

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****Women 100 Meter Dash****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

GPAC Record: G 11.71 1988 Carol Bailey, Concordia University
 Name Year School Prelims Wind H#

Preliminaries

| | | | | | | | |
|----|------------------------|----|---------------------|--------|-----|---|--------|
| 1 | Kaitlin Bradley | FR | Doane College | 12.08Q | 2.4 | 1 | |
| 2 | Katie Krick | JR | Nebraska Wesleyan | 12.18Q | 3.7 | 3 | |
| 3 | Shantinique Cunningham | FR | Hastings College | 12.39Q | 3.1 | 2 | |
| 4 | Christine Beune | JR | Concordia | 12.47q | 3.7 | 3 | |
| 5 | Jordan Wietzki | JR | Doane College | 12.48q | 3.7 | 3 | |
| 6 | Eleka Joseph | SO | Morningside College | 12.51q | 3.1 | 2 | |
| 7 | Rachel Bramhall | JR | Doane College | 12.59q | 2.4 | 1 | |
| 8 | Danielle Wubben | SO | Dordt College | 12.64q | 2.4 | 1 | |
| 9 | Caitlin Peterson | SO | Doane College | 12.65 | 2.4 | 1 | |
| 10 | Aurora Arevalo | FR | Morningside College | 12.67 | 3.7 | 3 | |
| 11 | Devin Bloemendaal | FR | Northwestern | 12.71 | 3.1 | 2 | |
| 12 | Joscelyn Wind | FR | Dordt College | 12.77 | 3.7 | 3 | |
| 13 | Jill Schroeder | SO | Concordia | 12.79 | 2.4 | 1 | |
| 14 | Bailey Kennedy | JR | Northwestern | 12.84 | 3.7 | 3 | |
| 15 | Jana Vermeer | JR | Northwestern | 12.85 | 2.4 | 1 | |
| 16 | Addison Woodward | FR | Doane College | 12.91 | 3.1 | 2 | |
| 17 | Ashley Henkenius | SO | Briar Cliff | 12.92 | 3.1 | 2 | |
| 18 | Elizabeth Rankin | FR | Dordt College | 13.01 | 2.4 | 1 | 13.002 |
| 19 | Chelsea Baker | SO | Midland Univeristy | 13.01 | 3.7 | 3 | 13.003 |
| 20 | Becca Quade | SO | Northwestern | 13.05 | 2.4 | 1 | |
| 21 | Kecia Caudill | SO | Northwestern | 13.11 | 3.7 | 3 | |
| 22 | Miranda Velgersdyk | SO | Dordt College | 13.13 | 3.1 | 2 | |
| 23 | Lexie Eifert | FR | Morningside College | 13.26 | 3.1 | 2 | |

Women 100 Meter Dash

GPAC Record: G 11.71 1988 Carol Bailey, Concordia University
 Name Year School Finals Wind Points

Finals

| | | | | | | | |
|---|------------------------|----|---------------------|-------|------|----|--|
| 1 | Kaitlin Bradley | FR | Doane College | 12.26 | -0.1 | 10 | |
| 2 | Katie Krick | JR | Nebraska Wesleyan | 12.50 | -0.1 | 8 | |
| 3 | Shantinique Cunningham | FR | Hastings College | 12.51 | -0.1 | 6 | |
| 4 | Rachel Bramhall | JR | Doane College | 12.75 | -0.1 | 5 | |
| 5 | Eleka Joseph | SO | Morningside College | 12.78 | -0.1 | 4 | |
| 6 | Jordan Wietzki | JR | Doane College | 12.82 | -0.1 | 3 | |
| 7 | Christine Beune | JR | Concordia | 12.90 | -0.1 | 2 | |
| 8 | Danielle Wubben | SO | Dordt College | 13.02 | -0.1 | 1 | |

Women 200 Meter Dash

GPAC Record: G 23.85 2015 Neeia Cooperwood, Morningside
 Name Year School Finals Wind H# Points

| | | | | | | | |
|---|-----------------|----|-------------------|-------|-----|---|----|
| 1 | Katie Krick | JR | Nebraska Wesleyan | 24.55 | 0.5 | 3 | 10 |
| 2 | Kaitlin Bradley | FR | Doane College | 24.68 | 0.5 | 3 | 8 |
| 3 | Abbie Hunke | JR | Nebraska Wesleyan | 24.94 | 0.5 | 3 | 6 |
| 4 | Kylie Gokie | JR | Doane College | 25.28 | 0.5 | 3 | 5 |
| 5 | Marisa Broersma | SR | Dordt College | 25.45 | 0.5 | 3 | 4 |
| 6 | Jordan Wietzki | JR | Doane College | 25.51 | 0.4 | 2 | 3 |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Women 200 Meter Dash**

| | | | | | | | |
|----|------------------------|----|---------------------|-------|-----|---|---|
| 7 | Christine Beune | JR | Concordia | 25.68 | 0.4 | 2 | 2 |
| 8 | Aurora Arevalo | FR | Morningside College | 25.76 | 0.4 | 2 | 1 |
| 9 | Eleka Joseph | SO | Morningside College | 25.88 | 0.4 | 2 | |
| 10 | Lauren Spranger | SR | Northwestern | 26.06 | 0.5 | 3 | |
| 11 | Caitlin Peterson | SO | Doane College | 26.07 | 0.5 | 1 | |
| 12 | Jill Schroeder | SO | Concordia | 26.12 | 0.5 | 1 | |
| 13 | Devin Bloemendaal | FR | Northwestern | 26.20 | 0.5 | 1 | |
| 14 | Bailey Kennedy | JR | Northwestern | 26.29 | 0.5 | 1 | |
| 15 | Danielle Beckmann | FR | Morningside College | 26.56 | 0.5 | 1 | |
| 16 | Shantinique Cunningham | FR | Hastings College | 26.73 | 0.4 | 2 | |
| 17 | Anna Frazier | FR | Nebraska Wesleyan | 26.84 | 0.4 | 2 | |
| 18 | Addison Woodward | FR | Doane College | 26.89 | 0.5 | 3 | |
| 19 | Becca Quade | SO | Northwestern | 26.90 | 0.4 | 2 | |
| 20 | Melanie Jochimsen | SR | Concordia | 26.97 | 0.5 | 3 | |
| 21 | Anna Beune | SO | Concordia | 27.05 | 0.4 | 2 | |
| 22 | Bailey Cerveney | FR | Nebraska Wesleyan | 27.12 | 0.5 | 1 | |
| 23 | Candace Norman-Kolling | SR | Concordia | 28.10 | 0.5 | 1 | |

Women 400 Meter Dash

| GPAC Record: G 53.89 1990 Carol Bailey, Concordia University | | | | | | | |
|--|------------------------|--------|---------------------|---------|--------|----|--|
| Name | Year | School | Finals | H# | Points | | |
| 1 | Kaylee Jones | FR | Nebraska Wesleyan | 56.06 | 3 | 10 | |
| 2 | Abbie Hunke | JR | Nebraska Wesleyan | 56.35 | 3 | 8 | |
| 3 | Lauren Spranger | SR | Northwestern | 56.61 | 3 | 6 | |
| 4 | Elizabeth Jones | FR | Nebraska Wesleyan | 56.84 | 3 | 5 | |
| 5 | Rebekah Muilenburg | FR | Northwestern | 58.11 | 3 | 4 | |
| 6 | Emily Harsin | SO | Doane College | 58.40 | 3 | 3 | |
| 7 | Paxton Fiala | JR | Hastings College | 1:00.00 | 3 | 2 | |
| 8 | Anna Frazier | FR | Nebraska Wesleyan | 1:00.70 | 2 | 1 | |
| 9 | Talitha Elbert | SR | Concordia | 1:00.77 | 2 | | |
| 10 | Christine Beune | JR | Concordia | 1:00.84 | 2 | | |
| 11 | Bailey Cerveney | FR | Nebraska Wesleyan | 1:00.97 | 2 | | |
| 12 | Ashley Henkenius | SO | Briar Cliff | 1:00.98 | 2 | | |
| 13 | Marielle Plunk | JR | Concordia | 1:01.25 | 1 | | |
| 14 | Quinn Wragge | FR | Concordia | 1:01.49 | 3 | | |
| 15 | Rose Pelelo-Ray | FR | Morningside College | 1:01.83 | 1 | | |
| 16 | Danielle Beckmann | FR | Morningside College | 1:02.01 | 2 | | |
| 17 | Addison Woodward | FR | Doane College | 1:02.08 | 2 | | |
| 18 | Sadie Hammond | SO | Doane College | 1:02.31 | 1 | | |
| 19 | Emily Sorensen | FR | Northwestern | 1:02.89 | 2 | | |
| 20 | Breanna Brockhaus | SR | Concordia | 1:03.80 | 1 | | |
| 21 | Candace Norman-Kolling | SR | Concordia | 1:05.54 | 1 | | |

Women 800 Meter Run

| GPAC Record: G 2:11.81 5/11/2007 Ellie Windle, Doane College | | | | | | | |
|--|-----------------|--------|-----------------|---------|--------|----|--|
| Name | Year | School | Finals | H# | Points | | |
| 1 | Kimberly Wood | SR | Concordia | 2:14.35 | 3 | 10 | |
| 2 | Katie Landhuis | SO | Northwestern | 2:16.37 | 3 | 8 | |
| 3 | Skylar Forgey | SR | Dakota Wesleyan | 2:16.44 | 3 | 6 | |
| 4 | Katie Bosch | SO | Northwestern | 2:17.98 | 2 | 5 | |
| 5 | Justine Van Zee | JR | Dordt College | 2:18.52 | 3 | 4 | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Women 800 Meter Run**

| | | | | | |
|----|---------------------|------------------------|---------|---|----------|
| 6 | Sarah Kottwitz | SO Doane College | 2:19.21 | 3 | 3 |
| 7 | Kylee Smallfoot | SO Midland Univeristy | 2:19.64 | 3 | 2 |
| 8 | Kelsey Lewis | JR Dor dt College | 2:19.77 | 3 | 1 |
| 9 | Shelby Hall | SR Morningside College | 2:19.94 | 2 | |
| 10 | Morgan Applegarth | FR Morningside College | 2:20.27 | 2 | |
| 11 | Nicole Slater | SO Dor dt College | 2:21.75 | 3 | |
| 12 | Marissa Moore | SR Doane College | 2:22.69 | 2 | |
| 13 | Delaney Lemkau | FR Doane College | 2:24.41 | 2 | |
| 14 | Kassidy De Jong | FR Northwestern | 2:24.69 | 2 | |
| 15 | Mandy O'Malley | JR Mount Marty College | 2:24.90 | 2 | |
| 16 | Sam Sinclair | SO Northwestern | 2:26.19 | 1 | |
| 17 | Atrayana Donohoe | FR Midland Univeristy | 2:26.53 | 2 | |
| 18 | Caitlin Davis | JR Mount Marty College | 2:26.89 | 1 | 2:26.881 |
| 19 | Jamie Jacobsen | SO Briar Cliff | 2:26.89 | 1 | 2:26.883 |
| 20 | Rachel Mayforth | FR Northwestern | 2:28.00 | 1 | |
| 21 | Riley Focht | SO Nebraska Wesleyan | 2:30.00 | 1 | |
| 22 | Shailhyn Schweigert | SO Dakota Wesleyan | 2:32.67 | 1 | |
| 23 | Billie Wicks | FR Mount Marty College | 2:37.85 | 1 | |

Women 1500 Meter Run

| ===== | | | | | |
|--|-----------------------|------------------------|---------|----|--------|
| GPAC Record: G 4:37.87 2008 Olivia Johnson, Northwestern | | | | | |
| Name | Year | School | Finals | H# | Points |
| ===== | | | | | |
| 1 | Kimberly Wood | SR Concordia | 4:43.63 | 2 | 10 |
| 2 | Tiffany Shepherd | JR Morningside College | 4:43.82 | 2 | 8 |
| 3 | Nicole Slater | SO Dor dt College | 4:48.23 | 2 | 6 |
| 4 | Justine Van Zee | JR Dor dt College | 4:48.60 | 2 | 5 |
| 5 | Kylee Smallfoot | SO Midland Univeristy | 4:50.40 | 2 | 4 |
| 6 | Michelle Mumm | SO Morningside College | 4:54.21 | 2 | 3 |
| 7 | Kassidy De Jong | FR Northwestern | 4:55.46 | 2 | 2 |
| 8 | Marissa Moore | SR Doane College | 4:55.82 | 2 | 1 |
| 9 | Morgan Lenners | JR Nebraska Wesleyan | 5:02.50 | 2 | |
| 10 | Erika Douma | SO Dor dt College | 5:02.92 | 2 | |
| 11 | Megan Maaske | FR Morningside College | 5:09.22 | 1 | |
| 12 | Kaitlin Pauls | FR Briar Cliff | 5:11.93 | 1 | |
| 13 | Cassie Warner | FR Morningside College | 5:13.28 | 2 | |
| 14 | Sarah Lunn | FR Northwestern | 5:14.01 | 1 | |
| 15 | Sydni Harris | SO Nebraska Wesleyan | 5:16.07 | 1 | |
| 16 | Gabi Jenkins | SR Nebraska Wesleyan | 5:16.99 | 2 | |
| 17 | Amy Samuelson | FR Morningside College | 5:21.10 | 1 | |
| 18 | Mariah Wills | JR Morningside College | 5:21.23 | 1 | |
| 19 | Carly Wahlmeier | SO Nebraska Wesleyan | 5:22.43 | 1 | |
| 20 | Breanna Gallup | SO Doane College | 5:32.12 | 1 | |
| 21 | Nicole Court-Menendez | SR Dakota Wesleyan | 5:37.05 | 1 | |
| 22 | Kortlyn Tawney | FR Doane College | 5:44.47 | 1 | |
| 23 | Brittany Dose | FR Nebraska Wesleyan | 5:56.65 | 1 | |

Women 5000 Meter Run

| ===== | | | | | |
|--|---------------------|------------------------|----------|--------|--|
| GPAC Record: G 17:07.64 2011 Charity Miles, Northwestern | | | | | |
| Name | Year | School | Finals | Points | |
| ===== | | | | | |
| 1 | Marissa DeWispelare | JR Doane College | 17:51.41 | 10 | |
| 2 | Tiffany Shepherd | JR Morningside College | 18:30.15 | 8 | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Women 5000 Meter Run**

| | | | | | |
|----|---------------------|----|---------------------|----------|---|
| 3 | Hannah Awtry | FR | Nebraska Wesleyan | 18:35.64 | 6 |
| 4 | Janelle Bethea | SO | Hastings College | 18:41.67 | 5 |
| 5 | Kayla Byl | SR | Dordt College | 18:45.30 | 4 |
| 6 | Jamie Larsen | SR | Nebraska Wesleyan | 18:46.93 | 3 |
| 7 | Emily Sievert | SO | Concordia | 18:48.72 | 2 |
| 8 | Jordyn Hudelson | SR | Mount Marty College | 19:21.32 | 1 |
| 9 | Riley Sigler | JR | Nebraska Wesleyan | 19:34.74 | |
| 10 | Gabi Jenkins | SR | Nebraska Wesleyan | 20:08.91 | |
| 11 | Taylor Grove | FR | Concordia | 20:11.79 | |
| 12 | Brooklyn Swantek | JR | Nebraska Wesleyan | 20:14.63 | |
| 13 | Lauren Wilcox | SO | Concordia | 20:26.58 | |
| 14 | Elizabeth Rasmussen | JR | Concordia | 20:47.75 | |
| 15 | Alexandria Helmink | FR | Northwestern | 21:03.28 | |
| 16 | Taylor Brockhaus | JR | Midland Univeristy | 21:09.66 | |
| 17 | Kelsie King | FR | Dakota Wesleyan | 22:04.37 | |
| 18 | Abby Protzman | FR | Concordia | 22:48.31 | |

Women 10000 Meter Run

| ===== | | | | | |
|--|-------------------|--------|---------------------|----------|----|
| GPAC Record: G 37:11.93 5/2/2014 Lauren Shomaker, Hastings | | | | | |
| Name | Year | School | Finals | Points | |
| ===== | | | | | |
| 1 | Janelle Bethea | SO | Hastings College | 39:41.90 | 10 |
| 2 | Riley Sigler | JR | Nebraska Wesleyan | 41:07.94 | 8 |
| 3 | Braska Patterson | FR | Midland Univeristy | 41:44.69 | 6 |
| 4 | Cassa McConville | JR | Doane College | 41:51.40 | 5 |
| 5 | Jordyn Hudelson | SR | Mount Marty College | 42:32.98 | 4 |
| 6 | Brooklyn Swantek | JR | Nebraska Wesleyan | 42:35.95 | 3 |
| 7 | Miranda Moss | SO | Dordt College | 42:53.18 | 2 |
| 8 | Madeline Boehlke | JR | Hastings College | 43:37.11 | 1 |
| 9 | Brittany Donner | FR | Nebraska Wesleyan | 44:06.42 | |
| 10 | Alli Young | SR | Dordt College | 44:15.65 | |
| 11 | Taylor Grove | FR | Concordia | 44:22.02 | |
| 12 | Annika Henckel | SO | Dordt College | 44:31.84 | |
| 13 | Kiera McKee | JR | Hastings College | 45:45.58 | |
| 14 | Britta Provart | SO | Dordt College | 46:25.50 | |
| 15 | Samantha Bandstra | JR | Dordt College | 46:34.06 | |
| 16 | Michelle Benda | SO | Midland Univeristy | 47:29.98 | |
| 17 | Abby Protzman | FR | Concordia | 49:22.38 | |

Women 100 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 6 Best Times**

| ===== | | | | | |
|---|------|--------|---------|------|----|
| GPAC Record: G 14.08 1987 Melody Robinson, Midland Lutheran Col | | | | | |
| GPAC Record: G 14.08 2015 Karen Ettleman | | | | | |
| Name | Year | School | Prelims | Wind | H# |
| ===== | | | | | |

Preliminaries

| | | | | | | |
|---|------------------|----|---------------------|--------|-----|---|
| 1 | Ashton Rakow | SR | Nebraska Wesleyan | 14.39Q | 5.9 | 2 |
| 2 | Rachel Bramhall | JR | Doane College | 14.42Q | 5.3 | 1 |
| 3 | Jordan Wietzki | JR | Doane College | 14.70q | 5.3 | 1 |
| 4 | Caitlin Peterson | SO | Doane College | 15.08q | 5.9 | 2 |
| 5 | Paige Hervert | FR | Doane College | 15.61q | 5.9 | 2 |
| 6 | Katie Atkins | JR | Morningside College | 15.62q | 5.3 | 1 |
| 7 | Olivia Bolden | SO | Nebraska Wesleyan | 15.70q | 5.3 | 1 |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Women 100 Meter Hurdles**

| | | | | | | |
|----|--------------------|----|---------------------|--------|-----|---|
| 8 | Breanna Fye | SR | Doane College | 15.85q | 5.9 | 2 |
| 9 | Ali Achterhof | SO | Northwestern | 16.07 | 5.9 | 2 |
| 10 | Caitlyn Wisecup | SO | Doane College | 16.57 | 5.9 | 2 |
| 11 | Jamie Nikodym | FR | Concordia | 17.41 | 5.3 | 1 |
| 12 | Courtney Scheffler | FR | Morningside College | 17.58 | 5.3 | 1 |

Women 100 Meter Hurdles

GPAC Record: G 14.08 1987 Melody Robinson, Midland Lutheran College
 GPAC Record: G 14.08 2015 Karen Ettleman

| Name | Year | School | Finals | Wind | Points |
|------|------|--------|--------|------|--------|
|------|------|--------|--------|------|--------|

Finals

| | | | | | | | |
|---|------------------|----|---------------------|-------|-----|----|--------|
| 1 | Ashton Rakow | SR | Nebraska Wesleyan | 14.36 | 1.0 | 10 | |
| 2 | Rachel Bramhall | JR | Doane College | 14.37 | 1.0 | 8 | |
| 3 | Jordan Wietzki | JR | Doane College | 14.77 | 1.0 | 6 | |
| 4 | Caitlin Peterson | SO | Doane College | 15.40 | 1.0 | 5 | |
| 5 | Olivia Bolden | SO | Nebraska Wesleyan | 15.67 | 1.0 | 4 | 15.666 |
| 6 | Paige Hervert | FR | Doane College | 15.67 | 1.0 | 3 | 15.669 |
| 7 | Breanna Fye | SR | Doane College | 15.88 | 1.0 | 2 | |
| 8 | Katie Atkins | JR | Morningside College | 16.00 | 1.0 | 1 | |

Women 400 Meter Hurdles

GPAC Record: G 1:00.23 2001 Shannon Mihaltan, Hastings College

| Name | Year | School | Finals | H# | Points |
|------|------|--------|--------|----|--------|
|------|------|--------|--------|----|--------|

| | | | | | | |
|----|------------------|----|---------------------|---------|---|----|
| 1 | Sydney Holtmeier | SR | Doane College | 1:01.13 | 3 | 10 |
| 2 | Ashton Rakow | SR | Nebraska Wesleyan | 1:02.50 | 3 | 8 |
| 3 | Rachel Bramhall | JR | Doane College | 1:02.63 | 3 | 6 |
| 4 | Kalyn Brannagan | JR | Doane College | 1:03.98 | 3 | 5 |
| 5 | Kim Kroeze | JR | Dordt College | 1:04.15 | 3 | 4 |
| 6 | Payton Boer | FR | Morningside College | 1:04.24 | 3 | 3 |
| 7 | Jordyn Oostra | SO | Northwestern | 1:05.68 | 3 | 2 |
| 8 | Desi Beckmann | SR | Briar Cliff | 1:06.26 | 3 | 1 |
| 9 | Mckenna Bryce | FR | Midland Univeristy | 1:07.57 | 2 | |
| 10 | Marti Vlasin | JR | Concordia | 1:07.93 | 2 | |
| 11 | Katie Atkins | JR | Morningside College | 1:08.52 | 2 | |
| 12 | Ali Achterhof | SO | Northwestern | 1:09.64 | 2 | |
| 13 | Nicole Mundy | FR | Hastings College | 1:10.05 | 2 | |
| 14 | Caitlyn Wisecup | SO | Doane College | 1:10.21 | 2 | |
| 15 | Jamie Nikodym | FR | Concordia | 1:11.02 | 1 | |
| 16 | Melissa Galloway | FR | Briar Cliff | 1:12.21 | 1 | |
| 17 | Megan Stuart | SO | Midland Univeristy | 1:15.39 | 1 | |
| 18 | Mari Gonzales | JR | Briar Cliff | 1:16.02 | 1 | |
| 19 | Nisha Hull | SR | Briar Cliff | 1:18.48 | 2 | |

Women 3000 Meter Steeplechase

GPAC Record: G 10:55.72 5/2/2009 Bridget Baldwin, Neb. Wesleyan

| Name | Year | School | Finals | Points |
|------|------|--------|--------|--------|
|------|------|--------|--------|--------|

| | | | | | |
|---|---------------------|----|-------------------|-----------|----|
| 1 | Marissa DeWispelare | JR | Doane College | 10:47.28G | 10 |
| 2 | Kayla Byl | SR | Dordt College | 11:40.78 | 8 |
| 3 | Jamie Larsen | SR | Nebraska Wesleyan | 11:50.58 | 6 |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Women 3000 Meter Steeplechase**

| | | | | |
|----|---------------------|------------------------|----------|---|
| 4 | Logan Sieck | JR Doane College | 11:59.80 | 5 |
| 5 | Allison Higgins | SO Morningside College | 12:16.80 | 4 |
| 6 | Audrey Brooks | SO Dordt College | 12:22.83 | 3 |
| 7 | Hanna Hegeman | FR Nebraska Wesleyan | 12:34.42 | 2 |
| 8 | Emma Frerichs | FR Doane College | 12:35.22 | 1 |
| 9 | Megan Burma | SR Concordia | 12:46.24 | |
| 10 | Jacy Johnston | FR Concordia | 12:51.73 | |
| 11 | Elizabeth Rasmussen | JR Concordia | 13:04.06 | |
| 12 | Beth Finnegan | SR Mount Marty College | 13:13.41 | |
| 13 | Jessie Johnson | SO Hastings College | 13:44.63 | |
| 14 | Tara Tilstra | FR Dordt College | 13:47.84 | |

Women 4x100 Meter Relay

| | | | | |
|--|--------------------------|------------------------------|--------|--------|
| ===== | | | | |
| GPAC Record: G 47.00 2011 Dordt College, Dordt College | | | | |
| K. Kroeze, C. Vanderzee, J. Brouwer, B. Wubben | | | | |
| School | | | Finals | Points |
| ===== | | | | |
| 1 | Doane College | | 47.21 | 10 |
| | 1) Rachel Bramhall JR | 2) Kalyn Brannagan JR | | |
| | 3) Caitlin Peterson SO | 4) Kaitlin Bradley FR | | |
| 2 | Nebraska Wesleyan | | 47.79 | 8 |
| | 1) Ashton Rakow SR | 2) Katie Krick JR | | |
| | 3) Abbie Hunke JR | 4) Kaylee Jones FR | | |
| | 5) Elizabeth Jones FR | 6) | | |
| 3 | Dordt College | | 48.71 | 6 |
| | 1) Danielle Wubben SO | 2) Joscelyn Wind FR | | |
| | 3) Marisa Broersma SR | 4) Elizabeth Rankin FR | | |
| | 5) Miranda Velgersdyk SO | 6) | | |
| 4 | Concordia University | | 49.11 | 5 |
| | 1) Christine Beune JR | 2) Melanie Jochimsen SR | | |
| | 3) Jill Schroeder SO | 4) Anna Beune SO | | |
| | 5) McKenzie Gravo FR | 6) Marti Vlasin JR | | |
| | 7) Tori Beran FR | 8) | | |
| 5 | Northwestern College | | 49.29 | 4 |
| | 1) Becca Quade SO | 2) Jana Vermeer JR | | |
| | 3) Devin Bloemendaal FR | 4) Bailey Kennedy JR | | |
| | 5) Jordyn Oostra SO | 6) | | |
| 6 | Morningside College | | 49.62 | 3 |
| | 1) Elizabeth Bohlmann SO | 2) Aurora Arevalo FR | | |
| | 3) Lexie Eifert FR | 4) Eleka Joseph SO | | |
| 7 | Hastings College | | 49.84 | 2 |
| | 1) Ali Johnson JR | 2) Shantinique Cunningham FR | | |
| | 3) April Faimon JR | 4) Cali Stewart FR | | |
| | 5) Paxton Fiala JR | 6) | | |
| 8 | Briar Cliff University | | 51.50 | 1 |
| | 1) Desi Beckmann SR | 2) Nisha Hull SR | | |
| | 3) Ashley Henkenius SO | 4) Tascha Donnelly SR | | |
| | 5) Beccy Dodunski JR | 6) | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****Women 4x400 Meter Relay**

| GPAC Record: G 3:48.55 | | 2011 | Sioux Falls, Sioux Falls | | |
|------------------------|------------------------------|--|--------------------------|----|--------|
| | | L. Reinhardt, M. Kroupa, L. Wensmann, K. Knight | | | |
| GPAC Record: G 3:48.55 | | 5/3/2014 | Doane College, Doane | | |
| | | J Sughroue, S Holtmeier, L Wright, S Farquharson | | | |
| School | | | Finals | H# | Points |
| 1 | Nebraska Wesleyan | | 3:47.08G | 2 | 10 |
| | 1) Elizabeth Jones FR | 2) Abbie Hunke JR | | | |
| | 3) Kaylee Jones FR | 4) Katie Krick JR | | | |
| | 5) Ashton Rakow SR | 6) Anna Frazier FR | | | |
| | 7) Bailey Cerveney FR | 8) | | | |
| 2 | Doane College | | 3:52.84 | 2 | 8 |
| | 1) Kylie Gokie JR | 2) Emily Harsin SO | | | |
| | 3) Kalyn Brannagan JR | 4) Sydney Holtmeier SR | | | |
| 3 | Dordt College | | 3:54.97 | 2 | 6 |
| | 1) Miranda Velgersdyk SO | 2) Elizabeth Rankin FR | | | |
| | 3) Joscelyn Wind FR | 4) Marisa Broersma SR | | | |
| 4 | Northwestern College | | 3:58.88 | 2 | 5 |
| | 1) Rebekah Muilenburg FR | 2) Jordyn Oostra SO | | | |
| | 3) Katie Landhuis SO | 4) Lauren Spranger SR | | | |
| | 5) Emily Sorensen FR | 6) Katie Bosch SO | | | |
| 5 | Concordia University | | 4:01.23 | 2 | 4 |
| | 1) Kimberly Wood SR | 2) Marti Vlasin JR | | | |
| | 3) Talitha Elbert SR | 4) Quinn Wragge FR | | | |
| | 5) Alayna Daberkow JR | 6) Tori Beran FR | | | |
| | 7) Christine Beune JR | 8) Marielle Plunk JR | | | |
| 6 | Hastings College | | 4:05.05 | 2 | 3 |
| | 1) Tera McVicker JR | 2) Paxton Fiala JR | | | |
| | 3) Ali Johnson JR | 4) Nicole Mundy FR | | | |
| | 5) Shantinique Cunningham FR | 6) Savanna Rosenbaum FR | | | |
| 7 | Morningside College | | 4:05.69 | 2 | 2 |
| | 1) Danielle Beckmann FR | 2) Payton Boer FR | | | |
| | 3) Shelby Hall SR | 4) Michelle Mumm SO | | | |
| 8 | Briar Cliff University | | 4:07.21 | 2 | 1 |
| | 1) Desi Beckmann SR | 2) Ashley Henkenius SO | | | |
| | 3) Jamie Jacobsen SO | 4) Tascha Donnelly SR | | | |
| | 5) Nisha Hull SR | 6) | | | |
| 9 | Mount Marty College | | 4:14.97 | 1 | |
| | 1) Caitlin Davis JR | 2) Kiana Hoff-Au FR | | | |
| | 3) Mikaela Lenz FR | 4) Mandy O'Malley JR | | | |
| | 5) Berkley Rietveld JR | 6) Billie Wicks FR | | | |

Women 4x800 Meter Relay

| GPAC Record: G 9:04.58 | | 2015 | Dordt College, Dordt | | |
|------------------------|-----------------------|-------------------------------------|----------------------|--------|--|
| | | K Byl, K Lewis, L Koerner, J VanZee | | | |
| School | | | Finals | Points | |
| 1 | Dordt College | | 9:10.68 | 10 | |
| | 1) Kim Kroeze JR | 2) Kelsey Lewis JR | | | |
| | 3) Nicole Slater SO | 4) Justine Van Zee JR | | | |
| 2 | Northwestern College | | 9:12.83 | 8 | |
| | 1) Katie Bosch SO | 2) Rebekah Muilenburg FR | | | |
| | 3) Cassidy De Jong FR | 4) Katie Landhuis SO | | | |
| | 5) Sam Sinclair SO | 6) Rachel Mayforth FR | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016

Hastings College

Results

....Women 4x800 Meter Relay

| | | |
|---------------------------|-----------------------------|---|
| 3 Morningside College | 9:21.80 | 6 |
| 1) Morgan Applegarth FR | 2) Shelby Hall SR | |
| 3) Payton Boer FR | 4) Michelle Mumm SO | |
| 4 Doane College | 9:23.03 | 5 |
| 1) Sarah Kottwitz SO | 2) Logan Sieck JR | |
| 3) Delaney Lemkau FR | 4) Marissa Moore SR | |
| 5 Concordia University | 9:37.41 | 4 |
| 1) Quinn Wragge FR | 2) Marti Vlasin JR | |
| 3) Elizabeth Rasmussen JR | 4) Talitha Elbert SR | |
| 5) Kimberly Wood SR | 6) Alayna Daberkow JR | |
| 7) Breanna Brockhaus SR | 8) Marielle Plunk JR | |
| 6 Mount Marty College | 9:46.27 | 3 |
| 1) Caitlin Davis JR | 2) Kiana Hoff-Au FR | |
| 3) Berkley Rietveld JR | 4) Mandy O'Malley JR | |
| 5) Billie Wicks FR | 6) | |
| 7 Hastings College | 10:06.32 | 2 |
| 1) Tera McVicker JR | 2) Karsen Keech FR | |
| 3) Nicole Mundy FR | 4) Jessie Johnson SO | |
| 8 Midland Univeristy | 10:14.89 | 1 |
| 1) Atrayana Donohoe FR | 2) Taylor Brockhaus JR | |
| 3) Rachel Pavelka SO | 4) Kylee Smallfoot SO | |
| 9 Dakota Wesleyan | 10:24.01 | |
| 1) Jessica Neises JR | 2) Shailhyn Schweigert SO | |
| 3) Kelsie King FR | 4) Nicole Court-Menendez SR | |

Women High Jump

1.50-1.55-1.60-1.65-1.68
 GPAC Record: G 1.78m 1992 Kim Oden / Katie Jasa, NWU / Doane College

| Name | Year | School | Finals | Points |
|-------------------------------|------|-------------------|--------|--------------|
| 1 Mycah Hulst | SR | Dordt College | 1.68m | 5-06.00 10 |
| 1.50 1.55 1.60 1.65 1.68 1.71 | | | | |
| P P O O XO XXX | | | | |
| 2 Breanna Fye | SR | Doane College | 1.65m | 5-05.00 8 |
| 1.50 1.55 1.60 1.65 1.68 1.71 | | | | |
| P O O XO XXP X | | | | |
| 3 Lindsay Siegel | FR | Hastings College | 1.60m | 5-03.00 6 |
| 1.50 1.55 1.60 1.65 | | | | |
| O O O XXX | | | | |
| 4 Claire Sintek | FR | Doane College | J1.60m | 5-03.00 5 |
| 1.50 1.55 1.60 1.65 | | | | |
| P XO O XXX | | | | |
| 5 Toree Hempstead | FR | Nebraska Wesleyan | J1.60m | 5-03.00 3.50 |
| 1.50 1.55 1.60 1.65 | | | | |
| O O XO XXX | | | | |
| 5 Shay Brown | FR | Doane College | J1.60m | 5-03.00 3.50 |
| 1.50 1.55 1.60 1.65 | | | | |
| P O XO XXX | | | | |
| 7 Janae Koester | SR | Doane College | J1.60m | 5-03.00 1.50 |
| 1.50 1.55 1.60 1.65 | | | | |
| O XO XO XXX | | | | |
| 7 Joscelyn Wind | FR | Dordt College | J1.60m | 5-03.00 1.50 |
| 1.50 1.55 1.60 1.65 | | | | |
| P XO XO XXX | | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016

Hastings College

Results

....Women Pole Vault

| | | | |
|-----------------------------|----------------------|--------|----------|
| 10 Sydney Rogerson | FR Doane College | 3.05m | 10-00.00 |
| 3.05 3.20 | | | |
| O XXX | | | |
| 10 Andrea Anderson | SO Concordia | 3.05m | 10-00.00 |
| 3.05 3.20 | | | |
| O XXX | | | |
| 10 Maegan Hiatt | FR Doane College | 3.05m | 10-00.00 |
| 2.90 3.05 3.20 | | | |
| O O XXX | | | |
| 13 Erin Chilton | JR Hastings College | J3.05m | 10-00.00 |
| 2.75 2.90 3.05 3.20 | | | |
| O O XO XXX | | | |
| 14 Taylor Ruzicka | SR Doane College | J3.05m | 10-00.00 |
| 2.75 2.90 3.05 3.20 | | | |
| O O XXO XXX | | | |
| 15 Naomi Schimmel | SO Northwestern | 2.90m | 9-06.25 |
| 2.75 2.90 3.05 | | | |
| O XO XXX | | | |
| 15 Heather McCracken-Pastir | FR Concordia | 2.90m | 9-06.25 |
| 2.90 3.05 | | | |
| XO XXX | | | |
| 17 Fallon Kostbahn | SR Concordia | 2.75m | 9-00.25 |
| 2.75 2.90 | | | |
| XO XXX | | | |
| 18 Brooklyn Swantek | JR Nebraska Wesleyan | J2.75m | 9-00.25 |
| 2.75 2.90 | | | |
| XXO XXX | | | |

Women Long Jump

9 to Final

GPAC Record: G 6.01m 2012 Briana Vander Woude, Dordt College

| Name | Year School | Finals | Wind | Points |
|---|---------------------|--------|--------------|--------|
| 1 Shantinique Cunningham | FR Hastings College | 5.56m | NWI 18-03.00 | 10 |
| 5.19m(NWI) 5.40m(NWI) 5.37m(NWI) 5.29m(NWI) 5.56m(NWI) 5.28m(NWI) | | | | |
| 2 Paige Hervert | FR Doane College | 5.46m | NWI 17-11.00 | 8 |
| FOUL 5.19m(NWI) 5.46m(NWI) 5.33m(NWI) 5.07m(NWI) 5.24m(NWI) | | | | |
| 3 Kaitlin Bradley | FR Doane College | 5.38m | NWI 17-08.00 | 6 |
| FOUL 5.38m(NWI) FOUL FOUL FOUL FOUL | | | | |
| 4 Natalie Van Essen | JR Dordt College | 5.37m | NWI 17-07.50 | 5 |
| 5.33m(NWI) FOUL 5.37m(NWI) 5.21m(NWI) 5.20m(NWI) 5.30m(NWI) | | | | |
| 5 McKenzie Gravo | FR Concordia | 5.35m | NWI 17-06.75 | 4 |
| 4.85m(NWI) 4.91m(NWI) 5.17m(NWI) 4.98m(NWI) 5.35m(NWI) 4.87m(NWI) | | | | |
| 6 Danielle Wubben | SO Dordt College | 5.28m | NWI 17-04.00 | 3 |
| 5.28m(NWI) FOUL FOUL FOUL 5.04m(NWI) 5.20m(NWI) | | | | |
| 7 Jill Schroeder | SO Concordia | 5.23m | NWI 17-02.00 | 2 |
| FOUL 5.15m(NWI) 5.23m(NWI) 5.12m(NWI) 5.12m(NWI) 5.12m(NWI) | | | | |
| 8 Leah Larson | FR Concordia | 5.20m | NWI 17-00.75 | 1 |
| 5.20m(NWI) FOUL FOUL 4.50m(NWI) 4.75m(NWI) 4.83m(NWI) | | | | |
| 9 Breanna Fye | SR Doane College | 5.15m | NWI 16-10.75 | |
| 5.12m(NWI) FOUL 5.11m(NWI) 4.90m(NWI) 5.04m(NWI) 5.15m(NWI) | | | | |
| 10 Kylie Gokie | JR Doane College | 5.11m | NWI 16-09.25 | |
| 5.11m(NWI) 5.11m(NWI) 5.11m(NWI) | | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016

Hastings College

Results

...Women Long Jump

| | | | | | |
|----|----------------------------------|------------------------|-------|-----|----------|
| 11 | Elizabeth Bohlmann | SO Morningside College | 5.04m | NWI | 16-06.50 |
| | 3.93m(NWI) FOUL | 5.04m(NWI) | | | |
| 12 | Kati Kneifl | FR Morningside College | 5.02m | NWI | 16-05.75 |
| | 4.90m(NWI) 5.02m(NWI) FOUL | | | | |
| 13 | Delaney Lemkau | FR Doane College | 5.01m | NWI | 16-05.25 |
| | 4.91m(NWI) 5.01m(NWI) 4.94m(NWI) | | | | |
| 14 | Dana Kirk | FR Hastings College | 4.98m | NWI | 16-04.25 |
| | 4.98m(NWI) FOUL | 4.90m(NWI) | | | |
| 15 | Kristen Longville | FR Dakota Wesleyan | 4.97m | NWI | 16-03.75 |
| | 4.97m(NWI) FOUL | FOUL | | | |
| 16 | April Faimon | JR Hastings College | 4.96m | NWI | 16-03.25 |
| | 4.96m(NWI) 4.80m(NWI) FOUL | | | | |
| 17 | Shaniese Quist | JR Dordt College | 4.86m | NWI | 15-11.50 |
| | FOUL 4.60m(NWI) 4.86m(NWI) | | | | |
| 18 | Breanna Bollow | SO Nebraska Wesleyan | 4.84m | 3.9 | 15-10.50 |
| | 4.84m(3.9) 4.71m(3.6) 4.68m(2.6) | | | | |
| 19 | Tascha Donnelly | SR Briar Cliff | 4.73m | NWI | 15-06.25 |
| | FOUL 4.51m(NWI) 4.73m(NWI) | | | | |
| 20 | Julia Reed | SO Doane College | 4.71m | NWI | 15-05.50 |
| | 4.58m(NWI) 4.52m(NWI) 4.71m(NWI) | | | | |
| 21 | Tami Myers | FR Doane College | 4.61m | NWI | 15-01.50 |
| | 4.20m(NWI) FOUL | 4.61m(NWI) | | | |

Women Triple Jump

=====

9 to Final

GPAC Record: G 12.58m 2004 Rochelle Schmidt, Doane College

| Name | Year | School | Finals | Wind | Points |
|---------------------|------|-------------------|--|------|-------------|
| 1 Tameca Wallace | SR | Doane College | 11.85m | NWI | 38-10.50 10 |
| | | | FOUL 11.40m(NWI) 11.76m(NWI) 11.58m(NWI) 11.42m(NWI) 11.85m(NWI) | | |
| 2 Tascha Donnelly | SR | Briar Cliff | 11.63m | NWI | 38-02.00 8 |
| | | | 11.55m(NWI) 11.54m(NWI) 11.44m(NWI) FOUL 11.63m(NWI) FOUL | | |
| 3 Paige Hervert | FR | Doane College | 11.29m | NWI | 37-00.50 6 |
| | | | 10.94m(NWI) 11.19m(NWI) 11.29m(NWI) FOUL 10.78m(NWI) FOUL | | |
| 4 Katelyn Shoup | SR | Concordia | 11.29m | NWI | 37-00.50 5 |
| | | | FOUL 11.10m(NWI) FOUL 10.66m(NWI) FOUL 11.29m(NWI) | | |
| 5 Jaysa Hoins | FR | Doane College | 11.14m | NWI | 36-06.75 4 |
| | | | FOUL 11.14m(NWI) FOUL 10.33m(NWI) 10.73m(NWI) 10.81m(NWI) | | |
| 6 Leah Larson | FR | Concordia | 10.83m | NWI | 35-06.50 3 |
| | | | 10.83m(NWI) 0.59m(NWI) 10.80m(NWI) 10.33m(NWI) 10.19m(NWI) 10.26m(NWI) | | |
| 7 Kristen Longville | FR | Dakota Wesleyan | 10.80m | NWI | 35-05.25 2 |
| | | | FOUL FOUL 10.70m(NWI) 10.80m(NWI) 10.49m(NWI) FOUL | | |
| 8 Jill Schroeder | SO | Concordia | 10.74m | NWI | 35-03.00 1 |
| | | | 10.41m(NWI) FOUL 10.74m(NWI) 10.37m(NWI) 10.64m(NWI) 10.73m(NWI) | | |
| 9 Kamberlyn Lamer | FR | Dakota Wesleyan | 10.51m | NWI | 34-05.75 |
| | | | FOUL FOUL 10.51m(NWI) FOUL FOUL 9.59m(NWI) | | |
| 10 Jamie Knight | SO | Nebraska Wesleyan | 10.41m | 0.6 | 34-02.00 |
| | | | FOUL FOUL 10.41m(0.6) | | |
| 11 Julia Reed | SO | Doane College | 10.16m | NWI | 33-04.00 |
| | | | 10.16m(NWI) 10.12m(NWI) FOUL | | |
| 12 Sonya Hagberg | JR | Northwestern | 9.78m | NWI | 32-01.00 |
| | | | 9.58m(NWI) FOUL 9.78m(NWI) | | |
| 13 Jordan Graviette | FR | Hastings College | 9.59m | NWI | 31-05.75 |
| | | | 9.59m(NWI) FOUL 9.54m(NWI) | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Women Triple Jump**

| | | | | | |
|----|----------------------------|------------------|-------|-----|----------|
| 14 | Tami Myers | FR Doane College | 9.57m | NWI | 31-04.75 |
| | 9.25m(NWI) FOUL | 9.57m(NWI) | | | |
| 15 | Jackie Geiseman | SO Northwestern | 9.39m | NWI | 30-09.75 |
| | FOUL 9.39m(NWI) 9.15m(NWI) | | | | |

Women Shot Put

9 to Final

GPAC Record: G 15.20m 5/3/2014 Jennifer Maag, Hastings

| Name | Year | School | Finals | Points |
|---------------------------|------|---------------------|---|-------------|
| 1 Kali Robb | JR | Concordia | 15.06m | 49-05.00 10 |
| | | | 13.66m 14.42m FOUL FOUL FOUL 15.06m | |
| 2 Samantha Dolezal | SR | Nebraska Wesleyan | 14.23m | 46-08.25 8 |
| | | | 14.09m 13.55m FOUL 14.23m FOUL FOUL | |
| 3 Stephanie Coley | SR | Concordia | 14.19m | 46-06.75 6 |
| | | | 13.62m FOUL 13.69m FOUL 13.98m 14.19m | |
| 4 Samantha Liermann | FR | Concordia | 14.06m | 46-01.50 5 |
| | | | 13.31m 14.06m 13.76m 13.84m FOUL 13.36m | |
| 5 Kelbie Lyon | FR | Hastings College | 13.58m | 44-06.75 4 |
| | | | 12.93m 13.12m 13.39m 13.30m 13.58m 13.29m | |
| 6 SteaVen Becker | SO | Nebraska Wesleyan | 13.34m | 43-09.25 3 |
| | | | 12.57m 13.34m 13.18m 12.77m FOUL FOUL | |
| 7 Eboni Nash | FR | Hastings College | 13.32m | 43-08.50 2 |
| | | | FOUL 13.32m FOUL 13.24m FOUL FOUL | |
| 8 Sara Olsen | SO | Hastings College | 13.16m | 43-02.25 1 |
| | | | 12.93m 12.85m 12.88m FOUL 13.16m 13.01m | |
| 9 LaTeeka Thompson | JR | Hastings College | 12.45m | 40-10.25 |
| | | | 12.45m FOUL 11.73m 12.29m FOUL FOUL | |
| 10 Jasmine Eickhoff | FR | Concordia | 12.40m | 40-08.25 |
| | | | FOUL 12.40m 12.12m | |
| 11 Kaylee Blake | JR | Briar Cliff | 12.31m | 40-04.75 |
| | | | 11.96m 11.74m 12.31m | |
| 12 Andrea Urban | SO | Briar Cliff | 12.30m | 40-04.25 |
| | | | 11.79m 12.30m 12.16m | |
| 13 Johanna Ragland | FR | Concordia | 12.26m | 40-02.75 |
| | | | 12.06m 12.10m 12.26m | |
| 14 Elizabeth Maller | FR | Morningside College | 12.11m | 39-08.75 |
| | | | 12.11m FOUL FOUL | |
| 15 Keely Parish | FR | Hastings College | 12.00m | 39-04.50 |
| | | | 11.48m 12.00m 11.41m | |
| 16 Hannah Shie | SR | Northwestern | 11.70m | 38-04.75 |
| | | | 11.64m 11.43m 11.70m | |
| 17 Samantha Dirkschneider | FR | Doane College | 11.65m | 38-02.75 |
| | | | FOUL FOUL 11.65m | |
| 18 Michaela Snyder | FR | Briar Cliff | 11.63m | 38-02.00 |
| | | | 11.00m 10.92m 11.63m | |
| 19 Jodi Koellner | SO | Nebraska Wesleyan | 11.28m | 37-00.25 |
| | | | 11.28m FOUL FOUL | |
| 20 McKenzie Mustion | FR | Midland Univeristy | 11.17m | 36-07.75 |
| | | | FOUL 11.16m 11.17m | |
| 21 Cora Okkema | SR | Dordt College | 11.06m | 36-03.50 |
| | | | FOUL 10.72m 11.06m | |
| 22 Val Cervantes | FR | Nebraska Wesleyan | 10.70m | 35-01.25 |
| | | | FOUL FOUL 10.70m | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Women Shot Put**

23 Meagan Anderson SO Morningside College 10.39m 34-01.25
 9.89m 10.39m 10.33m

Women Discus Throw

=====

9 to Final

GPAC Record: G 51.24m 5/2/2009 Laura Wortmann, Mount Marty

| Name | Year | School | Finals | Points |
|---------------------------|------|---------------------|--------|-----------|
| 1 Samantha Dolezal | SR | Nebraska Wesleyan | 46.16m | 151-05 10 |
| FOUL 42.05m FOUL | | 46.16m FOUL 44.00m | | |
| 2 Kattie Cleveland | SR | Concordia | 45.67m | 149-10 8 |
| 44.34m 45.67m FOUL | | FOUL 43.53m 41.27m | | |
| 3 Keely Parish | FR | Hastings College | 44.91m | 147-04 6 |
| 42.79m 44.91m FOUL | | FOUL 39.66m 42.27m | | |
| 4 Katricia Svoboda | JR | Concordia | 44.47m | 145-11 5 |
| 38.77m 42.02m 41.85m | | 44.47m 42.74m FOUL | | |
| 5 Stephanie Coley | SR | Concordia | 44.13m | 144-09 4 |
| 42.58m 44.13m FOUL | | FOUL 42.12m 42.37m | | |
| 6 SteaVen Becker | SO | Nebraska Wesleyan | 42.01m | 137-10 3 |
| 40.25m 40.04m FOUL | | FOUL FOUL 42.01m | | |
| 7 Kali Robb | JR | Concordia | 40.42m | 132-07 2 |
| 38.38m 39.19m FOUL | | 38.53m FOUL 40.42m | | |
| 8 Eboni Nash | FR | Hastings College | 40.04m | 131-04 1 |
| 40.04m FOUL 37.56m | | FOUL FOUL FOUL | | |
| 9 Samantha Liermann | FR | Concordia | 39.41m | 129-03 |
| 36.33m FOUL 39.41m | | FOUL FOUL FOUL | | |
| 10 Kaylee Blake | JR | Briar Cliff | 38.27m | 125-07 |
| FOUL 37.28m 38.27m | | | | |
| 11 Jan Steinbrueck | SO | Concordia | 38.25m | 125-06 |
| 35.49m 38.25m 36.17m | | | | |
| 12 LaTeeka Thompson | JR | Hastings College | 38.17m | 125-03 |
| 37.18m 38.17m 35.92m | | | | |
| 13 Carley Skopera | FR | Concordia | 37.59m | 123-04 |
| 34.93m 37.59m 36.04m | | | | |
| 14 Hannah Morgan | FR | Northwestern | 36.93m | 121-02 |
| FOUL 36.93m FOUL | | | | |
| 15 Elizabeth Maller | FR | Morningside College | 36.79m | 120-08 |
| 36.50m 36.79m 35.07m | | | | |
| 16 Ciara Voycheske | SO | Nebraska Wesleyan | 36.50m | 119-09 |
| 36.28m 36.50m FOUL | | | | |
| 17 Samantha Dirkschneider | FR | Doane College | 36.41m | 119-05 |
| 32.46m 36.41m 36.20m | | | | |
| 18 Christina Vanderbyl | JR | Northwestern | 36.21m | 118-09 |
| 36.21m FOUL 35.45m | | | | |
| 19 Jodi Koellner | SO | Nebraska Wesleyan | 36.07m | 118-04 |
| 36.07m FOUL FOUL | | | | |
| 20 Casey Schuster | SO | Morningside College | 35.97m | 118-00 |
| FOUL 32.18m 35.97m | | | | |
| 21 Cora Okkema | SR | Dordt College | 34.26m | 112-05 |
| 34.26m 32.81m FOUL | | | | |
| 22 Jackie Brungardt | SR | Briar Cliff | 30.58m | 100-04 |
| FOUL FOUL 30.58m | | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****Women Hammer Throw**

9 to Final

GPAC Record: G 57.86m 2015

Elizabeth King, Concordia University

| Name | Year | School | Finals | Points |
|---------------------------|-------------|---------------------|----------------|-----------|
| 1 Elizabeth King | SO | Concordia | 54.26m | 178-00 10 |
| FOUL FOUL 49.09m | 51.24m | 52.46m | 54.26m | |
| 2 Kattie Cleveland | SR | Concordia | 54.13m | 177-07 8 |
| FOUL FOUL 53.94m | 54.13m | FOUL | 50.48m | |
| 3 Stephanie Coley | SR | Concordia | 53.73m | 176-03 6 |
| FOUL 52.73m | 53.73m | FOUL 52.40m | FOUL | |
| 4 Kali Robb | JR | Concordia | 53.17m | 174-05 5 |
| 52.53m | FOUL 53.17m | 52.07m | 52.04m | FOUL |
| 5 Sydney Meyer | JR | Concordia | 51.42m | 168-08 4 |
| 49.90m | FOUL 51.42m | 47.43m | 50.54m | FOUL |
| 6 Jodi Koellner | SO | Nebraska Wesleyan | 50.69m | 166-04 3 |
| 50.69m | FOUL FOUL | 50.08m | FOUL FOUL | |
| 7 Samantha Dolezal | SR | Nebraska Wesleyan | 49.46m | 162-03 2 |
| 49.46m | 47.49m | FOUL FOUL | FOUL FOUL | |
| 8 Sara Olsen | SO | Hastings College | 48.94m | 160-07 1 |
| 48.58m | FOUL 48.53m | 48.06m | 48.94m | 48.37m |
| 9 Nicole Perry | SR | Concordia | 48.23m | 158-03 |
| 47.39m | 48.23m | 48.02m | FOUL FOUL FOUL | |
| 10 Samantha Dirkschneider | FR | Doane College | 48.04m | 157-07 |
| 46.28m | FOUL 48.04m | | | |
| 11 Keely Parish | FR | Hastings College | 46.72m | 153-03 |
| 44.72m | 46.52m | 46.72m | | |
| 12 Katricia Svoboda | JR | Concordia | 46.29m | 151-10 |
| 45.75m | 45.95m | 46.29m | | |
| 13 Samantha Liermann | FR | Concordia | 45.64m | 149-09 |
| 45.64m | 44.25m | FOUL | | |
| 14 Kelbie Lyon | FR | Hastings College | 45.63m | 149-08 |
| 44.25m | 45.63m | FOUL | | |
| 15 Eboni Nash | FR | Hastings College | 45.20m | 148-03 |
| FOUL 45.20m | FOUL | | | |
| 16 Meagan Anderson | SO | Morningside College | 44.15m | 144-10 |
| 44.15m | 43.95m | 43.62m | | |
| 17 SteaVen Becker | SO | Nebraska Wesleyan | 44.03m | 144-05 |
| 43.23m | 44.03m | 43.75m | | |
| 18 Melinda Stauffer | SR | Doane College | 44.00m | 144-04 |
| 40.27m | FOUL 44.00m | | | |
| 19 Mary Ware | FR | Hastings College | 41.89m | 137-05 |
| 41.23m | 41.69m | 41.89m | | |
| 20 Nicole Ramaekers | SO | Hastings College | 41.33m | 135-07 |
| FOUL 41.33m | 41.20m | | | |
| 21 Jenna Bremer | FR | Dordt College | 41.16m | 135-00 |
| 41.16m | 37.70m | 39.32m | | |
| 22 Elizabeth Maller | FR | Morningside College | 39.28m | 128-10 |
| 39.28m | FOUL FOUL | | | |
| 23 Savannah Clapper | SR | Northwestern | 38.24m | 125-05 |
| 38.24m | FOUL FOUL | | | |
| 24 Candice Howell | SO | Northwestern | 36.95m | 121-03 |
| FOUL FOUL | 36.95m | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****Women Javelin Throw**

9 to Final

GPAC Record: G 48.07m 5/2/2014 Elizabeth King, Concordia

| Name | Year | School | Finals | Points |
|---|------|---------------------|--------|-----------|
| 1 Elizabeth King | SO | Concordia | 45.98m | 150-10 10 |
| 40.67m 41.13m 42.64m 43.25m 44.43m 45.98m | | | | |
| 2 Katricia Svoboda | JR | Concordia | 41.23m | 135-03 8 |
| 39.52m 38.09m 39.64m FOUL 38.57m 41.23m | | | | |
| 3 Kati Kneifl | FR | Morningside College | 38.60m | 126-08 6 |
| FOUL FOUL 36.43m 35.93m 38.60m FOUL | | | | |
| 4 Kylie Gokie | JR | Doane College | 37.86m | 124-02 5 |
| 37.17m 34.45m 35.61m FOUL 37.86m FOUL | | | | |
| 5 Maitlyn Thomsen | FR | Doane College | 37.59m | 123-04 4 |
| 36.50m FOUL 37.59m FOUL 36.87m 36.20m | | | | |
| 6 Aurora Arevalo | FR | Morningside College | 37.31m | 122-05 3 |
| 31.09m 35.11m 35.79m FOUL FOUL 37.31m | | | | |
| 7 Sydney Meyer | JR | Concordia | 37.17m | 121-11 2 |
| FOUL FOUL 37.17m 36.10m 34.21m 34.93m | | | | |
| 8 Paige Hervert | FR | Doane College | 36.33m | 119-02 1 |
| FOUL 36.07m FOUL FOUL 35.51m 36.33m | | | | |
| 9 Emily Keim | SR | Morningside College | 35.82m | 117-06 |
| FOUL FOUL 35.82m FOUL FOUL FOUL | | | | |
| 10 Blair Hofstetter | FR | Hastings College | 34.39m | 112-10 |
| 34.39m 32.09m 32.92m | | | | |
| 11 Nicole Perry | SR | Concordia | 34.30m | 112-06 |
| 34.30m 34.02m 33.88m | | | | |
| 12 Lindsay Siegel | FR | Hastings College | 34.00m | 111-06 |
| 34.00m FOUL 33.64m | | | | |
| 13 Kaylee Van Voorst | SO | Morningside College | 33.70m | 110-07 |
| 33.70m FOUL FOUL | | | | |
| 14 Kaylee Blake | JR | Briar Cliff | 33.07m | 108-06 |
| FOUL 31.01m 33.07m | | | | |
| 15 Meagan Anderson | SO | Morningside College | 32.56m | 106-10 |
| 31.39m 32.56m FOUL | | | | |
| 16 Andrea Urban | SO | Briar Cliff | 32.40m | 106-03 |
| FOUL 26.00m 32.40m | | | | |
| 17 Jasmine Eickhoff | FR | Concordia | 32.24m | 105-09 |
| 32.24m FOUL FOUL | | | | |
| 18 Allison Wiebe | JR | Concordia | 31.15m | 102-02 |
| FOUL FOUL 31.15m | | | | |
| 19 Christina Vanderbyl | JR | Northwestern | 31.03m | 101-10 |
| FOUL 30.90m 31.03m | | | | |
| 20 Shannon Stuhlmiller | JR | Doane College | 30.17m | 99-00 |
| FOUL FOUL 30.17m | | | | |
| 21 April Faimon | JR | Hastings College | 29.34m | 96-03 |
| FOUL 29.34m FOUL | | | | |
| 22 Lindsey Wisnieski | FR | Nebraska Wesleyan | 28.19m | 92-06 |
| FOUL FOUL 28.19m | | | | |
| 23 Lexi Hauger | SO | Briar Cliff | 27.39m | 89-10 |
| FOUL 27.39m FOUL | | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****Heptathlon: #4 Women 200 Meter Dash Heptathlon**

| GPAC Record: G 25.31 2015 | | Kylie Gokie, Doane College | | | | |
|---------------------------|-----------------|----------------------------|--------|------|----|--------|
| Name | Year | School | Finals | Wind | H# | Points |
| 1 | Kylie Gokie | JR Doane College | 25.32 | 3.9 | 1 | 858 |
| 2 | Breanna Fye | SR Doane College | 26.18 | 3.3 | 2 | 781 |
| 3 | April Faimon | JR Hastings College | 26.29 | 3.9 | 1 | 772 |
| 4 | Paige Hervert | FR Doane College | 26.76 | 3.3 | 2 | 732 |
| 5 | Anna Beune | SO Concordia | 26.82 | 3.9 | 1 | 727 |
| 6 | Jessica Fossum | SR Dakota Wesleyan | 27.13 | 3.3 | 2 | 701 |
| 7 | Cali Stewart | FR Hastings College | 27.64 | 3.3 | 2 | 659 |
| 8 | Maitlyn Thomsen | FR Doane College | 27.70 | 3.9 | 1 | 655 |
| 9 | Abigail Stevens | SR Northwestern | 28.03 | 3.9 | 1 | 628 |
| 10 | Meghan Travis | FR Dakota Wesleyan | 28.11 | 3.3 | 2 | 622 |
| 11 | McKayla Besel | FR Concordia | 30.88 | 3.9 | 1 | 422 |

Heptathlon: #7 Women 800 Meter Run Heptathlon

| GPAC Record: G 2:30.79 2015 | | Abigail Stevens, Northwestern | | |
|-----------------------------|-----------------|-------------------------------|----------|--------|
| Name | Year | School | Finals | Points |
| 1 | Jessica Fossum | SR Dakota Wesleyan | 2:26.86G | 733 |
| 2 | Abigail Stevens | SR Northwestern | 2:27.83G | 720 |
| 3 | Kylie Gokie | JR Doane College | 2:28.53G | 711 |
| 4 | Maitlyn Thomsen | FR Doane College | 2:29.72G | 696 |
| 5 | Cali Stewart | FR Hastings College | 2:41.97 | 550 |
| 6 | April Faimon | JR Hastings College | 2:48.46 | 480 |
| 7 | Meghan Travis | FR Dakota Wesleyan | 2:54.17 | 421 |
| 8 | Breanna Fye | SR Doane College | 2:56.49 | 398 |
| 9 | Paige Hervert | FR Doane College | 2:56.77 | 396 |
| 10 | McKayla Besel | FR Concordia | 3:04.34 | 326 |

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

| GPAC Record: G 15.10 5/2/2014 | | Sara Simmons, Concordia | | | | |
|-------------------------------|-----------------|-------------------------|--------|------|----|--------|
| Name | Year | School | Finals | Wind | H# | Points |
| 1 | Breanna Fye | SR Doane College | 15.29 | NWI | 1 | 804 |
| 2 | Paige Hervert | FR Doane College | 15.34 | NWI | 2 | 797 |
| 3 | Kylie Gokie | JR Doane College | 15.36 | NWI | 3 | 795 |
| 4 | Abigail Stevens | SR Northwestern | 15.56 | NWI | 2 | 769 |
| 5 | Cali Stewart | FR Hastings College | 15.60 | NWI | 3 | 764 |
| 6 | April Faimon | JR Hastings College | 16.02 | NWI | 2 | 712 |
| 7 | Maitlyn Thomsen | FR Doane College | 16.13 | NWI | 3 | 698 |
| 8 | Jessica Fossum | SR Dakota Wesleyan | 16.36 | NWI | 3 | 671 |
| 9 | Anna Beune | SO Concordia | 18.49 | NWI | 1 | 439 |
| 10 | Meghan Travis | FR Dakota Wesleyan | 19.63 | NWI | 2 | 334 |
| 11 | McKayla Besel | FR Concordia | 21.66 | NWI | 1 | 179 |

Heptathlon: #2 Women High Jump Heptathlon

| GPAC Record: G 1.62m 2014 | | DeVries/Getz, Doane/Concordia | | |
|---------------------------|------|-------------------------------|--------|--------|
| Name | Year | School | Finals | Points |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016

Hastings College

Results

....Heptathlon: #2 Women High Jump Heptathlon

| | | | | | |
|----|--|---------------------|--------|---------|-----|
| 1 | Breanna Fye | SR Doane College | 1.68mG | 5-06.00 | 830 |
| | 1.50 1.53 1.56 1.59 1.62 1.65 1.68 | | | | |
| | O O P O P O O | | | | |
| 2 | Paige Hervert | FR Doane College | 1.65mG | 5-05.00 | 795 |
| | 1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65 1.68 | | | | |
| | O XO O O XO O O XO XXX | | | | |
| 3 | Cali Stewart | FR Hastings College | 1.62mG | 5-03.75 | 759 |
| | 1.47 1.50 1.53 1.56 1.59 1.62 1.65 | | | | |
| | O O XO O XO O XXX | | | | |
| 4 | Kylie Gokie | JR Doane College | 1.56m | 5-01.25 | 689 |
| | 1.41 1.44 1.47 1.50 1.53 1.56 1.59 | | | | |
| | O O O O XO O P | | | | |
| 5 | April Faimon | JR Hastings College | 1.53m | 5-00.25 | 655 |
| | 1.38 1.41 1.44 1.47 1.50 1.53 1.56 | | | | |
| | O XO XO O XO O XXX | | | | |
| 6 | Maitlyn Thomsen | FR Doane College | 1.50m | 4-11.00 | 621 |
| | 1.41 1.44 1.47 1.50 1.53 1.56 | | | | |
| | O O O XXO P P | | | | |
| 7 | Meghan Travis | FR Dakota Wesleyan | 1.47m | 4-09.75 | 588 |
| | 1.35 1.38 1.41 1.44 1.47 1.50 | | | | |
| | O O O XO XXO XXX | | | | |
| 8 | Jessica Fossum | SR Dakota Wesleyan | 1.44m | 4-08.75 | 555 |
| | 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 | | | | |
| | O P O O O O XO XXX | | | | |
| 8 | Abigail Stevens | SR Northwestern | 1.44m | 4-08.75 | 555 |
| | 1.32 1.35 1.38 1.41 1.44 1.47 | | | | |
| | O P O O XO XXX | | | | |
| 10 | Anna Beune | SO Concordia | 1.32m | 4-04.00 | 429 |
| | 1.23 1.26 1.29 1.32 1.35 | | | | |
| | XO O O XO XXX | | | | |

Heptathlon: #5 Women Long Jump Heptathlon

GPAC Record: G 5.35m 5/2/2014 Erin DeVries, Doane

| Name | Year School | Finals | Wind | Points |
|-------------------|----------------------------------|--------|--------------|--------|
| 1 Paige Hervert | FR Doane College | 5.40mG | NWI 17-08.75 | 671 |
| | 5.34m(NWI) FOUL 5.40m(NWI) | | | |
| 2 Kylie Gokie | JR Doane College | 5.26m | NWI 17-03.25 | 631 |
| | 5.15m(NWI) 5.04m(NWI) 5.26m(NWI) | | | |
| 3 Breanna Fye | SR Doane College | 5.19m | NWI 17-00.50 | 612 |
| | 5.17m(NWI) 5.16m(NWI) 5.19m(NWI) | | | |
| 4 Jessica Fossum | SR Dakota Wesleyan | 4.98m | NWI 16-04.25 | 554 |
| | 4.95m(NWI) 4.86m(NWI) 4.98m(NWI) | | | |
| 4 Abigail Stevens | SR Northwestern | 4.98m | NWI 16-04.25 | 554 |
| | 4.98m(NWI) FOUL FOUL | | | |
| 6 Cali Stewart | FR Hastings College | 4.91m | NWI 16-01.50 | 535 |
| | 4.71m(NWI) 4.91m(NWI) 4.91m(NWI) | | | |
| 7 Anna Beune | SO Concordia | 4.84m | NWI 15-10.50 | 516 |
| | 4.84m(NWI) 4.73m(NWI) 4.74m(NWI) | | | |
| 8 Meghan Travis | FR Dakota Wesleyan | 4.74m | NWI 15-06.75 | 490 |
| | FOUL 4.74m(NWI) 4.62m(NWI) | | | |
| 9 Maitlyn Thomsen | FR Doane College | 4.65m | NWI 15-03.25 | 466 |
| | 4.58m(NWI) 4.65m(NWI) 4.59m(NWI) | | | |
| 10 April Faimon | JR Hastings College | 4.55m | NWI 14-11.25 | 441 |
| | 4.55m(NWI) FOUL FOUL | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Heptathlon: #5 Women Long Jump Heptathlon**

| | | | | | |
|------------------|--------------|-------|-----|----------|-----|
| 11 McKayla Besel | FR Concordia | 4.01m | NWI | 13-02.00 | 310 |
| 4.01m(NWI) FOUL | 3.87m(NWI) | | | | |

Heptathlon: #3 Women Shot Put Heptathlon

| GPAC Record: G 12.53m 2010 Katie Rich, Concordia | | | | | |
|--|------|---------------------|--------|----------|--------|
| Name | Year | School | Finals | | Points |
| 1 April Faimon | | JR Hastings College | 11.59m | 38-00.25 | 634 |
| 10.39m 11.19m 11.59m | | | | | |
| 2 Paige Hervert | | FR Doane College | 11.30m | 37-01.00 | 615 |
| 10.70m 11.30m 10.49m | | | | | |
| 3 Breanna Fye | | SR Doane College | 10.99m | 36-00.75 | 594 |
| 10.99m 10.34m 10.43m | | | | | |
| 4 Meghan Travis | | FR Dakota Wesleyan | 10.85m | 35-07.25 | 585 |
| 10.85m FOUL 10.60m | | | | | |
| 5 Abigail Stevens | | SR Northwestern | 10.61m | 34-09.75 | 569 |
| 10.38m 10.00m 10.61m | | | | | |
| 6 Jessica Fossum | | SR Dakota Wesleyan | 10.33m | 33-10.75 | 551 |
| 10.04m 9.85m 10.33m | | | | | |
| 7 Kylie Gokie | | JR Doane College | 10.19m | 33-05.25 | 542 |
| 10.19m 9.64m 10.04m | | | | | |
| 8 Maitlyn Thomsen | | FR Doane College | 9.25m | 30-04.25 | 480 |
| 9.07m 9.25m 9.12m | | | | | |
| 9 Anna Beune | | SO Concordia | 9.05m | 29-08.25 | 467 |
| 9.05m 8.49m 8.43m | | | | | |
| 10 Cali Stewart | | FR Hastings College | 8.55m | 28-00.75 | 435 |
| 7.59m 8.55m 7.93m | | | | | |
| 11 McKayla Besel | | FR Concordia | 7.22m | 23-08.25 | 349 |
| 6.79m 6.93m 7.22m | | | | | |

Heptathlon: #6 Women Javelin Throw Heptathlon

| GPAC Record: G 40.34m 5/2/2014 Erin DeVries, Doane | | | | | |
|--|------|---------------------|--------|--------|--------|
| Name | Year | School | Finals | | Points |
| 1 Paige Hervert | | FR Doane College | 36.32m | 119-02 | 597 |
| FOUL 34.58m 36.32m | | | | | |
| 2 Kylie Gokie | | JR Doane College | 35.54m | 116-07 | 582 |
| FOUL 35.54m FOUL | | | | | |
| 3 April Faimon | | JR Hastings College | 32.90m | 107-11 | 532 |
| 32.90m 32.25m FOUL | | | | | |
| 4 Jessica Fossum | | SR Dakota Wesleyan | 32.55m | 106-09 | 525 |
| FOUL FOUL 32.55m | | | | | |
| 5 Abigail Stevens | | SR Northwestern | 32.09m | 105-03 | 516 |
| 32.09m 32.02m FOUL | | | | | |
| 6 Maitlyn Thomsen | | FR Doane College | 29.95m | 98-03 | 476 |
| FOUL 29.95m FOUL | | | | | |
| 7 Cali Stewart | | FR Hastings College | 29.31m | 96-02 | 464 |
| 29.31m 28.14m 27.02m | | | | | |
| 8 Breanna Fye | | SR Doane College | 25.12m | 82-05 | 385 |
| 24.92m 25.12m FOUL | | | | | |
| 9 Meghan Travis | | FR Dakota Wesleyan | 22.99m | 75-05 | 345 |
| 22.99m 18.78m 20.02m | | | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Heptathlon: #6 Women Javelin Throw Heptathlon**

| | | | | |
|--------------------|--------------|--------|-------|-----|
| 10 Anna Beune | SO Concordia | 22.33m | 73-03 | 332 |
| FOUL FOUL 22.33m | | | | |
| 11 McKayla Besel | FR Concordia | 17.41m | 57-01 | 241 |
| 16.60m FOUL 17.41m | | | | |

Women Heptathlon

| GPAC Record: G 4781 5/2/2014 Erin DeVries, Doane | | | | |
|--|------|------------------|--------|--------|
| Name | Year | School | Finals | Points |
| 1 Kylie Gokie | JR | Doane College | 4808G | 10 |
| 2 Paige Hervert | FR | Doane College | 4603 | 8 |
| 3 Breanna Fye | SR | Doane College | 4404 | 6 |
| 4 Abigail Stevens | SR | Northwestern | 4311 | 5 |
| 5 Jessica Fossum | SR | Dakota Wesleyan | 4290 | 4 |
| 6 April Faimon | JR | Hastings College | 4226 | 3 |
| 7 Cali Stewart | FR | Hastings College | 4166 | 2 |
| 8 Maitlyn Thomsen | FR | Doane College | 4092 | 1 |
| 9 Meghan Travis | FR | Dakota Wesleyan | 3385 | |
| 10 Anna Beune | SO | Concordia | 2910 | |
| 11 McKayla Besel | FR | Concordia | 1827 | |

Men 100 Meter Dash**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

| GPAC Record: G 10.34 2001 Jamey Sperle, Dakota Wesleyan Univ. | | | | | |
|---|------|--------------------|---------|------|----------|
| Name | Year | School | Prelims | Wind | H# |
| Preliminaries | | | | | |
| 1 Rusty Muncy | SR | Briar Cliff | 10.59Q | 3.5 | 3 |
| 2 Kevin Nelson | SR | Hastings College | 10.73Q | 4.2 | 1 |
| 3 Craig Timmons | JR | Nebraska Wesleyan | 10.83Q | 2.7 | 2 10.824 |
| 4 Blake Mossberg | FR | Briar Cliff | 10.74q | 4.2 | 1 |
| 5 Kevin Murphy | SR | Doane College | 10.83q | 2.7 | 2 10.827 |
| 6 Michael Tross | FR | Doane College | 10.89q | 3.5 | 3 |
| 7 Josiah Oyebefun | JR | Doane College | 10.90q | 2.7 | 2 |
| 8 Derrick Akers | SO | Northwestern | 10.91q | 3.5 | 3 |
| 9 Sage Lloyd | FR | Briar Cliff | 10.94 | 4.2 | 1 |
| 10 AJ Farrand | SR | Nebraska Wesleyan | 10.95 | 2.7 | 2 |
| 11 Malik Morris | SO | Nebraska Wesleyan | 11.00 | 2.7 | 2 |
| 12 Mamer Mamer | FR | Nebraska Wesleyan | 11.02 | 4.2 | 1 |
| 13 Sawyer Kean | FR | Nebraska Wesleyan | 11.12 | 3.5 | 3 11.116 |
| 14 Nicholas Stolze | FR | Doane College | 11.12 | 3.5 | 3 11.118 |
| 15 Christopher Mosely-Hendr | JR | Concordia | 11.13 | 4.2 | 1 |
| 16 Braden Knuth | SO | Doane College | 11.14 | 4.2 | 1 |
| 17 Alex Van Roekel | SR | Northwestern | 11.17 | 2.7 | 2 |
| 18 Lance English | SR | Doane College | 11.27 | 2.7 | 2 |
| 19 Sean Robnett | SR | Hastings College | 11.28 | 3.5 | 3 |
| 20 Cory Thorson | JR | Midland Univeristy | 11.33 | 3.5 | 3 |
| 21 Trevor Zonnefeld | JR | Dordt College | 11.34 | 4.2 | 1 |
| 22 Ian McDougall | FR | Hastings College | 11.36 | 2.7 | 2 |
| 23 Jordan Flemington | SO | Nebraska Wesleyan | 17.70 | 3.5 | 3 |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****Men 100 Meter Dash**

GPAC Record: G 10.34 2001 Jamey Sperle, Dakota Wesleyan Univ.
 Name Year School Finals Wind Points

Finals

| | | | | | |
|---|-----------------|----------------------|-------|-----|----|
| 1 | Rusty Muncy | SR Briar Cliff | 10.68 | 0.4 | 10 |
| 2 | Josiah Oyebefun | JR Doane College | 10.81 | 0.4 | 8 |
| 3 | Craig Timmons | JR Nebraska Wesleyan | 10.85 | 0.4 | 6 |
| 4 | Kevin Murphy | SR Doane College | 10.93 | 0.4 | 5 |
| 5 | Michael Tross | FR Doane College | 10.96 | 0.4 | 4 |
| 6 | Derrick Akers | SO Northwestern | 10.99 | 0.4 | 3 |
| 7 | Kevin Nelson | SR Hastings College | 11.02 | 0.4 | 2 |
| 8 | Blake Mossberg | FR Briar Cliff | 11.04 | 0.4 | 1 |

Men 200 Meter Dash

GPAC Record: G 20.88 2003 Bret Blake, Nebraska Wesleyan Univ.
 Name Year School Finals Wind H# Points

| | | | | | | |
|----|--------------------------|----------------------|-------|------|---|--------|
| 1 | Robert Iron Shell | JR Briar Cliff | 21.22 | 0.1 | 3 | 10 |
| 2 | Craig Timmons | JR Nebraska Wesleyan | 21.44 | 0.1 | 3 | 8 |
| 3 | CJ Muller | JR Concordia | 21.54 | 0.1 | 3 | 6 |
| 4 | Adrian Lewis | SR Hastings College | 21.76 | 0.1 | 3 | 5 |
| 5 | Andrew Klein | SO Doane College | 21.77 | 0.1 | 3 | 4 |
| 6 | Zach Holka | JR Nebraska Wesleyan | 21.97 | -0.2 | 2 | 3 |
| 7 | Sage Lloyd | FR Briar Cliff | 22.01 | 0.1 | 1 | 2 |
| 8 | Alex Van Roekel | SR Northwestern | 22.18 | -0.2 | 2 | 1 |
| 9 | Blake Mossberg | FR Briar Cliff | 22.28 | 0.1 | 3 | |
| 10 | Brandon Kocmich | FR Dakota Wesleyan | 22.41 | -0.2 | 2 | |
| 11 | Mamer Mamer | FR Nebraska Wesleyan | 22.47 | 0.1 | 1 | |
| 12 | Trevor Zonnefeld | JR Dordt College | 22.48 | 0.1 | 1 | |
| 13 | Michael Tross | FR Doane College | 22.52 | -0.2 | 2 | |
| 14 | Matt Harshman | SR Briar Cliff | 22.62 | 0.1 | 1 | |
| 15 | Derrick Akers | SO Northwestern | 22.67 | 0.1 | 1 | |
| 16 | Christopher Mosely-Hendr | JR Concordia | 22.68 | 0.1 | 3 | 22.675 |
| 17 | Lance English | SR Doane College | 22.68 | 0.1 | 3 | 22.680 |
| 18 | Nicholas Stolze | FR Doane College | 22.84 | 0.1 | 1 | |
| 19 | Sawyer Kean | FR Nebraska Wesleyan | 22.86 | -0.2 | 2 | |
| 20 | Tobe Ezimora | SO Briar Cliff | 23.00 | 0.1 | 1 | |
| 21 | Ian McDougall | FR Hastings College | 23.47 | -0.2 | 2 | |
| 22 | Sean Robnett | SR Hastings College | 24.31 | -0.2 | 2 | |

Men 400 Meter Dash

GPAC Record: G 47.17 5/11/2007 Chris Wolf, Nebraska Wes.
 Name Year School Finals H# Points

| | | | | | |
|---|-------------------|------------------------|-------|---|----|
| 1 | Robert Iron Shell | JR Briar Cliff | 47.64 | 3 | 10 |
| 2 | CJ Muller | JR Concordia | 48.40 | 3 | 8 |
| 3 | Josiah Eckels | JR Dordt College | 49.34 | 3 | 6 |
| 4 | Kyle Pardun | SO Mount Marty College | 49.55 | 3 | 5 |
| 5 | Joe Roden | SR Briar Cliff | 49.76 | 2 | 4 |
| 6 | Levi Te Brink | SO Northwestern | 49.89 | 3 | 3 |
| 7 | David Keena | FR Dordt College | 49.90 | 2 | 2 |
| 8 | Aaron Lemon | SO Northwestern | 49.93 | 3 | 1 |
| 9 | Jaap Van Gaalen | SR Concordia | 50.15 | 3 | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Men 400 Meter Dash**

| | | | | | |
|----|---------------------|----|---------------------|-------|---|
| 10 | Travis Phillips Jr. | FR | Midland Univeristy | 50.34 | 2 |
| 11 | Ross Rozeboom | JR | Dordt College | 50.35 | 1 |
| 12 | Brandon Kocmich | FR | Dakota Wesleyan | 50.43 | 1 |
| 13 | Jacob Willey | SR | Morningside College | 50.50 | 3 |
| 14 | Brady Stuhmer | SO | Doane College | 50.52 | 2 |
| 15 | Tobe Ezimora | SO | Briar Cliff | 50.80 | 2 |
| 16 | Lucas Van Eps | FR | Dordt College | 50.98 | 2 |
| 17 | Elijah Dahl | SO | Northwestern | 51.10 | 1 |
| 18 | Ryan Olson | FR | Concordia | 51.61 | 1 |
| 19 | Lance English | SR | Doane College | 51.65 | 1 |
| 20 | Travis Ohnoutka | FR | Nebraska Wesleyan | 51.68 | 1 |
| 21 | Connor Lott | JR | Nebraska Wesleyan | 51.83 | 2 |
| 22 | James Farnan | SO | Morningside College | 52.03 | 1 |
| 23 | Ryan Muneio | FR | Doane College | 52.96 | 1 |

Men 800 Meter Run

| ===== | | | | | |
|------------------------|--------------------|--------|---------------------------|---------|--------|
| GPAC Record: G 1:50.60 | | 2011 | Monte Larsen, Morningside | | |
| Name | Year | School | Finals | H# | Points |
| ===== | | | | | |
| 1 | Tanner Dewey | JR | Nebraska Wesleyan | 1:52.68 | 3 10 |
| 2 | Sam Wensink | JR | Dordt College | 1:52.76 | 3 8 |
| 3 | Alan Varela | FR | Doane College | 1:54.08 | 2 6 |
| 4 | Josh Whyrick | SR | Doane College | 1:55.14 | 2 5 |
| 5 | Peter Hollinger | FR | Northwestern | 1:55.30 | 3 4 |
| 6 | Tanner Justesen | SR | Midland Univeristy | 1:55.50 | 2 3 |
| 7 | Rickardo Bailey | SR | Hastings College | 1:56.01 | 2 2 |
| 8 | Jacob Green | SO | Morningside College | 1:56.22 | 3 1 |
| 9 | Jordan Houdek | JR | Mount Marty College | 1:57.36 | 3 |
| 10 | Alec DeVries | SO | Morningside College | 1:57.93 | 2 |
| 11 | Hans Epp | SO | Northwestern | 1:57.99 | 1 |
| 12 | Mitchell Schleis | SR | Briar Cliff | 1:58.51 | 3 |
| 13 | Ryan Weitgenant | SR | Northwestern | 1:58.73 | 2 |
| 14 | Alex Main | FR | Nebraska Wesleyan | 1:58.84 | 1 |
| 15 | Joe Heinrichs | SO | Briar Cliff | 1:59.28 | 2 |
| 16 | Drew Schiltz | JR | Morningside College | 1:59.44 | 3 |
| 17 | Tyler Janssen | SO | Nebraska Wesleyan | 2:01.59 | 1 |
| 18 | Caleb Benzing | FR | Northwestern | 2:01.96 | 1 |
| 19 | Patrick Wortmann | SO | Concordia | 2:03.37 | 1 |
| 20 | Jason Kenny | SO | Morningside College | 2:03.41 | 1 |
| 21 | Josiah McAllister | FR | Concordia | 2:03.45 | 1 |
| 22 | Azavier Hutchinson | SO | Nebraska Wesleyan | 2:04.20 | 1 |

Men 1500 Meter Run

| ===== | | | | | |
|------------------------|------------------|--------|--------------------------------------|---------|--------|
| GPAC Record: G 3:50.14 | | 1982 | Kregg Einspahr, Concordia University | | |
| Name | Year | School | Finals | H# | Points |
| ===== | | | | | |
| 1 | Daniel Aldaba | SO | Midland Univeristy | 3:56.12 | 2 10 |
| 2 | Mitchell Schleis | SR | Briar Cliff | 3:56.32 | 2 8 |
| 3 | Alec DeVries | SO | Morningside College | 3:59.19 | 2 6 |
| 4 | Tanner Brown | SR | Nebraska Wesleyan | 4:00.04 | 2 5 |
| 5 | Tanner Goetsch | SO | Northwestern | 4:00.46 | 2 4 |
| 6 | AJ Janssen | SO | Morningside College | 4:06.41 | 2 3 |
| 7 | Will Baird | SR | Hastings College | 4:08.32 | 1 2 |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Men 1500 Meter Run**

| | | | | | |
|----|--------------------|------------------------|---------|---|---|
| 8 | Hans Epp | SO Northwestern | 4:08.62 | 2 | 1 |
| 9 | Ryan Weitgenant | SR Northwestern | 4:10.34 | 2 | |
| 10 | Azavier Hutchinson | SO Nebraska Wesleyan | 4:11.95 | 1 | |
| 11 | Jeremiah Panec | SO Dakota Wesleyan | 4:14.11 | 1 | |
| 12 | Brandon Sipherd | SO Midland Univeristy | 4:14.68 | 2 | |
| 13 | Cory Plugge | SO Nebraska Wesleyan | 4:14.92 | 1 | |
| 14 | Zach Kollasch | FR Briar Cliff | 4:15.16 | 1 | |
| 15 | Riley Schaap | SO Dordt College | 4:15.30 | 1 | |
| 16 | Nick Vander Kooi | JR Dordt College | 4:16.39 | 1 | |
| 17 | Adam Daane | SO Dordt College | 4:18.32 | 1 | |
| 18 | Matt Mayer | SR Briar Cliff | 4:19.18 | 1 | |
| 19 | Ty Hansen | FR Midland Univeristy | 4:19.71 | 2 | |
| 20 | Patrick Wortmann | SO Concordia | 4:22.88 | 2 | |
| 21 | Kade Kalkowski | FR Nebraska Wesleyan | 4:23.38 | 1 | |
| 22 | Jason Kenny | SO Morningside College | 4:25.10 | 1 | |
| 23 | Colin Appel | SO Doane College | 4:36.78 | 1 | |

Men 5000 Meter Run

| ===== | | | | | |
|--|-------------------|------------------------|----------|--------|--|
| GPAC Record: G 14:53.43 2011 Dana Schmidt, Concordia Universit | | | | | |
| Name | Year | School | Finals | Points | |
| ===== | | | | | |
| 1 | Will Norris | JR Northwestern | 15:11.01 | 10 | |
| 2 | Daniel Aldaba | SO Midland Univeristy | 15:28.67 | 8 | |
| 3 | Jordan Wheeler | FR Nebraska Wesleyan | 15:32.03 | 6 | |
| 4 | Tanner Brown | SR Nebraska Wesleyan | 15:36.90 | 5 | |
| 5 | Tanner Goetsch | SO Northwestern | 15:55.61 | 4 | |
| 6 | Ash Gandul | SO Nebraska Wesleyan | 15:56.78 | 3 | |
| 7 | Christian Petrich | JR Mount Marty College | 15:58.43 | 2 | |
| 8 | Peter Smith | SO Northwestern | 16:00.30 | 1 | |
| 9 | Clay Simpson | FR Nebraska Wesleyan | 16:14.47 | | |
| 10 | Tommy Thelen | JR Briar Cliff | 16:16.19 | | |
| 11 | Connor Bohlken | SR Nebraska Wesleyan | 16:18.93 | | |
| 12 | Kasey Reeves | SO Midland Univeristy | 16:29.84 | | |
| 13 | Tommy Herebic | FR Nebraska Wesleyan | 16:40.59 | | |
| 14 | Tristan Nelson | FR Midland Univeristy | 16:48.30 | | |
| 15 | Rosten From | FR Doane College | 16:51.29 | | |
| 16 | Trey Seibel | FR Nebraska Wesleyan | 16:55.82 | | |
| 17 | Thomas Taylor | FR Concordia | 16:59.21 | | |
| 18 | Austin Coyle | JR Nebraska Wesleyan | 17:03.12 | | |
| 19 | Taylor Mueller | SR Concordia | 17:12.67 | | |
| 20 | Jordan Potrzeba | SR Concordia | 17:27.32 | | |
| 21 | Evan Asche | FR Concordia | 17:39.93 | | |

Men 10000 Meter Run

| ===== | | | | | |
|--|------------------|----------------------|----------|--------|--|
| GPAC Record: G 30:55.24 1991 Garry Wasserman, Nebraska Weseley | | | | | |
| Name | Year | School | Finals | Points | |
| ===== | | | | | |
| 1 | Will Norris | JR Northwestern | 32:24.58 | 10 | |
| 2 | Jordan Wheeler | FR Nebraska Wesleyan | 32:34.17 | 8 | |
| 3 | Austin Coyle | JR Nebraska Wesleyan | 34:00.09 | 6 | |
| 4 | Ben Brockmueller | JR Dordt College | 34:02.76 | 5 | |
| 5 | Tommy Herebic | FR Nebraska Wesleyan | 34:09.86 | 4 | |
| 6 | Connor Bohlken | SR Nebraska Wesleyan | 34:42.79 | 3 | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Men 10000 Meter Run**

| | | | | | |
|----|-------------------|----|---------------------|----------|---|
| 7 | Anthony Patton | FR | Morningside College | 34:47.28 | 2 |
| 8 | Jordan Potrzeba | SR | Concordia | 34:56.42 | 1 |
| 9 | Austin Warren | SO | Northwestern | 35:10.97 | |
| 10 | Phil Truong | JR | Nebraska Wesleyan | 35:52.78 | |
| 11 | Luke Galloway | JR | Northwestern | 36:21.65 | |
| 12 | Evan Asche | FR | Concordia | 36:26.66 | |
| 13 | Brady Edwards | JR | Hastings College | 36:41.86 | |
| 14 | Dylan Jaure | FR | Hastings College | 36:45.29 | |
| 15 | Daniel Spies | SO | Midland Univeristy | 36:56.33 | |
| 16 | Colton Sattler | FR | Hastings College | 37:03.07 | |
| 17 | Alex Way | JR | Midland Univeristy | 37:21.27 | |
| 18 | Jacob Maris | JR | Doane College | 37:25.77 | |
| 19 | Caleb Goeken | SO | Midland Univeristy | 37:35.20 | |
| 20 | Jackson VanSkiver | SO | Hastings College | 38:51.87 | |
| 21 | Eduardo Ochoa | SO | Hastings College | 40:51.86 | |

Men 110 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

GPAC Record: G 14.04 1996 Adam Decker, Nebraska Wesleyan Univ.

| Name | Year | School | Prelims | Wind | H# |
|---------------|--------------------|--------|---------------------|--------|-------|
| ===== | | | | | |
| Preliminaries | | | | | |
| 1 | Lucas Wiechman | JR | Concordia | 14.69Q | 5.9 2 |
| 2 | Keith Heidema | SO | Dordt College | 14.78Q | 2.9 1 |
| 3 | Reece Jackson | FR | Morningside College | 15.00Q | 3.7 3 |
| 4 | Kale Wolken | SR | Doane College | 15.09q | 3.7 3 |
| 5 | Jake Krueger | SR | Doane College | 15.40q | 2.9 1 |
| 6 | Kyle Gaston | SR | Doane College | 15.46q | 5.9 2 |
| 7 | Justin Castellanos | SR | Doane College | 15.76q | 3.7 3 |
| 8 | Joshua Wendland | FR | Concordia | 15.90q | 2.9 1 |
| 9 | Laramie Fowler | FR | Midland Univeristy | 15.98 | 2.9 1 |
| 10 | Zack Rice | SO | Northwestern | 16.15 | 5.9 2 |
| 11 | Dakota Bodden | SO | Dakota Wesleyan | 16.39 | 5.9 2 |
| 12 | Josh Doering | FR | Morningside College | 16.54 | 3.7 3 |
| 13 | Trevor Polivka | FR | Nebraska Wesleyan | 16.74 | 3.7 3 |
| 14 | Michael McCauley | FR | Northwestern | 17.08 | 5.9 2 |
| 15 | Gabe Kendall | FR | Morningside College | 17.56 | 2.9 1 |
| 16 | John Brouwer | SO | Dordt College | 17.67 | 2.9 1 |
| 17 | Elijah Schaefer | SO | Northwestern | 17.71 | 3.7 3 |
| 18 | William Lawrence | JR | Mount Marty College | 17.74 | 5.9 2 |
| 19 | Peyton Wetzel | FR | Nebraska Wesleyan | 18.97 | 5.9 2 |

Men 110 Meter Hurdles

GPAC Record: G 14.04 1996 Adam Decker, Nebraska Wesleyan Univ.

| Name | Year | School | Finals | Wind | Points |
|--------|-----------------|--------|---------------------|-------|--------|
| ===== | | | | | |
| Finals | | | | | |
| 1 | Lucas Wiechman | JR | Concordia | 14.60 | 1.2 10 |
| 2 | Keith Heidema | SO | Dordt College | 14.80 | 1.2 8 |
| 3 | Reece Jackson | FR | Morningside College | 14.94 | 1.2 6 |
| 4 | Kale Wolken | SR | Doane College | 15.11 | 1.2 5 |
| 5 | Jake Krueger | SR | Doane College | 15.46 | 1.2 4 |
| 6 | Joshua Wendland | FR | Concordia | 15.95 | 1.2 3 |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Men 110 Meter Hurdles**

| | | | | | | |
|---|--------------------|----|---------------|-------|-----|---|
| 7 | Kyle Gaston | SR | Doane College | 16.09 | 1.2 | 2 |
| 8 | Justin Castellanos | SR | Doane College | 16.40 | 1.2 | 1 |

Men 400 Meter Hurdles

| ===== | | | | | | |
|----------------------|--------------------|--------|---------------------------------|---------|--------|--------|
| GPAC Record: G 52.01 | | | 2006 Jeff Luebbe, Doane College | | | |
| Name | Year | School | Finals | H# | Points | |
| ===== | | | | | | |
| 1 | Rusty Muncy | SR | Briar Cliff | 54.40 | 3 | 10 |
| 2 | Trevor Bresson | SR | Concordia | 54.69 | 3 | 8 |
| 3 | Kyle Hiser | JR | Morningside College | 55.33 | 3 | 6 |
| 4 | Kale Wolken | SR | Doane College | 56.32 | 3 | 5 |
| 5 | Lucas Wiechman | JR | Concordia | 56.81 | 3 | 4 |
| 6 | TJ Spykstra | FR | Northwestern | 57.06 | 3 | 3 |
| 7 | Justin Moerer | SR | Nebraska Wesleyan | 57.33 | 3 | 2 |
| 8 | Jake Krueger | SR | Doane College | 57.39 | 2 | 1 |
| 9 | Justin Castellanos | SR | Doane College | 58.22 | 2 | |
| 10 | Turner Hill | FR | Doane College | 58.57 | 3 | 58.566 |
| 11 | Christian Egger | JR | Concordia | 58.57 | 2 | 58.569 |
| 12 | Derrick Kerns | FR | Northwestern | 59.20 | 2 | |
| 13 | Kohlton Gabehart | SO | Concordia | 59.55 | 2 | |
| 14 | John Brouwer | SO | Dordt College | 1:00.43 | 2 | |
| 15 | MeKota Fogg | SO | Midland Univeristy | 1:01.19 | 2 | |
| 16 | Josh Doering | FR | Morningside College | 1:01.78 | 1 | |
| 17 | Elijah Schaefer | SO | Northwestern | 1:01.89 | 2 | |
| 18 | Anthony Goetz | FR | Midland Univeristy | 1:02.00 | 1 | |
| 19 | Brad Kolvek | FR | Briar Cliff | 1:02.18 | 1 | |
| 20 | Michael McCauley | FR | Northwestern | 1:03.80 | 1 | |
| 21 | William Lawrence | JR | Mount Marty College | 1:05.94 | 1 | |
| 22 | C.J. Harrison | FR | Nebraska Wesleyan | 1:06.41 | 1 | |
| 23 | Peyton Wetzel | FR | Nebraska Wesleyan | 1:08.38 | 1 | |

Men 3000 Meter Steeplechase

| ===== | | | | | | |
|------------------------|---------------------|--------|------------------------------------|----------|----|--|
| GPAC Record: G 9:10.35 | | | 5/3/2014 Brock Taute, Neb Wesleyan | | | |
| Name | Year | School | Finals | Points | | |
| ===== | | | | | | |
| 1 | Peter Smith | SO | Northwestern | 9:50.78 | 10 | |
| 2 | Sean Skillern | SO | Morningside College | 9:56.51 | 8 | |
| 3 | Christian Petrich | JR | Mount Marty College | 9:58.10 | 6 | |
| 4 | Ryan Bauermeister | SO | Northwestern | 10:03.74 | 5 | |
| 5 | Christopher Shelton | JR | Concordia | 10:07.50 | 4 | |
| 6 | Cameron Moes | FR | Concordia | 10:08.78 | 3 | |
| 7 | Jacob Scott | JR | Morningside College | 10:08.83 | 2 | |
| 8 | Chad Berens | SO | Nebraska Wesleyan | 10:19.96 | 1 | |
| 9 | Rosten From | FR | Doane College | 10:25.13 | | |
| 10 | Kohlton Gabehart | SO | Concordia | 10:27.46 | | |
| 11 | Michael Shavlik | SO | Doane College | 10:32.20 | | |
| 12 | Quinn Groff | JR | Morningside College | 10:43.30 | | |
| 13 | Taylor Mueller | SR | Concordia | 10:53.29 | | |
| 14 | Coleman Cogswell | JR | Concordia | 11:00.41 | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****Men 4x100 Meter Relay**

| GPAC Record: G 40.58 2011 Doane, Doane College | | B. McCaleb, T. Hodges, C. Busby, B. Lawrence | | |
|--|---------------------------|--|----|--------|
| School | | Finals | H# | Points |
| 1 Doane College | | 41.55 | 2 | 10 |
| 1) Michael Tross FR | 2) Andrew Klein SO | | | |
| 3) Josiah Oyebefun JR | 4) Kevin Murphy SR | | | |
| 2 Briar Cliff University | | 41.72 | 2 | 8 |
| 1) Blake Mossberg FR | 2) Joe Roden SR | | | |
| 3) Rusty Muncy SR | 4) Robert Iron Shell JR | | | |
| 5) Sage Lloyd FR | 6) | | | |
| 3 Nebraska Wesleyan | | 41.81 | 2 | 6 |
| 1) AJ Farrand SR | 2) Malik Morris SO | | | |
| 3) Zach Holka JR | 4) Craig Timmons JR | | | |
| 5) Mamer Mamer FR | 6) Jordan Flemington SO | | | |
| 4 Northwestern College | | 41.85 | 2 | 5 |
| 1) Derrick Akers SO | 2) Nathan Wedel SO | | | |
| 3) Alex Van Roekel SR | 4) Levi Te Brink SO | | | |
| 5) Aaron Lemon SO | 6) | | | |
| 5 Hastings College | | 41.86 | 2 | 4 |
| 1) Kevin Nelson SR | 2) Sean Robnett SR | | | |
| 3) Adrian Lewis SR | 4) Ty Johnson FR | | | |
| 5) Rickardo Bailey SR | 6) | | | |
| 6 Concordia University | | 42.80 | 2 | 3 |
| 1) Aivery Scheffer SO | 2) Lucas Wiechman JR | | | |
| 3) Christopher Mosely-Hendricks JR | 4) CJ Muller JR | | | |
| 5) Trevor Bresson SR | 6) Christian Egger JR | | | |
| 7 Morningside College | | 43.03 | 2 | 2 |
| 1) Devin Thomas FR | 2) James Farnan SO | | | |
| 3) Kyle Hiser JR | 4) Jacob Willey SR | | | |
| 8 Dordt College | | 43.62 | 2 | 1 |
| 1) Lucas Van Eps FR | 2) Keith Heidema SO | | | |
| 3) Trevor Zonnefeld JR | 4) David Keena FR | | | |
| 9 Midland Univeristy | | 43.82 | 1 | |
| 1) Sharod McDonald JR | 2) Travis Phillips Jr. FR | | | |
| 3) Alex Heuermann FR | 4) Cory Thorson JR | | | |
| 5) Chris Mamon FR | 6) | | | |
| 10 Mount Marty College | | 46.64 | 1 | |
| 1) Andrew Matsushima FR | 2) Kevin Decristino JR | | | |
| 3) Cody Davis FR | 4) Cortez Jordan FR | | | |
| 5) Dustin Heiden FR | 6) | | | |

Men 4x400 Meter Relay

| GPAC Record: G 3:12.62 5/11/2007 Hastings College, Hastings | | T Redinger, B Gamble, L Beethe, B Diamond | | |
|---|----------------------|---|----|--------|
| School | | Finals | H# | Points |
| 1 Briar Cliff University | | 3:17.20 | 2 | 10 |
| 1) Rusty Muncy SR | 2) Blake Mossberg FR | | | |
| 3) Robert Iron Shell JR | 4) Joe Roden SR | | | |
| 5) Joe Heinrichs SO | 6) | | | |
| 2 Concordia University | | 3:17.72 | 2 | 8 |
| 1) Jaap Van Gaalen SR | 2) Nathan Matters FR | | | |
| 3) Trevor Bresson SR | 4) CJ Muller JR | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016

Hastings College

Results

....Men 4x400 Meter Relay

| | | | |
|---------------------------|-------------------------|---------|-----|
| 5) Josiah McAllister FR | 6) Ryan Olson FR | | |
| 3 Northwestern College | | 3:18.53 | 2 6 |
| 1) Aaron Lemon SO | 2) Nathan Wedel SO | | |
| 3) Elliott Johnson SR | 4) Levi Te Brink SO | | |
| 5) Austin Krier JR | 6) Peter Hollinger FR | | |
| 4 Doane College | | 3:18.66 | 2 5 |
| 1) Alan Varela FR | 2) Turner Hill FR | | |
| 3) Josiah Oyebefun JR | 4) Brady Stuhmer SO | | |
| 5 Hastings College | | 3:20.01 | 2 4 |
| 1) Adrian Lewis SR | 2) Sean Robnett SR | | |
| 3) Will Baird SR | 4) Rickardo Bailey SR | | |
| 5) Ian McDougall FR | 6) Trevor Benson SO | | |
| 7) Fidadya Kuwa FR | 8) Stetson Meyer FR | | |
| 6 Dordt College | | 3:20.40 | 2 3 |
| 1) Lucas Van Eps FR | 2) David Keena FR | | |
| 3) Ross Rozeboom JR | 4) Josiah Eckels JR | | |
| 5) Sam Wensink JR | 6) | | |
| 7 Nebraska Wesleyan | | 3:20.48 | 2 2 |
| 1) Zach Holka JR | 2) Bryan Butler SO | | |
| 3) Connor Lott JR | 4) Tanner Dewey JR | | |
| 5) Justin Moerer SR | 6) Garrett Teel JR | | |
| 7) Travis Ohnoutka FR | 8) | | |
| 8 Morningside College | | 3:24.67 | 2 1 |
| 1) Kyle Hiser JR | 2) Jacob Green SO | | |
| 3) Drew Schiltz JR | 4) Jacob Willey SR | | |
| 9 Midland Univeristy | | 3:28.43 | 1 |
| 1) Travis Phillips Jr. FR | 2) Tanner Justesen SR | | |
| 3) Ty Hansen FR | 4) Drew Showers SO | | |
| 5) Brandon Sipherd SO | 6) Hunter Garrison FR | | |
| 10 Mount Marty College | | 3:33.44 | 1 |
| 1) Jordan Houdek JR | 2) Kyle Pardun SO | | |
| 3) Cody Davis FR | 4) Kevin Decristino JR | | |
| 5) Dustin Heiden FR | 6) Neil Hohenthauer SR | | |
| 7) Christian Petrich JR | 8) Andrew Matsushima FR | | |

Men 4x800 Meter Relay

| ===== | | | |
|--------------------------|------------------------|--|--------|
| GPAC Record: G 7:39.31 | 2014 | Morningside College, Morningside C | |
| | | J. Willey, A. DeVries, D. Schiltz, J. Welp | |
| School | | Finals | Points |
| ===== | | | |
| 1 Morningside College | | 7:40.19 | 10 |
| 1) Jacob Green SO | 2) Kyle Hiser JR | | |
| 3) Drew Schiltz JR | 4) Jacob Willey SR | | |
| 2 Briar Cliff University | | 7:43.23 | 8 |
| 1) Joe Heinrichs SO | 2) Joe Jackson SR | | |
| 3) Tommy Thelen JR | 4) Mitchell Schleis SR | | |
| 5) Zach Kollasch FR | 6) | | |
| 3 Northwestern College | | 7:51.37 | 6 |
| 1) Ryan Weitgenant SR | 2) Caleb Benzing FR | | |
| 3) Elliott Johnson SR | 4) Peter Hollinger FR | | |
| 5) Hans Epp SO | 6) Tim Rose SO | | |
| 4 Concordia University | | 7:54.73 | 5 |
| 1) Patrick Wortmann SO | 2) Jaap Van Gaalen SR | | |
| 3) Nathan Matters FR | 4) CJ Muller JR | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016

**Hastings College
Results**

....Men 4x800 Meter Relay

| | | |
|-------------------------|--------------------------|---|
| 5) Josiah McAllister FR | 6) Samuel Ferguson FR | |
| 5 Doane College | 7:57.77 | 4 |
| 1) Colin Appel SO | 2) Chandler Flynn FR | |
| 3) Josh Whyrick SR | 4) Alan Varela FR | |
| 6 Nebraska Wesleyan | 7:58.90 | 3 |
| 1) Alex Main FR | 2) Azavier Hutchinson SO | |
| 3) Tyler Janssen SO | 4) Bryan Butler SO | |
| 5) Cory Plugge SO | 6) Garrett Teel JR | |
| 7 Dordt College | 8:02.81 | 2 |
| 1) Nick Vander Kooi JR | 2) Sam Wensink JR | |
| 3) Adam Daane SO | 4) Riley Schaap SO | |
| 5) David Keena FR | 6) | |
| 8 Hastings College | 8:09.53 | 1 |
| 1) Will Baird SR | 2) Trevor Benson SO | |
| 3) Rickardo Bailey SR | 4) Tyler Penfield SR | |
| 5) Austin Penfield SR | 6) | |
| 9 Mount Marty College | 8:38.44 | |
| 1) Gage Blaschke SR | 2) Sam Voigt SO | |
| 3) Nick Wixon FR | 4) Christian Petrich JR | |
| 5) Matthew Jirele FR | 6) Jordan Houdek JR | |

Men High Jump

1.83-1.88-1.93-1.98-2.03-2.06

GPAC Record: G 2.20m 1973 Kurt Nielsen, Nebraska Wesleyan

| Name | Year | School | Finals | Points |
|---|------|---------------------|--------|------------|
| 1 Jacob Moats | JR | Dordt College | 2.06m | 6-09.00 10 |
| 1.83 1.88 1.93 1.98 2.03 2.06 2.09 2.11 | | | | |
| P P P XO O XO P XXP | | | | |
| 2 Justin Castellanos | SR | Doane College | 2.03m | 6-08.00 8 |
| 1.83 1.88 1.93 1.98 2.03 2.06 | | | | |
| P O O O XXO XXX | | | | |
| 3 Corey Bird | FR | Doane College | 1.98m | 6-06.00 6 |
| 1.83 1.88 1.93 1.98 2.03 | | | | |
| O O XXO XXO XXX | | | | |
| 4 Reece Jackson | FR | Morningside College | 1.93m | 6-04.00 5 |
| 1.83 1.88 1.93 1.98 | | | | |
| O O O XXX | | | | |
| 5 James Preston | FR | Doane College | J1.93m | 6-04.00 4 |
| 1.83 1.88 1.93 1.98 | | | | |
| O O XXO XXX | | | | |
| 6 Kale Wolken | SR | Doane College | J1.93m | 6-04.00 3 |
| 1.83 1.88 1.93 1.98 2.03 | | | | |
| XXO XO XXO P XXX | | | | |
| 7 Kyle Gaston | SR | Doane College | 1.88m | 6-02.00 2 |
| 1.83 1.88 1.93 | | | | |
| P XO XXX | | | | |
| 8 Chandler Petersen | FR | Nebraska Wesleyan | J1.88m | 6-02.00 1 |
| 1.83 1.88 1.93 | | | | |
| XO XO XXX | | | | |
| 9 Laramie Fowler | FR | Midland Univeristy | J1.88m | 6-02.00 |
| 1.83 1.88 1.93 | | | | |
| O XXO XXX | | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Men High Jump**

| | | | | |
|----|------------------|----------------------|-------|---------|
| 10 | Jeremiah Perkins | FR Northwestern | 1.83m | 6-00.00 |
| | 1.83 1.88 | | | |
| | XO XXX | | | |
| 10 | Sam Rew | FR Nebraska Wesleyan | 1.83m | 6-00.00 |
| | 1.83 1.88 | | | |
| | XO XXX | | | |

Men Pole Vault

=====

4.10-4.25-4.40-4.55-4.70-4.80

GPAC Record: G 5.20m 2002 T. J. Kloster, Concordia University

| Name | Year | School | Finals | Points |
|-------------------|------------------------------------|---------------------|-----------------|--------|
| 1 Andrew Klein | SO | Doane College | 5.05m 16-06.75 | 10 |
| | 4.50 4.65 4.75 4.85 4.95 5.05 5.15 | | | |
| | O O O XO O O XXX | | | |
| 2 Kale Wolken | SR | Doane College | J5.05m 16-06.75 | 8 |
| | 4.65 4.75 4.85 4.95 5.05 5.15 | | | |
| | XXO O XXO XXO XO XXX | | | |
| 3 Lucas Wiechman | JR | Concordia | 4.85m 15-11.00 | 6 |
| | 4.75 4.85 4.95 5.05 5.15 | | | |
| | XXO O XPP PPP XX | | | |
| 4 Andrew Tatum | SR | Doane College | J4.85m 15-11.00 | 5 |
| | 4.65 4.75 4.85 4.95 | | | |
| | O O XO XXX | | | |
| 5 Holden Oelke | JR | Doane College | 4.65m 15-03.00 | 4 |
| | 4.50 4.65 4.75 | | | |
| | O O XXX | | | |
| 6 AJ Farrand | SR | Nebraska Wesleyan | 4.50m 14-09.00 | 3 |
| | 4.20 4.35 4.50 4.65 | | | |
| | O PPX O XXX | | | |
| 7 Tyrell Reichert | FR | Concordia | J4.50m 14-09.00 | 2 |
| | 4.35 4.50 4.65 | | | |
| | XXO O XXX | | | |
| 8 Ryan Gross | JR | Concordia | J4.50m 14-09.00 | 1 |
| | 4.35 4.50 4.65 | | | |
| | XXO XXO XXX | | | |
| 9 Drew McClellan | FR | Doane College | 4.35m 14-03.25 | |
| | 4.20 4.35 4.50 | | | |
| | O O XXX | | | |
| 10 Austin Schafer | SO | Concordia | J4.35m 14-03.25 | |
| | 4.20 4.35 4.50 | | | |
| | XXO O XXX | | | |
| 11 BJ Groskreutz | SR | Northwestern | J4.35m 14-03.25 | |
| | 4.05 4.20 4.35 4.50 | | | |
| | O O XXO XXX | | | |
| 12 Dustin Axline | FR | Doane College | 4.20m 13-09.25 | |
| | 4.20 4.35 | | | |
| | XO XXX | | | |
| 13 Zack Peterson | SO | Hastings College | J4.20m 13-09.25 | |
| | 4.05 4.20 4.35 | | | |
| | O XXO XXX | | | |
| 14 Adam Haigh | SO | Mount Marty College | 4.05m 13-03.50 | |
| | 4.05 4.20 | | | |
| | XO XXX | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****Men Long Jump**

9 to Final

GPAC Record: G 7.93m 5/5/2012 Ronnie Taylor, Hastings

| Name | Year | School | Finals | Wind | Points | |
|---|------|---------------------|--------|------|----------|----|
| 1 Kale Wolken | SR | Doane College | 7.21m | NWI | 23-08.00 | 10 |
| 7.21m(NWI) 7.01m(NWI) 7.10m(NWI) 7.02m(NWI) FOUL FOUL | | | | | | |
| 2 Scott Hild | JR | Doane College | 7.19m | NWI | 23-07.25 | 8 |
| FOUL 6.87m(NWI) FOUL 7.08m(NWI) 6.63m(NWI) 7.19m(NWI) | | | | | | |
| 3 Chris Mamon | FR | Midland Univeristy | 7.16m | NWI | 23-06.00 | 6 |
| 6.75m(NWI) 7.16m(NWI) 6.78m(NWI) 6.97m(NWI) FOUL 6.54m(NWI) | | | | | | |
| 4 Devin Thomas | FR | Morningside College | 7.08m | NWI | 23-02.75 | 5 |
| 6.73m(NWI) 6.81m(NWI) 7.08m(NWI) 6.99m(NWI) 6.67m(NWI) 6.66m(NWI) | | | | | | |
| 5 Justin Castellanos | SR | Doane College | 6.95m | NWI | 22-09.75 | 4 |
| 6.60m(NWI) 6.78m(NWI) 6.95m(NWI) 6.66m(NWI) 6.30m(NWI) FOUL | | | | | | |
| 6 Kevin Murphy | SR | Doane College | 6.91m | NWI | 22-08.00 | 3 |
| 6.79m(NWI) FOUL FOUL 6.91m(NWI) FOUL PASS | | | | | | |
| 7 Malik Morris | SO | Nebraska Wesleyan | 6.81m | 4.7 | 22-04.25 | 2 |
| 6.42m(2.1) 6.61m(2.7) 6.81m(4.7) FOUL 6.37m(NWI) PASS | | | | | | |
| 8 Scott Johnson | FR | Concordia | 6.69m | NWI | 21-11.50 | 1 |
| 6.53m(NWI) 6.69m(NWI) 6.55m(NWI) 6.33m(NWI) FOUL FOUL | | | | | | |
| 9 Garrett Farr | SR | Nebraska Wesleyan | 6.59m | NWI | 21-07.50 | |
| 6.39m(3.2) FOUL FOUL FOUL 6.03m(NWI) 6.59m(NWI) | | | | | | |
| 10 Matt Harshman | SR | Briar Cliff | 6.39m | NWI | 20-11.75 | |
| 6.28m(NWI) 6.39m(NWI) 6.35m(NWI) | | | | | | |
| 11 Matt Hillman | FR | Northwestern | 6.39m | NWI | 20-11.75 | |
| 6.39m(NWI) 6.13m(NWI) 5.85m(NWI) 6.25m(NWI) 6.27m(NWI) 6.13m(NWI) | | | | | | |
| 12 Chris Genovez | FR | Hastings College | 6.17m | NWI | 20-03.00 | |
| 6.08m(NWI) 6.17m(NWI) 5.98m(NWI) | | | | | | |
| 13 Tanner Hilbrands | SO | Northwestern | 6.15m | NWI | 20-02.25 | |
| 6.15m(NWI) FOUL FOUL | | | | | | |
| 14 Andrew Wright | SO | Nebraska Wesleyan | 6.07m | 2.2 | 19-11.00 | |
| 5.70m(4.4) FOUL 6.07m(2.2) | | | | | | |
| 15 Arlie Myers | SO | Nebraska Wesleyan | 6.01m | 0.9 | 19-08.75 | |
| FOUL FOUL 6.01m(0.9) | | | | | | |
| 16 Jaret Polivka | JR | Nebraska Wesleyan | 5.95m | 2.0 | 19-06.25 | |
| 5.89m(2.1) 5.57m(2.6) 5.95m(2.0) | | | | | | |
| 17 Shaquan Drayton | JR | Doane College | 5.79m | NWI | 19-00.00 | |
| 5.55m(NWI) 5.21m(NWI) 5.79m(NWI) | | | | | | |
| 18 Paul Hammes | FR | Concordia | 5.48m | NWI | 17-11.75 | |
| 5.45m(NWI) 5.44m(NWI) 5.48m(NWI) | | | | | | |

Men Triple Jump

9 to Final

GPAC Record: G 15.25m 1976 Jim Glen, Nebraska Wesleyan

| Name | Year | School | Finals | Wind | Points | |
|---|------|-------------------|--------|------|----------|----|
| 1 Jacob Kettner | SR | Concordia | 14.39m | NWI | 47-02.50 | 10 |
| FOUL 14.20m(NWI) 13.99m(NWI) FOUL 13.94m(NWI) 14.39m(NWI) | | | | | | |
| 2 AJ Farrand | SR | Nebraska Wesleyan | 14.31m | 1.9 | 46-11.50 | 8 |
| FOUL 14.31m(1.9) 14.04m(-0.5) 13.77m(0.5) PASS 14.24m(+0.0) | | | | | | |
| 3 Fidadya Kuwa | FR | Hastings College | 14.09m | NWI | 46-02.75 | 6 |
| 13.92m(NWI) 14.09m(NWI) FOUL FOUL FOUL 13.87m(NWI) | | | | | | |
| 4 Garrett Sellhorst | JR | Nebraska Wesleyan | 14.05m | 0.6 | 46-01.25 | 5 |
| FOUL 13.93m(+0.0) 14.05m(0.6) FOUL 13.67m(0.7) 13.97m(-0.4) | | | | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016

Hastings College

Results

....Men Triple Jump

| | | | | | | |
|----|----------------------|------------------------|--------------|-------------|-------------|-------------|
| 5 | Alex Leyva | SR Doane College | 13.98m | NWI | 45-10.50 | 4 |
| | FOUL | 13.98m(NWI) | FOUL | FOUL | FOUL | |
| 6 | Scott Johnson | FR Concordia | 13.48m | NWI | 44-02.75 | 3 |
| | 13.38m(NWI) | 13.48m(NWI) | FOUL | FOUL | FOUL | 13.03m(NWI) |
| 7 | Daniel Porter | SR Dakota Wesleyan | 13.47m | NWI | 44-02.50 | 2 |
| | 13.12m(NWI) | 13.47m(NWI) | FOUL | FOUL | FOUL | 13.21m(NWI) |
| 8 | Tyrell Reichert | FR Concordia | 13.22m | NWI | 43-04.50 | 1 |
| | 13.22m(NWI) | FOUL | 12.94m(NWI) | | | |
| 9 | Tyler Sharp | FR Nebraska Wesleyan | 12.96m | -1.9 | 42-06.25 | |
| | 12.60m(1.6) | 12.65m(-0.9) | 12.96m(-1.9) | 12.35m(NWI) | 12.26m(NWI) | 11.96m(NWI) |
| 10 | Trevor Zonnefeld | JR Dordt College | 12.94m | NWI | 42-05.50 | |
| | 12.94m(NWI) | 12.69m(NWI) | 12.86m(NWI) | 12.52m(NWI) | 12.85m(NWI) | 12.72m(NWI) |
| 11 | Christopher Smith | FR Doane College | 12.72m | NWI | 41-08.75 | |
| | 12.72m(NWI) | 12.39m(NWI) | FOUL | | | |
| 12 | Dalton Fellows | FR Doane College | 12.61m | NWI | 41-04.50 | |
| | 12.27m(NWI) | 12.61m(NWI) | 12.03m(NWI) | | | |
| 13 | Joshua Wendland | FR Concordia | 12.46m | NWI | 40-10.50 | |
| | 12.24m(NWI) | 12.27m(NWI) | 12.46m(NWI) | | | |
| 14 | Jaret Polivka | JR Nebraska Wesleyan | 12.38m | +0.0 | 40-07.50 | |
| | FOUL | FOUL | 12.38m(+0.0) | | | |
| 15 | Lance English | SR Doane College | 12.32m | NWI | 40-05.00 | |
| | FOUL | 12.32m(NWI) | 12.18m(NWI) | | | |
| 16 | Dillon Nerud | FR Doane College | 12.13m | NWI | 39-09.75 | |
| | 11.84m(NWI) | 12.03m(NWI) | 12.13m(NWI) | | | |
| 17 | Jonathan Eggebraaten | FR Northwestern | 11.91m | NWI | 39-01.00 | |
| | 11.91m(NWI) | 11.47m(NWI) | 11.70m(NWI) | | | |
| 18 | Paul Hammes | FR Concordia | 11.88m | NWI | 38-11.75 | |
| | 11.88m(NWI) | FOUL | FOUL | | | |
| 18 | Tommy Farhart | FR Nebraska Wesleyan | 11.88m | -0.7 | 38-11.75 | |
| | FOUL | FOUL | 11.88m(-0.7) | | | |
| 20 | AB Grijalva | SR Doane College | 11.75m | NWI | 38-06.75 | |
| | 11.75m(NWI) | 11.37m(NWI) | 11.67m(NWI) | | | |
| 21 | Cody Davis | FR Mount Marty College | 11.37m | NWI | 37-03.75 | |
| | 11.37m(NWI) | FOUL | 11.30m(NWI) | | | |

Men Shot Put

=====

9 to Final

GPAC Record: G 18.04m 2010 Scott Fritz, Hastings College

| Name | Year | School | Finals | Points |
|-------------------|------|-----------------|---|-------------|
| 1 John Clouse | SR | Doane College | 16.90m | 55-05.50 10 |
| | | | 15.09m 14.88m 14.69m 14.92m 16.90m 16.81m | |
| 2 Jose Rojas | SR | Concordia | 16.68m | 54-08.75 8 |
| | | | 15.64m FOUL 16.31m FOUL 16.68m FOUL | |
| 3 Trey Barnes | SO | Concordia | 16.54m | 54-03.25 6 |
| | | | 16.37m 16.54m FOUL FOUL FOUL FOUL | |
| 4 Zachary Lurz | JR | Concordia | 16.30m | 53-05.75 5 |
| | | | 16.30m FOUL FOUL FOUL FOUL FOUL | |
| 5 Ben Berreckman | SO | Doane College | 15.76m | 51-08.50 4 |
| | | | 15.76m 15.33m FOUL 15.73m FOUL FOUL | |
| 6 Ben Hammer | FR | Dakota Wesleyan | 15.75m | 51-08.25 3 |
| | | | 14.32m 15.75m FOUL 14.96m FOUL FOUL | |
| 7 Philip Kreutzer | JR | Concordia | 15.45m | 50-08.25 2 |
| | | | 15.31m 15.45m 15.19m FOUL FOUL FOUL | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016

Hastings College

Results

....Men Shot Put

| | | | | | |
|----|---|-----------------------|--------|----------|---|
| 8 | Derrick Hurt | SO Northwestern | 15.31m | 50-02.75 | 1 |
| | 13.78m 14.04m 14.53m 14.41m 14.93m 15.31m | | | | |
| 9 | Seth Sabata | FR Midland Univeristy | 14.71m | 48-03.25 | |
| | FOUL 14.28m 14.13m FOUL 14.29m 14.71m | | | | |
| 10 | Grayson Bundick | JR Dordt College | 14.18m | 46-06.25 | |
| | 13.09m 13.99m 14.18m | | | | |
| 11 | Tanner Moyer | JR Midland Univeristy | 13.97m | 45-10.00 | |
| | FOUL 12.90m 13.97m | | | | |
| 12 | Adam Aschenbrenner | SR Concordia | 13.78m | 45-02.50 | |
| | 13.45m 13.78m 13.77m | | | | |
| 13 | Grant Wickham | SO Hastings College | 13.46m | 44-02.00 | |
| | FOUL 13.46m FOUL | | | | |
| 14 | Travis Hartwig | FR Nebraska Wesleyan | 13.41m | 44-00.00 | |
| | FOUL 13.00m 13.41m | | | | |
| 15 | Simon Rangel | SO Doane College | 13.31m | 43-08.00 | |
| | 13.18m 13.31m 12.96m | | | | |
| 16 | Blaine Morrow | FR Hastings College | 13.27m | 43-06.50 | |
| | 13.27m FOUL 13.15m | | | | |
| 17 | Sam Burki | JR Briar Cliff | 13.17m | 43-02.50 | |
| | 12.22m 13.17m FOUL | | | | |
| 18 | Kyler Schmitt | FR Dordt College | 13.16m | 43-02.25 | |
| | 12.47m 13.16m FOUL | | | | |
| 19 | Seth Lindgren | SO Nebraska Wesleyan | 13.02m | 42-08.75 | |
| | 12.03m 13.02m 12.68m | | | | |
| 20 | Ross Wagner | SO Nebraska Wesleyan | 12.93m | 42-05.25 | |
| | FOUL 12.89m 12.93m | | | | |
| 21 | Jared McGinn | FR Nebraska Wesleyan | 12.52m | 41-01.00 | |
| | FOUL 12.52m FOUL | | | | |
| 22 | Charles Goodman | FR Nebraska Wesleyan | 12.00m | 39-04.50 | |
| | 12.00m FOUL FOUL | | | | |
| 23 | Joey Mueller | FR Nebraska Wesleyan | 11.24m | 36-10.50 | |
| | 11.24m FOUL FOUL | | | | |

Men Discus Throw

9 to Final

GPAC Record: G 57.85m 2013 Zach Lindsley, Doane

| Name | Year School | Finals | Points |
|------------------|---|--------|-----------|
| 1 Joshua Slechta | SR Concordia | 54.96m | 180-04 10 |
| | FOUL 54.96m 52.03m 51.40m 51.57m FOUL | | |
| 2 Zachary Lurz | JR Concordia | 50.71m | 166-04 8 |
| | 50.71m FOUL FOUL 49.29m FOUL FOUL | | |
| 3 Ben Hammer | FR Dakota Wesleyan | 49.11m | 161-01 6 |
| | 48.49m FOUL 48.88m 46.16m 47.26m 49.11m | | |
| 4 Trey Barnes | SO Concordia | 47.26m | 155-01 5 |
| | FOUL FOUL 47.26m FOUL FOUL FOUL | | |
| 5 Chris Svoboda | JR Doane College | 45.27m | 148-06 4 |
| | 42.70m 40.94m 45.27m | | |
| 6 Jose Rojas | SR Concordia | 45.07m | 147-10 3 |
| | 45.07m FOUL 43.45m 44.23m 44.85m FOUL | | |
| 7 Ike Van Kempen | FR Dordt College | 45.05m | 147-10 2 |
| | 45.05m 38.91m 40.85m 39.87m 40.71m FOUL | | |
| 8 Colton Tracy | SO Morningside College | 44.64m | 146-05 1 |
| | 44.64m FOUL 42.66m 43.55m 43.13m FOUL | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016

Hastings College

Results

....Men Discus Throw

| | | | | |
|----|-------------------------------------|-----------------------|--------|--------|
| 9 | Ben Berreckman | SO Doane College | 44.29m | 145-04 |
| | FOUL FOUL 44.29m 40.71m FOUL 42.32m | | | |
| 10 | John Clouse | SR Doane College | 44.03m | 144-05 |
| | 43.56m FOUL 44.03m | | | |
| 11 | Kendall Weisshaar | SR Doane College | 43.42m | 142-05 |
| | 42.20m 42.85m 43.42m | | | |
| 12 | David McDonald | FR Doane College | 42.82m | 140-06 |
| | 42.82m FOUL FOUL | | | |
| 13 | Trevor Westhoff | FR Briar Cliff | 42.56m | 139-07 |
| | 42.23m FOUL 42.56m | | | |
| 14 | Reid Kirlin | FR Midland Univeristy | 42.27m | 138-08 |
| | FOUL 42.27m 40.58m | | | |
| 15 | Nathan Houser | FR Midland Univeristy | 42.12m | 138-02 |
| | 42.12m FOUL 40.30m | | | |
| 16 | Dalton Bichlmeier | JR Doane College | 42.05m | 137-11 |
| | 42.05m FOUL FOUL | | | |
| 17 | Ben Bajema | SO Dordt College | 41.47m | 136-01 |
| | FOUL 41.47m 41.23m | | | |
| 18 | Philip Kreutzer | JR Concordia | 40.74m | 133-08 |
| | 39.83m FOUL 40.74m | | | |
| 19 | Dustin Peasley | FR Briar Cliff | 40.67m | 133-05 |
| | 40.67m FOUL FOUL | | | |
| 20 | Zach Landhuis | SR Northwestern | 39.45m | 129-05 |
| | 39.06m FOUL 39.45m | | | |
| 21 | Benjamin Schulteis | SR Concordia | 39.40m | 129-03 |
| | FOUL 39.40m FOUL | | | |
| 22 | Charles Goodman | FR Nebraska Wesleyan | 38.86m | 127-06 |
| | FOUL 38.86m 37.53m | | | |
| 23 | Kyler Schmitt | FR Dordt College | 38.80m | 127-03 |
| | FOUL 38.60m 38.80m | | | |

Men Hammer Throw

9 to Final

GPAC Record: G 63.34m 2006 Will Moman, Doane College

| Name | Year School | Finals | Points |
|----------------------|---------------------------------------|---------|-----------|
| 1 Joshua Slechta | SR Concordia | 63.51mG | 208-04 10 |
| | 57.81m FOUL 63.51m 61.16m FOUL FOUL | | |
| 2 Zachary Lurz | JR Concordia | 58.01m | 190-04 8 |
| | 53.84m 55.45m 56.28m 58.01m FOUL FOUL | | |
| 3 Chris Svoboda | JR Doane College | 57.83m | 189-09 6 |
| | FOUL 57.83m 57.51m 55.94m 57.24m FOUL | | |
| 4 Jose Rojas | SR Concordia | 57.15m | 187-06 5 |
| | 56.00m FOUL 55.80m FOUL FOUL 57.15m | | |
| 5 Grant Wickham | SO Hastings College | 54.25m | 178-00 4 |
| | 54.10m 54.25m FOUL 53.68m 53.77m FOUL | | |
| 6 Philip Kreutzer | JR Concordia | 53.13m | 174-04 3 |
| | 49.24m 51.03m 53.13m FOUL 52.21m FOUL | | |
| 7 Benjamin Schulteis | SR Concordia | 51.59m | 169-03 2 |
| | 50.03m FOUL 51.38m FOUL FOUL 51.59m | | |
| 8 Adam Aschenbrenner | SR Concordia | 50.96m | 167-02 1 |
| | FOUL 50.52m FOUL FOUL 50.96m 50.95m | | |
| 9 John Clouse | SR Doane College | 50.28m | 164-11 |
| | FOUL 46.89m 50.28m FOUL 49.29m 49.54m | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016

Hastings College

Results

....Men Hammer Throw

| | | | | |
|----|----------------------|-----------------------|--------|--------|
| 10 | Seth Sabata | FR Midland Univeristy | 49.27m | 161-08 |
| | FOUL 49.27m FOUL | | | |
| 11 | Levi Hillman | SR Doane College | 48.56m | 159-04 |
| | 48.56m FOUL FOUL | | | |
| 12 | David Davelaar | SO Dordt College | 48.01m | 157-06 |
| | FOUL 48.01m 47.93m | | | |
| 13 | Derrick Hurt | SO Northwestern | 47.10m | 154-06 |
| | 45.51m 44.37m 47.10m | | | |
| 14 | Nathan Houser | FR Midland Univeristy | 45.60m | 149-07 |
| | FOUL FOUL 45.60m | | | |
| 15 | Isaac Kelley | JR Nebraska Wesleyan | 44.87m | 147-02 |
| | 42.58m 44.87m 44.04m | | | |
| 16 | Tanner Moyer | JR Midland Univeristy | 42.30m | 138-09 |
| | 42.30m FOUL 40.79m | | | |
| 17 | Trevor Westhoff | FR Briar Cliff | 40.88m | 134-01 |
| | 40.48m 40.35m 40.88m | | | |
| 18 | Ben Bajema | SO Dordt College | 40.87m | 134-01 |
| | 40.87m FOUL FOUL | | | |
| 19 | Nathan Elbert | SO Concordia | 39.57m | 129-10 |
| | 37.46m FOUL 39.57m | | | |
| 20 | Seth Lindgren | SO Nebraska Wesleyan | 39.56m | 129-09 |
| | FOUL 39.56m FOUL | | | |

Men Javelin Throw

=====

9 to Final

GPAC Record: G 65.10m 2005 Andrew Ortmeier, Northwestern College

| Name | Year | School | Finals | Points |
|----------------------|------|---------------------|---|-----------|
| 1 Adam Drieling | SR | Briar Cliff | 60.99m | 200-01 10 |
| | | | 54.55m 60.99m FOUL 51.80m FOUL FOUL | |
| 2 Sam Burki | JR | Briar Cliff | 58.53m | 192-00 8 |
| | | | 49.23m 57.58m 58.53m 55.15m FOUL 54.54m | |
| 3 Justin Castellanos | SR | Doane College | 57.24m | 187-09 6 |
| | | | 46.50m 57.24m 54.60m 52.46m 52.60m 54.78m | |
| 4 Kale Wolken | SR | Doane College | 56.13m | 184-02 5 |
| | | | 49.64m 56.13m 53.12m FOUL FOUL 51.16m | |
| 5 Grant Wickham | SO | Hastings College | 54.12m | 177-07 4 |
| | | | 50.42m 52.41m 54.12m FOUL FOUL FOUL | |
| 6 Dustin Peasley | FR | Briar Cliff | 53.45m | 175-04 3 |
| | | | 48.82m 52.49m 49.96m 46.94m FOUL 53.45m | |
| 7 Joshua Slechta | SR | Concordia | 52.97m | 173-09 2 |
| | | | 47.30m 48.36m 49.15m 49.76m 52.30m 52.97m | |
| 8 Drew Schiltz | JR | Morningside College | 51.10m | 167-08 1 |
| | | | 47.23m 51.10m 42.50m 42.51m 46.32m 47.58m | |
| 9 Zach Landhuis | SR | Northwestern | 50.22m | 164-09 |
| | | | 48.33m 45.25m 49.07m 47.89m 50.22m 44.04m | |
| 10 John Davelaar | SO | Dordt College | 48.92m | 160-06 |
| | | | 48.92m 46.60m FOUL | |
| 11 Seth Henry | FR | Doane College | 47.77m | 156-09 |
| | | | 43.54m 47.77m 46.90m | |
| 12 Michael Lucas | JR | Doane College | 45.63m | 149-08 |
| | | | 39.75m 45.63m 39.47m | |
| 13 Andrew Mussell | SO | Concordia | 44.42m | 145-09 |
| | | | 44.42m FOUL 43.69m | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Men Javelin Throw**

| | | | | | |
|----|----------------------|----|--------------------|--------|--------|
| 14 | Ethan Hughes | SO | Concordia | 44.28m | 145-03 |
| | 43.15m 42.62m 44.28m | | | | |
| 15 | Laramie Fowler | FR | Midland Univeristy | 44.18m | 144-11 |
| | 40.12m 44.18m FOUL | | | | |
| 16 | Kyle Schoen | SR | Nebraska Wesleyan | 43.99m | 144-04 |
| | 41.30m 43.99m 40.43m | | | | |
| 17 | Joe Roden | SR | Briar Cliff | 43.09m | 141-04 |
| | 34.54m 35.22m 43.09m | | | | |
| 18 | Carter Behler | FR | Northwestern | 43.03m | 141-02 |
| | FOUL FOUL 43.03m | | | | |
| 19 | Nathan Elbert | SO | Concordia | 42.61m | 139-09 |
| | 42.61m 41.70m 41.03m | | | | |
| 20 | Turner Hill | FR | Doane College | 41.93m | 137-07 |
| | 38.24m 41.93m 40.49m | | | | |
| 21 | Dean Peterson | FR | Doane College | 40.04m | 131-04 |
| | 40.04m FOUL 39.73m | | | | |
| 22 | Craig Bramhall | FR | Doane College | 39.11m | 128-04 |
| | FOUL FOUL 39.11m | | | | |
| 23 | Jared Samms | FR | Briar Cliff | 34.73m | 113-11 |
| | 34.73m FOUL FOUL | | | | |

Decathlon: #1 Men 100 Meter Dash Decathlon

| GPAC Record: G 10.94 2015 Kale Wolken, Doane College | | | | | | |
|--|------|---------------------|--------|------|----|--------|
| Name | Year | School | Finals | Wind | H# | Points |
| 1 Lucas Wiechman | JR | Concordia | 11.03 | NWI | 1 | 854 |
| 2 Jake Krueger | SR | Doane College | 11.28 | NWI | 2 | 799 |
| 3 Jordan Strand | JR | Northwestern | 11.32 | NWI | 2 | 791 |
| 4 Kyle Gaston | SR | Doane College | 11.34 | NWI | 1 | 786 |
| 5 Hunter Garrison | FR | Midland Univeristy | 11.39 | NWI | 2 | 776 |
| 6 Matthew Johnson | FR | Northwestern | 11.57 | NWI | 1 | 738 |
| 7 Matthew Bolt | JR | Dordt College | 11.58 | NWI | 1 | 736 |
| 8 Neil Hohenthanner | SR | Mount Marty College | 11.66 | NWI | 1 | 719 |
| 9 Gabe Dirksen | JR | Dakota Wesleyan | 11.71 | NWI | 1 | 709 |
| 10 Nick Harris | JR | Briar Cliff | 11.74 | NWI | 2 | 703 |
| 11 Michael Lucas | JR | Doane College | 11.78 | NWI | 1 | 695 |
| 12 Thomas Matik | JR | Concordia | 11.97 | NWI | 2 | 657 |
| 13 Jake Auerbach | JR | Northwestern | 12.03 | NWI | 2 | 645 |
| 14 Landon Schmitt | FR | Doane College | 12.05 | NWI | 2 | 641 |

Decathlon: #5 Men 400 Meter Dash Decathlon

| GPAC Record: G 50.61 2015 Kale Wolken, Doane College | | | | | | |
|--|------|---------------------|--------|----|--------|--|
| Name | Year | School | Finals | H# | Points | |
| 1 Matthew Bolt | JR | Dordt College | 52.09 | 1 | 721 | |
| 2 Jake Krueger | SR | Doane College | 52.43 | 1 | 706 | |
| 3 Hunter Garrison | FR | Midland Univeristy | 52.82 | 1 | 689 | |
| 4 Jordan Strand | JR | Northwestern | 52.94 | 2 | 684 | |
| 5 Lucas Wiechman | JR | Concordia | 53.14 | 1 | 676 | |
| 6 Kyle Gaston | SR | Doane College | 53.53 | 2 | 659 | |
| 7 Neil Hohenthanner | SR | Mount Marty College | 54.26 | 1 | 629 | |
| 8 Michael Lucas | JR | Doane College | 54.73 | 2 | 610 | |
| 9 Landon Schmitt | FR | Doane College | 54.83 | 1 | 606 | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016

Hastings College

Results

....Decathlon: #5 Men 400 Meter Dash Decathlon

| | | | | | | |
|----|-----------------|----|-----------------|-------|---|-----|
| 10 | Jake Auerbach | JR | Northwestern | 55.35 | 2 | 585 |
| 11 | Nick Harris | JR | Briar Cliff | 55.97 | 2 | 560 |
| 12 | Matthew Johnson | FR | Northwestern | 56.54 | 1 | 538 |
| 13 | Thomas Matik | JR | Concordia | 56.78 | 2 | 529 |
| 14 | Gabe Dirksen | JR | Dakota Wesleyan | 57.70 | 2 | 495 |

Decathlon: #10 Men 1500 Meter Run Decathlon

GPAC Record: G 4:30.23 2012 Grant Aden, Morningside

| Name | Year | School | Finals | Points |
|------|-----------------|--------|--------------------|-------------|
| 1 | Jordan Strand | JR | Northwestern | 4:49.25 623 |
| 2 | Kyle Gaston | SR | Doane College | 4:51.29 611 |
| 3 | Landon Schmitt | FR | Doane College | 4:52.44 604 |
| 4 | Michael Lucas | JR | Doane College | 4:53.83 596 |
| 5 | Jake Krueger | SR | Doane College | 5:01.51 551 |
| 6 | Jake Auerbach | JR | Northwestern | 5:02.94 543 |
| 7 | Matthew Johnson | FR | Northwestern | 5:05.85 527 |
| 8 | Matthew Bolt | JR | Dordt College | 5:12.16 492 |
| 9 | Thomas Matik | JR | Concordia | 5:17.40 464 |
| 10 | Hunter Garrison | FR | Midland Univeristy | 5:20.28 449 |
| 11 | Gabe Dirksen | JR | Dakota Wesleyan | 5:32.87 385 |
| 12 | Nick Harris | JR | Briar Cliff | 5:47.55 317 |
| 13 | Lucas Wiechman | JR | Concordia | 5:48.40 313 |

Decathlon: #6 Men 110 Meter Hurdles Decathlon

GPAC Record: G 15.38 2015 Lucas Wiechman, Concordia University

| Name | Year | School | Finals | Wind H# | Points |
|------|-------------------|--------|---------------------|-------------|--------|
| 1 | Lucas Wiechman | JR | Concordia | 15.48 1.7 3 | 792 |
| 2 | Jake Krueger | SR | Doane College | 15.48 1.8 4 | 792 |
| 3 | Kyle Gaston | SR | Doane College | 15.82 1.8 4 | 753 |
| 4 | Michael Lucas | JR | Doane College | 16.49 1.7 3 | 679 |
| 5 | Landon Schmitt | FR | Doane College | 16.71 0.9 2 | 655 |
| 6 | Jordan Strand | JR | Northwestern | 16.79 0.7 1 | 646 |
| 7 | Matthew Bolt | JR | Dordt College | 16.99 0.9 2 | 625 |
| 8 | Thomas Matik | JR | Concordia | 17.59 0.9 2 | 564 |
| 9 | Hunter Garrison | FR | Midland Univeristy | 17.61 1.8 4 | 562 |
| 10 | Neil Hohenthanner | SR | Mount Marty College | 18.08 1.8 4 | 516 |
| 11 | Gabe Dirksen | JR | Dakota Wesleyan | 18.52 1.7 3 | 475 |
| 12 | Jake Auerbach | JR | Northwestern | 19.94 0.7 1 | 354 |
| 13 | Nick Harris | JR | Briar Cliff | 21.02 0.7 1 | 273 |
| 14 | Matthew Johnson | FR | Northwestern | 22.26 1.7 3 | 193 |

Decathlon: #4 Men High Jump Decathlon

GPAC Record: G 1.95m 2015 Justin Castellanos, Doane College

| Name | Year | School | Finals | Points | | | | | | |
|------|-------------|--------|---------------|--------------------|------|------|------|------|------|------|
| 1 | Kyle Gaston | SR | Doane College | 1.97mG 6-05.50 776 | | | | | | |
| | 1.73 | 1.76 | 1.79 | 1.82 | 1.85 | 1.88 | 1.91 | 1.94 | 1.97 | 2.00 |
| | O | P | XO | P | O | P | O | O | XO | XXX |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016

Hastings College

Results

....Decathlon: #4 Men High Jump Decathlon

| | | | | | |
|----|--|------------------------|-------|---------|-----|
| 2 | Michael Lucas | JR Doane College | 1.91m | 6-03.25 | 723 |
| | 1.67 1.70 1.73 1.76 1.79 1.82 1.85 1.88 1.91 1.94 | | | | |
| | O P O XO O XO XXO XXO O XXX | | | | |
| 3 | Matthew Bolt | JR Dordt College | 1.88m | 6-02.00 | 696 |
| | 1.64 1.67 1.70 1.73 1.76 1.79 1.82 1.85 1.88 1.91 | | | | |
| | XO P XO P O O XXO XO O XXX | | | | |
| 4 | Lucas Wiechman | JR Concordia | 1.85m | 6-00.75 | 670 |
| | 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79 1.82 1.85 1.88 | | | | |
| | O P O P O P O O O O XXX | | | | |
| 4 | Neil Hohenthauer | SR Mount Marty College | 1.85m | 6-00.75 | 670 |
| | 1.61 1.64 1.67 1.70 1.73 1.76 1.79 1.82 1.85 1.88 | | | | |
| | O P O P O XO XO O XXO XXX | | | | |
| 4 | Jake Krueger | SR Doane College | 1.85m | 6-00.75 | 670 |
| | 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79 1.82 1.85 1.88 | | | | |
| | O P P P P O O O XO XO XO XXO XXX | | | | |
| 7 | Nick Harris | JR Briar Cliff | 1.76m | 5-09.25 | 593 |
| | 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79 | | | | |
| | O P O P O O O XXX | | | | |
| 7 | Jordan Strand | JR Northwestern | 1.76m | 5-09.25 | 593 |
| | 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79 | | | | |
| | O P O O O XO O XXX | | | | |
| 7 | Landon Schmitt | FR Doane College | 1.76m | 5-09.25 | 593 |
| | 1.64 1.67 1.70 1.73 1.76 1.79 | | | | |
| | O O O O XO XXX | | | | |
| 10 | Thomas Matik | JR Concordia | 1.73m | 5-08.00 | 569 |
| | 1.58 1.61 1.64 1.67 1.70 1.73 1.76 | | | | |
| | O P O O XO XO XXX | | | | |
| 11 | Gabe Dirksen | JR Dakota Wesleyan | 1.70m | 5-07.00 | 544 |
| | 1.61 1.64 1.67 1.70 1.73 | | | | |
| | O P O XXO XXX | | | | |
| 12 | Jake Auerbach | JR Northwestern | 1.67m | 5-05.75 | 520 |
| | 1.58 1.61 1.64 1.67 1.70 1.73 | | | | |
| | O P O O P XXX | | | | |
| 13 | Hunter Garrison | FR Midland Univeristy | 1.64m | 5-04.50 | 496 |
| | 1.52 1.55 1.58 1.61 1.64 1.67 | | | | |
| | O XXO XO O XO XXX | | | | |
| 14 | Matthew Johnson | FR Northwestern | 1.55m | 5-01.00 | 426 |
| | 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 | | | | |
| | O XO O O O O O XXX | | | | |

Decathlon: #8 Men Pole Vault Decathlon

GPAC Record: G 4.70m 2015 Brandon Ramos, Concordia University

| Name | Year | School | Finals | Points |
|------------------|---|------------------|----------------|--------|
| 1 Lucas Wiechman | | JR Concordia | 4.40m 14-05.25 | 731 |
| | 3.90 4.00 4.10 4.20 4.30 4.40 4.50 4.60 | | | |
| | XO P P O P O P XXX | | | |
| 2 Jake Krueger | | SR Doane College | 4.20m 13-09.25 | 673 |
| | 3.60 3.70 3.80 3.90 4.00 4.10 4.20 4.30 | | | |
| | O P P O P XXO O XXX | | | |
| 3 Kyle Gaston | | SR Doane College | 3.90m 12-09.50 | 590 |
| | 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 | | | |
| | O P P O O O XO XXX | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016

Hastings College

Results

....Decathlon: #8 Men Pole Vault Decathlon

| | | | | | |
|----|--|-----------------------|-------|----------|-----|
| 4 | Matthew Bolt | JR Dordt College | 3.70m | 12-01.50 | 535 |
| | 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 | | | | |
| | O PPP PPP O PPP PPP XO XO XO XXX | | | | |
| 4 | Michael Lucas | JR Doane College | 3.70m | 12-01.50 | 535 |
| | 3.40 3.50 3.60 3.70 3.80 | | | | |
| | O P P XO XXX | | | | |
| 6 | Thomas Matik | JR Concordia | 3.60m | 11-09.75 | 509 |
| | 3.50 3.60 3.70 | | | | |
| | O O XXX | | | | |
| 6 | Hunter Garrison | FR Midland Univeristy | 3.60m | 11-09.75 | 509 |
| | 3.40 3.50 3.60 3.70 | | | | |
| | XXO O O XXX | | | | |
| 8 | Jordan Strand | JR Northwestern | 3.50m | 11-05.75 | 482 |
| | 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 | | | | |
| | O P P P P P O P O P O O O XXO XXX | | | | |
| 9 | Jake Auerbach | JR Northwestern | 3.40m | 11-01.75 | 457 |
| | 2.20 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 | | | | |
| | O P O P P O XO O O O O O XXX | | | | |
| 9 | Gabe Dirksen | JR Dakota Wesleyan | 3.40m | 11-01.75 | 457 |
| | 2.90 3.00 3.10 3.20 3.30 3.40 3.50 | | | | |
| | O O O P XO XO XXX | | | | |
| 9 | Landon Schmitt | FR Doane College | 3.40m | 11-01.75 | 457 |
| | 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 | | | | |
| | O P P O P O O O O XXX | | | | |
| 12 | Nick Harris | JR Briar Cliff | 2.90m | 9-06.25 | 333 |
| | 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.40 | | | | |
| | O O XO O P XO XXP XXX | | | | |

Decathlon: #2 Men Long Jump Decathlon

GPAC Record: G 7.12m 2013 Kale Wolken, Doane College

| Name | Year School | Finals | Wind | Points |
|---------------------|----------------------------------|--------|--------------|--------|
| 1 Kyle Gaston | SR Doane College | 6.65m | NWI 21-10.00 | 732 |
| | 6.36m(NWI) 6.35m(NWI) 6.65m(NWI) | | | |
| 2 Lucas Wiechman | JR Concordia | 6.62m | NWI 21-08.75 | 725 |
| | 6.49m(NWI) 6.53m(NWI) 6.62m(NWI) | | | |
| 3 Neil Hohenthanner | SR Mount Marty College | 6.47m | NWI 21-02.75 | 691 |
| | 6.37m(NWI) 6.47m(NWI) FOUL | | | |
| 4 Jordan Strand | JR Northwestern | 6.24m | NWI 20-05.75 | 639 |
| | 5.90m(NWI) 6.10m(NWI) 6.24m(NWI) | | | |
| 5 Jake Krueger | SR Doane College | 6.22m | NWI 20-05.00 | 635 |
| | 6.22m(NWI) 5.87m(NWI) 6.00m(NWI) | | | |
| 6 Michael Lucas | JR Doane College | 6.20m | NWI 20-04.25 | 630 |
| | 5.77m(NWI) 6.18m(NWI) 6.20m(NWI) | | | |
| 7 Hunter Garrison | FR Midland Univeristy | 6.06m | NWI 19-10.75 | 600 |
| | 6.06m(NWI) 5.72m(NWI) FOUL | | | |
| 8 Landon Schmitt | FR Doane College | 6.03m | NWI 19-09.50 | 593 |
| | 5.68m(NWI) 6.03m(NWI) 6.01m(NWI) | | | |
| 9 Matthew Bolt | JR Dordt College | 5.92m | NWI 19-05.25 | 569 |
| | 5.77m(NWI) 5.87m(NWI) 5.92m(NWI) | | | |
| 10 Nick Harris | JR Briar Cliff | 5.64m | NWI 18-06.00 | 510 |
| | 5.64m(NWI) FOUL FOUL | | | |
| 10 Jake Auerbach | JR Northwestern | 5.64m | NWI 18-06.00 | 510 |
| | 3.82m(NWI) 5.16m(NWI) 5.64m(NWI) | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Decathlon: #2 Men Long Jump Decathlon**

| | | | | | | |
|----|-----------------|--------------------|-------|-----|----------|-----|
| 12 | Gabe Dirksen | JR Dakota Wesleyan | 5.59m | NWI | 18-04.25 | 500 |
| | FOUL FOUL | 5.59m(NWI) | | | | |
| 13 | Thomas Matik | JR Concordia | 5.49m | NWI | 18-00.25 | 479 |
| | 5.49m(NWI) FOUL | FOUL | | | | |
| 14 | Matthew Johnson | FR Northwestern | 5.30m | NWI | 17-04.75 | 441 |
| | 5.30m(NWI) FOUL | FOUL | | | | |

Decathlon: #3 Men Shot Put Decathlon

| GPAC Record: G 12.96m 2015 Kale Wolken, Doane College | | | | | | |
|---|----------------------|------------------------|--------|----------|--------|--|
| Name | Year | School | Finals | | Points | |
| 1 | Matthew Bolt | JR Dordt College | 12.05m | 39-06.50 | 609 | |
| | 11.58m 9.89m 12.05m | | | | | |
| 2 | Michael Lucas | JR Doane College | 11.59m | 38-00.25 | 582 | |
| | 10.89m 11.15m 11.59m | | | | | |
| 3 | Lucas Wiechman | JR Concordia | 11.32m | 37-01.75 | 565 | |
| | 11.02m 11.32m FOUL | | | | | |
| 4 | Jordan Strand | JR Northwestern | 11.10m | 36-05.00 | 552 | |
| | FOUL 11.10m 10.27m | | | | | |
| 5 | Neil Hohenthauer | SR Mount Marty College | 10.97m | 36-00.00 | 544 | |
| | 10.00m 10.56m 10.97m | | | | | |
| 5 | Thomas Matik | JR Concordia | 10.97m | 36-00.00 | 544 | |
| | 10.97m 10.72m FOUL | | | | | |
| 7 | Hunter Garrison | FR Midland Univeristy | 10.75m | 35-03.25 | 531 | |
| | 9.97m FOUL 10.75m | | | | | |
| 8 | Nick Harris | JR Briar Cliff | 10.73m | 35-02.50 | 530 | |
| | FOUL 9.55m 10.73m | | | | | |
| 9 | Jake Krueger | SR Doane College | 10.27m | 33-08.50 | 502 | |
| | 9.71m 9.63m 10.27m | | | | | |
| 10 | Jake Auerbach | JR Northwestern | 9.96m | 32-08.25 | 483 | |
| | 9.57m 9.96m FOUL | | | | | |
| 11 | Gabe Dirksen | JR Dakota Wesleyan | 9.78m | 32-01.00 | 472 | |
| | 8.52m 9.56m 9.78m | | | | | |
| 12 | Kyle Gaston | SR Doane College | 9.66m | 31-08.50 | 465 | |
| | 9.05m 9.66m 9.16m | | | | | |
| 13 | Matthew Johnson | FR Northwestern | 8.11m | 26-07.25 | 373 | |
| | 8.01m 7.71m 8.11m | | | | | |
| 14 | Landon Schmitt | FR Doane College | 7.99m | 26-02.75 | 366 | |
| | 7.79m 7.72m 7.99m | | | | | |

Decathlon: #7 Men Discus Throw Decathlon

| GPAC Record: G 37.35m 2013 Brad Higgins, Doane College | | | | | | |
|--|----------------------|------------------|--------|--------|--------|--|
| Name | Year | School | Finals | | Points | |
| 1 | Thomas Matik | JR Concordia | 36.71m | 120-05 | 598 | |
| | 36.71m FOUL FOUL | | | | | |
| 2 | Matthew Bolt | JR Dordt College | 34.48m | 113-01 | 553 | |
| | 32.38m 33.40m 34.48m | | | | | |
| 3 | Lucas Wiechman | JR Concordia | 34.29m | 112-06 | 549 | |
| | 31.56m 34.29m FOUL | | | | | |
| 4 | Michael Lucas | JR Doane College | 32.79m | 107-07 | 520 | |
| | 32.40m FOUL 32.79m | | | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****....Decathlon: #7 Men Discus Throw Decathlon**

| | | | | | |
|----|----------------------|------------------------|--------|--------|-----|
| 5 | Neil Hohenthauer | SR Mount Marty College | 32.41m | 106-04 | 512 |
| | 31.00m 32.41m 30.49m | | | | |
| 6 | Jake Auerbach | JR Northwestern | 32.11m | 105-04 | 506 |
| | 32.11m FOUL 30.79m | | | | |
| 7 | Gabe Dirksen | JR Dakota Wesleyan | 31.61m | 103-08 | 496 |
| | 31.61m 29.79m FOUL | | | | |
| 8 | Jordan Strand | JR Northwestern | 28.53m | 93-07 | 436 |
| | 28.53m 25.24m 27.88m | | | | |
| 9 | Nick Harris | JR Briar Cliff | 27.61m | 90-07 | 418 |
| | 27.61m FOUL FOUL | | | | |
| 10 | Kyle Gaston | SR Doane College | 27.16m | 89-01 | 409 |
| | 27.16m 25.19m 26.29m | | | | |
| 11 | Jake Krueger | SR Doane College | 26.89m | 88-03 | 404 |
| | FOUL 24.57m 26.89m | | | | |
| 12 | Landon Schmitt | FR Doane College | 24.12m | 79-02 | 350 |
| | 24.12m 23.15m 23.06m | | | | |
| 13 | Hunter Garrison | FR Midland Univeristy | 22.62m | 74-02 | 322 |
| | 21.80m FOUL 22.62m | | | | |
| 14 | Matthew Johnson | FR Northwestern | 21.78m | 71-05 | 306 |
| | 19.32m 21.78m 17.87m | | | | |

Decathlon: #9 Men Javelin Throw Decathlon

| ===== | | | | | |
|---|----------------------|-----------------------|--------|--------|--------|
| GPAC Record: G 57.33m 2015 Kale Wolken, Doane College | | | | | |
| Name | Year | School | Finals | | Points |
| ===== | | | | | |
| 1 | Jake Krueger | SR Doane College | 44.55m | 146-02 | 508 |
| | 32.77m 44.55m 39.91m | | | | |
| 2 | Michael Lucas | JR Doane College | 44.16m | 144-10 | 503 |
| | 35.71m 44.16m 42.37m | | | | |
| 3 | Lucas Wiechman | JR Concordia | 44.10m | 144-08 | 502 |
| | 44.10m 39.19m 40.10m | | | | |
| 4 | Thomas Matik | JR Concordia | 44.08m | 144-07 | 502 |
| | 44.08m FOUL FOUL | | | | |
| 5 | Matthew Bolt | JR Dordt College | 41.86m | 137-04 | 469 |
| | 31.12m 35.99m 41.86m | | | | |
| 6 | Jordan Strand | JR Northwestern | 41.02m | 134-07 | 457 |
| | 35.51m 41.02m 36.95m | | | | |
| 7 | Landon Schmitt | FR Doane College | 38.54m | 126-05 | 421 |
| | 34.79m FOUL 38.54m | | | | |
| 8 | Nick Harris | JR Briar Cliff | 37.80m | 124-00 | 410 |
| | 37.80m 35.37m 35.43m | | | | |
| 9 | Gabe Dirksen | JR Dakota Wesleyan | 37.58m | 123-03 | 407 |
| | FOUL 30.50m 37.58m | | | | |
| 10 | Kyle Gaston | SR Doane College | 36.48m | 119-08 | 391 |
| | 31.44m 36.48m 34.92m | | | | |
| 11 | Jake Auerbach | JR Northwestern | 36.28m | 119-00 | 388 |
| | 36.28m 33.95m 35.00m | | | | |
| 12 | Matthew Johnson | FR Northwestern | 35.66m | 117-00 | 380 |
| | 35.42m 33.48m 35.66m | | | | |
| 13 | Hunter Garrison | FR Midland Univeristy | 21.61m | 70-11 | 183 |
| | FOUL FOUL 21.61m | | | | |

GPAC Outdoor Track and Field Championships - 5/6/2016 to 5/7/2016**Hastings College****Results****Men Decathlon**

| GPAC Record: G 6721 2015 | | Kale Wolken, Doane College | | | |
|--------------------------|-----------------|----------------------------|--------|--------|--|
| Name | Year | School | Finals | Points | |
| 1 | Lucas Wiechman | JR Concordia | 6377 | 10 | |
| 2 | Jake Krueger | SR Doane College | 6240 | 8 | |
| 3 | Kyle Gaston | SR Doane College | 6172 | 6 | |
| 4 | Michael Lucas | JR Doane College | 6073 | 5 | |
| 5 | Matthew Bolt | JR Dordt College | 6005 | 4 | |
| 6 | Jordan Strand | JR Northwestern | 5903 | 3 | |
| 7 | Thomas Matik | JR Concordia | 5415 | 2 | |
| 8 | Landon Schmitt | FR Doane College | 5286 | 1 | |
| 9 | Hunter Garrison | FR Midland Univeristy | 5117 | | |
| 10 | Jake Auerbach | JR Northwestern | 4991 | | |
| 11 | Gabe Dirksen | JR Dakota Wesleyan | 4940 | | |
| 12 | Nick Harris | JR Briar Cliff | 4647 | | |
| 13 | Matthew Johnson | FR Northwestern | 3922 | | |

Women - Team Rankings - 22 Events Scored

| | | | |
|-------------------------|--------|----------------------------|-------|
| 1) Doane College | 235 | 2) Concordia University | 164 |
| 3) Nebraska Wesleyan | 148.50 | 4) Dordt College | 83.50 |
| 5) Hastings College | 75 | 6) Morningside College | 52 |
| 7) Northwestern College | 49 | 8) Dakota Wesleyan | 17 |
| 9) Midland Univeristy | 13 | 10) Briar Cliff University | 11 |
| 11) Mount Marty College | 10 | | |

Men - Team Rankings - 22 Events Scored

| | | | |
|---------------------------|-----|-------------------------|-----|
| 1) Doane College | 203 | 2) Concordia University | 177 |
| 3) Briar Cliff University | 102 | 4) Nebraska Wesleyan | 100 |
| 5) Northwestern College | 81 | 6) Morningside College | 59 |
| 7) Dordt College | 51 | 8) Hastings College | 34 |
| 9) Midland Univeristy | 27 | 10) Mount Marty College | 13 |
| 11) Dakota Wesleyan | 11 | | |