

2024 ISU Holiday Invitational - 12/13/2024 to 12/14/2024

Hosted by Iowa State University

Lied Recreation Athletic Center - Ames, IA

» Event 40 Heptathlon: #5 Men 60 Meter Hurdles H

Name	Yr	School	H#	Result	
Finals					
1 Triston Miller	So	Indian Hills	3	8.24	922
2 Carter Morton	Jr	Northern low	2	8.42	879
3 Thai Thompson	Sr	Iowa State	4	8.46	869
4 Zack Butcher	Sr	Northern low	3	8.47	867
5 Tristan Rheingans	Fr	Iowa State	4	8.72	809
6 Chase Lathrop	Fr	Iowa State	1	8.83	784
7 Cooper Spurgeon	So	Iowa State	4	8.84	781
8 Colin Buch	Jr	Unattached	2	9.08	728
9 Tye Hardin	Fr	Northern low	1	9.53	633
10 Ethan Peters		Unattached	1	10.33	480
--- Caden Ungs		Unattached	2	DNF	
--- Brody Lovell	Jr	Northern low	3	DNS	
--- Clarke Latcham	Sr	Simpson (low	3	DNS	

» Event 40 Heptathlon: #6 Men Pole Vault Heptathl

Name	Yr	School	Result	
Finals				
1 Carter Morton	Jr	Northern low	4.60m 15-01.00	790
1 Thai Thompson	Sr	Iowa State	4.60m 15-01.00	790
3 Cooper Spurgeon	So	Iowa State	4.20m 13-09.25	673
4 Chase Lathrop	Fr	Iowa State	4.10m 13-05.25	645
5 Colin Buch	Jr	Unattached	3.70m 12-01.50	535
6 Triston Miller	So	Indian Hills	3.60m 11-09.75	509
7 Zack Butcher	Sr	Northern low	3.50m 11-05.75	482
8 Tristan Rheingans	Fr	Iowa State	3.30m 10-10.00	431
9 Tye Hardin	Fr	Northern low	3.20m 10-06.00	406
10 Ethan Peters		Unattached	3.00m 9-10.00	357
--- Caden Ungs		Unattached	NH	
--- Brody Lovell	Jr	Northern low	DNS	
--- Clarke Latcham	Sr	Simpson (low	DNS	

» Event 13 Women Long Jump

Name	Yr	School	Result	
Finals				
1 Amari Laing	So	Iowa State	5.84m 19-02.00	
2 Rosjai Curtis	Fr	Park (Mo.)	5.74m 18-10.00	
3 Jaleesa McWashington	Sr	Kansas City	5.65m 18-06.50	
4 Maleah Walker	So	Northern low	5.28m 17-04.00	
5 Josey Dunbar	So	Northern low	5.18m 17-00.00	
6 Dawn McIntyre	Jr	Park (Mo.)	5.07m 16-07.75	
7 Brooke Williams	Fr	Kansas City	4.95m 16-03.00	
8 Juliana Lupercio	Jr	Kansas City	4.61m 15-01.50	
9 Shanai Sweeting	Jr	Park (Mo.)	4.50m 14-09.25	
10 Kyrah Anderson	Fr	Kansas City	4.31m 14-01.75	

» Event 33 Men Long Jump

Name	Yr	School	Result	
Finals				
1 Nahshon Houston	Sr	Kansas City	7.13m 23-04.75	
2 Ahmad Evans	Jr	Park (Mo.)	6.93m 22-09.00	
3 Dantevius Boykin	Fr	Indian Hills	6.90m 22-07.75	

4 Kaiden Quandahl		Unattached	6.56m 21-06.25
5 Miguel Hernandez	Fr	Kansas City	6.54m 21-05.50
6 Victor Sewankambo	So	Kansas City	6.48m 21-03.25
7 Hunter Ross	Sr	Kansas City	6.46m 21-02.50
8 Channing Rainbolt	Fr	Kansas City	6.11m 20-00.50
9 Tatum Westercamp	Fr	Indian Hills	6.06m 19-10.75
--- Kahuan Harris	Fr	Indian Hills	DNS

» Event 14 Women Triple Jump

Name	Yr	School	Result	
Finals				
1 Rosjai Curtis	Fr	Park (Mo.)	11.92m 39-01.25	
2 Brooke Williams	Fr	Kansas City	11.40m 37-05.00	
3 Jaleesa McWashington	Sr	Kansas City	11.29m 37-00.50	
4 Soren Maricle	So	Northern low	10.82m 35-06.00	
5 Maleah Walker	So	Northern low	10.68m 35-00.50	
6 Juliana Lupercio	Jr	Kansas City	10.59m 34-09.00	
--- Josey Dunbar	So	Northern low	DNS	

» Event 34 Men Triple Jump

Name	Yr	School	Result	
Finals				
1 Kale Purcell	Jr	Central (low	14.44m 47-04.50	
2 Dontez Carr	So	Kansas City	13.45m 44-01.50	
3 Nahshon Houston	Sr	Kansas City	13.29m 43-07.25	
4 Ahmad Evans	Jr	Park (Mo.)	13.10m 42-11.75	
5 Hunter Ross	Sr	Kansas City	13.08m 42-11.00	
6 Kaiden Quandahl		Unattached	12.77m 41-10.75	
7 Titus Jackson		Unattached	12.73m 41-09.25	
8 Channing Rainbolt	Fr	Kansas City	11.57m 37-11.50	

» Event 15 Women Shot Put

Name	Yr	School	Result	
Finals				
1 Katie Fare	Sr	Northern low	17.09m 56-01.00	
2 Jadan Brumbaugh	Jr	Iowa State	14.86m 48-09.00	
3 Breanna Hackman	So	Northern low	14.01m 45-11.75	
4 Jorie Hanenburg	Fr	Northern low	13.10m 42-11.75	
5 Kamari Brown		Unattached	12.59m 41-03.75	
6 Lauren Kounkel		Unattached	12.44m 40-09.75	
7 Kileigh Lachacz	Fr	Northern low	12.13m 39-09.75	
8 Katy Stephens		Northern low	11.99m 39-04.00	
9 Naomi Eyanagho	So	Kansas City	11.54m 37-10.50	
10 Ciara Heffron		Unattached	11.24m 36-10.50	

» Event 35 Men Shot Put

Name	Yr	School	H#	Result	
Finals					
1 Spencer Kessel	So	Northern low	2	18.93m 62-01.25	
2 Carson Lienau	Jr	Northern low	2	17.85m 58-06.75	
3 Blake Veenstra	Sr	Iowa State	2	17.62m 57-09.75	
4 Sebastian Swistak	Sr	Northern low	2	17.00m 55-09.25	
5 Kaden Banks	Fr	Indian Hills	2	16.86m 55-03.75	
6 Brandon Fischer	Fr	Iowa State	2	16.86m 55-03.75	
7 David Russell	Fr	Northern low	1	16.53m 54-02.75	

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Finals ... (Event 35 Men Shot Put)

Name	Yr	School	H#	Result
8 Tate Joens	So	Indian Hills	2	16.48m 54-01.00
9 Daniel Norris		Unattached	2	16.29m 53-05.50
10 Ethan Elliott	Fr	Drake	2	16.04m 52-07.50
11 Nathan Rotherham	Fr	Unattached	1	15.12m 49-07.25
12 Tory Wash		Unattached	1	14.93m 48-11.75
13 Hanson King		Unattached	1	13.88m 45-06.50
14 Alec Rachford	Fr	Indian Hills	1	13.53m 44-04.75
15 Hadyn Stockdale	Fr	Indian Hills	1	13.37m 43-10.50
--- London Wheeler	Fr	Park (Mo.)	1	DNS
--- Cooper Cerece	Jr	Drake	2	DNS
--- Harrison McGregor	Fr	Drake	1	DNS

Event 53 Women 1000 Meter Run

Name	Yr	School	Result
Finals			
1 Becca Heitzig	Fr	Iowa State	2:49.48
2 Sheridan Wheeler	So	Iowa State	2:50.56
3 Mckinley Wheeler	So	Iowa State	2:50.75
4 Josie Baker	Fr	Iowa State	2:52.41
5 Kendra Nissen	So	Northern low	2:54.72
6 Liza Schaffer	So	Northern low	3:00.40
7 Destiny Pearson	So	Park (Mo.)	3:35.05
--- Sydney Morrell	So	Iowa State	DNF
--- Makayla Clark	Jr	Iowa State	DNF
--- Ruby Hughes	Fr	Iowa State	DNS

Event 54 Men 1000 Meter Run

Name	Yr	School	Result
Finals			
1 Tyler Carreon	Sr	Iowa State	2:23.87
2 Drake Hanson	Jr	Northern low	2:25.93
3 Palmer O'Connor	Fr	Park (Mo.)	2:27.66
4 Karson Kleve		Unattached	2:28.32
5 Ty Getz		Unattached	2:28.47
6 Kai White	Jr	Kansas City	2:28.67
7 Brayden Picken		Unattached	2:29.28
8 Ethan Willmann	Sr	Park (Mo.)	2:29.60
9 Manuel Reyes	Jr	Park (Mo.)	2:32.70
10 Kon Dut		Unattached	2:34.88
--- Tommy Tynismaa	Fr	Unattached	DNF

Event 8 Women 60 Meter Hurdles

Name	Yr	School	H#	Result
Preliminaries				
1 Dymonde Nave	So	Indian Hills	2	8.60 Q
2 Paige Kisley	Sr	Northern low	1	8.79 Q
3 Riyah Burns	Fr	Iowa State	2	8.64 Q
4 Jaleesa McWashington	Sr	Kansas City	1	8.82 Q
5 Kailynn Gubbels	Jr	Iowa State	1	9.01 q
6 Shanai Sweeting	Jr	Park (Mo.)	2	9.25 q
7 Hope Klamm	Jr	Park (Mo.)	1	9.40 q
8 Arriana Johnson	So	Indian Hills	2	9.46 q
9 Naomi Eyanagho	So	Kansas City	2	9.82

10 Faith Klamm Jr Park (Mo.) 1 9.92

Event 28 Men 60 Meter Hurdles

Name	Yr	School	H#	Result
Preliminaries				
1 Grayson Hartman	So	Iowa State	1	8.17 Q
2 Kimani Akins	So	Indian Hills	2	8.18 Q
3 Carter Accola	So	Northern low	1	8.20 Q
4 Drew Bartels	Sr	Northern low	2	8.23 Q
5 Harry Momolu	Fr	Indian Hills	1	8.43 q
6 Tatum Westercamp	Fr	Indian Hills	1	8.60 q
7 Shuanlarry Lamarre	So	Indian Hills	2	8.60 q
8 Jaquan Means	Fr	Indian Hills	2	8.74 q
9 Eron Harvey	Fr	Indian Hills	1	9.18
10 Jonathon Harris	Fr	Park (Mo.)	1	9.53
--- Tony Paye	So	Unattached	2	DNS
--- Hunter Manock	Sr	Northern low	2	DNS
--- Alec Carr	Jr	Iowa State	2	DNS

Event 11 Women High Jump

Name	Yr	School	Result
Finals			
1 Rylie Todd	Sr	Northern low	1.72m 5-07.75
2 Josie Moreland	So	Northern low	1.72m 5-07.75
3 Kailynn Gubbels	Jr	Iowa State	1.62m 5-03.75
4 Chloe Largent	So	Northern low	1.62m 5-03.75
5 Soren Maricle	So	Northern low	1.57m 5-01.75
6 Arriana Johnson	So	Indian Hills	1.52m 4-11.75

Event 1 Women 60 Meter Dash

Name	Yr	School	H#	Result
Preliminaries				
1 Avia Lane	Fr	Indian Hills	3	7.67 Q
2 Destiny Mitchell	So	Indian Hills	2	7.70 Q
3 Zekira Snow	So	Indian Hills	1	7.71 Q
4 Amari Laing	So	Iowa State	3	7.77 Q
5 Mya Charles	10	Unattached	2	7.84 Q
6 Promise Zandy	Fr	Indian Hills	1	7.88 Q
7 Eden Moore	Fr	Northern low	3	7.88 q
8 Sarah Wulfert	Fr	Kansas City	1	7.94 q
9 Rosjai Curtis	Fr	Park (Mo.)	2	7.94
10 Alexandria Sherman	Fr	Park (Mo.)	1	7.97
11 Raven Estes	So	Kansas City	1	8.08
12 Shavelle Shaw	Jr	Kansas City	3	8.08
13 Ida Smith	Fr	Indian Hills	3	8.09
14 Tonique Fleming	So	Kansas City	2	8.11
15 Aleksys Gannon	Fr	Northern low	3	8.17
16 Naomi Malone	Fr	Kansas City	2	8.19
17 Anna Winterrowd	Sr	Northern low	2	8.21
18 Hannah Mand	So	Park (Mo.)	1	8.28
19 Dawn McIntyre	Jr	Park (Mo.)	2	8.34
20 Kyras Anderson	Fr	Kansas City	1	8.55
21 Juliana Lupercio	Jr	Kansas City	3	8.85
--- Jayden Lightford	So	Kansas City	2	FS

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Event 21 Men 60 Meter Dash

Name	Yr	School	H#	Result
Preliminaries				
1 Stephen Clunis	Jr	Kansas City	2	6.67 Q
2 Kenekukwu Okpareke	So	Kansas City	4	6.80 Q
3 Domitress Robinson	Fr	Indian Hills	1	6.86 Q
4 Victor Sewankambo	So	Kansas City	3	6.99 Q
5 Tory Lanham	Fr	Kansas City	4	6.88 q
6 Izaiah Loveless	Fr	Indian Hills	2	6.89 q
7 Jack Latham	So	Iowa State	2	6.98 q
8 Uriah Allen	Fr	Indian Hills	1	7.00 q
9 Michael Blank	So	Indian Hills	1	7.03
10 Ahmad Evans	Jr	Park (Mo.)	2	7.03
11 Titus Jackson		Unattached	4	7.03
12 Joseph Cannon	Fr	Indian Hills	3	7.05
13 Marcus Williams	So	Indian Hills	4	7.07
14 Joseph Purbrick	Fr	Iowa State	3	7.08
15 Michael McGee	So	Indian Hills	3	7.10
16 Nahshon Houston	Sr	Kansas City	2	7.11
17 Carter Meyers		Unattached	3	7.22
18 Shemar Caines		Unattached	1	7.27
19 Charles Noland	Fr	Park (Mo.)	4	7.36
20 Jashon Gray	Fr	Park (Mo.)	4	7.36
21 Hunter Ross	Sr	Kansas City	3	7.57
--- Stephen Brown	Jr	Unattached	3	DNS
--- Tony Paye	So	Unattached	1	DNS
--- Keano Ferguson	Jr	Park (Mo.)	2	DNS
--- Mason Rogers	Sr	Kansas City	4	DNS
--- Hunter Manock	Sr	Northern low	2	DNS
--- Mikey McClain	So	Iowa State	1	DNS
--- Ben Musa	Fr	Kansas City	1	DNS

Event 40 Heptathlon: #7 Men 1000 Meter Run Heptathlon

Name	Yr	School	Result
Finals			
1 Thai Thompson	Sr	Iowa State	2:40.06 873
2 Carter Morton	Jr	Northern low	2:48.77 778
3 Colin Buch	Jr	Unattached	2:54.44 720
4 Tye Hardin	Fr	Northern low	2:55.35 711
5 Tristan Rheingans	Fr	Iowa State	2:55.88 705
6 Chase Lathrop	Fr	Iowa State	2:58.93 675
7 Ethan Peters		Unattached	3:01.03 654
8 Zack Butcher	Sr	Northern low	3:01.16 653
9 Triston Miller	So	Indian Hills	3:01.40 651
10 Cooper Spurgeon	So	Iowa State	3:02.32 642
--- Caden Ungs		Unattached	DNF
--- Clarke Latcham	Sr	Simpson (Iowa)	DNS
--- Brody Lovell	Jr	Northern low	DNS

Event 51 Women 600 Meter Run

Name	Yr	School	H#	Result
Finals				
1 Camryn Hubbard	So	Iowa State	2	1:32.89
2 Kaia Holtkamp	So	Iowa State	2	1:35.16

3 Mary Kelly	So	Northern low	1	1:37.10
4 Morgan Binsfield	Jr	Kansas City	2	1:38.53
5 Anna Van Kooten	Fr	Northern low	1	1:39.05
6 McKenna Hood	Fr	Kansas City	2	1:43.50
7 Alyiah Shirley	Fr	Kansas City	1	1:48.24
--- Alanie Rivera	Jr	Kansas City	1	DNS

Event 52 Men 600 Meter Run

Name	Yr	School	H#	Result
Finals				
1 Darius Kipyego	Sr	Iowa State	2	1:16.52
2 Dugion Blackman	Sr	Iowa State	2	1:16.55
3 Aman Thornton	Sr	Iowa State	2	1:16.98
4 Jacoby Harmon	Fr	Iowa State	2	1:18.47
5 Chase Knoche		Unattached	2	1:18.99
6 Derek Woods		Unattached	1	1:21.09
7 Alexander Caines	Jr	Park (Mo.)	2	1:21.50
8 Connor Jacober	Fr	Kansas City	1	1:25.42
9 Ian O'Neal	So	Kansas City	1	1:26.57
--- Kai White	Jr	Kansas City	1	DNS

Event 3 Women 400 Meter Dash

Name	Yr	School	H#	Result
Finals				
1 Maya Williams	Fr	Northern low	5	56.34
2 Karynne David	Fr	Iowa State	5	56.35
3 Laurie Louis	So	Indian Hills	4	57.58
4 Cameron Moon	So	Iowa State	5	57.61
5 Nyla Norman	So	Indian Hills	4	58.02
6 Jersey Jones	Fr	Northern low	4	58.47
7 Maddie Dial	Jr	Kansas City	4	58.72
8 Carlie Jo Fusco	Fr	Northern low	2	58.85
9 Darci Wiseman	Jr	Northern low	3	58.88
10 Jacky Perez-Vela	Fr	Kansas City	3	59.03
11 Alexa Zanders	Fr	Indian Hills	3	59.25
12 Brooke Williams	Fr	Kansas City	3	59.49
13 Emily McMartin	Jr	Central (Iowa)	2	59.55
14 Ava Parkins	So	Central (Iowa)	2	1:00.08
15 Lizzy Van Utrecht	So	Central (Iowa)	2	1:00.71
16 Hannah Mand	So	Park (Mo.)	2	1:01.63
17 Ellie Lynch	Fr	Iowa State	5	1:01.79
18 Adison Hayden	So	Park (Mo.)	3	1:03.01
19 Hope Klamm	Jr	Park (Mo.)	1	1:05.11
20 Faith Klamm	Jr	Park (Mo.)	1	1:05.28
21 Naomi Eyanagho	So	Kansas City	1	1:06.19
--- Melissa Jackson	Jr	Kansas City	1	DNS

Event 23 Men 400 Meter Dash

Name	Yr	School	H#	Result
Finals				
1 Supreme Muhammad	Fr	Indian Hills	5	47.51
2 Jayden Henry	Fr	Kansas City	4	47.71
3 Justin Gray	Fr	Indian Hills	5	47.84
4 Zach Fall	So	Northern low	4	47.93
5 Gus Langford	Jr	Iowa State	5	48.01

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Finals ... (Event 23 Men 400 Meter Dash)

Name	Yr	School	H#	Result
6 Arvesta Schine	Jr	Kansas City	4	48.14
7 Najee Simpson	So	Kansas City	2	49.84
8 Ty Koehnke	Fr	Iowa State	4	49.85
9 Aidan Jacobsen	Fr	Iowa State	3	50.17
10 Paul Glon	Fr	Indian Hills	3	50.41
11 Zach Van Wychen		Unattached	2	50.44
12 Brendan Badie	Fr	Kansas City	4	50.63
13 Chase Housh	Jr	Park (Mo.)	2	50.79
14 Jake Van Hemert	So	Central (Iow	2	50.80
15 Anthony Duncan	So	Indian Hills	1	51.02
16 Dylan Harris	So	Indian Hills	1	51.04
17 Camren Davis	Fr	Kansas City	3	51.20
18 Gabe Feldmann	So	Central (Iow	1	51.56
19 Calvin Curcija	So	Iowa State	5	51.91
20 Ian Walsh	Jr	Park (Mo.)	1	54.82
--- Jeremy Bachus	So	Indian Hills	2	DNS
--- Isaac Kane	Fr	Kansas City	3	DNS

Event 28 Men 60 Meter Hurdles

Name	Yr	School	Result
Finals			
1 Grayson Hartman	So	Iowa State	8.07
2 Harry Momolu	Fr	Indian Hills	8.08
3 Drew Bartels	Sr	Northern Iow	8.08
4 Carter Accola	So	Northern Iow	8.24
5 Shuanlarry Lamarre	So	Indian Hills	8.46
6 Jaquan Means	Fr	Indian Hills	8.64
--- Tatum Westercamp	Fr	Indian Hills	DNS
--- Kimani Akins	So	Indian Hills	DNS

Event 8 Women 60 Meter Hurdles

Name	Yr	School	Result
Finals			
1 Dymonde Nave	So	Indian Hills	8.49
2 Riyah Burns	Fr	Iowa State	8.69
3 Jaleesa McWashington	Sr	Kansas City	8.79
4 Paige Kisley	Sr	Northern Iow	8.84
5 Kailynn Gubbels	Jr	Iowa State	8.93
6 Shanai Sweeting	Jr	Park (Mo.)	9.20
7 Arriana Johnson	So	Indian Hills	9.44
8 Hope Klamm	Jr	Park (Mo.)	9.67

Event 1 Women 60 Meter Dash

Name	Yr	School	Result
Finals			
1 Avia Lane	Fr	Indian Hills	7.60
2 Zekira Snow	So	Indian Hills	7.63
3 Amari Laing	So	Iowa State	7.67
4 Destiny Mitchell	So	Indian Hills	7.76
5 Mya Charles	10	Unattached	7.78
6 Eden Moore	Fr	Northern Iow	7.88
7 Promise Zandy	Fr	Indian Hills	7.89
8 Sarah Wulfert	Fr	Kansas City	7.96

Event 21 Men 60 Meter Dash

Name	Yr	School	Result
Finals			
1 Stephen Clunis	Jr	Kansas City	6.66
2 Kenechukwu Okpareke	So	Kansas City	6.74
3 Domictress Robinson	Fr	Indian Hills	6.86
4 Izaiah Loveless	Fr	Indian Hills	6.88
5 Jack Latham	So	Iowa State	6.89
6 Uriah Allen	Fr	Indian Hills	6.95
--- Tory Lanham	Fr	Kansas City	DNS
--- Victor Sewankambo	So	Kansas City	DNS

Event 6 Women 3000 Meter Run

Name	Yr	School	Result
Finals			
1 Peyton Steffen	Jr	Central (Iow	9:40.35
2 Sydney Morrell	So	Iowa State	9:42.74
3 Addy Parrott	Sr	Central (Iow	9:52.46
4 Sheridan Wheeler	So	Iowa State	9:53.76
5 Mckinley Wheeler	So	Iowa State	10:05.66
6 Hannah Loughlin	Sr	Unattached	10:06.72
7 Camryn Sattler	Fr	Iowa State	10:11.24
8 Tiffani Koonce	Fr	Indian Hills	10:53.11
9 Lily Brecheisen	Fr	Park (Mo.)	11:11.34
10 Riley Vogel	Fr	Indian Hills	12:32.14
--- Josie Baker	Fr	Iowa State	DNF
--- Becca Heitzig	Fr	Iowa State	DNS
--- Ruby Hughes	Fr	Iowa State	DNS

Event 26 Men 3000 Meter Run

Name	Yr	School	Result
Finals			
1 Lukas Mehl	So	Park (Mo.)	8:45.80
2 Cayden Walker	Fr	Park (Mo.)	8:54.10
--- Brady McWhirter	Fr	Indian Hills	DNS
--- Damien Sprouse	Fr	Indian Hills	DNS
--- Bailey Taig	Fr	Indian Hills	DNS

Event 5 Women 1 Mile Run

Name	Yr	School	Result
Finals			
1 Jaycie Vohs	Fr	Des Moines A	5:43.76
2 Kayden Spencer	Fr	Des Moines A	5:44.31
3 Rosanna Kasemier	Fr	Park (Mo.)	6:08.86
--- McKenzie Carty	Jr	Park (Mo.)	DNS

Event 25 Men 1 Mile Run

Name	Yr	School	H#	Result
Finals				
1 Festus Lagat		Unattached	2	3:59.33
2 Emanuel Galdino	Jr	Iowa State	2	4:01.96
3 Riley Simpson	Jr	Iowa State	2	4:09.69
4 Cayde de Waal	So	Indian Hills	2	4:11.30
5 Nathan Pestka	RS	Unattached	2	4:12.57
6 Tyler Kisting		Unattached	2	4:13.64

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Finals ... (Event 25 Men 1 Mile Run)

Name	Yr	School	H#	Result
7 Ernest Mattson	So	Iowa State	2	4:23.15
8 Tom Kuehnel	So	Park (Mo.)	1	4:28.68
9 Bailey Taig	Fr	Indian Hills	1	4:29.42
10 James House	Fr	Indian Hills	1	4:32.96
11 Andrew Figueroa		Unattached	1	4:33.24
12 Zack Stoermer	Fr	Des Moines A	1	4:33.57
13 Daniel Schoening	Fr	Des Moines A	1	4:34.97
14 Owen Almelen	So	Des Moines A	1	4:36.07
15 Will Thompson	Fr	Des Moines A	1	4:36.35
16 Elijah Blix	Fr	Des Moines A	1	4:37.12
17 AJ Vega	Fr	Park (Mo.)	1	4:38.64
18 Caden Brown	Fr	Des Moines A	1	4:38.88
19 Beck Jones	Fr	Park (Mo.)	1	4:40.31
20 William Norris	Fr	Park (Mo.)	1	4:45.46
21 Hunter Landphair	Fr	Des Moines A	1	4:59.99
22 Eli Bergman	So	Des Moines A	1	5:01.70
23 Will Bailey		Park (Mo.)	1	5:02.49
24 Jabari Ford		Park (Mo.)	1	5:15.87
--- Quinton Orr	RS	Unattached	2	DNF
--- Palmer O'Connor	Fr	Park (Mo.)	2	DNF
--- Alexander Caines	Jr	Park (Mo.)	1	DNF
--- Eli Page	Fr	Des Moines A	1	DNS

Event 24 Men 800 Meter Run

Name	Yr	School	H#	Result
Finals				
1 Raynier Galvez	Fr	Indian Hills	2	1:49.77
2 Jaquan Coke	Fr	Indian Hills	2	1:53.26
3 Tyler Carreon	Sr	Iowa State	2	1:53.99
4 Logan Rosas	Fr	Indian Hills	1	1:55.84
5 Shemar Caines		Unattached	1	1:55.89
6 Ainsley Brown	Fr	Indian Hills	2	1:56.35
7 Ethan Willmann	Sr	Park (Mo.)	1	1:57.63
8 Quinton Orr	RS	Unattached	2	1:57.86
9 Manuel Reyes	Jr	Park (Mo.)	1	2:00.75
10 Nicholas Power	So	Indian Hills	2	2:02.63
11 Nathaniel Hartman	Sr	Kansas City	1	2:03.41
--- Tommy Tynismaa	Fr	Unattached	2	DNF
--- Felix Petit-Belleville	So	Indian Hills	1	DNS
--- Tom Kuehnel	So	Park (Mo.)	1	DNS

Event 2 Women 200 Meter Dash

Name	Yr	School	H#	Result
Finals				
1 Zekira Snow	So	Indian Hills	5	25.05
2 Nyla Norman	So	Indian Hills	5	25.08
3 Laurie Louis	So	Indian Hills	4	25.28
4 Shavelle Shaw	Jr	Kansas City	4	25.47
5 Eden Moore	Fr	Northern low	3	25.54
6 Jayden Lightford	So	Kansas City	4	25.85
7 Alexa Zanders	Fr	Indian Hills	2	26.01
8 Promise Zandy	Fr	Indian Hills	3	26.02
9 Destiny Mitchell	So	Indian Hills	4	26.05

10 Alexandria Sherman	Fr	Park (Mo.)	1	26.15
11 Naomi Malone	Fr	Kansas City	3	26.35
12 Tonique Fleming	So	Kansas City	2	26.40
13 Ida Smith	Fr	Indian Hills	3	26.42
14 Raven Estes	So	Kansas City	1	26.45
15 Anna Winterrowd	Sr	Northern low	1	26.50
16 Kyras Anderson	Fr	Kansas City	1	28.19
--- Mya Charles	10	Unattached	2	DNF
--- Sarah Wulfert	Fr	Kansas City	2	DNS
--- Avia Lane	Fr	Indian Hills	5	DNS
--- Libby Wedewer	Sr	Northern low	5	DNS

Event 22 Men 200 Meter Dash

Name	Yr	School	H#	Result
Finals				
1 Domictress Robinson	Fr	Indian Hills	6	21.16
2 Supreme Muhammad	Fr	Indian Hills	6	21.33
3 Tory Lanham	Fr	Kansas City	6	21.60
4 Damor Miller	Fr	Indian Hills	6	21.64
5 Justin Gray	Fr	Indian Hills	4	21.64
6 Izaiah Loveless	Fr	Indian Hills	5	21.89
7 Luke Meyers	Jr	Northern low	5	22.03
8 Michael Blank	So	Indian Hills	4	22.11
9 Michael McGee	So	Indian Hills	4	22.26
10 Joseph Cannon	Fr	Indian Hills	3	22.29
11 Marcus Williams	So	Indian Hills	3	22.56
12 Kameron Hall	Fr	Indian Hills	1	22.83
13 Paul Glon	Fr	Indian Hills	2	22.89
14 Marsha McDonald	Fr	Indian Hills	3	22.97
15 Dylan Harris	So	Indian Hills	2	23.02
16 Charles Noland	Fr	Park (Mo.)	1	23.27
17 Anthony Duncan	So	Indian Hills	2	23.41
18 Jashon Gray	Fr	Park (Mo.)	2	23.67
19 Jonathon Harris	Fr	Park (Mo.)	1	25.60
--- Uriah Allen	Fr	Indian Hills	4	DNF
--- Harry Momolu	Fr	Indian Hills	1	DNS
--- Ben Musa	Fr	Kansas City	3	DNS
--- Tony Paye	So	Unattached	2	DNS
--- Jeremy Bachus	So	Indian Hills	3	DNS
--- Kimani Akins	So	Indian Hills	1	DNS
--- Mikey McClain	So	Iowa State	5	DNS

Event 7 Women 5000 Meter Run

Name	Yr	School	Result
Finals			
1 Millie Hill		Unattached	17:03.15
2 Emma Hoins	Sr	Northern low	17:22.61
3 Melody Ochana	Sr	Northern low	17:23.33
4 Kate Crawford	Jr	Northern low	17:40.76
5 Eden Mueller	So	Northern low	18:10.11
6 Kayla Young	Fr	Northern low	18:11.81
7 Mariah Belmont	Fr	Kansas City	18:18.30
--- Alexina Teubel		Unattached	DNF
--- Hannah Loughlin	Sr	Unattached	DNS
--- Jentrie Alderson	So	Kansas City	DNS

Event 27 Men 5000 Meter Run

	Name	Yr	School	Result
Finals				
1	Harrison Martinenko	Sr	Drake	14:28.33
2	Caleb Shumaker	Sr	Northern Iowa	14:35.24
3	Allen Bonnessen	So	Iowa State	14:36.83
4	Isaac Rivera	Fr	Unattached	14:53.76
5	Chase Lauman	So	Northern Iowa	14:59.35
6	Sam Cleary	So	Kansas City	15:00.40
7	AJ Schermerhorn		Unattached	15:05.68
8	Colin Lillie		Unattached	15:32.49
9	Brady McWhirter	Fr	Indian Hills	15:38.07
10	Caleb Kass		Unattached	15:39.39
11	Evan Kiefer	So	Kansas City	16:14.43
12	Josh Gormley		Unattached	16:28.22
13	Damien Sprouse	Fr	Indian Hills	16:44.23
14	Athanasius Kibiwott	Jr	Kansas City	16:52.22
---	Josh Evans		Unattached	DNF
---	Carson Owens		Unattached	DNF
---	Lukas Mehl	So	Park (Mo.)	DNS
---	Aaron Schermerhorn	RS	Unattached	DNS
---	Juan Trasobares	Jr	Unattached	DNS

Event 9 Women 4x400 Meter Relay

	Team	Relay	Result
Finals			
1	Northern Iowa		3:53.41
2	Northern Iowa	B	4:03.93
3	Park (Mo.)		4:18.72
---	Iowa State		DNF
---	Indian Hills		DNS

Event 29 Men 4x400 Meter Relay

	Team	Relay	H#	Result
Finals				
1	Indian Hills		2	3:17.78
2	Unattached	B	1	3:20.81
3	Indian Hills	B	2	3:23.83
4	Unattached		1	3:31.12
---	Iowa State		2	DNF
---	Iowa State	C	2	DNF
---	Northern Iowa		2	DNS
---	Indian Hills	C	1	DNS
---	Park (Mo.)		1	DNS