

Jim Duncan Invitational 2013 - 4/12/2013 to 4/14/2013

Drake Stadium

Results

Event 1 Women 100 Meter Dash Univ/College

Meet Record: 11.00 ! 1980 Merlene Ottey

Name	School	Finals
Finals		
1 Cole, Danyelle	Drake	12.17 2.1
2 Coleman, Felicia	Central	12.20 2.1
3 Winston, Tiara	Drake	12.24 2.1
4 Johnson, Printassia	IL State	12.30 2.1
5 Higgins, Jenna	Mt. Mercy	12.39 2.1
6 Westrum, Whitney	Drake	12.44 2.1
7 Wright, Stefani	Coe	12.78 2.1
8 Kinlow, Ariel	Drake	12.80 -2.3
9 Mussallem, Sarah	IL State	12.96 -2.3
10 Kapande, Mwale	Mt. Mercy	13.07 -2.3
11 Sunderman, Katie	Central	13.11 -2.4
12 Campbell, Brittni	Truman State	13.17 -2.3
13 Dike, Maryann	Mt. Mercy	13.23 -2.3
14 Epps, Jazmine	William Penn	13.31 -2.1
15 Rehder, Bree	UNI	13.31 -2.4
16 Gerst, Lis	Central	13.37 -2.1
16 Martin, Lauren	Simpson	13.37 -2.4
18 Ruiz, Monica	Central	13.39 -2.4
18 Ney, Sarah	Simpson	13.39 -2.3
20 Hendricks, Kelly	Drake	13.45 -2.1
21 Nielsen, Melanie	Central	13.53 -1.9
22 Beyer, Shelby	UNI	13.55 -2.1
23 McBroom, Allie	Central	13.59 -2.1
24 Hemsworth, Elizabeth	FBBC	13.61 -1.9
25 Giles, Emily	William Penn	13.62 -2.1
26 Beckman, Taylor	Central	13.68 -1.9
27 Ackerman, Abbie	UNI	13.72 -2.4
28 Holub, Courtney	UNI	13.76 -2.4
29 Keller, Kayley	Mt. Mercy	13.83 -2.1
30 Jensen, Justine	Mt. Mercy	13.93 -2.4
31 Randall, Shenell	Lindenwood U	14.00 -2.4
32 Allen, Candace	Mt. Mercy	14.38 -1.9
33 Boyer, Ashley	Mt. Mercy	15.10 -1.9

Event 2 Men 100 Meter Dash Univ/College

Meet Record: 10.44 ! 1994 Jeff Watts

Name	School	Finals
Finals		
1 Hubert, Dominique	unnattached	10.91 -1.7
2 Kramer, Derek	UNI	11.06 -1.7
3 Green, Gabriel	William Penn	11.13 -1.7
4 Schreiber, Nathan	IL State	11.18 -1.7
5 Hill, Adonis	IL State	11.28 2.4
6 Anderson, Nicholas	Truman State	11.32 -2.3
7 Danko, Logan	Central	11.34 -2.3
8 Brown, Cam	UNI	11.40 -1.7
9 Roemerman, Dan	Central	11.41 -2.3
10 Beck, Sid	Mt. Mercy	11.44 -2.3
11 Givens, Kederick	William Penn	11.45 -2.3
12 Sickerson, Nate	SWS	11.46 2.4
13 Ebel, Cole	Central	11.47 2.4

14 Powell, Jaemin	Central	11.48 2.4
15 Alimissis, Demetri	IL State	11.50 -1.7
16 Gilbertson, Dennis	Coe	11.65 -2.3
17 Coker, Landon	Central	11.81 2.4
18 Hardman, ED	Grinnell	11.84 2.4
18 Welch, Justin	Drake	11.84 -2.3
20 Grove, Jared	Simpson	11.92 2.4
21 Harmeyer, Matt	ISU	11.93 0.7
22 Phillips, Bradley	Mt. Mercy	11.94 0.7
23 Carson, Grady	Central	12.06 0.7
24 Salow, Kodey	Mt. Mercy	12.18 0.7
25 Brimeyer, Travis	Mt. Mercy	12.36 0.7
26 Lindstrom, Jake	Grinnell	12.48 1.6
27 Lee, Kris	Mt. Mercy	12.59 1.6
28 Wilcox, Derek	FBBC	12.91 1.6
29 Hernandez, Luis	Grinnell	12.92 1.6

Event 3 Women 200 Meter Dash Univ/College

Meet Record: 22.35 ! 1981 Merlene Ottey

Name	School	Finals
Finals		
1 Ellis, Shandel	IL State	24.81 -1.0
2 White, Kendra	ISU	24.90 -1.0
3 Johnson, Printassia	IL State	24.96 -1.0
4 Sealy, Sade	IL State	25.07 -1.0
5 Cole, Danyelle	Drake	25.19 -1.2
6 Westrum, Whitney	Drake	25.28 -1.0
7 Nichols, Jessica	ISU	25.48 -1.2
8 Beeler, Maddie	UNI	25.82 -1.2
9 MacNeill, Christine	UNI	25.83 -1.2
10 Winston, Tiara	Drake	25.85 -1.2
11 Welch, Destani	Drake	25.96 -1.4
12 Mussallem, Sarah	IL State	26.04 -1.4
13 Cameron, Sam	UNI	26.05 -0.4
14 Kinlow, Ariel	Drake	26.20 -1.4
15 Christensen, Dana	ISU	26.32 -1.2
16 Thompson, Darian	UNI	26.48 -1.2
17 Rehder, Bree	UNI	26.52 -1.4
18 Storm, Kaci	ISU	26.54 -1.4
19 Sunderman, Katie	Central	26.74 -0.4
20 Shepherd, Na'Kea	Truman State	26.82 -2.1
21 Ney, Sarah	Simpson	26.86 -2.1
22 Willms, Hannah	ISU	26.88 -0.4
23 Thomas, Shannon	Graceland	26.93 -2.1
24 Ruiz, Monica	Central	27.31 -0.4
25 Woelber, Bree	ISU	27.41 -1.4
26 Gerst, Lis	Central	27.54 -2.1
27 Hendricks, Kelly	Drake	27.94 -2.1
28 James, Emily	Drake	28.01 -2.1
29 Mason, Michaela	Lindenwood U	28.67 -0.4

Event 4 Men 200 Meter Dash Univ/College

Meet Record: 21.14 ! 1992 Eric Clemmons

Name	School	Finals
Finals		
1 Tamba, Ivan	ISU	22.02 0.2

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Finals ... (Event 4 Men 200 Meter Dash Univ/College)

Name	School	Finals
2 Schreiber, Nathan	IL State	22.06 0.2
3 Green, Gabriel	William Penn	22.12 0.2
4 Jordan, Steven	Drake	22.18 -1.2
5 Barth, Sebastian	UNI	22.23 0.2
6 Peterson, Ryan	Truman State	22.43 0.2
7 Acton, Russell	ISU	22.47 0.2
8 Danko, Logan	Central	22.67 0.2
8 Stephens, Derek	TRE	22.67 +0.0
10 Givens, Kederick	William Penn	22.72 +0.0
11 Hill, Adonis	IL State	22.75 0.2
12 Sander, Ryan	ISU	22.76 0.2
13 Alimissis, Demetri	IL State	22.87 0.2
14 Anderson, Nicholas	Truman State	22.88 -1.2
15 Bacosa, Romar	Graceland	23.10 +0.0
16 Brown, Cam	UNI	23.16 0.2
17 Wilson, Jalen	William Penn	23.27 +0.0
18 Wagoner, Mitch	Central	23.45 -1.2
19 Roberts, Austin	Central	23.46 -1.2
20 Sickerson, Nate	SWS	23.51 -1.8
21 Williams, Stephon	William Penn	23.61 -1.2
22 Brown, Charles	UNI	23.76 0.2
23 Lindaman, Ben	UNI	23.77 -1.2
24 Coker, Landon	Central	23.83 -1.8
25 Bleardorn, Alex	Central	23.90 -1.8
26 Addison, Steven	UNI	23.91 +0.0
27 Banks, Quinton	Grinnell	23.93 -1.8
28 Schimek, Matt	Drake	24.15 -1.8
29 Ebel, Cole	Central	24.41 -1.8
29 Welch, Justin	Drake	24.41 -1.8
31 Garwood, David	Grinnell	24.53 -1.8
--- Heisterkamp, Philip	Central	FS -1.2
--- Quam, Devan	Simpson	DNF +0.0

Event 5 Women 400 Meter Dash Univ/College

Meet Record: 53.47 ! 1981 Pam Moore

Name	School	Finals
Finals		
1 Sealy, Sade	IL State	54.00
2 Okoro, Eseroghene	ISU	54.83
3 White, Kendra	ISU	55.00
4 Christensen, Dana	ISU	56.04
5 Ellis, Shandel	IL State	56.42
6 Nichols, Jessica	ISU	56.64
7 Thompson, Darian	UNI	56.92
8 Beeler, Maddie	UNI	57.18
9 Cameron, Sam	UNI	57.64
10 Ajinjeru, Christine	Grinnell	58.25
11 Willms, Hannah	ISU	58.48
12 Kueny, Nora	Truman State	58.98
13 Kibbee, Camie	Central	59.63
14 Foreman, Kiana	IL State	59.66
15 Hemsworth, Elizabeth	FBBC	59.81
16 Mason, Maya	Lindenwood U	1:00.78
17 Knight, India	unnattached	1:01.22

18 Mosbach, Liz Mt. Mercy 1:01.35

Event 6 Men 400 Meter Dash Univ/College

Meet Record: 46.68 ! 4/13/2013 Nick Efkamp

Meet Record: 46.68 ! 4/13/2013 Nick Efkamp

Name	School	Finals
Finals		
1 Efkamp, Nick	ISU	46.68!
2 Davenport, Jesse	UNI	48.38
3 Peterson, Ryan	Truman State	48.92
4 Wright, Brett	Drake	48.99
5 Wells, Ian	Drake	49.03
6 Kufahl, Greg	ISU	49.55
7 Tamba, Ivan	ISU	49.61
8 Guske, Jordan	UNI	49.73
8 Kramer, Coty	IL State	49.73
10 Rippel, Tyler	IL State	49.75
11 Jordan, Steven	Drake	49.96
12 Hoogenson, Jacob	ISU	50.10
13 Magee, Sheldon	UNI	50.24
14 Acton, Russell	ISU	50.33
15 Wilkins, Ethan	ISU	50.36
16 Westphal, Tyler	Central	50.48
17 Sheeder, Brice	Simpson	50.71
18 Hill, Marshall	UNI	50.88
19 Harmeyer, Matt	ISU	51.22
20 Zimmerman, Mason	Central	51.61
21 Welch, Justin	Drake	52.12
22 Dellamuth, Austin	unnattached	52.15
23 Newman, Joshua	Lindenwood U	52.50

Event 7 Women 800 Meter Run Univ/College

Meet Record: 2:07.25 ! 1987 Suzy Favor

Name	School	Finals
Finals		
1 Zillmer, Kristen	IL State	2:09.99
2 McCarthy, Emily	UNI	2:10.86
3 Clock, Amber	UNI	2:11.59
4 Wilson, Alex	UNI	2:12.22
5 Ummel, Kaley	IL State	2:12.84
6 Cashman, Molly	UNI	2:13.38
7 Schon, Scotti	UNI	2:13.85
8 Scholl, Taylor	Drake	2:16.05
9 Wilkins, Lindsey	UNI	2:16.46
10 Meese, Emily	ISU	2:16.87
11 Mink, Jackie	IL State	2:18.88
12 Kamin, Ashley	IL State	2:20.66
13 Mueller, Sarah	Central	2:21.16
14 Sanden, Kimberly	IL State	2:21.50
15 Elbert, Jamie	Simpson	2:21.84
16 Alexander, Tarah	William Penn	2:22.62
17 Ruckman, Sara	Graceland	2:22.98
18 Westen, Lauren	Truman State	2:23.53
19 Huston, Emma	Drake	2:24.56
20 Bramble, Molly	Central	2:25.94
21 Gann, Laura	Drake	2:26.02

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Finals ... (Event 7 Women 800 Meter Run Univ/College)

Name	School	Finals
22 Lamb, Amanda	Central	2:26.44
23 Venezia, Celia	Drake	2:26.62
24 Borgomainerio, Lindsey	Simpson	2:27.07
25 Ranniger, Alison	Central	2:28.00
26 Scott, Allison	Mt. Mercy	2:28.05
27 Wilderson, Meagan	Creighton	2:28.77
28 Rockwood, Bianca	Lindenwood U	2:30.15
29 Heifner, Allison	Drake	2:30.21
30 Dole, Cammy	Drake	2:31.02
31 Brunson, Lindsay	Niacc	2:31.16
32 Schindel, Brandi	Simpson	2:34.16
33 Daisy, Shelby	Mt. Mercy	2:35.43

Event 8 Men 800 Meter Run Univ/College

Meet Record: 1:48.45 ! 4/14/2012 Edward Kemboi

Name	School	Finals
Finals		
1 Schaefer, Matthew	Truman State	1:52.19
2 Baldwin, Alec	ISU	1:52.68
2 Hrezi, Mohamed	ISU	1:52.68
4 Serem, Edwin	ISU	1:52.80
5 Edwards, Alex	William Penn	1:53.70
6 Barnes, Brandon	ISU	1:53.71
7 Hamilton, Christopher	IL State	1:54.01
8 Krogmann, Ryan	UNI	1:54.38
9 Lapham, Charles	Drake	1:55.13
10 Schornack, Ben	Central	1:55.22
11 Moodie, Andre	Mt. Mercy	1:55.38
12 Saxton, James	Drake	1:55.51
13 Kolacia, Nate	Grinnell	1:55.69
14 Kibby, Calvin	UNI	1:56.30
15 Dillenbeck, Alex	ISU	1:56.58
16 Trevizo, Travis	IL State	1:56.70
17 Kak, Omet	Drake	1:56.79
18 Rutledge, Chad	UNI	1:56.95
19 Jeppson, Leif	Simpson	1:57.95
20 Vosberg, Aaron	UNI	1:58.52
21 Prescott, Drew	Creighton	1:58.58
22 Nuehring, Kyle	Central	1:58.59
23 Askin, Aiden	IL State	1:58.97
24 Barnes, Nick	Central	1:59.04
25 Burns, Kyle	UNI	2:00.21
26 Raimondi, Steve	Creighton	2:00.24
27 Ojullu, OJ	Niacc	2:00.42
28 Angel, Zach	Grinnell	2:00.55
29 Worley, Jonny	Niacc	2:02.71
30 Elkins, Zachary	Drake	2:03.73
31 Moorehead, Kyle	Grinnell	2:03.78
32 Jenkins, DeMar	DeMar Jenkin	2:04.02
33 Burns, Justin	Central	2:04.55
34 Grimshaw, Grant	IL State	2:04.57

Event 9 Women 1500 Meter Run Univ/College

Meet Record: 4:19.71 ! 1989

Jeanne Kruckeberg

Name	School	Finals
Finals		
1 Zillmer, Kristen	IL State	4:32.70
2 Gannon, Maggie	ISU	4:38.60
3 Schon, Scotti	UNI	4:38.92
4 Rotich, Perez	ISU	4:41.60
5 Scholl, Taylor	Drake	4:42.91
6 Chibanda, Tanyaradzwa	Lindenwood U	4:45.72
7 Ummel, Kaley	IL State	4:46.91
8 Nagle, Madison	unattached	4:49.91
9 Phipps, Elin	Central	4:50.31
10 McDowell, Taylor	Kyle Rosseau	4:51.98
11 Huston, Emma	Drake	4:53.07
12 Kaster, Kate	unattached	4:54.46
13 Gann, Laura	Drake	4:57.30
14 Devereux, Ellen	IL State	4:57.51
15 Maguire, Krista	Drake	4:59.31
16 Heidorn, Courtney	Lindenwood U	4:59.65
17 Kamin, Ashley	IL State	5:00.52
18 Venezia, Celia	Drake	5:01.31
19 Bramble, Molly	Central	5:02.51
20 Borgomainerio, Lindsey	Simpson	5:03.26
21 Parks, Melissa	Drake	5:03.70
22 Ruckman, Jami	Graceland	5:05.63
23 Dunkin, Amanda	Central	5:07.31
24 Barry, Meagan	Creighton	5:07.74
25 Stevens, Haley	UNI	5:08.07
26 Scott, Allison	Mt. Mercy	5:09.41
27 Castel, Sarah	IL State	5:09.44
28 Mosbach, Liz	Mt. Mercy	5:12.27
29 Martin, Hannah	UNI	5:13.97
30 Parks, Stephanie	Drake	5:15.33
31 Dole, Cammy	Drake	5:25.81
32 Shannon-Tamrat, Selamawit	Graceland	5:27.27

Event 10 Men 1500 Meter Run Univ/College

Meet Record: 3:46.64 ! 4/14/2012 Edward Kemboi

Name	School	Finals
Finals		
1 Serem, Edwin	ISU	3:53.54
2 Horton, Eli	Central	3:54.91
3 McCann, Robert	Drake	3:56.14
4 Kibby, Calvin	UNI	3:56.51
5 Schulze, Nick	ISU	3:58.24
6 Seye, Abdoulaye	ISU	3:59.81
7 Decker, Cole	Central	4:00.79
8 Alvarez, Chris	IA State Una	4:01.34
9 Farrand, Joe	Simpson	4:02.70
10 Prescott, Drew	Creighton	4:02.88
11 Trevizo, Travis	IL State	4:03.33
12 Vosberg, Aaron	UNI	4:04.01
13 Hartley, Tyler	Mt. Mercy	4:07.09
14 Shannon-Tamrat, Besu	ISU	4:07.83

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Finals ... (Event 10 Men 1500 Meter Run Univ/College)

Name	School	Finals
15 McGraw, Ben	Lindenwood U	4:07.84
16 Jandal, Ali	Drake	4:08.28
17 Novak, Brady	Lindenwood U	4:08.75
18 Nuehring, Kyle	Central	4:08.83
19 Dewar, Andrew	Coe	4:09.48
20 Wells, Conor	Drake	4:09.49
21 Wattier, Riley	Central	4:11.67
22 Rippel, Tyler	IL State	4:12.98
23 Yao, Sapolai	Niacc	4:13.81
24 Daack, Calvin	Drake	4:14.04
25 Kirts, Miles	SE Polk	4:16.29
26 Ameling, Jon	Coe	4:16.73
27 Janusick, Scott	IL State	4:19.36
28 Doughan, Cody	Central	4:20.54
29 Johnson, Mitch	Mt. Mercy	4:21.46
30 Haack, Jeremy	Jeremy Haack	4:22.76
31 Flynn, Ryan	Drake	4:27.21
32 Holdsworth, Michael	Creighton	4:29.68

Event 13 Women 5000 Meter Run Univ/College

Meet Record: 16:28.80 ! 1980 Donna Gathje

Name	School	Finals
Finals		
1 Brewer, Rachael	IL State	17:06.68
2 McShea, Kelly	IL State	17:11.31
3 Sigg, Elise	IL State	17:18.29
4 Bueneke, Anna	ISU	17:26.75
5 Christensen, Kimberly	IL State	17:34.54
6 Grauel, Karen	Truman State	17:42.61
7 Devereux, Ellen	IL State	17:54.97
8 Thomas, Hayley	UNI	17:57.73
9 Poss, Erin	Drake	18:01.17
10 Wysocki, Erin	North Dakota	18:02.58
11 Grauel, Cindy	Truman State	18:03.79
12 Lutz, Lydia	North Dakota	18:10.14
13 Nemetz, Shannon	IL State	18:13.48
14 McDermott, Mel	Central	18:22.36
15 Aerts, Cassie	Drake	18:29.89
16 Johnson, Jami	North Dakota	18:33.58
17 DeCeault, Krista	IL State	18:49.64
18 Lynch, Jessica	North Dakota	18:51.16
19 Eaves, Alyssa	Central	18:53.88
20 Wilson, Gabbi	Central	18:57.44
21 Mauser, Emily	Creighton	19:00.77
22 Fulton, Mariel	Drake	19:06.23
23 Barry, Meagan	Creighton	19:09.20
24 Ewan, Dana	Mt. Mercy	19:10.04
25 Osborne, Jade	Simpson	19:12.73
26 Peterson, Emily	Creighton	19:15.08
27 Smith, Juli	Drake	19:24.68
28 McNealy, Jess	Grinnell	19:55.63
29 Diaz, Jessica	Creighton	19:56.53

Event 14 Men 5000 Meter Run Univ/College

Meet Record: 14:28.02 ! 4/13/2012 Hillary Bor

Name	School	Finals
Finals		
1 Wannarka, Cullen	ISU	14:38.65
2 Rutherford, Ryan	IL State	14:45.17
3 Buchheit, Zach	UNI	14:49.17
4 Egan, Brett	UNI	14:49.67
5 Morse, Tyler	IL State	14:56.53
6 Dado, Steve	ISU	14:59.51
7 Saccoman, Sam	North Dakota	15:07.83
8 Jermann, Tyler	ISU	15:11.13
9 Eckman, Guy	Drake	15:18.69
10 Ntatawa, Alex	unnattached	15:20.30
11 Janusick, Scott	IL State	15:20.98
12 Harkreader, Ian	Drake	15:21.00
13 Stack, Ethan	Lindenwood U	15:24.28
14 Bowerman, Nicholas	Nick Bowerma	15:25.89
15 Nielsen, Terry	UNI	15:29.58
16 Dewar, Andrew	Coe	15:29.62
17 Hart, Brad	Truman State	15:33.98
18 Wharram, Parker	North Dakota	15:34.77
19 Volstromer, Alex	Truman State	15:35.63
20 Kabura, Etaslon	Graceland	15:41.95
21 Kenyon, Garrett	Creighton	15:44.50
22 Scanlon, Rob	Iowa State R	15:44.65
23 Rodriguez, Michael	Drake	16:00.48
24 Dalton, Adam	Grinnell	16:00.55
25 Fick, Ben	UNI	16:01.06
26 Devine, Shea	Coe	16:11.46
27 Yaeger, Nick	Simpson	16:19.19
28 Parker, Aaron	Lindenwood U	16:25.26

Event 15 Women 10000 Meter Run Univ/College

Meet Record: 34:21.70 ! 1983 Nan Doak

Name	School	Finals
Finals		
1 Campbell, Paulina	Grinnell	40:37.23
2 Bayly, Alison	Grinnell	41:24.90
3 Holladay, Mackenzie	Mt. Mercy	41:43.03
4 Dunn, Wendi	Mt. Mercy	42:10.08
5 Nibaur, Stephanie	Mt. Mercy	42:36.52
6 Vautin, Jacqueline	Grinnell	43:03.77
7 Emery, Lauren	Grinnell	43:08.88
8 Roberts, Clare	Grinnell	43:49.74
9 Althoff, Katerina	Mt. Mercy	44:43.42
10 Jacobson, Emilie	Mt. Mercy	45:58.72
11 Schultz, Leah	Mt. Mercy	47:03.77
12 Klinger, Marissa	Mt. Mercy	49:49.03

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Event 16 Men 10000 Meter Run Univ/College

Meet Record: 31:37.79 ! 4/12/2013 Frank Canady

Meet Record: 31:37.79 ! 4/12/2013 Frank Canady

Name	School	Finals
Finals		
1 Canady, Frank	Grinnell	31:37.79!
2 Nelson, Ross	North Dakota	32:40.21
3 Mosbach, TJ	Mt. Mercy	32:45.34
4 Smith, Trent	Niacc	32:48.64
5 Griffith, Evan	Grinnell	32:48.72
6 Shepherd, Timothy	Central	33:03.58
7 Clough, Brandon	Central	33:19.70
8 Powers, Mason	Niacc	33:21.66
9 Economy, Kyle	North Dakota	33:23.54
10 Rosseau, Kyle	Kyle Rosseau	34:10.78
11 Brown, Aaron	Central	35:04.85
12 Tangi, John-Ross	Niacc	35:10.94
13 Burt, Sam	Central	37:05.13
14 Anderson, Doug	Grinnell	37:17.39
15 Smiley, Tyler	Grinnell	37:40.87
16 Menner, Robbie	Grinnell	38:05.06

Event 17 Women 100 Meter Hurdles Univ/College

Meet Record: 13.80 ! 1980 Pam Page

Name	School	Finals
Finals		
1 Yeager, Sarah	Drake	13.86 1.5
2 Smith, Marissa	Drake	13.91 1.5
3 Welch, Destani	Drake	14.56 1.5
4 Andreassen, Jordon	ISU	14.68 1.5
5 MacNeill, Christine	UNI	14.69 1.5
6 Moore, China	Lindenwood U	14.70 2.2
7 Nelson, Rebecca	Truman State	14.71 2.2
8 Isom Brummer, Briana	Drake	14.75 1.5
9 Storm, Kaci	ISU	14.87 2.2
10 Fleshner, Bayley	Simpson	15.07 2.2
11 Brooks, Fiona	Lindenwood U	15.13 2.2
12 McCoy, Kelly	ISU	15.26 1.5
13 McCaskill, Jessica	IL State	15.31 0.9
14 Ackerman, Abbie	UNI	15.44 2.2
15 Wilden, Larissa	Mt. Mercy	15.53 2.2
16 Dinyer, Taylor	Truman State	15.71 0.9
17 Holtermann, Anna	ISU	15.77 0.9
18 Foreman, Brooke	Drake	15.78 0.9
19 James, Emily	Drake	15.93 0.9
20 Harris, Audre'ahna	William Penn	16.14 2.2
21 Gillett, Kaitlyn	Central	16.34 1.3
22 Maher, Jordan	Simpson	16.42 0.9
23 Zimmerman, Meredith	Central	16.46 1.3
24 Saladino, Abby	Central	16.85 1.3
25 Flexsenhar, Suzanne	Mt. Mercy	16.93 1.3
26 Enfield, Regan	Mt. Mercy	17.07 1.3
27 Sharp, Morgan	Central	17.41 1.3
28 Zumbach, Taylor	Mt. Mercy	17.64 1.3
29 Hastings, Lindsey	Graceland	17.81 0.9

30 Goodlett, Kaiyla Truman State 18.57 1.3

Event 18 Men 110 Meter Hurdles Univ/College

Meet Record: 13.97 ! 2003 Andy Long

Name	School	Finals
Finals		
1 Barth, Sebastian	UNI	14.11 1.5
2 Wilkins, Ethan	ISU	14.66 1.5
3 Walls, Troy	ISU	14.87 1.5
4 Newtoff, Ryan	UNI	14.87 1.5
5 Marsh, Travis	Drake	15.02 1.5
6 Puls, Channing	UNI	15.14 1.5
7 Hanson, Will	Niacc	15.35 -4.1
8 Larson, Eric	Central	15.48 -4.1
9 Todd-Borden, Julian	Drake	15.51 1.5
10 Smith, William	Truman State	15.61 -4.1
11 Roemerman, Dan	Central	15.63 -4.1
12 Lindaman, Ben	UNI	15.96 -4.1
13 Schoelerman, Jared	North Dakota	16.07 -1.2
14 Heying, Ted	Simpson	16.09 -1.2
15 Forgie, Jake	Central	16.13 -1.2
16 Addison, Steven	UNI	16.21 -4.1
17 Foreman, Jeffery	Drake	16.31 -1.2
18 Lenstra, Nick	Coe	16.32 -1.2
19 Boyd, Jared	Truman State	16.34 -1.2
20 Mays, Rodney	Lindenwood U	16.40 -1.2
21 Stanford, Bryan	Coe	16.54 -1.2
22 Allen, Andy	unattached	16.72 -1.2
23 Volz, Trevor	William Penn	16.74 -1.2
24 Cord, John	Simpson	17.05 -1.2
25 Little, Staven	Graceland	18.34 -1.2

Event 19 Women 400 Meter Hurdles Univ/College

Meet Record: 57.92 ! 2003 Yeva Zunda

Name	School	Finals
Finals		
1 Knodle, Paige	UNI	59.75
2 Yeager, Sarah	Drake	1:00.78
3 Shoeman, Krista	ISU	1:01.62
4 Isom Brummer, Briana	Drake	1:01.88
5 Hill, Virginia	Drake	1:02.21
6 Combs, Jenna	IL State	1:03.09
7 Fullman, Terah	Lindenwood U	1:03.51
8 Salzbrenner, Holly	UNI	1:03.92
9 Kucharski, Lisa	Truman State	1:04.37
10 Roberts, Emily	UNI	1:04.98
11 Heizer, Sara	Coe	1:05.47
12 Jones, Jerrelle	Lindenwood U	1:06.19
13 Foreman, Brooke	Drake	1:06.50
14 Enfield, Regan	Mt. Mercy	1:06.93
15 Nelson, Sammy	Simpson	1:07.98
16 Miller, Isabelle	Grinnell	1:08.90
17 Dinyer, Taylor	Truman State	1:11.95
18 Hancox, Hope	Simpson	1:11.97
19 Bresette-Buccino, Nora	Grinnell	1:15.84

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Results

Event 20 Men 400 Meter Hurdles Univ/College

Meet Record: 51.54 ! 4/13/2013 LaRon Bennet

Meet Record: 51.54 ! 4/13/2013 LaRon Bennet

Name	School	Finals
Finals		
1 Bennet, LaRon	unnattached	51.54!
2 DeGrave, Jon	unnattached	52.33
3 Marsh, Travis	Drake	52.53
4 Newtoff, Ryan	UNI	54.33
5 Reynoso, Mike	Lindenwood U	54.73
6 Walker, Elrich	Lindenwood U	54.79
7 Todd-Borden, Julian	Drake	54.96
8 Asberry, Kai	Drake	55.09
9 Hickok, Drake	Central	55.52
10 Cruz, Javar	IL State	55.53
11 Thomas, Zachary	Truman State	56.45
12 Campbell, Blake	Mt. Mercy	56.49
13 Lenstra, Nick	Coe	56.55
14 Omot, Nako	Niacc	56.65
15 Ophoff, Brandon	unnattached	56.96
16 Lawson, Anthony	Graceland	57.03
17 Stubbs, Austin	Central	57.92
18 Chesnut, Cole	ISU	57.93
19 Allen, Andy	unnattached	59.12
20 Little, Staven	Graceland	1:00.80
21 Sump, Jordan	Central	1:01.04
--- Boyd, Jared	Truman State	DNF

Event 21 Women 4x100 Meter Relay Univ/College

Meet Record: 45.45 ! 1981 Nebraska

Team	Relay	Finals
Finals		
1 Illinois State	A	47.08
2 Drake University	A	47.30
3 Mount Mercy	A	48.10
4 Lindenwood Universit	A	48.99
5 Central	A	49.45
6 Simpson College	A	49.81
7 Truman State	A	50.36
8 Grinnell	A	53.25
--- Coe College	A	DQ

Event 22 Men 4x100 Meter Relay Univ/College

Meet Record: 41.10 ! 1992 Iowa

Team	Relay	Finals
Finals		
1 Truman State	A	42.33
2 Central	A	43.08
3 Illinois State	A	43.19
4 Lindenwood Universit	A	43.93
5 Coe College	A	43.99
--- Mount Mercy	A	DQ

Event 25 Women 4x400 Meter Relay Univ/College

Meet Record: 3:44.18 ! 4/13/2013 Illinois State

P Johnson, S Ellis, K Zillmer, S Sealy

Meet Record: 3:44.18 ! 4/13/2013 Illinois State

P Johnson, S Ellis, K Zillmer, S Sealy

Team	Relay	Finals
Finals		
1 Illinois State	A	3:44.18!
2 Northern Iowa	A	3:46.13
3 Drake University	A	3:51.11
4 Central	A	3:58.20
5 Lindenwood Universit	A	4:00.99
6 Truman State	A	4:02.66
7 Grinnell	A	4:04.70
8 Simpson College	A	4:05.63
9 Coe College	B	4:09.98
10 Mount Mercy	A	4:30.15

Event 27 Men 4x400 Meter Relay Univ/College

Meet Record: 3:12.07 ! 2001 Northern Ia Track Club

Team	Relay	Finals
Finals		
1 Northern Iowa	A	3:15.47
2 Drake University	A	3:16.66
3 Illinois State	A	3:17.78
4 Truman State	A	3:18.62
5 Central	A	3:22.14
6 Lindenwood Universit	A	3:23.05
7 Simpson College	A	3:23.97
8 Graceland	A	3:28.20
9 Grinnell	A	3:28.83
10 Mount Mercy	A	3:30.12
11 Coe College	A	3:33.79
--- Iowa State	A	DNF

Event 31 Women High Jump Univ/College

Meet Record: 5-11.50 ! 2001 Gina Curtis

Name	School	Finals
Finals		
1 McCoy, Kelly	ISU	1.65m
2 Aremka, Jaclyn	Drake	1.60m
2 Harvoth, Amy	IL State	1.60m
4 Willms, Hannah	ISU	J1.60m
5 Andreassen, Jordon	ISU	J1.60m
6 Wilden, Larissa	Mt. Mercy	1.55m
7 Groom, Karly	ISU	J1.55m
--- Epps, Jazmine	William Penn	NH
--- Simmons, Alora	William Penn	NH
--- Keene, Beth	Truman State	NH
--- Martin, Lauren	Simpson	NH
--- Storm, Kaci	ISU	NH
--- Gillett, Kaitlyn	Central	NH
--- Sharp, Morgan	Central	NH
--- Morigaki, Cassandra	Coe	NH
--- Hotz, Hilary	Central	NH

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Results

Finals ... (Event 31 Women High Jump Univ/College)

Name	School	Finals
--- Knodle, Paige	UNI	NH
--- Baudendistel, Sidney	Truman State	NH
--- Neiheisel, Kaitlyn	IL State	NH
--- Endelman, Emily	UNI	NH

Event 32 Men High Jump Univ/College

Meet Record: 7-00.25 ! 1994 Tim Suchan

Name	School	Finals
Finals		
1 Yackle, Tommy	UNI	1.95m
2 Gapp, Jacob	Niacc	1.90m
2 Goad, Scott	Drake	1.90m
2 Lucs, Nick	ISU	1.90m
5 Cook, Ryan	Drake	J1.90m
6 DeJaegher, Jacob	IL State	J1.90m
7 Larson, Eric	Central	J1.90m
8 Prosser, Josh	IL State	1.85m
8 Lentsch, Griffin	Grinnell	1.85m
10 Foreman, Jeffery	Drake	J1.85m
11 Cord, John	Simpson	J1.85m
12 Fulgoni, Gus	Grinnell	J1.85m
13 Schoelerman, Jared	North Dakota	J1.85m
14 Freeman, Conner	Central	1.80m
15 Poster, Kevin	ISU	J1.80m
15 Bonner, DeAngelo	Graceland	J1.80m
--- Larson, Thomas	UNI	NH
--- Powell, Jaemin	Central	NH
--- Cress, Jordan	ISU	NH

Event 33 Women Pole Vault Univ/College

Meet Record: 12-05.50 ! 2013 Jenna Wexter

Name	School	Finals
Finals		
1 Wexter, Jenna	UNI	3.80m
2 Torresani, Libby	UNI	3.65m
3 Roche, Jennifer	UNI	3.50m
4 Swift, Emily	IL State	3.35m
5 Neiheisel, Kaitlyn	IL State	J3.35m
6 Hines, Kelli	Truman State	J3.35m
7 Buckman, Claire	Lindenwood U	3.20m
7 Fredenhagen, Laura	IL State	3.20m
9 Klenke, Kimberly	Lindenwood U	J3.20m
10 Newcomb, Kirby	Graceland	J3.20m
11 Stark, Laura	Truman State	3.05m
12 Goldman, Elsa	Grinnell	2.90m
13 Bybee, Laura	Coe	J2.90m
14 Blodgett, Kristen	Coe	J2.90m
15 Carlson, Athena	Grinnell	J2.90m
--- Baumgardner, Gwen	Drake	NH

Event 34 Men Pole Vault Univ/College

Meet Record: 16-08 ! 1999 Juri Rován

Name	School	Finals
Finals		
1 Jean, Thomas	IL State	4.75m
2 Fenner, Charles	UNI	4.45m
3 Garza, Edgar	Lindenwood U	J4.45m
4 Richards, Trevor	unattached	4.15m
5 Bednarek, Nicholas	IL State	4.00m
6 LaPointe, Matthew	Truman State	J4.00m
7 LeLasheur, Joel	unattached	J4.00m
8 Wielbik, Alex	IL State	3.85m
9 Sanderson, Taylor	ISU	J3.85m
--- Hill, Paul	Graceland	NH
--- Lindstrom, Jake	Grinnell	NH
--- Szamlewski, Corey	UNI	NH
--- Schimek, Matt	Drake	NH
--- Rey, Gordan	Coe	NH

Event 35 Women Long Jump Univ/College

Meet Record: 20-10 ! 1995 Dianna Leftridge

Name	School	Finals
Finals		
1 Nelson, Rebecca	Truman State	5.34m 0.8
2 Jenkins, Jen	IL State	5.30m 1.3
3 Isom Brummer, Briana	Drake	5.23m 1.9
4 Kapande, Mwale	Mt. Mercy	J5.23m 3.5
5 Holtermann, Anna	ISU	5.20m 2.2
6 Miller, Eloise	Grinnell	5.12m +0.0
7 Sharp, Morgan	Central	5.02m 1.9
8 Jordan, Chelsea	ISU	4.96m 0.7
9 Rush, Kendall	IL State	4.90m 1.5
10 Hotz, Hilary	Central	4.86m 3.7
11 Drahn, Kenzie	Coe	4.84m 2.1
12 Beckman, Taylor	Central	4.82m 1.9
13 Mosbach, Liz	Mt. Mercy	4.81m 3.2
14 Fleshner, Bayley	Simpson	4.72m 3.6
15 Moulds, Hannah	Simpson	4.47m 2.6
16 Galbraith, Sarah	Simpson	4.42m 3.9
17 Hancox, Hope	Simpson	4.25m 4.4

Event 36 Men Long Jump Univ/College

Meet Record: 25-00 ! 1996 Yago Lamela-Tobio

Name	School	Finals
Finals		
1 Bertelsen, Eric	Kyle Rosseau	7.02m -0.6
2 Riesselman, Weston	UNI	6.98m -1.0
3 Johnson, Mark	ISU	6.91m 2.8
4 Karys, Dan	Drake	6.76m 1.6
5 Wilkins, Ethan	ISU	6.65m 1.0
6 Larson, Eric	Central	6.47m 1.5
7 Cord, John	Simpson	6.45m NWI
8 Hill, Adonis	IL State	6.41m 1.8
9 Wilson, Jalen	William Penn	6.40m 1.5
10 Hausteim, Marcus	Coe	6.37m 1.9

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Results

Finals ... (Event 36 Men Long Jump Univ/College)

Name	School	Finals
11 Goad, Scott	Drake	16.37m 0.7
12 Bonner, DeAngelo	Graceland	6.35m 1.3
13 Gapp, Jacob	Niacc	6.23m 1.4
14 Lindaman, Ben	UNI	6.19m 1.2
15 Bacosa, Romar	Graceland	6.16m -0.3
16 Alimissis, Demetri	IL State	6.13m 2.7
17 Williams, Riley	Truman State	6.04m -1.6
18 Thomas, Antonio	Mt. Mercy	5.99m NWI
19 Lee, Kris	Mt. Mercy	5.73m 0.8
20 Washington, Brandon	Graceland	5.37m NWI
21 Schoelerman, Jared	North Dakota	4.02m 2.1
--- Mauer, Jason	UNI	FOUL

Event 37 Women Triple Jump Univ/College

Meet Record: 40-09.75 ! 1994 Dianna Leftridge

Name	School	Finals
Finals		
1 Rush, Kendall	IL State	11.89m 1.8
2 Jenkins, Jen	IL State	11.48m NWI
3 Bell, Kayla	Drake	11.31m -0.2
4 Rice, Tatiana	UNI	10.64m 2.7
5 Miller, Eloise	Grinnell	10.63m 0.2
6 Kapande, Mwale	Mt. Mercy	10.53m +0.0
7 Keene, Beth	Truman State	10.52m -0.2
8 Wandling, Emily	UNI	10.36m -0.1
9 Franklin, Kirstin	Coe	10.23m 1.9
10 Stimpson, Shelbi	Central	9.76m 0.4
11 Taylor, Lindsay	Simpson	9.67m -1.4
--- Galbraith, Sarah	Simpson	FOUL
--- Jordan, Chelsea	ISU	FOUL

Event 38 Men Triple Jump Univ/College

Meet Record: 52-03.25 ! 2001 Marc Dzradosi

Name	School	Finals
Finals		
1 Kaster, Alex	Drake	13.79m 3.0
2 Pannell, Frederick	William Penn	13.23m 0.6
3 Washington, Brandon	Graceland	13.13m 1.4
4 Buczek, Sean	Drake	13.05m 0.5
5 Barton, Miles	Central	12.13m 2.3
6 Salow, Kodey	Mt. Mercy	11.89m 2.2
7 Davis, Emery	Central	11.64m 1.4

Event 39 Women Discus Throw Univ/College

Meet Record: 169-03 ! 1989 Rachel Lewis

Name	School	Finals
Finals		
1 Smith, Brittany	IL State	48.87m
2 Dahnweih, Mahnker	IL State	44.82m
3 Ecker, Jessica	Lindenwood U	43.41m
4 Schmidt, Chloe	UNI	42.35m
5 Hillman, Christina	ISU	41.98m
6 Griep, Molly	North Dakota	41.87m
7 Borchardt, Tressa	ISU	41.47m

8 Siaosi, Florida	Graceland	40.81m
9 Kyle, Michelle	Lindenwood U	40.09m
10 Blackwell, Lindsey	Lindenwood U	39.35m
11 Lindstrom, Jamie	UNI	39.00m
12 Maher, Jordan	Simpson	37.76m
13 McCarroll, Rachel	Truman State	37.42m
14 Smith, Chelsea	Lindenwood U	34.68m

Event 40 Men Discus Throw Univ/College

Meet Record: 178-11 ! 2001 Zech Schiebout

Name	School	Finals
Finals		
1 Williams, Jordan	UNI	53.75m
2 Johnson, Shawn	North Dakota	49.58m
3 Fleming, Josh	Central	49.11m
4 Baker, Justin	UNI	47.79m
5 Kertz, Bryan	Lindenwood U	46.39m
6 Kelley, Henry	ISU	45.99m
7 Schiffer, Matt	UNI	45.17m
8 Miller, John	Lindenwood U	44.09m
9 Curtis, Andrew	Drake	43.91m
10 McDonnell, Adam	UNI	43.63m
11 Twombly, Isaac	Drake	43.47m
12 Wielgopolan, Luke	IL State	43.36m
13 Lambardino, Kyle	IL State	43.26m
14 Fellows, Alex	Lindenwood U	42.50m
15 Kleppe, Nick	ISU	42.03m

Event 41 Women Hammer Throw Univ/College

Meet Record: 201-06 ! 2013 Brittany Smith

Name	School	Finals
Finals		
1 Smith, Brittany	IL State	61.43m
2 Bozarth, Hayli	ISU	58.23m
3 Hampton, Laishema	ISU	54.00m
4 Burks, Keke	North Dakota	51.47m
5 Frere, Danielle	ISU	50.05m
6 Sukovaty, Kelsey	UNI	49.22m
7 Rabon, Sydney	UNI	48.38m
8 Sanborn, Kayla	ISU	45.54m
9 McCarroll, Rachel	Truman State	45.38m
10 Lindstrom, Jamie	UNI	44.50m
11 Eggert, Jayd	North Dakota	44.32m
12 Blackwell, Lindsey	Lindenwood U	43.18m
13 Smith, Chelsea	Lindenwood U	43.04m
14 Griep, Molly	North Dakota	40.83m

Event 42 Men Hammer Throw Univ/College

Meet Record: 196-01 ! 2013 Mitchel Heady

Name	School	Finals
Finals		
1 Heady, Mitchell	Lindenwood U	59.77m
2 Richards, Zack	ISU	59.47m
3 Twombly, Isaac	Drake	58.82m
4 Mills, Akil	IL State	56.96m
5 Williams, Jordan	UNI	55.70m

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Results

Finals ... (Event 42 Men Hammer Throw Univ/College)

Name	School	Finals
6 McDonnell, Adam	UNI	54.62m
7 Curtis, Andrew	Drake	54.13m
8 Johnson, Shawn	North Dakota	53.66m
9 Wielgopalan, Luke	IL State	52.27m
10 Schiffer, Matt	UNI	51.59m
11 Wisniewski, Matt	Truman State	48.21m
12 Fleming, Josh	Central	48.15m
13 Baker, Justin	UNI	47.91m
14 Kelley, Henry	ISU	46.15m
15 Kertz, Bryan	Lindenwood U	46.03m
16 Messerschmidt, Steven	Central	44.19m

Event 43 Women Javelin Throw Univ/College

Meet Record: 170-04 ! 2013 Jenna Higgins

Name	School	Finals
Finals		
1 Higgins, Jenna	Mt. Mercy	51.92m
2 Eggert, Jayd	North Dakota	42.40m
3 Ecker, Jessica	Lindenwood U	40.90m
4 Nelson, Rebecca	Truman State	37.98m
5 Isom Brummer, Briana	Drake	35.11m
6 Andreassen, Jordon	ISU	34.97m
7 Pavlat, Whitney	Central	34.07m
8 Rollet, Alexandria (Lexie)	Truman State	33.95m
9 Aberson, Shanna	Central	32.97m
10 Sharp, Morgan	Central	30.73m
11 Young, Mariah	Simpson	29.08m
12 Holtermann, Anna	ISU	24.95m
13 Storm, Kaci	ISU	19.72m
--- Owen, Meredith	Lindenwood U	FOUL
--- Jensen, Justine	Mt. Mercy	FOUL

Event 44 Men Javelin Throw Univ/College

Meet Record: 207-06 ! 1995 Nick Kutovy

Name	School	Finals
Finals		
1 Harp, Kevin	Drake	60.93m
2 McDonnell, Adam	UNI	56.72m
3 Silkman, David	Drake	56.22m
4 Cord, John	Simpson	53.10m
5 Lindaman, Ben	UNI	53.08m
6 Taylor, Trey	Niacc	51.06m
7 Phillips, Tristan	Lindenwood U	48.54m
8 Sanderson, Taylor	ISU	46.13m
9 Salow, Kodey	Mt. Mercy	41.73m
10 Johnson, Gunnar	Central	38.75m
11 Kubik, Nate	Mt. Mercy	37.96m
12 Ledvina, Adam	Central	37.49m
13 Johnson, Eric	ISU	37.14m
14 Althoff, Bryce	Mt. Mercy	33.64m

Event 45 Women Shot Put Univ/College

Meet Record: 52-03.75 ! 2013 Brittany Smith

Name	School	Finals
Finals		
1 Smith, Brittany	IL State	15.94m
2 Sukovaty, Kelsey	UNI	15.29m
3 Siao, Florida	Graceland	13.95m
4 Rabon, Sydney	UNI	13.95m
5 Lindstrom, Jamie	UNI	13.15m
6 McGruder, Dimonique	Truman State	13.13m
7 Kachanuk, Abigail	IL State	12.64m
8 Foster, Meaghan	William Penn	12.53m
9 Dahnweih, Mahnker	IL State	12.31m
10 Kyle, Michelle	Lindenwood U	12.26m
11 Blackwell, Lindsey	Lindenwood U	11.88m
12 Thompson, Lateeka	Niacc	11.67m
13 Hoerr, Emma	William Penn	10.87m
14 Lastovka, Kristin	William Penn	10.42m
15 Gott, Tara	Graceland	10.40m
16 Woelber, Bree	ISU	10.36m
17 Chapin, Maranda	Niacc	10.18m
18 McWilliams, Brilee	Niacc	9.63m
--- Griep, Molly	North Dakota	FOUL

Event 46 Men Shot Put Univ/College

Meet Record: 62-04 ! 2000 Josh Hagedorn

Name	School	Finals
Finals		
1 Johnson, Shawn	North Dakota	16.53m
2 Baker, Justin	UNI	15.13m
3 Messerschmidt, Steven	Central	14.71m
4 Smith, Matthew	Truman State	14.56m
5 Mills, Akil	IL State	14.53m
6 Fleming, Josh	Central	14.30m
7 Grant, JaQuelle	Niacc	13.63m
8 Fellows, Alex	Lindenwood U	12.87m
9 Tack, Josh	Central	11.99m
10 Hermann, Ryan	Lindenwood U	11.87m
11 Gist, Kalob	William Penn	11.70m
12 Bechtold, Austin	Simpson	11.64m
13 Huston, Jacob	William Penn	10.81m
--- Bearden, Jamaal	IL State	FOUL
--- Johnson, Gunnar	Central	FOUL
--- Kertz, Bryan	Lindenwood U	FOUL

Event 51 Girls 100 Meter Dash High School

Meet Record: 12.29 ! 4/14/2012 Erin Hawkins

Name	School	Finals
Finals		
1 Campbell, Jessica	Dowling Cath	12.74 +0.0
2 Iles, Katie	Wdm Valley	12.86 +0.0
3 Johnson, Jaelyn	DM Roosevelt	12.89 -1.5
4 Gaines, Gabi	Waukee	12.96 +0.0
5 Lovan, Lexus	Urbandale	13.02 +0.0
6 Lewis, Teanna	DM Roosevelt	13.04 -1.5

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Results

Finals ... (Event 51 Girls 100 Meter Dash High School)

Name	School	Finals
7 Reysack, Sydney	Ankeny	13.14 +0.0
8 Jones, Monaijah	DM Lincoln	13.15 -2.9
9 Cortez, Shantell	North	13.39 -1.5
10 Buss, Talia	Waukee	13.64 +0.0
11 Sanduk, Raniya	DM Lincoln	13.72 -1.5
12 McGinnis, Destiny	SE Polk	13.78 -1.5
13 Siegel, Sarah	Urbandale	13.80 -2.9
14 Krafka, Jordan	SE Polk	13.86 -1.4
15 Wadle, Darien	Indianola	13.89 -1.5
16 Chanthabouasy, Deon	Wdm Valley	13.93 -1.5
17 Wong, Kellie	Ankeny	14.04 -1.4
18 Bartlett, Ella	Ames	14.11 -1.4
19 Green-Harrington, Aolani	Mason City	14.18 -1.4
20 McCready, Jessie	Mason City	14.21 -2.9
21 Aldred, Paige	Indianola	14.38 -1.5
22 Kwaw-Mensah, Lynnette	Ames	14.51 -2.9
23 Rogers, Abbie	Johnston	15.06 -2.9
24 Cartwright, Kiersten	Johnston	15.32 -2.9

Event 52 Boys 100 Meter Dash High School

Meet Record: 11.21 ! 4/16/2011 Joe Koger

Name	School	Finals
Finals		
1 Weddington, Jordan	Johnston	11.25 1.2
2 Barsetti, Joey	Dowling	11.28 1.0
2 Greene, Vybert	Lincoln	11.28 1.0
4 Steffensen, Tad	Marshalltown	11.41 1.0
5 Washington, Cray	Ft. Dodge	11.42 -0.8
6 Kuyetah, Moussa	SE Polk	11.46 1.0
7 Davenport, Kajuan	North	11.50 -0.8
8 Caulker, Andrew	Lincoln	11.51 1.0
8 Seay, Jared	Johnston	11.51 1.2
10 Lowe, Corbin	Waukee	11.55 -0.8
11 Mikesell, Deion	SE Polk	11.58 1.0
12 Ziegler, Malique	Dsm- East	11.59 -0.8
13 McGregor, Clyde	Roosevelt	11.61 1.0
14 Gibbs, Luke	Ankeny	11.64 -0.8
15 Koko, Mamoon	Hoover	11.69 -0.8
16 Zeo, Emmanuel	North	11.76 1.2
17 Little, Trey	Roosevelt	11.84 -1.4
18 Hoang, Randy	Urbandale	11.91 1.2
19 Vongnhay, Alan	Waukee	11.92 -0.8
20 Dafney, DJ	Wdm Valley	11.99 -1.4
21 Davis, Josh	Ankeny	12.00 -1.4
22 Myers, Keegan	Ft. Dodge	12.00 -1.4
23 Akers, Evian	Dsm- East	12.19 -1.4
24 Christiansen, Mike	Wdm Valley	12.20 1.2
25 Mansaray, Dady	Urbandale	12.39 -1.4
26 Danielson, Matt	Mason City	12.40 -1.4
27 Johnson, Aaron	Indianola	12.47 -1.4
28 Dittmer, Austin	Indianola	12.79 1.2
29 Tornquist, Matt	Mason City	13.14 1.2

Event 53 Girls 200 Meter Dash High School

Meet Record: 25.55 ! 4/14/2012 Jalynn Roberts-Lewis

Name	School	Finals
Finals		
1 Campbell, Jessica	Dowling Cath	26.27 -2.4
2 Iles, Katie	Wdm Valley	26.74 -2.4
3 Buss, Talia	Waukee	26.88 -2.4
4 Witte, Shaye	Waukee	27.71 -2.4
5 Kallo, Jay	DM Roosevelt	28.27 -1.0
6 Brown, Alexa	Indianola	28.43 -2.4
7 Musa, Sarah	DM Roosevelt	28.68 -1.0
8 Haron, Fatima	Ames	28.96 -1.0
9 Criner, Katelyn	Wdm Valley	29.23 -1.0
10 Rood, Annie	Urbandale	29.33 -1.1
11 Salyer, Emily	Urbandale	29.34 -1.1
11 Sadler, Mykal	Dowling Cath	29.34 -2.4
13 Kirkpatrick, Monica	Indianola	30.03 -1.1
14 Peters, Regine	Ames	30.06 -1.0
15 Green-Harrington, Aolani	Mason City	30.14 -1.0
16 Sirfus, Emma	Johnston	30.33 -1.1
17 Knopf, Bailey	Johnston	30.57 -1.0
18 Toweh, Faith	North	30.86 -1.1
19 Wildman, Mykal	Marshalltown	31.65 -1.1
20 Gwern, Gifti	North	32.15 -1.1

Event 54 Boys 200 Meter Dash High School

Meet Record: 22.52 ! 4/16/2011 Jesse Davenport

Name	School	Finals
Finals		
1 Lowe, Corbin	Waukee	22.79 -1.9
2 Ejubovic, Nihad	Waukee	23.12 -1.9
3 Karla, Terrence	Dsm- East	23.40 -1.9
4 Garlock, Ben	Johnston	23.52 -1.3
5 Philpot, Emmanuel	SE Polk	23.62 -1.9
6 Loew, Cameron	Indianola	23.86 -2.0
7 Bell, Thomas	Dowling	24.00 -2.0
8 Danielson, Matt	Mason City	24.15 -2.0
9 Glahn, Freddy	Roosevelt	24.37 -2.0
10 Beem, Jordan	SE Polk	24.40 -1.9
11 Pieper, Shaun	Dowling	24.41 -2.0
12 Montgomery, Marcus	Johnston	24.43 -2.0
13 Kramme, Isaiah	Ankeny	24.48 -1.9
14 Gudino, Juan	Mason City	24.54 -2.0
15 Lenzini, Dan	Ankeny	24.55 -2.0
16 Stanley, Josh	Wdm Valley	24.60 -1.3
17 Christiansen, Mike	Wdm Valley	24.76 -2.0
18 Dudley, Jamaal	North	25.03 -1.3
19 Denny, Malik	Roosevelt	25.12 -2.0
20 Haskins, Victor	Lincoln	25.20 -2.0
21 Tomlin, Joe	Lincoln	25.22 -2.0
22 Worge, Ben	North	25.58 -1.3
23 Kellow, Jeremy	Indianola	25.94 -2.0

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Event 55 Girls 400 Meter Dash High School

Meet Record: 59.98 ! 4/13/2013 Rachel Kaale

Meet Record: 59.98 ! 4/13/2013 Rachel Kaale

Name	School	Finals
Finals		
1 Kaale, Rachel	Indianola	59.98!
2 Gates, Taylor	Waukee	1:00.85
3 Smith, Keely	Waukee	1:02.56
4 Brown, Ashley	DM Roosevelt	1:03.87
5 Patterson, Anna	Ankeny	1:04.09
6 Hulen, Darby	Indianola	1:05.06
7 Whitaker, Tyanna	DM Roosevelt	1:05.80
8 Johnson, Isabelle	SE Polk	1:06.06
9 Sadler, Mykal	Dowling Cath	1:06.34
10 Neustrom, Kara	Wdm Valley	1:06.85
11 Stirling, Caroline	Ankeny	1:07.71
12 Bradley, Kylie	Urbandale	1:08.05
13 Savage, Kalie	SE Polk	1:08.58
14 Foster, Mikayla	Johnston	1:09.10
15 Westercamp, Ann	Dowling Cath	1:09.12
16 Coomes, Natalie	Johnston	1:09.62
17 Benson, Nicole	Urbandale	1:09.73
18 Wildman, Mykal	Marshalltown	1:11.01
19 Miller, Lynzie	DM Lincoln	1:13.36
20 Roland, Elissa	DM Lincoln	1:13.72
21 Scales, Darya	North	1:27.99

Event 56 Boys 400 Meter Dash High School

Meet Record: 49.51 ! 4/16/2011 Jesse Davenport

Name	School	Finals
Finals		
1 Pearson, Matt	Hoover	50.75
2 Matter, Zach	Ankeny	50.98
3 Patton, Jaquan	Roosevelt	52.17
4 Karla, Terrence	Dsm- East	52.64
5 Worth, Blake	Wdm Valley	52.90
6 Kragt, Jonah	Johnston	53.12
7 Manson, O Ron	Dsm- East	53.52
8 Atary, Yoana	North	53.54
9 Drees, Chase	SE Polk	53.62
10 Marcellus, Colton	Roosevelt	53.99
11 Combs, Tyler	Indianola	54.08
12 Lafrentz, Quinn	Urbandale	54.39
13 Allen, Drake	SE Polk	54.54
14 Dudley, Jamaal	North	54.68
15 Schneiter, Koy	Waukee	55.11
16 Lyon, Zach	Lincoln	55.38
17 Carey, PJ	Ankeny	55.71
18 Snyder, JR	Dowling	56.14
19 Reinsvold, Josef	Dowling	56.44
20 McLaren, Riley	Indianola	56.98
21 Forney, Ben	Ames	57.94
22 Enright, John	Mason City	59.41
23 Petersen, Brad	Mason City	1:03.33

Event 57 Girls 800 Meter Run High School

Meet Record: 2:13.73 ! 4/14/2012 Lydia Saggau

Name	School	Finals
Finals		
1 Saggau, Lydia	Wdm Valley	2:14.16
2 Schweizer, Karissa	Dowling Cath	2:16.93
3 Norem, Ashley	Urbandale	2:18.97
4 Sabotin, Kayla	Waukee	2:19.69
5 Bishop, Kate	Indianola	2:19.98
6 Ihedilionye, Joy	DM Roosevelt	2:20.30
7 Shepherd, Melissa	Wdm Valley	2:21.30
8 Smith, Kate	Ankeny	2:22.55
9 Kleve, Jordyn	Johnston	2:22.64
10 Blagg, Rachel	Marshalltown	2:23.45
11 Elliott, Allie	Indianola	2:24.07
12 Prescott, Elyse	Urbandale	2:25.06
13 Bosch, Katie	Ankeny	2:25.29
14 Rush, Cortni	Mason City	2:26.15
14 Foldes, Kenzie	Johnston	2:26.15
16 Luksan, Jennifer	Dowling Cath	2:26.27
17 Neuendorf, Courtney	SE Polk	2:27.67
18 Lewis, Erika	Waukee	2:30.35
19 Voss, Sarah	DM Roosevelt	2:31.27
20 Savage, Kalie	SE Polk	2:37.52
21 Louw, Alex	DM Lincoln	2:53.33
22 Zecena, Jackie	DM Lincoln	2:57.48

Event 58 Boys 800 Meter Run High School

Meet Record: 1:56.21 ! 4/13/2013 Jason Thomas

Meet Record: 1:56.21 ! 4/13/2013 Jason Thomas

Name	School	Finals
Finals		
1 Thomas, Jason	Dowling	1:56.21!
2 Krohnke, Austin	Waukee	1:57.26
3 Lee, Daniel	Ames	1:58.01
4 Arndt, Andy	Indianola	1:58.46
5 Schulze, Jordan	Indianola	1:58.93
6 Paulson, Nick	Ankeny	2:00.64
7 Gorsche, Joe	Dowling	2:01.09
8 Caracci, Jeremy	Johnston	2:01.26
9 Everett, Broc	Wdm Valley	2:02.54
10 Wieland, Tyson	Johnston	2:03.04
11 Wiles, Tre	Dsm- East	2:05.09
12 Chol, Lieb	Urbandale	2:06.35
13 Clouse, Drake	SE Polk	2:06.45
14 Ukpan, Steve	Dsm- East	2:07.49
15 Vogel, Ross	Waukee	2:08.09
16 Harris, Jorvik	Ankeny	2:08.84
17 VonderLinde, Kyle	Roosevelt	2:09.30
18 Sloan, Andrew	Mason City	2:10.32
19 Daft, David	Wdm Valley	2:10.95
20 Odir, Joseph	Roosevelt	2:12.05
21 Cole, Mitch	SE Polk	2:14.06
22 Harmon, Cody	Mason City	2:14.79
23 Wood, Tanner	Lincoln	2:15.73

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Finals ... (Event 58 Boys 800 Meter Run High School)

Name	School	Finals
24 Lucht, Christian	Lincoln	2:21.60
25 Tuombemungu,, Moise	North	2:22.09

Event 59 Girls 1500 Meter Run High School

Meet Record: 4:31.38 ! 4/10/2010 Katie Flood

Name	School	Finals
Finals		
1 Saggau, Lydia	Wdm Valley	4:46.79
2 Gibbons, Grace	Dowling Cath	4:50.44
3 Thomas, Hannah	Dowling Cath	4:55.34
4 Prescott, Elyse	Urbandale	4:56.93
5 Kleve, Jordyn	Johnston	4:57.22
6 Smith, Kate	Ankeny	4:57.84
7 Foldes, Kenzie	Johnston	5:04.18
8 Brown, Taylor	Ankeny	5:06.30
9 Brown, Torey	Wdm Valley	5:06.62
10 Rush, Cortni	Mason City	5:07.34
11 Blagg, Rachel	Marshalltown	5:09.59
12 Elliott, Allie	Indianola	5:11.11
13 Boylston, Payton	Ames	5:12.23
14 Nicholson, Paige	Indianola	5:14.26
15 Brush, Rachel	Waukee	5:15.91
16 Young, Bri	Waukee	5:25.99
17 Hicks, Elena	DM Roosevelt	5:26.52
18 Walker, Kaitlyn	SE Polk	5:30.31
19 Middleswart, Casey	Urbandale	5:32.06
20 Mason, Katie	DM Roosevelt	5:41.34
21 Newton, Sydney	DM Lincoln	6:41.93
22 Bettle, Kailyn	Mason City	6:44.19
23 Gruis, Isabelle	DM Lincoln	7:08.15

Event 60 Boys 1600 Meter Run High School

Meet Record: 4:12.69 ! 4/13/2013 Jason Thomas

Meet Record: 4:12.69 ! 4/13/2013 Jason Thomas

Name	School	Finals
Finals		
1 Thomas, Jason	Dowling	4:12.69!
2 Paulson, Nick	Ankeny	4:24.10
3 Schulze, Jordan	Indianola	4:25.19
4 Wieland, Tyson	Johnston	4:26.23
5 Anderson, Ben	Wdm Valley	4:28.74
6 McKenzie, Ian	Dowling	4:32.07
7 Westlake, Connor	Johnston	4:32.45
8 Soto, Dan	Wdm Valley	4:32.46
9 Stumberg, Irvin	Waukee	4:35.96
10 Borgestad, Brennan	Waukee	4:39.79
11 Lang, Alex	Mason City	4:43.38
12 McMichael, Sam	Lincoln	4:48.07
13 Bickham, Bryce	Indianola	4:48.61
14 Pellegrino, Ethan	SE Polk	4:49.57
15 Thompson, Thomas	Ft. Dodge	4:50.51
16 Toomey, Jordan	SE Polk	4:56.18
17 Prentice, Caleb	Roosevelt	5:03.24
18 Westphal, Michael	Urbandale	5:06.82

19 Wood, Tanner	Lincoln	5:11.25
20 Stewart, Thomas	Roosevelt	5:14.96
21 Thompson, Austin	Mason City	5:26.70
22 Erredge, Steven	Ankeny	5:29.29
23 Jones, Grant	Dsm- East	5:32.03
24 Wom, Bedipeny	Dsm- East	5:39.30
25 Kwizeri, Imani	North	6:38.07
--- Miller, Malique	Dsm- East	DNF

Event 61 Girls 3000 Meter Run High School

Meet Record: 9:51.50 ! 4/10/2010 Ashlie Decker

Name	School	Finals
Finals		
1 Schweizer, Karissa	Dowling Cath	10:24.39
2 Gibbons, Grace	Dowling Cath	10:28.66
3 Schott, Megan	DM Roosevelt	10:42.12
4 Brown, Taylor	Ankeny	10:47.81
5 Brown, Torey	Wdm Valley	10:56.35
6 Ness, Sara	Johnston	11:08.25
7 Kammeyer, Evie	Urbandale	11:12.46
8 Toot, Anna	Johnston	11:12.55
9 Nelson, Katie	Waukee	11:25.40
10 Vogel, Dana	Ankeny	11:27.47
11 Brush, Rachel	Waukee	11:31.41
12 Englehardt, Isabel	Indianola	11:48.69
13 Cole, Mickey	Urbandale	11:49.69
14 Muyskens, Haley	Mason City	12:12.14
15 Ellis, Samantha	Wdm Valley	12:12.30
16 Carney, McKenzie	DM Roosevelt	12:16.42
17 Barretta, Michaela	Indianola	12:32.90
18 Penca, Kenzie	Mason City	12:38.84

Event 62 Boys 3200 Meter Run High School

Meet Record: 9:21.84 ! 4/11/2009 Omet Kak

Name	School	Finals
Finals		
1 DeRocher, Jeff	Dowling	9:29.95
2 Anderson, Ben	Wdm Valley	9:33.78
3 Soto, Dan	Wdm Valley	9:41.33
4 Simmons, Connor	Waukee	9:41.93
5 Tunink, Ryan	Waukee	9:44.95
6 Erredge, Steven	Ankeny	9:55.81
7 Rice, David	Johnston	9:56.55
8 Clark, Spencer	Dowling	9:58.13
9 Hershey, Drew	Johnston	10:01.86
10 Eppink, Michael	Urbandale	10:09.46
11 Havens, Aaron	Lincoln	10:12.01
12 Thompson, Thomas	Ft. Dodge	10:12.30
13 Suttie, Grant	Roosevelt	10:14.62
14 Pellegrino, Ethan	SE Polk	10:19.88
15 Dowson, Blake	Indianola	10:22.96
16 McMichael, Sam	Lincoln	10:25.16
17 Lang, Alex	Mason City	10:27.26
18 Elleby, Colin	Ankeny	10:28.91
19 VonderLinde, Kyle	Roosevelt	10:37.41
20 Hulén, Jeff	Indianola	10:41.82

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Finals ... (Event 62 Boys 3200 Meter Run High School)

Name	School	Finals
21 Frenz, Nicholas	Mason City	10:46.52
22 Lehman, Dalten	SE Polk	11:21.37
23 Cook, Keegan	Dsm- East	11:26.05
24 Raleigh, Chance	Dsm- East	12:20.21

Event 63 Girls 400 Meter Hurdles High School

Meet Record: 1:05.01 ! 4/14/2012 Jenny Roberts

Name	School	Finals
Finals		
1 Roberts, Jenny	Ankeny	1:05.37
2 Lewis, Erika	Waukee	1:07.35
3 Matthews, Chloe	Wdm Valley	1:07.68
4 Drees, Emma	Waukee	1:08.09
5 Huinker, Jacey	SE Polk	1:08.35
6 Netten, Claire	Ankeny	1:08.37
7 Young, Courtney	Wdm Valley	1:09.97
8 Cornick, Kendall	Mason City	1:10.12
9 Fisher, Makenna	SE Polk	1:11.96
10 Dok, Angier	DM Roosevelt	1:13.10
11 Miller, Lynzie	DM Lincoln	1:13.93
12 Orewiler, Savannah	Dowling Cath	1:14.75
13 Goodwin, Hannah	DM Roosevelt	1:15.08
14 Simmer, Regan	Dowling Cath	1:16.48
15 Ryken, Taylor	Ames	1:18.37
16 Cartwright, Kiersten	Johnston	1:18.60
17 Barr, Tiffany	Indianola	1:19.31
18 Lester, Hannah	Indianola	1:19.40
19 Crist, Carly	Johnston	1:19.86
20 Hovick, Emma	Ames	1:20.04
21 Roland, Elissa	DM Lincoln	1:23.13

Event 64 Boys 400 Meter Hurdles High School

Meet Record: 54.07 ! 4/13/2013 Jack Bergstrom

Meet Record: 54.07 ! 4/13/2013 Jack Bergstrom

Name	School	Finals
Finals		
1 Bergstrom, Jack	Johnston	54.07!
2 Davis, Sydne	Roosevelt	54.70
3 Larrison, Noah	Waukee	55.48
4 Weiss, Zach	Ames	55.77
5 Conn, Neal	Dowling	56.09
6 Jones, Keegan	Ft. Dodge	56.17
7 Young, Elijah	Lincoln	57.46
8 Evans, Bryce	Ankeny	57.84
9 Phothiboupha, Davonn	SE Polk	58.28
10 Lynn, Adam	Ankeny	58.51
11 Vogel, Sajen	Lincoln	58.64
12 Keeler, Kolby	Marshalltown	59.48
13 Kahn, Junior	Dsm- East	59.77
14 Prescott, Quinn	Urbandale	59.90
15 Hansen, Thomas	Ames	59.98
16 Gray, Riley	Waukee	1:00.57
17 Johnson, Marshal	Urbandale	1:00.68
18 Wells, Lynndon	Indianola	1:00.73

19 Sullivan, Jaemal	Roosevelt	1:01.28
20 Fortier, Andre	SE Polk	1:01.31
21 Cooney, Spencer	Dowling	1:02.28
22 Ayersman, Seth	Dsm- East	1:03.78
23 Kragt, Jonah	Johnston	1:04.15
24 Krapfl, Casey	Indianola	1:04.95
25 Wilson, Jack	Wdm Valley	1:05.17
26 Slaven, Quinn	Mason City	1:07.25
27 Grady, Milton	North	1:16.68

Event 65 Girls 100 Meter Hurdles High School

Meet Record: 14.80 ! 4/13/2013 Mary Young

Meet Record: 14.80 ! 4/13/2013 Mary Young

Name	School	Finals
Finals		
1 Young, Mary	Urbandale	14.80! 1.4
2 Gardner, Jessica	SE Polk	15.03 1.4
3 Smith, Mallory	Waukee	15.37 1.4
4 Wong, Kellie	Ankeny	15.57 1.4
5 Matthews, Chloe	Wdm Valley	15.69 1.4
6 Rouw, Maddie	Waukee	15.95 1.4
7 Young, Courtney	Wdm Valley	16.18 -0.8
8 Musser, Kristen	Dowling Cath	16.81 1.4
9 Cortez, Shantell	North	17.05 -1.4
10 Konz, Kaila	Dowling Cath	17.18 -0.8
11 Hovey, Jessie	Urbandale	17.21 -0.8
12 Huinker, Jacey	SE Polk	17.53 -0.8
13 Weisshaar, Hannah	Ames	17.86 -0.9
14 Sevenich, Claire	Johnston	17.95 -1.4
15 Crist, Carly	Johnston	18.02 -0.9
16 King, Jenny	Mason City	18.05 -1.4
17 Scott, Jasmine	Marshalltown	18.26 -1.4
18 Schupanitz, Abbi	Mason City	18.30 -0.8
19 Schnack, McKenna	DM Roosevelt	18.56 -1.4
20 Barnett, Lauren	Ames	18.69 -0.9
21 Lester, Hannah	Indianola	18.72 -0.8
22 Perry, Bailey	Indianola	18.73 -0.8
23 Case, Saryn	Marshalltown	18.90 -1.4
24 Goodwin, Hannah	DM Roosevelt	19.35 -0.9
--- Marshall, Megan	Ankeny	DNF -0.8

Event 66 Boys 110 Meter Hurdles High School

Meet Record: 14.35 ! 4/16/2011 Rashod Tullis

Name	School	Finals
Finals		
1 Davis, Sydne	Roosevelt	14.96 -1.5
2 Larrison, Noah	Waukee	15.05 -1.5
3 Tang, Lucas	Wdm Valley	15.30 -1.5
4 Young, Elijah	Lincoln	15.42 -1.5
5 Bergstrom, Jack	Johnston	15.54 1.2
6 Phothiboupha, Davonn	SE Polk	15.57 -1.5
7 Stanley, Josh	Wdm Valley	15.83 -0.5
8 Vogel, Sajen	Lincoln	16.12 1.2
9 Lynn, Adam	Ankeny	16.19 -1.5
10 Deiter, Drew	Ankeny	16.29 -1.5
11 Landherr, Paul	Marshalltown	16.29 1.2

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Results

Finals ... (Event 66 Boys 110 Meter Hurdles High School)

Name	School	Finals
12 Brdicko, Jared	Waukee	16.44 -1.5
13 Wells, Lynndon	Indianola	16.46 1.2
14 Sullivan, Jaemal	Roosevelt	17.21 2.2
15 Kahn, Junior	Dsm- East	17.24 1.2
16 Johnson, Marshal	Urbandale	17.25 -0.5
17 James, Jaylin	Dsm- East	17.30 2.2
18 Shonka, Bryce	Dowling	17.61 2.2
19 Cooney, Spencer	Dowling	17.83 2.2
20 Russell, Phoenix	Indianola	18.07 2.2
21 Wingert, Jason	SE Polk	18.13 1.2
22 Spotts, Mac	Mason City	19.59 -0.5

Event 67 Girls 4x100 Meter Shuttle Hurdle High School

Meet Record: 1:04.67 ! 4/14/2012 Waukee

A Cunningham, M Smith, E Drees, M Rouw

Team	Relay	Finals
Finals		
1 Ankeny	A	1:06.33
2 Waukee	A	1:07.13
3 Wdm Valley	A	1:07.29
4 Dowling Catholic	A	1:09.06
5 Southeast Polk	A	1:11.07
6 Ames	A	1:11.50
7 Johnston	A	1:13.86
8 Indianola	A	1:17.54
--- DM Roosevelt	A	DQ

Event 68 Boys 4x110 Meter Shuttle Hurdle High School

Meet Record: 58.08 ! 4/14/2012 Waukee

N Lucas, N Larrison, C Girkin, B Easley

Team	Relay	Finals
Finals		
1 Ankeny	A	59.66
2 Waukee	A	1:00.02
3 Wdm Valley	A	1:00.77
4 Des Moines Lincoln	A	1:00.79
5 Dsm Roosevelt	A	1:00.80
6 Marshalltown	A	1:03.21
7 Southeast Polk	A	1:03.60
8 Mason City	A	1:03.89
9 Dsm- East	A	1:04.30
10 Urbandale	A	1:04.51
11 Indianola	A	1:06.82
12 Dowling Catholic, Wdm	A	1:06.94
13 Ft. Dodge	A	1:07.09
14 Johnston	A	1:09.36

Event 69 Girls 4x100 Meter Relay High School

Meet Record: 47.57 ! 4/14/2012 DSM- Roosevelt

D Welch, A Sayeh, J Roberts-Lewis, E Hawkins

Team	Relay	Finals
Finals		
1 DM Roosevelt	A	48.35
2 Dowling Catholic	A	50.13

3 Urbandale	A	51.15
4 Waukee	A	51.32
5 Ankeny	A	51.78
6 Marshalltown	A	52.33
7 Indianola	A	52.65
8 Wdm Valley	A	53.25
9 DM Lincoln	A	53.82
10 Des Moines North HS	A	54.44
11 Ames	A	54.84
12 Mason City	A	56.11
13 Johnston	A	56.28

Event 70 Boys 4x100 Meter Relay High School

Meet Record: 42.62 ! 4/16/2011 DSM Roosevelt

J Koger, J Fristo, F Leachmon III, R Tullis

Team	Relay	Finals
Finals		
1 Des Moines Lincoln	A	42.75
2 Johnston	A	43.38
3 Dsm- East	A	43.80
4 Southeast Polk	A	43.83
5 Waukee	A	43.92
6 Dsm Roosevelt	A	44.13
7 Marshalltown	A	44.29
8 Ankeny	A	44.53
9 Ft. Dodge	A	44.58
10 Wdm Valley	A	44.91
11 Urbandale	A	45.17
12 Mason City	A	46.38
13 Dowling Catholic, Wdm	A	46.95
14 Indianola	A	48.97
--- Dsm North	A	DQ

Event 71 Girls 4x400 Meter Relay High School

Meet Record: 4:03.11 ! 4/11/2009 Johnston

K Shoeman, A Quick, J Devens, A Clock

Team	Relay	Finals
Finals		
1 Urbandale	A	4:03.38
2 Wdm Valley	A	4:04.03
3 Waukee	A	4:05.39
4 DM Roosevelt	A	4:05.77
5 Indianola	A	4:09.14
6 Ankeny	A	4:10.22
7 Dowling Catholic	A	4:10.58
8 Johnston	A	4:11.86
9 Marshalltown	A	4:15.66
10 Mason City	A	4:19.07
11 Des Moines North HS	A	5:05.83

Event 72 Boys 4x400 Meter Relay High School

Meet Record: 3:22.87 ! 4/16/2011 WDM Valley

J Nitz, T Lewis, J Padgett, J Guske

Team	Relay	Finals
Finals		
1 Johnston	A	3:25.72

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Finals ... (Event 72 Boys 4x400 Meter Relay High School)

Team	Relay	Finals
2 Indianola	A	3:28.92
3 Waukee	A	3:30.15
4 Mason City	A	3:30.66
5 Urbandale	A	3:31.44
6 Wdm Valley	A	3:31.48
7 Dowling Catholic, Wdm	A	3:32.03
8 Dsm Roosevelt	A	3:32.04
9 Ankeny	A	3:32.35
10 Dsm- East	A	3:34.05
11 Southeast Polk	A	3:34.64
12 Des Moines Lincoln	A	3:43.01

Event 73 Girls 4x800 Meter Relay High School

Meet Record: 9:27.70 ! 4/10/2010 WDM Valley

K Galles, L Saggau, K Nelson, K Maxcy

Team	Relay	Finals
1 Dowling Catholic	A	9:30.62
2 Waukee	A	9:32.56
3 Ames	A	9:36.80
4 Ankeny	A	9:52.78
5 DM Roosevelt	A	9:54.61
6 Johnston	A	9:57.72
7 Indianola	A	10:00.09
8 Wdm Valley	A	10:04.41
9 Southeast Polk	A	10:10.96
10 Urbandale	A	10:32.41
11 Mason City	A	11:28.06

Event 74 Boys 4x800 Meter Relay High School

Meet Record: 8:07.63 ! 4/10/2010 Waukee

K Nuehring, N Peters, C Gutschenritter, E Breuer

Team	Relay	Finals
1 Waukee	A	8:13.11
2 Johnston	A	8:27.34
3 Ankeny	A	8:36.94
4 Indianola	A	8:38.60
5 Dsm Roosevelt	A	8:39.13
6 Urbandale	A	8:44.83
7 Mason City	A	8:46.85
8 Dsm- East	A	9:01.18
9 Des Moines Lincoln	A	9:24.34
--- Wdm Valley	A	DNF

Event 75 Girls Long Jump High School

Meet Record: 17-11.25 ! 4/13/2013 Jalynn Roberts-Lewis

Meet Record: 17-11.25 ! 4/13/2013 Jalynn Roberts-Lewis

Name	School	Finals
1 Roberts-Lewis, Jalynn	DM Roosevelt	17-11.25! NWI
2 Lovan, Lexus	Urbandale	16-08.50 NWI
3 Cortez, Shantell	North	16-03.25 NWI
4 Lovan, Jamaica	Urbandale	15-09.00 NWI

5 Drees, Emma	Waukee	15-08.00 NWI
6 Odir, Julia	DM Roosevelt	15-07.75 NWI
7 Walding, Brooke	Dowling Cath	15-03.75 NWI
8 Marshall, Megan	Ankeny	15-02.50 NWI
9 Witte, Shaye	Waukee	14-10.75 NWI
10 Bartlett, Ella	Ames	14-06.50 NWI
11 Weisshaar, Hannah	Ames	14-04.75 NWI
12 Engblom, Isabella	Johnston	14-00.50 NWI
13 Sanders, Natalie	Wdm Valley	13-11.75 NWI
14 Schinkel, Alyssa	Ankeny	13-03.75 NWI
15 Baysinger, Megan	Wdm Valley	13-02.75 NWI
16 Foster, Mikayla	Johnston	J13-02.75 NWI
17 Lipichok, Brittney	Dowling Cath	13-00.75 NWI
18 Kirkpatrick, Monica	Indianola	12-10.75 NWI
--- Sanduk, Raniya	DM Lincoln	FOUL

Event 76 Boys Long Jump High School

Meet Record: 21-00.50 ! 4/10/2010 Brock Daniels

Name	School	Finals
1 Simmons, RJ	Wdm Valley	19-11.75 NWI
2 Mansaray, Abdul	Urbandale	19-10.50 NWI
3 McQuerry, Tyson	Wdm Valley	19-09.50 NWI
4 Taylor, Craig	Dsm- East	19-09.00 NWI
5 Weddington, Jordan	Johnston	19-07.75 NWI
6 Denny, Malik	Roosevelt	19-07.50 NWI
7 Hunke, Tyler	Waukee	19-07.25 NWI
8 Martin, Darius	Ames	19-06.50 NWI
9 Tomlin, Joe	Lincoln	18-09.75 NWI
10 Huess, Andrew	Johnston	18-08.50 NWI
11 Mahoney, Blake	Lincoln	18-07.25 NWI
12 Davis, Chris	SE Polk	17-11.75 NWI
13 Castro, Wesley	Ft. Dodge	17-11.50 NWI
14 Luckett, Monte	SE Polk	17-09.00 NWI
15 Worge, Ben	North	17-06.00 NWI
16 Christy, Collin	Dowling	16-02.50 NWI
17 Heard, Brian	North	J16-02.50 NWI
--- Brown, Jason	Dowling	FOUL

Event 77 Girls High Jump High School

Meet Record: 5-03 ! 4/14/2012 Kelsey Arneson

Name	School	Finals
1 Arneson, Kelsey	Ankeny	5-00.00
2 Goodwin, Hannah	DM Roosevelt	4-10.00
3 Kamm, Emily	Waukee	4-08.00
3 Seibel, Emily	Wdm Valley	4-08.00
5 Stirling, Caroline	Ankeny	J4-08.00
6 Carpenter, Katie	Waukee	J4-08.00
6 Pope, Nikia	Johnston	J4-08.00
8 Sirfus, Emma	Johnston	J4-08.00
9 Cole, Jessica	SE Polk	J4-08.00
10 Veach, Sydney	SE Polk	4-06.00
--- Vaughan, Ashley	Dowling Cath	NH
--- Abuhl, Linzee	North	NH
--- Teny, Goamar	DM Roosevelt	NH

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Results

Finals ... (Event 77 Girls High Jump High School)

Name	School	Finals
--- Johnson, Miranda	Wdm Valley	NH
--- Morken, Kylie	Ames	NH
--- Carney, Paige	Ames	NH

Event 78 Boys High Jump High School

Meet Record: 6-08 ! 4/16/2011 Tyler Donels

Name	School	Finals
Finals		
1 Raab, Michael	SE Polk	6-02.00
2 Cutler, Andrew	Waukee	6-00.00
3 Seay, Jared	Johnston	J6-00.00
4 Boelts, Brandon	Ankeny	J6-00.00
5 Hunke, Tyler	Waukee	5-10.00
6 Strong, Isiaha	Indianola	J5-10.00
7 Fritzjunker, Jack	Roosevelt	5-08.00
8 Skellenger, Collin	Wdm Valley	J5-08.00
8 Montgomery, Marcus	Johnston	J5-08.00
10 Dannenfeldt, Quinn	Urbandale	5-06.00
10 Denny, Malik	Roosevelt	5-06.00
10 O'Connor, Kellen	Wdm Valley	5-06.00
13 Dietrich, Josh	Dowling	J5-06.00
13 Bryson, Jordan	Lincoln	J5-06.00
13 Linn, Joe	Lincoln	J5-06.00
--- Cooper, Wyatt	Mason City	NH
--- Deiter, Drew	Ankeny	NH

Event 79 Girls Discus Throw High School

Meet Record: 129-05 ! 4/14/2012 Haley Faber

Name	School	Finals
Finals		
1 Bramble, Erin	Waukee	127-11
2 Wells, Taylor	DM Roosevelt	118-11
3 Gilson, Nicole	Urbandale	109-04
4 Taylor, Dakota	SE Polk	107-09
5 Cady, Alyssa	Waukee	106-00
6 Hunt, Alexa	DM Roosevelt	102-00
7 Munro, Megan	Dowling Cath	98-11
8 Davis, Rose	Wdm Valley	95-06
9 Wignall, Maddison	Marshalltown	91-08
10 Wilson, Mari	Mason City	87-11
11 Pierotti, Bailey	Johnston	83-00
12 Berg, Jennifer	Ames	82-00
13 Young, Cheryl	Wdm Valley	81-08
14 Larkin, Keely	Johnston	81-03
15 Greenlee, Hannah	Ames	76-09
16 Munsterman, Kaity	Urbandale	75-06
17 Wilson, Caitlin	SE Polk	66-08
18 Allen, Rachael	DM Lincoln	65-01
19 Johanns, Jordan	Mason City	64-10
20 Campbell, Paige	DM Lincoln	64-09
21 Johnson, Tytiaunna	North	62-05
--- Yoss, Abby	Ankeny	FOUL

Event 80 Boys Discus Throw High School

Meet Record: 167-07 ! 4/10/2010 Henry Kelley

Name	School	Finals
Finals		
1 Reynolds, Ross	Waukee	148-04
2 Wells, Shaquille	Urbandale	141-02
3 Render, Keegan	Indianola	138-09
4 Campos, Jacob	Wdm Valley	138-03
5 Hubbard, Connor	Ft. Dodge	135-02
6 Henaman, Josh	Wdm Valley	133-05
7 Elbert, Spencer	Urbandale	130-11
8 Nelson, Erik	Waukee	130-10
9 Mitchell, Taylor	Dsm- East	128-04
10 White, Connor	Johnston	124-02
11 Rezabek, Brock	Mason City	J124-02
12 Butcher, Austin	Marshalltown	122-01
13 Carlson, Michael	Ft. Dodge	121-07
14 Sieck, Henry	Dowling	120-04
15 Phongsauanh, Justin	Ankeny	120-00
16 McCoy, David	Ankeny	119-04
17 Schiffer, Tom	Mason City	118-06
18 Ormsby, Noah	Indianola	117-06
19 Kleinschmidt, Jordan	Johnston	117-01
20 Abston, Larenz	Roosevelt	113-06
21 Kouri, Sam	Dowling	107-10
22 Iannaccone, River	Roosevelt	106-07
23 Nguyen, Danny	North	105-10
24 Hindley, Drake	Lincoln	104-04
25 Seymour, Michael	North	73-07
--- Burriola, Anthony	SE Polk	FOUL

Event 81 Girls Shot Put High School

Meet Record: 44-05 ! 4/13/2013 Alexa Hunt

Meet Record: 44-05 ! 4/13/2013 Alexa Hunt

Name	School	Finals
Finals		
1 Hunt, Alexa	DM Roosevelt	44-05.00!
2 Wells, Taylor	DM Roosevelt	34-11.50
3 Cavanaugh, Ellie	Waukee	33-09.00
4 Larkin, Keely	Johnston	33-07.25
5 Taylor, Dakota	SE Polk	33-05.75
6 Bramble, Erin	Waukee	33-05.25
7 Wilkins, Rileygh	Dowling Cath	33-03.00
8 Munro, Megan	Dowling Cath	32-04.00
9 Crayton-Long, O'Tjya	Wdm Valley	32-02.00
10 Rogers, Ariel	Wdm Valley	32-00.00
11 Gilson, Nicole	Urbandale	31-11.50
12 Burton, Ashlan	Urbandale	31-08.75
13 Berg, Jennifer	Ames	30-10.00
14 Hughes, Kim	Johnston	30-06.00
15 Yoss, Abby	Ankeny	27-03.00
16 Smith, Shaniah	Ames	27-01.25
17 Wignall, Maddison	Marshalltown	25-09.00
18 Gruis, Isabelle	DM Lincoln	24-10.00
19 Allen, Rachael	DM Lincoln	24-00.75

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Results

Finals ... (Event 81 Girls Shot Put High School)

Name	School	Finals
20 Bauer, Ashlynn	Ankeny	21-10.00
21 Johnson, Tytiaunna	North	20-07.50

Event 82 Boys Shot Put High School

Meet Record: 53-04.75 ! 4/14/2012 Shaquille Wells

Name	School	Finals
Finals		
1 Campos, Jacob	Wdm Valley	53-00.50
2 Mitchell, Taylor	Dsm- East	50-10.50
3 Render, Keegan	Indianola	49-01.50
4 Abston, Larenz	Roosevelt	47-01.50
5 Reynolds, Ross	Waukee	45-05.00
6 Prescott, Riley	Ft. Dodge	J45-05.00
7 Kirvin, Jake	Dowling	45-03.00
8 Tweeten, Nick	Waukee	44-05.50
9 Kragt, Elijah	Johnston	42-09.00
10 Heinrich, Jake	Urbandale	42-07.50
11 Swann, Javen	Mason City	41-10.00
12 Smith, Zach	Marshalltown	41-04.75
13 Kofoot, Noah	Mason City	41-04.00
14 Gomez, Pedro	Marshalltown	40-11.00
15 Griffith, Quincy	Ankeny	40-06.00
16 Lawler, Cameron	SE Polk	40-03.00
17 Sieck, Henry	Dowling	39-08.75
18 Theisen, Travis	Johnston	39-07.00
19 Genzen, Cody	Wdm Valley	39-02.25
20 Ross, Carter	SE Polk	37-07.75
21 McCoy, David	Ankeny	36-06.25
22 Hindley, Drake	Lincoln	35-11.50
23 Scaglione, Asher	Lincoln	35-10.25
24 Nguyen, Danny	North	34-07.00
25 Seymour, Michael	North	29-07.00

Event 83 Men 3000 Meter Steeplechase Univ/College

Meet Record: 9:00.82 ! 2001 Matt Nemeth

Name	School	Finals
Finals		
1 Abfall, Caleb	unnattached	9:33.90
2 Jackson, Drew	Central	9:42.16
3 Sutton, Jake	Simpson	9:47.41
4 Davis, Mitchell	Simpson	9:50.19
5 Sheets, Andrew	Truman State	9:50.34
6 Askin, Aiden	IL State	9:57.09
7 Warnke, John	Simpson	9:59.44
8 Wiemers, Zachary	UNI	10:00.57
9 Flynn, Ryan	Drake	10:06.75
10 Kakazu, Nate	Grinnell	10:09.24
11 Hartley, Tyler	Mt. Mercy	10:16.09
12 Johnson, Mitch	Mt. Mercy	10:19.87
13 Bowman, Matt	Niacc	10:27.98
14 Phillips, Bryce	Simpson	10:37.25
15 Diaz, Danny	Creighton	10:43.21
16 Doughan, Cody	Central	10:52.66
17 Larson, Lars	Central	11:05.85

18 Splavec, Michael	Central	11:06.07
19 Mundell, Lex	Grinnell	11:27.60
--- McCann, Robert	Drake	DNF

Event 84 Women 3000 Meter Steeplechase Univ/College

Meet Record: 10:42.71 ! 4/12/2013 Colleen Riley

Meet Record: 10:42.71 ! 4/12/2013 Colleen Riley

Name	School	Finals
Finals		
1 Riley, Colleen	ISU	10:42.71!
2 Toppin, Andrea	ISU	10:49.03
3 Lesko, Sydney	unnattached	11:19.65
4 Olson, Bethany	ISU	11:27.50
5 Castel, Sarah	IL State	11:30.94
6 Seer, Diana	Grinnell	11:36.50
7 Valenti, Erin	ISU	11:40.66
8 Hirsch, Katie	Truman State	11:46.40
9 Burditt, Emma	Truman State	11:48.66
10 Matthews, Callie	UNI	12:01.09
11 Davidshofer, April	UNI	12:01.58
12 Palm, Abby	Truman State	12:08.98
13 Huyck, Katie	Creighton	12:58.51
--- Parks, Melissa	Drake	DNF

Event 85 Girls Distance Medley High School

Meet Record: 4:18.33 ! 4/16/2011 WDM Valley

A Downs, C LaGrone, A Kock, L Saggau

Team	Relay	Finals
Finals		
1 Dowling Catholic	A	4:20.35
2 Indianola	A	4:27.35
3 Waukee	A	4:27.71
4 Ankeny	A	4:32.19
5 Johnston	A	4:34.18
6 Ames	A	4:34.18
7 Urbandale	A	4:34.33
8 Southeast Polk	A	4:36.67
9 Wdm Valley	A	4:38.30
10 DM Roosevelt	A	4:46.46
11 Mason City	A	4:56.50
--- DM Lincoln	A	DQ

Event 86 Girls 4x200 Meter Relay High School

Meet Record: 1:42.28 ! 4/14/2012 DSM- Roosevelt

D Welch, M Schnack, A Sayeh, E Hawkins

Team	Relay	Finals
Finals		
1 DM Roosevelt	A	1:42.76
2 Waukee	A	1:45.72
3 Dowling Catholic	A	1:47.06
4 Southeast Polk	A	1:48.09
5 Ankeny	A	1:49.41
6 Marshalltown	A	1:49.57
7 Johnston	A	1:49.61
8 Indianola	A	1:51.21
9 Wdm Valley	A	1:51.67

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Finals ... (Event 86 Girls 4x200 Meter Relay High School)

Team	Relay	Finals
10 Urbandale	A	1:51.76
11 Ames	A	1:54.95
12 Mason City	A	1:57.14
13 Des Moines North HS	A	2:00.20
14 DM Lincoln	A	2:01.43

Event 87 Boys 4x200 Meter Relay High School

Meet Record: 1:29.23 ! 4/13/2013 Des Moines Lincoln

J Cheatem, A Caulker, M Downing, V Greene

Meet Record: 1:29.23 ! 4/13/2013 Des Moines Lincoln

J Cheatem, A Caulker, M Downing, V Greene

Team	Relay	Finals
Finals		
1 Des Moines Lincoln	A	1:29.23!
2 Waukee	A	1:29.74
3 Johnston	A	1:29.96
4 Southeast Polk	A	1:31.24
5 Ft. Dodge	A	1:31.80
6 Dsm Roosevelt	A	1:32.12
7 Wdm Valley	A	1:32.44
8 Dsm- East	A	1:32.55
9 Ankeny	A	1:32.91
10 Dowling Catholic, Wdm	A	1:33.07
11 Urbandale	A	1:35.23
12 Indianola	A	1:37.46
13 Marshalltown	A	1:37.72
--- Mason City	A	DQ

Event 88 Girls 800 Sprint Medley High School

Meet Record: 1:46.88 ! 4/14/2012 DSM- Roosevelt

J Roberts-Lewis, M Schnack, A Sayeh, E Hawkins

Team	Relay	Finals
Finals		
1 DM Roosevelt	A	1:48.87
2 Waukee	A	1:52.28
3 Indianola	A	1:54.92
4 Ankeny	A	1:56.25
5 Mason City	A	1:56.28
6 Marshalltown	A	1:56.32
7 Southeast Polk	A	1:58.09
8 DM Lincoln	A	1:59.73
9 Urbandale	A	2:00.79
10 Wdm Valley	A	2:01.20
11 Dowling Catholic	A	2:02.02
12 Ames	A	2:04.40
13 Johnston	A	2:06.56
14 Des Moines North HS	A	2:14.32

Event 89 Boys Distance Medley High School

Meet Record: 3:34.78 ! 4/10/2010 Indianola

N Porter, T Suntken, B Davey, S Gorsche

Team	Relay	Finals
Finals		
1 Indianola	A	3:39.72

2 Wdm Valley	A	3:41.00
3 Mason City	A	3:41.21
4 Johnston	A	3:44.73
5 Waukee	A	3:45.92
6 Southeast Polk	A	3:46.02
7 Ankeny	A	3:47.03
8 Des Moines Lincoln	A	3:52.53
9 Dsm- East	A	4:11.00
10 Dsm North	A	4:21.63
--- Dsm Roosevelt	A	DQ