

Central Invitational - 4/5/2008

Central College

Pella, Iowa

Results

Women 100 Meter Dash

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Top 8 Advance by Time

Meet Record: \$ 11.8h 1977 C. BROWN, Graceland
12.00 AUTO
12.35 PROV

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Name Year School Prelims Wind H#
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Preliminaries

1	Coleman, Keli	Augustana	12.17qPROV	6.6	1
2	Able, Caitlin	Drake	12.46q	3.5	2
3	Hamling, Beth	Drake	12.65q	5.5	5
4	Burnett, Christine	Iowa Central	12.67q	4.2	6
5	Pardner, Cambria	Drake	12.68q	4.4	3
6	Moore, Vanessa	Bethel	12.78q	3.3	8
7	Slater, Michelle	Hastings	12.79q	3.3	8
8	Laferrara, Tara	Drake	12.82q	4.7	10
9	Newman, Jamie	Luther	12.83	4.7	10
10	Fedler, Ainsley	Augustana	12.86	4.2	6
11	Laudon, Caitlin	U Minn Duluth	12.89	5.3	4
12	Owens, Jenny	Central	13.02	5.9	9
13	Bock, Laura	U Minn Duluth	13.05	5.9	9
14	Hogrefe, Trish	Central	13.11	4.2	6
15	Millonig, Allie	Niacc	13.17	5.3	4
16	Snowbarger, Jessica	William Penn	13.18	3.3	7
16	Dobbins, Amy	Iowa Central	13.18	5.5	5
18	Gaskill, Kayla	Grand View	13.20	6.6	1
19	LaFlora, Clarissa	Drake	13.22	3.5	2
20	Kanne, Linda	GustavusAdolphus	13.27	3.3	8
21	Wittland, Laura	Augustana	13.36	4.4	3
22	Turner, Alexis	Ashford	13.41	6.6	1
23	Kowalski, Aimee	Iowa Wesleyan	13.42	5.9	9
24	DesRoches, Elise	Luther	13.44	3.3	7
25	Pearce, Lindsay	U Minn Duluth	13.59	4.2	6
26	Warren, Emilie	Mount Mercy	13.62	4.7	10
27	Kirkvold, Allison	Luther	13.69	3.5	2
28	Tanks, Tia	William Penn	13.70	6.6	1
29	Briant, Janie	GustavusAdolphus	13.77	5.9	9
29	Duncan, Datisha	Ashford	13.77	4.7	10
31	Pettit, Krista	William Penn	13.87	5.3	4
32	Lippincott, Ashley	Central	13.90	4.4	3
33	Decker, Audrey	Coe	13.91	3.3	8
33	Anderson, Aubrey	Grand View	13.91	5.9	9
35	Lee, Allison	Augustana	14.05	3.5	2
36	Kruckenberg, Megan	Buena Vista	14.08	3.5	2
37	Thangaraj, Samya	U Minn Duluth	14.16	3.3	7
38	Orvella, Beca	Mount Mercy	14.21	3.3	7
39	Sprang, Johanna	Drake	14.58	6.6	1
40	Holden, Erica	Iowa Wesleyan	15.10	5.3	4
41	Sebek, Brooke	Augustana	15.52	5.5	5
42	Moonen, Grace	Clarke	15.99	4.7	10

Women 100 Meter Dash

Meet Record: \$ 11.8h 1977 C. BROWN, Graceland
 12.00 AUTO
 12.35 PROV

Name	Year School	Finals	Wind	Points
Finals				
1 Coleman, Keli	Augustana	12.17 PROV	3.9	10
2 Able, Caitlin	Drake	12.49	3.9	8
3 Pardner, Cambria	Drake	12.59	3.9	6
4 Burtnett, Christin	Iowa Central	12.61	3.9	5
5 Laferrara, Tara	Drake	12.79	3.9	4
6 Hamling, Beth	Drake	12.86	3.9	3
7 Slater, Michelle	Hastings	12.88	3.9	2
8 Moore, Vanessa	Bethel	13.01	3.9	1

Women 200 Meter Dash

Meet Record: \$ 25.1h 1977 D. MILLER, Graceland
 24.57 AUTO
 25.32 PROV

Name	Year School	Finals	Wind	H#	Points
1 Able, Caitlin	Drake	25.47	4.5	1	10
2 Curtis, Ari	Drake	25.79	4.5	1	8
3 Teas, Emily	Central	25.94	4.5	1	6
4 Pardner, Cambria	Drake	25.99	4.5	1	5
5 Laferrara, Tara	Drake	26.23	4.5	1	4
6 Haak, Kristen	U Minn Duluth	26.30	3.1	2	3
7 Hamling, Beth	Drake	26.42	4.5	1	2
8 Burtnett, Christin	Iowa Central	26.51	3.5	9	1
9 Moore, Vanessa	Bethel	26.55	4.5	1	
10 Slater, Michelle	Hastings	26.72	3.1	2	
11 LaFlora, Clarissa	Drake	26.83	4.5	1	
11 Carlson, Tabatha	Grand View	26.83	4.0	3	
11 Snowbarger, Jessie	William Penn	26.83	4.7	4	
14 Yates, Maia	Luther	26.93	3.1	2	
15 Palmer, Jennae	Bethel	27.08	4.5	5	
16 Newman, Jamie	Luther	27.18	3.1	2	
17 Dobbins, Amy	Iowa Central	27.19	4.5	6	
18 Hogrefe, Trish	Central	27.32	4.5	5	
19 Kanne, Linda	GustavusAdolphus	27.33	4.7	4	
20 Gaskill, Kayla	Grand View	27.34	4.0	3	
21 Fedler, Ainsley	Augustana	27.39	4.0	3	
22 Reinhart, Missy	Buena Vista	27.46	4.0	3	
23 Crooks, Kendra	Iowa Central	27.51	4.7	4	
24 Lundstrum, Kaelene	GustavusAdolphus	27.54	4.5	5	
25 Schmidt, Jacquelyn	Buena Vista	27.55	4.5	5	
26 Nordick, Sierra	Luther	27.60	4.7	4	
27 Wagner, Raegan	Unattached	27.61	3.1	2	
28 Dayton, Krista	Augustana	27.62	4.0	3	
29 Omesa, Huldeh	Bethel	27.64	4.5	6	
30 Millonig, Allie	Niacc	27.76	4.5	7	
31 Kasten, Samantha	Hastings	27.77	4.5	5	
32 Japhet, Jenalle	Hastings	27.78	4.7	4	

33	Warren, Emilie	Mount Mercy	27.93	4.5	6
34	Moss, Andrea	Iowa Central	27.96	4.5	6
35	Serbus, Danielle	GustavusAdolphus	27.97	4.7	4
36	Leslie, Samantha	Clarke	28.12	3.1	2
37	Moorehead, Michell	Coe	28.13	3.1	2
38	Freund, Carley	Clarke	28.15	3.1	2
39	Hanson, Chelsea	U Minn Duluth	28.26	4.5	6
40	Denny, Alisa	Coe	28.37	4.5	5
41	Martin, Justine	Luther	28.42	4.5	6
41	DesRoches, Elise	Luther	28.42	4.0	3
43	Hillsman, Naomi	Coe	28.44	4.5	5
44	Anderson, Aubrey	Grand View	28.45	4.5	6
45	Allen, Belinda	Bethel	28.47	4.5	7
46	Thompson, Julia	GustavusAdolphus	28.56	4.5	6
47	Schultz, Anna	Luther	28.57	4.7	4
48	Dusenbury, Alicia	Central	28.60	4.0	3
49	Lippincott, Ashley	Central	28.66	4.5	7
50	Duncan, Datisha	Ashford	28.77	4.8	8
51	Duran, Ariela	Clarke	28.87	4.7	4
52	Moore, LaTasha	Grand View	28.89	4.5	7
53	Pettit, Krista	William Penn	28.97	4.8	8
54	Turner, Alexis	Ashford	29.15	4.8	8
55	Tanks, Tia	William Penn	29.24	4.5	7
56	Decker, Audrey	Coe	29.25	4.5	5
57	Loftus, Amy	Central	29.62	4.5	7
58	Burchfield, Liz	Augustana	29.63	4.5	7
59	Garvey, Megan	Augustana	29.80	4.8	8
60	Mitchell, Michelle	Drake	29.94	4.5	7
61	Lee, Allison	Augustana	30.10	3.5	9
62	Wrolstad, Rachel	Luther	30.11	4.8	8
63	Orvella, Beca	Mount Mercy	31.02	4.8	8
64	Baird, Kyle	Augustana	31.46	3.5	9
65	Yotter, Kori	Mount Mercy	32.28	4.8	8
66	Timmerman, Megan	Augustana	32.62	3.5	9
67	Moonen, Grace	Clarke	32.99	3.5	9

Women 400 Meter Dash

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 Meet Record: \$ 56.32 1996 H. FURROWN, Monmouth
 55.90 AUTO
 57.50 PROV

Name	Year	School	Finals	H#	Points
1		Wendt, Alyssa	U Minn Duluth	58.39	1 10
2		Craven, Chelsea	GustavusAdolphus	60.80	2 8
3		Haak, Kristen	U Minn Duluth	61.06	1 6
4		Pringle, Elizabeth	GustavusAdolphus	61.08	2 5
5		Japhet, Jenalle	Hastings	61.52	1 4
6		Curtis, Audrey	Hastings	61.55	1 3
7		Dahn, Becky	Niacc	61.64	1 2
8		Omesa, Huldeh	Bethel	61.93	4 1
9		Huinker, Hannah	Luther	62.16	1
10		Karl, Abby	GustavusAdolphus	62.23	2
10		Huinker, Lydia	Luther	62.23	2
12		Hillsman, Naomi	Coe	62.55	2
13		Dayton, Krista	Augustana	62.68	2
14		Brown, Kenricka	Iowa Central	62.96	1

15	Kasten, Samantha	Hastings	63.06	4
16	Schertz, Jordyn	Grand View	63.10	4
17	Veltri, Julia	Luther	63.42	3
18	Freund, Carley	Clarke	63.43	3
19	Leslie, Samantha	Clarke	63.50	3
20	Broekemeier, Kay	Hastings	63.57	2
21	Neubauer, Amy	Bethel	64.31	3
22	Hanson, Chelsea	U Minn Duluth	64.45	3
23	Duran, Ariela	Clarke	64.58	3
24	Allen, Belinda	Bethel	65.01	3
25	Sidlo, Kate	GustavusAdolphus	65.77	4
26	Forsberg, Leah	Luther	66.05	4
27	Ten Napel, Brooke	Luther	67.03	4
28	Peterson, Kate	Luther	69.47	4
29	Kuda, Kim	Coe	69.48	3
30	Ahrendsen, Liz	Buena Vista	69.60	5
31	Yotter, Kori	Mount Mercy	71.73	5
32	Stewart, Samantha	Augustana	75.34	5

Women 800 Meter Run

 Meet Record: \$ 2:14.25 1998 T. STEINES, Wartburg
 2:11.50 AUTO
 2:15.00 PROV

Name	Year	School	Finals	Points	
1		Palkie, Liz	U Minn Duluth	2:18.64	10
2		McDermott, Casey	Drake	2:20.15	8
3		Braunsdorf, Nicole	Drake	2:20.16	6
4		Hottle, Hannah	Augustana	2:20.17	5
5		Wendt, Alyssa	U Minn Duluth	2:20.20	4
6		Laskowski, Sammi	Augustana	2:21.77	3
7		Clark, Amelia	Drake	2:21.86	2
8		Lundgren, Megan	GustavusAdolphus	2:22.73	1
9		Owren, Katrine	Drake	2:23.77	
10		Tipton, Rachelle	Central	2:25.24	
11		Kapsoiyo, Agnes	Iowa Central	2:25.38	
12		Stangl, Greta	U Minn Duluth	2:25.78	
13		SanCartier, Michel	U Minn Duluth	2:26.66	
14		Madsen, Sam	GustavusAdolphus	2:27.59	
15		DeGrote, Jodi	U Minn Duluth	2:27.85	
16		Klobassa, Michelle	Coe	2:28.21	
17		Schiefelbein, Juli	Luther	2:28.30	
18		Hamling, Sarah	Drake	2:28.53	
19		Rohner, Nikki	Augustana	2:28.83	
20		Reinhold, Eve	Central	2:28.89	
21		Farmer, Alyssa	Hastings	2:29.08	
22		Balzer, Jessica	U Minn Duluth	2:29.26	
23		Hanzal, Rachel	U Minn Duluth	2:29.45	
24		Mujica, Emily	Niacc	2:29.69	
25		Lundine, Sarah	Luther	2:29.76	
26		Van Sloten, Bethan	Luther	2:30.28	
27		Jelen, Kayla	Bethel	2:30.47	
28		Crippen, Sara	Central	2:30.78	
29		Olivas, Danielle	Hastings	2:30.81	
30		Wiesenberg, Rachel	Luther	2:30.87	
31		Barkley, Mandie	Central	2:30.98	

32	Heinz, Courtney	Drake	2:31.49
33	Heatherington, Kri	Iowa Central	2:31.83
34	Havelka, Sarah	Drake	2:32.28
35	VonHolten, Molly	Central	2:33.24
36	Burt, Meghann	Central	2:33.72
37	Borr, Lindsey	Iowa Central	2:33.76
38	Robison, Jessie	Coe	2:34.41
39	Young, Hilary	Luther	2:34.69
40	Nehowig, Kacy	Niacc	2:37.60
41	Flores, Katie	Coe	2:38.11
42	Deike, Paige	Augustana	2:38.29
43	Ahrendsen, Andrea	Buena Vista	2:39.35
44	Torgerson, Marissa	Luther	2:39.88
45	Seick, Cailtin	Drake	2:41.07
46	Ipsen, Kelly	Niacc	2:42.18
47	Zupancich, Raychal	GustavusAdolphus	2:43.66
48	Hawthorne, Megan	Buena Vista	2:48.51
49	Hendrickson, Sara	Grand View	2:50.18
50	Krzystofiak, Kate	Iowa Wesleyan	2:51.79
51	Carrizales, Carmen	Augustana	2:58.10
52	Shaw, Dani	Iowa Central	2:58.46
53	Alliger, Michelle	Iowa Central	3:04.33
54	Nass, Amy	Augustana	3:09.81

Women 1500 Meter Run

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 Meet Record: \$ 4:41.2h 1977 A. KIMM, N.W. Missouri
 4:32.50 AUTO
 4:40.00 PROV

Name	Year	School	Finals	Points	
1		Palkie, Liz	U Minn Duluth	4:36.46\$PROV	10
2		Driscoll, Liz	Augustana	4:37.35\$PROV	7
2		Borner, Marie	Bethel	4:37.35\$PROV	7
4		Feldman, Kristy	Unattached	4:39.83\$PROV	5
5		McDermott, Casey	Drake	4:41.23	4
6		Braunsdorf, Nicole	Drake	4:41.43	3
7		Heinz, Courtney	Drake	4:47.71	2
8		Stangl, Greta	U Minn Duluth	4:48.81	1
9		Cerbin, Flannery	Luther	4:51.64	
10		Jelen, Heather	Bethel	4:53.09	
11		Kapsoiyo, Agnes	Iowa Central	4:54.19	
12		Anderson, Hannah	Central	4:54.74	
13		Dolan, Katie	Luther	4:57.74	
14		Hamling, Sarah	Drake	5:00.05	
15		McKay, Annie	Luther	5:00.71	
16		Olivas, Danielle	Hastings	5:02.90	
17		Eckerman, Becky	Luther	5:07.00	
18		Hanzal, Rachel	U Minn Duluth	5:07.76	
19		Havelka, Sarah	Drake	5:12.68	
20		VonHolten, Molly	Central	5:14.79	
21		Reaney, Meaghan	Augustana	5:15.17	
22		Wilson, Nicole	Luther	5:15.33	
23		Barkley, Mandie	Central	5:15.57	
24		Nehowig, Kacy	Niacc	5:16.47	
25		Savre, Lisa	Luther	5:18.83	
26		Winkelmann, Megan	Grand View	5:21.57	

27	Kvidera, Chelsea	Mount Mercy	5:22.82
28	Seick, Cailtin	Drake	5:26.68
29	Ipsen, Kelly	Niacc	5:27.77
30	Jensen, Leah	Luther	5:27.91
31	Carlson, Hannah	Bethel	5:28.59
32	Hawthorne, Megan	Buena Vista	5:32.26
33	Bishop, Molly	U Minn Duluth	5:33.42
34	Wleklinski, Dana	Augustana	5:37.83
35	Maurer, Anita	Augustana	5:39.03
36	Petersen, Jenna	GustavusAdolphus	5:39.47
37	Eckdahl, Niki	Augustana	5:42.59
38	Jakobsen, Erika	Ashford	5:46.94
39	Vought, Alicia	Luther	5:52.23
40	Auffert, Liz	Buena Vista	5:58.11
41	Bailey-Hugill, Cla	Luther	5:58.46
42	Toney, Brittany	Grand View	6:01.92
43	Carrizales, Carmen	Augustana	6:02.02
44	Peterson, Karyn	GustavusAdolphus	6:05.27
45	Burns, Mandy	Bethel	6:11.05
46	Nass, Amy	Augustana	6:28.70

Women 5000 Meter Run

Meet Record: \$ 18:00.73 2004 SARA FREDRICKSON, Minn. Duluth
 16:55.00 AUTO
 17:35.00 PROV

Name	Year	School	Finals	Points
1	Feldman, Kristy	Unattached	17:41.20\$	10
2	Shaw, Scottie	Hastings	18:04.29	8
3	Sell, Ericka	Luther	18:17.97	6
4	Edlund, Laura	GustavusAdolphus	18:38.47	5
5	Hines, Whitney	U Minn Duluth	18:48.64	4
6	Adams, Ellen	Augustana	18:48.82	3
7	Skildum, Heidi	Luther	18:55.73	2
8	Bell, Meredith	Drake	19:11.08	1
9	Jones, Vanessa	GustavusAdolphus	19:11.71	
10	Heyer, Sharon	Luther	19:14.23	
11	Jakobsen, Erika	Ashford	19:15.78	
12	Hines, Bridget	U Minn Duluth	19:15.84	
13	Horner, Kim	Luther	19:27.36	
14	Hokanson, Erin	Luther	19:42.70	
15	Mayer, Amber	Central	19:42.85	
16	Schreiber, Claire	Luther	19:45.99	
17	Winkelmann, Megan	Grand View	20:03.26	
18	Johnson, Cora	Luther	20:08.50	
19	Eshelman, Connie	Central	20:21.21	
20	Thompson, Melanie	Luther	20:31.10	
21	Walk, Emily	Luther	20:32.71	
22	Pancamo, Sam	Augustana	20:42.92	
23	Clegg, Jessica	Clarke	21:01.28	
24	Unseth, Kelsey	Augustana	21:24.57	
25	Collum, Heather	Mount Mercy	21:32.07	
26	Johnson, Sheila	U Minn Duluth	21:41.70	
27	Hansen, Natalie	U Minn Duluth	22:13.48	
28	Crain, Jessi	Clarke	22:16.72	
29	Tollefson, Leah	U Minn Duluth	22:52.35	

30 Heinks, Nicole	U Minn Duluth	23:08.33
31 Platt, Bre	Buena Vista	24:07.76

Women 10000 Meter Run

Meet Record: \$ 39:43.89 1996 JENNY RICHEY, Loras
 35:48.00 AUTO
 37:40.00 PROV

Name	Year	School	Finals	Points
1 Larsen, Katie		Mount Mercy	39:52.8h	10
2 Behan, Erin		Mount Mercy	41:07.3h	8
3 Fagerstrom, Jill		GustavusAdolphus	41:20.3h	6
4 Hendrickson, Sara		Grand View	41:32.1h	5
5 Rigert, Jillian		Augustana	41:46.3h	4
6 Marble, Taylor		U Minn Duluth	41:58.9h	3
7 Schlutz, Katie		Mount Mercy	43:21.4h	2
8 Ballandby, Katie		U Minn Duluth	44:43.5h	1
9 Humphreys, Laura		U Minn Duluth	45:20.1h	

Women 100 Meter Hurdles

Top 16 Advance by Time

Meet Record: \$ 14.17 2004 J. SINNWELL
 14.40 AUTO
 15.00 PROV

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Roach, Peaches		Unattached	14.45qPROV	1.6	2
2 Maher, Alyssa		Mount Mercy	15.54q	3.7	5
3 Homfeldt, Lindsey		Augustana	15.55q	2.7	4
4 Wagner, Raegan		Unattached	15.60q	5.6	6
5 Schmidt, Jacquelyn		Buena Vista	15.71q	5.5	7
6 Olorundami, Natalie		Buena Vista	15.72q	4.9	3
7 Moss, Andrea		Iowa Central	16.42q	3.6	8
8 Martin, Justine		Luther	16.58q	3.6	8
9 Moore, LaTasha		Grand View	16.69q	2.7	4
10 Schott, Katrina		Iowa Central	16.80q	1.6	2
11 Snowbarger, Jessica		William Penn	16.81q	1.6	2
12 Gonzales, Abby		Unattached	16.87q	3.7	5
13 Neubauer, Amy		Bethel	16.98q	4.9	3
14 Moorehead, Michelle		Coe	17.00q	3.6	8
15 Schaley, Allison		Augustana	17.04q	2.7	4
16 Denny, Alisa		Coe	17.11q	5.5	7
17 Pettit, Krista		William Penn	17.25	5.6	6
18 Ozbun, Meg		Grand View	17.56	2.7	4
19 Woods, Patti		Iowa Central	17.85	5.6	6
20 Tanks, Tia		William Penn	17.86	5.5	7
21 Francois, Alexa		Mount Mercy	17.94	3.7	5
22 Hutchinson, Kari		Central	17.95	3.6	8
23 Crooks, Kendra		Iowa Central	17.96	2.7	4
24 Orvella, Beca		Mount Mercy	17.98	1.6	2
25 Ziskovsky, Jill		Central	18.14	3.6	8
26 Lundby, Stephanie		Luther	18.33	1.6	2
27 Johnson, Kristen		Luther	18.36	4.9	3
28 Phillips, Katie		Hastings	18.79	3.7	5

29 Quam, Heather	Niacc	20.92	5.6	6
30 Cushing, Cassie	Hastings	21.27	5.6	6
31 Alliger, Michelle	Iowa Central	22.06	3.7	5

Women 100 Meter Hurdles

Meet Record: \$ 14.17 2004 J. SINNWELL
 14.40 AUTO
 15.00 PROV

Name	Year School	Finals	Wind	H#	Points
Finals					
1 Johnson, Tiffany	Unattached	13.87 AUTO	5.5	1	10
2 Roach, Peaches	Unattached	14.23 AUTO	5.5	1	8
3 Homfeldt, Lindsey	Augustana	15.27	5.5	1	6
4 Schmidt, Jacquelyn	Buena Vista	15.51	5.5	1	5
5 Maher, Alyssa	Mount Mercy	15.54	5.5	1	4
6 Olorundami, Natali	Buena Vista	15.56	5.5	1	3
7 Wagner, Raegan	Unattached	15.87	5.5	1	2
8 Moss, Andrea	Iowa Central	15.89	5.5	1	1
9 Martin, Justine	Luther	17.13	3.7	2	
10 Kile, Leslie	Hastings	17.97	3.7	2	
11 Caldwell, Andrea	Luther	18.28	3.7	2	
12 Bartko, Lanna	Ashford	18.54	3.7	2	
13 Leichleiter, Audra	Hastings	21.97	3.7	2	

Women 400 Meter Hurdles

Meet Record: \$ 63.48 1987 DESIREE ORWIG, William Penn
 62.00 AUTO
 64.14 PROV

Name	Year School	Finals	H#	Points
1 Jones, Aditya	Unattached	62.79\$PROV	1	10
2 Johnson, Tiffany	Unattached	65.81	1	8
3 Voigts, Michelle	Luther	66.93	1	6
4 Reinhart, Missy	Buena Vista	67.58	1	5
5 Ziskovsky, Jill	Central	67.64	1	4
6 Homfeldt, Lindsey	Augustana	68.02	1	3
7 Schaley, Allison	Augustana	68.88	2	2
8 Kok, Rebekah	U Minn Duluth	69.30	1	1
9 Hartje, Ally	U Minn Duluth	69.91	2	
10 Sunnarborg, Amanda	U Minn Duluth	70.07	2	
11 Volz, Jamie	Hastings	70.98	1	
12 Long, Kate	Drake	71.06	2	
13 Johnson, Kristen	Luther	72.07	2	
14 Helland, Janey	GustavusAdolphus	73.44	4	
15 Walsh, Amy	Augustana	73.84	3	
16 Phillips, Katie	Hastings	75.28	3	
17 Lukowicz, Katie	Augustana	75.88	3	
18 Bartko, Lanna	Ashford	78.80	4	
19 Ozbun, Meg	Grand View	79.58	3	
20 Schott, Katrina	Iowa Central	1:21.77	3	
21 Cushing, Cassie	Hastings	1:25.10	2	
22 Hartje, Taylor	U Minn Duluth	1:26.32	2	
23 Krueger, Anne	GustavusAdolphus	1:26.51	4	
24 Quam, Heather	Niacc	1:28.73	3	

Women 3000 Meter Steeplechase

Meet Record: \$ 11:29.46 2002 ARI-ANNE KLECKNER, Central
 10:44.00 AUTO
 11:13.00 PROV

Name	Year School	Finals	Points
1 Clark, Jessica	Central	11:41.99	10
2 Scieszinski, Tara	Drake	12:25.93	8
3 Stack, Rachel	U Minn Duluth	12:32.36	6
4 Prazak, Brittany	Augustana	12:48.17	5
5 Secor, Laura	GustavusAdolphus	12:53.45	4
6 Fox, Karlene	Augustana	12:58.15	3
7 Tompkins, Kelsey	Central	13:20.35	2
8 Pierce, Meg	U Minn Duluth	13:31.08	1
9 Belle, Jessica	Augustana	13:49.60	

Women 4x100 Meter Relay

Meet Record: \$ 47.2h 1977 GRACELAND, Graceland
 47.30 AUTO
 48.65 PROV

School	Finals	H#	Points
1 Drake University 'A'	49.35	1	10
2 Augustana College 'A'	50.17	1	8
3 U of Minnesota-Duluth 'A'	50.53	1	6
4 Central College 'A'	50.98	1	5
5 Hastings 'A'	51.73	1	4
6 Grand View College 'A'	51.85	2	3
7 Gustavus Adolphus 'A'	52.53	1	2
8 Unattached 'A'	52.67	2	1
9 Luther College 'A'	53.45	1	
10 Ashford University 'A'	53.63	2	
11 Luther College 'B'	54.16	2	
12 Augustana College 'B'	54.33	2	
13 Iowa Wesleyan 'A'	56.66	3	
14 Luther College 'C'	59.39	3	

Women 4x400 Meter Relay

Meet Record: \$ 3:57.4h 1982 NORTHERN IOWA, Northern Iowa
 3:49.60 AUTO
 3:56.00 PROV

School	Finals	H#	Points
1 Drake University 'A'	3:53.25\$PROV	1	10
2 U of Minnesota-Duluth 'A'	4:00.41	1	8
3 Central College 'A'	4:00.87	1	6
4 Gustavus Adolphus 'A'	4:03.01	1	5
5 Augustana College 'A'	4:03.40	2	4
6 Hastings 'A'	4:04.71	1	3
7 Luther College 'A'	4:04.82	1	2
8 Drake University 'B'	4:10.52	1	1
9 Bethel University 'A'	4:11.54	2	
10 Augustana College 'B'	4:14.00	2	

11	Grand View College	'A'	4:16.20	3
12	Central College	'B'	4:16.78	2
13	Clarke College	'A'	4:17.28	3
14	Luther College	'B'	4:17.61	2
15	Mount Mercy College	'A'	4:18.18	3
16	Gustavus Adolphus	'B'	4:19.92	4
17	U of Minnesota-Duluth	'B'	4:20.38	2
18	U of Minnesota-Duluth	'C'	4:22.22	3
19	Iowa Central	'B'	4:25.89	4
20	Augustana College	'C'	4:29.92	3
21	Luther College	'C'	4:35.72	3

Women High Jump

Meet Record: \$ 1.68m 1979 SANDY SCHULTZ, Central
 1.71m AUTO
 1.65m PROV

Name	Year	School	Finals	Points
1		Moeller, Katie	Hastings 1.70m\$PROV	5-07.00 10
2		Lundstrum, Kaelene	GustavusAdolphus 1.65m PROV	5-05.00 8
3		Mitchell, Michelle	Drake 1.60m	5-03.00 6
4		Moore, Vanessa	Bethel 1.55m	5-01.00 4.5
4		Pottinger, Traci	U Minn Duluth 1.55m	5-01.00 4.5
6		Kiley, Leah	U Minn Duluth 1.50m	4-11.00 2
6		Weddle, April	Hastings 1.50m	4-11.00 2
6		Hartje, Ally	U Minn Duluth 1.50m	4-11.00 2
9		Hutchinson, Kari	Central 1.45m	4-09.00
9		Moss, Andrea	Iowa Central 1.45m	4-09.00
9		Massey, Kirby	Augustana 1.45m	4-09.00
9		Timmerman, Megan	Augustana 1.45m	4-09.00
9		Wagner, Raegan	Unattached 1.45m	4-09.00
9		Ahrendsen, Liz	Buena Vista 1.45m	4-09.00
9		Ahrendsen, Andrea	Buena Vista 1.45m	4-09.00
16		Bennett, Brittney	Augustana 1.40m	4-07.00
16		Auffert, Liz	Buena Vista 1.40m	4-07.00
18		Cannon, Marybeth	Luther 1.35m	4-05.00
18		Heller, Amie	Luther 1.35m	4-05.00
18		Gaskill, Kayla	Grand View 1.35m	4-05.00
18		Moore, LaTasha	Grand View 1.35m	4-05.00
18		Quinn, Caitlin	Augustana 1.35m	4-05.00
18		Schott, Katrina	Iowa Central 1.35m	4-05.00
--		Garvey, Megan	Augustana NH	
--		Alliger, Michelle	Iowa Central NH	

Women Pole Vault

Meet Record: \$ 3.30m 2004 ISABELLE STEPHENS, Loras
 3.82m AUTO
 3.50m PROV

Name	Year	School	Finals	Points
1		Dawson, Shanna	GustavusAdolphus 3.50m\$PROV	11-05.75 10
2		Sprang, Johanna	Drake 3.35m\$	10-11.75 7
2		Baumann, Diana	Clarke 3.35m\$	10-11.75 7
4		Leichleiter, Audra	Hastings 3.20m	10-06.00 5
5		Halling, Meredith	GustavusAdolphus 3.05m	10-00.001.66666

5	Nelson, Kelly	GustavusAdolphus	3.05m	10-00.001.66666
5	Bellinger, Maria	U Minn Duluth	3.05m	10-00.001.66666
5	Ebnet, Gina	U Minn Duluth	3.05m	10-00.001.66666
5	Fisher, Christine	Hastings	3.05m	10-00.001.66666
5	Kile, Leslie	Hastings	3.05m	10-00.001.66666
11	Quinn, Caitlin	Augustana	2.90m	9-06.25
11	Johnston, Julie	U Minn Duluth	2.90m	9-06.25
13	Glynn, Kay	Unattached	2.75m	9-00.25
13	Kanne, Linda	GustavusAdolphus	2.75m	9-00.25
13	Affias, Anna	U Minn Duluth	2.75m	9-00.25
16	Geison, Libby	Augustana	2.45m	8-00.50
16	Damiano, Krystal	Augustana	2.45m	8-00.50
16	Carlson, Tabatha	Grand View	2.45m	8-00.50
16	Martell, Nikki	U Minn Duluth	2.45m	8-00.50
16	Anderson, Kelsey	Luther	2.45m	8-00.50
21	Massey, Kirby	Augustana	2.15m	7-00.50
21	Schertz, Jordyn	Grand View	2.15m	7-00.50
21	Arbuckle, Jeni	Luther	2.15m	7-00.50
--	Wrolstad, Rachel	Luther	NH	
--	Feldman, Ashley L	Central	NH	

Women Long Jump

Meet Record: \$ 5.85m 2001 KATIE BREES, Central
5.80m AUTO
5.52m PROV

Name	Year	School	Finals	Wind	Points	
1		Roach, Peaches	Unattached	5.59m PROV	1.9 18-04.25	10
2		Button, Katie	Unattached	5.42m	4.8 17-09.50	8
3		Udehn, Suzanne	Augustana	5.32m	4.0 17-05.50	6
4		Pottinger, Traci	U Minn Duluth	5.26m	3.4 17-03.25	5
5		Helland, Janey	GustavusAdolphus	5.21m	3.6 17-01.25	4
6		Bentz, Carissa	Central	5.20m	3.2 17-00.75	2.5
6		Mathieson, Ella	Augustana	5.20m	3.2 17-00.75	2.5
8		Moss, Andrea	Iowa Central	5.19m	4.7 17-00.50	1
9		Duhai, Kelsey	Augustana	5.13m	NWI 16-10.00	
10		Morris, Katie	Augustana	5.06m	NWI 16-07.25	
11		Gonzales, Abby	Unattached	4.97m	NWI 16-03.75	
12		Madison, Wendy	Iowa Wesleyan	4.96m	NWI 16-03.25	
13		Rumbeck, Erika	Hastings	4.94m	NWI 16-02.50	
13		Laudon, Caitlin	U Minn Duluth	4.94m	NWI 16-02.50	
15		Ziskovsky, Jill	Central	4.92m	NWI 16-01.75	
16		Lindeman, Sari	GustavusAdolphus	4.85m	NWI 15-11.00	
17		Olorundami, Natali	Buena Vista	4.82m	NWI 15-09.75	
18		Lundgren, Megan	GustavusAdolphus	4.78m	NWI 15-08.25	
19		Reinhart, Missy	Buena Vista	4.73m	NWI 15-06.25	
20		Kruckenber, Megan	Buena Vista	4.66m	NWI 15-03.50	
21		Kirkvold, Allison	Luther	4.65m	NWI 15-03.25	
21		Halling, Meredith	GustavusAdolphus	4.65m	NWI 15-03.25	
23		Omesa, Huldeh	Bethel	4.63m	NWI 15-02.25	
24		Francois, Alexa	Mount Mercy	4.61m	NWI 15-01.50	
25		Wyatt, Angela	Hastings	4.54m	NWI 14-10.75	
25		Lynch, Laura	GustavusAdolphus	4.54m	NWI 14-10.75	
27		Schmitz, Laura	U Minn Duluth	4.53m	NWI 14-10.50	
28		Van Zuiden, Tara	Ashford	4.50m	NWI 14-09.25	
29		Kohmetscher, Page	Hastings	4.47m	NWI 14-08.00	

30	Wittland, Laura	Augustana	4.45m	NWI	14-07.25
31	Mays, Kendra	GustavusAdolphus	4.41m	NWI	14-05.75
32	Schott, Katrina	Iowa Central	4.31m	NWI	14-01.75
33	Hartman, Beth	Hastings	4.30m	NWI	14-01.25
33	Baird, Kyle	Augustana	4.30m	NWI	14-01.25
35	Williamson, Page	Hastings	4.28m	NWI	14-00.50
36	Bennett, Brittney	Augustana	4.24m	NWI	13-11.00
37	Quick, Cassie	U Minn Duluth	4.20m	NWI	13-09.50
38	Ainsworth, Nikki	GustavusAdolphus	4.19m	NWI	13-09.00
39	Lee, Allison	Augustana	4.14m	NWI	13-07.00
40	Ahrendsen, Andrea	Buena Vista	4.10m	NWI	13-05.50
--	Wagner, Raegan	Unattached	ND	NWI	
--	Hartje, Taylor	U Minn Duluth	ND	NWI	

Women Triple Jump

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 Meet Record: \$ 11.88m 2004 ABBY VANDERAH, Loras
 12.00m AUTO
 11.25m PROV

Name	Year	School	Finals	Wind	Points
1		Curtis, Ari	Drake 11.89m PROV	3.0	39-00.25 10
2		Duhai, Kelsey	Augustana 11.14m	3.7	36-06.75 8
3		Laudon, Caitlin	U Minn Duluth J11.14m	4.5	36-06.75 6
4		Palmer, Jennae	Bethel 11.06m	3.9	36-03.50 5
5		Udehn, Suzanne	Augustana 10.96m	5.2	35-11.50 4
6		Lindeman, Sari	GustavusAdolphus 10.71m	2.9	35-01.75 3
7		Lynch, Laura	GustavusAdolphus 10.70m	3.6	35-01.25 2
8		Madison, Wendy	Iowa Wesleyan 10.67m	3.0	35-00.25 1
9		Mathieson, Ella	Augustana 10.60m	NWI	34-09.50
10		Hartje, Ally	U Minn Duluth 10.36m	NWI	34-00.00
11		Schultz, Anna	Luther 10.10m	NWI	33-01.75
12		Schmitz, Laura	U Minn Duluth 9.96m	NWI	32-08.25
13		Van Zuiden, Tara	Ashford 9.90m	NWI	32-05.75
14		Quick, Cassie	U Minn Duluth 9.74m	NWI	31-11.50
15		Halling, Meredith	GustavusAdolphus 9.67m	NWI	31-08.75
16		Kohmetscher, Page	Hastings 9.54m	NWI	31-03.75
17		Dusenbury, Alicia	Central 9.40m	NWI	30-10.25
18		Lundby, Stephanie	Luther 9.23m	NWI	30-03.50
19		Lee, Allison	Augustana 9.11m	NWI	29-10.75
--		Massey, Kirby	Augustana ND	NWI	
--		Johnson, Shannon	GustavusAdolphus ND	NWI	
--		Morris, Katie	Augustana ND	NWI	

Women Shot Put

=====
 Meet Record: \$ 14.58m 4/6/2007 TAWNA TRAIL, Hasings
 14.20m AUTO
 12.80m PROV

Name	Year	School	Finals	Points
1		Harms, Sarah	Northern Iowa 14.15m PROV	46-05.25 10
2		Jewell, Jess	Luther 13.00m PROV	42-08.00 8
3		Brown, Lisa	GustavusAdolphus 12.97m PROV	42-06.75 6
4		Banks, Marissa	Augustana 12.90m PROV	42-04.00 5
5		Keller, Chelsey	Unattached 12.47m	40-11.00 4
6		Crane, Elizabeth	U Minn Duluth 12.28m	40-03.50 3

7	Boeke, Rachel	Central	12.14m	39-10.00	2
8	Thys, Ellen	Loras	12.04m	39-06.00	1
9	Anciaux, Sarah	Coe	11.95m	39-02.50	
10	Hall, Ronnisha	Niacc	11.59m	38-00.25	
11	Williams, Jamie	Hastings	11.57m	37-11.50	
12	Wauters, Kelsey	Luther	11.46m	37-07.25	
13	Broderius, Sam	GustavusAdolphus	11.45m	37-06.75	
13	Smith, Melissa	U Minn Duluth	11.45m	37-06.75	
15	Neiweem, Paula	Augustana	11.37m	37-03.75	
16	Hoins, Brittany	Hastings	11.11m	36-05.50	
17	Nothem, Sam	GustavusAdolphus	11.08m	36-04.25	
18	Webb, Tiffany	Iowa Wesleyan	11.06m	36-03.50	
19	Price, Jaree	Hastings	11.05m	36-03.00	
20	Roggemann, Amanda	Central	10.46m	34-04.00	
21	Corrigan, Cassie	U Minn Duluth	10.41m	34-02.00	
22	Scott, Diana	GustavusAdolphus	10.35m	33-11.50	
22	Mickolichek, Chels	U Minn Duluth	10.35m	33-11.50	
24	Bauer, Anna	GustavusAdolphus	10.26m	33-08.00	
25	Olson, Erin	U Minn Duluth	10.23m	33-06.75	
26	Sojka, Nicole	Central	10.13m	33-03.00	
27	Hansen, Kelsey	Mount Mercy	10.08m	33-01.00	
28	Maas, Chelsea	Grand View	9.62m	31-06.75	
29	Roach, Peaches	Unattached	9.08m	29-09.50	
30	Darbyshire, Daniel	Mount Mercy	7.99m	26-02.75	
31	Mitchell, Michelle	Drake	7.47m	24-06.25	
32	Baird, Kyle	Augustana	7.22m	23-08.25	
33	Bennett, Brittney	Augustana	6.99m	22-11.25	
--	Jansen, Rachel	Northern Iowa	ND		
--	Harms, Traci	Unattached	ND		

Women Discus Throw

=====
 Meet Record: \$ 47.16m 4/6/2007 TAWNA TRIAL, Hastings
 46.38m AUTO
 41.50m PROV

Name	Year	School	Finals	Points
1	Jansen, Rachel	Northern Iowa	50.24m\$AUTO	164-10 10
2	Thys, Ellen	Loras	46.62m AUTO	152-11 8
3	Jewell, Jess	Luther	45.48m PROV	149-02 6
4	Thorson, Marin	Niacc	44.29m PROV	145-04 5
5	Smith, Melissa	U Minn Duluth	42.64m PROV	139-11 4
6	Dirth, Deidra	Drake	41.75m PROV	137-00 3
7	Hall, Ronnisha	Niacc	40.62m	133-03 2
8	Williams, Jamie	Hastings	39.80m	130-07 1
9	Boeke, Rachel	Central	39.32m	129-00
10	Anciaux, Sarah	Coe	39.16m	128-06
11	Feldman, Ashley	Central	38.85m	127-05
12	Broderius, Sam	GustavusAdolphus	38.46m	126-02
13	Rawson, Molly	Coe	38.01m	124-08
14	Banks, Marissa	Augustana	37.53m	123-01
15	McCausland, Kelsay	Ashford	36.29m	119-01
16	Millam, Wendy	Ashford	36.10m	118-05
17	Brown, Lisa	GustavusAdolphus	35.33m	115-11
18	Wauters, Kelsey	Luther	35.16m	115-04
19	Bauer, Anna	GustavusAdolphus	33.72m	110-07
20	Bentz, Carissa	Central	33.56m	110-01

21	Froelich, Justina	U Minn Duluth	32.57m	106-10
22	Price, Jaree	Hastings	31.93m	104-09
23	Nothem, Sam	GustavusAdolphus	31.78m	104-03
24	Czyzewicz, Laura	Buena Vista	31.70m	104-00
25	Webb, Tiffany	Iowa Wesleyan	31.48m	103-03
26	Maas, Chelsea	Grand View	31.39m	103-00
27	Hoye, Lindsey	GustavusAdolphus	30.75m	100-11
28	Roggemann, Amanda	Central	30.72m	100-09
29	Scott, Diana	GustavusAdolphus	30.68m	100-08
30	Sojka, Nicole	Central	28.15m	92-04
31	Darbyshire, Daniel	Mount Mercy	27.85m	91-04
32	Francois, Danielle	Central	26.54m	87-01
33	Wagy, B.J.	Iowa Wesleyan	25.74m	84-05
34	Olson, Erin	U Minn Duluth	24.96m	81-11
35	Hansen, Kelsey	Mount Mercy	17.91m	58-09
--	Green, Shelli	Unattached	ND	
--	Mouw, Sara	Central	ND	
--	Crane, Elizabeth	U Minn Duluth	ND	
--	Mickolichcek, Chels	U Minn Duluth	ND	

Women Hammer Throw

Meet Record: \$ 48.23m 4/6/2007 TAWNA TRAIL, Hastings
52.60m AUTO
46.00m PROV

Name	Year	School	Finals	Points
1	Jansen, Rachel	Northern Iowa	55.40m\$AUTO	181-09 10
2	Landers, Courtney	Northern Iowa	49.58m\$PROV	162-08 8
3	Harms, Sarah	Northern Iowa	49.37m\$PROV	162-00 6
4	Thys, Ellen	Loras	48.49m\$PROV	159-01 5
5	Rader, Holly	Coe	45.97m	150-10 4
6	Banks, Marissa	Augustana	45.89m	150-07 3
7	Hall, Ronnisha	Niacc	44.37m	145-07 2
8	Williams, Jamie	Hastings	44.24m	145-02 1
9	Corrigan, Cassie	U Minn Duluth	43.72m	143-05
10	Millam, Wendy	Ashford	42.27m	138-08
11	Neiweem, Paula	Augustana	41.44m	135-11
12	Czyzewicz, Laura	Buena Vista	40.84m	134-00
13	Harms, Traci	Unattached	40.17m	131-09
14	Smith, Melissa	U Minn Duluth	40.01m	131-03
15	Boeke, Rachel	Central	39.85m	130-09
16	Bauer, Anna	GustavusAdolphus	39.55m	129-09
17	Keller, Chelsey	Unattached	38.73m	127-01
18	Froelich, Justina	U Minn Duluth	37.26m	122-03
19	Sojka, Nicole	Central	37.19m	122-00
19	Scott, Diana	GustavusAdolphus	37.19m	122-00
21	Green, Shelli	Unattached	37.18m	122-00
22	Nothem, Sam	GustavusAdolphus	36.86m	120-11
23	Niedert, Megan	Coe	36.80m	120-09
24	Mickolichcek, Chels	U Minn Duluth	36.79m	120-08
25	Price, Jaree	Hastings	35.60m	116-09
26	Francois, Danielle	Central	34.85m	114-04
27	Hansen, Kelsey	Mount Mercy	34.63m	113-07
28	Broderius, Sam	GustavusAdolphus	33.78m	110-10
29	Hoye, Lindsey	GustavusAdolphus	32.19m	105-07
30	Webb, Tiffany	Iowa Wesleyan	32.12m	105-04

31	Feldman, Ashley	Central	32.04m	105-01
32	Rawson, Molly	Coe	32.02m	105-01
33	Hoins, Brittany	Hastings	30.41m	99-09
34	Maas, Chelsea	Grand View	28.08m	92-01
35	Darbyshire, Daniel	Mount Mercy	27.44m	90-00
36	Crane, Elizabeth	U Minn Duluth	26.46m	86-10

Women Javelin Throw

Meet Record: \$ 42.83m 2002 DIA DOHLMAN, Wartburg
 44.20m AUTO
 38.70m PROV

Name	Year School	Finals	Points
1	Brown, Lisa	GustavusAdolphus 46.07m\$AUTO	151-02 10
2	Whisner, Alicia	Unattached 41.71m PROV	136-10 8
3	Wiederin, Ashley	Central 33.34m	109-04 6
4	Peterson, Kelsey	Central 32.87m	107-10 5
5	Schlutz, Katie	Mount Mercy 32.30m	106-00 4
6	Voorhees, Johanna	Augustana 32.26m	105-10 3
7	Hartje, Ally	U Minn Duluth 32.25m	105-10 2
8	Kowalski, Aimee	Iowa Wesleyan 31.06m	101-11 1
9	Mouw, Sara	Central 30.92m	101-05
10	Conway, Emily	Central 30.70m	100-09
11	Schott, Katrina	Iowa Central 30.44m	99-10
12	Dirth, Deidra	Drake 29.95m	98-03
13	Snowbarger, Jessic	William Penn 29.45m	96-07
14	Hutchinson, Kari	Central 29.43m	96-07
15	Long, Kate	Drake 28.98m	95-01
16	Furlong, Maggie	Augustana 28.95m	95-00
17	Ziskovsky, Jill	Central 27.78m	91-02
18	Calderone, April	Augustana 27.09m	88-10
19	Gaskill, Kayla	Grand View 26.91m	88-03
20	Hall, Ronnisha	Niacc 24.10m	79-01
21	Baird, Kyle	Augustana 23.65m	77-07
22	Moss, Andrea	Iowa Central 23.49m	77-01
23	Dobbins, Amy	Iowa Central 22.04m	72-04
24	Geison, Libby	Augustana 21.58m	70-10
25	Millonig, Allie	Niacc 20.58m	67-06
26	Bennett, Brittney	Augustana 20.11m	66-00
27	Mitchell, Michelle	Drake 20.03m	65-08
28	Anderson, Aubrey	Grand View 19.13m	62-09
29	Alliger, Michelle	Iowa Central 16.75m	54-11
30	Kilberry, Danielle	Augustana 16.01m	52-06
--	Ozbun, Meg	Grand View ND	

Men 100 Meter Dash

Top 8 Advance by Time
 Meet Record: \$ 10.57 1979 DON KELLER, Central
 10.55 AUTO
 10.78 PROV

Name	Year School	Prelims	Wind H#
Preliminaries			
1	Bertelsen, Eric	Buena Vista 10.74qPROV	4.1 1
2	Rowedder, Chris	Buena Vista 10.89q	4.3 6

3	Bangert, Josh	Drake	10.90q	6.1	8
4	Thompson, Robert	Unattached	10.97q	4.8	12
5	Pettaway, Anthony	Drake	10.98q	3.3	10
5	Bailey, Zac	Central	10.98q	5.1	5
7	Bauer, Justin	Buena Vista	11.05q	4.7	3
8	Sama, Amara	Iowa Central	11.12q	2.3	2
9	Miller, Kris	William Penn	11.15	4.7	7
9	Citrowske, Colby	GustavusAdolphus	11.15	6.1	8
11	Reed, Aaron	Iowa	11.18	4.8	12
12	Blanton, Maurice	Ashford	11.20	4.3	6
13	Harris, Mark	Unattached	11.25	5.0	13
14	Morris, Mitch	Central	11.29	3.7	11
15	Stepter, Carlos	William Penn	11.34	5.1	9
16	Olson, Jon	Luther	11.38	5.1	5
17	Powell, Breighen	Central	11.39	4.7	3
18	Scruggs, Phillip	Luther	11.41	4.1	1
18	Barnes, Franklin	Ashford	11.41	3.7	11
20	Smith, Ashton	Niacc	11.48	2.3	2
20	Janss, Justin	Coe	11.48	5.0	13
22	Morris, Reggie	Unattached	11.54	4.8	4
23	Brown, Dustin	Clarke	11.55	3.7	11
24	Schutt, David	GustavusAdolphus	11.57	4.1	1
25	Goodwin, Andrew	Hastings	11.59	5.1	5
25	Dekan, Joe	U Minn Duluth	11.59	4.3	6
27	Krueger, Tony	Coe	11.60	3.3	10
28	Mich, Matt	William Penn	11.64	6.1	8
29	Rahm, Spenser	Niacc	11.67	5.1	9
30	Hamilton, Doug	Luther	11.70	5.1	9
31	Shaw, Mervin	Iowa Wesleyan	11.80	4.1	1
32	Bollin, Mike	GustavusAdolphus	11.85	5.0	13
33	Erlandson, Dave	GustavusAdolphus	11.87	4.3	6
34	Forgey, Duncan	Ashford	11.91	2.3	2
35	Bryant, Andy	Drake	11.95	4.8	4
35	Struchen, Brady	Buena Vista	11.95	4.3	6
37	Meany, Seth	Central	11.96	4.7	7
38	Niles, Ryan	Luther	11.98	3.3	10
39	Jago, Dan	U Minn Duluth	11.99	4.8	12
40	Russell, Tony	Luther	12.00	4.8	12
41	Kenutis, Matt	Bethel	12.01	4.7	7
42	Siaw, Kwesi	Drake	12.05	6.1	8
43	Griffin, Kevin	Ashford	12.13	5.1	5
44	Stenoin, Carl	GustavusAdolphus	12.16	6.1	8
45	Martin, James	Hastings	12.25	2.3	2
46	Fechner, Rob	Drake	12.29	4.7	3
47	Wagner, Tom	Luther	12.31	4.7	3
48	Boldger, Eric	Clarke	12.45	4.7	7
49	Olsen, John	Bethel	12.64	4.8	4
50	Lienhard, Ryan	Unattached	13.24	3.7	11
51	Reed, Kenny	William Penn	13.96	5.0	13

Men 100 Meter Dash

=====
Meet Record: \$ 10.57 1979 DON KELLER, Central
10.55 AUTO
10.78 PROV

Name Year School Finals Wind Points

=====

Finals

1	Bertelsen, Eric	Buena Vista	10.71	PROV	5.9	10
2	Thompson, Robert	Unattached	10.83		5.9	8
3	Bangert, Josh	Drake	10.89		5.9	6
4	Sama, Amara	Iowa Central	10.91		5.9	5
5	Pettaway, Anthony	Drake	10.94		5.9	4
6	Rowedder, Chris	Buena Vista	11.00		5.9	3
7	Bauer, Justin	Buena Vista	11.10		5.9	2

Men 200 Meter Dash

=====
 Meet Record: \$ 21.66 2001 TOMMY TAVEGIA, Central
 21.31 AUTO
 21.75 PROV

Name	Year	School	Finals		Wind	H#	Points
1		Homewood, Dirk	Bethel	21.02	AUTO	5.1	1 10
2		Davis, Lancford	Unattached	21.21	AUTO	5.1	1 8
3		Bertelsen, Eric	Buena Vista	21.81		5.1	1 6
4		Howard, Brandon	Iowa Central	21.83		4.8	2 5
5		Pettaway, Anthony	Drake	21.99		5.1	1 4
6		Dierikx, Guy	Central	22.01		5.1	1 3
7		Hix, Nate	Drake	22.05		5.1	1 2
8		Gilmer, Domonique	Iowa Central	22.13		4.8	2 1
9		Kimberlin, Troy	Drake	22.20		4.8	2
10		Currica, Jamal	Iowa Central	22.24		4.8	2
11		Olorundami, Shawn	Buena Vista	22.42		5.0	3
12		Sama, Amara	Iowa Central	22.47		5.1	4
13		Carlson, Cole	GustavusAdolphus	22.60		4.8	2
14		Quick, Joel	Bethel	22.71		5.0	3
15		Citrowske, Colby	GustavusAdolphus	22.91		1.6	5
16		Brockmeyer, Kyle	Coe	22.92		5.0	3
17		Miller, Kris	William Penn	22.95		2.8	8
18		Bannerman-Thompson	Iowa Central	23.10		1.6	5
19		Snyder, Caleb	Ashford	23.11		2.0	6
20		Rhode, Eric	Bethel	23.15		5.0	3
21		Gibson, Aaron	GustavusAdolphus	23.19		1.6	5
22		Janss, Justin	Coe	23.27		5.1	4
23		Williams, Brad	Central	23.29		2.0	6
24		Rustad, Alex	Luther	23.36		5.1	4
25		Brown, Dustin	Clarke	23.44		3.5	7
26		Stepter, Carlos	William Penn	23.51		2.8	8
27		Reed, Tony	GustavusAdolphus	23.53		3.5	7
28		Schwinn, Adam	Hastings	23.56		5.1	4
29		Madden, Chris	Unattached	23.62		2.8	8
30		Bloss, Ryan	U Minn Duluth	23.67		3.4	9
31		Daily, Connor	Central	23.68		5.1	4
32		Goodwin, Andrew	Hastings	23.75		3.4	9
33		Hamilton, Doug	Luther	23.78		2.0	6
34		Olson, Jon	Luther	23.82		1.6	5
35		Simmons, Clint	Hastings	23.85		2.8	8
36		Krueger, Tony	Coe	23.89		5.1	4
37		Schutt, David	GustavusAdolphus	23.94		3.5	7
38		Dekan, Joe	U Minn Duluth	23.97		3.5	7
38		Bollin, Mike	GustavusAdolphus	23.97		2.0	6
40		Bormann, Paul	Coe	24.09		2.0	6
41		Mich, Matt	William Penn	24.16		3.5	10

42	Swanson, James	Grand View	24.17	3.5	7
43	Forgey, Duncan	Ashford	24.20	3.4	9
44	Aldrich, Jon	Grand View	24.21	2.8	8
45	Cunningham, Cory	Faith Baptist	24.32	3.5	10
46	Kenutis, Matt	Bethel	24.33	3.4	9
47	Coufal, Michael	Hastings	24.39	3.5	7
48	Mitchell, Keith	Faith Baptist	24.42	3.5	10
49	Wagner, Colin	Hastings	24.46	1.6	5
50	Marc, Andre	William Penn	24.47	3.4	9
51	Wade, Jenerro	William Penn	24.56	4.0	11
52	Coughenower, Jake	Central	24.68	4.0	11
52	Niles, Ryan	Luther	24.68	3.5	7
54	Helmer, Andy	Faith Baptist	24.77	3.5	10
55	Olawumi, Martin	Iowa Central	25.03	2.8	12
56	Martin, James	Hastings	25.26	2.8	8
57	Olsen, John	Bethel	25.55	4.0	11
58	Meany, Seth	Central	25.65	4.0	11
59	Russell, Tony	Luther	25.72	2.8	8
60	Wagner, Tom	Luther	25.85	3.5	10
61	Lentz, Aaron	William Penn	27.61	3.5	10

Men 400 Meter Dash

 Meet Record: \$ 48.57 1999 NATE KOERSELMAN, Central
 47.35 AUTO
 48.50 PROV

Name	Year	School	Finals	H#	Points
1		Harris, Mark	Unattached	49.18	1 10
2		Gilmer, Domonique	Iowa Central	49.38	2 8
3		Carlson, Cole	GustavusAdolphus	49.62	1 6
4		Rhode, Eric	Bethel	50.29	1 5
5		Collins, Bryan	Iowa Central	50.45	1 4
6		Earl, Kevin	Drake	50.96	3 3
7		Ubbelohde, Dave	U Minn Duluth	51.04	1 2
8		Janss, Justin	Coe	51.13	3 1
9		Schwinn, Adam	Hastings	51.24	2
10		Otto, Josh	Bethel	51.32	1
11		Pressley, Dominiqu	Unattached	51.79	1
12		Dahm, AJ	Buena Vista	52.38	2
13		Bannerman-Thompson	Iowa Central	52.41	6
14		Dahl, Josh	U Minn Duluth	52.45	3
15		Leeb, Matt	GustavusAdolphus	52.49	2
16		Reitsma, Justin	Luther	52.60	2
16		Hirschinger, Matt	Drake	52.60	5
18		Lewis, Brandon	Drake	52.88	4
19		Schlegel, Zach	Bethel	52.97	3
20		Garstka, Marc	Drake	53.07	3
21		Klopp, Pete	U Minn Duluth	53.11	3
22		Aldrich, Jon	Grand View	53.47	5
23		Walls, Anthony	Luther	53.49	4
24		Bormann, Paul	Coe	53.65	4
25		Bloss, Ryan	U Minn Duluth	53.80	5
26		Windauer, Bobby	Iowa	53.83	3
27		Reed, Tony	GustavusAdolphus	54.03	6
28		Swanson, James	Grand View	54.08	6
29		Hendrix, Grayson	U Minn Duluth	54.13	5

30	Cyr, Tim	U Minn Duluth	54.22	6
31	Madden, Chris	Unattached	54.30	5
32	Henry, Trent	Clarke	54.53	4
33	Dewey, Brian	Grand View	54.82	6
34	Roudabush, Josh	William Penn	54.86	6
35	Krueger, Tony	Coe	55.11	4
36	Coufal, Michael	Hastings	55.41	5
37	McDonald, Bayquan	Iowa Wesleyan	55.64	7
38	Myers, Josh	U Minn Duluth	55.76	5
39	Peona-Gonzalez, Jo	Clarke	56.18	4
40	Wagner, Colin	Hastings	56.25	4
41	Mabiza, Kuda	William Penn	57.38	6
42	Young, David	GustavusAdolphus	57.69	7
43	Meyer, Andy	Iowa Central	67.54	7

Men 800 Meter Run

=====
Meet Record: \$ 1:53.2h 1984 JOE MARTIN, Central
 1:51.30 AUTO
 1:53.20 PROV

Name	Year	School	Finals	Points
1		Kiplimo, Titus	Iowa Central 1:51.72\$PROV	10
2		Samoei, Hillary	Iowa Central 1:52.52\$PROV	8
3		Smith, Kyle	Bethel 1:52.95\$PROV	6
4		Miller, Alex	Central 1:54.25	5
5		Clementson, Jared	U Minn Duluth 1:54.65	4
6		Gorman, Aaron	U Minn Duluth 1:54.97	3
7		Tolhurst, Leyden	Drake 1:55.50	2
8		Meints, Dennis	Bethel 1:57.56	1
9		Kuhlman, Dan	Iowa 1:57.70	
10		McDowell, Elliot	Central 1:58.16	
11		Waring, Justin	Mount Mercy 1:58.17	
12		Ketui, John	Iowa Central 1:59.67	
13		Blattner, Tom	Luther 2:00.51	
14		Strom, Steve	Bethel 2:00.61	
15		Draisey, Dustin	Central 2:00.74	
16		Finnerty, Mike	U Minn Duluth 2:00.90	
17		Henderson, Dustin	Mount Mercy 2:01.00	
18		Hanf, Tony	Bethel 2:01.09	
19		Bartels, Justin	Unattached 2:02.13	
20		Becker, Scott	Mount Mercy 2:02.80	
21		Kube, Chris	Hastings 2:03.05	
22		Bock, Jeremy	GustavusAdolphus 2:03.06	
23		Goodenberger, Jame	Hastings 2:03.50	
24		Carlson, Spencer	U Minn Duluth 2:03.55	
24		King, Olen	Hastings 2:03.55	
26		Summerfield, Danie	Luther 2:03.82	
27		Smith, Carson	GustavusAdolphus 2:03.96	
28		Donlan, Sam	Luther 2:04.10	
29		Wallace, Blake	William Penn 2:04.23	
30		Niyonizigiye, Eddi	Iowa Central 2:04.60	
31		Coulter, Spencer	Central 2:04.77	
32		Neufeld, Matt	Bethel 2:05.07	
33		Jensen, Grady	Luther 2:05.08	
34		Johnston, Dillon	U Minn Duluth 2:05.87	
35		Coy, Kevin	Niacc 2:06.42	

36	Shortslef, Andrew	Drake	2:06.60
37	Oestreich, Adam	Drake	2:06.95
38	Klopp, Pete	U Minn Duluth	2:07.17
39	Lund, Justin	GustavusAdolphus	2:08.59
40	Seuferer, Micah	Central	2:08.62
41	Myers, Josh	U Minn Duluth	2:09.20
42	Blanchard, Seth	Niacc	2:09.69
43	Cyr, Tim	U Minn Duluth	2:09.98
44	Coomer, Colin	Drake	2:10.17
45	Johnston, Jared	U Minn Duluth	2:10.20
46	Van Den Broeke, Ja	Niacc	2:11.11
47	Fitzsimmons, Cory	Central	2:11.57
48	Meyer, Sam	Niacc	2:12.08
49	Richter, Andy	U Minn Duluth	2:12.40
50	Bolander, Luke	Central	2:12.59
51	Thein, Trevor	Niacc	2:14.59
52	Hanseling, James	Hastings	2:14.60
53	Mabiza, Kuda	William Penn	2:22.07
54	Paton, Alan	Grand View	2:22.37

Men 1500 Meter Run

 Meet Record: \$ 3:54.24 1984 JEFF BROOKS, Simpson
 3:50.60 AUTO
 3:55.80 PROV

Name	Year	School	Finals	Points	
1		Jurkovich, Evan	Drake	4:03.36	10
2		Greeno, Dan	Bethel	4:03.91	8
3		Hill, Barry	Drake	4:03.94	6
4		Gladitsch, Carl	Bethel	4:04.24	5
5		Oestreich, Adam	Drake	4:06.93	4
6		Atkinson, Eric	U Minn Duluth	4:07.16	3
7		MacTaggart, Bruce	Iowa	4:07.46	2
8		Ingram, Bob	Iowa	4:07.59	1
9		Townsend, Derek	Central	4:08.94	
10		Lewis, Brandon	Drake	4:10.61	
11		Dierking, David	Hastings	4:10.96	
12		Cook, J.J.	Luther	4:10.99	
13		Eicher, Bryan	Hastings	4:11.14	
14		Moser, Lane	Coe	4:11.71	
15		Goodenberger, Jame	Hastings	4:12.56	
16		Hinrichs, Tyler	Bethel	4:14.72	
17		Schroeder, Ryan	Coe	4:15.28	
18		Moenck, Heath	Iowa	4:17.28	
19		Kennedy, John	GustavusAdolphus	4:17.38	
20		Conner, Ethan	Coe	4:18.19	
21		Schut, Aaron	Coe	4:18.59	
22		Coomer, Colin	Drake	4:18.80	
23		Cusanelli, DC	Coe	4:18.95	
24		Heineman, Kyle	Coe	4:20.10	
25		Bjorhus, Tyler	U Minn Duluth	4:20.79	
25		Fitzsimmons, Cory	Central	4:20.79	
27		Bredin, Bob	Hastings	4:21.94	
28		Kremer, Ricky	Coe	4:23.88	
29		Lilly, Kyle	Luther	4:24.27	
30		Shortslef, Andrew	Drake	4:25.02	

31	Blanchard, Seth	Niacc	4:25.56
32	Wallace, Blake	William Penn	4:25.83
33	Armstead, James	Central	4:26.13
34	Johnston, Jared	U Minn Duluth	4:26.70
35	Prieve, Alex	GustavusAdolphus	4:28.13
36	Thein, Trevor	Niacc	4:28.77
37	Hanseling, James	Hastings	4:29.05
38	Richter, Andy	U Minn Duluth	4:29.48
39	Schmidt, Aaron	Iowa Central	4:30.85
40	Potts, Ben	Coe	4:30.98
41	Krueger, Eric	Luther	4:38.47
42	Clarke, Matt	Mount Mercy	4:42.70
43	Cullen, Jacob	Iowa Central	4:43.51
44	Kemp, Jim	Luther	4:43.82
45	Flaws, Jacob	Buena Vista	4:45.69
46	Tackmann, Vaughn	Luther	4:46.91
47	Van Dillen, Ricky	Drake	4:47.09
48	Ripplemeyer, Luke	U Minn Duluth	4:47.69
49	Thornburg, John	Coe	5:01.84
50	Newcomb, Nick	Grand View	5:08.19
51	Kingsriter, Andrew	Luther	5:11.23

Men 5000 Meter Run

=====
 Meet Record: \$ 14:59.2h 1982 DANNY BAUER, Simpson
 14:28.00 AUTO
 14:48.00 PROV

Name	Year	School	Finals	Points
1	Camplin, Brendan	Iowa	15:20.42	10
2	Jurkovich, Evan	Drake	15:36.92	8
3	Eicher, Bryan	Hastings	15:45.10	6
4	Anderson, Nate	U Minn Duluth	15:46.55	5
5	Dierking, David	Hastings	15:46.60	4
6	Wilson, Brett	Luther	15:49.90	3
7	Bruns, Carson	Luther	15:53.65	2
8	Switzer, Mike	Luther	15:57.67	1
9	Taylor, Pierre	Central	16:00.43	
10	Larson, Karl	Luther	16:02.48	
11	Rodriguez, Juan	Niacc	16:03.42	
12	Cooper, Michael	Unattached	16:04.75	
13	Raum, Carl	Iowa Central	16:07.06	
14	Leaf, John	GustavusAdolphus	16:09.31	
15	Kramer, Mike	U Minn Duluth	16:11.85	
16	Johnson, Erik	Luther	16:12.48	
17	Tegels, Austin	Luther	16:21.44	
18	Burmahl, Drew	Luther	16:28.21	
19	Gorman, Aaron	U Minn Duluth	16:32.42	
20	Anderson, Brian	Bethel	16:35.19	
21	Wallace, Blake	William Penn	16:46.61	
22	Hinrichs, Austin	Bethel	16:47.46	
23	Gibson, Ean	Luther	16:49.33	
24	Offerdahl, Dan	Luther	16:51.20	
25	Ross, Nick	GustavusAdolphus	16:57.17	
26	Schmidt, Aaron	Iowa Central	16:59.54	
27	Buck, Kyle	Luther	17:02.19	
28	Vondracek, Austin	Central	17:08.71	

29	Flaws, Jordan	Buena Vista	17:16.86
30	Schrock, Joel	Luther	17:25.17
31	Hellman, Jacob	Luther	17:39.15
32	Letzring, Jordan	William Penn	17:47.10
33	Hills, Hunter	Clarke	17:51.76
34	Clarke, Matt	Mount Mercy	18:00.00
35	Gibson, Michael	Bethel	18:13.50
36	Newcomb, Nick	Grand View	18:24.76
37	Husak, Tyler	Central	18:38.90
38	Story, Steven	Niacc	18:43.16
39	Mueller, Andrew	Niacc	18:48.79
40	Williams, Spencer	Grand View	19:58.53

Men 10000 Meter Run

=====
 Meet Record: \$ 32:26.21 2000 BRIAN MCINTYRE, UW Platteville
 30:14.00 AUTO
 31:05.00 PROV

Name	Year	School	Finals	Points
1		U Minn Duluth	33:02.81	10
2		Iowa	33:13.33	8
3		GustavusAdolphus	33:18.48	6
4		GustavusAdolphus	33:23.4h	5
5		U Minn Duluth	34:11.1h	4
6		U Minn Duluth	34:48.1h	3
7		U Minn Duluth	36:31.0h	2
8		Hastings	36:32.0h	1
9		Mount Mercy	36:41.0h	
10		Mount Mercy	37:10.0h	
11		Hastings	37:11.3h	
12		Grand View	37:18.0h	
13		Hastings	39:23.5h	

Men 110 Meter Hurdles

=====
 Top 8 Advance by Time

Meet Record: \$ 14.69 2005 BRAD ROSE, Central
 14.42 AUTO
 14.95 PROV

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1		Buena Vista	15.10q	3.7	7
2		Buena Vista	15.12q	2.8	3
3		Iowa	15.15q	3.0	1
4		GustavusAdolphus	15.21q	3.7	6
4		Iowa	15.21q	4.8	2
6		Bethel	15.22q	4.3	5
7		Coe	15.36q	3.7	7
8		Drake	15.43q	3.7	6
9		Hastings	15.58	4.3	5
10		Buena Vista	15.67	3.6	4
11		U Minn Duluth	15.99	4.8	2
12		Iowa Central	16.01	4.3	5
13		Faith Baptist	16.09	3.0	1
14		Buena Vista	16.33	2.8	3

15	Revoir, Russel	Clarke	17.04	3.6	4
16	Hopper, Andrew	Central	17.33	4.8	2
17	Sillman, Ryan	Hastings	17.47	3.7	7
18	Jordan, Jeremy	Clarke	17.73	3.6	4
19	Outlaw, Kenny	Central	17.76	4.3	5
20	Warmuth, Jimmy	U Minn Duluth	17.84	4.8	2
21	Mankivsky, Mark	Iowa	18.08	3.6	4
22	Spieleger, Acea	Niacc	18.45	3.0	1
23	Levins, Brad	Hastings	18.56	3.6	4
24	Knebel, John	U Minn Duluth	18.87	3.0	1
25	Swanhorst, John	Hastings	19.31	3.7	6
26	Goulden, Jason	Central	21.36	2.8	3
--	Olawumi, Martin	Iowa Central	DNF	2.8	3

Men 110 Meter Hurdles

=====
 Meet Record: \$ 14.69 2005 BRAD ROSE, Central
 14.42 AUTO
 14.95 PROV

Name	Year	School	Finals	Wind	Points
=====					
Finals					
1	Ferda, Taylor	Bethel	14.76 PROV	3.8	10
2	Olorundami, Shawn	Buena Vista	14.83 PROV	3.8	8
3	Brockmeyer, Kyle	Coe	14.95 PROV	3.8	6
4	VanMaanen, Jaron	Drake	15.00	3.8	5
5	Wilson, Brice	Iowa	15.02	3.8	4
6	Geyen, Tyler	GustavusAdolphus	15.24	3.8	3
7	Prill, Frank	Iowa	15.27	3.8	2
8	Russ, Tanner	Buena Vista	15.39	3.8	1

Men 400 Meter Hurdles

=====
 Meet Record: \$ 53.45 1984 S. KASIK, Wartburg
 52.70 AUTO
 54.50 PROV

Name	Year	School	Finals	H#	Points
=====					
1	Sauser, Jordan	Faith Baptist	54.22 PROV	1	10
2	Ferda, Taylor	Bethel	55.16	1	8
3	Taylor, Justin	Buena Vista	55.58	1	6
4	Buresh, Tyson	Hastings	57.35	1	5
5	Warmuth, Jimmy	U Minn Duluth	57.39	2	4
6	Parno, Chris	U Minn Duluth	57.56	1	3
7	Heckroth, Patrick	Unattached	58.18	1	2
8	Reidenbach, Lucas	Luther	58.41	1	1
9	VandeHoef, Collin	Iowa Central	58.42	3	
10	Gegner, Jordan	Central	58.90	2	
11	Godfrey, Andrew	Niacc	58.98	4	
12	Barnes, Franklin	Ashford	59.09	2	
13	Outlaw, Kenny	Central	59.12	3	
14	Knebel, John	U Minn Duluth	59.32	2	
15	Johnson, Ben	Bethel	59.35	2	
16	Smalley, Matt	Grand View	59.43	3	
17	Rice, Andrew	Bethel	59.57	1	
18	Hopper, Andrew	Central	60.92	3	
19	Trio, Matt	Luther	61.07	2	

20	Goulden, Jason	Central	61.57	3
21	Swanhorst, John	Hastings	61.69	3
22	Revoir, Russel	Clarke	61.83	4
23	Sillman, Ryan	Hastings	62.13	2
24	Cadwallader, Grant	Iowa Central	62.51	4
25	Levins, Brad	Hastings	62.93	4
26	Erlandson, Dave	GustavusAdolphus	63.09	4
27	Kimpling, Paul	U Minn Duluth	64.13	2
28	Jordan, Jeremy	Clarke	64.57	4
29	Spieleger, Acea	Niacc	66.34	4

Men 3000 Meter Steeplechase

=====
 Meet Record: \$ 9:23.08 1984 DENNIS HUSTON, Wartburg
 9:07.34 AUTO
 9:23.00 PROV

Name	Year	School	Finals	Points
1	Sawe, Joshua	Iowa Central	9:40.27	10
2	Bond, Brandon	Grand View	9:54.80	8
3	Bell, Greg	Iowa Central	9:58.90	6
4	Kramer, Mike	U Minn Duluth	10:05.18	5
5	Clark, Teddy	Central	10:06.93	4
6	Salwolke, Isaac	Luther	10:09.25	3
7	Huber, Brenden	Unattached	10:10.86	2
8	Bostrom, Erik	Bethel	10:15.56	1
9	Williams, Brandon	Central	10:36.45	
10	Knehans, Kelsey	Hastings	10:42.67	
11	Gerber, Josh	Luther	10:45.86	
12	Rowley, Skim	Iowa Central	10:50.78	
13	Kimpling, Paul	U Minn Duluth	10:50.79	
14	Ripplemeyer, Luke	U Minn Duluth	11:33.10	
15	Spencer, Brandon	Iowa Central	11:45.94	

Men 4x100 Meter Relay

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 Meet Record: \$ 41.54 1995 CENTRAL, Central
 41.00 AUTO
 42.00 PROV

School	Finals	H#	Points
1 Buena Vista University 'A'	41.84 PROV	1	10
2 Drake University 'A'	41.96 PROV	1	8
3 Central College 'A'	42.90	1	6
4 Gustavus Adolphus 'A'	43.65	1	5
5 Luther College 'A'	44.05	1	4
6 Buena Vista University 'B'	44.42	1	3
7 William Penn Univ 'A'	44.52	2	2
8 Ashford University 'A'	44.69	1	1
9 Central College 'B'	45.09	2	
10 Faith Baptist College 'A'	45.18	2	
11 Luther College 'B'	45.51	2	
12 U of Minnesota-Duluth 'A'	45.58	2	
-- Iowa Central 'A'	DQ	1	

Men 4x400 Meter Relay

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Meet Record: \$ 3:16.88 2005 CENTRAL, Central
 DJ Cobler, Justin Koeppe, Kevin Pitz, Guy Dierikx
 3:13.00 AUTO
 3:17.00 PROV

School	Finals	H#	Points
1 Unattached 'A'	3:15.14\$PROV	1	10
2 Iowa Central 'A'	3:17.70	1	8
3 Drake University 'A'	3:18.20	1	6
4 Central College 'A'	3:20.49	1	5
5 Bethel University 'A'	3:21.75	1	4
6 U of Minnesota-Duluth 'A'	3:22.59	2	3
7 Iowa Central 'B'	3:23.14	2	2
8 Gustavus Adolphus 'A'	3:23.21	2	1
9 Central College 'B'	3:27.48	2	
10 Luther College 'A'	3:28.66	1	
11 Hastings 'A'	3:29.97	2	
12 U of Minnesota-Duluth 'B'	3:30.24	3	
13 Mount Mercy College 'A'	3:30.85	3	
14 Faith Baptist College 'A'	3:31.65	3	
15 Drake University 'B'	3:32.01	2	
16 U of Minnesota-Duluth 'C'	3:33.12	4	
17 Bethel University 'B'	3:34.14	2	
18 Grand View College 'A'	3:36.97	4	
19 Clarke College 'A'	3:37.28	3	
20 Gustavus Adolphus 'B'	3:38.65	5	
21 Luther College 'B'	3:38.66	3	
22 Bethel University 'C'	3:39.58	2	
23 North Iowa Area Community 'A'	3:41.75	5	
24 Central College 'C'	3:42.88	3	
25 Iowa Central 'C'	3:43.65	3	
26 North Iowa Area Community 'B'	3:44.31	5	
27 Iowa Central 'D'	3:46.83	4	
28 Central College 'D'	3:48.62	4	
29 Iowa Central 'E'	3:49.19	5	

Men High Jump

Meet Record: \$ 2.09m 1994 CRAIG CANTRALL, Central
 2.11m AUTO
 2.01m PROV

Name	Year School	Finals	Points
1 VanMaanen, Jaron	Drake	2.10m\$PROV	6-10.75 10
2 Kelly, Ryan	Iowa	2.08m PROV	6-09.75 8
3 Brondyke, Kurtis	Central	1.98m	6-06.00 6
4 Hughes, Steven	Grand View	1.93m	6-04.00 4
4 Valdes, Graham	Iowa	1.93m	6-04.00 4
4 Currica, Jamal	Iowa Central	1.93m	6-04.00 4
7 Keesee, Will	Hastings	1.88m	6-02.00 0.5
7 Gegner, Jordan	Central	1.88m	6-02.00 0.5
7 Stephens, Aaron	Mount Mercy	1.88m	6-02.00 0.5
7 Quick, Jay	Bethel	1.88m	6-02.00 0.5
7 Revoir, Russel	Clarke	1.88m	6-02.00 0.5
7 Hall, Cory	Central	1.88m	6-02.00 0.5
13 Powell, Breighen	Central	1.83m	6-00.00
13 Klein, Dylan	Iowa Central	1.83m	6-00.00

13	Reed, Kenny	William Penn	1.83m	6-00.00
13	Atherton, Eric	Bethel	1.83m	6-00.00
17	Plagman, Rich	Central	1.78m	5-10.00
17	Peymann, Jake	GustavusAdolphus	1.78m	5-10.00
19	Hansen, David	U Minn Duluth	1.73m	5-08.00
19	Franks, Jon	William Penn	1.73m	5-08.00
--	Maguire, Steven	Buena Vista	NH	
--	Stenoin, Carl	GustavusAdolphus	NH	

Men Pole Vault

Meet Record: \$ 4.75m 1993 BRIAN FERRY, Coe
5.04m AUTO
4.70m PROV

Name	Year	School	Finals	Points
1		U Minn Duluth	4.63m	15-02.25 10
2		GustavusAdolphus	4.48m	14-08.25 8
3		U Minn Duluth	4.18m	13-08.50 5
3		Drake	4.18m	13-08.50 5
3		Hastings	4.18m	13-08.50 5
6		U Minn Duluth	4.03m	13-02.50 1.2
6		Ashford	4.03m	13-02.50 1.2
6		Drake	4.03m	13-02.50 1.2
6		Luther	4.03m	13-02.50 1.2
6		U Minn Duluth	4.03m	13-02.50 1.2
11		Iowa	3.88m	12-08.75
11		GustavusAdolphus	3.88m	12-08.75
13		GustavusAdolphus	3.73m	12-02.75
13		Hastings	3.73m	12-02.75
15		Central	3.43m	11-03.00
--		U Minn Duluth	NH	
--		Central	NH	
--		Grand View	NH	
--		Central	NH	
--		Iowa	NH	
--		Luther	NH	
--		Hastings	NH	

Men Long Jump

Meet Record: \$ 7.25m 1996 D. THOMPSON, Monmouth
7.30m AUTO
6.96m PROV

Name	Year	School	Finals	Wind	Points
1		Buena Vista	7.24m PROV	2.8 23-09.00	10
2		Iowa	7.03m PROV	3.7 23-00.75	8
3		Central	6.96m PROV	3.7 22-10.00	6
4		Drake	J6.96m PROV	4.2 22-10.00	5
5		Iowa	6.93m	2.2 22-09.00	4
6		Iowa Central	6.72m	2.5 22-00.75	3
7		Unattached	6.64m	3.0 21-09.50	2
8		U Minn Duluth	6.63m	2.1 21-09.00	1
9		Ashford	6.61m	NWI 21-08.25	
10		Central	6.38m	NWI 20-11.25	
11		Iowa	6.31m	NWI 20-08.50	

12	Foote, Greg	Central	6.26m	NWI	20-06.50
13	Mixon, Cody	Iowa	6.24m	NWI	20-05.75
14	Olawumi, Martin	Iowa Central	6.20m	NWI	20-04.25
15	Gilsrud, Sam	U Minn Duluth	6.11m	NWI	20-00.50
16	Geyen, Tyler	GustavusAdolphus	6.06m	NWI	19-10.75
17	Reed, Kenny	William Penn	5.95m	NWI	19-06.25
18	Taylor, Damarcus	Iowa Central	5.93m	NWI	19-05.50
19	Russ, Tanner	Buena Vista	5.86m	NWI	19-02.75
20	Mich, Matt	William Penn	5.79m	NWI	19-00.00
21	Dahm, AJ	Buena Vista	5.78m	NWI	18-11.75
21	Struchen, Brady	Buena Vista	5.78m	NWI	18-11.75
23	Miller, Kris	William Penn	5.77m	NWI	18-11.25
24	Rust, Collin	GustavusAdolphus	5.74m	NWI	18-10.00
25	Siaw, Kwesi	Drake	5.68m	NWI	18-07.75
26	Boldger, Eric	Clarke	5.66m	NWI	18-07.00
27	Stephens, Aaron	Mount Mercy	5.62m	NWI	18-05.25
28	Kamla, Micah	Hastings	5.61m	NWI	18-05.00
29	Stenoin, Carl	GustavusAdolphus	5.33m	NWI	17-06.00
30	Contri, Jake	Central	5.22m	NWI	17-01.50
31	Olsen, John	Bethel	5.18m	NWI	17-00.00
32	Hall, Reinaldo	Iowa Wesleyan	5.16m	NWI	16-11.25
33	Kaye, Jameson	Iowa Wesleyan	5.14m	NWI	16-10.50
34	Klein, Dylan	Iowa Central	5.02m	NWI	16-05.75
--	Wong, Mark	Hastings	ND	NWI	
--	Walls, Anthony	Luther	ND	NWI	

Men Triple Jump

Meet Record: \$ 14.60m 1979 HOLLAND, Coe
14.80m AUTO
14.00m PROV

Name	Year	School	Finals	Wind	Points	
1		Gorman, Matty	Iowa	15.00m AUTO	4.7 49-02.50	10
2		Bean, Josh	Iowa	14.83m AUTO	2.4 48-08.00	8
3		Warmuth, Jimmy	U Minn Duluth	13.69m	2.8 44-11.00	6
4		Mixon, Cody	Iowa	13.47m	2.6 44-02.50	5
5		Kamla, Micah	Hastings	13.18m	4.0 43-03.00	4
6		Milkovich, Steve	U Minn Duluth	13.17m	2.1 43-02.50	3
7		Gilsrud, Sam	U Minn Duluth	12.78m	4.2 41-11.25	2
8		Boldger, Eric	Clarke	12.54m	4.9 41-01.75	1
9		Snyder, Caleb	Ashford	12.48m	2.1 40-11.50	
10		Rust, Collin	GustavusAdolphus	12.16m	NWI 39-10.75	
11		Plagman, Rich	Central	12.04m	NWI 39-06.00	
12		Erredge, Tat	Luther	12.03m	NWI 39-05.75	
13		Struchen, Brady	Buena Vista	11.56m	NWI 37-11.25	
14		Klein, Dylan	Iowa Central	11.54m	NWI 37-10.50	
15		Hall, Reinaldo	Iowa Wesleyan	11.24m	NWI 36-10.50	

Men Shot Put

Meet Record: \$ 18.09m 1996 DENNIS BLACK, Upper Iowa
17.25m AUTO
15.55m PROV

Name	Year	School	Finals	Points	
1		VanCura, Scott	Hastings	16.78m PROV 55-00.75	10

2	Schaapveld, Mark	Iowa	16.24m	PROV	53-03.50	8
3	Pinckney, Adam	Northern Iowa	15.57m	PROV	51-01.00	6
4	Pinkelman, Josh	Hastings	14.59m		47-10.50	5
5	Weeks, Allen	Northern Iowa	14.46m		47-05.25	4
6	Leerhoff, Nick	Coe	14.16m		46-05.50	3
7	Graber, Matt	Central	14.07m		46-02.00	2
8	Kleffman, Matt	U Minn Duluth	14.01m		45-11.75	1
9	Pinckney, Jordan	Coe	13.83m		45-04.50	
10	Fritz, Scott	Hastings	13.78m		45-02.50	
11	Soldner, Tom	U Minn Duluth	13.57m		44-06.25	
12	Davis, Nick	GustavusAdolphus	13.53m		44-04.75	
13	Ricke, Steven	Buena Vista	13.50m		44-03.50	
14	Kotz, Zach	Luther	13.45m		44-01.50	
15	Anderson, Brian	GustavusAdolphus	13.10m		42-11.75	
16	Stubbe, Matt	Buena Vista	12.96m		42-06.25	
17	Flick, Brayden	Grand View	12.61m		41-04.50	
18	McCall, Joe	Niacc	12.58m		41-03.25	
19	Loughran, Dan	U Minn Duluth	12.42m		40-09.00	
20	Murray, Wyatt	Drake	12.25m		40-02.25	
21	Rahm, Spenser	Niacc	12.24m		40-02.00	
22	Wagner, Peter	Unattached	12.23m		40-01.50	
23	Lahner, Nate	Mount Mercy	12.20m		40-00.50	
24	Moore, Roy	William Penn	12.16m		39-10.75	
25	Strange, Jake	U Minn Duluth	11.74m		38-06.25	
26	Sheridan, Chris	Ashford	11.54m		37-10.50	
27	Nichols, Heath	William Penn	11.12m		36-05.75	
28	Steepleton, Scott	Loras	10.91m		35-09.50	
29	Lechtemberg, Ryan	Niacc	10.90m		35-09.25	
30	Milder, David	William Penn	10.57m		34-08.25	
31	Lange, Corey	U Minn Duluth	10.36m		34-00.00	
32	Hall, Bill	Central	10.26m		33-08.00	
33	Stonerook, Trent	Luther	10.25m		33-07.50	
34	Neal, Drew	Grand View	10.04m		32-11.25	
35	Peterson, Andrew	Luther	9.66m		31-08.50	
35	Hixon, Trevor	Central	9.66m		31-08.50	
37	McBride, Jeremy	Coe	9.63m		31-07.25	
38	Olson, Mike	Mount Mercy	9.27m		30-05.00	
--	Adams, Jordan	Grand View		ND		
--	Martinsen, Ben	U Minn Duluth		ND		

Men Discus Throw

Meet Record: \$ 61.84m 4/6/2007 AJ CURTIS, Minn Duluth
52.50m AUTO
47.50m PROV

Name	Year	School	Finals	Points
1	Turner, Floyd	Unattached	51.72m PROV	169-08 10
2	VanCura, Scott	Hastings	51.19m PROV	167-11 8
3	Weeks, Allen	Northern Iowa	50.55m PROV	165-10 6
4	Scholl, Turner	Hastings	48.29m PROV	158-05 5
5	Hickey, John	Iowa	47.62m PROV	156-03 4
6	Fisher, Jason	Central	46.73m	153-04 3
7	Fritz, Scott	Hastings	46.57m	152-09 2
8	Maloney, Matt	Loras	43.67m	143-03 1
9	Pinkelman, Josh	Hastings	42.61m	139-09
10	Hurt, Tanner	Unattached	41.87m	137-04

11	Stubbe, Matt	Buena Vista	40.90m	134-02
12	Kaufmann, Zach	Buena Vista	40.57m	133-01
13	Pinckney, Jordan	Coe	39.99m	131-02
14	McCullough, Jacob	William Penn	39.88m	130-10
15	Romero, Justin	Unattached	39.78m	130-06
16	Rahm, Spenser	Niacc	39.68m	130-02
17	Daniel, Carrington	Coe	39.50m	129-07
18	Murray, Wyatt	Drake	39.19m	128-07
19	Davis, Nick	GustavusAdolphus	38.84m	127-05
20	Soldner, Tom	U Minn Duluth	38.71m	127-00
21	Rosburg, Tyler	Drake	38.41m	126-00
22	Ricke, Steven	Buena Vista	37.13m	121-10
23	Anderson, Dale	Coe	36.85m	120-11
24	Lahner, Nate	Mount Mercy	36.60m	120-01
25	Loughran, Dan	U Minn Duluth	36.37m	119-04
26	Nichols, Heath	William Penn	36.18m	118-08
27	Wagner, Peter	Unattached	35.94m	117-11
28	Graber, Matt	Central	35.84m	117-07
29	Boren, Sean	Iowa Central	35.77m	117-04
30	Lange, Corey	U Minn Duluth	35.76m	117-04
31	Anderson, Brian	GustavusAdolphus	35.25m	115-08
32	McCall, Joe	Niacc	33.86m	111-01
33	Stonerook, Trent	Luther	33.51m	109-11
34	Bentele, Mike	U Minn Duluth	33.27m	109-02
34	Robinson, Brandon	Buena Vista	33.27m	109-02
36	Flick, Brayden	Grand View	33.17m	108-10
37	Blodgett, Lucas	Bethel	32.91m	108-00
38	Martinsen, Ben	U Minn Duluth	32.83m	107-08
39	Willett, Brian	William Penn	32.75m	107-05
40	Kleffman, Matt	U Minn Duluth	32.16m	105-06
41	Meyer, Andrew	Coe	31.90m	104-08
42	Kotz, Zach	Luther	31.60m	103-08
43	Foote, Greg	Central	31.19m	102-04
44	Sheridan, Chris	Ashford	31.05m	101-10
45	Peterson, Andrew	Luther	28.75m	94-04
46	Strange, Jake	U Minn Duluth	27.86m	91-05
47	Lechtemberg, Ryan	Niacc	27.71m	90-11
48	Olson, Mike	Mount Mercy	27.06m	88-09
49	Contri, Jake	Central	22.84m	74-11
--	Milder, David	William Penn	ND	
--	Cook, Ben	U Minn Duluth	ND	
--	Adams, Jordan	Grand View	ND	
--	Steepleton, Scott	Loras	ND	

Men Hammer Throw

Meet Record: \$ 60.75m 4/6/2007 ADAM HAMILTON, Univ of Iowa

57.60m AUTO

51.46m PROV

Name	Year	School	Finals	Points
1		VanCura, Scott	Hastings 54.65m PROV	179-03 10
2		Fisher, Jason	Central 54.51m PROV	178-10 8
3		Schaapveld, Mark	Iowa 53.45m PROV	175-04 6
4		Pinkelman, Josh	Hastings 50.81m	166-08 5
5		Hickey, John	Iowa 50.50m	165-08 4
6		Cook, Lucas	Northern Iowa 50.47m	165-07 3

7	Robeson, Jon	Unattached	49.81m	163-05	2
8	Kleffman, Matt	U Minn Duluth	49.69m	163-00	1
9	Blodgett, Lucas	Bethel	48.39m	158-09	
10	Pinckney, Adam	Northern Iowa	47.84m	156-11	
11	Maloney, Matt	Loras	46.96m	154-01	
12	Fritz, Scott	Hastings	46.04m	151-00	
13	Scholl, Turner	Hastings	45.43m	149-00	
14	Hurt, Tanner	Unattached	43.53m	142-10	
15	Anderson, Brian	GustavusAdolphus	43.47m	142-07	
16	Soldner, Tom	U Minn Duluth	41.85m	137-04	
17	Adams, Jordan	Grand View	41.75m	137-00	
18	Ricke, Steven	Buena Vista	39.74m	130-04	
19	Martinsen, Ben	U Minn Duluth	39.70m	130-03	
20	Graber, Matt	Central	39.46m	129-05	
21	Romero, Justin	Unattached	39.06m	128-02	
22	Flick, Brayden	Grand View	38.37m	125-11	
23	Leerhoff, Nick	Coe	37.29m	122-04	
24	Neal, Drew	Grand View	36.71m	120-05	
25	Stubbe, Matt	Buena Vista	35.31m	115-10	
26	Anderson, Dale	Coe	35.15m	115-04	
27	McDonnell, Brian	Coe	33.54m	110-00	
28	Nichols, Heath	William Penn	32.95m	108-01	
29	Larson, Dan	U Minn Duluth	32.79m	107-07	
30	Lahner, Nate	Mount Mercy	31.98m	104-11	
31	Loughran, Dan	U Minn Duluth	31.67m	103-11	
32	Stonerook, Trent	Luther	31.56m	103-06	
33	Cook, Ben	U Minn Duluth	29.25m	95-11	
34	Lange, Corey	U Minn Duluth	27.95m	91-08	
35	Milder, David	William Penn	27.38m	89-10	
35	Strange, Jake	U Minn Duluth	27.38m	89-10	
37	Hixon, Trevor	Central	23.91m	78-05	
38	Olson, Mike	Mount Mercy	22.83m	74-11	
--	Meyer, Andrew	Coe	ND		
--	Steepleton, Scott	Loras	ND		

Men Javelin Throw

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 Meet Record: \$ 67.35m 1983 MIKE SHANAHAN, Central
 62.50m AUTO
 57.30m PROV

Name	Year School	Finals	Points
1	Wagner, Peter	Unattached	51.40m 168-08 10
2	Hughes, Steven	Grand View	49.51m 162-05 8
3	Hilby, Matt	Mount Mercy	48.27m 158-04 6
4	Mobley, Matt	Drake	47.73m 156-07 5
5	Peterson, Andrew	Luther	47.02m 154-03 4
6	Schueler, Austen	Central	45.91m 150-07 3
7	Schmailzl, Matt	Central	44.05m 144-06 2
8	Taylor, Damarcus	Iowa Central	43.51m 142-09 1
9	Bangert, Josh	Drake	43.50m 142-08
10	Hall, Cory	Central	42.81m 140-05
11	Anderson, Brian	GustavusAdolphus	42.73m 140-02
12	Bentele, Mike	U Minn Duluth	42.56m 139-07
13	Larson, Dan	U Minn Duluth	42.05m 137-11
14	Rosien, Jameson	Central	41.59m 136-05
15	Trio, Matt	Luther	41.38m 135-09

16 Elkin, Eddie	Central	40.95m	134-04
17 Klopp, Pete	U Minn Duluth	39.90m	130-11
18 Cohen, Josh	William Penn	39.76m	130-05
19 Parno, Chris	U Minn Duluth	38.88m	127-07
20 Madison, Jason	William Penn	38.71m	127-00
21 Hakeman, Matt	Mount Mercy	37.80m	124-00
22 Daniel, Carrington	Coe	37.36m	122-07
23 Becker, Scott	Mount Mercy	36.85m	120-11
24 Bormann, Paul	Coe	36.80m	120-09
25 Nichols, Heath	William Penn	35.57m	116-08
26 Pettaway, Anthony	Drake	35.43m	116-03
27 Neal, Drew	Grand View	33.29m	109-03
28 Milder, David	William Penn	32.91m	108-00
29 Olson, Mike	Mount Mercy	31.28m	102-07
30 Cook, Ben	U Minn Duluth	29.47m	96-08
31 McBride, Jeremy	Coe	26.92m	88-04
32 Neville, Sheldon	William Penn	16.60m	54-05
-- McDonnell, Brian	Coe	ND	

Women - Team Rankings - 20 Events Scored

1) Drake University	131	2) U of Minnesota-Duluth	105.83
3) Augustana College	94.50	4) Gustavus Adolphus	82.33
5) Central College	48.50	6) Hastings	46.33
7) Univ of Northern Iowa	44	8) Luther College	30
9) Mount Mercy College	28	10) Loras College	14
11) Buena Vista University	13	12) North Iowa Area Community	11
13) Grand View College	8	13) Iowa Central	8
15) Clarke College	7	16) Coe College	4
17) Iowa Wesleyan	2		

Men - Team Rankings - 20 Events Scored

1) Univ of Iowa	96	2) Drake University	94.20
3) U of Minnesota-Duluth	82.39	4) Iowa Central	75
5) Hastings	70.50	6) Buena Vista University	59
7) Central College	54	8) Gustavus Adolphus	34
9) Grand View College	20	10) Luther College	19.20
11) Univ of Northern Iowa	19	12) Faith Baptist College	10
12) Coe College	10	14) Mount Mercy College	6.50
15) Ashford University	2.20	16) William Penn Univ	2
17) Clarke College	1.50	18) Loras College	1