



Iowa Conference Outdoor Track & Field

April 22, 2009

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This Week's Schedule

April 23-25

100th Drake Relays at Drake University, Des Moines

April 24

Coe, Cornell, Central, Simpson, Wartburg @ Kip Janvrin Open
at Simpson College, Indianola

April 25

Dubuque, Loras, Luther, Wartburg @ Loras Open
at Loras College, Dubuque

April 26

Buena Vista @ BVU All-Comers
at Buena Vista University, Storm Lake

2009 IIAC Outdoor Track & Field
Championship

May 1-2 (decathlon/heptathlon)

May 8-9

Hosted by Central College

Iowa Conference Performers of the Week

Week

Ending	Women's Performer, School
March 29	Hannah Weiss, Loras
April 5	Ashley Schnell, Coe
April 12	Akeya Aimable, Wartburg
April 19	Hannah Baker, Wartburg

Men's Performer, School
Eric Bertelsen, Buena Vista
Kurtis Brondyke, Central
Eric Bertelsen, Buena Vista
Shawn Olorundami, Buena Vista

Men's Top-3 Performances (IIAC Championship Events)

Performance Athlete, School Date

100-meter dash (AQ - 10.55/PQ - 10.78)

10.51 Eric Bertelsen, Buena Vista Apr. 18
 10.84 Jeanriles Metezier, Dubuque Mar. 30
 10.88 Zach Smith, Simpson Apr. 8

200-meter dash (AQ - 21.31/PQ - 21.80)

21.41 Eric Bertelsen, Buena Vista Apr. 11
 22.09 Zach Smith, Simpson Apr. 4
 22.13 Jeanriles Metezier, Dubuque Mar. 30

400-meter dash (AQ - 47.40/PQ - 48.50)

49.73 Luke Bolander, Central Apr. 11
 49.79 Matt Patrick, Central Apr. 4
 50.08 Kyle Yarkosky, Simpson Apr. 18

800-meter run (AQ - 1:51.10/PQ - 1:53.00)

1:53.64 Alex Miller, Central Apr. 17
 1:55.79 Mark Sulkin, Loras Apr. 8
 1:56.23 Derek Townsend, Central Apr. 17

1500-meter run (AQ - 3:50.60/PQ - 3:55.00)

3:57.92 Mark Sulkin, Loras Apr. 4
 3:58.33 Brian Chenoweth, Wartburg Apr. 4
 4:00.44 Eric Patten, Simpson Apr. 4

5000-meter run (AQ - 14:28.0/PQ - 14:45.0)

15:05.67 Lane Moser, Coe Apr. 18
 15:10.25 Ryan Shroeder, Coe Apr. 18
 15:11.58 Andrew Tobben, Cornell Apr. 3

10,000-meter run (AQ - 30:20.0/PQ - 31:10.0)

30:07.04 Brian Chenoweth, Wartburg Apr. 18
 32:52.05 Jaron Byrum, Central Apr. 11
 34:00.49 Eric Osterhaus, Simpson Apr. 18

110-meter hurdles (AQ - 14.42/PQ - 14.90)

14.33 Shawn Olorundami, Buena Vista Apr. 4
 14.93 Russell Harris, Wartburg Apr. 10
 15.07 Tanner Russ, Buena Vista Apr. 17

400-meter hurdles (AQ - 52.65/PQ - 54.30)

54.86 Shawn Olorundami, Buena Vista Apr. 11
 55.50 Michael Koehler, Wartburg Apr. 18
 55.16 Scott Schemmel, Loras Apr. 18
 56.16 Vance Rudolph, Coe Apr. 18

3000-m steeplechase (AQ - 9:08.00/PQ - 9:23.0)

9:28.42 Teddy Clark, Central Apr. 11
 9:29.7h Austin Tegels, Luther Apr. 18
 9:35.95 John Fry, Loras Mar. 19

Performance Athlete, School Date

4x100 relay (AQ - 41.00/PQ - 41.90)

41.83 Buena Vista Apr. 17
 42.07 Dubuque Mar. 30
 42.08 Central Apr. 11

4x400 relay (AQ - 3:13.0/PQ - 3:16.8)

3:17.28 Central Apr. 11
 3:23.04 Loras Apr. 18
 3:23.07 Simpson Apr. 18

High Jump (AQ - 2.11 m/PQ - 2.02 m)

2.00m Ethan Miller, Central Apr. 11
 2.00m Jordan Sathoff, Wartburg Apr. 18
 1.96m Chris Buresh, Loras Mar. 19

Pole Vault (AQ - 5.04 m/PQ - 4.70 m)

4.55m Chris Buresh, Loras Apr. 8
 4.55m Matt Trio, Luther Apr. 4
 4.45m Josh Blessing, Luther Apr. 18

Long Jump (AQ - 7.30 m/PQ - 7.00 m)

7.50m Eric Bertelsen, Buena Vista Mar. 27
 6.85m Ethan Miller, Central Apr. 17
 6.77m Jarod Schott, Simpson Apr. 8

Triple Jump (AQ - 14.80 m/PQ - 14.20 m)

13.35m Zach Smith, Simpson Apr. 4
 13.27m Damoan Lott, Wartburg Apr. 4
 12.82m Chris Keninger, Wartburg Apr. 18

Shot Put (AQ - 17.00 m/PQ - 15.45 m)

15.70m Matt Graber, Central Apr. 11
 14.92m Josh Garrison, Central Apr. 18
 14.44m Scott Danielson, Simpson Apr. 4

Discus Throw (AQ - 51.50 m/PQ - 47.00 m)

46.39m John Kuckelman, Wartburg Apr. 11
 45.54m Brian Westemeier, Loras Apr. 18
 44.94m Matt Maloney, Loras Apr. 8

Hammer Throw (AQ - 57.00 m/PQ - 52.00 m)

51.94m Matt Maloney, Loras Apr. 8
 51.26m John Kuckelman, Wartburg Apr. 18
 49.40m Brian Westemeier, Loras Apr. 8

Javelin (AQ - 62.50 m/PQ - 57.50 m)

56.55m Steven Salinas, Wartburg Apr. 4
 53.40m Alex McGrew, Loras Apr. 4
 52.24m Jake Darrington, Simpson Apr. 4

Decathlon (AQ - 6600 pts./PQ - 6050 pts.)

6088 Kurtis Brondyke, Central Apr. 4
 6085 Ethan Miller, Central Apr. 4
 5625 Greg Foote, Central Apr. 4

Women's Top-3 Performances (IIAC Championship Events)

Performance Athlete, School Date

100-meter dash (AQ – 12.00/PQ - 12.30)

12.42 Kelsey Steffens, Wartburg Apr. 11
 12.57 Jenny Kordick, Wartburg Apr. 17
 12.63 Nevada Morrison, Wartburg Apr. 11

200-meter dash (AQ - 24.57/PQ - 25.25)

25.34 Faith Burt, Wartburg Apr. 11
 25.37 Hannah Baker, Wartburg Apr. 4
 25.64 Chelsey Jacobs, Wartburg Apr. 4

400-meter dash (AQ - 55.90/PQ – 57.50)

56.03 Hannah Baker, Wartburg Apr. 17
 57.04 Nevada Morrison, Wartburg Apr. 17
 57.22 Faith Burt, Wartburg Apr. 17

800-meter run (AQ - 2:11.0/PQ - 2:14.4)

2:14.22 Hannah Weiss, Loras Mar. 19
 2:14.30 Catie Ellingson, Simpson Apr. 8
 2:16.11 Sarah Hammell, Simpson Apr. 8

1500-meter run (AQ - 4:32.5/PQ - 4:39.0)

4:31.62 Ashley Schnell, Coe Apr. 4
 4:39.97 Tara Kilburg, Loras Mar. 19
 4:40.79 Catie Ellingson, Simpson Apr. 4

5000-meter run (AQ - 16:55.0/PQ - 17:35.0)

17:05.26 Ashley Schnell, Coe Apr. 10
 17:46.33 Katie Dolan, Luther Apr. 17
 17:47.11 Anna Kraayenbrink, Wartburg Apr. 10

10,000-meter run (AQ - 35:48.0/PQ - 37:25.0)

38:11.95 Amber Mayer, Central Apr. 11
 38:25.49 Angie Berry, Central Apr. 11
 39:26.45 Jess Christensen, Simpson Apr. 18

100-meter hurdles (AQ - 14.35/PQ – 14.95)

14.44 Lauren Bucklin, Simpson Apr. 18
 14.60 Natalie Olorundami, Buena Vista Apr. 17
 14.67 Barb Kremer, Loras Mar. 19

400-meter hurdles (AQ - 1:02.00/PQ - 1:04.00)

1:03.69 Kelsey Steffens, Wartburg Apr. 17
 1:04.12 Natalie Olorundami, Buena Vista Apr. 11
 1:04.41 Lauren Bucklin, Simpson Apr. 18

3000-m steeplechase (AQ-10:44.0/PQ-11:13.0)

11:22.99 Katie Dolan, Luther Apr. 4
 11:24.04 Jess Clark, Central Apr. 11
 11:31.63 Amy Ledvina, Central Apr. 11

Performance Athlete, School Date

4x100 relay (AQ - 47.30/PQ – 48.65)

47.73 Wartburg Apr. 10
 49.97 Coe Apr. 18
 50.01 Loras Apr. 18

4x400 relay (AQ - 3:49.60/PQ - 3:56.60)

3:44.29 Wartburg Apr. 18
 4:01.79 Coe Apr. 18
 4:02.27 Luther Apr. 17

High Jump (AQ - 1.71 m/PQ - 1.65 m)

1.62m Kinsey Bak, Simpson Apr. 8
 1.60m Caitlin Wilson, Central Apr. 11
 1.58m Taylor Schuelke, Central Apr. 17

Pole Vault (AQ - 3.82 m/PQ - 3.50 m)

3.05m Liz Knutson, Luther Apr. 4
 2.60m Bridget McQuillan, Loras Apr. 4
 2.60m Liz Hasenmiller, Central Apr. 4
 2.60m Corie Peterson, Simpson Apr. 4
 2.60m Ashley Feldman, Central Apr. 11
 2.60m Michelle Hannemann, Cornell Apr. 18

Long Jump (AQ - 5.80 m/PQ - 5.47 m)

5.43m Skye Morrison, Wartburg Apr. 10
 5.22m Hannah Baker, Wartburg Apr. 10
 5.05m Jill Ziskovsky, Central Apr. 11

Triple Jump (AQ - 12.00 m/PQ - 11.30 m)

11.69m Akeya Aimable, Wartburg Apr. 10
 10.92m Skye Morrison, Wartburg Apr. 10
 10.32m Lisa Richter, Luther Apr. 8

Shot Put (AQ - 14.20 m/PQ - 12.90 m)

13.12m Sarah Hoffmann, Wartburg Apr. 4
 13.04m Morgan Darrow, Buena Vista Apr. 17
 12.93m Kayla Knaack, Simpson Apr. 8

Discus Throw (AQ – 47.00 m/PQ - 42.50 m)

43.19m Chelsey Degen, Simpson Apr. 8
 42.88m Sarah Anciaux, Coe Apr. 11
 42.10m Danielle McNally, Loras Apr. 8

Hammer Throw (AQ - 52.60 m/PQ - 46.50 m)

49.86m Holly Rader, Coe Apr. 4
 48.35m Danielle McNally, Loras Apr. 4
 46.43m Kayla Knaack, Simpson Apr. 8

Javelin Throw (AQ - 44.20 m/PQ – 38.50 m)

37.77m Lauren Boleen, Luther Apr. 8
 37.62m Kelsey Peterson, Central Apr. 17
 37.16m Carissa Bentz, Central Apr. 17

Heptathlon (AQ - 4600 pts./PQ - 4100 pts.)

4164 Jill Ziskovsky, Central Apr. 4
 4099 Caitlin Wilson, Central Apr. 4
 4040 Carissa Bentz, Central Apr. 4