

## Red Raider Open 2016 - 4/22/2016 to 4/23/2016

## Northwestern College Orange City, IA

## Results

## Women 100 Meter Dash

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Shabino, Kim	JR	SW Minnesota	12.29q 5.3
2 Broersma, Marisa	SR	Dordt	12.52q 3.8
3 Joseph, Eleka	SO	Morningside	12.60q 3.6
4 Bloemendaal, Devin	FR	Northwestern	12.61q 5.3
5 Heyn, Sara	FR	Augustana (S)	12.62q 3.9
6 Etrheim, Charissa	SR	Augustana (S)	12.68q 3.6
7 Vermeer, Jana	JR	Northwestern	12.78q 3.8
8 Velgersdyk, Miranda	SO	Dordt	12.79q 3.8
9 Arevalo, Aurora	FR	Morningside	12.80 4.6
10 Henkenius, Ashley	SO	Briar Cliff	12.86 3.9
11 Wind, Joscelyn	FR	Dordt	12.89 3.6
12 Rankin, Elizabeth	FR	Dordt	12.91 5.3
13 Spear, Madison	JR	Buena Vista	12.92 3.6
14 Van Essen, Natalie	JR	Dordt	12.93 3.8
15 Kennedy, Bailey	JR	Northwestern	12.94 3.9
16 Wunschel, Shania	SO	Buena Vista	12.97 4.6
17 DeVos, Brooke	FR	Augustana (S)	12.98 4.6
18 Eifert, Lexie	FR	Morningside	13.02 5.3
19 Quade, Becca	SO	Northwestern	13.10 4.6
20 Wubben, Danielle	SO	Dordt	13.15 4.6
21 Konkler, Emma	SO	Buena Vista	13.17 3.9
22 Caudill, Kecia	SO	Northwestern	13.19 3.9
23 Delzer, Emily	FR	Augustana (S)	13.29 3.6
24 Adsit, Breanna	SO	Dakota State	13.30 5.3
25 Dodunski, Beccy	JR	Briar Cliff	13.36 3.8
26 Nordgren, Calisha	SO	SW Minnesota	13.60 4.6
27 Bjork, Mallory	SO	Northwestern	13.62 3.6
28 Lewison, Molly	SO	Buena Vista	13.63 3.6
29 Quist, Shaniese	JR	Dordt	13.70 3.8
30 Igarashi, Jessica	FR	Buena Vista	13.78 3.9
31 Hokinson, Kim	SO	Morningside	13.82 4.6
32 Brockhoff, Kirsten	JR	Morningside	13.92 5.3
33 DeBrova, Denitsa	SO	SW Minnesota	14.18 5.3
34 Reinertson, Rebecca	SO	Faith Baptis	14.45 3.9
35 Meyer, Lindsay	SO	Buena Vista	14.64 4.6

## Women 100 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Shabino, Kim	JR	SW Minnesota	12.21 6.9
2 Broersma, Marisa	SR	Dordt	12.42 6.9
3 Heyn, Sara	FR	Augustana (S)	12.51 6.9
4 Joseph, Eleka	SO	Morningside	12.57 6.9
5 Etrheim, Charissa	SR	Augustana (S)	12.66 6.9
6 Vermeer, Jana	JR	Northwestern	12.68 6.9
7 Bloemendaal, Devin	FR	Northwestern	12.70 6.9
8 Velgersdyk, Miranda	SO	Dordt	12.92 6.9

## Women 200 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Spear, Mallory	JR	Buena Vista	25.52 4.2

2 Moos, Valerie	SO	Augustana (S)	25.59 4.2
3 Spranger, Lauren	SR	Northwestern	25.65 4.0
4 Etrheim, Charissa	SR	Augustana (S)	25.97 4.2
5 Broersma, Marisa	SR	Dordt	26.04 4.2
6 Arevalo, Aurora	FR	Morningside	26.13 4.2
7 Joseph, Eleka	SO	Morningside	26.27 4.0
8 Donnelly, Tascha	SR	Briar Cliff	26.29 4.0
9 Delzer, Emily	FR	Augustana (S)	26.45 4.0
10 Kennedy, Bailey	JR	Northwestern	26.64 4.0
11 Bloemendaal, Devin	FR	Northwestern	26.69 4.2
12 Henkenius, Ashley	SO	Briar Cliff	26.70 4.0
13 Velgersdyk, Miranda	SO	Dordt	26.72 5.7
14 DeVos, Brooke	FR	Augustana (S)	26.73 4.2
15 Beckmann, Danielle	FR	Morningside	26.77 3.7
16 Quade, Becca	SO	Northwestern	27.13 5.7
17 Konkler, Emma	SO	Buena Vista	27.21 5.7
18 Vermeer, Jana	JR	Northwestern	27.24 5.7
19 Wunschel, Shania	SO	Buena Vista	27.27 5.7
20 Schimmel, Naomi	SO	Northwestern	27.31 3.7
21 Eifert, Lexie	FR	Morningside	27.51 4.0
22 Hudson, Taylor	JR	Morningside	27.55 3.7
23 Rew, Ellie	FR	Augustana (S)	27.71 3.7
24 Sokolowski, Lauren	FR	Dakota State	27.79 5.7
25 Adsit, Breanna	SO	Dakota State	28.32 4.8
26 Lewison, Molly	SO	Buena Vista	28.45 4.8
27 Igarashi, Jessica	FR	Buena Vista	28.48 4.8
28 Lenz, Mikaela	FR	Mount Marty	28.67 3.7
29 Hokinson, Kim	SO	Morningside	29.05 3.7
30 Scheffler, Courtney	FR	Morningside	29.11 4.8
31 Hagberg, Sonya	JR	Northwestern	29.76 6.3
32 Brockhoff, Kirsten	JR	Morningside	30.40 6.3
33 Meyer, Lindsay	SO	Buena Vista	30.48 6.3
--- Bjork, Mallory	SO	Northwestern	DQ 4.8

## Women 400 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1 Spranger, Lauren	SR	Northwestern	58.26
2 Spear, Mallory	JR	Buena Vista	1:00.32
3 Schmidt, Emma	SO	Augustana (S)	1:01.67
4 Haer, Morganne	JR	Buena Vista	1:01.86
5 Rankin, Elizabeth	FR	Dordt	1:01.89
6 Josendahl, Karen	SO	Augustana (S)	1:01.99
7 Buom, Nya	SR	SW Minnesota	1:02.55
8 Delzer, Emily	FR	Augustana (S)	1:03.38
9 Sorensen, Emily	FR	Northwestern	1:03.89
10 Wilgenburg, Jenna	FR	Dordt	1:03.95
11 Davis, Caitlin	JR	Mount Marty	1:04.39
12 Pelelo-Ray, Rose	FR	Morningside	1:04.50
13 Beckmann, Danielle	FR	Morningside	1:04.61
14 Huff, Siera	SR	Dordt	1:05.02
15 Zomer, Laurel	SR	Dordt	1:06.21
16 Vant Hul, Callie	SR	Northwestern	1:06.35
17 Lenz, Mikaela	FR	Mount Marty	1:06.48
18 Friesen, Sara	SR	Dakota State	1:07.10
19 Dopita, Angela	FR	Briar Cliff	1:07.33

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## Northwestern College Orange City, IA

## Results

**Finals ... (Women 400 Meter Dash)**

Name	Yr	School	Finals
20 Igarashi, Jessica	FR	Buena Vista	1:07.47

**Women 800 Meter Run**

Name	Yr	School	Finals
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**Finals**

1 Palmeter, Hannah	SR	SW Minnesota	2:17.84
2 Landhuis, Katie	SO	Northwestern	2:18.73
3 Mayfield, Sarah	JR	SW Minnesota	2:19.33
4 Lewis, Kelsey	JR	Dordt	2:20.11
5 Muilenburg, Rebekah	FR	Northwestern	2:21.14
6 Shepherd, Tiffany	JR	Morningside	2:22.07
7 Smith, Martina	SR	Buena Vista	2:24.30
8 Hall, Shelby	SR	Morningside	2:24.65
9 Applegarth, Morgan	FR	Morningside	2:26.83
10 Huffman, Rachel	JR	Sioux Falls	2:27.83
11 Kunz, Laura	JR	Sioux Falls	2:29.87
12 O'Malley, Mandy	JR	Mount Marty	2:30.21
13 Jacobsen, Jamie	SO	Briar Cliff	2:31.49
14 Stiansen, Grace	SO	Sioux Falls	2:32.15
15 Violett, Macy	JR	SW Minnesota	2:32.73
16 Sinclair, Sam	SO	Northwestern	2:33.54
17 Busenitz, Wendy	FR	Faith Baptis	2:33.85
18 Mouw, Miranda	FR	Northwestern	2:34.14
19 Hein, Kiana	SO	Sioux Falls	2:35.24
20 Kelley, Mattisen	FR	Sioux Falls	2:35.71
21 Schweigert, Shailhyn	SO	Dakota Wesle	2:37.28
22 Enerson, Brianna	SO	Dordt	2:38.64
23 Schulte, Kori	JR	Northwestern	2:40.06
24 Wicks, Billie	FR	Mount Marty	2:41.29
25 Gonzales, Mari	JR	Briar Cliff	2:42.01
26 Mathes, Kate	JR	Morningside	2:45.03
27 Laws, Tyra	SO	Dakota State	2:50.94
--- Hull, Nisha	SR	Briar Cliff	DNF

**Women 1500 Meter Run**

Name	Yr	School	Finals
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**Finals**

1 Van Zee, Justine	JR	Dordt	4:56.23
2 Byl, Kayla	SR	Dordt	4:56.74
3 Slater, Nicole	SO	Dordt	4:59.82
4 De Jong, Cassidy	FR	Northwestern	5:01.61
5 Douma, Erika	SO	Dordt	5:02.68
6 Forgey, Skylar	SR	Dakota Wesle	5:03.22
7 Bosch, Katie	SO	Northwestern	5:03.86
8 Warner, Cassie	FR	Morningside	5:16.26
9 O'Malley, Mandy	JR	Mount Marty	5:18.03
10 Maaske, Megan	FR	Morningside	5:19.17
11 Knevelbaard, Annacheina	FR	Dordt	5:23.11
12 Wills, Mariah	JR	Morningside	5:29.09
13 Hovland, Krista	SO	Northwestern	5:29.77
14 Pauls, Kaitlin	FR	Briar Cliff	5:30.74
15 Nachbar, Suzanna	JR	Northwestern	5:31.79
16 Helmink, Alexandria	FR	Northwestern	5:33.88
17 Glasgo, Jasmine	JR	Morningside	5:35.98

18 Coldren, Emily	JR	SW Minnesota	5:38.99
19 Grengs, Amanda	SR	SW Minnesota	5:39.13
20 Court-Menendez, Nicole	SR	Dakota Wesle	5:44.67
21 Kube, Elizabeth	SR	Morningside	5:46.66
22 Schreiner, Katlynn	SO	Morningside	5:49.61
23 Bloemhof, Courtney	FR	Dordt	6:03.75
24 Nienhuis, Emily	SR	Northwestern	6:26.00
25 Vandersnick, Traci	FR	Mount Marty	7:28.34

**Women 5000 Meter Run**

Name	Yr	School	Finals
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**Finals**

1 Palmeter, Hannah	SR	SW Minnesota	18:15.42
2 Shepherd, Tiffany	JR	Morningside	18:26.69
3 Byl, Kayla	SR	Dordt	18:32.27
4 Van Zee, Justine	JR	Dordt	18:34.71
5 Hudelson, Jordyn	SR	Mount Marty	19:22.98
6 Pearson, Bethany	FR	Sioux Falls	20:34.62
7 King, Kelsie	FR	Dakota Wesle	21:33.78
8 Harris, Tara	FR	Buena Vista	21:53.02

**Women 10000 Meter Run**

Name	Yr	School	Finals
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**Finals**

1 Schwartz, Tenley	SO	Sioux Falls	40:38.24
2 Henckel, Annika	SO	Dordt	41:17.42
3 Moss, Miranda	SO	Dordt	42:27.45
4 Bandstra, Samantha	JR	Dordt	43:16.07
5 Young, Alli	SR	Dordt	43:25.08
6 Provard, Britta	SO	Dordt	43:48.27

**Women 100 Meter Hurdles**

Name	Yr	School	Finals
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**Finals**

1 Moos, Valerie	SO	Augustana (S)	14.82 4.8
2 Spear, Madison	JR	Buena Vista	14.94 4.8
3 Rew, Ellie	FR	Augustana (S)	15.14 4.8
4 Atkins, Katie	JR	Morningside	15.59 4.8
5 Sears, Sybbie	SO	Buena Vista	16.06 4.8
6 Broersma, Brittany	SO	Dordt	16.53 3.2
7 Lewison, Molly	SO	Buena Vista	17.01 3.2
8 Scheffler, Courtney	FR	Morningside	17.63 3.2
--- Sokolowski, Lauren	FR	Dakota State	FS 4.8

**Women 400 Meter Hurdles**

Name	Yr	School	Finals
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**Finals**

1 Sears, Sybbie	SO	Buena Vista	1:04.74
2 Kroeze, Kim	JR	Dordt	1:04.78
3 Oostra, Jordyn	SO	Northwestern	1:05.61
4 Boer, Payton	FR	Morningside	1:06.70
5 Beckmann, Desi	SR	Briar Cliff	1:07.97
6 Spear, Madison	JR	Buena Vista	1:08.38
7 Neises, Jessica	JR	Dakota Wesle	1:08.60
8 Evers, Ashley	SR	Sioux Falls	1:09.47
9 McNeel, Samantha	SO	SW Minnesota	1:09.90

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**Northwestern College Orange City, IA**

**Results**

**Finals ... (Women 400 Meter Hurdles)**

Name	Yr	School	Finals
10 Atkins, Katie	JR	Morningside	1:10.05
11 Noble, Lily	FR	Augustana (S)	1:12.20
12 Solano, Ashley	FR	Augustana (S)	1:12.56
13 Ervin, Allyson	FR	Buena Vista	1:15.34
14 Galloway, Melissa	FR	Briar Cliff	1:16.27
15 Hoffman, Ashley	FR	Mount Marty	1:25.27
--- Mescher, Kayla	SR	Augustana (S)	DQ

**Women 3000 Meter Steeplechase**

Name	Yr	School	Finals
1 Herlihy, Kylie	JR	Sioux Falls	12:07.15
2 Goertzen, Becca	FR	Sioux Falls	12:09.69
3 Higgins, Allison	SO	Morningside	12:11.11
4 Brooks, Audrey	SO	Dordt	13:10.36
5 Finnegan, Beth	SR	Mount Marty	13:45.91
6 Tilstra, Tara	FR	Dordt	13:58.79
7 Busenitz, Wendy	FR	Faith Baptis	14:02.43

**Women 4x100 Meter Relay**

Team	Relay	Finals
1 Dordt	A	50.11
1) Velgersdyk, Miranda SO	2) Wind, Joscelyn FR	
3) Broersma, Marisa SR	4) Wubben, Danielle SO	
2 Buena Vista	A	50.57
1) Wunschel, Shania SO	2) Spear, Mallory JR	
3) Haer, Morganne JR	4) Konkler, Emma SO	
3 Northwestern (Iowa)	A	50.75
1) Quade, Becca SO	2) Vermeer, Jana JR	
3) Bloemendaal, Devin FR	4) Kennedy, Bailey JR	
4 Briar Cliff	A	51.34
1) Beckmann, Desi SR	2) Dodunski, Beccy JR	
3) Henkenius, Ashley SO	4) Donnelly, Tascha SR	
5 SW Minnesota St.	A	51.37
1) Armstrong, Rylee SO	2) Shabino, Kim JR	
3) McNeel, Samantha SO	4) Nordgren, Calisha SO	
6 Northwestern (Iowa)	B	53.21
1) Schimmel, Naomi SO	2) Caudill, Kecia SO	
3) Bjork, Mallory SO	4) Oostra, Jordyn SO	

**Women 4x400 Meter Relay**

Team	Relay	Finals
1 Northwestern (Iowa)	A	4:04.68
1) Muilenburg, Rebekah FR	2) Oostra, Jordyn SO	
3) Landhuis, Katie SO	4) Spranger, Lauren SR	
2 Buena Vista	A	4:07.67
1) Sears, Sybbie SO	2) Haer, Morganne JR	
3) Smith, Martina SR	4) Spear, Mallory JR	
3 Dordt	A	4:08.60
1) Velgersdyk, Miranda SO	2) Wind, Joscelyn FR	
3) Rankin, Elizabeth FR	4) Broersma, Marisa SR	

4 Dordt	C	4:10.84
1) Slater, Nicole SO	2) Van Zee, Justine JR	
3) Lewis, Kelsey JR	4) Byl, Kayla SR	
5 Morningside	A	4:15.16
1) Beckmann, Danielle FR	2) Mumm, Michelle SO	
3) Boer, Payton FR	4) Hall, Shelby SR	
6 Dordt	B	4:17.04
1) Kroeze, Kim JR	2) Wilgenburg, Jenna FR	
3) Zomer, Laurel SR	4) Huff, Siera SR	
7 Northwestern (Iowa)	B	4:20.78
1) Bosch, Katie SO	2) Sorensen, Emily FR	
3) De Jong, Cassidy FR	4) Vant Hul, Callie SR	
8 Sioux Falls	B	4:23.38
1) Kunz, Laura JR	2) Hein, Kiana SO	
3) Kelley, Mattisen FR	4) Herlihy, Kylie JR	
9 Morningside	B	4:26.35
1) Pelelo-Ray, Rose FR	2) Shepherd, Tiffany JR	
3) Applegarth, Morgan FR	4) Eifert, Lexie FR	
10 Mount Marty	A	4:30.01
1) Davis, Caitlin JR	2) O'Malley, Mandy JR	
3) Lenz, Mikaela FR	4) Wicks, Billie FR	
11 Dakota State	A	4:40.17
1) Friesen, Sara SR	2) Laws, Tyra SO	
3) Sopko, Victoria JR	4) Poppen, Kelsey SO	
--- Morningside	C	DNF
1) Hudson, Taylor JR	2) Warner, Cassie FR	
3) Maaske, Megan FR	4) Mathes, Kate JR	

**Women 4x800 Meter Relay**

Team	Relay	Finals
1 Northwestern (Iowa)	A	9:14.06
1) Bosch, Katie SO	2) Muilenburg, Rebekah FR	
3) De Jong, Cassidy FR	4) Landhuis, Katie SO	
2 Augustana (S.D.)	A	9:25.81
1) Rotvold, Annika FR	2) Hottovy, Courtney FR	
3) Bauer, Carly JR	4) DeVos, Brooke FR	
3 Morningside	A	9:38.81
1) Boer, Payton FR	2) Applegarth, Morgan FR	
3) Warner, Cassie FR	4) Maaske, Megan FR	
4 Northwestern (Iowa)	B	10:05.69
1) Hovland, Krista SO	2) Mayforth, Rachel FR	
3) Schulte, Kori JR	4) Mouw, Miranda FR	
5 Dakota Wesleyan	A	10:05.75
1) Forgey, Skylar SR	2) Court-Menendez, Nicole SR	
3) Neises, Jessica JR	4) Schweigert, Shailhyn SO	
6 Northwestern (Iowa)	C	10:11.03
1) Darling, Alicia FR	2) Sinclair, Sam SO	
3) Helmink, Alexandria FR	4) Lunn, Sarah FR	
--- Morningside	B	DNF
1) Higgins, Allison SO	2) Shepherd, Tiffany JR	
3) Brockhoff, Kirsten JR	4) Anderson, Meagan SO	

## Red Raider Open 2016 - 4/22/2016 to 4/23/2016

## Northwestern College Orange City, IA

## Results

**Women High Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Hulst, Mycah	SR	Dordt	1.65m
2 Wind, Joscelyn	FR	Dordt	1.58m
3 Campbell, Christine	SO	Augustana (S)	1.53m
4 Armstrong, Rylee	SO	SW Minnesota	J1.53m
4 Runneberg, Brooke	FR	Buena Vista	J1.53m
6 Leffler, Victoria	FR	Buena Vista	J1.53m
7 Hulst, Natalie	SO	Dordt	1.43m
7 Burch, Eden	FR	Northwestern	1.43m
--- McClarty, Meghan	JR	Briar Cliff	NH

**Women Pole Vault**

Name	Yr	School	Finals
<b>Finals</b>			
1 Crandall, Courtney	SR	Sioux Falls	4.20m
2 Peterson, Kimberly	SO	Sioux Falls	3.95m
3 Linder, Hannah	JR	Sioux Falls	3.65m
4 Boyle, Emily	SO	Mount Marty	3.20m
5 Noble, Lily	FR	Augustana (S)	3.05m
5 Collingham, Abigail	FR	Dakota Wesle	3.05m
7 Schimmel, Naomi	SO	Northwestern	2.90m
8 Herrboldt, Christina	SO	Mount Marty	2.75m
--- Schmidt, Brenna	FR	Sioux Falls	NH
--- Steenhoek, Lydia	SO	Northwestern	NH

**Women Long Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Brunswig, Calliann	SR	Augustana (S)	5.56m 2.3
2 Armstrong, Rylee	SO	SW Minnesota	5.53m 6.1
3 Wubben, Danielle	SO	Dordt	5.41m 2.8
4 Bohlmann, Elizabeth	SO	Morningside	5.29m 3.1
5 Van Essen, Natalie	JR	Dordt	5.19m 1.9
6 Haer, Morganne	JR	Buena Vista	5.14m 2.0
7 Zylstra, Justine	FR	Sioux Falls	5.03m 3.3
8 Heyn, Sara	FR	Augustana (S)	5.02m 2.4
9 Longville, Kristen	FR	Dakota Wesle	4.82m NWI
10 Quist, Shaniese	JR	Dordt	4.78m NWI
11 McNeel, Samantha	SO	SW Minnesota	4.74m 2.1
12 Pelelo-Ray, Rose	FR	Morningside	4.52m NWI
13 Hagberg, Sonya	JR	Northwestern	4.45m NWI
14 Wunschel, Shania	SO	Buena Vista	4.40m NWI
15 Poppen, Kelsey	SO	Dakota State	4.33m 1.9
16 Herrboldt, Christina	SO	Mount Marty	4.29m NWI
17 Meyer, Lindsay	SO	Buena Vista	3.94m NWI
--- Kneiff, Kati	FR	Morningside	FOUL

**Women Triple Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Donnelly, Tascha	SR	Briar Cliff	11.89m NWI
2 Stoller, Coley	SO	Augustana (S)	10.88m NWI
3 Wind, Joscelyn	FR	Dordt	10.46m NWI

4 Mouw, Raquelle	SO	Dordt	10.41m NWI
5 Zylstra, Justine	FR	Sioux Falls	10.39m NWI
6 Leffler, Victoria	FR	Buena Vista	10.08m NWI
7 Hagberg, Sonya	JR	Northwestern	9.72m NWI
8 Geiseman, Jackie	SO	Northwestern	9.54m NWI

**Women Shot Put**

Name	Yr	School	Finals
<b>Finals</b>			
1 Maller, Elizabeth	FR	Morningside	13.22m
2 Ostrem, Ashley	JR	Sioux Falls	13.06m
3 Hinseth, Haley	SR	Sioux Falls	12.69m
4 Steele, Hannah	SR	Sioux Falls	J12.69m
5 Blake, Kaylee	JR	Briar Cliff	12.55m
6 Urban, Andrea	SO	Briar Cliff	12.40m
7 Poppen, Amanda	JR	Sioux Falls	12.19m
8 Shie, Hannah	SR	Northwestern	12.15m
9 Okkema, Cora	SR	Dordt	11.68m
10 Eischeid, Cristyn	SO	Buena Vista	11.37m
11 Snyder, Michaela	FR	Briar Cliff	11.23m
12 Anderson, Meagan	SO	Morningside	11.20m
13 Telfer, Grace	FR	Buena Vista	11.15m
14 Groenendyk, Heidi	FR	Northwestern	11.05m
14 Currey, Ashley	SR	Dakota State	11.05m
16 Bremer, Jenna	FR	Dordt	11.03m
17 Brock, Holly	SO	Morningside	10.75m
18 Frazee, Heidi	FR	Dakota Wesle	9.09m
19 Poppen, Kelsey	SO	Dakota State	8.76m

**Women Discus Throw**

Name	Yr	School	Finals
<b>Finals</b>			
1 Hinseth, Haley	SR	Sioux Falls	43.26m
2 Okkema, Cora	SR	Dordt	41.63m
3 Ostrem, Ashley	JR	Sioux Falls	41.50m
4 Vanderbyl, Christina	JR	Northwestern	40.01m
5 Maller, Elizabeth	FR	Morningside	39.65m
6 Brungardt, Jackie	SR	Briar Cliff	39.54m
7 Morgan, Hannah	FR	Northwestern	38.86m
8 Poppen, Amanda	JR	Sioux Falls	38.61m
9 Mead, Bekah	JR	Dordt	38.00m
10 Telfer, Grace	FR	Buena Vista	36.20m
11 Urban, Andrea	SO	Briar Cliff	36.00m
12 Schuster, Casey	SO	Morningside	35.86m
12 Shie, Hannah	SR	Northwestern	35.86m
14 Clapper, Savannah	SO	Northwestern	35.68m
15 Ageson, Tina	SR	Buena Vista	35.42m
16 Cunard, Molly	SO	Northwestern	35.11m
17 Bremer, Jenna	FR	Dordt	35.05m
18 Steele, Hannah	SR	Sioux Falls	34.22m
19 Currey, Ashley	SR	Dakota State	33.95m
20 Grasman, Laura	FR	Dordt	32.81m
21 Howell, Candice	SO	Northwestern	32.37m
22 Citterman, Morgan	SO	Mount Marty	27.07m
23 Frazee, Heidi	FR	Dakota Wesle	21.70m
--- DuHoux, Holly	SO	SW Minnesota	FOUL

## Red Raider Open 2016 - 4/22/2016 to 4/23/2016

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## Results

## Finals ... (Women Discus Throw)

Name	Yr	School	Finals
---		Blake, Kaylee	JR Briar Cliff FOUL

## Women Hammer Throw

Name	Yr	School	Finals
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## Finals

1	15 way, caitlin	Unattached	50.24m
2	Ageson, Tina	SR Buena Vista	46.06m
3	Steele, Hannah	SR Sioux Falls	44.70m
4	Maller, Elizabeth	FR Morningside	43.60m
5	Eischeid, Cristyn	SO Buena Vista	43.49m
6	Martin, Kylie	JR Dakota State	43.16m
7	Clapper, Savannah	SO Northwestern	42.79m
8	Anderson, Meagan	SO Morningside	42.46m
9	Janisch, Jessie	SO SW Minnesota	42.39m
10	Currey, Ashley	SR Dakota State	42.03m
11	Howell, Candice	SO Northwestern	40.99m
12	Mead, Bekah	JR Dordt	38.82m
13	DuHoux, Holly	SO SW Minnesota	38.63m
14	Prokosch, Angela	SO SW Minnesota	37.65m
15	Grasman, Laura	FR Dordt	37.03m
16	Bremer, Jenna	FR Dordt	35.96m
17	Citterman, Morgan	SO Mount Marty	35.54m
18	Sears, Rhiannon	SO SW Minnesota	35.14m
19	Brock, Holly	SO Morningside	34.92m
20	Groenendyk, Heidi	FR Northwestern	34.34m
21	Morgan, Hannah	FR Northwestern	31.45m
22	Frazee, Heidi	FR Dakota Wesle	31.31m
---	Poppen, Amanda	JR Sioux Falls	FOUL

## Women Javelin Throw

Name	Yr	School	Finals
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## Finals

1	Keim, Emily	SR Morningside	37.72m
2	Kneiff, Kati	FR Morningside	36.93m
3	Hinseth, Haley	SR Sioux Falls	34.80m
4	Arevalo, Aurora	FR Morningside	34.40m
5	Armstrong, Rylee	SO SW Minnesota	33.72m
6	Anderson, Meagan	SO Morningside	32.49m
7	Vanderbyl, Christina	JR Northwestern	32.23m
8	Cunard, Molly	SO Northwestern	30.12m
9	Snyder, Michaela	FR Briar Cliff	29.79m
10	Blake, Kaylee	JR Briar Cliff	29.69m
11	Hauger, Lexi	SO Briar Cliff	28.45m
12	Janisch, Jessie	SO SW Minnesota	28.15m
13	Morgan, Hannah	FR Northwestern	28.09m
14	Ostrem, Ashley	JR Sioux Falls	27.83m
15	Dodunski, Beccy	JR Briar Cliff	27.75m
16	Hustad, Hannah	SO Briar Cliff	27.68m
17	Rew, Ellie	FR Augustana (S)	27.43m
18	Urban, Andrea	SO Briar Cliff	27.00m
19	Hotovy, McKenna	FR Augustana (S)	20.85m

## Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Yr	School	Finals
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## Finals

1	Montez Brown, Olivia	FR Augustana (S)	26.04 794
2	Fossum, Jessica	SR Dakota Wesle	27.45 675
3	Stevens, Abigail	SO Northwestern	28.38 601
4	Travis, Meghan	FR Dakota Wesle	28.55 588

## Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Yr	School	Finals
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## Finals

1	Fossum, Jessica	SR Dakota Wesle	2:32.98 656
2	Travis, Meghan	FR Dakota Wesle	2:58.66 378
---	Stevens, Abigail	SO Northwestern	DNF

## Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Yr	School	Finals
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## Finals

1	Montez Brown, Olivia	FR Augustana (S)	14.68 884
2	Stevens, Abigail	SO Northwestern	15.91 725
3	Fossum, Jessica	SR Dakota Wesle	16.40 666
4	Travis, Meghan	FR Dakota Wesle	19.85 315

## Heptathlon: #2 Women High Jump Heptathlon

Name	Yr	School	Finals
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## Finals

1	Montez Brown, Olivia	FR Augustana (S)	1.59m 724
2	Stevens, Abigail	SO Northwestern	1.44m 555
2	Travis, Meghan	FR Dakota Wesle	1.44m 555
4	Fossum, Jessica	SR Dakota Wesle	1.35m 460

## Heptathlon: #5 Women Long Jump Heptathlon

Name	Yr	School	Finals
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## Finals

1	Montez Brown, Olivia	FR Augustana (S)	5.67m 750
2	Fossum, Jessica	SR Dakota Wesle	4.89m 530
3	Travis, Meghan	FR Dakota Wesle	4.79m 503
4	Stevens, Abigail	SO Northwestern	2.31m 13

## Heptathlon: #3 Women Shot Put Heptathlon

Name	Yr	School	Finals
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## Finals

1	Travis, Meghan	FR Dakota Wesle	11.25m 612
2	Montez Brown, Olivia	FR Augustana (S)	10.81m 583
3	Fossum, Jessica	SR Dakota Wesle	10.43m 558
4	Stevens, Abigail	SO Northwestern	9.46m 494

## Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Yr	School	Finals
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## Finals

1	Fossum, Jessica	SR Dakota Wesle	32.11m 517
2	Montez Brown, Olivia	FR Augustana (S)	27.23m 424
3	Stevens, Abigail	SO Northwestern	21.06m 309
4	Travis, Meghan	FR Dakota Wesle	19.51m 280

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## Results

## Women Heptathlon

Name	Yr	School	Finals
<b>Finals</b>			
1	Fossum, Jessica	SR Dakota Wesle	4062
2	Travis, Meghan	FR Dakota Wesle	3231
3	Stevens, Abigail	SO Northwestern	2697

## Men 100 Meter Dash

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Iron Shell, Robert	JR Briar Cliff	10.74q 3.6
2	Muncy, Rusty	SR Briar Cliff	10.79q 3.9
3	Van Roekel, Alex	SR Northwestern	10.87q 4.5
4	Lloyd, Sage	FR Briar Cliff	10.90q 4.5
5	Kuyateh, Moussa	FR Buena Vista	10.92q 4.0
6	Carlson, Spencer	SR Dakota State	10.98q 4.0
7	Ryan, Ben	SO SW Minnesota	11.08q 3.6
8	Akers, Derrick	SO Northwestern	11.12q 3.9
9	Kong, Khor	SR Augustana (S)	11.35 4.0
9	Van't Hof, Dylon	SO Augustana (S)	11.35 3.9
11	Zonnefeld, Trevor	JR Dordt	11.37 3.6
12	Reider, Josh	SO Augustana (S)	11.41 4.5
13	Watkins, Alex	FR Morningside	11.42 3.9
14	Tel, Theo	FR Dordt	11.55 4.5
15	Pickney, Trai	SR Dordt	11.59 4.0
16	Farnan, James	SO Morningside	11.66 3.6
17	Staats, Grant	FR Morningside	11.70 3.6
18	Conover, Tanner	FR Dordt	11.77 4.5
19	Goehring, Gabriel	SO Mount Marty	12.07 3.6
20	Kolvek, Brad	FR Briar Cliff	12.18 3.9
21	Matsushima, Andrew	FR Mount Marty	12.36 4.5
22	Patel, Parth	FR Dakota Wesle	12.48 3.9
23	Cressey, Micah	FR Faith Baptis	13.42 4.5

## Men 100 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1	Iron Shell, Robert	JR Briar Cliff	10.57 4.3
2	Muncy, Rusty	SR Briar Cliff	10.68 4.3
3	Kuyateh, Moussa	FR Buena Vista	10.78 4.3
4	Carlson, Spencer	SR Dakota State	10.85 4.3
5	Van Roekel, Alex	SR Northwestern	10.94 4.3
6	Akers, Derrick	SO Northwestern	11.01 4.3
7	Lloyd, Sage	FR Briar Cliff	11.08 4.3
8	Ryan, Ben	SO SW Minnesota	11.10 4.3

## Men 200 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1	Iron Shell, Robert	JR Briar Cliff	21.41 2.7
2	Muncy, Rusty	SR Briar Cliff	21.60 2.7
3	Mossberg, Blake	FR Briar Cliff	21.91 2.7
4	Van Roekel, Alex	SR Northwestern	22.33 2.7
5	Ryan, Ben	SO SW Minnesota	22.36 4.6
6	Ezimora, Tobe	SO Briar Cliff	22.37 3.6

7	Kuyateh, Moussa	FR Buena Vista	22.41 5.3
8	Hagen, Evan	FR Sioux Falls	22.43 4.6
9	Jones, Zach	SO SW Minnesota	22.47 5.3
10	Lloyd, Sage	FR Briar Cliff	22.52 2.7
11	Zonnefeld, Trevor	JR Dordt	22.61 4.6
12	Eberly, Mark	JR Buena Vista	22.71 5.3
13	Roden, Joe	SR Briar Cliff	22.77 3.6
14	Kocmich, Brandon	FR Dakota Wesle	22.78 2.7
15	Hooyer, Derek	FR Sioux Falls	22.84 2.7
16	Keena, David	FR Dordt	23.03 4.6
17	Carlson, Spencer	SR Dakota State	23.07 4.6
18	Samms, Jared	FR Briar Cliff	23.19 3.6
19	Meloche, Paul	FR Augustana (S)	23.21 3.6
20	Brower, Heath	FR Dordt	23.29 5.3
21	Tel, Theo	FR Dordt	23.45 3.6
22	Farnan, James	SO Morningside	23.69 5.3
23	Staats, Grant	FR Morningside	23.73 3.6
24	Pardun, Kyle	SO Mount Marty	23.76 4.6
24	Watkins, Alex	FR Morningside	23.76 3.6
26	Pickney, Trai	SR Dordt	23.82 4.2
27	Brown, Wes	SO Morningside	24.06 4.2
28	Heiden, Dustin	FR Mount Marty	25.13 4.2
29	Dobson, Joseph	FR Buena Vista	25.70 4.2
---	Goehring, Gabriel	SO Mount Marty	DNF 4.2
---	13 aiyegbeni, perkins	Unattached	DQ 4.2

## Men 400 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1	Roden, Joe	SR Briar Cliff	51.00
2	Pardun, Kyle	SO Mount Marty	51.15
3	Ezimora, Tobe	SO Briar Cliff	51.24
4	Kocmich, Brandon	FR Dakota Wesle	51.34
5	Sampson, Ben	JR Buena Vista	51.36
6	Wedel, Nathan	SO Northwestern	51.58
7	Dahl, Elijah	SO Northwestern	51.68
8	Eckels, Josiah	JR Dordt	51.71
9	Eberly, Mark	JR Buena Vista	51.78
10	Willey, Jacob	SR Morningside	51.80
11	Heinrichs, Joe	SO Briar Cliff	52.11
12	Te Brink, Levi	SO Northwestern	52.27
13	Lemon, Aaron	SO Northwestern	52.40
14	Lorfeld, Luke	SO Northwestern	52.63
15	Sharpe, Chris	SO Augustana (S)	52.71
16	Van Eps, Lucas	FR Dordt	52.98
17	Herman, Caleb	FR Dordt	53.03
18	13 aiyegbeni, perkins	Unattached	53.08
19	Wensmann, Taylor	SR Sioux Falls	53.40
20	Brown, Wes	SO Morningside	53.57
21	Smith, Tyler	JR Briar Cliff	54.15
22	Sittig, Tom	JR Augustana (S)	54.39
23	Brockel, Jaden	FR Northwestern	54.46
24	Stiles, Ryan	FR Augustana (S)	54.83
25	Davis, Cody	FR Mount Marty	55.11
26	Wynstra, Caleb	FR Dordt	55.18
27	Holzman, Matt	FR Briar Cliff	55.80

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## Finals ... (Men 400 Meter Dash)

Name	Yr	School	Finals
28 Clark, Taylor	FR	Briar Cliff	56.46
29 Malan, Sam	JR	Dordt	56.71
30 Dobson, Joseph	FR	Buena Vista	57.78
31 Davis, Hunter	FR	Morningside	1:05.19
--- Mossberg, Blake	FR	Briar Cliff	FS

## Men 800 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Wensink, Sam	JR	Dordt	1:57.49
2 Houdek, Jordan	JR	Mount Marty	1:57.57
3 Green, Jacob	SO	Morningside	1:58.19
4 Johnson, Elliott	SR	Northwestern	1:58.21
5 Weitgenant, Ryan	SR	Northwestern	1:58.37
6 Jackson, Joe	SR	Briar Cliff	1:58.60
7 Hollinger, Peter	FR	Northwestern	1:58.65
8 Schiltz, Drew	JR	Morningside	2:02.59
9 Benzing, Caleb	FR	Northwestern	2:02.71
10 Pfau, Keegan	FR	Morningside	2:02.75
11 Vander Kooi, Nick	JR	Dordt	2:02.95
12 Beseman, Billy		Unattached	2:04.38
13 Parsons, Israel	SO	Sioux Falls	2:05.36
14 Mayer, Matt	SR	Briar Cliff	2:05.54
15 Wall, Garrett	JR	Morningside	2:07.17
16 Kenny, Jason	SO	Morningside	2:08.46
17 Kollasch, Tony	FR	Briar Cliff	2:09.19
18 Sutton, Jared	SR	Dakota State	2:09.78
19 Wynstra, Joshua	FR	Dordt	2:10.64
20 Solheim, Alex	JR	SW Minnesota	2:11.04
21 Voigt, Sam	SO	Mount Marty	2:12.25
22 Larson, Tyler	JR	Buena Vista	2:13.54
23 Hermann, Corey	FR	Dakota State	2:14.22
24 Johnson, Jacob	FR	Northwestern	2:14.24
25 Blaschke, Gage	SR	Mount Marty	2:15.17
26 Gustafson, Bryce	FR	Morningside	2:15.49
27 Wixon, Nick	FR	Mount Marty	2:16.54
28 Simpson, Jacob	JR	Morningside	2:21.43

## Men 1500 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Schleis, Mitchell	SR	Briar Cliff	4:05.04
2 Goetsch, Tanner	SO	Northwestern	4:06.82
3 Norris, Will	JR	Northwestern	4:07.25
4 DeVries, Alec	SO	Morningside	4:07.53
5 5 giddings, skylar		Unattached	4:08.70
6 Rose, Tim	SO	Northwestern	4:10.01
7 Epp, Hans	SO	Northwestern	4:10.43
8 Janssen, AJ	SO	Morningside	4:14.41
9 Thelen, Tommy	JR	Briar Cliff	4:15.38
10 Tejada, Claudio	JR	Dakota State	4:15.58
11 Bonneson, Evan	SO	SW Minnesota	4:16.36
12 Smith, Peter	SO	Northwestern	4:16.60
13 Daane, Adam	SO	Dordt	4:17.10

14 Horan, Matt	SR	Sioux Falls	4:18.64
15 Schaap, Riley	SO	Dordt	4:19.64
16 Hogie, Austin	SR	Sioux Falls	4:20.48
17 Panec, Jeremiah	SO	Dakota Wesle	4:21.66
18 Scott, Jacob	JR	Morningside	4:23.27
19 Kollasch, Zach	FR	Briar Cliff	4:23.92
20 McEvoy, Casey	SO	Briar Cliff	4:27.68
21 7 mcnamara, stephan		Unattached	4:27.73
22 Stoltz, Elliot	SR	Northwestern	4:28.11
23 Van Ginkel, Alex	SO	Dordt	4:28.33
24 Watchorn, Brendan	FR	Dordt	4:32.38
25 Solheim, Alex	JR	SW Minnesota	4:33.05
26 Blank, Bryce	FR	Dakota Wesle	4:33.33
27 Waite, Zach	JR	Morningside	4:34.46
28 Hemphill, Caleb	JR	Dakota State	4:35.02
29 Broze, Ben	FR	SW Minnesota	4:36.03
30 Geels, Nick	FR	Dordt	4:36.90
31 Jeltema, Jeff	SO	Northwestern	4:37.68
32 Burgstahler, Riley	JR	SW Minnesota	4:41.21
33 Currier, Alex	FR	Northwestern	4:45.45
34 Hannula, Brady	SR	Buena Vista	4:47.62
35 Sterk, Tyler	FR	Northwestern	4:54.44
36 Groves, Zach	JR	Briar Cliff	5:01.75
37 Reeves, James	JR	Mount Marty	5:17.18

## Men 5000 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Larsen, Nick	FR	Augustana (S)	15:04.27
2 Norris, Will	JR	Northwestern	15:06.04
3 Urtusastegui, Jesus	FR	Augustana (S)	15:17.00
4 Souther, Nathaniel	FR	Augustana (S)	15:27.94
5 Goetsch, Tanner	SO	Northwestern	15:34.55
6 Beseman, Billy		Unattached	15:36.38
7 Schroeder, Nathan	FR	Augustana (S)	15:41.31
8 Burns, Logan	FR	Augustana (S)	15:43.52
9 DeJong, Skylar	FR	Augustana (S)	15:47.09
10 Smith, Peter	SO	Northwestern	15:48.25
11 Petrich, Christian	JR	Mount Marty	15:50.89
12 Hogie, Austin	SR	Sioux Falls	16:04.45
13 Skillern, Sean	SO	Morningside	16:17.13
14 Kooima, P.J.	FR	Dordt	16:37.86
15 Broze, Ben	FR	SW Minnesota	16:45.64
16 Laird, Andrew	SR	Buena Vista	16:48.08
17 Simpson, Jacob	JR	Morningside	16:49.14
18 Mayer, Matt	SR	Briar Cliff	16:54.42
19 Garwood, Braden	FR	Northwestern	16:57.95
20 6 heaton, sean		Unattached	17:00.09
21 Burgstahler, Riley	JR	SW Minnesota	17:07.60
22 Schoenfish, David	SR	Sioux Falls	17:22.52
23 Fischer, Kyle	JR	Dordt	18:13.68
24 Groves, Zach	JR	Briar Cliff	18:19.83
--- Tietz, Alex	FR	Augustana (S)	DNF
--- Carda, Keegan	SR	Augustana (S)	DNF

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## Men 10000 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Brockmueller, Ben	JR	Dordt	33:35.07
2 Warren, Austin	SO	Northwestern	33:48.16
3 Patton, Anthony	FR	Morningside	34:06.13
4 Smith, Steven	JR	Buena Vista	35:04.13
5 Noyes, John	FR	Sioux Falls	35:59.88

## Men 110 Meter Hurdles

Name	Yr	School	Finals
<b>Finals</b>			
1 Hanson, Will	SR	SW Minnesota	14.78 1.1
2 Van't Hof, Dylan	SO	Augustana (S)	14.94 1.1
3 Heidema, Keith	SO	Dordt	14.99 1.1
4 Groth, Austin	SR	Buena Vista	15.06 1.1
5 Jackson, Reece	FR	Morningside	15.31 1.1
6 Greenberg, Aaron	SO	Sioux Falls	15.38 1.1
7 Rice, Zack	SO	Northwestern	15.69 3.5
8 Meloche, Paul	FR	Augustana (S)	16.01 1.1
9 Sacker, Justin	JR	Buena Vista	16.09 3.5
10 Jones, Zach	SR	Augustana (S)	16.26 3.5
11 Doering, Josh	FR	Morningside	16.40 3.5
12 Samms, Jared	FR	Briar Cliff	16.96 3.5
13 McCauley, Michael	FR	Northwestern	17.04 3.5
14 Schaefer, Elijah	SO	Northwestern	17.19 4.7
15 Brouwer, John	SO	Dordt	17.24 4.7
16 Bodden, Dakota	SO	Dakota Wesle	17.26 3.5
17 Lawrence, William	JR	Mount Marty	18.48 4.7
18 2 DeVries, Wade		Unattached	23.75 4.7

## Men 400 Meter Hurdles

Name	Yr	School	Finals
<b>Finals</b>			
1 Hiser, Kyle	JR	Morningside	56.60
2 Groth, Austin	SR	Buena Vista	57.20
3 Spykstra, TJ	FR	Northwestern	58.41
4 Janisch, Jordan	SO	SW Minnesota	58.92
5 Heidema, Keith	SO	Dordt	59.16
6 Ward, Evan	FR	Augustana (S)	59.83
7 Brouwer, John	SO	Dordt	1:01.26
8 Sacker, Justin	JR	Buena Vista	1:01.97
9 Tabla, Sam	SO	SW Minnesota	1:02.75
10 Schaefer, Elijah	SO	Northwestern	1:03.46
11 Doering, Josh	FR	Morningside	1:04.20
12 Jaimes, Salvador	SO	Sioux Falls	1:04.24
13 McCauley, Michael	FR	Northwestern	1:04.76
14 Kolvek, Brad	FR	Briar Cliff	1:05.10
15 Falk, Josh	SO	SW Minnesota	1:06.69
16 Lawrence, William	JR	Mount Marty	1:09.43
--- Kerns, Derrik	FR	Northwestern	DQ

## Men 3000 Meter Steeplechase

Name	Yr	School	Finals
<b>Finals</b>			
1 Skillern, Sean	SO	Morningside	10:18.25
2 Liester, Josh	FR	Sioux Falls	10:21.54
3 Tabbert, Ethan	SR	Sioux Falls	10:31.88
4 Groff, Quinn	JR	Morningside	10:58.27
5 1 Bollweg, Connor		Unattached	11:25.05
6 3 bogaard, tukker		Unattached	12:02.71
7 12 johnson, reese		Unattached	12:58.01
8 4 deboer, andrew		Unattached	14:11.79

## Men 4x100 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Briar Cliff	A	42.06
1) Mossberg, Blake FR	2) Lloyd, Sage FR	
3) Iron Shell, Robert JR	4) Muncy, Rusty SR	
2 Northwestern (Iowa)	A	42.85
1) Akers, Derrick SO	2) Wedel, Nathan SO	
3) Van Roekel, Alex SR	4) Te Brink, Levi SO	
3 SW Minnesota St.	A	43.53
1) Hanson, Will SR	2) Jones, Zach SO	
3) Konrad, Matt JR	4) Ryan, Ben SO	
4 Sioux Falls	A	43.71
1) Scarlett, Xavier FR	2) Hagen, Evan FR	
3) Hooyer, Derek FR	4) Schaffer, Austin JR	
5 Buena Vista	A	43.76
1) Kuyateh, Moussa FR	2) Eberly, Mark JR	
3) Groth, Austin SR	4) Sampson, Ben JR	
6 Mount Marty	A	47.60
1) Matsushima, Andrew FR	2) Goehring, Gabriel SO	
3) Davis, Cody FR	4) Jordan, Cortez FR	

## Men 4x400 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Northwestern (Iowa)	A	3:24.42
1) Lemon, Aaron SO	2) Wedel, Nathan SO	
3) Johnson, Elliott SR	4) Te Brink, Levi SO	
2 Morningside	A	3:24.74
1) Hiser, Kyle JR	2) Green, Jacob SO	
3) Schiltz, Drew JR	4) Willey, Jacob SR	
3 Dordt	A	3:29.87
1) Van Eps, Lucas FR	2) Keena, David FR	
3) Wensink, Sam JR	4) Eckels, Josiah JR	
4 Buena Vista	A	3:30.97
1) Eberly, Mark JR	2) Sampson, Ben JR	
3) Groth, Austin SR	4) Sacker, Justin JR	
5 Briar Cliff	A	3:33.40
1) Heinrichs, Joe SO	2) Jackson, Joe SR	
3) Smith, Tyler JR	4) Holzman, Matt FR	
6 Northwestern (Iowa)	B	3:35.06
1) Lorfeld, Luke SO	2) Dahl, Elijah SO	
3) Brockel, Jaden FR	4) Hollinger, Peter FR	



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**Results**

**Finals ... (Men 4x400 Meter Relay)**

Team	Relay	Finals
7 Sioux Falls	B	3:36.63
1) Hogie, Austin SR	2) Jaimes, Salvador SO	
3) Parsons, Israel SO	4) Phillips, Mason FR	
8 Unattached	A	3:39.12
1) 16 hovland, logan	2) 9 welp, jay	
3) 7 mcnamara, stephan	4) 5 giddings, skyler	
9 Dordt	C	3:40.59
1) Watchorn, Brendan FR	2) Vander Kooi, Nick JR	
3) Daane, Adam SO	4) Wynstra, Joshua FR	
10 Morningside	B	3:44.40
1) Farnan, James SO	2) DeVries, Alec SO	
3) Pfau, Keegan FR	4) Kenny, Jason SO	
11 Mount Marty	A	3:46.28
1) Houdek, Jordan JR	2) Pardun, Kyle SO	
3) Davis, Cody FR	4) Goehring, Gabriel SO	
12 Briar Cliff	B	3:46.49
1) Kollasch, Zach FR	2) Thelen, Tommy JR	
3) Clark, Taylor FR	4) Kollasch, Tony FR	
13 Dakota State	A	3:48.49
1) Truman, Jared SR	2) Tejada, Claudio JR	
3) Sutton, Jared SR	4) Hermann, Corey FR	
14 Morningside	C	3:52.09
1) Brown, Wes SO	2) Wall, Garrett JR	
3) Gustafson, Bryce FR	4) Patton, Anthony FR	
15 Mount Marty	B	3:59.13
1) Matsushima, Andrew FR	2) Blaschke, Gage SR	
3) Wixon, Nick FR	4) Heiden, Dustin FR	
16 Morningside	D	4:04.92
1) Doering, Josh FR	2) Groff, Quinn JR	
3) Waite, Zach JR	4) Simpson, Jacob JR	

**Men 4x800 Meter Relay**

Team	Relay	Finals
1 Briar Cliff	A	7:40.70
1) Heinrichs, Joe SO	2) Jackson, Joe SR	
3) Thelen, Tommy JR	4) Schleis, Mitchell SR	
2 Northwestern (Iowa)	A	7:41.26
1) Hollinger, Peter FR	2) Weitgenant, Ryan SR	
3) Johnson, Elliott SR	4) Rose, Tim SO	
3 Morningside	A	7:51.45
1) DeVries, Alec SO	2) Kenny, Jason SO	
3) Green, Jacob SO	4) Pfau, Keegan FR	
4 Dordt	A	7:53.72
1) Vander Kooi, Nick JR	2) Wensink, Sam JR	
3) Daane, Adam SO	4) Schaap, Riley SO	
5 Augustana (S.D.)	A	8:05.67
1) Tuschen, Zach SO	2) Reiffenberger, Nick FR	
3) Freese, Chance JR	4) Tietz, Alex FR	
6 Briar Cliff	B	8:18.50
1) Kollasch, Zach FR	2) Kollasch, Tony FR	
3) McEvoy, Casey SO	4) Smith, Tyler JR	

7 Northwestern (Iowa)	B	8:29.71
1) Benzing, Caleb FR	2) Lemon, Aaron SO	
3) Johnson, Jacob FR	4) Jeltema, Jeff SO	
8 Morningside	B	8:37.35
1) Janssen, AJ SO	2) Wall, Garrett JR	
3) Groff, Quinn JR	4) Waite, Zach JR	

**Men High Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Moats, Jacob	JR	Dordt	2.06m
2 Jackson, Reece	FR	Morningside	1.96m
3 Perkins, Jeremiah	FR	Northwestern	1.91m
3 Opdahl, Austin	SO	Dakota State	1.91m
5 St Sauver, Justus	SO	Augustana (S)	1.76m
6 Hilbrands, Tanner	SO	Northwestern	J1.76m
6 Folkerts, Jordan	SO	Dordt	J1.76m

**Men Pole Vault**

Name	Yr	School	Finals
<b>Finals</b>			
1 Greenman, Scott	SR	Sioux Falls	5.05m
1 Gran, Jagger	SR	Sioux Falls	5.05m
3 Zebedee, Jacob	SR	Sioux Falls	4.90m
3 Jensen, Chase	JR	Sioux Falls	4.90m
5 DeHaai, Gavin	FR	Sioux Falls	4.45m
6 Nordlund, Trever	SO	Sioux Falls	4.15m
6 Jorensen, Brody	SO	Augustana (S)	4.15m
8 Hollingsworth, Troy	FR	Augustana (S)	3.85m
--- DeJong, Connor	FR	Sioux Falls	NH
--- Groskreutz, BJ	SR	Northwestern	NH

**Men Long Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Thomas, Devin	FR	Morningside	7.08m NWI
2 Hagen, Evan	FR	Sioux Falls	6.68m NWI
3 Scarlett, Xavier	FR	Sioux Falls	6.61m NWI
4 Jones, Zach	SO	SW Minnesota	6.48m NWI
5 Hilbrands, Tanner	SO	Northwestern	6.39m NWI
6 Hillman, Matt	FR	Northwestern	6.31m NWI
7 Seagren, Jeff		Unattached	6.19m NWI
8 St Sauver, Justus	SO	Augustana (S)	6.13m NWI
9 Porter, Daniel	SR	Dakota Wesle	5.92m NWI
10 Brower, Heath	FR	Dordt	5.89m NWI
11 Samms, Jared	FR	Briar Cliff	5.81m NWI
12 Zonnefeld, Trevor	JR	Dordt	5.63m NWI
13 Dosch, John	SO	Dakota Wesle	5.46m NWI
14 Bronaugh, Jared	SR	Buena Vista	4.19m NWI

**Men Triple Jump**

Name	Yr	School	Finals
<b>Finals</b>			
1 Porter, Daniel	SR	Dakota Wesle	13.12m NWI
2 Jones, Zach	SO	SW Minnesota	13.01m NWI
3 Zonnefeld, Trevor	JR	Dordt	12.84m NWI

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## Results

## Finals ... (Men Triple Jump)

Name	Yr	School	Finals
4 2 DeVries, Wade		Unattached	12.55m NWI
5 Eggebraaten, Jonathan	FR	Northwestern	12.01m NWI
6 Reider, Josh	SO	Augustana (S	11.99m NWI
7 Dosch, John	SO	Dakota Wesle	10.95m NWI
8 Johnson, Jacob	FR	Northwestern	10.22m NWI

## Men Shot Put

Name	Yr	School	Finals
<b>Finals</b>			
1 Weis, Alex	SR	SW Minnesota	16.15m
2 Hurt, Derrick	SO	Northwestern	15.64m
3 14 ettleman, levi		Unattached	15.45m
4 Hammer, Ben	FR	Dakota Wesle	14.83m
5 Beall, Drew	FR	Buena Vista	14.78m
6 Bundick, Grayson	JR	Dordt	14.61m
7 Sheppard, Derrick	SO	Sioux Falls	14.03m
8 Behning, Josh	FR	SW Minnesota	13.96m
8 Huber, Anthony	JR	Augustana (S	13.96m
10 Rose, Will	SO	SW Minnesota	13.71m
11 Bonner, Chase	FR	Buena Vista	13.15m
12 Burki, Sam	JR	Briar Cliff	13.13m
13 Kirkwood, Jacob	FR	Faith Baptis	12.76m
14 19 kocab, logan		Unattached	12.06m
15 Peasley, Dustin	FR	Briar Cliff	12.00m
16 Flinn, Jordan	JR	SW Minnesota	11.91m
17 Steigenga, Drew	FR	Dordt	11.65m

## Men Discus Throw

Name	Yr	School	Finals
<b>Finals</b>			
1 11 snyder, cody		Unattached	55.54m
2 Weis, Alex	SR	SW Minnesota	50.21m
3 14 ettleman, levi		Unattached	49.78m
4 Behning, Josh	FR	SW Minnesota	48.92m
5 Beall, Drew	FR	Buena Vista	47.21m
6 Hammer, Ben	FR	Dakota Wesle	46.86m
7 Tracy, Colton	SO	Morningside	45.98m
8 Rose, Will	SO	SW Minnesota	44.89m
9 18 maier, shane		Unattached	44.46m
10 Kirkwood, Jacob	FR	Faith Baptis	44.19m
11 Westhoff, Trevor	FR	Briar Cliff	43.11m
12 17 bauman, cody		Unattached	42.56m
13 Van Kempen, Ike	FR	Dordt	42.36m
14 Bajema, Ben	SO	Dordt	42.26m
15 Schmitt, Kyler	FR	Dordt	42.20m
16 Burki, Sam	JR	Briar Cliff	41.84m
17 Landhuis, Zach	SR	Northwestern	41.19m
18 Rohlk, Garrett	SO	Buena Vista	40.76m
19 19 kocab, logan		Unattached	40.24m
20 Peasley, Dustin	FR	Briar Cliff	40.20m
21 Jensen, Shawn	SR	SW Minnesota	39.83m
22 Bundick, Grayson	JR	Dordt	38.64m
23 Hurt, Derrick	SO	Northwestern	38.33m
24 Sindelar, Alec	SR	Buena Vista	37.98m

25 Sheppard, Derrick	SO	Sioux Falls	37.48m
26 Raab, Nick	FR	Dakota Wesle	36.43m
27 Candelarie, Joey	SR	Morningside	35.45m
28 Davelaar, David	SO	Dordt	35.11m
--- Huber, Anthony	JR	Augustana (S	FOUL
--- Davelaar, John	SO	Dordt	FOUL

## Men Hammer Throw

Name	Yr	School	Finals
<b>Finals</b>			
1 Weis, Alex	SR	SW Minnesota	55.31m
2 Flinn, Jordan	JR	SW Minnesota	51.86m
3 Davelaar, David	SO	Dordt	50.98m
4 Hurt, Derrick	SO	Northwestern	50.00m
5 Huber, Anthony	JR	Augustana (S	47.64m
6 Rohlk, Garrett	SO	Buena Vista	44.90m
7 Sheppard, Derrick	SO	Sioux Falls	44.49m
8 Hammer, Ben	FR	Dakota Wesle	42.77m
9 Sindelar, Alec	SR	Buena Vista	42.29m
10 Westhoff, Trevor	FR	Briar Cliff	41.89m
11 Bonner, Chase	FR	Buena Vista	39.09m
12 Bajema, Ben	SO	Dordt	38.28m
13 Bundick, Grayson	JR	Dordt	34.23m
14 Candelarie, Joey	SR	Morningside	34.22m

## Men Javelin Throw

Name	Yr	School	Finals
<b>Finals</b>			
1 Burki, Sam	JR	Briar Cliff	54.73m
2 Drieling, Adam	SR	Briar Cliff	54.47m
3 Landhuis, Zach	SR	Northwestern	50.51m
4 Davelaar, John	SO	Dordt	50.03m
5 Seagren, Jeff		Unattached	49.19m
6 Peasley, Dustin	FR	Briar Cliff	47.62m
7 Schiltz, Drew	JR	Morningside	47.44m
8 Behler, Carter	FR	Northwestern	46.12m
9 Roden, Joe	SR	Briar Cliff	45.15m
10 Feldick, Kayne	SR	Morningside	44.52m
11 19 kocab, logan		Unattached	43.98m
12 Samms, Jared	FR	Briar Cliff	43.73m
13 Tracy, Colton	SO	Morningside	39.74m
14 Sindelar, Alec	SR	Buena Vista	38.14m
15 Candelarie, Joey	SR	Morningside	35.33m
16 Parsons, Israel	SO	Sioux Falls	35.16m
17 Van Kempen, Ike	FR	Dordt	32.83m
18 Steigenga, Drew	FR	Dordt	30.06m
19 Raia, Vincent	SR	Mount Marty	29.71m
20 Davis, Hunter	FR	Morningside	29.20m
21 Bronaugh, Jared	SR	Buena Vista	28.41m

## Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Yr	School	Finals
<b>Finals</b>			
1 8 strand, scott		Unattached	11.66 719
2 Frid, Teddy	FR	Sioux Falls	11.69 713
2 Strand, Jordan	JR	Northwestern	11.69 713

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## Results

**Finals ... (Decathlon: #1 Men 100 Meter Dash Decathlon)**

Name	Yr	School	Finals
4 Anderson, Garrett	SO	South Dakota	11.80 691
5 Leighton, Hunter	FR	South Dakota	11.92 667
6 Johnson, Matthew	FR	Northwestern	11.98 655
7 Bolt, Matthew	JR	Dordt	12.08 635
8 Hohenthaler, Neil	SR	Mount Marty	12.12 628
9 10 miessner, riley		Unattached	12.19 614
10 Harris, Nick	JR	Briar Cliff	12.23 606
11 Schukking, Peter	SO	Augustana (S	12.31 591
12 Dirksen, Gabe	JR	Dakota Wesle	12.32 589
13 Auerbach, Jake	JR	Northwestern	12.73 515

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

Name	Yr	School	Finals
1 Frid, Teddy	FR	Sioux Falls	51.95 727
2 Bolt, Matthew	JR	Dordt	52.45 705
3 8 strand, scott		Unattached	52.73 693
4 Strand, Jordan	JR	Northwestern	53.07 679
5 Hohenthaler, Neil	SR	Mount Marty	53.26 671
6 Auerbach, Jake	JR	Northwestern	55.00 599
7 Schukking, Peter	SO	Augustana (S	55.18 592
8 Harris, Nick	JR	Briar Cliff	56.39 544
9 Johnson, Matthew	FR	Northwestern	56.89 525
10 Leighton, Hunter	FR	South Dakota	58.56 463
11 Dirksen, Gabe	JR	Dakota Wesle	59.35 436
12 10 miessner, riley		Unattached	1:00.96 381
--- Anderson, Garrett	SO	South Dakota	DNF

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

Name	Yr	School	Finals
1 Strand, Jordan	JR	Northwestern	4:56.79 578
2 Hohenthaler, Neil	SR	Mount Marty	4:56.82 578
3 8 strand, scott		Unattached	5:06.14 525
4 Johnson, Matthew	FR	Northwestern	5:06.15 525
5 Auerbach, Jake	JR	Northwestern	5:11.15 497
6 Bolt, Matthew	JR	Dordt	5:11.83 494
7 Harris, Nick	JR	Briar Cliff	5:24.53 427
8 Dirksen, Gabe	JR	Dakota Wesle	6:05.45 242
9 10 miessner, riley		Unattached	6:24.12 174
--- Leighton, Hunter	FR	South Dakota	DNF

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

Name	Yr	School	Finals
1 Leighton, Hunter	FR	South Dakota	15.30 814
2 Frid, Teddy	FR	Sioux Falls	15.37 805
3 Strand, Jordan	JR	Northwestern	16.41 687
4 Bolt, Matthew	JR	Dordt	17.00 624
5 10 miessner, riley		Unattached	17.34 589
6 8 strand, scott		Unattached	17.70 553
7 Johnson, Matthew	FR	Northwestern	17.95 529
8 Hohenthaler, Neil	SR	Mount Marty	17.97 527
9 Dirksen, Gabe	JR	Dakota Wesle	18.53 474

10 Anderson, Garrett	SO	South Dakota	18.93 439
11 Auerbach, Jake	JR	Northwestern	20.81 288
12 Harris, Nick	JR	Briar Cliff	22.19 197

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

Name	Yr	School	Finals
1 Frid, Teddy	FR	Sioux Falls	1.85m 670
2 Hohenthaler, Neil	SR	Mount Marty	1.82m 644
3 Bolt, Matthew	JR	Dordt	1.79m 619
3 Leighton, Hunter	FR	South Dakota	1.79m 619
5 10 miessner, riley		Unattached	1.76m 593
6 Auerbach, Jake	JR	Northwestern	1.70m 544
7 Schukking, Peter	SO	Augustana (S	1.67m 520
7 8 strand, scott		Unattached	1.67m 520
7 Strand, Jordan	JR	Northwestern	1.67m 520
10 Harris, Nick	JR	Briar Cliff	1.64m 496
10 Dirksen, Gabe	JR	Dakota Wesle	1.64m 496
12 Anderson, Garrett	SO	South Dakota	1.61m 472
13 Johnson, Matthew	FR	Northwestern	1.43m 338

**Decathlon: #8 Men Pole Vault Decathlon**

Name	Yr	School	Finals
1 Hohenthaler, Neil	SR	Mount Marty	4.05m 631
2 Anderson, Garrett	SO	South Dakota	3.75m 549
2 Bolt, Matthew	JR	Dordt	3.75m 549
4 Dirksen, Gabe	JR	Dakota Wesle	3.35m 444
4 Frid, Teddy	FR	Sioux Falls	3.35m 444
4 Leighton, Hunter	FR	South Dakota	3.35m 444
7 10 miessner, riley		Unattached	3.05m 369
7 Auerbach, Jake	JR	Northwestern	3.05m 369
9 Johnson, Matthew	FR	Northwestern	2.55m 253
10 8 strand, scott		Unattached	2.15m 169
--- Strand, Jordan	JR	Northwestern	NH
--- Harris, Nick	JR	Briar Cliff	NH

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

Name	Yr	School	Finals
1 8 strand, scott		Unattached	6.17m 624
2 Frid, Teddy	FR	Sioux Falls	5.96m 578
3 Hohenthaler, Neil	SR	Mount Marty	5.91m 567
4 Bolt, Matthew	JR	Dordt	5.90m 565
5 Strand, Jordan	JR	Northwestern	5.89m 563
6 Leighton, Hunter	FR	South Dakota	5.76m 535
7 10 miessner, riley		Unattached	5.68m 519
8 Schukking, Peter	SO	Augustana (S	5.65m 512
9 Dirksen, Gabe	JR	Dakota Wesle	5.56m 494
9 Anderson, Garrett	SO	South Dakota	5.56m 494
11 Harris, Nick	JR	Briar Cliff	5.52m 485
12 Auerbach, Jake	JR	Northwestern	5.20m 421
13 Johnson, Matthew	FR	Northwestern	4.78m 341

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## Decathlon: #3 Men Shot Put Decathlon

Name	Yr	School	Finals
<b>Finals</b>			
1 Bolt, Matthew	JR	Dordt	13.27m 684
2 Schukking, Peter	SO	Augustana (S	11.81m 595
3 Anderson, Garrett	SO	South Dakota	11.16m 556
4 Hohenthauer, Neil	SR	Mount Marty	11.02m 547
5 Harris, Nick	JR	Briar Cliff	10.96m 543
6 10 miessner, riley		Unattached	10.55m 519
7 Strand, Jordan	JR	Northwestern	10.40m 510
8 Dirksen, Gabe	JR	Dakota Wesle	10.06m 489
9 Frid, Teddy	FR	Sioux Falls	9.82m 475
10 Auerbach, Jake	JR	Northwestern	9.31m 444
11 8 strand, scott		Unattached	9.22m 439
12 Leighton, Hunter	FR	South Dakota	8.62m 403
13 Johnson, Matthew	FR	Northwestern	7.76m 352

4	8 strand, scott	Unattached	4982
5	10 miessner, riley	Unattached	4812
6	Dirksen, Gabe	JR Dakota Wesle	4539
7	Leighton, Hunter	FR South Dakota	4518
8	Auerbach, Jake	JR Northwestern	4480
9	Johnson, Matthew	FR Northwestern	4163
10	Harris, Nick	JR Briar Cliff	4158

## Decathlon: #7 Men Discus Throw Decathlon

Name	Yr	School	Finals
<b>Finals</b>			
1 Bolt, Matthew	JR	Dordt	39.88m 662
2 10 miessner, riley		Unattached	34.83m 560
3 Dirksen, Gabe	JR	Dakota Wesle	32.01m 504
4 Hohenthauer, Neil	SR	Mount Marty	31.26m 489
5 Strand, Jordan	JR	Northwestern	29.30m 451
6 Anderson, Garrett	SO	South Dakota	28.31m 431
7 Harris, Nick	JR	Briar Cliff	26.95m 405
8 Auerbach, Jake	JR	Northwestern	26.56m 397
9 8 strand, scott		Unattached	24.61m 360
10 Leighton, Hunter	FR	South Dakota	23.34m 335
11 Johnson, Matthew	FR	Northwestern	20.58m 283
--- Schukking, Peter	SO	Augustana (S	ND
--- Frid, Teddy	FR	Sioux Falls	FOUL

## Decathlon: #9 Men Javelin Throw Decathlon

Name	Yr	School	Finals
<b>Finals</b>			
1 10 miessner, riley		Unattached	43.54m 494
2 Harris, Nick	JR	Briar Cliff	40.86m 455
3 Anderson, Garrett	SO	South Dakota	40.04m 443
4 Bolt, Matthew	JR	Dordt	39.18m 430
5 Strand, Jordan	JR	Northwestern	38.96m 427
6 Auerbach, Jake	JR	Northwestern	37.52m 406
7 8 strand, scott		Unattached	35.66m 380
8 Dirksen, Gabe	JR	Dakota Wesle	35.07m 371
9 Hohenthauer, Neil	SR	Mount Marty	34.69m 366
10 Johnson, Matthew	FR	Northwestern	34.42m 362
11 Leighton, Hunter	FR	South Dakota	25.65m 238

## Men Decathlon

Name	Yr	School	Finals
<b>Finals</b>			
1 Bolt, Matthew	JR	Dordt	5967
2 Hohenthauer, Neil	SR	Mount Marty	5648
3 Strand, Jordan	JR	Northwestern	5128