

**2023 GPAC Outdoor Track and Field Championships - 5/5/2023 to 5/6/2023****Dordt Hosts (Sioux Center, Iowa)****Open Space Park****Results****Event 1 Men 100 Meter Dash**

Name	Year School	Prelims	Wind	H#
<b>Preliminaries</b>				
1 Marcus Jnofinn	JR Mount Marty	10.55Q	2.4	2
2 Jadae Moore	SO Doane	10.62Q	2.4	1
3 Levi Schelhaas	FR Dordt	10.86Q	1.9	3
4 Mark Cooke	JR Concordia (Neb.)	10.65q	2.4	1
5 Logan Franken	SO Dordt	10.66q	2.4	1
6 Dominic Archer	SO Briar Cliff	10.67q	2.4	2
7 Ashton Banker	SO Morningside	10.73q	2.4	1
8 Dalton Whisenhunt	FR Doane	10.80q	2.4	1
9 Austin Drake	JR Doane	10.81	2.4	2
10 Cody Post	SR Northwestern (Iowa)	10.85	2.4	2
11 Tulsa Janish	JR Briar Cliff	10.86	2.4	1
12 Christopher Vincent	JR Doane	10.89	2.4	2
13 Braden Jahn	JR Northwestern (Iowa)	10.91	1.9	3
14 Joshua Miller	FR Briar Cliff	10.92	2.4	1
15 Donovan Breckenridge	SO Mount Marty	10.93	2.4	2
16 Braden Kalvelage	SO Northwestern (Iowa)	10.94	1.9	3
17 Ryan Schober	SO Dordt	10.96	1.9	3
18 Ashton Sandbulte	FR Northwestern (Iowa)	10.97	2.4	1
19 Grant Palmer	SO Northwestern (Iowa)	11.00	2.4	2
20 Tyreece Wynne	JR Northwestern (Iowa)	11.00	1.9	3
21 Emmett Black	JR Doane	11.07	1.9	3
22 Davon Brees	JR Morningside	11.15	2.4	2
23 Jonathan Fuselier	FR Mount Marty	11.32	1.9	3

**Event 1 Men 100 Meter Dash**

Name	Year School	Finals	Wind
<b>Finals</b>			
1 Marcus Jnofinn	JR Mount Marty	10.67	1.1
2 Mark Cooke	JR Concordia (Neb.)	10.69	1.1
3 Logan Franken	SO Dordt	10.78	1.1
4 Dominic Archer	SO Briar Cliff	10.80	1.1
5 Jadae Moore	SO Doane	10.85	1.1
6 Ashton Banker	SO Morningside	10.88	1.1
7 Dalton Whisenhunt	FR Doane	10.91	1.1
8 Levi Schelhaas	FR Dordt	12.17	1.1

**Event 2 Men 200 Meter Dash**

Name	Year School	Finals	Wind	H#
1 Donovan Breckenridge	SO Mount Marty	21.50	3.6	4
2 Austin Drake	JR Doane	21.65	3.6	4
3 Levi Schelhaas	FR Dordt	21.67	2.1	2
4 Ashton Banker	SO Morningside	21.68	3.6	4
5 Cody Post	SR Northwestern (Iowa)	21.77	3.6	4
6 Logan Franken	SO Dordt	21.83	2.3	3
7 Jadae Moore	SO Doane	21.89	2.3	3
8 Braden Jahn	JR Northwestern (Iowa)	21.91	3.6	4 21.902
9 Tulsa Janish	JR Briar Cliff	21.91	2.3	3 21.906

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10	Marcus Jnofinn	JR	Mount Marty	22.10	2.1	2
11	Dominic Archer	SO	Briar Cliff	22.13	3.5	1
12	Grant Palmer	SO	Northwestern (Iowa)	22.15	2.1	2
13	Braden Kalvelage	SO	Northwestern (Iowa)	22.16	2.1	2
14	Christopher Vincent	JR	Doane	22.28	2.1	2
15	Osiel Ochoa	SO	Briar Cliff	22.47	3.5	1
16	Tyreece Wynne	JR	Northwestern (Iowa)	22.61	3.5	1
17	Ashton Sandbulte	FR	Northwestern (Iowa)	22.66	3.5	1
18	Brayden Ingraham	FR	Briar Cliff	22.70	2.3	3
19	Jonathan Fuselier	FR	Mount Marty	22.75	3.5	1

**Event 3 Men 400 Meter Dash**

Name	Year	School	Finals	H#	
1	Payton Mauldin	JR	Dordt	47.76	3
2	Levi Schelhaas	FR	Dordt	48.31	3
3	Joaquin Gutierrez	FR	Doane	49.32	3
4	Caleb Mulder	FR	Doane	49.73	3
5	Luke Wagner	JR	Dordt	49.97	2
6	Nathan Simons	SO	Mount Marty	50.16	3
7	Colby Sugden	FR	Concordia (Neb.)	50.29	3
8	Ivan Varela	SO	Doane	50.37	2
9	Osiel Ochoa	SO	Briar Cliff	50.50	3
10	Jalen Cook	JR	Briar Cliff	51.36	2
11	Matthew Case	JR	Doane	51.55	1
12	Blake Olbrich	SO	Midland	51.60	2
13	Kadyn Cline	SO	Morningside	51.69	3
14	Liam Fagan	FR	Concordia (Neb.)	51.73	2
15	Carson Elbers	SO	Dordt	51.97	1
16	Jonathan De Haan	FR	Dordt	52.04	2
17	Jordan Kwiatkowski	FR	Doane	52.81	1
18	Chase Cermak	SO	Dakota Wesleyan	53.30	1
19	Carl Massa	FR	Mount Marty	54.31	2

**Event 4 Men 800 Meter Run**

Name	Year	School	Finals	H#	
1	Payton Mauldin	JR	Dordt	1:53.96	3
2	Cole Zevenbergen	JR	Dordt	1:54.57	3
3	Trey Engen	SR	Dordt	1:55.00	3
4	Hunter Shanks	JR	Dakota Wesleyan	1:56.33	3
5	Henri Stoeckermann	SO	Midland	1:56.42	3
6	Kingdon Hawes	JR	Doane	1:56.78	3
7	Trey Engelman	SO	Northwestern (Iowa)	1:57.26	3
8	Josiah Wittenberg	FR	Dordt	1:57.65	1
9	Lucas Hjortkjaer	FR	Midland	1:57.74	3
10	Tyler Janssen	SR	Morningside	1:57.99	2
11	Jordan Tasler	JR	Doane	1:58.60	2
12	Jacob Kueny	FR	Mount Marty	1:59.20	1
13	Robert Amaro	JR	Briar Cliff	1:59.75	2
14	Trace Ebert	SO	Doane	2:00.13	2
15	Alexander Walker	SO	Jamestown	2:00.14	1

**2023 GPAC Outdoor Track and Field Championships - 5/5/2023 to 5/6/2023****Dordt Hosts (Sioux Center, Iowa)****Open Space Park****Results****....Event 4 Men 800 Meter Run**

16 Will Wenz	SO Doane	2:00.54	1
17 Nathaniel Kropuenske	JR Mount Marty	2:00.78	1
18 Duncan Blankenship	JR Doane	2:01.27	2
19 Liam Vidas	SO Mount Marty	2:02.65	1
20 Deshawn Burks	FR Hastings	2:03.26	1
21 Tyler Salter	FR Hastings	2:05.06	2
22 Luke Swanson	FR Dordt	2:07.22	2
23 Christian McCafferty	SO Midland	2:11.74	1
24 Sam May	FR Dordt	2:14.21	2

**Event 5 Men 1500 Meter Run**

Name	Year School	Finals	H#
1 Trey Engen	SR Dordt	3:52.62	2
2 Joe Anderson	SR Dordt	3:54.93	2
3 Camden Sesna	JR Concordia (Neb.)	3:57.80	2
4 Calvin Rohde	JR Concordia (Neb.)	3:59.13	2
5 Kalen Dockweiler	JR Doane	4:02.23	2
6 Sam May	FR Dordt	4:02.25	2
7 Trevor Kuncl	FR Concordia (Neb.)	4:04.03	2
8 Justin Sorensen	SR Dakota Wesleyan	4:07.74	2
9 Tyler Salter	FR Hastings	4:09.81	1
10 Tage Hulstein	FR Dordt	4:10.69	2
11 Micah Willweber	JR Concordia (Neb.)	4:10.80	2
12 Canyon Vermillion	SO Jamestown	4:11.81	1
13 Ryan Evans	JR Doane	4:12.92	2
14 Tague Tvedt	FR Mount Marty	4:14.67	1
15 Parker Halder	FR Morningside	4:14.88	1
16 Nathaniel Bervig	SO Dordt	4:16.61	1
17 Drew Hjelmstad	SO Jamestown	4:16.68	1
18 Deshawn Burks	FR Hastings	4:18.95	1
19 Jimmy Nguyen	FR Concordia (Neb.)	4:19.82	1
20 Caden Ideker	SR Mount Marty	4:20.19	1
21 Christian McCafferty	SO Midland	4:22.90	2
22 Mason Welker	JR Morningside	4:23.32	1
23 Tanner Arens	SR Morningside	4:29.35	1
24 Hudson Opp	FR Concordia (Neb.)	4:30.13	1

**Event 6 Men 3000 Meter Steeplechase**

Name	Year School	Finals	H#
1 Kalen Dockweiler	JR Doane	9:07.89	2
2 Thaniel Schroeder	SR Dordt	9:10.72	2
3 Peter Shippy	SR Dordt	9:16.15	2
4 Joseph Kunert	SR Northwestern (Iowa)	9:26.40	2
5 Wyatt Baldauf	JR Dakota Wesleyan	9:27.59	2
6 Thomas Oliver	JR Doane	9:42.99	2
7 Nathan Pennekamp	SO Concordia (Neb.)	9:44.97	2
8 Duncan Blankenship	JR Doane	9:48.08	2
9 Westley Determan	FR Concordia (Neb.)	10:05.58	2
10 Shaun Geusebroek	FR Dordt	10:10.30	2
11 Christian McCafferty	SO Midland	10:13.08	2

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12	Thomas Gorline	SO Concordia (Neb.)	10:15.58	2
13	Daniel Nordquist	SR Northwestern (Iowa)	10:24.17	1
14	Tatum Jelleberg	JR Hastings	10:26.36	2
15	Garrett Hanson	SR Morningside	10:40.51	1
16	Landon Thompson	FR Jamestown	10:41.06	1
17	Nick Schiltz	FR Morningside	10:42.11	1
18	Carter Matthews	FR Briar Cliff	10:46.25	1
19	Michael Grigsby	FR Doane	10:51.23	1
20	Juan Celio	SO Briar Cliff	11:10.27	1
--	Levi Landman	FR Dordt	DNF	2

**Event 7 Men 5000 Meter Run**

Name	Year School	Finals
1 Joe Anderson	SR Dordt	14:48.03
2 Aidan Vorster	SO Dordt	14:51.03
3 Davis Tebben	SR Dordt	14:55.37
4 Calvin Rohde	JR Concordia (Neb.)	15:02.02
5 Isaac vanWestrienen	FR Midland	15:06.04
6 Camden Sesna	JR Concordia (Neb.)	15:12.31
7 Brian Santiago	SR Mount Marty	15:28.43
8 Cristobal Gonzalez	JR Mount Marty	15:45.00
9 Jon Mahoney	SO Midland	15:48.07
10 Caleb Saylor	SO Dakota Wesleyan	15:48.97
11 Chase Kamp	FR Dordt	15:50.51
12 Thomas Oliver	JR Doane	15:56.46
13 Trevor Kuncl	FR Concordia (Neb.)	15:59.99
14 Ben VanDeBerg	FR Northwestern (Iowa)	16:04.70
15 Joseph Kunert	SR Northwestern (Iowa)	16:19.48
16 Drew Hjelmstad	SO Jamestown	16:35.76
17 Landon Thompson	FR Jamestown	16:46.60
18 Charlie Hayden	SO Concordia (Neb.)	16:51.25
19 Jack Ellis	SO Concordia (Neb.)	17:06.09
20 Tague Tvedt	FR Mount Marty	17:37.65
-- Ryan Evans	JR Doane	DNF

**Event 8 Men 10000 Meter Run**

Name	Year School	Finals
1 Aidan Vorster	SO Dordt	32:09.53
2 Brian Santiago	SR Mount Marty	32:19.46
3 Isaac vanWestrienen	FR Midland	32:28.84
4 Cristobal Gonzalez	JR Mount Marty	32:47.42
5 Luke Bonifas	FR Doane	32:50.47
6 Jon Mahoney	SO Midland	32:58.49
7 Jacob Brouwer	SR Dordt	33:33.32
8 Jack Ellis	SO Concordia (Neb.)	33:45.29
9 Zach Hole	SR Hastings	34:26.13
10 Jakob Tadlock	SO Doane	34:35.77
11 Tatum Jelleberg	JR Hastings	34:40.38
12 Evan Schmidt	SO Concordia (Neb.)	35:40.17
13 Logan Walgate	SO Concordia (Neb.)	35:49.47

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## Dordt Hosts (Sioux Center, Iowa)

## Open Space Park

## Results

## ....Event 8 Men 10000 Meter Run

14 Carson Means	SO Mount Marty	36:09.44
15 Eli Bottom	FR Midland	38:01.97
16 Levi Son	SR Morningside	40:14.00

## Event 9 Men 110 Meter Hurdles

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Austin Freiberg	JR Morningside	14.23Q	2.0	1
2 Seth Wiebelhaus	SR Mount Marty	14.98Q	2.2	2
3 John Krejci	JR Doane	14.88q	2.0	1
4 Mark Cooke	JR Concordia (Neb.)	14.88q	2.0	1
5 Jonathan Fuselier	FR Mount Marty	14.98q	2.2	2
6 Kyle Baumert	SR Dordt	15.41q	2.2	2
7 Justin Groen	SR Dordt	15.65q	2.0	1
8 Bryson Tripp	JR Jamestown	15.89q	2.2	2
9 AJ Bomgaars	FR Northwestern (Iowa)	16.25	2.2	2
10 Deagan Puppe	FR Mount Marty	16.51	2.0	1
11 Barrett Nielsen	FR Dakota Wesleyan	16.64	2.0	1
12 Marc Freiberg	JR Concordia (Neb.)	16.98	2.2	2
13 Colin Rhynalds	FR Briar Cliff	17.43	2.0	1
-- Luke Albright	SO Dordt	DQ	2.2	2 Hooked hurdles

## Event 9 Men 110 Meter Hurdles

Name	Year School	Finals	Wind
Finals			
1 Austin Freiberg	JR Morningside	14.34	1.3
2 John Krejci	JR Doane	14.83	1.3
3 Mark Cooke	JR Concordia (Neb.)	14.89	1.3
4 Seth Wiebelhaus	SR Mount Marty	15.06	1.3
5 Jonathan Fuselier	FR Mount Marty	15.18	1.3
6 Kyle Baumert	SR Dordt	15.48	1.3
7 Justin Groen	SR Dordt	15.89	1.3
8 Bryson Tripp	JR Jamestown	16.16	1.3

## Event 10 Men 400 Meter Hurdles

Name	Year School	Finals	H#
1 Peyton Miller	SR Dordt	52.77	3
2 Brian Clausen	SR Hastings	54.30	3
3 David Hernandez	SR Morningside	54.88	3
4 Connor Hartzler	SO Hastings	55.28	3
5 John Krejci	JR Doane	55.91	3
6 Braeden Knutson	SR Jamestown	56.24	3
7 Dawson Teune	SO Dordt	56.59	2
8 Devin Bos	JR Dordt	56.78	2
9 Dayton Brunsting	SO Dordt	57.01	2
10 Isaac Hegdahl	JR Mount Marty	57.28	3
11 Austin Freiberg	JR Morningside	58.13	3
12 AJ Bomgaars	FR Northwestern (Iowa)	58.31	1

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13	Teagan Meyer	SO Concordia (Neb.)	58.44	2
14	Kameron Farmer	JR Concordia (Neb.)	58.47	2
15	Barrett Nielsen	FR Dakota Wesleyan	1:00.25	2
16	Reese Van Zee	FR Northwestern (Iowa)	1:00.32	1
17	Gunner Vargas	SO Northwestern (Iowa)	1:00.33	2
18	Ashton Sagehorn	FR Doane	1:00.52	1
19	Quinton Janecek	FR Concordia (Neb.)	1:02.03	1
20	Marc Freiberg	JR Concordia (Neb.)	1:02.26	1
21	Brian Sosa	JR Briar Cliff	1:04.91	1
22	Andrew Nunez	JR Midland	1:05.80	1
23	Deagan Puppe	FR Mount Marty	1:08.04	1

**Event 11 Men 4x100 Meter Relay**

=====				
School			Finals	H#
=====				
1	Northwestern (Iowa)		40.82	2
	1) Grant Palmer SO	2) Cody Post SR		
	3) Braden Jahn JR	4) Ashton Sandbulte FR		
2	Dordt		40.85	2
	1) Levi Schelhaas FR	2) Logan Franken SO		
	3) Ryan Schober SO	4) Luke Wagner JR		
3	Doane		40.91	2
	1) Jadae Moore SO	2) Christopher Vincent JR		
	3) Andrew Mahoney SO	4) Austin Drake JR		
4	Briar Cliff		41.54	2
	1) Dominic Archer SO	2) Brayden Ingraham FR		
	3) Tulsa Janish JR	4) Joshua Miller FR		
5	Morningside		41.89	2
	1) Jared Nicholas JR	2) Ashton Banker SO		
	3) Davon Brees JR	4) Austin Freiberg JR		
6	Mount Marty		41.97	2
	1) Deontae Howard SO	2) Donovan Breckenridge SO		
	3) Jonathan Fuselier FR	4) Nathan Simons SO		
7	Jamestown		43.32	2
	1) Braeden Knutson SR	2) Cody Pellaton FR		
	3) Christopher Saylor JR	4) Cael Church FR		
8	Dakota Wesleyan		44.79	1
	1) Cobey Carr JR	2) Chase Cermak SO		
	3) Gavin Haselhorst FR	4) Barrett Nielsen FR		
--	Midland		DNF	1
	1) Blake Olbrich SO	2) Jonah Martinez SO		
	3) Shandon Reitzell JR	4) Aubrey Woodard FR		

**Event 12 Men 4x400 Meter Relay**

=====				
School			Finals	H#
=====				
1	Dordt		3:15.43	2
	1) Peyton Miller SR	2) Jonathan De Haan FR		
	3) Cole Zevenbergen JR	4) Payton Mauldin JR		
2	Doane		3:16.38	2
	1) Kingdon Hawes JR	2) Austin Drake JR		
	3) Caleb Mulder FR	4) Joaquin Gutierrez FR		

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3 Northwestern (Iowa)	3:17.42	2
1) Braden Jahn JR	2) Cody Post SR	
3) Mitchell Oostra SR	4) Trey Engelmann SO	
4 Morningside	3:20.76	2
1) Ashton Banker SO	2) David Hernandez SR	
3) Davon Brees JR	4) Kady Cline SO	
5 Hastings	3:23.25	2
1) Connor Hartzler SO	2) Brian Clausen SR	
3) Deshawn Burks FR	4) Aaron Ochsner JR	
6 Midland	3:24.28	2
1) Shandon Reitzell JR	2) Blake Olbrich SO	
3) Henri Stoeckermann SO	4) Lucas Hjortkjaer FR	
7 Briar Cliff	3:24.60	1
1) Tulsa Janish JR	2) Jalen Cook JR	
3) Robert Amaro JR	4) Osiel Ochoa SO	
8 Mount Marty	3:24.89	2
1) Nathaniel Kropuenske JR	2) Donovan Breckenridge SO	
3) Isaac Hegdahl JR	4) Carl Massa FR	
9 Dakota Wesleyan	3:27.24	1
1) Nate Rupprecht SR	2) Justin Sorensen SR	
3) Hunter Shanks JR	4) Wyatt Baldauf JR	
10 Jamestown	3:30.67	1
1) Alexander Walker SO	2) David Martin JR	
3) Kadin Neppel JR	4) Braeden Knutson SR	
11 Concordia (Neb.)	3:32.44	2
1) Mark Cooke JR	2) Liam Fagan FR	
3) Teagan Meyer SO	4) Colby Sugden FR	

**Event 13 Men 4x800 Meter Relay**

School	Finals
1 Doane	7:47.13
1) Jordan Tasler JR	2) Duncan Blankenship JR
3) Kalen Dockweiler JR	4) Kingdon Hawes JR
2 Dakota Wesleyan	7:50.66
1) Wyatt Baldauf JR	2) Caleb Sayler SO
3) Hunter Shanks JR	4) Justin Sorensen SR
3 Midland	7:53.45
1) Henri Stoeckermann SO	2) Blake Olbrich SO
3) Christian McCafferty SO	4) Lucas Hjortkjaer FR
4 Dordt	7:55.32
1) Josiah Wittenberg FR	2) Luke Swanson FR
3) Dayton Brunsting SO	4) Sam May FR
5 Mount Marty	8:05.55
1) Jacob Kueny FR	2) Liam Vidas SO
3) Nathaniel Kropuenske JR	4) Caden Ideker SR
6 Hastings	8:10.26
1) Deshawn Burks FR	2) Alec Garcia SO
3) Aaron Ochsner JR	4) Tyler Salter FR
7 Jamestown	8:11.69
1) David Martin JR	2) Corbin Cornelius JR
3) Drew Hjelmstad SO	4) Alexander Walker SO
8 Morningside	8:11.97

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1) Casey Kruger FR	2) Parker Halder FR	
3) Chayton Rowe FR	4) RC Hicks FR	
9 Concordia (Neb.)		8:23.05
1) Micah Willweber JR	2) Hudson Opp FR	
3) Ethan Ideus SO	4) Jimmy Nguyen FR	
10 Northwestern (Iowa)		8:49.82
1) Tommy Tracy FR	2) Jacob Kalkwarf FR	
3) David Bernhagen SO	4) Daniel Nordquist SR	

**Event 14 Men Long Jump**

Name	Year	School	Finals	Wind	H#	
1 Braden Kalvelage	SO	Northwestern (Iowa)	7.48m	2.6	24-06.50	2
7.48m(2.6) 7.15m(3.0)	PASS	PASS	PASS			
2 Joel Rathe	JR	Concordia (Neb.)	7.11m	2.3	23-04.00	2
7.11m(2.3) 6.86m(2.3)	FOUL	FOUL	FOUL			
3 Will Bunn	FR	Northwestern (Iowa)	6.96m	2.6	22-10.00	1
6.96m(2.6) FOUL	5.13m(2.7)	6.61m(4.3)	FOUL	6.47m(2.1)		
4 Shandon Reitzell	JR	Midland	6.94m	3.4	22-09.25	2
6.94m(3.4) FOUL	5.30m(3.8)	6.81m(2.3)	FOUL	6.78m(2.2)		
5 Micah Schaap	FR	Dordt	6.91m	2.4	22-08.00	2
6.91m(2.4) 6.54m(1.9)	6.88m(2.1)	FOUL	6.79m(2.6)	6.77m(3.5)		
6 Wyatt Loga	JR	Concordia (Neb.)	6.70m	3.0	21-11.75	2
6.33m(2.0) 6.51m(3.0)	6.70m(3.0)	6.54m(2.3)	5.03m(2.8)	6.37m(2.0)		
7 Justin Groen	SR	Dordt	6.68m	2.5	21-11.00	2
6.68m(2.5) 6.46m(2.5)	6.55m(3.3)	FOUL	FOUL	FOUL		
8 John Krejci	JR	Doane	6.48m	4.2	21-03.25	2
6.42m(3.2) 6.48m(4.2)	6.33m(1.2)	3.74m(2.4)	6.05m(1.9)	6.31m(2.5)		
9 James Bakker	SO	Dordt	6.47m	2.3	21-02.75	1
6.47m(2.3) 6.22m(2.4)	6.26m(1.2)					
10 Derek Manzo	FR	Midland	6.40m	2.4	21-00.00	2
6.40m(2.4) FOUL	3.74m(2.8)	6.37m(2.8)	PASS	FOUL		
11 Vince Lauenroth	JR	Doane	6.39m	2.9	20-11.75	2
FOUL	6.39m(2.9)	6.32m(1.9)				
12 Ethan Burnett	FR	Mount Marty	6.37m	2.9	20-10.75	1
FOUL	6.37m(2.9)	6.29m(1.9)				
13 Nolan Mayer	SO	Doane	6.34m	3.2	20-09.75	2
6.00m(3.1) 5.61m(2.9)	6.34m(3.2)					
14 Devin Bos	JR	Dordt	6.32m	0.9	20-09.00	1
6.23m(1.7) 6.32m(0.9)	6.27m(1.8)					
15 Cobey Carr	JR	Dakota Wesleyan	6.26m	2.9	20-06.50	1
5.50m(1.5) 6.06m(2.2)	6.26m(2.9)					
16 Gavin Haselhorst	FR	Dakota Wesleyan	6.22m	3.6	20-05.00	1
FOUL	6.22m(3.6)	FOUL				
17 Deontae Howard	SO	Mount Marty	6.07m	1.8	19-11.00	1
FOUL	6.02m(1.9)	6.07m(1.8)				
18 Carson Shoemaker	SO	Doane	6.04m	1.8	19-09.75	1
FOUL	FOUL	6.04m(1.8)				
19 Spencer Langelaar	SO	Dordt	5.97m	1.7	19-07.00	1
5.77m(2.2) 5.97m(1.7)	FOUL					
20 Josiah Rudloff	JR	Jamestown	5.96m	1.6	19-06.75	1
5.96m(1.6) 5.60m(2.5)	5.92m(4.5)					



## 2023 GPAC Outdoor Track and Field Championships - 5/5/2023 to 5/6/2023

## Dordt Hosts (Sioux Center, Iowa)

## Open Space Park

## Results

## ....Event 14 Men Long Jump

21	Rayshun Foreman	FR Concordia (Neb.)	5.92m	3.4	19-05.25	1
	5.27m(2.6)	5.83m(2.0)	5.92m(3.4)			
22	Brayden Ingraham	FR Briar Cliff	5.50m	1.4	18-00.50	1
	FOUL	5.50m(1.4)	FOUL			

## Event 15 Men Triple Jump

Name	Year	School	Finals	Wind	H#
1 Micah Schaap	FR	Dordt	13.99m	2.9	45-10.75 2
	13.92m(2.6)	FOUL	13.99m(2.9)	PASS	PASS
2 Trevor Malone	JR	Doane	13.80m	2.9	45-03.50 1
	FOUL	FOUL	13.24m(0.8)	FOUL	13.80m(2.9)
3 Vince Lauenroth	JR	Doane	13.76m	3.9	45-01.75 2
	13.40m(2.4)	FOUL	13.75m(2.5)	13.76m(3.9)	13.21m(1.7)
4 Grant Brouwer	SR	Dordt	13.65m	3.6	44-09.50 2
	13.50m(1.9)	13.51m(2.4)	13.59m(2.8)	13.65m(3.6)	13.50m(1.3)
5 Ethan Burnett	FR	Mount Marty	13.60m	3.1	44-07.50 2
	13.11m(2.1)	13.33m(2.0)	13.60m(3.1)	FOUL	13.49m(1.8)
6 Cobey Carr	JR	Dakota Wesleyan	13.34m	2.9	43-09.25 2
	12.67m(2.4)	12.85m(2.1)	13.31m(2.7)	12.51m(2.0)	13.07m(3.3)
7 Cale Strong	SR	Dakota Wesleyan	13.31m	2.5	43-08.00 2
	13.31m(2.5)	12.94m(2.5)	12.85m(1.7)	FOUL	12.67m(2.1)
8 Cordale Moxey	SO	Doane	13.30m	1.8	43-07.75 2
	13.05m(2.0)	13.23m(2.0)	FOUL	12.98m(2.7)	13.30m(1.8)
9 Liam Raymon	FR	Northwestern (Iowa)	13.21m	2.1	43-04.25 1
	FOUL	12.67m(1.9)	13.21m(2.1)	12.74m(2.2)	FOUL
10 John Himmelberg	JR	Doane	12.94m	3.2	42-05.50 2
	FOUL	12.55m(2.3)	12.94m(3.2)		
11 Ben Van Eps	FR	Dordt	12.89m	3.0	42-03.50 1
	FOUL	12.89m(3.0)	12.89m(1.9)		
12 Josiah Rudloff	JR	Jamestown	12.85m	2.5	42-02.00 2
	12.85m(2.5)	11.40m(1.5)	12.50m(3.4)		
13 Gage Thulin	FR	Doane	12.55m	1.1	41-02.25 1
	FOUL	12.55m(1.1)	12.52m(1.3)		
14 Pampa Raffin	FR	Midland	12.35m	1.2	40-06.25 1
	12.22m(1.5)	12.05m(2.4)	12.35m(1.2)		
15 Muluken Wempe	FR	Briar Cliff	12.22m	1.6	40-01.25 1
	FOUL	FOUL	12.22m(1.6)		
16 Spencer Langelaar	SO	Dordt	12.14m	2.7	39-10.00 1
	12.14m(2.7)	12.07m(2.9)	FOUL		
17 Rayshun Foreman	FR	Concordia (Neb.)	12.05m	1.5	39-06.50 1
	FOUL	12.04m(3.4)	12.05m(1.5)		
18 Noah Lopez	FR	Northwestern (Iowa)	11.94m	1.3	39-02.25 1
	11.53m(1.5)	11.49m(3.2)	11.94m(1.3)		
-- Sam Boldt	SO	Doane	FOUL		2
	FOUL	FOUL	FOUL		

## Event 16 Men High Jump

Name	Year	School	Finals
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**2023 GPAC Outdoor Track and Field Championships - 5/5/2023 to 5/6/2023****Dordt Hosts (Sioux Center, Iowa)****Open Space Park****Results****....Event 16 Men High Jump**

1	Brady Creech	SO Hastings	2.05m	6-08.75
	1.75 1.80 1.85 1.90 1.95 2.00 2.05 2.08			
	P P P P O O O XXX			
2	Shandon Reitzell	JR Midland	J2.05m	6-08.75
	1.75 1.80 1.85 1.90 1.95 2.00 2.05 2.08			
	P P P P P XO O XXX			
3	Grant Brouwer	SR Dordt	J2.05m	6-08.75
	1.75 1.80 1.85 1.90 1.95 2.00 2.05 2.08			
	P P P P O O XO XXX			
4	Ross McMahon	JR Midland	J2.05m	6-08.75
	1.75 1.80 1.85 1.90 1.95 2.00 2.05 2.08			
	P P P O XXO XO XO XXX			
5	Carter Reckling	JR Doane	1.95m	6-04.75
	1.75 1.80 1.85 1.90 1.95 2.00			
	P P P P O XXX			
5	Dylan Starr	SO Doane	1.95m	6-04.75
	1.75 1.80 1.85 1.90 1.95 2.00			
	P P P P O XXX			
7	Wyatt Loga	JR Concordia (Neb.)	J1.95m	6-04.75
	1.75 1.80 1.85 1.90 1.95 2.00			
	P P P XO XO XXX			
8	Cooper Girmus	FR Doane	J1.95m	6-04.75
	1.75 1.80 1.85 1.90 1.95 2.00			
	P P P O XXO XXX			
9	Elijah Weaver	FR Northwestern (Iowa)	J1.95m	6-04.75
	1.75 1.80 1.85 1.90 1.95 2.00			
	O XO XXO XXO XXO XXX			
10	Markus Vigil	FR Hastings	1.90m	6-02.75
	1.75 1.80 1.85 1.90 1.95			
	O XO XXO O XXX			
11	Jayson Frank	JR Concordia (Neb.)	J1.90m	6-02.75
	1.75 1.80 1.85 1.90 1.95			
	P O XXO XXO XXX			
12	Logan Bietz	SO Doane	1.85m	6-00.75
	1.75 1.80 1.85 1.90			
	P O O XXX			
13	Kadin Neppl	JR Jamestown	J1.85m	6-00.75
	1.75 1.80 1.85 1.90			
	O XXO O XXX			
14	Harland Groves	SR Northwestern (Iowa)	J1.85m	6-00.75
	1.75 1.80 1.85 1.90			
	P O XXO XXX			
14	Jonah Martinez	SO Midland	J1.85m	6-00.75
	1.75 1.80 1.85			
	P O XXO			
16	Donovan Elmore	FR Northwestern (Iowa)	1.80m	5-10.75
	1.75 1.80 1.85			
	XXO O XXX			
17	Wyatt Gulker	FR Dordt	1.75m	5-08.75
	1.75 1.80			
	O XXX			
18	Andrew Frick	FR Northwestern (Iowa)	J1.75m	5-08.75
	1.75 1.80			
	XO XXX			



**2023 GPAC Outdoor Track and Field Championships - 5/5/2023 to 5/6/2023****Dordt Hosts (Sioux Center, Iowa)****Open Space Park****Results****....Event 17 Men Pole Vault**

-- Connor Miers	FR Mount Marty	NH
3.65		
XXX		
-- Simon de Jong	FR Dordt	NH
3.65		
XXX		
-- Chase Berry	JR Concordia (Neb.)	NH
3.65 3.80 3.95 4.10 4.25		
P P P P XXX		

**Event 18 Men Shot Put**

Name	Year School	Finals	H#
1 Dylan Kucera	SR Midland	19.47m 63-10.50	2
18.46m 18.82m 19.11m 18.51m 19.15m 19.47m			
2 Alex Herman	SO Midland	15.28m 50-01.75	2
FOUL 15.28m 14.77m 12.91m 15.04m 15.27m			
3 Darien Semedo	JR Concordia (Neb.)	15.23m 49-11.75	2
15.12m 15.23m FOUL FOUL FOUL FOUL			
4 Luke Rettedal	SO Mount Marty	15.12m 49-07.25	2
14.54m 15.12m FOUL FOUL 14.66m FOUL			
5 Andrew Schmitz	FR Doane	15.00m 49-02.50	2
13.86m 14.28m 14.52m FOUL 15.00m 14.90m			
6 Zachary Stieb	SR Doane	14.88m 48-10.00	2
14.85m 14.65m 14.88m FOUL 14.64m FOUL			
7 Bryan Zylstra	FR Northwestern (Iowa)	14.65m 48-00.75	2
14.65m FOUL FOUL 14.42m FOUL FOUL			
8 Carson Fehlhafer	FR Concordia (Neb.)	14.29m 46-10.75	2
12.66m FOUL 14.29m FOUL 13.89m FOUL			
9 Ryan Kienzle	SR Dakota Wesleyan	14.25m 46-09.00	2
13.69m 14.25m 13.89m FOUL 13.86m FOUL			
10 Connor Asche	SO Concordia (Neb.)	14.23m 46-08.25	2
14.00m 14.23m FOUL			
11 Jon Borges	FR Doane	13.90m 45-07.25	1
13.69m FOUL 13.90m			
12 Cale Bessler	FR Doane	13.80m 45-03.50	1
13.14m FOUL 13.80m			
13 Jorden Morales	JR Jamestown	13.62m 44-08.25	2
13.33m 13.33m 13.62m			
14 William Minnick	SR Northwestern (Iowa)	13.50m 44-03.50	1
13.05m 12.70m 13.50m			
15 Tyler Dean	SO Jamestown	13.33m 43-09.00	1
FOUL 13.32m 13.33m			
16 Lukus Mentele	FR Doane	13.27m 43-06.50	1
13.27m FOUL 13.08m			
17 Briggs Songster	JR Doane	13.17m 43-02.50	1
12.89m 13.17m FOUL			
18 Carson Lavaley	FR Doane	13.16m 43-02.25	1
13.16m FOUL FOUL			
19 Grant Jansen	FR Concordia (Neb.)	13.12m 43-00.50	1
13.01m 13.12m 12.47m			
20 Tyler Walford	SO Concordia (Neb.)	13.00m 42-08.00	1
13.00m 12.66m 12.96m			

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21	Alexander Maida	JR Jamestown	12.73m	41-09.25	1
	12.43m 12.73m 12.21m				
22	Samuel Reiland	FR Jamestown	12.07m	39-07.25	1
	FOUL 11.91m 12.07m				
--	Trey Dickey	SO Doane	FOUL		2
	FOUL FOUL FOUL				
--	Tyler Thomas	FR Concordia (Neb.)	FOUL		1
	FOUL FOUL FOUL				

**Event 19 Men Discus Throw**

Name	Year School	Finals	H#
1 Jorden Morales	JR Jamestown	52.60m	172-07 2
	FOUL 50.55m 51.29m 52.60m 52.01m FOUL		
2 Austen Rozelle	SO Concordia (Neb.)	48.07m	157-08 2
	45.78m FOUL 48.07m FOUL FOUL FOUL		
3 Alex Herman	SO Midland	47.57m	156-01 2
	39.96m 46.44m 47.57m FOUL FOUL 46.74m		
4 Bryan Zylstra	FR Northwestern (Iowa)	47.51m	155-10 2
	43.86m 45.61m 47.51m 46.46m FOUL 47.31m		
5 Ryan Kienzle	SR Dakota Wesleyan	46.82m	153-07 2
	42.50m 44.82m 46.82m 45.77m FOUL FOUL		
6 Matthew Boyer	FR Concordia (Neb.)	46.67m	153-01 1
	41.54m 43.87m 42.80m 44.45m 46.67m FOUL		
7 Tyler Dean	SO Jamestown	45.58m	149-06 2
	41.04m FOUL 45.58m FOUL FOUL FOUL		
8 Trey Dickey	SO Doane	44.48m	145-11 2
	FOUL 42.87m 44.48m FOUL 42.62m 43.69m		
9 Dawson Sedivec	JR Jamestown	43.96m	144-03 2
	40.87m 42.00m 43.78m FOUL FOUL 43.96m		
10 Lukus Mentele	FR Doane	43.51m	142-09 1
	43.36m 43.51m 41.96m		
11 Zachary Stieb	SR Doane	43.50m	142-08 2
	41.25m 42.13m 43.50m		
12 Luke Partridge	JR Doane	43.41m	142-05 1
	FOUL 43.41m FOUL		
13 Matt Haken	JR Dordt	43.27m	141-11 1
	42.25m 43.27m 42.96m		
14 Cale Bessler	FR Doane	42.85m	140-07 1
	42.20m FOUL 42.85m		
15 Jaedon Lothrop	JR Doane	42.27m	138-08 2
	42.27m FOUL FOUL		
16 Samuel Reiland	FR Jamestown	41.89m	137-05 1
	40.67m 41.89m FOUL		
17 Brady Klute	JR Concordia (Neb.)	41.75m	137-00 1
	41.75m 40.77m FOUL		
18 Ben Moll	JR Concordia (Neb.)	41.54m	136-03 1
	41.54m FOUL 41.28m		
19 Patrick Hudson	SR Hastings	41.19m	135-02 1
	41.19m FOUL FOUL		
20 Carson Lavaley	FR Doane	40.99m	134-06 1
	38.28m 40.60m 40.99m		

**2023 GPAC Outdoor Track and Field Championships - 5/5/2023 to 5/6/2023****Dordt Hosts (Sioux Center, Iowa)****Open Space Park****Results****....Event 19 Men Discus Throw**

21	Josh Fee	FR Doane	40.37m	132-05	1
	40.37m FOUL FOUL				
22	Grant Jansen	FR Concordia (Neb.)	40.30m	132-03	2
	40.30m FOUL FOUL				
23	Carson Fehlhafer	FR Concordia (Neb.)	40.21m	131-11	2
	40.21m FOUL FOUL				

**Event 20 Men Hammer Throw**

Name	Year School	Finals	H#
1 Dylan Kucera	SR Midland	64.15m	210-05 2
	60.05m 63.72m FOUL 62.48m FOUL 64.15m		
2 Chris Wren	JR Concordia (Neb.)	60.04m	197-00 2
	55.57m 59.39m 59.23m 58.86m 59.15m 60.04m		
3 Luke Partridge	JR Doane	58.82m	193-00 2
	FOUL FOUL 51.04m FOUL 58.82m FOUL		
4 Darien Semedo	JR Concordia (Neb.)	56.17m	184-03 2
	52.10m 54.07m FOUL 55.58m FOUL 56.17m		
5 Dawson Sedivec	JR Jamestown	55.40m	181-09 2
	FOUL FOUL 52.34m 55.40m 54.17m FOUL		
6 Andrew Schmitz	FR Doane	53.73m	176-03 2
	50.04m 53.73m FOUL 51.98m 51.50m 52.65m		
7 Ben Moll	JR Concordia (Neb.)	51.86m	170-02 2
	50.02m 51.86m 50.20m 51.63m 50.58m 51.14m		
8 Jaedon Lothrop	JR Doane	50.94m	167-01 2
	49.99m 50.66m 48.78m 50.94m FOUL FOUL		
9 Brady Klute	JR Concordia (Neb.)	49.92m	163-09 2
	49.92m FOUL FOUL FOUL FOUL FOUL		
10 Dagne' Buck	SR Concordia (Neb.)	49.68m	163-00 2
	FOUL FOUL 49.68m		
11 Austen Rozelle	SO Concordia (Neb.)	49.18m	161-04 1
	49.18m FOUL FOUL		
12 Connor Ashe	SO Concordia (Neb.)	49.09m	161-01 1
	FOUL 47.47m 49.09m		
13 Matt Haken	JR Dordt	48.47m	159-00 1
	44.08m 45.59m 48.47m		
14 Patrick Hudson	SR Hastings	48.46m	159-00 2
	48.46m FOUL 47.15m		
15 Trey Dickey	SO Doane	48.37m	158-08 2
	FOUL FOUL 48.37m		
16 Josiah Merkle	JR Dordt	48.14m	157-11 1
	44.31m FOUL 48.14m		
17 Ryan Kienzle	SR Dakota Wesleyan	44.98m	147-07 1
	44.65m 44.98m FOUL		
18 William Minnick	SR Northwestern (Iowa)	43.92m	144-01 1
	FOUL 43.92m 43.87m		
19 Hunter Weirich	SO Midland	42.61m	139-09 1
	42.61m 41.96m FOUL		
20 Jonah Gleason	SO Morningside	42.32m	138-10 1
	42.32m FOUL 42.26m		
21 Matthew Boyer	FR Concordia (Neb.)	42.27m	138-08 1
	FOUL 42.27m FOUL		

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22	Lukus Mentele	FR Doane	41.91m	137-06	1
	41.91m FOUL FOUL				
23	Carson Lavaley	FR Doane	40.16m	131-09	1
	40.16m FOUL FOUL				
24	Nicolas Gray	JR Doane	35.46m	116-04	1
	FOUL 35.46m FOUL				

**Event 21 Men Javelin Throw**

Name	Year	School	Finals	H#
1 Mason Krause	SR	Doane	62.10m	203-09 2
	FOUL 56.61m 59.17m 53.89m FOUL 62.10m			
2 Jonathan De Haan	FR	Dordt	58.15m	190-09 2
	58.15m 53.08m FOUL 50.05m FOUL 50.57m			
3 Ben Thelander	JR	Northwestern (Iowa)	56.15m	184-03 2
	46.07m 50.80m FOUL 49.50m 54.33m 56.15m			
4 Cole Holden	FR	Dakota Wesleyan	50.56m	165-10 2
	50.02m 50.56m FOUL FOUL FOUL 50.17m			
5 Parker Lange	SO	Doane	50.51m	165-08 2
	48.22m FOUL FOUL 50.33m 50.51m 48.07m			
6 Matthew Boyer	FR	Concordia (Neb.)	50.05m	164-02 2
	FOUL 50.05m FOUL FOUL FOUL FOUL			
7 Bryant Jeary	FR	Doane	49.00m	160-09 2
	49.00m FOUL 48.04m 45.72m 47.66m FOUL			
8 Max Raab	FR	Dakota Wesleyan	48.29m	158-05 2
	FOUL 48.29m FOUL 46.70m FOUL 45.15m			
9 Joshua Henkenius	SR	Northwestern (Iowa)	46.92m	153-11 2
	46.92m 46.80m 44.04m FOUL 43.38m 44.44m			
10 Josiah Meyer	FR	Midland	45.47m	149-02 2
	43.36m 45.47m 42.59m			
11 Ben Van Eps	FR	Dordt	44.85m	147-02 1
	36.88m 38.85m 44.85m			
12 Logan Adam	SO	Concordia (Neb.)	43.69m	143-04 1
	40.79m 43.69m FOUL			
13 Gavin Haselhorst	FR	Dakota Wesleyan	43.23m	141-10 1
	43.23m 38.67m 35.73m			
14 Marc Freiberg	JR	Concordia (Neb.)	43.19m	141-08 1
	40.94m 39.96m 43.19m			
15 Mason Zimmerman	JR	Doane	43.10m	141-05 2
	FOUL 42.96m 43.10m			
16 Josh Lewis	JR	Midland	43.01m	141-01 1
	40.90m FOUL 43.01m			
17 Cale Suckstorf	FR	Doane	42.91m	140-09 1
	42.91m 39.40m 40.74m			
18 Cale Strong	SR	Dakota Wesleyan	42.36m	139-00 1
	42.36m FOUL FOUL			
19 Keyan Fulton	FR	Morningside	40.81m	133-11 1
	40.81m 38.95m 40.53m			
20 Tyler Janssen	SR	Morningside	39.76m	130-05 1
	36.49m 37.08m 39.76m			
21 Jeremy Allgeyer	FR	Doane	39.73m	130-04 1
	38.29m 38.60m 39.73m			

**2023 GPAC Outdoor Track and Field Championships - 5/5/2023 to 5/6/2023****Dordt Hosts (Sioux Center, Iowa)****Open Space Park****Results****....Event 21 Men Javelin Throw**

22 Tom Moss	SO Morningside	39.45m	129-05	1
38.96m 39.45m 38.93m				
23 Ross McMahon	JR Midland	39.05m	128-01	1
39.05m FOUL FOUL				
-- Jaedon Lothrop	JR Doane	FOUL		2
FOUL FOUL FOUL				

**Event 22 Men Decathlon**

Name	Year School	Finals	H#
1 Seth Wiebelhaus	SR Mount Marty	6370	
2 Mason Schleis	JR Mount Marty	6250	
3 Nate Rupprecht	SR Dakota Wesleyan	5924	
4 Mason Zimmerman	JR Doane	5493	
5 Elijah Weaver	FR Northwestern (Iowa)	5455	
6 Michael Beyer	FR Mount Marty	5336	
7 Connor Smith	SO Jamestown	5327	
8 Bryson Tripp	JR Jamestown	5137	
9 Devin Jepson	SO Doane	4944	
10 Cael Church	FR Jamestown	4419	

**Event 22 Decathlon: #1 Men 100 Meter Dash Decathlon**

Name	Year School	Finals	Wind	H#	Points
1 Mason Schleis	JR Mount Marty	11.00	2.8	2	861
2 Ben Thelander	JR Northwestern (Iowa)	11.41	2.8	2	771
3 Michael Beyer	FR Mount Marty	11.59	2.8	2	734
4 Nate Rupprecht	SR Dakota Wesleyan	11.60	2.8	2	732
5 Connor Smith	SO Jamestown	11.61	2.8	2	730
6 Mason Zimmerman	JR Doane	11.68	1.9	1	715
7 Seth Wiebelhaus	SR Mount Marty	11.70	2.8	2	711
8 Bryson Tripp	JR Jamestown	11.81	1.9	1	689
9 Elijah Weaver	FR Northwestern (Iowa)	11.88	1.9	1	675
10 Cael Church	FR Jamestown	12.03	1.9	1	645
11 Devin Jepson	SO Doane	12.14	1.9	1	624

**Event 22 Decathlon: #2 Men Long Jump Decathlon**

Name	Year School	Finals	Wind	Points
1 Mason Schleis	JR Mount Marty	6.68m	2.6	21-11.00 739
6.68m(2.6) 6.60m(2.0) FOUL				
2 Seth Wiebelhaus	SR Mount Marty	6.36m	2.3	20-10.50 666
6.24m(3.4) 6.08m(2.6) 6.36m(2.3)				
3 Elijah Weaver	FR Northwestern (Iowa)	6.30m	3.3	20-08.00 652
6.29m(2.9) 6.06m(2.6) 6.30m(3.3)				
4 Ben Thelander	JR Northwestern (Iowa)	6.28m	3.8	20-07.25 648
6.18m(1.9) 6.28m(3.8) PASS				
5 Nate Rupprecht	SR Dakota Wesleyan	6.08m	2.2	19-11.50 604
5.42m(2.5) 6.08m(2.2) 5.71m(0.8)				
6 Mason Zimmerman	JR Doane	6.02m	1.5	19-09.00 591
5.72m(3.5) 6.02m(1.5) 5.78m(2.2)				



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**Dordt Hosts (Sioux Center, Iowa)**

**Open Space Park**

**Results**

**....Event 22 Decathlon: #2 Men Long Jump Decathlon**

7	Michael Beyer	FR Mount Marty	5.95m	2.7	19-06.25	576
	5.82m(2.5) 5.68m(1.8) 5.95m(2.7)					
8	Bryson Tripp	JR Jamestown	5.84m	2.4	19-02.00	552
	5.71m(1.7) 5.61m(2.4) 5.84m(2.4)					
9	Devin Jepson	SO Doane	5.67m	3.5	18-07.25	516
	5.16m(1.2) 5.65m(1.7) 5.67m(3.5)					
10	Connor Smith	SO Jamestown	5.56m	2.6	18-03.00	494
	5.55m(2.8) 5.56m(2.6) 5.49m(2.0)					
11	Cael Church	FR Jamestown	5.50m	2.2	18-00.50	481
	5.50m(2.2) 4.09m(1.5) 5.30m(2.1)					

**Event 22 Decathlon: #3 Men Shot Put Decathlon**

Name	Year School	Finals	Points
1 Nate Rupprecht	SR Dakota Wesleyan	12.08m 39-07.75	611
	11.65m 12.08m 11.72m		
2 Seth Wiebelhaus	SR Mount Marty	11.79m 38-08.25	594
	11.79m 11.18m 11.40m		
3 Ben Thelander	JR Northwestern (Iowa)	10.70m 35-01.25	528
	10.65m 10.70m 10.08m		
4 Connor Smith	SO Jamestown	10.63m 34-10.50	524
	10.63m 10.34m 10.46m		
5 Mason Zimmerman	JR Doane	10.48m 34-04.75	515
	10.12m 10.48m FOUL		
6 Cael Church	FR Jamestown	10.03m 32-11.00	487
	9.87m 9.90m 10.03m		
7 Michael Beyer	FR Mount Marty	9.96m 32-08.25	483
	8.49m 9.33m 9.96m		
8 Mason Schleis	JR Mount Marty	9.91m 32-06.25	480
	9.91m 9.59m 9.74m		
9 Devin Jepson	SO Doane	9.61m 31-06.50	462
	9.57m 9.61m 9.18m		
10 Bryson Tripp	JR Jamestown	9.33m 30-07.50	445
	9.09m 8.82m 9.33m		
11 Elijah Weaver	FR Northwestern (Iowa)	9.29m 30-05.75	443
	9.29m 9.19m 8.30m		

**Event 22 Decathlon: #4 Men High Jump Decathlon**

Name	Year School	Finals	Points
1 Mason Schleis	JR Mount Marty	1.86m 6-01.25	679
	1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83 1.86 1.89		
	P P P P P P O P O XO XXO O XXX		
1 Ben Thelander	JR Northwestern (Iowa)	1.86m 6-01.25	679
	1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83 1.86 1.89		
	P P P P P P O P O P O XO XXX		
3 Seth Wiebelhaus	SR Mount Marty	1.80m 5-10.75	627
	1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83		
	P P P P P O O XO O O XXX		
3 Nate Rupprecht	SR Dakota Wesleyan	1.80m 5-10.75	627
	1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83		
	P P P O O O XO O O XO XXX		

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5	Elijah Weaver	FR Northwestern (Iowa)	1.77m	5-09.75	602
	1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80 1.83				
	P P P P P P P P XO O P XXX				
6	Mason Zimmerman	JR Doane	1.74m	5-08.50	577
	1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77				
	P P P O O XXO XXO XXO XXX				
7	Connor Smith	SO Jamestown	1.71m	5-07.25	552
	1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74				
	P P P O O XXO XO XXX				
7	Cael Church	FR Jamestown	1.71m	5-07.25	552
	1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74				
	P P P O O XO XO XXX				
9	Devin Jepson	SO Doane	1.68m	5-06.00	528
	1.53 1.56 1.59 1.62 1.65 1.68 1.71				
	P P P P P XO XXX				
10	Michael Beyer	FR Mount Marty	1.65m	5-05.00	504
	1.53 1.56 1.59 1.62 1.65 1.68				
	P O O XO O XXX				
11	Bryson Tripp	JR Jamestown	1.59m	5-02.50	457
	1.53 1.56 1.59 1.62				
	XO O XO XXX				

**Event 22 Decathlon: #5 Men 400 Meter Dash Decathlon**

Name	Year School	Finals	H#	Points
1 Mason Schleis	JR Mount Marty	50.81	2	778
2 Nate Rupprecht	SR Dakota Wesleyan	52.13	2	719
3 Seth Wiebelhaus	SR Mount Marty	52.30	2	712
4 Elijah Weaver	FR Northwestern (Iowa)	53.76	1	650
5 Ben Thelander	JR Northwestern (Iowa)	53.90	1	644
6 Connor Smith	SO Jamestown	54.22	2	631
7 Cael Church	FR Jamestown	54.37	1	624
8 Bryson Tripp	JR Jamestown	54.41	2	623
9 Michael Beyer	FR Mount Marty	54.44	2	622
10 Mason Zimmerman	JR Doane	56.68	1	533
11 Devin Jepson	SO Doane	57.59	1	499

**Event 22 Decathlon: #6 Men 110 Meter Hurdles Decathlon**

Name	Year School	Finals	Wind	H#	Points
1 Seth Wiebelhaus	SR Mount Marty	15.04	2.0	3	845
2 Elijah Weaver	FR Northwestern (Iowa)	15.93	2.0	3	741
3 Bryson Tripp	JR Jamestown	16.19	3.2	2	711
4 Michael Beyer	FR Mount Marty	16.21	2.0	3	709
5 Mason Schleis	JR Mount Marty	16.49	2.0	3	679
6 Mason Zimmerman	JR Doane	16.85	3.2	2	640
7 Nate Rupprecht	SR Dakota Wesleyan	17.12	2.3	1	612
8 Devin Jepson	SO Doane	17.57	3.2	2	566
9 Connor Smith	SO Jamestown	17.82	3.2	2	542
10 Cael Church	FR Jamestown	19.21	2.3	1	414

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## Event 22 Decathlon: #7 Men Discus Throw Decathlon

Name	Year School	Finals	Points
1 Nate Rupprecht 26.36m FOUL 29.72m	SR Dakota Wesleyan	29.72m	97-06 459
2 Michael Beyer 21.76m 26.02m 29.24m	FR Mount Marty	29.24m	95-11 450
3 Mason Zimmerman 28.76m FOUL 27.75m	JR Doane	28.76m	94-04 440
4 Seth Wiebelhaus 27.42m 28.61m 27.01m	SR Mount Marty	28.61m	93-10 437
5 Mason Schleis 25.23m 28.19m 27.23m	JR Mount Marty	28.19m	92-06 429
6 Connor Smith 27.89m 25.67m FOUL	SO Jamestown	27.89m	91-06 423
7 Devin Jepson 24.35m FOUL 27.13m	SO Doane	27.13m	89-00 408
8 Bryson Tripp 23.77m 23.44m 25.76m	JR Jamestown	25.76m	84-06 382
9 Elijah Weaver 23.31m 18.75m 18.82m	FR Northwestern (Iowa)	23.31m	76-06 335
10 Cael Church FOUL 20.43m 23.03m	FR Jamestown	23.03m	75-07 329

## Event 22 Decathlon: #8 Men Pole Vault Decathlon

Name	Year School	Finals	Points
1 Seth Wiebelhaus 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20 P P P P P P P P P P P P O P O XO XXX	SR Mount Marty	4.10m	13-05.25 645
1 Mason Schleis 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20 P P P P P P P P P P P P O O O XO XXX	JR Mount Marty	4.10m	13-05.25 645
3 Nate Rupprecht 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 P P P P P P P P P O XXO O O XXO XXO XXX	SR Dakota Wesleyan	3.90m	12-09.50 590
4 Connor Smith 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 P P P P P P P P P XO XO XXO O XXX	SO Jamestown	3.70m	12-01.50 535
5 Elijah Weaver 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 O P O P O O O O O XXX	FR Northwestern (Iowa)	3.40m	11-01.75 457
5 Bryson Tripp 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 P P P P P P XXO XO XO XXX	JR Jamestown	3.40m	11-01.75 457
5 Mason Zimmerman 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 P P P P P P O P O XXX	JR Doane	3.40m	11-01.75 457
8 Devin Jepson 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 P P P P P P XXO XO XXX	SO Doane	3.30m	10-10.00 431
9 Michael Beyer 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 P P O O O O O XXX	FR Mount Marty	3.20m	10-06.00 406

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10 Cael Church	FR Jamestown	2.90m	9-06.25	333
2.60 2.70 2.80 2.90 3.00				
O O XO XXO XXX				

**Event 22 Decathlon: #9 Men Javelin Throw Decathlon**

Name	Year School	Finals	Points
1 Seth Wiebelhaus	SR Mount Marty	50.26m	164-11 592
49.77m FOUL 50.26m			
2 Mason Schleis	JR Mount Marty	47.02m	154-03 545
47.02m 44.59m 44.93m			
3 Mason Zimmerman	JR Doane	46.81m	153-07 542
46.81m FOUL 43.74m			
4 Nate Rupprecht	SR Dakota Wesleyan	41.05m	134-08 457
39.72m 39.85m 41.05m			
5 Devin Jepson	SO Doane	39.91m	130-11 441
39.91m FOUL FOUL			
6 Bryson Tripp	JR Jamestown	39.86m	130-09 440
36.87m 39.19m 39.86m			
7 Connor Smith	SO Jamestown	37.95m	124-06 413
33.43m 37.95m 33.19m			
8 Elijah Weaver	FR Northwestern (Iowa)	35.87m	117-08 383
30.38m FOUL 35.87m			
9 Michael Beyer	FR Mount Marty	31.78m	104-03 324
24.99m 31.78m 31.46m			
10 Cael Church	FR Jamestown	12.24m	40-02 60
11.50m 12.20m 12.24m			

**Event 22 Decathlon: #10 Men 1500 Meter Run Decathlon**

Name	Year School	Finals	Points
1 Seth Wiebelhaus	SR Mount Marty	5:03.24	541
2 Michael Beyer	FR Mount Marty	5:05.52	528
3 Elijah Weaver	FR Northwestern (Iowa)	5:07.59	517
4 Nate Rupprecht	SR Dakota Wesleyan	5:08.32	513
5 Cael Church	FR Jamestown	5:11.73	494
6 Mason Zimmerman	JR Doane	5:13.75	483
7 Connor Smith	SO Jamestown	5:13.78	483
8 Devin Jepson	SO Doane	5:16.44	469
9 Mason Schleis	JR Mount Marty	5:26.81	415
10 Bryson Tripp	JR Jamestown	5:33.86	381
-- Ben Thelander	JR Northwestern (Iowa)	DNF	

**Event 23 Women 100 Meter Dash**

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Elianna Clark	SR Mount Marty	12.21Q	2.2	1
2 Caitlyn Cotton	SR Doane	12.49Q	1.1	3
3 Jaida Rowe	FR Hastings	12.67Q	1.5	2
4 Adrianna Rodencal	FR Concordia (Neb.)	12.35q	2.2	1

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5	Isabel Bothwell	SO Doane	12.52q	1.1	3
6	Emma Strom	FR Midland	12.61q	1.1	3
7	Amira Cummings	JR Concordia (Neb.)	12.64q	1.1	3
8	Ayda Den Herder	FR Dordt	12.65q	2.2	1
9	Alexis Even	FR Mount Marty	12.68	2.2	1
10	Aniya Teppo	JR Mount Marty	12.69	1.5	2
11	Zelie Sorensen	FR Mount Marty	12.70	1.5	2
12	Erica Nikkel	JR Dordt	12.72	2.2	1
13	Kya Edwards	FR Hastings	12.77	1.5	2
14	Alexandra Eisenhauer	FR Concordia (Neb.)	12.81	1.5	2
15	Morgan Mahoney	FR Doane	12.82	2.2	1
16	Taylor Meyer	FR Concordia (Neb.)	12.82	1.1	3
17	Isabelle Hardmeyer	FR Mount Marty	12.88	1.1	3
18	Deandrea Johnson	JR Dakota Wesleyan	12.92	2.2	1
19	Lydia Herman	FR Dordt	12.93	1.5	2
20	Laura Greene	SO Morningside	13.06	2.2	1
21	Ariel Waller	SO Mount Marty	13.07	1.5	2
22	Taylor Greene	SO Morningside	13.09	1.5	2
23	Kristina Brossart	JR Jamestown	13.14	1.1	3
24	Grace Hendrickson	JR Northwestern (Iowa)	13.41	1.1	3

**Event 23 Women 100 Meter Dash**

Name	Year School	Finals	Wind
=====			
Finals			
1	Elianna Clark	SR Mount Marty	12.13 1.8
2	Adrianna Rodencal	FR Concordia (Neb.)	12.22 1.8
3	Caitlyn Cotton	SR Doane	12.36 1.8
4	Isabel Bothwell	SO Doane	12.53 1.8
5	Jaida Rowe	FR Hastings	12.54 1.8
6	Emma Strom	FR Midland	12.77 1.8
7	Amira Cummings	JR Concordia (Neb.)	12.78 1.8
--	Ayda Den Herder	FR Dordt	DNF 1.8

**Event 24 Women 200 Meter Dash**

Name	Year School	Finals	Wind	H#
=====				
1	Elianna Clark	SR Mount Marty	25.01	2.6 4
2	Calli Davis	JR Mount Marty	25.24	2.6 4
3	Adrianna Rodencal	FR Concordia (Neb.)	25.28	2.6 4
4	Caitlyn Cotton	SR Doane	25.55	3.4 3
5	Kayla Kirchner	FR Concordia (Neb.)	25.65	3.4 3
6	Rhys Maxey	JR Hastings	25.69	2.6 4
7	Alexis Even	FR Mount Marty	26.05	3.4 3
8	Zelie Sorensen	FR Mount Marty	26.15	3.4 3
9	Kellie Rhodes	JR Concordia (Neb.)	26.33	3.3 2
10	Emily Loseke	SO Concordia (Neb.)	26.39	3.3 2
11	Josi Noble	FR Concordia (Neb.)	26.41	2.6 4
12	Taylor Meyer	FR Concordia (Neb.)	26.47	3.0 1
13	Kat Vogt	FR Doane	26.65	3.3 2
14	Alexandra Eisenhauer	FR Concordia (Neb.)	26.69	3.3 2
15	Aniya Teppo	JR Mount Marty	26.75	3.0 1

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16 Anna Herman	JR Dordt	26.85	3.0	1
17 Erica Nikkel	JR Dordt	26.90	3.0	1
18 Anni Stier	SR Jamestown	27.09	3.3	2
19 Emma Blum	FR Northwestern (Iowa)	27.15	3.4	3
20 Erynn Gerlach	FR Dakota Wesleyan	27.34	3.0	1
21 Taylor Greene	SO Morningside	27.37	3.0	1
-- Annika Pingel	SR Doane	FS	2.6	4

**Event 25 Women 400 Meter Dash**

Name	Year School	Finals	H#
1 Rachel Battershell	SR Concordia (Neb.)	56.10	3
2 Kennedy Kramer	SO Northwestern (Iowa)	56.51	3
3 Calli Davis	JR Mount Marty	56.66	3
4 Jenna Esch	SO Concordia (Neb.)	56.70	3
5 Shelby Buwalda	FR Dordt	58.25	3
6 Trinity Tuls	SO Concordia (Neb.)	58.62	3
7 Savonne Sterk	JR Northwestern (Iowa)	59.80	2
8 Emily Loseke	SO Concordia (Neb.)	1:00.21	3
9 Nevaeh Sarabia	SO Midland	1:00.73	2
10 Anna Herman	JR Dordt	1:01.24	1
11 Erynn Gerlach	FR Dakota Wesleyan	1:01.61	2
12 Lainey Werts	JR Concordia (Neb.)	1:01.68	2
13 Josey Wahlstrom	FR Mount Marty	1:02.14	2
14 Morgan Burnett	FR Doane	1:02.23	2
15 Emily Chicoine	JR Morningside	1:02.24	3
16 McKenna Mohr	SO Mount Marty	1:02.33	1
17 Kiana Vereen	SO Briar Cliff	1:02.43	1
18 Adaya Plastow	SO Dakota Wesleyan	1:02.94	1
19 Pluma Pross	JR Briar Cliff	1:03.04	1
20 Diana Kollars	SO Hastings	1:03.43	2
21 Brianna Quinn	FR Concordia (Neb.)	1:03.77	2
22 Autumn Simons	SO St. Mary (Neb.)	1:04.60	1
23 Alyssa Marotz	FR Concordia (Neb.)	1:08.40	1

**Event 26 Women 800 Meter Run**

Name	Year School	Finals	H#
1 Emilee Heynen	SO Dordt	2:13.34	3
2 Veronica Pinkerton	JR Hastings	2:13.77	3
3 Mika Kooistra	SR Dordt	2:15.41	3
4 Annika Pingel	SR Doane	2:16.46	3
5 Jenna Esch	SO Concordia (Neb.)	2:20.51	3
6 Rylee Haecker	JR Concordia (Neb.)	2:21.79	3
7 Michelle Sanchez	JR Morningside	2:22.52	2
8 Courtney Sporrer	FR Morningside	2:24.21	3
9 Hannah Beintema	FR Concordia (Neb.)	2:25.62	2
10 Rhaya Kaschinske	SO Concordia (Neb.)	2:26.48	2
11 Molly Mulder	FR Dordt	2:28.13	2
12 Jaiden Tweton	SO Concordia (Neb.)	2:28.81	2
13 Whitney Minderhoud	SR Dordt	2:30.05	2
14 Abby Ervin	SO Northwestern (Iowa)	2:30.49	2

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15	Monica Olson	JR Morningside	2:31.44	2
16	Sarah Perez	JR Morningside	2:33.48	1
17	Cecilia Velarde	SO Hastings	2:33.64	1
18	Reagan Shoemaker	FR Doane	2:35.05	1
19	Grace Lange	SO Morningside	2:35.16	1
20	Caitlyn Adams	FR Concordia (Neb.)	2:36.25	1
21	Emily Johnson	SO Mount Marty	2:37.89	1
22	Cynthia Chaparro Belloc	SO Hastings	2:41.24	1
23	Annika Vermeulen	SR Dakota Wesleyan	2:43.08	1

**Event 27 Women 1500 Meter Run**

Name	Year	School	Finals	H#
1	Rylee Haecker	JR Concordia (Neb.)	4:40.11	2
2	Jessica Kampman	SR Dordt	4:44.02	2
3	Courtney Sporrer	FR Morningside	4:45.87	2
4	Kylahn Freiberg	SO Concordia (Neb.)	4:46.02	2
5	Keegan Beisel	FR Concordia (Neb.)	4:50.92	2
6	Hannah Beintema	FR Concordia (Neb.)	4:52.43	2
7	Julie McIntyre	SO Concordia (Neb.)	4:52.60	2
8	Taylor Sporrer	JR Morningside	4:52.79	2
9	Rhaya Kaschinske	SO Concordia (Neb.)	4:55.78	2
10	Molly Mulder	FR Dordt	4:58.22	2
11	Caitlin Alberts	SO Northwestern (Iowa)	4:59.39	2
12	Monica Olson	JR Morningside	5:04.94	1
13	Jilee Golus	SO Hastings	5:09.01	1
14	Faith Williamson	SO Concordia (Neb.)	5:09.15	1
15	Sadie Feucht	SO Dordt	5:10.39	1
16	Bethany Ten Haken	SR Dordt	5:10.56	2
17	Rachel Walters	JR Doane	5:11.92	1
18	Madeline Krause	JR St. Mary (Neb.)	5:20.64	1
19	Myia Johnson	JR Midland	5:21.44	1
20	Emily Johnson	SO Mount Marty	5:21.90	1
21	Cynthia Chaparro Belloc	SO Hastings	5:22.23	1
22	Corinne Mead	FR St. Mary (Neb.)	5:22.91	1
23	Ella Veldkamp	SO Dordt	5:26.54	1
24	Annika Vermeulen	SR Dakota Wesleyan	5:29.79	1

**Event 28 Women 3000 Meter Steeplechase**

Name	Year	School	Finals
1	Elyse Kuperus	SR Dordt	11:36.06
2	Madison Gerken	JR Hastings	12:07.75
3	Kaia Richmond	SO Concordia (Neb.)	12:11.64
4	Emma Haley	SO Northwestern (Iowa)	12:12.51
5	Brooke Wigdahl	JR St. Mary (Neb.)	12:19.03
6	Landry Hinkson	JR Hastings	12:22.27
7	Taylor Anema	SR Dordt	12:47.60
8	Katelyn Nix	SO Concordia (Neb.)	13:16.89
9	Jocelyn Farhar	SO St. Mary (Neb.)	13:31.68
10	Kyra Becker	FR Concordia (Neb.)	13:41.38
11	Grace Pennekamp	JR Concordia (Neb.)	13:46.64

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12	Mary Pennekamp	JR Concordia (Neb.)	14:10.23
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**Event 29 Women 5000 Meter Run**

Name	Year	School	Finals
1	Jessica	Kampman SR Dordt	18:42.68
2	Kristine	Honomichl SR Dordt	18:45.02
3	Kylahn	Freiberg SO Concordia (Neb.)	18:49.83
4	Keegan	Beisel FR Concordia (Neb.)	18:53.98
5	Allie	Binder JR Doane	19:14.66
6	Emily	Haverdink FR Northwestern (Iowa)	19:22.20
7	Taylor	Sporrer JR Morningside	19:25.57
8	Anika	Homan JR Dordt	19:43.81
9	Chloe	Inhelder JR St. Mary (Neb.)	19:52.88
10	Jessica	Opfer FR Dordt	20:06.36
11	Emma	Haley SO Northwestern (Iowa)	20:24.69
12	Amie	Martin SO Concordia (Neb.)	20:30.90
13	Jordyn	Fischer SO Mount Marty	20:40.16
14	Ellie	Zeutenhorst FR Northwestern (Iowa)	20:47.81
15	Sammi	Vojslavek FR Concordia (Neb.)	20:56.94
16	Ellie	Jander FR Concordia (Neb.)	21:05.15
17	Greichaly	Ellens SR Dordt	21:50.42
18	Lorena	Ramirez SR St. Mary (Neb.)	21:57.72
19	Ellie	Janda FR Dordt	22:11.51
20	Abigail	Ruse FR Dordt	22:43.40
21	Bella	Marchisio SO Concordia (Neb.)	23:35.99
--	Julie	McIntyre SO Concordia (Neb.)	DNF
--	Pluma	Pross JR Briar Cliff	DNF

**Event 30 Women 10000 Meter Run**

Name	Year	School	Finals
1	Lucy	Borkowski JR Dordt	39:27.36
2	Allie	Binder JR Doane	39:59.04
3	Jaden	Hilkemann SO Doane	40:54.95
4	Courtney	Joiner FR Dordt	42:01.99
5	Ellie	Zeutenhorst FR Northwestern (Iowa)	42:54.91
6	Shania	Santos SO Hastings	43:01.48
7	Jordyn	Fischer SO Mount Marty	43:07.19
8	Elizabeth	Baade JR Hastings	44:21.10
9	Mikayla	Seebohm FR Hastings	44:43.07
10	Jillian	Rants SO Hastings	44:45.18
11	Ava	Brackhan FR Hastings	48:19.89

**Event 31 Women 100 Meter Hurdles**

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Ashinee	George JR Mount Marty	14.68Q	1.3	1
2	Adrianna	Rodencal FR Concordia (Neb.)	14.72Q	2.0	3
3	Josie	Garrett FR Doane	14.96Q	2.3	2



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4	Kayla Svoboda	FR Concordia (Neb.)	15.11q	1.3	1
5	Hope Morken	SR Morningside	15.12q	2.0	3
6	Emma Zoet	SO Northwestern (Iowa)	15.20q	2.3	2
7	Nisa Thomas	JR Hastings	15.43q	1.3	1
8	Maddie Morony	FR Morningside	15.89q	1.3	1
9	Jaida Rowe	FR Hastings	16.00	2.3	2
10	Faith Espinosa	JR Concordia (Neb.)	16.07	2.3	2
11	Kelsey Evenhouse	SO Dordt	16.20	2.0	3
12	Charlee Olson	FR Northwestern (Iowa)	16.38	2.0	3
13	Paige Erhardt	SO Jamestown	16.46	1.3	1
14	Landrey Walter	FR Concordia (Neb.)	16.55	2.3	2
15	Rhys Maxey	JR Hastings	16.60	2.0	3
16	Avany Long	SR Dakota Wesleyan	16.89	2.3	2
17	Grace Hendrickson	JR Northwestern (Iowa)	17.05	1.3	1
18	Macala Hood	FR Mount Marty	17.08	1.3	1
19	Ella De Jong	JR Dordt	17.24	2.0	3
20	Sara Bonn	JR Jamestown	17.33	2.0	3
21	Kathryn Columbus	FR Hastings	18.01	2.3	2
22	Sydney Van Essen	SO Dordt	18.39	2.3	2
23	Caitlin Brown	SO Dordt	19.61	1.3	1

**Event 31 Women 100 Meter Hurdles**

Name	Year School	Finals	Wind
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## Finals

1	Nisa Thomas	JR Hastings	13.98	2.8
2	Adrianna Rodencal	FR Concordia (Neb.)	14.00	2.8
3	Ashinee George	JR Mount Marty	14.67	2.8
4	Josie Garrett	FR Doane	14.96	2.8
5	Hope Morken	SR Morningside	15.07	2.8
6	Kayla Svoboda	FR Concordia (Neb.)	15.11	2.8
7	Emma Zoet	SO Northwestern (Iowa)	15.15	2.8
8	Maddie Morony	FR Morningside	15.71	2.8

**Event 32 Women 400 Meter Hurdles**

Name	Year School	Finals	H#
------	-------------	--------	----

1	Jaida Rowe	FR Hastings	1:02.21	3
2	Anmarie Stuit	SR Dordt	1:03.42	3
3	Abigail Clarke	SR Northwestern (Iowa)	1:04.06	3
4	Anni Stier	SR Jamestown	1:04.18	3
5	Tianna Bumbaca-Kuehl	JR Mount Marty	1:06.41	3
6	Sarah Bosch	SR Morningside	1:06.57	3
7	Abrielle Nelson	FR Mount Marty	1:07.14	2
8	Rylee Rice	JR Doane	1:07.60	3
9	Hope Morken	SR Morningside	1:08.27	2
10	Jacey Cihak	SO Mount Marty	1:09.69	2
11	Taylor Hinojosa	FR Mount Marty	1:09.70	2
12	Isabelle Salters	SO Concordia (Neb.)	1:11.35	2
13	Lydia Herman	FR Dordt	1:11.72	1
14	Aly Plock	SO Doane	1:11.73	1
15	Landrey Walter	FR Concordia (Neb.)	1:12.15	2

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16 Maddie Morony	FR Morningside	1:12.55	2
17 Kristen Walters	FR Doane	1:15.31	2
18 Macala Hood	FR Mount Marty	1:17.23	1
19 Riley Gutridge	FR Dordt	1:18.68	1
20 Emma Wilson	SO Northwestern (Iowa)	1:25.99	1

**Event 33 Women 4x100 Meter Relay**

School		Finals	H#
1 Concordia (Neb.)		47.40	2
1) Rachel Battershell SR	2) Kayla Kirchner FR		
3) Kellie Rhodes JR	4) Adrianna Rodencal FR		
2 Doane		47.69	2
1) Isabel Bothwell SO	2) Annika Pingel SR		
3) Morgan Mahoney FR	4) Caitlyn Cotton SR		
3 Mount Marty		48.36	2
1) Isabelle Hardmeyer FR	2) Zelig Sorensen FR		
3) Alexis Even FR	4) Elianna Clark SR		
4 Dordt		49.63	2
1) Erica Nikkel JR	2) Lydia Herman FR		
3) Isabel De Lay FR	4) Ayda Den Herder FR		
5 Midland		50.46	2
1) Amber Rodgers FR	2) Emma Strom FR		
3) Hannah Meyer SO	4) Nevaeh Sarabia SO		
6 Briar Cliff		51.08	2
1) TyJana Gardner FR	2) Kiana Vereen SO		
3) Isabel Sayler JR	4) Pluma Pross JR		
7 Morningside		51.30	1
1) Laura Greene SO	2) Taylor Greene SO		
3) Hope Morken SR	4) Maddie Morony FR		
8 Dakota Wesleyan		51.36	2
1) Taliyah Hayes FR	2) Erynn Gerlach FR		
3) Ashtyn Evans SR	4) Adaya Plastow SO		
9 Northwestern (Iowa)		51.90	1
1) Grace Hendrickson JR	2) Addison Wierda FR		
3) Aleah Rees SO	4) Shaylee Yates JR		
-- Hastings		DNF	2
1) Kya Edwards FR	2) Jaida Rowe FR		
3) Rhys Maxey JR	4) Nisa Thomas JR		

**Event 34 Women 4x400 Meter Relay**

School		Finals	H#
1 Concordia (Neb.)		3:49.24	2
1) Jenna Esch SO	2) Kayla Kirchner FR		
3) Trinity Tuls SO	4) Rachel Battershell SR		
2 Dordt		3:49.61	2
1) Anmarie Stuit SR	2) Shelby Buwalda FR		
3) Mika Kooistra SR	4) Emilee Heynen SO		
3 Northwestern (Iowa)		3:55.47	2
1) Abigail Clarke SR	2) Savonne Sterk JR		
3) Emma Blum FR	4) Kennedy Kramer SO		

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4 Mount Marty	3:57.61	2
1) Tianna Bumbaca-Kuehl JR	2) Elianna Clark SR	
3) Abrielle Nelson FR	4) Calli Davis JR	
5 Doane	4:03.90	2
1) Kat Vogt FR	2) Kristen Walters FR	
3) Morgan Burnett FR	4) Annika Pingel SR	
6 Hastings	4:08.40	2
1) Rhys Maxey JR	2) Madison Gerken JR	
3) Diana Kollars SO	4) Veronica Pinkerton JR	
7 Morningside	4:10.40	2
1) Courtney Sporrer FR	2) Sarah Bosch SR	
3) Michelle Sanchez JR	4) Emily Chicoine JR	
8 Dakota Wesleyan	4:21.41	1
1) Avany Long SR	2) Adaya Plastow SO	
3) Erynn Gerlach FR	4) Emilia Cuppy FR	
9 Midland	4:21.45	2
1) Nevaeh Sarabia SO	2) Emma Strom FR	
3) Amber Rodgers FR	4) Madyson Ray SO	

**Event 35 Women 4x800 Meter Relay**

School	Finals
1 Dordt	9:24.69
1) Sadie Feucht SO	2) Anmarie Stuit SR
3) Shelby Buwalda FR	4) Mika Kooistra SR
2 Morningside	9:27.34
1) Courtney Sporrer FR	2) Taylor Sporrer JR
3) Michelle Sanchez JR	4) Emily Chicoine JR
3 Hastings	9:38.27
1) Jilee Golus SO	2) Veronica Pinkerton JR
3) Cecilia Velarde SO	4) Madison Gerken JR
4 Doane	9:47.41
1) Morgan Burnett FR	2) Rylee Rice JR
3) Rachel Walters JR	4) Annika Pingel SR
5 Mount Marty	9:50.54
1) Tianna Bumbaca-Kuehl JR	2) Abrielle Nelson FR
3) Emily Johnson SO	4) Josey Wahlstrom FR
6 Northwestern (Iowa)	10:04.00
1) Abby Ervin SO	2) Savonne Sterk JR
3) Caitlin Alberts SO	4) Lauren Derscheid FR
7 Concordia (Neb.)	10:20.99
1) Faith Williamson SO	2) Jaiden Tweton SO
3) Caitlyn Adams FR	4) Rachel Ada FR
8 St. Mary (Neb.)	10:30.10
1) Autumn Simons SO	2) Brooke Wigdahl JR
3) Abby Ridout FR	4) Corinne Mead FR

**Event 36 Women Long Jump**

Name	Year School	Finals	Wind	H#
1 Ayda Den Herder	FR Dordt	5.46m	0.6	17-11.00 2
5.27m(1.8) 5.31m(1.9) 5.46m(0.6) 5.27m(1.4) FOUL		5.39m(2.3)		

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2	Hayley Miles	FR Concordia (Neb.)	5.34m	2.4	17-06.25	2
	4.74m(1.2)	4.98m(3.2)	5.13m(2.1)	5.34m(2.4)	5.16m(+0.0)	5.06m(2.6)
3	Nicole Harms	JR Doane	5.33m	2.6	17-06.00	2
	5.15m(+0.0)	4.91m(2.5)	5.00m(1.4)	5.04m(1.1)	5.04m(1.4)	5.33m(2.6)
4	Bailey Beckman	SR Dordt	5.29m	1.7	17-04.25	2
	5.11m(1.7)	5.29m(2.0)	FOUL	4.49m(1.6)	5.07m(0.1)	5.29m(1.7)
5	Charlee Olson	FR Northwestern (Iowa)	5.22m	2.3	17-01.50	2
	5.03m(2.5)	5.07m(1.7)	4.97m(0.1)	FOUL	FOUL	5.22m(2.3)
6	Kellie Rhodes	JR Concordia (Neb.)	5.14m	1.8	16-10.50	2
	4.88m(1.1)	5.13m(1.5)	5.02m(1.8)	5.03m(1.1)	4.98m(1.5)	5.14m(1.8)
7	Maddison Doren	SO Mount Marty	5.13m	1.9	16-10.00	2
	5.11m(2.7)	FOUL	5.13m(1.9)	FOUL	FOUL	5.12m(1.8)
8	Ikeah Cuff	JR Hastings	5.07m	2.2	16-07.75	2
	4.82m(1.4)	4.98m(+0.0)	5.07m(2.2)	4.72m(2.3)	FOUL	4.29m(2.2)
9	Avany Long	SR Dakota Wesleyan	5.06m	0.5	16-07.25	1
	FOUL	5.06m(0.5)	4.87m(2.1)	4.93m(1.8)	4.92m(1.1)	4.99m(1.5)
10	Madyson Ray	SO Midland	5.05m	2.4	16-07.00	1
	4.75m(2.1)	5.05m(2.4)	4.60m(3.1)			
11	Kaylynn Ridgely	JR Northwestern (Iowa)	4.97m	2.4	16-03.75	2
	FOUL	FOUL	4.97m(2.4)			
12	Andrea Sucha	FR Mount Marty	4.96m	1.9	16-03.25	1
	4.47m(2.3)	4.96m(1.9)	4.94m(3.3)			
13	Emily Wingert	SO Dordt	4.95m	2.2	16-03.00	1
	4.34m(3.0)	4.95m(2.2)	4.81m(2.0)			
14	Paige Millikan	FR Mount Marty	4.93m	2.2	16-02.25	1
	4.93m(2.2)	FOUL	FOUL			
15	Ashtyn Evans	SR Dakota Wesleyan	4.90m	2.0	16-01.00	1
	4.62m(1.1)	4.90m(2.0)	4.74m(0.7)			
16	Abby Fontana	SO Doane	4.86m	1.0	15-11.50	1
	4.86m(1.0)	FOUL	4.63m(3.6)			
17	Elena Batenhorst	SO Concordia (Neb.)	4.71m	2.1	15-05.50	2
	4.71m(2.1)	PASS	PASS			
18	Lexa Burtzlaff	SO Mount Marty	4.69m	1.7	15-04.75	1
	FOUL	4.61m(+0.0)	4.69m(1.7)			
19	Skylar Kreifels	JR Concordia (Neb.)	4.60m	2.9	15-01.25	1
	4.60m(2.9)	4.18m(2.7)	4.33m(2.4)			
20	Caitlin Brown	SO Dordt	4.57m	2.3	15-00.00	1
	4.57m(2.3)	4.16m(3.6)	4.48m(1.1)			
20	Morgan Craig	FR Doane	4.57m	2.6	15-00.00	1
	4.57m(2.6)	FOUL	4.51m(1.3)			
22	Emma Strom	FR Midland	4.36m	2.4	14-03.75	2
	4.30m(1.8)	4.36m(2.4)	4.09m(1.9)			
23	Taylor Meyer	FR Concordia (Neb.)	4.29m	3.8	14-01.00	1
	4.07m(1.9)	4.29m(3.8)	FOUL			

**Event 37 Women Triple Jump**

Name	Year	School	Finals	Wind	H#			
1 Trinity Dublin	FR	Hastings	11.17m	2.5	36-07.75	2		
			10.80m(2.1)	10.66m(1.3)	10.95m(1.6)	10.92m(1.3)	11.17m(2.5)	11.05m(2.1)
2 Rosalyn Roggasch	FR	Doane	11.09m	1.9	36-04.75	2		
			FOUL	FOUL	10.83m(1.5)	FOUL	10.96m(2.3)	11.09m(1.9)

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**....Event 37 Women Triple Jump**

3	Josi Noble	FR Concordia (Neb.)	11.02m	1.6	36-02.00	2
	10.84m(1.9)	10.96m(2.8)	10.79m(2.0)	10.56m(1.4)	FOUL	11.02m(1.6)
4	Taylor Moes	JR Concordia (Neb.)	11.00m	3.4	36-01.25	1
	10.19m(3.3)	10.40m(3.1)	11.00m(3.4)	FOUL	10.90m(2.0)	FOUL
5	Josie Garrett	FR Doane	10.91m	0.9	35-09.50	2
	10.57m(2.3)	10.91m(0.9)	FOUL	10.78m(2.0)	10.65m(1.9)	9.23m(2.7)
6	Taliyah Hayes	FR Dakota Wesleyan	10.71m	2.3	35-01.75	2
	10.62m(2.8)	10.71m(2.3)	10.30m(2.5)	9.89m(1.1)	10.50m(1.8)	10.71m(1.7)
7	Isabel Sayler	JR Briar Cliff	10.68m	1.4	35-00.50	2
	FOUL	10.68m(1.4)	10.68m(2.5)	10.67m(1.3)	10.52m(1.5)	FOUL
8	Ashtyn Evans	SR Dakota Wesleyan	10.66m	2.2	34-11.75	1
	10.50m(4.3)	10.66m(2.2)	10.60m(3.5)	FOUL	10.19m(0.3)	10.14m(2.0)
9	Shelby Buwalda	FR Dordt	10.59m	2.1	34-09.00	2
	10.46m(2.4)	10.58m(1.9)	10.35m(1.5)	10.56m(2.5)	10.59m(2.1)	FOUL
10	Paige Decker	JR Dordt	10.52m	1.5	34-06.25	2
	10.52m(1.5)	10.45m(3.1)	10.50m(2.1)			
11	Alivia Weathers	FR Concordia (Neb.)	10.37m	2.2	34-00.25	2
	10.30m(2.5)	10.37m(2.2)	10.21m(1.8)			
12	Greta Corneliusen	SO Concordia (Neb.)	10.36m	2.5	34-00.00	1
	10.12m(2.8)	FOUL	10.36m(2.5)			
13	Ashley Vandermeer	SR Dordt	10.35m	1.8	33-11.50	1
	FOUL	10.32m(2.5)	10.35m(1.8)			
14	Andrea Sucha	FR Mount Marty	10.33m	3.0	33-10.75	2
	10.33m(3.0)	9.84m(0.9)	9.94m(3.6)			
15	Hayley Miles	FR Concordia (Neb.)	10.26m	2.5	33-08.00	2
	10.03m(2.4)	10.26m(2.5)	10.16m(2.0)			
16	Ikeah Cuff	JR Hastings	10.23m	2.3	33-06.75	1
	FOUL	9.45m(2.2)	10.23m(2.3)			
17	Hannah Meyer	SO Midland	10.20m	4.0	33-05.75	2
	9.89m(2.5)	9.88m(2.3)	10.20m(4.0)			
18	Celia Vanderwoude	FR Dordt	10.10m	1.9	33-01.75	1
	9.74m(2.6)	10.05m(2.7)	10.10m(1.9)			
19	Lexa Burtzlaff	SO Mount Marty	10.07m	3.4	33-00.50	1
	FOUL	10.07m(3.4)	10.06m(2.9)			
20	Jada Lloyd	JR Doane	9.96m	1.9	32-08.25	1
	9.68m(1.9)	9.96m(1.9)	9.96m(1.5)			
21	Abby Rehtus	SO Doane	9.46m	1.5	31-00.50	1
	9.46m(1.5)	9.31m(2.8)	9.32m(2.3)			
22	Paige Millikan	FR Mount Marty	9.32m	3.2	30-07.00	1
	9.32m(3.2)	FOUL	FOUL			
--	Ella De Jong	JR Dordt	FOUL			1
	FOUL	FOUL	FOUL			
--	Jaelyn Dragt	JR Dordt	FOUL			1
	FOUL	FOUL	FOUL			

**Event 38 Women High Jump**

=====							
Name	Year School					Finals	
=====							
1	Hannah Newton	SO Concordia (Neb.)				1.65m	5-05.00 won jump off
	1.45	1.50	1.55	1.60	1.65	1.65	
	P	P	O	O	O	O	

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2	Cassie Brandsma	SR Dordt	1.60m	5-03.00
	1.45 1.50 1.55 1.60 1.65 1.65			
	O O O O X X			
3	Jacie Vander Waal	SO Northwestern (Iowa)	J1.60m	5-03.00
	1.45 1.50 1.55 1.60			
	P XO O O			
4	Amanda Steinke	SO Concordia (Neb.)	1.55m	5-01.00
	1.45 1.50 1.55 1.60			
	O XO O XXX			
5	Krista Hardy	FR Midland	J1.55m	5-01.00
	1.45 1.50 1.55 1.60			
	O O XO XXX			
6	Zailee Poulson	SO Hastings	J1.55m	5-01.00
	1.45 1.50 1.55 1.60			
	P XO XO XXX			
7	Paige Erhardt	SO Jamestown	J1.55m	5-01.00
	1.45 1.50 1.55 1.60			
	O XXO XO XXX			
8	Amy Richert	JR Concordia (Neb.)	J1.55m	5-01.00
	1.45 1.50 1.55 1.60			
	P O XXO XXX			
9	Taliyah Hayes	FR Dakota Wesleyan	J1.55m	5-01.00
	1.45 1.50 1.55 1.60			
	XO O XXO XXX			
10	Shyanne Pipkin	FR Midland	1.50m	4-11.00
	1.45 1.50 1.55			
	O O XXX			
10	Sarah Theiler	JR Doane	1.50m	4-11.00
	1.45 1.50 1.55			
	O O XXX			
10	Erin Boggs	SO Concordia (Neb.)	1.50m	4-11.00
	1.45 1.50 1.55			
	O O XXX			
13	Skylar Kreifels	JR Concordia (Neb.)	J1.50m	4-11.00
	1.45 1.50 1.55			
	O XO XXX			
14	Jastiny Jackson	JR Doane	J1.50m	4-11.00
	1.45 1.50 1.55			
	XO XO XXX			
14	Emily Wingert	SO Dordt	J1.50m	4-11.00
	1.45 1.50 1.55			
	XO XO XXX			
16	Andrea Sucha	FR Mount Marty	J1.50m	4-11.00
	1.45 1.50 1.55			
	O XXO XXX			
17	Kimberly Schropfer	FR Concordia (Neb.)	1.45m	4-09.00
	1.45 1.50			
	O XXX			
18	Faith Measel	JR Dordt	J1.45m	4-09.00
	1.45 1.50			
	XXO XXX			
--	Madyson Ray	SO Midland	NH	
	1.45			
	XXX			

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**....Event 38 Women High Jump**

-- Faith Espinosa	JR Concordia (Neb.)	NH
1.45		
XXX		
-- Ava Bartels	FR Concordia (Neb.)	NH
1.45		
XXX		
-- Kierra Ostrom	FR Hastings	NH
1.45		
XXX		
-- Josie Garrett	FR Doane	NH
1.45 1.50		
P XXX		

**Event 39 Women Pole Vault**

Name	Year School	Finals
1 Josie Puelz	JR Concordia (Neb.)	3.90m 12-09.50
2.65 2.80 2.95 3.10 3.25 3.40 3.55 3.65 3.80 3.90 4.00		
P P P P P P XO O XO XO XXX		
2 Erin Mapson	SR Concordia (Neb.)	3.55m 11-07.75
2.65 2.80 2.95 3.10 3.25 3.40 3.55 3.65		
P P P P P XO O XXX		
3 Kennedy Stanley	FR Doane	J3.55m 11-07.75
2.65 2.80 2.95 3.10 3.25 3.40 3.55 3.65		
P P P P O O XO XXX		
4 Gracie Rippen	JR Mount Marty	3.40m 11-01.75
2.65 2.80 2.95 3.10 3.25 3.40 3.55		
P P P P XO XO XXX		
5 Erin Hulberg	SO Northwestern (Iowa)	J3.40m 11-01.75
2.65 2.80 2.95 3.10 3.25 3.40 3.55		
P O XO XO XO XO XXX		
5 Erin Boggs	SO Concordia (Neb.)	J3.40m 11-01.75
2.65 2.80 2.95 3.10 3.25 3.40 3.55		
P P P XO XXO XO XXX		
7 Amira Cummings	JR Concordia (Neb.)	J3.40m 11-01.75
2.65 2.80 2.95 3.10 3.25 3.40 3.55		
P P P O O XXO XXX		
8 Sydney Reichert	JR Concordia (Neb.)	3.25m 10-08.00
2.65 2.80 2.95 3.10 3.25 3.40		
P P P O XXO XXX		
9 Kayla Svoboda	FR Concordia (Neb.)	J3.25m 10-08.00
2.65 2.80 2.95 3.10 3.25 3.40		
P P P XO XXO XXX		
10 Samantha Knapp	SO Doane	3.10m 10-02.00
2.65 2.80 2.95 3.10 3.25		
P P XO O XXX		
10 Grace Deines	JR Doane	3.10m 10-02.00
2.65 2.80 2.95 3.10 3.25		
O XO O O XXX		
12 Jerzi Maher	FR Doane	2.95m 9-08.00
2.65 2.80 2.95 3.10		
O O O XXX		

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13	Quinn Bassingthwaite	FR Jamestown	2.80m	9-02.25
	2.65 2.80 2.95			
	O XO XXX			
14	Alivia Weathers	FR Concordia (Neb.)	J2.80m	9-02.25
	2.65 2.80 2.95			
	XO XO XXX			
15	Natalee Keodouangdy	FR Doane	2.65m	8-08.25
	2.65 2.80			
	O XXX			
16	Colleen Rypkema	SR Northwestern (Iowa)	J2.65m	8-08.25
	2.65 2.80			
	XXO XXX			
--	Carlie Schlosser	FR Mount Marty	NH	
	2.65			
	XXX			
--	Sara Geers	SO Dordt	NH	
	2.65			
	XXX			
--	Cassie Kessler	JR Doane	NH	
	2.65			
	XXX			
--	Hannah Meyer	SO Midland	NH	
	2.65			
	XXX			
--	Madison Jones	FR Midland	NH	
	2.65			
	XXX			

**Event 40 Women Shot Put**

Name	Year School	Finals	H#
1 Alivia Baucom	FR Doane	14.22m	46-08.00 2
	13.35m 13.85m 13.46m FOUL 14.22m FOUL		
2 Claire Caspersen	SO St. Mary (Neb.)	13.88m	45-06.50 2
	13.88m 13.43m FOUL FOUL 12.96m 13.50m		
3 Kiara Anderson	JR Hastings	13.48m	44-02.75 2
	12.97m FOUL FOUL FOUL 13.48m FOUL		
4 Hope Wagner	JR Briar Cliff	13.47m	44-02.50 2
	FOUL 13.47m 13.10m FOUL FOUL 13.36m		
5 Lila Gronseth	JR Dakota Wesleyan	13.13m	43-01.00 2
	12.06m 12.52m 12.46m 13.00m 12.84m 13.13m		
6 Abby Magnuson	JR Dakota Wesleyan	13.08m	42-11.00 2
	12.74m 12.65m 12.87m 13.08m 12.57m 12.59m		
7 Asia Tyler	JR Hastings	13.07m	42-10.75 2
	13.07m 13.06m FOUL FOUL FOUL FOUL		
8 Alexis Mach	SO Doane	12.80m	42-00.00 2
	12.47m 12.30m FOUL FOUL FOUL 12.80m		
9 Kamryn Pokorney	JR Concordia (Neb.)	12.72m	41-08.75 2
	FOUL 12.72m 12.35m 11.94m 12.50m 12.70m		
10 Alli Owings	JR Concordia (Neb.)	12.32m	40-05.00 2
	12.32m FOUL FOUL		
11 Mady Kelsey	SO Midland	11.84m	38-10.25 1
	11.05m 11.52m 11.84m		



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12	Brenna Held	FR	Jamestown	11.72m	38-05.50	1
	11.23m 11.64m 11.72m					
13	Mia Knigge	FR	Doane	11.67m	38-03.50	1
	11.23m 11.00m 11.67m					
14	Katie VanLaningham	SR	Doane	11.59m	38-00.25	2
	FOUL 11.59m FOUL					
15	Anna Brock	SR	Jamestown	11.40m	37-05.00	2
	10.65m FOUL 11.40m					
16	Tara Horstman	FR	Dordt	11.36m	37-03.25	1
	10.76m 10.61m 11.36m					
17	Kailey Randall	FR	Concordia (Neb.)	11.30m	37-01.00	1
	10.81m 11.30m FOUL					
18	Emily Kraft	JR	Northwestern (Iowa)	11.24m	36-10.50	1
	11.21m 11.24m FOUL					
19	Tavia Williams	FR	St. Mary (Neb.)	11.22m	36-09.75	1
	FOUL 11.22m 10.78m					
20	Kylee Hasselmann	FR	Hastings	11.02m	36-02.00	1
	10.28m 11.02m FOUL					
21	Jori Harskamp	FR	Northwestern (Iowa)	10.98m	36-00.25	1
	10.69m 10.73m 10.98m					
--	Abi Wohlgemuth	SO	Concordia (Neb.)	FOUL		1
	FOUL FOUL FOUL					
--	Faith Riggle	JR	Concordia (Neb.)	FOUL		1
	FOUL FOUL FOUL					
--	Lucy Thiel	SO	Midland	FOUL		1
	FOUL FOUL FOUL					

**Event 41 Women Discus Throw**

=====						
Name	Year	School	Finals	H#		
=====						
1	Jessa Eden	JR	Hastings	48.77m	160-00	2
	44.46m 47.73m 48.77m		FOUL FOUL FOUL			
2	Kiara Anderson	JR	Hastings	47.62m	156-03	2
	46.25m 46.49m 47.62m		FOUL FOUL FOUL			
3	Emma Lloyd	FR	Concordia (Neb.)	43.11m	141-05	2
	FOUL 43.11m 41.54m		FOUL 42.87m FOUL			
4	Alivia Baucom	FR	Doane	43.10m	141-05	2
	38.02m 40.53m 43.10m		40.95m 42.86m FOUL			
5	Erin Painter	JR	Concordia (Neb.)	42.84m	140-07	2
	42.60m 42.36m 42.31m		42.84m FOUL FOUL			
6	Katie VanLaningham	SR	Doane	41.41m	135-10	2
	41.32m 40.09m FOUL		FOUL 39.95m 41.41m			
7	Darby Deffenbaugh	SR	Dakota Wesleyan	41.36m	135-08	2
	38.48m 38.58m 41.26m		FOUL 40.48m 41.36m			
8	Abby Magnuson	JR	Dakota Wesleyan	41.17m	135-01	2
	41.17m FOUL 36.09m		35.93m 37.83m FOUL			
9	Molly Schany	FR	Northwestern (Iowa)	40.88m	134-01	1
	40.88m 39.00m 36.84m		37.91m 37.12m 39.16m			
10	Lila Gronseth	JR	Dakota Wesleyan	40.14m	131-08	2
	40.14m FOUL FOUL					
11	Sara Huss	JR	Concordia (Neb.)	39.63m	130-00	2
	FOUL 35.94m 39.63m					

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12	Jaydin Schake	JR Hastings	39.06m	128-02	2
	39.06m 37.93m 38.33m				
13	Sydney Biermann	JR Doane	38.76m	127-02	2
	31.42m 38.76m FOUL				
14	Alli Owings	JR Concordia (Neb.)	38.46m	126-02	1
	35.80m 37.03m 38.46m				
15	Maren Hettinga	FR Dordt	37.94m	124-06	1
	37.94m 36.54m 35.31m				
16	Heather Okeson	SO Jamestown	37.56m	123-03	1
	34.36m 37.56m FOUL				
17	Anna Brock	SR Jamestown	37.45m	122-10	1
	37.45m FOUL FOUL				
17	Jenna Gleason	SO Dordt	37.45m	122-10	1
	35.59m 34.77m 37.45m				
19	Molly Vander Hamm	SO Doane	36.76m	120-07	1
	36.76m 35.61m 35.24m				
20	Samantha Bull	JR Doane	36.49m	119-09	1
	33.21m 35.02m 36.49m				
21	Shelby Mills	FR Morningside	35.93m	117-10	1
	35.39m 33.61m 35.93m				
22	Claire Caspersen	SO St. Mary (Neb.)	33.40m	109-07	1
	33.40m FOUL FOUL				
23	Hope Wagner	JR Briar Cliff	32.57m	106-10	1
	FOUL FOUL 32.57m				
24	Agdaly Sanchez	SO Doane	31.72m	104-01	1
	29.24m 31.72m 31.50m				

**Event 42 Women Hammer Throw**

Name	Year	School	Finals	H#
1 Kiara Anderson	JR Hastings	55.91m	183-05	2
	54.41m 55.26m FOUL FOUL 55.91m FOUL			
2 Macy Fuller	JR Doane	55.38m	181-08	2
	52.85m 53.37m 55.38m 55.21m FOUL 54.33m			
3 Kamryn Pokorney	JR Concordia (Neb.)	53.49m	175-06	2
	52.59m 51.27m FOUL FOUL 49.92m 53.49m			
4 Jessa Eden	JR Hastings	51.82m	170-00	2
	51.26m FOUL 51.82m FOUL FOUL FOUL			
5 Alli Owings	JR Concordia (Neb.)	48.85m	160-03	2
	48.33m 48.85m FOUL 46.22m 47.06m FOUL			
6 Abi Wohlgemuth	SO Concordia (Neb.)	48.19m	158-01	2
	46.30m 47.30m 48.19m 46.58m 45.07m FOUL			
7 Cassandra Pine	JR Hastings	47.64m	156-03	1
	47.64m FOUL FOUL FOUL 46.39m 46.97m			
8 Darby Deffenbaugh	SR Dakota Wesleyan	47.30m	155-02	2
	FOUL 47.30m FOUL 46.30m 45.47m FOUL			
9 Erin Painter	JR Concordia (Neb.)	46.63m	153-00	2
	46.02m 46.45m 43.89m 46.20m 46.58m 46.63m			
10 Lila Gronseth	JR Dakota Wesleyan	45.57m	149-06	2
	44.18m 45.57m 43.74m			
11 Jenna Gleason	SO Dordt	44.21m	145-00	1
	44.21m 42.88m FOUL			

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12	Asia Tyler	JR Hastings	43.50m	142-08	2
	43.18m 43.50m FOUL				
13	Rylee Olson	JR Morningside	42.33m	138-10	2
	42.33m FOUL FOUL				
14	Mia Knigge	FR Doane	42.09m	138-01	1
	42.09m FOUL FOUL				
15	Samantha Bull	JR Doane	40.69m	133-06	1
	39.94m 40.69m 39.37m				
16	Kylee Hasselmann	FR Hastings	40.64m	133-04	1
	40.64m FOUL FOUL				
17	Faith Riggle	JR Concordia (Neb.)	40.18m	131-10	1
	40.18m 39.40m 36.05m				
18	Lynne Tormoehlen	SO Dordt	39.17m	128-06	1
	39.17m FOUL FOUL				
19	Alyvia Thomas	SO Doane	38.09m	125-00	1
	38.09m FOUL FOUL				
20	Emma Lloyd	FR Concordia (Neb.)	37.37m	122-07	1
	FOUL 35.08m 37.37m				
21	Alexis Mach	SO Doane	36.46m	119-07	1
	FOUL FOUL 36.46m				
22	Anna Brock	SR Jamestown	35.56m	116-08	1
	FOUL 32.29m 35.56m				
--	Cortney Covington	FR Concordia (Neb.)	FOUL		2
	FOUL FOUL FOUL				
--	Mady Kelsey	SO Midland	FOUL		1
	FOUL FOUL FOUL				

**Event 43 Women Javelin Throw**

=====					
Name	Year	School	Finals	H#	
=====					
1	Jordynn Toliver	SR Jamestown	39.36m	129-02	2
	38.89m 39.36m 37.66m 37.94m 35.20m FOUL				
2	Rylee Olson	JR Morningside	38.48m	126-03	2
	38.48m 37.43m 37.05m 35.90m FOUL 35.07m				
3	Gretchen Stottlemire	SO Concordia (Neb.)	36.83m	120-10	2
	35.13m 34.92m 36.48m 35.30m 36.83m 35.70m				
4	Madalynn Rhodes	SO St. Mary (Neb.)	36.63m	120-02	2
	FOUL 36.63m 35.20m 32.48m FOUL 35.07m				
5	Molly Vander Hamm	SO Doane	35.79m	117-05	2
	FOUL FOUL 35.79m 31.82m FOUL FOUL				
6	Abi Wohlgemuth	SO Concordia (Neb.)	35.71m	117-02	2
	31.84m 35.71m 33.67m 34.42m 33.31m 35.15m				
7	Jordan Bjork	FR Northwestern (Iowa)	35.14m	115-03	2
	34.98m 35.14m FOUL FOUL 27.69m 30.45m				
8	Paige Erhardt	SO Jamestown	34.39m	112-10	2
	33.13m 29.52m 34.39m FOUL 31.22m 33.76m				
9	Holly Severance	JR Morningside	34.15m	112-00	2
	34.15m 31.69m 32.29m 32.58m 33.03m FOUL				
10	Isabella Schreckengost	FR Concordia (Neb.)	33.56m	110-01	2
	32.51m FOUL 33.56m				
11	Shyanne Pipkin	FR Midland	33.30m	109-03	1
	33.30m FOUL FOUL				

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12	Grace Damme	JR Doane	32.57m	106-10	2
	FOUL 30.67m 32.57m				
13	Jena Jenness	SO Morningside	32.33m	106-01	1
	28.95m FOUL 32.33m				
14	Grace Hendrickson	JR Northwestern (Iowa)	31.60m	103-08	1
	31.60m 30.84m 28.57m				
15	Kate Busek	SO Jamestown	31.54m	103-06	1
	31.32m 29.38m 31.54m				
16	Allie Janssen	FR Doane	30.06m	98-07	1
	28.17m 27.92m 30.06m				
17	Lauren Siefken	SO Doane	29.08m	95-05	1
	27.39m 26.19m 29.08m				
18	Madyson Ray	SO Midland	28.33m	92-11	2
	28.03m FOUL 28.33m				
19	Emily Chicoine	JR Morningside	28.18m	92-05	1
	28.18m 27.29m FOUL				
20	Bethany Vasecka	SO Dordt	27.12m	89-00	1
	27.12m 26.34m 26.31m				
21	Maren Hettinga	FR Dordt	26.88m	88-02	1
	26.88m 26.25m 26.30m				
22	Skylar Kreifels	JR Concordia (Neb.)	26.68m	87-06	1
	FOUL 26.68m 26.67m				
23	Adrianna Rodencal	FR Concordia (Neb.)	26.53m	87-00	1
	26.53m 26.06m FOUL				
--	Ashlyn Adam	SO Doane	FOUL		1
	FOUL FOUL FOUL				

**Event 44 Women Heptathlon**

Name	Year	School	Finals	H#
1 Amy Richert	JR	Concordia (Neb.)	4077	
2 Josi Noble	FR	Concordia (Neb.)	4047	
3 Elena Batenhorst	SO	Concordia (Neb.)	3807	
4 Ashinee George	JR	Mount Marty	3793	
5 Kelsey Evenhouse	SO	Dordt	3747	
6 Amanda Steinke	SO	Concordia (Neb.)	3717	
7 Isabelle Salters	SO	Concordia (Neb.)	3692	
8 Madyson Ray	SO	Midland	3649	
9 Faith Espinosa	JR	Concordia (Neb.)	3565	
10 Faith Measel	JR	Dordt	3517	
11 Alivia Weathers	FR	Concordia (Neb.)	3291	
12 Shyanne Pipkin	FR	Midland	3151	
13 Karlee Henning	FR	Doane	2395	

**Event 44 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

Name	Year	School	Finals	Wind	H#	Points
1 Ashinee George	JR	Mount Marty	15.01	2.8	4	840
2 Isabelle Salters	SO	Concordia (Neb.)	15.62	3.1	3	762
3 Amy Richert	JR	Concordia (Neb.)	15.88	3.1	3	729
4 Elena Batenhorst	SO	Concordia (Neb.)	15.94	3.1	3	722
5 Kelsey Evenhouse	SO	Dordt	15.99	2.8	4	715

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6	Faith Espinosa	JR Concordia (Neb.)	16.01	2.8	4	713
7	Alivia Weathers	FR Concordia (Neb.)	16.51	3.1	3	653
8	Josi Noble	FR Concordia (Neb.)	16.73	1.9	2	627
9	Madyson Ray	SO Midland	17.20	1.9	2	574
10	Amanda Steinke	SO Concordia (Neb.)	17.40	1.9	2	552
11	Faith Measel	JR Dordt	18.78	1.6	1	411
12	Shyanne Pipkin	FR Midland	19.32	1.6	1	361
13	Jordynn Toliver	SR Jamestown	19.51	2.8	4	344
14	Karlee Henning	FR Doane	21.26	1.6	1	206

**Event 44 Heptathlon: #2 Women High Jump Heptathlon**

Name	Year School	Finals	Points
1 Amy Richert	JR Concordia (Neb.)	1.56m	5-01.25 689
1.47 1.50 1.53 1.56 1.59			
O P O XO XXX			
1 Amanda Steinke	SO Concordia (Neb.)	1.56m	5-01.25 689
1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59			
O O O O O O XO XXX			
3 Shyanne Pipkin	FR Midland	1.53m	5-00.25 655
1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56			
O O O XO O XO XXO XXX			
4 Faith Espinosa	JR Concordia (Neb.)	1.44m	4-08.75 555
1.38 1.41 1.44 1.47			
O O O XXX			
4 Faith Measel	JR Dordt	1.44m	4-08.75 555
1.38 1.41 1.44 1.47			
O XO O XXX			
4 Madyson Ray	SO Midland	1.44m	4-08.75 555
1.35 1.38 1.41 1.44 1.47			
O XO XO O XXX			
7 Isabelle Salters	SO Concordia (Neb.)	1.41m	4-07.50 523
1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44			
O O O O O O XXO XXX			
7 Elena Batenhorst	SO Concordia (Neb.)	1.41m	4-07.50 523
1.38 1.41 1.44			
O O XXX			
9 Kelsey Evenhouse	SO Dordt	1.38m	4-06.25 491
1.35 1.38 1.41			
O XO XXX			
10 Josi Noble	FR Concordia (Neb.)	1.35m	4-05.00 460
1.23 1.26 1.29 1.32 1.35 1.38			
XO O XO O O XXX			
10 Ashinee George	JR Mount Marty	1.35m	4-05.00 460
1.35 1.38			
XO XXX			
12 Karlee Henning	FR Doane	1.17m	3-10.00 284
1.17 1.20 1.23			
O P XXX			
12 Alivia Weathers	FR Concordia (Neb.)	1.17m	3-10.00 284
1.17 1.20			
O XXX			

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Name	Year School	Finals	Points
1 Josi Noble 10.61m 9.55m 9.71m	FR Concordia (Neb.)	10.61m 34-09.75	569
2 Elena Batenhorst 9.79m 9.96m 9.52m	SO Concordia (Neb.)	9.96m 32-08.25	527
3 Amy Richert 9.79m 9.57m 9.57m	JR Concordia (Neb.)	9.79m 32-01.50	516
4 Amanda Steinke 9.72m 8.82m 9.49m	SO Concordia (Neb.)	9.72m 31-10.75	511
5 Madyson Ray 9.20m 8.69m 9.31m	SO Midland	9.31m 30-06.50	484
6 Kelsey Evenhouse 8.43m 9.09m 9.13m	SO Dordt	9.13m 29-11.50	473
7 Karlee Henning 9.12m 8.71m 8.36m	FR Doane	9.12m 29-11.25	472
8 Isabelle Salters 9.10m 8.64m 8.75m	SO Concordia (Neb.)	9.10m 29-10.25	471
9 Alivia Weathers 6.12m 6.98m 9.01m	FR Concordia (Neb.)	9.01m 29-06.75	465
10 Ashinee George FOUL 8.99m 8.81m	JR Mount Marty	8.99m 29-06.00	464
11 Faith Espinosa FOUL 8.91m 8.24m	JR Concordia (Neb.)	8.91m 29-02.75	458
12 Shyanne Pipkin 8.27m 8.29m 8.22m	FR Midland	8.29m 27-02.50	418
13 Faith Measel 7.83m 7.89m 8.24m	JR Dordt	8.24m 27-00.50	415

**Event 44 Heptathlon: #4 Women 200 Meter Dash Heptathlon**

Name	Year School	Finals	Wind H#	Points
1 Josi Noble	FR Concordia (Neb.)	25.88	1.8 2	808
2 Kelsey Evenhouse	SO Dordt	27.04	2.6 1	708
3 Ashinee George	JR Mount Marty	27.06	1.8 2	707
4 Isabelle Salters	SO Concordia (Neb.)	27.21	1.8 2	694
5 Amy Richert	JR Concordia (Neb.)	27.72	1.8 2	653
6 Faith Measel	JR Dordt	28.01	2.6 1	630
7 Madyson Ray	SO Midland	28.18	2.6 1	617
8 Faith Espinosa	JR Concordia (Neb.)	28.32	1.8 2	606
9 Amanda Steinke	SO Concordia (Neb.)	28.58	1.8 2	586
10 Elena Batenhorst	SO Concordia (Neb.)	28.60	2.6 1	584
11 Alivia Weathers	FR Concordia (Neb.)	28.74	2.6 1	574
12 Karlee Henning	FR Doane	29.46	2.6 1	520
13 Shyanne Pipkin	FR Midland	29.70	2.6 1	503

**Event 44 Heptathlon: #5 Women Long Jump Heptathlon**

Name	Year School	Finals	Wind	Points
1 Faith Measel 4.47m(3.9) 4.74m(2.6) 4.92m(2.0)	JR Dordt	4.92m	2.0 16-01.75	538

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2	Elena Batenhorst	SO Concordia (Neb.)	4.86m	3.1	15-11.50	522
	4.58m(2.0) 4.71m(2.1) 4.86m(3.1)					
3	Josi Noble	FR Concordia (Neb.)	4.83m	2.0	15-10.25	514
	4.61m(2.9) 4.75m(2.5) 4.83m(2.0)					
3	Amy Richert	JR Concordia (Neb.)	4.83m	3.6	15-10.25	514
	4.80m(3.0) 4.83m(3.6) 4.83m(2.2)					
5	Amanda Steinke	SO Concordia (Neb.)	4.81m	2.7	15-09.50	508
	4.50m(2.8) FOUL 4.81m(2.7)					
6	Ashinee George	JR Mount Marty	4.69m	2.3	15-04.75	477
	4.69m(2.3) 4.64m(2.4) 4.33m(2.3)					
7	Kelsey Evenhouse	SO Dordt	4.67m	2.6	15-04.00	472
	4.67m(2.6) 4.30m(2.8) 4.29m(2.5)					
8	Alivia Weathers	FR Concordia (Neb.)	4.63m	4.5	15-02.25	461
	4.63m(4.5) 4.60m(4.5) 4.51m(2.1)					
9	Madyson Ray	SO Midland	4.52m	2.4	14-10.00	433
	4.09m(2.2) FOUL 4.52m(2.4)					
10	Faith Espinosa	JR Concordia (Neb.)	4.44m	2.8	14-07.00	413
	4.44m(2.8) 4.24m(2.7) 3.70m(3.4)					
11	Isabelle Salters	SO Concordia (Neb.)	4.31m	2.1	14-01.75	381
	4.31m(2.1) 2.26m(2.5) 4.25m(3.2)					
12	Shyanne Pipkin	FR Midland	4.00m	3.6	13-01.50	308
	FOUL 3.98m(3.6) 4.00m(3.6)					
13	Karlee Henning	FR Doane	3.88m	3.5	12-08.75	281
	3.85m(1.9) 3.85m(2.6) 3.88m(3.5)					

**Event 44 Heptathlon: #6 Women Javelin Throw Heptathlon**

Name	Year School	Finals	Points
1 Amy Richert	JR Concordia (Neb.)	31.87m	104-07 512
	29.10m 31.87m 31.84m		
2 Shyanne Pipkin	FR Midland	30.63m	100-06 489
	30.63m FOUL FOUL		
3 Madyson Ray	SO Midland	30.28m	99-04 482
	27.53m 29.85m 30.28m		
4 Amanda Steinke	SO Concordia (Neb.)	29.42m	96-06 466
	29.42m 27.08m 28.15m		
5 Faith Measel	JR Dordt	28.40m	93-02 446
	23.29m 27.03m 28.40m		
6 Alivia Weathers	FR Concordia (Neb.)	28.10m	92-02 441
	26.74m 23.49m 28.10m		
7 Karlee Henning	FR Doane	27.67m	90-09 433
	25.94m 27.67m FOUL		
8 Josi Noble	FR Concordia (Neb.)	27.48m	90-02 429
	25.75m 27.48m 24.52m		
9 Elena Batenhorst	SO Concordia (Neb.)	27.43m	90-00 428
	25.44m 27.43m 26.67m		
10 Faith Espinosa	JR Concordia (Neb.)	24.62m	80-09 375
	20.94m 24.62m 18.39m		
11 Isabelle Salters	SO Concordia (Neb.)	24.36m	79-11 370
	24.36m FOUL 23.09m		
12 Kelsey Evenhouse	SO Dordt	23.00m	75-05 345
	23.00m 17.17m FOUL		

**2023 GPAC Outdoor Track and Field Championships - 5/5/2023 to 5/6/2023****Dordt Hosts (Sioux Center, Iowa)****Open Space Park****Results****....Event 44 Heptathlon: #6 Women Javelin Throw Heptathlon**

13 Ashinee George	JR Mount Marty	20.69m	67-10	302
FOUL	20.69m	FOUL		

**Event 44 Heptathlon: #7 Women 800 Meter Run Heptathlon**

Name	Year School	Finals	Points
1 Josi Noble	FR Concordia (Neb.)	2:34.32	640
2 Ashinee George	JR Mount Marty	2:42.63	543
3 Kelsey Evenhouse	SO Dordt	2:42.67	543
4 Faith Measel	JR Dordt	2:44.53	522
5 Madyson Ray	SO Midland	2:46.17	504
6 Elena Batenhorst	SO Concordia (Neb.)	2:46.45	501
7 Isabelle Salters	SO Concordia (Neb.)	2:47.44	491
8 Amy Richert	JR Concordia (Neb.)	2:50.00	464
9 Faith Espinosa	JR Concordia (Neb.)	2:51.83	445
10 Shyanne Pipkin	FR Midland	2:54.63	417
11 Alivia Weathers	FR Concordia (Neb.)	2:55.02	413
12 Amanda Steinke	SO Concordia (Neb.)	2:55.83	405
13 Karlee Henning	FR Doane	3:20.41	199

**Event 45 Women 5000 Meter Race Walk**

Name	Year School	Finals
1 Tristyn DiPentino	SO Hastings	30:26.94
2 Lauren Dawson	JR Concordia (Neb.)	30:41.24
3 Baylee Evarts	SO Hastings	32:00.86
4 Darby Walsh	FR Midland	33:05.94
5 Peyton Gissler	JR Concordia (Neb.)	33:28.07

**Event 46 Men 5000 Meter Race Walk**

Name	Year School	Finals
1 Sam Wise	FR Hastings	28:47.80

**Women - Team Rankings - 22 Events Scored**

1) Concordia (Neb.)	244.50	2) Dordt	132
3) Doane	117	4) Hastings	116
5) Mount Marty	78	6) Northwestern (Iowa)	54.50
7) Morningside	40	8) St. Mary (Neb.)	18
8) Jamestown	18	10) Dakota Wesleyan	17
11) Midland	12	12) Briar Cliff	10

**Men - Team Rankings - 22 Events Scored**

1) Dordt	210	2) Doane	163
3) Concordia (Neb.)	112	4) Mount Marty	86
5) Midland	78	6) Northwestern (Iowa)	61
7) Dakota Wesleyan	41	8) Morningside	34
9) Jamestown	31	10) Hastings	30
11) Briar Cliff	12		