

Cornell College Invitational
Ash Park Stadium
Mount Vernon, Iowa - 4/2/2022
Results

Women 100 Meter Dash

Name	Year	School	Finals	Wind	H#	Points
Finals						
1 Maddie Stevens	FR	Upper Iowa	12.37	3.4	2	10
2 Alison Beeman	SR	Dubuque	12.42	1.5	4	8
3 Nailea Espinoza	FR	Upper Iowa	12.53	1.5	4	6
4 Sasha Daughrity	FR	Dubuque	13.15	0.6	1	5
5 Grace Davidson	SO	Luther	13.19	1.5	4	4
6 Gianna Borzileri	FR	Dubuque	13.21	3.4	2	3
7 Emily Groppoli	FR	Luther	13.23	1.3	3	2
8 Annika Braaten	FR	Dubuque	13.24	1.5	4	1
9 Demetria Johnson	JR	Dubuque	13.45	1.5	4	
10 Sophie Feahn	SO	Mount Mercy	13.50	1.5	4	
11 Melissa Allen	FR	Sauk Valley CC	13.52	1.5	4	
12 Carolina Regalado	FR	Upper Iowa	13.69	0.6	1	
13 Sonia Edassery	SO	Grinnell	13.72	1.3	3	
14 Lily Chen	SO	Luther	14.02	3.4	2	14.016
15 Victoria Zoltowska	FR	Dubuque	14.02	0.6	1	14.017
16 Samantha Harvell	FR	Dubuque	14.03	1.3	3	
17 Sara Steder	FR	Dubuque	14.16	3.4	2	
18 Caitlyne Mar	FR	Cornell College	14.32	1.3	3	
19 Aaminah Dishman	FR	Coe	14.81	3.4	2	
20 Cari Pickup	JR	Cornell College	14.83	1.3	3	
21 Alli Thomley	FR	Luther	14.85	0.6	1	
22 Anika Bausch	FR	Faith Baptist Bible	16.48	0.6	1	

Women 200 Meter Dash

Name	Year	School	Finals	Wind	H#	Points
1 Alison Beeman	SR	Dubuque	25.80	1.1	6	10
2 Haley Flaws	JR	Grand View	26.27	1.1	6	8
3 Zakaria Fuller	SO	Upper Iowa	26.49	1.1	6	6
4 Sangai Dukuly	FR	Coe	27.14	1.2	5	5
5 Annika Braaten	FR	Dubuque	27.35	1.1	6	4
6 Emily Groppoli	FR	Luther	27.35	1.2	5	3
7 Grace Davidson	SO	Luther	27.58	1.5	4	2
8 Erika Canada	SO	Grand View	27.68	1.2	5	1
9 Sonia Edassery	SO	Grinnell	27.79	1.2	5	
10 Melissa Allen	FR	Sauk Valley CC	28.07	1.2	5	
11 Mya Moore	FR	Grand View	28.10	1.5	4	
12 Gianna Borzileri	FR	Dubuque	28.20	1.1	6	
13 Sasha Daughrity	FR	Dubuque	28.22	1.2	5	
14 Allie Donahue	FR	Mount Mercy	28.33	1.5	4	
15 Jordan Sekafetz	FR	Upper Iowa	28.38	1.2	1	
16 Alexis Perdomo	FR	Coe	28.61	1.5	4	
17 Karima Koko	FR	Grand View	28.70	1.1	3	
18 Carolina Regalado	FR	Upper Iowa	28.88	1.5	4	
19 Christella Luyeye	FR	Grand View	28.92	1.1	3	

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20	Anna Paul	FR Grand View	29.09	1.5	4
21	Katie Garner	SO Mount Mercy	29.23	1.5	4
22	Caitlyne Mar	FR Cornell College	29.24	0.8	2
23	Haley Hartshorne	FR Mount Mercy	29.55	0.8	2
24	Victoria Zoltowska	FR Dubuque	29.60	1.5	4
25	Lily Chen	SO Luther	29.83	0.8	2
26	Sara Steder	FR Dubuque	29.93	0.8	2
27	Angelina Evans	Iowa Track	30.20	1.2	1
28	Ayana Lewis	FR Iowa Wesleyan	30.32	0.8	2
29	Jayda Allen	FR Grand View	30.39	1.1	3
30	Adelynn Ahartz	SO Grand View	31.39	1.1	3
31	Ainara Rivera	FR Knox	31.95	0.8	2
32	Mercedez Long	FR Faith Baptist Bible	32.73	1.2	1

Women 400 Meter Dash

Name	Year School	Finals	H#	Points
1 Abigail Smith	SO Dubuque	1:01.71	3	10
2 Sidney Brown	JR Cornell College	1:02.52	3	8
3 Madison Osborn	JR Cornell College	1:02.55	3	6
4 Kasandra Keller	JR Luther	1:03.22	3	5
5 Jade Martin	JR Upper Iowa	1:04.37	3	4
6 Maggie Haller	SO Luther	1:05.72	2	3
7 Emilia Lambert-Mergendahl	FR Cornell College	1:05.91	2	2
8 Katie Garner	SO Mount Mercy	1:06.80	3	1
9 Mason Nickolaus	FR Grand View	1:07.68	2	
10 Margaret Nielsen	JR Upper Iowa	1:08.70	2	
11 Megan Rasmussen	SO Luther	1:08.79	2	
12 Angelina Evans	Iowa Track	1:09.55	1	
13 Taylor Barber	FR Dubuque	1:10.49	2	
14 Ainara Rivera	FR Knox	1:13.93	1	
15 Tara Irani	FR Knox	1:22.85	1	
16 Ava Bednarz	FR Luther	1:28.01	1	

Women 800 Meter Run

Name	Year School	Finals	H#	Points
1 J'Lyn Knutson	FR Mount Mercy	2:32.36	3	10
2 Crystal Burke	SO Coe	2:34.35	3	8
3 Riley Roman	FR Dubuque	2:34.92	3	6
4 Liberty Leis	FR Grand View	2:35.76	3	5
5 Sam Reid	FR Grinnell	2:36.48	3	4
6 Sarah Grams	FR Luther	2:36.76	3	3
7 Maytane Mohammed	FR Grand View	2:38.16	3	2
8 Eleanor Elliott-Rude	FR Grinnell	2:40.34	2	1
9 Brianna Crouch	SR Upper Iowa	2:42.61	1	
10 Ikilas Hasan	FR Grand View	2:44.79	3	

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....Women 800 Meter Run

11	Ally Moseley	JR Luther	2:44.92	2
12	Yaqueline Hernandez	SO Mount Mercy	2:46.34	2
13	Danielle Johnsen	JR Dubuque	2:46.44	2
14	Soph Elstone	FR Knox	2:47.97	1
15	Abby Hill	SO Mount Mercy	2:50.32	2
16	Anna Brew	SR Grinnell	2:50.85	1
17	Autumn Crow	SO Knox	2:51.58	2
18	Saxon Alvarez	JR Knox	2:52.62	1
19	Melody Ruelle	FR Grand View	2:56.25	2
20	Madison Bland	FR Sauk Valley CC	2:58.08	2
21	Allison Morris	SO Iowa Wesleyan	3:05.67	1
22	Sydney Silva	JR Coe	3:08.15	1
23	Katelynn Denny	FR Iowa Wesleyan	3:12.62	1
24	Lidia Pamos	FR Iowa Wesleyan	3:14.49	1

Women 1500 Meter Run

Name	Year School	Finals	H#	Points
1 J'Lyn Knutson	FR Mount Mercy	5:07.51	3	10
2 Ana Goellner	SO Luther	5:13.08	3	8
3 Lauren Berg	SR Luther	5:14.18	3	6
4 Anneke Knauss	SR Luther	5:14.87	3	5
5 Crystal Burke	SO Coe	5:19.45	3	4
6 Stephanie Lewis	JR Luther	5:19.56	3	3
7 Billie Fogarty	JR Cornell College	5:23.23	3	2
8 Brianna Crouch	SR Upper Iowa	5:24.27	3	1
9 Amelia Morrow	SR Luther	5:27.00	3	
10 Sydney Woods	SO Mount Mercy	5:29.36	3	
11 Ashley Donovan	JR Upper Iowa	5:29.37	2	
12 Peyton McClure	SR Luther	5:30.52	3	
13 Carli Reittinger	SO Mount Mercy	5:31.63	3	
14 Chetna Bhusari	FR Dubuque	5:33.23	2	
15 Julia Veit	SO Luther	5:37.73	2	
16 Katie Lammers	FR Cornell College	5:40.05	2	
17 Autumn Crow	SO Knox	5:41.31	1	
18 Sam See	FR Cornell College	5:46.70	1	
19 Taylor Barber	FR Dubuque	5:49.74	2	
20 Faith Younce	FR Iowa Wesleyan	5:51.85	2	
21 Elinor Handlin	FR Cornell College	5:52.10	1	
22 Sophie Selenke	SO Luther	5:53.09	2	
23 Miranda Hall	SR Cornell College	5:56.33	1	
24 Madison Bland	FR Sauk Valley CC	5:59.58	2	
25 Jadyn Schultz	SO Upper Iowa	6:00.02	2	
26 Katrina Truitt	FR Dubuque	6:01.13	2	
27 Lilly Garnsey	SO Iowa Wesleyan	6:02.23	1	
28 Mya Numedahl	FR Cornell College	6:02.31	1	
29 McKenna Tremble	FR Sauk Valley CC	6:02.91	2	
30 Mio Aoki-Sherwood	FR Cornell College	6:03.13	1	

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....Women 1500 Meter Run

31 Taylor Walsh	FR Cornell College	6:08.04	1
32 Annika Sutter	JR Cornell College	6:14.33	1
33 Hanna Walsh	FR Cornell College	6:17.02	1
34 Emily Lucie	SO Cornell College	6:29.60	1

Women 5000 Meter Run

Name	Year School	Finals	Points
1 Deanna Newhouse	FR Mount Mercy	18:21.75	10
2 Katie Fetting	SR Luther	19:36.74	8
3 Morgan Hansen	SO Luther	20:37.76	6
4 Ariana Lopez	FR Mount Mercy	20:58.32	5
5 Berit Skogen	JR Luther	21:05.51	4
6 Sarah Schmidt	FR Luther	21:06.33	3
7 Madison Brownrigg	SR Upper Iowa	21:11.46	2
8 Macey White	SR Upper Iowa	21:34.82	1
9 Lilly Garnsey	SO Iowa Wesleyan	22:23.96	
10 Lilian Gaulrapp	SO Mount Mercy	23:33.26	
11 Laney Jones	SO Faith Baptist Bible	24:46.56	

Women 100 Meter Hurdles

Name	Year School	Finals	Wind	H#	Points
1 Katie Goldring	FR Grand View	15.84	0.7	3	10
2 Annie Leopold	SO Mount Mercy	16.01	0.7	3	8
3 Jordan Sekafetz	FR Upper Iowa	16.32	0.7	3	6
4 Kiley Sanders	FR Sauk Valley CC	17.25	2.1	2	5
5 Sadie Staker	SO Grinnell	17.69	0.7	3	4
6 Cailyn Wright	FR Coe	17.98	2.1	2	3
7 Katelynn Trobaugh	FR Sauk Valley CC	17.99	0.7	3	2
8 Kysta Ramirez	SO Upper Iowa	18.02	0.7	3	1
9 Lizzie Schwartz	FR Dubuque	18.80	0.7	3	
10 Katie Dailey	FR Luther	18.91	2.1	2	
11 Cielo Piceno	FR Coe	19.01	2.1	2	
12 Jade Martin	JR Upper Iowa	19.10	2.4	1	
13 Deidra Lange	FR Dubuque	19.14	2.4	1	
14 Meghan Prohaska	SO Dubuque	19.18	2.4	1	
15 Emma Lundquist	FR Dubuque	19.43	2.1	2	
16 Amara Marks	FR Luther	19.50	2.4	1	
17 Rachel Hoefka	FR Faith Baptist Bible	20.94	2.1	2	
18 Katelyn Pfaltzgraff	FR Dubuque	21.33	2.4	1	
19 Elisa Millan	FR Luther	21.39	2.4	1	
20 Tara Irani	FR Knox	21.70	2.1	2	
21 Teya Hawkins	FR Iowa Wesleyan	22.92	0.7	3	

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Women 400 Meter Hurdles

Name	Year School	Finals	H#	Points
1 Katie Goldring	FR Grand View	1:07.03	2	10
2 Sadie Staker	SO Grinnell	1:09.54	2	8
3 Katelynn Trobaugh	FR Sauk Valley CC	1:09.82	2	6
4 Katelyn Pfaltzgraff	FR Dubuque	1:10.36	1	5
5 Ally Trager	JR Mount Mercy	1:10.90	2	4
6 Cailyn Wright	FR Coe	1:14.42	1	3
7 Lizzie Schwartz	FR Dubuque	1:14.89	2	2
8 Cari Pickup	JR Cornell College	1:15.23	2	1
9 Karri Pippett	JR Grand View	1:15.72	2	
10 Emma Lundquist	FR Dubuque	1:15.78	1	
11 Cameron Mesecher	SO Grand View	1:18.92	2	
12 Sharon Yuan	FR Faith Baptist Bible	1:20.92	1	
13 Meghan Prohaska	SO Dubuque	1:21.10	1	
14 Taylor Walsh	FR Cornell College	1:26.67	1	

Women 3000 Meter Steeplechase

Name	Year School	Finals	Points
1 Jessa Day	FR Mount Mercy	13:01.56	10
2 Allison Morris	SO Iowa Wesleyan	14:17.17	8
3 Jorden Robinson	FR Sauk Valley CC	14:59.05	6

Women 4x100 Meter Relay

School	Finals	H#	Points
1 Upper Iowa	49.89	2	10
1) Jordan Sekafetz FR	2) Maddie Stevens FR		
3) Nailea Espinoza FR	4) Zakaria Fuller SO		
2 Dubuque	50.47	2	8
1) Gianna Borzileri FR	2) Alison Beeman SR		
3) Annika Braaten FR	4) Emma Seipel FR		
3 Grand View	51.15	2	6
1) Anna Paul FR	2) Erika Canada SO		
3) Haley Flaws JR	4) Katie Goldring FR		
4 Cornell College	51.67	2	5
1) Natalie McAllister JR	2) Madison Osborn JR		
3) Sidney Brown JR	4) Emilia Lambert-Mergendahl FR		
5 Luther	52.13	2	4
1) Lily Chen SO	2) Grace Davidson SO		
3) Amara Marks FR	4) Emily Groppoli FR		
6 Dubuque 'B'	x53.10	2	
1) Demetria Johnson JR	2) Sasha Daugherty FR		
3) Abigail Smith SO	4) Riley Finn FR		
7 Mount Mercy	53.37	2	3
1) Sophie Feahn SO	2) Ally Trager JR		

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....Women 4x100 Meter Relay

3) Annie Leopold SO	4) Allie Donahue FR			
8 Dubuque 'C'	x54.09	1		
1) Vanessa Eniola SO	2) Lizzie Schwartz FR			
3) Emma Lundquist FR	4) Victoria Zoltowska FR			
9 Coe	54.40	2	2	
1) Sangai Dukuly FR	2) Hannah Pecharich FR			
3) Alexis Perdomo FR	4) Macey Tissue FR			
10 Grand View 'B'	x54.70	1		
1) Jayda Allen FR	2) Karima Koko FR			
3) Adelynn Ahartz SO	4) Christella Luyeye FR			
11 Dubuque 'D'	x55.70	1		
1) Meghan Prohaska SO	2) Samantha Harvell FR			
3) Katelyn Pfaltzgraff FR	4) Sara Steder FR			
12 Knox	56.68	1	1	
1) Allie Dockins FR	2) Peyton Balfour FR			
3) Tara Irani FR	4) Thao Luong JR			

Women 4x800 Meter Relay

School	Finals	Points
1 Luther	10:31.09	10
1) Lauren Berg SR	2) Julia Veit SO	
3) Peyton McClure SR	4) Amelia Morrow SR	
2 Grand View	10:54.25	8
1) Liberty Leis FR	2) Maytane Mohammed FR	
3) Ikilas Hasan FR	4) Melody Ruelle FR	
3 Grand View 'B'	x10:54.73	
1) Cameron Mesecher SO	2) Mya Moore FR	
3) Karri Pippett JR	4) Mason Nickolaus FR	

Women High Jump

Name	Year School	Finals	Points
1 Katie Goldring	FR Grand View	1.55m	5-01.00 10
1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.60			
P P P P P P O O XXO XXX			
2 Meghan Prohaska	SO Dubuque	J1.55m	5-01.00 8
1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50 1.55 1.60			
P P P P P P XXO XXO XXO XXX			
3 Kiley Sanders	FR Sauk Valley CC	1.45m	4-09.00 6
1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50			
P P P P P P O XXX			
4 Abigail Smith	SO Dubuque	J1.45m	4-09.00 5
1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50			
P P P P P P XO XXX			

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....Women High Jump

5	Haley Flaws	JR Grand View	J1.45m	4-09.00	4
	1.15 1.20 1.25 1.30 1.35 1.40 1.45 1.50				
	P P P P P O XXO XXX				
6	Haley Hartshorne	FR Mount Mercy	1.40m	4-07.00	3
	1.15 1.20 1.25 1.30 1.35 1.40 1.45				
	P P P O XXO O XXX				
7	Katie Dailey	FR Luther	J1.40m	4-07.00	2
	1.15 1.20 1.25 1.30 1.35 1.40 1.45				
	P P P P P XO XXX				
8	Brittine Harris	SR Upper Iowa	1.35m	4-05.00	0.50
	1.15 1.20 1.25 1.30 1.35 1.40				
	P P P P O XXX				
8	Mercedes Long	FR Faith Baptist Bible	1.35m	4-05.00	0.50
	1.15 1.20 1.25 1.30 1.35 1.40				
	P P P P O XXX				
10	Teya Hawkins	FR Iowa Wesleyan	1.15m	3-09.25	
	1.15 1.20				
	XXO XXX				
--	Deidra Lange	FR Dubuque	NH		
	1.15 1.20 1.25 1.30				
	P P P XXX				
--	Annika Braaten	FR Dubuque	NH		
	1.15 1.20 1.25 1.30 1.35 1.40				
	P P P P P XXX				
--	Sidney Brown	JR Cornell College	NH		
	1.15 1.20 1.25 1.30				
	P P P XXX				
--	Alison Beeman	SR Dubuque	NH		
	1.15 1.20 1.25 1.30 1.35 1.40 1.45				
	P P P P P P XXX				
--	Mya Moore	FR Grand View	NH		
	1.15 1.20 1.25 1.30 1.35				
	P P P P XXX				
--	Alli Thomley	FR Luther	NH		
	1.15 1.20 1.25 1.30 1.35 1.40				
	P P P P P XXX				

Women Pole Vault

Name	Year School	Finals	Points
1 Hannah Pecharich	FR Coe	3.10m 10-02.00	10
	2.20 2.35 2.50 2.65 2.80 2.95 3.10 3.20		
	P P P O XXO XO O XXX		
2 Caroline Dochterman	JR Dubuque	2.80m 9-02.25	8
	2.20 2.35 2.50 2.65 2.80 2.95		
	P P P O O XXX		

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....Women Pole Vault

3	Abby Faulk	JR Luther	J2.80m	9-02.25	6
	2.20 2.35 2.50 2.65 2.80 2.95				
	P P P XXO O XXX				
4	Cielo Piceno	FR Coe	2.65m	8-08.25	5
	2.20 2.35 2.50 2.65 2.80				
	P P XO O XXX				
5	Samantha Harvell	FR Dubuque	J2.65m	8-08.25	4
	2.20 2.35 2.50 2.65 2.80				
	P P P XO XXX				
6	Allie Dockins	FR Knox	2.20m	7-02.50	2.50
	2.20 2.35				
	XO XXX				
6	Gabbie Schei	SO Luther	2.20m	7-02.50	2.50
	2.20 2.35				
	XO XXX				
--	Genevieve Chenoweth	FR Upper Iowa	NH		
	2.20 2.35 2.50				
	P P XXX				
--	Meghan Prohaska	SO Dubuque	NH		
	2.20 2.35 2.50				
	P P XXX				
--	Meredith Lepper	FR Knox	NH		
	2.20 2.35				
	P XXX				

Women Long Jump

Name	Year School	Finals	Wind	H#	Points
1 Vanessa Eniola	SO Dubuque	5.19m	-1.3	17-00.50	2 10
FOUL FOUL	5.19m(-1.3) 5.11m(+0.0) FOUL	FOUL			
2 Emma Seipel	FR Dubuque	5.04m	+0.0	16-06.50	2 8
4.94m(+0.0) 4.95m(+0.0)	5.04m(+0.0) 5.04m(+0.0) 5.04m(-0.4) 4.94m(+0.0)				
3 Kiley Sanders	FR Sauk Valley CC	4.81m	+0.0	15-09.50	2 6
FOUL	4.51m(-4.5) 4.81m(+0.0) 4.58m(+0.0) 4.57m(-0.1) FOUL				
4 Melanie Oden	FR Grinnell	4.68m	-1.0	15-04.25	1 5
4.68m(-1.0) 4.53m(-0.7) 4.57m(-1.1)					
5 Natalie McAllister	JR Cornell College	4.67m	-1.4	15-04.00	1 4
FOUL	4.67m(-1.4) 4.53m(-2.2) 4.56m(-0.4) 4.66m(-1.1) FOUL				
6 Sophie Feahn	SO Mount Mercy	4.65m	-1.1	15-03.25	2 3
FOUL	4.65m(-1.1) 4.12m(-1.8) 3.70m(-0.4) 4.54m(-1.2) FOUL				
7 Sofia Rumbolz	FR Sauk Valley CC	4.62m	-1.3	15-02.00	2 2
4.62m(-1.3) 4.12m(-1.5) 4.48m(-0.8) 4.10m(-0.1) 0.44m(-0.5) 4.28m(NWI)					
8 Katelynn Trobaugh	FR Sauk Valley CC	4.49m	+0.0	14-08.75	2 1
FOUL FOUL	4.49m(+0.0) FOUL 4.18m(+0.0) 4.22m(-0.5)				
9 Sadie Lenz	FR Sauk Valley CC	4.41m	-1.4	14-05.75	2
4.41m(-1.4) 4.27m(-0.7) 4.06m(-1.3)					
10 Victoria Zoltowska	FR Dubuque	4.40m	-1.4	14-05.25	2
4.40m(-1.4) 3.83m(-1.3) 3.68m(-1.0) FOUL	3.78m(-0.2) 4.17m(-0.2)				

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11	Peyton Balfour	FR Knox	4.31m	-2.5	14-01.75	2
	4.31m(-2.5) 4.17m(-1.6) 4.19m(-0.5)					
12	Jade Martin	JR Upper Iowa	4.27m	-1.8	14-00.25	1
	4.18m(1.1) 4.27m(-1.8) 3.93m(-1.4)					
13	Gabbie Schei	SO Luther	J4.27m	1.2	14-00.25	1
	4.27m(1.2) 4.17m(-1.3) FOUL					
14	Izela Avalos	FR Iowa Wesleyan	4.11m	0.7	13-06.00	1
	4.11m(0.7) FOUL 4.05m(-1.6)					
15	Shermaine Preston	FR Iowa Wesleyan	J4.11m	-0.3	13-06.00	1
	4.11m(-0.3) 3.95m(-3.4) 3.81m(-2.0)					
16	Amara Marks	FR Luther	4.05m	-0.8	13-03.50	2
	4.05m(-0.8) 3.89m(+0.0) 3.99m(-0.4)					
17	Adelynn Ahartz	SO Grand View	3.91m	-1.0	12-10.00	2
	3.91m(-1.0) 3.26m(+0.0) 3.58m(-4.3)					
18	Caroline Wolters	FR Knox	3.85m	-0.8	12-07.75	1
	3.17m(0.7) 3.46m(-1.6) 3.85m(-0.8)					
19	Alyssa Keller	FR Luther	2.04m	-1.9	6-08.50	1
	FOUL 2.04m(-1.9) FOUL					

Women Triple Jump

Name	Year School	Finals	Wind	Points
1 Sangai Dukuly	FR Coe	10.10m	-0.4	33-01.75 10
FOUL 10.10m(-0.4) FOUL 10.01m(+0.0) 9.53m(+0.0) FOUL				
2 Sadie Lenz	FR Sauk Valley CC	10.06m	+0.0	33-00.25 8
9.83m(-0.9) 9.89m(-1.0) 10.01m(NWI) 10.06m(+0.0) 9.88m(+0.0) 9.78m(+0.0)				
3 Peyton Balfour	FR Knox	9.99m	-0.5	32-09.50 6
9.99m(-0.5) 9.66m(-1.0) 9.36m(+0.0) 9.49m(+0.0) 9.46m(-0.3) 9.88m(+0.0)				
4 Sofia Rumbolz	FR Sauk Valley CC	9.86m	-0.6	32-04.25 5
FOUL 9.80m(-0.1) 9.86m(-0.6) 9.65m(+0.0) 9.82m(-0.4) 9.58m(+0.0)				
5 Victoria Zoltowska	FR Dubuque	9.80m	+0.0	32-02.00 4
FOUL 9.72m(+0.0) 9.60m(+0.0) 9.66m(+0.0) 9.80m(+0.0) 9.70m(-0.1)				
6 Melanie Oden	FR Grinnell	9.57m	-0.9	31-04.75 3
9.55m(-0.3) 9.05m(-1.1) 9.57m(-0.9)				
7 Thao Luong	JR Knox	9.28m	+0.0	30-05.50 2
9.28m(+0.0) FOUL 9.12m(-0.6) 9.24m(-0.2) 9.09m(-0.2) 9.16m(-0.1)				
8 Shermaine Preston	FR Iowa Wesleyan	9.18m	+0.0	30-01.50 1
9.09m(1.0) 8.70m(NWI) FOUL FOUL FOUL 9.18m(+0.0)				

Women Shot Put

Name	Year School	Finals	H#	Points
1 Bre Nail	SO Mount Mercy	13.08m	42-11.00	3 10
12.65m 13.08m 12.48m 12.57m 12.26m 12.47m				
2 Jaydyn Palmer	JR Coe	12.49m	40-11.75	3 8
12.39m 12.46m 12.49m FOUL FOUL 12.34m				

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3	Sydney Flatness	JR Grand View	12.42m	40-09.00	3	6
	11.63m 11.92m 12.42m 12.05m 11.50m 11.82m					
4	Cristina Villalobos	SO Mount Mercy	12.33m	40-05.50	3	5
	10.70m 11.53m FOUL 12.33m FOUL 12.01m					
5	Brianna Hunter	JR Iowa Wesleyan	11.96m	39-03.00	3	4
	FOUL FOUL 11.96m 10.94m FOUL 11.47m					
6	Ava Conrad	FR Grand View	11.74m	38-06.25	3	3
	FOUL 11.42m 11.74m FOUL FOUL 10.97m					
7	Ellen Kangas	FR Mount Mercy	11.68m	38-04.00	3	2
	11.53m 11.64m 11.54m 11.68m 11.35m 11.24m					
8	Grace Overgaard	FR Grand View	11.57m	37-11.50	3	1
	10.17m 11.56m 11.17m 10.59m 10.20m 11.57m					
9	April Czarnecki	SO Grand View	11.02m	36-02.00	3	
	FOUL 10.55m 9.67m FOUL 11.02m 10.99m					
10	Lauren Willson	SR Mount Mercy	10.53m	34-06.75	3	
	10.51m 10.44m 10.53m					
11	Margaret Stucker	SO Luther	10.50m	34-05.50	2	
	10.50m 10.08m 9.94m					
12	Kaylee Hodnefield	FR Grand View	10.23m	33-06.75	2	
	9.76m 9.61m 10.23m					
13	Sara Booher	FR Grinnell	10.05m	32-11.75	1	
	10.05m 9.73m 9.64m					
14	Taylor Cruz	SR Cornell College	J10.05m	32-11.75	2	
	9.07m 9.65m 10.05m					
15	Sierra Udd	SO Faith Baptist Bible	J10.05m	32-11.75	2	
	9.26m 9.33m 10.05m					
16	Kesha Jackson	JR Knox	9.69m	31-09.50	2	
	9.69m 9.58m 9.49m					
17	Ashley Imdieke	FR Luther	9.12m	29-11.25	2	
	8.47m 7.27m 9.12m					
18	Andrea Filkins	FR Grinnell	9.10m	29-10.25	2	
	9.08m 9.10m 8.77m					
19	Kelly Stotts	FR Coe	9.03m	29-07.50	2	
	9.03m 7.38m 8.46m					
20	Haylee Felt	JR Luther	8.94m	29-04.00	1	
	6.52m 6.66m 8.94m					
21	Em Fredrickson	FR Faith Baptist Bible	8.38m	27-06.00	1	
	8.38m 8.35m 8.14m					
22	Genevieve Chenoweth	FR Upper Iowa	8.31m	27-03.25	3	
	8.31m 8.10m 8.16m					
23	Thao Luong	JR Knox	8.06m	26-05.50	1	
	8.06m 7.68m 7.49m					
24	Kyla Rounds	SO Faith Baptist Bible	8.02m	26-03.75	1	
	7.93m 8.02m 7.94m					
25	Katie Dailey	FR Luther	8.00m	26-03.00	2	
	FOUL 7.86m 8.00m					
26	Katelynn Trobaugh	FR Sauk Valley CC	7.99m	26-02.75	2	
	7.99m FOUL 7.75m					

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27	Samantha Warhoe	JR Cornell College	7.86m	25-09.50	1
	7.86m 7.17m 7.83m				
28	Kiley Sanders	FR Sauk Valley CC	7.59m	24-11.00	2
	7.39m 7.59m 7.01m				
29	Meg Sessions	SO Luther	7.57m	24-10.00	1
	7.25m 6.85m 7.57m				
30	Keyanna Kelley	SR Knox	7.39m	24-03.00	1
	6.93m 7.21m 7.39m				
31	Ellie Loesch	SR Upper Iowa	6.40m	21-00.00	1
	6.21m 6.40m 6.02m				

Women Discus Throw

Name	Year School	Finals	H#	Points
1 Madison Green	FR Grand View	44.56m	146-02	2 10
	40.78m 44.56m FOUL 43.63m FOUL 44.06m			
2 Ava Conrad	FR Grand View	37.75m	123-10	2 8
	35.82m FOUL 37.75m FOUL FOUL 37.45m			
3 Bre Nail	SO Mount Mercy	37.15m	121-10	1 6
	32.37m 34.63m 37.15m 28.61m FOUL FOUL			
4 Cassidy Nerland	JR Grand View	36.06m	118-04	2 5
	33.20m 36.06m 33.81m 34.46m 35.58m FOUL			
5 Iliyah Moore	SO Grand View	35.92m	117-10	2 4
	34.73m 35.92m 33.90m 35.90m FOUL 35.17m			
6 Ellen Kangas	FR Mount Mercy	35.57m	116-08	1 3
	34.34m 35.42m 35.28m FOUL 35.57m FOUL			
7 April Czarnecki	SO Grand View	35.18m	115-05	2 2
	32.97m 35.18m FOUL 33.57m 35.12m FOUL			
8 Sierra Udd	SO Faith Baptist Bible	35.09m	115-01	2 1
	33.15m 32.53m 35.09m 33.34m 32.97m FOUL			
9 Taylor Cruz	SR Cornell College	34.97m	114-09	2
	34.59m 34.97m 32.82m 34.25m 33.82m FOUL			
10 Emmaleigh Ohrt	FR Luther	34.79m	114-02	1
	31.65m 34.79m 30.04m			
11 Andrea Filkins	FR Grinnell	31.53m	103-05	2
	31.39m 31.53m 31.02m			
12 Margaret Stucker	SO Luther	31.48m	103-03	2
	29.53m 30.72m 31.48m			
13 Kiana Maghanoy	SO Upper Iowa	30.32m	99-06	2
	30.32m 28.64m FOUL			
14 Kesha Jackson	JR Knox	29.45m	96-07	1
	27.30m FOUL 29.45m			
15 Emma Barness	FR Luther	28.33m	92-11	1
	28.33m 26.64m 23.71m			
16 Tracy Allen	SO Coe	28.16m	92-05	2
	28.16m FOUL FOUL			
17 Samantha Warhoe	JR Cornell College	25.66m	84-02	1
	23.41m 25.66m FOUL			

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....Women Discus Throw

18	Alli Thomley	FR Luther	24.39m	80-00	1
	24.39m FOUL 22.42m				
19	Kaylee Hodnefield	FR Grand View	23.75m	77-11	1
	22.19m 23.75m 21.65m				
20	Olivia Herring	FR Mount Mercy	21.18m	69-06	1
	19.85m 21.18m FOUL				
21	Kelly Stotts	FR Coe	20.59m	67-07	1
	20.59m 19.30m 15.35m				

Women Hammer Throw

Name	Year School	Finals	H#	Points
1 Cristina Villalobos	SO Mount Mercy	47.75m	156-08	2 10
	47.75m FOUL FOUL 44.42m FOUL 47.67m			
2 Cassidy Nerland	JR Grand View	45.89m	150-07	2 8
	FOUL FOUL 37.00m FOUL 45.74m 45.89m			
3 April Czarnecki	SO Grand View	43.58m	143-00	2 6
	43.58m 39.87m 40.96m FOUL FOUL 38.07m			
4 Iliyah Moore	SO Grand View	42.12m	138-02	2 5
	37.32m 39.48m 37.94m 41.27m 42.12m 41.31m			
5 Bre Nail	SO Mount Mercy	38.21m	125-04	2 4
	35.32m 38.21m FOUL 33.45m 34.27m 33.28m			
6 Jaydyn Palmer	JR Coe	38.12m	125-01	2 3
	FOUL 38.12m FOUL FOUL FOUL 36.43m			
7 Lauren Willson	SR Mount Mercy	37.42m	122-09	2 2
	37.42m FOUL 37.33m FOUL 34.26m FOUL			
8 Tracy Allen	SO Coe	37.20m	122-00	2 1
	35.49m 33.74m 37.20m FOUL 34.44m FOUL			
9 Osa Ulland	JR Luther	34.35m	112-08	2
	32.12m 34.35m 32.95m 33.05m FOUL 28.55m			
10 Sydney Flatness	JR Grand View	33.81m	110-11	2
	32.63m FOUL 33.81m			
11 Jzonei Jones	SO Mount Mercy	33.62m	110-04	2
	31.82m 33.62m FOUL			
12 Taylor Cruz	SR Cornell College	33.42m	109-08	2
	31.44m 33.42m FOUL			
13 Samantha Warhoe	JR Cornell College	33.32m	109-04	1
	29.92m 32.49m 33.32m			
14 Grace Overgaard	FR Grand View	33.17m	108-10	1
	33.17m 32.68m 32.50m			
15 Kaylee Hodnefield	FR Grand View	31.09m	102-00	1
	31.09m 27.42m FOUL			
16 Olivia Herring	FR Mount Mercy	29.92m	98-02	1
	FOUL 25.21m 29.92m			
17 Ellen Kangas	FR Mount Mercy	29.79m	97-09	1
	29.79m 27.63m 28.46m			
18 Emmaleigh Ohrt	FR Luther	29.31m	96-02	1
	26.16m 29.31m FOUL			

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19 Ashley Imdieke	FR Luther	28.93m	94-11	1
FOUL 27.24m 28.93m				
20 Andrea Filkins	FR Grinnell	28.33m	92-11	1
FOUL 28.33m FOUL				
21 Kelly Stotts	FR Coe	26.10m	85-07	1
26.10m FOUL FOUL				
22 Emma Barness	FR Luther	22.73m	74-07	1
22.73m 21.75m FOUL				
23 Haylee Felt	JR Luther	22.04m	72-04	1
20.12m 22.04m FOUL				
24 Meg Sessions	SO Luther	20.42m	67-00	1
20.42m FOUL FOUL				

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Women - Team Rankings - 18 Events Scored

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1) Grand View	122	2) Dubuque	109
2) Mount Mercy	109	4) Luther	89.50
5) Coe	62	6) Upper Iowa	47.50
7) Sauk Valley CC	47	8) Cornell College	28
9) Grinnell	25	10) Iowa Wesleyan	13
11) Knox	11.50	12) Faith Baptist Bible	1.50

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Men - Team Rankings - 18 Events Scored

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1) Grand View	157.50	2) Dubuque	105.50
3) Mount Mercy	92	4) Luther	70
5) Knox	55	6) Cornell College	49
7) Upper Iowa	33	8) Coe	30
9) Grinnell	23	10) Sauk Valley CC	22
11) Iowa Wesleyan	16	12) Iowa Track and Field Club	7