

BVU All-Comers - 2/19/2010 to 2/20/2010
NJCAA Region XI Indoor
Buena Vista University, Storm Lake, IA
Results

Event 1 Men Heptathlon

	Name	School	Finals	Points
Finals				
1	37 Hardin, James	Abilene Christian Un	4873	
2	Wilkins, Ethan	Iowa Central	4666	10
3	Walls, Troy	Iowa Central	4468	8
4	Carter, Caleb	Iowa Western	4292	6
5	Anderson, Terry	Iowa Western	4203	4
6	Bradford, Jamel	Iowa Western	4081	2
7	Clark, Brian	Iowa Western	3911	1
8	Ludwikowski, Justin	Iowa Central	3793	

Event 1 Heptathlon: #1 Men 55 Meter Dash Heptathlon

	Name	School	Finals	H#	Points
Finals					
1	Anderson, Terry	Iowa Western	6.78	1	792
2	Walls, Troy	Iowa Central	6.82	1	778
3	37 Hardin, James	Abilene Christian Un	6.87	3	760
4	Bradford, Jamel	Iowa Western	6.88	2	757
4	Carter, Caleb	Iowa Western	6.88	2	757
6	Wilkins, Ethan	Iowa Central	6.93	2	739
7	38 Petty, Parker	Abilene Christian Un	7.01	3	711
8	Ludwikowski, Justin	Iowa Central	7.04	3	701
9	Clark, Brian	Iowa Western	7.26	1	627

Event 1 Heptathlon: #2 Men Long Jump Heptathlon

	Name	School	Finals	Points
Finals				
1	Bradford, Jamel	Iowa Western	6.64m 21-09.50	729
2	Carter, Caleb	Iowa Western	6.60m 21-08.00	720
3	Anderson, Terry	Iowa Western	6.44m 21-01.50	684
4	Wilkins, Ethan	Iowa Central	6.39m 20-11.75	673
5	37 Hardin, James	Abilene Christian Un	6.20m 20-04.25	630
6	Walls, Troy	Iowa Central	6.19m 20-03.75	628
7	38 Petty, Parker	Abilene Christian Un	6.13m 20-01.50	615
8	Clark, Brian	Iowa Western	5.96m 19-06.75	578
9	Ludwikowski, Justin	Iowa Central	5.51m 18-01.00	483

Event 1 Heptathlon: #3 Men Shot Put Heptathlon

	Name	School	Finals	Points
Finals				
1	Ludwikowski, Justin	Iowa Central	12.69m 41-07.75	648
2	37 Hardin, James	Abilene Christian Un	11.58m 38-00.00	581
3	Bradford, Jamel	Iowa Western	11.19m 36-08.50	557
4	Anderson, Terry	Iowa Western	10.34m 33-11.25	506
5	38 Petty, Parker	Abilene Christian Un	10.06m 33-00.25	489
6	Carter, Caleb	Iowa Western	9.65m 31-08.00	465
7	Wilkins, Ethan	Iowa Central	9.30m 30-06.25	444
8	Walls, Troy	Iowa Central	9.25m 30-04.25	441
9	Clark, Brian	Iowa Western	7.85m 25-09.25	357

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Event 1 Heptathlon: #4 Men High Jump Heptathlon

Name	School	Finals		Points
Finals				
1 Walls, Troy	Iowa Central	2.01m	6-07.00	813
2 Anderson, Terry	Iowa Western	1.92m	6-03.50	731
2 Wilkins, Ethan	Iowa Central	1.92m	6-03.50	731
4 Clark, Brian	Iowa Western	1.89m	6-02.25	705
5 Carter, Caleb	Iowa Western	1.86m	6-01.25	679
6 37 Hardin, James	Abilene Christian Un	1.80m	5-10.75	627
7 Bradford, Jamel	Iowa Western	1.71m	5-07.25	552
7 Ludwikowski, Justin	Iowa Central	1.71m	5-07.25	552

Event 1 Heptathlon: #5 Men 55 Meter Hurdles Heptathlon

Name	School	Finals	H#	Points
Finals				
1 Walls, Troy	Iowa Central	7.94	2	865
2 Anderson, Terry	Iowa Western	7.96	3	860
3 Wilkins, Ethan	Iowa Central	7.99	3	852
4 37 Hardin, James	Abilene Christian Un	8.05	1	836
5 Ludwikowski, Justin	Iowa Central	8.19	2	801
6 Clark, Brian	Iowa Western	8.47	1	731
7 Carter, Caleb	Iowa Western	8.66	3	686
8 38 Petty, Parker	Abilene Christian Un	8.75	1	664
9 Bradford, Jamel	Iowa Western	9.42	2	517

Event 1 Heptathlon: #6 Men Pole Vault Heptathlon

Name	School	Finals		Points
Finals				
1 Wilkins, Ethan	Iowa Central	3.24m	10-07.50	416
2 Walls, Troy	Iowa Central	3.04m	9-11.75	367
2 Clark, Brian	Iowa Western	3.04m	9-11.75	367
4 Bradford, Jamel	Iowa Western	2.94m	9-07.75	342
5 Carter, Caleb	Iowa Western	2.64m	8-08.00	273

Event 1 Heptathlon: #7 Men 1000 Meter Run Heptathlon

Name	School	Finals		Points
Finals				
1 Wilkins, Ethan	Iowa Central	2:45.67		811
2 37 Hardin, James	Abilene Christian Un	2:53.97		725
3 Carter, Caleb	Iowa Western	2:55.22		712
4 Anderson, Terry	Iowa Western	3:03.57		630
5 Bradford, Jamel	Iowa Western	3:03.90		627
6 Ludwikowski, Justin	Iowa Central	3:05.86		608
7 Walls, Troy	Iowa Central	3:09.32		576
8 Clark, Brian	Iowa Western	3:12.57		546

Event 2 Women Indoor Pentathlon

Name	School	Finals	Points
Finals			
1 39 Withrow, Jessica	Abilene Christian Un	3505	
2 Steinkamp, Jessica	Iowa Western	3110	10

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Finals ... (Event 2 Women Indoor Pentathlon)

Name	School	Finals	Points
3 Dawson, Denise	Iowa Western	2660	8
4 Weaver, Brittany	North Iowa Area Comm	2424	6
5 Prosocki, Tricia	Iowa Western	2281	4

Event 2 Indoor Pentathlon: #1 Women 55 Meter Hurdles Indoor Pentathlon

Name	School	Finals	H#	Points
Finals				
1 39 Withrow, Jessica	Abilene Christian Un	8.76	1	848
2 Dawson, Denise	Iowa Western	9.06	1	780
3 Steinkamp, Jessica	Iowa Western	9.27	1	734
4 Weaver, Brittany	North Iowa Area Comm	9.48	2	689
5 Prosocki, Tricia	Iowa Western	10.64	2	465

Event 2 Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	School	Finals	Points
Finals			
1 39 Withrow, Jessica	Abilene Christian Un	1.65m 5-05.00	795
2 Steinkamp, Jessica	Iowa Western	1.59m 5-02.50	724
3 Dawson, Denise	Iowa Western	1.44m 4-08.75	555
4 Prosocki, Tricia	Iowa Western	1.35m 4-05.00	460
5 Weaver, Brittany	North Iowa Area Comm	1.32m 4-04.00	429

Event 2 Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	School	Finals	Points
Finals			
1 39 Withrow, Jessica	Abilene Christian Un	9.05m 29-08.25	467
2 Dawson, Denise	Iowa Western	8.71m 28-07.00	445
3 Weaver, Brittany	North Iowa Area Comm	8.69m 28-06.25	444
4 Steinkamp, Jessica	Iowa Western	8.57m 28-01.50	436
5 Prosocki, Tricia	Iowa Western	8.36m 27-05.25	423

Event 2 Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	School	Finals	Points
Finals			
1 39 Withrow, Jessica	Abilene Christian Un	5.41m 17-09.00	674
2 Dawson, Denise	Iowa Western	5.11m 16-09.25	589
3 Steinkamp, Jessica	Iowa Western	4.77m 15-07.75	498
4 Prosocki, Tricia	Iowa Western	4.54m 14-10.75	438
5 Weaver, Brittany	North Iowa Area Comm	4.53m 14-10.50	436

Event 2 Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	School	Finals	Points
Finals			
1 39 Withrow, Jessica	Abilene Christian Un	2:27.81	721
2 Steinkamp, Jessica	Iowa Western	2:28.04	718
3 Prosocki, Tricia	Iowa Western	2:47.01	495
4 Weaver, Brittany	North Iowa Area Comm	2:53.66	426
5 Dawson, Denise	Iowa Western	3:08.46	291

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Event 3 Women 5000 Meter Run

Name	School	Finals	Points
Finals			
1 Warner, Maggie	Gillette College	18:41.14	
2 Bor, Nancy	Iowa Central	18:48.94	10
3 Kruckenberg, Kalyn	North Iowa Area Comm	18:56.94	8
4 Vorthmann, Amanda	Iowa Central	19:08.03	6
5 Taylor, Caitie	Iowa Central	19:38.58	4
6 Ruger, Raven	Gillette College	19:47.39	
7 Sharp, Stormy	Gillette College	20:01.45	
8 Lynn, Erin	North Iowa Area Comm	20:03.85	2
9 Miller, Dana	Iowa Western	22:38.72	1
10 Avery, Morgan	Iowa Western	23:15.81	

Event 4 Men 5000 Meter Run

Name	School	Finals	Points
Finals			
1 Samoei, Isaiah	Iowa Western	14:31.80	10
2 Mutai, Kip	Gillette College	15:14.35	
3 Blue, Kyle	Iowa Western	15:36.33	8
4 Leibold, Brandon	North Iowa Area Comm	15:56.67	6
5 Niyiragira, Liberio	Iowa Central	16:20.96	4
6 Penning, Nic	Gillette College	16:21.10	
7 Rader, Bryant	Iowa Western	16:58.09	2
8 Palmer, Robert	Gillette College	16:58.13	
9 Johnson, Laroy	Iowa Central	17:09.71	1
10 Mulford, Ethan	North Iowa Area Comm	17:11.29	
11 Sherwood, Josh	North Iowa Area Comm	18:01.87	
12 Casanova, Oscar	Iowa Western	19:26.76	

Event 5 Women 4x800 Meter Relay

Team	Relay	Finals	Points
Finals			
1 North Iowa Area Comm	A	10:19.55	10
2 Iowa Western	A	10:33.03	8
3 Iowa Central	A	10:43.12	6

Event 6 Men 4x800 Meter Relay

Team	Relay	Finals	Points
Finals			
1 Iowa Western	A	8:00.33	10
2 Iowa Central	A	8:01.57	8
3 North Iowa Area Comm	A	8:31.74	6

Event 7 Women Triple Jump**Top 9 Advance by Time**

Name	School	Prelims
Preliminaries		
1 Ileso, Izehi	Iowa Central	12.85m q 42-02.00
2 Lee, Sanchia	Iowa Central	11.82m q 38-09.50
3 Pritchard, Latrice	Iowa Central	11.36m q 37-03.25

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Preliminaries ... (Event 7 Women Triple Jump)

Name	School	Prelims	
4 Prosocki, Tricia	Iowa Western	9.26m q	30-04.75

Event 7 Women Triple Jump

Name	School	Finals		Points
Finals				
1 Ileso, Izehi	Iowa Central	12.85m	42-02.00	10
2 Lee, Sanchia	Iowa Central	11.82m	38-09.50	8
3 Pritchard, Latrice	Iowa Central	11.36m	37-03.25	6
4 Prosocki, Tricia	Iowa Western	9.26m	30-04.75	4

Event 8 Men Triple Jump**Top 9 Advance by Time**

Name	School	Prelims	
Preliminaries			
1 Tyson, Shemon	Iowa Western	15.05m q	49-04.50
2 Mack, Marquis	Iowa Central	13.63m q	44-08.75
3 Winston, Colton	Iowa Central	13.53m q	44-04.75
4 Igo, Michael	Gillette College	12.32m q	40-05.00

Event 8 Men Triple Jump

Name	School	Finals		Points
Finals				
1 Tyson, Shemon	Iowa Western	15.05m	49-04.50	10
2 Mack, Marquis	Iowa Central	13.63m	44-08.75	8
3 Winston, Colton	Iowa Central	13.53m	44-04.75	6
4 Igo, Michael	Gillette College	12.32m	40-05.00	

Event 9 Women Pole Vault

Name	School	Finals		Points
Finals				
1 Rumble, Ayesha	Iowa Central	2.29m	7-06.00	10

Event 10 Men Pole Vault

Name	School	Finals		Points
Finals				
1 Clements, Eli	Iowa Central	3.44m	11-03.50	10
2 Wilkins, Ethan	Iowa Central	3.24m	10-07.50	8
3 Walls, Troy	Iowa Central	3.04m	9-11.75	6
4 Clark, Brian	Iowa Western	3.04m	9-11.75	4
5 Bradford, Jamel	Iowa Western	2.94m	9-07.75	2
6 Carter, Caleb	Iowa Western	2.64m	8-08.00	1

Event 11 Women Weight Throw**Top 9 Advance by Time**

Name	School	Prelims	
Preliminaries			
1 Fevold, Jess	Iowa Central	14.30m q	46-11.00
2 8 Darrow, Morgan	Buena Vista University	13.96m q	45-09.75
3 Wiedeman, Bethany	Iowa Western	12.73m q	41-09.25
4 3 Arp, Allie	Buena Vista University	11.73m q	38-06.00

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Preliminaries ... (Event 11 Women Weight Throw)

Name	School	Prelims	
5 Brandt, Megan	Iowa Central	11.47m q	37-07.75
6 Eggers, Kylee	Iowa Western	11.33m q	37-02.25
7 12 Hasche, Bridgett	Buena Vista University	10.92m q	35-10.00
8 Brown, Parker	Iowa Central	10.06m q	33-00.25
9 Hamilton, Stephanie	Iowa Western	8.38m q	27-06.00

Event 11 Women Weight Throw

Name	School	Finals		Points
Finals				
1 Fevold, Jess	Iowa Central	14.30m	46-11.00	10
2 8 Darrow, Morgan	Buena Vista University	13.96m	45-09.75	
3 Wiedeman, Bethany	Iowa Western	12.73m	41-09.25	8
4 3 Arp, Allie	Buena Vista University	11.73m	38-06.00	
5 Brandt, Megan	Iowa Central	11.47m	37-07.75	6
6 Eggers, Kylee	Iowa Western	11.33m	37-02.25	4
7 12 Hasche, Bridgett	Buena Vista University	10.92m	35-10.00	
8 Brown, Parker	Iowa Central	10.06m	33-00.25	2
9 Hamilton, Stephanie	Iowa Western	8.38m	27-06.00	1

Event 12 Men Weight Throw**Top 9 Advance by Time**

Name	School	Prelims	
Preliminaries			
1 26 Ricke, Steven	Buena Vista University	15.93m q	52-03.25
2 Grosso, Nick	Iowa Central	15.34m q	50-04.00
3 Ball, Trevon	Iowa Central	14.18m q	46-06.25
4 Belt, Jason	Iowa Western	13.91m q	45-07.75
5 27 Robinson, Brandon	Buena Vista University	13.39m q	43-11.25
6 Blake, Sam	Iowa Central	13.23m q	43-05.00
7 33 Vega, DJ	Buena Vista University	12.02m q	39-05.25
8 Hunt, Jasper	Iowa Western	11.68m q	38-04.00
9 Jones, Travis	North Iowa Area Comm	11.59m q	38-00.25
10 Libe, James	Iowa Central	11.49m	37-08.50
11 Thompson, Mitchell	North Iowa Area Comm	11.25m	36-11.00
12 Norman, Michael	Iowa Central	10.51m	34-05.75
13 Kunc, Jarod	Iowa Central	10.09m	33-01.25
14 Peace, Matias	Iowa Central	8.77m	28-09.25

Event 12 Men Weight Throw

Name	School	Finals		Points
Finals				
1 26 Ricke, Steven	Buena Vista University	15.93m	52-03.25	
2 Grosso, Nick	Iowa Central	15.34m	50-04.00	10
3 Ball, Trevon	Iowa Central	14.18m	46-06.25	8
4 Belt, Jason	Iowa Western	13.91m	45-07.75	6
5 27 Robinson, Brandon	Buena Vista University	13.39m	43-11.25	
6 Blake, Sam	Iowa Central	13.23m	43-05.00	4
7 33 Vega, DJ	Buena Vista University	12.02m	39-05.25	
8 Hunt, Jasper	Iowa Western	11.68m	38-04.00	2

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Finals ... (Event 12 Men Weight Throw)

Name	School	Finals	Points
9 Jones, Travis	North Iowa Area Comm	11.59m 38-00.25	1

Preliminaries

10 Libe, James	Iowa Central
11 Thompson, Mitchell	North Iowa Area Comm
12 Norman, Michael	Iowa Central
13 Kunc, Jarod	Iowa Central
14 Peace, Matias	Iowa Central

Event 13 Women Long Jump**Top 9 Advance by Time**

Name	School	Prelims
Preliminaries		
1 Lee, Sanchia	Iowa Central	5.44m q 17-10.25
2 Ileso, Izehi	Iowa Central	5.42m q 17-09.50
3 Harper, Kellie	Iowa Western	5.30m q 17-04.75
4 Pritchard, Latrice	Iowa Central	5.15m q 16-10.75
5 Dawson, Denise	Iowa Western	5.08m q 16-08.00

Event 13 Women Long Jump

Name	School	Finals	Points
Finals			
1 Lee, Sanchia	Iowa Central	5.44m 17-10.25	10
2 Ileso, Izehi	Iowa Central	5.42m 17-09.50	8
3 Harper, Kellie	Iowa Western	5.30m 17-04.75	6
4 Pritchard, Latrice	Iowa Central	5.15m 16-10.75	4
5 Dawson, Denise	Iowa Western	5.08m 16-08.00	2

Event 14 Men Long Jump**Top 9 Advance by Time**

Name	School	Prelims
Preliminaries		
1 40 Bertelsen, Eric	Unattached	7.22m q 23-08.25
2 Bradford, Jamel	Iowa Western	6.68m q 21-11.00
3 Cranford, Will	Iowa Central	6.63m q 21-09.00
4 41 Petersen, Stefan	Buena Vista University	6.52m q 21-04.75
5 Carter, Caleb	Iowa Western	6.49m q 21-03.50
6 Tyson, Shemon	Iowa Western	6.47m q 21-02.75
7 Mosley, Seth	North Iowa Area Comm	6.33m q 20-09.25
7 Kaplan, Jeremy	Iowa Central	6.33m q 20-09.25
9 Winston, Colton	Iowa Central	5.93m q 19-05.50
10 Bakkum, Jordan	North Iowa Area Comm	5.85m 19-02.50
11 Nunez, A.J	Iowa Western	5.67m 18-07.25
12 17 Moore, Alex	Buena Vista University	5.39m 17-08.25

Event 14 Men Long Jump

Name	School	Finals	Points
Finals			
1 40 Bertelsen, Eric	Unattached	7.22m 23-08.25	10
2 Bradford, Jamel	Iowa Western	6.68m 21-11.00	

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Finals ... (Event 14 Men Long Jump)

Name	School	Finals		Points
3 Mosley, Seth	North Iowa Area Comm	6.65m	21-10.00	8
4 Cranford, Will	Iowa Central	6.63m	21-09.00	6
5 Carter, Caleb	Iowa Western	6.53m	21-05.25	4
6 41 Petersen, Stefan	Buena Vista University	6.52m	21-04.75	
7 Tyson, Shemon	Iowa Western	6.47m	21-02.75	2
8 Kaplan, Jeremy	Iowa Central	6.37m	20-10.75	1
9 Winston, Colton	Iowa Central	5.93m	19-05.50	

Preliminaries

10 Bakkum, Jordan	North Iowa Area Comm
11 Nunez, A.J	Iowa Western
12 17 Moore, Alex	Buena Vista University

Event 15 Women High Jump

Name	School	Finals		Points
Finals				
1 Bradford, AG	Iowa Central	1.65m	5-05.00	10
2 Steinkamp, Jessica	Iowa Western	1.50m	4-11.00	8
2 1 Ahrendsen, Liz	Buena Vista University	1.50m	4-11.00	
4 Engelhaupt, Andrea	Iowa Western	J1.50m	4-11.00	6

Event 16 Men High Jump

Name	School	Finals		Points
Finals				
1 Mack, Marquis	Iowa Central	2.08m	6-09.75	10
2 Anderson, Terry	Iowa Western	1.83m	6-00.00	8
3 Clark, Brian	Iowa Western	J1.83m	6-00.00	6

Event 17 Women Shot Put**Top 9 Advance by Time**

Name	School	Prelims	
Preliminaries			
1 8 Darrow, Morgan	Buena Vista University	13.21m q	43-04.25
2 Fevold, Jess	Iowa Central	11.78m q	38-07.75
3 Hamilton, Stephanie	Iowa Western	11.51m q	37-09.25
4 Brandt, Megan	Iowa Central	10.98m q	36-00.25
5 Eggers, Kylee	Iowa Western	10.10m q	33-01.75
6 Bradford, AG	Iowa Central	9.88m q	32-05.00
7 Wiedeman, Bethany	Iowa Western	9.78m q	32-01.00
8 Brown, Parker	Iowa Central	9.03m q	29-07.50
9 Smith, Breann	Iowa Western	8.86m q	29-01.00
10 Prosocki, Tricia	Iowa Western	8.75m	28-08.50

Event 17 Women Shot Put

Name	School	Finals		Points
Finals				
1 8 Darrow, Morgan	Buena Vista University	13.21m	43-04.25	
2 Fevold, Jess	Iowa Central	11.78m	38-07.75	10
3 Hamilton, Stephanie	Iowa Western	11.51m	37-09.25	8
4 Brandt, Megan	Iowa Central	10.98m	36-00.25	6
5 Eggers, Kylee	Iowa Western	10.10m	33-01.75	4

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Name	School	Finals	Points
6 Bradford, AG	Iowa Central	9.88m 32-05.00	2
7 Wiedeman, Bethany	Iowa Western	9.78m 32-01.00	1
8 Brown, Parker	Iowa Central	9.03m 29-07.50	
9 Smith, Breann	Iowa Western	8.86m 29-01.00	

Preliminaries

10 Prosocki, Tricia	Iowa Western		
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Event 18 Men Shot Put**Top 9 Advance by Time**

Name	School	Prelims
Preliminaries		
1 Grosso, Nick	Iowa Central	15.01m q 49-03.00
2 Libe, James	Iowa Central	14.10m q 46-03.25
3 Hunt, Jasper	Iowa Western	13.86m q 45-05.75
4 26 Ricke, Steven	Buena Vista University	13.84m q 45-05.00
5 Blake, Sam	Iowa Central	12.86m q 42-02.25
6 Ludwikowski, Justin	Iowa Central	12.76m q 41-10.50
7 Belt, Jason	Iowa Western	12.37m q 40-07.00
8 Thompson, Mitchell	North Iowa Area Comm	12.27m q 40-03.25
9 Ball, Trevon	Iowa Central	11.74m q 38-06.25
10 Bradford, Jamel	Iowa Western	10.99m 36-00.75
11 Jones, Travis	North Iowa Area Comm	10.85m 35-07.25
12 Sprung, Corbin	North Iowa Area Comm	10.80m 35-05.25
13 Kunc, Jarod	Iowa Central	9.93m 32-07.00
14 Norman, Michael	Iowa Central	9.38m 30-09.25
15 Peace, Matias	Iowa Central	7.90m 25-11.00

Event 18 Men Shot Put

Name	School	Finals	Points
Finals			
1 Grosso, Nick	Iowa Central	15.01m 49-03.00	10
2 Libe, James	Iowa Central	14.10m 46-03.25	8
3 Hunt, Jasper	Iowa Western	13.86m 45-05.75	6
4 26 Ricke, Steven	Buena Vista University	13.84m 45-05.00	
5 Blake, Sam	Iowa Central	12.86m 42-02.25	4
6 Ludwikowski, Justin	Iowa Central	12.76m 41-10.50	2
7 Belt, Jason	Iowa Western	12.37m 40-07.00	1
8 Thompson, Mitchell	North Iowa Area Comm	12.27m 40-03.25	
9 Ball, Trevon	Iowa Central	11.74m 38-06.25	

Preliminaries

10 Bradford, Jamel	Iowa Western	
11 Jones, Travis	North Iowa Area Comm	
12 Sprung, Corbin	North Iowa Area Comm	
13 Kunc, Jarod	Iowa Central	
14 Norman, Michael	Iowa Central	
15 Peace, Matias	Iowa Central	

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Event 19 Women Distance Medley

Team	Relay	Finals	Points
Finals			
1 Iowa Western	A	13:31.76	10
2 Iowa Central	A	14:52.10	8

Event 20 Men Distance Medley

Team	Relay	Finals	Points
Finals			
1 Iowa Western	A	10:36.37	10
2 Iowa Central	A	11:27.30	8

Event 21 Women 55 Meter Dash**Top 16 Advance by Time**

Name	School	Prelims
Preliminaries		
1 Steele, Shennae	Iowa Western	7.22 q
2 Lee, Sanchia	Iowa Central	7.29 q
3 Collie, Shawna-Kay	Iowa Western	7.34 q
4 Pritchard, Latrice	Iowa Central	7.57 q

Event 21 Women 55 Meter Dash

Name	School	Prelims	Finals	Points
Finals				
1 Lee, Sanchia	Iowa Central	7.29	7.13	10
2 Steele, Shennae	Iowa Western	7.22	7.15	8
3 Collie, Shawna-Kay	Iowa Western	7.34	7.34	6
4 Pritchard, Latrice	Iowa Central	7.57	7.62	4

Event 22 Men 55 Meter Dash**Top 16 Advance by Time**

Name	School	Prelims	H#
Preliminaries			
1 40 Bertelsen, Eric	Unattached	6.47 q	2
2 Wellington, Wilmot	Iowa Central	6.51 q	1
3 Gentle, Jonathan	Iowa Central	6.52 q	3
4 Nehlsen, Kadeem	Iowa Western	6.62 q	3
4 Watts, Chris	Iowa Central	6.62 q	2
6 Craig, Marciano	Iowa Central	6.65 q	2
7 25 Richardson, Chris	Buena Vista University	6.71 q	1
7 Evans, Tasman	Iowa Central	6.71 q	2
9 Milton, Richard	Iowa Western	6.76 q	3
9 Bouyer, Adrien	Iowa Central	6.76 q	1
11 Campbell, Blake	North Iowa Area Comm	6.85 q	2
12 Samuel, Dominique	Iowa Western	6.86 q	2
13 Bayron, Kingswell	North Iowa Area Comm	6.92 q	3
14 Overstreet, Deondrea	Iowa Central	6.94 q	1
15 Dykstra, Ethan	North Iowa Area Comm	6.98 q	1
16 34 Winterton, Peter	Buena Vista University	7.00 q	1
17 Kephart, Zac	North Iowa Area Comm	7.14	3
18 Dick, Nathan	North Iowa Area Comm	7.35	3

BVU All-Comers - 2/19/2010 to 2/20/2010**NJCAA Region XI Indoor****Buena Vista University, Storm Lake, IA****Results****Preliminaries ... (Event 22 Men 55 Meter Dash)**

Name	School	Prelims	H#
19 Bird, Joe	Iowa Central	7.64	3
20 Kennedy, Dwayne	Iowa Western	9.18	1

Event 22 Men 55 Meter Dash

Name	School	Prelims	Finals	H#	Points
Finals					
1 Gentle, Jonathan	Iowa Central	6.52	6.42	1	10
2 Wellington, Wilmot	Iowa Central	6.51	6.45	1	8
3 Craig, Marciano	Iowa Central	6.65	6.51	1	6
3 40 Bertelsen, Eric	Unattached	6.47	6.51	2	
5 Nehlsen, Kadeem	Iowa Western	6.62	6.59	1	4
6 Watts, Chris	Iowa Central	6.62	6.67	1	2
7 Milton, Richard	Iowa Western	6.76	6.75	1	1
8 25 Richardson, Chris	Buena Vista University	6.71	6.76	2	
9 Samuel, Dominique	Iowa Western	6.86	6.86	2	
9 Overstreet, Deondrea	Iowa Central	6.94	6.86	2	
11 Campbell, Blake	North Iowa Area Comm	6.85	6.88	2	
12 Bayron, Kingswell	North Iowa Area Comm	6.92	6.95	2	
13 34 Winterton, Peter	Buena Vista University	7.00	7.04	2	

Preliminaries

7 Evans, Tasman	Iowa Central	6.71
9 Bouyer, Adrien	Iowa Central	6.76
15 Dykstra, Ethan	North Iowa Area Comm	6.98
17 Kephart, Zac	North Iowa Area Comm	7.14
18 Dick, Nathan	North Iowa Area Comm	7.35
19 Bird, Joe	Iowa Central	7.64
20 Kennedy, Dwayne	Iowa Western	9.18

Event 23 Women 55 Meter Hurdles**Top 16 Advance by Time**

Name	School	Prelims	H#
Preliminaries			
1 Bradford, AG	Iowa Central	8.15 q	1
2 Lee, Sanchia	Iowa Central	8.27 q	1
3 Dawson, Denise	Iowa Western	8.66 q	1
4 29 Schafbuch, Bailey	Buena Vista University	8.90 q	2
5 4 Boyd, Andrea	Buena Vista University	8.99 q	1
6 18 Nelson, Whitney	Buena Vista University	9.27 q	1
7 Steinkamp, Jessica	Iowa Western	9.36 q	2
8 6 Burnette, Rachel	Buena Vista University	9.38 q	2
9 Weaver, Brittany	North Iowa Area Comm	9.67 q	2
10 Smith, Breann	Iowa Western	10.40 q	2
11 Prosocki, Tricia	Iowa Western	11.42 q	2

Event 23 Women 55 Meter Hurdles

Name	School	Prelims	Finals	H#	Points
Finals					
1 Bradford, AG	Iowa Central	8.15	8.20	1	10
2 Lee, Sanchia	Iowa Central	8.27	8.26	1	8

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Finals ... (Event 23 Women 55 Meter Hurdles)

Name	School	Prelims	Finals	H#	Points
3 Dawson, Denise	Iowa Western	8.66	8.55	1	6
4 29 Schafbuch, Bailey	Buena Vista University	8.90	8.89	2	
5 4 Boyd, Andrea	Buena Vista University	8.99	9.10	2	
6 6 Burnette, Rachel	Buena Vista University	9.38	9.24	2	
7 18 Nelson, Whitney	Buena Vista University	9.27	9.28	2	
8 Weaver, Brittany	North Iowa Area Comm	9.67	9.48	1	4
9 Steinkamp, Jessica	Iowa Western	9.36	9.52	1	2
10 Smith, Breann	Iowa Western	10.40	9.99	1	1
11 Prososki, Tricia	Iowa Western	11.42	11.83	2	

Event 24 Men 55 Meter Hurdles**Top 16 Advance by Time**

Name	School	Prelims	H#
Preliminaries			
1 Arnett, Nathan	Iowa Central	7.55 q	1
2 Cranford, Will	Iowa Central	7.70 q	2
3 Acklin, Anthony	Unattached	7.71 q	2
4 28 Russ, Tanner	Buena Vista University	7.73 q	1
5 Anderson, Terry	Iowa Western	8.03 q	2
6 Evans, Tasman	Iowa Central	8.09 q	1
7 Butler, Catrell	Iowa Western	8.14 q	1
8 Mamer, Ayom	Iowa Western	8.20 q	2
9 Dykstra, Ethan	North Iowa Area Comm	8.36 q	1
10 Clark, Brian	Iowa Western	8.61 q	2
11 Dick, Nathan	North Iowa Area Comm	8.73 q	2

Event 24 Men 55 Meter Hurdles

Name	School	Prelims	Finals	H#	Points
Finals					
1 Arnett, Nathan	Iowa Central	7.55	7.47	1	10
2 Acklin, Anthony	Unattached	7.71	7.61	2	
3 Evans, Tasman	Iowa Central	8.09	7.66	1	8
4 28 Russ, Tanner	Buena Vista University	7.73	7.85	2	
5 Butler, Catrell	Iowa Western	8.14	7.94	1	6
6 Mamer, Ayom	Iowa Western	8.20	8.02	1	4
7 Dykstra, Ethan	North Iowa Area Comm	8.36	8.19	2	2
8 Anderson, Terry	Iowa Western	8.03	8.22	1	1
9 Clark, Brian	Iowa Western	8.61	8.51	2	
10 Dick, Nathan	North Iowa Area Comm	8.73	8.67	2	
Preliminaries					
2 Cranford, Will	Iowa Central	7.70			

Event 25 Women 1 Mile Run

Name	School	Finals	Points
Finals			
1 Warner, Maggie	Gillette College	5:21.76	
2 Kruckenberg, Kalyn	North Iowa Area Comm	5:27.04	10
3 Bor, Nancy	Iowa Central	5:30.00	8
4 Pettie, Shelbie	Iowa Central	5:30.94	6

BVU All-Comers - 2/19/2010 to 2/20/2010**NJCAA Region XI Indoor****Buena Vista University, Storm Lake, IA****Results****Finals ... (Event 25 Women 1 Mile Run)**

Name	School	Finals	Points
5 Fly, Kaylee	Iowa Western	5:39.53	4
6 Garcia, Monica	North Iowa Area Comm	5:46.42	2
7 Sharp, Stormy	Gillette College	5:46.91	
8 Downing, Gladys	Iowa Western	6:05.07	1
9 Jepleting, Sarah	Iowa Western	6:06.81	
10 Rohlman, Keya	Iowa Western	6:28.14	
11 Lacquement, Robin	North Iowa Area Comm	6:30.39	
12 Avery, Morgan	Iowa Western	6:56.90	
13 Zwanziger, Abby	North Iowa Area Comm	7:14.70	
14 23 Platt, Bre	Buena Vista University	7:24.38	

Event 26 Men 1 Mile Run

Name	School	Finals	Points
Finals			
1 Crossman, Conroy	Iowa Central	4:21.54	10
2 Cotter, Tomas	Iowa Central	4:24.71	8
3 Mutai, Kip	Gillette College	4:27.37	
4 Long, Levi	Unattached	4:29.13	
5 Hohnholt, Hayden	Gillette College	4:34.44	
6 Reynolds, Nicholas	Iowa Western	4:35.05	6
7 Morgan, Raleigh	North Iowa Area Comm	4:37.03	4
8 5 Bruce, Jared	Buena Vista University	4:37.69	
9 Leibold, Brandon	North Iowa Area Comm	4:39.27	2
10 Beattie, Chase	Gillette College	4:53.79	
11 Hazard, Justin	Iowa Western	4:59.12	1
12 Drogo, Anthony	Iowa Western	5:00.08	
13 Carter, Caleb	Iowa Western	5:28.86	
14 32 Soden, Andrew	Buena Vista University	5:57.22	

Event 27 Women 600 Meter Run

Name	School	Finals	Points
Finals			
1 Svardh, Marielle	North Iowa Area Comm	1:44.25	10
2 Nelson, Sammy	North Iowa Area Comm	1:44.54	8
3 Smith, Katelyn	Iowa Central	1:54.88	6
4 Bol, Diana	Iowa Central	1:55.19	4
5 Yarrow, Allia	North Iowa Area Comm	2:01.52	2

Event 28 Men 600 Meter Run

Name	School	Finals	H#	Points
Finals				
1 Lieghio, Anthony	Iowa Central	1:20.53	2	10
2 Jaiyesimi, Banjo	Iowa Western	1:20.76	2	8
3 Wilkinson, Chase	North Iowa Area Comm	1:26.68	2	6
4 Waldon, Jahmal	Iowa Western	1:26.75	1	4
5 Kirksey, Clint	Iowa Western	1:26.83	1	2
6 McDill, Zach	North Iowa Area Comm	1:28.52	1	1
7 Bond, Justin	Iowa Central	1:29.14	1	

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Event 29 Women 400 Meter Dash

Name	School	Finals	H#	Points
Finals				
1 Rumble, Ayesha	Iowa Central	1:00.10	2	10
2 Hunter, Tamara	Iowa Central	1:00.40	2	8
3 Willis, Jaymie	Iowa Western	1:00.53	2	6
4 6 Burnette, Rachel	Buena Vista University	1:02.78	2	
4 Scott, Paris	Iowa Western	1:02.78	2	4
6 18 Nelson, Whitney	Buena Vista University	1:04.68	1	
7 Abens, Jacque	Iowa Central	1:06.31	1	2
8 Fuchs, Katelin	Iowa Western	1:07.43	1	1
9 1 Ahrendsen, Liz	Buena Vista University	1:09.64	1	
10 Deng, Monica	Unattached	1:13.49	1	

Event 30 Men 400 Meter Dash

Name	School	Finals	H#	Points
Finals				
1 Wood, Jamel	Iowa Western	48.69	3	10
2 Knight, Tony	Iowa Central	50.71	3	8
3 Lewis, Willard	Iowa Central	51.13	3	6
4 Denson, Roland	Iowa Central	51.23	3	4
5 Sago, Anthony	Iowa Western	51.79	3	2
6 Sanigular, James	Iowa Central	51.91	3	1
7 Bakhit, Mandela	Iowa Western	52.94	2	
8 11 Harris, Justus	Buena Vista University	53.92	2	
9 Samuelson, Gabe	North Iowa Area Comm	54.26	2	
10 Karosich, Kenneth	Iowa Western	54.40	1	
11 Murphy, Alexx	North Iowa Area Comm	54.82	1	
12 17 Moore, Alex	Buena Vista University	55.55	2	
13 Overstreet, Deondrea	Iowa Central	56.81	2	
14 Igo, Michael	Gillette College	57.19	1	
15 Campbell, Blake	North Iowa Area Comm	58.17	2	

Event 31 Women 800 Meter Run

Name	School	Finals	Points
Finals			
1 Keller, Kara	Iowa Central	2:21.58	10
2 Warner, Maggie	Gillette College	2:21.86	
3 Edwards, Nicolia	Iowa Western	2:34.79	8
4 Dellos, Kelsie	Gillette College	2:35.56	
5 Garcia, Monica	North Iowa Area Comm	2:36.26	6
6 Lynn, Erin	North Iowa Area Comm	2:40.58	4
7 Hanig, Shelby	North Iowa Area Comm	2:52.38	2
8 Lacquement, Robin	North Iowa Area Comm	2:55.53	1
9 Santiago, Wendy	Iowa Central	3:01.49	

Event 32 Men 800 Meter Run

Name	School	Finals	Points
Finals			
1 Carr, Nathan	Iowa Western	1:58.33	10
2 31 Smith, Andrew	Buena Vista University	2:00.33	

BVU All-Comers - 2/19/2010 to 2/20/2010**NJCAA Region XI Indoor****Buena Vista University, Storm Lake, IA****Results****Finals ... (Event 32 Men 800 Meter Run)**

Name	School	Finals	Points
3 Fick, Josh	Iowa Central	2:01.79	8
4 Okee, Anthony	Iowa Central	2:02.11	6
5 Long, Levi	Unattached	2:02.26	
6 Morgan, Raleigh	North Iowa Area Comm	2:02.45	4
7 Bankston, Joseph	Iowa Central	2:05.33	2
8 Johnson, Laroy	Iowa Central	2:05.51	1
9 20 Patterson, Brian	Buena Vista University	2:06.68	
10 Anderson, Chase	North Iowa Area Comm	2:07.73	
11 Butler, Jaleal	Iowa Western	2:08.78	

Event 33 Women 200 Meter Dash

Name	School	Finals	H#	Points
Finals				
1 Steele, Shennae	Iowa Western	25.04	2	10
2 Lee, Sanchia	Iowa Central	25.24	2	8
3 Arps, Destiny	Iowa Central	25.64	1	6
4 Collie, Shawna-Kay	Iowa Western	27.12	2	4
5 Willis, Jaymie	Iowa Western	27.37	1	2
6 29 Schafbuch, Bailey	Buena Vista University	28.13	1	
7 Fuchs, Katelin	Iowa Western	28.57	1	1
8 4 Boyd, Andrea	Buena Vista University	28.72	1	
9 Deng, Monica	Unattached	32.18	1	

Event 34 Men 200 Meter Dash

Name	School	Finals	H#	Points
Finals				
1 Wellington, Wilmot	Iowa Central	22.25	5	10
2 Wood, Jamel	Iowa Western	22.41	5	8
3 Gentle, Jonathan	Iowa Central	22.49	5	6
4 Watts, Chris	Iowa Central	22.53	4	4
5 Bouyer, Adrien	Iowa Central	22.76	5	2
6 Powell, Garfield	Iowa Central	22.99	4	1
7 Nehlsen, Kadeem	Iowa Western	23.20	2	
8 Sago, Anthony	Iowa Western	23.21	3	
9 Milton, Richard	Iowa Western	23.25	4	
10 Mosley, Seth	North Iowa Area Comm	23.65	3	
11 Bakhit, Mandela	Iowa Western	23.73	4	
12 Bakkum, Jordan	North Iowa Area Comm	24.01	2	
13 34 Winterton, Peter	Buena Vista University	24.24	2	
14 Kephart, Zac	North Iowa Area Comm	24.74	2	
15 17 Moore, Alex	Buena Vista University	25.19	2	
16 11 Harris, Justus	Buena Vista University	25.24	3	
17 Samuel, Dominique	Iowa Western	25.42	1	
18 19 Nichols, Kenneth	Buena Vista University	26.18	3	
19 Palmer, Robert	Gillette College	26.29	1	
20 Bird, Joe	Iowa Central	26.63	1	

BVU All-Comers - 2/19/2010 to 2/20/2010**NJCAA Region XI Indoor****Buena Vista University, Storm Lake, IA****Results****Event 35 Women 1000 Meter Run**

Name	School	Finals	Points
Finals			
1 Pettie, Shelbie	Iowa Central	3:13.55	10
2 Crimmins, Liz	Iowa Central	3:17.71	8
3 Bor, Nancy	Iowa Central	3:22.92	6
4 Davis, Brittany	Iowa Western	3:47.12	4

Event 36 Men 1000 Meter Run

Name	School	Finals	Points
Finals			
1 Lee, Terence	Iowa Central	2:32.64	10
2 Bennett, Garland	Iowa Western	2:45.94	8
3 Beattie, Chase	Gillette College	2:47.50	
4 Reynolds, Nicholas	Iowa Western	2:47.64	6
5 Moses, Moses	Iowa Central	2:59.37	4

Event 37 Women 3000 Meter Run

Name	School	Finals	Points
Finals			
1 Warner, Maggie	Gillette College	11:07.65	
2 Vorthmann, Amanda	Iowa Central	11:10.94	10
3 Taylor, Caitie	Iowa Central	11:36.53	8
4 Ruger, Raven	Gillette College	11:48.09	
5 Keifer, Konnie	North Iowa Area Comm	12:07.20	6
6 Miller, Dana	Iowa Western	12:55.46	4

Event 38 Men 3000 Meter Run

Name	School	Finals	Points
Finals			
1 Samoei, Isaiah	Iowa Western	8:35.18	10
2 Mutai, Kip	Gillette College	8:47.15	
3 Cotter, Tomas	Iowa Central	8:49.45	8
4 Crossman, Conroy	Iowa Central	8:50.33	6
5 Blue, Kyle	Iowa Western	8:59.27	4
6 Juhl, Matt	Iowa Central	9:21.91	2
7 Niyiragira, Liberio	Iowa Central	9:28.30	1
8 Hohnholt, Hayden	Gillette College	9:28.62	
9 Penning, Nic	Gillette College	9:29.75	
10 Rader, Bryant	Iowa Western	9:42.97	
11 Palmer, Robert	Gillette College	9:49.16	
12 Hazard, Justin	Iowa Western	9:51.23	
13 7 Christiansen, Brian	Buena Vista University	9:59.25	
14 Mulford, Ethan	North Iowa Area Comm	10:00.03	
15 Fiscus, Gage	Iowa Central	10:01.62	
16 Sherwood, Josh	North Iowa Area Comm	10:04.69	
17 Mosbach, Zach	Iowa Central	10:35.38	
18 Casanova, Oscar	Iowa Western	11:04.37	

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Event 39 Women 4x400 Meter Relay

Team	Relay	Finals	Points
Finals			
1 Iowa Western	A	4:05.80	10
2 Iowa Central	A	4:20.15	8

Event 40 Men 4x400 Meter Relay

Team	Relay	Finals	Points
Finals			
1 Iowa Western	A	3:21.23	10
2 Iowa Central	A	3:22.44	8
3 Buena Vista University	A	3:33.35	
4 Iowa Central	C	3:34.23	
5 Iowa Central	B	3:34.96	
6 North Iowa Area Comm	A	3:35.82	6

Women - Team Rankings - 20 Events Scored

1) Iowa Central	286	2) Iowa Western	175
3) North Iowa Area Comm	81		

Men - Team Rankings - 20 Events Scored

1) Iowa Central	310	2) Iowa Western	220
3) North Iowa Area Comm	46		