

NJCAA Region XI Championships

Luther College

2/17/2012

Results

Event 23 Women 4x800 Meter Relay

Round 1

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>			<u>Points</u>
Heat 1						
1	Iowa Central	ICCC A	9:32.84			10
	2:28.971(2:28.971)	4:47.752(2:18.781)	7:06.776(2:19.025)	9:32.840(2:26.065)		
2	Luther	LUTH A	10:02.36			8
	2:26.619(2:26.619)	4:56.137(2:29.518)	7:29.142(2:33.005)	10:02.352(2:33.210)		
3	Iowa Western	IWCC A	10:08.56			6
	2:31.699(2:31.699)	4:59.754(2:28.055)	7:29.045(2:29.291)	10:08.554(2:39.509)		
4	North Iowa Area CC	NIAC A	10:23.67			5
	2:27.419(2:27.419)	5:06.234(2:38.815)	7:48.776(2:42.543)	10:23.670(2:34.894)		

Event 17 Women 5000 Meter Run

Round 1

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>			<u>Points</u>
Heat 1						
1	Gutierrez, Perla	Iowa Central	19:03.62			10
	42.848(42.848)	1:26.192(43.344)	2:11.412(45.221)	2:58.148(46.737)	3:44.882(46.734)	
	4:31.828(46.947)	5:18.173(46.346)	6:04.328(46.156)	6:50.162(45.835)	7:37.172(47.010)	
	8:24.186(47.015)	9:11.072(46.887)	9:57.816(46.745)	10:43.672(45.857)	11:30.420(46.749)	
	12:16.844(46.425)	13:02.879(46.035)	13:47.707(44.829)	14:34.243(46.537)	15:19.943(45.700)	
	16:06.606(46.664)	16:52.859(46.254)	17:39.541(46.683)	18:22.679(43.138)	19:03.618(40.940)	
2	Horn, Sam	Iowa Central	22:13.86			8
	44.719(44.719)	1:32.806(48.087)	2:23.684(50.879)	3:16.116(52.433)	4:09.190(53.074)	
	5:02.297(53.107)	5:56.543(54.246)	6:50.932(54.390)	7:46.083(55.151)	8:41.345(55.263)	
	9:36.665(55.320)	10:31.630(54.966)	11:23.672(52.042)	12:19.046(55.375)	13:14.234(55.188)	
	14:09.969(55.736)	15:06.461(56.493)	16:02.533(56.072)	16:58.915(56.383)	17:54.884(55.970)	
	18:50.447(55.563)	19:44.402(53.956)	20:37.532(53.130)	21:29.774(52.243)	22:13.851(44.077)	
3	Winter, Samantha	Iowa Western	22:48.19			6
	44.803(44.803)	1:32.842(48.039)	2:23.740(50.899)	3:16.048(52.309)	4:08.233(52.186)	
	5:01.399(53.166)	5:54.702(53.303)	6:49.629(54.927)	7:44.445(54.817)	8:39.908(55.463)	
	9:36.256(56.349)	10:30.963(54.707)	11:23.704(52.741)	12:19.636(55.933)	13:15.715(56.080)	
	14:13.190(57.476)	15:10.441(57.252)	16:07.055(56.614)	17:05.080(58.025)	18:02.593(57.514)	
	19:02.333(59.741)	20:00.457(58.124)	20:58.906(58.449)	21:55.291(56.385)	22:48.191(52.900)	
4	Murray, Kelly	Iowa Western	23:04.31			5
	45.014(45.014)	1:33.136(48.122)	2:24.026(50.891)	3:16.565(52.539)	4:09.382(52.817)	
	5:02.755(53.373)	5:56.860(54.105)	6:51.378(54.519)	7:46.399(55.021)	8:41.638(55.240)	
	9:37.171(55.533)	10:32.119(54.949)	11:27.604(55.485)	12:23.853(56.250)	13:20.792(56.940)	
	14:18.795(58.003)	15:17.298(58.503)	16:16.481(59.183)	17:16.568(1:00.087)	18:17.191(1:00.624)	
	19:17.602(1:00.411)	20:18.931(1:01.330)	21:17.545(58.614)	22:14.128(56.584)	23:04.312(50.184)	

Event 18 Men 5000 Meter Run

NJCAA Region XI Championships

Luther College

2/17/2012

Results

Event 18 Men 5000 Meter Run

Round 1

<u>Name</u>		<u>Affiliation</u>		<u>Time</u>		<u>Points</u>
Heat 1						
1	Boma, Jamal	Iowa Central		15:11.84		10
	33.460(33.460)	1:09.231(35.771)	1:46.349(37.119)	2:23.107(36.758)	3:00.176(37.069)	
	3:37.237(37.061)	4:14.072(36.835)	4:50.682(36.610)	5:26.955(36.273)	6:01.359(34.405)	
	6:36.528(35.170)	7:13.004(36.477)	7:49.832(36.828)	8:26.797(36.965)	9:03.814(37.017)	
	9:41.150(37.336)	10:18.660(37.510)	10:55.621(36.961)	11:32.379(36.758)	12:09.708(37.329)	
	12:46.568(36.860)	13:23.531(36.963)	14:00.806(37.275)	14:36.996(36.191)	15:11.831(34.836)	
2	Smith, Trent	North Iowa Area CC		15:18.72		8
	33.077(33.077)	1:08.906(35.829)	1:46.014(37.108)	2:22.532(36.519)	2:59.638(37.106)	
	3:37.049(37.412)	4:13.974(36.925)	4:50.582(36.609)	5:27.386(36.804)	6:03.477(36.091)	
	6:40.030(36.554)	7:18.274(38.245)	7:55.504(37.230)	8:33.190(37.686)	9:10.126(36.936)	
	9:48.383(38.257)	10:26.497(38.114)	11:04.958(38.462)	11:43.768(38.810)	12:21.891(38.123)	
	12:59.451(37.560)	13:36.548(37.097)	14:13.051(36.504)	14:47.459(34.409)	15:18.719(31.261)	
3	Manchester, Cody	North Iowa Area CC		15:30.26		6
	34.452(34.452)	1:09.536(35.085)	1:46.146(36.610)	2:22.814(36.668)	2:59.899(37.086)	
	3:37.315(37.416)	4:14.244(36.929)	4:50.838(36.595)	5:27.602(36.764)	6:02.998(35.396)	
	6:39.944(36.946)	7:18.206(38.263)	7:55.747(37.541)	8:33.461(37.714)	9:10.411(36.950)	
	9:48.611(38.200)	10:26.693(38.082)	11:05.154(38.462)	11:44.032(38.878)	12:22.081(38.049)	
	12:59.701(37.620)	13:37.311(37.611)	14:15.329(38.018)	14:53.333(38.004)	15:30.260(36.927)	
4	Jarso, Kemal	Iowa Central		15:50.10		5
	35.016(35.016)	1:13.023(38.007)	1:51.737(38.715)	2:29.043(37.306)	3:06.180(37.137)	
	3:43.903(37.723)	4:21.427(37.524)	4:59.460(38.033)	5:36.445(36.985)	6:13.905(37.460)	
	6:51.582(37.678)	7:29.128(37.546)	8:07.078(37.950)	8:45.004(37.926)	9:23.773(38.769)	
	10:01.590(37.818)	10:40.209(38.619)	11:18.947(38.738)	11:58.407(39.461)	12:38.305(39.898)	
	13:17.673(39.369)	13:57.541(39.868)	14:37.676(40.136)	15:15.238(37.562)	15:50.093(34.856)	
5	Fish, Micheal	Iowa Central		16:05.16		4
	35.575(35.575)	1:13.403(37.828)	1:52.378(38.976)	2:29.731(37.353)	3:07.097(37.366)	
	3:44.484(37.387)	4:22.100(37.616)	5:00.071(37.971)	5:37.474(37.403)	6:15.343(37.870)	
	6:53.123(37.780)	7:32.049(38.926)	8:11.012(38.964)	8:50.680(39.668)	9:30.547(39.868)	
	10:11.125(40.578)	10:51.323(40.199)	11:31.907(40.585)	12:11.069(39.162)	12:52.113(41.045)	
	13:33.338(41.226)	14:14.065(40.728)	14:52.685(38.620)	15:29.183(36.499)	16:05.155(35.973)	
6	Iniguez, Jesus	Iowa Central		16:18.37		3
	35.771(35.771)	1:13.601(37.830)	1:52.606(39.006)	2:30.016(37.410)	3:06.891(36.875)	
	3:44.732(37.841)	4:22.418(37.686)	5:00.452(38.034)	5:38.054(37.603)	6:16.342(38.288)	
	6:54.945(38.603)	7:34.396(39.452)	8:14.374(39.978)	8:54.239(39.866)	9:35.096(40.858)	
	10:15.493(40.397)	10:55.818(40.326)	11:36.850(41.033)	12:17.376(40.526)	12:58.535(41.160)	
	13:39.897(41.363)	14:21.192(41.296)	15:01.260(40.069)	15:41.262(40.002)	16:18.364(37.102)	
7	Plourde, Anthony	Iowa Central		16:34.18		2
	35.212(35.212)	1:13.195(37.983)	1:51.995(38.801)	2:29.358(37.363)	3:06.624(37.266)	
	3:44.170(37.546)	4:21.669(37.499)	4:59.760(38.091)	5:37.010(37.250)	6:14.868(37.859)	
	6:52.768(37.900)	7:31.691(38.923)	8:10.674(38.984)	8:50.229(39.555)	9:30.843(40.615)	
	10:10.931(40.088)	10:51.701(40.771)	11:32.435(40.735)	12:13.835(41.401)	12:55.033(41.199)	

NJCAA Region XI Championships

Luther College

2/17/2012

Results

Event 18 Men 5000 Meter Run

	13:36.000(40.967)	14:16.299(40.300)	14:51.553(35.255)	15:25.890(34.337)	16:34.180(1:08.291)
8 Hunter, Blake		Iowa Western		16:52.40	
	35.935(35.935)	1:13.647(37.712)	1:52.852(39.206)	2:30.134(37.282)	3:07.167(37.033)
	3:44.682(37.515)	4:22.673(37.991)	5:00.748(38.075)	5:38.365(37.618)	6:17.277(38.912)
	6:56.688(39.412)	7:37.648(40.960)	8:19.051(41.404)	9:00.902(41.852)	9:43.262(42.360)
	10:26.551(43.289)	11:09.678(43.128)	11:53.159(43.481)	12:36.896(43.737)	13:20.029(43.133)
	14:02.834(42.805)	14:45.729(42.896)	15:28.692(42.963)	16:11.184(42.492)	16:52.392(41.209)
9 Bestenlehner, Robert		Iowa Western		16:56.27	
	36.581(36.581)	1:14.044(37.463)	1:53.154(39.111)	2:30.956(37.802)	3:08.977(38.021)
	3:47.087(38.110)	4:26.118(39.032)	5:05.439(39.321)	5:44.884(39.446)	6:25.303(40.420)
	7:06.384(41.081)	7:47.741(41.358)	8:29.718(41.977)	9:10.431(40.714)	9:51.056(40.626)
	10:32.770(41.715)	11:16.778(44.008)	11:59.026(42.248)	12:41.363(42.337)	13:24.536(43.173)
	14:08.182(43.646)	14:51.894(43.713)	15:34.487(42.593)	16:17.069(42.582)	16:56.269(39.200)
10 Moore, Jake		Iowa Western		17:01.34	
	36.051(36.051)	1:13.912(37.861)	1:53.018(39.107)	2:30.436(37.418)	3:08.287(37.851)
	3:46.315(38.028)	4:25.306(38.992)	5:04.808(39.502)	5:44.222(39.415)	6:24.959(40.737)
	7:06.198(41.240)	7:47.649(41.452)	8:29.534(41.886)	9:11.052(41.519)	9:52.407(41.356)
	10:35.008(42.601)	11:18.046(43.038)	12:01.334(43.288)	12:44.354(43.021)	13:27.984(43.630)
	14:11.195(43.211)	14:54.538(43.343)	15:37.579(43.041)	16:20.106(42.528)	17:01.340(41.234)
11 Bunch, Trai		Iowa Western		17:30.17	
	36.233(36.233)	1:13.243(37.010)	1:52.576(39.334)	2:30.648(38.072)	3:08.863(38.215)
	3:47.201(38.338)	4:26.921(39.721)	5:06.984(40.064)	5:47.725(40.741)	6:29.348(41.624)
	7:10.368(41.021)	7:52.275(41.907)	8:35.145(42.870)	9:18.992(43.848)	10:04.115(45.123)
	10:49.169(45.055)	11:33.901(44.732)	12:18.635(44.735)	13:03.885(45.250)	13:49.420(45.536)
	14:34.568(45.149)	15:19.218(44.650)	16:03.036(43.818)	16:46.923(43.888)	17:30.162(43.239)
12 Gaitan, Michael		Iowa Western		18:04.12	
	35.837(35.837)	1:13.431(37.594)	1:52.730(39.300)	2:30.234(37.504)	3:07.646(37.412)
	3:45.156(37.510)	4:23.986(38.830)	5:03.789(39.804)	5:45.131(41.343)	6:27.938(42.807)
	7:11.806(43.868)	7:57.831(46.026)	8:43.983(46.153)	9:30.339(46.357)	10:17.080(46.742)
	11:04.510(47.430)	11:50.734(46.224)	12:38.081(47.347)	13:25.754(47.673)	14:13.083(47.329)
	15:00.673(47.590)	15:48.261(47.589)	16:36.686(48.425)	17:22.622(45.936)	18:04.113(41.492)
13 DiMarco, Nicholas		North Iowa Area CC		18:59.03	
	36.363(36.363)	1:14.809(38.447)	1:55.367(40.558)	2:37.790(42.423)	3:21.035(43.246)
	4:05.042(44.007)	4:49.604(44.562)	5:34.947(45.344)	6:21.061(46.115)	7:07.422(46.362)
	7:54.138(46.716)	8:41.346(47.208)	9:29.093(47.747)	10:16.164(47.072)	11:04.838(48.675)
	11:52.995(48.157)	12:41.439(48.444)	13:28.761(47.322)	14:17.112(48.351)	15:05.684(48.572)
	15:53.299(47.615)	16:40.319(47.021)	17:24.079(43.761)	18:11.557(47.478)	18:59.024(47.467)
--- Tanui, Joktan		Iowa Western		DNF	
	36.101(36.101)	1:13.621(37.520)	1:52.670(39.050)	2:30.694(38.024)	3:08.791(38.097)
	3:48.068(39.278)	4:29.913(41.846)	5:12.858(42.945)	5:58.416(45.558)	6:43.000(44.585)
	7:30.131(47.132)	8:16.769(46.639)	9:05.834(49.065)	9:52.245(46.412)	10:45.184(52.939)

Event 24 Men 4x800 Meter Relay

Round 1

NJCAA Region XI Championships

Luther College

2/17/2012

Results

Event 24 Men 4x800 Meter Relay

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	North Iowa Area CC	NIAC A	7:57.22	10
	1:56.631(1:56.631)	3:58.421(2:01.790)	5:58.598(2:00.178)	7:57.212(1:58.614)
2	Iowa Central	ICCC A	7:57.80	8
	2:02.542(2:02.542)	4:04.249(2:01.707)	6:02.049(1:57.800)	7:57.796(1:55.747)
3	Iowa Western	IWCC A	8:06.22	6
	2:00.089(2:00.089)	4:04.013(2:03.925)	6:04.855(2:00.843)	8:06.220(2:01.365)

Event 15 Women 3000 Meter Run

Round 1

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Nyandwi, Ebeissa	Iowa Central	10:14.60	10
	36.315(36.315)	1:15.211(38.896)	1:55.834(40.624)	2:36.661(40.828)
	3:59.942(41.752)	4:41.626(41.685)	5:24.613(42.987)	6:06.540(41.927)
	7:32.353(43.383)	8:15.630(43.277)	8:57.943(42.313)	9:37.960(40.018)
				10:14.594(36.634)
2	Bueneke, Anna	North Iowa Area CC	10:16.81	8
	35.946(35.946)	1:14.792(38.846)	1:55.344(40.553)	2:36.247(40.904)
	3:59.516(41.725)	4:41.277(41.762)	5:24.193(42.916)	6:06.167(41.974)
	7:31.988(43.451)	8:15.204(43.216)	8:57.664(42.460)	9:37.876(40.213)
				10:16.801(38.925)
3	Miller, Jodi	Iowa Central	10:47.75	6
	36.512(36.512)	1:15.432(38.920)	1:56.151(40.720)	2:37.565(41.415)
	4:04.361(43.648)	4:49.039(44.679)	5:33.930(44.891)	6:18.830(44.901)
	7:50.399(46.149)	8:36.030(45.632)	9:22.150(46.121)	10:06.899(44.749)
				10:47.750(40.852)
4	Niyokwizigwa, Eveline	Iowa Central	11:32.16	5
	42.246(42.246)	1:25.712(43.466)	2:10.222(44.511)	2:55.396(45.174)
	4:28.414(47.292)	5:14.745(46.332)	6:00.987(46.242)	6:48.179(47.193)
	8:24.623(48.431)	9:13.966(49.343)	10:03.320(49.354)	10:52.299(48.980)
				11:32.151(39.852)
5	Andrews, Ariel	Iowa Western	11:58.43	4
	37.811(37.811)	1:22.076(44.266)	2:06.925(44.849)	2:53.838(46.914)
	4:29.424(48.601)	5:17.896(48.472)	6:08.702(50.807)	6:57.960(49.258)
	8:40.384(51.122)	9:31.578(51.194)	10:25.737(54.160)	11:16.948(51.211)
				11:58.426(41.479)
6	Boursier, Michelle	Luther	12:00.72	3
	44.213(44.213)	1:33.940(49.728)	2:20.663(46.724)	3:08.675(48.012)
	4:46.969(49.407)	5:37.007(50.039)	6:27.184(50.177)	7:16.467(49.284)
	8:48.057(45.222)	9:35.490(47.433)	10:24.318(48.828)	11:13.325(49.008)
				12:00.713(47.388)
7	Gould, Abbie	Luther	12:03.75	2
	45.996(45.996)	1:35.254(49.258)	2:24.785(49.531)	3:14.865(50.081)
	4:54.378(49.928)	5:44.440(50.062)	6:34.388(49.949)	7:21.660(47.272)
	8:54.057(45.032)	9:39.925(45.869)	10:27.061(47.137)	11:15.103(48.042)
				12:03.742(48.639)
8	Spath, Allison	Iowa Western	12:32.71	1
	39.900(39.900)	1:24.640(44.740)	2:11.809(47.170)	3:00.135(48.326)
				3:51.157(51.023)

NJCAA Region XI Championships

Luther College

2/17/2012

Results

Event 15 Women 3000 Meter Run

	4:41.472(50.315)	5:32.286(50.815)	6:21.712(49.426)	7:15.557(53.846)	8:08.735(53.178)
	9:02.658(53.923)	9:56.179(53.521)	10:50.761(54.582)	11:44.885(54.125)	12:32.702(47.817)
9	Maze, Lauren	Luther		12:34.95	
	46.371(46.371)	1:35.761(49.390)	2:25.984(50.224)	3:17.493(51.509)	4:09.219(51.727)
	5:01.115(51.897)	5:53.352(52.238)	6:44.924(51.573)	7:36.907(51.984)	8:28.013(51.106)
	9:18.783(50.771)	10:10.296(51.514)	11:01.119(50.823)	11:50.083(48.965)	12:34.941(44.858)
10	Peterson, Grace	Luther		12:41.09	
	46.753(46.753)	1:36.076(49.323)	2:26.323(50.248)	3:17.825(51.502)	4:09.057(51.233)
	4:59.015(49.959)	5:49.780(50.765)	6:41.728(51.949)	7:34.044(52.317)	8:25.332(51.289)
	9:16.300(50.968)	10:07.460(51.161)	10:58.663(51.204)	11:51.020(52.358)	12:41.082(50.062)
11	Murray, Kelly	Iowa Western		13:27.19	
	43.911(43.911)	1:35.053(51.143)	2:27.875(52.822)	3:22.367(54.492)	4:17.099(54.733)
	5:12.465(55.366)	6:07.964(55.500)	7:03.646(55.682)	8:00.165(56.520)	8:56.218(56.054)
	9:53.573(57.355)	10:49.303(55.731)	11:45.702(56.400)	12:39.153(53.451)	13:27.184(48.031)

Event 16 Men 3000 Meter Run

Round 1

	<u>Name</u>	<u>Affiliation</u>		<u>Time</u>	<u>Points</u>
Heat 1					
1	Boma, Jamal	Iowa Central		8:51.01	10
	33.976(33.976)	1:09.071(35.096)	1:46.171(37.100)	2:22.852(36.682)	2:57.969(35.118)
	3:33.811(35.843)	4:09.269(35.458)	4:44.207(34.939)	5:19.033(34.826)	5:54.425(35.393)
	6:30.764(36.340)	7:07.489(36.726)	7:43.835(36.347)	8:19.342(35.508)	8:51.008(31.666)
2	Smith, Trent	North Iowa Area CC		8:54.23	8
	33.639(33.639)	1:08.699(35.061)	1:45.901(37.202)	2:22.372(36.472)	2:58.272(35.901)
	3:34.326(36.055)	4:10.504(36.178)	4:46.403(35.900)	5:22.040(35.638)	5:58.071(36.032)
	6:34.251(36.181)	7:10.930(36.679)	7:47.633(36.704)	8:22.515(34.882)	8:54.227(31.712)
3	Jarso, Kemal	Iowa Central		8:58.38	6
	33.705(33.705)	1:08.455(34.751)	1:45.835(37.380)	2:22.440(36.606)	2:58.526(36.087)
	3:34.681(36.156)	4:10.271(35.590)	4:46.015(35.745)	5:21.955(35.941)	5:57.774(35.820)
	6:33.996(36.223)	7:11.127(37.131)	7:47.547(36.421)	8:23.162(35.615)	8:58.380(35.219)
4	Plourde, Anthony	Iowa Central		9:06.44	5
	34.216(34.216)	1:09.317(35.102)	1:46.325(37.008)	2:23.121(36.796)	2:59.091(35.971)
	3:35.384(36.294)	4:11.737(36.354)	4:48.969(37.232)	5:27.022(38.053)	6:06.094(39.072)
	6:45.102(39.009)	7:23.914(38.812)	8:01.778(37.864)	8:36.674(34.897)	9:06.435(29.762)
5	Manchester, Cody	North Iowa Area CC		9:06.84	4
	33.764(33.764)	1:08.842(35.079)	1:46.058(37.216)	2:22.582(36.525)	2:57.796(35.215)
	3:33.992(36.197)	4:09.672(35.680)	4:44.452(34.781)	5:19.758(35.307)	5:56.762(37.004)
	6:34.219(37.457)	7:11.379(37.160)	7:50.601(39.222)	8:30.539(39.939)	9:06.839(36.301)
6	Fish, Micheal	Iowa Central		9:07.29	3
	34.486(34.486)	1:09.623(35.137)	1:46.583(36.960)	2:23.468(36.885)	2:59.635(36.168)
	3:35.852(36.218)	4:12.271(36.420)	4:49.162(36.891)	5:26.375(37.213)	6:04.576(38.201)
	6:43.328(38.752)	7:22.521(39.194)	8:00.917(38.396)	8:36.965(36.049)	9:07.285(30.321)

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Results

Event 16 Men 3000 Meter Run

7	Pedrick, David	Luther		9:15.26	2
	36.249(36.249)	1:14.375(38.126)	1:52.784(38.409)	2:31.557(38.774)	3:09.693(38.136)
	3:47.025(37.332)	4:23.401(36.377)	5:00.564(37.163)	5:37.006(36.443)	6:13.269(36.264)
	6:49.901(36.633)	7:27.008(37.107)	8:04.038(37.030)	8:40.347(36.310)	9:15.256(34.909)
8	Rubins, Matt	Luther		9:25.63	
	36.875(36.875)	1:15.117(38.242)	1:53.429(38.313)	2:32.166(38.737)	3:10.348(38.182)
	3:48.217(37.869)	4:24.821(36.605)	5:01.375(36.555)	5:38.185(36.811)	6:16.518(38.333)
	6:55.080(38.563)	7:33.204(38.124)	8:12.455(39.251)	8:51.004(38.550)	9:25.627(34.623)
9	Olsen, Ted	Luther		9:25.76	
	36.533(36.533)	1:14.644(38.111)	1:53.103(38.459)	2:31.861(38.759)	3:10.030(38.169)
	3:47.688(37.658)	4:24.126(36.439)	5:01.502(37.376)	5:37.910(36.409)	6:16.024(38.114)
	6:55.354(39.331)	7:33.762(38.408)	8:12.937(39.175)	8:50.151(37.215)	9:25.755(35.604)
10	Thompson, Soren	Luther		9:25.98	
	36.023(36.023)	1:13.895(37.872)	1:52.530(38.635)	2:31.260(38.731)	3:09.469(38.209)
	3:47.295(37.826)	4:23.781(36.487)	5:00.900(37.119)	5:37.444(36.545)	6:13.966(36.523)
	6:51.539(37.573)	7:31.081(39.543)	8:11.574(40.493)	8:50.600(39.027)	9:25.979(35.379)
---	Hunter, Blake	Iowa Western		DNF	
	34.571(34.571)	1:10.282(35.711)			

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
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Heat 2

1	Rosene, Matt	Luther		9:23.24	1
	36.505(36.505)	1:13.698(37.193)	1:51.216(37.518)	2:28.872(37.656)	3:06.331(37.459)
	3:44.223(37.892)	4:23.138(38.916)	5:01.290(38.152)	5:39.351(38.061)	6:17.621(38.270)
	6:54.580(36.959)	7:32.368(37.789)	8:11.184(38.816)	8:48.503(37.319)	9:23.237(34.735)
2	Iniguez, Jesus	Iowa Central		9:28.42	
	36.835(36.835)	1:13.498(36.663)	1:50.910(37.412)	2:28.210(37.300)	3:06.042(37.832)
	3:43.915(37.873)	4:22.792(38.878)	5:00.965(38.173)	5:39.060(38.095)	6:17.613(38.553)
	6:55.545(37.933)	7:34.654(39.109)	8:13.294(38.640)	8:52.476(39.183)	9:28.417(35.942)
3	Velzke, Justin	Luther		9:28.51	
	37.082(37.082)	1:14.586(37.504)	1:51.440(36.854)	2:29.018(37.578)	3:06.547(37.529)
	3:44.465(37.918)	4:23.392(38.928)	5:01.613(38.221)	5:39.699(38.086)	6:17.881(38.182)
	6:54.264(36.384)	7:32.422(38.159)	8:11.970(39.548)	8:51.605(39.636)	9:28.509(36.904)
4	Freude, John	Luther		9:30.79	
	38.106(38.106)	1:16.289(38.183)	1:54.310(38.021)	2:32.754(38.445)	3:12.208(39.454)
	3:51.183(38.976)	4:29.947(38.764)	5:07.695(37.748)	5:46.275(38.580)	6:25.081(38.807)
	7:03.113(38.032)	7:41.700(38.587)	8:20.198(38.499)	8:56.774(36.577)	9:30.781(34.007)
5	Hanson, Ben	Luther		9:33.86	
	39.628(39.628)	1:18.558(38.931)	1:55.861(37.303)	2:34.089(38.228)	3:13.549(39.460)
	3:52.147(38.599)	4:31.307(39.160)	5:09.671(38.364)	5:48.979(39.309)	6:27.140(38.161)
	7:06.075(38.936)	7:45.371(39.296)	8:23.530(38.159)	9:00.523(36.993)	9:33.855(33.333)
6	Moore, Jake	Iowa Western		9:34.33	
	36.783(36.783)	1:14.147(37.364)	1:51.384(37.237)	2:28.594(37.210)	3:06.649(38.055)
	3:44.489(37.840)	4:23.422(38.934)	5:01.937(38.515)	5:40.083(38.146)	6:18.908(38.826)

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Event 16 Men 3000 Meter Run

	6:58.792(39.884)	7:39.093(40.302)	8:19.426(40.333)	8:58.633(39.208)	9:34.322(35.690)
7 Laue, Brock		Luther		9:36.85	
	39.278(39.278)	1:18.177(38.900)	1:55.389(37.212)	2:33.749(38.360)	3:13.199(39.450)
	3:51.368(38.170)	4:29.470(38.102)	5:07.375(37.905)	5:45.876(38.501)	6:24.764(38.889)
	7:03.744(38.980)	7:42.731(38.987)	8:22.102(39.372)	9:00.955(38.853)	9:36.846(35.892)
8 Weckwerth, Andrew		Luther		9:38.22	
	38.417(38.417)	1:16.608(38.191)	1:54.636(38.028)	2:33.062(38.427)	3:12.513(39.451)
	3:51.486(38.974)	4:30.710(39.224)	5:08.819(38.109)	5:48.285(39.467)	6:26.658(38.373)
	7:05.623(38.965)	7:44.315(38.693)	8:24.031(39.716)	9:02.582(38.552)	9:38.218(35.636)
9 Kilker, Bryce		Luther		9:39.83	
	38.458(38.458)	1:16.737(38.279)	1:54.728(37.992)	2:33.153(38.425)	3:12.557(39.404)
	3:51.603(39.047)	4:30.394(38.791)	5:08.578(38.184)	5:47.580(39.003)	6:25.682(38.102)
	7:04.913(39.231)	7:44.478(39.566)	8:24.354(39.876)	9:03.682(39.329)	9:39.827(36.146)
10 Bestenlehner, Robert		Iowa Western		9:40.92	
	37.361(37.361)	1:15.007(37.646)	1:52.977(37.970)	2:32.161(39.185)	3:11.636(39.475)
	3:50.682(39.046)	4:29.771(39.090)	5:08.070(38.299)	5:46.744(38.674)	6:26.048(39.305)
	7:05.702(39.654)	7:45.075(39.374)	8:24.812(39.737)	9:03.901(39.090)	9:40.920(37.019)
11 Beniak, Matt		Luther		9:43.05	
	37.895(37.895)	1:15.632(37.737)	1:53.682(38.050)	2:32.379(38.698)	3:11.915(39.536)
	3:50.920(39.006)	4:30.162(39.242)	5:08.319(38.157)	5:46.944(38.626)	6:25.395(38.451)
	7:04.452(39.057)	7:43.582(39.131)	8:22.958(39.376)	9:03.126(40.169)	9:43.042(39.916)
12 Zook, Sam		Luther		9:46.22	
	38.669(38.669)	1:16.913(38.244)	1:54.896(37.984)	2:33.341(38.445)	3:12.794(39.453)
	3:51.742(38.949)	4:30.964(39.222)	5:09.148(38.184)	5:47.892(38.745)	6:25.971(38.079)
	7:05.370(39.399)	7:46.081(40.712)	8:27.476(41.396)	9:09.298(41.823)	9:46.219(36.921)
13 Stevenson, Tyler		Luther		9:55.29	
	39.058(39.058)	1:17.882(38.825)	1:55.192(37.310)	2:33.490(38.298)	3:12.901(39.411)
	3:51.828(38.928)	4:30.825(38.997)	5:09.152(38.327)	5:48.591(39.440)	6:27.241(38.650)
	7:06.811(39.571)	7:48.114(41.304)	8:30.531(42.417)	9:13.554(43.023)	9:55.284(41.731)
14 Bunch, Trai		Iowa Western		9:59.03	
	37.648(37.648)	1:15.368(37.720)	1:53.434(38.066)	2:31.891(38.458)	3:11.365(39.474)
	3:50.411(39.046)	4:29.997(39.587)	5:08.878(38.881)	5:48.745(39.868)	6:30.098(41.354)
	7:13.493(43.395)	7:56.321(42.828)	8:39.638(43.317)	9:20.584(40.947)	9:59.026(38.442)
15 Johnson, Nils		Luther		10:04.52	
	38.872(38.872)	1:17.434(38.562)	1:55.928(38.495)	2:35.467(39.539)	3:16.333(40.867)
	3:57.038(40.706)	4:37.902(40.864)	5:19.143(41.242)	6:00.175(41.033)	6:41.506(41.332)
	7:23.033(41.528)	8:04.880(41.848)	8:47.215(42.335)	9:25.812(38.597)	10:04.514(38.702)
16 Houle, Travis		Luther		10:11.82	
	38.982(38.982)	1:17.621(38.639)	1:56.308(38.688)	2:35.590(39.282)	3:16.515(40.926)
	3:57.290(40.776)	4:38.186(40.896)	5:19.405(41.220)	6:00.426(41.022)	6:41.382(40.957)
	7:23.449(42.067)	8:05.227(41.779)	8:47.685(42.458)	9:30.493(42.808)	10:11.814(41.322)
17 DiMarco, Nicholas		North Iowa Area CC		10:37.71	
	38.913(38.913)	1:17.040(38.127)	1:56.279(39.240)	2:37.244(40.966)	3:19.738(42.494)
	4:03.419(43.681)	4:47.877(44.458)	5:32.161(44.285)	6:17.568(45.407)	7:02.757(45.190)

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Event 16 Men 3000 Meter Run

7:47.096(44.339) 8:32.591(45.496) 9:16.649(44.058) 10:00.389(43.741) 10:37.710(37.321)

Event 25 Women Distance Medley

Round 1

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1			
1 Iowa Central	ICCC A	13:28.58	10
4:06.636(4:06.636)	5:06.771(1:00.136)	7:38.216(2:31.445)	13:28.576(5:50.361)
2 Iowa Western	IWCC A	15:59.52	8
4:27.564(4:27.564)	5:36.974(1:09.410)	8:30.446(2:53.473)	15:59.520(7:29.074)

Event 26 Men Distance Medley

Round 1

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1			
1 Iowa Central	ICCC A	11:05.52	10
3:27.891(3:27.891)	4:19.449(51.559)	6:25.882(2:06.434)	11:05.514(4:39.632)
2 Iowa Western	IWCC A	11:18.99	8
3:28.438(3:28.438)	4:20.895(52.458)	6:27.405(2:06.510)	11:18.990(4:51.585)

Event 21 Women 4x400 Meter Relay

Round 1

<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1			
1 Iowa Western	IWCC A	4:09.06	10
1:04.211(1:04.211)	2:03.507(59.297)	3:07.867(1:04.360)	4:09.059(1:01.192)
2 Luther	LUTH A	4:19.92	6
1:05.748(1:05.748)	2:09.938(1:04.190)	3:14.091(1:04.153)	4:19.911(1:05.820)
3 Luther	LUTH B	4:21.82	5
1:05.165(1:05.165)	2:09.470(1:04.306)	3:14.652(1:05.182)	4:21.819(1:07.168)
Heat 2			
1 Luther	LUTH E	4:16.88	8
1:07.829(1:07.829)	2:06.452(58.623)	3:10.247(1:03.796)	4:16.880(1:06.633)
2 Luther	LUTH C	4:35.38	4
1:10.109(1:10.109)	2:16.846(1:06.737)	3:28.294(1:11.449)	4:35.373(1:07.080)
3 Luther	LUTH D	4:46.22	3
1:07.829(1:07.829)	2:28.445(1:20.617)	3:37.135(1:08.690)	4:46.215(1:09.080)
Heat 3			
---	Luther	NT	

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Event 21 Women 4x400 Meter Relay

--- North Iowa Area CC NIAC A NT

Event 22 Men 4x400 Meter Relay

Round 1

	<u>Name</u>	<u>Affiliation</u>		<u>Time</u>	<u>Points</u>
Heat 1					
1	Iowa Central	ICCC A		3:18.37	10
	49.655(49.655)	1:39.949(50.295)	2:28.578(48.629)	3:18.370(49.792)	
2	Iowa Central	ICCC B		3:18.85	8
	50.260(50.260)	1:40.462(50.203)	2:29.212(48.750)	3:18.841(49.629)	
3	Iowa Western	IWCC A		3:19.29	6
	50.103(50.103)	1:40.619(50.517)	2:30.156(49.537)	3:19.284(49.129)	
4	Luther	LUTH A		3:32.92	5
	51.937(51.937)	1:45.502(53.565)	2:39.582(54.080)	3:32.916(53.334)	

	<u>Name</u>	<u>Affiliation</u>		<u>Time</u>	<u>Points</u>
Heat 2					
1	Luther	LUTH B		3:39.08	3
	53.909(53.909)	1:48.180(54.271)	2:43.986(55.807)	3:39.079(55.093)	
2	Luther	LUTH D		3:42.94	2
	53.241(53.241)	1:48.186(54.945)	2:44.557(56.372)	3:42.933(58.376)	
3	Luther	LUTH C		3:43.54	1
	54.723(54.723)	1:51.075(56.353)	2:48.650(57.576)	3:43.533(54.883)	

	<u>Name</u>	<u>Affiliation</u>		<u>Time</u>	<u>Points</u>
Heat 3					
1	North Iowa Area CC	NIAC A		3:34.57	4
	54.603(54.603)	1:47.142(52.539)	2:42.263(55.122)	3:34.567(52.305)	
2	Luther	LUTH E		4:01.33	
	59.534(59.534)	1:55.422(55.889)	2:56.203(1:00.781)	4:01.322(1:05.120)	

Event 8 Men 600 Meter Run

Round 1

	<u>Name</u>	<u>Affiliation</u>		<u>Time</u>	<u>Points</u>
Heat 1					
1	Gearman, Zach	Iowa Central		1:23.20	10
	25.439(25.439)	53.823(28.384)	1:23.198(29.376)		
2	Ray, Namer	Iowa Central		1:23.91	6
	24.612(24.612)	52.993(28.381)	1:23.902(30.910)		
3	Johnson, Terrance	Iowa Western		1:24.85	4
	24.185(24.185)	53.359(29.174)	1:24.849(31.491)		
4	Teetzel, Nick	Iowa Western		1:26.07	3
	25.335(25.335)	53.144(27.809)	1:26.066(32.923)		

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Event 8 Men 600 Meter Run

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 2				
1	Beaudin, Nash	Iowa Western	1:23.46	8
	26.057(26.057)	54.644(28.587)	1:23.460(28.817)	
2	Guevara, Cesar	North Iowa Area CC	1:24.22	5
	26.315(26.315)	55.013(28.698)	1:24.217(29.205)	
3	Berg, Joe	Luther	1:34.66	2
	26.971(26.971)	57.934(30.964)	1:34.658(36.725)	

Event 9 Women 800 Meter Run

Round 1

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	McKenna, Fiona	Iowa Central	2:21.25	10
	33.747(33.747)	1:08.949(35.203)	1:44.937(35.988)	2:21.245(36.309)
2	Kumalalamene, Cecilia	Iowa Central	2:27.17	8
	34.936(34.936)	1:12.432(37.496)	1:50.893(38.462)	2:27.164(36.271)
3	Stokke, Lauren	Luther	2:29.43	6
	34.695(34.695)	1:12.211(37.516)	1:51.905(39.695)	2:29.422(37.517)
4	Powers, Nicole	Luther	2:29.64	5
	34.539(34.539)	1:12.508(37.969)	1:52.466(39.959)	2:29.634(37.168)
5	Matthiesen, Sarah	Luther	2:31.34	4
	35.003(35.003)	1:12.765(37.762)	1:52.714(39.950)	2:31.334(38.620)
6	Hovey, Devon	Luther	2:34.01	3
	34.804(34.804)	1:12.963(38.159)	1:53.235(40.273)	2:34.005(40.771)
7	Matthys, Ashley	Luther	2:36.29	2
	35.378(35.378)	1:13.272(37.894)	1:54.114(40.843)	2:36.290(42.176)
8	Entwistle, Solveig	Luther	2:42.21	
	35.172(35.172)	1:14.161(38.990)	1:57.244(43.083)	2:42.210(44.966)
	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 2				
1	Spath, Allison	Iowa Western	2:38.16	1
	36.492(36.492)	1:14.422(37.930)	1:56.949(42.527)	2:38.158(41.210)
2	Arbisi, Anna	Luther	2:40.73	
	37.561(37.561)	1:17.124(39.563)	1:58.417(41.294)	2:40.724(42.307)
3	Jones, Caila	North Iowa Area CC	2:41.96	
	36.663(36.663)	1:16.141(39.478)	1:59.185(43.044)	2:41.953(42.768)
4	Hain, Heidi	North Iowa Area CC	2:48.31	
	37.304(37.304)	1:17.793(40.489)	2:03.155(45.363)	2:48.304(45.150)
5	Border, Danielle	Luther	3:11.58	
	41.394(41.394)	1:28.603(47.209)	2:20.696(52.094)	3:11.572(50.877)

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Event 7 Women 600 Meter Run

Round 1

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Duncan, Chantal	Iowa Central	1:33.77	10
	30.305(30.305)	1:02.210(31.905)	1:33.761(31.552)	
2	Adderley, Teshon	Iowa Central	1:34.79	8
	30.636(30.636)	1:02.305(31.669)	1:34.788(32.483)	
3	Olberding, Natalie	Iowa Western	1:41.56	6
	31.165(31.165)	1:04.600(33.436)	1:41.556(36.956)	
4	Wright, Lacey	Iowa Western	1:43.65	5
	31.402(31.402)	1:05.301(33.900)	1:43.645(38.344)	
5	Garvey, Hillary	North Iowa Area CC	1:46.69	4
	30.557(30.557)	1:05.664(35.108)	1:46.688(41.024)	

Event 5 Women 400 Meter Dash

Round 1

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Lockett, Shayla	Iowa Western	58.41	10
	27.993(27.993)	58.410(30.418)		
2	Thomas, Reyare	Iowa Central	58.43	8
	26.860(26.860)	58.422(31.562)		
3	Kwarula, Sharon	Iowa Central	59.01	6
	27.350(27.350)	59.004(31.654)		
Heat 2				
1	Williams, Jazzmin	Iowa Western	1:02.03	5
	30.177(30.177)	1:02.024(31.847)		
2	Calmese, Destiny	Iowa Western	1:09.86	4
	33.766(33.766)	1:09.855(36.090)		

Event 6 Men 400 Meter Dash

Round 1

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>
Heat 1				
1	Gime, Wala	Iowa Central	49.41	10
	23.586(23.586)	49.401(25.816)		
2	Laguerre, Cherby	Iowa Western	50.34	6
	23.697(23.697)	50.337(26.640)		
3	Landberg, Jordan	Iowa Western	50.57	2

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Event 6 Men 400 Meter Dash

24.047(24.047)	50.561(26.514)			
4 Bennett, Darrlyn	Iowa Central	50.60		1
23.882(23.882)	50.593(26.712)			
<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		<u>Points</u>
Heat 2				
1 Markham, Alonzo	Iowa Western	50.15		8
23.847(23.847)	50.145(26.298)			
2 Sanders, Deon	Iowa Central	50.36		5
23.637(23.637)	50.357(26.720)			
3 Powell, Anthony	Iowa Western	50.43		4
24.068(24.068)	50.424(26.356)			
4 Washington, Denzel	Iowa Western	50.53		3
23.541(23.541)	50.523(26.982)			
<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		<u>Points</u>
Heat 3				
1 Matthiesen, Robert	Luther	52.80		
24.868(24.868)	52.800(27.932)			
2 Stokes Cerkvenik, Sam	Luther	53.45		
25.253(25.253)	53.442(28.189)			
3 Gilbertson, Devin	Luther	54.56		
25.398(25.398)	54.557(29.159)			
4 Finn, Matt	North Iowa Area CC	54.80		
25.595(25.595)	54.800(29.205)			
<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		<u>Points</u>
Heat 4				
1 Omot, Nako	North Iowa Area CC	53.14		
25.203(25.203)	53.139(27.936)			
2 Schultz, Brock	North Iowa Area CC	54.56		
26.206(26.206)	54.551(28.346)			
3 Simmons, Calvin	Luther	55.97		
26.191(26.191)	55.961(29.771)			
4 Allsop-Adams, Jalen	North Iowa Area CC	56.20		
26.355(26.355)	56.195(29.841)			
<u>Name</u>	<u>Affiliation</u>	<u>Time</u>		<u>Points</u>
Heat 5				
1 Montjoy, Arius	Iowa Western	54.59		
25.537(25.537)	54.587(29.051)			
2 Angeroth Franks, Eric	Luther	57.12		
26.588(26.588)	57.120(30.532)			
3 Berg, Joe	Luther	57.28		
27.087(27.087)				

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Event 13 Women 1 Mile Run

Round 1

Name		Affiliation		Time		Points
Heat 1						
Wind: NWI						
1	Spoon, Emma	Luther		5:11.00		10
	40.012(40.012)	1:18.959(38.947)	1:59.002(40.044)	2:39.332(40.330)	3:18.345(39.014)	
	3:56.597(38.252)	4:34.504(37.907)	5:10.999(36.496)			
2	McAllister, Sam	Luther		5:17.94		8
	39.062(39.062)	1:18.673(39.612)	1:59.349(40.677)	2:40.589(41.240)	3:20.409(39.821)	
	4:01.395(40.987)	4:41.302(39.907)	5:17.932(36.631)			
3	Erickson, Melissa	Luther		5:18.55		6
	39.089(39.089)	1:18.521(39.433)	1:58.741(40.221)	2:39.622(40.881)	3:19.150(39.529)	
	3:59.407(40.257)	4:40.048(40.642)	5:18.549(38.501)			
4	Pierson, Maggie	Luther		5:20.65		5
	38.504(38.504)	1:18.286(39.783)	1:59.228(40.943)	2:40.441(41.213)	3:20.661(40.221)	
	4:01.640(40.980)	4:42.092(40.452)	5:20.643(38.552)			
5	Storlie, Christina	Luther		5:20.68		4
	40.319(40.319)	1:19.189(38.870)	1:59.653(40.465)	2:40.982(41.330)	3:20.821(39.839)	
	4:01.260(40.440)	4:41.735(40.475)	5:20.672(38.938)			
6	Mietz, Jessica	Luther		5:27.59		3
	40.729(40.729)	1:20.717(39.988)	2:02.038(41.322)	2:44.730(42.692)	3:27.082(42.352)	
	4:09.021(41.940)	4:49.362(40.342)	5:27.588(38.226)			
7	Cole, Jayne	Luther		5:29.75		2
	40.514(40.514)	1:19.819(39.305)	2:00.665(40.847)	2:42.015(41.351)	3:23.832(41.818)	
	4:06.883(43.051)	4:49.919(43.036)	5:29.750(39.832)			
8	Murray, Anna	Luther		5:31.24		1
	41.006(41.006)	1:20.518(39.512)	2:01.842(41.325)	2:44.483(42.641)	3:27.253(42.770)	
	4:09.857(42.604)	4:51.784(41.928)	5:31.236(39.453)			
9	Gutierrez, Perla	Iowa Central		5:38.56		
	40.689(40.689)	1:20.183(39.494)	2:02.245(42.062)	2:45.545(43.300)	3:29.496(43.952)	
	4:12.754(43.258)	4:56.403(43.649)	5:38.551(42.148)			
10	Andrews, Ariel	Iowa Western		5:49.09		
	37.679(37.679)	1:16.946(39.268)	1:58.862(41.917)	2:39.828(40.966)	3:21.694(41.867)	
	4:12.079(50.386)	5:02.617(50.538)	5:49.087(46.471)			

Event 14 Men 1 Mile Run

Round 1

Name		Affiliation		Time		Points
Heat 1						
Wind: NWI						
1	Papke-Larson, Andrew	Luther		4:19.92		10
	35.117(35.117)	1:08.453(33.337)	1:41.092(32.639)	2:13.603(32.511)	2:45.377(31.774)	
	3:17.237(31.860)	3:49.097(31.860)	4:19.915(30.819)			
2	Langley, Logan	Luther		4:20.36		8

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Event 14 Men 1 Mile Run

	34.822(34.822)	1:08.146(33.325)	1:40.753(32.607)	2:13.303(32.550)	2:45.059(31.756)	
	3:17.020(31.961)	3:48.887(31.867)	4:20.352(31.466)			
3	Bauer, Austin	Luther		4:26.48		6
	35.598(35.598)	1:09.109(33.511)	1:41.722(32.613)	2:14.289(32.567)	2:47.469(33.181)	
	3:20.567(33.098)	3:54.151(33.584)	4:26.471(32.320)			
4	Kibby, Calvin	Iowa Central		4:26.52		5
	34.621(34.621)	1:07.926(33.306)	1:40.259(32.333)	2:12.181(31.922)	2:44.789(32.608)	
	3:17.701(32.912)	3:52.287(34.587)	4:26.513(34.226)			
5	Kraus, Peter	Luther		4:26.93		4
	35.179(35.179)	1:08.756(33.578)	1:41.372(32.616)	2:13.790(32.418)	2:45.898(32.108)	
	3:19.099(33.201)	3:53.207(34.109)	4:26.926(33.719)			
6	Mittman, Scott	Luther		4:29.73		3
	36.005(36.005)	1:09.687(33.682)	1:42.365(32.678)	2:15.425(33.060)	2:49.036(33.612)	
	3:22.520(33.484)	3:56.873(34.354)	4:29.730(32.857)			
7	Hobson, Marquez	North Iowa Area CC		4:30.32		2
	34.363(34.363)	1:07.794(33.432)	1:40.228(32.434)	2:12.799(32.571)	2:46.068(33.269)	
	3:20.239(34.172)	3:55.720(35.481)	4:30.313(34.594)			
8	Gesch, Karl	Luther		4:31.39		1
	36.609(36.609)	1:10.281(33.672)	1:44.457(34.177)	2:19.216(34.759)	2:53.358(34.143)	
	3:26.770(33.412)	3:59.359(32.589)	4:31.387(32.028)			
9	Steele, Shane	Luther		4:32.60		
	35.817(35.817)	1:09.416(33.599)	1:42.064(32.648)	2:14.881(32.817)	2:47.655(32.775)	
	3:21.556(33.901)	3:56.598(35.043)	4:32.593(35.995)			
10	Mitchell, Marty	Luther		4:33.99		
	34.579(34.579)	1:07.997(33.419)	1:40.643(32.646)	2:14.412(33.769)	2:49.510(35.099)	
	3:26.392(36.882)	4:01.565(35.174)	4:33.987(32.422)			
11	Neubauer, Evan	Luther		4:34.33		
	36.883(36.883)	1:10.720(33.837)	1:44.786(34.067)	2:19.452(34.666)	2:53.738(34.287)	
	3:28.049(34.311)	4:02.302(34.254)	4:34.323(32.021)			
12	Hunter, Blake	Iowa Western		4:39.01		
	36.163(36.163)	1:09.363(33.200)	1:42.022(32.659)	2:15.124(33.102)	2:49.711(34.588)	
	3:25.925(36.215)	4:02.829(36.904)	4:39.010(36.182)			
13	Rigdon, Alex	Luther		4:40.28		
	36.879(36.879)	1:11.093(34.214)	1:45.119(34.027)	2:19.750(34.631)	2:54.937(35.188)	
	3:30.363(35.427)	4:06.089(35.726)	4:40.273(34.185)			
14	Bestenlehner, Robert	Iowa Western		4:49.06		
	36.190(36.190)	1:09.783(33.593)	1:43.531(33.748)	2:19.043(35.513)	2:55.303(36.261)	
	3:33.217(37.914)	4:11.730(38.513)	4:49.057(37.328)			
15	Price, Don	Iowa Western		4:49.43		
	36.474(36.474)	1:10.022(33.548)	1:44.233(34.212)	2:19.970(35.737)	2:56.957(36.987)	
	3:35.058(38.102)	4:13.619(38.561)	4:49.430(35.812)			
---	Kebenei, Stanley	Iowa Central		DNF		
	34.379(34.379)	1:07.676(33.298)	1:39.917(32.241)	2:11.277(31.361)	2:43.736(32.459)	
	3:17.331(33.595)					

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Event 12 Men 1000 Meter Run

Round 1

<u>Name</u>		<u>Affiliation</u>		<u>Time</u>		<u>Points</u>
Heat 1						
1	Teetzel, Nick	Iowa Western		2:37.55		10
	33.077(33.077)	1:06.437(33.360)	1:39.804(33.368)	2:10.451(30.648)	2:37.548(27.097)	
2	Chol, Kuaniyal	Iowa Central		2:37.60		8
	32.951(32.951)	1:06.324(33.373)	1:39.629(33.306)	2:10.506(30.878)	2:37.593(27.087)	
3	Barnes, Aubrey	Iowa Central		2:42.78		6
	33.238(33.238)	1:06.456(33.218)	1:39.568(33.113)	2:11.199(31.631)	2:42.773(31.574)	
4	Hobson, Marquez	North Iowa Area CC		2:42.96		5
	32.737(32.737)	1:06.071(33.334)	1:39.307(33.237)	2:11.182(31.875)	2:42.956(31.774)	
5	Taylor, Cody	Iowa Western		2:49.00		4
	33.307(33.307)	1:06.652(33.346)	1:40.770(34.118)	2:14.478(33.708)	2:48.991(34.514)	
6	Price, Don	Iowa Western		2:51.83		3
	33.470(33.470)	1:06.861(33.392)	1:40.370(33.509)	2:14.615(34.245)	2:51.830(37.215)	
7	Gaitan, Michael	Iowa Western		2:56.32		2
	33.181(33.181)	1:06.674(33.494)	1:41.278(34.604)	2:19.986(38.708)	2:56.311(36.326)	
8	Cummings, Shaquille	Iowa Central		3:00.02		1
	33.407(33.407)	1:06.980(33.574)	1:42.669(35.689)	2:20.952(38.284)	3:00.013(39.061)	

Event 10 Men 800 Meter Run

Round 1

<u>Name</u>		<u>Affiliation</u>		<u>Time</u>		<u>Points</u>
Heat 1						
1	Finsterwalder, Derek	Iowa Central		1:56.28		10
	27.740(27.740)	56.596(28.856)	1:26.689(30.094)	1:56.277(29.588)		
2	Harris, RJ	North Iowa Area CC		1:57.93		8
	28.164(28.164)	57.392(29.228)	1:27.146(29.755)	1:57.922(30.777)		
3	Lachnit, Spencer	Iowa Western		1:58.08		6
	28.399(28.399)	57.857(29.458)	1:28.251(30.395)	1:58.078(29.828)		
4	White, Kevin	Iowa Central		1:58.79		5
	27.951(27.951)	58.525(30.574)	1:30.295(31.770)	1:58.786(28.492)		
5	Ojullu, OJ	North Iowa Area CC		1:58.97		4
	28.139(28.139)	56.932(28.793)	1:27.916(30.985)	1:58.966(31.051)		
6	Gach, Tor	Iowa Central		1:59.43		3
	27.874(27.874)	56.839(28.965)	1:27.456(30.618)	1:59.425(31.969)		
7	Corcoran, Andrew	North Iowa Area CC		2:03.15		
	28.624(28.624)	58.880(30.257)	1:30.642(31.762)	2:03.142(32.500)		
8	Martz, Corbin	Iowa Western		2:08.36		
	28.999(28.999)	1:00.186(31.188)	1:33.141(32.955)	2:08.356(35.216)		

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Event 10 Men 800 Meter Run

<u>Name</u>		<u>Affiliation</u>	<u>Time</u>		<u>Points</u>
Heat 2					
1	Molzahn, Max	Luther	2:01.06		2
	29.196(29.196)	59.428(30.232)	1:29.633(30.206)	2:01.053(31.420)	
2	Stuart, Ryson	Luther	2:02.47		1
	30.078(30.078)	1:01.551(31.474)	1:32.270(30.720)	2:02.470(30.200)	
3	Worley, Jonny	North Iowa Area CC	2:04.51		
	28.474(28.474)	58.739(30.266)	1:30.785(32.046)	2:04.510(33.726)	
4	Ferris, Mat	North Iowa Area CC	2:05.40		
	28.664(28.664)	59.351(30.687)	1:32.705(33.355)	2:05.400(32.695)	
5	Bentz, Andrew	Luther	2:05.67		
	30.635(30.635)	1:02.025(31.390)	1:34.031(32.006)	2:05.663(31.632)	
6	Wilson, Kyle	Iowa Western	2:06.94		
	30.410(30.410)	1:02.160(31.750)	1:35.362(33.202)	2:06.935(31.573)	
7	Andresen, Nick	Luther	2:07.10		
	30.878(30.878)	1:02.438(31.560)	1:34.836(32.398)	2:07.097(32.261)	
8	Weckwerth, Aaron	Luther	2:07.44		
	31.075(31.075)	1:02.694(31.619)	1:35.194(32.500)	2:07.435(32.241)	

<u>Name</u>		<u>Affiliation</u>	<u>Time</u>		<u>Points</u>
Heat 3					
1	Scott, Greg	Luther	2:07.02		
	30.471(30.471)	1:02.651(32.180)	1:34.606(31.955)	2:07.014(32.408)	
2	Dorn, Gabe	Luther	2:10.81		
	31.783(31.783)	1:04.800(33.017)	1:38.506(33.707)	2:10.802(32.296)	
3	Simelane, Sip	Luther	2:10.85		
	31.881(31.881)	1:04.962(33.081)	1:38.320(33.359)	2:10.847(32.527)	
4	Dotseth, Joel	Luther	2:11.71		
	30.725(30.725)	1:02.944(32.219)	1:37.039(34.095)	2:11.704(34.666)	
5	O'Tool, Ryan	North Iowa Area CC	2:13.41		
	30.084(30.084)	1:02.519(32.435)	1:35.702(33.183)	2:13.406(37.704)	

Event 11 Women 1000 Meter Run

Round 1

<u>Name</u>		<u>Affiliation</u>	<u>Time</u>		<u>Points</u>
Heat 1					
1	Adderley, Teshon	Iowa Central	3:08.72		10
	34.808(34.808)	1:12.186(37.378)	1:51.669(39.483)	2:31.518(39.850)	3:08.715(37.197)
2	Wright, Lacey	Iowa Western	3:28.91		8
	36.709(36.709)	1:19.654(42.945)	2:04.911(45.258)	2:50.366(45.455)	3:28.904(38.539)
3	Winter, Samantha	Iowa Western	3:39.47		6
	39.121(39.121)	1:23.879(44.759)	2:11.931(48.052)	3:01.503(49.572)	3:39.461(37.959)

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Event 11 Women 1000 Meter Run

4	Duncan, Chantal	Iowa Central	4:04.21	5	
	38.389(38.389)	1:22.381(43.993)	2:15.706(53.325)	3:08.615(52.909)	4:04.206(55.591)

Event 40 Hept Men 1000 Meter Run

Round 7

	<u>Name</u>	<u>Affiliation</u>	<u>Time</u>	<u>Points</u>	
Heat 1					
1	Dirth, Dalen	Luther	2:49.50	10	
	32.941(32.941)	1:08.792(35.852)	1:44.957(36.165)	2:19.671(34.715)	2:49.500(29.830)
2	Overstreet, Leonard	Iowa Central	2:53.87	8	
	31.395(31.395)	1:05.751(34.356)	1:43.745(37.994)	2:22.429(38.685)	2:53.863(31.435)
3	Casey, Lance	Iowa Central	3:00.04	6	
	33.663(33.663)	1:10.132(36.470)	1:48.744(38.612)	2:28.097(39.354)	3:00.040(31.943)
4	Belt, Tanner	Iowa Western	3:04.44	5	
	33.986(33.986)	1:10.795(36.810)	1:49.194(38.399)	2:29.057(39.864)	3:04.437(35.381)