

2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

Women 100 Meter Dash**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Run off @ 8:05PM

All-Time: A 11.89 2014 Abigail Davis, Central
 Championship: C 11.94 5/10/2014 Libbey Schubert, Wartburg
 Stadium: S 11.71 2011 Reyare Thomas, Iowa Central

Name	Year	School	Seed	Prelims	Wind	H#
------	------	--------	------	---------	------	----

Preliminaries

1	Erica Dynes	SR	Wartburg	12.09	12.13Q	2.1	2	
2	Abigail Davis	SR	Central College	12.05	12.15Q	1.8	1	
3	Brittnee Powers	SR	Loras	12.38	12.40Q	1.6	3	
4	Cassie Hocker	JR	Coe	12.33	12.57q	1.6	3	
5	Monica Ruiz	SR	Central College	12.75	12.64q	2.1	2	12.634
6	Taylor Jones	FR	Wartburg	12.66	12.64q	1.8	1	12.638
7	Candace Enis	FR	Dubuque	12.70	12.67q	1.8	1	
8	Alyssa Simon	SO	Loras	12.65	12.70q	2.1	2	12.692 - W Ru
9	Hope Heitman	FR	Central College	12.91	12.70	1.8	1	12.692-L Run
10	Becca Cherry	JR	Wartburg	12.81	12.78	1.6	3	
11	Kayla Johnston	FR	Wartburg	12.79	12.85	1.6	3	
12	Kate Patton	SO	Central College	12.87	12.89	2.1	2	
13	Brittany Burks	FR	Dubuque	12.87	12.93	1.8	1	
14	Rachel Kilburg	SO	Loras	13.08	13.02	1.6	3	
15	Kacy Rodamaker	FR	Luther	13.08	13.07	2.1	2	13.063
16	Alexis Hove	SO	Luther	12.91	13.07	2.1	2	13.066
17	Keanna Belau	FR	Luther	13.30	13.30	2.1	2	
18	Audrey Lovan	SO	Simpson (Iowa)	13.14	13.42	1.8	1	13.416
19	Emma Konkler	SO	Buena Vista	13.17	13.42	1.8	1	13.418
20	Madison Brace	JR	Luther	13.77	13.73	2.1	2	13.725
21	Shania Wunschel	SO	Buena Vista	12.97	13.73	1.6	3	13.729
22	Clarice Martin	FR	Loras	13.48	13.82	1.6	3	
23	Molly Lewison	SO	Buena Vista	13.55	14.06	1.6	3	
24	Sarah Sandage	FR	Simpson (Iowa)	14.63	14.74	1.8	1	

Women 200 Meter Dash**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

All-Time: A 23.84 2012 Nevada Morrison, Wartburg
 Championship: C 23.84 5/11/2012 Nevada Morrison, Wartburg
 Stadium: S 24.10 2005 Diana Lawson, New Jersey City

Name	Year	School	Seed	Prelims	Wind	H#
------	------	--------	------	---------	------	----

1	Abigail Davis	SR	Central College	24.78	24.95Q	2.4	1	
2	Brittnee Powers	SR	Loras	24.79	25.45Q	3.3	2	25.443
3	Erica Dynes	SR	Wartburg	25.47	25.46Q	2.6	3	25.455
4	Dailen Folkedahl	SO	Wartburg	25.82	25.45q	2.4	1	25.445
5	Laura Stenzel	SR	Wartburg	25.54	25.46q	3.3	2	25.455
6	Mallory Spear	JR	Buena Vista	25.30	25.59q	2.6	3	
7	Taylor Jones	FR	Wartburg	25.71	25.81q	2.4	1	
8	Hope Heitman	FR	Central College	26.31	26.04q	3.3	2	
9	Monica Ruiz	SR	Central College	26.31	26.09	2.4	1	



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Women 200 Meter Dash

10	Kate Patton	SO Central College	26.18	26.37	2.6	3
11	Alyssa Simon	SO Loras	25.95	26.57	3.3	2
12	Rachel Kilburg	SO Loras	26.15	26.64	2.6	3
13	Erin Kammer	SR Luther	27.57	26.81	2.6	3
14	Randi-Kate Canoy	JR Luther	26.79	26.90	3.3	2
15	Cassie Hocker	JR Coe	26.68	26.93	2.4	1
16	Amanda Brummet	JR Coe	27.02	27.01	3.3	2
17	Alexis Hove	SO Luther	26.96	27.21	2.6	3
18	Kacy Rodamaker	FR Luther	26.91	27.24	2.6	3
19	Elizabeth Burgus	SO Simpson (Iowa)	27.54	27.61	3.3	2
20	Emma Konkler	SO Buena Vista	27.21	28.22	2.4	1
21	Shania Wunschel	SO Buena Vista	27.27	28.65	2.4	1
22	Clarice Martin	FR Loras	28.15	28.81	2.6	3
23	Jessica Igarashi	FR Buena Vista	28.48	29.42	3.3	2

Women 400 Meter Dash**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

=====						
All-Time: A	53.58	2012	Nevada Morrison, Wartburg			
Championship: C	54.56	2007	Hannah Baker, Wartburg			
Stadium: S	54.59	2005	Tiffany Clark, The College of New Jersey			
Name	Year	School	Seed	Prelims	H#	
=====						
1	Ashlee Downs	SR Central College	57.61	56.82Q	1	
2	Taylor Officer	JR Wartburg	58.57	57.32Q	2	
3	Laura Stenzel	SR Wartburg	58.33	58.68Q	3	
4	Dailen Folkedahl	SO Wartburg	57.80	57.76q	2	
5	Mallory Spear	JR Buena Vista	58.69	57.83q	1	
6	Alexis Hanson	JR Loras	57.99	59.08q	3	
7	Tessa Helmle	JR Wartburg	59.56	59.17q	1	
8	Amanda Brummet	JR Coe	59.79	1:00.48q	2	
9	Regan Engleman	SO Central College	1:00.53	1:00.55	3	
10	Elizabeth Burgus	SO Simpson (Iowa)	1:02.10	1:00.93	1	
11	Randi-Kate Canoy	JR Luther	1:02.95	1:01.29	1	
12	Morganne Haer	JR Buena Vista	1:00.27	1:01.35	3	
13	Sarah Schoel	SO Loras	1:00.57	1:01.49	2	
14	Anna Shaw	SO Central College	1:08.78	1:05.56	1	
15	Bre Pierce	SR Luther	1:03.52	1:05.61	2	
16	Jessica Igarashi	FR Buena Vista	1:06.74	1:08.46	3	
17	Sarah Ea	SR Luther	1:07.00	1:09.34	2	
18	Rachel Kelly	FR Coe	1:05.09	1:09.99	3	
19	Samantha Ea	SR Luther	1:08.97	1:10.30	1	



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

Women 800 Meter Run**9 Advance: Top 2 Each Heat plus Next 3 Best Times**

Name	Year	School	Seed	Prelims	H#
All-Time: A 2:06.83	2011	Keelie Finnel, Coe			
Championship: C 2:08.59	5/12/2012	Nevada Morrison, Wartburg			
Stadium: S 2:11.54	2005	Marcia Taddy, UW-Platteville			
1 Maddie Kleve		SR Wartburg	2:15.67	2:18.12Q	1
1:08.001 (1:08.001)	2:18.113 (1:10.113)				
2 Elizabeth Duehr		SO Wartburg	2:17.15	2:21.43Q	2
1:08.849 (1:08.849)	2:21.425 (1:12.576)				
3 Meghan Silbernagel		SO Wartburg	2:19.59	2:22.16Q	3
1:10.525 (1:10.525)	2:22.159 (1:11.635)				
4 Kemunto Ondande		FR Loras	2:20.22	2:20.03Q	1
1:08.398 (1:08.398)	2:20.030 (1:11.633)				
5 Samantha Feller		JR Wartburg	2:20.03	2:23.12Q	2
1:09.103 (1:09.103)	2:23.120 (1:14.017)				
6 Allie Serres		FR Loras	2:19.68	2:24.93Q	3
1:10.304 (1:10.304)	2:24.927 (1:14.624)				
7 Sydney Gehrt		SR Luther	2:20.73	2:22.12q	1
1:09.497 (1:09.497)	2:22.111 (1:12.614)				
8 Martina Smith		SR Buena Vista	2:24.30	2:25.72q	3
1:10.688 (1:10.688)	2:25.711 (1:15.024)				
9 Rachel Peter		FR Central College	2:25.56	2:25.80q	2
1:10.542 (1:10.542)	2:25.794 (1:15.253)				
10 Courtney Neuendorf		SO Simpson (Iowa)	2:27.04	2:29.11	1
1:10.019 (1:10.019)	2:29.101 (1:19.083)				
11 Liz Venezio		FR Loras	2:23.95	2:29.95	2
1:11.660 (1:11.660)	2:29.947 (1:18.287)				
12 Rebecca Diemer		SR Simpson (Iowa)	2:26.09	2:30.20	1
1:10.895 (1:10.895)	2:30.196 (1:19.301)				
13 Jennifer Zoutte		SO Central College	2:28.89	2:30.39	2
1:11.223 (1:11.223)	2:30.382 (1:19.160)				
14 Kasey Wiedmaier		JR Central College	2:24.88	2:32.33	3
1:10.997 (1:10.997)	2:32.322 (1:21.326)				
15 Rhianna MacDonald		JR Luther	2:33.52	2:32.60	1
1:13.398 (1:13.398)	2:32.599 (1:19.202)				
16 Martel DenHartog		FR Luther	2:32.85	2:34.15	1
1:13.256 (1:13.256)	2:34.149 (1:20.894)				
17 Carrie Piper		SO Loras	2:29.74	2:36.12	3
1:13.857 (1:13.857)	2:36.114 (1:22.257)				
18 Samaya Lewis		FR Coe	2:29.78	2:37.85	3
1:12.642 (1:12.642)	2:37.841 (1:25.199)				
19 Shannon Meehan		SO Luther		2:38.37	3
1:17.808 (1:17.808)	2:38.369 (1:20.561)				
20 Jessica Lamb		JR Simpson (Iowa)	2:31.78	2:40.27	2
1:14.107 (1:14.107)	2:40.267 (1:26.160)				
21 Lesley Roquet		SO Simpson (Iowa)	2:35.65	2:41.56	2
1:15.261 (1:15.261)	2:41.554 (1:26.294)				
22 Alyssa Knudson		FR Coe	2:42.60	2:44.00	3
1:19.629 (1:19.629)	2:43.996 (1:24.367)				



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

Women 10000 Meter Run

=====
All-Time: A 34:24.85 2004 Missy Buttry, Wartburg
Championship: C 36:22.03 5/11/2012 Alana Enabnit, Wartburg
Stadium: S 34:00.43 2005 Carter Hamill, Amherst
Name Year School Seed Finals Points
=====

Finals

1 Maggie Saenz Ruiz SR Loras 36:26.42 38:06.08 10
1:35.808 (1:35.808) 3:07.510 (1:31.702) 4:39.157 (1:31.648) 6:09.919 (1:30.763)
7:42.074 (1:32.156) 9:13.269 (1:31.195) 10:45.275 (1:32.007) 12:15.493 (1:30.219)
13:50.323 (1:34.830) 15:24.226 (1:33.903) 16:54.698 (1:30.473) 18:26.412 (1:31.715)
19:58.874 (1:32.462) 21:30.660 (1:31.787) 23:02.496 (1:31.837) 24:35.233 (1:32.737)
26:07.529 (1:32.297) 27:40.379 (1:32.850) 29:11.505 (1:31.126) 30:41.957 (1:30.453)
32:12.721 (1:30.764) 33:39.605 (1:26.885) 35:07.039 (1:27.435) 36:36.132 (1:29.093)
38:06.077 (1:29.946)

2 Lauren Mordini SR Luther 38:14.25 8
1:35.757 (1:35.757) 3:07.431 (1:31.674) 4:39.031 (1:31.601) 6:09.634 (1:30.604)
7:41.772 (1:32.139) 9:12.962 (1:31.190) 10:44.989 (1:32.028) 12:15.224 (1:30.236)
13:50.204 (1:34.980) 15:24.102 (1:33.898) 16:54.570 (1:30.469) 18:26.161 (1:31.591)
19:58.600 (1:32.440) 21:30.566 (1:31.967) 23:02.259 (1:31.694) 24:35.206 (1:32.947)
26:07.460 (1:32.255) 27:40.322 (1:32.862) 29:11.242 (1:30.920) 30:41.835 (1:30.594)
32:13.473 (1:31.639) 33:45.796 (1:32.323) 35:18.086 (1:32.291) 36:48.114 (1:30.029)
38:14.243 (1:26.129)

3 Kara Maloney SR Luther 38:29.70 6
1:36.054 (1:36.054) 3:07.765 (1:31.711) 4:39.364 (1:31.600) 6:10.225 (1:30.862)
7:42.426 (1:32.202) 9:13.566 (1:31.140) 10:45.614 (1:32.049) 12:15.855 (1:30.242)
13:50.554 (1:34.699) 15:24.487 (1:33.933) 16:54.968 (1:30.482) 18:26.754 (1:31.787)
19:59.178 (1:32.425) 21:31.045 (1:31.867) 23:02.909 (1:31.865) 24:35.709 (1:32.801)
26:07.976 (1:32.268) 27:41.074 (1:33.098) 29:14.793 (1:33.719) 30:49.133 (1:34.340)
32:24.552 (1:35.420) 33:59.426 (1:34.874) 35:33.186 (1:33.760) 37:05.285 (1:32.100)
38:29.695 (1:24.410)

4 Brianne Cook SR Loras 40:15.58 39:16.22 5
1:41.383 (1:41.383) 3:13.550 (1:32.168) 4:47.593 (1:34.043) 6:21.839 (1:34.246)
7:58.005 (1:36.167) 9:34.925 (1:36.921) 11:12.326 (1:37.401) 12:49.704 (1:37.379)
14:24.881 (1:35.178) 15:57.248 (1:32.368) 17:31.468 (1:34.220) 19:06.084 (1:34.616)
20:38.014 (1:31.931) 22:12.094 (1:34.080) 23:45.716 (1:33.622) 25:18.731 (1:33.015)
26:53.515 (1:34.785) 28:29.354 (1:35.839) 30:04.892 (1:35.539) 31:39.500 (1:34.608)
33:14.227 (1:34.727) 34:49.721 (1:35.495) 36:24.600 (1:34.879) 37:54.983 (1:30.383)
39:16.216 (1:21.234)

5 Erin Ellefsen JR Luther 39:22.31 4
1:39.639 (1:39.639) 3:12.859 (1:33.220) 4:47.012 (1:34.154) 6:21.290 (1:34.278)
7:57.634 (1:36.345) 9:34.551 (1:36.917) 11:11.801 (1:37.251) 12:49.137 (1:37.337)
14:25.274 (1:36.138) 15:57.661 (1:32.388) 17:30.447 (1:32.786) 19:04.370 (1:33.923)
20:37.565 (1:33.195) 22:11.760 (1:34.195) 23:46.484 (1:34.725) 25:19.864 (1:33.380)
26:54.710 (1:34.846) 28:29.752 (1:35.042) 30:05.174 (1:35.423) 31:39.908 (1:34.734)
33:14.446 (1:34.538) 34:49.883 (1:35.438) 36:24.770 (1:34.887) 37:54.640 (1:29.870)
39:22.309 (1:27.670)



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Women 10000 Meter Run

6	Anna Ryden	SO Luther	39:30.77	3
	1:39.354 (1:39.354)	3:12.584 (1:33.230)	4:46.736 (1:34.153)	6:20.932 (1:34.196)
	7:57.095 (1:36.164)	9:34.259 (1:37.164)	11:11.505 (1:37.247)	12:48.837 (1:37.333)
	14:25.016 (1:36.180)	15:57.453 (1:32.438)	17:30.214 (1:32.761)	19:04.061 (1:33.847)
	20:37.270 (1:33.209)	22:11.464 (1:34.194)	23:46.059 (1:34.595)	25:19.217 (1:33.158)
	26:53.865 (1:34.649)	28:29.577 (1:35.712)	30:04.967 (1:35.391)	31:39.349 (1:34.382)
	33:14.159 (1:34.810)	34:49.576 (1:35.418)	36:24.483 (1:34.907)	37:58.223 (1:33.740)
	39:30.761 (1:32.539)			
7	Cassidy Gornick	JR Central College	43:09.49	39:45.71 2
	1:40.093 (1:40.093)	3:13.205 (1:33.113)	4:47.357 (1:34.152)	6:21.985 (1:34.628)
	7:58.214 (1:36.230)	9:35.143 (1:36.930)	11:12.331 (1:37.188)	12:49.637 (1:37.307)
	14:25.486 (1:35.850)	15:58.178 (1:32.692)	17:31.825 (1:33.647)	19:06.334 (1:34.509)
	20:39.836 (1:33.502)	22:13.749 (1:33.914)	23:48.948 (1:35.199)	25:22.989 (1:34.041)
	26:59.538 (1:36.550)	28:36.977 (1:37.440)	30:15.476 (1:38.499)	31:52.289 (1:36.813)
	33:29.267 (1:36.979)	35:05.900 (1:36.634)	36:42.589 (1:36.690)	38:18.484 (1:35.895)
	39:45.706 (1:27.223)			
8	Beth Mallon	SO Wartburg	40:04.60	1
	1:40.233 (1:40.233)	3:13.150 (1:32.918)	4:47.272 (1:34.122)	6:21.568 (1:34.296)
	7:57.898 (1:36.331)	9:34.818 (1:36.921)	11:12.071 (1:37.253)	12:49.413 (1:37.343)
	14:24.319 (1:34.907)	15:56.597 (1:32.279)	17:29.547 (1:32.950)	19:03.301 (1:33.754)
	20:36.865 (1:33.564)	22:10.924 (1:34.059)	23:45.388 (1:34.464)	25:18.406 (1:33.018)
	26:53.397 (1:34.992)	28:29.058 (1:35.661)	30:04.651 (1:35.594)	31:39.632 (1:34.981)
	33:16.453 (1:36.822)	35:01.525 (1:45.072)	36:43.113 (1:41.589)	38:26.452 (1:43.340)
	40:04.593 (1:38.141)			
9	Jaclyn Rittgers	JR Wartburg	40:23.79	
	1:38.750 (1:38.750)	3:12.101 (1:33.351)	4:46.351 (1:34.251)	6:21.108 (1:34.757)
	7:57.374 (1:36.267)	9:34.381 (1:37.007)	11:11.631 (1:37.251)	12:48.942 (1:37.312)
	14:24.077 (1:35.136)	15:56.356 (1:32.279)	17:29.294 (1:32.938)	19:03.618 (1:34.325)
	20:37.014 (1:33.396)	22:11.185 (1:34.171)	23:50.329 (1:39.144)	25:36.851 (1:46.523)
	27:18.148 (1:41.297)	28:55.856 (1:37.709)	30:33.170 (1:37.315)	32:10.805 (1:37.636)
	33:50.772 (1:39.967)	35:30.785 (1:40.014)	37:09.548 (1:38.763)	38:48.261 (1:38.713)
	40:23.786 (1:35.525)			
10	Briana McCloskey	JR Simpson (Iowa)	40:52.35	
	1:39.950 (1:39.950)	3:13.012 (1:33.062)	4:47.148 (1:34.137)	6:21.337 (1:34.189)
	7:57.714 (1:36.378)	9:34.676 (1:36.962)	11:11.945 (1:37.270)	12:49.275 (1:37.331)
	14:24.601 (1:35.327)	15:56.921 (1:32.321)	17:29.903 (1:32.982)	19:05.759 (1:35.856)
	20:43.865 (1:38.106)	22:22.861 (1:38.996)	24:02.579 (1:39.719)	25:42.162 (1:39.583)
	27:24.277 (1:42.116)	29:06.624 (1:42.347)	30:49.263 (1:42.640)	32:33.754 (1:44.491)
	34:15.557 (1:41.804)	35:54.191 (1:38.634)	37:35.764 (1:41.574)	39:16.251 (1:40.487)
	40:52.348 (1:36.098)			
11	Holly Wisnousky	SO Coe	44:44.92	
	1:42.437 (1:42.437)	3:19.397 (1:36.961)	5:01.025 (1:41.628)	6:46.919 (1:45.895)
	8:34.350 (1:47.432)	10:21.703 (1:47.354)	12:08.905 (1:47.202)	13:56.945 (1:48.041)
	15:44.640 (1:47.696)	17:32.700 (1:48.061)	19:21.469 (1:48.769)	21:12.246 (1:50.778)
	23:02.816 (1:50.570)	24:51.728 (1:48.912)	26:43.247 (1:51.520)	28:33.884 (1:50.637)
	30:24.149 (1:50.265)	32:15.257 (1:51.109)	34:06.564 (1:51.307)	35:55.968 (1:49.405)
	37:44.266 (1:48.298)	39:29.723 (1:45.458)	41:16.140 (1:46.417)	43:04.783 (1:48.644)
	44:44.914 (1:40.132)			



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

Women 100 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

All-Time: A	13.96	2013	Camesha Goods, Wartburg			
All-Time1: A	13.92	2009	Lauren Bucklin, Simpson (wind)			
Championship: C	14.35	5/9/2015	Elizabeth Brandenburg, Loras			
Championship: C	13.92	2009	Lauren Bucklin, Simpson (wind)			
Stadium: S	14.08	2005	Sheana Grigsby, Carthage			
Name		Year	School	Seed	Prelims	Wind H#

Preliminaries

1	Audrey Hooks	JR	Loras	14.44	14.89Q	3.1 1
2	Derica Jakoubek	SR	Wartburg	14.84	14.97Q	2.3 3
3	Sammie Osterberger	JR	Coe	14.71	15.00Q	2.2 2
4	Madison Spear	JR	Buena Vista	14.94	15.05q	2.3 3
5	Brittany Burks	FR	Dubuque	15.21	15.27q	3.1 1
6	Courtney Sowle	JR	Wartburg	15.27	15.30q	2.2 2
7	Aubree Taylor	SO	Wartburg	15.42	15.46q	2.3 3
8	Isabella Solis	FR	Dubuque	15.20	15.54q	3.1 1
9	Allie Osterberger	JR	Coe	15.66	15.67	3.1 1
10	Amanda Riniker	FR	Wartburg	15.44	15.73	2.3 3
11	Elizabeth Brandenburg	JR	Loras	15.74	15.87	3.1 1
12	Sybbie Sears	SO	Buena Vista	15.65	16.00	2.2 2
13	Devin Hasson	SO	Loras	16.51	16.54	2.3 3
14	MichelleAnn Sanchez	SO	Dubuque	15.15	16.75	2.2 2
15	Jackie Krawczyk	SO	Luther	16.57	16.78	2.3 3
16	Jesse Robinson	SR	Luther	16.87	16.80	3.1 1
17	Taylor Schaefer	FR	Loras	17.07	16.84	2.2 2
18	Molly Lewison	SO	Buena Vista	16.83	16.97	2.2 2
19	Sarah Sandage	FR	Simpson (Iowa)	17.49	17.34	2.3 3
20	Caitlyn Landuyt	SO	Central College	17.77	17.44	2.3 3
21	Marea Holkesvik	SR	Luther	16.33	17.56	2.2 2
22	Sara Schloesser	SR	Luther	17.99	18.01	2.2 2
23	Maddie Smith	SO	Central College	16.89	18.32	3.1 1

Women 400 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

All-Time: A	59.33	2014	Tashina McAllister, Wartburg			
Championship: C	1:01.14	5/10/2014	Tashina McAllister, Wartburg			
Stadium: S	1:01.39	2011	Brittany Melloy, Wartburg			
Name		Year	School	Seed	Prelims	H#
1	Sybbie Sears	SO	Buena Vista	1:03.76	1:04.38Q	3
2	Isabella Solis	FR	Dubuque	1:04.70	1:06.18Q	1
3	Kaitlyn Muhlenbruch	SR	Wartburg	1:05.86	1:08.02Q	2
4	Aubree Taylor	SO	Wartburg	1:05.16	1:06.78q	1
5	Madison Spear	JR	Buena Vista	1:05.91	1:06.95q	3
6	Katrina Pagel	SO	Dubuque	1:06.30	1:08.05q	3
7	Sammie Osterberger	JR	Coe	1:04.51	1:08.15q	2
8	Amanda Riniker	FR	Wartburg	1:06.82	1:08.76q	1
9	Allie Osterberger	JR	Coe	1:07.15	1:09.16	2



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Women 400 Meter Hurdles

10	Devin Hasson	SO Loras	1:06.87	1:09.96	1
11	Marea Holkesvik	SR Luther	1:07.43	1:10.03	3
12	Derica Jakoubek	SR Wartburg	1:06.50	1:11.15	2
13	Celia Da Silva	FR Loras	1:09.27	1:12.38	3
14	Jackie Krawczyk	SO Luther	1:11.25	1:12.88	3
15	Lynzie Miller	FR Central College	1:09.99	1:12.93	1
16	Taylor Schaefer	FR Loras	1:09.84	1:13.06	2
17	Merissa Larson	SO Central College	1:10.79	1:16.65	2
18	Allyson Ervin	FR Buena Vista	1:10.37	1:18.35	1
--	Morgan Sammons	SO Luther	1:11.56	DNS	3

Women 3000 Meter Steeplechase

=====					
All-Time: A	10:20.97	2007	Janet Dobyys, Luther		
Championship: C	10:35.64	2007	Janet Dobyys, Luther		
Stadium: S	10:33.21	2005	Shauneen Garrahan, Amherst		
Name	Year	School	Seed	Finals	Points
=====					

Finals					
1	Fabiola Ortiz	JR Dubuque	11:21.05	11:01.63	10
	46.258 (46.258)	2:10.409 (1:24.151)	3:39.039 (1:28.630)	5:10.655 (1:31.617)	
	6:41.396 (1:30.741)	8:13.081 (1:31.686)	9:41.988 (1:28.907)	11:01.623 (1:19.636)	
2	Holly McKinney	SO Central College	11:27.88	11:02.36	8
	46.379 (46.379)	2:11.850 (1:25.471)	3:40.470 (1:28.620)	5:10.482 (1:30.013)	
	6:39.289 (1:28.807)	8:09.082 (1:29.793)	9:39.292 (1:30.211)	11:02.360 (1:23.068)	
3	Bree Gaster	SR Simpson (Iowa)	11:28.30	11:30.42	6
	47.215 (47.215)	2:16.391 (1:29.176)	3:46.361 (1:29.970)	5:17.524 (1:31.164)	
	6:51.283 (1:33.759)	8:24.636 (1:33.353)	9:57.746 (1:33.110)	11:30.419 (1:32.674)	
4	Emily Day	JR Loras	11:41.92	11:42.94	5
	49.847 (49.847)	2:20.431 (1:30.585)	3:53.214 (1:32.784)	5:26.833 (1:33.619)	
	7:00.524 (1:33.691)	8:38.113 (1:37.590)	10:12.284 (1:34.171)	11:42.933 (1:30.650)	
5	Kelly Minear	SO Loras	11:53.27	11:59.59	4
	51.822 (51.822)	2:23.128 (1:31.306)	3:58.923 (1:35.796)	5:33.065 (1:34.142)	
	7:09.697 (1:36.633)	8:48.049 (1:38.352)	10:24.787 (1:36.739)	11:59.587 (1:34.800)	
6	Andie Arthofer	JR Central College	12:30.35	12:12.96	3
	51.291 (51.291)	2:22.780 (1:31.489)	3:58.778 (1:35.999)	5:36.273 (1:37.496)	
	7:16.393 (1:40.120)	8:57.868 (1:41.476)	10:37.411 (1:39.543)	12:12.951 (1:35.540)	
7	Gillian Feller	JR Wartburg	12:05.05	12:13.24	2
	50.828 (50.828)	2:23.107 (1:32.280)	3:59.728 (1:36.622)	5:37.480 (1:37.753)	
	7:16.966 (1:39.486)	8:58.349 (1:41.384)	10:39.359 (1:41.010)	12:13.236 (1:33.878)	
8	Jenna Dengler	SR Luther	12:55.78	12:13.52	1
	50.144 (50.144)	2:21.513 (1:31.370)	3:57.182 (1:35.670)	5:36.977 (1:39.795)	
	7:16.902 (1:39.925)	8:59.353 (1:42.452)	10:40.856 (1:41.504)	12:13.520 (1:32.665)	
9	Evie Kammeyer	SO Central College	11:55.08	12:15.87	
	49.136 (49.136)	2:20.314 (1:31.179)	3:51.755 (1:31.441)	5:25.544 (1:33.790)	
	6:58.196 (1:32.653)	8:34.584 (1:36.388)	10:28.381 (1:53.797)	12:15.864 (1:47.484)	
10	Kelsey Miner	JR Wartburg	12:25.21	12:30.04	
	51.123 (51.123)	2:23.578 (1:32.455)	3:59.224 (1:35.647)	5:35.414 (1:36.191)	
	7:14.827 (1:39.413)	9:00.173 (1:45.346)	10:46.755 (1:46.583)	12:30.038 (1:43.283)	



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Women 3000 Meter Steeplechase

11 Meredith Robinson	SO Luther	12:53.54	12:36.37		
52.592 (52.592)	2:30.591 (1:38.000)	4:12.061 (1:41.470)	5:53.723 (1:41.663)		
7:35.347 (1:41.625)	9:17.407 (1:42.060)	10:58.756 (1:41.350)	12:36.368 (1:37.613)		
12 Maleaha Earnest	JR Central College	12:56.00	12:40.49		
53.445 (53.445)	2:31.787 (1:38.342)	4:12.555 (1:40.769)	5:54.814 (1:42.259)		
7:37.477 (1:42.664)	9:20.417 (1:42.941)	11:04.192 (1:43.775)	12:40.487 (1:36.296)		
13 Katie Puls	FR Buena Vista	13:42.60	12:43.24		
50.469 (50.469)	2:24.066 (1:33.598)	4:01.643 (1:37.577)	5:40.073 (1:38.430)		
7:25.579 (1:45.507)	9:16.520 (1:50.941)	11:02.991 (1:46.472)	12:43.235 (1:40.244)		
14 Sam Lahey	SO Luther	12:51.51	12:45.57		
53.193 (53.193)	2:31.856 (1:38.663)	4:13.612 (1:41.757)	5:55.848 (1:42.237)		
7:39.382 (1:43.534)	9:22.791 (1:43.409)	11:07.203 (1:44.412)	12:45.565 (1:38.362)		
15 Tessa Kraus	SR Luther	12:49.57	13:05.07		
52.937 (52.937)	2:30.732 (1:37.796)	4:13.115 (1:42.384)	5:57.891 (1:44.776)		
7:46.458 (1:48.567)	9:34.895 (1:48.437)	11:23.224 (1:48.330)	13:05.066 (1:41.843)		
16 Miranda Fober	SO Wartburg	12:45.74	13:13.03		
52.129 (52.129)	2:27.689 (1:35.560)	4:06.885 (1:39.196)	5:51.688 (1:44.804)		
7:39.644 (1:47.957)	9:34.947 (1:55.303)	11:26.259 (1:51.312)	13:13.025 (1:46.767)		
-- Maddie Kemp	SO Wartburg	13:15.39	DNS		

Women 4x800 Meter Relay

=====					
All-Time: A	9:01.89	2010	Wartburg, Wartburg		
			N Calabrese, A Kuiken, J Kuiken, E Eimers		
Championship: C	9:05.41	5/9/2014	Wartburg, Wartburg		
			K Canning, T Officer, K Cochrane, T Moore		
School			Seed	Finals	Points
=====					
1	Wartburg		9:34.08	9:32.73	10
	1) Elizabeth Duehr SO		2) Samantha Feller JR		
	3) Maddie Carlsen SO		4) Taylor Officer JR		
	2:21.659 (2:21.659)	4:49.343 (2:27.684)	7:12.561 (2:23.219)	9:32.727 (2:20.166)	
2	Luther		9:56.98	9:37.48	8
	1) Sydney Gehrt SR		2) Stephanie Murray JR		
	3) Natalie Sandstrom FR		4) Tricia Serres SR		
	2:25.054 (2:25.054)	4:52.564 (2:27.511)	7:19.067 (2:26.503)	9:37.474 (2:18.408)	
3	Loras		9:50.24	9:49.39	6
	1) Kemunto Ondande FR		2) Audrey Miller FR		
	3) Liz Venezio FR		4) Carrie Piper SO		
	2:23.149 (2:23.149)	4:49.371 (2:26.222)	7:17.229 (2:27.859)	9:49.382 (2:32.154)	
4	Central College			10:03.66	5
	1) Rachel Peter FR		2) Andie Arthofer JR		
	3) Jennifer Zoutte SO		4) Kasey Wiedmaier JR		
	2:31.420 (2:31.420)	5:00.885 (2:29.465)	7:34.671 (2:33.787)	10:03.659 (2:28.988)	
5	Simpson (Iowa)			10:21.13	4
	1) Courtney Neuendorf SO		2) Rebecca Diemer SR		
	3) Bree Gaster SR		4) Sarah Galbraith SR		
	2:29.234 (2:29.234)	5:02.539 (2:33.306)	7:33.324 (2:30.785)	10:21.124 (2:47.801)	
6	Coe			10:25.06	3



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Women 4x800 Meter Relay

1) Samaya Lewis FR	2) Lucy Conroy FR								
3) Katie Guinane SO	4) McKayla Morris FR								
2:36.548 (2:36.548)	5:07.649 (2:31.101)	7:48.723 (2:41.074)	10:25.053 (2:36.331)						
7 Dubuque			10:28.56	2					
1) Kiersten Wenthold JR	2) Kayla Kinateder SO								
3) Jamie Draeger FR	4) Kristin Mackenburg SO								
2:25.273 (2:25.273)	4:59.836 (2:34.563)	7:45.907 (2:46.072)	10:28.553 (2:42.646)						
8 Buena Vista			10:31.99	1					
1) Martina Smith SR	2) Katie Puls FR								
3) Sybbie Sears SO	4) Tara Harris FR								
2:33.377 (2:33.377)	5:09.736 (2:36.359)	7:43.595 (2:33.860)	10:31.987 (2:48.393)						

Women High Jump

Opening Height: 1.34m raise by 5 cm through 1.69						
All-Time: A 1.78m 1984		Becky Ebert Sullivan, Wartburg				
Championship: C 1.71m 1995		Teresa Breyfogle, Buena Vista				
Stadium: S 1.76m 2005		Christyn Schumann, Texas Lutheran				
Name	Year	School	Seed	Finals		Points
1 Kailey Kladivo		SR Wartburg	1.70m	1.64m	5-04.50	10
1.59 1.64 1.73						
0 0 XXX						
2 Isabella Solis		FR Dubuque	1.55m	1.59m	5-02.50	8
1.44 1.49 1.54 1.59 1.64						
0 0 XO 0 XXX						
3 Brooke Runneberg		FR Buena Vista	1.60m	1.59m	5-02.50	6
1.49 1.54 1.59 1.64						
0 0 XO XXX						
4 Marissa Johnson		FR Central College	1.53m	1.59m	5-02.50	5
1.44 1.49 1.54 1.59 1.64						
0 0 0 XXO XXX						
5 Alexis Higgins		SR Dubuque	1.60m	1.54m	5-00.50	4
1.54 1.59						
0 XXX						
6 Mallary Erbes		FR Wartburg		1.54m	5-00.50	3
1.44 1.49 1.54 1.59						
0 0 XXO XXX						
7 Brianna Prohaska		FR Wartburg	1.46m	1.49m	4-10.50	2
1.44 1.49 1.54						
0 0 XXX						
8 Victoria Leffler		FR Buena Vista	1.55m	1.49m	4-10.50	1
1.44 1.49 1.54						
XO 0 XXX						
9 Jordyn Gargus		SR Dubuque	1.51m	1.49m	4-10.50	
1.44 1.49 1.54						
XO XO XXX						
10 Morgan Koenigs		JR Central College	1.50m	1.44m	4-08.75	
1.39 1.44 1.49						
0 0 XXX						



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Women High Jump

11	Jessica Harris	SR Coe	1.41m	1.44m	4-08.75
	1.39 1.44 1.49				
	XO O XXX				
12	Molly Wettach	JR Luther	1.51m	1.44m	4-08.75
	1.34 1.39 1.44 1.49				
	XO XO XO XXX				
13	Emma Drees	JR Central College	1.46m	1.44m	4-08.75
	1.39 1.44 1.49				
	XO XXO XXX				
--	Sarah Galbraith	SR Simpson (Iowa)	1.52m	NH	
	1.44				
	XXX				
--	Allison Ewald	SO Loras	1.35m	DNS	

Women Long Jump

All-Time: A 6.49m 2012		Skye Morrison, Wartburg				
Championship: C 6.49m 5/12/2012		Skye Morrison, Wartburg				
Stadium: S 6.02m 2012		Skye Morrison, Wartburg				
Name	Year	School	Seed	Finals	Wind	Points
1 Sarah Galbraith	SR	Simpson (Iowa)	5.13m	5.23m	5.0	17-02.00 10
	4.93m(2.9)	5.06m(2.1) FOUL	5.23m(5.0)	4.93m(2.3)	5.16m(1.2)	
2 Morganne Haer	JR	Buena Vista	5.26m	5.16m	1.9	16-11.25 8
	4.86m(4.0)	4.98m(5.7)	4.94m(3.9)	4.94m(4.9)	5.16m(1.9)	5.05m(3.0)
3 Ashlee Downs	SR	Central College	5.28m	5.15m	1.9	16-10.75 6
	4.59m(4.4)	4.77m(2.8)	5.06m(3.3)	4.75m(3.5)	4.98m(3.4)	5.15m(1.9)
4 Jaclyn Stoakes	SR	Wartburg	5.12m	4.98m	2.0	16-04.25 5
	4.86m(3.1)	4.90m(4.2)	4.76m(3.6) FOUL	4.93m(4.3)	4.98m(2.0)	
5 Sammie Osterberger	JR	Coe	4.97m	4.97m	3.7	16-03.75 4
	4.72m(3.3)	4.74m(4.4)	4.97m(3.7)	4.79m(5.0) FOUL	4.70m(2.4)	
6 Sarah Schoel	SO	Loras	5.23m	4.95m	2.1	16-03.00 3
	4.87m(2.4)	4.94m(2.8)	4.89m(6.6)	4.22m(2.7)	4.91m(4.5)	4.95m(2.1)
7 Emma Drees	JR	Central College	5.05m	4.94m	4.7	16-02.50 2
	4.80m(3.8)	4.94m(4.7)	4.54m(3.1)	4.89m(2.7)	4.78m(4.2)	4.90m(3.9)
8 Kailey Kladio	SR	Wartburg	5.14m	4.92m	6.2	16-01.75 1
	4.92m(6.2)	4.82m(2.7)	4.67m(2.1)	4.86m(2.2)	4.86m(4.5)	4.86m(2.0)
9 Trenetta Blocker	SO	Central College	4.64m	4.91m	2.9	16-01.50
	4.79m(2.2)	4.91m(2.9) FOUL	4.68m(4.4) FOUL	4.58m(1.6)		
10 Amy Brant	SO	Wartburg	4.97m	4.81m	1.8	15-09.50
	4.81m(1.8) FOUL	4.73m(3.1)				
11 Olivia McAtee	FR	Wartburg	5.10m	4.72m	3.2	15-06.00
	4.40m(2.3)	4.72m(3.2)	4.71m(4.9)			
12 Morgan Koenigs	JR	Central College	4.68m	4.63m	2.6	15-02.25
	4.33m(1.9)	4.63m(2.6)	4.57m(2.9)			
13 Shania Wunschel	SO	Buena Vista	4.83m	4.50m	2.1	14-09.25
	4.50m(2.1)	4.05m(2.4)	4.39m(3.0)			
14 Taylor Schaefer	FR	Loras	4.84m	4.47m	1.8	14-08.00
	4.47m(1.8)	4.41m(1.3) FOUL				



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

...Women Long Jump

15	Jasmine Cole	FR Dubuque	4.65m	4.37m	2.8	14-04.00
	4.30m(2.2)	4.37m(2.8)	3.93m(2.2)			
16	Johanna Steggall	FR Dubuque	4.61m	4.34m	2.7	14-03.00
	3.91m(3.0)	4.21m(1.5)	4.34m(2.7)			
17	Sarah Sandage	FR Simpson (Iowa)	4.32m	4.22m	3.2	13-10.25
	4.22m(3.2)	4.20m(3.8)	FOUL			
18	Lindsay Meyer	SO Buena Vista	4.04m	3.89m	1.4	12-09.25
	3.89m(1.4)	3.72m(1.9)	3.89m(3.2)			

Women Shot Put

All-Time: A 14.88m		2014	Kayla Hemann, Wartburg					
Championship: C 14.87m		5/11/2013	Kayla Hemann, Wartburg					
Stadium: S 14.64m		2005	Robyn Jarocki, UW-Oshkosh					
Name	Year	School	Seed	Finals	Points			
1	Tanasha Atwater	SO Dubuque	14.51m	12.92m	42-04.75	10		
	12.30m	12.79m	FOUL	12.92m	12.71m	12.79m		
2	Victoria Kapnisis	JR Wartburg	12.59m	12.69m	41-07.75	8		
	11.83m	12.26m	12.04m	12.69m	FOUL	FOUL		
3	Sam Holtz	SO Wartburg	12.60m	12.39m	40-07.75	6		
	11.70m	12.23m	12.39m	12.32m	11.83m	12.31m		
4	Jillian Harstad	JR Luther	12.32m	12.13m	39-09.75	5		
	10.62m	11.60m	11.64m	12.13m	11.43m	11.72m		
5	Lauren Egnarski	SO Dubuque	12.48m	11.90m	39-00.50	4		
	11.09m	FOUL	11.90m	11.37m	11.09m	11.65m		
6	Anna Hedges	FR Loras	12.16m	11.80m	38-08.75	3		
	10.02m	11.61m	11.43m	10.25m	10.68m	11.80m		
7	Megan Larson	FR Loras		11.75m	38-06.75	2		
	11.15m	11.43m	11.56m	11.61m	10.81m	11.75m		
8	April McCarthy	SR Central College	11.86m	11.48m	37-08.00	1		
	11.30m	11.17m	10.99m	11.45m	11.40m	11.48m		
9	Nicole Forson	SR Dubuque	12.48m	11.44m	37-06.50			
	FOUL	11.17m	11.44m	11.31m	FOUL	FOUL		
10	Alex Niemier	FR Simpson (Iowa)	11.66m	11.20m	36-09.00			
	10.80m	10.68m	11.20m					
11	Melissa Alger	SR Coe	12.07m	11.16m	36-07.50			
	11.16m	FOUL	11.11m					
12	Abbie Hauptert	SO Wartburg	11.70m	10.98m	36-00.25			
	10.76m	FOUL	10.98m					
13	Cristyn Eischeid	SO Buena Vista	11.91m	10.64m	34-11.00			
	FOUL	FOUL	10.64m					
14	Keely Glenn	FR Dubuque	11.32m	10.48m	34-04.75			
	10.48m	FOUL	10.38m					
15	Alayna Geronzin	FR Simpson (Iowa)	10.33m	10.47m	34-04.25			
	10.47m	FOUL	10.00m					
16	Shelby Davis	FR Central College	9.02m	10.14m	33-03.25			
	10.14m	9.93m	9.26m					
17	Sofia Lyskanowski	JR Loras	9.92m	9.44m	30-11.75			
	9.17m	9.35m	9.44m					



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Women Shot Put

18	Hannah Ward	SO Luther	10.10m	9.42m	30-11.00
	7.93m 9.42m 8.50m				
19	Jackie Cullinan	SO Simpson (Iowa)	10.25m	9.31m	30-06.50
	9.14m 9.03m 9.31m				
20	Jenna Iverson	SO Luther	10.17m	9.11m	29-10.75
	9.11m 8.77m 8.83m				
21	Macin Harvey	FR Central College	9.41m	9.02m	29-07.25
	8.87m 8.58m 9.02m				
22	Grace Telfer	FR Buena Vista	11.15m	9.02m	29-07.25
	9.02m FOUL FOUL				
23	Bri Burton	FR Wartburg	8.66m	7.99m	26-02.75
	FOUL 7.99m 7.83m				
--	Amanda Skarban	SO Coe	10.94m	FOUL	
	FOUL FOUL FOUL				
--	Stephanie Lashbrook	SO Luther	10.54m	DNS	
--	Lauren Hargrave	FR Coe	10.80m	DNS	

Women Hammer Throw

All-Time: A 55.27m 2007		Dana Klemm, Loras			
Championship: C 54.32m 5/12/2012		Morgan Darrow, Central			
Stadium: S 59.55m 2005		Kelly Godsey, Bates			
Name	Year	School	Seed	Finals	Points
1	Lorell Stuht	JR Central College	53.16m	51.69m	169-07 10
	FOUL 49.17m 50.20m	FOUL 51.69m FOUL			
2	Tanasha Atwater	SO Dubuque	53.72m	49.17m	161-04 8
	46.03m 47.55m 49.17m	FOUL FOUL FOUL			
3	Nicole Forson	SR Dubuque	49.58m	48.86m	160-04 6
	47.42m 48.39m 48.86m	FOUL 46.58m 46.00m			
4	Rebecca Burmahl	FR Dubuque	47.25m	48.49m	159-01 5
	48.49m 45.29m 44.20m	FOUL FOUL FOUL			
5	Jackie Hoyme	SR Luther	48.07m	46.63m	153-00 4
	44.83m 44.61m 46.63m	FOUL FOUL 46.08m			
6	Sofia Lyskanowski	JR Loras	40.65m	42.14m	138-03 3
	37.38m 38.33m 39.10m	42.14m 38.82m 40.70m			
7	Lauren Egnarski	SO Dubuque	45.79m	41.73m	136-11 2
	40.50m 41.73m FOUL	40.66m 40.90m FOUL			
8	Tina Ageson	SR Buena Vista	46.48m	41.07m	134-09 1
	40.70m 41.07m 40.50m	40.56m FOUL 40.29m			
9	Sam Holtz	SO Wartburg	40.57m	39.15m	128-05
	39.03m 38.37m FOUL	FOUL FOUL 39.15m			
10	Jennifer Medina	JR Loras	38.92m	38.86m	127-06
	38.86m FOUL FOUL				
11	Anna Hedges	FR Loras	43.58m	38.71m	127-00
	35.25m 38.71m FOUL				
12	Victoria Kapnisis	JR Wartburg	43.96m	37.80m	124-00
	FOUL 37.80m FOUL				
13	savannah Nesvik	FR Loras	38.83m	37.13m	121-10
	37.13m FOUL 33.36m				



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Women Hammer Throw

14	Cristyn Eischeid	SO Buena Vista	43.49m	36.96m	121-03
	36.96m FOUL 36.63m				
15	Sulibeth Velez	FR Wartburg	37.54m	34.48m	113-01
	33.04m 34.48m 30.61m				
16	Jenna Iverson	SO Luther	38.93m	33.35m	109-05
	29.69m 31.55m 33.35m				
17	Jillian Harstad	JR Luther	37.55m	31.90m	104-08
	31.90m FOUL FOUL				
18	Bri Burton	FR Wartburg	29.88m	30.76m	100-11
	30.76m 29.05m 30.23m				
19	Alex Bahl	SR Coe	35.93m	30.65m	100-07
	FOUL FOUL 30.65m				
20	Alex Niemier	FR Simpson (Iowa)	32.17m	30.41m	99-09
	30.41m FOUL 30.32m				
21	Amanda Skarban	SO Coe	36.75m	30.34m	99-06
	FOUL 30.34m FOUL				
22	Macin Harvey	FR Central College	32.52m	29.37m	96-04
	28.58m 28.44m 29.37m				
23	Brooke Napolitano	SO Central College	32.04m	23.26m	76-04
	FOUL 23.26m FOUL				
24	Jackie Cullinan	SO Simpson (Iowa)	27.73m	23.24m	76-03
	23.24m FOUL FOUL				
--	Alayna Geronzin	FR Simpson (Iowa)	39.86m	FOUL	
	FOUL FOUL FOUL				
--	Stephanie Lashbrook	SO Luther	36.00m	FOUL	
	FOUL PASS PASS				
--	Lauren Hargrave	FR Coe	37.89m	DNS	

Heptathlon: #4 Women 200 Meter Dash Heptathlon

Championship: C 25.58 5/12/2005 Jasmin Jones-Green, Coe

Name	Year	School	Finals	Wind	H#	Points
1 Sarah Galbraith	SR	Simpson (Iowa)	26.52	3.1	2	752
2 Courtney Sowle	JR	Wartburg	26.60	3.1	2	745
3 Jaclyn Stoakes	SR	Wartburg	26.90	3.1	2	720
4 Morgan Koenigs	JR	Central College	26.98	4.7	1	713
5 Emma Drees	JR	Central College	27.25	4.7	1	691
6 Megan Karels	SR	Wartburg	27.99	3.1	2	632
7 Merissa Larson	SO	Central College	28.12	4.7	1	621
8 Kayla Ingvalson	JR	Luther	28.14	3.1	2	620
9 Morgan Sammons	SO	Luther	28.33	4.7	1	605

Heptathlon: #7 Women 800 Meter Run Heptathlon

Championship: C 2:21.98 5/2/2009 Brittany Melloy, Wartburg

Name	Year	School	Finals	Points
1 Courtney Sowle	JR	Wartburg	2:28.65	710
	1:13.75 (1:13.75)	2:28.65 (1:14.91)		



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Heptathlon: #7 Women 800 Meter Run Heptathlon

2	Sarah Galbraith	SR Simpson (Iowa)	2:29.42	700
	1:13.39 (1:13.39)	2:29.42 (1:16.04)		
3	Kayla Ingvalson	JR Luther	2:30.28	689
	1:14.86 (1:14.86)	2:30.28 (1:15.42)		
4	Emma Drees	JR Central College	2:33.19	653
	1:15.18 (1:15.18)	2:33.19 (1:18.02)		
5	Morgan Sammons	SO Luther	2:34.02	643
	1:15.48 (1:15.48)	2:34.02 (1:18.54)		
6	Jaclyn Stoakes	SR Wartburg	2:38.30	593
	1:14.73 (1:14.73)	2:38.30 (1:23.58)		
7	Megan Karels	SR Wartburg	2:38.79	587
	1:15.43 (1:15.43)	2:38.79 (1:23.37)		
8	Merissa Larson	SO Central College	2:43.07	538
	1:15.85 (1:15.85)	2:43.07 (1:27.22)		
9	Morgan Koenigs	JR Central College	2:48.70	477
	1:15.91 (1:15.91)	2:48.70 (1:32.79)		

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Championship: C 14.93 5/9/2003 Raegan Schultz, Central						
Name	Year	School	Finals	Wind	H#	Points
1 Courtney Sowle		JR Wartburg	15.01	0.7	3	840
2 Jaclyn Stoakes		SR Wartburg	15.43	0.7	3	786
3 Sarah Galbraith		SR Simpson (Iowa)	15.97	0.7	3	718
4 Megan Karels		SR Wartburg	16.39	2.3	2	667
5 Emma Drees		JR Central College	16.51	2.3	2	653
6 Morgan Koenigs		JR Central College	16.95	1.3	1	602 16.948
6 Morgan Sammons		SO Luther	16.95	2.3	2	602 16.948
8 Merissa Larson		SO Central College	17.10	1.3	1	585
9 Kayla Ingvalson		JR Luther	17.73	1.3	1	517

Heptathlon: #2 Women High Jump Heptathlon

Opening Height: 1.20m / 3'11.25"						
Championship: C 1.67m 5/1/2009 Kinsey Bak, Simpson						
Name	Year	School	Finals			Points
1 Courtney Sowle		JR Wartburg	1.60m	5-03.00		736
	1.48 1.51 1.54 1.57 1.60 1.63					
	0 0 XO 0 XXX					
2 Sarah Galbraith		SR Simpson (Iowa)	1.51m	4-11.50		632
	1.42 1.45 1.48 1.51 1.54					
	0 0 XXO 0 XXX					
3 Emma Drees		JR Central College	1.48m	4-10.25		599
	1.39 1.42 1.45 1.48 1.51					
	XO 0 0 XO XXX					
3 Jaclyn Stoakes		SR Wartburg	1.48m	4-10.25		599
	1.36 1.39 1.42 1.45 1.48 1.51					
	0 XO 0 XXO XO XXX					



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

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

5	Morgan Koenigs	JR Central College	1.45m	4-09.00	566
	1.39 1.42 1.45 1.48				
	0 XO XXO XXX				
6	Merissa Larson	SO Central College	1.39m	4-06.75	502
	1.30 1.33 1.36 1.39 1.42				
	0 0 0 XO XXX				
6	Megan Karels	SR Wartburg	1.39m	4-06.75	502
	1.30 1.33 1.36 1.39 1.42				
	0 0 0 XO XXX				
8	Morgan Sammons	SO Luther	1.30m	4-03.25	409
	1.24 1.27 1.30 1.33				
	0 0 XXO XXX				
9	Kayla Ingvalson	JR Luther	1.27m	4-02.00	379
	1.24 1.27 1.30				
	0 0 XXX				

Heptathlon: #5 Women Long Jump Heptathlon

=====							
Championship: C 5.54m 5/12/2004 Abby Vanderah, Loras							
Name	Year	School	Finals	Wind	Points		
=====							
1	Jaclyn Stoakes	SR Wartburg	5.13m	1.3	16-10.00	595	
	FOUL(-1.7)	4.91m(-1.7)	5.13m(1.3)				
2	Courtney Sowle	JR Wartburg	4.96m	1.5	16-03.25	548	
	4.63m(+0.0)	4.96m(1.5)	4.60m(-0.9)				
3	Megan Karels	SR Wartburg	4.93m	1.5	16-02.25	540	
	4.60m(-1.5)	4.74m(+0.0)	4.93m(1.5)				
3	Sarah Galbraith	SR Simpson (Iowa)	4.93m	-0.5	16-02.25	540	
	4.92m(-0.3)	4.89m(-1.4)	4.93m(-0.5)				
5	Emma Drees	JR Central College	4.73m	+0.0	15-06.25	487	
	4.66m(+0.0)	4.73m(+0.0)	4.67m(1.2)				
6	Morgan Koenigs	JR Central College	4.70m	0.1	15-05.00	479	
	4.47m(+0.0)	4.31m(-0.3)	4.70m(0.1)				
7	Kayla Ingvalson	JR Luther	4.55m	1.1	14-11.25	441	
	4.55m(1.1)	4.53m(-0.3)	FOUL(2.3)				
8	Morgan Sammons	SO Luther	4.41m	0.8	14-05.75	406	
	4.41m(0.8)	4.20m(-2.0)	4.30m(2.3)				
9	Merissa Larson	SO Central College	4.26m	2.2	13-11.75	369	
	4.26m(2.2)	4.00m(+0.0)	4.01m(0.6)				

Heptathlon: #3 Women Shot Put Heptathlon

=====						
Championship: C 12.06m 5/7/2010 Carissa Bentz, Central						
Name	Year	School	Finals	Points		
=====						
1	Jaclyn Stoakes	SR Wartburg	10.68m	35-00.50	574	
	10.23m	10.31m	10.68m			
2	Megan Karels	SR Wartburg	10.12m	33-02.50	537	
	10.12m	9.32m	9.38m			



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

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

3	Courtney Sowle	JR Wartburg	9.53m	31-03.25	499
	9.53m FOUL 8.85m				
4	Kayla Ingvalson	JR Luther	9.49m	31-01.75	496
	9.06m 9.25m 9.49m				
5	Sarah Galbraith	SR Simpson (Iowa)	9.40m	30-10.25	490
	FOUL 9.40m FOUL				
6	Morgan Koenigs	JR Central College	9.06m	29-08.75	468
	9.06m 8.69m 8.83m				
7	Emma Drees	JR Central College	8.36m	27-05.25	423
	FOUL 8.36m 7.91m				
8	Morgan Sammons	SO Luther	8.24m	27-00.50	415
	7.68m 7.32m 8.24m				
9	Merissa Larson	SO Central College	7.24m	23-09.00	350
	6.21m 7.24m 6.50m				

Heptathlon: #6 Women Javelin Throw Heptathlon

Championship: C 41.10m 5/12/2004 Lindsay Schultz, Central					
Name	Year	School	Finals	Points	
1 Megan Karels	SR	Wartburg	35.26m	115-08	577
	33.73m 35.26m 31.55m				
2 Morgan Koenigs	JR	Central College	34.12m	111-11	555
	29.77m 34.12m 30.18m				
3 Jaclyn Stoakes	SR	Wartburg	33.60m	110-03	545
	33.60m FOUL 31.37m				
4 Morgan Sammons	SO	Luther	30.83m	101-02	492
	30.83m 29.22m 26.81m				
5 Kayla Ingvalson	JR	Luther	29.87m	98-00	474
	29.86m 29.87m 27.51m				
6 Courtney Sowle	JR	Wartburg	29.83m	97-10	473
	25.60m 29.83m 29.19m				
7 Sarah Galbraith	SR	Simpson (Iowa)	28.54m	93-08	449
	26.60m 28.54m 23.87m				
8 Emma Drees	JR	Central College	24.58m	80-08	374
	FOUL 24.58m FOUL				
9 Merissa Larson	SO	Central College	19.10m	62-08	272
	14.89m 19.10m FOUL				

Women Heptathlon

All-Time: A 4943 2004 Raegan Schultz, Central					
Championship: C 4818 5/8/2014 Leah Broderick, Luther					
Name	Year	School	Seed	Finals	Points
1 Courtney Sowle	JR	Wartburg	4156	4551	10
2 Jaclyn Stoakes	SR	Wartburg	4086	4412	8
3 Sarah Galbraith	SR	Simpson (Iowa)	4243	4281	6
4 Megan Karels	SR	Wartburg	3895	4042	5
5 Emma Drees	JR	Central College		3880	4



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Women Heptathlon

6	Morgan Koenigs	JR Central College	3260	3860	3
7	Kayla Ingvalson	JR Luther	3584	3616	2
8	Morgan Sammons	SO Luther	3411	3572	1
9	Merissa Larson	SO Central College	3095	3237	

Men 100 Meter Dash**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

All-Time: A 10.41	2010	Davivorn Dowe, Dubuque				
Championship: C 10.58	2008	Orlando Walton, Dubuque				
Stadium: S 10.47	2011	Alfred Higgs, Iowa Central				
Name	Year	School	Seed	Prelims	Wind	H#

Preliminaries

1	Emmitt Wheatley	FR Simpson (Iowa)	10.75	10.68Q	3.7	1
2	Dan Roerman	SR Central College	11.18	10.86Q	2.6	4
3	Chris Nothnick	SR Wartburg	11.14	10.89Q	2.2	3
4	Dylan Kalinay	SO Simpson (Iowa)	11.13	10.92Q	2.1	2
5	Isaiah Ellis	FR Dubuque	10.92	10.93q	2.2	3 10.925
6	Moussa Kuyateh	FR Buena Vista	10.78	10.93q	2.1	2 10.926
7	Clayton Gray	SO Dubuque	11.03	10.95q	2.2	3
8	Justin Wimbish	SO Central College	10.97	11.00q	2.6	4
9	Joseph Fedoris	SR Wartburg	11.12	11.04	3.7	1
10	Ty Troutman	SR Wartburg	11.12	11.05	3.7	1
11	Travis Tupper	SO Simpson (Iowa)	10.95	11.07	2.6	4 11.063
12	Davey Jergens	SO Simpson (Iowa)	11.23	11.07	2.2	3 11.067
13	Hunter Howe	SO Central College	11.14	11.11	2.6	4
14	Nick Ball	SR Loras	11.11	11.15	2.1	2 11.141
15	Peter Krumm	SR Luther	11.29	11.15	3.7	1 11.146
16	Caleb Jennings	FR Central College	11.32	11.18	2.1	2
17	Demetrius Harper	FR Coe	11.58	11.32	2.2	3
18	Gerrand Moody	SO Loras		11.41	3.7	1
19	Cooper Nelson	JR Luther	11.56	11.47	2.6	4
20	Tyler Blanchard	FR Dubuque	11.25	11.51	3.7	1 11.505
21	Terris Sallis	SR Wartburg	11.41	11.51	2.2	3 11.507
22	Todor Andonov	FR Luther		11.56	3.7	1
23	Brett Bulovsky	FR Luther	11.47	11.59	2.6	4
24	Chris Ball	SO Loras	11.59	11.67	2.1	2
25	Marcus Weathers Jr.	JR Dubuque	11.24	11.73	2.1	2

Men 200 Meter Dash**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

All-Time: A 21.25	2007	Orlando Walton, Dubuque				
Championship: C 21.26	2007	Orlando Walton, Dubuque				
Stadium: S 20.99	2005	Nate Olson, UW-La Crosse				
Name	Year	School	Seed	Prelims	Wind	H#

1	Isaiah Ellis	FR Dubuque	21.79	21.86Q	5.6	1
2	Erik Franklin	JR Coe	22.12	21.89Q	2.0	4



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

...Men 200 Meter Dash

3	Emmitt Wheatley	FR Simpson (Iowa)	21.83	21.93Q	2.9	2
4	Chris Nothnick	SR Wartburg	21.86	22.01Q	2.4	3
5	Dan Roemerman	SR Central College	22.37	22.02q	5.6	1
6	Dylan Kalinay	SO Simpson (Iowa)	22.22	22.10q	2.4	3
7	Hunter Howe	SO Central College	22.31	22.16q	5.6	1
8	Justin Wimbish	SO Central College	22.48	22.41q	2.0	4
9	Nick Ball	SR Loras	22.00	22.50	2.0	4
10	Travis Tupper	SO Simpson (Iowa)	22.40	22.58	2.9	2
11	Austin Flieder	FR Luther	22.52	22.62	2.4	3
12	Caleb Jennings	FR Central College	22.72	22.63	2.0	4
13	Joseph Fedoris	SR Wartburg	22.56	22.66	2.9	2
14	Brandon Gradoville	JR Loras	22.28	22.70	2.9	2
15	Levi Dolphin	SO Wartburg	22.45	22.72	2.0	4
16	Izaiah Lavatai	FR Dubuque	22.65	22.81	5.6	1
17	Peter Krumm	SR Luther	22.70	22.82	2.4	3
18	Andrew McCarthy	SR Luther	22.88	22.83	2.4	3
19	Ty Troutman	SR Wartburg	22.59	22.89	5.6	1
20	Stedman Foster	SR Loras	22.65	22.97	2.9	2
21	Maxwell Tapp	FR Luther	23.34	23.01	5.6	1
22	Moussa Kuyateh	FR Buena Vista	22.41	23.02	2.4	3
23	Demetrius Harper	FR Coe	23.60	23.12	5.6	1
24	Evan Gradoville	FR Loras	23.83	23.17	2.4	3
25	Mark Eberly	JR Buena Vista	22.71	23.21	2.0	4
26	Ryan Sarver	FR Simpson (Iowa)	23.29	23.62	2.9	2
27	Clayton Birkes	JR Coe	23.79	23.95	2.9	2
--	Marcus Weathers Jr.	JR Dubuque		DNS	2.0	4

Men 400 Meter Dash**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

All-Time: A 47.28		2005	Josh Hauser, Wartburg			
Championship: C 47.39		2004	Tyler Sherden, Luther			
Stadium: S 45.95		2005	Bobby Young, Lincoln (PA)			
Name	Year	School	Seed	Prelims	H#	
1	Jackson Reemtsma	FR Luther	49.21	48.24Q	4	
2	Levi Dolphin	SO Wartburg	49.75	49.32Q	3	
3	Brandon Gradoville	JR Loras	48.54	49.44Q	1	
4	Erik Franklin	JR Coe	48.92	49.47Q	2	
5	Stedman Foster	SR Loras	49.01	49.59q	3	
6	Alex Bleadorn	SR Central College	50.66	49.85q	4	
7	Kirk Wicks	FR Simpson (Iowa)	49.86	50.05q	2	
8	Blake Morgan	SO Central College	50.61	50.12q	3	
9	Chase Wetterling	FR Simpson (Iowa)	49.60	50.13	4	
10	Andrew McCarthy	SR Luther	50.33	50.24	1	
11	Matt Pearson	JR Simpson (Iowa)	51.21	50.25	2	
12	Austin Flieder	FR Luther	50.07	50.52	1	
13	Drew Schwartz	JR Wartburg	50.42	50.66	2	
14	Raleigh Sims	SR Luther	51.13	50.72	1	
15	Anton Jones	JR Coe	51.34	50.87	3	



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Men 400 Meter Dash

16	Evan Gradoville	FR Loras	51.09	50.97	2
17	Prince Krahn	FR Simpson (Iowa)	51.13	51.21	1
18	Nathan Suell	FR Coe	52.06	51.42	3
19	Mark Schulz	FR Wartburg	54.18	51.48	1
20	Brennan Dostal	SO Buena Vista	51.46	51.55	4
21	Mark Eberly	JR Buena Vista	50.64	51.93	4
22	Sam McMichael	FR Wartburg	52.00	52.21	4
23	Izaiah Lavatai	FR Dubuque	50.73	52.30	3
24	Anakin Hall	FR Loras	52.53	52.68	2
25	Clayton Birkes	JR Coe	54.35	53.54	1
26	Kijuan Posley	FR Central College	58.79	55.29	3
--	Erich Thalacher	SO Central College	55.79	DQ	2 Lane Line Violatio

Men 800 Meter Run**9 Advance: Top 2 Each Heat plus Next 3 Best Times**

=====					
All-Time: A 1:49.94		1976	Ken Mullen, Coe		
Championship: C 1:51.59		5/9/2015	Zach Frey, Loras		
Stadium: S 1:49.87		2005	Nick Symmonds, Williamette (OR)		
=====					
Name	Year	School	Seed	Prelims	H#
=====					
1	Ryan Hermsen	SR Wartburg	1:53.30	1:56.20Q	2
	56.779 (56.779)	1:56.192 (59.413)			
2	Zach Frey	SR Loras	1:50.88	1:56.82Q	1
	58.873 (58.873)	1:56.819 (57.946)			
3	Nicholas Green	SR Wartburg	1:53.65	1:57.95Q	3
	56.664 (56.664)	1:57.942 (1:01.279)			
4	Cody Snider	SO Wartburg	1:53.66	1:56.42Q	2
	56.570 (56.570)	1:56.416 (59.846)			
5	Beau Freeborn	JR Coe	1:54.59	1:57.11Q	1
	59.115 (59.115)	1:57.104 (57.989)			
6	Kylian Lally	SO Loras	1:53.62	1:58.36Q	3
	57.774 (57.774)	1:58.352 (1:00.579)			
7	Erik Ohlogge	SR Luther	1:55.13	1:56.47q	2
	56.919 (56.919)	1:56.461 (59.542)			
8	Nathan Kimbrell	JR Loras	1:56.64	1:58.22q	2
	57.087 (57.087)	1:58.218 (1:01.132)			
9	Casey Roberts	FR Wartburg	1:54.82	1:58.29q	1
	59.399 (59.399)	1:58.287 (58.889)			
10	Jack Carroll	FR Loras	1:55.96	1:58.46	3
	58.424 (58.424)	1:58.460 (1:00.037)			
11	Kyle Pape	FR Central College	2:00.87	1:59.29	2
	56.949 (56.949)	1:59.284 (1:02.335)			
12	Taylor Donner	SO Central College	1:57.35	1:59.62	1
	59.812 (59.812)	1:59.615 (59.804)			
13	Hunter Klose	FR Dubuque	1:57.42	2:00.15	1
	59.325 (59.325)	2:00.147 (1:00.823)			
14	Ben Sampson	JR Buena Vista	1:57.52	2:00.85	2
	56.750 (56.750)	2:00.844 (1:04.094)			



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Men 800 Meter Run

15 Parker Beard	JR Luther	1:59.22	2:01.19	3
58.698 (58.698)	2:01.187 (1:02.489)			
16 Bret Powers	JR Luther	2:01.68	2:01.42	3
59.778 (59.778)	2:01.419 (1:01.641)			
17 Kyle Nuehring	SR Central College	1:58.14	2:02.88	3
1:00.026 (1:00.026)	2:02.872 (1:02.846)			
18 Kyle Hovey	SO Simpson (Iowa)	1:59.37	2:03.52	2
57.969 (57.969)	2:03.520 (1:05.552)			
19 Paul Woizeschke	SO Buena Vista	2:00.15	2:04.18	1
1:00.029 (1:00.029)	2:04.176 (1:04.148)			
20 Noah Kudla	FR Luther	1:59.43	2:04.31	1
1:00.561 (1:00.561)	2:04.301 (1:03.741)			
21 Ryan Izer	FR Coe	1:56.21	2:05.34	3
59.444 (59.444)	2:05.338 (1:05.895)			
22 Nick Kibby	SO Simpson (Iowa)	2:03.29	2:06.67	2
57.820 (57.820)	2:06.670 (1:08.850)			
23 Parker Hill	FR Central College	2:01.21	2:07.56	3
1:00.331 (1:00.331)	2:07.552 (1:07.221)			
24 Andre Dunlap	FR Dubuque	2:06.56	2:07.69	1
1:01.390 (1:01.390)	2:07.687 (1:06.297)			
25 Brady Hannula	SR Buena Vista	2:08.22	2:11.83	2
58.079 (58.079)	2:11.828 (1:13.749)			
26 Joseph Dobson	FR Buena Vista	2:07.78	2:12.61	1
1:01.434 (1:01.434)	2:12.608 (1:11.174)			

Men 10000 Meter Run

All-Time: A	29:31.08	2016	Cole Decker, Central		
Championship: C	30:36.80	2008	Kevin Balster, Wartburg		
Stadium: S	30:31.45	2005	Josh Moen, Wartburg		
Name	Year	School	Seed	Finals	Points

Finals					
1 Cole Decker	SR Central College	29:31.08	30:25.14S	10	
1:20.240 (1:20.240)	2:32.854 (1:12.614)	3:43.331 (1:10.477)	4:57.533 (1:14.202)		
6:10.354 (1:12.822)	7:21.901 (1:11.547)	8:33.852 (1:11.952)	9:46.191 (1:12.340)		
10:58.169 (1:11.979)	12:10.041 (1:11.873)	13:24.241 (1:14.200)	14:35.477 (1:11.237)		
15:50.968 (1:15.492)	17:02.011 (1:11.043)	18:13.657 (1:11.647)	19:25.882 (1:12.226)		
20:37.502 (1:11.621)	21:49.799 (1:12.297)	23:01.095 (1:11.297)	24:18.507 (1:17.412)		
25:36.296 (1:17.789)	26:52.816 (1:16.521)	28:07.234 (1:14.418)	29:16.641 (1:09.408)		
30:25.138 (1:08.497)					
2 Mason Tope	SO Loras	31:23.91	31:38.65	8	
1:21.590 (1:21.590)	2:33.975 (1:12.386)	3:44.913 (1:10.938)	4:59.354 (1:14.442)		
6:13.521 (1:14.167)	7:28.974 (1:15.454)	8:45.704 (1:16.731)	10:02.742 (1:17.038)		
11:19.609 (1:16.868)	12:37.671 (1:18.062)	13:57.381 (1:19.711)	15:16.425 (1:19.044)		
16:32.853 (1:16.429)	17:49.699 (1:16.847)	19:09.347 (1:19.648)	20:27.760 (1:18.413)		
21:43.422 (1:15.663)	22:56.900 (1:13.478)	24:11.155 (1:14.255)	25:26.267 (1:15.113)		
26:40.570 (1:14.303)	27:55.816 (1:15.247)	29:11.220 (1:15.405)	30:26.485 (1:15.265)		
31:38.646 (1:12.161)					



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Men 10000 Meter Run

3	Eli Kaczinski	SO Wartburg	31:48.77	6	
	1:23.594 (1:23.594)	2:39.866 (1:16.273)	3:55.406 (1:15.541)	5:11.595 (1:16.189)	
	6:27.471 (1:15.877)	7:42.443 (1:14.972)	8:57.410 (1:14.968)	10:13.193 (1:15.783)	
	11:29.350 (1:16.158)	12:45.982 (1:16.633)	14:01.903 (1:15.922)	15:18.890 (1:16.988)	
	16:35.366 (1:16.476)	17:51.010 (1:15.645)	19:09.565 (1:18.555)	20:27.991 (1:18.426)	
	21:43.623 (1:15.633)	22:57.243 (1:13.620)	24:11.671 (1:14.429)	25:28.917 (1:17.247)	
	26:45.699 (1:16.782)	28:02.144 (1:16.446)	29:18.149 (1:16.006)	30:35.442 (1:17.294)	
	31:48.766 (1:13.324)				
4	Justin Adams	SO Loras	32:17.48	31:56.70	5
	1:21.787 (1:21.787)	2:35.376 (1:13.589)	3:50.610 (1:15.235)	5:07.773 (1:17.163)	
	6:24.900 (1:17.128)	7:42.471 (1:17.571)	8:57.680 (1:15.210)	10:13.414 (1:15.734)	
	11:29.522 (1:16.109)	12:46.211 (1:16.690)	14:02.184 (1:15.974)	15:19.137 (1:16.954)	
	16:35.621 (1:16.484)	17:51.363 (1:15.743)	19:09.393 (1:18.030)	20:27.536 (1:18.143)	
	21:43.094 (1:15.559)	22:57.532 (1:14.438)	24:13.458 (1:15.927)	25:31.656 (1:18.198)	
	26:51.765 (1:20.110)	28:11.284 (1:19.519)	29:30.116 (1:18.832)	30:45.514 (1:15.399)	
	31:56.696 (1:11.183)				
5	Isaac Steffensmeier	JR Central College	31:24.80	31:59.53	4
	1:20.321 (1:20.321)	2:33.120 (1:12.799)	3:44.387 (1:11.267)	4:58.762 (1:14.376)	
	6:12.954 (1:14.192)	7:28.449 (1:15.496)	8:45.115 (1:16.666)	10:01.937 (1:16.823)	
	11:19.087 (1:17.151)	12:37.023 (1:17.936)	13:56.827 (1:19.805)	15:15.847 (1:19.020)	
	16:32.246 (1:16.400)	17:49.125 (1:16.880)	19:09.237 (1:20.112)	20:27.976 (1:18.739)	
	21:44.271 (1:16.296)	23:00.608 (1:16.338)	24:19.427 (1:18.819)	25:37.473 (1:18.046)	
	26:56.237 (1:18.764)	28:17.057 (1:20.821)	29:36.212 (1:19.155)	30:51.948 (1:15.737)	
	31:59.530 (1:07.582)				
6	John Sevcik	JR Loras	32:07.96	32:00.31	3
	1:21.181 (1:21.181)	2:33.672 (1:12.492)	3:44.674 (1:11.002)	4:59.082 (1:14.409)	
	6:13.218 (1:14.136)	7:28.722 (1:15.505)	8:45.388 (1:16.666)	10:02.326 (1:16.939)	
	11:19.328 (1:17.003)	12:37.312 (1:17.984)	13:57.101 (1:19.790)	15:16.129 (1:19.028)	
	16:32.519 (1:16.391)	17:49.401 (1:16.883)	19:09.492 (1:20.091)	20:28.142 (1:18.650)	
	21:43.898 (1:15.757)	22:57.792 (1:13.894)	24:13.014 (1:15.223)	25:29.179 (1:16.166)	
	26:45.970 (1:16.791)	28:03.240 (1:17.271)	29:24.082 (1:20.843)	30:45.804 (1:21.723)	
	32:00.306 (1:14.502)				
7	Nathan Haerr	SO Coe	32:39.82	2	
	1:24.489 (1:24.489)	2:41.351 (1:16.863)	3:58.183 (1:16.833)	5:14.702 (1:16.520)	
	6:34.712 (1:20.010)	7:52.379 (1:17.667)	9:10.456 (1:18.077)	10:29.021 (1:18.566)	
	11:48.391 (1:19.370)	13:06.065 (1:17.674)	14:24.322 (1:18.257)	15:44.447 (1:20.125)	
	17:02.572 (1:18.126)	18:20.798 (1:18.226)	19:38.836 (1:18.038)	20:57.426 (1:18.590)	
	22:17.487 (1:20.061)	23:34.954 (1:17.467)	24:55.196 (1:20.243)	26:13.312 (1:18.116)	
	27:31.581 (1:18.269)	28:51.364 (1:19.784)	30:09.588 (1:18.224)	31:26.633 (1:17.046)	
	32:39.813 (1:13.180)				
8	Clare Brandt	SR Luther	32:11.43	32:46.41	1
	1:23.890 (1:23.890)	2:40.531 (1:16.642)	3:56.881 (1:16.351)	5:12.672 (1:15.791)	
	6:30.176 (1:17.504)	7:47.799 (1:17.624)	9:04.796 (1:16.998)	10:23.292 (1:18.496)	
	11:42.180 (1:18.889)	13:03.110 (1:20.930)	14:24.005 (1:20.896)	15:44.292 (1:20.287)	
	17:02.286 (1:17.995)	18:20.646 (1:18.360)	19:38.525 (1:17.879)	20:57.092 (1:18.567)	
	22:17.247 (1:20.155)	23:34.694 (1:17.447)	24:55.099 (1:20.406)	26:14.470 (1:19.371)	
	27:33.972 (1:19.503)	28:54.111 (1:20.139)	30:15.770 (1:21.660)	31:34.928 (1:19.158)	
	32:46.403 (1:11.476)				



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Men 10000 Meter Run

9	Kailas Kokare	SO Wartburg				32:50.75	
	1:23.636 (1:23.636)	2:40.030 (1:16.395)	3:55.522 (1:15.493)	5:11.380 (1:15.858)			
	6:27.265 (1:15.886)	7:42.520 (1:15.255)	8:57.523 (1:15.004)	10:13.324 (1:15.801)			
	11:29.896 (1:16.573)	12:46.485 (1:16.590)	14:02.638 (1:16.154)	15:19.390 (1:16.753)			
	16:36.327 (1:16.938)	17:53.514 (1:17.187)	19:12.205 (1:18.692)	20:30.902 (1:18.697)			
	21:51.367 (1:20.465)	23:13.570 (1:22.204)	24:38.724 (1:25.155)	26:02.234 (1:23.510)			
	27:26.492 (1:24.258)	28:49.224 (1:22.732)	30:11.000 (1:21.777)	31:35.028 (1:24.028)			
	32:50.748 (1:15.721)						
10	Erik Duethman	SO Luther				32:57.76	
	1:24.573 (1:24.573)	2:40.868 (1:16.296)	3:57.932 (1:17.065)	5:13.104 (1:15.173)			
	6:30.405 (1:17.301)	7:47.914 (1:17.509)	9:04.970 (1:17.057)	10:23.358 (1:18.388)			
	11:41.903 (1:18.546)	13:02.820 (1:20.917)	14:23.694 (1:20.875)	15:44.149 (1:20.455)			
	17:01.978 (1:17.829)	18:20.514 (1:18.537)	19:38.549 (1:18.035)	20:56.756 (1:18.207)			
	22:16.937 (1:20.181)	23:34.655 (1:17.718)	24:54.711 (1:20.057)	26:13.842 (1:19.131)			
	27:31.344 (1:17.502)	28:51.702 (1:20.359)	30:15.484 (1:23.782)	31:38.460 (1:22.976)			
	32:57.758 (1:19.298)						
11	Kyle Read	JR Wartburg				33:14.59	
	1:25.118 (1:25.118)	2:45.347 (1:20.229)	4:06.372 (1:21.026)	5:26.028 (1:19.656)			
	6:46.551 (1:20.524)	8:07.431 (1:20.880)	9:28.861 (1:21.431)	10:48.866 (1:20.005)			
	12:08.557 (1:19.692)	13:27.186 (1:18.629)	14:47.910 (1:20.725)	16:07.387 (1:19.477)			
	17:25.390 (1:18.003)	18:42.813 (1:17.423)	20:01.939 (1:19.126)	21:20.325 (1:18.386)			
	22:40.612 (1:20.288)	24:02.603 (1:21.992)	25:23.725 (1:21.123)	26:43.416 (1:19.691)			
	28:04.096 (1:20.681)	29:26.565 (1:22.469)	30:47.245 (1:20.680)	32:06.271 (1:19.027)			
	33:14.588 (1:08.317)						
12	Bryce Hefty	SO Luther				33:24.37	
	1:25.508 (1:25.508)	2:45.415 (1:19.907)	4:06.904 (1:21.490)	5:26.716 (1:19.812)			
	6:47.111 (1:20.396)	8:07.955 (1:20.844)	9:29.128 (1:21.174)	10:49.116 (1:19.988)			
	12:08.831 (1:19.716)	13:27.845 (1:19.014)	14:48.418 (1:20.574)	16:07.934 (1:19.516)			
	17:25.695 (1:17.761)	18:43.310 (1:17.615)	20:02.663 (1:19.353)	21:21.065 (1:18.403)			
	22:41.113 (1:20.048)	24:02.675 (1:21.563)	25:23.062 (1:20.387)	26:42.472 (1:19.411)			
	28:03.073 (1:20.601)	29:24.966 (1:21.894)	30:46.913 (1:21.948)	32:07.762 (1:20.850)			
	33:24.364 (1:16.603)						
13	Kevin Klobassa	SR Wartburg				33:33.37	
	1:25.375 (1:25.375)	2:45.088 (1:19.713)	4:06.055 (1:20.968)	5:26.260 (1:20.205)			
	6:46.826 (1:20.567)	8:07.679 (1:20.853)	9:28.576 (1:20.898)	10:48.561 (1:19.985)			
	12:08.239 (1:19.679)	13:27.437 (1:19.198)	14:48.155 (1:20.719)	16:07.639 (1:19.484)			
	17:25.096 (1:17.458)	18:42.540 (1:17.444)	20:01.651 (1:19.111)	21:20.570 (1:18.919)			
	22:40.853 (1:20.284)	24:02.300 (1:21.448)	25:23.412 (1:21.112)	26:43.047 (1:19.636)			
	28:03.345 (1:20.298)	29:24.500 (1:21.156)	30:46.288 (1:21.789)	32:10.014 (1:23.726)			
	33:33.365 (1:23.351)						
14	John Stoppelman	SO Loras	32:55.22	34:20.98			
	1:24.171 (1:24.171)	2:41.117 (1:16.947)	3:57.525 (1:16.409)	5:13.334 (1:15.810)			
	6:30.705 (1:17.371)	7:48.230 (1:17.525)	9:07.609 (1:19.380)	10:28.455 (1:20.846)			
	11:49.233 (1:20.779)	13:11.437 (1:22.205)	14:34.017 (1:22.581)	15:56.775 (1:22.758)			
	17:19.220 (1:22.446)	18:43.016 (1:23.796)	20:04.840 (1:21.825)	21:30.123 (1:25.283)			
	22:55.615 (1:25.493)	24:20.499 (1:24.884)	25:46.180 (1:25.682)	27:12.181 (1:26.002)			
	28:39.193 (1:27.012)	30:07.861 (1:28.669)	31:35.380 (1:27.520)	33:00.406 (1:25.026)			
	34:20.979 (1:20.574)						



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Men 10000 Meter Run

15	Chad Carter	FR Simpson (Iowa)	34:42.66						
	1:24.276 (1:24.276)	2:45.004 (1:20.729)	4:07.819 (1:22.815)	5:28.925 (1:21.107)					
	6:54.223 (1:25.298)	8:15.879 (1:21.657)	9:39.764 (1:23.885)	11:02.009 (1:22.246)					
	12:23.517 (1:21.509)	13:46.682 (1:23.165)	15:10.538 (1:23.856)	16:33.767 (1:23.229)					
	17:54.600 (1:20.834)	19:16.265 (1:21.665)	20:39.490 (1:23.226)	22:03.398 (1:23.908)					
	23:26.267 (1:22.869)	24:52.269 (1:26.002)	26:17.459 (1:25.191)	27:43.905 (1:26.447)					
	29:09.659 (1:25.754)	30:34.404 (1:24.746)	31:59.046 (1:24.642)	33:22.344 (1:23.298)					
	34:42.658 (1:20.315)								
16	Jordan Toomey	FR Central College	35:03.65						
	1:24.829 (1:24.829)	2:45.274 (1:20.446)	4:08.054 (1:22.780)	5:29.209 (1:21.156)					
	6:54.525 (1:25.316)	8:16.164 (1:21.640)	9:40.074 (1:23.910)	11:02.359 (1:22.286)					
	12:24.000 (1:21.642)	13:47.081 (1:23.081)	15:11.111 (1:24.030)	16:34.754 (1:23.643)					
	17:58.111 (1:23.357)	19:22.542 (1:24.432)	20:46.865 (1:24.323)	22:12.914 (1:26.050)					
	23:39.267 (1:26.353)	25:05.823 (1:26.557)	26:33.216 (1:27.394)	28:00.881 (1:27.666)					
	29:27.871 (1:26.991)	30:54.323 (1:26.453)	32:21.421 (1:27.098)	33:46.769 (1:25.349)					
	35:03.641 (1:16.873)								
17	Steven Smith	JR Buena Vista	35:04.13	35:06.46					
	1:15.095 (1:15.095)	2:34.418 (1:19.323)	3:54.027 (1:19.609)	5:14.173 (1:20.147)					
	6:36.431 (1:22.259)	8:00.255 (1:23.824)	9:23.495 (1:23.240)	10:47.152 (1:23.657)					
	12:10.535 (1:23.383)	13:36.086 (1:25.552)	15:02.325 (1:26.239)	16:28.502 (1:26.178)					
	17:52.028 (1:23.526)	19:17.113 (1:25.086)	20:42.606 (1:25.493)	22:10.198 (1:27.593)					
	23:36.533 (1:26.336)	25:05.012 (1:28.479)	26:32.779 (1:27.767)	28:00.390 (1:27.611)					
	29:27.700 (1:27.311)	30:54.002 (1:26.303)	32:21.110 (1:27.108)	33:46.418 (1:25.309)					
	35:06.458 (1:20.040)								
18	Matthew Gausmann	SR Luther	34:24.37	35:44.91					
	1:26.503 (1:26.503)	2:46.228 (1:19.725)	4:10.393 (1:24.165)	5:33.893 (1:23.501)					
	6:58.288 (1:24.395)	8:21.538 (1:23.250)	9:47.218 (1:25.680)	11:12.852 (1:25.635)					
	12:38.894 (1:26.043)	14:03.659 (1:24.765)	15:28.858 (1:25.199)	16:55.800 (1:26.943)					
	18:22.329 (1:26.530)	19:49.789 (1:27.461)	21:15.986 (1:26.198)	22:41.478 (1:25.492)					
	24:07.664 (1:26.187)	25:36.665 (1:29.001)	27:06.037 (1:29.372)	28:33.494 (1:27.458)					
	30:02.016 (1:28.522)	31:29.627 (1:27.612)	32:58.795 (1:29.169)	34:25.043 (1:26.248)					
	35:44.908 (1:19.866)								
19	Colin Thomson	FR Central College	36:10.77						
	1:26.907 (1:26.907)	2:46.607 (1:19.700)	4:12.424 (1:25.818)	5:39.621 (1:27.198)					
	7:06.524 (1:26.903)	8:33.179 (1:26.656)	9:59.735 (1:26.557)	11:27.755 (1:28.020)					
	12:54.827 (1:27.073)	14:23.284 (1:28.457)	15:52.348 (1:29.064)	17:19.646 (1:27.299)					
	18:43.246 (1:23.600)	20:08.203 (1:24.957)	21:34.084 (1:25.882)	23:02.996 (1:28.912)					
	24:34.876 (1:31.881)	26:05.289 (1:30.414)	27:36.140 (1:30.851)	29:07.853 (1:31.714)					
	30:34.692 (1:26.840)	31:59.398 (1:24.706)	33:23.362 (1:23.964)	34:51.738 (1:28.377)					
	36:10.765 (1:19.027)								



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

Men 110 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

All-Time: A 14.33	1991	Mike Godbout, Simpson			
All-Time1: A 14.28	2008	Shawn Olorundami, Buena Vista (wind)			
Championship: C 14.41	1990	Mike Godbout, Simpson			
Stadium: S 13.58	2011	Michael Hancock, Iowa Central			
Name	Year	School	Seed	Prelims	Wind H#

Preliminaries

1	Dan Roerman	SR Central College	14.46	14.45Q	1.7	2
2	Dylan Kalinay	SO Simpson (Iowa)	14.38	14.67Q	1.8	1
3	Austin Groth	SR Buena Vista	14.89	14.83Q	1.4	3
4	Jackson Reemtsma	FR Luther	14.88	15.06q	1.4	3
5	Isaac Frazier	JR Simpson (Iowa)	14.93	15.25q	1.7	2
6	Chris Hawkins	SO Coe	15.08	15.42q	1.8	1
7	Gerrand Moody	SO Loras	15.37	15.52q	1.7	2
8	Andrew O'Neill	SO Loras	15.44	15.58q	1.4	3
9	Ben Cuvelier	SO Wartburg	15.37	15.68	1.4	3 15.674
10	Justin Sacker	JR Buena Vista	15.76	15.68	1.8	1 15.678
11	Hunter Pollpeter	SO Central College	15.18	15.70	1.8	1
12	Reese Iversen	SO Central College	15.66	15.86	1.7	2
13	Trevor McKee	JR Simpson (Iowa)	16.24	16.19	1.8	1
14	James Niemann	FR Wartburg	16.35	16.27	1.7	2
15	Tyler Reindl	SO Buena Vista	17.44	16.75	1.8	1
16	Ryan Richmond	SO Wartburg	17.17	17.45	1.7	2
17	Peter Lillibridge	SR Luther	17.10	17.68	1.4	3
18	William Bestul	JR Luther	17.02	17.95	1.4	3

Men 400 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

All-Time: A 51.30	2001	Miradieu Joseph, Wartburg			
Championship: C 53.13	5/10/2014	Evan Zurbuchen, Dubuque			
Stadium: S 51.71	2011	Nathan Arnet, Iowa Central			
Name	Year	School	Seed	Prelims	H#

1	Jake Brock	SR Loras	54.75	55.81Q	2
2	Jordan Coughenour	SO Simpson (Iowa)	54.43	55.98Q	3
3	Austin Roberts	SR Central College	55.28	56.39Q	1
4	Austin Groth	SR Buena Vista	55.92	56.46q	3
5	Justin Sacker	JR Buena Vista	57.26	56.57q	2
6	Justin Anderlik	JR Wartburg	55.27	56.71q	1
7	Nick Thibault	SO Wartburg	55.97	57.09q	3
8	Trevor McKee	JR Simpson (Iowa)	56.60	57.15q	1
9	Dillon DeMott	SO Wartburg	56.27	57.42	2
10	James Niemann	FR Wartburg	57.08	58.43	1
11	Peter Lillibridge	SR Luther	58.88	58.61	1
12	Cooper Nelson	JR Luther	57.88	58.87	3
13	Landon Kraus	FR Coe	58.64	59.15	2
14	Andrew O'Neill	SO Loras	57.92	59.72	3
15	Max Johnson	FR Coe	1:00.14	1:00.58	2



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Men 400 Meter Hurdles

16 Hunter Lynch	SR Luther	1:00.00	1:00.74	1
17 Tyler Reindl	SO Buena Vista	1:00.51	1:02.69	3
18 Jacob Mentzer	SO Dubuque	1:00.85	1:03.09	3
19 William Bestul	JR Luther	1:06.51	1:06.70	2
-- Tate Jensen	SO Central College	55.30	DNS	2

Men 3000 Meter Steeplechase

All-Time: A	9:02.55	2007	Patrick Johnson, Wartburg
Championship: C	9:12.94	1985	Dan Huston, Wartburg
Stadium: S	9:09.19	2005	Zach Barr, Monmouth (IL)

Name	Year	School	Seed	Finals	Points
Finals					
1 Mark Fairley		SO Central College	9:36.25	9:17.11	10
40.736 (40.736)	1:52.773 (1:12.038)	3:08.364 (1:15.591)	4:24.376 (1:16.013)		
5:40.061 (1:15.686)	6:54.901 (1:14.840)	8:09.527 (1:14.626)	9:17.103 (1:07.577)		
2 JJ Frawley		JR Wartburg	9:37.13	9:24.67	8
40.070 (40.070)	1:52.456 (1:12.386)	3:08.048 (1:15.593)	4:24.048 (1:16.001)		
5:39.721 (1:15.673)	6:54.489 (1:14.769)	8:09.171 (1:14.682)	9:24.661 (1:15.491)		
3 Lee Scott		JR Wartburg	9:46.75	9:32.04	6
41.777 (41.777)	1:55.322 (1:13.545)	3:10.616 (1:15.295)	4:26.784 (1:16.168)		
5:44.163 (1:17.379)	7:01.140 (1:16.978)	8:18.173 (1:17.034)	9:32.032 (1:13.859)		
4 Nick Yaeger		SR Simpson (Iowa)	9:35.75	9:36.14	5
40.376 (40.376)	1:52.547 (1:12.171)	3:08.108 (1:15.561)	4:24.125 (1:16.018)		
5:40.571 (1:16.447)	6:58.564 (1:17.993)	8:19.632 (1:21.068)	9:36.131 (1:16.500)		
5 Zach Marpe		JR Wartburg	9:44.42	9:41.54	4
41.314 (41.314)	1:54.887 (1:13.573)	3:10.936 (1:16.050)	4:27.687 (1:16.752)		
5:45.710 (1:18.023)	7:04.505 (1:18.795)	8:25.138 (1:20.634)	9:41.533 (1:16.395)		
6 Patrick Finnegan		SO Luther	9:43.06	9:48.75	3
41.564 (41.564)	1:53.999 (1:12.435)	3:09.095 (1:15.096)	4:24.255 (1:15.161)		
5:41.054 (1:16.800)	7:01.990 (1:20.936)	8:26.297 (1:24.308)	9:48.744 (1:22.447)		
7 Tanner Rathje		SO Central College	10:01.66	9:52.50	2
41.040 (41.040)	1:53.903 (1:12.863)	3:09.380 (1:15.477)	4:26.157 (1:16.778)		
5:46.081 (1:19.925)	7:08.674 (1:22.593)	8:33.271 (1:24.597)	9:52.491 (1:19.220)		
8 Ben Hedges		JR Loras	10:10.56	9:55.04	1
43.694 (43.694)	2:01.078 (1:17.385)	3:23.257 (1:22.180)	4:41.545 (1:18.288)		
6:00.639 (1:19.095)	7:19.480 (1:18.841)	8:37.496 (1:18.016)	9:55.035 (1:17.539)		
9 Will Simonson		FR Luther	10:06.61	10:06.97	
42.187 (42.187)	2:00.146 (1:17.959)	3:22.537 (1:22.392)	4:43.306 (1:20.770)		
6:03.670 (1:20.364)	7:25.285 (1:21.616)	8:47.158 (1:21.874)	10:06.967 (1:19.809)		
10 Blake Willadsen		JR Simpson (Iowa)	10:19.26	10:08.25	
41.217 (41.217)	1:53.515 (1:12.298)	3:09.560 (1:16.045)	4:27.881 (1:18.322)		
5:49.446 (1:21.565)	7:13.583 (1:24.138)	8:41.630 (1:28.047)	10:08.247 (1:26.617)		
11 Joel Toppin		SO Wartburg	10:17.94	10:09.95	
42.374 (42.374)	1:57.826 (1:15.453)	3:16.775 (1:18.949)	4:37.455 (1:20.680)		
6:01.608 (1:24.154)	7:25.010 (1:23.402)	8:50.229 (1:25.219)	10:09.942 (1:19.714)		
12 Nick Poff		FR Coe	10:26.71	10:14.26	
42.937 (42.937)	1:59.173 (1:16.237)	3:18.474 (1:19.301)	4:39.013 (1:20.540)		
6:00.917 (1:21.905)	7:24.446 (1:23.529)	8:50.815 (1:26.369)	10:14.256 (1:23.442)		



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Men 3000 Meter Steeplechase

13 Jonathan Berland	JR Dubuque	10:18.04	10:16.72		
44.379 (44.379)	2:03.343 (1:18.965)	3:25.057 (1:21.714)	4:47.969 (1:22.912)		
6:13.372 (1:25.404)	7:37.126 (1:23.754)	9:00.499 (1:23.373)	10:16.715 (1:16.217)		
14 Billy Jeide	SO Luther	10:14.50	10:17.83		
43.799 (43.799)	2:00.179 (1:16.381)	3:22.502 (1:22.324)	4:44.430 (1:21.929)		
6:07.473 (1:23.043)	7:32.827 (1:25.354)	8:55.532 (1:22.705)	10:17.825 (1:22.294)		
15 Luke Lumbar	SO Luther	10:07.62	10:20.74		
42.099 (42.099)	2:00.593 (1:18.494)	3:22.875 (1:22.283)	4:44.685 (1:21.811)		
6:09.788 (1:25.103)	7:35.520 (1:25.733)	9:00.118 (1:24.598)	10:20.739 (1:20.622)		
16 Matt Gagen	SO Loras	10:19.33	10:20.79		
44.474 (44.474)	2:04.030 (1:19.557)	3:25.551 (1:21.522)	4:47.814 (1:22.263)		
6:12.233 (1:24.420)	7:36.081 (1:23.848)	9:00.562 (1:24.481)	10:20.790 (1:20.229)		
17 Jake Till	FR Loras	10:30.82	10:36.57		
44.838 (44.838)	2:04.848 (1:20.011)	3:27.395 (1:22.548)	4:52.530 (1:25.135)		
6:19.208 (1:26.679)	7:48.141 (1:28.933)	9:15.779 (1:27.638)	10:36.568 (1:20.790)		
18 Jeremy Caracci	SO Central College	10:49.42	10:46.31		
43.199 (43.199)	2:02.996 (1:19.798)	3:26.059 (1:23.063)	4:52.907 (1:26.848)		
6:21.822 (1:28.916)	7:52.123 (1:30.301)	9:24.329 (1:32.207)	10:46.304 (1:21.976)		
19 Karl Weaver	JR Central College	11:02.08	11:19.68		
45.644 (45.644)	2:11.569 (1:25.925)	3:40.838 (1:29.269)	5:12.469 (1:31.632)		
6:45.113 (1:32.645)	8:19.666 (1:34.553)	9:52.605 (1:32.939)	11:19.676 (1:27.072)		
-- Payton Nevills	SR Dubuque	10:16.67	DNF		
43.596 (43.596)	2:00.529 (1:16.934)	3:23.504 (1:22.975)	4:47.025 (1:23.521)		

Men 4x800 Meter Relay

=====					
All-Time: A 7:35.8h	1985	Simpson, Simpson			
		M.Christianson, K.Janvrin, J.Brooks, K.Pederson			
Championship: C 7:38.44	5/9/2014	Wartburg, Wartburg			
		J Hochstetler, N Green, C Moser, D Bonthius			
School		Seed	Finals	Points	
=====					
1 Loras		7:54.35	7:44.91	10	
1) Kylian Lally SO		2) Brien Nugent JR			
3) Sam Whan SR		4) Zach Frey SR			
1:57.628 (1:57.628)	3:55.315 (1:57.688)	5:50.256 (1:54.942)	7:44.903 (1:54.647)		
2 Wartburg		7:39.90	7:48.58	8	
1) Cody Snider SO		2) Mark Schulz FR			
3) Jason Ludwig SO		4) Nicholas Green SR			
1:56.907 (1:56.907)	3:54.676 (1:57.770)	5:52.319 (1:57.644)	7:48.580 (1:56.262)		
3 Luther		8:11.38	7:54.22	6	
1) Erik Ohlrogge SR		2) Kyle Gilberg FR			
3) Alex Bishop JR		4) John Donovan SR			
1:58.383 (1:58.383)	3:57.548 (1:59.165)	5:56.255 (1:58.707)	7:54.213 (1:57.959)		
4 Coe		8:03.65	7:57.95	5	
1) Ben Nelson SO		2) Dray Schreiber SO			
3) Derek Dinderman FR		4) Ryan Izer FR			
1:59.811 (1:59.811)	3:57.370 (1:57.560)	5:59.269 (2:01.899)	7:57.946 (1:58.677)		
5 Central College		7:54.96	7:58.72	4	



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Men 4x800 Meter Relay

1) Nick Guzman SO	2) Kyle Nuehring SR						
3) Kyle Pape FR	4) Mark Fairley SO						
1:59.906 (1:59.906)	3:57.113 (1:57.208)	5:58.911 (2:01.798)	7:58.712 (1:59.802)				
6 Dubuque		8:22.79	8:01.94	3			
1) Alec Bass FR	2) Hunter Klose FR						
3) Tyler Miller SO	4) Aaron Ofosu SO						
1:58.410 (1:58.410)	3:57.313 (1:58.903)	5:58.412 (2:01.099)	8:01.938 (2:03.526)				
7 Simpson (Iowa)			8:33.51	2			
1) Ian Mckenzie SO	2) Salem Hildebrandt SO						
3) Trevor McKee JR	4) Nick Nolte SR						
2:03.339 (2:03.339)	4:07.682 (2:04.343)	6:16.196 (2:08.515)	8:33.509 (2:17.313)				
8 Buena Vista			9:02.73	1			
1) Paul Woizeschke SO	2) Joseph Dobson FR						
3) Brady Hannula SR	4) Tyler Larson JR						
2:14.746 (2:14.746)	4:32.032 (2:17.286)	6:49.830 (2:17.799)	9:02.722 (2:12.893)				

Men High Jump

Opening Height: 1.72 raise by 5 cm through 2.07						
All-Time: A 2.18m 2005		Andy Stoecken, Loras				
Championship: C 2.16m 2005		Andy Stoecken, Loras				
Stadium: S 2.12m 2005		Cale Van Genderen, Central				
Name	Year	School	Seed	Finals		Points
1 Logan Mulford		JR Central College	2.13m	2.02m	6-07.50	10
1.92 1.97 2.02						
O O O						
2 Jeremy Lawson		JR Dubuque	1.95m	1.97m	6-05.50	8
1.87 1.92 1.97 2.02						
O PPP O XXX						
3 Isaac Frazier		JR Simpson (Iowa)	1.96m	1.97m	6-05.50	6
1.87 1.92 1.97 2.02						
XO XXO XO XXX						
4 Reese Iversen		SO Central College	1.80m	1.92m	6-03.50	5
1.72 1.77 1.82 1.87 1.92 1.97						
O PPP PPP XO O XXX						
5 Nathan Keck		FR Wartburg	1.99m	1.92m	6-03.50	4
1.87 1.92 1.97						
O XO XXX						
6 Keontae Neely		SR Loras	1.95m	1.87m	6-01.50	3
1.87 1.92						
XXO XXX						
7 Grant Preheim		SO Luther	1.84m	1.82m	5-11.50	2
1.72 1.77 1.82 1.87						
XO O O XXX						
8 Nicholas Dugger		SR Wartburg		1.82m	5-11.50	1
1.77 1.82 1.87						
O XXO XXX						
9 Dan Vatch		SR Loras	1.85m	1.77m	5-09.75	
1.77 1.82						
O XXX						



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Men High Jump

9	Robert Wade	SR Wartburg	1.82m	1.77m	5-09.75
	1.77 1.82				
	O XXX				
11	Greg Cox	SR Loras	1.75m	1.77m	5-09.75
	1.72 1.77 1.82				
	XO O XXX				
--	Brett LaDoux	FR Wartburg	1.82m	NH	
	1.82				
	XXX				
--	Kortez Pickett	FR Dubuque	1.90m	DNS	

Men Long Jump

=====							
All-Time:	A	7.57m	2012	Jonas Elusme,	Wartburg		
All-Time1:	A	7.71m	2012	Jonas Elusme,	Wartburg (wind)		
Championship:	C	7.71m	5/12/2012	Jonas Elusme,	Wartburg		
Stadium:	S	7.96m	2005	Paul lemic,	Richard Stockton		
Name	Year	School	Seed	Finals	Wind	Points	
=====							
1	Chris Hawkins	SO Coe	7.16m	7.05m	1.5	23-01.75	10
	6.70m(0.5)	6.97m(1.7)	7.05m(1.5)	6.68m(2.1)	PASS	PASS	
2	Justin Wimbish	SO Central College	6.82m	6.72m	1.1	22-00.75	8
	FOUL	6.44m(1.8)	6.72m(1.1)	5.80m(2.2)	6.24m(1.4)	PASS	
3	Keontae Neely	SR Loras	6.56m	6.58m	1.2	21-07.25	6
	6.58m(1.2)	6.52m(3.2)	6.44m(1.9)	6.40m(2.2)	FOUL	6.02m(2.0)	
4	Isaac Frazier	JR Simpson (Iowa)	6.56m	6.46m	1.5	21-02.50	5
	6.36m(1.9)	6.46m(1.5)	6.27m(1.6)	5.93m(1.6)	6.25m(2.1)	PASS	
5	Emmitt Wheatley	FR Simpson (Iowa)	6.65m	6.40m	1.8	21-00.00	4
	FOUL	FOUL	6.40m(1.8)	FOUL	6.36m(2.3)	PASS	
6	Grant Preheim	SO Luther	6.01m	6.35m	2.8	20-10.00	3
	6.35m(2.8)	6.12m(2.6)	6.16m(1.7)	FOUL	6.31m(1.2)	PASS	
7	Nathan Keck	FR Wartburg		6.33m	2.6	20-09.25	2
	6.23m(1.9)	6.33m(2.6)	6.22m(3.0)	FOUL	FOUL	PASS	
8	Kortez Pickett	FR Dubuque	6.57m	6.32m	1.6	20-09.00	1
	6.32m(1.6)	5.35m(1.3)	FOUL	PASS	PASS	PASS	
9	Jaemin Powell	SR Central College	6.51m	6.29m	+0.0	20-07.75	
	6.29m(+0.0)	5.88m(1.0)	6.02m(1.7)	PASS	6.14m(2.7)	5.89m(2.9)	
10	Nick Hageman	SR Wartburg	6.40m	6.26m	1.1	20-06.50	
	6.06m(1.9)	FOUL	6.26m(1.1)				
11	Martin Rodriguez	FR Loras	6.29m	6.16m	1.4	20-02.50	
	6.14m(1.8)	FOUL	6.16m(1.4)				
12	Kyle Hove	SR Luther	6.33m	6.09m	1.3	19-11.75	
	6.09m(1.3)	1.82m(2.7)	FOUL				
13	Jordan Stiefel	SO Loras	5.73m	5.85m	2.1	19-02.50	
	FOUL	5.68m(2.8)	5.85m(2.1)				
14	Hunter Lynch	SR Luther	5.60m	5.83m	2.8	19-01.50	
	5.83m(2.8)	5.05m(3.3)	FOUL				
15	CJ Nelson	FR Coe	5.96m	5.74m	3.3	18-10.00	
	5.58m(2.2)	5.53m(2.1)	5.74m(3.3)				



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

...Men Long Jump

16	Jordan Schmitt	JR Wartburg	5.64m	3.3	18-06.00
	5.64m(3.3) FOUL	FOUL			
17	Erik Queoff	SR Luther	5.88m	5.61m	2.6 18-05.00
	5.35m(3.7) 5.61m(2.6) 5.33m(1.4)				
18	Jack Redmond	FR Coe	5.86m	5.51m	1.9 18-01.00
	5.15m(3.4) 5.51m(1.9) FOUL				
19	Ahymad Lee	FR Wartburg	5.36m	1.0	17-07.00
	5.36m(1.0) 5.21m(1.6) 5.20m(2.2)				
20	Jared Bronaugh	SR Buena Vista	4.58m	4.84m	1.8 15-10.50
	4.84m(1.8) 4.62m(2.7) 3.98m(2.2)				

Men Shot Put

All-Time: A 19.18m		1996	Dennis Black, Upper Iowa			
Championship: C 19.18m		1996	Dennis Black, Upper Iowa			
Stadium: S 18.41m		2005	Cody Brotherton, McMurry			
Name	Year	School	Seed	Finals	Points	
1	Blaze Murfin	FR Dubuque	15.93m	14.73m	48-04.00	10
	14.73m 14.30m 14.39m	FOUL 14.69m	FOUL			
2	Drew Beall	FR Buena Vista	14.78m	14.50m	47-07.00	8
	13.76m 14.33m 14.50m	FOUL FOUL	13.70m			
3	Alex Mckee-Crow	SR Coe	14.73m	13.91m	45-07.75	6
	13.15m FOUL FOUL	13.33m 13.91m	13.44m			
4	Kody Dailey	SR Central College	14.01m	13.55m	44-05.50	5
	11.89m FOUL 12.26m	13.55m 13.29m	FOUL			
5	Dakota Moore	SO Wartburg	12.35m	13.20m	43-03.75	4
	11.95m 12.69m 12.42m	13.20m 12.69m	12.59m			
6	Ryan Kruse	SO Central College	13.33m	13.00m	42-08.00	3
	12.83m 12.68m FOUL	FOUL 12.49m	13.00m			
7	Scott Taylor	SO Dubuque	13.47m	12.76m	41-10.50	2
	12.40m 12.76m 12.52m	FOUL FOUL	12.41m			
8	Dylan Draeger	SO Dubuque	13.65m	12.35m	40-06.25	1
	12.05m FOUL 12.35m	FOUL 12.20m	FOUL			
9	Ethan Oleson	JR Dubuque	13.31m	12.26m	40-02.75	
	12.26m FOUL 12.06m	11.48m FOUL	11.99m			
10	Tom Schiffer	SO Wartburg	12.99m	12.23m	40-01.50	
	FOUL 11.76m 12.23m					
11	Jake Berg	FR Loras	12.38m	12.15m	39-10.50	
	12.15m FOUL 11.27m					
11	Patrick Norem	FR Central College	13.15m	12.15m	39-10.50	
	12.15m FOUL FOUL					
13	Sam Heimer	SO Wartburg	11.91m	12.11m	39-08.75	
	FOUL 11.90m 12.11m					
14	Koltin Pfaffle	SO Luther	13.09m	12.01m	39-05.00	
	12.01m FOUL FOUL					
15	Chase Bonner	FR Buena Vista	13.87m	11.95m	39-02.50	
	11.32m 11.95m FOUL					
16	Joe Pagura	SO Loras	11.97m	11.80m	38-08.75	
	11.09m 11.62m 11.80m					



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Men Shot Put

17	Chad Moser	FR Loras	12.00m	11.55m	37-10.75
	11.55m 11.54m 11.44m				
18	Jacob Hayes	SO Coe	12.95m	11.51m	37-09.25
	FOUL FOUL 11.51m				
19	Garrett Hammond	FR Loras	11.55m	10.99m	36-00.75
	FOUL 10.44m 10.99m				
20	Clayton Weltha	FR Wartburg		10.80m	35-05.25
	10.72m 10.76m 10.80m				
--	Robbie Peters	SO Coe	13.05m	FOUL	
	FOUL FOUL FOUL				

Men Hammer Throw

All-Time: A 58.49m 2015		Colt Feltas, Wartburg			
Championship: C 57.43m 2007		Jason Fisher, Central			
Stadium: S 63.71m 2008		Kevin Baker, Unattached			
Name	Year	School	Seed	Finals	Points
1	Blaze Murfin	FR Dubuque	51.82m	49.88m	163-08 10
	45.07m FOUL 49.88m	FOUL FOUL	47.71m		
2	Robbie Peters	SO Coe	50.31m	49.03m	160-10 8
	45.22m 48.02m FOUL	49.00m 49.03m	FOUL		
3	Zach Soer	JR Loras	50.31m	48.72m	159-10 6
	48.07m 48.66m 48.72m	FOUL FOUL FOUL			
4	Chris Davis	SR Central College	46.37m	48.15m	158-00 5
	48.15m 47.69m 47.75m	FOUL 41.80m 42.42m			
5	Nick Arnold	SR Luther	46.67m	47.07m	154-05 4
	45.77m FOUL 46.19m	46.58m 47.07m 45.08m			
6	Garrett Rohlk	SO Buena Vista	45.52m	45.56m	149-06 3
	FOUL 44.36m FOUL	45.56m 44.54m	FOUL		
7	Jacob Hayes	SO Coe	43.29m	44.90m	147-04 2
	43.06m 43.36m 44.90m	43.94m 42.80m 42.11m			
8	Alec Sindelar	SR Buena Vista	48.06m	44.81m	147-00 1
	40.23m 44.34m 43.55m	FOUL 44.81m	FOUL		
9	Alex Link	SO Dubuque	48.74m	44.35m	145-06
	FOUL FOUL 44.16m	FOUL 40.72m 44.35m			
10	Jake Webb	JR Central College	47.30m	44.02m	144-05
	43.43m 44.02m	FOUL			
11	Dylan Draeger	SO Dubuque	46.51m	43.92m	144-01
	42.27m 43.92m 42.28m				
12	Joe Pagura	SO Loras	41.94m	43.31m	142-01
	FOUL 43.31m 36.15m				
13	Jordan Sanders	JR Central College	41.94m	42.94m	140-10
	42.68m 39.66m 42.94m				
14	Scott Taylor	SO Dubuque	44.75m	42.87m	140-08
	41.13m 42.15m 42.87m				
15	Garrett Hammond	FR Loras	42.33m	41.98m	137-09
	41.98m FOUL FOUL				
16	Dakota Moore	SO Wartburg	45.63m	41.52m	136-03
	FOUL 40.52m 41.52m				



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Men Hammer Throw

17	Zach Lindstrom	SO Loras	41.77m	40.34m	132-04
	40.34m FOUL FOUL				
18	Alex Mckee-Crow	SR Coe	41.03m	39.94m	131-00
	37.79m 39.35m 39.94m				
19	Drew Beall	FR Buena Vista	41.18m	39.00m	127-11
	38.93m FOUL 39.00m				
20	Chase Bonner	FR Buena Vista	42.73m	38.90m	127-07
	38.90m FOUL FOUL				
21	Sam Heimer	SO Wartburg	41.42m	38.61m	126-08
	FOUL 38.61m 38.19m				
22	Michael Firkins	SO Central College	39.75m	36.36m	119-03
	FOUL 3.65m 36.36m				
23	Lotu Ahomana	FR Coe	37.34m	34.72m	113-11
	34.72m FOUL 31.44m				
24	Lucas Kane	SO Luther	34.65m	33.08m	108-06
	33.08m FOUL FOUL				
25	Drew Jensen	SO Simpson (Iowa)	35.94m	31.08m	102-00
	FOUL 28.44m 31.08m				
26	Koltin Pfaffle	SO Luther	38.89m	29.41m	96-06
	29.41m FOUL 29.04m				

Decathlon: #1 Men 100 Meter Dash Decathlon

Championship: C 11.10 5/7/2010 Nick Clark, Luther

Name	Year	School	Finals	Wind	H#	Points
1 Jaemin Powell	SR	Central College	11.26	1.3	2	804
2 Elijah Kane	SO	Luther	11.30	1.3	2	795
3 Nick Sigrist	SO	Luther	11.48	1.3	2	757
4 Ben Cuvelier	SO	Wartburg	11.53	1.3	2	746
5 Jackson Hendricks	SO	Luther	11.58	2.7	1	736
6 Trey Modellmogg	FR	Simpson (Iowa)	11.71	1.3	2	709
7 Nicholas Dugger	SR	Wartburg	11.81	2.7	1	689
8 Ryan Kruse	SO	Central College	11.93	2.7	1	665
9 Nils Boyum	JR	Luther	12.02	2.7	1	647

Decathlon: #5 Men 400 Meter Dash Decathlon

Championship: C 49.03 5/9/2003 Tanner Whipple, Central

Name	Year	School	Finals	H#	Points
1 Nick Sigrist	SO	Luther	51.83	2	732
2 Ben Cuvelier	SO	Wartburg	52.18	2	717
3 Jaemin Powell	SR	Central College	53.59	2	657
4 Trey Modellmogg	FR	Simpson (Iowa)	53.85	1	646
5 Elijah Kane	SO	Luther	54.23	2	630
6 Jackson Hendricks	SO	Luther	54.76	1	608
7 Nicholas Dugger	SR	Wartburg	55.74	1	569
8 Ryan Kruse	SO	Central College	57.85	1	489
9 Nils Boyum	JR	Luther	59.43	1	433



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

Decathlon: #10 Men 1500 Meter Run Decathlon

Championship: C 4:22.57 5/13/2005 Chad Compton, Cornell

Name	Year	School	Finals	Points
1 Nick Sigrist	SO	Luther	4:40.41	678
49.279 (49.279)	2:06.562 (1:17.284)	3:29.271 (1:22.709)	4:40.406 (1:11.136)	
2 Ben Cuvelier	SO	Wartburg	4:40.90	675
49.988 (49.988)	2:07.460 (1:17.472)	3:31.398 (1:23.938)	4:40.899 (1:09.502)	
3 Nicholas Dugger	SR	Wartburg	4:45.52	646
51.485 (51.485)	2:13.210 (1:21.725)	3:35.578 (1:22.369)	4:45.518 (1:09.941)	
4 Trey Modellmogg	FR	Simpson (Iowa)	4:50.92	613
50.935 (50.935)	2:12.864 (1:21.930)	3:35.298 (1:22.435)	4:50.918 (1:15.621)	
5 Jaemin Powell	SR	Central College	5:05.45	529
51.924 (51.924)	2:14.280 (1:22.357)	3:41.841 (1:27.561)	5:05.441 (1:23.601)	
6 Jackson Hendricks	SO	Luther	5:11.52	495
50.450 (50.450)	2:15.551 (1:25.102)	3:48.415 (1:32.865)	5:11.518 (1:23.103)	
7 Ryan Kruse	SO	Central College	5:32.02	389
51.251 (51.251)	2:19.879 (1:28.629)	4:01.317 (1:41.438)	5:32.015 (1:30.699)	
8 Elijah Kane	SO	Luther	6:04.03	248
57.353 (57.353)	2:34.724 (1:37.371)	4:23.075 (1:48.352)	6:04.025 (1:40.951)	
9 Nils Boyum	JR	Luther	6:26.15	167
57.439 (57.439)	2:45.268 (1:47.830)	4:40.341 (1:55.073)	6:26.144 (1:45.803)	

Decathlon: #6 Men 110 Meter Hurdles Decathlon

Championship: C 15.06 5/3/2008 James Klobucar, Cornell

Name	Year	School	Finals	Wind	H#	Points
1 Nick Sigrist	SO	Luther	15.68	0.5	3	769
2 Ben Cuvelier	SO	Wartburg	15.88	0.5	3	746
3 Nicholas Dugger	SR	Wartburg	16.23	1.0	2	707
4 Trey Modellmogg	FR	Simpson (Iowa)	16.75	0.5	3	651
5 Ryan Kruse	SO	Central College	16.99	1.0	2	625
6 Elijah Kane	SO	Luther	17.18	1.2	1	606
7 Jaemin Powell	SR	Central College	17.20	1.2	1	604
8 Nils Boyum	JR	Luther	17.35	1.0	2	588
9 Jackson Hendricks	SO	Luther	19.16	1.2	1	419

Decathlon: #4 Men High Jump Decathlon

Championship: C 2.04m 5/2/2008 Chris Buresh, Loras

Name	Year	School	Finals	Points
1 Nicholas Dugger	SR	Wartburg	1.92m	731
1.68 1.71 1.74 1.77 1.80 1.83 1.86 1.89 1.92 1.95				
0 0 0 0 0 XO 0 XO XO XXX				
2 Jaemin Powell	SR	Central College	1.89m	705
1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83 1.86 1.89 1.92				
0 0 0 0 XO XO XO XO 0 XXO XXX				



2016 IAC Outdoor Track & Field Championships**Walston-Hoover Stadium - 5/12/2016 to 5/14/2016****Results****....Decathlon: #4 Men High Jump Decathlon**

3	Ryan Kruse	SO Central College	1.83m	6-00.00	653
	1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83 1.86				
	0 0 0 XO XXO 0 XO 0 XXX				
4	Trey Moddelmogg	FR Simpson (Iowa)	1.77m	5-09.75	602
	1.62 1.65 1.68 1.71 1.74 1.77 1.80				
	0 0 0 0 XXO XXO XXX				
5	Ben Cuvelier	SO Wartburg	1.68m	5-06.00	528
	1.56 1.59 1.62 1.65 1.68 1.71				
	0 XXO XO 0 0 XXX				
6	Nick Sigrist	SO Luther	1.65m	5-05.00	504
	1.50 1.53 1.56 1.59 1.62 1.65 1.68				
	0 PPP 0 PPP 0 0 XXX				
6	Nils Boyum	JR Luther	1.65m	5-05.00	504
	1.50 1.53 1.56 1.59 1.62 1.65 1.68				
	0 0 0 XO XXO 0 XXX				
6	Jackson Hendricks	SO Luther	1.65m	5-05.00	504
	1.53 1.56 1.59 1.62 1.65 1.68				
	0 0 0 0 0 XXX				
9	Elijah Kane	SO Luther	1.59m	5-02.50	457
	1.50 1.53 1.56 1.59 1.62				
	0 0 XO 0 XXX				

Decathlon: #8 Men Pole Vault Decathlon

Championship: C 4.55m 5/2/2009 Chris Buresh, Loras

Name	Year	School	Finals	Points
1 Nick Sigrist	SO	Luther	4.06m	13-03.75 634
	3.66 3.76 3.86 3.96 4.06 4.16			
	0 PPP 0 0 XXO XXX			
2 Nils Boyum	JR	Luther	3.96m	12-11.75 606
	3.56 3.66 3.76 3.86 3.96 4.06			
	0 0 0 0 0 XXX			
3 Jaemin Powell	SR	Central College	3.76m	12-04.00 551
	3.16 3.26 3.36 3.46 3.56 3.66 3.76 3.86			
	0 0 0 PPP XO 0 XXO XXX			
3 Ryan Kruse	SO	Central College	3.76m	12-04.00 551
	3.16 3.26 3.36 3.46 3.56 3.66 3.76 3.86			
	XO 0 0 PPP 0 XO 0 XXX			
5 Elijah Kane	SO	Luther	3.56m	11-08.00 498
	2.96 3.06 3.16 3.26 3.36 3.46 3.56 3.66			
	0 0 0 0 0 0 XXO XXX			
6 Trey Moddelmogg	FR	Simpson (Iowa)	3.16m	10-04.25 396
	2.66 2.76 2.86 2.96 3.06 3.16 3.26			
	0 PPP 0 XXO 0 0 XXX			
7 Ben Cuvelier	SO	Wartburg	3.06m	10-00.50 371
	2.36 2.46 2.56 2.66 2.76 2.86 2.96 3.06 3.16			
	0 PPP 0 PPP 0 0 0 0 XXX			



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

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

8	Nicholas Dugger	SR Wartburg	2.96m	9-08.50	347
	2.56 2.66 2.76 2.86 2.96 3.06				
	XO O O O XO XXX				
9	Jackson Hendricks	SO Luther	2.56m	8-04.75	255
	2.36 2.46 2.56 2.66				
	O PPP XXO XXX				

Decathlon: #2 Men Long Jump Decathlon

Championship: C 7.07m 5/8/2014 Jaemin Powell, Central Coll						
Name	Year	School	Finals	Wind	Points	
1	Jaemin Powell	SR Central College	6.78m	3.3	22-03.00	762
	6.51m(2.3) 6.58m(1.4) 6.78m(3.3)					
2	Ryan Kruse	SO Central College	6.29m	2.8	20-07.75	650
	FOUL(2.2) 5.94m(2.7) 6.29m(2.8)					
3	Nick Sigrist	SO Luther	6.06m	3.3	19-10.75	600
	6.03m(1.3) 6.02m(4.1) 6.06m(3.3)					
4	Elijah Kane	SO Luther	5.82m	4.5	19-01.25	548
	5.74m(2.0) 5.82m(4.5) 5.77m(2.1)					
5	Trey Modellmogg	FR Simpson (Iowa)	5.81m	2.4	19-00.75	546
	5.81m(2.4) 5.59m(2.8) 5.68m(2.0)					
6	Ben Cuvelier	SO Wartburg	5.59m	1.3	18-04.25	500
	4.80m(3.0) 5.07m(3.4) 5.59m(1.3)					
6	Nils Boyum	JR Luther	5.59m	2.3	18-04.25	500
	5.36m(1.3) 5.59m(2.3) 5.50m(4.7)					
8	Nicholas Dugger	SR Wartburg	5.57m	0.9	18-03.25	496
	5.55m(2.7) 5.57m(0.9) 5.54m(1.3)					
9	Jackson Hendricks	SO Luther	5.45m	1.1	17-10.75	471
	FOUL(3.2) FOUL(2.2) 5.45m(1.1)					

Decathlon: #3 Men Shot Put Decathlon

Championship: C 13.31m 5/8/2014 Tyler Dobratz, Dubuque						
Name	Year	School	Finals	Points		
1	Ryan Kruse	SO Central College	13.73mC	45-00.50	712	
	13.62m FOUL 13.73m					
2	Elijah Kane	SO Luther	11.62m	38-01.50	583	
	10.51m 11.62m 10.86m					
3	Jaemin Powell	SR Central College	10.70m	35-01.25	528	
	FOUL 10.21m 10.70m					
4	Ben Cuvelier	SO Wartburg	10.63m	34-10.50	524	
	FOUL 9.34m 10.63m					
5	Nick Sigrist	SO Luther	9.79m	32-01.50	473	
	9.62m 9.79m 9.50m					
6	Jackson Hendricks	SO Luther	9.21m	30-02.75	438	
	7.82m 9.21m 8.55m					
7	Nicholas Dugger	SR Wartburg	9.07m	29-09.25	430	
	8.36m 8.35m 9.07m					



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

....Decathlon: #3 Men Shot Put Decathlon

8	Trey Modellmogg	FR Simpson (Iowa)	8.93m	29-03.75	422
	8.93m 8.19m 8.89m				
9	Nils Boyum	JR Luther	8.76m	28-09.00	411
	8.76m 7.46m 8.38m				

Decathlon: #7 Men Discus Throw Decathlon

Championship: C 43.11m 5/10/2003 Jason Huegel, Wartburg					
Name	Year	School	Finals		Points
1	Ryan Kruse	SO Central College	42.40m	139-01	713
	42.40m FOUL 42.21m				
2	Jaemin Powell	SR Central College	32.95m	108-01	523
	32.95m FOUL 32.48m				
3	Ben Cuvelier	SO Wartburg	32.01m	105-00	504
	30.99m 32.01m 30.79m				
4	Nick Sigrist	SO Luther	30.97m	101-07	484
	29.62m 30.29m 30.97m				
5	Elijah Kane	SO Luther	25.37m	83-03	374
	23.52m 23.97m 25.37m				
6	Trey Modellmogg	FR Simpson (Iowa)	24.31m	79-09	354
	FOUL 22.49m 24.31m				
7	Jackson Hendricks	SO Luther	23.81m	78-01	344
	FOUL 23.81m FOUL				
8	Nils Boyum	JR Luther	23.38m	76-08	336
	23.38m 22.06m FOUL				
9	Nicholas Dugger	SR Wartburg	23.04m	75-07	330
	23.04m FOUL FOUL				

Decathlon: #9 Men Javelin Throw Decathlon

Championship: C 53.67m 5/10/2003 Jason Huegel, Wartburg					
Name	Year	School	Finals		Points
1	Ryan Kruse	SO Central College	55.15mC	180-11	665
	FOUL 55.15m FOUL				
2	Elijah Kane	SO Luther	44.90m	147-04	514
	44.90m 41.96m 43.85m				
3	Nick Sigrist	SO Luther	44.88m	147-03	513
	38.42m 37.60m 44.88m				
4	Jaemin Powell	SR Central College	43.87m	143-11	498
	41.13m 43.87m 43.21m				
5	Ben Cuvelier	SO Wartburg	40.42m	132-07	448
	37.40m 40.42m FOUL				
6	Nils Boyum	JR Luther	37.26m	122-03	403
	FOUL 37.26m 33.78m				
7	Nicholas Dugger	SR Wartburg	34.78m	114-01	367
	30.82m 29.69m 34.78m				
8	Jackson Hendricks	SO Luther	33.82m	110-11	353
	32.57m 30.08m 33.82m				



2016 IAC Outdoor Track & Field Championships
Walston-Hoover Stadium - 5/12/2016 to 5/14/2016
Results

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

9 Trey Modellmogg FR Simpson (Iowa) 24.93m 81-09 229
 22.82m 23.95m 24.93m

Men Decathlon

Name	Year	School	Seed	Finals	Points
All-Time: A	7528	1986	Kip Janvrin, Simpson		
Championship: C	6754	5/10/2003	Peter Wagner, Central		
Stadium: S	7104	2005	Devin Deering, UW-Oshkosh		
1 Jaemin Powell		SR Central College	4396	6161	10
2 Nick Sigrist		SO Luther	5944	6144	8
3 Ryan Kruse		SO Central College	5799	6112	6
4 Ben Cuvelier		SO Wartburg	5435	5759	5
5 Nicholas Dugger		SR Wartburg		5312	4
6 Elijah Kane		SO Luther	5109	5253	3
7 Trey Modellmogg		FR Simpson (Iowa)	4713	5168	2
8 Jackson Hendricks		SO Luther	4463	4623	1
9 Nils Boyum		JR Luther	4007	4595	

Women - Team Rankings - 8 Events Scored

1) Wartburg	71	2) Dubuque	59
3) Central College	49	4) Luther	42
5) Loras	41	6) Simpson (Iowa)	26
7) Buena Vista	17	8) Coe	7

Men - Team Rankings - 8 Events Scored

1) Central College	82	2) Wartburg	52
3) Loras	42	4) Dubuque	35
5) Coe	33	6) Luther	31
7) Simpson (Iowa)	24	8) Buena Vista	13

