

WaMaC Conference East Division
3/21/2015
Cornell College - Mount Vernon, IA

Women's High Jump

WaMaC Indoor Record: Megan Nieman/Ashton Stelken/MacKenzie Bigbee West
 Delaware/West Delaware/Williamsburg 5' 4"

PL	Athlete	Yr.	Team	Final
1	Glanz, Jamie	SO	W Delaware	5' 1"
2	Hermsen, Cassie	FR	Epworth- WD	5' 0"
3	Smith, Jordan	SR	Solon	4' 10"
4	Deppe, Paige	JR	Epworth- WD	4' 8"
4	Hoffmann, Bridget	JR	W Delaware	4' 8"
6	Collier, Lauren	FR	W Delaware	4' 6"
7	Felton, Olivia	FR	Solon	4' 6"
8	Schwenker, Hailey	SO	Maquoketa	4' 6"
9	Hasenmiller, Sara	JR	Central-DeWitt	4' 4"
10	Saunders, Hailey	JR	Central-DeWitt	4' 2"
11	Hughes, Hailey	SO	Central-DeWitt	4' 2"
	Huber, Clara	FR	Central-DeWitt	NH

Women's Long Jump

WaMaC Indoor Record: Jen Timmerman Vinton-Shellsburg 17' 0.50" 1997

PL	Athlete	Yr.	Team	Final	Flight(FP L)
1	Wessels, Shalyn	JR	Beckman- D	15' 7"	2(1)
2	Thole, Emily	SR	W Delaware	15' 3"	2(2)
3	Allen, Auna	FR	Epworth- WD	15' 0"	2(3)
4	Whitman, Mi Kayla	JR	Anamosa	14' 9"	2(4)
5	Heick, Jess	SO	Solon	14' 8"	2(5)
6	Baker, Haley	SO	Mount Vernon	14' 0"	1(1)
6	Moss, Emma	JR	Solon	14' 0"	2(6)
6	Ryan, Libby	SO	Mount Vernon	14' 0"	2(6)
9	Yonkovic, Heidi	SO	W Delaware	13' 10"	1(2)
10	Koloc, Liz	SO	W Delaware	13' 9"	1(5)
11	Vaske, Kira	FR	W Delaware	13' 9"	1(4)
12	Seitz, Haley	JR	Central-DeWitt	13' 9"	1(3)
13	Tripp, Raeleigh	FR	Central-DeWitt	13' 6"	1(6)
14	Watson, Sarah	SO	Central-DeWitt	13' 3"	2(8)
15	Voss, Amber	JR	Central-DeWitt	13' 1"	2(9)
16	Burds, Maggie	SO	Epworth- WD	13' 0"	1(7)
17	Shelman, Kristina	JR	Solon	12' 8"	1(8)
18	Ulbrich, Addie	FR	Epworth- WD	12' 5"	1(9)
19	Vargas, Emily	SO	Central-DeWitt	12' 4"	1(10)
20	Dudak, Jessie	SR	W Delaware	11' 6"	2(10)
21	Sigwarth, Meghan	FR	Epworth- WD	11' 4"	1(11)

Women's Shot Put

WaMaC Indoor Record: Rachel Curry Williamsburg 42' 1" 2008

PL	Athlete	Yr.	Team	Final	Flight(FP L)
1	Gunnells, Shelby	SR	Solon	44' 4.50"	2(1)
2	Misel, Katy	SO	Solon	37' 1.50"	2(2)
3	Kelchen, Regan	SR	Epworth- WD	36' 3.50"	2(3)
4	Hinkel, Bryce	SO	Solon	35' 7"	2(4)
5	Tucker, Allison	JR	Epworth- WD	33' 8"	2(5)
6	Dennis, Hannah	SO	Central-DeWitt	31' 3"	2(6)

7	Dicus, Delaney	JR	Mount Vernon	31' 2.50"	2(7)
8	Petersen, Sierra	SO	Central-DeWitt	30' 0.50"	2(8)
9	Strathman, Carli	JR	Maquoketa	29' 10"	2(9)
10	Casel, Taylor	SO	Maquoketa	29' 7"	1(1)
11	Norton, Ella	SO	Mount Vernon	29' 5.50"	2(10)
12	Schmitt, Rachel	SO	Epworth- WD	29' 5.50"	1(2)
13	Ward, Cassidy	JR	Anamosa	28' 9.50"	1(3)
14	Offerman, Megan	FR	W Delaware	28' 7.50"	1(4)
15	Hoffmann, Bridget	JR	W Delaware	27' 9.50"	1(5)
16	Lueck, Hannah	FR	Beckman- D	27' 8"	1(6)
17	Bertolino, Darcy	JR	Central-DeWitt	26' 4.50"	1(7)
18	Wiese, Jocelyn	JR	Epworth- WD	26' 3.50"	2(11)
19	Braden, Ali	FR	Anamosa	23' 9.50"	1(8)
20	Kennedy, Caitlyn	FR	Beckman- D	22' 2"	1(9)
21	Lapke, Brooke	JR	Maquoketa	22' 0"	1(10)
22	Owen, Lexi	SO	Solon	21' 3.50"	2(12)
23	Zimmer, Rachel	FR	Central-DeWitt	20' 10"	2(13)
24	Claeys, Sabrina	JR	Central-DeWitt	19' 5"	1(11)
25	Warren, Rebecca	SO	Maquoketa	17' 10"	1(12)

Women's 60m Hurdle

PL	Athlete	Yr.	Team	Final	Section(S PL)
1	Dudak, Jessie	SR	W Delaware	9.88	6(1)
2	Saunders, Janey	SO	Maquoketa	10.15	5(1)
3	Schwenker, Hailey	SO	Maquoketa	10.17	5(2)
4	Sands, Alexis	SO	Solon	10.26	5(3)
5	Brehm, Isabel	JR	Beckman- D	10.28	6(2)
6	Gaffney, Hannah	SR	W Delaware	10.38	6(3)
7	Frommelt, Megan	SO	Epworth- WD	10.46	5(4)
8	Lucas, Brooke	FR	Beckman- D	10.53	4(1)
9	Pettyjohn, Shelby	SO	Maquoketa	10.56	4(2)
10	Tentis, Sierra	JR	Epworth- WD	10.60	5(5)
11	Moss, Emma	JR	Solon	10.70	6(4)
12	Botsford, Ashley	SR	Epworth- WD	10.75	3(1)
13	Dahlstrom, Lily	JR	Mount Vernon	10.77	4(3)
14	Mangold, Katelyn	SO	W Delaware	10.78	6(5)
15	Duckett, Molly	FR	Solon	10.94	4(4)
16	Lyness, Haley	SO	W Delaware	10.96	6(6)
17	Erlandson, Lyz	SO	Mount Vernon	11.03	2(1)
18	Vargas, Emily	SO	Central-DeWitt	11.11	3(2)
19	Gruenwald, Hannah	SR	Maquoketa	11.12	4(5)
20	Elgin, Kendra	SO	Epworth- WD	11.15	2(2)
21	Hawkins, Isabelle	FR	Central-DeWitt	11.22	3(3)
22	Collier, Lauren	FR	W Delaware	11.40	5(6)
23	Hair, Jesse	SO	Central-DeWitt	11.48	2(3)
24	Brehm, Anika	FR	Beckman- D	11.61	3(4)
25	Miller, McKenna	SO	Solon	11.65	3(5)
26	Tebbe, Brittany	FR	Maquoketa	12.34	2(4)
27	Lammers, Lexie	JR	Beckman- D	9:26:10.3 5	1(1)
28	Marvin, Nicole	FR	Central-DeWitt	9:26:12.3 6	1(2)
29	Huber, Clara	FR	Central-DeWitt	9:26:13.6 6	1(3)

Women's 55 Meters

WaMaC Indoor Record: Callan Jacobson Benton Community 7.05 2007

PL	Athlete	Yr.	Team	Final	Section(S PL)
1	Funke, Morgan	FR	Beckman- D	7.75	6(1)
2	Whitman, Mi Kayla	JR	Anamosa	7.80	6(2)
3	Wessels, Shalyn	JR	Beckman- D	7.91	6(3)
4	Winders, Emma	FR	Solon	8.03	5(1)
5	Allen, Auna	FR	Epworth- WD	8.04	5(2)
6	Koloc, Liz	SO	W Delaware	8.07	6(4)
7	Pettyjohn, Shelby	SO	Maquoketa	8.18	3(1)
8	Clark, Maddy	SR	Epworth- WD	8.22	6(5)
9	Prybil, Alli	SO	Solon	8.26	5(3)
10	Erlandson, Lyz	SO	Mount Vernon	8.37	5(4)
11	Carey, Sam	SO	W Delaware	8.41	5(5)
12	Orr, Kyli	FR	Mount Vernon	8.69	4(1)
13	Binsfield, Nicole	SO	Mount Vernon	8.77	4(2)
14	Zaruba, Taylor	FR	Anamosa	8.80	6(6)
15	McCutcheon, McKenzie	FR	Maquoketa	8.83	1(1)
16	Feldmann, Olivia	FR	Epworth- WD	8.91	3(2)
17	Sigwarth, Meghan	FR	Epworth- WD	8.95	1(2)
18	Zeltner, Rayanne	FR	Anamosa	8.99	4(3)
19	Meyer, Faye	FR	Beckman- D	9.00	4(4)
20	Arey, Hannah	SR	Central-DeWitt	9.02	3(3)
21	Tarchinski, Kate	SR	Central-DeWitt	9.12	2(1)
22	Haley, Emma	FR	Central-DeWitt	9.17	2(2)
23	Ertl, Megan	FR	Beckman- D	9.31	2(3)
24	Klinkhammer, Alexis	FR	Epworth- WD	9.33	3(4)
25	Felton, Alex	JR	Solon	9.37	5(6)
26	Matyasse, Melanie	FR	Central-DeWitt	9.40	2(4)
27	Fortune, Ashlyn	FR	Anamosa	9.61	4(5)
28	Soper, Ciara	JR	Anamosa	9.63	3(5)
29	Birks, Lexi	FR	Central-DeWitt	9.81	2(5)
30	Invernizzi, Lisa	JR	Solon	9.90	3(6)
31	Hermsen, Ashley	FR	Beckman- D	10.02	1(3)

3	Epworth- WD	A	1:56.73	3(3)	Clark	Burds	Burds	Koerperich
4	Central-DeWitt	A	1:56.76	3(4)	Watson	Kinney	Voss	Seitz
5	Solon	B	1:57.98	3(5)	Prybil	Sands	Shelman	Heick
6	Mount Vernon	A	1:59.21	3(6)				
7	Beckman- D	A	1:59.78	2(1)	Funke	Nebel	Brehm	Brehm
8	Epworth- WD	B	2:01.70	2(2)	Denlinger	Deppe	Steil	Ulbrich
9	W Delaware	B	2:02.36	2(3)	Burke	Carey	Hoffmann	Yonkovic
10	Beckman- D	B	2:07.46	1(1)	Olberding	Fitzgerald	Lucas	Meyer
11	Central-DeWitt	B	2:13.74	1(2)	Arey	Tarchinski	Tarchinski	Hair
12	Anamosa	A	2:14.52	1(3)	Zaruba	Zeltner	Fortune	Duncan
13	Maquoketa	A	2:15.22	2(4)	Gerardy	Tebbe	McCutcheon	Hosch

Women's 4 x 800m Relay

WaMaC Indoor Record: Mount Vernon 10:02.60 2009

PL	Team	Final	Athlete 1	Athlete 2	Athlete 3	Athlete 4	
1	Central-DeWitt	A	10:27.73	McNamara	Campbell	Saunders	O'Neil
2	Mount Vernon	A	10:34.00				
3	Epworth- WD	A	10:49.50	Snyder	Savolt	Dougherty	Kluesner
4	Solon	A	11:35.99	Weetman	Brokaw	Metz	Holubar
5	W Delaware	A	11:36.06	Weber	Loeke	Glanz	Lyness
6	Epworth- WD	B	12:08.70	Nieman	George	Gudenkauf	Thul
7	Central-DeWitt	B	12:21.95	Hughes	Marvin	Hasenmiller	Tripp
	Beckman- D	A	DNF	Kennedy	Tegeler	Otto	Troutman

Women's 200 Meters

WaMaC Indoor Record: Callan Jacobson Benton Community 25.38 2008

PL	Athlete	Yr.	Team	Final	Section(SPL)	Note
1	Whitman, Mi Kayla	JR	Anamosa	27.93	6(1)	
2	Lawson, Sydney	JR	Solon	27.96	6(2)	
3	Gruenwald, Hannah	SR	Maquoketa	28.64	6(3)	
4	Vaske, Kira	FR	W Delaware	29.13	5(1)	
5	Schwenker, Hailey	SO	Maquoketa	29.38	6(4)	
6	Pettyjohn, Shelby	SO	Maquoketa	29.50	4(1)	
7	Duckett, Molly	FR	Solon	29.65	5(2)	
8	Platz, Eva	JR	Solon	30.02	6(5)	
9	Bell, Haley	SR	Solon	30.29	6(6)	
10	Burds, Blair	SO	Epworth- WD	30.38	5(3)	
11	Vargas, Emily	SO	Central-DeWitt	30.40	4(2)	
12	Hawkins, Isabelle	FR	Central-DeWitt	30.80	3(1)	
13	Burke, Madaiyn	FR	W Delaware	30.90	4(3)	
14	Wilgenbusch, Taylor	JR	Epworth- WD	31.30	3(2)	
15	Botsford, Ashley	SR	Epworth- WD	31.50	3(3)	
16	Carey, Sam	SO	W Delaware	31.78	5(4)	
17	Fitzgerald, Katie	FR	Beckman- D	31.80	2(1)	
18	Reicks, Lindsey	JR	Solon	32.30	3(4)	32.300
18	Hoffmann, Bridget	JR	W Delaware	32.30	4(4)	32.300
20	Orr, Kyli	FR	Mount Vernon	32.40	3(5)	
21	Sigwarth, Meghan	FR	Epworth- WD	32.90	2(2)	
22	Huber, Clara	FR	Central-DeWitt	33.20	2(3)	33.200
22	McCutcheon, McKenzie	FR	Maquoketa	33.20	3(6)	33.200
24	Lammers, Lexie	JR	Beckman- D	33.33	1(6)	
25	Ertl, Megan	FR	Beckman- D	34.20	2(4)	
26	Tebbe, Brittany	FR	Maquoketa	34.30	4(5)	
27	Huberty, Kellie	JR	Beckman- D	34.52	1(5)	

Women's 1500 Meters

WaMaC Indoor Record: Bonnie McKernan Independence 5:02.80 2004

PL	Athlete	Yr.	Team	Final
1	Conroy, Lucy	SR	Mount Vernon	5:13.14
2	Sams, Bailey	SR	Anamosa	5:32.67
3	Coberly, Trisha	JR	Solon	5:36.14
4	Banwart, Shae	SO	Mount Vernon	5:38.35
5	Roling, Kali	SO	Central-DeWitt	5:38.76
6	Saunders, Janey	SO	Maquoketa	5:39.45
7	Nicol, Sophie	FR	Solon	5:49.00
8	Kinney, Coleen	SR	Central-DeWitt	6:13.47
9	Smith, Peyton	FR	Epworth- WD	6:19.63
10	Gudenkauf, Kinsey	SO	W Delaware	6:28.97
11	Furne, Allison	FR	Maquoketa	6:35.33
12	Ungs, Morgan	FR	W Delaware	6:35.62
13	Behnke, Amanda	FR	Epworth- WD	6:39.60

Women's 4 x 200m Relay

WaMaC Indoor Record: West Delaware 1:49.10 2003

PL	Team	Final	Heat(H P)	Athlete 1	Athlete 2	Athlete 3	Athlete 4	
1	W Delaware	A	1:52.08	3(1)	Dudak	Mangold	Koloc	Thole
2	Solon	A	1:53.83	3(2)	Moss	Smith	Ira	Lawson

28	Haley, Emma	FR	Central-DeWitt	35.15	1(4)	9	Kluesner, Sarah	JR	Epworth- WD	2:53.14	2(8)
29	Strauser, Maddie	FR	Anamosa	36.49	1(3)	10	Goldensoph, Nicole	JR	Central-DeWitt	2:54.39	2(9)
30	Hermesen, Ashley	FR	Beckman- D	36.98	1(2)	11	Kinney, Coleen	SR	Central-DeWitt	3:01.10	1(2)
31	Birks, Lexi	FR	Central-DeWitt	37.54	1(1)	12	Holubar, Kylie	SO	Solon	3:02.68	2(10)

Women's 1600m DMR

WaMaC Indoor Record: Benton Community 4:29.60 2001

PL	Team	Final	Athlete 1	Athlete 2	Athlete 3	Athlete 4
1	W Delaware	A 4:35.00	Koloc	Vaske	Gaffney	Thole
2	Mount Vernon	A 4:36.80				
3	Epworth- WD	A 4:49.40	Tentis	Maahs	Ulbrich	Hermesen
4	Central-DeWitt	A 4:50.40	Gaston	Buus	Goldensoph	Rolling
5	Solon	A 4:51.10	Heick	Ira	Shelman	Coberly

13	Weber, Carolyn	JR	W Delaware	3:04.05	2(11)
14	Tarchinski, Elise	FR	Central-DeWitt	3:05.20	1(3)
15	Gudenkauf, Kinsey	SO	W Delaware	3:09.80	1(4)
16	Kennedy, Becca	FR	Beckman- D	3:12.20	1(5)
17	Furne, Allison	FR	Maquoketa	3:14.70	1(6)
18	Matyasse, Melanie	FR	Central-DeWitt	3:15.10	1(7)
19	Tegeler, Sarah	JR	Beckman- D	3:15.50	1(8)
20	Lapke, Brooke	JR	Maquoketa	3:16.30	1(9)
21	Donovan, Haley	JR	Epworth- WD	3:18.20	1(10)

Women's 400 Meters

WaMaC Indoor Record: Angie German West Delaware 59.30 2001

PL	Athlete	Yr.	Team	Final	Section(SPL)	Note
1	Smith, Jordan	SR	Solon	1:02.05	5(1)	
2	Gruenwald, Hannah	SR	Maquoketa	1:05.87	5(2)	
3	Sams, Bailey	SR	Anamosa	1:06.58	4(1)	
4	Campbell, Julia	FR	Central-DeWitt	1:07.66	5(3)	
5	Cranston, Marissa	FR	Mount Vernon	1:07.94	4(2)	
6	O'Neil, Lauren	SO	Central-DeWitt	1:08.81	4(3)	
7	Gerardy, Jessica	SR	Maquoketa	1:09.70	5(4)	
8	Duncan, Claire	FR	Anamosa	1:10.69	3(1)	
9	Yonkovic, Heidi	SO	W Delaware	1:10.83	5(5)	
10	Olberding, Cassidy	SO	Epworth- WD	1:11.96	3(2)	
11	Tripp, Raeleigh	FR	Central-DeWitt	1:12.00	2(1)	
12	Duncan, Emma	FR	Anamosa	1:12.43	3(3)	
13	Smith, Peyton	FR	Epworth- WD	1:12.80	2(2)	
14	Banwart, Shae	SO	Mount Vernon	1:12.88	4(4)	
15	Felton, Olivia	FR	Solon	1:12.90	2(3)	
16	Loeke, Abby	FR	W Delaware	1:14.09	4(5)	
17	Marvin, Nicole	FR	Central-DeWitt	1:15.10	2(4)	
18	Hasenmiller, Sara	JR	Central-DeWitt	1:16.07	3(4)	
19	Childs, Bailey	FR	Solon	1:16.30	2(5)	
20	Elgin, Kendra	SO	Epworth- WD	1:16.70	2(6)	
21	Ertl, Megan	FR	Beckman- D	1:19.40	1(1)	
22	Lammers, Lexie	JR	Beckman- D	1:19.50	1(2)	
23	Huberty, Kellie	JR	Beckman- D	1:20.50	1(3)	1:20.500
23	Hermesen, Ashley	FR	Beckman- D	1:20.50	1(3)	1:20.500
25	Thul, Mallory	SO	Epworth- WD	1:20.90	1(5)	

Women's 4 x 400m Relay

WaMaC Indoor Record: Mount Vernon 4:13.66 2010

PL	Team	Final	Heat(H P)	Athlete 1	Athlete 2	Athlete 3	Athlete 4
1	W Delaware	A 4:17.80	2(1)	Dudak	Gaffney	Mangold	Thole
2	Central-DeWitt	A 4:21.40	2(2)	McNamar a	Seitz	Saunders	Watson
3	Solon	A 4:28.20	2(3)	Moss	Nicol	Bell	Platz
4	Mount Vernon	A 4:29.10	2(4)				
5	Epworth- WD	A 4:29.50	2(5)	Allen	Pitz	Frommelt	Maahs
6	W Delaware	B 4:31.73	1(1)	Glanz	Lyness	Collier	Vaske
7	Beckman- D	A 4:32.80	2(6)	Nebel	Brehm	Brehm	Funke
8	Epworth- WD	B 4:43.38	1(2)	Denlinger	Nieman	Gudenkau f	Wilgenbus ch
9	Maquoketa	A 4:45.84	1(3)	Saunders	Pettyjohn	Hosch	Tebbe
10	Central-DeWitt	B 4:46.18	1(4)	Buus	Kinney	Gaston	Hughes
11	Beckman- D	B 4:47.58	1(5)	Olberding	Fitzgerald	Lucas	Meyer
12	Solon	B 4:54.44	1(6)	Metz	Reicks	Felton	Winders

Women's 800 Meters

WaMaC Indoor Record: Alex Wilson Mount Vernon 2:22.47 2010

PL	Athlete	Yr.	Team	Final	Section(S PL)
1	Conroy, Lucy	SR	Mount Vernon	2:35.83	2(1)
2	Dougherty, Alyssa	JR	Epworth- WD	2:38.66	2(2)
3	Snyder, Laura	JR	Epworth- WD	2:41.68	2(3)
4	Voss, Amber	JR	Central-DeWitt	2:46.10	1(1)
5	Baker, Haley	SO	Mount Vernon	2:47.59	2(4)
6	Brokaw, Lorin	JR	Solon	2:50.31	2(5)
7	Weetman, Taylor	SR	Solon	2:51.25	2(6)
8	Savolt, Brittany	SO	Epworth- WD	2:52.41	2(7)