2022 NJCAA Region XI Track and Field Championships

Black Squirrel Timing - 5/7/2022 to 5/8/2022

Iowa Western Community College

Results

Event 1 Women 100 Meter Dash

A Standard: A 12.04
REG XI: R 11.61 2021 Tirecia Walcott, Iowa Western

	Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries							
1	Tirecia Walcott	FR	Iowa Western CC	11.48	A 11.68q	1.1	1
2	Kayla McCray	FR	Indian Hills CC	11.49	A 11.74q	0.9	2
3	Victory George	FR	Iowa Western CC		12.13q	0.9	2
4	Marquetta Berlin-Burns	FR	Iowa Western CC	12.08	12.23q	0.9	2
5	Adeyah Brewster	FR	Iowa Central CC	12.30	12.23q	1.1	1
6	Mattie Janssen	FR	Hawkeye CC	12.36	12.47q	0.9	2
7	Alisha Thomas	FR	Iowa Central CC	12.52	12.51q	1.1	1
8	Kimeisha Star	SO	Indian Hills CC	12.41	12.60q	0.9	2
9	Jenna Hummell	SO	Hawkeye CC	12.12	12.65	1.1	1
10	Elizabeth Gibson	FR	Iowa Central CC	12.85	12.79	1.1	1
11	Maci Freund	FR	Hawkeye CC		12.98	0.9	2
12	Katyrra Peck	FR	North Iowa Area CC	13.11	13.15	0.9	2
13	Koto Imahori	FR	Iowa Central CC	13.43	13.24	0.9	2
14	Calista Polk	SO	North Iowa Area CC	14.89	14.24	1.1	1

Event 1 Women 100 Meter Dash

A Standard: A 12.04
REG XI: R 11.61 2021 Tirecia Walcott, Iowa Western

	Name	Year	School	Prelims	Finals	Wind	Points
Finals							
1	Tirecia Walcott	FR	Iowa Western CC	11.68	11.67A	0.5	10
2	Kayla McCray	FR	Indian Hills CC	11.74	11.85A	0.5	8
3	Victory George	FR	Iowa Western CC	12.13	12.09	0.5	6
4	Marquetta Berlin-Burns	FR	Iowa Western CC	12.23	12.25	0.5	5
5	Alisha Thomas	FR	Iowa Central CC	12.51	12.36	0.5	4
6	Kimeisha Star	SO	Indian Hills CC	12.60	12.40	0.5	3
7	Mattie Janssen	FR	Hawkeye CC	12.47	12.61	0.5	2

Event 2 Men 100 Meter Dash

A Standard: A 10.55
REG XI: R 10.18 2016 Eli Minor, Iowa Central

	Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries							
1	Justin Walden	SO	Indian Hills CC	10.37	A 10.37q	1.3	5
2	Tinashe Chigudu	SO	North Iowa Area CC	10.37	A 10.43q	1.4	1
3	Aurel Tchanbi	SO	Indian Hills CC	10.27	A 10.46q	0.9	4
4	Ray Talbert	SO	Hawkeye CC	10.62	10.56q	1.3	5
5	Isiah Thomas	SO	Indian Hills CC	10.39	10.60q	0.6	3
6	Damoy Allen	SO	Indian Hills CC	10.35	10.63q	2.4	2
7	D'Eric Smith	FR	Indian Hills CC	10.54	10.63q	0.9	6
8	Hayden Cobbs	SO	Iowa Central CC	10.76	10.65q	0.9	4
9	Ebiye Ogoun	FR	Iowa Western CC	10.72	10.68	2.4	2
10	Bernard Bell	FR	North Iowa Area CC	11.02	10.70	1.4	1
11	Justin Cunningham	FR	Southwestern CC	10.78	10.78	2.4	2
12	Roland Hure	SO	Southwestern CC	10.77	10.78	0.9	4

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13	Titus Jackson	SO	North Iowa Area CC	11.23	10.79	1.3	5
14	Davion Williams	FR	Iowa Western CC	10.95	10.80	0.9	6
15	Micah Manning	FR	Iowa Western CC		10.81	1.4	1
16	Kenson Thomas	FR	Iowa Central CC	10.92	10.82	0.9	6
17	Keegan Thompson	FR	Hawkeye CC	10.69	10.86	1.4	1
18	Trystan Beckett	SO	Indian Hills CC	10.89	10.88	0.6	3
19	Max Azor	FR	Iowa Western CC	11.01	10.89	1.3	5
20	Sam Thomas	FR	Indian Hills CC	11.04	10.97	2.4	2
21	Jude Murray	FR	Iowa Western CC	11.05	10.98	0.9	4
22	Marreion Marks	FR	Iowa Central CC	11.08	11.00	2.4	2
23	Terrance Summers	FR	Iowa Western CC	11.27	11.02	0.6	3
24	Micheal Moore	SO	North Iowa Area CC	10.81	11.14	1.3	5
25	Braden Powers	FR	North Iowa Area CC	11.11	11.17	1.4	1
26	Lucas Woodside	FR	Southeastern CC	10.79	11.32	1.4	1
27	Kemarri Stewart	FR	Indian Hills CC	10.52	11.32	0.9	6
28	Darien Clayborne	FR	Iowa Central CC	11.53	11.36	0.9	6
29	Jeron Shaw	FR	Hawkeye CC	11.01	11.55	0.6	3
30	Michael Mosena	FR	Southeastern CC		11.56	1.3	5
31	Edgar Tapia	SO	Hawkeye CC		11.58	0.9	4
32	Jacob French	FR	Southwestern CC	12.01	11.66	2.4	2
33	Orlando Vivians	FR	Hawkeye CC	11.95	11.89	1.3	5
34	Quentrevion Campbell	SO	North Iowa Area CC		11.98	2.4	2
35	Kadin Jepson	FR	Iowa Central CC	11.98	12.16	1.4	1
36	Heath Wyant	SO	Hawkeye CC	11.76	12.22	0.9	6
37	Renajid Kajtezovic	SO	Hawkeye CC	12.29	12.41	0.9	4
38	Sanchez Redden	FR	North Iowa Area CC	11.05	16.22	0.9	4
--	Tajean Houston	FR	Iowa Western CC		DNF	0.6	3

Event 2 Men 100 Meter Dash

A Standard: A 10.55

REG XI: R 10.18 2016 Eli Minor, Iowa Central

	Name	Year	School	Prelims	Finals	Wind	Points	
Finals								
1	Justin Walden	SO	Indian Hills CC	10.37	10.37A	0.7	10	10.363
2	Tinashe Chigudu	SO	North Iowa Area CC	10.43	10.37A	0.7	8	10.364
3	Isiah Thomas	SO	Indian Hills CC	10.60	10.42A	0.7	6	
4	Aurel Tchanbi	SO	Indian Hills CC	10.46	10.44A	0.7	5	
5	Hayden Cobbs	SO	Iowa Central CC	10.65	10.61	0.7	4	
6	Bernard Bell	FR	North Iowa Area CC	10.70	10.71	0.7	3	
7	Ebiye Ogoun	FR	Iowa Western CC	10.68	10.76	0.7	2	
8	Ray Talbert	SO	Hawkeye CC	10.56	11.15	0.7	1	

Event 3 Women 200 Meter Dash

A Standard: A 24.58

REG XI: R 23.33 2021 Nickisha Pryce, Iowa Western

	Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries							
1	Tirecia Walcott	FR	Iowa Western CC	25.07	A 23.75q	1.8	1
2	Kayla McCray	FR	Indian Hills CC	24.09	A 24.00q	1.8	1
3	Kahliyah Anderson	SO	Indian Hills CC	24.16	A 24.42q	1.4	3

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....Event 3 Women 200 Meter Dash

4	Britney Brown	FR	Iowa Central CC	25.40	24.81q	1.8	2
5	Nikiwe Mongwe	FR	Iowa Central CC	24.91	24.94q	1.4	3
6	Temira Goods	SO	Indian Hills CC	25.76	25.26q	1.4	3
7	Aimaya Drummond	SO	Indian Hills CC	25.09	25.29q	1.8	2
8	Ja'Dashia Catlin	FR	Indian Hills CC	25.77	25.59q	1.8	2
9	Jenna Hummell	SO	Hawkeye CC	25.47	25.74	1.8	1
10	Mattie Janssen	FR	Hawkeye CC	26.37	25.78	1.8	1
11	Jurnie Hemsley	FR	Southeastern CC	26.70	26.06	1.4	3
12	Alisha Thomas	FR	Iowa Central CC	26.11	26.09	1.8	2
13	Kimeisha Star	SO	Indian Hills CC	25.65	26.45	1.4	3
14	Maci Freund	FR	Hawkeye CC	27.42	26.82	1.8	1
15	Koto Imahori	FR	Iowa Central CC	27.78	27.37	1.8	2
16	Katyrra Peck	FR	North Iowa Area CC	27.33	27.69	1.4	3
--	Nickisha Pryce	FR	Iowa Western CC	23.87	FS	1.8	2
--	Marquetta Berlin-Burns	FR	Iowa Western CC		FS	1.4	3

Event 3 Women 200 Meter Dash

A Standard: A 24.58
REG XI: R 23.33 2021 Nickisha Pryce, Iowa Western

	Name	Year	School	Prelims	Finals	Wind	Points
Finals							
1	Tirecia Walcott	FR	Iowa Western CC	23.75	23.93A	0.9	10
2	Kahliyah Anderson	SO	Indian Hills CC	24.42	24.63	0.9	8
3	Britney Brown	FR	Iowa Central CC	24.81	24.83	0.9	6
4	Kayla McCray	FR	Indian Hills CC	24.00	24.86	0.9	5
5	Nikiwe Mongwe	FR	Iowa Central CC	24.94	24.96	0.9	4
6	Temira Goods	SO	Indian Hills CC	25.26	25.42	0.9	3
7	Mattie Janssen	FR	Hawkeye CC	25.78	26.19	0.9	2
8	Jenna Hummell	SO	Hawkeye CC	25.74	26.65	0.9	1

Event 4 Men 200 Meter Dash

A Standard: A 21.36
REG XI: R 20.56 2018 Phemelo Matlhabe, Iowa Central

	Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries							
1	Tinashe Chigudu	SO	North Iowa Area CC	21.29	A 20.86q	0.3	3
2	Tahj Hamm	FR	Iowa Western CC		A 21.00q	0.3	3
3	Andrew Brown	FR	Iowa Western CC		A 21.11q	1.6	6
4	Damoy Allen	SO	Indian Hills CC	21.37	A 21.14q	0.9	1
5	Kendrick Winfield	SO	Indian Hills CC	21.35	A 21.16q	1.6	6
6	Justin Walden	SO	Indian Hills CC	21.18	A 21.22q	0.6	5
7	Blake Osborn	SO	Hawkeye CC	21.46	21.51q	1.3	7
8	Hayden Cobbs	SO	Iowa Central CC	22.01	21.65q	0.6	5
9	D'Eric Smith	FR	Indian Hills CC	21.56	21.67	1.7	4
10	Bernard Bell	FR	North Iowa Area CC	22.07	21.68	0.3	3
11	Connor Belken	SO	Hawkeye CC	21.50	21.74	3.4	2
12	Titus Jackson	SO	North Iowa Area CC	22.30	21.75	0.9	1
13	Trystan Beckett	SO	Indian Hills CC	22.12	21.81	1.3	7
14	Sydney Peal	FR	Indian Hills CC	21.82	21.82	1.3	7
15	Sam Thomas	FR	Indian Hills CC	21.92	21.87	0.9	1

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....Event 4 Men 200 Meter Dash

16	Dorian Craven	SO	Indian Hills CC	22.13	21.96	1.7	4	
17	Keegan Thompson	FR	Hawkeye CC	21.94	21.97	0.3	3	
18	Kylen Crosby	FR	Indian Hills CC	22.23	22.07	1.7	4	
19	Justin Cunningham	FR	Southwestern CC	22.37	22.27	1.6	6	
20	Max Azor	FR	Iowa Western CC	22.30	22.32	1.3	7	
21	Kenson Thomas	FR	Iowa Central CC	22.27	22.45	3.4	2	
22	Jacob Jensen	SO	Hawkeye CC	21.94	22.48	0.6	5	22.478
23	Robert Norton	FR	Southwestern CC	22.94	22.48	1.6	6	22.479
24	Jeron Shaw	FR	Hawkeye CC	21.93	22.57	1.6	6	
25	Marreion Marks	FR	Iowa Central CC	22.77	22.69	0.3	3	
26	Braden Powers	FR	North Iowa Area CC	22.51	22.73	0.6	5	
27	Edgar Tapia	SO	Hawkeye CC	23.78	22.90	1.7	4	
28	Isaac Vaske	FR	Hawkeye CC	23.25	23.29	3.4	2	
29	Lucas Woodside	FR	Southeastern CC	22.47	23.39	0.3	3	
30	Ray Talbert	SO	Hawkeye CC	21.71	23.43	1.7	4	
31	Michael Mosena	FR	Southeastern CC	23.14	23.60	0.9	1	
32	Heath Wyant	SO	Hawkeye CC	23.77	23.72	1.7	4	
33	Jacob French	FR	Southwestern CC	23.83	23.77	1.3	7	
34	Quentin Schnieder	FR	Southeastern CC	23.99	23.78	1.6	6	
35	Antonio Burton	SO	Iowa Central CC	24.08	23.83	0.6	5	
36	Ahmed Fofana	FR	Southwestern CC	23.97	23.99	0.9	1	
37	Samori Dobson	SO	Iowa Central CC	23.20	24.04	1.3	7	
38	Orlando Vivians	FR	Hawkeye CC	24.10	24.08	0.6	5	
39	Zane Vance	FR	Hawkeye CC	24.80	24.19	1.7	4	
40	Alex Bates	FR	Southwestern CC	25.34	24.40	1.3	7	
41	Kadin Jepson	FR	Iowa Central CC	24.31	24.44	0.3	3	
42	Carl Joseph	FR	Southeastern CC	24.53	24.45	3.4	2	
43	Tristen Wiley	FR	Iowa Central CC	24.83	24.77	3.4	2	
44	Anthony Marks	FR	Southwestern CC	24.47	24.92	1.3	7	
45	Renajid Kajtezovic	SO	Hawkeye CC	24.46	25.00	0.9	1	
46	Eli Morris	FR	Southwestern CC	25.41	25.99	0.9	1	
--	Ebiye Ogoun	FR	Iowa Western CC	22.13	FS	3.4	2	
--	Micah Manning	FR	Iowa Western CC	22.10	DNF	1.6	6	
--	Daron Jackson	FR	Southeastern CC	24.41	DNF	1.6	6	

Event 4 Men 200 Meter Dash

A Standard: A 21.36

REG XI: R 20.56 2018 Phemelo Matlhabe, Iowa Central

	Name	Year	School	Prelims	Finals	Wind	Points
Finals							
1	Justin Walden	SO	Indian Hills CC	21.22	21.00A	+0.0	10
2	Tinashe Chigudu	SO	North Iowa Area CC	20.86	21.03A	+0.0	8
3	Kendrick Winfield	SO	Indian Hills CC	21.16	21.07A	+0.0	6
4	Damoy Allen	SO	Indian Hills CC	21.14	21.14A	+0.0	5
5	Tahj Hamm	FR	Iowa Western CC	21.00	21.45	+0.0	4
6	Andrew Brown	FR	Iowa Western CC	21.11	21.53	+0.0	3
7	Blake Osborn	SO	Hawkeye CC	21.51	21.56	+0.0	2
8	Hayden Cobbs	SO	Iowa Central CC	21.65	21.73	+0.0	1

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Event 5 Women 400 Meter Dash

A Standard: A 56.34
REG XI: R 53.41 2021 Nickisha Pryce, Iowa Western

	Name	Year	School	Seed	Finals	H#	Points
1	Britney Brown	FR	Iowa Central CC	55.74	55.10A	2	10
2	Daniella Deer	FR	Iowa Western CC	55.65	55.97A	2	8
3	Aimaya Drummond	SO	Indian Hills CC	56.62	56.13A	2	6
4	Temira Goods	SO	Indian Hills CC	58.63	58.64	2	5
5	Kahliyah Anderson	SO	Indian Hills CC	55.94	58.91	2	4
6	Jurnie Hemsley	FR	Southeastern CC	1:00.21	59.25	1	3
7	Kaylen Pryor	FR	Indian Hills CC	58.93	x59.37	2	
8	Ja'Dashia Catlin	FR	Indian Hills CC	59.34	x59.74	2	
9	Maci Freund	FR	Hawkeye CC	1:00.16	1:01.76	1	2
10	Koto Imahori	FR	Iowa Central CC	1:07.45	1:08.49	1	1
--	Alisha Thomas	FR	Iowa Central CC	1:08.20	FS	1	
--	Grace Massier	FR	Southwestern CC	1:04.07	DNF	1	
--	Jenna Hummell	SO	Hawkeye CC	1:05.90	DNF	1	
--	Mattie Janssen	FR	Hawkeye CC	1:06.63	DNF	1	

Event 6 Men 400 Meter Dash

A Standard: A 48.31
REG XI: R 45.62 2019 Kenny Bednarek, Indian Hills

	Name	Year	School	Seed	Finals	H#	Points
1	D'Andre Anderson	FR	Iowa Western CC	47.42	46.90A	4	10
2	Tahj Hamm	FR	Iowa Western CC	46.46	46.91A	4	8
3	Connor Belken	SO	Hawkeye CC	47.33	47.35A	4	6
4	Sydney Peal	FR	Indian Hills CC	48.07	47.55A	4	5
5	Andrew Brown	FR	Iowa Western CC	47.90	47.74A	4	4
6	Blake Osborn	SO	Hawkeye CC	49.19	47.95A	3	3
7	Dorian Craven	SO	Indian Hills CC	48.81	48.72	4	2
8	Kendrick Winfield	SO	Indian Hills CC	48.06	49.06	4	1
9	Sam Thomas	FR	Indian Hills CC	49.03	x49.30	3	
10	Brigham Daniel	FR	Hawkeye CC	52.07	49.85	3	
11	Kylen Crosby	FR	Indian Hills CC	48.86	x49.99	3	
12	Titus Jackson	SO	North Iowa Area CC	50.35	50.03	3	
13	Robert Norton	FR	Southwestern CC	51.48	50.71	3	
14	Samson Shukuru	FR	Iowa Central CC		51.06	1	
15	Keegan Thompson	FR	Hawkeye CC		x51.18	1	
16	Jeron Shaw	FR	Hawkeye CC	52.37	x51.73	2	
17	Braden Powers	FR	North Iowa Area CC	50.71	51.92	3	
18	Jacob Jensen	SO	Hawkeye CC	51.15	x52.18	3	
19	Samori Dobson	SO	Iowa Central CC	52.12	52.33	2	
20	Romario Northover	FR	Iowa Western CC	48.13	x52.45	4	
21	Daron Jackson	FR	Southeastern CC	52.86	52.61	2	
22	Isaac Davis	SO	Iowa Central CC	52.27	53.87	2	
23	Ahmed Fofana	FR	Southwestern CC	52.78	53.96	2	
24	Conrad Schroeder	FR	Southwestern CC		54.51	1	
25	Marcel Smith	SO	North Iowa Area CC		54.91	1	
26	Roland Hure	SO	Southwestern CC		x55.80	1	
27	Carl Joseph	FR	Southeastern CC	59.66	55.81	1	
--	Orlando Vivians	FR	Hawkeye CC	54.20	FS	1	
--	Michael Mosena	FR	Southeastern CC	53.05	DNF	2	

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....Event 6 Men 400 Meter Dash

--	Bernard Bell	FR	North Iowa Area CC	52.39	DNF 2
--	Quentin Schnieder	FR	Southeastern CC	54.20	DNF 2

Event 7 Women 800 Meter Run

A Standard: A 2:20.71
REG XI: R 2:13.83 2017 Shanieke Watson, Iowa Western

	Name	Year	School	Seed	Finals	Points
1	Aliyah Simmons	SO	Indian Hills CC	2:10.55	2:13.80R	10
	1:08.214 (1:08.214) 2:13.797 (1:05.583)					
2	Shariden Richardson	FR	Iowa Western CC	2:15.57	2:14.42A	8
	1:07.967 (1:07.967) 2:14.413 (1:06.446)					
3	Taylor McCreedy	FR	Iowa Central CC	2:23.64	2:24.97	6
	1:10.148 (1:10.148) 2:24.962 (1:14.814)					
4	Chloe Garcia Grafing	FR	Iowa Central CC	2:18.65	2:26.22	5
	1:09.848 (1:09.848) 2:26.218 (1:16.370)					
5	Josie Stackis	SO	Iowa Central CC	2:39.53	2:35.03	4
	1:15.555 (1:15.555) 2:35.026 (1:19.471)					
6	Lizeth Flores	FR	Indian Hills CC	2:32.65	2:36.05	3
	1:16.129 (1:16.129) 2:36.042 (1:19.913)					
7	Allie Simpson	FR	Southeastern CC	2:31.69	2:36.10	2
	1:15.168 (1:15.168) 2:36.094 (1:20.926)					
8	Mikayla Pecka	FR	Iowa Western CC	2:34.10	2:39.20	1
	1:12.519 (1:12.519) 2:39.191 (1:26.672)					
9	Asia Williams	FR	Iowa Western CC	2:42.07	2:40.71	
	1:14.749 (1:14.749) 2:40.706 (1:25.957)					
10	Lillian Garay	FR	Iowa Western CC	2:30.03	x2:43.63	
	1:11.699 (1:11.699) 2:43.630 (1:31.931)					
11	Kate Miron	SO	Iowa Central CC	2:38.59	x2:46.96	
	1:17.542 (1:17.542) 2:46.952 (1:29.410)					
12	Thalia Thomas	FR	Southeastern CC	2:44.59	2:47.33	
	1:19.657 (1:19.657) 2:47.329 (1:27.672)					
13	Lauren King	FR	Southeastern CC	2:52.01	2:58.11	
	1:21.539 (1:21.539) 2:58.101 (1:36.562)					
14	Mia Blodgett	SO	Iowa Central CC	3:07.15	x3:09.71	
	1:28.479 (1:28.479) 3:09.707 (1:41.228)					
--	Shaunti Longfellow	SO	Iowa Central CC	2:28.45	DNF	
	1:10.511 (1:10.511)					
--	Emma Hoins	FR	Hawkeye CC	2:23.55	DNF	

Event 8 Men 800 Meter Run

A Standard: A 1:54.47
REG XI: R 1:50.25 2014 Dylan Eigenberger, Iowa Central

	Name	Year	School	Seed	Finals	H#	Points
1	Rivaldo Marshall	FR	Indian Hills CC	1:48.70	1:50.72A	3	10
	56.252 (56.252) 1:50.711 (54.459)						
2	Yared Kidane	FR	Iowa Central CC	1:50.79	1:53.67A	3	8
	56.641 (56.641) 1:53.669 (57.028)						
3	Nick O'Connor	SO	Indian Hills CC	1:55.38	1:54.40A	3	6
	56.984 (56.984) 1:54.400 (57.416)						

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....Event 8 Men 800 Meter Run

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 4 Jerry Harper              SO Indian Hills CC      1:56.00    1:54.73   3   5
        57.230 (57.230)    1:54.727 (57.497)
 5 Cassius Havis             SO Iowa Central CC      1:56.29    1:55.59   3   4
        57.340 (57.340)    1:55.586 (58.246)
 6 Roneldo Rock              FR Indian Hills CC      1:55.40   x1:56.28   3
        57.421 (57.421)    1:56.274 (58.853)
 7 Robin Aguilar Gonzalez    SO Iowa Central CC      1:54.38    1:56.41   3   3
        58.511 (58.511)    1:56.410 (57.899)
 8 Chase Mullenix            FR Hawkeye CC           1:58.91    1:56.64   2   2
        57.868 (57.868)    1:56.640 (58.772)
 9 Stephen Thomas            FR Hawkeye CC           1:58.01    1:56.86   3   1
        57.650 (57.650)    1:56.855 (59.205)
10 Chaz Brown                FR Iowa Western CC      1:58.74    1:57.66   2
        57.457 (57.457)  1:57.655 (1:00.198)
11 John Hunt                 SO North Iowa Area CC   2:00.10    1:57.70   2
        58.123 (58.123)    1:57.692 (59.569)
12 Keegan Simms              SO Indian Hills CC      1:56.42   x1:58.23   3
        57.609 (57.609)  1:58.223 (1:00.614)
13 Deiondre Williams         FR Iowa Western CC      1:56.80    1:58.44   3
        57.257 (57.257)  1:58.438 (1:01.181)
14 Jorge Becerra             FR Indian Hills CC      1:59.38   x1:58.86   2
        58.340 (58.340)  1:58.859 (1:00.519)
15 Trae Corby                FR Iowa Central CC      1:59.51   x1:59.28   2
        59.231 (59.231)  1:59.278 (1:00.047)
16 Samuel Hydro              SO Iowa Western CC      1:53.49    1:59.38   3
        57.773 (57.773)  1:59.380 (1:01.607)
17 Nick Gerard               SO Indian Hills CC      2:02.82   x2:01.52   2
        58.714 (58.714)  2:01.511 (1:02.797)
18 Richard Marcoux           SO North Iowa Area CC   2:01.78    2:01.70   2
        59.156 (59.156)  2:01.695 (1:02.539)
19 Merci Bita                FR Iowa Western CC      2:01.74   x2:03.18   2
     1:01.354 (1:01.354)  2:03.180 (1:01.826)
20 Mason Chipman             FR Hawkeye CC           1:58.37    2:03.43   2
        59.661 (59.661)  2:03.427 (1:03.766)
21 D'Artagnon Beaver         FR Hawkeye CC                     x2:03.87   1
     1:03.270 (1:03.270)  2:03.870 (1:00.600)
22 Rocharn Wilson            FR Iowa Central CC      2:00.31   x2:03.99   2
        59.252 (59.252)  2:03.983 (1:04.731)
23 Christian Rodriguez       FR North Iowa Area CC   2:01.84    2:05.20   2
     1:00.246 (1:00.246)  2:05.196 (1:04.950)
24 Robert Norton             FR Southwestern CC      2:03.52    2:06.02   1
     1:03.113 (1:03.113)  2:06.017 (1:02.904)
25 Isaac Davis               SO Iowa Central CC      2:03.11   x2:06.94   1
     1:03.804 (1:03.804)  2:06.931 (1:03.127)
26 Antonio Burton            SO Iowa Central CC      2:08.76   x2:07.52   1
     1:03.287 (1:03.287)  2:07.519 (1:04.232)
27 Luke Esser                FR Southwestern CC      2:09.34    2:09.80   1
     1:05.979 (1:05.979)  2:09.791 (1:03.812)
28 Jake Lewis                FR Iowa Central CC      2:06.95   x2:10.27   1
     1:04.612 (1:04.612)  2:10.264 (1:05.652)
29 Bryden Juelsgaard         SO North Iowa Area CC   2:08.69   x2:12.65   1
     1:05.138 (1:05.138)  2:12.647 (1:07.509)
30 Connor Koppa              FR Southwestern CC      2:12.12    2:13.60   1
     1:06.728 (1:06.728)  2:13.597 (1:06.869)
```

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....Event 8 Men 800 Meter Run

```
 31 Caleb Harb                SO Iowa Central CC      2:13.26   x2:15.84   1
     1:07.220 (1:07.220)  2:15.831 (1:08.611)
 32 Conrad Schroeder          FR Southwestern CC      2:13.88   x2:17.39   1
     1:07.966 (1:07.966)  2:17.389 (1:09.423)
 33 Caleb Sledd               FR North Iowa Area CC   2:17.49   x2:20.49   1
     1:07.711 (1:07.711)  2:20.483 (1:12.772)
 34 Nicholas Mather           FR Southwestern CC      2:15.82   x2:25.12   1
     1:10.076 (1:10.076)  2:25.116 (1:15.040)
 -- Koby Brackemeyer          SO Hawkeye CC           1:54.68        DNF   3
 -- Ty Costigan               FR Iowa Western CC      1:59.68        DNF   2
     1:02.383 (1:02.383)
```

Event 9 Women 1500 Meter Run

```
==============================================================================
  A Standard: A 4:58.16
     REG XI: R 4:40.07  2018        Adva Cohen, Iowa Central
    Name                     Year School                  Seed     Finals  Points
==============================================================================
  1 Hilda Chebet              FR Iowa Western CC      4:30.19    4:40.98A  10
     1:01.273 (1:01.273)  2:14.810 (1:13.537)  3:27.517 (1:12.707)  4:40.975 (1:13.458)
  2 Chloe Garcia Grafing      FR Iowa Central CC      4:46.46    4:50.59A   8
     1:01.925 (1:01.925)  2:17.099 (1:15.174)  3:35.910 (1:18.811)  4:50.590 (1:14.680)
  3 Mercy Biwott              FR Iowa Western CC      4:49.49    4:52.95A   6
     1:01.532 (1:01.532)  2:16.616 (1:15.084)  3:35.577 (1:18.961)  4:52.944 (1:17.367)
  4 Zinash Valen              FR Iowa Central CC      5:13.67    5:19.87    5
     1:02.488 (1:02.488)  2:27.348 (1:24.860)  3:53.696 (1:26.348)  5:19.867 (1:26.171)
  5 Allie Simpson             FR Southeastern CC      5:23.24    5:20.97    4
     1:02.582 (1:02.582)  2:27.885 (1:25.303)  3:54.575 (1:26.690)  5:20.962 (1:26.387)
  6 Isabelle Mellin           FR Indian Hills CC      5:27.83    5:21.41    3
     1:02.326 (1:02.326)  2:28.192 (1:25.866)  3:56.507 (1:28.315)  5:21.402 (1:24.895)
  7 Shaunti Longfellow        SO Iowa Central CC      5:31.08    5:24.80    2
     1:02.467 (1:02.467)  2:27.599 (1:25.132)  3:56.179 (1:28.580)  5:24.797 (1:28.618)
  8 Thalia Thomas             FR Southeastern CC      5:39.33    5:45.43    1
     1:03.216 (1:03.216)  2:33.538 (1:30.322)  4:11.946 (1:38.408)  5:45.423 (1:33.477)
  9 Elizabeth Hussey          FR Iowa Western CC      5:40.83    5:54.89
     1:03.686 (1:03.686)  2:37.227 (1:33.541)  4:18.274 (1:41.047)  5:54.885 (1:36.611)
 10 Brook Haley               SO Iowa Central CC      6:05.51   x6:04.53
     1:04.144 (1:04.144)  2:39.442 (1:35.298)  4:21.822 (1:42.380)  6:04.530 (1:42.708)
 -- Emma Hoins                FR Hawkeye CC           4:49.43        DNF
```

Event 10 Men 1500 Meter Run

```
================================================================================
  A Standard: A 4:02.32
     REG XI: R 3:52.14  2011        Stanley Kebenei, Iowa Central
    Name                     Year School                  Seed     Finals  H# Points
================================================================================
  1 Yared Kidane              FR Iowa Central CC      3:51.72    3:49.92R  2  10
         45.746 (45.746)  1:48.666 (1:02.920)  2:53.231 (1:04.565)    3:49.920 (56.689)
  2 Yonas Mogos               FR Iowa Western CC      3:49.55    3:52.13R  2   8
         45.559 (45.559)  1:48.430 (1:02.871)  2:52.972 (1:04.542)    3:52.129 (59.157)
  3 Samuel Hydro              SO Iowa Western CC      3:57.25    3:54.82A  2   6
         45.954 (45.954)  1:49.123 (1:03.169)  2:53.977 (1:04.854)  3:54.820 (1:00.843)
  4 Nick O'Connor             SO Indian Hills CC      3:55.46    3:55.87A  2   5
         45.583 (45.583)  1:48.465 (1:02.882)  2:53.122 (1:04.657)  3:55.864 (1:02.742)
```

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....Event 10 Men 1500 Meter Run

```
 5 Nicholas Kiprotich        FR Iowa Western CC      3:55.68    3:58.03A  2   4
        46.155 (46.155)  1:49.017 (1:02.862)  2:53.282 (1:04.265)  3:58.023 (1:04.741)
 6 Brady Millikin            FR Indian Hills CC      4:00.98    3:58.90A  2   3
        45.900 (45.900)  1:50.762 (1:04.862)  2:57.492 (1:06.730)  3:58.893 (1:01.401)
 7 Ayenew Devany             FR Iowa Central CC      4:01.55    3:59.70A  2   2
        46.372 (46.372)  1:49.953 (1:03.581)  2:55.186 (1:05.233)  3:59.699 (1:04.513)
 8 Jorge Becerra             FR Indian Hills CC      4:18.04    4:12.04   2   1
        46.429 (46.429)  1:51.697 (1:05.268)  3:01.004 (1:09.307)  4:12.033 (1:11.029)
 9 Jon McCall                FR Southwestern CC      4:21.81    4:20.56   1
        49.773 (49.773)  2:01.291 (1:11.518)  3:14.656 (1:13.365)  4:20.555 (1:05.899)
10 Ty Costigan               FR Iowa Western CC      4:24.41   x4:24.00   1
        50.683 (50.683)  2:01.486 (1:10.803)  3:14.684 (1:13.198)  4:23.995 (1:09.311)
11 Jake Lewis                FR Iowa Central CC      4:27.42    4:24.84   1
        50.874 (50.874)  2:01.632 (1:10.758)  3:14.933 (1:13.301)  4:24.837 (1:09.904)
12 Rocharn Wilson            FR Iowa Central CC      4:19.81   x4:30.02   2
        46.617 (46.617)  1:52.075 (1:05.458)  3:05.836 (1:13.761)  4:30.018 (1:24.182)
13 Bryden Juelsgaard         SO North Iowa Area CC   4:29.75    4:31.79   1
        51.962 (51.962)  2:04.956 (1:12.994)  3:20.865 (1:15.909)  4:31.787 (1:10.922)
14 Carter Theesfeld          FR Iowa Central CC      4:39.68   x4:37.62   1
        51.634 (51.634)  2:06.550 (1:14.916)  3:26.495 (1:19.945)  4:37.611 (1:11.116)
15 Alfred Kiptoo             FR North Iowa Area CC   4:57.75    4:39.76   1
        54.453 (54.453)  2:06.770 (1:12.317)  3:22.521 (1:15.751)  4:39.752 (1:17.231)
16 Connor Koppa              FR Southwestern CC      4:40.00    4:41.02   1
        54.149 (54.149)  2:09.673 (1:15.524)  3:27.298 (1:17.625)  4:41.012 (1:13.714)
17 Nicholas Mather           FR Southwestern CC      4:35.28    4:45.80   1
        54.482 (54.482)  2:10.683 (1:16.201)  3:27.574 (1:16.891)  4:45.793 (1:18.219)
18 Brittain Edwards          FR Iowa Western CC      5:03.86   x4:51.17   1
        54.891 (54.891)  2:13.520 (1:18.629)  3:34.471 (1:20.951)  4:51.161 (1:16.690)
-- Aspel Kiprob              FR Iowa Central CC      4:01.26        DNF   2
        45.686 (45.686)
```

Event 11 Women 3000 Meter Steeplechase

```
==============================================================================
 A Standard: A 12:23.31
     REG XI: R 11:14.07  2015        Kamille Kronemann, Iowa Central
   Name                    Year School                  Seed     Finals  Points
==============================================================================
 1 Emma Hoins                FR Hawkeye CC          11:34.46   10:55.67R  10
        43.559 (43.559)  2:06.046 (1:22.487)  3:32.331 (1:26.285)  5:00.103 (1:27.772)
     6:30.781 (1:30.678)  8:02.394 (1:31.613)  9:34.039 (1:31.645) 10:55.662 (1:21.623)
 2 Taylor McCreedy           FR Iowa Central CC     11:45.05   12:02.87A   8
        44.546 (44.546)  2:12.537 (1:27.991)  3:48.579 (1:36.042)  5:26.654 (1:38.075)
     7:04.955 (1:38.301)  8:45.201 (1:40.246) 10:27.147 (1:41.946) 12:02.867 (1:35.720)
 3 Josie Stackis             SO Iowa Central CC     13:24.25   12:42.98    6
        47.775 (47.775)  2:25.338 (1:37.563)  4:08.789 (1:43.451)  5:54.127 (1:45.338)
     7:36.084 (1:41.957)  9:18.248 (1:42.164) 11:02.822 (1:44.574) 12:42.979 (1:40.157)
 4 Josey French              FR Iowa Western CC     13:06.00   12:52.11    5
        46.053 (46.053)  2:21.617 (1:35.564)  4:03.798 (1:42.181)  5:49.086 (1:45.288)
     7:34.516 (1:45.430)  9:23.025 (1:48.509) 11:11.425 (1:48.400) 12:52.103 (1:40.678)
 5 Kate Miron                SO Iowa Central CC     13:27.14   13:06.49    4
        47.780 (47.780)  2:24.028 (1:36.248)  4:06.025 (1:41.997)  5:54.915 (1:48.890)
     7:45.029 (1:50.114)  9:32.380 (1:47.351) 11:20.942 (1:48.562) 13:06.487 (1:45.545)
```

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....Event 11 Women 3000 Meter Steeplechase

```
  6 Elizabeth Hussey          FR Iowa Western CC                14:41.72    3
         49.105 (49.105)  2:26.871 (1:37.766)  4:19.457 (1:52.586)  6:21.832 (2:02.375)
      8:27.655 (2:05.823) 10:34.977 (2:07.322) 12:43.579 (2:08.602) 14:41.711 (1:58.132)
```

Event 12 Men 3000 Meter Steeplechase

```
==============================================================================
  A Standard: A 9:58.83
      REG XI: R 9:02.22  2011        Stanley Kebenei, Iowa Central
    Name                     Year School                  Seed     Finals  Points
==============================================================================
  1 Hunter Klimek             SO Iowa Central CC      9:36.76    9:21.86A  10
         38.878 (38.878)  1:52.697 (1:13.819)  3:07.496 (1:14.799)  4:23.452 (1:15.956)
      5:38.566 (1:15.114)  6:55.314 (1:16.748)  8:10.697 (1:15.383)  9:21.853 (1:11.156)
  2 Robin Aguilar Gonzalez    SO Iowa Central CC      9:16.28    9:24.41A   8
         38.916 (38.916)  1:51.135 (1:12.219)  3:06.023 (1:14.888)  4:22.420 (1:16.397)
      5:37.908 (1:15.488)  6:55.820 (1:17.912)  8:12.667 (1:16.847)  9:24.403 (1:11.736)
  3 Wimachmorr Gilo           FR Iowa Western CC      9:38.63    9:25.16A   6
         39.897 (39.897)  1:52.628 (1:12.731)  3:07.004 (1:14.376)  4:22.583 (1:15.579)
      5:37.732 (1:15.149)  6:55.591 (1:17.859)  8:14.297 (1:18.706)  9:25.160 (1:10.863)
  4 Jaysen Bouwers            FR Iowa Western CC      9:52.16    9:29.31A   5
         39.909 (39.909)  1:52.854 (1:12.945)  3:07.178 (1:14.324)  4:22.752 (1:15.574)
      5:37.586 (1:14.834)  6:53.871 (1:16.285)  8:13.321 (1:19.450)  9:29.303 (1:15.982)
  5 Merci Bita                FR Iowa Western CC     10:03.54    9:52.10A   4
         40.306 (40.306)  1:56.747 (1:16.441)  3:17.033 (1:20.286)  4:37.176 (1:20.143)
      5:57.566 (1:20.390)  7:18.123 (1:20.557)  8:38.018 (1:19.895)  9:52.097 (1:14.079)
  6 Brayan Silva              SO Iowa Central CC     10:39.08   10:35.11    3
         40.807 (40.807)  1:56.735 (1:15.928)  3:17.104 (1:20.369)  4:40.871 (1:23.767)
      6:07.792 (1:26.921)  7:37.512 (1:29.720)  9:08.043 (1:30.531) 10:35.106 (1:27.063)
  7 Jacob Willson             FR Iowa Central CC     11:01.45  x10:44.78
         41.275 (41.275)  1:57.535 (1:16.260)  3:21.486 (1:23.951)  4:48.359 (1:26.873)
      6:17.615 (1:29.256)  7:48.820 (1:31.205)  9:19.805 (1:30.985) 10:44.776 (1:24.971)
  8 Caleb Sledd               FR North Iowa Area CC             11:15.97    2
         41.036 (41.036)  1:59.993 (1:18.957)  3:28.408 (1:28.415)  5:02.819 (1:34.411)
      6:39.376 (1:36.557)  8:17.160 (1:37.784)  9:50.722 (1:33.562) 11:15.964 (1:25.242)
  9 Levi Sullivan             SO Central CC     11:23.93  x11:29.72
         39.594 (39.594)  1:59.262 (1:19.668)  3:26.832 (1:27.570)  5:01.598 (1:34.766)
      6:37.989 (1:36.391)  8:18.917 (1:40.928)  9:57.484 (1:38.567) 11:29.713 (1:32.229)
 -- Melvin Kipkemboi          SO North Iowa Area CC   9:29.98        DNF
         37.578 (37.578)
```

Event 13 Women 5000 Meter Run

```
==============================================================================
  A Standard: A 18:59.52
      REG XI: R 17:47.35  2016        Leanne Pompeani, Iowa Central
    Name                     Year School                  Seed     Finals  Points
==============================================================================
  1 Mercy Biwott              FR Iowa Western CC     17:25.11   18:36.78A  10
         49.622 (49.622)  2:21.392 (1:31.770)  3:49.313 (1:27.921)  5:18.131 (1:28.818)
      6:49.875 (1:31.744)  8:24.739 (1:34.864) 10:00.492 (1:35.753) 11:29.495 (1:29.003)
     12:55.285 (1:25.790) 14:22.432 (1:27.147) 15:48.992 (1:26.560) 17:15.898 (1:26.906)
     18:36.776 (1:20.878)
```

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....Event 13 Women 5000 Meter Run

```
 2 Josey French              FR Iowa Western CC                21:49.23    8
        46.794 (46.794)  2:22.500 (1:35.706)  4:01.826 (1:39.326)  5:44.065 (1:42.239)
     7:29.163 (1:45.098)  9:15.459 (1:46.296) 11:02.292 (1:46.833) 12:50.435 (1:48.143)
    14:40.080 (1:49.645) 16:29.872 (1:49.792) 18:19.419 (1:49.547) 20:08.263 (1:48.844)
    21:49.223 (1:40.960)
 3 Makayla Wells             FR Southeastern CC                22:53.98    6
        48.268 (48.268)  2:31.359 (1:43.091)  4:22.849 (1:51.490)  6:12.664 (1:49.815)
     8:04.471 (1:51.807)  9:57.509 (1:53.038) 11:48.826 (1:51.317) 13:42.088 (1:53.262)
    15:34.766 (1:52.678) 17:25.475 (1:50.709) 19:16.733 (1:51.258) 21:07.553 (1:50.820)
    22:53.978 (1:46.425)
 4 Kenzie Kaperka            FR Iowa Central CC     22:56.59   23:17.33    5
        48.177 (48.177)  2:25.650 (1:37.473)  4:08.359 (1:42.709)  5:53.130 (1:44.771)
     7:44.206 (1:51.076)  9:35.408 (1:51.202) 11:31.140 (1:55.732) 13:27.411 (1:56.271)
    15:27.806 (2:00.395) 17:28.739 (2:00.933) 19:30.985 (2:02.246) 21:34.106 (2:03.121)
    23:17.326 (1:43.220)
-- Chloe Garcia Grafing      FR Iowa Central CC     18:18.81        DNF
        50.385 (50.385)
-- Hilda Chebet              FR Iowa Western CC     16:07.40        DNF
        50.326 (50.326)  2:23.092 (1:32.766)  4:01.747 (1:38.655)  5:43.920 (1:42.173)
     7:29.000 (1:45.080)  9:15.336 (1:46.336) 11:02.128 (1:46.792) 12:50.246 (1:48.118)
    14:40.024 (1:49.778)
-- Emma Hoins                FR Hawkeye CC          17:59.57        DNF
        44.821 (44.821)  2:14.563 (1:29.742)  3:44.592 (1:30.029)  5:15.777 (1:31.185)
     6:49.877 (1:34.100)  8:24.810 (1:34.933) 10:00.590 (1:35.780) 11:33.358 (1:32.768)
    13:09.385 (1:36.027) 14:49.131 (1:39.746) 16:31.649 (1:42.518)
```

Event 14 Men 5000 Meter Run

```
==============================================================================
 A Standard: A 15:25.35
     REG XI: R 14:29.65  2016        Sylvester Barus, Iowa Western
   Name                    Year School                  Seed     Finals  Points
==============================================================================
 1 Aspel Kiprob              FR Iowa Central CC     14:43.97   14:32.29A  10
        35.465 (35.465)  1:48.102 (1:12.637)  2:57.996 (1:09.894)  4:08.956 (1:10.960)
     5:20.019 (1:11.063)  6:30.321 (1:10.302)  7:42.030 (1:11.709)  8:51.063 (1:09.033)
     9:59.747 (1:08.684) 11:08.464 (1:08.717) 12:17.905 (1:09.441) 13:27.785 (1:09.880)
    14:32.290 (1:04.505)
 2 Nicholas Kiprotich        FR Iowa Western CC     14:22.87   14:33.11A   8
        35.555 (35.555)  1:47.769 (1:12.214)  2:58.077 (1:10.308)  4:08.933 (1:10.856)
     5:19.987 (1:11.054)  6:30.327 (1:10.340)  7:41.742 (1:11.415)  8:50.923 (1:09.181)
     9:59.651 (1:08.728) 11:08.443 (1:08.792) 12:17.865 (1:09.422) 13:27.777 (1:09.912)
    14:33.109 (1:05.332)
 3 Melvin Kipkemboi          SO North Iowa Area CC  14:30.52   14:35.29A   6
        35.287 (35.287)  1:47.587 (1:12.300)  2:57.890 (1:10.303)  4:08.820 (1:10.930)
     5:19.864 (1:11.044)  6:30.191 (1:10.327)  7:41.843 (1:11.652)  8:51.316 (1:09.473)
    10:00.212 (1:08.896) 11:10.238 (1:10.026) 12:21.343 (1:11.105) 13:31.429 (1:10.086)
    14:35.282 (1:03.853)
 4 Yonas Mogos               FR Iowa Western CC                14:38.87A   5
        35.335 (35.335)  1:47.872 (1:12.537)  2:58.219 (1:10.347)  4:09.164 (1:10.945)
     5:20.234 (1:11.070)  6:30.535 (1:10.301)  7:42.317 (1:11.782)  8:51.564 (1:09.247)
    10:00.573 (1:09.009) 11:10.665 (1:10.092) 12:21.637 (1:10.972) 13:31.750 (1:10.113)
    14:38.870 (1:07.120)
```

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....Event 14 Men 5000 Meter Run

```
 5 Hunter Klimek             SO Iowa Central CC     14:56.39   15:07.64A   4
        36.120 (36.120)  1:49.522 (1:13.402)  3:00.561 (1:11.039)  4:12.464 (1:11.903)
     5:24.930 (1:12.466)  6:38.198 (1:13.268)  7:52.358 (1:14.160)  9:06.798 (1:14.440)
    10:20.510 (1:13.712) 11:34.137 (1:13.627) 12:48.613 (1:14.476) 14:02.737 (1:14.124)
    15:07.635 (1:04.898)
 6 Ayenew Devany             FR Iowa Central CC     15:03.47   15:10.56A   3
        35.805 (35.805)  1:49.292 (1:13.487)  3:00.196 (1:10.904)  4:12.269 (1:12.073)
     5:24.655 (1:12.386)  6:37.924 (1:13.269)  7:52.173 (1:14.249)  9:06.533 (1:14.360)
    10:20.236 (1:13.703) 11:33.897 (1:13.661) 12:48.330 (1:14.433) 14:02.546 (1:14.216)
    15:10.558 (1:08.012)
 7 Chris Metz                SO Indian Hills CC     15:31.14   15:25.01A   2
        35.098 (35.098)  1:47.653 (1:12.555)  2:58.517 (1:10.864)  4:10.204 (1:11.687)
     5:23.769 (1:13.565)  6:38.103 (1:14.334)  7:52.373 (1:14.270)  9:07.191 (1:14.818)
    10:22.579 (1:15.388) 11:39.419 (1:16.840) 12:56.627 (1:17.208) 14:12.652 (1:16.025)
    15:25.006 (1:12.354)
 8 Brady Hogan               FR Iowa Central CC     15:23.84  x15:52.34
        36.522 (36.522)  1:49.813 (1:13.291)  3:01.322 (1:11.509)  4:16.168 (1:14.846)
     5:34.015 (1:17.847)  6:52.327 (1:18.312)  8:10.771 (1:18.444)  9:28.787 (1:18.016)
    10:47.827 (1:19.040) 12:06.566 (1:18.739) 13:24.530 (1:17.964) 14:39.530 (1:15.000)
    15:52.337 (1:12.807)
 9 Brady Millikin            FR Indian Hills CC     15:33.85   16:14.32    1
        35.423 (35.423)  1:48.127 (1:12.704)  2:58.984 (1:10.857)  4:12.799 (1:13.815)
     5:27.814 (1:15.015)  6:47.040 (1:19.226)  8:07.549 (1:20.509)  9:29.290 (1:21.741)
    10:51.127 (1:21.837) 12:14.188 (1:23.061) 13:36.353 (1:22.165) 14:57.802 (1:21.449)
    16:14.318 (1:16.516)
10 Marco Lopez               FR Iowa Central CC     16:32.08  x16:19.44
        36.552 (36.552)  1:53.606 (1:17.054)  3:10.644 (1:17.038)  4:27.923 (1:17.279)
     5:48.004 (1:20.081)  7:09.298 (1:21.294)  8:26.895 (1:17.597)  9:44.603 (1:17.708)
    11:03.865 (1:19.262) 12:25.176 (1:21.311) 13:46.745 (1:21.569) 15:06.260 (1:19.515)
    16:19.440 (1:13.180)
11 Jaysen Bouwers            FR Iowa Western CC     15:26.40   16:40.73
        36.428 (36.428)  1:53.368 (1:16.940)  3:10.422 (1:17.054)  4:27.720 (1:17.298)
     5:47.977 (1:20.257)  7:10.136 (1:22.159)  8:32.784 (1:22.648)  9:57.129 (1:24.345)
    11:21.387 (1:24.258) 12:45.566 (1:24.179) 14:04.721 (1:19.155) 15:30.694 (1:25.973)
    16:40.721 (1:10.027)
12 Brandon Palomino-Alonso   FR Iowa Western CC               x16:52.68
        36.303 (36.303)  1:53.311 (1:17.008)  3:10.482 (1:17.171)  4:27.776 (1:17.294)
     5:48.741 (1:20.965)  7:10.842 (1:22.101)  8:33.154 (1:22.312)  9:57.521 (1:24.367)
    11:21.818 (1:24.297) 12:47.370 (1:25.552) 14:14.209 (1:26.839) 15:36.432 (1:22.223)
    16:52.680 (1:16.248)
13 John Swotek               FR Iowa Western CC               x17:07.34
        36.715 (36.715)  1:53.530 (1:16.815)  3:09.126 (1:15.596)  4:23.724 (1:14.598)
     5:39.476 (1:15.752)  6:56.379 (1:16.903)  8:15.564 (1:19.185)  9:38.533 (1:22.969)
    11:04.898 (1:26.365) 12:34.790 (1:29.892) 14:06.293 (1:31.503) 15:37.340 (1:31.047)
    17:07.331 (1:29.991)
-- Wimachmorr Gilo           FR Iowa Western CC     15:02.82        DNF
        36.246 (36.246)  1:53.166 (1:16.920)  3:08.612 (1:15.446)  4:23.305 (1:14.693)
     5:38.939 (1:15.634)  6:55.821 (1:16.882)  8:14.739 (1:18.918)  9:37.002 (1:22.263)
    11:03.173 (1:26.171)
```

2022 NJCAA Region XI Track and Field Championships

Black Squirrel Timing - 5/7/2022 to 5/8/2022

Iowa Western Community College

Results

Event 15 Women 10000 Meter Run

A Standard: A 41:05.59
REG XI: R 36:34.21 2016 Leanne Pompeani, Iowa Central

Name	Year	School	Seed	Finals	Points
1 Hilda Chebet	FR	Iowa Western CC		37:16.60A	10
1:36.871 (1:36.871) 3:14.168 (1:37.297) 4:46.382 (1:32.214) 6:18.534 (1:32.152)					
7:47.998 (1:29.464) 9:16.247 (1:28.249) 10:44.525 (1:28.278) 12:11.366 (1:26.841)					
13:38.507 (1:27.141) 15:05.649 (1:27.142) 16:34.260 (1:28.611) 18:01.421 (1:27.161)					
19:30.391 (1:28.970) 21:02.324 (1:31.933) 22:34.385 (1:32.061) 24:05.754 (1:31.369)					
25:34.661 (1:28.907) 27:05.934 (1:31.273) 28:35.759 (1:29.825) 30:06.862 (1:31.103)					
31:36.893 (1:30.031) 33:03.523 (1:26.630) 34:29.638 (1:26.115) 35:57.596 (1:27.958)					
37:16.597 (1:19.001)					
2 Mercy Biwott	FR	Iowa Western CC		37:38.38A	8
1:36.781 (1:36.781) 3:14.120 (1:37.339) 4:46.315 (1:32.195) 6:18.500 (1:32.185)					
7:48.066 (1:29.566) 9:16.074 (1:28.008) 10:44.546 (1:28.472) 12:11.449 (1:26.903)					
13:38.466 (1:27.017) 15:05.702 (1:27.236) 16:34.328 (1:28.626) 18:01.450 (1:27.122)					
19:30.465 (1:29.015) 21:02.267 (1:31.802) 22:34.177 (1:31.910) 24:05.700 (1:31.523)					
25:34.722 (1:29.022) 27:05.958 (1:31.236) 28:35.979 (1:30.021) 30:06.986 (1:31.007)					
31:37.210 (1:30.224) 33:07.837 (1:30.627) 34:38.452 (1:30.615) 36:09.503 (1:31.051)					
37:38.380 (1:28.877)					
3 Monserrat Guerrero-Chapu	FR	Indian Hills CC	40:33.30	42:23.76	6
1:32.426 (1:32.426) 3:04.935 (1:32.509) 4:40.775 (1:35.840) 6:18.572 (1:37.797)					
7:56.986 (1:38.414) 9:35.870 (1:38.884) 11:15.778 (1:39.908) 12:55.506 (1:39.728)					
14:36.037 (1:40.531) 16:18.638 (1:42.601) 18:01.020 (1:42.382) 19:43.594 (1:42.574)					
21:27.280 (1:43.686) 23:08.027 (1:40.747) 24:51.335 (1:43.308) 26:37.531 (1:46.196)					
28:22.819 (1:45.288) 30:08.881 (1:46.062) 31:53.773 (1:44.892) 33:38.582 (1:44.809)					
35:24.186 (1:45.604) 37:09.304 (1:45.118) 38:55.556 (1:46.252) 40:41.295 (1:45.739)					
42:23.757 (1:42.462)					
4 Josie Stackis	SO	Iowa Central CC	40:54.25	43:00.67	5
1:36.998 (1:36.998) 3:15.745 (1:38.747) 4:54.394 (1:38.649) 6:33.791 (1:39.397)					
8:13.586 (1:39.795) 9:52.389 (1:38.803) 11:34.553 (1:42.164) 13:18.893 (1:44.340)					
15:03.345 (1:44.452) 16:45.724 (1:42.379) 18:28.943 (1:43.219) 20:12.908 (1:43.965)					
21:56.567 (1:43.659) 23:42.436 (1:45.869) 25:28.237 (1:45.801) 27:13.302 (1:45.065)					
28:56.685 (1:43.383) 30:41.898 (1:45.213) 32:29.683 (1:47.785) 34:17.011 (1:47.328)					
36:02.543 (1:45.532) 37:51.428 (1:48.885) 39:39.776 (1:48.348) 41:24.053 (1:44.277)					
43:00.664 (1:36.611)					
5 Zinash Valen	FR	Iowa Central CC	39:09.26	43:00.80	4
1:37.064 (1:37.064) 3:15.755 (1:38.691) 4:54.442 (1:38.687) 6:33.820 (1:39.378)					
8:13.640 (1:39.820) 9:52.442 (1:38.802) 11:34.642 (1:42.200) 13:18.932 (1:44.290)					
15:03.426 (1:44.494) 16:45.798 (1:42.372) 18:29.012 (1:43.214) 20:12.980 (1:43.968)					
21:56.715 (1:43.735) 23:42.487 (1:45.772) 25:28.431 (1:45.944) 27:13.436 (1:45.005)					
28:56.790 (1:43.354) 30:42.032 (1:45.242) 32:29.794 (1:47.762) 34:17.125 (1:47.331)					
36:02.603 (1:45.478) 37:51.520 (1:48.917) 39:39.835 (1:48.315) 41:24.302 (1:44.467)					
43:00.800 (1:36.498)					
6 Mindi Sande	SO	Hawkeye CC		51:35.73	3
1:37.676 (1:37.676) 3:18.402 (1:40.726) 5:07.212 (1:48.810) 7:02.411 (1:55.199)					
9:00.514 (1:58.103) 10:58.849 (1:58.335) 12:54.160 (1:55.311) 14:55.529 (2:01.369)					
16:59.535 (2:04.006) 19:06.272 (2:06.737) 21:14.379 (2:08.107) 23:18.406 (2:04.027)					
25:28.338 (2:09.932) 27:37.365 (2:09.027) 29:49.015 (2:11.650) 32:00.463 (2:11.448)					
34:13.506 (2:13.043) 36:28.403 (2:14.897) 38:42.865 (2:14.462) 40:54.980 (2:12.115)					
43:03.841 (2:08.861) 45:14.454 (2:10.613) 47:25.067 (2:10.613) 49:36.154 (2:11.087)					
51:35.723 (1:59.569)					

2022 NJCAA Region XI Track and Field Championships

Black Squirrel Timing - 5/7/2022 to 5/8/2022

Iowa Western Community College

Results

....Event 15 Women 10000 Meter Run

```
 7 Kenzie Kaperka            FR Iowa Central CC                53:19.96    2
     1:38.035 (1:38.035)  3:17.257 (1:39.222)  5:01.571 (1:44.314)  6:51.846 (1:50.275)
     8:49.170 (1:57.324) 10:54.366 (2:05.196) 12:59.827 (2:05.461) 15:08.833 (2:09.006)
    17:23.482 (2:14.649) 19:38.327 (2:14.845) 21:54.303 (2:15.976) 24:12.129 (2:17.826)
    26:31.453 (2:19.324) 28:48.728 (2:17.275) 31:05.456 (2:16.728) 33:19.574 (2:14.118)
    35:25.431 (2:05.857) 37:36.030 (2:10.599) 39:53.706 (2:17.676) 42:13.283 (2:19.577)
    44:28.706 (2:15.423) 46:43.356 (2:14.650) 49:01.463 (2:18.107) 51:21.742 (2:20.279)
    53:19.959 (1:58.217)
-- Morgan Klaus              FR Indian Hills CC     41:36.14        DNF
     1:37.421 (1:37.421)  3:16.161 (1:38.740)  4:54.987 (1:38.826)  6:34.305 (1:39.318)
     8:16.742 (1:42.437) 10:01.955 (1:45.213) 11:48.646 (1:46.691) 13:36.711 (1:48.065)
    15:26.607 (1:49.896) 17:17.544 (1:50.937) 19:08.577 (1:51.033)
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Event 16 Men 10000 Meter Run

```
==============================================================================
 A Standard: A 32:56.16
     REG XI: R 30:04.84  2016        Sylvester Barus, Iowa Western
   Name                     Year School                  Seed     Finals  Points
==============================================================================
 1 Aspel Kiprob              FR Iowa Central CC     30:37.44   32:42.83A  10
     1:22.225 (1:22.225)  2:38.790 (1:16.565)  3:55.629 (1:16.839)  5:13.481 (1:17.852)
     6:33.120 (1:19.639)  7:53.690 (1:20.570)  9:15.282 (1:21.592) 10:38.072 (1:22.790)
    11:57.333 (1:19.261) 13:20.186 (1:22.853) 14:37.649 (1:17.463) 16:04.776 (1:27.127)
    17:28.486 (1:23.710) 18:48.984 (1:20.498) 20:09.891 (1:20.907) 21:33.701 (1:23.810)
    22:59.144 (1:25.443) 24:19.985 (1:20.841) 25:36.735 (1:16.750) 26:51.237 (1:14.502)
    28:04.463 (1:13.226) 29:16.698 (1:12.235) 30:29.169 (1:12.471) 31:39.737 (1:10.568)
    32:42.829 (1:03.092)
 2 Nicholas Kiprotich        FR Iowa Western CC     29:41.98   32:43.29A   8
     1:21.705 (1:21.705)  2:38.271 (1:16.566)  3:55.328 (1:17.057)  5:13.065 (1:17.737)
     6:32.694 (1:19.629)  7:53.099 (1:20.405)  9:14.887 (1:21.788) 10:37.623 (1:22.736)
    11:57.034 (1:19.411) 13:19.675 (1:22.641) 14:37.298 (1:17.623) 16:04.677 (1:27.379)
    17:27.765 (1:23.088) 18:49.645 (1:21.880) 20:10.655 (1:21.010) 21:34.006 (1:23.351)
    22:59.374 (1:25.368) 24:19.612 (1:20.238) 25:36.525 (1:16.913) 26:51.136 (1:14.611)
    28:04.387 (1:13.251) 29:16.595 (1:12.208) 30:29.100 (1:12.505) 31:39.606 (1:10.506)
    32:43.286 (1:03.680)
 3 Ayenew Devany             FR Iowa Central CC     31:08.32   33:14.71    6
     1:21.941 (1:21.941)  2:38.552 (1:16.611)  3:55.562 (1:17.010)  5:13.276 (1:17.714)
     6:32.956 (1:19.680)  7:53.459 (1:20.503)  9:15.119 (1:21.660) 10:37.872 (1:22.753)
    11:57.219 (1:19.347) 13:19.911 (1:22.692) 14:37.517 (1:17.606) 16:04.918 (1:27.401)
    17:28.021 (1:23.103) 18:49.285 (1:21.264) 20:10.268 (1:20.983) 21:33.933 (1:23.665)
    22:59.094 (1:25.161) 24:19.850 (1:20.756) 25:36.731 (1:16.881) 26:51.395 (1:14.664)
    28:04.759 (1:13.364) 29:17.815 (1:13.056) 30:34.338 (1:16.523) 31:55.058 (1:20.720)
    33:14.708 (1:19.650)
 4 Jaysen Bouwers            FR Iowa Western CC                33:45.17    5
     1:22.910 (1:22.910)  2:39.107 (1:16.197)  3:56.122 (1:17.015)  5:15.150 (1:19.028)
     6:33.658 (1:18.508)  7:54.470 (1:20.812)  9:15.602 (1:21.132) 10:38.427 (1:22.825)
    11:57.811 (1:19.384) 13:20.566 (1:22.755) 14:39.916 (1:19.350) 16:04.743 (1:24.827)
    17:26.976 (1:22.233) 18:49.936 (1:22.960) 20:12.823 (1:22.887) 21:33.891 (1:21.068)
    22:58.585 (1:24.694) 24:20.017 (1:21.432) 25:40.857 (1:20.840) 27:04.128 (1:23.271)
    28:26.877 (1:22.749) 29:47.061 (1:20.184) 31:09.401 (1:22.340) 32:31.501 (1:22.100)
    33:45.168 (1:13.667)
```

2022 NJCAA Region XI Track and Field Championships

Black Squirrel Timing - 5/7/2022 to 5/8/2022

Iowa Western Community College

Results

....Event 16 Men 10000 Meter Run

```
 5 Isaac Bryant              SO Indian Hills CC     31:21.82   34:09.89    4
    1:21.344 (1:21.344)  2:37.838 (1:16.494)  3:55.131 (1:17.293)  5:15.302 (1:20.171)
    6:38.472 (1:23.170)  7:54.732 (1:16.260)  9:15.668 (1:20.936) 10:38.333 (1:22.665)
   11:58.118 (1:19.785) 13:19.733 (1:21.615) 14:37.757 (1:18.024) 16:03.227 (1:25.470)
   17:25.933 (1:22.706) 18:48.229 (1:22.296) 20:09.360 (1:21.131) 21:32.893 (1:23.533)
   22:58.545 (1:25.652) 24:20.491 (1:21.946) 25:42.170 (1:21.679) 27:07.148 (1:24.978)
   28:31.633 (1:24.485) 29:55.087 (1:23.454) 31:20.961 (1:25.874) 32:44.740 (1:23.779)
   34:09.888 (1:25.148)
 6 Brady Hogan               FR Iowa Central CC     32:59.15   34:31.66    3
    1:21.462 (1:21.462)  2:38.290 (1:16.828)  3:54.699 (1:16.409)  5:12.848 (1:18.149)
    6:32.497 (1:19.649)  7:52.889 (1:20.392)  9:14.960 (1:22.071) 10:37.719 (1:22.759)
   11:58.053 (1:20.334) 13:21.334 (1:23.281) 14:42.582 (1:21.248) 16:05.173 (1:22.591)
   17:27.482 (1:22.309) 18:50.203 (1:22.721) 20:13.629 (1:23.426) 21:36.739 (1:23.110)
   23:01.143 (1:24.404) 24:29.118 (1:27.975) 25:56.629 (1:27.511) 27:24.867 (1:28.238)
   28:53.711 (1:28.844) 30:23.106 (1:29.395) 31:48.668 (1:25.562) 33:12.051 (1:23.383)
   34:31.658 (1:19.607)
 7 D'Artagnon Beaver         FR Hawkeye CC          33:43.61   35:08.67    2
    1:20.129 (1:20.129)  2:38.062 (1:17.933)  3:55.351 (1:17.289)  5:14.605 (1:19.254)
    6:33.350 (1:18.745)  7:53.923 (1:20.573)  9:15.207 (1:21.284) 10:38.032 (1:22.825)
   11:57.459 (1:19.427) 13:19.895 (1:22.436) 14:38.044 (1:18.149) 16:03.026 (1:24.982)
   17:26.145 (1:23.119) 18:48.463 (1:22.318) 20:09.582 (1:21.119) 21:33.654 (1:24.072)
   22:59.663 (1:26.009) 24:25.892 (1:26.229) 25:54.238 (1:28.346) 27:25.996 (1:31.758)
   28:55.838 (1:29.842) 30:29.198 (1:33.360) 32:04.602 (1:35.404) 33:40.444 (1:35.842)
   35:08.663 (1:28.219)
 8 Ethan Shuagis             FR Southeastern CC     35:59.45   36:46.92    1
    1:23.327 (1:23.327)  2:44.795 (1:21.468)  4:07.865 (1:23.070)  5:31.307 (1:23.442)
    6:55.772 (1:24.465)  8:21.418 (1:25.646)  9:47.501 (1:26.083) 11:13.535 (1:26.034)
   12:40.944 (1:27.409) 14:08.137 (1:27.193) 15:35.776 (1:27.639) 17:04.231 (1:28.455)
   18:34.435 (1:30.204) 20:05.278 (1:30.843) 21:35.525 (1:30.247) 23:05.837 (1:30.312)
   24:37.485 (1:31.648) 26:08.492 (1:31.007) 27:40.809 (1:32.317) 29:13.631 (1:32.822)
   30:45.882 (1:32.251) 32:17.273 (1:31.391) 33:49.359 (1:32.086) 35:20.406 (1:31.047)
   36:46.918 (1:26.512)
 9 Brandon Palomino-Alonso   FR Iowa Western CC                   37:21.71
    1:21.582 (1:21.582)  2:38.484 (1:16.902)  3:56.154 (1:17.670)  5:16.650 (1:20.496)
    6:39.940 (1:23.290)  8:03.657 (1:23.717)  9:28.159 (1:24.502) 10:54.903 (1:26.744)
   12:23.073 (1:28.170) 13:51.587 (1:28.514) 15:21.664 (1:30.077) 16:53.659 (1:31.995)
   18:27.378 (1:33.719) 20:04.401 (1:37.023) 21:34.745 (1:30.344) 23:05.004 (1:30.259)
   24:39.859 (1:34.855) 26:20.874 (1:41.015) 27:59.478 (1:38.604) 29:35.363 (1:35.885)
   31:11.390 (1:36.027) 32:48.422 (1:37.032) 34:25.937 (1:37.515) 35:57.292 (1:31.355)
   37:21.702 (1:24.410)
10 Isaiah Nebbe              FR Iowa Central CC     34:46.56  x37:53.62
    1:24.409 (1:24.409)  2:46.261 (1:21.852)  4:10.534 (1:24.273)  5:36.405 (1:25.871)
    7:02.504 (1:26.099)  8:29.880 (1:27.376)  9:57.433 (1:27.553) 11:26.280 (1:28.847)
   12:55.740 (1:29.460) 14:25.107 (1:29.367) 15:55.404 (1:30.297) 17:26.431 (1:31.027)
   18:58.239 (1:31.808) 20:31.090 (1:32.851) 22:04.817 (1:33.727) 23:40.777 (1:35.960)
   25:17.051 (1:36.274) 26:51.287 (1:34.236) 28:27.506 (1:36.219) 30:04.675 (1:37.169)
   31:40.405 (1:35.730) 33:19.006 (1:38.601) 34:53.964 (1:34.958) 36:27.924 (1:33.960)
   37:53.618 (1:25.694)
```

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....Event 16 Men 10000 Meter Run

```
 11 Kile Dowd                 FR Southeastern CC     37:34.94   38:35.73
     1:22.710 (1:22.710)  2:47.465 (1:24.755)  4:14.038 (1:26.573)  5:43.223 (1:29.185)
     7:13.492 (1:30.269)  8:45.063 (1:31.571) 10:17.235 (1:32.172) 11:49.213 (1:31.978)
    13:21.042 (1:31.829) 14:53.244 (1:32.202) 16:26.573 (1:33.329) 18:00.217 (1:33.644)
    19:33.859 (1:33.642) 21:08.228 (1:34.369) 22:43.528 (1:35.300) 24:18.428 (1:34.900)
    25:54.191 (1:35.763) 27:29.987 (1:35.796) 29:06.566 (1:36.579) 30:41.077 (1:34.511)
    32:16.446 (1:35.369) 33:51.450 (1:35.004) 35:26.444 (1:34.994) 37:01.938 (1:35.494)
    38:35.721 (1:33.783)
 12 Dylan Steele              SO Indian Hills CC     35:25.63   38:52.29
     1:21.606 (1:21.606)  2:38.024 (1:16.418)  3:55.906 (1:17.882)  5:17.076 (1:21.170)
     6:43.899 (1:26.823)  8:13.888 (1:29.989)  9:45.071 (1:31.183) 11:17.818 (1:32.747)
    12:51.068 (1:33.250) 14:24.558 (1:33.490) 16:00.023 (1:35.465) 17:36.259 (1:36.236)
    19:12.912 (1:36.653) 20:52.549 (1:39.637) 22:31.045 (1:38.496) 24:08.312 (1:37.267)
    25:47.267 (1:38.955) 27:29.742 (1:42.475) 29:11.302 (1:41.560) 30:51.814 (1:40.512)
    32:32.506 (1:40.692) 34:10.956 (1:38.450) 35:47.429 (1:36.473) 37:23.522 (1:36.093)
    38:52.282 (1:28.760)
 -- Brittain Edwards          FR Iowa Western CC                     DNF
     1:25.060 (1:25.060)  2:52.821 (1:27.761)  4:26.231 (1:33.410)  5:59.299 (1:33.068)
     7:36.216 (1:36.917)  9:16.314 (1:40.098) 10:59.630 (1:43.316) 12:42.333 (1:42.703)
    14:25.549 (1:43.216) 16:11.031 (1:45.482) 17:58.875 (1:47.844) 19:44.256 (1:45.381)
    21:36.195 (1:51.939) 23:27.774 (1:51.579) 25:20.976 (1:53.202) 27:14.184 (1:53.208)
    29:07.021 (1:52.837) 31:02.773 (1:55.752) 32:59.690 (1:56.917) 34:54.236 (1:54.546)
    36:46.604 (1:52.368) 38:42.885 (1:56.281) 40:36.120 (1:53.235) 42:15.340 (1:39.220)
 -- Victor Echeveste          FR Hawkeye CC                          DNF
     1:29.475 (1:29.475)  3:05.065 (1:35.590)  4:41.784 (1:36.719)  6:21.058 (1:39.274)
     8:02.446 (1:41.388)  9:44.596 (1:42.150) 11:28.959 (1:44.363) 13:14.561 (1:45.602)
    15:00.007 (1:45.446) 16:46.518 (1:46.511) 18:34.740 (1:48.222) 20:23.895 (1:49.155)
    22:13.195 (1:49.300) 24:02.522 (1:49.327) 25:53.490 (1:50.968) 27:44.963 (1:51.473)
    29:35.292 (1:50.329) 31:22.882 (1:47.590) 33:11.136 (1:48.254) 34:59.476 (1:48.340)
    36:44.563 (1:45.087) 38:32.215 (1:47.652) 40:19.761 (1:47.546) 42:04.532 (1:44.771)
 -- Justin Nibaur             FR Iowa Central CC     37:34.42        DNF
     1:27.563 (1:27.563)  2:57.898 (1:30.335)  4:29.804 (1:31.906)  6:00.555 (1:30.751)
     7:31.939 (1:31.384)  9:03.885 (1:31.946) 10:37.280 (1:33.395) 12:10.335 (1:33.055)
    13:43.666 (1:33.331) 15:19.876 (1:36.210) 16:57.060 (1:37.184) 18:33.942 (1:36.882)
    20:10.905 (1:36.963) 21:48.302 (1:37.397) 23:28.932 (1:40.630) 25:09.476 (1:40.544)
    26:48.041 (1:38.565) 28:28.440 (1:40.399)
```

Event 17 Women 100 Meter Hurdles

```
==============================================================================
  A Standard: A 14.71
      REG XI: R 13.43  2016        Danielle Riggins, Iowa Central
   Name                     Year School                  Seed    Prelims  Wind H#
==============================================================================
Preliminaries
  1 Dyandra Gray              FR Iowa Western CC        13.65    A 14.09q  1.9  1
  2 Adeyah Brewster           FR Iowa Central CC        14.43    A 14.22q  1.8  2
  3 Antonia Sealy             FR Iowa Western CC        14.63    A 14.42q  1.9  1
  4 Matayah Naylor            SO Indian Hills CC        14.22      14.75q  1.8  2
  5 Jade Jackson              FR Iowa Central CC        15.69      15.35q  1.8  2
  6 Kylee Neighbors           SO Hawkeye CC             15.46      15.70q  1.9  1
  7 Nyadhol Thichiot          FR Iowa Central CC        15.54      15.77q  1.8  2
  8 Holly Hoepner             FR Iowa Western CC        17.69      16.49q  1.9  1
  9 Lynn Hoeft                SO North Iowa Area CC     16.75      16.93   1.9  1
 10 Brianna Osterson          FR Southwestern CC        17.87      17.67   1.8  2
```

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....Event 17 Women 100 Meter Hurdles

11	Carlie Hoppe	SO	Hawkeye CC	17.94	18.11	1.8	2

Event 17 Women 100 Meter Hurdles

A Standard: A 14.71
REG XI: R 13.43 2016 Danielle Riggins, Iowa Central

	Name	Year	School	Prelims	Finals	Wind	Points
Finals							
1	Dyandra Gray	FR	Iowa Western CC	14.09	13.92A	1.7	10
2	Antonia Sealy	FR	Iowa Western CC	14.42	14.08A	1.7	8
3	Adeyah Brewster	FR	Iowa Central CC	14.22	14.43A	1.7	6
4	Matayah Naylor	SO	Indian Hills CC	14.75	14.50A	1.7	5
5	Jade Jackson	FR	Iowa Central CC	15.35	15.49	1.7	4
6	Kylee Neighbors	SO	Hawkeye CC	15.70	15.58	1.7	3
7	Nyadhol Thichiot	FR	Iowa Central CC	15.77	15.76	1.7	2
8	Holly Hoepner	FR	Iowa Western CC	16.49	16.35	1.7	1

Event 18 Men 110 Meter Hurdles

A Standard: A 14.55
REG XI: R 13.65 2021 Jaheem Hayles, Iowa Central

	Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries							
1	Cortney Watkins	FR	Iowa Western CC	13.94	A 13.97q	NWI	2
2	Michael Buchanan	FR	Iowa Western CC	14.10	A 14.14q	2.0	1
3	Tajean Houston	FR	Iowa Western CC	14.39	14.57q	2.0	1
4	Terry McNeill Jr	SO	Iowa Central CC	15.00	14.80q	NWI	2
5	Aries Scott	SO	Iowa Central CC	15.58	15.29q	2.0	1
6	Calvin Brindle	SO	Indian Hills CC	15.58	15.36q	2.0	1
7	Daqwan Sanders	FR	North Iowa Area CC	15.89	15.82q	NWI	2
8	Camron Ventura	FR	Iowa Central CC	16.09	16.28q	NWI	2
9	Kaiyu Levongkhom	FR	Iowa Central CC	16.43	16.40	2.0	1
10	Anthony Marks	FR	Southwestern CC	16.62	16.79	NWI	2
11	Alex Bates	FR	Southwestern CC	17.17	17.26	NWI	2
12	Eli Morris	FR	Southwestern CC	17.77	18.04	2.0	1
13	Perez Hemmings	FR	North Iowa Area CC	16.17	19.61	2.0	1
--	Lucas Woodside	FR	Southeastern CC	15.23	DNF	NWI	2

Event 18 Men 110 Meter Hurdles

A Standard: A 14.55
REG XI: R 13.65 2021 Jaheem Hayles, Iowa Central

	Name	Year	School	Prelims	Finals	Wind	Points
Finals							
1	Cortney Watkins	FR	Iowa Western CC	13.97	13.87A	1.2	10
2	Tajean Houston	FR	Iowa Western CC	14.57	14.26A	1.2	8
3	Terry McNeill Jr	SO	Iowa Central CC	14.80	15.00	1.2	6
4	Aries Scott	SO	Iowa Central CC	15.29	15.24	1.2	5
5	Calvin Brindle	SO	Indian Hills CC	15.36	15.50	1.2	4
6	Michael Buchanan	FR	Iowa Western CC	14.14	15.63	1.2	3
7	Daqwan Sanders	FR	North Iowa Area CC	15.82	15.79	1.2	2

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....Event 18 Men 110 Meter Hurdles

8	Camron Ventura	FR	Iowa Central CC	16.28	16.15	1.2 1

Event 19 Women 400 Meter Hurdles

A Standard: A 1:06.80
REG XI: R 59.30 2015 Yanique Bennett, Iowa Western

	Name	Year	School	Seed	Finals	H#	Points
1	Dyandra Gray	FR	Iowa Western CC	1:02.80	1:02.86A	2	10
2	Holly Hoepner	FR	Iowa Western CC	1:08.02	1:08.12	2	8
3	Monique Remy	FR	Iowa Western CC	1:08.60	1:08.13	2	6
4	Nyadhol Thichiot	FR	Iowa Central CC		1:09.87	1	5
5	Elizabeth Gibson	FR	Iowa Central CC		1:13.92	1	4
6	Jade Jackson	FR	Iowa Central CC		1:14.72	2	3
7	Carlie Hoppe	SO	Hawkeye CC	1:20.36	1:16.96	2	2
8	Lynn Hoeft	SO	North Iowa Area CC		1:18.72	1	1
--	Kylee Neighbors	SO	Hawkeye CC		DNF	2	

Event 20 Men 400 Meter Hurdles

A Standard: A 55.20
REG XI: R 51.64 2021 JoJo Frost, Hawkeye

	Name	Year	School	Seed	Finals	H#	Points
1	Cortney Watkins	FR	Iowa Western CC	52.98	53.18A	2	10
2	Damien Lewis	FR	Indian Hills CC	55.08	54.31A	2	8
3	Shamar Brown	FR	Iowa Western CC	54.08	54.35A	2	6
4	Davion Williams	FR	Iowa Western CC		54.89A	1	5
5	Isaac Vaske	FR	Hawkeye CC	55.08	55.28	2	4
6	Aries Scott	SO	Iowa Central CC		57.50	1	3
7	Terry McNeill Jr	SO	Iowa Central CC	57.87	59.12	2	2
8	Edgar Tapia	SO	Hawkeye CC	57.47	59.32	2	1
9	Alex Bates	FR	Southwestern CC	1:00.64	1:00.50	1	
10	Kaiyu Levongkhom	FR	Iowa Central CC	1:02.66	1:00.65	1	
11	Tristen Wiley	FR	Iowa Central CC	1:02.11	x1:02.43	1	
12	Brayan Silva	SO	Iowa Central CC	1:04.81	x1:07.01	1	
--	Zane Vance	FR	Hawkeye CC	58.31	DNF	2	

Event 21 Women High Jump

A Standard: A 1.62m
REG XI: R 1.80m 2021 Alliyah McNeil, Iowa Western

	Name	Year	School	Seed	Finals	Points
1	Miracle Ailes	FR	Iowa Western CC	1.81m	1.85mR	6-00.75 10
	1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.70 1.75 1.80 1.85					
	P P P P P P P P O O XO O					
2	Alliyah McNeil	FR	Iowa Western CC	1.78m	1.75mA	5-08.75 8
	1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.70 1.75 1.80					
	P P P P P P P XXO XO O XXX					
3	Haleigh Hadley	FR	Indian Hills CC	1.68m	1.60m	5-03.00 6
	1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65					
	P P P P O O O XXX					

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....Event 21 Women High Jump

```
 4 Kylee Neighbors           SO Hawkeye CC             1.65m      1.60m    5-03.00   5
   1.30 1.35 1.40 1.45 1.50 1.55 1.60 1.65 1.70
      P    P    P    P   XO   XO    O    P  XXX
 5 Jordan Swenson            FR North Iowa Area CC     1.55m      1.50m    4-11.00   4
   1.30 1.35 1.40 1.45 1.50 1.55
      P    O    O    O    O  XXX
 6 Cadence Stanley           FR Iowa Western CC        1.55m      1.45m    4-09.00   2.50
   1.30 1.35 1.40 1.45 1.50
      P    P    P    O  XXX
 6 Jade Jackson              FR Iowa Central CC        1.55m      1.45m    4-09.00   2.50
   1.30 1.35 1.40 1.45 1.50
      P    O    O    O  XXX
 8 Elizabeth Gibson          FR Iowa Central CC                   1.45m    4-09.00   1
   1.30 1.35 1.40 1.45 1.50
     XO    P   XO    O  XXX
 9 Carlie Hoppe              SO Hawkeye CC             1.48m      1.40m    4-07.00
   1.30 1.35 1.40 1.45
      O   XO    O  XXX
10 Calista Polk              SO North Iowa Area CC     1.43m      1.35m    4-05.00
   1.30 1.35 1.40
      O  XXO  XXX
-- Nyadhol Thichiot          FR Iowa Central CC                      NH
   1.30
    XXX
```

Event 22 Men High Jump

```
==========================================================================================
 A Standard: A 2.02m
     REG XI: R 2.18m  2014        Xaivier McAllister, Iowa Central
   Name                     Year School                  Seed     Finals            Points
==========================================================================================
 1 Roman Smith               FR Iowa Western CC        2.09m      2.00m    6-06.75  10
   1.70 1.75 1.80 1.85 1.90 1.95 2.00 2.05
      P    P    P    P    P    O    O  XXX
 2 Tyler Missick             FR Iowa Western CC        2.10m      2.00m    6-06.75   8
   1.70 1.75 1.80 1.85 1.90 1.95 2.00 2.05
      P    P    P    P    O    O   XO  XXX
 3 Christian Collins         FR Iowa Central CC        2.00m      1.95m    6-04.75   6
   1.70 1.75 1.80 1.85 1.90 1.95 2.00
      P    O    O    O    O    O  XXX
 4 Aries Scott               SO Iowa Central CC        1.97m      1.90m    6-02.75   5
   1.70 1.75 1.80 1.85 1.90 1.95
      P    O    O   XO  XXO  XXX
 5 Jacob Holste              FR Iowa Western CC        1.99m      1.90m    6-02.75   4
   1.70 1.75 1.80 1.85 1.90 1.95
      P    P  XXO    O  XXO  XXX
 6 Daqwan Sanders            FR North Iowa Area CC     1.90m      1.85m    6-00.75   3
   1.70 1.75 1.80 1.85 1.90
      P    P    O    O  XXX
 7 Chot Chotyiel             FR Iowa Central CC        2.00m      1.85m    6-00.75   2
   1.70 1.75 1.80 1.85 1.90
      P    O  XXO  XXO  XXX
```

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....Event 22 Men High Jump

```
 8 Micheal Moore             SO North Iowa Area CC     1.90m      1.75m    5-08.75   1
   1.70 1.75 1.80
      P  XXO  XXX
 9 Rayvon Wright             FR Iowa Central CC        1.83m     x1.70m    5-07.00
   1.70 1.75
      O  XXX
10 Marcel Smith              SO North Iowa Area CC     1.85m      1.70m    5-07.00
   1.70 1.75
    XXO  XXX
-- Quentrevion Campbell      SO North Iowa Area CC                   NH
   1.70
    XXX
```

Event 23 Women Pole Vault

```
==========================================================================================
 A Standard: A 3.16m
    REG XI: R 3.40m  2017        Monique Apuakehau, Iowa Western
  Name                     Year School                  Seed     Finals            Points
==========================================================================================
 1 Jade Durfey               FR Iowa Central CC        1.95m      2.15m    7-00.50  10
   1.55 1.70 1.85 2.00 2.15 2.30
      O    O   XO    O   XO  XXX
-- Taylor McCreedy           FR Iowa Central CC                      NH
   1.55
    XXX
-- Chloe Garcia Grafing      FR Iowa Central CC                      NH
   1.55
    XXX
```

Event 24 Men Pole Vault

```
==========================================================================================
 A Standard: A 4.41m
    REG XI: R 4.80m  2015        Dylan Poirier, Iowa Western
  Name                     Year School                  Seed     Finals            Points
==========================================================================================
 1 Aries Scott               SO Iowa Central CC        3.95m      3.30m   10-10.00  10
   2.10 2.25 2.40 2.55 2.70 2.85 3.00 3.15 3.30 3.45 4.05
      P    P    P    P    P    O    P    O  XXO    P   XX
 2 Christian Collins         FR Iowa Central CC                   3.00m    9-10.00   8
   2.10 2.25 2.40 2.55 2.70 2.85 3.00 3.15
      O    O    O    O    P    O    O  XXX
 3 Forest Pribbernow         FR Iowa Western CC        2.95m      3.00m    9-10.00   6
   2.10 2.25 2.40 2.55 2.70 2.85 3.00 3.15 3.30 3.45 4.05
      P    O    O    P    O    P   XO    P    P    P    X
 4 Camron Ventura            FR Iowa Central CC        3.25m      2.85m    9-04.25   5
   2.10 2.25 2.40 2.55 2.70 2.85 3.00
      O    O    P    P    P   XO  XXX
 5 Nicholaus Smith           FR Iowa Western CC        2.75m      2.10m    6-10.75   4
   2.10 2.25 2.40 2.55 2.70 2.85 3.00 3.15
      O    P    P    P    P    P    P    X
```

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Event 25 Women Long Jump

A Standard: A 5.57m
REG XI: R 6.31m 2021 Victory George, Iowa Western

	Name	Year	School	Seed	Finals	Wind		Points
1	Miracle Ailes	FR	Iowa Western CC	6.07m	6.30mA	1.9	20-08.00	10
	6.02m(2.7) 6.14m(3.8) 5.97m(3.2) 5.49m(3.2) 6.30m(1.9) FOUL							
2	Alliyah McNeil	FR	Iowa Western CC	6.04m	6.25mA	1.8	20-06.25	8
	FOUL 5.76m(2.6) 6.15m(3.7) FOUL 5.98m(1.5) 6.25m(1.8)							
3	Siby Yao	SO	Indian Hills CC	5.74m	6.15m	2.2	20-02.25	6
	5.84m(2.2) 5.65m(2.7) 5.84m(2.8) 6.15m(2.2) FOUL 5.72m(2.8)							
4	Nyadhol Thichiot	FR	Iowa Central CC	5.25m	5.79mA	1.8	19-00.00	5
	FOUL 5.41m(3.5) 4.71m(4.7) FOUL 5.79m(1.8) 5.43m(1.7)							
5	Elizabeth Gibson	FR	Iowa Central CC	5.57m	5.77m	3.8	18-11.25	4
	5.47m(-0.6) 5.58m(1.5) FOUL 5.17m(3.1) 5.58m(1.2) 5.77m(3.8)							
6	Victory George	FR	Iowa Western CC	5.94m	5.59m	4.3	18-04.25	3
	FOUL FOUL 5.59m(4.3) FOUL							
7	Antonia Sealy	FR	Iowa Western CC	5.75m	x5.38m	2.8	17-08.00	
	5.31m(3.0) 5.19m(4.0) 5.38m(2.8) FOUL 5.29m(2.4) 5.30m(2.6)							
8	Moselle Punni	FR	Iowa Western CC	5.11m	x5.22m	3.7	17-01.50	
	4.96m(2.3) 5.01m(3.1) 5.22m(3.7) 5.12m(2.5) 5.11m(2.6) 5.15m(2.9)							
9	Cadence Stanley	FR	Iowa Western CC	5.01m	x5.21m	3.5	17-01.25	
	FOUL 5.10m(1.9) 5.21m(3.5) 4.97m(2.2) 4.96m(1.7) 5.19m(5.4)							
10	Jade Jackson	FR	Iowa Central CC	4.70m	5.06m	3.0	16-07.25	2
	FOUL 5.06m(3.0) 4.70m(2.4)							
11	Brianna Osterson	FR	Southwestern CC	4.71m	4.90m	3.0	16-01.00	1
	FOUL 4.78m(2.3) 4.90m(3.0)							
12	Alisha Thomas	FR	Iowa Central CC	4.48m	x4.72m	2.5	15-06.00	
	4.51m(1.7) 4.72m(2.5) 4.72m(3.2)							
13	Katyrra Peck	FR	North Iowa Area CC	5.00m	4.66m	2.5	15-03.50	
	4.39m(4.1) 4.66m(2.5) 4.57m(4.0)							

Event 26 Men Long Jump

A Standard: A 7.20m
REG XI: R 7.86m 2015 Andreas Trajkovski-Soeresen, Iowa Western

	Name	Year	School	Seed	Finals	Wind		Points
1	Michael Buchanan	FR	Iowa Western CC	7.58m	7.58m	3.8	24-10.50	10
	7.12m(2.8) FOUL FOUL FOUL 7.32m(0.8) 7.58m(3.8)							
2	Roland Hure	SO	Southwestern CC	7.25m	7.37m	2.7	24-02.25	8
	FOUL FOUL 7.37m(2.7) 6.87m(2.0) FOUL FOUL							
3	Kenyon Johnson	FR	Iowa Western CC	6.84m	7.33mA	1.5	24-00.75	6
	7.04m(1.5) 7.22m(2.4) PASS FOUL 7.33m(1.5) FOUL							
4	Nicholaus Smith	FR	Iowa Western CC	7.01m	7.33m	2.2	24-00.75	5
	6.84m(2.1) FOUL 7.12m(1.7) FOUL FOUL 7.33m(2.2)							
5	Aries Scott	SO	Iowa Central CC	7.13m	7.19m	1.7	23-07.25	4
	6.88m(1.2) FOUL 4.35m(3.7) 6.40m(1.5) 7.01m(2.4) 7.19m(1.7)							
6	Chot Chotyiel	FR	Iowa Central CC	7.00m	6.99m	0.7	22-11.25	3
	6.52m(2.4) 6.67m(2.0) 6.99m(0.7) 6.24m(2.0) 6.52m(2.4) 6.85m(2.7)							
7	Chris Sizemore	FR	Indian Hills CC	7.01m	6.94m	1.4	22-09.25	2
	6.48m(1.9) 6.54m(1.5) 6.64m(2.7) 6.57m(2.0) 6.49m(2.6) 6.94m(1.4)							
8	Samson Shukuru	FR	Iowa Central CC	6.64m	6.83m	2.8	22-05.00	1
	6.60m(2.9) 6.76m(1.3) 6.67m(1.3) 6.45m(2.3) 6.83m(2.8) 6.71m(4.6)							

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....Event 26 Men Long Jump

9 Daron Jackson FR Southeastern CC 6.64m 6.58m 2.0 21-07.25
6.24m(3.0) 6.28m(2.6) 6.58m(2.0) PASS 5.61m(2.7) 6.44m(2.9)
10 Matthew Seberson FR North Iowa Area CC 6.41m 6.30m 2.3 20-08.00
FOUL 5.61m(1.4) 6.11m(3.4) 6.30m(2.3) 6.30m(2.6) FOUL
11 Renajid Kajtezovic SO Hawkeye CC 5.48m 5.41m 3.1 17-09.00
4.91m(1.2) 5.41m(3.1) 4.16m(2.3)
12 Roman Smith FR Iowa Western CC 6.42m x2.68m 1.2 8-09.50
2.68m(1.2) PASS PASS PASS PASS PASS

Event 27 Women Triple Jump

A Standard: A 11.54m
REG XI: R 12.88m 2017 Annastacia Forrester, Iowa Central

Name	Year	School	Seed	Finals	Wind	Points
1 Nyadhol Thichiot	FR	Iowa Central CC	11.72m	11.79mA	1.4	38-08.25 10
11.79m(1.4) 11.46m(0.1) 11.61m(+0.0) FOUL FOUL FOUL						
2 Victory George	FR	Iowa Western CC	12.86m	11.63mA	+0.0	38-02.00 8
11.63m(+0.0) FOUL 11.16m(0.2) FOUL FOUL 11.44m(1.4)						
3 Siby Yao	SO	Indian Hills CC	12.12m	11.62mA	0.2	38-01.50 6
11.60m(0.5) 11.29m(0.6) 11.26m(0.9) 10.91m(+0.0) FOUL 11.62m(0.2)						
4 Moselle Punni	FR	Iowa Western CC	10.97m	10.97m	0.4	36-00.00 5
10.64m(+0.0) 10.77m(+0.0) 10.72m(+0.0) FOUL 10.97m(0.4) 10.67m(1.5)						
5 Florence Omodayo	FR	Southwestern CC	10.71m	10.24m	+0.0	33-07.25 4
FOUL FOUL 9.86m(0.3) FOUL 9.84m(+0.0) 10.24m(+0.0)						
-- Elizabeth Gibson	FR	Iowa Central CC	11.42m	FOUL		
FOUL FOUL FOUL FOUL FOUL FOUL						

Event 28 Men Triple Jump

A Standard: A 14.63m
REG XI: R 16.02m 2014 Latario Collie-Minns, Iowa Western

Name	Year	School	Seed	Finals	Wind	Points
1 Nicholaus Smith	FR	Iowa Western CC	14.36m	14.88mA	+0.0	48-10.00 10
14.24m(1.1) FOUL FOUL 14.60m(+0.0) 14.88m(+0.0) FOUL						
2 Kenyon Johnson	FR	Iowa Western CC	15.02m	14.74mA	0.4	48-04.50 8
FOUL FOUL FOUL 14.41m(+0.0) 14.74m(0.4) FOUL						
3 JC Ramirez	SO	Indian Hills CC	14.75m	14.25m	1.0	46-09.00 6
14.06m(+0.0) FOUL 14.24m(0.8) 13.80m(1.3) 14.13m(1.3) 14.25m(1.0)						
4 Chot Chotyiel	FR	Iowa Central CC	14.35m	13.25m	0.4	43-05.75 5
13.25m(0.4) 13.22m(1.2) FOUL 12.71m(0.1) 13.08m(+0.0) 12.87m(0.4)						
5 Rayvon Wright	FR	Iowa Central CC	13.57m	12.78m	+0.0	41-11.25 4
12.45m(+0.0) 12.53m(+0.0) FOUL 12.37m(0.5) 12.78m(+0.0) 12.30m(0.1)						
6 Matthew Seberson	FR	North Iowa Area CC	12.66m	12.46m	+0.0	40-10.50 3
11.99m(0.6) FOUL 12.46m(+0.0) 12.23m(0.2) 12.41m(1.2) FOUL						
-- Marzeion Jones	FR	Iowa Western CC	14.22m	FOUL		
FOUL FOUL PASS						
-- Roman Smith	FR	Iowa Western CC	13.36m	FOUL		
FOUL PASS PASS PASS PASS PASS						

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Event 29 Women Discus Throw

A Standard: A 40.24m
REG XI: R 48.70m 2017 Alexia Stein, Iowa Central

	Name	Year	School	Seed	Finals		Points
1	Cheyanne Fearon	FR	Iowa Western CC	45.29m	41.93mA	137-07	10
	37.97m 39.95m 37.95m 40.12m 41.93m FOUL						
2	Elizabeth Sebera	FR	Iowa Western CC	43.98m	38.64m	126-09	8
	FOUL 35.65m 33.49m FOUL 37.87m 38.64m						
3	Allison Flanscha	SO	Hawkeye CC	37.95m	37.48m	122-11	6
	31.85m 32.82m FOUL 34.72m 35.83m 37.48m						
4	Molly Venteicher	FR	Southwestern CC	33.80m	33.61m	110-03	5
	30.38m 30.75m FOUL 33.61m FOUL FOUL						
5	Halsie Keltner	SO	North Iowa Area CC	32.25m	30.66m	100-07	4
	FOUL 29.77m FOUL 29.78m FOUL 30.66m						
6	Kiana Bean	FR	Iowa Western CC	29.63m	30.53m	100-02	3
	FOUL 27.34m 30.53m FOUL 28.85m FOUL						
7	Lexi Wood	FR	Iowa Central CC	31.52m	30.20m	99-01	2
	29.36m 30.20m FOUL FOUL FOUL FOUL						
8	Esther Mensah	FR	Iowa Central CC		28.74m	94-03	1
	27.36m FOUL 28.74m 28.29m FOUL 26.03m						
9	Emma Seidl	FR	Iowa Central CC	32.15m	28.73m	94-03	
	25.89m 28.58m FOUL 28.73m 28.62m FOUL						
10	Emma Decker	FR	Southwestern CC	25.10m	25.37m	83-03	
	22.18m 20.20m 25.37m						
--	Lauren Upmeyer	FR	Iowa Western CC	42.23m	FOUL		
	FOUL FOUL FOUL						
--	Brenna Paulson	SO	North Iowa Area CC	33.95m	FOUL		
	FOUL FOUL FOUL						

Event 30 Men Discus Throw

A Standard: A 45.64m
REG XI: R 57.46m 2016 Brian Williams, Iowa Central

	Name	Year	School	Seed	Finals		Points
1	James MacKey Jr.	SO	Iowa Central CC	50.62m	53.32mA	174-11	10
	50.32m 53.32m 48.88m FOUL 48.68m FOUL						
2	Blake Veenstra	SO	Hawkeye CC	52.43m	50.30mA	165-00	8
	48.18m FOUL 49.48m 49.34m 50.30m FOUL						
3	Shakiel Dacres	FR	Iowa Western CC	54.51m	49.18mA	161-04	6
	42.01m FOUL FOUL 47.46m 46.74m 49.18m						
4	Christian Turner	FR	Iowa Western CC	46.78m	44.82m	147-00	5
	44.24m 44.82m FOUL 43.57m FOUL FOUL						
5	Kameron Glasper	SO	North Iowa Area CC	43.20m	43.76m	143-07	4
	41.49m 39.35m 10.11m FOUL FOUL 43.76m						
6	Elisha Turner	FR	Iowa Western CC	38.21m	42.97m	141-00	3
	40.48m 42.36m FOUL 40.70m FOUL 42.97m						
7	Michael Harris	FR	Iowa Western CC	40.47m	x40.97m	134-05	
	FOUL 38.55m FOUL FOUL 40.74m 40.97m						
8	Nemoy Cockett	FR	Iowa Western CC	43.29m	x39.74m	130-04	
	FOUL FOUL 39.74m FOUL FOUL FOUL						
9	Josh Ewalt	FR	Iowa Central CC	37.58m	38.32m	125-09	2
	36.09m 35.39m 38.32m 37.16m FOUL FOUL						

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....Event 30 Men Discus Throw

10 Randry Mugisha SO North Iowa Area CC 35.25m 35.50m 116-06 1
32.26m 35.43m 35.50m
11 Terrion Conard FR Iowa Western CC 36.42m x34.76m 114-00
FOUL 34.76m FOUL
12 Miguel Rubio FR Hawkeye CC 24.98m 24.10m 79-01
24.10m 23.93m 23.22m

Event 31 Women Hammer Throw

A Standard: A 42.95m
REG XI: R 58.51m 2016 Janeah Stewart, Iowa Central

Name	Year	School	Seed	Finals		Points
1 Elizabeth Sebera	FR	Iowa Western CC	44.90m	45.18mA	148-03	10
FOUL 45.18m FOUL 45.16m 42.76m FOUL						
2 Brenna Paulson	SO	North Iowa Area CC	41.16m	41.43m	135-11	8
38.60m 41.43m 41.31m FOUL FOUL 40.56m						
3 Cheyanne Fearon	FR	Iowa Western CC	30.49m	41.01m	134-06	6
38.86m FOUL FOUL 24.26m 41.01m 37.87m						
4 Cinnamon Evans	SO	North Iowa Area CC	38.85m	39.36m	129-02	5
39.36m FOUL 35.28m FOUL FOUL FOUL						
5 Allison Flanscha	SO	Hawkeye CC	37.06m	36.92m	121-01	4
32.35m 36.57m 35.28m 36.45m 36.28m 36.92m						
6 Halsie Keltner	SO	North Iowa Area CC	30.76m	36.38m	119-04	3
34.99m 35.47m 31.72m 33.12m FOUL 36.38m						
7 Molly Venteicher	FR	Southwestern CC	33.68m	35.64m	116-11	2
35.64m 35.10m 33.40m 35.28m 34.54m FOUL						
8 Lauren Upmeyer	FR	Iowa Western CC		31.56m	103-06	1
FOUL 30.76m FOUL FOUL FOUL 31.56m						
9 Emma Seidl	FR	Iowa Central CC	31.69m	30.79m	101-00	
FOUL 30.79m 29.36m 30.65m FOUL FOUL						
10 Emma Decker	FR	Southwestern CC	28.58m	28.89m	94-09	
24.72m 26.04m 28.89m						
11 Kiana Bean	FR	Iowa Western CC		x28.13m	92-03	
28.13m FOUL FOUL						
-- Esther Mensah	FR	Iowa Central CC	39.28m	FOUL		
FOUL FOUL FOUL						
-- Lexi Wood	FR	Iowa Central CC	33.40m	FOUL		
FOUL FOUL FOUL						

Event 32 Men Hammer Throw

A Standard: A 48.21m
REG XI: R 58.16m 2018 Travis Petersen, Iowa Central

Name	Year	School	Seed	Finals		Points
1 Nemoy Cockett	FR	Iowa Western CC	52.93m	54.32mA	178-02	10
48.18m 53.03m 54.32m FOUL 52.94m FOUL						
2 Blake Veenstra	SO	Hawkeye CC	49.47m	51.04mA	167-05	8
FOUL 45.72m 47.60m FOUL 49.67m 51.04m						
3 James MacKey Jr.	SO	Iowa Central CC	50.39m	48.19m	158-01	6
FOUL 48.04m FOUL FOUL 48.07m 48.19m						
4 Kameron Glasper	SO	North Iowa Area CC	39.89m	39.04m	128-01	5
35.21m 37.49m 36.80m 39.04m FOUL FOUL						

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....Event 32 Men Hammer Throw

5 Michael Harris FR Iowa Western CC 33.46m 38.67m 126-10 4
34.85m 36.92m 38.56m 36.43m 38.67m FOUL
6 Randry Mugisha SO North Iowa Area CC 35.80m 36.11m 118-06 3
34.22m FOUL FOUL 36.11m 35.87m FOUL
7 Shakiel Dacres FR Iowa Western CC 24.81m 35.61m 116-10 2
33.32m 35.61m FOUL FOUL FOUL PASS
8 Elisha Turner FR Iowa Western CC x33.32m 109-04
33.32m FOUL FOUL FOUL FOUL PASS
9 Josh Ewalt FR Iowa Central CC 24.56m 80-07 1
FOUL 24.56m FOUL FOUL FOUL FOUL

Event 33 Women Javelin Throw

A Standard: A 36.34m
REG XI: R 41.43m 2015 Sharon Taoka, NIACC

	Name	Year	School	Seed	Finals		H#	Points
1	Antonia Sealy	FR	Iowa Western CC	42.39m	42.87mR	140-08	2	10
	35.38m 38.51m 37.49m 39.36m 37.90m 42.87m							
2	Halsie Keltner	SO	North Iowa Area CC	34.70m	38.75mA	127-01	2	8
	22.68m 35.08m 38.75m 32.91m 34.93m FOUL							
3	Lauren Upmeyer	FR	Iowa Western CC	37.71m	34.31m	112-07	2	6
	31.98m 34.31m 32.20m FOUL 30.35m 32.51m							
4	Molly Venteicher	FR	Southwestern CC	31.64m	33.93m	111-04	2	5
	32.76m 31.85m 33.09m 33.93m 33.77m 32.55m							
5	Emma Decker	FR	Southwestern CC	31.79m	33.75m	110-09	2	4
	FOUL 30.10m 32.99m 33.75m 29.20m 32.09m							
6	Allison Flanscha	SO	Hawkeye CC	31.80m	33.32m	109-04	2	3
	25.05m 30.77m FOUL 33.32m 32.59m 29.55m							
7	Cadence Stanley	FR	Iowa Western CC	30.61m	32.73m	107-04	2	2
	29.17m 29.16m 32.73m FOUL 27.91m 30.68m							
8	Brianna Osterson	FR	Southwestern CC	27.50m	31.47m	103-03	1	1
	25.65m 31.47m 30.94m 21.71m FOUL 26.42m							
9	Brenna Paulson	SO	North Iowa Area CC	27.20m	29.52m	96-10	1	
	29.52m FOUL 25.85m 27.93m FOUL PASS							
10	Emma Seidl	FR	Iowa Central CC		29.12m	95-06	1	
	29.12m 27.61m 25.36m							
11	Elizabeth Sebera	FR	Iowa Western CC	33.09m	x27.84m	91-04	2	
	26.95m 26.14m 27.84m							
12	Carlie Hoppe	SO	Hawkeye CC	31.02m	25.73m	84-05	2	
	23.03m 25.67m 25.73m							
13	Esther Mensah	FR	Iowa Central CC		25.31m	83-00	1	
	25.31m 20.90m 17.48m							
14	Lexi Wood	FR	Iowa Central CC		25.24m	82-10	1	
	25.24m 25.23m 21.61m							
15	Taylor McCreedy	FR	Iowa Central CC	26.40m	x24.32m	79-09	1	
	24.32m 23.90m 23.24m							
16	Lynn Hoeft	SO	North Iowa Area CC	24.73m	24.16m	79-03	1	
	18.41m 17.73m 24.16m							
17	Mia Blodgett	SO	Iowa Central CC	22.60m	x22.48m	73-09	1	
	22.48m 21.36m 20.76m							
18	Chloe Garcia Grafing	FR	Iowa Central CC	10.87m	x16.24m	53-03	1	
	14.68m FOUL 16.24m							

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Event 34 Men Javelin Throw

A Standard: A 51.11m
REG XI: R 57.57m 2018 Kenyon Burton, Iowa Western

	Name	Year	School	Seed	Finals		H#	Points
1	Connor Belken	SO	Hawkeye CC	38.86m	49.66m	162-11	2	10
	42.52m 42.27m 46.02m 41.02m 49.66m 43.48m							
2	Randry Mugisha	SO	North Iowa Area CC	46.66m	45.19m	148-03	2	8
	45.19m FOUL 38.45m FOUL 39.49m 43.48m							
3	Nemoy Cockett	FR	Iowa Western CC		44.69m	146-07	1	6
	44.69m FOUL FOUL FOUL							
4	Forest Pribbernow	FR	Iowa Western CC	48.32m	44.46m	145-10	2	5
	FOUL 42.47m 39.56m 43.77m 43.45m 44.46m							
5	Conrad Schroeder	FR	Southwestern CC	43.68m	43.05m	141-03	2	4
	40.82m 43.05m 41.81m 40.07m 42.75m FOUL							
6	Miguel Rubio	FR	Hawkeye CC	35.74m	35.21m	115-06	2	3
	35.21m 31.11m FOUL 30.75m 28.02m FOUL							
7	Caleb Harb	SO	Iowa Central CC	35.75m	33.84m	111-00	2	2
	31.62m 32.07m 33.84m 31.57m 28.00m 29.72m							
8	Robin Aguilar Gonzalez	SO	Iowa Central CC	34.19m	33.05m	108-05	2	1
	32.95m 33.05m 31.89m FOUL 29.33m 30.01m							
9	Camron Ventura	FR	Iowa Central CC		32.92m	108-00	1	
	32.49m 31.92m 21.86m 32.92m							
10	Isaac Vaske	FR	Hawkeye CC		31.46m	103-02	1	
	31.46m 27.95m FOUL							
11	Jacob Holste	FR	Iowa Western CC		31.38m	102-11	1	
	31.38m 30.97m 28.36m							
12	Walker Sobolik	SO	North Iowa Area CC	37.42m	30.29m	99-04	2	
	30.29m 29.87m FOUL							
13	D'Artagnon Beaver	FR	Hawkeye CC		x29.16m	95-08	1	
	25.95m 29.16m 25.81m							
14	Josh Ewalt	FR	Iowa Central CC	27.32m	x28.28m	92-09	1	
	26.77m 28.28m 28.21m							
15	Kameron Glasper	SO	North Iowa Area CC	33.70m	27.65m	90-08	2	
	27.65m FOUL							
16	Levi Sullivan	SO	Iowa Central CC	28.49m	x27.15m	89-01	1	
	26.58m 27.15m 26.28m							
17	James MacKey Jr.	SO	Iowa Central CC		x23.38m	76-08	1	
	23.09m 23.38m FOUL							
18	Cassius Havis	SO	Iowa Central CC	27.68m	x20.51m	67-03	1	
	18.36m 20.51m FOUL							

Event 35 Women Shot Put

A Standard: A 12.67m
REG XI: R 15.80m 2016 Janeah Stein, Iowa Central

	Name	Year	School	Seed	Finals		Points
1	Molly Venteicher	FR	Southwestern CC	12.19m	12.36m	40-06.75	10
	12.36m FOUL FOUL FOUL 12.12m FOUL						
2	Emma Seidl	FR	Iowa Central CC	12.47m	12.22m	40-01.25	8
	12.02m 12.08m 12.22m FOUL 11.98m 12.08m						
3	Antonia Sealy	FR	Iowa Western CC	12.62m	11.94m	39-02.25	6
	11.85m 11.54m FOUL 11.94m FOUL 11.42m						

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....Event 35 Women Shot Put

4 Allison Flanscha SO Hawkeye CC 12.50m 11.81m 38-09.00 5
11.22m 10.77m 11.81m 11.38m 11.52m 11.79m
5 Cheyanne Fearon FR Iowa Western CC 11.13m 11.55m 37-10.75 4
11.55m PASS PASS FOUL FOUL PASS
6 Lexi Wood FR Iowa Central CC 11.75m 11.51m 37-09.25 3
11.09m 11.33m FOUL 11.10m 11.51m 11.42m
7 Lauren Upmeyer FR Iowa Western CC 11.76m 11.24m 36-10.50 2
11.24m FOUL FOUL 10.96m 11.04m FOUL
8 Esther Mensah FR Iowa Central CC 11.15m 10.87m 35-08.00 1
10.87m 10.21m 10.49m FOUL FOUL FOUL
9 Kiana Bean FR Iowa Western CC 10.72m x10.76m 35-03.75
FOUL 10.49m FOUL FOUL 10.76m 10.75m
10 Emma Decker FR Southwestern CC 9.56m 9.99m 32-09.50
9.91m 7.86m 9.99m
11 Carlie Hoppe SO Hawkeye CC 10.03m 9.47m 31-01.00
7.99m 8.18m 9.47m
12 Elizabeth Sebera FR Iowa Western CC 11.19m x9.05m 29-08.25
9.05m FOUL FOUL

Event 36 Men Shot Put

A Standard: A 15.15m
REG XI: R 16.96m 2016 Brian Williams, Iowa Central

Name	Year	School	Seed	Finals		Points
1 Christian Turner	FR	Iowa Western CC	15.80m	15.48mA	50-09.50	10
FOUL FOUL 15.48m FOUL 15.21m 15.36m						
2 James MacKey Jr.	SO	Iowa Central CC	15.30m	15.31mA	50-02.75	8
14.25m 13.01m 13.99m 14.96m FOUL 15.31m						
3 Elisha Turner	FR	Iowa Western CC	15.68m	15.01m	49-03.00	6
11.89m 14.20m 15.01m 14.29m 14.55m 14.70m						
4 Michael Harris	FR	Iowa Western CC	15.21m	14.58m	47-10.00	5
14.52m FOUL 14.58m FOUL FOUL FOUL						
5 Shakiel Dacres	FR	Iowa Western CC	15.71m	x14.51m	47-07.25	
14.23m FOUL 14.49m FOUL 14.51m 14.31m						
6 Kameron Glasper	SO	North Iowa Area CC	13.83m	13.83m	45-04.50	4
13.12m FOUL FOUL 13.83m FOUL 13.63m						
7 Nemoy Cockett	FR	Iowa Western CC	15.09m	x12.36m	40-06.75	
12.36m FOUL FOUL FOUL FOUL PASS						
8 Josh Ewalt	FR	Iowa Central CC	11.89m	11.71m	38-05.00	3
11.36m FOUL 11.71m FOUL 11.45m FOUL						
9 Randry Mugisha	SO	North Iowa Area CC	12.19m	10.30m	33-09.50	2
FOUL 10.30m 10.09m FOUL FOUL PASS						
10 Terrion Conard	FR	Iowa Western CC	10.35m	x9.85m	32-03.75	
9.62m 9.85m 9.39m						
11 Miguel Rubio	FR	Hawkeye CC	9.91m	8.70m	28-06.50	1
8.70m 8.70m 8.05m						
-- Blake Veenstra	SO	Hawkeye CC	16.83m	FOUL		
FOUL FOUL FOUL						

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Event 37 Women 4x100 Meter Relay

A Standard: A 48.21
REG XI: R 45.26 2021 , Iowa Western
Walcott, Pryce, Green, Walcott

School	Seed	Finals	Points
1 Iowa Western CC	46.05	48.09A	10
1) Marquetta Berlin-Burns FR	2) Nickisha Pryce FR		
3) Dyandra Gray FR	4) Tirecia Walcott FR		
2 Hawkeye CC	53.80	49.77	8
1) Mattie Janssen FR	2) Maci Freund FR		
3) Kylee Neighbors SO	4) Jenna Hummell SO		
3 North Iowa Area CC	53.53	54.17	6
1) Lynn Hoeft SO	2) Katyrra Peck FR		
3) Talia Schon FR	4) Calista Polk SO		
-- Iowa Central CC	48.36	DNF	
1) Adeyah Brewster FR	2) Britney Brown FR		
3) Alisha Thomas FR	4) Nyadhol Thichiot FR		

Event 38 Men 4x100 Meter Relay

A Standard: A 41.47
REG XI: R 39.90 2021 , Indian Hills
Walker, Allen, Thomas, Walden

School	Seed	Finals	Points
1 Indian Hills CC	40.15	40.49A	10
1) Justin Walden SO	2) Kendrick Winfield SO		
3) Damoy Allen SO	4) Aurel Tchanbi SO		
2 Hawkeye CC	41.86	41.90	8
1) Ray Talbert SO	2) Blake Osborn SO		
3) Brigham Daniel FR	4) Keegan Thompson FR		
3 Iowa Western CC	41.02	41.92	6
1) Max Azor FR	2) Jude Murray FR		
3) Ebiye Ogoun FR	4) Rosean Young FR		
4 Iowa Central CC	41.75	42.10	5
1) Hayden Cobbs SO	2) Kenson Thomas FR		
3) Terry McNeill Jr SO	4) Marreion Marks FR		
5 North Iowa Area CC	42.09	44.29	4
1) Sanchez Redden FR	2) Tinashe Chigudu SO		
3) Bernard Bell FR	4) Micheal Moore SO		
6 Southeastern CC	44.71	44.91	3
1) Michael Mosena FR	2) Daron Jackson FR		
3) Quentin Schnieder FR	4) Lucas Woodside FR		

Event 39 Women 4x400 Meter Relay

A Standard: A 4:00.83
REG XI: R 3:46.08 2014 , Iowa Central
Jackson, Carter, Latimer, Carr

School	Seed	Finals	Points
1 Indian Hills CC	3:47.82	3:52.15A	10
1) Aimaya Drummond SO	2) Aliyah Simmons SO		

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....Event 39 Women 4x400 Meter Relay

```
   3) Temira Goods SO                 4) Kahliyah Anderson SO
    1:57.181 (1:57.181)    2:54.522 (57.341)    3:52.147 (57.625)
 2 Iowa Central CC                                  4:06.68    4:13.34    8
   1) Elizabeth Gibson FR             2) Britney Brown FR
   3) Nyadhol Thichiot FR             4) Adeyah Brewster FR
    2:02.780 (2:02.780)  3:07.238 (1:04.458)  4:13.331 (1:06.093)
 3 Hawkeye CC                                       4:20.16    4:21.01    6
   1) Mattie Janssen FR               2) Jenna Hummell SO
   3) Emma Hoins FR                   4) Maci Freund FR
    2:08.454 (2:08.454)  3:18.416 (1:09.962)  4:21.004 (1:02.588)
```

Event 40 Men 4x400 Meter Relay

```
==============================================================================
 A Standard: A 3:17.17
     REG XI: R 3:08.63  2021        , Indian Hills
                       Allen, Berry, Simmons, Winfield
   School                                                Seed     Finals  Points
==============================================================================
 1 Indian Hills CC                                   3:10.20    3:14.10A  10
   1) Sydney Peal FR                  2) Dorian Craven SO
   3) Rivaldo Marshall FR             4) Kendrick Winfield SO
    1:36.372 (1:36.372)    2:25.206 (48.834)    3:14.095 (48.889)
 2 Hawkeye CC                                        3:14.98    3:18.22    8
   1) Blake Osborn SO                 2) Isaac Vaske FR
   3) Edgar Tapia SO                  4) Connor Belken SO
    1:40.475 (1:40.475)    2:30.481 (50.006)    3:18.216 (47.735)
 3 Iowa Central CC                                   3:18.76    3:23.98    6
   1) Aries Scott SO                  2) Yared Kidane FR
   3) Robin Aguilar Gonzalez SO       4) Hayden Cobbs SO
    1:43.130 (1:43.130)    2:35.526 (52.396)    3:23.973 (48.447)
 4 North Iowa Area CC                                3:28.61    4:11.84    5
   1) Bernard Bell FR                 2) John Hunt SO
   3) Titus Jackson SO                4) Braden Powers FR
    2:07.614 (2:07.614)    3:06.608 (58.994)  4:11.837 (1:05.229)
```

Event 41 Women 4x800 Meter Relay

```
==============================================================================
 A Standard: A 10:01.75
     REG XI: R  9:30.30  2014        , Iowa Central
                        Carr, Maina, Carter, Latimer
   School                                                Seed     Finals  Points
==============================================================================
 1 Iowa Central CC                                   9:28.99   10:13.29   10
   1) Britney Brown FR                2) Shaunti Longfellow SO
   3) Chloe Garcia Grafing FR         4) Taylor McCreedy FR
    2:34.589 (2:34.589)  5:07.364 (2:32.775)  7:40.127 (2:32.763) 10:13.290 (2:33.163)
 2 Indian Hills CC                                  10:09.85   10:21.89    8
   1) Julie Granahan SO               2) Isabelle Mellin FR
   3) Kaylen Pryor FR                 4) Lizeth Flores FR
    2:36.522 (2:36.522)  5:15.642 (2:39.120)  7:45.790 (2:30.148) 10:21.882 (2:36.092)
 3 Iowa Western CC                                   9:49.14   10:57.59    6
   1) Josey French FR                 2) Lillian Garay FR
   3) Asia Williams FR                4) Mikayla Pecka FR
    2:44.410 (2:44.410)  5:27.520 (2:43.110)  8:10.622 (2:43.102) 10:57.588 (2:46.966)
```

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Event 42 Men 4x800 Meter Relay

A Standard: A 7:54.30
REG XI: R 7:42.73 2014 , Iowa Central
Chakisso, Hosting, Prohaska, Cronin

School	Seed	Finals	Points
1 Iowa Central CC	7:45.14	7:49.83A	10
1) Cassius Havis SO 2) Robin Aguilar Gonzalez SO			
3) Hunter Klimek SO 4) Yared Kidane FR			
2:02.135 (2:02.135) 4:00.246 (1:58.111) 5:56.907 (1:56.661) 7:49.826 (1:52.919)			
2 Iowa Western CC	7:42.84	7:54.86	8
1) Chaz Brown FR 2) Merci Bita FR			
3) Deiondre Williams FR 4) Ty Costigan FR			
1:58.065 (1:58.065) 3:56.194 (1:58.129) 5:53.726 (1:57.532) 7:54.858 (2:01.132)			
3 Hawkeye CC	7:55.08	8:10.09	6
1) Koby Brackemeyer SO 2) Chase Mullenix FR			
3) Mason Chipman FR 4) Stephen Thomas FR			
2:01.410 (2:01.410) 4:05.280 (2:03.870) 6:09.999 (2:04.719) 8:10.081 (2:00.082)			
4 North Iowa Area CC	9:01.77	8:19.05	5
1) Richard Marcoux SO 2) Melvin Kipkemboi SO			
3) Christian Rodriguez FR 4) John Hunt SO			
2:03.260 (2:03.260) 4:10.072 (2:06.812) 6:15.580 (2:05.508) 8:19.041 (2:03.461)			
5 Southwestern CC		8:38.62	4
1) Robert Norton FR 2) Ahmed Fofana FR			
3) Luke Esser FR 4) Connor Koppa FR			
2:02.841 (2:02.841) 4:15.450 (2:12.609) 6:27.793 (2:12.343) 8:38.618 (2:10.825)			

Event 43 Women Heptathlon

REG XI: R 5010 2009 AG Bradford, Iowa Central

Name	Year	School	Seed	Finals	H#	Points
1 Antonia Sealy	FR	Iowa Western CC		4535		10
2 Cadence Stanley	FR	Iowa Western CC		3595		8
3 Brianna Osterson	FR	Southwestern CC	3222	3248		6
4 Lynn Hoeft	SO	North Iowa Area CC	2751	2751		5
5 Jordan Swenson	FR	North Iowa Area CC	2734	2734		4
6 Carlie Hoppe	SO	Hawkeye CC	3338	2452		3

Event 43 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

REG XI: R 14.13 2015 Martiesha Caines, Iowa Central

Name	Year	School	Finals	Wind	H#	Points
1 Antonia Sealy	FR	Iowa Western CC	14.61	-2.1	2	894
2 Lynn Hoeft	SO	North Iowa Area CC	17.26	-2.1	2	567
3 Cadence Stanley	FR	Iowa Western CC	17.92	-1.8	1	497
4 Brianna Osterson	FR	Southwestern CC	17.93	-1.8	1	496
5 Carlie Hoppe	SO	Hawkeye CC	18.70	-2.1	2	419
6 Jordan Swenson	FR	North Iowa Area CC	18.92	-1.8	1	398

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Event 43 Heptathlon: #2 Women High Jump Heptathlon

REG XI: R 1.72m 2009 AG Bradford, Iowa Central

	Name	Year	School	Finals		Points
1	Jordan Swenson	FR	North Iowa Area CC	1.53m	5-00.25	655
	1.38 1.41 1.44 1.47 1.50 1.53 1.56					
	O O XO O O O XXX					
1	Cadence Stanley	FR	Iowa Western CC	1.53m	5-00.25	655
	1.41 1.44 1.47 1.50 1.53 1.56					
	O O O XO XO XXX					
3	Antonia Sealy	FR	Iowa Western CC	1.50m	4-11.00	621
	1.41 1.44 1.47 1.50 1.53					
	XO XO O XXO XXX					
4	Brianna Osterson	FR	Southwestern CC	1.35m	4-05.00	460
	1.32 1.35 1.38					
	O O XXX					
5	Lynn Hoeft	SO	North Iowa Area CC	1.26m	4-01.50	369
	1.14 1.17 1.20 1.23 1.26 1.29					
	O O XXO O O XXX					
--	Carlie Hoppe	SO	Hawkeye CC	NH		
	1.29					
	XXX					

Event 43 Heptathlon: #3 Women Shot Put Heptathlon

REG XI: R 11.35m 2014 Martiesha Caines, Iowa Central

	Name	Year	School	Finals		Points
1	Antonia Sealy	FR	Iowa Western CC	12.17mR	39-11.25	672
	11.68m FOUL 12.17m					
2	Carlie Hoppe	SO	Hawkeye CC	9.46m	31-00.50	494
	9.46m 8.68m 8.46m					
3	Brianna Osterson	FR	Southwestern CC	9.32m	30-07.00	485
	9.32m 9.00m 9.13m					
4	Cadence Stanley	FR	Iowa Western CC	8.70m	28-06.50	445
	8.08m 7.91m 8.70m					
5	Lynn Hoeft	SO	North Iowa Area CC	7.83m	25-08.25	388
	7.47m 7.78m 7.83m					
6	Jordan Swenson	FR	North Iowa Area CC	7.45m	24-05.50	364
	6.72m 6.31m 7.45m					

Event 43 Heptathlon: #4 Women 200 Meter Dash Heptathlon

REG XI: R 25.46 2021 Sanique Rose, Iowa Western

	Name	Year	School	Finals	Wind	Points
1	Antonia Sealy	FR	Iowa Western CC	26.13	-1.5	786
2	Cadence Stanley	FR	Iowa Western CC	28.33	-1.5	605
3	Brianna Osterson	FR	Southwestern CC	29.06	-1.5	550
4	Lynn Hoeft	SO	North Iowa Area CC	29.31	-1.5	531
5	Carlie Hoppe	SO	Hawkeye CC	29.47	-1.5	520
6	Jordan Swenson	FR	North Iowa Area CC	31.52	-1.5	381

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Event 43 Heptathlon: #5 Women Long Jump Heptathlon

REG XI: R 6.24m 2017 Annastacia Forrester, Iowa Central

	Name	Year	School	Finals	Wind		Points
1	Antonia Sealy	FR	Iowa Western CC	5.36m	NWI	17-07.00	660
	5.36m(NWI) 5.10m(NWI) 5.21m(NWI)						
2	Cadence Stanley	FR	Iowa Western CC	4.83m	NWI	15-10.25	514
	4.78m(NWI) 4.83m(NWI) 4.69m(NWI)						
3	Brianna Osterson	FR	Southwestern CC	4.76m	NWI	15-07.50	495
	4.38m(NWI) 4.71m(NWI) 4.76m(NWI)						
4	Carlie Hoppe	SO	Hawkeye CC	4.30m	NWI	14-01.25	379
	4.18m(NWI) 4.30m(NWI) FOUL						
5	Lynn Hoeft	SO	North Iowa Area CC	4.24m	NWI	13-11.00	364
	3.70m(NWI) FOUL 4.24m(NWI)						
6	Jordan Swenson	FR	North Iowa Area CC	4.23m	NWI	13-10.50	362
	4.12m(NWI) 3.90m(NWI) 4.23m(NWI)						

Event 43 Heptathlon: #6 Women Javelin Throw Heptathlon

REG XI: R 37.48m 2014 Adrine Monagi, NIACC

	Name	Year	School	Finals		Points
1	Antonia Sealy	FR	Iowa Western CC	33.53m	110-00	544
	33.53m 31.07m 33.33m					
2	Cadence Stanley	FR	Iowa Western CC	33.23m	109-00	538
	31.73m 33.23m FOUL					
3	Carlie Hoppe	SO	Hawkeye CC	24.29m	79-08	369
	23.91m 24.29m FOUL					
4	Brianna Osterson	FR	Southwestern CC	23.84m	78-02	361
	23.84m 23.74m 23.00m					
5	Jordan Swenson	FR	North Iowa Area CC	20.98m	68-10	307
	17.97m 16.79m 20.98m					
6	Lynn Hoeft	SO	North Iowa Area CC	18.34m	60-02	258
	18.28m 17.60m 18.34m					

Event 43 Heptathlon: #7 Women 800 Meter Run Heptathlon

REG XI: R 2:27.02 2009 AG Bradford, Iowa Central

	Name	Year	School	Finals	Points
1	Brianna Osterson	FR	Southwestern CC	2:56.23	401
2	Antonia Sealy	FR	Iowa Western CC	3:00.82	358
3	Cadence Stanley	FR	Iowa Western CC	3:02.65	341
4	Lynn Hoeft	SO	North Iowa Area CC	3:10.41	274
5	Carlie Hoppe	SO	Hawkeye CC	3:10.80	271
6	Jordan Swenson	FR	North Iowa Area CC	3:11.34	267

Event 44 Men Decathlon

REG XI: R 6573 2017 Jared Seay, Iowa Central

	Name	Year	School	Seed	Finals	H#	Points
1	Aries Scott	SO	Iowa Central CC	5481	5698		10
2	Forest Pribbernow	FR	Iowa Western CC		5002		8
3	Camron Ventura	FR	Iowa Central CC		4871		6

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....Event 44 Men Decathlon

4	Walker Sobolik	SO	North Iowa Area CC	2862	2862	5

Event 44 Decathlon: #1 Men 100 Meter Dash Decathlon

REG XI: R 10.85 2015 Aaron Taylor, Iowa Central

	Name	Year	School	Finals	Wind	Points
1	Aries Scott	SO	Iowa Central CC	12.01	-2.6	649
2	Camron Ventura	FR	Iowa Central CC	12.44	-2.6	567
3	Forest Pribbernow	FR	Iowa Western CC	12.45	-2.6	565
4	Walker Sobolik	SO	North Iowa Area CC	12.62	-2.6	534

Event 44 Decathlon: #2 Men Long Jump Decathlon

REG XI: R 7.25m 2017 Marcus Klein, Iowa Western

	Name	Year	School	Finals	Wind		Points
1	Aries Scott	SO	Iowa Central CC	6.71m	NWI	22-00.25	746
	6.55m(NWI) FOUL 6.71m(NWI)						
2	Camron Ventura	FR	Iowa Central CC	6.47m	NWI	21-02.75	691
	FOUL 6.01m(NWI) 6.47m(NWI)						
3	Forest Pribbernow	FR	Iowa Western CC	5.66m	NWI	18-07.00	514
	5.66m(NWI) FOUL FOUL						
--	Walker Sobolik	SO	North Iowa Area CC	FOUL			
	FOUL FOUL FOUL						

Event 44 Decathlon: #3 Men Shot Put Decathlon

REG XI: R 12.67m 2015 Aaron Taylor, Iowa Central

	Name	Year	School	Finals		Points
1	Forest Pribbernow	FR	Iowa Western CC	10.09m	33-01.25	491
	9.80m 9.57m 10.09m					
2	Camron Ventura	FR	Iowa Central CC	10.07m	33-00.50	490
	10.07m 9.87m 10.02m					
3	Aries Scott	SO	Iowa Central CC	9.30m	30-06.25	444
	9.30m FOUL 8.81m					
4	Walker Sobolik	SO	North Iowa Area CC	8.58m	28-01.75	401
	8.58m FOUL 8.01m					

Event 44 Decathlon: #4 Men High Jump Decathlon

REG XI: R 2.06m 2011 Troy Walls, Iowa Central

	Name	Year	School	Finals		Points
1	Aries Scott	SO	Iowa Central CC	1.91m	6-03.25	723
	1.70 1.79 1.85 1.91 1.94					
	O O XO O XXX					
2	Camron Ventura	FR	Iowa Central CC	1.73m	5-08.00	569
	1.55 1.64 1.73 1.76					
	O O O XX					
3	Forest Pribbernow	FR	Iowa Western CC	1.64m	5-04.50	496
	1.55 1.58 1.61 1.64 1.67					
	O O O O XXX					

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....Event 44 Decathlon: #4 Men High Jump Decathlon

```
4 Walker Sobolik            SO North Iowa Area CC       1.55m    5-01.00    426
   1.55 1.58
      O  XXX
```

Event 44 Decathlon: #5 Men 400 Meter Dash Decathlon

```
==========================================================================
     REG XI: R 49.69  2009        Jamal Currica, Iowa Central
   Name                     Year School                  Finals  Points
==========================================================================
 1 Aries Scott               SO Iowa Central CC          51.51     746
 2 Walker Sobolik            SO North Iowa Area CC       53.23     672
 3 Forest Pribbernow         FR Iowa Western CC          54.51     619
 4 Camron Ventura            FR Iowa Central CC          56.69     533
```

Event 44 Decathlon: #6 Men 110 Meter Hurdles Decathlon

```
==============================================================================
     REG XI: R 14.73  2011        Ethan Wilkins, Iowa Central
   Name                     Year School                  Finals  Wind Points
==============================================================================
 1 Aries Scott               SO Iowa Central CC          15.93   0.2    741
 2 Camron Ventura            FR Iowa Central CC          16.46   0.2    682
 3 Forest Pribbernow         FR Iowa Western CC          17.75   0.2    548
 4 Walker Sobolik            SO North Iowa Area CC       30.89   0.2
```

Event 44 Decathlon: #7 Men Discus Throw Decathlon

```
================================================================================
     REG XI: R 41.68m  2017        Jared Seay, Iowa Central
   Name                     Year School                  Finals            Points
================================================================================
 1 Forest Pribbernow         FR Iowa Western CC         27.66m      90-09    419
    26.06m  27.38m  27.66m
 2 Aries Scott               SO Iowa Central CC         26.54m      87-01    397
    FOUL  26.54m  21.96m
 3 Camron Ventura            FR Iowa Central CC         20.40m      66-11    280
    FOUL  14.79m  20.40m
 4 Walker Sobolik            SO North Iowa Area CC      18.69m      61-04    248
    15.54m  18.69m  16.91m
```

Event 44 Decathlon: #8 Men Pole Vault Decathlon

```
================================================================================
     REG XI: R 4.74m  2015        Lens McKeown, Iowa Western
   Name                     Year School                  Finals            Points
================================================================================
 1 Aries Scott               SO Iowa Central CC          3.20m   10-06.00    406
   2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30
      P    P    P    O    P    O    P    O  XXX
 2 Camron Ventura            FR Iowa Central CC          3.00m    9-10.00    357
   2.50 2.60 2.70 2.80 2.90 3.00 3.10
      O   XO    P    O    O  XXO  XXX
 3 Forest Pribbernow         FR Iowa Western CC          2.90m    9-06.25    333
   2.50 2.60 2.70 2.80 2.90 3.00
      O   XO    O  XXO  XXO  XXX
```

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

-- Walker Sobolik SO North Iowa Area CC NH
2.50
XXX

Event 44 Decathlon: #9 Men Javelin Throw Decathlon

REG XI: R 49.48m 2011 Terry Anderson, Iowa Western

	Name	Year	School	Finals		Points
1	Forest Pribbernow	FR	Iowa Western CC	40.28m	132-02	446
	39.77m 37.17m 40.28m					
2	Camron Ventura	FR	Iowa Central CC	32.67m	107-02	337
	27.82m 29.82m 32.67m					
3	Walker Sobolik	SO	North Iowa Area CC	29.44m	96-07	291
	26.48m 29.44m 28.33m					
4	Aries Scott	SO	Iowa Central CC	28.20m	92-06	274
	26.30m 25.39m 28.20m					

Event 44 Decathlon: #10 Men 1500 Meter Run Decathlon

REG XI: R 4:32.69 2008 David Trubnikov, Iowa Western

	Name	Year	School	Finals	Points
1	Aries Scott	SO	Iowa Central CC	4:57.84	572
2	Forest Pribbernow	FR	Iowa Western CC	4:57.97	571
3	Camron Ventura	FR	Iowa Central CC	5:37.12	365
4	Walker Sobolik	SO	North Iowa Area CC	5:53.78	290

Women - Team Rankings - 22 Events Scored

1) Iowa Western CC	307.50	2) Iowa Central CC	180.50
3) Indian Hills CC	105	4) Hawkeye CC	65
5) North Iowa Area CC	48	6) Southwestern CC	38
7) Southeastern CC	16		

Men - Team Rankings - 22 Events Scored

1) Iowa Western CC	287	2) Iowa Central CC	229
3) Indian Hills CC	127	4) North Iowa Area CC	82
5) Hawkeye CC	74	6) Southwestern CC	16
7) Southeastern CC	4		