

2022 RMAC Indoor Track and Field Championships - 2/25/2022 to 2/26/2022

Western Colorado University - Gunnison, Colo.

Mountaineer Field House

Results

Event 1 Men 5000 Meter Run

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 RMAC Indoor: R 14:18.20 2002 Michael Aish, Western State

NCAA Prov: P 14:29.97 2022

Field House: F 14:59.23 12/11/2021 Isaiah Rodarte, Adams State

Name Year School Finals Points

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 Finals

1	Afewerki Zeru	JR	Uc-Colo. Spgs.	14:51.37F	10	
	34.642 (34.642)	1:12.765 (38.123)	1:51.687 (38.923)	2:27.292 (35.605)		
	3:01.956 (34.664)	3:37.148 (35.192)	4:11.473 (34.325)	4:46.814 (35.341)		
	5:21.797 (34.984)	5:56.736 (34.939)	6:31.780 (35.044)	7:06.583 (34.804)		
	7:41.226 (34.643)	8:16.305 (35.080)	8:51.467 (35.162)	9:27.718 (36.251)		
	10:03.603 (35.885)	10:39.799 (36.197)	11:16.355 (36.556)	11:52.617 (36.263)		
	12:28.676 (36.059)	13:05.116 (36.440)	13:41.974 (36.858)	14:17.827 (35.853)		
	14:51.367 (33.540)					
2	Duncan Fuehne	FR	Colorado Mines	14:57.05F	8	
	34.780 (34.780)	1:13.028 (38.248)	1:51.911 (38.884)	2:27.589 (35.678)		
	3:02.205 (34.616)	3:37.433 (35.229)	4:12.144 (34.711)	4:48.089 (35.945)		
	5:23.941 (35.852)	5:59.839 (35.898)	6:35.862 (36.023)	7:12.103 (36.241)		
	7:48.115 (36.012)	8:23.686 (35.571)	8:59.510 (35.824)	9:35.093 (35.584)		
	10:10.981 (35.888)	10:46.959 (35.978)	11:22.820 (35.862)	11:59.588 (36.768)		
	12:35.861 (36.273)	13:11.763 (35.903)	13:47.376 (35.613)	14:22.272 (34.896)		
	14:57.047 (34.775)					
3	Chris Cathcart	JR	Colorado Mines	15:05.13	6	
	35.523 (35.523)	1:13.701 (38.179)	1:52.594 (38.893)	2:27.799 (35.206)		
	3:02.454 (34.655)	3:37.671 (35.217)	4:11.815 (34.145)	4:47.037 (35.222)		
	5:21.820 (34.783)	5:56.976 (35.157)	6:32.578 (35.602)	7:09.064 (36.486)		
	7:46.415 (37.351)	8:23.815 (37.401)	9:00.056 (36.241)	9:37.177 (37.121)		
	10:15.100 (37.923)	10:53.072 (37.972)	11:30.423 (37.351)	12:07.954 (37.532)		
	12:45.660 (37.706)	13:22.901 (37.242)	13:58.401 (35.500)	14:32.639 (34.238)		
	15:05.125 (32.486)					
4	Mitchell Dervin	JR	Adams State	15:27.46	5	
	34.493 (34.493)	1:13.151 (38.658)	1:52.037 (38.887)	2:29.332 (37.295)		
	3:04.666 (35.334)	3:41.070 (36.404)	4:16.380 (35.311)	4:52.792 (36.412)		
	5:28.514 (35.722)	6:04.259 (35.745)	6:40.554 (36.295)	7:17.017 (36.464)		
	7:53.805 (36.788)	8:30.556 (36.751)	9:08.096 (37.540)	9:46.193 (38.098)		
	10:24.372 (38.179)	11:02.410 (38.038)	11:40.357 (37.947)	12:19.050 (38.693)		
	12:57.893 (38.843)	13:36.007 (38.114)	14:14.348 (38.342)	14:51.935 (37.587)		
	15:27.451 (35.517)					
5	Cole Munoz	SO	Csu-Pueblo	15:36.78	4	
	35.045 (35.045)	1:13.545 (38.500)	1:52.440 (38.895)	2:28.960 (36.521)		
	3:04.213 (35.253)	3:39.911 (35.698)	4:15.777 (35.867)	4:52.619 (36.842)		
	5:28.409 (35.790)	6:03.952 (35.543)	6:40.384 (36.432)	7:17.598 (37.215)		
	7:54.608 (37.010)	8:30.830 (36.222)	9:08.365 (37.535)	9:46.464 (38.099)		
	10:24.635 (38.171)	11:02.740 (38.106)	11:40.913 (38.173)	12:19.816 (38.904)		
	12:59.911 (40.095)	13:40.655 (40.744)	14:20.292 (39.637)	14:59.972 (39.681)		
	15:36.776 (36.804)					
6	John O'Malley	SO	Colorado Mines	15:37.22	3	
	34.930 (34.930)	1:13.224 (38.294)	1:52.152 (38.928)	2:28.030 (35.879)		
	3:02.658 (34.628)	3:37.884 (35.226)	4:12.553 (34.669)	4:48.340 (35.788)		
	5:24.172 (35.832)	6:00.046 (35.874)	6:36.141 (36.096)	7:12.389 (36.248)		
	7:48.645 (36.256)	8:25.308 (36.663)	9:02.055 (36.747)	9:38.652 (36.597)		
	10:15.751 (37.099)	10:52.804 (37.054)	11:30.171 (37.367)	12:07.724 (37.553)		
	12:47.914 (40.190)	13:32.814 (44.901)	14:17.930 (45.116)	15:00.665 (42.735)		
	15:37.219 (36.554)					

2022 RMAC Indoor Track and Field Championships - 2/25/2022 to 2/26/2022**Western Colorado University - Gunnison, Colo.****Mountaineer Field House****Results****....Event 1 Men 5000 Meter Run**

7	Matthew Parker	SR Black Hills St.	15:40.32	2
	35.313 (35.313)	1:13.974 (38.661)	1:52.811 (38.837)	2:30.300 (37.489)
	3:07.451 (37.151)	3:44.791 (37.341)	4:22.259 (37.468)	5:01.161 (38.902)
	5:38.678 (37.518)	6:18.057 (39.379)	6:56.813 (38.756)	7:35.593 (38.780)
	8:13.970 (38.378)	8:52.510 (38.540)	9:30.895 (38.385)	10:08.394 (37.500)
	10:45.930 (37.536)	11:23.851 (37.921)	12:02.541 (38.690)	12:40.838 (38.298)
	13:18.936 (38.098)	13:56.205 (37.270)	14:33.001 (36.796)	15:08.250 (35.250)
	15:40.317 (32.067)			
8	Aron Orar	JR Adams State	15:46.58	1
	35.383 (35.383)	1:14.254 (38.871)	1:53.015 (38.761)	2:30.227 (37.212)
	3:05.577 (35.351)	3:41.131 (35.554)	4:15.621 (34.490)	4:52.422 (36.802)
	5:27.896 (35.474)	6:03.730 (35.834)	6:39.963 (36.233)	7:17.125 (37.163)
	7:54.147 (37.022)	8:31.514 (37.367)	9:09.361 (37.848)	9:47.689 (38.328)
	10:26.772 (39.083)	11:06.267 (39.495)	11:46.081 (39.814)	12:26.368 (40.287)
	13:07.242 (40.874)	13:48.541 (41.300)	14:28.778 (40.237)	15:03.439 (34.661)
	15:46.577 (43.138)			
9	Andrew Kaye	SO Colorado Mines	15:49.42	
	35.780 (35.780)	1:14.622 (38.842)	1:53.414 (38.793)	2:29.921 (36.507)
	3:03.892 (33.971)	3:38.508 (34.616)	4:13.706 (35.199)	4:49.404 (35.698)
	5:25.497 (36.094)	6:01.451 (35.954)	6:37.672 (36.221)	7:14.653 (36.981)
	7:51.948 (37.295)	8:30.080 (38.132)	9:08.852 (38.772)	9:48.236 (39.385)
	10:28.126 (39.890)	11:08.368 (40.243)	11:49.147 (40.779)	12:30.033 (40.887)
	13:10.440 (40.407)	13:51.346 (40.906)	14:32.691 (41.345)	15:12.449 (39.759)
	15:49.418 (36.969)			
10	Alex Shaw	FR Colorado Mines	15:49.98	
	36.134 (36.134)	1:15.130 (38.996)	1:53.821 (38.691)	2:30.960 (37.139)
	3:07.856 (36.896)	3:44.379 (36.524)	4:21.995 (37.616)	5:00.898 (38.903)
	5:38.914 (38.017)	6:18.331 (39.417)	6:56.579 (38.248)	7:35.328 (38.750)
	8:14.197 (38.869)	8:52.247 (38.050)	9:30.634 (38.387)	10:08.629 (37.995)
	10:46.183 (37.554)	11:24.355 (38.173)	12:02.856 (38.501)	12:41.684 (38.828)
	13:20.473 (38.790)	13:59.304 (38.831)	14:38.012 (38.708)	15:15.358 (37.347)
	15:49.977 (34.619)			
11	Triston Charles	FR Colorado Mesa	15:50.82	
	35.513 (35.513)	1:14.145 (38.632)	1:52.812 (38.667)	2:29.748 (36.936)
	3:05.330 (35.582)	3:41.302 (35.973)	4:16.943 (35.641)	4:53.415 (36.472)
	5:29.840 (36.426)	6:06.451 (36.611)	6:43.219 (36.768)	7:19.594 (36.376)
	7:57.614 (38.020)	8:36.362 (38.749)	9:14.404 (38.042)	9:53.110 (38.706)
	10:31.575 (38.465)	11:10.119 (38.544)	11:49.496 (39.378)	12:29.592 (40.096)
	13:09.604 (40.012)	13:49.890 (40.286)	14:29.815 (39.926)	15:05.794 (35.979)
	15:50.817 (45.023)			
12	Ethan Abbs	FR Colorado Mesa	16:03.60	
	35.932 (35.932)	1:14.388 (38.456)	1:53.076 (38.689)	2:29.440 (36.364)
	3:05.072 (35.632)	3:40.683 (35.612)	4:16.721 (36.038)	4:53.156 (36.435)
	5:29.593 (36.437)	6:06.270 (36.678)	6:43.086 (36.816)	7:20.804 (37.718)
	7:59.247 (38.444)	8:38.338 (39.091)	9:18.505 (40.167)	9:58.597 (40.093)
	10:38.764 (40.167)	11:18.870 (40.106)	11:58.842 (39.972)	12:39.637 (40.796)
	13:21.151 (41.514)	14:02.788 (41.637)	14:43.753 (40.966)	15:23.949 (40.196)
	16:03.598 (39.650)			

2022 RMAC Indoor Track and Field Championships - 2/25/2022 to 2/26/2022**Western Colorado University - Gunnison, Colo.****Mountaineer Field House****Results****....Event 1 Men 5000 Meter Run**

13 Noel Lopez	FR Msu Denver	16:07.68		
33.853 (33.853)	1:12.031 (38.179)	1:51.492 (39.461)	2:28.660 (37.169)	
3:04.916 (36.256)	3:41.540 (36.624)	4:17.392 (35.852)	4:53.884 (36.493)	
5:30.783 (36.899)	6:08.392 (37.609)	6:47.259 (38.868)	7:26.323 (39.064)	
8:06.325 (40.002)	8:46.356 (40.031)	9:26.116 (39.761)	10:06.315 (40.199)	
10:46.523 (40.208)	11:26.452 (39.930)	12:06.753 (40.301)	12:46.986 (40.234)	
13:27.672 (40.686)	14:07.939 (40.267)	14:48.763 (40.824)	15:29.202 (40.439)	
16:07.674 (38.472)				
14 Max Bonenberger	FR Colorado Mines	16:15.21		
36.174 (36.174)	1:14.875 (38.702)	1:53.405 (38.530)	2:30.034 (36.629)	
3:06.117 (36.084)	3:43.720 (37.603)	4:21.614 (37.894)	5:00.603 (38.989)	
5:39.449 (38.847)	6:18.861 (39.412)	6:57.970 (39.109)	7:36.960 (38.991)	
8:16.144 (39.184)	8:55.530 (39.386)	9:34.833 (39.304)	10:15.670 (40.837)	
10:54.966 (39.296)	11:35.627 (40.662)	12:15.818 (40.191)	12:55.803 (39.985)	
13:36.223 (40.421)	14:17.398 (41.175)	14:58.623 (41.226)	15:38.581 (39.958)	
16:15.209 (36.628)				
15 Mark Testa	JR Colorado Mesa	16:23.30		
35.132 (35.132)	1:13.364 (38.233)	1:52.344 (38.980)	2:28.848 (36.505)	
3:04.404 (35.556)	3:40.135 (35.731)	4:15.907 (35.772)	4:52.294 (36.388)	
5:28.120 (35.826)	6:04.135 (36.015)	6:40.180 (36.045)	7:17.357 (37.177)	
7:54.420 (37.063)	8:31.569 (37.150)	9:11.208 (39.639)	9:53.340 (42.132)	
10:34.792 (41.453)	11:18.079 (43.287)	12:01.267 (43.189)	12:45.195 (43.928)	
13:30.036 (44.841)	14:15.152 (45.116)	14:59.123 (43.972)	15:39.275 (40.152)	
16:23.294 (44.019)				
16 Ryan Moen	SR SD Mines	16:28.08		
35.715 (35.715)	1:53.170 (1:17.455)	2:30.314 (37.144)	2:30.546 (0.232)	
3:06.600 (36.055)	3:43.624 (37.024)	4:21.063 (37.440)	4:59.543 (38.480)	
5:38.337 (38.794)	6:17.833 (39.496)	6:57.385 (39.553)	7:36.734 (39.349)	
8:16.686 (39.952)	8:57.173 (40.487)	9:37.494 (40.322)	10:17.851 (40.357)	
10:58.691 (40.840)	11:39.893 (41.203)	12:21.179 (41.286)	13:02.585 (41.407)	
13:43.972 (41.387)	14:25.176 (41.204)	15:06.703 (41.527)	15:48.003 (41.300)	
16:28.077 (40.074)				
17 Matthew Roberds	SO Csu-Pueblo	16:39.58		
36.418 (36.418)	1:15.399 (38.981)	1:54.075 (38.676)	2:31.200 (37.125)	
3:08.087 (36.887)	3:45.029 (36.942)	4:22.497 (37.468)	5:01.404 (38.907)	
5:39.212 (37.809)	6:18.555 (39.343)	6:57.077 (38.522)	7:35.841 (38.764)	
8:14.609 (38.768)	8:53.055 (38.446)	9:31.461 (38.406)	10:12.346 (40.886)	
10:54.682 (42.336)	11:37.756 (43.074)	12:20.990 (43.235)	13:04.025 (43.035)	
13:47.753 (43.728)	14:31.239 (43.486)	15:14.960 (43.722)	15:58.182 (43.222)	
16:39.573 (41.391)				
-- Michael Grabowski	JR Western Colo	DNF		
35.530 (35.530)	1:13.531 (38.001)	1:52.186 (38.656)	2:28.715 (36.529)	
3:03.960 (35.246)	3:39.651 (35.691)	4:15.532 (35.881)	4:52.568 (37.037)	
5:28.720 (36.152)	6:04.806 (36.086)	6:41.596 (36.791)	7:19.278 (37.682)	
7:57.418 (38.140)				
-- Awet Beraki	SO Adams State	SCR		

2022 RMAC Indoor Track and Field Championships - 2/25/2022 to 2/26/2022**Western Colorado University - Gunnison, Colo.****Mountaineer Field House****Results****Event 2 Women 5000 Meter Run**

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RMAC Indoor: R 16:50.50	2011	Kirsten McGlynn, Adams State			
NCAA Prov: P 17:26.42	2022				
Field House: F 18:35.10	12/11/2021	Claire Pauley, CSU-Pueblo			
Name	Year	School	Finals	Points	
=====					
1 Brin Strouse		SO Colorado Mines	18:07.39F	10	FH Record
1:28.150 (1:28.150)		2:11.079 (42.930)	2:52.996 (41.917)		3:35.102 (42.106)
4:18.105 (43.003)		5:02.074 (43.970)	5:46.148 (44.074)		6:30.047 (43.899)
7:12.354 (42.307)		7:54.854 (42.501)	8:37.447 (42.593)		9:20.153 (42.706)
10:02.949 (42.797)		10:47.262 (44.313)	11:32.957 (45.695)		12:18.760 (45.803)
13:01.902 (43.143)		13:45.793 (43.891)	14:30.091 (44.299)		15:14.605 (44.514)
15:59.465 (44.860)		16:45.108 (45.643)	17:30.133 (45.026)		18:07.390 (37.257)
2 Hannah Ellis		JR Uc-Colo. Spgs.	18:07.64F	8	
1:28.062 (1:28.062)		2:11.576 (43.514)	2:53.760 (42.184)		3:36.996 (43.236)
4:19.673 (42.677)		5:04.492 (44.819)	5:49.302 (44.811)		6:33.663 (44.361)
7:17.721 (44.058)		8:01.940 (44.219)	8:46.239 (44.300)		9:29.846 (43.607)
10:14.380 (44.534)		10:58.978 (44.598)	11:43.674 (44.696)		12:28.059 (44.385)
13:12.849 (44.791)		13:56.601 (43.752)	14:39.886 (43.285)		15:22.694 (42.809)
16:05.702 (43.008)		16:48.806 (43.105)	17:29.815 (41.009)		18:07.631 (37.816)
3 Erin Norton		SR Msu Denver	18:16.13F	6	
1:27.918 (1:27.918)		2:09.983 (42.066)	2:51.888 (41.905)		3:34.864 (42.976)
4:17.877 (43.014)		5:01.927 (44.050)	5:46.048 (44.121)		6:29.950 (43.902)
7:12.923 (42.973)		7:55.547 (42.624)	8:38.773 (43.226)		9:22.994 (44.221)
10:07.993 (44.999)		10:53.127 (45.134)	11:38.643 (45.517)		12:23.736 (45.093)
13:08.669 (44.933)		13:54.095 (45.426)	14:40.235 (46.140)		15:25.286 (45.051)
16:10.659 (45.373)		16:55.411 (44.752)	17:38.352 (42.941)		18:16.121 (37.770)
4 Claire Pauley		JR Csu-Pueblo	18:36.63	5	
1:27.670 (1:27.670)		2:11.405 (43.735)	2:53.269 (41.864)		3:35.399 (42.131)
4:18.365 (42.966)		5:02.335 (43.971)	5:46.380 (44.045)		6:30.255 (43.875)
7:12.642 (42.388)		7:55.152 (42.510)	8:38.501 (43.349)		9:23.250 (44.750)
10:08.269 (45.019)		10:53.417 (45.148)	11:38.964 (45.548)		12:24.028 (45.064)
13:09.010 (44.982)		13:54.951 (45.941)	14:41.746 (46.795)		15:29.776 (48.030)
16:16.893 (47.118)		17:04.757 (47.864)	17:51.714 (46.958)		18:36.627 (44.913)
5 Alexia Thiros		SR Western Colo	18:40.17	4	
1:28.359 (1:28.359)		2:11.865 (43.506)	2:54.140 (42.275)		3:36.083 (41.944)
4:18.835 (42.752)		5:02.858 (44.023)	5:46.836 (43.978)		6:30.796 (43.960)
7:14.267 (43.471)		7:59.027 (44.760)	8:44.603 (45.577)		9:30.128 (45.525)
10:15.429 (45.301)		11:01.316 (45.887)	11:47.613 (46.297)		12:33.589 (45.976)
13:19.692 (46.104)		14:06.144 (46.452)	14:52.971 (46.827)		15:40.114 (47.143)
16:26.737 (46.623)		17:13.092 (46.355)	17:58.980 (45.888)		18:40.170 (41.190)
6 Saydi Anderson		JR Westminster (Ut)	18:50.78	3	
1:27.736 (1:27.736)		2:08.944 (41.209)	2:48.758 (39.814)		3:29.921 (41.164)
4:11.714 (41.793)		4:53.871 (42.157)	5:36.643 (42.772)		6:20.325 (43.682)
7:04.099 (43.774)		7:48.417 (44.318)	8:32.371 (43.954)		9:16.913 (44.543)
10:01.751 (44.838)		10:46.956 (45.205)	11:32.922 (45.967)		12:18.726 (45.804)
13:05.457 (46.731)		13:53.144 (47.687)	14:40.640 (47.497)		15:28.453 (47.813)
16:16.678 (48.225)		17:07.139 (50.461)	18:02.552 (55.413)		18:50.779 (48.227)
7 Lindsay Parsons		SR Colorado Mesa	18:53.91	2	
1:28.192 (1:28.192)		2:11.780 (43.588)	2:54.339 (42.559)		3:36.321 (41.982)
4:19.045 (42.725)		5:03.072 (44.027)	5:47.061 (43.990)		6:31.011 (43.950)
7:14.589 (43.578)		7:59.281 (44.692)	8:44.909 (45.628)		9:30.556 (45.647)
10:16.328 (45.772)		11:03.013 (46.685)	11:49.154 (46.142)		12:35.191 (46.037)
13:22.282 (47.092)		14:08.484 (46.202)	14:56.395 (47.911)		15:45.224 (48.830)
16:32.731 (47.507)		17:19.061 (46.330)	18:06.013 (46.952)		18:53.910 (47.898)

2022 RMAC Indoor Track and Field Championships - 2/25/2022 to 2/26/2022**Western Colorado University - Gunnison, Colo.****Mountaineer Field House****Results****....Event 2 Women 5000 Meter Run**

8 Amalia Dorion	FR Adams State	18:57.25	1
1:29.017 (1:29.017)	2:12.583 (43.566)	2:56.496 (43.913)	3:39.788 (43.292)
4:24.093 (44.305)	5:09.120 (45.028)	5:54.075 (44.955)	6:39.250 (45.175)
7:24.702 (45.452)	8:11.070 (46.368)	8:57.432 (46.362)	9:43.801 (46.369)
10:30.127 (46.327)	11:15.700 (45.573)	12:01.426 (45.726)	12:47.811 (46.386)
13:34.454 (46.643)	14:21.230 (46.777)	15:07.952 (46.722)	15:54.433 (46.481)
16:41.606 (47.174)	17:29.044 (47.438)	18:15.058 (46.014)	18:57.247 (42.189)
9 Anna Swanson	FR Msu Denver	19:10.33	
1:31.234 (1:31.234)	2:17.060 (45.827)	3:02.993 (45.933)	3:49.997 (47.004)
4:36.633 (46.636)	5:22.029 (45.397)	6:07.929 (45.900)	6:54.235 (46.307)
7:40.689 (46.454)	8:27.894 (47.206)	9:15.931 (48.037)	10:02.174 (46.243)
10:47.602 (45.429)	11:34.427 (46.825)	12:20.175 (45.749)	13:06.468 (46.293)
13:53.731 (47.264)	14:40.952 (47.221)	15:26.960 (46.009)	16:13.122 (46.162)
16:59.293 (46.171)	17:45.584 (46.291)	18:30.846 (45.263)	19:10.326 (39.480)
10 Holly Moser	FR Colorado Mines	19:11.82	
1:28.489 (1:28.489)	2:12.089 (43.600)	2:55.062 (42.974)	3:38.279 (43.217)
4:21.871 (43.592)	5:06.012 (44.141)	5:49.944 (43.932)	6:34.186 (44.242)
7:18.549 (44.364)	8:03.335 (44.786)	8:48.359 (45.024)	9:33.942 (45.583)
10:19.344 (45.402)	11:05.035 (45.691)	11:51.155 (46.120)	12:38.211 (47.056)
13:25.363 (47.152)	14:14.218 (48.856)	15:03.973 (49.755)	15:55.011 (51.038)
16:45.466 (50.455)	17:35.430 (49.965)	18:24.575 (49.145)	19:11.816 (47.241)
11 Abi Read	FR Msu Denver	19:15.13	
1:31.435 (1:31.435)	2:17.283 (45.848)	3:03.296 (46.013)	3:50.294 (46.998)
4:36.898 (46.604)	5:22.356 (45.459)	6:08.227 (45.871)	6:54.574 (46.347)
7:40.941 (46.368)	8:28.144 (47.203)	9:15.880 (47.737)	10:01.914 (46.034)
10:47.426 (45.512)	11:34.186 (46.760)	12:19.908 (45.722)	13:06.173 (46.265)
13:53.500 (47.328)	14:40.745 (47.245)	15:26.821 (46.077)	16:13.029 (46.208)
16:59.175 (46.146)	17:45.718 (46.543)	18:31.352 (45.634)	19:15.126 (43.774)
12 Rachel Goodrich	FR Uc-Colo. Spgs.	19:19.46	
1:31.873 (1:31.873)	2:17.808 (45.935)	3:03.811 (46.004)	3:50.711 (46.900)
4:37.289 (46.578)	5:22.741 (45.452)	6:08.525 (45.784)	6:54.927 (46.403)
7:41.176 (46.249)	8:28.544 (47.368)	9:16.184 (47.640)	10:02.387 (46.203)
10:48.300 (45.913)	11:35.703 (47.403)	12:22.238 (46.535)	13:09.240 (47.003)
13:55.648 (46.408)	14:42.058 (46.410)	15:28.941 (46.884)	16:15.559 (46.618)
17:02.912 (47.353)	17:50.528 (47.616)	18:36.710 (46.183)	19:19.455 (42.745)
13 Hannah Rohrer-Fitzhugh	SR Westminster (Ut)	19:24.67	
1:28.655 (1:28.655)	2:12.374 (43.719)	2:56.026 (43.652)	3:40.379 (44.353)
4:25.536 (45.158)	5:12.046 (46.510)	5:58.996 (46.950)	6:46.414 (47.418)
7:34.594 (48.180)	8:22.669 (48.075)	9:11.251 (48.583)	9:59.786 (48.535)
10:47.294 (47.509)	11:34.742 (47.448)	12:20.384 (45.642)	13:08.090 (47.707)
13:55.925 (47.835)	14:41.128 (45.203)	15:27.819 (46.691)	16:15.537 (47.718)
17:02.567 (47.031)	17:50.276 (47.709)	18:37.893 (47.618)	19:24.664 (46.771)
14 Sarah Bassett	FR Uc-Colo. Spgs.	19:27.65	
1:30.856 (1:30.856)	2:16.740 (45.885)	3:02.653 (45.913)	3:49.712 (47.059)
4:36.365 (46.654)	5:21.744 (45.379)	6:07.622 (45.878)	6:53.977 (46.356)
7:40.416 (46.439)	8:27.393 (46.977)	9:15.012 (47.619)	10:01.619 (46.608)
10:47.889 (46.270)	11:34.879 (46.990)	12:21.646 (46.767)	13:09.175 (47.529)
13:55.886 (46.712)	14:43.409 (47.523)	15:32.152 (48.743)	16:21.298 (49.146)
17:10.051 (48.753)	17:58.808 (48.758)	18:44.986 (46.178)	19:27.650 (42.664)

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Results

....Event 2 Women 5000 Meter Run

15 Marissa Kuik	SR Uc-Colo. Spgs.	19:37.11		
1:29.958 (1:29.958)	2:16.156 (46.198)	3:02.073 (45.918)	3:49.143 (47.070)	
4:35.820 (46.677)	5:21.175 (45.355)	6:07.023 (45.848)	6:53.424 (46.402)	
7:39.789 (46.365)	8:27.207 (47.418)	9:14.808 (47.601)	10:01.359 (46.552)	
10:48.064 (46.705)	11:35.439 (47.376)	12:22.474 (47.035)	13:10.131 (47.657)	
13:58.079 (47.948)	14:46.797 (48.719)	15:35.819 (49.022)	16:25.104 (49.286)	
17:14.440 (49.336)	18:03.579 (49.139)	18:51.691 (48.113)	19:37.106 (45.415)	
16 Callie Ketner	SO Colo. Christian	19:45.39		
1:30.526 (1:30.526)	2:16.442 (45.916)	3:02.363 (45.921)	3:49.441 (47.078)	
4:36.075 (46.634)	5:21.459 (45.385)	6:07.317 (45.858)	6:53.821 (46.504)	
7:40.203 (46.383)	8:26.944 (46.741)	9:14.585 (47.641)	10:00.961 (46.376)	
10:47.575 (46.614)	11:35.302 (47.728)	12:21.996 (46.694)	13:10.657 (48.662)	
13:58.345 (47.688)	14:47.815 (49.470)	15:38.750 (50.935)	16:30.000 (51.250)	
17:21.767 (51.767)	18:12.589 (50.823)	19:02.688 (50.099)	19:45.386 (42.699)	
17 Ashley Frye	FR Uc-Colo. Spgs.	19:45.73		
1:31.591 (1:31.591)	2:17.481 (45.891)	3:03.563 (46.082)	3:50.529 (46.966)	
4:37.073 (46.545)	5:22.484 (45.411)	6:08.307 (45.823)	6:54.718 (46.411)	
7:41.008 (46.291)	8:28.263 (47.255)	9:16.275 (48.013)	10:02.519 (46.244)	
10:48.476 (45.957)	11:36.034 (47.559)	12:22.828 (46.794)	13:11.026 (48.198)	
13:58.733 (47.707)	14:48.120 (49.387)	15:39.077 (50.958)	16:29.375 (50.298)	
17:19.636 (50.262)	18:09.243 (49.607)	18:58.826 (49.583)	19:45.728 (46.903)	
18 Vanessa Kort	JR Msu Denver	19:58.72		
1:31.030 (1:31.030)	2:16.904 (45.874)	3:02.819 (45.915)	3:49.276 (46.457)	
4:35.518 (46.242)	5:20.850 (45.332)	6:06.766 (45.917)	6:53.598 (46.832)	
7:40.048 (46.450)	8:27.630 (47.583)	9:15.708 (48.078)	10:02.679 (46.971)	
10:50.006 (47.327)	11:38.745 (48.740)	12:28.785 (50.040)	13:19.169 (50.384)	
14:09.836 (50.668)	15:01.188 (51.352)	15:52.024 (50.836)	16:42.903 (50.880)	
17:32.853 (49.950)	18:21.462 (48.609)	19:11.879 (50.417)	19:58.712 (46.833)	
-- Reina Paredes	FR Adams State	SCR		

Event 3 Men Distance Medley

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 RMAC Indoor: R 9:53.09 2007 Adams State
 Braun, Marquez, Lara, Martinez
 NCAA Prov: P 10:05.84 2022
 Field House: F 10:06.44 2/27/2015 , Adams State
 Atchison, Anaya, Daniels, Batt

School	Finals	H#	Points
1 Adams State	10:02.08P	2	10 FH Record
1) Andrew O'Keefe FR	2) Jonah Vigil SO		
3) David Cardenas SO	4) Davonte Jett-Reynolds JR		
3:03.798 (3:03.798)	3:52.072 (48.274)	5:44.051 (1:51.979)	10:02.078 (4:18.028)
2 Csu-Pueblo	10:07.47	2	8
1) Jack Dickson FR	2) Nathan Hood SR		
3) Reece Sharman-Newell FR	4) Nikolaus Franzmair SO		
3:05.577 (3:05.577)	3:54.918 (49.341)	5:48.449 (1:53.532)	10:07.463 (4:19.014)
3 Colorado Mines	10:10.89	2	6
1) Kyle Moran JR	2) Ben Abueg JR		
3) Luke Julian JR	4) Dillon Powell FR		
3:07.276 (3:07.276)	3:58.383 (51.107)	5:53.452 (1:55.069)	10:10.889 (4:17.437)
4 Western Colo	10:16.22	2	5
1) Jackson Schwartz JR	2) Bryce Kizewski SO		

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Results

....Event 3 Men Distance Medley

3) Ryan Outler FR	4) Cade Michael SR						
3:08.055 (3:08.055)	3:57.905 (49.850)	5:54.923 (1:57.018)	10:16.217 (4:21.294)				
5 Uc-Colo. Spgs.		10:27.00	1	4			
1) Gavin Harden FR	2) Angel Laca JR						
3) Joey Hamilton FR	4) Evan Graff JR						
3:13.450 (3:13.450)	4:05.871 (52.421)	6:08.375 (2:02.504)	10:26.991 (4:18.616)				
6 Black Hills St.		10:50.48	1	3			
1) Marcos Valerio FR	2) Frank Becker SO						
3) Levi Smith FR	4) Tim Brown SO						
3:20.734 (3:20.734)	4:14.704 (53.970)	6:17.187 (2:02.483)	10:50.475 (4:33.288)				
7 SD Mines		10:53.81	1	2			
1) Zach Hentschel FR	2) Adam Namyst JR						
3) Carson Mashlan FR	4) Tyler Captain FR						
3:18.078 (3:18.078)	4:09.703 (51.626)	6:16.098 (2:06.395)	10:53.807 (4:37.709)				
8 Msu Denver		10:59.17	2	1			
1) Justin McDaniel FR	2) Brayden Hamby JR						
3) Ty Schauer FR	4) Colin Szuch FR						
3:20.962 (3:20.962)	4:15.377 (54.415)	6:20.231 (2:04.854)	10:59.169 (4:38.939)				
9 Colorado Mesa		11:12.41	1				
1) Trevor Smith SR	2) Casey Amori FR						
3) Jacob Valdez JR	4) Peter Martin FR						
3:22.090 (3:22.090)	4:15.780 (53.690)	6:16.152 (2:00.372)	11:12.406 (4:56.254)				

Event 4 Women Distance Medley

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RMAC Indoor: R 11:45.25 2/24/2017 Adams State
 R Flanagan, K Hartman, C Steen, J Thurman

NCAA Prov: P 12:07.33 2022

Field House: F 12:10.75 2/27/2015 , Adams State
 O'Brien, Allen, Roberts, Thurman

School	Finals	H#	Points				
1 Adams State	11:59.29P	2	10	FH Record			
1) Nicole Lawrence SO	2) Sadie Butler FR						
3) Jessica Simon SO	4) Brianna Robles SO						
3:38.859 (3:38.859)	4:37.665 (58.806)	6:55.560 (2:17.895)	11:59.287 (5:03.728)				
2 Csu-Pueblo	12:14.15	2	8				
1) Hailey Streff SR	2) Taylor Holland FR						
3) Helen Braybrook FR	4) Yasmine Hernandez SR						
3:42.477 (3:42.477)	4:42.439 (59.962)	7:04.069 (2:21.630)	12:14.142 (5:10.073)				
3 Uc-Colo. Spgs.	12:17.20	2	6				
1) Riley McGrath SO	2) Ashten Loeks SO						
3) Michela Hewitt SO	4) Kate Hedlund FR						
3:41.521 (3:41.521)	4:41.974 (1:00.453)	7:04.788 (2:22.814)	12:17.199 (5:12.411)				
4 Westminster (Ut)	12:18.40	2	5				
1) Josii Johnson JR	2) Katie Brotherson JR						
3) Emily Worline JR	4) Courtney McAlindon JR						
3:48.449 (3:48.449)	4:46.379 (57.931)	7:07.110 (2:20.731)	12:18.398 (5:11.289)				
5 Colo. Christian	12:21.94	2	4				
1) Paige Tack FR	2) Benisa Ellis FR						
3) Michelle Kuipers FR	4) Shannon King FR						
3:46.439 (3:46.439)	4:47.926 (1:01.487)	7:09.781 (2:21.856)	12:21.939 (5:12.158)				
6 Western Colo	12:53.83	2	3				
1) Allison Beasley FR	2) Amaya Booker SR						

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Results

....Event 4 Women Distance Medley

3) Abbey Mohan SO	4) Gretchen Slattum FR				
3:47.757 (3:47.757)	4:50.004 (1:02.247)	7:15.930 (2:25.926)	12:53.830 (5:37.901)		
7 Msu Denver		13:04.98	1	2	
1) Audrynn Street FR	2) Raygen Ivins FR				
3) Graciela Leal FR	4) Alliyah Molina FR				
4:00.046 (4:00.046)	5:02.490 (1:02.444)	7:32.514 (2:30.025)	13:04.976 (5:32.462)		
8 NM Highlands		13:14.54	1	1	
1) Nieves Pacheco SO	2) Hilary Udechukwu FR				
3) Lucia Harrison JR	4) Faith Lovato FR				
4:01.743 (4:01.743)	5:02.176 (1:00.433)	7:33.598 (2:31.422)	13:14.540 (5:40.942)		
9 Chadron State		13:17.12	1		
1) Hannah Wilkie FR	2) Caydince Groth FR				
3) Morgan Jagers FR	4) Alissa Wieman FR				
3:57.670 (3:57.670)	5:00.745 (1:03.075)	7:41.796 (2:41.051)	13:17.116 (5:35.320)		
10 Colorado Mesa		13:22.36	1		
1) Brooke Miller FR	2) Emma Dikken FR				
3) Amber Valdez SO	4) Kendall White FR				
4:02.905 (4:02.905)	5:06.904 (1:03.999)	7:31.724 (2:24.820)	13:22.360 (5:50.637)		
11 SD Mines		13:58.46	1		
1) Adeline Wilson SO	2) Kamryn Scully SO				
3) Abbie Saline FR	4) Allyson Heiden FR				
4:21.131 (4:21.131)	5:21.687 (1:00.557)	7:55.083 (2:33.396)	13:58.451 (6:03.368)		
-- Black Hills St.		SCR			
1) Ruby Lindquist SO	2) Mikayla Tracy SO				
3) Erica Dykstra JR	4) Xiomara Robinson JR				

Event 5 Men 1 Mile Run

=====
 RMAC Indoor: R 4:07.95 2/27/2016 Alec Baldwin, Black Hills State
 NCAA Prov: P 4:10.99 2022
 Field House: F 4:15.52 2/28/2015 Kevin Batt, Adams State

Name	Year	School	Finals	H#	Points
1 Luke Julian	JR	Colorado Mines	4:17.89	2	10
34.721 (34.721)	1:07.207 (32.486)	1:40.112 (32.905)	2:13.436 (33.325)		
2:45.472 (32.036)	3:17.901 (32.430)	3:48.773 (30.872)	4:17.887 (29.114)		
2 Evan Graff	JR	Uc-Colo. Spgs.	4:18.84	2	8
35.661 (35.661)	1:08.189 (32.528)	1:40.788 (32.599)	2:14.391 (33.603)		
2:46.104 (31.713)	3:18.661 (32.558)	3:49.696 (31.035)	4:18.835 (29.139)		
3 Mikah Paiz	FR	Adams State	4:19.33	2	6
34.401 (34.401)	1:07.007 (32.606)	1:39.914 (32.907)	2:13.277 (33.363)		
2:45.795 (32.519)	3:18.550 (32.755)	3:49.664 (31.114)	4:19.324 (29.660)		
4 Isaac Russo	JR	Colo. Christian	4:20.06	2	5
35.674 (35.674)	1:07.672 (31.998)	1:40.511 (32.840)	2:13.856 (33.345)		
2:46.163 (32.307)	3:18.913 (32.751)	3:50.264 (31.351)	4:20.055 (29.792)		
5 Alec Hall	SR	Adams State	4:20.51	2	4
34.177 (34.177)	1:06.775 (32.598)	1:39.709 (32.934)	2:13.045 (33.336)		
2:45.569 (32.525)	3:18.364 (32.795)	3:50.592 (32.228)	4:20.507 (29.915)		
6 Jeremy Miller	SO	Colo. Christian	4:20.99	2	3
35.884 (35.884)	1:08.379 (32.496)	1:40.926 (32.547)	2:14.129 (33.203)		
2:46.194 (32.066)	3:18.053 (31.859)	3:49.051 (30.998)	4:20.983 (31.932)		
7 Hudson Majeski	FR	Colo. Christian	4:22.06	1	2
34.595 (34.595)	1:07.761 (33.166)	1:40.692 (32.932)	2:14.205 (33.513)		
2:47.326 (33.121)	3:21.309 (33.983)	3:51.629 (30.320)	4:22.055 (30.426)		

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8	Keith Osowski	SR Black Hills St.	4:22.27	1	1
	35.259 (35.259)	1:08.230 (32.972)	1:41.065 (32.835)	2:14.545 (33.480)	
	2:47.558 (33.014)	3:20.736 (33.178)	3:52.051 (31.315)	4:22.263 (30.212)	
9	Jackson Schwartz	JR Western Colo	4:22.32	2	
	34.978 (34.978)	1:07.430 (32.452)	1:40.308 (32.879)	2:13.629 (33.321)	
	2:45.996 (32.367)	3:19.143 (33.147)	3:51.271 (32.128)	4:22.313 (31.043)	
10	Elias Perez	FR Adams State	4:25.05	1	
	35.131 (35.131)	1:08.034 (32.903)	1:41.008 (32.974)	2:14.398 (33.390)	
	2:47.611 (33.213)	3:21.202 (33.591)	3:53.595 (32.394)	4:25.050 (31.455)	
11	John Houdeshell	FR Western Colo	4:25.13	1	
	34.693 (34.693)	1:07.501 (32.809)	1:40.507 (33.006)	2:13.961 (33.454)	
	2:46.916 (32.955)	3:20.967 (34.051)	3:53.601 (32.634)	4:25.121 (31.521)	
12	William Johnson	FR Western Colo	4:25.20	1	
	34.874 (34.874)	1:07.877 (33.003)	1:40.847 (32.970)	2:14.245 (33.398)	
	2:47.402 (33.158)	3:21.417 (34.015)	3:54.165 (32.748)	4:25.196 (31.031)	
13	Gavin Harden	FR Uc-Colo. Spgs.	4:26.16	2	
	35.434 (35.434)	1:07.979 (32.545)	1:40.619 (32.641)	2:14.147 (33.528)	
	2:46.438 (32.292)	3:18.583 (32.145)	3:51.643 (33.060)	4:26.154 (34.512)	
14	Aidan Scott	FR Western Colo	4:26.84	1	
	35.008 (35.008)	1:07.656 (32.648)	1:40.648 (32.992)	2:13.855 (33.207)	
	2:47.071 (33.217)	3:21.018 (33.947)	3:53.839 (32.821)	4:26.835 (32.996)	
15	Chase Bracher	JR Colo. Christian	4:27.42	1	
	35.517 (35.517)	1:08.431 (32.914)	1:41.340 (32.909)	2:14.813 (33.473)	
	2:47.975 (33.163)	3:21.872 (33.897)	3:54.396 (32.524)	4:27.418 (33.022)	
16	Tim Brown	SO Black Hills St.	4:28.58	1	
	35.555 (35.555)	1:08.543 (32.988)	1:41.588 (33.046)	2:15.455 (33.867)	
	2:49.840 (34.385)	3:24.648 (34.808)	3:57.865 (33.217)	4:28.578 (30.713)	
17	Marcos Valerio	FR Black Hills St.	4:40.15	1	
	36.297 (36.297)	1:09.229 (32.932)	1:42.411 (33.182)	2:16.299 (33.889)	
	2:51.907 (35.608)	3:29.200 (37.294)	4:06.987 (37.787)	4:40.146 (33.159)	
--	Andrew O'Keefe	FR Adams State	DNF	2	
	33.871 (33.871)	1:06.500 (32.629)	1:39.475 (32.976)	2:12.770 (33.295)	
	2:45.261 (32.491)	3:17.829 (32.568)			

Event 6 Women 1 Mile Run

=====
 RMAC Indoor: R 4:49.40 1996 Elva Dryer, Western State

NCAA Prov: P 4:58.15 2022

Field House: F 4:38.08 1/20/2018 Emma Coburn, Unattached

Name	Year	School	Finals	H#	Points
1 Ava O'Connor	FR	Adams State	5:03.72	2	10
	41.567 (41.567)	1:22.978 (41.411)	2:03.470 (40.492)	2:43.255 (39.785)	
	3:20.576 (37.321)	3:56.083 (35.508)	4:31.107 (35.024)	5:03.719 (32.612)	
2 Layla Almasri	SR	Uc-Colo. Spgs.	5:03.91	2	8
	42.245 (42.245)	1:23.758 (41.514)	2:03.965 (40.207)	2:43.809 (39.845)	
	3:21.120 (37.311)	3:56.988 (35.869)	4:31.264 (34.276)	5:03.908 (32.644)	
3 Katie Doucette	SO	Western Colo	5:06.48	2	6
	41.858 (41.858)	1:23.375 (41.517)	2:03.913 (40.539)	2:43.618 (39.705)	
	3:21.145 (37.527)	3:56.794 (35.649)	4:32.886 (36.092)	5:06.471 (33.586)	
4 Courtney McAlindon	JR	Westminster (Ut)	5:06.58	2	5
	41.817 (41.817)	1:23.267 (41.450)	2:03.661 (40.395)	2:43.406 (39.745)	
	3:20.748 (37.342)	3:56.322 (35.574)	4:32.041 (35.720)	5:06.580 (34.539)	

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Results

....Event 6 Women 1 Mile Run

5 Riley McGrath	SO Uc-Colo. Spgs.	5:09.58	2	4
42.104 (42.104)	1:23.562 (41.458)	2:03.738 (40.176)	2:43.546 (39.808)	
3:20.948 (37.403)	3:56.310 (35.362)	4:32.273 (35.963)	5:09.576 (37.303)	
6 Sarah Wills	SR Adams State	5:09.69	2	3
42.421 (42.421)	1:23.849 (41.428)	2:04.162 (40.313)	2:43.351 (39.189)	
3:20.784 (37.433)	3:56.492 (35.709)	4:32.610 (36.118)	5:09.690 (37.080)	
7 Ruby Lindquist	SO Black Hills St.	5:10.55	2	2
42.518 (42.518)	1:24.052 (41.535)	2:04.365 (40.313)	2:43.968 (39.604)	
3:21.340 (37.372)	3:57.795 (36.455)	4:33.791 (35.996)	5:10.544 (36.753)	
8 Allison Beasley	FR Western Colo	5:11.35	1	1
43.182 (43.182)	1:23.443 (40.261)	2:02.765 (39.322)	2:42.354 (39.590)	
3:21.698 (39.344)	3:59.716 (38.018)	4:36.375 (36.660)	5:11.348 (34.973)	
9 Alex Raichart	JR Colorado Mines	5:11.92	1	
43.438 (43.438)	1:23.171 (39.733)	2:02.378 (39.207)	2:41.991 (39.613)	
3:21.602 (39.611)	3:59.922 (38.320)	4:36.534 (36.613)	5:11.913 (35.379)	
10 Hailey Streff	SR Csu-Pueblo	5:12.73	2	
42.005 (42.005)	1:23.966 (41.962)	2:04.118 (40.152)	2:43.680 (39.562)	
3:20.975 (37.296)	3:57.072 (36.097)	4:33.628 (36.557)	5:12.722 (39.094)	
11 Kira MacGill	FR Colorado Mesa	5:14.33	1	
43.516 (43.516)	1:23.837 (40.322)	2:02.705 (38.868)	2:42.220 (39.515)	
3:21.835 (39.615)	4:00.360 (38.525)	4:37.938 (37.578)	5:14.324 (36.386)	
12 Anna Fauske	FR Uc-Colo. Spgs.	5:16.90	1	
43.821 (43.821)	1:24.117 (40.296)	2:03.207 (39.090)	2:42.541 (39.335)	
3:22.071 (39.530)	4:01.430 (39.360)	4:40.595 (39.165)	5:16.893 (36.298)	
13 Shannon King	FR Colo. Christian	5:17.51	1	
42.894 (42.894)	1:23.768 (40.874)	2:03.024 (39.256)	2:42.500 (39.477)	
3:21.953 (39.453)	4:00.053 (38.100)	4:37.592 (37.540)	5:17.506 (39.914)	
14 Fiona Hawkins	FR Adams State	5:18.65	2	
42.074 (42.074)	1:23.520 (41.447)	2:03.495 (39.975)	2:43.222 (39.727)	
3:20.766 (37.545)	3:58.074 (37.308)	4:37.020 (38.946)	5:18.641 (41.621)	
15 Rachel Richtman	FR Uc-Colo. Spgs.	5:22.71	1	
44.207 (44.207)	1:24.731 (40.525)	2:03.717 (38.986)	2:43.685 (39.969)	
3:24.774 (41.089)	4:05.747 (40.973)	4:45.724 (39.978)	5:22.701 (36.977)	
16 Xiomara Robinson	JR Black Hills St.	5:23.52	1	
43.725 (43.725)	1:23.672 (39.947)	2:02.551 (38.879)	2:42.103 (39.552)	
3:21.471 (39.368)	3:59.746 (38.275)	4:38.520 (38.775)	5:23.519 (44.999)	
17 Gretchen Slattum	FR Western Colo	5:26.26	1	
43.704 (43.704)	1:24.028 (40.324)	2:03.193 (39.165)	2:42.757 (39.564)	
3:22.499 (39.743)	4:02.844 (40.345)	4:45.052 (42.208)	5:26.251 (41.199)	
18 Margot Thomas	FR Csu-Pueblo	5:46.62	1	
43.980 (43.980)	1:24.431 (40.451)	2:04.493 (40.062)	2:45.772 (41.279)	
3:28.693 (42.921)	4:13.027 (44.335)	4:58.953 (45.926)	5:46.614 (47.662)	

Event 7 Men 400 Meter Dash

Top 8 Advance by Time

RMAC Indoor: R 47.93	2/29/2020	Brodie Roden, Chadron State
NCAA Prov: P 48.52	2022	
Field House: F 48.87	2/28/2015	Ian Rozier, Colo. Mines
Name	Year School	Prelims H#

Preliminaries

1 Ryan O'Neal	FR Uc-Colo. Spgs.	49.88q	1
23.074 (23.074)	49.878 (26.805)		

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Results

....Event 7 Men 400 Meter Dash

2	Dillon Andrews	SO Uc-Colo. Spgs.	50.14q	3
	23.755 (23.755)	50.137 (26.382)		
3	Dayne Ortega	FR Colorado Mesa	50.27q	1
	23.290 (23.290)	50.265 (26.975)		
4	Osvaldo Cano	SO Chadron State	50.49q	4
	22.797 (22.797)	50.489 (27.692)		
5	Bryce Kizewski	SO Western Colo	50.60q	3
	24.383 (24.383)	50.594 (26.212)		
6	Isaac Orozco	SR SD Mines	50.70q	3
	24.587 (24.587)	50.695 (26.108)		
7	Greg Logsdon	FR Chadron State	50.77q	1
	23.932 (23.932)	50.766 (26.834)		
8	Kelsey Montague	FR Colorado Mesa	51.02q	2
	24.301 (24.301)	51.013 (26.712)		
9	Nathan Richardson	FR Csu-Pueblo	51.05	2
	24.499 (24.499)	51.043 (26.544)		
10	Noe Garcia	FR Western Colo	51.34	1
	23.665 (23.665)	51.337 (27.672)		
11	Dakota Merritt	SO Western Colo	51.46	2
	24.774 (24.774)	51.452 (26.678)		
12	Zach McMillan	FR Western Colo	51.93	1
	24.160 (24.160)	51.924 (27.764)		
13	Joey Maguire	JR Colorado Mines	51.98	4
	24.155 (24.155)	51.978 (27.823)		
14	Joseph Wilkins	FR Western Colo	52.29	3
	24.007 (24.007)	52.288 (28.281)		
15	Austin Reese	JR Colorado Mesa	52.46	4
	24.184 (24.184)	52.459 (28.275)		
16	Kennedy Martinez	SO Western Colo	52.75	2
	25.388 (25.388)	52.745 (27.357)		
17	Angel Laca	JR Uc-Colo. Spgs.	52.78	2
	25.474 (25.474)	52.777 (27.303)		
--	Josh Hamilton	FR Western Colo	FS	4

Event 7 Men 400 Meter Dash

=====
 RMAC Indoor: R 47.93 2/29/2020 Brodie Roden, Chadron State

NCAA Prov: P 48.52 2022

Field House: F 48.87 2/28/2015 Ian Rozier, Colo. Mines

Name	Year School	Finals	H#	Points
=====				
Finals				
1	Dillon Andrews	SO Uc-Colo. Spgs.	49.80	2 10
	23.608 (23.608)	49.794 (26.186)		
2	Osvaldo Cano	SO Chadron State	49.92	1 8
	22.795 (22.795)	49.912 (27.117)		
3	Kelsey Montague	FR Colorado Mesa	50.16	1 6
	24.061 (24.061)	50.155 (26.095)		
4	Ryan O'Neal	FR Uc-Colo. Spgs.	50.17	2 5
	23.704 (23.704)	50.161 (26.457)		
5	Greg Logsdon	FR Chadron State	50.44	2 4
	23.434 (23.434)	50.431 (26.997)		
6	Isaac Orozco	SR SD Mines	50.47	1 3
	24.649 (24.649)	50.464 (25.816)		

2022 RMAC Indoor Track and Field Championships - 2/25/2022 to 2/26/2022**Western Colorado University - Gunnison, Colo.****Mountaineer Field House****Results****....Event 7 Men 400 Meter Dash**

7 Bryce Kizewski	SO Western Colo	50.89	2	2
23.840 (23.840)	50.886 (27.046)			
-- Dayne Ortega	FR Colorado Mesa	SCR	1	

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

RMAC Indoor: R 54.65	2/23/2019	Skylyn Webb, UC-Colo.	Spgs
NCAA Prov: P 56.80	2022		
Field House: F 56.10	2/10/2019	Arria Minor, Unattached	
Name	Year School	Prelims	H#

Preliminaries

1 Kaiya Firor	SO Western Colo	57.09q	4
26.419 (26.419)	57.082 (30.664)		
2 Allyssa Romero	FR Msu Denver	58.54q	1
26.561 (26.561)	58.538 (31.977)		
3 Randi Higashi	JR Colorado Mines	58.59q	2
27.676 (27.676)	58.581 (30.905)		
4 Amber Davis	FR Uc-Colo. Spgs.	58.81q	4
26.728 (26.728)	58.803 (32.076)		
5 Sophia Lindauer	FR Colorado Mesa	58.83q	3
27.224 (27.224)	58.830 (31.606)		
6 Lizzie Waters	SO Uc-Colo. Spgs.	58.87q	2
27.132 (27.132)	58.868 (31.737)		
7 Mackenzie Burt	JR Western Colo	58.89q	3
26.909 (26.909)	58.887 (31.978)		
8 Grace Galvin	FR Colorado Mines	58.90q	3
26.741 (26.741)	58.900 (32.160)		
9 Katie Brotherson	JR Westminster (Ut)	58.92	2
27.219 (27.219)	58.920 (31.701)		
10 Alyssa Lopez	FR Uc-Colo. Spgs.	59.31	1
27.646 (27.646)	59.308 (31.662)		
11 Kamryn Scott	JR Msu Denver	59.54	1
27.841 (27.841)	59.537 (31.696)		
12 Kelia Portis	FR Western Colo	59.56	2
27.426 (27.426)	59.558 (32.132)		
13 Aliyah Reimer	FR Western Colo	1:00.41	4
28.247 (28.247)	1:00.409 (32.162)		
14 Grace Wenham	JR Uc-Colo. Spgs.	1:00.82	3
27.399 (27.399)	1:00.811 (33.412)		
15 Carlie Collier	SO Chadron State	1:01.06	4
27.983 (27.983)	1:01.053 (33.070)		
16 Lucia Harrison	JR NM Highlands	1:01.42	4
29.571 (29.571)	1:01.416 (31.846)		
17 Hilary Udechukwu	FR NM Highlands	1:01.47	1
27.794 (27.794)	1:01.466 (33.672)		
-- Erin Case	SO Csu-Pueblo	DNF	3
28.361 (28.361)			

2022 RMAC Indoor Track and Field Championships - 2/25/2022 to 2/26/2022**Western Colorado University - Gunnison, Colo.****Mountaineer Field House****Results****Event 8 Women 400 Meter Dash**

RMAC Indoor: R 54.65 2/23/2019 Skylyn Webb, UC-Colo. Spgs

NCAA Prov: P 56.80 2022

Field House: F 56.10 2/10/2019 Arria Minor, Unattached

Name	Year	School	Finals	H#	Points
Finals					
1 Kaiya Firor	SO	Western Colo	56.60P	2	10
26.581 (26.581)		56.600 (30.019)			
2 Mackenzie Burt	JR	Western Colo	57.88	2	8
26.884 (26.884)		57.871 (30.987)			
3 Randi Higashi	JR	Colorado Mines	58.06	1	6
27.085 (27.085)		58.057 (30.972)			
4 Amber Davis	FR	Uc-Colo. Spgs.	58.40	1	5
26.829 (26.829)		58.398 (31.569)			
5 Grace Galvin	FR	Colorado Mines	58.43	1	4
27.312 (27.312)		58.429 (31.118)			
6 Allyssa Romero	FR	Msu Denver	58.77	2	3
27.206 (27.206)		58.767 (31.561)			
7 Lizzie Waters	SO	Uc-Colo. Spgs.	59.48	1	2
27.290 (27.290)		59.474 (32.184)			
8 Sophia Lindauer	FR	Colorado Mesa	1:00.35	2	1
27.408 (27.408)		1:00.345 (32.937)			

Event 9 Men 60 Meter Dash**9 Advance: Top 1 Each Heat plus Next 7 Best Times**

RMAC Indoor: R 6.65 2/27/2016 Jurgen Themen, Adams State

NCAA Prov: P 6.87 2022

Field House: F 6.65 2/18/2022 Elijah Gilbert, Unattached

Name	Year	School	Prelims	H#
Preliminaries				
1 Kymani Sterling	FR	Uc-Colo. Spgs.	P 6.74Q	1
2 Elijah Williams	SO	Colorado Mesa	P 6.76Q	2
3 Jonah Vigil	SO	Adams State	P 6.81q	2
4 Ja'Warren Smith	FR	Western Colo	P 6.86q	2
5 Sterling Brassfield	FR	Colorado Mesa	P 6.87q	2
6 Eric Fike	SO	Western Colo	6.91q	2
7 Beau Thornton	FR	Colorado Mesa	6.94q	1
8 Jeremiah Wilson	SO	Colorado Mesa	6.95q	1 6.941
9 Justice Mendoza	FR	Uc-Colo. Spgs.	6.95q	1 6.942
10 Josue Jason	SO	Westminster (Ut)	6.96	2
11 Kade Christensen	SO	Colorado Mesa	6.97	1
12 Josh Thorn	FR	Uc-Colo. Spgs.	6.98	2
13 Andrew Cook	SO	Csu-Pueblo	7.03	1
14 Brian Mosley Jr.	SO	Uc-Colo. Spgs.	7.06	1
15 Peterson Bohannon	SO	Uc-Colo. Spgs.	7.12	2
16 Michael Nichols	SO	Uc-Colo. Spgs.	7.15	1
17 Quentin Hartel	FR	Colorado Mesa	7.23	2
-- Morgan Fawver	FR	Chadron State	SCR	1

2022 RMAC Indoor Track and Field Championships - 2/25/2022 to 2/26/2022**Western Colorado University - Gunnison, Colo.****Mountaineer Field House****Results****Event 9 Men 60 Meter Dash**

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RMAC Indoor: R 6.65 2/27/2016 Jurgen Themen, Adams State
NCAA Prov: P 6.87 2022
Field House: F 6.65 2/18/2022 Elijah Gilbert, Unattached
Name Year School Finals Points
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Finals

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1 Elijah Williams SO Colorado Mesa 6.77P 10
2 Kymani Sterling FR Uc-Colo. Spgs. 6.79P 8 6.788
3 Sterling Brassfield FR Colorado Mesa 6.79P 6 6.790
4 Jonah Vigil SO Adams State 6.83P 5
5 Ja'Warren Smith FR Western Colo 6.89 4 6.885
6 Beau Thornton FR Colorado Mesa 6.89 3 6.888
7 Jeremiah Wilson SO Colorado Mesa 6.93 2
8 Justice Mendoza FR Uc-Colo. Spgs. 6.95 1
9 Eric Fike SO Western Colo 6.98

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Event 10 Women 60 Meter Dash**9 Advance: Top 1 Each Heat plus Next 7 Best Times**

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RMAC Indoor: R 7.18 2/23/2019 Kandace Thomas, Adams State
NCAA Prov: P 7.67 2022
Field House: F 7.41 2/6/2016 Shanna Thomas, NM Highlands
Name Year School Prelims H#
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Preliminaries

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1 Kayla Zink SR Uc-Colo. Spgs. P 7.48Q 1
2 Sierra Arceneaux JR Colorado Mesa P 7.63Q 2 7.626
3 Victoria Farinas FR Uc-Colo. Spgs. P 7.62q 1
4 Rachel Crutcher JR Colorado Mesa P 7.63q 1 7.626
5 Maggie Gardella FR Uc-Colo. Spgs. P 7.65q 2
6 Myia Dantzler FR Western Colo P 7.66q 2
7 Brittany Fuchs JR Uc-Colo. Spgs. P 7.67q 1
8 Alese Sartain SO Adams State 7.73q 2
9 Breanne Fuller JR Black Hills St. 7.74q 2
10 Haley Golden JR Colorado Mesa 7.76 2
11 Jaivion Lattimore JR Msu Denver 7.77 1 7.767
12 Audrey Bloomquist SO Uc-Colo. Spgs. 7.77 1 7.769
13 Kierra Arceneaux JR Colorado Mesa 7.81 2
14 Shynesti Johnson JR Western Colo 7.82 1
15 Hannah George FR Colo. Christian 7.84 2
16 Mikayla Hutchison FR Western Colo 7.89 1 7.882
17 Keyanda Bolton FR Uc-Colo. Spgs. 7.89 2 7.885
18 Selisa Palmer FR NM Highlands 8.11 1

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Event 10 Women 60 Meter Dash

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=====
RMAC Indoor: R 7.18 2/23/2019 Kandace Thomas, Adams State
NCAA Prov: P 7.67 2022
Field House: F 7.41 2/6/2016 Shanna Thomas, NM Highlands
Name Year School Finals Points
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Finals

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1 Kayla Zink SR Uc-Colo. Spgs. 7.44P 10
2 Brittany Fuchs JR Uc-Colo. Spgs. 7.58P 8

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2022 RMAC Indoor Track and Field Championships - 2/25/2022 to 2/26/2022**Western Colorado University - Gunnison, Colo.****Mountaineer Field House****Results****....Event 10 Women 60 Meter Dash**

3	Victoria Farinas	FR Uc-Colo. Spgs.	7.60P	6	
4	Rachel Crutcher	JR Colorado Mesa	7.61P	5	
5	Sierra Arceneaux	JR Colorado Mesa	7.63P	4	7.621
6	Maggie Gardella	FR Uc-Colo. Spgs.	7.63P	3	7.623
7	Myia Dantzler	FR Western Colo	7.67P	2	
8	Alese Sartain	SO Adams State	7.76	1	
9	Breanne Fuller	JR Black Hills St.	7.98		

Event 11 Men 800 Meter Run

=====

RMAC Indoor: R 1:51.77 2012 Andrew Graham, Adams State
 NCAA Prov: P 1:52.85 2022
 Field House: F 1:52.24 2/28/2015 Robin Butler, Western Colo.

Name	Year	School	Finals	H#	Points
1 David Cardenas	SO	Adams State	1:53.25	3	10
27.424 (27.424)	57.128 (29.704)	1:25.965 (28.837)	1:53.250 (27.285)		
2 Nick Nowlen	JR	Msu Denver	1:53.32	3	8
27.015 (27.015)	57.297 (30.282)	1:25.921 (28.624)	1:53.315 (27.394)		
3 Reece Sharman-Newell	FR	Csu-Pueblo	1:53.72	3	6
27.201 (27.201)	57.363 (30.163)	1:25.566 (28.203)	1:53.717 (28.151)		
4 Brandon Bodner	SR	Msu Denver	1:54.43	2	5
26.393 (26.393)	53.440 (27.047)	1:23.065 (29.625)	1:54.421 (31.356)		
5 Aiden Urban	SR	Westminster (Ut)	1:54.94	3	4
27.151 (27.151)	57.341 (30.190)	1:26.313 (28.972)	1:54.938 (28.625)		
6 Nikolaus Franzmair	SO	Csu-Pueblo	1:55.34	3	3
27.851 (27.851)	57.605 (29.754)	1:26.729 (29.124)	1:55.334 (28.606)		
7 Ryan Outler	FR	Western Colo	1:56.03	1	2
27.294 (27.294)	57.087 (29.793)	1:25.802 (28.715)	1:56.026 (30.225)		
8 Andrew Gebhardt	FR	Colorado Mines	1:56.43	2	1
26.682 (26.682)	54.882 (28.200)	1:24.809 (29.927)	1:56.422 (31.613)		
9 Alex Maline	FR	Colorado Mines	1:56.69	2	
26.841 (26.841)	55.087 (28.246)	1:25.072 (29.985)	1:56.683 (31.611)		
10 Nathan Hood	SR	Csu-Pueblo	1:57.13	3	
27.826 (27.826)	57.783 (29.957)	1:26.919 (29.137)	1:57.129 (30.210)		
11 Kaleb Tipton	SO	Csu-Pueblo	1:57.43	1	
27.312 (27.312)	57.259 (29.947)	1:27.668 (30.409)	1:57.425 (29.757)		
12 Logan Moravec	FR	Chadron State	1:57.92	1	
27.974 (27.974)	58.013 (30.039)	1:28.199 (30.187)	1:57.916 (29.717)		
13 Aidan Day	SO	Colo. Christian	1:58.95	1	
27.752 (27.752)	57.775 (30.023)	1:28.583 (30.808)	1:58.945 (30.362)		
14 Joey Hamilton	FR	Uc-Colo. Spgs.	1:59.00	1	
28.129 (28.129)	58.182 (30.053)	1:28.857 (30.675)	1:58.993 (30.137)		
15 Abdi Abade	FR	Adams State	1:59.49	1	
27.138 (27.138)	56.952 (29.814)	1:27.543 (30.591)	1:59.483 (31.941)		
16 Thomas Gilfillan	FR	Msu Denver	2:00.22	2	
26.608 (26.608)	54.579 (27.971)	1:26.083 (31.505)	2:00.220 (34.137)		
17 Jack Dickson	FR	Csu-Pueblo	2:02.30	2	
26.767 (26.767)	55.609 (28.843)	1:26.945 (31.336)	2:02.293 (35.348)		
-- Ben Abueg	JR	Colorado Mines	DNF	2	
25.973 (25.973)	53.162 (27.190)				

2022 RMAC Indoor Track and Field Championships - 2/25/2022 to 2/26/2022**Western Colorado University - Gunnison, Colo.****Mountaineer Field House****Results****Event 12 Women 800 Meter Run**

=====						
RMAC Indoor: R 2:11.10		1999	Sarah Parkey, Adams State			
NCAA Prov: P 2:14.51		2022				
Field House: F 2:12.01		12/11/2021	Yasmine Hernandez, CSU-Pueblo			
Name	Year	School	Finals	H#	Points	
=====						
1	Yasmine Hernandez	SR Csu-Pueblo	2:13.80P	3	10	
	32.270 (32.270)	1:06.622 (34.353)	1:40.808 (34.186)		2:13.799 (32.992)	
2	Josii Johnson	JR Westminster (Ut)	2:14.50P	3	8	
	31.970 (31.970)	1:06.218 (34.249)	1:41.099 (34.881)		2:14.497 (33.399)	
3	Jessica Simon	SO Adams State	2:14.81	3	6	
	31.933 (31.933)	1:06.838 (34.905)	1:42.104 (35.266)		2:14.804 (32.700)	
4	Emily Worline	JR Westminster (Ut)	2:16.24	2	5	
	32.013 (32.013)	1:05.566 (33.554)	1:40.009 (34.443)		2:16.231 (36.223)	
5	Aryelle Wright	JR Colorado Mines	2:16.99	3	4	
	32.560 (32.560)	1:07.370 (34.811)	1:42.750 (35.380)		2:16.989 (34.239)	
6	Helen Braybrook	FR Csu-Pueblo	2:17.47	2	3	
	32.239 (32.239)	1:06.054 (33.816)	1:42.488 (36.434)		2:17.469 (34.981)	
7	Kate Hedlund	FR Uc-Colo. Spgs.	2:17.93	2	2	
	33.582 (33.582)	1:08.572 (34.991)	1:43.470 (34.898)		2:17.924 (34.454)	
8	Michela Hewitt	SO Uc-Colo. Spgs.	2:20.15	2	1	
	34.083 (34.083)	1:09.205 (35.122)	1:44.592 (35.388)		2:20.142 (35.550)	
9	Hannah Wilkie	FR Chadron State	2:20.79	2		
	33.897 (33.897)	1:08.958 (35.061)	1:44.519 (35.562)		2:20.782 (36.263)	
10	Michelle Kuipers	FR Colo. Christian	2:20.92	3		
	33.012 (33.012)	1:08.513 (35.501)	1:46.389 (37.877)		2:20.919 (34.530)	
11	Mackenzie Duck	JR Colorado Mines	2:20.93	3		
	32.475 (32.475)	1:07.146 (34.671)	1:43.996 (36.850)		2:20.928 (36.932)	
12	Taylor Holland	FR Csu-Pueblo	2:21.58	1		
	33.185 (33.185)	1:10.051 (36.866)	1:47.231 (37.180)		2:21.572 (34.341)	
13	Benisa Ellis	FR Colo. Christian	2:21.68	1		
	33.109 (33.109)	1:09.945 (36.836)	1:47.486 (37.542)		2:21.671 (34.185)	
14	Erica Dykstra	JR Black Hills St.	2:22.14	1		
	33.290 (33.290)	1:10.215 (36.926)	1:47.782 (37.567)		2:22.134 (34.352)	
15	Ashten Loeks	SO Uc-Colo. Spgs.	2:23.80	1		
	33.340 (33.340)	1:10.429 (37.089)	1:47.282 (36.854)		2:23.796 (36.514)	
16	Abbey Mohan	SO Western Colo	2:23.84	2		
	33.597 (33.597)	1:09.543 (35.946)	1:46.672 (37.129)		2:23.832 (37.160)	
17	Elizabeth Bindert	SO Uc-Colo. Spgs.	2:24.13	1		
	33.556 (33.556)	1:10.440 (36.885)	1:47.826 (37.386)		2:24.123 (36.297)	
18	Audrynn Street	FR Msu Denver	2:24.41	1		
	33.519 (33.519)	1:10.702 (37.184)	1:48.090 (37.388)		2:24.409 (36.319)	
19	Amber Valdez	SO Colorado Mesa	2:24.89	1		
	33.367 (33.367)	1:10.187 (36.820)	1:47.597 (37.410)		2:24.884 (37.287)	

2022 RMAC Indoor Track and Field Championships - 2/25/2022 to 2/26/2022

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Mountaineer Field House

Results

Event 13 Men 60 Meter Hurdles

9 Advance: Top 1 Each Heat plus Next 7 Best Times

RMAC Indoor: R	7.89	2013	Darius Reed, Metro State
RMAC Indoor: R	7.89	2014	Karl McFarlane, Chadron State
NCAA Prov: P	8.23	2022	
Field House: F	7.90	2/20/2016	Kyree Gerstle-Goodman, Western C
Name		Year School	Prelims H#

Preliminaries

1 Leroy Elliott	JR Adams State	R 7.85Q	2 RMAC & FH Rec
2 Zayden Davis	FR Colorado Mesa	P 8.14Q	1
3 Chris Hudnall	SO Uc-Colo. Spgs.	P 8.05q	2
4 Carl Schmidt	SO Csu-Pueblo	P 8.17q	1
5 Nathan Hanson	SO Colorado Mesa	P 8.18q	2
6 Jacob Stroup	JR Western Colo	P 8.20q	2
7 Creighton Trembly	FR Chadron State	P 8.23q	1
8 Jeremiah Bridges	SR SD Mines	P 8.23q	1
9 Anthony Martinez	FR Msu Denver	8.24q	2
10 Jordan Spencer	FR Adams State	8.26	1
11 Brock Lloyd	SO Westminster (Ut)	8.33	1
12 Adam Namyst	JR SD Mines	8.60	2
13 Joe Whitney	JR Colorado Mines	8.73	1
14 Cole Jaquette	JR Western Colo	8.79	2
15 Christian Byrtus	FR Western Colo	8.81	2
16 Jonathan Hopkins	FR SD Mines	9.02	1
17 Dillon Copeland	FR Western Colo	9.15	2

Event 13 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 Prov: P	8.23	2022	
Field House: F	7.90	2/20/2016	Kyree Gerstle-Goodman, Western Colol
Name		Year School	Finals Points

Finals

1 Leroy Elliott	JR Adams State	7.92P	10	Prelim Record
2 Chris Hudnall	SO Uc-Colo. Spgs.	8.00P	8	
3 Zayden Davis	FR Colorado Mesa	8.10P	6	
4 Carl Schmidt	SO Csu-Pueblo	8.16P	5	8.154
5 Jeremiah Bridges	SR SD Mines	8.16P	4	8.157
6 Jacob Stroup	JR Western Colo	8.29	3	
7 Anthony Martinez	FR Msu Denver	8.31	2	
8 Nathan Hanson	SO Colorado Mesa	8.35	1	
9 Creighton Trembly	FR Chadron State	10.61		

2022 RMAC Indoor Track and Field Championships - 2/25/2022 to 2/26/2022**Western Colorado University - Gunnison, Colo.****Mountaineer Field House****Results****Event 14 Women 60 Meter Hurdles****9 Advance: Top 1 Each Heat plus Next 7 Best Times**

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=====
RMAC Indoor: R 8.28 2011          Indira Spence, Adams State
NCAA Prov: P 8.83 2022
Field House: F 8.38 2/6/2016    Salcia Slack, NM Highlands
Name                    Year School                    Prelims  H#
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Preliminaries

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1 Missy Moreni          FR Uc-Colo. Spgs.          P 8.58Q  1
2 Zeaniah Wedgeworth   FR Adams State             8.93Q  2
3 Sadie Butler          FR Adams State             9.04q  1
4 Kailey Paterson      JR Colorado Mesa           9.05q  2
5 Terra Valadez        SR Uc-Colo. Spgs.         9.07q  2
6 Katie Brotherson     JR Westminster (Ut)       9.13q  2  9.123
7 Lizzie Waters        SO Uc-Colo. Spgs.         9.13q  1  9.129
8 Alexis Carroll       SR Uc-Colo. Spgs.         9.18q  2
9 Maya Ries            FR Msu Denver              9.19q  1
10 Maggie Remsberg     SO Uc-Colo. Spgs.         9.20  2
11 Averie Griffith     SO Colorado Mesa           9.24  2
12 Clara Tuti           FR Western Colo            9.31  1
13 Beatrice Armijo     JR NM Highlands            9.33  1
14 Kelia Portis        FR Western Colo            9.34  2
15 Kennede Brown       SR Colorado Mines          9.40  1
16 Danae Rader         FR Chadron State           9.52  2
17 Ella McKinna-Worrell JR Uc-Colo. Spgs.         9.62  1

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Event 14 Women 60 Meter Hurdles

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=====
RMAC Indoor: R 8.28 2011          Indira Spence, Adams State
NCAA Prov: P 8.83 2022
Field House: F 8.38 2/6/2016    Salcia Slack, NM Highlands
Name                    Year School                    Finals  Points
=====

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Finals

```

1 Missy Moreni          FR Uc-Colo. Spgs.          8.47P  10
2 Zeaniah Wedgeworth   FR Adams State             8.96   8    8.953
3 Terra Valadez        SR Uc-Colo. Spgs.         8.96   6    8.960
4 Sadie Butler          FR Adams State             8.97   5
5 Maya Ries            FR Msu Denver              9.00   4
6 Lizzie Waters        SO Uc-Colo. Spgs.         9.06   3
7 Alexis Carroll       SR Uc-Colo. Spgs.         9.15   2
8 Katie Brotherson     JR Westminster (Ut)       9.32   1
-- Kailey Paterson     JR Colorado Mesa           DQ                    Rule 7-6-2d

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Event 15 Men 200 Meter Dash**Top 8 Advance by Time**

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=====
RMAC Indoor: R 21.40 2/23/2019   Ian Kerr, Adams State
NCAA Prov: P 21.69 2022
Field House: F 21.70 12/11/2021  Elijah Williams, Colorado Mesa
Name                    Year School                    Prelims  H#
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Preliminaries

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1 Nigel Mitchell       SO Csue-Pueblo             21.83q  3
2 Kymani Sterling      FR Uc-Colo. Spgs.         21.85q  2

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2022 RMAC Indoor Track and Field Championships - 2/25/2022 to 2/26/2022

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Results

....Event 15 Men 200 Meter Dash

3	Justice Mendoza	FR Uc-Colo. Spgs.	21.90q	3
4	Elijah Williams	SO Colorado Mesa	21.96q	1
5	Tyrell Smith	SO Csu-Pueblo	21.99q	4
6	Eric Fike	SO Western Colo	22.27q	1
7	Dayne Ortega	FR Colorado Mesa	22.29q	1
8	Ethan Loper	JR Msu Denver	22.32q	2 22.313
9	Ja'Warren Smith	FR Western Colo	22.32	4 22.315
10	Beau Thornton	FR Colorado Mesa	22.50	4
11	Michael Nichols	SO Uc-Colo. Spgs.	22.57	1
12	Kade Christensen	SO Colorado Mesa	22.70	2
13	Tyler Bradley	SO Colo. Christian	22.71	4
14	Quincy Efeturi	FR Chadron State	22.74	4
15	Jeremiah Reed	FR Colorado Mesa	22.80	3
16	Josue Jason	SO Westminster (Ut)	23.02	3
17	Sterling Brassfield	FR Colorado Mesa	23.35	2

Event 15 Men 200 Meter Dash

=====
 RMAC Indoor: R 21.40 2/23/2019 Ian Kerr, Adams State
 NCAA Prov: P 21.69 2022
 Field House: F 21.70 12/11/2021 Elijah Williams, Colorado Mesa

Name	Year	School	Finals	H#	Points
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Finals

1	Elijah Williams	SO Colorado Mesa	21.51P	1	10	FH Record
2	Justice Mendoza	FR Uc-Colo. Spgs.	21.74	1	8	
3	Nigel Mitchell	SO Csu-Pueblo	21.79	2	6	
4	Tyrell Smith	SO Csu-Pueblo	21.81	2	5	
5	Kymani Sterling	FR Uc-Colo. Spgs.	21.86	2	4	
6	Ethan Loper	JR Msu Denver	22.36	1	3	
7	Eric Fike	SO Western Colo	24.31	1	2	
--	Dayne Ortega	FR Colorado Mesa	SCR	2		

Event 16 Women 200 Meter Dash

Top 8 Advance by Time

=====
 RMAC Indoor: R 23.63 2/22/2019 Kandace Thomas, Adams State
 NCAA Prov: P 24.85 2022
 Field House: F 23.78 2/10/2019 Arria Minor, Unattached

Name	Year	School	Prelims	H#
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Preliminaries

1	Kayla Zink	SR Uc-Colo. Spgs.	P 24.55q	3
2	Brittany Fuchs	JR Uc-Colo. Spgs.	P 24.73q	1
3	Sierra Arceneaux	JR Colorado Mesa	25.03q	2
4	Amaya Booker	SR Western Colo	25.12q	4
5	Kaiya Firor	SO Western Colo	25.13q	1
6	Rachel Crutcher	JR Colorado Mesa	25.24q	2
7	Maggie Gardella	FR Uc-Colo. Spgs.	25.30q	1
8	Keyanda Bolton	FR Uc-Colo. Spgs.	25.39q	3
9	Breanne Fuller	JR Black Hills St.	25.50	4
10	Sakara Harrison	FR Western Colo	25.54	3
11	Serenity Burnett-Perry	FR Colorado Mesa	25.56	1
12	Selisa Palmer	FR NM Highlands	25.76	2

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Results

....Event 16 Women 200 Meter Dash

13	Jaivion Lattimore	JR Msu Denver	25.80	2
14	Haley Golden	JR Colorado Mesa	25.87	4
15	Victoria Eversley	FR Colorado Mesa	26.08	2 26.078
16	Carlie Collier	SO Chadron State	26.08	4 26.079
17	Mikayla Hutchison	FR Western Colo	26.12	4
18	Myia Dantzler	FR Western Colo	26.55	3

Event 16 Women 200 Meter Dash

=====
 RMAC Indoor: R 23.63 2/22/2019 Kandace Thomas, Adams State
 NCAA Prov: P 24.85 2022
 Field House: F 23.78 2/10/2019 Arria Minor, Unattached

Name	Year	School	Finals	H#	Points
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Finals

1	Kayla Zink	SR Uc-Colo. Spgs.	24.54P	2	10
2	Brittany Fuchs	JR Uc-Colo. Spgs.	24.73P	2	8
3	Sierra Arceneaux	JR Colorado Mesa	24.89	1	6
4	Amaya Booker	SR Western Colo	24.94	1	5
5	Rachel Crutcher	JR Colorado Mesa	25.06	1	4
6	Kaiya Firor	SO Western Colo	25.16	2	3
7	Keyanda Bolton	FR Uc-Colo. Spgs.	25.18	1	2
8	Maggie Gardella	FR Uc-Colo. Spgs.	25.53	2	1

Event 17 Men 3000 Meter Run

=====
 RMAC Indoor: R 8:14.10 2005 Celedonio Rodriguez, Adams State
 NCAA Prov: P 8:21.16 2022
 Field House: F 8:29.35 1/30/2021 Charlie Sweeney, Western Colo.

Name	Year	School	Finals	Points
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1	Davonte Jett-Reynolds	JR Adams State	8:28.62F	10	FH Record
	34.051 (34.051)	1:09.170 (35.119)	1:44.697 (35.527)	2:19.805 (35.109)	
	2:54.731 (34.926)	3:29.496 (34.765)	4:03.826 (34.330)	4:37.936 (34.111)	
	5:12.157 (34.221)	5:44.795 (32.638)	6:17.933 (33.139)	6:51.408 (33.475)	
	7:26.496 (35.088)	8:00.554 (34.058)	8:28.615 (28.061)		
2	Afewerki Zeru	JR Uc-Colo. Spgs.	8:31.26	8	
	35.222 (35.222)	1:10.035 (34.814)	1:45.477 (35.442)	2:20.828 (35.351)	
	2:55.299 (34.471)	3:29.886 (34.587)	4:03.554 (33.669)	4:36.504 (32.950)	
	5:10.756 (34.252)	5:43.358 (32.602)	6:17.118 (33.760)	6:51.154 (34.037)	
	7:26.217 (35.063)	8:00.659 (34.442)	8:31.252 (30.593)		
3	Cade Michael	SR Western Colo	8:35.64	6	
	34.274 (34.274)	1:09.386 (35.112)	1:44.924 (35.539)	2:20.412 (35.488)	
	2:54.938 (34.527)	3:29.715 (34.777)	4:03.965 (34.250)	4:37.147 (33.183)	
	5:11.476 (34.329)	5:46.230 (34.754)	6:21.262 (35.032)	6:56.361 (35.099)	
	7:31.116 (34.756)	8:04.718 (33.602)	8:35.632 (30.914)		
4	Josh Pierantoni	JR Colo. Christian	8:37.38	5	
	34.521 (34.521)	1:09.640 (35.119)	1:45.165 (35.525)	2:20.698 (35.534)	
	2:55.160 (34.462)	3:29.925 (34.765)	4:03.737 (33.813)	4:36.735 (32.998)	
	5:10.999 (34.264)	5:43.908 (32.909)	6:18.242 (34.334)	6:52.936 (34.694)	
	7:28.495 (35.559)	8:03.348 (34.854)	8:37.380 (34.032)		

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5	Steven Goldy	JR Colorado Mines	8:40.59	4
	34.469 (34.469)	1:09.244 (34.775)	1:44.728 (35.484)	2:20.285 (35.557)
	2:54.495 (34.210)	3:29.144 (34.650)	4:03.287 (34.143)	4:36.757 (33.471)
	5:11.226 (34.469)	5:45.533 (34.307)	6:20.377 (34.845)	6:56.216 (35.839)
	7:32.359 (36.143)	8:08.526 (36.167)	8:40.588 (32.063)	
6	Tony Torres	JR Colorado Mesa	8:41.42	3
	34.316 (34.316)	1:09.582 (35.266)	1:45.080 (35.498)	2:20.563 (35.483)
	2:55.096 (34.534)	3:29.669 (34.573)	4:04.116 (34.447)	4:37.456 (33.341)
	5:11.717 (34.261)	5:46.549 (34.832)	6:20.961 (34.412)	6:55.683 (34.722)
	7:31.186 (35.504)	8:06.586 (35.400)	8:41.415 (34.829)	
7	Chris Cathcart	JR Colorado Mines	8:42.60	2
	34.752 (34.752)	1:09.807 (35.055)	1:45.358 (35.552)	2:20.948 (35.590)
	2:55.395 (34.447)	3:30.122 (34.728)	4:02.317 (32.195)	4:35.560 (33.244)
	5:10.834 (35.274)	5:46.054 (35.220)	6:21.886 (35.833)	6:57.647 (35.761)
	7:34.503 (36.857)	8:09.994 (35.491)	8:42.591 (32.597)	
8	John O'Malley	SO Colorado Mines	8:49.13	1
	34.247 (34.247)	1:09.873 (35.626)	1:45.447 (35.575)	2:21.232 (35.785)
	2:55.430 (34.198)	3:29.938 (34.509)	4:04.171 (34.233)	4:37.692 (33.522)
	5:11.681 (33.989)	5:46.740 (35.059)	6:21.625 (34.885)	6:58.099 (36.474)
	7:36.745 (38.646)	8:14.944 (38.200)	8:49.127 (34.183)	
9	Yonas Haile	FR Adams State	8:51.34	
	34.826 (34.826)	1:10.249 (35.423)	1:45.715 (35.466)	2:21.268 (35.554)
	2:55.723 (34.455)	3:30.457 (34.735)	4:04.308 (33.851)	4:38.278 (33.970)
	5:11.988 (33.710)	5:47.155 (35.168)	6:23.179 (36.024)	7:00.190 (37.011)
	7:37.878 (37.688)	8:14.913 (37.035)	8:51.337 (36.425)	
10	Matthew Mettler	FR Colorado Mines	8:53.02	
	35.504 (35.504)	1:10.833 (35.329)	1:46.154 (35.322)	2:21.778 (35.624)
	2:56.568 (34.790)	3:31.085 (34.518)	4:05.106 (34.021)	4:39.361 (34.255)
	5:14.707 (35.347)	5:50.663 (35.956)	6:27.387 (36.725)	7:04.527 (37.140)
	7:42.510 (37.983)	8:18.710 (36.200)	8:53.017 (34.308)	
11	Aron Orar	JR Adams State	9:01.49	
	34.973 (34.973)	1:10.107 (35.134)	1:45.615 (35.508)	2:21.077 (35.462)
	2:55.542 (34.465)	3:30.033 (34.492)	4:04.865 (34.832)	4:40.363 (35.498)
	5:17.170 (36.808)	5:53.715 (36.545)	6:31.029 (37.314)	7:09.311 (38.282)
	7:48.368 (39.057)	8:27.029 (38.662)	9:01.487 (34.458)	
12	Mark Testa	JR Colorado Mesa	9:01.96	
	35.638 (35.638)	1:11.112 (35.474)	1:46.373 (35.261)	2:22.012 (35.640)
	2:56.772 (34.760)	3:31.742 (34.970)	4:06.332 (34.590)	4:42.726 (36.395)
	5:19.571 (36.845)	5:56.544 (36.973)	6:33.679 (37.135)	7:11.827 (38.149)
	7:50.593 (38.766)	8:28.883 (38.291)	9:01.953 (33.070)	
13	Mitchell Dervin	JR Adams State	9:02.23	
	34.604 (34.604)	1:08.776 (34.172)	1:44.199 (35.423)	2:19.972 (35.774)
	2:54.363 (34.391)	3:28.919 (34.556)	4:02.719 (33.800)	4:38.019 (35.301)
	5:15.140 (37.121)	5:54.270 (39.130)	6:33.295 (39.026)	7:12.340 (39.045)
	7:51.804 (39.464)	8:29.502 (37.698)	9:02.228 (32.726)	
14	John Houdeshell	FR Western Colo	9:09.32	
	35.774 (35.774)	1:11.275 (35.501)	1:46.471 (35.197)	2:21.885 (35.414)
	2:56.754 (34.869)	3:32.109 (35.356)	4:07.768 (35.659)	4:44.479 (36.711)
	5:21.647 (37.168)	5:59.607 (37.960)	6:37.936 (38.330)	7:16.712 (38.776)
	7:55.497 (38.785)	8:33.351 (37.854)	9:09.317 (35.966)	

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Results

....Event 17 Men 3000 Meter Run

15 Mikah Paiz	FR Adams State	9:11.72		
35.185 (35.185)	1:10.543 (35.358)	1:45.898 (35.356)	2:21.525 (35.627)	
2:56.153 (34.628)	3:30.838 (34.686)	4:06.152 (35.314)	4:43.143 (36.991)	
5:19.993 (36.850)	5:58.689 (38.696)	6:37.873 (39.184)	7:17.576 (39.703)	
7:56.399 (38.823)	8:35.713 (39.315)	9:11.715 (36.002)		
-- Michael Grabowski	JR Western Colo	DNF		
35.417 (35.417)	1:10.626 (35.210)	1:45.983 (35.357)	2:21.497 (35.515)	
2:56.333 (34.836)	3:31.526 (35.193)	4:06.989 (35.463)		
-- Andrew Kaye	SO Colorado Mines	SCR		
-- Duncan Fuehne	FR Colorado Mines	SCR		
-- James Dunne	FR Adams State	SCR		
-- Awet Beraki	SO Adams State	SCR		
-- Clement Duigou	JR Adams State	SCR		

Event 18 Women 3000 Meter Run

=====				
RMAC Indoor: R	9:40.20	2003	Amber Klein, Adams State	
NCAA Prov: P	9:58.36	2022		
Field House: F	10:03.82	12/11/2021	Brianna Robles, Adams State	
Name	Year	School	Finals	Points
=====				
1 Brianna Robles	SO	Adams State	9:55.15P	10 FH Record
40.556 (40.556)	1:22.656 (42.101)	2:03.924 (41.268)	2:44.536 (40.612)	
3:24.867 (40.331)	4:05.158 (40.291)	4:44.786 (39.628)	5:25.778 (40.993)	
6:06.570 (40.792)	6:46.598 (40.029)	7:26.123 (39.525)	8:05.038 (38.915)	
8:44.278 (39.240)	9:21.754 (37.477)	9:55.141 (33.387)		
2 Zoe Baker	SO	Colorado Mines	10:02.38F	8
41.291 (41.291)	1:24.196 (42.905)	2:04.746 (40.550)	2:45.753 (41.007)	
3:26.744 (40.991)	4:06.436 (39.692)	4:45.915 (39.479)	5:26.393 (40.478)	
6:07.070 (40.677)	6:47.022 (39.952)	7:26.445 (39.424)	8:05.354 (38.909)	
8:44.910 (39.556)	9:24.454 (39.544)	10:02.376 (37.922)		
3 Emily Schoellkopf	FR	Adams State	10:03.01F	6
40.953 (40.953)	1:23.134 (42.181)	2:04.141 (41.007)	2:45.079 (40.938)	
3:25.856 (40.778)	4:05.930 (40.074)	4:45.599 (39.669)	5:26.757 (41.158)	
6:07.340 (40.583)	6:47.890 (40.551)	7:28.721 (40.831)	8:08.492 (39.771)	
8:47.898 (39.406)	9:27.337 (39.439)	10:03.009 (35.673)		
4 Layla Almasri	SR	Uc-Colo. Spgs.	10:04.49	5
41.330 (41.330)	1:23.839 (42.510)	2:04.586 (40.747)	2:45.442 (40.856)	
3:26.193 (40.752)	4:06.185 (39.992)	4:45.779 (39.594)	5:26.550 (40.772)	
6:07.222 (40.672)	6:47.284 (40.063)	7:27.610 (40.326)	8:08.174 (40.564)	
8:48.877 (40.704)	9:29.906 (41.029)	10:04.488 (34.582)		
5 Katie Doucette	SO	Western Colo	10:07.60	4
41.239 (41.239)	1:24.032 (42.793)	2:04.489 (40.458)	2:45.708 (41.219)	
3:26.503 (40.795)	4:06.538 (40.036)	4:46.283 (39.745)	5:27.090 (40.808)	
6:07.746 (40.656)	6:48.263 (40.517)	7:29.279 (41.017)	8:09.413 (40.134)	
8:50.174 (40.762)	9:30.304 (40.130)	10:07.592 (37.288)		
6 Nicole Lawrence	SO	Adams State	10:19.68	3
40.910 (40.910)	1:22.977 (42.067)	2:04.181 (41.204)	2:45.115 (40.935)	
3:25.544 (40.429)	4:05.610 (40.066)	4:45.283 (39.673)	5:26.518 (41.235)	
6:08.125 (41.607)	6:49.958 (41.834)	7:32.421 (42.463)	8:15.383 (42.962)	
8:58.574 (43.191)	9:41.667 (43.093)	10:19.680 (38.013)		

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7	Precious Robinson	FR Adams State	10:19.90	2
	40.611 (40.611)	1:22.561 (41.950)	2:03.857 (41.297)	2:44.812 (40.955)
	3:25.229 (40.418)	4:04.924 (39.695)	4:44.708 (39.784)	5:25.736 (41.028)
	6:06.821 (41.085)	6:47.346 (40.525)	7:28.478 (41.132)	8:09.576 (41.098)
	8:52.749 (43.173)	9:36.905 (44.156)	10:19.893 (42.988)	
8	Paige Tack	FR Colo. Christian	10:23.24	1
	41.645 (41.645)	1:24.271 (42.627)	2:04.950 (40.679)	2:46.004 (41.054)
	3:26.975 (40.972)	4:06.877 (39.902)	4:46.572 (39.695)	5:27.356 (40.784)
	6:08.301 (40.946)	6:49.308 (41.007)	7:31.413 (42.105)	8:13.583 (42.170)
	8:57.170 (43.587)	9:40.514 (43.345)	10:23.232 (42.718)	
9	Kira MacGill	FR Colorado Mesa	10:34.87	
	41.553 (41.553)	1:24.488 (42.935)	2:05.740 (41.252)	2:46.885 (41.145)
	3:28.719 (41.834)	4:10.825 (42.107)	4:54.359 (43.534)	5:37.015 (42.657)
	6:20.873 (43.858)	7:04.541 (43.668)	7:48.179 (43.639)	8:31.050 (42.871)
	9:14.542 (43.492)	9:58.019 (43.477)	10:34.861 (36.842)	
10	Xiomara Robinson	JR Black Hills St.	10:36.27	
	42.142 (42.142)	1:24.872 (42.730)	2:06.317 (41.445)	2:47.908 (41.592)
	3:29.258 (41.350)	4:11.510 (42.253)	4:54.944 (43.434)	5:37.249 (42.305)
	6:21.055 (43.807)	7:04.700 (43.645)	7:47.741 (43.041)	8:30.159 (42.418)
	9:13.467 (43.308)	9:56.523 (43.057)	10:36.269 (39.746)	
11	Amalia Dorion	FR Adams State	10:44.75	
	41.878 (41.878)	1:24.806 (42.928)	2:06.193 (41.387)	2:47.609 (41.417)
	3:28.390 (40.781)	4:10.575 (42.185)	4:54.111 (43.537)	5:36.799 (42.688)
	6:20.704 (43.906)	7:04.416 (43.712)	7:48.830 (44.414)	8:33.237 (44.407)
	9:18.499 (45.262)	10:02.972 (44.474)	10:44.750 (41.778)	
12	Lindsay Parsons	SR Colorado Mesa	10:58.13	
	41.661 (41.661)	1:24.569 (42.908)	2:05.989 (41.421)	2:47.156 (41.167)
	3:29.012 (41.856)	4:11.221 (42.209)	4:54.669 (43.448)	5:38.469 (43.800)
	6:23.734 (45.265)	7:09.604 (45.871)	7:55.544 (45.940)	8:41.417 (45.873)
	9:27.670 (46.253)	10:13.589 (45.920)	10:58.123 (44.534)	
13	Sarah Wills	SR Adams State	11:02.90	
	41.978 (41.978)	1:24.651 (42.673)	2:05.366 (40.715)	2:46.554 (41.188)
	3:28.106 (41.552)	4:10.412 (42.307)	4:54.343 (43.931)	5:39.118 (44.775)
	6:25.016 (45.898)	7:12.371 (47.355)	8:00.086 (47.715)	8:46.512 (46.427)
	9:31.634 (45.122)	10:17.569 (45.935)	11:02.894 (45.325)	
14	Kendall White	FR Colorado Mesa	11:19.06	
	42.659 (42.659)	1:25.694 (43.036)	2:09.546 (43.852)	2:54.334 (44.788)
	3:39.620 (45.287)	4:25.941 (46.321)	5:12.376 (46.436)	5:57.621 (45.245)
	6:43.391 (45.771)	7:29.043 (45.652)	8:15.036 (45.994)	9:01.312 (46.276)
	9:48.679 (47.367)	10:35.669 (46.991)	11:19.060 (43.391)	
15	Paige Morales	SO Adams State	11:28.64	
	42.530 (42.530)	1:25.342 (42.812)	2:09.298 (43.956)	2:54.100 (44.802)
	3:39.400 (45.300)	4:25.747 (46.347)	5:12.731 (46.984)	6:00.025 (47.295)
	6:48.356 (48.331)	7:36.146 (47.790)	8:24.023 (47.878)	9:11.919 (47.896)
	9:59.647 (47.728)	10:45.417 (45.770)	11:28.633 (43.216)	
--	Riley McGrath	SO Uc-Colo. Spgs.	SCR	
--	Alexia Thiros	SR Western Colo	SCR	
--	Shannon King	FR Colo. Christian	SCR	
--	Morgan Hykes	FR Adams State	SCR	
--	Franziska Althaus	SO Adams State	SCR	

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Event 19 Men 4x400 Meter Relay

School	Finals	H#	Points
RMAC Indoor: R 3:16.52 2/23/2019 CSU-Pueblo P Scoggins, D Walker, S Horne, T Staines			
NCAA Prov: P 3:17.02 2022			
Field House: F 3:17.16 2/28/2015 , Colo. Mines Rozier, Hoch, Lanahan, Weaver			
1 Uc-Colo. Spgs.	3:21.17	2	10
1) Dillon Andrews SO	2) Angel Laca JR		
3) Peterson Bohannon SO	4) Ryan O'Neal FR		
49.987 (49.987) 1:40.098 (50.112) 2:30.210 (50.112)			3:21.163 (50.954)
2 Csu-Pueblo	3:21.46	2	8
1) Carl Schmidt SO	2) Jack Dickson FR		
3) Nathan Hood SR	4) Tyrell Smith SO		
49.720 (49.720) 1:41.511 (51.791) 2:31.038 (49.527)			3:21.451 (50.413)
3 Chadron State	3:21.53	2	6
1) Osvaldo Cano SO	2) Logan Peila FR		
3) Osiel Cano SO	4) Greg Logsdon FR		
50.000 (50.000) 1:40.982 (50.982) 2:30.914 (49.932)			3:21.524 (50.610)
4 Colorado Mesa	3:24.39	2	5
1) Kelsey Montague FR	2) Jacob Valdez JR		
3) Austin Reese JR	4) Elijah Williams SO		
51.266 (51.266) 1:42.513 (51.248) 2:34.378 (51.865)			3:24.387 (50.009)
5 Western Colo	3:26.58	2	4
1) Josh Hamilton FR	2) Joseph Wilkins FR		
3) Bryce Kizewski SO	4) Cole Jaquette JR		
52.031 (52.031) 1:43.399 (51.369) 2:35.606 (52.207)			3:26.575 (50.969)
6 Colorado Mines	3:26.67	1	3
1) Joey Maguire JR	2) Joe Whitney JR		
3) Andrew Gebhardt FR	4) Alex Maline FR		
52.355 (52.355) 1:44.603 (52.248) 2:35.296 (50.693)			3:26.663 (51.367)
7 SD Mines	3:27.01	1	2
1) Adam Namyst JR	2) Caden Kokes FR		
3) Isaac Orozco SR	4) Carson Mashlan FR		
52.097 (52.097) 1:44.193 (52.096) 2:34.540 (50.347)			3:27.008 (52.469)
8 Black Hills St.	3:31.51	1	1
1) Frank Becker SO	2) Shane McGraw FR		
3) Mason Sartain FR	4) Levi Smith FR		
53.020 (53.020) 1:44.009 (50.989) 2:38.545 (54.536)			3:31.505 (52.961)
-- Msu Denver	DNS	1	
1) Brandon Bodner SR	2) Thomas Gilfillan FR		
3) Nick Nowlen JR	4) Ethan Loper JR		
-- Adams State	SCR		

Event 20 Women 4x400 Meter Relay

School	Finals	H#	Points
RMAC Indoor: R 3:47.18 2014 Adams State Canegan, Scherrer, Roberts, Robinson			
NCAA Prov: P 3:52.59 2022			
Field House: F 3:47.28 2/18/2017 , Adams State Allen, Wahi, Johnson, Sherrer			

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....Event 20 Women 4x400 Meter Relay

1	Colorado Mines			3:53.17	3	10
	1) Randi Higashi JR		2) Grace Galvin FR			
	3) Amena Nelson SO		4) Aryelle Wright JR			
	59.035 (59.035)	1:58.176 (59.142)	2:56.557 (58.381)	3:53.165 (56.608)		
2	Colorado Mesa			3:55.47	3	8
	1) Serenity Burnett-Perry FR		2) Sophia Lindauer FR			
	3) Mica Jenrette SO		4) Sierra Arceneaux JR			
	1:00.194 (1:00.194)	1:58.780 (58.586)	2:57.602 (58.822)	3:55.467 (57.865)		
3	Western Colo			3:55.68	3	6
	1) Sakara Harrison FR		2) Kelia Portis FR			
	3) Amaya Booker SR		4) Mackenzie Burt JR			
	1:00.658 (1:00.658)	1:58.960 (58.302)	2:57.836 (58.877)	3:55.680 (57.844)		
4	Csu-Pueblo			3:56.92	3	5
	1) Taylor Holland FR		2) Helen Braybrook FR			
	3) Hailey Streff SR		4) Yasmine Hernandez SR			
	1:01.102 (1:01.102)	2:01.159 (1:00.057)	2:59.626 (58.467)	3:56.912 (57.286)		
5	Uc-Colo. Spgs.			3:59.31	2	4
	1) Amber Davis FR		2) Lizzie Waters SO			
	3) Alyssa Lopez FR		4) Grace Wenham JR			
	59.563 (59.563)	1:58.694 (59.132)	2:59.428 (1:00.734)	3:59.303 (59.875)		
6	Msu Denver			4:04.63	2	3
	1) Kamryn Scott JR		2) Raygen Ivins FR			
	3) Audrynn Street FR		4) Teagan Garand JR			
	59.984 (59.984)	2:00.174 (1:00.190)	3:02.315 (1:02.142)	4:04.622 (1:02.307)		
7	NM Highlands			4:07.37	2	2
	1) Beatrice Armijo JR		2) Hilary Udechukwu FR			
	3) Lucia Harrison JR		4) Nieves Pacheco SO			
	1:00.525 (1:00.525)	2:00.944 (1:00.419)	3:02.089 (1:01.145)	4:07.361 (1:05.272)		
8	Chadron State			4:10.03	1	1
	1) Carlie Collier SO		2) Michaela Hill JR			
	3) Danae Rader FR		4) Caydince Groth FR			
	1:01.390 (1:01.390)	2:04.095 (1:02.705)	3:07.099 (1:03.005)	4:10.029 (1:02.930)		
9	Black Hills St.			4:10.56	1	
	1) Erica Dykstra JR		2) Sophie Curtis FR			
	3) Breanne Fuller JR		4) Mikayla Tracy SO			
	1:03.294 (1:03.294)	2:07.366 (1:04.072)	3:11.180 (1:03.814)	4:10.554 (59.375)		
10	SD Mines			4:17.10	1	
	1) Kamryn Scully SO		2) Katie Magni FR			
	3) Abbie Saline FR		4) Adeline Wilson SO			
	1:01.974 (1:01.974)	2:07.123 (1:05.149)	3:11.099 (1:03.977)	4:17.100 (1:06.001)		
--	Westminster (Ut)			DQ	2	7-5.2b
	1) Madison Hooper SR		2) Emily Worline JR			
	3) Josii Johnson JR		4) Katie Brotherson JR			
	1:01.134 (1:01.134)	2:02.387 (1:01.254)	3:03.099 (1:00.712)	4:01.634 (58.535)		
--	Adams State			SCR		

Event 21 Men Weight Throw

RMAC Indoor:	R 19.48m	2001	Brett Wetton, Nebraska-Kearney
RMAC Indoor:	R 19.48m	2007	Matt Gersick, Adams State
NCAA Prov:	P 17.84m	2022	
Field House:	F 17.98m	2/27/2015	Austin Roup, Colo. Mines
Name	Year	School	Finals H# Points

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....Event 21 Men Weight Throw

1	Daniel Reynolds	FR Chadron State	19.80mR	2	10	RMAC & FC Rec
	FOUL 19.40m 19.80m 19.31m 19.46m 18.61m					
2	Arvid Veidmark	JR Colorado Mines	18.43mF	2	8	
	FOUL 18.24m 18.43m FOUL FOUL FOUL					
3	John Hochanadel	JR Adams State	18.22mF	2	6	
	17.06m 17.14m 18.22m FOUL 17.63m 17.91m					
4	Justyn Loper	SO Uc-Colo. Spgs.	17.80m	2	5	
	16.42m 17.55m 17.26m 17.57m 17.55m 17.80m					
5	Nathaniel Miller	JR Csu-Pueblo	17.32m	2	4	
	FOUL 17.25m 17.05m 17.32m FOUL FOUL					
6	Sully Mack	SO Black Hills St.	17.05m	2	3	
	16.46m 17.05m 17.00m 16.59m 16.44m 16.26m					
7	Warren Minerich	JR SD Mines	16.93m	1	2	
	16.04m FOUL 16.93m 16.32m 15.60m 16.09m					
8	Shane Collins	SO Chadron State	16.73m	2	1	
	FOUL FOUL 16.73m FOUL FOUL FOUL					
9	Erick Colman	SO SD Mines	16.46m	1		
	15.80m 14.85m 16.46m 16.41m 16.18m FOUL					
10	Tyler Nelson	SO Western Colo	16.19m	1		
	14.95m 15.43m 16.19m					
11	Logan Butterfield	FR Western Colo	15.68m	1		
	15.33m 15.68m 15.37m					
12	Gevin Paas	FR Black Hills St.	15.30m	1		
	FOUL 15.30m FOUL					
13	Reid Kaiser	SO SD Mines	15.06m	1		
	14.17m 14.60m 15.06m					
14	Jameson Moore	FR Colorado Mesa	14.97m	1		
	14.97m 14.28m 14.77m					
15	Reid Spady	FR Chadron State	14.62m	1		
	FOUL 14.62m FOUL					
--	Parker Gonser	FR Chadron State	FOUL	1		
	FOUL FOUL FOUL					
--	Justin Jenks	SO Csu-Pueblo	FOUL	2		
	FOUL FOUL FOUL					
--	Hayden Riley	SO Colorado Mesa	FOUL	2		
	FOUL FOUL FOUL					

Event 22 Women Weight Throw

=====						
RMAC Indoor: R 21.80m 2/24/2017 Mel Herl, Chadron State						
NCAA Prov: P 17.08m 2022						
Field House: F 19.50m 2/16/2019 Carly Fehringer, Unattached						
Name	Year	School	Finals	H#	Points	
=====						
1	Kyla Sawvell	JR Black Hills St.	18.87mP	2	10	
	18.34m 18.75m 18.43m 18.44m 18.87m 18.75m					
2	Kaitlyn Scott	JR NM Highlands	17.97mP	2	8	
	17.33m 16.97m 17.40m 17.97m FOUL 17.51m					
3	Anna Holland	SO Uc-Colo. Spgs.	17.75mP	2	6	
	FOUL 17.08m 16.87m 17.75m FOUL 15.77m					
4	Olivia Mikaelian	FR Csu-Pueblo	17.44mP	2	5	
	16.62m 16.85m 17.44m FOUL 16.69m 16.43m					
5	Savanna Perez	FR Black Hills St.	17.36mP	2	4	
	16.32m 17.34m 17.36m 17.09m 17.10m FOUL					

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....Event 22 Women Weight Throw

6	Macy McClure	JR SD Mines	17.05m	2	3
	16.28m 16.16m FOUL 17.05m 16.57m 16.44m				
7	Jenna Sayler	SO SD Mines	16.99m	2	2
	16.39m FOUL FOUL FOUL 16.47m 16.99m				
8	Sydney Marr	SR Uc-Colo. Spgs.	16.79m	2	1
	15.33m 16.79m 16.34m 16.62m 16.37m 16.25m				
9	Emily Arseneau	SO Uc-Colo. Spgs.	16.30m	1	
	15.69m 15.65m 16.24m 15.74m 16.30m 16.28m				
10	Jenna McKinley	SR Csu-Pueblo	16.08m	1	
	14.84m 16.08m 15.64m				
11	Courtney Smith	SO Chadron State	15.73m	2	
	15.73m 15.60m FOUL				
12	Krystal Wortham	FR Western Colo	15.71m	1	
	15.71m FOUL 14.79m				
13	Heather Graham	SO Csu-Pueblo	15.50m	1	
	FOUL 15.27m 15.50m				
14	Meleeah Holmes-McKown	FR Colorado Mesa	14.88m	1	
	13.29m 13.70m 14.88m				
15	Rebecca Monahan	SO Chadron State	14.61m	1	
	FOUL 14.61m 12.81m				
16	Madyson Schliep	SO Chadron State	13.77m	1	
	13.64m 13.40m 13.77m				
17	Abbie Van Ruler	FR SD Mines	13.38m	1	
	FOUL 12.54m 13.38m				
18	Katherine Higgins	FR Csu-Pueblo	13.27m	1	
	FOUL FOUL 13.27m				

Event 23 Women Pole Vault

=====
 RMAC Indoor: R 4.15m 2/28/2020 Erica Keeble, South Dakota Mines
 NCAA Prov: P 3.69m 2022
 Field House: F 3.95m 12/1/2018 Natalie Uy, Unattached

Name	Year	School	Finals	Points
1 Hannah Miller	JR	Colorado Mines	3.91mP	10
	3.26 3.41 3.56 3.71 3.81 3.91 4.06			
	P P P O O XXO XXX			
2 Avery Herbold	SO	Colorado Mines	3.81mP	8
	3.26 3.41 3.56 3.71 3.81 3.91			
	P P O XXO O XXX			
3 Whitney Scott	JR	Black Hills St.	3.71mP	6
	3.26 3.41 3.56 3.71 3.81			
	P O O O XXX			
4 Dale Thompson	FR	Colorado Mines	J3.71mP	5
	3.26 3.41 3.56 3.71 3.81			
	O XO XXO O XXX			
5 Hannah Hendrick	JR	Black Hills St.	J3.71mP	4
	3.26 3.41 3.56 3.71 3.81			
	P P O XO XXX			
6 Choying O'Brien	SO	Western Colo	J3.71mP	3
	3.26 3.41 3.56 3.71 3.81			
	P XO O XO XXX			

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....Event 23 Women Pole Vault

7	Kamryn Scully	SO SD Mines	J3.71mP	2
	3.26 3.41 3.56 3.71 3.81			
	P XO XO XO XXX			
8	Lauren Smith	FR Western Colo	3.56m	1
	3.26 3.41 3.56 3.71			
	P XO O XXX			
9	Ava Kowalski	SO Colorado Mines	J3.56m	
	3.26 3.41 3.56 3.71			
	O O XO XXX			
10	Gabbi Varela	JR Colorado Mines	3.41m	
	3.26 3.41 3.56			
	O O XXX			
10	Laura Brignoli	FR Western Colo	3.41m	
	3.26 3.41 3.56			
	P O XXX			
12	Kristie Hill	FR Chadron State	J3.41m	
	3.26 3.41 3.56			
	XO XXO XXX			
--	Sophie Varela	FR Western Colo	NH	
	3.26			
	XXX			
--	Erin Carroll	SO Western Colo	NH	
	3.26			
	XXX			
--	Daisy Rinehart	FR Colorado Mesa	NH	
	3.26			
	XXX			
--	Lydia Dawson	JR Colorado Mesa	NH	
	3.26			
	XXX			
--	Alison Van Dyke	FR Uc-Colo. Spgs.	NH	
	3.26			
	XXX			
--	Faith Caldwell	FR Uc-Colo. Spgs.	NH	
	3.26			
	XXX			

Event 24 Men Pole Vault

=====					
RMAC Indoor:	R	5.15m	2/22/2019	Nolan Ellis,	Colorado Mesa
NCAA Prov:	P	4.78m	2022		
Field House:	F	5.35m	12/1/2018	Dylan Bell,	Unattached
Field House:	F	5.35m	2/4/2017	Noah Zorsky,	Western State
Field House:	F	5.35m	2/19/2019	Derick Hinch,	Unattached
Name			Year	School	Finals Points
=====					
1	Hunter Potrykus		SO	Colorado Mines	5.03mP 10
	4.38 4.53 4.68 4.83 4.93 5.03 5.13				
	P P O O XO O XXX				
2	Dawson Hopkinson		SR	Uc-Colo. Spgs.	4.93mP 8
	4.38 4.53 4.68 4.83 4.93 5.03				
	P P P XXO O XXX				

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....Event 24 Men Pole Vault

3	Kyle Yonker	FR Western Colo	J4.93mP	6
	4.38 4.53 4.68 4.83 4.93 5.03			
	P O O XXO XXO XXX			
4	Garrett Searls	FR Colorado Mesa	4.53m	4.50 Tied
	4.38 4.53 4.68			
	O XO XXX			
4	Collin Scheuring	JR Western Colo	4.53m	4.50 Tied
	4.38 4.53 4.68 4.83			
	P XO P XXX			
6	Jonathan Hopkins	FR SD Mines	J4.53m	3
	4.38 4.53 4.68			
	XXO XO XXX			
7	Holden Daniels	FR Uc-Colo. Spgs.	4.38m	1.50 Tied
	4.38 4.53			
	O XXX			
7	Luke Wuesthoff	SR Western Colo	4.38m	1.50 Tied
	4.38 4.53			
	O XXX			
--	Hayden Ell	JR Western Colo	NH	
	4.38			
	XXX			
--	Burke Ewing	FR Western Colo	NH	
	4.38			
	XXX			
--	Andrew Jorgenson	SO Western Colo	NH	
	4.38 4.53			
	P XPP			
--	Tim Ellis	SO Western Colo	NH	
	4.38 4.53 4.68			
	P P XPP			
--	Sam Repsher	JR Uc-Colo. Spgs.	NH	
	4.38 4.53			
	PXP XXP			
--	Shane Conley	FR Colorado Mines	NH	
	4.38			
	XXX			
--	Curtis Miller	FR Western Colo	NH	
	4.38			
	XXX			
--	Noah Kelly	FR Colorado Mines	DNS	
--	Becker Ell	FR Colorado Mesa	DNS	

Event 25 Men Long Jump

=====					
RMAC Indoor:	R	7.73m	2015	Damarcus Simpson,	Chadron State
NCAA Prov:	P	7.12m	2022		
Field House:	F	7.62m	2/27/2015	Damarcus Simpson,	Chadron State
	Name		Year School	Finals	H# Points
=====					
1	Daryon Wilson		FR Uc-Colo. Spgs.	7.53mP	2 10
	6.98m 6.95m 7.21m	FOUL	FOUL	7.53m	
2	Malcolm Wesley		SO Western Colo	7.41mP	2 8
	7.16m 7.29m 6.81m 7.27m	FOUL	7.41m		

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....Event 25 Men Long Jump

3	Justin Thompson	SO Colorado Mesa	7.22mP	2	6
	6.94m 7.19m 7.16m FOUL 7.22m 7.19m				
4	Peterson Bohannon	SO Uc-Colo. Spgs.	7.12mP	2	5
	FOUL FOUL 6.94m 6.71m FOUL 7.12m				
5	Peyton Turnage	SO Uc-Colo. Spgs.	7.04m	2	4
	6.88m 6.69m 7.04m 6.89m 6.72m FOUL				
6	Camwrin Harris	FR Adams State	6.92m	1	3
	FOUL 6.92m 6.70m FOUL FOUL 6.57m				
7	Thorben Hast	FR Uc-Colo. Spgs.	6.91m	1	2
	6.61m 6.70m 6.91m FOUL FOUL FOUL				
8	Richard Safoh	FR Uc-Colo. Spgs.	6.85m	2	1
	6.59m 6.81m 6.50m 6.67m 6.63m 6.85m				
9	Ryan O'Neal	FR Uc-Colo. Spgs.	6.83m	1	
	6.75m 6.80m 6.83m 6.42m 6.33m 6.24m				
10	Emory Yoosook	FR Chadron State	6.77m	2	
	6.66m 6.77m 6.68m				
10	Scott Grable	FR Western Colo	6.77m	1	
	6.35m FOUL 6.77m				
12	Zace Buckhold	FR Colorado Mesa	6.73m	1	
	6.69m 6.73m FOUL				
13	Brant Killmon	JR Msu Denver	6.66m	1	
	6.45m 6.66m FOUL				
14	Ismael Dembele	FR Western Colo	6.54m	1	
	6.54m FOUL FOUL				
15	Reece Ullery	SO Black Hills St.	6.37m	1	
	FOUL 6.25m 6.37m				
--	Jeremiah Bridges	SR SD Mines	FOUL	1	
	FOUL FOUL FOUL				
--	Dakota Abbott	JR Uc-Colo. Spgs.	FOUL	2	
	FOUL FOUL FOUL				
--	Morgan Fawver	FR Chadron State	DNS	2	

Event 26 Women Long Jump

RMAC Indoor: R 6.37m 2015 Shanice McPherson, N.M. Highlands
 NCAA Prov: P 5.67m 2022

Field House: F 6.09m 2/27/2015 Shanice McPherson, NM Highlands

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

1	Hannah Meek	SR Uc-Colo. Spgs.	6.22mF	2	10	FH Record
	6.22m 5.67m FOUL 5.93m 6.19m 6.20m					
2	Shaya Chenoweth	SO Colorado Mesa	5.69mP	2	8	
	FOUL 5.69m 5.58m 5.44m 5.45m 5.59m					
3	Eireann Donohoe	FR Western Colo	5.61m	2	6	
	FOUL 5.61m 5.25m FOUL FOUL FOUL					
4	Chian DeLoach	JR Colorado Mesa	5.47m	2	5	
	FOUL 5.36m 5.32m 5.22m 3.52m 5.47m					
5	Lydia Pavlenko	SR Uc-Colo. Spgs.	5.40m	2	4	
	5.21m 5.07m 5.20m 5.14m 5.40m 5.40m					
6	Audrey Bloomquist	SO Uc-Colo. Spgs.	5.38m	2	3	
	FOUL 5.18m 5.15m 5.38m 5.28m 5.32m					
7	Kierra Arceneaux	JR Colorado Mesa	5.33m	2	2	
	5.32m 5.33m FOUL FOUL FOUL 5.16m					

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....Event 26 Women Long Jump

8	Kailey Paterson	JR Colorado Mesa	5.30m	1	1
	FOUL 5.30m FOUL 4.93m FOUL FOUL				
9	Faith Novess	SO Uc-Colo. Spgs.	5.17m	1	
	4.99m FOUL 5.17m 4.94m 4.94m 5.15m				
10	Alexis Carroll	SR Uc-Colo. Spgs.	5.11m	2	
	FOUL 5.11m FOUL				
11	Raquel Moore	FR Western Colo	5.09m	1	
	5.09m FOUL 4.98m				
12	Dani Socarras	FR Western Colo	4.98m	1	
	4.93m 4.98m 4.90m				
13	Ella McKinna-Worrell	JR Uc-Colo. Spgs.	4.77m	1	
	FOUL 4.77m FOUL				
14	Morgan Davila	FR Western Colo	4.59m	1	
	4.59m 4.46m FOUL				
15	Maggie Remsberg	SO Uc-Colo. Spgs.	4.57m	1	
	4.54m 4.57m FOUL				
16	Linnea Baldner	FR Western Colo	4.46m	1	
	4.25m 4.37m 4.46m				
17	Tierney Robinson	FR SD Mines	4.34m	1	
	4.34m FOUL FOUL				
--	Chisom Obioha	FR NM Highlands	DNS	2	

Event 27 Women High Jump

=====						
RMAC Indoor:	R 1.91m	2014	Barbara Szaboo, Western State			
NCAA Prov:	P 1.67m	2022				
Field House:	F 1.82m	2/6/2016	Susan Jackson, Heights Performance			
Name	Year School		Finals	Points		
=====						
1	Josie Coffey	FR Colorado Mesa	1.70mP	10		
	1.56 1.61 1.64 1.67 1.70 1.73					
	O O O XXO XO XXX					
2	Lexye Wood	JR Colorado Mines	J1.70mP	8		
	1.56 1.61 1.64 1.67 1.70 1.73					
	O XO XXO P XO XXX					
3	Jourdaine Cerenil	FR Chadron State	1.67mP	6		
	1.56 1.61 1.64 1.67 1.70					
	O O XO XO XXX					
4	Miranda Gilkey	JR Chadron State	1.61m	4.50 Tied		
	1.56 1.61 1.64					
	O O XXX					
4	Eireann Donohoe	FR Western Colo	1.61m	4.50 Tied		
	1.56 1.61 1.64					
	P O XXX					
6	Mikayla Jones	FR Cs-u-Pueblo	J1.61m	2.50 Tied		
	1.56 1.61 1.64					
	O XO XXX					
6	Lydia Pavlenko	SR Uc-Colo. Spgs.	J1.61m	2.50 Tied		
	1.56 1.61 1.64					
	P XO XXX					
8	Sophia Lindauer	FR Colorado Mesa	J1.61m	1		
	1.56 1.61 1.64 1.67					
	XO XXO XP XXX					

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....Event 27 Women High Jump

9	Faith Novess	SO Uc-Colo. Spgs.	1.56m
	1.56 1.61		
	O XXX		
9	Maggie Remsberg	SO Uc-Colo. Spgs.	1.56m
	1.56 1.61		
	O XXX		
9	Samantha Bretz	FR Western Colo	1.56m
	1.56 1.61		
	O XXX		
12	Marley Somers	FR Western Colo	J1.56m
	1.56 1.61		
	XO XXX		
12	Kendra McDonald	SO Black Hills St.	J1.56m
	1.56 1.61		
	XO XXX		
--	Hunter Wiebelhaus	FR Chadron State	NH
	1.56		
	XXX		
--	Destiny Pelton	FR Chadron State	NH
	1.56		
	XXX		
--	Hannah Christie	FR Chadron State	NH
	1.56		
	XXX		
--	Ella McKinna-Worrell	JR Uc-Colo. Spgs.	NH
	1.56		
	XXX		
--	Hailee O'Neill	FR Uc-Colo. Spgs.	NH
	1.56		
	XXX		

Event 28 Men High Jump

=====

RMAC Indoor: R 2.20m 2012 Oliver Harsanyi, Western State
 NCAA Prov: P 2.04m 2022
 Field House: F 2.12m 2/28/2015 Bennie Kirkwood, Western Colo.
 Field House: F 2.12m 2/6/2016 Avery Roberts, Unattached

Name	Year	School	Finals	Points	
1 Skye Ciccarella	SO	Uc-Colo. Spgs.	2.12mF	10	Tied FH Record
	1.90 1.95 1.98 2.01 2.04 2.07 2.10 2.12 2.14				
	O O P O O O XO XO XXX				
2 Tanner Walsh	SR	Uc-Colo. Spgs.	2.07mP	8	
	1.90 1.95 1.98 2.01 2.04 2.07 2.10				
	O O P XXO O XXO XXX				
3 Eddie Kurjak	FR	Colorado Mesa	2.04mP	6	
	1.90 1.95 1.98 2.01 2.04 2.07				
	O O O O O XXX				
4 Hector Ortega	FR	Chadron State	2.01m	5	
	1.90 1.95 1.98 2.01 2.04				
	XO XO O XO XXX				
5 Zace Buckhold	FR	Colorado Mesa	1.98m	3.50	Tied
	1.90 1.95 1.98 2.01				
	O O XO XXX				

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....Event 28 Men High Jump

5	Caden Church	FR Western Colo	1.98m	3.50	Tied
	1.90 1.95 1.98 2.01				
	O O XO XXX				
7	Alec Penfield	SO Chadron State	J1.98m	2	
	1.90 1.95 1.98 2.01				
	XO XXO XO XXX				
8	Conner McCracken	JR Chadron State	1.95m	1	
	1.90 1.95 1.98				
	O XXO XXX				
9	Joseph Dumsa	JR Chadron State	J1.95m		
	1.90 1.95 1.98				
	XXO XXO XXX				
10	Brant Killmon	JR Msu Denver	1.90m		
	1.90 1.95				
	O XXX				
10	Jaxon Hinch	SO Colo. Christian	1.90m		
	1.90 1.95				
	O XXX				
12	Josh Duran	FR Western Colo	J1.90m		
	1.90 1.95				
	XO XXX				
13	Dominic Anselmo	JR Western Colo	J1.90m		
	1.90 1.95				
	XXO XXX				
--	Brock Lloyd	SO Westminster (Ut)	NH		
	1.90				
	XXX				
--	Grant Redmond	JR Colorado Mines	NH		
	1.90 1.95 1.98 2.01 2.04				
	P P P P XXX				
--	Caden Frasl	FR Uc-Colo. Spgs.	NH		
	1.90				
	XXX				
--	Carter Auer	FR Western Colo	NH		
	1.90				
	XXX				
--	Jade Cass	SO SD Mines	NH		
	1.90				
	XXX				

Event 29 Women Triple Jump

=====					
RMAC Indoor:	R 12.98m	2/27/2016	Salcia Slack,	N.M.	Highlands
NCAA Prov:	P 11.70m	2022			
Field House:	F 12.80m	2/6/2016	Salcia Slack,	NM	Highlands
Name	Year	School	Finals	H#	Points
=====					
1	Chian DeLoach	JR Colorado Mesa	11.89mP	2	10
	11.65m 11.79m	FOUL	11.89m 11.65m 11.66m		
2	Lydia Pavlenko	SR Uc-Colo. Spgs.	11.81mP	2	8
	11.43m FOUL 11.20m		11.31m 11.81m 11.56m		
3	Hannah Meek	SR Uc-Colo. Spgs.	11.76mP	2	6
	11.33m 11.34m 11.32m		11.76m 11.53m 11.76m		

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4	Kiana Jackson	JR Colorado Mesa	11.60m	2	5
	11.47m FOUL 11.60m FOUL FOUL FOUL				
5	Audrey Bloomquist	SO Uc-Colo. Spgs.	11.59m	2	4
	FOUL 11.23m 11.52m 11.39m 11.59m 11.50m				
6	Eireann Donohoe	FR Western Colo	11.55m	2	3
	11.24m 11.15m 11.14m FOUL 11.31m 11.55m				
7	Alexis Carroll	SR Uc-Colo. Spgs.	11.40m	2	2
	FOUL FOUL 10.96m 11.40m 11.12m 10.93m				
8	Mikayla Jones	FR Csu-Pueblo	11.02m	1	1
	FOUL 10.88m 10.84m 11.02m 10.89m 10.93m				
9	Jessica Blahnik	SO Western Colo	10.90m	1	
	FOUL FOUL 10.90m 10.73m FOUL FOUL				
10	Morgan Davila	FR Western Colo	10.33m	1	
	10.33m FOUL FOUL				
11	Vera Rust	FR SD Mines	10.25m	1	
	10.25m FOUL FOUL				
12	Madison Hooper	SR Westminster (Ut)	9.91m	1	
	9.79m 9.55m 9.91m				
13	Linnea Baldner	FR Western Colo	9.41m	1	
	9.21m 8.89m 9.41m				
--	Ashley Vil	FR Colo. Christian	FOUL	1	
	FOUL FOUL FOUL				

Event 30 Men Triple Jump

=====						
RMAC Indoor:	R 15.93m	2014	Carlton Lavong, Adams State			
NCAA Prov:	P 14.44m	2022				
Field House:	F 15.27m	12/11/2021	Gunner Rigsby, Colo. Mesa			
Name	Year	School	Finals	H#	Points	
=====						
1	Gunner Rigsby	JR Colorado Mesa	15.91mF	2	10	FH Record
	15.56m FOUL 15.91m FOUL 15.57m FOUL					
2	Dakota Abbott	JR Uc-Colo. Spgs.	15.05mP	2	8	
	14.80m 15.05m FOUL FOUL 14.88m FOUL					
3	Derrick Nwagwu	SO Chadron State	15.04mP	2	6	
	FOUL 14.68m FOUL 15.04m 14.99m 14.80m					
4	Spencer Purnell	JR Colorado Mesa	14.90mP	2	5	
	13.14m 14.72m 14.60m 13.26m 14.46m 14.90m					
5	Brock Voth	JR Chadron State	14.55mP	2	4	
	FOUL 14.35m 14.15m FOUL 14.42m 14.55m					
6	Peyton Turnage	SO Uc-Colo. Spgs.	14.40m	2	3	
	14.40m 14.38m 12.18m 14.20m 14.08m 13.96m					
7	Peterson Bohannon	SO Uc-Colo. Spgs.	14.33m	1	2	
	FOUL 14.33m FOUL 13.40m FOUL FOUL					
8	Ismael Dembele	FR Western Colo	14.22m	2	1	
	14.22m 14.18m 14.07m 13.58m 14.06m 14.19m					
9	Richard Safoh	FR Uc-Colo. Spgs.	14.17m	1		
	FOUL 14.17m FOUL 13.28m FOUL 13.92m					
10	Camwrin Harris	FR Adams State	13.99m	2		
	FOUL FOUL 13.99m					
11	Joss Linse	JR Chadron State	13.81m	1		
	13.81m 13.76m FOUL					
12	Brant Killmon	JR Msu Denver	13.74m	1		
	13.74m 13.38m FOUL					

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12	Zace Buckhold	FR Colorado Mesa	13.74m	1
	13.74m FOUL 13.64m			
14	Perry Guidry	FR Msu Denver	13.70m	1
	FOUL 13.70m FOUL			
15	Reece Ullery	SO Black Hills St.	13.49m	1
	13.49m FOUL 13.46m			
16	Dominic Anselmo	JR Western Colo	13.07m	1
	12.83m 12.66m 13.07m			
17	Mario Guerrero	FR Black Hills St.	13.04m	1
	12.59m FOUL 13.04m			
--	Fischer Argosino	SO Colorado Mines	FOUL	2
	FOUL FOUL FOUL			

Event 31 Men Shot Put

=====						
RMAC Indoor: R 18.82m		2014	Wesley Lavong, Adams State			
NCAA Prov: P 16.38m		2022				
Field House: F 19.48m		1/29/2021	Nathaniel Miller, CSU-Pueblo			
Name	Year	School	Finals	H#	Points	
=====						
1	Nathaniel Miller	JR Csu-Pueblo	19.06mR	2	10	RMAC Record
	FOUL 17.94m FOUL 18.61m		19.06m 18.65m			
2	Justin Jenks	SO Csu-Pueblo	18.88mR	2	8	
	FOUL 18.22m FOUL FOUL 17.71m		18.88m			
3	Arvid Veidmark	JR Colorado Mines	17.52mP	2	6	
	16.75m 17.52m FOUL 16.39m FOUL FOUL					
4	Sam Dirkes	FR Adams State	16.83mP	2	5	
	FOUL FOUL 16.76m 16.83m FOUL 16.46m					
5	Hayden Riley	SO Colorado Mesa	16.72mP	2	4	
	16.72m FOUL 16.70m FOUL FOUL FOUL					
6	Shane Collins	SO Chadron State	15.74m	2	3	
	15.08m 15.41m 15.59m FOUL 15.33m 15.74m					
7	Justyn Loper	SO Uc-Colo. Spgs.	15.64m	1	2	
	14.71m 15.03m FOUL 15.64m 15.19m 14.80m					
8	Jarell Lucas	FR Uc-Colo. Spgs.	15.45m	2	1	
	FOUL 15.26m FOUL FOUL FOUL 15.45m					
9	Henry Fritzier	SO SD Mines	14.95m	1		
	13.85m 13.96m 14.95m FOUL 14.45m 14.56m					
10	James Hochenadel	SO Adams State	14.81m	1		
	14.45m FOUL 14.81m					
11	Parker Gonser	FR Chadron State	14.69m	1		
	FOUL 14.30m 14.69m					
12	Mitchell Anderson	FR Uc-Colo. Spgs.	14.56m	1		
	14.18m 12.92m 14.56m					
13	Erick Colman	SO SD Mines	14.35m	1		
	13.45m FOUL 14.35m					
14	Daniel Reynolds	FR Chadron State	13.84m	2		
	13.80m FOUL 13.84m					
15	Gevin Paas	FR Black Hills St.	13.33m	1		
	FOUL 13.33m FOUL					
16	David Parker	FR Csu-Pueblo	12.43m	1		
	FOUL 12.43m FOUL					
--	Reid Spady	FR Chadron State	FOUL	1		
	FOUL FOUL FOUL					

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Results

....Event 31 Men Shot Put

-- John Hochanadel JR Adams State FOUL 2
 FOUL FOUL FOUL

Event 32 Women Shot Put

=====
 RMAC Indoor: R 15.34m 2/27/2016 Madison McLaughlin, Black Hills State
 NCAA Prov: P 13.70m 2022
 Field House: F 14.64m 12/11/2021 Katherine Higgins, CSU-Pueblo

Name	Year	School	Finals	H#	Points
1 Kyla Sawvell	JR	Black Hills St.	14.93mF	2	10
14.34m 14.93m 14.59m 14.15m 14.65m 14.77m					FH Record
2 Jenna McKinley	SR	Csu-Pueblo	14.64mF	2	8
13.40m 14.13m FOUL FOUL 14.64m 13.99m					
3 Katherine Higgins	FR	Csu-Pueblo	14.57mP	2	6
13.63m 14.23m 14.01m 14.34m 14.57m FOUL					
4 Emily Arseneau	SO	Uc-Colo. Spgs.	13.99mP	2	5
11.92m FOUL 13.50m 13.99m 13.22m 13.92m					
5 Jadyne Gackle	FR	Black Hills St.	12.97m	2	4
12.51m 12.60m 12.94m 12.97m FOUL 12.53m					
6 Kathleen Tomon	SR	Colorado Mines	12.78m	2	3
12.17m 12.44m FOUL FOUL 12.78m FOUL					
7 Emily Malouf	SO	Westminster (Ut)	12.57m	1	2
12.04m 12.57m 12.11m FOUL FOUL FOUL					
8 Alissa Martinez	FR	NM Highlands	12.37m	2	1
FOUL FOUL 12.37m 11.79m FOUL 11.76m					
9 Macy McClure	JR	SD Mines	12.32m	1	
12.32m FOUL 11.80m FOUL FOUL FOUL					
9 Heather Graham	SO	Csu-Pueblo	12.32m	2	
12.32m FOUL 12.24m FOUL FOUL FOUL					
11 Alexandra Cameron	FR	Black Hills St.	12.22m	1	
11.93m FOUL 12.22m					
12 Anna Holland	SO	Uc-Colo. Spgs.	12.16m	2	
11.87m FOUL 12.16m					
13 Jenna Sayler	SO	SD Mines	12.03m	1	
11.45m 12.03m 11.38m					
14 Jaycie Stubbs	SO	SD Mines	11.90m	1	
11.47m 11.90m 11.86m					
15 Amber Gustason	JR	Western Colo	11.80m	1	
11.27m 11.80m FOUL					
16 Trinity Chrisawn	FR	Chadron State	11.76m	1	
11.76m 11.27m FOUL					
17 Heather Yackey	FR	Colorado Mesa	11.08m	1	
10.67m FOUL 11.08m					
18 Courtney Smith	SO	Chadron State	10.98m	1	
10.71m FOUL 10.98m					

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RMAC Indoor: R 3959 2/26/2016 Salcia Slack, N.M. Highlands

NCAA Prov: P 3258 2022

Field House: F 4149 2/6/2016 Salcia Slack, NM Highlands

Name	Year	School	Finals	H#	Points
1 Mica Jenrette	SO	Colorado Mesa	3594P		10
2 Maggie Remsberg	SO	Uc-Colo. Spgs.	3198		8
3 Ella McKinna-Worrell	JR	Uc-Colo. Spgs.	3130		6
4 Jordan Brockman	FR	Colorado Mesa	3020		5
5 Hope Matteson	FR	Colorado Mesa	2808		4
6 Hannah Christie	FR	Chadron State	2776		3
7 Beatrice Armijo	JR	NM Highlands	2680		2
8 Jocelyn Korbe	FR	Msu Denver	2626		1
9 Riley Negrey	FR	Msu Denver	2242		

Event 33 Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Year	School	Finals	H#	Points
1 Maggie Remsberg	SO	Uc-Colo. Spgs.	9.09	3	891
2 Mica Jenrette	SO	Colorado Mesa	9.15	3	879
3 Jordan Brockman	FR	Colorado Mesa	9.31	2	846
4 Ella McKinna-Worrell	JR	Uc-Colo. Spgs.	9.56	3	796
5 Faith Novess	SO	Uc-Colo. Spgs.	9.58	2	792
6 Beatrice Armijo	JR	NM Highlands	9.66	2	777
7 Hope Matteson	FR	Colorado Mesa	9.76	1	758
8 Jocelyn Korbe	FR	Msu Denver	9.78	1	754
9 Riley Negrey	FR	Msu Denver	10.14	1	686
10 Hannah Christie	FR	Chadron State	10.21	2	673
-- Julianne Thomsen	SR	Chadron State	SCR	3	

Event 33 Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Year	School	Finals	Points
1 Mica Jenrette	SO	Colorado Mesa	1.60m	736
1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57 1.60 1.63				
P P P P XO XO XO O XXO XXX				
1 Maggie Remsberg	SO	Uc-Colo. Spgs.	1.60m	736
1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57 1.60 1.63				
P P P P O O O XXO XXO XXX				
3 Hannah Christie	FR	Chadron State	1.57m	701
1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57 1.60				
P P P XO XO O XXO XXO XXX				
3 Hope Matteson	FR	Colorado Mesa	1.57m	701
1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57 1.60				
P P P P O XXO XXO O XXX				
3 Ella McKinna-Worrell	JR	Uc-Colo. Spgs.	1.57m	701
1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57 1.60				
P P P P O O O XO XXX				
6 Jordan Brockman	FR	Colorado Mesa	1.48m	599
1.36 1.39 1.42 1.45 1.48 1.51				
O O O O O XXX				

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7	Jocelyn Korbe	FR Msu Denver	1.42m	534
	1.36 1.39 1.42 1.45			
	XXO O XXO XXX			
8	Beatrice Armijo	JR NM Highlands	1.36m	470
	1.36 1.39			
	XXO XXX			
8	Riley Negrey	FR Msu Denver	1.36m	470
	1.36 1.39			
	O XXX			
--	Faith Novess	SO Uc-Colo. Spgs.	NH	
	1.36 1.39 1.42 1.45 1.48 1.51 1.54			
	P P P P P P XXX			
--	Julianne Thomsen	SR Chadron State	DNS	

Event 33 Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Year School	Finals	Points	
1 Mica Jenrette	SO Colorado Mesa	10.76m	579	
	9.58m 10.76m 9.32m			
2 Hannah Christie	FR Chadron State	10.19m	542	
	9.56m 10.19m 9.31m			
3 Riley Negrey	FR Msu Denver	9.25m	480	
	7.36m 9.07m 9.25m			
4 Ella McKinna-Worrell	JR Uc-Colo. Spgs.	8.93m	460	
	8.24m 8.73m 8.93m			
5 Jordan Brockman	FR Colorado Mesa	8.78m	450	
	7.54m 8.78m 8.16m			
6 Jocelyn Korbe	FR Msu Denver	8.74m	447	
	7.56m 8.04m 8.74m			
7 Beatrice Armijo	JR NM Highlands	8.50m	432	
	8.50m FOUL 7.96m			
8 Maggie Remsberg	SO Uc-Colo. Spgs.	8.35m	422	
	7.74m 8.28m 8.35m			
9 Hope Matteson	FR Colorado Mesa	7.17m	346	
	5.99m 7.17m 6.49m			
--	Julianne Thomsen	SR Chadron State	DNS	
--	Faith Novess	SO Uc-Colo. Spgs.	DNS	

Event 33 Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Year School	Finals	Points
1 Mica Jenrette	SO Colorado Mesa	5.26m	631
	4.97m 5.26m FOUL		
2 Ella McKinna-Worrell	JR Uc-Colo. Spgs.	5.10m	587
	5.10m 4.75m FOUL		
3 Maggie Remsberg	SO Uc-Colo. Spgs.	5.03m	567
	FOUL 4.83m 5.03m		
4 Jordan Brockman	FR Colorado Mesa	4.95m	546
	4.82m FOUL 4.95m		
5 Jocelyn Korbe	FR Msu Denver	4.72m	485
	4.72m 3.98m FOUL		

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6 Hope Matteson	FR Colorado Mesa	4.60m	454
FOUL 4.58m 4.60m			
7 Riley Negrey	FR Msu Denver	4.45m	416
FOUL 4.39m 4.45m			
8 Hannah Christie	FR Chadron State	4.44m	413
4.44m 4.42m 4.36m			
8 Beatrice Armijo	JR NM Highlands	4.44m	413
4.22m FOUL 4.44m			
-- Faith Novess	SO Uc-Colo. Spgs.	DNS	
-- Julianne Thomsen	SR Chadron State	DNS	

Event 33 Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Year School	Finals	Points
1 Mica Jenrette	SO Colorado Mesa	2:24.07	769
32.825 (32.825)	1:08.265 (35.441)	1:46.824 (38.559)	2:24.064 (37.240)
2 Beatrice Armijo	JR NM Highlands	2:38.69	588
31.837 (31.837)	1:08.921 (37.084)	1:56.857 (47.936)	2:38.690 (41.834)
3 Ella McKinna-Worrell	JR Uc-Colo. Spgs.	2:38.90	586
34.022 (34.022)	1:13.142 (39.121)	1:56.049 (42.907)	2:38.892 (42.843)
4 Maggie Remsberg	SO Uc-Colo. Spgs.	2:39.24	582
34.366 (34.366)	1:13.515 (39.150)	1:56.570 (43.055)	2:39.238 (42.668)
5 Jordan Brockman	FR Colorado Mesa	2:39.44	579
34.701 (34.701)	1:14.090 (39.390)	1:57.721 (43.631)	2:39.435 (41.714)
6 Hope Matteson	FR Colorado Mesa	2:42.14	549
35.277 (35.277)	1:15.171 (39.894)	1:58.678 (43.507)	2:42.133 (43.455)
7 Hannah Christie	FR Chadron State	2:51.63	447
34.915 (34.915)	1:14.787 (39.873)	2:01.095 (46.308)	2:51.625 (50.531)
8 Jocelyn Korbe	FR Msu Denver	2:55.74	406
36.411 (36.411)	1:17.464 (41.053)	2:04.556 (47.092)	2:55.743 (51.187)
9 Riley Negrey	FR Msu Denver	3:21.71	190
41.104 (41.104)	1:28.291 (47.187)	2:24.869 (56.578)	3:21.705 (56.837)
-- Julianne Thomsen	SR Chadron State	DNS	
-- Faith Novess	SO Uc-Colo. Spgs.	DNS	

Event 34 Men Heptathlon

RMAC Indoor: R 5481 2/29/2020 Connor McLean, Colo. Mines

NCAA Prov: P 4753 2022

Field House: F 4550 2/28/2015 Jazz Bozner, Colo. Christian

Name	Year School	Finals	H#	Points
1 Dawson Heide	JR Colorado Mesa	5307P	10	
2 Thorben Hast	FR Uc-Colo. Spgs.	5217P	8	
3 Sam Repsher	JR Uc-Colo. Spgs.	5030P	6	
4 Hayden Ell	JR Western Colo	4987P	5	
5 Terrel Johnson	SO Csu-Pueblo	4699F	4	
6 Travis Kleinsasser	SO SD Mines	4588F	3	
7 Harley Rhoades	JR Chadron State	4482	2	
8 Conor McGraw	FR Black Hills St.	4470	1	
9 Pete Brown	SO Chadron State	4328		
10 Seth Richmond	SO Uc-Colo. Spgs.	4223		
11 Kaden Dower	FR Chadron State	4050		

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12 Aidan Thompson	FR SD Mines	4040
13 Aidan Grant	FR Western Colo	3972
14 Brent Snyder	FR SD Mines	3874

Event 34 Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Year School	Finals	H#	Points
1 Dawson Heide	JR Colorado Mesa	6.81	2	951
2 Sam Repsher	JR Uc-Colo. Spgs.	6.96	2	897
3 Terrel Johnson	SO Csu-Pueblo	7.11	2	844
4 Harley Rhoades	JR Chadron State	7.12	2	840
5 Conor McGraw	FR Black Hills St.	7.18	2	819
6 Hayden Ell	JR Western Colo	7.26	2	792
7 Thorben Hast	FR Uc-Colo. Spgs.	7.33	2	769
8 Kaden Dower	FR Chadron State	7.40	1	745
9 Travis Kleinsasser	SO SD Mines	7.42	2	739
10 Pete Brown	SO Chadron State	7.49	1	716
11 Aidan Grant	FR Western Colo	7.66	1	662
12 Aidan Thompson	FR SD Mines	7.67	1	659
13 Seth Richmond	SO Uc-Colo. Spgs.	7.70	1	650
14 Brent Snyder	FR SD Mines	7.72	1	643
-- Nick Apps	JR Western Colo	SCR	1	

Event 34 Heptathlon: #2 Men Long Jump Heptathlon

Name	Year School	Finals	Points
1 Thorben Hast 6.71m 6.85m 6.88m	FR Uc-Colo. Spgs.	6.88m	785
2 Hayden Ell 6.81m 6.71m 6.72m	JR Western Colo	6.81m	769
3 Terrel Johnson 6.69m 6.61m 6.51m	SO Csu-Pueblo	6.69m	741
4 Dawson Heide FOUL 6.36m 6.67m	JR Colorado Mesa	6.67m	736
5 Sam Repsher 6.38m 6.57m 6.55m	JR Uc-Colo. Spgs.	6.57m	713
6 Aidan Thompson FOUL 5.45m 6.09m	FR SD Mines	6.09m	606
7 Pete Brown 5.72m 6.04m 5.84m	SO Chadron State	6.04m	595
7 Harley Rhoades 5.99m 5.90m 6.04m	JR Chadron State	6.04m	595
9 Seth Richmond 5.89m 5.95m 6.01m	SO Uc-Colo. Spgs.	6.01m	589
10 Conor McGraw 5.79m 5.86m 5.72m	FR Black Hills St.	5.86m	556
11 Kaden Dower 5.42m 5.07m 5.70m	FR Chadron State	5.70m	523
12 Travis Kleinsasser 5.36m 5.60m 5.38m	SO SD Mines	5.60m	502
13 Aidan Grant FOUL 5.59m FOUL	FR Western Colo	5.59m	500

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....Event 34 Heptathlon: #2 Men Long Jump Heptathlon

14 Brent Snyder	FR SD Mines	5.51m	483
5.51m 5.23m 5.43m			
-- Nick Apps	JR Western Colo	DNS	

Event 34 Heptathlon: #3 Men Shot Put Heptathlon

Name	Year School	Finals	Points
1 Kaden Dower	FR Chadron State	12.62m	644
11.77m 12.62m 12.22m			
2 Thorben Hast	FR Uc-Colo. Spgs.	12.55m	640
11.32m 11.88m 12.55m			
3 Travis Kleinsasser	SO SD Mines	11.87m	599
10.66m 11.81m 11.87m			
4 Pete Brown	SO Chadron State	11.74m	591
11.68m 11.27m 11.74m			
5 Sam Repsher	JR Uc-Colo. Spgs.	11.73m	590
11.22m 10.97m 11.73m			
6 Aidan Thompson	FR SD Mines	11.42m	571
FOUL 11.42m 11.38m			
7 Brent Snyder	FR SD Mines	11.32m	565
11.22m 10.64m 11.32m			
8 Conor McGraw	FR Black Hills St.	11.28m	563
FOUL 11.14m 11.28m			
9 Dawson Heide	JR Colorado Mesa	11.17m	556
11.17m FOUL 10.90m			
10 Hayden Ell	JR Western Colo	10.58m	521
10.58m 10.44m 10.14m			
11 Terrel Johnson	SO Csu-Pueblo	10.41m	510
10.41m 10.17m 10.40m			
12 Harley Rhoades	JR Chadron State	9.93m	481
9.93m 9.19m FOUL			
13 Seth Richmond	SO Uc-Colo. Spgs.	9.75m	471
9.75m 9.66m 9.18m			
14 Aidan Grant	FR Western Colo	9.61m	462
9.61m FOUL FOUL			
-- Nick Apps	JR Western Colo	DNS	

Event 34 Heptathlon: #4 Men High Jump Heptathlon

Name	Year School	Finals	Points
1 Dawson Heide	JR Colorado Mesa	1.95m	758
1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83 1.86 1.89 1.92 1.95 1.96			
P P P P O P O P O O O XO XO O XXO XXX			
2 Thorben Hast	FR Uc-Colo. Spgs.	1.92m	731
1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83 1.86 1.89 1.92 1.95			
P P P P P P P P P O P O P O XXO XXX			
2 Terrel Johnson	SO Csu-Pueblo	1.92m	731
1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83 1.86 1.89 1.92 1.95			
P P P P P P P P P P O P O O O XXX			
4 Hayden Ell	JR Western Colo	1.80m	627
1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83			
P P P P P P O XO O O XXX			

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....Event 34 Heptathlon: #4 Men High Jump Heptathlon

4	Aidan Thompson	FR SD Mines	1.80m	627
	1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83			
	P P P P P P XO O XXO XXO XXX			
4	Seth Richmond	SO Uc-Colo. Spgs.	1.80m	627
	1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83			
	P P P P P P XO O O XXO XXX			
7	Harley Rhoades	JR Chadron State	1.77m	602
	1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80			
	P P P O O O XO O O XXX			
8	Pete Brown	SO Chadron State	1.74m	577
	1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77			
	P O P P O P O O XXX			
8	Conor McGraw	FR Black Hills St.	1.74m	577
	1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77			
	P O O O O O XXO XO XXX			
8	Sam Repsher	JR Uc-Colo. Spgs.	1.74m	577
	1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77			
	P P P O P O P O XXX			
11	Aidan Grant	FR Western Colo	1.68m	528
	1.53 1.56 1.59 1.62 1.65 1.68 1.71			
	P P P P P XO XXX			
12	Travis Kleinsasser	SO SD Mines	1.65m	504
	1.53 1.56 1.59 1.62 1.65 1.68			
	O O O O XXO XXX			
12	Brent Snyder	FR SD Mines	1.65m	504
	1.53 1.56 1.59 1.62 1.65 1.68			
	P O O XXO XXO XXX			
12	Kaden Dower	FR Chadron State	1.65m	504
	1.53 1.56 1.59 1.62 1.65 1.68 1.71			
	O XO XO O O P XXX			
--	Nick Apps	JR Western Colo	DNS	

Event 34 Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

=====					
Name	Year	School	Finals	H#	Points
=====					
1	Dawson Heide	JR Colorado Mesa	8.17	4	939
2	Conor McGraw	FR Black Hills St.	8.51	4	858
3	Sam Repsher	JR Uc-Colo. Spgs.	8.67	2	820
4	Seth Richmond	SO Uc-Colo. Spgs.	8.68	4	818
5	Thorben Hast	FR Uc-Colo. Spgs.	8.80	4	791
6	Pete Brown	SO Chadron State	8.82	2	786
7	Terrel Johnson	SO Csu-Pueblo	8.97	2	752
8	Travis Kleinsasser	SO SD Mines	8.99	3	748
9	Harley Rhoades	JR Chadron State	9.04	3	737
10	Hayden Ell	JR Western Colo	9.20	3	702
11	Aidan Grant	FR Western Colo	9.33	3	675
12	Kaden Dower	FR Chadron State	9.65	1	609
13	Brent Snyder	FR SD Mines	9.97	2	547
14	Aidan Thompson	FR SD Mines	10.07	1	528
--	Nick Apps	JR Western Colo	SCR	1	

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Name	Year	School	Finals	Points														
1 Travis Kleinsasser	SO	SD Mines	4.60m	790														
	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40	4.50	4.60	4.70
	P	P	P	P	P	P	P	P	P	P	O	P	XO	P	XO	O	O	XXX
1 Hayden Ell	JR	Western Colo	4.60m	790														
	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40	4.50	4.60	4.70
	P	P	P	P	P	P	P	P	P	P	O	XXO	XO	O	O	XXO	O	XXX
1 Sam Repsher	JR	Uc-Colo. Spgs.	4.60m	790														
	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40	4.50	4.60	4.70
	P	P	P	P	P	P	P	P	P	P	O	P	O	XO	O	O	XXO	XXX
4 Dawson Heide	JR	Colorado Mesa	4.40m	731														
	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40	4.50
	P	P	P	P	P	P	P	P	P	P	O	O	O	O	O	O	O	XXX
5 Thorben Hast	FR	Uc-Colo. Spgs.	4.30m	702														
	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40
	P	P	P	P	P	P	P	P	P	P	P	P	O	P	O	O	O	XXX
6 Aidan Grant	FR	Western Colo	4.10m	645														
	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20
	P	P	P	P	P	P	P	P	P	P	P	P	P	XO	O	O	O	XXX
7 Pete Brown	SO	Chadron State	4.00m	617														
	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20
	P	P	P	P	P	P	P	P	P	P	P	P	O	P	XPP	O	P	XXX
8 Brent Snyder	FR	SD Mines	3.90m	590														
	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00		
	P	P	P	P	P	P	P	P	P	P	P	P	XO	O	O	XXX		
9 Kaden Dower	FR	Chadron State	3.40m	457														
	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60						
	P	P	XO	P	P	XXO	P	XO	P	XXO	P	XPP						
9 Seth Richmond	SO	Uc-Colo. Spgs.	3.40m	457														
	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40	3.50							
	P	P	P	P	XXO	O	O	P	O	O	XXX							
11 Terrel Johnson	SO	Csu-Pueblo	3.30m	431														
	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40								
	O	P	P	O	XO	O	XO	XO	O	XXX								
11 Conor McGraw	FR	Black Hills St.	3.30m	431														
	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30	3.40								
	P	P	P	O	P	O	O	O	O	XXX								
13 Aidan Thompson	FR	SD Mines	3.20m	406														
	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30									
	P	P	P	O	P	O	P	O	XXX									
13 Harley Rhoades	JR	Chadron State	3.20m	406														
	2.50	2.60	2.70	2.80	2.90	3.00	3.10	3.20	3.30									
	O	P	P	O	P	O	P	O	XXX									
-- Nick Apps	JR	Western Colo	DNS															

Event 34 Heptathlon: #7 Men 1000 Meter Run Heptathlon

Name	Year	School	Finals	H#	Points			
1 Harley Rhoades	JR	Chadron State	2:44.74	1	821			
	29.937	(29.937)	1:03.057	(33.120)	1:38.789	(35.733)	2:15.492	(36.703)
	2:44.733	(29.242)						

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Mountaineer Field House

Results

....Event 34 Heptathlon: #7 Men 1000 Meter Run Heptathlon

2 Thorben Hast	FR Uc-Colo. Spgs.	2:46.80	2	799
33.170 (33.170)	1:05.812 (32.642)	1:39.107 (33.296)	2:13.613 (34.506)	
2:46.797 (33.184)				
3 Hayden Ell	JR Western Colo	2:48.02	2	786
31.470 (31.470)	1:04.443 (32.973)	1:38.663 (34.221)	2:13.992 (35.329)	
2:48.017 (34.026)				
4 Travis Kleinsasser	SO SD Mines	2:55.82	2	706
33.426 (33.426)	1:08.831 (35.406)	1:45.231 (36.400)	2:22.996 (37.765)	
2:55.814 (32.818)				
5 Terrel Johnson	SO Csu-Pueblo	2:57.41	2	690
32.203 (32.203)	1:07.834 (35.631)	1:45.527 (37.694)	2:22.783 (37.256)	
2:57.405 (34.622)				
6 Conor McGraw	FR Black Hills St.	2:59.84	1	666
31.380 (31.380)	1:07.774 (36.394)	1:46.367 (38.593)	2:25.591 (39.225)	
2:59.837 (34.246)				
7 Sam Repsher	JR Uc-Colo. Spgs.	3:02.14	2	643
34.002 (34.002)	1:09.264 (35.263)	1:46.461 (37.197)	2:25.133 (38.672)	
3:02.135 (37.002)				
8 Aidan Thompson	FR SD Mines	3:02.17	1	643
30.197 (30.197)	1:03.460 (33.263)	1:41.284 (37.825)	2:23.233 (41.949)	
3:02.161 (38.928)				
9 Dawson Heide	JR Colorado Mesa	3:02.94	2	636
33.224 (33.224)	1:08.619 (35.395)	1:44.685 (36.066)	2:23.144 (38.459)	
3:02.939 (39.795)				
10 Seth Richmond	SO Uc-Colo. Spgs.	3:05.56	1	611
33.544 (33.544)	1:10.289 (36.745)	1:51.709 (41.421)	2:33.593 (41.884)	
3:05.552 (31.959)				
11 Kaden Dower	FR Chadron State	3:10.18	1	568
33.810 (33.810)	1:10.449 (36.639)	1:51.155 (40.706)	2:34.131 (42.977)	
3:10.174 (36.043)				
12 Brent Snyder	FR SD Mines	3:13.10	1	542
32.939 (32.939)	1:09.819 (36.880)	1:51.048 (41.229)	2:34.085 (43.037)	
3:13.092 (39.008)				
13 Aidan Grant	FR Western Colo	3:17.81	1	500
33.041 (33.041)	1:10.032 (36.991)	1:51.382 (41.350)	2:34.834 (43.452)	
3:17.806 (42.972)				
14 Pete Brown	SO Chadron State	3:24.27	2	446
34.757 (34.757)	1:12.021 (37.264)	1:54.299 (42.278)	2:41.577 (47.279)	
3:24.266 (42.689)				
-- Nick Apps	JR Western Colo	SCR	1	

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 Women - Team Rankings - 17 Events Scored
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1) UC-Colo. Spgs.	179.50	2) Colorado Mesa	91
3) Colorado Mines	76	4) Western Colo	69.50
5) Adams State	65	6) CSU-Pueblo	53.50
7) Black Hills St.	40	8) Westminster (UT)	29
9) MSU Denver	19	10) Chadron State	14.50
11) NM Highlands	14	12) SD Mines	7
13) Colo. Christian	5		

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 Men - Team Rankings - 17 Events Scored
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1) UC-Colo. Spgs.	168.50	2) Colorado Mesa	101
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2022 RMAC Indoor Track and Field Championships - 2/25/2022 to 2/26/2022

Western Colorado University - Gunnison, Colo.

Mountaineer Field House

Results

....Event 34 Heptathlon: #7 Men 1000 Meter Run Heptathlon

3) Adams State	75	4) CSU-Pueblo	71
5) Colorado Mines	68	6) Western Colo	57.50
7) Chadron State	52	8) MSU Denver	19
8) SD Mines	19	10) Colo. Christian	15
11) Black Hills St.	11	12) Westminster (UT)	4