

**Cornell Indoor Invite - 1/30/2010**  
**2010 Cornell Quadrangular**  
**Mount Vernon, Iowa**  
**Results - Cornell Quadrangular**

**Women 55 Meter Dash**

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 Arena Rec: \$ 7.01 1998 Louise Ayetotche, Iowa Wesleyan  
                   7.10 AUTO  
                   7.29 PROV

Name	Year	School	Finals	H#	
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Finals					
1		Higgins, Jenna	Mount Mercy College	7.40	3
2		Butler, Ebonie	St. Ambrose	7.41	3
3		Rosien, Janae	Mount Mercy College	7.60	2
4		Denny, Alisa	Coe College	7.68	3
5		Wright, Stefani	Coe College	7.71	3
6		Moorehead, Michell	Coe College	7.85	3
7		Kooi, Cortni	Mount Mercy College	7.87	2
8		Krier, Rachel	St. Ambrose	7.91	2
9		Moeller, Alicia	St. Ambrose	7.92	2
10		Kane, Jacqueline	Mount Mercy College	7.97	2
11		Luehrs, Rachel	St. Ambrose	7.98	3
12		Francois, Alexa	Mount Mercy College	7.99	1
13		Harris, Ariel	Cornell College	8.07	1
14		Orvella, Beca	Mount Mercy College	8.43	1
15		Freland, Elsie	Cornell College	8.54	1
16		Sanchez, Angela	Cornell College	8.57	1
17		Snooke, Jenny	Coe College	8.71	2

**Women 200 Meter Dash**

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 Arena Rec: \$ 24.40 1998 Louise Ayetotche, Iowa Wesleyan  
 Name Year School Finals H#

Name	Year	School	Finals	H#	
-----					
1		Higgins, Jenna	Mount Mercy College	27.00	7
2		Butler, Ebonie	St. Ambrose	27.02	7
3		Denny, Alisa	Coe College	27.40	7
4		Wright, Stefani	Coe College	27.64	6
5		Warren, Emilie	Mount Mercy College	27.72	6
6		Harris, Christal	Cornell College	28.00	5
7		Moeller, Alicia	St. Ambrose	28.12	5
8		Moorehead, Michell	Coe College	28.15	7
9		Rosien, Janae	Mount Mercy College	28.35	5
10		Scott, Jordan	Mount Mercy College	28.43	5
11		Flahive, Lauren	St. Ambrose	28.58	6
12		Luehrs, Rachel	St. Ambrose	28.59	6
13		Krier, Rachel	St. Ambrose	28.77	4
14		Mattias, Elizabeth	Coe College	28.90	4
15		Morris, Jenny	St. Ambrose	29.55	3
16		Jackson, Krystal	Coe College	29.61	4
17		Minteer, Emilie	St. Ambrose	29.69	2
18		Guittar, Anna	Cornell College	29.74	3
19		Harris, Ariel	Cornell College	30.00	3
20		Kuda, Kim	Coe College	30.23	4
21		Kloberdanz, Ellie	St. Ambrose	30.60	3
22		Snooke, Jenny	Coe College	30.62	2
23		Freland, Elsie	Cornell College	31.11	1
24		Nappe, Allie	Cornell College	31.15	2
25		Sanchez, Angela	Cornell College	31.24	1

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**....Women 200 Meter Dash**

26 Orvella, Beca Mount Mercy College 32.23 2

**Women 400 Meter Dash**

=====  
 Arena Rec: \$ 57.22 1996 Heather Furrow, Monmouth  
                   56.75 AUTO  
                   58.64 PROV

Name	Year	School	Finals
1	Kane, Jacqueline	Mount Mercy College	61.14
2	Heizer, Sara	Coe College	61.21
3	Luehrs, Rachel	St. Ambrose	62.67
4	Mattias, Elizabeth	Coe College	63.15
5	Flahive, Lauren	St. Ambrose	63.19
6	Kuda, Kim	Coe College	63.71

**Women 800 Meter Run**

=====  
 Arena Rec: \$ 2:12.05 2007 Heidi Porter, Wartburg  
                   2:13.00 AUTO  
                   2:16.50 PROV

Name	Year	School	Finals
1	Finnel, Keelie	Coe College	2:26.77
2	Screws, Justine	Coe College	2:29.52
3	Kvidera, Chelsea	Mount Mercy College	2:32.31
4	Burhite, Chelsea	Mount Mercy College	2:33.49
5	Maier, Dana	St. Ambrose	2:35.26
6	Daisy, Shelby	Mount Mercy College	2:37.20
7	Newman, Allison	Cornell College	2:37.65
8	Mead, Elise	Cornell College	2:39.23
9	Seemann, Lauren	Cornell College	2:41.82
10	Lindsay, Laura	Cornell College	2:46.30
11	Hermsen, Paula	Mount Mercy College	2:47.80
12	Thill, Chelsey	Coe College	2:55.02
--	Barr, Jessica	St. Ambrose	DNF

**Women 1000 Meter Run**

=====  
 Arena Rec: \$ 3:03.23 2001 Laura Carpenter, Beloit

Name	Year	School	Finals
1	Ripperger, Beth	Mount Mercy College	3:06.61
2	Parsons, Abby	St. Ambrose	3:07.41
3	Robison, Jessie	Coe College	3:20.34
4	White, Heather	Coe College	3:23.08
5	Danielsen, Kara	Mount Mercy College	3:26.92
6	Berger, Catherine	St. Ambrose	3:57.85
7	O'Toole, Hanna	Mount Mercy College	4:11.46

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**Women 1 Mile Run**

-----  
 Arena Rec: \$ 5:10.72 2009 Mary Bridget Corken, Loras  
 4:55.00 AUTO  
 5:05.00 PROV

Name	Year	School	Finals	
1		Kvidera, Chelsea	Mount Mercy College	5:34.76
2		Lindsay, Laura	Cornell College	5:37.91
3		Mead, Elise	Cornell College	5:39.67
4		Newman, Allison	Cornell College	5:44.07
5		Seemann, Lauren	Cornell College	5:45.35
6		Hutchison, Ellie	Cornell College	5:45.61
7		Lisk, Chelsee	St. Ambrose	5:49.56
8		Maroon, Megan	St. Ambrose	6:00.82
9		Cargill, Hannah	Cornell College	6:02.35
10		Hermesen, Paula	Mount Mercy College	6:05.45
11		Eden, Christine	St. Ambrose	6:11.70
12		Nibaur, Steph	Mount Mercy College	6:14.26
13		Simones, Katie	St. Ambrose	6:15.24
14		Helgeson, Maria	Cornell College	6:18.19
15		Ronconi, Lexi	St. Ambrose	6:30.46
16		Thill, Chelsey	Coe College	6:42.40
17		McKenna, Meg	St. Ambrose	6:50.12
18		Schultz, Leah	Mount Mercy College	7:00.56

**Women 3000 Meter Run**

-----  
 Arena Rec: \$ 10:21.75 2001 Lisa Demerath, Univ of Dub  
 Name Year School Finals

1		Jagiello, Allie	Cornell College	10:34.17
2		Ashcraft, Brooke	St. Ambrose	11:08.76
3		Behan, Erin	Mount Mercy College	11:30.68
4		Rono, Esther	Mount Mercy College	11:37.44
5		Syring, Kristen	St. Ambrose	11:57.79
6		Yotter, Britney	Mount Mercy College	12:50.57
--		Schofer, Marie	Unattached	DNF

**Women 55 Meter Hurdles**

-----  
 Arena Rec: \$ 8.27 2009 Lauren Bucklin, Simpson  
 8.20 AUTO  
 8.53 PROV

Name	Year	School	Finals	H#	
1		Krier, Rachel	St. Ambrose	8.83	2
2		Moorehead, Michell	Coe College	8.84	2
3		Denny, Alisa	Coe College	8.85	2
4		Maher, Alyssa	Mount Mercy College	8.95	2
5		Luehrs, Rachel	St. Ambrose	8.99	2
6		Wilden, Larissa	Mount Mercy College	9.07	2
7		Orvella, Beca	Mount Mercy College	9.85	1
8		Berg, Kelsey	St. Ambrose	9.97	1
9		O'Connor, Stephani	St. Ambrose	11.96	1
10		Christiansen, Brea	St. Ambrose	12.45	1

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**Women 4x200 Meter Relay**

Arena Rec: \$ 1:42.96 1998		Iowa Wesleyan, Iowa Wesleyana
School		Finals
1	Coe College	1:48.85
2	Mount Mercy College	1:49.89
3	St. Ambrose	1:56.09
4	Mount Mercy College 'B'	1:57.57
--	Cornell College	DQ

**Women 4x400 Meter Relay**

Arena Rec: \$ 3:58.62 1999		Loras, Loras	
3:54.00 AUTO			
4:00.00 PROV			
School		Finals	H#
1	Coe College	4:09.40	2
2	Mount Mercy College	4:10.53	2
3	Coe College 'B'	4:21.64	2
4	Mount Mercy College 'B'	4:27.54	2
5	St. Ambrose	4:28.20	2
6	Cornell College	4:38.78	2
7	St. Ambrose 'B'	4:41.52	1
8	St. Ambrose 'C'	5:09.21	1
9	Mount Mercy College 'C'	5:12.70	1

**Women High Jump**

Arena Rec: \$ 5-06.50 1990		Tarrel Zweibahmer, Coe		
1.71m AUTO				
1.66m PROV				
Name	Year School	Finals		
1	Jackson, Krystal 1.37 1.42 1.47 1.52 1.57 1.62 1.66 P P O O O XO XXX	Coe College	1.62m	5-03.75
2	Wilden, Larissa 1.37 1.42 1.47 1.52 1.57 1.62 1.66 P XO XXO O XXO XXO XXX	Mount Mercy College	J1.62m	5-03.75
3	Morigaki, Cassandr 1.37 1.42 1.47 1.52 P O XO XXX	Coe College	1.47m	4-09.75
4	Popp, Teresa 1.37 1.42 1.47 XO O XXX	St. Ambrose	1.42m	4-07.75
5	Morrissey, Emily 1.37 1.42 1.47 O XO XXX	St. Ambrose	J1.42m	4-07.75
6	Risatti, Alana 1.37 1.42 1.47 O XXO XXX	Coe College	J1.42m	4-07.75

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**Women Pole Vault**

=====  
 Arena Rec: \$ 11-05.75 2008 Jessica White, Monmouth  
                   3.85m AUTO  
                   3.50m PROV

Name	Year	School	Finals	
1	Ledford, Anne	St. Ambrose	2.89m	9-05.75
	2.13 2.29 2.44 2.59 2.74 2.89 3.05 3.20			
	P P P P O O P XXX			
2	Blodgett, Kristen	Coe College	2.74m	8-11.75
	2.13 2.29 2.44 2.59 2.74 2.89			
	P P O O XXO XXX			
3	Gunawan, Lauren	St. Ambrose	2.44m	8-00.00
	2.13 2.29 2.44 2.59			
	P P O XXX			
3	Hannemann, Michell	Cornell College	2.44m	8-00.00
	2.13 2.29 2.44 2.59			
	P O O XXX			
3	Berg, Kelsey	St. Ambrose	2.44m	8-00.00
	2.13 2.29 2.44 2.59			
	O P O XXX			

**Women Long Jump**

=====  
 Arena Rec: \$ 19-03.50 1990 Wendi Simmons, Graceland  
                   5.70m AUTO  
                   5.44m PROV

Name	Year	School	Finals	
1	Kooi, Cortni	Mount Mercy College	4.93m	16-02.25
	4.53m 4.91m ND 4.77m 4.87m 4.93m			
2	Luehrs, Rachel	St. Ambrose	4.83m	15-10.25
	4.83m 4.64m 4.63m 4.83m ND ND			
3	Jackson, Krystal	Coe College	4.74m	15-06.75
	ND ND 4.44m ND 4.74m ND			
4	Schieferdecker, Ca	St. Ambrose	4.57m	15-00.00
	4.57m ND 4.56m 4.57m ND ND			
5	Blodgett, Kristen	Coe College	4.34m	14-03.00
	4.10m 3.96m 3.96m 4.27m 4.34m 4.10m			
6	Nappe, Allie	Cornell College	4.11m	13-06.00
	4.11m 4.02m 4.03m 4.05m 3.99m 4.06m			

**Women Triple Jump**

=====  
 Arena Rec: \$ 37-09.25 2004 Katie Pettigrew, Luther  
                   11.80m AUTO  
                   11.23m PROV

Name	Year	School	Finals	
1	Schieferdecker, Ca	St. Ambrose	9.74m	31-11.50
	ND ND 9.50m ND 9.74m 9.48m			
2	Wilden, Larissa	Mount Mercy College	9.63m	31-07.25
	9.36m 9.26m 9.43m 9.09m 9.63m 9.40m			
3	Christiansen, Brea	St. Ambrose	9.61m	31-06.50
	9.34m ND 9.39m 9.60m ND 9.61m			

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**....Women Triple Jump**

4	Minteer, Emilie	St. Ambrose	9.47m	31-01.00
	ND 9.08m ND ND 9.10m	9.47m		
--	Wright, Stefani	Coe College	ND	
	ND ND ND			

**Women Shot Put**

-----  
 Arena Rec: \$ 47-04.25 2001 Sara Nauman, Loras  
 14.00m AUTO  
 12.90m PROV

Name	Year	School	Finals	
1	Streu, Mandy	St. Ambrose	13.51m PROV	44-04.00
	13.31m 12.93m 13.09m	13.13m 13.51m 13.32m		
2	Burd, Martha	St. Ambrose	12.53m	41-01.50
	12.53m 12.43m 12.07m	12.02m 11.42m 12.19m		
3	Craw, Madison	Cornell College	11.79m	38-08.25
	10.93m 10.96m ND ND	11.79m 11.44m		
4	Martin, Alissa	St. Ambrose	11.42m	37-05.75
	11.42m ND 11.42m ND ND	10.76m		
5	Hansen, Kelsey	Mount Mercy College	11.02m	36-02.00
	10.57m 10.50m 10.77m	10.79m 11.02m 10.91m		
6	Christiansen, Tayl	St. Ambrose	10.40m	34-01.50
	10.38m 10.20m 9.87m	9.99m 10.26m 10.40m		
7	Kall, Kelly	Cornell College	9.35m	30-08.25
	8.55m 9.30m 9.23m	9.04m 9.35m 9.15m		
8	Rojemann, Ashley	St. Ambrose	9.33m	30-07.50
	9.33m ND ND			
9	Dugan, Angela	Cornell College	8.97m	29-05.25
	8.00m 8.55m 8.97m			
9	Harris, Christal	Cornell College	8.97m	29-05.25
	7.95m 8.97m 8.90m ND	8.19m 7.82m		
11	Meyers, Amaris	Mount Mercy College	8.77m	28-09.25
	8.55m 8.67m 8.77m			
12	Harper, Kelsey	Cornell College	8.76m	28-09.00
	ND ND 8.76m			
13	Risatti, Alana	Coe College	8.62m	28-03.50
	8.62m 8.09m 7.50m			
14	Christiansen, Brea	St. Ambrose	8.50m	27-10.75
	8.50m 8.32m ND			
15	South, Jenny	Cornell College	8.15m	26-09.00
	7.91m 8.15m ND			
16	Arredondo, Chelsea	Coe College	7.60m	24-11.25
	7.60m 7.46m 7.28m			
17	Burns, Ellan	Coe College	5.06m	16-07.25
	5.06m 4.82m ND			

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**Women Weight Throw**

-----  
 Arena Rec: \$ 56-08.75 2009 Emily Brown, Clarke  
                   17.30m AUTO  
                   15.50m PROV

Name	Year	School	Finals	
1	Streu, Mandy	St. Ambrose	14.78m	48-06.00
	14.40m 13.98m ND ND ND	14.78m		
2	Hansen, Kelsey	Mount Mercy College	13.95m	45-09.25
	12.73m 11.58m 13.54m 13.95m ND 13.72m			
3	Rojemann, Ashley	St. Ambrose	13.74m	45-01.00
	12.61m 13.74m ND 12.15m 12.97m 13.64m			
4	Craw, Madison	Cornell College	13.03m	42-09.00
	12.83m 12.04m ND ND ND	13.03m		
5	Burd, Martha	St. Ambrose	12.91m	42-04.25
	ND 12.58m 12.91m 12.80m 12.21m 12.81m			
6	Martin, Alissa	St. Ambrose	12.77m	41-10.75
	12.69m 12.75m ND ND 12.77m 12.58m			
7	Harper, Kelsey	Cornell College	12.04m	39-06.00
	12.04m ND ND			
8	Darbyshire, Dani	Mount Mercy College	11.65m	38-02.75
	9.65m 11.65m 10.96m ND 10.83m ND			
9	Christiansen, Tayl	St. Ambrose	11.30m	37-01.00
	11.30m ND 10.97m ND 10.90m ND			
10	Kall, Kelly	Cornell College	10.96m	35-11.50
	ND ND 10.96m			
11	Dugan, Angela	Cornell College	9.60m	31-06.00
	9.60m ND 8.93m			
12	Arredondo, Chelsea	Coe College	8.62m	28-03.50
	ND 8.62m ND			
13	South, Jenny	Cornell College	7.90m	25-11.00
	7.90m 7.56m 7.18m			
14	Meyers, Amaris	Mount Mercy College	7.63m	25-00.50
	ND 7.63m 7.14m			
15	Burns, Ellan	Coe College	6.36m	20-10.50
	ND 6.36m ND			

**Men 55 Meter Dash**

-----  
 Arena Rec: \$ 6.10 1989 Obinna Eregbu, Grandview  
                   6.34 AUTO  
                   6.47 PROV

Name	Year	School	Finals	H#
1	Ridgell, Arick	Cornell College	6.58	3
2	Whitten, Sean	St. Ambrose	6.75	3
3	Gilbertson, Dennis	Coe College	6.87	3
4	Teko-Folly, Roli	Cornell College	6.88	2
5	Cewe, Toby	St. Ambrose	6.91	3
6	Morrison, Tony	St. Ambrose	6.92	3
7	Thomas, Andrew	St. Ambrose	6.94	2
8	Merrill, Ian	St. Ambrose	6.98	3
9	Rumery, Matt	Mount Mercy College	7.00	2
10	Dunham, Robert	St. Ambrose	7.10	1
10	Desir, Marnel	Cornell College	7.10	1

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12	Graden, Keith	Cornell College	7.11	1
13	Miller, Alphonso	Cornell College	7.12	1
13	Carlson, Eric	St. Ambrose	7.12	2
15	Kraker, Marshall	Cornell College	7.14	1
16	Heaton, Justin	St. Ambrose	7.15	1

**Men 200 Meter Dash**

=====				
Arena Rec: \$ 22.16		2009	Jerrell Hancock, Iowa Western CC	
Name	Year	School	Finals	H#
=====				
1	Green, Khaliph	Cornell College	23.44	6
2	Labath, Craig	St. Ambrose	23.62	5
3	Whitten, Sean	St. Ambrose	23.75	6
4	VanAntwerp, Ian	St. Ambrose	24.02	6
5	Gilbertson, Dennis	Coe College	24.03	5
6	Cewe, Toby	St. Ambrose	24.05	6
7	Ridgell, Arick	Cornell College	24.06	4
8	Thomas, Andrew	St. Ambrose	24.24	5
9	Hakeman, Matt	Mount Mercy College	24.63	3
10	Madera, Matt	St. Ambrose	24.68	5
11	Morrison, Tony	St. Ambrose	24.77	4
12	Dunham, Robert	St. Ambrose	24.96	2
13	Carlson, Eric	St. Ambrose	25.02	3
14	Robertson, Cody	Mount Mercy College	25.08	2
15	Pachota, Matt	Mount Mercy College	25.30	3
16	Graden, Keith	Cornell College	25.98	1

**Men 400 Meter Dash**

=====				
Arena Rec: \$ 49.11		2007	Guy Dierikx, Central	
48.75		AUTO		
49.85		PROV		
Name	Year	School	Finals	H#
=====				
1	Appah, Joseph	St. Ambrose	52.28	2
2	Cewe, Toby	St. Ambrose	52.91	2
3	Labath, Craig	St. Ambrose	53.13	1
4	McGowan, Matt	Cornell College	53.29	2
5	Madera, Matt	St. Ambrose	53.38	1
6	Froissard, Leonard	Coe College	53.67	2
7	Waring, Justin	Mount Mercy College	53.71	2
8	Skoog, Reed	Cornell College	55.91	2
9	Connell, Kevin	Coe College	56.43	1
10	Binkley, Mitchell	St. Ambrose	57.71	1

**Men 800 Meter Run**

=====				
Arena Rec: \$ 1:53.25		1990	John Ondonde, Loras	
1:52.80		AUTO		
1:54.90		PROV		
Name	Year	School	Finals	H#
=====				
1	Fallon, Tommy	St. Ambrose	2:00.52	

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2	Darmody, John	St. Ambrose	2:00.78
3	Rooyakkers, Adam	Cornell College	2:02.39
4	Froissard, Leonard	Coe College	2:03.88
5	Schroeder, Ryan	Coe College	2:06.32
6	Nie, Craig	Coe College	2:06.91
7	Kelso, Michael	Cornell College	2:07.32
8	Clarke, Matt	Mount Mercy College	2:07.76
9	Kemme, Jordan	Cornell College	2:08.24
10	Heineman, Kyle	Coe College	2:09.72
11	Jacobs, Ben	Cornell College	2:10.97
12	Hills, Hunter	Coe College	2:11.72
13	Whalen, Sean	St. Ambrose	2:16.68
14	Vaughn, Dan	St. Ambrose	2:17.62
15	Milder, Patrick	St. Ambrose	2:25.17
16	Chang, Paden	Coe College	2:31.21

**Men 1000 Meter Run**

=====			
Arena Rec:	\$ 2:31.42	1992	Sandu Rebenciuc, Augustana
Name	Year	School	Finals
=====			
1	Quinn, Austin	St. Ambrose	2:39.73
2	McCleary, Ryan	Coe College	2:41.78
3	Schmidt, Matt	St. Ambrose	2:50.57

**Men 1 Mile Run**

=====			
Arena Rec:	\$ 4:21.39	2007	Ben Grant, Loras
	4:11.00	AUTO	
	4:16.00	PROV	
Name	Year	School	Finals
=====			
1	Darmody, John	St. Ambrose	4:23.47
2	Heineman, Kyle	Coe College	4:25.00
3	Tobben, Andrew	Cornell College	4:28.20
4	Schroeder, Ryan	Coe College	4:32.94
5	Myers, Erik	Cornell College	4:34.40
6	Nie, Craig	Coe College	4:34.66
7	Rooyakkers, Adam	Cornell College	4:35.31
8	Jacobs, Ben	Cornell College	4:39.95
9	Stacey, Jordan	Cornell College	4:41.46
10	Purkey, Quin	Cornell College	4:42.41
11	Randle, Kevin	St. Ambrose	4:42.69
12	LeForce, Tommy	Cornell College	4:43.99
13	Hills, Hunter	Coe College	4:44.82
14	Whitmore, Jay	St. Ambrose	4:45.34
15	Randle, Keith	St. Ambrose	4:51.38
16	Buchanon, Ryan	St. Ambrose	4:52.48
17	Clarke, Matt	Mount Mercy College	4:57.70
18	Rorem, Jake	St. Ambrose	5:06.65
19	Barker, Jacob	St. Ambrose	5:14.87
20	Clark, Zach	St. Ambrose	5:17.36
21	Chang, Paden	Coe College	5:24.60

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**Men 3000 Meter Run**

Arena Rec: \$ 8:31.20 2004 Dan Winder, Loras			
Name	Year	School	Finals
1		Nowak, Chase	Cornell College 8:56.57
2		Moser, Lane	Coe College 8:59.92
3		Donavin, Kirkwood	Cornell College 9:14.37
4		Lord, Jordan	Coe College 9:16.34
5		Miroux, Mike	Mount Mercy College 9:23.55
6		Wood, Eric	Coe College 9:49.64
7		Lawton, Jayson	MM Unattached 9:59.75
8		Norby, Tyler	St. Ambrose 10:03.45
9		Rehfeldt, Jeff	Mount Mercy College 10:05.48
10		Terry, Keith	MM Unattached 10:08.05
11		McKenna, Kyle	St. Ambrose 10:15.59
12		Morrissey, Ben	St. Ambrose 10:21.98
13		Sobucki, James	St. Ambrose 10:33.44

**Men 55 Meter Hurdles**

Arena Rec: \$ 7.58 2004 Basil Steele, Dubuque			
7.55 AUTO			
7.74 PROV			
Name	Year	School	Finals
1		Morrison, Tony	St. Ambrose 7.98
2		Wohrley, James	Cornell College 8.27
3		Robertson, Cody	Mount Mercy College 8.50
4		Whalen, Sean	St. Ambrose 8.65
5		DeVenney, Danny	St. Ambrose 8.76
6		Southwick, Harris	St. Ambrose 8.89

**Men 4x200 Meter Relay**

Arena Rec: \$ 1:29.89 2004 , Central			
School	Year	School	Finals
1		Cornell College	1:36.00
2		St. Ambrose	1:41.71
3		Mount Mercy College	1:53.10

**Men 4x400 Meter Relay**

Arena Rec: \$ 3:19.34 1999 Coe, Coe				
3:17.00 AUTO				
3:21.00 PROV				
School	Year	School	Finals	H#
1		Cornell College	3:37.08	2
2		St. Ambrose	3:38.18	2
3		Mount Mercy College	3:38.57	2
4		St. Ambrose 'C'	3:45.18	1
5		Coe College	3:49.85	1
6		St. Ambrose 'B'	3:52.59	2
7		St. Ambrose 'D'	4:00.02	1

**Cornell Indoor Invite - 1/30/2010**  
**2010 Cornell Quadrangular**  
**Mount Vernon, Iowa**  
**Results - Cornell Quadrangular**

**Men High Jump**

=====  
 Arena Rec: \$ 7-00 1996 Shawn Maze, Monmouth  
 2.10m AUTO  
 2.02m PROV

Name	Year	School	Finals	
1	Wohrley, James	Cornell College	1.93m	6-04.00
	1.53 1.58 1.63 1.68 1.73 1.78 1.83 1.88 1.93 1.96			
	P P P P P O O XO XXO XXX			
2	Stevens, Aaron	MM Unattached	1.78m	5-10.00
	1.53 1.58 1.63 1.68 1.73 1.78 1.83			
	P P P P XO XO XXX			
3	Teko-Folly, Roli	Cornell College	J1.78m	5-10.00
	1.53 1.58 1.63 1.68 1.73 1.78 1.83			
	P P P P O XXO XXX			
4	Everett, Greg	Coe College	1.73m	5-08.00
	1.53 1.58 1.63 1.68 1.73 1.78			
	O O O O XO XXX			
5	Heaton, Justin	St. Ambrose	1.68m	5-06.00
	1.53 1.58 1.63 1.68 1.73			
	P P XO XXO XXX			
6	DiCicco, Alex	Cornell College	1.63m	5-04.25
	1.53 1.58 1.63 1.68			
	P O O XXX			
7	Jimenez, Denis	Cornell College	1.58m	5-02.25
	1.53 1.58 1.63			
	XO O XXX			
--	Morrison, Tony	St. Ambrose	NH	
	1.53 1.58 1.63			
	P P XXX			
--	League, Josh	St. Ambrose	NH	
	1.53			
	XXX			

**Men Pole Vault**

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 Arena Rec: \$ 17-00.75 2007 Darren Niedermeyer, Unattached  
 5.10m AUTO  
 4.65m PROV

Name	Year	School	Finals	
1	Kemme, Jordan	Cornell College	3.81m	12-06.00
	2.59 2.74 2.89 3.05 3.20 3.35 3.50 3.66 3.81 3.96			
	P P P P XO XO XO O XXX			
2	Balagna, Charlie	St. Ambrose	J3.81m	12-06.00
	2.59 2.74 2.89 3.05 3.20 3.35 3.50 3.66 3.81 3.96			
	P P P P P P P O XXO XXX			
3	Southwick, Harris	St. Ambrose	3.50m	11-05.75
	2.59 2.74 2.89 3.05 3.20 3.35 3.50 3.66			
	P P P XO XO XO XXO XXX			
4	Kraker, Marshall	Cornell College	3.35m	10-11.75
	2.59 2.74 2.89 3.05 3.20 3.35 3.50			
	P P O O O O XXX			

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**....Men Pole Vault**

5	Foster, Ryan	St. Ambrose	J3.35m	10-11.75
	2.59 2.74 2.89 3.05 3.20 3.35 3.50			
	P P P P P XXO XXX			
6	Dewar, Charles	Coe College	3.20m	10-06.00
	2.59 2.74 2.89 3.05 3.20 3.35			
	O O O O O XXX			
7	Clark, Zach	St. Ambrose	2.74m	8-11.75
	2.59 2.74 2.89			
	O O XXX			

**Men Long Jump**

=====  
 Arena Rec: \$ 23-06 1997 Harold Schuman, Graceland  
 7.20m AUTO  
 6.92m PROV

Name	Year	School	Finals	
1	Villasenor, Tony	St. Ambrose	6.05m	19-10.25
	5.98m 5.99m ND ND 5.81m 6.05m			
2	Green, Khaliph	Cornell College	6.00m	19-08.25
	ND 5.71m 5.99m 5.91m 6.00m ND			
3	Whitten, Sean	St. Ambrose	5.99m	19-08.00
	5.62m 5.99m 5.87m 5.75m ND ND			
4	Merrill, Ian	St. Ambrose	5.66m	18-07.00
	ND 5.51m 5.57m 5.48m 5.31m 5.66m			
5	Jimenez, Denis	Cornell College	5.52m	18-01.50
	ND 5.52m 5.48m 5.44m 5.13m ND			
6	Heaton, Justin	St. Ambrose	5.01m	16-05.25
	ND ND 4.71m ND 5.01m 4.96m			
7	DiCicco, Alex	Cornell College	4.88m	16-00.25
	4.85m 4.73m 4.88m 4.81m 4.64m 4.85m			

**Men Triple Jump**

=====  
 Arena Rec: \$ 47-09 2004 DeAndre Bovan, Dubuque  
 14.68m AUTO  
 14.08m PROV

Name	Year	School	Finals	
1	Whitten, Sean	St. Ambrose	13.44m	44-01.25
	12.93m 12.72m 12.07m 12.65m 13.01m 13.44m			
2	VanAntwerp, Ian	St. Ambrose	13.16m	43-02.25
	ND 13.13m 13.16m 11.80m ND 12.90m			
3	DiCicco, Alex	Cornell College	11.58m	38-00.00
	11.58m 11.32m 11.26m 10.88m 10.72m 11.15m			
4	Jimenez, Denis	Cornell College	11.42m	37-05.75
	11.42m 11.10m 11.24m 11.12m ND 11.00m			
--	Villasenor, Tony	St. Ambrose	ND	
	ND ND ND			

**Cornell Indoor Invite - 1/30/2010**  
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**Mount Vernon, Iowa**  
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**Men Shot Put**

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 Arena Rec: \$ 58-07 1996 Dennis Black, Upper Iowa  
                   16.75m AUTO  
                   15.54m PROV

Name	Year	School	Finals	
1	Cherryholmes, Scot	St. Ambrose	14.70m	48-02.75
	14.56m 14.69m 14.70m ND ND 14.60m			
2	Dubree, Chris	St. Ambrose	13.80m	45-03.50
	13.78m 13.39m ND 13.32m 13.28m 13.80m			
3	Ritter, Eric	Coe College	13.70m	44-11.50
	13.26m ND 12.93m 13.07m 12.89m 13.70m			
4	Rufus, Danny	St. Ambrose	13.35m	43-09.75
	13.28m ND 13.06m 13.35m 13.30m 12.88m			
5	Mulder, Jon	St. Ambrose	13.20m	43-03.75
	12.60m 13.20m 12.66m 12.23m 12.37m ND			
6	Kraker, Marshall	Cornell College	13.19m	43-03.25
	12.72m 12.39m 13.19m 13.12m 12.95m 12.72m			
7	Wielgopolan, Luke	St. Ambrose	13.16m	43-02.25
	13.14m 13.16m ND 13.11m 13.15m ND			
8	Vaden, Wes	St. Ambrose	13.12m	43-00.50
	11.74m 13.12m ND 12.92m 12.45m ND			
9	Heuermann, Nick	St. Ambrose	12.82m	42-00.75
	ND ND 12.82m ND 12.08m 11.91m			
10	DeVenney, Danny	St. Ambrose	12.70m	41-08.00
	12.34m 12.70m 11.96m			
11	Wohrley, James	Cornell College	12.46m	40-10.50
	11.97m ND 12.46m			
12	Chocola, Adam	St. Ambrose	12.45m	40-10.25
	12.45m 12.00m 11.71m			
13	Anderson, Dale	Coe College	12.27m	40-03.25
	12.27m ND 12.22m			
14	Turcato, Peter	St. Ambrose	11.80m	38-08.75
	11.06m 11.80m ND			
15	Meyer, Andrew	Coe College	11.30m	37-01.00
	11.30m 11.29m ND			
16	Brummitt, Chris	Coe College	10.09m	33-01.25
	10.08m 9.80m 10.09m			
17	Everett, Greg	Coe College	9.67m	31-08.75
	9.67m 9.05m 8.81m			
18	Munhollon, Tyler	Coe College	9.12m	29-11.25
	9.12m ND ND			
19	McLinden, Brian	St. Ambrose	9.10m	29-10.25
	8.50m 9.10m 8.91m			
20	Steinbach, Nick	St. Ambrose	8.44m	27-08.25
	ND 8.44m 8.25m			

**Men Weight Throw**

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 Arena Rec: \$ 58-11.25 2008 Zach Wilson, Monmouth  
                   18.34m AUTO  
                   16.69m PROV

Name	Year	School	Finals	
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**Results - Cornell Quadrangular**

**....Men Weight Throw**

1	Rufus, Danny	St. Ambrose	16.04m	52-07.50
	15.94m 15.10m 15.86m 15.08m 16.04m 15.94m			
2	Wielgopolan, Luke	St. Ambrose	15.41m	50-06.75
	ND 14.06m 14.71m 15.41m 14.92m 15.40m			
3	DeVenney, Danny	St. Ambrose	15.07m	49-05.50
	15.03m 14.28m 13.98m ND ND 15.07m			
4	Anderson, Dale	Coe College	14.72m	48-03.50
	ND 13.10m 14.72m ND 14.22m ND			
5	Meyer, Andrew	Coe College	14.66m	48-01.25
	14.25m ND 13.20m 14.66m 13.97m ND			
6	Chocola, Adam	St. Ambrose	12.96m	42-06.25
	12.40m 12.87m 12.96m 12.41m ND 12.77m			
7	Heuermann, Nick	St. Ambrose	12.90m	42-04.00
	12.89m ND 12.90m 12.53m 12.27m ND			
8	Dubree, Chris	St. Ambrose	12.88m	42-03.25
	12.88m 11.18m ND 10.96m 12.88m ND			
9	Cherryholmes, Scot	St. Ambrose	12.80m	42-00.00
	12.80m 12.44m ND ND ND			
10	Roeder, Curtis	St. Ambrose	12.50m	41-00.25
	12.50m ND 12.24m			
11	Vaden, Wes	St. Ambrose	11.34m	37-02.50
	11.34m 11.14m 10.69m			
12	Ritter, Eric	Coe College	11.05m	36-03.00
	11.05m ND ND			
13	Turcato, Peter	St. Ambrose	10.86m	35-07.75
	ND 10.62m 10.86m			
14	McLinden, Brian	St. Ambrose	10.54m	34-07.00
	10.54m 9.82m ND			
15	Mulder, Jon	St. Ambrose	10.47m	34-04.25
	10.12m 10.02m 10.47m			
16	Brummitt, Chris	Coe College	9.20m	30-02.25
	7.39m 9.20m ND			
17	Munhollon, Tyler	Coe College	8.79m	28-10.25
	8.79m ND 8.76m			
18	Hetland, Ty	Coe College	7.40m	24-03.50
	7.40m 6.03m ND			

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Women - Team Rankings - 16 Events Scored

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1) St. Ambrose	169.50	2) Mount Mercy College	147
3) Coe College	130	4) Cornell College	66.50

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Men - Team Rankings - 16 Events Scored

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1) St. Ambrose	193	2) Cornell College	156
3) Coe College	92	4) Mount Mercy College	39
5) MM Unattached	10		