



2023 GPAC CHAMPIONSHIPS
INDOOR TRACK & FIELD

FEBRUARY 17-18, 2023

**CONCORDIA UNIVERSITY
WALZ FIELDHOUSE
SEWARD, NEBRASKA**

CONCORDIA

CONCORDIA

OFFICIAL MEET PROGRAM
SCHEDULE - GPAC RECORDS - HEAT SHEETS

FOR MORE INFORMATION, VISIT: WWW.GPACSPORTS.COM



2023 GPAC CHAMPIONSHIPS INDOOR TRACK & FIELD

FEBRUARY 17-18, 2023

Friday, February 17, 2023

Heptathlon

1:15	60 Meter Dash	M
(2:00)	Long Jump	M
(2:45)	Shot Put - 2 rings	M
(3:40)	High Jump - 2 pits	M

Pentathlon

1:00	60 Meter Hurdles	W
(1:40)	High Jump - 2 pits	W
(3:40)	Shot Put - 2 rings	W
(4:45)	Long Jump	W
(5:40)	800 Meters	W

Saturday, February 18, 2023

Heptathlon

9:00	60 Meter Hurdles	M
(9:45)	Pole Vault - 2 pits	M
(12:15)	1000 Meters	M

Running Events

11:15	Head Coaches and Lead Officials Meeting	
12:00	*3000 Meter Racewalk	W / M
2:00	5000 Meter Run	W
2:30	5000 Meter Run	M
2:55	4 x 800 Meter Relay	W
3:10	4 x 800 Meter Relay	M
3:25	60 Meter Hurdle Prelim	W
3:40	60 Meter Hurdle Prelim	M
3:55	60 Meter Dash Prelim	W
4:05	60 Meter Dash Prelim	M
4:15	Mile Run	W
4:30	Mile Run	M
4:45	400 Meter Dash	W
5:00	400 Meter Dash	M
5:15	600 Meter Run	W
5:30	600 Meter Run	M
5:45	60 Meter Hurdle Final	W
5:50	60 Meter Hurdle Final	M
5:55	60 Meter Dash Final	W
6:00	60 Meter Dash Final	M
6:05	800 Meter Run	W
6:20	800 Meter Run	M
6:35	1000 Meter Run	W
6:45	1000 Meter Run	M
6:55	200 Meter Dash	W
7:10	200 Meter Dash	M
7:25	3000 Meter Run	W
7:40	3000 Meter Run	M
7:55	4 x 400 Meter Relay	W
8:10	4 x 400 Meter Relay	M
8:30	Awards Ceremony	

Field Events

12:00	Weight Throw	M	
12:00	Triple Jump	W	North Runway
12:00	Triple Jump	M	Infield Runway
2:00	Weight Throw	W	
2:00	Long Jump	W	North Runway
2:00	Long Jump	M	Infield Runway
2:00	Pole Vault	W	
2:00	High Jump	W	
4:00	Shot Put	M	
4:00	High Jump	M	
5:00	Pole Vault	M	
6:00	Shot Put	W	

* non scoring event



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ALL-TIME TEAM CHAMPIONS/RUNNERS UP (INDOOR)

MEN

GPAC

Year	Champion	Runner Up
2022	Doane	Dordt
2021	Dordt	Doane
2020	Doane	Concordia
2019	Doane	Concordia
2018	Doane	Northwestern
2017	Doane	Concordia
2016	Doane	Nebraska Wesleyan
2015	Doane	Concordia
2014	Concordia	Doane
2013	Doane	Morningside
2012	Doane	Concordia
2011	Doane	Concordia
2010	Doane	Concordia
2009	Doane	Concordia
2008	Doane	Nebraska Wesleyan
2007	Doane	Nebraska Wesleyan
2006	Nebraska Wesleyan	Doane
2005	Nebraska Wesleyan	Doane
2004	Nebraska Wesleyan	Doane
2003	Nebraska Wesleyan	Concordia
2002	Nebraska Wesleyan	Doane
2001	Doane	Nebraska Wesleyan

NIAC

Year	Champion	Runner Up
2000	Nebraska Wesleyan	Doane
1999	Doane	Nebraska Wesleyan
1998	Nebraska Wesleyan	Doane
1997	Nebraska Wesleyan	Doane
1996	Nebraska Wesleyan	Doane
1995	Nebraska Wesleyan	Doane
1994	Nebraska Wesleyan	Doane
1993	Nebraska Wesleyan	Doane
1992	Nebraska Wesleyan	Doane
1991	Nebraska Wesleyan	Doane
1990	Nebraska Wesleyan	Doane
1989	Nebraska Wesleyan	Doane
1988	Doane	Nebraska Wesleyan
1987	Nebraska Wesleyan	Doane
1986	Hastings	Nebraska Wesleyan
1985	Nebraska Wesleyan	Doane
1984	Doane	Nebraska Wesleyan
1983	Doane	Nebraska Wesleyan
1982	Doane	Midland
1981	Doane	Hastings
1980	Doane	Nebraska Wesleyan
1979	Nebraska Wesleyan	Doane
1978	Doane	Nebraska Wesleyan
1977	Doane	Nebraska Wesleyan
1976	Doane	Nebraska Wesleyan
1975	Doane	Nebraska Wesleyan
1974	Doane	Nebraska Wesleyan
1974	Doane	Nebraska Wesleyan
1975	Doane	Nebraska Wesleyan
1974	Doane	Nebraska Wesleyan
1973	Nebraska Wesleyan	Doane
1972	Doane	Nebraska Wesleyan
1971	Doane	Nebraska Wesleyan
1970	Doane	Hastings

WOMEN

GPAC

Year	Champion	Runner Up
2022	Concordia	Hastings
2021	Concordia	Hastings
2020	Concordia	Hastings
2019	Concordia	Hastings
2018	Doane	Hastings
2017	Doane	Hastings
2016	Doane	Concordia
2015	Doane	Concordia
2014	Doane	Concordia
2013	Doane	Dordt
2012	Doane	Dordt
2011	Doane	Sioux Falls
2010	Concordia	Doane
2009	Doane	Concordia
2008	Doane	Nebraska Wesleyan
2007	Doane	Nebraska Wesleyan
2006	Doane	Nebraska Wesleyan
2005	Doane	Concordia
2004	Doane	Nebraska Wesleyan
2003	Doane	Concordia
2002	Doane	Nebraska Wesleyan
2001	Doane	Nebraska Wesleyan

NIAC

Year	Champion	Runner Up
2000	Doane	Hastings
1999	Doane	Nebraska Wesleyan
1998	Doane	Nebraska Wesleyan
1997	Doane	Nebraska Wesleyan
1996	Doane	Nebraska Wesleyan
1995	Doane	Nebraska Wesleyan
1994	Doane	Nebraska Wesleyan
1993	Doane	Nebraska Wesleyan
1992	Doane	Nebraska Wesleyan
1991	Doane	Nebraska Wesleyan
1990	Midland Lutheran / Nebraska Wesleyan	
1989	Midland Lutheran	Doane
1988	Midland Lutheran	Doane
1987	Midland Lutheran	Doane
1986	Doane	Midland Lutheran
1985	Midland Lutheran	Doane
1984	Midland Lutheran	Doane
1983	Midland Lutheran	Doane
1982	Midland Lutheran	Doane
1981	Midland Lutheran	Nebraska Wesleyan
1980	Doane	Midland Lutheran
1979	Doane	Midland Lutheran



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MEN'S GPAC INDOOR CHAMPIONSHIPS MEET RECORDS

*200 Meter Flat Track

60 Meters

2011 Brijesh Lawrence Doane 6.64

60 Meter Hurdles

2009 Eric Risinger Midland Lutheran 8.05

200 Meters

2003 Bret Blake Nebraska Wesleyan 21.78

400 Meters

2022 Ben Jefferies Briar Cliff 47.99

600 Meters

2001 Jacob Koczman Northwestern 1:19.23

800 Meters

2017 Sam Wensink Dordt 1:53.91

1000 Meters

2022 Jebadiah Merkle Dordt 2:29.88

Mile

2017 Tim Rose Northwestern 4:14.77

3000 Meters

2017 Daniel Aldaba Midland 8:36.99

5000 Meters

2022 Davis Tebben Dordt 14:55.72

4x400 Meter Relay

2019 Robinson, McKee
Rechtenbaugh, Paul Mount Marty 3:18.66

4x800 Meter Relay

2014 Giddings, Hovland ,
Weitgenant, Anderson Northwestern 7:49.65

Long Jump

2001 Quinton Furr Concordia 7.46m/24-0.575

High Jump

2011 Ben Zuch Midland 2.15m/7-00.50

Shot Put

2018 Alex Wellington Hastings 18.46m/60-0.675

Triple Jump

2015 Augustus Cowan Briar Cliff 15.70m/51-06.00

Weight Throw

2012 Gabe Wickham Hastings 21.02m/68-11.75

Pole Vault

2001 TJ Kloster Concordia 5.30m/17-0.500

Heptathlon

2015 Kale Wolken Doane 5307

60 Meters: Kale Wolken, Doane, 7.03 (2014) | 55 Meters: Sergio Arcos, Doane, 6.68 (2021)

Long Jump: Kale Wolken, Doane, 7.06m/23-02.00 (2014)

Shot Put: Kale Wolken, Doane, 13.73m/45-00.50 (2014)

High Jump: Alex Liberty, Dakota Wesleyan, 2.07m/6-09.50 (2011)

60 Meter Hurdles: Rob Keeney, Doane, 8.40 (2011) | 55 Meter Hurdles: Cody Williams, 7.81 (2021)

Pole Vault: Lucas Wiechman, Concordia, 4.94m/16-0.250 (2015)

1,000 Meters: Brad Higgins, Doane, 2:40.91 (2012) / Grant Brouwer, Dordt, 2:40.91 (2021)



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WOMEN'S GPAC INDOOR CHAMPIONSHIPS MEET RECORDS

*200 Meter Flat Track

60 Meters

2022 Daisy Maessner Hastings 7.59

60 Meter Hurdles

2008 Holly Andrews Nebraska Wesleyan 8.76

200 Meters

2015 Neeia Cooperwood Morningside 24.75

400 Meters

2014 Sandrae Farquharson Doane 56.24

600 Meters

2001 Wendy Brouillette Doane 1:34.52

800 Meters

2015 Jessa Sughroue Doane 2:13.62

1000 Meters

2018 Michelle Mumm Morningside 2:56.97

Mile

2001 Mary Livengood Doane 4:59.76

3000 Meters

2015 Lauren Shomaker Hastings 10:16.71

5000 Meters

2014 Gabi Jenkins Nebraska Wesleyan 17:32.62

4x400 Meter Relay

2020 Pfeifer, Lewis
Mogul, Battershell Concordia 3:56.28

4x800 Meter Relay

2015 Vlasin, Janzen,
Schroeder, Elbert Concordia 9:29.84

Long Jump

2014 Neeia Cooperwood Morningside 5.94m/19-06.00

High Jump

1990/1992 Kim Oden Nebraska Wesleyan 1.77m/5-10.00

Shot Put

1994 Kim Hayes Doane 15.19m/49-10.25

Triple Jump

2002 Shannon Milhaltan Hastings 12.42m/40-09.00

Weight Throw

2016 Kali Robb Concordia 18.94m/62-01.75

Pole Vault

2022 Josie Puelz Concordia 4.09m/13-05.00

Pentathlon

2015 Erin DeVries Doane 3714

60 Meter Hurdles: Briana Vander Woude, Dordt, 8.85 (2012) | 55 Meter Hurdles: Lauren Tamayo, Hastings, 8.30 (2021)
High Jump: Lauren Tamayo, Hastings, 1.68m/5-0.600 (2022)
Shot Put: Erin DeVries, Doane, 12.24m/40-02.00 (2015)
Long Jump: Karen Ettleman, Northwestern, 5.74m/18-10.00 (2015)
800 Meters: Jillian Ourada, Doane, 2:21.79 (2014)



2023 GPAC CHAMPIONSHIPS INDOOR TRACK & FIELD

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GPAC INDOOR SPECIAL AWARDS

MEN

Outstanding Athlete of the Year/Meet

2022	Payton Mauldin, Dordt / Zach Turner, Doane
2021	Jacob Vander Plaats Dordt
2020	Jacob Vander Plaats Dordt
2019	Levi Sudbeck Doane
2018	Paul Paul Mount Marty
2017	Lucas Wiechman Concordia
2016	Kale Wolken Doane
2015	Rusty Muncy Briar Cliff
2014	Kale Wolken Doane
2013	Monte Larsen Morningside
2012	Edwin Ronoh Doane
2011	Colin Morrissey Concordia
2010	Virgil Mitchell Concordia
2009	Colin Koth Sioux Falls
2008	Scott Van Cura, Hastings / Paulvince Obuon, Doane
2007	Jason Peters Nebraska Wesleyan
2006	Andrew Walquist Concordia
2005	Andrew Walquist, Concordia / Aaron Dye, Nebraska Wesleyan / Bret Blake, Nebraska Wesleyan
2004	Dusty Krusemark Doane
2003	Nick Bartlett Concordia
2002	Mark Samuels Concordia
2001	Jamey Sperle Dakota Wesleyan

Coach of the Year

2022	Ed Fye Doane
2021	Craig Heynen Dordt
2020	Craig Heynen Dordt
2019	Ed Fye Doane
2018	Ed Fye Doane
2017	Ed Fye Doane
2016	Ed Fye Doane
2015	Ed Fye, Doane / Nate Treinen, Briar Cliff
2014	Kregg Einspahr Concordia
2013	Ed Fye, Doane / Dave Nash, Morningside
2012	Ed Fye Doane
2011	Ed Fye Doane
2010	Ed Fye Doane
2009	Gene Brooks Sioux Falls
2008	Ed Fye Doane
2007	Ed Fye Doane
2006	Ted Bulling Nebraska Wesleyan
2005	Ted Bulling Nebraska Wesleyan
2004	Ted Bulling Nebraska Wesleyan
2003	Ted Bulling Nebraska Wesleyan
2002	Ted Bulling Nebraska Wesleyan
2001	Fred Beile Doane

Most Valuable Performance of the Meet

2022	Ben Jefferies (Track) Briar Cliff
	Matt Campbell (Field) Doane
2021	Ben Jefferies (Track) Briar Cliff
	Dylan Kucera (Field) Midland
2020	Jacob Vander Plaats (Track) Dordt
	Levi Sudbeck (Field) Doane
2019	4x400m Relay (Track) Mount Marty
	Cody Williams (Field) Concordia
2018	Jon Flight (Track) Hastings
	Alex Wellington (Field) Hastings
2017	Sam Wesink (Track) Dordt
	Lucas Wiechman (Field) Concordia
2016	4x800 Meter Relay Northwestern
2015	Augustus Cowen Briar Cliff
2014	Kale Wolken Doane
2013	Monte Larsen Morningside
2012	Monte Larsen Morningside
2011	B.J. Lawrence Doane
2010	Zach Meineke Concordia
2009	Eric Risinger Midland Lutheran
2008	Michael Saalfeld, Concordia / Paulvince Obuon, Doane
2007	Jason Peters Nebraska Wesleyan
2006	Will Moman Doane
2005	Aaron Dye, Neb. Wesleyan / Matt Maxon, Dak. Wesleyan
2004	Whit Smith Midland Lutheran

WOMEN

Outstanding Athlete of the Year/Meet

2022	Lauren Tamayo Hastings
2021	Lauren Tamayo Hastings
2020	Rachel Battershell Concordia
2019	Kamberlyn Lamer Dakota Wesleyan
2018	Shantique Cunningham Hastings
2017	Shantique Cunningham Hastings
2016	Kim Wood Concordia
2015	Neeia Cooperwood Morningside
2014	Neeia Cooperwood Morningside
2013	Briana Vander Woude Dordt
2012	Briana Vander Woude Dordt
2011	Jillian Ourada Doane
2010	Charista Zehnder Concordia
2009	Charista Zehnder Concordia
2008	Abby Schlueter Doane
2007	Katie Kosmos Doane
2006	Katie Kosmos Doane
2005	Molly Engel Concordia
2004	Erin Powell, Neb. Wesleyan / Michelle Pfeifer, Mount Marty
2003	Annette Ekberg Hastings
2002	Shannon Mihalton Hastings
2001	Shannon Mihalton Hastings

Coach of the Year

2022	Matt Beisel Concordia
2021	Matt Beisel Concordia
2020	Matt Beisel Concordia
2019	Matt Beisel Concordia
2018	Ed Fye Doane
2017	Ed Fye Doane
2016	Ed Fye Doane
2015	Ed Fye Doane
2014	Ed Fye Doane
2013	Ed Fye Doane
2012	Dave Heynen Dordt
2011	Gene Brooks Sioux Falls
2010	Kregg Einspahr Concordia
2009	Kregg Einspahr, Concordia / Dave Nash, Morningside
2008	Nate Wolf Northwestern
2007	Ed Fye Doane
2006	Ed Fye Doane
2005	Ed Fye Doane
2004	Ed Fye Doane
2003	Kregg Einspahr Concordia
2002	Fred Beile Doane
2001	Fred Beile Doane

Most Valuable Performance of the Meet

2022	Nisa Thomas (Track) Hastings
	Josie Puelz (Field) Concordia
2021	Rachel Battershell (Track) Concordia
	Lauren Tamayo (Field) Hastings
2020	4x400m Relay (Track) Concordia
	Julia Johnson (Field) Jamestown
2019	Briana Davis (Track) College of Saint Mary
	Kamberlyn Lamer (Field) Dakota Wesleyan
2018	Michelle Mumm (Track) Morningside
	Sara Olsen (Field) Hastings
2017	Michelle Mumm (Track) Morningside
	Sara Olsen (Field) Hastings
2016	Kim Wood Concordia
2015	Loren Shomaker Hastings
2014	Neeia Cooperwood Morningside
2013	Briana Vander Woude Dordt
2012	Briana Vander Woude Dordt
2011	Charity Miles Northwestern
2010	DeeJay Silcott Doane
2009	Jackie Spelts Nebraska Wesleyan
2008	Charity Miles Northwestern
2007	Tawna Trail Hastings
2006	Ann Gramkow Midland Lutheran
2005	Megan Bauer Doane
2004	Sarah Greenup Midland Lutheran



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MEN'S CONCORDIA FIELDHOUSE RECORDS

60 Meter Dash	Brijesh Lawrence, Doane	6.71		1-29-11 Concordia Classic
200 Meter Dash	Brijesh Lawrence, Doane	21.81		1-28-12 Concordia Classic
400 Meter Dash	Mason Held, York College	47.73		2-8-19 Concordia Invite
600 Meter Dash	Payton Mauldin, Dordt	1:19.10		12-10-22 Bulldog Early Bird
800 Meter Run	Decano Cronin, Fort Hays State Univ.	1:50.27		2-10-17 Concordia Invite
1000 Meter Run	Edwin Ronoh, Doane	2:27.79		2-12-11 Concordia Invite
1 Mile Run	Ryan Cox, NW Missouri State Univ.	4:13.74		1-29-17 Concordia Classic
3000 Meter Run	Jonny Bernasky, Fort Hays State Univ.	8:30.30		2-12-15 Concordia Invite
3000 Meter Race Walk	Pablo Sanz-Rillo, Friends	14:12.75		2-10-23 Concordia Invite
5000 Meter Run	Jason McCullough, Fort Hays State Univ.	14:58.56		2-1-14 Concordia Classic
60 Meter Hurdles	Zach Turner, Doane	7.95		2-10-23 Concordia Invite
4x400 Meter Relay	Mounty Marty (D. Breckenridge, N. Simons J. Van Hemert, P. Paul)	3:17.27		2-4-22 Concordia Classic
4x800 Meter Relay	Grandview (T. Miller, B. Huftalin C. Huyser, I. Wittrock)	7:48.03		2-12-22 Concordia Invite
Distance Medley Relay	UNK [P. Pape, A. Paul, M. Shipp, B. Wissing]	10:12.14		1-28-12 Concordia Classic
High Jump	Emanuel Durden, Cloud County Community College	7'2 ½"	2.20m	2-12-15 Concordia Invite
Triple Jump	Augustus Cowan, Briar Cliff	51'6 ¼"	16.01m	2-21-15 GPAC @ Concordia
Long Jump	James Gilbert, Northwestern	24'9"	7.54m	12-5-20 Bulldog Early Bird
35-Lb. Weight Throw	Jacob Cornelio, Unattached	70'6 ¼"	21.49m	2-13-21 Concordia Invite
Shot Put	Cody Hunt, Chadron State	61'1 ¼"	18.62m	1-29-11 Concordia Classic
Pole Vault	Tyce Hruza, Doane	17'8 ½"	5.40m	1-31-20 Concordia Classic
Heptathlon	Cale Wagner, Unattached	5347		1-30-16 Concordia Classic
Hep – 60m Dash	Cale Wagner, Unattached	7.02		1-30-16 Concordia Classic
Hep – Long Jump	Cale Wagner, Unattached	23'11 ½"	7.30m	1-30-16 Concordia Classic
Hep – Shot Put	Kale Wolken, Doane	42'10 ¾"	13.07m	1-31-15 Concordia Classic
Hep – High Jump	Kevin Schultz, NW Missouri St. Univ.	6'10 ¾"	2.10m	1-27-18 Concordia Classic
Hep – 60m Hurdles	Craig Saalfeld, Unattached Cody Williams, Concordia	8.42		2-1-14 Concordia Classic 12-5-20 Bulldog Early Bird
Hep – Pole Vault	Lucas Wiechman, Concordia	16'2 ½"	4.94m	2-21-15 GPAC @ Concordia
Hep – 1000m	Seth Wiebelhaus, Mt. Marty College	2:44.19		2-16-19 GPAC @ Concordia



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WOMEN'S CONCORDIA FIELDHOUSE RECORDS

60 Meter Dash	Dajaz DeFrاند, Unattached	7.55		1-23-22 Nebraska Indoor Indoor Track & Field Championship Series
200 Meter Dash	Neeia Cooperwood, Morningside	24.75		2-21-15 GPAC @ Concordia
400 Meter Dash	Neeia Cooperwood, Morningside	56.32		2-21-15 GPAC @ Concordia
600 Meter Dash	Alexis Boyd, Northwest Missouri State Univ.	1:31.98		2-12-15 Concordia Invite
800 Meter Run	Kim Wood, Concordia	2:11.03		1-30-16 Concordia Classic
1000 Meter Run	Marissa Bongers, Unattached	2:55.08		1-31-15 Concordia Classic
1 Mile Run	Kim Wood, Concordia	5:01.28		2-21-15 GPAC @ Concordia
3000 Meter Run	Marissa DeWispelare, Doane	10:00.98		2-12-16 Concordia Invite
3000 Meter Race Walk	Lila Dreves, MidAmerica Nazarene	15:56.31		1-25-20 Concordia Polar Dog
5000 Meter Run	Lauren Shomaker, Hastings	17:35.10		2-21-15 GPAC @ Concordia
60 Meter Hurdles	Nisa Thomas, Hastings	8.66		2-12-22 Concordia Invite
4x400 Meter Relay	Doane [K. Gokie, E. Harsin, S. Holtmeier, R. Bramhall]	3:54.08		2-12-16 Concordia Invite
4x800 Meter Relay	Concordia [M. Vlasin, R. Janzen, E. Schroeder, T. Elbert]	9:29.84		2-21-15 GPAC @ Concordia
Distance Medley Relay	Doane [M. Moore, S. Holtmeier, S. Kottwitz, M. DeWispelare]	12:11.28		1-30-16 Concordia Classic
High Jump	Katie Moeller, Hastings	5'8"	1.73m	2-12-11 Concordia Invite
Triple Jump	Tara Korshoj, Unattached	40'11"	12.47m	2-12-11 Concordia Invite
Long Jump	Shantinique Cunningham, Hastings	19'6 ¾"	5.96m	2-10-18 Concordia Invite
20-Lb. Weight Throw	Carly Fehringer, Unattached	66'3"	20.19m	2-12-16 Concordia Invite
Shot Put	Sara Wells, Unattached	54'6 ½"	16.62m	2-12-16 Concordia Invite
Pole Vault	Kortney Ross-Oates, AZPVA	13'8 ¾"	4.17m	2-10-23 Concordia Invite
Pentathlon	Erin DeVries, Doane	3714		2-21-15 GPAC @ Concordia
Pent – 60m Hurdles	Briana Vander Woude, Dordt	8.85		2-17-12 GPAC @ Concordia
Pent – High Jump	Kamberlyn Lamer, Dakota Wesleyan	5'6"	1.68m	1-25-19 Concordia Classic
Pent – Shot Put	Erin DeVries, Doane	40'2"	12.24m	2-21-15 GPAC @ Concordia
Pent – Long Jump	Kamberlyn Lamer, Dakota Wesleyan	19'2 ½"	5.85m	1-25-19 Concordia Classic
Pent – 800m	Ashleigh Carr, Unattached	2:20.28		1-19-16 Concordia Classic



2023 GPAC CHAMPIONSHIPS INDOOR TRACK & FIELD

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GPAC LEADERS ENTERING THE MEET

MEN		WOMEN	
60 Meters		60 Meters	
Marcus Jnofinn, Mount Marty	6.77	Elianna Clark	7.86
60 Meter Hurdles		60 Meter Hurdles	
Zach Turner, Doane	7.90	Adrianna Rodencal / Nisa Thomas, Hastings	8.76
200 Meters		200 Meters	
Zach Turner, Doane	21.63	Nisa Thomas, Hastings	25.23
400 Meters		400 Meters	
Payton Mouldin, Dordt	48.09	Rachel Battershell, Concordia	57.06
600 Meters		600 Meters	
Payton Mouldin, Dordt	1:17.93	Annika Pingel	1:34.75
800 Meters		800 Meters	
Payton Mouldin, Dordt	1:50.87	Veronic Pinkerton, Hastings	2:12.91
1000 Meters		1000 Meters	
Trey Engen, Dordt	2:26.94	Rylee Haecker, Concordia	2:56.44
Mile		Mile	
Trey Engen, Dordt	4:09.49	Ryee Haecker, Concordia	5:06.10
3000 Meters		3000 Meters	
Joe Anderson, Dordt	8:17.57	Jessica Kampman, Dordt	9:54.47
5000 Meters		5000 Meters	
Joe Anderson, Dordt	14:27.72	Jessica Kampman, Dordt	17:18.91
3,000 Meter Race Walk		3,000 Meter Race Walk	
Sam Wise, Hastings	20:39.56	Tristyn DiPentino, Hastings	17:28.01
4x400 Meter Relay		4x400 Meter Relay	
Dordt	3:16.10	Concordia	3:54.81
4x800 Meter Relay		4x800 Meter Relay	
Dordt	7:48.71	Dordt	9:38.23
Distance Medley Relay		Distance Medley Relay	
Dordt	10:08.50	Concordia	12:20.68
Long Jump		Long Jump	
Braden Kalvelage, Northwestern	7.28m/23-10.75	Lindsay Adams, Doane	5.43m/17-09.75
High Jump		High Jump	
Shandon Reitzell, Midland	2.12m/6-11.50	Hannah Newton, Concordia	1.67m/5-05.75
Triple Jump		Triple Jump	
Trevor Malone, Doane	14.30m/46-11.00	Trinity Dublin, Hastings	11.10m/36-05.00
Shot Put		Shot Put	
Dylan Kucera, Midland	18.68m/61-03.50	Allison Skala, Doane	14.32m/46-11.75
Weight Throw		Weight Throw	
Dylan Kucera, Midland	20.23m/66-04.50	Kiara Anderson, Hastings	17.98m/59-00.00
Pole Vault		Pole Vault	
Zach Bennetts, Concordia	4.85m/15-11.00	Josie Puelz, Concordia	3.97m/13-00.25
Heptathlon		Pentathlon	
Mason Schleis, Mount Marty	5043	Lindsay Adams, Doane	3508

GPAC Indoor 2023 - 2/17/2023 to 2/18/2023

Bulldog Field House
Meet Program**Event 1 Men 60 Meter Dash****8 Advance: Top 1 Each Heat plus Next 5 Best Times****Saturday 2/18/2023 - 4:05 PM**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

2	Ingraham, Brayden	FR	Briar Cliff	7.08
3	Vincent, Christopher	SO	Doane	7.02
4	Archer, Dominic	SO	Briar Cliff	6.91
5	Davis, Luke	SO	Doane	6.93
6	Franken, Logan	SO	Dordt	7.02
7	Wynne, Tyreece	FR	Northwestern	7.09

Heat 2 of 3 Prelims

2	Rathe, Joel	SO	Concordia	7.06
3	Drake, Austin	SR	Doane	7.01
4	Moore, Jadae	SO	Doane	6.82
5	Whisenhunt, Dalton	FR	Doane	6.97
6	Breckenridge, Donovan	SO	Mount Marty	7.02
7	Schober, Ryan	SO	Dordt	7.10

Heat 3 of 3 Prelims

2	Banker, Ashton	SO	Morningside	7.06
3	Green, Rian	FR	Doane	7.00
4	Jnofinn, Marcus	JR	Mount Marty	6.77
5	Black, Emmett	JR	Doane	6.98
6	Miller, Joshua	FR	Briar Cliff	7.05
7	Sandbulte, Ashton	FR	Northwestern	7.10

Event 2 Men 60 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times****Saturday 2/18/2023 - 3:40 PM**

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

2	Bomgaars, AJ	FR	Northwestern	9.17
3	Puppe, Deagan	FR	Mount Marty	8.70
4	Cooke, Mark	SR	Concordia	8.29
5	Fuselier, Jonathan	FR	Mount Marty	8.32
6	Hartzler, Connor	SO	Hastings	8.72
7	Sagehorn, Ashton	FR	Doane	9.30

Heat 2 of 3 Prelims

2	Smith, Joel	FR	Concordia	9.02
3	Krejci, John	JR	Doane	8.55
4	Freiberg, Austin	JR	Morningside	8.11
5	Wiebelhaus, Seth	SR	Mount Marty	8.38
6	Beyer, Michael	FR	Mount Marty	8.77
7	Freiberg, Marc	JR	Concordia	9.45

Heat 3 of 3 Prelims

2	Groen, Justin	SR	Dordt	8.88
3	Shepard, Evan	FR	Midland	8.45
4	Turner, Zach	SO	Doane	7.90
5	Baumert, Kyle	SR	Dordt	8.38
6	Fries, Gage	FR	Concordia	8.85
7	Nielsen, Barrett	FR	Dakota Wesle	9.60

Event 3 Men 200 Meter Dash**Saturday 2/18/2023 - 7:10 PM**

Lane	Name	Yr	School	Seed Time
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Section 1 of 5 Finals

5	Wagner, Luke	JR	Dordt	22.45
6	Post, Cody	SR	Northwestern	22.45

Section 2 of 5 Finals

3	Vincent, Christopher	SO	Doane	22.43
4	Archer, Dominic	SO	Briar Cliff	22.40
5	Franken, Logan	SO	Dordt	22.37
6	Gutierrez, Joaquin	FR	Doane	22.38

Section 3 of 5 Finals

3	Vrbas, Kadin	SO	Concordia	22.33
4	Black, Emmett	JR	Doane	22.33
5	Banker, Ashton	SO	Morningside	22.28
6	Schelhaas, Levi	FR	Dordt	22.32

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Meet Program**Section 4 of 5 Finals...(Event 3 Men 200 Meter Dash)**

3	Jahn, Braden	SR	Northwestern	22.21
4	Kalvelage, Braden	FR	Northwestern	22.15
5	Mahoney, Andrew	SO	Doane	22.03
6	Simons, Nathan	SR	Mount Marty	22.15

Section 5 of 5 Finals

3	Moore, Jadae	SO	Doane	21.97
4	Drake, Austin	SR	Doane	21.87
5	Turner, Zach	SO	Doane	21.63
6	Breckenridge, Donovan	SO	Mount Marty	21.84

Event 4 Men 400 Meter Dash**Saturday 2/18/2023 - 5:00 PM****Two Turn Stagger - Lanes**

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Ochoa, Osiel	SO	Briar Cliff	51.28
2	Bradley, Connor	FR	Doane	51.28
3	Knutson, Braeden	JR	Jamestown	51.21
4	Schouten, Tanner	FR	Northwestern	51.05
5	Hartzler, Connor	SO	Hastings	50.84
6	Oostra, Mitchell	SR	Northwestern	50.98

Section 2 of 3 Finals

1	Case, Matthew	JR	Doane	50.78
2	Ochsner, Aaron	SO	Hastings	50.70
3	Mulder, Caleb	FR	Doane	50.46
4	Griffin, Tristin	FR	Hastings	50.26
5	Cook, Jalen	FR	Briar Cliff	50.21
6	Wagner, Luke	JR	Dordt	50.26

Section 3 of 3 Finals

1	Schelhaas, Levi	FR	Dordt	49.52
2	Turner, Zach	SO	Doane	49.05
3	Gutierrez, Joaquin	FR	Doane	48.77
4	Breckenridge, Donovan	SO	Mount Marty	48.72
5	Mauldin, Payton	JR	Dordt	48.09
6	Meyer, Colton	JR	Concordia	48.57

Event 5 Men 600 Meter Run**Saturday 2/18/2023 - 5:30 PM****Two Turn Stagger - Lanes**

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Olbrich, Blake	SO	Midland	1:26.04
2	Kruger, Casey	FR	Morningside	1:25.81
3	Walker, Alexander	SO	Jamestown	1:25.78
4	Miser, Dakota	FR	Doane	1:25.77
5	Varela, Ivan	FR	Doane	1:24.27
6	Ebert, Trace	JR	Doane	1:24.54

Section 2 of 3 Finals

1	Cline, Kadya	SO	Morningside	1:23.71
2	Cook, Jalen	FR	Briar Cliff	1:23.64
3	Hernandez, David	JR	Morningside	1:23.24
4	Amaro, Robert	SO	Briar Cliff	1:22.78
5	Engelmann, Trey	SO	Northwestern	1:22.12
6	Clausen, Brian	JR	Hastings	1:22.23

Section 3 of 3 Finals

1	Tasler, Jordan	JR	Doane	1:22.10
2	Hawes, Kingdon	SR	Doane	1:21.89
3	Miller, Peyton	SR	Dordt	1:21.45
4	Simons, Nathan	SR	Mount Marty	1:20.84
5	Mauldin, Payton	JR	Dordt	1:17.93
6	Zevenbergen, Cole	JR	Dordt	1:20.10

Event 6 Men 800 Meter Run**Saturday 2/18/2023 - 6:20 PM****Two Turn Stagger - Lanes**

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Janssen, Tyler	SR	Morningside	2:01.62
2	Kwiatkowski, Jordan	FR	Doane	2:01.29
3	Matthews, Carter	FR	Briar Cliff	2:00.99
4	Kunert, Joseph	SR	Northwestern	2:00.81
5	Wenz, Will	SO	Doane	2:00.33
6	Opp, Hudson	FR	Concordia	2:00.38

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Bulldog Field House
Meet Program

Section 2 of 3 Finals...(Event 6 Men 800 Meter Run)

1	Willweber, Micah	SO	Concordia	2:00.23
2	Burks, Deshawn	FR	Hastings	1:59.63
3	Brunsting, Dayton	SO	Dordt	1:58.83
4	Amaro, Robert	SO	Briar Cliff	1:58.72
5	Zevenbergen, Cole	JR	Dordt	1:57.92
6	Miller, Peyton	SR	Dordt	1:58.57

Section 3 of 3 Finals

1	Shanks, Hunter	JR	Dakota Wesle	1:57.88
2	Blankenship, Duncan	SO	Doane	1:57.82
3	Wittenberg, Josiah	FR	Dordt	1:57.71
4	Hjortkjaer, Lucas	FR	Midland	1:56.25
5	Mauldin, Payton	JR	Dordt	1:50.87
6	Stoekermann, Henri	SO	Midland	1:55.70

Event 7 Men 1000 Meter Run

Saturday 2/18/2023 - 6:45 PM

Waterfall

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Ideker, Caden	SR	Mount Marty	2:37.32
2	Hulstein, Tage	FR	Dordt	2:37.58
3	Swanson, Luke	FR	Dordt	2:38.73
4	Bervig, Nathaniel	SO	Dordt	2:39.49
5	Tvedt, Tague	FR	Mount Marty	2:39.88
6	Martin, David	JR	Jamestown	2:40.19
7	Ortiz, Daniel	JR	Doane	2:41.62
8	Determan, Westley	FR	Concordia	2:42.77
9	Thompson, Landon	FR	Jamestown	2:42.79

Section 2 of 2 Finals

1	Engen, Trey	JR	Dordt	2:26.94
2	Rohde, Calvin	SO	Concordia	2:27.16
3	Dockweiler, Kalen	JR	Doane	2:29.19
4	Sayler, Caleb	SO	Dakota Wesle	2:30.58
5	Oliver, Thomas	SO	Doane	2:34.22
6	Grigsby, Michael	FR	Doane	2:34.43
7	Salter, Tyler	FR	Hastings	2:35.00
8	May, Sam	FR	Dordt	2:35.55
9	Evans, Ryan	SO	Doane	2:37.21

Event 8 Men 1 Mile Run

Saturday 2/18/2023 - 4:30 PM

Waterfall

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	McCafferty, Christian	JR	Midland	4:29.42
2	Pennekamp, Nathan	SO	Concordia	4:30.33
3	vanWestrienen, Isaac	FR	Midland	4:31.80
4	Kuncl, Trevor	FR	Concordia	4:31.91
5	Hayden, Charlie	SO	Concordia	4:32.11
6	Tvedt, Tague	FR	Mount Marty	4:37.91
7	Nguyen, Jimmy	FR	Concordia	4:38.90
8	Bervig, Nathaniel	SO	Dordt	4:41.03
9	Hanson, Garrett	SR	Morningside	4:41.93

Section 2 of 2 Finals

1	Engen, Trey	JR	Dordt	4:09.49
2	Rohde, Calvin	SO	Concordia	4:12.33
3	Baldauf, Wyatt	JR	Dakota Wesle	4:12.71
4	Anderson, Joe	SR	Dordt	4:13.68
5	Sesna, Camden	JR	Concordia	4:14.52
6	Dockweiler, Kalen	JR	Doane	4:18.00
7	Sayler, Caleb	SO	Dakota Wesle	4:19.63
8	Oliver, Thomas	SO	Doane	4:20.17
9	Shippy, Peter	JR	Dordt	4:22.17

Event 9 Men 3000 Meter Run

Saturday 2/18/2023 - 7:40 PM

Double Waterfall - 2 Turn Stagger

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Anderson, Joe	SR	Dordt	8:17.57
2	Tebben, Davis	SR	Dordt	8:25.34
3	Baldauf, Wyatt	JR	Dakota Wesle	8:26.67
4	Shippy, Peter	JR	Dordt	8:31.56
5	Dockweiler, Kalen	JR	Doane	8:33.31
6	Oliver, Thomas	SO	Doane	8:36.11
7	Vorster, Aidan	SO	Dordt	8:36.59
8	Sesna, Camden	JR	Concordia	8:38.78
9	Schroeder, Thaniel	SR	Dordt	8:39.44
10	Rohde, Calvin	SO	Concordia	8:45.96
11	Summerhays, Ethan	JR	Dordt	8:46.75
12	vanWestrienen, Isaac	FR	Midland	8:48.73
13	Bonifas, Luke	FR	Doane	8:51.82
14	Den Herder, Avery	JR	Dordt	8:53.82
15	Brouwer, Jacob	SR	Dordt	8:55.80
16	Mahoney, Jon	SO	Midland	8:56.45
17	Hayden, Charlie	SO	Concordia	9:00.89
18	Ellis, Jack	SO	Concordia	9:01.11

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Bulldog Field House
Meet Program**Event 10 Men 5000 Meter Run**

Saturday 2/18/2023 - 2:30 PM

Double Waterfall - 2 Turn Stagger

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Tebben, Davis	SR	Dordt	14:50.53
2	Vorster, Aidan	SO	Dordt	14:55.45
3	Schroeder, Thaniel	SR	Dordt	15:06.74
4	Summerhays, Ethan	JR	Dordt	15:18.25
5	Bonifas, Luke	FR	Doane	15:25.87
6	Ellis, Jack	SO	Concordia	15:44.24
7	Mahoney, Jon	SO	Midland	15:45.79
8	Gonzalez, Cristobal	JR	Mount Marty	15:47.51
9	Brouwer, Jacob	SR	Dordt	15:47.78
10	Tadlock, Jakob	SO	Doane	16:00.38
11	Hole, Zach	SR	Hastings	16:07.26
12	Hjelmstad, Drew	SO	Jamestown	16:08.94
13	VanDeBerg, Ben	FR	Northwestern	16:18.45
14	Santiago, Brian	SR	Mount Marty	16:21.26
15	Skorupa, Gavin	SO	Doane	16:33.40
16	Walgate, Logan	SO	Concordia	16:46.99
17	Means, Carson	SO	Mount Marty	16:47.05
18	Kamp, Chase	SO	Dordt	16:55.46

Event 11 Men 4x400 Meter Relay

Saturday 2/18/2023 - 8:10 PM

Two Turn Stagger - Lanes

Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
2	Dakota Wesle		3:40.57
3	Jamestown		3:38.20
4	Morningside		3:33.02
5	Hastings		3:26.43
6	Midland		3:29.18
Section 2 of 2 Finals			
1	Briar Cliff		3:23.57
2	Concordia		3:20.64
3	Northwestern		3:18.92
4	Mount Marty		3:17.67
5	Dordt		3:16.10
6	Doane		3:16.15

Event 12 Men 4x800 Meter Relay

Saturday 2/18/2023 - 3:10 PM

Double Waterfall - 2 Turn Stagger

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Dordt		7:48.71
2	Midland		7:53.56
3	Concordia		8:10.80
4	Mount Marty		8:12.63
5	Morningside		8:14.18
6	Hastings		8:28.94
7	Jamestown		NT
8	Briar Cliff		NT
9	Doane		NT
10	Northwestern		NT

Event 13 Men Long Jump

Saturday 2/18/2023 - 2:00 PM

Top 9 advance to final

Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Jensen, Kaden	FR	Jamestown	6.42m
2	Loga, Wyatt	JR	Concordia	6.46m
3	Haselhorst, Gavin	FR	Dakota Wesle	6.47m
4	Lauenroth, Vince	JR	Doane	6.51m
5	Howard, Deontae	SO	Mount Marty	6.54m
6	Ingraham, Brayden	FR	Briar Cliff	6.57m
7	Manzo, Derek	FR	Midland	6.65m
8	Burnett, Ethan	FR	Mount Marty	6.68m
9	Mayer, Nolan	SO	Doane	6.71m
Flight 2 of 2 Finals				
1	Schaap, Micah	FR	Dordt	6.71m
2	Schleis, Mason	SR	Mount Marty	6.73m
3	Strong, Cale	SR	Dakota Wesle	6.75m
4	Krejci, John	JR	Doane	6.75m
5	Woodard, Aubrey	FR	Midland	6.76m
6	Davis, Luke	SO	Doane	6.78m
7	Sadd, Myles	FR	Concordia	6.81m
8	Rathe, Joel	SO	Concordia	7.08m
9	Kalvelage, Braden	FR	Northwestern	7.28m

GPAC Indoor 2023 - 2/17/2023 to 2/18/2023

Bulldog Field House
Meet Program**Event 14 Men Triple Jump**

Saturday 2/18/2023 - 12:00 PM

Top 9 advance to final.

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 2 Finals					
1	Riley, Connor	FR	Hastings		12.34m
2	Martinez, Jonah	SO	Midland		12.52m
3	Thulin, Gage	FR	Doane		12.56m
4	Raymon, Liam	FR	Northwestern		12.61m
5	Jensen, Kaden	FR	Jamestown		12.61m
6	Van Eps, Ben	FR	Dordt		12.74m
7	Raffin, Pampa	FR	Midland		12.76m
8	Carr, Cobey	JR	Dakota Wesle		13.02m
9	Strong, Cale	SR	Dakota Wesle		13.21m

Flight 2 of 2 Finals

1	Himmelberg, John	JR	Doane		13.42m
2	Moxey, Cordale	SO	Doane		13.47m
3	Boldt, Sam	SO	Doane		13.48m
4	Schaap, Micah	FR	Dordt		13.48m
5	Burnett, Ethan	FR	Mount Marty		13.74m
6	Spivey, Aaron	FR	Concordia		13.92m
7	Brouwer, Grant	SR	Dordt		13.93m
8	Lauenroth, Vince	JR	Doane		14.26m
9	Malone, Trevor	SO	Doane		14.30m

Event 15 Men High Jump

Saturday 2/18/2023 - 4:00 AM

1.81-1.86-1.91-1.96-2.01-2.04-2.07-2.10-2.13-2.16

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Vargas, Coltin	FR	Northwestern		1.86m
2	Martinez, Jonah	SO	Midland		1.86m
3	Vigil, Markus	FR	Hastings		1.86m
4	Manzo, Derek	FR	Midland		1.86m
5	Shepard, Evan	FR	Midland		1.89m
6	Thelander, Ben	JR	Northwestern		1.91m
7	Frank, Jayson	SO	Concordia		1.91m
8	Bietz, Logan	SO	Doane		1.91m
9	Groves, Harland	JR	Northwestern		1.91m
10	Weaver, Elijah	FR	Northwestern		1.95m
11	Loga, Wyatt	JR	Concordia		2.01m
12	Sadd, Myles	FR	Concordia		2.01m
13	Starr, Dylan	SO	Doane		2.01m
14	Brouwer, Grant	SR	Dordt		2.01m
15	Reckling, Carter	SO	Doane		2.04m
16	Creech, Brady	SO	Hastings		2.04m
17	McMahon, Ross	JR	Midland		2.04m
18	Reitzell, Shandon	SO	Midland		2.12m

Event 16 Men Pole Vault

Saturday 2/18/2023 - 5:00 PM

3.75-3.90-4.05-4.20-4.35-4.50-4.65-4.75-4.85-4.95

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Lambertson, Wyat	FR	Hastings		3.46m
2	Rupprecht, Nate	SR	Dakota Wesle		3.60m
3	Cordero, Josef	FR	Jamestown		3.71m
4	de Jong, Simon	FR	Dordt		3.80m
5	Armstrong, Jayzen	FR	Concordia		4.00m
6	Raffin, Pampa	FR	Midland		4.05m
7	Strong, Cale	SR	Dakota Wesle		4.05m
8	Hill, Evan	FR	Concordia		4.05m
9	Garrison, Drew	SO	Doane		4.10m
10	McDonald, Branson	FR	Doane		4.20m
11	Wiebelhaus, Seth	SR	Mount Marty		4.20m
12	Schleis, Mason	SR	Mount Marty		4.40m
13	Ostermeyer, Mayson	FR	Concordia		4.55m
14	Pulliam, Mike	JR	Doane		4.60m
15	Gumke, Braedon	SR	Jamestown		4.65m
16	Zohner, Zach	SO	Concordia		4.75m
17	Berry, Chase	JR	Concordia		4.75m
18	Bennetts, Zach	SR	Concordia		4.85m

Event 17 Men Shot Put

Saturday 2/18/2023 - 4:00 PM

Top 9 advance to final

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 2 Finals					
1	Minnick, William	SR	Northwestern		13.79m
2	Hudson, Patrick	SR	Hastings		13.94m
3	Bear, Sebastian	JR	Jamestown		14.03m
4	Dean, Tyler	SO	Jamestown		14.07m
5	Borges, Jon	FR	Doane		14.15m
6	Kienzle, Ryan	SR	Dakota Wesle		14.19m
7	Morales, Jordan	SO	Jamestown		14.24m
8	Fehlhafer, Carson	FR	Concordia		14.59m
9	Asche, Connor	SO	Concordia		14.61m
Flight 2 of 2 Finals					
1	Schmitz, Andrew	FR	Doane		14.67m
2	Zylstra, Bryan	FR	Northwestern		14.74m
3	Dickey, Trey	SO	Doane		14.86m
4	Wren, Chris	JR	Concordia		15.22m
5	Stieb, Zachary	JR	Doane		15.38m
6	Campbell, Matthew	SR	Doane		15.52m
7	Semedo, Darien	SO	Concordia		15.69m
8	Herman, Alex	SO	Midland		16.54m
9	Kucera, Dylan	SR	Midland		18.68m

GPAC Indoor 2023 - 2/17/2023 to 2/18/2023

Bulldog Field House
Meet Program**Event 18 Men Weight Throw**

Saturday 2/18/2023 - 12:00 PM

Top 9 advance to final

Pos	Name	Yr School	Seed Mark
Flight 1 of 2 Finals			
1	Nanfito, Andrew	SR Mount Marty	15.15m
2	Haken, Matt	JR Dordt	15.15m
3	Schmitz, Andrew	FR Doane	15.68m
4	Asche, Connor	SO Concordia	16.10m
5	Morales, Jordan	SO Jamestown	16.12m
6	Rozelle, Austen	SO Concordia	16.24m
7	Moll, Ben	SO Concordia	16.28m
8	Edwards, Josiah	FR Concordia	16.46m
9	Hudson, Patrick	SR Hastings	16.47m
10	Semedo, Darien	SO Concordia	16.85m

Flight 2 of 2 Finals

1	Klute, Brady	JR Concordia	17.04m
2	Sedivec, Dawson	SO Jamestown	17.31m
3	Lothrop, Jaedon	SO Doane	17.55m
4	Buck, Dagne'	SR Concordia	17.57m
5	Dickey, Trey	SO Doane	17.81m
6	Partridge, Luke	SO Doane	18.87m
7	Wren, Chris	JR Concordia	19.17m
8	Campbell, Matthew	SR Doane	20.21m
9	Kucera, Dylan	SR Midland	20.23m

Event 19 Heptathlon: #1 Men 60 Meter Dash

Friday 2/17/2023 - 1:15 PM

Lane	Name	Yr School	Seed Time
Section 1 of 2 Finals			
1	Lambertson, Wyatt	FR Hastings	NT
2	Rupprecht, Nate	SR Dakota Wesle	NT
3	Tripp, Bryson	SO Jamestown	NT
4	Fye, Zach	FR Doane	NT
5	Weaver, Elijah	FR Northwestern	NT
6	Church, Cael	FR Jamestown	NT
7	Jepson, Devin	SO Doane	NT
Section 2 of 2 Finals			
1	Beyer, Michael	FR Mount Marty	NT
2	Thelander, Ben	JR Northwestern	NT
3	Smith, Connor	SO Jamestown	NT
4	Schleis, Mason	SR Mount Marty	NT
5	Wiebelhaus, Seth	SR Mount Marty	NT
6	Krejci, John	JR Doane	NT
7	Zimmerman, Mason	SO Doane	NT

Event 19 Heptathlon: #2 Men Long Jump

Friday 2/17/2023 - 2:00 PM

Pos	Name	Yr School	Seed Mark
Flight 1 of 1 Finals			
1	Thelander, Ben	JR Northwestern	ND
2	Wiebelhaus, Seth	SR Mount Marty	ND
3	Church, Cael	FR Jamestown	ND
4	Rupprecht, Nate	SR Dakota Wesle	ND
5	Krejci, John	JR Doane	ND
6	Zimmerman, Mason	SO Doane	ND
7	Tripp, Bryson	SO Jamestown	ND
8	Lambertson, Wyatt	FR Hastings	ND
9	Fye, Zach	FR Doane	ND
10	Beyer, Michael	FR Mount Marty	ND
11	Jepson, Devin	SO Doane	ND
12	Schleis, Mason	SR Mount Marty	ND
13	Weaver, Elijah	FR Northwestern	ND
14	Smith, Connor	SO Jamestown	ND

Event 19 Heptathlon: #3 Men Shot Put

Friday 2/17/2023 - 2:45 PM

Pos	Name	Yr School	Seed Mark
Flight 1 of 1 Finals			
1	Jepson, Devin	SO Doane	ND
2	Rupprecht, Nate	SR Dakota Wesle	ND
3	Weaver, Elijah	FR Northwestern	ND
4	Fye, Zach	FR Doane	ND
5	Tripp, Bryson	SO Jamestown	ND
6	Smith, Connor	SO Jamestown	ND
7	Lambertson, Wyatt	FR Hastings	ND
8	Church, Cael	FR Jamestown	ND
9	Wiebelhaus, Seth	SR Mount Marty	ND
10	Krejci, John	JR Doane	ND
11	Zimmerman, Mason	SO Doane	ND
12	Beyer, Michael	FR Mount Marty	ND
13	Thelander, Ben	JR Northwestern	ND
14	Schleis, Mason	SR Mount Marty	ND

GPAC Indoor 2023 - 2/17/2023 to 2/18/2023

Bulldog Field House
Meet Program**Event 19 Heptathlon: #4 Men High Jump**

Friday 2/17/2023 - 3:40 PM

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Church, Cael	FR	Jamestown	NH
2	Lambertson, Wyatt	FR	Hastings	NH
3	Thelander, Ben	JR	Northwestern	NH
4	Krejci, John	JR	Doane	NH
5	Weaver, Elijah	FR	Northwestern	NH
6	Jepson, Devin	SO	Doane	NH
7	Beyer, Michael	FR	Mount Marty	NH
8	Wiebelhaus, Seth	SR	Mount Marty	NH
9	Rupprecht, Nate	SR	Dakota Wesle	NH
10	Tripp, Bryson	SO	Jamestown	NH
11	Schleis, Mason	SR	Mount Marty	NH
12	Fye, Zach	FR	Doane	NH
13	Zimmerman, Mason	SO	Doane	NH
14	Smith, Connor	SO	Jamestown	NH

Event 19 Heptathlon: #5 Men 60 Meter Hurdles

Saturday 2/18/2023 - 9:00 AM

Lane	Name	Yr	School	Seed Time
Section 1 of 4 Finals				
3	Church, Cael	FR	Jamestown	NT
5	Lambertson, Wyatt	FR	Hastings	NT
7	Smith, Connor	SO	Jamestown	NT
Section 2 of 4 Finals				
3	Jepson, Devin	SO	Doane	NT
5	Fye, Zach	FR	Doane	NT
7	Rupprecht, Nate	SR	Dakota Wesle	NT
Section 3 of 4 Finals				
1	Thelander, Ben	JR	Northwestern	NT
3	Weaver, Elijah	FR	Northwestern	NT
5	Tripp, Bryson	SO	Jamestown	NT
7	Zimmerman, Mason	SO	Doane	NT
Section 4 of 4 Finals				
1	Krejci, John	JR	Doane	NT
3	Wiebelhaus, Seth	SR	Mount Marty	NT
5	Schleis, Mason	SR	Mount Marty	NT
7	Beyer, Michael	FR	Mount Marty	NT

Event 19 Heptathlon: #6 Men Pole Vault

Saturday 2/18/2023 - 9:45 AM

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Jepson, Devin	SO	Doane	NH
2	Rupprecht, Nate	SR	Dakota Wesle	NH
3	Schleis, Mason	SR	Mount Marty	NH
4	Krejci, John	JR	Doane	NH
5	Smith, Connor	SO	Jamestown	NH
6	Zimmerman, Mason	SO	Doane	NH
7	Wiebelhaus, Seth	SR	Mount Marty	NH
8	Tripp, Bryson	SO	Jamestown	NH
9	Weaver, Elijah	FR	Northwestern	NH
10	Fye, Zach	FR	Doane	NH
11	Beyer, Michael	FR	Mount Marty	NH
12	Thelander, Ben	JR	Northwestern	NH
13	Lambertson, Wyatt	FR	Hastings	NH
14	Church, Cael	FR	Jamestown	NH

Event 19 Heptathlon: #7 Men 1000 Meter Run

Saturday 2/18/2023 - 11:15 AM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Rupprecht, Nate	SR	Dakota Wesle	NT
2	Weaver, Elijah	FR	Northwestern	NT
3	Thelander, Ben	JR	Northwestern	NT
4	Lambertson, Wyatt	FR	Hastings	NT
5	Beyer, Michael	FR	Mount Marty	NT
6	Jepson, Devin	SO	Doane	NT
7	Wiebelhaus, Seth	SR	Mount Marty	NT
8	Schleis, Mason	SR	Mount Marty	NT
9	Church, Cael	FR	Jamestown	NT
10	Tripp, Bryson	SO	Jamestown	NT
11	Smith, Connor	SO	Jamestown	NT
12	Krejci, John	JR	Doane	NT
13	Zimmerman, Mason	SO	Doane	NT
14	Fye, Zach	FR	Doane	NT

Event 20 Women 60 Meter Dash

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

Saturday 2/18/2023 - 3:55 PM

Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
2	Brossart, Kristina	JR	Jamestown	8.13
3	Teppo, Aniya	JR	Mount Marty	8.06
4	Edwards, Kya	FR	Hastings	7.88
5	Rodencal, Adrianna	FR	Concordia	7.92
6	Strom, Emma	FR	Midland	8.06
7	Nikkel, Erica	JR	Dordt	8.16

GPAC Indoor 2023 - 2/17/2023 to 2/18/2023

Bulldog Field House
Meet Program**Heat 2 of 3 Prelims...(Event 20 Women 60 Meter Dash)**

2	Sorensen, Zelie	FR Mount Marty	8.12
3	Mahoney, Morgan	FR Doane	8.03
4	Bothwell, Isabel	SO Doane	7.86
5	Grayson, Dazjae	JR St. Mary	7.93
6	Cummings, Amira	SO Concordia	8.07
7	Herman, Lydia	FR Dordt	8.21

Heat 3 of 3 Prelims

2	Meyer, Taylor	FR Concordia	8.12
3	Cotton, Caitlyn	SR Doane	7.98
4	Clark, Elianna	SR Mount Marty	7.86
5	Even, Alexis	FR Mount Marty	7.94
6	Hardmeyer, Isabelle	FR Mount Marty	8.11
7	Joseph, Jasmine	SO Briar Cliff	8.22

Event 21 Women 60 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Saturday 2/18/2023 - 3:25 PM

Lane	Name	Yr School	Seed Time
Heat 1 of 3 Prelims			
2	Hood, Macala	FR Mount Marty	9.71
3	Svoboda, Kayla	FR Concordia	9.30
4	Rowe, Jaida	FR Hastings	8.92
5	Battershell, Rachel	SR Concordia	8.94
6	Zoet, Emma	SO Northwestern	9.33
7	McCoy, Anna	SO Concordia	9.83
Heat 2 of 3 Prelims			
2	Long, Avany	SR Dakota Wesle	9.70
3	Maxey, Rhys	SO Hastings	9.24
4	Rodencal, Adrianna	FR Concordia	8.76
5	Adams, Lindsay	SO Doane	9.05
6	Salters, Isabelle	SO Concordia	9.35
7	Evenhouse, Kelsey	SO Dordt	9.85

Heat 3 of 3 Prelims

2	Morony, Maddie	FR Morningside	9.61
3	George, Ashinee	JR Mount Marty	9.15
4	Thomas, Nisa	SO Hastings	8.76
5	Garrett, Josie	FR Doane	9.14
6	Morken, Hope	SR Morningside	9.53
7	Walter, Landrey	FR Concordia	9.89

Event 22 Women 200 Meter Dash

Saturday 2/18/2023 - 6:55 PM

Lane	Name	Yr School	Seed Time
Section 1 of 5 Finals			
5	Sorensen, Zelie	FR Mount Marty	26.52
6	Salters, Isabelle	SO Concordia	26.61
Section 2 of 5 Finals			
3	Bothwell, Isabel	SO Doane	26.48
4	Rowe, Jaida	FR Hastings	26.34
5	Den Herder, Ayda	FR Dordt	26.24
6	Stier, Anni	JR Jamestown	26.29
Section 3 of 5 Finals			
3	Edwards, Kya	FR Hastings	26.23
4	Teppo, Aniya	JR Mount Marty	26.20
5	Even, Alexis	FR Mount Marty	26.09
6	Loseke, Emily	SO Concordia	26.19
Section 4 of 5 Finals			
3	Mahoney, Morgan	FR Doane	25.97
4	Cotton, Caitlyn	SR Doane	25.90
5	Clark, Elianna	SR Mount Marty	25.69
6	Kirchner, Kayla	FR Concordia	25.84
Section 5 of 5 Finals			
3	Maxey, Rhys	SO Hastings	25.62
4	Davis, Calli	JR Mount Marty	25.56
5	Thomas, Nisa	SO Hastings	25.23
6	Rodencal, Adrianna	FR Concordia	25.38

GPAC Indoor 2023 - 2/17/2023 to 2/18/2023

Bulldog Field House
Meet Program**Event 23 Women 400 Meter Dash**

Saturday 2/18/2023 - 4:45 PM

Two Turn Stagger - Lanes

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Mohr, McKenna	SO	Mount Marty	1:03.32
2	Craig, Morgan	FR	Doane	1:03.29
3	Kollars, Diana	SO	Hastings	1:02.44
4	Wahlstrom, Josey	FR	Mount Marty	1:02.43
5	Quinn, Brianna	FR	Concordia	1:01.60
6	Walters, Kristen	FR	Doane	1:01.75

Section 2 of 3 Finals

1	Blum, Emma	FR	Northwestern	1:01.53
2	Herman, Anna	JR	Dordt	1:01.37
3	Gerlach, Erynn	FR	Dakota Wesle	1:01.27
4	Kirchner, Kayla	FR	Concordia	1:00.75
5	Loseke, Emily	SO	Concordia	59.42
6	Manrique, Candela	FR	Doane	1:00.03

Section 3 of 3 Finals

1	Noble, Josi	FR	Concordia	58.92
2	Stuit, Anmarie	SR	Dordt	58.76
3	Kramer, Kennedy	SO	Northwestern	58.32
4	Davis, Calli	JR	Mount Marty	58.22
5	Battershell, Rachel	SR	Concordia	57.06
6	Tuls, Trinity	FR	Concordia	58.11

Event 24 Women 600 Meter Run

Saturday 2/18/2023 - 5:15 PM

Two Turn Stagger - Lanes

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Rice, Rylee	SO	Doane	1:45.51
2	Cihak, Jacey	SO	Mount Marty	1:45.28
3	Haertel, Hannah	FR	Concordia	1:45.13
4	Bosch, Sarah	SR	Morningside	1:42.67
5	Bumbaca-Kuehl, Tianna	JR	Mount Marty	1:41.51
6	Sarabia, Nevaeh	FR	Midland	1:41.55

Section 2 of 3 Finals

1	Nelson, Abrielle	FR	Mount Marty	1:41.33
2	Stier, Anni	JR	Jamestown	1:40.94
3	Fedders, Akeyma	FR	Northwestern	1:40.81
4	Burnett, Morgan	FR	Doane	1:40.03
5	Clarke, Abigail	SR	Northwestern	1:36.86
6	Griffin, Chantaya	SR	St. Mary	1:37.12

Section 3 of 3 Finals

1	Buwalda, Shelby	FR	Dordt	1:36.69
2	Kooistra, Mika	SR	Dordt	1:36.68
3	Koepke, Jordan	SO	Concordia	1:36.52
4	Pinkerton, Veronica	SO	Hastings	1:36.14
5	Pingel, Annika	SR	Doane	1:34.75
6	Esch, Jenna	SO	Concordia	1:35.92

Event 25 Women 800 Meter Run

Saturday 2/18/2023 - 6:05 PM

Two Turn Stagger - Lanes

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Veldkamp, Ella	SO	Dordt	2:39.02
2	Fredericksen, Alexa	SO	Dordt	2:37.34
3	Nix, Katelyn	SO	Concordia	2:36.00
4	Pross, Pluma	JR	Briar Cliff	2:35.99
5	Plock, Aly	SO	Doane	2:30.55
6	Tweton, Jaiden	SO	Concordia	2:31.83

Section 2 of 3 Finals

1	Johnson, Emily	SO	Mount Marty	2:30.44
2	Velarde, Cecilia	SO	Hastings	2:30.02
3	Ervin, Abby	SO	Northwestern	2:28.01
4	Olson, Monica	JR	Morningside	2:27.45
5	Williamson, Faith	SO	Concordia	2:26.23
6	Walters, Rachel	JR	Doane	2:26.85

GPAC Indoor 2023 - 2/17/2023 to 2/18/2023

Bulldog Field House
Meet Program

Section 3 of 3 Finals...(Event 25 Women 800 Meter Run)

1	Sanchez, Michelle	JR	Morningside	2:24.97
2	Chicoine, Emily	JR	Morningside	2:24.67
3	Ten Haken, Bethany	SR	Dordt	2:23.91
4	Esch, Jenna	SO	Concordia	2:22.76
5	Pinkerton, Veronica	SO	Hastings	2:12.91
6	Heynen, Emilee	SO	Dordt	2:17.01

Event 26 Women 1000 Meter Run

Saturday 2/18/2023 - 6:35 PM

Waterfall

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Mulder, Molly	FR	Dordt	3:14.87
2	Arnston, Keely	FR	Jamestown	3:14.94
3	Beel, Tenna	SR	Morningside	3:15.57
4	Vermeulen, Annika	SR	Dakota Wesle	3:17.93
5	Johnson, Emily	SO	Mount Marty	3:18.65
6	Chaparro Belloc, Cynthia	SO	Hastings	3:21.91
7	Shoemaker, Reagan	FR	Doane	3:22.89
8	Fischer, Jordyn	SO	Mount Marty	3:26.59
9	Becker, Kyra	FR	Concordia	3:36.37

Section 2 of 2 Finals

1	Haecker, Rylee	SO	Concordia	2:56.44
2	Freiberg, Kylahn	JR	Concordia	3:01.65
3	Pingel, Annika	SR	Doane	3:02.95
4	Sporrer, Courtney	FR	Morningside	3:03.62
5	Kaschinske, Rhaya	SO	Concordia	3:05.78
6	Gerken, Madison	SO	Hastings	3:06.52
7	Beintema, Hannah	FR	Concordia	3:07.28
8	Johnson, Myia	SO	Midland	3:08.83
9	Golus, Jilee	SO	Hastings	3:14.20

Event 27 Women 1 Mile Run

Saturday 2/18/2023 - 4:15 PM

Waterfall

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Golus, Jilee	SO	Hastings	5:27.64
2	Alberts, Caitlin	SO	Northwestern	5:30.51
3	Johnson, Myia	SO	Midland	5:31.49
4	Arnston, Keely	FR	Jamestown	5:32.63
5	Gerken, Madison	SO	Hastings	5:33.00
6	Vojslavek, Sammi	FR	Concordia	5:43.48
7	Derscheid, Lauren	FR	Northwestern	5:43.64
8	Ramirez, Lorena	SR	St. Mary	5:47.71
9	Chaparro Belloc, Cynthia	SO	Hastings	5:48.33

Section 2 of 2 Finals

1	Haecker, Rylee	SO	Concordia	5:06.10
2	Freiberg, Kylahn	JR	Concordia	5:07.94
3	Kampman, Jessica	SR	Dordt	5:08.22
4	Honomichl, Kristine	SR	Dordt	5:11.60
5	Sporrer, Taylor	JR	Morningside	5:19.96
6	Sporrer, Courtney	FR	Morningside	5:21.06
7	Beintema, Hannah	FR	Concordia	5:23.60
8	Kaschinske, Rhaya	SO	Concordia	5:24.86
9	Santos, Shania	SO	Hastings	5:27.60

Event 28 Women 3000 Meter Run

Saturday 2/18/2023 - 7:25 PM

Double Waterfall - 2 Turn Stagger

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Kampman, Jessica	SR	Dordt	9:54.47
2	Honomichl, Kristine	SR	Dordt	10:19.28
3	Anema, Taylor	SR	Dordt	10:38.16
4	Haverdink, Emily	FR	Northwestern	10:39.59
5	Borkowski, Lucy	JR	Dordt	10:41.94
6	Binder, Allie	SR	Doane	10:51.58
7	Inhelder, Chloe	JR	St. Mary	10:56.71
8	Haley, Emma	SO	Northwestern	10:58.47
9	Kuperus, Elyse	SR	Dordt	11:01.64
10	Homan, Anika	JR	Dordt	11:04.22
11	McIntyre, Julie	JR	Concordia	11:04.48
12	Johnson, Myia	SO	Midland	11:05.48
13	Alberts, Caitlin	SO	Northwestern	11:06.83
14	Sporrer, Taylor	JR	Morningside	11:11.80
15	Beisel, Keegan	FR	Concordia	11:14.95
16	Baade, Elizabeth	SO	Hastings	11:25.20
17	Ellens, Greichaly	SR	Dordt	11:26.35
18	Fehr, Julia	SO	Northwestern	11:29.55

GPAC Indoor 2023 - 2/17/2023 to 2/18/2023

Bulldog Field House
Meet Program**Event 29 Women 5000 Meter Run**

Saturday 2/18/2023 - 2:00 PM

Double Waterfall - 2 Turn Stagger

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Borkowski, Lucy	JR	Dordt	18:34.62
2	Haverdink, Emily	FR	Northwestern	18:40.95
3	Binder, Allie	SR	Doane	18:42.37
4	Inhelder, Chloe	JR	St. Mary	18:45.10
5	Anema, Taylor	SR	Dordt	18:49.66
6	Santos, Shania	SO	Hastings	18:54.06
7	Beisel, Keegan	FR	Concordia	19:14.05
8	Haley, Emma	SO	Northwestern	19:15.74
9	Kuperus, Elyse	SR	Dordt	19:21.28
10	Hilkemann, Jaden	SO	Doane	19:23.10
11	Opfer, Jessica	FR	Dordt	19:23.64
12	Ellens, Greichaly	SR	Dordt	19:32.86
13	Baade, Elizabeth	SO	Hastings	20:02.42
14	Joiner, Courtney	FR	Dordt	20:13.98
15	Zeutenhorst, Ellie	FR	Northwestern	20:18.57
16	Martin, Amie	SO	Concordia	20:20.76
17	Fehr, Julia	SO	Northwestern	20:30.89
18	Cardoso Franco, Jenny	FR	Doane	20:31.06

Event 30 Women 4x400 Meter Relay

Saturday 2/18/2023 - 7:55 PM

Two Turn Stagger - Lanes

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

2	Jamestown		NT
3	Briar Cliff		NT
4	Dakota Wesle		4:26.28
5	Morningside		4:16.12
6	Midland		4:20.99

Section 2 of 2 Finals

1	Hastings		4:01.64
2	Mount Marty		3:59.49
3	Doane		3:58.70
4	Northwestern		3:58.34
5	Concordia		3:54.81
6	Dordt		3:54.99

Event 31 Women 4x800 Meter Relay

Saturday 2/18/2023 - 2:55 PM

Double Waterfall - 2 Turn Stagger

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Dordt		9:34.23
2	Morningside		9:36.09
3	Concordia		9:39.96
4	Mount Marty		10:44.08
5	Hastings		NT
6	Briar Cliff		NT
7	St. Mary		NT
8	Doane		NT
9	Northwestern		NT

Event 32 Women Long Jump

Saturday 2/18/2023 - 2:00 PM

Top 9 advance to final

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 2 Finals

1	Doublin, Trinity	FR	Hastings	4.97m
2	Measel, Faith	JR	Dordt	4.98m
3	Doren, Maddison	SO	Mount Marty	5.02m
4	Fontana, Abby	SO	Doane	5.04m
5	Vandermeer, Ashley	SR	Dordt	5.07m
6	Long, Avany	SR	Dakota Wesle	5.12m
7	Millikan, Paige	FR	Mount Marty	5.13m
8	Toliver, Jordynn	JR	Jamestown	5.17m
9	Den Herder, Ayda	FR	Dordt	5.17m

Flight 2 of 2 Finals

1	Steinke, Amanda	FR	Concordia	5.19m
2	Quinn, Brianna	FR	Concordia	5.20m
3	Cuff, Ikeah	JR	Hastings	5.20m
4	Strom, Emma	FR	Midland	5.23m
5	Ridgely, Kaylynn	JR	Northwestern	5.25m
6	Rhodes, Kellie	SO	Concordia	5.35m
7	Miles, Hayley	FR	Concordia	5.38m
8	Richert, Amy	SO	Concordia	5.39m
9	Adams, Lindsay	SO	Doane	5.43m

GPAC Indoor 2023 - 2/17/2023 to 2/18/2023

Bulldog Field House
Meet Program**Event 33 Women Triple Jump**

Saturday 2/18/2023 - 12:00 PM

Top 9 advance to final

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 2 Finals					
1	Vanderwoude, Celia	FR	Dordt		9.93m
2	Dragt, Jaelyn	JR	Dordt		10.10m
3	Corneliusen, Greta	SO	Concordia		10.32m
4	Vandermeer, Ashley	SR	Dordt		10.39m
5	Meyer, Hannah	SO	Midland		10.40m
6	Cuff, Ikeah	JR	Hastings		10.43m
7	Sucha, Andrea	FR	Mount Marty		10.61m
8	Buwalda, Shelby	FR	Dordt		10.63m
9	Burtzclaff, Lexa	SO	Mount Marty		10.63m

Flight 2 of 2 Finals

1	Miles, Hayley	FR	Concordia		10.64m
2	Evans, Ashtyn	SR	Dakota Wesle		10.65m
3	Batenhorst, Elena	SO	Concordia		10.68m
4	Decker, Paige	JR	Dordt		10.69m
5	Theiler, Sarah	SO	Doane		10.77m
6	Saylor, Isabel	JR	Briar Cliff		10.87m
7	Noble, Josi	FR	Concordia		10.89m
8	Roggasch, Rosalyn	FR	Doane		10.93m
9	Doublin, Trinity	FR	Hastings		11.10m

Event 34 Women High Jump

Saturday 2/18/2023 - 2:00 PM

1.44-1.49-1.54-1.59-1.64-1.67-1.70-1.73

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Espinosa, Faith	SO	Concordia		1.52m
2	Hardy, Krista	FR	Midland		1.52m
3	Decker, Paige	JR	Dordt		1.53m
4	Beglin, Natalie	FR	Midland		1.53m
5	Jackson, Jastiny	SO	Doane		1.54m
6	Hines, Melissa	FR	Hastings		1.54m
7	Wingert, Emily	SO	Dordt		1.54m
8	Vander Waal, Jacie	SO	Northwestern		1.54m
9	Steinke, Amanda	FR	Concordia		1.54m
10	Erhardt, Paige	SO	Jamestown		1.55m
11	Toliver, Jordynn	JR	Jamestown		1.58m
12	Poulson, Zailie	SO	Hastings		1.59m
13	Theiler, Sarah	SO	Doane		1.59m
14	Schropfer, Kimberly	FR	Concordia		1.59m
15	Sucha, Andrea	FR	Mount Marty		1.61m
16	Garrett, Josie	FR	Doane		1.63m
17	Richert, Amy	SO	Concordia		1.64m
18	Newton, Hannah	SO	Concordia		1.67m

Event 35 Women Pole Vault

Saturday 2/18/2023 - 2:00 PM

2.67-2.82-2.97-3.12-3.27-3.42-3.52-3.62-3.72-3.82-3.92

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Meyer, Hannah	SO	Midland		2.69m
2	Bassingthwaite, Quinn	FR	Jamestown		2.82m
3	Maher, Jerzi	FR	Doane		2.92m
4	Sorensen, Zelie	FR	Mount Marty		2.92m
5	Keodouangdy, Natalee	FR	Doane		2.97m
6	Bakken, Mackenzie	FR	Jamestown		3.00m
7	Clark, Saydie	SO	Dordt		3.12m
8	Deines, Grace	SO	Doane		3.12m
9	Knapp, Samantha	SO	Doane		3.27m
10	Reichert, Sydney	SO	Concordia		3.27m
11	Stanley, Kennedy	FR	Doane		3.42m
12	Hulberg, Erin	SO	Northwestern		3.45m
13	Rippen, Gracie	SR	Mount Marty		3.52m
14	Svoboda, Kayla	FR	Concordia		3.52m
15	Cummings, Amira	SO	Concordia		3.52m
16	Boggs, Erin	SO	Concordia		3.52m
17	Mapson, Erin	SR	Concordia		3.77m
18	Puelz, Josie	JR	Concordia		3.97m

Event 36 Women Shot Put

Saturday 2/18/2023 - 6:00 PM

Top 9 advance to final

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 2 Finals					
1	Eden, Jessa	JR	Hastings		12.17m
2	Mach, Alexis	SO	Doane		12.20m
3	Owings, Alli	JR	Concordia		12.32m
4	Painter, Erin	SO	Concordia		12.49m
5	VanLaningham, Katie	SR	Doane		12.50m
6	Gerber, Abigail	SO	Concordia		12.67m
7	Brock, Anna	JR	Jamestown		12.70m
8	Wohlgemuth, Abi	SO	Concordia		12.70m
9	Pine, Cassandra	JR	Hastings		12.89m
Flight 2 of 2 Finals					
1	Tyler, Asia	SO	Hastings		13.05m
2	Pokorney, Kamryn	SO	Concordia		13.11m
3	Gronseth, Lila	JR	Dakota Wesle		13.23m
4	Caspersen, Claire	SO	St. Mary		13.40m
5	Robinson, Madeleine	SR	Concordia		13.64m
6	Baucom, Alivia	SO	Doane		13.89m
7	Anderson, Kiara	JR	Hastings		13.90m
8	Wagner, Hope	JR	Briar Cliff		14.19m
9	Skala, Allison	SO	Doane		14.32m

GPAC Indoor 2023 - 2/17/2023 to 2/18/2023

Bulldog Field House
Meet Program**Event 37 Women Weight Throw**

Saturday 2/18/2023 - 2:00 PM

Top 9 advance to final

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Gleason, Jenna	SO	Dordt		14.36m
2	Gronseth, Lila	JR	Dakota Wesle		14.68m
3	Covington, Cortney	FR	Concordia		14.70m
4	Deffenbaugh, Darby	SR	Dakota Wesle		14.95m
5	Hasselmann, Kylee	FR	Hastings		15.08m
6	Riggle, Faith	SO	Concordia		15.23m
7	Painter, Erin	SO	Concordia		15.30m
8	Schake, Jaydin	JR	Hastings		15.33m
9	Pokorney, Kamryn	SO	Concordia		15.88m

Flight 2 of 2 Finals

1	Owings, Alli	JR	Concordia		16.00m
2	Gerber, Abigail	SO	Concordia		16.19m
3	Wohlgemuth, Abi	SO	Concordia		16.21m
4	Robinson, Madeleine	SR	Concordia		16.54m
5	Tyler, Asia	SO	Hastings		16.78m
6	Fuller, Macy	SO	Doane		16.86m
7	Eden, Jessa	JR	Hastings		17.28m
8	Pine, Cassandra	JR	Hastings		17.33m
9	Anderson, Kiara	JR	Hastings		17.98m

Event 38 Indoor Pentathlon: #1 Women 60 Meter Hurdles

Friday 2/17/2023 - 1:00 PM

Lane	Name	Yr	School	Seed	Time
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Section 1 of 4 Finals

1	Doren, Maddison	SO	Mount Marty		NT
3	Henning, Karlee	FR	Doane		NT
5	Measel, Faith	JR	Dordt		NT
7	Ray, Madyson	SO	Midland		NT

Section 2 of 4 Finals

1	Steinke, Amanda	FR	Concordia		NT
3	Poulson, Zailee	SO	Hastings		NT
5	Noble, Josi	FR	Concordia		NT
7	Evenhouse, Kelsey	SO	Dordt		NT

Section 3 of 4 Finals

1	Toliver, Jordynn	JR	Jamestown		NT
3	Batenhorst, Elena	SO	Concordia		NT
5	Espinosa, Faith	SO	Concordia		NT
7	Sucha, Andrea	FR	Mount Marty		NT

Section 4 of 4 Finals

1	Adams, Lindsay	SO	Doane		NT
3	Salters, Isabelle	SO	Concordia		NT
5	George, Ashinee	JR	Mount Marty		NT
7	Richert, Amy	SO	Concordia		NT

Event 38 Indoor Pentathlon: #2 Women High Jump

Friday 2/17/2023 - 1:40 PM

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Salters, Isabelle	SO	Concordia		NH
2	Steinke, Amanda	FR	Concordia		NH
3	Adams, Lindsay	SO	Doane		NH
4	Sucha, Andrea	FR	Mount Marty		NH
5	Toliver, Jordynn	JR	Jamestown		NH
6	Poulson, Zailee	SO	Hastings		NH
7	George, Ashinee	JR	Mount Marty		NH
8	Evenhouse, Kelsey	SO	Dordt		NH
9	Measel, Faith	JR	Dordt		NH
10	Ray, Madyson	SO	Midland		NH
11	Doren, Maddison	SO	Mount Marty		NH
12	Henning, Karlee	FR	Doane		NH
13	Richert, Amy	SO	Concordia		NH
14	Batenhorst, Elena	SO	Concordia		NH
15	Noble, Josi	FR	Concordia		NH
16	Espinosa, Faith	SO	Concordia		NH

GPAC Indoor 2023 - 2/17/2023 to 2/18/2023

Bulldog Field House
Meet Program**Event 38 Indoor Pentathlon: #3 Women Shot Put**

Friday 2/17/2023 - 3:40 PM

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Batenhorst, Elena	SO	Concordia	ND
2	Toliver, Jordynn	JR	Jamestown	ND
3	George, Ashinee	JR	Mount Marty	ND
4	Ray, Madyson	SO	Midland	ND
5	Measel, Faith	JR	Dordt	ND
6	Henning, Karlee	FR	Doane	ND
7	Poulson, Zailee	SO	Hastings	ND
8	Adams, Lindsay	SO	Doane	ND
9	Espinosa, Faith	SO	Concordia	ND
10	Noble, Josi	FR	Concordia	ND
11	Salter, Isabelle	SO	Concordia	ND
12	Steinke, Amanda	FR	Concordia	ND
13	Richert, Amy	SO	Concordia	ND
14	Evenhouse, Kelsey	SO	Dordt	ND
15	Doren, Maddison	SO	Mount Marty	ND
16	Sucha, Andrea	FR	Mount Marty	ND

Event 38 Indoor Pentathlon: #4 Women Long Jump

Friday 2/17/2023 - 4:45 PM

Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Espinosa, Faith	SO	Concordia	ND
2	Evenhouse, Kelsey	SO	Dordt	ND
3	Adams, Lindsay	SO	Doane	ND
4	Noble, Josi	FR	Concordia	ND
5	Batenhorst, Elena	SO	Concordia	ND
6	Steinke, Amanda	FR	Concordia	ND
7	Measel, Faith	JR	Dordt	ND
8	Doren, Maddison	SO	Mount Marty	ND
9	Poulson, Zailee	SO	Hastings	ND
10	Henning, Karlee	FR	Doane	ND
11	Sucha, Andrea	FR	Mount Marty	ND
12	Richert, Amy	SO	Concordia	ND
13	Ray, Madyson	SO	Midland	ND
14	Toliver, Jordynn	JR	Jamestown	ND
15	George, Ashinee	JR	Mount Marty	ND
16	Salter, Isabelle	SO	Concordia	ND

Event 38 Indoor Pentathlon: #5 Women 800 Meter Run

Friday 2/17/2023 - 5:40 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Noble, Josi	FR	Concordia	NT
2	Sucha, Andrea	FR	Mount Marty	NT
3	Steinke, Amanda	FR	Concordia	NT
4	Salter, Isabelle	SO	Concordia	NT
5	Adams, Lindsay	SO	Doane	NT
6	Measel, Faith	JR	Dordt	NT
7	Poulson, Zailee	SO	Hastings	NT
8	Evenhouse, Kelsey	SO	Dordt	NT
9	Richert, Amy	SO	Concordia	NT
10	Doren, Maddison	SO	Mount Marty	NT
11	Henning, Karlee	FR	Doane	NT
12	Espinosa, Faith	SO	Concordia	NT
13	Batenhorst, Elena	SO	Concordia	NT
14	Toliver, Jordynn	JR	Jamestown	NT
15	George, Ashinee	JR	Mount Marty	NT
16	Ray, Madyson	SO	Midland	NT

Event 39 Women 3000 Meter Race Walk

Saturday 2/18/2023 - 12:00 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Walsh, Darby	FR	Midland	19:12.69
2	Dawson, Lauren	SO	Concordia	17:50.34
3	DiPentino, Tristyn	SO	Hastings	17:28.01
4	Evarts, Baylee	SO	Hastings	20:29.81
5	Gissler, Peyton	SO	Concordia	19:44.79

Event 40 Men 3000 Meter Race Walk

Saturday 2/18/2023 - 12:00 PM

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Wise, Sam	FR	Hastings	20:39.56