

2022 ISU Holiday Invitational - 12/9/2022 to 12/10/2022

Hosted by Iowa State University
Lied Recreation Athletic Center - Ames, IA

Results**Women 60 Meter Dash**

Name	Yr	School	Prelims
Preliminaries			
1 Katarina Vlahovic	SR	Iowa State	7.54Q
2 Jahzara Hart	FR	Indian Hills	7.59Q
3 Kaylyn Hall	SR	Iowa State	7.71Q
4 Savannah Ming	SO	Drake	7.90Q
5 Zakiya Porter	FR	Indian Hills	7.92q
6 Zaniya King	FR	Indian Hills	7.95q
7 Shanice Cox	FR	Indian Hills	7.95q
8 Zyaire Robinson	SO	Indian Hills	8.14q
9 Katie Ruffener	FR	Iowa State	8.15
10 Adalin Robinson	SO	Indian Hills	8.18
11 Mackenzie Carney	FR	Iowa State	8.39
12 Cheyenne McGhee	SO	Indian Hills	8.40

Women 60 Meter Dash

Name	Yr	School	Finals
Finals			
1 Jahzara Hart	FR	Indian Hills	7.62
2 Savannah Ming	SO	Drake	7.86
3 Zakiya Porter	FR	Indian Hills	7.90
4 Shanice Cox	FR	Indian Hills	7.92
5 Zaniya King	FR	Indian Hills	7.92
6 Zyaire Robinson	SO	Indian Hills	8.04

Women 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Katarina Vlahovic	SR	Iowa State	24.52
2 Zakiyah Amos	SR	Iowa State	24.72
3 Jahzara Hart	FR	Indian Hills	24.78
4 Bria Barnes	JR	Iowa State	24.82
5 Kaylyn Hall	SR	Iowa State	24.86
6 Rachel Joseph	FR	Iowa State	24.90
7 Zaniya King	FR	Indian Hills	25.22
8 Shanice Cox	FR	Indian Hills	25.48
9 Mit Evans		Unattached	25.84
10 Zakiya Porter	FR	Indian Hills	26.42
11 Ja'Dashia Catlin	SO	Indian Hills	26.58
12 Katie Ruffener	FR	Iowa State	26.65
13 Zyaire Robinson	SO	Indian Hills	26.68
14 Mackenzie Carney	FR	Iowa State	26.93
15 Cheyenne McGhee	SO	Indian Hills	27.01

Women 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Rachel Joseph	FR	Iowa State	53.74
2 Zakiyah Amos	SR	Iowa State	54.75
3 Bria Barnes	JR	Iowa State	55.91
4 Mit Evans		Unattached	55.95
5 Addi Heinson	FR	Iowa State	59.75
6 Ja'Dashia Catlin	SO	Indian Hills	1:00.51

7 Cheyenne McGhee SO Indian Hills 1:03.19

Women 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Gracie Shannon	SO	Drake	2:23.86
2 Meghan Coulter	SO	Drake	2:30.04
3 Vanessa Lee	SO	Drake	2:35.49

Women 1000 Meter Run

Name	Yr	School	Finals
Finals			
1 Kinsey Christianson	FR	Iowa State	2:50.22
2 Aliyah Simmons		Unattached	2:54.92
--- Makayla Clark	FR	Iowa State	DNF
--- Iris Hertting	SR	Drake	DNF

Women 1 Mile Run

Name	Yr	School	Finals
Finals			
1 Taylor Briggs	SO	Iowa State	5:00.04
2 Aspen Fulbright	FR	Iowa State	5:19.80
--- Makayla Clark	FR	Iowa State	DNF

Women 60 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Kaylyn Hall	SR	Iowa State	8.32
2 Katarina Vlahovic	SR	Iowa State	8.37
3 Katie Ruffener	FR	Iowa State	8.80
4 Mackenzie Carney	FR	Iowa State	9.16

Women High Jump

Name	Yr	School	Finals
Finals			
1 Haleigh Hadley	SO	Indian Hills	1.70m

Women Shot Put

Name	Yr	School	Finals
Finals			
1 Jadan Brumbaugh	FR	Iowa State	15.08m
2 Rebecca Manteuffel		Unattached	14.95m
3 Emily March	JR	Iowa State	13.22m

Women Weight Throw

Name	Yr	School	Finals
Finals			
1 Rebecca Manteuffel		Unattached	18.98m
2 Emily March	JR	Iowa State	18.41m
3 Centaine Noom-Duckwort	SO	Drake	16.44m
4 Chinemerem Iwuagwu	FR	Drake	13.46m
5 Jadan Brumbaugh	FR	Iowa State	13.00m

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Results**Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon**

Name	Yr	School	Finals
Finals			
1 Kailynn Gubbels	FR	Iowa State	2:23.21 780
2 Ava Cinammo	FR	Iowa State	2:23.70 774
3 Darci Wiseman	FR	Northern Iow	2:30.19 690
4 Alex Gochenour-Brondyke		Unattached	2:32.08 667
5 Kiersten Fisher	SO	Iowa State	2:34.10 642
6 Lydia Berns-Schweingrube	SO	Northern Iow	2:36.10 618
7 Kelly Proesch	SO	Northern Iow	2:38.32 592
8 Amanda Lietz	SO	Northern Iow	2:47.14 494
9 Mckinley Levin	FR	Northern Iow	2:47.46 490
10 Katy Stephens	FR	Northern Iow	3:00.39 362

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Alex Gochenour-Brondyke		Unattached	8.62 991
2 Ava Cinammo	FR	Iowa State	8.82 948
3 Darci Wiseman	FR	Northern Iow	9.09 891
4 Kailynn Gubbels	FR	Iowa State	9.14 881
5 Kiersten Fisher	SO	Iowa State	9.19 871
6 Kelly Proesch	SO	Northern Iow	9.24 860
7 Lydia Berns-Schweingrube	SO	Northern Iow	9.61 787
8 Amanda Lietz	SO	Northern Iow	9.95 721
9 Katy Stephens	FR	Northern Iow	10.03 706
10 Mckinley Levin	FR	Northern Iow	11.23 499

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Alex Gochenour-Brondyke		Unattached	1.68m 830
2 Katy Stephens	FR	Northern Iow	1.65m 795
3 Kiersten Fisher	SO	Iowa State	1.59m 724
4 Kailynn Gubbels	FR	Iowa State	1.56m 689
4 Amanda Lietz	SO	Northern Iow	1.56m 689
6 Darci Wiseman	FR	Northern Iow	1.53m 655
6 Lydia Berns-Schweingrube	SO	Northern Iow	1.53m 655
8 Ava Cinammo	FR	Iowa State	1.47m 588
9 Mckinley Levin	FR	Northern Iow	1.44m 555
9 Kelly Proesch	SO	Northern Iow	1.44m 555

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Ava Cinammo	FR	Iowa State	5.69m 756
2 Alex Gochenour-Brondyke		Unattached	5.62m 735
3 Kailynn Gubbels	FR	Iowa State	5.48m 694
4 Kiersten Fisher	SO	Iowa State	5.42m 677
5 Katy Stephens	FR	Northern Iow	5.30m 643
6 Mckinley Levin	FR	Northern Iow	5.00m 559
7 Kelly Proesch	SO	Northern Iow	4.81m 508
8 Lydia Berns-Schweingrube	SO	Northern Iow	4.78m 500
9 Amanda Lietz	SO	Northern Iow	4.50m 428

10	Darci Wiseman	FR	Northern Iow	4.47m	421
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Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Alex Gochenour-Brondyke		Unattached	12.50m 694
2 Kailynn Gubbels	FR	Iowa State	10.02m 531
3 Kelly Proesch	SO	Northern Iow	9.71m 510
4 Katy Stephens	FR	Northern Iow	9.65m 507
5 Lydia Berns-Schweingrube	SO	Northern Iow	9.54m 499
6 Amanda Lietz	SO	Northern Iow	8.84m 454
7 Ava Cinammo	FR	Iowa State	8.36m 423
8 Mckinley Levin	FR	Northern Iow	8.21m 413
9 Darci Wiseman	FR	Northern Iow	8.17m 410
10 Kiersten Fisher	SO	Iowa State	8.11m 406

Women Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Alex Gochenour-Brondyke		Unattached	3917
2 Kailynn Gubbels	FR	Iowa State	3575
3 Ava Cinammo	FR	Iowa State	3489
4 Kiersten Fisher	SO	Iowa State	3320
5 Darci Wiseman	FR	Northern Iow	3067
6 Lydia Berns-Schweingrube	SO	Northern Iow	3059
7 Kelly Proesch	SO	Northern Iow	3025
8 Katy Stephens	FR	Northern Iow	3013
9 Amanda Lietz	SO	Northern Iow	2786
10 Mckinley Levin	FR	Northern Iow	2516

Men 60 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Khalid Hornsby	SO	Indian Hills	6.79Q
2 Traunard Folson	FR	Indian Hills	6.86Q
3 D'Eric Smith	SO	Indian Hills	6.84Q
4 Mikey McClain	FR	Iowa State	6.90Q
5 Max Reis	FR	Indian Hills	6.93q
6 Kenson Thomas	SO	Indian Hills	6.95q
7 Tamarion Bivines	FR	Indian Hills	6.96q
8 Stephen Brown	FR	Indian Hills	7.00q
9 Keshawn Renejuste	FR	Indian Hills	7.04
10 Brigham Daniel		Unattached	7.12
11 Gannon O'Hara		Unattached	7.14
12 Juan Emanuel	FR	Indian Hills	7.24
13 Mac Pursell	JR	Drake	7.31
14 Will Skinner	JR	Drake	7.44
--- Nehemiah Ray	SO	Indian Hills	FS

Men 60 Meter Dash

Name	Yr	School	Finals
Finals			
1 Khalid Hornsby	SO	Indian Hills	6.73
2 Traunard Folson	FR	Indian Hills	6.87
3 Tamarion Bivines	FR	Indian Hills	6.87

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Results**Finals ... (Men 60 Meter Dash)**

	Name	Yr	School	Finals
4	Kenson Thomas	SO	Indian Hills	6.91
5	D'Eric Smith	SO	Indian Hills	6.91
6	Mikey McClain	FR	Iowa State	6.92
7	Stephen Brown	FR	Indian Hills	6.93
8	Max Reis	FR	Indian Hills	6.96

Men 200 Meter Dash

	Name	Yr	School	Finals
Finals				
1	Khalid Hornsby	SO	Indian Hills	21.33
2	Nehemiah Ray	SO	Indian Hills	21.72
3	Ke'Vontae Walls-Burdine	FR	Indian Hills	21.72
4	D'Eric Smith	SO	Indian Hills	21.76
5	Tamarion Bivines	FR	Indian Hills	21.82
6	Chris Johnson	FR	Indian Hills	21.83
7	Sam Thomas	SO	Indian Hills	21.92
8	Max Reis	FR	Indian Hills	21.99
9	Traunard Folson	FR	Indian Hills	22.02
10	Woyn Chatman	SO	Indian Hills	22.03
11	Stephen Brown	FR	Indian Hills	22.15
12	Kenson Thomas	SO	Indian Hills	22.52
13	Kylen Crosby	SO	Indian Hills	22.53
14	Brigham Daniel		Unattached	22.70
15	Keshawn Renejuste	FR	Indian Hills	22.90
16	Gannon O'Hara		Unattached	23.33
17	Kenny Cutler		Unattached	24.36

Men 400 Meter Dash

	Name	Yr	School	Finals
Finals				
1	Woyn Chatman	SO	Indian Hills	48.00
2	Chris Johnson	FR	Indian Hills	48.02
3	Ke'Vontae Walls-Burdine	FR	Indian Hills	48.45
4	Joven Nelson	JR	Iowa State	48.46
5	Blake Osborne		Unattached	48.97
6	Kylen Crosby	SO	Indian Hills	49.08
7	Gus Langford	FR	Iowa State	49.51
8	Sam Thomas	SO	Indian Hills	49.57
9	Tanner Anderson	SR	Iowa State	50.86
10	Sam Sturtzer	JR	Drake	51.34
11	Carson Hellinga		Unattached	51.93
12	Deylin Chandler	SO	Drake	52.17
13	Beau York	FR	Iowa State	52.91
14	Marcel Slowikowski		Unattached	58.63

Men 600 Yard Run

	Name	Yr	School	Finals
Finals				
1	Roneldo Rock	SO	Indian Hills	1:13.47
2	Dean Clarke	SO	Indian Hills	1:15.32

Men 800 Meter Run

	Name	Yr	School	Finals
Finals				
1	Cebastian Gentil	SR	Iowa State	1:47.69
2	Darius Kipyego	SO	Iowa State	1:48.09
3	Peter Smith	JR	Iowa State	1:48.31
4	Rivaldo Marshall	SO	Indian Hills	1:48.46
5	Tyrice Taylor	FR	Indian Hills	1:49.80
6	A J Green	NA	UNAT-Kansas	1:50.31
7	Tyler Carreon	JR	Iowa State	1:50.61
8	Mohammed Al-Yafae	FR	Indian Hills	1:51.07
9	Cole Reinders	FR	Indian Hills	1:52.59
10	Daniel Romary	FR	Iowa State	1:53.81
11	Ernest Mattson	FR	Iowa State	1:56.48
12	Aidan Manning	FR	Iowa State	1:59.61
13	Jorge Becerra	SO	Indian Hills	1:59.75
---	Alex Amankwah		UA Mission Run I	DNF
---	Emanuel Galdino	FR	Iowa State	DNF
---	Jason Gomez	SR	Iowa State	DNF

Men 1 Mile Run

	Name	Yr	School	Finals
Finals				
1	Ernest Mattson	FR	Iowa State	4:08.46
2	Emanuel Galdino	FR	Iowa State	4:08.47
3	Daniel Romary	FR	Iowa State	4:10.58
4	Enzo Marie	SO	Drake	4:12.09
5	Seth Simonson	SR	Drake	4:12.41
6	Tyler Kisting		Unattached	4:12.66
7	Andy Vasques		Unattached	4:14.93
8	Aidan Manning	FR	Iowa State	4:19.80
9	Brendan Cain	SO	Drake	4:20.38
10	Aidan Simon	FR	Drake	4:24.15
11	Chris Pahnke	SR	Drake	4:24.34
12	Jack Burns	SO	Drake	4:25.40
13	Connor Visnic	JR	Drake	4:30.20
14	Vasant Fong	SO	Drake	4:44.91
---	Juan Trasobares	FR	Drake	DNF

Men 60 Meter Hurdles

	Name	Yr	School	Finals
Finals				
1	Alec Carr	FR	Iowa State	8.36
2	C.J. McFerrin	SO	Indian Hills	8.37
3	Damien Lewis	SO	Indian Hills	8.58

Men 4x400 Meter Relay

	Team	Relay	Finals
Finals			
1	Indian Hills CC		3:23.28
	1) Dean Clarke SO	2) Tyrice Taylor FR	
	3) Rivaldo Marshall SO	4) Roneldo Rock SO	
---	Unattached		DNF

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Results**Men High Jump**

Name	Yr	School	Finals
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Finals

1	Jack Noble	FR	Iowa State	1.96m
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Men Long Jump

Name	Yr	School	Finals
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Finals

1	Troy Johnson	FR	Indian Hills	6.81m
2	Chris Sizemore	SO	Indian Hills	6.80m
3	Gannon O'Hara		Unattached	6.29m
4	Rapheal Akinyemi	FR	Indian Hills	6.25m
5	Wilson Alljabu	FR	Indian Hills	5.96m

Men Triple Jump

Name	Yr	School	Finals
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Finals

1	Troy Johnson	FR	Indian Hills	13.06m
2	Rapheal Akinyemi	FR	Indian Hills	12.84m
3	Wilson Alljabu	FR	Indian Hills	12.70m

Men Shot Put

Name	Yr	School	Finals
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Finals

1	Kevin Sakson	JR	Iowa State	17.29m
2	Cam Jones	SO	Iowa State	17.13m
3	Adam Phillips	SO	Drake	15.72m
4	Blake Veenstra	JR	Iowa State	15.56m
5	Blake Wiederhold	SO	Iowa State	15.46m
6	Cooper Cerese	FR	Drake	15.26m
7	Garret Wagner	FR	Iowa State	14.59m

Men Weight Throw

Name	Yr	School	Finals
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Finals

1	Cam Jones	SO	Iowa State	20.19m
2	Adam Phillips	SO	Drake	19.69m
3	Anthony Barmes	SO	Drake	19.56m
4	Ethan Marshall	JR	Drake	18.80m
5	Zach Verzani	FR	Iowa State	17.75m
6	Garret Wagner	FR	Iowa State	17.70m
7	Austin Jentz	JR	Drake	17.21m
8	Blake Veenstra	JR	Iowa State	16.79m
9	Micah Walker	JR	Iowa State	15.94m
10	Sam Carpenter	FR	Drake	15.52m
11	Blake Wiederhold	SO	Iowa State	15.36m
12	Cooper Cerese	FR	Drake	12.54m

Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Yr	School	Finals
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Finals

1	Drew Bartels	SO	Northern Iow	7.06	861
2	Thai Thompson	JR	Iowa State	7.08	854
3	Carter Morton	SO	Northern Iow	7.11	844
4	Brody Lovell	FR	Northern Iow	7.14	833

5	Matt Davis	SO	Northern Iow	7.18	819
6	Jack Vetsch	SR	Iowa State	7.39	749
7	Colin Buch	FR	Northern Iow	7.68	656

Heptathlon: #7 Men 1000 Meter Run Heptathlon

Name	Yr	School	Finals
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Finals

1	Thai Thompson	JR	Iowa State	2:43.90	831
2	Carter Morton	SO	Northern Iow	2:46.94	798
3	Jack Vetsch	SR	Iowa State	2:53.84	726
4	Brody Lovell	FR	Northern Iow	2:57.04	694
5	Colin Buch	FR	Northern Iow	3:16.56	511
6	Drew Bartels	SO	Northern Iow	3:22.47	461
---	Matt Davis	SO	Northern Iow	DNF	

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Name	Yr	School	Finals
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Finals

1	Drew Bartels	SO	Northern Iow	8.21	930
2	Carter Morton	SO	Northern Iow	8.40	884
3	Jack Vetsch	SR	Iowa State	8.50	860
4	Thai Thompson	JR	Iowa State	8.64	827
5	Brody Lovell	FR	Northern Iow	8.96	755
6	Colin Buch	FR	Northern Iow	9.33	675
---	Matt Davis	SO	Northern Iow	DNF	

Heptathlon: #4 Men High Jump Heptathlon

Name	Yr	School	Finals
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Finals

1	Carter Morton	SO	Northern Iow	2.10m	896
2	Thai Thompson	JR	Iowa State	1.95m	758
2	Matt Davis	SO	Northern Iow	1.95m	758
2	Brody Lovell	FR	Northern Iow	1.95m	758
5	Drew Bartels	SO	Northern Iow	1.74m	577
6	Jack Vetsch	SR	Iowa State	1.65m	504
7	Colin Buch	FR	Northern Iow	1.50m	389

Heptathlon: #6 Men Pole Vault Heptathlon

Name	Yr	School	Finals
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Finals

1	Carter Morton	SO	Northern Iow	4.60m	790
2	Matt Davis	SO	Northern Iow	4.50m	760
2	Thai Thompson	JR	Iowa State	4.50m	760
4	Jack Vetsch	SR	Iowa State	4.10m	645
5	Drew Bartels	SO	Northern Iow	3.20m	406
6	Brody Lovell	FR	Northern Iow	2.90m	333
7	Colin Buch	FR	Northern Iow	2.70m	286

Heptathlon: #2 Men Long Jump Heptathlon

Name	Yr	School	Finals
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Finals

1	Carter Morton	SO	Northern Iow	7.15m	850
2	Thai Thompson	JR	Iowa State	7.05m	826
3	Drew Bartels	SO	Northern Iow	6.83m	774
4	Jack Vetsch	SR	Iowa State	6.44m	684
5	Brody Lovell	FR	Northern Iow	6.24m	639

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Results**Finals ... (Heptathlon: #2 Men Long Jump Heptathlon)**

	Name	Yr	School	Finals	
6	Colin Buch	FR	Northern Iow	5.87m	559
---	Matt Davis	SO	Northern Iow	FOUL	

Heptathlon: #3 Men Shot Put Heptathlon

	Name	Yr	School	Finals	
Finals					
1	Jack Vetsch	SR	Iowa State	13.16m	677
2	Matt Davis	SO	Northern Iow	12.84m	657
3	Carter Morton	SO	Northern Iow	11.71m	589
4	Thai Thompson	JR	Iowa State	10.98m	545
5	Brody Lovell	FR	Northern Iow	10.47m	514
6	Drew Bartels	SO	Northern Iow	10.40m	510
7	Colin Buch	FR	Northern Iow	9.78m	472

Men Heptathlon

	Name	Yr	School	Finals	
Finals					
1	Carter Morton	SO	Northern Iow	5651	
2	Thai Thompson	JR	Iowa State	5401	
3	Jack Vetsch	SR	Iowa State	4845	
4	Brody Lovell	FR	Northern Iow	4526	
5	Drew Bartels	SO	Northern Iow	4519	
6	Colin Buch	FR	Northern Iow	3548	
7	Matt Davis	SO	Northern Iow	2994	