

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 76 Boys High Jump OHS**

-- Nolan Sampson	11	CHEROKEE	NH
-- Nathan Gutzmann	12	EMERSON-HUBBARD	NH
-- Jacob Conneally	10	MT MICHAEL	NH
-- James Landon	10	SF LINCOLN	NH
-- Elijah Simon	11	SF LINCOLN	NH
-- Patrick McAreavy	12	GALVA-HOLSTEIN	NH

Event 77 Women 100 Meter Dash UCO

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Kristen Stewart		UNIVERSITY OF MARY	12.12q	1.5	2
2 Jenessa Filler		UNATTACHED	12.31q	1.5	4
3 Kacie Sweep		UNIVERSITY OF MARY	12.32q	1.9	1
4 Kyla Wasser		BLACK HILLS STATE	12.49q	1.4	3
5 Bobbi Jo Buyck		AUGUSTANA COLLEGE	12.56q	1.9	1
6 AnnaLiesa Fauth		JAMESTOWN COLLEGE	12.64q	1.4	3
7 Marisa Aldinger		NO. STATE	12.88q	1.5	2
8 Sarah Franje		DORDT COLLEGE	12.97q	1.4	3
9 Crystal Vander Zee		DORDT COLLEGE	13.02	1.5	4
10 Chelsea Rew		USD	13.02	1.9	1
11 Leslie Yost		NO. STATE	13.03	1.4	3
12 Maria Franker		NO. STATE	13.03	1.5	2
13 Trish Hogrefe		BUENA VISTA	13.11	1.9	1
14 Lauren Krell		USD	13.17	1.5	4
15 Elizabeth Stevens		NORTHWESTERN	13.29	1.5	4
16 Kailey Hunhoff		D WESLEY	13.32	1.5	2
17 Sarah Drew		AUGUSTANA COLLEGE	13.33	1.5	2
18 Steph Leist		D WESLEY	13.33	1.9	1
19 Larissa Veldhuizen		DORDT COLLEGE	13.35	1.4	3
20 Andrea Wedel		NORTHWESTERN	13.36	1.5	4
21 Jenna Brouwer		DORDT COLLEGE	13.52	1.9	1
22 Laci Schurr		NO. STATE	13.53	1.4	3
23 Claire Severson		AUGUSTANA COLLEGE	13.53	1.9	1
24 Nancy Tatou		BRIAR CLIFF	13.64	1.5	2
25 Heather Husman		MORNINGSIDE COLLEGE	13.67	1.5	4
26 Keely Lawton		SDSU	13.74	1.9	1
27 Becca Gonzalez		BUENA VISTA	13.79	1.5	4
28 Hannah Taylor		NORTHWESTERN	13.98	1.4	3
29 Amy Pheneger		DAKOTA STATE	14.01	1.5	2

Event 77 Women 100 Meter Dash UCO

Name	Year	School	Finals	Wind
Finals				
1 Kristen Stewart		UNIVERSITY OF MARY	12.17	0.6
2 Kacie Sweep		UNIVERSITY OF MARY	12.38	0.6
3 Jenessa Filler		UNATTACHED	12.46	0.6
4 Kyla Wasser		BLACK HILLS STATE	12.63	0.6
5 AnnaLiesa Fauth		JAMESTOWN COLLEGE	12.66	0.6
6 Bobbi Jo Buyck		AUGUSTANA COLLEGE	12.79	0.6
7 Marisa Aldinger		NO. STATE	13.04	0.6
8 Sarah Franje		DORDT COLLEGE	13.18	0.6

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****Event 78 Men 100 Meter Dash UCO**

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Eric Bertelsen	BUENA VISTA	10.51q	1.3	5
2 Tracy Lide	UNATTACHED	10.77q	1.7	4
3 sam acheampong	BRIAR CLIFF	10.84q	1.7	2
4 Cory Ploof	UNIVERSITY OF MARY	11.14q	1.7	3
5 Corey Beffert	SDSU	11.17q	1.7	3
6 Erik Lindsay	BRIAR CLIFF	11.21q	1.7	4
7 Brad South	MORNINGSIDE COLLEGE	11.23q	1.3	5
8 Cecil Milton	BRIAR CLIFF	11.25q	1.7	3
9 Justin Bauer	BUENA VISTA	11.25	1.7	2
10 Dan Winders	UNATTACHED	11.31	1.6	1
11 Nathan Bivens	JAMESTOWN COLLEGE	11.31	1.6	1
12 Roland Osaе-Opang	DORDT COLLEGE	11.33	1.6	1
13 Brody McNellis	NORTHWESTERN	11.35	1.7	4
14 Evan Bunkers	SDSU	11.36	1.6	1
15 DJ Thompson	UNATTACHED	11.38	1.3	5
16 Alex Perkowski	USD	11.42	1.7	4
17 Zak Kjolsing	NO. STATE	11.44	1.3	5
18 Jordan Langer	NORTHWESTERN	11.44	1.7	2
19 Kenny Szymonowicz	JAMESTOWN COLLEGE	11.44	1.3	5
20 Luke Hofmeyer	NORTHWESTERN	11.48	1.7	3
21 Brent Jansen	JAMESTOWN COLLEGE	11.50	1.7	2
22 Josh Hansen	BRIAR CLIFF	11.55	1.7	3
23 Parker Moore	NORTHWESTERN	11.57	1.7	2
24 Cody Spreeman	BRIAR CLIFF	11.58	1.7	4
25 Joe Lammers	DORDT COLLEGE	11.59	1.3	5
26 Kenneth Nichols	BUENA VISTA	11.60	1.6	1
27 Josh Sundall	SDSU	11.60	1.7	2
28 Matt Kloss	NO. STATE	11.62	1.7	2
29 Nathan Buresh	U SIOUX FALL	11.69	1.7	4
30 Augustus Capers	NO. STATE	11.71	1.7	3
31 Jeremy Beulah	NO. STATE	11.89	1.7	4
32 Tyler Hoch	UNATTACHED	11.92	1.7	3
33 Erik Hanson	UNATTACHED	11.93	1.7	4
34 Juston Wynia	UNATTACHED	12.05	1.6	1
35 Landon Berg	WAYNE STATE COLLEGE	12.21	1.3	5
36 Joseph Michel	JAMESTOWN COLLEGE	12.22	1.6	1
37 Cameron Carlow	NORTHWESTERN	12.36	1.7	2
38 Malachiah Fleming	D WESLEY	12.41	1.7	3

Event 78 Men 100 Meter Dash UCO

Name	Year School	Finals	Wind
Finals			
1 Eric Bertelsen	BUENA VISTA	10.86	NWI
2 Tracy Lide	UNATTACHED	11.02	NWI
3 sam acheampong	BRIAR CLIFF	11.25	NWI
4 Corey Beffert	SDSU	11.29	NWI
5 Erik Lindsay	BRIAR CLIFF	11.41	NWI
6 Cory Ploof	UNIVERSITY OF MARY	11.43	NWI
7 Brad South	MORNINGSIDE COLLEGE	11.49	NWI
8 Cecil Milton	BRIAR CLIFF	11.53	NWI

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****Event 79 Women 100 Meter Hurdles UCO**

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Natalie Olorundami	BUENA VISTA	14.60q	1.9	1
2 Crystal Schiernbeck	USD	14.83q	1.8	2
3 Haley Juhnke	USD	15.16q	1.7	3
4 Emily De Weerd	NORTHWESTERN	15.46q	1.8	2
5 Bailey Johnson	MORNINGSIDE COLLEGE	15.68q	1.9	1
6 Sarah Skipper	JAMESTOWN COLLEGE	15.68q	1.6	4
7 Kristyn Nelson	UNIVERSITY OF MARY	15.70q	1.7	3
8 Jade Lippman	WAYNE STATE COLLEGE	15.90q	1.9	1
9 Andrea Boyd	BUENA VISTA	15.94	1.9	1
10 Karina Wieringa	DORDT COLLEGE	15.95	1.8	2
11 Kim Streyle	DAKOTA STATE	16.15	1.8	2
12 Meagan Grandgenett	AUGUSTANA COLLEGE	16.28	1.6	4
13 Claire Severson	AUGUSTANA COLLEGE	16.42	1.8	2
14 Tanya Vassar	NO. STATE	16.49	1.7	3
15 Stacey Dietrich	NORTHWESTERN	16.83	1.6	4
16 Kim Markham	SDSU	16.89	1.9	1
17 Kallie Merrill	JAMESTOWN COLLEGE	17.30	1.8	2
18 Shannon Bowar	NORTHWESTERN	17.41	1.8	2
19 Sara Schultz	DAKOTA STATE	17.56	1.7	3
20 Ashley Cooper	JAMESTOWN COLLEGE	17.76	1.6	4
21 Amy Kessler	MORNINGSIDE COLLEGE	18.06	1.9	1
22 Brittany Beehler	UNIVERSITY OF MARY	18.30	1.7	3
23 Jasmine McDonald	SDSU	19.05	1.6	4

Event 79 Women 100 Meter Hurdles UCO

Name	Year School	Finals	Wind
Finals			
1 Natalie Olorundami	BUENA VISTA	14.80	NWI
2 Crystal Schiernbeck	USD	14.99	NWI
3 Haley Juhnke	USD	15.24	NWI
4 Emily De Weerd	NORTHWESTERN	15.66	NWI
5 Kristyn Nelson	UNIVERSITY OF MARY	16.00	NWI
6 Jade Lippman	WAYNE STATE COLLEGE	16.54	NWI

Event 80 Men 110 Meter Hurdles UCO

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Erik Lindsay	BRIAR CLIFF	14.77q	0.5	3
2 Shawn Olorundami	BUENA VISTA	14.79q	2.5	2
3 Garrett Flamig	WAYNE STATE COLLEGE	14.83q	0.5	3
4 Kyle Sauter	NORTHWESTERN	15.09q	2.5	2
5 Tanner Russ	BUENA VISTA	15.22q	1.1	1
6 Paul Mallory	AUGUSTANA COLLEGE	15.44q	2.5	2
7 Trevor Steen	NO. STATE	15.58q	1.1	1
8 Arabin Lightfoot	NO. STATE	15.81q	2.5	2
9 Erik Hanson	UNATTACHED	15.82	2.5	2
10 Luke Shevela	UNIVERSITY OF MARY	16.20	0.5	3
11 Sam Quaintance	AUGUSTANA COLLEGE	16.26	1.1	1

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 80 Men 110 Meter Hurdles UCO**

12	Derrick Rensink	NORTHWESTERN	16.59	1.1	1
13	Alan Green	USD	17.27	0.5	3
14	Caleb Peters	USD	17.93	0.5	3
--	Nathan Horgeshimer	JAMESTOWN COLLEGE	DQ	1.1	1

Event 80 Men 110 Meter Hurdles UCO

Name	Year School	Finals	Wind
Finals			
1	Shawn Olorundami	BUENA VISTA	14.53 NWI
2	Erik Lindsay	BRIAR CLIFF	14.79 NWI
3	Garrett Flamig	WAYNE STATE COLLEGE	15.02 NWI
4	Tanner Russ	BUENA VISTA	15.07 NWI
5	Kyle Sauter	NORTHWESTERN	15.15 NWI
6	Arabin Lightfoot	NO. STATE	15.68 NWI
7	Trevor Steen	NO. STATE	15.69 NWI

Event 81 Women 400 Meter Dash UCO

Name	Year School	Finals	H#
1	Christina King	WAYNE STATE COLLEGE	57.07 4
2	Natalie Wipf	D WESLEY	58.29 4
3	AnnaLiesa Fauth	JAMESTOWN COLLEGE	58.86 4
4	Anne Torkelson	MORNINGSIDE COLLEGE	58.96 4
5	Betsy Bischoff	UNIVERSITY OF MARY	59.67 4
6	Sarah Sikkema	DORDT COLLEGE	1:00.52 4
7	Kelsey Randa	BRIAR CLIFF	1:00.66 4
8	Margo Stanforth	MORNINGSIDE COLLEGE	1:00.68 3
9	Katie Zent	JAMESTOWN COLLEGE	1:00.88 3
10	Theresa Cook	MORNINGSIDE COLLEGE	1:01.28 2
11	Cecile Udsten	UNATTACHED	1:01.31 4
12	Sabrina Sieperda	MORNINGSIDE COLLEGE	1:01.82 3
13	Heather Hoefs	MORNINGSIDE COLLEGE	1:02.39 2
14	Karisa Hartje	DAKOTA STATE	1:03.19 2
15	Rose Hunter	BLACK HILLS STATE	1:03.29 3
16	Allison Christy	MORNINGSIDE COLLEGE	1:03.58 1
17	Teresa Scholten	NORTHWESTERN	1:03.65 2
18	Emily Fritz	NO. STATE	1:04.23 3
19	Audrey Cooley	BRIAR CLIFF	1:04.42 2
20	Katie Pociask	U SIOUX FALL	1:04.92 2
21	Heather Borns	NO. STATE	1:05.04 2
22	Mallory Souder	JAMESTOWN COLLEGE	1:05.23 2
23	Becca Gonzalez	BUENA VISTA	1:05.38 3
24	Emily Sewick	MORNINGSIDE COLLEGE	1:05.45 1

Event 82 Men 400 Meter Dash UCO

Name	Year School	Finals	H#
1	Tracy Lide	UNATTACHED	49.51 5
2	Erik Lindsay	BRIAR CLIFF	50.06 5
3	Dan Winders	UNATTACHED	50.09 5
4	Zane Peterson	U SIOUX FALL	50.16 4

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 82 Men 400 Meter Dash UCO**

5	DJ Thompson	UNATTACHED	50.65	4
6	Jeremiah Avise Rouse	MORNINGSIDE COLLEGE	50.85	3
7	Andy Jansen	WAYNE STATE COLLEGE	50.91	5
8	Kristien Magnussen	UNATTACHED	51.01	5
9	Ben Jansen	WAYNE STATE COLLEGE	51.07	4
10	Eric Bertelsen	BUENA VISTA	51.24	5
11	Josh De Jong	DORDT COLLEGE	51.24	4
12	Steve Carroll	WAYNE STATE COLLEGE	51.67	3
13	Nick Grove	MORNINGSIDE COLLEGE	51.70	2
14	Kevin Krueger	NORTHWESTERN	51.73	4
15	jared DeWaard	D WESLEY	51.89	3
16	Joel Van Wyk	MORNINGSIDE COLLEGE	52.22	1
17	Tony Cosentino	BRIAR CLIFF	52.34	3
18	AJ Roden	BRIAR CLIFF	52.35	2
19	Drew Molacek	WAYNE STATE COLLEGE	52.53	1
20	Mike Merkel	NO. STATE	52.69	3
21	Peter Malga	MORNINGSIDE COLLEGE	52.77	2
22	Jerad Schlobohm	DAKOTA STATE	52.89	2
23	Ryan Conrad	NO. STATE	53.65	4
24	Kyle Weisbeck	NO. STATE	53.71	4
25	Joe Cisneros	BRIAR CLIFF	53.99	2
26	Jarann Johnson	JAMESTOWN COLLEGE	54.22	2
27	Joseph Michel	JAMESTOWN COLLEGE	54.59	1
28	Matt Greenfield	NO. STATE	54.72	3
29	Jimmy Squibb	BRIAR CLIFF	54.82	1
30	Derek Christoffel	BRIAR CLIFF	54.88	2
31	Tyler Leinbaugh	MORNINGSIDE COLLEGE	55.16	1
32	Kyle Hoffman	MORNINGSIDE COLLEGE	55.88	1
33	Caleb Peters	USD	57.21	1

Event 83 Women 400 Meter Hurdles UCO

Name	Year School	Finals	H#
1	Paige Pollard	WAYNE STATE COLLEGE	1:02.37 3
2	Natalie Olorundami	BUENA VISTA	1:04.34 3
3	Lindsay Reinhardt	U SIOUX FALL	1:04.84 3
4	Sarah Skipper	JAMESTOWN COLLEGE	1:04.90 2
5	Deidre Hinkeldey	MORNINGSIDE COLLEGE	1:06.10 2
6	Nicki Shinkle	BLACK HILLS STATE	1:06.17 2
7	Jade Lippman	WAYNE STATE COLLEGE	1:06.18 3
8	Haley Juhnke	USD	1:06.66 3
9	Carly Benson	MOUNT MARTY COLLEGE	1:07.56 3
10	Carrie Egging	USD	1:07.58 3
11	Jessie Becker	SDSU	1:07.62 2
12	Marissa Curry	BLACK HILLS STATE	1:08.46 1
13	Meagan Grandgenett	AUGUSTANA COLLEGE	1:08.77 2
14	Brittany Beehler	UNIVERSITY OF MARY	1:08.82 2
15	Corrie Fautsch	NORTHWESTERN	1:08.90 1
16	Kallie Merrill	JAMESTOWN COLLEGE	1:09.45 2
17	Danielle McCann	SDSU	1:09.54 1
18	Stacey Dietrich	NORTHWESTERN	1:09.68 1
19	Melinda Vander Ark	DORDT COLLEGE	1:10.43 1
20	Kristyn Nelson	UNIVERSITY OF MARY	1:10.48 3
21	Andrea Boyd	BUENA VISTA	1:10.81 2

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 83 Women 400 Meter Hurdles UCO**

22 Ashley Cooper	JAMESTOWN COLLEGE	1:13.81	1
23 Sara Schultz	DAKOTA STATE	1:16.94	1

Event 84 Men 400 Meter Hurdles UCO

Name	Year School	Finals	H#
1 Garrett Flamig	WAYNE STATE COLLEGE	53.49	3
2 Shawn Olorundami	BUENA VISTA	54.83	3
3 Cameron Dean	BLACK HILLS STATE	55.27	2
4 Bill Cameron	UNATTACHED	55.30	3
5 Kyle Sauter	NORTHWESTERN	55.37	2
6 Kelly Roemmich	JAMESTOWN COLLEGE	56.17	3
7 Tim Boonstra	DORDT COLLEGE	56.25	2
8 Monte Larsen	MORNINGSIDE COLLEGE	56.36	3
9 Layne Scheveck	D WESLEY	56.36	3
10 Tanner Russ	BUENA VISTA	56.46	3
11 Alex Zuke	U SIOUX FALL	57.45	1
12 Dan Hunt	BLACK HILLS STATE	57.64	2
13 Nathan Buresh	U SIOUX FALL	58.28	2
14 Sam Quaintance	AUGUSTANA COLLEGE	58.40	1
15 Derrick Rensink	NORTHWESTERN	58.46	1
16 Brian Sauter	MORNINGSIDE COLLEGE	58.67	2
17 Jared Thomas	D WESLEY	59.05	1
18 Alex Smith	AUGUSTANA COLLEGE	1:01.69	2
19 Alan Green	USD	1:02.78	1
20 Shane Strasser	U SIOUX FALL	1:05.88	1

Event 85 Women 800 Meter Run UCO

Name	Year School	Finals
1 Cecile Udsten	UNATTACHED	2:14.04
2 Jen Kempers	UNATTACHED	2:15.26
3 Kaila Ivers	BLACK HILLS STATE	2:18.98
4 Kara Nelson	MORNINGSIDE COLLEGE	2:20.03
5 Erin Lynn Keitges	MORNINGSIDE COLLEGE	2:20.24
6 Stephanie Warnke	DAKOTA STATE	2:20.79
7 Michelle Kruthoff	U SIOUX FALL	2:21.37
8 Madey Hornung	JAMESTOWN COLLEGE	2:21.94
9 Joni Strom	SDSU	2:22.22
10 Tami Wieringa	DORDT COLLEGE	2:22.36
11 Megan Erspamer	AUGUSTANA COLLEGE	2:22.46
12 Sierra Zomer	DORDT COLLEGE	2:22.59
13 Robyn Rosechandler	BLACK HILLS STATE	2:23.01
14 Danielle Wessel	WAYNE STATE COLLEGE	2:23.10
15 Emmylyn Bentley	JAMESTOWN COLLEGE	2:23.17
16 Danielle Nickolas	NO. STATE	2:23.19
17 Leah Nielsen	MORNINGSIDE COLLEGE	2:23.41
18 Mikayla Barondeau	NO. STATE	2:23.68
19 Kristen Neth	NORTHWESTERN	2:25.30
20 Rose Hunter	BLACK HILLS STATE	2:25.35
21 Heather Hoefs	MORNINGSIDE COLLEGE	2:25.55
22 Molly Kopfmann	SDSU	2:26.07
23 Toni Fritz	NO. STATE	2:26.18

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 85 Women 800 Meter Run UCO**

24	Janice Brouwer	DORDT COLLEGE	2:26.48
25	Jessica Hudelson	MORNINGSIDE COLLEGE	2:26.68
26	Delainye Hardersen	NORTHWESTERN	2:26.88
27	Cecelia Vallejo	BRIAR CLIFF	2:27.56
28	Molly Gibson	WAYNE STATE COLLEGE	2:27.90
29	Theresa Cook	MORNINGSIDE COLLEGE	2:28.74
30	Krystina Smith	NORTHWESTERN	2:28.88
31	Maggie Bryant	NO. STATE	2:29.33
32	Mary Maassen	NORTHWESTERN	2:31.35
33	Sam Garay	BRIAR CLIFF	2:31.39
34	Keisha Salazar	U SIOUX FALL	2:32.02
35	Christina Van Singel	DORDT COLLEGE	2:32.04
36	Andrea Ahrendsen	BUENA VISTA	2:32.75
37	Trama Giermann	MORNINGSIDE COLLEGE	2:33.00
38	Mallory Souder	JAMESTOWN COLLEGE	2:34.14
39	Jessica Ludvick	SDSU	2:34.27
40	Hannah Stordahl	SDSU	2:34.35
41	Caitlyn Nerem	NORTHWESTERN	2:34.55
42	Tatiana DeLosSantos	WAYNE STATE COLLEGE	2:35.19
43	Carmen Colby	BLACK HILLS STATE	2:36.47
44	Jenn Liston	MORNINGSIDE COLLEGE	2:38.60
45	Molly Lorenz	BUENA VISTA	2:38.96
46	Leenie Boardman	U SIOUX FALL	2:39.81
47	Lauren Cartmill	AUGUSTANA COLLEGE	2:42.86
48	Kristen Grassa	MOUNT MARTY COLLEGE	2:45.29
49	Megan Poppe	MOUNT MARTY COLLEGE	2:47.38

Event 86 Men 800 Meter Run UCO

Name	Year	School	Finals	
1		Titus Kosgei	MOUNT MARTY COLLEGE	1:52.94
2		Josiah Luttjeboer	DORDT COLLEGE	1:53.07
3		Mark Eekhoff	DORDT COLLEGE	1:54.30
4		Tyler Van Peurse	DAKOTA STATE	1:54.92
5		Kole Seiler	UNIVERSITY OF MARY	1:55.14
6		Dom Thielen	SDSU	1:55.36
7		Chris Nordstrom	MORNINGSIDE COLLEGE	1:55.41
8		Brent Van Schepen	DORDT COLLEGE	1:55.76
9		Brian Werner	AUGUSTANA COLLEGE	1:55.95
10		Ben Jansen	WAYNE STATE COLLEGE	1:56.29
11		Cheto Cerda	UNATTACHED	1:56.85
12		Brian Gesink	MORNINGSIDE COLLEGE	1:56.87
13		Steve Carroll	WAYNE STATE COLLEGE	1:57.73
14		Lief Rasmussen	JAMESTOWN COLLEGE	1:57.73
15		Nathan Christensen	JAMESTOWN COLLEGE	1:57.78
16		Matt Peterson	NO. STATE	1:58.10
17		Paul Herrold	BLACK HILLS STATE	1:58.52
18		Ben Brown	NORTHWESTERN	1:58.60
19		Kristien Magnussen	UNATTACHED	1:58.65
20		Lars Mattison	SDSU	1:58.89
21		Andy Jansen	WAYNE STATE COLLEGE	1:58.93
22		Charles Janssen	BLACK HILLS STATE	1:59.25
23		Jed Morgan	BLACK HILLS STATE	1:59.85
24		Kelly Hall	SDSU	1:59.96

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 86 Men 800 Meter Run UCO**

25	David Nash	UNATTACHED	2:00.21
26	Jonathan Vroom	DORDT COLLEGE	2:00.24
27	Cody Roland	JAMESTOWN COLLEGE	2:00.34
28	Todd Wolf	MORNINGSIDE COLLEGE	2:00.52
29	Alex Lohr	UNATTACHED	2:00.62
30	Alex Weborg	MORNINGSIDE COLLEGE	2:00.73
31	Brent Flaa	UNIVERSITY OF MARY	2:00.80
32	Jared Bruce	BUENA VISTA	2:01.19
33	Greg Meister	UNATTACHED	2:01.30
34	Edwin Graf	MORNINGSIDE COLLEGE	2:01.35
35	Gary Kashale	U SIOUX FALL	2:01.40
36	Brock Rose	NO. STATE	2:01.67
37	Luke Sachau	BRIAR CLIFF	2:01.81
38	Jesse Vrooman	BLACK HILLS STATE	2:01.82
39	Nathan Bos	DORDT COLLEGE	2:01.82
40	Mikey Brauer	BRIAR CLIFF	2:01.83
41	Kelly Polacek	BRIAR CLIFF	2:02.24
42	Joe Chebul	WAYNE STATE COLLEGE	2:02.44
43	Eddie Stenger	SDSU	2:02.51
44	Josh Steinhoff	MORNINGSIDE COLLEGE	2:02.93
45	Andy Quenzer	DAKOTA STATE	2:03.12
46	Lee Anderson	WAYNE STATE COLLEGE	2:03.43
47	John Bintliff	DAKOTA STATE	2:03.60
48	Ian Kuipers	DORDT COLLEGE	2:03.89
49	Matt Wattier	U SIOUX FALL	2:04.32
50	Eric Posthuma	NORTHWESTERN	2:04.52
51	Craig Leavitt	BLACK HILLS STATE	2:04.53
52	Dan Pearson	BUENA VISTA	2:04.59
53	Nick Bray	NORTHWESTERN	2:04.67
54	Jeremy Miller	BLACK HILLS STATE	2:04.95
55	Eric Rasmussen	UNATTACHED	2:05.10
56	Jason Schaaf	WAYNE STATE COLLEGE	2:05.53
57	Brandon Tullock	U SIOUX FALL	2:05.71
58	Tim Baustian	NO. STATE	2:05.90
59	Thomas Hunt	BRIAR CLIFF	2:06.88
60	Travis Michaelis	UNATTACHED	2:07.33
61	Peter Mollema	DORDT COLLEGE	2:07.56
62	Dan Brelje	BLACK HILLS STATE	2:07.69
63	Kyle Sanderson	DAKOTA STATE	2:08.12
64	Keith Huffman	DAKOTA STATE	2:09.70
65	Kyle Schoenfish	D WESLEY	2:10.85
66	Ryan Brumfield	DORDT COLLEGE	2:11.73
67	Anthony Henriks	MORNINGSIDE COLLEGE	2:11.93
68	Nathan Lichter	NORTHWESTERN	2:13.26
69	AJ King	MORNINGSIDE COLLEGE	2:15.88
70	Alex Moore	BUENA VISTA	2:16.13

Event 87 Women 1500 Meter Run UCO

Name	Year School	Finals	
1	Kelly Kougl	AUGUSTANA COLLEGE	4:50.73
2	Caitlin Polgreen	AUGUSTANA COLLEGE	4:53.87
3	Madey Hornung	JAMESTOWN COLLEGE	4:56.05
4	Kaila Ivers	BLACK HILLS STATE	4:57.15

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 87 Women 1500 Meter Run UCO**

5	Emily Smith	SDSU	4:57.46
6	Amanda Frohling	SDSU	4:59.53
7	Leah Nielsen	MORNINGSIDE COLLEGE	5:01.04
8	Molly Gibson	WAYNE STATE COLLEGE	5:02.63
9	Bre Platt	BUENA VISTA	5:02.70
10	Robyn Rosechandler	BLACK HILLS STATE	5:03.86
11	Sarah Wickman	USD	5:04.54
12	Lindsay Erger	U SIOUX FALL	5:06.54
13	Tami Wieringa	DORDT COLLEGE	5:06.59
14	Alyssa Bossler	JAMESTOWN COLLEGE	5:06.86
15	Danielle Nickolas	NO. STATE	5:08.85
16	Gail McIntyre	D WESLEY	5:10.59
17	Stephanie Powell	NORTHWESTERN	5:11.83
18	Allison Henke	AUGUSTANA COLLEGE	5:12.16
19	Clarice Bauer	DAKOTA STATE	5:13.89
20	Suzanne Swett	DAKOTA STATE	5:15.49
21	Ashley Unruh	U SIOUX FALL	5:17.61
22	Trama Giermann	MORNINGSIDE COLLEGE	5:17.95
23	Samantha Warnke	DAKOTA STATE	5:19.03
24	Heidi Hildebrandt	NORTHWESTERN	5:20.59
25	Heidi Quail	SDSU	5:21.21
26	Jessica Clark	MORNINGSIDE COLLEGE	5:22.20
27	Cambrya Belter	JAMESTOWN COLLEGE	5:22.54
28	Tianna Hurtado	USD	5:23.27
29	Hannah Stordahl	SDSU	5:25.53
30	Jenn Liston	MORNINGSIDE COLLEGE	5:26.36
31	Carmen Colby	BLACK HILLS STATE	5:29.75
32	Tara Blutt	NORTHWESTERN	5:29.84
33	Steph Calleroz	BRIAR CLIFF	5:33.88
34	Jill Becker	BRIAR CLIFF	5:38.29
35	Lydia Ford	MORNINGSIDE COLLEGE	5:39.54
36	Anna Wolverton	BRIAR CLIFF	5:41.96
37	Lisa Becker	BRIAR CLIFF	5:47.34
38	Valerie Wahl	JAMESTOWN COLLEGE	5:48.83
39	Lucy Kulla	JAMESTOWN COLLEGE	5:51.59
40	Casey Wolles	U SIOUX FALL	5:52.86
41	Ali Clevenger	U SIOUX FALL	6:03.50
42	Stephanie Schultz	MOUNT MARTY COLLEGE	6:03.96
43	Ali Bunde	BUENA VISTA	6:08.60
44	Suzy Avey	JAMESTOWN COLLEGE	6:12.91
45	Kendra Thomas	NORTHWESTERN	6:25.85
46	Shavaun Maday	MOUNT MARTY COLLEGE	6:31.32
47	Teresa Nelson	BRIAR CLIFF	6:40.68
48	Raelynn Coldwell	MOUNT MARTY COLLEGE	6:44.91
49	Ashley Solem	MOUNT MARTY COLLEGE	7:29.69

Event 88 Men 1500 Meter Run UCO

Name	Year School	Finals	
1	Tyler Van Peurse	DAKOTA STATE	3:59.93
2	Matt Neff	UNIVERSITY OF MARY	4:00.71
3	Nate Preston	WAYNE STATE COLLEGE	4:01.03
4	Titus Kosgei	MOUNT MARTY COLLEGE	4:02.61
5	Allen Wood	BLACK HILLS STATE	4:03.99

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 88 Men 1500 Meter Run UCO**

6	Shannon Stenger	UNATTACHED	4:04.11
7	Brad Anderson	SDSU	4:06.59
8	Chris Nordstrom	MORNINGSIDE COLLEGE	4:06.71
9	Cheto Cerda	UNATTACHED	4:06.96
10	Paul Herrold	BLACK HILLS STATE	4:10.28
11	Michael Flores	UNIVERSITY OF MARY	4:11.26
12	Justin Grassmeyer	AUGUSTANA COLLEGE	4:11.41
13	Greg Beesley	UNATTACHED	4:11.46
14	Michael Beatie	UNATTACHED	4:11.83
15	Brent Flaa	UNIVERSITY OF MARY	4:12.33
16	Lee Stover	NORTHWESTERN	4:12.92
17	Kyle Gerhard	NORTHWESTERN	4:13.02
18	Alex Lohr	UNATTACHED	4:13.42
19	Charles Janssen	BLACK HILLS STATE	4:13.63
20	Todd Wolf	MORNINGSIDE COLLEGE	4:13.91
21	Eddie Stenger	SDSU	4:14.01
22	Matt Heesch	AUGUSTANA COLLEGE	4:15.36
23	Jared Bruce	BUENA VISTA	4:16.46
24	Richard Keroack	NO. STATE	4:16.52
25	JJ Koerber	JAMESTOWN COLLEGE	4:17.04
26	Josh Schmeichel	NO. STATE	4:17.89
27	Jesse Vrooman	BLACK HILLS STATE	4:18.71
28	Joe Chebul	WAYNE STATE COLLEGE	4:19.02
29	Marshall Kambestad	SDSU	4:19.70
30	Jeremy Miller	BLACK HILLS STATE	4:23.10
31	Jason Schaaf	WAYNE STATE COLLEGE	4:23.26
32	Brandon Tullock	U SIOUX FALL	4:23.93
33	Lee Anderson	WAYNE STATE COLLEGE	4:25.68
34	Craig Leavitt	BLACK HILLS STATE	4:28.05
35	John Bintliff	DAKOTA STATE	4:28.62
36	Travis Michaelis	UNATTACHED	4:29.01
37	Dan Brelje	BLACK HILLS STATE	4:30.54
38	Matt Wattier	U SIOUX FALL	4:30.71
39	Keith Huffman	DAKOTA STATE	4:32.08
40	Matt Seiler	WAYNE STATE COLLEGE	4:32.68
41	Tim Baustian	NO. STATE	4:34.60
42	Kyle Sanderson	DAKOTA STATE	4:34.87
43	Ryan Callahan	WAYNE STATE COLLEGE	4:35.56
44	Anthony Henriks	MORNINGSIDE COLLEGE	4:36.14
45	Andrew Johnson	NORTHWESTERN	4:36.69
46	AJ King	MORNINGSIDE COLLEGE	4:38.52
47	Bryce Kinard	BRIAR CLIFF	4:44.08
48	Derek Brumfield	DORDT COLLEGE	4:44.57
49	Ryan Brumfield	DORDT COLLEGE	4:49.44
50	Alan Stuber	D WESLEY	5:02.47
51	Logan Teut	BRIAR CLIFF	5:14.98

Event 89 Women 3000 Meter Steeplechase UCO

Name	Year School	Finals
1	Jen Kempers	UNATTACHED 10:47.74
2	Alicia Verhulst	BLACK HILLS STATE 10:58.82
3	Erin Lynn Keitges	MORNINGSIDE COLLEGE 11:03.60
4	Megan Zavorka	WAYNE STATE COLLEGE 11:04.50

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 89 Women 3000 Meter Steeplechase UCO**

5	Kara Nelson	MORNINGSIDE COLLEGE	11:07.22
6	Shelli Scheffler	BLACK HILLS STATE	11:07.91
7	Laura Johnson	AUGUSTANA COLLEGE	11:43.35
8	Alexia Dunlop	USD	11:52.10
9	Sarah Thomsen	WAYNE STATE COLLEGE	12:00.11
10	Emmylyn Bentley	JAMESTOWN COLLEGE	12:04.70
11	Taylor Braunberger	BRIAR CLIFF	12:18.03
12	Ashleigh Anderson	JAMESTOWN COLLEGE	12:44.20
13	Jessica Ludvick	SDSU	12:45.16
14	Jade Steinberg	MOUNT MARTY COLLEGE	12:50.24
15	Theresa Condon	MOUNT MARTY COLLEGE	14:58.84
16	Theresa Hendrickson	MOUNT MARTY COLLEGE	15:15.70
17	Bre Platt	BUENA VISTA	16:40.12

Event 90 Men 3000 Meter Steeplechase UCO

Name	Year	School	Finals	
1	Matt	Schneider	WAYNE STATE COLLEGE	9:10.87
2	Matt	Fideler	DAKOTA STATE	9:33.64
3	Jed	Morgan	BLACK HILLS STATE	9:35.89
4	John	Kern	WAYNE STATE COLLEGE	9:42.71
5	Ronnie	Kyllo	SDSU	9:48.69
6	Nathaniel	Petrich	AUGUSTANA COLLEGE	9:49.52
7	Isaac	VanDyke	D WESLEY	9:53.73
8	Dan	Van Engen	UNATTACHED	10:02.87
9	Kasey	Hoffman	UNATTACHED	10:05.08
10	Jack	Peterson	NORTHWESTERN	10:08.73
11	Alex	Weborg	MORNINGSIDE COLLEGE	10:09.06
12	Trev	Fiedler	BLACK HILLS STATE	10:32.16
13	Quincy	Pierce	UNIVERSITY OF MARY	10:49.19
14	Bryce	Kinard	BRIAR CLIFF	11:26.33
--	Jonathan	Gerster	BUENA VISTA	DNF

Event 91 Women 5000 Meter Run UCO

Name	Year	School	Finals	
1	Miriam	Hovda	UNATTACHED	18:00.44
2	Erin Lynn	Keitges	MORNINGSIDE COLLEGE	18:03.99
3	Alyssa	Bossler	JAMESTOWN COLLEGE	18:30.32
4	Kristen	Neumiller	UNIVERSITY OF MARY	18:42.15
5	Alyson	Piccolo	UNIVERSITY OF MARY	18:49.96
6	Courtney	Rasmussen	AUGUSTANA COLLEGE	18:53.16
7	Michelle	Steiger	DORDT COLLEGE	18:54.89
8	Ingrid	Carlson	NORTHWESTERN	19:00.12
9	Anna	Garner	SDSU	19:16.98
10	Samantha	Warnke	DAKOTA STATE	19:18.71
11	Sara	Hess	NORTHWESTERN	19:27.09
12	Clarice	Bauer	DAKOTA STATE	19:30.27
13	Melissa	Falk	JAMESTOWN COLLEGE	19:36.84
14	Taylor	Braunberger	BRIAR CLIFF	19:38.33
15	Barb	Wehde	SDSU	19:45.66
16	Lydia	Ford	MORNINGSIDE COLLEGE	19:47.80
17	Sarah	Storm	NORTHWESTERN	19:48.45

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 91 Women 5000 Meter Run UCO**

18	Ashleigh Anderson	JAMESTOWN COLLEGE	19:55.71
19	Cambrya Belter	JAMESTOWN COLLEGE	20:11.90
20	Akacia Wentworth	NORTHWESTERN	20:12.55
21	Laura Broekhuis	DORDT COLLEGE	20:12.72
22	Allison Weeldreyer	NORTHWESTERN	20:13.79
23	Valerie Wahl	JAMESTOWN COLLEGE	20:50.30
24	Rosemary Bernth	BRIAR CLIFF	20:51.77
25	Lucy Kulla	JAMESTOWN COLLEGE	21:00.23
26	Kari Dekkers	AUGUSTANA COLLEGE	21:10.33
27	Anna Wolverton	BRIAR CLIFF	21:16.07
28	Abby Mettler	D WESLEY	21:29.70
29	Natalie Johnson	NORTHWESTERN	21:39.44
30	Briana Mann	NO. STATE	21:46.91
31	Suzy Avey	JAMESTOWN COLLEGE	22:28.50
32	Jaci Depuydt	JAMESTOWN COLLEGE	24:30.36

Event 92 Men 5000 Meter Run UCO

Name	Year School	Finals	
1	Laine Parish	BLACK HILLS STATE	15:10.30
2	Chris Heezen	UNATTACHED	15:11.87
3	Matt Braithwaite	AUGUSTANA COLLEGE	15:25.37
4	Brian Gesink	MORNINGSIDE COLLEGE	15:28.82
5	Devon Berkness	DAKOTA STATE	15:30.25
6	Chris Huff	UNATTACHED	15:35.36
7	Kaleb Boese	AUGUSTANA COLLEGE	15:36.48
8	Birch Haraden	BLACK HILLS STATE	15:50.77
9	Thomas Christiansen	U SIOUX FALL	15:56.99
10	Joe Noyes	U SIOUX FALL	16:13.79
11	Andrew Manning	DAKOTA STATE	16:45.69
12	Eric Tudor	DORDT COLLEGE	16:47.97
13	Brian Cruz	D WESLEY	16:59.22
14	Nick Maas	UNATTACHED	17:02.56
15	Jon Trueblood	DORDT COLLEGE	17:12.83
16	Glen Elder	U SIOUX FALL	17:13.78
17	Jimmy Thomas	U SIOUX FALL	17:17.00
18	Dustin Boyle	U SIOUX FALL	17:32.87
19	Connor Lindquist	BRIAR CLIFF	17:56.76
20	Jason Wesselmann	BRIAR CLIFF	19:10.89

Event 93 Women 10000 Meter Run UCO

Name	Year School	Finals	
1	Irene Kosgei	UNIVERSITY OF MARY	39:45.11
2	Kari Linneman	NO. STATE	40:06.42
3	Abby Duling	USD	41:36.42
4	Jamie Adams	BLACK HILLS STATE	42:41.87
5	Melissa Jackson	AUGUSTANA COLLEGE	43:33.84
6	Suzanne Swett	DAKOTA STATE	44:01.79
7	Brittany Fischer	MOUNT MARTY COLLEGE	44:13.24
8	Jamie Young	U SIOUX FALL	44:58.38
9	Megan O'Grady	MOUNT MARTY COLLEGE	45:38.98
10	Jill Becker	BRIAR CLIFF	45:58.57

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 93 Women 10000 Meter Run UCO**

11 Alicia Pick MOUNT MARTY COLLEGE 51:55.64

Event 94 Men 10000 Meter Run UCO

Name	Year	School	Finals
1 Chris Heezen		UNATTACHED	32:07.58
2 Devon Berkness		DAKOTA STATE	32:33.27
3 Matt Hoyt		UNATTACHED	32:36.07
4 Chris Huff		UNATTACHED	32:37.09
5 John Rawerts		NO. STATE	32:52.19
6 Peter Oien		AUGUSTANA COLLEGE	32:58.47
7 Trent Waage		BLACK HILLS STATE	33:02.45
8 John Kern		WAYNE STATE COLLEGE	34:08.31
9 Birch Haraden		BLACK HILLS STATE	34:10.28
10 Thomas Madut		D WESLEY	34:19.91
11 Matt Seiler		WAYNE STATE COLLEGE	34:21.26
12 Jason Bierle		BLACK HILLS STATE	34:50.45
13 Dustin Shindler		D WESLEY	37:43.01
14 Connor Lindquist		BRIAR CLIFF	38:08.08
15 Jason Wesselmann		BRIAR CLIFF	39:43.42

Event 95 Women 4x100 Meter Relay UCO

School	Prelims	H#
Preliminaries		
1 UNIVERSITY OF MARY 'A'	48.05q	2
1) Kristyn Nelson		
3) Mishay Weber		
2 MORNINGSIDE COLLEGE 'A'	49.58q	2
1) Amber Woodford		
3) Heather Husman		
3 WAYNE STATE COLLEGE 'A'	49.59q	2
1) Jade Lippman		
3) Brianne Hofstetter		
4 DAKOTA WESLYAN UNIVERSITY 'A'	49.75q	1
1) Steph Leist		
3) Sarah Weidler		
5 UNIVERSITY SIOUX FALLS 'A'	50.24q	1
1) Kristina Aesoph		
3) Shelly Jacobs		
6 AUGUSTANA COLLEGE 'A'	50.45q	1
1) Meagan Grandgenett		
3) Sarah Drew		
7 NORTHERN STATE UNIVERSITY 'A'	50.46q	1
1) Laci Schurr		
3) Leslie Yost		
8 BUENA VISTA UNIVERSITY 'A'	50.96q	2
1) Trish Hogrefe		
3) Andrea Boyd		
9 DORDT COLLEGE 'A'	51.19	1
1) Sarah Franje		
3) Jenna Brouwer		
10 DAKOTA STATE UNIVERSITY 'A'	52.32	2

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 95 Women 4x100 Meter Relay UCO**

1) Kim Streytle	2) Karisa Hartje		
3) Amy Pheneger	4) Brandi Gau		
11 MOUNT MARTY COLLEGE 'A'		52.33	1
1) Dana Riter	2) Carly Benson		
3) Meghan Nelson	4) Katie Breuer		
12 SO DAKOTA STATE UNIVERSIT 'A'		52.61	2
1) Kim Markham	2) Keely Lawton		
3) Arielle Martin	4) Jasmine McDonald		
13 JAMESTOWN COLLEGE 'A'		52.63	1
1) Kallie Merrill	2) Sarah Skipper		
3) Ashley Cooper	4) AnnaLiesa Fauth		
-- NORTHWESTERN COLLEGE 'A'		DQ	2
1) Emily De Weerd	2) Andrea Wedel		
3) Hannah Taylor	4) Elizabeth Stevens		

Event 95 Women 4x100 Meter Relay UCO

School		Finals	
=====			
Finals			
1 UNIVERSITY OF MARY 'A'		48.57	
1) Kristyn Nelson	2) Kacie Sweep		
3) Mishay Weber	4) Kristen Stewart		
2 MORNINGSIDE COLLEGE 'A'		50.11	
1) Bailey Johnson	2) Deidre Hinkeldey		
3) Amber Woodford	4) Sheri Howard		
3 UNIVERSITY SIOUX FALLS 'A'		50.23	
1) Kristina Aesoph	2) Shelly Jacobs		
3) Lindsay Reinhardt	4) Becca Bedard		
4 WAYNE STATE COLLEGE 'A'		50.55	
1) Jade Lippman	2) Christina King		
3) Brianne Hofstetter	4) Paige Pollard		
5 BUENA VISTA UNIVERSITY 'A'		52.87	
1) Trish Hogrefe	2) Becca Gonzalez		
3) Andrea Boyd	4) Natalie Olorundami		

Event 96 Men 4x100 Meter Relay UCO

School		Prelims	H#
=====			
Preliminaries			
1 BUENA VISTA UNIVERSITY 'A'		41.83q	2
1) Justin Bauer	2) Eric Bertelsen		
3) Justin Ronk	4) Shawn Olorundami		
2 WAYNE STATE COLLEGE 'A'		42.78q	2
1) Drew Molacek	2) Garrett Flamig		
3) Cody Diehl	4) Alex Timperley		
3 UNIVERSITY OF MARY 'A'		42.84q	1
1) Chris Faller	2) Jordan Puhalla		
3) Brent Lindbery	4) Cory Ploof		
4 NORTHWESTERN COLLEGE 'A'		43.46q	1
1) Jordan Langer	2) Jameson Guthmiller		
3) Parker Moore	4) Luke Hofmeyer		
5 JAMESTOWN COLLEGE 'A'		43.69q	2
1) Kenny Szymonowicz	2) Brent Jansen		

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 96 Men 4x100 Meter Relay UCO**

3) James Vollmer	4) Nathan Bivens		
6 BRIAR CLIFF UNIVERSITY 'B'		43.71q	1
1) Danny Hays	2) Josh Hansen		
3) Tony Cosentino	4) sam acheampong		
7 NORTHERN STATE UNIVERSITY 'A'		43.87q	1
1) Zak Kjolsing	2) Calvin McGruder		
3) Arabin Lightfoot	4) Matt Kloss		
8 DORDT COLLEGE 'A'		44.44q	1
1) Joe Lammers	2) Tim Boonstra		
3) Josh De Jong	4) Roland Osaе-Opang		
9 BRIAR CLIFF UNIVERSITY 'C'		46.30	1
1) Brandon Lozier	2) Chris Reeves		
3) Jessie Conning	4) Jimmy Squibb		
10 UNIVERSITY SIOUX FALLS 'B'		47.72	2
1) Daniel Kohler	2) Lucas Delacruz		
3) Zane Peterson	4) Nathan Buresh		
11 NORTHERN STATE UNIVERSITY 'B'		48.89	2
1) Matt Greenfield	2) Augustus Capers		
3) Jeremy Beulah	4) Austin Suther		
-- BRIAR CLIFF UNIVERSITY 'A'		DQ	2
1)	2) AJ Roden		

Event 96 Men 4x100 Meter Relay UCO

School	Finals
=====	
Finals	
1 WAYNE STATE COLLEGE 'A'	43.00
1) Drew Molacek	2) Garrett Flamig
3) Cody Diehl	4) Alex Timperley
2 UNIVERSITY OF MARY 'A'	43.10
1) Chris Faller	2) Jordan Puhalla
3) Brent Lindbery	4) Cory Ploof
3 BUENA VISTA UNIVERSITY 'A'	43.45
1) Kenneth Nichols	2) Eric Bertelsen
3) Justin Ronk	4) Shawn Olorundami
4 NORTHWESTERN COLLEGE 'A'	43.64
1) Jordan Langer	2) Jameson Guthmiller
3) Parker Moore	4) Luke Hofmeyer
5 BRIAR CLIFF UNIVERSITY 'B'	43.79
1) Cody Spreeman	2) sam acheampong
3) Cecil Milton	4) Erik Lindsay

Event 97 Women 4x200 Meter Relay UCO

School	Prelims	H#
=====		
Preliminaries		
1 UNIVERSITY OF MARY 'A'	1:42.70q	2
1) Kristyn Nelson	2) Kacie Sweep	
3) Mishay Weber	4) Kristen Stewart	
2 UNIVERSITY SOUTH DAKOTA 'A'	1:45.36q	1
1) Crystal Schiernbeck	2) Haley Juhnke	
3) Chelsea Rew	4) Lauren Krell	
3 NORTHERN STATE UNIVERSITY 'A'	1:48.10q	1

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 97 Women 4x200 Meter Relay UCO**

1) Laci Schurr	2) Marisa Aldinger		
3) Leslie Yost	4) Maria Franker		
4 DAKOTA STATE UNIVERSITY 'A'		1:48.42q	2
1) Kim Streyle	2) Karisa Hartje		
3) Brandi Gau	4) Danielle Rowe		
5 DORDT COLLEGE 'A'		1:48.96q	2
1) Sarah Franje	2) Sarah Sikkema		
3) Brianna Evink	4) Kari Van Beek		
6 UNIVERSITY SIOUX FALLS 'A'		1:49.01q	2
1) Kristina Aesoph	2) Becca Bedard		
3) Katie Pociask	4) Lindsay Reinhardt		
7 SO DAKOTA STATE UNIVERSIT 'A'		1:50.50q	2
1) Kim Markham	2) Keely Lawton		
3) Arielle Martin	4) Jessie Becker		
8 BRIAR CLIFF UNIVERSITY 'A'		1:52.56q	1
1) Nancy Tatou	2) Krystal Jackson		
3) Audrey Cooley	4) Dani Bottorff		

Event 97 Women 4x200 Meter Relay UCO

School	Finals
=====	
Finals	
1 UNIVERSITY OF MARY 'A'	1:43.86
1) Kristyn Nelson	2) Kacie Sweep
3) Mishay Weber	4) Kristen Stewart
2 DAKOTA STATE UNIVERSITY 'A'	1:48.54
1) Kim Streyle	2) Karisa Hartje
3) Brandi Gau	4) Danielle Rowe
3 DORDT COLLEGE 'A'	1:49.21
1) Sarah Franje	2) Sarah Sikkema
3) Brianna Evink	4) Crystal Vander Zee
4 NORTHERN STATE UNIVERSITY 'A'	1:51.22
1) Emily Fritz	2) Marisa Aldinger
3) Leslie Yost	4) Maria Franker
5 SO DAKOTA STATE UNIVERSIT 'A'	1:52.48
6 BRIAR CLIFF UNIVERSITY 'A'	1:54.25
1) Nancy Tatou	2) Audrey Cooley
3) Krystal Jackson	4) Dani Bottorff

Event 98 Men 4x200 Meter Relay UCO

School	Prelims	H#
=====		
Preliminaries		
1 BUENA VISTA UNIVERSITY 'A'	1:29.55q	2
1) Kenneth Nichols	2) Justin Bauer	
3) Justin Ronk	4) Eric Bertelsen	
2 UNIVERSITY OF MARY 'A'	1:29.81q	2
1) Chris Faller	2) Jordan Puhalla	
3) Brent Lindbery	4) Cory Ploof	
3 NORTHERN STATE UNIVERSITY 'A'	1:30.40q	1
1) Arabin Lightfoot	2) Joey Heglund	
3) Kyle Weisbeck	4) Austin Suther	
4 BRIAR CLIFF UNIVERSITY 'A'	1:30.96q	1

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 98 Men 4x200 Meter Relay UCO**

1) Cody Spreeman	2) Cecil Milton		
3) Josh Hansen	4) Tony Cosentino		
5 SO DAKOTA STATE UNIVERSIT 'A'		1:31.55q	2
1) Corey Beffert	2) Josh Sundall		
3) Evan Bunkers	4) Jared Foote		
6 DORDT COLLEGE 'A'		1:32.21q	1
1) Joe Lammers	2) Tim Boonstra		
3) Josh De Jong	4) Roland Osaе-Opang		
7 NORTHWESTERN COLLEGE 'A'		1:34.44q	2
1) Jeremy Sheppard	2) Brody McNellis		
3) Kasey Summerer	4) Jameson Guthmiller		
8 UNIVERSITY SIOUX FALLS 'B'		1:34.81q	1
1) Gary Kashale	2) Daniel Kohler		
3) Nathaniel Bridgeman	4) Lucas Delacruz		
9 DAKOTA STATE UNIVERSITY 'A'		1:35.10	2
1) Phillip Carmody	2) Eric Bauder		
3) Jerad Schlobohm	4) Jared Mengenhausen		
10 BRIAR CLIFF UNIVERSITY 'B'		1:37.33	1
1) Brandon Lozier	2) Danny Hays		
3) Chris Reeves	4) Caleb Young		

Event 98 Men 4x200 Meter Relay UCO

School	Finals
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Finals

1 BUENA VISTA UNIVERSITY 'A'		1:30.24	
1) Shawn Olorundami	2) Kenneth Nichols		
3) Tanner Russ	4) Eric Bertelsen		
2 UNIVERSITY OF MARY 'A'		1:30.81	
1) Chris Faller	2) Jordan Puhalla		
3) Brent Lindbery	4) Cory Ploof		
3 BRIAR CLIFF UNIVERSITY 'A'		1:32.01	
1) AJ Roden	2) Cecil Milton		
3) Tony Cosentino	4) Erik Lindsay		
4 NORTHERN STATE UNIVERSITY 'A'		1:32.99	
1) Arabin Lightfoot	2) Joey Heglund		
3) Kyle Weisbeck	4) Austin Suther		
5 DORDT COLLEGE 'A'		1:33.23	
1) Roland Osaе-Opang	2) Tim Boonstra		
3) Josh De Jong	4) Joe Lammers		
6 UNIVERSITY SIOUX FALLS 'B'		1:35.57	
1) Daniel Kohler	2) Nathaniel Bridgeman		
3) Gary Kashale	4) Nathan Buresh		
7 NORTHWESTERN COLLEGE 'A'		1:36.61	
1) Jeremy Sheppard	2) Brody McNellis		
3) Kasey Summerer	4) Jameson Guthmiller		
8 SO DAKOTA STATE UNIVERSIT 'A'		1:37.23	

Event 99 Women 4x400 Meter Relay UCO

School	Finals	H#
1 WAYNE STATE COLLEGE 'A'	4:01.22	2
1) Christina King	2) Jade Lippman	

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 99 Women 4x400 Meter Relay UCO**

3) Danielle Wessel	4) Paige Pollard		
2 MORNINGSIDE COLLEGE 'A'		4:02.58	2
1) Anne Torkelson	2) Sabrina Sieperda		
3) Margo Stanforth	4) Sheri Howard		
3 UNIVERSITY OF MARY 'A'		4:04.92	2
1) Betsy Bischoff	2) Mishay Weber		
3) Branvee Devine	4) Kristen Stewart		
4 UNIVERSITY SIOUX FALLS 'A'		4:05.36	2
1) Becca Bedard	2) Kristina Aesoph		
3) Keisha Salazar	4) Lindsay Reinhardt		
5 NORTHWESTERN COLLEGE 'A'		4:06.66	2
1) Emily De Weerd	2) Andrea Wedel		
3) Stacey Dietrich	4) Delainye Hardersen		
6 MOUNT MARTY COLLEGE 'A'		4:15.56	1
1) Meghan Nelson	2) Carly Benson		
3) Katie Whaley	4) Katie Breuer		
7 MORNINGSIDE COLLEGE 'B'		4:16.88	1
8 MORNINGSIDE COLLEGE 'C'		4:18.26	1
9 DAKOTA STATE UNIVERSITY 'A'		4:19.74	1
1) Brandi Gau	2) Danielle Rowe		
3) Karisa Hartje	4) Stephanie Warnke		
10 BUENA VISTA UNIVERSITY 'A'		4:24.83	1
1) Becca Gonzalez	2) Andrea Boyd		
3) Molly Lorenz	4) Natalie Olorundami		

Event 100 Men 4x400 Meter Relay UCO

School		Finals	H#
1 UNIVERSITY SIOUX FALLS 'A'		3:21.08	2
1) Brady Velgersdyk	2) Tommy Torok		
3) Zane Peterson	4) Colin Koth		
2 WAYNE STATE COLLEGE 'A'		3:23.66	2
1) Garrett Flamig	2) Andy Jansen		
3) Steve Carroll	4) Ben Jansen		
3 NORTHWESTERN COLLEGE 'A'		3:24.21	1
1) Kyle Sauter	2) Kevin Krueger		
3) Derrick Rensink	4) Ben Brown		
4 BRIAR CLIFF UNIVERSITY 'A'		3:24.23	2
1) Tony Cosentino	2) Luke Sachau		
3) Erik Lindsay	4) Mikey Brauer		
5 MORNINGSIDE COLLEGE 'A'		3:25.13	2
1) Brad South	2) Chris Nordstrom		
3) Jeremiah Avise Rouse	4) Sean Howell		
6 DAKOTA STATE UNIVERSITY 'A'		3:25.54	2
1) Eric Bauder	2) Cody Foreman		
3) Jared Mengenhause	4) Tyler Van Peurse		
7 MORNINGSIDE COLLEGE 'B'		3:30.46	1
8 MOUNT MARTY COLLEGE 'A'		3:31.48	1
1) Mitchell Zenk	2) Kalib Heeren		
3) Lantz Kulp	4) Titus Kosgei		
9 UNIVERSITY SIOUX FALLS 'B'		3:33.12	1
10 MORNINGSIDE COLLEGE 'C'		3:34.10	1
11 BRIAR CLIFF UNIVERSITY 'B'		3:34.32	1
1) Derek Christoffel	2) Joe Cisneros		

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 100 Men 4x400 Meter Relay UCO**

3) Ryan Staack 4) Jimmy Squibb

Event 101 Women 4x800 Meter Relay UCO

School	Finals
1 AUGUSTANA COLLEGE 'A'	9:33.78
1) Caitlin Polgreen	2) LeAnn Severson
3) Kelly Kougl	4) Megan Erspamer
2 DORDT COLLEGE 'A'	9:37.87
1) Janice Brouwer	2) Tami Wieringa
3) Michelle Steiger	4) Sierra Zomer
3 NORTHERN STATE UNIVERSITY 'A'	9:46.34
1) Danielle Nickolas	2) Maggie Bryant
3) Toni Fritz	4) Mikayla Barondeau
4 SO DAKOTA STATE UNIVERSIT 'A'	9:56.34
1) Joni Strom	2) Molly Kopfmann
3) Heidi Quail	4) Anna Garner
5 MORNINGSIDE COLLEGE 'A'	10:01.49
1) Heather Hoefs	2) Sabrina Sieperda
3) Jessica Hudelson	4) Theresa Cook
6 UNIVERSITY SIOUX FALLS 'A'	10:08.39
1) Lindsay Erger	2) Ashley Unruh
3) Keisha Salazar	4) Michelle Kruthoff
7 BRIAR CLIFF UNIVERSITY 'A'	10:38.47
1) Cecelia Vallejo	2) Sam Garay
3) Steph Calleroz	4) Rachel Garay

Event 102 Men 4x800 Meter Relay UCO

School	Finals
1 NORTHERN STATE UNIVERSITY 'A'	7:54.94
1) Brock Rose	2) Richard Keroack
3) Josh Schmeichel	4) Matt Peterson
2 JAMESTOWN COLLEGE 'A'	7:55.94
1) Lief Rasmussen	2) Nathan Christensen
3) Kelly Roemmich	4) Cody Roland
3 DORDT COLLEGE 'A'	7:58.01
1) Jonathan Vroom	2) Brent Van Schepen
3) Mark Eekhoff	4) Josiah Luttjeboer
4 SO DAKOTA STATE UNIVERSIT 'A'	7:58.25
1) Lars Mattison	2) Jared Foote
3) Kelly Hall	4) Dom Thielen
5 MORNINGSIDE COLLEGE 'A'	8:11.19
1) Edwin Graf	2) Monte Larsen
3) Peter Malga	4) Josh Steinhoff
6 BRIAR CLIFF UNIVERSITY 'A'	8:22.77
1) Luke Sachau	2) Kelly Polacek
3) Mikey Brauer	4) Thomas Hunt
7 DAKOTA STATE UNIVERSITY 'A'	8:31.60
1) Jerad Schlobohm	2) Andrew Manning
3) John Bintliff	4) Andy Quenzer
8 DORDT COLLEGE 'B'	8:36.78
1) Ian Kuipers	2) Nathan Bos

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 102 Men 4x800 Meter Relay UCO**

3) Peter Mollema

4) Ryan Brumfield

Event 103 Women 1600 Sprint Medley UCO

School	Finals	H#
1 MORNINGSIDE COLLEGE 'A'	4:16.97	2
1) Amber Woodford	2) Sheri Howard	
3) Anne Torkelson	4) Kara Nelson	
2 DAKOTA STATE UNIVERSITY 'A'	4:22.95	1
1) Kim Streyle	2) Danielle Rowe	
3) Brandi Gau	4) Stephanie Warnke	
3 BLACK HILLS STATE 'A'	4:26.37	2
4 DAKOTA WESLYAN UNIVERSITY 'A'	4:27.80	1
1) Sarah Weidler	2) Kailey Hunhoff	
3) Natalie Wipf	4) Gail McIntyre	
5 DORDT COLLEGE 'A'	4:30.76	1
1) Sarah Franje	2) Sarah Sikkema	
3) Melinda Vander Ark	4) Janice Brouwer	
6 BRIAR CLIFF UNIVERSITY 'A'	4:35.73	1
1) Nancy Tatou	2) Sam Garay	
3) Kelsey Randa	4) Cecelia Vallejo	
7 BUENA VISTA UNIVERSITY 'A'	4:41.28	1
1) Becca Gonzalez	2) Andrea Boyd	
3) Molly Lorenz	4) Andrea Ahrendsen	
-- UNIVERSITY OF MARY 'A'	DQ	2
1) Kacie Sweep	2) Kristen Stewart	
3) Betsy Bischoff	4) Branvee Devine	

Event 104 Men 1600 Sprint Medley UCO

School	Finals
1 DAKOTA STATE UNIVERSITY 'A'	3:33.37
1) Jared Mengenhansen	2) Eric Bauder
3) Cody Foreman	4) Matt Fideler
2 UNIVERSITY OF MARY 'A'	3:36.08
1) Chris Faller	2) Cory Ploof
3) Kole Seiler	4) Matt Neff
3 JAMESTOWN COLLEGE 'A'	3:38.79
1) Nathan Bivens	2) Brent Jansen
3) Kelly Roemmich	4) Nathan Horgeshimer
4 MORNINGSIDE COLLEGE 'A'	3:42.68
1) Brad South	2) Jeremiah Avise Rouse
3) Edwin Graf	4) Josh Steinhoff
5 DORDT COLLEGE 'A'	3:43.88
1) Joe Lammers	2) Roland Osaе-Opang
3) Nathan Bos	4) Ian Kuipers
6 BRIAR CLIFF UNIVERSITY 'A'	3:47.97
1) Ryan Staack	2) Derek Christoffel
3) Joe Cisneros	4) Josheb Benson
7 BUENA VISTA UNIVERSITY 'A'	3:49.78
1) Kenneth Nichols	2) Alex Moore
3) Jared Bruce	4) Dan Pearson
-- UNIVERSITY SIOUX FALLS 'A'	DNF

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 104 Men 1600 Sprint Medley UCO**

- | | |
|------------------|-----------------|
| 1) Daniel Kohler | 2) Alex Zuke |
| 3) Nathan Buresh | 4) Gary Kashale |

Event 105 Women Distance Medley UCO

School	Finals
1 BLACK HILLS STATE 'A'	12:13.68
1) Alicia Verhulst	2) Nicki Shinkle
3) Kaila Ivers	4) Shelli Scheffler
2 AUGUSTANA COLLEGE 'A'	12:14.42
1) Kelly Kougl	2) Megan Erspamer
3) Claire Severson	4) Caitlin Polgreen
3 SO DAKOTA STATE UNIVERSIT 'A'	12:35.11
1) Amanda Frohling	2) Danielle McCann
3) Joni Strom	4) Emily Smith
4 UNIVERSITY SOUTH DAKOTA 'A'	12:50.98
1) Sarah Wickman	2) Carrie Egging
3) Tianna Hurtado	4) Allison Duba
5 UNIVERSITY SIOUX FALLS 'A'	12:53.03
1) Lindsay Erger	2) Keisha Salazar
3) Michelle Kruthoff	4) Ashley Unruh
6 BRIAR CLIFF UNIVERSITY 'A'	15:50.92
1) Lisa Becker	2) Sam Garay
3) Audra Young	4) Teresa Nelson

Event 106 Men Distance Medley UCO

School	Finals
1 DAKOTA STATE UNIVERSITY 'A'	10:12.45
1) Matt Fideler	2) Jared Mengenhause
3) Cody Foreman	4) Tyler Van Peursem
2 BLACK HILLS STATE 'A'	10:17.21
1) Laine Parish	2) Cameron Dean
3) Paul Herrold	4) Allen Wood
3 UNIVERSITY OF MARY 'A'	10:23.56
1) Michael Flores	2) Brent Lindbery
3) Kole Seiler	4) Matt Neff
4 SO DAKOTA STATE UNIVERSIT 'A'	10:42.86
1) Marshall Kambestad	2) Dom Thielen
3) Lars Mattison	4) Brad Anderson
5 AUGUSTANA COLLEGE 'A'	10:44.88
1) Matt Braithwaite	2) Halvard Lange
3) Nathaniel Petrich	4) Justin Grassmeyer
6 BRIAR CLIFF UNIVERSITY 'A'	11:17.68
1) Bryce Kinard	2) Ryan Staack
3) Micahel Bock	4) Josheb Benson

Event 107 Women Shot Put UCO

Name	Year School	Finals
1 Rachel Jansen	UNATTACHED	18.16m 59-07.00
2 Aubrey Baxter	BLACK HILLS STATE	14.70m 48-02.75

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 107 Women Shot Put UCO**

3	Laura Wortmann	MOUNT MARTY COLLEGE	14.67m	48-01.75
4	Katie Wilson	WAYNE STATE COLLEGE	14.40m	47-03.00
5	Amber Brodersen	BLACK HILLS STATE	13.85m	45-05.25
6	Morgan Darrow	BUENA VISTA	13.04m	42-09.50
7	Cody Milbourn	BLACK HILLS STATE	12.56m	41-02.50
8	Casey Buskirk	WAYNE STATE COLLEGE	12.05m	39-06.50
9	Noel Bentele	AUGUSTANA COLLEGE	12.02m	39-05.25
10	Lachel Milander	WAYNE STATE COLLEGE	11.89m	39-00.25
11	Amanda Madden	NO. STATE	11.78m	38-07.75
12	Amber DeBoer	JAMESTOWN COLLEGE	11.75m	38-06.75
13	Melodi Boke	NO. STATE	11.61m	38-01.25
14	Ashley Larson	SDSU	11.59m	38-00.25
15	Macie Cottier	U SIOUX FALL	11.54m	37-10.50
16	Rachel Christianson	AUGUSTANA COLLEGE	11.29m	37-00.50
17	Danielle Fry	NORTHWESTERN	11.17m	36-07.75
18	Ashley Crowley	U SIOUX FALL	11.02m	36-02.00
19	Bridget Healy	U SIOUX FALL	10.98m	36-00.25
20	Jill Schlenker	JAMESTOWN COLLEGE	10.96m	35-11.50
21	Avery Dennis	U SIOUX FALL	10.86m	35-07.75
22	Debbie Froemke	JAMESTOWN COLLEGE	10.80m	35-05.25
23	Ashley Sparks	BRIAR CLIFF	10.51m	34-05.75
24	Alisa Winqvist	BRIAR CLIFF	10.44m	34-03.00
25	Erica Krull	USD	10.22m	33-06.50
25	Darci Youngstrom	USD	10.22m	33-06.50
27	Jordan Balfour	MORNINGSIDE COLLEGE	10.18m	33-04.75
28	Courtney Beacom	MOUNT MARTY COLLEGE	9.77m	32-00.75
29	Elizabeth Boel	NORTHWESTERN	9.30m	30-06.25
--	Amber Price	MORNINGSIDE COLLEGE		ND

Event 108 Men Shot Put UCO

Name	Year	School	Finals	
1	Ben Jacobson	UNIVERSITY OF MARY	16.21m	53-02.25
2	Logan Ogden	NORTHWESTERN	15.43m	50-07.50
3	Aaron Jung	AUGUSTANA COLLEGE	15.39m	50-06.00
4	Paul Lundgren	NORTHWESTERN	14.51m	47-07.25
5	Keegan Warwick	U SIOUX FALL	14.39m	47-02.50
6	Tyler Lynch	AUGUSTANA COLLEGE	13.87m	45-06.25
7	Steven Ricke	BUENA VISTA	13.63m	44-08.75
8	Tad Harmon	UNIVERSITY OF MARY	13.54m	44-05.25
9	Travis Kroger	U SIOUX FALL	13.32m	43-08.50
10	Kiley Murra	NORTHWESTERN	13.17m	43-02.50
11	Bill Dean	JAMESTOWN COLLEGE	13.00m	42-08.00
12	Basem Shammass	USD	11.63m	38-02.00
13	Brady Lesnar	NO. STATE	11.58m	38-00.00
14	Cody Hageman	NO. STATE	11.53m	37-10.00
15	Brock Brewster	USD	11.46m	37-07.25
16	Chad Van Ravenswaay	NORTHWESTERN	11.42m	37-05.75
17	Dutch Vander Waal	MOUNT MARTY COLLEGE	11.02m	36-02.00
18	Caleb Peters	USD	10.53m	34-06.75
19	Casey Burke	DORDT COLLEGE	10.50m	34-05.50
20	Kyle Brunsting	USD	10.25m	33-07.50
21	Henry Hauger	MOUNT MARTY COLLEGE	9.77m	32-00.75
22	Pat Kenney	JAMESTOWN COLLEGE	9.60m	31-06.00

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 108 Men Shot Put UCO**

-- Jacob Chambers	MORNINGSIDE COLLEGE	ND
-- Tyler Fleckenstein	UNIVERSITY OF MARY	ND

Event 109 Women Discus Throw UCO

Name	Year School	Finals	
1 Laura Wortmann	MOUNT MARTY COLLEGE	48.06m	157-08
2 Amber Brodersen	BLACK HILLS STATE	45.93m	150-08
3 Aubrey Baxter	BLACK HILLS STATE	45.84m	150-05
4 Katie Wilson	WAYNE STATE COLLEGE	43.78m	143-08
5 Danielle Fry	NORTHWESTERN	40.17m	131-09
6 Amanda Madden	NO. STATE	39.39m	129-03
7 Jordan Balfour	MORNINGSIDE COLLEGE	38.80m	127-03
8 Amy Velthoff	USD	37.84m	124-02
9 Rachel Christianson	AUGUSTANA COLLEGE	37.65m	123-06
10 Shara Thompson	USD	37.31m	122-05
11 Cali Mischke	U SIOUX FALL	36.97m	121-03
12 Katie Smith	NO. STATE	36.62m	120-02
13 Cody Milbourn	BLACK HILLS STATE	36.51m	119-09
14 RaeChael Zabokrtsky	MORNINGSIDE COLLEGE	36.28m	119-00
14 Jill Schlenker	JAMESTOWN COLLEGE	36.28m	119-00
16 Debbie Froemke	JAMESTOWN COLLEGE	35.81m	117-06
17 Kara Den Herder	NORTHWESTERN	35.45m	116-04
18 Kristin Weeldreyer	U SIOUX FALL	34.90m	114-06
19 Erica Krull	USD	34.81m	114-02
20 Krystal Lacey	NO. STATE	34.59m	113-06
21 Macie Cottier	U SIOUX FALL	34.24m	112-04
22 Avery Dennis	U SIOUX FALL	34.20m	112-02
23 Kelci Feland	UNIVERSITY OF MARY	33.37m	109-06
23 Kalifornia Gray	MORNINGSIDE COLLEGE	33.37m	109-06
25 Bridget Healy	U SIOUX FALL	33.07m	108-06
26 Whitney Leckteig	MOUNT MARTY COLLEGE	32.42m	106-04
27 Nicole Richards	BRIAR CLIFF	32.22m	105-08
28 Keely O'Neill	WAYNE STATE COLLEGE	32.12m	105-04
29 Alisa Winquist	BRIAR CLIFF	28.70m	94-02
30 Kim Anderson	NO. STATE	27.28m	89-06
31 Megan Vote	JAMESTOWN COLLEGE	23.90m	78-05

Event 110 Men Discus Throw UCO

Name	Year School	Finals	
1 Jason Boeding	BLACK HILLS STATE	46.21m	151-07
2 Logan Ogden	NORTHWESTERN	46.13m	151-04
3 Ben Jacobson	UNIVERSITY OF MARY	44.52m	146-01
4 Tyler Lynch	AUGUSTANA COLLEGE	43.39m	142-04
5 Travis Kroger	U SIOUX FALL	43.02m	141-02
6 Tim Martens	UNATTACHED	42.36m	139-00
7 Jon Evenson	NO. STATE	41.87m	137-04
8 Brett Heidema	DORDT COLLEGE	41.06m	134-08
9 Paul Lundgren	NORTHWESTERN	40.23m	132-00
10 Justin Meidinger	U SIOUX FALL	39.34m	129-01
11 Bill Dean	JAMESTOWN COLLEGE	38.90m	127-07
12 Steven Ricke	BUENA VISTA	38.54m	126-05

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 110 Men Discus Throw UCO**

13	Preston Elliott-Moore	NO. STATE	38.33m	125-09
14	Cole Nicholas	BLACK HILLS STATE	38.21m	125-04
15	Tad Harmon	UNIVERSITY OF MARY	38.10m	125-00
16	Adam Hinds	BRIAR CLIFF	37.39m	122-08
17	Zach Kaufmann	BUENA VISTA	37.03m	121-06
18	Aaron Jung	AUGUSTANA COLLEGE	36.98m	121-04
19	Kiley Murra	NORTHWESTERN	36.30m	119-01
20	Jacob Mathiesen	WAYNE STATE COLLEGE	36.05m	118-03
21	Brandon Robinson	BUENA VISTA	35.15m	115-04
22	John Huber	NO. STATE	34.95m	114-08
23	Kyle O'Neill	WAYNE STATE COLLEGE	34.83m	114-03
24	Jake Versteeg	U SIOUX FALL	34.81m	114-02
25	Matt Glick	DAKOTA STATE	34.26m	112-05
26	DJ Vega	BUENA VISTA	33.43m	109-08
27	Alan Muhs	JAMESTOWN COLLEGE	32.74m	107-05
28	Basem Shammas	USD	31.92m	104-09
29	Chad Van Ravenswaay	NORTHWESTERN	31.18m	102-03
30	John McNeil	JAMESTOWN COLLEGE	30.15m	98-11
31	Dutch Vander Waal	MOUNT MARTY COLLEGE	29.27m	96-00
32	Henry Hauger	MOUNT MARTY COLLEGE	28.24m	92-08
33	Brock Brewster	USD	28.04m	92-00
34	Kyle Brunsting	USD	27.77m	91-01
35	Casey Burke	DORDT COLLEGE	26.94m	88-05
36	Pat Kenney	JAMESTOWN COLLEGE	26.58m	87-02
37	Nathan Horgeshimer	JAMESTOWN COLLEGE	25.13m	82-05
--	Landon Laveranz	U SIOUX FALL	ND	

Event 111 Women Long Jump UCO

Name	Year	School	Finals	Wind
1	Tia Haines	USD	5.10m	NWI 16-08.75
2	Brittany Beehler	UNIVERSITY OF MARY	5.07m	NWI 16-07.75
3	Amber Krogstad	U SIOUX FALL	5.01m	NWI 16-05.25
4	Sarah Gilbert	U SIOUX FALL	4.97m	NWI 16-03.75
5	Bailey Johnson	MORNINGSIDE COLLEGE	4.81m	NWI 15-09.50
6	Brianne Hofstetter	WAYNE STATE COLLEGE	4.79m	NWI 15-08.75
7	Crystal Vander Zee	DORDT COLLEGE	4.78m	NWI 15-08.25
8	Dana Riter	MOUNT MARTY COLLEGE	4.72m	NWI 15-06.00
9	Sarah Weidler	D WESLEY	4.69m	NWI 15-04.75
10	Kim Markham	SDSU	4.65m	NWI 15-03.25
11	Katie Zent	JAMESTOWN COLLEGE	4.62m	NWI 15-02.00
12	Tanya Vassar	NO. STATE	4.58m	NWI 15-00.50
13	Kallie Merrill	JAMESTOWN COLLEGE	4.40m	NWI 14-05.25
14	Savannah Dederick	BLACK HILLS STATE	4.37m	NWI 14-04.00
15	Liz Benjamin	BRIAR CLIFF	4.32m	NWI 14-02.25
15	Trish Hogrefe	BUENA VISTA	4.32m	NWI 14-02.25
17	Alicia Letcher	MOUNT MARTY COLLEGE	4.23m	NWI 13-10.50
17	Vanessa Friestad	UNIVERSITY OF MARY	4.23m	NWI 13-10.50
19	Meghan Kruthoff	BLACK HILLS STATE	3.86m	NWI 12-08.00
--	Katie Pociask	U SIOUX FALL	ND	NWI
--	Abby Sanderson	USD	ND	NWI
--	Natalie Stout	USD	ND	NWI
--	Brianna Perry	UNIVERSITY OF MARY	ND	NWI
--	Leslie Olson	UNIVERSITY OF MARY	ND	NWI

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 111 Women Long Jump UCO**

-- Margie Anthony	DAKOTA STATE	ND	NWI
-- Larissa Veldhuizen	DORDT COLLEGE	ND	NWI
-- Karissa Pepin	AUGUSTANA COLLEGE	ND	NWI
-- Molly Kruse	BUENA VISTA	ND	NWI
-- Paula Graumann	MOUNT MARTY COLLEGE	ND	NWI
-- Marisa Aldinger	NO. STATE	ND	NWI
-- Heather Lindgren	JAMESTOWN COLLEGE	ND	NWI
-- Sarah Skipper	JAMESTOWN COLLEGE	ND	NWI

Event 112 Men Long Jump UCO

Name	Year School	Finals	Wind
1 Eric Bertelsen	BUENA VISTA	6.90m	NWI 22-07.75
2 Corey Beffert	SDSU	6.31m	NWI 20-08.50
3 Danny Hutchenson	D WESLEY	6.28m	NWI 20-07.25
4 Tony Pedri	U SIOUX FALL	6.27m	NWI 20-07.00
5 Chad Pinkelman	USD	6.23m	NWI 20-05.25
6 Blake Ridgway	AUGUSTANA COLLEGE	6.10m	NWI 20-00.25
7 Austin Suther	NO. STATE	J6.10m	NWI 20-00.25
8 Blake Anderson	U SIOUX FALL	6.04m	NWI 19-09.75
9 Phillip Carmody	DAKOTA STATE	6.00m	NWI 19-08.25
10 Travis Toepfer	WAYNE STATE COLLEGE	5.98m	NWI 19-07.50
11 Zak Kjolsing	NO. STATE	5.92m	NWI 19-05.25
12 Dave Thomas	BRIAR CLIFF	5.91m	NWI 19-04.75
13 Stefan Peterson	BUENA VISTA	5.90m	NWI 19-04.25
14 Lucas Delacruz	U SIOUX FALL	5.82m	NWI 19-01.25
14 Joe Lammers	DORDT COLLEGE	5.82m	NWI 19-01.25
16 Austin Lake	NORTHWESTERN	5.73m	NWI 18-09.75
17 Zack Mullins	BRIAR CLIFF	5.70m	NWI 18-08.50
18 Lucas Peterson	NORTHWESTERN	5.65m	NWI 18-06.50
19 Drew Molacek	WAYNE STATE COLLEGE	5.61m	NWI 18-05.00
20 Caleb Young	BRIAR CLIFF	5.43m	NWI 17-09.75
21 Tom Merkwan	D WESLEY	5.41m	NWI 17-09.00

Event 113 Women High Jump UCO

Name	Year School	Finals
1 Andrea Masters	UNATTACHED	1.65m 5-05.00
2 Danielle Rowe	DAKOTA STATE	J1.65m 5-05.00
3 Misty Rystrom	WAYNE STATE COLLEGE	J1.65m 5-05.00
4 Jade Lippman	WAYNE STATE COLLEGE	1.60m 5-03.00
5 Sarah Gilbert	U SIOUX FALL	J1.60m 5-03.00
6 Anne Torkelson	MORNINGSIDE COLLEGE	1.55m 5-01.00
6 Katie Sokolowski	MORNINGSIDE COLLEGE	1.55m 5-01.00
6 Laura Smith	NO. STATE	1.55m 5-01.00
6 Krystal Jackson	BRIAR CLIFF	1.55m 5-01.00
6 Brittany Beehler	UNIVERSITY OF MARY	1.55m 5-01.00
11 Tanya Vassar	NO. STATE	1.50m 4-11.00
11 Crystal Schiernbeck	USD	1.50m 4-11.00
-- Amber Krogstad	U SIOUX FALL	NH
-- Mollie O'Mara	BRIAR CLIFF	NH
-- Kristy Schaaf	BRIAR CLIFF	NH
-- Karissa Pepin	AUGUSTANA COLLEGE	NH

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 113 Women High Jump UCO**

-- Liz Van Drunen	DORDT COLLEGE	NH
-- Kelly Schilling	MOUNT MARTY COLLEGE	NH
-- Andrea Ahrendsen	BUENA VISTA	NH

Event 114 Men High Jump UCO

Name	Year School	Finals
1 Eric Bauder	DAKOTA STATE	2.06m 6-09.00
2 Ryan Gass	MORNINGSIDE COLLEGE	2.01m 6-07.00
3 Andrew Rose	NO. STATE	J2.01m 6-07.00
4 Curtis Rife	MORNINGSIDE COLLEGE	1.96m 6-05.00
5 Jeff Sebern	USD	1.91m 6-03.25
6 Mark Mineart	NORTHWESTERN	J1.91m 6-03.25
6 Alex Liberty	D WESLEY	J1.91m 6-03.25
8 Lance Nemec	UNIVERSITY OF MARY	1.86m 6-01.25
8 Caleb Peters	USD	1.86m 6-01.25
8 Blake Ridgway	AUGUSTANA COLLEGE	1.86m 6-01.25
8 Calvin McGruder	NO. STATE	1.86m 6-01.25
12 Chad Pinkelman	USD	1.81m 5-11.25
12 Nathan Horgeshimer	JAMESTOWN COLLEGE	1.81m 5-11.25
12 Jordan Snyder	BUENA VISTA	1.81m 5-11.25
-- Drew Molacek	WAYNE STATE COLLEGE	NH
-- Zach Alexander	U SIOUX FALL	NH
-- Kyle Heidema	DORDT COLLEGE	NH

Event 115 Women Triple Jump UCO

Name	Year School	Finals	Wind
1 Tia Haines	USD	11.14m	NWI 36-06.75
2 Natalie Stout	USD	11.08m	NWI 36-04.25
3 Brianne Hofstetter	WAYNE STATE COLLEGE	10.71m	NWI 35-01.75
4 Crystal Vander Zee	DORDT COLLEGE	J10.71m	NWI 35-01.75
5 Katie Zent	JAMESTOWN COLLEGE	10.70m	NWI 35-01.25
6 Karissa Pepin	AUGUSTANA COLLEGE	10.54m	NWI 34-07.00
7 Angela Wiersma	NORTHWESTERN	10.26m	NWI 33-08.00
8 Margie Anthony	DAKOTA STATE	10.23m	NWI 33-06.75
9 Shannon Fitzsimmons	USD	10.22m	NWI 33-06.50
10 Dana Riter	MOUNT MARTY COLLEGE	10.19m	NWI 33-05.25
11 Sarah Weidler	D WESLEY	10.15m	NWI 33-03.75
12 Vanessa Friestad	UNIVERSITY OF MARY	10.10m	NWI 33-01.75
13 Heidi Hildebrandt	NORTHWESTERN	9.98m	NWI 32-09.00
14 Larissa Veldhuizen	DORDT COLLEGE	9.78m	NWI 32-01.00
15 Liz Van Drunen	DORDT COLLEGE	9.77m	NWI 32-00.75
16 Alicia Letcher	MOUNT MARTY COLLEGE	9.69m	NWI 31-09.50
17 Sarah Gilbert	U SIOUX FALL	9.48m	NWI 31-01.25
18 Katie Pociask	U SIOUX FALL	8.99m	NWI 29-06.00
-- Heather Bonn	NO. STATE	ND	NWI
-- Jacqueline Emanuel	U SIOUX FALL	ND	NWI

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****Event 116 Men Triple Jump UCO**

Name	Year School	Finals	Wind
1 Josh De Jong	DORDT COLLEGE	13.95m	NWI 45-09.25
2 Jeff Sebern	USD	13.92m	NWI 45-08.00
3 Wade DeVries	UNATTACHED	13.61m	NWI 44-08.00
4 Alex Timperley	WAYNE STATE COLLEGE	13.55m	NWI 44-05.50
5 Travis Toepfer	WAYNE STATE COLLEGE	13.31m	NWI 43-08.00
6 Tony Pedri	U SIOUX FALL	13.23m	NWI 43-05.00
7 Zack Mullins	BRIAR CLIFF	13.01m	NWI 42-08.25
8 Dave Thomas	BRIAR CLIFF	12.81m	NWI 42-00.50
9 Lucas Delacruz	U SIOUX FALL	12.80m	NWI 42-00.00
10 Nathaniel Bridgeman	U SIOUX FALL	12.73m	NWI 41-09.25
11 Caleb Young	BRIAR CLIFF	12.72m	NWI 41-08.75
12 Peter Malga	MORNINGSIDE COLLEGE	12.70m	NWI 41-08.00
13 Chad Pinkelman	USD	12.61m	NWI 41-04.50
14 Zach Alexander	U SIOUX FALL	12.36m	NWI 40-06.75
15 Blake Anderson	U SIOUX FALL	12.34m	NWI 40-06.00
16 Phillip Carmody	DAKOTA STATE	12.03m	NWI 39-05.75
17 Jordan Kvale	JAMESTOWN COLLEGE	11.58m	NWI 38-00.00
18 Travis Kamm	NO. STATE	11.50m	NWI 37-08.75

Event 117 Women Javelin Throw UCO

Name	Year School	Finals	
1 Vanessa Warzecha	MORNINGSIDE COLLEGE	38.61m	126-08
2 Holly Hassler	UNIVERSITY OF MARY	37.36m	122-07
3 Becca Price	JAMESTOWN COLLEGE	34.15m	112-00
4 Sarah Gilbert	U SIOUX FALL	33.42m	109-08
5 Laura Smith	NO. STATE	29.84m	97-11
6 Jaci Depuydt	JAMESTOWN COLLEGE	29.67m	97-04
7 Kalifornia Gray	MORNINGSIDE COLLEGE	28.65m	94-00
8 Krystal Lacey	NO. STATE	27.36m	89-09
9 Elizabeth Stevens	NORTHWESTERN	27.29m	89-06
10 Rachel Christianson	AUGUSTANA COLLEGE	27.25m	89-05
11 Tanya Vassar	NO. STATE	27.03m	88-08
12 Amber DeBoer	JAMESTOWN COLLEGE	26.34m	86-05
13 Bridgett Hasche	NORTHWESTERN	25.63m	84-01
14 Elizabeth Boel	NORTHWESTERN	25.46m	83-06
15 Kallie Merrill	JAMESTOWN COLLEGE	24.79m	81-04
16 Alisa Winquist	BRIAR CLIFF	23.48m	77-00
17 Danielle Fry	NORTHWESTERN	23.04m	75-07
18 Amy Kessler	MORNINGSIDE COLLEGE	22.11m	72-06
19 Liz Van Drunen	DORDT COLLEGE	15.61m	51-02
-- Melissa Jackson	AUGUSTANA COLLEGE	ND	
-- Kim Anderson	NO. STATE	ND	

Event 118 Men Javelin Throw UCO

Name	Year School	Finals	
1 Brad South	MORNINGSIDE COLLEGE	53.63m	175-11
2 Jon Evenson	NO. STATE	49.65m	162-11
3 Matt Roesner	NORTHWESTERN	46.49m	152-06
4 Tim Kruse	U SIOUX FALL	44.67m	146-07

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 118 Men Javelin Throw UCO**

5	Lance Nemece	UNIVERSITY OF MARY	43.67m	143-03
6	Steve Antonich	UNIVERSITY OF MARY	42.56m	139-07
7	Daniel Craig	JAMESTOWN COLLEGE	42.03m	137-11
8	Dan Sternhagen	MOUNT MARTY COLLEGE	41.90m	137-06
9	Cody Hageman	NO. STATE	38.85m	127-05
10	Jon Armstrong	BRIAR CLIFF	38.64m	126-09
11	Justin Meidinger	U SIOUX FALL	38.17m	125-03
12	Jake Versteeg	U SIOUX FALL	37.97m	124-07
13	Landon Laveranz	U SIOUX FALL	37.29m	122-04
14	Kiley Murra	NORTHWESTERN	36.90m	121-01
15	Kyle Brunsting	USD	34.54m	113-04
16	Brady Lesnar	NO. STATE	34.24m	112-04
17	Andrew Vander Woude	DORDT COLLEGE	33.74m	110-08
18	Kevin Knapp	AUGUSTANA COLLEGE	32.42m	106-04
19	Pat Kenney	JAMESTOWN COLLEGE	31.88m	104-07
20	Kasey Summerer	NORTHWESTERN	31.80m	104-04
21	Matt Glick	DAKOTA STATE	30.53m	100-02
--	Drew Molacek	WAYNE STATE COLLEGE		ND
--	Josh Berg	JAMESTOWN COLLEGE		ND

Event 121 Women Hammer Throw UCO

Name	Year	School	Finals	
1	Amanda Madden	NO. STATE	56.76m	186-03
2	Aubrey Baxter	BLACK HILLS STATE	56.59m	185-08
3	Noel Bentele	AUGUSTANA COLLEGE	45.23m	148-05
4	Katie Smith	NO. STATE	44.83m	147-01
5	Katie Wilson	WAYNE STATE COLLEGE	44.56m	146-02
6	Amy Velthoff	USD	43.62m	143-01
7	Lachel Milander	WAYNE STATE COLLEGE	43.15m	141-07
8	Casey Buskirk	WAYNE STATE COLLEGE	42.25m	138-07
9	Shara Thompson	USD	41.19m	135-02
10	Amber Brodersen	BLACK HILLS STATE	41.09m	134-10
11	Kara Den Herder	NORTHWESTERN	40.74m	133-08
12	Amber Price	MORNINGSIDE COLLEGE	40.53m	133-00
13	Morgan Darrow	BUENA VISTA	39.63m	130-00
14	Jordan Balfour	MORNINGSIDE COLLEGE	39.50m	129-07
15	Ashley Larson	SDSU	39.46m	129-05
16	Megan Vote	JAMESTOWN COLLEGE	38.75m	127-01
17	Jill Schlenker	JAMESTOWN COLLEGE	38.44m	126-01
18	Danielle Fry	NORTHWESTERN	37.81m	124-00
19	Cody Milbourn	BLACK HILLS STATE	37.77m	123-11
20	Rachel Christianson	AUGUSTANA COLLEGE	36.83m	120-10
21	Katie Gylfe	DAKOTA STATE	36.80m	120-09
22	Kristin Weeldreyer	U SIOUX FALL	36.50m	119-09
23	RaeChael Zabokrtsky	MORNINGSIDE COLLEGE	35.02m	114-11
24	Melodi Boke	NO. STATE	33.94m	111-04
25	Keely O'Neill	WAYNE STATE COLLEGE	33.38m	109-06
26	Alisa Winquist	BRIAR CLIFF	33.33m	109-04
26	Darci Youngstrom	USD	33.33m	109-04
28	Erica Krull	USD	32.05m	105-02
29	Kim Velk	MOUNT MARTY COLLEGE	31.67m	103-11
--	Ashley Sparks	BRIAR CLIFF		ND

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****Event 122 Men Hammer Throw UCO**

Name	Year School	Finals	
1 Jason Boeding	BLACK HILLS STATE	53.75m	176-04
2 John Sloup	WAYNE STATE COLLEGE	52.70m	172-11
3 Jacob Mathiesen	WAYNE STATE COLLEGE	52.32m	171-08
4 Andy Edison	MORNINGSIDE COLLEGE	51.79m	169-11
5 Cole Nicholas	BLACK HILLS STATE	47.42m	155-07
6 Ben Jacobson	UNIVERSITY OF MARY	44.80m	147-00
7 John Huber	NO. STATE	42.71m	140-01
8 Brandon Robinson	BUENA VISTA	42.52m	139-06
9 Preston Elliott-Moore	NO. STATE	41.70m	136-10
10 Kevin Knapp	AUGUSTANA COLLEGE	40.10m	131-07
11 Tim Kruse	U SIOUX FALL	39.98m	131-02
12 Adam Hinds	BRIAR CLIFF	39.87m	130-10
13 Bill Dean	JAMESTOWN COLLEGE	38.58m	126-07
14 Tad Harmon	UNIVERSITY OF MARY	37.83m	124-01
15 Jacob Chambers	MORNINGSIDE COLLEGE	37.31m	122-05
16 Steven Ricke	BUENA VISTA	36.22m	118-10
17 Brock Brewster	USD	36.03m	118-02
18 Kyle O'Neill	WAYNE STATE COLLEGE	35.99m	118-01
19 Travis Kroger	U SIOUX FALL	34.45m	113-00
20 Matt Glick	DAKOTA STATE	33.89m	111-02
21 Kyle Brunsting	USD	31.25m	102-06
22 Zach Kaufmann	BUENA VISTA	30.58m	100-04
23 Basem Shammass	USD	29.32m	96-02
24 Pat Kenney	JAMESTOWN COLLEGE	28.19m	92-06
-- DJ Vega	BUENA VISTA	ND	
-- Tyler Fleckenstein	UNIVERSITY OF MARY	ND	

Event 123 Girls 4x100 Meter Relay 6th Grade

School	Finals
1 SIOUX CITY WEST MIDDLE SCHOOL 'A'	1:03.76
2 SIOUX CITY WEST MIDDLE SCHOOL 'B'	1:03.98
3 SIOUX CITY WEST MIDDLE SCHOOL 'C'	1:04.79
4 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	1:06.80

Event 124 Boys 4x100 Meter Relay 6th Grade

School	Finals
1 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	55.12
2 SIOUX CITY WEST MIDDLE SCHOOL 'A'	59.35
3 SIOUX CITY WEST MIDDLE SCHOOL 'B'	1:03.74

Event 125 Girls 4x100 Meter Relay 7th Grade

School	Finals
1 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	1:03.08
2 SIOUX CITY WEST MIDDLE SCHOOL 'A'	1:03.96
3 SIOUX CITY WEST MIDDLE SCHOOL 'B'	1:05.70

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****Event 126 Boys 4x100 Meter Relay 7th Grade**

School	Finals
1 SO SIOUX CITY HIGH SCHOOL 'A'	55.16
2 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	57.94
3 SIOUX CITY WEST MIDDLE SCHOOL 'A'	59.78
4 SIOUX CITY WEST MIDDLE SCHOOL 'B'	1:02.01
5 SIOUX CITY NORTH MIDDLE SCHOOL 'B'	1:05.15

Event 127 Girls 4x100 Meter Relay 8th Grade

School	Finals
1 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	58.03
2 SO SIOUX CITY HIGH SCHOOL 'B'	58.64
3 SIOUX CITY EAST MIDDLE SCHOOL 'A'	59.62
4 SIOUX CITY EAST MIDDLE SCHOOL 'B'	1:03.53
5 SIOUX CITY WEST MIDDLE SCHOOL 'A'	1:06.60
6 SIOUX CITY WEST MIDDLE SCHOOL 'B'	1:09.28

Event 128 Boys 4x200 Meter Relay 8th Grade

School	Finals
1 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	1:44.62
2 SIOUX CITY EAST MIDDLE SCHOOL 'A'	1:44.68
3 SIOUX CITY WEST MIDDLE SCHOOL 'A'	1:56.27
4 SIOUX CITY EAST MIDDLE SCHOOL 'B'	1:56.36
5 SIOUX SIOUX CITY MIDDLE SCHOOL 'A'	2:01.51
6 SIOUX CITY WEST MIDDLE SCHOOL 'B'	2:13.06

Event 129 Girls 4x200 Meter Relay 8th Grade

School	Finals
1 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	2:04.44
2 SIOUX CITY EAST MIDDLE SCHOOL 'A'	2:06.46
3 SIOUX CITY WEST MIDDLE SCHOOL 'A'	2:10.20
4 SIOUX CITY EAST MIDDLE SCHOOL 'B'	2:17.54

Event 130 Boys 800 Meter Run 8th Grade

Name	Year School	Finals
1 Austin Fritza	08 SIOUX SIOUX	2:20.29
2 Gage Hays	09 SIOUX CITY N	2:23.01
3 Michael Powell	08 SIOUX SIOUX	2:23.90
4 Alex Berger	09 SIOUX CITY N	2:30.06
5 Trey Lapke	09 SIOUX CITY E	2:31.82
6 Michael Carson	08 SIOUX SIOUX	2:32.35
7 Corey Fravel	08 SIOUX CITY W	2:34.41
8 Lane Bernstrauch	08 SIOUX SIOUX	2:36.16
9 Dylan Smoody	08 SIOUX CITY W	2:36.46
10 Diego Marquez	09 SIOUX CITY E	2:36.46
11 Ryan Hughes	09 SIOUX CITY N	2:39.88
12 PJ Poe	09 SIOUX CITY N	2:42.81

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 130 Boys 800 Meter Run 8th Grade**

13 Dan Hanson	09 SIOUX CITY E	2:53.34
14 Victor Diaz	08 SIOUX CITY W	2:57.91

Event 131 Girls 800 Meter Run 8th Grade

Name	Year School	Finals
1 Chloe Houlihan	09 SIOUX CITY E	2:42.07
2 Emily McElwain	09 SIOUX CITY E	2:46.71
3 Hasmine Valasco	09 SIOUX CITY N	2:52.41
4 Karissa Jensen	08 SIOUX SIOUX	3:01.94
5 Breanna Smith	08 SIOUX CITY W	3:04.40
6 Shannon Stark	08 SIOUX CITY W	3:06.02
7 Emilie Olveda	09 SIOUX CITY E	3:08.28
8 Deinaria Felts	09 SIOUX CITY E	3:08.37
9 Gina Smick	08 SIOUX CITY W	3:09.54
10 Beth Hubbard	08 SIOUX SIOUX	3:10.31
11 Karlee Hinrichsen	09 SIOUX CITY N	3:15.58
12 Josefina Lopez	09 SIOUX CITY N	3:17.69
13 Amanda Delzell	09 SIOUX CITY N	3:28.61

Event 205 Girls Meter Shuttle Hurdle OHS

School	Finals	H#
1 OKOBOJI HIGH SCHOOL 'A'	1:09.77	2
1) Kelsey Crosgrove 11	2) Bryanna Wittrock 10	
3) Brandi Demuth 11	4) Taylor Poppema 10	
2 GEHLEN CATHOLIC 'A'	1:10.70	2
1) Kayla Hatting 12	2) Kayla Holtgrewe 11	
3) Nicole Ryan 09	4) Steph Rohe 09	
3 LEMARS CENTRAL 'A'	1:11.03	2
1) Emily TeBrink 12	2) Sadie Arens 11	
3) Kirstie Ruhland 10	4) Tara Lehner 12	
4 MOC-FLOYD VALLEY 'A'	1:13.67	1
1) Claire Roesner 11	2) Caitlyn Van Es 09	
3) Leah De Graaf 11	4) Katie Krebs 11	
5 GLENWOOD HIGH SCHOOL 'A'	1:14.07	1
1) Kassie Finn 11	2) Abby Brown 10	
3) Mercedes Lipparato	4) Emily Robinson 11	
6 SIOUX CITY EAST 'A'	1:16.42	1
1) Abby Follow 09	2) Breanna Schwartz 12	
3) Emily Stapleton 12	4) Megan Stiles 12	
7 UNITY CHRISTIAN H.S. 'A'	1:17.29	1
1) Lindsey Moerman 11	2) Katelyn Schuller 10	
3) Caroline Reinders 10	4) Kim Engeltjes 11	

Event 211 Boys Meter Shuttle Hurdle OHS

School	Finals	H#
1 LEMARS CENTRAL 'A'	1:01.84	1
1) Mat Ferris 11	2) Hunter Rhode 10	
3) Paxton Strub 10	4) Tyler Lancaster 11	
2 SGT BLUFF-LUTON H.S. 'A'	1:02.46	2

Sioux City Relays 2009 - 4/17/2009 to 4/18/2009**Olsen Stadium****Results****....Event 211 Boys Meter Shuttle Hurdle OHS**

1) Ben Van Dyke 12	2) Jordan Huffman 12		
3) Nick Mrla 11	4) Ross Chettinger 11		
3 GLENWOOD HIGH SCHOOL 'A'		1:03.11	2
1) Ian Eflin 10	2) Andrew Reinert 12		
3) Tim Schwanke 12	4) Bo Darrow 12		
4 SF LINCOLN 'A'		1:03.42	2
1) Justin Achoa 12	2) James Landon 10		
3) Hashim Gabon 10	4) Josh Jenkins 12		
5 MARCUS MERIDEN CLEGHORN HIGH S 'A'		1:03.52	1
1) Lucas Nelson	2) Jordan Boekhout 12		
3) Chris Mayrose	4) Will Hanson 11		
6 GALVA-HOLSTEIN 'A'		1:06.63	1
1) Tyson Thoreson 10	2) Kyle Wessling 09		
3) Kellen Jacobson 12	4) Collin Bubke 12		
7 SPIRIT LAKE HS 'A'		1:07.49	1
1) TJ Johnson 12	2) Ricky Wilson 11		
3) Aric Waltz 09	4) DJ Smith 10		