

2024 NJCAA Region XI Track and Field Championships

Black Squirrel Timing - 5/3/2024 to 5/5/2024

Iowa Western Community College

Results

Event 1 Women 100 Meter Dash

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Zekira Snow	FR	Indian Hills CC	11.60	11.84q	0.5	1
2 Judith Koumedzina	FR	Iowa Western CC	11.95	11.94q	0.6	2
3 Shanice Cox	SO	Indian Hills CC	11.59	11.96q	0.6	2
4 Destiny Mitchell	FR	Indian Hills CC	11.83	11.97q	0.5	1
5 Zariah Greaves	FR	Iowa Central CC	12.51	12.30q	0.6	2
6 Glacian Loutin	FR	Iowa Western CC	12.12	12.38q	0.6	2
7 Zakiya Porter	SO	Indian Hills CC	12.19	12.40q	0.5	1
8 Sidney Cole	SO	Iowa Western CC	12.17	12.44q	0.5	1
9 Arina Tembo	FR	Southeastern CC	12.81	13.13	0.5	1
10 Gift Gonpue	FR	North Iowa Area CC	14.47	13.64	0.6	2
11 Grace Rathe	SO	Hawkeye CC	13.89	14.25	0.5	1
12 Emily Usher	FR	North Iowa Area CC		15.28	0.5	1
13 Victoria McCraney	SO	Hawkeye CC	14.82	15.31	0.6	2

Event 1 Women 100 Meter Dash

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Shanice Cox	SO	Indian Hills CC	11.96	11.88	0.9	10
2 Zekira Snow	FR	Indian Hills CC	11.84	11.89	0.9	8
3 Judith Koumedzina	FR	Iowa Western CC	11.94	11.91	0.9	6
4 Destiny Mitchell	FR	Indian Hills CC	11.97	12.00	0.9	5
5 Zariah Greaves	FR	Iowa Central CC	12.30	12.08	0.9	4
6 Glacian Loutin	FR	Iowa Western CC	12.38	12.48	0.9	3
7 Sidney Cole	SO	Iowa Western CC	12.44	12.50	0.9	2
8 Arina Tembo	FR	Southeastern CC	13.13	13.10	0.9	1

Event 2 Men 100 Meter Dash

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Youssef Hamed	FR	Iowa Central CC	10.49	10.60q	0.5	5
2 Traunard Folson	SO	Indian Hills CC	9.98	10.61q	+0.0	2
3 Bongumusa Nkosi	FR	Iowa Central CC	10.45	10.66q	0.5	4
4 Stephen Brown	SO	Indian Hills CC	10.27	10.74q	0.9	3
5 Wallace Aflamah	FR	Iowa Western CC	10.29	10.75q	0.6	1 10.744
6 Michael Blank	FR	Indian Hills CC	10.36	10.75q	0.5	5 10.750
7 Terrence Thomas	FR	North Iowa Area CC		10.84q	0.5	5
8 Quinton Ellis	FR	North Iowa Area CC	10.98	11.00q	0.5	4
9 Tatum Fox	FR	Iowa Western CC	10.69	11.01	0.9	3
10 Liam Carlson	FR	Hawkeye CC	10.89	11.02	0.5	5
11 Tyreese James	FR	North Iowa Area CC	10.76	11.08	+0.0	2 11.073
12 Jeremy Brown	FR	Iowa Central CC	11.03	11.08	0.5	5 11.075
13 Michael McGee	FR	Indian Hills CC	10.78	11.11	0.9	3
14 Donovan Cephus	FR	Iowa Central CC	11.03	11.13	0.6	1
15 Travain Donaldson	FR	Southeastern CC	10.82	11.20	0.6	1
16 Bruce Huggins	SO	North Iowa Area CC	11.56	11.22	0.5	4
17 Reggie Rogers	FR	Iowa Western CC	11.13	11.34	+0.0	2
18 Kaia Fox	FR	Iowa Western CC	11.25	11.36	0.9	3

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....Event 2 Men 100 Meter Dash

19	Andre Sharp-Hill	FR	Iowa Western CC	11.02	11.40	0.5	4
20	Cyrus Hancock	SO	Southwestern CC	11.37	11.45	0.5	5
21	Broderick Schroers	FR	Southeastern CC	11.43	11.57	0.5	4
22	Alec Schneider	FR	Hawkeye CC	11.24	11.64	+0.0	2
23	Jordan Sharp	SO	Southeastern CC	11.35	11.66	0.6	1
24	Jaxon Weber	FR	Hawkeye CC	12.19	12.10	0.9	3
25	Chayton Ewurs	FR	Iowa Central CC	12.13	12.17	0.6	1
26	Benjamin Hansen	FR	Hawkeye CC	11.93	12.30	0.5	5
27	Nic Givens	FR	Southwestern CC	13.23	13.63	+0.0	2

Event 2 Men 100 Meter Dash

Name	Year	School	Prelims	Finals	Wind	Points
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Finals

1	Traunard Folson	SO	Indian Hills CC	10.61	10.18	2.2	10
2	Wallace Aflamah	FR	Iowa Western CC	10.75	10.41	2.2	8
3	Youssef Hamed	FR	Iowa Central CC	10.60	10.46	2.2	6
4	Stephen Brown	SO	Indian Hills CC	10.74	10.65	2.2	5
5	Terrence Thomas	FR	North Iowa Area CC	10.84	10.78	2.2	4
6	Michael Blank	FR	Indian Hills CC	10.75	10.85	2.2	3
7	Quinton Ellis	FR	North Iowa Area CC	11.00	11.16	2.2	2
8	Bongumusa Nkosi	FR	Iowa Central CC	10.66	13.83	2.2	1

Event 3 Women 200 Meter Dash

Name	Year	School	Seed	Prelims	Wind	H#
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Preliminaries

1	Adalin Robinson	SO	Indian Hills CC	24.00	24.13q	0.9	1
2	Kaylia Kelly	FR	Iowa Western CC	23.79	24.16q	+0.0	2
3	Shanice Cox	SO	Indian Hills CC	24.00	24.94q	+0.0	3
4	Nyla Norman	FR	Indian Hills CC	24.65	25.20q	+0.0	3
5	Laurie Louis	FR	Indian Hills CC	25.30	25.35q	+0.0	3
6	Dayvione Briggs	SO	Iowa Central CC	26.24	25.47q	0.9	1
7	Destiny Mitchell	FR	Indian Hills CC	25.00	25.60q	+0.0	2
8	Sidney Cole	SO	Iowa Western CC	25.15	25.83q	0.9	1
9	Glacian Loutin	FR	Iowa Western CC	25.89	26.06	+0.0	3
10	Tenisha Herbert	FR	North Iowa Area CC	26.61	27.63	+0.0	2
11	Tasha Williams	FR	Hawkeye CC	27.51	27.97	+0.0	3
12	Gift Gonpue	FR	North Iowa Area CC	29.15	28.11	+0.0	2
13	Kendall See	FR	Hawkeye CC	28.07	28.19	+0.0	3
14	Arina Tembo	FR	Southeastern CC	27.45	28.78	0.9	1
15	Chloe Horn	FR	Southeastern CC	28.87	29.54	0.9	1
16	Grace Rathe	SO	Hawkeye CC	29.81	29.91	+0.0	3
17	Diane Zaity	FR	Southeastern CC	30.19	30.30	+0.0	3
18	Emily Usher	FR	North Iowa Area CC	29.50	30.65	0.9	1
19	Victoria McCraney	SO	Hawkeye CC	30.46	33.94	+0.0	2

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Event 3 Women 200 Meter Dash

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Kaylia Kelly	FR	Iowa Western CC	24.16	23.35	+0.0	10
2 Adalin Robinson	SO	Indian Hills CC	24.13	23.63	+0.0	8
3 Nyla Norman	FR	Indian Hills CC	25.20	24.79	+0.0	6
4 Sidney Cole	SO	Iowa Western CC	25.83	25.54	+0.0	5
5 Dayvione Briggs	SO	Iowa Central CC	25.47	26.01	+0.0	4
6 Glacian Loutin	FR	Iowa Western CC	26.06	26.14	+0.0	3

Event 4 Men 200 Meter Dash

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Traunard Folson	SO	Indian Hills CC	20.45	21.18q	+0.0	1
2 Wallace Aflamah	FR	Iowa Western CC	21.45	21.64q	+0.0	6
3 Youssef Hamed	FR	Iowa Central CC	21.46	21.73q	+0.0	2
4 Bongumusa Nkosi	FR	Iowa Central CC	20.90	21.80q	+0.0	4
5 Stephen Brown	SO	Indian Hills CC	21.15	21.90q	+0.0	3
6 Michael Blank	FR	Indian Hills CC	21.44	21.97q	+0.0	6
7 Chris Johnson	SO	Indian Hills CC	21.25	22.05q	+0.0	2
8 Michael McGee	FR	Indian Hills CC	21.57	22.09q	+0.0	1
9 Eseroghene Oguma	FR	Iowa Western CC	21.56	22.13	+0.0	4
10 Quinton Ellis	FR	North Iowa Area CC	21.81	22.20	+0.0	1
11 Tatum Fox	FR	Iowa Western CC	21.99	22.41	+0.0	5
12 Jah'Vauni Wheeler	SO	Indian Hills CC	21.55	22.42	+0.0	3
13 Terrence Thomas	FR	North Iowa Area CC	22.51	22.44	+0.0	5
14 Tyreese James	FR	North Iowa Area CC	22.39	22.51	+0.0	6
15 Liam Carlson	FR	Hawkeye CC	22.36	22.66	+0.0	2
16 Kaia Fox	FR	Iowa Western CC	22.43	22.70	+0.0	2
17 Bruce Huggins	SO	North Iowa Area CC	22.93	22.89	+0.0	4
18 Travain Donaldson	FR	Southeastern CC	22.55	23.06	+0.0	3
19 Jakob Sobura-Durma	SO	Iowa Central CC	21.97	23.15	+0.0	3
20 Cade Packard	FR	Southeastern CC	23.17	23.24	+0.0	6
21 Caston Frank	FR	Iowa Central CC	23.22	23.46	+0.0	2
22 Donovan Cephus	FR	Iowa Central CC	22.97	23.49	+0.0	3
23 Andre Sharp-Hill	FR	Iowa Western CC	23.64	23.59	+0.0	1
24 Broderick Schroers	FR	Southeastern CC	22.92	23.61	+0.0	1
25 Rouce Sayee	FR	Southwestern CC	23.25	23.69	+0.0	3
26 Kaden Miller	SO	Hawkeye CC	23.26	23.74	+0.0	4
27 Peyton Sanders	FR	Iowa Central CC	22.97	23.75	+0.0	5
28 Jordan Sharp	SO	Southeastern CC	23.18	23.77	+0.0	6
29 Alec Schneider	FR	Hawkeye CC	23.23	23.91	+0.0	5
30 Alec Wyman	FR	Iowa Central CC	24.08	24.46	+0.0	4
31 Jonathan LaDuke	FR	North Iowa Area CC	24.21	24.71	+0.0	2
32 Emmet Long	FR	Southwestern CC	24.13	24.77	+0.0	3
33 Nate Jefferson	SO	Iowa Western CC	24.25	24.94	+0.0	6
34 Chayton Ewurs	FR	Iowa Central CC	24.72	25.03	+0.0	2
35 Amar Wallace	FR	Southeastern CC	24.21	25.80	+0.0	5
36 Nic Givens	FR	Southwestern CC	26.99	26.97	+0.0	3

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Event 4 Men 200 Meter Dash

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Traunard Folson	SO	Indian Hills CC	21.18	20.29	2.0	10
2 Wallace Aflamah	FR	Iowa Western CC	21.64	20.77	2.0	8
3 Bongumusa Nkosi	FR	Iowa Central CC	21.80	20.79	2.0	6
4 Youssef Hamed	FR	Iowa Central CC	21.73	21.45	2.0	5
5 Eseroghene Oguma	FR	Iowa Western CC	22.13	21.80	2.0	4
6 Quinton Ellis	FR	North Iowa Area CC	22.20	21.85	2.0	3

Event 5 Women 400 Meter Dash

Name	Year	School	Seed	Finals	H#	Points
1 Adalin Robinson	SO	Indian Hills CC	53.81	53.42	2	10
2 Ethel Amissah	SO	Iowa Western CC	54.26	55.54	2	8
3 Laurie Louis	FR	Indian Hills CC	57.41	58.12	2	6
4 Izzy Bluml	FR	Iowa Western CC	1:02.28	1:02.57	2	5
5 Kendall See	FR	Hawkeye CC	1:05.38	1:05.02	1	4
6 Madelyn Buck	FR	Southeastern CC	1:05.79	1:09.54	1	3
-- Nyla Norman	FR	Indian Hills CC	57.34	DNF	2	

Event 6 Men 400 Meter Dash

Name	Year	School	Seed	Finals	H#	Points
1 Chris Johnson	SO	Indian Hills CC	46.95	46.97	3	10
2 Bongumusa Nkosi	FR	Iowa Central CC	47.64	47.28	3	8
3 Quinton Ellis	FR	North Iowa Area CC	48.16	48.45	3	6
4 Eseroghene Oguma	FR	Iowa Western CC	48.41	48.66	3	5
5 Evan Kearney	FR	Hawkeye CC	50.52	49.89	2	4
6 Carter Even	SO	Hawkeye CC	50.71	50.12	2	3
7 Sean Knockel	SO	Hawkeye CC	50.87	50.19	2	2
8 Cade Packard	FR	Southeastern CC	51.84	50.48	2	1
9 Bruce Huggins	SO	North Iowa Area CC	50.59	50.49	2	
10 Broderick Schroers	FR	Southeastern CC	53.24	52.38	1	
11 Caston Frank	FR	Iowa Central CC	52.55	53.11	1	
12 Kaden Miller	SO	Hawkeye CC	51.53	x53.93	2	
13 Anthoneih Kopsa	NA	Unat-Hawkeye CC	54.89	54.16	1	
14 Nate Jefferson	SO	Iowa Western CC	54.59	54.94	1	
15 Alec Wyman	FR	Iowa Central CC	55.00	55.39	1	
16 Amar Wallace	FR	Southeastern CC	57.23	58.68	1	

Event 7 Women 800 Meter Run

Name	Year	School	Seed	Finals	Points
1 Angeline Estrada	FR	Iowa Western CC	2:09.24	2:13.73	10
1:06.810 (1:06.810)	2:13.722 (1:06.913)				
2 Amaree Hamilton	SO	Indian Hills CC	2:20.14	2:19.73	8
1:07.195 (1:07.195)	2:19.730 (1:12.535)				
3 Natalie Bogdanova Kirilo	FR	Iowa Central CC	2:20.45	2:21.93	6
1:09.409 (1:09.409)	2:21.926 (1:12.518)				

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....Event 7 Women 800 Meter Run

4 Amber Homan	FR Hawkeye CC	2:20.91	2:23.84	5
1:10.392 (1:10.392)	2:23.839 (1:13.447)			
5 Barbara Neiva	FR Iowa Western CC	2:20.30	2:24.82	4
1:10.952 (1:10.952)	2:24.820 (1:13.868)			
6 Arianna Pedrin	FR Southeastern CC	2:27.36	2:29.01	3
1:12.634 (1:12.634)	2:29.005 (1:16.372)			
7 Carissa Mackey	SO Southeastern CC	2:31.52	2:32.16	2
1:11.669 (1:11.669)	2:32.156 (1:20.488)			
8 Cassidy Yaley	SO Southeastern CC	2:25.78	2:32.79	1
1:14.752 (1:14.752)	2:32.782 (1:18.030)			

Event 8 Men 800 Meter Run

Name	Year School	Seed	Finals	H#	Points
1 Tyrice Taylor	SO Indian Hills CC	1:47.92	1:48.98	2	10
53.042 (53.042)	1:48.978 (55.937)				
2 Cole Reinders	SO Indian Hills CC	1:51.24	1:51.46	2	8
54.157 (54.157)	1:51.458 (57.302)				
3 Tray'Quan Francis	SO Indian Hills CC	1:51.06	1:51.98	2	6
54.622 (54.622)	1:51.975 (57.354)				
4 Antoine Tshimanga	FR Iowa Central CC	1:54.13	1:52.32	2	5
55.039 (55.039)	1:52.317 (57.278)				
5 Mohammed Al-Yafaee	FR Indian Hills CC	1:52.29	x1:53.54	2	
54.845 (54.845)	1:53.533 (58.688)				
6 Felix Petit-Belleville	FR Indian Hills CC	1:54.77	x1:55.71	2	
55.857 (55.857)	1:55.709 (59.853)				
7 Trevon Prince	SO Iowa Central CC		1:55.82	1	4
53.649 (53.649)	1:55.819 (1:02.170)				
8 Seon Booker	FR Iowa Central CC	1:56.65	1:56.46	2	3
55.465 (55.465)	1:56.455 (1:00.990)				
9 John Mabar	FR Iowa Western CC	1:55.68	1:56.48	2	2
56.619 (56.619)	1:56.475 (59.857)				
10 Kyler Chappell	FR Iowa Western CC	1:58.34	1:57.88	2	1
56.522 (56.522)	1:57.880 (1:01.359)				
11 Jacchaeus Taylor	FR Indian Hills CC	1:58.68	x2:00.06	1	
56.640 (56.640)	2:00.055 (1:03.415)				
12 Chase Deiter	FR Iowa Central CC	2:01.60	x2:00.37	1	
59.187 (59.187)	2:00.367 (1:01.180)				
13 Caleb Crystal	SO Iowa Central CC	2:00.42	x2:06.23	1	
59.429 (59.429)	2:06.227 (1:06.799)				
14 Chris Marroquin	FR North Iowa Area CC	2:08.82	2:06.67	1	
1:03.180 (1:03.180)	2:06.661 (1:03.482)				
15 Cauy Garrett	FR Southeastern CC	2:07.43	2:07.48	1	
1:04.026 (1:04.026)	2:07.480 (1:03.454)				
16 Patrick Heffernan	FR Iowa Western CC		2:08.09	1	
1:00.611 (1:00.611)	2:08.087 (1:07.477)				
17 Michael Mayer	SO Southwestern CC	2:08.07	2:09.02	1	
1:03.610 (1:03.610)	2:09.015 (1:05.405)				
18 Jacob Vais	SO North Iowa Area CC	1:54.52	2:09.25	2	
55.430 (55.430)	2:09.244 (1:13.814)				
19 Terrick Johnson	SO Indian Hills CC	1:50.96	x2:11.26	2	
54.452 (54.452)	2:11.252 (1:16.800)				

2024 NJCAA Region XI Track and Field Championships**Black Squirrel Timing - 5/3/2024 to 5/5/2024****Iowa Western Community College****Results****....Event 8 Men 800 Meter Run**

20 Austin Langreck	SO Hawkeye CC	2:13.57	2:13.87	1
1:04.459 (1:04.459)	2:13.865 (1:09.407)			
-- Magnus Herschbach	FR Iowa Western CC	1:58.06	DNF	2
-- Jess Cornick	FR Hawkeye CC	1:59.34	DNF	1
-- Brennen Sager	FR Hawkeye CC	2:02.36	DNF	1

Event 9 Women 1500 Meter Run

Name	Year School	Seed	Finals	Points
1 Barbara Neiva	FR Iowa Western CC	4:47.67	4:53.21	10
58.938 (58.938)	2:20.957 (1:22.019)	3:43.078 (1:22.122)	4:53.207 (1:10.129)	
2 Angeline Estrada	FR Iowa Western CC	4:33.83	4:53.50	8
58.126 (58.126)	2:20.814 (1:22.689)	3:43.143 (1:22.329)	4:53.499 (1:10.357)	
3 Selket Reid-El	SO Indian Hills CC	4:58.08	4:55.27	6
58.689 (58.689)	2:20.878 (1:22.189)	3:43.358 (1:22.480)	4:55.261 (1:11.903)	
4 Natalie Bogdanova Kirilo	FR Iowa Central CC	5:03.27	5:03.03	5
58.992 (58.992)	2:21.098 (1:22.107)	3:43.548 (1:22.450)	5:03.021 (1:19.473)	
5 Arianna Pedrin	FR Southeastern CC	5:01.75	5:03.28	4
59.677 (59.677)	2:22.673 (1:22.997)	3:45.384 (1:22.712)	5:03.274 (1:17.890)	
6 Carissa Mackey	SO Southeastern CC	5:02.21	5:07.24	3
59.399 (59.399)	2:23.451 (1:24.052)	3:47.011 (1:23.560)	5:07.236 (1:20.225)	
7 Cassidy Yaley	SO Southeastern CC	5:09.92	5:13.90	2
59.929 (59.929)	2:23.001 (1:23.072)	3:48.062 (1:25.062)	5:13.896 (1:25.834)	
8 Maddie Tieskotter	SO Hawkeye CC	5:47.98	5:39.74	1
1:01.228 (1:01.228)	2:31.003 (1:29.775)	4:08.598 (1:37.595)	5:39.734 (1:31.137)	
-- Maurine Limo	FR Iowa Central CC	6:02.86	DNF	
59.262 (59.262)				
-- Joan Jepngetich	FR Iowa Central CC	5:16.60	DNF	
59.193 (59.193)				

Event 10 Men 1500 Meter Run

Name	Year School	Seed	Finals	H#	Points
1 Mohammed Kowa	SO Iowa Western CC	3:48.86	3:44.50	2	10
43.201 (43.201)	1:44.153 (1:00.953)	2:45.062 (1:00.909)	3:44.492 (59.430)		
2 Geoffrey Ronoh	FR Iowa Western CC	3:47.56	3:51.64	2	8
44.187 (44.187)	1:44.881 (1:00.694)	2:46.866 (1:01.985)	3:51.632 (1:04.767)		
3 Jed Elmbarki	FR Iowa Central CC	3:51.07	3:53.18	2	6
44.572 (44.572)	1:46.216 (1:01.644)	2:50.200 (1:03.984)	3:53.177 (1:02.978)		
4 Keveroy Venson	SO Indian Hills CC	3:47.03	3:54.68	2	5
43.695 (43.695)	1:45.416 (1:01.722)	2:50.836 (1:05.420)	3:54.678 (1:03.843)		
5 Hamza Mohamed	FR Iowa Central CC	4:01.99	3:54.76	2	4
45.365 (45.365)	1:49.001 (1:03.637)	2:52.756 (1:03.755)	3:54.755 (1:01.999)		
6 Brandon Ford	FR Indian Hills CC	3:59.29	3:57.09	2	3
44.730 (44.730)	1:47.722 (1:02.993)	2:53.223 (1:05.502)	3:57.081 (1:03.858)		
7 Jadon Boots	SO Iowa Central CC	3:59.45	3:58.25	2	2
45.168 (45.168)	1:47.056 (1:01.888)	2:53.298 (1:06.243)	3:58.248 (1:04.950)		
8 John Mabar	FR Iowa Western CC	4:00.85	3:58.41	2	1
45.567 (45.567)	1:48.865 (1:03.298)	2:54.221 (1:05.357)	3:58.405 (1:04.184)		
9 Patrick Heffernan	FR Iowa Western CC	4:07.26	x4:02.10	2	
46.296 (46.296)	1:51.080 (1:04.784)	2:57.610 (1:06.530)	4:02.091 (1:04.482)		

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10 Magnus Herschbach	FR Iowa Western CC	4:06.51	x4:04.43	2
46.178 (46.178)	1:50.902 (1:04.724)	2:57.226 (1:06.324)	4:04.422 (1:07.197)	
11 Brooks Julian	SO Southeastern CC	4:07.45	4:05.03	2
45.783 (45.783)	1:49.521 (1:03.738)	2:56.218 (1:06.698)	4:05.021 (1:08.803)	
12 Brody Lucas	SO Indian Hills CC	4:06.42	4:07.91	2
44.900 (44.900)	1:47.485 (1:02.585)	2:54.665 (1:07.180)	4:07.907 (1:13.243)	
13 Owen Almelién	FR North Iowa Area CC	4:13.76	4:09.07	1
50.038 (50.038)	1:57.234 (1:07.197)	3:04.356 (1:07.123)	4:09.063 (1:04.707)	
14 Ben Reyes	FR Iowa Central CC	4:21.41	x4:21.67	1
50.695 (50.695)	1:59.380 (1:08.685)	3:10.538 (1:11.158)	4:21.670 (1:11.133)	
15 Bryson Canton	SO North Iowa Area CC	4:10.60	4:22.62	1
49.751 (49.751)	1:56.949 (1:07.198)	3:06.308 (1:09.359)	4:22.616 (1:16.309)	
16 Alex Aguilar Camarena	FR Iowa Central CC	4:28.10	x4:27.67	1
51.169 (51.169)	2:01.540 (1:10.372)	3:15.443 (1:13.903)	4:27.666 (1:12.224)	
17 Eli Bergman	FR North Iowa Area CC	4:35.52	4:30.43	1
51.309 (51.309)	2:02.653 (1:11.344)	3:17.081 (1:14.429)	4:30.425 (1:13.344)	
18 Myles Ackman	FR Southeastern CC	4:36.96	4:32.81	1
51.791 (51.791)	2:03.840 (1:12.049)	3:21.481 (1:17.642)	4:32.809 (1:11.328)	
19 Josiah Teller	SO Southeastern CC	4:41.78	4:36.09	1
52.084 (52.084)	2:04.499 (1:12.415)	3:22.159 (1:17.660)	4:36.089 (1:13.930)	
-- Flynn Pampa	FR Iowa Western CC	3:56.34	DNF	2
43.020 (43.020)				
-- Joey Ringo	FR North Iowa Area CC	4:25.23	DNF	1
49.681 (49.681)				

Event 11 Women 3000 Meter Steeplechase

Name	Year School	Seed	Finals	Points
1 Lauren Pierson	SO Iowa Western CC	11:40.56	12:20.98	10
49.488 (49.488)	2:20.733 (1:31.245)	3:59.701 (1:38.969)	5:40.116 (1:40.415)	
7:21.950 (1:41.834)	9:04.078 (1:42.128)	10:45.219 (1:41.142)	12:20.979 (1:35.760)	
2 Anna Dietzenbach	FR Hawkeye CC	15:13.12	13:59.55	8
51.749 (51.749)	2:41.149 (1:49.400)	4:33.353 (1:52.204)	6:30.401 (1:57.049)	
8:25.415 (1:55.014)	10:18.730 (1:53.315)	12:11.966 (1:53.237)	13:59.541 (1:47.575)	
3 Cloey Usher	FR North Iowa Area CC	14:47.59	14:07.22	6
50.715 (50.715)	2:35.139 (1:44.424)	4:27.406 (1:52.268)	6:25.265 (1:57.859)	
8:22.806 (1:57.542)	10:20.826 (1:58.020)	12:22.611 (2:01.785)	14:07.214 (1:44.603)	

Event 12 Men 3000 Meter Steeplechase

Name	Year School	Seed	Finals	Points
1 Chase Oates	SO Southwestern CC	9:35.59	9:37.59	10
40.888 (40.888)	1:57.442 (1:16.554)	3:14.232 (1:16.790)	4:30.707 (1:16.475)	
5:48.436 (1:17.729)	7:07.109 (1:18.674)	8:24.059 (1:16.950)	9:37.584 (1:13.525)	
2 Flynn Pampa	FR Iowa Western CC	9:21.38	9:39.29	8
40.507 (40.507)	1:57.143 (1:16.637)	3:14.498 (1:17.355)	4:30.434 (1:15.937)	
5:48.058 (1:17.624)	7:06.667 (1:18.609)	8:23.863 (1:17.197)	9:39.283 (1:15.420)	
3 Victor Kemboi	FR Iowa Western CC		9:42.00	6
42.312 (42.312)	1:57.474 (1:15.163)	3:13.513 (1:16.039)	4:28.036 (1:14.523)	
5:46.442 (1:18.407)	7:06.152 (1:19.710)	8:25.679 (1:19.528)	9:41.992 (1:16.313)	

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....Event 12 Men 3000 Meter Steeplechase

4 Joel Solomon	FR Iowa Western CC	10:03.47	9:47.74	5
41.146 (41.146)	1:57.597 (1:16.452)	3:14.777 (1:17.180)	4:30.876 (1:16.099)	
5:48.373 (1:17.498)	7:07.093 (1:18.720)	8:27.483 (1:20.390)	9:47.738 (1:20.255)	
5 Baylor Bergren	SO Iowa Central CC	10:00.85	10:09.81	4
41.431 (41.431)	1:57.216 (1:15.785)	3:14.921 (1:17.705)	4:31.134 (1:16.214)	
5:50.092 (1:18.958)	7:13.938 (1:23.847)	8:41.354 (1:27.417)	10:09.801 (1:28.447)	
6 Brennen Sager	FR Hawkeye CC	10:38.55	10:33.14	3
42.046 (42.046)	1:58.489 (1:16.444)	3:17.152 (1:18.663)	4:38.703 (1:21.552)	
6:04.923 (1:26.220)	7:32.126 (1:27.203)	9:02.584 (1:30.459)	10:33.133 (1:30.549)	
7 Gavin Stalzer	SO Iowa Central CC	11:04.13	11:25.73	2
43.528 (43.528)	2:06.413 (1:22.885)	3:37.659 (1:31.247)	5:10.059 (1:32.400)	
6:44.997 (1:34.938)	8:21.208 (1:36.212)	9:56.136 (1:34.928)	11:25.721 (1:29.585)	
8 Mason Hills-Carrier	SO Southeastern CC	12:11.99	12:27.54	1
44.099 (44.099)	2:12.131 (1:28.032)	3:48.464 (1:36.334)	5:28.059 (1:39.595)	
7:10.882 (1:42.823)	8:57.822 (1:46.940)	10:45.932 (1:48.110)	12:27.534 (1:41.603)	

Event 13 Women 5000 Meter Run

Name	Year School	Seed	Finals	Points
1 Lauren Pierson	SO Iowa Western CC	21:14.05	19:27.20	10
43.756 (43.756)	2:15.504 (1:31.748)	3:47.769 (1:32.265)	5:20.589 (1:32.820)	
6:53.084 (1:32.495)	8:26.210 (1:33.127)	9:59.562 (1:33.353)	11:33.076 (1:33.514)	
13:09.350 (1:36.274)	14:45.899 (1:36.549)	16:24.169 (1:38.270)	18:01.699 (1:37.530)	
19:27.196 (1:25.498)				
2 Juliana Droll	FR North Iowa Area CC	20:05.29	20:05.79	8
44.012 (44.012)	2:15.632 (1:31.620)	3:48.196 (1:32.564)	5:22.539 (1:34.343)	
6:59.705 (1:37.167)	8:37.934 (1:38.229)	10:16.291 (1:38.358)	11:54.210 (1:37.919)	
13:33.447 (1:39.238)	15:13.426 (1:39.979)	16:53.527 (1:40.102)	18:31.902 (1:38.375)	
20:05.781 (1:33.879)				
3 Joan Jpngetich	FR Iowa Central CC	19:29.46	20:29.90	6
43.926 (43.926)	2:15.347 (1:31.422)	3:47.990 (1:32.643)	5:21.520 (1:33.530)	
6:57.415 (1:35.895)	8:35.559 (1:38.144)	10:15.495 (1:39.937)	11:52.875 (1:37.380)	
13:37.852 (1:44.978)	15:22.542 (1:44.690)	17:07.585 (1:45.043)	18:52.114 (1:44.529)	
20:29.894 (1:37.780)				
4 Arianna Pedrin	FR Southeastern CC		22:54.63	5
49.852 (49.852)	2:33.987 (1:44.135)	4:18.970 (1:44.983)	6:06.179 (1:47.209)	
7:55.292 (1:49.114)	9:47.629 (1:52.337)	11:43.392 (1:55.764)	13:38.319 (1:54.927)	
15:34.047 (1:55.729)	17:30.576 (1:56.529)	19:25.727 (1:55.152)	21:19.609 (1:53.882)	
22:54.625 (1:35.017)				
5 Cassidy Yaley	SO Southeastern CC		22:57.08	4
50.060 (50.060)	2:34.914 (1:44.854)	4:19.356 (1:44.443)	6:10.070 (1:50.714)	
8:04.106 (1:54.037)	9:59.667 (1:55.562)	11:56.214 (1:56.547)	13:53.701 (1:57.488)	
15:49.781 (1:56.080)	17:42.966 (1:53.185)	19:40.076 (1:57.110)	21:28.095 (1:48.019)	
22:57.075 (1:28.980)				
6 Maddie Tieskotter	SO Hawkeye CC	23:16.15	22:58.04	3
50.115 (50.115)	2:33.896 (1:43.782)	4:18.932 (1:45.037)	6:06.136 (1:47.204)	
7:55.355 (1:49.219)	9:47.254 (1:51.899)	11:43.026 (1:55.773)	13:37.972 (1:54.947)	
15:33.727 (1:55.755)	17:30.266 (1:56.539)	19:25.409 (1:55.143)	21:19.816 (1:54.408)	
22:58.036 (1:38.220)				

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7 Ella Schroeder	FR Southeastern CC	25:25.31	24:37.87	2
49.764 (49.764)	2:34.449 (1:44.685)	4:23.050 (1:48.602)	6:18.247 (1:55.198)	
8:19.106 (2:00.859)	10:21.905 (2:02.799)	12:23.985 (2:02.080)	14:27.664 (2:03.679)	
16:31.881 (2:04.218)	18:36.001 (2:04.120)	20:41.662 (2:05.662)	22:43.592 (2:01.930)	
24:37.867 (1:54.275)				
-- Ivyne Maiyo	FR Iowa Central CC			DNF
50.309 (50.309)				
-- Carissa Mackey	SO Southeastern CC			DNF
42.932 (42.932)				
-- Ayianna Olivas	FR Iowa Western CC	18:36.01		DNF
43.546 (43.546)	2:15.205 (1:31.659)	3:47.710 (1:32.505)	5:20.494 (1:32.784)	
6:52.972 (1:32.479)	8:26.169 (1:33.197)	9:59.081 (1:32.913)	11:32.267 (1:33.187)	
13:08.592 (1:36.325)				
-- Anna Dietzenbach	FR Hawkeye CC	24:07.83		DNF
-- Maurine Limo	FR Iowa Central CC	20:25.91		DNF
45.751 (45.751)	2:21.470 (1:35.719)	4:03.212 (1:41.743)	5:46.040 (1:42.828)	
7:29.445 (1:43.405)	9:15.017 (1:45.573)			

Event 14 Men 5000 Meter Run

Name	Year School	Seed	Finals	Points
1 Barnabas Ndiwa	FR Iowa Western CC	14:05.89	15:09.98	10
34.351 (34.351)	1:46.627 (1:12.277)	3:00.508 (1:13.882)	4:12.953 (1:12.445)	
5:25.414 (1:12.462)	6:39.499 (1:14.085)	7:55.377 (1:15.878)	9:10.229 (1:14.853)	
10:24.098 (1:13.869)	11:35.023 (1:10.925)	12:48.549 (1:13.527)	14:00.249 (1:11.700)	
15:09.972 (1:09.723)				
2 Geoffrey Ronoh	FR Iowa Western CC	14:05.65	15:10.33	8
36.988 (36.988)	1:46.982 (1:09.994)	3:00.848 (1:13.867)	4:13.208 (1:12.360)	
5:25.834 (1:12.627)	6:40.042 (1:14.208)	7:55.129 (1:15.088)	9:10.354 (1:15.225)	
10:23.841 (1:13.487)	11:35.268 (1:11.428)	12:48.334 (1:13.067)	14:00.358 (1:12.024)	
15:10.321 (1:09.963)				
3 Ryan Kelly	FR North Iowa Area CC	15:54.69	15:53.80	6
39.327 (39.327)	1:54.323 (1:14.997)	3:09.509 (1:15.187)	4:25.043 (1:15.534)	
5:41.431 (1:16.388)	6:57.087 (1:15.657)	8:14.499 (1:17.413)	9:32.389 (1:17.890)	
10:50.527 (1:18.138)	12:08.114 (1:17.588)	13:27.601 (1:19.487)	14:42.246 (1:14.645)	
15:53.792 (1:11.547)				
4 Jose Lara	SO Iowa Western CC	15:57.85	15:58.26	5
40.006 (40.006)	2:00.059 (1:20.054)	3:18.803 (1:18.744)	4:35.601 (1:16.798)	
5:52.653 (1:17.053)	7:08.511 (1:15.858)	8:24.438 (1:15.928)	9:40.284 (1:15.847)	
10:56.042 (1:15.758)	12:11.827 (1:15.785)	13:27.347 (1:15.520)	14:42.773 (1:15.427)	
15:58.258 (1:15.485)				
5 Seth Cheney	FR Iowa Central CC	15:36.31	16:12.55	4
34.564 (34.564)	1:46.776 (1:12.212)	3:00.163 (1:13.388)	4:12.694 (1:12.532)	
5:25.583 (1:12.889)	6:39.719 (1:14.137)	7:55.621 (1:15.902)	9:15.664 (1:20.044)	
10:38.944 (1:23.280)	12:04.103 (1:25.159)	13:31.439 (1:27.337)	14:58.167 (1:26.728)	
16:12.548 (1:14.382)				
6 Logan Soedt	SO Indian Hills CC	16:19.40	16:18.82	3
37.146 (37.146)	1:53.592 (1:16.447)	3:09.247 (1:15.655)	4:24.842 (1:15.595)	
5:41.139 (1:16.298)	6:56.766 (1:15.627)	8:14.702 (1:17.937)	9:36.084 (1:21.383)	
10:58.839 (1:22.755)	12:21.471 (1:22.632)	13:44.148 (1:22.678)	15:05.933 (1:21.785)	
16:18.814 (1:12.882)				

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7	Joey Ringo	FR North Iowa Area CC	16:26.29	16:25.00	2
	39.676 (39.676)	1:54.804 (1:15.129)	3:08.962 (1:14.158)	4:25.832 (1:16.870)	
	5:41.921 (1:16.089)	6:58.733 (1:16.813)	8:19.059 (1:20.327)	9:39.583 (1:20.524)	
	11:03.194 (1:23.612)	12:26.559 (1:23.365)	13:50.122 (1:23.563)	15:12.436 (1:22.314)	
	16:24.993 (1:12.558)				
8	Emmanuel Kipkogei	FR Iowa Central CC	17:40.74	16:31.96	1
	38.671 (38.671)	1:54.531 (1:15.860)	3:09.151 (1:14.620)	4:24.504 (1:15.354)	
	5:42.126 (1:17.622)	7:00.248 (1:18.123)	8:21.396 (1:21.148)	9:42.581 (1:21.185)	
	11:06.161 (1:23.580)	12:30.798 (1:24.638)	13:56.578 (1:25.780)	15:21.644 (1:25.067)	
	16:31.952 (1:10.308)				
9	David Preciado	FR Iowa Western CC	16:45.46	x16:49.09	
	40.151 (40.151)	2:00.353 (1:20.203)	3:19.079 (1:18.727)	4:35.883 (1:16.804)	
	5:54.141 (1:18.258)	7:13.082 (1:18.942)	8:33.289 (1:20.208)	9:53.746 (1:20.457)	
	11:16.598 (1:22.853)	12:41.666 (1:25.068)	14:07.521 (1:25.855)	15:32.786 (1:25.265)	
	16:49.088 (1:16.303)				
10	Josiah Teller	SO Southeastern CC	17:35.21	18:04.00	
	40.314 (40.314)	2:01.872 (1:21.558)	3:23.879 (1:22.008)	4:47.744 (1:23.865)	
	6:12.839 (1:25.095)	7:39.566 (1:26.727)	9:08.389 (1:28.824)	10:38.123 (1:29.734)	
	12:09.477 (1:31.354)	13:40.503 (1:31.027)	15:09.721 (1:29.218)	16:39.637 (1:29.917)	
	18:03.996 (1:24.359)				
11	Ezra Brouwer	FR Iowa Western CC		x18:12.97	
	38.982 (38.982)	2:00.589 (1:21.608)	3:23.501 (1:22.912)	4:46.824 (1:23.324)	
	6:12.556 (1:25.732)	7:39.201 (1:26.645)	9:07.924 (1:28.724)	10:37.506 (1:29.582)	
	12:08.841 (1:31.335)	13:40.461 (1:31.620)	15:12.743 (1:32.283)	16:46.128 (1:33.385)	
	18:12.964 (1:26.837)				
--	Myles Ackman	FR Southeastern CC			DNF
	40.613 (40.613)	2:03.593 (1:22.980)	3:29.007 (1:25.414)	4:55.099 (1:26.093)	
	6:21.313 (1:26.214)				
--	Jacinto Gaspar	SO Iowa Western CC	15:00.74		DNF
	34.131 (34.131)	1:46.438 (1:12.308)	2:59.966 (1:13.528)	4:12.454 (1:12.489)	
	5:25.388 (1:12.934)	6:39.593 (1:14.205)			
--	Andrew Boyum	SO Iowa Central CC	15:52.08		DNF
	38.511 (38.511)				
--	Victor Kemboi	FR Iowa Western CC	14:27.72		DNF
	39.736 (39.736)	1:59.826 (1:20.090)	3:18.622 (1:18.797)	4:35.373 (1:16.752)	
	5:52.426 (1:17.053)	7:08.233 (1:15.808)	8:24.203 (1:15.970)	9:39.972 (1:15.769)	
	10:55.836 (1:15.864)	12:11.537 (1:15.702)	13:27.147 (1:15.610)		

Event 15 Women 10000 Meter Run

=====					
Name	Year	School	Seed	Finals	Points
=====					
1	Silvia	Gradizzi	FR Iowa Western CC	39:53.88	10
	1:31.335	(1:31.335)	3:05.501 (1:34.167)	4:39.059 (1:33.558)	6:14.791 (1:35.733)
	7:50.535	(1:35.744)	9:26.693 (1:36.158)	11:02.876 (1:36.184)	12:39.205 (1:36.329)
	14:14.370	(1:35.165)	15:48.110 (1:33.740)	17:21.165 (1:33.055)	18:52.699 (1:31.534)
	20:25.745	(1:33.047)	21:57.935 (1:32.190)	23:29.421 (1:31.487)	25:01.013 (1:31.592)
	26:31.910	(1:30.898)	28:03.779 (1:31.869)	29:35.818 (1:32.039)	31:07.438 (1:31.620)
	32:38.945	(1:31.508)	34:11.533 (1:32.588)	35:43.739 (1:32.207)	37:08.703 (1:24.964)
	39:53.874	(2:45.172)			

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2	Ayianna Olivas	FR Iowa Western CC	38:32.89	41:44.93	8
	1:31.203 (1:31.203)	3:05.328 (1:34.125)	4:38.804 (1:33.477)	6:14.586 (1:35.783)	
	7:50.448 (1:35.862)	9:26.566 (1:36.119)	11:02.749 (1:36.183)	12:39.539 (1:36.790)	
	14:15.416 (1:35.878)	15:52.208 (1:36.792)	17:30.098 (1:37.890)	19:07.423 (1:37.325)	
	20:46.686 (1:39.264)	22:27.251 (1:40.565)	24:07.961 (1:40.710)	25:50.494 (1:42.533)	
	27:33.279 (1:42.785)	29:15.970 (1:42.692)	30:59.343 (1:43.373)	32:41.346 (1:42.004)	
	34:24.146 (1:42.800)	36:06.819 (1:42.673)	37:49.338 (1:42.519)	39:24.608 (1:35.270)	
	41:44.928 (2:20.320)				
3	Joan Jepngetich	FR Iowa Central CC	44:00.70	6	
	1:31.868 (1:31.868)	3:06.573 (1:34.705)	4:39.843 (1:33.270)	6:15.314 (1:35.472)	
	7:51.154 (1:35.840)	9:27.545 (1:36.392)	11:05.320 (1:37.775)	12:43.329 (1:38.009)	
	14:22.521 (1:39.193)	16:06.023 (1:43.502)	17:52.056 (1:46.034)	19:35.641 (1:43.585)	
	21:24.181 (1:48.540)	23:13.434 (1:49.253)	25:05.884 (1:52.450)	26:54.875 (1:48.992)	
	28:45.213 (1:50.338)	30:37.216 (1:52.004)	32:30.874 (1:53.658)	34:26.801 (1:55.928)	
	36:29.023 (2:02.222)	38:29.951 (2:00.929)	40:18.839 (1:48.888)	42:10.115 (1:51.277)	
	44:00.693 (1:50.578)				
4	Ella Schroeder	FR Southeastern CC	50:36.88	5	
	1:39.639 (1:39.639)	3:31.749 (1:52.110)	5:26.594 (1:54.845)	7:23.889 (1:57.295)	
	9:22.948 (1:59.059)	11:21.666 (1:58.719)	13:22.229 (2:00.563)	15:25.204 (2:02.975)	
	17:28.654 (2:03.450)	19:30.590 (2:01.937)	21:34.568 (2:03.978)	23:37.308 (2:02.740)	
	25:39.265 (2:01.958)	27:43.950 (2:04.685)	29:50.973 (2:07.023)	31:59.326 (2:08.354)	
	34:06.768 (2:07.442)	36:15.940 (2:09.173)	38:23.053 (2:07.113)	40:30.633 (2:07.580)	
	42:36.255 (2:05.623)	44:42.823 (2:06.568)	46:45.706 (2:02.884)	48:48.998 (2:03.292)	
	50:36.880 (1:47.883)				
5	Ivyne Maiyo	FR Iowa Central CC	1:08:40.29	4	
	1:45.265 (1:45.265)	4:02.966 (2:17.702)	6:38.394 (2:35.428)		
	9:24.335 (2:45.942)	12:14.110 (2:49.775)	15:05.196 (2:51.087)		
	17:50.745 (2:45.549)	20:38.764 (2:48.019)	23:25.228 (2:46.464)		
	26:13.733 (2:48.505)	28:59.939 (2:46.207)	31:39.495 (2:39.557)		
	34:29.960 (2:50.465)	37:22.636 (2:52.677)	40:11.839 (2:49.203)		
	43:03.603 (2:51.764)	45:57.809 (2:54.207)	48:47.586 (2:49.778)		
	51:37.599 (2:50.013)	54:27.601 (2:50.003)	57:14.954 (2:47.353)		
	1:00:13.763 (2:58.809)	1:03:05.753 (2:51.990)	1:05:58.928 (2:53.175)		
	1:08:40.289 (2:41.362)				
--	Maurine Limo	FR Iowa Central CC	DNF		
	1:32.161 (1:32.161)	3:07.015 (1:34.854)			

Event 16 Men 10000 Meter Run

Name	Year	School	Seed	Finals	Points
1 Geoffrey Ronoh	FR	Iowa Western CC	29:17.64	30:51.52	10
	1:12.208 (1:12.208)	2:28.355 (1:16.148)	3:44.935 (1:16.580)	5:02.729 (1:17.794)	
	6:19.900 (1:17.172)	7:39.389 (1:19.489)	8:58.479 (1:19.090)	10:16.293 (1:17.814)	
	11:34.690 (1:18.398)	12:49.138 (1:14.448)	14:04.771 (1:15.634)	15:19.984 (1:15.213)	
	16:33.313 (1:13.329)	17:46.035 (1:12.723)	18:57.921 (1:11.887)	20:11.254 (1:13.333)	
	21:22.179 (1:10.925)	22:33.939 (1:11.760)	23:44.264 (1:10.325)	24:55.821 (1:11.558)	
	26:05.701 (1:09.880)	27:12.185 (1:06.484)	28:20.470 (1:08.285)	29:34.313 (1:13.843)	
	30:51.520 (1:17.208)				

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....Event 16 Men 10000 Meter Run

2	Barnabas Ndiwa	FR Iowa Western CC	29:21.55	32:05.16	8
	1:12.743 (1:12.743)	2:28.988 (1:16.245)	3:45.751 (1:16.764)	5:04.210 (1:18.459)	
	6:23.256 (1:19.047)	7:44.254 (1:20.998)	9:05.896 (1:21.643)	10:22.929 (1:17.033)	
	11:41.884 (1:18.955)	13:00.724 (1:18.840)	14:19.435 (1:18.712)	15:37.405 (1:17.970)	
	16:54.228 (1:16.823)	18:10.599 (1:16.372)	19:25.855 (1:15.257)	20:41.396 (1:15.542)	
	21:57.165 (1:15.769)	23:13.150 (1:15.985)	24:29.593 (1:16.443)	25:46.470 (1:16.878)	
	27:01.893 (1:15.423)	28:17.083 (1:15.190)	29:34.369 (1:17.287)	30:50.823 (1:16.454)	
	32:05.156 (1:14.334)				
3	Chase Oates	SO Southwestern CC	33:04.08	6	
	1:15.746 (1:15.746)	2:35.785 (1:20.039)	3:57.535 (1:21.750)	5:20.256 (1:22.722)	
	6:40.956 (1:20.700)	8:03.203 (1:22.247)	9:26.151 (1:22.949)	10:50.356 (1:24.205)	
	12:17.485 (1:27.129)	13:42.296 (1:24.812)	15:04.320 (1:22.024)	16:24.511 (1:20.192)	
	17:43.475 (1:18.964)	19:02.273 (1:18.798)	20:21.113 (1:18.840)	21:38.400 (1:17.288)	
	22:56.766 (1:18.367)	24:14.311 (1:17.545)	25:31.663 (1:17.352)	26:47.381 (1:15.719)	
	28:04.016 (1:16.635)	29:19.631 (1:15.615)	30:35.315 (1:15.684)	31:51.215 (1:15.900)	
	33:04.076 (1:12.862)				
4	Seth Cheney	FR Iowa Central CC	33:40.70	33:19.52	5
	1:12.491 (1:12.491)	2:28.680 (1:16.189)	3:45.966 (1:17.287)	5:04.430 (1:18.464)	
	6:23.501 (1:19.072)	7:44.479 (1:20.978)	9:06.054 (1:21.575)	10:23.159 (1:17.105)	
	11:42.141 (1:18.983)	13:00.938 (1:18.797)	14:19.696 (1:18.759)	15:37.625 (1:17.929)	
	16:54.470 (1:16.845)	18:12.144 (1:17.674)	19:31.874 (1:19.730)	20:52.979 (1:21.105)	
	22:14.443 (1:21.464)	23:37.740 (1:23.298)	25:02.183 (1:24.443)	26:25.469 (1:23.287)	
	27:49.331 (1:23.863)	29:13.735 (1:24.404)	30:34.994 (1:21.259)	31:58.190 (1:23.197)	
	33:19.520 (1:21.330)				
5	Emmanuel Kipkogei	FR Iowa Central CC	35:06.26	34:28.41	4
	1:16.060 (1:16.060)	2:34.113 (1:18.053)	3:51.839 (1:17.727)	5:11.436 (1:19.598)	
	6:31.293 (1:19.857)	7:51.919 (1:20.627)	9:13.876 (1:21.958)	10:36.803 (1:22.927)	
	12:01.130 (1:24.328)	13:25.395 (1:24.265)	14:49.990 (1:24.595)	16:14.699 (1:24.709)	
	17:38.741 (1:24.043)	19:02.019 (1:23.278)	20:25.114 (1:23.095)	21:50.153 (1:25.039)	
	23:15.431 (1:25.279)	24:40.154 (1:24.723)	26:05.235 (1:25.082)	27:31.389 (1:26.154)	
	28:57.386 (1:25.998)	30:22.170 (1:24.784)	31:46.484 (1:24.314)	33:10.533 (1:24.049)	
	34:28.404 (1:17.872)				
--	Jose Lara	SO Iowa Western CC			DNF
--	Andrew Boyum	SO Iowa Central CC	35:10.79		DNF
	1:15.825 (1:15.825)	2:33.810 (1:17.985)	3:51.426 (1:17.617)	5:11.108 (1:19.682)	
	6:30.885 (1:19.778)	7:51.459 (1:20.574)	9:13.473 (1:22.014)	10:36.508 (1:23.035)	
	12:00.823 (1:24.315)	13:25.149 (1:24.327)	14:50.231 (1:25.083)	16:14.978 (1:24.747)	
	17:39.706 (1:24.729)				

Event 17 Women 100 Meter Hurdles

=====						
Name	Year	School	Seed	Prelims	Wind	H#
=====						
Preliminaries						
1	Tanique Taylor	FR Iowa Western CC	14.39	14.18q	+0.0	1
2	Dayvione Briggs	SO Iowa Central CC	14.52	14.23q	+0.0	1
3	Dymonde Nave	FR Indian Hills CC	14.14	14.25q	+0.0	2
4	Abigail Frey	SO Iowa Central CC	14.59	14.59q	+0.0	2
5	Hailey Martin	FR Iowa Western CC	14.56	14.61q	+0.0	2
6	Taja Conley	FR North Iowa Area CC	16.34	16.36q	+0.0	1
7	Nicole Schaefer	FR Iowa Central CC	16.21	16.40q	+0.0	1
8	Chloe Horn	FR Southeastern CC	17.21	17.33q	+0.0	2
9	Kallie Mincks	SO Hawkeye CC	17.43	17.62	+0.0	2
10	Lilly Radcliffe	FR North Iowa Area CC	18.13	17.83	+0.0	1

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....Event 17 Women 100 Meter Hurdles

11 Diane Zaity FR Southeastern CC 18.88 18.12 +0.0 1

Event 17 Women 100 Meter Hurdles

Name	Year	School	Prelims	Finals	Wind	Points
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Finals

1 Dymonde Nave	FR	Indian Hills CC	14.25	14.06	3.0	10
2 Tanique Taylor	FR	Iowa Western CC	14.18	14.13	3.0	8
3 Dayvione Briggs	SO	Iowa Central CC	14.23	14.15	3.0	6
4 Abigail Frey	SO	Iowa Central CC	14.59	14.49	3.0	5
5 Hailey Martin	FR	Iowa Western CC	14.61	14.62	3.0	4
6 Nicole Schaefer	FR	Iowa Central CC	16.40	15.71	3.0	3
7 Taja Conley	FR	North Iowa Area CC	16.36	15.88	3.0	2
8 Chloe Horn	FR	Southeastern CC	17.33	17.16	3.0	1

Event 18 Men 110 Meter Hurdles

Name	Year	School	Seed	Prelims	Wind	H#
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Preliminaries

1 Nikkolia Kennedy	FR	Iowa Western CC	13.87	14.13q	-0.1	1
2 Cyrus Ways	FR	Indian Hills CC	14.00	14.50q	-1.0	2
3 Kamdyn Swartz	SO	Iowa Western CC	14.51	15.07q	-0.1	1
4 Shuanlarry Lamarre	FR	Indian Hills CC	14.78	15.28q	-1.0	2
5 Kimani Akins	FR	Indian Hills CC	14.64	15.37q	-0.1	1
6 Abagotte Opiew	FR	Iowa Western CC	15.38	15.62q	-1.0	2
7 Kasey Wirtjes	FR	Hawkeye CC	15.62	15.79q	-0.1	1
8 Ross Stephens	FR	Southwestern CC	16.70	16.05q	-0.1	1
9 Parker Mchone	SO	North Iowa Area CC	16.70	16.42	-1.0	2
10 Peyton Embree	FR	Southwestern CC	17.03	17.43	-1.0	2

Event 18 Men 110 Meter Hurdles

Name	Year	School	Prelims	Finals	Wind	Points
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Finals

1 Nikkolia Kennedy	FR	Iowa Western CC	14.13	14.00	1.3	10
2 Cyrus Ways	FR	Indian Hills CC	14.50	14.28	1.3	8
3 Kamdyn Swartz	SO	Iowa Western CC	15.07	14.64	1.3	6
4 Abagotte Opiew	FR	Iowa Western CC	15.62	15.46	1.3	5
5 Shuanlarry Lamarre	FR	Indian Hills CC	15.28	15.75	1.3	4
6 Ross Stephens	FR	Southwestern CC	16.05	15.99	1.3	3
7 Kasey Wirtjes	FR	Hawkeye CC	15.79	16.14	1.3	2
8 Kimani Akins	FR	Indian Hills CC	15.37	29.52	1.3	1

Event 19 Women 400 Meter Hurdles

Name	Year	School	Seed	Finals	H#	Points
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1 Dayvione Briggs	SO	Iowa Central CC	1:01.76	1:01.76	2	10
2 Abigail Frey	SO	Iowa Central CC	1:04.11	1:04.72	2	8
3 Tanique Taylor	FR	Iowa Western CC	1:07.39	1:05.89	2	6
4 Dymonde Nave	FR	Indian Hills CC		1:08.19	1	5

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....Event 19 Women 400 Meter Hurdles

5 Lilly Radcliffe	FR North Iowa Area CC	1:10.15	1:09.37	2	4
6 Arriana Johnson	FR Indian Hills CC	1:08.45	1:09.80	2	3
7 Nicole Schaefer	FR Iowa Central CC	1:09.36	1:12.15	2	2
8 Taja Conley	FR North Iowa Area CC	1:08.85	1:13.99	2	1
9 Hailey Martin	FR Iowa Western CC	1:13.24	1:15.92	2	
-- Kallie Mincks	SO Hawkeye CC		DNF		1

Event 20 Men 400 Meter Hurdles

Name	Year School	Seed	Finals	H#	Points
1 Marenono Opiew	FR Iowa Western CC	54.03	54.30	2	10
2 Nikkolia Kennedy	FR Iowa Western CC	56.40	54.60	2	8
3 Anthony Duncan	FR Indian Hills CC	54.74	54.91	2	6
4 Kenny Cutler	SO Hawkeye CC	55.47	55.14	2	5
5 Dylan Harris	FR Indian Hills CC	58.19	57.79	1	4
6 Kamdyn Swartz	SO Iowa Western CC	56.10	57.91	2	3
7 Parker Mchone	SO North Iowa Area CC	59.63	58.64	1	2
8 Rouce Sayee	FR Southwestern CC	59.21	1:00.02	1	1
9 Gavin Stalzer	SO Iowa Central CC		1:08.31	1	
-- Baylor Bergren	SO Iowa Central CC		DNF		1

Event 21 Women High Jump

Name	Year School	Seed	Finals	Points
1 Tina Samson	FR Iowa Central CC	1.63m	1.58m	5-02.25 10 won J/O
1.30 1.35 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61				
P P P P O O O O XXX				
2 Destiny Mitchell	FR Indian Hills CC	1.60m	1.58m	5-02.25 8
1.30 1.35 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61				
P P P P O O O O XXX				
3 Kamdyn Stanley	SO Iowa Western CC	1.58m	1.49m	4-10.50 6
1.30 1.35 1.40 1.43 1.46 1.49 1.52				
P P XO O O XXO XXX				
4 Arriana Johnson	FR Indian Hills CC	1.54m	1.46m	4-09.50 5
1.30 1.35 1.40 1.43 1.46 1.49				
P P O P O XXX				
5 Landry McCoid	FR Iowa Central CC	1.45m	1.40m	4-07.00 4
1.30 1.35 1.40 1.43				
P P O XXX				
6 Nicole Schaefer	FR Iowa Central CC	1.40m	1.40m	4-07.00 3
1.30 1.35 1.40 1.43				
XO O O XXX				
7 Tasha Williams	FR Hawkeye CC	1.45m	1.30m	4-03.25 2
1.30 1.35				
O XXX				

Event 22 Men High Jump

Name	Year School	Seed	Finals	Points
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....Event 22 Men High Jump

1	Paul Rowden	SO Iowa Western CC	2.10m	2.14m	7-00.25	10
	1.77 1.82 1.87 1.90 1.93 1.96 1.99 2.02 2.10 2.14 2.17					
	P P P P O P O XO O O XXX					
2	Otenidi Omot	FR Iowa Western CC	2.00m	1.99m	6-06.25	8
	1.77 1.82 1.87 1.90 1.93 1.96 1.99 2.02					
	P P P P XO O XXO XXX					
3	Nathan McFarland	FR Hawkeye CC	2.00m	1.96m	6-05.00	6
	1.77 1.82 1.87 1.90 1.93 1.96 1.99					
	O O O XXO XO O XXX					
4	Cain Brown	FR Iowa Western CC	2.06m	1.93m	6-04.00	5
	1.77 1.82 1.87 1.90 1.93 1.96 1.99					
	P P P P O PPP XXX					
5	Matthew Benedict	SO Hawkeye CC	1.93m	1.82m	5-11.50	4
	1.77 1.82 1.87					
	O O XXX					
6	Jamari Cohen	FR Iowa Western CC	1.78m	x1.82m	5-11.50	
	1.77 1.82 1.87					
	XO O XXX					
7	Garrison Murray	SO Iowa Central CC	1.99m	1.82m	5-11.50	3
	1.77 1.82 1.87					
	P XXO XXX					
8	Anthony Glay	FR Iowa Central CC		1.77m	5-09.75	2
	1.77 1.82					
	O XXX					
--	Kasey Wirtjes	FR Hawkeye CC	1.77m	NH		
	1.77					
	XXX					
--	Malachi Johnson- Bassey	FR North Iowa Area CC	1.85m	NH		
	1.77					
	XXX					
--	Sione Lotu Fifita	FR Iowa Central CC	1.95m	NH		
	1.77					
	XXX					
--	Khaliq King	FR Iowa Western CC	1.90m	NH		
	1.77 1.82					
	P XXX					
--	Cadence Bass	SO Indian Hills CC	1.99m	NH		
	1.77					
	XXX					
--	Ben Balfany	FR Iowa Western CC	1.78m	NH		
	1.77					
	XXX					
--	Isaiah Gabriel	FR Iowa Western CC	1.90m	NH		
	1.77 1.82 1.87					
	P P XXX					

Event 23 Women Pole Vault

=====									
Name	Year School		Seed	Finals	Points				
=====									
1	Abigail Frey	SO Iowa Central CC	2.60m	2.60m	8-06.25	10			
	2.00 2.15 2.30 2.45 2.60 2.70								
	P P O O O XXX								

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....Event 23 Women Pole Vault

2	Baylee Horner	FR Iowa Western CC	2.65m	2.45m	8-00.50	8
	2.00 2.15 2.30 2.45 2.60					
	P P O O XXX					
--	Sara Diew	SO Iowa Central CC		NH		
	2.00					
	XXX					

Event 24 Men Pole Vault

Name	Year School	Seed	Finals	Points
1 Canyon Jones	SO Iowa Central CC	4.00m	4.00m 13-01.50	10
	2.60 2.75 2.90 3.05 3.15 3.27 3.37 3.47 3.57 3.69 3.79 3.89 4.00 4.22			
	P P P P P P P P P P P O XO O XXX			
2 Santiago Gonzalez	FR Iowa Central CC		3.37m 11-00.75	8
	2.60 2.75 2.90 3.05 3.15 3.27 3.37 3.47			
	P P P O O O O XXX			
3 Marcus Edan	FR Iowa Western CC	2.95m	3.15m 10-04.00	6
	2.60 2.75 2.90 3.05 3.15 3.27			
	XO O O O XXO XXX			
4 Jadon Boots	SO Iowa Central CC		3.05m 10-00.00	5
	2.60 2.75 2.90 3.05 3.15			
	P O O XO XXX			
5 Brandon Calmese	SO Iowa Western CC	3.35m	3.05m 10-00.00	4
	2.60 2.75 2.90 3.05 3.15			
	P P P XXO XXX			
6 Isaiah Cowley	FR Iowa Western CC	2.80m	2.75m 9-00.25	3
	2.60 2.75 2.90			
	XO XXO XXX			
--	Gavin Stalzer	SO Iowa Central CC		NH
	2.60			
	XXX			

Event 25 Women Long Jump

Name	Year School	Seed	Finals	Wind	Points
1 Tina Samson	FR Iowa Central CC	6.02m	5.88m -1.3	19-03.50	10
	5.75m(-2.6) 5.65m(+0.0) 5.82m(-2.6) 5.69m(-2.1) 5.88m(-1.3) 5.86m(-1.9)				
2 Jayla Brown	SO Iowa Western CC	5.56m	5.66m -1.7	18-07.00	8
	5.66m(-1.7) 4.84m(0.5) PASS FOUL FOUL FOUL				
3 Zekira Snow	FR Indian Hills CC	5.58m	5.63m -1.6	18-05.75	6
	5.57m(-2.0) 5.63m(-1.6) 5.52m(-1.7) 5.41m(-2.8) 5.23m(-0.3) 5.53m(+0.0)				
4 Sakina Umar	FR Iowa Western CC	5.83m	5.61m -0.6	18-05.00	5
	5.61m(-0.6) 5.47m(0.2) FOUL FOUL FOUL FOUL				
5 Dymonde Nave	FR Indian Hills CC	5.53m	5.53m -2.6	18-01.75	4
	5.38m(-1.0) 5.35m(-2.3) 5.39m(-0.5) 5.53m(-2.6) 5.53m(-1.7) 5.50m(-2.2)				
6 Zariah Greaves	FR Iowa Central CC		5.10m -1.2	16-08.75	3
	5.03m(+0.0) 4.96m(-1.3) 5.09m(-2.2) 5.10m(-1.2) 4.95m(-1.3) 5.03m(+0.0)				
7 Kamdyn Stanley	SO Iowa Western CC	5.08m	4.95m -0.7	16-03.00	2
	4.71m(-0.2) 4.95m(-0.7) 4.71m(0.8) 4.83m(-4.9) 4.77m(-0.0) FOUL				
--	Zakiya Porter	SO Indian Hills CC	5.27m	FOUL	
	FOUL(-2.4) FOUL(+0.0) FOUL(-3.0)				

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....Event 25 Women Long Jump

-- Mercy Honesty	FR Iowa Western CC	5.41m	FOUL
FOUL(-1.3) FOUL(-2.6) FOUL(-1.7)			
-- Gift Gonpue	FR North Iowa Area CC	4.40m	FOUL
FOUL(-3.3) FOUL(-1.7) FOUL(-1.3)			

Event 26 Men Long Jump

Name	Year School	Seed	Finals	Wind	H#	Points
1 Terrence Thomas	FR North Iowa Area CC	7.40m	7.46m	+0.0	24-05.75	2 10
6.13m(-0.6) 6.95m(+0.0) 7.00m(-0.4) 7.12m(+0.0) 7.46m(+0.0) 7.35m(+0.0)						
2 Anthony Ward	SO Indian Hills CC	7.24m	7.26m	+0.0	23-10.00	2 8
7.20m(-0.2) FOUL(-0.7) 6.82m(+0.0) 6.97m(-0.9) 7.26m(+0.0) FOUL(+0.0)						
3 Adreian Roper	SO Iowa Central CC	7.07m	7.10m	+0.0	23-03.50	2 6
6.86m(-0.3) 6.90m(+0.0) 6.89m(-0.3) FOUL(+0.0) FOUL(-0.3) 7.10m(+0.0)						
4 Stephen Sydnor	FR Iowa Central CC	7.38m	7.02m	+0.0	23-00.50	2 5
6.36m(-1.4) 6.99m(-0.3) FOUL(-1.2) FOUL(-0.1) 6.57m(+0.0) 7.02m(+0.0)						
5 Waukeem Walters	SO Iowa Central CC	7.08m	7.02m	+0.0	23-00.50	2 4
6.97m(+0.0) 7.02m(+0.0) 7.01m(-1.2) PASS PASS PASS						
6 Prosper Kapongo	FR Iowa Western CC	6.85m	6.84m	-0.3	22-05.25	2 3
6.55m(-0.1) 6.56m(-0.8) 6.84m(-0.3) 6.70m(-0.9) 6.72m(-0.6) 6.76m(-0.3)						
7 Cain Brown	FR Iowa Western CC	6.62m	6.76m	-0.3	22-02.25	1 2
6.10m(-0.3) 6.76m(-0.3) 6.53m(+0.0) 6.47m(-0.3) PASS PASS						
8 Mohammed Bass	SO Iowa Western CC	6.82m	6.67m	-0.6	21-10.75	2 1
FOUL(-0.3) 6.67m(-0.6) FOUL(-0.2) FOUL(+0.0) 6.32m(-0.6) 6.30m(+0.0)						
9 Reggie Rogers	FR Iowa Western CC	6.62m	x6.61m	-0.2	21-08.25	1
6.61m(-0.2) FOUL(+0.0) 6.40m(-0.3)						
10 Anthony Glay	FR Iowa Central CC	6.76m	x6.53m	-0.4	21-05.25	2
6.53m(-0.4) FOUL(-0.8) FOUL(-1.3)						
11 Cory Vaughan Jr.	FR Iowa Western CC	7.06m	x6.48m	NWI	21-03.25	2
6.43m(-0.0) FOUL(-2.1) 6.48m(-0.0)						
12 Dylan Brennecke	FR Indian Hills CC	6.11m	6.20m	+0.0	20-04.25	1
6.20m(+0.0) 6.10m(-0.6) FOUL(+0.0) 6.04m(+0.0) 6.06m(-0.0) 6.06m(-1.0)						
13 Jamari Cohen	FR Iowa Western CC	5.89m	x6.10m	-0.9	20-00.25	1
6.10m(-0.9) 6.05m(+0.0) 6.09m(-0.1)						
14 Peyton Sanders	FR Iowa Central CC	6.82m	x6.10m	NWI	20-00.25	2
FOUL(+0.0) 5.97m(-0.4) 6.10m(-0.0)						
15 Parker Mchone	SO North Iowa Area CC	6.03m	5.93m	-0.3	19-05.50	1
5.93m(-0.3) 5.87m(-0.9) 5.91m(+0.0)						
16 Isaiah Gabriel	FR Iowa Western CC	6.14m	x5.91m	+0.0	19-04.75	1
5.89m(+0.0) FOUL(-0.6) 5.91m(+0.0)						
17 Ben Balfany	FR Iowa Western CC	5.72m	x5.85m	-1.5	19-02.50	1
5.65m(+0.0) 5.82m(+0.0) 5.85m(-1.5)						
18 Jonathan LaDuke	FR North Iowa Area CC	6.22m	5.82m	NWI	19-01.25	1
5.57m(-0.0) 5.42m(+0.0) 5.82m(-0.0)						
-- Jaxon Weber	FR Hawkeye CC	5.62m	FOUL			1
FOUL(+0.0) FOUL(-0.2) FOUL(-2.8)						
-- Garrison Murray	SO Iowa Central CC	6.23m	FOUL			1
FOUL(-0.8) FOUL(+0.0) FOUL(-2.0)						

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Name	Year	School	Seed	Finals	Wind	Points
1 Mercy Honesty	FR	Iowa Western CC	12.83m	12.60m	+0.0	41-04.25 10
				FOUL(+0.0) 12.60m(+0.0) 12.40m(+0.0) 12.26m(0.1) PASS		PASS
2 Jayla Brown	SO	Iowa Western CC	12.23m	12.15m	+0.0	39-10.50 8
				12.11m(+0.0) 12.15m(+0.0) 11.85m(+0.0) PASS		PASS
3 Tina Samson	FR	Iowa Central CC	11.32m	11.51m	+0.0	37-09.25 6
				10.86m(+0.0) 11.51m(+0.0) 11.31m(+0.0) 11.45m(+0.0) FOUL(1.5) 11.36m(1.1)		
4 Sakina Umar	FR	Iowa Western CC	11.94m	11.50m	0.3	37-08.75 5
				11.33m(+0.0) 11.50m(0.3) 10.90m(0.1) PASS		PASS
5 Dayvione Briggs	SO	Iowa Central CC		10.11m	+0.0	33-02.00 4
				10.11m(+0.0) PASS		PASS
6 Landry McCoid	FR	Iowa Central CC	8.97m	8.94m	+0.0	29-04.00 3
				8.94m(+0.0) x		
-- Nicole Schaefer	FR	Iowa Central CC		FOUL		
				FOUL(+0.0) FOUL(+0.0) FOUL(0.2)		

Event 28 Men Triple Jump

Name	Year	School	Seed	Finals	Wind	Points
1 Anthony Ward	SO	Indian Hills CC	15.02m	14.97m	+0.0	49-01.50 10
				14.31m(+0.0) 14.97m(+0.0) 14.30m(0.7) 14.22m(+0.0) FOUL(1.8) 14.66m(+0.0)		
2 Abagotte Opiew	FR	Iowa Western CC	15.05m	14.80m	0.2	48-06.75 8
				FOUL(+0.0) 14.80m(0.2) PASS(0.9) PASS		PASS
3 Waukeem Walters	SO	Iowa Central CC		14.63m	1.2	48-00.00 6
				13.88m(1.2) 14.28m(+0.0) 14.63m(1.2) PASS(1.3) FOUL(1.7) FOUL		
4 Adreian Roper	SO	Iowa Central CC	14.33m	14.52m	+0.0	47-07.75 5
				14.52m(+0.0) 14.29m(1.3) 14.34m(1.2) 13.90m(+0.0) 14.31m(+0.0) FOUL(+0.0)		
5 Cory Vaughan Jr.	FR	Iowa Western CC	15.13m	14.43m	+0.0	47-04.25 4
				14.43m(+0.0) FOUL(+0.0) FOUL(0.5) FOUL(0.4) FOUL(0.4) 13.96m(0.8)		
6 Terrence Thomas	FR	North Iowa Area CC	14.56m	14.29m	+0.0	46-10.75 3
				13.65m(1.7) 14.29m(+0.0) 13.68m(0.7) 13.45m(1.1) 14.01m(+0.0) 14.03m(0.7)		
7 Reggie Rogers	FR	Iowa Western CC	14.31m	13.55m	+0.0	44-05.50 2
				FOUL(+0.0) 13.11m(0.5) 13.49m(+0.0) 12.76m(0.7) 13.55m(+0.0) 13.02m(0.7)		
8 Mohammed Bass	SO	Iowa Western CC	13.95m	x13.34m	+0.0	43-09.25
				13.08m(+0.0) 13.03m(1.2) 13.34m(+0.0)		
9 Jeremy Brown	FR	Iowa Central CC	13.74m	13.27m	0.3	43-06.50 1
				13.19m(0.3) 13.16m(1.3) 13.27m(0.3) FOUL(1.6) FOUL(0.5) FOUL		
10 Prosper Kapongo	FR	Iowa Western CC	13.90m	x13.16m	0.4	43-02.25
				FOUL(+0.0) FOUL(0.3) 13.16m(0.4)		
11 Garrison Murray	SO	Iowa Central CC		x12.60m	+0.0	41-04.25
				12.60m(+0.0) 12.37m(+0.0) 11.33m(1.3)		
12 Peyton Sanders	FR	Iowa Central CC		x11.75m	1.7	38-06.75
				11.42m(0.8) 11.75m(1.7) 11.24m(1.4)		
-- Otenidi Omot	FR	Iowa Western CC	15.07m	FOUL		
				FOUL(+0.0) FOUL(0.4) FOUL(1.2)		

Event 29 Women Discus Throw

Name	Year	School	Seed	Finals	H#	Points
1 Sara Diew	SO	Iowa Central CC	38.78m	39.90m	130-11 2	10
				36.78m FOUL 39.90m 36.66m 38.23m FOUL		

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....Event 29 Women Discus Throw

2	Natalie Albert	SO Iowa Western CC	35.92m	37.32m	122-05	2	8
	FOUL 35.16m 37.32m FOUL FOUL 35.69m						
3	Rowland Kirton-Browne	FR Iowa Central CC	32.14m	36.63m	120-02	2	6
	36.63m 33.39m FOUL FOUL FOUL 36.39m						
4	Elyse Trunck	SO Hawkeye CC	34.94m	35.58m	116-09	2	5
	FOUL 35.58m 32.12m 31.74m FOUL FOUL						
5	Aliyah Henry	FR Iowa Central CC	34.88m	33.73m	110-08	2	4
	31.38m 33.73m 32.18m 31.16m 33.15m 32.60m						
6	Zuriya Robinson	FR Iowa Central CC	36.69m	x32.90m	107-11	2	
	32.90m FOUL FOUL						
7	Malori Leonard	SO Southwestern CC	28.92m	31.98m	104-11	1	3
	30.34m 25.78m 31.98m 30.31m FOUL FOUL						
8	Abbi Richter	FR Southwestern CC	30.67m	31.76m	104-02	1	2
	28.93m 31.76m 31.06m 28.41m 29.28m FOUL						
9	Kit Byars	FR North Iowa Area CC	30.21m	31.60m	103-08	1	1
	23.57m FOUL 30.28m 30.91m FOUL 31.60m						
10	Darcee O'Loughlin	FR Hawkeye CC	29.84m	28.98m	95-01	1	
	28.98m 23.26m FOUL 26.15m 26.57m 25.10m						
11	Sarai Simpson	FR Iowa Western CC	31.18m	28.95m	95-00	2	
	28.47m 27.16m 28.95m						
12	Olivia Hammel	FR Hawkeye CC	26.96m	25.74m	84-05	1	
	25.10m 24.23m 25.74m						
13	Emma Logeman	SO North Iowa Area CC	23.62m	24.73m	81-02	1	
	19.23m FOUL 24.73m						
14	Delaney Kopriva	SO Hawkeye CC		x24.63m	80-10	1	
	23.44m 24.63m 22.23m						
15	Alina Bruhlmeier	FR Hawkeye CC	20.29m	x19.25m	63-02	1	
	19.25m 18.40m 17.08m						
--	Chin-Loy Raymond	FR Iowa Western CC	38.12m	FOUL		2	
	FOUL FOUL FOUL						

Event 30 Men Discus Throw

=====							
Name	Year	School	Seed	Finals	Points		
=====							
1	Yekini Bowen	FR Iowa Western CC	59.93m	56.72m	186-01	10	
	51.04m 56.72m 52.62m 54.52m FOUL 51.39m						
2	Tate Joens	FR Indian Hills CC	51.86m	49.23m	161-06	8	
	47.97m FOUL FOUL FOUL 49.23m FOUL						
3	Denzs Simmonds	SO Iowa Western CC	47.13m	48.96m	160-07	6	
	FOUL FOUL 37.30m 45.54m 48.96m 48.00m						
4	Michael Etuma	FR Indian Hills CC	48.36m	43.36m	142-03	5	
	43.36m FOUL FOUL FOUL FOUL FOUL						
5	Brandt Williams	SO Hawkeye CC	44.09m	43.07m	141-04	4	
	42.28m 43.07m FOUL 42.07m FOUL FOUL						
6	Ryan Edelman	FR Indian Hills CC	43.32m	43.03m	141-02	3	
	42.88m 43.03m 41.09m FOUL 41.99m 42.86m						
7	Adam Smith	FR Hawkeye CC	46.22m	42.26m	138-08	2	
	FOUL 39.47m 39.53m 42.26m FOUL 40.95m						
8	Rodney Ngezimani	FR North Iowa Area CC	40.35m	38.19m	125-03	1	
	FOUL 38.19m 31.28m FOUL FOUL 37.76m						
9	Tino Tamayo	SO Hawkeye CC	40.68m	36.90m	121-01		
	36.90m FOUL FOUL FOUL FOUL 34.64m						

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....Event 30 Men Discus Throw

10	Beau Brackemeyer	SO Hawkeye CC	33.56m	x35.92m	117-10
	FOUL FOUL 35.92m				
11	Austin Groff	FR North Iowa Area CC	31.08m	30.66m	100-07
	30.11m 29.71m 30.66m				
12	Ross Stephens	FR Southwestern CC	35.08m	28.63m	93-11
	FOUL FOUL 28.63m				
--	Colby Krutsinger	FR North Iowa Area CC	37.80m	FOUL	
	FOUL FOUL FOUL				

Event 31 Women Hammer Throw

Name	Year School	Seed	Finals	H#	Points
1 Natalie Albert	SO Iowa Western CC	50.88m	47.42m	155-07	2 10
	43.68m 44.73m FOUL 47.42m FOUL FOUL				
2 Chloe Larsen	SO Iowa Western CC	42.64m	39.52m	129-08	2 8
	38.68m FOUL FOUL FOUL 39.52m 37.97m				
3 Kit Byars	FR North Iowa Area CC	31.34m	37.26m	122-03	1 6
	36.29m FOUL FOUL 33.92m 37.26m FOUL				
4 Sara Diew	SO Iowa Central CC	38.72m	36.19m	118-09	2 5
	36.19m FOUL FOUL FOUL FOUL FOUL				
5 Darcee O'Loughlin	FR Hawkeye CC	33.09m	35.82m	117-06	1 4
	FOUL 35.07m 35.82m 28.40m 31.07m 32.50m				
6 Chin-Loy Raymond	FR Iowa Western CC	32.92m	35.65m	116-11	1 3
	29.53m FOUL 33.69m 33.97m 35.65m 32.44m				
7 Elyse Trunck	SO Hawkeye CC	36.00m	34.70m	113-10	2 2
	33.60m 34.37m FOUL FOUL 34.66m 34.70m				
8 Delaney Kopriva	SO Hawkeye CC	34.79m	34.40m	112-10	2 1
	34.40m 32.56m FOUL FOUL FOUL 31.72m				
9 Emma Logeman	SO North Iowa Area CC	31.58m	33.56m	110-01	1
	33.56m 31.05m 31.18m FOUL FOUL 29.85m				
10 Abbi Richter	FR Southwestern CC	32.95m	32.76m	107-06	1
	32.63m 32.76m FOUL				
11 Aliyah Henry	FR Iowa Central CC	34.30m	31.11m	102-01	2
	FOUL FOUL 31.11m				
12 Olivia Hammel	FR Hawkeye CC	31.58m	x30.36m	99-07	1
	FOUL FOUL 30.36m				
13 Sarai Simpson	FR Iowa Western CC		x30.24m	99-02	1
	30.24m FOUL FOUL				
14 Zuriya Robinson	FR Iowa Central CC	43.09m	29.50m	96-09	2
	FOUL FOUL 29.50m				
15 Rowland Kirton-Browne	FR Iowa Central CC	34.91m	x27.60m	90-07	2
	27.60m FOUL 26.61m				
16 Kasey Springer	FR Southwestern CC	28.88m	27.28m	89-06	1
	27.14m 25.32m 27.28m				
17 Alina Bruhlmeier	FR Hawkeye CC	24.24m	x26.41m	86-08	1
	25.37m 26.41m 26.39m				

Event 32 Men Hammer Throw

Name	Year School	Seed	Finals	Points
1 Tate Joens	FR Indian Hills CC	57.54m	58.72m	192-08 10
	56.83m FOUL FOUL 54.81m 55.80m 58.72m			

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....Event 32 Men Hammer Throw

2	Donald Lamp	SO Iowa Western CC	53.25m	51.29m	168-03	8
	44.87m FOUL 51.29m FOUL FOUL FOUL					
3	Tino Tamayo	SO Hawkeye CC	50.98m	49.31m	161-09	6
	48.40m 46.54m 48.65m 49.31m FOUL FOUL					
4	Ryan Edelman	FR Indian Hills CC	46.69m	48.60m	159-05	5
	48.25m FOUL FOUL 45.21m 48.60m 48.56m					
5	Yekini Bowen	FR Iowa Western CC	43.44m	47.67m	156-05	4
	FOUL 45.46m 46.41m 47.67m FOUL 46.31m					
6	Brandt Williams	SO Hawkeye CC	51.13m	44.43m	145-09	3
	44.00m FOUL 44.43m 44.12m FOUL 44.01m					
7	Beau Brackemeyer	SO Hawkeye CC	43.41m	40.28m	132-02	2
	40.16m FOUL FOUL FOUL 40.28m 40.23m					
8	Colby Krutsinger	FR North Iowa Area CC	41.23m	38.50m	126-04	1
	37.85m 38.50m FOUL FOUL FOUL FOUL					
9	Rodney Ngezimani	FR North Iowa Area CC	40.38m	36.35m	119-03	
	35.98m FOUL FOUL 36.35m FOUL 33.11m					
10	Alejandro Gimenez	SO Iowa Western CC	38.98m	33.83m	111-00	
	FOUL FOUL 33.83m					
11	Adam Smith	FR Hawkeye CC	33.26m	x33.67m	110-05	
	FOUL 33.67m FOUL					
--	Michael Etuma	FR Indian Hills CC	45.66m	FOUL		
	FOUL FOUL FOUL					
--	Austin Groff	FR North Iowa Area CC	30.70m	FOUL		
	FOUL FOUL FOUL					

Event 33 Women Javelin Throw

Name	Year School	Seed	Finals	Points
1 Rowland Kirton-Browne	FR Iowa Central CC	39.01m	38.13m	125-01 10
	38.13m 35.28m 34.96m 36.59m 35.83m 37.95m			
2 Natalie Albert	SO Iowa Western CC	36.46m	35.56m	116-08 8
	31.20m 31.72m FOUL FOUL 35.56m 33.93m			
3 Zariah Greaves	FR Iowa Central CC		32.96m	108-02 6
	25.72m 30.65m 32.96m 30.79m 30.38m FOUL			
4 Landry McCoid	FR Iowa Central CC	26.02m	32.59m	106-11 5
	32.59m 28.11m FOUL 31.26m 31.93m FOUL			
5 Abbi Richter	FR Southwestern CC	26.52m	27.09m	88-10 4
	24.39m FOUL 23.40m 27.09m FOUL FOUL			
6 Malori Leonard	SO Southwestern CC	29.06m	27.06m	88-09 3
	27.06m FOUL 24.41m 23.12m 23.81m FOUL			
7 Tina Samson	FR Iowa Central CC	38.12m	x26.41m	86-08
	FOUL 26.41m FOUL			
8 Veronica Andrusyshyn	FR Iowa Western CC	29.42m	25.38m	83-03 2
	20.93m 25.38m 24.25m FOUL 18.05m 24.74m			
9 Elyse Trunck	SO Hawkeye CC	23.62m	25.22m	82-09 1
	24.84m FOUL 24.38m 25.22m 23.09m FOUL			
10 Baylee Horner	FR Iowa Western CC		23.89m	78-04
	23.75m 20.89m FOUL FOUL 23.89m FOUL			
11 Alina Bruhlmeier	FR Hawkeye CC		19.77m	64-10
	18.81m 19.77m 18.24m			
12 Darcee O'Loughlin	FR Hawkeye CC	23.79m	19.38m	63-07
	16.75m 19.38m 17.16m			

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....Event 33 Women Javelin Throw

13 Delaney Kopriva SO Hawkeye CC x16.90m 55-05
 FOUL 16.90m 14.32m

Event 34 Men Javelin Throw

Name	Year	School	Seed	Finals	H#	Points
1 Alex Del Popolo	FR	Iowa Western CC	64.82m	61.69m	202-05	2 10
60.97m FOUL 60.98m FOUL 61.14m 61.69m						
2 Max Scheef	FR	Iowa Western CC	48.61m	51.21m	168-00	2 8
43.22m 49.71m 49.89m FOUL 48.83m 51.21m						
3 Brandt Williams	SO	Hawkeye CC	50.95m	48.91m	160-05	2 6
48.29m 47.59m 48.91m 46.50m FOUL FOUL						
4 Jedd Weinkoetz	FR	Southwestern CC	41.99m	45.91m	150-07	2 5
40.08m 40.75m 43.10m 42.36m 37.89m 45.91m						
5 Tyler Bartels	FR	Hawkeye CC	37.55m	41.13m	134-11	1 4
40.67m FOUL 41.13m 34.75m 39.45m 40.43m						
6 Jadon Boots	SO	Iowa Central CC	41.23m	40.72m	133-07	2 3
32.81m 40.34m 40.72m PASS PASS PASS						
7 Ross Stephens	FR	Southwestern CC	37.99m	40.40m	132-06	1 2
40.40m 39.40m FOUL 37.28m 38.06m FOUL						
8 Adam Smith	FR	Hawkeye CC	37.55m	39.47m	129-06	1 1
37.20m 39.47m FOUL 37.16m FOUL 38.20m						
9 Santiago Gonzalez	FR	Iowa Central CC	41.48m	39.34m	129-01	2
39.34m 38.30m 37.02m PASS PASS PASS						
10 Tino Tamayo	SO	Hawkeye CC	42.25m	x38.40m	126-00	2
FOUL 38.40m 37.98m						
11 Austin Groff	FR	North Iowa Area CC		36.63m	120-02	1
36.63m FOUL FOUL						
12 Marcus Edan	FR	Iowa Western CC	32.56m	32.99m	108-03	1
26.41m 30.69m 32.99m						
13 Emmet Long	FR	Southwestern CC	31.90m	30.19m	99-00	1
27.76m 30.19m 28.20m						
14 Beau Brackemeyer	SO	Hawkeye CC		x29.11m	95-06	1
28.89m 29.11m FOUL						
15 Gavin Stalzer	SO	Iowa Central CC	27.49m	25.95m	85-02	1
25.95m 25.91m FOUL						
-- Brandon Calmese	SO	Iowa Western CC	42.84m	FOUL		2
FOUL FOUL FOUL						

Event 35 Women Shot Put

Name	Year	School	Seed	Finals	H#	Points
1 Sarai Simpson	FR	Iowa Western CC	14.54m	13.68m	44-10.75	2 10
13.68m FOUL FOUL FOUL 13.37m FOUL						
2 Chin-Loy Raymond	FR	Iowa Western CC	14.30m	13.08m	42-11.00	2 8
12.50m FOUL 13.08m 12.48m 12.62m 12.98m						
3 Zuriya Robinson	FR	Iowa Central CC	11.68m	11.67m	38-03.50	2 6
11.14m 10.91m 10.99m 10.97m 11.67m 11.13m						
4 Sara Diew	SO	Iowa Central CC	11.27m	11.45m	37-06.75	2 5
FOUL 10.67m 11.18m 10.15m 10.73m 11.45m						
5 Delaney Kopriva	SO	Hawkeye CC	10.99m	11.01m	36-01.50	2 4
11.01m 9.72m 10.61m 10.76m 9.71m FOUL						

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....Event 35 Women Shot Put

6	Rowland Kirton-Browne	FR Iowa Central CC	11.30m	10.82m	35-06.00	2	3
	10.63m 10.82m FOUL 10.53m FOUL 10.49m						
7	Elyse Trunck	SO Hawkeye CC	10.14m	9.67m	31-08.75	2	2
	9.12m 9.67m 8.59m FOUL 8.89m FOUL						
8	Aliyah Henry	FR Iowa Central CC	10.77m	x9.50m	31-02.00	2	
	9.50m FOUL FOUL						
9	Alina Bruhlmeier	FR Hawkeye CC	9.53m	9.24m	30-03.75	1	1
	8.98m 9.24m 8.73m FOUL 8.76m 9.08m						
10	Abbi Richter	FR Southwestern CC	9.88m	9.24m	30-03.75	1	
	9.24m FOUL FOUL 7.95m FOUL FOUL						
11	Olivia Hammel	FR Hawkeye CC	8.91m	x9.16m	30-00.75	1	
	8.69m 9.16m 8.90m						
12	Kit Byars	FR North Iowa Area CC	9.65m	8.91m	29-02.75	1	
	8.91m 8.72m 8.75m						
13	Malori Leonard	SO Southwestern CC	8.10m	8.79m	28-10.25	1	
	8.52m 7.96m 8.79m						
14	Darcee O'Loughlin	FR Hawkeye CC	9.98m	x8.74m	28-08.25	1	
	8.74m 8.11m 8.05m						
15	Emma Logeman	SO North Iowa Area CC	8.65m	7.69m	25-02.75	1	
	7.66m FOUL 7.69m						

Event 36 Men Shot Put

=====							
Name	Year	School	Seed	Finals	Points		
=====							
1	Denz Simmonds	SO Iowa Western CC	17.86m	16.99m	55-09.00	10	
	15.14m FOUL 16.99m 16.45m 15.56m 15.98m						
2	Yekini Bowen	FR Iowa Western CC	17.31m	15.45m	50-08.25	8	
	15.32m 15.39m FOUL 15.45m FOUL 14.61m						
3	Tate Joens	FR Indian Hills CC	16.74m	15.08m	49-05.75	6	
	13.98m FOUL 15.04m FOUL FOUL 15.08m						
4	Tino Tamayo	SO Hawkeye CC	14.91m	14.24m	46-08.75	5	
	13.27m 14.19m FOUL FOUL FOUL 14.24m						
5	Alejandro Gimenez	SO Iowa Western CC	14.29m	13.19m	43-03.25	4	
	12.20m FOUL FOUL 13.19m 12.43m 13.03m						
6	Brandt Williams	SO Hawkeye CC	13.08m	12.87m	42-02.75	3	
	12.87m 12.09m 12.74m FOUL 12.33m 12.23m						
7	Adam Smith	FR Hawkeye CC	14.58m	11.69m	38-04.25	2	
	FOUL FOUL 11.69m FOUL FOUL FOUL						
8	Colby Krutsinger	FR North Iowa Area CC	11.48m	11.65m	38-02.75	1	
	10.58m 11.65m FOUL FOUL FOUL 10.83m						
9	Rodney Ngezimani	FR North Iowa Area CC	12.64m	11.15m	36-07.00		
	FOUL FOUL 10.61m FOUL 10.89m 11.15m						
10	Austin Groff	FR North Iowa Area CC	10.60m	9.57m	31-04.75		
	9.57m FOUL 8.79m						
11	Tyler Bartels	FR Hawkeye CC	9.94m	x9.31m	30-06.50		
	9.31m FOUL 8.73m						

Event 37 Women 4x100 Meter Relay

=====			
School	Seed	Finals	Points
=====			
1 Indian Hills CC	46.12	46.04	10
1) Shanice Cox SO	2) Nyla Norman FR		

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....Event 37 Women 4x100 Meter Relay

3) Destiny Mitchell FR	4) Zekira Snow FR			
2 Iowa Western CC		45.39	46.23	8
1) Judith Koumedzina FR	2) Kaylia Kelly FR			
3) Glory Okon FR	4) Ethel Amissah SO			
3 Iowa Central CC		48.75	47.67	6
1) Abigail Frey SO	2) Zariah Greaves FR			
3) Dayvione Briggs SO	4) Tina Samson FR			
4 North Iowa Area CC		52.34	51.73	5
1) Gift Gonpue FR	2) Tenisha Herbert FR			
3) Emily Usher FR	4) Taja Conley FR			
5 Hawkeye CC		52.25	51.90	4
1) Kallie Mincks SO	2) Kendall See FR			
3) Grace Rathe SO	4) Tasha Williams FR			
6 Southeastern CC			54.77	3
1) Diane Zaity FR	2) Chloe Horn FR			
3) Madelyn Buck FR	4) Arina Tembo FR			

Event 38 Men 4x100 Meter Relay

School	Seed	Finals	Points
1 Iowa Central CC	40.87	40.34	10
1) Youssef Hamed FR	2) Waukeem Walters SO		
3) Miles Reed FR	4) Bongumusa Nkosi FR		
2 Iowa Western CC	41.17	41.10	8
1) Tatum Fox FR	2) Wallace Aflamah FR		
3) Kaia Fox FR	4) Eseroghene Oguma FR		
3 Hawkeye CC	42.39	42.38	6
1) Liam Carlson FR	2) Evan Kearney FR		
3) Carter Even SO	4) Sean Knockel SO		
4 North Iowa Area CC	42.62	42.94	5
1) Terrence Thomas FR	2) Tyreese James FR		
3) Bruce Huggins SO	4) Quinton Ellis FR		
5 Southeastern CC		43.31	4
1) Travain Donaldson FR	2) Jordan Sharp SO		
3) Broderick Schroers FR	4) Cade Packard FR		
6 Southwestern CC	44.16	45.03	3
1) Sam Foreman FR	2) Peyton Embree FR		
3) Rouce Sayee FR	4) Jedd Weinkoetz FR		

Event 39 Women 4x400 Meter Relay

School	Seed	Finals	Points
1 Iowa Central CC	3:58.17	4:11.52	10
1) Abigail Frey SO	2) Tina Samson FR		
3) Nicole Schaefer FR	4) Dayvione Briggs SO		
2:09.652 (2:09.652)	3:09.502 (59.850)	4:11.512 (1:02.010)	
2 Hawkeye CC	4:25.69	4:26.77	8
1) Kallie Mincks SO	2) Amber Homan FR		
3) Kendall See FR	4) Tasha Williams FR		
2:11.690 (2:11.690)	3:16.438 (1:04.749)	4:26.765 (1:10.327)	
3 Southeastern CC	4:23.14	4:30.06	6

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....Event 39 Women 4x400 Meter Relay

1) Carissa Mackey SO	2) Cassidy Yaley SO		
3) Arianna Pedrin FR	4) Madelyn Buck FR		
2:16.271 (2:16.271)	3:29.392 (1:13.122)	4:30.060 (1:00.668)	
4 North Iowa Area CC	4:16.95	4:36.65	5
1) Gift Gonpue FR	2) Tenisha Herbert FR		
3) Lilly Radcliffe FR	4) Taja Conley FR		
2:22.227 (2:22.227)	3:32.802 (1:10.575)	4:36.645 (1:03.843)	

Event 40 Men 4x400 Meter Relay

School	Seed	Finals	Points
1 Indian Hills CC	3:08.30	3:13.72	10
1) Cyrus Ways FR	2) Tyrice Taylor SO		
3) Terrick Johnson SO	4) Chris Johnson SO		
1:36.253 (1:36.253)	2:25.028 (48.775)	3:13.715 (48.688)	
2 North Iowa Area CC	3:21.38	3:20.23	8
1) Tyreese James FR	2) Jacob Vais SO		
3) Bruce Huggins SO	4) Quinton Ellis FR		
1:42.192 (1:42.192)	2:32.854 (50.663)	3:20.229 (47.375)	
3 Iowa Central CC	3:14.72	3:20.55	6
1) Trevon Prince SO	2) Antoine Tshimanga FR		
3) Seon Booker FR	4) Jadon Boots SO		
1:41.832 (1:41.832)	2:31.003 (49.172)	3:20.542 (49.539)	
4 Southeastern CC	3:33.80	3:31.66	5
1) Brooks Julian SO	2) Travain Donaldson FR		
3) Broderick Schroers FR	4) Cade Packard FR		
1:48.328 (1:48.328)	2:38.764 (50.437)	3:31.660 (52.897)	
5 Hawkeye CC	3:18.84	3:34.28	4
1) Carter Even SO	2) Sean Knockel SO		
3) Evan Kearney FR	4) Kenny Cutler SO		
1:45.947 (1:45.947)	2:39.455 (53.509)	3:34.275 (54.820)	
6 Southwestern CC	3:34.19	3:57.78	3
1) Rouce Sayee FR	2) Tyus Wills FR		
3) Sam Foreman FR	4) Emmet Long FR		
1:53.859 (1:53.859)	2:50.318 (56.459)	3:57.778 (1:07.460)	

Event 41 Women 4x800 Meter Relay

School	Seed	Finals	Points
1 Southeastern CC	9:43.80	10:10.19	10
1) Cassidy Yaley SO	2) Madelyn Buck FR		
3) Arianna Pedrin FR	4) Carissa Mackey SO		
2:33.475 (2:33.475)	5:16.984 (2:43.509)	7:44.331 (2:27.348)	10:10.190 (2:25.859)
2 Iowa Central CC	10:36.25	10:34.05	8
1) Tina Samson FR	2) Landry McCoid FR		
3) Natalie Bogdanova Kirilova FR	4) Joan Jepngetich FR		
2:40.040 (2:40.040)	5:28.265 (2:48.225)	8:03.704 (2:35.439)	10:34.046 (2:30.343)
3 North Iowa Area CC		11:23.46	6
1) Emily Usher FR	2) Juliana Droll FR		
3) Skyila Shuryan FR	4) Cloey Usher FR		
2:39.266 (2:39.266)	5:46.226 (3:06.960)	8:36.756 (2:50.530)	11:23.451 (2:46.695)

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Event 42 Men 4x800 Meter Relay

School	Seed	Finals	Points
1 Iowa Western CC	7:38.15	7:50.76	10
1) Flynn Pumpa FR	2) Victor Kemboi FR		
3) Jacinto Gaspar SO	4) Mohammed Kowa SO		
1:58.427 (1:58.427)	3:56.245 (1:57.818)	5:56.472 (2:00.228)	7:50.756 (1:54.284)
2 Iowa Central CC	7:33.09	7:52.25	8
1) Baylor Bergren SO	2) Chase Deiter FR		
3) Caleb Crystal SO	4) Hamza Mohamed FR		
1:58.618 (1:58.618)	3:57.035 (1:58.417)	5:56.548 (1:59.514)	7:52.246 (1:55.698)
3 North Iowa Area CC	8:28.74	8:09.59	6
1) Eli Bergman FR	2) Owen Almelien FR		
3) Jacob Vais SO	4) Bryson Canton SO		
1:59.903 (1:59.903)	4:04.007 (2:04.104)	6:02.392 (1:58.385)	8:09.581 (2:07.189)
4 Hawkeye CC	10:52.67	8:29.07	5
1) Jess Cornick FR	2) Brennen Sager FR		
3) Austin Langreck SO	4) Anthoneih Kopsa NA		
2:04.878 (2:04.878)	4:02.495 (1:57.617)	6:18.597 (2:16.103)	8:29.068 (2:10.472)
5 Southeastern CC	9:13.12	8:41.45	4
1) Brooks Julian SO	2) Josiah Teller SO		
3) Mason Hills-Carrier SO	4) Cauy Garrett FR		
2:02.922 (2:02.922)	4:10.160 (2:07.238)	6:23.383 (2:13.224)	8:41.446 (2:18.063)
6 Southwestern CC		10:15.66	3
1) Sam Foreman FR	2) Jedd Weinkoetz FR		
3) Emmet Long FR	4) Chase Oates SO		
2:29.878 (2:29.878)	5:18.920 (2:49.042)	7:52.337 (2:33.418)	10:15.657 (2:23.320)

Event 43 Women Heptathlon

Name	Year School	Seed	Finals	H#	Points
1 Landry McCoid	FR Iowa Central CC		3679		10
2 Veronica Andrusyshyn	FR Iowa Western CC	3112	3590		8
3 Madison Steckler	FR Iowa Western CC		3109		6
4 Nicole Schaefer	FR Iowa Central CC		2570		5

Event 43 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year School	Finals	Wind	Points
1 Veronica Andrusyshyn	FR Iowa Western CC	15.04	0.6	836
2 Nicole Schaefer	FR Iowa Central CC	16.10	0.6	702
3 Madison Steckler	FR Iowa Western CC	16.59	0.6	644
4 Landry McCoid	FR Iowa Central CC	17.62	0.6	528

Event 43 Heptathlon: #2 Women High Jump Heptathlon

Name	Year School	Finals	Points
1 Veronica Andrusyshyn	FR Iowa Western CC	1.46m	577
1.33 1.37 1.40 1.43 1.46 1.49			
O O XO XO O XXX			

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....Event 43 Heptathlon: #2 Women High Jump Heptathlon

2 Landry McCoid	FR Iowa Central CC	1.43m	4-08.25	544
1.33 1.37 1.40 1.43 1.46				
O XO O O XXX				
2 Madison Steckler	FR Iowa Western CC	1.43m	4-08.25	544
1.33 1.37 1.40 1.43 1.46				
O O XO O XXX				
4 Nicole Schaefer	FR Iowa Central CC	1.33m	4-04.25	439
1.33 1.37				
XXO XXX				

Event 43 Heptathlon: #3 Women Shot Put Heptathlon

Name	Year School	Finals	Points
1 Landry McCoid	FR Iowa Central CC	9.56m 31-04.50	501
9.56m 9.31m 9.27m			
2 Veronica Andrusyshyn	FR Iowa Western CC	8.27m 27-01.75	417
6.96m 8.27m 7.96m			
3 Madison Steckler	FR Iowa Western CC	7.74m 25-04.75	383
7.38m 7.15m 7.74m			
4 Nicole Schaefer	FR Iowa Central CC	5.70m 18-08.50	252
4.99m 4.87m 5.70m			

Event 43 Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year School	Finals	Wind	Points
1 Veronica Andrusyshyn	FR Iowa Western CC	26.94	+0.0	717
2 Madison Steckler	FR Iowa Western CC	27.31	+0.0	686
3 Nicole Schaefer	FR Iowa Central CC	27.52	+0.0	669
4 Landry McCoid	FR Iowa Central CC	27.65	+0.0	659

Event 43 Heptathlon: #5 Women Long Jump Heptathlon

Name	Year School	Finals	Wind	Points
1 Landry McCoid	FR Iowa Central CC	4.78m 2.1 15-08.25		500
4.40m(1.9) 4.66m(2.8) 4.78m(2.1)				
2 Madison Steckler	FR Iowa Western CC	4.48m 1.8 14-08.50		423
FOUL FOUL 4.48m(1.8)				
3 Veronica Andrusyshyn	FR Iowa Western CC	4.42m 2.1 14-06.00		408
4.42m(2.1) 4.31m(1.7) 4.27m(3.6)				
4 Nicole Schaefer	FR Iowa Central CC	4.16m 2.6 13-07.75		345
4.16m(2.6) 4.00m(4.5) 3.34m(2.0)				

Event 43 Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Year School	Finals	Points
1 Landry McCoid	FR Iowa Central CC	33.50m 109-11	543
25.37m 29.65m 33.50m			
2 Veronica Andrusyshyn	FR Iowa Western CC	22.33m 73-03	332
22.28m 19.57m 22.33m			

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....Event 43 Heptathlon: #6 Women Javelin Throw Heptathlon

3 Madison Steckler	FR Iowa Western CC	19.60m	64-04	281
FOUL 19.60m 18.12m				
4 Nicole Schaefer	FR Iowa Central CC	13.13m	43-01	163
13.13m 11.46m 12.55m				

Event 43 Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Year School	Finals	Points
1 Landry McCoid	FR Iowa Central CC	2:55.90	404
1:25.127 (1:25.127) 2:55.892 (1:30.765)			
2 Veronica Andrusyshyn	FR Iowa Western CC	3:06.97	303
1:37.118 (1:37.118) 3:06.962 (1:29.844)			
3 Madison Steckler	FR Iowa Western CC	3:28.24	148
1:36.605 (1:36.605) 3:28.240 (1:51.635)			
-- Nicole Schaefer	FR Iowa Central CC	DNF	
1:36.612 (1:36.612) 3:06.962 (1:30.350)			

Event 44 Men Decathlon

Name	Year School	Seed	Finals	H#	Points
1 Isaiah Cowley	FR Iowa Western CC	5237	5448		10
2 Jonathon Hackett	SO Southwestern CC		5076		8
3 Santiago Gonzalez	FR Iowa Central CC		5022		6
4 Marcus Edan	FR Iowa Western CC	5252	4883		5
5 Tyler Bartels	FR Hawkeye CC	4624	4846		4
6 Brandon Calmese	SO Iowa Western CC	5436	3744		3

Event 44 Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Year School	Finals	Wind	Points
1 Isaiah Cowley	FR Iowa Western CC	11.19	1.1	819
2 Brandon Calmese	SO Iowa Western CC	11.29	1.1	797
3 Marcus Edan	FR Iowa Western CC	11.40	1.1	774
4 Jonathon Hackett	SO Southwestern CC	11.68	1.1	715
5 Tyler Bartels	FR Hawkeye CC	11.72	1.1	707
6 Santiago Gonzalez	FR Iowa Central CC	12.02	1.1	647

Event 44 Decathlon: #2 Men Long Jump Decathlon

Name	Year School	Finals	Wind	Points
1 Brandon Calmese	SO Iowa Western CC	6.39m	0.9	20-11.75 673
6.33m(0.8) FOUL 6.39m(0.9)				
2 Isaiah Cowley	FR Iowa Western CC	6.00m	1.0	19-08.25 587
6.00m(1.0) 5.87m(1.2) 5.73m(1.2)				
3 Tyler Bartels	FR Hawkeye CC	5.95m	1.5	19-06.25 576
FOUL 5.66m(1.5) 5.95m(1.5)				
4 Marcus Edan	FR Iowa Western CC	5.85m	1.3	19-02.50 554
FOUL FOUL 5.85m(1.3)				
5 Santiago Gonzalez	FR Iowa Central CC	5.80m	1.1	19-00.50 544
5.46m(1.7) 5.63m(1.3) 5.80m(1.1)				

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....Event 44 Decathlon: #2 Men Long Jump Decathlon

6 Jonathon Hackett SO Southwestern CC 5.64m 0.8 18-06.00 510
 FOUL 5.52m(0.9) 5.64m(0.8)

Event 44 Decathlon: #3 Men Shot Put Decathlon

Name	Year	School	Finals	Points
1 Marcus Edan	FR	Iowa Western CC	10.61m 34-09.75	522
FOUL FOUL 10.61m				
2 Jonathon Hackett	SO	Southwestern CC	10.55m 34-07.50	519
10.32m 10.19m 10.55m				
3 Santiago Gonzalez	FR	Iowa Central CC	10.30m 33-09.50	504
10.07m 10.30m 10.04m				
4 Tyler Bartels	FR	Hawkeye CC	9.88m 32-05.00	478
9.85m 9.88m FOUL				
5 Isaiah Cowley	FR	Iowa Western CC	9.78m 32-01.00	472
9.36m 9.78m FOUL				
6 Brandon Calmese	SO	Iowa Western CC	9.75m 32-00.00	471
FOUL 9.25m 9.75m				

Event 44 Decathlon: #4 Men High Jump Decathlon

Name	Year	School	Finals	Points
1 Brandon Calmese	SO	Iowa Western CC	1.80m 5-10.75	627
1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.85				
PPP PPP PPP PPP PPP PPP PPP PPP XO O XXX				
2 Jonathon Hackett	SO	Southwestern CC	1.77m 5-09.75	602
1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80				
PPP PPP PPP PPP O XO O O O XXX				
3 Marcus Edan	FR	Iowa Western CC	1.68m 5-06.00	528
1.53 1.56 1.59 1.62 1.65 1.68 1.71				
PPP PPP PPP PPP XO XO XXX				
4 Isaiah Cowley	FR	Iowa Western CC	1.65m 5-05.00	504
1.53 1.56 1.59 1.62 1.65 1.68				
PPP PPP PPP XO XXO XXX				
5 Santiago Gonzalez	FR	Iowa Central CC	1.53m 5-00.25	411
1.53 1.56 1.59				
XO PPP XXX				
5 Tyler Bartels	FR	Hawkeye CC	1.53m 5-00.25	411
1.53 1.56				
XXO XXX				

Event 44 Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year	School	Finals	Points
1 Brandon Calmese	SO	Iowa Western CC	51.43	750
2 Isaiah Cowley	FR	Iowa Western CC	52.49	703
3 Marcus Edan	FR	Iowa Western CC	52.66	696
4 Jonathon Hackett	SO	Southwestern CC	53.29	669
5 Tyler Bartels	FR	Hawkeye CC	54.66	613
6 Santiago Gonzalez	FR	Iowa Central CC	55.48	580

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Event 44 Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Year School	Finals	Wind	H#	Points
1 Isaiah Cowley	FR Iowa Western CC	15.68	-3.1	1	769
2 Tyler Bartels	FR Hawkeye CC	16.92	-1.6	2	633
3 Marcus Edan	FR Iowa Western CC	18.18	-1.6	2	507
4 Santiago Gonzalez	FR Iowa Central CC	18.67	-3.1	1	462
5 Jonathon Hackett	SO Southwestern CC	18.69	-1.6	2	460
-- Brandon Calmese	SO Iowa Western CC	DQ	-1.6	2	

Event 44 Decathlon: #7 Men Discus Throw Decathlon

Name	Year School	Finals	Points
1 Santiago Gonzalez 30.87m FOUL 29.87m	FR Iowa Central CC	30.87m	101-03 482
2 Marcus Edan 23.97m 29.42m 24.31m	FR Iowa Western CC	29.42m	96-06 453
3 Brandon Calmese 24.64m FOUL 28.06m	SO Iowa Western CC	28.06m	92-01 426
4 Jonathon Hackett 25.86m 27.87m 23.88m	SO Southwestern CC	27.87m	91-05 423
5 Isaiah Cowley 26.80m 24.07m 22.34m	FR Iowa Western CC	26.80m	87-11 402
6 Tyler Bartels 17.93m 17.70m 21.43m	FR Hawkeye CC	21.43m	70-04 299

Event 44 Decathlon: #8 Men Pole Vault Decathlon

Name	Year School	Finals	Points
1 Santiago Gonzalez 2.00 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 PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O XO O XXO XXX	FR Iowa Central CC	3.30m	10-10.00 431
2 Jonathon Hackett 2.00 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 PPP PPP PPP O O O O O XO O XXX	SO Southwestern CC	2.90m	9-06.25 333
2 Isaiah Cowley 2.00 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 PPP PPP PPP O O O O O XO O XXX	FR Iowa Western CC	2.90m	9-06.25 333
4 Tyler Bartels 2.00 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 O O O O O O O XO XXX	FR Hawkeye CC	2.70m	8-10.25 286
-- Marcus Edan 2.00 2.10 2.20 2.30 2.40 2.50 2.60 2.70 PPP PPP PPP PPP PPP PPP PPP XXX	FR Iowa Western CC	NH	
-- Brandon Calmese	SO Iowa Western CC	DNF	

Event 44 Decathlon: #9 Men Javelin Throw Decathlon

Name	Year School	Finals	Points
1 Tyler Bartels 41.30m 41.09m 41.64m	FR Hawkeye CC	41.64m	136-07 466

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

2	Isaiah Cowley	FR Iowa Western CC	38.45m	126-02	420
	36.62m 38.45m 37.29m				
3	Santiago Gonzalez	FR Iowa Central CC	35.69m	117-01	380
	35.69m FOUL FOUL				
4	Jonathon Hackett	SO Southwestern CC	35.57m	116-08	378
	28.66m 35.57m 33.27m				
5	Marcus Edan	FR Iowa Western CC	27.73m	91-00	267
	27.73m 27.12m FOUL				
--	Brandon Calmese	SO Iowa Western CC			DNF

Event 44 Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Year School	Finals	Points
1 Marcus Edan	FR Iowa Western CC	4:56.22	582
	56.292 (56.292) 2:15.466 (1:19.174) 3:39.201 (1:23.735) 4:56.211 (1:17.010)		
2 Santiago Gonzalez	FR Iowa Central CC	4:56.26	581
	55.632 (55.632) 2:15.067 (1:19.435) 3:39.743 (1:24.677) 4:56.257 (1:16.514)		
3 Jonathon Hackett	SO Southwestern CC	5:16.86	467
	55.246 (55.246) 2:14.613 (1:19.368) 3:44.948 (1:30.335) 5:16.858 (1:31.910)		
4 Isaiah Cowley	FR Iowa Western CC	5:22.05	439
	56.682 (56.682) 2:21.167 (1:24.485) 3:56.620 (1:35.453) 5:22.042 (1:25.423)		
5 Tyler Bartels	FR Hawkeye CC	5:34.67	377
	57.231 (57.231) 2:24.632 (1:27.402) 4:05.277 (1:40.645) 5:34.670 (1:29.393)		
-- Brandon Calmese	SO Iowa Western CC		DNF
	56.032 (56.032)		

Women - Team Rankings - 22 Events Scored

1) Iowa Western CC	261	2) Iowa Central CC	221
3) Indian Hills CC	118	4) Southeastern CC	55
4) Hawkeye CC	55	6) North Iowa Area CC	44
7) Southwestern CC	12		

Men - Team Rankings - 22 Events Scored

1) Iowa Western CC	309	2) Indian Hills CC	161
3) Iowa Central CC	158	4) Hawkeye CC	86
5) North Iowa Area CC	60	6) Southwestern CC	44
7) Southeastern CC	15		