

2023 NJCAA Region XI Track and Field Championships
Black Squirrel Timing - 5/5/2023 to 5/7/2023
Iowa Western Community College
Results

Event 1 Women 100 Meter Dash

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Jahzara Hart	FR	Indian Hills CC	11.86q	0.3	1
2 Adeyah Brewster	SO	Iowa Central CC	11.94q	0.8	2
3 Ethel Amissah	FR	Iowa Western CC	12.14q	+0.0	3
4 Shanice Cox	FR	Indian Hills CC	12.23q	0.8	2
5 Mya Hippolyte	FR	Indian Hills CC	12.31q	0.8	2
6 Marquettea Berlin-Burns	SO	Iowa Western CC	12.32q	+0.0	3
7 Zaklya Porter	FR	Indian Hills CC	12.43q	0.3	1
8 Zyaire Robinson	SO	Indian Hills CC	12.65q	+0.0	3
9 Mattie Janssen	SO	Hawkeye CC	13.15	0.8	2
10 Maddi Vawter	FR	Hawkeye CC	13.44	0.3	1
11 Koto Imahori	SO	Iowa Central CC	13.49	+0.0	3
12 Lexi Miller	FR	Hawkeye CC	13.82	0.3	1
13 Gracie Rathe	FR	Hawkeye CC	14.09	+0.0	3
14 Victoria McCraney	FR	Hawkeye CC	15.06	+0.0	3
15 Kyla Holm	FR	Southwestern CC	15.31	0.8	2
16 Rachel Rusche	FR	Hawkeye CC	15.91	0.8	2

Event 1 Women 100 Meter Dash

Name	Year	School	Finals	Wind	Points
Finals					
1 Jahzara Hart	FR	Indian Hills CC	11.92	+0.0	10
2 Adeyah Brewster	SO	Iowa Central CC	11.93	+0.0	8
3 Shanice Cox	FR	Indian Hills CC	12.29	+0.0	6
4 Ethel Amissah	FR	Iowa Western CC	12.38	+0.0	5
5 Marquettea Berlin-Burns	SO	Iowa Western CC	12.40	+0.0	4
6 Mya Hippolyte	FR	Indian Hills CC	12.43	+0.0	3
7 Mattie Janssen	SO	Hawkeye CC	13.17	+0.0	2
8 Maddi Vawter	FR	Hawkeye CC	13.50	+0.0	1

Event 2 Men 100 Meter Dash

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Ayomide Oyetunji	FR	Iowa Central CC	10.47q	0.8	6
2 Traunard Folson	FR	Indian Hills CC	10.50q	0.9	4
3 Zion Campbell	FR	Iowa Central CC	10.52q	0.3	3
4 Khalid Hornsby	SO	Indian Hills CC	10.59q	+0.0	5
5 Nehemiah Ray	SO	Indian Hills CC	10.61q	0.8	6
6 Stephen Brown	FR	Indian Hills CC	10.74q	+0.0	5
7 Willy Mabena	FR	Iowa Central CC	10.76q	0.8	2
8 D'Eric Smith	SO	Indian Hills CC	10.81q	0.4	1
9 Elijah Simmons	FR	Iowa Western CC	10.86	0.3	3
10 Aaron Kilbert	FR	Iowa Western CC	10.87	0.9	4
11 Justin Cunningham	SO	Southwestern CC	10.89	0.8	2
12 Max Azor	SO	Iowa Western CC	10.93	+0.0	5
13 Eseroghene Oguma	FR	Iowa Western CC	10.94	0.8	2
14 Darrell Woodson	FR	Iowa Central CC	10.96	+0.0	5
15 DeAngelo McKie	FR	Iowa Western CC	11.03	0.4	1 11.022

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16	Marreion Marks	SO Iowa Central CC	11.03	0.8	6	11.026
17	Brigham Daniel	SO Hawkeye CC	11.05	0.9	4	
18	Sean Folarin	SO Iowa Central CC	11.09	0.4	1	
19	Bruce Huggins	FR North Iowa Area CC	11.17	0.8	2	
20	Lawren Mitchell	FR Iowa Central CC	11.25	0.9	4	
21	Carter Even	FR Hawkeye CC	11.26	0.9	4	
22	Gannon O'Hara	FR Hawkeye CC	11.28	0.8	6	
23	Perez Hemmings	SO North Iowa Area CC	11.38	0.3	3	
24	Terrance Summers	SO Iowa Western CC	11.39	0.4	1	11.389
25	Jeron Shaw	FR Hawkeye CC	11.39	0.4	1	11.390
26	Dylan Novak	FR North Iowa Area CC	11.42	0.8	6	11.416
27	Adonis Bryan	FR Iowa Western CC	11.42	0.3	3	11.419
28	Elijah Akines	FR Iowa Central CC	11.45	0.4	1	
29	Cyrus Hancock	FR Southwestern CC	11.52	+0.0	5	
30	Jordan Sharp	FR Southeastern CC	11.61	0.9	4	
31	Dontae Washington	FR Iowa Western CC	11.64	0.8	6	
32	Milton Creque	FR Iowa Central CC	11.69	0.8	2	
33	Devon Marshall	FR Southwestern CC	11.72	0.8	6	
34	James Saunders	FR Iowa Western CC	11.76	0.3	3	
35	Orlando Vivians	SO Hawkeye CC	11.87	0.8	2	
36	Canyon Jones	FR Iowa Central CC	12.43	0.4	1	
--	Tim Soko	FR Iowa Central CC	FS	+0.0	5	

Event 2 Men 100 Meter Dash

Name	Year School	Finals	Wind	Points
Finals				
1	Traunard Folson	FR Indian Hills CC	10.49	-0.5 10
2	Ayomide Oyetunji	FR Iowa Central CC	10.58	-0.5 8
3	Willy Mabena	FR Iowa Central CC	10.65	-0.5 6
4	Zion Campbell	FR Iowa Central CC	10.71	-0.5 5
5	Nehemiah Ray	SO Indian Hills CC	10.91	-0.5 4
6	Elijah Simmons	FR Iowa Western CC	11.18	-0.5 3
7	Aaron Kilbert	FR Iowa Western CC	11.23	-0.5 2
8	Khalid Hornsby	SO Indian Hills CC	15.34	-0.5 1

Event 3 Women 200 Meter Dash

Name	Year School	Prelims	Wind	H#
Preliminaries				
1	Ethel Amissah	FR Iowa Western CC	24.62q	0.3 3
2	Jahzara Hart	FR Indian Hills CC	24.66q	NWI 1
3	Shanice Cox	FR Indian Hills CC	24.84q	-0.3 2
4	Adalin Robinson	FR Indian Hills CC	24.99q	0.3 3
5	Mya Hippolyte	FR Indian Hills CC	25.30q	NWI 1 25.296
6	Zaniya King	FR Indian Hills CC	25.30q	-0.3 2 25.300
7	Jordan Gallentine	SO Hawkeye CC	26.15q	0.3 3
8	Zyaire Robinson	SO Indian Hills CC	26.16q	-0.3 2
9	Ja'Dashia Catlin	SO Indian Hills CC	26.17	NWI 1
10	Cheyenne McGhee	FR Indian Hills CC	27.07	-0.3 2
11	Mattie Janssen	SO Hawkeye CC	27.14	NWI 1
12	Maddi Vawter	FR Hawkeye CC	27.96	-0.3 2

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....Event 3 Women 200 Meter Dash

13	Grace Massier	SO	Southwestern CC	28.15	NWI	1
14	Carissa Mackey	FR	Southeastern CC	28.33	-0.3	2
15	Koto Imahori	SO	Iowa Central CC	28.62	0.3	3
16	Katyrra Peck	FR	North Iowa Area CC	28.78	0.3	3
17	Lexi Miller	FR	Hawkeye CC	29.28	NWI	1
18	Gracie Rathe	FR	Hawkeye CC	29.39	NWI	1
19	Rachel Rusche	FR	Hawkeye CC	33.76	0.3	3

Event 3 Women 200 Meter Dash

Name	Year	School	Finals	Wind	Points	
Finals						
1	Ethel Amissah	FR	Iowa Western CC	24.07	+0.0	10
2	Shanice Cox	FR	Indian Hills CC	24.16	+0.0	8
3	Adalin Robinson	FR	Indian Hills CC	24.59	+0.0	6
4	Jordan Gallentine	SO	Hawkeye CC	25.78	+0.0	5
5	Mattie Janssen	SO	Hawkeye CC	26.92	+0.0	4
6	Grace Massier	SO	Southwestern CC	27.13	+0.0	3
7	Maddi Vawter	FR	Hawkeye CC	27.75	+0.0	2

Event 4 Men 200 Meter Dash

Name	Year	School	Prelims	Wind	H#		
Preliminaries							
1	Tahj Hamm	SO	Iowa Western CC	21.10q	+0.0	3	
2	Ayomide Oyetunji	FR	Iowa Central CC	21.11q	+0.0	1	
3	Traunard Folson	FR	Indian Hills CC	21.13q	+0.0	4	
4	Woyn Chatman	SO	Indian Hills CC	21.51q	+0.0	7	
5	Andrew Brown	SO	Iowa Western CC	21.53q	+0.0	8	
6	Khalid Hornsby	SO	Indian Hills CC	21.61q	+0.0	7	21.603
7	Ke'Vontae Walls-Burdine	FR	Indian Hills CC	21.61q	1.2	6	21.606
8	Chris Giles	FR	Indian Hills CC	21.65q	NWI	5	
9	Nehemiah Ray	SO	Indian Hills CC	21.71	0.1	2	
10	Chris Johnson	FR	Indian Hills CC	21.77	+0.0	8	
11	Keshawn Renejuste	FR	Indian Hills CC	21.82	NWI	5	
12	Romario Northover	SO	Iowa Western CC	21.83	+0.0	7	
13	Willy Mabena	FR	Iowa Central CC	21.85	0.1	2	
14	Stephen Brown	FR	Indian Hills CC	21.87	+0.0	4	
15	Marreion Marks	SO	Iowa Central CC	21.89	+0.0	3	
16	Aaron Kilbert	FR	Iowa Western CC	21.99	+0.0	3	
17	D'Eric Smith	SO	Indian Hills CC	22.02	1.2	6	
18	Kylen Crosby	SO	Indian Hills CC	22.09	1.2	6	
19	Elijah Simmons	FR	Iowa Western CC	22.22	+0.0	4	
20	Blake Osborn	SO	Hawkeye CC	22.24	+0.0	1	
21	Eseroghene Oguma	FR	Iowa Western CC	22.27	+0.0	1	
22	Brigham Daniel	SO	Hawkeye CC	22.35	+0.0	4	
23	Max Azor	SO	Iowa Western CC	22.49	+0.0	7	
24	DeAngelo McKie	FR	Iowa Western CC	22.57	+0.0	8	
25	Darrell Woodson	FR	Iowa Central CC	22.58	+0.0	1	
26	Bruce Huggins	FR	North Iowa Area CC	22.61	NWI	5	
27	Sean Folarin	SO	Iowa Central CC	22.83	+0.0	3	
28	Robert Norton	SO	Southwestern CC	22.86	0.1	2	

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....Event 4 Men 200 Meter Dash

29	Carter Even	FR Hawkeye CC	22.90	1.2	6	
30	Adonis Bryan	FR Iowa Western CC	23.12	+0.0	3	
31	Jeron Shaw	FR Hawkeye CC	23.17	0.1	2	
32	Kaden Miller	FR Hawkeye CC	23.23	+0.0	7	
33	Lawren Mitchell	FR Iowa Central CC	23.26	0.1	2	
34	Samori Dobson	SO Iowa Central CC	23.31	NWI	5	
35	Dylan Novak	FR North Iowa Area CC	23.40	+0.0	4	
36	Cyrus Hancock	FR Southwestern CC	23.49	1.2	6	23.485
37	Chris Greaves	FR Iowa Central CC	23.49	1.2	6	23.486
38	Terrance Summers	SO Iowa Western CC	23.62	+0.0	1	
39	Dontae Washington	FR Iowa Western CC	23.68	+0.0	1	
40	Gage Godsey	FR Southwestern CC	23.74	1.2	6	
41	Josiah Kliment	FR North Iowa Area CC	23.82	+0.0	3	
42	Jordan Sharp	FR Southeastern CC	23.84	+0.0	7	
43	Devon Marshall	FR Southwestern CC	23.89	+0.0	3	
44	Milton Creque	FR Iowa Central CC	23.93	+0.0	8	
45	James Saunders	FR Iowa Western CC	24.45	+0.0	7	
46	Orlando Vivians	SO Hawkeye CC	24.49	+0.0	7	
47	Elijah Akines	FR Iowa Central CC	24.52	+0.0	4	
48	Walker Sobolik	SO North Iowa Area CC	24.60	+0.0	8	
49	Kewan McCully	SO Hawkeye CC	25.35	0.1	2	
50	Nicholas Goskeson	FR North Iowa Area CC	25.76	+0.0	3	
--	Zion Campbell	FR Iowa Central CC		FS	0.1	2

Event 4 Men 200 Meter Dash

Name	Year School	Finals	Wind	Points		
=====						
Finals						
1	Tahj Hamm	SO Iowa Western CC	20.77	0.3	10	
2	Andrew Brown	SO Iowa Western CC	21.28	0.3	8	
3	Woyn Chatman	SO Indian Hills CC	21.30	0.3	6	21.297
4	Traunard Folson	FR Indian Hills CC	21.30	0.3	5	21.299
5	Khalid Hornsby	SO Indian Hills CC	21.34	0.3	4	
6	Romario Northover	SO Iowa Western CC	21.58	0.3	3	

Event 5 Women 400 Meter Dash

Name	Year School	Finals	Points
=====			
1	Ethel Amissah	FR Iowa Western CC	54.38 10
2	Adalin Robinson	FR Indian Hills CC	56.03 8
3	Jordan Gallentine	SO Hawkeye CC	58.38 6
4	Ja'Dashia Catlin	SO Indian Hills CC	59.85 5
5	Carissa Mackey	FR Southeastern CC	1:01.95 4
6	Cheyenne McGhee	FR Indian Hills CC	1:02.58 3
7	Grace Massier	SO Southwestern CC	1:02.80 2
8	Katyrra Peck	FR North Iowa Area CC	1:05.82 1

Event 6 Men 400 Meter Dash

Name	Year School	Finals	H#	Points
=====				
1	Tahj Hamm	SO Iowa Western CC	46.25	3 10

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....Event 6 Men 400 Meter Dash

2	Chris Johnson	FR Indian Hills CC	46.80	3	8
3	Andrew Brown	SO Iowa Western CC	46.90	3	6
4	Woyan Chatman	SO Indian Hills CC	47.31	3	5
5	Romario Northover	SO Iowa Western CC	47.45	3	4
6	Ke'Vontae Walls-Burdine	FR Indian Hills CC	47.46	3	3
7	Blake Osborn	SO Hawkeye CC	49.60	3	2
8	Brigham Daniel	SO Hawkeye CC	49.71	2	1
9	Sean Knockel	FR Hawkeye CC	50.16	2	
10	Ben Olson	FR Southwestern CC	50.27	2	
11	Kaden Miller	FR Hawkeye CC	x50.45	2	
12	Samson Shukuru	SO Iowa Central CC	50.53	2	
13	Hugo Massa	FR North Iowa Area CC	50.57	2	
14	Bruce Huggins	FR North Iowa Area CC	50.87	1	
15	Kobe Wyldon	FR Southeastern CC	51.10	1	
16	Jeron Shaw	FR Hawkeye CC	x51.27	1	
17	Gage Godsey	FR Southwestern CC	51.44	1	
18	Orlando Vivians	SO Hawkeye CC	x52.74	1	
19	Chris Greaves	FR Iowa Central CC	52.99	1	
20	Samori Dobson	SO Iowa Central CC	55.17	2	
21	Kewan McCully	SO Hawkeye CC	x56.48	1	

Event 7 Women 800 Meter Run

Name	Year School	Finals	Points
1 Daniella Deer	SO Iowa Western CC	2:21.97	10
1:13.322 (1:13.322)	2:21.968 (1:08.646)		
2 Chloe Garcia Grafing	SO Iowa Central CC	2:24.08	8
1:12.079 (1:12.079)	2:24.075 (1:11.996)		
3 Aisha Ramone	FR Southeastern CC	2:28.72	6
1:14.751 (1:14.751)	2:28.714 (1:13.963)		
4 Jules Breakenridge	FR Hawkeye CC	2:31.17	5
1:14.898 (1:14.898)	2:31.163 (1:16.265)		
5 Arianna Paul	FR Iowa Central CC	2:31.75	4
1:12.416 (1:12.416)	2:31.744 (1:19.328)		
6 Callie Arnold	FR Iowa Western CC	2:35.77	3
1:19.730 (1:19.730)	2:35.770 (1:16.040)		
7 Lizeth Flores	SO Indian Hills CC	2:36.39	2
1:18.166 (1:18.166)	2:36.381 (1:18.215)		
8 Reese Johnson	FR Iowa Western CC	2:45.89	1
1:22.569 (1:22.569)	2:45.886 (1:23.317)		
9 Cassidy Yaley	FR Southeastern CC	2:49.24	
1:22.454 (1:22.454)	2:49.232 (1:26.778)		
10 Cheyenne Sunderman	FR Iowa Western CC	x3:02.44	
1:24.341 (1:24.341)	3:02.439 (1:38.098)		

Event 8 Men 800 Meter Run

Name	Year School	Finals	H#	Points
1 Rivaldo Marshall	SO Indian Hills CC	1:47.35	3	10
53.225 (53.225)	1:47.348 (54.123)			
2 Tyrice Taylor	FR Indian Hills CC	1:47.58	3	8
53.191 (53.191)	1:47.575 (54.384)			

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....Event 8 Men 800 Meter Run

3	Mohammed Kowa	FR Iowa Western CC	1:50.41	3	6
	55.339 (55.339)	1:50.407 (55.068)			
4	Steve Hines	SO Iowa Western CC	1:50.46	3	5
	54.630 (54.630)	1:50.455 (55.825)			
5	Roneldo Rock	SO Indian Hills CC	1:51.03	3	4
	53.693 (53.693)	1:51.021 (57.328)			
6	Cole Reinders	FR Indian Hills CC	x1:52.46	3	
	54.046 (54.046)	1:52.456 (58.410)			
7	Trevon Prince	FR Iowa Central CC	1:52.61	3	3
	54.105 (54.105)	1:52.602 (58.497)			
8	Jadon Boots	FR Iowa Central CC	1:56.64	3	2
	56.884 (56.884)	1:56.632 (59.748)			
9	Chaz Brown	SO Iowa Western CC	1:57.59	2	1
	59.399 (59.399)	1:57.584 (58.185)			
10	Jacob Vais	FR North Iowa Area CC	1:58.39	2	
	1:00.149 (1:00.149)	1:58.387 (58.238)			
11	Brody Lucas	FR Indian Hills CC	x1:58.53	2	
	59.119 (59.119)	1:58.528 (59.409)			
12	Chase Mullenix	SO Hawkeye CC	1:59.16	2	
	59.539 (59.539)	1:59.152 (59.613)			
13	Trae Corby	SO Iowa Central CC	1:59.34	2	
	59.672 (59.672)	1:59.336 (59.664)			
14	Carson Hellinga	SO Hawkeye CC	1:59.74	2	
	1:00.281 (1:00.281)	1:59.731 (59.450)			
15	Keelan Aita	SO Indian Hills CC	x2:01.54	2	
	1:00.483 (1:00.483)	2:01.537 (1:01.054)			
16	Brock Meyer	FR Hawkeye CC	2:03.79	1	
	1:00.662 (1:00.662)	2:03.781 (1:03.119)			
17	Baylor Bergren	FR Iowa Central CC	x2:03.93	2	
	59.297 (59.297)	2:03.925 (1:04.628)			
18	Austin Langreck	FR Hawkeye CC	x2:07.05	1	
	1:01.605 (1:01.605)	2:07.047 (1:05.442)			
19	Ty Earls	FR Indian Hills CC	x2:11.03	1	
	1:02.606 (1:02.606)	2:11.030 (1:08.424)			
20	Bryson Canton	FR North Iowa Area CC	2:11.21	2	
	1:00.506 (1:00.506)	2:11.207 (1:10.701)			
21	Jorge Becerra	SO Indian Hills CC	x2:11.44	3	
	58.306 (58.306)	2:11.431 (1:13.125)			
22	Freddy Vergara	FR Southeastern CC	2:11.58	1	
	1:03.186 (1:03.186)	2:11.574 (1:08.388)			
23	Caleb Crystal	FR Iowa Central CC	x2:12.07	2	
	1:01.963 (1:01.963)	2:12.070 (1:10.107)			
24	Jake Lewis	SO Iowa Central CC	x2:12.12	1	
	1:04.839 (1:04.839)	2:12.117 (1:07.278)			
25	Ryan Kuhlman	FR Southeastern CC	2:13.57	1	
	1:06.231 (1:06.231)	2:13.563 (1:07.332)			
26	Gavin Stalzer	FR Iowa Central CC	x2:19.78	1	
	1:04.653 (1:04.653)	2:19.775 (1:15.122)			
27	Bryce Grissom	FR Hawkeye CC	x2:25.54	1	
	1:10.540 (1:10.540)	2:25.539 (1:14.999)			
--	Michael Mayer	FR Southwestern CC	DNF	1	
--	Rocharn Wilson	SO Iowa Central CC	DNF	1	

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Event 9 Women 1500 Meter Run

Name	Year	School	Finals	Points
1 Chloe Garcia Grafing	SO	Iowa Central CC	4:54.60	10
1:03.749 (1:03.749)	2:26.422 (1:22.673)	3:44.034 (1:17.612)	4:54.600 (1:10.566)	
2 Mercy Biwott	SO	Iowa Western CC	4:56.59	8
1:03.432 (1:03.432)	2:26.059 (1:22.627)	3:43.678 (1:17.619)	4:56.585 (1:12.907)	
3 Zinash Valen	SO	Iowa Central CC	5:11.96	6
1:03.729 (1:03.729)	2:27.049 (1:23.320)	3:49.070 (1:22.021)	5:11.952 (1:22.882)	
4 Callie Arnold	FR	Iowa Western CC	5:21.25	5
1:04.393 (1:04.393)	2:30.495 (1:26.102)	3:56.503 (1:26.008)	5:21.250 (1:24.747)	
5 Cassidy Yaley	FR	Southeastern CC	5:32.38	4
1:03.166 (1:03.166)	2:29.551 (1:26.385)	4:01.124 (1:31.573)	5:32.374 (1:31.250)	
6 Maddie Tieskotter	FR	Hawkeye CC	5:37.18	3
1:05.263 (1:05.263)	2:35.990 (1:30.727)	4:10.156 (1:34.166)	5:37.175 (1:27.019)	
7 Jessica Heyen	FR	Iowa Western CC	5:38.07	2
1:05.529 (1:05.529)	2:36.290 (1:30.761)	4:09.684 (1:33.394)	5:38.066 (1:28.382)	
8 Kenzie Kaperka	SO	Iowa Central CC	5:51.24	1
1:05.808 (1:05.808)	2:37.551 (1:31.743)	4:12.978 (1:35.427)	5:51.234 (1:38.256)	

Event 10 Men 1500 Meter Run

Name	Year	School	Finals	Points
1 Mohammed Kowa	FR	Iowa Western CC	3:58.86	10
48.068 (48.068)	1:53.663 (1:05.595)	2:56.407 (1:02.744)	3:58.859 (1:02.452)	
2 Jacinto Gaspar	FR	Iowa Western CC	3:58.87	8
48.328 (48.328)	1:53.324 (1:04.996)	2:56.221 (1:02.897)	3:58.865 (1:02.644)	
3 Zander Cobb	SO	Iowa Central CC	4:01.63	6
48.600 (48.600)	1:53.998 (1:05.398)	2:57.903 (1:03.905)	4:01.628 (1:03.725)	
4 D'Artagnon Beaver	SO	Hawkeye CC	4:02.41	5
49.320 (49.320)	1:54.868 (1:05.548)	3:00.588 (1:05.720)	4:02.407 (1:01.819)	
5 Kylan Willis	SO	Iowa Western CC	4:03.49	4
48.920 (48.920)	1:54.616 (1:05.696)	3:00.506 (1:05.890)	4:03.481 (1:02.975)	
6 Brady Hogan	SO	Iowa Central CC	4:07.36	3
49.145 (49.145)	1:54.670 (1:05.525)	3:00.594 (1:05.924)	4:07.359 (1:06.765)	
7 Jorge Becerra	SO	Indian Hills CC	4:11.37	2
48.796 (48.796)	1:54.423 (1:05.627)	3:01.780 (1:07.357)	4:11.363 (1:09.583)	
8 Andrew Boyum	FR	Iowa Central CC	4:11.60	1
49.372 (49.372)	1:55.104 (1:05.732)	3:01.417 (1:06.313)	4:11.597 (1:10.180)	
9 Joseph Asahi Wright	FR	Iowa Central CC	x4:15.46	
47.830 (47.830)	1:53.551 (1:05.721)	2:58.947 (1:05.396)	4:15.460 (1:16.513)	
10 Jake Lewis	SO	Iowa Central CC	x4:29.44	
49.949 (49.949)	1:58.345 (1:08.396)	3:12.648 (1:14.303)	4:29.440 (1:16.792)	
11 Kory Sweeney	FR	Hawkeye CC	4:45.32	
50.238 (50.238)	2:04.463 (1:14.225)	3:26.372 (1:21.909)	4:45.315 (1:18.943)	
12 Josiah Teller	FR	Southeastern CC	4:49.64	
50.322 (50.322)	2:04.766 (1:14.444)	3:27.621 (1:22.855)	4:49.635 (1:22.014)	
13 Bryce Grissom	FR	Hawkeye CC	5:05.19	
51.799 (51.799)	2:10.125 (1:18.326)	3:39.861 (1:29.736)	5:05.181 (1:25.320)	

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Name	Year	School	Finals	Points
1 Aisha Ramone	FR	Southeastern CC	11:37.06	10
48.318 (48.318)	2:14.556 (1:26.238)	3:41.111 (1:26.555)	5:10.547 (1:29.436)	
6:47.013 (1:36.466)	8:28.050 (1:41.037)	10:06.083 (1:38.033)	11:37.053 (1:30.970)	
2 Lauren Pierson	FR	Iowa Western CC	12:57.79	8
49.340 (49.340)	2:26.176 (1:36.836)	4:09.036 (1:42.860)	5:55.607 (1:46.571)	
7:43.531 (1:47.924)	9:31.630 (1:48.099)	11:19.401 (1:47.771)	12:57.787 (1:38.386)	
3 Josey French	SO	Iowa Western CC	13:40.99	6
49.634 (49.634)	2:27.226 (1:37.592)	4:14.009 (1:46.783)	6:05.828 (1:51.819)	
8:01.611 (1:55.783)	9:56.481 (1:54.870)	11:51.581 (1:55.100)	13:40.985 (1:49.404)	

Event 12 Men 3000 Meter Steeplechase

Name	Year	School	Finals	Points
1 Ander Julian	FR	Iowa Central CC	9:37.47	10
39.718 (39.718)	1:57.398 (1:17.680)	3:15.546 (1:18.148)	4:33.826 (1:18.280)	
5:50.807 (1:16.981)	7:08.263 (1:17.456)	8:24.904 (1:16.641)	9:37.470 (1:12.566)	
2 Baylor Bergren	FR	Iowa Central CC	9:46.94	8
39.453 (39.453)	1:56.882 (1:17.429)	3:15.078 (1:18.196)	4:33.572 (1:18.494)	
5:51.103 (1:17.531)	7:10.076 (1:18.973)	8:32.528 (1:22.452)	9:46.938 (1:14.410)	
3 Chase Oates	FR	Southwestern CC	10:02.51	6
41.950 (41.950)	2:00.697 (1:18.747)	3:20.471 (1:19.774)	4:42.778 (1:22.307)	
6:06.919 (1:24.141)	7:30.102 (1:23.183)	8:51.259 (1:21.157)	10:02.504 (1:11.245)	
4 Bryson Canton	FR	North Iowa Area CC	10:21.76	5
41.922 (41.922)	2:00.976 (1:19.054)	3:20.821 (1:19.845)	4:43.138 (1:22.317)	
6:05.405 (1:22.267)	7:29.564 (1:24.159)	8:54.156 (1:24.592)	10:21.752 (1:27.596)	
5 Daine Wardyn	FR	Iowa Western CC	10:44.08	4
42.312 (42.312)	2:01.637 (1:19.325)	3:22.888 (1:21.251)	4:44.664 (1:21.776)	
6:10.055 (1:25.391)	7:38.943 (1:28.888)	9:11.067 (1:32.124)	10:44.077 (1:33.010)	
6 Gavin Stalzer	FR	Iowa Central CC	12:19.81	3
43.159 (43.159)	2:05.913 (1:22.754)	3:39.961 (1:34.048)	5:17.611 (1:37.650)	
7:01.523 (1:43.912)	8:48.225 (1:46.702)	10:38.232 (1:50.007)	12:19.801 (1:41.569)	
7 Mason Hills-Carrier	FR	Southeastern CC	12:38.02	2
42.743 (42.743)	2:06.404 (1:23.661)	3:42.971 (1:36.567)	5:26.116 (1:43.145)	
7:17.983 (1:51.867)	9:10.364 (1:52.381)	10:59.487 (1:49.123)	12:38.015 (1:38.528)	
-- D'Artagnon Beaver	SO	Hawkeye CC	DNF	
40.645 (40.645)				
-- Steve Hines	SO	Iowa Western CC	DNF	
42.930 (42.930)	1:59.342 (1:16.412)	3:17.731 (1:18.389)	4:36.664 (1:18.933)	
6:02.119 (1:25.455)	7:32.285 (1:30.166)			

Event 13 Women 5000 Meter Run

Name	Year	School	Finals	Points
1 Maddie Tieskotter	FR	Hawkeye CC	23:46.18	10
48.644 (48.644)	2:31.265 (1:42.621)	4:19.757 (1:48.492)	6:08.786 (1:49.029)	
8:00.656 (1:51.870)	9:58.568 (1:57.912)	11:56.312 (1:57.744)	13:56.207 (1:59.895)	
15:55.002 (1:58.795)	17:52.884 (1:57.882)	19:53.901 (2:01.017)	21:52.850 (1:58.949)	
23:46.173 (1:53.323)				

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....Event 13 Women 5000 Meter Run

2	Kenzie Kaperka	SO Iowa Central CC	24:38.75	8	
	49.179 (49.179)	2:31.011 (1:41.832)	4:19.419 (1:48.408)	6:08.420 (1:49.001)	
	8:00.344 (1:51.924)	10:00.973 (2:00.629)	12:07.393 (2:06.420)	14:16.057 (2:08.664)	
	16:21.045 (2:04.988)	18:24.994 (2:03.949)	20:32.148 (2:07.154)	22:43.758 (2:11.610)	
	24:38.745 (1:54.987)				
--	Jessica Heyen	FR Iowa Western CC		DNF	
--	Callie Arnold	FR Iowa Western CC		DNF	
--	Lauren Pierson	FR Iowa Western CC		DNF	
--	Josey French	SO Iowa Western CC		DNF	
--	Chloe Garcia Grafing	SO Iowa Central CC		DNF	
--	Taylor McCreedy	SO Iowa Central CC		DNF	
--	Mercy Biwott	SO Iowa Western CC		DNF	
--	Zinash Valen	SO Iowa Central CC		DNF	

Event 14 Men 5000 Meter Run

=====					
Name	Year	School	Finals	Points	
=====					
1	Brady Hogan	SO Iowa Central CC	16:23.76	10	
	37.763 (37.763)	1:55.369 (1:17.606)	3:13.626 (1:18.257)	4:32.176 (1:18.550)	
	5:51.374 (1:19.198)	7:11.501 (1:20.127)	8:31.648 (1:20.147)	9:51.486 (1:19.838)	
	11:12.113 (1:20.627)	12:32.107 (1:19.994)	13:50.723 (1:18.616)	15:08.597 (1:17.874)	
	16:23.760 (1:15.163)				
2	Marco Lopez	SO Iowa Central CC	16:31.45	8	
	37.929 (37.929)	1:55.627 (1:17.698)	3:13.874 (1:18.247)	4:32.312 (1:18.438)	
	5:51.573 (1:19.261)	7:12.611 (1:21.038)	8:34.935 (1:22.324)	9:55.612 (1:20.677)	
	11:18.178 (1:22.566)	12:38.864 (1:20.686)	13:59.470 (1:20.606)	15:17.190 (1:17.720)	
	16:31.441 (1:14.251)				
3	Ander Julian	FR Iowa Central CC	16:33.48	6	
	38.695 (38.695)	1:55.865 (1:17.170)	3:14.110 (1:18.245)	4:32.468 (1:18.358)	
	5:51.719 (1:19.251)	7:12.178 (1:20.459)	8:31.968 (1:19.790)	9:52.077 (1:20.109)	
	11:13.718 (1:21.641)	12:35.148 (1:21.430)	13:57.176 (1:22.028)	15:17.738 (1:20.562)	
	16:33.478 (1:15.740)				
4	Logan Soedt	FR Indian Hills CC	16:48.33	5	
	38.291 (38.291)	1:56.453 (1:18.162)	3:14.736 (1:18.283)	4:33.759 (1:19.023)	
	5:55.228 (1:21.469)	7:14.724 (1:19.496)	8:35.957 (1:21.233)	9:56.691 (1:20.734)	
	11:18.592 (1:21.901)	12:43.728 (1:25.136)	14:09.136 (1:25.408)	15:35.382 (1:26.246)	
	16:48.322 (1:12.940)				
5	Zach Niederklopper	FR Hawkeye CC	17:06.12	4	
	38.817 (38.817)	1:56.149 (1:17.332)	3:14.500 (1:18.351)	4:33.287 (1:18.787)	
	5:55.174 (1:21.887)	7:15.427 (1:20.253)	8:36.684 (1:21.257)	10:00.385 (1:23.701)	
	11:25.790 (1:25.405)	12:51.254 (1:25.464)	14:18.517 (1:27.263)	15:43.980 (1:25.463)	
	17:06.114 (1:22.134)				
6	Isaiah Nebbe	SO Iowa Central CC	x17:44.25		
	38.675 (38.675)	1:55.967 (1:17.292)	3:14.348 (1:18.381)	4:33.547 (1:19.199)	
	5:56.965 (1:23.418)	7:25.319 (1:28.354)	8:55.126 (1:29.807)	10:25.270 (1:30.144)	
	11:54.845 (1:29.575)	13:24.475 (1:29.630)	14:53.701 (1:29.226)	16:23.459 (1:29.758)	
	17:44.244 (1:20.785)				
7	Vlad Starrett	FR North Iowa Area CC	17:49.66	3	
	40.566 (40.566)	2:00.599 (1:20.033)	3:21.772 (1:21.173)	4:43.133 (1:21.361)	
	6:05.862 (1:22.729)	7:30.080 (1:24.218)	8:55.435 (1:25.355)	10:25.546 (1:30.111)	
	11:52.473 (1:26.927)	13:26.164 (1:33.691)	14:58.079 (1:31.915)	16:29.079 (1:31.000)	
	17:49.657 (1:20.578)				

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....Event 14 Men 5000 Meter Run

8	Jose Lara	FR Iowa Western CC	18:00.80	2
	40.790 (40.790)	2:04.910 (1:24.120)	3:25.746 (1:20.836)	4:46.325 (1:20.579)
	6:09.543 (1:23.218)	7:35.971 (1:26.428)	9:03.087 (1:27.116)	10:32.128 (1:29.041)
	12:02.541 (1:30.413)	13:33.163 (1:30.622)	15:05.300 (1:32.137)	16:36.081 (1:30.781)
	18:00.791 (1:24.710)			
9	Kile Dowd	SO Southeastern CC	18:28.17	1
	41.032 (41.032)	2:05.604 (1:24.572)	3:29.703 (1:24.099)	4:55.473 (1:25.770)
	6:24.123 (1:28.650)	7:53.721 (1:29.598)	9:24.342 (1:30.621)	10:55.703 (1:31.361)
	12:27.434 (1:31.731)	13:59.144 (1:31.710)	15:30.093 (1:30.949)	17:00.649 (1:30.556)
	18:28.164 (1:27.515)			
--	Kylan Willis	SO Iowa Western CC	DNF	
--	Jacinto Gaspar	FR Iowa Western CC	DNF	
--	Daine Wardyn	FR Iowa Western CC	DNF	

Event 15 Women 10000 Meter Run

=====				
Name	Year	School	Finals	Points
=====				
1	Mercy Biwott	SO Iowa Western CC	38:17.33	10
	1:31.428 (1:31.428)	3:06.753 (1:35.325)	4:41.894 (1:35.141)	6:15.061 (1:33.167)
	7:44.883 (1:29.822)	9:12.319 (1:27.436)	10:41.019 (1:28.700)	12:11.264 (1:30.245)
	13:40.935 (1:29.671)	15:11.229 (1:30.294)	16:41.494 (1:30.265)	18:12.259 (1:30.765)
	19:43.353 (1:31.094)	21:13.899 (1:30.546)	22:45.511 (1:31.612)	24:17.660 (1:32.149)
	25:51.393 (1:33.733)	27:23.941 (1:32.548)	28:57.141 (1:33.200)	30:31.407 (1:34.266)
	32:06.173 (1:34.766)	33:40.649 (1:34.476)	35:14.718 (1:34.069)	36:48.820 (1:34.102)
	38:17.327 (1:28.507)			
2	Chloe Garcia Grafing	SO Iowa Central CC	40:27.84	8
	1:33.409 (1:33.409)	3:07.748 (1:34.339)	4:42.630 (1:34.882)	6:16.945 (1:34.315)
	7:51.870 (1:34.925)	9:29.081 (1:37.211)	11:08.046 (1:38.965)	12:46.504 (1:38.458)
	14:25.045 (1:38.541)	16:04.110 (1:39.065)	17:39.071 (1:34.961)	19:14.470 (1:35.399)
	20:50.882 (1:36.412)	22:27.822 (1:36.940)	24:05.676 (1:37.854)	25:45.208 (1:39.532)
	27:24.330 (1:39.122)	29:04.721 (1:40.391)	30:44.350 (1:39.629)	32:23.136 (1:38.786)
	34:02.546 (1:39.410)	35:41.973 (1:39.427)	37:21.081 (1:39.108)	38:57.499 (1:36.418)
	40:27.835 (1:30.336)			
3	Sheila Jepakoch	FR Iowa Western CC	45:43.02	6
	1:34.629 (1:34.629)	3:11.699 (1:37.070)	4:51.248 (1:39.549)	6:32.564 (1:41.316)
	8:17.505 (1:44.941)	10:01.711 (1:44.206)	11:49.140 (1:47.429)	13:37.477 (1:48.337)
	15:27.300 (1:49.823)	17:16.397 (1:49.097)	19:06.501 (1:50.104)	20:58.556 (1:52.055)
	22:50.155 (1:51.599)	24:44.435 (1:54.280)	26:39.021 (1:54.586)	28:31.090 (1:52.069)
	30:21.927 (1:50.837)	32:15.756 (1:53.829)	34:12.413 (1:56.657)	36:05.357 (1:52.944)
	37:58.294 (1:52.937)	39:52.634 (1:54.340)	41:49.582 (1:56.948)	43:49.255 (1:59.673)
	45:43.015 (1:53.760)			
4	Jessica Heyen	FR Iowa Western CC	48:34.55	5
	1:34.216 (1:34.216)	3:12.279 (1:38.063)	4:53.113 (1:40.834)	6:38.946 (1:45.833)
	8:30.350 (1:51.404)	10:25.763 (1:55.413)	12:23.904 (1:58.141)	14:19.955 (1:56.051)
	16:15.512 (1:55.557)	18:15.324 (1:59.812)	20:16.718 (2:01.394)	22:16.470 (1:59.752)
	24:15.369 (1:58.899)	26:15.471 (2:00.102)	28:15.597 (2:00.126)	30:17.804 (2:02.207)
	32:21.020 (2:03.216)	34:23.788 (2:02.768)	36:27.216 (2:03.428)	38:29.384 (2:02.168)
	40:32.934 (2:03.550)	42:38.364 (2:05.430)	44:42.724 (2:04.360)	46:41.964 (1:59.240)
	48:34.548 (1:52.584)			

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....Event 15 Women 10000 Meter Run

5	Kenzie Kaperka	SO Iowa Central CC	51:50.50	4
	1:34.595 (1:34.595)	3:11.323 (1:36.728)	4:52.371 (1:41.048)	6:38.916 (1:46.545)
	8:30.472 (1:51.556)	10:25.809 (1:55.337)	12:24.030 (1:58.221)	14:27.787 (2:03.757)
	16:33.863 (2:06.076)	18:44.781 (2:10.918)	20:56.454 (2:11.673)	22:58.341 (2:01.887)
	25:11.513 (2:13.172)	27:20.178 (2:08.665)	29:39.437 (2:19.259)	31:53.369 (2:13.932)
	33:58.806 (2:05.437)	36:15.216 (2:16.410)	38:43.061 (2:27.845)	41:05.662 (2:22.601)
	43:24.449 (2:18.787)	45:38.071 (2:13.622)	47:54.418 (2:16.347)	50:01.455 (2:07.037)
	51:50.497 (1:49.042)			
--	Josey French	SO Iowa Western CC	DNF	
	1:32.177 (1:32.177)	3:09.416 (1:37.239)		4:49.229 (1:39.813)
	6:32.269 (1:43.040)	8:17.579 (1:45.310)		38:17.315 (29:59.736)
--	Zinash Valen	SO Iowa Central CC	DNF	
	1:33.361 (1:33.361)	3:07.674 (1:34.313)	4:42.608 (1:34.934)	6:16.977 (1:34.369)
	7:51.948 (1:34.971)	9:29.177 (1:37.229)	11:08.122 (1:38.945)	12:46.568 (1:38.446)
	14:25.127 (1:38.559)	16:04.598 (1:39.471)	17:47.019 (1:42.421)	19:30.358 (1:43.339)
	21:16.141 (1:45.783)	23:02.430 (1:46.289)	24:54.562 (1:52.132)	

Event 16 Men 10000 Meter Run

=====				
Name	Year	School	Finals	Points
=====				
1	Jacinto Gaspar	FR Iowa Western CC	32:32.70	10
	1:24.530 (1:24.530)	2:39.535 (1:15.005)	3:54.460 (1:14.925)	5:13.418 (1:18.958)
	6:32.187 (1:18.769)	7:49.997 (1:17.810)	9:06.182 (1:16.185)	10:21.958 (1:15.776)
	11:37.361 (1:15.403)	12:52.445 (1:15.084)	14:09.455 (1:17.010)	15:27.932 (1:18.477)
	16:46.703 (1:18.771)	18:05.345 (1:18.642)	19:26.619 (1:21.274)	20:47.541 (1:20.922)
	22:06.841 (1:19.300)	23:23.803 (1:16.962)	24:42.823 (1:19.020)	26:02.098 (1:19.275)
	27:21.295 (1:19.197)	28:39.253 (1:17.958)	29:58.039 (1:18.786)	31:15.641 (1:17.602)
	32:32.700 (1:17.059)			
2	Zander Cobb	SO Iowa Central CC	32:42.40	8
	1:18.597 (1:18.597)	2:36.613 (1:18.016)	3:52.780 (1:16.167)	5:08.937 (1:16.157)
	6:25.744 (1:16.807)	7:42.405 (1:16.661)	8:59.551 (1:17.146)	10:17.164 (1:17.613)
	11:33.997 (1:16.833)	12:50.773 (1:16.776)	14:08.929 (1:18.156)	15:27.686 (1:18.757)
	16:46.617 (1:18.931)	18:05.317 (1:18.700)	19:26.667 (1:21.350)	20:47.635 (1:20.968)
	22:08.375 (1:20.740)	23:28.088 (1:19.713)	24:48.691 (1:20.603)	26:08.600 (1:19.909)
	27:28.260 (1:19.660)	28:49.083 (1:20.823)	30:10.287 (1:21.204)	31:29.500 (1:19.213)
	32:42.400 (1:12.900)			
3	D'Artagnon Beaver	SO Hawkeye CC	33:44.64	6
	1:18.903 (1:18.903)	2:36.941 (1:18.038)	3:54.194 (1:17.253)	5:13.200 (1:19.006)
	6:31.889 (1:18.689)	7:50.227 (1:18.338)	9:06.397 (1:16.170)	10:22.216 (1:15.819)
	11:37.685 (1:15.469)	12:55.059 (1:17.374)	14:13.673 (1:18.614)	15:31.810 (1:18.137)
	16:51.077 (1:19.267)	18:11.701 (1:20.624)	19:34.098 (1:22.397)	20:57.338 (1:23.240)
	22:22.607 (1:25.269)	23:50.458 (1:27.851)	25:18.014 (1:27.556)	26:47.369 (1:29.355)
	28:12.180 (1:24.811)	29:36.177 (1:23.997)	31:01.120 (1:24.943)	32:26.416 (1:25.296)
	33:44.638 (1:18.222)			
4	Marco Lopez	SO Iowa Central CC	34:37.63	5
	1:18.771 (1:18.771)	2:36.803 (1:18.032)	3:54.160 (1:17.357)	5:13.176 (1:19.016)
	6:32.135 (1:18.959)	7:51.339 (1:19.204)	9:13.202 (1:21.863)	10:35.500 (1:22.298)
	11:58.532 (1:23.032)	13:22.826 (1:24.294)	14:47.322 (1:24.496)	16:11.957 (1:24.635)
	17:36.567 (1:24.610)	19:01.748 (1:25.181)	20:26.836 (1:25.088)	21:51.030 (1:24.194)
	23:15.201 (1:24.171)	24:39.418 (1:24.217)	26:04.369 (1:24.951)	27:30.471 (1:26.102)
	28:56.363 (1:25.892)	30:24.504 (1:28.141)	31:50.785 (1:26.281)	33:14.236 (1:23.451)
	34:37.624 (1:23.388)			

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....Event 16 Men 10000 Meter Run

5	Daine Wardyn	FR Iowa Western CC	36:00.04	4	
	1:24.274 (1:24.274)	2:46.440 (1:22.166)	4:08.629 (1:22.189)	5:30.984 (1:22.355)	
	6:52.942 (1:21.958)	8:17.859 (1:24.917)	9:44.029 (1:26.170)	11:08.431 (1:24.402)	
	12:34.354 (1:25.923)	14:00.659 (1:26.305)	15:27.602 (1:26.943)	16:54.232 (1:26.630)	
	18:21.345 (1:27.113)	19:46.742 (1:25.397)	21:12.384 (1:25.642)	22:39.589 (1:27.205)	
	24:06.778 (1:27.189)	25:34.610 (1:27.832)	27:04.633 (1:30.023)	28:34.256 (1:29.623)	
	29:58.816 (1:24.560)	31:30.173 (1:31.357)	33:00.277 (1:30.104)	34:31.439 (1:31.162)	
	36:00.032 (1:28.593)				
6	Isaiah Nebbe	SO Iowa Central CC	36:13.91	3	
	1:19.920 (1:19.920)	2:40.697 (1:20.777)	4:02.608 (1:21.911)	5:24.883 (1:22.275)	
	6:48.987 (1:24.104)	8:14.325 (1:25.338)	9:40.734 (1:26.409)	11:04.445 (1:23.711)	
	12:29.453 (1:25.008)	13:56.514 (1:27.061)	15:22.273 (1:25.759)	16:50.537 (1:28.264)	
	18:19.374 (1:28.837)	19:45.692 (1:26.318)	21:12.078 (1:26.386)	22:41.020 (1:28.942)	
	24:12.015 (1:30.995)	25:44.395 (1:32.380)	27:17.248 (1:32.853)	28:50.226 (1:32.978)	
	30:20.344 (1:30.118)	31:53.299 (1:32.955)	33:25.290 (1:31.991)	34:55.133 (1:29.843)	
	36:13.904 (1:18.771)				
7	Jose Lara	FR Iowa Western CC	36:32.91	2	
	1:24.742 (1:24.742)	2:46.964 (1:22.222)	4:11.251 (1:24.287)	5:35.495 (1:24.244)	
	7:00.525 (1:25.030)	8:26.526 (1:26.001)	9:54.534 (1:28.008)	11:21.978 (1:27.444)	
	12:48.558 (1:26.580)	14:16.244 (1:27.686)	15:44.781 (1:28.537)	17:13.068 (1:28.287)	
	18:42.036 (1:28.968)	20:11.466 (1:29.430)	21:41.470 (1:30.004)	23:11.228 (1:29.758)	
	24:41.100 (1:29.872)	26:12.026 (1:30.926)	27:41.898 (1:29.872)	29:11.499 (1:29.601)	
	30:40.645 (1:29.146)	32:10.594 (1:29.949)	33:38.914 (1:28.320)	35:08.352 (1:29.438)	
	36:32.905 (1:24.553)				
8	Kile Dowd	SO Southeastern CC	37:54.21	1	
	1:23.147 (1:23.147)	2:45.897 (1:22.750)	4:09.288 (1:23.391)	5:33.965 (1:24.677)	
	7:01.028 (1:27.063)	8:28.854 (1:27.826)	9:57.798 (1:28.944)	11:28.153 (1:30.355)	
	12:57.574 (1:29.421)	14:28.485 (1:30.911)	16:00.228 (1:31.743)	17:32.966 (1:32.738)	
	19:06.868 (1:33.902)	20:40.198 (1:33.330)	22:13.350 (1:33.152)	23:47.014 (1:33.664)	
	25:21.737 (1:34.723)	26:57.202 (1:35.465)	28:32.368 (1:35.166)	30:07.486 (1:35.118)	
	31:42.349 (1:34.863)	33:16.620 (1:34.271)	34:51.210 (1:34.590)	36:25.473 (1:34.263)	
	37:54.209 (1:28.736)				
--	Ty Costigan	SO Iowa Western CC	DNF		
	1:25.985 (1:25.985)	2:50.342 (1:24.357)	4:14.567 (1:24.225)	5:38.925 (1:24.358)	
	7:05.194 (1:26.269)				

Event 17 Women 100 Meter Hurdles

Name	Year School	Finals	Wind	Points
1 Adeyah Brewster	SO Iowa Central CC	13.96	+0.0	10
2 Antonia Sealy	SO Iowa Western CC	14.55	+0.0	8
3 Jade Jackson	SO Iowa Central CC	15.43	+0.0	6
4 Abigail Frey	FR Iowa Central CC	15.57	+0.0	5
5 Holly Hoepner	SO Iowa Western CC	16.18	+0.0	4
6 Tara Backhaus	FR North Iowa Area CC	17.19	+0.0	3
7 Kallie Mincks	FR Hawkeye CC	23.13	+0.0	2

Event 18 Men 110 Meter Hurdles

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Rahyme Christian	SO Iowa Western CC	14.35q	0.7	2

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....Event 18 Men 110 Meter Hurdles

2	C.J. McFerrin	SO Indian Hills CC	14.37q	0.7	2
3	Joel Nyatusah	SO Iowa Central CC	14.43q	+0.0	1
4	Kamijah Carter	SO Iowa Central CC	14.93q	+0.0	1
5	Noah Sheridan	FR Hawkeye CC	15.01q	0.7	2
6	Terry McNeill Jr	SO Iowa Central CC	15.23q	+0.0	1
7	Perez Hemmings	SO North Iowa Area CC	15.28q	+0.0	1
8	Kamdyn Swartz	FR Iowa Western CC	15.30q	0.7	2
9	Nolan Clayberg	FR Hawkeye CC	15.34	+0.0	1
10	Parker Mchone	FR North Iowa Area CC	16.23	0.7	2
11	Kenny Cutler	FR Hawkeye CC	16.74	0.7	2

Event 18 Men 110 Meter Hurdles

Name	Year	School	Finals	Wind	Points
Finals					
1	Joel Nyatusah	SO Iowa Central CC	14.03	+0.0	10
2	Rahyme Christian	SO Iowa Western CC	14.24	+0.0	8
3	C.J. McFerrin	SO Indian Hills CC	14.55	+0.0	6
4	Kamijah Carter	SO Iowa Central CC	14.68	+0.0	5
5	Kamdyn Swartz	FR Iowa Western CC	15.20	+0.0	4
6	Perez Hemmings	SO North Iowa Area CC	15.22	+0.0	3
7	Terry McNeill Jr	SO Iowa Central CC	15.69	+0.0	2

Event 19 Women 400 Meter Hurdles

Name	Year	School	Finals	Points
1	Saria Oliver	SO Iowa Central CC	1:06.40	10
2	Paige Condon	FR Iowa Central CC	1:06.41	8
3	Abigail Frey	FR Iowa Central CC	1:06.46	6
4	Holly Hoepner	SO Iowa Western CC	1:09.22	5
5	Lauren Pierson	FR Iowa Western CC	1:14.05	4
6	Tara Backhaus	FR North Iowa Area CC	1:14.56	3
--	Kallie Mincks	FR Hawkeye CC	DNF	
--	Josey French	SO Iowa Western CC	DNF	

Event 20 Men 400 Meter Hurdles

Name	Year	School	Finals	H#	Points
1	Jayden Brown	FR Iowa Western CC	51.00	3	10
2	Dean Clarke	FR Indian Hills CC	51.49	3	8
3	Tafari Bishop	SO Iowa Central CC	53.05	3	6
4	Damien Lewis	SO Indian Hills CC	54.46	3	5
5	Robert Norton	SO Southwestern CC	54.52	2	4
6	Josiah Kliment	FR North Iowa Area CC	55.46	3	3
7	Kamijah Carter	SO Iowa Central CC	55.72	3	2
8	C.J. McFerrin	SO Indian Hills CC	56.08	3	1
9	Kenny Cutler	FR Hawkeye CC	56.55	2	
10	Alex Hastings	FR Iowa Central CC	57.21	2	
11	Alex Bates	SO Southwestern CC	57.38	2	
12	Kamdyn Swartz	FR Iowa Western CC	59.52	2	
13	Dylan Novak	FR North Iowa Area CC	1:03.54	1	

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....Event 20 Men 400 Meter Hurdles

14	Nicholas Goskeson	FR North Iowa Area CC	1:07.97	1
--	Rahyme Christian	SO Iowa Western CC	DNF	1

Event 21 Women High Jump

Name	Year	School	Finals	Points								
1 Miracle Ailes	SO	Iowa Western CC	1.71m	5-07.25 10								
	1.40	1.45	1.50	1.53	1.56	1.59	1.62	1.65	1.68	1.71	1.85	
	P	P	P	P	P	P	P	P	XO	O	XXX	
2 Haleigh Hadley	SO	Indian Hills CC	1.68m	5-06.00 8								
	1.40	1.45	1.50	1.53	1.56	1.59	1.62	1.65	1.68	1.71		
	P	P	P	P	P	O	O	O	O	XXX		
3 Jordan Swenson	FR	North Iowa Area CC	1.59m	5-02.50 6								
	1.40	1.45	1.50	1.53	1.56	1.59	1.62					
	P	O	O	O	O	O	XXX					
4 Ritchina Stallman	FR	Iowa Western CC	1.50m	4-11.00 5								
	1.40	1.45	1.50	1.53								
	O	O	O	XXX								
5 Jade Jackson	SO	Iowa Central CC	1.45m	4-09.00 4								
	1.40	1.45	1.50									
	O	XO	XXX									
6 Patricia Hank	FR	Southeastern CC	1.40m	4-07.00 3								
	1.40	1.45										
	XO	XXX										

Event 22 Men High Jump

Name	Year	School	Finals	Points							
1 Paul Rowden	FR	Iowa Western CC	2.06m	6-09.00 10							
	1.75	1.80	1.85	1.88	1.91	1.94	1.97	2.00	2.03	2.06	2.14
	P	P	P	P	P	O	P	XO	P	XXO	XX
2 Tyler Missick	SO	Iowa Western CC	2.03m	6-08.00 8							
	1.75	1.80	1.85	1.88	1.91	1.94	1.97	2.00	2.03	2.06	
	P	P	P	P	O	P	P	O	O	XXX	
3 Roman Smith	SO	Iowa Western CC	2.03m	6-08.00 6							
	1.75	1.80	1.85	1.88	1.91	1.94	1.97	2.00	2.03	2.06	
	P	P	P	P	P	P	XO	XO	O	XXX	
4 Fabian Steene	FR	North Iowa Area CC	1.94m	6-04.25 5							
	1.75	1.80	1.85	1.88	1.91	1.94	1.97				
	P	P	O	P	P	XO	XXX				
5 Matthew Benedict	FR	Hawkeye CC	1.91m	6-03.25 4							
	1.75	1.80	1.85	1.88	1.91	1.94					
	P	O	O	O	O	XXX					
6 Cadence Bass	FR	Indian Hills CC	1.91m	6-03.25 3							
	1.75	1.80	1.85	1.88	1.91	1.94	1.97				
	P	P	P	P	XO	P	XXX				
7 Marzeion Jones	SO	Iowa Western CC	x1.91m	6-03.25							
	1.75	1.80	1.85	1.88	1.91	1.94					
	P	O	O	O	XXO	XXX					
8 Aries Scott	SO	Iowa Central CC	1.88m	6-02.00 2							
	1.75	1.80	1.85	1.88	1.91						
	P	P	XO	XXO	XXX						

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....Event 22 Men High Jump

9	Rayvon Wright	SO Iowa Central CC	1.88m	6-02.00	1
	1.75 1.80 1.85 1.88 1.91				
	P P XXO XXO XXX				
--	Garrison Murray	FR Iowa Central CC	NH		
	1.75 1.80				
	P XXX				
--	Aaron Campbell	FR Hawkeye CC	NH		
	1.75				
	XXX				
--	Chris Sizemore	SO Indian Hills CC	NH		
	1.75 1.80 1.85 1.88 1.91				
	P P P P XXX				
--	Ben Olson	FR Southwestern CC	NH		
	1.75 1.80				
	X XXX				

Event 23 Women Pole Vault

Name	Year School	Finals	Points
1 Baylee Horner	FR Iowa Western CC	2.25m 7-04.50	10
	1.70 1.85 2.05 2.15 2.25 2.35 2.45		
	P O O O XO P XX		
2 Victoria McCraney	FR Hawkeye CC	2.15m 7-00.50	8
	1.70 1.85 2.05 2.15 2.25		
	O XO O XO XXX		
3 Carlie Hoppe	SO Hawkeye CC	2.05m 6-08.75	6
	1.70 1.85 2.05 2.15		
	O O XO XXX		

Event 24 Men Pole Vault

Name	Year School	Finals	Points
1 Camron Ventura	SO Iowa Central CC	3.35m 10-11.75	10
	1.70 1.85 2.05 2.15 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55 3.85		
	P P P P P P P P P P P O P P O P P XXX		
2 Aries Scott	SO Iowa Central CC	3.15m 10-04.00	8
	1.70 1.85 2.05 2.15 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25		
	P P P P P P P P P P P XO O P		
3 Travis Brace	FR Hawkeye CC	3.05m 10-00.00	6
	1.70 1.85 2.05 2.15 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15		
	P P P P P O P O P XXO O XXX		
4 Jonathon Hackett	FR Southwestern CC	3.05m 10-00.00	5
	1.70 1.85 2.05 2.15 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15		
	P P P P P O O XO XO XO O XXX		
5 Aaron Campbell	FR Hawkeye CC	2.85m 9-04.25	4
	1.70 1.85 2.05 2.15 2.45 2.55 2.65 2.75 2.85		
	P O P P O O O XO XO		
6 Marcus Edan	FR Iowa Western CC	2.75m 9-00.25	3
	1.70 1.85 2.05 2.15 2.45 2.55 2.65 2.75 2.85		
	P P P P XO XO XO O XXX		

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7	Ethen Fishell	FR Iowa Western CC	2.75m	9-00.25	2
	1.70 1.85 2.05 2.15 2.45 2.55 2.65 2.75 2.85				
	P O P P XO XO O XO XXX				
8	Michael Mayer	FR Southwestern CC	2.75m	9-00.25	1
	1.70 1.85 2.05 2.15 2.45 2.55 2.65 2.75 2.85				
	P P O P O O O XXO XXX				
--	Canyon Jones	FR Iowa Central CC		NH	
	1.70 1.85 2.05 2.15 2.45 2.55 2.65 2.75 2.85 2.95 3.05 3.15 3.25 3.35 3.45 3.55				
	P P P P P P P P P P P P P P P XXX				
--	Marzeion Jones	SO Iowa Western CC		NH	
	1.70 1.85 2.05 2.15 2.45 2.55				
	P P P P P XXX				

Event 25 Women Long Jump

Name	Year School	Finals	Wind	Points
1 Miracle Ailes	SO Iowa Western CC	6.32m	NWI 20-09.00	10
6.32m(NWI) PASS	PASS PASS PASS	PASS		
2 Antonia Sealy	SO Iowa Western CC	6.08m	1.5 19-11.50	8
FOUL FOUL	5.30m(NWI) 6.08m(1.5) PASS	PASS		
3 Adeyah Brewster	SO Iowa Central CC	6.00m	0.2 19-08.25	6
5.80m(NWI) FOUL	5.45m(NWI) PASS 5.90m(0.3)	6.00m(0.2)		
4 Kamdyn Stanley	FR Iowa Western CC	5.21m	0.3 17-01.25	5
5.19m(NWI) FOUL	5.09m(NWI) 5.03m(+0.0) 5.21m(0.3)	FOUL		
5 Saria Oliver	SO Iowa Central CC	5.13m	1.4 16-10.00	4
FOUL 4.80m(NWI)	4.85m(NWI) FOUL FOUL	5.13m(1.4)		
6 Arianna Paul	FR Iowa Central CC	5.09m	0.2 16-08.50	3
4.93m(NWI) FOUL	FOUL 5.06m(1.3) FOUL	5.09m(0.2)		
7 Camille Schroeder	FR Southeastern CC	4.83m	NWI 15-10.25	2
4.71m(NWI) FOUL	4.83m(NWI) 4.72m(0.5) FOUL	FOUL		
8 Katyrra Peck	FR North Iowa Area CC	4.60m	NWI 15-01.25	1
4.60m(NWI) FOUL	4.50m(NWI) 4.36m(+0.0) 4.48m(0.3)	4.49m(+0.0)		
9 Jordan Swenson	FR North Iowa Area CC	4.49m	1.3 14-08.75	
FOUL 4.42m(NWI)	4.47m(NWI) 4.49m(1.3) PASS	PASS		
10 Kyla Holm	FR Southwestern CC	3.82m	NWI 12-06.50	
3.55m(NWI) 3.82m(NWI)	3.77m(NWI)			
-- Nyadhol Thichiot	SO Iowa Central CC	FOUL		
FOUL FOUL FOUL				

Event 26 Men Long Jump

Name	Year School	Finals	Wind	H#	Points
1 Roman Kuleshov	SO Iowa Central CC	7.49m	1.4 24-07.00	2	10
7.20m(0.4) 7.49m(1.4)	FOUL PASS PASS	PASS			
2 Waukeem Walters	FR Iowa Central CC	7.44m	+0.0 24-05.00	2	8
7.44m(+0.0) 7.14m(0.1)	7.36m(0.1) FOUL PASS	7.12m(1.2)			
3 Prosper Kopongo	FR Iowa Western CC	7.07m	1.5 23-02.50	2	6
5.42m(1.6) 6.65m(1.1)	7.07m(1.5) 7.01m(+0.0)	6.97m(0.9) FOUL			
4 Paul Rowden	FR Iowa Western CC	7.05m	+0.0 23-01.75	2	5
6.51m(+0.0) 6.63m(0.6)	6.93m(0.2) 6.86m(1.8)	7.05m(+0.0) PASS			
5 Isaiah Valentine	FR Indian Hills CC	6.97m	+0.0 22-10.50	2	4
6.72m(+0.0) 6.59m(1.1)	6.60m(0.1) FOUL	6.97m(+0.0) FOUL			

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6	Garrison Murray	FR Iowa Central CC	6.96m	1.1	22-10.00	1	3
	6.96m(1.1) 6.77m(0.6) FOUL	PASS PASS	PASS				
7	Samson Shukuru	SO Iowa Central CC	x6.84m	1.1	22-05.25	2	
	6.84m(1.1) FOUL 6.70m(2.0)						
8	Elijah Akines	FR Iowa Central CC	x6.74m	1.5	22-01.50	1	
	6.47m(1.6) 6.02m(+0.0) 6.74m(1.5)						
9	Aries Scott	SO Iowa Central CC	x6.65m	0.5	21-10.00	2	
	6.65m(0.5) 6.62m(0.3) FOUL						
10	Fabian Steene	FR North Iowa Area CC	6.63m	1.8	21-09.00	2	2
	6.27m(0.3) FOUL 6.41m(2.3) 6.10m(1.6) 6.63m(1.8) 6.40m(0.7)						
11	Mohammed Bass	FR Iowa Western CC	6.61m	1.1	21-08.25	2	1
	FOUL FOUL 6.61m(1.1) FOUL FOUL 6.60m(0.9)						
12	Ben Olson	FR Southwestern CC	6.61m	0.8	21-08.25	2	
	6.42m(0.6) 6.54m(+0.0) 6.61m(0.8) 6.32m(+0.0) FOUL 6.31m(0.9)						
13	Qwentin Coble	FR Iowa Western CC	x6.58m	0.4	21-07.25	1	
	FOUL 6.42m(0.7) 6.58m(0.4)						
14	Gannon O'Hara	FR Hawkeye CC	6.37m	+0.0	20-10.75	1	
	FOUL 6.14m(1.1) 6.37m(+0.0)						
15	Tymar McKever	FR Iowa Central CC	x6.27m	0.8	20-07.00	1	
	6.10m(0.3) FOUL 6.27m(0.8)						
16	Matthew Seberson	SO North Iowa Area CC	6.15m	+0.0	20-02.25	1	
	5.85m(+0.0) 6.08m(0.4) 6.15m(+0.0)						
17	Devon Marshall	FR Southwestern CC	5.97m	+0.0	19-07.00	1	
	5.67m(1.7) 5.97m(+0.0) 5.66m(1.0)						
18	Samori Dobson	SO Iowa Central CC	x5.97m	0.5	19-07.00	1	
	5.97m(0.5) 5.25m(0.5) FOUL						
19	Parker Mchone	FR North Iowa Area CC	5.94m	0.2	19-06.00	1	
	5.94m(0.2) 5.62m(1.1) 5.80m(0.9)						
20	Walker Sobolik	SO North Iowa Area CC	x5.62m	0.3	18-05.25	1	
	FOUL FOUL 5.62m(0.3)						
21	Rayvon Wright	SO Iowa Central CC	x5.53m	0.5	18-01.75	1	
	5.51m(0.7) 5.53m(0.5) 5.49m(2.8)						
--	Roman Smith	SO Iowa Western CC	FOUL			2	
	FOUL FOUL FOUL						
--	Kein Valentine	FR North Iowa Area CC	FOUL			1	
	FOUL FOUL FOUL						

Event 27 Women Triple Jump

Name	Year School	Finals	Wind	Points	
1 Nyadhol Thichiot	SO Iowa Central CC	12.08m	0.8	39-07.75	10
	12.00m(1.1) 12.08m(0.8) FOUL 11.52m(0.9) 11.99m(2.5) 11.95m(2.1)				
2 Adeyah Brewster	SO Iowa Central CC	11.82m	2.9	38-09.50	8
	11.55m(1.0) 11.82m(2.9) 11.81m(1.0) PASS PASS PASS				
3 Saria Oliver	SO Iowa Central CC	10.94m	3.6	35-10.75	6
	FOUL 10.45m(1.0) FOUL FOUL FOUL 10.94m(3.6)				
4 Kamdyn Stanley	FR Iowa Western CC	9.68m	1.0	31-09.25	5
	9.68m(1.0) PASS PASS FOUL FOUL PASS				

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Event 28 Men Triple Jump

Name	Year	School	Finals	Wind	Points
1 Roman Kuleshov	SO	Iowa Central CC	15.15m	0.3	49-08.50 10
FOUL	14.82m(0.5)	FOUL	15.13m(+0.0)	15.15m(0.3)	PASS
2 Waukeem Walters	FR	Iowa Central CC	15.14m	0.6	49-08.25 8
14.08m(0.3)	14.27m(1.4)	15.14m(0.6)	PASS	PASS	PASS
3 Marzeion Jones	SO	Iowa Western CC	14.45m	+0.0	47-05.00 6
FOUL	13.04m(1.5)	14.29m(1.3)	14.06m(0.9)	14.23m(0.7)	14.45m(+0.0)
4 Samson Shukuru	SO	Iowa Central CC	14.36m	0.6	47-01.50 5
FOUL	FOUL	14.36m(0.6)	14.33m(0.8)	FOUL	FOUL
5 Tymar McKever	FR	Iowa Central CC	x13.72m	0.8	45-00.25
13.39m(+0.0)	13.07m(+0.0)	13.72m(0.8)			
6 Mohammed Bass	FR	Iowa Western CC	13.53m	1.5	44-04.75 4
13.22m(2.7)	13.53m(1.5)	12.88m(+0.0)	FOUL	12.90m(0.1)	13.06m(+0.0)
7 Wilson Alljabu	FR	Indian Hills CC	13.25m	0.7	43-05.75 3
13.25m(0.7)	FOUL	FOUL	FOUL	FOUL	FOUL
8 Qwentin Coble	FR	Iowa Western CC	13.17m	2.2	43-02.50 2
12.92m(0.4)	13.17m(2.2)	FOUL	13.03m(+0.0)	13.11m(0.6)	13.01m(+0.0)
9 Rayvon Wright	SO	Iowa Central CC	x13.02m	2.0	42-08.75
13.02m(2.0)	PASS	PASS			
10 Matthew Seberson	SO	North Iowa Area CC	12.73m	0.7	41-09.25 1
12.42m(0.6)	12.73m(0.7)	12.38m(0.7)	12.20m(0.8)	FOUL	FOUL
-- Abu Kemokai	FR	Southwestern CC	FOUL		
FOUL	FOUL	FOUL			
-- Prosper Kopongo	FR	Iowa Western CC	FOUL		
FOUL	PASS	PASS			
-- Roman Smith	SO	Iowa Western CC	FOUL		
FOUL	FOUL	FOUL			
-- Rapheal Akinyemi	FR	Indian Hills CC	FOUL		
FOUL	FOUL	FOUL			

Event 29 Women Discus Throw

Name	Year	School	Finals	Points	
1 Tyjah Thompson	FR	Iowa Western CC	39.29m	128-11 10	
33.47m	35.72m	FOUL	FOUL	39.29m	FOUL
2 Shakera Williams	SO	Iowa Western CC	38.12m	125-01 8	
37.50m	38.12m	FOUL	36.73m	FOUL	38.10m
3 Elyse Trunck	FR	Hawkeye CC	34.32m	112-07 6	
32.34m	31.63m	34.32m	FOUL	34.14m	33.35m
4 Sara Diew	FR	Iowa Central CC	33.67m	110-05 5	
33.10m	30.19m	32.40m	33.67m	FOUL	FOUL
5 Natalie Albert	FR	Iowa Western CC	33.01m	108-04 4	
FOUL	32.82m	FOUL	33.01m	FOUL	FOUL
6 Molly Venteicher	SO	Southwestern CC	31.94m	104-09 3	
FOUL	31.81m	FOUL	31.94m	FOUL	FOUL
7 Charity Finau	FR	Iowa Western CC	x31.56m	103-06	
31.43m	FOUL	31.56m			
8 Kierra Schmieding	FR	Iowa Western CC	x31.54m	103-06	
FOUL	30.49m	31.54m			
9 Lexi Wood	SO	Iowa Central CC	30.69m	100-08 2	
FOUL	30.35m	FOUL	FOUL	30.69m	FOUL

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10	Abby Bartz	FR Hawkeye CC	30.15m	98-11	1
	27.54m FOUL 27.95m 26.59m FOUL 30.15m				
11	Malori Leonard	FR Southwestern CC	28.15m	92-04	
	25.45m 27.72m 28.09m 25.98m FOUL 28.15m				
12	Madelyn Wilson	SO North Iowa Area CC	27.54m	90-04	
	27.54m FOUL 26.87m				
13	Emma Logeman	FR North Iowa Area CC	24.13m	79-02	
	24.13m FOUL 24.07m				
14	Delaney Kopriva	FR Hawkeye CC	19.41m	63-08	
	18.16m 19.41m FOUL				
--	Jazmyn James	SO Iowa Western CC	FOUL		
	FOUL FOUL FOUL				

Event 30 Men Discus Throw

Name	Year School	Finals	H#	Points
1 Denzs Simmonds	FR Iowa Western CC	52.19m	171-03	2 10
	47.92m FOUL 49.69m FOUL 45.56m 52.19m			
2 Shakiel Dacres	SO Iowa Western CC	51.40m	168-08	2 8
	47.97m 49.50m 51.40m 49.45m FOUL FOUL			
3 Brandon Gayle	FR Iowa Western CC	44.91m	147-04	2 6
	41.64m FOUL FOUL FOUL 44.91m FOUL			
4 Brandt Williams	FR Hawkeye CC	41.57m	136-05	2 5
	40.51m 39.67m 41.20m 40.93m 41.47m 41.57m			
5 Aaron Campbell	FR Hawkeye CC	40.54m	133-00	2 4
	FOUL 38.03m 40.54m FOUL 38.39m FOUL			
6 Jon Astor	FR Iowa Central CC	38.86m	127-06	2 3
	37.06m FOUL 38.86m 37.48m 36.73m FOUL			
7 Michael Harris	SO Iowa Western CC	x38.43m	126-01	2
	38.43m FOUL FOUL			
8 Jacob Sidles	FR Iowa Western CC	x38.16m	125-02	2
	FOUL 38.16m 37.47m			
9 Tino Tamayo	FR Hawkeye CC	36.33m	119-02	2 2
	FOUL 35.49m 33.46m 36.33m FOUL FOUL			
10 Jordan Lopez	FR Iowa Central CC	35.95m	117-11	1 1
	34.14m 35.95m FOUL FOUL 33.82m FOUL			
11 Benjamin Fransen	FR Hawkeye CC	x35.26m	115-08	1
	35.26m FOUL 31.85m			
12 Odayne Harris	SO Iowa Western CC	x34.96m	114-08	1
	FOUL 34.96m FOUL			
13 Donald Lamp	FR Iowa Central CC	34.82m	114-03	1
	33.03m 34.82m 34.08m FOUL FOUL FOUL			
14 Conrad Schroeder	SO Southwestern CC	34.53m	113-03	1
	31.67m 34.53m 31.96m			
15 Beau Brackemeyer	FR Hawkeye CC	x32.42m	106-04	1
	32.42m FOUL FOUL			
16 Jace L'Heureux	FR Southwestern CC	25.75m	84-06	1
	FOUL 25.75m FOUL			
17 Joe Sonntag	FR Southwestern CC	23.35m	76-07	1
	20.14m 23.35m 23.24m			
18 Aterryonn Williams	FR Hawkeye CC	x22.64m	74-03	1
	22.64m FOUL 19.49m			

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Event 31 Women Hammer Throw

Name	Year	School	Finals	Points
1 Tyjah Thompson	FR	Iowa Western CC	43.56m	142-11 10
FOUL 40.81m 43.56m 42.39m FOUL FOUL				
2 Chloe Larsen	FR	Iowa Western CC	40.97m	134-05 8
38.88m 39.39m 40.97m FOUL 40.44m FOUL				
3 Abby Bartz	FR	Hawkeye CC	40.76m	133-09 6
37.62m 40.76m FOUL 37.95m 36.13m 39.80m				
4 Molly Venteicher	SO	Southwestern CC	40.31m	132-03 5
40.27m FOUL 40.31m 38.84m FOUL 39.36m				
5 Charity Finau	FR	Iowa Western CC	37.88m	124-03 4
34.95m 36.57m 37.88m FOUL 37.10m 37.72m				
6 Jada Westover	FR	North Iowa Area CC	37.78m	123-11 3
35.15m 37.78m 32.11m 32.02m 30.15m 33.68m				
7 Natalie Albert	FR	Iowa Western CC	x37.03m	121-06
36.00m FOUL 37.03m				
8 Lexi Wood	SO	Iowa Central CC	36.26m	118-11 2
FOUL 34.05m 33.14m 36.26m 35.15m 32.47m				
9 Madelyn Wilson	SO	North Iowa Area CC	35.80m	117-05 1
35.80m 35.31m 33.27m 34.27m FOUL 35.33m				
10 Pascaline Koffi	FR	North Iowa Area CC	35.37m	116-00
FOUL FOUL 34.79m FOUL 35.37m FOUL				
11 Elyse Trunck	FR	Hawkeye CC	33.89m	111-02
33.89m FOUL FOUL				
12 Kierra Schmieding	FR	Iowa Western CC	x31.74m	104-02
FOUL FOUL 31.74m				
13 Delaney Kopriva	FR	Hawkeye CC	29.55m	96-11
29.55m FOUL 28.16m				
14 Isabella Hesse	FR	Hawkeye CC	x25.90m	85-00
24.41m 25.90m 25.41m				
15 Emma Logeman	FR	North Iowa Area CC	x25.15m	82-06
FOUL 24.86m 25.15m				

Event 32 Men Hammer Throw

Name	Year	School	Finals	Points
1 Jon Astor	FR	Iowa Central CC	45.77m	150-02 10
FOUL 44.75m 45.71m FOUL FOUL 45.77m				
2 Michael Harris	SO	Iowa Western CC	44.01m	144-05 8
44.01m FOUL FOUL 43.32m FOUL FOUL				
3 Shakiel Dacres	SO	Iowa Western CC	42.50m	139-05 6
37.91m 39.39m FOUL 38.49m FOUL 42.50m				
4 Tino Tamayo	FR	Hawkeye CC	42.46m	139-04 5
40.40m 42.46m FOUL FOUL 38.88m 40.36m				
5 Donald Lamp	FR	Iowa Central CC	41.01m	134-06 4
41.01m 40.57m FOUL FOUL FOUL FOUL				
6 Jordan Lopez	FR	Iowa Central CC	40.89m	134-02 3
40.89m FOUL FOUL FOUL FOUL FOUL				
7 Jacob Sidles	FR	Iowa Western CC	39.91m	130-11 2
39.07m FOUL 39.91m 38.56m 38.35m FOUL				
8 Brandt Williams	FR	Hawkeye CC	38.21m	125-04 1
38.21m FOUL FOUL FOUL FOUL 32.14m				

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....Event 32 Men Hammer Throw

9	Conrad Schroeder	SO Southwestern CC	36.10m	118-05
	FOUL 35.94m 36.10m	FOUL FOUL FOUL		
10	Benjamin Fransen	FR Hawkeye CC	35.19m	115-05
	32.68m 35.19m FOUL			
11	Beau Brackemeyer	FR Hawkeye CC	x34.53m	113-03
	34.53m FOUL FOUL			
12	Alejandro Jimenez	FR Iowa Western CC	x34.40m	112-10
	34.40m FOUL 30.03m			
13	Aterryonn Williams	FR Hawkeye CC	x23.61m	77-05
	22.84m 23.61m 22.54m			
14	Jace L'Heureux	FR Southwestern CC	23.50m	77-01
	FOUL 22.30m 23.50m			
15	Joe Sonntag	FR Southwestern CC	20.56m	67-05
	20.56m 18.28m 20.21m			

Event 33 Women Javelin Throw

=====						
Name	Year	School	Finals	H#	Points	
=====						
1	Antonia Sealy	SO Iowa Western CC	39.13m	128-04	2	10
	FOUL 39.13m 37.18m	35.72m PASS FOUL				
2	Brianna Osterson	SO Southwestern CC	37.13m	121-10	2	8
	30.89m 31.52m FOUL	28.85m 36.78m 37.13m				
3	Molly Venteicher	SO Southwestern CC	36.25m	118-11	2	6
	36.04m 33.95m 35.31m	33.22m 33.48m 36.25m				
4	Natalie Albert	FR Iowa Western CC	32.51m	106-08	2	5
	30.81m 32.51m 32.21m	FOUL PASS FOUL				
5	Carlie Hoppe	SO Hawkeye CC	31.76m	104-02	2	4
	25.46m 26.51m 25.52m	27.28m 27.91m 31.76m				
6	Shakera Williams	SO Iowa Western CC	28.75m	94-04	1	3
	26.69m 27.28m 28.75m	PASS PASS PASS				
7	Lexi Wood	SO Iowa Central CC	27.90m	91-06	1	2
	22.48m 23.64m 21.32m	20.58m 22.98m 27.90m				
8	Paige Condon	FR Iowa Central CC	26.40m	86-07	2	1
	25.19m 22.67m 23.95m	26.40m FOUL FOUL				
9	Isabella Hesse	FR Hawkeye CC	25.19m	82-08	2	
	25.19m 24.50m FOUL	23.68m 22.75m FOUL				
10	Baylee Horner	FR Iowa Western CC	x24.67m	80-11	1	
	23.46m 24.67m FOUL					
11	Sara Diew	FR Iowa Central CC	23.92m	78-06	1	
	23.92m FOUL 21.04m					
12	Malori Leonard	FR Southwestern CC	23.39m	76-09	2	
	22.78m 22.47m 23.39m					
13	Lexi Miller	FR Hawkeye CC	23.09m	75-09	1	
	23.09m 21.64m 21.49m					
14	Elyse Trunck	FR Hawkeye CC	x22.55m	74-00	1	
	20.94m 22.55m FOUL					
15	Jada Westover	FR North Iowa Area CC	21.44m	70-04	1	
	FOUL 20.36m 21.44m					
16	Abby Bartz	FR Hawkeye CC	x17.41m	57-01	1	
	17.41m 16.36m 16.86m					

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Event 34 Men Javelin Throw

Name	Year	School	Finals	H#	Points
1 Odayne Harris	SO	Iowa Western CC	60.09m	197-02	2 10
60.09m PASS PASS					
2 Fabian Steene	FR	North Iowa Area CC	47.47m	155-09	2 8
36.44m 47.47m 46.46m 46.00m 46.38m FOUL					
3 Brandt Williams	FR	Hawkeye CC	47.14m	154-08	2 6
47.11m 42.89m FOUL FOUL 47.14m 46.60m					
4 Conrad Schroeder	SO	Southwestern CC	46.30m	151-11	2 5
39.85m 41.93m 42.12m 45.18m FOUL 46.30m					
5 Ty Costigan	SO	Iowa Western CC	45.18m	148-03	2 4
45.18m FOUL 38.25m 37.78m 33.29m 36.26m					
6 Jadon Boots	FR	Iowa Central CC	44.44m	145-10	2 3
39.01m 41.65m 44.44m 41.81m 42.28m 42.18m					
7 Aaron Campbell	FR	Hawkeye CC	42.74m	140-03	1 2
FOUL 36.18m 34.78m 38.24m 42.74m 36.06m					
8 Tino Tamayo	FR	Hawkeye CC	39.43m	129-04	1 1
39.43m 33.97m 33.90m 33.49m 37.36m 34.89m					
9 Jonathon Hackett	FR	Southwestern CC	35.16m	115-04	2
22.53m 35.16m 27.48m 31.68m FOUL 29.33m					
10 Matthew Seberson	SO	North Iowa Area CC	35.10m	115-02	2
30.11m 31.16m 35.10m					
11 Ethen Fishell	FR	Iowa Western CC	32.35m	106-02	1
FOUL 31.02m 32.35m					
12 Jace L'Heureux	FR	Southwestern CC	31.11m	102-01	1
30.61m 31.11m FOUL					
13 Joe Sonntag	FR	Southwestern CC	x28.97m	95-00	1
27.29m 25.31m 28.97m					
14 Marcus Edan	FR	Iowa Western CC	x28.81m	94-06	2
28.81m 26.31m 22.80m					
15 Camron Ventura	SO	Iowa Central CC	28.28m	92-09	2
28.28m 27.97m FOUL					
16 Travis Brace	FR	Hawkeye CC	x28.10m	92-02	1
26.39m 28.10m 25.65m					
17 Abu Kemokai	FR	Southwestern CC	x24.49m	80-04	1
FOUL 24.49m 23.96m					
18 Hadi Meqbel	FR	Iowa Central CC	22.77m	74-08	1
22.75m 22.77m 19.88m					
-- Walker Sobolik	SO	North Iowa Area CC	FOUL		1
FOUL FOUL FOUL					

Event 35 Women Shot Put

Name	Year	School	Finals	H#	Points
1 Jazmyn James	SO	Iowa Western CC	15.02m	49-03.50	2 10
FOUL 15.00m 15.02m 14.41m FOUL FOUL					
2 Shakera Williams	SO	Iowa Western CC	13.88m	45-06.50	2 8
12.92m 13.60m 13.63m FOUL 13.46m 13.88m					
3 Lexi Wood	SO	Iowa Central CC	12.64m	41-05.75	2 6
12.04m 12.64m 12.59m FOUL 12.51m 12.44m					
4 Abby Bartz	FR	Hawkeye CC	12.23m	40-01.50	2 5
FOUL FOUL 9.59m 11.31m 12.06m 12.23m					

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....Event 35 Women Shot Put

5	Molly Venteicher	SO Southwestern CC	12.22m	40-01.25	2	4
	11.40m FOUL 12.22m FOUL 12.19m FOUL					
6	Natalie Albert	FR Iowa Western CC	11.86m	38-11.00	2	3
	10.99m 11.86m 10.95m FOUL 10.86m FOUL					
7	Carlie Hoppe	SO Hawkeye CC	11.49m	37-08.50	2	2
	9.94m 11.03m 11.49m FOUL 10.94m 10.92m					
8	Sara Diew	FR Iowa Central CC	11.07m	36-04.00	2	1
	10.32m 10.65m 10.34m FOUL 11.07m FOUL					
9	Kierra Schmieding	FR Iowa Western CC	x10.86m	35-07.75	2	
	FOUL 10.86m 10.56m					
10	Elyse Trunck	FR Hawkeye CC	9.91m	32-06.25	1	
	9.91m 9.39m 9.78m 9.74m 9.76m 9.59m					
11	Jada Westover	FR North Iowa Area CC	9.14m	30-00.00	1	
	8.94m 9.14m 8.71m					
12	Emma Logeman	FR North Iowa Area CC	8.69m	28-06.25	1	
	8.42m 8.69m 8.57m					
13	Brianna Osterson	SO Southwestern CC	8.66m	28-05.00	1	
	8.59m 8.66m 8.31m					
14	Malori Leonard	FR Southwestern CC	8.21m	26-11.25	1	
	7.71m 8.21m FOUL					
15	Madelyn Wilson	SO North Iowa Area CC	7.42m	24-04.25	1	
	7.36m FOUL 7.42m					
--	Delaney Kopriva	FR Hawkeye CC	FOUL		1	
	FOUL FOUL FOUL					
--	Tyjah Thompson	FR Iowa Western CC	FOUL		2	
	FOUL PASS PASS					
--	Charity Finau	FR Iowa Western CC	FOUL		1	
	FOUL PASS PASS					
--	Chloe Larsen	FR Iowa Western CC	FOUL		1	
	FOUL PASS PASS					

Event 36 Men Shot Put

=====						
Name	Year	School	Finals	H#	Points	
=====						
1	Brandon Gayle	FR Iowa Western CC	17.24m	56-06.75	2	10
	16.91m FOUL 16.91m FOUL 17.24m FOUL					
2	Shakiel Dacres	SO Iowa Western CC	16.16m	53-00.25	2	8
	16.06m 16.16m FOUL FOUL FOUL FOUL					
3	Michael Harris	SO Iowa Western CC	15.81m	51-10.50	2	6
	14.42m 15.51m FOUL 15.51m 15.67m 15.81m					
4	Denzs Simmonds	FR Iowa Western CC	x15.46m	50-08.75	2	
	FOUL 15.46m FOUL					
5	Donald Lamp	FR Iowa Central CC	14.10m	46-03.25	2	5
	FOUL 13.14m 14.10m 13.91m 13.61m FOUL					
6	Tino Tamayo	FR Hawkeye CC	13.37m	43-10.50	2	4
	12.88m FOUL 13.04m 13.37m 12.94m FOUL					
7	Jordan Lopez	FR Iowa Central CC	12.80m	42-00.00	1	3
	12.80m 12.19m 12.56m 12.25m 12.77m FOUL					
8	Benjamin Fransen	FR Hawkeye CC	12.28m	40-03.50	1	2
	9.19m FOUL 12.28m 12.21m 11.45m 11.77m					
9	Brandt Williams	FR Hawkeye CC	12.04m	39-06.00	1	1
	11.39m 12.04m FOUL 11.49m 11.43m 11.99m					

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....Event 36 Men Shot Put

10 Conrad Schroeder	SO Southwestern CC	11.58m	38-00.00	1
10.85m 11.58m 11.41m 11.14m	FOUL FOUL			
11 Jace L'Heureux	FR Southwestern CC	10.82m	35-06.00	1
10.13m 10.82m 10.77m				
12 Aaron Campbell	FR Hawkeye CC	x10.53m	34-06.75	2
10.53m FOUL FOUL				
13 Beau Brackemeyer	FR Hawkeye CC	x10.23m	33-06.75	1
9.95m FOUL 10.23m				
14 Joe Sonntag	FR Southwestern CC	9.80m	32-02.00	1
9.80m 9.39m 7.99m				
15 Aterryonn Williams	FR Hawkeye CC	x9.49m	31-01.75	1
7.53m 7.61m 9.49m				
16 Hadi Meqbel	FR Iowa Central CC	7.90m	25-11.00	1
7.90m 7.88m 7.63m				
-- Alejandro Jimenez	FR Iowa Western CC	FOUL		2
FOUL FOUL FOUL				
-- Jacob Sidles	FR Iowa Western CC	FOUL		2
FOUL FOUL FOUL				

Event 37 Women 4x100 Meter Relay

School	Finals	Points
1 Iowa Western CC	46.70	10
1) Miracle Ailes SO	2) Ethel Amisah FR	
3) Marquette Berlin-Burns SO	4) Antonia Sealy SO	
2 Iowa Central CC	50.74	8
1) Koto Imahori SO	2) Abigail Frey FR	
3) Saria Oliver SO	4) Queanna Taylor FR	
-- Hawkeye CC	DNF	
1) Maddi Vawter FR	2) Jordan Gallentine SO	
3) Kallie Mincks FR	4) Mattie Janssen SO	
-- Indian Hills CC	DNF	
1) Shanice Cox FR	2) Zakiya Porter FR	
3) Mya Hippolyte FR	4) Zaniya King FR	

Event 38 Men 4x100 Meter Relay

School	Finals	Points
1 Iowa Central CC	40.22	10
1) Ayomide Oyetunji FR	2) Waukeem Walters FR	
3) Zion Campbell FR	4) Willy Mabena FR	
2 Indian Hills CC	40.25	8
1) D'Eric Smith SO	2) Traunard Folsom FR	
3) Nehemiah Ray SO	4) Khalid Hornsby SO	
3 Iowa Western CC	41.72	6
1) Elijah Simmons FR	2) Aaron Kilbert FR	
3) Max Azor SO	4) Eseroghene Oguma FR	
4 Hawkeye CC	42.31	5
1) Jeron Shaw FR	2) Kaden Miller FR	
3) Brigham Daniel SO	4) Blake Osborn SO	
5 Southwestern CC	43.18	4
1) Devon Marshall FR	2) Cyrus Hancock FR	

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....Event 38 Men 4x100 Meter Relay

3) Ben Olson FR	4) Robert Norton SO		
6 North Iowa Area CC		43.87	3
1) Dylan Novak FR	2) Bruce Huggins FR		
3) Parker Mchone FR	4) Perez Hemmings SO		

Event 39 Women 4x400 Meter Relay

School	Finals	Points
1 Southeastern CC	4:31.76	10
1) Patricia Hank FR	2) Carissa Mackey FR	
3) Cassidy Yaley FR	4) Camille Schroeder FR	
2:13.990 (2:13.990)	3:21.633 (1:07.643)	4:31.756 (1:10.123)
2 Hawkeye CC	4:39.70	8
1) Jordan Gallentine SO	2) Jules Breakenridge FR	
3) Kallie Mincks FR	4) Carlie Hoppe SO	
2:16.409 (2:16.409)	3:26.053 (1:09.644)	4:39.697 (1:13.644)
3 North Iowa Area CC	4:50.54	6
1) Tara Backhaus FR	2) Katyrra Peck FR	
3) Jordan Swenson FR	4) Jada Westover FR	
2:18.726 (2:18.726)	3:35.403 (1:16.677)	4:50.535 (1:15.132)

Event 40 Men 4x400 Meter Relay

School	Finals	Points
1 Indian Hills CC	3:06.30	10
1) Woyn Chatman SO	2) Tyrice Taylor FR	
3) Chris Giles FR	4) Rivaldo Marshall SO	
1:33.365 (1:33.365)	2:19.843 (46.478)	3:06.300 (46.457)
2 Iowa Central CC	3:13.94	8
1) Tafari Bishop SO	2) Marreion Marks SO	
3) Kamijah Carter SO	4) Trevon Prince FR	
1:36.201 (1:36.201)	2:25.243 (49.042)	3:13.934 (48.691)
3 Hawkeye CC 'B'	3:23.85	6
1) Kenny Cutler FR	2) Noah Sheridan FR	
3) Carson Hellinga SO	4) Orlando Vivians SO	
1:42.944 (1:42.944)	2:34.021 (51.077)	3:23.841 (49.820)
4 North Iowa Area CC	3:26.58	5
1) Jacob Vais FR	2) Bruce Huggins FR	
3) Hugo Massa FR	4) Bryson Canton FR	
1:44.886 (1:44.886)	2:35.579 (50.693)	3:26.574 (50.995)
5 Southwestern CC	3:30.78	4
1) Ben Olson FR	2) Michael Mayer FR	
3) Gage Godsey FR	4) Robert Norton SO	
1:47.358 (1:47.358)	2:40.467 (53.109)	3:30.776 (50.309)
6 Hawkeye CC	x3:32.55	
1) Sean Knockel FR	2) Kaden Miller FR	
3) Blake Osborn SO	4) Brigham Daniel SO	
1:47.497 (1:47.497)	2:39.761 (52.264)	3:32.545 (52.784)
7 Southeastern CC	3:42.51	3
1) Kobe Wyldon FR	2) Jordan Sharp FR	
3) Brooks Julian FR	4) Freddy Vergara FR	
1:49.328 (1:49.328)	2:45.095 (55.767)	3:42.505 (57.410)

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Event 41 Women 4x800 Meter Relay

School	Finals	Points
1 Iowa Western CC	10:30.77	10
1) Reese Johnson FR	2) Lauren Pierson FR	
3) Callie Arnold FR	4) Daniella Deer SO	
2:39.533 (2:39.533) 5:18.748 (2:39.215) 8:00.498 (2:41.750) 10:30.761 (2:30.263)		
2 Hawkeye CC	12:28.41	8
1) Jules Breakenridge FR	2) Maddie Tieskotter FR	
3) Rachel Rusche FR	4) Lexi Miller FR	
2:39.020 (2:39.020) 5:28.319 (2:49.299) 8:53.428 (3:25.109) 12:28.406 (3:34.978)		

Event 42 Men 4x800 Meter Relay

School	Finals	Points
1 Iowa Western CC	7:51.92	10
1) Chaz Brown SO	2) Mohammed Kowa FR	
3) Kylan Willis SO	4) Steve Hines SO	
1:59.430 (1:59.430) 3:51.000 (1:51.570) 5:50.328 (1:59.328) 7:51.913 (2:01.585)		
2 Iowa Central CC	7:55.57	8
1) Trae Corby SO	2) Jadon Boots FR	
3) Joseph Asahi Wright FR	4) Trevon Prince FR	
1:57.970 (1:57.970) 3:56.930 (1:58.960) 5:55.107 (1:58.177) 7:55.569 (2:00.462)		
3 North Iowa Area CC	8:15.58	6
1) Bryson Canton FR	2) Hugo Massa FR	
3) Vlad Starrett FR	4) Jacob Vais FR	
2:01.071 (2:01.071) 4:05.678 (2:04.607) 6:14.439 (2:08.761) 8:15.580 (2:01.141)		
4 Southwestern CC	8:42.52	5
1) Gage Godsey FR	2) Michael Mayer FR	
3) Robert Norton SO	4) Chase Oates FR	
2:12.595 (2:12.595) 4:21.024 (2:08.429) 6:27.772 (2:06.748) 8:42.519 (2:14.747)		
-- Hawkeye CC	DQ	Exchange Zone 3/4
1) Carson Hellinga SO	2) Austin Langreck FR	
3) Brock Meyer FR	4) Zach Niederklopfen FR	
2:07.189 (2:07.189) 4:19.819 (2:12.630) 6:26.483 (2:06.664) 8:36.432 (2:09.949)		

Event 43 Women Heptathlon

Name	Year School	Finals	H#	Points
1 Paige Condon	FR Iowa Central CC	3942		10
2 Jade Jackson	SO Iowa Central CC	3910		8
3 Carlie Hoppe	SO Hawkeye CC	3654		6
4 Arianna Paul	FR Iowa Central CC	3442		5
5 Grace Massier	SO Southwestern CC	3074		4

Event 43 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year School	Finals	Wind	H#	Points
1 Jade Jackson	SO Iowa Central CC	15.20	+0.0	2	815
2 Paige Condon	FR Iowa Central CC	16.04	+0.0	1	709
3 Arianna Paul	FR Iowa Central CC	16.99	+0.0	2	598
4 Carlie Hoppe	SO Hawkeye CC	17.32	+0.0	2	561

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....Event 43 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

5 Grace Massier SO Southwestern CC 19.38 +0.0 1 356

Event 43 Heptathlon: #2 Women High Jump Heptathlon

Name	Year	School	Finals	Points
1 Paige Condon	FR	Iowa Central CC	1.47m	4-09.75 588
			1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50	
			P P P P P P P O P XO XXX	
1 Jade Jackson	SO	Iowa Central CC	1.47m	4-09.75 588
			1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50	
			P P P P P P P XXO O XXO XXX	
3 Carlie Hoppe	SO	Hawkeye CC	1.41m	4-07.50 523
			1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44	
			O P O O O O O O XXX	
3 Grace Massier	SO	Southwestern CC	1.41m	4-07.50 523
			1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44	
			O XO O O O XO O XXO XXX	
5 Arianna Paul	FR	Iowa Central CC	1.26m	4-01.50 369
			1.20 1.23 1.26 1.29 1.32	
			O P O P XXX	

Event 43 Heptathlon: #3 Women Shot Put Heptathlon

Name	Year	School	Finals	Points
1 Carlie Hoppe	SO	Hawkeye CC	11.25m	36-11.00 612
			11.25m 10.87m 10.95m	
2 Paige Condon	FR	Iowa Central CC	8.88m	29-01.75 456
			8.88m 8.84m 8.81m	
3 Jade Jackson	SO	Iowa Central CC	8.21m	26-11.25 413
			8.21m 7.96m 8.19m	
4 Arianna Paul	FR	Iowa Central CC	7.36m	24-01.75 358
			7.36m 6.74m 5.54m	
5 Grace Massier	SO	Southwestern CC	7.15m	23-05.50 345
			6.92m 6.87m 7.15m	

Event 43 Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year	School	Finals	Wind	Points
1 Jade Jackson	SO	Iowa Central CC	26.64	1.1	742
2 Paige Condon	FR	Iowa Central CC	27.93	1.1	636
3 Grace Massier	SO	Southwestern CC	28.06	1.1	626
4 Arianna Paul	FR	Iowa Central CC	28.27	1.1	610
5 Carlie Hoppe	SO	Hawkeye CC	28.41	1.1	599

Event 43 Heptathlon: #5 Women Long Jump Heptathlon

Name	Year	School	Finals	Wind	Points
1 Arianna Paul	FR	Iowa Central CC	5.04m	0.6	16-06.50 570
			FOUL(+0.0) 5.04m(0.6) 4.77m(+0.0)		

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....Event 43 Heptathlon: #5 Women Long Jump Heptathlon

2	Paige Condon	FR Iowa Central CC	4.94m	0.6	16-02.50	543
	4.78m(+0.0) 4.94m(0.6) 4.79m(+0.0)					
3	Jade Jackson	SO Iowa Central CC	4.78m	0.8	15-08.25	500
	4.78m(0.8) FOUL(+0.0) FOUL(+0.0)					
4	Carlie Hoppe	SO Hawkeye CC	4.66m	1.7	15-03.50	469
	4.50m(+0.0) 4.61m(+0.0) 4.66m(1.7)					
5	Grace Massier	SO Southwestern CC	4.50m	0.5	14-09.25	428
	4.50m(0.5) FOUL(+0.0) 4.27m(+0.0)					

Event 43 Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Year School	Finals	Points
1 Carlie Hoppe	SO Hawkeye CC	28.19m	92-06 442
	22.19m 25.89m 28.19m		
2 Jade Jackson	SO Iowa Central CC	24.86m	81-07 380
	24.86m 23.04m 23.90m		
3 Paige Condon	FR Iowa Central CC	22.99m	75-05 345
	21.33m 20.10m 22.99m		
4 Arianna Paul	FR Iowa Central CC	21.94m	72-00 325
	21.94m FOUL 21.50m		
5 Grace Massier	SO Southwestern CC	17.69m	58-00 246
	16.99m 16.05m 17.69m		

Event 43 Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Year School	Finals	Points
1 Paige Condon	FR Iowa Central CC	2:32.21	665
2 Arianna Paul	FR Iowa Central CC	2:36.66	612
3 Grace Massier	SO Southwestern CC	2:41.99	550
4 Jade Jackson	SO Iowa Central CC	2:49.18	472
5 Carlie Hoppe	SO Hawkeye CC	2:51.47	448

Event 44 Men Decathlon

Name	Year School	Finals	H#	Points
1 Camron Ventura	SO Iowa Central CC	5715	10	
2 Jonathon Hackett	FR Southwestern CC	5366	8	
3 Brandon Calmese	FR Iowa Western CC	5292	6	
4 Terry McNeill Jr	SO Iowa Central CC	5230	5	
5 Aaron Campbell	FR Hawkeye CC	5110	4	
6 Marcus Edan	FR Iowa Western CC	4922	3	
7 Travis Brace	FR Hawkeye CC	4506	2	
8 Dontae Washington	FR Iowa Western CC	2385	1	

Event 44 Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Year School	Finals	Wind	H#	Points
1 Brandon Calmese	FR Iowa Western CC	11.26	+0.0	2	804
2 Terry McNeill Jr	SO Iowa Central CC	11.33	+0.0	2	789
3 Marcus Edan	FR Iowa Western CC	11.49	+0.0	1	755

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4	Jonathon Hackett	FR Southwestern CC	11.58	+0.0	2	736
5	Camron Ventura	SO Iowa Central CC	11.64	+0.0	1	723
6	Dontae Washington	FR Iowa Western CC	11.99	+0.0	2	653
7	Travis Brace	FR Hawkeye CC	12.05	+0.0	1	641
8	Aaron Campbell	FR Hawkeye CC	12.57	+0.0	2	543

Event 44 Decathlon: #2 Men Long Jump Decathlon

Name	Year School	Finals	Wind	Points
1 Camron Ventura	SO Iowa Central CC	6.66m	+0.0	734
FOUL 6.40m(+0.0)	6.66m(+0.0)			
2 Brandon Calmese	FR Iowa Western CC	6.42m	+0.0	679
6.42m(+0.0) FOUL	FOUL			
3 Terry McNeill Jr	SO Iowa Central CC	6.28m	+0.0	648
6.28m(+0.0) FOUL	FOUL			
4 Marcus Edan	FR Iowa Western CC	6.16m	+0.0	621
5.52m(+0.0) 5.81m(+0.0)	6.16m(+0.0)			
5 Jonathon Hackett	FR Southwestern CC	6.13m	+0.0	615
6.13m(+0.0) 6.12m(+0.0)	6.11m(+0.0)			
6 Travis Brace	FR Hawkeye CC	5.55m	+0.0	492
FOUL FOUL	5.55m(+0.0)			
6 Aaron Campbell	FR Hawkeye CC	5.55m	+0.0	492
FOUL FOUL	5.55m(+0.0)			
8 Dontae Washington	FR Iowa Western CC	4.82m	+0.0	348
FOUL FOUL	4.82m(+0.0)			
-- Myki Kennedy	FR Iowa Central CC	FOUL		
FOUL FOUL	FOUL			

Event 44 Decathlon: #3 Men Shot Put Decathlon

Name	Year School	Finals	Points
1 Aaron Campbell	FR Hawkeye CC	11.67m	586
11.21m FOUL 11.67m			
2 Camron Ventura	SO Iowa Central CC	11.05m	549
11.05m 10.51m 10.63m			
3 Marcus Edan	FR Iowa Western CC	10.58m	521
9.96m 10.49m 10.58m			
4 Jonathon Hackett	FR Southwestern CC	10.47m	514
9.96m 9.93m 10.47m			
5 Brandon Calmese	FR Iowa Western CC	8.76m	411
8.49m FOUL 8.76m			
6 Travis Brace	FR Hawkeye CC	8.46m	394
8.42m 8.14m 8.46m			
7 Terry McNeill Jr	SO Iowa Central CC	8.03m	368
7.09m 8.03m 7.99m			
8 Dontae Washington	FR Iowa Western CC	8.01m	367
8.01m 7.65m 5.36m			

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Event 44 Decathlon: #4 Men High Jump Decathlon

Name	Year	School	Finals										Points						
1 Brandon Calmese	FR	Iowa Western CC	1.87m	6-01.50	687														
			1.37	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73	1.76	1.79	1.87	1.90
			P	P	P	P	P	P	P	P	XO	P	P	P	XO	O	O	O	XXX
2 Jonathon Hackett	FR	Southwestern CC	1.76m	5-09.25	593														
			1.37	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73	1.76	1.79		
			P	P	P	P	P	P	P	P	P	O	XO	XO	XO	XO	XXX		
3 Aaron Campbell	FR	Hawkeye CC	1.70m	5-07.00	544														
			1.37	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73				
			P	P	O	P	P	P	P	P	O	O	XO	XXO	XXX				
3 Camron Ventura	SO	Iowa Central CC	1.70m	5-07.00	544														
			1.37	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73				
			P	P	P	P	P	P	P	P	P	P	P	XO	XXX				
3 Marcus Edan	FR	Iowa Western CC	1.70m	5-07.00	544														
			1.37	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70	1.73				
			O	O	P	O	P	O	P	O	O	O	XO	XXO	XXX				
6 Terry McNeill Jr	SO	Iowa Central CC	1.61m	5-03.25	472														
			1.37	1.40	1.43	1.46	1.49	1.52	1.55	1.58	1.61	1.64	1.67	1.70					
			P	P	P	P	P	P	P	P	O	P	P	XXX					
7 Travis Brace	FR	Hawkeye CC	1.37m	4-06.00	297														
			1.37	1.40	1.43	1.46													
			O	P	P	XXX													
-- Dontae Washington	FR	Iowa Western CC																	
			1.37																
			XXX																

Event 44 Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year	School	Finals	Points
1 Terry McNeill Jr	SO	Iowa Central CC	52.04	723
2 Jonathon Hackett	FR	Southwestern CC	52.16	718
3 Brandon Calmese	FR	Iowa Western CC	52.54	701
4 Marcus Edan	FR	Iowa Western CC	53.46	662
5 Camron Ventura	SO	Iowa Central CC	53.47	662
6 Travis Brace	FR	Hawkeye CC	56.13	554
7 Dontae Washington	FR	Iowa Western CC	56.61	536
8 Aaron Campbell	FR	Hawkeye CC	59.38	435

Event 44 Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Year	School	Finals	Wind	H#	Points
1 Terry McNeill Jr	SO	Iowa Central CC	15.50	2.0	2	790
2 Camron Ventura	SO	Iowa Central CC	16.07	2.0	2	725
3 Travis Brace	FR	Hawkeye CC	17.22	1.0	1	602
4 Brandon Calmese	FR	Iowa Western CC	18.12	2.0	2	513
5 Jonathon Hackett	FR	Southwestern CC	18.43	1.0	1	484
6 Aaron Campbell	FR	Hawkeye CC	18.95	1.0	1	437
7 Marcus Edan	FR	Iowa Western CC	21.66	2.0	2	230
-- Dontae Washington	FR	Iowa Western CC	DNF	1.0	1	

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Event 44 Decathlon: #7 Men Discus Throw Decathlon

Name	Year	School	Finals	Points
1 Aaron Campbell	FR	Hawkeye CC	42.65m	139-11 719
37.46m 40.30m 42.65m				
2 Marcus Edan	FR	Iowa Western CC	29.69m	97-05 458
26.16m 29.69m FOUL				
3 Camron Ventura	SO	Iowa Central CC	29.21m	95-10 449
24.95m 28.30m 29.21m				
4 Jonathon Hackett	FR	Southwestern CC	25.58m	83-11 378
FOUL 25.58m FOUL				
5 Brandon Calmese	FR	Iowa Western CC	25.18m	82-07 371
23.13m 22.60m 25.18m				
6 Travis Brace	FR	Hawkeye CC	24.87m	81-07 365
24.87m 24.20m 24.30m				
7 Dontae Washington	FR	Iowa Western CC	22.79m	74-09 325
18.69m 22.79m FOUL				
8 Terry McNeill Jr	SO	Iowa Central CC	18.51m	60-09 244
18.51m 15.73m 18.27m				

Event 44 Decathlon: #8 Men Pole Vault Decathlon

Name	Year	School	Finals	Points
1 Camron Ventura	SO	Iowa Central CC	3.50m 11-05.75	482
1.80 1.95 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.70				
P P P P P P P P P P P O P O P O XO XXX				
2 Travis Brace	FR	Hawkeye CC	3.40m 11-01.75	457
1.80 1.95 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50				
O P P O P O P O O O O XO O O O O XXX				
3 Terry McNeill Jr	SO	Iowa Central CC	3.10m 10-02.00	381
1.80 1.95 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30				
P P P P P P P O P O P O P XXX				
4 Jonathon Hackett	FR	Southwestern CC	3.00m 9-10.00	357
1.80 1.95 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10				
O P P P O O O O O O O XXO XXX				
5 Aaron Campbell	FR	Hawkeye CC	2.90m 9-06.25	333
1.80 1.95 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00				
O P P O O O O O O O XXO XXX				
6 Marcus Edan	FR	Iowa Western CC	2.60m 8-06.25	264
1.80 1.95 2.10 2.20 2.30 2.40 2.50 2.60 2.70				
P P P O O O XXO O XXX				
7 Brandon Calmese	FR	Iowa Western CC	2.20m 7-02.50	179
1.80 1.95 2.10 2.20 2.30				
O P O O XXX				
-- Dontae Washington	FR	Iowa Western CC	NH	
1.80				
XXX				

Event 44 Decathlon: #9 Men Javelin Throw Decathlon

Name	Year	School	Finals	Points
1 Brandon Calmese	FR	Iowa Western CC	37.67m	123-07 408
37.67m FOUL 37.10m				

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....Event 44 Decathlon: #9 Men Javelin Throw Decathlon

2	Aaron Campbell	FR Hawkeye CC	36.68m	120-04	394
	31.05m 36.68m FOUL				
3	Marcus Edan	FR Iowa Western CC	33.74m	110-08	352
	29.21m 33.74m 29.72m				
4	Jonathon Hackett	FR Southwestern CC	32.91m	108-00	340
	FOUL 32.91m 27.94m				
5	Camron Ventura	SO Iowa Central CC	30.33m	99-06	304
	28.00m 30.33m 30.30m				
6	Travis Brace	FR Hawkeye CC	28.79m	94-05	282
	27.58m FOUL 28.79m				
7	Terry McNeill Jr	SO Iowa Central CC	28.32m	92-11	276
	26.44m 27.50m 28.32m				
8	Dontae Washington	FR Iowa Western CC	19.60m	64-04	156
	FOUL FOUL 19.60m				

Event 44 Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Year	School	Finals	Points
1 Jonathon Hackett	FR	Southwestern CC	4:47.97	631
	54.429 (54.429)	2:14.120 (1:19.691)	3:34.933 (1:20.813)	4:47.970 (1:13.037)
2 Aaron Campbell	FR	Hawkeye CC	4:48.69	627
	50.610 (50.610)	2:09.536 (1:18.926)	3:33.342 (1:23.806)	4:48.682 (1:15.340)
3 Camron Ventura	SO	Iowa Central CC	5:02.94	543
	53.092 (53.092)	2:17.423 (1:24.331)	3:45.151 (1:27.728)	5:02.939 (1:17.788)
4 Terry McNeill Jr	SO	Iowa Central CC	5:03.55	539
	48.747 (48.747)	2:16.744 (1:27.997)	3:45.662 (1:28.918)	5:03.547 (1:17.885)
5 Brandon Calmese	FR	Iowa Western CC	5:03.58	539
	55.049 (55.049)	2:19.558 (1:24.509)	3:46.661 (1:27.103)	5:03.579 (1:16.918)
6 Marcus Edan	FR	Iowa Western CC	5:07.91	515
	54.225 (54.225)	2:18.526 (1:24.301)	3:45.967 (1:27.441)	5:07.908 (1:21.941)
7 Travis Brace	FR	Hawkeye CC	5:25.52	422
	53.945 (53.945)	2:18.922 (1:24.977)	3:48.612 (1:29.690)	5:25.518 (1:36.906)
-- Dontae Washington	FR	Iowa Western CC	DNF	

Women - Team Rankings - 22 Events Scored

1) Iowa Western CC	270	2) Iowa Central CC	193
3) Hawkeye CC	100	4) Indian Hills CC	59
5) Southeastern CC	39	6) Southwestern CC	35
7) North Iowa Area CC	24		

Men - Team Rankings - 22 Events Scored

1) Iowa Western CC	281	2) Iowa Central CC	258
3) Indian Hills CC	123	4) Hawkeye CC	82
5) North Iowa Area CC	44	6) Southwestern CC	42
7) Southeastern CC	7		