

Liz Wuertz Invitational - 2/18/2023

The W
Results - All

Event 23 Women 60 Meter Hurdles

Meet: 9.06 M 2021 Elayna Bahl

Facility: 8.62 F 3/13/2021 Kelsie Sealock

Name	Yr	School	Prelims
Preliminaries			
1	Sailor Hinegardner	SR Wartburg	9.17q
2	Aricka Lambson	JR Wartburg	9.31q
3	Audrey Arnold	SO Simpson (Iowa)	9.37q
4	Abby Gruver	SO Central College	9.87q
5	Aaliyah Johnson	SO Simpson (Iowa)	10.01q
6	Jocelyn Haack	JR Wartburg	10.06q
7	Hailey Carolan	FR Cornell College	10.24q
8	Karsyn Lamm	SO Central College	10.25q
9	Leah Ries	FR Upper Iowa	10.29
10	Brooke Shafer	SO Wartburg	10.35
11	Akyma Bush	JR Wartburg	10.62
12	Cailyn Wright	SO Coe	10.68
13	Ryin Lehmann	JR Wartburg	10.72
14	JayLyn Moore	FR Wartburg	10.84
15	Sadie Staker	JR Grinnell	10.90
16	Cielo Piceno	SO Coe	11.04
17	Morgana Goodlow	JR Coe	12.21

Event 24 Men 60 Meter Hurdles

Meet: 8.02 M 2022 Dallas Wright

Facility: 8.06 F 3/7/2021 Deyton Love

Name	Yr	School	Prelims
Preliminaries			
1	Max Cleveland	JR Simpson (Iowa)	8.18q
2	Deyton Love	SO Wartburg	8.40q
3	Brenden Godbout	SO Simpson (Iowa)	8.73q
4	Gunner Meyer	FR Upper Iowa	8.74q
5	Zak Kubitz	SO Wartburg	8.76q
6	Keegan Rich	SR Wartburg	8.76q
7	Connor Miklos	SO Central College	8.81q
8	Ulysses Patterson	SO Simpson (Iowa)	8.90q
9	Alex Pitts	FR Upper Iowa	8.96
10	Clarke Latcham	SO Simpson (Iowa)	8.98
11	Xavier James	SO Grinnell	9.64
12	Noah Mendola	FR Grinnell	9.86
13	Jake Coon	FR Cornell College	10.33

Event 3 Women 60 Meter Dash

Meet: 7.80 M 2020 Aleenah Marcucci

Facility: 7.59 F 2/22/2019 Gabrielle Noland

Name	Yr	School	Prelims
Preliminaries			
1	Mikala Sidney	JR Wartburg	7.87q
2	Emily McMartin	FR Central College	7.92q
3	JoJo Tyynismaa	FR Wartburg	7.96q
4	Willa Sickelka	FR Central College	8.00q
5	Mary Gustason	FR Central College	8.00q
6	Jillian Dodds	FR Upper Iowa	8.02q
7	Olivia Tollari	FR Wartburg	8.12q
8	Makenzie Foelske	FR Wartburg	8.16q

9	Rachel Nagel	SO Wartburg	8.23
9	Ella Aulwes	FR Wartburg	8.23
11	Sailor Hinegardner	SR Wartburg	8.32
12	Maya Cable	SO Wartburg	8.33
13	Carolina Regalado	SO Upper Iowa	8.33
14	Sabryn Egli	FR Central College	8.38
15	Arryss Forbes	SO Simpson (Iowa)	8.41
16	Shaniah Johnson	SO Wartburg	8.48
17	Kaylee Tedrow	FR Wartburg	8.50
18	Hailey Foxhoven	SO Wartburg	8.56
19	Caitlyne Mar	SO Cornell College	8.60
20	Jocelyn Haack	JR Wartburg	8.78
21	Aaminah Dishman	SO Coe	9.22
22	McKenzie Mohlencamp	FR Upper Iowa	9.22
23	Melissa Sanchez	FR Simpson (Iowa)	9.37
24	Alyssa Mente	FR Central College	9.43

Event 4 Men 60 Meter Dash

Meet: 6.88 M 2021 Josh Smith

Facility: 6.82 F 2016 David Paynotta

Name	Yr	School	Prelims
Preliminaries			
1	Lucas Fadden	FR Grinnell	7.02q
2	Riley Nolan	SR Wartburg	7.10q
3	Derrick Smith	SO Wartburg	7.10q
4	Randy Williams	FR Wartburg	7.11q
5	Aidan Gruver	FR Wartburg	7.20q
6	Alexander Hiser	SR Grinnell	7.22q
7	Jacob Kamara	SO Wartburg	7.22q
8	Caden Miller-Baker	SO Wartburg	7.26q
9	Brian Hart	SO Central College	7.32
9	Jeffrey Oestreicher	FR Wartburg	7.32
11	Jackson Moats	SO Central College	7.32
12	Dalton Closson	SR Wartburg	7.33
13	Ulysses Patterson	SO Simpson (Iowa)	7.34
14	Niko Platre	SO Cornell College	7.34
15	Zander White	FR Wartburg	7.36
16	Doniel Greiner	SO Cornell College	7.37
17	Joseph Sams	FR Simpson (Iowa)	7.37
18	Ian Neyens	SO Wartburg	7.39
19	Shaymus Santiago	FR Simpson (Iowa)	7.39
20	Clarke Latcham	SO Simpson (Iowa)	7.40
21	Noah Bauereis	FR Wartburg	7.42
22	Connor Christophersen	0 Iowa Track and F	7.46
23	Ace Perrien	FR Coe	7.46
24	Jalen Wynter	FR Wartburg	7.48
25	Frankie Atwater	FR Wartburg	7.48
26	Brayden Trebon	JR Coe	7.49
27	Keaton Fitzgerald	FR Grinnell	7.50
28	Dillan Gulley	SO Simpson (Iowa)	7.56
29	Luke Stefan	SO Grinnell	7.56
30	Laquanta Crawford	FR Cornell College	7.60
31	Luca Fornari	SO Grinnell	7.61
32	Ausar Alexander	JR Coe	7.62
33	Joe Dufoe	FR Coe	7.62
34	Erik Hite	0 Iowa Track and F	7.63

Liz Wuertz Invitational - 2/18/2023

The W
Results - All

Preliminaries ... (Event 4 Men 60 Meter Dash)

Name	Yr	School	Prelims
35 Ezra Blasi	FR	Central College	7.67
36 Brian Segura		Iowa Track and F	7.72
37 Caden Ridgley	FR	Wartburg	7.74
38 Will Reyes	FR	Grinnell	7.80
39 Brody Stark	SO	Wartburg	7.86
40 Johnny Saucada	FR	Coe	7.91
41 Skyler Higdon	SO	Coe	8.81

Event 19 Women 5000 Meter Run

Meet: 16:50.82 M 2021 Kassie Rosenbum

Facility: 16:50.82 F 2/20/2021 Kassie Rosenbum

Name	Yr	School	Finals
Finals			
1 Lillian Boge	FR	Wartburg	19:00.50
2 Macey White	SR	Upper Iowa	19:47.69
3 Sophia Ford	SO	Grinnell	20:34.09
--- Hannah Weiss		Unattached	XDNF

Event 20 Men 5000 Meter Run

Meet: 14:54.84 M 2021 Morgan Shirley-Fairbairn

Facility: 14:25.87 F 3/7/2021 Joe Freiburger

Name	Yr	School	Finals
Finals			
1 Carson Rygh	SO	Wartburg	15:25.56
2 Ian Barry	SO	Wartburg	15:33.20
3 Cameron Noreen	FR	Wartburg	15:55.68
4 Paul Hoopes	SO	Wartburg	16:01.26
5 Grant Trentz		Iowa Track and F	16:47.19
6 Mick Flannery		Iowa Track and F	16:52.09
7 Alex Horstman		Iowa Track and F	17:18.31
--- Collin Day		Unattached	X15:47.90
--- Curren Matthias		Unattached	X15:51.31

Event 7 Women 400 Meter Dash

Meet: 58.50 M 2021 Alyssa Pfadenhauer

Facility: 55.94 F 2011 Nevada Morrison

Name	Yr	School	Finals
Finals			
1 Abbi Roerdink	SO	Central College	1:00.19
2 Jillian Dodds	FR	Upper Iowa	1:00.99
3 Sonia Edassery	JR	Grinnell	1:01.80
4 Lauren Brown	SO	Central College	1:02.27
5 Athena Frasca	SR	Grinnell	1:02.53
6 Arryss Forbes	SO	Simpson (Iowa)	1:02.90
7 Addie Parker	SO	Wartburg	1:04.09
8 Rebecca Villa		Iowa Track and F	1:04.23
9 Jade Martin	SR	Upper Iowa	1:04.66
10 Sadie Staker	JR	Grinnell	1:05.01
11 Taylor Hanna	SO	Central College	1:05.35
12 Olivia Cotton	FR	Cornell College	1:06.12
13 Ali Pieper	FR	Central College	1:08.00

Event 8 Men 400 Meter Dash

Meet: 49.32 M 2021 Kyle Dickinson

Facility: 47.93 F 2/23/2019 Patrick Mikel

Name	Yr	School	Finals
Finals			
1 Derrick Smith	SO	Wartburg	49.19M
2 Jensen Clapp	SO	Wartburg	49.61
3 Noah Erickson	FR	Central College	50.72
4 David Williams	FR	Wartburg	51.85
5 Zach Abbey	SO	Wartburg	52.15
6 Carson Jensen	0	Iowa Track and F	52.16
7 Brian Hart	SO	Central College	52.39
8 Thomas Machande	SO	Cornell College	52.48
9 Brenden Godbout	SO	Simpson (Iowa)	52.53
10 Hunter Arbogast	0	Iowa Track and F	52.55
11 Gavin Soukup	FR	Cornell College	53.41
12 Dillan Gulley	SO	Simpson (Iowa)	53.80
13 Andrew Fuller	JR	Grinnell	53.95
14 Cole Kirkham	FR	Coe	54.26
15 Ryan Boev	SO	Grinnell	54.31
16 Noah Mendola	FR	Grinnell	54.50
17 Lawsen Fuller	FR	Central College	54.57
18 Keyondrae Wilkerson	SO	Coe	54.77
19 Jaxin McGuire	FR	Cornell College	54.77
20 Stephen Elliott	SO	Wartburg	54.96
21 Isaiah Albright	FR	Wartburg	54.99
22 Alexander Hiser	SR	Grinnell	55.02
23 Jack Goedken	SO	Wartburg	55.12
24 Tanner Fry	SO	Central College	55.30
25 Currey Jacobs	FR	Cornell College	55.41
26 Robert Hansen	FR	Coe	55.41
27 Brody Ulch	FR	Simpson (Iowa)	56.52
28 Hayden McCormac	FR	Wartburg	56.90
29 Steven Austin	0	Iowa Track and F	56.99
30 Eddie Banda	SO	Cornell College	57.05
--- Blake Dephillips	SO	Simpson (Iowa)	DNF
--- Sam Leto		Unattached	X54.38
--- Gavin Kenney		Unattached	X56.97

Event 15 Women 1 Mile Run

Meet: 5:07.64 M 2021 Aubrie Fisher

Facility: 4:57.22 F 3/12/2021 Maeve Roach

Name	Yr	School	Finals
Finals			
1 Caroline McMartin	SO	Central College	4:58.62M
2 Ellie Meyer	SO	Wartburg	5:04.70M
3 Megan Johnson	SO	Central College	5:04.82M
4 Addy Carlson	JR	Wartburg	5:16.36
5 Leah Bontrager	FR	Central College	5:16.94
6 Teghan Booth	SO	Simpson (Iowa)	5:17.37
7 Addy Parrott	SO	Central College	5:18.73
8 Kelly Giardina	FR	Wartburg	5:19.23
9 Jane Pinkowski	SR	Wartburg	5:27.25
10 Layken Bytnar	SO	Central College	5:28.61
11 Hailey Hill	JR	Central College	5:29.10

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The W
Results - All

Finals ... (Event 15 Women 1 Mile Run)

Name	Yr	School	Finals
12 Hannah Roark	FR	Grinnell	5:30.63
13 Lindsey Davidson	SO	Central College	5:32.32
14 Crystal Kaczmarczyk	SO	Grinnell	5:37.72
15 Morgan Karow	FR	Grinnell	5:38.05
16 Emily Erhardt	SO	Simpson (Iowa)	5:38.23
17 Diana Barba	FR	Grinnell	5:45.80
18 Eva Hoch	SO	Central College	5:54.52
19 Julia Sheehan-Klenk	SO	Grinnell	5:55.18
20 Allison Rabbani	SO	Grinnell	5:57.35
21 Ellie Roorda	SO	Central College	5:59.18
22 Jady Schult	SR	Upper Iowa	6:01.39
23 Grace Charron	FR	Grinnell	6:03.95
24 Ryleigh Parrack	SO	Wartburg	6:08.79
25 Kandice Kittinger	JR	Coe	6:09.58
26 Ginger Mullen	SO	Grinnell	6:10.11
27 Fiona Mahler	SO	Coe	6:18.12
28 Allison Kounkel	FR	Wartburg	6:25.89
29 Emily Escoto	FR	Simpson (Iowa)	6:35.34
30 Alexis Vaughn	FR	Coe	6:39.90
--- Sarah Torrence	SR	Grinnell	DNF
--- Hannah Weiss		Unattached	XDNF

Event 16 Men 1 Mile Run

Meet: 4:12.26 M 2021 Christopher Collet

Facility: 4:10.99 F 2/17/2018 Casey Roberts

Name	Yr	School	Finals
1 Adam Sylvia	JR	Central College	4:16.28
2 Drew Klein	SO	Simpson (Iowa)	4:21.90
3 Ean Warrick	JR	Simpson (Iowa)	4:25.23
4 Cade Mash	SO	Simpson (Iowa)	4:27.14
5 Andrew Nickeson	SR	Grinnell	4:28.23
6 Connor Lancial	SO	Wartburg	4:29.95
7 Brody Wirtz	SO	Simpson (Iowa)	4:30.48
8 Cutler Owens	SR	Central College	4:31.73
9 Nick Henry	JR	Wartburg	4:31.82
10 Randy Jimenez	SO	Central College	4:32.66
11 Tyler Bilske	SO	Cornell College	4:33.33
12 Ben DeVal	SO	Central College	4:33.56
13 Marc Medici	SO	Simpson (Iowa)	4:34.12
14 Jack Orengo	JR	Central College	4:35.83
15 John Miller	FR	Grinnell	4:37.63
16 Owen Pries	FR	Wartburg	4:39.59
17 Bradley Ramsey	JR	Grinnell	4:39.83
18 Jason White	SO	Simpson (Iowa)	4:40.86
19 Seth Bailey	FR	Wartburg	4:41.67
20 Noah Smith	JR	Simpson (Iowa)	4:42.11
21 Drew Engler	FR	Simpson (Iowa)	4:42.20
22 Daniel Haisch	SR	Simpson (Iowa)	4:42.58
23 Grant Trentz		Iowa Track and F	4:44.21
24 Conner Sattler	FR	Wartburg	4:44.76
25 Jared Thoma	SO	Coe	4:46.18
26 Samuel Schaefer	FR	Wartburg	4:46.57
27 Gad Kanago	SO	Coe	4:47.18

28 Jacob Willson	FR	Simpson (Iowa)	4:47.18
29 Mark Krysan	SO	Grinnell	4:48.08
30 Tyler Schermerhorn	FR	Wartburg	4:48.82
31 Ryan Smith	JR	Coe	4:51.71
32 David Snider	SR	Upper Iowa	4:52.01
33 Logan Wisocki-Johnson	SO	Wartburg	4:52.93
34 Brodie Callahan	FR	Cornell College	4:55.66
35 Miles Combs	SO	Simpson (Iowa)	4:55.92
36 Dexter Hein-Harrison	JR	Coe	4:57.88
37 Brice Rhodes	JR	Wartburg	4:58.29
38 Tyler Ching	FR	Grinnell	5:03.42
39 Brady Benoit		Iowa Track and F	5:17.89
40 Mason Dunn	0	Iowa Track and F	5:44.84
--- Hank Gardner	SO	Simpson (Iowa)	DNF

Event 24 Men 60 Meter Hurdles

Meet: 8.02 M 2022 Dallas Wright

Facility: 8.06 F 3/7/2021 Deyton Love

Name	Yr	School	Finals
1 Max Cleveland	JR	Simpson (Iowa)	8.20
2 Deyton Love	SO	Wartburg	8.21
3 Connor Miklos	SO	Central College	8.39
4 Gunner Meyer	FR	Upper Iowa	8.60
5 Zak Kubitz	SO	Wartburg	8.62
6 Keegan Rich	SR	Wartburg	8.71

Event 23 Women 60 Meter Hurdles

Meet: 9.06 M 2021 Elayna Bahl

Facility: 8.62 F 3/13/2021 Kelsie Sealock

Name	Yr	School	Finals
1 Sailor Hinegardner	SR	Wartburg	9.20
2 Aricka Lambson	JR	Wartburg	9.35
3 Audrey Arnold	SO	Simpson (Iowa)	9.36
4 Abby Gruver	SO	Central College	9.84
5 Hailey Carolan	FR	Cornell College	10.08
6 Aaliyah Johnson	SO	Simpson (Iowa)	10.17
7 Karsyn Lamm	SO	Central College	10.18
8 Jocelyn Haack	JR	Wartburg	10.26

Event 4 Men 60 Meter Dash

Meet: 6.88 M 2021 Josh Smith

Facility: 6.82 F 2016 David Paynotta

Name	Yr	School	Finals
1 Lucas Fadden	FR	Grinnell	6.97
2 Randy Williams	FR	Wartburg	7.06
3 Riley Nolan	SR	Wartburg	7.13
4 Aidan Gruver	FR	Wartburg	7.17
5 Jacob Kamara	SO	Wartburg	7.20
6 Alexander Hiser	SR	Grinnell	7.21
7 Caden Miller-Baker	SO	Wartburg	7.23

Liz Wuertz Invitational - 2/18/2023

The W
Results - All

Event 3 Women 60 Meter Dash

Meet: 7.80 M 2020 Aleenah Marcucci
Facility: 7.59 F 2/22/2019 Gabrielle Noland

Name	Yr	School	Finals
Finals			
1 Mikala Sidney	JR	Wartburg	7.83
2 JoJo Tyynismaa	FR	Wartburg	7.98
3 Jillian Dodds	FR	Upper Iowa	8.08
4 Mary Gustason	FR	Central College	8.11
5 Olivia Tollari	FR	Wartburg	8.17
6 Makenzie Foelske	FR	Wartburg	8.23

Event 11 Women 800 Meter Run

Meet: 2:13.90 M 2020 Erica Rittgers
Facility: 2:12.21 F 2008 Jessica Scott

Name	Yr	School	Finals
Finals			
1 Lily Campbell	JR	Wartburg	2:18.10
2 Aubrie Fisher	JR	Wartburg	2:18.63
3 Haley Meyer	FR	Wartburg	2:18.94
4 Peyton Steffen	FR	Central College	2:20.17
5 Jenna Morey	SO	Wartburg	2:20.33
6 Carson McSorley	SR	Wartburg	2:21.77
7 Brielle Ruch	SO	Wartburg	2:25.37
8 Alyza Koppes	FR	Cornell College	2:25.89
9 Annie Mast	JR	Wartburg	2:26.05
10 Erin Phelan	SO	Wartburg	2:26.52
11 Alyssa Mayhew	SO	Central College	2:27.41
12 Riley Packer	FR	Central College	2:27.54
13 Ava Carder	FR	Simpson (Iowa)	2:28.26
14 Sara Goodenbour	SO	Central College	2:28.54
15 Lauren Coon	JR	Central College	2:28.90
16 Abby Alberti	SO	Central College	2:29.05
17 Kate Huisinga	FR	Simpson (Iowa)	2:29.85
18 Madison Prier	FR	Wartburg	2:30.50
19 Skyler Blessman	FR	Simpson (Iowa)	2:31.33
20 Crystal Burke	JR	Coe	2:31.65
21 Abby Halverson	FR	Central College	2:33.03
22 Kaya Young	SO	Simpson (Iowa)	2:33.24
23 Allison Kettmann	FR	Wartburg	2:33.80
24 Chloe Ristau	FR	Central College	2:33.92
25 Angel Schewe	SO	Simpson (Iowa)	2:34.09
26 Mackenzie Rader	FR	Upper Iowa	2:34.55
27 Eleanor Elliott-Rude	SO	Grinnell	2:34.92
28 Ava Claussen-Tubbs	FR	Cornell College	2:35.55
29 Natalie Patterson	SO	Central College	2:35.78
30 Sam Reid	SO	Grinnell	2:35.78
31 Eryn Sabelka	FR	Upper Iowa	2:35.85
32 Annika Kruse	FR	Central College	2:37.49
33 Lauren Miller	JR	Central College	2:40.20
34 Kaleena Hagen	FR	Central College	2:40.70
35 Kacie Eisentrager	FR	Simpson (Iowa)	2:43.84
36 Kira Hooper	SO	Central College	2:44.42
37 Araceli Tapetillo	FR	Simpson (Iowa)	2:44.44
38 Kylie Klassen	SO	Grinnell	2:46.41

39 Morgana Goodlow	JR	Coe	2:47.62
40 Stevette Perez	JR	Central College	2:47.74
41 Rebecca Villa		Iowa Track and F	2:49.83
42 Kylie Winkler	FR	Central College	2:55.28
43 Paige Nygaard	SO	Simpson (Iowa)	3:11.53

Event 12 Men 800 Meter Run

Meet: 1:52.91 M 2021 Mike Jasa
Facility: 1:51.31 F 3/13/2021 Mike Jasa

Name	Yr	School	Finals
Finals			
1 Wyatt Schmidt	SR	Wartburg	1:55.08
2 Micah Cantor	JR	Grinnell	1:57.94
3 Aiden Housman	SO	Wartburg	1:58.48
4 Thomas Coble	FR	Cornell College	1:58.61
5 Noah Jorgenson	SO	Central College	1:59.03
6 Joe Hasken	SO	Wartburg	1:59.34
7 Isaak Hutchings	SO	Cornell College	1:59.36
8 Fisher Isaacson	SO	Cornell College	1:59.47
9 Luke Robinson	FR	Grinnell	1:59.63
10 Connor Heagy	FR	Grinnell	2:00.07
11 Corbin Truitt	SO	Simpson (Iowa)	2:00.62
12 Adam Gruhn	SO	Simpson (Iowa)	2:01.25
13 Derek Webster	SO	Central College	2:01.72
14 Noah Lutzke	SO	Cornell College	2:02.25
15 Jacob VanderWilt	JR	Wartburg	2:02.74
16 Cole Leggett	FR	Simpson (Iowa)	2:03.64
17 Keyshawn Harris	FR	Wartburg	2:03.88
18 Peyton Halverson	FR	Upper Iowa	2:04.84
19 Nick Simpson	0	Iowa Track and F	2:05.13
20 Kyler Peck	FR	Simpson (Iowa)	2:05.40
21 Jacob Keay	SO	Wartburg	2:05.81
22 Taylor Thunstedt	FR	Central College	2:06.27
23 Carter Hall	FR	Central College	2:07.58
24 James Snyder	FR	Grinnell	2:07.97
25 Gabe Hunt	SO	Cornell College	2:08.14
26 Carter Williams	SO	Grinnell	2:08.47
27 Brendan Rader	FR	Wartburg	2:08.71
28 Joey Hovinga	FR	Central College	2:08.85
29 Christian French	SO	Simpson (Iowa)	2:09.29
30 Ryan Mofidi	SO	Cornell College	2:10.11
31 Christian Rathje	FR	Central College	2:11.14
32 Bryce Baker	JR	Upper Iowa	2:11.31
33 Bert Cortez	SO	Wartburg	2:13.55
34 Tyler Moon	FR	Central College	2:15.98
35 Steven Austin	0	Iowa Track and F	2:17.39
36 Luke Wiley	FR	Cornell College	2:18.29
37 Dalton Baker	SR	Upper Iowa	2:20.41
38 Asa Canny	FR	Central College	2:23.28
39 Mason Dunn	0	Iowa Track and F	2:26.59
40 Aidan Buske	SO	Central College	2:42.81
--- Sam Leto		Unattached	X2:01.90
--- Ali Ali		Unattached	X2:02.04
--- Gavin Kenney		Unattached	X2:04.74

Liz Wuertz Invitational - 2/18/2023**The W
Results - All****Event 9 Women 600 Meter Run****Facility:** 1:37.33 F 1/15/2022 Carson McSorley

Name	Yr	School	Finals
Finals			
1 Madison Hays	FR	Simpson (Iowa)	1:40.11
2 Ashley Donovan	SR	Upper Iowa	1:43.04
3 Alondra Mathena	FR	Coe	2:19.08

Event 10 Men 600 Meter Run**Facility:** 1:26.15 F 1/15/2022 Nathan Goranson

Name	Yr	School	Finals
Finals			
1 Nathan Goranson	JR	Upper Iowa	1:24.59F
2 Drake Strnad	SO	Wartburg	1:29.58
3 Aidan McDermott	FR	Wartburg	1:38.98
--- Dallas Wright		Unattached	X1:22.75F

Event 5 Women 200 Meter Dash**Meet:** 25.34 M 2021 Aspen Rolfes**Facility:** 24.93 F 2016 Meg Heafy**Facility:** 24.93 F 2/23/2019 Alison Beeman

Name	Yr	School	Finals
Finals			
1 JoJo Tyynismaa	FR	Wartburg	25.84
2 Willa Sickelka	FR	Central College	26.34
3 Emily McMartin	FR	Central College	26.36
4 Olivia Tollari	FR	Wartburg	26.64
5 Rachel Nagel	SO	Wartburg	26.65
6 Mary Gustason	FR	Central College	26.77
7 Sangai Dukuly	SO	Coe	26.79
8 Sidney Brown	JR	Cornell College	26.81
9 Sonia Edassery	JR	Grinnell	26.95
10 Ella Aulwes	FR	Wartburg	27.13
11 Leah Cherry	FR	Wartburg	27.16
12 Makenzie Foelske	FR	Wartburg	27.19
13 Aricka Lambson	JR	Wartburg	27.31
14 Akyma Bush	JR	Wartburg	27.61
15 Sabryn Egli	FR	Central College	27.61
16 Jillian Dodds	FR	Upper Iowa	27.65
17 Carolina Regalado	SO	Upper Iowa	27.72
18 Shaniah Johnson	SO	Wartburg	27.78
19 Maile Crowe	SO	Grinnell	28.01
20 Audrey Arnold	SO	Simpson (Iowa)	28.05
21 Caitlyne Mar	SO	Cornell College	28.10
22 Sailor Hinegardner	SR	Wartburg	28.45
23 Emma Houdek	SO	Wartburg	28.54
24 Maya Cable	SO	Wartburg	28.59
25 Brooke Shafer	SO	Wartburg	28.66
26 Ali Pieper	FR	Central College	28.84
27 Kaylee Tedrow	FR	Wartburg	29.07
28 Olivia Cotton	FR	Cornell College	29.25
29 Ryin Lehmann	JR	Wartburg	29.73
30 Jocelyn Haack	JR	Wartburg	29.78
31 Leah Ries	FR	Upper Iowa	29.95
32 JayLyn Moore	FR	Wartburg	30.12

33 Brandy Beatty	FR	Wartburg	30.54
34 McKenzie Mohlencamp	FR	Upper Iowa	31.26
35 Abigail Adams		Iowa Track and F	31.46
36 Dana Lapinski		Iowa Track and F	31.99
37 Alyssa Mente	FR	Central College	32.45

Event 6 Men 200 Meter Dash**Meet:** 21.67 M 2022 Dallas Wright**Facility:** 21.52 F 3/12/2021 JP Vaught

Name	Yr	School	Finals
Finals			
1 Lucas Fadden	FR	Grinnell	22.48
2 Frankie Atwater	FR	Wartburg	22.75
3 Aidan Gruver	FR	Wartburg	22.82
4 Connor Miklos	SO	Central College	22.84
5 Noah Erickson	FR	Central College	22.87
6 Jeffrey Oestreicher	FR	Wartburg	23.27
7 Ian Neyens	SO	Wartburg	23.29
8 Noah Bauereis	FR	Wartburg	23.31
9 Connor Christophersen	0	Iowa Track and F	23.37
10 Caden Miller-Baker	SO	Wartburg	23.50
11 Paul Cory	SO	Coe	23.54
12 Jalen Wynter	FR	Wartburg	23.67
13 Joseph Sams	FR	Simpson (Iowa)	23.87
14 Jackson Moats	SO	Central College	23.88
15 Brayden Trebon	JR	Coe	23.96
15 Zander White	FR	Wartburg	23.96
17 Niko Platre	SO	Cornell College	23.97
18 Ace Perrien	FR	Coe	24.06
19 Doniel Greiner	SO	Cornell College	24.09
20 Shaymus Santiago	FR	Simpson (Iowa)	24.16
21 Alex Pitts	FR	Upper Iowa	24.17
22 Kyler Walcher	SR	Grinnell	24.18
23 Cole Kirkham	FR	Coe	24.28
24 Keaton Fitzgerald	FR	Grinnell	24.50
25 Ausar Alexander	JR	Coe	24.61
26 Xavier James	SO	Grinnell	24.64
27 Keyondrae Wilkerson	SO	Coe	24.67
28 Caden Ridgley	FR	Wartburg	24.75
29 Nathan Watters	JR	Cornell College	24.79
30 Luke Stefan	SO	Grinnell	24.90
31 Joe Dufoe	FR	Coe	24.96
32 Ezra Blasi	FR	Central College	25.19
33 Robert Hansen	FR	Coe	25.33
34 Moise Milenge	FR	Grinnell	25.37
35 Brian Segura		Iowa Track and F	25.53
36 Johnny Saucada	FR	Coe	26.65

Event 17 Women 3000 Meter Run**Meet:** 9:57.48 M 2022 Aubrie Fisher**Facility:** 9:39.72 F 3/13/2021 Anastasia Tucker

Name	Yr	School	Finals
Finals			
1 Katie Lammers	SO	Cornell College	10:41.61
2 Karle Kramer	FR	Wartburg	11:14.42
3 Mira Diamond-Berman	SO	Grinnell	11:15.21

Liz Wuertz Invitational - 2/18/2023

The W
Results - All

Finals ... (Event 17 Women 3000 Meter Run)

Name	Yr	School	Finals
4 Lily Peterson	FR	Wartburg	11:37.84
5 Kate Hoogensen	SO	Central College	11:51.99
6 Emily Richter	SO	Wartburg	12:09.13
--- Caroline Collet		Unattached	X11:43.28

Event 18 Men 3000 Meter Run

Meet: 8:19.03 M 2022 Joe Freiburger

Facility: 8:15.79 F 2/3/2023 Spencer Moon

Name	Yr	School	Finals
Finals			
1 Christopher Collet	JR	Wartburg	8:13.89F
2 Morgan Shirley-Fairbairn	SR	Wartburg	8:54.13
3 Shane Erb	FR	Wartburg	8:59.01
4 Gavin Roy	SO	Wartburg	9:05.47
5 Colin Greenwell	SO	Wartburg	9:08.89
6 Michael Schmitz	JR	Wartburg	9:11.23
7 Jacob Sanders	JR	Central College	9:11.56
8 Austin Smith	SO	Central College	9:15.64
9 Andrew Poock	SO	Wartburg	9:16.16
10 Arthur Meyers	FR	Wartburg	9:39.21
11 Ethyn Chesnut	SO	Cornell College	9:54.94
12 Philip Marrero	SO	Coe	10:00.61
13 Tim Long	SO	Coe	10:09.03
14 Chance Adam	FR	Upper Iowa	10:15.06
--- Paul Hoopes	SO	Wartburg	DNF
--- Cameron Noreen	FR	Wartburg	DNF
--- Jack Kinzer	SO	Wartburg	DNF
--- Sam Madson		Unattached	X8:54.23

Event 27 Women 4x400 Meter Relay

Meet: 3:53.95 M 2022 Wartburg

J Ganshirt, B Jacobs, C McSorley, T Olson

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

E Jones, K Jones, A Frazier, A Rolfes

Team	Relay	Finals
Finals		
1 Central College		4:07.20
1) Emily McMartin FR	2) Willa Sickelka FR	
3) Abby Gruver SO	4) Abbi Roerdink SO	
2 Wartburg		4:13.27
1) Akyma Bush JR	2) Annie Mast JR	
3) Allison Kettmann FR	4) Mikala Sidney JR	
3 Cornell College		4:16.15
1) Sidney Brown JR	2) Alyza Koppes FR	
3) Ava Claussen-Tubbs FR	4) Hailey Carolan FR	
4 Wartburg	C	4:16.88
1) Brielle Ruch SO	2) Erin Phelan SO	
3) Jenna Morey SO	4) Madison Prier FR	
5 Coe		4:25.23
1) Sangai Dukuly SO	2) Hannah Pecharich SO	
3) Cailyn Wright SO	4) Crystal Burke JR	
6 Coe	B	5:00.61
1) Morgana Goodlow JR	2) Kandice Kittinger JR	
3) Cielo Piceno SO	4) Alexis Vaughn FR	

Event 28 Men 4x400 Meter Relay

Meet: 3:17.74 M 2021 Loras

J Smith, S Scott, C Oberfoell, M Jasa

Facility: 3:15.64 F 3/7/2020 Washington U.

A Whitaker, A Santoro, G Dimailig, J Wagner

Team	Relay	Finals
Finals		
1 Wartburg		3:28.10
1) Keyshawn Harris FR	2) Jacob Kamara SO	
3) Zak Kubitz SO	4) David Williams FR	
2 Cornell College		3:32.64
1) Gavin Soukup FR	2) Thomas Coble FR	
3) Fisher Isaacson SO	4) Isaak Hutchings SO	
3 Wartburg	B	3:34.84
1) Stephen Elliott SO	2) Drake Strnad SO	
3) Jack Goedken SO	4) Isaiah Albright FR	
4 Wartburg	D	3:35.53
1) Owen Pries FR	2) Joe Hasken SO	
3) Aiden Housman SO	4) Jacob Keay SO	
5 Iowa Track and F		3:37.59
1) Steven Austin 0	2) Hunter Arbogast 0	
3) Nick Simpson 0	4) Carson Jensen 0	
6 Central College		3:38.80
1) Noah Jorgenson SO	2) Lawsen Fuller FR	
3) Tanner Fry SO	4) Carter Hall FR	
7 Cornell College	B	3:43.47
1) Jaxin McGuire FR	2) Noah Lutzke SO	
3) Tyler Bilske SO	4) Nathan Watters JR	
8 Coe		3:45.38
1) Dexter Hein-Harrison JR	2) Jared Thoma SO	
3) Gad Kanago SO	4) Robert Hansen FR	
9 Wartburg	E	3:45.85
1) Conner Sattler FR	2) Bert Cortez SO	
3) Brendan Rader FR	4) Logan Wisocki-Johnson SO	
10 Cornell College	C	4:00.58
1) Eddie Banda SO	2) Brodie Callahan FR	
3) Luke Wiley FR	4) Gabe Hunt SO	
11 Iowa Track and F	B	4:00.69
1) Aaron Cox 0	2) Mason Dunn 0	
3) Connor Christophersen 0	4) Beck Fitzpatrick 0	

Event 43 Women Weight Throw

Meet: 18.09m M 2020 Brinn Grunder

Facility: 18.45m F 1/19/2019 Michelle Carrillo

Name	Yr	School	Finals
Finals			
1 Abby Marr	JR	Central College	17.37m
2 Emma True	SO	Wartburg	17.31m
3 Haley Beminio	SO	Wartburg	16.55m
4 Grace McCartan	JR	Wartburg	16.43m
5 Tara Jochumsen	SO	Wartburg	15.16m
6 Alyssa Striegel	SO	Central College	14.89m
7 Caitlynn Smith	SR	Wartburg	14.52m
8 Tracy Allen	JR	Coe	13.85m
9 Jaydyn Palmer	SR	Coe	13.09m

Liz Wuertz Invitational - 2/18/2023

The W

Results - All

Finals ... (Event 43 Women Weight Throw)

	Name	Yr	School	Finals
10	Jamie Kerkvliet	FR	Upper Iowa	13.00m
11	Kylie Galowitz	FR	Grinnell	12.87m
12	Sydney McCarron	SO	Simpson (Iowa)	12.69m
13	Andrea Filkins	JR	Grinnell	12.62m
14	Brittany Lingenfelter	SO	Wartburg	12.42m
15	Kelly Stotts	SO	Coe	12.19m
16	Samantha Warhoe	JR	Cornell College	12.09m
17	Iggy Hook	FR	Wartburg	11.69m
18	Talbot Kinney	SO	Wartburg	11.16m
19	Maddy Strovers	FR	Grinnell	11.02m
20	Caitlyn Saturno	FR	Wartburg	10.76m
21	Piper Boggs	FR	Coe	10.02m
22	Maya Neymeyer	FR	Cornell College	9.50m
23	Alexis Crozier	JR	Simpson (Iowa)	9.38m
24	Sam Koth	FR	Cornell College	7.84m
25	Jessica Martinez-Jimenez	FR	Coe	6.91m
26	Alondra Mathena	FR	Coe	6.84m
---	Morgan Devereaux	SO	Central College	FOUL

Event 44 Men Weight Throw

Meet: 17.16m M 2020 Joshua Seymour

Facility: 21.71m F 3/2/2019 Andrew Jarrett

	Name	Yr	School	Finals
Finals				
1	Christian Nunley	SO	Wartburg	17.39mM
2	Ian Clawson	FR	Grinnell	16.33m
3	Theo Baldus	SR	Central College	16.23m
4	Aizik Hodak	JR	Wartburg	15.83m
5	Eli Keahna	FR	Wartburg	14.60m
6	Martin Vineyard	JR	Central College	14.27m
7	Garret Bean	SO	Grinnell	14.23m
8	Chris Baker	SO	Coe	13.82m
9	Grady Robinson	SO	Wartburg	13.65m
10	Brennen Matthews	FR	Upper Iowa	13.42m
11	Nicholas Yelkin	SO	Cornell College	12.83m
12	Andrew Corley	JR	Cornell College	12.31m
13	Cory Fairbanks	SO	Central College	12.03m
14	Michael Bahu	SO	Cornell College	11.80m
15	Matthew Corley	JR	Cornell College	11.57m
16	Skyler Higdon	SO	Coe	11.43m
17	Trent Polley	FR	Wartburg	11.12m
18	Corbin Sodergren	FR	Central College	10.34m
19	Vinny Bogovican	FR	Simpson (Iowa)	10.19m
20	Brevin Hahn	JR	Cornell College	9.16m
21	Caleb Dressel	FR	Central College	9.15m
22	James Brown II	FR	Coe	6.55m
---	Adam Teare	SO	Wartburg	FOUL

Event 41 Women Shot Put

Meet: 14.87m M 2020 Brinn Grunder

Facility: 14.55m F 2013 Kayla Hemann

	Name	Yr	School	Finals
Finals				
1	Jaydyn Palmer	SR	Coe	12.50m

2	Kristen Reicks	JR	Wartburg	12.38m
3	Emma Ammons	JR	Wartburg	12.12m
4	Lily Meester	SO	Wartburg	12.10m
5	Abby Marr	JR	Central College	11.92m
6	Alyssa Striegel	SO	Central College	11.68m
7	Aaliyah Johnson	SO	Simpson (Iowa)	11.10m
8	Jamie Kerkvliet	FR	Upper Iowa	10.90m
9	Talbot Kinney	SO	Wartburg	10.67m
10	Sydney McCarron	SO	Simpson (Iowa)	10.51m
11	Emma True	SO	Wartburg	10.47m
12	Alexis Crozier	JR	Simpson (Iowa)	10.23m
13	Morgan Devereaux	SO	Central College	9.76m
14	Samantha Warhoe	JR	Cornell College	9.32m
15	Kylie Galowitz	FR	Grinnell	9.28m
16	Emma Myers-Rafferty	FR	Grinnell	8.91m
17	Iggy Hook	FR	Wartburg	8.64m
18	Madison Hays	FR	Simpson (Iowa)	8.25m
19	Alondra Mathena	FR	Coe	7.77m
20	Kelly Stotts	SO	Coe	7.71m
21	Piper Boggs	FR	Coe	7.40m
22	Sam Koth	FR	Cornell College	6.86m
23	Maya Neymeyer	FR	Cornell College	6.54m
24	Jessica Martinez-Jimenez	FR	Coe	5.45m

Event 42 Men Shot Put

Meet: 15.74m M 2020 Joshua Seymour

Facility: 18.58m F 2015 Colt Feltes

	Name	Yr	School	Finals
Finals				
1	Mason Lobeck	SO	Wartburg	15.94mM
2	Graeson Trevino	SR	Wartburg	14.46m
3	Chris Baker	SO	Coe	14.04m
4	Theo Baldus	SR	Central College	12.92m
5	Trevor Glockel	SO	Central College	12.41m
6	Ian Clawson	FR	Grinnell	12.21m
7	Adam Teare	SO	Wartburg	12.04m
8	Brody Herriott	SO	Wartburg	11.90m
9	Nathan Watters	JR	Cornell College	11.86m
10	Brennen Matthews	FR	Upper Iowa	11.72m
11	Nicholas Yelkin	SO	Cornell College	11.63m
12	Cory Fairbanks	SO	Central College	11.29m
13	Corbin Sodergren	FR	Central College	10.48m
14	Skyler Higdon	SO	Coe	10.45m
15	Michael Bahu	SO	Cornell College	10.36m
16	Matthew Corley	JR	Cornell College	10.33m
17	Garret Bean	SO	Grinnell	10.11m
18	Eli Keahna	FR	Wartburg	9.95m
19	Andrew Corley	JR	Cornell College	9.82m
20	Brevin Hahn	JR	Cornell College	8.46m
21	James Brown II	FR	Coe	8.06m
22	Travis Chu	SO	Grinnell	7.53m
23	Bill Wilson		Iowa Track and F	6.11m
---	Caleb Dressel	FR	Central College	FOUL
---	Vinny Bogovican	FR	Simpson (Iowa)	FOUL

Liz Wuertz Invitational - 2/18/2023

The W
Results - All

Event 33 Women High Jump

Meet: 1.68m M 2021 Brea Christopher

Facility: 1.74m F 1/15/2022 Brea Christopher

Name	Yr	School	Finals
Finals			
1 Brea Christopher	JR	Wartburg	1.75mF
2 Samantha Nielsen	FR	Wartburg	1.55m
3 Sidney Brown	JR	Cornell College	1.40m
4 JayLyn Moore	FR	Wartburg	1.40m
4 Akyma Bush	JR	Wartburg	1.40m
6 Brooke Shafer	SO	Wartburg	1.30m
7 Aaminah Dishman	SO	Coe	1.25m
--- Jade Martin	SR	Upper Iowa	NH

Event 34 Men High Jump

Meet: 2.06m M 2020 Cameron Cantrall

Facility: 2.10m F 2011 Jonas Elusme

Name	Yr	School	Finals
Finals			
1 Zak Kubitz	SO	Wartburg	1.90m
2 Ethan Klemme	FR	Upper Iowa	1.90m
3 Jack Novelle	FR	Grinnell	1.85m
4 Dustin Mohler	FR	Wartburg	1.80m
5 Laquanta Crawford	FR	Cornell College	1.75m

Event 35 Women Pole Vault

Meet: 3.54m M 2020 Sarina Kopf

Facility: 4.01m F 2/3/2023 Jacqueline Williams

Name	Yr	School	Finals
Finals			
1 Hannah Pecharich	SO	Coe	3.26m
2 Belle Albers	JR	Wartburg	3.11m
3 Kysta Ramirez	JR	Upper Iowa	2.51m
--- Nicki Schneider		Unattached	XNH
--- Cielo Piceno	SO	Coe	NH
--- Katie McEnery	JR	Upper Iowa	NH

Event 36 Men Pole Vault

Meet: 4.88m M 2021 Ryan Rogers

Facility: 5.62m F 2008 Jacob Pauli

Name	Yr	School	Finals
Finals			
1 Trey Faherty	FR	Wartburg	4.21m
2 Carson Collet	SO	Wartburg	4.06m
3 Luca Fornari	SO	Grinnell	4.06m
4 Dalton Closson	SR	Wartburg	3.61m
5 Clarke Latcham	SO	Simpson (Iowa)	3.46m
--- Nathan MacDonald	SR	Wartburg	NH

Event 37 Women Long Jump

Meet: 5.91m M 2020 Aleenah Marcucci

Facility: 6.17m F 2012 Skye MOrrison

Name	Yr	School	Finals
Finals			
1 Shaniah Johnson	SO	Wartburg	5.18m
2 Daekota Knott	SO	Wartburg	5.00m

3 Emma Houdek	SO	Wartburg	4.96m
4 Ella Aulwes	FR	Wartburg	4.88m
5 Melanie Oden	SO	Grinnell	4.63m
6 Kaylee Tedrow	FR	Wartburg	4.61m
7 Akyma Bush	JR	Wartburg	4.60m
8 Anna Parrott	FR	Simpson (Iowa)	4.45m
9 Karsyn Lamm	SO	Central College	4.36m
10 Olivia Cotton	FR	Cornell College	4.24m
11 Caitlyne Mar	SO	Cornell College	4.18m
12 Brooke Shafer	SO	Wartburg	4.06m
13 JayLyn Moore	FR	Wartburg	3.82m
14 Morgana Goodlow	JR	Coe	3.74m

Event 38 Men Long Jump

Meet: 7.34m M 2020 Brock Lewis

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

Name	Yr	School	Finals
Finals			
1 Carter Berkey	SR	Simpson (Iowa)	7.13m
2 Deyton Love	SO	Wartburg	7.02m
3 Alex Pitts	FR	Upper Iowa	6.96m
4 Jaylen Hobson	SR	Upper Iowa	6.63m
5 Lincoln Kleese	JR	Wartburg	6.36m
6 Alexander Hiser	SR	Grinnell	6.17m
7 Dalton Closson	SR	Wartburg	6.02m
8 Kelvin Mukosa		Iowa Track and F	5.95m
9 Steele Tebay	FR	Wartburg	5.95m
10 Laquanta Crawford	FR	Cornell College	5.88m
11 Brody Ulch	FR	Simpson (Iowa)	5.66m
12 Gavin Soukup	FR	Cornell College	5.60m
13 Cade Cowan	JR	Cornell College	5.38m
14 Tanner Fry	SO	Central College	5.36m
15 Jake Coon	FR	Cornell College	5.26m
16 Brody Stark	SO	Wartburg	5.10m
--- Tre Fisher	FR	Upper Iowa	FOUL

Event 39 Women Triple Jump

Meet: 11.15m M 2021 Shaniah Johnson

Facility: 12.32m F 2017 Amber Williams

Name	Yr	School	Finals
Finals			
1 Sangai Dukuly	SO	Coe	11.24mM
2 Emma Houdek	SO	Wartburg	9.65m
3 Jancel Romero-Traxler	FR	Wartburg	9.06m
--- Bridget Canfield	FR	Wartburg	FOUL

Event 40 Men Triple Jump

Meet: 13.17m M 2020 Devante Pearson

Facility: 14.78m F 3/7/2021 Brock Lewis

Name	Yr	School	Finals
Finals			
1 Jaylen Hobson	SR	Upper Iowa	14.01mM
2 Keegan Rich	SR	Wartburg	13.79mM
3 Keyondrae Wilkerson	SO	Coe	12.17m
4 Steele Tebay	FR	Wartburg	12.09m
5 Cade Cowan	JR	Cornell College	11.34m

Liz Wuertz Invitational - 2/18/2023**The W
Results - All**

Women - Team Rankings - 16 Events Scored

1) Wartburg	276
2) Central College	105
3) Coe	46
4) Upper Iowa	37
5) Simpson (Iowa)	28
5) Cornell College	28
7) Grinnell	26
8) Iowa Track and Field Club	1

Men - Team Rankings - 16 Events Scored

1) Wartburg	303
2) Central College	64
3) Grinnell	63
4) Simpson (Iowa)	45
5) Upper Iowa	44
6) Cornell College	25
7) Iowa Track and Field Club	19
8) Coe	17