

2026 GPAC Outdoor Track and Field Championships - 5/1/2026 to 5/2/2026**5/1/2026 to 5/2/2026****Results****Women 100 Meter Dash**

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Tania	Gleason	SR	Doane	11.80	11.79Q 4.2 1
2	Neryah	Hekl	JR	Doane	11.84	11.91Q 2.0 2
3	Tierney	Huss	SO	Northwestern (Iowa)	11.85	12.08Q 3.4 3
4	Elizabeth	Wemhoff	FR	Doane	12.07	11.93q 4.2 1
5	RaeAnn	Thompson	SO	Doane	11.93	12.06q 2.0 2
6	Tanja	Zubrod	FR	Midland	12.16	12.10q 2.0 2
7	Zelie	Sorensen	SR	Mount Marty	11.94	12.12q 4.2 1
8	Imani	Skanes	FR	St. Mary (Neb.)	12.32	12.15q 3.4 3
9	Kailee	Altena	JR	Dordt	11.90	12.25 3.4 3
10	Jenna	Balt	JR	Dordt	12.38	12.34 2.0 2
11	Morgan	Mahoney	SR	Doane	12.53	12.43 4.2 1
12	Maria	Sander	FR	Midland	12.46	12.45 3.4 3
13	Caelianna	Risler	FR	Midland	12.54	12.50 2.0 2
14	Amber	van Beugen	FR	Midland	12.40	12.52 4.2 1
15	Gianna	Humphrey	FR	Hastings	12.53	12.55 4.2 1
16	Aurora	Griffin	SO	Midland	12.45	12.56 2.0 2
17	Leah	Klock	SO	Dordt	12.50	12.63 3.4 3
18	Mya	Van Donge	FR	Northwestern (Iowa)	12.50	12.64 2.0 2
19	Lauren	Waypa	JR	Northwestern (Iowa)	12.39	12.67 4.2 1
20	Allie	Houser	SO	Dordt	12.55	12.72 3.4 3
21	Josey	Wahlstrom	SR	Mount Marty	12.59	12.81 3.4 3 12.801
22	Rianna	Greene	SO	Midland	12.69	12.81 4.2 1 12.803
23	Lindsay	Grau	SR	Dordt	12.67	12.94 2.0 2
--	Kenzie	Harder	FR	Northwestern (Iowa)	12.26	DNS 3.4 3

Women 100 Meter Dash

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1	Neryah	Hekl	JR	Doane	11.91	11.86 +0.0 10
2	Tania	Gleason	SR	Doane	11.79	11.88 +0.0 8
3	RaeAnn	Thompson	SO	Doane	12.06	11.95 +0.0 6
4	Elizabeth	Wemhoff	FR	Doane	11.93	12.00 +0.0 5
5	Imani	Skanes	FR	St. Mary (Neb.)	12.15	12.05 +0.0 4
6	Tanja	Zubrod	FR	Midland	12.10	12.13 +0.0 3
7	Tierney	Huss	SO	Northwestern (Iowa)	12.08	12.16 +0.0 2
8	Zelie	Sorensen	SR	Mount Marty	12.12	12.29 +0.0 1

Women 200 Meter Dash

Name	Year	School	Seed	Finals	Wind	H#	Points
1	Kat	Vogt	SR	Doane	24.00	24.18 -0.4 4 10	
2	Tania	Gleason	SR	Doane	23.95	24.19 -0.4 4 8	
3	Elizabeth	Wemhoff	FR	Doane	24.47	24.46 -0.4 4 6	
4	Tanja	Zubrod	FR	Midland	24.69	24.59 -0.4 4 5	
5	RaeAnn	Thompson	SO	Doane	25.34	24.86 -1.1 3 4	
6	Tierney	Huss	SO	Northwestern (Iowa)	24.83	24.89 -1.1 3 3	
7	Kailee	Altena	JR	Dordt	24.33	25.39 -0.4 4 2	
8	Jayden	Meyer	FR	Doane	25.63	25.49 -1.1 3 1	
9	Zelie	Sorensen	SR	Mount Marty	24.99	25.55 -1.1 3	

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10	Ada Dekkers	SO Dordt	26.30	25.71	-0.6	1	
11	Aurora Griffin	SO Midland	25.81	25.74	0.3	2	
12	Ava Hilger	JR St. Mary (Neb.)	25.79	25.92	0.3	2	
13	Jenna Balt	JR Dordt	26.47	25.97	-0.6	1	
14	Maria Sander	FR Midland	25.59	26.05	-1.1	3	
15	Leah Klock	SO Dordt	26.25	26.13	-0.6	1	
16	Mya Van Donge	FR Northwestern (Iowa)	26.07	26.28	0.3	2	
17	Morgan Mahoney	SR Doane	26.11	26.31	0.3	2	
18	Amber van Beugen	FR Midland	26.15	26.36	-0.6	1	
19	Miella Struble	SR Dordt	26.05	26.49	0.3	2	
20	Caelianna Risler	FR Midland	26.38	26.84	-0.6	1	
21	Kayla Van Otterloo	SO Dordt	26.40	26.95	-0.6	1	26.943
22	Devondra Sands	SO Briar Cliff	25.91	26.95	0.3	2	26.944
--	Anna Heynen	SO Dordt	25.62	DNS	-1.1	3	
--	Kenzie Harder	FR Northwestern (Iowa)	24.75	DNS	-0.4	4	

Women 400 Meter Dash

Name	Year	School	Seed	Finals	H#	Points
1	Kat Vogt	SR Doane	53.32	54.35	3	10
2	Adysen McCarter	SO Concordia (Neb.)	57.04	56.88	3	8
3	Anna Heynen	SO Dordt	58.26	57.22	3	6
4	Kayla Kirchner	SR Concordia (Neb.)	58.23	57.55	3	5
5	Jayden Meyer	FR Doane	57.86	57.59	3	4
6	Ada Dekkers	SO Dordt	1:00.25	57.95	2	3
7	Emma Blum	SR Northwestern (Iowa)	59.51	58.35	2	2
8	Ayda Den Herder	SR Dordt	58.61	58.38	3	1
9	Whitney Wollberg	FR Mount Marty	59.58	58.69	2	
10	Emily Noteboom	FR Dordt	1:01.54	59.08	1	
11	Kiley Hejtmanek	JR Doane	57.49	59.25	3	
12	Ava Hilger	JR St. Mary (Neb.)	1:00.13	59.40	2	59.394
13	Tayden Kirchner	JR Concordia (Neb.)	58.56	59.40	3	59.400
14	Kayla Van Otterloo	SO Dordt	1:00.09	59.59	2	
15	Rianna Greene	SO Midland	1:02.12	59.86	1	
16	Lindsay Grau	SR Dordt	1:01.37	1:00.50	2	
17	Leah Klock	SO Dordt	1:00.79	1:01.00	2	
18	Lilly Nelson	FR St. Mary (Neb.)	1:03.99	1:03.24	1	
19	Caitlyn Adams	SR Concordia (Neb.)	1:06.39	1:04.46	1	
20	Caleigha White	FR Waldorf	1:05.42	1:04.73	1	
21	Alexa Torres	SO Waldorf	1:06.58	1:05.03	1	
22	Hailey Oswald	JR Dakota Wesleyan	1:05.30	1:07.35	1	
23	Josie Pogge	SO St. Mary (Neb.)	1:07.68	1:11.61	1	
--	Jordan Shull	SO Northwestern (Iowa)	1:00.91	DQ	2	15.5.2b

Women 800 Meter Run

Name	Year	School	Seed	Finals	H#	Points
1	Shelby Buwalda	SR Dordt	2:15.17	2:12.21	3	10
	1:04.392 (1:04.392)	2:12.210 (1:07.818)				
2	Eliza McKown	SR Waldorf	2:13.04	2:14.62	3	8
	1:05.939 (1:05.939)	2:14.616 (1:08.677)				
3	Danie Parriott	SR Doane	2:14.70	2:14.70	3	6
	1:03.875 (1:03.875)	2:14.693 (1:10.818)				

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4	Olivia Elbert	SO St. Mary (Neb.)	2:15.47	2:14.93	3	5
	1:05.319 (1:05.319)	2:14.925 (1:09.606)				
5	Addison Liston	FR Dordt	2:20.05	2:14.99	2	4
	1:04.868 (1:04.868)	2:14.988 (1:10.120)				
6	Landri Loos	FR Concordia (Neb.)	2:19.27	2:17.03	2	3
	1:04.495 (1:04.495)	2:17.027 (1:12.532)				2:17.027
7	Morgan Sachs	SO Morningside	2:18.29	2:17.03	3	2
	1:06.397 (1:06.397)	2:17.028 (1:10.631)				2:17.028
8	Arielle DeYoung	SO Dordt	2:17.85	2:17.21	3	1
	1:04.941 (1:04.941)	2:17.208 (1:12.267)				
9	Jolee Mesz	JR Morningside	2:18.18	2:17.90	3	
	1:05.195 (1:05.195)	2:17.892 (1:12.697)				
10	Brielle Engelmann	JR Northwestern (Iowa)	2:21.75	2:23.11	2	
	1:07.560 (1:07.560)	2:23.107 (1:15.547)				
11	Allison Hough	JR Northwestern (Iowa)	2:24.35	2:23.15	2	
	1:08.315 (1:08.315)	2:23.149 (1:14.834)				
12	Grace Dow	JR Hastings	2:18.14	2:23.19	3	
	1:06.574 (1:06.574)	2:23.181 (1:16.607)				
13	Izzi Brumbaugh	FR Concordia (Neb.)	2:25.37	2:24.73	2	
	1:08.092 (1:08.092)	2:24.725 (1:16.633)				
14	Ava Lang	FR Morningside	2:25.64	2:25.74	2	
	1:08.347 (1:08.347)	2:25.737 (1:17.390)				
15	Ashlynn Davis	SO Dordt	2:24.79	2:26.66	2	
	1:06.382 (1:06.382)	2:26.659 (1:20.277)				
16	Abby Harding	FR Dordt	2:27.84	2:26.89	1	
	1:08.672 (1:08.672)	2:26.890 (1:18.218)				
17	Claire Beikmann	JR Concordia (Neb.)	2:25.82	2:27.16	1	
	1:10.018 (1:10.018)	2:27.151 (1:17.133)				
18	Marissa Miles	SO Doane	2:26.73	2:28.25	1	
	1:10.388 (1:10.388)	2:28.243 (1:17.855)				
19	Rachel Harris	FR Concordia (Neb.)	2:26.87	2:29.58	1	
	1:10.813 (1:10.813)	2:29.572 (1:18.759)				
20	Raegan Snieder	FR Dordt	2:24.55	2:30.26	2	
	1:11.711 (1:11.711)	2:30.253 (1:18.542)				
21	Brooklyn Fryar	SO Northwestern (Iowa)	2:28.23	2:30.82	1	
	1:09.927 (1:09.927)	2:30.819 (1:20.892)				
22	Carly Carstens	SO Midland	2:28.51	2:32.61	1	
	1:14.251 (1:14.251)	2:32.605 (1:18.354)				
23	Marissa O'Connor	JR Waldorf	2:27.87	2:35.48	1	
	1:14.281 (1:14.281)	2:35.474 (1:21.193)				
24	Lilly Dall	FR Concordia (Neb.)	2:31.16	2:37.85	1	
	1:15.555 (1:15.555)	2:37.845 (1:22.290)				

Women 1500 Meter Run

Name	Year School	Seed	Finals	H#	Points
1 Corinne Braun	SO Dordt	4:54.11	4:36.76	2	10
55.059 (55.059)	2:12.611 (1:17.552)	3:30.602 (1:17.991)	4:36.760 (1:06.158)		
2 Kara Muller	SO St. Mary (Neb.)	4:44.73	4:40.94	2	8
55.222 (55.222)	2:12.215 (1:16.993)	3:29.679 (1:17.464)	4:40.935 (1:11.256)		
3 Addison Liston	FR Dordt	4:46.47	4:42.76	2	6
54.767 (54.767)	2:12.480 (1:17.713)	3:30.379 (1:17.899)	4:42.754 (1:12.375)		
4 Brooklyn Sutter	FR Hastings	4:46.86	4:42.96	2	5
54.961 (54.961)	2:12.717 (1:17.756)	3:30.396 (1:17.679)	4:42.952 (1:12.556)		

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5	Emily De Groot	SR Northwestern (Iowa)	4:53.77	4:43.81	2	4
	55.328 (55.328)	2:12.947 (1:17.619)	3:30.978 (1:18.031)	4:43.808 (1:12.830)		
6	Eliza McKown	SR Waldorf	4:44.68	4:44.06	2	3
	54.687 (54.687)	2:12.126 (1:17.439)	3:30.038 (1:17.912)	4:44.058 (1:14.020)		
7	Ashley Robertson	FR Concordia (Neb.)	4:46.64	4:47.85	2	2
	55.558 (55.558)	2:12.602 (1:17.044)	3:30.628 (1:18.026)	4:47.841 (1:17.213)		
8	Laura Hasemann	JR Doane	4:54.61	4:48.26	2	1
	55.952 (55.952)	2:13.890 (1:17.938)	3:32.179 (1:18.289)	4:48.251 (1:16.072)		
9	Olivia Hoogland	SO Dordt	4:57.01	4:49.09	2	
	55.660 (55.660)	2:13.599 (1:17.939)	3:32.393 (1:18.794)	4:49.082 (1:16.689)		
10	Raegan Snieder	FR Dordt	4:54.76	4:52.73	2	
	56.299 (56.299)	2:14.903 (1:18.604)	3:34.831 (1:19.928)	4:52.724 (1:17.893)		
11	Alison Bradford	SO Doane	4:59.73	4:54.79	1	
	56.774 (56.774)	2:16.555 (1:19.781)	3:36.017 (1:19.462)	4:54.785 (1:18.768)		
12	Maddy Ramey	JR Doane	4:54.98	4:55.47	2	
	56.227 (56.227)	2:13.922 (1:17.695)	3:33.161 (1:19.239)	4:55.464 (1:22.303)		
13	Elizabeth Hoogland	FR Dordt	5:04.12	4:57.06	1	
	56.462 (56.462)	2:17.088 (1:20.626)	3:38.704 (1:21.616)	4:57.057 (1:18.353)		
14	Nicole Zuehl	SR Morningside	5:02.41	4:58.65	1	
	56.302 (56.302)	2:17.619 (1:21.317)	3:39.434 (1:21.815)	4:58.645 (1:19.211)		
15	Sarah May	FR Dordt	5:10.70	4:59.32	1	
	56.598 (56.598)	2:18.971 (1:22.373)	3:41.708 (1:22.737)	4:59.320 (1:17.612)		
16	Kyrin DeGroot	FR Dordt	5:00.52	5:00.72	1	
	54.891 (54.891)	2:17.289 (1:22.398)	3:39.647 (1:22.358)	5:00.719 (1:21.072)		
17	Madison Sporrer	FR Morningside	4:59.25	5:01.06	2	
	56.009 (56.009)	2:14.347 (1:18.338)	3:35.402 (1:21.055)	5:01.058 (1:25.656)		
18	Corinne Mead	SR St. Mary (Neb.)	5:02.12	5:03.09	1	
	57.234 (57.234)	2:17.344 (1:20.110)	3:40.307 (1:22.963)	5:03.087 (1:22.780)		
19	Carly Carstens	SO Midland	5:10.11	5:03.71	1	
	57.042 (57.042)	2:18.194 (1:21.152)	3:40.664 (1:22.470)	5:03.702 (1:23.038)		
20	Olivia Kraayenbrink	SO Dordt	5:13.09	5:09.78	1	
	57.294 (57.294)	2:18.920 (1:21.626)	3:43.267 (1:24.347)	5:09.775 (1:26.508)		
21	Evie Kelly	FR St. Mary (Neb.)	5:14.23	5:11.09	1	
	59.569 (59.569)	2:22.043 (1:22.474)	3:47.342 (1:25.299)	5:11.086 (1:23.744)		
22	Judy Chepkorir	SO Midland	5:16.71	5:15.67	1	
	57.522 (57.522)	2:18.687 (1:21.165)	3:44.131 (1:25.444)	5:15.667 (1:31.536)		
23	Lilly Dall	FR Concordia (Neb.)	5:21.91	5:24.66	1	
	58.689 (58.689)	2:19.055 (1:20.366)	3:50.605 (1:31.550)	5:24.657 (1:34.052)		
--	Brenna Lyngstad	FR Mount Marty	5:17.41	DNS	1	

Women 5000 Meter Run

Name	Year	School	Seed	Finals	Points
1	Joy Koole	FR Dordt	18:00.44	17:45.57	10
	40.710 (40.710)	2:03.141 (1:22.431)	3:27.632 (1:24.491)	4:51.869 (1:24.237)	
	6:17.646 (1:25.777)	7:43.594 (1:25.948)	9:09.463 (1:25.869)	10:36.093 (1:26.630)	
	12:02.590 (1:26.497)	13:29.624 (1:27.034)	14:57.614 (1:27.990)	16:24.172 (1:26.558)	
	17:45.567 (1:21.395)				
2	Courtney Sporrer	SR Morningside	17:53.99	18:05.16	8
	41.427 (41.427)	2:04.216 (1:22.789)	3:29.132 (1:24.916)	4:54.812 (1:25.680)	
	6:21.771 (1:26.959)	7:49.364 (1:27.593)	9:17.653 (1:28.289)	10:47.193 (1:29.540)	
	12:17.984 (1:30.791)	13:49.194 (1:31.210)	15:20.247 (1:31.053)	16:48.368 (1:28.121)	
	18:05.159 (1:16.791)				

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3	Jeni Burtis	SR Dordt	19:14.25	18:06.02	6
	43.481 (43.481)	2:10.991 (1:27.510)	3:37.188 (1:26.197)	5:05.438 (1:28.250)	
	6:32.528 (1:27.090)	8:00.844 (1:28.316)	9:29.109 (1:28.265)	10:56.095 (1:26.986)	
	12:23.741 (1:27.646)	13:52.442 (1:28.701)	15:21.492 (1:29.050)	16:49.926 (1:28.434)	
	18:06.015 (1:16.089)				
4	Isabella Webb	JR Dordt	18:08.45	18:20.92	5
	42.565 (42.565)	2:09.273 (1:26.708)	3:36.589 (1:27.316)	5:05.210 (1:28.621)	
	6:32.332 (1:27.122)	8:00.718 (1:28.386)	9:28.888 (1:28.170)	10:58.083 (1:29.195)	
	12:28.408 (1:30.325)	13:59.337 (1:30.929)	15:30.177 (1:30.840)	16:59.505 (1:29.328)	
	18:20.916 (1:21.411)				
5	Hannah Thong	SO Dordt	19:08.06	18:24.62	4
	42.791 (42.791)	2:09.557 (1:26.766)	3:36.889 (1:27.332)	5:05.054 (1:28.165)	
	6:31.769 (1:26.715)	8:00.468 (1:28.699)	9:28.823 (1:28.355)	10:57.950 (1:29.127)	
	12:28.308 (1:30.358)	13:59.230 (1:30.922)	15:30.560 (1:31.330)	17:00.615 (1:30.055)	
	18:24.617 (1:24.002)				
6	Jessica Opfer	SR Dordt	18:09.13	18:26.83	3
	43.334 (43.334)	2:10.724 (1:27.390)	3:37.427 (1:26.703)	5:05.560 (1:28.133)	
	6:32.052 (1:26.492)	8:00.371 (1:28.319)	9:28.454 (1:28.083)	10:57.465 (1:29.011)	
	12:27.950 (1:30.485)	13:58.865 (1:30.915)	15:30.009 (1:31.144)	17:00.320 (1:30.311)	
	18:26.830 (1:26.510)				
7	Estefana Beisswenger	FR Morningside	19:19.54	18:43.48	2
	44.399 (44.399)	2:13.914 (1:29.515)	3:41.832 (1:27.918)	5:10.058 (1:28.226)	
	6:39.458 (1:29.400)	8:10.119 (1:30.661)	9:41.292 (1:31.173)	11:14.245 (1:32.953)	
	12:48.054 (1:33.809)	14:20.693 (1:32.639)	15:52.225 (1:31.532)	17:22.676 (1:30.451)	
	18:43.478 (1:20.802)				
8	Gabby Ryan	JR Morningside	18:34.00	18:47.23	1
	44.117 (44.117)	2:13.083 (1:28.966)	3:40.868 (1:27.785)	5:08.948 (1:28.080)	
	6:38.798 (1:29.850)	8:10.442 (1:31.644)	9:42.821 (1:32.379)	11:16.395 (1:33.574)	
	12:49.814 (1:33.419)	14:21.405 (1:31.591)	15:53.470 (1:32.065)	17:26.422 (1:32.952)	
	18:47.222 (1:20.800)				
9	Kayden Spencer	JR Northwestern (Iowa)	19:28.60	18:47.84	
	45.361 (45.361)	2:16.555 (1:31.194)	3:47.605 (1:31.050)	5:18.214 (1:30.609)	
	6:49.072 (1:30.858)	8:21.001 (1:31.929)	9:51.352 (1:30.351)	11:23.229 (1:31.877)	
	12:54.297 (1:31.068)	14:24.887 (1:30.590)	15:55.099 (1:30.212)	17:24.243 (1:29.144)	
	18:47.838 (1:23.595)				
10	Kara Muller	SO St. Mary (Neb.)	18:19.81	19:01.85	
	43.831 (43.831)	2:13.529 (1:29.698)	3:41.046 (1:27.517)	5:09.153 (1:28.107)	
	6:38.239 (1:29.086)	8:06.684 (1:28.445)	9:38.281 (1:31.597)	11:11.181 (1:32.900)	
	12:45.587 (1:34.406)	14:20.385 (1:34.798)	15:53.715 (1:33.330)	17:26.805 (1:33.090)	
	19:01.845 (1:35.040)				
11	Kiley Craft	SR St. Mary (Neb.)	18:49.55	19:11.83	
	45.408 (45.408)	2:15.497 (1:30.089)	3:46.388 (1:30.891)	5:17.165 (1:30.777)	
	6:48.223 (1:31.058)	8:19.155 (1:30.932)	9:50.343 (1:31.188)	11:23.558 (1:33.215)	
	12:58.310 (1:34.752)	14:33.675 (1:35.365)	16:09.545 (1:35.870)	17:44.068 (1:34.523)	
	19:11.824 (1:27.756)				
12	Courtney Joiner	SR Dordt	18:34.21	19:13.93	
	43.616 (43.616)	2:10.454 (1:26.838)	3:39.388 (1:28.934)	5:11.045 (1:31.657)	
	6:44.977 (1:33.932)	8:22.227 (1:37.250)	9:58.022 (1:35.795)	11:32.612 (1:34.590)	
	13:08.300 (1:35.688)	14:43.322 (1:35.022)	16:16.825 (1:33.503)	17:49.017 (1:32.192)	
	19:13.928 (1:24.911)				
13	Kristen Billings	FR Doane	19:00.28	19:16.06	
	44.458 (44.458)	2:15.156 (1:30.698)	3:46.156 (1:31.000)	5:16.983 (1:30.827)	
	6:47.873 (1:30.890)	8:19.784 (1:31.911)	9:50.923 (1:31.139)	11:23.459 (1:32.536)	
	12:56.535 (1:33.076)	14:30.914 (1:34.379)	16:07.750 (1:36.836)	17:43.730 (1:35.980)	
	19:16.060 (1:32.330)				

2026 GPAC Outdoor Track and Field Championships - 5/1/2026 to 5/2/2026**5/1/2026 to 5/2/2026****Results****....Women 5000 Meter Run**

14 Jenna Hursh	SO Dordt	19:36.83	19:22.22
44.034 (44.034)	2:11.924 (1:27.890)	3:37.827 (1:25.903)	5:06.043 (1:28.216)
6:35.386 (1:29.343)	8:06.353 (1:30.967)	9:37.970 (1:31.617)	11:11.062 (1:33.092)
12:47.878 (1:36.816)	14:28.846 (1:40.968)	16:14.962 (1:46.116)	17:55.139 (1:40.177)
19:22.219 (1:27.080)			
15 Alison Stepanek	SO Concordia (Neb.)	19:23.69	19:24.05
45.007 (45.007)	2:13.488 (1:28.481)	3:41.065 (1:27.577)	5:09.503 (1:28.438)
6:39.704 (1:30.201)	8:10.666 (1:30.962)	9:45.623 (1:34.957)	11:22.911 (1:37.288)
13:01.189 (1:38.278)	14:41.640 (1:40.451)	16:18.078 (1:36.438)	17:57.920 (1:39.842)
19:24.049 (1:26.129)			
16 Maddy Ramey	JR Doane	19:10.99	19:26.82
44.768 (44.768)	2:15.846 (1:31.078)	3:46.517 (1:30.671)	5:17.274 (1:30.757)
6:48.398 (1:31.124)	8:20.912 (1:32.514)	9:52.345 (1:31.433)	11:26.720 (1:34.375)
13:04.347 (1:37.627)	14:42.300 (1:37.953)	16:20.553 (1:38.253)	17:58.084 (1:37.531)
19:26.820 (1:28.736)			
17 London Rogge	JR Morningside	19:49.87	19:28.99
46.089 (46.089)	2:16.628 (1:30.539)	3:46.789 (1:30.161)	5:17.548 (1:30.759)
6:48.680 (1:31.132)	8:21.264 (1:32.584)	9:53.818 (1:32.554)	11:29.074 (1:35.256)
13:06.124 (1:37.050)	14:44.463 (1:38.339)	16:22.561 (1:38.098)	17:58.490 (1:35.929)
19:28.985 (1:30.495)			
18 Annika Staab	SO Concordia (Neb.)	19:49.83	19:30.33
46.002 (46.002)	2:17.165 (1:31.163)	3:48.024 (1:30.859)	5:18.721 (1:30.697)
6:49.518 (1:30.797)	8:22.478 (1:32.960)	9:55.535 (1:33.057)	11:29.397 (1:33.862)
13:05.642 (1:36.245)	14:43.794 (1:38.152)	16:21.587 (1:37.793)	17:59.941 (1:38.354)
19:30.330 (1:30.389)			
19 Carly Henderson	SO St. Mary (Neb.)	19:06.66	19:32.66
45.567 (45.567)	2:15.673 (1:30.106)	3:46.647 (1:30.974)	5:17.445 (1:30.798)
6:48.578 (1:31.133)	8:20.607 (1:32.029)	9:56.819 (1:36.212)	11:36.299 (1:39.480)
13:14.840 (1:38.541)	14:53.159 (1:38.319)	16:31.570 (1:38.411)	18:06.403 (1:34.833)
19:32.658 (1:26.255)			
20 Maite Farin	SO Midland	19:47.55	19:48.62
47.129 (47.129)	2:21.062 (1:33.933)	3:57.147 (1:36.085)	5:31.858 (1:34.711)
7:08.086 (1:36.228)	8:43.110 (1:35.024)	10:18.344 (1:35.234)	11:53.028 (1:34.684)
13:28.011 (1:34.983)	15:05.162 (1:37.151)	16:41.952 (1:36.790)	18:18.628 (1:36.676)
19:48.611 (1:29.983)			
21 Delaney Catron	JR Doane	19:24.58	19:48.87
44.623 (44.623)	2:15.323 (1:30.700)	3:46.184 (1:30.861)	5:16.967 (1:30.783)
6:48.127 (1:31.160)	8:21.607 (1:33.480)	9:55.216 (1:33.609)	11:30.881 (1:35.665)
13:08.705 (1:37.824)	14:48.894 (1:40.189)	16:30.165 (1:41.271)	18:11.503 (1:41.338)
19:48.864 (1:37.361)			
22 Mira Fosmer	JR St. Mary (Neb.)	20:16.99	19:55.57
46.374 (46.374)	2:17.510 (1:31.136)	3:48.591 (1:31.081)	5:20.627 (1:32.036)
6:55.018 (1:34.391)	8:31.630 (1:36.612)	10:10.641 (1:39.011)	11:49.458 (1:38.817)
13:28.639 (1:39.181)	15:07.586 (1:38.947)	16:46.376 (1:38.790)	18:22.270 (1:35.894)
19:55.565 (1:33.295)			
23 Eden Sullivan	SO Dordt	20:14.93	20:05.30
46.712 (46.712)	2:18.401 (1:31.689)	3:51.521 (1:33.120)	5:27.931 (1:36.410)
7:05.507 (1:37.576)	8:43.841 (1:38.334)	10:23.139 (1:39.298)	12:01.919 (1:38.780)
13:38.577 (1:36.658)	15:18.477 (1:39.900)	16:57.527 (1:39.050)	18:34.348 (1:36.821)
20:05.296 (1:30.948)			
24 Lydia Edmonds	SO Concordia (Neb.)	20:16.66	20:26.75
46.358 (46.358)	2:17.954 (1:31.596)	3:50.182 (1:32.228)	5:25.449 (1:35.267)
7:01.301 (1:35.852)	8:39.027 (1:37.726)	10:18.846 (1:39.819)	11:59.106 (1:40.260)
13:41.767 (1:42.661)	15:24.996 (1:43.229)	17:07.689 (1:42.693)	18:49.806 (1:42.117)
20:26.742 (1:36.936)			

2026 GPAC Outdoor Track and Field Championships - 5/1/2026 to 5/2/2026

5/1/2026 to 5/2/2026

Results

Women 10000 Meter Run

Name	Year	School	Seed	Finals	Points
1 Jeni Burtis		SR Dordt	37:15.56	37:53.80	10
1:32.868 (1:32.868)	3:06.284 (1:33.416)	4:38.212 (1:31.928)	6:10.617 (1:32.405)		
7:41.261 (1:30.644)	9:12.631 (1:31.370)	10:42.572 (1:29.941)	12:13.868 (1:31.296)		
13:45.378 (1:31.510)	15:16.817 (1:31.439)	16:44.753 (1:27.936)	18:15.760 (1:31.007)		
19:45.486 (1:29.726)	21:16.185 (1:30.699)	22:47.768 (1:31.583)	24:18.808 (1:31.040)		
25:49.727 (1:30.919)	27:21.129 (1:31.402)	28:51.761 (1:30.632)	30:22.525 (1:30.764)		
31:53.479 (1:30.954)	33:23.845 (1:30.366)	34:55.246 (1:31.401)	36:24.635 (1:29.389)		
37:53.791 (1:29.156)					
2 Jessica Opfer		SR Dordt	37:38.76	38:13.32	8
1:32.292 (1:32.292)	3:05.993 (1:33.701)	4:37.606 (1:31.613)	6:10.048 (1:32.442)		
7:40.956 (1:30.908)	9:12.406 (1:31.450)	10:42.849 (1:30.443)	12:13.613 (1:30.764)		
13:45.088 (1:31.475)	15:16.579 (1:31.491)	16:45.592 (1:29.013)	18:16.631 (1:31.039)		
19:46.811 (1:30.180)	21:17.922 (1:31.111)	22:50.151 (1:32.229)	24:22.109 (1:31.958)		
25:54.449 (1:32.340)	27:27.033 (1:32.584)	29:00.351 (1:33.318)	30:34.184 (1:33.833)		
32:06.456 (1:32.272)	33:39.605 (1:33.149)	35:13.126 (1:33.521)	36:43.953 (1:30.827)		
38:13.318 (1:29.365)					
3 Hannah Thong		SO Dordt	37:15.39	38:23.32	6
1:32.578 (1:32.578)	3:05.935 (1:33.357)	4:37.307 (1:31.372)	6:09.756 (1:32.449)		
7:40.669 (1:30.913)	9:12.300 (1:31.631)	10:43.625 (1:31.325)	12:14.447 (1:30.822)		
13:46.517 (1:32.070)	15:22.072 (1:35.555)	16:58.619 (1:36.547)	18:33.805 (1:35.186)		
20:09.549 (1:35.744)	21:42.984 (1:33.435)	23:15.119 (1:32.135)	24:46.996 (1:31.877)		
26:18.521 (1:31.525)	27:50.767 (1:32.246)	29:22.549 (1:31.782)	30:54.276 (1:31.727)		
32:24.943 (1:30.667)	33:56.819 (1:31.876)	35:28.483 (1:31.664)	36:57.526 (1:29.043)		
38:23.318 (1:25.792)					
4 Gabby Ryan		JR Morningside	39:14.08	38:27.85	5
1:34.340 (1:34.340)	3:07.718 (1:33.378)	4:39.557 (1:31.839)	6:14.905 (1:35.348)		
7:48.247 (1:33.342)	9:23.028 (1:34.781)	10:56.917 (1:33.889)	12:31.009 (1:34.092)		
14:05.187 (1:34.178)	15:39.195 (1:34.008)	17:12.904 (1:33.709)	18:47.316 (1:34.412)		
20:18.871 (1:31.555)	21:49.842 (1:30.971)	23:20.993 (1:31.151)	24:53.903 (1:32.910)		
26:25.992 (1:32.089)	27:57.510 (1:31.518)	29:29.501 (1:31.991)	31:01.427 (1:31.926)		
32:32.618 (1:31.191)	34:05.243 (1:32.625)	35:36.058 (1:30.815)	37:04.951 (1:28.893)		
38:27.843 (1:22.892)					
5 Courtney Joiner		SR Dordt	38:14.94	38:54.04	4
1:33.209 (1:33.209)	3:06.172 (1:32.963)	4:37.897 (1:31.725)	6:10.324 (1:32.427)		
7:40.345 (1:30.021)	9:11.993 (1:31.648)	10:43.335 (1:31.342)	12:15.128 (1:31.793)		
13:46.890 (1:31.762)	15:19.127 (1:32.237)	16:51.596 (1:32.469)	18:25.798 (1:34.202)		
19:59.129 (1:33.331)	21:33.316 (1:34.187)	23:07.815 (1:34.499)	24:43.492 (1:35.677)		
26:19.047 (1:35.555)	27:53.676 (1:34.629)	29:29.982 (1:36.306)	31:06.435 (1:36.453)		
32:43.940 (1:37.505)	34:18.501 (1:34.561)	35:51.001 (1:32.500)	37:24.300 (1:33.299)		
38:54.032 (1:29.732)					
6 Kayden Spencer		JR Northwestern (Iowa)	38:52.04	39:05.70	3
1:34.038 (1:34.038)	3:07.368 (1:33.330)	4:39.270 (1:31.902)	6:14.766 (1:35.496)		
7:48.168 (1:33.402)	9:23.155 (1:34.987)	10:56.890 (1:33.735)	12:30.650 (1:33.760)		
14:04.777 (1:34.127)	15:38.722 (1:33.945)	17:12.993 (1:34.271)	18:47.380 (1:34.387)		
20:20.962 (1:33.582)	21:54.329 (1:33.367)	23:27.644 (1:33.315)	25:02.216 (1:34.572)		
26:35.596 (1:33.380)	28:09.894 (1:34.298)	29:45.080 (1:35.186)	31:19.598 (1:34.518)		
32:54.398 (1:34.800)	34:28.758 (1:34.360)	36:02.480 (1:33.722)	37:35.631 (1:33.151)		
39:05.699 (1:30.068)					

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7	Maite Farin	SO Midland	39:33.05	39:28.84	2
	1:34.522 (1:34.522)	3:07.818 (1:33.296)	4:39.222 (1:31.404)	6:14.280 (1:35.058)	
	7:47.440 (1:33.160)	9:21.941 (1:34.501)	10:55.895 (1:33.954)	12:30.763 (1:34.868)	
	14:05.850 (1:35.087)	15:39.985 (1:34.135)	17:16.598 (1:36.613)	18:52.435 (1:35.837)	
	20:28.113 (1:35.678)	22:05.240 (1:37.127)	23:42.638 (1:37.398)	25:20.147 (1:37.509)	
	26:58.036 (1:37.889)	28:35.497 (1:37.461)	30:12.634 (1:37.137)	31:49.825 (1:37.191)	
	33:26.593 (1:36.768)	35:00.608 (1:34.015)	36:34.017 (1:33.409)	38:06.875 (1:32.858)	
	39:28.833 (1:21.958)				
8	London Rogge	JR Morningside	39:19.56	39:28.96	1
	1:34.467 (1:34.467)	3:07.778 (1:33.311)	4:39.781 (1:32.003)	6:15.132 (1:35.351)	
	7:48.542 (1:33.410)	9:23.369 (1:34.827)	10:57.268 (1:33.899)	12:31.240 (1:33.972)	
	14:05.539 (1:34.299)	15:39.326 (1:33.787)	17:13.392 (1:34.066)	18:47.536 (1:34.144)	
	20:19.184 (1:31.648)	21:52.813 (1:33.629)	23:30.437 (1:37.624)	25:07.547 (1:37.110)	
	26:42.388 (1:34.841)	28:19.715 (1:37.327)	29:58.420 (1:38.705)	31:35.254 (1:36.834)	
	33:12.732 (1:37.478)	34:50.043 (1:37.311)	36:27.202 (1:37.159)	38:03.165 (1:35.963)	
	39:28.956 (1:25.791)				
9	Kiley Craft	SR St. Mary (Neb.)	39:29.39	39:49.88	
	1:35.296 (1:35.296)	3:08.537 (1:33.241)	4:40.303 (1:31.766)	6:15.319 (1:35.016)	
	7:48.754 (1:33.435)	9:23.391 (1:34.637)	10:57.166 (1:33.775)	12:31.082 (1:33.916)	
	14:05.314 (1:34.232)	15:38.905 (1:33.591)	17:13.236 (1:34.331)	18:47.561 (1:34.325)	
	20:21.301 (1:33.740)	21:55.043 (1:33.742)	23:30.166 (1:35.123)	25:07.413 (1:37.247)	
	26:43.683 (1:36.270)	28:21.913 (1:38.230)	30:01.032 (1:39.119)	31:40.062 (1:39.030)	
	33:20.013 (1:39.951)	34:58.727 (1:38.714)	36:38.245 (1:39.518)	38:16.444 (1:38.199)	
	39:49.872 (1:33.428)				
10	Lilly Whiteshirt	FR Mount Marty	40:49.53	40:49.09	
	1:35.009 (1:35.009)	3:08.269 (1:33.260)	4:40.007 (1:31.738)	6:15.149 (1:35.142)	
	7:48.588 (1:33.439)	9:23.277 (1:34.689)	10:59.089 (1:35.812)	12:37.404 (1:38.315)	
	14:16.786 (1:39.382)	15:56.972 (1:40.186)	17:37.548 (1:40.576)	19:17.385 (1:39.837)	
	20:56.097 (1:38.712)	22:35.423 (1:39.326)	24:14.458 (1:39.035)	25:54.053 (1:39.595)	
	27:33.694 (1:39.641)	29:14.582 (1:40.888)	30:54.610 (1:40.028)	32:34.098 (1:39.488)	
	34:16.818 (1:42.720)	35:57.672 (1:40.854)	37:36.582 (1:38.910)	39:16.231 (1:39.649)	
	40:49.090 (1:32.859)				
11	Olivia Graber	JR Dorcht	42:44.16	41:55.36	
	1:41.897 (1:41.897)	3:24.990 (1:43.093)	5:06.840 (1:41.850)	6:49.620 (1:42.780)	
	8:31.780 (1:42.160)	10:13.595 (1:41.815)	11:52.998 (1:39.403)	13:33.838 (1:40.840)	
	15:15.106 (1:41.268)	16:55.568 (1:40.462)	18:37.079 (1:41.511)	20:18.698 (1:41.619)	
	22:01.216 (1:42.518)	23:41.136 (1:39.920)	25:22.540 (1:41.404)	27:03.607 (1:41.067)	
	28:44.047 (1:40.440)	30:24.833 (1:40.786)	32:06.169 (1:41.336)	33:47.469 (1:41.300)	
	35:27.749 (1:40.280)	37:07.836 (1:40.087)	38:47.858 (1:40.022)	40:26.247 (1:38.389)	
	41:55.358 (1:29.111)				
12	Maddie Bergstrom	SO Midland	40:58.67	42:12.02	
	1:35.618 (1:35.618)	3:08.966 (1:33.348)	4:42.779 (1:33.813)	6:20.234 (1:37.455)	
	7:58.673 (1:38.439)	9:37.291 (1:38.618)	11:16.845 (1:39.554)	12:57.849 (1:41.004)	
	14:41.719 (1:43.870)	16:25.515 (1:43.796)	18:10.470 (1:44.955)	19:55.386 (1:44.916)	
	21:41.056 (1:45.670)	23:25.345 (1:44.289)	25:09.760 (1:44.415)	26:53.967 (1:44.207)	
	28:37.836 (1:43.869)	30:21.155 (1:43.319)	32:02.764 (1:41.609)	33:44.664 (1:41.900)	
	35:27.457 (1:42.793)	37:08.300 (1:40.843)	38:50.686 (1:42.386)	40:32.198 (1:41.512)	
	42:12.013 (1:39.815)				

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5/1/2026 to 5/2/2026

Results

....Women 10000 Meter Run

19	Jada Abrahamson	JR Dordt	42:59.69	43:48.39		
	1:42.354 (1:42.354)	3:25.235 (1:42.881)	5:07.165 (1:41.930)	6:50.110 (1:42.945)		
	8:32.878 (1:42.768)	10:15.019 (1:42.141)	11:57.442 (1:42.423)	13:42.195 (1:44.753)		
	15:27.431 (1:45.236)	17:12.795 (1:45.364)	18:58.511 (1:45.716)	20:44.358 (1:45.847)		
	22:29.782 (1:45.424)	24:15.292 (1:45.510)	26:02.175 (1:46.883)	27:47.885 (1:45.710)		
	29:34.825 (1:46.940)	31:22.422 (1:47.597)	33:11.165 (1:48.743)	34:58.421 (1:47.256)		
	36:45.423 (1:47.002)	38:33.659 (1:48.236)	40:22.198 (1:48.539)	42:09.677 (1:47.479)		
	43:48.384 (1:38.707)					
20	Sophie Mommelaar	SO Dordt	43:21.87	43:59.45		
	1:42.178 (1:42.178)	3:25.064 (1:42.886)	5:07.006 (1:41.942)	6:49.967 (1:42.961)		
	8:32.758 (1:42.791)	10:15.423 (1:42.665)	11:58.127 (1:42.704)	13:42.836 (1:44.709)		
	15:27.969 (1:45.133)	17:12.423 (1:44.454)	18:58.133 (1:45.710)	20:44.796 (1:46.663)		
	22:32.667 (1:47.871)	24:22.181 (1:49.514)	26:10.149 (1:47.968)	27:58.073 (1:47.924)		
	29:47.274 (1:49.201)	31:35.171 (1:47.897)	33:24.533 (1:49.362)	35:12.814 (1:48.281)		
	37:01.796 (1:48.982)	38:50.247 (1:48.451)	40:37.453 (1:47.206)	42:23.134 (1:45.681)		
	43:59.446 (1:36.312)					
21	Sarah Lunning	SO Northwestern (Iowa)	42:54.35	45:29.73		
	1:41.806 (1:41.806)	3:23.967 (1:42.161)	5:06.460 (1:42.493)	6:49.338 (1:42.878)		
	8:32.099 (1:42.761)	10:14.210 (1:42.111)	11:56.263 (1:42.053)	13:42.554 (1:46.291)		
	15:27.809 (1:45.255)	17:14.216 (1:46.407)	19:03.589 (1:49.373)	20:54.070 (1:50.481)		
	22:44.777 (1:50.707)	24:38.263 (1:53.486)	26:32.048 (1:53.785)	28:25.145 (1:53.097)		
	30:18.495 (1:53.350)	32:12.583 (1:54.088)	34:06.974 (1:54.391)	36:02.019 (1:55.045)		
	37:57.021 (1:55.002)	39:52.552 (1:55.531)	41:45.129 (1:52.577)	43:40.120 (1:54.991)		
	45:29.724 (1:49.604)					
--	Alison Stepanek	SO Concordia (Neb.)	40:48.73	DNF		
	1:34.680 (1:34.680)	3:08.008 (1:33.328)	4:39.442 (1:31.434)	6:14.401 (1:34.959)		
	7:47.569 (1:33.168)	9:22.039 (1:34.470)	10:56.014 (1:33.975)	12:30.852 (1:34.838)		
	14:04.744 (1:33.892)	15:38.251 (1:33.507)	17:10.157 (1:31.906)	18:46.101 (1:35.944)		
	20:21.554 (1:35.453)	21:59.448 (1:37.894)	23:38.055 (1:38.607)	25:20.294 (1:42.239)		
	27:02.139 (1:41.845)	28:44.273 (1:42.134)	30:23.238 (1:38.965)	32:04.577 (1:41.339)		
--	Eden Sullivan	SO Dordt	41:57.64	DQ	15.5.2b	
	1:40.978 (1:40.978)	3:23.839 (1:42.861)	5:05.638 (1:41.799)	6:48.661 (1:43.023)		
	8:31.268 (1:42.607)	10:12.357 (1:41.089)	11:51.396 (1:39.039)	13:30.723 (1:39.327)		
	15:12.008 (1:41.285)	16:54.157 (1:42.149)	18:36.594 (1:42.437)	20:18.441 (1:41.847)		
	22:00.730 (1:42.289)	23:36.369 (1:35.639)	25:15.719 (1:39.350)	26:55.284 (1:39.565)		
	28:37.165 (1:41.881)	30:12.814 (1:35.649)	31:50.288 (1:37.474)	33:26.215 (1:35.927)		
	35:00.132 (1:33.917)	36:33.986 (1:33.854)	38:09.304 (1:35.318)	39:44.054 (1:34.750)		
	41:15.081 (1:31.027)					
--	Kenzy Lippold	SO Doane	41:49.11	DNS		

Women 100 Meter Hurdles

=====						
Name	Year	School	Seed	Prelims	Wind	H#
=====						
Preliminaries						
1		Adrianna Rodencal	SR Concordia (Neb.)	13.04	13.19Q	1.8 1
2		Jaida Rowe	SR Hastings	13.81	13.91Q	3.4 3
3		Kayla Svoboda	SR Concordia (Neb.)	14.49	14.50Q	1.3 2
4		Ava Reese	SO Hastings	14.84	14.48q	1.8 1
5		Devondra Sands	SO Briar Cliff	14.55	14.55q	3.4 3
6		Josie Garrett	SR Doane	14.55	14.75q	1.3 2
7		Lucy Carey	SO Hastings	14.76	14.76q	1.8 1
8		Madison Mulhall	FR Waldorf	15.10	15.05q	1.3 2
9		Carly Dunn	FR Northwestern (Iowa)	15.09	15.08	3.4 3
10		Josi Noble	SR Concordia (Neb.)	15.53	15.45	3.4 3 15.443

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11	Stacy Ruelas-Hertz	SO	Dakota Wesleyan	15.92	15.45	1.3	2	15.450
12	Avery Van Weerdhuizen	FR	Dordt	15.63	15.66	1.8	1	
13	Dani Deffenbaugh	JR	Dakota Wesleyan	15.41	16.05	1.3	2	
14	Hadleigh Collison	FR	Concordia (Neb.)	15.94	16.10	3.4	3	
15	Payton Kleinhesselink	SR	Northwestern (Iowa)	15.86	16.18	1.3	2	
16	Faith Minderhoud	JR	Dordt	15.95	16.20	1.8	1	
17	Sara Thonvold	SO	Northwestern (Iowa)	16.03	16.22	1.8	1	
18	Hannah Killinger	SO	Mount Marty	15.65	16.29	1.8	1	
19	Sierra Scholten	SO	Dordt	16.67	16.33	1.3	2	
20	Emma Nath	FR	Northwestern (Iowa)	16.66	16.73	3.4	3	
21	Rayna Apley	FR	St. Mary (Neb.)	15.79	16.90	3.4	3	16.897
22	Kathryn Columbus	SR	Hastings	17.31	17.38	1.8	1	
23	Ava Daro	FR	St. Mary (Neb.)	17.26	18.16	3.4	3	
--	Riston Aschoff	FR	Concordia (Neb.)	16.88	DQ	1.3	2	rule 15.6.2a

Women 100 Meter Hurdles

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1	Adrianna Rodencal	SR	Concordia (Neb.)	13.19	13.14	0.9 10
2	Jaida Rowe	SR	Hastings	13.91	13.75	0.9 8
3	Kayla Svoboda	SR	Concordia (Neb.)	14.50	14.44	0.9 6
4	Ava Reese	SO	Hastings	14.48	14.53	0.9 5
5	Josie Garrett	SR	Doane	14.75	14.75	0.9 4
6	Devondra Sands	SO	Briar Cliff	14.55	15.00	0.9 3
7	Lucy Carey	SO	Hastings	14.76	15.06	0.9 2
8	Madison Mulhall	FR	Waldorf	15.05	15.40	0.9 1

Women 400 Meter Hurdles

Name	Year	School	Seed	Finals	H#	Points
1	Adrianna Rodencal	SR	Concordia (Neb.)	58.02	58.36	3 10
2	Kaitlyn Wercinski	SO	Dordt	1:03.30	1:02.03	3 8
3	Josi Noble	SR	Concordia (Neb.)	1:03.43	1:02.26	3 6
4	Kylin Smith	FR	Morningside	1:04.59	1:02.53	3 5
5	Hadleigh Collison	FR	Concordia (Neb.)	1:07.42	1:05.22	2 4
6	Chaney Nelson	JR	Doane	1:04.22	1:05.36	3 3
7	Faith Minderhoud	JR	Dordt	1:07.23	1:05.55	2 2
8	Karly Champness	FR	Dordt	1:07.47	1:05.70	2 1
9	Zaili Benish	FR	Doane	1:05.00	1:05.92	3
10	Avery Van Weerdhuizen	FR	Dordt	1:09.76	1:06.19	1
11	Taylor Hinojosa	SR	Mount Marty	1:07.62	1:07.03	2
12	Carly Dunn	FR	Northwestern (Iowa)	1:08.75	1:07.76	2
13	Hannah Killinger	SO	Mount Marty	1:09.89	1:07.79	1
14	Sierra Scholten	SO	Dordt	1:09.65	1:07.98	1
15	Riston Aschoff	FR	Concordia (Neb.)	1:08.98	1:09.04	2
16	Britta Deden	JR	Doane	1:09.97	1:09.11	1
17	Emma Nath	FR	Northwestern (Iowa)	1:09.58	1:09.49	2
18	Lydia Herman	SR	Dordt	1:10.63	1:09.83	1
19	Madison Mulhall	FR	Waldorf	1:06.67	1:11.27	3
20	Payton Kleinhesselink	SR	Northwestern (Iowa)	1:09.09	1:12.77	2
21	Aly Plock	SR	Doane	1:11.83	1:12.78	1
22	Sydney Brouwer	SO	Morningside	1:18.57	1:14.64	1

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23 Kenna Gustafson	SO Northwestern (Iowa)	1:13.26	1:18.03	1
-- Jaida Rowe	SR Hastings	58.44	DNS	3

Women 3000 Meter Steeplechase

Name	Year School	Seed	Finals	H#	Points
1 Courtney Sporrer	SR Morningside	11:03.05	11:04.96	2	10
42.146 (42.146)	2:08.403 (1:26.257)	3:37.833 (1:29.430)	5:07.315 (1:29.482)		
6:36.493 (1:29.178)	8:06.803 (1:30.310)	9:37.471 (1:30.668)	11:04.956 (1:27.485)		
2 Macy Marshall	FR Dordt	11:19.04	11:24.46	2	8
44.247 (44.247)	2:13.068 (1:28.821)	3:43.500 (1:30.432)	5:13.959 (1:30.459)		
6:45.016 (1:31.057)	8:20.821 (1:35.805)	9:54.811 (1:33.990)	11:24.451 (1:29.640)		
3 Carly Henderson	SO St. Mary (Neb.)	11:24.26	11:25.59	2	6
47.551 (47.551)	2:17.703 (1:30.152)	3:50.001 (1:32.298)	5:22.432 (1:32.431)		
6:57.551 (1:35.119)	8:29.743 (1:32.192)	10:01.081 (1:31.338)	11:25.588 (1:24.507)		
4 Jada Koerner	JR Dordt	11:27.50	11:45.80	2	5
47.217 (47.217)	2:16.390 (1:29.173)	3:48.239 (1:31.849)	5:20.041 (1:31.802)		
6:55.649 (1:35.608)	8:33.730 (1:38.081)	10:12.379 (1:38.649)	11:45.800 (1:33.421)		
5 Adeline Crow	SO Dordt	11:10.20	12:01.41	2	4
43.442 (43.442)	2:12.198 (1:28.756)	3:44.122 (1:31.924)	5:21.105 (1:36.983)		
7:01.311 (1:40.206)	8:42.627 (1:41.316)	10:24.286 (1:41.659)	12:01.407 (1:37.121)		
6 Elyse Zwart	FR Dordt	12:11.09	12:05.79	2	3
48.076 (48.076)	2:19.187 (1:31.111)	3:53.384 (1:34.197)	5:30.090 (1:36.706)		
7:09.749 (1:39.659)	8:50.635 (1:40.886)	10:32.013 (1:41.378)	12:05.790 (1:33.777)		
7 Maite Farin	SO Midland	12:19.71	12:11.48	2	2
50.106 (50.106)	2:25.293 (1:35.187)	4:03.048 (1:37.755)	5:42.240 (1:39.192)		
7:19.894 (1:37.654)	8:57.386 (1:37.492)	10:37.968 (1:40.582)	12:11.478 (1:33.510)		
8 Hannah Beintema	SR Concordia (Neb.)	12:41.80	12:31.18	2	1
47.960 (47.960)	2:21.056 (1:33.096)	3:59.620 (1:38.564)	5:40.913 (1:41.293)		
7:27.545 (1:46.632)	9:14.079 (1:46.534)	10:57.677 (1:43.598)	12:31.177 (1:33.500)		
9 Lilly Whiteshirt	FR Mount Marty	13:07.77	12:35.42	1	
47.573 (47.573)	2:18.034 (1:30.461)	4:00.437 (1:42.403)	5:41.885 (1:41.448)		
7:25.357 (1:43.472)	9:09.111 (1:43.754)	10:54.093 (1:44.982)	12:35.413 (1:41.320)		
10 Marissa O'Connor	JR Waldorf	12:22.15	12:45.36	2	
47.354 (47.354)	2:22.276 (1:34.922)	4:00.067 (1:37.791)	5:40.526 (1:40.459)		
7:24.144 (1:43.618)	9:08.416 (1:44.272)	10:56.633 (1:48.217)	12:45.354 (1:48.721)		
11 Carmen Buschkamp	FR Morningside	13:08.83	12:49.06	1	
45.468 (45.468)	2:21.178 (1:35.710)	4:02.436 (1:41.258)	5:46.737 (1:44.301)		
7:30.766 (1:44.029)	9:18.323 (1:47.557)	11:06.333 (1:48.010)	12:49.053 (1:42.720)		
12 Ella Pollreisz	FR Dakota Wesleyan	13:18.29	12:53.13	1	
47.929 (47.929)	2:18.418 (1:30.489)	4:00.297 (1:41.879)	5:46.182 (1:45.885)		
7:33.574 (1:47.392)	9:23.566 (1:49.992)	11:12.222 (1:48.656)	12:53.123 (1:40.901)		
13 Elin VanDerWerff	FR Northwestern (Iowa)	13:22.23	13:01.25	1	
51.263 (51.263)	2:31.175 (1:39.912)	4:15.413 (1:44.238)	6:00.093 (1:44.680)		
7:45.430 (1:45.337)	9:32.280 (1:46.850)	11:17.488 (1:45.208)	13:01.245 (1:43.757)		
14 Kendra Zeutenhorst	SO Northwestern (Iowa)	13:27.13	13:08.69	1	
51.498 (51.498)	2:32.184 (1:40.686)	4:16.233 (1:44.049)	6:01.212 (1:44.979)		
7:48.549 (1:47.337)	9:36.694 (1:48.145)	11:25.393 (1:48.699)	13:08.684 (1:43.291)		
15 Grace Colbert	SO Doane	13:23.28	13:19.46	1	
49.241 (49.241)	2:24.750 (1:35.509)	4:05.588 (1:40.838)	5:52.049 (1:46.461)		
7:40.994 (1:48.945)	9:33.115 (1:52.121)	11:27.209 (1:54.094)	13:19.458 (1:52.249)		
16 Danika Leuenberger	SO Midland	13:29.07	13:36.56	1	
51.981 (51.981)	2:32.752 (1:40.771)	4:17.058 (1:44.306)	6:04.485 (1:47.427)		
7:57.218 (1:52.733)	9:50.273 (1:53.055)	11:45.598 (1:55.325)	13:36.557 (1:50.959)		

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17 Natalie Point	FR Morningside	13:35.29	13:56.91	1
53.736 (53.736)	2:37.698 (1:43.962)	4:24.463 (1:46.765)	6:15.306 (1:50.843)	
8:11.059 (1:55.753)	10:07.869 (1:56.810)	12:05.441 (1:57.572)	13:56.907 (1:51.466)	
18 Jillian Fierro	JR Morningside	13:58.31	13:59.44	1
53.130 (53.130)	2:36.480 (1:43.350)	4:23.805 (1:47.325)	6:17.007 (1:53.202)	
8:13.544 (1:56.537)	10:11.244 (1:57.700)	12:08.454 (1:57.210)	13:59.431 (1:50.977)	
-- Morgan Smith	SO Doane	14:08.54	DNS	1

Women 4x100 Meter Relay

School	Seed	Finals	H#	Points
1 Doane	45.39	45.88	2	10
1) RaeAnn Thompson SO	2) Tania Gleason SR			
3) Elizabeth Wemhoff FR	4) Neryah Hekl JR			
2 Concordia (Neb.)	46.99	46.80	2	8
1) Adysen McCarter SO	2) Adrianna Rodencal SR			
3) Cambria Saunders JR	4) Kayla Kirchner SR			
3 Dordt	48.00	46.94	2	6
1) Anna Heynen SO	2) Ada Dekkers SO			
3) Kailee Altena JR	4) Jenna Balt JR			
4 Midland	47.67	47.16	2	5
1) Caelianna Risler FR	2) Tanja Zubrod FR			
3) Aurora Griffin SO	4) Amber van Beugen FR			
5 Northwestern (Iowa)	47.70	47.84	2	4
1) Lauren Waypa JR	2) Tierney Huss SO			
3) Carly Dunn FR	4) Mya Van Donge FR			
6 Hastings	47.72	47.85	2	3
1) Ava Reese SO	2) Gianna Humphrey FR			
3) Samara Humphrey FR	4) Jaida Rowe SR			
7 Mount Marty	47.94	48.74	2	2
1) Hannah Killinger SO	2) Josey Wahlstrom SR			
3) Whitney Wollberg FR	4) Zelig Sorensen SR			
8 St. Mary (Neb.)	48.72	48.84	2	1
1) Imani Skanes FR	2) Mikaiya Rodgers SO			
3) Ava Hilger JR	4) Mackenzie Stanley SO			
9 Waldorf		51.47	1	
1) Alexa Torres SO	2) Madison Mulhall FR			
3) Caleigha White FR	4) Marissa O'Connor JR			

Women 4x400 Meter Relay

School	Seed	Finals	H#	Points
1 Concordia (Neb.)	3:49.19	3:47.14	2	10
1) Adysen McCarter SO	2) Adrianna Rodencal SR			
3) Tayden Kirchner JR	4) Kayla Kirchner SR			
1:52.284 (1:52.284)	2:50.351 (58.067)	3:47.132 (56.781)		
2 Doane	3:44.46	3:47.88	2	8
1) Kat Vogt SR	2) Jayden Meyer FR			
3) Kiley Hejtmanek JR	4) Tania Gleason SR			
1:52.973 (1:52.973)	2:51.651 (58.678)	3:47.872 (56.221)		
3 Dordt	3:46.14	3:55.00	2	6
1) Kaitlyn Wercinski SO	2) Emily Noteboom FR			

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Results

....Women 4x400 Meter Relay

3) Ada Dekkers SO	4) Shelby Buwalda SR					
1:59.773 (1:59.773)	2:58.912 (59.139)	3:54.992 (56.080)				
4 Northwestern (Iowa)		3:55.14	3:55.83	2	5	
1) Emma Blum SR	2) Tierney Huss SO					
3) Jordan Shull SO	4) Macy Schroeder SO					
1:57.417 (1:57.417)	2:56.497 (59.080)	3:55.830 (59.333)				
5 Mount Marty		3:55.71	4:01.21	2	4	
1) Zelig Sorensen SR	2) Hannah Killinger SO					
3) Josey Wahlstrom SR	4) Whitney Wollberg FR					
2:03.358 (2:03.358)	3:02.399 (59.041)	4:01.202 (58.803)				
6 Morningside		4:09.47	4:02.85	2	3	
1) Kylin Smith FR	2) Morgan Sachs SO					
3) Jolee Mesz JR	4) Ava Lang FR					
2:00.282 (2:00.282)	3:01.445 (1:01.163)	4:02.842 (1:01.397)				
7 St. Mary (Neb.)			4:08.49	1	2	
1) Mackenzie Stanley SO	2) Ava Hilger JR					
3) Lilly Nelson FR	4) Olivia Elbert SO					
2:04.051 (2:04.051)	3:06.587 (1:02.536)	4:08.487 (1:01.900)				
8 Midland		4:05.98	4:08.67	2	1	
1) Tanja Zubrod FR	2) Aurora Griffin SO					
3) Meike Lahuis FR	4) Amber van Beugen FR					
2:01.341 (2:01.341)	3:05.673 (1:04.332)	4:08.661 (1:02.988)				
9 Hastings		4:06.69	4:11.16	2		
1) Lucy Carey SO	2) Grace Dow JR					
3) Brooklyn Sutter FR	4) Gianna Humphrey FR					
2:06.120 (2:06.120)	3:09.484 (1:03.364)	4:11.159 (1:01.675)				
10 Waldorf		4:15.29	4:12.77	1		
1) Eliza McKown SR	2) Marissa O'Connor JR					
3) Caleigha White FR	4) Alexa Torres SO					
2:03.220 (2:03.220)	3:08.937 (1:05.717)	4:12.762 (1:03.825)				
11 Dakota Wesleyan			4:12.78	1		
1) Riley Jones FR	2) Dani Deffenbaugh JR					
3) Ella Pollreisz FR	4) Hailey Oswald JR					
2:05.660 (2:05.660)	3:10.032 (1:04.372)	4:12.779 (1:02.747)				

Women 4x800 Meter Relay

School	Seed	Finals	Points
1 Dordt	9:07.28	9:20.63	10
1) Arielle DeYoung SO	2) Olivia Hoogland SO		
3) Elizabeth Hoogland FR	4) Corinne Braun SO		
2:20.285 (2:20.285)	4:41.484 (2:21.199)	7:06.201 (2:24.717)	9:20.626 (2:14.425)
2 Morningside	9:25.84	9:23.94	8
1) Morgan Sachs SO	2) Jolee Mesz JR		
3) Nicole Zuehl SR	4) Madison Sporrer FR		
2:19.092 (2:19.092)	4:37.242 (2:18.150)	7:02.218 (2:24.976)	9:23.939 (2:21.721)
3 St. Mary (Neb.)		9:28.32	6
1) Carly Henderson SO	2) Kara Muller SO		
3) Corinne Mead SR	4) Olivia Elbert SO		
2:23.007 (2:23.007)	4:41.528 (2:18.521)	7:10.518 (2:28.990)	9:28.311 (2:17.793)
4 Northwestern (Iowa)	9:28.98	9:32.01	5
1) Macy Schroeder SO	2) Brooklyn Fryar SO		
3) Emily De Groot SR	4) Brielle Engelmann JR		
2:20.783 (2:20.783)	4:46.861 (2:26.078)	7:08.515 (2:21.654)	9:32.008 (2:23.493)

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5 Doane	9:48.00	9:33.00	4
1) Maddy Ramey JR	2) Laura Hasemann JR		
3) Marissa Miles SO	4) Danie Parriott SR		
2:23.837 (2:23.837) 4:48.473 (2:24.636) 7:17.062 (2:28.589) 9:32.994 (2:15.932)			
6 Concordia (Neb.)	9:38.88	9:35.00	3
1) Landri Loos FR	2) Ashley Robertson FR		
3) Claire Beikmann JR	4) Izzi Brumbaugh FR		
2:19.180 (2:19.180) 4:41.712 (2:22.532) 7:08.304 (2:26.592) 9:34.999 (2:26.695)			
7 Hastings	9:52.68	9:56.48	2
1) Gianna Humphrey FR	2) Brooklyn Sutter FR		
3) Paige Faimon FR	4) Grace Dow JR		
2:34.128 (2:34.128) 4:56.005 (2:21.877) 7:30.483 (2:34.478) 9:56.471 (2:25.988)			
8 Mount Marty		10:33.00	1
1) Brenna Lyngstad FR	2) Josey Wahlstrom SR		
3) Whitney Wollberg FR	4) Alexis Gosch JR		
2:33.075 (2:33.075) 5:10.772 (2:37.697) 7:53.263 (2:42.491) 10:32.997 (2:39.734)			
9 Midland		11:07.22	
1) Carly Carstens SO	2) Judy Chepkorir SO		
3) Delanie Tally FR	4) Danika Leuenberger SO		
2:34.774 (2:34.774) 5:15.272 (2:40.498) 8:11.905 (2:56.633) 11:07.212 (2:55.307)			

Women High Jump

Name	Year School	Seed	Finals	Points
1 Krista Hardy	SR Midland	1.67m	1.62m	5-03.75 10
2 Addison Smith	FR Northwestern (Iowa)	1.67m	J1.62m	5-03.75 8
3 Aubrey DeGroot	JR Northwestern (Iowa)	1.54m	J1.62m	5-03.75 6
4 Kayley Thompson	FR Doane	1.60m	J1.62m	5-03.75 5
5 Ada Smies	JR Dor dt	1.59m	1.57m	5-01.75 4
6 Kara Kudlacz	FR Doane	1.62m	J1.57m	5-01.75 3
7 Makenna Starkey	FR Concordia (Neb.)	1.67m	J1.57m	5-01.75 1.50
7 Katelynn Kratz	SO Doane	1.57m	J1.57m	5-01.75 1.50
9 Rayna Apley	FR St. Mary (Neb.)	1.62m	J1.57m	5-01.75
10 Taliyah Hayes	JR Dakota Wesleyan	1.50m	1.52m	4-11.75
11 Claudia Heethuis	FR Dor dt	1.52m	J1.52m	4-11.75
11 Karli Swart	JR Northwestern (Iowa)	1.54m	J1.52m	4-11.75
13 Shyanne Pipkin	JR Midland	1.52m	J1.52m	4-11.75
13 Eve Domres	SO Concordia (Neb.)	1.54m	J1.52m	4-11.75
15 Riley Jones	FR Dakota Wesleyan	1.52m	1.47m	4-09.75
15 Meike Lahuis	FR Midland	1.52m	1.47m	4-09.75
17 Kate Roseland	FR Doane	1.57m	J1.47m	4-09.75
-- Madison Vogel	SO Doane	1.52m	NH	
-- Addie Reimer	JR Concordia (Neb.)	1.67m	NH	
-- Elenna Koenig	SR Doane	1.52m	NH	

Women Pole Vault

Name	Year School	Seed	Finals	Points
1 Mya Zohner	JR Mount Marty	3.78m	3.91m	12-10.00 10
2 Paige Clausen	SO Mount Marty	3.58m	3.58m	11-09.00 8
3 Kennedy Stanley	SR Doane	3.56m	3.43m	11-03.00 5
3 Avery Scott	FR Doane	3.68m	3.43m	11-03.00 5
3 Kayla Svoboda	SR Concordia (Neb.)	3.58m	3.43m	11-03.00 5

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6	Cassie Peatrowsky	JR Concordia (Neb.)	3.23m	3.28m	10-09.00	3
7	Lillee Richard	SO Concordia (Neb.)	3.26m	3.13m	10-03.25	1.50
7	Allison Isaacson	JR St. Mary (Neb.)	2.93m	3.13m	10-03.25	1.50
9	Aliana McNair	JR Concordia (Neb.)	3.08m	J3.13m	10-03.25	
10	Reilly Saline	SO Concordia (Neb.)	2.98m	J3.13m	10-03.25	
11	Whitney Wollberg	FR Mount Marty	2.98m	J3.13m	10-03.25	
12	Jerzie Maher	SR Doane	3.13m	2.98m	9-09.25	
13	Maddie Murray	FR Concordia (Neb.)	2.98m	J2.98m	9-09.25	
--	Phoenix Jensen	SO St. Mary (Neb.)	2.83m	NH		
--	Karly Champness	FR Dordt	2.93m	NH		
--	Mikayla Miller	FR Concordia (Neb.)	2.68m	NH		
--	Teagan Vining	FR Mount Marty	2.93m	NH		

Women Long Jump

Name	Year	School	Seed	Finals	Wind	H#	Points
1	Imani Skanes	FR St. Mary (Neb.)	6.12m	5.78m	2.6	18-11.75	2 10
2	Kiki Nyanok	JR Concordia (Neb.)	5.55m	5.33m	2.9	17-06.00	2 8
3	Vanessa Rice	SO Midland	5.37m	5.31m	3.9	17-05.25	2 6
4	Addison Fahrnbruch	FR Doane	5.10m	5.25m	3.0	17-02.75	1 5
5	Kinsey Alt	JR Morningside	5.47m	5.24m	1.6	17-02.25	2 4
6	Jenna Balt	JR Dordt	5.20m	5.22m	2.0	17-01.50	1 3
7	Rosalyn Roggasch	SR Doane	5.34m	5.21m	1.5	17-01.25	2 2
8	Allison Isaacson	JR St. Mary (Neb.)	5.31m	5.15m	2.0	16-10.75	2 1
9	Dani Deffenbaugh	JR Dakota Wesleyan	5.23m	5.04m	2.1	16-06.50	2
10	Josie Reiff	FR Midland	4.90m	5.01m	3.3	16-05.25	1
11	Mikaiya Rodgers	SO St. Mary (Neb.)	5.50m	4.99m	1.9	16-04.50	2
12	Kyla Davis	JR Doane	5.26m	4.96m	1.6	16-03.25	2
13	Riley Jones	FR Dakota Wesleyan	5.54m	4.93m	1.9	16-02.25	2
14	Farrah Wilson	SO Midland	4.98m	J4.93m	1.4	16-02.25	1
15	Lauren Waypa	JR Northwestern (Iowa)	5.18m	4.91m	2.6	16-01.50	1
16	Kyra Bowen	SO Doane	4.60m	4.89m	1.7	16-00.50	1
17	Kennedee Canales	SO Concordia (Neb.)	5.16m	4.86m	2.2	15-11.50	1
18	Adalin Bosak	FR Doane	5.07m	4.79m	2.1	15-08.75	1
19	Jaelynne Kosmos	SO Concordia (Neb.)	4.92m	4.77m	1.8	15-07.75	1
20	Kali Drake	FR Doane	4.88m	4.70m	2.5	15-05.00	1
21	Kayla Briggs	FR St. Mary (Neb.)	5.23m	4.65m	2.4	15-03.25	2
22	Eve Domres	SO Concordia (Neb.)	4.63m	3.98m	1.6	13-00.75	1
--	Hayley Miles	SR Concordia (Neb.)	5.35m	FOUL			2
--	Marissa Bawdon	SO Mount Marty	5.16m	FOUL			1

Women Triple Jump

Name	Year	School	Seed	Finals	Wind	H#	Points
1	Kyla Davis	JR Doane	12.04m	11.71m	1.0	38-05.00	2 10
2	Jayden Meyer	FR Doane	11.52m	11.70m	1.2	38-04.75	2 8
3	Adysen McCarter	SO Concordia (Neb.)	12.05m	11.53m	+0.0	37-10.00	2 6
4	Gozie Okafor	SO St. Mary (Neb.)	11.12m	11.36m	3.2	37-03.25	2 5
5	Allison Isaacson	JR St. Mary (Neb.)	11.50m	11.35m	-0.2	37-03.00	2 4
6	Imani Skanes	FR St. Mary (Neb.)	11.84m	11.19m	-1.2	36-08.50	2 3
7	Josie Garrett	SR Doane	11.52m	11.15m	0.9	36-07.00	2 2
8	Addison Fahrnbruch	FR Doane	11.16m	11.02m	-0.2	36-02.00	2 1
9	Jaelynne Kosmos	SO Concordia (Neb.)	10.53m	11.00m	1.1	36-01.25	1

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10	Rosalyn Roggasch	SR Doane	11.31m	10.98m	+0.0	36-00.25	2
11	Hayley Miles	SR Concordia (Neb.)	10.91m	10.83m	-1.8	35-06.50	2
12	Halle Knapp	FR Doane	10.57m	10.72m	-1.3	35-02.00	1
13	Vanessa Rice	SO Midland	10.75m	10.59m	+0.0	34-09.00	1
14	Taliyah Hayes	JR Dakota Wesleyan	10.84m	10.56m	-1.8	34-07.75	2
15	Avah VanArsdale	FR St. Mary (Neb.)	10.59m	10.31m	1.4	33-10.00	1
16	Kenna Gustafson	SO Northwestern (Iowa)	10.38m	J10.31m	1.4	33-10.00	1
17	Kayla Briggs	FR St. Mary (Neb.)	10.68m	10.20m	-2.7	33-05.75	1
18	Farrah Wilson	SO Midland	10.42m	10.13m	-2.2	33-03.00	1
19	Adalin Bosak	FR Doane	10.19m	9.90m	-1.4	32-05.75	1
20	Trinity Dublin	SR Hastings	10.80m	9.79m	NWI	32-01.50	2
21	Chainey Thompson	SR St. Mary (Neb.)	10.10m	9.75m	-1.9	32-00.00	1
22	Josie Reiff	FR Midland	10.09m	9.67m	0.4	31-08.75	1
23	Kali Drake	FR Doane	10.18m	9.61m	-2.5	31-06.50	1
24	Shyanne Pipkin	JR Midland	10.00m	J9.61m	1.2	31-06.50	1

Women Shot Put

Name	Year	School	Seed	Finals	H#	Points
1	Madison Heusinkvelt	SO Doane	13.67m	13.82m	45-04.25	2 10
2	Delaney Burge	JR Doane	13.49m	13.23m	43-05.00	2 8
3	Harper Boche	SO Concordia (Neb.)	13.32m	12.95m	42-06.00	2 6
4	Paige Bull	FR Doane	12.84m	12.81m	42-00.50	2 5
5	Payton Cast	SO Doane	12.31m	12.19m	40-00.00	2 4
6	Brittini Kinne	JR Concordia (Neb.)	12.86m	12.09m	39-08.00	2 3
7	Syd'ney Birch-George	SO St. Mary (Neb.)	12.35m	12.03m	39-05.75	2 2
8	Fran Travis	SO Dordt	13.39m	11.96m	39-03.00	2 1
9	Marissa Heins	JR Concordia (Neb.)	12.84m	11.81m	38-09.00	2 2
10	Tavia Williams	SR St. Mary (Neb.)	11.98m	11.79m	38-08.25	2 2
11	Matti Schroeder	FR Hastings	11.70m	11.73m	38-06.00	1 1
12	Grace Dean	SO Doane	12.49m	11.42m	37-05.75	2 2
13	Lilli Gustaf	FR Northwestern (Iowa)	11.97m	11.25m	36-11.00	1 1
14	Shirley Huckins	FR Dakota Wesleyan	10.99m	11.21m	36-09.50	1 1
15	Kaitlyn Byerly	FR Mount Marty	11.23m	10.99m	36-00.75	1 1
16	Maddy Stanek	SR Morningside	11.23m	10.94m	35-10.75	1 1
17	Jaylen Dimmitt	SO Doane	10.84m	10.91m	35-09.50	1 1
18	Kajsa Finnern	SO Concordia (Neb.)	11.80m	10.86m	35-07.75	1 1
19	Katelyn Reese	SO Mount Marty	11.18m	10.49m	34-05.00	1 1
20	Mia Skippings	JR Northwestern (Iowa)	10.71m	10.17m	33-04.50	1 1
21	Devin Hongslo	FR Dakota Wesleyan	11.46m	J10.17m	33-04.50	1 1
22	Cameryn Kidder	FR Waldorf	11.19m	10.03m	32-11.00	1 1
--	Georgia Carroll	SR St. Mary (Neb.)	11.74m	FOUL		1 1
--	Natylie Myers	JR Doane	12.15m	DNS		2 2

Women Discus Throw

Name	Year	School	Seed	Finals	H#	Points
1	Paige Bull	FR Doane	47.03m	44.30m	145-04	2 10
2	Fran Travis	SO Dordt	49.11m	44.21m	145-00	2 8
3	Makenna Walhof	JR Dordt	47.68m	42.65m	139-11	2 6
4	Sara Diew	SR Midland	47.15m	42.40m	139-01	2 5
5	Carissa Kolle	SO Concordia (Neb.)	42.25m	41.75m	137-00	2 4
6	Grace Dean	SO Doane	43.02m	41.44m	135-11	2 3

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7	Kallie Sutton	JR	Doane	44.56m	40.47m	132-09	2	2
8	Hallee Nickels	FR	Concordia (Neb.)	43.17m	40.02m	131-03	2	1
9	Harper Boche	SO	Concordia (Neb.)	40.45m	39.91m	130-11	2	
10	Shelby Mills	SR	Morningside	39.38m	38.42m	126-00	1	
11	Ashley Dierks	SO	Doane	38.02m	38.28m	125-07	1	
12	Shirley Huckins	FR	Dakota Wesleyan	41.02m	38.27m	125-07	2	
13	Kalee Brosius	JR	Concordia (Neb.)	38.36m	38.24m	125-05	1	
14	Kajsa Finnern	SO	Concordia (Neb.)	40.19m	37.82m	124-01	2	
15	Clare Ullery	JR	St. Mary (Neb.)	39.15m	37.54m	123-02	1	
16	Rylie Preister	SO	St. Mary (Neb.)	38.44m	36.55m	119-11	1	
17	Jenna Vande Weerd	FR	Northwestern (Iowa)	37.40m	36.46m	119-07	1	
18	Marissa Heins	JR	Concordia (Neb.)	36.75m	36.40m	119-05	1	
19	Ellie Lloyd	SO	Hastings	38.95m	35.45m	116-04	1	
20	Cora Maeder	FR	Waldorf	39.40m	34.02m	111-07	2	
21	Delaney Burge	JR	Doane	38.01m	33.80m	110-11	1	
22	Norah Cloudt	JR	Doane	35.23m	32.61m	107-00	1	
--	Tavia Williams	SR	St. Mary (Neb.)	37.56m	FOUL		1	
--	Kaylie Lotspeich	JR	Doane	38.86m	FOUL		1	

Women Hammer Throw

Name	Year	School	Seed	Finals	H#	Points		
1	Makenna Walhof	JR	Dordt	56.46m	54.34m	178-03	2	10
2	Fran Travis	SO	Dordt	55.26m	53.30m	174-10	2	8
3	Mia Knigge	SR	Doane	52.34m	53.05m	174-00	2	6
4	Harper Boche	SO	Concordia (Neb.)	54.49m	52.03m	170-08	2	5
5	Kaylie Lotspeich	JR	Doane	53.07m	50.24m	164-10	2	4
6	Marissa Heins	JR	Concordia (Neb.)	49.12m	50.04m	164-02	2	3
7	Mya Gawrych	JR	Concordia (Neb.)	50.40m	49.36m	161-11	2	2
8	Sara Diew	SR	Midland	51.31m	49.11m	161-01	2	1
9	Lynne Tormoehlen	SR	Dordt	49.05m	47.69m	156-05	2	
10	Brittini Kinne	JR	Concordia (Neb.)	49.88m	46.50m	152-07	2	
11	Clare Ullery	JR	St. Mary (Neb.)	46.23m	45.90m	150-07	1	
12	Syd'ney Birch-George	SO	St. Mary (Neb.)	46.14m	45.24m	148-05	1	
13	Carissa Kolle	SO	Concordia (Neb.)	46.29m	45.13m	148-01	1	
14	Maren Hettinga	SR	Dordt	46.87m	43.67m	143-03	1	
15	Hallee Nickels	FR	Concordia (Neb.)	43.09m	43.62m	143-01	1	
16	Aleena Edwards	SR	Morningside	45.79m	42.14m	138-03	1	
17	Natylie Myers	JR	Doane	48.34m	41.86m	137-04	2	
18	Ardin Mignea	JR	Concordia (Neb.)	42.77m	41.17m	135-01	1	
19	Kalee Brosius	JR	Concordia (Neb.)	46.12m	40.57m	133-01	1	
20	Autumn Nemitz	FR	Northwestern (Iowa)	43.13m	40.53m	133-00	1	
21	Eve Seedorff	SO	Waldorf	43.06m	39.76m	130-05	1	
22	Caitlyn Klems	FR	St. Mary (Neb.)	43.06m	39.71m	130-03	1	
23	Shelby Mills	SR	Morningside	43.29m	37.86m	124-02	1	
--	Trinity Becher	SO	Doane	52.63m	FOUL		2	

Women Javelin Throw

Name	Year	School	Seed	Finals	H#	Points		
1	Addison Fahrnbruch	FR	Doane	43.14m	40.07m	131-05	2	10
2	Madison Heusinkvelt	SO	Doane	42.66m	38.54m	126-05	2	8
3	Kallie Sutton	JR	Doane	34.30m	37.95m	124-06	1	6

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4	Emma Kucera	JR Concordia (Neb.)	37.81m	37.72m	123-09	2	5
5	Halle Knapp	FR Doane	38.62m	37.58m	123-03	2	4
6	Ellie Lloyd	SO Hastings	41.27m	37.00m	121-05	2	3
7	Delaney Burge	JR Doane	36.10m	36.29m	119-01	2	2
8	Dani Deffenbaugh	JR Dakota Wesleyan	35.89m	35.92m	117-10	2	1
9	Carly Rains	SO Doane	39.88m	35.90m	117-09	2	
10	Mattie Pohl	JR Doane	39.19m	35.51m	116-06	2	
11	Jenna Vande Weerd	FR Northwestern (Iowa)	33.85m	34.95m	114-08	1	
12	Mya Gawrych	JR Concordia (Neb.)	32.95m	33.97m	111-05	1	
13	Aleena Edwards	SR Morningside	34.64m	33.14m	108-09	1	
14	Christy Smith	JR Concordia (Neb.)	34.89m	32.74m	107-05	2	
15	Carissa Kolle	SO Concordia (Neb.)	35.72m	32.56m	106-10	2	
16	Ava Ingwersen	SO Dordt	34.86m	32.30m	106-00	1	
17	Morgan Groen	FR Dordt	32.74m	32.13m	105-05	1	
18	Camryn Wilkinson	SO Northwestern (Iowa)	32.16m	31.49m	103-04	1	
19	Alexus Motley	JR Mount Marty	33.30m	31.33m	102-09	1	
20	Ashley Dierks	SO Doane	35.25m	31.27m	102-07	2	
21	Hannah Graves	SO Dordt	28.80m	28.68m	94-01	1	
22	Samantha Kludt	SR Dakota Wesleyan	30.82m	28.09m	92-02	1	
23	Caitlin Anderholm	SR Briar Cliff	28.92m	27.77m	91-01	1	
24	Kalee Brosius	JR Concordia (Neb.)	30.25m	27.29m	89-06	1	

Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year School	Finals	Wind H#	Points	
1	Madison Mulhall	FR Waldorf	25.99	2.5 2	798
2	Chaney Nelson	JR Doane	26.10	2.5 2	788
3	Kennedee Canales	SO Concordia (Neb.)	26.30	2.5 2	771
4	Lucy Carey	SO Hastings	26.58	2.5 2	747
5	Dani Deffenbaugh	JR Dakota Wesleyan	26.87	2.5 2	723
6	Addie Reimer	JR Concordia (Neb.)	27.21	2.5 2	694
7	Riley Jones	FR Dakota Wesleyan	27.31	1.9 1	686
8	Dayle Haake	SO Doane	27.35	1.9 1	683
9	Jennifer Lumkes	SO Dordt	27.53	1.9 1	668
10	Tabitha Buwalda	FR Dordt	27.97	2.5 2	633
11	Felicia Deumi Nappi	FR Doane	27.98	1.9 1	632
12	Lauren Maly	SO Doane	28.94	1.9 1	559
13	Shyanne Pipkin	JR Midland	29.09	1.9 1	548
14	Becca Hofmann	SO Northwestern (Iowa)	29.38	1.9 1	526

Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Year School	Finals	Points	
1	Chaney Nelson	JR Doane	2:25.56	750
	1:12.454 (1:12.454)	2:25.551 (1:13.097)		
2	Tabitha Buwalda	FR Dordt	2:28.41	713
	1:13.472 (1:13.472)	2:28.410 (1:14.938)		
3	Madison Mulhall	FR Waldorf	2:29.40	700
	1:12.913 (1:12.913)	2:29.392 (1:16.479)		
4	Lucy Carey	SO Hastings	2:29.92	694
	1:12.803 (1:12.803)	2:29.916 (1:17.113)		
5	Dani Deffenbaugh	JR Dakota Wesleyan	2:34.07	643
	1:16.420 (1:16.420)	2:34.061 (1:17.641)		

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6	Kennedee Canales	SO Concordia (Neb.)	2:35.36	627
	1:15.955 (1:15.955)	2:35.353 (1:19.398)		
7	Jennifer Lumkes	SO Dordt	2:36.19	617
	1:15.533 (1:15.533)	2:36.184 (1:20.651)		
8	Riley Jones	FR Dakota Wesleyan	2:39.32	581
	1:16.947 (1:16.947)	2:39.320 (1:22.373)		
9	Dayle Haake	SO Doane	2:39.70	576
	1:17.068 (1:17.068)	2:39.692 (1:22.624)		
10	Becca Hofmann	SO Northwestern (Iowa)	2:41.98	550
	1:18.402 (1:18.402)	2:41.979 (1:23.577)		
11	Addie Reimer	JR Concordia (Neb.)	2:42.09	549
	1:15.238 (1:15.238)	2:42.085 (1:26.847)		
12	Lauren Maly	SO Doane	2:55.13	412
	1:21.672 (1:21.672)	2:55.130 (1:33.458)		
13	Felicia Deumi Nappi	FR Doane	3:01.01	356
	1:22.834 (1:22.834)	3:01.004 (1:38.170)		
14	Shyanne Pipkin	JR Midland	3:07.98	295
	1:21.014 (1:21.014)	3:07.975 (1:46.961)		

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year School	Finals	Wind	H#	Points
1 Lucy Carey	SO Hastings	14.67	4.4	4	886
2 Chaney Nelson	JR Doane	14.69	4.4	4	883
3 Madison Mulhall	FR Waldorf	15.31	4.4	4	801
4 Addie Reimer	JR Concordia (Neb.)	15.61	2.1	3	763
5 Dayle Haake	SO Doane	15.69	2.1	3	753
6 Felicia Deumi Nappi	FR Doane	15.93	2.1	3	723
7 Jennifer Lumkes	SO Dordt	16.22	2.1	3	688
8 Kennedee Canales	SO Concordia (Neb.)	16.30	4.4	2	678
9 Shyanne Pipkin	JR Midland	16.50	4.4	2	654
10 Lauren Maly	SO Doane	16.80	4.4	2	619
11 Dani Deffenbaugh	JR Dakota Wesleyan	16.88	4.4	4	610
12 Riley Jones	FR Dakota Wesleyan	17.50	1.9	1	541
13 Tabitha Buwalda	FR Dordt	17.96	1.9	1	493
14 Becca Hofmann	SO Northwestern (Iowa)	20.73	1.9	1	244

Heptathlon: #2 Women High Jump Heptathlon

Name	Year School	Finals	Points
1 Addie Reimer	JR Concordia (Neb.)	1.58m	5-02.25 712
2 Riley Jones	FR Dakota Wesleyan	1.55m	5-01.00 678
3 Chaney Nelson	JR Doane	1.52m	4-11.75 644
3 Lucy Carey	SO Hastings	1.52m	4-11.75 644
5 Madison Mulhall	FR Waldorf	1.49m	4-10.50 610
6 Shyanne Pipkin	JR Midland	1.46m	4-09.50 577
6 Dayle Haake	SO Doane	1.46m	4-09.50 577
6 Felicia Deumi Nappi	FR Doane	1.46m	4-09.50 577
6 Jennifer Lumkes	SO Dordt	1.46m	4-09.50 577
6 Kennedee Canales	SO Concordia (Neb.)	1.46m	4-09.50 577
11 Tabitha Buwalda	FR Dordt	1.43m	4-08.25 544
12 Lauren Maly	SO Doane	1.40m	4-07.00 512
13 Dani Deffenbaugh	JR Dakota Wesleyan	1.37m	4-06.00 481

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14	Becca Hofmann	SO Northwestern (Iowa)	1.19m	3-10.75	302
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Heptathlon: #5 Women Long Jump Heptathlon

Name	Year	School	Finals	Wind	Points	
1	Lucy Carey	SO Hastings	4.96m	2.4	16-03.25	548
2	Chaney Nelson	JR Doane	4.85m	0.1	15-11.00	519
3	Addie Reimer	JR Concordia (Neb.)	4.81m	+0.0	15-09.50	508
3	Kennedee Canales	SO Concordia (Neb.)	4.81m	1.2	15-09.50	508
5	Tabitha Buwalda	FR Dordt	4.78m	1.1	15-08.25	500
6	Jennifer Lumkes	SO Dordt	4.77m	+0.0	15-07.75	498
7	Felicia Deumi Nappi	FR Doane	4.70m	+0.0	15-05.00	479
8	Madison Mulhall	FR Waldorf	4.69m	1.6	15-04.75	477
9	Dayle Haake	SO Doane	4.68m	0.9	15-04.25	474
10	Dani Deffenbaugh	JR Dakota Wesleyan	4.62m	+0.0	15-02.00	459
11	Riley Jones	FR Dakota Wesleyan	4.56m	0.1	14-11.50	443
12	Lauren Maly	SO Doane	4.43m	1.9	14-06.50	411
13	Shyanne Pipkin	JR Midland	4.33m	+0.0	14-02.50	386
14	Becca Hofmann	SO Northwestern (Iowa)	4.05m	+0.0	13-03.50	319

Heptathlon: #3 Women Shot Put Heptathlon

Name	Year	School	Finals	Points	
1	Felicia Deumi Nappi	FR Doane	11.11m	36-05.50	602
2	Dayle Haake	SO Doane	10.41m	34-02.00	556
3	Shyanne Pipkin	JR Midland	10.26m	33-08.00	546
4	Madison Mulhall	FR Waldorf	9.87m	32-04.75	521
5	Kennedee Canales	SO Concordia (Neb.)	9.86m	32-04.25	520
6	Addie Reimer	JR Concordia (Neb.)	9.83m	32-03.00	518
7	Chaney Nelson	JR Doane	9.48m	31-01.25	495
8	Jennifer Lumkes	SO Dordt	9.36m	30-08.50	488
9	Dani Deffenbaugh	JR Dakota Wesleyan	9.33m	30-07.50	486
10	Lucy Carey	SO Hastings	9.12m	29-11.25	472
11	Tabitha Buwalda	FR Dordt	8.39m	27-06.50	425
12	Becca Hofmann	SO Northwestern (Iowa)	8.09m	26-06.50	405
13	Lauren Maly	SO Doane	7.96m	26-01.50	397
14	Riley Jones	FR Dakota Wesleyan	7.89m	25-10.75	392

Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Year	School	Finals	Points	
1	Addie Reimer	JR Concordia (Neb.)	33.38m	109-06	541
2	Dani Deffenbaugh	JR Dakota Wesleyan	31.05m	101-10	497
3	Felicia Deumi Nappi	FR Doane	30.70m	100-09	490
4	Chaney Nelson	JR Doane	30.01m	98-05	477
5	Shyanne Pipkin	JR Midland	28.83m	94-07	454
6	Lucy Carey	SO Hastings	28.73m	94-03	453
7	Dayle Haake	SO Doane	27.17m	89-02	423
8	Madison Mulhall	FR Waldorf	26.67m	87-06	414
9	Lauren Maly	SO Doane	26.30m	86-03	407
10	Kennedee Canales	SO Concordia (Neb.)	24.46m	80-03	372
11	Jennifer Lumkes	SO Dordt	24.07m	79-00	365

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12	Becca Hofmann	SO Northwestern (Iowa)	23.24m	76-03	349
13	Tabitha Buwalda	FR Dordt	18.97m	62-03	270
14	Riley Jones	FR Dakota Wesleyan	18.86m	61-10	268

Women Heptathlon

Name	Year	School	Seed	Finals	H#	Points
1	Chaney Nelson	JR Doane	4427	4556		10
2	Lucy Carey	SO Hastings	4476	4444		8
3	Madison Mulhall	FR Waldorf	3388	4321		6
4	Addie Reimer	JR Concordia (Neb.)	4186	4285		5
5	Kennedee Canales	SO Concordia (Neb.)	4092	4053		4
6	Dayle Haake	SO Doane	4073	4042		3
7	Jennifer Lumkes	SO Dordt	3785	3901		2
8	Dani Deffenbaugh	JR Dakota Wesleyan	4285	3899		1
9	Felicia Deumi Nappi	FR Doane	3714	3859		
10	Riley Jones	FR Dakota Wesleyan	3555	3589		
11	Tabitha Buwalda	FR Dordt	3498	3578		
12	Shyanne Pipkin	JR Midland	3109	3460		
13	Lauren Maly	SO Doane	2766	3317		
14	Becca Hofmann	SO Northwestern (Iowa)	2523	2695		

Women 5000 Meter Race Walk

Name	Year	School	Seed	Finals
1	Ava Brackhan	SR Hastings	29:19.42	28:25.95
	57.249 (57.249)	3:09.691 (2:12.442)	5:21.842 (2:12.151)	7:39.536 (2:17.694)
	9:58.177 (2:18.641)	12:21.922 (2:23.745)	14:43.589 (2:21.667)	17:11.511 (2:27.922)
	19:28.200 (2:16.689)	21:52.422 (2:24.222)	24:08.392 (2:15.970)	26:20.408 (2:12.016)
	28:25.941 (2:05.533)			
2	Destini Johnson	SO Hastings	29:40.66	28:46.74
	57.745 (57.745)	3:07.823 (2:10.078)	5:21.668 (2:13.845)	7:40.080 (2:18.412)
	10:00.122 (2:20.042)	12:20.882 (2:20.760)	14:46.611 (2:25.729)	17:05.542 (2:18.931)
	19:28.779 (2:23.237)	21:49.653 (2:20.874)	24:11.690 (2:22.037)	26:32.032 (2:20.342)
	28:46.738 (2:14.706)			
3	Mikayla Seebohm	SR Hastings	37:25.93	33:21.83
	1:08.384 (1:08.384)	3:37.972 (2:29.588)	6:12.329 (2:34.357)	8:49.357 (2:37.028)
	11:30.480 (2:41.123)	14:17.401 (2:46.921)	17:05.987 (2:48.586)	19:54.353 (2:48.366)
	22:40.777 (2:46.424)	25:24.230 (2:43.453)	28:03.815 (2:39.585)	30:44.470 (2:40.655)
	33:21.823 (2:37.353)			
4	Anna-Ruth Aschenbeck	FR Concordia (Neb.)	38:29.13	35:27.96
	1:11.248 (1:11.248)	3:51.389 (2:40.141)	6:35.334 (2:43.945)	9:32.317 (2:56.983)
	12:24.575 (2:52.258)	15:17.044 (2:52.469)	18:12.928 (2:55.884)	21:13.738 (3:00.810)
	24:18.603 (3:04.865)	27:11.203 (2:52.600)	30:02.251 (2:51.048)	32:51.633 (2:49.382)
	35:27.960 (2:36.327)			

Men 100 Meter Dash

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1	Kaiden Merryman	JR Hastings	10.28	10.37Q	2.4	3
2	Braden Kalvelage	SR Northwestern (Iowa)	10.52	10.42Q	3.3	1

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3	Michael Rodriguez	SO Northwestern (Iowa)	10.88	10.73Q	2.1	2	
4	Jameson Painter	SO Midland	10.96	10.69q	3.3	1	
5	Jacob Schmoll	JR Dordt	10.61	10.76q	3.3	1	10.753
6	Carter Van Donge	JR Northwestern (Iowa)	10.74	10.76q	3.3	1	10.757
7	Avery Eaves	FR Concordia (Neb.)	10.61	10.79q	2.1	2	
8	Lane Kruger	SO Morningside	10.59	10.80q	2.1	2	
9	Austin Gobel	SO Mount Marty	10.68	10.82	2.4	3	
10	Lynx Gregoire Jr	SO Morningside	10.65	10.88	2.4	3	
11	James Heinz	FR Northwestern (Iowa)	10.90	10.93	3.3	1	
12	Ryland Garretson	SO Doane	10.85	10.98	2.4	3	10.972
13	Connor Bradley	SR Doane	10.86	10.98	2.1	2	10.978
14	Jett Farwell	FR Concordia (Neb.)	10.95	10.98	2.1	2	10.979
15	Jason Jeffers	SO Midland	10.95	10.99	3.3	1	
16	Vance Hayenga-Johnson	JR Northwestern (Iowa)	10.94	11.00	2.4	3	10.998
17	Xavier Marburger	SO Concordia (Neb.)	10.85	11.00	3.3	1	11.000
18	Samuel Favaretto	FR Mount Marty	10.80	11.07	2.1	2	
19	Zavio Prato	JR Mount Marty	10.81	11.10	2.4	3	
20	Erik van den Berg	FR Mount Marty	11.01	11.22	2.4	3	
21	Jet Janvrin	FR Mount Marty	10.94	11.25	2.4	3	
22	Avery Gregoire	FR Morningside	10.79	11.32	2.1	2	
23	Brady Terry	SO Dordt	10.96	11.42	2.1	2	
--	Connor Slaba	FR Northwestern (Iowa)	10.80	DNS	3.3	1	

Men 100 Meter Dash

Name	Year	School	Prelims	Finals	Wind	Points
=====						
Finals						
1	Kaiden Merryman	JR Hastings	10.37	10.40	1.4	10
2	Braden Kalvelage	SR Northwestern (Iowa)	10.42	10.64	1.4	8
3	Michael Rodriguez	SO Northwestern (Iowa)	10.73	10.77	1.4	6
4	Carter Van Donge	JR Northwestern (Iowa)	10.76	10.80	1.4	5
5	Lane Kruger	SO Morningside	10.80	10.81	1.4	4
6	Jameson Painter	SO Midland	10.69	10.90	1.4	3
7	Avery Eaves	FR Concordia (Neb.)	10.79	10.91	1.4	2
8	Jacob Schmoll	JR Dordt	10.76	11.79	1.4	1

Men 200 Meter Dash

Name	Year	School	Seed	Finals	Wind	H#	Points
=====							
1	Braden Kalvelage	SR Northwestern (Iowa)	21.01	21.39	-1.1	4	10
2	Lane Kruger	SO Morningside	21.83	21.75	0.4	3	8
3	Austin Gobel	SO Mount Marty	21.62	21.96	-1.1	4	6
4	Raheem Richards	SO Midland	22.26	21.97	-0.2	2	5
5	Jameson Painter	SO Midland	21.77	21.98	-1.1	4	4
6	Samuel Favaretto	FR Mount Marty	21.94	22.05	0.4	3	3
7	Avery Eaves	FR Concordia (Neb.)	21.79	22.09	0.4	3	2
8	Carter Van Donge	JR Northwestern (Iowa)	21.93	22.13	0.4	3	1
9	Connor Bradley	SR Doane	22.14	22.19	-0.2	2	
10	Michael Rodriguez	SO Northwestern (Iowa)	21.66	22.27	-1.1	4	
11	Bastien Furstoss	FR Mount Marty	21.71	22.35	-1.1	4	
12	Jayson Rucker	SR Briar Cliff	22.30	22.45	-0.9	1	
13	Ja'Myri Bernard	SO Midland	22.32	22.51	-0.9	1	
14	Landon Price	FR Northwestern (Iowa)	22.22	22.52	-0.2	2	

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15	James Heinz	FR Northwestern (Iowa)	22.23	22.59	-0.2	2
16	Adonis Bryant	FR Mount Marty	22.16	22.74	-0.2	2
17	Jack Kling	JR Morningside	22.46	22.92	-0.9	1
18	Isaiah Johnson	SO Dordt	22.51	22.94	-0.9	1
19	Jaiden Gonzalez	FR Doane	22.53	22.97	-0.9	1
20	Jet Janvrin	FR Mount Marty	22.15	23.21	-0.2	2
21	Zavio Prato	JR Mount Marty	21.73	23.31	-1.1	4
22	Brunelson Dominique	SR Waldorf	22.48	24.83	-0.9	1
--	Connor Slaba	FR Northwestern (Iowa)	22.11	DNS	0.4	3
--	Levi Schelhaas	SR Dordt	21.89	DNS	0.4	3

Men 400 Meter Dash

Name	Year	School	Seed	Finals	H#	Points		
1	Theo	Moseman	JR	Morningside	48.35	47.77	3	10
2	Zavio	Prato	JR	Mount Marty	48.77	48.33	3	8
3	Bastien	Furstoss	FR	Mount Marty	49.42	48.35	3	6
4	Noah	Schroder	SR	Dordt	48.84	48.54	3	5
5	Joaquin	Gutierrez	SR	Doane	48.66	48.69	3	4
6	Aziah	Ashley	SR	Northwestern (Iowa)	49.27	48.85	3	3
7	Samuel	Favaretto	FR	Mount Marty	49.65	49.03	2	2
8	Jacob	Schmoll	JR	Dordt	49.42	49.52	3	1
9	Garrett	Durkop	FR	Concordia (Neb.)	50.19	49.71	2	
10	Dustin	Lemaster	FR	Dakota Wesleyan	50.79	49.87	1	
11	Jordan	Jones	FR	Waldorf	49.58	49.93	2	
12	Raheem	Richards	SO	Midland	49.64	49.95	2	
13	Jet	Janvrin	FR	Mount Marty	49.92	49.98	2	
14	Ethan	Miller	FR	Dordt	50.77	50.12	1	
15	Orion	Ulmer	SO	Doane	50.97	50.26	1	
16	Lincoln	Konrad	FR	Doane	50.56	50.39	2	
17	Chris	Medlock	SO	Midland	50.71	50.69	2	
18	Jayson	Rucker	SR	Briar Cliff	52.24	50.85	1	
19	Grant	Kehren	FR	Concordia (Neb.)	50.54	50.95	2	
20	Dakota	Miser	SR	Doane	51.56	51.44	1	
21	Gus	Phye	FR	Hastings	51.39	51.60	1	
--	Adonis	Bryant	FR	Mount Marty	51.60	DQ	1	15.5.2b
--	Levi	Schelhaas	SR	Dordt	48.24	DNS	3	
--	Damon	Bye	FR	Northwestern (Iowa)	50.95	DNS	1	

Men 800 Meter Run

Name	Year	School	Seed	Finals	H#	Points		
1	Koen	Steenblok	SO	Midland	1:51.63	1:53.54	3	10
		57.643 (57.643)		1:53.536 (55.893)				
2	Carson	Van Sickle	SO	Northwestern (Iowa)	1:51.39	1:54.00	3	8
		57.708 (57.708)		1:53.997 (56.289)				
3	Tyler	Salter	SR	Hastings	1:54.75	1:54.22	3	6
		58.223 (58.223)		1:54.215 (55.992)				
4	Evan	Struss	SO	Hastings	1:55.10	1:54.26	3	5
		58.027 (58.027)		1:54.252 (56.225)				
5	Lucas	Corwin	SO	Concordia (Neb.)	1:54.06	1:54.67	3	4
		57.433 (57.433)		1:54.665 (57.232)				

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6	Keith Siek	FR Concordia (Neb.)	1:55.93	1:55.52	2	3
	56.634 (56.634)	1:55.512 (58.878)				
7	Deshawn Burks	SR Hastings	1:56.08	1:55.54	2	2
	56.835 (56.835)	1:55.535 (58.700)				
8	Ezra Landman	SO Dordt	1:55.93	1:55.70	2	1
	56.672 (56.672)	1:55.693 (59.021)				
9	Trenton Kumm	FR Concordia (Neb.)	1:56.15	1:55.94	2	
	55.898 (55.898)	1:55.937 (1:00.039)				
10	Casey Heinrichs	FR Dordt	1:57.61	1:55.99	1	
	57.338 (57.338)	1:55.985 (58.647)				
11	Anderson Schuttinga	FR Dordt	1:56.37	1:56.00	2	
	57.131 (57.131)	1:55.995 (58.864)				
12	Trace Obbink	SO Dordt	1:55.90	1:56.27	2	
	57.272 (57.272)	1:56.267 (58.995)				
13	Dietrich Dirks	FR Northwestern (Iowa)	1:56.41	1:56.76	2	
	57.158 (57.158)	1:56.755 (59.597)				
14	Sam May	SR Dordt	1:56.62	1:56.89	1	
	56.430 (56.430)	1:56.887 (1:00.457)				
15	Michael Grigsby	SR Doane	1:54.90	1:56.91	3	
	57.821 (57.821)	1:56.906 (59.085)				
16	Justin Sherman	JR Concordia (Neb.)	1:57.81	1:56.95	1	
	55.948 (55.948)	1:56.944 (1:00.996)				
17	Braden Taylor	SR Midland	1:55.71	1:57.63	2	
	57.045 (57.045)	1:57.627 (1:00.582)				
18	Cooper Schelkopf	FR Concordia (Neb.)	1:57.34	1:57.68	1	
	56.273 (56.273)	1:57.677 (1:01.404)				
19	Emmanuel Yego	SR Doane	1:55.10	1:57.78	3	
	57.278 (57.278)	1:57.778 (1:00.500)				
20	Eli Marez	SO Doane	1:57.79	1:58.69	1	
	57.142 (57.142)	1:58.686 (1:01.544)				
21	Christian Olsen	SO Midland	1:58.07	1:58.82	1	
	57.532 (57.532)	1:58.820 (1:01.288)				
22	Lucas Gautier	SO Doane	1:56.74	2:00.64	1	
	56.941 (56.941)	2:00.636 (1:03.695)				
23	Lucas Hjortkjaer	SR Midland	1:52.62	2:01.62	3	
	58.666 (58.666)	2:01.613 (1:02.947)				
24	Drake Nemetz	FR Mount Marty	1:57.88	2:04.37	1	
	57.440 (57.440)	2:04.361 (1:06.921)				

Men 1500 Meter Run

Name	Year	School	Seed	Finals	H#	Points
1 Lucas Hjortkjaer		SR Midland	3:57.10	3:54.28	2	10
	44.395 (44.395)	1:47.335 (1:02.940)	2:50.042 (1:02.707)	3:54.277 (1:04.235)		
2 Michael Grigsby		SR Doane	3:52.47	3:56.72	2	8
	44.656 (44.656)	1:47.657 (1:03.001)	2:51.219 (1:03.562)	3:56.720 (1:05.501)		
3 Kaden Van Wyngarden		JR Dordt	4:10.42	3:56.92	1	6
	46.612 (46.612)	1:53.713 (1:07.101)	2:59.126 (1:05.413)	3:56.918 (57.792)		
4 Jayden Wall		SO Doane	4:00.35	3:57.52	2	5
	47.965 (47.965)	1:50.412 (1:02.447)	2:54.473 (1:04.061)	3:57.520 (1:03.047)		
5 Hudson Hamilton		FR Dordt	4:07.71	3:58.46	1	4
	47.268 (47.268)	1:53.248 (1:05.980)	2:57.203 (1:03.955)	3:58.456 (1:01.253)		
6 Caleb Tofteland		FR Northwestern (Iowa)	4:07.59	3:58.64	1	3
	46.824 (46.824)	1:52.976 (1:06.152)	2:56.949 (1:03.973)	3:58.640 (1:01.691)		

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7	Justin Kroeze	SO Dordt	4:01.07	3:58.71	2	2
	47.668 (47.668)	1:50.777 (1:03.109)	2:54.616 (1:03.839)	3:58.703 (1:04.087)		
8	Porter Bickley	SO Doane	4:01.57	3:58.77	2	1
	47.697 (47.697)	1:51.520 (1:03.823)	2:56.053 (1:04.533)	3:58.766 (1:02.713)		
9	Luke Swanson	SR Dordt	4:04.11	3:58.96	2	
	47.249 (47.249)	1:51.196 (1:03.947)	2:56.849 (1:05.653)	3:58.958 (1:02.109)		
10	Parker Graves	SO Hastings	4:00.92	4:00.26	2	
	47.427 (47.427)	1:51.773 (1:04.346)	2:56.240 (1:04.467)	4:00.253 (1:04.013)		
11	Tyler Rozenboom	FR Dordt	4:07.20	4:00.59	1	
	47.418 (47.418)	1:52.855 (1:05.437)	2:58.426 (1:05.571)	4:00.585 (1:02.159)		
12	Quinlan Rundquist	FR Northwestern (Iowa)	4:07.57	4:01.92	1	
	47.505 (47.505)	1:53.310 (1:05.805)	2:58.243 (1:04.933)	4:01.916 (1:03.673)		
13	Luke Bonifas	JR Doane	4:03.43	4:02.52	2	
	47.811 (47.811)	1:52.606 (1:04.795)	2:58.923 (1:06.317)	4:02.514 (1:03.591)		
14	Abram Chance	FR Concordia (Neb.)	4:06.49	4:04.44	2	
	47.169 (47.169)	1:52.024 (1:04.855)	2:57.406 (1:05.382)	4:04.438 (1:07.032)		
15	Jackson Prins	FR Dordt	4:02.98	4:05.45	2	
	47.197 (47.197)	1:52.409 (1:05.212)	2:59.268 (1:06.859)	4:05.441 (1:06.173)		
16	Carson Conway	SO Mount Marty	4:08.88	4:06.24	1	
	47.526 (47.526)	1:54.280 (1:06.754)	3:02.692 (1:08.412)	4:06.238 (1:03.546)		
17	Drake Nemetz	FR Mount Marty	4:15.02	4:06.38	1	
	47.196 (47.196)	1:54.705 (1:07.509)	3:02.970 (1:08.265)	4:06.379 (1:03.409)		
18	Trevor Kuncl	SR Concordia (Neb.)	4:16.97	4:10.74	1	
	46.857 (46.857)	1:53.036 (1:06.179)	3:01.030 (1:07.994)	4:10.740 (1:09.710)		
19	Jamison Velzke	FR Dordt	4:11.30	4:11.12	1	
	47.244 (47.244)	1:53.667 (1:06.423)	3:01.401 (1:07.734)	4:11.118 (1:09.717)		
20	Logan Menke	SR Doane	4:15.75	4:13.71	1	
	48.783 (48.783)	1:58.672 (1:09.889)	3:08.628 (1:09.956)	4:13.705 (1:05.077)		
21	Thomas Thomas	FR Hastings	4:19.03	4:14.88	1	
	47.982 (47.982)	1:54.178 (1:06.196)	3:03.036 (1:08.858)	4:14.872 (1:11.836)		
22	Alex Fowler	SO Doane	4:06.71	4:17.22	2	
	48.634 (48.634)	1:55.869 (1:07.235)	3:07.380 (1:11.511)	4:17.216 (1:09.836)		
23	Will Dawes	SR Doane	4:16.76	4:17.44	1	
	48.494 (48.494)	1:58.220 (1:09.726)	3:08.959 (1:10.739)	4:17.436 (1:08.477)		
24	Jonathan Breems	JR Dordt	4:04.79	4:28.01	2	
	48.343 (48.343)	1:56.604 (1:08.261)	3:11.886 (1:15.282)	4:28.008 (1:16.122)		

Men 5000 Meter Run

Name	Year	School	Seed	Finals	Points
1 Logan Ferrari		SR Mount Marty	14:41.77	14:46.70	10
	35.170 (35.170)	1:47.465 (1:12.295)	2:58.533 (1:11.068)	4:08.659 (1:10.126)	
	5:18.604 (1:09.945)	6:29.326 (1:10.722)	7:39.553 (1:10.227)	8:49.379 (1:09.826)	
	10:00.915 (1:11.536)	11:11.892 (1:10.977)	12:25.898 (1:14.006)	13:40.876 (1:14.978)	
	14:46.691 (1:05.815)				
2 Alvin Keter		SO Doane	14:59.27	15:03.28	8
	35.663 (35.663)	1:47.707 (1:12.044)	2:58.810 (1:11.103)	4:08.917 (1:10.107)	
	5:19.661 (1:10.744)	6:32.962 (1:13.301)	7:45.294 (1:12.332)	8:58.283 (1:12.989)	
	10:12.030 (1:13.747)	11:26.052 (1:14.022)	12:40.455 (1:14.403)	13:54.903 (1:14.448)	
	15:03.277 (1:08.374)				

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3	Caleb Tofteland	FR Northwestern (Iowa)	15:13.60	15:18.02	6
	35.620 (35.620)	1:49.888 (1:14.268)	3:05.293 (1:15.405)	4:19.340 (1:14.047)	
	5:32.632 (1:13.292)	6:47.026 (1:14.394)	8:02.358 (1:15.332)	9:18.276 (1:15.918)	
	10:31.040 (1:12.764)	11:45.734 (1:14.694)	13:01.361 (1:15.627)	14:14.937 (1:13.576)	
	15:18.015 (1:03.078)				
4	Joseph Cross	SO Mount Marty	15:01.62	15:19.93	5
	35.643 (35.643)	1:48.688 (1:13.045)	3:00.285 (1:11.597)	4:12.943 (1:12.658)	
	5:27.384 (1:14.441)	6:41.781 (1:14.397)	7:56.833 (1:15.052)	9:11.794 (1:14.961)	
	10:26.821 (1:15.027)	11:42.017 (1:15.196)	12:56.439 (1:14.422)	14:10.081 (1:13.642)	
	15:19.921 (1:09.840)				
5	Caleb Van Beek	FR Dordt	15:22.62	15:32.96	4
	36.286 (36.286)	1:50.182 (1:13.896)	3:05.542 (1:15.360)	4:19.026 (1:13.484)	
	5:32.359 (1:13.333)	6:46.769 (1:14.410)	8:02.466 (1:15.697)	9:18.451 (1:15.985)	
	10:34.438 (1:15.987)	11:50.824 (1:16.386)	13:07.449 (1:16.625)	14:24.949 (1:17.500)	
	15:32.952 (1:08.003)				
6	Derrek Vander Leest	SR Dordt	15:31.97	15:34.23	3
	36.662 (36.662)	1:50.519 (1:13.857)	3:05.918 (1:15.399)	4:19.893 (1:13.975)	
	5:33.297 (1:13.404)	6:48.061 (1:14.764)	8:03.941 (1:15.880)	9:18.821 (1:14.880)	
	10:34.595 (1:15.774)	11:50.594 (1:15.999)	13:07.793 (1:17.199)	14:23.948 (1:16.155)	
	15:34.222 (1:10.274)				
7	Luke Swanson	SR Dordt	15:46.01	15:36.96	2
	36.199 (36.199)	1:50.262 (1:14.063)	3:05.637 (1:15.375)	4:19.644 (1:14.007)	
	5:33.572 (1:13.928)	6:48.281 (1:14.709)	8:04.084 (1:15.803)	9:19.121 (1:15.037)	
	10:35.194 (1:16.073)	11:54.188 (1:18.994)	13:14.394 (1:20.206)	14:30.693 (1:16.299)	
	15:36.960 (1:06.267)				
8	Jayden Wall	SO Doane	15:00.28	15:38.47	1
	36.610 (36.610)	1:49.688 (1:13.078)	3:02.988 (1:13.300)	4:16.238 (1:13.250)	
	5:29.611 (1:13.373)	6:45.554 (1:15.943)	8:02.153 (1:16.599)	9:19.027 (1:16.874)	
	10:37.855 (1:18.828)	11:57.488 (1:19.633)	13:16.255 (1:18.767)	14:31.500 (1:15.245)	
	15:38.461 (1:06.961)				
9	Aidan Limback	JR Concordia (Neb.)	15:39.23	15:41.78	
	36.050 (36.050)	1:50.409 (1:14.359)	3:05.792 (1:15.383)	4:19.963 (1:14.171)	
	5:34.329 (1:14.366)	6:50.499 (1:16.170)	8:07.482 (1:16.983)	9:23.960 (1:16.478)	
	10:42.089 (1:18.129)	11:59.039 (1:16.950)	13:16.499 (1:17.460)	14:31.517 (1:15.018)	
	15:41.771 (1:10.254)				
10	Ein McKinley	SR Morningside	15:56.92	15:48.27	
	37.146 (37.146)	1:50.791 (1:13.645)	3:06.165 (1:15.374)	4:20.223 (1:14.058)	
	5:34.096 (1:13.873)	6:49.466 (1:15.370)	8:06.397 (1:16.931)	9:24.345 (1:17.948)	
	10:41.505 (1:17.160)	11:59.925 (1:18.420)	13:18.372 (1:18.447)	14:34.991 (1:16.619)	
	15:48.268 (1:13.277)				
11	Chase Kamp	SR Dordt	15:19.44	15:53.56	
	36.505 (36.505)	1:50.674 (1:14.169)	3:06.055 (1:15.381)	4:20.418 (1:14.363)	
	5:33.924 (1:13.506)	6:49.051 (1:15.127)	8:06.203 (1:17.152)	9:25.195 (1:18.992)	
	10:44.459 (1:19.264)	12:03.056 (1:18.597)	13:21.740 (1:18.684)	14:38.493 (1:16.753)	
	15:53.551 (1:15.058)				
12	RC Hicks	SR Morningside	16:08.70	15:54.09	
	37.378 (37.378)	1:51.315 (1:13.937)	3:06.461 (1:15.146)	4:20.500 (1:14.039)	
	5:34.703 (1:14.203)	6:49.831 (1:15.128)	8:07.016 (1:17.185)	9:25.870 (1:18.854)	
	10:45.216 (1:19.346)	12:04.773 (1:19.557)	13:25.832 (1:21.059)	14:45.072 (1:19.240)	
	15:54.087 (1:09.015)				
13	Steven Hebert	FR Dordt	15:40.35	15:59.91	
	36.896 (36.896)	1:51.057 (1:14.161)	3:06.351 (1:15.294)	4:20.779 (1:14.428)	
	5:35.572 (1:14.793)	6:53.297 (1:17.725)	8:11.067 (1:17.770)	9:28.994 (1:17.927)	
	10:47.377 (1:18.383)	12:06.956 (1:19.579)	13:27.497 (1:20.541)	14:46.601 (1:19.104)	
	15:59.908 (1:13.307)				

2026 GPAC Outdoor Track and Field Championships - 5/1/2026 to 5/2/2026**5/1/2026 to 5/2/2026****Results****....Men 5000 Meter Run**

14	Ben VanDeBerg	SR Northwestern (Iowa)	16:21.73	16:01.19		
	38.280 (38.280)	1:53.475 (1:15.195)	3:09.964 (1:16.489)	4:25.662 (1:15.698)		
	5:42.084 (1:16.422)	6:59.265 (1:17.181)	8:16.423 (1:17.158)	9:34.416 (1:17.993)		
	10:53.193 (1:18.777)	12:12.362 (1:19.169)	13:30.177 (1:17.815)	14:48.352 (1:18.175)		
	16:01.182 (1:12.830)					
15	Ransom Watts	JR Concordia (Neb.)	15:47.40	16:21.28		
	34.667 (34.667)	1:47.335 (1:12.668)	3:01.085 (1:13.750)	4:15.450 (1:14.365)		
	5:30.853 (1:15.403)	6:46.965 (1:16.112)	8:03.039 (1:16.074)	9:20.287 (1:17.248)		
	10:40.020 (1:19.733)	12:00.707 (1:20.687)	13:26.648 (1:25.941)	14:53.031 (1:26.383)		
	16:21.277 (1:28.246)					
16	Vaughn Hendrickson	SO Concordia (Neb.)	15:28.86	16:34.04		
	35.224 (35.224)	1:47.632 (1:12.408)	2:59.116 (1:11.484)	4:11.616 (1:12.500)		
	5:27.776 (1:16.160)	6:48.348 (1:20.572)	8:10.403 (1:22.055)	9:33.814 (1:23.411)		
	10:57.245 (1:23.431)	12:20.494 (1:23.249)	13:45.291 (1:24.797)	15:09.427 (1:24.136)		
	16:34.040 (1:24.613)					
17	Ben Gosselink	SO Dordt	16:48.10	16:37.22		
	38.692 (38.692)	1:54.957 (1:16.265)	3:13.902 (1:18.945)	4:33.440 (1:19.538)		
	5:52.723 (1:19.283)	7:12.205 (1:19.482)	8:32.438 (1:20.233)	9:53.442 (1:21.004)		
	11:14.309 (1:20.867)	12:35.077 (1:20.768)	13:57.092 (1:22.015)	15:18.820 (1:21.728)		
	16:37.213 (1:18.393)					
18	Parker Halder	JR Morningside	16:14.35	17:05.60		
	37.683 (37.683)	1:51.767 (1:14.084)	3:06.857 (1:15.090)	4:23.974 (1:17.117)		
	5:43.826 (1:19.852)	7:05.857 (1:22.031)	8:28.814 (1:22.957)	9:55.216 (1:26.402)		
	11:21.693 (1:26.477)	12:49.421 (1:27.728)	14:16.443 (1:27.022)	15:44.446 (1:28.003)		
	17:05.596 (1:21.150)					
19	Jacob Shaffer	JR Northwestern (Iowa)	17:05.60	17:08.75		
	39.923 (39.923)	1:58.126 (1:18.203)	3:18.949 (1:20.823)	4:41.521 (1:22.572)		
	6:04.697 (1:23.176)	7:27.850 (1:23.153)	8:50.500 (1:22.650)	10:13.761 (1:23.261)		
	11:38.000 (1:24.239)	13:02.320 (1:24.320)	14:26.164 (1:23.844)	15:50.539 (1:24.375)		
	17:08.744 (1:18.205)					
20	Tavin Schroeder	SO Dordt	16:33.23	17:39.47		
	37.908 (37.908)	1:53.971 (1:16.063)	3:13.569 (1:19.598)	4:34.362 (1:20.793)		
	5:56.057 (1:21.695)	7:19.982 (1:23.925)	8:48.319 (1:28.337)	10:20.266 (1:31.947)		
	11:52.741 (1:32.475)	13:24.652 (1:31.911)	14:55.857 (1:31.205)	16:24.585 (1:28.728)		
	17:39.463 (1:14.878)					
21	Victor Vizcaino Fernande	FR Midland	16:35.57	17:52.23		
	42.758 (42.758)	2:07.279 (1:24.521)	3:32.435 (1:25.156)	4:55.657 (1:23.222)		
	6:20.832 (1:25.175)	7:46.958 (1:26.126)	9:12.777 (1:25.819)	10:38.806 (1:26.029)		
	12:07.530 (1:28.724)	13:35.524 (1:27.994)	15:02.813 (1:27.289)	16:31.688 (1:28.875)		
	17:52.225 (1:20.537)					
22	Jorge Vizcaino Fernandez	FR Midland	16:36.21	17:52.66		
	42.484 (42.484)	2:07.010 (1:24.526)	3:32.672 (1:25.662)	4:55.913 (1:23.241)		
	6:21.079 (1:25.166)	7:47.274 (1:26.195)	9:13.038 (1:25.764)	10:39.028 (1:25.990)		
	12:07.809 (1:28.781)	13:35.231 (1:27.422)	15:02.546 (1:27.315)	16:32.055 (1:29.509)		
	17:52.660 (1:20.605)					
--	Brett Gifford	SO Dordt	15:39.14	DNF		
	36.847 (36.847)	1:52.385 (1:15.538)	3:10.531 (1:18.146)	4:31.487 (1:20.956)		
	5:53.993 (1:22.506)	7:18.535 (1:24.542)	8:44.191 (1:25.656)			
--	Porter Bickley	SO Doane	14:52.32	DNS		

Men 10000 Meter Run

Name	Year	School	Seed	Finals	Points
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2026 GPAC Outdoor Track and Field Championships - 5/1/2026 to 5/2/2026**5/1/2026 to 5/2/2026****Results****....Men 10000 Meter Run**

1	Logan Ferrari	SR Mount Marty	30:28.24	30:35.14	10
	1:14.351 (1:14.351)	2:28.180 (1:13.829)	3:42.785 (1:14.605)	4:57.982 (1:15.197)	
	6:11.991 (1:14.009)	7:27.068 (1:15.077)	8:38.469 (1:11.401)	9:53.136 (1:14.667)	
	11:07.101 (1:13.965)	12:21.019 (1:13.918)	13:34.883 (1:13.864)	14:49.506 (1:14.623)	
	16:01.927 (1:12.421)	17:15.318 (1:13.391)	18:28.934 (1:13.616)	19:43.202 (1:14.268)	
	20:55.569 (1:12.367)	22:07.664 (1:12.095)	23:21.066 (1:13.402)	24:35.904 (1:14.838)	
	25:48.254 (1:12.350)	27:00.844 (1:12.590)	28:14.356 (1:13.512)	29:25.671 (1:11.315)	
	30:35.136 (1:09.465)				
2	Alvin Keter	SO Doane	32:09.09	31:09.70	8
	1:14.622 (1:14.622)	2:28.450 (1:13.828)	3:43.350 (1:14.900)	4:58.163 (1:14.813)	
	6:12.300 (1:14.137)	7:27.404 (1:15.104)	8:38.876 (1:11.472)	9:53.445 (1:14.569)	
	11:06.825 (1:13.380)	12:21.188 (1:14.363)	13:34.702 (1:13.514)	14:49.795 (1:15.093)	
	16:02.299 (1:12.504)	17:15.832 (1:13.533)	18:30.993 (1:15.161)	19:46.497 (1:15.504)	
	21:01.468 (1:14.971)	22:16.802 (1:15.334)	23:32.997 (1:16.195)	24:51.160 (1:18.163)	
	26:08.459 (1:17.299)	27:26.331 (1:17.872)	28:44.175 (1:17.844)	29:58.393 (1:14.218)	
	31:09.696 (1:11.303)				
3	Joseph Cross	SO Mount Marty	30:21.75	31:24.64	6
	1:14.113 (1:14.113)	2:27.945 (1:13.832)	3:43.100 (1:15.155)	4:57.764 (1:14.664)	
	6:11.813 (1:14.049)	7:26.913 (1:15.100)	8:39.902 (1:12.989)	9:53.896 (1:13.994)	
	11:08.458 (1:14.562)	12:23.178 (1:14.720)	13:38.401 (1:15.223)	14:53.682 (1:15.281)	
	16:08.855 (1:15.173)	17:24.780 (1:15.925)	18:41.952 (1:17.172)	19:58.532 (1:16.580)	
	21:14.383 (1:15.851)	22:31.114 (1:16.731)	23:47.889 (1:16.775)	25:04.764 (1:16.875)	
	26:22.362 (1:17.598)	27:39.112 (1:16.750)	28:54.057 (1:14.945)	30:09.266 (1:15.209)	
	31:24.637 (1:15.371)				
4	Vaughn Hendrickson	SO Concordia (Neb.)	31:41.85	31:44.98	5
	1:13.257 (1:13.257)	2:27.237 (1:13.980)	3:40.632 (1:13.395)	4:53.523 (1:12.891)	
	6:06.602 (1:13.079)	7:20.860 (1:14.258)	8:34.911 (1:14.051)	9:50.080 (1:15.169)	
	11:06.207 (1:16.127)	12:22.265 (1:16.058)	13:37.943 (1:15.678)	14:57.971 (1:20.028)	
	16:16.902 (1:18.931)	17:35.999 (1:19.097)	18:54.060 (1:18.061)	20:08.961 (1:14.901)	
	21:24.530 (1:15.569)	22:43.653 (1:19.123)	24:03.858 (1:20.205)	25:23.896 (1:20.038)	
	26:42.883 (1:18.987)	28:01.213 (1:18.330)	29:17.330 (1:16.117)	30:32.360 (1:15.030)	
	31:44.975 (1:12.615)				
5	Derrek Vander Leest	SR Dordt	32:05.02	31:53.05	4
	1:17.114 (1:17.114)	2:36.546 (1:19.432)	3:54.274 (1:17.728)	5:13.517 (1:19.243)	
	6:31.419 (1:17.902)	7:49.468 (1:18.049)	9:07.465 (1:17.997)	10:26.459 (1:18.994)	
	11:45.242 (1:18.783)	13:02.754 (1:17.512)	14:21.549 (1:18.795)	15:35.944 (1:14.395)	
	16:51.312 (1:15.368)	18:07.462 (1:16.150)	19:23.005 (1:15.543)	20:37.701 (1:14.696)	
	21:52.717 (1:15.016)	23:07.952 (1:15.235)	24:24.555 (1:16.603)	25:39.920 (1:15.365)	
	26:55.813 (1:15.893)	28:12.006 (1:16.193)	29:28.880 (1:16.874)	30:44.949 (1:16.069)	
	31:53.046 (1:08.097)				
6	Chase Kamp	SR Dordt	32:24.38	31:53.18	3
	1:17.730 (1:17.730)	2:37.457 (1:19.727)	3:55.185 (1:17.728)	5:14.438 (1:19.253)	
	6:32.378 (1:17.940)	7:50.589 (1:18.211)	9:08.132 (1:17.543)	10:27.213 (1:19.081)	
	11:46.062 (1:18.849)	13:03.584 (1:17.522)	14:22.640 (1:19.056)	15:35.711 (1:13.071)	
	16:51.667 (1:15.956)	18:08.006 (1:16.339)	19:23.752 (1:15.746)	20:38.410 (1:14.658)	
	21:53.400 (1:14.990)	23:07.808 (1:14.408)	24:24.357 (1:16.549)	25:40.469 (1:16.112)	
	26:56.096 (1:15.627)	28:12.289 (1:16.193)	29:29.206 (1:16.917)	30:44.456 (1:15.250)	
	31:53.178 (1:08.722)				
7	Eein McKinley	SR Morningside	32:38.14	31:57.44	2
	1:16.836 (1:16.836)	2:35.990 (1:19.154)	3:53.957 (1:17.967)	5:13.591 (1:19.634)	
	6:31.885 (1:18.294)	7:49.171 (1:17.286)	9:07.261 (1:18.090)	10:26.276 (1:19.015)	
	11:45.013 (1:18.737)	13:02.490 (1:17.477)	14:21.243 (1:18.753)	15:35.387 (1:14.144)	
	16:51.570 (1:16.183)	18:07.733 (1:16.163)	19:23.373 (1:15.640)	20:38.082 (1:14.709)	
	21:52.973 (1:14.891)	23:08.095 (1:15.122)	24:24.896 (1:16.801)	25:40.175 (1:15.279)	
	26:55.517 (1:15.342)	28:11.707 (1:16.190)	29:28.216 (1:16.509)	30:44.207 (1:15.991)	
	31:57.432 (1:13.225)				

2026 GPAC Outdoor Track and Field Championships - 5/1/2026 to 5/2/2026**5/1/2026 to 5/2/2026****Results****....Men 10000 Meter Run**

8	Brett Gifford	SO Dordt	32:26.35	32:23.30	1
	1:17.010 (1:17.010)	2:36.783 (1:19.773)	3:54.428 (1:17.645)	5:13.772 (1:19.344)	
	6:31.695 (1:17.923)	7:49.688 (1:17.993)	9:07.634 (1:17.946)	10:26.632 (1:18.998)	
	11:45.521 (1:18.889)	13:02.989 (1:17.468)	14:21.880 (1:18.891)	15:37.842 (1:15.962)	
	16:55.964 (1:18.122)	18:14.457 (1:18.493)	19:32.713 (1:18.256)	20:50.308 (1:17.595)	
	22:08.027 (1:17.719)	23:27.096 (1:19.069)	24:46.558 (1:19.462)	26:05.972 (1:19.414)	
	27:25.037 (1:19.065)	28:42.798 (1:17.761)	29:58.859 (1:16.061)	31:15.957 (1:17.098)	
	32:23.299 (1:07.342)				
9	Steven Hebert	FR Dordt	31:59.67	32:27.74	
	1:14.911 (1:14.911)	2:28.715 (1:13.804)	3:43.636 (1:14.921)	4:58.434 (1:14.798)	
	6:12.601 (1:14.167)	7:27.704 (1:15.103)	8:41.726 (1:14.022)	10:01.382 (1:19.656)	
	11:20.883 (1:19.501)	12:40.724 (1:19.841)	14:01.020 (1:20.296)	15:21.120 (1:20.100)	
	16:40.970 (1:19.850)	17:59.515 (1:18.545)	19:18.490 (1:18.975)	20:37.402 (1:18.912)	
	21:53.851 (1:16.449)	23:15.417 (1:21.566)	24:37.489 (1:22.072)	25:58.667 (1:21.178)	
	27:18.639 (1:19.972)	28:39.330 (1:20.691)	29:59.055 (1:19.725)	31:16.238 (1:17.183)	
	32:27.738 (1:11.500)				
10	Isaac Vos	SR Dordt	33:05.76	33:07.10	
	1:17.367 (1:17.367)	2:37.176 (1:19.809)	3:54.922 (1:17.746)	5:14.180 (1:19.258)	
	6:32.129 (1:17.949)	7:49.948 (1:17.819)	9:07.903 (1:17.955)	10:26.926 (1:19.023)	
	11:45.789 (1:18.863)	13:03.286 (1:17.497)	14:22.332 (1:19.046)	15:38.208 (1:15.876)	
	16:55.563 (1:17.355)	18:14.741 (1:19.178)	19:34.564 (1:19.823)	20:55.676 (1:21.112)	
	22:18.486 (1:22.810)	23:40.542 (1:22.056)	25:02.863 (1:22.321)	26:26.245 (1:23.382)	
	27:48.092 (1:21.847)	29:09.856 (1:21.764)	30:33.357 (1:23.501)	31:54.093 (1:20.736)	
	33:07.097 (1:13.004)				
11	Ben VanDeBerg	SR Northwestern (Iowa)	33:20.30	33:31.50	
	1:16.525 (1:16.525)	2:36.264 (1:19.739)	3:54.548 (1:18.284)	5:13.929 (1:19.381)	
	6:31.657 (1:17.728)	7:50.075 (1:18.418)	9:09.395 (1:19.320)	10:28.642 (1:19.247)	
	11:48.138 (1:19.496)	13:08.014 (1:19.876)	14:27.359 (1:19.345)	15:47.560 (1:20.201)	
	17:08.455 (1:20.895)	18:29.909 (1:21.454)	19:50.785 (1:20.876)	21:11.792 (1:21.007)	
	22:32.756 (1:20.964)	23:55.680 (1:22.924)	25:17.553 (1:21.873)	26:40.562 (1:23.009)	
	28:02.581 (1:22.019)	29:26.284 (1:23.703)	30:48.351 (1:22.067)	32:11.222 (1:22.871)	
	33:31.491 (1:20.269)				
12	Mark Bultemeier	FR Concordia (Neb.)	34:52.95	34:18.29	
	1:17.792 (1:17.792)	2:37.260 (1:19.468)	3:55.453 (1:18.193)	5:14.673 (1:19.220)	
	6:32.639 (1:17.966)	7:51.116 (1:18.477)	9:09.761 (1:18.645)	10:29.101 (1:19.340)	
	11:48.901 (1:19.800)	13:09.978 (1:21.077)	14:30.933 (1:20.955)	15:53.822 (1:22.889)	
	17:17.207 (1:23.385)	18:41.841 (1:24.634)	20:06.895 (1:25.054)	21:31.852 (1:24.957)	
	22:57.009 (1:25.157)	24:25.296 (1:28.287)	25:50.950 (1:25.654)	27:17.308 (1:26.358)	
	28:45.963 (1:28.655)	30:10.596 (1:24.633)	31:36.125 (1:25.529)	32:59.302 (1:23.177)	
	34:18.283 (1:18.981)				
13	Victor Vizcaino Fernande	FR Midland	34:15.18	34:21.86	
	1:19.219 (1:19.219)	2:40.803 (1:21.584)	4:02.509 (1:21.706)	5:24.885 (1:22.376)	
	6:48.039 (1:23.154)	8:11.403 (1:23.364)	9:34.399 (1:22.996)	10:59.051 (1:24.652)	
	12:23.298 (1:24.247)	13:46.199 (1:22.901)	15:10.437 (1:24.238)	16:34.163 (1:23.726)	
	17:57.559 (1:23.396)	19:21.203 (1:23.644)	20:44.671 (1:23.468)	22:08.744 (1:24.073)	
	23:33.996 (1:25.252)	24:57.519 (1:23.523)	26:20.752 (1:23.233)	27:43.454 (1:22.702)	
	29:05.972 (1:22.518)	30:29.522 (1:23.550)	31:50.883 (1:21.361)	33:10.456 (1:19.573)	
	34:21.858 (1:11.402)				

2026 GPAC Outdoor Track and Field Championships - 5/1/2026 to 5/2/2026**5/1/2026 to 5/2/2026****Results****....Men 10000 Meter Run**

14	Jorge Vizcaino Fernandez	FR Midland	34:16.15	34:21.91					
	1:19.507	(1:19.507)	2:41.097	(1:21.590)	4:03.143	(1:22.046)	5:25.497	(1:22.354)	
	6:48.608	(1:23.111)	8:12.026	(1:23.418)	9:34.991	(1:22.965)	10:59.365	(1:24.374)	
	12:23.577	(1:24.212)	13:46.487	(1:22.910)	15:10.693	(1:24.206)	16:34.445	(1:23.752)	
	17:58.135	(1:23.690)	19:21.727	(1:23.592)	20:44.971	(1:23.244)	22:09.239	(1:24.268)	
	23:34.280	(1:25.041)	24:57.809	(1:23.529)	26:21.174	(1:23.365)	27:43.755	(1:22.581)	
	29:06.401	(1:22.646)	30:29.832	(1:23.431)	31:51.185	(1:21.353)	33:10.730	(1:19.545)	
	34:21.909	(1:11.179)							
15	Aidan Limback	JR Concordia (Neb.)	33:21.27	34:26.89					
	1:16.663	(1:16.663)	2:36.351	(1:19.688)	3:54.059	(1:17.708)	5:13.324	(1:19.265)	
	6:31.180	(1:17.856)	7:50.351	(1:19.171)	9:08.697	(1:18.346)	10:28.680	(1:19.983)	
	11:48.824	(1:20.144)	13:07.597	(1:18.773)	14:25.501	(1:17.904)	15:43.599	(1:18.098)	
	17:01.139	(1:17.540)	18:18.484	(1:17.345)	19:34.881	(1:16.397)	20:50.041	(1:15.160)	
	22:06.221	(1:16.180)	23:24.269	(1:18.048)	24:41.616	(1:17.347)	25:59.717	(1:18.101)	
	27:23.485	(1:23.768)	28:53.171	(1:29.686)	30:40.223	(1:47.052)	32:34.134	(1:53.911)	
	34:26.881	(1:52.747)							
16	Kale Maguire	JR Doane	34:46.69	34:27.55					
	1:20.164	(1:20.164)	2:41.555	(1:21.391)	4:03.431	(1:21.876)	5:25.186	(1:21.755)	
	6:48.320	(1:23.134)	8:11.683	(1:23.363)	9:34.692	(1:23.009)	10:58.768	(1:24.076)	
	12:22.983	(1:24.215)	13:45.876	(1:22.893)	15:10.162	(1:24.286)	16:33.865	(1:23.703)	
	17:57.262	(1:23.397)	19:21.183	(1:23.921)	20:44.434	(1:23.251)	22:08.608	(1:24.174)	
	23:33.817	(1:25.209)	24:58.082	(1:24.265)	26:21.493	(1:23.411)	27:44.091	(1:22.598)	
	29:06.677	(1:22.586)	30:30.112	(1:23.435)	31:51.501	(1:21.389)	33:12.499	(1:20.998)	
	34:27.545	(1:15.046)							
17	Jacob Shaffer	JR Northwestern (Iowa)	34:45.44	34:31.75					
	1:20.767	(1:20.767)	2:43.332	(1:22.565)	4:05.861	(1:22.529)	5:28.473	(1:22.612)	
	6:51.870	(1:23.397)	8:14.812	(1:22.942)	9:37.193	(1:22.381)	11:01.780	(1:24.587)	
	12:24.665	(1:22.885)	13:47.087	(1:22.422)	15:11.014	(1:23.927)	16:34.692	(1:23.678)	
	17:57.827	(1:23.135)	19:21.311	(1:23.484)	20:44.826	(1:23.515)	22:08.913	(1:24.087)	
	23:33.300	(1:24.387)	24:57.226	(1:23.926)	26:21.143	(1:23.917)	27:44.402	(1:23.259)	
	29:07.365	(1:22.963)	30:30.805	(1:23.440)	31:53.104	(1:22.299)	33:15.008	(1:21.904)	
	34:31.747	(1:16.739)							
18	Ryan Stritt	FR Concordia (Neb.)	34:35.65	34:36.46					
	1:17.563	(1:17.563)	2:37.600	(1:20.037)	3:55.736	(1:18.136)	5:14.471	(1:18.735)	
	6:32.355	(1:17.884)	7:51.246	(1:18.891)	9:13.167	(1:21.921)	10:37.389	(1:24.222)	
	12:02.762	(1:25.373)	13:28.922	(1:26.160)	14:54.092	(1:25.170)	16:19.569	(1:25.477)	
	17:44.765	(1:25.196)	19:10.541	(1:25.776)	20:35.146	(1:24.605)	21:58.708	(1:23.562)	
	23:23.572	(1:24.864)	24:49.424	(1:25.852)	26:15.782	(1:26.358)	27:42.310	(1:26.528)	
	29:06.181	(1:23.871)	30:30.017	(1:23.836)	31:54.424	(1:24.407)	33:18.993	(1:24.569)	
	34:36.451	(1:17.458)							
19	Brayden Dirks	SR Northwestern (Iowa)	34:45.13	34:40.68					
	1:20.979	(1:20.979)	2:43.571	(1:22.592)	4:05.994	(1:22.423)	5:28.650	(1:22.656)	
	6:51.995	(1:23.345)	8:14.903	(1:22.908)	9:37.278	(1:22.375)	11:01.987	(1:24.709)	
	12:24.785	(1:22.798)	13:47.150	(1:22.365)	15:10.851	(1:23.701)	16:34.475	(1:23.624)	
	17:57.902	(1:23.427)	19:21.506	(1:23.604)	20:45.175	(1:23.669)	22:09.045	(1:23.870)	
	23:33.596	(1:24.551)	24:59.434	(1:25.838)	26:23.495	(1:24.061)	27:49.608	(1:26.113)	
	29:15.466	(1:25.858)	30:40.020	(1:24.554)	32:05.752	(1:25.732)	33:29.304	(1:23.552)	
	34:40.679	(1:11.375)							

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5/1/2026 to 5/2/2026

Results

....Men 10000 Meter Run

20	Ethan Sholey	FR Concordia (Neb.)	34:51.88	34:44.49		
	1:19.812 (1:19.812)	2:41.345 (1:21.533)	4:02.845 (1:21.500)	5:24.239 (1:21.394)		
	6:47.169 (1:22.930)	8:10.446 (1:23.277)	9:34.103 (1:23.657)	10:59.570 (1:25.467)		
	12:23.879 (1:24.309)	13:46.764 (1:22.885)	15:11.266 (1:24.502)	16:34.932 (1:23.666)		
	17:58.400 (1:23.468)	19:22.006 (1:23.606)	20:45.290 (1:23.284)	22:09.606 (1:24.316)		
	23:34.613 (1:25.007)	24:58.372 (1:23.759)	26:22.063 (1:23.691)	27:45.352 (1:23.289)		
	29:10.772 (1:25.420)	30:35.266 (1:24.494)	32:00.512 (1:25.246)	33:25.509 (1:24.997)		
	34:44.481 (1:18.972)					
21	Tom Shafer	FR Concordia (Neb.)	37:12.09	35:20.53		
	1:20.441 (1:20.441)	2:42.080 (1:21.639)	4:04.153 (1:22.073)	5:25.970 (1:21.817)		
	6:48.924 (1:22.954)	8:12.376 (1:23.452)	9:35.269 (1:22.893)	10:59.646 (1:24.377)		
	12:24.221 (1:24.575)	13:47.443 (1:23.222)	15:11.806 (1:24.363)	16:35.389 (1:23.583)		
	18:00.083 (1:24.694)	19:24.801 (1:24.718)	20:52.861 (1:28.060)	22:21.673 (1:28.812)		
	23:51.144 (1:29.471)	25:22.017 (1:30.873)	26:48.358 (1:26.341)	28:14.660 (1:26.302)		
	29:43.925 (1:29.265)	31:12.184 (1:28.259)	32:37.193 (1:25.009)	34:02.834 (1:25.641)		
	35:20.522 (1:17.688)					
22	Gar Szabo	FR Hastings	36:06.46	36:49.09		
	1:20.038 (1:20.038)	2:41.781 (1:21.743)	4:03.817 (1:22.036)	5:26.981 (1:23.164)		
	6:53.481 (1:26.500)	8:22.208 (1:28.727)	9:50.990 (1:28.782)	11:20.828 (1:29.838)		
	12:50.677 (1:29.849)	14:20.584 (1:29.907)	15:51.254 (1:30.670)	17:21.166 (1:29.912)		
	18:52.675 (1:31.509)	20:24.151 (1:31.476)	21:55.068 (1:30.917)	23:25.177 (1:30.109)		
	24:55.648 (1:30.471)	26:26.670 (1:31.022)	27:59.566 (1:32.896)	29:33.152 (1:33.586)		
	31:06.995 (1:33.843)	32:36.773 (1:29.778)	34:06.758 (1:29.985)	35:35.317 (1:28.559)		
	36:49.084 (1:13.767)					
23	Benjamin Ehrenberg	JR Concordia (Neb.)	37:05.72	36:53.05		
	1:21.554 (1:21.554)	2:45.265 (1:23.711)	4:10.570 (1:25.305)	5:35.607 (1:25.037)		
	7:02.331 (1:26.724)	8:30.248 (1:27.917)	9:57.102 (1:26.854)	11:25.230 (1:28.128)		
	12:54.549 (1:29.319)	14:23.284 (1:28.735)	15:51.203 (1:27.919)	17:18.253 (1:27.050)		
	18:45.819 (1:27.566)	20:15.784 (1:29.965)	21:47.174 (1:31.390)	23:22.489 (1:35.315)		
	24:56.834 (1:34.345)	26:28.849 (1:32.015)	28:02.116 (1:33.267)	29:32.752 (1:30.636)		
	31:05.460 (1:32.708)	32:37.785 (1:32.325)	34:08.797 (1:31.012)	35:36.471 (1:27.674)		
	36:53.045 (1:16.574)					
--	Justin Rygh	SO Dordt	33:38.42	DQ	15.5.2b	
	1:17.161 (1:17.161)	2:36.858 (1:19.697)	3:54.760 (1:17.902)	5:13.979 (1:19.219)		
	6:31.995 (1:18.016)	7:50.858 (1:18.863)	9:09.669 (1:18.811)	10:30.569 (1:20.900)		
	11:52.605 (1:22.036)	13:15.932 (1:23.327)	14:40.384 (1:24.452)	16:04.593 (1:24.209)		
	17:30.840 (1:26.247)	18:58.995 (1:28.155)	20:27.280 (1:28.285)	21:55.454 (1:28.174)		
	23:24.652 (1:29.198)	24:54.572 (1:29.920)	26:20.653 (1:26.081)	27:54.491 (1:33.838)		
	29:28.210 (1:33.719)	30:59.582 (1:31.372)	32:31.382 (1:31.800)	34:01.360 (1:29.978)		
	35:23.627 (1:22.267)					

Men 110 Meter Hurdles

Name	Year	School	Seed	Prelims	Wind	H#
=====						
Preliminaries						
1	Hayden	Kluthe	JR Concordia (Neb.)	14.74	14.59Q	2.9 2
2	Tommy	Smith	FR Doane	14.39	14.61Q	4.0 1
3	Braxton	Borer	FR Concordia (Neb.)	14.81	14.90Q	3.1 3
4	Josiah	McFarland	FR Northwestern (Iowa)	15.25	15.03q	4.0 1
5	Kalarga	Mukhtar	FR Northwestern (Iowa)	15.26	15.06q	4.0 1
6	Boston	Riedemann	JR Morningside	15.27	15.19q	2.9 2
7	Osiel	Cantu	SO Mount Marty	15.06	15.25q	3.1 3
8	Bladen	Garcia	JR Doane	15.23	15.27q	2.9 2
9	Carter	Niles	JR Doane	15.56	15.41	3.1 3

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10	Dylan Brei	JR	Concordia (Neb.)	15.81	16.20	2.9	2
11	Aiden Holverson	SO	Morningside	16.34	16.23	2.9	2
12	Wyatt Tschida	JR	Dordt	16.13	16.35	4.0	1
13	Colin Rhynalds	SR	Briar Cliff	16.31	16.41	4.0	1
14	Tayne Herrmann	FR	Dakota Wesleyan	16.61	16.58	3.1	3 16.577
15	Braylon Van Gelder	FR	Northwestern (Iowa)	16.61	16.58	2.9	2 16.579
--	Tate Washington	FR	Doane	15.31	FS	3.1	3
--	Isaac Hartman	FR	Dordt	16.48	DNF	3.1	3
--	Grady Clark	FR	Concordia (Neb.)	17.17	DNS	4.0	1

Men 110 Meter Hurdles

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1	Tommy Smith	FR	Doane	14.61	14.57	1.3 10
2	Hayden Kluthe	JR	Concordia (Neb.)	14.59	14.88	1.3 8
3	Braxton Borer	FR	Concordia (Neb.)	14.90	15.02	1.3 6
4	Boston Riedemann	JR	Morningside	15.19	15.11	1.3 5
5	Kalarga Mukhtar	FR	Northwestern (Iowa)	15.06	15.12	1.3 4
6	Osiel Cantu	SO	Mount Marty	15.25	15.15	1.3 3
7	Josiah McFarland	FR	Northwestern (Iowa)	15.03	15.24	1.3 2
8	Bladen Garcia	JR	Doane	15.27	15.45	1.3 1

Men 400 Meter Hurdles

Name	Year	School	Seed	Finals	H#	Points
1	Caleb Mulder	SR	Doane	55.08	54.25	3 10
2	Osiel Cantu	SO	Mount Marty	54.30	54.32	3 8
3	Hayden Kluthe	JR	Concordia (Neb.)	55.43	55.33	3 6
4	Kalarga Mukhtar	FR	Northwestern (Iowa)	56.28	55.83	3 5
5	Zane Eggleston	JR	Hastings	56.43	55.90	3 4
6	Will Gutzmer	SR	Dordt	57.24	55.99	2 3
7	Collin Bliven	FR	Northwestern (Iowa)	56.00	56.02	3 2
8	Zachary Fox	JR	Doane	56.11	56.41	3 1
9	Avyan Correa	FR	Doane	55.84	56.87	3
10	Liam Fagan	SR	Concordia (Neb.)	57.01	56.95	2
11	Wyatt Tschida	JR	Dordt	59.09	57.66	1
12	Creighton Beals	FR	Doane	57.84	58.07	2
13	Carter Niles	JR	Doane	58.01	58.80	2
14	Jonathan Zoubek	JR	Doane	57.94	58.86	2
15	Isaac Hartman	FR	Dordt	1:00.68	58.90	1
16	Tayne Herrmann	FR	Dakota Wesleyan	59.89	59.12	1
17	Cooper Haddix	FR	Morningside	1:00.85	59.94	1
18	Boston Riedemann	JR	Morningside	1:00.63	1:00.45	1
19	Jaelonni Small	FR	Morningside	58.41	1:00.51	2
20	Scott Kroll	JR	Dordt	58.71	1:00.77	2
21	Braylon Van Gelder	FR	Northwestern (Iowa)	1:03.02	1:02.63	1
22	Aiden Holverson	SO	Morningside	1:03.61	1:05.17	1
--	Tate Washington	FR	Doane	1:00.46	DNF	1
--	Tommy Smith	FR	Doane	56.90	DNS	2

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Name	Year	School	Seed	Finals	H#	Points
1 Trey Robertson	JR	Concordia (Neb.)	9:38.45	9:38.21	2	10
39.389 (39.389)	1:51.686 (1:12.297)	3:07.282 (1:15.596)	4:25.206 (1:17.924)			
5:42.821 (1:17.615)	7:01.307 (1:18.486)	8:22.128 (1:20.821)	9:38.210 (1:16.082)			
2 Levi Landman	SR	Dordt	9:44.53	9:41.25	2	8
39.681 (39.681)	1:54.356 (1:14.675)	3:13.028 (1:18.672)	4:32.033 (1:19.005)			
5:50.683 (1:18.650)	7:10.892 (1:20.209)	8:29.580 (1:18.688)	9:41.244 (1:11.664)			
3 Alik McIlravy	SO	Northwestern (Iowa)	9:54.96	9:46.60	2	6
40.293 (40.293)	1:55.397 (1:15.104)	3:12.988 (1:17.591)	4:31.351 (1:18.363)			
5:50.405 (1:19.054)	7:10.571 (1:20.166)	8:30.062 (1:19.491)	9:46.600 (1:16.538)			
4 Lawson Burkhart	SO	Dordt	10:17.42	9:47.57	2	5
40.819 (40.819)	1:56.484 (1:15.665)	3:14.774 (1:18.290)	4:33.493 (1:18.719)			
5:53.139 (1:19.646)	7:12.529 (1:19.390)	8:31.886 (1:19.357)	9:47.569 (1:15.683)			
5 Truman Johnson	SO	Dordt	9:51.37	9:55.65	2	4
40.005 (40.005)	1:53.955 (1:13.950)	3:10.119 (1:16.164)	4:29.124 (1:19.005)			
5:48.404 (1:19.280)	7:10.159 (1:21.755)	8:32.940 (1:22.781)	9:55.646 (1:22.706)			
6 Isaac Fagan	SO	Dordt	10:13.73	9:56.33	2	3
40.505 (40.505)	1:55.958 (1:15.453)	3:14.129 (1:18.171)	4:33.203 (1:19.074)			
5:52.951 (1:19.748)	7:14.907 (1:21.956)	8:37.936 (1:23.029)	9:56.325 (1:18.389)			
7 Jessup Pederson	SO	Concordia (Neb.)	10:30.34	10:11.24	2	2
40.786 (40.786)	1:57.597 (1:16.811)	3:17.688 (1:20.091)	4:40.448 (1:22.760)			
6:02.679 (1:22.231)	7:25.453 (1:22.774)	8:49.494 (1:24.041)	10:11.239 (1:21.745)			
8 Sammy King	SO	Dordt	10:31.66	10:13.96	2	1
41.425 (41.425)	1:59.045 (1:17.620)	3:19.219 (1:20.174)	4:41.252 (1:22.033)			
6:02.355 (1:21.103)	7:26.111 (1:23.756)	8:52.333 (1:26.222)	10:13.951 (1:21.618)			
9 Jake Huston	SO	Northwestern (Iowa)	10:32.88	10:20.06	2	
40.446 (40.446)	1:58.918 (1:18.472)	3:19.702 (1:20.784)	4:41.984 (1:22.282)			
6:06.125 (1:24.141)	7:31.144 (1:25.019)	8:55.705 (1:24.561)	10:20.057 (1:24.352)			
10 Tavin Schroeder	SO	Dordt	10:46.44	10:25.05	1	
44.587 (44.587)	2:04.015 (1:19.428)	3:21.666 (1:17.651)	4:43.043 (1:21.377)			
6:07.014 (1:23.971)	7:35.130 (1:28.116)	9:02.841 (1:27.711)	10:25.045 (1:22.204)			
11 Carson Engbers	SO	Northwestern (Iowa)	10:44.52	10:30.51	2	
41.113 (41.113)	1:59.714 (1:18.601)	3:21.119 (1:21.405)	4:45.311 (1:24.192)			
6:10.938 (1:25.627)	7:39.403 (1:28.465)	9:08.348 (1:28.945)	10:30.506 (1:22.158)			
12 Jarrett Miles	SO	Concordia (Neb.)	10:26.65	10:33.61	2	
40.995 (40.995)	1:58.111 (1:17.116)	3:18.441 (1:20.330)	4:42.029 (1:23.588)			
6:07.263 (1:25.234)	7:38.307 (1:31.044)	9:07.453 (1:29.146)	10:33.602 (1:26.149)			
13 Parker Halder	JR	Morningside	10:29.49	10:34.59	2	
40.329 (40.329)	1:56.191 (1:15.862)	3:15.649 (1:19.458)	4:39.835 (1:24.186)			
6:07.340 (1:27.505)	7:36.512 (1:29.172)	9:07.276 (1:30.764)	10:34.586 (1:27.310)			
14 Jordan Kwiatkowski	SR	Doane	10:47.27	10:39.67	1	
43.717 (43.717)	2:10.938 (1:27.221)	3:36.222 (1:25.284)	5:00.175 (1:23.953)			
6:23.812 (1:23.637)	7:48.843 (1:25.031)	9:14.932 (1:26.089)	10:39.661 (1:24.729)			
15 Joshua Daun	SO	Dordt	11:05.89	10:46.92	1	
43.073 (43.073)	2:08.872 (1:25.799)	3:36.323 (1:27.451)	5:04.178 (1:27.855)			
6:31.889 (1:27.711)	7:59.711 (1:27.822)	9:28.269 (1:28.558)	10:46.920 (1:18.651)			
16 Joseph Seifferlein	SO	Doane	10:59.36	10:47.10	1	
44.756 (44.756)	2:11.009 (1:26.253)	3:37.285 (1:26.276)	5:02.029 (1:24.744)			
6:27.935 (1:25.906)	7:55.676 (1:27.741)	9:24.272 (1:28.596)	10:47.092 (1:22.820)			
17 Kasen York	FR	Doane	11:08.28	10:58.41	1	
44.899 (44.899)	2:12.501 (1:27.602)	3:41.680 (1:29.179)	5:09.196 (1:27.516)			
6:38.064 (1:28.868)	8:06.672 (1:28.608)	9:38.004 (1:31.332)	10:58.401 (1:20.397)			

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Results

....Men 3000 Meter Steeplechase

18	Mason Welker	SR Morningside	11:07.86	11:02.82	1
	44.116 (44.116)	2:09.953 (1:25.837)	3:35.480 (1:25.527)	5:02.830 (1:27.350)	
	6:32.577 (1:29.747)	8:03.687 (1:31.110)	9:35.164 (1:31.477)	11:02.814 (1:27.650)	
19	Tommy Tracy	SR Northwestern (Iowa)	11:08.34	11:03.94	1
	44.154 (44.154)	2:09.988 (1:25.834)	3:36.547 (1:26.559)	5:05.178 (1:28.631)	
	6:34.822 (1:29.644)	8:06.202 (1:31.380)	9:39.079 (1:32.877)	11:03.931 (1:24.852)	
20	Jorge Vizcaino Fernandez	FR Midland	11:04.87	11:09.71	1
	45.281 (45.281)	2:13.183 (1:27.902)	3:42.509 (1:29.326)	5:13.441 (1:30.932)	
	6:44.316 (1:30.875)	8:15.154 (1:30.838)	9:46.540 (1:31.386)	11:09.703 (1:23.163)	
21	Victor Vizcaino Fernandez	FR Midland	11:04.61	11:09.87	1
	45.394 (45.394)	2:13.511 (1:28.117)	3:42.487 (1:28.976)	5:13.624 (1:31.137)	
	6:44.537 (1:30.913)	8:15.314 (1:30.777)	9:46.343 (1:31.029)	11:09.864 (1:23.521)	
22	Austin Ramold	SR Morningside	11:14.12	11:20.36	1
	43.855 (43.855)	2:10.511 (1:26.656)	3:39.376 (1:28.865)	5:10.567 (1:31.191)	
	6:43.079 (1:32.512)	8:17.619 (1:34.540)	9:52.365 (1:34.746)	11:20.355 (1:27.990)	
23	Brody Rouse	FR Morningside	11:00.99	11:33.90	1
	44.417 (44.417)	2:11.367 (1:26.950)	3:38.384 (1:27.017)	5:06.696 (1:28.312)	
	6:40.064 (1:33.368)	8:19.142 (1:39.078)	10:00.248 (1:41.106)	11:33.892 (1:33.644)	
24	Casey Kruger	SR Morningside	11:00.14	12:11.38	1
	45.215 (45.215)	2:15.366 (1:30.151)	3:47.804 (1:32.438)	5:27.822 (1:40.018)	
	7:10.455 (1:42.633)	8:55.350 (1:44.895)	10:36.437 (1:41.087)	12:11.379 (1:34.942)	

Men 4x100 Meter Relay

School		Seed	Finals	H#	Points
1	Northwestern (Iowa)	41.79	41.12	2	10
	1) Carter Van Donge JR				
	2) Collin Bliven FR				
	3) Braden Kalvelage SR				
	4) Michael Rodriguez SO				
2	Mount Marty	41.80	41.42	2	8
	1) Jet Janvrin FR				
	2) Zavio Prato JR				
	3) Samuel Favaretto FR				
	4) Austin Gobel SO				
3	Morningside	42.20	41.70	2	6
	1) Lynx Gregoire Jr SO				
	2) Lane Kruger SO				
	3) Jack Kling JR				
	4) Theo Moseman JR				
4	Hastings	41.93	41.77	2	5
	1) Kellen Robertus FR				
	2) Cody Hrды FR				
	3) Noah Hudnall JR				
	4) Kaiden Merryman JR				
5	Dordt	42.08	41.82	2	4
	1) Luke Nikkel SR				
	2) Levi Davelaar FR				
	3) Jacob Schmoll JR				
	4) Levi Schelhaas SR				
6	Midland	42.38	42.03	2	3
	1) Ja'Myri Bernard SO				
	2) Jameson Painter SO				
	3) Jason Jeffers SO				
	4) Aiden Mountain JR				
7	Concordia (Neb.)	41.87	42.24	2	2
	1) Jett Farwell FR				
	2) Tayven Genereux FR				
	3) Ben Sullivan FR				
	4) Xavier Marburger SO				
8	Waldorf	42.96	43.52	2	1
	1) Cole Armstrong FR				
	2) Jordan Jones FR				
	3) Robay Birri JR				
	4) Donte Brown FR				
9	Dakota Wesleyan	43.64	43.56	1	
	1) Trevor Sladky SO				
	2) Quincy Stephens FR				
	3) Sean DeBlieck SO				
	4) Dustin Lemaster FR				
--	Doane	42.99	DQ	1	15.8c
	1) Connor Bradley SR				
	2) Asher Watson FR				

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3) Michael Willey JR

4) Ryland Garretson SO

Men 4x400 Meter Relay

School	Seed	Finals	H#	Points
1 Mount Marty	3:14.89	3:15.80	2	10
1) Samuel Favaretto FR	2) Zavio Prato JR			
3) Jet Janvrin FR	4) Bastien Furstoss FR			
1:39.333 (1:39.333)	2:27.602 (48.269)	3:15.791 (48.189)		
2 Doane	3:18.89	3:16.13	2	8
1) Joaquin Gutierrez SR	2) Orion Ulmer SO			
3) Connor Bradley SR	4) Caleb Mulder SR			
1:39.376 (1:39.376)	2:28.542 (49.166)	3:16.127 (47.585)		
3 Northwestern (Iowa)	3:18.09	3:16.76	2	6
1) James Heinz FR	2) Carson Van Sickle SO			
3) Aziah Ashley SR	4) Landon Price FR			
1:39.711 (1:39.711)	2:28.099 (48.388)	3:16.753 (48.654)		
4 Dordt	3:11.76	3:17.99	2	5
1) Noah Schroder SR	2) Jacob Schmoll JR			
3) Ethan Miller FR	4) Scott Kroll JR			
1:38.189 (1:38.189)	2:27.685 (49.496)	3:17.982 (50.297)		
5 Concordia (Neb.)	3:21.35	3:22.34	2	4
1) Liam Fagan SR	2) Lucas Corwin SO			
3) Garrett Durkop FR	4) Cooper Schelkopf FR			
1:41.565 (1:41.565)	2:31.314 (49.749)	3:22.332 (51.018)		
6 Midland	3:19.70	3:22.71	2	3
1) Raheem Richards SO	2) Noah Sherman JR			
3) Chris Medlock SO	4) Koen Steenblok SO			
1:42.386 (1:42.386)	2:32.670 (50.284)	3:22.709 (50.039)		
7 Morningside	3:23.27	3:23.99	2	2
1) Cade Johnson JR	2) Jaelonni Small FR			
3) Logan Stowater FR	4) Cooper Haddix FR			
1:42.581 (1:42.581)	2:32.351 (49.770)	3:23.981 (51.630)		
8 Hastings	3:25.36	3:24.68	2	1
1) Gus Phye FR	2) Deshawn Burks SR			
3) Rafer Severson JR	4) Evan Struss SO			
1:43.788 (1:43.788)	2:35.200 (51.412)	3:24.673 (49.473)		
9 Waldorf	3:28.91	3:34.38	1	
1) Jordan Jones FR	2) Christian Hernandez FR			
3) Jacob Diaz FR	4) Avant Jackson FR			
1:45.134 (1:45.134)	2:39.883 (54.749)	3:34.371 (54.488)		

Men 4x800 Meter Relay

School	Seed	Finals	Points
1 Dordt	7:42.93	7:39.74	10
1) Trace Obbink SO	2) Luke Swanson SR		
3) Ezra Landman SO	4) Kaden Van Wyngarden JR		
1:55.835 (1:55.835)	3:52.380 (1:56.545)	5:47.292 (1:54.912)	7:39.731 (1:52.439)
2 Hastings	7:42.54	7:40.81	8
1) Parker Graves SO	2) Evan Struss SO		
3) Deshawn Burks SR	4) Tyler Salter SR		
1:58.096 (1:58.096)	3:52.660 (1:54.564)	5:47.189 (1:54.529)	7:40.807 (1:53.618)

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3	Concordia (Neb.)			7:46.29	7:41.01	6
	1) Keith Siek FR		2) Trenton Kumm FR			
	3) Justin Sherman JR		4) Lucas Corwin SO			
	1:56.291 (1:56.291)	3:51.899 (1:55.608)	5:48.152 (1:56.253)	7:41.007 (1:52.855)		
4	Midland			7:49.00	7:45.66	5
	1) Christian Olsen SO		2) Lucas Hjortkjaer SR			
	3) Braden Taylor SR		4) Koen Steenblok SO			
	1:59.331 (1:59.331)	3:52.603 (1:53.272)	5:52.580 (1:59.977)	7:45.656 (1:53.076)		
5	Northwestern (Iowa)			7:53.86	7:46.61	4
	1) Dietrich Dirks FR		2) Quinlan Rundquist FR			
	3) Caleb Tofteland FR		4) Carson Van Sickle SO			
	1:58.072 (1:58.072)	3:55.315 (1:57.243)	5:53.285 (1:57.970)	7:46.603 (1:53.318)		
6	Doane			7:52.63	7:48.99	3
	1) Lucas Gautier SO		2) Emmanuel Yego SR			
	3) Luke Bonifas JR		4) Michael Grigsby SR			
	1:57.364 (1:57.364)	3:54.373 (1:57.009)	5:52.679 (1:58.306)	7:48.986 (1:56.307)		
7	Mount Marty				8:04.22	2
	1) Carson Conway SO		2) Drake Nemetz FR			
	3) Tague Tvedt SR		4) Jude Shaughnessy FR			
	1:58.978 (1:58.978)	3:56.055 (1:57.077)	6:02.116 (2:06.061)	8:04.215 (2:02.099)		
8	Morningside				8:15.17	1
	1) Cade Johnson JR		2) Braden Sonksen JR			
	3) Logan Stowater FR		4) Kael Hamann FR			
	2:00.378 (2:00.378)	4:07.691 (2:07.313)	6:07.582 (1:59.891)	8:15.169 (2:07.587)		
9	Waldorf				8:58.60	
	1) Christian Hernandez FR		2) Jacob Diaz FR			
	3) Royce Rock FR		4) Chayton Ewurs JR			
	2:05.565 (2:05.565)	4:15.380 (2:09.815)	6:29.926 (2:14.546)	8:58.596 (2:28.670)		

Men High Jump

Name	Year School	Seed	Finals	Points
1 Grant Busker	SO Dordt	2.01m	1.98m	6-06.00 10
2 Jackson Kessler	JR Doane	2.04m	J1.98m	6-06.00 8
3 Presston Duryea	FR Doane	1.93m	1.93m	6-04.00 6
4 Peyton Herrick	JR Doane	2.03m	J1.93m	6-04.00 5
5 Bladyn Herrick	FR Doane	1.94m	J1.93m	6-04.00 4
6 Jonathan Edberg	FR Midland	1.96m	1.88m	6-02.00 3
7 Brenden Walton	FR Midland	1.81m	J1.88m	6-02.00 2
8 Donte Brown	FR Waldorf	1.86m	J1.88m	6-02.00 1
9 Drew Geetings	SR Northwestern (Iowa)	1.87m	1.83m	6-00.00
9 Coltin Vargas	SR Northwestern (Iowa)	1.88m	1.83m	6-00.00
11 Myles Sadd	SR Concordia (Neb.)	1.98m	J1.83m	6-00.00
12 Brooks Kreisel	SO Concordia (Neb.)	1.84m	1.78m	5-10.00
12 Chance Elwood	SR Hastings	1.83m	1.78m	5-10.00
14 Dylan Brei	JR Concordia (Neb.)	1.78m	J1.78m	5-10.00
-- Maddox Wagoner	FR Doane	1.99m	NH	
-- Cooper Girmus	JR Doane	1.93m	NH	
-- Landon Fransman	FR Dordt	2.06m	NH	

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Name	Year	School	Seed	Finals	Points
1 Roe Patton	FR	Doane	4.65m	4.70m	15-05.00 10
2 Willem Den Hartog	SR	Dordt	4.80m	J4.70m	15-05.00 8
3 Evan Hill	SR	Concordia (Neb.)	4.13m	4.40m	14-05.25 6
4 Ashton Pulliam	JR	Doane	4.45m	4.25m	13-11.25 5
5 Micah Heins	SO	Concordia (Neb.)	4.25m	J4.25m	13-11.25 4
6 Micah Evenhouse	FR	Dordt	4.41m	4.10m	13-05.25 3
7 Malaki Peoples	FR	Concordia (Neb.)	4.13m	J4.10m	13-05.25 2
8 David Unruh	FR	Concordia (Neb.)	4.25m	J4.10m	13-05.25 0.50
8 Talan Heezen	FR	Dakota Wesleyan	4.12m	J4.10m	13-05.25 0.50
10 Michael Beyer	SR	Mount Marty	4.15m	3.95m	12-11.50
10 Carter Harris	SO	Dakota Wesleyan	4.12m	3.95m	12-11.50
12 Finn Graveley	FR	Mount Marty	3.75m	J3.95m	12-11.50
12 Zachary Mayo	SR	Northwestern (Iowa)	4.00m	J3.95m	12-11.50
14 Pampa Raffin	SO	Midland	4.05m	J3.95m	12-11.50
-- Braxton Moffett	JR	Mount Marty	3.45m	NH	
-- Max Matherly	FR	Northwestern (Iowa)	3.87m	NH	
-- Alex Reynolds	FR	Hastings	3.23m	NH	
-- Jax Jacobson	SO	Concordia (Neb.)	4.40m	NH	
-- Caden Brooks	SO	Concordia (Neb.)	4.25m	NH	
-- isaac Fergen	SO	Dordt	4.20m	NH	
-- Nathan Adams	JR	Dordt	4.40m	NH	
-- Cody Brown	FR	Dordt	3.90m	NH	
-- Edison Knott	FR	Doane	4.05m	NH	

Men Long Jump

Name	Year	School	Seed	Finals	Wind	H#	Points
1 Braden Kalvelage	SR	Northwestern (Iowa)	7.56m	7.69m	4.0	25-02.75	2 10
2 Michael Willey	JR	Doane	7.02m	7.05m	2.6	23-01.75	2 8
3 Micah Schaap	SR	Dordt	7.04m	6.94m	1.0	22-09.25	2 6
4 Michael Rodriguez	SO	Northwestern (Iowa)	6.59m	6.75m	2.2	22-01.75	1 5
5 Maddox Wagoner	FR	Doane	6.95m	6.70m	2.0	21-11.75	2 4
6 Jack Scriver	SO	Hastings	6.96m	6.63m	3.7	21-09.00	2 3
7 Xavier Marburger	SO	Concordia (Neb.)	6.72m	6.52m	1.4	21-04.75	2 2
8 Callan McKinney	SO	Doane	6.60m	6.47m	1.4	21-02.75	1 1
9 Isaiah Gaunt	SO	Concordia (Neb.)	6.51m	6.43m	2.5	21-01.25	1
10 Trevor Sladky	SO	Dakota Wesleyan	6.56m	6.40m	2.6	21-00.00	1
11 Jordan Carter	SO	Northwestern (Iowa)	6.67m	6.39m	2.5	20-11.75	1
12 Asher Watson	FR	Doane	6.75m	6.37m	2.2	20-10.75	2
13 Quenton Walls	JR	Dakota Wesleyan	6.80m	6.36m	3.8	20-10.50	2
14 Charles Defeo	SO	Hastings	6.42m	6.32m	1.9	20-09.00	1
15 Jonah Norton	SO	Northwestern (Iowa)	6.84m	6.30m	1.0	20-08.00	2
16 Myles Sadd	SR	Concordia (Neb.)	6.75m	6.27m	2.1	20-07.00	2
17 Donte Brown	FR	Waldorf	6.68m	J6.27m	1.4	20-07.00	2
18 Zebediah Black	SO	Doane	6.29m	6.09m	1.1	19-11.75	1
19 Aiden Mountain	JR	Midland	6.51m	6.01m	1.6	19-08.75	1
20 Dylan Brei	JR	Concordia (Neb.)	6.30m	5.96m	2.0	19-06.75	1
21 Jason Jeffers	SO	Midland	6.35m	5.84m	2.5	19-02.00	1
22 Avant Jackson	FR	Waldorf	6.62m	5.78m	2.9	18-11.75	1
-- Quincy Stephens	FR	Dakota Wesleyan	6.17m	FOUL			1
-- Brian Cech	JR	Doane	6.92m	FOUL			2

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Name	Year School	Seed	Finals	Wind	H#	Points
1 Callan McKinney	SO Doane	14.09m	13.90m	-0.6	45-07.25	2 10
2 Quenton Walls	JR Dakota Wesleyan	13.62m	13.74m	-0.2	45-01.00	2 8
3 Jonathan Edberg	FR Midland	12.87m	13.55m	NWI	44-05.50	1 6
4 Michael Willey	JR Doane	12.87m	13.54m	-0.6	44-05.25	1 5
5 Cooper Grotenhuis	JR Mount Marty	13.31m	13.53m	0.1	44-04.75	2 4
6 Maddox Wagoner	FR Doane	12.99m	13.31m	+0.0	43-08.00	2 3
7 Jordan Carter	SO Northwestern (Iowa)	13.12m	13.12m	+0.0	43-00.50	2 2
8 Zebediah Black	SO Doane	13.10m	13.11m	-0.3	43-00.25	2 1
9 Charles Defeo	SO Hastings	13.18m	12.94m	+0.0	42-05.50	2
10 Xavier Marburger	SO Concordia (Neb.)	13.38m	12.76m	-1.2	41-10.50	2
11 Esteban Molina	FR Waldorf	12.83m	12.35m	-2.0	40-06.25	1
12 Ridge Bredthauer	FR Doane	13.01m	J12.35m	+0.0	40-06.25	2
13 Avant Jackson	FR Waldorf	12.62m	12.29m	-2.1	40-04.00	1
14 Sawyer Tietgen	JR Doane	12.61m	12.20m	-0.1	40-00.50	1
15 Sean DeBlieck	SO Dakota Wesleyan	12.08m	12.04m	-0.7	39-06.00	1
16 Logan Metz	FR Doane	12.56m	12.03m	-1.7	39-05.75	1
17 Sam Baumgartel	FR Concordia (Neb.)	12.16m	11.98m	-0.4	39-03.75	1
-- Jesse Blok	FR Northwestern (Iowa)	11.35m	FOUL			1
-- Brenden Walton	FR Midland	11.89m	FOUL			1
-- Brian Cech	JR Doane	14.30m	DNS	NWI		2

Men Shot Put

Name	Year School	Seed	Finals	H#	Points
1 Cale Bessler	SR Doane	17.14m	16.49m	54-01.25	2 10
2 Colton Dillon	JR Doane	15.62m	15.96m	52-04.50	2 8
3 Christopher Brown	SR Doane	14.95m	15.39m	50-06.00	2 6
4 Andrew Schmitz	JR Doane	16.19m	15.11m	49-07.00	2 5
5 Derek Heynen	JR Dordt	15.50m	J15.11m	49-07.00	2 4
6 Daniel Greenlee	FR Northwestern (Iowa)	14.14m	14.72m	48-03.50	1 3
7 DaMarcus Cannon	SO Doane	15.53m	14.67m	48-01.75	2 2
8 Cooper Stokebrand	FR Concordia (Neb.)	14.20m	14.32m	46-11.75	1 1
9 Joshua Luehr	SO Concordia (Neb.)	14.33m	J14.32m	46-11.75	1
10 Sawyer Deters	SO Concordia (Neb.)	13.69m	14.29m	46-10.75	1
11 Thomas Peltzer	JR Dordt	14.76m	13.87m	45-06.25	2
12 Blake Hogencamp	FR Briar Cliff	14.60m	13.85m	45-05.25	2
13 Tad Dimmitt	JR Doane	15.13m	13.77m	45-02.25	2
14 Kellen Anderson	SO Doane	14.65m	13.76m	45-01.75	2
15 Cooper Yao	SO Waldorf	14.46m	13.66m	44-09.75	2
16 Byron Ostdiek	FR Concordia (Neb.)	14.77m	13.50m	44-03.50	2
17 Thomas Thomas	SO Concordia (Neb.)	13.62m	13.34m	43-09.25	1
18 Justin DeHoyos	SO Northwestern (Iowa)	13.42m	13.16m	43-02.25	1
19 Cohen Rohde	FR Doane	13.89m	13.09m	42-11.50	1
20 Ryan Oberg	FR Hastings	13.10m	13.07m	42-10.75	1
21 Edward Holly	JR Hastings	13.19m	13.03m	42-09.00	1
22 Jacob Folkerts	JR Northwestern (Iowa)	13.22m	12.63m	41-05.25	1
23 David Beadle	SR Hastings	13.16m	11.86m	38-11.00	1
-- Tristan Caplan	FR Waldorf	13.51m	FOUL		1

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Name	Year	School	Seed	Finals	H#	Points
1 Christopher Brown	SR	Doane	52.68m	50.64m	166-02	2 10
2 Cale Bessler	SR	Doane	51.56m	49.35m	161-11	2 8
3 Jaden Vollenweider	JR	Doane	48.83m	46.98m	154-02	2 6
4 Andrew Englund	SO	Doane	49.86m	46.96m	154-01	2 5
5 Derek Heynen	JR	Dordt	47.70m	45.82m	150-04	2 4
6 Andrew Schmitz	JR	Doane	45.18m	43.61m	143-01	1 3
7 Cooper Stokebrand	FR	Concordia (Neb.)	47.69m	43.09m	141-04	2 2
8 Cohen Rohde	FR	Doane	46.35m	43.07m	141-04	2 1
9 Thomas Thomas	SO	Concordia (Neb.)	43.20m	42.31m	138-10	1 1
10 Kellen Anderson	SO	Doane	45.58m	41.80m	137-02	2 2
11 David Beadle	SR	Hastings	45.27m	41.73m	136-11	2 2
12 Oliver Janik	FR	Hastings	45.85m	41.47m	136-01	2 2
13 Byron Ostdiek	FR	Concordia (Neb.)	42.04m	41.13m	134-11	1 1
14 Joshua Luehr	SO	Concordia (Neb.)	43.57m	40.73m	133-07	1 1
15 Thomas Mandeville	FR	Hastings	42.10m	40.47m	132-09	1 1
16 Ryan Oberg	FR	Hastings	44.61m	40.37m	132-05	1 1
17 Logan Lampe	FR	Concordia (Neb.)	39.42m	39.74m	130-04	1 1
18 DaMarcus Cannon	SO	Doane	47.28m	39.28m	128-10	2 2
19 Daniel Greenlee	FR	Northwestern (Iowa)	41.83m	38.94m	127-09	1 1
20 Jacob Folkerts	JR	Northwestern (Iowa)	42.69m	38.83m	127-05	1 1
21 Titus Glanz	JR	Hastings	40.04m	38.58m	126-07	1 1
22 Blake Hogencamp	FR	Briar Cliff	44.44m	36.44m	119-07	1 1
23 Justin DeHoyos	SO	Northwestern (Iowa)	39.24m	33.49m	109-10	1 1
-- Nathan Baldwin	SO	Concordia (Neb.)	50.08m	DNS		2 2

Men Hammer Throw

Name	Year	School	Seed	Finals	H#	Points
1 Andrew Schmitz	JR	Doane	60.19m	59.23m	194-04	2 10
2 Nathan Baldwin	SO	Concordia (Neb.)	59.92m	57.14m	187-06	2 8
3 Colton Dillon	JR	Doane	51.75m	53.56m	175-09	2 6
4 Federico Migliano	FR	Midland	53.96m	53.30m	174-10	2 5
5 Jaden Vollenweider	JR	Doane	53.55m	53.13m	174-04	2 4
6 Josiah Edwards	JR	Concordia (Neb.)	54.68m	52.36m	171-09	2 3
7 Tad Dimmitt	JR	Doane	55.78m	51.20m	168-00	2 2
8 Tyler Suer	SO	Concordia (Neb.)	50.74m	50.78m	166-07	2 1
9 Thomas Thomas	SO	Concordia (Neb.)	48.20m	50.50m	165-08	1 1
10 Carson Lavaley	SR	Doane	50.02m	49.39m	162-00	2 2
11 Derek Heynen	JR	Dordt	49.25m	49.14m	161-03	1 1
12 Christopher Brown	SR	Doane	52.57m	49.07m	161-00	2 2
13 Sam Hartman	JR	Doane	51.01m	48.97m	160-08	2 2
14 Riley Prochnow	JR	Concordia (Neb.)	50.23m	48.78m	160-00	2 2
15 David Beadle	SR	Hastings	44.46m	48.28m	158-05	1 1
16 Josh Fee	SR	Doane	48.93m	48.26m	158-04	1 1
17 Sawyer Deters	SO	Concordia (Neb.)	49.70m	48.02m	157-06	1 1
18 Joshua Luehr	SO	Concordia (Neb.)	49.31m	46.06m	151-01	1 1
19 James Robey	SO	Waldorf	48.26m	45.52m	149-04	1 1
20 Justin DeHoyos	SO	Northwestern (Iowa)	45.00m	45.17m	148-02	1 1
21 Thomas Peltzer	JR	Dordt	47.34m	44.71m	146-08	1 1
22 Cooper Yao	SO	Waldorf	43.97m	41.68m	136-09	1 1
23 Ethan Hoolsema	FR	Dordt	45.23m	40.31m	132-03	1 1
24 Zach Luze	FR	Morningside	46.82m	35.45m	116-04	1 1

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Name	Year	School	Seed	Finals	H#	Points
1 Emry Gutz	JR	Concordia (Neb.)	59.46m	62.69m	205-08	2 10
2 Kellan Odell	FR	Mount Marty	60.50m	60.81m	199-06	2 8
3 Ben Van Eps	SR	Dordt	57.34m	54.94m	180-03	2 6
4 Mason Crumbliss	JR	Doane	58.32m	53.32m	174-11	2 5
5 Luke Paulsen	JR	Morningside	59.75m	52.56m	172-05	2 4
6 Max Raab	SR	Dakota Wesleyan	52.91m	51.37m	168-06	2 3
7 Josiah Meyer	SR	Midland	50.12m	50.23m	164-09	2 2
8 Ryland Garretson	SO	Doane	50.95m	49.88m	163-08	2 1
9 Joshua Lewis	SO	Northwestern (Iowa)	46.70m	48.57m	159-04	1
10 Kolby Hofer	FR	Northwestern (Iowa)	46.06m	48.08m	157-09	1
11 Edward Pallotto	SR	Hastings	46.80m	47.14m	154-08	2
12 Drew Geetings	SR	Northwestern (Iowa)	49.78m	46.36m	152-01	2
13 Tayne Herrmann	FR	Dakota Wesleyan	47.84m	45.76m	150-01	2
14 Cale Suckstorf	SR	Doane	50.21m	43.74m	143-06	2
15 Jackson Westerbur	SO	Northwestern (Iowa)	45.99m	43.59m	143-00	1
16 Isaac Cliff	SR	Mount Marty	39.47m	42.07m	138-00	1
17 Keegan Ashes	SO	Mount Marty	40.00m	40.02m	131-03	1
18 James Robey	SO	Waldorf	36.59m	39.91m	130-11	1
19 Cade Vlietstra	JR	Dordt	38.55m	39.06m	128-02	1
20 Stephen Meisel	SO	Concordia (Neb.)	44.65m	38.67m	126-10	1
21 Alex Klarenbeek	SO	Morningside	36.44m	34.25m	112-04	1
22 Brooks Miner	FR	Waldorf	34.28m	33.89m	111-02	1
23 Penisimani Manuotalaha	FR	Waldorf	30.53m	32.82m	107-08	1

Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Year	School	Finals	Wind	H#	Points
1 Hank Moore	SR	Concordia (Neb.)	10.96	2.8	2	870
2 Rafer Severson	JR	Hastings	10.99	2.8	2	863
3 Pryor Mathews	FR	Doane	11.21	4.7	1	814
4 Zach Fye	SR	Doane	11.29	4.7	1	797
5 Tysen Fleischman	FR	Doane	11.35	4.7	1	784
6 Aidan Schaap	SO	Dordt	11.36	2.8	2	782
7 James Deseh	JR	Mount Marty	11.45	4.7	1	763
8 Kellan Odell	FR	Mount Marty	11.50	2.8	2	753
9 Michael Beyer	SR	Mount Marty	11.57	2.8	2	738
10 Jonathan van Lien	SO	Mount Marty	11.57	2.8	2	738
10 Maxwell Fiser	FR	Doane	11.57	4.7	1	738
12 Marcos Riano Aransay	FR	Midland	11.61	4.7	1	730
13 Levi Langloss	SO	Mount Marty	11.69	2.8	2	713
14 Nathan Adams	JR	Dordt	11.93	4.7	1	665

Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year	School	Finals	H#	Points
1 Hank Moore	SR	Concordia (Neb.)	51.15	2	762
2 Rafer Severson	JR	Hastings	51.79	2	734
3 Zach Fye	SR	Doane	52.39	2	708
4 Tysen Fleischman	FR	Doane	52.61	2	698
5 Jonathan van Lien	SO	Mount Marty	52.97	2	683
6 Maxwell Fiser	FR	Doane	53.21	2	673

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7 Aidan Schaap	SO Dordt	53.26	1	671
8 Michael Beyer	SR Mount Marty	54.16	2	633
9 Pryor Mathews	FR Doane	54.20	1	631
10 Nathan Adams	JR Dordt	54.61	1	615
11 Marcos Riano Aransay	FR Midland	55.51	1	578
12 Kellan Odell	FR Mount Marty	55.95	1	561
13 Levi Langloss	SO Mount Marty	56.66	1	534
14 James Deseh	JR Mount Marty	57.16	1	515

Decathlon: #10 Men 1500 Meter Run Decathlon

Name	Year School	Finals	Points
1 Nathan Adams	JR Dordt	4:42.95	662
50.956 (50.956)	2:07.148 (1:16.192)	3:28.037 (1:20.889)	4:42.947 (1:14.910)
2 Michael Beyer	SR Mount Marty	4:48.03	631
55.145 (55.145)	2:17.250 (1:22.105)	3:37.106 (1:19.856)	4:48.028 (1:10.922)
3 Zach Fye	SR Doane	4:50.99	613
55.267 (55.267)	2:16.651 (1:21.384)	3:39.752 (1:23.101)	4:50.985 (1:11.233)
4 Rafer Severson	JR Hastings	4:53.45	598
54.795 (54.795)	2:17.093 (1:22.298)	3:40.476 (1:23.383)	4:53.448 (1:12.972)
5 Tysen Fleischman	FR Doane	4:54.67	591
55.537 (55.537)	2:18.054 (1:22.517)	3:40.077 (1:22.023)	4:54.668 (1:14.591)
6 Maxwell Fiser	FR Doane	4:56.54	580
54.886 (54.886)	2:19.427 (1:24.541)	3:41.915 (1:22.488)	4:56.539 (1:14.624)
7 Marcos Riano Aransay	FR Midland	4:56.81	578
56.807 (56.807)	2:19.781 (1:22.974)	3:41.896 (1:22.115)	4:56.808 (1:14.912)
8 Aidan Schaap	SO Dordt	4:57.16	576
53.033 (53.033)	2:15.837 (1:22.804)	3:40.911 (1:25.074)	4:57.159 (1:16.248)
9 Hank Moore	SR Concordia (Neb.)	5:00.48	557
55.354 (55.354)	2:17.591 (1:22.237)	3:37.379 (1:19.788)	5:00.473 (1:23.094)
10 Pryor Mathews	FR Doane	5:16.15	470
1:00.685 (1:00.685)	2:25.684 (1:24.999)	3:52.449 (1:26.765)	5:16.149 (1:23.700)
11 Levi Langloss	SO Mount Marty	5:23.05	434
1:01.655 (1:01.655)	2:27.908 (1:26.253)	3:58.042 (1:30.134)	5:23.043 (1:25.001)
12 James Deseh	JR Mount Marty	5:25.04	424
1:01.995 (1:01.995)	2:28.671 (1:26.676)	3:59.453 (1:30.782)	5:25.037 (1:25.584)
13 Kellan Odell	FR Mount Marty	5:30.10	399
1:01.956 (1:01.956)	2:28.275 (1:26.319)	3:58.809 (1:30.534)	5:30.095 (1:31.286)
-- Jonathan van Lien	SO Mount Marty	DNF	
1:01.687 (1:01.687)	2:27.977 (1:26.290)	3:57.310 (1:29.333)	

Decathlon: #6 Men 110 Meter Hurdles Decathlon

Name	Year School	Finals	Wind	H#	Points
1 Pryor Mathews	FR Doane	15.56	0.5	3	783
2 Michael Beyer	SR Mount Marty	15.98	0.2	4	735
3 Tysen Fleischman	FR Doane	16.07	0.2	4	725
4 Zach Fye	SR Doane	16.17	-0.4	1	714
5 Jonathan van Lien	SO Mount Marty	16.25	0.2	4	705
6 Hank Moore	SR Concordia (Neb.)	16.52	0.5	3	675
7 Kellan Odell	FR Mount Marty	16.56	0.2	4	671
8 Marcos Riano Aransay	FR Midland	17.00	0.5	3	624
9 Aidan Schaap	SO Dordt	17.58	+0.0	2	565

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10 Rafer Severson	JR Hastings	17.60	+0.0	2	563
11 James Deseh	JR Mount Marty	17.75	0.5	3	548
12 Nathan Adams	JR Dordt	17.76	+0.0	2	547
13 Maxwell Fiser	FR Doane	19.77	-0.4	1	368
-- Levi Langloss	SO Mount Marty	DNF	-0.4	1	

Decathlon: #4 Men High Jump Decathlon

Name	Year School	Finals	Points
1 James Deseh	JR Mount Marty	1.88m	6-02.00 696
2 Rafer Severson	JR Hastings	1.85m	6-00.75 670
3 Pryor Mathews	FR Doane	1.82m	5-11.50 644
4 Hank Moore	SR Concordia (Neb.)	1.76m	5-09.25 593
4 Aidan Schaap	SO Dordt	1.76m	5-09.25 593
6 Zach Fye	SR Doane	1.73m	5-08.00 569
7 Tysen Fleischman	FR Doane	1.67m	5-05.75 520
7 Kellan Odell	FR Mount Marty	1.67m	5-05.75 520
7 Michael Beyer	SR Mount Marty	1.67m	5-05.75 520
7 Nathan Adams	JR Dordt	1.67m	5-05.75 520
11 Jonathan van Lien	SO Mount Marty	1.55m	5-01.00 426
11 Maxwell Fiser	FR Doane	1.55m	5-01.00 426
11 Marcos Riano Aransay	FR Midland	1.55m	5-01.00 426
14 Levi Langloss	SO Mount Marty	1.49m	4-10.50 381

Decathlon: #8 Men Pole Vault Decathlon

Name	Year School	Finals	Points
1 Nathan Adams	JR Dordt	4.20m	13-09.25 673
2 Michael Beyer	SR Mount Marty	4.10m	13-05.25 645
3 Rafer Severson	JR Hastings	4.00m	13-01.50 617
4 Zach Fye	SR Doane	3.90m	12-09.50 590
5 Maxwell Fiser	FR Doane	3.70m	12-01.50 535
6 Marcos Riano Aransay	FR Midland	3.40m	11-01.75 457
6 Tysen Fleischman	FR Doane	3.40m	11-01.75 457
6 Pryor Mathews	FR Doane	3.40m	11-01.75 457
9 Kellan Odell	FR Mount Marty	3.10m	10-02.00 381
10 James Deseh	JR Mount Marty	3.00m	9-10.00 357
11 Aidan Schaap	SO Dordt	2.90m	9-06.25 333
12 Levi Langloss	SO Mount Marty	2.80m	9-02.25 309
13 Jonathan van Lien	SO Mount Marty	2.20m	7-02.50 179
-- Hank Moore	SR Concordia (Neb.)	NH	

Decathlon: #2 Men Long Jump Decathlon

Name	Year School	Finals	Wind	Points
1 Aidan Schaap	SO Dordt	6.70m	2.6 21-11.75	743
2 Zach Fye	SR Doane	6.52m	2.6 21-04.75	702
2 Rafer Severson	JR Hastings	6.52m	3.7 21-04.75	702
4 Tysen Fleischman	FR Doane	6.50m	2.7 21-04.00	697
5 Jonathan van Lien	SO Mount Marty	6.45m	1.7 21-02.00	686
6 Hank Moore	SR Concordia (Neb.)	6.41m	2.7 21-00.50	677
7 Kellan Odell	FR Mount Marty	6.15m	1.4 20-02.25	619

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8	Michael Beyer	SR Mount Marty	6.14m	1.6	20-01.75	617
9	James Deseh	JR Mount Marty	6.11m	1.2	20-00.50	610
10	Marcos Riano Aransay	FR Midland	5.96m	1.9	19-06.75	578
11	Pryor Mathews	FR Doane	5.71m	2.7	18-09.00	525
12	Nathan Adams	JR Dordt	5.70m	1.7	18-08.50	523
13	Maxwell Fiser	FR Doane	5.54m	2.1	18-02.25	490
14	Levi Langloss	SO Mount Marty	5.33m	3.8	17-06.00	447

Decathlon: #3 Men Shot Put Decathlon

Name	Year	School	Finals	Points	
1	Zach Fye	SR Doane	12.42m	40-09.00	632
2	Hank Moore	SR Concordia (Neb.)	12.25m	40-02.25	622
3	Rafer Severson	JR Hastings	11.86m	38-11.00	598
4	Aidan Schaap	SO Dordt	11.38m	37-04.00	569
5	Maxwell Fiser	FR Doane	11.03m	36-02.25	548
6	Pryor Mathews	FR Doane	10.90m	35-09.25	540
7	Tysen Fleischman	FR Doane	10.73m	35-02.50	530
8	Michael Beyer	SR Mount Marty	10.51m	34-05.75	516
9	James Deseh	JR Mount Marty	10.45m	34-03.50	513
10	Jonathan van Lien	SO Mount Marty	10.14m	33-03.25	494
11	Marcos Riano Aransay	FR Midland	9.70m	31-10.00	468
12	Kellan Odell	FR Mount Marty	9.63m	31-07.25	463
13	Levi Langloss	SO Mount Marty	9.22m	30-03.00	439
14	Nathan Adams	JR Dordt	8.40m	27-06.75	390

Decathlon: #7 Men Discus Throw Decathlon

Name	Year	School	Finals	Points	
1	Zach Fye	SR Doane	38.33m	125-09	631
2	Hank Moore	SR Concordia (Neb.)	38.13m	125-01	627
3	Rafer Severson	JR Hastings	34.37m	112-09	551
4	Tysen Fleischman	FR Doane	33.70m	110-07	538
5	Michael Beyer	SR Mount Marty	31.84m	104-05	501
6	Maxwell Fiser	FR Doane	31.24m	102-06	489
7	Kellan Odell	FR Mount Marty	30.49m	100-00	474
8	Jonathan van Lien	SO Mount Marty	28.31m	92-10	431
9	Aidan Schaap	SO Dordt	27.68m	90-10	419
10	Levi Langloss	SO Mount Marty	25.55m	83-10	378
11	Pryor Mathews	FR Doane	23.83m	78-02	345
12	Nathan Adams	JR Dordt	22.69m	74-05	323
13	James Deseh	JR Mount Marty	22.15m	72-08	313
14	Marcos Riano Aransay	FR Midland	21.14m	69-04	293

Decathlon: #9 Men Javelin Throw Decathlon

Name	Year	School	Finals	Points	
1	Kellan Odell	FR Mount Marty	58.98m	193-06	723
2	Maxwell Fiser	FR Doane	49.75m	163-03	585
3	Pryor Mathews	FR Doane	44.96m	147-06	514
4	Rafer Severson	JR Hastings	43.99m	144-04	500
5	Hank Moore	SR Concordia (Neb.)	42.04m	137-11	472

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6 Zach Fye	SR Doane	41.67m	136-08	466
7 Aidan Schaap	SO Dordt	40.88m	134-01	455
8 Michael Beyer	SR Mount Marty	39.14m	128-05	430
9 Levi Langloss	SO Mount Marty	38.92m	127-08	426
10 Marcos Riano Aransay	FR Midland	37.34m	122-06	404
11 Tysen Fleischman	FR Doane	37.31m	122-05	403
12 James Deseh	JR Mount Marty	36.64m	120-02	394
13 Nathan Adams	JR Dordt	33.38m	109-06	347
-- Jonathan van Lien	SO Mount Marty	FOUL		

Men Decathlon

Name	Year School	Seed	Finals	H#	Points
1 Zach Fye	SR Doane	4960	6422	10	
2 Rafer Severson	JR Hastings	6399	6396	8	
3 Michael Beyer	SR Mount Marty	4721	5966	6	
4 Tysen Fleischman	FR Doane	5380	5943	5	
5 Hank Moore	SR Concordia (Neb.)	6373	5855	4	
6 Pryor Mathews	FR Doane	5524	5723	3	
7 Aidan Schaap	SO Dordt	5400	5706	2	
8 Kellan Odell	FR Mount Marty	5357	5564	1	
9 Maxwell Fiser	FR Doane	5080	5432		
10 Nathan Adams	JR Dordt	5046	5265		
11 Marcos Riano Aransay	FR Midland	4906	5136		
12 James Deseh	JR Mount Marty	5028	5133		
13 Jonathan van Lien	SO Mount Marty	6129	4342		
14 Levi Langloss	SO Mount Marty	3778	4061		

Men 5000 Meter Race Walk

Name	Year School	Seed	Finals
1 Jonny Jurchen	SO Concordia (Neb.)	21:44.43	21:34.19
46.659 (46.659)	2:26.170 (1:39.511)	4:08.374 (1:42.204)	5:52.769 (1:44.395)
7:37.869 (1:45.100)	9:25.658 (1:47.789)	11:13.209 (1:47.551)	13:01.411 (1:48.202)
14:47.329 (1:45.918)	16:31.083 (1:43.754)	18:16.621 (1:45.538)	20:00.083 (1:43.462)
21:34.186 (1:34.103)			
2 Jack Habegger	FR Concordia (Neb.)	23:05.70	22:25.20
49.190 (49.190)	2:33.879 (1:44.689)	4:20.023 (1:46.144)	6:07.211 (1:47.188)
7:58.698 (1:51.487)	9:51.130 (1:52.432)	11:40.793 (1:49.663)	13:29.521 (1:48.728)
15:17.735 (1:48.214)	17:07.492 (1:49.757)	18:57.618 (1:50.126)	20:45.062 (1:47.444)
22:25.200 (1:40.138)			
3 Luke Hammang	JR Concordia (Neb.)	24:21.34	23:25.07
51.340 (51.340)	2:42.103 (1:50.763)	4:33.805 (1:51.702)	6:25.269 (1:51.464)
8:19.133 (1:53.864)	10:16.572 (1:57.439)	12:09.892 (1:53.320)	14:05.059 (1:55.167)
16:00.045 (1:54.986)	17:55.790 (1:55.745)	19:48.783 (1:52.993)	21:41.167 (1:52.384)
23:25.067 (1:43.900)			
4 Sam Wise	SR Hastings	25:15.67	24:38.21
52.459 (52.459)	2:46.491 (1:54.032)	4:41.215 (1:54.724)	6:36.346 (1:55.131)
8:31.983 (1:55.637)	10:30.198 (1:58.215)	12:27.366 (1:57.168)	14:26.700 (1:59.334)
16:28.080 (2:01.380)	18:30.364 (2:02.284)	20:34.983 (2:04.619)	22:39.279 (2:04.296)
24:38.210 (1:58.931)			

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 Women - Team Rankings - 22 Events Scored
 =====

1) Doane	250.50	2) Dordt	194
3) Concordia (Neb.)	139	4) St. Mary (Neb.)	58.50
5) Morningside	49	6) Northwestern (Iowa)	42
7) Midland	40	8) Hastings	36
9) Mount Marty	26	10) Waldorf	18
11) Briar Cliff	3	12) Dakota Wesleyan	2

 =====
 Men - Team Rankings - 22 Events Scored
 =====

1) Doane	248	2) Dordt	123
3) Northwestern (Iowa)	109	4) Mount Marty	106
5) Concordia (Neb.)	103.50	6) Midland	61
7) Hastings	52	8) Morningside	42
9) Dakota Wesleyan	11.50	10) Waldorf	2