40m 7.77m 8.78m			
13 #	1923 Cobabe, Lauren	FR Westminster (Utah)	7.95m	396
	7.95m 7.18m 7.81m			
14 #	1826 McKinna-Worrell,	FR Uc-Colo. Spgs.	7.55m	370
	7.30m 7.10m 7.55m			
15 #	1773 Harrison, Lucia	FR New Mexico H	7.29m	354
	7.10m 7.29m 7.12m			

**Women Indoor Pentathlon**

=====

RMAC Indoor: R 3959 2/26/2016 Salcia Slack, N.M. Highlands  
 NCAA Auto: A 3829 2019  
 NCAA Prov: P 3233 2019

Name	Year School	Seed	Finals	H#	Points
1 # 1814 Crowe, Kaija	SO Uc-Colo. Spgs.	3770	3458P	10	
2 # 1516 Smith, Katherine	SR Adams State	3259	3433P	8	
3 # 1640 White, Erika	JR Colorado Mesa	3422	3260P	6	
4 # 1806 Anderson, Aleksan	JR Uc-Colo. Spgs.	3089	3235P	5	
5 # 1880 Mullen, Kayla	JR Western Colorado	3012	3214	4	
6 # 1632 Paterson, Kailey	FR Colorado Mesa	3036	3076	3	
7 # 1597 Thomsen, Julianne	SO Chadron State	2422	3024	2	
8 # 1826 McKinna-Worrell,	FR Uc-Colo. Spgs.	2837	2965	1	
9 # 1639 Trichler, Sydney	FR Colorado Mesa	3008	2942		
10 # 1769 Butler, Abbigale	SO New Mexico H	2842	2891		
11 # 1923 Cobabe, Lauren	FR Westminster (Utah)	2436	2714		
12 # 1773 Harrison, Lucia	FR New Mexico H	2483	2679		
13 # 1596 Horton, Chasidy	SR Chadron State	3295	2454		
14 # 1931 Valdez, Katie	SO Westminster (Utah)	2396	2427		
15 # 1925 Harrison, Kylie	JR Westminster (Utah)	2260	2335		

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**Men 60 Meter Dash**

=====  
 RMAC Indoor: R 6.65 2/27/2016 Jurgen Themen, Adams State  
 NCAA Auto: A 6.72 2019  
 NCAA Prov: P 6.88 2019

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 # 1743 Ramirez, RJ	SO	Csu-Pueblo	6.92	6.90Q	2
2 # 1534 Kerr, Ian	SR	Adams State	6.89	6.92Q	1 6.915
3 # 1704 Limon, Elias	SR	Colorado Mines	6.97	6.93Q	3
4 # 1846 Elcock, Deshon	JR	Uc-Colo. Spgs.	6.86	6.92q	2 6.920
5 # 1604 Lanier, Javan	JR	Chadron State	6.88	6.95q	1
6 # 1603 Grimes, Isaac	SO	Chadron State	6.78	6.96q	3
7 # 1670 Ward, Eliot	FR	Colorado Mesa	7.09	6.98q	2
8 # 1739 Donnell, Tevin	SR	Csu-Pueblo	7.06	7.04q	1
9 # 1922 Wuesthoff, Luke	SO	Western Colorado	7.12	7.07	2 7.062
10 # 1861 Repsher, Sam	FR	Uc-Colo. Spgs.	6.93	7.07	3 7.069
11 # 1657 Jackson, Vernon	JR	Colorado Mesa	7.01	7.10	2
12 # 1793 Gonzales, Jeremy	SO	South Dakota Mines	7.14	7.12	2
13 # 1766 Polite, Nikolas	JR	Msu Denver	7.11	7.13	3
14 # 1900 Gerstle-Goodman,	SR	Western Colorado	7.15	7.19	3
15 # 1653 Grant, Ty	FR	Colorado Mesa	7.10	7.21	3

**Men 60 Meter Dash**

=====  
 RMAC Indoor: R 6.65 2/27/2016 Jurgen Themen, Adams State  
 NCAA Auto: A 6.72 2019  
 NCAA Prov: P 6.88 2019

Name	Year	School	Prelims	Finals	Points
Finals					
1 # 1743 Ramirez, RJ	SO	Csu-Pueblo	6.90	6.87P	10
2 # 1704 Limon, Elias	SR	Colorado Mines	6.93	6.91	8 6.907
3 # 1534 Kerr, Ian	SR	Adams State	6.92	6.91	6 6.909
4 # 1604 Lanier, Javan	JR	Chadron State	6.95	6.92	5
5 # 1846 Elcock, Deshon	JR	Uc-Colo. Spgs.	6.92	6.93	4
6 # 1670 Ward, Eliot	FR	Colorado Mesa	6.98	7.08	3
7 # 1739 Donnell, Tevin	SR	Csu-Pueblo	7.04	7.10	2
8 # 1603 Grimes, Isaac	SO	Chadron State	6.96	13.15	1

**Men 200 Meter Dash**

=====  
 RMAC Indoor: R 21.64 2003 Mike Applehans, Fort Hays State  
 NCAA Auto: A 21.21 2019  
 NCAA Prov: P 21.74 2019

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 # 1534 Kerr, Ian	SR	Adams State	21.18	R 21.54q	2 RMAC Record
2 # 1846 Elcock, Deshon	JR	Uc-Colo. Spgs.	21.56	21.86q	3
3 # 1712 Sass, John	FR	Colorado Mines	22.56	22.17q	1
4 # 1864 Simons, Caleb	SR	Uc-Colo. Spgs.	22.45	22.21q	1
5 # 1704 Limon, Elias	SR	Colorado Mines	22.40	22.24q	4
6 # 1796 Murray, Jonathon	SR	South Dakota Mines	22.48	22.32q	2 22.312
6 # 1743 Ramirez, RJ	SO	Csu-Pueblo	22.47	22.32q	3 22.312

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

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

8 #	1652	Grant, Jaquaireus	FR Colorado Mesa	22.55	22.39q	3
9 #	1861	Repsher, Sam	FR Uc-Colo. Spgs.	22.23	22.54	4
10 #	1574	Hepp, Tristan	JR Black Hills St.	22.05	22.57	1
11 #	1642	Ammon, Jared	FR Colorado Mesa	22.52	22.75	2
12 #	1799	Ptak, Kevin	JR South Dakota Mines	22.65	22.97	2
13 #	1653	Grant, Ty	FR Colorado Mesa	22.61	23.16	1
14 #	1646	Briggs, Jack	JR Colorado Mesa	22.59	23.24	4

**Men 200 Meter Dash**

=====

RMAC Indoor: R 21.64 2003 Mike Applehans, Fort Hays State  
 NCAA Auto: A 21.21 2019  
 NCAA Prov: P 21.74 2019

Name	Year	School	Prelims	Finals	H#	Points
=====						
Finals						
1 #	1534	Kerr, Ian	SR Adams State	21.54	21.40R	2 10 RMAC Record
2 #	1846	Elcock, Deshon	JR Uc-Colo. Spgs.	21.86	21.85	2 8
3 #	1704	Limon, Elias	SR Colorado Mines	22.24	22.08	2 6
4 #	1864	Simons, Caleb	SR Uc-Colo. Spgs.	22.21	22.21	1 5
5 #	1712	Sass, John	FR Colorado Mines	22.17	22.24	1 4
6 #	1796	Murray, Jonathon	SR South Dakota Mines	22.32	22.36	1 3
7 #	1743	Ramirez, RJ	SO Csu-Pueblo	22.32	22.50	2 2
8 #	1652	Grant, Jaquaireus	FR Colorado Mesa	22.39	22.72	1 1

**Men 400 Meter Dash**

=====

RMAC Indoor: R 48.40 2006 Joel Duffield, Chadron State  
 NCAA Auto: A 47.32 2019  
 NCAA Prov: P 48.58 2019

Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1 #	1796	Murray, Jonathon	SR South Dakota Mines	48.71	49.64q 3
2 #	1535	Larranaga, Augie	JR Adams State	49.73	49.78q 4
3 #	1864	Simons, Caleb	SR Uc-Colo. Spgs.	49.78	49.92q 4
4 #	1652	Grant, Jaquaireus	FR Colorado Mesa	50.45	49.95q 2
5 #	1608	Roden, Brodie	FR Chadron State	51.04	50.15q 1
6 #	1722	Webster, Gavin	FR Colorado Mines	50.34	50.29q 3
7 #	1642	Ammon, Jared	FR Colorado Mesa	50.33	50.36q 3
8 #	1903	Iribe, Adrian	JR Western Colorado	49.72	50.58q 5
9 #	1647	Carter-Kemp, Max	FR Colorado Mesa	49.70	50.74 1
10 #	1799	Ptak, Kevin	JR South Dakota Mines	49.78	50.79 5
11 #	1586	Snook, Garrett	JR Black Hills St.	50.08	50.88 1
12 #	1896	Chastain, Caleb	JR Western Colorado	50.23	50.90 2
13 #	1696	Gregory, Joshua	SO Colorado Mines	50.63	51.16 4
14 #	1910	Norwood, Dylan	FR Western Colorado	50.59	51.32 5
15 #	1791	Cropsey, Korder	JR South Dakota Mines	50.63	51.64 4
16 #	1738	Demerson, Evan	FR Csu-Pueblo	50.57	52.80 1
17 #	1762	Holland, Blaize	FR Msu Denver	50.86	52.88 5

**2019 RMAC Indoor Track and Field Championships - 2/23/2019****Adams State University  
High Altitude Training Center  
Results****Men 400 Meter Dash**

=====

RMAC Indoor: R 48.40 2006 Joel Duffield, Chadron State  
 NCAA Auto: A 47.32 2019  
 NCAA Prov: P 48.58 2019

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

=====

Finals						
1 #	1796	Murray, Jonathon	SR South Dakota Mines	49.64	49.18	2 10 49.173
2 #	1535	Larranaga, Augie	JR Adams State	49.78	49.18	2 8 49.178
3 #	1864	Simons, Caleb	SR Uc-Colo. Spgs.	49.92	49.68	1 6
4 #	1652	Grant, Jaquaireus	FR Colorado Mesa	49.95	49.99	1 5
5 #	1903	Iribe, Adrian	JR Western Colorado	50.58	50.10	1 4
6 #	1642	Ammon, Jared	FR Colorado Mesa	50.36	50.11	2 3
7 #	1608	Roden, Brodie	FR Chadron State	50.15	50.18	2 2
8 #	1722	Webster, Gavin	FR Colorado Mines	50.29	50.24	1 1

**Men 800 Meter Run**

=====

RMAC Indoor: R 1:51.77 2012 Andrew Graham, Adams State  
 NCAA Auto: A 1:49.45 2019  
 NCAA Prov: P 1:53.25 2019

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

=====

1 #	1912	Randall, Juman	JR Western Colorado	1:50.17	1:52.02P	3 10
	26.903	(26.903)	55.758 (28.855)	1:23.243 (27.485)	1:52.014 (28.771)	
2 #	1765	Nowlen, Nick	FR Msu Denver	1:53.23	1:54.01	3 8
	27.314	(27.314)	55.897 (28.583)	1:25.366 (29.469)	1:54.005 (28.639)	
3 #	1907	Mayo, Gage	SO Western Colorado	1:55.44	1:54.87	1 6
	26.624	(26.624)	54.180 (27.556)	1:23.679 (29.499)	1:54.866 (31.188)	
4 #	1792	Ferris, Andrew	SO South Dakota Mines	1:53.78	1:54.89	3 5
	27.124	(27.124)	56.144 (29.020)	1:24.970 (28.826)	1:54.885 (29.915)	
5 #	1650	Fera, Michael	JR Colorado Mesa	1:55.22	1:55.36	1 4
	27.256	(27.256)	55.599 (28.343)	1:25.154 (29.556)	1:55.352 (30.198)	
6 #	1702	Kettle, Miller	JR Colorado Mines	1:54.10	1:55.58	2 3
	27.829	(27.829)	56.635 (28.806)	1:25.886 (29.251)	1:55.579 (29.693)	
7 #	1572	Fried, Levi	JR Black Hills St.	1:55.02	1:55.76	2 2
	28.056	(28.056)	56.556 (28.500)	1:26.183 (29.627)	1:55.760 (29.577)	
8 #	1794	Huber, Jacob	SR South Dakota Mines	1:54.90	1:57.72	2 1
	27.561	(27.561)	56.458 (28.897)	1:27.409 (30.951)	1:57.712 (30.303)	
9 #	1804	Wood, Chase	JR South Dakota Mines	1:55.27	1:57.84	1
	26.899	(26.899)	55.357 (28.459)	1:26.120 (30.764)	1:57.840 (31.720)	
10 #	1906	Maddox, Mark	JR Western Colorado	1:55.98	1:58.10	1
	27.424	(27.424)	55.783 (28.360)	1:26.509 (30.726)	1:58.091 (31.583)	
11 #	1719	Thompson, Kevin	JR Colorado Mines	1:52.55	1:58.24	3
	27.605	(27.605)	56.770 (29.165)	1:26.819 (30.049)	1:58.240 (31.421)	
12 #	1575	Her Many Horses,	SR Black Hills St.	1:54.62	1:58.67	2
	28.259	(28.259)	56.860 (28.601)	1:26.803 (29.943)	1:58.666 (31.863)	
13 #	1851	Higgins, David	JR Uc-Colo. Spgs.	1:55.86	1:58.86	1
	29.253	(29.253)	58.441 (29.189)	1:28.313 (29.872)	1:58.853 (30.540)	
14 #	1763	Jones, Kyle	SR Msu Denver	1:56.54	2:00.00	1
	28.751	(28.751)	58.519 (29.769)	1:29.234 (30.715)	1:59.994 (30.761)	
15 #	1588	Theisen, Jordan	JR Black Hills St.	1:53.27	2:00.61	3
	27.635	(27.635)	57.233 (29.598)	1:28.127 (30.894)	2:00.603 (32.476)	
16 #	1537	Martinez, Oscar	FR Adams State	1:55.20	2:01.42	2
	27.296	(27.296)	55.882 (28.586)	1:26.408 (30.526)	2:01.413 (35.005)	



**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University**

**High Altitude Training Center**

**Results**

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

17 # 1663 Oglesby, Nathan	SR Colorado Mesa	1:51.73	2:05.26	3
27.358 (27.358)	56.426 (29.068)	1:27.655 (31.229)	2:05.252 (37.597)	
-- # 1695 Evans, Josh	SR Colorado Mines	1:54.73	DNF	2
27.633 (27.633)	56.604 (28.971)			

**Men 1 Mile Run**

=====

RMAC Indoor: R 4:07.95 2/27/2016 Alec Baldwin, Black Hills  
 NCAA Auto: A 4:02.24 2019  
 NCAA Prov: P 4:11.12 2019

Name	Year School	Seed	Finals	H#	Points
1 # 1701 Julian, Luke	SO Colorado Mines	4:07.36	4:15.84	2	10
33.532 (33.532)	1:06.116 (32.585)	1:39.269 (33.153)	2:13.461 (34.192)		
2:44.951 (31.490)	3:15.602 (30.652)	3:45.589 (29.988)	4:15.839 (30.250)		
2 # 1902 Husch, Ross	JR Western Colorado	4:10.11	4:20.91	2	8
33.301 (33.301)	1:06.343 (33.043)	1:39.578 (33.235)	2:13.881 (34.303)		
2:45.543 (31.663)	3:16.883 (31.340)	3:48.638 (31.755)	4:20.908 (32.270)		
3 # 1909 Murray-Wood, Wood	JR Western Colorado	4:09.42	4:21.27	2	6
32.485 (32.485)	1:05.606 (33.122)	1:38.819 (33.213)	2:13.152 (34.333)		
2:45.063 (31.912)	3:16.619 (31.556)	3:48.923 (32.305)	4:21.268 (32.345)		
4 # 1588 Theisen, Jordan	JR Black Hills St.	4:12.01	4:22.56	2	5
34.462 (34.462)	1:06.812 (32.350)	1:40.069 (33.258)	2:14.579 (34.510)		
2:46.202 (31.623)	3:18.502 (32.300)	3:51.083 (32.582)	4:22.551 (31.468)		
5 # 1541 Roberts, Jackson	JR Adams State	4:14.61	4:23.62	1	4
34.767 (34.767)	1:07.588 (32.822)	1:40.748 (33.160)	2:14.194 (33.447)		
2:47.322 (33.128)	3:20.457 (33.135)	3:52.952 (32.495)	4:23.618 (30.667)		
6 # 1544 Speer, Austin	JR Adams State	4:12.33	4:24.53	2	3
33.713 (33.713)	1:06.532 (32.819)	1:39.789 (33.258)	2:14.158 (34.369)		
2:46.759 (32.602)	3:19.041 (32.282)	3:51.295 (32.255)	4:24.521 (33.226)		
7 # 1723 Workman, Vincent	SO Colorado Mines	4:11.12	4:24.74	2	2
34.106 (34.106)	1:06.578 (32.472)	1:39.856 (33.279)	2:14.285 (34.429)		
2:46.311 (32.026)	3:19.273 (32.963)	3:52.528 (33.255)	4:24.731 (32.203)		
8 # 1619 Russo, Isaac	FR Colo. Christian	4:15.69	4:24.97	1	1
34.998 (34.998)	1:07.793 (32.795)	1:41.017 (33.224)	2:14.397 (33.380)		
2:47.605 (33.209)	3:20.508 (32.903)	3:53.243 (32.735)	4:24.965 (31.723)		
9 # 1620 Skinner, Nicholas	SO Colo. Christian	4:14.92	4:25.31	1	
34.192 (34.192)	1:07.219 (33.028)	1:40.434 (33.215)	2:13.853 (33.419)		
2:47.034 (33.182)	3:19.874 (32.840)	3:52.307 (32.433)	4:25.309 (33.003)		
10 # 1538 Paschal, Ro	SO Adams State	4:10.78	4:25.91	2	
32.835 (32.835)	1:05.865 (33.030)	1:39.055 (33.190)	2:13.495 (34.440)		
2:45.412 (31.918)	3:17.622 (32.210)	3:50.582 (32.960)	4:25.905 (35.323)		
11 # 1577 Iverson, Jake	JR Black Hills St.	4:14.20	4:26.27	1	
34.400 (34.400)	1:06.830 (32.430)	1:40.199 (33.369)	2:13.697 (33.498)		
2:46.855 (33.159)	3:20.668 (33.813)	3:54.297 (33.629)	4:26.265 (31.969)		
12 # 1660 Kuhn, Jerod	SO Colorado Mesa	4:16.13	4:28.68	1	
34.534 (34.534)	1:08.158 (33.624)	1:42.565 (34.408)	2:16.954 (34.389)		
2:50.963 (34.009)	3:25.195 (34.233)	3:58.192 (32.997)	4:28.680 (30.489)		
13 # 1669 Torres, Tony	FR Colorado Mesa	4:17.60	4:28.70	1	
33.863 (33.863)	1:07.533 (33.670)	1:41.713 (34.180)	2:15.963 (34.250)		
2:50.459 (34.497)	3:25.139 (34.680)	3:58.578 (33.439)	4:28.698 (30.120)		
14 # 1858 Moore, Willie	JR Uc-Colo. Spgs.	4:15.89	4:29.42	1	
35.212 (35.212)	1:08.085 (32.874)	1:42.037 (33.952)	2:16.163 (34.127)		
2:50.730 (34.568)	3:25.559 (34.829)	3:59.340 (33.782)	4:29.418 (30.078)		

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University**

**High Altitude Training Center**

**Results**

**....Men 1 Mile Run**

15 # 1859 Nofziger, Sam	SO Uc-Colo. Spgs.	4:16.50	4:29.45	1
32.854 (32.854)	1:08.335 (35.482)	1:42.195 (33.860)	2:16.337 (34.142)	
2:50.650 (34.314)	3:25.258 (34.608)	3:58.672 (33.414)	4:29.444 (30.773)	
16 # 1527 Freeman, James	JR Adams State	4:08.52	4:32.15	2
34.209 (34.209)	1:06.421 (32.212)	1:39.665 (33.245)	2:13.628 (33.963)	
2:45.186 (31.559)	3:18.013 (32.828)	3:53.582 (35.569)	4:32.143 (38.562)	
17 # 1540 Robb, Paddy	SO Adams State	4:14.35	4:38.13	1
32.858 (32.858)	1:05.848 (32.990)	1:39.973 (34.125)	2:14.047 (34.074)	
2:47.825 (33.779)	3:22.177 (34.352)	3:59.017 (36.840)	4:38.123 (39.107)	
18 # 1695 Evans, Josh	SR Colorado Mines	4:06.20	4:38.92	2
33.988 (33.988)	1:06.282 (32.295)	1:39.473 (33.192)	2:14.409 (34.936)	
2:47.251 (32.842)	3:21.495 (34.245)	3:58.918 (37.423)	4:38.913 (39.996)	

**Men 3000 Meter Run**

=====				
RMAC Indoor: R 8:14.10	2005	Celedonio Rodriguez, Adams State		
NCAA Auto: A 8:03.28	2019			
NCAA Prov: P 8:23.09	2019			
Name	Year School	Seed	Finals	Points
=====				
1 # 1528 Gedyon, Elias	SR Adams State	7:58.63	8:40.53	10
34.430 (34.430)	1:10.637 (36.208)	1:45.813 (35.176)	2:20.327 (34.515)	
2:53.929 (33.602)	3:27.348 (33.420)	4:01.799 (34.451)	4:36.957 (35.159)	
5:12.750 (35.793)	5:47.612 (34.863)	6:22.255 (34.644)	6:57.685 (35.430)	
7:33.474 (35.790)	8:09.010 (35.537)	8:40.526 (31.516)		
2 # 1921 Sweeney, Charlie	FR Western Colorado	8:08.38	8:41.88	8
34.561 (34.561)	1:10.915 (36.354)	1:46.079 (35.164)	2:20.643 (34.564)	
2:54.447 (33.804)	3:28.216 (33.770)	4:02.758 (34.543)	4:38.030 (35.272)	
5:13.503 (35.474)	5:48.780 (35.278)	6:24.219 (35.439)	6:59.664 (35.445)	
7:35.113 (35.450)	8:09.980 (34.868)	8:41.871 (31.891)		
3 # 1917 Stack, Taylor	SO Western Colorado	8:08.80	8:47.18	6
34.784 (34.784)	1:11.087 (36.304)	1:46.579 (35.492)	2:21.206 (34.627)	
2:55.475 (34.270)	3:29.912 (34.437)	4:04.837 (34.925)	4:40.379 (35.543)	
5:16.647 (36.269)	5:52.215 (35.568)	6:28.339 (36.124)	7:04.987 (36.649)	
7:40.541 (35.554)	8:15.118 (34.577)	8:47.173 (32.055)		
4 # 1530 Graham, Dalton	SR Adams State	8:16.56	8:47.25	5
35.452 (35.452)	1:12.222 (36.770)	1:47.680 (35.459)	2:22.991 (35.311)	
2:57.398 (34.407)	3:32.073 (34.675)	4:07.432 (35.360)	4:42.520 (35.088)	
5:18.070 (35.551)	5:53.459 (35.389)	6:28.730 (35.272)	7:04.836 (36.106)	
7:40.827 (35.991)	8:16.962 (36.136)	8:47.247 (30.286)		
5 # 1703 Ko, Dylan	FR Colorado Mines	8:20.99	8:51.70	4
36.272 (36.272)	1:13.254 (36.982)	1:48.445 (35.192)	2:23.609 (35.164)	
2:57.960 (34.351)	3:31.314 (33.354)	4:05.883 (34.570)	4:41.425 (35.543)	
5:16.954 (35.530)	5:52.830 (35.877)	6:28.998 (36.168)	7:06.185 (37.187)	
7:41.937 (35.752)	8:19.049 (37.113)	8:51.696 (32.647)		
6 # 1542 Rodarte, Isaiah	SO Adams State	8:13.98	8:52.35	3
34.703 (34.703)	1:11.179 (36.477)	1:46.320 (35.142)	2:20.943 (34.623)	
2:54.810 (33.868)	3:27.963 (33.153)	4:03.056 (35.094)	4:37.777 (34.722)	
5:13.226 (35.449)	5:49.231 (36.006)	6:24.904 (35.673)	7:01.727 (36.824)	
7:38.631 (36.904)	8:15.304 (36.673)	8:52.350 (37.047)		

**2019 RMAC Indoor Track and Field Championships - 2/23/2019****Adams State University****High Altitude Training Center****Results****....Men 3000 Meter Run**

7 #	1701 Julian, Luke	SO Colorado Mines	8:11.58	8:56.77	2
	35.697 (35.697)	1:12.483 (36.787)	1:12.724 (0.241)	1:47.977 (35.254)	
	2:23.280 (35.304)	2:57.660 (34.380)	3:31.841 (34.182)	4:07.197 (35.357)	
	4:43.844 (36.647)	5:21.045 (37.202)	5:58.757 (37.713)	6:35.320 (36.564)	
	7:12.974 (37.654)	7:50.823 (37.849)	8:56.765 (1:05.943)		
8 #	1587 Theisen, Jonah	SR Black Hills St.	8:19.33	8:57.14	1
	35.075 (35.075)	1:11.824 (36.749)	1:47.364 (35.540)	2:22.544 (35.180)	
	2:57.019 (34.476)	3:30.765 (33.747)	4:05.612 (34.847)	4:41.030 (35.419)	
	5:17.576 (36.546)	5:53.917 (36.341)	6:30.824 (36.908)	7:08.657 (37.834)	
	7:46.530 (37.874)	8:23.117 (36.587)	8:57.132 (34.016)		
9 #	1764 Link, Jacob	JR Msu Denver	8:22.53	8:58.65	
	36.127 (36.127)	1:12.685 (36.558)	1:47.703 (35.018)	2:22.644 (34.942)	
	2:56.972 (34.328)	3:30.258 (33.287)	4:05.072 (34.814)	4:39.730 (34.659)	
	5:16.029 (36.299)	5:52.451 (36.423)	6:29.414 (36.963)	7:07.169 (37.756)	
	7:45.871 (38.703)	8:24.254 (38.383)	8:58.641 (34.388)		
10 #	1547 Villar, Miguel	FR Adams State	8:19.85	9:03.54	
	35.497 (35.497)	1:12.067 (36.570)	1:47.239 (35.173)	2:22.159 (34.920)	
	2:56.614 (34.456)	3:29.961 (33.347)	4:04.285 (34.324)	4:39.611 (35.327)	
	5:15.700 (36.090)	5:52.650 (36.950)	6:29.614 (36.964)	7:07.199 (37.586)	
	7:45.667 (38.468)	8:23.944 (38.277)	9:03.536 (39.593)		
11 #	1700 Hoskinson, Josh	SR Colorado Mines	8:08.00	9:08.58	
	35.044 (35.044)	1:11.606 (36.563)	1:47.117 (35.511)	2:22.362 (35.246)	
	2:56.878 (34.517)	3:30.244 (33.367)	4:04.505 (34.261)	4:39.907 (35.403)	
	5:16.325 (36.418)	5:53.078 (36.754)	6:30.578 (37.500)	7:09.109 (38.531)	
	7:49.001 (39.893)	8:29.697 (40.696)	9:08.579 (38.883)		
12 #	1707 Mitchem, Jake	SO Colorado Mines	8:16.39	9:09.11	
	34.880 (34.880)	1:11.363 (36.484)	1:46.886 (35.524)	2:21.566 (34.680)	
	2:56.134 (34.568)	3:30.874 (34.740)	4:06.302 (35.429)	4:42.321 (36.020)	
	5:19.404 (37.083)	5:57.230 (37.827)	6:35.599 (38.370)	7:14.790 (39.191)	
	7:53.555 (38.766)	8:32.110 (38.556)	9:09.105 (36.995)		
13 #	1571 Fredrick, Nathan	SR Black Hills St.	8:25.93	9:17.16	
	35.979 (35.979)	1:12.719 (36.740)	1:48.641 (35.923)	2:24.835 (36.194)	
	3:00.918 (36.084)	3:36.731 (35.814)	4:12.939 (36.208)	4:49.734 (36.795)	
	5:27.124 (37.391)	6:04.992 (37.868)	6:43.113 (38.121)	7:22.269 (39.157)	
	8:01.354 (39.085)	8:40.616 (39.263)	9:17.160 (36.545)		
14 #	1759 Berg, Sam	JR Msu Denver	8:19.61	9:36.88	
	35.735 (35.735)	1:12.516 (36.781)	1:48.437 (35.922)	2:24.607 (36.170)	
	3:02.063 (37.456)	3:40.005 (37.943)	4:19.078 (39.074)	4:58.468 (39.390)	
	5:38.087 (39.619)	6:18.023 (39.937)	6:58.140 (40.118)	7:37.881 (39.741)	
	8:17.689 (39.808)	8:57.524 (39.835)	9:36.878 (39.355)		
-- #	1524 Blomquist, Dane	JR Adams State	8:25.53	DNF	
	34.167 (34.167)	1:10.377 (36.210)	1:45.538 (35.161)	2:20.012 (34.474)	
	2:53.713 (33.701)	3:27.298 (33.586)			
-- #	1521 Adams, Kale	SR Adams State	8:10.34	DNF	
	35.286 (35.286)	1:11.704 (36.419)	1:46.952 (35.248)	2:21.917 (34.965)	
	2:56.466 (34.550)	3:30.454 (33.988)	4:05.369 (34.916)	4:40.784 (35.416)	
	5:17.342 (36.558)	5:55.039 (37.697)	6:33.465 (38.427)		
-- #	1697 Hagen, Luc	SO Colorado Mines	8:12.63	DNF	
	36.030 (36.030)	1:13.037 (37.007)	1:48.223 (35.187)	2:24.006 (35.784)	
	3:00.100 (36.094)	3:37.026 (36.927)	4:14.527 (37.502)	4:53.240 (38.714)	
-- #	1529 Gidabuday, Sydney	SR Adams State	7:54.50	DNS	

**2019 RMAC Indoor Track and Field Championships - 2/23/2019****Adams State University****High Altitude Training Center****Results****Men 5000 Meter Run**

Name	Year	School	Seed	Finals	Points
=====					
RMAC Indoor: R 14:18.20	2002	Michael Aish, Western State			
NCAA Auto: A 14:05.18	2019				
NCAA Prov: P 14:41.13	2019				
=====					
1 # 1917 Stack, Taylor	SO	Western Colorado	14:06.65	15:15.53	10
34.346 (34.346)	1:11.061 (36.715)		1:48.605 (37.545)	2:25.632 (37.028)	
3:02.535 (36.903)	3:39.305 (36.770)		4:15.776 (36.472)	4:52.492 (36.716)	
5:29.553 (37.062)	6:06.399 (36.846)		6:43.179 (36.780)	7:20.683 (37.505)	
7:58.418 (37.735)	8:35.233 (36.816)		9:12.195 (36.962)	9:49.422 (37.228)	
10:26.155 (36.733)	11:02.715 (36.560)		11:39.308 (36.593)	12:15.825 (36.518)	
12:52.345 (36.520)	13:29.283 (36.939)		14:05.618 (36.335)	14:40.878 (35.260)	
15:15.522 (34.645)					
2 # 1543 Sayler, Jackson	SR	Adams State	14:26.39	15:22.29	8
34.866 (34.866)	1:11.528 (36.662)		1:49.389 (37.862)	2:26.106 (36.718)	
3:03.069 (36.963)	3:39.813 (36.745)		4:16.492 (36.679)	4:53.438 (36.946)	
5:30.301 (36.863)	6:07.668 (37.368)		6:44.553 (36.886)	7:21.679 (37.126)	
7:59.812 (38.133)	8:37.131 (37.319)		9:15.063 (37.933)	9:51.931 (36.868)	
10:28.951 (37.020)	11:04.669 (35.719)		11:41.942 (37.273)	12:20.053 (38.112)	
12:57.736 (37.683)	13:36.915 (39.179)		14:13.888 (36.973)	14:51.838 (37.950)	
15:22.281 (30.443)					
3 # 1715 Schneiderman, Ben	SR	Colorado Mines	14:52.67	15:23.27	6
37.862 (37.862)	1:14.562 (36.700)		1:52.708 (38.146)	2:29.183 (36.476)	
3:05.985 (36.802)	3:42.268 (36.283)		4:18.858 (36.590)	4:55.818 (36.960)	
5:32.528 (36.710)	6:09.852 (37.325)		6:46.981 (37.129)	7:24.326 (37.346)	
8:01.853 (37.528)	8:39.388 (37.535)		9:16.578 (37.190)	9:54.111 (37.533)	
10:31.245 (37.135)	11:08.151 (36.906)		11:46.249 (38.099)	12:25.023 (38.775)	
13:03.119 (38.096)	13:40.235 (37.116)		14:15.035 (34.800)	14:50.129 (35.095)	
15:23.268 (33.139)					
4 # 1703 Ko, Dylan	FR	Colorado Mines	14:17.99	15:28.86	5
37.978 (37.978)	1:14.423 (36.446)		1:52.561 (38.138)	2:28.691 (36.130)	
3:05.836 (37.146)	3:41.933 (36.098)		4:18.562 (36.629)	4:55.565 (37.003)	
5:32.311 (36.746)	6:09.659 (37.349)		6:46.729 (37.070)	7:24.123 (37.395)	
8:01.439 (37.316)	8:38.743 (37.305)		9:16.348 (37.605)	9:53.943 (37.596)	
10:29.942 (35.999)	11:06.936 (36.995)		11:45.255 (38.319)	12:24.096 (38.842)	
13:01.978 (37.882)	13:39.953 (37.976)		14:17.235 (37.282)	14:54.295 (37.060)	
15:28.859 (34.565)					
5 # 1708 Moran, Kyle	FR	Colorado Mines	14:17.56	15:33.41	4
36.169 (36.169)	1:12.323 (36.155)		1:50.163 (37.840)	2:26.898 (36.735)	
3:03.861 (36.963)	3:40.618 (36.758)		4:17.102 (36.485)	4:54.139 (37.038)	
5:30.991 (36.852)	6:07.892 (36.902)		6:44.831 (36.939)	7:21.965 (37.135)	
8:00.025 (38.060)	8:37.392 (37.368)		9:15.382 (37.990)	9:52.201 (36.819)	
10:29.661 (37.460)	11:07.466 (37.806)		11:45.935 (38.469)	12:24.553 (38.619)	
13:03.483 (38.930)	13:42.046 (38.563)		14:21.136 (39.090)	14:59.785 (38.649)	
15:33.406 (33.622)					
6 # 1709 Ocampo, Ricardo	SR	Colorado Mines	14:24.92	15:33.47	3
36.783 (36.783)	1:12.676 (35.893)		1:50.479 (37.803)	2:27.252 (36.773)	
3:04.271 (37.019)	3:41.176 (36.906)		4:17.656 (36.480)	4:54.689 (37.033)	
5:31.516 (36.828)	6:08.753 (37.238)		6:45.946 (37.193)	7:23.072 (37.126)	
8:01.111 (38.039)	8:38.361 (37.250)		9:16.029 (37.669)	9:53.652 (37.623)	
10:31.352 (37.700)	11:08.631 (37.279)		11:46.579 (37.949)	12:25.141 (38.562)	
13:03.869 (38.729)	13:41.758 (37.889)		14:20.233 (38.476)	14:58.321 (38.088)	
15:33.462 (35.142)					

**2019 RMAC Indoor Track and Field Championships - 2/23/2019****Adams State University****High Altitude Training Center****Results****....Men 5000 Meter Run**

7 #	1526 Dominguez, Danny	JR Adams State	14:30.03	15:39.49	2
	37.743 (37.743)	1:13.245 (35.502)	1:50.733 (37.489)	2:27.553 (36.820)	
	3:04.128 (36.575)	3:40.876 (36.749)	4:17.365 (36.489)	4:54.402 (37.038)	
	5:31.268 (36.866)	6:08.496 (37.229)	6:45.548 (37.052)	7:22.631 (37.083)	
	8:00.831 (38.200)	8:37.889 (37.059)	9:15.793 (37.905)	9:53.153 (37.360)	
	10:30.651 (37.498)	11:08.406 (37.756)	11:46.091 (37.685)	12:24.826 (38.736)	
	13:03.735 (38.909)	13:42.498 (38.763)	14:22.241 (39.743)	15:02.169 (39.929)	
	15:39.481 (37.312)				
8 #	1697 Hagen, Luc	SO Colorado Mines	14:11.87	15:46.90	1
	34.619 (34.619)	1:11.276 (36.658)	1:48.862 (37.586)	2:25.898 (37.036)	
	3:02.822 (36.925)	3:39.568 (36.746)	4:16.268 (36.700)	4:53.166 (36.899)	
	5:30.073 (36.908)	6:07.421 (37.348)	6:44.265 (36.845)	7:21.423 (37.159)	
	7:59.048 (37.625)	8:36.206 (37.159)	9:14.613 (38.408)	9:52.883 (38.270)	
	10:30.591 (37.708)	11:08.855 (38.265)	11:48.288 (39.433)	12:28.952 (40.665)	
	13:09.928 (40.976)	13:50.811 (40.883)	14:31.369 (40.559)	15:10.426 (39.058)	
	15:46.898 (36.472)				
9 #	1854 Howley, Tim	JR Uc-Colo. Spgs.	14:41.93	15:48.82	
	38.306 (38.306)	1:14.853 (36.548)	1:52.932 (38.079)	2:29.752 (36.820)	
	3:06.963 (37.212)	3:43.425 (36.462)	4:20.412 (36.988)	4:57.752 (37.340)	
	5:35.232 (37.480)	6:13.583 (38.352)	6:52.641 (39.058)	7:31.482 (38.842)	
	8:09.996 (38.515)	8:48.439 (38.443)	9:26.698 (38.259)	10:04.928 (38.230)	
	10:43.311 (38.383)	11:21.908 (38.598)	12:00.665 (38.758)	12:39.241 (38.576)	
	13:17.093 (37.853)	13:55.542 (38.449)	14:33.985 (38.443)	15:12.561 (38.576)	
	15:48.812 (36.252)				
10 #	1716 Sevcik, Max	FR Colorado Mines	14:29.58	15:50.10	
	37.532 (37.532)	1:13.983 (36.452)	1:52.056 (38.073)	2:28.423 (36.368)	
	3:05.495 (37.072)	3:41.629 (36.135)	4:18.195 (36.566)	4:55.252 (37.058)	
	5:32.009 (36.758)	6:09.359 (37.350)	6:46.458 (37.099)	7:23.802 (37.345)	
	8:01.649 (37.848)	8:39.152 (37.503)	9:16.846 (37.695)	9:54.816 (37.970)	
	10:33.408 (38.592)	11:12.133 (38.726)	11:52.023 (39.890)	12:32.343 (40.320)	
	13:12.768 (40.425)	13:53.349 (40.582)	14:34.345 (40.996)	15:14.042 (39.698)	
	15:50.099 (36.058)				
11 #	1521 Adams, Kale	SR Adams State	14:29.73	15:51.46	
	33.873 (33.873)	1:09.525 (35.652)	1:45.393 (35.869)	2:21.445 (36.052)	
	2:57.829 (36.385)	3:34.863 (37.035)	4:11.841 (36.978)	4:48.941 (37.100)	
	5:26.495 (37.555)	6:04.313 (37.819)	6:42.611 (38.298)	7:21.141 (38.530)	
	7:59.122 (37.982)	8:36.998 (37.876)	9:16.225 (39.228)	9:56.182 (39.958)	
	10:35.572 (39.390)	11:14.852 (39.280)	11:54.279 (39.428)	12:34.322 (40.043)	
	13:14.805 (40.483)	13:55.365 (40.560)	14:35.592 (40.228)	15:15.861 (40.269)	
	15:51.455 (35.595)				
12 #	1524 Blomquist, Dane	JR Adams State	14:16.70	15:53.14	
	35.881 (35.881)	1:12.081 (36.200)	1:49.883 (37.803)	2:26.648 (36.765)	
	3:03.591 (36.943)	3:40.346 (36.756)	4:16.848 (36.502)	4:53.916 (37.069)	
	5:30.751 (36.835)	6:08.231 (37.480)	6:45.256 (37.026)	7:22.376 (37.120)	
	8:00.503 (38.128)	8:37.339 (36.836)	9:15.128 (37.789)	9:52.655 (37.528)	
	10:30.239 (37.585)	11:07.915 (37.676)	11:46.521 (38.606)	12:25.483 (38.963)	
	13:04.802 (39.319)	13:45.831 (41.029)	14:28.331 (42.500)	15:11.409 (43.079)	
	15:53.132 (41.723)				

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

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

13 #	1530	Graham, Dalton	SR Adams State	14:09.25	16:06.38	
		36.546 (36.546)	1:12.992 (36.446)	1:50.952 (37.960)	2:27.989 (37.038)	
		3:05.679 (37.690)	3:42.919 (37.240)	4:19.731 (36.812)	4:57.069 (37.339)	
		5:34.996 (37.928)	6:13.476 (38.480)	6:52.886 (39.410)	7:31.892 (39.006)	
		8:10.471 (38.579)	8:48.872 (38.402)	9:27.319 (38.448)	10:05.991 (38.672)	
		10:45.152 (39.162)	11:24.643 (39.492)	12:03.838 (39.195)	12:43.768 (39.930)	
		13:24.338 (40.570)	14:06.286 (41.949)	14:48.046 (41.760)	15:29.295 (41.249)	
		16:06.371 (37.076)				
14 #	1571	Fredrick, Nathan	SR Black Hills St.	14:51.21	16:06.68	
		37.302 (37.302)	1:13.796 (36.495)	1:51.886 (38.090)	2:28.222 (36.336)	
		3:05.243 (37.022)	3:41.419 (36.176)	4:17.949 (36.530)	4:55.001 (37.052)	
		5:31.798 (36.798)	6:09.085 (37.288)	6:46.245 (37.160)	7:23.562 (37.318)	
		8:02.055 (38.493)	8:40.863 (38.809)	9:20.941 (40.078)	10:01.903 (40.963)	
		10:42.075 (40.172)	11:22.112 (40.038)	12:01.309 (39.198)	12:42.105 (40.796)	
		13:24.089 (41.985)	14:05.999 (41.910)	14:47.732 (41.733)	15:29.022 (41.290)	
		16:06.675 (37.653)				
15 #	1869	Zeru, Afewerki	FR Uc-Colo. Spgs.	14:37.15	16:10.17	
		37.119 (37.119)	1:13.563 (36.445)	1:51.663 (38.100)	2:29.276 (37.613)	
		3:06.602 (37.326)	3:44.045 (37.443)	4:20.942 (36.898)	4:58.359 (37.418)	
		5:36.099 (37.740)	6:14.261 (38.162)	6:52.981 (38.720)	7:31.619 (38.639)	
		8:10.072 (38.453)	8:48.535 (38.463)	9:26.973 (38.439)	10:05.516 (38.543)	
		10:44.223 (38.708)	11:22.478 (38.255)	12:00.729 (38.252)	12:39.073 (38.345)	
		13:19.089 (40.016)	14:01.538 (42.449)	14:44.669 (43.132)	15:27.998 (43.329)	
		16:10.168 (42.170)				
-- #	1533	Joseph, Joshua	JR Adams State	14:31.93	DNF	
		35.243 (35.243)	1:11.758 (36.515)	1:49.591 (37.833)	2:26.246 (36.656)	
		3:03.258 (37.012)	3:39.989 (36.732)	4:16.002 (36.013)	4:52.889 (36.888)	
		5:29.782 (36.893)	6:06.629 (36.848)	6:43.396 (36.768)	7:20.888 (37.492)	
		7:58.651 (37.763)	8:35.488 (36.838)	9:12.601 (37.113)	9:52.092 (39.492)	
		10:32.539 (40.448)	11:13.383 (40.845)	11:54.823 (41.440)		
-- #	1585	Parker, Matthew	SO Black Hills St.	14:53.78	DNF	
		37.441 (37.441)	1:14.158 (36.718)	1:52.282 (38.125)	2:29.462 (37.180)	
		3:06.832 (37.370)	3:44.079 (37.248)	4:21.255 (37.176)	4:59.413 (38.159)	
		5:38.448 (39.035)	6:18.476 (40.029)	6:58.661 (40.185)	7:39.532 (40.872)	
		8:20.999 (41.468)	9:02.836 (41.838)	9:45.078 (42.242)	10:27.132 (42.055)	
-- #	1529	Gidabuday, Sydney	SR Adams State	13:52.50	DNF	
		35.683 (35.683)	1:11.468 (35.785)	1:49.135 (37.668)	2:25.391 (36.256)	
		3:02.333 (36.943)	3:39.041 (36.708)	4:15.545 (36.505)	4:52.108 (36.563)	
		5:29.335 (37.228)	6:06.085 (36.750)	6:42.938 (36.853)	7:20.571 (37.633)	
		7:59.769 (39.199)	8:38.166 (38.398)	9:15.772 (37.606)		

**Men 60 Meter Hurdles**

RMAC Indoor: R	7.89	2013	Darius Reed, Metro State
RMAC Indoor: R	7.89	2014	Karl McFarlane, Chadron State
NCAA Auto: A	7.90	2019	
NCAA Prov: P	8.22	2019	

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

**Preliminaries**

1 #	1847	Forbes, Charlie	JR Uc-Colo. Spgs.	8.00	P 7.99Q	2
2 #	1651	Foster, D'Angelo	SR Colorado Mesa	8.11	P 8.06Q	1
3 #	1891	Bishop-Falu, Xavi	SO Western Colorado	8.19	P 8.20Q	3
4 #	1717	Sisneros, Triston	SR Colorado Mines	8.27	P 8.13q	2

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**....Men 60 Meter Hurdles**

5 # 1605	Leman, Justin	JR Chadron State	8.19	8.27q	3
6 # 1900	Gerstle-Goodman,	SR Western Colorado	8.24	8.29q	1
7 # 1668	Shuman, Jay	SO Colorado Mesa	8.26	8.36q	2
8 # 1914	Saling, Joseph	JR Western Colorado	8.38	8.39q	1
9 # 1645	Bowles, Andy	SR Colorado Mesa	8.57	8.42	2
10 # 1546	Varner, David	SO Adams State	8.75	8.45	3
11 # 1655	Heide, Carl	FR Colorado Mesa	8.45	8.46	3
12 # 1850	Hanson, Matt	JR Uc-Colo. Spgs.	8.55	8.51	2
13 # 1578	Kovar, Seth	SR Black Hills St.	8.47	8.55	3
14 # 1648	Crowley, AJ	FR Colorado Mesa	8.63	8.77	3
15 # 1576	Hills, Seth	SO Black Hills St.	8.90	9.02	2
16 # 1905	Jaquette, Cole	FR Western Colorado	8.58	9.07	1
-- # 1761	Davis, Austin	FR Msu Denver	8.55	DQ	1 Use of Hands
-- # 1919	Stroup, Jacob	FR Western Colorado	8.81	DNS	1

**Men 60 Meter Hurdles**

=====

RMAC Indoor: R	7.89	2013	Darius Reed, Metro State
RMAC Indoor: R	7.89	2014	Karl McFarlane, Chadron State
NCAA Auto: A	7.90	2019	
NCAA Prov: P	8.22	2019	

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

=====

**Finals**

1 # 1847	Forbes, Charlie	JR Uc-Colo. Spgs.	7.99	7.97P	10
2 # 1891	Bishop-Falu, Xavi	SO Western Colorado	8.20	8.10P	8
3 # 1900	Gerstle-Goodman,	SR Western Colorado	8.29	8.14P	6
4 # 1651	Foster, D'Angelo	SR Colorado Mesa	8.06	8.20P	5
5 # 1668	Shuman, Jay	SO Colorado Mesa	8.36	8.29	4
6 # 1914	Saling, Joseph	JR Western Colorado	8.39	8.36	3
7 # 1717	Sisneros, Triston	SR Colorado Mines	8.13	8.38	2
-- # 1605	Leman, Justin	JR Chadron State	8.27	DNS	

**Men 4x400 Meter Relay**

=====

RMAC Indoor: R	3:17.16	2015	Colorado Mines
			Rozier, Hoch, Lanahan, Weaver
NCAA Auto: A	3:12.20	2019	
NCAA Prov: P	3:16.99	2019	

School	Seed	Finals	H#	Points
1 Csu-Pueblo 'A'	3:14.14	3:16.52P	2	10 RMAC Record
1) #1744 Scoggins, Patrick FR				
2) #1747 Walker, Devundrick SR				
3) #1740 Horne, Shawn SR				
4) #1746 Staines, Thomas JR				
51.867 (51.867)	1:41.129 (49.263)	2:29.456 (48.327)	3:16.513 (47.058)	
2 Western Colorado 'A'	3:20.58	3:19.17	2	8
1) #1898 Donaldson, Jarin SO				
2) #1912 Randall, Juman JR				
3) #1896 Chastain, Caleb JR				
4) #1903 Iribe, Adrian JR				
51.546 (51.546)	1:38.957 (47.412)	2:29.156 (50.199)	3:19.167 (50.012)	
3 Colorado Mines 'A'	3:18.35	3:19.83	2	6
1) #1713 Sather, Hayden JR				
2) #1722 Webster, Gavin FR				
3) #1704 Limon, Elias SR				
4) #1717 Sisneros, Triston SR				
50.396 (50.396)	1:40.269 (49.873)	2:31.018 (50.749)	3:19.829 (48.811)	

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**....Men 4x400 Meter Relay**

4 Colorado Mesa 'A'	3:22.58	3:20.96	1	5
1) #1652 Grant, Jaquaireus FR	2) #1642 Ammon, Jared FR			
3) #1655 Heide, Carl FR	4) #1647 Carter-Kemp, Max FR			
50.370 (50.370)	1:40.839 (50.469)	2:31.372 (50.533)	3:20.955 (49.584)	
5 South Dakota Mines 'A'	3:18.17	3:21.15	2	4
1) #1791 Cropsey, Korder JR	2) #1792 Ferris, Andrew SO			
3) #1799 Ptak, Kevin JR	4) #1796 Murray, Jonathon SR			
51.769 (51.769)	1:42.103 (50.335)	2:32.032 (49.929)	3:21.146 (49.115)	
6 Adams State 'A'	3:23.33	3:22.89	1	3
1) #1942 Jones, Cody FR	2) #1525 Collie, Tamarco SO			
3) #1523 Bell, Evan FR	4) #1535 Larranaga, Augie JR			
52.343 (52.343)	1:43.721 (51.378)	2:33.995 (50.274)	3:22.886 (48.892)	
7 Black Hills St. 'A'	3:20.38	3:23.64	2	2
1) #1586 Snook, Garrett JR	2) #1572 Fried, Levi JR			
3) #1584 Olsen, Ryan SR	4) #1574 Hepp, Tristan JR			
51.067 (51.067)	1:41.819 (50.752)	2:34.133 (52.314)	3:23.635 (49.503)	
8 Msu Denver 'A'	3:25.65	3:27.42	1	1
1) #1760 Bodner, Brandon SO	2) #1762 Holland, Blaize FR			
3) #1765 Nowlen, Nick FR	4) #1763 Jones, Kyle SR			
50.187 (50.187)	1:41.396 (51.210)	2:34.290 (52.894)	3:27.416 (53.127)	
9 Uc-Colo. Spgs. 'A'	3:20.71	3:28.01	2	
1) #1846 Elcock, Deshon JR	2) #1847 Forbes, Charlie JR			
3) #1866 Thompson, Andrew SO	4) #1864 Simons, Caleb SR			
51.655 (51.655)	1:41.869 (50.215)	2:32.979 (51.110)	3:28.007 (55.029)	

**Men Distance Medley**

RMAC Indoor: R	9:53.09	2007	Adams State
			Braun, Marquez, Lara, Martinez
NCAA Auto: A	9:47.20	2019	
NCAA Prov: P	10:04.81	2019	

School	Seed	Finals	H#	Points
1 Csu-Pueblo 'A'	9:47.98	10:13.92	2	10
1) #1744 Scoggins, Patrick FR	2) #1740 Horne, Shawn SR			
3) #1747 Walker, Devundrick SR	4) #1746 Staines, Thomas JR			
2 Adams State 'A'	9:47.11	10:20.11	2	8
1) #1527 Freeman, James JR	2) #1523 Bell, Evan FR			
3) #1537 Martinez, Oscar FR	4) #1528 Gedyon, Elias SR			
3 Western Colorado 'A'	9:45.61	10:21.00	2	6
1) #1920 Sutherland, Evan JR	2) #1896 Chastain, Caleb JR			
3) #1912 Randall, Juman JR	4) #1921 Sweeney, Charlie FR			
4 Msu Denver 'A'	10:03.51	10:21.40	2	5
1) #1764 Link, Jacob JR	2) #1760 Bodner, Brandon SO			
3) #1765 Nowlen, Nick FR	4) #1759 Berg, Sam JR			
5 Uc-Colo. Spgs. 'A'		10:28.96	1	4
1) #1859 Nofziger, Sam SO	2) #1866 Thompson, Andrew SO			
3) #1851 Higgins, David JR	4) #1858 Moore, Willie JR			
6 Colorado Mines 'A'	9:46.17	10:30.19	2	3
1) #1723 Workman, Vincent SO	2) #1696 Gregory, Joshua SO			
3) #1719 Thompson, Kevin JR	4) #1707 Mitchem, Jake SO			
7 Colo. Christian 'A'	10:10.17	10:37.06	1	2
1) #1620 Skinner, Nicholas SO	2) #1616 Ball, Jack FR			
3) #1617 Helm, Keaton JR	4) #1619 Russo, Isaac FR			



**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**....Men Distance Medley**

8 South Dakota Mines 'A'	10:13.33	10:42.11	1	1
1) #1804 Wood, Chase JR	2) #1799 Ptak, Kevin JR			
3) #1792 Ferris, Andrew SO	4) #1794 Huber, Jacob SR			
9 Colorado Mesa 'A'		10:45.85	1	
1) #1650 Fera, Michael JR	2) #1667 Schmidt, Will SR			
3) #1669 Torres, Tony FR	4) #1660 Kuhn, Jerod SO			
10 Westminster (Utah) 'A'	11:05.12	10:58.71	1	
1) #1933 Matthews, Paul SO	2) #1935 Murphy, Ryan JR			
3) #1936 Nickerson, Tony SO	4) #1934 Mellmer, Eric SR			

**Men High Jump**

=====

RMAC Indoor: R 2.20m 2012                      Oliver Harsanyi, Western State  
 NCAA Auto: A 2.15m 2019  
 NCAA Prov: P 2.04m 2019

Name	Year School	Seed	Finals	Points
1 # 1867 Valdez, Derek	JR Uc-Colo. Spgs.	2.05m	2.17mA	10
1.94 1.99 2.02 2.05 2.08 2.11 2.14 2.17 2.21				
O O O XXO O XO O O XXX				
2 # 1654 Harris, Ethan	FR Colorado Mesa	2.15m	2.11mP	8
2.02 2.05 2.08 2.11 2.14				
O O O XO XXX				
3 # 1868 Walsh, Tanner	SO Uc-Colo. Spgs.	1.95m	2.05mP	6
1.89 1.94 1.99 2.02 2.05 2.08				
O XO XO XXO O XXX				
4 # 1661 McGraw, Connor	FR Colorado Mesa	1.95m	2.02m	5
1.84 1.89 1.94 1.99 2.02 2.05				
O XO O XO O XXX				
5 # 1582 Moratzka, Drazen	SO Black Hills St.	1.94m	J2.02m	4
1.84 1.89 1.94 1.99 2.02 2.05				
XO O O XO XO XXX				
6 # 1694 Dudley, Koby	SO Colorado Mines	2.04m	J2.02m	2.50 Tied
1.84 1.89 1.94 1.99 2.02 2.05				
O O O XO XXO XXX				
6 # 1580 McDonnell, Allan	SO Black Hills St.	2.07m	J2.02m	2.50 Tied
1.94 1.99 2.02 2.05				
O XO XXO XXX				
8 # 1574 Hepp, Tristan	JR Black Hills St.	2.06m	1.99m	1
1.89 1.94 1.99 2.02				
XO XO O XXX				
9 # 1844 Courtney, Nathan	SO Uc-Colo. Spgs.	1.96m	1.94m	
1.89 1.94 1.99				
O O XXX				
9 # 1916 Schmidt, Brian	SO Western Colorado	1.93m	1.94m	
1.84 1.89 1.94 1.99				
O O O XXX				
9 # 1857 Lewis, Jaydon	SO Uc-Colo. Spgs.	1.93m	1.94m	
1.84 1.89 1.94 1.99				
O O O XXX				
9 # 1710 Reiley, John	JR Colorado Mines	1.98m	1.94m	
1.84 1.89 1.94 1.99				
O O O XXX				

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**....Men High Jump**

13 # 1659 Killmon, Brant	FR Colorado Mesa	1.99m	J1.94m
1.84 1.89 1.94 1.99			
O XO XO XXX			
14 # 1601 Dumsa, Joseph	FR Chadron State	2.01m	J1.94m
1.84 1.89 1.94 1.99			
O XO XXO XXX			
15 # 1848 Goldhammer, Ryan	FR Uc-Colo. Spgs.	1.94m	1.89m
1.84 1.89 1.94			
XO O XXX			
16 # 1645 Bowles, Andy	SR Colorado Mesa	1.97m	J1.89m
1.84 1.89 1.94			
XXO O XXX			
17 # 1795 Kasuske, Carter	SR South Dakota Mines	1.86m	1.84m
1.84 1.89			
XO XXX			
-- # 1789 Christenson, Conn	FR South Dakota Mines	1.90m	DNS

**Men Pole Vault**

=====  
 RMAC Indoor: R 5.12m 2/24/2018 Nolan Ellis, Colo. Mesa  
 NCAA Auto: A 5.23m 2019  
 NCAA Prov: P 4.73m 2019

Name	Year School	Seed	Finals	Points	
1 # 1649 Ellis, Nolan	SR Colorado Mesa	5.25m	5.15mR	10	JumpOff Winner
5.15 5.25					
O XXX					
2 # 1706 McLean, Connor	JR Colorado Mines	5.16m	J5.15mR	8	
4.95 5.05 5.15 5.25					
O O O XXX					
3 # 1892 Borner, Colin	SR Western Colorado	5.06m	5.05mP	6	
4.70 4.85 4.95 5.05 5.15					
XO O O O XXX					
4 # 1915 Scheuring, Collin	FR Western Colorado	4.73m	4.70m	5	
4.40 4.55 4.70 4.85					
O O O XXX					
5 # 1922 Wuesthoff, Luke	SO Western Colorado	4.91m	J4.70m	4	
4.55 4.70 4.85					
XO XO XXX					
6 # 1801 Skillingstad, Cas	SR South Dakota Mines	4.57m	J4.70m	3	
4.55 4.70 4.85					
XXO XO XXX					
7 # 1845 Daniels, Cooper	JR Uc-Colo. Spgs.	4.60m	4.55m	2	
4.40 4.55 4.70					
O O XXX					
8 # 1802 Smith, Cole	FR South Dakota Mines	4.42m	4.40m	0.50	Tied
4.40 4.55					
O XXX					
8 # 1803 Wilson, Jared	SO South Dakota Mines	4.28m	4.40m	0.50	Tied
4.40 4.55					
O XXX					
10 # 1899 Ferri, Victor	SO Western Colorado	4.45m	J4.40m		
4.40 4.55					
XO XXX					

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**....Men Pole Vault**

10 # 1693 Clark, Zach	JR Colorado Mines	4.54m	J4.40m
4.40 4.55			
XO XXX			
12 # 1853 Hopkinson, Dawson	SO Uc-Colo. Spgs.	4.45m	J4.40m
4.40 4.55			
XXO XXX			
-- # 1581 Melia, Joe	SO Black Hills St.	4.50m	NH
4.40			
XXX			
-- # 1720 Twombly, Ben	SO Colorado Mines	4.88m	NH
4.40 4.55 4.70			
P P XXX			
-- # 1699 Hinkle, Brandon	JR Colorado Mines	4.88m	NH
4.40 4.55 4.70			
P P XXX			
-- # 1894 Brown, Samuel	FR Western Colorado	4.46m	NH
4.40			
XXX			
-- # 1666 Sandberg, Justin	FR Colorado Mesa	4.92m	DNS

**Men Long Jump**

=====

RMAC Indoor: R 7.73m 2015                      Damarcus Simpson, Chadron State  
 NCAA Auto: A 7.59m 2019  
 NCAA Prov: P 7.11m 2019

Name	Year School	Seed	Finals	H#	Points
1 # 1603 Grimes, Isaac	SO Chadron State	7.95m	7.62mA	2	10
FOUL 7.62m FOUL FOUL FOUL FOUL					
2 # 1867 Valdez, Derek	JR Uc-Colo. Spgs.	6.98m	7.17mP	2	8
7.00m 7.17m 7.00m FOUL FOUL FOUL					
3 # 1841 Abbott, Dakota	FR Uc-Colo. Spgs.	7.19m	7.11mP	2	6
FOUL FOUL 7.11m 7.02m FOUL 6.81m					
4 # 1862 Ross, William	JR Uc-Colo. Spgs.	7.20m	7.07m	2	5
6.93m 6.54m 7.07m 6.67m FOUL 6.99m					
5 # 1904 James, Kahlil	JR Western Colorado	7.01m	7.06m	2	4
6.42m 7.06m FOUL FOUL 6.44m FOUL					
6 # 1717 Sisneros, Triston	SR Colorado Mines	7.24m	6.98m	2	3
6.90m 6.92m 6.98m FOUL 6.76m 5.75m					
7 # 1916 Schmidt, Brian	SO Western Colorado	6.82m	6.87m	1	2
FOUL 6.87m FOUL FOUL FOUL FOUL					
8 # 1654 Harris, Ethan	FR Colorado Mesa	6.92m	6.81m	2	1
6.81m 6.67m FOUL 6.66m FOUL FOUL					
9 # 1604 Lanier, Javan	JR Chadron State	6.95m	6.77m	2	
6.77m FOUL FOUL FOUL FOUL FOUL					
10 # 1706 McLean, Connor	JR Colorado Mines	7.04m	6.72m	2	
6.71m 6.72m 6.63m					
11 # 1710 Reiley, John	JR Colorado Mines	6.76m	6.68m	1	
6.68m FOUL FOUL					
12 # 1659 Killmon, Brant	FR Colorado Mesa	6.90m	6.65m	1	
6.61m 6.38m 6.65m					
13 # 1657 Jackson, Vernon	JR Colorado Mesa	6.91m	6.62m	1	
6.61m 6.62m 6.52m					

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**....Men Long Jump**

14 #	1712	Sass, John	FR Colorado Mines	6.81m	6.61m	1
		6.42m 6.61m 6.59m				
15 #	1748	Whitley, Jordan	SO Cs-u-Pueblo	6.56m	6.51m	1
		6.37m 6.51m 6.40m				
16 #	1855	Jones, Miles	FR Uc-Colo. Spgs.	6.60m	6.45m	1
		6.15m 6.45m FOUL				
17 #	1797	Nissen, Darren	JR South Dakota Mines	6.64m	6.41m	1
		6.16m 6.32m 6.41m				
17 #	1713	Sather, Hayden	JR Colorado Mines	6.83m	6.41m	1
		FOUL 6.41m FOUL				

**Men Triple Jump**

=====						
RMAC Indoor: R 15.93m		2014	Carlton Lavong, Adams State			
NCAA Auto: A 15.47m		2019				
NCAA Prov: P 14.45m		2019				
Name	Year	School	Seed	Finals	H#	Points
=====						
1 #	1609	Voth, Brock	FR Chadron State	13.57m	14.52mP	2 10
		FOUL FOUL 14.12m 14.36m 14.52m 14.07m				
2 #	1606	Linse, Joss	FR Chadron State	13.67m	14.41m	2 8
		FOUL 14.41m 13.48m 13.82m 14.16m 13.63m				
3 #	1862	Ross, William	JR Uc-Colo. Spgs.	14.84m	14.39m	2 6
		14.04m FOUL 14.39m 14.28m 14.39m FOUL				
4 #	1904	James, Kahlil	JR Western Colorado	13.96m	14.19m	2 5
		13.24m FOUL 13.93m 14.18m 14.19m 13.81m				
5 #	1665	Purnell, Spencer	FR Colorado Mesa	14.06m	14.16m	2 4
		13.93m 13.90m 14.05m 13.79m 13.58m 14.16m				
6 #	1580	McDonnell, Allan	SO Black Hills St.	13.50m	13.73m	2 3
		13.61m FOUL 13.66m 13.67m ND 13.73m				
7 #	1692	Arnsberger, Luke	SR Colorado Mines	13.46m	J13.73m	1 2
		13.64m 13.55m 13.73m FOUL 13.54m 13.58m				
8 #	1865	Thomas, Kweshaan	FR Uc-Colo. Spgs.	13.29m	13.58m	1 1
		13.30m 13.41m 13.31m 12.95m 13.58m 13.58m				
9 #	1712	Sass, John	FR Colorado Mines	13.39m	13.57m	1
		12.68m 13.27m 13.57m 13.41m FOUL ND				
10 #	1795	Kasuske, Carter	SR South Dakota Mines	13.16m	13.41m	1
		12.04m 13.25m 13.41m FOUL FOUL FOUL				
11 #	1860	Peters, Anthony	JR Uc-Colo. Spgs.	12.92m	13.18m	1
		12.88m FOUL 13.18m				
12 #	1893	Brewer, Stephen	FR Western Colorado	12.89m	13.15m	1
		FOUL FOUL 13.15m				
13 #	1857	Lewis, Jaydon	SO Uc-Colo. Spgs.	12.58m	13.03m	1
		FOUL 12.73m 13.03m				
14 #	1767	Price, Darius	FR Msu Denver	13.04m	12.95m	1
		12.49m 12.95m 12.43m				
15 #	1890	Anselmo, Dominic	FR Western Colorado	12.59m	12.86m	1
		12.38m 12.33m 12.86m				
16 #	1841	Abbott, Dakota	FR Uc-Colo. Spgs.	14.44m	12.78m	2
		FOUL FOUL 12.78m				
-- #	1603	Grimes, Isaac	SO Chadron State	15.03m	DNS	2
-- #	1602	Edgecombe, Grant	FR Chadron State	13.56m	DNS	2

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**Men Shot Put**

```

=====
RMAC Indoor: R 18.82m 2014          Wesley Lavong, Adams State
NCAA Auto: A 18.08m 2019
NCAA Prov: P 16.07m 2019
Name                               Year School                       Seed    Finals  H# Points
=====
1 # 1539 Reid, Samuel               SR Adams State                    18.28m   18.10mA  2  10
   FOUL FOUL 17.54m 17.47m 18.10m FOUL
2 # 1918 Stinson, Colby            SR Western Colorado               17.58m   17.70mP  2   8
   17.24m 16.88m 17.63m 17.07m 17.70m FOUL
3 # 1842 Bertles, Conor            JR Uc-Colo. Spgs.                 14.64m   16.11mP  1   6
   14.60m 15.09m 15.59m 15.24m 16.11m FOUL
4 # 1787 Allen, Cody                SO South Dakota Mines             16.00m   16.00m   2   5
   15.58m FOUL FOUL 15.62m 16.00m FOUL
5 # 1852 Homuth, Colton            SO Uc-Colo. Spgs.                 15.97m   15.96m   2   4
   14.62m 15.27m 15.54m 14.92m 15.62m 15.96m
6 # 1711 Root, Jack                 JR Colorado Mines                 16.22m   15.88m   2   3
   15.51m FOUL FOUL 15.17m 15.88m FOUL
7 # 1913 Ryba, Rhys                 FR Western Colorado               14.80m   15.67m   1   2
   15.06m FOUL FOUL 15.43m 15.67m FOUL
8 # 1545 Van Waes, Brecht          JR Adams State                    15.17m   15.66m   1   1
   14.36m 14.43m 15.66m FOUL FOUL FOUL
9 # 1741 Jenks, Justin             FR Csu-Pueblo                     15.75m   15.13m   2
   FOUL 15.13m 14.81m FOUL FOUL 14.43m
10 # 1742 Miller, Nathaniel         SO Csu-Pueblo                     16.05m   14.98m   2
   14.98m FOUL FOUL
11 # 1662 McKown, Marshall          JR Colorado Mesa                  15.26m   14.78m   2
   13.64m 14.78m FOUL
12 # 1532 Hochanadel, John         FR Adams State                    14.21m   14.16m   1
   FOUL 13.42m 14.16m
13 # 1897 DeRock, Michael          FR Western Colorado               14.29m   14.11m   1
   FOUL 13.80m 14.11m
14 # 1790 Colman, Erick             FR South Dakota Mines             14.01m   13.87m   1
   13.16m 13.87m FOUL
15 # 1721 Veidmark, Arvid          FR Colorado Mines                 15.66m   13.84m   2
   FOUL 13.84m FOUL
16 # 1800 Siebdrath, Westle        JR South Dakota Mines             14.04m   13.77m   1
   FOUL 12.59m 13.77m
17 # 1583 Nicholas, Hoyt           SO Black Hills St.                13.82m   13.37m   1
   FOUL FOUL 13.37m
-- # 1698 Hester, Zach             FR Colorado Mines                 14.57m   FOUL    1
   FOUL FOUL FOUL
=====

```

**Men Weight Throw**

```

=====
RMAC Indoor: R 19.48m 2001          Brett Wetton, Nebraska-Kearney
RMAC Indoor: R 19.48m 2007          Matt Gersick, Adams State
NCAA Auto: A 21.02m 2019
NCAA Prov: P 17.59m 2019
Name                               Year School                       Seed    Finals  H# Points
=====
1 # 1711 Root, Jack                 JR Colorado Mines                 19.47m   18.98mP  2  10
   17.98m FOUL 18.60m 18.44m 18.51m 18.98m
2 # 1842 Bertles, Conor            JR Uc-Colo. Spgs.                 16.83m   17.49m   2   8
   16.75m 17.28m 17.49m FOUL 17.32m 17.37m
=====

```

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

**....Men Weight Throw**

3 #	1918 Stinson, Colby	SR Western Colorado	16.46m	16.74m	2	6
	16.64m 16.28m FOUL FOUL 16.08m 16.74m					
4 #	1662 McKown, Marshall	JR Colorado Mesa	16.25m	16.50m	2	5
	15.89m 15.82m FOUL 16.43m FOUL 16.50m					
5 #	1643 Bautista, Angel	SO Colorado Mesa	16.13m	16.03m	2	4
	15.48m FOUL 14.95m 15.15m 16.03m 15.59m					
6 #	1800 Siebdrath, Westle	JR South Dakota Mines	16.14m	15.93m	2	3
	14.65m 15.28m 15.93m FOUL FOUL FOUL					
7 #	1644 Besier, Ethen	JR Colorado Mesa	14.98m	15.61m	1	2
	FOUL 13.82m 14.66m 15.61m 15.15m 15.61m					
8 #	1532 Hochanadel, John	FR Adams State	15.57m	14.84m	2	1
	14.84m FOUL FOUL FOUL FOUL FOUL					
9 #	1583 Nicholas, Hoyt	SO Black Hills St.	14.78m	14.63m	1	
	14.05m 14.63m FOUL 14.22m FOUL FOUL					
10 #	1790 Colman, Erick	FR South Dakota Mines	14.25m	14.49m	1	
	13.69m FOUL 14.49m					
11 #	1787 Allen, Cody	SO South Dakota Mines	15.02m	14.38m	1	
	14.38m FOUL FOUL					
12 #	1897 DeRock, Michael	FR Western Colorado	14.46m	14.16m	1	
	12.90m 14.16m FOUL					
13 #	1721 Veidmark, Arvid	FR Colorado Mines	15.68m	13.99m	2	
	FOUL FOUL 13.99m					
14 #	1579 Langi, Isaac	JR Black Hills St.	14.50m	13.91m	1	
	13.80m FOUL 13.91m					
15 #	1536 Larson, Jordan	FR Adams State	14.79m	13.88m	1	
	FOUL FOUL 13.88m					
16 #	1742 Miller, Nathaniel	SO CsU-Pueblo	14.61m	13.74m	1	
	13.74m FOUL FOUL					
-- #	1913 Ryba, Rhys	FR Western Colorado	15.32m	FOUL	1	
	FOUL FOUL FOUL					
-- #	1852 Homuth, Colton	SO Uc-Colo. Spgs.	16.19m	FOUL	2	
	FOUL FOUL FOUL					

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

=====						
RMAC Indoor: R 6.92 2/23/2018 Austin Smith, Colo. Mines						
Name	Year	School	Finals	H#	Points	
=====						
1 #	1861	Repsher, Sam	FR Uc-Colo. Spgs.	7.06	4	861
2 #	1658	Jahr, Spencer	JR Colorado Mesa	7.21	1	809
3 #	1713	Sather, Hayden	JR Colorado Mines	7.22	4	806
4 #	1607	Peterson, Greg	SR Chadron State	7.25	3	796
5 #	1705	McLean, Chase	SO Colorado Mines	7.26	3	792
6 #	1648	Crowley, AJ	FR Colorado Mesa	7.30	3	779
7 #	1651	Foster, D'Angelo	SR Colorado Mesa	7.31	4	775
8 #	1584	Olsen, Ryan	SR Black Hills St.	7.32	2	772
9 #	1668	Shuman, Jay	SO Colorado Mesa	7.41	3	742
10 #	1656	Heide, Dawson	FR Colorado Mesa	7.46	2	726
11 #	1895	Butcher, Justin	JR Western Colorado	7.53	2	703
12 #	1745	Smith, Jacob	SR CsU-Pueblo	7.54	1	700
13 #	1664	Pulos, Nick	SR Colorado Mesa	7.76	1	631
-- #	1718	Smith, Austin	SR Colorado Mines	DNS	4	

**2019 RMAC Indoor Track and Field Championships - 2/23/2019****Adams State University  
High Altitude Training Center  
Results****Heptathlon: #7 Men 1000 Meter Run Heptathlon**

=====					
RMAC Indoor: R 2:45.30 2/23/2018 Ryan Vomacka, UC-Colo. Spg					
Name	Year	School	Finals	Points	
=====					
1 # 1713 Sather, Hayden	JR	Colorado Mines	2:45.93	809	
			31.678 (31.678)	1:03.877 (32.199)	1:37.552 (33.675) 2:12.185 (34.634)
			2:45.928 (33.743)		
2 # 1705 McLean, Chase	SO	Colorado Mines	2:55.62	708	
			31.240 (31.240)	1:03.580 (32.340)	1:37.850 (34.270) 2:15.528 (37.678)
			2:55.617 (40.089)		
3 # 1584 Olsen, Ryan	SR	Black Hills St.	2:55.67	707	
			32.292 (32.292)	1:06.240 (33.949)	1:42.838 (36.598) 2:20.068 (37.230)
			2:55.667 (35.599)		
4 # 1658 Jahr, Spencer	JR	Colorado Mesa	2:57.59	688	
			33.108 (33.108)	1:07.498 (34.390)	1:44.597 (37.099) 2:22.854 (38.258)
			2:57.588 (34.734)		
5 # 1745 Smith, Jacob	SR	Csu-Pueblo	3:03.53	630	
			35.349 (35.349)	1:13.124 (37.775)	1:51.980 (38.857) 2:30.349 (38.369)
			3:03.527 (33.178)		
6 # 1895 Butcher, Justin	JR	Western Colorado	3:04.64	619	
			34.973 (34.973)	1:09.335 (34.363)	1:48.368 (39.033) 2:29.525 (41.158)
			3:04.637 (35.112)		
7 # 1656 Heide, Dawson	FR	Colorado Mesa	3:06.00	607	
			33.538 (33.538)	1:08.293 (34.755)	1:47.348 (39.055) 2:28.364 (41.017)
			3:05.994 (37.630)		
8 # 1648 Crowley, AJ	FR	Colorado Mesa	3:06.56	601	
			35.048 (35.048)	1:12.068 (37.020)	1:50.387 (38.319) 2:30.799 (40.413)
			3:06.557 (35.758)		
9 # 1664 Pulos, Nick	SR	Colorado Mesa	3:10.20	568	
			34.514 (34.514)	1:12.025 (37.512)	1:52.979 (40.954) 2:35.127 (42.148)
			3:10.193 (35.067)		
10 # 1861 Repsher, Sam	FR	Uc-Colo. Spgs.	3:10.40	566	
			35.655 (35.655)	1:13.688 (38.033)	1:54.355 (40.668) 2:35.988 (41.633)
			3:10.399 (34.412)		
11 # 1607 Peterson, Greg	SR	Chadron State	3:11.86	553	
			34.655 (34.655)	1:12.298 (37.643)	1:52.525 (40.228) 2:32.799 (40.274)
			3:11.860 (39.062)		
-- # 1718 Smith, Austin	SR	Colorado Mines	DNS		
-- # 1651 Foster, D'Angelo	SR	Colorado Mesa	DNS		
-- # 1668 Shuman, Jay	SO	Colorado Mesa	DNS		

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

=====					
RMAC Indoor: R 8.39 2/23/2018 Justin Leman, Chadron State					
Name	Year	School	Finals	H#	Points
=====					
1 # 1651 Foster, D'Angelo	SR	Colorado Mesa	8.22R	4	927
2 # 1668 Shuman, Jay	SO	Colorado Mesa	8.43	4	877
3 # 1705 McLean, Chase	SO	Colorado Mines	8.62	4	832
4 # 1658 Jahr, Spencer	JR	Colorado Mesa	8.65	1	825
5 # 1648 Crowley, AJ	FR	Colorado Mesa	8.75	4	802
6 # 1713 Sather, Hayden	JR	Colorado Mines	8.79	3	793
7 # 1861 Repsher, Sam	FR	Uc-Colo. Spgs.	8.93	3	761
8 # 1745 Smith, Jacob	SR	Csu-Pueblo	9.00	3	746
9 # 1607 Peterson, Greg	SR	Chadron State	9.25	2	692

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

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

10 #	1584	Olsen, Ryan	SR Black Hills St.	9.53	2	633
11 #	1895	Butcher, Justin	JR Western Colorado	9.71	1	597
12 #	1656	Heide, Dawson	FR Colorado Mesa	9.86	3	568
13 #	1664	Pulos, Nick	SR Colorado Mesa	10.02	2	537
-- #	1718	Smith, Austin	SR Colorado Mines	DNS	1	

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

=====

RMAC Indoor: R 1.87m 2/23/2018 Chase McLean, Colo. Mines

Name	Year	School	Finals	Points
1 # 1584 Olsen, Ryan	SR	Black Hills St.	1.93mR	740
1.81 1.84 1.87 1.90 1.93 1.96				
O XO O O XO XXX				
1 # 1656 Heide, Dawson	FR	Colorado Mesa	1.93mR	740
1.72 1.75 1.78 1.81 1.84 1.87 1.90 1.93 1.96				
O P O P O O XXO O XXX				
1 # 1658 Jahr, Spencer	JR	Colorado Mesa	1.93mR	740
1.84 1.87 1.90 1.93 1.96				
O O P O XXX				
4 # 1713 Sather, Hayden	JR	Colorado Mines	1.87mR	687
1.72 1.75 1.78 1.81 1.84 1.87 1.90				
O O XXO O XO XXO XXX				
4 # 1705 McLean, Chase	SO	Colorado Mines	1.87mR	687
1.72 1.75 1.78 1.81 1.84 1.87 1.90				
O P O O XXO XXO XXX				
6 # 1651 Foster, D'Angelo	SR	Colorado Mesa	1.81m	636
1.75 1.78 1.81 1.84				
O XXO XXO XXX				
6 # 1668 Shuman, Jay	SO	Colorado Mesa	1.81m	636
1.69 1.72 1.75 1.78 1.81 1.84				
O P XO XO XO XXX				
8 # 1648 Crowley, AJ	FR	Colorado Mesa	1.78m	610
1.72 1.75 1.78 1.81				
XO XO XO XXX				
9 # 1745 Smith, Jacob	SR	Csu-Pueblo	1.75m	585
1.75 1.78				
XXO XXX				
10 # 1895 Butcher, Justin	JR	Western Colorado	1.69m	536
1.57 1.60 1.63 1.66 1.69 1.72				
O P XO O O XXX				
10 # 1607 Peterson, Greg	SR	Chadron State	1.69m	536
1.57 1.60 1.63 1.66 1.69 1.72				
O P P O XO XXX				
12 # 1861 Repsher, Sam	FR	Uc-Colo. Spgs.	1.66m	512
1.60 1.63 1.66 1.69				
O P O XXX				
12 # 1664 Pulos, Nick	SR	Colorado Mesa	1.66m	512
1.66 1.69 1.72				
O P XXX				
-- # 1718 Smith, Austin	SR	Colorado Mines	DNS	

=====



**2019 RMAC Indoor Track and Field Championships - 2/23/2019****Adams State University  
High Altitude Training Center  
Results****Heptathlon: #6 Men Pole Vault Heptathlon**

RMAC Indoor: R 4.45m 2/23/2018 Chase McLean, Colo. Mines										
Name	Year	School	Finals		Points					
1 # 1658 Jahr, Spencer	JR	Colorado Mesa	4.45mR		746	4.25	4.35	4.45	4.55	
						XO	P	XXO	XXX	
2 # 1705 McLean, Chase	SO	Colorado Mines	4.35m		716	4.15	4.25	4.35	4.45	
						O	O	XXO	XXX	
2 # 1651 Foster, D'Angelo	SR	Colorado Mesa	4.35m		716	4.25	4.35	4.45		
						O	XXO	XXX		
4 # 1713 Sather, Hayden	JR	Colorado Mines	4.05m		631	3.85	3.95	4.05	4.15	
						O	O	XXO	XXX	
4 # 1861 Repsher, Sam	FR	Uc-Colo. Spgs.	4.05m		631	4.05	4.15	4.25		
						XO	P	XXX		
4 # 1664 Pulos, Nick	SR	Colorado Mesa	4.05m		631	4.05	4.15	4.25		
						XXO	P	XXX		
4 # 1584 Olsen, Ryan	SR	Black Hills St.	4.05m		631	3.35	3.45	3.55	3.65	3.75
						XO	P	XO	P	O
										XO
										O
										XXO
										XXX
8 # 1745 Smith, Jacob	SR	Csu-Pueblo	3.95m		603	3.95	4.05			
						O	XXX			
8 # 1607 Peterson, Greg	SR	Chadron State	3.95m		603	3.75	3.85	3.95	4.05	
						XO	O	XXO	XXX	
10 # 1656 Heide, Dawson	FR	Colorado Mesa	3.65m		522	3.05	3.15	3.25	3.35	3.45
										3.55
										3.65
										3.75
						O	XXO	P	XO	P
										XO
										XXO
										XXX
11 # 1648 Crowley, AJ	FR	Colorado Mesa	3.45m		469	3.05	3.15	3.25	3.35	3.45
										3.55
						O	O	O	XXO	O
										XXX
12 # 1895 Butcher, Justin	JR	Western Colorado	3.35m		444	3.05	3.15	3.25	3.35	3.45
						XO	O	O	O	XXX
13 # 1668 Shuman, Jay	SO	Colorado Mesa	3.25m		418	3.05	3.15	3.25	3.35	3.45
						XO	P	O	P	XXX
-- # 1718 Smith, Austin	SR	Colorado Mines			DNS					

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

RMAC Indoor: R 6.70m 2/23/2018 Austin Smith, Colo. Mines										
Name	Year	School	Finals		Points					
1 # 1713 Sather, Hayden	JR	Colorado Mines	6.93mR		797	6.83m	6.93m	6.85m		
2 # 1658 Jahr, Spencer	JR	Colorado Mesa	6.72mR		748	6.40m	6.65m	6.72m		

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

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

3 #	1705 McLean, Chase	SO Colorado Mines	6.71mR	746
	6.71m 6.48m FOUL			
4 #	1861 Repsher, Sam	FR Uc-Colo. Spgs.	6.61m	723
	6.58m 6.54m 6.61m			
5 #	1584 Olsen, Ryan	SR Black Hills St.	6.40m	675
	6.03m 6.40m 6.14m			
6 #	1651 Foster, D'Angelo	SR Colorado Mesa	6.35m	664
	FOUL FOUL 6.35m			
7 #	1656 Heide, Dawson	FR Colorado Mesa	6.29m	650
	6.06m 5.95m 6.29m			
8 #	1607 Peterson, Greg	SR Chadron State	6.26m	644
	6.21m 6.26m 6.10m			
9 #	1648 Crowley, AJ	FR Colorado Mesa	6.24m	639
	6.24m 6.18m 6.20m			
10 #	1668 Shuman, Jay	SO Colorado Mesa	6.21m	632
	6.14m 6.04m 6.21m			
11 #	1895 Butcher, Justin	JR Western Colorado	6.14m	617
	5.97m 6.12m 6.14m			
12 #	1745 Smith, Jacob	SR Csu-Pueblo	5.78m	540
	5.67m 5.74m 5.78m			
13 #	1664 Pulos, Nick	SR Colorado Mesa	5.68m	519
	5.65m FOUL 5.68m			
-- #	1718 Smith, Austin	SR Colorado Mines	DNS	

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

=====

RMAC Indoor: R 13.02m 2/23/2018 Austin Smith, Colo. Mines

Name	Year School	Finals	Points
1 # 1658 Jahr, Spencer	JR Colorado Mesa	12.46m	634
		12.46m 12.17m FOUL	
2 # 1713 Sather, Hayden	JR Colorado Mines	11.85m	597
		11.85m 11.54m FOUL	
3 # 1861 Repsher, Sam	FR Uc-Colo. Spgs.	11.53m	578
		11.33m 11.53m 11.33m	
4 # 1651 Foster, D'Angelo	SR Colorado Mesa	11.49m	575
		11.49m FOUL FOUL	
5 # 1664 Pulos, Nick	SR Colorado Mesa	11.48m	575
		1.13m 11.48m 11.06m	
6 # 1705 McLean, Chase	SO Colorado Mines	11.38m	569
		11.38m FOUL FOUL	
7 # 1895 Butcher, Justin	JR Western Colorado	11.19m	557
		FOUL FOUL 11.19m	
8 # 1584 Olsen, Ryan	SR Black Hills St.	10.87m	538
		10.00m 10.87m 10.48m	
9 # 1607 Peterson, Greg	SR Chadron State	10.78m	533
		FOUL 9.86m 10.78m	
10 # 1745 Smith, Jacob	SR Csu-Pueblo	10.66m	525
		10.46m 9.88m 10.66m	
11 # 1668 Shuman, Jay	SO Colorado Mesa	10.17m	496
		10.17m 9.60m 10.01m	
12 # 1648 Crowley, AJ	FR Colorado Mesa	9.92m	481
		9.69m 9.87m 9.92m	

**2019 RMAC Indoor Track and Field Championships - 2/23/2019**

**Adams State University  
High Altitude Training Center  
Results**

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

13 # 1656 Heide, Dawson	FR Colorado Mesa	9.57m	460
		9.01m 9.48m 9.57m	
-- # 1718 Smith, Austin	SR Colorado Mines	DNS	

**Men Heptathlon**

=====  
 RMAC Indoor: R 5127 2005 Michael Mays, Adams State  
 NCAA Auto: A 5353 2019  
 NCAA Prov: P 4710 2019

Name	Year School	Seed	Finals	H#	Points
1 # 1658 Jahr, Spencer	JR Colorado Mesa	3236	5190R		10
2 # 1713 Sather, Hayden	JR Colorado Mines	5093	5120P		8
3 # 1705 McLean, Chase	SO Colorado Mines	5150	5050P		6
4 # 1584 Olsen, Ryan	SR Black Hills St.	4482	4696		5
5 # 1861 Repsher, Sam	FR Uc-Colo. Spgs.	4777	4632		4
6 # 1648 Crowley, AJ	FR Colorado Mesa	4526	4381		3
7 # 1607 Peterson, Greg	SR Chadron State	4258	4357		2
8 # 1745 Smith, Jacob	SR Csu-Pueblo	4537	4329		1
9 # 1656 Heide, Dawson	FR Colorado Mesa	4200	4273		
10 # 1895 Butcher, Justin	JR Western Colorado	3996	4073		
11 # 1664 Pulos, Nick	SR Colorado Mesa	3870	3973		

=====  
 Women - Team Rankings - 17 Events Scored

1) Adams State	157	2) UC-Colo. Spgs.	125
3) Western Colorado	80	4) CSU-Pueblo	74
5) Colorado Mines	66	6) Colorado Mesa	60
7) Black Hills St.	37	8) Chadron State	25
9) New Mexico Highlands	22	10) South Dakota Mines	12
11) MSU Denver	2	12) Colo. Christian	1

=====  
 Men - Team Rankings - 17 Events Scored

1) Western Colorado	131	2) Colorado Mines	112.50
3) UC-Colo. Spgs.	103	4) Adams State	82
4) Colorado Mesa	82	6) Chadron State	38
7) South Dakota Mines	36	8) CSU-Pueblo	35
9) Black Hills St.	25.50	10) MSU Denver	14
11) Colo. Christian	3		