

2019 NJCAA Region XI Track and Field Championships
Black Squirrel Timing - 5/4/2019 to 5/5/2019
Iowa Western Community College
Results

Event 1 Women 100 Meter Dash**Top 8 Advance by Time**

=====					
National: #	11.06	2003	Fana Ashby,	Kansas City	KS
Name	Year	School	Prelims	H#	
=====					
Preliminaries					
1	Traci Brown	SO Iowa Western CC	11.89q	1	
2	Amya Clarke	FR Iowa Western CC	11.90q	2	
3	Patricia Johnson	FR Iowa Western CC	12.06q	1	
4	Paighton Malek	FR Hawkeye CC	12.42q	1	
5	Accacia Hinds	FR Iowa Western CC	12.44q	1	
6	MyKedra Craig	FR Indian Hills CC	12.54q	2	
7	Jocelyn Huffman	FR Iowa Central CC	12.57q	2	
8	Dyashia Colvin	FR Indian Hills CC	12.70q	2	
9	Deala Brown	FR Iowa Central CC	12.99	2	
10	Ashley Miller	FR Indian Hills CC	13.22	1	
11	Josie Claude	FR Hawkeye CC	13.51	2	
12	Alysse Parker	FR Iowa Central CC	13.78	2	
13	Breazi Preston	FR North Iowa Area CC	13.95	1	
--	Krayton Allen	FR Hawkeye CC	DNS	1	

Event 1 Women 100 Meter Dash

=====					
National: #	11.06	2003	Fana Ashby,	Kansas City	KS
Name	Year	School	Finals		
=====					
Finals					
1	Amya Clarke	FR Iowa Western CC	12.07		
2	Traci Brown	SO Iowa Western CC	12.10		
3	Patricia Johnson	FR Iowa Western CC	12.37		
4	MyKedra Craig	FR Indian Hills CC	12.52		
5	Accacia Hinds	FR Iowa Western CC	12.65		
6	Paighton Malek	FR Hawkeye CC	12.66		
7	Jocelyn Huffman	FR Iowa Central CC	12.83		
8	Dyashia Colvin	FR Indian Hills CC	13.35		

Event 2 Men 100 Meter Dash**Top 8 Advance by Time**

=====					
National: #	9.93	2003	Eric Wilson,	Barton	
Name	Year	School	Prelims	H#	
=====					
Preliminaries					
1	Kenny Bednarek	FR Indian Hills CC	10.44q	1	
2	Courtney Lindsey	FR Iowa Central CC	10.45q	2	
3	David Dunlap	FR Iowa Central CC	10.67q	2	
4	Tyler Dunigan	FR Indian Hills CC	10.68q	4	
5	Kris Brown	FR Iowa Central CC	10.71q	3	



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....Event 2 Men 100 Meter Dash

6	Imar Tomlinson	FR Iowa Western CC	10.87q	1
7	Demetrius Lassiter	FR Iowa Central CC	10.88q	4
8	Mason Lanhart	SO Indian Hills CC	10.95q	4 10.941
9	Aarron Westmoreland	FR Iowa Western CC	10.95	3 10.942
10	Kyle Younker	SO North Iowa Area CC	11.01	2
11	Quin Danner	FR Iowa Central CC	11.04	1
12	Eddie Blackwell	FR Iowa Central CC	11.13	3
13	Dondreon Conklin	FR Iowa Central CC	11.19	1
14	Timothi McMaster	SO North Iowa Area CC	11.23	4
15	Eugene Dixon	FR Iowa Central CC	11.31	1
16	Eddie Suong	FR Indian Hills CC	11.54	4 11.531
17	Tito Massaly	SO Indian Hills CC	11.54	3 11.533
18	Shaheed Bell	SO Iowa Central CC	11.54	1 11.538
19	Luke Consbruck	SO Iowa Western CC	11.60	2
20	Coty Hoskins	SO Iowa Western CC	11.63	4
21	Calvin Battle Jr	FR Iowa Central CC	11.82	3
--	Seon Clarke	FR North Iowa Area CC	DNS	1
--	Kalen Eastman	SO North Iowa Area CC	DNS	3
--	Albert Miller	SO Southwestern CC	DNS	2
--	Robert Warren	FR Iowa Western CC	DNS	3
--	Keyonta McClendon	SO Iowa Central CC	DNS	2
--	Deundra Roberson	FR North Iowa Area CC	DNS	2

Event 2 Men 100 Meter Dash

=====
National: # 9.93 2003 Eric Wilson, Barton
Name Year School Finals
=====

Finals

1	Courtney Lindsey	FR Iowa Central CC	10.33
2	Kris Brown	FR Iowa Central CC	10.50
3	David Dunlap	FR Iowa Central CC	10.63
4	Imar Tomlinson	FR Iowa Western CC	10.68
5	Tyler Dunigan	FR Indian Hills CC	10.77
6	Mason Lanhart	SO Indian Hills CC	11.23
--	Kenny Bednarek	FR Indian Hills CC	DNS
--	Demetrius Lassiter	FR Iowa Central CC	DNS

Event 3 Women 200 Meter Dash

=====
National: # 22.39 2002 Veronica Campbell, Barton
Name Year School Finals H#
=====

1	Amya Clarke	FR Iowa Western CC	24.18	3
2	Christine Irving	FR Iowa Western CC	24.20	3
3	Tatyana McKenzie	FR Iowa Central CC	24.32	3
4	Traci Brown	SO Iowa Western CC	25.07	2



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5	India McNeill	SO Iowa Central CC	25.53	3
6	Aliyah George	FR Iowa Western CC	25.61	3
7	Marjanae Coley	SO Iowa Central CC	25.76	3
8	Tamara Roby	FR Iowa Central CC	25.87	3
9	Paighton Malek	FR Hawkeye CC	26.05	2
10	Ashley Miller	FR Indian Hills CC	26.52	2
11	Deala Brown	FR Iowa Central CC	26.57	2
12	Emily Hovden	FR Hawkeye CC	26.72	2
13	Megan Hudson	SO Hawkeye CC	26.73	2
14	MyKedra Craig	FR Indian Hills CC	26.88	3
15	Emma Hartz	FR Hawkeye CC	27.47	2
16	Bryana Johnson	FR Iowa Central CC	27.83	1
17	Josie Claude	FR Hawkeye CC	28.00	1
18	Breazi Preston	FR North Iowa Area CC	28.54	1
--	Dashawn Wyatt	SO North Iowa Area CC	DNS	2
--	Yasmine Cribb	FR Southwestern CC	DNS	1
--	Abigal Talton	SO Hawkeye CC	DNS	1
--	Krayton Allen	FR Hawkeye CC	DNS	1

Event 4 Men 200 Meter Dash

=====				
National: # 20.19 1994 Daniel Effiong, Central Arizona				
+: # 20.19 1999 Aaron Armstrong, Barton				
Name	Year	School	Finals	H#
=====				
1	David Dunlap	FR Iowa Central CC	21.06	4
2	Chevannie Hanson	FR Iowa Western CC	21.07	4
3	Kris Brown	FR Iowa Central CC	21.32	4
4	Aarron Westmoreland	FR Iowa Western CC	21.92	4
5	Imar Tomlinson	FR Iowa Western CC	22.01	3
6	Kyle Younker	SO North Iowa Area CC	22.04	4
7	Demetrius Lassiter	FR Iowa Central CC	22.17	3
8	Ethan Smith	FR Iowa Central CC	22.21	4
9	Eddie Blackwell	FR Iowa Central CC	22.25	4
10	Quin Danner	FR Iowa Central CC	22.54	3
11	Jacobi Agee	SO Iowa Western CC	22.65	1
12	Timothi McMaster	SO North Iowa Area CC	22.71	3
13	Damien VanWesten	FR Iowa Central CC	22.90	2
14	Dondreon Conklin	FR Iowa Central CC	22.93	3
15	Brendan Hoy	FR North Iowa Area CC	22.97	2
16	Eugene Dixon	FR Iowa Central CC	23.32	2
17	Jaquon Burns	SO Iowa Western CC	23.44	1
18	Shaheed Bell	SO Iowa Central CC	23.73	2
19	Luke Consbruck	SO Iowa Western CC	23.74	2
20	Eddie Suong	FR Indian Hills CC	23.75	1
21	Coty Hoskins	SO Iowa Western CC	23.84	1
22	Kaleb Schneider	FR Indian Hills CC	23.97	2



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....Event 4 Men 200 Meter Dash

23	Tito Massaly	SO	Indian Hills CC	24.13	1
24	Calvin Battle Jr	FR	Iowa Central CC	24.67	1
25	David Gamble	FR	Iowa Western CC	25.77	3
--	Aaron Pankratz	FR	Iowa Central CC	DNS	2
--	Albert Miller	SO	Southwestern CC	DNS	3
--	Kalen Eastman	SO	North Iowa Area CC	DNS	3
--	Seon Clarke	FR	North Iowa Area CC	DNS	2
--	Tyler Dunigan	FR	Indian Hills CC	DNS	4
--	Keyonta McClendon	SO	Iowa Central CC	DNS	1

Event 5 Women 400 Meter Dash

National: # 50.92 1987 Sandi Richards, San Jacinto					
Name	Year	School	Finals	H#	
1	Christine Irving	FR	Iowa Western CC	55.90	2
2	Makeda Newman	FR	Iowa Western CC	56.92	2
3	Marjanae Coley	SO	Iowa Central CC	57.23	2
4	Tatyana McKenzie	FR	Iowa Central CC	57.64	2
5	Aliyah George	FR	Iowa Western CC	57.78	2
6	India McNeill	SO	Iowa Central CC	57.97	2
7	Elenani Tinai	FR	Southwestern CC	59.80	1
8	Dyashia Colvin	FR	Indian Hills CC	1:00.58	2
9	Dashawn Wyatt	SO	North Iowa Area CC	1:02.50	1
10	Emma Hartz	FR	Hawkeye CC	1:03.05	1
11	Tamara Roby	FR	Iowa Central CC	1:03.57	2
12	Breazi Preston	FR	North Iowa Area CC	1:04.23	1
13	Bryana Johnson	FR	Iowa Central CC	1:04.52	1
14	Danielle Costain	FR	Southwestern CC	1:38.60	1
--	Bianca Malone	FR	Hawkeye CC	DNS	1
--	Jaida Claussen	FR	Southwestern CC	DNS	1

Event 6 Men 400 Meter Dash

National: # 44.53 1998 Derrick Brew, Barton					
Name	Year	School	Finals	H#	
1	Kenny Bednarek	FR	Indian Hills CC	45.62	3
2	Chevannie Hanson	FR	Iowa Western CC	47.11	3
3	Phemelo Matlhabe	SO	Iowa Central CC	47.41	3
4	Ethan Smith	FR	Iowa Central CC	47.94	3
5	Benjamin Aliel	FR	Southwestern CC	48.91	3
6	Evan Williams	FR	Iowa Central CC	49.56	2
7	Kenry Atubel	FR	Iowa Central CC	49.57	2
8	Jacobi Agee	SO	Iowa Western CC	50.33	3
9	Kyle Younker	SO	North Iowa Area CC	50.58	2
10	Desmond Benham	FR	Iowa Central CC	50.78	3



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....Event 6 Men 400 Meter Dash

11	David Gamble	FR Iowa Western CC	52.44	1
12	Damien VanWesten	FR Iowa Central CC	52.57	2
13	Ethan McAreavy	FR Indian Hills CC	54.10	1
14	Tyshaun Truitt	FR Iowa Central CC	54.84	2
--	Aaron Pankratz	FR Iowa Central CC	DNS	2
--	Cornelius Woods	SO Iowa Central CC	DNS	2
--	Shamar Deacon	FR Iowa Western CC	DNS	3
--	Eric Portis	SO Southwestern CC	DNS	2
--	Seon Clarke	FR North Iowa Area CC	DNS	1

Event 7 Women 800 Meter Run

=====					
National: # 2:04.88		1993	Inez Turner, Barton		
Name	Year	School	Finals	H#	
=====					
1	Florance Uwajeneza	FR Iowa Central CC	2:17.76	2	
	1:08.874 (1:08.874)	2:17.757 (1:08.883)			
2	Jade Ford	FR Iowa Central CC	2:20.44	2	
	1:09.614 (1:09.614)	2:20.431 (1:10.817)			
3	Joanna Topham	SO Hawkeye CC	2:21.29	2	
	1:09.254 (1:09.254)	2:21.289 (1:12.035)			
4	Winrose Chesang	SO Iowa Central CC	2:21.31	2	
	1:09.471 (1:09.471)	2:21.306 (1:11.835)			
5	Neri Getraide	SO Iowa Western CC	2:21.71	2	
	1:09.045 (1:09.045)	2:21.708 (1:12.663)			
6	Halley Wilmes	FR Indian Hills CC	2:22.41	2	
	1:09.837 (1:09.837)	2:22.404 (1:12.567)			
7	Rebecca McDermott	FR Hawkeye CC	2:27.92	2	
	1:09.424 (1:09.424)	2:27.911 (1:18.487)			
8	Ivy Rollene	FR North Iowa Area CC	2:34.48	1	
	1:15.265 (1:15.265)	2:34.479 (1:19.214)			
9	Mackenzie Gaherty	FR Iowa Central CC	2:35.73	1	
	1:15.181 (1:15.181)	2:35.725 (1:20.544)			
10	Madison Larsen	FR Hawkeye CC	2:35.83	1	
	1:16.972 (1:16.972)	2:35.826 (1:18.854)			
11	Caitlyn Juhl	SO Iowa Western CC	2:37.79	1	
	1:16.667 (1:16.667)	2:37.787 (1:21.120)			
12	Danielle Costain	FR Southwestern CC	2:39.75	1	
	1:17.271 (1:17.271)	2:39.743 (1:22.472)			
13	Brianna Hoffman	FR Southwestern CC	2:40.63	1	
	1:16.869 (1:16.869)	2:40.624 (1:23.755)			
14	Jaida Claussen	FR Southwestern CC	4:02.58	1	
	2:01.538 (2:01.538)	4:02.579 (2:01.041)			
--	Bianca Malone	FR Hawkeye CC	DNS	1	
--	Cecelia Hemsworth	FR North Iowa Area CC	DNS	2	
--	Alayna Kollasch	SO Hawkeye CC	SCR		



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Event 8 Men 800 Meter Run

National: # 1:46.58 2008 Boa Lalang, Rend Lake					
Name	Year	School	Finals	H#	
1 Thomas Bryant	SO	Iowa Central CC	1:54.81	2	
58.033 (58.033)		1:54.804 (56.771)			
2 Mel Obadiah	SO	Iowa Central CC	1:54.99	2	
58.483 (58.483)		1:54.981 (56.498)			
3 Phil Selmer	SO	Southwestern CC	1:55.74	2	
58.151 (58.151)		1:55.732 (57.581)			
4 Nicolae Vandor	FR	Southwestern CC	1:56.35	2	
58.718 (58.718)		1:56.348 (57.630)			
5 Shamar Deacon	FR	Iowa Western CC	1:56.59	2	
58.289 (58.289)		1:56.584 (58.295)			
6 Miguel Coca	FR	Iowa Central CC	1:58.61	2	
58.955 (58.955)		1:58.608 (59.653)			
7 Denzelle Anglin	SO	Iowa Central CC	1:58.87	2	
58.891 (58.891)		1:58.865 (59.974)			
8 Evan Ouverson	FR	Southwestern CC	2:03.60	2	
1:00.670 (1:00.670)		2:03.598 (1:02.928)			
9 Daniel Hennigar	SO	North Iowa Area CC	2:04.10	2	
1:01.146 (1:01.146)		2:04.094 (1:02.948)			
10 Kear Kear	FR	Iowa Central CC	2:04.25	1	
1:03.907 (1:03.907)		2:04.241 (1:00.334)			
11 Dalton Schaffer	SO	Iowa Central CC	2:04.33	2	
1:01.310 (1:01.310)		2:04.329 (1:03.019)			
12 Alex Moore	FR	Iowa Central CC	2:04.50	1	
1:04.562 (1:04.562)		2:04.497 (59.935)			
13 Eric Portis	SO	Southwestern CC	2:04.67	1	
1:02.960 (1:02.960)		2:04.664 (1:01.704)			
14 Tyler Wilson	FR	Iowa Central CC	2:05.42	2	
1:00.466 (1:00.466)		2:05.415 (1:04.949)			
15 Connor Riley	FR	Indian Hills CC	2:06.76	2	
1:01.376 (1:01.376)		2:06.752 (1:05.376)			
16 David Hernandez	SO	Iowa Central CC	2:07.53	1	
1:04.107 (1:04.107)		2:07.521 (1:03.414)			
17 Patriq Jones	SO	Iowa Central CC	2:09.45	2	
1:01.250 (1:01.250)		2:09.447 (1:08.197)			
18 Zach Leahmann	FR	North Iowa Area CC	2:10.41	1	
1:05.302 (1:05.302)		2:10.403 (1:05.101)			
19 Tyler Crawford	SO	North Iowa Area CC	2:10.53	1	
1:05.977 (1:05.977)		2:10.530 (1:04.553)			
20 David Salazar	SO	Iowa Central CC	2:14.02	1	
1:06.073 (1:06.073)		2:14.016 (1:07.943)			
21 Fernando Cavanon	SO	Southwestern CC	2:14.37	1	
1:06.462 (1:06.462)		2:14.367 (1:07.905)			
22 Steven Hinze	SO	Iowa Western CC	2:15.48	1	
1:05.709 (1:05.709)		2:15.480 (1:09.771)			



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....Event 8 Men 800 Meter Run

23 Allan Feldman	FR Iowa Western CC	2:25.50	1
1:06.748 (1:06.748)	2:25.494 (1:18.746)		
-- Cedrick Watson	FR Southwestern CC	DNS	1
-- Milos Pendic	FR Iowa Central CC	DNS	1
-- Marcus Graham	SO Indian Hills CC	DNS	1

Event 9 Women 1500 Meter Run

=====				
National: #	4:22.63	2006	Sally Kipyego, South Plains	
Name	Year	School	Finals	
=====				
1 Lilian Busienei	FR	Iowa Central CC	4:48.61	
1:00.182 (1:00.182)	2:16.353 (1:16.171)	3:34.001 (1:17.648)	4:48.608 (1:14.607)	
2 Joanna Topham	SO	Hawkeye CC	4:54.47	
59.988 (59.988)	2:16.152 (1:16.164)	3:33.925 (1:17.773)	4:54.461 (1:20.536)	
3 Emma Davison	FR	North Iowa Area CC	5:01.90	
1:00.304 (1:00.304)	2:16.635 (1:16.331)	3:36.807 (1:20.172)	5:01.898 (1:25.091)	
4 Caitlyn Juhl	SO	Iowa Western CC	5:40.10	
1:02.566 (1:02.566)	2:31.071 (1:28.505)	4:04.670 (1:33.599)	5:40.096 (1:35.426)	
5 Miricle Corbo	FR	North Iowa Area CC	6:13.36	
1:05.080 (1:05.080)	2:42.852 (1:37.772)	4:28.152 (1:45.300)	6:13.353 (1:45.201)	
-- Alayna Kollasch	SO	Hawkeye CC	DNS	
-- Madison Larsen	FR	Hawkeye CC	DNS	
-- Abeba Sullivan	SO	Iowa Central CC	DNS	
-- Brianna Hoffman	FR	Southwestern CC	DNS	
-- Eleonora Curtabbi	FR	Iowa Central CC	DNS	

Event 10 Men 1500 Meter Run

=====				
National: #	3:45.5h	1978	Amos Korir, Allegheny	
Name	Year	School	Finals	
=====				
1 Awet Yohannes	FR	Iowa Central CC	3:56.56	
46.945 (46.945)	1:50.284 (1:03.339)	2:53.016 (1:02.732)	3:56.560 (1:03.544)	
2 Innocent Murwanashyaka	SO	Iowa Central CC	4:05.58	
47.567 (47.567)	1:53.013 (1:05.446)	3:01.284 (1:08.271)	4:05.573 (1:04.289)	
3 Michael DeMeyer	SO	Indian Hills CC	4:07.42	
48.265 (48.265)	1:54.112 (1:05.847)	3:01.804 (1:07.692)	4:07.414 (1:05.610)	
4 Aldo Zavala	FR	Iowa Western CC	4:09.18	
51.048 (51.048)	1:57.316 (1:06.268)	3:02.911 (1:05.595)	4:09.173 (1:06.262)	
5 Connor Riley	FR	Indian Hills CC	4:10.08	
49.229 (49.229)	1:55.246 (1:06.017)	3:02.151 (1:06.905)	4:10.074 (1:07.923)	
6 Trevor Ramsdell	FR	Iowa Central CC	4:15.61	
50.144 (50.144)	1:59.255 (1:09.111)	3:09.431 (1:10.176)	4:15.605 (1:06.174)	
7 Daniel Reimer	SO	Iowa Western CC	4:18.01	
49.820 (49.820)	1:59.390 (1:09.570)	3:11.946 (1:12.556)	4:18.007 (1:06.061)	



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8	Moise Habineza	FR Iowa Central CC	4:20.90			
	50.450 (50.450)	1:59.164 (1:08.714)	3:10.196 (1:11.032)	4:20.899 (1:10.703)		
9	William Valentin	FR Iowa Central CC	4:20.93			
	48.674 (48.674)	1:59.029 (1:10.355)	3:10.887 (1:11.858)	4:20.923 (1:10.036)		
10	Cedrick Watson	FR Southwestern CC	4:26.37			
	48.546 (48.546)	1:57.388 (1:08.842)	3:12.383 (1:14.995)	4:26.369 (1:13.986)		
11	Steven Hinze	SO Iowa Western CC	4:38.63			
	51.983 (51.983)	2:07.166 (1:15.183)	3:25.258 (1:18.092)	4:38.628 (1:13.370)		
12	Austin Lundy	FR Southwestern CC	4:45.97			
	50.278 (50.278)	2:05.496 (1:15.218)	3:27.451 (1:21.955)	4:45.969 (1:18.518)		
13	Zane Miller	FR North Iowa Area CC	4:56.72			
	51.254 (51.254)	2:08.407 (1:17.153)	3:34.834 (1:26.427)	4:56.715 (1:21.881)		
--	Evan Ouerson	FR Southwestern CC	SCR			
--	Fernando Cavanzon	SO Southwestern CC	SCR			
--	Colin Shreve	FR Southwestern CC	SCR			
--	Phil Selmer	SO Southwestern CC	SCR			
--	Skyler Rawlings	FR Southwestern CC	SCR			

Event 11 Women 3000 Meter Steeplechase

=====						
	National: # 10:56.82	2007	Aybuke Kizilarслан, Centra			
	Name	Year	School	Finals		
=====						
1	Eleonora Curtabbi	FR Iowa Central CC	11:25.71			
	46.309 (46.309)	2:11.384 (1:25.075)	3:39.859 (1:28.475)	5:09.710 (1:29.851)		
	6:43.424 (1:33.714)	8:18.219 (1:34.795)	9:54.320 (1:36.101)	11:25.701 (1:31.381)		
2	Madison Larsen	FR Hawkeye CC	12:16.66			
	47.191 (47.191)	2:22.642 (1:35.451)	4:01.285 (1:38.643)	5:44.498 (1:43.213)		
	7:29.095 (1:44.597)	9:09.162 (1:40.067)	10:47.020 (1:37.858)	12:16.660 (1:29.640)		
3	Morgan Lawson	FR Indian Hills CC	13:13.69			
	49.162 (49.162)	2:25.902 (1:36.740)	4:07.469 (1:41.567)	5:53.309 (1:45.840)		
	7:40.255 (1:46.946)	9:30.614 (1:50.359)	11:23.266 (1:52.652)	13:13.681 (1:50.415)		
--	Joanna Topham	SO Hawkeye CC	DNS			

Event 12 Men 3000 Meter Steeplechase

=====						
	National: # 8:38.4h	1979	Solomon Chebor, Essex			
	Name	Year	School	Finals		
=====						
1	Kassim Kibet	FR Iowa Western CC	9:20.93			
	41.403 (41.403)	1:55.868 (1:14.465)	3:10.705 (1:14.837)	4:26.261 (1:15.556)		
	5:41.148 (1:14.887)	6:55.245 (1:14.097)	8:11.051 (1:15.806)	9:20.927 (1:09.876)		
2	Noah Bundrock	FR Iowa Central CC	9:58.85			
	40.793 (40.793)	1:55.708 (1:14.915)	3:13.211 (1:17.503)	4:33.315 (1:20.104)		
	5:54.626 (1:21.311)	7:18.192 (1:23.566)	8:41.102 (1:22.910)	9:58.844 (1:17.742)		



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....Event 12 Men 3000 Meter Steeplechase

3	Shane Breheny	SO Southwestern CC	10:17.98				
	40.331 (40.331)	1:58.367 (1:18.036)	3:21.922 (1:23.555)	4:44.846 (1:22.924)			
	6:07.157 (1:22.311)	7:30.628 (1:23.471)	8:53.169 (1:22.541)	10:17.972 (1:24.803)			
4	Ma'Rico Holland	FR Iowa Central CC	10:27.41				
	41.354 (41.354)	2:00.663 (1:19.309)	3:19.035 (1:18.372)	4:42.287 (1:23.252)			
	6:06.054 (1:23.767)	7:35.179 (1:29.125)	9:03.549 (1:28.370)	10:27.406 (1:23.857)			
5	Zach Schocker	FR Indian Hills CC	10:39.48				
	42.670 (42.670)	2:02.379 (1:19.709)	3:25.054 (1:22.675)	4:47.412 (1:22.358)			
	6:14.274 (1:26.862)	7:43.234 (1:28.960)	9:11.788 (1:28.554)	10:39.480 (1:27.692)			
6	Daniel Nordquist	FR Iowa Central CC	10:48.62				
	43.499 (43.499)	2:02.776 (1:19.277)	3:23.749 (1:20.973)	4:47.567 (1:23.818)			
	6:16.616 (1:29.049)	7:49.829 (1:33.213)	9:22.633 (1:32.804)	10:48.616 (1:25.983)			
7	Fernando Cavanzon	SO Southwestern CC	10:55.54				
	42.477 (42.477)	2:03.141 (1:20.664)	3:27.094 (1:23.953)	4:54.530 (1:27.436)			
	6:25.792 (1:31.262)	7:59.180 (1:33.388)	9:29.839 (1:30.659)	10:55.531 (1:25.692)			
--	Gavin Klein	FR Iowa Western CC	DNS				
--	Abdiaziz Wako	SO North Iowa Area CC	DNS				
--	Skyler Rawlings	FR Southwestern CC	DNS				
--	Colin Shreve	FR Southwestern CC	DNS				

Event 13 Women 5000 Meter Run

=====							
	National: # 16:39.37	2015	Lydia Mato, Barton				
	Name	Year	School		Finals		
=====							
1	Ashlyn Elmore	SO	Indian Hills CC	22:25.22			
	41.962 (41.962)	2:22.558 (1:40.596)	4:05.152 (1:42.594)	5:49.927 (1:44.775)			
	7:38.083 (1:48.156)	9:28.832 (1:50.749)	11:19.121 (1:50.289)	13:09.967 (1:50.846)			
	15:02.765 (1:52.798)	16:56.234 (1:53.469)	18:50.298 (1:54.064)	20:43.564 (1:53.266)			
	22:25.218 (1:41.654)						
--	Lilian Busienei	FR	Iowa Central CC	DNS			
--	Jezabelle Rodriguez	SO	Iowa Central CC	DNS			
--	Joanna Topham	SO	Hawkeye CC	DNS			
--	Janet Nyamboneka	FR	Iowa Central CC	DNS			
--	Mackenzie Gaherty	FR	Iowa Central CC	DNS			
--	Florance Uwajeneza	FR	Iowa Central CC	DNS			
--	Winrose Chesang	SO	Iowa Central CC	DNS			

Event 14 Men 5000 Meter Run

=====							
	National: # 14:06.79	1984	Sam Obwocha, Ranger				
	Name	Year	School		Finals		
=====							



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....Event 14 Men 5000 Meter Run

1	Kassim Kibet	FR Iowa Western CC	15:28.35				
	37.535 (37.535)	1:52.463 (1:14.928)	3:06.898 (1:14.435)	4:21.142 (1:14.244)			
	5:35.458 (1:14.316)	6:49.981 (1:14.523)	8:03.211 (1:13.230)	9:17.908 (1:14.697)			
	10:33.974 (1:16.066)	11:48.911 (1:14.937)	13:05.004 (1:16.093)	14:20.257 (1:15.253)			
	15:28.345 (1:08.088)						
2	Gavin Klein	FR Iowa Western CC	16:22.50				
	37.798 (37.798)	1:52.710 (1:14.912)	3:07.177 (1:14.467)	4:21.520 (1:14.343)			
	5:36.397 (1:14.877)	6:54.988 (1:18.591)	8:16.361 (1:21.373)	9:38.056 (1:21.695)			
	11:01.535 (1:23.479)	12:24.830 (1:23.295)	13:47.107 (1:22.277)	15:08.403 (1:21.296)			
	16:22.494 (1:14.091)						
3	Shane Breheny	SO Southwestern CC	16:28.94				
	38.175 (38.175)	1:54.540 (1:16.365)	3:10.640 (1:16.100)	4:28.727 (1:18.087)			
	5:48.744 (1:20.017)	7:09.208 (1:20.464)	8:28.235 (1:19.027)	9:49.500 (1:21.265)			
	11:11.059 (1:21.559)	12:35.984 (1:24.925)	13:55.317 (1:19.333)	15:15.443 (1:20.126)			
	16:28.939 (1:13.496)						
4	Gavin Connell	FR North Iowa Area CC	16:37.11				
	38.932 (38.932)	1:56.953 (1:18.021)	3:15.251 (1:18.298)	4:34.855 (1:19.604)			
	5:54.713 (1:19.858)	7:13.593 (1:18.880)	8:32.885 (1:19.292)	9:52.624 (1:19.739)			
	11:13.301 (1:20.677)	12:35.395 (1:22.094)	13:59.049 (1:23.654)	15:21.846 (1:22.797)			
	16:37.105 (1:15.259)						
5	Clayton Grainger	SO Indian Hills CC	16:41.32				
	39.332 (39.332)	1:57.202 (1:17.870)	3:15.836 (1:18.634)	4:35.605 (1:19.769)			
	5:55.304 (1:19.699)	7:15.451 (1:20.147)	8:36.263 (1:20.812)	9:56.388 (1:20.125)			
	11:16.943 (1:20.555)	12:37.595 (1:20.652)	13:59.147 (1:21.552)	15:21.672 (1:22.525)			
	16:41.312 (1:19.640)						
6	Evan Wilson	FR North Iowa Area CC	16:47.24				
	39.361 (39.361)	1:57.430 (1:18.069)	3:15.531 (1:18.101)	4:35.535 (1:20.004)			
	5:54.931 (1:19.396)	7:13.887 (1:18.956)	8:32.606 (1:18.719)	9:52.345 (1:19.739)			
	11:13.022 (1:20.677)	12:35.112 (1:22.090)	13:58.768 (1:23.656)	15:24.592 (1:25.824)			
	16:47.235 (1:22.643)						
7	Max Romain	FR North Iowa Area CC	16:48.04				
	38.693 (38.693)	1:56.696 (1:18.003)	3:14.989 (1:18.293)	4:35.237 (1:20.248)			
	5:55.206 (1:19.969)	7:15.181 (1:19.975)	8:37.539 (1:22.358)	10:01.904 (1:24.365)			
	11:28.836 (1:26.932)	12:53.284 (1:24.448)	14:14.456 (1:21.172)	15:35.773 (1:21.317)			
	16:48.031 (1:12.258)						
8	Cedrick Watson	FR Southwestern CC	16:57.62				
	39.092 (39.092)	1:54.438 (1:15.346)	3:10.731 (1:16.293)	4:26.825 (1:16.094)			
	5:44.981 (1:18.156)	7:06.554 (1:21.573)	8:31.217 (1:24.663)	9:56.447 (1:25.230)			
	11:24.938 (1:28.491)	12:51.621 (1:26.683)	14:15.501 (1:23.880)	15:40.231 (1:24.730)			
	16:57.613 (1:17.382)						
9	Grant Dieken	SO North Iowa Area CC	17:06.57				
	38.546 (38.546)	1:57.035 (1:18.489)	3:15.201 (1:18.166)	4:34.620 (1:19.419)			
	5:54.516 (1:19.896)	7:14.265 (1:19.749)	8:35.376 (1:21.111)	9:58.612 (1:23.236)			
	11:24.723 (1:26.111)	12:52.248 (1:27.525)	14:18.252 (1:26.004)	15:45.517 (1:27.265)			
	17:06.566 (1:21.049)						



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10	Moise Habineza	FR Iowa Central CC	17:32.64				
	39.691 (39.691)	1:57.851 (1:18.160)	3:16.177 (1:18.326)	4:35.981 (1:19.804)			
	5:55.896 (1:19.915)	7:15.825 (1:19.929)	8:36.955 (1:21.130)	10:00.821 (1:23.866)			
	11:29.221 (1:28.400)	13:01.053 (1:31.832)	14:32.553 (1:31.500)	16:03.522 (1:30.969)			
	17:32.635 (1:29.113)						
11	David Hernandez	SO Iowa Central CC	18:01.83				
	41.093 (41.093)	2:02.747 (1:21.654)	3:22.601 (1:19.854)	4:45.410 (1:22.809)			
	6:13.167 (1:27.757)	7:39.422 (1:26.255)	9:08.676 (1:29.254)	10:38.083 (1:29.407)			
	12:09.930 (1:31.847)	13:43.252 (1:33.322)	15:15.506 (1:32.254)	16:43.473 (1:27.967)			
	18:01.824 (1:18.351)						
12	Fernando Cavanzon	SO Southwestern CC	18:20.82				
	40.557 (40.557)	2:00.866 (1:20.309)	3:21.917 (1:21.051)	4:44.477 (1:22.560)			
	6:13.561 (1:29.084)	7:41.231 (1:27.670)	9:12.375 (1:31.144)	10:44.470 (1:32.095)			
	12:15.878 (1:31.408)	13:49.223 (1:33.345)	15:24.207 (1:34.984)	16:58.711 (1:34.504)			
	18:20.813 (1:22.102)						
13	Aldo Zavala	FR Iowa Western CC	18:59.23				
	39.851 (39.851)	1:57.682 (1:17.831)	3:14.568 (1:16.886)	4:33.173 (1:18.605)			
	5:56.384 (1:23.211)	7:26.801 (1:30.417)	9:03.873 (1:37.072)	10:41.513 (1:37.640)			
	12:22.882 (1:41.369)	13:59.589 (1:36.707)	15:41.773 (1:42.184)	17:22.170 (1:40.397)			
	18:59.228 (1:37.058)						
14	Austin Lundy	FR Southwestern CC	19:02.25				
	40.047 (40.047)	2:01.980 (1:21.933)	3:22.073 (1:20.093)	4:53.967 (1:31.894)			
	6:27.936 (1:33.969)	8:01.009 (1:33.073)	9:36.934 (1:35.925)	11:13.860 (1:36.926)			
	12:50.396 (1:36.536)	14:27.147 (1:36.751)	16:07.873 (1:40.726)	17:40.342 (1:32.469)			
	19:02.250 (1:21.908)						
--	Kear Kear	FR Iowa Central CC	DNS				
--	Innocent Murwanashyaka	SO Iowa Central CC	DNS				
--	Awet Yohannes	FR Iowa Central CC	DNS				
--	Noah Bundrock	FR Iowa Central CC	DNS				
--	Skyler Rawlings	FR Southwestern CC	DNS				
--	Marc Estrada	FR Indian Hills CC	DNS				
--	Will Whalen	FR Iowa Central CC	DNS				
--	Miguel Coca	FR Iowa Central CC	DNS				
--	Daniel Nordquist	FR Iowa Central CC	DNS				

Event 15 Women 10000 Meter Run

=====			
National: #	35:07.80	2007	Betty Rich, Colby
Name	Year	School	Finals
=====			
1	Jezabelle Rodriguez	SO Iowa Central CC	56:26.96
--	Joanna Topham	SO Hawkeye CC	DNS
--	Madison Larsen	FR Hawkeye CC	DNS



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Event 16 Men 10000 Meter Run

=====								
National: #	29:05.44	1984	Sam Obwocha, Ranger					
Name	Year	School	Finals					
=====								
1	Kassim Kibet	FR Iowa Western CC	32:02.92					
	1:16.798 (1:16.798)	2:35.475 (1:18.677)	3:53.811 (1:18.336)	5:11.004 (1:17.193)				
	6:28.115 (1:17.111)	7:45.261 (1:17.146)	9:02.187 (1:16.926)	10:18.358 (1:16.171)				
	11:35.957 (1:17.599)	12:53.850 (1:17.893)	14:11.699 (1:17.849)	15:30.231 (1:18.532)				
	16:49.879 (1:19.648)	18:07.758 (1:17.879)	19:25.379 (1:17.621)	20:43.448 (1:18.069)				
	22:01.292 (1:17.844)	23:17.582 (1:16.290)	24:33.467 (1:15.885)	25:50.639 (1:17.172)				
	27:07.432 (1:16.793)	28:24.681 (1:17.249)	29:41.515 (1:16.834)	30:58.190 (1:16.675)				
	32:02.918 (1:04.728)							
2	Will Whalen	FR Iowa Central CC	34:44.89					
	1:17.423 (1:17.423)	2:37.396 (1:19.973)	3:58.357 (1:20.961)	5:20.816 (1:22.459)				
	6:44.055 (1:23.239)	8:06.659 (1:22.604)	9:29.871 (1:23.212)	10:53.736 (1:23.865)				
	12:18.487 (1:24.751)	13:42.664 (1:24.177)	15:06.922 (1:24.258)	16:31.324 (1:24.402)				
	17:54.658 (1:23.334)	19:17.910 (1:23.252)	20:41.507 (1:23.597)	22:06.542 (1:25.035)				
	23:31.179 (1:24.637)	24:55.602 (1:24.423)	26:19.900 (1:24.298)	27:44.692 (1:24.792)				
	29:08.969 (1:24.277)	30:34.191 (1:25.222)	31:58.311 (1:24.120)	33:23.430 (1:25.119)				
	34:44.882 (1:21.452)							
3	Trevor Ramsdell	FR Iowa Central CC	36:20.65					
	1:18.437 (1:18.437)	2:39.001 (1:20.564)	4:01.803 (1:22.802)	5:23.400 (1:21.597)				
	6:46.275 (1:22.875)	8:08.346 (1:22.071)	9:32.308 (1:23.962)	10:59.520 (1:27.212)				
	12:28.616 (1:29.096)	13:58.336 (1:29.720)	15:28.116 (1:29.780)	16:55.032 (1:26.916)				
	18:23.850 (1:28.818)	19:52.712 (1:28.862)	21:23.561 (1:30.849)	22:55.150 (1:31.589)				
	24:25.630 (1:30.480)	25:56.151 (1:30.521)	27:27.143 (1:30.992)	28:59.479 (1:32.336)				
	30:29.353 (1:29.874)	31:59.183 (1:29.830)	33:30.774 (1:31.591)	35:00.772 (1:29.998)				
	36:20.647 (1:19.875)							
4	William Valentin	FR Iowa Central CC	38:04.74					
	1:18.130 (1:18.130)	2:38.672 (1:20.542)	4:01.223 (1:22.551)	5:23.137 (1:21.914)				
	6:49.207 (1:26.070)	8:16.784 (1:27.577)	9:46.846 (1:30.062)	11:18.599 (1:31.753)				
	12:51.390 (1:32.791)	14:22.506 (1:31.116)	15:56.970 (1:34.464)	17:31.249 (1:34.279)				
	19:04.590 (1:33.341)	20:40.062 (1:35.472)	22:14.600 (1:34.538)	23:49.295 (1:34.695)				
	25:25.540 (1:36.245)	27:07.079 (1:41.539)	28:43.853 (1:36.774)	30:20.973 (1:37.120)				
	31:59.713 (1:38.740)	33:38.016 (1:38.303)	35:13.878 (1:35.862)	36:39.382 (1:25.504)				
	38:04.738 (1:25.356)							
5	Austin Lundy	FR Southwestern CC	38:09.11					
	1:19.134 (1:19.134)	2:41.523 (1:22.389)	4:05.362 (1:23.839)	5:31.476 (1:26.114)				
	6:59.338 (1:27.862)	8:27.775 (1:28.437)	9:57.957 (1:30.182)	11:29.436 (1:31.479)				
	13:02.466 (1:33.030)	14:36.953 (1:34.487)	16:12.432 (1:35.479)	17:48.513 (1:36.081)				
	19:22.991 (1:34.478)	20:59.269 (1:36.278)	22:33.943 (1:34.674)	24:07.134 (1:33.191)				
	25:40.293 (1:33.159)	27:14.102 (1:33.809)	28:49.250 (1:35.148)	30:24.932 (1:35.682)				
	31:55.895 (1:30.963)	33:31.692 (1:35.797)	35:06.999 (1:35.307)	36:41.613 (1:34.614)				
	38:09.110 (1:27.497)							



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....Event 16 Men 10000 Meter Run

6 Joshua Carstens FR Southwestern CC 39:10.63
 1:19.662 (1:19.662) 2:42.380 (1:22.718) 4:06.611 (1:24.231) 5:33.144 (1:26.533)
 7:02.139 (1:28.995) 8:32.924 (1:30.785) 10:03.722 (1:30.798) 11:35.239 (1:31.517)
 13:07.091 (1:31.852) 14:40.934 (1:33.843) 16:13.281 (1:32.347) 17:47.510 (1:34.229)
 19:24.552 (1:37.042) 21:01.320 (1:36.768) 22:40.379 (1:39.059) 24:17.379 (1:37.000)
 25:56.542 (1:39.163) 27:33.561 (1:37.019) 29:14.000 (1:40.439) 30:55.373 (1:41.373)
 32:38.102 (1:42.729) 34:14.983 (1:36.881) 35:54.969 (1:39.986) 37:36.693 (1:41.724)
 39:10.623 (1:33.930)

Event 17 Women 100 Meter Hurdles**Top 8 Advance by Time**

=====

National: # 13.13	1995	Nichole Belcher, Essex		
Name	Year	School	Prelims	H#

=====

Preliminaries

1	Kitra Bell	FR Iowa Western CC	14.78q	2
2	Sierra Coward	FR Iowa Western CC	15.07q	1
3	Samiya Abu-Youm	SO Iowa Western CC	15.60q	2
4	Jocelyn Huffman	FR Iowa Central CC	16.98q	1
5	Alysse Parker	FR Iowa Central CC	17.15q	1
6	Remie Haynes	FR Southwestern CC	17.57q	1
7	Jillian Heitland	FR North Iowa Area CC	18.28q	2
8	Megan Hudson	SO Hawkeye CC	41.00q	2
--	Sydney Davis	FR Hawkeye CC	DNS	1

Event 17 Women 100 Meter Hurdles

=====

National: # 13.13	1995	Nichole Belcher, Essex	
Name	Year	School	Finals

=====

Finals

1	Sierra Coward	FR Iowa Western CC	14.67
2	Kitra Bell	FR Iowa Western CC	15.03
3	Megan Hudson	SO Hawkeye CC	15.32
4	Alysse Parker	FR Iowa Central CC	16.86
5	Samiya Abu-Youm	SO Iowa Western CC	16.94
6	Jocelyn Huffman	FR Iowa Central CC	17.28
7	Remie Haynes	FR Southwestern CC	17.48
8	Jillian Heitland	FR North Iowa Area CC	17.69



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Event 18 Men 110 Meter Hurdles**Top 8 Advance by Time**

=====				
National: # 13.46	2006	Daryl Burgess, South Plains		
Name	Year	School	Prelims	H#
=====				

Preliminaries

1	Denzel Downing	SO	Iowa Western CC	14.26q	1
2	Tyreck Newman	SO	Iowa Central CC	14.39q	2
3	Zavante Chichester	FR	Iowa Central CC	14.55q	2
4	Mason Aschenbrenner	FR	Indian Hills CC	15.08q	1 15.075
5	Andrew Paster	SO	Iowa Western CC	15.08q	2 15.076
6	Jaquon Burns	SO	Iowa Western CC	15.35q	1
7	Za'Quan Singleton	SO	Iowa Central CC	15.71q	2
8	Kaleb Schneider	FR	Indian Hills CC	16.62q	1
9	Kendall Coleman	FR	Iowa Central CC	16.77	2
10	Corneille Logo	FR	Iowa Central CC	17.75	1

Event 18 Men 110 Meter Hurdles

=====				
National: # 13.46	2006	Daryl Burgess, South Plains		
Name	Year	School	Finals	
=====				

Finals

1	Denzel Downing	SO	Iowa Western CC	14.29
2	Tyreck Newman	SO	Iowa Central CC	14.66
3	Zavante Chichester	FR	Iowa Central CC	14.84
4	Mason Aschenbrenner	FR	Indian Hills CC	15.16
5	Andrew Paster	SO	Iowa Western CC	15.40
6	Jaquon Burns	SO	Iowa Western CC	15.54
7	Kaleb Schneider	FR	Indian Hills CC	16.76
8	Za'Quan Singleton	SO	Iowa Central CC	23.53

Event 19 Women 400 Meter Hurdles

=====				
National: # 56.00	2012	Janeil Belille, South Plains		
Name	Year	School	Finals	
=====				

1	Tyarra English-Paulson	SO	Indian Hills CC	1:02.65
2	Accacia Hinds	FR	Iowa Western CC	1:07.25
3	Ally Trager	FR	North Iowa Area CC	1:10.57
4	Jillian Heitland	FR	North Iowa Area CC	1:21.13
5	Jocelyn Huffman	FR	Iowa Central CC	1:21.14
6	Alysse Parker	FR	Iowa Central CC	1:25.94
--	Sydney Davis	FR	Hawkeye CC	DNS



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Event 20 Men 400 Meter Hurdles

National: # 49.29 1994 Eric Thomas, Blinn					
Name	Year	School	Finals	H#	
1 Tyreck Newman	SO	Iowa Central CC	55.98	2	
2 Mason Aschenbrenner	FR	Indian Hills CC	56.27	2	
3 Cowayne Jefferson	FR	Iowa Western CC	58.26	2	
4 Jaquon Burns	SO	Iowa Western CC	58.78	2	
5 Kaleb Schneider	FR	Indian Hills CC	59.02	2	
6 Carlon Steward	FR	Indian Hills CC	59.08	2	
7 Zavante Chichester	FR	Iowa Central CC	1:02.23	1	
8 Elijah Boesch	FR	Indian Hills CC	1:02.42	1	
9 James Pleasant	FR	Indian Hills CC	1:05.72	1	
-- Kendall Coleman	FR	Iowa Central CC	DNF	2	
-- Evan Porter	SO	Iowa Western CC	DNS	2	
-- Denzel Downing	SO	Iowa Western CC	DNS	1	

Event 21 Women High Jump

Progression 1.58 then 5 cm after					
National: # 1.86m 2004 Shaunette Davidson, Barton					
Name	Year	School	Finals		
1 Lexi Jones	FR	North Iowa Area CC	1.60m	5-03.00	
	1.40	1.45	1.50	1.55	1.60
	O	O	O	XO	O
					XXX
2 Sierra Coward	FR	Iowa Western CC	1.50m	4-11.00	
	1.40	1.45	1.50	1.55	
	O	O	O	XXX	
2 Shalandra Schilling	SO	Indian Hills CC	1.50m	4-11.00	
	1.40	1.45	1.50	1.55	
	P	O	O	XXX	
2 Monyjok Aywak	FR	Iowa Western CC	1.50m	4-11.00	
	1.40	1.45	1.50	1.55	
	O	O	O	XXX	
-- Zarreel Knox	SO	Hawkeye CC	DNS		

Event 22 Men High Jump

Progression 1.98 then 5 cm after					
National: # 2.26m 1991 Eric Taylor-Perry, Blinn					
Name	Year	School	Finals		
1 Jadon Watson	FR	Iowa Central CC	2.05m	6-08.75	
	1.75	1.80	1.85	1.90	1.95
	P	P	P	P	O
					O
					XO
					XXX



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....Event 22 Men High Jump

2	Caleb Cowles	SO Indian Hills CC	2.00m	6-06.75
	1.75 1.80 1.85 1.90 1.95 2.00 2.05			
	P P O O O O XXX			
3	Eric Swart	FR North Iowa Area CC	2.00m	6-06.75
	1.75 1.80 1.85 1.90 1.95 2.00 2.05			
	O O O XO XO XO XXX			
4	Alec Hayes	SO North Iowa Area CC	1.95m	6-04.75
	1.75 1.80 1.85 1.90 1.95 2.00			
	P O O O XO XXX			
5	Damond Anderson	SO Indian Hills CC	1.95m	6-04.75
	1.75 1.80 1.85 1.90 1.95 2.00			
	P O XO XO XO XXX			
6	Dylan Hay	FR Iowa Central CC	1.90m	6-02.75
	1.75 1.80 1.85 1.90 1.95			
	P P O XO XXX			
7	Jacob Henjum	SO North Iowa Area CC	1.90m	6-02.75
	1.75 1.80 1.85 1.90 1.95			
	O O O XXO XXX			
8	Jonathan Whitcomb	SO Iowa Western CC	1.75m	5-08.75
	1.75 1.80			
	O XXX			
--	Trey Sampson	FR North Iowa Area CC	DNS	

Event 23 Women Pole Vault

Progression 3.05, 15cm first 3, then 10cm after
 National: # 3.97m 2013 Susan Pew, Mesa

Name	Year	School	Finals
1 Emily Hovden	FR	Hawkeye CC	2.55m 8-04.25
	1.35 1.50 1.65 1.80 1.95 2.10 2.25 2.40 2.55 2.70 2.85		
	P P P P P P O P O P XXX		
2 Caitlyn Juhl	SO	Iowa Western CC	1.80m 5-10.75
	1.35 1.50 1.65 1.80 1.95		
	O O O XXO XXX		

Event 24 Men Pole Vault

Progression 4.30, 15cm first 3, then 10cm after
 National: # 5.34m 2000 Dason Phelps, paradise Valley

Name	Year	School	Finals
1 Jonathan Whitcomb	SO	Iowa Western CC	4.05m 13-03.50
	3.00 3.15 3.30 3.45 3.60 3.75 3.90 4.05 4.20		
	P P P P P XXO XO XO XXX		



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....Event 24 Men Pole Vault

2	Dondreon Conklin	FR Iowa Central CC	3.75m	12-03.50
	3.00 3.15 3.30 3.45 3.60 3.75 3.90 4.05			
	P P P O P XO XXP X			
--	Luke Consbruck	SO Iowa Western CC	NH	
	3.00			
	XXX			

Event 25 Women Long Jump

Top 9 Qualify for Finals

National: # 6.90m 2001 Elva Goulborne, Central Arizona

Name	Year	School	Finals	
1 Patricia Johnson	FR	Iowa Western CC	5.54m	18-02.25
	FOUL FOUL 4.07m 5.54m FOUL FOUL			
2 Kitra Bell	FR	Iowa Western CC	5.49m	18-00.25
	FOUL 5.09m FOUL 5.43m 5.37m 5.49m			
3 Sierra Coward	FR	Iowa Western CC	5.47m	17-11.50
	5.33m 4.28m 5.10m FOUL 5.45m 5.47m			
4 Elenani Tinai	FR	Southwestern CC	5.46m	17-11.00
	5.30m 5.12m 5.45m 5.46m 5.44m FOUL			
5 Zarreeel Knox	SO	Hawkeye CC	5.24m	17-02.25
	5.08m 5.09m 5.06m 5.24m FOUL FOUL			
6 Paighton Malek	FR	Hawkeye CC	5.17m	16-11.50
	4.83m 5.06m 5.07m 5.17m 5.10m 5.11m			
7 Samiya Abu-Youm	SO	Iowa Western CC	5.06m	16-07.25
	4.52m 4.24m 4.90m 5.00m 4.45m 5.06m			
8 Shalandra Schilling	SO	Indian Hills CC	4.78m	15-08.25
	4.12m 4.50m 4.75m 4.78m 4.70m 4.70m			
9 Monyjok Aywak	FR	Iowa Western CC	4.09m	13-05.00
	FOUL 4.09m FOUL FOUL FOUL FOUL			
--	Abigal Talton	SO Hawkeye CC	DNS	

Event 26 Men Long Jump

Top 9 Qualify for Finals

National: # 8.14m 1994 James Beckford, Blinn

Name	Year	School	Finals	H#
1 Akeem Bradshaw	SO	Iowa Central CC	7.61m	24-11.75 2
	FOUL 7.04m FOUL 7.47m 7.61m 7.42m			
2 Olivier Soglohun	SO	Iowa Central CC	6.95m	22-09.75 2
	6.75m 6.93m 6.87m 6.95m 6.88m FOUL			
3 Za'Quan Singleton	SO	Iowa Central CC	6.89m	22-07.25 2
	FOUL 6.76m 6.55m FOUL 6.67m 6.89m			
4 Khalil Scott	FR	Iowa Western CC	6.73m	22-01.00 1
	6.73m 6.72m FOUL 6.71m 6.55m FOUL			



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....Event 26 Men Long Jump

5	Tracy Gates	FR	Indian Hills CC	6.70m	21-11.75	2
	6.60m FOUL 6.70m 6.58m FOUL 6.65m					
6	Tyler Dunigan	FR	Indian Hills CC	6.67m	21-10.75	1
	6.34m 0.69m 6.67m 6.57m FOUL FOUL					
7	Cameron Mustafa	FR	Iowa Central CC	6.62m	21-08.75	2
	6.45m FOUL FOUL FOUL FOUL 6.62m					
8	Mason Lanhart	SO	Indian Hills CC	6.55m	21-06.00	2
	6.55m 6.27m 5.52m 6.40m FOUL FOUL					
9	Richard Brown	FR	Iowa Central CC	6.53m	21-05.25	1
	FOUL 6.48m 6.47m 6.18m 6.53m FOUL					
10	Samuel Joseph	FR	Iowa Central CC	6.40m	21-00.00	1
	6.40m 5.64m 5.67m					
11	Jonathan Whitcomb	SO	Iowa Western CC	6.35m	20-10.00	1
	6.35m 6.07m 6.20m					
12	Walker Coldren	FR	North Iowa Area CC	6.08m	19-11.50	1
	6.08m FOUL 6.08m					
13	Jaquon Burns	SO	Iowa Western CC	5.79m	19-00.00	1
	FOUL FOUL 5.79m					
14	Caleb Kath	SO	Iowa Central CC	5.32m	17-05.50	2
	FOUL 5.32m FOUL					
--	Malik Redd	FR	Iowa Western CC	FOUL		1
	FOUL FOUL FOUL					
--	Antonio Brown	FR	Indian Hills CC	DNS		1
--	Deundra Roberson	FR	North Iowa Area CC	DNS		2

Event 27 Women Triple Jump

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Top 9 Qualify for Finals

National: # 14.25m 2002 Yuliana Perez, Pima

Name Year School Finals

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1	Samiya Abu-Youm	SO	Iowa Western CC	11.23m	36-10.25
	11.21m 11.23m 10.87m FOUL 10.77m 10.78m				
2	Kitra Bell	FR	Iowa Western CC	11.18m	36-08.25
	FOUL 10.91m 10.97m 11.18m 10.60m FOUL				
3	Zarreeel Knox	SO	Hawkeye CC	10.72m	35-02.00
	10.72m FOUL FOUL FOUL 10.53m FOUL				
4	Monyjok Aywak	FR	Iowa Western CC	10.29m	33-09.25
	10.29m FOUL 9.39m FOUL FOUL FOUL				
5	Remie Haynes	FR	Southwestern CC	10.20m	33-05.75
	10.20m 10.20m 9.82m FOUL 10.00m 10.17m				
6	Danielle Costain	FR	Southwestern CC	9.45m	31-00.00
	9.15m FOUL 9.45m 9.41m 9.24m FOUL				
--	Yasmine Cribb	FR	Southwestern CC	FOUL	
	FOUL FOUL FOUL				



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Event 28 Men Triple Jump

Top 9 Qualify for Finals

National: # 17.50m 2002 Leevan Sands, Barton

Name	Year	School	Finals
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1	Olivier Soglohun	SO Iowa Central CC	15.64m	51-03.75
	FOUL 15.18m 15.59m	FOUL 15.64m FOUL		
2	Akeem Bradshaw	SO Iowa Central CC	14.92m	48-11.50
	FOUL FOUL 14.09m	FOUL 14.92m 14.63m		
3	Za'Quan Singleton	SO Iowa Central CC	14.18m	46-06.25
	FOUL 13.58m FOUL	14.16m FOUL 14.18m		
4	Cameron Mustafa	FR Iowa Central CC	14.09m	46-02.75
	FOUL 13.02m FOUL	14.09m FOUL FOUL		
5	Malik Redd	FR Iowa Western CC	13.88m	45-06.50
	13.52m FOUL 13.88m	FOUL FOUL PASS		
6	Tracy Gates	FR Indian Hills CC	13.87m	45-06.25
	13.87m 13.34m 13.82m	12.33m 13.54m 13.57m		
7	Samuel Joseph	FR Iowa Central CC	13.84m	45-05.00
	13.84m 13.65m 13.77m	13.40m PASS PASS		
8	Angelo Borrego	FR Iowa Central CC	13.81m	45-03.75
	13.48m 13.81m 13.80m	13.52m FOUL FOUL		
9	Myles Molette-Hughes	FR Iowa Central CC	13.77m	45-02.25
	FOUL 13.52m 13.77m	13.42m FOUL 13.26m		

Event 29 Women Discus Throw

Top 9 Qualify for Finals

National: # 55.20m 1991 Stacy Ainlay, Glendale

Name	Year	School	Finals
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1	Lea Grady	FR Iowa Central CC	46.01m	150-11
	42.53m 46.01m 43.37m	FOUL FOUL 39.55m		
2	Rochell-Ann Bailey	SO Iowa Western CC	42.69m	140-01
	42.69m 35.49m 42.15m	FOUL FOUL FOUL		
3	Maddie Schmoker	SO Iowa Central CC	35.14m	115-03
	35.14m FOUL FOUL			
4	Dasiah Tatum	FR North Iowa Area CC	34.97m	114-09
	34.30m 34.55m FOUL	33.98m 34.42m 34.97m		
5	Jasmine Lewis	SO Iowa Western CC	34.19m	112-02
	34.19m FOUL 33.22m	FOUL FOUL 32.98m		
6	Julia Pieper	FR North Iowa Area CC	31.38m	102-11
	29.96m 31.38m 30.56m	30.00m FOUL 29.20m		
7	Haile Cook	SO Hawkeye CC	31.21m	102-05
	29.32m 31.21m FOUL	FOUL FOUL 30.38m		
8	Jessica Thurston	FR Iowa Central CC	31.09m	102-00
	28.10m FOUL 31.09m	FOUL FOUL 31.05m		
9	Tricee Beelen	FR Iowa Central CC	29.91m	98-01
	29.20m FOUL 29.91m	29.75m 28.86m FOUL		



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....Event 29 Women Discus Throw

10 Haley Revell	FR Indian Hills CC	29.32m	96-02
28.38m 28.41m 29.32m			
11 Payton Jellison	FR Southwestern CC	28.62m	93-11
25.98m 28.62m FOUL			
12 Mari Shavers	FR Hawkeye CC	26.69m	87-07
FOUL FOUL 26.69m			
13 Zakiya Phillip-Horsford	SO Iowa Western CC	20.06m	65-10
FOUL 20.06m FOUL			

Event 30 Men Discus Throw

Top 9 Qualify for Finals

National: # 60.18m 1994 Andy Kokhanovsky, Blinn

Name	Year School	Finals	
1 Tyler Lienau	SO Iowa Central CC	51.40m	168-08
FOUL 47.32m 51.40m 49.86m 49.52m 50.99m			
2 Caden Fenchel	FR Iowa Central CC	48.96m	160-07
FOUL FOUL 43.66m 48.96m FOUL 46.56m			
3 Elijah Barnes	FR Indian Hills CC	44.52m	146-01
FOUL 44.52m FOUL FOUL 43.47m 42.98m			
4 Malachi Price	FR Iowa Central CC	43.79m	143-08
42.09m 43.79m FOUL FOUL FOUL 41.27m			
5 Johnie Jean-Jacques	FR Iowa Western CC	43.05m	141-03
FOUL 43.05m 37.67m 40.66m 41.36m 39.00m			
6 Davon Hare-Ellis	SO Iowa Western CC	42.48m	139-04
41.65m FOUL 42.48m 41.97m 42.05m 41.24m			
7 Brandon Magnuson	FR Iowa Western CC	41.13m	134-11
39.30m 40.75m 41.13m FOUL FOUL 39.60m			
8 Jacob Wedig	FR Iowa Central CC	38.48m	126-03
38.48m FOUL FOUL FOUL FOUL FOUL			
9 Kendric Johnson	SO Iowa Central CC	37.24m	122-02
30.91m FOUL 36.78m 35.87m 34.21m 37.24m			
10 Troy Lewis	FR Southwestern CC	28.32m	92-11
25.14m 25.74m 28.32m			
-- Jesse Cherry	FR North Iowa Area CC	DNS	

Event 31 Women Hammer Throw

Top 9 Qualify for Finals

National: # 59.70m 2015 Tayla Greene, Coffeyville

Name	Year School	Finals	
1 Maddie Schmoker	SO Iowa Central CC	49.03m	160-10
FOUL 46.95m FOUL 49.03m 47.62m 48.52m			
2 Lea Grady	FR Iowa Central CC	48.93m	160-06
48.20m FOUL 48.93m FOUL 46.98m FOUL			



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....Event 31 Women Hammer Throw

3	Haile Cook	SO Hawkeye CC	46.70m	153-02
	FOUL 46.70m 44.81m FOUL FOUL 45.73m			
4	Tricee Beelen	FR Iowa Central CC	46.56m	152-09
	46.56m 44.98m 44.86m 43.49m 41.25m 44.51m			
5	Jasmine Lewis	SO Iowa Western CC	42.96m	140-11
	42.65m 42.86m 42.96m FOUL 41.19m 40.75m			
6	Jessica Thurston	FR Iowa Central CC	41.94m	137-07
	FOUL FOUL 41.94m 39.22m FOUL FOUL			
7	Rochell-Ann Bailey	SO Iowa Western CC	38.97m	127-10
	38.97m FOUL FOUL 31.27m FOUL FOUL			
8	Julia Pieper	FR North Iowa Area CC	37.92m	124-05
	36.00m 36.19m 36.24m 37.36m 36.55m 37.92m			
9	Zakiya Phillip-Horsford	SO Iowa Western CC	37.12m	121-09
	FOUL FOUL 36.58m 36.61m 37.12m FOUL			
--	Mari Shavers	FR Hawkeye CC	FOUL	
	FOUL FOUL FOUL			
--	Dasiah Tatum	FR North Iowa Area CC	FOUL	
	FOUL FOUL FOUL			
--	Grace Heimer	FR North Iowa Area CC	FOUL	
	FOUL FOUL FOUL			

Event 32 Men Hammer Throw

Top 9 Qualify for Finals

National: # 64.62m 2006 Brano Danis, Central Arizona

Name	Year School	Finals
1 Tyler Lienau	SO Iowa Central CC	57.14m 187-06
	52.88m 50.44m 55.50m 55.55m 57.14m FOUL	
2 Caden Fenchel	FR Iowa Central CC	53.08m 174-02
	49.08m FOUL 53.08m FOUL 50.25m 51.24m	
3 Jacob Wedig	FR Iowa Central CC	50.42m 165-05
	48.21m FOUL 50.42m FOUL FOUL FOUL	
4 Davon Hare-Ellis	SO Iowa Western CC	48.62m 159-06
	48.22m FOUL FOUL 48.62m FOUL FOUL	
5 Kendric Johnson	SO Iowa Central CC	46.42m 152-03
	FOUL 46.42m FOUL 43.60m FOUL FOUL	
6 Nicholas Hudson	FR Iowa Central CC	46.38m 152-02
	39.97m 40.60m FOUL 42.71m 46.38m FOUL	
7 Malachi Price	FR Iowa Central CC	45.75m 150-01
	42.76m 45.75m FOUL FOUL FOUL 45.35m	
8 Johnnie Jean-Jacques	FR Iowa Western CC	38.83m 127-05
	36.96m 38.83m 35.45m 32.58m 37.32m 37.79m	
9 Brandon Magnuson	FR Iowa Western CC	33.25m 109-01
	FOUL FOUL 33.04m FOUL 33.25m FOUL	
--	Jesse Cherry	FR North Iowa Area CC DNS



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Event 33 Women Javelin Throw

Top 9 Qualify for Finals

National: # 49.07m 2007 Tracey Morrison, Central Arizona

Name	Year	School	Finals	
1 Kasey Parish	FR	North Iowa Area CC	37.16m	121-11
32.91m 36.01m 36.56m			FOUL FOUL	
2 Caitlin Serle	FR	North Iowa Area CC	31.31m	102-09
29.68m 27.66m 28.69m			30.19m 31.31m 28.06m	
3 Sierra Coward	FR	Iowa Western CC	30.70m	100-09
29.06m 27.17m 28.52m			27.76m 30.70m 30.21m	
4 Lexi Jones	FR	North Iowa Area CC	28.31m	92-10
20.03m 25.10m 24.08m			28.31m 24.83m 27.26m	
5 Megan Hudson	SO	Hawkeye CC	25.90m	85-00
25.15m FOUL FOUL			25.90m 25.04m FOUL	
6 Jasmine Lewis	SO	Iowa Western CC	25.82m	84-08
21.71m 21.72m 22.41m			24.19m 25.82m FOUL	
7 Payton Jellison	FR	Southwestern CC	23.14m	75-11
21.05m 20.01m 23.14m			22.18m 22.85m 19.75m	
8 Mari Shavers	FR	Hawkeye CC	23.02m	75-06
21.77m FOUL 20.76m			FOUL FOUL 23.02m	
9 Samiya Abu-Youm	SO	Iowa Western CC	21.99m	72-02
21.99m FOUL FOUL			FOUL FOUL FOUL	
-- Caitlyn Juhl	SO	Iowa Western CC	DNS	
-- Elenani Tinai	FR	Southwestern CC	DNS	

Event 34 Men Javelin Throw

Top 9 Qualify for Finals

National: # 70.84m 2008 Adam Wolkins, Cowley

Name	Year	School	Finals	
1 Corneille Logo	FR	Iowa Central CC	55.00m	180-05
39.55m 32.76m 36.37m			44.52m 55.00m 48.83m	
2 James Pleasant	FR	Indian Hills CC	44.24m	145-02
42.44m 40.07m 44.24m			34.40m 43.46m 41.39m	
3 Jonathan Whitcomb	SO	Iowa Western CC	40.83m	133-11
37.04m 40.71m 40.34m			38.19m 39.41m 40.83m	
4 Davon Hare-Ellis	SO	Iowa Western CC	36.11m	118-06
30.94m 33.09m 33.95m			35.82m 36.11m 32.96m	
5 Jacob Henjum	SO	North Iowa Area CC	35.46m	116-04
32.24m 35.46m 30.06m			34.13m 25.66m 33.30m	
6 Troy Lewis	FR	Southwestern CC	31.22m	102-05
30.04m 31.22m 26.14m				
7 Johnnie Jean-Jacques	FR	Iowa Western CC	28.23m	92-07
28.23m FOUL FOUL				
8 Alec Hayes	SO	North Iowa Area CC	25.93m	85-01
23.53m 25.93m 24.85m			24.48m 24.88m 23.26m	



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....Event 34 Men Javelin Throw

-- Kendric Johnson	SO Iowa Central CC	DNS	
-- Keyon Burton	Unattached	X67.10m	220-02
65.23m 67.10m	FOUL		

Event 35 Women Shot Put

=====
 Top 9 Qualify for Finals

National: # 16.23m 2015 Janeah Stewart, Iowa Central
 Name Year School Finals

1	Lea Grady	FR Iowa Central CC	14.33m	47-00.25
	12.74m 13.56m 12.75m	14.33m 12.23m FOUL		
2	Maddie Schmoker	SO Iowa Central CC	13.42m	44-00.50
	11.32m 11.78m 11.63m	12.81m 12.18m 13.42m		
3	Tricee Beelen	FR Iowa Central CC	13.10m	42-11.75
	12.31m 12.18m 12.50m	12.49m 12.40m 13.10m		
4	Rochell-Ann Bailey	SO Iowa Western CC	11.65m	38-02.75
	FOUL 11.28m 11.65m	FOUL 11.30m FOUL		
5	Haile Cook	SO Hawkeye CC	11.51m	37-09.25
	FOUL 10.40m 11.51m	FOUL FOUL 10.32m		
6	Jasmine Lewis	SO Iowa Western CC	11.30m	37-01.00
	9.55m 10.93m FOUL	11.30m 11.10m 11.29m		
7	Grace Heimer	FR North Iowa Area CC	11.26m	36-11.50
	10.91m 11.26m FOUL	10.28m FOUL 9.76m		
8	Haley Revell	FR Indian Hills CC	11.22m	36-09.75
	10.47m 11.22m 10.98m	FOUL 10.15m FOUL		
9	Dasiah Tatum	FR North Iowa Area CC	11.05m	36-03.00
	FOUL 10.94m 10.81m	FOUL 11.05m 10.74m		
10	Payton Jellison	FR Southwestern CC	10.33m	33-10.75
	9.91m 10.01m 10.33m			
11	Mari Shavers	FR Hawkeye CC	10.03m	32-11.00
	9.45m 10.03m 9.99m			
12	Jessica Thurston	FR Iowa Central CC	8.92m	29-03.25
	8.92m 8.76m 8.12m			

Event 36 Men Shot Put

=====
 Top 9 Qualify for Finals

National: # 19.15m 1974 Ron Senkiw, Mesa
 Name Year School Finals

1	Caden Fenchel	FR Iowa Central CC	16.43m	53-11.00
	15.26m FOUL 16.43m	FOUL FOUL FOUL		
2	Elijah Barnes	FR Indian Hills CC	15.83m	51-11.25
	15.09m 15.43m 15.83m	14.81m FOUL 15.27m		
3	Johnie Jean-Jacques	FR Iowa Western CC	15.01m	49-03.00
	14.16m 14.64m 14.80m	14.35m 14.62m 15.01m		



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....Event 36 Men Shot Put

4	Kendric Johnson	SO Iowa Central CC	13.80m	45-03.50
	13.29m FOUL 13.25m 13.23m 13.80m 13.21m			
5	Malachi Price	FR Iowa Central CC	13.65m	44-09.50
	13.29m 12.73m 13.43m 13.55m 13.65m 13.38m			
6	Davon Hare-Ellis	SO Iowa Western CC	13.00m	42-08.00
	13.00m 12.85m FOUL FOUL 12.52m FOUL			
7	Nicholas Hudson	FR Iowa Central CC	12.61m	41-04.50
	10.92m FOUL 12.29m 12.61m 11.56m 12.13m			
8	Tyler Lienau	SO Iowa Central CC	12.54m	41-01.75
	11.86m 12.10m 11.78m 12.22m 12.21m 12.54m			
9	Brandon Magnuson	FR Iowa Western CC	12.12m	39-09.25
	11.52m 11.81m 11.75m 12.12m 11.26m 11.23m			
10	Troy Lewis	FR Southwestern CC	9.90m	32-05.75
	9.05m 9.90m 8.38m			
--	Jacob Wedig	FR Iowa Central CC	FOUL	
	FOUL FOUL FOUL			
--	Jesse Cherry	FR North Iowa Area CC	DNS	

Event 37 Women 4x100 Meter Relay

National: # 43.84 2002 , Barton
 School

Finals

1	Iowa Western CC	46.03
2	Iowa Central CC	47.32
3	Hawkeye CC	49.23
4	Southwestern CC	54.22

Event 38 Men 4x100 Meter Relay

National: # 38.86 1987 , Odessa
 School

Finals

1	Iowa Central CC	40.25
2	Iowa Western CC	41.70
3	North Iowa Area CC	42.19
4	Iowa Western CC 'B'	44.00
--	Hawkeye CC	SCR

Event 39 Women 4x400 Meter Relay

National: # 3:32.79 1994 , San Jacinto
 School

Finals

1	Iowa Western CC	3:53.25
2	Indian Hills CC	4:07.66
3	Hawkeye CC	4:21.09



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....Event 39 Women 4x400 Meter Relay

4 Southwestern CC 4:23.85
 -- Iowa Central CC DNS

Event 40 Men 4x400 Meter Relay

=====
 National: # 3:01.89 1994 , Blinn
 School Finals
 =====

1 Iowa Western CC 3:17.25
 2 Southwestern CC 3:18.01
 3 Iowa Central CC 3:20.50
 4 Indian Hills CC 3:37.12
 5 Iowa Western CC 'B' 3:38.16
 -- Hawkeye CC SCR

Event 41 Women 4x800 Meter Relay

=====
 National: # 8:39.27 1993 , Barton
 School Finals
 =====

1 North Iowa Area CC 10:02.75
 1) Cecelia Hemswoth FR 2) Ally Trager FR
 3) Emma Davison FR 4) Ivy Rollene FR
 2:36.042 (2:36.042) 5:06.237 (2:30.195) 7:32.141 (2:25.904) 10:02.749 (2:30.608)
 2 Iowa Central CC 10:16.33
 1) Janet Nyamboneka FR 2) Bryana Johnson FR
 3) Mackenzie Gaherty FR 4) Jade Ford FR
 2:31.585 (2:31.585) 5:14.093 (2:42.508) 7:49.587 (2:35.494) 10:16.324 (2:26.737)
 3 Southwestern CC 11:39.44
 1) Brianna Hoffman FR 2) Danielle Costain FR
 3) Elenani Tinai FR 4) Remie Haynes FR
 2:42.624 (2:42.624) 5:26.439 (2:43.815) 8:10.707 (2:44.268) 11:39.437 (3:28.730)

Event 42 Men 4x800 Meter Relay

=====
 National: # 7:20.48 1999 , Butler
 School Finals
 =====

1 Iowa Central CC 8:02.62
 1) Denzelle Anglin SO 2) Kenry Atubel FR
 3) Thomas Bryant SO 4) Mel Obadiah SO
 2:00.844 (2:00.844) 4:05.003 (2:04.159) 6:04.736 (1:59.733) 8:02.616 (1:57.880)
 2 Southwestern CC 8:22.04
 1) Eric Portis SO 2) Benjamin Aliel FR
 3) Evan Ouverson FR 4) Phil Selmer SO
 2:05.550 (2:05.550) 4:11.433 (2:05.883) 6:17.934 (2:06.501) 8:22.032 (2:04.098)



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....Event 42 Men 4x800 Meter Relay

3 Iowa Western CC	8:47.10
1) Daniel Reimer SO	2) Steven Hinze SO
3) Gavin Klein FR	4) Allan Feldman FR
2:04.151 (2:04.151) 4:08.953 (2:04.802) 6:23.370 (2:14.417) 8:47.092 (2:23.722)	
4 Indian Hills CC	9:20.16
1) Zach Schocker FR	2) Damond Anderson SO
3) Marc Estrada FR	4) Elijah Boesch FR
2:17.401 (2:17.401) 4:48.967 (2:31.566) 7:09.112 (2:20.145) 9:20.156 (2:11.044)	

Event 43 Women Heptathlon

=====					
National: #	5673	2002	Hyleas Fountain, Barton		
Name	Year	School	Finals	H#	
=====					
1 Sierra Coward	FR	Iowa Western CC	4047		
2 Elenani Tinai	FR	Southwestern CC	3795		
3 Remie Haynes	FR	Southwestern CC	2778		

Event 43 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

=====				
Name	Year	School	Finals	Points
=====				
1 Sierra Coward	FR	Iowa Western CC	15.13	825
2 Elenani Tinai	FR	Southwestern CC	16.79	620
3 Remie Haynes	FR	Southwestern CC	18.07	481

Event 43 Heptathlon: #2 Women High Jump Heptathlon

=====						
Progression 1.33, up by 3cm						
Name	Year	School	Finals	Points		
=====						
1 Sierra Coward	FR	Iowa Western CC	1.53m	5-00.25	655	
1.34 1.37 1.40 1.43 1.46 1.50 1.53 1.56						
O O XO O O XO XO XXX						
2 Elenani Tinai	FR	Southwestern CC	1.43m	4-08.25	544	
1.34 1.37 1.40 1.43 1.46						
O XO O O XXX						
3 Remie Haynes	FR	Southwestern CC	1.40m	4-07.00	512	
1.34 1.37 1.40 1.43						
O XO XO XXX						

Event 43 Heptathlon: #3 Women Shot Put Heptathlon

=====				
Name	Year	School	Finals	Points
=====				
1 Sierra Coward	FR	Iowa Western CC	9.35m	30-08.25
9.00m FOUL 9.35m				



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....Event 43 Heptathlon: #3 Women Shot Put Heptathlon

2	Elenani Tinai	FR Southwestern CC	8.66m	28-05.00	442
	8.66m 8.48m 8.36m				
3	Remie Haynes	FR Southwestern CC	7.89m	25-10.75	392
	7.89m FOUL 7.89m				

Event 43 Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year School	Finals	Points
1 Elenani Tinai	FR Southwestern CC	26.38	764
2 Sierra Coward	FR Iowa Western CC	27.45	675
3 Remie Haynes	FR Southwestern CC	30.97	416

Event 43 Heptathlon: #5 Women Long Jump Heptathlon

Name	Year School	Finals	Points
1 Sierra Coward	FR Iowa Western CC	5.55m	18-02.50 715
	5.33m 5.34m 5.55m		
2 Elenani Tinai	FR Southwestern CC	5.40m	17-08.75 671
	5.32m 5.40m 4.93m		
3 Remie Haynes	FR Southwestern CC	4.72m	15-06.00 485
	4.72m FOUL FOUL		

Event 43 Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Year School	Finals	Points
1 Sierra Coward	FR Iowa Western CC	26.79m	87-11 416
	26.79m FOUL 17.57m		
2 Elenani Tinai	FR Southwestern CC	21.13m	69-04 310
	18.11m 19.45m 21.13m		
3 Remie Haynes	FR Southwestern CC	13.41m	44-00 168
	FOUL 13.41m 11.21m		

Event 43 Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Year School	Finals	Points
1 Elenani Tinai	FR Southwestern CC	2:51.95	444
	1:21.339 (1:21.339) 2:51.944 (1:30.605)		
2 Remie Haynes	FR Southwestern CC	3:04.60	324
	1:23.220 (1:23.220) 3:04.597 (1:41.377)		
3 Sierra Coward	FR Iowa Western CC	3:10.50	274
	1:21.144 (1:21.144) 3:10.492 (1:49.348)		



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Event 44 Men Decathlon

=====					
National: #	7617	2001	Maurice Smith,	Central Arizona	
Name	Year	School	Finals	H#	
=====					
1 Jonathan Whitcomb	SO	Iowa Western CC	5897		
2 Corneille Logo	FR	Iowa Central CC	5068		
3 Dondreon Conklin	FR	Iowa Central CC	4078		

Event 44 Decathlon: #1 Men 100 Meter Dash Decathlon

=====				
Name	Year	School	Finals	Points
=====				
1 Dondreon Conklin	FR	Iowa Central CC	11.06	847
2 Corneille Logo	FR	Iowa Central CC	11.57	738
3 Jonathan Whitcomb	SO	Iowa Western CC	11.74	703

Event 44 Decathlon: #2 Men Long Jump Decathlon

=====						
Name	Year	School	Finals	Points		
=====						
1 Corneille Logo	FR	Iowa Central CC	6.56m	21-06.25	711	
6.14m 6.56m 6.17m						
2 Jonathan Whitcomb	SO	Iowa Western CC	6.44m	21-01.50	684	
6.34m FOUL 6.44m						
3 Dondreon Conklin	FR	Iowa Central CC	5.89m	19-04.00	563	
5.89m FOUL 5.71m						

Event 44 Decathlon: #3 Men Shot Put Decathlon

=====					
Name	Year	School	Finals	Points	
=====					
1 Jonathan Whitcomb	SO	Iowa Western CC	10.49m	34-05.00	515
10.43m 10.49m FOUL					
2 Corneille Logo	FR	Iowa Central CC	8.52m	27-11.50	397
8.52m 8.36m 8.36m					
3 Dondreon Conklin	FR	Iowa Central CC	7.69m	25-02.75	348
FOUL 7.69m 7.52m					

Event 44 Decathlon: #4 Men High Jump Decathlon

=====							
Progression 1.63, up by 3cm							
Name	Year	School	Finals	Points			
=====							
1 Jonathan Whitcomb	SO	Iowa Western CC	1.93m	6-04.00	740		
1.37 1.47 1.57 1.65 1.70 1.80 1.85 1.88 1.93 1.96							
P P P P O O O XO XXO XXX							



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2	Corneille Logo	FR Iowa Central CC	1.57m	5-01.75	441
	1.37 1.47 1.57 1.65				
	O O O XXX				
2	Dondreon Conklin	FR Iowa Central CC	1.57m	5-01.75	441
	1.37 1.47 1.57 1.65				
	O O XO XXX				

Event 44 Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year School	Finals	Points
1 Dondreon Conklin	FR Iowa Central CC	56.01	559
2 Jonathan Whitcomb	SO Iowa Western CC	56.31	547
3 Corneille Logo	FR Iowa Central CC	57.35	508

Event 44 Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Year School	Finals	Points
1 Corneille Logo	FR Iowa Central CC	17.33	590
2 Jonathan Whitcomb	SO Iowa Western CC	17.73	550
3 Dondreon Conklin	FR Iowa Central CC	19.53	387

Event 44 Decathlon: #7 Men Discus Throw Decathlon

Name	Year School	Finals	Points
1 Jonathan Whitcomb	SO Iowa Western CC	32.12m	105-04 506
	32.12m FOUL 28.09m		
2 Corneille Logo	FR Iowa Central CC	26.72m	87-08 400
	26.72m FOUL FOUL		
3 Dondreon Conklin	FR Iowa Central CC	16.07m	52-09 199
	FOUL 16.07m FOUL		

Event 44 Decathlon: #8 Men Pole Vault Decathlon

Name	Year School	Finals	Points
Progression 2.45, up by 10cm			
1 Jonathan Whitcomb	SO Iowa Western CC	4.30m	14-01.25 702
	2.35 2.55 2.65 2.75 2.90 3.05 3.25 4.15 4.25 4.30 4.35		
	P P P P P P P XXO O O XXX		
2 Dondreon Conklin	FR Iowa Central CC	3.05m	10-00.00 369
	2.35 2.55 2.65 2.75 2.90 3.05 3.25		
	P P P P P O XXX		



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....Event 44 Decathlon: #8 Men Pole Vault Decathlon

3	Corneille Logo	FR Iowa Central CC	2.90m	9-06.25	333
	2.35 2.55 2.65 2.75 2.90 3.05				
	O O O XO O XXX				

Event 44 Decathlon: #9 Men Javelin Throw Decathlon

Name	Year School	Finals	Points
1 Corneille Logo	FR Iowa Central CC	46.83m	153-08 542
46.08m 46.15m 46.83m			
2 Jonathan Whitcomb	SO Iowa Western CC	42.34m	138-11 476
38.97m 42.34m 40.75m			
3 Dondreon Conklin	FR Iowa Central CC	24.42m	80-01 222
24.42m FOUL FOUL			

Event 44 Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Year School	Finals	Points
1 Jonathan Whitcomb	SO Iowa Western CC	5:15.50	474
53.882 (53.882) 2:15.307 (1:21.425) 3:46.748 (1:31.442) 5:15.498 (1:28.750)			
2 Corneille Logo	FR Iowa Central CC	5:28.35	408
56.519 (56.519) 2:25.377 (1:28.858) 3:59.733 (1:34.357) 5:28.344 (1:28.612)			
3 Dondreon Conklin	FR Iowa Central CC	6:33.83	143
57.930 (57.930) 2:42.939 (1:45.009) 4:43.294 (2:00.355) 6:33.822 (1:50.528)			

Women - Team Rankings - 22 Events Scored

1) Iowa Western CC	249.66	2) Iowa Central CC	180
3) Hawkeye CC	85	4) North Iowa Area CC	77
5) Indian Hills CC	52.33	6) Southwestern CC	48

Men - Team Rankings - 22 Events Scored

1) Iowa Central CC	374	2) Iowa Western CC	208
3) Indian Hills CC	113	4) Southwestern CC	57
5) North Iowa Area CC	37		

