

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Coplex****Results****Event 1 Men 100 Meter Dash****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

GPAC Record: G 10.34 2001 Jamey Sperle, Dakota Wesleyan Univ.

NAIA Auto: A 10.37

NAIA Prov.: B 10.46

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Ryan Schober	SR	Dordt	10.64Q	0.1	2
2 Kumunule Gbaley	JR	Morningside	10.70Q	0.7	3
3 Jaydon Moore	JR	Morningside	10.80Q	-0.1	1
4 Wilton George	SR	Briar Cliff	10.79q	0.7	3
5 Jadae Moore	SR	Doane	10.82q	0.1	2 10.811
6 Tinotenda Musariri	FR	Briar Cliff	10.82q	0.7	3 10.813
7 Vance Hayenga-Johnson	SO	Northwestern (Iowa)	10.82q	0.7	3 10.816
8 Tyreece Wynne	JR	Northwestern (Iowa)	10.83q	-0.1	1
9 Leighton Olesen	SO	Morningside	10.87	0.1	2
10 Michael Rodriguez	SO	Northwestern (Iowa)	10.88	0.1	2
11 Dalton Whisenhunt	SR	Doane	10.91	-0.1	1
12 Austin Gobel	FR	Mount Marty	10.93	0.7	3
13 Jacob Schmoll	SO	Dordt	10.96	-0.1	1
14 Ryland Garretson	FR	Doane	10.98	-0.1	1
15 Grant Palmer	SR	Northwestern (Iowa)	11.00	0.1	2 10.991
16 Devon Jackson	FR	Doane	11.00	0.7	3 10.994
17 Xzayvier Horton	JR	Waldorf	11.06	-0.1	1
18 Daryl Moppins	SR	Briar Cliff	11.10	0.1	2 11.093
19 Sunel Fernandez	FR	Waldorf	11.10	0.7	3 11.095
20 Aiden Mountain	SO	Midland	11.10	0.1	2 11.097
21 Kenya Ford	FR	Midland	11.13	-0.1	1
22 Carter Van Donge	SO	Northwestern (Iowa)	11.18	0.7	3
23 Jameson Painter	FR	Midland	11.28	-0.1	1

Event 1 Men 100 Meter Dash

GPAC Record: G 10.34 2001 Jamey Sperle, Dakota Wesleyan Univ.

NAIA Auto: A 10.37

NAIA Prov.: B 10.46

Name	Year	School	Finals	Wind	Points
Finals					
1 Ryan Schober	SR	Dordt	10.64	-0.2	10
2 Kumunule Gbaley	JR	Morningside	10.69	-0.2	8
3 Jadae Moore	SR	Doane	10.87	-0.2	6
4 Wilton George	SR	Briar Cliff	10.91	-0.2	5
5 Tinotenda Musariri	FR	Briar Cliff	10.97	-0.2	4
6 Vance Hayenga-Johnson	SO	Northwestern (Iowa)	11.02	-0.2	3
7 Tyreece Wynne	JR	Northwestern (Iowa)	11.12	-0.2	2
Preliminaries					
3 Jaydon Moore	JR	Morningside			
9 Leighton Olesen	SO	Morningside			
10 Michael Rodriguez	SO	Northwestern (Iowa)			
11 Dalton Whisenhunt	SR	Doane			
12 Austin Gobel	FR	Mount Marty			
13 Jacob Schmoll	SO	Dordt			
14 Ryland Garretson	FR	Doane			
15 Grant Palmer	SR	Northwestern (Iowa)			

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16	Devon Jackson	FR Doane
17	Xzayvier Horton	JR Waldorf
18	Daryl Moppins	SR Briar Cliff
19	Sunel Fernandez	FR Waldorf
20	Aiden Mountain	SO Midland
21	Kenya Ford	FR Midland
22	Carter Van Donge	SO Northwestern (Iowa)
23	Jameson Painter	FR Midland

Event 2 Men 200 Meter Dash

GPAC Record: G 20.88 2003 Bret Blake, Nebraska Wesleyan Univ.

NAIA Auto: A 20.97

NAIA Prov.: B 21.21

Name	Year	School	Finals	Wind	H#	Points
Finals						
1	Ryan Schober	SR Dordt	21.45	0.3	4	10
2	Grant Palmer	SR Northwestern (Iowa)	21.66	0.3	4	8
3	Tinotenda Musariri	FR Briar Cliff	21.79	0.3	4	6
4	Wilton George	SR Briar Cliff	21.92	0.2	3	5
5	Raheem Richards	FR Midland	22.03	0.3	4	4
6	Jameson Painter	FR Midland	22.05	0.3	4	3 22.044
7	Levi Schelhaas	JR Dordt	22.05	0.2	3	2 22.050
8	Leighton Olesen	SO Morningside	22.12	-0.8	2	1
9	Jadae Moore	SR Doane	22.13	0.2	3	
10	Vance Hayenga-Johnson	SO Northwestern (Iowa)	22.14	0.2	3	
11	Austin Gobel	FR Mount Marty	22.19	0.2	3	
12	Zavio Prato	SO Mount Marty	22.20	-0.8	2	
13	Jacob Schmoll	SO Dordt	22.33	-0.8	2	
14	Ryland Garretson	FR Doane	22.34	-0.8	2	
15	Lane Kruger	FR Morningside	22.36	-0.4	1	
16	Devon Jackson	FR Doane	22.70	-0.4	1	
17	Aiden Mountain	SO Midland	22.73	-0.8	2	
18	Tyreece Wynne	JR Northwestern (Iowa)	22.75	0.3	4	
19	Xzayvier Horton	JR Waldorf	22.78	0.2	3	
20	Jalen Cook	SR Briar Cliff	22.80	-0.4	1	
21	Sunel Fernandez	FR Waldorf	22.88	-0.4	1	
22	Jordan Carter	FR Northwestern (Iowa)	22.91	-0.4	1	

Event 3 Men 400 Meter Dash

GPAC Record: G 46.77 5/4/2024 Payton Mauldin, Dordt

NAIA Auto: A 47.30

NAIA Prov.: B 47.85

Name	Year	School	Finals	H#	Points
Finals					
1	Joaquin Gutierrez	JR Doane	47.51B	3	10
2	Levi Schelhaas	JR Dordt	47.85B	3	8
3	Zavio Prato	SO Mount Marty	48.02	3	6 48.014
4	Noah Schroder	SO Dordt	48.02	3	5 48.015
5	Isaac Davelaar	SO Dordt	48.40	3	4
6	Theo Moseman	SO Morningside	48.62	3	3
7	Raheem Richards	FR Midland	49.13	2	2
8	Aziah Ashley	JR Northwestern (Iowa)	49.38	3	1

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Coplex****Results****....Event 3 Men 400 Meter Dash**

9	Caleb Mulder	JR Doane	50.07	3	
10	Cody Post	SR Northwestern (Iowa)	50.11	1	
11	Chris Medlock	FR Midland	50.19	2	
12	Perry Chadwick	FR Concordia (Neb.)	50.20	1	50.193
13	Carl Massa	JR Mount Marty	50.20	2	50.200
14	Jayson Rucker	JR Briar Cliff	50.29	1	
15	Kadyn Cline	SR Morningside	50.31	1	
16	Jalen Cook	SR Briar Cliff	50.35	2	
17	Lucas Corwin	FR Concordia (Neb.)	50.47	1	
18	Liam Fagan	JR Concordia (Neb.)	50.48	2	
19	Noah Sherman	SO Midland	50.58	2	
20	Jonathan Zoubek	SO Doane	50.89	2	
21	Jordan Carter	FR Northwestern (Iowa)	51.29	1	
22	Carson Elbers	SR Dordt	51.61	1	
23	Matthew Wing	SO Concordia (Neb.)	51.62	1	
--	Landon Meerdink	FR Dordt	DQ	2	15-5.2b

Event 4 Men 800 Meter Run

GPAC Record: G 1:50.60 2011 Monte Larsen, Morningside

NAIA Auto: A 1:50.50

NAIA Prov.: B 1:52.00

Name	Year	School	Finals	H#	Points
1 Tyler Salter		JR Hastings	1:52.57	3	10
57.074 (57.074)		1:52.564 (55.490)			
2 Carson Van Sickle		FR Northwestern (Iowa)	1:52.73	3	8
56.159 (56.159)		1:52.725 (56.566)			
3 Emmanuel Yego		JR Doane	1:54.51	3	6
57.286 (57.286)		1:54.506 (57.220)			
4 Michael Grigsby		JR Doane	1:55.46	3	5
58.337 (58.337)		1:55.459 (57.122)			
5 Henri Stoeckermann		SR Midland	1:55.58	3	4
58.582 (58.582)		1:55.574 (56.992)			
6 Kaden Van Wyngarden		SO Dordt	1:55.85	3	3
57.782 (57.782)		1:55.843 (58.061)			
7 Deshawn Burks		JR Hastings	1:55.93	2	2
58.289 (58.289)		1:55.924 (57.635)			
8 Evan Struss		FR Hastings	1:56.27	1	1
56.268 (56.268)		1:56.265 (59.997)			
9 Sam May		JR Dordt	1:56.60	2	
56.971 (56.971)		1:56.596 (59.625)			
10 Luke Swanson		JR Dordt	1:57.11	2	
56.250 (56.250)		1:57.103 (1:00.853)			
11 Trace Obbink		FR Dordt	1:57.23	2	
56.782 (56.782)		1:57.222 (1:00.440)			
12 Isaac Davelaar		SO Dordt	1:57.33	3	
58.688 (58.688)		1:57.328 (58.640)			
13 Trevor Kunc1		JR Concordia (Neb.)	1:57.39	2	
57.031 (57.031)		1:57.387 (1:00.356)			
14 Luke Bonifas		SO Doane	1:57.87	1	
57.607 (57.607)		1:57.868 (1:00.261)			
15 Nate O'Brien		SO Doane	1:58.61	2	
57.182 (57.182)		1:58.610 (1:01.428)			

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 4 Men 800 Meter Run**

16	Payton Van Sickle	SO Northwestern (Iowa)	1:58.92	1
	57.504 (57.504)	1:58.912 (1:01.408)		
17	Hunter Shanks	SR Dordt	1:58.96	1
	55.885 (55.885)	1:58.957 (1:03.072)		
18	Cade Johnson	FR Morningside	1:59.02	1
	57.887 (57.887)	1:59.018 (1:01.131)		
19	Will Dawes	JR Doane	2:00.30	1
	59.472 (59.472)	2:00.295 (1:00.823)		
20	Casey Kruger	JR Morningside	2:00.49	1
	58.184 (58.184)	2:00.482 (1:02.298)		
21	Justin Kroeze	FR Dordt	2:00.76	2
	58.830 (58.830)	2:00.751 (1:01.921)		
22	Lucas Hjortkjaer	JR Midland	2:03.66	3
	59.717 (59.717)	2:03.651 (1:03.934)		
23	Josiah Wittenberg	JR Dordt	2:04.64	2
	57.719 (57.719)	2:04.633 (1:06.914)		
24	Justin Sherman	SO Concordia (Neb.)	2:12.90	1
	1:02.373 (1:02.373)	2:12.891 (1:10.518)		

Event 5 Men 1500 Meter Run

GPAC Record: G 3:50.14 1982 Kregg Einspahr, Concordia University
 NAIA Auto: A 3:50.00
 NAIA Prov.: B 3:52.00

Name	Year	School	Finals	H#	Points
1 Kaden Van Wyngarden		SO Dordt	3:51.70B	2	10
	44.014 (44.014)	1:48.133 (1:04.119)	2:51.892 (1:03.759)		3:51.698 (59.806)
2 Lucas Hjortkjaer		JR Midland	3:54.44	2	8
	44.299 (44.299)	1:47.773 (1:03.474)	2:52.060 (1:04.287)		3:54.440 (1:02.380)
3 Justin Kroeze		FR Dordt	3:54.73	2	6
	45.596 (45.596)	1:49.082 (1:03.486)	2:53.680 (1:04.598)		3:54.722 (1:01.042)
4 Henri Stoeckermann		SR Midland	3:55.60	2	5
	44.607 (44.607)	1:48.321 (1:03.714)	2:52.112 (1:03.791)		3:55.599 (1:03.487)
5 Michael Grigsby		JR Doane	3:56.06	2	4
	45.119 (45.119)	1:48.534 (1:03.415)	2:52.812 (1:04.278)		3:56.059 (1:03.247)
6 Luke Swanson		JR Dordt	3:57.70	2	3
	45.851 (45.851)	1:49.234 (1:03.383)	2:53.268 (1:04.034)		3:57.693 (1:04.425)
7 Trey Robertson		SO Concordia (Neb.)	4:00.00	2	2
	44.849 (44.849)	1:48.690 (1:03.841)	2:54.507 (1:05.817)		3:59.991 (1:05.484)
8 Jonathan Breems		SO Dordt	4:00.56	2	1
	46.120 (46.120)	1:49.500 (1:03.380)	2:56.230 (1:06.730)		4:00.557 (1:04.327)
9 Trevor Kunc1		JR Concordia (Neb.)	4:02.17	2	
	45.370 (45.370)	1:48.842 (1:03.472)	2:55.291 (1:06.449)		4:02.168 (1:06.877)
10 Jon Mahoney		SR Midland	4:02.68	1	
	48.347 (48.347)	1:53.724 (1:05.377)	3:00.841 (1:07.117)		4:02.679 (1:01.838)
11 Luke Bonifas		SO Doane	4:04.29	2	
	46.216 (46.216)	1:50.007 (1:03.791)	2:56.461 (1:06.454)		4:04.290 (1:07.829)
12 Justin Sherman		SO Concordia (Neb.)	4:05.68	1	
	47.775 (47.775)	1:53.440 (1:05.665)	3:01.613 (1:08.173)		4:05.677 (1:04.064)
13 Ezra Landman		FR Dordt	4:05.97	1	
	47.212 (47.212)	1:53.048 (1:05.836)	3:01.413 (1:08.365)		4:05.965 (1:04.552)
14 Will Dawes		JR Doane	4:06.79	1	
	48.102 (48.102)	1:54.573 (1:06.471)	3:02.613 (1:08.040)		4:06.783 (1:04.170)

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 5 Men 1500 Meter Run**

15 Owen Krabill	SO Dordt	4:07.84	1
48.058 (48.058)	1:53.503 (1:05.445)	3:01.397 (1:07.894)	4:07.834 (1:06.437)
16 Owen Koontz	SO Mount Marty	4:10.38	1
47.191 (47.191)	1:54.125 (1:06.934)	3:02.876 (1:08.751)	4:10.374 (1:07.498)
17 Parker Graves	FR Hastings	4:11.12	2
45.839 (45.839)	1:49.815 (1:03.976)	2:57.937 (1:08.122)	4:11.112 (1:13.175)
18 Dennis Kandie	FR Midland	4:11.25	1
47.538 (47.538)	1:53.672 (1:06.134)	3:01.093 (1:07.421)	4:11.248 (1:10.155)
19 Carson Conway	FR Mount Marty	4:12.90	1
47.444 (47.444)	1:54.784 (1:07.340)	3:04.559 (1:09.775)	4:12.898 (1:08.339)
20 Hudson Opp	JR Concordia (Neb.)	4:13.80	1
48.965 (48.965)	1:57.352 (1:08.387)	3:09.195 (1:11.843)	4:13.796 (1:04.601)
21 Isaiah Cote	FR Waldorf	4:18.59	1
48.572 (48.572)	1:54.760 (1:06.188)	3:05.146 (1:10.386)	4:18.581 (1:13.435)
22 Logan Menke	JR Doane	4:22.80	1
48.312 (48.312)	1:55.791 (1:07.479)	3:07.615 (1:11.824)	4:22.795 (1:15.180)
23 Mason Hodges	SO Concordia (Neb.)	4:24.15	1
49.160 (49.160)	1:58.418 (1:09.258)	3:11.067 (1:12.649)	4:24.148 (1:13.081)

Event 6 Men 3000 Meter Steeplechase

GPAC Record: G 9:07.89 5/6/2023 Kalen Dockweiler, Doane

NAIA Auto: A 9:15.50

NAIA Prov.: B 9:25.50

Name	Year	School	Finals	Points
1 Tatum Jelleberg	SR	Hastings	9:38.40	10
37.002 (37.002)	1:48.936 (1:11.934)	3:04.821 (1:15.885)	4:21.510 (1:16.689)	
5:38.595 (1:17.085)	6:57.220 (1:18.625)	8:19.121 (1:21.901)	9:38.395 (1:19.274)	
2 Levi Landman	JR	Dordt	9:46.45	8
37.782 (37.782)	1:52.636 (1:14.854)	3:10.571 (1:17.935)	4:28.978 (1:18.407)	
5:48.886 (1:19.908)	7:09.119 (1:20.233)	8:29.124 (1:20.005)	9:46.450 (1:17.326)	
3 Isaac Fagan	FR	Dordt	9:57.13	6
38.790 (38.790)	1:53.440 (1:14.650)	3:11.625 (1:18.185)	4:30.805 (1:19.180)	
5:52.589 (1:21.784)	7:15.098 (1:22.509)	8:38.774 (1:23.676)	9:57.127 (1:18.353)	
4 Jarrett Miles	FR	Concordia (Neb.)	10:05.18	5
38.209 (38.209)	1:52.997 (1:14.788)	3:11.127 (1:18.130)	4:31.073 (1:19.946)	
5:54.131 (1:23.058)	7:20.903 (1:26.772)	8:47.045 (1:26.142)	10:05.178 (1:18.133)	
5 Alik McIlravy	FR	Northwestern (Iowa)	10:06.64	4
38.969 (38.969)	1:54.196 (1:15.227)	3:12.798 (1:18.602)	4:32.981 (1:20.183)	
5:55.259 (1:22.278)	7:17.457 (1:22.198)	8:42.560 (1:25.103)	10:06.637 (1:24.077)	
6 Kelvin Korir	FR	Midland	10:20.68	3
39.096 (39.096)	1:53.831 (1:14.735)	3:11.917 (1:18.086)	4:33.223 (1:21.306)	
5:58.616 (1:25.393)	7:26.576 (1:27.960)	8:56.685 (1:30.109)	10:20.677 (1:23.992)	
7 Cole Yunker	FR	Concordia (Neb.)	10:24.45	2
41.180 (41.180)	2:00.444 (1:19.264)	3:21.939 (1:21.495)	4:46.249 (1:24.310)	
6:10.675 (1:24.426)	7:36.651 (1:25.976)	9:01.907 (1:25.256)	10:24.450 (1:22.543)	
8 Parker Halder	JR	Morningside	10:33.45	1
39.282 (39.282)	1:54.539 (1:15.257)	3:16.169 (1:21.630)	4:39.249 (1:23.080)	
6:07.002 (1:27.753)	7:35.686 (1:28.684)	9:04.549 (1:28.863)	10:33.441 (1:28.892)	
9 Sammy King	FR	Dordt	10:40.25	
40.460 (40.460)	2:00.336 (1:19.876)	3:23.565 (1:23.229)	4:50.038 (1:26.473)	
6:17.197 (1:27.159)	7:45.638 (1:28.441)	9:14.275 (1:28.637)	10:40.248 (1:25.973)	

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 6 Men 3000 Meter Steeplechase**

10 Joshua Daun	FR Dordt	10:41.34			
41.017 (41.017)	2:03.793 (1:22.776)	3:28.907 (1:25.114)	4:55.491 (1:26.584)		
6:23.417 (1:27.926)	7:52.107 (1:28.690)	9:20.086 (1:27.979)	10:41.331 (1:21.245)		
11 Braeden Brough	JR Northwestern (Iowa)	10:53.71			
42.191 (42.191)	2:05.871 (1:23.680)	3:31.413 (1:25.542)	4:57.562 (1:26.149)		
6:28.044 (1:30.482)	7:59.888 (1:31.844)	9:30.041 (1:30.153)	10:53.702 (1:23.661)		
12 Jake Huston	FR Northwestern (Iowa)	10:56.50			
41.881 (41.881)	2:05.418 (1:23.537)	3:32.176 (1:26.758)	4:59.608 (1:27.432)		
6:30.307 (1:30.699)	8:01.907 (1:31.600)	9:32.452 (1:30.545)	10:56.491 (1:24.039)		
13 Felix Grave	SR Midland	10:57.62			
41.040 (41.040)	2:01.121 (1:20.081)	3:24.670 (1:23.549)	4:52.347 (1:27.677)		
6:21.483 (1:29.136)	7:54.160 (1:32.677)	9:27.520 (1:33.360)	10:57.612 (1:30.092)		
14 Levi Bird	SO Dordt	11:06.36			
42.083 (42.083)	2:05.062 (1:22.979)	3:29.763 (1:24.701)	4:56.005 (1:26.242)		
6:26.588 (1:30.583)	7:59.238 (1:32.650)	9:33.585 (1:34.347)	11:06.352 (1:32.767)		
15 Joseph Seifferlein	FR Doane	11:30.94			
41.652 (41.652)	2:02.576 (1:20.924)	3:26.459 (1:23.883)	4:53.930 (1:27.471)		
6:27.254 (1:33.324)	8:09.531 (1:42.277)	9:51.054 (1:41.523)	11:30.939 (1:39.885)		

Event 7 Men 5000 Meter Run

GPAC Record: G 14:48.03 5/6/2023 Joe Anderson, Dordt University
 NAIA Auto: A 14:25.50
 NAIA Prov.: B 14:35.50

Name	Year	School	Finals	Points			
1 Kenicious Limo	FR	Midland	14:45.77G	10			
35.721 (35.721)	1:46.978 (1:11.257)	2:56.217 (1:09.239)	4:04.294 (1:08.077)				
5:14.634 (1:10.340)	6:25.225 (1:10.591)	7:37.362 (1:12.137)	8:49.029 (1:11.667)				
10:01.448 (1:12.419)	11:13.726 (1:12.278)	12:26.609 (1:12.883)	13:39.175 (1:12.566)				
14:45.768 (1:06.593)							
2 Aidan Vorster	SR	Dordt	15:14.02	8			
36.296 (36.296)	1:47.836 (1:11.540)	2:57.881 (1:10.045)	4:09.177 (1:11.296)				
5:22.895 (1:13.718)	6:36.850 (1:13.955)	7:51.640 (1:14.790)	9:06.155 (1:14.515)				
10:21.757 (1:15.602)	11:37.120 (1:15.363)	12:52.399 (1:15.279)	14:06.903 (1:14.504)				
15:14.011 (1:07.108)							
3 Nelson Ruto	JR	Doane	15:17.42	6			
35.898 (35.898)	1:47.209 (1:11.311)	2:56.469 (1:09.260)	4:04.509 (1:08.040)				
5:14.862 (1:10.353)	6:25.441 (1:10.579)	7:37.604 (1:12.163)	8:53.093 (1:15.489)				
10:10.383 (1:17.290)	11:28.161 (1:17.778)	12:46.677 (1:18.516)	14:04.356 (1:17.679)				
15:17.416 (1:13.060)							
4 Jayden Wall	FR	Doane	15:28.97	5			
38.123 (38.123)	1:50.071 (1:11.948)	3:00.355 (1:10.284)	4:12.749 (1:12.394)				
5:26.073 (1:13.324)	6:39.757 (1:13.684)	7:54.042 (1:14.285)	9:10.089 (1:16.047)				
10:27.054 (1:16.965)	11:43.166 (1:16.112)	13:00.852 (1:17.686)	14:18.209 (1:17.357)				
15:28.963 (1:10.754)							
5 Derrek Vander Leest	JR	Dordt	15:38.78	4			
37.165 (37.165)	1:49.573 (1:12.408)	3:01.428 (1:11.855)	4:15.209 (1:13.781)				
5:30.283 (1:15.074)	6:45.636 (1:15.353)	8:01.906 (1:16.270)	9:18.016 (1:16.110)				
10:34.322 (1:16.306)	11:51.069 (1:16.747)	13:07.647 (1:16.578)	14:25.906 (1:18.259)				
15:38.775 (1:12.869)							

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 7 Men 5000 Meter Run**

6	Ben VanDeBerg	JR Northwestern (Iowa)	15:42.84	3				
	36.844 (36.844)	1:49.553 (1:12.709)	3:02.124 (1:12.571)	4:16.495 (1:14.371)				
	5:30.776 (1:14.281)	6:46.488 (1:15.712)	8:01.679 (1:15.191)	9:17.744 (1:16.065)				
	10:35.122 (1:17.378)	11:51.442 (1:16.320)	13:09.162 (1:17.720)	14:27.248 (1:18.086)				
	15:42.838 (1:15.590)							
7	Trey Robertson	SO Concordia (Neb.)	15:46.78	2				
	36.185 (36.185)	1:47.862 (1:11.677)	2:57.209 (1:09.347)	4:06.705 (1:09.496)				
	5:19.846 (1:13.141)	6:36.117 (1:16.271)	7:53.984 (1:17.867)	9:12.218 (1:18.234)				
	10:31.875 (1:19.657)	11:50.933 (1:19.058)	13:09.875 (1:18.942)	14:29.859 (1:19.984)				
	15:46.771 (1:16.912)							
8	Porter Bickley	FR Doane	15:53.80	1				
	35.676 (35.676)	1:47.029 (1:11.353)	2:56.328 (1:09.299)	4:04.520 (1:08.192)				
	5:15.916 (1:11.396)	6:30.250 (1:14.334)	7:46.724 (1:16.474)	9:05.538 (1:18.814)				
	10:28.168 (1:22.630)	11:52.336 (1:24.168)	13:16.331 (1:23.995)	14:38.958 (1:22.627)				
	15:53.792 (1:14.834)							
9	Jon Mahoney	SR Midland	15:58.45					
	39.403 (39.403)	1:53.730 (1:14.327)	3:08.578 (1:14.848)	4:25.756 (1:17.178)				
	5:42.457 (1:16.701)	6:58.713 (1:16.256)	8:15.386 (1:16.673)	9:32.890 (1:17.504)				
	10:52.600 (1:19.710)	12:11.556 (1:18.956)	13:29.171 (1:17.615)	14:50.262 (1:21.091)				
	15:58.443 (1:08.181)							
10	Tatum Jelleberg	SR Hastings	16:01.56					
	38.398 (38.398)	1:52.047 (1:13.649)	3:08.018 (1:15.971)	4:24.969 (1:16.951)				
	5:41.084 (1:16.115)	6:58.729 (1:17.645)	8:17.501 (1:18.772)	9:36.029 (1:18.528)				
	10:55.242 (1:19.213)	12:13.998 (1:18.756)	13:32.276 (1:18.278)	14:49.764 (1:17.488)				
	16:01.556 (1:11.792)							
11	Joseph Cross	FR Mount Marty	16:03.29					
	36.772 (36.772)	1:49.246 (1:12.474)	3:01.565 (1:12.319)	4:15.492 (1:13.927)				
	5:29.828 (1:14.336)	6:46.196 (1:16.368)	8:04.133 (1:17.937)	9:23.628 (1:19.495)				
	10:43.913 (1:20.285)	12:05.003 (1:21.090)	13:25.564 (1:20.561)	14:46.463 (1:20.899)				
	16:03.284 (1:16.821)							
12	Dennis Kandie	FR Midland	16:10.94					
	37.822 (37.822)	1:50.503 (1:12.681)	3:02.478 (1:11.975)	4:16.297 (1:13.819)				
	5:31.121 (1:14.824)	6:46.737 (1:15.616)	8:02.438 (1:15.701)	9:18.440 (1:16.002)				
	10:37.343 (1:18.903)	11:58.953 (1:21.610)	13:22.424 (1:23.471)	14:47.149 (1:24.725)				
	16:10.936 (1:23.787)							
13	Parker Halder	JR Morningside	16:11.54					
	39.150 (39.150)	1:53.092 (1:13.942)	3:08.202 (1:15.110)	4:25.249 (1:17.047)				
	5:41.949 (1:16.700)	6:59.186 (1:17.237)	8:19.286 (1:20.100)	9:39.802 (1:20.516)				
	11:00.428 (1:20.626)	12:22.866 (1:22.438)	13:42.149 (1:19.283)	15:00.660 (1:18.511)				
	16:11.533 (1:10.873)							
14	RC Hicks	JR Morningside	16:12.65					
	38.965 (38.965)	1:53.453 (1:14.488)	3:08.346 (1:14.893)	4:25.516 (1:17.170)				
	5:42.198 (1:16.682)	6:59.537 (1:17.339)	8:19.190 (1:19.653)	9:39.442 (1:20.252)				
	11:00.781 (1:21.339)	12:22.575 (1:21.794)	13:41.928 (1:19.353)	14:58.934 (1:17.006)				
	16:12.645 (1:13.711)							
15	Thomas Gorline	SR Concordia (Neb.)	16:14.54					
	38.629 (38.629)	1:52.239 (1:13.610)	3:07.861 (1:15.622)	4:23.478 (1:15.617)				
	5:39.439 (1:15.961)	6:56.984 (1:17.545)	8:15.578 (1:18.594)	9:34.172 (1:18.594)				
	10:52.917 (1:18.745)	12:12.006 (1:19.089)	13:33.166 (1:21.160)	14:55.654 (1:22.488)				
	16:14.538 (1:18.884)							
16	Tage Hulstein	JR Dordt	16:15.68					
	35.772 (35.772)	1:47.516 (1:11.744)	2:57.457 (1:09.941)	4:08.972 (1:11.515)				
	5:23.383 (1:14.411)	6:39.329 (1:15.946)	7:58.487 (1:19.158)	9:20.725 (1:22.238)				
	10:43.803 (1:23.078)	12:05.815 (1:22.012)	13:29.076 (1:23.261)	14:53.948 (1:24.872)				
	16:15.671 (1:21.723)							

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 7 Men 5000 Meter Run**

17 Truman Johnson	FR Dordt	16:18.52				
36.229 (36.229)	1:48.727 (1:12.498)	3:01.196 (1:12.469)	4:16.012 (1:14.816)			
5:33.131 (1:17.119)	6:52.926 (1:19.795)	8:12.305 (1:19.379)	9:33.243 (1:20.938)			
10:53.510 (1:20.267)	12:14.454 (1:20.944)	13:36.568 (1:22.114)	14:58.716 (1:22.148)			
16:18.512 (1:19.796)						
18 Vaughn Hendrickson	FR Concordia (Neb.)	16:26.30				
36.013 (36.013)	1:47.542 (1:11.529)	2:58.261 (1:10.719)	4:14.047 (1:15.786)			
5:32.868 (1:18.821)	6:52.681 (1:19.813)	8:14.862 (1:22.181)	9:38.524 (1:23.662)			
11:01.987 (1:23.463)	12:25.255 (1:23.268)	13:47.559 (1:22.304)	15:08.300 (1:20.741)			
16:26.300 (1:18.000)						
19 Tavin Schroeder	FR Dordt	16:27.29				
37.658 (37.658)	1:50.483 (1:12.825)	3:04.446 (1:13.963)	4:22.102 (1:17.656)			
5:39.133 (1:17.031)	6:57.206 (1:18.073)	8:16.962 (1:19.756)	9:38.239 (1:21.277)			
11:00.155 (1:21.916)	12:23.504 (1:23.349)	13:48.020 (1:24.516)	15:12.874 (1:24.854)			
16:27.283 (1:14.409)						
20 Chase Kamp	JR Dordt	16:36.64				
37.409 (37.409)	1:50.011 (1:12.602)	3:04.100 (1:14.089)	4:22.776 (1:18.676)			
5:42.362 (1:19.586)	7:02.740 (1:20.378)	8:24.263 (1:21.523)	9:46.658 (1:22.395)			
11:09.272 (1:22.614)	12:32.816 (1:23.544)	13:56.243 (1:23.427)	15:17.448 (1:21.205)			
16:36.634 (1:19.186)						
21 Brett Gifford	FR Dordt	16:45.08				
38.795 (38.795)	1:53.697 (1:14.902)	3:09.929 (1:16.232)	4:28.433 (1:18.504)			
5:48.944 (1:20.511)	7:10.235 (1:21.291)	8:32.740 (1:22.505)	9:57.328 (1:24.588)			
11:20.724 (1:23.396)	12:44.672 (1:23.948)	14:07.371 (1:22.699)	15:29.254 (1:21.883)			
16:45.075 (1:15.821)						
22 Ransom Watts	SO Concordia (Neb.)	16:46.52				
36.472 (36.472)	1:48.839 (1:12.367)	3:00.968 (1:12.129)	4:15.779 (1:14.811)			
5:33.547 (1:17.768)	6:53.242 (1:19.695)	8:13.420 (1:20.178)	9:35.605 (1:22.185)			
11:01.979 (1:26.374)	12:30.660 (1:28.681)	14:01.281 (1:30.621)	15:27.700 (1:26.419)			
16:46.517 (1:18.817)						
23 Jay Stoa III	FR Midland	19:35.33				
39.337 (39.337)	1:58.414 (1:19.077)	3:25.442 (1:27.028)	4:57.207 (1:31.765)			
6:31.740 (1:34.533)	8:09.966 (1:38.226)	9:48.247 (1:38.281)	11:26.389 (1:38.142)			
13:05.183 (1:38.794)	14:44.487 (1:39.304)	16:24.169 (1:39.682)	18:02.111 (1:37.942)			
19:35.323 (1:33.212)						

Event 8 Men 10000 Meter Run

GPAC Record: G 30:55.24 1991 Garry Wasserman, Nebraska Weseley
 NAIA Auto: A 30:23.00
 NAIA Prov.: B 30:58.00

Name	Year	School	Finals	Points				
1 Kenicious Limo		FR Midland	30:47.24G	10				
1:17.793 (1:17.793)	2:29.048 (1:11.255)	3:41.878 (1:12.830)	4:57.286 (1:15.409)					
6:11.738 (1:14.452)	7:26.545 (1:14.808)	8:40.951 (1:14.407)	9:54.740 (1:13.789)					
11:08.725 (1:13.985)	12:21.989 (1:13.264)	13:35.460 (1:13.472)	14:49.508 (1:14.048)					
16:03.515 (1:14.008)	17:17.978 (1:14.463)	18:32.061 (1:14.084)	19:46.914 (1:14.853)					
21:00.833 (1:13.919)	22:15.459 (1:14.627)	23:29.418 (1:13.959)	24:44.866 (1:15.449)					
26:00.010 (1:15.144)	27:14.140 (1:14.130)	28:28.543 (1:14.403)	29:41.270 (1:12.728)					
30:47.240 (1:05.970)								

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Coplex****Results****....Event 8 Men 10000 Meter Run**

2 Nelson Ruto	JR Doane	31:33.88	8
1:18.781 (1:18.781)	2:29.970 (1:11.189)	3:43.060 (1:13.090)	4:59.045 (1:15.985)
6:15.649 (1:16.604)	7:29.449 (1:13.800)	8:42.365 (1:12.917)	9:56.736 (1:14.372)
11:09.334 (1:12.598)	12:22.240 (1:12.907)	13:35.740 (1:13.500)	14:49.829 (1:14.089)
16:05.971 (1:16.143)	17:23.293 (1:17.322)	18:40.334 (1:17.042)	19:58.155 (1:17.822)
21:16.958 (1:18.803)	22:35.624 (1:18.667)	23:53.280 (1:17.657)	25:10.881 (1:17.602)
26:28.969 (1:18.088)	27:47.265 (1:18.297)	29:04.918 (1:17.653)	30:21.765 (1:16.848)
31:33.880 (1:12.115)			
3 Aidan Vorster	SR Dordt	31:50.11	6
1:18.518 (1:18.518)	2:29.708 (1:11.190)	3:42.815 (1:13.108)	4:58.780 (1:15.965)
6:15.430 (1:16.650)	7:29.839 (1:14.409)	8:44.500 (1:14.662)	10:01.195 (1:16.695)
11:17.770 (1:16.575)	12:35.259 (1:17.489)	13:51.969 (1:16.710)	15:09.434 (1:17.465)
16:27.493 (1:18.059)	17:45.096 (1:17.604)	19:03.023 (1:17.927)	20:21.549 (1:18.527)
21:41.683 (1:20.134)	23:01.390 (1:19.708)	24:20.315 (1:18.925)	25:37.171 (1:16.857)
26:53.551 (1:16.380)	28:09.898 (1:16.347)	29:25.920 (1:16.023)	30:40.261 (1:14.342)
31:50.103 (1:09.842)			
4 Truman Johnson	FR Dordt	32:07.41	5
1:18.049 (1:18.049)	2:29.365 (1:11.317)	3:42.529 (1:13.164)	4:58.523 (1:15.994)
6:15.573 (1:17.050)	7:30.338 (1:14.765)	8:45.065 (1:14.728)	10:01.430 (1:16.365)
11:18.013 (1:16.583)	12:35.034 (1:17.022)	13:51.679 (1:16.645)	15:09.665 (1:17.987)
16:27.208 (1:17.543)	17:44.820 (1:17.613)	19:03.248 (1:18.428)	20:21.751 (1:18.504)
21:41.221 (1:19.470)	22:59.451 (1:18.230)	24:18.305 (1:18.854)	25:37.475 (1:19.170)
26:56.373 (1:18.898)	28:16.533 (1:20.160)	29:37.365 (1:20.833)	30:57.031 (1:19.667)
32:07.401 (1:10.370)			
5 Joseph Cross	FR Mount Marty	32:07.74	4
1:19.293 (1:19.293)	2:32.548 (1:13.255)	3:48.156 (1:15.609)	5:04.470 (1:16.314)
6:20.831 (1:16.362)	7:37.334 (1:16.503)	8:53.995 (1:16.662)	10:11.849 (1:17.854)
11:29.850 (1:18.002)	12:46.888 (1:17.038)	14:04.353 (1:17.465)	15:22.246 (1:17.894)
16:40.459 (1:18.213)	17:58.576 (1:18.118)	19:15.884 (1:17.308)	20:33.746 (1:17.863)
21:51.379 (1:17.633)	23:09.606 (1:18.228)	24:27.754 (1:18.148)	25:46.396 (1:18.643)
27:04.683 (1:18.287)	28:22.259 (1:17.577)	29:40.156 (1:17.898)	30:56.758 (1:16.602)
32:07.740 (1:10.983)			
6 Tatum Jelleberg	SR Hastings	32:14.17	3
1:18.979 (1:18.979)	2:32.271 (1:13.293)	3:47.830 (1:15.559)	5:04.135 (1:16.305)
6:20.498 (1:16.363)	7:36.999 (1:16.502)	8:53.668 (1:16.669)	10:11.541 (1:17.874)
11:29.520 (1:17.979)	12:46.536 (1:17.017)	14:04.039 (1:17.503)	15:22.018 (1:17.979)
16:40.133 (1:18.115)	17:58.283 (1:18.150)	19:16.430 (1:18.148)	20:35.481 (1:19.052)
21:55.231 (1:19.750)	23:14.215 (1:18.984)	24:32.376 (1:18.162)	25:50.779 (1:18.403)
27:09.931 (1:19.153)	28:29.599 (1:19.668)	29:47.310 (1:17.712)	31:03.153 (1:15.843)
32:14.169 (1:11.017)			
7 Ben VanDeBerg	JR Northwestern (Iowa)	32:23.09	2
1:19.471 (1:19.471)	2:33.068 (1:13.597)	3:49.811 (1:16.744)	5:08.230 (1:18.419)
6:26.515 (1:18.285)	7:43.843 (1:17.328)	9:01.983 (1:18.140)	10:20.050 (1:18.068)
11:38.815 (1:18.765)	12:56.574 (1:17.759)	14:15.078 (1:18.504)	15:33.363 (1:18.285)
16:52.051 (1:18.689)	18:10.856 (1:18.805)	19:28.286 (1:17.430)	20:46.033 (1:17.747)
22:04.734 (1:18.702)	23:22.893 (1:18.159)	24:40.824 (1:17.932)	25:58.611 (1:17.788)
27:17.351 (1:18.740)	28:33.550 (1:16.199)	29:50.665 (1:17.115)	31:07.704 (1:17.039)
32:23.088 (1:15.384)			

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Coplex****Results****....Event 8 Men 10000 Meter Run**

8	Derrek Vander Leest	JR Dordt	32:24.95	1			
	1:19.638 (1:19.638)	2:33.885 (1:14.248)	3:51.671 (1:17.787)	5:09.965 (1:18.294)			
	6:28.511 (1:18.547)	7:47.661 (1:19.150)	9:05.764 (1:18.103)	10:23.433 (1:17.669)			
	11:41.446 (1:18.014)	12:59.968 (1:18.522)	14:18.199 (1:18.232)	15:35.785 (1:17.587)			
	16:53.479 (1:17.694)	18:11.031 (1:17.553)	19:28.008 (1:16.977)	20:45.696 (1:17.689)			
	22:04.483 (1:18.787)	23:22.641 (1:18.159)	24:40.470 (1:17.829)	25:58.356 (1:17.887)			
	27:17.159 (1:18.803)	28:34.370 (1:17.212)	29:52.964 (1:18.594)	31:11.888 (1:18.924)			
	32:24.944 (1:13.057)						
9	Jack Ellis	SR Concordia (Neb.)	32:43.52				
	1:21.043 (1:21.043)	2:40.235 (1:19.193)	3:58.986 (1:18.752)	5:18.314 (1:19.328)			
	6:37.329 (1:19.015)	7:56.568 (1:19.239)	9:16.609 (1:20.042)	10:36.940 (1:20.332)			
	11:55.989 (1:19.049)	13:15.823 (1:19.834)	14:36.028 (1:20.205)	15:55.100 (1:19.073)			
	17:13.896 (1:18.797)	18:32.365 (1:18.469)	19:51.205 (1:18.840)	21:11.388 (1:20.183)			
	22:30.101 (1:18.714)	23:46.770 (1:16.669)	25:04.090 (1:17.320)	26:22.356 (1:18.267)			
	27:40.005 (1:17.649)	28:57.713 (1:17.708)	30:13.451 (1:15.739)	31:31.128 (1:17.677)			
	32:43.515 (1:12.388)						
10	Brett Gifford	FR Dordt	32:45.93				
	1:19.893 (1:19.893)	2:34.526 (1:14.634)	3:52.854 (1:18.328)	5:10.481 (1:17.628)			
	6:28.761 (1:18.280)	7:47.923 (1:19.162)	9:06.006 (1:18.084)	10:23.643 (1:17.637)			
	11:41.720 (1:18.078)	13:00.211 (1:18.492)	14:18.413 (1:18.202)	15:36.348 (1:17.935)			
	16:54.520 (1:18.173)	18:13.648 (1:19.128)	19:32.795 (1:19.148)	20:52.456 (1:19.662)			
	22:12.121 (1:19.665)	23:30.951 (1:18.830)	24:50.723 (1:19.772)	26:10.746 (1:20.024)			
	27:32.311 (1:21.565)	28:53.771 (1:21.460)	30:13.961 (1:20.190)	31:32.251 (1:18.290)			
	32:45.923 (1:13.672)						
11	Aidan Limback	SO Concordia (Neb.)	32:50.35				
	1:20.333 (1:20.333)	2:38.351 (1:18.019)	3:56.449 (1:18.098)	5:15.708 (1:19.259)			
	6:35.711 (1:20.004)	7:56.861 (1:21.150)	9:16.200 (1:19.339)	10:36.590 (1:20.390)			
	11:57.303 (1:20.713)	13:17.505 (1:20.203)	14:35.488 (1:17.983)	15:54.521 (1:19.034)			
	17:13.455 (1:18.934)	18:34.484 (1:21.029)	19:55.009 (1:20.525)	21:14.926 (1:19.918)			
	22:35.026 (1:20.100)	23:53.933 (1:18.907)	25:13.053 (1:19.120)	26:31.929 (1:18.877)			
	27:47.734 (1:15.805)	29:03.083 (1:15.349)	30:20.504 (1:17.422)	31:38.201 (1:17.698)			
	32:50.349 (1:12.148)						
12	Jon Mahoney	SR Midland	33:11.28				
	1:21.253 (1:21.253)	2:41.739 (1:20.487)	4:04.785 (1:23.047)	5:22.609 (1:17.824)			
	6:38.449 (1:15.840)	7:57.129 (1:18.680)	9:16.845 (1:19.717)	10:34.218 (1:17.373)			
	11:50.221 (1:16.004)	13:07.583 (1:17.362)	14:27.444 (1:19.862)	15:46.775 (1:19.332)			
	17:06.058 (1:19.283)	18:24.490 (1:18.433)	19:43.739 (1:19.249)	21:02.136 (1:18.398)			
	22:21.719 (1:19.583)	23:42.871 (1:21.153)	25:04.944 (1:22.073)	26:27.026 (1:22.083)			
	27:48.559 (1:21.533)	29:07.796 (1:19.238)	30:30.935 (1:23.139)	31:53.453 (1:22.518)			
	33:11.280 (1:17.828)						
13	Thomas Gorline	SR Concordia (Neb.)	33:16.85				
	1:19.858 (1:19.858)	2:34.575 (1:14.718)	3:51.769 (1:17.194)	5:10.114 (1:18.345)			
	6:28.619 (1:18.505)	7:47.391 (1:18.773)	9:05.819 (1:18.428)	10:24.353 (1:18.534)			
	11:42.051 (1:17.699)	13:00.929 (1:18.878)	14:20.934 (1:20.005)	15:41.723 (1:20.789)			
	17:02.391 (1:20.669)	18:23.295 (1:20.904)	19:43.198 (1:19.903)	21:04.004 (1:20.807)			
	22:26.040 (1:22.037)	23:47.590 (1:21.550)	25:08.749 (1:21.159)	26:30.909 (1:22.160)			
	27:52.178 (1:21.269)	29:14.933 (1:22.755)	30:37.513 (1:22.580)	31:59.751 (1:22.239)			
	33:16.841 (1:17.090)						

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 8 Men 10000 Meter Run**

14	Isaac Vos	SO Dordt	34:10.50				
	1:20.739 (1:20.739)	2:41.653 (1:20.914)	4:04.719 (1:23.067)	5:25.886 (1:21.168)			
	6:47.570 (1:21.684)	8:09.156 (1:21.587)	9:30.798 (1:21.642)	10:52.098 (1:21.300)			
	12:13.915 (1:21.818)	13:36.814 (1:22.899)	14:59.023 (1:22.209)	16:20.561 (1:21.539)			
	17:41.908 (1:21.347)	19:03.614 (1:21.707)	20:24.983 (1:21.369)	21:46.073 (1:21.090)			
	23:07.675 (1:21.603)	24:29.716 (1:22.042)	25:51.718 (1:22.002)	27:14.623 (1:22.905)			
	28:38.328 (1:23.705)	30:02.535 (1:24.208)	31:27.070 (1:24.535)	32:50.695 (1:23.625)			
	34:10.498 (1:19.803)						
15	Cody Smith	FR Doane	34:34.07				
	1:20.936 (1:20.936)	2:41.484 (1:20.548)	4:04.495 (1:23.012)	5:27.319 (1:22.824)			
	6:50.463 (1:23.144)	8:13.713 (1:23.250)	9:36.876 (1:23.164)	11:00.064 (1:23.188)			
	12:23.401 (1:23.338)	13:46.838 (1:23.437)	15:09.698 (1:22.860)	16:32.969 (1:23.272)			
	17:56.409 (1:23.440)	19:20.629 (1:24.220)	20:44.796 (1:24.168)	22:08.403 (1:23.607)			
	23:31.910 (1:23.508)	24:55.478 (1:23.568)	26:20.066 (1:24.589)	27:43.938 (1:23.872)			
	29:08.199 (1:24.262)	30:32.251 (1:24.053)	31:55.416 (1:23.165)	33:17.775 (1:22.359)			
	34:34.065 (1:16.290)						
16	Jeremiah Arndt	JR Doane	34:38.73				
	1:20.703 (1:20.703)	2:41.100 (1:20.398)	4:04.316 (1:23.217)	5:27.195 (1:22.879)			
	6:50.154 (1:22.959)	8:13.464 (1:23.310)	9:36.653 (1:23.189)	10:59.860 (1:23.208)			
	12:23.113 (1:23.253)	13:46.719 (1:23.607)	15:09.379 (1:22.660)	16:32.733 (1:23.354)			
	17:56.736 (1:24.004)	19:20.934 (1:24.198)	20:44.505 (1:23.572)	22:08.100 (1:23.595)			
	23:31.206 (1:23.107)	24:55.086 (1:23.880)	26:19.876 (1:24.790)	27:43.668 (1:23.792)			
	29:08.024 (1:24.357)	30:32.081 (1:24.058)	31:55.185 (1:23.104)	33:18.585 (1:23.400)			
	34:38.726 (1:20.142)						
17	Chase Kamp	JR Dordt	34:57.07				
	1:20.199 (1:20.199)	2:35.735 (1:15.537)	3:54.694 (1:18.959)	5:14.600 (1:19.907)			
	6:37.395 (1:22.795)	8:00.823 (1:23.428)	9:26.375 (1:25.553)	10:51.438 (1:25.063)			
	12:16.674 (1:25.237)	13:43.691 (1:27.018)	15:10.220 (1:26.529)	16:36.390 (1:26.170)			
	18:02.605 (1:26.215)	19:28.685 (1:26.080)	20:55.213 (1:26.528)	22:21.470 (1:26.258)			
	23:48.041 (1:26.572)	25:13.353 (1:25.312)	26:38.949 (1:25.597)	28:04.735 (1:25.787)			
	29:29.423 (1:24.688)	30:53.319 (1:23.897)	32:14.966 (1:21.648)	33:36.973 (1:22.007)			
	34:57.061 (1:20.089)						
18	Jacob Shaffer	SO Northwestern (Iowa)	35:18.31				
	1:21.853 (1:21.853)	2:45.081 (1:23.229)	4:10.273 (1:25.192)	5:35.458 (1:25.185)			
	7:00.259 (1:24.802)	8:25.498 (1:25.239)	9:50.640 (1:25.143)	11:17.118 (1:26.478)			
	12:43.583 (1:26.465)	14:09.889 (1:26.307)	15:35.548 (1:25.659)	17:01.309 (1:25.762)			
	18:27.491 (1:26.183)	19:52.775 (1:25.284)	21:18.254 (1:25.479)	22:44.238 (1:25.984)			
	24:09.236 (1:24.999)	25:33.746 (1:24.510)	26:58.084 (1:24.338)	28:22.868 (1:24.784)			
	29:47.964 (1:25.097)	31:12.299 (1:24.335)	32:35.661 (1:23.363)	33:59.426 (1:23.765)			
	35:18.305 (1:18.879)						
19	Chance Mock	FR Doane	35:30.21				
	1:21.453 (1:21.453)	2:42.751 (1:21.299)	4:06.098 (1:23.347)	5:29.091 (1:22.994)			
	6:52.010 (1:22.919)	8:14.434 (1:22.424)	9:38.044 (1:23.610)	11:02.120 (1:24.077)			
	12:26.836 (1:24.717)	13:52.754 (1:25.918)	15:18.723 (1:25.969)	16:45.094 (1:26.372)			
	18:11.313 (1:26.219)	19:37.718 (1:26.405)	21:05.113 (1:27.395)	22:31.531 (1:26.419)			
	23:59.058 (1:27.527)	25:28.776 (1:29.719)	26:57.029 (1:28.253)	28:25.721 (1:28.693)			
	29:52.355 (1:26.634)	31:18.675 (1:26.320)	32:45.903 (1:27.228)	34:12.340 (1:26.438)			
	35:30.209 (1:17.869)						

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 8 Men 10000 Meter Run**

20 Landon Greve	FR Northwestern (Iowa)		36:52.75				
1:21.891 (1:21.891)	2:45.393 (1:23.502)	4:10.595 (1:25.203)	5:36.183 (1:25.588)				
7:01.468 (1:25.285)	8:27.884 (1:26.417)	9:55.781 (1:27.898)	11:23.719 (1:27.938)				
12:52.000 (1:28.282)	14:20.543 (1:28.543)	15:51.656 (1:31.114)	17:23.220 (1:31.564)				
18:55.819 (1:32.599)	20:27.921 (1:32.103)	22:00.744 (1:32.823)	23:31.928 (1:31.184)				
25:03.054 (1:31.127)	26:33.513 (1:30.459)	28:03.439 (1:29.927)	29:32.636 (1:29.198)				
31:04.948 (1:32.312)	32:34.819 (1:29.872)	34:02.914 (1:28.095)	35:31.023 (1:28.109)				
36:52.746 (1:21.724)							

Event 9 Men 110 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

GPAC Record: G 13.79 5/4/2024 Zach Turner, Doane

NAIA Auto: A 14.20

NAIA Prov.: B 14.50

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Zach Turner	SR Doane	A 14.00Q	1.0	1
2 Andrew Brown	FR Doane	14.62Q	-0.4	2
3 Wilton George	SR Briar Cliff	14.76Q	+0.0	3
4 Deagan Puppe	JR Mount Marty	14.99q	1.0	1
5 Easton Fries	FR Concordia (Neb.)	15.00q	1.0	1
6 Evan Shepard	JR Midland	15.07q	-0.4	2
7 Zachary Fox	SO Doane	15.25q	-0.4	2
8 Andrew Harms	SO Doane	15.44q	1.0	1
9 Elijah Weaver	JR Northwestern (Iowa)	15.54	+0.0	3 15.533
10 Gage Fries	JR Concordia (Neb.)	15.54	-0.4	2 15.539
11 Osiel Cantu	FR Mount Marty	15.55	+0.0	3
12 Carter Niles	SO Doane	15.63	-0.4	2
13 Barrett Nielsen	JR Dakota Wesleyan	15.90	1.0	1
14 Boston Riedemann	SO Morningside	16.09	+0.0	3
15 Dylan Brei	SO Concordia (Neb.)	16.37	+0.0	3
16 Wyatt Tschida	SO Dordt	16.97	-0.4	2

Event 9 Men 110 Meter Hurdles

GPAC Record: G 13.79 5/4/2024 Zach Turner, Doane

NAIA Auto: A 14.20

NAIA Prov.: B 14.50

Name	Year School	Finals	Wind	Points
Finals				
1 Zach Turner	SR Doane	13.77G	-0.5	10
2 Andrew Brown	FR Doane	14.30B	-0.5	8
3 Wilton George	SR Briar Cliff	14.60	-0.5	6
4 Easton Fries	FR Concordia (Neb.)	14.94	-0.5	5
5 Evan Shepard	JR Midland	15.03	-0.5	4
6 Deagan Puppe	JR Mount Marty	15.17	-0.5	3
7 Andrew Harms	SO Doane	15.37	-0.5	2
8 Zachary Fox	SO Doane	15.40	-0.5	1
Preliminaries				
9 Elijah Weaver	JR Northwestern (Iowa)			
10 Gage Fries	JR Concordia (Neb.)			
11 Osiel Cantu	FR Mount Marty			

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 9 Men 110 Meter Hurdles**

12 Carter Niles	SO Doane
13 Barrett Nielsen	JR Dakota Wesleyan
14 Boston Riedemann	SO Morningside
15 Dylan Brei	SO Concordia (Neb.)
16 Wyatt Tschida	SO Dordt

Event 10 Men 400 Meter Hurdles

GPAC Record: G 51.92 5/7/2022 Zach Turner, Doane
 NAIA Auto: A 52.64
 NAIA Prov.: B 53.80

Name	Year School	Finals	H#	Points
Finals				
1 Zach Turner	SR Doane	49.99G	3	10
2 Andrew Brown	FR Doane	53.37B	3	8
3 Easton Fries	FR Concordia (Neb.)	54.43	3	6
4 Zachary Fox	SO Doane	54.45	3	5
5 Osiel Cantu	FR Mount Marty	55.29	3	4
6 Zane Eggleston	SO Hastings	55.37	2	3
7 Spencer Hille	FR Hastings	55.47	3	2
8 Barrett Nielsen	JR Dakota Wesleyan	56.11	3	1
9 Evan Shepard	JR Midland	56.65	2	
10 Carter Niles	SO Doane	56.88	2	
11 Gage Fries	JR Concordia (Neb.)	57.60	1	
12 Wyatt Tschida	SO Dordt	57.69	2	
13 Teagan Meyer	SR Concordia (Neb.)	58.12	2	
14 Jonah Norton	FR Northwestern (Iowa)	58.47	2	
15 Motegea Clancy	FR Doane	58.58	2	
16 Will Gutzmer	JR Dordt	58.68	2	
17 Chris Munoz-Sturgeon	FR Mount Marty	58.97	1	
18 Scott Kroll	SO Dordt	59.79	1	
19 Boston Riedemann	SO Morningside	1:00.31	1	
20 Gunner Vargas	SR Northwestern (Iowa)	1:02.01	1	
21 Andrew Nunez	SR Midland	1:04.38	1	

Event 11 Men 4x100 Meter Relay

GPAC Record: G 40.58 2011 Doane - Northwestern, Doane/Northwestern
 NAIA Auto: A 40.76
 NAIA Prov.: B 41.17

School	Finals	H#	Points
1 Dordt	40.73A	2	10
1) Levi Schelhaas JR	2) Logan Franken SR		
3) Ryan Schober SR	4) Jacob Schmoll SO		
2 Northwestern (Iowa)	40.95B	2	8
1) Tyreece Wynne JR	2) Grant Palmer SR		
3) Vance Hayenga-Johnson SO	4) Cody Post SR		
3 Doane	41.29	2	6
1) Devon Jackson FR	2) Jadae Moore SR		
3) Ryland Garretson FR	4) Dalton Whisenhunt SR		
4 Morningside	41.31	2	5
1) Lane Kruger FR	2) Kumunule Gbaley JR		
3) Leighton Olesen SO	4) Theo Moseman SO		

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 11 Men 4x100 Meter Relay**

5 Briar Cliff	41.45	2	4
1) Tinotenda Musariri FR	2) Wilton George SR		
3) Jalen Cook SR	4) Daryl Moppins SR		
6 Mount Marty	42.21	2	3
1) Deagan Puppe JR	2) Zavio Prato SO		
3) Osiel Cantu FR	4) Austin Gobel FR		
7 Midland	42.40	2	2
1) Aiden Mountain SO	2) Jameson Painter FR		
3) Kenya Ford FR	4) Chris Medlock FR		
8 Waldorf	43.06	2	1
1) Xzayvier Horton JR	2) Andreaz Ramos FR		
3) Robay Birri SO	4) Sunel Fernandez FR		
9 Dakota Wesleyan	43.08	1	
1) Trevor Sladky FR	2) A'Johntez Moore FR		
3) Sean DeBlieck FR	4) Michael Hart SO		
10 Hastings	43.21	1	
1) Noah Hudnall SO	2) Tanner-James Friend FR		
3) Adrian Lobeda FR	4) David Chavez-Major FR		
-- Concordia (Neb.)	DQ	1	15-9c
1) Aaron Everett JR	2) Myles Sadd JR		
3) Isaiah Gaunt FR	4) Matthew Wing SO		

Event 12 Men 4x400 Meter Relay

GPAC Record: G 3:12.62 5/11/2007 Hastings College, Hastings
T Redinger, B Gamble, L Beethe, B Diamond

NAIA Auto: A 3:14.00

NAIA Prov.: B 3:17.00

School

Finals H# Points

1 Dordt	3:14.68B	2	10
1) Ryan Schober SR	2) Jacob Schmoll SO		
3) Noah Schroder SO	4) Isaac Davelaar SO		
1:39.437 (1:39.437)	2:26.802 (47.365)	3:14.675 (47.873)	
2 Midland	3:16.37B	2	8
1) Noah Sherman SO	2) Chris Medlock FR		
3) Raheem Richards FR	4) Kenya Ford FR		
1:39.509 (1:39.509)	2:28.433 (48.924)	3:16.366 (47.933)	
3 Doane	3:16.40B	2	6
1) Andrew Brown FR	2) Joaquin Gutierrez JR		
3) Jadae Moore SR	4) Zach Turner SR		
1:38.127 (1:38.127)	2:27.631 (49.504)	3:16.391 (48.760)	
4 Mount Marty	3:17.10	2	5
1) Austin Gobel FR	2) Carl Massa JR		
3) Chris Munoz-Sturgeon FR	4) Zavio Prato SO		
1:40.055 (1:40.055)	2:29.876 (49.821)	3:17.099 (47.223)	
5 Northwestern (Iowa)	3:17.92	2	4
1) Vance Hayenga-Johnson SO	2) Aziah Ashley JR		
3) Carson Van Sickle FR	4) Grant Palmer SR		
1:40.080 (1:40.080)	2:30.089 (50.009)	3:17.918 (47.829)	
6 Morningside	3:19.82	2	3
1) Theo Moseman SO	2) Kadyne Cline SR		
3) Cade Johnson FR	4) Laken Bellis FR		
1:39.193 (1:39.193)	2:29.409 (50.216)	3:19.818 (50.409)	

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 12 Men 4x400 Meter Relay**

7 Hastings	3:23.17	1	2
1) David Chavez-Major FR	2) Deshawn Burks JR		
3) Rafer Severson SO	4) Tyler Salter JR		
1:42.926 (1:42.926)	2:33.144 (50.218)	3:23.163 (50.019)	
8 Concordia (Neb.)	3:24.16	2	1
1) Perry Chadwick FR	2) Lucas Corwin FR		
3) Gage Fries JR	4) Easton Fries FR		
1:42.535 (1:42.535)	2:34.481 (51.946)	3:24.157 (49.676)	
9 Waldorf	3:27.22	1	
1) Xzayvier Horton JR	2) Sunel Fernandez FR		
3) Andreaz Ramos FR	4) Brunelson Dominique JR		
1:44.663 (1:44.663)	2:36.773 (52.110)	3:27.219 (50.446)	
10 Dakota Wesleyan	3:31.53	1	
1) Ian Chrisler FR	2) Gage Hohn FR		
3) Quenton Walls SO	4) Barrett Nielsen JR		
1:47.889 (1:47.889)	2:39.335 (51.446)	3:31.528 (52.193)	

Event 13 Men 4x800 Meter Relay

GPAC Record: G 7:37.92 2019 Dordt, Dordt University
C Herman, J Merkle, L Van Eps, M Van Eps

NAIA Auto: A 7:38.50

NAIA Prov.: B 7:44.00

School

Finals Points

1 Hastings	7:40.77B	10	
1) Evan Struss FR	2) Parker Graves FR		
3) Deshawn Burks JR	4) Tyler Salter JR		
1:55.139 (1:55.139)	3:52.682 (1:57.543)	5:48.393 (1:55.711)	7:40.764 (1:52.371)
2 Doane	7:41.83B	8	
1) Emmanuel Yego JR	2) Will Dawes JR		
3) Luke Bonifas SO	4) Michael Grigsby JR		
1:55.294 (1:55.294)	3:52.955 (1:57.661)	5:49.032 (1:56.077)	7:41.821 (1:52.789)
3 Midland	7:45.30	6	
1) Braden Taylor JR	2) Lucas Hjortkjaer JR		
3) Henri Stoeckermann SR	4) Koen Steenblok FR		
1:58.875 (1:58.875)	3:51.929 (1:53.054)	5:46.929 (1:55.000)	7:45.294 (1:58.365)
4 Dordt	7:46.96	5	
1) Hunter Shanks SR	2) Sam May JR		
3) Ezra Landman FR	4) Josiah Wittenberg JR		
1:57.325 (1:57.325)	3:53.023 (1:55.698)	5:49.737 (1:56.714)	7:46.951 (1:57.214)
5 Mount Marty	8:00.74	4	
1) Carson Conway FR	2) Owen Koontz SO		
3) Tague Tvedt JR	4) Jacob Kueny JR		
2:00.185 (2:00.185)	4:01.090 (2:00.905)	6:01.801 (2:00.711)	8:00.739 (1:58.938)
6 Morningside	8:01.91	3	
1) Casey Kruger JR	2) Cade Johnson FR		
3) Laken Bellis FR	4) Chayton Rowe JR		
1:59.838 (1:59.838)	3:57.389 (1:57.551)	5:57.714 (2:00.325)	8:01.905 (2:04.191)
7 Northwestern (Iowa)	8:10.20	2	
1) Payton Van Sickle SO	2) Elias Jensen FR		
3) Tommy Tracy JR	4) Carson Van Sickle FR		
2:00.116 (2:00.116)	4:03.216 (2:03.100)	6:07.914 (2:04.698)	8:10.195 (2:02.281)
8 Concordia (Neb.)	8:13.05	1	

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 13 Men 4x800 Meter Relay**

1) Charlie Hayden SR

2) Ethan Theilen SO

3) Hudson Opp JR

4) Nate Nelson SO

1:59.077 (1:59.077) 3:58.949 (1:59.872) 6:02.732 (2:03.783) 8:13.041 (2:10.309)

Event 14 Men Long Jump

9 to Final

GPAC Record: G 7.93m 5/5/2012 Ronnie Taylor, Hastings

NAIA Auto: A 7.37m

NAIA Prov.: B 7.23m

Name	Year	School	Finals	Wind	H#	Points
1 Robert Atwater	JR	Midland	7.52mA	0.5	24-08.25	2 10
7.17m(2.5) 7.14m(3.7) 7.18m(0.1) 7.48m(0.3) 7.37m(1.3) 7.52m(0.5)						
2 Braden Kalvelage	JR	Northwestern (Iowa)	7.12m	3.4	23-04.50	2 8
7.12m(3.4) 7.09m(3.9) PASS PASS PASS PASS						
3 Brian Cech	FR	Doane	7.10m	3.3	23-03.50	2 6
7.10m(3.3) PASS PASS PASS PASS PASS						
4 Marquis Simpson	SO	Waldorf	7.03m	1.9	23-00.75	1 5
6.52m(2.4) 6.46m(1.7) 7.03m(1.9) 6.83m(1.1) 6.70m(0.4) FOUL						
5 Andrew Harms	SO	Doane	7.00m	1.2	22-11.75	2 4
6.94m(1.5) 6.48m(2.2) 6.87m(1.3) 6.78m(1.1) 7.00m(1.2) 6.98m(+0.0)						
6 Michael Rodriguez	SO	Northwestern (Iowa)	6.99m	1.5	22-11.25	2 3
6.83m(2.3) 6.55m(2.3) FOUL FOUL 6.99m(1.5) 6.71m(0.5)						
7 Micah Schaap	JR	Dordt	6.92m	1.7	22-08.50	2 2
6.92m(1.7) 6.89m(2.7) 6.78m(0.9) 6.86m(0.8) 6.78m(0.2) 6.84m(0.5)						
8 Kenya Ford	FR	Midland	6.84m	2.1	22-05.25	2 1
FOUL FOUL 6.75m(1.1) FOUL FOUL 6.84m(2.1)						
9 Myles Sadd	JR	Concordia (Neb.)	6.68m	3.5	21-11.00	2
FOUL 6.68m(3.5) 5.82m(3.4) FOUL 6.38m(1.1) 6.58m(0.9)						
10 Aidan Schaap	FR	Dordt	6.66m	4.0	21-10.25	1
6.66m(4.0) 6.47m(0.6) 6.00m(2.0)						
11 Sam Boldt	JR	Doane	6.64m	1.6	21-09.50	1
FOUL FOUL 6.64m(1.6)						
12 Kyler Nichols	FR	Doane	6.60m	2.1	21-08.00	1
FOUL 6.60m(2.1) 6.09m(0.2)						
13 Michael Willey	SO	Doane	6.51m	3.1	21-04.25	2
6.39m(2.4) 6.51m(3.1) 6.22m(1.3)						
14 Quenton Walls	SO	Dakota Wesleyan	6.51m	3.2	21-04.25	1
6.51m(3.2) 6.17m(2.6) 6.06m(2.1)						
15 Ben Renshaw	FR	Doane	6.49m	4.3	21-03.50	2
FOUL 6.49m(4.3) 6.47m(0.7)						
16 Khalil Thorps-Watt	FR	Midland	6.48m	2.8	21-03.25	2
FOUL FOUL 6.48m(2.8)						
17 Daron Jackson	SR	Briar Cliff	6.42m	1.0	21-00.75	2
FOUL 6.42m(1.0) 6.39m(1.9)						
18 David Chavez-Major	FR	Hastings	6.28m	1.3	20-07.25	1
FOUL 6.28m(1.3) 5.83m(2.1)						
19 Jordan Carter	FR	Northwestern (Iowa)	6.22m	1.9	20-05.00	1
6.20m(1.4) 6.08m(2.5) 6.22m(1.9)						
20 Noah Ramirez	SO	Concordia (Neb.)	6.16m	2.2	20-02.50	1
6.16m(2.2) 6.01m(0.4) 5.96m(2.1)						
21 Isaiah Gaunt	FR	Concordia (Neb.)	6.15m	0.9	20-02.25	1
FOUL FOUL 6.15m(0.9)						
22 A'Johntez Moore	FR	Dakota Wesleyan	5.95m	2.6	19-06.25	1
FOUL 5.81m(1.8) 5.95m(2.6)						

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 14 Men Long Jump**

23 Sawyer Tietgen	SO Doane	5.62m	3.2	18-05.25	1
FOUL	5.62m(3.2) 5.59m(0.8)				
-- Garrett Guindon	SO Midland	FOUL			1
FOUL	FOUL FOUL				

Event 15 Men Triple Jump

9 to Final

GPAC Record: G 15.38m 5/1/2021 Juba McClay, Hastings

NAIA Auto: A 15.02m

NAIA Prov.: B 14.57m

Name	Year	School	Finals	Wind	H#	Points
1 Robert Atwater	JR	Midland	15.04mA	+0.0	49-04.25	2 10
14.73m(1.0) 14.69m(0.8) 15.01m(1.8) 14.13m(2.5) 15.04m(+0.0)			FOUL			
2 Brian Cech	FR	Doane	14.50m	+0.0	47-07.00	2 8
14.25m(0.1) 14.50m(+0.0) FOUL 14.14m(1.3) 13.98m(1.1) FOUL						
3 Kyler Nichols	FR	Doane	14.48m	2.0	47-06.25	2 6
FOUL 14.38m(0.8) 14.48m(2.0) FOUL 13.96m(1.0) 13.89m(0.3)						
4 Garrett Guindon	SO	Midland	14.33m	+0.0	47-00.25	2 5
FOUL 14.16m(1.3) 14.33m(+0.0) FOUL FOUL FOUL						
5 Andrew Brown	FR	Doane	14.28m	+0.0	46-10.25	2 4
14.16m(0.7) FOUL PASS PASS FOUL 14.28m(+0.0)						
6 A'Johntez Moore	FR	Dakota Wesleyan	14.19m	0.4	46-06.75	2 3
13.65m(0.8) 13.86m(-0.0) 14.08m(0.5) 13.90m(+0.0) 13.56m(1.5) 14.19m(0.4)						
7 Callan McKinney	FR	Doane	14.04m	+0.0	46-00.75	1 2
FOUL 14.04m(+0.0) FOUL 13.08m(+0.0) 13.23m(1.5) 13.84m(+0.0)						
8 Aaron Spivey	SO	Concordia (Neb.)	13.87m	+0.0	45-06.25	2 1
13.87m(+0.0) FOUL 13.31m(0.1) 13.52m(+0.0) 13.44m(0.9) 13.44m(+0.0)						
9 Cade Johnson	FR	Morningside	13.71m	1.3	44-11.75	2
12.93m(+0.0) 13.23m(1.2) 13.71m(1.3) 13.00m(+0.0) FOUL 13.47m(0.7)						
10 Kenya Ford	FR	Midland	13.68m	2.1	44-10.75	2
FOUL FOUL 13.68m(2.1)						
11 Sam Boldt	JR	Doane	13.67m	0.5	44-10.25	2
FOUL 13.67m(0.5) FOUL						
12 Khalil Thorps-Watt	FR	Midland	13.62m	+0.0	44-08.25	2
13.21m(2.0) FOUL 13.62m(+0.0)						
13 Quenton Walls	SO	Dakota Wesleyan	13.47m	0.2	44-02.50	1
13.47m(0.2) 13.36m(1.1) FOUL						
14 Cooper Grotenhuis	SO	Mount Marty	J13.47m	0.5	44-02.50	1
FOUL 13.47m(0.5) FOUL						
15 Aidan Schaap	FR	Dordt	13.12m	0.7	43-00.50	1
12.55m(+0.0) 12.64m(0.1) 13.12m(0.7)						
16 Michael Rodriguez	SO	Northwestern (Iowa)	12.65m	+0.0	41-06.00	2
FOUL 12.65m(+0.0) FOUL						
17 Jonah Martinez	SR	Midland	12.60m	1.3	41-04.25	1
FOUL 12.48m(+0.0) 12.60m(1.3)						
18 Muluken Wempe	JR	Briar Cliff	12.51m	+0.0	41-00.50	1
12.51m(+0.0) FOUL FOUL						
19 Sawyer Tietgen	SO	Doane	12.46m	1.0	40-10.50	1
FOUL 12.46m(1.0) FOUL						
20 Ben Renshaw	FR	Doane	12.40m	1.1	40-08.25	1
FOUL 12.40m(1.1) FOUL						
21 Gabriel Cox	FR	Mount Marty	11.67m	1.5	38-03.50	1
FOUL 11.67m(1.5) 11.55m(+0.0)						

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 15 Men Triple Jump**

22	Jason Jeffers	FR Midland	11.40m	1.0	37-05.00	1
	11.40m(1.0) FOUL	FOUL				
--	Jett Lotz	FR Mount Marty	FOUL			1
	FOUL FOUL FOUL					

Event 16 Men High Jump

1.81-1.86-1.91-1.96-2.01-2.06-2.09-2.12 continue by 3cm

GPAC Record: G 2.20m 1973 Kurt Nielsen, Nebraska Wesleyan

NAIA Auto: A 2.09m

NAIA Prov.: B 2.06m

Name	Year	School	Finals	Points
1 Robert Atwater	JR	Midland	2.16mA	7-01.00 10
1.81 1.86 1.91 1.96 2.01 2.06 2.11 2.16 2.21				
PPP PPP PPP O O O XXO XXO XXX				
2 Peyton Herrick	SO	Doane	2.01m	6-07.00 8
1.81 1.86 1.91 1.96 2.01 2.06				
PPP PPP XO XXO XO XXX				
3 Drew Geetings	JR	Northwestern (Iowa)	J2.01m	6-07.00 6
1.81 1.86 1.91 1.96 2.01 2.06				
PPP O XO O XXO XXX				
4 Andrew Harms	SO	Doane	J2.01m	6-07.00 5
1.81 1.86 1.91 1.96 2.01 2.06				
PPP PPP XXO O XXO XXX				
5 Jackson Kessler	SO	Doane	1.96m	6-05.00 4
1.81 1.86 1.91 1.96 2.01				
PPP PPP XXO O XXX				
6 Jonah Martinez	SR	Midland	1.91m	6-03.25 2.50
1.81 1.86 1.91 1.96				
O O O XXX				
6 Cooper Girmus	SO	Doane	1.91m	6-03.25 2.50
1.81 1.86 1.91 1.96				
PPP PPP O XXX				
8 Grant Busker	FR	Dordt	J1.91m	6-03.25 1
1.81 1.86 1.91 1.96				
PPP O XO XXX				
9 Marquis Simpson	SO	Waldorf	1.86m	6-01.25
1.81 1.86 1.91				
XO O XXX				
10 Coltin Vargas	JR	Northwestern (Iowa)	J1.86m	6-01.25
1.81 1.86 1.91				
XO XXO XXX				
11 Jordan Dahn	FR	Concordia (Neb.)	1.81m	5-11.25
1.81 1.86				
XO XXX				
11 Hudson McCafferty	FR	Midland	1.81m	5-11.25
1.81 1.86				
XO XXX				
13 Donovan Elmore	JR	Northwestern (Iowa)	J1.81m	5-11.25
1.81 1.86				
XXO XXX				
13 Ryan Pheak	FR	Concordia (Neb.)	J1.81m	5-11.25
1.81 1.86				
XXO XXX				

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Coplex****Results****....Event 16 Men High Jump**

-- Markus Vigil	JR Hastings	NH
1.81		
XXX		
-- Garrett Guindon	SO Midland	NH
1.81		
XXX		
-- Brady Creech	SR Hastings	NH
1.81 1.86 1.91		
PPP PPP XXX		

Event 17 Men Pole Vault

3.75-3.90-4.05-4.20-4.35-4.50-4.65-4.80-4.90 continue by 10cm

GPAC Record: G 5.20m 2002 T. J. Kloster, Concordia University

NAIA Auto: A 4.90m

NAIA Prov.: B 4.80m

Name	Year School	Finals	Points
1 Mayson Ostermeyer	JR Concordia (Neb.)	4.80mB 15-09.00	10
3.75 3.90 4.05 4.20 4.35 4.50 4.65 4.80 4.90 5.00			
PPP PPP PPP PPP PPP PPP O XO PPP XXX			
2 Robert Atwater	JR Midland	J4.80mB 15-09.00	8
3.75 3.90 4.05 4.20 4.35 4.50 4.65 4.80 4.90 5.00			
PPP PPP PPP PPP PPP PPP O XXO PPP XXX			
3 Drew Garrison	SR Doane	4.50m 14-09.00	6
3.75 3.90 4.05 4.20 4.35 4.50 4.65			
PPP PPP PPP O O O XXX			
4 Willem Den Hartog	SO Dordt	J4.50m 14-09.00	5
3.75 3.90 4.05 4.20 4.35 4.50 4.65			
PPP PPP PPP PPP XO XO XXX			
5 Evan Hill	JR Concordia (Neb.)	4.35m 14-03.25	4
3.75 3.90 4.05 4.20 4.35 4.50			
PPP PPP PPP PPP O XXX			
6 Nathan Adams	SO Dordt	J4.35m 14-03.25	3
3.75 3.90 4.05 4.20 4.35 4.50			
PPP PPP PPP XO O XXX			
7 isaac Fergen	FR Dordt	4.20m 13-09.25	2
3.75 3.90 4.05 4.20 4.35			
PPP O XO XXO XXX			
8 Ashton Pulliam	SO Doane	4.05m 13-03.50	1
3.75 3.90 4.05 4.20			
PPP O XXO XXX			
9 Zachary Mayo	FR Northwestern (Iowa)	3.90m 12-09.50	
3.75 3.90 4.05			
O O XXX			
9 Micah Heins	FR Concordia (Neb.)	3.90m 12-09.50	
3.75 3.90 4.05			
O O XXX			
-- Lane Johnson	SO Northwestern (Iowa)	NH	
3.75 3.90 4.05			
PPP PPP XXX			
-- Michael Beyer	JR Mount Marty	NH	
3.75			
XXX			

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Coplex****Results****....Event 17 Men Pole Vault**

-- Caden Brooks FR Concordia (Neb.) NH
 3.75 3.90
 PPP XXX

Event 18 Men Shot Put

9 to Final

GPAC Record: G 19.47m 5/6/2023 Dylan Kucera, Midland

NAIA Auto: A 16.74m

NAIA Prov.: B 16.07m

Name	Year	School	Finals	H#	Points
1 Luke Rettedal	SR	Mount Marty	16.40mB 53-09.75	2	10
15.68m 15.74m 16.40m 16.20m 16.14m 16.15m					
2 Connor Asche	SR	Concordia (Neb.)	16.31mB 53-06.25	2	8
15.72m 15.97m 15.95m 15.71m FOUL 16.31m					
3 Andrew Schmitz	JR	Doane	16.15mB 53-00.00	2	6
14.89m 15.34m 16.15m 15.27m FOUL FOUL					
4 Nathan Baldwin	FR	Concordia (Neb.)	15.82m 51-11.00	2	5
15.82m 15.62m FOUL FOUL FOUL 15.47m					
5 Colton Dillon	JR	Doane	15.44m 50-08.00	2	4
15.44m FOUL FOUL FOUL 14.85m 14.47m					
6 Cale Bessler	JR	Doane	15.27m 50-01.25	2	3
14.63m 14.90m 14.86m 14.86m 15.27m FOUL					
7 Carson Fehlhafer	JR	Concordia (Neb.)	15.11m 49-07.00	2	2
FOUL 14.95m 15.11m 14.80m FOUL FOUL					
8 Tad Dimmitt	SO	Doane	15.07m 49-05.50	2	1
15.07m 14.59m 14.51m FOUL 14.80m 14.44m					
9 Ethan Watson	FR	Dakota Wesleyan	15.01m 49-03.00	2	
14.96m FOUL 14.94m 15.01m FOUL 14.81m					
10 Tyler Vander Molen	SR	Dordt	14.58m 47-10.00	2	
FOUL 14.58m FOUL					
11 Joshua Luehr	FR	Concordia (Neb.)	14.39m 47-02.50	1	
14.39m FOUL 14.18m					
12 Nate Osness	SR	Midland	14.35m 47-01.00	1	
14.11m FOUL 14.35m					
13 Derek Heynen	SO	Dordt	14.00m 45-11.25	2	
FOUL 14.00m 13.94m					
14 Jacob Folkerts	SO	Northwestern (Iowa)	13.89m 45-07.00	1	
13.89m 13.64m 13.68m					
15 Thomas Thomas	FR	Concordia (Neb.)	13.87m 45-06.25	1	
12.76m 13.87m 13.56m					
16 Sam Hartman	SO	Doane	13.85m 45-05.25	1	
13.85m FOUL 12.89m					
17 Lathan Van Voorst	FR	Northwestern (Iowa)	13.77m 45-02.25	2	
13.77m FOUL 13.19m					
18 DaMarcus Cannon	FR	Doane	13.66m 44-09.75	1	
FOUL 13.66m 13.55m					
19 Ethan Saunders	FR	Concordia (Neb.)	13.58m 44-06.75	1	
13.26m 13.26m 13.58m					
20 Thomas Peltzer	FR	Dordt	13.48m 44-02.75	1	
13.31m 13.48m FOUL					
21 Sawyer Deters	FR	Concordia (Neb.)	13.19m 43-03.25	1	
13.15m 13.05m 13.19m					

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Coplex****Results****....Event 18 Men Shot Put**

21	Cooper Yao	FR Waldorf	13.19m	43-03.25	1
	FOUL FOUL 13.19m				
23	Trey Parriott	FR Hastings	12.96m	42-06.25	1
	12.96m FOUL FOUL				
24	Justin DeHoyos	FR Northwestern (Iowa)	12.26m	40-02.75	1
	FOUL 12.26m FOUL				

Event 19 Men Discus Throw

9 to Final

GPAC Record: G 57.85m 2013

Zach Lindsley, Doane

NAIA Auto: A 51.70m

NAIA Prov.: B 49.01m

Name	Year	School	Finals	H#	Points
1 Nathan Baldwin	FR	Concordia (Neb.)	51.57mB	169-02	2 10
43.33m 50.04m 51.57m		50.99m 49.33m FOUL			
2 Christopher Brown	JR	Doane	49.96mB	163-11	2 8
49.30m 48.95m 49.96m		48.28m FOUL 49.31m			
3 Cale Bessler	JR	Doane	48.10m	157-10	2 6
46.14m 48.10m 47.49m		FOUL FOUL 43.76m			
4 Austen Rozelle	SR	Concordia (Neb.)	47.12m	154-07	2 5
44.44m 41.96m 43.89m		47.12m FOUL FOUL			
5 Trey Dickey	SR	Doane	46.75m	153-04	2 4
42.33m 42.38m 46.75m		45.50m 46.29m 45.44m			
6 Andrew Englund	FR	Doane	45.97m	150-10	2 3
44.88m FOUL 45.97m		44.72m 43.82m 45.71m			
7 Derek Heynen	SO	Dordt	44.85m	147-02	2 2
FOUL FOUL 44.85m		FOUL 44.06m FOUL			
8 Jaden Vollenweider	SO	Doane	44.73m	146-09	1 1
41.74m 44.73m 42.43m		42.64m FOUL 44.09m			
9 Jorge Vazquez	FR	Hastings	44.59m	146-03	2
41.23m 44.59m 42.61m		FOUL 43.17m 42.30m			
10 Josh Fee	JR	Doane	43.36m	142-03	1
FOUL 42.80m 43.36m					
11 Lathan Van Voorst	FR	Northwestern (Iowa)	43.24m	141-10	1
42.24m 43.24m 41.37m					
12 Matthew Boyer	JR	Concordia (Neb.)	42.68m	140-00	1
42.68m 40.65m 39.01m					
13 Carson Fehlhafer	JR	Concordia (Neb.)	42.65m	139-11	1
38.80m FOUL 42.65m					
14 Sam Hartman	SO	Doane	42.22m	138-06	2
38.64m 39.98m 42.22m					
15 Joshua Luehr	FR	Concordia (Neb.)	41.42m	135-11	1
41.42m FOUL 39.72m					
16 Matt Haken	SR	Dordt	41.36m	135-08	2
41.36m 41.36m 38.76m					
17 Caleb Noeske	FR	Northwestern (Iowa)	40.97m	134-05	1
38.47m 40.97m FOUL					
18 Evan Morara	SR	Hastings	40.95m	134-04	2
FOUL 40.95m FOUL					
19 Jase Voorhees	SO	Midland	39.45m	129-05	2
FOUL 38.45m 39.45m					
20 Josiah Edwards	SO	Concordia (Neb.)	38.15m	125-02	1
FOUL FOUL 38.15m					

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 19 Men Discus Throw**

21	Thomas Thomas	FR Concordia (Neb.)	37.44m	122-10	1
	FOUL 37.44m FOUL				
22	DaMarcus Cannon	FR Doane	37.21m	122-01	1
	FOUL FOUL 37.21m				
23	Titus Glanz	SO Hastings	37.20m	122-00	1
	35.68m 37.20m 35.53m				
24	Jacob Folkerts	SO Northwestern (Iowa)	36.53m	119-10	1
	FOUL FOUL 36.53m				

Event 20 Men Hammer Throw

9 to Final

GPAC Record: G 64.15m 5/6/2023 Dylan Kucera, Midland

NAIA Auto: A 59.38m

NAIA Prov.: B 54.77m

Name	Year	School	Finals	H#	Points
1 Andrew Schmitz	JR	Doane	58.94mB	193-04	2 10
FOUL 52.70m FOUL 56.25m 55.04m 58.94m					
2 Trey Dickey	SR	Doane	57.68mB	189-03	2 8
57.68m 56.13m 56.71m 56.15m 56.58m 56.85m					
3 Nathan Baldwin	FR	Concordia (Neb.)	55.80mB	183-01	2 6
55.68m 55.80m FOUL 54.79m FOUL 54.42m					
4 Connor Asche	SR	Concordia (Neb.)	53.56m	175-09	2 5
FOUL 52.60m 52.64m FOUL 53.56m 52.07m					
5 Austen Rozelle	SR	Concordia (Neb.)	53.35m	175-00	2 4
FOUL 53.35m FOUL FOUL FOUL FOUL					
6 Matt Haken	SR	Dordt	52.36m	171-09	2 3
51.50m 52.24m 52.36m FOUL FOUL FOUL					
7 Tad Dimmitt	SO	Doane	51.74m	169-09	2 2
51.08m FOUL FOUL 47.41m 48.20m 51.74m					
8 Tyler Vander Molen	SR	Dordt	51.34m	168-05	2 1
49.64m 51.34m FOUL 49.94m FOUL FOUL					
9 Josh Fee	JR	Doane	50.10m	164-04	2
49.29m 50.02m 50.10m FOUL 48.25m 49.16m					
10 Josiah Edwards	SO	Concordia (Neb.)	48.92m	160-06	2
48.92m 48.62m 48.41m					
11 Carson Lavaley	JR	Doane	48.77m	160-00	2
48.13m 48.77m FOUL					
12 Sam Hartman	SO	Doane	47.34m	155-04	1
45.70m FOUL 47.34m					
13 Tyler Suer	FR	Concordia (Neb.)	47.21m	154-11	1
46.23m 47.21m 46.66m					
14 Colton Dillon	JR	Doane	47.01m	154-03	1
43.92m 46.25m 47.01m					
15 Riley Prochnow	SO	Concordia (Neb.)	44.96m	147-06	1
43.44m FOUL 44.96m					
16 Jaden Vollenweider	SO	Doane	44.35m	145-06	2
44.35m FOUL FOUL					
17 Derek Heynen	SO	Dordt	43.70m	143-04	1
43.70m FOUL FOUL					
18 Sawyer Deters	FR	Concordia (Neb.)	43.64m	143-02	1
FOUL 43.64m 42.92m					
19 Josh Van Dellen	SR	Dordt	41.62m	136-06	1
40.27m 41.62m 39.87m					

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 20 Men Hammer Throw**

20	Nate Osness	SR Midland	41.61m	136-06	1
	40.37m 39.64m 41.61m				
21	Hunter Weirich	SR Midland	40.85m	134-00	1
	40.52m FOUL 40.85m				
22	Carson Fehlhafer	JR Concordia (Neb.)	38.98m	127-11	1
	38.98m FOUL FOUL				
23	Thomas Peltzer	FR Dordt	38.07m	124-11	1
	38.07m FOUL 34.56m				

Event 21 Men Javelin Throw

9 to Final

GPAC Record: G 65.10m 2005

Andrew Ortmeier, Northwestern College

NAIA Auto: A 62.21m

NAIA Prov.: B 58.09m

Name	Year	School	Finals	H#	Points
1 Emry Gutz	SO	Concordia (Neb.)	57.52m	188-08	2 10
	57.52m 55.32m 55.76m	54.37m 54.27m 56.73m			
2 Matthew Boyer	JR	Concordia (Neb.)	57.15m	187-06	2 8
	57.15m FOUL FOUL	56.95m FOUL 55.06m			
3 Ben Van Eps	JR	Dordt	55.66m	182-07	2 6
	51.03m FOUL 55.66m	51.14m 54.18m 53.61m			
4 Max Raab	JR	Dakota Wesleyan	51.24m	168-01	2 5
	48.26m 51.24m 50.50m	FOUL PASS PASS			
5 Cole Holden	JR	Dakota Wesleyan	51.21m	168-00	2 4
	47.71m 48.91m 47.93m	49.93m FOUL 51.21m			
6 Drew Geetings	JR	Northwestern (Iowa)	50.60m	166-00	2 3
	50.60m FOUL FOUL	45.72m 48.32m FOUL			
7 Mason Crumbliss	SO	Doane	50.26m	164-11	2 2
	46.77m FOUL 47.44m	FOUL 47.62m 50.26m			
8 Stephen Meisel	FR	Concordia (Neb.)	48.38m	158-09	2 1
	46.73m 45.97m 43.46m	FOUL 46.53m 48.38m			
9 Josiah Meyer	JR	Midland	46.77m	153-05	2
	46.77m 44.96m 41.71m	44.13m 44.02m FOUL			
10 Edward Pallotto	JR	Hastings	46.10m	151-03	2
	42.50m 46.10m FOUL				
11 Tom Moss	SR	Morningside	43.12m	141-06	1
	43.12m 42.72m 41.77m				
12 Isaac Cliff	SR	Mount Marty	43.09m	141-04	1
	43.03m FOUL 43.09m				
13 Tanner-James Friend	FR	Hastings	42.68m	140-00	1
	42.68m 42.54m 38.34m				
14 Elijah Weaver	JR	Northwestern (Iowa)	42.64m	139-11	1
	39.16m 39.93m 42.64m				
15 Evan Morara	SR	Hastings	41.80m	137-02	2
	41.80m FOUL 39.58m				
16 Cody Mayer	FR	Waldorf	41.31m	135-06	1
	41.31m 35.08m FOUL				
17 Noah Ramirez	SO	Concordia (Neb.)	40.57m	133-01	1
	37.68m 40.57m 38.05m				
18 Cale Suckstorf	JR	Doane	39.94m	131-00	1
	FOUL 35.94m 39.94m				
19 Keegan Ashes	FR	Mount Marty	39.66m	130-01	1
	38.35m 39.66m 38.43m				

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 21 Men Javelin Throw**

20	Jonah Martinez	SR Midland	39.30m	128-11	1
	34.37m 34.23m 39.30m				
21	James Robey	FR Waldorf	38.31m	125-08	1
	FOUL 38.31m 37.89m				
22	Cade Vlietstra	SO Dordt	37.21m	122-01	1
	27.03m 33.64m 37.21m				
23	Joshua Lewis	FR Northwestern (Iowa)	36.17m	118-08	1
	FOUL 36.17m 36.05m				
24	Jackson Westerbur	FR Northwestern (Iowa)	35.27m	115-08	2
	FOUL 35.27m 35.16m				

Event 22 Men Decathlon

GPAC Record: G 6721 2015 Kale Wolken, Doane College
 Name Year School Finals H# Points

1	Rafer Severson	SO Hastings	6282	10
2	Jonathan van Lien	FR Mount Marty	6165	8
3	Dayton Brunsting	SR Dordt	5948	6
4	Gage Hohn	FR Dakota Wesleyan	4965	5
5	Devin Jepson	SR Doane	4883	4
6	James Deseh	SO Mount Marty	4817	3
7	Gage Plagge	FR Northwestern (Iowa)	4530	2
8	Michael Beyer	JR Mount Marty	4281	1
9	Cale Sudbeck	SO Northwestern (Iowa)	4255	

Event 22 Decathlon: #1 Men 100 Meter Dash Decathlon

GPAC Record: G 10.94 2015 Kale Wolken, Doane College
 NAIA Auto: A 10.37
 NAIA Prov.: B 10.46

Name	Year School	Finals	Wind	H#	Points
1 Dayton Brunsting	SR Dordt	11.22	2.4	2	812
2 Rafer Severson	SO Hastings	11.26	2.4	2	804
3 Cale Sudbeck	SO Northwestern (Iowa)	11.44	2.1	1	765
4 Gage Plagge	FR Northwestern (Iowa)	11.46	2.4	2	761
5 Jonathan van Lien	FR Mount Marty	11.70	2.1	1	711 11.692
6 Gage Hohn	FR Dakota Wesleyan	11.70	2.1	1	711 11.698
7 Michael Beyer	JR Mount Marty	11.79	2.4	2	693
8 James Deseh	SO Mount Marty	11.84	2.1	1	683
9 Hank Moore	JR Concordia (Neb.)	12.09	2.4	2	633
10 Devin Jepson	SR Doane	12.28	2.1	1	597

Event 22 Decathlon: #2 Men Long Jump Decathlon

GPAC Record: G 7.12m 2013 Kale Wolken, Doane College
 NAIA Auto: A 7.37m
 NAIA Prov.: B 7.23m

Name	Year School	Finals	Wind	Points
1 Rafer Severson	SO Hastings	6.81m	NWI	22-04.25 769
	6.59m(-0.0) 6.74m(-0.0) 6.81m(-0.0)			
2 Jonathan van Lien	FR Mount Marty	6.51m	NWI	21-04.25 700
	6.09m(-0.0) 6.51m(-0.0) 6.50m(-0.0)			

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 22 Decathlon: #2 Men Long Jump Decathlon**

3	Gage Plagge	FR Northwestern (Iowa)	6.16m	NWI	20-02.50	621
	6.14m(-0.0) 6.16m(-0.0) 5.99m(-0.0)					
4	Dayton Brunsting	SR Dordt	6.03m	NWI	19-09.50	593
	6.03m(-0.0) 6.02m(-0.0) 5.96m(-0.0)					
5	James Deseh	SO Mount Marty	5.97m	NWI	19-07.00	580
	5.61m(-0.0) 5.90m(-0.0) 5.97m(-0.0)					
6	Cale Sudbeck	SO Northwestern (Iowa)	5.70m	NWI	18-08.50	523
	5.63m(-0.0) 5.60m(-0.0) 5.70m(-0.0)					
7	Devin Jepson	SR Doane	5.62m	NWI	18-05.25	506
	FOUL 5.62m(-0.0) PASS					
8	Michael Beyer	JR Mount Marty	5.41m	NWI	17-09.00	463
	5.41m(-0.0) PASS PASS					
9	Gage Hohn	FR Dakota Wesleyan	4.82m	NWI	15-09.75	348
	FOUL FOUL 4.82m(-0.0)					
--	Hank Moore	JR Concordia (Neb.)	FOUL			
	PASS FOUL PASS					

Event 22 Decathlon: #3 Men Shot Put Decathlon

GPAC Record: G 12.96m 2015 Kale Wolken, Doane College

NAIA Auto: A 16.74m

NAIA Prov.: B 16.07m

Name	Year	School	Finals	Points
1 Dayton Brunsting	SR	Dordt	11.67m 38-03.50	586
	11.64m 11.67m 11.53m			
2 Rafer Severson	SO	Hastings	10.72m 35-02.00	529
	10.42m 10.72m 10.51m			
3 Jonathan van Lien	FR	Mount Marty	10.25m 33-07.50	501
	9.74m 10.25m 9.86m			
4 Devin Jepson	SR	Doane	10.01m 32-10.25	486
	9.77m 10.01m 9.75m			
5 Michael Beyer	JR	Mount Marty	9.92m 32-06.50	481
	9.92m FOUL FOUL			
6 Gage Hohn	FR	Dakota Wesleyan	9.39m 30-09.75	449
	9.39m 9.25m 9.25m			
7 Gage Plagge	FR	Northwestern (Iowa)	9.38m 30-09.25	448
	8.90m 8.98m 9.38m			
8 James Deseh	SO	Mount Marty	8.90m 29-02.50	420
	FOUL 8.68m 8.90m			
9 Cale Sudbeck	SO	Northwestern (Iowa)	7.56m 24-09.75	340
	7.56m 6.78m 7.52m			

Event 22 Decathlon: #4 Men High Jump Decathlon

GPAC Record: G 2.01m 2019 Levi Sudbeck, Doane University

NAIA Auto: A 2.09m

NAIA Prov.: B 2.06m

Name	Year	School	Finals	Points
1 Rafer Severson	SO	Hastings	1.88m 6-02.00	696
	1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64 1.67 1.70 1.73 1.76 1.79 1.82 1.85 1.88 1.91			
	PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O O O O XO O XXX			

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 22 Decathlon: #4 Men High Jump Decathlon**

2	Gage Hohn					FR Dakota Wesleyan																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																	</
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Event 22 Decathlon: #5 Men 400 Meter Dash Decathlon

GPAC Record: G 50.26 4/30/2021 Mason Schleis, Mount Marty

NAIA Auto: A 47.30

NAIA Prov.: B 47.85

Name	Year	School	Finals	H#	Points
1 Rafer Severson	SO	Hastings	51.19	2	761
2 Dayton Brunsting	SR	Dordt	51.90	1	729
3 Gage Plagge	FR	Northwestern (Iowa)	52.08	2	721
4 Jonathan van Lien	FR	Mount Marty	52.30	2	712
5 Gage Hohn	FR	Dakota Wesleyan	54.04	1	638
6 Cale Sudbeck	SO	Northwestern (Iowa)	55.00	1	599
7 James Deseh	SO	Mount Marty	55.71	1	571
8 Devin Jepson	SR	Doane	59.32	1	437
-- Michael Beyer	JR	Mount Marty	DNF	2	

Event 22 Decathlon: #6 Men 110 Meter Hurdles Decathlon

GPAC Record: G 14.86 5/1/2021 Levi Sudbeck, Doane University

NAIA Auto: A 14.20

NAIA Prov.: B 14.50

Name	Year	School	Finals	Wind	H#	Points
1 Jonathan van Lien	FR	Mount Marty	16.09	0.1	3	723
2 Michael Beyer	JR	Mount Marty	16.88	0.1	3	637
3 Devin Jepson	SR	Doane	17.75	0.1	3	548
4 Gage Hohn	FR	Dakota Wesleyan	17.79	-0.5	1	544
5 Dayton Brunsting	SR	Dordt	18.00	0.1	3	524
6 James Deseh	SO	Mount Marty	18.38	0.1	2	488

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 22 Decathlon: #6 Men 110 Meter Hurdles Decathlon**

7	Rafer Severson	SO Hastings	18.42	0.1	2	485
8	Cale Sudbeck	SO Northwestern (Iowa)	20.29	-0.5	1	327
--	Gage Plagge	FR Northwestern (Iowa)	DQ	-0.5	1	15-6.2d

Event 22 Decathlon: #7 Men Discus Throw Decathlon

GPAC Record: G 40.46m 5/5/2017 Matthew Bolt, Dordt

NAIA Auto: A 51.70m

NAIA Prov.: B 49.01m

Name	Year	School	Finals	Points
1 Jonathan van Lien	FR	Mount Marty	33.07m	108-06 525
30.20m 29.43m 33.07m				
2 Rafer Severson	SO	Hastings	31.18m	102-03 488
25.64m 28.54m 31.18m				
3 Dayton Brunsting	SR	Dordt	29.39m	96-05 452
28.71m 29.39m FOUL				
4 Devin Jepson	SR	Doane	27.63m	90-08 418
27.63m 23.41m 26.25m				
5 Michael Beyer	JR	Mount Marty	25.30m	83-00 373
FOUL 25.30m FOUL				
6 Gage Hohn	FR	Dakota Wesleyan	24.95m	81-10 366
24.43m 24.18m 24.95m				
7 Gage Plagge	FR	Northwestern (Iowa)	22.41m	73-06 318
22.41m 20.18m 19.13m				
8 Cale Sudbeck	SO	Northwestern (Iowa)	21.13m	69-04 293
19.61m 21.13m 16.62m				
9 James Deseh	SO	Mount Marty	19.64m	64-05 265
FOUL 18.05m 19.64m				

Event 22 Decathlon: #8 Men Pole Vault Decathlon

GPAC Record: G 4.70m 2015 Ramos/Sudbeck, Concordia/Doane

NAIA Auto: A 4.90m

NAIA Prov.: B 4.80m

Name	Year	School	Finals	Points
1 Rafer Severson	SO	Hastings	4.10m 13-05.25	645
2.50 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				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP XO O O XXX				
2 Jonathan van Lien	FR	Mount Marty	3.80m 12-05.50	562
2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O XXX				
3 Michael Beyer	JR	Mount Marty	3.70m 12-01.50	535
2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP XXO O XXX				
4 Dayton Brunsting	SR	Dordt	3.60m 11-09.75	509
2.00 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP XO O XO XXO XXO XXX				
5 Devin Jepson	SR	Doane	3.30m 10-10.00	431
1.80 1.90 2.00 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O PPP XO XXX				
6 Gage Hohn	FR	Dakota Wesleyan	3.20m 10-06.00	406
1.80 1.90 2.00 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O O XO XXX				

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 22 Decathlon: #8 Men Pole Vault Decathlon**

7	James Deseh	SO Mount Marty	3.10m	10-02.00	381
	1.80 1.90 2.00 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20				
	PPP PPP PPP PPP PPP PPP PPP PPP O PPP O XO XO XO XXX				
7	Gage Plagge	FR Northwestern (Iowa)	3.10m	10-02.00	381
	1.80 1.90 2.00 2.10 2.20 2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20				
	PPP PPP PPP PPP O PPP XO PPP XO O XXO XXO XO O XXX				
9	Cale Sudbeck	SO Northwestern (Iowa)	2.60m	8-06.25	264
	1.80 1.90 2.00 2.10 2.20 2.30 2.40 2.50 2.60 2.70				
	PPP PPP PPP O O PPP XO XXO O XXX				

Event 22 Decathlon: #9 Men Javelin Throw Decathlon

GPAC Record: G 57.33m 2015 Kale Wolken, Doane College
 NAIA Auto: A 62.21m
 NAIA Prov.: B 58.09m

Name	Year School	Finals	Points
1 Dayton Brunsting	SR Dordt	44.95m	147-06 514
	40.80m 44.67m 44.95m		
2 Devin Jepson	SR Doane	42.69m	140-01 481
	42.69m FOUL FOUL		
3 Rafer Severson	SO Hastings	40.29m	132-02 446
	36.43m 40.29m 39.55m		
4 Jonathan van Lien	FR Mount Marty	40.15m	131-09 444
	36.75m 39.20m 40.15m		
5 Michael Beyer	JR Mount Marty	37.99m	124-08 413
	32.99m 34.13m 37.99m		
6 James Deseh	SO Mount Marty	37.84m	124-02 411
	35.74m 36.93m 37.84m		
7 Gage Plagge	FR Northwestern (Iowa)	35.62m	116-10 379
	35.22m 34.83m 35.62m		
8 Gage Hohn	FR Dakota Wesleyan	33.10m	108-07 343
	33.10m FOUL FOUL		
9 Cale Sudbeck	SO Northwestern (Iowa)	29.15m	95-08 287
	28.25m 27.05m 29.15m		

Event 22 Decathlon: #10 Men 1500 Meter Run Decathlon

GPAC Record: G 4:30.23 2012 Grant Aden, Morningside
 NAIA Auto: A 3:50.00
 NAIA Prov.: B 3:52.00

Name	Year School	Finals	Points
1 Dayton Brunsting	SR Dordt	4:28.09G	757
	48.204 (48.204) 2:01.963 (1:13.759) 3:18.907 (1:16.944)	4:28.087 (1:09.180)	
2 Jonathan van Lien	FR Mount Marty	4:37.88	694
	49.079 (49.079) 2:06.074 (1:16.995) 3:23.635 (1:17.561)	4:37.873 (1:14.238)	
3 Rafer Severson	SO Hastings	4:43.35	659
	49.429 (49.429) 2:08.141 (1:18.712) 3:30.098 (1:21.957)	4:43.348 (1:13.250)	
4 Gage Hohn	FR Dakota Wesleyan	5:03.22	541
	50.910 (50.910) 2:15.268 (1:24.358) 3:49.081 (1:33.813)	5:03.214 (1:14.133)	
5 Gage Plagge	FR Northwestern (Iowa)	5:11.13	497
	51.249 (51.249) 2:12.319 (1:21.070) 3:41.311 (1:28.992)	5:11.126 (1:29.815)	
6 Cale Sudbeck	SO Northwestern (Iowa)	5:19.34	453
	54.950 (54.950) 2:21.550 (1:26.600) 3:54.773 (1:33.223)	5:19.335 (1:24.562)	

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 22 Decathlon: #10 Men 1500 Meter Run Decathlon**

7	James Deseh	SO Mount Marty	5:20.20	449				
	54.685 (54.685)	2:21.085 (1:26.400)	3:55.345 (1:34.260)	5:20.197 (1:24.852)				
8	Devin Jepson	SR Doane	5:22.87	435				
	54.198 (54.198)	2:22.039 (1:27.841)	3:56.586 (1:34.547)	5:22.863 (1:26.277)				
9	Michael Beyer	JR Mount Marty	5:40.76	348				
	54.737 (54.737)	2:20.598 (1:25.861)	4:01.249 (1:40.651)	5:40.755 (1:39.506)				

Event 23 Women 100 Meter Dash**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

GPAC Record: G 11.71 1988 Carol Bailey, Concordia University

NAIA Auto: A 11.71

NAIA Prov.: B 11.88

Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1	Neryah Hekl	SO Doane	11.90Q	1.0	1
2	Adrianna Rodencal	JR Concordia (Neb.)	12.11Q	0.5	3
3	RaeAnn Thompson	SO Doane	12.33Q	-1.2	2
4	Zelie Sorensen	JR Mount Marty	12.20q	0.5	3
5	Alexis Even	JR Mount Marty	12.36q	1.0	1
6	Tierney Huss	FR Northwestern (Iowa)	12.37q	-1.2	2
7	Morgan Mahoney	JR Doane	12.52q	-1.2	2
8	Adysen McCarter	FR Concordia (Neb.)	12.54q	1.0	1
9	Savannah Horne	FR St. Mary (Neb.)	12.57	0.5	3
10	Emily Loseke	SR Concordia (Neb.)	12.68	-1.2	2
11	Kailee Altena	SO Dordt	12.69	0.5	3
12	Cambria Saunders	SO Concordia (Neb.)	12.75	1.0	1 12.748
13	Mikaiya Rodgers	FR St. Mary (Neb.)	12.75	0.5	3 12.750
14	Ava Reese	FR Hastings	12.84	1.0	1
15	Caitlin Vander Kooy	SO Dordt	12.86	0.5	3
16	Hilaria Rodriguez	SO Mount Marty	12.92	1.0	1
17	Meredith Draper	SO Morningside	13.07	1.0	1
18	Lindsay Grau	JR Dordt	13.08	-1.2	2
19	Aurora Griffin	FR Midland	13.10	1.0	1
20	Aleigh Zettle	FR Northwestern (Iowa)	13.11	-1.2	2
21	Coral Collins	FR Concordia (Neb.)	13.12	-1.2	2
22	Ada Dekkers	FR Dordt	13.15	-1.2	2
23	Erin Heusinkveld	FR Northwestern (Iowa)	13.18	0.5	3
24	Emma Rusk	SO Dordt	13.19	0.5	3

Event 23 Women 100 Meter Dash

GPAC Record: G 11.71 1988 Carol Bailey, Concordia University

NAIA Auto: A 11.71

NAIA Prov.: B 11.88

Name	Year	School	Finals	Wind	Points
=====					
Finals					
1	Neryah Hekl	SO Doane	11.90	0.3	10
2	Tierney Huss	FR Northwestern (Iowa)	12.10	0.3	8
3	Adrianna Rodencal	JR Concordia (Neb.)	12.12	0.3	6
4	Zelie Sorensen	JR Mount Marty	12.13	0.3	5
5	RaeAnn Thompson	SO Doane	12.18	0.3	4
6	Alexis Even	JR Mount Marty	12.30	0.3	3

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 23 Women 100 Meter Dash**

7	Morgan Mahoney	JR Doane	12.42	0.3	2
8	Adysen McCarter	FR Concordia (Neb.)	12.49	0.3	1
Preliminaries					
9	Savannah Horne	FR St. Mary (Neb.)			
10	Emily Loseke	SR Concordia (Neb.)			
11	Kailee Altena	SO Dordt			
12	Cambria Saunders	SO Concordia (Neb.)			
13	Mikaiya Rodgers	FR St. Mary (Neb.)			
14	Ava Reese	FR Hastings			
15	Caitlin Vander Kooy	SO Dordt			
16	Hilaria Rodriguez	SO Mount Marty			
17	Meredith Draper	SO Morningside			
18	Lindsay Grau	JR Dordt			
19	Aurora Griffin	FR Midland			
20	Aleigh Zettle	FR Northwestern (Iowa)			
21	Coral Collins	FR Concordia (Neb.)			
22	Ada Dekkers	FR Dordt			
23	Erin Heusinkveld	FR Northwestern (Iowa)			
24	Emma Rusk	SO Dordt			

Event 24 Women 200 Meter Dash

GPAC Record: G 23.85 2015 Neeia Cooperwood, Morningside

NAIA Auto: A 23.89

NAIA Prov.: B 24.54

Name	Year School	Finals	Wind	H#	Points
Finals					
1	Adrianna Rodencal	JR Concordia (Neb.)	24.69	0.8	4 10
2	Kat Vogt	JR Doane	24.87	0.8	3 8
3	Tierney Huss	FR Northwestern (Iowa)	24.97	0.8	4 6
4	RaeAnn Thompson	SO Doane	24.99	0.8	4 5
5	Zelie Sorensen	JR Mount Marty	25.04	0.8	4 4
6	Alexis Even	JR Mount Marty	25.10	0.8	4 3
7	Kayla Kirchner	JR Concordia (Neb.)	25.23	0.8	3 2
8	Morgan Mahoney	JR Doane	25.31	2.7	2 1
9	Emma Blum	JR Northwestern (Iowa)	25.47	0.8	3
10	Savannah Horne	FR St. Mary (Neb.)	25.69	2.7	2
11	Kailee Altena	SO Dordt	25.72	0.8	3
12	Adysen McCarter	FR Concordia (Neb.)	25.73	0.8	4
13	Emily Loseke	SR Concordia (Neb.)	25.75	0.8	3
14	Caitlin Vander Kooy	SO Dordt	25.83	2.7	2
15	Lindsay Grau	JR Dordt	25.87	1.3	1
16	Kiki Nyanok	SO Concordia (Neb.)	25.92	0.8	3
17	Aleigh Zettle	FR Northwestern (Iowa)	26.03	1.3	1
18	Ada Dekkers	FR Dordt	26.06	2.7	2
19	Hilaria Rodriguez	SO Mount Marty	26.42	1.3	1
20	Coral Collins	FR Concordia (Neb.)	26.44	1.3	1
21	Jenna Balt	JR Dordt	26.49	1.3	1
22	Cambria Saunders	SO Concordia (Neb.)	26.58	1.3	1
23	Kennedee Canales	FR Concordia (Neb.)	26.64	2.7	2

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****Event 25 Women 400 Meter Dash**

GPAC Record: G 53.89 1990 Carol Bailey, Concordia University

NAIA Auto: A 55.31

NAIA Prov.: B 56.61

Name	Year	School	Finals	H#	Points
1 Kat Vogt	JR	Doane	55.23A	3	10
2 Emma Blum	JR	Northwestern (Iowa)	56.61B	3	8
3 Kayla Kirchner	JR	Concordia (Neb.)	57.41	3	6
4 Kaitlin Wercinski	FR	Dordt	57.70	2	5
5 Trinity Tuls	SR	Concordia (Neb.)	58.11	3	4
6 Shelby Buwalda	JR	Dordt	58.43	3	3
7 Emily Loseke	SR	Concordia (Neb.)	59.21	3	2
8 Isabelle Salters	SR	Concordia (Neb.)	59.51	2	1 59.502
9 Ada Dekkers	FR	Dordt	59.51	2	59.508
10 Tayden Kirchner	SO	Concordia (Neb.)	1:00.09	3	
11 Kiley Hejtmanek	SO	Doane	1:00.56	2	
12 Mackenzie Stanley	FR	St. Mary (Neb.)	1:00.63	2	
13 Kayla Van Otterloo	FR	Dordt	1:00.86	2	
14 Jordan Shull	FR	Northwestern (Iowa)	1:00.92	1	
15 Josey Wahlstrom	JR	Mount Marty	1:01.17	2	
16 Arisyn Bratt	FR	Concordia (Neb.)	1:01.26	1	
17 Nevaeh Sarabia	SR	Midland	1:01.65	1	
18 Ava Hilger	SO	St. Mary (Neb.)	1:02.00	2	
19 Ryli Thompson	FR	Dordt	1:02.03	1	
20 Hailey Oswald	SO	Dakota Wesleyan	1:03.15	1	
21 Brandi Peck	JR	Waldorf	1:03.65	1	
22 Natalie Briggs	SO	St. Mary (Neb.)	1:05.93	1	

Event 26 Women 800 Meter Run

GPAC Record: G 2:11.21 5/4/2024 Veronica Pinkerton, Hastings

NAIA Auto: A 2:12.00

NAIA Prov.: B 2:14.50

Name	Year	School	Finals	H#	Points
1 Danie Parriott	JR	Doane	2:13.80B	3	10
1:03.753 (1:03.753)	2:13.800 (1:10.047)				
2 Eliza McKown	JR	Waldorf	2:14.79	3	8
1:04.923 (1:04.923)	2:14.785 (1:09.862)				
3 Olivia Elbert	FR	St. Mary (Neb.)	2:16.10	3	6
1:05.563 (1:05.563)	2:16.093 (1:10.530)				
4 Emilee Heynen	SR	Dordt	2:18.41	3	5
1:05.322 (1:05.322)	2:18.401 (1:13.079)				
5 Mira Fosmer	SO	St. Mary (Neb.)	2:19.37	3	4
1:06.658 (1:06.658)	2:19.362 (1:12.704)				
6 Morgan Sachs	FR	Morningside	2:19.65	2	3
1:07.446 (1:07.446)	2:19.642 (1:12.196)				
7 Jolee Mesz	SO	Morningside	2:20.28	2	2
1:07.021 (1:07.021)	2:20.272 (1:13.251)				
8 Arielle DeYoung	FR	Dordt	2:20.53	2	1
1:07.061 (1:07.061)	2:20.526 (1:13.465)				
9 Brielle Engelmann	SO	Northwestern (Iowa)	2:21.66	2	
1:09.886 (1:09.886)	2:21.655 (1:11.769)				
10 Ashlynn Davis	FR	Dordt	2:23.08	2	
1:09.310 (1:09.310)	2:23.072 (1:13.762)				

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 26 Women 800 Meter Run**

11 Abby Ervin	SR Northwestern (Iowa)	2:24.39	2
1:09.333 (1:09.333)	2:24.389 (1:15.056)		
12 Shelby Buwalda	JR Dordt	2:24.52	3
1:07.260 (1:07.260)	2:24.514 (1:17.254)		
13 Corinne Braun	FR Dordt	2:27.20	3
1:07.129 (1:07.129)	2:27.192 (1:20.063)		
14 Jaci Burtis	JR Dordt	2:27.88	3
1:08.876 (1:08.876)	2:27.875 (1:18.999)		
15 Josie Karnik	FR St. Mary (Neb.)	2:29.13	2
1:11.474 (1:11.474)	2:29.128 (1:17.654)		
16 Marissa Miles	FR Doane	2:29.67	1
1:11.274 (1:11.274)	2:29.665 (1:18.391)		
17 Whitney Cure	SO Hastings	2:29.90	1
1:11.601 (1:11.601)	2:29.900 (1:18.299)		
18 Emilie Weaver	FR Northwestern (Iowa)	2:30.74	1
1:13.783 (1:13.783)	2:30.734 (1:16.951)		
19 Carly Carstens	FR Midland	2:32.38	1
1:13.581 (1:13.581)	2:32.376 (1:18.795)		
20 Shania Santos	SR Hastings	2:32.66	1
1:11.340 (1:11.340)	2:32.658 (1:21.318)		
21 Jeni Burtis	JR Dordt	2:34.58	2
1:10.628 (1:10.628)	2:34.576 (1:23.948)		
22 Grace Dow	SO Hastings	2:36.95	1
1:11.996 (1:11.996)	2:36.942 (1:24.946)		
23 Alexis Gosch	SO Mount Marty	2:38.32	1
1:15.401 (1:15.401)	2:38.313 (1:22.912)		

Event 27 Women 1500 Meter Run

GPAC Record: G 4:36.47 5/5/2018 Michelle Mumm, Morningside

NAIA Auto: A 4:29.00

NAIA Prov.: B 4:36.00

Name	Year	School	Finals	H#	Points
1 Corinne Braun	FR	Dordt	4:40.43	2	10
53.069 (53.069)	2:08.853 (1:15.784)	3:28.797 (1:19.944)	4:40.426 (1:11.629)		
2 Jaci Burtis	JR	Dordt	4:48.98	2	8
54.437 (54.437)	2:12.250 (1:17.813)	3:35.301 (1:23.051)	4:48.978 (1:13.677)		
3 Ashlei McDonald	JR	Doane	4:49.07	2	6
54.560 (54.560)	2:09.606 (1:15.046)	3:28.891 (1:19.285)	4:49.065 (1:20.174)		
4 Kara Muller	FR	St. Mary (Neb.)	4:52.30	2	5
55.912 (55.912)	2:14.739 (1:18.827)	3:32.572 (1:17.833)	4:52.293 (1:19.721)		
5 Emily De Groot	JR	Northwestern (Iowa)	4:53.93	2	4
55.666 (55.666)	2:14.482 (1:18.816)	3:35.679 (1:21.197)	4:53.925 (1:18.246)		
6 Olivia Hoogland	FR	Dordt	4:56.97	2	3
55.401 (55.401)	2:14.825 (1:19.424)	3:36.001 (1:21.176)	4:56.966 (1:20.965)		
7 Josie Karnik	FR	St. Mary (Neb.)	4:57.71	2	2
59.189 (59.189)	2:18.446 (1:19.257)	3:38.797 (1:20.351)	4:57.703 (1:18.906)		
8 Nicole Zuehl	JR	Morningside	4:58.24	2	1
56.860 (56.860)	2:16.569 (1:19.709)	3:37.476 (1:20.907)	4:58.232 (1:20.756)		
9 Jenna Hursh	FR	Dordt	4:59.25	1	
53.594 (53.594)	2:10.639 (1:17.045)	3:35.714 (1:25.075)	4:59.245 (1:23.531)		
10 Jeni Burtis	JR	Dordt	5:01.58	2	
54.838 (54.838)	2:13.450 (1:18.612)	3:37.075 (1:23.625)	5:01.572 (1:24.497)		

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Coplex****Results****....Event 27 Women 1500 Meter Run**

11	Becka Karnik	FR St. Mary (Neb.)	5:01.86	2		
	58.838 (58.838)	2:18.078 (1:19.240)	3:38.580 (1:20.502)	5:01.857 (1:23.277)		
12	Laura Hasemann	SO Doane	5:05.57	2		
	58.612 (58.612)	2:19.139 (1:20.527)	3:44.486 (1:25.347)	5:05.563 (1:21.077)		
13	Allison Hough	SO Northwestern (Iowa)	5:06.56	1		
	54.706 (54.706)	2:17.606 (1:22.900)	3:43.908 (1:26.302)	5:06.552 (1:22.644)		
14	Maddy Ramey	SO Doane	5:07.36	2		
	58.397 (58.397)	2:18.161 (1:19.764)	3:41.245 (1:23.084)	5:07.352 (1:26.107)		
15	Cynthia Chaparro Belloc	SR Hastings	5:09.93	1		
	57.528 (57.528)	2:20.240 (1:22.712)	3:46.019 (1:25.779)	5:09.921 (1:23.902)		
16	Eden Sullivan	FR Dordt	5:10.02	1		
	57.981 (57.981)	2:21.010 (1:23.029)	3:45.575 (1:24.565)	5:10.017 (1:24.442)		
17	Corinne Mead	JR St. Mary (Neb.)	5:10.41	1		
	58.182 (58.182)	2:22.721 (1:24.539)	3:47.232 (1:24.511)	5:10.410 (1:23.178)		
18	Kayla Lammers	SO Dordt	5:10.99	1		
	58.400 (58.400)	2:22.786 (1:24.386)	3:48.441 (1:25.655)	5:10.988 (1:22.547)		
19	Sammi Vojslavek	JR Concordia (Neb.)	5:12.93	1		
	57.940 (57.940)	2:23.338 (1:25.398)	3:49.756 (1:26.418)	5:12.930 (1:23.174)		
20	Carly Carstens	FR Midland	5:14.12	1		
	58.353 (58.353)	2:23.001 (1:24.648)	3:49.232 (1:26.231)	5:14.116 (1:24.884)		
21	Alexis Gosch	SO Mount Marty	5:17.31	1		
	57.427 (57.427)	2:21.273 (1:23.846)	3:49.594 (1:28.321)	5:17.306 (1:27.712)		
22	Karina Hulzebos	SO Northwestern (Iowa)	5:18.58	1		
	58.636 (58.636)	2:23.991 (1:25.355)	3:53.775 (1:29.784)	5:18.571 (1:24.796)		
23	Hope Tebben	FR Dordt	5:20.14	1		
	58.141 (58.141)	2:21.253 (1:23.112)	3:46.621 (1:25.368)	5:20.131 (1:33.510)		
24	Claire Beikmann	SO Concordia (Neb.)	5:26.97	1		
	57.070 (57.070)	2:23.587 (1:26.517)	3:55.468 (1:31.881)	5:26.968 (1:31.500)		

Event 28 Women 3000 Meter Steeplechase

GPAC Record: G 10:47.28 5/7/2016 Marissa DeWispelare, Doane

NAIA Auto: A 10:56.00

NAIA Prov.: B 11:15.44

Name	Year	School	Finals	Points		
1 Courtney Sporrer		JR Morningside	11:08.99B	10		
	41.600 (41.600)	2:06.052 (1:24.452)	3:34.559 (1:28.507)	5:04.398 (1:29.839)		
	6:35.422 (1:31.024)	8:07.793 (1:32.371)	9:41.408 (1:33.615)	11:08.989 (1:27.581)		
2 Molly Mulder		JR Dordt	11:16.64	8		
	43.525 (43.525)	2:10.067 (1:26.542)	3:38.196 (1:28.129)	5:08.183 (1:29.987)		
	6:39.336 (1:31.153)	8:12.574 (1:33.238)	9:45.394 (1:32.820)	11:16.637 (1:31.243)		
3 Adeline Crow		FR Dordt	11:29.49	6		
	42.477 (42.477)	2:07.747 (1:25.270)	3:35.821 (1:28.074)	5:07.545 (1:31.724)		
	6:41.940 (1:34.395)	8:20.892 (1:38.952)	9:58.176 (1:37.284)	11:29.483 (1:31.307)		
4 Jada Koerner		SO Dordt	11:46.40	5		
	44.159 (44.159)	2:12.669 (1:28.510)	3:44.327 (1:31.658)	5:19.072 (1:34.745)		
	6:56.520 (1:37.448)	8:35.103 (1:38.583)	10:12.609 (1:37.506)	11:46.394 (1:33.785)		
5 Emma Haley		SR Northwestern (Iowa)	11:59.67	4		
	47.834 (47.834)	2:19.468 (1:31.634)	3:52.826 (1:33.358)	5:28.788 (1:35.962)		
	7:08.623 (1:39.835)	8:48.903 (1:40.280)	10:29.998 (1:41.095)	11:59.667 (1:29.669)		
6 Lydia Edmonds		FR Concordia (Neb.)	12:12.83	3		
	47.445 (47.445)	2:19.314 (1:31.869)	3:53.151 (1:33.837)	5:28.942 (1:35.791)		
	7:08.117 (1:39.175)	8:49.440 (1:41.323)	10:31.947 (1:42.507)	12:12.825 (1:40.878)		

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 28 Women 3000 Meter Steeplechase**

7	Samantha Anema	SR Dordt	12:58.61	2		
	45.344 (45.344)	2:15.587 (1:30.243)	3:55.572 (1:39.985)	5:38.606 (1:43.034)		
	7:26.078 (1:47.472)	9:17.564 (1:51.486)	11:08.339 (1:50.775)	12:58.605 (1:50.266)		
8	Marissa O'Connor	SO Waldorf	13:11.87	1		
	47.056 (47.056)	2:24.176 (1:37.120)	4:09.369 (1:45.193)	5:55.628 (1:46.259)		
	7:45.402 (1:49.774)	9:37.434 (1:52.032)	11:27.554 (1:50.120)	13:11.870 (1:44.316)		
9	Katelyn Nix	SR Concordia (Neb.)	13:19.95			
	50.164 (50.164)	2:29.669 (1:39.505)	4:16.099 (1:46.430)	6:05.240 (1:49.141)		
	7:56.119 (1:50.879)	9:48.285 (1:52.166)	11:37.683 (1:49.398)	13:19.944 (1:42.261)		
10	Jillian Fierro	SO Morningside	13:45.91			
	49.827 (49.827)	2:31.266 (1:41.439)	4:21.358 (1:50.092)	6:14.457 (1:53.099)		
	8:09.740 (1:55.283)	10:04.680 (1:54.940)	11:58.826 (1:54.146)	13:45.908 (1:47.082)		
11	Rachel Ada	JR Concordia (Neb.)	14:34.06			
	53.696 (53.696)	2:42.095 (1:48.399)	4:35.256 (1:53.161)	6:35.749 (2:00.493)		
	8:36.756 (2:01.007)	10:40.979 (2:04.223)	12:43.310 (2:02.331)	14:34.057 (1:50.747)		
--	Hannah Beintema	JR Concordia (Neb.)	DQ	15-5.3g		
	43.272 (43.272)	2:10.984 (1:27.712)	3:46.139 (1:35.155)	5:23.073 (1:36.934)		
	7:03.392 (1:40.319)	8:44.354 (1:40.962)	10:23.421 (1:39.067)	11:55.298 (1:31.877)		
--	Kenzie Spencer	FR Doane	DQ	15-5.3g		
	52.453 (52.453)	2:36.778 (1:44.325)	4:25.846 (1:49.068)	6:20.864 (1:55.018)		
	8:15.687 (1:54.823)	10:13.002 (1:57.315)	12:09.697 (1:56.695)	13:57.999 (1:48.302)		

Event 29 Women 5000 Meter Run

GPAC Record: G 17:07.64 2011 Charity Miles, Northwestern

NAIA Auto: A 16:59.00

NAIA Prov.: B 17:22.00

Name	Year	School	Finals	Points		
1 Courtney Sporrer		JR Morningside	18:36.19	10		
	42.212 (42.212)	2:11.916 (1:29.704)	3:42.194 (1:30.278)	5:13.267 (1:31.073)		
	6:43.564 (1:30.297)	8:13.139 (1:29.575)	9:44.887 (1:31.748)	11:15.738 (1:30.851)		
	12:47.525 (1:31.787)	14:19.559 (1:32.034)	15:50.313 (1:30.754)	17:20.257 (1:29.944)		
	18:36.187 (1:15.930)					
2 Isabella Webb		SO Dordt	18:44.34	8		
	42.454 (42.454)	2:12.071 (1:29.617)	3:42.332 (1:30.261)	5:13.376 (1:31.044)		
	6:43.330 (1:29.954)	8:10.542 (1:27.212)	9:40.771 (1:30.229)	11:11.102 (1:30.331)		
	12:43.692 (1:32.590)	14:17.501 (1:33.809)	15:49.922 (1:32.421)	17:19.915 (1:29.993)		
	18:44.333 (1:24.418)					
3 Hannah Thong		FR Dordt	18:55.67	6		
	42.701 (42.701)	2:12.226 (1:29.525)	3:42.467 (1:30.241)	5:13.559 (1:31.092)		
	6:43.810 (1:30.251)	8:11.344 (1:27.534)	9:42.310 (1:30.966)	11:14.832 (1:32.522)		
	12:47.888 (1:33.056)	14:21.323 (1:33.435)	15:52.324 (1:31.001)	17:24.974 (1:32.650)		
	18:55.663 (1:30.689)					
4 Courtney Joiner		SO Dordt	19:03.11	5		
	43.032 (43.032)	2:12.606 (1:29.574)	3:42.900 (1:30.294)	5:13.958 (1:31.058)		
	6:44.580 (1:30.622)	8:14.108 (1:29.528)	9:46.229 (1:32.121)	11:20.984 (1:34.755)		
	12:56.963 (1:35.979)	14:33.077 (1:36.114)	16:07.843 (1:34.766)	17:40.885 (1:33.042)		
	19:03.109 (1:22.224)					
5 Ashlei McDonald		JR Doane	19:11.74	4		
	42.840 (42.840)	2:12.346 (1:29.506)	3:42.608 (1:30.262)	5:13.647 (1:31.039)		
	6:43.881 (1:30.234)	8:13.421 (1:29.540)	9:45.215 (1:31.794)	11:17.137 (1:31.922)		
	12:50.622 (1:33.485)	14:24.638 (1:34.016)	16:01.473 (1:36.835)	17:39.426 (1:37.953)		
	19:11.731 (1:32.305)					

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 29 Women 5000 Meter Run**

6	Kara Muller	FR St. Mary (Neb.)	19:30.87	3				
	43.434 (43.434)	2:13.656 (1:30.222)	3:43.764 (1:30.108)	5:15.709 (1:31.945)				
	6:48.910 (1:33.201)	8:21.737 (1:32.827)	9:56.303 (1:34.566)	11:31.803 (1:35.500)				
	13:08.764 (1:36.961)	14:46.558 (1:37.794)	16:25.800 (1:39.242)	18:03.231 (1:37.431)				
	19:30.868 (1:27.637)							
7	Ellie Jander	JR Concordia (Neb.)	19:38.75	2				
	43.712 (43.712)	2:15.489 (1:31.777)	3:47.402 (1:31.913)	5:20.603 (1:33.201)				
	6:55.120 (1:34.517)	8:29.043 (1:33.923)	10:04.589 (1:35.546)	11:41.934 (1:37.345)				
	13:19.544 (1:37.610)	14:57.116 (1:37.572)	16:34.636 (1:37.520)	18:11.776 (1:37.140)				
	19:38.749 (1:26.973)							
8	London Rogge	JR Morningside	19:39.30	1				
	44.312 (44.312)	2:16.027 (1:31.715)	3:47.494 (1:31.467)	5:20.379 (1:32.885)				
	6:54.815 (1:34.436)	8:25.360 (1:30.545)	9:59.637 (1:34.277)	11:37.250 (1:37.613)				
	13:15.797 (1:38.547)	14:54.610 (1:38.813)	16:34.291 (1:39.681)	18:12.358 (1:38.067)				
	19:39.298 (1:26.940)							
9	Olivia Graber	JR Dordt	19:43.21					
	45.868 (45.868)	2:19.598 (1:33.730)	3:52.997 (1:33.399)	5:27.122 (1:34.125)				
	7:00.939 (1:33.817)	8:36.593 (1:35.654)	10:13.888 (1:37.295)	11:52.152 (1:38.264)				
	13:30.870 (1:38.718)	15:07.560 (1:36.690)	16:42.814 (1:35.254)	18:18.556 (1:35.742)				
	19:43.210 (1:24.654)							
10	Emma Haley	SR Northwestern (Iowa)	19:49.68					
	44.053 (44.053)	2:15.773 (1:31.720)	3:47.053 (1:31.280)	5:20.311 (1:33.258)				
	6:54.774 (1:34.463)	8:28.517 (1:33.743)	10:04.905 (1:36.388)	11:43.873 (1:38.968)				
	13:24.742 (1:40.869)	15:06.146 (1:41.404)	16:47.113 (1:40.967)	18:24.065 (1:36.952)				
	19:49.671 (1:25.606)							
11	Becka Karnik	FR St. Mary (Neb.)	19:51.13					
	47.426 (47.426)	2:23.635 (1:36.209)	4:01.163 (1:37.528)	5:35.881 (1:34.718)				
	7:11.036 (1:35.155)	8:45.666 (1:34.630)	10:20.770 (1:35.104)	11:54.925 (1:34.155)				
	13:30.501 (1:35.576)	15:06.890 (1:36.389)	16:43.238 (1:36.348)	18:24.435 (1:41.197)				
	19:51.128 (1:26.693)							
12	Isabella Ramsgard	FR Mount Marty	20:00.89					
	49.443 (49.443)	2:23.450 (1:34.007)	4:00.192 (1:36.742)	5:34.119 (1:33.927)				
	7:08.538 (1:34.419)	8:41.852 (1:33.314)	10:18.728 (1:36.876)	11:55.108 (1:36.380)				
	13:31.632 (1:36.524)	15:11.861 (1:40.229)	16:51.368 (1:39.507)	18:32.400 (1:41.032)				
	20:00.889 (1:28.489)							
13	Kiley Craft	JR St. Mary (Neb.)	20:04.08					
	48.977 (48.977)	2:25.592 (1:36.615)	4:02.855 (1:37.263)	5:39.402 (1:36.547)				
	7:15.707 (1:36.305)	8:53.627 (1:37.920)	10:29.523 (1:35.896)	12:05.702 (1:36.179)				
	13:42.317 (1:36.615)	15:19.107 (1:36.790)	16:57.540 (1:38.433)	18:35.832 (1:38.292)				
	20:04.072 (1:28.240)							
14	Kenzy Lippold	FR Doane	20:07.87					
	43.841 (43.841)	2:15.027 (1:31.186)	3:46.877 (1:31.850)	5:19.998 (1:33.121)				
	6:54.654 (1:34.656)	8:29.507 (1:34.853)	10:07.864 (1:38.357)	11:48.580 (1:40.716)				
	13:29.880 (1:41.300)	15:09.434 (1:39.554)	16:51.971 (1:42.537)	18:32.872 (1:40.901)				
	20:07.861 (1:34.989)							
15	Danielle Wood	SR Waldorf	20:21.73					
	47.616 (47.616)	2:23.686 (1:36.070)	4:00.756 (1:37.070)	5:33.808 (1:33.052)				
	7:08.327 (1:34.519)	8:43.261 (1:34.934)	10:22.005 (1:38.744)	12:03.423 (1:41.418)				
	13:44.974 (1:41.551)	15:26.372 (1:41.398)	17:09.931 (1:43.559)	18:52.292 (1:42.361)				
	20:21.728 (1:29.436)							
16	Alison Stepanek	FR Concordia (Neb.)	20:22.60					
	47.764 (47.764)	2:23.697 (1:35.933)	4:02.074 (1:38.377)	5:33.374 (1:31.300)				
	7:07.999 (1:34.625)	8:41.625 (1:33.626)	10:18.532 (1:36.907)	11:58.322 (1:39.790)				
	13:42.002 (1:43.680)	15:25.532 (1:43.530)	17:10.101 (1:44.569)	18:53.004 (1:42.903)				
	20:22.596 (1:29.592)							

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 29 Women 5000 Meter Run**

17 Autumn Simons	SR St. Mary (Neb.)	20:32.03				
49.047 (49.047)	2:25.730 (1:36.683)	4:02.866 (1:37.136)	5:39.115 (1:36.249)			
7:15.790 (1:36.675)	8:54.727 (1:38.937)	10:34.461 (1:39.734)	12:14.856 (1:40.395)			
13:54.895 (1:40.039)	15:35.856 (1:40.961)	17:17.123 (1:41.267)	18:58.057 (1:40.934)			
20:32.025 (1:33.968)						
18 Annika Staab	FR Concordia (Neb.)	20:33.68				
48.126 (48.126)	2:24.175 (1:36.049)	4:01.830 (1:37.655)	5:33.956 (1:32.126)			
7:08.206 (1:34.250)	8:41.656 (1:33.450)	10:18.402 (1:36.746)	12:00.102 (1:41.700)			
13:43.868 (1:43.766)	15:27.267 (1:43.399)	17:12.661 (1:45.394)	18:58.016 (1:45.355)			
20:33.676 (1:35.660)						
19 Ella Miller	SO St. Mary (Neb.)	20:37.04				
49.680 (49.680)	2:26.536 (1:36.856)	4:04.338 (1:37.802)	5:44.933 (1:40.595)			
7:24.494 (1:39.561)	9:04.407 (1:39.913)	10:43.527 (1:39.120)	12:22.846 (1:39.319)			
14:03.843 (1:40.997)	15:45.613 (1:41.770)	17:27.346 (1:41.733)	19:08.495 (1:41.149)			
20:37.035 (1:28.540)						
20 Gabby Ryan	SO Morningside	20:49.18				
45.991 (45.991)	2:19.331 (1:33.340)	3:54.038 (1:34.707)	5:30.384 (1:36.346)			
7:07.694 (1:37.310)	8:45.566 (1:37.872)	10:28.328 (1:42.762)	12:11.517 (1:43.189)			
13:52.078 (1:40.561)	15:35.069 (1:42.991)	17:21.379 (1:46.310)	19:05.783 (1:44.404)			
20:49.180 (1:43.397)						
21 Sophie Memmelaar	FR Dordt	20:50.98				
49.237 (49.237)	2:25.900 (1:36.663)	4:01.725 (1:35.825)	5:39.390 (1:37.665)			
7:18.314 (1:38.924)	9:00.226 (1:41.912)	10:42.423 (1:42.197)	12:25.968 (1:43.545)			
14:11.450 (1:45.482)	15:56.187 (1:44.737)	17:40.659 (1:44.472)	19:23.282 (1:42.623)			
20:50.974 (1:27.692)						
22 Alison Bradford	FR Doane	21:02.93				
46.055 (46.055)	2:19.714 (1:33.659)	3:54.336 (1:34.622)	5:30.884 (1:36.548)			
7:07.867 (1:36.983)	8:44.739 (1:36.872)	10:25.976 (1:41.237)	12:10.345 (1:44.369)			
13:55.587 (1:45.242)	15:42.932 (1:47.345)	17:31.063 (1:48.131)	19:21.730 (1:50.667)			
21:02.926 (1:41.196)						
23 Ellie Zeutenhorst	JR Northwestern (Iowa)	21:25.42				
46.484 (46.484)	2:23.391 (1:36.907)	4:03.381 (1:39.990)	5:45.537 (1:42.156)			
7:29.095 (1:43.558)	9:13.425 (1:44.330)	10:57.603 (1:44.178)	12:41.286 (1:43.683)			
14:26.631 (1:45.345)	16:13.141 (1:46.510)	17:59.202 (1:46.061)	19:45.242 (1:46.040)			
21:25.411 (1:40.169)						

Event 30 Women 10000 Meter Run

GPAC Record: G 37:11.93 5/2/2014 Lauren Shomaker, Hastings

NAIA Auto: A 36:32.00

NAIA Prov.: B 37:15.00

Name	Year	School	Finals	Points				
1 Courtney Joiner	SO	Dordt	39:26.78	10				
1:28.189 (1:28.189)	3:01.682 (1:33.494)	4:34.824 (1:33.142)	6:07.179 (1:32.355)					
7:43.252 (1:36.074)	9:17.187 (1:33.935)	10:51.904 (1:34.717)	12:27.231 (1:35.328)					
14:00.216 (1:32.985)	15:33.766 (1:33.550)	17:07.430 (1:33.664)	18:41.255 (1:33.825)					
20:17.229 (1:35.974)	21:54.930 (1:37.702)	23:32.882 (1:37.953)	25:07.697 (1:34.815)					
26:42.372 (1:34.675)	28:19.489 (1:37.117)	29:56.661 (1:37.173)	31:34.852 (1:38.192)					
33:11.710 (1:36.858)	34:49.501 (1:37.792)	36:26.304 (1:36.803)	38:01.634 (1:35.330)					
39:26.780 (1:25.147)								

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Coplex****Results****....Event 30 Women 10000 Meter Run**

2	Hannah Thong	FR Dordt	39:27.67	8					
	1:28.537 (1:28.537)	3:02.155 (1:33.618)	4:35.259 (1:33.104)	6:07.472 (1:32.214)					
	7:42.965 (1:35.493)	9:17.000 (1:34.035)	10:51.704 (1:34.704)	12:27.542 (1:35.839)					
	14:00.645 (1:33.103)	15:34.146 (1:33.502)	17:07.720 (1:33.574)	18:40.956 (1:33.237)					
	20:16.921 (1:35.965)	21:54.790 (1:37.869)	23:32.645 (1:37.855)	25:07.834 (1:35.189)					
	26:42.724 (1:34.890)	28:19.781 (1:37.058)	29:56.961 (1:37.180)	31:34.526 (1:37.565)					
	33:11.386 (1:36.860)	34:49.550 (1:38.164)	36:26.490 (1:36.940)	38:01.885 (1:35.395)					
	39:27.662 (1:25.778)								
3	London Rogge	JR Morningside	41:23.93	6					
	1:41.240 (1:41.240)	3:25.514 (1:44.274)	5:07.962 (1:42.449)	6:54.045 (1:46.083)					
	8:36.365 (1:42.320)	10:17.290 (1:40.925)	11:57.386 (1:40.097)	13:37.584 (1:40.198)					
	15:16.182 (1:38.599)	16:54.602 (1:38.420)	18:32.134 (1:37.532)	20:10.546 (1:38.413)					
	21:48.759 (1:38.213)	23:26.536 (1:37.778)	25:03.964 (1:37.428)	26:42.662 (1:38.699)					
	28:21.260 (1:38.598)	30:00.796 (1:39.537)	31:39.899 (1:39.103)	33:19.990 (1:40.092)					
	35:00.336 (1:40.347)	36:39.631 (1:39.295)	38:17.525 (1:37.894)	39:55.544 (1:38.019)					
	41:23.929 (1:28.385)								
4	Kiley Craft	JR St. Mary (Neb.)	41:31.67	5					
	1:43.096 (1:43.096)	3:33.062 (1:49.967)	5:22.765 (1:49.703)	7:12.130 (1:49.365)					
	8:57.610 (1:45.480)	10:41.790 (1:44.180)	12:24.522 (1:42.733)	14:05.257 (1:40.735)					
	15:45.470 (1:40.213)	17:24.035 (1:38.565)	19:01.761 (1:37.727)	20:38.895 (1:37.134)					
	22:14.059 (1:35.164)	23:48.917 (1:34.859)	25:23.771 (1:34.854)	26:59.844 (1:36.073)					
	28:36.232 (1:36.389)	30:13.172 (1:36.940)	31:50.809 (1:37.637)	33:29.876 (1:39.068)					
	35:06.702 (1:36.827)	36:44.722 (1:38.020)	38:24.146 (1:39.424)	40:00.501 (1:36.355)					
	41:31.666 (1:31.165)								
5	Calla Wittland	JR Doane	41:38.94	4					
	1:40.482 (1:40.482)	3:25.261 (1:44.779)	5:07.751 (1:42.490)	6:53.815 (1:46.064)					
	8:36.225 (1:42.410)	10:18.209 (1:41.984)	11:59.842 (1:41.634)	13:41.444 (1:41.602)					
	15:22.665 (1:41.222)	17:02.690 (1:40.025)	18:42.496 (1:39.807)	20:21.565 (1:39.069)					
	21:58.306 (1:36.742)	23:36.137 (1:37.832)	25:15.330 (1:39.193)	26:53.641 (1:38.312)					
	28:33.455 (1:39.814)	30:12.964 (1:39.509)	31:51.174 (1:38.210)	33:30.187 (1:39.014)					
	35:10.524 (1:40.337)	36:51.194 (1:40.670)	38:29.795 (1:38.602)	40:08.339 (1:38.544)					
	41:38.934 (1:30.595)								
6	Ellie Jander	JR Concordia (Neb.)	41:41.28	3					
	1:41.136 (1:41.136)	3:25.650 (1:44.514)	5:08.286 (1:42.637)	6:54.214 (1:45.928)					
	8:36.926 (1:42.713)	10:19.371 (1:42.445)	12:00.004 (1:40.633)	13:41.044 (1:41.040)					
	15:21.445 (1:40.402)	17:02.207 (1:40.763)	18:42.072 (1:39.865)	20:21.314 (1:39.242)					
	21:59.681 (1:38.368)	23:37.407 (1:37.727)	25:16.497 (1:39.090)	26:56.290 (1:39.793)					
	28:34.151 (1:37.862)	30:12.604 (1:38.453)	31:50.516 (1:37.913)	33:29.781 (1:39.265)					
	35:08.229 (1:38.448)	36:48.110 (1:39.882)	38:27.567 (1:39.458)	40:07.781 (1:40.214)					
	41:41.276 (1:33.495)								
7	Danielle Wood	SR Waldorf	42:08.28	2					
	1:40.817 (1:40.817)	3:25.350 (1:44.533)	5:07.876 (1:42.527)	6:53.957 (1:46.082)					
	8:36.489 (1:42.532)	10:18.284 (1:41.795)	11:59.747 (1:41.464)	13:41.619 (1:41.872)					
	15:21.700 (1:40.082)	17:02.386 (1:40.687)	18:42.100 (1:39.714)	20:21.259 (1:39.159)					
	21:58.781 (1:37.523)	23:37.109 (1:38.328)	25:16.197 (1:39.089)	26:56.010 (1:39.813)					
	28:35.290 (1:39.280)	30:15.476 (1:40.187)	31:58.651 (1:43.175)	33:41.621 (1:42.970)					
	35:24.022 (1:42.402)	37:07.175 (1:43.153)	38:49.369 (1:42.194)	40:31.285 (1:41.917)					
	42:08.274 (1:36.989)								

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Coplex****Results****....Event 30 Women 10000 Meter Run**

8	Autumn Simons	SR St. Mary (Neb.)	42:31.58	1			
	1:43.176 (1:43.176)	3:33.164 (1:49.988)	5:22.835 (1:49.672)	7:12.187 (1:49.353)			
	8:57.700 (1:45.513)	10:41.895 (1:44.195)	12:24.535 (1:42.640)	14:05.306 (1:40.772)			
	15:45.624 (1:40.318)	17:24.165 (1:38.542)	19:02.235 (1:38.070)	20:39.211 (1:36.977)			
	22:16.640 (1:37.429)	23:56.016 (1:39.377)	25:34.754 (1:38.738)	27:14.574 (1:39.820)			
	28:56.304 (1:41.730)	30:38.099 (1:41.795)	32:21.571 (1:43.473)	34:03.667 (1:42.097)			
	35:47.696 (1:44.029)	37:30.026 (1:42.330)	39:11.936 (1:41.910)	40:53.601 (1:41.665)			
	42:31.575 (1:37.974)						
9	Maddie Bergstrom	FR Midland	42:52.66				
	1:42.604 (1:42.604)	3:26.094 (1:43.490)	5:08.490 (1:42.397)	6:54.354 (1:45.864)			
	8:37.089 (1:42.735)	10:19.177 (1:42.089)	12:00.600 (1:41.423)	13:42.466 (1:41.867)			
	15:23.269 (1:40.803)	17:03.974 (1:40.705)	18:44.177 (1:40.204)	20:24.292 (1:40.115)			
	22:05.246 (1:40.954)	23:50.281 (1:45.035)	25:38.034 (1:47.753)	27:26.489 (1:48.455)			
	29:12.815 (1:46.327)	30:59.986 (1:47.172)	32:46.562 (1:46.577)	34:34.169 (1:47.607)			
	36:19.336 (1:45.168)	38:00.276 (1:40.940)	39:41.694 (1:41.418)	41:21.619 (1:39.925)			
	42:52.652 (1:31.034)						
10	Gabby Ryan	SO Morningside	42:55.54				
	1:41.352 (1:41.352)	3:25.784 (1:44.432)	5:08.182 (1:42.399)	6:54.295 (1:46.113)			
	8:36.639 (1:42.344)	10:19.012 (1:42.374)	12:00.444 (1:41.432)	13:41.982 (1:41.539)			
	15:22.906 (1:40.924)	17:03.186 (1:40.280)	18:43.425 (1:40.239)	20:22.391 (1:38.967)			
	22:00.566 (1:38.175)	23:39.937 (1:39.372)	25:22.044 (1:42.107)	27:04.421 (1:42.378)			
	28:46.024 (1:41.603)	30:31.384 (1:45.360)	32:18.320 (1:46.937)	34:04.491 (1:46.172)			
	35:51.142 (1:46.652)	37:39.291 (1:48.149)	39:26.901 (1:47.610)	41:12.681 (1:45.780)			
	42:55.536 (1:42.855)						
11	Ella Miller	SO St. Mary (Neb.)	44:01.11				
	1:46.812 (1:46.812)	3:34.947 (1:48.135)	5:25.927 (1:50.980)	7:15.536 (1:49.609)			
	9:05.059 (1:49.523)	10:55.432 (1:50.374)	12:43.799 (1:48.367)	14:32.424 (1:48.625)			
	16:20.409 (1:47.985)	18:07.430 (1:47.022)	19:54.265 (1:46.835)	21:40.681 (1:46.417)			
	23:26.084 (1:45.403)	25:09.054 (1:42.970)	26:53.389 (1:44.335)	28:36.730 (1:43.342)			
	30:20.060 (1:43.330)	32:04.137 (1:44.078)	33:48.111 (1:43.974)	35:32.581 (1:44.470)			
	37:17.432 (1:44.852)	39:02.159 (1:44.727)	40:45.226 (1:43.068)	42:26.214 (1:40.988)			
	44:01.104 (1:34.890)						
12	Ellie Janda	SR Dordt	44:13.35				
	1:40.160 (1:40.160)	3:24.605 (1:44.445)	5:09.244 (1:44.639)	6:54.504 (1:45.260)			
	8:37.310 (1:42.807)	10:19.771 (1:42.462)	12:01.650 (1:41.879)	13:44.472 (1:42.823)			
	15:28.392 (1:43.920)	17:12.719 (1:44.327)	18:56.390 (1:43.672)	20:40.961 (1:44.572)			
	22:25.405 (1:44.444)	24:12.242 (1:46.838)	26:01.211 (1:48.969)	27:50.225 (1:49.014)			
	29:40.074 (1:49.849)	31:29.204 (1:49.130)	33:19.900 (1:50.697)	35:11.197 (1:51.298)			
	37:02.612 (1:51.415)	38:54.751 (1:52.139)	40:48.317 (1:53.567)	42:33.394 (1:45.077)			
	44:13.342 (1:39.949)						
13	Katelyn Iwata	FR Doane	44:17.65				
	1:46.462 (1:46.462)	3:33.801 (1:47.339)	5:18.947 (1:45.147)	7:04.356 (1:45.409)			
	8:49.176 (1:44.820)	10:33.327 (1:44.152)	12:15.001 (1:41.674)	13:57.897 (1:42.897)			
	15:43.034 (1:45.137)	17:28.667 (1:45.634)	19:13.580 (1:44.913)	21:00.054 (1:46.474)			
	22:45.422 (1:45.369)	24:31.805 (1:46.383)	26:19.162 (1:47.358)	28:05.585 (1:46.423)			
	29:53.562 (1:47.978)	31:42.796 (1:49.234)	33:31.386 (1:48.590)	35:18.641 (1:47.255)			
	37:07.640 (1:48.999)	38:55.689 (1:48.049)	40:44.222 (1:48.534)	42:34.146 (1:49.924)			
	44:17.646 (1:43.500)						

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 30 Women 10000 Meter Run**

14	Abigail Ruse	SR Dordt	44:58.06				
	1:43.544 (1:43.544)	3:33.345 (1:49.802)	5:19.896 (1:46.552)	7:06.837 (1:46.942)			
	8:52.954 (1:46.117)	10:38.972 (1:46.019)	12:27.172 (1:48.200)	14:15.946 (1:48.774)			
	16:05.470 (1:49.524)	17:53.490 (1:48.020)	19:42.381 (1:48.892)	21:30.190 (1:47.809)			
	23:20.325 (1:50.135)	25:10.506 (1:50.182)	27:01.194 (1:50.688)	28:51.455 (1:50.262)			
	30:42.106 (1:50.652)	32:32.777 (1:50.672)	34:24.159 (1:51.382)	36:12.655 (1:48.497)			
	38:01.251 (1:48.597)	39:49.182 (1:47.932)	41:35.566 (1:46.384)	43:22.799 (1:47.233)			
	44:58.059 (1:35.260)						
15	Ellie Zeutenhorst	JR Northwestern (Iowa)	45:06.63				
	1:40.522 (1:40.522)	3:25.065 (1:44.543)	5:09.595 (1:44.530)	6:54.709 (1:45.114)			
	8:37.652 (1:42.944)	10:20.065 (1:42.413)	12:01.944 (1:41.879)	13:45.029 (1:43.085)			
	15:29.101 (1:44.073)	17:13.941 (1:44.840)	19:00.322 (1:46.382)	20:47.092 (1:46.770)			
	22:35.897 (1:48.805)	24:25.062 (1:49.165)	26:15.332 (1:50.270)	28:07.912 (1:52.580)			
	29:59.814 (1:51.902)	31:53.014 (1:53.200)	33:46.845 (1:53.832)	35:39.991 (1:53.147)			
	37:33.735 (1:53.744)	39:27.749 (1:54.014)	41:22.201 (1:54.453)	43:16.070 (1:53.869)			
	45:06.622 (1:50.553)						
16	Ava Brackhan	JR Hastings	46:09.69				
	1:51.546 (1:51.546)	3:46.582 (1:55.037)	5:45.666 (1:59.084)	7:37.249 (1:51.583)			
	9:29.856 (1:52.608)	11:22.377 (1:52.522)	13:09.326 (1:46.949)	15:00.266 (1:50.940)			
	16:48.900 (1:48.634)	18:37.850 (1:48.950)	20:26.122 (1:48.273)	22:14.915 (1:48.793)			
	24:05.016 (1:50.102)	25:54.740 (1:49.724)	27:46.610 (1:51.870)	29:35.485 (1:48.875)			
	31:28.345 (1:52.860)	33:22.699 (1:54.354)	35:14.565 (1:51.867)	37:05.194 (1:50.629)			
	38:56.117 (1:50.924)	40:45.284 (1:49.167)	42:37.416 (1:52.133)	44:28.372 (1:50.957)			
	46:09.689 (1:41.317)						
17	Josie Smith	SO Concordia (Neb.)	46:46.92				
	1:47.352 (1:47.352)	3:35.504 (1:48.152)	5:25.912 (1:50.409)	7:14.586 (1:48.674)			
	9:02.680 (1:48.094)	10:55.057 (1:52.378)	12:43.880 (1:48.823)	14:32.677 (1:48.798)			
	16:20.805 (1:48.128)	18:11.324 (1:50.519)	20:05.814 (1:54.490)	21:58.161 (1:52.348)			
	23:49.842 (1:51.682)	25:44.225 (1:54.383)	27:40.516 (1:56.292)	29:35.125 (1:54.609)			
	31:30.884 (1:55.759)	33:30.697 (1:59.814)	35:28.035 (1:57.338)	37:24.109 (1:56.074)			
	39:19.110 (1:55.002)	41:14.102 (1:54.993)	43:10.922 (1:56.820)	45:05.450 (1:54.528)			
	46:46.915 (1:41.465)						
18	Aubrie Johnson	FR Doane	46:58.85				
	1:50.864 (1:50.864)	3:46.040 (1:55.177)	5:45.355 (1:59.315)	7:41.296 (1:55.942)			
	9:33.064 (1:51.768)	11:21.891 (1:48.828)	13:09.697 (1:47.807)	15:00.522 (1:50.825)			
	16:49.247 (1:48.725)	18:38.245 (1:48.998)	20:26.966 (1:48.722)	22:17.272 (1:50.307)			
	24:13.205 (1:55.933)	26:06.894 (1:53.689)	27:59.452 (1:52.559)	29:54.150 (1:54.698)			
	31:52.626 (1:58.477)	33:55.660 (2:03.034)	35:54.477 (1:58.818)	37:49.301 (1:54.824)			
	39:42.812 (1:53.512)	41:36.899 (1:54.087)	43:31.180 (1:54.282)	45:22.629 (1:51.449)			
	46:58.850 (1:36.222)						
19	Emma Wilson	SR Northwestern (Iowa)	47:19.75				
	1:46.174 (1:46.174)	3:36.484 (1:50.310)	5:27.466 (1:50.983)	7:19.854 (1:52.388)			
	9:12.392 (1:52.539)	11:03.457 (1:51.065)	12:54.656 (1:51.199)	14:45.810 (1:51.154)			
	16:36.747 (1:50.938)	18:27.014 (1:50.267)	20:17.842 (1:50.829)	22:07.642 (1:49.800)			
	24:01.037 (1:53.395)	25:54.781 (1:53.744)	27:50.582 (1:55.802)	29:47.615 (1:57.033)			
	31:45.397 (1:57.783)	33:45.152 (1:59.755)	35:45.885 (2:00.733)	37:45.795 (1:59.910)			
	39:43.367 (1:57.573)	41:40.546 (1:57.179)	43:37.319 (1:56.773)	45:32.264 (1:54.945)			
	47:19.745 (1:47.482)						

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 30 Women 10000 Meter Run**

-- Delaney Catron	SO Doane	DQ	rule 15.5.3g
1:46.586 (1:46.586)	3:33.946 (1:47.360)	5:19.035 (1:45.089)	7:04.340 (1:45.305)
8:49.111 (1:44.772)	10:33.296 (1:44.185)	12:14.905 (1:41.609)	13:56.955 (1:42.050)
15:38.131 (1:41.177)	17:18.056 (1:39.925)	18:58.700 (1:40.644)	20:40.705 (1:42.005)
22:21.745 (1:41.040)	24:04.071 (1:42.327)	25:44.954 (1:40.883)	27:24.875 (1:39.922)
29:05.905 (1:41.030)	30:46.660 (1:40.755)	32:28.091 (1:41.432)	34:10.747 (1:42.657)
35:52.489 (1:41.742)	37:34.555 (1:42.067)	39:16.034 (1:41.479)	40:57.697 (1:41.664)
42:36.474 (1:38.777)			
-- Lillian Dahlhauser	FR Morningside	DQ	rule 15.5.3g
1:40.936 (1:40.936)	3:25.400 (1:44.464)	5:07.772 (1:42.373)	6:53.890 (1:46.118)
8:36.520 (1:42.630)	10:18.449 (1:41.929)	12:00.036 (1:41.588)	13:41.275 (1:41.239)
15:22.554 (1:41.279)	17:02.407 (1:39.854)	18:42.397 (1:39.990)	20:21.759 (1:39.362)
21:59.231 (1:37.473)	23:36.777 (1:37.547)	25:15.984 (1:39.207)	26:55.762 (1:39.779)
28:34.804 (1:39.042)	30:14.000 (1:39.197)	31:55.337 (1:41.338)	33:35.771 (1:40.434)
35:15.706 (1:39.935)	36:55.157 (1:39.452)	38:35.360 (1:40.203)	40:15.734 (1:40.374)
41:49.544 (1:33.810)			

Event 31 Women 100 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

GPAC Record: G 13.90 5/3/2024 Adrianna Rodencal, Concordia (N)
 NAIA Auto: A 13.92
 NAIA Prov.: B 14.27

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Adrianna Rodencal	JR Concordia (Neb.)	G 13.63Q	1.2	2
2 Kerrigan Myers	SR Midland	B 14.16Q	1.7	3
3 Josie Garrett	JR Doane	14.30Q	1.5	1
4 Jaida Rowe	JR Hastings	14.37q	1.5	1
5 Kayla Svoboda	JR Concordia (Neb.)	14.95q	1.7	3
6 Isabelle Salters	SR Concordia (Neb.)	15.20q	1.2	2
7 Chaney Nelson	SO Doane	15.33q	1.2	2
8 Ava Reese	FR Hastings	15.58q	1.5	1
9 Laney Denniston	FR Concordia (Neb.)	15.81	1.7	3
10 Landrey Walter	JR Concordia (Neb.)	16.56	1.2	2
11 Josey Welch	FR Concordia (Neb.)	16.67	1.5	1
12 Payton Kleinhesselink	FR Northwestern (Iowa)	16.71	1.5	1
13 Taylor Hinojosa	JR Mount Marty	16.91	1.2	2
14 Faith Minderhoud	SO Dordt	17.12	1.2	2
15 Andrea Sucha	JR Mount Marty	17.17	1.7	3
16 Macala Hood	JR Mount Marty	17.21	1.5	1
17 Sara Thonvold	FR Northwestern (Iowa)	17.30	1.7	3
18 Ava Ludwig	FR Dakota Wesleyan	17.55	1.7	3
19 Sierra Scholten	FR Dordt	17.59	1.2	2
20 Kathryn Columbus	JR Hastings	17.77	1.7	3

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****Event 31 Women 100 Meter Hurdles**

GPAC Record: G 13.90 5/3/2024 Adrianna Rodencal, Concordia (N)
 NAIA Auto: A 13.92
 NAIA Prov.: B 14.27

Name	Year School	Finals	Wind	Points
Finals				
1 Adrianna Rodencal	JR Concordia (Neb.)	13.66G	-0.2	10
2 Kerrigan Myers	SR Midland	14.16B	-0.2	8
3 Jaida Rowe	JR Hastings	14.39	-0.2	6
4 Josie Garrett	JR Doane	14.40	-0.2	5
5 Kayla Svoboda	JR Concordia (Neb.)	14.70	-0.2	4
6 Isabelle Salters	SR Concordia (Neb.)	15.30	-0.2	3
7 Ava Reese	FR Hastings	15.67	-0.2	2
8 Chaney Nelson	SO Doane	15.73	-0.2	1
Preliminaries				
9 Laney Denniston	FR Concordia (Neb.)			
10 Landrey Walter	JR Concordia (Neb.)			
11 Josey Welch	FR Concordia (Neb.)			
12 Payton Kleinhesselink	FR Northwestern (Iowa)			
13 Taylor Hinojosa	JR Mount Marty			
14 Faith Minderhoud	SO Dordt			
15 Andrea Sucha	JR Mount Marty			
16 Macala Hood	JR Mount Marty			
17 Sara Thonvold	FR Northwestern (Iowa)			
18 Ava Ludwig	FR Dakota Wesleyan			
19 Sierra Scholten	FR Dordt			
20 Kathryn Columbus	JR Hastings			

Event 32 Women 400 Meter Hurdles

GPAC Record: G 59.90 5/7/2022 Jordan Koepke, Concordia (N)
 NAIA Auto: A 1:01.96
 NAIA Prov.: B 1:03.65

Name	Year School	Finals	H#	Points
Finals				
1 Adrianna Rodencal	JR Concordia (Neb.)	58.90G	3	10
2 Jaida Rowe	JR Hastings	1:01.43A	3	8
3 Kaitlin Wercinski	FR Dordt	1:04.68	3	6
4 Chaney Nelson	SO Doane	1:06.23	3	5
5 Carly Henderson	FR St. Mary (Neb.)	1:06.48	3	4
6 Lydia Herman	JR Dordt	1:07.87	2	3
7 Ava Reese	FR Hastings	1:09.82	1	2
8 Landrey Walter	JR Concordia (Neb.)	1:09.90	2	1
9 Faith Minderhoud	SO Dordt	1:10.07	3	
10 Marissa O'Connor	SO Waldorf	1:10.87	1	
11 Taylor Hinojosa	JR Mount Marty	1:10.92	3	
12 Sierra Scholten	FR Dordt	1:11.67	2	
13 Britta Deden	SO Doane	1:11.68	1	
14 Brandi Peck	JR Waldorf	1:12.30	2	
15 Jada Koerner	SO Dordt	1:12.40	3	
16 Kenna Gustafson	FR Northwestern (Iowa)	1:12.41	2	
17 Macala Hood	JR Mount Marty	1:14.29	2	

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****Event 33 Women 4x100 Meter Relay**

GPAC Record: G 46.86 2019 Hastings, Hastings College
 S Cunningham, J Wilson, D Maessner, M Moran

NAIA Auto: A 46.49

NAIA Prov.: B 47.52

School

Finals H# Points

1 Doane	46.25A	2	10
1) RaeAnn Thompson SO	2) Morgan Mahoney JR		
3) Kat Vogt JR	4) Neryah Hekl SO		
2 Concordia (Neb.)	46.80G	2	8
1) Adysen McCarter FR	2) Kayla Kirchner JR		
3) Emily Loseke SR	4) Adrianna Rodencal JR		
3 Mount Marty	47.91	2	6
1) Alexis Motley SO	2) Hilaria Rodriguez SO		
3) Alexis Even JR	4) Zelig Sorensen JR		
4 Northwestern (Iowa)	47.97	2	5
1) Lauren Waypa SO	2) Emma Blum JR		
3) Erin Heusinkveld FR	4) Tierney Huss FR		
5 St. Mary (Neb.)	48.75	2	4
1) Kellesse Heard SO	2) Mikaiya Rodgers FR		
3) Taylor Hrabik JR	4) Savannah Horne FR		
6 Dordt	49.64	2	3
1) Ryli Thompsen FR	2) Ada Dekkers FR		
3) Kailee Altena SO	4) Caitlin Vander Kooy SO		
7 Midland	50.00	2	2
1) Dala Drowne SO	2) Aurora Griffin FR		
3) Farrah Wilson FR	4) Rianna Greene FR		
8 Hastings	50.52	2	1
1) Kamerin Turner FR	2) Ava Reese FR		
3) Cecilia Velarde SR	4) Lucy Carey FR		
9 Dakota Wesleyan	52.26	1	
1) Tanley Goebel JR	2) Ava Ludwig FR		
3) Dani Deffenbaugh SO	4) Hailey Oswald SO		

Event 34 Women 4x400 Meter Relay

GPAC Record: G 3:47.08 5/7/2016 Nebraska Wesleyan, Nebraska Wes
 E Jones, A Hunke, K Jones, K Krick

NAIA Auto: A 3:51.00

NAIA Prov.: B 3:55.50

School

Finals H# Points

1 Dordt	3:51.34B	2	10
1) Lindsay Grau JR	2) Kailee Altena SO		
3) Kaitlin Wercinski FR	4) Shelby Buwalda JR		
1:56.364 (1:56.364)	2:54.443 (58.079)	3:51.339 (56.896)	
2 Concordia (Neb.)	3:56.97	2	8
1) Trinity Tuls SR	2) Tayden Kirchner SO		
3) Isabelle Salters SR	4) Kayla Kirchner JR		
1:57.596 (1:57.596)	2:57.797 (1:00.201)	3:56.967 (59.170)	
3 Northwestern (Iowa)	4:00.31	2	6
1) Emma Blum JR	2) Macy Schroeder FR		
3) Jordan Shull FR	4) Brielle Engelmann SO		
1:59.841 (1:59.841)	2:59.635 (59.794)	4:00.304 (1:00.669)	

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 34 Women 4x400 Meter Relay**

4 Doane	4:01.73	2	5
1) Kat Vogt JR	2) Chaney Nelson SO		
3) Kiley Hejtmanek SO	4) Danie Parriott JR		
2:04.548 (2:04.548)	3:04.131 (59.583)	4:01.726 (57.595)	
5 St. Mary (Neb.)	4:04.13	2	4
1) Mackenzie Stanley FR	2) Ava Hilger SO		
3) Mira Fosmer SO	4) Olivia Elbert FR		
2:03.789 (2:03.789)	3:04.862 (1:01.073)	4:04.121 (59.259)	
6 Mount Marty	4:05.24	2	3
1) Zelig Sorensen JR	2) Alexis Even JR		
3) Rachel Erk FR	4) Josey Wahlstrom JR		
2:00.354 (2:00.354)	3:05.340 (1:04.986)	4:05.240 (59.900)	
7 Hastings	4:07.60	1	2
1) Cecilia Velarde SR	2) Jaida Rowe JR		
3) Kamerin Turner FR	4) Lucy Carey FR		
2:00.278 (2:00.278)	3:04.713 (1:04.435)	4:07.599 (1:02.886)	
8 Morningside	4:13.89	2	1
1) Morgan Sachs FR	2) Jolee Mesz SO		
3) Nicole Zuehl JR	4) Sydney Brouwer FR		
2:04.628 (2:04.628)	3:09.845 (1:05.217)	4:13.887 (1:04.042)	
9 Waldorf	4:14.95	2	
1) Eliza McKown JR	2) Brandi Peck JR		
3) Marissa O'Connor SO	4) Alexa Torres FR		
2:03.215 (2:03.215)	3:07.237 (1:04.022)	4:14.941 (1:07.704)	
10 Midland	4:21.28	1	
1) Nevaeh Sarabia SR	2) Dala Drowne SO		
3) Carly Carstens FR	4) Aurora Griffin FR		
2:09.118 (2:09.118)	3:16.849 (1:07.731)	4:21.272 (1:04.423)	

Event 35 Women 4x800 Meter Relay

GPAC Record: G 9:04.58 2015 Dordt College, Dordt
K Byl, K Lewis, L Koerner, J VanZee

NAIA Auto: A 9:17.00

NAIA Prov.: B 9:28.50

School	Finals	Points
1 St. Mary (Neb.)	9:17.17B	10
1) Carly Henderson FR	2) Olivia Elbert FR	
3) Mira Fosmer SO	4) Kara Muller FR	
2:18.775 (2:18.775)	4:36.181 (2:17.406)	6:55.542 (2:19.361)
9:17.166 (2:21.624)		
2 Morningside	9:26.22B	8
1) Jolee Mesz SO	2) Morgan Sachs FR	
3) Nicole Zuehl JR	4) Courtney Sporrer JR	
2:24.209 (2:24.209)	4:46.029 (2:21.820)	7:08.975 (2:22.946)
9:26.213 (2:17.238)		
3 Dordt	9:31.93	6
1) Arielle DeYoung FR	2) Olivia Hoogland FR	
3) Jenna Hursh FR	4) Ashlynn Davis FR	
2:20.572 (2:20.572)	4:45.087 (2:24.515)	7:08.592 (2:23.505)
9:31.929 (2:23.337)		
4 Northwestern (Iowa)	9:32.95	5
1) Macy Schroeder FR	2) Emily De Groot JR	
3) Brielle Engelmann SO	4) Allison Hough SO	
2:20.121 (2:20.121)	4:45.695 (2:25.574)	7:07.730 (2:22.035)
9:32.945 (2:25.215)		
5 Doane	9:46.03	4

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 35 Women 4x800 Meter Relay**

1) Danie Parriott JR	2) Ashlei McDonald JR								
3) Laura Hasemann SO	4) Maddy Ramey SO								
2:19.420 (2:19.420)	4:40.653 (2:21.233)	7:15.537 (2:34.884)	9:46.023 (2:30.486)						
6 Hastings		10:05.57	3						
1) Cecilia Velarde SR	2) Whitney Cure SO								
3) Cynthia Chaparro Belloc SR	4) Grace Dow SO								
2:28.409 (2:28.409)	5:00.406 (2:31.997)	7:31.934 (2:31.528)	10:05.564 (2:33.630)						
7 Concordia (Neb.)		10:12.31	2						
1) Sammi Vojslavek JR	2) Katelyn Nix SR								
3) Caitlyn Adams JR	4) Kelsie Heins SO								
2:30.264 (2:30.264)	4:59.709 (2:29.445)	7:32.681 (2:32.972)	10:12.301 (2:39.620)						
8 Mount Marty		10:20.14	1						
1) Josey Wahlstrom JR	2) Alexis Gosch SO								
3) Isabella Ramsgard FR	4) Rachel Erk FR								
2:23.133 (2:23.133)	4:56.851 (2:33.718)	7:30.773 (2:33.922)	10:20.140 (2:49.367)						
9 Midland		10:38.01							
1) Nevaeh Sarabia SR	2) Carly Carstens FR								
3) Belinda Jepkemboi FR	4) Danika Leuenberger FR								
2:25.727 (2:25.727)	4:59.315 (2:33.588)	7:50.413 (2:51.098)	10:38.009 (2:47.596)						

Event 36 Women Long Jump

9 to Final

GPAC Record: G 6.05m 5/6/2022 Karsen Sears, Hastings

NAIA Auto: A 5.87m

NAIA Prov.: B 5.75m

Name	Year	School	Finals	Wind	H#	Points
1 Mikaiya Rodgers	FR	St. Mary (Neb.)	5.67m	1.9	18-07.25	2 10
5.57m(+0.0) FOUL	FOUL	5.52m(0.7) 5.66m(2.0) 5.67m(1.9)				
2 Kiki Nyanok	SO	Concordia (Neb.)	5.67m	+0.0	18-07.25	2 8
FOUL FOUL	5.41m(+0.0) 5.67m(+0.0) FOUL	FOUL				
3 Hayley Miles	JR	Concordia (Neb.)	5.52m	+0.0	18-01.50	2 6
5.52m(+0.0) 5.15m(0.7) 5.35m(+0.0) 4.82m(0.1) 5.26m(1.7) FOUL(2.8)						
4 Rosalyn Roggasch	JR	Doane	5.51m	1.9	18-01.00	2 5
5.46m(+0.0) 5.39m(+0.0) 5.45m(+0.0) 5.47m(+0.0) 5.31m(1.6) 5.51m(1.9)						
5 Kerrigan Myers	SR	Midland	5.50m	3.2	18-00.50	2 4
5.02m(+0.0) 5.05m(+0.0) 5.34m(+0.0) 5.24m(0.5) FOUL(1.9) 5.50m(3.2)						
6 Adrianna Rodencal	JR	Concordia (Neb.)	5.44m	2.3	17-10.25	2 3
FOUL 5.16m(0.3) 5.29m(+0.0) 5.37m(1.2) 5.27m(0.7) 5.44m(2.3)						
7 Amanda Steinke	JR	Concordia (Neb.)	5.42m	3.5	17-09.50	2 2
FOUL 5.12m(+0.0) 5.04m(0.2) 4.70m(+0.0) 4.87m(0.6) 5.42m(3.5)						
8 Kinsey Alt	FR	Morningside	5.28m	2.7	17-04.00	1 1
4.89m(+0.0) 5.11m(1.3) 4.72m(1.4) 4.93m(+0.0) FOUL(0.9) 5.28m(2.7)						
9 Vanessa Rice	FR	Midland	5.25m	NWI	17-02.75	1
5.11m(-0.0) FOUL 5.03m(0.4) 5.25m(-0.0) PASS		PASS				
10 Josie Garrett	JR	Doane	5.07m	+0.0	16-07.75	2
4.96m(+0.0) 5.07m(+0.0) 4.92m(0.6)						
11 Lexa Burtzlaff	SR	Mount Marty	5.05m	+0.0	16-07.00	2
5.05m(+0.0) 4.62m(+0.0) 4.86m(+0.0)						
12 Kyla Davis	SO	Doane	5.04m	1.5	16-06.50	1
5.04m(1.5) 4.92m(+0.0) FOUL						
13 Jenna Balt	JR	Dordt	5.01m	1.4	16-05.25	1
5.01m(1.4) 4.93m(+0.0) 4.89m(-1.3)						
14 Rachel Erk	FR	Mount Marty	4.97m	-1.1	16-03.75	1
4.95m(1.5) FOUL 4.97m(-1.1)						

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 36 Women Long Jump**

15	Ava Ludwig	FR Dakota Wesleyan	4.84m	1.3	15-10.50	1
	4.58m(1.1) 4.39m(0.5) 4.84m(1.3)					
16	Allison Isaacson	SO St. Mary (Neb.)	4.83m	0.9	15-10.25	1
	4.83m(0.9) FOUL 4.79m(-1.5)					
17	Lauren Waypa	SO Northwestern (Iowa)	4.82m	+0.0	15-09.75	1
	FOUL 4.78m(1.1) 4.82m(+0.0)					
18	Andrea Sucha	JR Mount Marty	4.82m	1.4	15-09.75	1
	4.82m(1.4) 4.42m(0.6) 4.50m(+0.0)					
19	Kamerin Turner	FR Hastings	4.81m	1.8	15-09.50	1
	4.73m(0.5) 4.72m(+0.0) 4.81m(1.8)					
20	Marissa Bawdon	FR Mount Marty	4.79m	0.2	15-08.75	2
	FOUL 4.79m(0.2) 4.46m(+0.0)					
21	Paige Millikan	JR Mount Marty	4.77m	+0.0	15-07.75	2
	FOUL FOUL 4.77m(+0.0)					
22	Dani Deffenbaugh	SO Dakota Wesleyan	4.64m	+0.0	15-02.75	1
	FOUL 4.64m(+0.0) 4.59m(+0.0)					
--	Kellesse Heard	SO St. Mary (Neb.)	FOUL			2
	FOUL FOUL FOUL					
--	Taylor Hrabik	JR St. Mary (Neb.)	FOUL			1
	FOUL FOUL FOUL					

Event 37 Women Triple Jump

9 to Final

GPAC Record: G 12.58m 2004

Rochelle Schmidt, Doane College

NAIA Auto: A 12.01m

NAIA Prov.: B 11.71m

Name	Year	School	Finals	Wind	H#	Points
1 Josie Garrett	JR	Doane	11.99mB	1.6	39-04.00	2 10
	11.69m(+0.0) 11.55m(1.0) FOUL	11.99m(1.6) 11.76m(+0.0) 11.61m(+0.0)				
2 Adysen McCarter	FR	Concordia (Neb.)	11.93mB	+0.0	39-01.75	2 8
	11.75m(+0.0) 11.65m(1.4) 11.93m(+0.0) 11.64m(1.5) 11.57m(+0.0) 11.77m(+0.0)					
3 Rosalyn Roggasch	JR	Doane	11.52m	1.9	37-09.50	2 6
	FOUL 11.05m(2.0) FOUL FOUL 11.10m(0.5) 11.52m(1.9)					
4 Kyla Davis	SO	Doane	11.46m	0.8	37-07.25	2 5
	11.01m(+0.0) 11.43m(1.7) FOUL FOUL 11.15m(0.9) 11.46m(0.8)					
5 Josi Noble	JR	Concordia (Neb.)	11.40m	1.4	37-05.00	2 4
	11.10m(0.5) FOUL 11.40m(1.4) 11.36m(+0.0) 11.28m(+0.0) FOUL					
6 Allison Isaacson	SO	St. Mary (Neb.)	11.02m	0.7	36-02.00	2 3
	10.78m(+0.0) 11.02m(0.7) 10.83m(+0.0) 11.02m(1.0) FOUL 10.75m(+0.0)					
7 Hayley Miles	JR	Concordia (Neb.)	10.89m	1.1	35-08.75	2 2
	FOUL 10.87m(1.3) FOUL 10.89m(1.1) FOUL FOUL					
8 Andrea Sucha	JR	Mount Marty	10.50m	1.3	34-05.50	1 1
	9.50m(+0.0) 10.45m(0.3) 10.50m(1.3) 10.20m(3.0) 9.98m(1.2) 10.33m(1.3)					
9 Chainey Thompson	JR	St. Mary (Neb.)	10.48m	+0.0	34-04.75	1
	FOUL FOUL 10.48m(+0.0) FOUL 10.26m(+0.0) FOUL					
10 Trinity Dublin	JR	Hastings	10.35m	0.5	33-11.50	1
	10.35m(0.5) 9.91m(0.6) 10.12m(+0.0)					
11 Madelynn Dougherty	FR	Midland	9.76m	+0.0	32-00.25	1
	9.68m(0.1) 9.72m(0.7) 9.76m(+0.0)					
12 Farrah Wilson	FR	Midland	9.43m	0.8	30-11.25	1
	9.38m(+0.0) 9.43m(0.8) FOUL					
13 Ava Ludwig	FR	Dakota Wesleyan	9.14m	1.0	30-00.00	1
	FOUL FOUL 9.14m(1.0)					

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 37 Women Triple Jump**

-- Kenna Gustafson	FR Northwestern (Iowa)	FOUL	1
FOUL FOUL FOUL			
-- Jaelynne Kosmos	FR Concordia (Neb.)	FOUL	1
FOUL FOUL FOUL			
-- Greta Corneliusen	SR Concordia (Neb.)	FOUL	2
FOUL FOUL FOUL			
-- Vanessa Rice	FR Midland	FOUL	2
FOUL FOUL FOUL			
-- Abby Rehtus	SR Doane	FOUL	1
FOUL FOUL FOUL			

Event 38 Women High Jump

=====

1.46-1.51-1.56-1.61-1.66-1.69-1.72-1.75 continue by 3cm

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

NAIA Auto: A 1.69m

NAIA Prov.: B 1.66m

Name	Year School	Finals	Points
=====	=====	=====	=====
1 Hannah Newton	SR Midland	1.71mA 5-07.25	10
1.46 1.51 1.56 1.61 1.66 1.71 1.76			
PPP PPP O O O O XXX			
2 Jacie Vander Waal	SR Northwestern (Iowa)	J1.71mA 5-07.25	8
1.46 1.51 1.56 1.61 1.66 1.71 1.76			
PPP O O O XO O XXX			
3 Katelynn Kratz	FR Doane	1.61m 5-03.25	6
1.46 1.51 1.56 1.61 1.66			
PPP O O O XXX			
4 Amanda Steinke	JR Concordia (Neb.)	J1.61m 5-03.25	5
1.46 1.51 1.56 1.61 1.66			
PPP O XO XO XXX			
5 Krista Hardy	JR Midland	J1.61m 5-03.25	4
1.46 1.51 1.56 1.61 1.66			
PPP PPP O XXO XXX			
6 Aubrey DeGroot	SO Northwestern (Iowa)	J1.61m 5-03.25	3
1.46 1.51 1.56 1.61 1.66			
PPP XO XO XXO XXX			
7 Karli Swart	SO Northwestern (Iowa)	1.56m 5-01.25	1
1.46 1.51 1.56 1.61			
O O O XXX			
7 Ada Smies	SO Dordt	1.56m 5-01.25	1
1.46 1.51 1.56 1.61			
PPP O O XXX			
7 Kerrigan Myers	SR Midland	1.56m 5-01.25	1
1.46 1.51 1.56 1.61			
O O O XXX			
10 Emily Kraft	SR Dordt	J1.56m 5-01.25	
1.46 1.51 1.56 1.61			
PPP O XO XXX			
11 Addie Reimer	SO Concordia (Neb.)	J1.56m 5-01.25	
1.46 1.51 1.56 1.61			
PPP O XXO XXX			
12 Elizabeth Heinen	FR Dakota Wesleyan	J1.56m 5-01.25	
1.46 1.51 1.56 1.61			
O XO XXO XXX			

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 38 Women High Jump**

13	Josie Garrett	JR Doane	J1.56m	5-01.25
	1.46 1.51 1.56 1.61			
	PPP XXO XXO XXX			
14	Dala Drowne	SO Midland	1.51m	4-11.50
	1.46 1.51 1.56			
	XO O XXX			
15	Eve Domres	FR Concordia (Neb.)	J1.51m	4-11.50
	1.46 1.51 1.56			
	O XO XXX			
16	Elenna Koenig	JR Doane	1.46m	4-09.50
	1.46 1.51			
	O XXX			
16	Zailee Poulson	SR Hastings	1.46m	4-09.50
	1.46 1.51			
	O XXX			
16	Andrea Sucha	JR Mount Marty	1.46m	4-09.50
	1.46 1.51			
	O XXX			
16	Kimberly Schropfer	JR Concordia (Neb.)	1.46m	4-09.50
	1.46 1.51			
	O XXX			
20	Melissa Hines	JR Hastings	J1.46m	4-09.50
	1.46 1.51			
	XO XXX			
21	Madison Vogel	FR Doane	J1.46m	4-09.50
	1.46 1.51			
	XXO XXX			
--	Ava Ludwig	FR Dakota Wesleyan	NH	
	1.46			
	XXX			
--	Erin Heusinkveld	FR Northwestern (Iowa)	NH	
	1.46			
	XXX			
--	Ashleigh Kirkendall	FR Doane	NH	
	1.46			
	XXX			

Event 39 Women Pole Vault

2.90-3.05-3.20-3.35-3.50-3.65-3.75-3.85 continue by 10cm

GPAC Record: G 4.15m 4/30/2021 Josie Puelz, Concordia

NAIA Auto: A 3.75m

NAIA Prov.: B 3.65m

Name	Year	School	Finals	Points
1 Kaylee Pribyl	SO	Doane	3.85mA 12-07.50	10
	2.90 3.05 3.20 3.35 3.50 3.65 3.75 3.85 4.01			
	PPP PPP PPP PPP O XXO XO XXX			
2 Mya Zohner	SO	Mount Marty	3.65mB 11-11.75	8
	2.90 3.05 3.20 3.35 3.50 3.65 3.75			
	PPP PPP PPP O O XO XXX			
3 Paige Clausen	FR	Mount Marty	3.50m 11-05.75	6
	2.90 3.05 3.20 3.35 3.50 3.65			
	PPP PPP O XO O XXX			

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Coplex****Results****....Event 39 Women Pole Vault**

4	Kennedy Stanley	JR Doane	J3.50m	11-05.75	5
	2.90 3.05 3.20 3.35 3.50 3.65				
	PPP PPP PPP XO XXO XXX				
5	Aleigh Zettle	FR Northwestern (Iowa)	3.35m	10-11.75	4
	2.90 3.05 3.20 3.35 3.50				
	O O O XO XXX				
6	Kayla Svoboda	JR Concordia (Neb.)	J3.35m	10-11.75	3
	2.90 3.05 3.20 3.35 3.50				
	PPP O O XXO XXX				
7	Lillee Richard	FR Concordia (Neb.)	3.20m	10-06.00	2
	2.90 3.05 3.20 3.35				
	XO O XXO XXX				
8	Samantha Knapp	SR Doane	J3.20m	10-06.00	1
	2.90 3.05 3.20 3.35				
	XO XO XXO XXX				
9	Erin Boggs	JR Concordia (Neb.)	3.05m	10-00.00	
	2.90 3.05 3.20				
	PPP O XXX				
10	Mariah Tessman	FR Doane	J3.05m	10-00.00	
	2.90 3.05 3.20				
	O XO XXX				
10	Jerzi Maher	JR Doane	J3.05m	10-00.00	
	2.90 3.05 3.20				
	O XO XXX				
12	Allison Isaacson	SO St. Mary (Neb.)	J3.05m	10-00.00	
	2.90 3.05 3.20				
	XXO XO XXX				
13	Maiya Speer	FR Northwestern (Iowa)	J3.05m	10-00.00	
	2.90 3.05 3.20				
	XO XXO XXX				
14	McKenzie Bohlen	FR Concordia (Neb.)	2.90m	9-06.25	
	2.90 3.05				
	XO XXX				
--	Phoenix Jensen	FR St. Mary (Neb.)	NH		
	2.90				
	XXX				
--	Cassie Peatrowsky	SO Concordia (Neb.)	NH		
	2.90				
	XXX				
--	Aliana McNair	SO Concordia (Neb.)	NH		
	2.90				
	XXX				
--	Madison Jones	JR Midland	NH		
	2.90				
	XXX				
--	Ellee VanBuskirk	JR Concordia (Neb.)	NH		
	2.90				
	XXX				
--	Natalee Keodouangdy	JR Doane	NH		
	2.90				
	XXX				

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****Event 40 Women Shot Put**

9 to Final

GPAC Record: G 15.40m 2019

Samantha Liermann, Concordia

NAIA Auto: A 14.11m

NAIA Prov.: B 13.55m

Name	Year	School	Finals	H#	Points
1 Madison Sutton	SR	Doane	14.04mB 46-00.75	2	10
12.65m 14.04m 14.01m	FOUL	12.94m FOUL			
2 Abigail Gerber	SR	Concordia (Neb.)	13.96mB 45-09.75	2	8
13.02m FOUL FOUL 13.96m 13.80m FOUL					
3 Alivia Baucom	SR	Doane	13.73mB 45-00.50	2	6
13.42m 13.73m 13.72m	FOUL FOUL FOUL				
4 Claire Caspersen	SR	St. Mary (Neb.)	13.52m 44-04.25	2	5
12.90m FOUL 13.52m 13.02m 12.88m 13.08m					
5 Abby Magnuson	SR	Dakota Wesleyan	13.36m 43-10.00	2	4
FOUL 12.12m 13.00m	FOUL 13.26m 13.36m				
6 Fran Travis	FR	Dordt	13.25m 43-05.75	2	3
FOUL 11.62m 12.55m	FOUL 12.05m 13.25m				
7 Maggie Heesch	JR	Midland	13.18m 43-03.00	2	2
FOUL 12.25m 12.86m	FOUL 12.78m 13.18m				
8 Madison Heusinkvelt	FR	Doane	13.14m 43-01.50	2	1
12.84m 13.07m 13.12m	13.14m 13.08m 12.68m				
9 Delaney Burge	SO	Doane	13.01m 42-08.25	2	
12.50m 13.01m 12.00m	FOUL 12.70m FOUL				
10 Brittini Kinne	SO	Concordia (Neb.)	12.23m 40-01.50	1	
11.71m 12.08m 12.23m					
11 Kajsa Finnern	FR	Concordia (Neb.)	12.14m 39-10.00	1	
11.51m 12.14m FOUL					
12 Marissa Heins	SO	Concordia (Neb.)	12.11m 39-08.75	1	
11.54m FOUL 12.11m					
13 Harper Boche	FR	Concordia (Neb.)	12.05m 39-06.50	2	
12.05m FOUL 11.56m					
14 Aliyah Sinn	SO	Concordia (Neb.)	11.63m 38-02.00	1	
11.31m 11.63m FOUL					
15 Natylie Myers	SO	Doane	11.62m 38-01.50	1	
11.62m FOUL 11.31m					
16 Sara Diew	JR	Midland	11.58m 38-00.00	1	
11.23m 11.58m 11.54m					
17 Jacee Tindall	SR	Morningside	11.39m 37-04.50	1	
10.65m 10.57m 11.39m					
18 Jaylen Dimmitt	FR	Doane	11.32m 37-01.75	1	
11.32m 11.18m FOUL					
19 Grace Dean	FR	Doane	11.25m 36-11.00	2	
11.20m 11.25m FOUL					
20 Marie Bias	SO	St. Mary (Neb.)	11.12m 36-05.75	1	
10.49m 10.87m 11.12m					
21 Makenna Walhof	SO	Dordt	10.99m 36-00.75	1	
10.62m FOUL 10.99m					
22 Tavia Williams	JR	St. Mary (Neb.)	10.96m 35-11.50	1	
FOUL 10.70m 10.96m					
23 Syd'ney Birch-George	FR	St. Mary (Neb.)	10.63m 34-10.50	1	
FOUL 10.63m FOUL					
-- Payton Cast	FR	Doane	FOUL	2	
FOUL FOUL FOUL					

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****Event 41 Women Discus Throw**

9 to Final

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

NAIA Auto: A 47.37m

NAIA Prov.: B 44.21m

Name	Year	School	Finals	H#	Points
1 Madison Sutton	SR	Doane	48.86mA	160-04	2 10
44.63m 48.50m 45.07m 48.86m 48.16m 0.47m					
2 Makenna Walhof	SO	Dordt	44.06m	144-07	2 8
43.25m FOUL 44.06m 43.56m 43.01m 43.86m					
3 Alivia Baucom	SR	Doane	43.52m	142-09	2 6
FOUL 43.52m FOUL 40.62m FOUL FOUL					
4 Fran Travis	FR	Dordt	41.87m	137-04	2 5
41.87m 38.56m FOUL 34.99m 40.46m 39.82m					
5 Abby Magnuson	SR	Dakota Wesleyan	41.46m	136-00	2 4
40.81m 40.07m 39.61m 39.60m 41.46m 38.79m					
6 Grace Dean	FR	Doane	40.90m	134-02	2 3
38.88m 39.01m 40.90m FOUL 39.33m 37.32m					
7 Carissa Kolle	FR	Concordia (Neb.)	39.90m	130-11	2 2
39.90m 38.86m 39.60m FOUL FOUL 39.85m					
8 Kaylie Lotspeich	SO	Doane	39.32m	129-00	1 1
36.21m 36.19m 39.32m FOUL FOUL FOUL					
9 Maggie Heesch	JR	Midland	39.22m	128-08	1
FOUL 39.22m FOUL FOUL 37.19m FOUL					
10 Sara Diew	JR	Midland	39.18m	128-06	2
39.18m FOUL FOUL					
11 Shelby Mills	JR	Morningside	37.84m	124-02	2
36.94m 37.81m 37.84m					
12 Kallie Sutton	SO	Doane	37.76m	123-11	1
30.11m 37.76m 37.20m					
13 Harper Boche	FR	Concordia (Neb.)	37.74m	123-10	2
FOUL 37.74m 35.80m					
14 Maren Hettinga	JR	Dordt	37.53m	123-01	1
37.53m 36.09m FOUL					
15 Ashley Dierks	FR	Doane	37.31m	122-05	1
37.31m 36.27m 36.94m					
16 Aliyah Sinn	SO	Concordia (Neb.)	36.97m	121-03	1
FOUL 36.30m 36.97m					
17 Delaney Burge	SO	Doane	36.88m	121-00	2
FOUL 35.02m 36.88m					
18 Sophie Wohlgemuth	FR	Concordia (Neb.)	36.80m	120-09	1
35.84m FOUL 36.80m					
19 Lilly Peters	FR	Briar Cliff	36.17m	118-08	1
35.72m 36.17m 33.99m					
20 Jenna Gleason	SR	Dordt	35.41m	116-02	1
32.73m 34.55m 35.41m					
21 Clare Ullery	SO	St. Mary (Neb.)	34.72m	113-11	1
34.72m 33.05m FOUL					
22 Abigail Gerber	SR	Concordia (Neb.)	34.09m	111-10	2
34.09m FOUL FOUL					
23 Kalee Brosius	SO	Concordia (Neb.)	32.86m	107-10	1
32.86m FOUL FOUL					
-- Tavia Williams	JR	St. Mary (Neb.)	FOUL		1
FOUL FOUL FOUL					

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****Event 42 Women Hammer Throw**

9 to Final

GPAC Record: G 58.36m 5/3/2024 Kiara Anderson, Hastings

NAIA Auto: A 53.79m

NAIA Prov.: B 50.95m

Name	Year	School	Finals	H#	Points
1 Abi Wohlgemuth	SR	Concordia (Neb.)	54.88mA	180-01	2 10
50.18m 51.96m 54.88m 54.26m 54.18m 54.52m					
2 Madison Sutton	SR	Doane	54.51mA	178-10	2 8
FOUL 49.94m FOUL FOUL FOUL 54.51m					
3 Mia Knigge	JR	Doane	50.40m	165-04	2 6
46.87m 46.52m 50.40m 49.67m 49.05m 47.91m					
4 Kaylie Lotspeich	SO	Doane	49.90m	163-08	2 5
49.90m 46.21m 47.21m FOUL 48.25m 47.77m					
5 Maggie Heesch	JR	Midland	49.89m	163-08	2 4
FOUL 48.96m 48.43m 49.07m 49.89m FOUL					
6 Maren Hettinga	JR	Dordt	49.60m	162-09	2 3
47.28m 48.05m 45.34m 46.94m 45.40m 49.60m					
7 Makenna Walhof	SO	Dordt	49.48m	162-04	2 2
46.19m FOUL 49.48m 46.35m 49.01m FOUL					
8 Abigail Gerber	SR	Concordia (Neb.)	48.66m	159-08	2 1
48.66m FOUL FOUL 48.25m 48.00m FOUL					
9 Kylee Hasselmann	JR	Hastings	47.23m	154-11	2
47.23m FOUL 44.83m 46.59m 46.40m 43.26m					
10 Sara Diew	JR	Midland	47.09m	154-06	2
FOUL FOUL 47.09m					
11 Fran Travis	FR	Dordt	46.64m	153-00	1
43.57m 46.64m 44.34m					
12 Marissa Heins	SO	Concordia (Neb.)	46.59m	152-10	2
FOUL 46.59m FOUL					
13 Jenna Gleason	SR	Dordt	45.67m	149-10	1
42.17m 45.67m 43.18m					
14 Clare Ullery	SO	St. Mary (Neb.)	45.53m	149-04	2
45.53m FOUL FOUL					
15 Aliyah Sinn	SO	Concordia (Neb.)	43.49m	142-08	1
43.49m FOUL FOUL					
16 Harper Boche	FR	Concordia (Neb.)	42.17m	138-04	1
FOUL FOUL 42.17m					
17 Brittni Kinne	SO	Concordia (Neb.)	42.06m	138-00	1
41.59m 42.06m 38.44m					
18 Ashley Dierks	FR	Doane	41.11m	134-10	1
FOUL 41.11m FOUL					
19 Shelby Mills	JR	Morningside	38.94m	127-09	1
35.45m FOUL 38.94m					
20 Trinity Becher	FR	Doane	37.48m	122-11	1
37.48m FOUL FOUL					
21 Natylie Myers	SO	Doane	36.24m	118-11	1
FOUL FOUL 36.24m					
-- Aleena Edwards	SO	Morningside	FOUL		1
FOUL FOUL FOUL					
-- Samantha Kludt	JR	Dakota Wesleyan	FOUL		1
FOUL FOUL FOUL					
-- Payton Cast	FR	Doane	FOUL		1
FOUL FOUL FOUL					

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****Event 43 Women Javelin Throw**

9 to Final

GPAC Record: G 48.07m 5/2/2014 Elizabeth King, Concordia

NAIA Auto: A 42.76m

NAIA Prov.: B 40.34m

Name	Year	School	Finals	H#	Points
1 Lilly Peters	FR	Briar Cliff	43.50mA	142-08	2 10
39.87m 36.96m 42.06m 33.92m 39.45m 43.50m					
2 Jacee Tindall	SR	Morningside	39.53m	129-08	2 8
34.04m 37.86m 39.53m 37.57m 37.07m 35.71m					
3 Kendra dewolde	SO	Dordt	39.01m	128-00	1 6
32.42m 35.26m 35.25m 37.96m 39.01m 34.33m					
4 Mattie Pohl	SO	Doane	38.24m	125-05	2 5
38.24m 36.86m FOUL FOUL FOUL 36.14m					
5 Madison Heusinkvelt	FR	Doane	37.28m	122-04	2 4
35.47m FOUL 37.28m FOUL FOUL FOUL					
6 Delaney Burge	SO	Doane	36.77m	120-08	2 3
FOUL FOUL 36.46m FOUL 36.77m FOUL					
7 Madalynn Rhodes	SR	St. Mary (Neb.)	36.75m	120-07	2 2
34.17m 34.42m 36.75m 34.88m 35.41m 34.37m					
8 Kallie Sutton	SO	Doane	36.53m	119-10	2 1
34.82m 32.36m 36.53m FOUL FOUL FOUL					
9 Gretchen Stottlemire	SR	Concordia (Neb.)	35.09m	115-01	2
35.09m 33.83m FOUL FOUL 34.80m FOUL					
10 Dani Deffenbaugh	SO	Dakota Wesleyan	34.72m	113-11	1
34.72m FOUL 27.02m					
11 Ellie Lloyd	FR	Hastings	34.46m	113-01	2
30.58m 33.05m 34.46m					
12 Karlee Henning	JR	Doane	34.00m	111-06	1
30.69m 33.59m 34.00m					
13 Emma Kucera	SO	Concordia (Neb.)	33.89m	111-02	1
FOUL 33.89m 31.13m					
14 Carissa Kolle	FR	Concordia (Neb.)	33.35m	109-05	2
31.43m 33.35m 33.19m					
15 GraCee Goings	FR	Concordia (Neb.)	33.29m	109-03	2
33.29m 33.17m 33.20m					
16 Alexus Motley	SO	Mount Marty	32.87m	107-10	1
32.87m 32.29m 31.71m					
17 Sara Thonvold	FR	Northwestern (Iowa)	32.28m	105-11	1
FOUL 29.33m 32.28m					
18 Mya Gawrych	SO	Concordia (Neb.)	29.96m	98-03	1
29.96m FOUL FOUL					
19 Aleena Edwards	SO	Morningside	29.91m	98-01	1
27.04m 28.16m 29.91m					
20 Carly Rains	FR	Doane	29.84m	97-11	1
29.84m FOUL FOUL					
21 Camryn Wilkinson	FR	Northwestern (Iowa)	29.29m	96-01	1
28.88m 27.68m 29.29m					
22 Kalee Brosius	SO	Concordia (Neb.)	27.32m	89-07	1
FOUL 27.32m FOUL					
23 Caitlin Anderholm	JR	Briar Cliff	26.89m	88-03	1
26.89m 25.84m 24.43m					
-- Ashley Dierks	FR	Doane	FOUL		2
FOUL FOUL FOUL					

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****Event 44 Women Heptathlon**

GPAC Record: G 5017 2019 Kamberlyn Lamar, Dakota Wesleyan						
Name	Year	School	Finals	H#	Points	
1 Kerrigan Myers	SR	Midland	4796	10		
2 Chaney Nelson	SO	Doane	4306	8		
3 Addie Reimer	SO	Concordia (Neb.)	4204	6		
4 Lucy Carey	FR	Hastings	4127	5		
5 Emma Kucera	SO	Concordia (Neb.)	4041	4		
6 Dayle Haake	FR	Doane	3827	3		
7 Josi Noble	JR	Concordia (Neb.)	3798	2		
8 Kennedee Canales	FR	Concordia (Neb.)	3669	1		
9 Zailee Poulson	SR	Hastings	3487			
10 Jennifer Lumkes	FR	Dordt	3323			
11 Lauren Maly	FR	Doane	2828			
12 Becca Hofmann	FR	Northwestern (Iowa)	2535			

Event 44 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

GPAC Record: G 14.26 4/30/2021 Lauren Tamayo, Hastings						
NAIA Auto: A 13.92						
NAIA Prov.: B 14.27						
Name	Year	School	Finals	Wind	H#	Points
1 Kerrigan Myers	SR	Midland	13.88G	3.2	3	995
2 Chaney Nelson	SO	Doane	14.91	3.2	3	854
3 Lucy Carey	FR	Hastings	15.41	3.2	3	788
4 Dayle Haake	FR	Doane	15.60	2.8	2	764
5 Josi Noble	JR	Concordia (Neb.)	15.65	2.8	2	758
6 Addie Reimer	SO	Concordia (Neb.)	15.79	3.2	3	740
7 Emma Kucera	SO	Concordia (Neb.)	16.48	2.8	2	657
8 Lauren Maly	FR	Doane	16.94	2.9	1	603
9 Jennifer Lumkes	FR	Dordt	16.97	2.9	1	600
10 Zailee Poulson	SR	Hastings	17.39	2.8	2	553
11 Kennedee Canales	FR	Concordia (Neb.)	17.63	2.9	1	527
12 Becca Hofmann	FR	Northwestern (Iowa)	21.22	2.9	1	209

Event 44 Heptathlon: #2 Women High Jump Heptathlon

GPAC Record: G 1.68m 2016 Fye/Walker, Doane/Concordia						
NAIA Auto: A 1.69m						
NAIA Prov.: B 1.66m						
Name	Year	School	Finals	Points		
1 Kerrigan Myers	SR	Midland	1.65m	5-05.00	795	
1.17 1.20 1.23 1.26 1.29	1.32 1.35 1.38 1.41 1.44	1.47 1.50 1.53 1.56 1.59	1.62 1.65 1.68			
PPP PPP PPP PPP PPP	PPP PPP PPP PPP PPP	O O O O O	XO XO XXX			
2 Addie Reimer	SO	Concordia (Neb.)	1.56m	5-01.25	689	
1.11 1.14 1.17 1.20 1.23	1.26 1.29 1.32 1.35 1.38	1.41 1.44 1.47 1.50	1.53 1.56 1.59			
PPP PPP PPP PPP PPP	PPP PPP PPP PPP PPP	PPP PPP PPP O O	O XXX			
3 Zailee Poulson	SR	Hastings	1.50m	4-11.00	621	
1.11 1.14 1.17 1.20 1.23	1.26 1.29 1.32 1.35 1.38	1.41 1.44 1.47 1.50	1.53			
PPP PPP PPP PPP PPP	PPP PPP PPP PPP PPP	PPP PPP PPP O	XXX			
4 Chaney Nelson	SO	Doane	1.47m	4-09.75	588	
1.11 1.14 1.17 1.20 1.23	1.26 1.29 1.32 1.35 1.38	1.41 1.44 1.47 1.50				
PPP PPP PPP PPP PPP	PPP PPP PPP PPP XO	O O O	XXX			

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 44 Heptathlon: #2 Women High Jump Heptathlon**

5	Emma Kucera	SO Concordia (Neb.)	1.41m	4-07.50	523
	1.11 1.14 1.17 1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44				
	PPP PPP PPP PPP PPP PPP PPP PPP O O XO XXX				
5	Kennedee Canales	FR Concordia (Neb.)	1.41m	4-07.50	523
	1.11 1.14 1.17 1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP XXO XXX				
5	Lucy Carey	FR Hastings	1.41m	4-07.50	523
	1.11 1.14 1.17 1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP O O XXO XXX				
8	Dayle Haake	FR Doane	1.38m	4-06.25	491
	1.11 1.14 1.17 1.20 1.23 1.26 1.29 1.32 1.35 1.38 1.41				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O XXX				
9	Jennifer Lumkes	FR Dordt	1.32m	4-04.00	429
	1.11 1.14 1.17 1.20 1.23 1.26 1.29 1.32 1.35				
	PPP PPP PPP PPP PPP PPP XO O XXX				
10	Becca Hofmann	FR Northwestern (Iowa)	1.14m	3-08.75	257
	1.11 1.14 1.17				
	XO O XXX				
--	Josi Noble	JR Concordia (Neb.)	NH		
	1.11 1.14 1.17 1.20 1.23 1.26 1.29 1.32 1.35				
	PPP PPP PPP PPP PPP PPP PPP PPP XXX				
--	Lauren Maly	FR Doane	NH		
	1.11 1.14 1.17 1.20 1.23 1.26 1.29 1.32 1.35 1.38				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP XXX				

Event 44 Heptathlon: #3 Women Shot Put Heptathlon

GPAC Record: G 12.77m 2019 Allison Skala, Doane

NAIA Auto: A 14.11m

NAIA Prov.: B 13.55m

Name	Year School	Finals	Points
1 Josi Noble	JR Concordia (Neb.)	11.19m	36-08.50 608
	11.19m 10.51m 10.82m		
2 Kerrigan Myers	SR Midland	10.78m	35-04.50 581
	10.63m 10.51m 10.78m		
3 Dayle Haake	FR Doane	9.84m	32-03.50 519
	9.84m FOUL 9.14m		
4 Emma Kucera	SO Concordia (Neb.)	9.79m	32-01.50 516
	9.66m 9.63m 9.79m		
5 Addie Reimer	SO Concordia (Neb.)	9.37m	30-09.00 488
	9.18m 9.20m 9.37m		
6 Lucy Carey	FR Hastings	9.25m	30-04.25 480
	8.33m 9.21m 9.25m		
7 Kennedee Canales	FR Concordia (Neb.)	9.15m	30-00.25 474
	9.15m 8.55m 9.10m		
8 Chaney Nelson	SO Doane	8.69m	28-06.25 444
	8.24m 8.67m 8.69m		
9 Zaillee Poulson	SR Hastings	8.60m	28-02.75 438
	8.19m 8.60m 8.05m		
10 Jennifer Lumkes	FR Dordt	8.28m	27-02.00 417
	7.49m 8.28m 8.25m		
11 Lauren Maly	FR Doane	8.09m	26-06.50 405
	FOUL 7.76m 8.09m		

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 44 Heptathlon: #3 Women Shot Put Heptathlon**

12 Becca Hofmann FR Northwestern (Iowa) 6.89m 22-07.25 328
6.16m 6.89m 6.40m

Event 44 Heptathlon: #4 Women 200 Meter Dash Heptathlon

GPAC Record: G 25.31 2015 Kylie Gokie, Doane College
NAIA Auto: A 23.89
NAIA Prov.: B 24.54

Name	Year School	Finals	Wind	H#	Points
1 Kerrigan Myers	SR Midland	26.24	-1.8	2	776
2 Chaney Nelson	SO Doane	26.39	-1.8	2	763
3 Kennedee Canales	FR Concordia (Neb.)	26.71	-1.8	2	736
4 Lucy Carey	FR Hastings	27.03	1.8	1	709
5 Josi Noble	JR Concordia (Neb.)	27.14	-1.8	2	700
6 Dayle Haake	FR Doane	27.57	1.8	1	665
7 Addie Reimer	SO Concordia (Neb.)	27.85	-1.8	2	643
8 Emma Kucera	SO Concordia (Neb.)	28.18	1.8	1	617
9 Jennifer Lumkes	FR Dordt	28.26	-1.8	2	610
10 Zailee Poulson	SR Hastings	28.34	1.8	1	604
11 Becca Hofmann	FR Northwestern (Iowa)	28.46	1.8	1	595
12 Lauren Maly	FR Doane	29.58	1.8	1	512

Event 44 Heptathlon: #5 Women Long Jump Heptathlon

GPAC Record: G 5.67m 5/6/2022 Lindsay Adams, Doane
NAIA Auto: A 5.87m
NAIA Prov.: B 5.75m

Name	Year	School	Finals	Wind	Points	
1 Kerrigan Myers	SR	Midland	5.40m	+0.0	17-08.75	671
5.16m(+0.0)	5.18m(+0.0)	5.40m(+0.0)				
2 Emma Kucera	SO	Concordia (Neb.)	4.92m	+0.0	16-01.75	538
4.70m(+0.0)	4.60m(-0.1)	4.92m(+0.0)				
3 Chaney Nelson	SO	Doane	4.90m	+0.0	16-01.00	532
4.66m(+0.0)	4.64m(+0.0)	4.90m(+0.0)				
4 Lucy Carey	FR	Hastings	4.86m	+0.0	15-11.50	522
4.71m(+0.0)	4.79m(+0.0)	4.86m(+0.0)				
5 Kennedee Canales	FR	Concordia (Neb.)	4.79m	+0.0	15-08.75	503
4.16m(0.1)	FOUL	4.79m(+0.0)				
6 Josi Noble	JR	Concordia (Neb.)	4.77m	0.3	15-07.75	498
4.53m(0.1)	4.77m(0.3)	FOUL				
7 Addie Reimer	SO	Concordia (Neb.)	4.72m	+0.0	15-06.00	485
FOUL	4.65m(1.0)	4.72m(+0.0)				
7 Dayle Haake	FR	Doane	4.72m	+0.0	15-06.00	485
4.61m(+0.0)	4.47m(+0.0)	4.72m(+0.0)				
9 Jennifer Lumkes	FR	Dordt	4.61m	0.5	15-01.50	456
4.41m(+0.0)	4.61m(0.5)	4.25m(+0.0)				
10 Lauren Maly	FR	Doane	4.57m	0.6	15-00.00	446
4.57m(0.6)	4.50m(+0.0)	4.45m(+0.0)				
11 Zailee Poulson	SR	Hastings	4.54m	+0.0	14-10.75	438
4.45m(-0.0)	4.37m(+0.0)	4.54m(+0.0)				
12 Becca Hofmann	FR	Northwestern (Iowa)	3.66m	+0.0	12-00.25	233
2.63m(0.5)	FOUL	3.66m(+0.0)				

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****Event 44 Heptathlon: #6 Women Javelin Throw Heptathlon**

GPAC Record: G 40.65m 5/6/2022 Jordynn Toliver, Jamestown

NAIA Auto: A 42.76m

NAIA Prov.: B 40.34m

Name	Year	School	Finals	Points
1 Emma Kucera	SO	Concordia (Neb.)	38.98m	127-11 648
33.03m 37.44m 38.98m				
2 Addie Reimer	SO	Concordia (Neb.)	34.62m	113-07 564
29.89m 34.62m 31.56m				
3 Josi Noble	JR	Concordia (Neb.)	33.77m	110-09 548
32.85m 32.89m 33.77m				
4 Kerrigan Myers	SR	Midland	32.37m	106-02 522
30.39m 30.49m 32.37m				
5 Lauren Maly	FR	Doane	27.80m	91-02 435
27.80m 25.37m 27.18m				
6 Dayle Haake	FR	Doane	27.51m	90-03 430
FOUL 27.51m FOUL				
7 Chaney Nelson	SO	Doane	26.75m	87-09 415
26.75m FOUL FOUL				
8 Lucy Carey	FR	Hastings	26.52m	87-00 411
25.39m 23.41m 26.52m				
9 Zailee Poulson	SR	Hastings	23.62m	77-06 356
21.09m 23.62m 23.18m				
10 Kennedee Canales	FR	Concordia (Neb.)	22.58m	74-01 337
20.72m 22.58m 21.38m				
11 Jennifer Lumkes	FR	Dordt	18.62m	61-01 263
14.74m 18.62m FOUL				
12 Becca Hofmann	FR	Northwestern (Iowa)	17.90m	58-09 250
17.90m 17.83m 17.81m				

Event 44 Heptathlon: #7 Women 800 Meter Run Heptathlon

GPAC Record: G 2:21.69 5/3/2024 Josi Noble, Concordia (N)

NAIA Auto: A 2:12.00

NAIA Prov.: B 2:14.50

Name	Year	School	Finals	Points
1 Chaney Nelson	SO	Doane	2:28.63	710
1:13.061 (1:13.061) 2:28.626 (1:15.565)				
2 Lucy Carey	FR	Hastings	2:29.94	694
1:13.574 (1:13.574) 2:29.936 (1:16.362)				
3 Josi Noble	JR	Concordia (Neb.)	2:30.52	686
1:15.107 (1:15.107) 2:30.518 (1:15.411)				
4 Becca Hofmann	FR	Northwestern (Iowa)	2:32.41	663
1:13.894 (1:13.894) 2:32.408 (1:18.514)				
5 Addie Reimer	SO	Concordia (Neb.)	2:38.07	595
1:12.704 (1:12.704) 2:38.067 (1:25.363)				
6 Kennedee Canales	FR	Concordia (Neb.)	2:40.32	569
1:18.592 (1:18.592) 2:40.314 (1:21.722)				
7 Jennifer Lumkes	FR	Dordt	2:42.21	548
1:17.644 (1:17.644) 2:42.204 (1:24.560)				
8 Emma Kucera	SO	Concordia (Neb.)	2:42.76	542
1:19.321 (1:19.321) 2:42.758 (1:23.437)				
9 Zailee Poulson	SR	Hastings	2:48.72	477
1:20.860 (1:20.860) 2:48.712 (1:27.852)				

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Coplex****Results****....Event 44 Heptathlon: #7 Women 800 Meter Run Heptathlon**

10 Dayle Haake	FR Doane	2:49.09	473
1:17.281 (1:17.281)	2:49.090 (1:31.809)		
11 Kerrigan Myers	SR Midland	2:50.71	456
1:20.507 (1:20.507)	2:50.708 (1:30.201)		
12 Lauren Maly	FR Doane	2:53.57	427
1:19.631 (1:19.631)	2:53.568 (1:33.937)		

Event 45 Women 5000 Meter Race Walk

GPAC Record: G 30:26.94 5/6/2023 Tristyn DiPentino, Hasting

NAIA Auto: A 27:08.00

NAIA Prov.: B 30:11.00

Name	Year	School	Finals
1 Ava Brackhan	JR	Hastings	31:08.00
1:08.398 (1:08.398)	3:37.200 (2:28.802)	6:06.237 (2:29.038)	8:34.864 (2:28.628)
11:08.675 (2:33.812)	13:42.302 (2:33.628)	16:11.284 (2:28.982)	18:39.524 (2:28.240)
21:09.407 (2:29.883)	23:40.478 (2:31.072)	26:14.907 (2:34.429)	28:46.460 (2:31.553)
31:08.000 (2:21.540)			
2 Destini Johnson	FR	Hastings	32:27.04
1:03.864 (1:03.864)	3:33.248 (2:29.385)	6:06.487 (2:33.239)	8:40.775 (2:34.289)
11:20.360 (2:39.585)	13:58.790 (2:38.430)	16:38.425 (2:39.636)	19:21.447 (2:43.022)
22:05.260 (2:43.813)	24:44.907 (2:39.648)	27:26.031 (2:41.125)	30:02.357 (2:36.326)
32:27.031 (2:24.675)			

Event 46 Men 5000 Meter Race Walk

GPAC Record: G 26:00.03 5/4/2024 Sam Wise, Hastings

NAIA Auto: A 23:57.00

NAIA Prov.: B 26:42.00

Name	Year	School	Finals
1 Jonny Jurchen	FR	Concordia (Neb.)	23:47.39A
55.844 (55.844)	2:50.765 (1:54.922)	4:43.095 (1:52.330)	6:36.015 (1:52.920)
8:31.267 (1:55.252)	10:27.965 (1:56.699)	12:25.011 (1:57.046)	14:22.225 (1:57.215)
16:18.242 (1:56.018)	18:14.745 (1:56.503)	20:10.521 (1:55.776)	22:05.087 (1:54.566)
23:47.384 (1:42.298)			
2 Luke Hammang	SO	Concordia (Neb.)	24:03.73G
56.910 (56.910)	2:51.735 (1:54.826)	4:43.698 (1:51.963)	6:36.482 (1:52.785)
8:31.682 (1:55.200)	10:28.455 (1:56.773)	12:25.441 (1:56.986)	14:22.787 (1:57.346)
16:19.284 (1:56.498)	18:16.678 (1:57.395)	20:14.911 (1:58.233)	22:12.642 (1:57.732)
24:03.722 (1:51.080)			
3 Sam Wise	JR	Hastings	25:55.71G
56.347 (56.347)	2:51.235 (1:54.889)	4:47.265 (1:56.030)	6:52.465 (2:05.200)
9:00.088 (2:07.623)	11:01.604 (2:01.516)	13:13.231 (2:11.628)	15:27.021 (2:13.790)
17:33.922 (2:06.902)	19:42.990 (2:09.068)	21:53.025 (2:10.036)	23:59.321 (2:06.296)
25:55.705 (1:56.385)			
4 Sam Olson	FR	Concordia (Neb.)	26:41.38B
58.175 (58.175)	2:58.972 (2:00.798)	4:59.484 (2:00.512)	7:03.630 (2:04.146)
9:12.438 (2:08.809)	11:23.750 (2:11.312)	13:35.705 (2:11.956)	15:47.717 (2:12.012)
18:02.878 (2:15.162)	20:19.724 (2:16.846)	22:35.588 (2:15.865)	24:45.975 (2:10.388)
26:41.380 (1:55.405)			

2025 GPAC Outdoor Track and Field Championships - 5/2/2025 to 5/3/2025**Osborne Family Sports Complex****Results****....Event 46 Men 5000 Meter Race Walk**

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Women - Team Rankings - 22 Events Scored

1) Doane	222	2) Concordia (Neb.)	163
3) Dordt	149	4) St. Mary (Neb.)	68
5) Northwestern (Iowa)	62	6) Morningside	51
7) Midland	45	8) Mount Marty	40
9) Hastings	29	10) Waldorf	11
11) Briar Cliff	10	12) Dakota Wesleyan	8

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Men - Team Rankings - 22 Events Scored

1) Doane	233.50	2) Dordt	156
3) Midland	115.50	4) Concordia (Neb.)	103
5) Northwestern (Iowa)	67	6) Hastings	53
7) Mount Marty	51	8) Briar Cliff	30
9) Morningside	24	10) Dakota Wesleyan	18
11) Waldorf	6		