

HY-TEK's Meet Manager 5/5/2012 08:46 PM  
 GPAC Outdoor Track and Field Championships - 5/4/2012 to 5/5/2012  
 Abel Stadium, Lincoln NE  
 Results

Women - Team Rankings - Final

1) Concordia University	158.50	2) Doane College	128.50
3) Dordt College	117	4) Nebraska Wesleyan	104.25
5) Morningside College	102	6) Hastings College	77
7) Northwestern College	75	8) Midland University	36.75
9) Dakota Wesleyan	26	10) Mount Marty College	23
11) Briar Cliff	9		

Women 100 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times

GPAC Record: G 11.71 1988 Carol Bailey, Concordia University

NAIA Auto: N 12.10

NAIA Prov.: P 12.25

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Tamika Irvin		Dakota Wes	12.01	N 12.09Q	0.4	2
2 Neeia Cooperwood		Morningside	12.26	12.18Q	2.7	3
3 Mariah Toussaint		Midland	12.24	P 12.25Q	+0.0	1
4 Crystal Vander Zee		Dordt	12.33	12.23q	2.7	3
5 Abby Niederklein		Hastings	12.51	P 12.25q	0.4	2
6 Kalli Brannagan		Doane	12.66	12.53q	+0.0	1
7 Porche Parnell		Hastings	12.68	12.58q	2.7	3
8 Erin Twibell		Nebraska Wes	12.43	12.59q	+0.0	1
9 Michelle Toukan		Hastings	12.68	12.66	2.7	3
10 Briana Vander Woude		Dordt	12.64	12.68	0.4	2
11 Jenna Roderick		Briar Cliff	12.73	12.86	+0.0	1
12 Cami Hasenohr		Doane	12.83	12.97	0.4	2
13 Ashley Schneider		Northwestern	13.37	13.07	2.7	3
14 Aubrey Lindgren		Northwestern	12.87	13.31	0.4	2
15 Gina Sementa		Briar Cliff	13.11	13.56	+0.0	1
16 Jenny Suing		Concordia U.	13.61	13.67	2.7	3
17 Katie Raab		Northwestern	13.86	13.85	+0.0	1
18 Nancy Tatou		Briar Cliff	13.92	14.17	0.4	2

Women 100 Meter Dash

GPAC Record: G 11.71 1988 Carol Bailey, Concordia University

NAIA Auto: N 12.10

NAIA Prov.: P 12.25

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Tamika Irvin		Dakota Wes	12.09	11.92	3.1	10
2 Abby Niederklein		Hastings	12.25	12.01	3.1	8
3 Crystal Vander Zee		Dordt	12.23	12.14	3.1	6
4 Neeia Cooperwood		Morningside	12.18	12.18	3.1	5
5 Mariah Toussaint		Midland	12.25	12.21	3.1	4
6 Kalli Brannagan		Doane	12.53	12.38	3.1	3
7 Erin Twibell		Nebraska Wes	12.59	12.42	3.1	2
8 Porche Parnell		Hastings	12.58	12.64	3.1	1

Women 200 Meter Dash

GPAC Record: G 24.14 1990 Carol Bailey, Concordia University  
 NAIA Auto: N 24.99  
 NAIA Prov.: P 25.09

Name	Year School	Seed	Finals	Wind	H#	Points
1 Tamika Irvin	Dakota Wes	24.78	24.33	2.4	3	10
2 Mariah Toussaint	Midland	24.75	24.66	2.4	3	8
3 Abby Niederklein	Hastings	25.30	24.88	2.4	3	6
4 Abby Jackson	Hastings	25.50	25.28	2.4	3	5
5 Neeia Cooperwood	Morningside	25.34	25.42	2.4	3	4
6 Blair Dixon	Doane	25.62	25.45	2.4	3	3
7 Kalli Brannagan	Doane	25.90	25.76	1.9	2	2
8 Erin Klein	Doane	25.70	25.80	1.9	2	0.50 Tie up to
the thousa						
8 Crystal Vander Zee	Dordt	26.15	25.80	1.9	2	0.50 Tie up to
the thousa						
10 Briana Vander Woude	Dordt	25.68	25.86	1.9	2	
11 Jenna Roderick	Briar Cliff	27.10	26.12	2.2	1	
12 Cami Hasenohr	Doane	26.84	26.22	2.2	1	
13 Raenecia Gordon	Doane	26.12	26.88	1.9	2	
14 Aubrey Lindgren	Northwestern	26.96	26.90	2.2	1	
15 Ashley Schneider	Northwestern	27.32	26.94	2.2	1	
16 Cassandra Starks	Concordia U.	28.01	27.77	2.2	1	
17 Montana Hayes	Concordia U.	27.69	28.25	2.2	1	
18 Jenny Suing	Concordia U.	28.68	29.23	2.2	1	

Women 400 Meter Dash

GPAC Record: G 53.89 1990 Carol Bailey, Concordia University  
 NAIA Auto: N 57.00  
 NAIA Prov.: P 57.36

Name	Year School	Seed	Finals	H#	Points
1 Katie Bonnema	Dordt	56.92	56.45N	3	10
2 Abby Jackson	Hastings	58.00	57.45	3	8
3 Erin Klein	Doane	58.81	58.36	3	6
4 Krystina Bouchard	Northwestern	58.70	58.63	3	5
5 Blair Dixon	Doane	58.93	59.47	3	4
6 Claire Boyer	Nebraska Wes	59.16	59.54	3	3
7 Kari Van Beek	Dordt	1:00.58	1:00.80	3	2
8 Katie Beldt	Briar Cliff	1:01.98	1:00.81	2	1
9 Casarah Schutt	Doane	59.96	1:01.25	3	
10 Gabbi Kates	Briar Cliff	1:01.15	1:01.85	2	
11 Jami Pritschau	Nebraska Wes	1:01.78	1:01.93	2	
12 Lydia Bienlien	Morningside	1:00.98	1:02.31	2	
13 Megan Walhof	Northwestern	1:01.36	1:03.06	2	
14 Katelyn Lieuwen	Dordt	1:03.65	1:03.54	1	
15 Rachel Cutler	Concordia U.	1:05.54	1:04.62	1	
16 Chelsea Vaandrager	Dordt	1:04.81	1:06.24	1	
17 Nicole Kramer	Briar Cliff	1:05.62	1:08.14	1	

Women 800 Meter Run

GPAC Record: G 2:11.81 5/11/2007 Ellie Windle, Doane  
 NAIA Auto: N 2:14.50  
 NAIA Prov.: P 2:16.00

Name	Year	School	Seed	Finals	H#	Points
1		Bethany Sutton	Concordia U.	2:15.00	2:16.94	3 10
2		Merissa Harkema	Dordt	2:21.96	2:17.91	2 8
3		Jessica Weborg	Morningside	2:15.31	2:17.93	3 6
4		Jessa Sughroue	Doane	2:18.02	2:18.28	3 5
5		Brianna Hobbs	Northwestern	2:18.12	2:19.79	3 4
6		Dawn Gildersleeve	Northwestern	2:16.81	2:20.69	3 3
7		Breanna Mathes	Morningside	2:15.61	2:21.29	3 2
8		Lillie Koerner	Dordt	2:19.81	2:21.56	3 1
9		Teresa Kerkvliet	Northwestern	2:20.00	2:22.72	3
10		Mckenzie Reece	Morningside	2:22.59	2:23.51	2
11		Christina Tomka	Concordia U.	2:23.95	2:23.89	2
12		Nichole Duncan	Dordt	2:23.98	2:24.94	2
13		Jackie Niewenhuis	Northwestern	2:26.29	2:26.49	1
14		Erin Kautz	Nebraska Wes	2:25.01	2:26.72	2
15		Megan Letts	Concordia U.	2:26.66	2:27.03	1
16		Martha Meineke	Concordia U.	2:21.48	2:27.11	2
17		Katie Nelson	Nebraska Wes	2:27.14	2:29.63	1
18		Jenean Williams	Concordia U.	2:22.04	2:30.34	2
19		Maggie Hedlund	Nebraska Wes	2:28.28	2:31.29	1
20		Renee Buikema	Dordt	2:25.35	2:33.06	2
21		Sarah Wheeldon	Nebraska Wes	2:30.51	2:34.18	1
22		Samantha Sahagian	Dordt	2:28.75	2:35.61	1
--		Renee Williams	Concordia U.	2:47.41	SCR	
--		Beth Uthe	Mount Marty	2:32.12	SCR	

Women 1500 Meter Run

GPAC Record: G 4:37.87 2008 Olivia Johnson, Northwestern  
 NAIA Auto: N 4:40.10  
 NAIA Prov.: P 4:42.50

Name	Year	School	Seed	Finals	Points
1		Jessica Weborg	Morningside	4:38.55	4:43.36 10
2		Dawn Gildersleeve	Northwestern	4:42.97	4:43.99 8
3		Merissa Harkema	Dordt	4:51.59	4:44.97 6
4		Teresa Kerkvliet	Northwestern	4:48.67	4:45.86 5
5		Whitney Wilgenburg	Dordt	4:52.79	4:49.26 4
6		Jena Schwalenberg	Concordia U.	4:43.52	4:51.84 3
7		Kelsey Christensen	Doane	4:58.85	4:56.37 2
8		Amy VanSike	Northwestern	5:02.03	4:59.61 1
9		Jess Driewer	Doane	4:54.27	5:01.91
10		Abby De Vries	Dordt	5:02.43	5:03.45
11		Erika Schroeder	Concordia U.	5:03.65	5:04.19
12		Lydia Ford	Morningside	4:56.65	5:08.99
13		Katie Nelson	Nebraska Wes	4:55.80	5:12.09
14		Cecily Waddell	Morningside	4:54.28	5:15.47
15		Renee Williams	Concordia U.	5:29.09	5:15.79
16		Alyssa Myers	Briar Cliff	5:15.74	5:17.28
17		Kaitlin Gerber	Morningside	5:07.82	5:21.78
18		Leslie Stover	Northwestern	5:06.01	5:29.20
19		Ariel Turnquist	Morningside	5:24.84	5:34.06
20		Winonah Krug	Concordia U.	5:12.60	6:05.81

Women 5000 Meter Run

GPAC Record: G 17:07.64 2011 Charity Miles, Northwestern  
 NAIA Auto: N 17:46.30  
 NAIA Prov.: P 17:50.00

Name	Year	School	Seed	Finals	Points
1 Malaina Huebert		Nebraska Wes	17:59.72	18:09.63	10
2 Hannah Kinberg		Nebraska Wes	17:44.24	18:12.78	8
3 Sarah Kortze		Concordia U.	18:17.60	18:28.16	6
4 Michelle Steiger		Dordt	18:44.24	18:48.51	5
5 Merissa Harkema		Dordt	18:19.11	18:56.08	4
6 Jena Schwalenberg		Concordia U.	18:17.28	19:04.07	3
7 Lauren Opp		Dordt	18:47.43	19:08.66	2
8 Martha Meineke		Concordia U.	19:15.01	19:14.16	1
9 Courtney Ruff		Morningside	18:19.59	19:28.83	
10 Kelsey Christensen		Doane	19:36.29	19:43.80	
11 Kaylee Fly		Mount Marty	19:06.27	19:44.96	
12 Anna Meyer		Concordia U.	20:11.53	19:49.88	
13 Hayley Sutter		Nebraska Wes	19:05.25	19:58.05	
14 Jenna Kral		Morningside	19:21.43	20:00.69	
15 Lydia Ford		Morningside	18:54.92	20:07.76	
16 Christina Hanson		Concordia U.	19:30.10	20:34.67	
17 Taylor Lucas		Doane	20:04.37	20:44.49	
18 Shelby Hohnholt		Concordia U.	20:44.16	20:52.98	
19 Amber Sandbulte		Northwestern	19:30.04	21:08.80	
20 Renee Williams		Concordia U.	21:47.67	21:23.07	
21 Lisa Poppe		Doane	20:26.62	22:26.55	
-- Maddie Monohan		Nebraska Wes	21:55.31	DNF	1 lap short

Women 10000 Meter Run

GPAC Record: G 37:30.02 1998 Amy Luft, Concordia University  
 NAIA Auto: N 37:30.00  
 NAIA Prov.: P 38:13.00

Name	Year	School	Seed	Finals	Points
1 Hannah Kinberg		Nebraska Wes	36:32.95	38:57.06	10
2 Sarah Kortze		Concordia U.	38:04.99	39:12.66	8
3 Hayley Sutter		Nebraska Wes	40:31.47	40:52.64	6
4 Lauren Opp		Dordt	39:58.67	41:10.09	5
5 Christina Hanson		Concordia U.	41:53.19	42:59.29	4
6 Whitney Dooley		Midland	40:33.43	44:05.03	3
7 Lisa Grosvenor		Morningside	41:16.80	44:31.57	2
8 Ashley Ogborn		Hastings	43:42.79	45:09.83	1
9 Bailey Eldredge		Hastings	43:29.07	46:23.52	
10 Kelly Prange		Hastings	44:36.59	46:31.39	
11 Becka Jensen		Mount Marty	46:04.48	47:49.33	
12 Brittney Mikkelsen		Mount Marty	44:49.23	47:57.47	
13 Jasmine Khamouna		Hastings	45:33.69	48:08.86	
14 Storm Mellick		Doane	45:05.28	48:16.46	
15 Lauren Shomaker		Hastings	42:16.63	49:11.05	
-- Aprill Bodlak		Doane	43:49.78	DNF	

Women 100 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 5 Best Times  
 GPAC Record: G 14.08 1987 Melody Robinson, Midland Lutheran College  
 NAIA Auto: N 14.90  
 NAIA Prov.: P 15.09

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1		Karen Hutson	Northwestern	14.13	14.23Q	2.3 3
2		Briana Vander Woude	Dordt	14.62	14.49Q	2.9 2
3		Taylor Tacha	Nebraska Wes	15.32	14.76Q	3.2 1
4		Katie Schoen	Nebraska Wes	15.40	15.16q	3.2 1
5		Brianne Englund	Nebraska Wes	16.17	15.47q	3.2 1
6		Selina Barry	Hastings	16.22	15.84q	3.2 1
7		Sara Simmons	Concordia U.	16.05	15.90q	2.3 3
8		Kelli Norrid	Mount Marty	16.66	16.00q	2.9 2
9		Elizabeth Stevens	Northwestern	15.62	16.04	2.9 2
10		Susan Rollman	Doane	15.83	16.16	2.3 3
11		Mariah Stauffer	Morningside	16.15	16.20	2.9 2
12		Ericka Fischer	Concordia U.	16.72	16.56	3.2 1
13		Abby Brown	Morningside	16.64	16.67	2.3 3
14		Lydia Pomerence	Concordia U.	16.26	16.69	2.9 2
15		Jordan Sanger	Briar Cliff	17.10	16.76	2.3 3
16		Erin Balldridge	Hastings	16.88	16.82	2.3 3
17		Kayla Arlt	Morningside	16.62	16.85	2.3 3
18		Myria Knapp	Concordia U.	16.72	16.98	3.2 1
19		Tena Jeppesen	Northwestern	16.88	17.08	2.9 2
20		Alex Howrey	Morningside	17.41	17.19	2.9 2
21		Montana Hayes	Concordia U.	17.47	18.04	3.2 1
22		Sarah Bruce	Mount Marty	18.46	18.49	3.2 1

Women 100 Meter Hurdles

GPAC Record: G 14.08 1987 Melody Robinson, Midland Lutheran College  
 NAIA Auto: N 14.90  
 NAIA Prov.: P 15.09

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1		Briana Vander Woude	Dordt	14.49	14.47	4.1 10
2		Taylor Tacha	Nebraska Wes	14.76	14.85	4.1 8
3		Katie Schoen	Nebraska Wes	15.16	15.67	4.1 6
4		Sara Simmons	Concordia U.	15.90	15.70	4.1 5
5		Brianne Englund	Nebraska Wes	15.47	15.88	4.1 4
6		Kelli Norrid	Mount Marty	16.00	15.90	4.1 3
7		Selina Barry	Hastings	15.84	16.08	4.1 2
--		Karen Hutson	Northwestern	14.23	DQ	4.1 Rule 5.6D

Women 400 Meter Hurdles

GPAC Record: G 1:00.23 2001 Shannon Mihaltan, Hastings College  
 NAIA Auto: N 1:04.00  
 NAIA Prov.: P 1:04.70

Name	Year	School	Seed	Finals	H#	Points
1 Hailee Heitkamp		Morningside	1:03.66	1:03.54N	3	10
2 Karen Hutson		Northwestern	1:02.54	1:07.16	3	8
3 Kendra De Jong		Northwestern	1:07.97	1:07.23	3	6
4 Kelli Norrid		Mount Marty	1:08.05	1:07.49	3	5
5 Blake Schany		Morningside	1:08.88	1:08.27	2	4
6 Kayla Arlt		Morningside	1:07.10	1:08.53	3	3
7 Erin Balldridge		Hastings	1:08.17	1:08.64	3	2
8 Porche Parnell		Hastings	1:06.71	1:09.05	3	1
9 Lydia Pomerence		Concordia U.	1:11.02	1:09.82	2	
10 Audrey Gaspers		Hastings	1:12.01	1:09.84	1	
11 Erika Schroeder		Concordia U.	1:08.58	1:10.09	3	
12 Breanne Heidema		Dordt	1:10.63	1:10.25	2	1:10.241
13 Montana Hayes		Concordia U.	1:10.77	1:10.25	2	1:10.249
14 Erin Dyas		Doane	1:11.07	1:10.51	2	
15 Bailey Hirsch		Doane	1:10.61	1:12.00	2	
16 Christina Jackson		Doane	1:11.92	1:12.03	1	
17 Alyssa Straube		Doane	1:08.63	1:13.48	2	
18 Sara Simmons		Concordia U.	1:11.35	1:15.37	2	
19 Kierstyn Besel		Concordia U.	1:18.25	1:15.68	1	
20 Selina Barry		Hastings	1:13.67	1:17.14	1	

Women 3000 Meter Steeplechase

GPAC Record: G 10:55.72 5/2/2009 Bridget Baldwin, Neb. Wesleyan  
 NAIA Auto: N 11:25.00  
 NAIA Prov.: P 11:35.20

Name	Year	School	Seed	Finals	Points
1 Martha Meineke		Concordia U.	11:40.32	11:42.47	10
2 Courtney Ruff		Morningside	11:57.54	11:47.17	8
3 Anna Meyer		Concordia U.	12:36.19	11:57.77	6
4 Nicole Ausborn		Morningside	11:58.47	11:59.77	5
5 Olivia Diggs		Morningside	11:58.50	12:06.31	4
6 Toni Hulinsky		Concordia U.	12:08.01	12:17.58	3
7 Taylor Lucas		Doane	12:12.39	12:30.77	2
8 Corrine Muyskens		Northwestern	13:01.55	12:41.76	1
9 Melanie Fehringer		Nebraska Wes	12:59.53	12:51.93	
10 Shelby Hohnholt		Concordia U.	12:45.24	12:58.92	
11 Beth Finnegan		Mount Marty	13:54.53	14:25.99	
12 Heather Banister		Dakota Wes	14:01.20	15:09.69	
13 Alicia Pick		Mount Marty	15:12.12	15:20.58	

Women 4x100 Meter Relay

GPAC Record: G 47.00 2011 Dordt College, Dordt College  
 K. Kroeze, C. Vanderzee, J. Brouwer, B. Wubben

NAIA Auto: N 47.99

NAIA Prov.: P 48.32

School	Seed	Finals	H#	Points
1 Hastings College	48.67	48.44	2	10
1) Porche Parnell				
2) Justine Dethlefs				
3) Abby Niederklein				
4) Abby Jackson				
2 Doane College	48.60	48.52	2	8
1) Cami Hasenohr				
2) Kalli Brannagan				
3) Erin Klein				
4) Blair Dixon				
3 Dordt College	49.14	49.09	2	6
1) Kari Van Beek				
2) Crystal Vander Zee				
3) Kaitlin Troost				
4) Katie Bonnema				
4 Nebraska Wesleyan	49.24	49.37	2	5
1) Taylor Tacha				
2) Erin Twibell				
3) Claire Boyer				
4) Meg Ehle				
5 Morningside College	50.55	49.73	2	4
1) Mariah Stauffer				
2) Neeia Cooperwood				
3) Lydia Bienlien				
4) Megan Glisar				
6 Briar Cliff	50.17	50.71	2	3
1) Gina Sementa				
2) Madison Borer				
3) Jenna Roderick				
4) Katie Beldt				
7 Midland University	50.19	50.76	2	2
1) Callie Walker				
2) Mariah Toussaint				
3) Julia Hauser				
4) Kristina Apple				
8 Mount Marty College	50.38	51.36	2	1
1) Kelli Norrid				
2) Holly Hegge				
3) Katie Breuer				
4) Abbey VanDenBerg				
9 Concordia University	51.24	51.37	1	
1) Bethany Sutton				
2) Jericca Pearson				
3) Kellie Fegter				
4) Montana Hayes				
10 Northwestern College	50.93	51.51	1	
1) Aubrey Lindgren				
2) Ashley Schneider				
3) Katie Raab				
4) Mackenzie Small				

Women 4x400 Meter Relay

GPAC Record: G 3:48.55 2011 Sioux Falls, Sioux Falls  
 L. Reinhardt, M. Kroupa, L. Wensmann, K. Knight  
 NAIA Auto: N 3:55.00  
 NAIA Prov.: P 3:56.80

School	Seed	Finals	H#	Points
1 Dordt College	3:54.87	3:55.48P	2	10
1) Kari Van Beek				
2) Crystal Vander Zee				
3) Kaitlin Troost				
4) Katie Bonnema				
2 Doane College	3:56.80	3:56.36P	2	8
1) Blair Dixon				
2) Casarah Schutt				
3) Erin Klein				
4) Jessa Sughroue				
3 Hastings College	4:05.51	3:57.42	2	6
1) Porche Parnell				
2) Michelle Toukan				
3) Abby Niederklein				
4) Abby Jackson				
4 Morningside College	4:04.47	3:59.63	2	5
1) Hailee Heitkamp				
2) Breanna Mathes				
3) Jessica Weborg				
4) Neeia Cooperwood				
5 Nebraska Wesleyan	4:06.51	4:02.50	2	4
1) Taylor Tacha				
2) Lauren Warnock				
3) Jami Pritschau				
4) Claire Boyer				
6 Briar Cliff	4:04.01	4:03.61	2	3
1) Gabbi Kates				
2) Jayna Specht				
3) Madison Borer				
4) Katie Beldt				
7 Northwestern College	4:03.52	4:03.77	2	2
1) Kendra De Jong				
2) Brianna Hobbs				
3) Dawn Gildersleeve				
4) Krystina Bouchard				
8 Concordia University	4:10.92	4:08.96	2	1
1) Erika Schroeder				
2) Bethany Sutton				
3) Megan Letts				
4) Christina Tomka				
9 Mount Marty College	4:16.73	4:15.03	1	
1) Kelli Norrid				
2) Katie Breuer				
3) Holly Hegge				
4) Abbey VanDenBerg				

Women 4x800 Meter Relay

GPAC Record: G 9:16.32 5/2/2009 Hastings College, Hastings  
 K Broekmeier, A Farmer, A Curtis, S Shaw

NAIA Auto: N 9:28.00

NAIA Prov.: P 9:32.60

School	Seed	Finals	Points
1 Morningside College		9:21.92N	10
1) Cecily Waddell	2) Mckenzie Reece		
3) Hailee Heitkamp	4) Breanna Mathes		
2 Concordia University	9:20.72	9:33.18	8
1) Christina Tomka	2) Megan Letts		
3) Jenean Williams	4) Bethany Sutton		
3 Doane College	9:52.24	9:38.64	6
1) Casarah Schutt	2) Bailey Hirsch		
3) Alyssa Straube	4) Jessa Sughroue		
4 Northwestern College	9:15.68	9:42.16	5
1) Jackie Niewenhuis	2) Sarah Wittenberg		
3) Leslie Stover	4) Brianna Hobbs		
5 Dordt College	9:20.49	9:52.81	4
1) Lillie Koerner	2) Samantha Sahagian		
3) Renee Buikema	4) Nichole Duncan		
6 Nebraska Wesleyan		9:59.46	3
1) Erin Kautz	2) Maggie Hedlund		
3) Sarah Wheeldon	4) Ali Tewes		
7 Briar Cliff	10:38.40	10:15.01	2
1) Alyssa Myers	2) Mattie Murren		
3) Jayna Specht	4) Nicole Kramer		
8 Mount Marty College		10:47.72	1
1) Beth Uthe	2) Beth Finnegan		
3) Alicia Pick	4) Kaylee Fly		

Women High Jump

1.50-1.55-1.60-1.65-1.68-1.71-1.74-1.77-1.80

GPAC Record: G 1.78m 1992 Kim Oden / Katie Jasa, NWU / Doane College

NAIA Auto: N 1.68m

NAIA Prov.: P 1.65m

Name	Year	School	Seed	Finals	Points
1 Megan Glisar		Morningside	1.80m	1.74mN	5-08.50 10
1.50 1.55 1.60 1.65 1.68 1.71 1.74					
P P O O P XXO O					
2 Kendra De Jong		Northwestern	1.63m	1.71mN	5-07.25 8
1.50 1.55 1.60 1.65 1.68 1.71 1.74					
P P O XXO XXO O XXX					
3 Briana Vander Woude		Dordt	1.66m	J1.71mN	5-07.25 6
1.50 1.55 1.60 1.65 1.68 1.71 1.74					
P O O O P XO XXX					
4 Mariah Toussaint		Midland	1.65m	J1.71mN	5-07.25 5
1.50 1.55 1.60 1.65 1.68 1.71 1.74					
P P XO XO XO XO XXX					
5 Alyssa McDowell		Doane	1.71m	1.60m	5-03.00 4
1.50 1.55 1.60 1.65					
P O O XXX					
6 Angie Litz		Hastings	1.60m	J1.60m	5-03.00 3
1.50 1.55 1.60 1.65					
O O XXO XXX					
7 Jericca Pearson		Concordia U.	1.53m	J1.60m	5-03.00 2
1.50 1.55 1.60 1.65					
XO O XXO XXX					
8 Katie Schoen		Nebraska Wes	1.65m	1.55m	5-01.00 1
1.50 1.55 1.60					
P O XXX					
9 Susan Rollman		Doane	1.62m	J1.55m	5-01.00
1.50 1.55 1.60 1.65					
O XO P XXX					
10 Erin DeVries		Doane	1.58m	J1.55m	5-01.00
1.50 1.55 1.60					
XXO XXO XXX					
11 Kristy Schaaf		Briar Cliff	1.55m	1.50m	4-11.00
1.50 1.55					
XXO XXX					
11 Emily Anderson		Mount Marty	1.53m	1.50m	4-11.00
1.50 1.55					
O XXX					
11 Sonny Adkins		Doane	1.61m	1.50m	4-11.00
1.50 1.55					
O XXX					
11 Hilary Knake		Hastings	1.55m	1.50m	4-11.00
1.50 1.55					
XO XXX					
-- Abby Fossum		Dakota Wes	1.48m	NH	
1.50 1.55					
P XXX					
-- Lauren Warnock		Nebraska Wes	1.53m	NH	
1.50					
XXX					

Women Pole Vault

2.90-

3.05-3.20-3.35-3.50-3.60-3.70

GPAC Record: G 4.05m 2011 Kayla Friesen, Sioux Falls

NAIA Auto: N 3.60m

NAIA Prov.: P 3.50m

Name	Year	School	Seed	Finals	Points
Breuer		Mount Marty	3.65m	11-05.75	10
	2.90 3.05 3.20 3.35 3.50 3.66				
	P P O O O XXX				
2 Kellie Fegter		Concordia U.	3.53m	3.35m	10-11.75 7
	2.90 3.05 3.20 3.35 3.50				
	P O O O XXX				
2 Madison Wakefield		Doane	3.50m	3.35m	10-11.75 7
	2.90 3.05 3.20 3.35 3.50				
	P P O O XXX				
4 Ashlee Brown		Concordia U.	3.53m	J3.35m	10-11.75 5
	2.90 3.05 3.20 3.35 3.50				
	P O O XO XXX				
5 Cassandra Starks		Concordia U.	3.23m	3.20m	10-06.00 3.50
	2.90 3.05 3.20 3.35				
	XO O O XXX				
5 Brittany Fuller		Midland	3.20m	3.20m	10-06.00 3.50
	2.90 3.05 3.20 3.35				
	O XO O XXX				
7 Shelby Yelden		Concordia U.	3.38m	J3.20m	10-06.00 2
	2.90 3.05 3.20 3.35				
	P O XXO XXX				
8 Callie Walker		Midland	3.20m	3.05m	10-00.00 0.25
	2.90 3.05 3.20				
	P O XXX				
8 Breanne Heidema		Dordt	3.20m	3.05m	10-00.00 0.25
	2.90 3.05 3.20				
	O O XXX				
8 Christina Tacoma		Dordt	3.20m	3.05m	10-00.00 0.25
	2.90 3.05 3.20				
	P O XXX				
8 Elisa Carlson		Nebraska Wes	3.10m	3.05m	10-00.00 0.25
	2.90 3.05 3.20				
	P O XXX				
12 Kamala Moore		Concordia U.	3.08m	J3.05m	10-00.00
	2.90 3.05 3.20				
	O XO XXX				
13 Lindsay Anderson		Concordia U.	3.05m	2.90m	9-06.25
	2.90 3.05				
	XXO XXX				
13 Callie Cox		Doane	2.90m	2.90m	9-06.25
	2.90 3.05				
	O XXX				
-- Michelle Toukan		Hastings	3.35m	NH	
	2.90 3.05				
	P XXX				
-- Stephanie Aurich		Concordia U.	2.78m	NH	
	2.90				
	XXX				
-- Rianne Gross		Concordia U.	3.05m	NH	
	2.90				
	XXX				
-- Kylie Whitener		Dordt	2.75m	NH	
	2.90				
	XXX				
-- Kayla Ambrose		Doane	3.25m	NH	
	2.90				
	XXX				

Women Long Jump

9 to Final

GPAC Record: G 5.94m 1987 Carol Bailey, Concordia University

NAIA Auto: N 5.59m

NAIA Prov.: P 5.49m

Name	Year	School	Seed	Finals	Wind	Points
1 Briana Vander Woude		Dordt	5.75m	6.01m	2.9	19-08.75 10
			5.26m(0.2) FOUL(1.1) 5.74m(1.5) 5.72m(2.2) 5.61m(0.8) 6.01m(2.9)			
2 Neeia Cooperwood		Morningside	5.61m	5.79mN	+0.0	19-00.00 8
			FOUL(1.6) 5.45m(2.9) 5.49m(+0.0) 5.79m(+0.0) FOUL FOUL			
3 Karen Hutson		Northwestern	5.64m	5.68mN	0.4	18-07.75 6
			5.60m(1.9) 5.68m(0.4) 5.34m(1.5) 5.24m(0.9) FOUL(2.1) 5.05m(1.8)			
4 Mariah Toussaint		Midland	5.69m	5.65mN	0.1	18-06.50 5
			5.65m(0.1) 5.58m(1.5) 5.31m(0.7) 5.58m(+0.0) FOUL(1.6) 5.60m(1.3)			
5 Crystal Vander Zee		Dordt	5.67m	5.63mN	0.1	18-05.75 4
			5.42m(2.0) 5.63m(0.1) 5.60m(0.2) 5.54m(0.8) 5.55m(+0.0) 5.48m(+0.0)			
6 Jillian Guerrero		Nebraska Wes	5.51m	5.37m	1.4	17-07.50 3
			FOUL(1.2) 5.37m(1.4) FOUL(2.9) FOUL(1.4) FOUL(2.8) 5.29m(1.1)			
7 Lindsey Sanftner		Dakota Wes	5.18m	5.30m	2.2	17-04.75 2
			5.30m(2.2) 5.13m(0.3) FOUL(0.5) 5.04m(1.5) 5.06m(0.1) FOUL(0.2)			
8 Christy Sikkema		Dordt	5.33m	5.29m	2.6	17-04.25 1
			5.24m(1.0) 5.06m(+0.0) FOUL(+0.0) 5.29m(2.6) 5.22m(+0.0) FOUL			
9 Raenecia Gordon		Doane	5.38m	J5.29m	1.2	17-04.25
			5.20m(3.5) 5.29m(1.2) 5.03m(2.0) 5.17m(0.2) 5.05m(0.5) 5.11m(2.5)			
10 Mackenzie Small		Northwestern	5.28m	5.16m	2.0	16-11.25
			4.47m(+0.0) 4.11m(0.2) 5.16m(2.0)			
11 Erin DeVries		Doane	5.24m	5.14m	-0.4	16-10.50
			FOUL(2.0) 5.14m(-0.4) 5.00m(0.5)			
12 Holly Hegge		Mount Marty	5.05m	5.13m	-1.5	16-10.00
			5.07m(0.8) 5.13m(-1.5) 4.99m(0.3)			
13 Paige Hemmer		Concordia U.	5.27m	5.12m	1.0	16-09.75
			FOUL 4.95m(1.4) 5.12m(1.0)			
14 Lindsey Moerman		Dordt	5.27m	5.08m	0.4	16-08.00
			4.79m(+0.0) 5.06m(+0.0) 5.08m(0.4)			
15 Danielle Masur		Concordia U.	5.09m	4.94m	0.9	16-02.50
			4.76m(1.5) FOUL 4.94m(0.9)			
16 Kaitlin Troost		Dordt	5.23m	4.93m	0.7	16-02.25
			FOUL(0.9) 4.91m(+0.0) 4.93m(0.7)			
17 Abbey VanDenBerg		Mount Marty	5.31m	4.88m	+0.0	16-00.25
			FOUL(+0.0) 4.88m(+0.0) FOUL(+0.0)			
18 Emily Reed		Doane	4.97m	4.85m	0.8	15-11.00
			4.85m(0.8) 4.84m(+0.0) 4.83m(+0.0)			
19 Rachel Cutler		Concordia U.	4.91m	4.80m	2.8	15-09.00
			4.80m(2.8) 4.72m(0.2) 4.57m(+0.0)			
20 Jessie Pederson		Dakota Wes	4.83m	4.76m	0.8	15-07.50
			4.76m(0.8) 4.51m(0.9) 4.71m(0.5)			
21 Jacie White		Northwestern	4.91m	4.64m	0.2	15-02.75
			4.43m(-0.6) 4.60m(+0.0) 4.64m(0.2)			
22 Tracy Peitz		Concordia U.	4.80m	4.63m	-0.7	15-02.25
			FOUL(0.3) 4.62m(1.7) 4.63m(-0.7)			

Women Triple Jump

9 to Final

GPAC Record: G 12.58m 2004 Rochelle Schmidt, Doane College

NAIA Auto: N 11.50m

NAIA Prov.: P 11.30m

Name	Year	School	Seed	Finals	Wind	Points
1 Jericca Pearson		Concordia U.	11.39m	11.57mN	1.0	37-11.50 10
		11.18m(0.5) 11.20m(+0.0) 11.57m(1.0) 11.32m(2.6) 11.20m(1.3) 11.34m(3.2)				
2 Christy Sikkema		Dordt	11.25m	11.52mN	1.1	37-09.50 8
		FOUL(1.1) 11.36m(1.4) 11.52m(1.1) FOUL(1.6) FOUL(+0.0) FOUL(1.0)				
3 Allycia Myers		Doane	11.38m	11.47mP	1.8	37-07.75 6
		11.38m(1.9) 11.25m(+0.0) 11.15m(1.0) 10.94m(1.5) 11.47m(1.8) 11.35m(4.0)				
4 Raenecia Gordon		Doane	11.48m	11.33mP	0.8	37-02.25 5
		11.26m(0.8) 10.96m(2.1) 10.96m(0.4) 10.89m(+0.0) 11.12m(2.1) 11.33m(0.8)				
5 Crystal Vander Zee		Dordt	11.43m	11.32mP	1.6	37-01.75 4
		11.01m(1.1) 10.83m(1.3) 11.29m(1.5) FOUL(+0.0) 11.24m(1.7) 11.32m(1.6)				
6 Abbey VanDenBerg		Mount Marty	11.41m	11.30mP	+0.0	37-01.00 3
		10.94m(1.0) 11.30m(+0.0) PASS 10.58m(1.4) 10.64m(1.2) 10.77m(1.5)				
7 Megan Glisar		Morningside	10.82m	11.25m	0.3	36-11.00 2
		10.93m(0.4) 11.12m(0.4) 11.25m(0.3) 10.48m(1.5) 11.12m(3.4) 10.91m(3.1)				
8 Shelby Meier		Doane	10.60m	10.98m	+0.0	36-00.25 1
		FOUL(1.6) 10.98m(+0.0) 10.70m(0.1) 10.40m(1.8) FOUL(0.3) FOUL(1.5)				
9 Amy Kreikemeier		Doane	10.83m	10.95m	1.6	35-11.25
		10.73m(0.4) 10.91m(2.0) 10.68m(+0.0) 10.57m(1.4) 10.95m(1.6) FOUL(2.8)				
10 Paige Hemmer		Concordia U.	10.75m	10.74m	+0.0	35-03.00
		10.59m(0.2) 10.74m(+0.0) 10.67m(0.2)				
11 Jillian Guerrero		Nebraska Wes	10.69m	10.70m	+0.0	35-01.25
		10.38m(0.1) 10.49m(1.9) 10.70m(+0.0)				
12 Sarah Genrich		Doane	10.93m	10.59m	2.4	34-09.00
		10.59m(2.4) FOUL(1.7) 10.45m(1.4)				
13 Liz Benjamin		Briar Cliff	10.44m	10.55m	0.8	34-07.50
		FOUL(+0.0) 10.55m(0.8) 10.35m(0.7)				
14 Emily Anderson		Mount Marty	10.42m	10.45m	1.0	34-03.50
		10.05m(0.4) 10.33m(1.7) 10.45m(1.0)				
15 Kaitlin Troost		Dordt	10.35m	10.41m	0.3	34-02.00
		9.87m(+0.0) FOUL(0.9) 10.41m(0.3)				
15 Karissa Blank		Doane	11.16m	10.41m	2.0	34-02.00
		FOUL FOUL 10.41m(2.0)				
17 Natalie Kramer		Doane	10.43m	10.39m	0.8	34-01.25
		10.39m(0.8) 10.08m(2.2) 9.84m(+0.0)				
18 Jessie Pederson		Dakota Wes	10.23m	10.35m	0.4	33-11.50
		FOUL(2.0) 10.35m(0.4) 9.99m(+0.0)				
19 Lindsey Moerman		Dordt	10.33m	10.31m	2.1	33-10.00
		9.76m(2.5) FOUL(0.5) 10.31m(2.1)				
20 Holly Hegge		Mount Marty	10.12m	10.28m	0.7	33-08.75
		10.26m(2.6) 10.26m(0.9) 10.28m(0.7)				
21 Tracy Peitz		Concordia U.	10.23m	9.98m	0.9	32-09.00
		FOUL(2.1) FOUL(1.0) 9.98m(0.9)				
22 Abby Fossum		Dakota Wes	9.93m	9.60m	1.4	31-06.00
		FOUL FOUL 9.60m(1.4)				
23 Jenn Gold		Hastings	9.92m	9.43m	+0.0	30-11.25
		9.43m(+0.0) FOUL FOUL				
-- Tess Moyer		Doane	11.08m	FOUL		
		FOUL FOUL FOUL				
-- Ellen Bucher		Briar Cliff	9.76m	SCR	NWI	

Women Shot Put

9 to Final

GPAC Record: G 14.78m 1986

Connie Huguen, Doane College

NAIA Auto: N 13.50m

NAIA Prov.: P 13.05m

Name	Year	School	Seed	Finals	Points
1 Lauren Eickemeyer		Concordia U.	14.27m	14.64mN 48-00.50	10
12.97m 13.67m 13.02m		FOUL 13.63m 14.64m			
2 Jennifer Maag		Hastings	13.97m	13.89mN 45-07.00	8
13.49m 13.89m 13.87m		13.61m 13.79m 13.71m			
3 Brittany Erdmann		Concordia U.	13.83m	13.83mN 45-04.50	6
12.71m 13.83m 13.32m		FOUL 13.80m FOUL			
4 Deanna Dirkschneider		Nebraska Wes	13.31m	13.65mN 44-09.50	5
12.96m 13.30m 13.47m		13.43m 13.65m 13.32m			
5 Kelsee Meissner		Doane	13.45m	13.50mN 44-03.50	4
13.14m 13.18m 13.50m		FOUL FOUL FOUL			
6 Katie Rich		Concordia U.	12.96m	13.39mP 43-11.25	3
12.18m 13.22m 13.39m		FOUL FOUL FOUL			
7 Abby Griffith		Hastings	13.87m	13.23mP 43-05.00	2
FOUL 13.23m 12.95m		12.36m 12.94m 13.06m			
8 Whitney Collins		Doane	13.35m	12.91m 42-04.25	1
12.67m FOUL 12.67m		12.57m 12.90m 12.91m			
9 McKayla Gowen		Hastings	13.87m	12.89m 42-03.50	
12.26m FOUL 12.84m		12.89m 12.79m 12.82m			
10 Karmen Lawver		Doane	12.02m	12.39m 40-07.75	
FOUL 11.97m 12.39m					
11 Sara Retzlaff		Concordia U.	12.38m	12.21m 40-00.75	
11.78m 12.03m 12.21m					
12 Brittany Edson		Nebraska Wes	13.12m	12.18m 39-11.50	
FOUL 12.18m FOUL					
13 Jessica Payne		Doane	13.93m	12.10m 39-08.50	
FOUL 12.10m FOUL					
14 Stormy Rains		Hastings	12.39m	11.94m 39-02.25	
FOUL 11.43m 11.94m					
14 Tara Cockerill		Briar Cliff	13.59m	11.94m 39-02.25	
11.48m 11.62m 11.94m					
16 Katie Johnson		Dakota Wes	12.55m	11.92m 39-01.25	
11.89m FOUL 11.92m					
17 Carly Henry		Doane	12.24m	11.90m 39-00.50	
FOUL 11.90m FOUL					
18 Megan Hoelsing		Midland	12.25m	11.75m 38-06.75	
FOUL FOUL 11.75m					
19 Jamie Crouse		Concordia U.	11.85m	11.54m 37-10.50	
FOUL 10.48m 11.54m					
20 Nicole Hass		Concordia U.	12.40m	11.10m 36-05.00	
11.10m FOUL FOUL					
21 Samantha Rus		Mount Marty	11.68m	11.02m 36-02.00	
11.02m FOUL 10.86m					
22 Danielle Fry		Northwestern	12.02m	10.94m 35-10.75	
10.94m FOUL FOUL					
23 Jena Krebs		Northwestern	11.93m	10.85m 35-07.25	
10.34m 10.78m 10.85m					
23 Mindi Schlautman		Nebraska Wes	11.71m	10.85m 35-07.25	
FOUL 10.85m FOUL					
-- Laura Grubb		Nebraska Wes	10.72m	SCR	
-- Laura Fischer		Midland	10.90m	SCR	
-- Courtney Beacom		Mount Marty	10.83m	SCR	
-- Sarah Wieseler		Briar Cliff	11.13m	SCR	
-- Shalako Hanover		Midland	10.07m	SCR	

Women Discus Throw

9 to Final

GPAC Record: G 51.24m 5/2/2009 Laura Wortmann, Mount Marty

NAIA Auto: N 43.50m

NAIA Prov.: P 42.40m

Name	Year	School	Seed	Finals	Points
1 Bailey Soucie 38.20m FOUL 40.56m 42.13m 43.38m FOUL		Nebraska Wes	42.10m	43.38mP	142-04 10
2 Jennifer Maag 42.72m 42.29m 41.74m FOUL 40.85m FOUL		Hastings	43.64m	42.72mP	140-02 8
3 Sara Retzlaff 40.30m FOUL FOUL FOUL 42.72m FOUL		Concordia U.	43.92m	J42.72mP	140-02 6
4 Ashton Henderson 41.11m FOUL 42.01m 40.94m 40.55m FOUL		Doane	45.24m	42.01m	137-10 5
5 Carly Henry 41.21m 41.84m FOUL FOUL FOUL FOUL		Doane	43.26m	41.84m	137-03 4
6 Danielle Fry 38.89m 40.72m FOUL FOUL FOUL FOUL		Northwestern	42.56m	40.72m	133-07 3
7 Katelyn Butts 39.65m FOUL 39.29m FOUL 38.96m 39.20m		Concordia U.	40.58m	39.65m	130-01 2
8 Karmen Lawver 38.75m 39.31m 37.97m FOUL FOUL FOUL		Doane	39.78m	39.31m	129-00 1
9 Kayla Hagemeister 38.51m FOUL FOUL 38.35m 34.00m 35.95m		Hastings	38.30m	38.51m	126-04
10 Mindi Schlautman 37.28m FOUL 38.02m		Nebraska Wes	41.77m	38.02m	124-09
11 Nicole Hass FOUL 36.71m 37.95m		Concordia U.	38.53m	37.95m	124-06
12 Deanna Dirkschneider 37.77m 37.83m FOUL		Nebraska Wes	39.59m	37.83m	124-01
13 Brittany Erdmann 36.55m FOUL 36.86m		Concordia U.	37.68m	36.86m	120-11
14 Megan Hoelsing FOUL FOUL 36.42m		Midland	39.82m	36.42m	119-06
15 Haley Mondt 36.35m FOUL 36.26m		Doane	38.01m	36.35m	119-03
16 Jena Krebs 35.83m 35.32m 34.85m		Northwestern	39.35m	35.83m	117-07
17 Kayla Franzluebbers 35.65m 35.62m 35.61m		Nebraska Wes	36.89m	35.65m	116-11
18 Marlee Denton FOUL 34.50m FOUL		Concordia U.	38.70m	34.50m	113-02
19 Cortney Koepke 32.86m 34.31m FOUL		Concordia U.	35.28m	34.31m	112-07
20 Jamie Crouse 34.18m FOUL FOUL		Concordia U.	37.85m	34.18m	112-02
21 Brittany Edson 34.10m FOUL FOUL		Nebraska Wes	37.53m	34.10m	111-10
22 Kristine Dunker 33.15m FOUL FOUL		Midland	34.73m	33.15m	108-09
23 Rachel Tilley FOUL 32.70m FOUL		Briar Cliff	36.56m	32.70m	107-03
-- Tara Cockerill FOUL FOUL FOUL		Briar Cliff	38.39m	FOUL	
-- Laura Grubb		Nebraska Wes	34.20m	SCR	
-- Kalifornia Gray		Morningside	32.47m	SCR	
-- Kelci Teut		Morningside	31.44m	SCR	
-- Shalako Hanover		Midland	30.39m	SCR	
-- Laura McQuisten		Nebraska Wes	32.86m	SCR	
-- Jen Kirschbaum		Briar Cliff	33.39m	SCR	
-- Anna Kolasch		Mount Marty	26.60m	SCR	

Women Hammer Throw

9 to Final

GPAC Record: G 55.91m 2011 Amanda Brichacek, Nebraska Wesleyan

NAIA Auto: N 50.21m

NAIA Prov.: P 46.94m

Name	Year	School	Seed	Finals	Points
1 Whitney Collins		Doane	51.01m	52.93mN	173-08 10
52.93m FOUL 52.50m FOUL FOUL FOUL					
2 Sara Retzlaff		Concordia U.	53.78m	51.01mN	167-04 8
51.01m FOUL FOUL FOUL FOUL					
3 Kelsee Meissner		Doane	50.09m	50.57mN	165-11 6
49.11m 47.79m 49.25m 50.57m 49.27m 47.38m					
4 Jamie Crouse		Concordia U.	53.35m	50.52mN	165-09 5
FOUL 47.48m 48.52m 45.62m 46.84m 50.52m					
5 Abby Griffith		Hastings	50.75m	49.73mP	163-02 4
FOUL FOUL 46.41m 49.73m FOUL 49.02m					
6 Kayla Franzluebbbers		Nebraska Wes	46.55m	48.18mP	158-01 3
46.04m FOUL FOUL 48.18m 45.45m 46.02m					
7 Marlee Denton		Concordia U.	48.88m	48.02mP	157-06 2
FOUL 45.83m 48.02m 46.60m FOUL FOUL					
8 Katelyn Butts		Concordia U.	43.56m	45.17m	148-02 1
FOUL 43.93m FOUL 44.10m 45.17m FOUL					
9 Courtney Koepke		Concordia U.	45.45m	44.72m	146-09
FOUL FOUL 44.69m FOUL FOUL 44.72m					
10 Mindi Schlautman		Nebraska Wes	43.13m	43.48m	142-08
43.17m 43.48m FOUL					
11 Haley Mondt		Doane	53.31m	43.35m	142-03
FOUL FOUL 43.35m					
12 Danielle Fry		Northwestern	44.71m	42.54m	139-07
40.83m 41.56m 42.54m					
13 McKayla Gowen		Hastings	44.22m	42.49m	139-05
42.49m 41.54m FOUL					
14 Jennie Allen		Midland	42.37m	40.98m	134-05
40.98m 40.95m 40.45m					
15 Brittany Erdmann		Concordia U.	42.16m	40.67m	133-05
37.57m 40.67m 39.21m					
16 Jena Krebs		Northwestern	38.60m	39.67m	130-02
39.67m FOUL 38.11m					
17 Laura Maynard		Morningside	37.99m	38.92m	127-08
38.13m 37.26m 38.92m					
18 Laura McQuisten		Nebraska Wes	42.86m	37.84m	124-02
FOUL 37.84m FOUL					
19 Laura Fischer		Midland	37.49m	37.37m	122-07
35.32m 37.31m 37.37m					
20 Adrienne Bishop		Northwestern	38.72m	36.92m	121-01
36.92m FOUL 36.44m					
21 Nicole Hass		Concordia U.	38.42m	34.97m	114-09
FOUL FOUL 34.97m					
-- Jennifer Maag		Hastings	40.82m	FOUL	
FOUL FOUL FOUL					
-- Megan Hoelsing		Midland	44.14m	FOUL	
FOUL FOUL FOUL					
-- Lauren Eickemeyer		Concordia U.	46.37m	FOUL	
FOUL FOUL FOUL					
-- Shalako Hanover		Midland	28.96m	SCR	
-- Kalifornia Gray		Morningside	31.42m	SCR	
-- Calsie Skorepa		Mount Marty	28.69m	SCR	
-- Laura Grubb		Nebraska Wes	37.28m	SCR	

Women Javelin Throw

9 to Final

GPAC Record: G 43.07m 2005 Jocelyn Spurgin, Doane College

NAIA Auto: N 41.00m

NAIA Prov.: P 39.16m

Name	Year	School	Seed	Finals	Points
1 Bailey Soucie		Nebraska Wes	42.52m	39.68mP	130-02 10
39.54m 38.19m 37.77m		FOUL 37.60m 39.68m			
2 Marlee Denton		Concordia U.	39.47m	39.25mP	128-09 8
34.61m 39.25m 33.05m		FOUL FOUL FOUL			
3 Ashton Henderson		Doane	39.50m	38.57m	126-06 6
37.90m 38.57m		FOUL FOUL 38.32m 37.30m			
4 Karen Liekhus		Midland	37.24m	37.79m	124-00 5
33.24m 37.79m		FOUL 37.36m FOUL FOUL			
5 Katie Johnson		Dakota Wes	35.11m	36.62m	120-02 4
32.88m 36.62m 35.95m		34.28m 35.50m 32.19m			
6 Karmen Lawver		Doane	42.07m	J36.62m	120-02 3
35.92m FOUL 36.62m		FOUL FOUL 32.70m			
7 Elizabeth Stevens		Northwestern	37.91m	36.35m	119-03 2
36.35m 35.46m 33.82m		33.81m 33.62m 33.89m			
8 Karissa Blank		Doane	37.41m	36.13m	118-06 1
36.13m 34.95m 35.80m		32.25m 34.51m 33.92m			
9 Brittany Carman		Dordt	35.63m	36.06m	118-04
34.42m 35.86m 33.25m		32.26m 31.78m 36.06m			
10 Shelby Meier		Doane	36.45m	35.28m	115-09
32.44m 34.74m 35.28m					
11 Katie Rich		Concordia U.	36.43m	34.75m	114-00
33.47m 33.25m 34.75m					
12 Sarah Genrich		Doane	32.40m	33.09m	108-07
33.09m 31.65m FOUL					
13 Shannon Bowar		Northwestern	34.03m	33.07m	108-06
33.07m 30.68m 31.94m					
14 Mindi Schlautman		Nebraska Wes	33.69m	32.03m	105-01
29.61m 29.46m 32.03m					
15 Shannon Reachard		Hastings	31.83m	32.02m	105-01
32.02m 30.96m 28.48m					
16 Justine Dethlefs		Hastings	37.20m	31.80m	104-04
31.80m FOUL 29.79m					
17 Maggie Kramer		Doane	34.32m	30.31m	99-05
30.31m FOUL FOUL					
18 Julia Hauser		Midland	39.69m	28.27m	92-09
22.33m 22.57m 28.27m					
19 Sarah Cosgrove		Mount Marty	29.30m	27.63m	90-08
27.63m 27.48m 24.24m					
20 Laura Maynard		Morningside	34.29m	27.05m	88-09
27.05m 26.68m FOUL					
21 Shalako Hanover		Midland	28.00m	25.52m	83-09
25.52m FOUL FOUL					
-- Briana Vander Woude		Dordt	37.79m	FOUL	
FOUL FOUL FOUL					
-- Shelby Yelden		Concordia U.	33.04m	FOUL	
FOUL FOUL FOUL					
-- Kalifornia Gray		Morningside	27.88m	SCR	
-- Anna Kolasch		Mount Marty	24.89m	SCR	

Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year School	Finals	Wind	H#	Points
1 Erin DeVries	Doane	26.39	4.0	1	763
2 Elizabeth Stevens	Northwestern	26.54	4.0	1	751
3 Lydia Pomeranke	Concordia U.	26.87	4.0	1	723
4 Susan Rollman	Doane	26.92	4.0	1	718
5 Audrey Gaspers	Hastings	26.97	0.8	2	714
6 Meg Ehle	Nebraska Wes	27.10	0.8	2	704
7 Julia Hauser	Midland	27.44	4.0	1	676
8 Sara Simmons	Concordia U.	27.49	0.8	2	672
9 Myria Knapp	Concordia U.	28.10	0.8	2	623
10 Stacy Beller	Nebraska Wes	28.14	0.8	2	620
11 Kierstyn Besel	Concordia U.	28.30	0.8	2	607
12 Tiffany Hoagland	Nebraska Wes	28.53	4.0	1	590
13 Brooke Pfeifer	Doane	28.84	4.0	1	566
14 Shannon Bowar	Northwestern	29.13	4.0	1	545
15 Haley Logan	Mount Marty	29.20	0.8	2	539
16 Sonny Adkins	Doane	29.95	0.8	2	486

Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Year School	Finals	Points
1 Erin DeVries	Doane	2:34.88	633
2 Lydia Pomeranke	Concordia U.	2:35.05	631
3 Sara Simmons	Concordia U.	2:35.68	623
4 Elizabeth Stevens	Northwestern	2:35.86	621
5 Tiffany Hoagland	Nebraska Wes	2:37.65	600
6 Susan Rollman	Doane	2:38.33	592
7 Sonny Adkins	Doane	2:38.93	585
8 Haley Logan	Mount Marty	2:40.54	567
9 Julia Hauser	Midland	2:41.45	556
10 Kierstyn Besel	Concordia U.	2:42.60	543
11 Meg Ehle	Nebraska Wes	2:43.03	539
12 Stacy Beller	Nebraska Wes	2:43.23	536
13 Myria Knapp	Concordia U.	2:43.31	535
14 Audrey Gaspers	Hastings	2:44.08	527
15 Shannon Bowar	Northwestern	2:47.73	487
16 Brooke Pfeifer	Doane	3:15.03	238

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year School	Finals	Wind	H#	Points
1 Audrey Gaspers	Hastings	15.44	4.0	3	784
2 Susan Rollman	Doane	15.82	4.0	3	736
3 Sara Simmons	Concordia U.	15.83	2.6	4	735
4 Meg Ehle	Nebraska Wes	16.19	2.6	4	691
5 Lydia Pomeranke	Concordia U.	16.26	1.2	2	683
6 Erin DeVries	Doane	16.54	1.2	2	649
7 Myria Knapp	Concordia U.	16.72	-0.4	1	628
8 Tiffany Hoagland	Nebraska Wes	17.17	4.0	3	577
9 Elizabeth Stevens	Northwestern	17.33	-0.4	1	560
10 Shannon Bowar	Northwestern	17.43	2.6	4	549
11 Haley Logan	Mount Marty	17.46	1.2	2	546
12 Sonny Adkins	Doane	17.63	2.6	4	527
13 Stacy Beller	Nebraska Wes	17.70	1.2	2	520
14 Julia Hauser	Midland	17.80	4.0	3	509
15 Brooke Pfeifer	Doane	18.72	-0.4	1	417
16 Kierstyn Besel	Concordia U.	18.73	-0.4	1	416

Heptathlon: #2 Women High Jump Heptathlon

Name	Year School	Finals	Points
1 Erin DeVries	Doane	1.61m	5-03.25 747
2 Susan Rollman	Doane	1.58m	5-02.25 712
2 Sonny Adkins	Doane	1.58m	5-02.25 712
4 Julia Hauser	Midland	1.52m	4-11.75 644
4 Lydia Pomeranke	Concordia U.	1.52m	4-11.75 644
6 Meg Ehle	Nebraska Wes	1.46m	4-09.50 577
7 Audrey Gaspers	Hastings	1.43m	4-08.25 544
7 Sara Simmons	Concordia U.	1.43m	4-08.25 544
7 Elizabeth Stevens	Northwestern	1.43m	4-08.25 544
10 Shannon Bowar	Northwestern	1.40m	4-07.00 512
10 Haley Logan	Mount Marty	1.40m	4-07.00 512
12 Tiffany Hoagland	Nebraska Wes	1.34m	4-04.75 449
13 Myria Knapp	Concordia U.	1.31m	4-03.50 419
13 Brooke Pfeifer	Doane	1.31m	4-03.50 419
15 Stacy Beller	Nebraska Wes	1.28m	4-02.25 389
16 Kierstyn Besel	Concordia U.	1.25m	4-01.25 359

Heptathlon: #5 Women Long Jump Heptathlon

Name	Year School	Finals	Wind	Points
1 Meg Ehle	Nebraska Wes	5.15m	+0.0	16-10.75 601
5.10m(+0.0) 5.15m(+0.0) 4.93m(0.5)				
2 Audrey Gaspers	Hastings	5.10m	0.4	16-08.75 587
FOUL 4.98m(+0.0) 5.10m(0.4)				
3 Lydia Pomeranke	Concordia U.	5.08m	0.9	16-08.00 581
5.04m(+0.0) 4.98m(1.8) 5.08m(0.9)				
4 Erin DeVries	Doane	5.06m	0.8	16-07.25 576
4.78m(1.1) FOUL 5.06m(0.8)				
5 Sara Simmons	Concordia U.	5.04m	1.0	16-06.50 570
4.49m(+0.0) 4.99m(+0.0) 5.04m(1.0)				
6 Elizabeth Stevens	Northwestern	4.85m	+0.0	15-11.00 519
4.85m(+0.0) 4.76m(+0.0) 4.59m(1.4)				
7 Julia Hauser	Midland	4.72m	+0.0	15-06.00 485
4.72m(+0.0) 4.69m(0.1) 4.69m(0.4)				
8 Susan Rollman	Doane	4.66m	0.3	15-03.50 469
4.63m(0.7) 4.66m(0.3) 4.66m(0.9)				
9 Myria Knapp	Concordia U.	4.46m	1.0	14-07.75 418
FOUL 4.23m(+0.0) 4.46m(1.0)				
10 Shannon Bowar	Northwestern	4.43m	+0.0	14-06.50 411
4.37m(0.1) 4.43m(+0.0) FOUL				
11 Tiffany Hoagland	Nebraska Wes	4.41m	0.2	14-05.75 406
4.41m(0.2) 4.22m(1.0) 4.37m(+0.0)				
12 Stacy Beller	Nebraska Wes	4.33m	0.4	14-02.50 386
4.12m(+0.0) 4.33m(0.4) 4.11m(1.7)				
13 Kierstyn Besel	Concordia U.	4.30m	1.1	14-01.25 379
FOUL 4.18m(1.6) 4.30m(1.1)				
14 Brooke Pfeifer	Doane	4.25m	+0.0	13-11.50 367
4.25m(+0.0) 4.01m(+0.0) 4.16m(+0.0)				
15 Sonny Adkins	Doane	4.22m	0.5	13-10.25 359
FOUL FOUL 4.22m(0.5)				
16 Haley Logan	Mount Marty	4.21m	+0.0	13-09.75 357
3.98m(+0.0) 4.21m(+0.0) FOUL				

Heptathlon: #3 Women Shot Put Heptathlon

Name	Year	School	Finals	Points
1 Elizabeth Stevens 10.35m 10.91m 10.18m		Northwestern	10.91m 35-09.50	589
2 Erin DeVries 9.62m 9.41m 10.15m		Doane	10.15m 33-03.75	539
3 Stacy Beller 9.49m 9.81m 9.07m		Nebraska Wes	9.81m 32-02.25	517
4 Lydia Pomerence 9.77m 9.41m 9.37m		Concordia U.	9.77m 32-00.75	514
5 Haley Logan 9.74m 9.05m 9.25m		Mount Marty	9.74m 31-11.50	512
6 Susan Rollman 8.92m 9.31m 8.77m		Doane	9.31m 30-06.50	484
7 Sonny Adkins 8.92m 9.27m 9.13m		Doane	9.27m 30-05.00	482
8 Shannon Bowar 9.20m 8.70m 9.20m		Northwestern	9.20m 30-02.25	477
9 Tiffany Hoagland 8.95m 8.72m 8.56m		Nebraska Wes	8.95m 29-04.50	461
10 Myria Knapp 8.24m 8.21m 8.63m		Concordia U.	8.63m 28-03.75	440
11 Sara Simmons 8.04m 8.16m 8.49m		Concordia U.	8.49m 27-10.25	431
12 Meg Ehle 7.52m FOUL 8.19m		Nebraska Wes	8.19m 26-10.50	412
13 Julia Hauser 7.63m 7.88m 8.17m		Midland	8.17m 26-09.75	410
14 Brooke Pfeifer 7.57m 7.30m 7.89m		Doane	7.89m 25-10.75	392
15 Audrey Gaspers 7.21m 7.73m 7.22m		Hastings	7.73m 25-04.50	382
16 Kierstyn Besel 6.59m 6.49m 6.54m		Concordia U.	6.59m 21-07.50	309

Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Year	School	Finals	Points
1 Elizabeth Stevens 36.80m 34.55m 40.05m		Northwestern	40.05m	131-05 668
2 Stacy Beller 29.35m 30.19m 35.76m		Nebraska Wes	35.76m	117-04 586
3 Shannon Bowar 31.89m 30.04m 30.93m		Northwestern	31.89m	104-07 512
4 Susan Rollman 30.52m 31.39m FOUL		Doane	31.39m	103-00 503
5 Sonny Adkins 25.69m FOUL 30.96m		Doane	30.96m	101-07 495
6 Julia Hauser 28.79m FOUL FOUL		Midland	28.79m	94-05 454
7 Lydia Pomeranke FOUL 28.63m FOUL		Concordia U.	28.63m	93-11 451
8 Erin DeVries 27.58m 28.62m 28.01m		Doane	28.62m	93-11 451
9 Meg Ehle 27.37m 23.25m FOUL		Nebraska Wes	27.37m	89-09 427
10 Brooke Pfeifer 20.99m 23.95m 26.12m		Doane	26.12m	85-08 403
11 Kierstyn Besel 25.20m 23.36m 25.79m		Concordia U.	25.79m	84-07 397
12 Myria Knapp 25.47m 24.83m FOUL		Concordia U.	25.47m	83-07 391
13 Sara Simmons 24.75m 24.37m FOUL		Concordia U.	24.75m	81-02 378
14 Tiffany Hoagland 24.60m 24.65m 23.69m		Nebraska Wes	24.65m	80-10 376
15 Audrey Gaspers 24.02m 24.44m 23.92m		Hastings	24.44m	80-02 372
16 Haley Logan 19.65m 22.61m 20.41m		Mount Marty	22.61m	74-02 338

Women Heptathlon

GPAC Record: G 4204 2010 Katie Rich, Concordia University						
Name	Year	School	Seed	Finals	Points	
1 Erin DeVries		Doane	4069	4358G	10	
2 Elizabeth Stevens		Northwestern	4195	4252G	8	
3 Lydia Pomeranke		Concordia U.	3962	4227G	6	
4 Susan Rollman		Doane	4063	4214G	5	
5 Sara Simmons		Concordia U.	3627	3953	4	
6 Meg Ehle		Nebraska Wes	3873	3951	3	
7 Audrey Gaspers		Hastings	3810	3910	2	
8 Julia Hauser		Midland	3582	3734	1	
9 Sonny Adkins		Doane	3676	3646		
10 Stacy Beller		Nebraska Wes	3438	3554		
11 Shannon Bowar		Northwestern	3284	3493		
12 Tiffany Hoagland		Nebraska Wes	3421	3459		
13 Myria Knapp		Concordia U.	3240	3454		
14 Haley Logan		Mount Marty	2836	3371		
15 Kierstyn Besel		Concordia U.	2918	3010		
16 Brooke Pfeifer		Doane	2926	2802		