

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Event 22 Boys 4x100 Yard Relay 8th Grade**

School	Finals
Finals	
1 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	50.10
1) Liam Bald	2) Noah Popken
3) Tyler Ard	4) Brady Mayo 08
2 SIOUX CITY EAST MIDDLE SCHOOL 'A'	50.14
1) Carter Lilly 08	2) Dylan Peterson 08
3) Greg Kirwan 08	4) Ronald Nash 08
3 SERGEANT BLUFF-LUTON MIDDLE SC 'A'	50.84
1) Riley Weeks 08	2) Ben Robinson 08
3) Steven Garcia 08	4) Jack DeMoss 08
4 SIOUX SIOUX CITY MIDDLE SCHOOL 'A'	52.11
5 SIOUX CITY WEST MIDDLE SCHOOL 'A'	52.11
1) Myron Bose 08	2) Skyler Bauer 08
3) Sam Mace 08	4) Marcellous Gardner 08
6 SIOUX CITY WEST MIDDLE SCHOOL 'B'	57.75
1) Alex Kin 08	2) Josh Zoelle 08
3) Derek Clayton 08	4) Brandon Knutson 08

Event 63 Girls 4x100 Meter Relay Freshman Girls

School	Finals
1 BISHOP HEELAN HIGH SCHOOL 'A'	54.88
1) Katelynn Poss 09	2) Emily Keane 09
3) Kelcie Meier 09	4) Mackenzie Geary 09
2 SIOUX CITY EAST 'A'	55.46
1) Christina Holden 09	2) Emily McElwain 09
3) Carley Huisenga 09	4) Jordyn Anderson 09
3 SO SIOUX CITY HIGH SCHOOL 'A'	57.21
1) Breanna Stallbaum 09	2) Trista Thoreson 09
3) Sarah Casey 09	4) Taylor Bleil 09
4 SIOUX CITY WEST 'A'	59.33
1) Chloe Huck 09	2) Diondra Barnes 09
3) Judith Reyes 09	4) Emma Lunning 09

Event 64 Boys 4x100 Meter Relay Freshman Boys

School	Finals
1 SIOUX CITY WEST 'A'	47.29
1) Taron Flemister 09	2) Tucker Askelson 09
3) Deondre Hayes 09	4) Gerald Heiskell 09
2 BISHOP HEELAN HIGH SCHOOL 'A'	48.14
1) Tyreen Brockamp 09	2) Jacob Dunn 09
3) Mauricio Marquez 09	4) Manny Alcaarez 09
3 LEMARS CENTRAL 'A'	48.35
1) Gabe Rahn 09	2) Brody Mathey 09
3) Hunter Rowe 09	4) Chris Delfs 09
4 SIOUX CITY EAST 'A'	50.47
1) Ben Steenhoven 09	2) Blake Jackson 09
3) Dustine Weber-Osborne 09	4) Anthony Dreezsen 09
5 SIOUX CITY NORTH 'A'	51.48
1) KP Hanks 09	2) Matt Anderson 09

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 64 Boys 4x100 Meter Relay Freshman Boys**

3) Anthony Gonzalez 09	4) Gage Hayes 09	
6 SGT BLUFF-LUTON H.S. 'A'		59.03
1) Cole Bockelmann 09	2) Thomas Bures 09	
3) Tanner Vander Linden 09	4) Jacob Skoglund 09	
-- SO SIOUX CITY HIGH SCHOOL 'A'		DNF
1) Michael Offerman 09	2) Drew Nissen 09	
3) Zach Prenger 09	4) Austin Fritza 09	

Event 65 Girls 4x200 Meter Relay Freshman Girls

School		Finals
1 BISHOP HEELAN HIGH SCHOOL 'A'		1:56.29
1) Katelynn Poss 09	2) Emily Keane 09	
3) Kelcie Meier 09	4) Mackenzie Geary 09	
2 SIOUX CITY EAST 'A'		2:00.01
1) Christina Holden 09	2) Emilie Olveda 09	
3) Megan Wolf 09	4) Jordyn Anderson 09	
3 SO SIOUX CITY HIGH SCHOOL 'A'		2:00.41
1) Breanna Stallbaum 09	2) Trista Thoreson 09	
3) Sarah Casey 09	4) Taylor Bleil 09	
4 SIOUX CITY WEST 'A'		2:04.15
1) Chloe Huck 09	2) Emma Lunning 09	
3) Breanna Smith 09	4) Diondra Barnes 09	

Event 66 Boys 4x200 Meter Relay Freshman Boys

School		Finals
1 BISHOP HEELAN HIGH SCHOOL 'A'		1:40.02
1) Zach Skibinski 09	2) Jacob Dunn 09	
3) Brennan Jackson 09	4) Manny Alcaarez 09	
2 SIOUX CITY WEST 'A'		1:42.94
1) Taron Flemister 09	2) Tucker Askelson 09	
3) Deondre Hayes 09	4) Anthony Pearson 09	
3 LEMARS CENTRAL 'A'		1:43.31
1) Gabe Rahn 09	2) Brody Mathey 09	
3) Hunter Rowe 09	4) Chris Delfs 09	
4 SO SIOUX CITY HIGH SCHOOL 'A'		1:46.87
1) Michael Offerman 09	2) Drew Nissen 09	
3) Zach Prenger 09	4) Austin Fritza 09	
5 SGT BLUFF-LUTON H.S. 'A'		1:48.73
1) CJ Davis 09	2) Kollin George 09	
3) Blake McCauley 09	4) Cole Bockelmann 09	
6 SIOUX CITY EAST 'A'		1:49.24
1) Ben Steenhoven 09	2) Dustine Weber-Osborne 09	
3) Tyler Franko 09	4) Trey Lapke 09	

Event 67 Girls 4x400 Meter Relay Freshman Girls

School		Finals
1 BISHOP HEELAN HIGH SCHOOL 'A'		4:35.23
1) Abbey Schaefer 09	2) Lauren Brobst 09	
3) Kelcie Meier 09	4) Carson Leiting 09	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 67 Girls 4x400 Meter Relay Freshman Girls**

2 SIOUX CITY EAST 'A'		4:35.34
1) Emily McElwain 09	2) Emilie Olveda 09	
3) Carley Huisenga 09	4) Christina Holden 09	
3 SIOUX CITY WEST 'A'		5:01.42
1) Breanna Smith 09	2) Alyssa Rager 09	
3) Judith Reyes 09	4) Emma Lunning 09	
-- SGT BLUFF-LUTON H.S. 'A'		DNF
-- SIOUX CITY NORTH 'A'		DNF

Event 68 Boys 4x400 Meter Relay Freshman Boys

School	Finals
1 BISHOP HEELAN HIGH SCHOOL 'A'	3:52.63
1) Nate Kozer 09	2) Jacob Dunn 09
3) Hunter Stone 09	4) Manny Alcaarez 09
2 LEMARS CENTRAL 'A'	3:55.94
1) Gabe Rahn 09	2) Kyle Dolph 09
3) Brendan Collins 09	4) Brennan Buss 09
3 SO SIOUX CITY HIGH SCHOOL 'A'	3:56.91
1) Michael Offerman 09	2) Drew Nissen 09
3) Michael Carson 09	4) Austin Fritza 09
4 SIOUX CITY WEST 'A'	4:07.20
1) Taron Flemister 09	2) Tucker Askelson 09
3) Deondre Hayes 09	4) Anthony Pearson 09
5 SIOUX CITY NORTH 'A'	4:07.92
1) Anthony Gonzalez 09	2) PJ Poe 09
3) Jamie Hainey 09	4) Gage Hayes 09
6 SIOUX CITY EAST 'A'	4:10.13
1) Trey Lapke 09	2) Ben Steenhoven 09
3) Simeon Moes 09	4) Dustine Weber-Osborne 09
7 SGT BLUFF-LUTON H.S. 'A'	4:30.99
1) Jon Muller 09	2) Adam Zediker 09
3) Ryan Klemish 09	4) Zack Armstrong 09

Event 77 Women 100 Meter Dash UCO

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Mishay Weber	SR UNIVERSITY OF MARY	12.52q	0.6	4
2 Alyssa Christianson	FR D WESLEY	12.57q	-0.7	5
3 AnnaLiesa Fauth	JR JAMESTOWN COLLEGE	12.63q	-0.1	1
4 Kayla Montgomery	SO MINOT STATE	12.68q	-0.5	2
5 Christina Roberts	SO SOUTH DAKOTA	12.76q	-0.1	1
6 Lindsey Fluharty	FR NO. STATE	13.09q	-1.3	3
7 Lindsey Thielen	FR SDSU	13.18q	-0.5	2
8 Rachel Hagberg	FR SDSU	13.23q	-0.7	5
9 Marisa Aldinger	SR NO. STATE	13.25	-1.3	3
10 Ana Morgan	FR NORTHWESTERN	13.33	-0.7	5
11 Steph Leist	JR D WESLEY	13.37	-1.3	3
12 Amber Woodford	FR MORNINGSIDE COLLEGE	13.38	-1.3	3
13 Elizabeth Stevens	SO NORTHWESTERN	13.39	0.6	4
14 Shelby Snare	FR DICKINSON STATE	13.41	-0.1	1
15 Molly Sippel	FR BUENA VISTA	13.41	-0.5	2

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 77 Women 100 Meter Dash UCO**

16	Laci Hettick	SR NO. STATE	13.41	0.6	4
17	Emily Halverson	FR AUGUSTANA COLLEGE	13.42	0.6	4
18	Kailey Hunhoff	SO D WESLEY	13.43	-0.5	2
19	Marissa Novak	FR SDSU	13.44	0.6	4
20	DayLynn Batey	FR DICKINSON STATE	13.58	-0.7	5
21	Nancy Tatou	FR BRIAR CLIFF	13.60	-0.5	2
22	Sarah Sannerud	FR U SIOUX FALL	13.62	-0.1	1
23	Suzie Kloucek	FR D WESLEY	13.67	-0.7	5
24	Amy Pheneger	JR DAKOTA STATE	13.73	-0.5	2
24	Jill Hoogeveen	FR BRIAR CLIFF	13.73	0.6	4
26	Lydia Bienlien	FR MORNINGSIDE COLLEGE	13.74	-0.1	1
27	Lindsay Rook	FR DAKOTA STATE	13.84	-0.7	5
28	Claire Beck	FR DAKOTA STATE	13.85	-1.3	3
29	Tessa Dee	FR SOUTH DAKOTA	13.85	-1.3	3
30	Beth Segerholm	FR JAMESTOWN COLLEGE	13.86	-0.1	1
31	Sarah Drew	SR AUGUSTANA COLLEGE	13.96	-0.1	1
32	Wendy Schmaltz	JR D WESLEY	14.01	0.6	4
33	Sarah Franje	SR DORDT	14.02	-1.3	3
34	Emily Christians	FR DORDT	14.09	-0.1	1
35	Courtney Oliver	FR JAMESTOWN COLLEGE	14.12	-0.5	2
36	Chanesse Schaefer	FR AUGUSTANA COLLEGE	14.12	-0.7	5
37	Kaitlin Troost	FR DORDT	14.15	-1.3	3
38	Shelby Rose	FR JAMESTOWN COLLEGE	14.40	0.6	4

Event 78 Men 100 Meter Dash UCO

Name	Year	School	Prelims	Wind	H#
1	Sam Acheampong	FR BRIAR CLIFF	10.70q	2.5	6
2	Brandon Hammack	FR NORTHWESTERN	10.97q	1.0	2
3	Brandon Kovash	FR USD	11.00q	1.0	2
4	Bonamy Cordero	JR DICKINSON STATE	11.11q	0.1	3
5	Cory Ploof	SO UNIVERSITY OF MARY	11.11q	1.1	5
6	Zuri Nance	FR NO. STATE	11.12q	1.1	5
7	Miguel Gonzalez	UNATTACHED	11.15q	0.5	1
8	Johnny Lester	JR MINOT STATE	11.15q	-1.3	4
9	Michael King	FR WAYNE STATE COLLEGE	11.19	2.5	6
10	Drew Molacek	JR WAYNE STATE COLLEGE	11.20	1.1	5
11	Thomas Whyley	JR DICKINSON STATE	11.21	0.1	3
12	Cole Tucker	SR SDSU	11.23	0.5	1
13	Cecil Milton	FR BRIAR CLIFF	11.24	1.1	5
14	Ryan Hernandez	FR UNATTACHED	11.25	2.5	6
15	Dalton Smith	FR D WESLEY	11.35	0.1	3
16	Jordan Miller	FR D WESLEY	11.43	0.1	3
17	Aaron Floen	FR DORDT	11.44	0.5	1
18	Josh Neumiller	FR DICKINSON STATE	11.45	-1.3	4
19	Roland Osae-Opang	JR DORDT	11.47	0.5	1
20	Parker Moore	SO NORTHWESTERN	11.56	1.0	2
21	Stefan Peterson	SO BUENA VISTA	11.58	2.5	6
22	Ben Oberle	SR USD	11.60	-1.3	4
23	Andy Palacio	SR MINOT STATE	11.61	1.1	5
24	Tyler Williamson	JR USD	11.70	0.5	1
25	Joe Lammers	SO DORDT	11.71	0.1	3
26	Cody Spreeman	FR BRIAR CLIFF	11.76	0.1	3
27	Ryan Gass	JR MORNINGSIDE COLLEGE	11.80	1.0	2

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 78 Men 100 Meter Dash UCO**

28	Jeremy Sheppard	SO	NORTHWESTERN	11.83	2.5	6
29	Jon Smith	JR	BRIAR CLIFF	11.83	-1.3	4
30	Kasey Summerer	JR	NORTHWESTERN	11.90	1.1	5
31	Augustus Capers	JR	NO. STATE	11.94	-1.3	4
32	Zak Kjolsing	SO	NO. STATE	11.94	2.5	6
33	Mike Trujillo	FR	BRIAR CLIFF	11.94	1.1	5
34	Juston Wynia	FR	D WESLEY	12.00	1.0	2
35	Tyler Walker	FR	NORTHWESTERN	12.06	0.5	1
36	Michael Huseman	FR	MORNINGSIDE COLLEGE	12.29	1.0	2
37	Jonathon Keller	FR	MOUNT MARTY COLLEGE	12.38	1.0	2
38	Todd Carnes	FR	MORNINGSIDE COLLEGE	12.53	0.1	3
39	Dillon Lenius	FR	JAMESTOWN COLLEGE	12.57	0.5	1
40	Cameron Carlow	SO	NORTHWESTERN	12.58	0.5	1
41	Cam Terry	FR	BRIAR CLIFF	12.78	-1.3	4
42	Michael Dailey	FR	UNATTACHED	12.80	2.5	6
43	Adam Sullivan	FR	MORNINGSIDE COLLEGE	12.88	0.1	3
44	Lonnie Macpeek		UNATTACHED	15.30	-1.3	4
--	Jordan Langer	JR	NORTHWESTERN	DNF	1.0	2

Event 79 Women 100 Meter Hurdles UCO

Name	Year	School	Prelims	Wind	H#	
1	Kristyn Nelson	SO	UNIVERSITY OF MARY	15.00q	0.5	3
2	Melissa Walker	FR	UNIVERSITY OF MARY	15.11q	0.3	4
3	Crystal Schiernbeck	JR	SOUTH DAKOTA	15.15q	0.3	4
4	Ashley Salwey	FR	UNIVERSITY OF MARY	15.34q	1.9	2
5	Haley Juhnke	JR	SOUTH DAKOTA	15.37q	1.9	2
6	Sarah Sannerud	FR	U SIOUX FALL	15.52q	0.3	4
7	Sarah Skipper	JR	JAMESTOWN COLLEGE	15.59q	-1.4	1
8	Briana Wubben	FR	DORDT	15.74q	0.5	3
9	Andrea Wedel		UNATTACHED	16.09	0.5	3
10	Stacey Dietrich	SO	NORTHWESTERN	16.10	-1.4	1
11	Andrea Sjomeling	JR	NO. STATE	16.15	0.5	3
12	Claire Severson	SR	AUGUSTANA COLLEGE	16.15	-1.4	1
13	Bailey Schafbuch	FR	BUENA VISTA	16.47	0.3	4
14	Karina Wierenga	SR	DORDT	16.59	0.5	3
15	Andrea Boyd	SO	BUENA VISTA	16.60	1.9	2
16	Tanya Vassar	JR	NO. STATE	16.82	-1.4	1
17	Melinda Vander Ark	SO	DORDT	16.83	0.5	3
18	Rachel Burnette	FR	BUENA VISTA	16.99	1.9	2
19	Whitney Nelson	FR	BUENA VISTA	17.01	0.3	4
20	Hilary Harrison	FR	DICKINSON STATE	17.15	1.9	2
21	Kallie Merrill	JR	JAMESTOWN COLLEGE	17.36	0.3	4
22	Wendy Schmaltz	JR	D WESLEY	17.88	1.9	2
23	Meagan Grandgenett	SO	AUGUSTANA COLLEGE	17.94	1.9	2
24	Deresha Harrison	FR	DICKINSON STATE	18.05	-1.4	1
25	Sara Schultz	SO	DAKOTA STATE	18.07	0.5	3
26	Tessa Dee	FR	SOUTH DAKOTA	18.09	-1.4	1
--	Jordan Johnson	FR	U SIOUX FALL	DNF	0.3	4

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Event 80 Men 110 Meter Hurdles UCO**

Name	Year	School	Prelims	Wind	H#
1 Tanner Russ	SR	BUENA VISTA	14.91q	-0.4	3
2 Jordan Smith	FR	USD	15.31q	-0.4	3
3 Bill Cameron	SR	NO. STATE	15.41q	-1.4	2
4 Erik Lindsay	JR	BRIAR CLIFF	15.44q	-1.8	1
5 Luke Hauert	FR	NO. STATE	15.51q	-1.4	2
6 Kurtis Gross	SO	DICKINSON STATE	15.56q	-1.8	1
7 Colin Vandehoef		UNATTACHED	15.61q	-1.4	2
8 Caleb Young	FR	BRIAR CLIFF	15.67q	-1.4	2
9 Paul Mallory	SO	AUGUSTANA COLLEGE	15.70	-0.4	3
10 Travis Jimenez	FR	NO. STATE	15.83	-1.4	2
11 Ben Schemp		UNATTACHED	15.85	-1.8	1
12 Josh Ewalt	JR	JAMESTOWN COLLEGE	16.20	-0.4	3
13 Mike Trobough	FR	BRIAR CLIFF	16.49	-0.4	3
14 Chris Hubbs	FR	SDSU	16.56	-1.8	1
15 Ryan Maloney	FR	U SIOUX FALL	16.79	-0.4	3
16 Scott Roemmich	FR	JAMESTOWN COLLEGE	17.06	-1.8	1
17 Matt Zilverberg	FR	U SIOUX FALL	17.52	-1.4	2
18 Tyler Maxwell	FR	USD	18.87	-1.8	1
19 Jared Thomas	SR	D WESLEY	25.73	-1.4	2

Event 81 Women 400 Meter Dash UCO

Name	Year	School	Finals	H#
Finals				
1 Nicketa Coombs	FR	UNIVERSITY OF MARY	56.13	6
2 Christina King	SR	WAYNE STATE COLLEGE	56.30	6
3 AnnaLiesa Fauth	JR	JAMESTOWN COLLEGE	58.41	6
4 Amber Woodford	FR	MORNINGSIDE COLLEGE	59.06	5
5 Katie Zent	SO	JAMESTOWN COLLEGE	59.65	5
6 Jenna Brouwer	JR	DORDT	59.85	6
7 Kari Van Beek	SO	DORDT	59.96	6
8 Brandi Gau	JR	DAKOTA STATE	1:00.50	5
9 Madison Borer	FR	BRIAR CLIFF	1:00.68	4
10 Jessica Hudelson	FR	MORNINGSIDE COLLEGE	1:01.07	4
11 Allison Christy	FR	MORNINGSIDE COLLEGE	1:01.29	4
12 Stephanie Uher	FR	DAKOTA STATE	1:01.37	3
13 Nicole Seier	FR	MORNINGSIDE COLLEGE	1:01.44	4
14 Breanna Mathes	FR	MORNINGSIDE COLLEGE	1:01.57	3
15 Heather Hoefs	FR	MORNINGSIDE COLLEGE	1:01.85	3
16 Madeline Hornung	SO	JAMESTOWN COLLEGE	1:01.87	3
17 Jill Schaefer	FR	NO. STATE	1:01.88	6
18 Margo Stanforth	FR	MORNINGSIDE COLLEGE	1:02.00	4
19 Marissa Curry	JR	JAMESTOWN COLLEGE	1:02.06	5
20 Ana Morgan	FR	NORTHWESTERN	1:02.17	5
21 Katie Beldt	FR	BRIAR CLIFF	1:02.31	4
22 DayLynn Batey	FR	DICKINSON STATE	1:02.41	5
23 Emmylyn Bentley	JR	JAMESTOWN COLLEGE	1:02.44	2
24 Shelby Snare	FR	DICKINSON STATE	1:02.46	5
25 Sabrina Sieperda	FR	MORNINGSIDE COLLEGE	1:02.57	4
26 Emily Fritz	SO	NO. STATE	1:02.61	6
27 Jessica Becker	SO	SDSU	1:02.86	3
28 Meghan Nelson	JR	MOUNT MARTY COLLEGE	1:03.00	5

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 81 Women 400 Meter Dash UCO**

29	Alyssa Myers	SO BRIAR CLIFF	1:03.02	2
30	Taylor Tuomey	FR MINOT STATE	1:03.14	3
31	Mallory Souder	SO JAMESTOWN COLLEGE	1:03.27	1
32	Kristine DuBois	SO SOUTH DAKOTA	1:03.56	6
33	Kallie Merrill	JR JAMESTOWN COLLEGE	1:03.72	1
34	Madison Whitley	FR SOUTH DAKOTA	1:04.09	4
35	McKenzie Reece	FR MORNINGSIDE COLLEGE	1:04.36	2
36	Caitlyn Nerem	JR NORTHWESTERN	1:04.38	2
37	Audrey Cooley	FR BRIAR CLIFF	1:04.60	2
38	Larissa Sapp	FR NORTHWESTERN	1:05.64	2
39	Nikki Hanish	FR BUENA VISTA	1:05.85	3
40	Shelby Rose	FR JAMESTOWN COLLEGE	1:06.55	1
41	Rachel Hagberg	FR SDSU	1:06.56	1
42	Theresa Cook	FR MORNINGSIDE COLLEGE	1:06.93	1
43	Christine Becker	FR MORNINGSIDE COLLEGE	1:07.60	2
44	Milena Brikic	JR DICKINSON STATE	1:08.48	1
45	Katie Sokolowski	FR MORNINGSIDE COLLEGE	1:12.73	1

Event 82 Men 400 Meter Dash UCO

Name	Year	School	Finals	H#
1	Khaldon Evans	SO MINOT STATE	48.69	7
2	Andrew Jansen	SO WAYNE STATE COLLEGE	49.59	7
3	Jared Dewaard	SO D WESLEY	49.89	4
4	Devin Hiller	SR MINOT STATE	50.09	7
5	Cole Tucker	SR SDSU	50.42	7
6	Erik Lindsay	JR BRIAR CLIFF	50.75	6
7	Lyndon Schmidt	SR JAMESTOWN COLLEGE	50.98	6
8	Taylor Hoekstra	FR NORTHWESTERN	51.20	4
9	Brandon Henry	FR BRIAR CLIFF	51.21	5
10	Brent Jansen	SO JAMESTOWN COLLEGE	51.29	6
11	Ryan Conrad	JR NO. STATE	51.32	7
12	John Harris	FR MORNINGSIDE COLLEGE	51.36	6
13	Eric Peterson	FR NO. STATE	51.54	7
14	Brian Gesink	JR MORNINGSIDE COLLEGE	51.55	5
15	Nick Grove	JR MORNINGSIDE COLLEGE	51.63	5
16	Jarann Johnson	SO JAMESTOWN COLLEGE	51.85	3
17	Cody Diehl	SO WAYNE STATE COLLEGE	51.86	2
18	Titus Kosgei	JR MOUNT MARTY COLLEGE	51.96	7
19	Rick Te Grootenhuis	FR NORTHWESTERN	52.07	4
20	Ed Graf	SR MORNINGSIDE COLLEGE	52.18	4
21	Tyler Williamson	JR USD	52.26	6
22	Jeremiah Avise Rouse	SR MORNINGSIDE COLLEGE	52.58	5
23	Andy Quenzer	SO DAKOTA STATE	52.62	3
24	Trevino Thompson	SO DICKINSON STATE	52.66	7
25	Zane Peterson	JR U SIOUX FALL	52.69	6
26	Mark Johnson	FR NORTHWESTERN	52.85	3
27	Jason Haddix	FR U SIOUX FALL	52.87	3
28	Tim Vermeer	FR NORTHWESTERN	52.91	3
29	Joel Van Wyk	SO MORNINGSIDE COLLEGE	53.18	4
30	Chris Nordstrom	UNATTACHED	53.23	1
31	Ian Kuipers	FR DORDT	53.25	5
32	Kyle Weisbeck	SR NO. STATE	53.71	5
33	Peter Malga	FR MORNINGSIDE COLLEGE	53.77	3

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 82 Men 400 Meter Dash UCO**

34	Andy Dougherty	UNATTACHED	53.80	6
35	Joe Cisneros	FR BRIAR CLIFF	53.99	2
36	Jerad Schlobohm	JR DAKOTA STATE	54.13	4
37	Jeff Seagren	SR UNATTACHED	54.14	6
38	Matt Greenfield	SO NO. STATE	54.67	2
39	Kenny Moore	FR WAYNE STATE COLLEGE	54.91	2
40	Dane Hansen	FR MOUNT MARTY COLLEGE	55.11	3
41	Eli Turnbough	SR DICKINSON STATE	55.25	3
42	Brett Springman	FR MOUNT MARTY COLLEGE	55.38	1
43	Tyler Leinbaugh	SO MORNINGSIDE COLLEGE	55.54	2
44	Tyler Maxwell	FR USD	55.87	2
45	Kyle Hoffman	FR MORNINGSIDE COLLEGE	56.21	1
46	Jerome Middlebrooks	FR BUENA VISTA	56.28	2
47	Dillon Lenius	FR JAMESTOWN COLLEGE	56.31	1
48	Cody Danko	FR MORNINGSIDE COLLEGE	56.91	1
49	Michael Dailey	FR UNATTACHED	58.68	1

Event 83 Women 400 Meter Hurdles UCO

Name	Year	School	Finals	H#
1	Paige Pollard	SO WAYNE STATE COLLEGE	1:02.71	3
2	Sarah Skipper	JR JAMESTOWN COLLEGE	1:04.22	3
3	Marissa Curry	JR JAMESTOWN COLLEGE	1:05.18	2
4	Kendra De Jong	FR NORTHWESTERN	1:05.56	3
5	Jessica Becker	SO SDSU	1:05.87	3
6	Andrea Sjomeling	JR NO. STATE	1:05.96	3
7	Haley Juhnke	JR SOUTH DAKOTA	1:06.15	1
8	Deidre Hinkeldey	SO MORNINGSIDE COLLEGE	1:06.58	2
9	Corrie Fautsch	JR NORTHWESTERN	1:07.20	3
10	Ashley Wehle	FR BRIAR CLIFF	1:07.69	2
11	Kallie Merrill	JR JAMESTOWN COLLEGE	1:08.88	1
12	Melinda Vander Ark	SO DORDT	1:09.46	2
13	Hilary Harrison	FR DICKINSON STATE	1:09.58	2
14	Alison Syverson	FR U SIOUX FALL	1:09.75	1
15	Amy Pheneger	JR DAKOTA STATE	1:10.79	2
16	Whitney Nelson	FR BUENA VISTA	1:11.13	1
17	Meagan Grandgenett	SO AUGUSTANA COLLEGE	1:11.30	1
18	Sara Schultz	SO DAKOTA STATE	1:12.97	1
19	Rachel Burnette	FR BUENA VISTA	1:13.46	2

Event 84 Men 400 Meter Hurdles UCO

Name	Year	School	Finals	H#
1	Monte Larsen	FR MORNINGSIDE COLLEGE	54.01	4
2	Bill Cameron	SR NO. STATE	54.41	4
3	Luke Hauert	FR NO. STATE	54.81	4
4	Tanner Russ	SR BUENA VISTA	55.25	4
5	Scott Roemmich	FR JAMESTOWN COLLEGE	55.84	3
6	Darwin Schwartz	JR MINOT STATE	56.27	4
7	Colin Vandehoef	UNATTACHED	56.60	3
8	Andrew Smith	FR BUENA VISTA	56.93	3
9	Andrew Vander Woude	FR DORDT	57.07	3
10	Chris Hubbs	FR SDSU	57.26	2

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 84 Men 400 Meter Hurdles UCO**

11	Zach Morris	JR	AUGUSTANA COLLEGE	57.26	3
12	Paul Mallory	SO	AUGUSTANA COLLEGE	57.77	4
13	Ryan Maloney	FR	U SIOUX FALL	57.85	2
14	Josh Steinhoff		UNATTACHED	57.95	2
15	Ben Schemp		UNATTACHED	58.07	2
16	Travis Jimenez	FR	NO. STATE	58.83	4
17	Tim Boonstra	SR	DORDT	59.75	3
18	Jordan Davis	FR	UNIVERSITY OF MARY	59.80	2
19	Phillip Carmody	SO	DAKOTA STATE	1:00.11	2
20	Abraham Klafter	FR	NORTHWESTERN	1:00.99	1
21	Alex Zuke	JR	U SIOUX FALL	1:01.24	2
22	Mike Bredeson	FR	SDSU	1:01.99	1
23	Jordan Boekhout	FR	NORTHWESTERN	1:03.98	1
24	Dan Cunningham	FR	MORNINGSIDE COLLEGE	1:04.38	1
25	Jay Overgard	FR	MOUNT MARTY COLLEGE	1:04.42	1
26	Chris Sterrett		UNATTACHED	1:05.61	2
--	Kelly Roemmich	SR	JAMESTOWN COLLEGE		DQ 3

Event 85 Women 800 Meter Run UCO

Name	Year	School	Finals
1	Jessica Hudelson	FR MORNINGSIDE COLLEGE	2:14.44
2	Cecilie Udstuen	FR AUGUSTANA COLLEGE	2:15.08
3	Jen Van Otterloo	UNATTACHED	2:16.34
4	Linn Nilsson	FR AUGUSTANA COLLEGE	2:16.59
5	Caitlin Polgreen	SR AUGUSTANA COLLEGE	2:16.78
6	Brittany Young	FR DAKOTA STATE	2:17.91
7	Nicole Seier	FR MORNINGSIDE COLLEGE	2:19.04
8	Breanna Mathes	FR MORNINGSIDE COLLEGE	2:19.50
9	Madeline Hornung	SO JAMESTOWN COLLEGE	2:19.84
10	Stephanie Warnke	SO DAKOTA STATE	2:20.91
11	Allison Henke	SO AUGUSTANA COLLEGE	2:21.11
12	Megan Jenkins	FR UNIVERSITY OF MARY	2:21.69
13	Heather Hoefs	FR MORNINGSIDE COLLEGE	2:21.81
14	Rachel Biederman	FR AUGUSTANA COLLEGE	2:21.88
15	Molly Kokesh	FR AUGUSTANA COLLEGE	2:22.21
16	Nichole Duncan	FR DORDT	2:22.32
17	Jessica Brandli	FR NO. STATE	2:22.87
18	Erin Curran	FR BLACK HILLS STATE	2:22.92
19	Emmylyn Bentley	JR JAMESTOWN COLLEGE	2:23.23
20	Brandee DeVine	SR UNIVERSITY OF MARY	2:23.42
21	Cecilia Vallejo	FR BRIAR CLIFF	2:23.60
22	Tara Postma	FR DORDT	2:23.63
23	Abi Bever	FR BLACK HILLS STATE	2:24.13
24	Krystina Smith	JR NORTHWESTERN	2:24.47
25	McKenzie Reece	FR MORNINGSIDE COLLEGE	2:24.48
26	Toni Fritz	JR NO. STATE	2:25.46
27	Jessica Clark	SO MORNINGSIDE COLLEGE	2:25.86
28	Melissa Kroupa	SO U SIOUX FALL	2:27.00
29	Tabitha Shepherd	FR MORNINGSIDE COLLEGE	2:27.14
30	Angela Luedke	FR SOUTH DAKOTA	2:27.36
31	Steph Wibben	FR MORNINGSIDE COLLEGE	2:27.93
32	Melissa McIntosh	JR WAYNE STATE COLLEGE	2:28.06
33	Molly Kopfmann	SO SDSU	2:28.38

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 85 Women 800 Meter Run UCO**

34	Melissa Perez	SR DICKINSON STATE	2:29.03
35	Mallory Souder	SO JAMESTOWN COLLEGE	2:29.54
36	Danielle McCann	SO SDSU	2:29.62
37	Rachel Bickford	JR JAMESTOWN COLLEGE	2:29.78
38	Mary Maassen	SR NORTHWESTERN	2:30.63
39	Rebecca Wiggins	SO NORTHWESTERN	2:30.89
40	Theresa Cook	FR MORNINGSIDE COLLEGE	2:31.97
41	Laura Bauer	FR SDSU	2:32.44
42	Debbie Lopez	SR DICKINSON STATE	2:33.02
43	Brittney Olfert	FR NO. STATE	2:33.38
44	Samantha Sahagian	FR DORDT	2:33.42
45	Kelsey Robish	FR SOUTH DAKOTA	2:33.46
46	Tianna Hurtado	JR SOUTH DAKOTA	2:34.62
47	Kat VonRumpf	FR BRIAR CLIFF	2:34.83
48	Becca Van Dam	FR DORDT	2:35.72
49	Michelle Johnson	FR U SIOUX FALL	2:36.44
50	Bernie Bachel	FR JAMESTOWN COLLEGE	2:36.48
51	Jenna McCoy	JR WAYNE STATE COLLEGE	2:37.50
52	Aimee Lenocker	FR D WESLEY	2:37.77
53	Tatiana DeLosSantos	SO WAYNE STATE COLLEGE	2:41.52
54	Kayleen Gupman	FR D WESLEY	2:43.20
55	Mariela Sanchez	JR DICKINSON STATE	2:45.49
--	Katie Conlon	FR JAMESTOWN COLLEGE	DNF
--	Rachel Garay	FR BRIAR CLIFF	DNF
--	Alyssa Bossler	SR JAMESTOWN COLLEGE	DNF
--	Lisa Ryan	UNATTACHED	DQ

Event 86 Men 800 Meter Run UCO

Name	Year	School	Finals
1	Josiah Luttjeboer	JR DORDT	1:52.91
2	Brian Gesink	JR MORNINGSIDE COLLEGE	1:53.39
3	Tyler VanPeursem	SR DAKOTA STATE	1:53.49
4	Andy Coy	FR DAKOTA STATE	1:53.50
5	Monte Larsen	FR MORNINGSIDE COLLEGE	1:54.01
6	Titus Kosgei	JR MOUNT MARTY COLLEGE	1:54.28
7	Ryan Tholen	FR DORDT	1:54.52
8	Brian Werner	SR AUGUSTANA COLLEGE	1:54.95
9	Mark Eekhoff	SR DORDT	1:55.29
10	Taylor Champan	FR MORNINGSIDE COLLEGE	1:55.71
11	Austin Vande Berg	SR AUGUSTANA COLLEGE	1:55.79
12	David Christensen	SR DORDT	1:56.64
13	Jacob Arechigo	FR NO. STATE	1:56.94
14	Matt Peterson	SO NO. STATE	1:57.52
15	Cody Foreman	SR DAKOTA STATE	1:57.66
16	Travis Beniak	SO AUGUSTANA COLLEGE	1:57.84
17	Brent Van Schepen	FR DORDT	1:58.10
18	Ismael Arzola	UNATTACHED	1:58.26
19	Lief Rasmussen	SR JAMESTOWN COLLEGE	1:58.40
20	Kyle Poss	SO USD	1:58.75
21	Kelly Hall	SO SDSU	1:58.77
22	Gary Heitkamp	SO MINOT STATE	1:58.79
23	John Harris	FR MORNINGSIDE COLLEGE	1:58.85
24	Chris Nordstrom	UNATTACHED	1:59.01

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 86 Men 800 Meter Run UCO**

25	Daniel Black	SR	AUGUSTANA COLLEGE	1:59.05
26	Greg Meister	FR	UNATTACHED	1:59.35
27	Andrew Manning	SO	DAKOTA STATE	1:59.52
28	David Nash		UNATTACHED	2:00.00
29	Brock Rose	SO	NO. STATE	2:00.12
30	Bryan Aberle	JR	USD	2:00.51
31	Luke Sachau	FR	BRIAR CLIFF	2:00.58
32	Kyle Heim	FR	JAMESTOWN COLLEGE	2:00.65
33	Cody Roland	SR	JAMESTOWN COLLEGE	2:00.77
34	Andy Quenzer	SO	DAKOTA STATE	2:00.80
35	Bryce Kinard	FR	BRIAR CLIFF	2:00.87
36	Greg Vollmer		UNATTACHED	2:01.10
37	Kelly Polacek	FR	BRIAR CLIFF	2:01.16
38	Cheto Cerda	SR	WAYNE STATE COLLEGE	2:01.23
39	Edwin Cheleshaw	SO	DICKINSON STATE	2:01.27
40	Thomas Hunt	FR	BRIAR CLIFF	2:01.85
41	Aaron Garza	FR	WAYNE STATE COLLEGE	2:01.89
42	Kasey Hoffman		UNATTACHED	2:02.12
43	Grant Aden		UNATTACHED	2:02.19
44	Nathan Stamstad	SO	UNIVERSITY OF MARY	2:02.96
45	Tommy Stuart	FR	BRIAR CLIFF	2:02.98
46	Alex Weborg	FR	MORNINGSIDE COLLEGE	2:03.11
47	Todd Wolf	FR	MORNINGSIDE COLLEGE	2:03.21
48	Jason Haddix	FR	U SIOUX FALL	2:03.34
49	Peter Malga	FR	MORNINGSIDE COLLEGE	2:03.37
50	Adam Potter	FR	NORTHWESTERN	2:03.62
51	Tommy Torok		UNATTACHED	2:03.73
52	Jason Schaaf	SO	WAYNE STATE COLLEGE	2:05.05
53	Ed Graf	SR	MORNINGSIDE COLLEGE	2:05.06
54	Garrett Hill	SR	BUENA VISTA	2:05.16
55	Brandon Delao	FR	UNIVERSITY OF MARY	2:05.48
56	Kyle Hoffman	FR	MORNINGSIDE COLLEGE	2:05.72
57	Mike Lynch	SO	D WESLEY	2:05.84
58	Eli Turnbough	SR	DICKINSON STATE	2:07.62
59	Brandon Schuler	FR	NORTHWESTERN	2:07.65
60	Joe Chebul	SO	WAYNE STATE COLLEGE	2:09.01
61	Alex Moore	SR	BUENA VISTA	2:10.15
62	Tanner LaValliere	FR	D WESLEY	2:10.33
63	Kyle Schoenfish	SR	D WESLEY	2:10.90
64	AJ King	FR	MORNINGSIDE COLLEGE	2:11.59
65	Jacob Buss	FR	DORDT	2:12.18
66	Chris Riley	SR	MOUNT MARTY COLLEGE	2:12.79
67	David Elliot	FR	D WESLEY	2:14.95
68	Luis Elizondo	SO	MINOT STATE	2:15.33
69	Alan Stuber	FR	D WESLEY	2:25.41
70	Andrew Soden	FR	BUENA VISTA	2:36.83
--	Ryan Perry	FR	MINOT STATE	DNF
--	Jordan Slusser	FR	AUGUSTANA COLLEGE	DNF

Event 91 Women 5000 Meter Run UCO

Name	Year	School	Finals	
1	Runa Falch	FR	AUGUSTANA COLLEGE	17:11.87
2	Kyle Blakeslee	FR	AUGUSTANA COLLEGE	17:15.28

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 91 Women 5000 Meter Run UCO**

3	Katie Conlon	FR JAMESTOWN COLLEGE	17:32.28
4	Alyssa Bossler	SR JAMESTOWN COLLEGE	17:47.25
5	Kara Nelson	JR MORNINGSIDE COLLEGE	17:58.99
6	Erin Lynn Keitges	SR MORNINGSIDE COLLEGE	18:22.64
7	Michelle Steiger	SO DORDT	18:31.06
8	Courtney Rasmussen	SO AUGUSTANA COLLEGE	18:35.81
9	Leigh Anne Whiteside	SO BLACK HILLS STATE	18:36.32
10	Sara Hess	JR NORTHWESTERN	18:43.68
11	Lydia Ford	FR MORNINGSIDE COLLEGE	18:48.23
12	Kari Linneman	JR NO. STATE	19:03.68
13	Allison Weeldreyer	SO NORTHWESTERN	19:04.32
14	Samantha Warnke	SR DAKOTA STATE	19:07.21
15	Brooke Fischer	FR MOUNT MARTY COLLEGE	19:21.17
16	Krystal Hughes	FR NO. STATE	19:30.87
17	Clarice Bauer	SR DAKOTA STATE	19:37.40
18	Cambrya Belter	SO JAMESTOWN COLLEGE	19:50.17
19	Jenna Kral	FR MORNINGSIDE COLLEGE	20:01.98
20	Lisa Grosvenor	SO MORNINGSIDE COLLEGE	20:27.71
21	Leah Dykstra	FR NORTHWESTERN	20:31.67
22	Akacia Wentworth	JR NORTHWESTERN	20:34.43
23	Megan O'Grady	SR MOUNT MARTY COLLEGE	20:48.71
24	Suzy Avey	JR JAMESTOWN COLLEGE	21:32.38
25	Abby Mettler	JR D WESLEY	22:01.00
--	Kylie Underwood	FR NORTHWESTERN	DNF
--	Breann Rozeboom	JR NORTHWESTERN	DNF
--	Marissa Schouten	SR U SIOUX FALL	DNF
--	Ashley Unruh	SO U SIOUX FALL	DNF
--	Kristin Brondbo	FR AUGUSTANA COLLEGE	DNF
--	Katie Cook	SR BLACK HILLS STATE	DNF
--	Jade Steinberg	SO MOUNT MARTY COLLEGE	DNF
--	Molly Clark	SR AUGUSTANA COLLEGE	DNF
--	Wendy O'Lexey	JR BLACK HILLS STATE	DNF

Event 93 Women 10000 Meter Run UCO

Name	Year	School	Finals
1	Wendy O'Lexey	JR BLACK HILLS STATE	36:56.15
2	Irene Kosgei	SO UNIVERSITY OF MARY	38:08.22
3	Katie Cook	SR BLACK HILLS STATE	39:40.08
4	Ashley Unruh	SO U SIOUX FALL	42:12.02
5	Kelsey Maloney	SR SOUTH DAKOTA	42:25.23
6	Kayla Smith	FR SOUTH DAKOTA	42:40.56
7	Ashleigh Anderson	JR JAMESTOWN COLLEGE	43:50.56
8	Kasey Hohl	FR SOUTH DAKOTA	43:51.55
9	Marissa Schouten	SR U SIOUX FALL	44:16.29
10	Resa Hendrickson	SO MOUNT MARTY COLLEGE	44:28.68
11	Becka Jensen	SO MOUNT MARTY COLLEGE	46:23.72
12	Alicia Pick	SO MOUNT MARTY COLLEGE	48:09.17

Event 94 Men 10000 Meter Run UCO

Name	Year	School	Finals
1	Chris Heezen	UNATTACHED	31:56.81

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 94 Men 10000 Meter Run UCO**

2	Thomas Madut	SR D WESLEY	32:24.34
3	Nathan Hopp	FR UNATTACHED	32:53.24
4	Birch Haraden	SR BLACK HILLS STATE	32:59.83
5	Samuel Chavez	SR DICKINSON STATE	33:30.12
6	Joe Noyes	SO U SIOUX FALL	34:25.65
7	Leon Medina	FR MINOT STATE	35:14.91
8	Brett Szafarski	FR MINOT STATE	35:58.35
9	Jimmy Thomas	FR U SIOUX FALL	37:35.19
10	Dave Londe	FR JAMESTOWN COLLEGE	37:51.20
--	Adam Verhoef	SO NORTHWESTERN	DNF

Event 95 Women 4x100 Meter Relay UCO

School		Prelims	H#
Preliminaries			
1	UNIVERSITY OF MARY 'A'	47.07q	2
	1) Kristyn Nelson SO	2) Nicketa Coombs FR	
	3) Mishay Weber SR	4) Kristen Stewart JR	
2	DAKOTA WESLYAN UNIVERSITY 'A'	48.09q	1
	1) Steph Leist JR	2) Alyssa Christianson FR	
	3) Tamika Irvin	4) Natalie Wipf	
3	DORDT 'A'	49.55q	1
	1) Jenna Brouwer JR	2) Crystal Vander Zee SO	
	3) Kaitlin Troost FR	4) Briana Wubben FR	
4	MORNINGSIDE COLLEGE 'A'	50.15q	2
	1) Lydia Bienlien FR	2) Deidre Hinkeldey SO	
	3) Sabrina Sieperda FR	4) Amber Woodford FR	
5	SOUTH DAKOTA 'A'	50.51q	1
	1) Haley Juhnke JR	2) Kristine DuBois SO	
	3) Madison Whitley FR	4) Christina Roberts SO	
6	NORTHERN STATE UNIVERSITY 'A'	50.95q	2
	1) Lindsey Fluharty FR	2) Marisa Aldinger SR	
	3) Laci Hettick SR	4) Emily Fritz SO	
7	DAKOTA STATE UNIVERSITY 'A'	51.27q	1
	1) Laura Porch FR	2) Brandi Gau JR	
	3) Amber Krogstad JR	4) Danielle Rowe JR	
8	JAMESTOWN COLLEGE 'A'	51.41q	2
	1) Katie Zent SO	2) Sarah Skipper JR	
	3) Beth Segerholm FR	4) AnnaLiesa Fauth JR	
9	BRIAR CLIFF UNIVERSITY 'A'	51.52	1
	1) Nancy Tatou FR	2) Madison Borer FR	
	3) Jill Hoogeveen FR	4) Katie Beldt FR	
10	SO DAKOTA STATE UNIVERSIT 'A'	51.55	1
	1) Lindsey Thielen FR	2) Rachel Hagberg FR	
	3) Marissa Novak FR	4) Jessica Becker SO	
11	BUENA VISTA UNIVERSITY 'A'	51.73	2
	1) Bailey Schafbuch FR	2) Nikki Hanish FR	
	3) Andrea Boyd SO	4) Molly Sippel FR	
12	AUGUSTANA COLLEGE 'A'	52.38	1
	1) Meagan Grandgenett SO	2) Emily Halverson FR	
	3) Sarah Drew SR	4) Claire Severson SR	
13	MOUNT MARTY COLLEGE 'A'	52.89	2
	1) Meghan Nelson JR	2) Dana Riter SO	
	3) Katie Breuer SO	4) Katie Whaley SO	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 95 Women 4x100 Meter Relay UCO**

14 DORDT 'B'	53.34	2
1) Sarah Franje SR	2) Karina Wierenga SR	
3) Emily Christians FR	4) Christina Van Singel FR	

Event 96 Men 4x100 Meter Relay UCO

School	Prelims	H#
1 BRIAR CLIFF UNIVERSITY 'A'	41.98q	1
1) Jon Smith JR	2) Sam Acheampong FR	
3) Cecil Milton FR	4) Erik Lindsay JR	
2 DORDT 'A'	42.30q	1
1) Roland Osae-Opang JR	2) Trevor Wolterstorff FR	
3) Aaron Floen FR	4) Nic Pfeifle FR	
3 UNIVERSITY OF MARY 'A'	42.53q	1
1) Jordan Puhalla JR	2) Cory Ploof SO	
3) Deland Weyrauch FR	4) Tracy Lide FR	
4 WAYNE STATE COLLEGE 'A'	42.77q	2
1) Drew Molacek JR	2) Michael King FR	
3) Cody Diehl SO	4) Alex Timperley SO	
5 DICKINSON STATE 'A'	42.82q	2
1) Bonamy Cordero JR	2) Thomas Whyley JR	
3) Trevino Thompson SO	4) Josh Neumiller FR	
6 NORTHERN STATE UNIVERSITY 'A'	43.18q	2
1) Luke Hauert FR	2) Trevor Mau FR	
3) Austin Suther SO	4) Calvin McGruder JR	
7 NORTHWESTERN COLLEGE 'A'	43.31q	1
1) Brandon Hammack FR	2) Taylor Hoekstra FR	
3) Parker Moore SO	4) Jordan Langer JR	
8 MINOT STATE UNIVERSI 'A'	43.36q	2
1) Johnny Lester JR	2) Darwin Schwartz JR	
3) Devin Hiller SR	4) Andy Palacio SR	
9 JAMESTOWN COLLEGE 'A'	43.38	1
1) Scott Roemmich FR	2) Josh Ewalt JR	
3) Brent Jansen SO	4) Lyndon Schmidt SR	
10 DAKOTA WESLYAN UNIVERSITY 'A'	43.53	2
1) Jared Dewaard SO	2) Dalton Smith FR	
3) Juston Wynia FR	4) Jordan Miller FR	
11 NORTHERN STATE UNIVERSITY 'B'	43.75	1
1) Zak Kjolsing SO	2) Augustus Capers JR	
3) Matt Greenfield SO	4) Zuri Nance FR	
12 DAKOTA STATE UNIVERSITY 'A'	43.81	2
1) Phillip Carmody SO	2) Stacey Berg FR	
3) Zach Bakke FR	4) Jared Mengenhause JR	
13 BRIAR CLIFF UNIVERSITY 'B'	44.44	1
1) Cody Spreeman FR	2) Mike Trujillo FR	
3) Caleb Young FR	4) Cam Terry FR	
14 DORDT 'B'	44.56	1
1) Tim Boonstra SR	2) Sam Du Mez SO	
3) David Riley FR	4) Joe Lammers SO	
15 UNIVERSITY SOUTH DAKOTA 'A'	45.00	2
1) Chad Pinkelman SO	2) Brandon Kovash FR	
3) Tyler Williamson JR	4) Ben Oberle SR	
-- BUENA VISTA UNIVERSITY 'A'	DQ	2
1) Kenneth Nichols JR	2) Justus Harris FR	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 96 Men 4x100 Meter Relay UCO**

3) Stefan Peterson SO 4) Chris Richardson FR

Event 98 Men 4x200 Meter Relay UCO

School	Prelims	H#
1 DORDT 'A'	1:28.00q	2
1) Aaron Floen FR	2) Alex Henderson FR	
3) Trevor Wolterstorff FR	4) Nic Pfeifle FR	
2 UNIVERSITY OF MARY 'A'	1:28.32q	2
1) Jordan Puhalla JR	2) Cory Ploof SO	
3) Deland Weyrauch FR	4) Tracy Lide FR	
3 DICKINSON STATE 'A'	1:29.71q	1
1) Bonamy Cordero JR	2) Thomas Whyley JR	
3) Trevino Thompson SO	4) Josh Neumiller FR	
4 UNIVERSITY SOUTH DAKOTA 'A'	1:29.89q	1
1) Cody Linder SO	2) Brandon Kovash FR	
3) Tyler Williamson JR	4) Ben Oberle SR	
5 BRIAR CLIFF UNIVERSITY 'A'	1:31.47q	1
1) Cody Spreeman FR	2) Brandon Henry FR	
3) Cecil Milton FR	4) Tony Cosentino FR	
6 NORTHERN STATE UNIVERSITY 'A'	1:32.02q	2
1) Kyle Weisbeck SR	2) Eric Peterson FR	
3) Augustus Capers JR	4) Austin Suther SO	
7 NORTHWESTERN COLLEGE 'A'	1:32.67q	2
1) Mark Johnson FR	2) Rick Te Grootenhuis FR	
3) Tim Vermeer FR	4) Jeremy Sheppard SO	
8 BUENA VISTA UNIVERSITY 'A'	1:35.96q	1
1) Kenneth Nichols JR	2) Chris Richardson FR	
3) Brian Patterson FR	4) Justus Harris FR	
-- DAKOTA STATE UNIVERSITY 'A'	DQ	2
1) Zach Bakke FR	2) Brenton Hunter SR	
3) Stacey Berg FR	4) Jared Mengenhause JR	

Event 105 Women Distance Medley UCO

School	Finals
1 UNIVERSITY OF MARY 'A'	12:15.14
1) Melissa Agnew FR	2) Brandee DeVine SR
3) Emilee Morehouse FR	4) Dakota Wolf FR
2 AUGUSTANA COLLEGE 'A'	12:31.74
1) Miriam Hovda FR	2) Allison Henke SO
3) Katie Hjerpe FR	4) Annie Pfeifle FR
3 AUGUSTANA COLLEGE 'B'	12:31.81
1) Molly Kokesh FR	2) Caitlin Polgreen SR
3) Rachel Biederman FR	4) Leah Hansen FR
4 DORDT 'A'	12:32.58
1) Nichole Duncan FR	2) Kari Van Beek SO
3) Sierra Zomer FR	4) Merissa Harkema FR
5 NORTHWESTERN COLLEGE 'A'	12:43.23
1) Jenna Sorensen JR	2) Elizabeth Stevens SO
3) Teresa Scholten SO	4) Charity Miles JR
6 AUGUSTANA COLLEGE 'C'	12:47.19

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 105 Women Distance Medley UCO**

1) Megan Erspamer SO	2) Cecilie Udstuen FR
3) LeAnn Severson SO	4) Jillian Tholen SR
7 SO DAKOTA STATE UNIVERSIT 'A'	12:51.80
1) Tera Potts FR	2) Lindsey Thielen FR
3) Emily Smith JR	4) Amanda Frohling SR
8 DICKINSON STATE 'A'	13:55.64
1) Rayel McPeters SR	2) Vanessa Escobar SR
3) Samantha Pounds SO	4) Gladys Rotich SO

Event 106 Men Distance Medley UCO

School	Finals
1 DAKOTA STATE UNIVERSITY 'A'	10:11.69
1) Tyler VanPeursesem SR	2) Cody Foreman SR
3) Matt Fideler JR	4) Anthony Drealan JR
2 AUGUSTANA COLLEGE 'B'	10:27.48
1) Daniel Black SR	2) Zach Morris JR
3) Jordan Slusser FR	4) Austin Vande Berg SR
3 AUGUSTANA COLLEGE 'A'	10:28.19
1) Brian Werner SR	2) Aduo Omot FR
3) Travis Beniak SO	4) Halvard Lang SO
4 UNIVERSITY OF MARY 'A'	10:39.53
1) Casey Jore FR	2) Jordan Davis FR
3) Eric Mohrbacher FR	4) Eamin Entwisle SO
5 SO DAKOTA STATE UNIVERSIT 'A'	10:39.97
1) Brad Anderson SO	2) Chris Hubbs FR
3) Kelly Hall SO	4) Kyle Schmidt FR
6 JAMESTOWN COLLEGE 'A'	11:05.52
1) Kendall Witzen SO	2) Kyle Heim FR
3) Ryan Heisler FR	4) Joseph Koerber JR
7 NORTHWESTERN COLLEGE 'A'	11:09.05
1) Jordan Vermeer	2) Adam Potter FR
3) Nick Tjeerdsma FR	4) Sean Guthmiller FR
8 DORDT 'A'	11:26.54
1) Stephen Olson FR	2) David Riley FR
3) Jon Vroom SR	4) Nathan Scripps FR
-- BUENA VISTA UNIVERSITY 'A'	DNF
1) Jared Bruce FR	2) Alex Moore SR
3) Garrett Hill SR	4) Brian Christiansen FR

Event 108 Men Shot Put UCO

Name	Year School	Finals
1 Ben Jacobson	JR UNIVERSITY OF MARY	16.74m 54-11.25
15.80m 16.52m 16.11m 16.68m 15.99m 16.74m		
2 Aaron Jung	SO AUGUSTANA COLLEGE	15.46m 50-08.75
FOUL 14.53m 15.46m FOUL FOUL FOUL		
3 Ben Walters	UNATTACHED	15.37m 50-05.25
14.84m 15.22m FOUL FOUL FOUL 15.37m		
4 Clayton Unruh	SR DICKINSON STATE	15.18m 49-09.75
14.58m 15.18m FOUL FOUL FOUL FOUL		
5 Steven Ricke	SR BUENA VISTA	14.76m 48-05.25
14.76m 14.53m 14.50m 14.24m FOUL 14.40m		

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 108 Men Shot Put UCO**

6	Robert Nelson	JR JAMESTOWN COLLEGE	14.67m	48-01.75
	13.88m FOUL 14.55m FOUL FOUL 14.67m			
7	Martel Pope	JR MINOT STATE	14.47m	47-05.75
	14.26m 14.13m 14.47m 14.41m 14.41m 14.14m			
8	Andy Simons	FR MORNINGSIDE COLLEGE	14.14m	46-04.75
	FOUL 13.76m 14.14m 14.14m FOUL FOUL			
9	Delron Innis	SR DICKINSON STATE	14.00m	45-11.25
	14.00m FOUL FOUL 13.82m FOUL 13.73m			
10	Paul Lundgren	JR NORTHWESTERN	13.89m	45-07.00
	13.47m 13.89m FOUL			
11	Tad Harman	SO UNIVERSITY OF MARY	13.83m	45-04.50
	13.52m 13.83m 13.36m			
12	Kiley Murra	SO NORTHWESTERN	13.77m	45-02.25
	13.76m FOUL 13.77m			
13	Brock Brewster	SO USD	13.69m	44-11.00
	FOUL 13.69m FOUL			
14	Sam Herauf	FR DICKINSON STATE	13.60m	44-07.50
	FOUL 13.60m 13.50m			
15	Tyler Lynch	JR AUGUSTANA COLLEGE	13.50m	44-03.50
	13.47m 13.07m 13.50m			
16	Dan Whipple	FR U SIOUX FALL	13.48m	44-02.75
	12.91m 13.48m 13.22m			
17	Jared Thompson	FR NO. STATE	13.47m	44-02.50
	13.47m FOUL 13.06m			
18	Mike Findley	FR JAMESTOWN COLLEGE	13.44m	44-01.25
	FOUL 12.27m 13.44m			
19	Jordan Premus	FR NO. STATE	13.37m	43-10.50
	13.21m 13.08m 13.37m			
20	William Dean	SR JAMESTOWN COLLEGE	13.15m	43-01.75
	FOUL FOUL 13.15m			
21	Orrin Burger	FR DORDT	13.09m	42-11.50
	12.49m 13.09m FOUL			
22	Jon Evenson	JR NO. STATE	12.81m	42-00.50
	12.81m 12.34m 12.78m			
23	Travis Uleman	FR MORNINGSIDE COLLEGE	12.65m	41-06.00
	12.52m 12.65m 11.88m			
24	Brandon Bodien	FR JAMESTOWN COLLEGE	12.18m	39-11.50
	12.18m FOUL FOUL			
25	Jeff Rieger	FR DAKOTA STATE	12.09m	39-08.00
	FOUL FOUL 12.09m			
26	Jacob Chambers	SO MORNINGSIDE COLLEGE	12.03m	39-05.75
	12.03m 11.69m 12.00m			
27	Kyle Brunsting	SO USD	11.64m	38-02.25
	11.24m 11.64m FOUL			
28	Jameel Cunningham	FR BRIAR CLIFF	11.61m	38-01.25
	11.61m FOUL 11.42m			
29	Chad Van Ravenswaay	SO NORTHWESTERN	11.59m	38-00.25
	FOUL 11.59m 11.54m			
30	Landon Laveranz	JR U SIOUX FALL	11.48m	37-08.00
	FOUL 11.04m 11.48m			
31	Jay Bachman	FR JAMESTOWN COLLEGE	11.43m	37-06.00
	10.40m 10.77m 11.43m			
32	Casey Burke	SO DORDT	11.17m	36-07.75
	10.56m FOUL 11.17m			

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 108 Men Shot Put UCO**

33 Tyler Maxwell	FR USD	11.06m	36-03.50
FOUL 11.06m FOUL			
34 Peter Prostrollo	FR MOUNT MARTY COLLEGE	9.71m	31-10.25
9.58m 9.48m 9.71m			

Event 109 Women Discus Throw UCO

Name	Year School	Finals
1 Brooke Garner	UNATTACHED	47.72m 156-07
45.80m 47.72m FOUL FOUL FOUL 43.56m		
2 Amanda Madden	SR NO. STATE	42.70m 140-01
41.69m 41.66m 42.70m FOUL FOUL 42.20m		
3 Rachel Christiansen	JR AUGUSTANA COLLEGE	42.50m 139-05
42.50m 40.67m 41.63m 40.77m 42.35m 41.93m		
4 Danielle Fry	SO NORTHWESTERN	41.97m 137-08
FOUL FOUL 41.97m 36.38m 38.70m FOUL		
5 Shara Thompson	SO SDSU	39.63m 130-00
FOUL 37.46m 36.30m 39.21m 38.43m 39.63m		
6 Katie Smith	SR NO. STATE	38.99m 127-11
34.55m 33.37m 38.99m 36.16m 35.51m FOUL		
7 Kayla Roemmich	FR JAMESTOWN COLLEGE	38.16m 125-02
37.75m 37.44m 37.38m 38.16m FOUL FOUL		
8 Jill Schlenker	JR JAMESTOWN COLLEGE	37.66m 123-07
34.57m 34.40m 37.66m 35.31m FOUL FOUL		
9 Brittany Pearson	SO DAKOTA STATE	37.44m 122-10
37.27m 37.44m 36.54m 36.93m 35.23m FOUL		
10 Rachel Kruse	FR U SIOUX FALL	37.36m 122-07
35.69m 37.36m FOUL		
11 Kelli Hoff	FR U SIOUX FALL	37.30m 122-04
33.52m 36.90m 37.30m		
12 Emily Wells	FR WAYNE STATE COLLEGE	37.25m 122-02
28.34m 28.67m 37.25m		
13 Bridget Healy	FR U SIOUX FALL	37.19m 122-00
FOUL 37.19m FOUL		
14 Yvonne Freese	FR NO. STATE	36.88m 121-00
FOUL FOUL 36.88m		
15 Devon Flowers	FR MINOT STATE	36.80m 120-09
35.43m 34.28m 36.80m		
16 Ashley Larson	SR SDSU	36.65m 120-03
35.68m 36.65m 34.89m		
17 Avery Dennis	SO U SIOUX FALL	36.42m 119-06
FOUL 36.42m FOUL		
18 Christena Georgas	FR SOUTH DAKOTA	36.37m 119-04
FOUL 34.69m 36.37m		
19 Rachel Smith	FR DORDT	35.70m 117-01
FOUL 35.70m 33.11m		
20 Erica Krull	JR SOUTH DAKOTA	35.67m 117-00
35.67m FOUL FOUL		
21 RaeChael Zabokrtsky	FR MORNINGSIDE COLLEGE	35.53m 116-07
33.25m 34.60m 35.53m		
22 Jodi Nordquist	FR WAYNE STATE COLLEGE	35.46m 116-04
35.46m FOUL 34.79m		
23 Kara DenHerder	JR NORTHWESTERN	34.63m 113-07
31.55m 34.63m 34.11m		

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 109 Women Discus Throw UCO**

24	Krystal Lacey	FR NO. STATE	33.89m	111-02
	31.80m 32.40m 33.89m			
25	Elizabeth Ogden	FR DICKINSON STATE	33.54m	110-00
	31.44m 33.20m 33.54m			
26	Liz Thompson	FR U SIOUX FALL	32.95m	108-01
	FOUL FOUL 32.95m			
27	Amber Johnson	FR WAYNE STATE COLLEGE	31.88m	104-07
	31.32m 31.88m 28.52m			
28	Baiba Ferguson	FR BRIAR CLIFF	30.34m	99-06
	29.22m 30.28m 30.34m			
29	Kristen Nielsen	FR AUGUSTANA COLLEGE	29.82m	97-10
	29.82m FOUL FOUL			
30	Tara Cockerill	FR BRIAR CLIFF	28.68m	94-01
	28.68m FOUL FOUL			
31	Christina Medeiros	FR UNIVERSITY OF MARY	27.20m	89-03
	27.20m FOUL FOUL			
--	Becca Fischer	UNATTACHED	FOUL	
	FOUL FOUL FOUL			
--	Sable Lems	FR NORTHWESTERN	FOUL	
	FOUL FOUL FOUL			

Event 113 Women High Jump UCO

Name	Year School	Finals
1 Kendra De Jong	FR NORTHWESTERN	1.68m 5-06.00
2 Danielle Rowe	JR DAKOTA STATE	1.63m 5-04.25
3 Kristy Schaaf	FR BRIAR CLIFF	1.58m 5-02.25
4 Jennifer Hartman	SO DICKINSON STATE	J1.58m 5-02.25
5 Savannah Wakeley	FR WAYNE STATE COLLEGE	J1.58m 5-02.25
6 Mallory Johannes	FR JAMESTOWN COLLEGE	1.53m 5-00.25
7 Sarah Skipper	JR JAMESTOWN COLLEGE	J1.53m 5-00.25
8 Brittany Beehler	SO UNIVERSITY OF MARY	J1.53m 5-00.25
8 Tanya Vassar	JR NO. STATE	J1.53m 5-00.25
9 Karissa Pepin	SO AUGUSTANA COLLEGE	J1.53m 5-00.25
11 Briana Schaeuble	FR MORNINGSIDE COLLEGE	1.48m 4-10.25
11 Jill Lockie	JR MINOT STATE	1.48m 4-10.25
11 Mollie O'Mara	FR BRIAR CLIFF	1.48m 4-10.25
11 Liz Ahrendsen	JR BUENA VISTA	1.48m 4-10.25
11 Stephanie Uher	FR DAKOTA STATE	1.48m 4-10.25
11 Briana Wubben	FR DORDT	1.48m 4-10.25
-- Crystal Schiernbeck	JR SOUTH DAKOTA	NH
-- Kallie Merrill	JR JAMESTOWN COLLEGE	NH
-- Karina Wierenga	SR DORDT	NH
-- Kelly Schilling	SR MOUNT MARTY COLLEGE	NH
-- Dani Warren	SO MINOT STATE	NH

Event 114 Men High Jump UCO

Name	Year School	Finals
1 Clay Pagels	FR BRIAR CLIFF	2.04m 6-08.25
2 Kyle Groon	UNATTACHED	1.99m 6-06.25
3 Eric Bauder	UNATTACHED	1.94m 6-04.25
4 Trevor Lopour	FR MOUNT MARTY COLLEGE	J1.94m 6-04.25

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 114 Men High Jump UCO**

4	Frank Thompson	JR D WESLEY	J1.94m	6-04.25
6	Andrew Rose	JR NO. STATE	J1.94m	6-04.25
7	Curtis Rife	FR MORNINGSIDE COLLEGE	1.89m	6-02.25
7	Ryan Gass	JR MORNINGSIDE COLLEGE	1.89m	6-02.25
7	Calvin McGruder	JR NO. STATE	1.89m	6-02.25
7	Mark Mineart	SO NORTHWESTERN	1.89m	6-02.25
7	Cory Sugden	FR AUGUSTANA COLLEGE	1.89m	6-02.25
12	Travis Kamm	JR NO. STATE	1.84m	6-00.50
12	Sam Meinders	FR BUENA VISTA	1.84m	6-00.50
12	Alex Liberty	UNATTACHED	1.84m	6-00.50
12	Lance Nemeo	SR UNIVERSITY OF MARY	1.84m	6-00.50
16	Jacob Pohlmann	FR AUGUSTANA COLLEGE	1.79m	5-10.50
16	Jeff Seagren	SR UNATTACHED	1.79m	5-10.50
16	Cody McCargar	SO UNIVERSITY OF MARY	1.79m	5-10.50
16	Tyler Maxwell	FR USD	1.79m	5-10.50
16	Sam Du Mez	SO DORDT	1.79m	5-10.50
16	Canyon Parcell	SO DICKINSON STATE	1.79m	5-10.50
--	Kyle Heidema	SO DORDT	NH	
--	Phillip Rodriguez	FR MINOT STATE	NH	
--	Bryce Reinders	FR BRIAR CLIFF	NH	
--	Matt Zilverberg	FR U SIOUX FALL	NH	
--	Chad Pinkelman	SO USD	NH	
--	Chancy Cameron	SO DAKOTA STATE	NH	

Event 115 Women Triple Jump UCO

Name	Year	School	Finals	Wind		
1	Melissa Walker	FR UNIVERSITY OF MARY	11.71m	NWI 38-05.00		
	10.79m(-0.0)	11.71m(-0.0)	11.41m(-0.0)	FOUL	10.88m(-0.0)	FOUL
2	Samantha Williams	FR UNIVERSITY OF MARY	11.53m	NWI 37-10.00		
	11.35m(-0.0)	11.23m(-0.0)	11.53m(-0.0)	11.40m(-0.0)	FOUL	11.26m(-0.0)
3	Alissa Klose	JR MINOT STATE	11.05m	NWI 36-03.00		
	10.65m(-0.0)	10.92m(-0.0)	10.90m(-0.0)	10.82m(-0.0)	11.03m(-0.0)	11.05m(-0.0)
4	Tia Haines	SR SOUTH DAKOTA	10.97m	NWI 36-00.00		
	FOUL	FOUL	10.88m(-0.0)	10.97m(-0.0)	10.85m(-0.0)	10.85m(-0.0)
5	Crystal Vander Zee	SO DORDT	10.94m	NWI 35-10.75		
	10.94m(-0.0)	10.78m(-0.0)	10.40m(-0.0)	10.26m(-0.0)	10.64m(-0.0)	10.25m(-0.0)
6	Amber Krogstad	JR DAKOTA STATE	10.85m	NWI 35-07.25		
	10.41m(-0.0)	10.85m(-0.0)	10.46m(-0.0)	FOUL	10.30m(-0.0)	10.33m(-0.0)
7	Milena Brikic	JR DICKINSON STATE	10.58m	NWI 34-08.50		
	10.13m(-0.0)	10.27m(-0.0)	10.58m(-0.0)	FOUL	9.61m(-0.0)	8.95m(-0.0)
8	Liz Benjamin	FR BRIAR CLIFF	10.56m	NWI 34-07.75		
	10.13m(-0.0)	10.38m(-0.0)	10.51m(-0.0)	FOUL	10.56m(-0.0)	10.13m(-0.0)
9	Megan Dias	FR WAYNE STATE COLLEGE	10.48m	NWI 34-04.75		
	10.11m(-0.0)	10.48m(-0.0)	10.02m(-0.0)	FOUL	9.98m(-0.0)	FOUL
10	Kara Maas	FR U SIOUX FALL	10.44m	NWI 34-03.00		
	9.62m(-0.0)	10.44m(-0.0)	10.14m(-0.0)			
11	Dana Riter	SO MOUNT MARTY COLLEGE	10.35m	NWI 33-11.50		
	FOUL	10.35m(-0.0)	10.03m(-0.0)			
12	Brianne Hofstetter	SO WAYNE STATE COLLEGE	10.34m	NWI 33-11.25		
	10.28m(-0.0)	10.34m(-0.0)	FOUL			
13	Karissa Pepin	SO AUGUSTANA COLLEGE	10.15m	0.7 33-03.75		
	9.36m(0.6)	9.17m(+0.0)	10.15m(0.7)			

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 115 Women Triple Jump UCO**

14 Sarah Weidler	SO D WESLEY	10.13m	NWI	33-03.00
FOUL	9.76m(-0.0) 10.13m(-0.0)			
15 Hilary Gorder	FR NO. STATE	10.07m	NWI	33-00.50
FOUL	10.07m(-0.0) 9.80m(-0.0)			
16 Deresha Harrison	FR DICKINSON STATE	9.54m	NWI	31-03.75
FOUL	9.54m(-0.0) FOUL			
17 Heidi Hildebrandt	JR NORTHWESTERN	9.36m	NWI	30-08.50
	9.36m(-0.0) 9.17m(-0.0) 8.83m(-0.0)			
18 Alicia Letcher	JR MOUNT MARTY COLLEGE	9.25m	NWI	30-04.25
	8.96m(-0.0) 9.25m(-0.0) 9.18m(-0.0)			

Event 116 Men Triple Jump UCO

Name	Year School	Finals	Wind	
1 Cody Linder	SO USD	14.53m	NWI	47-08.00
FOUL	14.03m(-0.0) 14.43m(-0.0) 14.53m(-0.0)	FOUL	14.52m(-0.0)	
2 Chad Pinkelman	SO USD	14.10m	NWI	46-03.25
FOUL	13.58m(-0.0) FOUL FOUL FOUL	14.10m(-0.0)		
3 Alex Timperley	SO WAYNE STATE COLLEGE	14.01m	NWI	45-11.75
	14.01m(-0.0) FOUL 13.44m(-0.0) 13.85m(-0.0) 13.80m(-0.0)	FOUL		
4 Andre Moore	FR UNIVERSITY OF MARY	13.99m	NWI	45-10.75
FOUL	FOUL 13.99m(-0.0) 13.76m(-0.0) FOUL	FOUL		
5 Tyler Heitman	FR MORNINGSIDE COLLEGE	13.75m	NWI	45-01.50
	13.74m(-0.0) 13.73m(-0.0) FOUL 13.20m(-0.0) FOUL	13.75m(-0.0)		
6 Bryce Harshman	FR BRIAR CLIFF	13.61m	NWI	44-08.00
	13.43m(-0.0) FOUL FOUL 13.14m(-0.0) FOUL	13.61m(-0.0)		
7 Thomas Hartwell	FR UNIVERSITY OF MARY	13.57m	NWI	44-06.25
	13.57m(-0.0) 13.15m(-0.0) 13.53m(-0.0) FOUL	13.31m(-0.0) 13.30m(-0.0)		
8 Tyler Zacher	JR UNIVERSITY OF MARY	13.44m	NWI	44-01.25
FOUL	FOUL 13.44m(-0.0) 12.80m(-0.0) 13.38m(-0.0)	FOUL		
9 Derrik Fossum	FR D WESLEY	13.42m	NWI	44-00.50
FOUL	13.42m(-0.0) FOUL FOUL FOUL	FOUL		
9 Travis Kamm	JR NO. STATE	13.42m	NWI	44-00.50
	13.42m(-0.0) 12.96m(-0.0) FOUL 13.23m(-0.0) 13.20m(-0.0)	FOUL		
11 Trevor Holleman	SR U SIOUX FALL	13.39m	NWI	43-11.25
	13.26m(-0.0) 13.39m(-0.0) FOUL			
12 Dave Thomas	FR BRIAR CLIFF	13.31m	NWI	43-08.00
	13.31m(-0.0) 13.08m(-0.0) 12.07m(-0.0)			
13 Jeff Seagren	SR UNATTACHED	13.26m	NWI	43-06.00
	13.11m(-0.0) FOUL 13.26m(-0.0)			
14 Trevor Mau	FR NO. STATE	13.13m	NWI	43-01.00
FOUL	13.13m(-0.0) FOUL			
15 Zack Mullins	SO BRIAR CLIFF	13.10m	NWI	42-11.75
	13.10m(-0.0) FOUL FOUL			
16 Lucas Sirek	FR WAYNE STATE COLLEGE	13.03m	NWI	42-09.00
FOUL	FOUL 13.03m(-0.0)			
17 Ben Mitchell	FR SDSU	12.92m	NWI	42-04.75
	12.61m(-0.0) 12.48m(-0.0) 12.92m(-0.0)			
18 Austin Schneiders	FR MORNINGSIDE COLLEGE	12.77m	NWI	41-10.75
	12.57m(-0.0) 12.56m(-0.0) 12.77m(-0.0)			
19 Caleb Young	FR BRIAR CLIFF	12.53m	NWI	41-01.50
	12.53m(-0.0) FOUL FOUL			
20 Tyler Walker	FR NORTHWESTERN	12.52m	NWI	41-01.00
FOUL	FOUL 12.52m(-0.0)			

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 116 Men Triple Jump UCO**

21	Ossie Dukes	FR UNIVERSITY OF MARY	12.48m	NWI	40-11.50
	12.14m(-0.0) 12.48m(-0.0) 12.39m(-0.0)				
22	Tim Krueger	FR U SIOUX FALL	12.40m	NWI	40-08.25
	FOUL FOUL 12.40m(-0.0)				
23	Mike Bredeson	FR SDSU	12.29m	NWI	40-04.00
	FOUL FOUL 12.29m(-0.0)				
24	Mac Collins	FR DICKINSON STATE	12.10m	NWI	39-08.50
	FOUL FOUL 12.10m(-0.0)				
25	Jacob Martens	FR U SIOUX FALL	11.91m	NWI	39-01.00
	11.91m(-0.0) FOUL FOUL				
--	Paul Mallory	SO AUGUSTANA COLLEGE	FOUL		
	FOUL FOUL FOUL				
--	Austin Eichacker	FR SDSU	FOUL		
	FOUL FOUL FOUL				
--	Jeff Sebern	JR USD	FOUL		
	FOUL FOUL FOUL				
--	Jordan Visina	FR MINOT STATE	FOUL		
	FOUL FOUL FOUL				

Event 121 Women Hammer Throw UCO

Name	Year School	Finals
1 Amanda Madden	SR NO. STATE	55.30m 181-05
	49.12m FOUL 51.00m 52.08m 54.31m 55.30m	
2 Morgan Darrow	JR BUENA VISTA	48.71m 159-10
	43.16m 45.11m FOUL 45.91m FOUL 48.71m	
3 Brooke Garner	UNATTACHED	48.45m 158-11
	FOUL 48.32m FOUL FOUL 48.45m 48.45m	
4 Lachel Milander	SO WAYNE STATE COLLEGE	47.03m 154-03
	44.69m FOUL 46.65m 44.99m FOUL 47.03m	
5 Noel Bentele	JR AUGUSTANA COLLEGE	45.99m 150-11
	45.99m 43.73m 42.54m 40.25m 45.55m FOUL	
6 Ashley Sparks	FR BRIAR CLIFF	44.13m 144-09
	44.13m FOUL FOUL FOUL 43.89m	
7 Shara Thompson	SO SDSU	42.93m 140-10
	FOUL 42.93m FOUL FOUL FOUL 41.27m	
8 Kara DenHerder	JR NORTHWESTERN	42.56m 139-07
	42.56m FOUL 40.80m FOUL FOUL 41.11m	
9 Amber Price	FR MORNINGSIDE COLLEGE	42.44m 139-03
	40.48m 40.66m 42.44m FOUL FOUL FOUL	
10 Katie Smith	SR NO. STATE	42.25m 138-07
	42.25m 41.36m 39.90m	
11 Emily Wells	FR WAYNE STATE COLLEGE	41.59m 136-05
	40.86m 41.59m 39.95m	
12 Darci Youngstrom	SO SOUTH DAKOTA	41.41m 135-10
	40.99m 41.41m 38.82m	
13 Ashley Larson	SR SDSU	39.93m 131-00
	39.93m FOUL FOUL	
14 Erica Krull	JR SOUTH DAKOTA	39.47m 129-06
	39.47m FOUL 39.38m	
15 Rachel Christiansen	JR AUGUSTANA COLLEGE	39.41m 129-03
	FOUL 34.82m 39.41m	
16 Danielle Fry	SO NORTHWESTERN	38.71m 127-00
	38.50m 38.71m FOUL	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 121 Women Hammer Throw UCO**

17	Jill Schlenker	JR	JAMESTOWN COLLEGE	38.33m	125-09
	38.33m 38.14m FOUL				
18	Sable Lems	FR	NORTHWESTERN	37.55m	123-02
	FOUL 29.64m 37.55m				
19	Amber Johnson	FR	WAYNE STATE COLLEGE	36.98m	121-04
	34.19m 36.98m FOUL				
20	Becca Fischer		UNATTACHED	36.74m	120-06
	FOUL 36.74m 34.85m				
21	Kristen Nielsen	FR	AUGUSTANA COLLEGE	36.52m	119-10
	35.67m 36.52m FOUL				
22	Allie Arp	FR	BUENA VISTA	36.13m	118-06
	36.13m 33.80m FOUL				
23	Elizabeth Ogden	FR	DICKINSON STATE	35.54m	116-07
	34.61m FOUL 35.54m				
24	RaeChael Zabokrtsky	FR	MORNINGSIDE COLLEGE	35.51m	116-06
	FOUL 35.51m FOUL				
25	Megan Vote	JR	JAMESTOWN COLLEGE	35.18m	115-05
	34.53m 35.18m 34.40m				
26	Yvonne Freese	FR	NO. STATE	34.61m	113-06
	28.65m 34.61m 31.20m				
27	Christena Georgas	FR	SOUTH DAKOTA	33.88m	111-02
	FOUL 32.49m 33.88m				
28	Christina Medeiros	FR	UNIVERSITY OF MARY	33.40m	109-07
	31.25m 33.40m FOUL				
29	Rachel Kruse	FR	U SIOUX FALL	32.88m	107-10
	32.88m FOUL FOUL				
30	Danielle Roeske	FR	JAMESTOWN COLLEGE	32.03m	105-01
	32.03m 28.65m 29.41m				
31	Kim Velk	JR	MOUNT MARTY COLLEGE	31.00m	101-08
	FOUL 31.00m 29.99m				
32	Laura Maynard	FR	MORNINGSIDE COLLEGE	30.73m	100-10
	30.73m FOUL FOUL				
33	Devon Flowers	FR	MINOT STATE	29.29m	96-01
	26.76m 26.89m 29.29m				
34	Liz Thompson	FR	U SIOUX FALL	28.50m	93-06
	FOUL 28.20m 28.50m				
35	Kiara Bogan		BUENA VISTA	19.72m	64-08
	19.42m 18.74m 19.72m				

Event 122 Men Hammer Throw UCO

Name	Year	School	Finals
1 A.G. Kruger		UNATTACHED	73.08m 239-09
	68.26m FOUL FOUL	71.94m 72.95m 73.08m	
2 Ben Jacobson	JR	UNIVERSITY OF MARY	51.47m 168-10
	FOUL FOUL 49.04m	51.47m 50.69m FOUL	
3 Steven Ricke	SR	BUENA VISTA	48.51m 159-02
	FOUL 45.26m 47.79m	FOUL FOUL 48.51m	
4 Jacob Mathieson	SR	WAYNE STATE COLLEGE	48.44m 158-11
	FOUL 48.02m 48.44m	48.42m FOUL FOUL	
5 Kevin Knapp	SR	AUGUSTANA COLLEGE	48.42m 158-10
	47.33m 48.42m FOUL	FOUL FOUL 46.29m	
6 Delron Innis	SR	DICKINSON STATE	46.82m 153-07
	46.82m 45.25m 46.51m	46.08m 45.46m 44.81m	

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 122 Men Hammer Throw UCO**

7	William Dean	SR JAMESTOWN COLLEGE	45.22m	148-04
	45.22m FOUL FOUL FOUL FOUL FOUL			
8	Tyler Schmidkunz	SO DICKINSON STATE	45.07m	147-10
	44.54m 45.07m FOUL FOUL 41.51m 42.90m			
9	Tad Harman	SO UNIVERSITY OF MARY	44.67m	146-07
	44.48m 44.67m FOUL FOUL FOUL FOUL			
10	Brock Brewster	SO USD	44.49m	145-11
	FOUL 43.36m 44.49m			
11	Kyle O'Neill	SO WAYNE STATE COLLEGE	43.70m	143-04
	37.44m 43.70m 43.03m			
12	Ryan Ackman	FR UNATTACHED	42.83m	140-06
	42.83m 42.08m 41.53m			
13	Josh Daniels	JR U SIOUX FALL	41.63m	136-07
	41.63m 39.99m FOUL			
14	Travis Kroger	SO UNATTACHED	41.31m	135-06
	FOUL 38.47m 41.31m			
15	John Huber	JR NO. STATE	41.20m	135-02
	FOUL 41.18m 41.20m			
16	DJ Vega	SO BUENA VISTA	41.05m	134-08
	41.05m FOUL FOUL			
17	Brandon Robinson	JR BUENA VISTA	40.75m	133-08
	FOUL 40.75m FOUL			
18	Jerad Aasen	SO MINOT STATE	39.08m	128-02
	FOUL 39.08m FOUL			
19	Adam Hinds	JR BRIAR CLIFF	38.88m	127-07
	FOUL 38.43m 38.88m			
20	Jacob Chambers	SO MORNINGSIDE COLLEGE	38.73m	127-01
	38.73m FOUL FOUL			
21	Zach Gaugler	JR MINOT STATE	38.42m	126-00
	35.64m FOUL 38.42m			
22	Sam Herauf	FR DICKINSON STATE	37.47m	122-11
	34.38m 36.80m 37.47m			
23	Cody York	FR BRIAR CLIFF	36.91m	121-01
	35.21m 36.91m FOUL			
24	Brady Johnston	JR MINOT STATE	35.83m	117-07
	34.72m 35.83m 34.16m			
25	Grayson Leder	FR JAMESTOWN COLLEGE	32.45m	106-05
	30.79m 32.45m 31.50m			
26	Brandon Bodien	FR JAMESTOWN COLLEGE	31.46m	103-02
	FOUL FOUL 31.46m			
27	Kyle Brunsting	SO USD	30.79m	101-00
	FOUL FOUL 30.79m			
28	Chad Van Ravenswaay	SO NORTHWESTERN	30.25m	99-03
	28.61m 30.25m FOUL			
29	Dan Whipple	FR U SIOUX FALL	29.01m	95-02
	29.01m 27.79m FOUL			
30	Luke Gaugler	FR MINOT STATE	28.72m	94-03
	FOUL FOUL 28.72m			
31	Clayton Long	FR U SIOUX FALL	28.25m	92-08
	FOUL FOUL 28.25m			
--	Jake Versteeg	SO U SIOUX FALL	FOUL	
	FOUL FOUL FOUL			

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****Event 127 Girls 4x100 Meter Relay 8th Grade**

School	Finals
1 SIOUX CITY EAST MIDDLE SCHOOL 'A'	57.29
1) Elizabeth Bohlmann 08	2) Maci Heimsoth 08
3) Jade Nelson 08	4) Hannah Ingram 08
2 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	58.74
1) Michelle Brown	2) Katrina Shotswell
3) Courtney McCrystal 08	4) Betsi Alvarado
3 SERGEANT BLUFF-LUTON MIDDLE SC 'A'	59.07
1) Kennedy Colvert 08	2) Miles Ludwigs 08
3) Courtney Morrison 08	4) Madison Archer 08
4 SIOUX CITY WEST MIDDLE SCHOOL 'A'	1:00.81
1) Isabelle Whitead 08	2) Alex Gonzalez 08
3) Heidi Jones 08	4) Rosa Robles 08
5 SIOUX SIOUX CITY MIDDLE SCHOOL 'A'	1:01.69
1) Shameka Hunt 08	2) Hailey Hinds 08
3) Nicole Pierce 08	4) Audra Thramer 08

Event 128 Boys 4x200 Meter Relay 8th Grade

School	Finals
1 SIOUX CITY EAST MIDDLE SCHOOL 'A'	1:45.74
1) Ronald Nash 08	2) Dylan Peterson 08
3) Greg Kirwan 08	4) Taylor Bradley 08
2 SERGEANT BLUFF-LUTON MIDDLE SC 'A'	1:47.88
1) Riley Weeks 08	2) Jack DeMoss 08
3) Steven Garcia 08	4) Jaycin Kruse 08
3 SIOUX CITY WEST MIDDLE SCHOOL 'A'	1:51.02
1) Myron Bose 08	2) Skyler Bauer 08
3) Sam Mace 08	4) Marcellous Gardner 08
4 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	1:53.82
1) Noah Popken	2) Liam Bald
3) Tyler Ard	4) Brady Mayo 08
5 SIOUX CITY WEST MIDDLE SCHOOL 'B'	2:09.07
1) Austin Case 08	2) Tyson Trobaugh 08
3) Drake Williams 08	4) Chris Hendrickson 08

Event 129 Girls 4x200 Meter Relay 8th Grade

School	Finals
1 SIOUX CITY EAST MIDDLE SCHOOL 'A'	2:03.61
1) Caitlyn Foley 08	2) Jade Nelson 08
3) Matti Hannah 08	4) Hannah Ingram 08
2 SERGEANT BLUFF-LUTON MIDDLE SC 'A'	2:06.12
1) Kennedy Colvert 08	2) Miles Ludwigs 08
3) Courtney Morrison 08	4) Madison Archer 08
3 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	2:06.19
1) Michelle Brown	2) Katrina Shotswell
3) Courtney McCrystal 08	4) Betsi Alvarado
4 SIOUX CITY WEST MIDDLE SCHOOL 'A'	2:10.42
1) Heidi Jones 08	2) Isabelle Whitead 08
3) Melissa Verdin 08	4) Rosa Robles 08
-- SIOUX SIOUX CITY MIDDLE SCHOOL 'A'	DNF

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 129 Girls 4x200 Meter Relay 8th Grade**

- | | |
|----------------------|---------------------|
| 1) Shameka Hunt 08 | 2) Hailey Hinds 08 |
| 3) Cassie Pedroza 08 | 4) Audra Thramer 08 |

Event 130 Boys 800 Meter Run 8th Grade

Name	Year	School	Finals
1 Carter Lilly	08	SIOUX CITY E	2:20.34
2 Karter Keefer	08	SIOUX SIOUX	2:21.08
3 Jacob Scott	08	SIOUX CITY E	2:24.80
4 Nate Colwell	08	SIOUX SIOUX	2:27.00
5 Bret Tomoson	08	SERGEANT BLU	2:27.77
6 Brady Mayo	08	SIOUX CITY N	2:27.90
7 Lane Bernstrauch	08	SIOUX SIOUX	2:31.57
8 Zach Brazzell	08	SERGEANT BLU	2:32.77
9 Myron Bose	08	SIOUX CITY W	2:33.61
10 Justin Hill	08	SIOUX CITY E	2:33.82
11 Casper Dylan	08	SIOUX CITY N	2:38.98
12 Sheehan Levine	08	SIOUX CITY W	2:40.02
13 Thomas Wisecup	08	SERGEANT BLU	2:40.34
14 Alex Kin	08	SIOUX CITY W	2:41.29
-- Marco Carillo	08	SIOUX CITY N	DNF

Event 131 Girls 800 Meter Run 8th Grade

Name	Year	School	Finals
1 Cassie Geopfert	08	SIOUX CITY E	2:33.56
2 Brooke Bleeker	08	SERGEANT BLU	2:35.05
3 Alyssa Nash	08	SIOUX CITY N	2:39.38
4 Jessica Becker	08	SERGEANT BLU	2:47.90
5 Sierra Brand	08	SERGEANT BLU	2:49.00
6 Anna Larson	08	SIOUX CITY E	2:49.15
7 Jenny Bright	08	SIOUX SIOUX	2:57.47
8 Crystal Holloway	08	SIOUX SIOUX	3:09.22
9 Laura Gerkin	08	SIOUX SIOUX	3:12.65
10 Tia Heien	08	SIOUX CITY W	3:32.63
-- Audra Thramer	08	SIOUX SIOUX	DNF
-- Alexis Larvick	08	SIOUX CITY W	DNF
-- Helseth Hanna	08	SIOUX CITY N	DNF
-- Julie Deanda	08	SIOUX SIOUX	DNF

Event 214 Girls 4x400 Meter Relay 8th Grade

School	Finals
1 SERGEANT BLUFF-LUTON MIDDLE SC 'A'	4:43.04
1) Jessica Becker 08	2) Lauren Waite 08
3) Sierra Brand 08	4) Brooke Bleeker 08
2 SIOUX CITY EAST MIDDLE SCHOOL 'A'	4:50.34
1) Maci Heimsoth 08	2) Hannah Ingram 08
3) Caitlyn Foley 08	4) Cassie Geopfert 08
3 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	4:50.47
1) Adelina Rivas	2) Ariel Nguyen
3) Dahlia Quintanilla	4) Alyssa Nash 08

Sioux City Relays 2010 - 4/16/2010 to 4/17/2010**Olsen Stadium****Results****....Event 214 Girls 4x400 Meter Relay 8th Grade**

4 SIOUX CITY WEST MIDDLE SCHOOL 'A'	5:08.18
1) Melissa Verdin 08	2) Heidi Jones 08
3) Isabelle Whitead 08	4) Rosa Robles 08
5 SIOUX SIOUX CITY MIDDLE SCHOOL 'B'	5:12.72
-- SIOUX SIOUX CITY MIDDLE SCHOOL 'A'	DNF
1) Shameka Hunt 08	2) Leslie La 08
3) Melissa Gonzalez 08	4) Audra Thramer 08

Event 215 Boys 4x400 Meter Relay 8th Grade

School	Finals
1 SIOUX CITY EAST MIDDLE SCHOOL 'A'	4:00.98
1) Taylor Bradley 08	2) Dylan Peterson 08
3) Greg Kirwan 08	4) Carter Lilly 08
2 SERGEANT BLUFF-LUTON MIDDLE SC 'A'	4:02.78
1) Ben Robinson 08	2) Jack DeMoss 08
3) Zach Brazzell 08	4) Bret Tomoson 08
3 SIOUX SIOUX CITY MIDDLE SCHOOL 'A'	4:17.69
4 SIOUX CITY NORTH MIDDLE SCHOOL 'A'	4:25.88
1) Christian Lozano	2) Brandon Konz
3) Farris Najadawi	4) Corey Little
5 SIOUX CITY WEST MIDDLE SCHOOL 'A'	4:41.34
1) Alex Kin 08	2) Myron Bose 08
3) Chase Carell 08	4) Skyler Bauer 08
6 SIOUX CITY WEST MIDDLE SCHOOL 'B'	4:55.10
1) Austin Case 08	2) Sheehan Levine 08
3) Bryan Chavez 08	4) Tyson Trobaugh 08