

**2019 Central NWU Simpson Triangular - 4/19/2019**

**Greeno Track**

**Results - CCTF - SCTF - NWUTF TRI**

**Event 2 Men High Jump**

Name	Year	School	Seed	Finals	Points
Finals					
1 Lewis, Drake		Central	1.97m	2.00m	6-06.75 7
1.65 1.70 1.75 1.80 1.85 1.90 1.95 2.00 2.05					
P P P P O O XXO O XXX					
2 Petersen, Chandler		Nebraska Wesleyan	2.09m	1.95m	6-04.75 5
1.65 1.70 1.75 1.80 1.85 1.90 1.95 2.00					
P P P P P O O XXX					
3 Rew, Sam		Nebraska Wesleyan	2.02m	1.95m	6-04.75 4
1.65 1.70 1.75 1.80 1.85 1.90 1.95 2.00					
P P P P XO XXO O XXX					
4 McBride, Grayson		Nebraska Wesleyan	2.03m	x1.85m	6-00.75
1.65 1.70 1.75 1.80 1.85 1.90					
P P P P O XXX					
5 Sharp, Tyler		Nebraska Wesleyan	1.81m	x1.80m	5-10.75
1.65 1.70 1.75 1.80 1.85					
P XO O XXO XXX					
6 Greenwalt, Austin		Simpson	1.80m	1.75m	5-08.75 3
1.65 1.70 1.75 1.80					
O XXO XXO XXX					
-- Berkey, Carter		Simpson	1.70m	NH	
1.65					
XXX					

**Event 1 Women High Jump**

Name	Year	School	Seed	Finals	Points
1 VanVelzen, Tori		Central	1.61m	1.55m	5-01.00 7
1.35 1.40 1.45 1.50 1.55 1.60					
P P P O O XXX					
2 Berreckman, Kennedy		Nebraska Wesleyan	1.49m	1.50m	4-11.00 5
1.35 1.40 1.45 1.50 1.55					
P O XXO O XXX					
3 Hempstead, Toree		Nebraska Wesleyan	1.65m	1.50m	4-11.00 4
1.35 1.40 1.45 1.50 1.55					
P P O XO XXX					
4 Juni, Kamryn		Simpson	1.51m	1.45m	4-09.00 3
1.35 1.40 1.45 1.50					
P O O XXX					
5 Burgardt, Sydney		Central	1.40m	1.35m	4-05.00 2
1.35 1.40					
O XXX					



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**Event 5 Women Long Jump**

Name	Year	School	Seed	Finals	Wind	Points
1 Allen, Abigail		Nebraska Wesleyan	5.14m	5.05m	2.3	16-07.00 7
FOUL	4.97m(1.8)	4.93m(1.4)	FOUL	FOUL	5.05m(2.3)	
2 Wisnieski, Lindsey		Nebraska Wesleyan	5.42m	4.80m	1.6	15-09.00 5
	4.80m(1.6)					
3 Forrester, Holly		Central	5.09m	4.68m	1.6	15-04.25 4
FOUL	FOUL	4.68m(1.6)	FOUL	FOUL	FOUL	
4 Niyigena, Delefine		Simpson	4.80m	4.59m	2.3	15-00.75 3
	4.46m(1.5)	4.59m(2.3)	4.42m(2.1)	4.37m(1.3)	4.40m(2.9)	4.59m(2.6)
5 Luhring, Landry		Central	4.60m	4.52m	3.3	14-10.00 2
	4.23m(0.2)	4.52m(3.3)	4.51m(2.2)	4.42m(1.4)	FOUL	FOUL
6 Beard, Rebekah		Central	5.01m	x4.46m	1.0	14-07.75
FOUL	FOUL	4.46m(1.0)	FOUL	4.24m(1.6)	FOUL	
7 Bank, Yuan		Central	4.40m	x4.41m	1.0	14-05.75
	4.32m(1.7)	FOUL	FOUL	3.94m(1.5)	4.17m(0.8)	4.41m(1.0)

**Event 6 Men Long Jump**

Name	Year	School	Seed	Finals	Wind	Points
1 Winter, Matt		Nebraska Wesleyan	6.99m	6.75m	1.4	22-01.75 7
	6.36m(2.1)	6.63m(1.4)	6.75m(1.4)	FOUL	6.57m(0.2)	6.58m(1.6)
2 Lewis, Brock		Central	6.61m	6.22m	-0.3	20-05.00 5
	FOUL	0.65m(1.4)	4.94m(+0.0)	6.22m(-0.3)		
3 Thompson, Nick		Central	6.39m	6.15m	0.2	20-02.25 4
	5.70m(-0.5)	6.15m(0.2)	6.12m(1.6)			
4 Berkey, Carter		Simpson	6.42m	6.09m	3.2	19-11.75 3
	6.04m(NWI)	6.09m(3.2)	5.79m(+0.0)	FOUL	6.03m(1.0)	5.96m(1.2)
5 Greenwalt, Austin		Simpson	6.30m	5.82m	2.9	19-01.25 2
	FOUL	5.82m(2.9)	FOUL	5.67m(0.2)	5.75m(0.3)	5.48m(3.3)
6 Rew, Brian		Simpson	5.70m	x5.42m	+0.0	17-09.50
	FOUL	FOUL	FOUL	5.20m(+0.0)	5.25m(0.4)	5.42m(+0.0)

**Event 3 Women Pole Vault**

Name	Year	School	Seed	Finals	Points					
1 Tolly, Maddie		Nebraska Wesleyan	3.50m	3.28m	10-09.00 7					
	2.08	2.23	2.38	2.53	2.68	2.83	2.98	3.13	3.28	3.43
	P	P	P	P	P	P	P	XO	XO	XXX
2 Crouch, Ellie		Nebraska Wesleyan	3.05m	3.13m	10-03.25 5					
	2.08	2.23	2.38	2.53	2.68	2.83	2.98	3.13	3.28	
	P	P	P	P	P	O	O	O	XXX	
3 Nolting, Sarah		Simpson	2.20m	2.23m	7-03.75 4					
	2.08	2.23	2.38							
	O	O	XXX							



**2019 Central NWU Simpson Triangular - 4/19/2019****Greeno Track****Results - CCTF - SCTF - NWUTF TRI****Event 4 Men Pole Vault**

Name	Year	School	Seed	Finals	Points
1 Miksch, Tyler 4.15 4.30 4.45 O XO XXX		Nebraska Wesleyan	4.50m	4.30m 14-01.25	7
2 Johnson, Tanner 3.40 3.55 3.70 3.85 4.00 P P O XO XXX		Central	4.30m	3.85m 12-07.50	5
3 Ruskamp, Ryan 3.40 3.55 3.70 3.85 O O XO XXX		Nebraska Wesleyan	4.16m	3.70m 12-01.50	4
4 Neufeld, Austin 3.40 3.55 O XXX		Nebraska Wesleyan	3.67m	x3.40m 11-01.75	

**Event 12 Men Hammer Throw**

Name	Year	School	Seed	Finals	Points
1 Pohlmann, Jared FOUL 47.12m 50.42m FOUL FOUL FOUL		Nebraska Wesleyan	50.09m	50.42m 165-05	7
2 Lindgren, Sam 44.89m 45.31m 43.92m FOUL FOUL FOUL		Nebraska Wesleyan	46.08m	45.31m 148-08	5
3 Fitzgerald, Nathan 41.33m 44.83m FOUL FOUL FOUL 44.74m		Central	47.00m	44.83m 147-01	4
4 Striegel, Caleb 42.98m 41.19m 41.98m FOUL 43.52m FOUL		Simpson	42.00m	43.52m 142-09	3
5 Ott, Kyle 43.37m 41.13m 41.01m 41.81m FOUL 41.82m		Nebraska Wesleyan	39.36m	x43.37m 142-03	
6 Goodman, Charles 39.28m 42.82m 41.81m FOUL FOUL 42.63m		Nebraska Wesleyan	45.46m	x42.82m 140-06	
7 Baldus, Theo FOUL FOUL 34.06m 38.65m FOUL 37.88m		Central	42.28m	38.65m 126-10	2
8 Gallardo, Anthony 35.92m 37.42m FOUL		Nebraska Wesleyan	41.77m	x37.42m 122-09	
9 Kammerzell, Andrew FOUL FOUL 36.79m		Nebraska Wesleyan	35.79m	x36.79m 120-08	
10 Young, Matthew 33.75m FOUL FOUL		Nebraska Wesleyan	31.20m	x33.75m 110-09	
11 Pavlat, Luke 32.12m FOUL 33.47m		Central		x33.47m 109-10	
12 Roush, Mac FOUL 28.58m 28.35m FOUL FOUL FOUL		Simpson	31.00m	28.58m 93-09	1
-- Graham, David FOUL FOUL FOUL		Nebraska Wesleyan	33.20m	FOUL	
-- Hellie, Zach FOUL FOUL FOUL		Nebraska Wesleyan	41.22m	FOUL	



**2019 Central NWU Simpson Triangular - 4/19/2019****Greeno Track****Results - CCTF - SCTF - NWUTF TRI****Event 11 Women Hammer Throw**

Name	Year	School	Seed	Finals	Points
1 Fitzgibbons, Maddie		Nebraska Wesleyan	53.18m	49.14m	161-03 7
		47.03m 48.98m 45.07m 49.14m 47.27m FOUL			
2 Morris, Kennedy		Central	47.93m	46.25m	151-09 5
		FOUL 45.50m FOUL 46.25m FOUL FOUL			
3 Dolincheck, Dayton		Nebraska Wesleyan	43.80m	45.20m	148-03 4
		43.63m FOUL 42.36m 45.20m 44.68m 44.30m			
4 Konfrst, Linnaea		Nebraska Wesleyan	44.16m	x44.90m	147-04
		FOUL 42.93m 43.04m 44.90m FOUL FOUL			
5 Burt, Emily		Central	43.84m	43.52m	142-09 3
		41.46m FOUL FOUL 43.52m 39.25m 40.93m			
6 Simpson, Rebecca		Nebraska Wesleyan	40.97m	x42.45m	139-03
		38.40m 42.45m 41.51m FOUL 41.49m FOUL			
7 Smithson, Lillian		Central	40.47m	x38.30m	125-08
		FOUL 36.64m FOUL FOUL 37.22m 38.30m			
8 Langer, Kayla		Nebraska Wesleyan	31.89m	x35.63m	116-11
		33.71m 35.57m 35.63m			
9 Brase, Madison		Nebraska Wesleyan	36.67m	x35.58m	116-09
		FOUL 35.14m 35.58m			
10 Rouse, Aiyana		Central	32.55m	x33.00m	108-03
		33.00m 32.56m FOUL			
11 Stephenson, Madison		Central	32.92m	x32.47m	106-06
		FOUL 32.34m 32.47m			
12 Anderson, Madison		Simpson	23.00m	24.62m	80-09 2
		22.00m FOUL 20.90m 24.43m 24.62m FOUL			
-- De Waard, Kaeleigh		Central	37.50m	FOUL	
		FOUL FOUL FOUL			

**Event 9 Women Discus Throw**

Name	Year	School	Seed	Finals	Points
1 Fitzgibbons, Maddie		Nebraska Wesleyan	44.65m	45.83m	150-04 7
		FOUL 38.74m 45.83m FOUL FOUL FOUL			
2 Konfrst, Linnaea		Nebraska Wesleyan	43.24m	43.34m	142-02 5
		41.09m 41.57m 42.43m 41.52m 41.23m 43.34m			
3 Streit, Gillian		Central	44.25m	42.36m	139-00 4
		38.01m FOUL 40.65m 42.36m 41.41m 41.96m			
4 Morris, Kennedy		Central	43.58m	41.59m	136-05 3
		40.93m FOUL 41.59m 39.49m 41.24m 39.68m			
5 Burt, Emily		Central	39.64m	x38.51m	126-04
		FOUL 32.88m 35.32m 38.51m FOUL FOUL			
6 Fleming, Jaycee		Nebraska Wesleyan	37.58m	x38.13m	125-01
		35.59m 38.13m 35.39m FOUL 37.31m FOUL			
7 Brase, Madison		Nebraska Wesleyan	37.58m	x36.89m	121-00
		36.89m 35.89m 36.53m FOUL FOUL 35.94m			
8 Smithson, Lillian		Central	38.48m	x33.04m	108-05
		FOUL 33.04m 31.36m			



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**....Event 9 Women Discus Throw**

9	Stephenson, Madison	Central	31.56m	x32.46m	106-06	
	28.70m 31.79m 32.46m					
10	Engen, Lexi	Central	32.52m	x28.20m	92-06	
	28.20m FOUL 27.25m					
11	Anderson, Madison	Simpson	27.00m	24.95m	81-10	2
	FOUL 24.68m 24.95m FOUL 22.05m 24.69m					

**Event 10 Men Discus Throw**

Name	Year School	Seed	Finals	Points
1 Pohlmann, Jared	Nebraska Wesleyan	45.15m	47.95m	157-04 7
	47.51m FOUL FOUL 47.95m FOUL FOUL			
2 Baldus, Theo	Central	42.96m	46.24m	151-08 5
	43.56m 40.64m FOUL 46.24m FOUL 41.39m			
3 Striegel, Caleb	Simpson	43.00m	45.89m	150-07 4
	41.68m 45.89m FOUL 41.77m FOUL FOUL			
4 Fitzgerald, Nathan	Central	48.45m	44.66m	146-06 3
	FOUL FOUL 36.95m 43.94m 44.60m 44.66m			
5 Goodman, Charles	Nebraska Wesleyan	45.99m	43.97m	144-03 2
	43.30m 43.25m 43.97m 42.79m FOUL FOUL			
6 Ott, Kyle	Nebraska Wesleyan	40.66m	x43.86m	143-11
	43.86m FOUL FOUL FOUL FOUL 41.79m			
7 Davis, Andrew	Nebraska Wesleyan	42.99m	x40.98m	134-05
	FOUL 40.35m 40.98m 40.19m FOUL 38.72m			
8 Lindgren, Sam	Nebraska Wesleyan	40.79m	x40.93m	134-03
	FOUL 40.93m FOUL			
9 Hellie, Zach	Nebraska Wesleyan	38.69m	x40.71m	133-07
	40.03m FOUL 40.71m			
10 Kammerzell, Andrew	Nebraska Wesleyan	39.41m	x37.00m	121-05
	37.00m FOUL FOUL			
11 Roush, Mac	Simpson	33.00m	32.59m	106-11 1
	30.54m FOUL 32.59m 31.56m 31.69m FOUL			
12 Dietrich, Josh	Simpson	32.00m	x31.76m	104-02
	29.06m 29.69m 31.76m			
13 Lee, Jaxon	Simpson	31.00m	x30.32m	99-06
	FOUL 28.07m 30.32m			
14 Warrick, Connor	Simpson	31.50m	x23.73m	77-10
	23.73m FOUL FOUL			
-- Young, Matthew	Nebraska Wesleyan	22.10m	FOUL	
	FOUL FOUL FOUL			

**Event 7 Women Triple Jump**

Name	Year School	Seed	Finals	Wind	Points
1 Forrester, Holly	Central	11.10m	11.20m	2.5	36-09.00 7
	10.99m(1.6) 11.15m(1.6) 10.88m(0.1) 10.71m(1.4) 10.97m(1.8) 11.20m(2.5)				



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**....Event 7 Women Triple Jump**

2 Gustafson, Macy	Nebraska Wesleyan	11.03m	11.05m	1.0	36-03.00	5
10.89m(1.0) FOUL	11.05m(1.0) 10.59m(1.7)	10.72m(1.2) FOUL				
3 Hoffman, Tessa	Nebraska Wesleyan	10.72m	10.23m	3.7	33-06.75	4
10.23m(3.7) 10.02m(0.7) 9.98m(+0.0)	FOUL	10.10m(3.2)				
4 Beard, Rebekah	Central	10.36m	10.13m	1.6	33-03.00	3
9.88m(3.2) 9.94m(1.7) FOUL FOUL	10.13m(1.6)					
5 Bank, Yuan	Central	10.15m	x9.84m	2.7	32-03.50	
9.47m(3.3) 9.50m(1.2) 9.52m(1.9) 9.48m(1.5)	9.37m(2.0) 9.84m(2.7)					

**Event 8 Men Triple Jump**

Name	Year School	Seed	Finals	Wind	Points
1 Lewis, Brock	Central	13.66m	13.77m	1.3	45-02.25 7
FOUL FOUL	13.77m(1.3) FOUL	13.56m(0.3)			
2 Kose, Lado	Nebraska Wesleyan	12.96m	13.40m	1.1	43-11.75 5
FOUL FOUL	13.40m(1.1) 13.26m(1.4) 13.35m(1.9)	FOUL			
3 Sharp, Tyler	Nebraska Wesleyan	13.50m	13.26m	0.2	43-06.00 4
13.26m(0.2) 12.95m(2.5) 13.07m(1.0) 13.17m(1.9)	12.96m(3.0) 12.91m(1.5)				
4 Porter, Antonio	Nebraska Wesleyan	12.82m	x12.64m	2.0	41-05.75
12.49m(+0.0) FOUL	12.64m(2.0) 12.24m(+0.0) 12.36m(2.7)	12.33m(3.8)			
-- Poppert, Aaron	Nebraska Wesleyan	12.10m	FOUL		
FOUL FOUL FOUL FOUL FOUL	FOUL				

**Event 16 Men Shot Put**

Name	Year School	Seed	Finals	Points
1 Striegel, Caleb	Simpson	15.27m	14.93m	48-11.75 7
13.94m 13.85m 14.38m 14.08m 14.93m 14.42m				
2 Goodman, Charles	Nebraska Wesleyan	15.07m	14.47m	47-05.75 5
14.47m FOUL FOUL FOUL FOUL FOUL				
3 Fitzgerald, Nathan	Central	15.63m	14.34m	47-00.75 4
FOUL 14.34m FOUL FOUL FOUL 13.85m				
4 Lindgren, Sam	Nebraska Wesleyan	15.01m	13.94m	45-09.00 3
FOUL 13.55m 13.57m FOUL 13.94m FOUL				
5 Ott, Kyle	Nebraska Wesleyan	14.21m	x13.29m	43-07.25
12.91m FOUL 13.29m FOUL FOUL 13.15m				
6 Baldus, Theo	Central	12.75m	13.04m	42-09.50 2
11.96m 12.86m 13.04m 11.39m 12.84m FOUL				
7 Graham, David	Nebraska Wesleyan	11.27m	x11.36m	37-03.25
11.36m 11.30m FOUL FOUL FOUL FOUL				
8 Gallardo, Anthony	Nebraska Wesleyan	12.18m	x11.34m	37-02.50
FOUL 11.03m 11.34m				
9 Lee, Jaxon	Simpson	11.00m	11.17m	36-07.75 1
10.95m 11.17m FOUL FOUL 11.00m 10.80m				
10 Warrick, Connor	Simpson	12.00m	x10.75m	35-03.25
10.48m 10.67m 10.75m				



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**....Event 16 Men Shot Put**

11 Dietrich, Josh	Simpson	11.30m	x10.57m	34-08.25
10.57m FOUL 10.36m				
12 Spree, Mason	Simpson	12.00m	x9.97m	32-08.50
FOUL 9.19m 9.97m				

**Event 15 Women Shot Put**

Name	Year School	Seed	Finals	Points
1 Dolincheck, Dayton	Nebraska Wesleyan	14.74m	14.03m	46-00.50 7
13.42m 14.03m 13.73m FOUL 13.49m 13.72m				
2 Burt, Emily	Central	13.53m	12.78m	41-11.25 5
FOUL FOUL 11.94m 12.78m FOUL FOUL				
3 Fitzgibbons, Maddie	Nebraska Wesleyan	12.06m	12.02m	39-05.25 4
11.46m FOUL 11.94m 11.98m FOUL 12.02m				
4 Fleming, Jaycee	Nebraska Wesleyan	12.79m	x11.97m	39-03.25
FOUL FOUL 11.97m FOUL FOUL FOUL				
5 Konfrst, Linnaea	Nebraska Wesleyan	12.17m	x11.61m	38-01.25
11.13m 11.27m FOUL FOUL 11.09m 11.61m				
6 Simpson, Rebecca	Nebraska Wesleyan	12.19m	x11.61m	38-01.25
11.61m FOUL FOUL FOUL FOUL FOUL				
7 De Waard, Kaeleigh	Central	12.40m	11.39m	37-04.50 3
11.39m 11.39m FOUL 11.04m 10.90m FOUL				
8 Engen, Lexi	Central	9.94m	x9.86m	32-04.25
9.85m 9.51m 9.86m				
9 Rouse, Aiyana	Central	9.81m	x8.22m	26-11.75
FOUL 7.93m 8.22m				
10 Anderson, Madison	Simpson	9.00m	7.99m	26-02.75 2
7.20m 7.45m 6.67m 7.20m 7.99m 7.74m				

**Event 13 Women Javelin Throw**

Name	Year School	Seed	Finals	Points
1 Simpson, Rebecca	Nebraska Wesleyan	34.52m	36.60m	120-01 7
32.51m 33.08m 32.93m 33.62m 30.79m 36.60m				
2 Wisnieski, Lindsey	Nebraska Wesleyan	36.69m	32.41m	106-04 5
32.17m 30.62m 32.41m FOUL FOUL FOUL				
3 Morris, Kennedy	Central	35.06m	29.08m	95-05 4
FOUL 23.29m 29.08m FOUL FOUL FOUL				
4 Zumpfe, Carsyn	Nebraska Wesleyan	30.54m	x28.56m	93-08
25.18m 2.17m 26.52m FOUL FOUL 28.56m				
5 Larson, Krissa	Central	31.09m	28.36m	93-00 3
28.36m 26.82m 26.49m 26.51m 26.39m 27.66m				
6 Engen, Lexi	Central	25.33m	x25.93m	85-01
23.71m 23.22m 24.72m 22.87m 25.37m 25.93m				



**2019 Central NWU Simpson Triangular - 4/19/2019****Greeno Track****Results - CCTF - SCTF - NWUTF TRI****Event 14 Men Javelin Throw**

Name	Year	School	Seed	Finals	Points	
1 Dietrich, Josh		Simpson	54.00m	50.64m	166-02 7	
	50.05m	50.64m	48.01m	46.60m	48.25m	49.88m
2 Proby, Jarrett		Nebraska Wesleyan	46.06m	50.03m	164-02 5	
	50.03m	FOUL	48.97m	FOUL	43.65m	FOUL
3 Davis, Andrew		Nebraska Wesleyan	45.15m	48.32m	158-06 4	
	48.32m	FOUL	40.49m	40.44m	FOUL	37.03m
4 Polk, Jordan		Nebraska Wesleyan	45.37m	x46.03m	151-00	
	46.03m	41.54m	FOUL	FOUL	37.63m	42.44m
5 Johnson, Tanner		Central	44.22m	45.92m	150-08 3	
	45.92m	42.23m	FOUL			
6 Warrick, Connor		Simpson	46.00m	43.61m	143-01 2	
	42.74m	43.61m	41.44m	39.13m	40.84m	42.87m
7 Fitzgerald, Nathan		Central	50.98m	42.23m	138-06 1	
	40.01m	42.23m	38.71m			
8 Kammerzell, Andrew		Nebraska Wesleyan	45.08m	x41.73m	136-11	
	40.26m	41.73m	FOUL	40.88m	FOUL	FOUL
9 Jennings, Caleb		Central	44.09m	x40.15m	131-09	
	36.78m	40.15m	FOUL			
10 Thompson, Nick		Central		x39.18m	128-06	
	39.18m	32.41m	36.51m			
11 Pavlat, Luke		Central	35.62m	x37.04m	121-06	
	34.67m	33.15m	32.04m	35.81m	37.04m	32.79m
12 Roush, Mac		Simpson	35.00m	x36.78m	120-08	
	32.25m	33.85m	34.17m	34.62m	FOUL	36.78m
13 Lee, Jaxon		Simpson	36.00m	x34.10m	111-10	
	33.68m	34.10m	33.51m			

**Event 17 Women 3000 Meter Steeplechase**

Name	Year	School	Seed	Finals	Points
1 Murano, Katie		Simpson	13:25.00	12:35.11	7
2 Lucht, Cat		Simpson	13:25.00	12:54.11	5

**Event 18 Men 3000 Meter Steeplechase**

Name	Year	School	Seed	Finals	Points
1 Fopma, Jeremy		Central	9:49.00	9:37.47	7
2 Simpson, Clay		Nebraska Wesleyan	9:43.60	9:40.15	5
3 Facio, Jonathan		Simpson	9:45.00	9:46.01	4
4 Sunvold, Daniel		Central	9:45.00	9:52.13	3
5 Courtney, Ryan		Simpson	10:00.00	10:00.03	2
6 Owens, Cutler		Central	9:55.00	x10:12.39	
7 Decker, Preston		Nebraska Wesleyan		10:19.57	1
8 Baker, Anthony		Nebraska Wesleyan	11:24.45	x11:05.29	





**2019 Central NWU Simpson Triangular - 4/19/2019****Greeno Track****Results - CCTF - SCTF - NWUTF TRI****Event 19 Women 4x100 Meter Relay**

School	Seed	Finals	Points
1 Nebraska Wesleyan 'A'	47.56	48.78	7
1) Wisnieski, Lindsey			
3) Daniel, Alexandra			
2 Central 'A'	50.30	50.21	5
1) Woods, Allyson			
3) Christopher, Sarah			
3 Simpson 'A'	51.70	51.99	4
1) James, MacKenzie			
3) Nolting, Sarah			
-- Simpson 'B'	53.00	DNF	
1) Noibi, Kia			
3) Niyigena, Delefine			
2) Frazier, Anna			
4) Rolfes, Aspen			
2) Forrester, Holly			
4) Miller, Lynzie			
2) Mangold, Katelyn			
4) Juni, Kamryn			
2) Swarthout, Luci			
4) Owens, Jaycie			

**Event 20 Men 4x100 Meter Relay**

School	Seed	Finals	Points
1 Simpson 'A'	42.00	42.32	7
1) Tupper, Travis			
3) Vittetoe, Troy			
2 Nebraska Wesleyan 'A'	42.44	42.67	5
1) Mamer, Mamer			
3) Porter, Antonio			
3 Central 'A'	43.61	43.88	4
1) Jennings, Caleb			
3) Tryon, Carter			
4 Simpson 'B'	44.00	x45.02	
1) Fricke, Carter			
3) Jacoby, Terrhyn			
2) Garrison, Craig			
4) Wicks, Kirk			
2) Keller, Chase			
4) Winter, Matt			
2) Lewis, Brock			
4) Suedmeier, Cory			
2) Dredge, Tyler			
4) Berkey, Carter			

**Event 21 Women 1500 Meter Run**

Name	Year School	Seed	Finals	Points
1 Hegemann, Hanna	Nebraska Wesleyan	4:49.08	4:49.88	7
2 Beiermann, Ellie	Nebraska Wesleyan	4:53.87	4:54.27	5
3 Larsen, Camryn	Nebraska Wesleyan	4:54.55	x4:57.02	
4 Bahe, Rylee	Nebraska Wesleyan	5:01.69	x5:14.53	
5 May, Nicole	Central	5:34.00	5:23.96	4
6 Wood, Mary	Simpson	5:15.00	5:24.31	3
7 Steffensmeier, Sarah	Central	5:15.00	5:26.86	2
8 Buchheit, Emily	Simpson	5:25.00	5:34.00	1
9 Brainard, Rebekah	Simpson	6:15.00	x6:20.85	



**2019 Central NWU Simpson Triangular - 4/19/2019****Greeno Track****Results - CCTF - SCTF - NWUTF TRI****Event 22 Men 1500 Meter Run**

Name	Year School	Seed	Finals	Points
1 Vasquez, Andy	Nebraska Wesleyan	4:00.79	4:06.59	7
2 Kawula, David	Nebraska Wesleyan		4:14.50	5
3 Nostrala, Seth	Simpson	4:12.75	4:15.44	4
4 Sanders, Nate	Central	4:10.00	4:15.66	3
5 Pfiffner, Austin	Central	4:21.00	4:20.65	2
6 Hill, Parker	Central	4:10.00	x4:22.15	
7 Heffernan, Rylan	Central	4:25.00	x4:26.60	
8 Lamparek, Ben	Central	4:18.00	x4:34.02	
9 Garcia, Alex	Central	4:45.00	x4:40.74	

**Event 23 Women 100 Meter Hurdles**

Name	Year School	Seed	Finals	Wind	Points
1 Gustafson, Macy	Nebraska Wesleyan	15.64	15.37	3.2	7
2 Burgardt, Whitney	Central	16.04	16.79	3.2	5
3 Larson, Krissa	Central	17.11	16.92	3.2	4
4 Niyigena, Delefine	Simpson	17.00	17.09	3.2	3

**Event 24 Men 110 Meter Hurdles**

Name	Year School	Seed	Finals	Wind	H#	Points
1 Hennerberg, Reese	Nebraska Wesleyan	15.19	15.47	1.6	2	7
2 Greenwalt, Austin	Simpson	15.50	15.66	1.6	2	5
3 Radziunas, James	Nebraska Wesleyan	15.58	15.67	1.6	2	4
4 Lewis, Drake	Central	16.05	16.05	1.6	2	3
5 Devenuto, Danny	Central	16.37	16.17	1.6	2	2
6 Williams, Tyler	Simpson	16.50	16.75	1.2	1	1
7 Harris, Jakob	Nebraska Wesleyan	16.61	x17.52	1.2	1	

**Event 25 Women 400 Meter Dash**

Name	Year School	Seed	Finals	Points
1 Allen, Abigail	Nebraska Wesleyan	58.56	58.90	7
2 Gines, Devine	Nebraska Wesleyan	59.26	59.06	5
3 Christopher, Sarah	Central	1:01.00	1:04.08	4
4 Owens, Jaycie	Simpson	1:04.00	1:06.08	3

**Event 26 Men 400 Meter Dash**

Name	Year School	Seed	Finals	H#	Points
1 Merical, Michael	Nebraska Wesleyan	49.34	50.03	2	7
2 Wicks, Kirk	Simpson	50.40	50.60	2	5
3 Wetterling, Chase	Simpson	50.50	50.85	2	4



**2019 Central NWU Simpson Triangular - 4/19/2019****Greeno Track****Results - CCTF - SCTF - NWUTF TRI****....Event 26 Men 400 Meter Dash**

4	Coughenour, Jordan	Simpson	50.90	x50.99	2	
5	Wheatley, Emmitt	Simpson	51.00	x51.17	2	
6	Cruz-Castro, Steve	Simpson	52.20	x51.25	1	
7	Scott, Angelou	Nebraska Wesleyan	54.13	53.74	1	3
8	McIntosh, Brode	Nebraska Wesleyan	54.65	x54.07	1	
9	Robinson, Struje	Nebraska Wesleyan	54.82	x55.13	1	

**Event 27 Women 100 Meter Dash**

Name	Year	School	Seed	Finals	Wind	Points
1	Wisnieski, Lindsey	Nebraska Wesleyan	12.66	12.45	2.7	7
2	Woods, Allyson	Central	12.66	12.79	2.7	5
3	James, MacKenzie	Simpson	13.02	13.00	2.7	4
4	Nolting, Sarah	Simpson	13.56	13.38	2.7	3
5	Luhring, Landry	Central		13.81	2.7	2
6	Thomas, Corinne	Simpson	13.90	x14.16	2.7	
7	Burgardt, Whitney	Central	13.87	x14.58	2.7	

**Event 28 Men 100 Meter Dash**

Name	Year	School	Seed	Finals	Wind	H#	Points
1	Garrison, Craig	Simpson	11.01	11.05	0.5	2	7
2	Tupper, Travis	Simpson	11.00	11.18	0.5	2	5
3	Porter, Antonio	Nebraska Wesleyan	11.41	11.23	1.6	1	4
4	Vittetoe, Troy	Simpson	11.18	x11.34	0.5	2	
5	Berkey, Carter	Simpson	11.43	x11.35	1.6	1	
6	Jacoby, Terrhyn	Simpson	11.28	x11.42	0.5	2	
7	Dredge, Tyler	Simpson	11.89	x11.68	1.6	1	
8	Dick, Jacob	Central		11.96	1.6	1	3
9	Rew, Brian	Simpson	11.92	x12.00	1.6	1	
10	Thompson, Nick	Central	12.16	12.10	1.6	1	2
11	Smith, Taylor	Central	12.23	x12.55	1.6	1	

**Event 29 Women 800 Meter Run**

Name	Year	School	Seed	Finals	H#	Points
1	Janzen, Reagan	Nebraska Wesleyan	2:24.39	2:23.37	2	7
2	Bahe, Madi	Nebraska Wesleyan	2:22.74	2:24.07	2	5
3	Hegemann, Hanna	Nebraska Wesleyan		x2:25.55	2	
4	Loecke, Abby	Simpson	2:27.25	2:27.16	2	4
5	Circo, Erin	Nebraska Wesleyan	2:27.73	x2:29.50	2	
6	Hunke, Madelyn	Nebraska Wesleyan	2:28.50	x2:29.89	2	
7	McLuen, Allie	Nebraska Wesleyan	2:25.80	x2:30.88	2	
8	Orr, Kyli	Simpson	2:33.25	2:33.61	1	3
9	Soupir, Madelyn	Central	2:38.30	2:34.17	1	2
10	Nelson, Mary	Simpson	2:38.50	x2:39.91	1	



**2019 Central NWU Simpson Triangular - 4/19/2019****Greeno Track****Results - CCTF - SCTF - NWUTF TRI****...Event 29 Women 800 Meter Run**

11 Pavelka, Amber	Nebraska Wesleyan	2:37.54	x2:48.04	1	
12 Steffensmeier, Sarah	Central	2:28.00	2:51.47	2	1
13 Carson, Jenna	Nebraska Wesleyan		x2:54.46	1	
14 Striegel, Elyse	Central	3:30.00	x3:47.97	1	

**Event 30 Men 800 Meter Run**

Name	Year School	Seed	Finals	H#	Points
1 Williams, Bryson	Nebraska Wesleyan	1:59.09	1:59.48	3	7
2 Combs, Tyler	Simpson	1:58.50	2:00.24	3	5
3 Lott, Magwire	Nebraska Wesleyan	2:00.79	2:00.47	3	4
4 Taubenheim, Tyler	Nebraska Wesleyan		x2:01.78	2	
5 Christen, Holden	Nebraska Wesleyan	2:01.52	x2:01.88	3	
6 Fopma, Jeremy	Central	2:00.00	2:04.58	3	3
7 Hill, Parker	Central	2:03.00	2:04.68	3	2
8 Groepper, Grayson	Simpson	2:04.50	2:05.12	2	1
9 Lefebure, Levi	Simpson	2:00.75	x2:05.46	3	
10 Sanders, Nate	Central	2:07.00	x2:05.99	2	
11 Pfiffner, Austin	Central	2:08.00	x2:06.89	2	
12 Sunvold, Daniel	Central	2:06.00	x2:07.94	2	
13 Baldwin, Jordan	Simpson	2:08.00	x2:10.11	1	
14 Jacobson, Cole	Simpson	2:09.00	x2:10.72	1	
15 Lotz, Jerry	Central	2:07.00	x2:12.94	2	
16 Owens, Cutler	Central	2:08.00	x2:13.99	1	
17 Garcia, Alex	Central	2:12.00	x2:16.60	1	
18 Huffman, KC	Central	2:25.00	x2:37.20	1	

**Event 31 Women 400 Meter Hurdles**

Name	Year School	Seed	Finals	Points
1 Mangold, Katelyn	Simpson	1:03.90	1:06.00	7
2 Miller, Lynzie	Central	1:06.91	1:07.06	5
3 Swarthout, Luci	Simpson	1:11.00	1:11.95	4
4 Hall, Sophie	Simpson	1:13.00	x1:13.93	
5 Rindone, Teylor	Central		1:15.93	3
6 Niyigena, Delefine	Simpson	1:15.00	x1:17.95	

**Event 32 Men 400 Meter Hurdles**

Name	Year School	Seed	Finals	Points
1 Greenwalt, Austin	Simpson	56.40	57.13	7
2 Radziunas, James	Nebraska Wesleyan	58.88	57.92	5
3 Tryon, Carter	Central	57.72	58.41	4
4 Wemhoff, Luke	Nebraska Wesleyan	59.60	59.85	3
5 Williams, Tyler	Simpson	59.90	1:02.12	2



**2019 Central NWU Simpson Triangular - 4/19/2019****Greeno Track****Results - CCTF - SCTF - NWUTF TRI****Event 33 Women 200 Meter Dash**

Name	Year	School	Seed	Finals	Wind	H#	Points
1 Rolfes, Aspen		Nebraska Wesleyan	24.90	24.82	1.4	3	7
2 Jones, Kaylee		Nebraska Wesleyan	25.42	25.29	1.4	3	5
3 Frazier, Anna		Nebraska Wesleyan	25.23	x26.01	1.4	3	
4 Woods, Allyson		Central	26.63	26.57	1.4	3	4
5 Larson, Krissa		Central	27.26	27.15	1.8	2	3
6 James, MacKenzie		Simpson	26.98	27.20	1.4	3	2
7 Juni, Kamryn		Simpson	27.70	27.52	1.8	2	1
8 Badami, Olivia		Nebraska Wesleyan	28.13	x27.60	1.8	2	
9 Benson, Haleigh		Nebraska Wesleyan		x27.86	2.1	1	
10 Beard, Rebekah		Central	29.26	x28.37	2.1	1	
11 Luhring, Landry		Central	29.79	x28.57	2.1	1	
12 Geiken, Andie		Nebraska Wesleyan	29.13	x28.64	2.1	1	
13 Thomas, Corinne		Simpson	29.80	x29.83	2.1	1	

**Event 34 Men 200 Meter Dash**

Name	Year	School	Seed	Finals	Wind	H#	Points
1 Vittetoe, Troy		Simpson	22.16	22.71	0.2	3	7
2 Mamer, Mamer		Nebraska Wesleyan	21.61	22.84	0.2	3	5
3 Christenson, Ben		Nebraska Wesleyan	22.52	22.98	0.2	3	4
4 Dickinson, Kyle		Nebraska Wesleyan	23.30	x23.02	1.0	2	
5 Suedmeier, Cory		Central	22.91	23.12	0.2	3	3 23.116
6 Winter, Matt		Nebraska Wesleyan	22.87	x23.12	0.2	3	23.120
7 Jacoby, Terrhyn		Simpson	23.35	23.47	1.0	2	2
8 Dredge, Tyler		Simpson	23.95	x23.96	1.0	2	
9 Ohnoutka, Travis		Nebraska Wesleyan	23.34	x23.97	1.0	2	
10 McIntosh, Brode		Nebraska Wesleyan	23.88	x23.98	1.0	2	
11 Dick, Jacob		Central		24.31	1.3	1	1
12 Scott, Angelou		Nebraska Wesleyan	24.59	x24.36	1.3	1	
13 Pham, Wesley		Nebraska Wesleyan	26.84	x26.19	1.3	1	

**Event 35 Women 3000 Meter Run**

Name	Year	School	Seed	Finals	Points
1 Awtry, Hannah		Nebraska Wesleyan	10:28.90	10:43.47	7
2 Brtek, Taylor		Nebraska Wesleyan	10:56.77	10:44.64	5
3 Treffer, Leah		Nebraska Wesleyan	11:08.67	x11:21.79	
4 Donner, Brittney		Nebraska Wesleyan	11:35.47	x11:45.97	
5 Willadsen, Kaylee		Simpson	11:30.25	11:56.21	4
6 Thelen, MacLaine		Nebraska Wesleyan	11:20.60	x12:01.38	
7 Fox, Kate		Nebraska Wesleyan	11:49.42	x12:38.47	
8 Derrick, Kate		Simpson	11:45.00	12:40.50	3
9 Dally, Rayanne		Central	12:25.00	13:00.51	2
10 Murray, Jenna		Central	12:35.00	13:16.75	1



**2019 Central NWU Simpson Triangular - 4/19/2019****Greeno Track****Results - CCTF - SCTF - NWUTF TRI****Event 36 Men 3000 Meter Run**

Name	Year School	Seed	Finals	Points
1 Vasquez, Andy	Nebraska Wesleyan	8:59.15	8:56.83	7
2 Seuferer, Bryant	Central	8:55.00	8:58.81	5
3 Billheimer, Cale	Simpson	9:15.00	9:11.81	4
4 Sabala, Easton	Central	8:55.00	9:13.25	3
5 Egeland, Logan	Simpson	9:10.00	9:13.58	2
6 Seibel, Trey	Nebraska Wesleyan		9:15.06	1
7 Wallace, Brycen	Central	9:15.00	x9:17.03	
8 Pennell, Pierce	Nebraska Wesleyan	9:36.00	x9:24.58	
9 Falkinburg, Hayden	Nebraska Wesleyan	9:19.07	x9:26.13	
10 Evans, Luke	Simpson	9:15.00	x9:29.71	
11 Frazier, Joe	Nebraska Wesleyan	9:18.83	x9:30.93	
12 Weist, Kaleb	Nebraska Wesleyan	9:34.37	x9:31.22	
13 Muur, Mason	Central	9:35.00	x9:32.30	
14 Miller, Eli	Central	9:35.00	x9:34.71	
15 Gorkow, Patrick	Central		x9:37.86	
16 Kawula, Jonathan	Nebraska Wesleyan	9:36.89	x9:37.98	
17 Finer, Ryan	Simpson	9:25.00	x9:43.36	
18 Carter, Chad	Simpson	9:25.00	x9:44.27	
19 Krick, Anthony	Nebraska Wesleyan	9:42.27	x9:57.42	
20 Coles, Cameron	Central	10:40.00	x10:24.69	
21 Thomson, Colin	Central	9:55.00	x11:24.81	

**Event 37 Women 4x400 Meter Relay**

School	Seed	Finals	Points
1 Nebraska Wesleyan 'A'	4:00.00	4:07.34	7
1) Badami, Olivia			
2) Bahe, Rylee			
3) Janzen, Reagan			
4) Larsen, Camryn			
2 Nebraska Wesleyan 'B'		x4:17.82	
1) Circo, Erin			
2) Hunke, Madelyn			
3) McLuen, Allie			
4) Hegemann, Hanna			
3 Central 'A'	4:04.00	4:18.88	5
1) Woods, Allyson			
2) Davies, Ciara			
3) Christopher, Sarah			
4) Miller, Lynzie			
4 Simpson 'A'	4:12.00	4:35.00	4
1) Mangold, Katelyn			
2) Klein, Audrey			
3) Lucht, Cat			
4) Loecke, Abby			

**Event 38 Men 4x400 Meter Relay**

School	Seed	Finals	Points
1 Simpson 'A'	3:22.00	3:19.52	7
1) Wetterling, Chase			
2) Tupper, Travis			
3) Garrison, Craig			
4) Wicks, Kirk			
2 Nebraska Wesleyan 'A'	3:22.00	3:20.84	5



**2019 Central NWU Simpson Triangular - 4/19/2019**

**Greeno Track**

**Results - CCTF - SCTF - NWUTF TRI**

**....Event 38 Men 4x400 Meter Relay**

1) Mercial, Michael	2) Christenson, Ben		
3) Thimm, Marcus	4) Dickinson, Kyle		
3 Simpson 'B'		3:30.00	x3:30.06
1) Cruz-Castro, Steve	2) Fricke, Carter		
3) Combs, Tyler	4) Paulson, Josh		
4 Central 'A'		3:22.00	3:32.29 4
1) Jennings, Caleb	2) Heffernan, Rylan		
3) Tryon, Carter	4) Suedmeier, Cory		

=====  
 Women - Team Rankings - 19 Events Scored  
 =====

1) Nebraska Wesleyan	176	2) Central	112
3) Simpson	81		

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 Men - Team Rankings - 19 Events Scored  
 =====

1) Nebraska Wesleyan	163	2) Simpson	115
3) Central	106		

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 Combined Team Scores - 38 Events Scored  
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1) Nebraska Wesleyan	339	2) Central	218
3) Simpson	196		

