

47th Annual Jim Duncan Invitational - 4/12/2024

Drake Stadium
Drake University - Des Moines, IA
Results - Friday

Women 100 Meter Dash

Name	Yr	School	Finals
Finals			
1	Shanice Cox	SO Indian Hills	11.71 3.1
2	Caroline Benfeldt-Sorensen	SO Northern Iow	11.75 3.1
3	Zekira Snow	FR Indian Hills	11.81 3.1
4	Alexis Pratt	SO St. Thomas (11.85 3.1
5	Destiny Mitchell	FR Indian Hills	11.94 3.1
6	Libby Wedewer	NA Unat-Norther	12.02 3.1
7	Zakiya Porter	SO Indian Hills	12.19 2.0
8	Savannah Ming	JR Drake	12.22 3.1
9	Eva Carchidi	SR Grinnell	12.24 2.0
10	Avyn Urbanski	FR Omaha	12.30 2.0
11	Sarah Jordan	FR St. Ambrose	12.32 2.6
12	Eden Clifton	SO Graceland	12.35 3.1
13	Paige Kisley	JR Northern Iow	12.40 2.0
14	Kourtlyn Cannon	SO Indian Hills	12.49 2.0
15	Ashley Ostrand	JR Omaha	12.52 2.6
16	Favor Omoijuanfo	FR Drake	12.57 2.6
17	Bianca Clemons	JR Simpson (Iow	12.61 2.6
18	Joann Nguyen	JR Drake	12.74 2.6
19	Ambar Fulgencio	SO Graceland	12.98 2.6
---	Erin Kerkhoff	SR Unattached	DNS 2.6
---	Cassia Cady	SO St. Thomas (DNS 2.0
---	Emily McMartin	SO Central Coll	DNS 2.6
---	Eva Van De Mortel	JR Northern Iow	DNS 2.0
---	Gabbi Butler	SR St. Ambrose	DNS 2.0

Women 200 Meter Dash

Name	Yr	School	Finals
Finals			
1	Hiba Saeed	Sudan	23.53 0.3
2	Adalin Robinson	SO Indian Hills	24.00 0.3
3	Brooklyn Sandvig	FR Iowa State	24.28 0.9
4	Alexis Pratt	SO St. Thomas (24.29 0.3
5	Gabbi Butler	SR St. Ambrose	24.70 1.6
6	Shanice Cox	SO Indian Hills	24.72 0.3
7	Briandrias Rhodes	JR Drake	24.80 1.6
8	Nyla Norman	FR Indian Hills	25.02 0.3
9	Eva Carchidi	SR Grinnell	25.30 1.6
10	Rebecca Randleman	FR St. Thomas (25.36 1.6
11	Ariana Yaklich	FR Northern Iow	25.53 1.6
12	Avyn Urbanski	FR Omaha	25.56 1.6
13	Zaniya King	SO Indian Hills	25.91 0.3
14	Ava Parkins	FR Central Coll	26.41 0.9
15	Ashley Ostrand	JR Omaha	26.50 0.9
16	Joann Nguyen	JR Drake	27.04 0.9
17	Favor Omoijuanfo	FR Drake	27.21 0.9
18	Leah Duncan	JR Drake	27.28 0.9
19	Sabryn Egli	SO Central Coll	27.76 0.9
20	Mia Shipley	JR Drake	28.11 0.9
---	Caroline Benfeldt-Sorensen	SO Northern Iow	DNS 0.3
---	Libby Wedewer	NA Unat-Norther	DNS 0.3
---	Eden Clifton	SO Graceland	DNS 1.6

--- Erin Kerkhoff SR Unattached DNS 1.6

Women 400 Meter Dash

Name	Yr	School	Finals
Finals			
1	Hiba Saeed	Sudan	53.68
2	Adalin Robinson	SO Indian Hills	53.88
3	Gabbi Butler	SR St. Ambrose	54.33
4	Abbi Roerdink	JR Central Coll	55.93
5	Nyla Norman	FR Indian Hills	57.34
6	Laurie Louis	FR Indian Hills	57.58
7	Cameron Moon	FR Iowa State	57.60
8	Hannah Cornelius	JR St. Thomas (59.84
9	Lizzy Van Utrecht	FR Central Coll	59.89
10	Neomi Sidique	SR Grand View	59.98
11	Grace Swanson	FR St. Thomas (1:01.19
12	Lauren Brown	JR Central Coll	1:01.66
13	Tenisha Herbert	FR North Iowa A	1:01.99
---	Erin Kerkhoff	SR Unattached	DNS
---	Madelyn Sanda	SR Northern Iow	DNS
---	Auriona Kimbrough	SR Northern Iow	DNS

Women 800 Meter Run

Name	Yr	School	Finals
Finals			
1	Erin Macfarlane	FR Drake	2:15.90
2	Kendra Nissen	FR Northern Iow	2:16.12
3	Liza Schaffer	FR Northern Iow	2:17.02
4	Gracie Shannon	JR Drake	2:18.21
5	Alyssa Mayhew	JR Central Coll	2:18.63
6	Bryce Pacourek	FR St. Thomas (2:21.09
7	Ava Carder	SO Simpson (Iow	2:21.35
8	Riley Packer	SO Central Coll	2:22.40
9	Amber Homan	FR Hawkeye CC	2:22.81
10	Hadyn Miller	JR Central Coll	2:23.08
11	Brooke O'Brien	FR Northern Iow	2:23.14
12	Grace Schaefer	JR Northern Iow	2:23.17
13	Alivia Roerdink	FR Central Coll	2:24.10
14	Mira Fosmer	FR St. Mary (Ne	2:24.51
15	Vanessa Lee	JR Drake	2:24.69
16	Reese Gustafson	FR St. Thomas (2:26.20
17	Eliza McKown	SO Waldorf	2:26.64
18	Alix Gifford	SO St. Thomas (2:27.05
19	Lily Johannes	FR Iowa	2:28.48
20	Ava Rush	FR Iowa	2:30.23
21	Gabriela Calderon	FR Omaha	2:31.01
22	Kaya Young	SR Simpson (Iow	2:31.68
23	Abby Alberti	JR Central Coll	2:32.67
24	Claire Edmondson	JR Iowa	2:34.33
---	Skyler Blessman	SO Simpson (Iow	DNS
---	Angel Schewe	JR Simpson (Iow	DNS

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Women 1500 Meter Run

Name	Yr	School	Finals
Finals			
1	Emma Hoins	JR Northern Iow	4:33.52
2	Sophia Jungling	JR Northern Iow	4:34.60
3	Barbara Vrhovac	SR Drake	4:44.30
4	Mary Kelly	FR Northern Iow	4:48.24
5	Sara Goodenbour	JR Central Coll	4:57.54
6	Selket Reid-El	SO Indian Hills	4:58.96
7	Meghan Coulter	JR Drake	5:00.20
8	Kaya Young	SR Simpson (Iow	5:03.34
9	Kayla Young	FR Northern Iow	5:03.90
10	Olivia Steffen	JR Omaha	5:04.15
11	Sydney Beaudin	SO Omaha	5:04.50
12	Maia Italia	JR Drake	5:05.19
13	Gabriela Calderon	FR Omaha	5:06.32
14	Liberty Leis	JR Grand View	5:08.24
15	Kate Huisinga	SO Simpson (Iow	5:08.82
16	Avery O'Rourke	FR Grand View	5:15.82
17	Lorena Ramirez	SR St. Mary (Ne	5:17.70
18	Chloe Ristau	SO Central Coll	5:20.30
19	Marissa O'Connor	FR Waldorf	5:20.43
20	Kalin Rotzoll	SO Grand View	5:20.80
21	Chloe Inhelder	SR St. Mary (Ne	5:21.84
22	Emily Escoto	SO Simpson (Iow	5:23.24
23	Tori Yunggebauer	Unat-Des Moi	5:25.12
24	Skyila Shuryan	FR North Iowa A	5:33.59
25	Ava Goben	FR Central Coll	5:33.62
26	Abby Halverson	SO Central Coll	5:33.70
---	Amaree Hamilton	SO Indian Hills	DNF
---	Millie Hill	JR Northern Iow	DNS
---	Ashley Rockhold	SR Simpson (Iow	DNS
---	Elise Wieland	JR Simpson (Iow	DNS

Women 5000 Meter Run

Name	Yr	School	Finals
Finals			
1	Kate Crawford	JR Northern Iow	17:05.21
2	Keely Miyamoto	SO Grinnell	18:07.81
3	Aleah Tenpas	SO Iowa	18:08.65
4	Kira Hooper	JR Central Coll	18:12.61
5	Lindsey Davidson	JR Central Coll	18:14.20
6	Eden Mueller	FR Northern Iow	18:21.64
7	Emma Hain	JR Omaha	18:47.11
8	Hannah Roark	SO Grinnell	18:50.64
9	Natalie Cocking	FR St. Thomas (18:53.59
10	Talia Harrison	FR Grinnell	18:56.60
11	Gwen Helgeson	SR St. Thomas (18:58.17
12	Hannah Roth	FR Grinnell	19:01.27
13	Hope Jackson	FR Iowa State	19:11.82
14	Lauren Klein	JR Northern Iow	19:21.76
15	Ashley Rockhold	SR Simpson (Iow	19:33.77
16	Kaleena Hagen	SO Central Coll	19:51.54
17	Elie Tuhn	SO Simpson (Iow	19:51.55

18	Danielle Wood	JR Waldorf	19:58.58
19	Mya Whitaker	FR Simpson (Iow	20:00.87
20	Annika Kruse	SO Central Coll	20:17.40
21	Juliana Droll	FR North Iowa A	20:40.00
22	Ellie Roorda	JR Central Coll	20:44.78
---	Sarah Lunning	FR North Iowa A	DNF
---	Chiara White	FR St. Thomas (DNF
---	Anastasia Kirillov	SR Drake	DNF
---	Emma Hoins	JR Northern Iow	DNF
---	Morgan Karow	SO Grinnell	DNF
---	Myia Johnson	SR Midland	DNS

Women 100 Meter Hurdles

Name	Yr	School	Finals
Finals			
1	Dymonde Nave	FR Indian Hills	14.14 2.2
2	Paige Kisley	JR Northern Iow	14.37 2.2
3	Addisyn Terpstra	FR Grand View	14.44 2.0
4	Olivia Kramer	FR Northern Iow	14.45 2.2
5	Taynian Walgrave	JR St. Thomas (14.50 2.2
6	Jade Jackson	JR Omaha	14.69 2.2
7	Grace Mustard	SO Omaha	14.96 2.2
8	Olivia Bohlen	SO Central Coll	14.97 2.2
9	Darci Wiseman	SO Northern Iow	15.06 2.0
10	Addison Webster	SO Omaha	15.29 2.0
11	Maddax DeVault	SO Simpson (Iow	15.69 2.0
12	Audrey Arnold	SR Simpson (Iow	15.78 2.2
13	Emmaline Nau	FR Drake	16.26 2.0
14	Jacey Lewis	JR Graceland	16.27 2.0
15	Taja Conley	FR North Iowa A	16.34 2.0
16	Lilly Radcliffe	FR North Iowa A	18.30 2.0

Women 400 Meter Hurdles

Name	Yr	School	Finals
Finals			
1	Hailey Hindt	JR St. Thomas (1:01.75
2	Madison Bunton	JR Drake	1:01.99
3	Madison Hays	SO Simpson (Iow	1:03.59
4	Anna Winterrowd	JR Northern Iow	1:04.22
5	Darci Wiseman	SO Northern Iow	1:04.54
6	Abby Gruver	JR Central Coll	1:04.91
7	Emmy Schulz	FR St. Thomas (1:07.34
8	Maddax DeVault	SO Simpson (Iow	1:07.88
9	Taja Conley	FR North Iowa A	1:08.85
10	Brandi Peck	SO Waldorf	1:09.80
11	Lilly Radcliffe	FR North Iowa A	1:10.15
12	Tiffany Woerdehoff	SO Northern Iow	1:11.10
13	Jacey Lewis	JR Graceland	1:11.64
14	Arriana Johnson	FR Unattached	1:12.41
---	Maddy Welbes	FR North Iowa A	DNS

Women 3000 Meter Steeplechase

Name	Yr	School	Finals
Finals			
1	Brooke McKee	JR Iowa	11:12.62

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Finals ... (Women 3000 Meter Steeplechase)

Name	Yr	School	Finals
2	Rowan Boulter	SO Iowa	11:19.87
3	Emily Erhardt	SR Simpson (Iow	11:45.84
4	Layken Bytnar	JR Central Coll	11:58.46
5	Leah Bontrager	SO Central Coll	12:04.06
6	Diana Barba	SO Grinnell	12:10.42
7	Brooke Wigdahl	SR St. Mary (Ne	12:14.27
8	Kate Hoogensen	JR Central Coll	12:15.67
9	Marissa O'Connor	FR Waldorf	13:23.23
10	Melody Ruelle	SR Grand View	14:04.77
---	Juliana Droll	FR North Iowa A	DNS

Women 4x100 Meter Relay

Team	Relay	Finals
1	Northern Iowa	46.36
2	Omaha	47.90
3	Central College	48.42
4	Grand View	49.44
5	Simpson (Iowa)	49.81
6	Graceland	50.09
7	North Iowa Area CC	52.34
---	Drake	DNF
---	Drake	B DNF

Women 4x400 Meter Relay

Team	Relay	Finals
1	Central College	3:53.05
2	St. Thomas (Minn.)	3:59.18
3	Drake	3:59.66
4	Central College	B 4:04.41
5	Northern Iowa	4:04.48
6	Simpson (Iowa)	4:05.88
7	Grand View	4:10.46
8	Midland	4:14.93
9	Waldorf	4:16.13
10	Grand View	B 4:28.08
11	North Iowa Area CC	4:30.38
---	Graceland	DNS

Women High Jump
Progressions: 1.50 1.55 1.60 1.65 +5cm

Name	Yr	School	Finals
1	Hannah Newton	NA Unat-Midland	1.65m
2	Chloe Largent	FR Northern Iow	1.60m
3	Krista Hardy	SO Midland	1.60m
4	Avril Maughan	SO Grand View	1.55m
5	Dala Drowne	FR Midland	1.55m
5	Soren Maricle	FR Northern Iow	1.55m
7	Kate Gross	SO St. Thomas (1.50m
7	Caroline Anderson	JR St. Thomas (1.50m
7	Destiny Mitchell	FR Indian Hills	1.50m

10	Aaliyah Johnson	JR Simpson (Iow	1.50m
10	Shyanne Pipkin	SO Midland	1.50m
---	Sidney Gilliland	JR Graceland	NH
---	Alaina Schoenfelder	SR St. Thomas (NH
---	Josie Moreland	FR Northern Iow	NH
---	Emma Anibal	FR Omaha	NH

Women Pole Vault
Progressions: 3.00 3.15 3.30 3.45 3.60 +15cm

Name	Yr	School	Finals
1	Alivia Silvestri	NA Unattached	3.45m
2	Katie Nollette	JR St. Thomas (3.45m
3	Olivia Passeri	JR St. Thomas (3.45m
3	Morgan Koppelman	FR St. Thomas (3.45m
5	Amber Vroman	JR Central Coll	3.30m
6	Hannah Wallace	FR Northern Iow	3.15m
7	Kate Surwillo	SO St. Ambrose	3.00m
8	Leah Howard	SO Central Coll	3.00m
---	Allison Isaacson	FR St. Mary (Ne	NH
---	Annalise Zeinemann	SO Northern Iow	NH
---	Isabelle Cox	FR Northern Iow	NH
---	Ryleigh Warden	SO St. Ambrose	NH
---	Sydney Scott	SO Northern Iow	DNS

Women Long Jump

Name	Yr	School	Finals
1	Amari Laing	FR Iowa State	5.68m 2.8
2	Katy Stephens	SO Northern Iow	5.57m 4.2
3	Dymonde Nave	FR Indian Hills	5.53m 2.1
4	Zofia Landowska	JR Drake	5.50m 2.0
5	Zekira Snow	FR Indian Hills	5.34m 1.6
6	Shay Sinnard	FR Omaha	5.34m 2.8
7	Ava Wilber	SO St. Thomas (5.30m 2.2
8	Julia Niemeyer	FR Omaha	5.26m 1.6
9	Elise Biorn	FR St. Thomas (5.10m 3.7
10	Madysen Ray	SR Midland	4.98m 2.2
11	Ayana Brown	SR Drake	4.69m 1.2
12	Lexie Johnson	SR St. Ambrose	4.59m 3.0
---	Jasmyn Williams	SO Central Coll	FOUL
---	Cassia Cady	SO St. Thomas (DNS NWI
---	Josey Dunbar	FR Northern Iow	DNS NWI

Women Triple Jump

Name	Yr	School	Finals
1	Elise Biorn	FR St. Thomas (11.27m 4.3
2	Ali Wiseman	FR Omaha	10.51m 0.6
3	Amelia Nyambuka	FR Graceland	10.43m 3.0
4	Alexis Andersen	SO St. Ambrose	10.36m 3.4
5	Chainey Thompson	SO St. Mary (Ne	10.07m 2.0
6	Olivia Joyce	FR St. Mary (Ne	9.88m 1.9
---	Trinity Hancock	FR Graceland	DNS NWI
---	Cassia Cady	SO St. Thomas (DNS NWI

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Finals ... (Women Triple Jump)

Name	Yr	School	Finals
--- Tenisha Herbert	FR	North Iowa A	DNS NWI

Women Shot Put

Name	Yr	School	Finals
Finals			
1 Katie Fare	NA	Unat-Norther	16.78m
2 Wisdom Williams	FR	Iowa	14.80m
3 Jadan Brumbaugh	SO	Iowa State	14.59m
4 Annah Miller	SR	St. Ambrose	14.41m
5 Jorie Hanenburg	FR	Northern Iow	14.15m
6 Claire Caspersen	JR	St. Mary (Ne	13.94m
7 Breanna Hackman	FR	Northern Iow	13.60m
8 Maggie Heesch	SO	Midland	13.21m
9 Allison Flanscha	SR	Northern Iow	13.18m
10 Brianna Neumiller	FR	St. Ambrose	11.48m
11 Carolyn Miller	FR	Grand View	11.41m
12 April Czarnecki	SR	Grand View	11.35m
13 Tavia Williams	SO	St. Mary (Ne	11.31m
14 Allison Van Gorp	JR	Central Coll	11.21m
15 Marie Bias	FR	St. Mary (Ne	11.20m
16 Ashlyn Utterback	JR	St. Ambrose	10.45m
--- Madison Green	SR	Grand View	FOUL

Women Discus Throw

Name	Yr	School	Finals
Finals			
1 Sydnie Smith	FR	Iowa	46.96m
2 Jamie Kofron	SR	Iowa	45.70m
3 Madison Green	SR	Grand View	44.78m
4 Breanna Hackman	FR	Northern Iow	44.75m
5 Hailey Shimon	JR	St. Thomas (44.03m
6 Annah Miller	SR	St. Ambrose	43.81m
7 Allison Flanscha	SR	Northern Iow	42.33m
8 Allison Van Gorp	JR	Central Coll	39.52m
9 Emma Joens	FR	Northern Iow	38.82m
10 Dannika Rees	FR	Omaha	38.30m
11 Brianna Neumiller	FR	St. Ambrose	38.22m
12 Maggie Heesch	SO	Midland	37.48m
13 Chloe Walker	SO	Omaha	36.12m
14 Katie Strotman	FR	Iowa State	34.66m
15 Hannah Baier	FR	Iowa State	33.85m
--- Aiyana Rockwell	JR	Grinnell	DNS

Women Hammer Throw

Name	Yr	School	Finals
Finals			
1 Chinemerem Iwuagwu	SO	Drake	56.11m
2 Alivia Bauer	JR	Iowa	54.73m
3 Katie Fare	NA	Unat-Norther	53.91m
4 Madison Green	SR	Grand View	50.73m
5 Maggie Heesch	SO	Midland	49.24m
6 Wisdom Williams	FR	Iowa	48.73m
7 Kileigh Lachacz	NA	Unat-Norther	47.67m

8 Chloe Walker	SO	Omaha	43.71m
9 April Czarnecki	SR	Grand View	43.01m
10 Colette Argiro	JR	St. Thomas (41.96m
11 Hannah Baier	FR	Iowa State	40.97m
12 Emma Potratz	JR	St. Thomas (38.50m
--- Mia Allmon	SO	Grand View	FOUL
--- Jamie Kofron	SR	Iowa	FOUL
--- Ella O'Neill	FR	Iowa State	FOUL
--- Katie Strotman	FR	Iowa State	FOUL

Women Javelin Throw

Name	Yr	School	Finals
Finals			
1 Anna Swanson	JR	St. Thomas (45.57m
2 Alyssa Whaley	JR	St. Thomas (43.89m
3 Madalynn Rhodes	JR	St. Mary (Ne	37.36m
4 Chloe Staub	SO	St. Thomas (36.31m
5 Katy Stephens	SO	Northern Iow	35.64m
6 Shyanne Pipkin	SO	Midland	33.49m
7 Brianna Schoenrock	JR	St. Thomas (32.11m
8 Roxy Denton	SR	Omaha	31.34m
9 Annaliese Bowser	FR	St. Ambrose	31.02m
10 Ryleigh Warden	SO	St. Ambrose	27.38m
11 Madyson Ray	SR	Midland	27.36m
12 Malori Leonard	SO	Southwestern	27.13m
13 Mickey Seely	FR	Grand View	26.75m
14 Abbi Richter	FR	Southwestern	22.11m
15 Silvana Kabolo	FR	Northern Iow	14.00m

Men 100 Meter Dash

Name	Yr	School	Finals
Finals			
1 Stephen Brown	SO	Indian Hills	10.43 1.9
2 Luke Meyers	NA	Unat-Norther	10.56 1.9
3 Justin Cunningham	JR	Drake	10.57 4.0
4 Amos Oruamabo	FR	Indian Hills	10.60 1.9
5 Kristian Lodholz	FR	Drake	10.62 1.7
6 Khalid Hornsby	JR	Unattached	10.70 1.9
7 Marcus Williams	FR	Indian Hills	10.74 1.9
8 Hunter Manock	JR	Northern Iow	10.80 4.0
9 Joseph Sams	SO	Simpson (Iow	10.84 1.7
10 Tyreese James	FR	North Iowa A	10.87 4.0
11 Liam Carlson	FR	Hawkeye CC	10.89 1.7
12 Russell Lamar-Nelson	FR	Grand View	10.90 1.7
13 Deonte Dean	SO	Northern Iow	10.92 1.9
14 Malachi Heywood	SO	Graceland	10.96 4.0
15 Aiden Mountain	FR	Midland	10.97 1.7
16 Kendrick Achebe	SO	Simpson (Iow	10.98 4.0
17 Nate Carlin	JR	St. Thomas (11.00 1.7
18 Mac Pursell	SR	Drake	12.02 1.7
--- Lucas Fadden	SO	Grinnell	DNS 1.9
--- Paul Marchand	SR	Graceland	DNS 4.0
--- Anthony Ward	SO	Indian Hills	DNS 1.9
--- Kaeden Monday	FR	Graceland	DNS 4.0
--- Nikolas Norton	SO	St. Ambrose	DNS 4.0

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Finals ... (Men 100 Meter Dash)

Name	Yr	School	Finals
--- Quinton Ellis	FR	North Iowa A	DNS 1.7

Men 200 Meter Dash

Name	Yr	School	Finals
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Finals

1 Traunard Folson	SO	Indian Hills	20.45 2.5
2 Nehemiah Ray	SO	Unattached	21.16 2.5
3 Khalid Hornsby	JR	Unattached	21.25 2.5
4 Hayden Cross	SO	Drake	21.52 2.5
5 Michael Blank	FR	Indian Hills	21.63 2.5
6 Zach Fall	FR	Northern Iow	21.70 -0.6
7 Isaiah Hopf	JR	St. Thomas (21.81 -0.6
8 Quinton Ellis	FR	North Iowa A	22.05 -0.6
9 Michael McGee	FR	Indian Hills	22.30 -0.6
10 Johnny Bezdicek	FR	St. Thomas (22.33 0.5
11 Malachi Heywood	SO	Graceland	22.50 0.5
12 Carter Even	SO	Hawkeye CC	22.55 0.5
13 Xzayvier Horton	SO	Waldorf	22.81 0.5
14 Will Skinner	SR	Drake	24.36 0.5
15 Mac Pursell	SR	Drake	24.68 0.5
--- Parker Kiewiet	NA	Unat-Norther	DNF 2.5
--- Chris Johnson	SO	Indian Hills	DQ 2.5
--- Tyreese James	FR	North Iowa A	DNS 0.5
--- Fabian Brown	JR	Grand View	DNS 0.5
--- Joseph Sams	SO	Simpson (Iow	DNS -0.6
--- Lucas Fadden	SO	Grinnell	DNS -0.6
--- Deonte Dean	SO	Northern Iow	DNS 2.5
--- Nikolas Norton	SO	St. Ambrose	DNS -0.6
--- Kaden Emanuel	FR	Northern Iow	DNS -0.6

Men 400 Meter Dash

Name	Yr	School	Finals
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Finals

1 Terrick Johnson	SO	Indian Hills	48.65
2 Quinton Ellis	FR	North Iowa A	48.90
3 Kaleb Brand	SO	Central Coll	49.19
4 Jerome Jessup	JR	Northern Iow	49.95
5 Noah Erickson	SO	Central Coll	50.29
6 Ezra Denny	JR	Grand View	50.30
7 Dyer Jarabek	SR	Drake	50.43
8 Sean Knockel	SO	Hawkeye CC	50.87
9 Deylin Chandler	JR	Drake	51.02
10 Calvin Bream	JR	St. Thomas (51.07
11 Mitchell Warmington	JR	St. Thomas (51.61
--- Mitchell Piehl	SO	St. Thomas (DNS
--- Tray'Quan Francis	SO	Indian Hills	DNS
--- Tyrice Taylor	SO	Indian Hills	DNS
--- Onal Mitchell	SR	Northern Iow	DNS
--- Zach Fall	FR	Northern Iow	DNS

Men 800 Meter Run

Name	Yr	School	Finals
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Finals

1 Tyrice Taylor	SO	Indian Hills	1:47.92
2 Chase Knoche	NA	Unat-Norther	1:50.98
3 Cole Reinders	SO	Indian Hills	1:51.38
4 Thomas Dundon	SO	St. Thomas (1:52.03
5 Tray'Quan Francis	SO	Indian Hills	1:52.19
6 Cameron Heppner	SO	St. Thomas (1:53.16
7 Chris Miserendino	SO	St. Ambrose	1:54.04
8 Henri Stoeckermann	JR	Midland	1:55.33
9 Lucas Hjortkjaer	SO	Midland	1:55.74
10 Karson Kleve	JR	Northern Iow	1:56.19
11 Martin Strong	JR	Iowa	1:56.33
12 Micaiah Ellis	SO	Northern Iow	1:57.25
13 Felix Petit-Belleville	FR	Indian Hills	1:57.28
14 Adam Gruhn	SR	Simpson (Iow	1:57.33
15 Josh Evans	SR	RunAblaze Io	1:58.48
16 Jack Burns	SR	Drake	1:59.95
17 Braden Taylor	SO	Midland	2:03.81
18 Corbin Truitt	JR	Simpson (Iow	2:06.52
19 Cade Mash	JR	Simpson (Iow	2:09.45
--- Terrick Johnson	SO	Indian Hills	DNF
--- Jacob Vais	SO	North Iowa A	DNS
--- Koby Brackemeyer	JR	Iowa	DNS
--- James Murray	SR	Simpson (Iow	DNS
--- Kon Dut	SO	Northern Iow	DNS

Men 1500 Meter Run

Name	Yr	School	Finals
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Finals

1 Keveroy Venson	SO	Indian Hills	3:52.12
2 Riley Simpson	JR	Unattached	3:55.29
3 Josh Evans	SR	RunAblaze Io	3:55.43
4 Carson Houg	FR	Iowa	3:55.65
5 Aidan King	SR	Unattached	3:55.70
6 Jack Brown	FR	Central Coll	3:55.88
7 James Murray	SR	Simpson (Iow	3:57.41
8 Mohammed Al-Yafaee	FR	Indian Hills	3:59.71
9 Ian Geisler	JR	Unattached	4:03.14
10 Levi Hill	FR	Northern Iow	4:04.04
11 Connor Heagy	SO	Grinnell	4:04.75
12 Mason Back	FR	Central Coll	4:05.01
13 William Wadsley	FR	Central Coll	4:05.11
14 Cade Mash	JR	Simpson (Iow	4:07.02
15 Trae Corby	JR	St. Ambrose	4:07.41
16 Corbin Truitt	JR	Simpson (Iow	4:07.71
17 Brody Lucas	SO	Indian Hills	4:08.61
18 Cole Leggett	SO	Simpson (Iow	4:08.70
19 Eli Naumann		Iowa	4:08.71
20 Andy Chestovich	SO	Grinnell	4:09.39
21 Bryson Canton	SO	North Iowa A	4:10.60
22 Donovan Card	FR	Central Coll	4:13.44
23 Jason White	SR	Simpson (Iow	4:19.78

47th Annual Jim Duncan Invitational - 4/12/2024

Drake Stadium
Drake University - Des Moines, IA
Results - Friday

Finals ... (Men 1500 Meter Run)

Name	Yr	School	Finals
24 Drew Klein	SR	Simpson (Iow	4:21.67
25 Akol Atask	JR	Simpson (Iow	4:22.79
26 Ryan Hill	FR	Grinnell	4:24.90
--- Luke Robinson	SO	Grinnell	DNS
--- Jacob Willson	SR	Simpson (Iow	DNS
--- Nate Harbert	SO	Unattached	DNS
--- Chase Oates	SO	Southwestern	DNS
--- Cole Reinders	SO	Indian Hills	DNS

Men 5000 Meter Run

Name	Yr	School	Finals
Finals			
1 Brandon Ford	FR	Indian Hills	14:27.22
2 Joe McNeil	FR	St. Thomas (14:41.14
3 Brian Goodell	SR	Grinnell	14:43.20
4 Caleb Shumaker	SO	Northern Iow	14:47.35
5 Ethan Vargas	JR	Drake	14:54.08
6 Miles Sheppard	SO	Unattached	14:57.86
7 Carson Owens	FR	Northern Iow	15:06.16
8 Charlie Power-Theisen	FR	St. Thomas (15:13.09
9 Tyler Lance		RunAblaze Io	15:16.35
10 Caleb Benzing		Fitness Spor	15:21.69
11 Joey Hovinga	SO	Central Coll	15:24.33
12 Jon Mahoney	JR	Midland	15:24.37
13 Ian Geisler	JR	Unattached	15:31.26
14 Bradley Ramsey	SR	Grinnell	15:33.07
15 Noah Smith	SR	Simpson (Iow	15:46.93
16 Owen Almelien	FR	North Iowa A	16:07.13
17 Louden Foster	JR	Simpson (Iow	16:11.38
18 Elijah Blix		Unat-Des Moi	16:14.42
19 James Snyder	SO	Grinnell	16:16.45
20 Taylor Thunstedt	SO	Central Coll	16:18.14
21 Logan Soedt	SO	Indian Hills	16:19.40
22 Sebastian Manza	FR	Grinnell	16:19.52
23 Blake Croushore	JR	Simpson (Iow	16:20.46
24 Brody Wirtz	JR	Simpson (Iow	16:26.44
25 Ryan Kelly	FR	North Iowa A	16:39.56
26 Felix Grave	JR	Midland	16:57.71
27 Matthew Bonner	FR	Grand View	17:00.49
--- Isaac Nowak	FR	St. Thomas (DNF
--- Josh Gormley	FR	Northern Iow	DNF
--- Allen Bonnessen	FR	Unattached	DNF
--- Jack Gatti	SR	Simpson (Iow	DNS
--- Drew Engler	SO	Simpson (Iow	DNS
--- Jordan King		Unat-Des Moi	DNS

Men 110 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Jack Sumners	SR	Northern Iow	13.89 2.1
2 Jack Latham	FR	Iowa State	14.15 2.1
3 Triston Miller	FR	Indian Hills	14.31 2.1
4 Max Cleveland	SR	Simpson (Iow	14.44 2.1

5 Hunter Manock	JR	Northern Iow	14.46 2.1
6 Grayson Hartman	FR	Iowa State	14.53 7.2
7 Sam Duffing	JR	St. Thomas (14.68 7.2
8 Drew Bartels	JR	Northern Iow	14.71 2.1
9 Evan Shepard	SO	Midland	14.78 2.4
10 Will Reemtsma	SR	St. Ambrose	14.80 2.1
11 Connor Miklos	JR	Central Coll	14.82 2.4
12 Grant Miller	SO	Central Coll	14.83 7.2
13 Reid Pakkebier	JR	Central Coll	14.95 7.2
14 Jorge Olivo Cabrera	SR	Waldorf	15.01 7.2
15 Gunner Meyer	SO	Central Coll	15.10 7.2
16 Carter Accola	FR	Northern Iow	15.14 2.1
17 Gage Huyser	SO	Central Coll	15.15 2.4
18 Kale Hobart	FR	Central Coll	15.20 2.4
19 Vincenzo Miller	FR	St. Thomas (15.40 2.4
20 Noah Sheridan	SO	Hawkeye CC	15.62 2.4
--- Kimani Akins	FR	Indian Hills	DQ 7.2
--- Mason Thompson	JR	Grand View	DQ 2.4
--- Brenden Godbout	JR	Simpson (Iow	DNS 2.4
--- Shuanlarry Lamarre	FR	Indian Hills	DNS 7.2

Men 400 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Joven Nelson	SR	Iowa State	52.35
2 Will Reemtsma	SR	St. Ambrose	53.82
3 Kale Hobart	FR	Central Coll	54.04
4 Dylan DeAngelo	JR	Drake	54.48
5 Sam Duffing	JR	St. Thomas (54.53
6 Isaac Vaske	JR	Northern Iow	54.76
7 Ben Wilson	JR	St. Ambrose	55.00
8 Kenny Cutler	SO	Hawkeye CC	55.47
9 Jeovanni Heyes	FR	Grand View	55.99
10 Brody Lovell	SO	Northern Iow	56.07
11 Edgar Tapia	SR	Northern Iow	56.23
12 Alex Tuyo	FR	Graceland	58.29
13 Noah Sheridan	SO	Hawkeye CC	58.54
14 Jorge Olivo Cabrera	SR	Waldorf	58.61
--- Brenden Godbout	JR	Simpson (Iow	DNS
--- Shuanlarry Lamarre	FR	Indian Hills	DNS

Men 3000 Meter Steeplechase

Name	Yr	School	Finals
Finals			
1 Brendan Cain	JR	Drake	9:26.22
2 Xander Kwa	FR	Drake	9:27.21
3 Randy Jimenez	SO	Central Coll	9:31.65
4 Chase Oates	SO	Southwestern	9:38.76
5 Brady Griebel	JR	Northern Iow	9:38.78
6 Caleb Kass	FR	Northern Iow	10:03.86
7 Miles Combs	JR	Simpson (Iow	10:18.56
8 Jacob Willson	SR	Simpson (Iow	10:20.18
9 Drew Peterson	SO	Central Coll	10:23.42
--- Tyler Colvin	JR	Northern Iow	DNF
--- Marc Medici	SR	Simpson (Iow	DNS

47th Annual Jim Duncan Invitational - 4/12/2024

Drake Stadium
Drake University - Des Moines, IA
Results - Friday

Finals ... (Men 3000 Meter Steeplechase)

Name	Yr	School	Finals
---		Brian Goodell	SR Grinnell DNS
---		Felix Grave	JR Midland DNS

Men 4x100 Meter Relay

Team	Relay	Finals
Finals		
1	Indian Hills CC	40.38
2	St. Thomas (Minn.)	41.38
3	Hawkeye CC	42.39
4	Central College	42.77
5	Simpson (Iowa)	42.97
6	Grand View	43.00
7	Midland	43.92
8	Southwestern CC	44.16
9	Waldorf	44.31
---	North Iowa Area CC	DNF
---	Drake	DQ
---	Graceland	DNS

Men 4x400 Meter Relay

Team	Relay	Finals
Finals		
1	Indian Hills CC	3:17.36
2	Drake	3:18.21
3	Central College	3:18.98
4	Hawkeye CC	3:20.31
5	North Iowa Area CC	3:21.44
6	Midland	3:22.49
7	Simpson (Iowa)	3:24.61
8	Grand View	3:24.75
9	Waldorf	3:27.44
10	Grand View	B 3:35.11
---	Graceland	DNS
---	Iowa	DNS
---	Northern Iowa	DNS
---	St. Thomas (Minn.)	DNS

Men High Jump
Progressions: 1.90 1.95 2.00 2.05 +5cm

Name	Yr	School	Finals
Finals			
1	Mayson Conner	Tracksmith	2.23m
2	Michael Millslage	SR Graceland	2.20m
3	Ross McMahon	SR Midland	2.11m
4	Shandon Reitzell	SR Midland	2.05m
5	KeRon Blackwell	SR Midland	2.00m
6	Isaiah Roundtree	FR Grand View	2.00m
6	Triston Miller	FR Indian Hills	2.00m
8	Jayton Poole	SO Grand View	1.95m
8	Jack Noble	SO Iowa State	1.95m
10	Gunner Meyer	SO Central Coll	1.90m
10	Grady Clem	SR St. Thomas (1.90m
10	Cadence Bass	SO Indian Hills	1.90m

13	Nathan McFarland	FR	Hawkeye CC	1.85m
---	Ethan Peters	JR	Northern Iow	NH

Men Pole Vault
Progressions: 3.95 4.10 4.25 4.40 4.55 +15cm

Name	Yr	School	Finals
Finals			
1	Brendan Safley	JR	Northern Iow 4.90m
2	Robert Atwater	SO	Midland 4.55m
3	Luca Fornari	JR	Grinnell 4.40m
4	Joshua Mottet	SO	St. Ambrose 4.40m
4	Jaxon Thompson	JR	Central Coll 4.40m
6	Gavin Smith	SO	Central Coll 4.10m
7	Dylan Nolan		Unattached 4.10m
8	Alex Miller	JR	Central Coll 3.95m
8	Gage Huyser	SO	Central Coll 3.95m
10	Davy Bancey	SO	Graceland 3.95m
---	Caden Israel	FR	Graceland NH
---	Ty Beetison	FR	Midland NH
---	Aaron Sobush	SR	Northern Iow NH
---	Justin Bowers	SO	St. Ambrose DNS

Men Long Jump

Name	Yr	School	Finals
Finals			
1	Terrence Thomas	FR	North Iowa A 7.40m 2.0
2	Robert Atwater	SO	Midland 7.36m 1.2
3	Jack Summers	SR	Northern Iow 6.88m 1.1
4	Quinton Harley	SR	Unattached 6.80m 1.9
5	Carter Berkey	SR	Simpson (Iow 6.79m 3.2
6	Gavin Smith	SO	Central Coll 6.67m 1.7
7	Dantre Kennybrew	FR	Graceland 6.65m 2.6
8	Reid Pakkebie	JR	Central Coll 6.59m 2.4
9	Jayton Poole	SO	Grand View 6.49m 2.6
10	Kale Purcell	JR	Central Coll 6.42m 4.4
11	Ben Davis	JR	St. Ambrose 6.06m 2.2
12	Aubrey Woodard	SO	Midland 6.04m 1.9
---	Ulysses Patterson	JR	Simpson (Iow DNS NWI
---	Anthony Ward	SO	Indian Hills DNS NWI
---	Paul Marchand	SR	Graceland DNS NWI
---	Troy Johnson	SO	Indian Hills DNS NWI

Men Triple Jump

Name	Yr	School	Finals
Finals			
1	Isaiah Hopf	JR	St. Thomas (14.42m 0.5
2	Kale Purcell	JR	Central Coll 14.31m 3.2
3	Terrence Thomas	FR	North Iowa A 14.18m 1.9
4	Will DiSessa	FR	St. Thomas (13.92m 3.5
5	Ben Davis	JR	St. Ambrose 13.42m 1.7
6	Garrett Guindon	FR	Midland 13.19m 3.1
7	Dantre Kennybrew	FR	Graceland 12.81m 5.5
8	Alex Tuy	FR	Graceland 12.72m 2.3
9	Liam Kelso	FR	Central Coll 11.50m 3.4

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Drake Stadium
Drake University - Des Moines, IA
Results - Friday

Men Shot Put

Name	Yr	School	Finals
Finals			
1	Cam Jones	JR Iowa State	20.05m
2	Daniel Norris	JR Unattached	17.37m
3	Quintin Lyons	JR Iowa	17.25m
4	Blake Veenstra	JR Iowa State	17.13m
5	Carson Lienau	NA Unat-Norther	17.12m
6	Alec Seifert	SR St. Ambrose	16.05m
7	Brandon Fischer	FR Unattached	15.95m
8	Jonah Wilson	JR St. Ambrose	15.95m
9	Cooper Cerese	FR Drake	15.72m
10	Blake Willey	JR Grand View	15.67m
11	Kyle Uhl	JR St. Ambrose	14.97m
12	Shane Aberg	JR St. Thomas (14.91m
13	Garret Wagner	SO Iowa State	14.62m
14	Tino Tamayo	SO Hawkeye CC	14.21m
15	Adam Smith	FR Hawkeye CC	13.65m
16	Trever Schirmer	FR St. Thomas (12.87m

Men Discus Throw

Name	Yr	School	Finals
Finals			
1	Jordan Johnson	SR Iowa	55.55m
2	Daniel Norris	JR Unattached	54.19m
3	Brandon Fischer	FR Unattached	50.37m
4	Walker Whalen	FR Iowa	50.18m
5	Sebastian Swistak	NA Unat-Norther	48.93m
6	Shane Aberg	JR St. Thomas (47.29m
7	Caden Sussex	JR Grand View	47.24m
8	David Russell	NA Unat-Norther	46.42m
9	Spencer Kessel	FR Northern Iow	46.09m
10	Jonah Wilson	JR St. Ambrose	44.70m
11	Trever Schirmer	FR St. Thomas (44.58m
12	Wade Baker	SR Waldorf	39.82m
---	Carson Lienau	NA Unat-Norther	FOUL
---	Adam Smith	FR Hawkeye CC	FOUL
---	Bo Braunecker	JR Northern Iow	FOUL
---	Adam Phillips	NA Unat-Drake	DNS

Men Hammer Throw

Name	Yr	School	Finals
Finals			
1	Zach Verzani	SO Iowa State	61.60m
2	Jacob Baier	JR Northern Iow	60.99m
3	Bo Braunecker	JR Northern Iow	59.01m
4	Nathan Wilde	SO Grand View	56.64m
5	Garret Wagner	SO Iowa State	55.18m
6	Justin Olson	FR Northern Iow	55.03m
7	Wade Baker	SR Waldorf	54.53m
8	Spencer Kessel	FR Northern Iow	52.96m
9	Ian Clawson	SO Grinnell	50.83m
10	Hunter Kasap	SR St. Ambrose	49.60m
11	Payton Woods	SR St. Ambrose	49.45m

12	David Russell	NA Unat-Norther	47.61m
13	Cooper Cerese	FR Drake	46.75m
---	Adam Phillips	NA Unat-Drake	DNS
---	Cam Jones	JR Iowa State	DNS
---	Walker Whalen	FR Iowa	DNS

Men Javelin Throw

Name	Yr	School	Finals
Finals			
1	Justice Miller	JR Northern Iow	62.14m
2	Nathan Vincent	FR Iowa State	56.73m
3	Clyde Hendrix	SO Iowa State	51.47m
4	Drew Bartels	JR Northern Iow	50.85m
5	Jase Voorhees	FR Midland	50.69m
6	Brandt Williams	SO Hawkeye CC	50.45m
7	Ross McMahon	SR Midland	49.81m
8	Christopher Norris	FR Drake	49.11m
9	Josiah Meyer	SO Midland	47.03m
10	Troy Galloway	SO Simpson (Iow	44.15m
11	Cameron Schulz	SR St. Thomas (44.12m
12	John Sassan	SR Iowa State	42.55m
13	Colin Buch	SO Northern Iow	42.46m
14	David Russell	NA Unat-Norther	40.31m
15	Grayson Spronk	FR St. Thomas (39.21m
16	Simon Holland	JR St. Ambrose	36.48m