

Central Invitational - 4/3/2010
Central College
Pella, Iowa
Results - Central Invite

Women 100 Meter Dash

Meet Record: \$ 11.8h 1977 C. BROWN, Graceland
 12.00 AUTO
 12.30 PROV

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1		Bjork, Kirsten	Minnesota Duluth	12.91q	2.0 2
2		Hendricks, Kelly	Drake University	13.03q	1.5 3
3		Wright, Stefani	Coe College	13.06q	1.7 1
4		Bock, Laura	Minnesota Duluth	13.07q	1.7 1
5		Jordan, Mariah	Univ of Iowa	13.08q	1.7 1
5		Denny, Alisa	Coe College	13.08q	1.5 3
7		Manecke, Kelsey	Central College	13.24q	2.0 2
8		Moorehead, Michell	Coe College	13.34q	1.7 1
9		Dalen, Kaila	Clarke College	13.40	2.0 2
10		Dupee, Jazmine	Drake University	13.56	2.0 2
11		Thompson, Julia	GustavusAdolphus	13.58	1.7 1
12		Des Jardins, Danie	Iowa Wesleyan	13.59	1.5 3
13		Kohlmeyer, Danelle	D4 National Chmp	13.64	2.0 2
14		Griffin, Jennifer	Minnesota Duluth	13.70	1.5 3
15		Whiting, Bri	D4 National Chmp	13.80	1.5 3
16		Kennon, Ayli	D4 National Chmp	14.00	1.5 3
17		Zaiser, Hannah	Iowa Wesleyan	14.03	2.0 2
18		Humphrey, Sarah	Minnesota Duluth	14.22	2.0 2

Women 100 Meter Dash

Meet Record: \$ 11.8h 1977 C. BROWN, Graceland
 12.00 AUTO
 12.30 PROV

Name	Year	School	Finals	Wind
Finals				
1		Hendricks, Kelly	Drake University	12.91 1.6
2		Bjork, Kirsten	Minnesota Duluth	12.93 1.6
3		Wright, Stefani	Coe College	12.95 1.6
4		Denny, Alisa	Coe College	13.05 1.6
4		Bock, Laura	Minnesota Duluth	13.05 1.6
6		Jordan, Mariah	Univ of Iowa	13.17 1.6
7		Manecke, Kelsey	Central College	13.50 1.6

Women 200 Meter Dash

Meet Record: \$ 25.1h 1977 D. MILLER, Graceland
 24.57 AUTO
 25.25 PROV

Name	Year	School	Finals	Wind	H#
1		Coleman, Felicia	Central College	25.41	4.8 1
2		Wright, Stefani	Coe College	26.17	6.3 2
3		Teas, Emily	Central College	26.27	4.8 1
4		Retz, Samantha	Central College	26.37	4.8 1
5		Purdy, Rachel	Central College	26.62	6.3 2
6		Baker, Sarah	GustavusAdolphus	26.75	6.3 2

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7	Dalen, Kaila	Clarke College	26.88	4.8	1
8	Bock, Laura	Minnesota Duluth	27.08	4.8	1
8	Briant, Janie	GustavusAdolphus	27.08	6.3	2
10	Tipton, Rachelle	Central College	27.29	6.3	2
11	Thompson, Julia	GustavusAdolphus	27.31	5.1	3
12	Gertseema, Jordan	Central College	27.37	6.3	2
13	Lippincott, Ashley	Central College	27.40	5.1	3
14	Bentz, Carissa	Central College	27.43	5.1	3
15	Des Jardins, Danie	Iowa Wesleyan	27.51	4.8	1
16	Manecke, Kelsey	Central College	27.67	5.1	3
17	Griffin, Jennifer	Minnesota Duluth	27.86	5.6	4
18	Toepfer, Cassie	Drake University	27.94	6.3	2
19	Hendricks, Kelly	Drake University	27.95	4.8	1
20	Lamb, Amanda	Central College	28.02	2.7	5
21	Wehde, Maggie	Central College	28.06	5.6	4
22	Wilson, Caitlin	Central College	28.15	6.3	2
23	Kuda, Kim	Coe College	28.23	5.6	4
24	Dusenbury, Alicia	Central College	28.33	5.1	3
25	Humphrey, Sarah	Minnesota Duluth	28.74	5.6	4
26	Zaiser, Hannah	Iowa Wesleyan	29.25	2.7	5
27	Nessan, Jessica	Clarke College	29.29	5.6	4
28	Palmer, Lauren	Clarke College	29.58	2.7	5
29	Walsh, Shelby	Central College	31.22	2.7	5
--	Moeckly, Maria	D4 National Chmp	X27.56	5.1	3
--	Whiting, Bri	D4 National Chmp	X28.44	5.6	4

Women 400 Meter Dash

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Meet Record: \$ 56.32		1996	H. FURROWN, Monmouth		
		55.70	AUTO		
		57.30	PROV		
Name	Year	School	Finals	H#	
=====					
1	Williams, Lexi	Minnesota Duluth	60.16	1	
2	Demulling, Maggie	Minnesota Duluth	60.24	1	
3	Tipton, Rachelle	Central College	60.71	1	
4	Kosey, Taylor	Minnesota Duluth	61.21	2	
5	Kuda, Kim	Coe College	61.86	2	
6	Hanson, Chelsea	Minnesota Duluth	61.96	2	
7	Lippincott, Ashley	Central College	62.05	2	
8	Purdy, Rachel	Central College	62.44	1	
9	Toepfer, Cassie	Drake University	62.94	2	
10	Nelson, Sammy	North Iowa Area CC	63.30	3	
11	Day, Hannah	Clarke College	63.76	1	
12	Severns, Ginny	Central College	64.08	1	
13	Reinhold, Eve	Central College	64.27	2	
14	Wehde, Maggie	Central College	64.44	3	
15	Lamb, Amanda	Central College	65.36	2	
16	Hudnell, Jameila	North Iowa Area CC	65.80	3	
17	Yarrow, Allia	North Iowa Area CC	71.32	3	

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Women 800 Meter Run

 Meet Record: \$ 2:12.84 4/4/2009 LIZ PALKIE, U Minn Duluth
 2:11.00 AUTO
 2:15.00 PROV

Name	Year	School	Finals
1		Finnel, Keelie	Coe College 2:16.46
2		Hanzal, Rachel	Minnesota Duluth 2:19.94
3		Wardell, Carolyn	Minnesota Duluth 2:23.77
4		DeGrote, Jodi	Minnesota Duluth 2:24.20
5		Robison, Jessie	Coe College 2:24.39
6		Karl, Abby	GustavusAdolphus 2:24.50
7		Crippen, Sara	Central College 2:24.90
8		Day, Hannah	Clarke College 2:25.94
9		Ponce, Sophia	Univ of Iowa 2:26.93
10		Moyna, Katrina	Clarke College 2:30.39
11		Leslie, Samantha	Clarke College 2:31.18
12		Ziskovsky, Kelli	Central College 2:31.99
13		Freund, Carley	Clarke College 2:33.08
14		Hemesath, Katie	Clarke College 2:34.89
15		Lang, Carrie	Minnesota Duluth 2:35.73
16		Johnston, Sydney	Minnesota Duluth 2:39.08
17		Garcia, Monica	North Iowa Area CC 2:40.71
18		Voccia, Stacey	Coe College 2:45.02

Women 1500 Meter Run

 Meet Record: \$ 4:31.62 4/4/2009 ASHLEY SCHNELL, Coe College
 4:31.00 AUTO
 4:38.50 PROV

Name	Year	School	Finals
1		SanCartier, Michel	Minnesota Duluth 4:36.41 PROV
2		Berndt, Danielle	Univ of Iowa 4:45.77
3		Laesch, Jackie	Univ of Iowa 4:46.69
4		Hart, Kelsey	Univ of Iowa 4:54.70
5		Fallon, Fionna	Univ of Iowa 4:58.14
6		Ellis, Katie	Univ of Iowa 5:00.00
7		Hemesath, Katie	Clarke College 5:01.89
8		Duffy, Alissa	Univ of Iowa 5:03.49
9		Mayer, Amber	Central College 5:03.83
10		Kuhl, Susie	Univ of Iowa 5:05.98
11		McDermott, Melony	Central College 5:06.57
12		Berry, Angie	Central College 5:07.58
13		Jones, Vanessa	GustavusAdolphus 5:11.10
14		Dole, Cammy	Drake University 5:12.19
15		Stueland, Kelsey	Univ of Iowa 5:14.87
16		Garcia, Monica	North Iowa Area CC 5:24.98
17		Voccia, Stacey	Coe College 5:28.71
18		Broghamer, Jenna	Central College 5:35.50
19		Shives, Heather	Central College 5:36.83
20		Lindemulder, Sarah	Indian Hills CC 5:37.41
21		Zwanziger, Abby	North Iowa Area CC 6:46.67

Central Invitational - 4/3/2010
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Women 5000 Meter Run

Meet Record: \$ 17:19.90 4/4/2009 MORGAN PLACE, U Minn Duluth
 16:55.00 AUTO
 17:35.00 PROV

Name	Year	School	Finals
1	Hines, Bridget	Minnesota Duluth	18:48.95
2	Rostvold, Kim	GustavusAdolphus	19:11.99
3	Yesnes, Elle	Drake University	19:31.35
4	James, London	Drake University	19:41.91
5	DeLong, Amanda	Minnesota Duluth	20:01.46
6	Allen, Hillary	Coe College	20:04.44
7	Lindemulder, Sarah	Indian Hills CC	21:31.47
8	Humphreys, Laura	Minnesota Duluth	21:39.79
9	Ballandby, Katie	Minnesota Duluth	21:48.57
10	Gurske, Amber	Minnesota Duluth	22:10.15

Women 10000 Meter Run

Meet Record: \$ 37:22.07 4/4/2009 OBSIE BIRRU, Grand View
 35:48.00 AUTO
 37:30.00 PROV

Name	Year	School	Finals
1	Place, Morgan	Minnesota Duluth	35:49.33\$PROV
2	Hines, Whitney	Minnesota Duluth	39:24.05
3	Marble, Taylor	Minnesota Duluth	42:01.56
4	Crain, Jessica	Clarke College	49:05.49

Women 100 Meter Hurdles

Meet Record: \$ 14.17 2004 J. SINNWELL
 14.30 AUTO
 14.99 PROV

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Denny, Alisa	Coe College	15.48q	2.0	3
2	Moorehead, Michelle	Coe College	15.67q	0.9	1
3	Nessan, Jessica	Clarke College	15.82q	1.0	2
4	Sjoberg, Laura	GustavusAdolphus	16.35q	2.0	3
5	Ziskovsky, Jill	Central College	16.40q	0.9	1
6	Lee, Rebecca	Minnesota Duluth	16.57q	1.0	2
7	Stoulil, Megan	Central College	16.65q	2.0	3
8	Sunnarborg, Amanda	Minnesota Duluth	16.72q	0.9	1
9	Wilson, Caitlin	Central College	17.32	1.0	2
10	Bentz, Carissa	Central College	17.43	1.0	2
11	Ebnet, Gina	Minnesota Duluth	17.53	1.0	2
12	Shunk, Felica	Central College	17.74	0.9	1
13	Palmer, Lauren	Clarke College	17.78	2.0	3
14	Klein, Kari	Clarke College	18.02	0.9	1
15	Reyna, Serina	Iowa Wesleyan	18.79	2.0	3
16	Clementson, Briett	Minnesota Duluth	18.99	1.0	2
17	Walsh, Shelby	Central College	20.82	0.9	1

Central Invitational - 4/3/2010**Central College****Pella, Iowa****Results - Central Invite****Women 100 Meter Hurdles**

Meet Record: \$ 14.17 2004 J. SINNWELL
 14.30 AUTO
 14.99 PROV

Name	Year	School	Finals	Wind
Finals				
1		Moorehead, Michell	Coe College	15.22 4.3
2		Denny, Alisa	Coe College	15.33 4.3
3		Nessan, Jessica	Clarke College	16.09 4.3
4		Lee, Rebecca	Minnesota Duluth	16.16 4.3
5		Sjoberg, Laura	GustavusAdolphus	16.30 4.3
6		Sunnarborg, Amanda	Minnesota Duluth	16.74 4.3

Women 400 Meter Hurdles

Meet Record: \$ 62.79 4/5/2008 ADITYA JONES, Unattached
 62.00 AUTO
 64.20 PROV

Name	Year	School	Finals	H#
Finals				
1		Mims, Kelsey	Univ of Iowa	64.69 1
2		Heizer, Sara	Coe College	65.43 1
3		Helland, Janey	GustavusAdolphus	66.09 1
4		Sunnarborg, Amanda	Minnesota Duluth	68.24 1
5		Nelson, Sammy	North Iowa Area CC	68.35 1
6		Klein, Kari	Clarke College	70.43 1
7		Mattias, Elizabeth	Coe College	70.47 1
8		Clementson, Briett	Minnesota Duluth	73.19 1
9		Yarrow, Allia	North Iowa Area CC	1:24.73 2

Women 3000 Meter Steeplechase

Meet Record: \$ 11:22.99 4/4/2009 KATIE DOLAN, Luther College
 10:39.00 AUTO
 11:13.00 PROV

Name	Year	School	Finals
Finals			
1		Ledvina, Amy	Central College 11:30.14
2		Smith, Samantha	Minnesota Duluth 12:03.04
3		Lang, Carrie	Minnesota Duluth 12:30.02
4		Burt, Meghann	Central College 13:12.26
5		Heinks, Nicole	Minnesota Duluth 13:16.16
6		Tompkins, Kelsey	Central College 13:31.66
7		Pedersen, Sarah	Minnesota Duluth 14:33.63

Women 4x100 Meter Relay

Meet Record: \$ 47.2h 1977 GRACELAND, Graceland
 47.15 AUTO
 48.65 PROV

School	Finals	H#
Finals		
1 Coe College 'A'	49.63	1
2 Central College 'A'	49.83	1

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....Women 4x100 Meter Relay

1) Manecke, Kelsey	2) Coleman, Felicia		
3) Teas, Emily	4) Retz, Samantha		
3 Minnesota Duluth 'A'		49.97	1
4 Gustavus Adolphus College 'A'		51.28	1
1) Briant, Janie	2) Thompson, Julia		
3) Sjoberg, Laura	4) Baker, Sarah		
5 Central College 'B'		52.04	1
1) Wilson, Caitlin	2) Lippincott, Ashley		
3) Dusenbury, Alicia	4) Purdy, Rachel		
6 Clarke College 'A'		52.36	1
1) Day, Hannah	2) Leslie, Samantha		
3) Freund, Carley	4) Dalen, Kaila		
7 Minnesota Duluth 'B'		53.11	1
8 Clarke College 'B'		55.59	2
1) Palmer, Lauren	2) Bradford, Morgan		
3) Bergman, Katie	4) Nessian, Jessica		

Women 4x400 Meter Relay

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 Meet Record: \$ 3:53.25 4/5/2008 DRAKE UNIVERSITY, Drake
 3:50.10 AUTO
 3:56.60 PROV

School	Finals	H#
1 Central College 'A'	3:59.89	1
1) Ziskovsky, Jill	2) Teas, Emily	
3) Retz, Samantha	4) Coleman, Felicia	
2 Minnesota Duluth 'A'	4:06.16	1
3 Coe College 'A'	4:09.89	1
4 Gustavus Adolphus College 'A'	4:11.39	1
1) Briant, Janie	2) Helland, Janey	
3) Thompson, Julia	4) Karl, Abby	
5 Minnesota Duluth 'B'	4:11.65	1
6 Central College 'C'	4:16.55	1
7 Central College 'D'	4:28.06	2
8 Minnesota Duluth 'C'	4:38.21	1

Women High Jump

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 Meet Record: \$ 1.70m 4/3/2010 KATIE MOELLER, Hastings
 1.71m AUTO
 1.65m PROV

Name	Year School	Finals	
1 Ziskovsky, Jill	Central College	1.52m	4-11.75
2 Greenwalt, Eva	Univ of Iowa	J1.52m	4-11.75
3 Nessian, Jessica	Clarke College	J1.52m	4-11.75
4 Bentz, Carissa	Central College	J1.52m	4-11.75
5 Morigaki, Cassandr	Coe College	J1.52m	4-11.75
6 Shunk, Felica	Central College	1.47m	4-09.75
7 Karl, Abby	GustavusAdolphus	J1.47m	4-09.75
8 Palmer, Lauren	Clarke College	1.42m	4-07.75
8 Burnett, Katie	William Penn U.	1.42m	4-07.75
8 Gertseema, Jordan	Central College	1.42m	4-07.75

Central Invitational - 4/3/2010**Central College****Pella, Iowa****Results - Central Invite****Women Pole Vault**

 Meet Record: \$ 3.50m 4/3/2010 SHANNA DAWSON, GustavusAdolphus
 3.86m AUTO
 3.55m PROV

Name	Year	School	Finals	
1		Novtony, Kari	Minnesota Duluth	3.20m 10-06.00
2		Bradford, Morgan	Clarke College	3.05m 10-00.00
3		Hoffman, Holly	GustavusAdolphus	2.90m 9-06.25
4		Blodgett, Kristen	Coe College	J2.90m 9-06.25
5		Labine, Dani	Minnesota Duluth	2.60m 8-06.25
6		Hasenmiller, Liz	Central College	J2.60m 8-06.25
6		Martell, Nikki	Minnesota Duluth	J2.60m 8-06.25
8		Ebnet, Gina	Minnesota Duluth	2.45m 8-00.50
9		Bergman, Katie	Clarke College	J2.45m 8-00.50
10		Feldman, Ashley L.	Central College	2.30m 7-06.50
--		Lavelle, Evangelin	Central College	NH

Women Long Jump

 Meet Record: \$ 5.85m 2001 KATIE BREES, Central
 5.83m AUTO
 5.55m PROV

Name	Year	School	Finals	Wind
1		Helland, Janey	GustavusAdolphus	5.53m 3.6 18-01.75
2		Nessan, Jessica	Clarke College	5.20m 3.0 17-00.75
3		Ziskovsky, Jill	Central College	5.04m 3.2 16-06.50
4		Laudon, Caitlin	Minnesota Duluth	5.00m 1.4 16-05.00
5		Baker, Sarah	GustavusAdolphus	4.99m 1.0 16-04.50
6		Dupee, Jazmine	Drake University	4.85m 1.8 15-11.00
7		Briant, Janie	GustavusAdolphus	4.33m 1.9 14-02.50
8		TeBrake, Lauren	GustavusAdolphus	4.31m NWI 14-01.75
9		Quick, Cassie	Minnesota Duluth	4.26m 2.6 13-11.75
10		Beacher, Lisa	GustavusAdolphus	3.99m NWI 13-01.25
11		Palmer, Lauren	Clarke College	3.81m 1.9 12-06.00
--		Bentz, Carissa	Central College	ND NWI

Women Triple Jump

 Meet Record: \$ 11.88m 2004 ABBY VANDERAH, Loras
 12.00m AUTO
 11.36m PROV

Name	Year	School	Finals	Wind
1		Laudon, Caitlin	Minnesota Duluth	10.13m 1.0 33-03.00
2		Lee, Rebecca	Minnesota Duluth	10.05m 2.1 32-11.75
3		Quick, Cassie	Minnesota Duluth	10.00m 1.8 32-09.75
4		Sjoberg, Laura	GustavusAdolphus	J10.00m 1.0 32-09.75
5		Dusenbury, Alicia	Central College	9.96m 1.5 32-08.25
6		Ebnet, Gina	Minnesota Duluth	9.80m 1.2 32-02.00
7		TeBrake, Lauren	GustavusAdolphus	9.21m 1.1 30-02.75
8		Beacher, Lisa	GustavusAdolphus	8.95m 1.3 29-04.50

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Women Shot Put

Meet Record: \$ 14.86m 4/4/2009 SARAH HARMS, Northern Iowa
 14.20m AUTO
 12.90m PROV

Name	Year	School	Finals	
1	Crane, Elizabeth	Minnesota Duluth	13.75m PROV	45-01.50
2	Anciaux, Sara	Coe College	12.78m	41-11.25
3	Broderius, Sam	GustavusAdolphus	12.08m	39-07.75
4	Skoff, Mallory	Minnesota Duluth	10.78m	35-04.50
5	Kaldenberg, Jessek	Central College	10.19m	33-05.25
6	Olson, Samantha	Minnesota Duluth	9.97m	32-08.50
7	Helland, Janey	GustavusAdolphus	9.51m	31-02.50
8	Karlsogdt, Erin	Iowa Wesleyan	9.13m	29-11.50
9	Pearson, Amanda	Iowa Wesleyan	8.90m	29-02.50
10	Reyna, Serina	Iowa Wesleyan	8.82m	28-11.25
11	Isack, Rebekah	Coe College	8.15m	26-09.00
12	Marguglio, DeAnna	Coe College	7.72m	25-04.00
13	Streeby, Katie	Iowa Wesleyan	6.87m	22-06.50

Women Discus Throw

Meet Record: \$ 50.24m 4/3/2010 RACHEL JANSEN, Northern Iowa
 47.00m AUTO
 41.50m PROV

Name	Year	School	Finals	
1	Broderius, Sam	GustavusAdolphus	42.05m PROV	137-11
2	Anciaux, Sara	Coe College	41.38m	135-09
3	Feldman, Ashley M.	Central College	37.14m	121-10
4	Skoff, Mallory	Minnesota Duluth	35.39m	116-01
5	Olson, Samantha	Minnesota Duluth	33.54m	110-00
6	Olson, Tessa	Minnesota Duluth	33.15m	108-09
7	Kaldenberg, Jessek	Central College	32.25m	105-10
8	Stroh, Megan	Minnesota Duluth	32.06m	105-02
9	Pearson, Amanda	Iowa Wesleyan	28.06m	92-01
10	Wagy, BJ	Iowa Wesleyan	24.28m	79-08
11	Marguglio, DeAnna	Coe College	20.59m	67-07
12	Isack, Rebekah	Coe College	19.60m	64-04
13	Streeby, Katie	Iowa Wesleyan	15.87m	52-01
--	Crane, Elizabeth	Minnesota Duluth	ND	

Women Hammer Throw

Meet Record: \$ 55.40m 4/3/2010 RACHEL JANSEN, Northern Iowa
 53.00m AUTO
 46.92m PROV

Name	Year	School	Finals	
1	Stroh, Megan	Minnesota Duluth	45.28m	148-07
2	Crane, Elizabeth	Minnesota Duluth	42.63m	139-10
3	Olson, Tessa	Minnesota Duluth	38.34m	125-09
4	Broderius, Sam	GustavusAdolphus	37.61m	123-05
5	Feldman, Ashley M.	Central College	35.74m	117-03
6	Anciaux, Sara	Coe College	33.85m	111-01

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7	Arredondo, Chelsea	Coe College	32.11m	105-04
8	Kaldenberg, Jessek	Central College	29.34m	96-03
9	Olson, Samantha	Minnesota Duluth	25.88m	84-11
--	Skoff, Mallory	Minnesota Duluth	ND	
--	Borchardt, Tressa	Unattached	X42.72m	140-02

Women Javelin Throw

Meet Record: \$ 46.07m 4/3/2010 LISA BROWN, GustavusAdolphus
 44.20m AUTO
 39.00m PROV

Name	Year	School	Finals	
1	Burnett, Katie	William Penn U.	38.98m	127-11
2	Bentz, Carissa	Central College	34.88m	114-05
3	Mouw, Sarah	Central College	33.12m	108-08
4	Anciaux, Sara	Coe College	31.21m	102-05
5	Wilson, Caitlin	Central College	30.73m	100-10
6	Peterson, Kelsey	Central College	30.16m	98-11
7	Olson, Samantha	Minnesota Duluth	28.40m	93-02
8	Novtony, Kari	Minnesota Duluth	27.21m	89-03
9	Ziskovsky, Jill	Central College	26.46m	86-10
10	Wagy, BJ	Iowa Wesleyan	23.57m	77-04
11	Shunk, Felica	Central College	20.39m	66-11
12	Streeby, Katie	Iowa Wesleyan	20.20m	66-03
13	Reyna, Serina	Iowa Wesleyan	19.76m	64-10
--	Gertseema, Jordan	Central College	ND	

Men 100 Meter Dash

Meet Record: \$ 10.57 1979 DON KELLER, Central
 10.55 AUTO
 10.76 PROV

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1	Davis, Lancford	Unattached	10.64qPROV	0.3	1
2	Danko, Logan	Central College	10.93q	3.0	4
3	Shields, Xavier	Iowa Wesleyan	11.09q	3.0	5
4	Talton, Nigel	Iowa Wesleyan	11.11q	0.1	2
5	Dvorak, Matt	GustavusAdolphus	11.18q	3.0	5
6	Morris, Mitch	Central College	11.24q	3.0	4
7	Newlin, Sean	Unattached	11.35q	0.1	2
8	Citrowske, Colby	GustavusAdolphus	11.37q	0.3	1
9	Monroe, Daniel	Unattached	11.39	0.3	1
10	Nightingale, Chris	Clarke College	11.41	-0.1	3
11	Heetland, Trent	Central College	11.42	3.0	4
12	Sickerson, Nate	Unattached	11.49	-0.1	3
13	Gilbertson, Dennis	Coe College	11.51	3.0	5
14	Veach, Trevor	Central College	11.56	-0.1	3
15	Johnson, Darren	D4 National Chmp	11.62	0.1	2
16	Faust, Clint	Central College	11.65	-0.1	3
17	Hobbs, Ridge	Iowa Wesleyan	11.71	0.3	1
18	Reed, Tony	GustavusAdolphus	11.74	3.0	5

Central Invitational - 4/3/2010**Central College****Pella, Iowa****Results - Central Invite****....Men 100 Meter Dash**

19	Steinkamp, Jon	D4 National Chmp	11.76	3.0	4
20	Randall, Forrest	Minnesota Duluth	11.79	0.1	2
21	Dekan, Joe	Minnesota Duluth	11.85	3.0	4
22	Samuelson, Gabe	North Iowa Area CC	11.92	3.0	4
23	Amy, Jason	Iowa Wesleyan	11.95	-0.1	3
24	Applegate, Tim	North Iowa Area CC	11.96	3.0	5
25	Bayron, Kingswell	North Iowa Area CC	12.02	0.1	2
26	Stackhouse, Zach	GustavusAdolphus	12.05	-0.1	3
27	Tatum, Isaiah	North Iowa Area CC	12.08	0.3	1
28	Cmelik, Joe	D4 National Chmp	12.09	0.1	2
29	Heisterkamp, Phili	Central College	12.11	0.3	1
30	Murphy, Alexx	North Iowa Area CC	12.12	3.0	5
31	Webb, Marcus	Central College	12.13	3.0	5
32	Claiborne, Justin	Minnesota Duluth	12.23	0.1	2
33	Frisch, David	D4 National Chmp	12.51	-0.1	3
34	Chesley, John	D4 National Chmp	12.71	-0.1	3
35	Deonte, Fletcher	Iowa Wesleyan	12.85	3.0	4

Men 100 Meter Dash

=====
 Meet Record: \$ 10.57 1979 DON KELLER, Central
 10.55 AUTO
 10.76 PROV

Name	Year	School	Finals	Wind
=====				
Finals				
1		Talton, Nigel	Iowa Wesleyan	10.84 3.0
2		Shields, Xavier	Iowa Wesleyan	10.90 3.0
3		Danko, Logan	Central College	10.93 3.0
4		Dvorak, Matt	GustavusAdolphus	11.03 3.0
5		Citrowske, Colby	GustavusAdolphus	11.36 3.0
--		Davis, Lancford	Unattached	X10.43 3.0

Men 200 Meter Dash

=====
 Meet Record: \$ 21.66 2001 TOMMY TAVEGIA, Central
 21.31 AUTO
 21.75 PROV

Name	Year	School	Finals	Wind	H#
=====					
1		Wood, Kyle	Central College	21.80	6.5 1
2		Talton, Nigel	Iowa Wesleyan	22.04	6.5 1
3		Carlson, Cole	GustavusAdolphus	22.22	6.5 1
4		Veach, Trevor	Central College	22.54	4.8 2 22.531
5		Scovel, Allen	Central College	J22.54	6.5 1 22.534
6		Shields, Xavier	Iowa Wesleyan	22.64	4.8 2
7		Dvorak, Matt	GustavusAdolphus	22.80	4.8 2
8		Morris, Mitch	Central College	22.84	4.8 2
9		Heetland, Trent	Central College	22.92	4.5 5
10		Faust, Clint	Central College	22.95	4.5 5
10		Gilbertson, Dennis	Coe College	22.95	5.1 4
12		Mosley, Seth	North Iowa Area CC	22.97	2.9 3
13		Reed, Tony	GustavusAdolphus	23.21	2.9 3
14		Nightingale, Chris	Clarke College	23.28	4.8 2

Central Invitational - 4/3/2010
Central College
Pella, Iowa
Results - Central Invite

....Men 200 Meter Dash

15	Anderson, Chase	North Iowa Area CC	23.39	5.7	6
16	Williams, Brad	Central College	23.48	4.5	5
17	Traynor, Tyler	Minnesota Duluth	23.51	2.9	3
18	Bolander, Luke	Central College	23.62	4.8	2
19	Samuelson, Gabe	North Iowa Area CC	23.92	5.7	6
20	Dekan, Joe	Minnesota Duluth	23.95	3.3	7
21	Warlich, Jonnie	Clarke College	24.07	5.7	6
22	Scheer, Mark	GustavusAdolphus	24.18	5.7	6
23	Claiborne, Justin	Minnesota Duluth	24.23	5.7	6
24	Kendema, Mac	Minnesota Duluth	24.44	1.6	8
25	Bettcher, Travis	Clarke College	24.46	2.9	3
26	Beckman, Derek	Central College	24.49	4.5	5
27	Dick, Nathan	North Iowa Area CC	24.76	3.3	7
28	Webb, Marcus	Central College	24.90	4.5	5
29	Ganner, Ryan	Minnesota Duluth	25.48	1.6	8
30	Deonte, Fletcher	Iowa Wesleyan	27.47	1.6	8
--	Davis, Lancford	Unattached	X20.79	6.5	1
--	Monroe, Daniel	Unattached	X22.04	6.5	1
--	Newlin, Sean	Unattached	X22.87	2.9	3
--	Sarkic, Alen	D4 National Chmp	X23.04	5.1	4
--	Sickerson, Nate	Unattached	X23.18	2.9	3
--	Offerman, Wez	D4 National Chmp	X23.24	5.1	4
--	Humburg, Dylan	D4 National Chmp	X23.99	5.1	4
--	Cmelik, Joe	D4 National Chmp	X24.43	3.3	7
--	Frisch, David	D4 National Chmp	X24.99	4.5	5

Men 400 Meter Dash

=====
 Meet Record: \$ 48.28 4/4/2009 TERRANCE REID, Northern Iowa
 47.50 AUTO
 48.50 PROV

Name	Year	School	Finals	H#	
1		Carlson, Cole	GustavusAdolphus	49.51	1
2		Ubbelohde, Dave	Minnesota Duluth	51.04	1
3		Leeb, Matt	GustavusAdolphus	51.20	2
4		Niemann, Ben	Minnesota Duluth	51.53	2
5		Moore, Kraig	Clarke College	51.79	1
6		Traynor, Tyler	Minnesota Duluth	52.75	2
7		Etgeton, Alex	Drake University	53.67	2
8		Samuelson, Gabe	North Iowa Area CC	53.99	2
9		Bettcher, Travis	Clarke College	54.08	1
10		Anderson, Chase	North Iowa Area CC	54.42	3
11		Stecker, Marty	Minnesota Duluth	54.53	4
12		Kendema, Mac	Minnesota Duluth	54.79	4
13		Ganner, Ryan	Minnesota Duluth	55.53	4
14		Hendrix, Grayson	Minnesota Duluth	57.89	4
15		Warlich, Jonnie	Clarke College	58.02	3
16		Quammen, Tanner	GustavusAdolphus	58.26	4
--		Anderson, Alex	D4 National Chmp	X52.51	2
--		Mendoza, Jordan	Unattached	X55.45	3

Central Invitational - 4/3/2010**Central College****Pella, Iowa****Results - Central Invite****Men 800 Meter Run**

 Meet Record: \$ 1:51.72 4/5/2008 TITUS KIPLIMO, Iowa Central
 1:50.80 AUTO
 1:53.00 PROV

Name	Year	School	Finals	
1		Miller, Alex	Central College	1:55.33
2		Finnerty, Mike	Minnesota Duluth	1:56.46
3		Gorman, Aaron	Minnesota Duluth	1:56.89
4		Carlson, Spencer	Minnesota Duluth	1:57.08
5		Hughes, Louis	Minnesota Duluth	1:57.11
6		Schornack, Ben	Central College	1:58.87
7		Jenson, Robbie	Minnesota Duluth	1:59.89
8		Froissard, Leonard	Coe College	2:00.53
9		Dahl, Josh	Minnesota Duluth	2:00.66
10		Moore, Kraig	Clarke College	2:02.47
11		McNamara, Dan	Clarke College	2:05.40
12		Garstka, Marc	Drake University	2:05.60
13		Riedel, Scott	Central College	2:06.78
13		Raether, Cristian	GustavusAdolphus	2:06.78
15		Ewing, Brent	Central College	2:07.23
16		McDonald, Bayquon	Iowa Wesleyan	2:07.77
17		Kemp, Kenny	Central College	2:08.30
18		Mickow, Mark	Minnesota Duluth	2:08.90
19		Jurysta, Matt	Drake University	2:09.92
20		Phares, Marshall	Drake University	2:13.79
21		Quammen, Tanner	GustavusAdolphus	2:14.55
22		Sheehan, Rob	Clarke College	2:20.02
23		Clarke, Matt	Clarke College	2:28.14
--		DeHeer, Jamie	Unattached	X2:04.88
--		Caldwell, Nick	D4 National Chmp	X2:07.86
--		Smith, Jacob	D4 National Chmp	X2:08.24
--		Monroe, Aaron	Unattached	X2:09.48

Men 1500 Meter Run

 Meet Record: \$ 3:54.24 1984 JEFF BROOKS, Simpson
 3:50.60 AUTO
 3:54.50 PROV

Name	Year	School	Finals	
1		Johnston, Dillon	Minnesota Duluth	4:08.14
2		Jurysta, Matt	Drake University	4:09.07
3		Johnston, Jared	Minnesota Duluth	4:09.40
4		Heineman, Kyle	Coe College	4:09.93
5		Ruttger, Tom	Minnesota Duluth	4:10.15
6		Morgan, Raleigh	North Iowa Area CC	4:12.25
7		Ewing, Brent	Central College	4:12.46
8		Vondracek, Austin	Central College	4:17.61
9		Lord, Jordan	Coe College	4:17.78
10		Taylor, Pierre	Central College	4:20.01
11		McNamara, Dan	Clarke College	4:21.55
12		Gerling, Jon	Indian Hills CC	4:23.66
13		Clough, Brandon	Central College	4:23.85
14		Wears, Brennen	Indian Hills CC	4:27.08

Central Invitational - 4/3/2010
Central College
Pella, Iowa
Results - Central Invite

....Men 1500 Meter Run

15	Hills, Hunter	Coe College	4:27.28
16	Fiscus, Steele	Indian Hills CC	4:30.49
17	Sheehan, Rob	Clarke College	4:39.68
18	Koski, Edward	Central College	4:48.28
19	Larson, Lars	Central College	4:52.03
20	Culver, Anders	GustavusAdolphus	4:57.02
21	Brondyke, Kurtis	Central College	4:57.14
22	Chang, Paden	Coe College	5:05.93
--	Bader, Josh	D4 National Chmp	X4:13.07
--	Caldwell, Nick	D4 National Chmp	X4:30.41
--	DeHeer, Jamie	Unattached	X4:36.31
--	Clark, Theodore	Unattached	X4:56.98

Men 5000 Meter Run

=====
 Meet Record: \$ 14:59.2h 1982 DANNY BAUER, Simpson
 14:39.92 AUTO
 14:48.00 PROV

Name	Year	School	Finals
1		Schroeder, Ryan	Coe College 15:42.36
2		O'Neil, Brad	Coe College 15:56.12
3		Campbell, Derek	Drake University 16:13.49
4		Oestreich, Adam	Drake University 16:24.80
5		Fiscus, Steele	Indian Hills CC 17:49.32
6		Gerling, Jon	Indian Hills CC 18:01.96

Men 10000 Meter Run

=====
 Meet Record: \$ 31:52.31 4/4/2009 DAN FOLEY, Gustavus Adolphus
 30:20.00 AUTO
 31:10.00 PROV

Name	Year	School	Finals
1		Escher, Erik	Minnesota Duluth 32:51.87
2		Eason, Ryan	Minnesota Duluth 33:15.16
3		Eicher, Bryan	Hastings College 33:42.12
--		Cooper, Michael	Unattached X34:01.89
--		Clark, Theodore	Unattached X34:47.06

Men 110 Meter Hurdles

=====
 Meet Record: \$ 14.33 4/4/2009 SHAWN OLORUNDAMI, Buena Vista
 14.42 AUTO
 14.88 PROV

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1		Knebel, John	Minnesota Duluth 15.81q	2.0	2
2		Warmuth, Jimmy	Minnesota Duluth 16.05q	0.5	1
3		Lundgren, Brent	Minnesota Duluth 16.67q	2.0	2
4		Dick, Nathan	North Iowa Area CC 17.38q	0.5	1
5		Hopper, Andrew	Central College 17.64q	0.5	1
6		Allen, Andy	Unattached 17.93q	0.5	1

Central Invitational - 4/3/2010**Central College****Pella, Iowa****Results - Central Invite****....Men 110 Meter Hurdles**

7	Fuller, Aaron	Central College	17.98q	2.0	2
8	Chesley, John	D4 National Chmp	19.18q	2.0	2
9	Fry, Ben	Central College	22.18	2.0	2

Men 110 Meter Hurdles

=====
 Meet Record: \$ 14.33 4/4/2009 SHAWN OLORUNDAMI, Buena Vista
 14.42 AUTO
 14.88 PROV

Name	Year	School	Finals	Wind	
=====					
Finals					
1		Knebel, John	Minnesota Duluth	15.26	3.8
2		Warmuth, Jimmy	Minnesota Duluth	15.45	3.8
3		Lundgren, Brent	Minnesota Duluth	16.54	3.8
4		Dick, Nathan	North Iowa Area CC	16.88	3.8
5		Hopper, Andrew	Central College	17.25	3.8
--		Allen, Andy	Unattached	X17.30	3.8
--		Chesley, John	D4 National Chmp	X18.05	3.8

Men 400 Meter Hurdles

=====
 Meet Record: \$ 53.45 1984 S. KASIK, Wartburg
 52.65 AUTO
 54.30 PROV

Name	Year	School	Finals	H#	
=====					
1		Knebel, John	Minnesota Duluth	54.94	1
2		Gegner, Jordan	Central College	57.72	1
3		Wilkinson, Chase	North Iowa Area CC	58.12	1
4		Molde, Matt	Minnesota Duluth	58.95	1
5		Campbell, Blake	North Iowa Area CC	58.99	1
6		Lundgren, Brent	Minnesota Duluth	59.10	1
7		Warmuth, Jimmy	Minnesota Duluth	59.36	2
8		Roudabush, Josh	William Penn U.	60.21	3
9		Hopper, Andrew	Central College	63.10	2
10		Heffele, Andy	Minnesota Duluth	63.97	3
11		Murphy, Alexx	North Iowa Area CC	65.24	1
--		Mendoza, Jordan	Unattached	X61.25	2
--		Stebbins, Michael	D4 National Chmp	X61.83	3
--		Allen, Andy	Unattached	X62.57	2

Men 3000 Meter Steeplechase

=====
 Meet Record: \$ 9:23.08 1984 DENNIS HUSTON, Wartburg
 9:07.00 AUTO
 9:25.00 PROV

Name	Year	School	Finals	
=====				
1		Hanson, Max	GustavusAdolphus	9:33.76
2		Robertson, Casey	North Iowa Area CC	9:44.37
3		Hamer, Andrew	Central College	10:09.03
4		Kostick, Robert	Minnesota Duluth	10:17.05
5		Nie, Craig	Coe College	10:22.08

Central Invitational - 4/3/2010**Central College****Pella, Iowa****Results - Central Invite****....Men 3000 Meter Steeplechase**

6	Lasch, Tim	Minnesota Duluth	10:22.48
7	Larson, Kyle	Minnesota Duluth	10:51.76
8	Fitzsimmons, Cory	Central College	10:55.55
--	Mase, Isaac	Clarke College	DNF

Men 4x100 Meter Relay

Meet Record: \$ 41.54 1995 CENTRAL, Central
 41.00 AUTO
 41.90 PROV

School	Finals	H#
1 Central College 'A'	42.35	1
1) Morris, Mitch	2) Danko, Logan	
3) Wood, Kyle	4) Scovel, Allen	
2 Central College 'B'	43.20	1
1) Faust, Clint	2) Patrick, Matt	
3) Veach, Trevor	4) Bolander, Luke	
3 Gustavus Adolphus College 'A'	43.32	1
1) Citrowske, Colby	2) Leeb, Matt	
3) Reed, Tony	4) Dvorak, Matt	
4 Iowa Wesleyan 'A'	43.74	1
1) Shields, Xavier	2) Hobbs, Ridge	
3) Amy, Jason	4) Talton, Nigel	
5 North Iowa Area CC 'A'	44.76	1
6 Clarke College 'A'	46.60	2
1) Nightingale, Chris	2) Warlich, Jonnie	
3) Christopher, Craig	4) Bettcher, Travis	
7 Minnesota Duluth 'A'	46.64	1
-- Central College 'C'	FS	1
1) Webb, Marcus	2) Heetland, Trent	
3) Williams, Brad	4) Heisterkamp, Philip	

Men 4x400 Meter Relay

Meet Record: \$ 3:15.14 4/5/2008 UNATTACHED, Unattached
 3:13.00 AUTO
 3:16.40 PROV

School	Finals	H#
1 Central College 'A'	3:23.00	1
1) Wood, Kyle	2) Patrick, Matt	
3) Miller, Alex	4) Bolander, Luke	
2 Gustavus Adolphus College 'A'	3:23.35	1
1) Leeb, Matt	2) Citrowske, Colby	
3) Reed, Tony	4) Carlson, Cole	
3 Minnesota Duluth 'A'	3:25.48	1
4 Minnesota Duluth 'B'	3:27.89	1
5 Minnesota Duluth 'C'	3:37.15	2
6 Central College 'B'	3:38.47	1
1) Miller, Ethan	2) Williams, Brad	
3) Beckman, Derek	4) Fuller, Aaron	
7 Central College 'C'	3:43.52	1
8 Minnesota Duluth 'D'	3:47.71	2

Central Invitational - 4/3/2010**Central College****Pella, Iowa****Results - Central Invite****....Men 4x400 Meter Relay**

9	Coe College	'A'	3:48.04	2
10	Central College	'D'	3:58.74	1

Men High Jump

Meet Record: \$ 2.10m 2009 JARON VANMAANEN / EHI OAMEN, Drake / Northern
 2.11m AUTO
 2.02m PROV

Name	Year	School	Finals	
1	Marks, Jordan	Central College	1.93m	6-04.00
2	Lundgren, Brent	Minnesota Duluth	1.88m	6-02.00
3	Peymann, Jake	GustavusAdolphus	1.83m	6-00.00
5	Heffele, Andy	Minnesota Duluth	J1.83m	6-00.00
5	Davis, Emery	Central College	1.73m	5-08.00
--	Amy, Jason	Iowa Wesleyan	NH	
--	Braman, Jeremy	Unattached	X1.83m	6-00.00

Men Pole Vault

Meet Record: \$ 4.85m 4/4/2009 PHIL HANSON, Northern Iowa
 5.07m AUTO
 4.70m PROV

Name	Year	School	Finals	
1	Nemec, Matt	GustavusAdolphus	4.27m	14-00.00
3	Molde, Matt	Minnesota Duluth	J4.12m	13-06.25
4	Fuller, Aaron	Central College	J4.12m	13-06.25
4	1 Mortell, Noal	Central College	3.97m	13-00.25
5	Dewar, Charles	Coe College	3.37m	11-00.75
6	Marks, Zach	Central College	2.92m	9-07.00
--	Rodgers, Darren	Minnesota Duluth	NH	
--	Stenoien, Carl	GustavusAdolphus	NH	
--	Lindenberg, David	Unattached	X4.42m	14-06.00
--	2 Bickel, Mr.	Unattached	X3.52m	11-06.50

Men Long Jump

Meet Record: \$ 7.25m 1996 D. THOMPSON, Monmouth
 7.30m AUTO
 7.00m PROV

Name	Year	School	Finals	Wind	
1	Thomas, Javares	William Penn U.	7.09m PROV	2.2	23-03.25
2	Hobbs, Ridge	Iowa Wesleyan	6.41m	2.6	21-00.50
3	Warmuth, Jimmy	Minnesota Duluth	6.09m	2.2	19-11.75
4	Heisterkamp, Phili	Central College	6.07m	1.6	19-11.00
5	Rust, Colin	GustavusAdolphus	6.02m	2.6	19-09.00
6	Peymann, Jake	GustavusAdolphus	5.96m	2.6	19-06.75
7	Deters, Joe	Minnesota Duluth	5.93m	2.9	19-05.50
8	Garrett, Ben	Central College	5.78m	1.8	18-11.75
9	Dvorak, Matt	GustavusAdolphus	5.69m	2.3	18-08.00
10	Tatum, Isaiah	North Iowa Area CC	5.62m	NWI	18-05.25
11	Morris, Mitch	Central College	5.50m	1.3	18-00.50

Central Invitational - 4/3/2010
Central College
Pella, Iowa
Results - Central Invite

....Men Long Jump

12	Mosley, Seth	North Iowa Area CC	5.49m	NWI	18-00.25
13	Marks, Jordan	Central College	5.37m	0.8	17-07.50
14	Young, David	GustavusAdolphus	5.28m	0.9	17-04.00
15	Scheer, Mark	GustavusAdolphus	5.16m	0.6	16-11.25
16	Kaye, Jameson	Iowa Wesleyan	4.66m	0.8	15-03.50
--	Everett, Greg	Coe College	ND	NWI	
--	Humburg, Dylan	D4 National Chmp	X5.96m	3.1	19-06.75

Men Triple Jump

Meet Record: \$ 14.60m 1979 HOLLAND, Coe
 14.85m AUTO
 14.20m PROV

Name	Year	School	Finals	Wind
1	Thomas, Javares	William Penn U.	14.72m PROV	3.0 48-03.50
2	Warmuth, Jimmy	Minnesota Duluth	13.22m	2.4 43-04.50
3	Rust, Colin	GustavusAdolphus	12.44m	1.9 40-09.75
4	Niemann, Ben	Minnesota Duluth	12.34m	1.2 40-06.00
5	Deters, Joe	Minnesota Duluth	12.12m	2.3 39-09.25
6	Hallengren, Shane	Central College	11.62m	4.2 38-01.50
7	Garrett, Ben	Central College	11.54m	1.6 37-10.50
8	Young, David	GustavusAdolphus	11.31m	3.4 37-01.25
--	Scheer, Mark	GustavusAdolphus	FOUL	
--	Braman, Jeremy	Unattached	X12.08m	1.7 39-07.75

Men Shot Put

Meet Record: \$ 18.09m 1996 DENNIS BLACK, Upper Iowa
 17.00m AUTO
 15.45m PROV

Name	Year	School	Finals
1	Anderson, Brian	GustavusAdolphus	14.74m 48-04.50
2	Graber, Matt	Central College	14.12m 46-04.00
3	Miller, Phillip	Central College	14.09m 46-02.75
4	Fleming, Josh	Central College	13.45m 44-01.50
5	Ritter, Eric	Coe College	13.36m 43-10.00
6	Crouse, Tyler	Central College	12.82m 42-00.75
7	Silva, Richard	Iowa Wesleyan	12.73m 41-09.25
8	Strange, Jake	Minnesota Duluth	12.61m 41-04.50
9	6 Seaton, Jacob	Coe College	12.52m 41-01.00
10	Lepisto, Jacob	Minnesota Duluth	11.97m 39-03.25
11	Green, Matt	Minnesota Duluth	11.86m 38-11.00
12	Brondyke, Kurtis	Central College	11.79m 38-08.25
13	Carr, Elliot	Clarke College	11.54m 37-10.50
14	Anderson, Dale	Coe College	11.34m 37-02.50
15	Bryz-Gornia, Erik	GustavusAdolphus	11.32m 37-01.75
16	Thompson, Mitchell	North Iowa Area CC	11.21m 36-09.50
--	Randall, Brandon	Minnesota Duluth	ND
--	Hickey, John	Unattached	X17.98m 59-00.00
--	Swarbrick, Daniel	Unattached	X14.59m 47-10.50
--	5 Garrison, Josh	Unattached	X13.39m 43-11.25
--	Wagner, Peter	Unattached	X12.14m 39-10.00

Central Invitational - 4/3/2010**Central College****Pella, Iowa****Results - Central Invite****Men Discus Throw**

 Meet Record: \$ 61.84m 4/6/2007 AJ CURTIS, Minn Duluth
 51.50m AUTO
 47.00m PROV

Name	Year	School	Finals	
1		Crouse, Tyler	Central College	46.00m 150-11
2		Anderson, Dale	Coe College	42.05m 137-11
3		Fleming, Josh	Central College	41.98m 137-09
4		Silva, Richard	Iowa Wesleyan	39.69m 130-02
5		Meyer, Andrew	Coe College	38.59m 126-07
6		Peterson, Garret	Minnesota Duluth	38.44m 126-01
7		Thompson, Mitchell	North Iowa Area CC	38.20m 125-04
8		Brondyke, Kurtis	Central College	35.52m 116-06
9		Joyce, Jesse	Central College	35.07m 115-01
10		Munhollon, Tyler	Coe College	35.06m 115-00
11		Cook, Ben	Minnesota Duluth	33.78m 110-10
12		Green, Matt	Minnesota Duluth	33.62m 110-04
13		Nichols, Heath	William Penn U.	33.39m 109-06
14		Stice, Mark	GustavusAdolphus	33.13m 108-08
15		Anderson, Brian	GustavusAdolphus	29.11m 95-06
16		Fuller, Aaron	Central College	28.42m 93-03
17		Lepisto, Jacob	Minnesota Duluth	3.40m 11-02
--		Miller, Phillip	Central College	FOUL
--		Swarbrick, Daniel	Unattached	X49.72m 163-01
--		Clark, Mat	Unattached	X40.95m 134-04
--		Wagner, Peter	Unattached	X35.63m 116-11

Men Hammer Throw

 Meet Record: \$ 60.75m 4/6/2007 ADAM HAMILTON, Univ of Iowa
 57.00m AUTO
 52.50m PROV

Name	Year	School	Finals	
1		Crouse, Tyler	Central College	47.14m 154-08
2		Graber, Matt	Central College	45.11m 148-00
3		Anderson, Dale	Coe College	44.48m 145-11
4		Ritter, Eric	Coe College	43.74m 143-06
5		Strange, Jake	Minnesota Duluth	42.65m 139-11
6		Nichols, Heath	William Penn U.	42.26m 138-08
7		Joyce, Jesse	Central College	42.22m 138-06
8		Fleming, Josh	Central College	41.50m 136-02
9		Cook, Ben	Minnesota Duluth	40.57m 133-01
10		Anderson, Brian	GustavusAdolphus	40.25m 132-01
11		Hixon, Trevor	Central College	39.07m 128-02
12		Miller, Phillip	Central College	38.19m 125-03
13		Stice, Mark	GustavusAdolphus	37.59m 123-04
14		Lepisto, Jacob	Minnesota Duluth	35.76m 117-04
15		Thompson, Mitchell	North Iowa Area CC	33.77m 110-09
16		Randall, Brandon	Minnesota Duluth	31.76m 104-02
17		Peterson, Garret	Minnesota Duluth	31.59m 103-08
18		Jones, Travis	North Iowa Area CC	31.48m 103-03
19		Green, Matt	Minnesota Duluth	24.55m 80-06
20		Bryz-Gornia, Erik	GustavusAdolphus	24.01m 78-09

Central Invitational - 4/3/2010**Central College****Pella, Iowa****Results - Central Invite****....Men Hammer Throw**

--	Munhollon, Tyler	Coe College	ND	
--	Meyer, Andrew	Coe College	ND	
--	Dahlin, Jon	Unattached	X53.79m	176-06
--	Swarbrick, Daniel	Unattached	X39.58m	129-10

Men Javelin Throw

Meet Record: \$ 67.35m 1983 MIKE SHANAHAN, Central
 62.50m AUTO
 57.80m PROV

Name	Year	School	Finals	
1		Brondyke, Kurtis	Central College	53.31m 174-11
2		Larson, Dan	Minnesota Duluth	51.80m 169-11
3		Rosien, Jameson	Central College	47.34m 155-04
4		Patterson, Kyle	Central College	44.50m 146-00
5		Burzacott, Ben	Central College	41.68m 136-09
6		Schmailzl, Matt	Central College	41.02m 134-07
7	3	Heath, Nick	William Penn U.	40.65m 133-04
8		Fuller, Aaron	Central College	J40.65m 133-04
9		Strange, Jake	Minnesota Duluth	39.82m 130-08
10		Amy, Jason	Iowa Wesleyan	37.03m 121-06
11		Vance, Nick	Central College	36.76m 120-07
12		Brummitt, Chris	Coe College	35.72m 117-02
13		Peterson, Garret	Minnesota Duluth	35.71m 117-02
14		Cook, Ben	Minnesota Duluth	34.93m 114-07
15		Thompson, Mitchell	North Iowa Area CC	34.79m 114-02
15		Nichols, Heath	William Penn U.	34.79m 114-02
17		Jones, Travis	North Iowa Area CC	33.75m 110-09
18		Rust, Colin	GustavusAdolphus	33.66m 110-05
19		Kaye, Jameson	Iowa Wesleyan	30.51m 100-01
20		Ledvina, Adam	Central College	30.17m 99-00
21		Kendema, Mac	Minnesota Duluth	28.70m 94-02
--		Young, David	GustavusAdolphus	ND
--		Wagner, Peter	Unattached	X47.79m 156-09
--	4	Rust, Colin	Unattached	X33.66m 110-05

Women - Team Rankings - 20 Events Scored

1) Minnesota Duluth	269.50	2) Central College	151.83
3) Coe College	118.50	4) Gustavus Adolphus College	90.50
5) Univ of Iowa	48	6) Clarke College	45.33
7) Drake University	24	8) William Penn U.	10.33
9) North Iowa Area CC	4	10) Indian Hills CC	2
11) Iowa Wesleyan	1		

Men - Team Rankings - 20 Events Scored

1) Central College	222.50	2) Minnesota Duluth	212.50
3) Gustavus Adolphus College	97	4) Coe College	59
5) Iowa Wesleyan	49	6) North Iowa Area CC	33
7) William Penn U.	26	8) Drake University	21
9) Indian Hills CC	7	9) Clarke College	7
11) Hastings College	6		