

Friday Night Lights - 2/7/2025**The W
Results - All****Women 60 Meter Dash****Top 8 Advance by Time**

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Meet: M		7.61	1/26/2024	Caroline Benfeldt-Sorensen, Northern Iowa	
Facility: F		7.59	2/22/2019	Gabrielle Noland, Loras	
Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1	Harmony Creasy	SR Loras	7.87	7.91q	4
2	Ava Parkins	SO Central College	7.90	7.93q	4
3	Mary Gustason	JR Central College	8.04	8.02q	4 8.014
4	Emily McMartin	JR Central College	7.91	8.02q	4 8.015
5	Meghan McDonald	SO Loras	7.99	8.08q	4
6	Kaylee Bunn	FR Mount Mercy	8.00	8.12q	4
7	Brooklyn Johnson	JR Mount Mercy	8.29	8.14q	3
8	Addie Parker	SR Wartburg	8.36	8.25q	3
9	Avery Schultes	SO Wartburg	8.18	8.26	4
10	Carsyn McFarland	FR Wartburg	8.21	8.28	4
11	Hagan Arnold	FR Central College	8.44	8.30	3
12	Layla Hughes	SO Loras	8.47	8.31	3
13	Madelyn Mucci	FR Loras	8.36	8.33	3
14	Kiana Carnes	SO Wartburg	8.33	8.40	3
15	Paige Davis	FR Central College	8.57	8.41	2
16	Amelia Wright	FR Wartburg	8.51	8.42	3
17	Gift Gonpue	SO North Iowa Area CC	8.59	8.47	2
18	Alyssa Wondercheck	FR Hawkeye CC		8.49	1
19	Suzanne Guedeyi	FR North Iowa Area CC	8.53	8.53	2
20	Paige Lienhard	SO Wartburg	8.63	8.55	2
21	Reece Spaur	FR Central College	8.73	8.61	2
22	Gralynn Martin	FR Mount Mercy	8.46	8.67	3
23	Kiki Pfeifer	FR Loras	8.88	8.71	1
24	Miyah Fox	FR Mount Mercy	8.64	8.73	2
25	Sia Bear	FR Cornell College	8.73	8.77	2 8.763
26	Emily Usher	SO North Iowa Area CC	8.86	8.77	1 8.770
27	Annie Quesnell	FR Cornell College	8.84	8.85	1
28	Kordai Luten	SO North Iowa Area CC	8.98	8.94	1
29	Ella Jumper	FR Central College	9.20	9.30	1
30	Sophia Mason	FR Central College		9.45	1

Women 60 Meter Dash

=====					
Meet: M		7.61	1/26/2024	Caroline Benfeldt-Sorensen, Northern Iowa	
Facility: F		7.59	2/22/2019	Gabrielle Noland, Loras	
Name	Year	School	Prelims	Finals	Points
=====					
Finals					
1	Harmony Creasy	SR Loras	7.91	7.89	
2	Ava Parkins	SO Central College	7.93	7.94	
3	Emily McMartin	JR Central College	8.02	7.97	
4	Mary Gustason	JR Central College	8.02	7.99	
5	Meghan McDonald	SO Loras	8.08	8.04	
6	Kaylee Bunn	FR Mount Mercy	8.12	8.11	
7	Brooklyn Johnson	JR Mount Mercy	8.14	8.22	
8	Addie Parker	SR Wartburg	8.25	8.23	

Friday Night Lights - 2/7/2025**The W
Results - All****Women 200 Meter Dash**

Meet: M 26.81		1/26/2024	Anna Winterrowd, Northern Iowa			
Facility: F 24.64		3/4/2023	Gabrielle Nolan, Unattached			
Name	Year	School	Seed	Finals	H#	Points
1 Emma Seipel	SR	Loras	25.52	25.03M	9	
2 JoJo Tyynismaa	JR	Wartburg	25.76	25.94M	9	
3 Harmony Creasy	SR	Loras	26.46	26.32M	8	
4 Layla Hughes	SO	Loras	27.49	26.68M	4	
5 Ryann Decker	FR	Wartburg	27.00	26.71M	6	
6 Addie Parker	SR	Wartburg	26.50	26.73M	8	
7 Sophia Stahle	SO	Wartburg	26.50	26.80M	7	
8 Lizzy Van Utrecht	SO	Central College	26.97	27.08	6	
9 Leah Cherry	JR	Wartburg	27.16	27.13	5	
10 Caitlin Benesh	SO	Wartburg	27.72	27.37	3	
11 Avery Schultes	SO	Wartburg	27.42	27.47	4	
12 Amelia Wright	FR	Wartburg	27.72	27.64	2	27.632
13 Kiana Carnes	SO	Wartburg	27.14	27.64	5	27.636
14 Julia Klein	JR	Loras	28.47	27.70	3	
15 Willow Ziegler	SO	Cornell College	28.12	27.83	5	
16 Tasha Williams	SO	Hawkeye CC	27.51	27.95	3	
17 Carsyn McFarland	FR	Wartburg	28.02	27.99	9	
18 Grace Braden	SO	Wartburg	28.09	28.07	7	
19 Hailey Carolan	JR	Cornell College	27.85	28.19	2	
20 Paige Lienhard	SO	Wartburg	28.29	28.34	4	
21 Brooke Shafer	SR	Wartburg	28.08	28.43	8	
22 Suzanne Guedeyi	FR	North Iowa Area CC		28.81	5	
23 Emma Houdek	SR	Wartburg	28.00	28.89	1	
24 Alexa Hugart	FR	Cornell College	28.88	28.95	7	
25 Kaylee Bunn	FR	Mount Mercy	28.69	29.21	1	
26 Reece Spaur	FR	Central College	29.30	29.38	5	
27 Haley Hartshorne	JR	Mount Mercy	27.88	29.45	1	
28 Miyah Fox	FR	Mount Mercy	29.63	29.51	2	
29 Riley Doud	JR	Wartburg	29.50	29.54	3	
30 Gralynn Martin	FR	Mount Mercy	29.26	29.75	6	
31 Jazmine Woode	SO	Wartburg	28.88	30.06	8	
32 Emily Usher	SO	North Iowa Area CC	29.50	30.07	4	
33 Sia Bear	FR	Cornell College	29.76	30.18	9	
34 Robyn Mar	SO	Cornell College	29.86	30.50	9	
35 Jillian Shriver	FR	Cornell College	30.76	30.88	8	
36 Ava Mills	FR	Buena Vista	31.24	30.98	7	
37 Annie Quesnell	FR	Cornell College	31.74	32.21	6	
-- Brooklyn Johnson	JR	Mount Mercy	26.54	SCR	7	
-- Kiah Coffin	JR	Mount Mercy	28.66	SCR	2	
-- Halima Biggs	FR	Hawkeye CC		SCR		
-- Taja Conley	SO	North Iowa Area CC	28.10	SCR		

Women 400 Meter Dash

Meet: M 1:00.96 1/26/2024 Anna Winterrowd, Northern Iowa						
Facility: F 55.94 2011 Nevada Morrison, Wartburg College						
Name	Year	School	Seed	Finals	H#	Points
1 JoJo Tyynismaa	JR	Wartburg	58.63	58.35M	4	
2 Ryann Decker	FR	Wartburg	59.42	59.10M	3	
3 Sophia Stahle	SO	Wartburg	59.33	59.50M	4	

Friday Night Lights - 2/7/2025**The W
Results - All****....Women 400 Meter Dash**

4	Alivia Roerdink	SO Central College	1:00.81	1:00.48M	2
5	Hannah Ramsey	SO Wartburg	1:01.11	1:00.97	1
6	Leah Cherry	JR Wartburg	59.97	1:01.04	3
7	Hailey Carolan	JR Cornell College	1:01.65	1:01.98	1
8	Riley Packer	JR Central College	1:02.02	1:02.52	4
9	Willow Ziegler	SO Cornell College	1:03.27	1:03.46	2
10	Megan Pickar	FR Wartburg	1:02.40	1:04.87	3
11	Tenisha Herbert	SO North Iowa Area CC	1:00.54	1:05.75	2
12	Alexa Hugart	FR Cornell College	1:06.35	1:06.04	1
13	Riley Doud	JR Wartburg		1:07.41	1
14	Jillian Shriver	FR Cornell College	1:07.72	1:08.30	4
--	Nevaeh Andersen	SO North Iowa Area CC	1:22.13	SCR	2
--	Mallori Jones	FR Hawkeye CC		SCR	2
--	Adhel Deng	FR North Iowa Area CC	1:11.26	SCR	

Women 600 Meter Run

Meet: M 1:38.96 1/26/2024 Mary Kelly, Northern Iowa

Facility: F 1:37.33 1/15/2022 Carson McSorley, Wartburg

Name	Year	School	Seed	Finals	H#	Points
-- Mallori Jones	FR	Hawkeye CC	1:53.73	SCR		

Women 800 Meter Run

Meet: M 2:25.01 1/26/2024 Lexi Brown, Wartburg

Facility: F 2:09.41 3/5/2022 Emma Kelley, Washington U

Name	Year	School	Seed	Finals	H#	Points
1 Haley Meyer	JR	Wartburg	2:14.13	2:16.55M	5	
2 Elly Burds	JR	Loras	2:16.00	2:17.11M	5	
3 Peyton Steffen	JR	Central College	2:15.00	2:18.28M	5	
4 Ava Claussen-Tubbs	SO	Cornell College	2:17.00	2:18.88M	5	
5 Corinne Gadiant	SR	Mount Mercy	2:18.95	2:19.27M	4	
6 Addy Parrott	SR	Central College	2:17.77	2:19.62M	5	
7 Frankie Chaidez	SR	Loras	2:16.00	2:19.66M	5	
8 Becca Diddia	SR	Loras	2:18.74	2:20.69M	4	
9 Ella Johnson	SO	Wartburg	2:17.29	2:23.20M	5	
10 Teah Miller	FR	Central College	2:23.26	2:25.17	4	
11 Nadia Bowden	FR	Wartburg	2:20.56	2:25.41	4	
12 Peyton Madison	FR	Central College	2:25.00	2:25.56	4	
13 Catie Reittinger	FR	Mount Mercy	2:26.85	2:26.65	3	
14 Noelle Vu	FR	Grinnell	2:25.39	2:26.79	4	
15 Anna Quillin	FR	Wartburg	2:30.23	2:26.86	3	
16 Megan Bakke	SO	Buena Vista	2:23.71	2:27.52	4	
17 Tatum Buenning	FR	Wartburg	2:36.17	2:28.64	2	
18 Jade Anderson	SO	Wartburg	2:26.25	2:29.08	3	
19 Mallori Jones	FR	Hawkeye CC		2:29.70	2	
20 Bella Skay	SO	Wartburg	2:27.30	2:30.22	3	
21 Natalie Bork	FR	Wartburg	2:25.40	2:32.37	4	
22 Karley Ruiz-Genovese	JR	Buena Vista	2:34.36	2:32.50	2	
23 Audra Mulholland	FR	Wartburg	2:40.00	2:33.00	2	
24 Emily Jackson	JR	Loras	2:31.87	2:33.02	3	
25 Abby Halverson	JR	Central College	2:29.00	2:33.48	3	
26 Haydn Little	FR	Central College	2:38.00	2:34.69	2	

Friday Night Lights - 2/7/2025**The W
Results - All****....Women 800 Meter Run**

27 Lilly Betts	FR Wartburg	2:36.19	2:35.11	2
28 Abbey Angus	FR Wartburg	2:40.00	2:35.85	2
29 Reagan McMenomy	FR Central College	2:39.00	2:38.54	2
30 Esther Attwood	SO Mount Mercy	2:33.67	2:39.27	3
31 Ava Goben	SO Central College	2:40.83	2:39.69	1
32 Cori Atten	FR Wartburg	2:45.68	2:45.28	1
33 Kylie Winkler	JR Central College	2:50.98	2:47.22	1
34 Murray Page	SO Cornell College	2:40.29	2:47.53	2
35 Lexi Swearingen	FR Central College	2:55.33	2:47.77	1
36 Cloey Usher	SO North Iowa Area CC	2:54.92	2:48.23	1
37 Maria Colette Choi Lei	FR Wartburg		2:48.84	1
38 Grace Vortherms	FR Wartburg		2:49.98	1
39 Jillian Fairbanks	SO Central College	2:57.37	2:57.11	1
-- Maddie Merna	JR Wartburg	2:30.00	SCR	3
-- Ellie Meyer	SR Wartburg	2:17.86	SCR	

Women 1000 Meter Run

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Meet: M 3:03.61 1/26/2024 Kendra Nissen, Northern Iowa					
Facility: F 2:57.16 2016 Maddie Kleve, Wartburg					
Name	Year	School	Seed	Finals	Points
=====					
1 J'Lyn Knutson	SR	Mount Mercy	3:17.00	3:16.71	
2 Takara Conley	SO	Buena Vista	3:14.80	3:18.80	
3 Paige Jacobs	JR	Loras	3:15.00	3:22.48	

Women 1 Mile Run

=====					
Meet: M 4:56.87 1/26/2024 Lexi Brown, Wartburg					
Facility: F 4:54.22 2/2/2024 Caroline McMartin, Central Coll					
Name	Year	School	Seed	Finals	H# Points
=====					
1 Peyton Steffen	JR	Central College	4:57.18	4:57.27	3
2 Addy Parrott	SR	Central College	5:02.72	4:59.20	3
3 Frankie Chaidez	SR	Loras	5:05.35	5:06.82	3
4 Hannah Roark	JR	Grinnell	5:15.89	5:07.85	3
5 Maddie Merna	JR	Wartburg	5:15.00	5:09.20	3
6 Teah Miller	FR	Central College	5:20.71	5:09.74	3
7 Abby Knepper	SO	Mount Mercy	5:17.35	5:19.61	3
8 Lidia Dahlman	FR	Cornell College	5:31.84	5:25.87	3
9 Sindri Bonner	FR	Grinnell	5:33.29	5:26.14	3
10 Nadia Bowden	FR	Wartburg	5:10.00	5:26.51	3
11 Alyza Koppes	JR	Cornell College	5:19.61	5:29.57	3
12 Lily Peterson	SR	Wartburg	5:34.63	5:30.41	2
13 Katie Lammers	SR	Cornell College	5:40.00	5:32.14	2
14 Abbey Angus	FR	Wartburg	5:42.00	5:33.64	2
15 Audra Mulholland	FR	Wartburg	5:42.00	5:35.66	2
16 Mackenzie Engbert	SO	Cornell College	5:56.29	5:35.76	2
17 Annabelle Neal	FR	Mount Mercy	5:41.20	5:37.60	2
18 Carley Seeley	FR	Cornell College	5:34.91	5:39.33	2
19 Beatrice Ebel	FR	Grinnell	5:41.97	5:39.56	2
20 Kendall Orozco	FR	Mount Mercy	5:36.76	5:42.72	2
21 Cali Trygstad	SO	Wartburg	5:45.35	5:43.85	2
22 Sophie Stumbo	SO	Cornell College	5:50.00	5:51.17	2
23 Zoe Peesel	SO	Cornell College	5:55.00	5:57.89	2

Friday Night Lights - 2/7/2025**The W
Results - All****....Women 1 Mile Run**

24	Murray Page	SO Cornell College	6:11.88	5:57.97	1
25	Allie Spredemann	JR Wartburg	6:01.30	6:00.41	1
26	Lillian Boge	JR Wartburg		6:03.56	1
27	Grace Vorthers	FR Wartburg	6:01.95	6:04.72	1
28	Zoe Scott	FR Cornell College		6:09.71	1
29	Laura Bishop	JR Mount Mercy	6:17.94	6:12.23	1
30	Zaya Peirce	FR Wartburg	6:16.14	6:12.48	1
31	Sunny Horner	FR Wartburg		6:16.56	1
32	Allison Kounkel	JR Wartburg	6:24.73	6:16.63	1
33	Kilee Flockhart	SO Mount Mercy	6:35.33	6:28.20	1
34	Emily Delamora	JR Loras	6:50.54	6:30.98	1
35	Ashley Olvera	SO Cornell College		6:41.06	1
--	Kamryn Sherwood	FR Wartburg		SCR	

Women 3000 Meter Run

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Meet: M 12:07.80 1/26/2024 Ryleigh Parrack, Wartburg					
Facility: F 9:39.72 3/13/2021 Anastasia Tucker, Hope					
Name	Year	School	Seed	Finals	Points
=====					
1	Ellie Meyer	SR Wartburg		10:06.64M	
2	Genevieve Madigan	FR Grinnell	11:06.89	10:53.83M	
3	Ava Vance	FR Wartburg	11:00.03	10:56.19M	
4	Annika Kruse	JR Central College	11:10.80	11:12.86M	
5	Hannah Roth	SO Grinnell	11:03.52	11:20.87M	
6	Chloe Ristau	JR Central College	11:23.97	11:22.77M	
7	Kaleena Hagen	JR Central College	11:20.60	11:24.88M	
8	Addie Koritz	FR Central College		11:32.23M	
9	Makenna Hetrick	FR Wartburg		11:54.56M	
10	Karston Nebel	FR Central College		12:47.84	
--	Sarah Brown	Unattached		DNF	
--	Elizabeth Kielty	FR Central College		DQ	

Women 60 Meter Hurdles**Top 8 Advance by Time**

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Meet: M 8.82 1/26/2024 Paige Kisley, Northern Iowa					
Facility: F 8.40 3/4/2023 Emma Lawrence, Wis.-La Crosse					
Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1	Grace Braden	SO Wartburg	8.94	8.95q	2
2	Claire Schroeder	FR Buena Vista	8.93	8.96q	2
3	Hailey Carolan	JR Cornell College	9.74	9.48q	2
4	Caitlin Benesh	SO Wartburg	9.73	9.53q	2
5	Paige Davis	FR Central College	9.96	9.97q	2 9.967
6	Brooke Shafer	SR Wartburg	9.96	9.97q	2 9.970
7	Abby Pierce	SO Loras	10.03	9.99q	2
8	Jazmine Woode	SO Wartburg	10.28	10.10q	1
9	Kiki Pfeifer	FR Loras	10.46	10.29	1
10	Ava Mills	FR Buena Vista	10.26	10.31	1
11	Rachel Theis	SO Loras	10.49	10.48	1
12	Sophia Mason	FR Central College	11.63	11.31	1
13	Emer Mcauliffe	FR Hawkeye CC	12.67	12.19	1

Friday Night Lights - 2/7/2025**The W
Results - All****Women 60 Meter Hurdles**

Meet: M 8.82 1/26/2024 Paige Kisley, Northern Iowa					
Facility: F 8.40 3/4/2023 Emma Lawrence, Wis.-La Crosse					
Name	Year	School	Prelims	Finals	Points
Finals					
1 Claire Schroeder	FR	Buena Vista	8.96	8.99	
2 Grace Braden	SO	Wartburg	8.95	9.01	
3 Caitlin Benesh	SO	Wartburg	9.53	9.66	
4 Hailey Carolan	JR	Cornell College	9.48	9.79	
5 Abby Pierce	SO	Loras	9.99	10.02	
6 Paige Davis	FR	Central College	9.97	10.13	
7 Jazmine Woode	SO	Wartburg	10.10	10.27	
8 Brooke Shafer	SR	Wartburg	9.97	10.29	

Women 4x400 Meter Relay

Meet: M 4:02.38 1/26/2024 Wartburg, Wartburg					
Facility: F 3:48.86 3/4/2023 Wis.-La Crosse, Wis.-La Crosse					
M Schroeder, M Kunze, E Dawidowich, E Lawrence					
School	Seed	Finals	H#	Points	
1 Central College	4:03.00	3:58.39M	3		
1) Mary Gustason JR					
3) Emily McMartin JR					
2 Loras	3:59.00	3:58.86M	3		
1) Harmony Creasy SR					
3) Layla Hughes SO					
3 Wartburg	4:00.00	4:04.23	3		
1) Olivia Tollari JR					
3) Addie Parker SR					
4 Wartburg 'B'	4:07.00	4:06.51	3		
1) Natalie Bork FR					
3) Kiana Carnes SO					
5 Loras 'B'	4:12.00	4:15.14	2		
1) Madelyn Mucci FR					
3) Becca Diddia SR					
6 Mount Mercy	4:15.50	4:16.11	2		
1) Catie Reitinger FR					
3) Corinne Gadiant SR					
7 Wartburg 'C'	4:14.00	4:18.87	2		
1) Avery Schultes SO					
3) Lilly Betts FR					
8 Wartburg 'D'	4:15.00	4:21.46	2		
9 Central College 'B'	4:13.00	4:22.67	2		
1) Hagan Arnold FR					
3) Riley Packer JR					
10 North Iowa Area CC	4:16.87	4:30.23	2		
1) Taja Conley SO					
3) Tenisha Herbert SO					
11 Central College 'C'		4:32.52	1		
1) Ava Goben SO					
3) Haydn Little FR					
12 Loras 'C'	4:28.00	4:35.43	1		
1) Rachel Theis SO					
2) Emily Jackson JR					

Friday Night Lights - 2/7/2025**The W
Results - All****....Women 4x400 Meter Relay**

3) Paige Jacobs JR	4) Kiki Pfeifer FR		
13 Wartburg 'E'		4:48.56	1
14 Central College 'D'		4:58.75	1
1) Reagan McMenomy FR	2) Lexi Swearingen FR		
3) Kylie Winkler JR	4) Jillian Fairbanks SO		

Women High Jump

Meet: M 1.61m 1/26/2024 Chloe Largent, Northern Iowa					
Facility: F 1.75m 2/18/2023 Brea Christopher, Wartburg					
Name	Year	School	Seed	Finals	Points
1 Sara Hoskins	SR	Loras	1.74m	1.68mM	5-06.00
2 Samantha Nielsen	JR	Wartburg	1.65m	1.63mM	5-04.25
3 Grace Cummins	SO	Loras	1.53m	1.53m	5-00.25
4 Julia Klein	JR	Loras	1.62m	1.53m	5-00.25
5 Jazmine Woode	SO	Wartburg	1.54m	1.48m	4-10.25
5 Tasha Williams	SO	Hawkeye CC	1.45m	1.48m	4-10.25
7 Brooke Shafer	SR	Wartburg	1.44m	1.43m	4-08.25
7 Alyssa Fowler	SO	Wartburg	1.55m	1.43m	4-08.25
9 Alaysia McCord	FR	Wartburg	1.45m	1.43m	4-08.25
10 Grace Braden	SO	Wartburg	1.53m	1.43m	4-08.25
11 Mallori Jones	FR	Hawkeye CC	1.45m	1.43m	4-08.25
12 Caitlin Benesh	SO	Wartburg	1.30m	1.38m	4-06.25
13 Haley Hartshorne	JR	Mount Mercy	1.46m	1.38m	4-06.25

Women Pole Vault

Meet: M 3.05m 1/26/2024 Hannah Wallace, Northern Iowa					
Facility: F 4.01m 2/3/2023 Jacqueline Williams, Unattached					
Name	Year	School	Seed	Finals	Points
-- Carla Santos	SO	Mount Mercy	3.15m	NH	
-- Ella Johnson	SO	Wartburg	2.83m	DNS	

Women Long Jump

Meet: M 5.33m 1/26/2024 Lina Newland, Wartburg					
Facility: F 6.17m 2012 Skye Morrison, Wartburg College					
Name	Year	School	Seed	Finals	Points
1 Emma Seipel	SR	Loras	6.11m	5.93mM	19-05.50
2 Shaniah Johnson	SR	Wartburg	5.56m	5.23m	17-02.00
3 Olivia Tollari	JR	Wartburg	5.48m	5.18m	17-00.00
4 Brooklyn Johnson	JR	Mount Mercy	5.38m	5.09m	16-08.50
5 Alyssa Wondercheck	FR	Hawkeye CC	5.32m	4.93m	16-02.25
6 Gift Gonpue	SO	North Iowa Area CC	4.71m	4.92m	16-01.75
7 Claire Schroeder	FR	Buena Vista	4.88m	4.90m	16-01.00
8 Halima Biggs	FR	Hawkeye CC	5.28m	4.88m	16-00.25
9 Karlee Warnke	SO	Central College	5.10m	4.78m	15-08.25
10 Hailey Carolan	JR	Cornell College	5.07m	4.73m	15-06.25
11 Ava Mills	FR	Buena Vista	4.59m	4.66m	15-03.50
12 Tasha Williams	SO	Hawkeye CC	4.56m	4.44m	14-07.00
13 Emma Houdek	SR	Wartburg	5.04m	4.24m	13-11.00
14 Kordai Luten	SO	North Iowa Area CC	4.15m	3.71m	12-02.25

Friday Night Lights - 2/7/2025**The W
Results - All****....Women Long Jump**

-- Emer Mcauliffe FR Hawkeye CC 3.81m FOUL

Women Triple Jump

Meet: M 10.91m 1/26/2024 Haylie Hutchinson, Upper Iowa

Facility: F 12.32m 2017 Amber Williams, UW-Platteville

Name	Year	School	Seed	Finals	Points
1 Madelyn Mucci	FR	Loras	11.22m	11.21mM	36-09.50
2 Shaniah Johnson	SR	Wartburg	11.60m	11.00mM	36-01.25
3 Samantha Nielsen	JR	Wartburg	11.03m	10.52m	34-06.25
4 Julia Klein	JR	Loras	11.33m	10.38m	34-00.75
5 Madeline Boulanger	SO	Wartburg	11.03m	10.30m	33-09.50
6 Amelia Wright	FR	Wartburg	10.34m	10.19m	33-05.25
7 Ella Jumper	FR	Central College	9.52m	9.66m	31-08.50
8 Alyssa Fowler	SO	Wartburg	10.22m	9.62m	31-06.75

Women Shot Put

Meet: M 13.31m 1/26/2024 Lily Meester, Wartburg

Facility: F 16.40m 1/27/2023 Katie Fare, Unattached

Name	Year	School	Seed	Finals	H#	Points
1 Breanna Hackman	SO	Northern Iowa	14.81m	14.18mM	46-06.25	2
2 Courtney Johnson	SR	Buena Vista	13.11m	13.32mM	43-08.50	2
3 Bre Nail	SR	Mount Mercy	13.63m	13.26m	43-06.00	2
4 Jorie Hanenburg	FR	Northern Iowa	14.67m	13.09m	42-11.50	2
5 Taylor Flaig	SR	Loras	13.01m	12.84m	42-01.50	2
6 Caitlyn Cox	JR	Loras	12.48m	12.70m	41-08.00	2
7 Abby Veld	FR	Wartburg	12.71m	12.53m	41-01.50	2
8 Riley Vice	SR	Loras	13.40m	12.41m	40-08.75	2
9 Payton Schermerhorn	SO	Buena Vista	12.77m	12.38m	40-07.50	2
10 Ava Conrad	SR	Mount Mercy	13.78m	11.55m	37-10.75	2
11 Alyssa Striegel	SR	Mount Mercy	12.36m	11.53m	37-10.00	2
12 Elle Voy	SO	Wartburg	11.70m	11.48m	37-08.00	2
13 Audra Gallick	JR	Loras	11.85m	11.42m	37-05.75	2
14 Kylie Galowitz	JR	Grinnell	11.68m	11.27m	36-11.75	1
15 Rylee Gallaher	SO	Wartburg	11.55m	11.18m	36-08.25	1
16 Kylie Krumm	FR	Central College	10.95m	10.81m	35-05.75	1
17 Grace Kelley	SR	Mount Mercy	11.09m	10.80m	35-05.25	1
18 Natalie DeFord	SO	Mount Mercy	11.08m	10.65m	34-11.25	1
19 Claire Geerts	FR	Mount Mercy	10.77m	10.53m	34-06.75	1
20 Bridgette Smith	SO	Loras	10.17m	10.11m	33-02.00	1
21 Allie Schweitzberger	SO	Wartburg	10.17m	10.03m	32-11.00	1
22 Bri Osterson	SR	Cornell College	11.07m	9.99m	32-09.50	1
23 Kit Byars	SO	North Iowa Area CC	10.16m	9.89m	32-05.50	1
24 Robyn Mar	SO	Cornell College	10.13m	9.65m	31-08.00	1
25 Abby Horsfall	FR	Loras	10.01m	9.54m	31-03.75	1
26 Emily Graciano	FR	Cornell College	8.69m	8.91m	29-02.75	1

Friday Night Lights - 2/7/2025**The W
Results - All****Women Weight Throw**

Meet: M 16.97m 1/26/2024 Emma True, Wartburg						
Facility: F 20.92m 1/27/2023 Maria Shavers, Unattached						
Name	Year	School	Seed	Finals	H#	Points
1 Caitlyn Cox	JR	Loras	19.49m	19.36mM	63-06.25	3
2 Emma True	SR	Wartburg	18.81m	18.52mM	60-09.25	3
3 Katie Fare	SR	Northern Iowa	18.14m	17.63mM	57-10.25	3
4 Taylor Flaig	SR	Loras	17.95m	17.07mM	56-00.00	3
5 Tara Jochumsen	SR	Wartburg	15.92m	15.92m	52-02.75	3
6 Riley Vice	SR	Loras	14.51m	15.54m	51-00.00	2
7 Courtney Johnson	SR	Buena Vista	14.65m	14.96m	49-01.00	2
8 Bre Nail	SR	Mount Mercy	15.46m	14.93m	48-11.75	3
9 Ava Conrad	SR	Mount Mercy	15.68m	14.60m	47-11.00	3
10 Alyssa Striegel	SR	Mount Mercy	14.15m	14.10m	46-03.25	2
11 Jzonei Jones	SR	Mount Mercy	14.73m	13.97m	45-10.00	3
12 Eliana Malatt	JR	Loras	13.30m	13.67m	44-10.25	2
13 Addison Phillips	SO	Wartburg	12.01m	13.48m	44-02.75	1
14 Kileigh Lachacz	FR	Northern Iowa	14.70m	13.44m	44-01.25	3
15 Kylie Galowitz	JR	Grinnell	13.35m	13.09m	42-11.50	2
16 Grace Kelley	SR	Mount Mercy	13.69m	12.86m	42-02.25	2
17 Payton Schermerhorn	SO	Buena Vista	12.85m	12.79m	41-11.50	2
18 Jaclyn Wooldridge	SO	Mount Mercy	13.11m	12.79m	41-11.50	2
19 Natalie DeFord	SO	Mount Mercy	12.36m	12.73m	41-09.25	1
20 Bri Osterson	SR	Cornell College	13.01m	12.52m	41-01.00	2
21 Kira Baldus	SR	Central College	12.71m	12.40m	40-08.25	1
22 Robyn Mar	SO	Cornell College	12.01m	12.23m	40-01.50	1
23 Audra Gallick	JR	Loras	13.92m	12.17m	39-11.25	2
24 Abby Horsfall	FR	Loras	11.83m	11.22m	36-09.75	1
25 Hannah Brinkman	FR	North Iowa Area CC	10.55m	10.90m	35-09.25	1
26 Kylie Krumm	FR	Central College	10.97m	10.84m	35-06.75	1
27 Kit Byars	SO	North Iowa Area CC	10.92m	10.74m	35-03.00	1
28 Ericka Power	FR	Wartburg	9.76m	9.99m	32-09.50	1
29 Jorja Culver	FR	Wartburg	10.08m	8.95m	29-04.50	1

Men 60 Meter Dash**Top 8 Advance by Time**

Meet: M 6.91 1/26/2024 Deonte Dean, Northern Iowa						
Facility: F 6.80 3/4/2023 Ryder Smith, Wis.-La Crosse						
Name	Year	School	Seed	Prelims	H#	
Preliminaries						
1 Keegan Thompson	SR	Mount Mercy	6.77	M 6.83q	7	
2 Tyreese James	SO	North Iowa Area CC	6.83	M 6.86q	7	
3 Dayvion Foreman	SR	Loras	6.84	M 6.88q	7	
4 Breon Wade	JR	Mount Mercy	6.82	M 6.89q	7	
5 Frank Day	SR	Loras	6.84	6.92q	7	
6 Aldaine Angus	FR	Hawkeye CC	6.91	6.94q	7	6.935
7 AJ Wright	FR	Wartburg	6.96	6.94q	6	6.940
8 Baylor Speidel	FR	Mount Mercy	6.97	7.01q	6	
9 David Williams	JR	Wartburg	6.97	7.03	6	
10 Jordan Cleaves	FR	Wartburg	7.04	7.04	6	
11 Jacob Kamara	SR	Wartburg	7.03	7.05	6	7.045
12 Derik Bunten	SR	Loras	6.93	7.05	7	7.047
13 Jordan Schroeder	SR	Mount Mercy	7.08	7.10	6	

Friday Night Lights - 2/7/2025**The W
Results - All****....Men 60 Meter Dash**

14	Liam Carlson	SO Hawkeye CC	6.98	7.12	6
15	Mitchell Darst	FR Wartburg	7.09	7.13	5 7.122
16	Aidan Gruver	JR Wartburg	6.95	7.13	7 7.127
17	Elliot Bond	FR Wartburg		7.15	1
18	Jimmy Weispfenning	SO Wartburg	7.06	7.16	6
19	Tyrell Adams	FR Wartburg		7.20	1
20	Easton Hays	JR Buena Vista	7.17	7.21	5
21	Jewel Jackson	FR North Iowa Area CC	7.30	7.23	4
22	Crew Geater	FR Wartburg	7.36	7.26	3
23	Niko Platre	JR Cornell College	7.23	7.27	5
24	Zak Kubitz	SR Wartburg	7.28	7.28	4
25	Charlie Irwin	JR Loras	7.18	7.29	5
26	Sam Rew	SO Wartburg	7.26	7.30	5
27	BJ Huggins	JR Mount Mercy	7.14	7.31	5 7.302
28	Nate Keiper	SR Mount Mercy	7.27	7.31	5 7.309
29	DJ Almada	SR Loras	7.25	7.36	5
30	Zander White	JR Wartburg	7.28	7.41	4
31	Blake Fitzgerald	JR Loras	7.35	7.44	4
32	Perez Hemmings	SR Mount Mercy	7.35	7.46	4
33	Dkahi Pope	FR Loras	7.52	7.47	2
34	James Seeman	FR Central College	7.42	7.49	3 7.487
35	Noah Bauereis	SR Wartburg	7.52	7.49	3 7.489
36	Liam Kelso	SO Loras	7.41	7.50	3 7.495
37	Dustin Mohler	JR Wartburg		7.50	1 7.496
38	Owen McBride	SO Mount Mercy	7.45	7.52	3
39	Jamo Downs	FR Wartburg	7.52	7.53	3
40	Weston Johnson	FR Wartburg	7.47	7.54	3
41	Caden Ridgley	JR Wartburg	7.54	7.56	2
42	Cor Huyser	FR Central College	7.62	7.57	2 7.564
43	Joshua Martin	SO Cornell College	7.59	7.57	2 7.570
44	Julius Jenkins	FR Cornell College	7.59	7.63	2
45	Jaxon Weber	SO Hawkeye CC	7.64	7.70	2
46	Brandon Evans	FR Cornell College		7.84	1 7.832
47	Walid Botcho	FR Wartburg		7.84	1 7.836
48	Jordan Kunz	FR Central College	8.09	7.99	2
49	Adrien Mere	FR Cornell College		8.46	1
--	Grant Miller	JR Central College	7.31	SCR	4
--	Zeke Nelson	SO Central College	7.30	SCR	4
--	Michael Coy	JR Loras	7.30	SCR	4
--	Daken Pessman	SO Loras	7.35	SCR	3

Men 60 Meter Dash

=====					
Meet:	M	6.91	1/26/2024	Deonte Dean, Northern Iowa	
Facility:	F	6.80	3/4/2023	Ryder Smith, Wis.-La Crosse	
Name			Year School	Prelims	Finals Points
=====					

Finals					
1	Dayvion Foreman	SR Loras	6.88	6.84M	6.831
2	Tyreese James	SO North Iowa Area CC	6.86	6.84M	6.839
3	Frank Day	SR Loras	6.92	6.85M	
4	Breon Wade	JR Mount Mercy	6.89	6.86M	
5	AJ Wright	FR Wartburg	6.94	6.88M	
6	Aldaine Angus	FR Hawkeye CC	6.94	6.93	
7	Baylor Speidel	FR Mount Mercy	7.01	7.07	

Friday Night Lights - 2/7/2025**The W
Results - All****....Men 60 Meter Dash**

-- Keegan Thompson SR Mount Mercy 6.83 SCR

Men 200 Meter Dash

=====						
Meet: M 22.69 1/26/2024 Tyreese James, North Iowa Area						
Facility: F 21.52 3/12/2021 JP Vaught, Centre						
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Tyreese James	SO	North Iowa Area CC	22.20	22.04M	8	
2 Jensen Clapp	SR	Wartburg	22.19	22.22M	8	
3 Jeffrey Oestreicher	JR	Wartburg	22.62	22.40M	6	
4 Connor Miklos	SR	Central College	22.77	22.63M	5	
5 Hadley Beaty	SO	Cornell College	22.73	22.64M	5	
6 Aidan Gruver	JR	Wartburg	22.54	22.65M	6	
7 Jimmy Weispfenning	SO	Wartburg	22.37	22.68M	7	
8 David Williams	JR	Wartburg	23.02	22.74	1	22.731
9 Derik Buntin	SR	Loras	22.72	22.74	5	22.736
10 AJ Wright	FR	Wartburg	22.86	22.76	9	
11 Dayvion Foreman	SR	Loras	22.84	22.88	4	22.871
12 Mitchell Darst	FR	Wartburg	23.46	22.88	9	22.878
13 Aldaine Angus	FR	Hawkeye CC	23.03	22.92	1	
14 Vance Burnham	FR	Hawkeye CC	22.81	23.03	4	
15 Crew Geater	FR	Wartburg	23.73	23.14	2	
16 Cade Olson	SO	Wartburg	22.84	23.32	3	
17 DJ Almada	SR	Loras	22.99	23.39	2	
18 Noah Bauereis	SR	Wartburg	23.15	23.46	8	
19 Caden Miller-Baker	SR	Wartburg	22.84	23.50	3	
20 Easton Hays	JR	Buena Vista	23.53	23.56	6	
21 Owen Tomko	SO	Central College	22.65	23.70	5	
22 Zander White	JR	Wartburg	23.71	23.77	3	
23 Niko Platre	JR	Cornell College	23.78	23.83	1	
24 Brian Hart	SR	Central College	23.23	23.87	7	
25 James Seeman	FR	Central College	23.68	23.97	4	
26 Dalles Hernandez	FR	Cornell College	24.32	24.00	3	
27 Blake Fitzgerrel	JR	Loras	23.93	24.08	6	
28 Owen McBride	SO	Mount Mercy	24.21	24.33	4	
29 Jackson Tavegia	FR	Central College	23.91	24.39	7	
30 Sam Rew	SO	Wartburg		24.40	3	
31 Evan Bucknam	FR	Wartburg	24.96	24.58	1	
32 Jamo Downs	FR	Wartburg	24.98	24.83	8	
33 Joshua Martin	SO	Cornell College	24.73	24.84	2	
34 Jaxon Weber	SO	Hawkeye CC	23.82	25.56	8	
35 Dakota Carlson	FR	North Iowa Area CC		25.77	1	
36 Brandon Evans	FR	Cornell College		26.33	2	
37 Isaac Huelsenbeck	SO	Cornell College	25.45	26.97	7	26.962
38 Jordan Kunz	FR	Central College	27.24	26.97	6	26.964
39 Adrien Mere	FR	Cornell College		28.28	4	
-- Liam Carlson	SO	Hawkeye CC	22.36	SCR	7	
-- William Bryant	FR	Hawkeye CC		SCR		
-- BJ Huggins	JR	Mount Mercy	23.96	SCR		
-- Isaiah Thomas	SR	Buena Vista	23.27	SCR		
-- Walid Botcho	FR	Wartburg		SCR		
-- Jewel Jackson	FR	North Iowa Area CC	24.26	SCR		

Friday Night Lights - 2/7/2025**The W
Results - All****Men 400 Meter Dash**

Meet: M 51.21 1/26/2024 Ian Neyens, Wartburg						
Facility: F 47.93 2/23/2019 Patrick Mikel, Loras						
Name	Year	School	Seed	Finals	H#	Points
1 Jensen Meeker	SO	Cornell College	50.21	49.84M	5	
2 Chase Staker	FR	Cornell College	51.13	51.22	4	
3 Brian Hart	SR	Central College	51.84	51.68	2	
4 Aiden Housman	SR	Wartburg	51.69	51.69	2	51.681
5 Jaxin McGuire	JR	Cornell College	51.46	51.69	3	51.686
6 Vance Burnham	FR	Hawkeye CC	51.59	51.84	3	
7 Noah Valenzuela	FR	Mount Mercy	51.87	52.32	1	
8 Gabriel Hemsworth	FR	North Iowa Area CC	53.28	52.38	5	
9 Evan Richardson	FR	Wartburg	51.90	52.39	1	
10 Currey Jacobs	JR	Cornell College	52.93	52.73	1	
11 Aaron Ayobami	JR	Loras	52.85	52.97	2	
12 Dvaughn Hicks	FR	Wartburg	51.42	53.01	4	
13 Blaine Peebles	FR	Buena Vista	52.80	53.02	4	
14 Evan Bucknam	FR	Wartburg	55.26	53.74	2	
15 Chris Canas	JR	Mount Mercy	53.57	53.76	4	
16 Jack Goedken	SR	Wartburg	52.30	53.86	5	
17 Caden Miller-Baker	SR	Wartburg		54.05	1	
18 Lamar Barragan	FR	North Iowa Area CC	54.92	54.16	3	
19 Isaac Huelsenbeck	SO	Cornell College	59.21	1:03.42	1	
-- Cayden Schellhorn	SO	Wartburg	50.91	SCR	5	
-- John Jeanisse	SR	Buena Vista	52.80	SCR		

Men 600 Meter Run

Meet: M 1:24.10 1/26/2024 Quinton Ellis, North Iowa Area						
Facility: F 1:22.21 1/18/2025 Quinton Ellis, North Iowa A						
Name	Year	School	Seed	Finals	H#	Points
1 Quinton Ellis	SO	North Iowa Area CC	1:22.11	1:21.23F	3	
2 Alex Volden	FR	Central College	1:27.07	1:25.27	3	
3 Ted Kruse	SR	Loras	1:23.00	1:25.70	2	
4 Ian Fagan	SO	Loras	1:23.00	1:25.81	2	
5 Trevor Leitheiser	FR	Mount Mercy	1:25.40	1:25.84	1	
6 Carson Vaske	SR	Loras	1:23.00	1:25.89	3	
7 Jrake Van Hemert	SO	Central College	1:23.36	1:25.94	1	
8 Zeke Irving	FR	Loras	1:28.00	1:28.61	2	
9 Brennen Sager	SO	Hawkeye CC	1:33.00	1:28.84	3	
10 Lawsen Fuller	JR	Central College	1:33.29	1:32.64	2	
11 Isaac Hillesland	FR	North Iowa Area CC		1:33.94	1	
12 Tynan Van der Veer	FR	Hawkeye CC	1:40.00	1:35.52	1	
13 Bright Agamah	FR	Hawkeye CC	1:41.07	1:39.94	2	
14 Brayden Harris	JR	Central College	1:40.77	1:42.49	3	
-- Anthoneih Kopsa	SO	Hawkeye CC	1:28.88	SCR	1	

Men 800 Meter Run

Meet: M 1:58.18 1/26/2024 Rylan Martin, Wartburg						
Facility: F 1:51.31 3/13/2021 Mike Jasa, Loras						
Name	Year	School	Seed	Finals	H#	Points
1 Carter Cruise	SR	Wartburg	1:52.13	1:52.68M	7	

Friday Night Lights - 2/7/2025**The W
Results - All****....Men 800 Meter Run**

2	Joe Franke	SR Loras	1:52.61	1:52.94M	7	
3	Rylan Martin	SO Wartburg	1:54.49	1:54.01M	7	
4	Elliot Frideres	SR Loras	1:54.64	1:54.16M	7	
5	Fisher Isaacson	SR Cornell College	1:57.00	1:56.28M	7	
6	Wyatt Schmidt	Unattached	1:57.00	1:56.78M	6	
7	Jack Every	FR Central College	1:57.00	1:57.58M	6	
8	Jack Kinzer	SR Wartburg	1:55.88	1:57.93M	7	1:57.924
9	Sam Schmitz	SR Wartburg	1:59.00	1:57.93M	5	1:57.930
10	Carlo Dannenfelser	SR Loras	1:57.39	1:58.74	6	
11	Ian Neyens	SR Wartburg	1:58.08	1:59.19	5	
12	James Brant	FR Central College	1:57.00	1:59.46	6	
13	Solomon Zaugg	FR Wartburg	1:58.00	1:59.47	5	
14	Owen Pries	JR Wartburg	2:00.27	1:59.61	4	
15	Andy Chestovich	JR Grinnell	1:59.00	2:00.58	5	2:00.573
16	Blake Creed	SO Central College	1:57.37	2:00.58	6	2:00.577
17	Connor Heagy	JR Grinnell	1:59.00	2:00.70	5	
18	Marcus Camacho	FR Wartburg	2:01.67	2:00.73	3	
19	Cameron Welch-Groves	JR Grinnell	1:59.00	2:01.05	5	
20	AJ Angus	FR Wartburg	2:01.21	2:01.19	4	
21	William Wadsley	SO Central College	2:01.99	2:01.60	3	
22	Enoch Thielhelm	FR Loras	2:01.00	2:01.76	4	
23	Aiden Ruiz	FR Loras	2:04.00	2:02.08	5	
24	William Bryant	FR Hawkeye CC	2:05.15	2:02.34	3	
25	Jamie Briggs	FR Cornell College	2:03.00	2:02.62	3	
26	Ben Roussell	SO Wartburg	1:57.01	2:02.94	6	
27	Brendan Rader	JR Wartburg	2:00.60	2:03.03	4	
28	Clay Warson	FR Wartburg	2:00.00	2:03.31	4	
29	Ty Costigan	SR Mount Mercy	1:59.98	2:03.36	4	
30	Ryan Hill	SO Grinnell	2:04.00	2:04.40	3	
31	Keyshawn Harris	JR Wartburg	2:03.87	2:04.74	3	
32	Austin Vander Werf	FR Central College		2:05.30	1	
33	Seth Pencook	SO Central College	2:21.44	2:05.34	1	
34	Garrison Hubka	SO Wartburg	2:00.07	2:05.74	4	
35	Sam Horman	FR Loras	2:09.00	2:06.25	2	
36	Isaac Thompson	FR North Iowa Area CC		2:06.77	1	
37	Lucas Arnold	SO Loras	2:06.78	2:07.06	3	
38	Kaleb Grant	FR Wartburg	2:07.95	2:08.05	2	
39	Brendan Owens	FR Wartburg	2:07.46	2:08.47	2	
40	Jamie Hayes	FR Mount Mercy	2:10.01	2:08.72	2	
41	Tony Zamudio	SO Cornell College	2:09.46	2:09.40	2	
42	Sawyer Schmidt	FR Wartburg	2:07.64	2:09.42	2	
43	Luka Flores	SO Central College	2:10.43	2:10.10	2	
44	Josh Lancaster	FR Central College		2:10.13	1	
45	Caleb Long	FR Cornell College	2:08.71	2:11.01	2	
46	Vince Frederiksen	FR Loras	2:12.00	2:12.59	1	
47	Zach Thompson	SR Buena Vista	2:08.59	2:13.72	2	
48	Grant Goodman	SR Central College		2:14.36	1	
49	Caleb Stiles	SO Wartburg	2:16.72	2:17.69	1	
50	Ian Meyer	FR Central College		2:18.91	1	
51	Christian Rathje	JR Central College	2:14.16	2:29.22	1	
--	Mike Jasa	Unattached	1:50.00	DNF	7	
--	Bert Cortez	SR Wartburg	2:12.17	SCR	1	
--	Jacob Belha	SR Loras	1:57.47	SCR	6	
--	Aaron Lursen	SO Wartburg	1:58.07	SCR	5	
--	Brody Roth	FR Central College		SCR		

Friday Night Lights - 2/7/2025**The W
Results - All****....Men 800 Meter Run**

-- Drew Peterson	JR Central College		SCR
-- Cooper Bankston	SO Wartburg	2:10.11	SCR
-- Jonathon Williams	FR Mount Mercy	2:06.00	SCR

Men 1000 Meter Run

=====					
Meet: M 2:33.30 1/26/2024 Jacob Vais, North Iowa Area					
Facility: F 2:26.75 2019 Zach Lee, Wis-Platteville					
Name	Year	School	Seed	Finals	Points
=====					
1 Kyle Miller	SR	Buena Vista	2:31.29	2:30.15M	
2 Carson Hendrey	SR	Loras	2:34.00	2:35.96	
3 Gavin Denholm	FR	Loras	2:40.00	2:43.79	
4 Daniel Zietlow	SO	Wartburg	3:02.28	3:03.83	
-- Brayden Mahlum	SR	Buena Vista	2:42.99	SCR	

Men 1 Mile Run

=====					
Meet: M 4:12.49 1/26/2024 Sam Schmitz, Wartburg					
Facility: F 4:09.45 3/4/2023 Gabe Nichols, Carleton					
Name	Year	School	Seed	Finals	H# Points
=====					
1 Isaac vanWestrienen	JR	Cornell College	4:11.32	4:07.52F	6
2 Lance Sobaski	JR	Wartburg	4:08.77	4:08.79F	6
3 Jack Brown	SO	Central College	4:13.25	4:11.74M	6
4 Aidan Decker	FR	Wartburg	4:15.57	4:13.10	6
5 Carlo Dannenfelser	SR	Loras	4:11.84	4:14.64	6
6 Aaron Lursen	SO	Wartburg	4:14.61	4:15.46	6
7 Gabe Soda	SR	Cornell College	4:16.80	4:16.88	6
8 Jacob Belha	SR	Loras	4:13.04	4:17.13	6
9 Solomon Zaugg	FR	Wartburg	4:16.37	4:17.36	6
10 Derek Webster	JR	Central College	4:20.00	4:18.51	5
11 Luke Robinson	JR	Grinnell	4:17.71	4:19.05	5
12 Andrew Smith	FR	Wartburg	4:17.41	4:19.70	5
13 William Wadsley	SO	Central College	4:24.00	4:19.96	5
14 Hutton Edney	SO	Wartburg	4:15.89	4:21.45	6
15 Clay Warson	FR	Wartburg	4:23.32	4:25.50	5
16 Connor Lancial	SR	Wartburg	4:35.00	4:25.78	4
17 Brady Cortez	JR	Mount Mercy	4:28.83	4:26.21	5
18 Gavin Roy	SR	Wartburg	4:30.14	4:26.55	4
19 Clay Pehl	SR	Wartburg	4:35.00	4:26.82	4
20 Dylan Bledsoe	JR	Mount Mercy	4:34.64	4:27.11	4
21 Jason Newman	FR	Grinnell	4:30.00	4:28.41	4
22 Gabe Hunt	SR	Cornell College	4:26.54	4:28.74	5
23 Aiden Ruiz	FR	Loras	4:31.67	4:29.15	4
24 Cameron Noreen	JR	Wartburg	4:33.01	4:29.58	4
25 Ayden Buchanan	FR	Wartburg	4:45.00	4:29.64	3
26 Garrison Hubka	SO	Wartburg	4:25.39	4:31.13	5
27 Cooper Cook	FR	Wartburg	4:45.00	4:31.98	3
28 Seth Bailey	JR	Wartburg	4:25.49	4:33.64	5
29 Andrew Poock	SR	Wartburg	4:36.00	4:34.67	4
30 Ben Every	FR	Central College	4:28.00	4:34.94	5
31 Ryan Kelly	SO	North Iowa Area CC	4:37.90	4:34.95	3
32 Austin Vander Werf	FR	Central College	4:49.11	4:35.60	3
33 Riley Kuhn	FR	Wartburg	4:35.00	4:36.94	4

Friday Night Lights - 2/7/2025**The W
Results - All****....Men 1 Mile Run**

34	Brendan Owens	FR Wartburg	4:37.55	4:37.33	3
35	Carter Braun	JR Buena Vista	4:38.91	4:38.64	3
36	Lucas Arnold	SO Loras	4:37.47	4:39.04	3
37	Paul Hoopes	SR Wartburg	4:55.78	4:39.46	2
38	Cooper Bankston	SO Wartburg	4:38.77	4:40.33	3
39	Zion Taylor	SO Wartburg	4:36.28	4:41.79	3
40	Luka Flores	SO Central College	4:47.34	4:41.97	3
41	Caleb Schopen	SR Cornell College	4:35.00	4:44.48	4
42	Seth Pencook	SO Central College	4:57.05	4:45.09	2
43	Grant Goodman	SR Central College	4:50.27	4:47.67	2
44	Caleb Stiles	SO Wartburg	4:55.34	4:50.15	2
45	Ethyn Chesnut	SR Cornell College	5:00.00	4:50.66	1
46	Aiden Egertson	SO Buena Vista	4:34.59	4:50.85	4
47	Tony Zamudio	SO Cornell College	5:00.91	4:51.23	1
48	Josh Lancaster	FR Central College	4:58.00	4:52.65	2
49	Caleb Long	FR Cornell College	4:51.83	4:52.91	2
50	Ian Meyer	FR Central College	5:03.19	4:53.04	1
51	Luke Wiley	JR Cornell College	4:55.77	4:54.07	2
52	Kevin Carney	FR North Iowa Area CC	5:05.99	4:57.06	1
53	Octavio Padilla- Rico	FR North Iowa Area CC		4:57.48	1
54	Jaxon Barnes	FR Cornell College	4:54.26	4:58.10	2
55	Lukas Vance	FR North Iowa Area CC	5:10.12	5:00.26	1
56	Christian Rathje	JR Central College	4:49.69	5:07.26	2
57	Liam Baldwin	SO Cornell College		5:09.18	1
58	Grant Anderson	FR Cornell College	5:14.14	5:13.18	1
59	Jeremiah Steggall	Unattached		5:26.16	1
60	Owen Vaughan-Fier	SO Cornell College		5:27.16	1
--	Mike Jasa	Unattached	4:06.00	DNF	6
--	Jonathan Meyer	SO Wartburg	4:56.73	SCR	2
--	Bert Cortez	SR Wartburg	5:07.61	SCR	1
--	Brody Roth	FR Central College	4:49.81	SCR	
--	Drew Peterson	JR Central College	4:45.55	SCR	
--	Conner Sattler	JR Wartburg	4:29.78	SCR	
--	Camden Kilker	SO Wartburg	4:43.62	SCR	
--	Nathan Kinzer	SO Wartburg	4:18.59	SCR	
--	Alex Horstman	JR Wartburg	4:31.16	SCR	

Men 3000 Meter Run

=====					
Meet: M 8:47.58 1/26/2024 Ian Barry, Wartburg					
Facility: F 8:09.60 2/17/2024 Isaac vanWestrienen, Cornell Coll					
Name	Year	School	Seed	Finals	Points
=====					
1	Mason Back	SO Central College	8:52.05	8:53.15	
2	Kaden Sadler	SR Buena Vista	8:59.05	8:56.27	
3	Ben Abelow	FR Grinnell	9:08.85	8:57.33	
4	Conner Sattler	JR Wartburg	8:54.00	9:01.82	
5	Quinn Swift	JR Mount Mercy	9:00.69	9:02.08	
6	Drew Moser	FR Wartburg	8:59.71	9:04.53	
7	Ben DeValk	SR Central College	9:02.87	9:14.13	
8	Alex Horstman	JR Wartburg	8:45.03	9:15.99	
9	Isaac Morris	FR Cornell College	9:22.66	9:16.47	
10	Tyler Bilskie	SR Cornell College	9:10.00	9:16.48	
11	Arthur Meyers	SR Wartburg	9:13.89	9:17.22	
12	Colin Greenwell	SR Wartburg	9:19.86	9:18.61	

Friday Night Lights - 2/7/2025**The W
Results - All****....Men 3000 Meter Run**

13	Logan Hoger	JR Loras	9:30.00	9:26.43
14	Nathan Moore	FR Wartburg	8:55.07	9:26.60
15	Ethan Loutzenheiser	FR Wartburg		9:30.83
16	Camden Kilker	SO Wartburg	9:28.83	9:30.97
17	Taylor Thunstedt	JR Central College	9:13.11	9:44.16
18	Cooper Bankston	SO Wartburg		10:00.03
19	Jonathan Meyer	SO Wartburg		10:10.75
20	Brennen Sager	SO Hawkeye CC	10:24.84	10:18.57
--	Hadyn Piskorski	JR Buena Vista	9:42.66	DNF

Men 60 Meter Hurdles**Top 8 Advance by Time**

=====					
Meet: M		8.20	1/26/2024	Jack Sumners, Northern Iowa	
Facility: F		7.99	3/5/2022	Deyton Love, Wartburg	
Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1	Ceondae Adams	SR Mount Mercy	8.05	M 8.17q	3
2	Connor Miklos	SR Central College	8.31	8.29q	3
3	Grant Miller	JR Central College	8.15	8.32q	3
4	Austin Rindels	SO Wartburg	8.37	8.44q	3
5	Zak Kubitz	SR Wartburg	8.34	8.48q	3
6	Weston Johnson	FR Wartburg	8.52	8.60q	3
7	Zeke Nelson	SO Central College	8.68	8.64q	3
8	Seneca Molstre	FR Wartburg	8.94	8.67q	2
9	Perez Hemmings	SR Mount Mercy	8.73	8.90	3
10	Cor Huyser	FR Central College	9.24	8.93	2
11	Andrew Schlemme	SO Loras	9.01	9.10	2
12	Dvaughn Hicks	FR Wartburg	8.73	9.11	2
13	Mitchell Darst	FR Wartburg	9.18	9.26	2
14	Edde Gonzalez	FR Hawkeye CC		11.30	1
--	Nathan McFarland	SO Hawkeye CC	10.12	SCR	1
--	Ky Kaufmann	JR Mount Mercy	9.03	SCR	2
--	Tyler Bartels	SO Hawkeye CC	9.15	SCR	2

Men 60 Meter Hurdles

=====					
Meet: M		8.20	1/26/2024	Jack Sumners, Northern Iowa	
Facility: F		7.99	3/5/2022	Deyton Love, Wartburg	
Name	Year	School	Prelims	Finals	Points
=====					
Finals					
1	Ceondae Adams	SR Mount Mercy	8.17	8.10M	
2	Grant Miller	JR Central College	8.32	8.26	
3	Connor Miklos	SR Central College	8.29	8.27	
4	Zak Kubitz	SR Wartburg	8.48	8.37	
5	Austin Rindels	SO Wartburg	8.44	8.42	
6	Zeke Nelson	SO Central College	8.64	8.55	
7	Weston Johnson	FR Wartburg	8.60	8.64	
8	Seneca Molstre	FR Wartburg	8.67	8.86	

Friday Night Lights - 2/7/2025**The W****Results - All****Men 4x400 Meter Relay**

Meet: M 3:26.51 1/26/2024 Wartburg, Wartburg					
J Clapp, I Neyens, A Gruver, M Temsah					
Facility: F 3:15.60 3/4/2023 Nebraska Wesleyan, Nebraska Wesleyan					
K Dickinson, B Christenson, G Anderson, G Lenners					
School	Seed	Finals	H#	Points	
1 Wartburg	3:18.30	3:20.28M	4		
1) Ian Neyens SR	2) Jordan Cleaves FR				
3) Hutton Edney SO	4) Jensen Clapp SR				
2 Loras	3:21.28	3:21.61M	4		
1) Ted Kruse SR	2) Carson Vaske SR				
3) Joe Franke SR	4) Ian Fagan SO				
3 Mount Mercy	3:20.00	3:21.96M	4		
1) Keegan Thompson SR	2) Ceondae Adams SR				
3) Nate Keiper SR	4) Jordan Schroeder SR				
4 Cornell College	3:25.00	3:23.17M	3		
1) Chase Staker FR	2) Jaxin McGuire JR				
3) Currey Jacobs JR	4) Jensen Meeker SO				
5 Wartburg 'B'	3:19.70	3:23.44M	3		
1) Dvaughn Hicks FR	2) Deyton Love SR				
3) Cade Olson SO	4) David Williams JR				
6 Wartburg 'G'	3:26.00	3:26.65	2		
7 Wartburg 'C'	3:22.50	3:26.80	3		
1) Jeffrey Oestreicher JR	2) Aidan Gruver JR				
3) Jimmy Weispfenning SO	4) Caden Ridgley JR				
8 Loras 'B'	3:26.00	3:29.35	2		
1) Aaron Ayobami JR	2) DJ Almada SR				
3) Elliot Frideres SR	4) Zeke Irving FR				
9 North Iowa Area CC	3:16.27	3:30.38	4		
1) Tyreese James SO	2) Lamar Barragan FR				
3) Gabriel Hemsworth FR	4) Quinton Ellis SO				
10 Mount Mercy 'B'	3:27.50	3:31.44	2		
1) Baylor Speidel FR	2) Trevor Leitheiser FR				
3) Chris Canas JR	4) Noah Valenzuela FR				
11 Wartburg 'E'	3:27.00	3:31.75	2		
12 Central College	3:24.05	3:35.23	3		
1) Jack Every FR	2) Jack Brown SO				
3) Mason Back SO	4) James Brant FR				
13 Wartburg 'F'	3:29.00	3:35.73	1		
14 Wartburg 'H'	3:32.00	3:36.10	1		
15 Central College 'C'	3:28.05	3:37.43	2		
1) Mason Farrington SO	2) James Seeman FR				
3) Owen Tomko SO	4) Taylor Thunstedt JR				
16 Central College 'B'	3:28.05	3:39.67	2		
1) Derek Webster JR	2) Blake Creed SO				
3) Ben DeValk SR	4) Alex Volden FR				
17 Loras 'D'	3:40.00	3:46.22	1		
1) Aiden Ruiz FR	2) Enoch Thielhelm FR				
3) Sam Horman FR	4) Gavin Denholm FR				
18 Wartburg 'I'		3:48.95	1		
-- Wartburg 'D'	3:22.90	DNF	3		
1) Keyshawn Harris JR	2) Ben Roussell SO				
3) Zak Kubitz SR	4) Cayden Schellhorn SO				
-- Hawkeye CC	3:35.00	SCR	1		
1) Anthoneih Kopsa SO	2) Tynan Van der Veer FR				

Friday Night Lights - 2/7/2025**The W
Results - All****....Men 4x400 Meter Relay**

3) Bright Agamah FR	4) Liam Carlson SO			
-- Loras 'C'	3:33.00	SCR	1	
1) Charlie Irwin JR	2) Carson Hendrey SR			
3) Carlo Dannenfelser SR	4) Jacob Belha SR			

Men High Jump

Meet: M 1.91m 1/26/2024 Matthew Benedict, Hawkeye CC					
Facility: F 2.10m 2011 Jonas Elusme, Wartburg College					
Name	Year	School	Seed	Finals	Points
1 Nathan McFarland	SO	Hawkeye CC	2.00m	2.03mM	6-08.00
2 Xavier Codling	FR	Hawkeye CC	1.93m	1.93mM	6-04.00
3 Tyrell Adams	FR	Wartburg	1.90m	1.93mM	6-04.00
4 Dakota Carlson	FR	North Iowa Area CC	1.90m	1.88m	6-02.00
5 Matt Franz	SR	Loras	1.87m	1.83m	6-00.00
6 Oscar Nielsen	SO	Mount Mercy	1.87m	1.78m	5-10.00
7 Daniel Zietlow	SO	Wartburg	1.78m	1.73m	5-08.00
-- Edde Gonzalez	FR	Hawkeye CC		NH	
-- Steele Tebay	JR	Wartburg		NH	
-- Cole Eberly	JR	Mount Mercy	1.90m	DNS	
-- Tyler Bartels	SO	Hawkeye CC	1.59m	DNS	
-- Ryan Leonard	FR	Hawkeye CC	1.64m	DNS	

Men Pole Vault

Meet: M 5.00m 1/26/2024 Jeff Coover, Unattached					
Facility: F 5.62m 2008 Jacob Pauli, Nike					
Name	Year	School	Seed	Finals	Points
1 Carson Collet	SR	Wartburg	4.55m	4.60m	15-01.00
2 Devon Schultz	SO	Buena Vista	4.67m	4.55m	14-11.00
3 Alex Wilson	SR	Loras	4.51m	4.40m	14-05.25
4 Paul Rasp	SO	Loras	3.50m	3.80m	12-05.50

Men Long Jump

Meet: M 6.29m 1/26/2024 Dustin Mohler, Wartburg					
Facility: F 7.58m 3/4/2023 Derik Bunten, Loras					
Name	Year	School	Seed	Finals	H# Points
1 Aldaine Angus	FR	Hawkeye CC	7.43m	7.10mM	23-03.50 2
2 Xavier Codling	FR	Hawkeye CC	7.25m	7.03mM	23-00.75 2
3 Deyton Love	SR	Wartburg	7.15m	6.97mM	22-10.50 2
4 Elliott Bond	FR	Wartburg	6.66m	6.84mM	22-05.25 2
5 Derik Bunten	SR	Loras	7.39m	6.57mM	21-06.75 2
6 Dustin Mohler	JR	Wartburg	6.73m	6.56mM	21-06.25 2
7 Easton Hays	JR	Buena Vista	6.56m	6.36mM	20-10.50 2
8 Dalles Hernandez	FR	Cornell College	6.20m	6.27m	20-07.00 1
9 Eli Schmidt	FR	Wartburg	6.50m	6.15m	20-02.25 2
10 Owen Tomko	SO	Central College	6.51m	6.14m	20-01.75 2
11 Hadley Beaty	SO	Cornell College	6.83m	6.04m	19-09.75 2
12 Daken Pessman	SO	Loras	6.30m	6.01m	19-08.75 2
13 Ky Kaufmann	JR	Mount Mercy	6.29m	5.91m	19-04.75 1
14 Blaine Peebles	FR	Buena Vista	6.36m	5.85m	19-02.50 2

Friday Night Lights - 2/7/2025**The W
Results - All****....Men Long Jump**

15 Steele Tebay	JR Wartburg	6.11m	5.82m	19-01.25	1
16 Ethan Martin	FR Buena Vista	5.64m	5.76m	18-10.75	1
17 Charlie Irwin	JR Loras	6.21m	5.76m	18-10.75	1
18 Liam Kelso	SO Loras	6.11m	5.75m	18-10.50	1
19 Walid Botcho	FR Wartburg		5.56m	18-03.00	1
20 Lucky Uzomba	FR Hawkeye CC		5.49m	18-00.25	1
21 Edde Gonzalez	FR Hawkeye CC		5.45m	17-10.75	1
-- Jaxon Weber	SO Hawkeye CC	5.62m	FOUL		1
-- Ryan Leonard	FR Hawkeye CC	6.51m	DNS		2
-- Ahmari Meeks-Miller	JR Loras	6.06m	DNS		1
-- Tyler Bartels	SO Hawkeye CC	5.95m	DNS		1

Men Triple Jump

Meet: M 12.85m 1/26/2024 Phil Daniels, Wartburg					
Facility: F 14.78m 3/7/2021 Brock Lewis, Central College					
Name	Year School	Seed	Finals	Points	
1 Dustin Mohler	JR Wartburg	13.68m	13.33mM	43-09.00	
2 Phil Daniels	SO Wartburg	13.50m	13.01mM	42-08.25	
3 Jackson Tavegia	FR Central College	12.33m	12.97mM	42-06.75	
4 Daken Pessman	SO Loras	13.28m	12.79m	41-11.50	
5 Liam Kelso	SO Loras	12.31m	12.52m	41-01.00	
6 Dalles Hernandez	FR Cornell College	12.00m	12.36m	40-06.75	
7 Isaiah Thomas	SR Buena Vista	13.33m	12.21m	40-00.75	
8 Austin Rindels	SO Wartburg	12.61m	12.02m	39-05.25	
9 Niko Platre	JR Cornell College	12.24m	11.45m	37-06.75	
-- Ahmari Meeks-Miller	JR Loras	13.33m	DNS		

Men Shot Put

Meet: M 17.54m 1/26/2024 Carson Lienau, Northern Iowa					
Facility: F 18.58m 2015 Colt Feltes, Wartburg College					
Name	Year School	Seed	Finals	H#	Points
1 Sam Thomas	FR Northern Iowa	17.30m	17.41m	57-01.50	3
2 Sebastian Swistak	SR Northern Iowa	17.39m	16.73m	54-10.75	3
3 DreAnthony Jackson	JR Loras	16.51m	14.83m	48-08.00	3
4 Eli Pflipsen	JR Loras	14.97m	14.33m	47-00.25	3
5 Carter Allen	JR Loras	13.82m	14.33m	47-00.25	2
6 Abraham Christensen	JR Buena Vista	15.26m	14.27m	46-10.00	3
7 Omar Salinas	JR Mount Mercy	14.23m	14.22m	46-08.00	3
8 Rodney Ngezamani	SO North Iowa Area CC	13.25m	13.76m	45-01.75	2
9 David Crow	SR Buena Vista	13.35m	13.40m	43-11.75	2
10 Colin Rasch	FR North Iowa Area CC	12.91m	13.21m	43-04.25	2
11 Nick Pierro	SO Loras	13.77m	13.18m	43-03.00	2
12 Blake Smith	FR Wartburg	14.69m	13.06m	42-10.25	3
13 Nate Jones	SR Mount Mercy	14.66m	12.89m	42-03.50	3
14 Brody Williams	SO Cornell College	12.76m	12.89m	42-03.50	2
15 Sam Stoecker	SO Central College	12.81m	12.79m	41-11.50	2
16 Ross Stauffacher	SR Loras	13.78m	12.77m	41-10.75	2
17 Michael Bahu	SR Cornell College	12.53m	12.76m	41-10.50	1
18 Alexander Paulson	SR Mount Mercy	13.35m	12.55m	41-02.25	2
19 Tommy Morlan	JR Central College	12.59m	12.40m	40-08.25	2
20 Marshall Zeien	FR North Iowa Area CC	12.42m	12.29m	40-04.00	1

Friday Night Lights - 2/7/2025**The W
Results - All****....Men Shot Put**

21	Julius Jenkins	FR Cornell College	12.30m	11.68m	38-04.00	1
22	Brady Cannon	FR Wartburg	11.69m	11.54m	37-10.50	1
23	Brody Herriott	SR Wartburg	11.66m	11.16m	36-07.50	1
24	Gavin Pennington	FR Central College	11.40m	11.13m	36-06.25	1
25	Jalen Stovall	SO Wartburg	10.42m	11.02m	36-02.00	1
26	Scott Drouillard	FR Buena Vista	10.98m	10.54m	34-07.00	1
27	Rune Boyd	FR Wartburg	10.50m	9.87m	32-04.75	1
28	Travis Brace	NA Unat-Hawkeye CC	8.54m	8.68m	28-05.75	1
--	Mason Lobeck	SR Wartburg	15.95m	FOUL		3

Men Weight Throw

=====						
Meet: M 17.85m 1/26/2024 Christian Nunley, Wartburg						
Facility: F 21.71m 3/2/2019 Andrew Jarrett, Wis.-La Crosse						
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Carson Lienau	JR Northern Iowa	18.00m	18.15mM	59-06.75	3
2	Christian Nunley	SR Wartburg	18.87m	18.08mM	59-04.00	3
3	Nathan Wilde	JR Northern Iowa	17.13m	17.76m	58-03.25	3
4	Spencer Kessel	SO Northern Iowa	16.84m	17.25m	56-07.25	3
5	DreAnthony Jackson	JR Loras	16.84m	17.01m	55-09.75	3
6	Eli Pflipsen	JR Loras	15.97m	16.73m	54-10.75	2
7	David Russell	FR Northern Iowa	17.09m	16.71m	54-10.00	3
8	Carter Allen	JR Loras	16.71m	16.56m	54-04.00	3
9	Ian Clawson	JR Grinnell	17.59m	16.36m	53-08.25	3
10	Justin Olson	SO Northern Iowa	16.93m	16.06m	52-08.25	3
11	Michael Bahu	SR Cornell College	15.56m	15.47m	50-09.25	2
12	Eli Keahna	JR Wartburg	16.82m	15.37m	50-05.25	3
13	Brody Williams	SO Cornell College	16.33m	14.83m	48-08.00	2
14	Abraham Christensen	JR Buena Vista	15.38m	14.39m	47-02.50	2
15	David Crow	SR Buena Vista	14.88m	14.33m	47-00.25	2
16	Adam Teare	SR Wartburg	14.51m	14.30m	46-11.00	2
17	Nick Pierro	SO Loras	14.01m	14.13m	46-04.25	1
18	Omar Salinas	JR Mount Mercy	14.93m	14.11m	46-03.50	2
19	Rodney Ngezimani	SO North Iowa Area CC	13.56m	13.88m	45-06.50	1
20	Kael Patterson	SO Central College	13.55m	13.62m	44-08.25	1
21	Alex Zarlatanes	FR Central College	15.05m	13.39m	43-11.25	2
22	Colin Rasch	FR North Iowa Area CC	12.92m	13.36m	43-10.00	1
23	Trent Polley	JR Wartburg	14.41m	13.32m	43-08.50	2
24	Sam Stoecker	SO Central College	13.87m	13.18m	43-03.00	1
25	Alexander Paulson	SR Mount Mercy	13.18m	12.28m	40-03.50	1
26	Jeremiah LaFleur	SO Central College	13.24m	11.89m	39-00.25	1
27	Nicholas Yelkin	SR Cornell College	14.26m	11.86m	38-11.00	1
28	Nate Jones	SR Mount Mercy	13.29m	11.11m	36-05.50	1
29	Robert Atkins	FR Cornell College	9.80m	10.76m	35-03.75	1
--	Marshall Zeien	FR North Iowa Area CC	9.29m	FOUL		1
--	Grady Robinson	SR Wartburg	14.43m	FOUL		2