

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****Women 60 Meter Dash****8 Advance: Top 1 Each Heat plus Next 4 Best Times**

Meet Record: M 7.76 1/19/2019 Alanna Muhammad, Wartburg

Facility: F 7.59 2/22/2019 Gabrielle Noland, Loras

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Mikala Sidney	JR	Wartburg	7.88	7.91Q	4
2 JoJo Tynnismaa	FR	Wartburg		8.01Q	2
3 Jillian Dodds	FR	Upper Iowa		8.04Q	3
4 Makenzie Foelske	FR	Wartburg		8.23Q	1
5 Olivia Tollari	FR	Wartburg		8.20q	4
6 Erika Canada	JR	Grand View	8.15	8.22q	2
7 Maya Cable	SO	Wartburg	8.45	8.25q	2
8 Addie Parker	SO	Wartburg	8.42	8.32q	4
9 Sailor Hinegardner	SR	Wartburg	8.33	8.37	2
10 Lina Newland	FR	Wartburg		8.41	3
11 Ella Aulwes	FR	Wartburg		8.42	2
12 Jayda Allen	JR	Grand View	8.31	8.46	1
13 Carolina Regalado	SO	Upper Iowa	8.49	8.48	1
14 Anna Paul	SO	Grand View	8.10	8.49	3
15 Aricka Lambson	JR	Wartburg	8.41	8.51	4
16 Kaylee Tedrow	FR	Wartburg		8.52	1
17 Katyrna Peck	SO	North Iowa Area CC	8.29	8.57	1
18 Emma Grant	SO	Clarke	8.44	8.63	3
19 Emma Terwische	FR	Clarke		8.72	4
20 Caitlyne Mar	SO	Cornell College	8.51	8.73	2
21 Emma Houdek	SO	Wartburg	8.66	8.83	3
22 Grace Squires	FR	Clarke	8.75	8.87	4
23 Kiah Coffin	FR	Mount Mercy	8.45	8.88	1
24 Brynna Croy	FR	Grand View	8.84	8.96	4
25 Malia Beich	FR	Clarke	8.86	9.03	3
26 Taia Hillhouse	FR	North Iowa Area CC		9.08	4
27 Allie Donahue	SO	Mount Mercy	9.07	9.10	2
28 Dayna Maiers	FR	Mount Mercy	9.31	9.36	1
29 Liv Staberg	FR	North Iowa Area CC		9.42	1
30 JayLyn Moore	FR	Wartburg		9.43	2

Women 60 Meter Dash

Meet Record: M 7.76 1/19/2019 Alanna Muhammad, Wartburg

Facility: F 7.59 2/22/2019 Gabrielle Noland, Loras

Name	Year	School	Prelims	Finals	Points
Finals					
1 Mikala Sidney	JR	Wartburg	7.91	7.90	10
2 Jillian Dodds	FR	Upper Iowa	8.04	8.03	8
3 JoJo Tynnismaa	FR	Wartburg	8.01	8.04	6
4 Maya Cable	SO	Wartburg	8.25	8.17	
5 Makenzie Foelske	FR	Wartburg	8.23	8.26	
6 Erika Canada	JR	Grand View	8.22	8.27	5
7 Olivia Tollari	FR	Wartburg	8.20	8.29	
8 Addie Parker	SO	Wartburg	8.32	8.36	

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****Women 200 Meter Dash**

Meet Record: M 25.85 1/19/2019 Allan Paul, Briar Cliff						
Facility: F 24.87 3/5/2022 Isabella Hogue, Nebraska Wesleyan						
Name	Year	School	Seed	Finals	H#	Points
1 Brooklyn Johnson	FR	Mount Mercy	26.92	27.22	7	10
2 Jillian Dodds	FR	Upper Iowa		27.43	2	8
3 Makenzie Foelske	FR	Wartburg	28.20	27.79	6	6
4 Ella Aulwes	FR	Wartburg		27.95	3	5
5 Maya Cable	SO	Wartburg	28.84	28.69	6	
6 Emma Terwische	FR	Clarke		28.70	1	4
7 Aleksyia LeClere	FR	Mount Mercy	29.20	28.73	5	3
8 Carolina Regalado	SO	Upper Iowa	29.00	28.85	5	2 28.842
9 Jordan Sekafetz	SO	Upper Iowa	29.00	28.85	5	28.850
10 Erika Canada	JR	Grand View	26.83	28.88	7	1
11 Annie Leopold	JR	Mount Mercy	27.95	29.06	6	
12 Caitlyne Mar	SO	Cornell College	28.45	29.11	6	
13 Anna Paul	SO	Grand View	27.82	29.25	7	
14 Brynna Croy	FR	Grand View	30.01	29.46	4	29.452
15 Kaylee Tedrow	FR	Wartburg		29.46	1	29.456
16 Jocelyn Haack	JR	Wartburg	30.85	29.79	4	
17 Leah Ries	FR	Upper Iowa		30.19	2	
18 Sydney Norman	SO	Clarke		30.21	1	
19 Allie Donahue	SO	Mount Mercy	30.45	30.60	4	
20 Gwen Bottom	FR	Clarke		30.68	3	
21 Taia Hillhouse	FR	North Iowa Area CC		30.89	1	
22 Baileigh Berding	FR	North Iowa Area CC		32.53	2	
23 Dayna Maiers	FR	Mount Mercy	31.46	32.54	4	
24 Liv Staberg	FR	North Iowa Area CC		33.13	2	
25 Avril Maughan	FR	Grand View	33.18	33.22	3	
26 Jayda Allen	JR	Grand View	29.21	35.46	5	
-- Katyrria Peck	SO	North Iowa Area CC	27.33	SCR	7	
-- Gabyiela Medeiyo	FR	North Iowa Area CC		SCR		

Women 400 Meter Dash

Meet Record: M 59.02 1/24/2015 Lauren Spranger, Northwestern (Iowa)						
Facility: F 55.94 2011 Nevada Morrison, Wartburg College						
Name	Year	School	Seed	Finals	H#	Points
1 Sidney Brown	JR	Cornell College	1:02.50	1:03.78	2	10
2 Karima Koko	SO	Grand View	1:09.74	1:07.61	1	8
3 Kylie Muecke	FR	Grand View	1:07.15	1:07.73	1	6
4 Katie Garner	JR	Mount Mercy	1:06.25	1:08.20	1	5
5 Olivia Cotton	FR	Cornell College	1:05.50	1:08.43	2	4
6 Caroline Riss	JR	Cornell College	1:05.75	1:08.75	2	

Women 600 Meter Run

Meet Record: M 1:36.39 1/24/2015 Katie Landhuis, Northwestern (Iowa)						
Facility: F 1:37.33 1/15/2022 Carson McSorley, Wartburg						
Name	Year	School	Seed	Finals	H#	Points
1 Rachel Nagel	SO	Wartburg	1:39.74	1:39.11	2	10
2 Leah Cherry	FR	Wartburg	1:43.70	1:45.61	2	8
3 Ashley Donovan	SR	Upper Iowa	1:55.09	1:46.77	1	6

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Women 600 Meter Run**

4	Allison Kettmann	FR Wartburg	1:45.00	1:47.33	2	
5	Akyma Bush	JR Wartburg	1:46.00	1:47.75	2	
6	Sydney Woods	JR Mount Mercy	1:45.00	1:49.29	2	5
7	Jade Martin	SR Upper Iowa	1:52.27	1:50.77	1	4
8	Eryn Sabelka	FR Upper Iowa		1:52.30	1	
9	Mackenzie Rader	FR Upper Iowa		1:53.06	1	
10	Jadyn Schultz	SR Upper Iowa	1:57.54	1:59.77	1	

Women 800 Meter Run

Meet Record: M 2:19.29 1/24/2015 Maddie Kleve, Wartburg					
Facility: F 2:09.41 3/5/2002 Emma Kelley, Washington U					
Name	Year	School	Seed	Finals	Points
=====					
1	Ikilas Hasan	SO Grand View	2:34.68	2:38.21	10
2	Yaqueline Hernandez	JR Mount Mercy	2:40.00	2:50.64	8
3	Anyah Ranson	FR Clarke	2:40.37	2:51.65	6
4	Isabelle Matthews	FR Clarke	2:42.96	2:53.59	5
5	Lilly Stockberger	SO North Iowa Area CC	2:58.18	3:02.64	4

Women 1000 Meter Run

Meet Record: M 3:00.98		1/18/2020	Erica Rittgers, Wartburg		
Facility: F 2:57.16		2016	Maddie Kleve, Wartburg		
Name	Year	School	Seed	Finals	Points
=====					
1 Haley Meyer	FR	Wartburg	3:10.00	3:13.12	10
2 Liberty Leis	SO	Grand View	3:20.11	3:17.04	8
3 Brielle Ruch	SO	Wartburg	3:12.00	3:18.63	6
4 Annie Mast	JR	Wartburg	3:25.00	3:19.71	
5 J'Lyn Knutson	SO	Mount Mercy	3:07.00	3:24.47	5
6 Alyza Koppes	FR	Cornell College	3:20.00	3:24.68	4
7 Madison Prier	FR	Wartburg	3:12.00	3:26.33	
8 Ruth Jennings	FR	Mount Mercy	3:12.66	3:26.78	3
9 Abby Rinderknecht	FR	Mount Mercy	3:14.00	3:29.02	
10 Abby Hill	JR	Mount Mercy	3:45.00	4:02.08	
-- Katie Lammers	SO	Cornell College	3:20.00	SCR	

Women 1 Mile Run

Meet Record: M 5:07.54		1/24/2015	Maddie Kleve, Wartburg		
Facility: F 4:56.93		3/5/2022	Katherin Geist, Carleton		
Name	Year	School	Seed	Finals	Points
=====					
1	Rory Bickler	SO Clarke		5:39.92	10
2	J'Lyn Knutson	SO Mount Mercy	5:18.00	5:40.02	8
3	Katie Lammers	SO Cornell College	5:45.00	5:43.87	6
4	Alyza Koppes	FR Cornell College	5:45.00	5:45.92	5
5	Lillian Boge	FR Wartburg	5:45.00	5:48.93	4
6	Jessa Day	SO Mount Mercy	5:35.99	5:50.20	3
7	Jaycie Franco	FR Clarke		5:50.30	2
8	Laura Bishop	FR Mount Mercy	5:40.00	6:17.39	
9	Isabel Manning	FR Clarke		6:28.97	
10	Lydia Radeke	SO Clarke		6:28.99	
11	Ryleigh Parrack	SO Wartburg	6:32.88	6:30.87	1

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Women 1 Mile Run**

12 Abby Hill	JR Mount Mercy	6:40.00	6:37.30
13 Rylie Bainbridge	SO Wartburg		6:37.62
14 Annika Sutter	JR Cornell College	6:00.00	6:42.28
15 Lilian Gaulrapp	JR Mount Mercy	6:15.00	6:53.81

Women 3000 Meter Run

=====					
Meet Record: M	10:04.19	1/16/2021	Aubrie Fisher, Wartburg		
Facility: F	9:39.72	3/13/2021	Anastasia Tucker, Hope		
Name	Year	School	Seed	Finals	Points
=====					
1 Aubrie Fisher	JR	Wartburg	9:47.35	9:59.64M	10
2 Ellie Meyer	SO	Wartburg	10:06.87	10:14.08	8
3 Jenna Morey	SO	Wartburg	10:45.00	10:51.41	
4 Rory Bickler	SO	Clarke	11:20.87	11:13.76	6
5 Ashley Bloomquist	JR	Wartburg	10:45.00	11:13.79	
6 Jane Pinkowski	SR	Wartburg	11:00.00	11:21.56	
7 Lily Peterson	FR	Wartburg	11:30.00	11:25.04	
8 Jaycie Franco	FR	Clarke	11:21.59	11:45.11	5
9 Macey White	SR	Upper Iowa	11:49.05	11:52.61	4
10 Karle Kramer	FR	Wartburg	11:30.00	11:56.99	
11 Laura Bishop	FR	Mount Mercy	11:25.00	12:57.55	3
12 Lilian Gaulrapp	JR	Mount Mercy	12:22.99	14:06.68	2

Women 5000 Meter Run

=====					
Meet Record: M	17:33.39	1/15/2022	Riley Mayer, Wartburg		
Facility: F	16:50.82	2/20/2021	Kassie Rosenbum, Loras		
Name	Year	School	Seed	Finals	Points
=====					
1 Lexi Brown	JR	Wartburg	17:50.99	17:53.63	10
2 Shaelyn Hostager	SO	Wartburg	17:16.03	17:59.04	8
3 Natalie Paulson	JR	Wartburg	17:24.72	17:59.12	
4 Kelly Giardina	FR	Wartburg		18:59.16	
5 Addy Carlson	JR	Wartburg	18:29.06	19:10.18	
6 Ariana Lopez	SO	Mount Mercy	20:52.00	22:01.86	6
-- Deanna Newhouse	SO	Mount Mercy	18:37.00	SCR	

Women 60 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

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Meet Record: M	9.05	1/24/2015	Sharnique Leonce, Iowa Western CC		
Facility: F	8.61	3/5/2022	Emma Lawrence, Wis.-La Crosse		
Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1 Natalie McAllister	JR	Cornell College	9.24	9.17Q	1
2 Sailor Hinegardner	SR	Wartburg	9.07	9.31Q	2
3 JoJo Tynismaa	FR	Wartburg		9.22q	1
4 Annie Leopold	JR	Mount Mercy	9.34	9.32q	2
5 Aricka Lambson	JR	Wartburg	9.25	9.41q	1
6 Mya Moore	JR	Grand View	9.30	9.61q	2
7 Jordan Sekafetz	SO	Upper Iowa	9.93	9.67q	1
8 Hailey Carolan	FR	Cornell College	10.17	9.91q	2
9 Leah Ries	FR	Upper Iowa		10.49	2 10.483

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Women 60 Meter Hurdles**

10 Brooke Shafer	SO Wartburg	10.12	10.49	1	10.485
11 JayLyn Moore	FR Wartburg		10.57	1	
12 Emma Terwische	FR Clarke		10.68	1	
13 Jocelyn Haack	JR Wartburg		10.72	2	
14 Allison Kettmann	FR Wartburg		10.85	1	
15 Baileigh Berding	FR North Iowa Area CC		10.87	2	
16 Akyma Bush	JR Wartburg	11.75	15.83	2	

Women 60 Meter Hurdles

Meet Record: M 9.05 1/24/2015 Sharnique Leonce, Iowa Western CC

Facility: F 8.61 3/5/2022 Emma Lawrence, Wis.-La Crosse

Name	Year	School	Prelims	Finals	Points
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Finals

1 JoJo Tyynismaa	FR Wartburg	9.22	9.22	10	
2 Natalie McAllister	JR Cornell College	9.17	9.35	8	
3 Annie Leopold	JR Mount Mercy	9.32	9.36	6	
4 Sailor Hinegardner	SR Wartburg	9.31	9.37	5	
5 Aricka Lambson	JR Wartburg	9.41	9.50		
6 Mya Moore	JR Grand View	9.61	9.84	4	
7 Jordan Sekafetz	SO Upper Iowa	9.67	10.03	3	
8 Hailey Carolan	FR Cornell College	9.91	10.23	2	

Women 4x400 Meter Relay

Meet Record: M 3:58.29 1/18/2020 Wartburg, Wartburg

J Ganshirt, J Staebler, C McSorley, E Rittgers

Facility: F 3:49.68 3/2/2019 Nebraska Wesleyan, Nebraska Wesleyan

E Jones, K Jones, A Frazier, A Rolfes

School	Seed	Finals	H#	Points
1 Wartburg	3:55.00	4:06.23	2	10
1) Leah Cherry FR				
3) Allison Kettmann FR				
2 Wartburg 'B'	3:57.00	4:16.41	2	
1) Annie Mast JR				
3) Lina Newland FR				
3 Upper Iowa		4:21.04	1	8
1) Jillian Dodds FR				
3) Jade Martin SR				
4 Cornell College	4:16.00	4:21.82	2	6
1) Sidney Brown JR				
3) Natalie McAllister JR				
5 Wartburg 'C'	4:00.00	4:24.51	1	
1) Brooke Shafer SO				
3) Olivia Tollari FR				
6 Wartburg 'D'	4:25.00	4:26.71	1	
1) Brielle Ruch SO				
3) Madison Prier FR				
7 Mount Mercy	3:38.85	4:27.90	2	5
1) Katie Garner JR				
3) Ruth Jennings FR				
8 Grand View	4:10.36	4:32.18	2	4
1) Kylie Muecke FR				
2) Karima Koko SO				

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Women 4x400 Meter Relay**

3) Ikilas Hasan SO	4) Liberty Leis SO
9 Mount Mercy 'B'	4:23.72 4:40.85 1
1) Sydney Woods JR	2) Abby Rinderknecht FR
3) Jessa Day SO	4) Yaqueline Hernandez JR
-- North Iowa Area CC	4:30.00 SCR 1
1) Katyrria Peck SO	2) Baileigh Berding FR
3) Jordan Swenson SO	4) Taia Hillhouse FR

Women High Jump

Meet Record: M 1.74m 1/15/2022 Brea Christopher, Wartburg					
Facility: F 1.74m 1/15/2022 Brea Christopher, Wartburg					
Name	Year	School	Seed	Finals	Points
1 Samantha Nielsen		FR Wartburg		1.55m	5-01.00 10
1.45 1.50 1.55 1.60					
O O XO XXX					
2 Sydney Norman		SO Clarke	1.50m	1.50m	4-11.00 8
1.40 1.45 1.50 1.55					
O O O XXX					
3 Avril Maughan		FR Grand View	1.50m	1.50m	4-11.00 6
1.35 1.40 1.45 1.50 1.55					
O O O XXO XXX					
4 Mya Moore		JR Grand View	1.45m	1.45m	4-09.00 5
1.35 1.40 1.45 1.50					
O O O XXX					
5 Haley Hartshorne		SO Mount Mercy	1.40m	1.45m	4-09.00 4
1.40 1.45 1.50					
XO O XXX					
6 Gwen Bottom		FR Clarke	1.40m	1.45m	4-09.00 3
1.30 1.35 1.40 1.45 1.50					
O O XO XO XXX					
7 Emma Thurness		FR Wartburg		1.45m	4-09.00 2
1.40 1.45 1.50					
O XXO XXX					
8 Jordan Swenson		SO North Iowa Area CC	1.57m	1.40m	4-07.00 1
1.30 1.35 1.40 1.45					
O O O XXX					
8 Anyah Ranson		FR Clarke	1.40m	1.40m	4-07.00
1.30 1.35 1.40 1.45					
O O O XXX					
10 JayLyn Moore		FR Wartburg		1.40m	4-07.00
1.35 1.40 1.45					
O XXO XXX					
11 Isabelle Matthews		FR Clarke	1.45m	1.35m	4-05.00
1.30 1.35 1.40					
O O XXX					

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****Women Pole Vault**

Meet Record: M 3.07m 1/20/2018 Nicole Schneider, Wartburg						
Meet Record: M 3.07m 1/20/2018 Nichelle Johnson, Wartburg						
Facility: F 3.91m 3/2/2019 Heidi Nassos, Washington U.						
Name	Year	School	Seed	Finals	Points	
1 Emma Grant	SO	Clarke	3.16m	3.05m	10-00.00	9
2.75 2.90 3.05 3.20						
O O O XXX						
1 Autumn McLaughlin	FR	Clarke	2.86m	3.05m	10-00.00	9
2.75 2.90 3.05 3.20						
O O O XXX						
3 Grace Squires	FR	Clarke	3.31m	3.05m	10-00.00	
3.05 3.20						
XO XXX						
4 Belle Albers	JR	Wartburg	3.13m	3.05m	10-00.00	6
2.75 2.90 3.05 3.20						
XXO O XO XXX						
5 Malia Beich	FR	Clarke	2.71m	2.75m	9-00.25	
2.45 2.60 2.75 2.90						
O O O XXX						
6 Avril Maughan	FR	Grand View		2.45m	8-00.50	5
2.15 2.30 2.45 2.60						
XO XO XXO XXX						
-- Katie McEnery	JR	Upper Iowa		NH		
2.15						
XXX						
-- Genevieve Chenoweth	SO	Upper Iowa	2.65m	NH		
2.15						
XXX						
-- Kysta Ramirez	JR	Upper Iowa		NH		
2.15						
X						

Women Long Jump

Meet Record: M 5.50m 1/23/2016 Shylia Riley, Iowa Western CC						
Facility: F 6.17m 2012 Skye Morrison, Wartburg College						
Name	Year	School	Seed	Finals	H#	Points
1 Olivia Tollari	FR	Wartburg	5.50m	5.49m	18-00.25	2 10
5.35m 5.33m FOUL 5.49m 5.48m 5.32m						
2 Brooklyn Johnson	FR	Mount Mercy	5.78m	5.35m	17-06.75	2 8
5.35m 5.30m 5.06m FOUL 5.19m 5.28m						
3 Lina Newland	FR	Wartburg	5.10m	4.96m	16-03.25	2 6
4.84m 4.74m 4.65m 4.80m 4.96m 4.82m						
4 Natalie McAllister	JR	Cornell College	4.96m	4.87m	15-11.75	2 5
4.46m 4.67m 4.61m 4.87m 4.70m 4.85m						
5 Emma Thurness	FR	Wartburg	5.10m	4.76m	15-07.50	2
4.43m FOUL 4.76m 4.37m FOUL 4.55m						
6 Mya Moore	JR	Grand View	4.86m	4.74m	15-06.75	2 4
FOUL 4.72m FOUL 4.59m 4.74m FOUL						
7 Emma Terwische	FR	Clarke	4.77m	4.72m	15-06.00	1 3
4.72m FOUL FOUL FOUL 4.67m 4.69m						
8 Kaylee Tedrow	FR	Wartburg	4.44m	4.60m	15-01.25	1
4.60m FOUL FOUL 4.47m FOUL FOUL						

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Women Long Jump**

9	Emma Grant	SO	Clarke	4.88m	4.59m	15-00.75	2	2
	FOUL 4.58m 4.59m 4.51m 4.59m FOUL							
10	Aleksyia LeClere	FR	Mount Mercy		4.53m	14-10.50	1	1
	4.41m 4.53m 4.52m							
11	Katyrria Peck	SO	North Iowa Area CC	5.00m	4.53m	14-10.50	2	
	4.27m 4.53m 4.44m							
12	Akyma Bush	JR	Wartburg	4.75m	4.47m	14-08.00	1	
	4.40m FOUL 4.47m							
13	Anyah Ranson	FR	Clarke	4.84m	4.46m	14-07.75	1	
	4.29m 4.46m FOUL							
14	Olivia Cotton	FR	Cornell College		4.35m	14-03.25	1	
	4.15m FOUL 4.35m							
15	Hailey Carolan	FR	Cornell College		4.31m	14-01.75	1	
	4.30m 4.31m 4.28m							
16	Autumn McLaughlin	FR	Clarke		4.24m	13-11.00	1	
	4.22m 4.24m FOUL							
17	Ella Aulwes	FR	Wartburg	4.85m	4.21m	13-09.75	2	
	4.21m FOUL FOUL							
18	Brooke Shafer	SO	Wartburg	4.40m	4.17m	13-08.25	1	
	4.08m 4.17m 4.02m							
19	Isabelle Matthews	FR	Clarke	4.22m	4.08m	13-04.75	1	
	3.93m 4.08m 4.08m							
--	Daekota Knott	SO	Wartburg	5.50m	FOUL		2	
	FOUL FOUL FOUL							

Women Triple Jump

Meet Record: M 11.54m 1/23/2016 Tascha Donnelly, Briar Cliff									
Facility: F 12.32m 2017 Amber Williams, UW-Platteville									
Name		Year	School	Seed	Finals	Points			
=====									
1	Breya Christopher		JR Wartburg	12.12m	11.48m	37-08.00	10		
	FOUL 11.45m 11.48m 11.05m 11.13m 10.88m								
2	Daekota Knott		SO Wartburg	11.97m	11.15m	36-07.00	8		
	FOUL FOUL 9.77m 11.15m FOUL FOUL								
3	Samantha Nielsen		FR Wartburg		10.34m	33-11.25			
	10.22m 10.29m 10.34m 10.23m FOUL FOUL								
4	Belle Albers		JR Wartburg	10.17m	9.99m	32-09.50			
	9.99m 9.86m 9.83m 9.85m 9.78m FOUL								
5	Emma Houdek		SO Wartburg	10.77m	9.55m	31-04.00			
	9.50m 9.55m 9.37m FOUL 9.24m FOUL								
--	Bridget Canfield		FR Wartburg		FOUL				
	FOUL FOUL FOUL								

Women Shot Put

Meet Record: M 13.93m 1/24/2015 Kayla Hemann, Wartburg										
Facility: F 14.97m 3/5/2022 Skye Digman, Wis.-La Crosse										
Name		Year		School		Seed	Finals		H#	Points
=====										
1	Haley Beminio			SO Wartburg		12.27m	13.16m	43-02.25	2	10
	13.16m	12.34m	10.74m	11.24m	12.73m	12.12m				
2	Bre Nail			JR Mount Mercy		13.79m	13.05m	42-09.75	2	8
	12.26m	12.33m	13.05m	12.75m	FOUL	FOUL				

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Women Shot Put**

3	Madison Green	JR Grand View	13.47m	12.92m	42-04.75	2	6
	12.14m FOUL 12.59m 12.92m 12.90m 12.87m						
4	Kristen Reicks	JR Wartburg	12.44m	12.49m	40-11.75	2	5
	12.49m 12.20m 11.99m 11.83m 11.81m 12.17m						
5	Lily Meester	SO Wartburg	13.18m	12.24m	40-02.00	2	
	11.69m 12.24m 11.74m 11.39m 12.02m 11.32m						
6	Ava Conrad	SO Grand View	11.84m	11.84m	38-10.25	2	4
	11.18m FOUL 10.88m 11.84m FOUL FOUL						
7	Ellen Kangas	SO Mount Mercy	11.60m	11.63m	38-02.00	2	3
	11.47m 11.63m 10.74m FOUL 11.15m 10.76m						
8	Royal Hart	FR Clarke	11.77m	11.30m	37-01.00	2	2
	11.30m 10.74m 11.00m FOUL 10.63m FOUL						
9	Grace Overgaard	SO Grand View	11.70m	11.19m	36-08.50	2	
	10.88m 11.19m 11.15m 10.67m 10.41m 10.34m						
10	Kaylee Hodnefield	SO Grand View	10.68m	10.69m	35-01.00	2	
	9.94m 10.69m 10.05m						
11	Emma Ammons	JR Wartburg	11.85m	10.63m	34-10.50	2	
	10.21m 10.63m 10.26m						
12	Talbot Kinney	SO Wartburg	10.96m	10.50m	34-05.50	2	
	10.34m 10.50m 10.14m						
13	Jamie Kerkvliet	FR Upper Iowa		10.09m	33-01.25	1	1
	10.09m 9.37m 9.90m						
14	Iggy Hook	FR Wartburg		10.08m	33-01.00	1	
	9.68m 9.89m 10.08m						
15	Jaclyn Wooldridge	FR Mount Mercy	10.72m	10.02m	32-10.50	2	
	10.02m 10.01m 9.47m						
16	Jzonei Jones	JR Mount Mercy	9.85m	9.95m	32-07.75	1	
	9.95m 9.26m 9.00m						
17	Mia Allmon	FR Grand View	10.14m	9.75m	32-00.00	1	
	9.75m 9.18m 9.44m						
18	Emma True	SO Wartburg	9.65m	9.08m	29-09.50	1	
	9.08m 8.74m 8.98m						
19	Hannah Brandt	FR Grand View	8.64m	9.04m	29-08.00	1	
	8.67m 8.93m 9.04m						
20	Samantha Warhoe	JR Cornell College	9.14m	8.85m	29-00.50	1	
	8.85m 8.74m 8.80m						
21	Grace Kelley	FR Mount Mercy	9.81m	8.18m	26-10.00	1	
	FOUL 8.18m FOUL						
22	Maya Neymeyer	FR Cornell College	4.90m	6.03m	19-09.50	1	
	5.87m 6.03m 5.45m						
--	Kalayah Kaschub	SO North Iowa Area CC		DNS		1	
--	Madelyn Wilson	SO North Iowa Area CC		DNS		1	
--	Emma Logeman	FR North Iowa Area CC		DNS		1	

Women Weight Throw

Meet Record: M 19.69m 1/18/2020 LaVon Davis, Grand View							
Facility: F 18.45m 1/19/2019 Michelle Carrillo, Grand View							
Name	Year	School	Seed	Finals	H#	Points	
1 Emma True		SO Wartburg	13.26m	15.97m	52-04.75	3	10
	13.60m 13.86m 15.25m 13.88m FOUL 15.97m						
2 Madison Green		JR Grand View	17.68m	15.86m	52-00.50	3	8
	15.55m 15.79m 15.62m FOUL 15.86m FOUL						

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Women Weight Throw**

3	Haley Beminio	SO Wartburg	15.54m	15.79m	51-09.75	3	6
	15.79m 14.33m 14.00m 13.24m 15.25m 15.01m						
4	Grace Overgaard	SO Grand View	13.37m	15.09m	49-06.25	3	5
	13.81m 13.01m FOUL 13.44m FOUL 15.09m						
5	April Czarnecki	JR Grand View	17.39m	14.61m	47-11.25	3	
	14.57m 14.36m 14.57m 13.60m 14.61m 14.23m						
6	Grace McCartan	JR Wartburg	15.30m	14.52m	47-07.75	3	
	12.80m 13.76m FOUL 13.16m 12.88m 14.52m						
7	Iliyah Moore	JR Grand View	15.67m	14.22m	46-08.00	3	
	13.81m 14.22m 13.55m 13.29m FOUL 13.81m						
8	Tara Jochumsen	SO Wartburg	12.91m	13.60m	44-07.50	2	
	FOUL 11.66m 13.05m 12.85m 13.60m FOUL						
9	Caitlynn Smith	SR Wartburg	14.11m	13.41m	44-00.00	3	
	13.21m 13.35m 12.50m 13.41m 12.03m 12.63m						
10	Kiana Maghanoy	JR Upper Iowa	11.91m	12.83m	42-01.25	2	4
	11.69m 12.83m 12.50m						
11	Ellen Kangas	SO Mount Mercy	11.14m	12.56m	41-02.50	2	3
	12.34m 12.56m 11.99m						
12	Jzonei Jones	JR Mount Mercy	12.36m	12.56m	41-02.50	2	2
	12.10m FOUL 12.56m						
13	Brittany Lingenfelter	SO Wartburg	12.12m	12.52m	41-01.00	2	
	11.30m 12.52m FOUL						
14	Ava Conrad	SO Grand View	13.59m	12.46m	40-10.50	3	
	FOUL FOUL 12.46m						
15	Lily Meester	SO Wartburg	12.86m	12.34m	40-06.00	2	
	FOUL 11.78m 12.34m						
16	Samantha Warhoe	JR Cornell College	11.41m	12.27m	40-03.25	2	1
	11.59m 11.89m 12.27m						
17	Royal Hart	FR Clarke	13.01m	11.75m	38-06.75	3	
	11.75m FOUL 11.35m						
18	Olivia Herring	SO Mount Mercy	10.43m	11.39m	37-04.50	2	
	11.39m 11.15m 11.07m						
19	Talbot Kinney	SO Wartburg	10.68m	11.29m	37-00.50	2	
	8.47m 11.29m 11.03m						
20	Iggy Hook	FR Wartburg		11.16m	36-07.50	1	
	11.16m FOUL 9.23m						
21	Madelyn Wilson	SO North Iowa Area CC	9.31m	10.76m	35-03.75	1	
	9.97m 10.67m 10.76m						
22	Grace Kelley	FR Mount Mercy	10.14m	9.92m	32-06.50	2	
	9.92m FOUL FOUL						
23	Kaylee Hodnefield	SO Grand View	10.45m	9.86m	32-04.25	2	
	8.86m 8.73m 9.86m						
24	Emma Logeman	FR North Iowa Area CC		9.73m	31-11.25	1	
	FOUL 8.89m 9.73m						
25	Jaclyn Wooldridge	FR Mount Mercy	9.99m	9.45m	31-00.00	2	
	FOUL 9.45m FOUL						
26	Jada Westover	FR North Iowa Area CC		9.43m	30-11.25	1	
	9.43m 7.50m 8.91m						
27	Jamie Kerkvliet	FR Upper Iowa		9.34m	30-07.75	1	
	9.34m 9.24m FOUL						
28	Caitlyn Saturno	FR Wartburg		8.74m	28-08.25	1	
	8.70m FOUL 8.74m						
29	Mia Allmon	FR Grand View	9.47m	8.29m	27-02.50	1	
	7.76m 8.11m 8.29m						

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Women Weight Throw**

30 Alexis Penning	FR Grand View	6.96m	8.27m	27-01.75	1
FOUL 8.27m 8.25m					
31 Hannah Brandt	FR Grand View	10.20m	7.76m	25-05.50	2
FOUL 7.76m FOUL					
32 Maya Neymeyer	FR Cornell College	7.49m	6.45m	21-02.00	1
6.45m FOUL FOUL					
-- Marlie Beauchem	SO Clarke	13.10m	FOUL		3
FOUL FOUL FOUL					
-- Kalayah Kaschub	SO North Iowa Area CC		FOUL		1
FOUL FOUL FOUL					
-- Pascaline Koffi	FR North Iowa Area CC		FOUL		1
FOUL FOUL FOUL					
-- Bre Nail	JR Mount Mercy	13.02m	FOUL		3
FOUL FOUL FOUL					
-- Myah Brinker	FR Upper Iowa		DNS		1

Men 60 Meter Dash**8 Advance: Top 1 Each Heat plus Next 3 Best Times**

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Meet Record: M 6.94 1/20/2018 Joshua Raphael, Indian Hills CC

Facility: F 6.82 2016 David Paynotta, UW-River Falls

Name Year School Seed Prelims H#

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Preliminaries

1 Keegan Thompson	JR Mount Mercy	6.87	M 6.92Q	5	
2 Randy Williams	FR Wartburg		7.03Q	4	
3 Derrick Smith	SO Wartburg		7.07Q	1	
4 Deyton Love	SO Wartburg		7.10Q	2	7.094
5 Riley Nolan	SR Wartburg	6.96	7.14Q	3	
6 Jacob Kamara	SO Wartburg	7.23	7.10q	1	7.093
7 Omar Holness	FR Mount Mercy	7.17	7.13q	1	
8 Fabian Brown	SO Grand View	7.33	7.16q	3	
9 Frankie Atwater	FR Wartburg		7.23	5	
10 Derrick Akers	Unattaced		X7.25	1	
11 David Williams	FR Wartburg		7.29	3	7.281
12 Jeffrey Oestreicher	FR Wartburg		7.29	3	7.286
13 Aidan Gruver	FR Wartburg		7.31	3	7.305
14 Caden Miller-Baker	SO Wartburg	7.05	7.31	2	7.307
15 Bruce Huggins	FR North Iowa Area CC		7.33	5	
16 Zander White	FR Wartburg		7.39	2	7.388
16 Mohammad Sanuang	FR North Iowa Area CC		7.39	2	7.388
18 Zach Abbey	SO Wartburg	7.41	7.40	2	
19 Noah Bauereis	FR Wartburg	7.39	7.42	5	7.411
20 Chris Canas	FR Mount Mercy	7.32	7.42	2	7.420
21 River Alvarado	FR Clarke	7.39	7.43	3	
22 Perez Hemmings	SO North Iowa Area CC	7.37	7.46	4	
23 Doniel Greiner	SO Cornell College	7.38	7.47	5	
24 Chukwuebuka Enyinnaya	FR Grand View		7.50	5	
25 Zak Kubitz	SO Wartburg		7.55	2	
26 Kain Sourbeer	FR Clarke	7.49	7.57	1	
27 Ethan Klemme	FR Upper Iowa		7.71	3	
28 Caden Ridgley	FR Wartburg		7.83	4	
29 Morgan Batten	FR Mount Mercy	7.69	7.88	1	
30 Nicholas Goskeson	FR North Iowa Area CC		7.90	4	
-- Gavayne Smith	FR Clarke	6.92	DNS	4	

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Men 60 Meter Dash**

-- Brandon Martin	JR Clarke		DNS	4
-- Carter Bell	JR Mount Mercy	7.39	DNS	4

Men 60 Meter Dash

Meet Record: M	6.94	1/20/2018	Joshua Raphael, Indian Hills CC			
Facility: F	6.82	2016	David Paynotta, UW-River Falls			
Name		Year	School	Prelims	Finals	Points

Finals

1	Keegan Thompson	JR Mount Mercy	6.92	6.87M	10	
2	Derrick Smith	SO Wartburg	7.07	7.04	8	
3	Randy Williams	FR Wartburg	7.03	7.05	6	
4	Omar Holness	FR Mount Mercy	7.13	7.07	5	7.064
4	Deyton Love	SO Wartburg	7.10	7.07		7.064
6	Jacob Kamara	SO Wartburg	7.10	7.14		7.132
6	Riley Nolan	SR Wartburg	7.14	7.14		7.132
8	Fabian Brown	SO Grand View	7.16	7.19	4	

Men 200 Meter Dash

Meet Record: M	22.07	1/23/2016	Robert Iron Shell, Briar Cliff				
Facility: F	21.52	2021	JP Vaught, Centre				
Name		Year	School	Seed	Finals	H#	Points

1	Ceondae Adams	SO Mount Mercy	22.73	22.36	8	10
2	Keegan Thompson	JR Mount Mercy	22.77	22.43	8	8
3	Frankie Atwater	FR Wartburg	24.00	23.22	6	6
4	Omar Holness	FR Mount Mercy	23.37	23.29	7	
5	Jeffrey Oestreicher	FR Wartburg	23.81	23.37	6	5
6	Jordan Schroeder	JR Mount Mercy	22.94	23.50	8	
7	Fabian Brown	SO Grand View	23.20	23.60	7	4
8	Bruce Huggins	FR North Iowa Area CC		23.91	1	3
9	Caden Miller-Baker	SO Wartburg	22.38	23.97	8	
10	Chukwuebuka Enyinnaya	FR Grand View	24.20	24.09	5	2
11	Ezra Denny	SO Grand View	23.59	24.11	7	
12	Mohammad Sanuang	FR North Iowa Area CC		24.30	1	1
13	Chris Canas	FR Mount Mercy		24.38	3	
14	Niko Platre	SO Cornell College	24.22	24.39	5	
15	Doniel Greiner	SO Cornell College	24.45	24.44	4	
16	Zander White	FR Wartburg	24.51	24.53	4	
17	Perez Hemmings	SO North Iowa Area CC	23.82	24.58	6	
18	River Alvarado	FR Clarke	24.33	24.64	5	
19	Gavin Soukup	FR Cornell College	24.35	24.65	5	
20	Nathan Watters	JR Cornell College	24.65	24.70	3	
21	Morgan Batten	FR Mount Mercy	24.00	25.03	6	
22	Caden Ridgley	FR Wartburg	24.50	25.15	4	
23	Walker Sobolik	SO North Iowa Area CC	24.42	25.51	4	
24	Elijah Douglas	FR Clarke		25.54	2	
25	Nicholas Goskeson	FR North Iowa Area CC		26.03	2	
26	Brody Stark	SO Wartburg	26.03	26.22	3	
27	Timothy Miller	SO Clarke		26.27	2	
--	Nate Keiper	SO Mount Mercy	23.00	DNF	7	
--	Brandon Martin	JR Clarke		SCR	1	
--	Tre Fisher	FR Upper Iowa		SCR		

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Men 200 Meter Dash**

-- Jakob Sindlinger	FR North Iowa Area CC	SCR
-- Gavayne Smith	FR Clarke	SCR

Men 400 Meter Dash

Meet Record: M 49.39 1/23/2016 Robert Iron Shell, Briar Cliff
 Facility: F 47.93 2/23/2019 Patrick Mikel, Loras

Name	Year	School	Seed	Finals	H#	Points
1 Leo Desequeira	JR	Grand View	49.69	51.84	2	10
2 Ardadi Adum	FR	Grand View	53.40	53.71	2	8
3 Ky Kaufmann	FR	Mount Mercy	52.98	54.73	2	6
4 Hugo Massa	SO	North Iowa Area CC		54.80	1	5
5 Alex Pitts	FR	Upper Iowa		55.48	1	4
6 Jayton Poole	FR	Grand View		55.61	1	
7 Kain Sourbeer	FR	Clarke	56.20	55.69	2	3
8 Dylan Novak	FR	North Iowa Area CC		57.67	1	2
9 Ethan Larson	FR	Grand View		58.12	1	
-- Timothy Miller	SO	Clarke		SCR	1	
-- Hayden McCormac	FR	Wartburg		SCR		

Men 600 Meter Run

Meet Record: M 1:20.51 1/23/2016 Jim Warren, St. Ambrose
 Facility: F 1:26.15 1/15/2022 Nathan Goranson, Upper Iowa

Name	Year	School	Seed	Finals	H#	Points
1 Jensen Clapp	SO	Wartburg	1:23.30	1:24.35F	3	10
2 Nathan Goranson	JR	Upper Iowa	1:25.56	1:25.25F	2	8
3 Carson Sansenbach	FR	Clarke	1:24.50	1:25.86F	3	6
4 Jordan Schroeder	JR	Mount Mercy	1:23.45	1:26.67	3	5
5 Keyshawn Harris	FR	Wartburg	1:24.00	1:27.12	3	4
6 Isaac Davis	SO	Grand View	1:28.05	1:28.37	2	3
7 Kole Haverly	SO	Clarke	1:24.50	1:29.03	3	2
8 Nate Keiper	SO	Mount Mercy	1:24.74	1:29.60	2	1
9 Stephen Elliott	SO	Wartburg	1:30.00	1:29.65	2	
10 Drake Strnad	SO	Wartburg		1:30.04	1	
11 Nathan Skala	JR	Mount Mercy	1:25.67	1:33.66	2	
12 Marcus Holman	FR	Upper Iowa		1:34.17	1	
13 Collin Duax	FR	Upper Iowa		1:37.36	1	
-- Peyton Halverson	FR	Upper Iowa		SCR	1	

Men 800 Meter Run

Meet Record: M 1:55.54 1/24/2015 Skyler Giddings, Northwestern (Iowa)
 Facility: F 1:51.31 3/13/2021 Mike Jasa, Loras

Name	Year	School	Seed	Finals	Points
1 Bryson Canton	FR	North Iowa Area CC		2:00.99	10
2 Brady Cortez	FR	Mount Mercy	1:59.85	2:03.19	8
3 Bryce Kondos	FR	Clarke	2:02.00	2:07.19	6
4 Irvin Forkpa	FR	Mount Mercy	2:04.22	2:11.89	5
5 Hugo Massa	SO	North Iowa Area CC	2:10.58	2:12.69	4
6 Alfred Kiptoo	SO	North Iowa Area CC	2:12.83	2:13.51	
7 Vlad Starrett	FR	North Iowa Area CC		2:23.25	

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Men 800 Meter Run**

8 Chris Marquardt	FR North Iowa Area CC	2:24.42
-- Jacob Vais	FR North Iowa Area CC	SCR

Men 1000 Meter Run

Meet Record: M 2:30.31 1/24/2015 Mitchell Schleis, Briar Cliff

Facility: F 2:26.75 2019 Zach Lee, Wis-Platteville

Name	Year School	Seed	Finals	H#	Points
1 Isaiah Wittrock	SR Grand View	2:27.27	2:29.18M	2	10
2 Carter Huyser	SR Grand View	2:29.91	2:31.20	2	8
3 Carter Cruise	SO Wartburg	2:32.00	2:32.47	2	6
4 Wyatt Schmidt	SR Wartburg	2:28.00	2:33.10	2	5
5 Nicolas Thompson	FR Grand View	2:37.00	2:39.11	2	
6 Jacob VanderWilt	JR Wartburg	2:38.38	2:41.64	2	
7 Carson Sansenbach	FR Clarke	2:34.00	2:43.48	2	4
8 Jacob Keay	SO Wartburg	2:38.00	2:43.64	2	
9 Joe Hasken	SO Wartburg	2:38.00	2:44.07	2	
10 Samuel Schaefer	FR Wartburg	2:42.00	2:46.88	1	
11 Oscar Lopez	JR Mount Mercy	2:39.37	2:52.79	2	3
12 Bryce Baker	JR Upper Iowa	2:53.49	2:54.92	1	2
13 Dalton Baker	SR Upper Iowa	3:00.85	3:08.67	1	1
14 Chance Adam	FR Upper Iowa		3:08.79	1	
15 Jacob Large	SR Grand View	3:08.12	3:12.39	1	
16 Parker Gourley	FR Grand View	3:16.98	3:15.95	1	
-- Chantz Minear	SO Grand View	3:09.71	SCR	1	
-- Owen Bovenmyer	FR Mount Mercy	2:55.00	SCR	1	
-- Luke Munsey	JR Mount Mercy	2:43.65	SCR		

Men 1 Mile Run

Meet Record: M 4:21.91 1/21/2017 Jerry Frawley, Wartburg

Facility: F 4:10.19 3/5/2022 Justin Krause, Wis.-Whitewater

Name	Year School	Seed	Finals	H#	Points
1 Sam Madson	Unattaced	4:30.00	X4:31.55	2	
2 Shane Erb	FR Wartburg	4:22.00	4:35.03	2	10
3 Isaak Hutchings	SO Cornell College	4:32.00	4:36.95	2	8
4 Bryson Canton	FR North Iowa Area CC		4:37.65	1	6
5 Ryan Clancy	JR Mount Mercy	4:30.59	4:40.42	2	5
6 Aiden Housman	SO Wartburg	4:43.48	4:43.15	2	4
7 Bryce Kondos	FR Clarke	4:41.38	4:47.27	2	3
8 Fisher Isaacson	SO Cornell College	4:40.00	4:49.76	2	2
9 Jacob Vais	FR North Iowa Area CC		4:52.10	1	1
10 Quinn Swift	FR Mount Mercy	4:44.33	4:52.45	2	
11 Owen Pries	FR Wartburg	4:35.00	4:52.71	2	
12 Alfred Kiptoo	SO North Iowa Area CC	5:21.57	4:54.96	1	
13 Parker Voigt	FR Cornell College	4:55.00	4:55.54	2	
14 David Snider	SR Upper Iowa	4:52.64	4:56.31	2	
15 Vlad Starrett	FR North Iowa Area CC		4:58.42	1	
16 Ryan Mofidi	SO Cornell College		4:59.79	1	
17 Trent Sivola	SR Grand View	4:53.15	5:01.41	2	
18 Brodie Callahan	FR Cornell College	4:55.00	5:03.55	2	
19 Drew Pate	FR Clarke		5:10.28	1	
20 Ethyn Chesnut	SO Cornell College		5:18.26	2	

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Men 1 Mile Run**

21	Luke Wiley	FR	Cornell College		5:22.07	1
22	Charlie Link	SO	Cornell College		5:25.24	1
23	Dane Markegard	SO	Cornell College		6:17.36	1
24	Owen Bovenmyer	FR	Mount Mercy	5:10.22	6:19.16	1
--	Chris Marquardt	FR	North Iowa Area CC		DNF	1
--	Brice Rhodes	JR	Wartburg	5:08.53	DNS	1
--	Daniel Miller	JR	Clarke		SCR	

Men 3000 Meter Run

Meet Record: M 8:25.80 1/15/2022 Christopher Collet, Wartburg
 Facility: F 8:19.87 3/7/2020 Brad Hodkinson, Washington U

Name	Year School	Seed	Finals	H#	Points
1 Jacob Green	SO Wartburg	8:51.36	8:33.15	2	10
2 Connor Lancial	SO Wartburg	8:49.71	8:33.17	2	8
3 Jack Kinzer	SO Wartburg	8:58.87	8:35.33	2	
4 Clay Pehl	SO Wartburg	8:48.07	8:46.29	2	
5 Nick Henry	JR Wartburg	8:34.79	8:50.31	2	
6 Lance Sobaski	FR Wartburg	8:50.00	8:54.67	2	
7 Gabe Soda	SO Cornell College	8:55.00	8:56.62	2	6
8 Carson Rygh	SO Wartburg	9:15.00	9:05.96	1	
9 Seth Bailey	FR Wartburg	8:50.00	9:07.20	2	
10 Thomas Coble	FR Cornell College	9:00.00	9:08.31	1	5
11 Colin Greenwell	SO Wartburg	9:14.96	9:13.96	1	
12 Michael Schmitz	JR Wartburg	9:15.70	9:16.62	1	
13 Ahren Davis	SR Grand View	8:55.00	9:17.89	2	4
14 Tyler Bilskie	SO Cornell College	9:20.00	9:32.30	1	
15 Gonzalo Gaytan	SR Grand View	9:22.91	9:42.73	1	3
16 Arthur Meyers	FR Wartburg	9:40.00	9:42.81	1	
17 Bert Cortez	SO Wartburg		10:12.40	1	
18 Connor Sattler	FR Wartburg	9:40.00	10:13.56	1	
19 Josh Scholl	JR Mount Mercy	11:24.55	12:08.75	1	2
-- Noah Lutzke	SO Cornell College	9:00.00	DNF	1	
-- Christopher Collett	Unattaced		XDNF	2	
-- Stevie Salas	SO Grand View	8:55.00	SCR	2	
-- Jack Meyers	SO Wartburg	9:15.53	SCR	1	

Men 5000 Meter Run

Meet Record: M 14:32.34 1/16/2021 Joe Freiburger, Wartburg
 Facility: F 14:25.87 3/7/2021 Joe Freiburger, Wartburg

Name	Year School	Seed	Finals	Points
1 Sam Schmitz	SO Wartburg	14:52.40	14:55.95	10
2 Michael Goodenbour	SO Wartburg	15:07.41	15:13.48	8
3 Morgan Shirley-Fairbairn	SR Wartburg	14:46.34	15:23.65	
4 Eli Larson	FR Wartburg	15:30.00	15:26.74	
5 Cameron Noreen	FR Wartburg	15:45.00	15:47.37	
6 Ian Barry	SO Wartburg	15:30.17	15:54.86	
7 Sergio Lizarraga	FR Mount Mercy	15:50.00	15:59.05	6
8 Paul Hoopes	SO Wartburg	16:50.45	16:00.92	
9 Ali Ali	Unattaced		X16:11.39	
10 Gavin Roy	SO Wartburg	16:01.82	16:20.58	
11 Andrew Poock	SO Wartburg	15:59.83	16:35.27	

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Men 5000 Meter Run**

12 Lukas Lamparek	SO Mount Mercy	16:25.88	16:42.34	5
13 Felix Grave	SO Mount Mercy	16:53.16	17:20.63	
14 Nathaniel Knutson	SO Wartburg	16:41.89	17:22.52	
15 Noah Cokel	JR Mount Mercy	17:24.00	17:26.06	
16 Ryan Mitchell	FR Mount Mercy	16:15.00	17:42.42	
17 Matt Hellige	JR Mount Mercy	17:25.00	18:46.62	
-- Christopher Collett	Unattaced		XDNF	
-- Jacob Green	SO Wartburg	14:38.19	DNS	

Men 60 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

Meet Record: M	8.16	1/16/2021	Dallas Wright, Wartburg			
Facility: F	7.99	3/5/2022	Deyton Love, Wartburg			
Name		Year	School	Seed	Prelims	H#

Preliminaries

1 Deyton Love	SO Wartburg	7.99	M 8.16Q	2
2 Chantz Minear	SO Grand View	8.19	8.30Q	1
3 Ceondae Adams	SO Mount Mercy	8.31	8.26q	2
4 Tyler Miller	SR Grand View	8.16	8.37q	1
5 Spencer Thomas	JR Grand View	8.62	8.64q	1
6 Kevin Curet	SR Grand View	8.52	8.70q	1
7 Dalton Closson	SR Wartburg	8.72	8.89q	2
8 Zak Kubitz	SO Wartburg		8.90q	2
9 Brayden Kolosick	FR Mount Mercy	9.03	8.96	2
10 Mason Thompson	SO Grand View	8.51	8.99	2
11 Lincoln Kleese	JR Wartburg	9.37	9.19	1
12 Brody Stark	SO Wartburg	9.69	9.52	1
13 Dylan Novak	FR North Iowa Area CC		9.54	2

Men 60 Meter Hurdles

Meet Record: M	8.16	1/16/2021	Dallas Wright, Wartburg			
Facility: F	7.99	3/5/2022	Deyton Love, Wartburg			
Name		Year	School	Prelims	Finals	Points

Finals

1 Deyton Love	SO Wartburg	8.16	8.13M	10
2 Chantz Minear	SO Grand View	8.30	8.21	8
3 Ceondae Adams	SO Mount Mercy	8.26	8.22	6
4 Tyler Miller	SR Grand View	8.37	8.32	5
5 Spencer Thomas	JR Grand View	8.64	8.63	
6 Kevin Curet	SR Grand View	8.70	8.74	
7 Zak Kubitz	SO Wartburg	8.90	8.95	4
-- Dalton Closson	SR Wartburg	8.89	SCR	

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****Men 4x400 Meter Relay**

=====					
Meet Record: M 3:23.33	1/23/2016	Briar Cliff, Briar Cliff			
		R Muncy, T Ezimora, R Iron Shell, J Roden			
Facility: F 3:15.64	3/7/2020	Washington U., Washington U			
		A Whitaker, A Santoro, G Dimailig, J Wagner			
School		Seed	Finals	H#	Points
=====					
1 Wartburg		3:21.00	3:23.70	3	10
1) Zach Abbey SO		2) Noah Bauereis FR			
3) Jensen Clapp SO		4) Dalton Closson SR			
2 Wartburg 'B'		3:21.00	3:25.92	3	
1) Aidan Gruver FR		2) Keyshawn Harris FR			
3) Zak Kubitz SO		4) Deyton Love SO			
3 Grand View		3:24.10	3:32.04	3	8
1) Tyler Miller SR		2) Spencer Thomas JR			
3) Leo Desequeira JR		4) Kevin Curet SR			
4 Wartburg 'C'		3:25.00	3:32.11	2	
1) Riley Nolan SR		2) Derrick Smith SO			
3) Wyatt Schmidt SR		4) Randy Williams FR			
5 Wartburg 'D'		3:30.00	3:33.07	2	
1) Stephen Elliott SO		2) Jack Goedken SO			
3) Joe Hasken SO		4) Drake Strnad SO			
6 Mount Mercy		3:32.32	3:36.87	2	6
1) Ky Kaufmann FR		2) Brayden Kolosick FR			
3) Brady Cortez FR		4) Ryan Clancy JR			
7 Grand View 'B'		3:30.16	3:37.58	2	
1) Ardadi Adum FR		2) Nicolas Thompson FR			
3) Isaac Davis SO		4) Ezra Denny SO			
8 Clarke		3:35.00	3:39.75	1	5
1) Brody Deitering FR		2) Carson Sansenbach FR			
3) Daniel Miller JR		4) Kole Haverly SO			
9 North Iowa Area CC		3:30.00	3:40.36	3	4
1) Walker Sobolik SO		2) Dylan Novak FR			
3) Bryson Canton FR		4) Hugo Massa SO			
10 Mount Mercy 'B'		3:36.02	3:44.07	1	
1) Oscar Lopez JR		2) Quinn Swift FR			
3) Irvin Forkpa FR		4) Luke Munsey JR			
11 Wartburg 'E'		3:33.00	3:44.27	2	
1) David Williams FR		2) Carter Cruise SO			
3) Jacob VanderWilt JR		4) Aiden Housman SO			
12 Upper Iowa		3:26.78	3:44.53	3	3
1) Alex Pitts FR		2) Ethan Klemme FR			
3) Collin Duax FR		4) Nathan Goranson JR			
13 Wartburg 'F'		3:37.00	3:45.69	1	
1) Jacob Keay SO		2) Samuel Schaefer FR			
3) Owen Pries FR		4) Shane Erb FR			
14 North Iowa Area CC 'C'		3:40.00	4:03.78	1	
1) Perez Hemmings SO		2) Vlad Starrett FR			
3) Chris Marquardt FR		4) Alfred Kiptoo SO			
-- North Iowa Area CC 'B'		3:35.00	SCR	1	
1) Nicholas Goskeson FR		2) Matthew Seberson SO			
3) Fabian Steene FR		4) Jacob Vais FR			

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****Men High Jump**

Meet Record: M 2.02m 1/23/2016 Cornelius McCastle, William Penn							
Facility: F 2.10m 2011 Jonas Elusme, Wartburg College							
Name	Year	School	Seed	Finals	Points		
1 Luke Nickelson		JR Mount Mercy	1.88m	2.00m	6-06.75	10	
1.85 1.90 1.95 2.00 2.05							
O O XO O XXX							
2 Tyler Kell		FR Clarke	2.02m	2.00m	6-06.75	8	
1.80 1.85 1.90 1.95 2.00 2.05							
O O O O XO XXX							
3 Fabian Steene		FR North Iowa Area CC		2.00m	6-06.75	6	
1.70 1.75 1.80 1.85 1.90 1.95 2.00 2.05							
O O O XO XO XXO XO XXX							
4 Chantz Minear		SO Grand View	1.82m	1.80m	5-10.75	5	
1.80 1.85							
O XXX							
5 James Vandun		JR Clarke	1.87m	1.80m	5-10.75	4	
1.70 1.75 1.80 1.85							
O XO O XXX							
6 Ethan Klemme		FR Upper Iowa		1.80m	5-10.75	3	
1.75 1.80 1.85							
XO XO XXX							
7 Nathan Black		FR Grand View	1.87m	1.75m	5-08.75	2	
1.70 1.75 1.80							
XO XXO XXX							
-- Dustin Mohler		FR Wartburg		NH			
1.65							
XXX							
-- Cole Eberly		FR Mount Mercy	1.80m	NH			
1.75							
XXX							
-- Dalton Closson		SR Wartburg	1.83m	DNS			
-- Cade Cowan		JR Cornell College	1.70m	DNS			

Men Pole Vault

Meet Record: M 4.55m 1/23/2016 Paul Hill, Graceland							
Facility: F 5.62m 2008 Jacob Pauli, Nike							
Name	Year	School	Seed	Finals	Points		
1 James Vandun		JR Clarke	3.80m	4.10m	13-05.25	10	
3.65 3.80 3.95 4.10 4.25							
O XO XXO XO XXX							
2 Trey Faherty		FR Wartburg		4.10m	13-05.25	8	
4.10 4.25							
XXO XXX							
3 Carson Collet		SO Wartburg	3.81m	3.95m	12-11.50	6	
3.80 3.95 4.10							
O XO XXX							
4 Timothy Miller		SO Clarke	3.96m	3.80m	12-05.50	5	
3.65 3.80 3.95							
XO XO XXX							
5 Nathan MacDonald		SR Wartburg	3.63m	3.65m	11-11.75		
3.35 3.50 3.65 3.80							
O XO XXO XXX							

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Men Pole Vault**

6	Jacob Large	SR Grand View	3.55m	3.50m	11-05.75	4
	3.05 3.20 3.35 3.50 3.65					
	XO XO XO XXO XXX					
7	Nathan Black	FR Grand View	2.75m	3.05m	10-00.00	3
	2.45 2.60 2.75 2.90 3.05 3.20					
	O O O XO O XXX					
--	Parker Gourley	FR Grand View	3.05m	NH		
	2.90					
	XXX					

Men Long Jump

Meet Record: M 7.17m 1/23/2016 Tirrell Brooks, Graceland

Facility: F 7.36m 2/22/2019 Famiek Cook, Wartburg

Name	Year	School	Seed	Finals	H#	Points
1 Keegan Rich	SR	Wartburg	6.89m	6.61m	21-08.25	2 10
	FOUL FOUL	6.49m FOUL	6.25m 6.61m			
2 Jaylen Hobson	SR	Upper Iowa	6.85m	6.33m	20-09.25	2 8
	6.33m 6.09m	5.99m 6.24m	FOUL 6.18m			
3 Alex Pitts	FR	Upper Iowa		6.23m	20-05.25	1 6
	FOUL 6.23m	FOUL FOUL	6.09m FOUL			
4 Brandon Martin	JR	Clarke	6.60m	6.22m	20-05.00	2 5
	6.22m 5.88m	PASS PASS	PASS PASS			
5 Nathan Black	FR	Grand View	6.16m	6.02m	19-09.00	2 4
	FOUL 6.02m	5.92m 5.80m	5.92m 6.01m			
6 Ezra Denny	SO	Grand View	6.06m	5.98m	19-07.50	1 3
	5.98m FOUL	FOUL FOUL	FOUL 5.84m			
7 Carter Bell	JR	Mount Mercy	6.15m	5.95m	19-06.25	2 2
	5.54m 5.89m	5.79m 5.86m	5.95m 5.79m			
8 Gavin Soukup	FR	Cornell College	6.02m	5.88m	19-03.50	1 1
	5.87m 5.88m	5.83m 5.68m	5.56m 5.74m			
9 Ollie Wear	FR	Mount Mercy	6.32m	5.81m	19-00.75	2
	5.81m 5.42m	PASS 5.62m	5.45m 0.55m			
10 Elijah Douglas	FR	Clarke		5.70m	18-08.50	1
	FOUL 5.70m	5.67m				
11 Jacob Large	SR	Grand View	6.03m	5.67m	18-07.25	1
	5.57m 5.67m	5.44m				
12 Matthew Seberson	SO	North Iowa Area CC	6.41m	5.59m	18-04.25	2
	5.51m 5.59m	5.56m				
13 Niko Platre	SO	Cornell College		5.57m	18-03.25	1
	5.57m 5.56m	5.37m				
14 Walker Sobolik	SO	North Iowa Area CC	6.29m	5.50m	18-00.50	2
	5.50m 5.35m	5.33m				
15 Nathan Watters	JR	Cornell College	5.86m	5.42m	17-09.50	1
	5.41m 5.42m	5.37m				
16 Parker Gourley	FR	Grand View	5.56m	5.21m	17-01.25	1
	5.00m 4.58m	5.21m				
--	James Vandun	JR Clarke	6.67m	FOUL		1
	FOUL FOUL	FOUL				
--	Tre Fisher	FR Upper Iowa		DNS		1
--	Jabron Lee	FR Clarke	6.40m	DNS		2

The W Results - All

Meet Record: M 17.81m 1/24/2015 Colt Feltes, Wartburg									
Facility: F 18.58m 2015 Colt Feltes, Wartburg College									
Name	Year	School	Seed	Finals			H#	Points	
1 Mason Lobeck		SO Wartburg	15.12m	15.50m	50-10.25	2	10		
15.00m 14.28m 15.09m 14.63m 14.79m 15.50m									
2 Hunter Crew		FR Mount Mercy	14.18m	14.61m	47-11.25	2	8		
13.58m 13.28m 13.43m 14.61m FOUL 14.04m									
3 Blake Willey		SO Grand View	14.02m	14.49m	47-06.50	2	6		
13.47m 14.06m FOUL FOUL 14.49m 13.48m									
4 Niles Siefken		SR Grand View	14.98m	14.26m	46-09.50	2	5		
FOUL 13.62m FOUL 14.26m 13.98m FOUL									
5 Caleb Rutherford		JR Mount Mercy	15.49m	14.00m	45-11.25	2	4		
FOUL FOUL 13.44m 14.00m 13.42m FOUL									
6 Justice Miller		SO Grand View	14.95m	13.95m	45-09.25	2			
12.71m 12.41m 13.95m 12.91m FOUL 13.26m									
7 Felipe Castro		SO Mount Mercy	14.36m	13.87m	45-06.25	2			
13.87m FOUL FOUL FOUL FOUL 13.37m									
8 Graeson Trevino		SR Wartburg	15.04m	13.74m	45-01.00	2	3		
12.26m 13.67m FOUL 13.16m 12.22m 13.74m									
9 Mitchell Miller		SR Mount Mercy	13.43m	13.57m	44-06.25	2			
13.07m 13.57m FOUL FOUL FOUL FOUL									
10 Nathan Watters		JR Cornell College	12.67m	12.53m	41-01.50	1	2		
11.84m 12.38m 12.53m									
11 Christian Nunley		SO Wartburg	13.17m	12.48m	40-11.50	2			
11.89m 12.48m FOUL									
12 Omar Salinaas		FR Mount Mercy	13.60m	12.41m	40-08.75	2			
FOUL 12.41m FOUL									
13 Levi Bryn		FR Mount Mercy	12.07m	12.06m	39-07.00	1			
12.06m 11.62m 12.01m									

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Men Shot Put**

14	Brennen Matthews	FR Upper Iowa	12.00m	39-04.50	1	1
	12.00m 11.85m 11.92m					
15	Aizik Hodak	JR Wartburg	13.02m	12.00m	39-04.50	2
	12.00m FOUL 11.51m					
16	Kaden Schilling	SO Mount Mercy	12.62m	11.87m	38-11.50	1
	11.87m FOUL 10.85m					
17	Brody Herriott	SO Wartburg	10.77m	11.69m	38-04.25	1
	10.80m 11.69m 10.15m					
18	Nate Jones	SO Mount Mercy	12.98m	11.69m	38-04.25	1
	11.69m FOUL FOUL					
19	Eli Keahna	FR Wartburg	11.64m	38-02.25	1	
	10.09m 11.16m 11.64m					
20	Adam Teare	SO Wartburg	12.30m	11.58m	38-00.00	1
	FOUL 11.58m FOUL					
21	Brody Deitering	FR Clarke	11.82m	11.56m	37-11.25	1
	11.56m 11.29m 11.54m					
22	Caden Sussex	SO Grand View	13.03m	11.41m	37-05.25	2
	FOUL 11.41m FOUL					
23	Wyatt Wilkins	JR Clarke	13.00m	11.27m	36-11.75	2
	11.27m FOUL FOUL					
24	Alexander Paulson	SO Mount Mercy	11.60m	11.00m	36-01.25	1
	10.76m 11.00m 10.99m					
25	Michael Bahu	SO Cornell College	8.85m	9.63m	31-07.25	1
	9.53m 9.63m 9.49m					
26	Matthew Corley	JR Cornell College	10.07m	9.36m	30-08.50	1
	9.30m 8.81m 9.36m					
27	Andrew Corley	JR Cornell College	10.09m	8.97m	29-05.25	1
	8.92m 8.73m 8.97m					
28	Brevin Hahn	JR Cornell College	8.76m	8.74m	28-08.25	1
	8.74m 8.56m 7.72m					
--	Nicholas Yelkin	SO Cornell College	10.38m	FOUL		1
	FOUL FOUL FOUL					

Men Weight Throw

Meet Record: M 20.30m 1/19/2019 James Plummer, Grand View									
Facility: F 21.71m 3/2/2019 Andrew Jarrett, Wis.-La Crosse									
Name	Year	School	Seed	Finals	H#	Points			
1 Mitchell Miller	SR	Mount Mercy	16.45m	16.58m	54-04.75	2	10		
	16.36m	FOUL	16.58m	FOUL	FOUL	FOUL			
2 Kaden Schilling	SO	Mount Mercy	12.64m	15.55m	51-00.25	2	8		
	13.91m	15.55m	14.06m	14.91m	14.14m	FOUL			
3 Felipe Castro	SO	Mount Mercy	13.63m	15.31m	50-02.75	2			
	14.15m	15.31m	FOUL	FOUL	FOUL	FOUL			
4 Christian Nunley	SO	Wartburg	15.57m	15.17m	49-09.25	2	6		
	13.83m	15.04m	15.05m	14.66m	FOUL	15.17m			
5 Aizik Hodak	JR	Wartburg	15.27m	14.79m	48-06.25	2	5		
	13.97m	14.79m	14.23m	FOUL	FOUL	13.51m			
6 Caden Sussex	SO	Grand View	14.11m	14.40m	47-03.00	2	4		
	14.40m	14.27m	FOUL	FOUL	14.40m	FOUL			
7 Niles Siefken	SR	Grand View	14.10m	14.15m	46-05.25	2	3		
	12.47m	13.50m	14.02m	14.15m	13.09m	13.97m			
8 Blake Willey	SO	Grand View	13.17m	14.08m	46-02.50	2			
	14.00m	13.86m	14.08m	FOUL	FOUL	FOUL			

Chelsey M Henkenius Invitational - 1/14/2023**The W
Results - All****....Men Weight Throw**

9	Justice Miller	SO Grand View	13.87m	13.96m	45-09.75	2	
	13.15m 13.67m 13.61m	FOUL 13.96m 12.38m					
10	Omar Salinaas	FR Mount Mercy	10.21m	13.55m	44-05.50	1	
	13.55m 11.33m 11.31m						
11	Adam Teare	SO Wartburg	12.50m	13.26m	43-06.00	2	
	11.43m 13.26m 12.41m						
12	Eli Keahna	FR Wartburg		12.87m	42-02.75	1	
	12.87m 12.85m 12.53m						
13	Gage Cates	SO Wartburg	12.37m	12.43m	40-09.50	2	
	12.43m 12.30m FOUL						
14	Mason Lobeck	SO Wartburg	12.13m	12.39m	40-07.75	1	
	11.70m 12.39m FOUL						
15	Matthew Corley	JR Cornell College	11.08m	11.86m	38-11.00	1	2
	10.99m 11.17m 11.86m						
16	Alexander Paulson	SO Mount Mercy	11.94m	11.58m	38-00.00	1	
	11.55m FOUL 11.58m						
17	Nicholas Yelkin	SO Cornell College	10.00m	11.36m	37-03.25	1	1
	11.23m 11.25m 11.36m						
18	Brennen Matthews	FR Upper Iowa		11.26m	36-11.50	1	
	11.26m 10.51m FOUL						
19	Grady Robinson	SO Wartburg	12.26m	10.82m	35-06.00	1	
	FOUL 10.82m FOUL						
20	Graeson Trevino	SR Wartburg	11.91m	10.81m	35-05.75	1	
	FOUL 10.81m 10.57m						
21	Andrew Corley	JR Cornell College	11.57m	10.75m	35-03.25	1	
	10.75m 8.78m 10.41m						
22	Michael Bahu	SO Cornell College		10.57m	34-08.25	1	
	10.57m 9.12m 7.69m						
23	Levi Bryn	FR Mount Mercy	8.75m	10.34m	33-11.25	1	
	10.34m FOUL 9.51m						
24	Trent Polley	FR Wartburg		9.57m	31-04.75	1	
	FOUL 9.57m 5.97m						
25	Brevin Hahn	JR Cornell College	8.27m	8.17m	26-09.75	1	
	8.17m 7.82m 7.96m						
--	Hunter Crew	FR Mount Mercy	13.26m	FOUL		2	
	FOUL FOUL FOUL						
--	Caleb Rutherford	JR Mount Mercy	15.21m	FOUL		2	
	FOUL FOUL FOUL						
--	Wyatt Wilkins	JR Clarke	12.95m	FOUL		2	
	FOUL FOUL FOUL						

Women - Team Rankings - 17 Events Scored

1) Wartburg	210	2) Mount Mercy	101
3) Grand View	89	4) Clarke	74
5) Cornell College	51	6) Upper Iowa	48
7) North Iowa Area CC	5		

Men - Team Rankings - 17 Events Scored

1) Wartburg	184	2) Mount Mercy	143
3) Grand View	116	4) Clarke	67
5) North Iowa Area CC	45	6) Upper Iowa	42
7) Cornell College	29		