

**2023 HEART MEN'S & WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONSHIPS**

Cedar Rapids, IA

Host: Mount Mercy University  
5/5/2023 - 5/6/2023**MEET OFFICIALS****Meet Director:**

Ryan Scheckel

**Timing:**

Andrew Kauder - Kauder Racing, LLC

**OFFICIAL MEET REPORT**

printed: 5/4/2023 1:09 PM

**START LIST****#18-2 Men's Decathlon Long Jump**

!	Heart of America	7.57m	Roscoe Robinson	2011
#	Facility	7.11m	Aries Scott	4/17/2021

**12:30 PM (Day 1)****Lane Name Yr Team****Flight 1 of 1**

1	BUTLER, John Philip	FR	Benedictine (Kan.)
2	LARGE, Jacob	SR	Grand View
3	BENSON, Calvin	JR	Benedictine (Kan.)
4	SMITH, Ethan	SO	Central Methodist
5	DEITERING, Brody	FR	Clarke
6	MOELLER, Justin	SR	William Penn
7	BROGAN, Davis	FR	MidAmerica Nazarene

**#18-3 Men's Decathlon Shot Put**

!	Heart of America	17.22m	Jim Freeman	2010
#	Facility	17.36m	Sam Liokumovich	4/17/2021

**12:30 PM (Day 1)****Lane Name Yr Team****Flight 1 of 1**

1	SMITH, Ethan	SO	Central Methodist
2	BROGAN, Davis	FR	MidAmerica Nazarene
3	BENSON, Calvin	JR	Benedictine (Kan.)
4	DEITERING, Brody	FR	Clarke
5	MOELLER, Justin	SR	William Penn
6	LARGE, Jacob	SR	Grand View
7	BUTLER, John Philip	FR	Benedictine (Kan.)

**#18-4 Men's Decathlon High Jump**

!	Heart of America	2.08m	Jones / Holmer	2014
#	Facility	2.13m	Noah Steiner	4/23/2022

**12:30 PM (Day 1)****Lane Name Yr Team****Flight 1 of 1**

1	LARGE, Jacob	SR	Grand View
2	SMITH, Ethan	SO	Central Methodist
3	BENSON, Calvin	JR	Benedictine (Kan.)
4	BUTLER, John Philip	FR	Benedictine (Kan.)
5	MOELLER, Justin	SR	William Penn
6	DEITERING, Brody	FR	Clarke
7	BROGAN, Davis	FR	MidAmerica Nazarene

**#17-2 Women's Outdoor Heptathlon High Jump (co**

!	Heart of America	1.70m	Anna-Kay Campbell	2007
#	Facility	1.65m	Kylee Neighbors	4/23/2022

**Lane Name Yr Team****Flight 1 of 1**

1	SCHMID, Paige	SR	Benedictine (Kan.)
2	SATTLER, Leah	SR	Benedictine (Kan.)

**#17-2 Women's Outdoor Heptathlon High Jump (co****Lane Name Yr Team**

3	MATTHEWS, Isabelle	FR	Clarke
4	MARGHEIM, Ella	FR	MidAmerica Nazarene
5	RANSON, Anyah	FR	Clarke
6	MOORE, Mya	JR	Grand View
7	PERKINS, Ashlynn	SR	Graceland

**#17-3 Women's Outdoor Heptathlon Shot Put**

!	Heart of America	14.05m	Florida Siaoosi	2013
#	Facility	14.85m	Ashley Micheaux	4/17/2021

**Lane Name Yr Team****Flight 1 of 1**

1	SCHMID, Paige	SR	Benedictine (Kan.)
2	SATTLER, Leah	SR	Benedictine (Kan.)
3	MATTHEWS, Isabelle	FR	Clarke
4	MOORE, Mya	JR	Grand View
5	RANSON, Anyah	FR	Clarke
6	PERKINS, Ashlynn	SR	Graceland
7	MARGHEIM, Ella	FR	MidAmerica Nazarene

**#16 Men's Hammer****3 Thro3 Throws Prelims, Top 9 to Finals**

!	Heart of America	63.37m	Bruno Boccalotta	2010
#	Facility	58.91m	Michael Hensch	2019

**2:30 PM (Day 1)****Lane Name Yr Team Mark****Flight 1 of 2**

1	HARRIS, Gage	SO	Central Methodist	45.81m
2	WILLEY, Blake	SO	Grand View	44.70m
3	GLASPER, Kameron	JR	Baker	NM
4	SUSSEX, Caden	SO	Grand View	43.99m
5	LOCKETT, Xaden	SO	Central Methodist	44.00m
6	BYRN, Levi	FR	Mount Mercy	40.91m
7	LUKEFAHR, Jace	SR	William Penn	42.86m
8	CONTEH, Jeremiah	JR	William Penn	39.97m
9	SIEFKEN, Niles	SR	Grand View	46.56m
10	JONES, Nate	SO	Mount Mercy	41.36m
11	CASTRO, Felipe	SO	Mount Mercy	43.15m
12	KILSON, Hayden	SO	Missouri Valley	43.09m
13	WILKINS, Wyatt	SO	Clarke	45.79m

**Flight 2 of 2**

1	MILLER, Mitchell	SR	Mount Mercy	53.92m
2	ALLEN, Nick	JR	MidAmerica Nazarene	49.95m
3	WEST, Xzavion	FR	Missouri Valley	48.20m
4	STOTTLEMYER, Jaspe	SR	William Penn	48.93m
5	RUTHERFORD, Caleb	JR	Mount Mercy	51.94m
6	HIEBERT, Gage	JR	Baker	50.10m
7	SCHILLING, Kaden	SO	Mount Mercy	55.19m

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**START LIST****#16 Men's Hammer (cont'd)****2:30 PM (Day 1)**

Lane	Name	Yr	Team	Mark
8	EVANS, Colder	SO	Central Methodist	52.87m
9	MARSHALL, Nickolas	SO	Missouri Valley	53.49m
10	HENDERSON, Joshua	SO	Central Methodist	47.92m
11	CREW, Hunter	FR	Mount Mercy	47.91m
12	JENSEN, Ryan	JR	Baker	47.71m
13	WILDE, Nathan	FR	Grand View	46.63m

**#15 Women's Hammer****3 Throws Prelims, Top 9 to Finals**

!	Heart of America	55.35m	Michelle Carrillo	2021
#	Facility	57.61m	Kaitlyn Wilder	4/21/2023

Lane	Name	Yr	Team	Mark
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**Flight 1 of 2**

1	JONES, Jzonei	JR	Mount Mercy	43.13m
2	LINSON, Kylie	SO	Missouri Valley	42.87m
3	KANGAS, Ellen	SO	Mount Mercy	37.98m
4	ANDERSON, Jacy	SR	Baker	42.71m
5	ROMERO RODRIGUE	SO	Missouri Valley	42.94m
6	ANDERSON, Kennise	JR	Park U.	43.79m
7	BEAUCHEM, Marlie	SO	Clarke	43.88m
8	BLOSSER, Caley	SO	MidAmerica Nazarene	40.40m
9	CONRAD, Ava	SO	Grand View	41.92m
10	FAIRLEY, Colbie	JR	Baker	42.23m
11	MCDONALD, Reyven	FR	Missouri Valley	39.17m
12	BROWN, Kali	FR	Central Methodist	42.67m

**Flight 2 of 2**

1	VILLALOBOS, Cristina	JR	Mount Mercy	47.74m
2	BEARD, Baylee	FR	Central Methodist	51.20m
3	SUTTON, Madison	JR	Benedictine (Kan.)	53.35m
4	NAIL, Bre	JR	Mount Mercy	46.39m
5	CZARNECKI, April	SR	Grand View	44.47m
6	LOTZ, Victoria	SO	MidAmerica Nazarene	46.54m
7	MOORE, Iliyah	JR	Grand View	45.91m
8	HART, Royal	FR	Clarke	45.94m
9	GREEN, Madison	JR	Grand View	54.21m
10	WOLFE, Karli	JR	Central Methodist	44.94m
11	LANDRUM, Naiyah	JR	Park U.	44.82m
12	ABLES, Macie	JR	Missouri Valley	46.99m

**#11 Women's Javelin****3 Throws Prelims, Top 9 to Finals**

!	Heart of America	45.69m	Kendyl McDougald	2018
#	Facility	46.71m	Jenna Boll	2018

**2:30 PM (Day 1)**

Lane	Name	Yr	Team	Mark
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**Flight 1 of 2****#11 Women's Javelin (cont'd)****2:30 PM (Day 1)**

Lane	Name	Yr	Team	Mark
1	HUBER, Jordan	FR	Park U.	NM
2	ROSGA, Samantha	FR	Benedictine (Kan.)	27.68m
3	PAUL, Anna	SO	Grand View	27.26m
4	MAIERS, Dayna	FR	Mount Mercy	23.23m
5	PENNING, Alexis	FR	Grand View	23.94m
6	GREEN, Madison	JR	Grand View	26.78m
7	TESTERMAN, Grace	FR	Graceland	21.99m
8	WOLFE, Karli	JR	Central Methodist	NM
9	BROWN, Kali	FR	Central Methodist	NM
10	NABINDU, Bahati	SO	Graceland	27.33m

**Flight 2 of 2**

1	MERICAL, Nicole	SO	Baker	30.52m
2	EMPERLEY, Nadia	FR	Baker	37.12m
3	HUBBS, Melanie	SR	Culver-Stockton	34.50m
4	HILL, Abby	SO	Mount Mercy	39.23m
5	MORRIS, Baileigh	SO	Central Methodist	30.78m
6	ORTIZ, Kiana	SO	Culver-Stockton	39.50m
7	OMARI, Salima	SO	Grand View	33.46m
8	COFFEY, Julie	FR	Baker	36.26m
9	HERRING, Olivia	SO	Mount Mercy	28.24m
10	FINKE, Renee	SO	Central Methodist	27.77m

**#12 Men's Javelin****3 Throws Prelims, Top 9 to Finals**

!	Heart of America	59.38m	John Praeuner	2003
#	Facility	59.74m	Mike Stein	5/1/2021

Lane	Name	Yr	Team	Mark
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**Flight 1 of 2**

1	MARSHALL, Nickolas	SO	Missouri Valley	44.55m
2	BARBEE, Kaleb	SO	MidAmerica Nazarene	50.85m
3	GREER, Patrick	SO	Benedictine (Kan.)	50.59m
4	BROGAN, Davis	FR	MidAmerica Nazarene	48.82m
5	HARRINGTON, Ethan	SR	William Penn	47.09m
6	JENSEN, Ryan	JR	Baker	51.28m
7	KALENTZIS, Spiros	FR	Graceland	44.77m
8	WORKMAN, Evan	SO	Central Methodist	49.37m
9	RIOJAS, Brendan	FR	Missouri Valley	42.85m

**Flight 2 of 2**

1	HIEBERT, Gage	JR	Baker	59.31m
2	BATTEN, Morgan	FR	Mount Mercy	56.46m
3	GRAHAM, Koby	FR	Evangel	58.50m
4	WEAR, Ollie	FR	Mount Mercy	58.28m
5	MILLER, Justice	SO	Grand View	57.04m
6	RICHARDSON, Alex	FR	Evangel	64.07m
7	KEIPER, Nate	SO	Mount Mercy	51.71m

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**START LIST****#12 Men's Javelin (cont'd)**

Lane	Name	Yr	Team	Mark
8	WEST, Brock	SR	MidAmerica Nazarene	53.95m
9	CONNER, Brett	SO	Benedictine (Kan.)	53.89m
10	ALLEN, Nick	JR	MidAmerica Nazarene	54.46m

**#7 Women's Pole Vault**

!	Heart of America	3.65m	Katie Thurbon	2013
#	Facility	3.27m	Carolin Dochterman	4/17/2021

**2:30 PM (Day 1)**

Lane	Name	Yr	Team	Mark
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**Flight 1 of 1**

1	LAMB, Alexa	FR	Benedictine (Kan.)	7' 0"
2	PAUL, Anna	SO	Grand View	2.15m
3	NAJVAR, MaryKate	FR	Benedictine (Kan.)	7' 6"
4	MAUGHAN, Avril	FR	Grand View	2.30m
5	ROSGA, Samantha	FR	Benedictine (Kan.)	2.47m
6	BITZ, Samantha	SO	Missouri Valley	2.52m
7	HERNANDEZ, Yaquelin	JR	Mount Mercy	2.55m
8	STARRS, Gemma	FR	Benedictine (Kan.)	2.77m
9	REICHERT, Amara	JR	Central Methodist	2.80m
10	BEICH, Malia	FR	Clarke	2.83m
11	FULGENCIO, Ambar	FR	Graceland	3.05m
12	MCLAUGHLIN, Autumn	SO	Clarke	3.13m
13	HAWKINS, Carter	SO	Central Methodist	3.27m
14	SQUIRES, Grace	FR	Clarke	3.43m
15	GRANT, Emma	SO	Clarke	3.43m

**#8 Men's Pole Vault**

!	Heart of America	5.20m	Nicholas Homan	2016
#	Facility	4.45m	Peterson, Nick	5/1/2021

Lane	Name	Yr	Team	Mark
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**Flight 1 of 1**

1	KAUFMANN, Ky	FR	Mount Mercy	2.95m
2	EWOLDT, Brayden	FR	William Penn	3.20m
3	GOURLEY, Parker	FR	Grand View	3.50m
4	WALKER, Harrison	SO	Culver-Stockton	3.50m
5	CHAMBERLIN, Parker	FR	Graceland	3.68m
6	MILLER, Timothy	JR	Clarke	3.73m
7	BROGAN, Davis	FR	MidAmerica Nazarene	3.85m
8	STOPPEL, Jackson	SO	Baker	13' 0"
9	GREEN, Neil	FR	Central Methodist	3.98m
10	VANDUN, James	JR	Clarke	4.00m
11	FRAZIER, Storm	SO	Baker	4.00m
12	SYLVESTER, Joseph	JR	Evangel	4.15m
13	BANCEY, Davy	FR	Graceland	4.18m
14	GRIFFEN, Keaten	FR	William Penn	4.25m
15	HICKIN, David	SR	Benedictine (Kan.)	4.38m
16	SHONKA, Ben	SO	Benedictine (Kan.)	4.38m

**#8 Men's Pole Vault (cont'd)**

Lane	Name	Yr	Team	Mark
17	YAGER, Parker	SR	Central Methodist	4.68m
18	HISER, Jaxon	FR	Central Methodist	4.68m

**#6 Men's Long Jump****3 Jumps Prelims, Top 9 to Finals**

!	Heart of America	7.57m	Roscoe Robinson	2011
#	Facility	7.11m	Aries Scott	4/17/2021

**2:30 PM (Day 1)**

Lane	Name	Yr	Team	Mark
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**Flight 1 of 2**

1	BELL, Carter	JR	Mount Mercy	6.53m
2	BUFORD, Chase	FR	Missouri Valley	6.49m
3	GREENE, Nathan	SO	Culver-Stockton	6.28m
4	MACKLIN, Miles	SO	MidAmerica Nazarene	6.46m
5	VANDUN, James	JR	Clarke	6.43m
6	MARCHAND, Paul	JR	Graceland	6.54m
7	DOUGLAS, Elijah	FR	Clarke	6.25m
8	ABOUSSOU, Enoch	FR	Missouri Valley	6.23m
9	WILLIAMS, KeJuan	FR	MidAmerica Nazarene	6.17m
10	BLACK, Nathan	FR	Grand View	5.99m
11	MCDONALD, Max	FR	Baker	NM

**Flight 2 of 2**

1	THOMAS, Raysean	SO	MidAmerica Nazarene	7.00m
2	HAMPTON, Amari	SO	MidAmerica Nazarene	6.85m
3	FERGUSON, Tahj	JR	William Penn	7.00m
4	LEAZER, Joshua	FR	Evangel	6.56m
5	KELLERSTRASS, Matt	SO	Evangel	6.71m
6	POOLE, Jayton	FR	Grand View	6.59m
7	ALLEYENE, Darrell	FR	Baker	6.64m
8	SEYMOUR, Lukas	SR	Benedictine (Kan.)	6.63m
9	HANSON, De'Mario	JR	MidAmerica Nazarene	7.05m
10	ALBERT, Trey	JR	Grand View	6.56m
11	BALLAH, Tim	SR	MidAmerica Nazarene	6.92m

**#5 Women's Long Jump****3 Jumps Prelims, Top 9 to Finals**

!	Heart of America	6.23m	Anna-Kay Campbell	2007
#	Facility	5.88m	Lexus Lovan	2019

Lane	Name	Yr	Team	Mark
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**Flight 1 of 2**

1	CARTER, Solange	FR	Park U.	5.00m
2	ROLAND, Jasmine	SO	MidAmerica Nazarene	4.79m
3	EDWARDS, Kalesha	FR	Central Methodist	4.88m
4	LECLERE, Aleksya	FR	Mount Mercy	4.98m
5	TERWISCHE, Emma	FR	Clarke	5.10m
6	MAUGHAN, Avril	FR	Grand View	4.88m
7	O'NEIL, Shannon	FR	Culver-Stockton	4.85m

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**START LIST****#5 Women's Long Jump (cont'd)**

Lane	Name	Yr	Team	Mark
8	SIDIQUE, Neomi	JR	Grand View	5.05m
9	CARMACK, Malia	FR	Culver-Stockton	4.76m

**Flight 2 of 2**

1	BATU-TIAKO, Abigaille	SR	William Penn	5.65m
2	BURNS, Nala	FR	MidAmerica Nazarene	5.83m
3	KILSON, Naomi	JR	Baker	5.32m
4	GREEN, Reanna	SO	MidAmerica Nazarene	5.63m
5	JOHNSON, Brooklyn	FR	Mount Mercy	5.40m
6	LINDENMEYER, Carly	JR	MidAmerica Nazarene	5.90m
7	MCINTYRE, Dawn	FR	Park U.	5.31m
8	JOHNSON, Sarah	JR	Central Methodist	5.14m
9	LOEWEN, Hayley	FR	MidAmerica Nazarene	5.14m
10	EVANS, Hannah	FR	Evangel	5.11m

**#18-1 Men's Decathlon 100 Meters**

!	Heart of America	10.30	Mike Rodgers	2005
#	Facility	10.40	Dashinelle Dyer	4/17/2021

**12:30 PM (Day 1)**

Lane	Name	Yr	Team
<b>Section 1 of 1</b>			
2	BUTLER, John Philip	FR	Benedictine (Kan.)
3	LARGE, Jacob	SR	Grand View
4	DEITERING, Brody	FR	Clarke
5	BENSON, Calvin	JR	Benedictine (Kan.)
6	SMITH, Ethan	SO	Central Methodist
7	MOELLER, Justin	SR	William Penn
8	BROGAN, Davis	FR	MidAmerica Nazarene

**#17-1 Women's Outdoor Heptathlon 100m Hurdles**

!	Heart of America	13.97	Heath / Sloan	2013
#	Facility	14.18	Brewster, Adeyah	4/1/2023

**12:45 PM (Day 1)**

Lane	Name	Yr	Team
<b>Section 1 of 1</b>			
2	SCHMID, Paige	SR	Benedictine (Kan.)
3	PERKINS, Ashlynn	SR	Graceland
4	MATTHEWS, Isabelle	FR	Clarke
5	RANSON, Anyah	FR	Clarke
6	MARGHEIM, Ella	FR	MidAmerica Nazarene
7	SATTLER, Leah	SR	Benedictine (Kan.)
8	MOORE, Mya	JR	Grand View

**#17-4 Women's Outdoor Heptathlon 200 Meters**

!	Heart of America	24.27	Danielle Norville	2003
#	Facility	25.17	Maddie Stevens	4/23/2022

**#17-4 Women's Outdoor Heptathlon 200 Meters (cont'd)**

Lane	Name	Yr	Team
<b>3:40 PM (Day 1)</b>			
<b>Section 1 of 1</b>			
2	RANSON, Anyah	FR	Clarke
3	MARGHEIM, Ella	FR	MidAmerica Nazarene
4	MATTHEWS, Isabelle	FR	Clarke
5	SCHMID, Paige	SR	Benedictine (Kan.)
6	PERKINS, Ashlynn	SR	Graceland
7	SATTLER, Leah	SR	Benedictine (Kan.)
8	MOORE, Mya	JR	Grand View

**#18-5 Men's Decathlon 400 Meters**

!	Heart of America	47.11	Haddow Weatherbone	2005
#	Facility	47.91	Connor Belken	4/9/2022

**4:00 PM (Day 1)**

Lane	Name	Yr	Team
<b>Section 1 of 1</b>			
1	SMITH, Ethan	SO	Central Methodist
2	BENSON, Calvin	JR	Benedictine (Kan.)
3	DEITERING, Brody	FR	Clarke
4	BUTLER, John Philip	FR	Benedictine (Kan.)
5	MOELLER, Justin	SR	William Penn
6	BROGAN, Davis	FR	MidAmerica Nazarene
7	LARGE, Jacob	SR	Grand View

**#19 Women's 100m Hurdles**

!	Heart of America	13.97	Heath / Sloan	2013
#	Facility	14.18	Brewster, Adeyah	4/1/2023

**Prelims 4:45 PM (Day 1): (Top 1 per Heat + next 5 advance)**

Lane	Name	Yr	Team	Time
<b>Heat 1 of 3</b>				
2	BELL, Tajanique	SR	Baker	14.08
3	RILEY, Addisynn	SO	Benedictine (Kan.)	16.62
4	KLAMM, Hope	FR	Park U.	15.71
5	MOORE, Mya	JR	Grand View	15.62
6	JENKINS, Jocelyn	FR	MidAmerica Nazarene	14.95
7	O'NEIL, Shannon	FR	Culver-Stockton	16.76
<b>Heat 2 of 3</b>				
2	KLAMM, Faith	FR	Park U.	16.26
3	SWEETING, Shanai	FR	Park U.	15.56
4	BATU-TIAKO, Abigaille	SR	William Penn	15.92
5	LINDENMEYER, Carly	JR	MidAmerica Nazarene	15.16
6	SCOTT, Tre'Breh	SO	Central Methodist	13.81
7	HARRIS, Layla	SO	William Penn	16.86
<b>Heat 3 of 3</b>				
2	WILES, Liberty	FR	Evangel	16.17
3	LEOPOLD, Annie	JR	Mount Mercy	15.43

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**Timing:**  
Andrew Kauder - Kauder Racing, LLC**OFFICIAL MEET REPORT**  
printed: 5/4/2023 1:09 PM**START LIST****#19 Women's 100m Hurdles (cont'd)****Prelims 4:45 PM (Day 1): (Top 1 per Heat + next 5 advance)**

Lane	Name	Yr	Team	Time
4	LOVE, Cayna	SO	Benedictine (Kan.)	16.07
5	FINKE, Renee	SO	Central Methodist	15.19
6	CLAYTON, Gizel	FR	Central Methodist	13.63
7	HAVLIK, Lauren	SO	Baker	16.95
8	LEWIS, Jacey	SO	Graceland	17.07

**#20 Men's 110m Hurdles**

!	Heart of America	14.11	Loubert Dagrin	2022
#	Facility	14.30	Jaheem Hayles	4/17/2021

**Prelims 5:00 PM (Day 1): (Top 1 per Heat + next 6 advance)**

Lane	Name	Yr	Team	Time
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**Heat 1 of 2**

3	THOMPSON, Mason	SO	Grand View	15.13
4	KOLOSICK, Brayden	FR	Mount Mercy	16.03
5	THOMAS, Spencer	JR	Grand View	15.44
6	SAVAGE, Reid	FR	Culver-Stockton	15.94

**Heat 2 of 2**

2	VANDUN, James	JR	Clarke	19.73
3	CURET, Kevin	SR	Grand View	15.91
4	GOURLEY, Parker	FR	Grand View	16.05
5	FRAZIER, Jamesperry	SO	Baker	15.90
6	MINEAR, Chantz	JR	Grand View	14.27

**#21 Women's 100 Meters**

!	Heart of America	11.83	Paige Bray	2017
#	Facility	11.56	Connell, Hannah	4/17/2021

**Prelims 5:15 PM (Day 1): (Top 1 per Heat + next 5 advance)**

Lane	Name	Yr	Team	Time
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**Heat 1 of 3**

1	BURNS, Nala	FR	MidAmerica Nazarene	12.74
2	SOLIR, Daizy	SO	MidAmerica Nazarene	12.11
3	ADDERLEY, DeAvae	SO	William Penn	13.40
4	CLIFTON, Eden	FR	Graceland	12.17
5	READ, Allison	FR	William Penn	13.04
6	ROGERS, Tabitha	SO	William Penn	12.76
7	PAUL, Anna	SO	Grand View	13.05
8	MCINTYRE, Dawn	FR	Park U.	13.26

**Heat 2 of 3**

1	ROBBINS, McKenzie	SO	Evangel	13.44
2	INMAN, Madison	FR	Evangel	13.11
3	ROSE, Alexandra	JR	William Penn	12.63
4	BUTTS, Shelby	SR	Baker	13.03
5	WEIMER, Delaney	SO	Evangel	12.25
6	STACKER, Da'Mah	FR	Baker	12.89
7	CANADA, Erika	SR	Grand View	13.05

**#21 Women's 100 Meters (cont'd)****Prelims 5:15 PM (Day 1): (Top 1 per Heat + next 5 advance)**

Lane	Name	Yr	Team	Time
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8	CLAYTON, Gizel	FR	Central Methodist	11.89
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**Heat 3 of 3**

1	MONGWE, Nikiwe	SO	MidAmerica Nazarene	11.77
2	JAVIER, Maryleslie	SR	Graceland	13.48
3	BATU-TIAKO, Abigaille	SR	William Penn	12.90
4	HAWKINS, Carter	SO	Central Methodist	12.98
5	KILSON, Naomi	JR	Baker	12.33
6	COLLINS, Taylor	FR	Evangel	13.05
7	JOHNSON, Sakoya	SO	Central Methodist	12.54
8	MADDOCK, Arianna	FR	Evangel	13.08

**#22 Men's 100 Meters**

!	Heart of America	10.30	Mike Rodgers	2005
#	Facility	10.40	Dashinelle Dyer	4/17/2021

**Prelims 5:30 PM (Day 1): (Top 1 per Heat + next 5 advance)**

Lane	Name	Yr	Team	Time
------	------	----	------	------

**Heat 1 of 3**

1	MALLET, Drew	FR	Culver-Stockton	11.22
2	THOMPSON, Keegan	JR	Mount Mercy	10.72
3	BUSSEY, Tyler	JR	MidAmerica Nazarene	10.91
4	ROBERTS, Jonah	JR	Benedictine (Kan.)	10.98
5	MARCHAND, Paul	JR	Graceland	10.74
6	WESLEY, Micah	FR	Graceland	11.02
7	WADE, Breon	FR	Mount Mercy	10.92
8	SOURBEER, Kain	FR	Clarke	11.21

**Heat 2 of 3**

1	MUSONDA, Josh	FR	Clarke	11.02
2	WOODALL, Tavius	JR	Baker	10.54
3	PEARCE, Zatrack	SR	Evangel	10.91
4	FOESCH, Camden	FR	Clarke	10.98
5	KELLERSTRASS, Matt	SO	Evangel	10.74
6	SMITH, Gavayne	FR	Clarke	10.93
7	JACKSON, Nick	SR	William Penn	11.38
8	BROWN, Fabian	SO	Grand View	11.16

**Heat 3 of 3**

2	BALLAH, Tim	SR	MidAmerica Nazarene	10.94
3	HEYWOOD, Malachi	FR	Graceland	10.84
4	JOHNSON, Verlyn	SR	Culver-Stockton	10.94
5	TRACHSEL, Adam	SO	Central Methodist	10.83
6	JOHNSON, Showalter	SO	William Penn	10.47
7	FERGUSON, Tahj	JR	William Penn	11.05
8	HOLNESS, Omar	FR	Mount Mercy	11.14

# 2023 HEART MEN'S & WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONSHIPS

Cedar Rapids, IA

Host: Mount Mercy University  
5/5/2023 - 5/6/2023

## MEET OFFICIALS

Meet Director:  
Ryan Scheckel  
Timing:  
Andrew Kauder - Kauder Racing, LLC



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# START LIST

## #23 Women's 4 x 800m Relay

!	Heart of America	9:23.52	Benedictine	2022
#	Facility	9:25.36	Gustavus Adolphus	2019

### 5:45 PM (Day 1)

Lane	Team	Time
------	------	------

#### Section 1 of 1

1	Benedictine (Kan.) (A)	A	9:46.55
	1) COBO, Caroline JR	2) MICHAEL, Siena FR	
	3) DOWNEY, Gemma SO	4) NELSON, Emilie FR	
	5) STARRS, Catherine FR	6)	
2	Mount Mercy (A)	A	10:39.55
	1) REITTINGER, Carli JR	2) KNUTSON, J'Lyn SO	
	3) JENNINGS, Ruth FR	4) WOODS, Sydney JR	
3	Baker (A)	A	10:54.89
	1) STERNER, Rachel SO	2) GAITHER, Jamie SR	
	3) LANDRETH, Jana FR	4) SLIFE, Samantha FR	
	5) THOMPSON, Haley FR	6)	
4	Central Methodist (A)	A	NT
	1) WIESEMAN, Madeline SR	2) DEANA PANINKA, Yanira FR	
	3) GARR, Natalie FR	4) GUILFORD, Kjirsten FR	
5	Clarke (A)	A	NT
	1) EDER, Kaytlin JR	2)	
6	Evangel (A)	A	NT
	1) ADAMS, Skylar SO	2) HARRIS, Emily FR	
	3) CALDARELLI, Danielle FR	4) KOPP, Macy FR	
7	Grand View (A)	A	NT
	1) HODNEFIELD, Kaylee SO	2) KOKO, Karima SO	
	3) LAWSON, Morgan SR	4) LEIS, Liberty SO	
8	MidAmerica Nazarene (A)	A	NT
	1) DUNCAN, Shelby SO	2) ADAM, Sage FR	
	3) WHEELER, Justine SO	4) EIDMAN, Maya JR	
	5) ZITTER, Abigail SO	6)	

## #24 Men's 4 x 800m Relay

!	Heart of America	7:38.87	Grand View	2021
#	Facility	8:04.12	Grinnell	4/9/2022

### 6:00 PM (Day 1)

Lane	Team	Time
------	------	------

#### Section 1 of 1

1	Benedictine (Kan.) (A)	A	7:39.54
	1) ACCURSO, Joseph FR	2) JOSEPH, Philip JR	
	3) CAMPBELL, Thomas SO	4) ROGGE, Daniel JR	
	5) MANNELLA, David JR	6) COZZI, Avery SO	
2	Grand View (A)	A	7:43.65
	1) DESEQUEIRA, Leo SR	2) ENYINNAYA, Chukwuebuka FR	
	3) GOURLEY, Parker FR	4) LARGE, Jacob SR	

## #24 Men's 4 x 800m Relay (cont'd)

### 6:00 PM (Day 1)

Lane	Team	Time
------	------	------

3	Park U. (A)	A	8:12.45
	1) CAINES, Alexander FR	2) CAINES, Timothy FR	
	3) WILLMANN, Ethan SO	4) REYES, Manuel FR	
4	Baker (A)	A	8:22.17
	1) MCGLASSON, Jacob FR	2) PERSSON, Luke FR	
	3) HINOJOS, Adriel FR	4) DUTTON, Max SR	
	5) CLAESSENS, Alexander SO	6)	
5	Mount Mercy (A)	A	8:24.80
	1) CORTEZ, Brady FR	2) CLANCY, Ryan JR	
	3) LIZARRAGA, Sergio FR	4) FORKPA, Irvin FR	
6	Graceland (A)	A	NT
	1) COLYER, Andrew SR	2) ESTEY, James SR	
	3) HARDER, Logan SR	4) KIPKOSGEI, Elvis SO	
	5) MILLSLAGLE, Michael JR	6)	
7	Evangel (A)	A	NT
	1) MONTGOMERY, Ethan SO	2) PATTERSON, Eric SO	
	3) FLORES, Isaiah SO	4) NICHOLS, Campbell SO	
	5) ESPINOZA, Evan JR	6) CODAY, Bryce SO	
8	Central Methodist (A)	A	NT
	1) SCHIFFHAUER, Jack JR	2) JACKSON, Doriye JR	
	3) NYAOGA, Mohammed SR	4) KIPTANUI, Meshack SO	
9	MidAmerica Nazarene (A)	A	NT
	1) KNUDSEN, Thomas SO	2) RHODES, Ashire SR	
	3) BESSMER, TJ FR	4) FARRIS, Marc FR	
	5) PARKER, Nathan SO	6)	

## #25 Women's 200 Meters

!	Heart of America	24.27	Danielle Norville	2003
#	Facility	25.17	Maddie Stevens	4/23/2022

### Prelims 6:15 PM (Day 1): (Top 1 per Heat + next 5 advance)

Lane	Name	Yr	Team	Time
------	------	----	------	------

#### Heat 1 of 3

1	CAMPBELL, Aiyanna	SO	William Penn	27.45
2	CANADA, Erika	SR	Grand View	26.90
3	CLAYTON, Gizel	FR	Central Methodist	24.90
4	SOLIR, Daizy	SO	MidAmerica Nazarene	25.89
5	CAMILO-MONTENEGRO	JR	Central Methodist	24.96
6	ADDERLEY, DeAvae	SO	William Penn	27.35
7	CARTER, Solange	FR	Park U.	26.94
8	WILLIAMS, Raven	SR	William Penn	26.20

#### Heat 2 of 3

1	PAUL, Anna	SO	Grand View	27.86
2	SIDIQUE, Neomi	JR	Grand View	26.95
3	WEIMER, Delaney	SO	Evangel	25.83
4	HAWKINS, Carter	SO	Central Methodist	26.70

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**START LIST****#25 Women's 200 Meters (cont'd)****Prelims 6:15 PM (Day 1): (Top 1 per Heat + next 5 advance)**

Lane	Name	Yr	Team	Time
5	ROWLAND, Allena	FR	Clarke	25.43
6	ROSE, Alexandra	JR	William Penn	27.20
7	JOHNSON, Sakoya	SO	Central Methodist	26.30
8	SCOTT, Tre'Breh	SO	Central Methodist	24.77

**Heat 3 of 3**

1	STACKER, Da'Mah	FR	Baker	NT
2	ROGERS, Tabitha	SO	William Penn	26.66
3	MONGWE, Nikiwe	SO	MidAmerica Nazarene	24.02
4	NICHOLSON, Janiah	SO	MidAmerica Nazarene	25.68
5	CLIFTON, Eden	FR	Graceland	25.53
6	SIMON, Alise	FR	William Penn	27.02
7	JOHNSON, Brooklyn	FR	Mount Mercy	26.43
8	KOKO, Karima	SO	Grand View	27.07

**#26 Men's 200 Meters**

!	Heart of America	20.58	Haddow Weatherbone	2005
#	Facility	21.29	Tinashe Chigudu	4/9/2022

**Prelims 6:30 PM (Day 1): (Top 1 per Heat + next 4 advance)**

Lane	Name	Yr	Team	Time
2	BOLDEN, Trevor	SO	Baker	22.21
3	JOHNSON, Showalter	SO	William Penn	21.71
4	ROBINSON, Robert	SO	Graceland	22.26
5	FARMER-COLE, Jame	FR	MidAmerica Nazarene	21.80
6	WESLEY, Micah	FR	Graceland	22.40
7	GARNICA, Nathaniel	FR	Evangel	22.41

**Heat 2 of 4**

2	TRACHSEL, Adam	SO	Central Methodist	22.35
3	HEYWOOD, Malachi	FR	Graceland	22.20
4	BALLAH, Tim	SR	MidAmerica Nazarene	22.28
5	JOHNSON, Verlyn	SR	Culver-Stockton	21.83
6	STRONG JR., Clarence	SO	Missouri Valley	21.67
7	BROWN, Fabian	SO	Grand View	22.45
8	LOVE, Jaelen	SR	William Penn	NT

**Heat 3 of 4**

2	JOHNS, Curtis	SR	Central Methodist	22.47
3	SMITH, Gavayne	FR	Clarke	22.19
4	THOMPSON, Keegan	JR	Mount Mercy	21.56
5	MALLET, Drew	FR	Culver-Stockton	22.34
6	SOURBEER, Kain	FR	Clarke	22.31
7	BUSSEY, Tyler	JR	MidAmerica Nazarene	21.98
8	WADE, Breon	FR	Mount Mercy	22.75

**Heat 4 of 4**

2	MARCHAND, Paul	JR	Graceland	22.32
3	HONDONGA, Tafara	SO	William Penn	22.18

**#26 Men's 200 Meters (cont'd)****Prelims 6:30 PM (Day 1): (Top 1 per Heat + next 4 advance)**

Lane	Name	Yr	Team	Time
4	NYAOGA, Mohammed	SR	Central Methodist	22.00
5	FISHER, Johnny	FR	William Penn	22.31
6	MUSONDA, Josh	FR	Clarke	22.47
7	WOODALL, Tavius	JR	Baker	21.37
8	ALBERT, Trey	JR	Grand View	22.55

**#27 Women's 10000 Meters****Waterfall Start**

!	Heart of America	37:58.39	Chasity Hank	2002
#	Facility	37:14.68	Andrea Ertz	4/9/2022

**6:45 PM (Day 1)**

Lane	Name	Yr	Team	Time
<b>Section 1 of 1</b>				
1	ORTIZ, Natasha	JR	Benedictine (Kan.)	38:57.44
2	BICKLER, Rory	JR	Clarke	39:28.03
3	CARTER, Haley	FR	Baker	41:44.91
4	MENGHINI, Lily	JR	Benedictine (Kan.)	42:09.75
5	LOPEZ, Ariana	SO	Mount Mercy	44:51.27
6	FRANCO, Jaycie	FR	Clarke	45:09.99
7	SONNEN, Jessie	JR	Benedictine (Kan.)	50:22.55
8	ENOCHS, Gracie	FR	MidAmerica Nazarene	NT
9	LAWSON, Morgan	SR	Grand View	NT
10	HARDER, Laura	SR	Graceland	NT
11	ALLEN, Brooke	SO	Baker	NT
12	RADEKE, Lydia	SO	Clarke	NT

**#28 Men's 10000 Meters****Waterfall Start**

!	Heart of America	31:03.76	Soimo Kiplagat	2005
#	Facility	32:21.71	Melvin Kipkemboi	4/17/2021

**7:35 PM (Day 1)**

Lane	Name	Yr	Team	Time
<b>Section 1 of 1</b>				
1	MASSEY, Aidan	SO	Baker	31:49.63
2	HOWARD, Jahlil	SR	Missouri Valley	32:21.22
3	FRIESS, Thaddeus	SR	Benedictine (Kan.)	32:58.88
4	SCHWARTZHOFF, Em	SO	Clarke	33:15.82
5	MWIHAKI, James	SO	MidAmerica Nazarene	33:25.82
6	MAURO, Sam	SO	Benedictine (Kan.)	33:53.37
7	WEGHORST, Josh	SR	Baker	33:56.53
8	GLASSBRENNER, Rile	SO	MidAmerica Nazarene	34:11.53
9	FRIESS, Gabriel	SO	Benedictine (Kan.)	34:17.40
10	ENGEL, Grant	SO	Central Methodist	34:44.15
11	JACKSON, Christopher	SO	Baker	35:01.33
12	MCCORMICK, Kaiden	FR	Evangel	35:31.36

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**START LIST****#28 Men's 10000 Meters (cont'd)****7:35 PM (Day 1)**

Lane Name	Yr Team	Time
13 FIGUEOA, Andrew	SO Park U.	35:41.23
14 DAVIED, Mark	SO Benedictine (Kan.)	35:46.59
15 ESPINOZA, Evan	JR Evangel	36:01.24
16 ADAME, Jimmy	JR Baker	36:27.77
17 KHAN, Zain	JR Baker	36:34.38
18 GRAVE, Felix	SO Mount Mercy	36:58.02
19 COKEL, Noah	JR Mount Mercy	38:49.71
20 JOHNSON, Matt	FR Evangel	39:37.89
21 PATE, Drew	FR Clarke	NT
22 REED, Elliott	JR Central Methodist	NT
23 HARDER, Logan	SR Graceland	NT

**#18-7 Men's Decathlon Discus**

! Heart of America	54.90m	James Plummer	2018
# Facility	50.63m	Blake Veenstra	4/9/2022

**9:30 AM (Day 2)**

Lane Name	Yr Team
<b>Flight 1 of 1</b>	
1 BENSON, Calvin	JR Benedictine (Kan.)
2 LARGE, Jacob	SR Grand View
3 DEITERING, Brody	FR Clarke
4 SMITH, Ethan	SO Central Methodist
5 BROGAN, Davis	FR MidAmerica Nazarene
6 BUTLER, John Philip	FR Benedictine (Kan.)
7 MOELLER, Justin	SR William Penn

**#18-8 Men's Decathlon Pole Vault**

! Heart of America	5.20m	Nicholas Homan	2016
# Facility	4.45m	Peterson, Nick	5/1/2021

**9:30 AM (Day 2)**

Lane Name	Yr Team
<b>Flight 1 of 1</b>	
1 BUTLER, John Philip	FR Benedictine (Kan.)
2 LARGE, Jacob	SR Grand View
3 BENSON, Calvin	JR Benedictine (Kan.)
4 SMITH, Ethan	SO Central Methodist
5 BROGAN, Davis	FR MidAmerica Nazarene
6 MOELLER, Justin	SR William Penn
7 DEITERING, Brody	FR Clarke

**#18-9 Men's Decathlon Javelin**

! Heart of America	59.38m	John Praeuner	2003
# Facility	59.74m	Mike Stein	5/1/2021

**9:30 AM (Day 2)**

Lane Name	Yr Team
<b>Flight 1 of 1</b>	

**#18-9 Men's Decathlon Javelin (cont'd)****9:30 AM (Day 2)**

Lane Name	Yr Team
1 BROGAN, Davis	FR MidAmerica Nazarene
2 LARGE, Jacob	SR Grand View
3 DEITERING, Brody	FR Clarke
4 SMITH, Ethan	SO Central Methodist
5 BUTLER, John Philip	FR Benedictine (Kan.)
6 MOELLER, Justin	SR William Penn
7 BENSON, Calvin	JR Benedictine (Kan.)

**#17-5 Women's Outdoor Heptathlon Long Jump**

! Heart of America	6.23m	Anna-Kay Campbell	2007
# Facility	5.88m	Lexus Lovan	2019

**10:00 AM (Day 2)**

Lane Name	Yr Team
<b>Flight 1 of 1</b>	
1 MATTHEWS, Isabelle	FR Clarke
2 SCHMID, Paige	SR Benedictine (Kan.)
3 PERKINS, Ashlynn	SR Graceland
4 MOORE, Mya	JR Grand View
5 SATTLER, Leah	SR Benedictine (Kan.)
6 MARGHEIM, Ella	FR MidAmerica Nazarene
7 RANSON, Anyah	FR Clarke

**#17-6 Women's Outdoor Heptathlon Javelin**

! Heart of America	45.69m	Kendyl McDougald	2018
# Facility	46.71m	Jenna Boll	2018

**10:00 AM (Day 2)**

Lane Name	Yr Team
<b>Flight 1 of 1</b>	
1 PERKINS, Ashlynn	SR Graceland
2 SCHMID, Paige	SR Benedictine (Kan.)
3 RANSON, Anyah	FR Clarke
4 MOORE, Mya	JR Grand View
5 SATTLER, Leah	SR Benedictine (Kan.)
6 MARGHEIM, Ella	FR MidAmerica Nazarene
7 MATTHEWS, Isabelle	FR Clarke

**#4 Men's Discus****3 Throws Prelims, Top 9 to Finals**

! Heart of America	54.90m	James Plummer	2018
# Facility	50.63m	Blake Veenstra	4/9/2022

**11:00 AM (Day 2)**

Lane Name	Yr Team	Mark
<b>Flight 1 of 2</b>		
1 HOWARD, Cole	FR Culver-Stockton	37.62m
2 KIRKLAND, Joe-Don	FR Evangel	39.81m
3 VAN TIEGHEM, Cole	SO Culver-Stockton	37.14m



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**Timing:**

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**START LIST****#4 Men's Discus (cont'd)****11:00 AM (Day 2)**

Lane	Name	Yr	Team	Mark
4	WILDE, Nathan	FR	Grand View	31.99m
5	JONES, Nate	SO	Mount Mercy	39.50m
6	MARSHALL, Nickolas	SO	Missouri Valley	41.40m
7	SPENCER, Dakota	FR	Evangel	41.74m
8	LUKEFAHR, Jace	SR	William Penn	39.13m
9	MURRAY, Steven	JR	William Penn	35.68m
10	CONTEH, Jeremiah	JR	William Penn	34.84m
11	HANSEN, Landon	SR	William Penn	34.52m
12	MEYER, Zach	JR	Benedictine (Kan.)	NM
13	WEST, Xzavion	FR	Missouri Valley	41.43m

**Flight 2 of 2**

1	EVANS, Colder	SO	Central Methodist	49.38m
2	MILLER, Justice	SO	Grand View	47.22m
3	CREW, Hunter	FR	Mount Mercy	48.81m
4	RICHARDSON, Alex	FR	Evangel	48.81m
5	RUTHERFORD, Caleb	JR	Mount Mercy	44.12m
6	SUSSEX, Caden	SO	Grand View	45.38m
7	SIEFKEN, Niles	SR	Grand View	51.19m
8	SCHILLING, Kaden	SO	Mount Mercy	46.07m
9	CASTRO, Felipe	SO	Mount Mercy	44.47m
10	MILLER, Mitchell	SR	Mount Mercy	45.23m
11	HENDERSON, Joshua	SO	Central Methodist	46.78m
12	GLASPER, Kameron	JR	Baker	47.48m
13	STOTTLEMYER, Jaspe	SR	William Penn	42.72m

**#3 Women's Discus****3 Throws Prelims, Top 9 to Finals**

!	Heart of America	48.34m	Madison Green	2022
#	Facility	46.15m	Alivia Bauer	4/17/2021

Lane	Name	Yr	Team	Mark
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**Flight 1 of 2**

1	ALLMON, Mia	FR	Grand View	35.56m
2	CZARNECKI, April	SR	Grand View	34.82m
3	ROMERO RODRIGUE	SO	Missouri Valley	35.29m
4	HALL, Alyssa	SO	Benedictine (Kan.)	37.35m
5	CHRISMAN, Zoey	FR	Missouri Valley	36.53m
6	ANDERSON, Kennise	JR	Park U.	36.01m
7	NAIL, Bre	JR	Mount Mercy	37.88m
8	FAIRLEY, Colbie	JR	Baker	37.59m
9	COFFEY, Julie	FR	Baker	37.68m
10	HUBER, Jordan	FR	Park U.	34.76m
11	BRANDT, Hannah	FR	Grand View	34.40m
12	ORTIZ, Kiana	SO	Culver-Stockton	33.96m

**Flight 2 of 2**

1	KANGAS, Ellen	SO	Mount Mercy	40.79m
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**#3 Women's Discus (cont'd)**

Lane	Name	Yr	Team	Mark
2	LOTZ, Victoria	SO	MidAmerica Nazarene	44.65m
3	KELLEY, Grace	FR	Mount Mercy	41.02m
4	MOORE, Iliyah	JR	Grand View	42.85m
5	VANDEMARK, Kady	FR	Graceland	41.81m
6	BROWN, Kali	FR	Central Methodist	41.30m
7	SUTTON, Madison	JR	Benedictine (Kan.)	47.60m
8	GREEN, Madison	JR	Grand View	47.17m
9	CONRAD, Ava	SO	Grand View	39.24m
10	BURT, Phoebe	SO	William Penn	40.01m
11	ANDERSON, Jacy	SR	Baker	40.10m
12	WOLFE, Karli	JR	Central Methodist	39.11m

**#1 Women's Shot Put****3 Throws Prelims, Top 9 to Finals**

!	Heart of America	14.05m	Florida Siaoisi	2013
#	Facility	14.85m	Ashley Micheaux	4/17/2021

**11:00 AM (Day 2)**

Lane	Name	Yr	Team	Mark
------	------	----	------	------

**Flight 1 of 2**

1	MCDONALD, Reyven	FR	Missouri Valley	11.01m
2	HART, Royal	FR	Clarke	11.26m
3	WOLFE, Karli	JR	Central Methodist	11.15m
4	BLOSSER, Caley	SO	MidAmerica Nazarene	11.33m
5	OMARI, Salima	SO	Grand View	10.95m
6	HODNEFIELD, Kaylee	SO	Grand View	11.08m
7	BURT, Phoebe	SO	William Penn	10.76m
8	VILLALOBOS, Cristina	JR	Mount Mercy	11.35m
9	COFFEY, Julie	FR	Baker	11.01m
10	CONRAD, Ava	SO	Grand View	10.82m
11	CHRISMAN, Zoey	FR	Missouri Valley	11.35m
12	BAGG, Kyndall	FR	Evangel	8.87m

**Flight 2 of 2**

1	LOTZ, Victoria	SO	MidAmerica Nazarene	13.03m
2	VANDEMARK, Kady	FR	Graceland	12.95m
3	HALL, Alyssa	SO	Benedictine (Kan.)	11.90m
4	GREEN, Madison	JR	Grand View	12.96m
5	CZARNECKI, April	SR	Grand View	11.89m
6	NABINDU, Bahati	SO	Graceland	12.27m
7	SUTTON, Madison	JR	Benedictine (Kan.)	12.59m
8	BEARD, Baylee	FR	Central Methodist	13.40m
9	MARTIN, Erica	JR	William Penn	12.16m
10	NAIL, Bre	JR	Mount Mercy	13.95m
11	WITT, Caitlin	FR	MidAmerica Nazarene	11.91m
12	KANGAS, Ellen	SO	Mount Mercy	11.69m
13	ABLES, Macie	JR	Missouri Valley	11.58m

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## MEET OFFICIALS

Meet Director:  
Ryan Scheckel  
Timing:  
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### #2 Men's Shot Put

#### 3 Throws Prelims, Top 9 to Finals

!	Heart of America	17.22m	Jim Freeman	2010
#	Facility	17.36m	Sam Liokumovich	4/17/2021

Lane Name	Yr	Team	Mark
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#### Flight 1 of 2

1	JONES, Nate	SO	Mount Mercy	13.97m
2	CONTEH, Jeremiah	JR	William Penn	13.42m
3	MARSHALL, Nickolas	SO	Missouri Valley	13.92m
4	BROWN, Jayson	JR	Baker	13.14m
5	GLASPER, Kameron	JR	Baker	14.08m
6	ANO'A'I, CJ	SO	Evangel	13.59m
7	HARRIS, Gage	SO	Central Methodist	13.76m
8	LUKEFAHR, Jace	SR	William Penn	13.86m
9	VAN TIEGHEM, Cole	SO	Culver-Stockton	13.12m
10	RICHARDSON, Alex	FR	Evangel	13.24m
11	WEST, Xzavion	FR	Missouri Valley	13.12m
12	MURRAY, Steven	JR	William Penn	13.05m

#### Flight 2 of 2

1	EVANS, Colder	SO	Central Methodist	15.29m
2	ANO'A'I, Will	SR	Evangel	14.65m
3	WILLEY, Blake	SO	Grand View	15.35m
4	STEPHENSON, Brayto	FR	Central Methodist	14.71m
5	HANSEN, Landon	SR	William Penn	14.82m
6	MILLER, Justice	SO	Grand View	15.22m
7	CASTRO, Felipe	SO	Mount Mercy	14.53m
8	SIEFKEN, Niles	SR	Grand View	15.35m
9	STOTTLEMYER, Jaspe	SR	William Penn	14.46m
10	RUTHERFORD, Caleb	JR	Mount Mercy	15.94m
11	MILLER, Mitchell	SR	Mount Mercy	14.23m
12	CHAFFEE, Tyler	SR	Baker	14.18m

### #9 Women's High Jump

!	Heart of America	1.70m	Anna-Kay Campbell	2007
#	Facility	1.65m	Kylee Neighbors	4/23/2021

#### 11:00 AM (Day 2)

Lane Name	Yr	Team	Mark
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#### Flight 1 of 1

1	JENKINS, Jocelyn	FR	MidAmerica Nazarene	NM
2	HARTSHORNE, Haley	SO	Mount Mercy	1.33m
3	BOTTOM, Gwen	FR	Clarke	1.45m
4	BATU-TIAKO, Abigaille	SR	William Penn	1.45m
5	KAMTIO, Amy	SR	Baker	1.48m
6	EVANS, Hannah	FR	Evangel	1.55m
7	MAUGHAN, Avril	FR	Grand View	1.57m
8	PERKINS, Ashlynn	SR	Graceland	1.58m
9	ALLEN, Nykeriah	FR	Benedictine (Kan.)	1.63m
10	LINDENMEYER, Carly	JR	MidAmerica Nazarene	1.65m

### #9 Women's High Jump (cont'd)

#### 11:00 AM (Day 2)

Lane Name	Yr	Team	Mark	
11	GILLILAND, Sidney	SO	Graceland	1.66m
12	FINKE, Renee	SO	Central Methodist	1.70m

### #10 Men's High Jump

!	Heart of America	2.08m	Jones / Holmer	2014
#	Facility	2.13m	Noah Steiner	4/23/2022

Lane Name	Yr	Team	Mark
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#### Flight 1 of 1

1	HARRINGTON, Ethan	SR	William Penn	1.55m
2	MCDONALD, Max	FR	Baker	1.70m
3	HUMPHREY, Riley	FR	William Penn	1.75m
4	GOURLEY, Parker	FR	Grand View	1.80m
5	MACKLIN, Miles	SO	MidAmerica Nazarene	1.81m
6	EBERLY, Cole	FR	Mount Mercy	1.82m
7	ALLEYENE, Darrell	FR	Baker	1.84m
8	POOLE, Jayton	FR	Grand View	1.85m
9	BLACK, Nathan	FR	Grand View	1.85m
10	SEYMOUR, Lukas	SR	Benedictine (Kan.)	1.85m
11	HAMPTON, Amari	SO	MidAmerica Nazarene	1.86m
12	GRANTHAM, Nash	JR	Evangel	1.89m
13	VANDUN, James	JR	Clarke	1.90m
14	GILLIES, Jacob	JR	Evangel	1.93m
15	RODGERS, Logan	SO	Evangel	1.94m
16	KELL, Tyler	FR	Clarke	1.98m
17	MILLSLAGLE, Michael	JR	Graceland	2.14m

### #14 Men's Triple Jump

#### 3 Jumps Prelims, Top 9 to Finals

!	Heart of America	15.21m	Michal Joachimowski	2002
#	Facility	14.91m	Tristen Hanna	4/17/2021

#### 11:00 AM (Day 2)

Lane Name	Yr	Team	Mark
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#### Flight 1 of 1

1	HAMPTON, Amari	SO	MidAmerica Nazarene	13.73m
2	WILLIAMS, KeJuan	FR	MidAmerica Nazarene	14.12m
3	LEAZER, Joshua	FR	Evangel	14.03m
4	JONES, Jamel	FR	Central Methodist	13.50m
5	DOUGLAS, Elijah	FR	Clarke	12.93m
6	EVANS, Ahmad	FR	Park U.	13.55m
7	ABOUSSOU, Enoch	FR	Missouri Valley	14.78m
8	HANSON, De'Mario	JR	MidAmerica Nazarene	12.27m
9	SEYMOUR, Lukas	SR	Benedictine (Kan.)	13.72m
10	ROLAND, Jordan	JR	MidAmerica Nazarene	12.31m
11	NYANDORO, Tom	SO	William Penn	12.90m
12	CORADI, Leo	FR	Culver-Stockton	11.62m
13	MACKLIN, Miles	SO	MidAmerica Nazarene	11.51m

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**Timing:**

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**START LIST****#13 Women's Triple Jump****3 Jumps Prelims, Top 9 to Finals**! Heart of America 13.01m Celia M'Boua 2011  
# Facility 11.82m Thichiot, Nyadhol 4/1/2023

Lane Name	Yr Team	Mark
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**Flight 1 of 2**

1	TERWISCHE, Emma	FR Clarke	10.08m
2	ROLAND, Jasmine	SO MidAmerica Nazarene	9.60m
3	REYES, Alejandra	FR Baker	10.35m
4	STRAUS, Delaney	FR Culver-Stockton	10.37m
5	CAMPBELL, Anna	FR Benedictine (Kan.)	9.53m
6	DEANA PANINKA, Em	FR Central Methodist	10.12m
7	MARGHEIM, Ella	FR MidAmerica Nazarene	10.01m
8	LECLERE, Aleksyia	FR Mount Mercy	10.37m

**Flight 2 of 2**

1	GREEN, Reanna	SO MidAmerica Nazarene	10.96m
2	WILSON, Jacee	FR Evangel	11.04m
3	KAMTIO, Amy	SR Baker	11.02m
4	EDWARDS, Kalesha	FR Central Methodist	10.45m
5	FINKE, Renee	SO Central Methodist	10.38m
6	JOHNSON, Sarah	JR Central Methodist	10.66m
7	SHEIL, Jessica	SR Evangel	10.62m
8	DAVIS, Lauren	FR Evangel	10.69m
9	LOEWEN, Hayley	FR MidAmerica Nazarene	11.48m

**#18-6 Men's Decathlon 110m Hurdles**! Heart of America 14.11 Loubert Dagrin 2022  
# Facility 14.30 Jaheem Hayles 4/17/2021**9:30 AM (Day 2)**

Lane Name	Yr Team
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**Section 1 of 1**

2	MOELLER, Justin	SR William Penn
3	LARGE, Jacob	SR Grand View
4	BROGAN, Davis	FR MidAmerica Nazarene
5	SMITH, Ethan	SO Central Methodist
6	BUTLER, John Philip	FR Benedictine (Kan.)
7	DEITERING, Brody	FR Clarke
8	BENSON, Calvin	JR Benedictine (Kan.)

**#17-7 Women's Outdoor Heptathlon 800 Meters**! Heart of America 2:13.58 Hannah Wondra 2015  
# Facility 2:15.61 Andrea Ertz 4/17/2021**10:00 AM (Day 2)**

Lane Name	Yr Team
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**Section 1 of 1**

1	PERKINS, Ashlynn	SR Graceland
2	MATTHEWS, Isabelle	FR Clarke
3	RANSON, Anyah	FR Clarke

**#17-7 Women's Outdoor Heptathlon 800 Meters (Cont)****10:00 AM (Day 2)**

Lane Name	Yr Team	
4	SATTLER, Leah	SR Benedictine (Kan.)
5	MOORE, Mya	JR Grand View
6	SCHMID, Paige	SR Benedictine (Kan.)
7	MARGHEIM, Ella	FR MidAmerica Nazarene

**#18-10 Men's Decathlon 1500 Meters**! Heart of America 3:51.70 James Kamua 2003  
# Facility 4:02.62 Tyler Colvin 4/9/2022

Lane Name	Yr Team
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**Section 1 of 1**

1	BENSON, Calvin	JR Benedictine (Kan.)
2	SMITH, Ethan	SO Central Methodist
3	BROGAN, Davis	FR MidAmerica Nazarene
4	MOELLER, Justin	SR William Penn
5	BUTLER, John Philip	FR Benedictine (Kan.)
6	LARGE, Jacob	SR Grand View
7	DEITERING, Brody	FR Clarke

**#29 Women's 5000m Walk****Waterfall Start**! Heart of America 26:10.33 Jessica Ching 2011  
# Facility 27:43.30 Paige Thompson 4/21/2023**10:30 AM (Day 2)**

Lane Name	Yr Team	Time
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**Section 1 of 1**

1	THOMPSON, Paige	SR Grand View	27:43.30
2	HILL, Abby	SO Mount Mercy	29:39.68
3	MORRIS, Baileigh	SO Central Methodist	29:40.11
4	FISHER, Mickenzie	SO Graceland	32:58.07
5	WYNGLARZ, Kaydence	FR Graceland	39:48.20
6	SIEFKER, Olivia	FR MidAmerica Nazarene	42:19.47
7	ENOCHS, Gracie	FR MidAmerica Nazarene	42:19.58
8	REICHERT, Amara	JR Central Methodist	NT

**#30 Men's 5000m Walk****Waterfall Start**! Heart of America 22:15.26 Thiago Ferreira 2009  
# Facility 24:02.00 Jon Andersen 2019

Lane Name	Yr Team	Time
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**Section 1 of 1**

1	LIMAS, Nathan	FR Grand View	24:22.86
2	DISER, Seth	JR Grand View	24:51.37
3	CHURCH, Noah	JR Clarke	28:26.59
4	MUNSEY, Luke	JR Mount Mercy	31:10.80
5	MILLER, Logan	FR Graceland	36:17.34
6	SWEARENGIN, Tyler	FR MidAmerica Nazarene	36:23.38

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**START LIST****#30 Men's 5000m Walk (cont'd)**

Lane	Name	Yr	Team	Time
7	JACOBS, Patrick	FR	MidAmerica Nazarene	36:23.50
8	HEDDINGS, Paul	FR	MidAmerica Nazarene	36:23.61
9	THOMAS, Aidan	SO	MidAmerica Nazarene	36:23.63
10	COBURN, Exavier	JR	Central Methodist	NT
11	VASQUEZ, Ben	FR	Clarke	NT
12	MILLER, Edward	JR	Evangel	NT

**#31 Women's 3000m Steeple****Waterfall Start**

!	Heart of America	11:05.79	Shelby Kline	2021
#	Facility	11:39.28	Emma Hoins	4/9/2022

**12:00 PM (Day 2)**

Lane	Name	Yr	Team	Time
<b>Section 1 of 1</b>				
1	PERKINS, Keagan	SR	Graceland	11:29.37
2	COBO, Caroline	JR	Benedictine (Kan.)	11:30.54
3	FRANCO, Jaycie	FR	Clarke	12:19.21
4	ZITTER, Abigail	SO	MidAmerica Nazarene	12:36.00
5	DAY, Jessa	SO	Mount Mercy	12:38.41
6	LANDRETH, Jana	FR	Baker	12:42.61
7	RINDERKNECHT, Abb	FR	Mount Mercy	13:00.50
8	BALL, Blaise	JR	Baker	13:33.55
9	ORTIZ, Natasha	JR	Benedictine (Kan.)	NT

**#32 Men's 3000m Steeple****Waterfall Start**

!	Heart of America	9:30.87	Trevor Albert	2021
#	Facility	9:29.98	Melvin Kipkemboi	4/9/2022

**12:20 PM (Day 2)**

Lane	Name	Yr	Team	Time
<b>Section 1 of 1</b>				
1	PATTERSON, Eric	SO	Evangel	9:54.75
2	KIPTANUI, Meshack	SO	Central Methodist	10:04.96
3	CLANCY, Ryan	JR	Mount Mercy	10:10.07
4	JACKSON, Christopher	SO	Baker	10:24.86
5	MICHAEL, Sebastian	FR	Benedictine (Kan.)	10:27.02
6	HAVERLY, Kole	SO	Clarke	10:27.31
7	GODARD, Luke	SR	Benedictine (Kan.)	10:29.08
8	SILVA, Brayen	JR	Grand View	10:37.98
9	KONDOS, Bryce	FR	Clarke	10:51.32
10	SIVOLA, Trent	SR	Grand View	11:01.19
11	GRAHAM, Jude	SO	Baker	11:24.83
12	FELDKAMP, Matthew	SO	Benedictine (Kan.)	11:29.78

**#33 Women's 4 x 100m Relay**

!	Heart of America	46.93	Lindenwood	2004
#	Facility	46.94	Iowa Central CC	4/17/2021

**12:35 PM (Day 2)**

Lane	Team	Time
<b>Section 1 of 2</b>		
3	Graceland (A)	A 50.99
	1) JAVIER, Maryleslie SR	2) CLIFTON, Eden FR
	3) LEWIS, Jacey SO	4) FULGENCIO, Ambar FR
	5) PERKINS, Ashlynn SR	6)
4	Central Methodist (A)	A 50.45
	1) GARR, Natalie FR	2) HAWKINS, Carter SO
	3) JOHNSON, Sakoya SO	4) CUNNINGHAM, Keiara-Ashley
	5) SCOTT, Tre'Breh SO	6)
5	Evangel (A)	A 50.90
	1) MADDOCK, Arianna FR	2) INMAN, Madison FR
	3) COLLINS, Taylor FR	4) WEIMER, Delaney SO
	5) EVANS, Hannah FR	6) ROBBINS, McKenzie SO
<b>Section 2 of 2</b>		
2	Grand View (A)	A 49.99
	1) ALLEN, Jayda JR	2) ALLMON, Mia FR
	3) BRANDT, Hannah FR	4) CANADA, Erika SR
3	William Penn (A)	A 49.42
	1) ROSE, Alexandra JR	2) ROGERS, Tabitha SO
	3) WILLIAMS, Raven SR	4) BATU-TIAKO, Abigail SR
	5) READ, Allison FR	6) ADDERLEY, DeAva SO
4	MidAmerica Nazarene (A)	A 47.48
	1) NICHOLSON, Janiah SO	2) SOLIR, Daizy SO
	3) BURNS, Nala FR	4) MONGWE, Nikiwe SO
	5) JENKINS, Jocelyn FR	6) LINDENMEYER, Carly JR
5	Baker (A)	A 48.52
	1) KILSON, Naomi JR	2) BELL, Tajanique SR
	3) BUTTS, Shelby SR	4) STACKER, Da'Mah FR
6	Benedictine (Kan.) (A)	A 49.91
	1) AMBUUL, Alison SO	2) LOVE, Cayna SO
	3) RILEY, Addisynn SO	4) SMITH, Antonia FR
	5) GOEBEL, Alaina JR	6)
7	Park U. (A)	A 50.26
	1) MCINTYRE, Dawn FR	2) CARTER, Solange FR
	3) SWEETING, Shanai FR	4) KLAMM, Faith FR
	5) KLAMM, Hope FR	6)

**#34 Men's 4 x 100m Relay**

!	Heart of America	40.63	Lindenwood	2005
#	Facility	40.72	Iowa Central CC	4/17/2021

**12:35 AM (Day 2)**

Lane	Team	Time
<b>Section 1 of 2</b>		

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**Timing:**

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**START LIST****#34 Men's 4 x 100m Relay (cont'd)****12:35 AM (Day 2)**

Lane	Team	Time
3	Central Methodist (A)	A 43.28
	1) TRACHSEL, Adam SO	
	2) NYAOGA, Mohammed SR	
	3) JOHNS, Curtis SR	
	4) WATSON, Adrian JR	
4	Grand View (A)	A 43.25
	1) ADUM, Ardadi FR	
	2) BLACK, Nathan FR	
	3) CURET, Kevin SR	
	4) BROWN, Fabian SO	
5	Baker (A)	A 43.27
	1) BOLDEN, Trevor SO	
	2) WOODALL, Tavius JR	
	3) ALLEYENE, Darrell FR	
	4) CLAESSENS, Alexander SO	
	5) FRAZIER, Jamesperry SO	

**Section 2 of 2**

1	Graceland (A)	A 43.21
	1) WESLEY, Micah FR	
	2) HEYWOOD, Malachi FR	
	3) ROBINSON, Robert SO	
	4) MARCHAND, Paul JR	
	5) CHAMBERLIN, Parker FR	
	6)	
2	Culver-Stockton (A)	A 42.21
	1) SAVAGE, Reid FR	
	2) MALLET, Drew FR	
	3) HAVENS, Anthony SR	
	4) JOHNSON, Verlyn SR	
	5) GREENE, Nathan SO	
	6) BRYANT, Kevin SO	
	7) WHITEHURST, Latrell SO	
	8)	
3	Mount Mercy (A)	A 42.12
	1) HOLNESS, Omar FR	
	2) THOMPSON, Keegan JR	
	3) SCHROEDER, Jordan JR	
	4) WADE, Breon FR	
4	William Penn (A)	A 41.42
	1) HONDONGA, Tafara SO	
	2) JOHNSON, Showalter SO	
	3) JACKSON, Nick SR	
	4) LOVE, Jaelen SR	
	5) FISHER, Johnny FR	
	6) ANTONIA, Rayan SO	
	7) FERGUSON, Tahj JR	
	8)	
5	MidAmerica Nazarene (A)	A 41.55
	1) BUSSEY, Tyler JR	
	2) FARMER-COLE, James FR	
	3) THOMAS, Raysean SO	
	4) BALLAH, Tim SR	
	5) WILLIAMS, Garth SR	
	6)	
6	Evangel (A)	A 42.13
	1) PEARCE, Zatrack SR	
	2) SYLVESTER, Joseph JR	
	3) GARNICA, Nathaniel FR	
	4) KELLERSTRASS, Matthew SO	
	5) LEAZER, Joshua FR	
	6) BOIVIN, William JR	
7	Benedictine (Kan.) (A)	A 42.35
	1) MERRIFIELD, Alex SR	
	2) ROBERTS, Jonah JR	
	3) WHEELER, Jack FR	
	4) CAPLINGER, Blue SO	
	5) RAWICKI, Joseph SR	
	6)	
8	Clarke (A)	A 43.18
	1) SOURBEER, Kain FR	
	2) SMITH, Gavayne FR	
	3) MUSONDA, Josh FR	
	4) FOESCH, Camden FR	
	5) ALVARADO, River FR	
	6)	

**#35 Women's 1500 Meters****Waterfall Start**

!	Heart of America	4:37.20	Katherine Dillard	2015
#	Facility	4:49.43	Emma Hoins	4/9/2022

**12:55 PM (Day 2)**

Lane	Name	Yr	Team	Time
<b>Section 1 of 2</b>				
1	AARON, Catherine	FR	Benedictine (Kan.)	5:07.58
2	ACEVES-POWER, Vale	SR	Baker	5:13.36
3	ROTZOLL, Kalin	FR	Grand View	5:14.80
4	HELE, Elizabeth	SR	William Penn	5:14.87
5	GOLDEN, Mary Cate	SO	Benedictine (Kan.)	5:16.70
6	OVERTON, Kayla	FR	Grand View	5:16.94
7	NEELEY, Faith	FR	Grand View	5:27.08
8	KMIEC, Michaela	SR	William Penn	5:32.74
9	FULLER, Roselaure	SO	William Penn	6:06.72
10	FRERKER, Anna	JR	Benedictine (Kan.)	NT

**Section 2 of 2**

1	COBO, Caroline	JR	Benedictine (Kan.)	4:35.39
2	ORTIZ, Natasha	JR	Benedictine (Kan.)	4:55.00
3	ADAMS, Skylar	SO	Evangel	4:55.39
4	HARRIS, Emily	FR	Evangel	4:55.73
5	MCLAUGHLIN, Julia	SO	Benedictine (Kan.)	4:56.68
6	GUERRA, Isabella	SR	Benedictine (Kan.)	4:59.30
7	KNUTSON, J'Lyn	SO	Mount Mercy	4:59.58
8	WHEELER, Justine	SO	MidAmerica Nazarene	5:01.35
9	LEIS, Liberty	SO	Grand View	5:01.37
10	ROLWES, Mary	JR	Benedictine (Kan.)	5:03.23

**#36 Men's 1500 Meters****Waterfall Start**

!	Heart of America	3:51.70	James Kamua	2003
#	Facility	4:02.62	Tyler Colvin	4/9/2022

**1:10 PM (Day 2)**

Lane	Name	Yr	Team	Time
<b>Section 1 of 2</b>				
1	THOMPSON, Nicolas	FR	Grand View	4:07.72
2	SCHRODER, Tom	FR	Park U.	4:07.96
3	FIGUEOA, Andrew	SO	Park U.	4:09.78
4	REYES, Manuel	FR	Park U.	4:10.60
5	DAVIS, Ahren	SR	Grand View	4:10.84
6	HINOJOS, Adriel	FR	Baker	4:20.09
7	VARVELO, Ethan	SO	William Penn	4:21.29
8	ESTEY, James	SR	Graceland	4:21.59
9	KIPKOSGEI, Elvis	SO	Graceland	4:22.96
<b>Section 2 of 2</b>				
1	HUYSER, Carter	SR	Grand View	3:57.82
2	WITTROCK, Isaiah	SR	Grand View	3:59.04

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**START LIST****#36 Men's 1500 Meters (cont'd)****1:10 PM (Day 2)**

Lane	Name	Yr	Team	Time
3	MANNELLA, David	JR	Benedictine (Kan.)	4:00.50
4	ACCURSO, Joseph	FR	Benedictine (Kan.)	4:03.18
5	JOSEPH, Philip	JR	Benedictine (Kan.)	4:04.37
6	MONTGOMERY, Ethan	SO	Evangel	4:04.53
7	CLANCY, Ryan	JR	Mount Mercy	4:05.20
8	HECKENBERG, Jonah	SO	William Penn	4:05.46
9	CAMPBELL, Thomas	SO	Benedictine (Kan.)	4:05.51
10	KELLERMAN, Khobi	JR	Missouri Valley	4:06.38

**#37 Women's 400 Meters**

!	Heart of America	55.13	Helen Thames	2018
#	Facility	57.80	Emma Cochrane	2019

**1:45 PM (Day 2)**

Lane	Name	Yr	Team	Time
<b>Section 1 of 3</b>				
3	HINES, Malena	FR	Benedictine (Kan.)	NT
4	CARMACK, Malia	FR	Culver-Stockton	1:02.83
5	ROJAS, Katherine	FR	Missouri Valley	1:02.84
<b>Section 2 of 3</b>				
2	SIMON, Alise	FR	William Penn	1:02.11
3	LASSITER, Destiny	FR	MidAmerica Nazarene	1:00.80
4	EIDMAN, Maya	JR	MidAmerica Nazarene	1:00.26
5	WILLIAMS, Raven	SR	William Penn	1:00.63
6	KLAMM, Hope	FR	Park U.	1:01.70
7	ANDERSON, Allison	SR	Park U.	1:02.31
8	WATTS, Jane	SO	Missouri Valley	1:02.46
<b>Section 3 of 3</b>				
1	JOHNSON, Brooklyn	FR	Mount Mercy	1:00.14
2	SMITH, Tatiana	SR	Benedictine (Kan.)	59.34
3	AMBUUL, Alison	SO	Benedictine (Kan.)	58.68
4	CAMILO-MONTENEGR	JR	Central Methodist	55.96
5	ROWLAND, Allena	FR	Clarke	56.96
6	SOLIR, Daizy	SO	MidAmerica Nazarene	59.15
7	NICHOLSON, Janiah	SO	MidAmerica Nazarene	59.55
8	SIDIQUE, Neomi	JR	Grand View	59.91

**#38 Men's 400 Meters**

!	Heart of America	47.11	Hadow Weatherbone	2005
#	Facility	47.91	Connor Belken	4/9/2022

**2:00 PM (Day 2)**

Lane	Name	Yr	Team	Time
<b>Section 1 of 4</b>				
3	CLAESSENS, Alexande	SO	Baker	NT
4	WHITE, Tyler	JR	Evangel	52.74
5	SMITH, Gus	FR	Benedictine (Kan.)	NT

**#38 Men's 400 Meters (cont'd)****2:00 PM (Day 2)**

Lane	Name	Yr	Team	Time
<b>Section 2 of 4</b>				
2	COZZI, Avery	SO	Benedictine (Kan.)	51.59
3	PEARCE, Zatrack	SR	Evangel	51.23
4	FISHER, Johnny	FR	William Penn	51.11
5	RAWICKI, Joseph	SR	Benedictine (Kan.)	51.16
6	PARKER, Nathan	SO	MidAmerica Nazarene	51.24
7	ADUM, Ardadi	FR	Grand View	51.89
8	LOVELESS, Jaden	SO	William Penn	52.51
<b>Section 3 of 4</b>				
1	ROBINSON, Robert	SO	Graceland	50.94
2	SOURBEER, Kain	FR	Clarke	50.83
3	REID, Christian	FR	Missouri Valley	50.69
4	DESEQUEIRA, Leo	SR	Grand View	50.27
5	MUSONDA, Josh	FR	Clarke	50.45
6	CELIENTO, Lorenzo	JR	Missouri Valley	50.80
7	GARNICA, Nathaniel	FR	Evangel	50.86
8	SCHROEDER, Jordan	JR	Mount Mercy	50.91
<b>Section 4 of 4</b>				
1	EVANS, Ahmad	FR	Park U.	50.27
2	WATSON, Adrian	JR	Central Methodist	49.35
3	FARMER-COLE, Jame	FR	MidAmerica Nazarene	48.85
4	HONDONGA, Tafara	SO	William Penn	48.45
5	STRONG JR., Clarence	SO	Missouri Valley	48.47
6	NYAOGA, Mohammed	SR	Central Methodist	48.95
7	THOMAS, Raysean	SO	MidAmerica Nazarene	49.61
8	BOLDEN, Trevor	SO	Baker	50.00

**#39 Women's 800 Meters****1 Turn stagger**

!	Heart of America	2:13.58	Hannah Wondra	2015
#	Facility	2:15.61	Andrea Ertz	4/17/2021

**2:50 PM (Day 2)**

Lane	Name	Yr	Team	Time
<b>Section 1 of 3</b>				
3	OVERTON, Kayla	FR	Grand View	NT
4	HELE, Elizabeth	SR	William Penn	2:31.13
5	KMIEC, Michaela	SR	William Penn	2:39.28
<b>Section 2 of 3</b>				
1	CALDARELLI, Danielle	FR	Evangel	2:30.11
2	EIDMAN, Maya	JR	MidAmerica Nazarene	2:25.40
3	DUNCAN, Shelby	SO	MidAmerica Nazarene	2:24.86
4	NELSON, Emilie	FR	Benedictine (Kan.)	2:24.27
5	MICHAEL, Siena	FR	Benedictine (Kan.)	2:24.78
6	LEIS, Liberty	SO	Grand View	2:25.19
7	STARRS, Catherine	FR	Benedictine (Kan.)	2:26.49

**2023 HEART MEN'S & WOMEN'S OUTDOOR TRACK & FIELD CHAMPIONSHIPS**

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**Timing:**

Andrew Kauder - Kauder Racing, LLC

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**START LIST****#39 Women's 800 Meters (cont'd)****2:50 PM (Day 2)**

Lane	Name	Yr	Team	Time
8	STERNER, Rachel	SO	Baker	2:26.72
<b>Section 3 of 3</b>				
1	KOPP, Macy	FR	Evangel	2:24.04
2	ADAMS, Skylar	SO	Evangel	2:22.62
3	DOWNEY, Gemma	SO	Benedictine (Kan.)	2:19.84
4	COBO, Caroline	JR	Benedictine (Kan.)	2:14.51
5	HAHLBECK, Jena	SR	Park U.	2:15.18
6	GUILFORD, Kjirsten	FR	Central Methodist	2:22.51
7	WIESEMAN, Madeline	SR	Central Methodist	2:23.05
8	GARR, Natalie	FR	Central Methodist	2:23.76

**#40 Men's 800 Meters****1 Turn stagger**

!	Heart of America	1:52.40	Joshua Schmidt	2010
#	Facility	1:56.23	Robin Aguilar Gonzalez	4/17/2021

**3:05 PM (Day 2)**

Lane	Name	Yr	Team	Time
<b>Section 1 of 4</b>				
3	LOPEZ, Oscar	SR	Mount Mercy	2:05.64
4	COLYER, Andrew	SR	Graceland	2:02.31
5	PERSSON, Luke	FR	Baker	2:03.38
<b>Section 2 of 4</b>				
2	FARRIS, Marc	FR	MidAmerica Nazarene	2:01.32
3	MCGLASSON, Jacob	FR	Baker	1:59.90
4	DAVIS, Ahren	SR	Grand View	1:58.79
5	CORTEZ, Brady	FR	Mount Mercy	1:59.34
6	CLANCY, Ryan	JR	Mount Mercy	2:00.54
7	BESSMER, TJ	FR	MidAmerica Nazarene	2:01.75
8	BLAINE, Daytona	FR	Missouri Valley	2:01.83
<b>Section 3 of 4</b>				
1	NICHOLS, Campbell	SO	Evangel	1:58.57
2	KELLERMAN, Khobi	JR	Missouri Valley	1:57.56
3	KNUDSEN, Thomas	SO	MidAmerica Nazarene	1:57.36
4	CAINES, Alexander	FR	Park U.	1:57.26
5	WILLMANN, Ethan	SO	Park U.	1:57.32
6	DAVIS, Isaac	JR	Grand View	1:57.38
7	WILLIAMS, Brandon	SO	William Penn	1:57.73
8	SANSENBACH, Carson	FR	Clarke	1:58.07
<b>Section 4 of 4</b>				
1	CAINES, Timothy	FR	Park U.	1:57.16
2	ROGGE, Daniel	JR	Benedictine (Kan.)	1:56.10
3	WITTRUCK, Isaiah	SR	Grand View	1:52.96
4	HUYSER, Carter	SR	Grand View	1:50.06
5	MANNELLA, David	JR	Benedictine (Kan.)	1:52.10
6	JACKSON, Doriye	JR	Central Methodist	1:55.23

**#40 Men's 800 Meters (cont'd)****3:05 PM (Day 2)**

Lane	Name	Yr	Team	Time
7	THOMPSON, Nicolas	FR	Grand View	1:56.57
8	HECKENBERG, Jonah	SO	William Penn	1:56.73

**#41 Women's 400m Hurdles**

!	Heart of America	1:01.64	Keiara-Ashley	2022
#	Facility	1:04.51	Kristin Culp	2018

**3:25 PM (Day 2)**

Lane	Name	Yr	Team	Time
<b>Section 1 of 3</b>				
3	HAVLIK, Lauren	SO	Baker	1:14.00
4	KLAMM, Faith	FR	Park U.	1:10.88
5	LEWIS, Jacey	SO	Graceland	1:11.15
<b>Section 2 of 3</b>				
1	O'NEIL, Shannon	FR	Culver-Stockton	1:10.50
2	SWEETING, Shanai	FR	Park U.	1:09.62
3	WILES, Liberty	FR	Evangel	1:07.99
4	WHALEN, Stella	FR	MidAmerica Nazarene	1:06.68
5	CUNNINGHAM, Keiara-	SR	Central Methodist	1:07.50
6	SCHMID, Paige	SR	Benedictine (Kan.)	1:09.12
7	GAMMAROTA, Federic	FR	Missouri Valley	1:09.71
8	LEOPOLD, Annie	JR	Mount Mercy	1:09.82
<b>Section 3 of 3</b>				
1	GOOD, Abigail	JR	Evangel	1:05.97
2	LOVE, Cayna	SO	Benedictine (Kan.)	1:04.91
3	ROWLAND, Allena	FR	Clarke	1:04.34
4	AMBUUL, Alison	SO	Benedictine (Kan.)	1:02.51
5	BELL, Tajanique	SR	Baker	1:04.30
6	JOHNSON, Kailey	JR	Central Methodist	1:04.40
7	DEANA PANINKA, Yani	FR	Central Methodist	1:05.35
8	JENKINS, Jocelyn	FR	MidAmerica Nazarene	1:05.40

**#42 Men's 400m Hurdles**

!	Heart of America	52.81	Jermaine Ricketts	2003
#	Facility	52.71	Johanna Frost	4/17/2021

**3:40 PM (Day 2)**

Lane	Name	Yr	Team	Time
<b>Section 1 of 3</b>				
3	SCHIFFHAUER, Jack	JR	Central Methodist	NT
4	MILLER, Logan	FR	Graceland	1:04.41
5	CAPLINGER, Blue	SO	Benedictine (Kan.)	NT
<b>Section 2 of 3</b>				
2	KOLOSICK, Brayden	FR	Mount Mercy	59.90
3	KUSSMAN, Gustav	SO	Benedictine (Kan.)	58.88
4	NYANDORO, Tom	SO	William Penn	58.54
5	GRANTHAM, Nash	JR	Evangel	58.64

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**START LIST****#42 Men's 400m Hurdles (cont'd)****3:40 PM (Day 2)**

Lane	Name	Yr	Team	Time
6	CURET, Kevin	SR	Grand View	59.46
7	WITHERSPOON, Dylan	FR	Benedictine (Kan.)	1:01.40
8	SAVAGE, Reid	FR	Culver-Stockton	1:02.17

**Section 3 of 3**

1	THOMAS, Spencer	JR	Grand View	57.87
2	HOUSH, Chase	FR	Park U.	56.97
3	MINEAR, Chantz	JR	Grand View	55.37
4	MILLER, Tyler	SR	Grand View	54.32
5	WATSON, Adrian	JR	Central Methodist	54.96
6	BOIVIN, William	JR	Evangel	55.88
7	BOGUSLAWSKI, Micha	SO	Park U.	57.76
8	ATIANJOH, Lawson	SR	MidAmerica Nazarene	57.77

**#43 Women's 5000 Meters****Waterfall Start**

!	Heart of America	17:48.35	Marion Kandie	2008
#	Facility	18:26.03	Vanessa Cortes	2019

**4:05 PM (Day 2)**

Lane	Name	Yr	Team	Time
<b>Section 1 of 1</b>				
1	LAWSON, Morgan	SR	Grand View	17:40.13
2	ORTIZ, Natasha	JR	Benedictine (Kan.)	18:20.91
3	HARRIS, Emily	FR	Evangel	18:41.60
4	BICKLER, Rory	JR	Clarke	18:49.53
5	ROLWES, Mary	JR	Benedictine (Kan.)	18:57.98
6	MCLAUGHLIN, Julia	SO	Benedictine (Kan.)	19:01.35
7	GUERRA, Isabella	SR	Benedictine (Kan.)	19:09.19
8	KNUTSON, J'Lyn	SO	Mount Mercy	19:35.02
9	ALLEN, Brooke	SO	Baker	19:45.29
10	AARON, Catherine	FR	Benedictine (Kan.)	19:46.39
11	PERKINS, Keagan	SR	Graceland	19:48.00
12	NEELEY, Faith	FR	Grand View	19:52.36
13	CARTER, Haley	FR	Baker	20:14.63
14	HARDER, Laura	SR	Graceland	20:24.95
15	ACEVES-POWER, Vale	SR	Baker	20:31.35
16	LOPEZ, Ariana	SO	Mount Mercy	20:43.04
17	BALL, Blaise	JR	Baker	21:07.39
18	FRANCO, Jaycie	FR	Clarke	21:08.13
19	FISHER, Mickenzie	SO	Graceland	21:18.92
20	BISHOP, Laura	FR	Mount Mercy	21:23.51
21	HAWK, Kiley	SO	Baker	25:17.24

**#44 Men's 5000 Meters****Waterfall Start**

!	Heart of America	14:50.69	Noah Too	2007
#	Facility	14:52.52	Andrew Stumbo	2019

**4:30 PM (Day 2)**

Lane	Name	Yr	Team	Time
<b>Section 1 of 1</b>				
1	MANNELLA, David	JR	Benedictine (Kan.)	15:07.68
2	MASSEY, Aidan	SO	Baker	15:10.90
3	FRIESS, Gabriel	SO	Benedictine (Kan.)	15:25.46
4	FINLEY, Max	FR	William Penn	15:28.48
5	ACCURSO, Joseph	FR	Benedictine (Kan.)	15:30.34
6	FRIESS, Thaddeus	SR	Benedictine (Kan.)	15:30.46
7	SCHRODER, Tom	FR	Park U.	15:42.65
8	LIZARRAGA, Sergio	FR	Mount Mercy	15:49.92
9	MWIHAKI, James	SO	MidAmerica Nazarene	15:51.76
10	GLASSBRENNER, Rile	SO	MidAmerica Nazarene	15:52.13
11	KIPTANUI, Meshack	SO	Central Methodist	15:56.03
12	DAVIS, Anthony	JR	Baker	15:57.26
13	MICHAEL, Sebastian	FR	Benedictine (Kan.)	16:00.80
14	SCHWARTZHOFF, Em	SO	Clarke	16:06.56
15	WEGHORST, Josh	SR	Baker	16:11.57
16	MUNOZ, Micah	FR	Benedictine (Kan.)	16:17.83
17	GODARD, Luke	SR	Benedictine (Kan.)	16:19.11
18	SILVA, Braylan	JR	Grand View	16:27.07
19	KHAN, Zain	JR	Baker	16:27.92
20	FIGUEOA, Andrew	SO	Park U.	16:37.61
21	KIPKOSGEI, Elvis	SO	Graceland	16:50.96

**#45 Women's 4 x 400m Relay**

!	Heart of America	3:54.57	Baker	2019
#	Facility	4:02.76	Viterbo	4/17/2021

**4:50 PM (Day 2)**

Lane	Team	Time
<b>Section 1 of 2</b>		
3	Mount Mercy (A)	A 4:21.01
	1) JOHNSON, Brooklyn FR	2) REITTINGER, Carli JR
	3) JENNINGS, Ruth FR	4) GARNER, Katie JR
	5) COFFIN, Kiah FR	6)
4	Missouri Valley (A)	A 4:15.64
	1) WATTS, Jane SO	2) ROJAS, Katherine FR
	3) LECHUGA, Emily FR	4) GAMMAROTA, Federica FR
5	Grand View (A)	A 4:16.05
	1) CONRAD, Ava SO	2) CROY, Brynna FR
	3) CZARNECKI, April SR	4) GREEN, Madison JR



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**Timing:**

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**START LIST****#45 Women's 4 x 400m Relay (cont'd)****4:50 PM (Day 2)**

Lane	Team	Time
6	William Penn (A)	A 4:27.31
	1) SIMON, Alise FR	2) WILLIAMS, Raven SR
	3) ADDERLEY, DeAvae SO	4) CAMPBELL, Aiyanna SO
	5) ROGERS, Tabitha SO	6)

**Section 2 of 2**

1	Evangel (A)	A 4:15.35
	1) GOOD, Abigail JR	2) WILES, Liberty FR
	3) EVANS, Hannah FR	4) KOPP, Macy FR
2	Graceland (A)	A 4:10.77
	1) CLIFTON, Eden FR	2) LEWIS, Jacey SO
	3) PERKINS, Keagan SR	4) PERKINS, Ashlynn SR
	5) GILLILAND, Sidney SO	6)
3	Benedictine (Kan.) (A)	A 4:04.92
	1) SMITH, Antonia FR	2) SMITH, Tatiana SR
	3) AMBUUL, Alison SO	4) GORMLEY, Brynna FR
4	Central Methodist (A)	A 3:49.98
	1) CAMILO-MONTENEGRO, Darly	2) SCOTT, Tre'Breh SO
	3) JOHNSON, Kailey JR	4) GUILFORD, Kjirsten FR
	5) JOHNSON, Sakoya SO	6) CLAYTON, Gizel FR
5	MidAmerica Nazarene (A)	A 3:56.58
	1) LASSITER, Destiny FR	2) EIDMAN, Maya JR
	3) NICHOLSON, Janiah SO	4) LINDENMEYER, Carly JR
	5) WHALEN, Stella FR	6) WARD, Allisa FR
	7) PEREZ, Annabella FR	8) MONGWE, Nikiwe SO
6	Clarke (A)	A 4:10.06
	1) TERWISCHE, Emma FR	2) ROWLAND, Allena FR
	3) RANSON, Anyah FR	4) MATTHEWS, Isabelle FR
	5) FRANCO, Jaycie FR	6)
7	Baker (A)	A 4:10.80
	1) STERNER, Rachel SO	2) BELL, Tajanique SR
	3) KAMTIO, Amy SR	4) KILSON, Naomi JR
	5) HAVLIK, Lauren SO	6)
8	Park U. (A)	A 4:11.50
	1) ANDERSON, Allison SR	2) CARTER, Solange FR
	3) HAHLEBECK, Jena SR	4) KLAMM, Hope FR
	5) SWEETING, Shanai FR	6) KLAMM, Faith FR

**#46 Men's 4 x 400m Relay**

!	Heart of America	3:12.11	MidAmerica Nazarene	2002
#	Facility	3:16.25	Hawkeye CC	4/17/2021

**5:05 PM (Day 2)**

Lane	Team	Time
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**Section 1 of 2****#46 Men's 4 x 400m Relay (cont'd)****5:05 PM (Day 2)**

Lane	Team	Time
3	Evangel (A)	A 3:30.46
	1) PEARCE, Zatrack SR	2) BOIVIN, William JR
	3) WHITE, Tyler JR	4) GARNICA, Nathaniel FR
	5) NICHOLS, Campbell SO	6) GRANTHAM, Nash JR

4	Graceland (A)	A 3:27.54
	1) HEYWOOD, Malachi FR	2) ROBINSON, Robert SO
	3) WESLEY, Micah FR	4) MARCHAND, Paul JR
	5) MILLSLADGLE, Michael JR	6)

5	Clarke (A)	A 3:30.42
	1) MUSONDA, Josh FR	2) SANSENBACH, Carson FR
	3) HAVERLY, Kole SO	4) SOURBEER, Kain FR

6	William Penn (A)	A 3:30.85
	1) FISHER, Johnny FR	2) JOHNSON, Showalter SO
	3) WILLIAMS, Brandon SO	4) HONDONGA, Tafara SO
	5) MOELLER, Justin SR	6) LOVE, Jaelen SR
	7) LOVELESS, Jaden SO	8)

**Section 2 of 2**

1	Benedictine (Kan.) (A)	A 3:25.93
	1) CAPLINGER, Blue SO	2) COZZI, Avery SO
	3) ROGGE, Daniel JR	4) RAWICKI, Joseph SR

2	Grand View (A)	A 3:22.31
	1) DAVIS, Isaac JR	2) DAVIS, Ahren SR
	3) DENNY, Ezra SO	4) DISER, Seth JR

3	Missouri Valley (A)	A 3:21.71
	1) CELIENTO, Lorenzo JR	2) REID, Christian FR
	3) RIOJAS, Brendan FR	4) STRONG JR., Clarence SO
	5) KELLERMAN, Khobi JR	6) RANSOM, Ty'Wane FR
	7) BLAINE, Daytona FR	8)

4	MidAmerica Nazarene (A)	A 3:16.26
	1) THOMAS, Raysean SO	2) HAMPTON, Amari SO
	3) KNUDSEN, Thomas SO	4) FARMER-COLE, James FR
	5) PARKER, Nathan SO	6)

5	Central Methodist (A)	A 3:16.68
	1) NYAOGA, Mohammed SR	2) WATSON, Adrian JR
	3) SCHIFFHAUER, Jack JR	4) JACKSON, Doriye JR

6	Park U. (A)	A 3:22.29
	1) BOGUSLAWSKI, Michael SO	2) CAINES, Alexander FR
	3) HOUSH, Chase FR	4) EVANS, Ahmad FR
	5) CAINES, Timothy FR	6)

7	Mount Mercy (A)	A 3:22.64
	1) SCHROEDER, Jordan JR	2) KEIPER, Nate SO
	3) WADE, Breon FR	4) THOMPSON, Keegan JR
	5) CORTEZ, Brady FR	6) HOLNESS, Omar FR
	7) KAUFMANN, Ky FR	8)

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**START LIST**

**#46 Men's 4 x 400m Relay (cont'd)**

**5:05 PM (Day 2)**

<b>Lane</b>	<b>Team</b>	<b>Time</b>
8	Baker (A)	A 3:23.13
	1) MCGLASSON, Jacob FR	2) WOODALL, Tavius JR
	3) BOLDEN, Trevor SO	4) CLAESSENS, Alexander SO
	5) FRAZIER, Jamesperry SO	6)