

**Summit League Championships 2013 - 5/9/2013 to 5/11/2013**Results at [www.cfpitiming.com](http://www.cfpitiming.com)

Host IPFW @ Muncie, IN

**Results****Women 100 Meter Dash****9 Advance: Top 2 Each Heat plus Next 5 Best Times**

**World:** 10.49 W 7/16/1988 Florence Griffith-Joyner, USA  
**American:** 10.49 A 7/16/1988 Florence Griffith Joyner, World Class AC  
**Collegiate:** 10.78 C 6/2/1989 Dawn Sowell, LSU  
**Summit:** 11.63 S 2009 Sharae Hill, S. Utah

| Name                                  | Yr | School           | Prelims |   |
|---------------------------------------|----|------------------|---------|---|
| <b>Heat 1 Preliminaries Wind: 2.0</b> |    |                  |         |   |
| 1 Spenner, Sami                       | JR | Omaha            | 11.65 Q | 1 |
| 2 Goodman, Antoinette                 | JR | North Dakota St. | 11.69 Q | 1 |
| 3 Momo, Michelle                      | JR | U.M.K.C.         | 11.99 q | 1 |
| 4 John, Deborah                       | JR | North Dakota St. | 11.99 q | 1 |
| 5 Johnson, Stephany                   | SR | U.M.K.C.         | 12.05 q | 1 |
| 6 Fritz, Gina                         | SO | South Dakota St. | 12.30   | 1 |
| 7 Cottingham, Lynette                 | SO | U.M.K.C.         | 12.57   | 1 |
| 8 Richardson, Chelsea                 | JR | U.M.K.C.         | 12.62   | 1 |
| <b>Heat 2 Preliminaries Wind: 2.2</b> |    |                  |         |   |
| 1 Carper, Carly                       | FR | South Dakota St. | 11.81 Q | 2 |
| 2 Mihalinec, Maja                     | SR | Omaha            | 11.86 Q | 2 |
| 3 Odegaard, Ashley                    | JR | South Dakota St. | 12.05 q | 2 |
| 4 Huschle, Analisa                    | SO | South Dakota     | 12.17 q | 2 |
| 5 Williams, Gabriel                   | SR | South Dakota     | 12.26   | 2 |
| 6 Darker, Sydia                       | FR | U.M.K.C.         | 12.55   | 2 |
| 7 Taylor, Kaylin                      | JR | I.P.F.W.         | 12.63   | 2 |
| 8 Clements, Kiah                      | FR | Western Illinois | 12.92   | 2 |

**Women 100 Meter Dash**

**World:** 10.49 W 7/16/1988 Florence Griffith-Joyner, USA  
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**Collegiate:** 10.78 C 6/2/1989 Dawn Sowell, LSU  
**Summit:** 11.63 S 2009 Sharae Hill, S. Utah

| Name                              | Yr | School           | Finals |
|-----------------------------------|----|------------------|--------|
| <b>Section 1 Finals Wind: 1.5</b> |    |                  |        |
| 1 Goodman, Antoinette             | JR | North Dakota St. | 11.68  |
| 2 Spenner, Sami                   | JR | Omaha            | 11.75  |
| 3 Carper, Carly                   | FR | South Dakota St. | 11.92  |
| 4 Mihalinec, Maja                 | SR | Omaha            | 12.00  |
| 5 Johnson, Stephany               | SR | U.M.K.C.         | 12.06  |
| 6 Odegaard, Ashley                | JR | South Dakota St. | 12.19  |
| 7 John, Deborah                   | JR | North Dakota St. | 12.26  |
| 8 Momo, Michelle                  | JR | U.M.K.C.         | 12.28  |
| 9 Huschle, Analisa                | SO | South Dakota     | 12.37  |



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**Results****Women 200 Meter Dash****9 Advance: Top 2 Each Heat plus Next 3 Best Times**

**World:** 21.34 W 9/29/1988 Florence Griffith-Joyner, USA  
**American:** 21.34 A 9/29/1988 Florence Griffith Joyner, World Class AC  
**Collegiate:** 22.04 C 6/2/1989 Dawn Sowell, LSU  
**Summit:** 23.87 S 2003 Marsha Dawkins, O.R.U.

| Name                                  | Yr | School           | Prelims   |   |
|---------------------------------------|----|------------------|-----------|---|
| <b>Heat 1 Preliminaries Wind: 1.1</b> |    |                  |           |   |
| 1 Goodman, Antoinette                 | JR | North Dakota St. | S 23.77 Q | 1 |
| 2 Page, Brittany                      | SR | North Dakota St. | 24.45 Q   | 1 |
| 3 Carper, Carly                       | FR | South Dakota St. | 24.74 q   | 1 |
| 4 Momo, Michelle                      | JR | U.M.K.C.         | 24.88     | 1 |
| 5 Carter, Briana                      | SO | U.M.K.C.         | 24.98     | 1 |
| 6 Fritz, Gina                         | SO | South Dakota St. | 25.22     | 1 |
| 7 Howard, Jamesha                     | FR | U.M.K.C.         | 27.03     | 1 |
| <b>Heat 2 Preliminaries Wind: 2.0</b> |    |                  |           |   |
| 1 Spenner, Sami                       | JR | Omaha            | 24.35 Q   | 2 |
| 2 Bren, Megan                         | SR | South Dakota St. | 24.59 Q   | 2 |
| 3 Duling, Alexa                       | SR | South Dakota     | 24.86 q   | 2 |
| 4 Armstrong, Terri                    | SO | Omaha            | 25.42     | 2 |
| 5 McDonald, Jessica                   | SO | South Dakota St. | 26.39     | 2 |
| 6 Sampson, Tyler                      | SO | Western Illinois | 27.18     | 2 |
| <b>Heat 3 Preliminaries Wind: 1.6</b> |    |                  |           |   |
| 1 Tingelstad, Ashley                  | JR | North Dakota St. | S 23.87 Q | 3 |
| 2 Mihalinec, Maja                     | SR | Omaha            | 24.37 Q   | 3 |
| 3 Huschle, Analisa                    | SO | South Dakota     | 24.72 q   | 3 |
| 4 Odegaard, Ashley                    | JR | South Dakota St. | 25.15     | 3 |
| 5 Bethune, Chantel                    | FR | U.M.K.C.         | 25.22     | 3 |
| 6 Hurlbert, Megan                     | FR | South Dakota St. | 26.55     | 3 |

**Women 200 Meter Dash**

**World:** 21.34 W 9/29/1988 Florence Griffith-Joyner, USA  
**American:** 21.34 A 9/29/1988 Florence Griffith Joyner, World Class AC  
**Collegiate:** 22.04 C 6/2/1989 Dawn Sowell, LSU  
**Summit:** 23.87 S 2003 Marsha Dawkins, O.R.U.

| Name                               | Yr | School           | Finals  |
|------------------------------------|----|------------------|---------|
| <b>Section 1 Finals Wind: +0.0</b> |    |                  |         |
| 1 Goodman, Antoinette              | JR | North Dakota St. | 23.85 S |
| 2 Spenner, Sami                    | JR | Omaha            | 24.12   |
| 3 Tingelstad, Ashley               | JR | North Dakota St. | 24.37   |
| 4 Mihalinec, Maja                  | SR | Omaha            | 24.64   |
| 5 Page, Brittany                   | SR | North Dakota St. | 24.77   |
| 6 Huschle, Analisa                 | SO | South Dakota     | 24.78   |



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**Results****Section 1 Finals Wind: +0.0 ... (Women 200 Meter Dash)**

| Name            | Yr | School           | Finals |
|-----------------|----|------------------|--------|
| 7 Bren, Megan   | SR | South Dakota St. | 24.89  |
| 8 Carper, Carly | FR | South Dakota St. | 25.62  |
| 9 Duling, Alexa | SR | South Dakota     | 27.06  |

**Women 400 Meter Dash****9 Advance: Top 2 Each Heat plus Next 5 Best Times**

|                    |              |          |                  |                                |
|--------------------|--------------|----------|------------------|--------------------------------|
| <b>World:</b>      | <b>47.60</b> | <b>W</b> | <b>10/6/1985</b> | <b>Marita Koch, GDR</b>        |
| <b>American:</b>   | <b>48.70</b> | <b>A</b> | <b>9/17/2006</b> | <b>Sandi Richards, Nike</b>    |
| <b>Collegiate:</b> | <b>50.10</b> | <b>C</b> | <b>6/11/1989</b> | <b>Monique Henderson, UCLA</b> |
| <b>Summit:</b>     | <b>53.87</b> | <b>S</b> | <b>2003</b>      | <b>Marsha Dawkins, O.R.U.</b>  |

| Name                        | Yr | School           | Prelims   |
|-----------------------------|----|------------------|-----------|
| <b>Heat 1 Preliminaries</b> |    |                  |           |
| 1 Page, Brittany            | SR | North Dakota St. | 55.78 Q 1 |
| 2 Stratioti, Paige          | SO | North Dakota St. | 55.94 Q 1 |
| 3 Carter, Briana            | SO | U.M.K.C.         | 56.48 q 1 |
| 4 Bren, Megan               | SR | South Dakota St. | 57.56 q 1 |
| 5 McDonald, Jessica         | SO | South Dakota St. | 58.93 1   |
| 6 Ogonowski, Meaghan        | SR | Oakland          | 1:00.32 1 |
| 7 Hurlbert, Megan           | FR | South Dakota St. | 1:01.94 1 |
| 8 Craig, Emily              | SO | I.P.F.W.         | 1:02.36 1 |

**Heat 2 Preliminaries**

|                      |    |                  |           |
|----------------------|----|------------------|-----------|
| 1 Tingelstad, Ashley | JR | North Dakota St. | 54.83 Q 2 |
| 2 Sveum, Ashley      | SR | South Dakota     | 56.85 Q 2 |
| 3 Armstrong, Terri   | SO | Omaha            | 56.87 q 2 |
| 4 Bethune, Chantel   | FR | U.M.K.C.         | 57.67 q 2 |
| 5 Ewers, Amber       | FR | South Dakota     | 57.97 q 2 |
| 6 Howard, Jamesha    | FR | U.M.K.C.         | 1:01.26 2 |
| 7 Pozolo, Cady       | SO | Oakland          | 1:01.79 2 |
| 8 Ehredt, Danyelle   | JR | Western Illinois | 1:03.67 2 |

**Women 400 Meter Dash**

|                    |              |          |                  |                                |
|--------------------|--------------|----------|------------------|--------------------------------|
| <b>World:</b>      | <b>47.60</b> | <b>W</b> | <b>10/6/1985</b> | <b>Marita Koch, GDR</b>        |
| <b>American:</b>   | <b>48.70</b> | <b>A</b> | <b>9/17/2006</b> | <b>Sandi Richards, Nike</b>    |
| <b>Collegiate:</b> | <b>50.10</b> | <b>C</b> | <b>6/11/1989</b> | <b>Monique Henderson, UCLA</b> |
| <b>Summit:</b>     | <b>53.87</b> | <b>S</b> | <b>2003</b>      | <b>Marsha Dawkins, O.R.U.</b>  |

| Name                    | Yr | School           | Finals |
|-------------------------|----|------------------|--------|
| <b>Section 1 Finals</b> |    |                  |        |
| 1 Tingelstad, Ashley    | JR | North Dakota St. | 54.76  |
| 2 Stratioti, Paige      | SO | North Dakota St. | 55.52  |
| 3 Page, Brittany        | SR | North Dakota St. | 55.77  |
| 4 Carter, Briana        | SO | U.M.K.C.         | 57.01  |
| 5 Bethune, Chantel      | FR | U.M.K.C.         | 57.12  |



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**Results****Section 1 Finals ... (Women 400 Meter Dash)**

| Name               | Yr | School           | Finals |
|--------------------|----|------------------|--------|
| 6 Ewers, Amber     | FR | South Dakota     | 57.17  |
| 7 Bren, Megan      | SR | South Dakota St. | 57.20  |
| 8 Sveum, Ashley    | SR | South Dakota     | 57.91  |
| 9 Armstrong, Terri | SO | Omaha            | 59.05  |

**Women 800 Meter Run**

12 Advance: Top 3 Each Heat plus Next 3 Best Times

World: 1:53.28 W 7/26/1983 Jarmila Kratochvilova, TCH  
 American: 1:56.40 A 8/11/1999 Jearl Miles Clark, Reebok  
 Collegiate: 1:59.11 C 6/1/1990 Suzy Favor, Wisconsin  
 Summit: 2:07.88 S 2012 Emma Ladwig, S. Dakota

| Name                        | Yr | School           | Prelims     |
|-----------------------------|----|------------------|-------------|
| <b>Heat 1 Preliminaries</b> |    |                  |             |
| 1 Zarudnaya, Katarina       | JR | Omaha            | 2:15.32 Q 1 |
| 2 Teschuk, Erin             | FR | North Dakota St. | 2:15.66 Q 1 |
| 3 McLaury, Bobbie           | SO | South Dakota St. | 2:17.29 Q 1 |
| 4 Keur, Karli               | FR | Oakland          | 2:19.08 1   |
| 5 Osei, Florence            | FR | U.M.K.C.         | 2:20.59 1   |
| 6 Peterson, Brooke          | SO | South Dakota St. | 2:20.62 1   |
| 7 Brown, Alexa              | FR | I.P.F.W.         | 2:37.45 1   |
| <b>Heat 2 Preliminaries</b> |    |                  |             |
| 1 Stratioti, Paige          | SO | North Dakota St. | 2:15.44 Q 2 |
| 2 Eibs, Jessica             | FR | South Dakota St. | 2:16.62 Q 2 |
| 3 Gannon, Angel             | JR | U.M.K.C.         | 2:16.69 Q 2 |
| 4 Konkel, Karley            | FR | South Dakota St. | 2:17.27 q 2 |
| 5 Zajac, Rachel             | SR | I.U.P.U.I.       | 2:17.58 q 2 |
| 6 Verkamp, Kaci             | SR | I.U.P.U.I.       | 2:26.89 2   |
| 7 Williams, Katie           | FR | I.U.P.U.I.       | 2:27.12 2   |
| <b>Heat 3 Preliminaries</b> |    |                  |             |
| 1 Creager, Krista           | SR | South Dakota St. | 2:16.72 Q 3 |
| 2 Psota, Lauren             | SO | Omaha            | 2:17.66 Q 3 |
| 3 Weinandt, Rachel          | SO | South Dakota     | 2:18.47 Q 3 |
| 4 Anderson, Samantha        | FR | South Dakota St. | 2:18.96 q 3 |
| 5 Montileaux, Lindsey       | SO | South Dakota     | 2:19.61 3   |
| 6 Jezzensky, Julie          | JR | I.P.F.W.         | 2:23.15 3   |



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**American:** 1:56.40 A 8/11/1999 Jearl Miles Clark, Reebok  
**Collegiate:** 1:59.11 C 6/1/1990 Suzy Favor, Wisconsin  
**Summit:** 2:07.88 S 2012 Emma Ladwig, S. Dakota

| Name                    | Yr | School              | Finals  |
|-------------------------|----|---------------------|---------|
| <b>Section 1 Finals</b> |    |                     |         |
| 1 Stratioti, Paige      |    | SO North Dakota St. | 2:14.37 |
| 2 Psota, Lauren         |    | SO Omaha            | 2:15.55 |
| 3 Zarudnaya, Katarina   |    | JR Omaha            | 2:16.33 |
| 4 Weinandt, Rachel      |    | SO South Dakota     | 2:16.48 |
| 5 Creager, Krista       |    | SR South Dakota St. | 2:16.52 |
| 6 Teschuk, Erin         |    | FR North Dakota St. | 2:16.58 |
| 7 Gannon, Angel         |    | JR U.M.K.C.         | 2:16.82 |
| 8 Eibs, Jessica         |    | FR South Dakota St. | 2:17.11 |
| 9 McLaury, Bobbie       |    | SO South Dakota St. | 2:19.52 |
| 10 Anderson, Samantha   |    | FR South Dakota St. | 2:21.95 |
| 11 Konkel, Karley       |    | FR South Dakota St. | 2:23.95 |
| 12 Zajac, Rachel        |    | SR I.U.P.U.I.       | 2:25.16 |

**Women 1500 Meter Run**

**World:** 3:50.46 W 9/11/1993 Yunxia Qu, CHN  
**American:** 3:57.12 A 7/26/1983 Mary Slaney, Athletics West  
**Collegiate:** 3:59.90 C 6/7/2009 Jenny Barringer, Colorado  
**Summit:** 4:28.34 S 2012 Kristen Radcliff, O.R.U.

| Name                  | Yr | School              | Finals  |
|-----------------------|----|---------------------|---------|
| <b>Section 1</b>      |    |                     |         |
| 1 Miller, Carol       |    | SR South Dakota     | 4:53.97 |
| 2 Behm, Nicole        |    | SR Omaha            | 4:55.30 |
| 3 Suhr, Alex          |    | SO South Dakota St. | 4:56.13 |
| 4 Boyes, Kayla        |    | JR I.P.F.W.         | 4:57.55 |
| 5 Riggins, Julie      |    | FR I.U.P.U.I.       | 4:58.70 |
| 6 Martin, Lydia       |    | SO Omaha            | 5:00.78 |
| 7 Verkamp, Kaci       |    | SR I.U.P.U.I.       | 5:03.10 |
| 8 Anderson, Kirsten   |    | FR South Dakota St. | 5:03.64 |
| 9 Gray, Mackenzie     |    | JR Western Illinois | 5:04.64 |
| 10 Anderson, Samantha |    | FR South Dakota St. | 5:14.48 |
| 11 Konkel, Karley     |    | FR South Dakota St. | 5:14.70 |
| <b>Section 2</b>      |    |                     |         |
| 1 Zarudnaya, Katarina |    | JR Omaha            | 4:38.90 |
| 2 Teschuk, Erin       |    | FR North Dakota St. | 4:39.65 |
| 3 McClellan, Maddie   |    | JR North Dakota St. | 4:40.41 |
| 4 Vorhmann, Amanda    |    | SR Omaha            | 4:41.51 |



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Host IPFW @ Muncie, IN

**Results****Section 2 ... (Women 1500 Meter Run)**

| Name               | Yr | School           | Finals  |   |
|--------------------|----|------------------|---------|---|
| 5 Potts, Tera      | SR | South Dakota St. | 4:43.26 | 2 |
| 6 Lawton, Laura    | SO | South Dakota St. | 4:43.73 | 2 |
| 7 Keur, Karli      | FR | Oakland          | 4:44.57 | 2 |
| 8 Kildow, Ashley   | SO | Omaha            | 4:45.64 | 2 |
| 9 Peterson, Brooke | SO | South Dakota St. | 4:48.51 | 2 |
| 10 Stahl, Siara    | SO | U.M.K.C.         | 4:50.66 | 2 |
| 11 Zajac, Rachel   | SR | I.U.P.U.I.       | 4:53.38 | 2 |
| 12 Brooks, Leah    | FR | I.U.P.U.I.       | 5:01.74 | 2 |

**Women 5000 Meter Run**

**World: 14:11.15** W 6/6/2008 **Tirunesh Dibaba, ETH**  
**American: 14:44.76** A 8/27/2010 **Molly Huddle, Saucony**  
**Collegiate: 15:09.72** C 2004 **Kim Smith, Providence**  
**Summit: 16:47.65** S 2010 **Sharla Manuele, S. Utah**

| Name                   | Yr | School           | Finals   |   |
|------------------------|----|------------------|----------|---|
| <b>Section 1</b>       |    |                  |          |   |
| 1 Frerichs, Courtney   | SO | U.M.K.C.         | 16:42.63 | S |
| 2 Wahlund, Brecca      | FR | North Dakota St. | 16:53.02 |   |
| 3 Hutton, Brittini     | SR | Oakland          | 16:59.31 |   |
| 4 Jaloma, Jylian       | SR | U.M.K.C.         | 17:26.66 |   |
| 5 Vorthmann, Amanda    | SR | Omaha            | 17:29.54 |   |
| 6 McClellan, Maddie    | JR | North Dakota St. | 17:30.46 |   |
| 7 Hilson, Megan        | SO | South Dakota     | 17:36.20 |   |
| 8 Gress, Ali           | SR | South Dakota     | 17:46.61 |   |
| 9 Hargens, Erin        | JR | South Dakota St. | 17:48.41 |   |
| 10 Peterson, Heidi     | JR | North Dakota St. | 17:55.95 |   |
| 11 Neubert, Courtney   | SO | South Dakota St. | 17:58.48 |   |
| 12 Eichkorn, Amber     | FR | South Dakota     | 18:04.10 |   |
| 13 Peterson, Cassandra | SO | Oakland          | 18:13.76 |   |
| 14 Hanaway, Jordan     | SO | I.U.P.U.I.       | 18:16.22 |   |
| 15 Doss, Meg           | SR | U.M.K.C.         | 18:17.79 |   |
| 16 Jones, Lia          | SR | Oakland          | 18:19.00 |   |
| 17 Bell, Andrea        | FR | I.P.F.W.         | 18:21.63 |   |
| 18 Waller, Britni      | JR | South Dakota     | 18:24.78 |   |
| 19 Grossenburg, Jenna  | FR | South Dakota St. | 18:25.93 |   |
| 20 Steffen, Kristin    | JR | South Dakota     | 18:33.17 |   |
| 21 Scherer, Hannah     | JR | Oakland          | 18:35.66 |   |
| 22 Peck, MiKayla       | SO | Omaha            | 18:41.14 |   |
| 23 Downs, Rebecca      | SR | I.U.P.U.I.       | 18:43.14 |   |
| 24 Oren, Sarah         | JR | Oakland          | 18:46.77 |   |
| 25 Ayers, Amaya        | JR | I.P.F.W.         | 18:54.08 |   |
| 26 Zachar, Rachel      | JR | I.P.F.W.         | 18:58.42 |   |



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**Results****Section 1 ... (Women 5000 Meter Run)**

| Name                    | Yr | School           | Finals   |
|-------------------------|----|------------------|----------|
| 27 Rogers, Kristin      | SO | Omaha            | 18:59.92 |
| 28 Haas, Miranda        | FR | Oakland          | 19:01.39 |
| 29 Stahl, Siara         | SO | U.M.K.C.         | 19:01.94 |
| 30 Jones, Rebekah       | JR | I.U.P.U.I.       | 19:06.34 |
| 31 Carmichael, Kristen  | FR | Omaha            | 19:13.92 |
| 32 Garcia, Karo         | FR | Omaha            | 19:19.48 |
| 33 Simmons, Kaitlyn     | FR | I.P.F.W.         | 19:22.46 |
| 34 Yahne, Elaine        | SO | I.U.P.U.I.       | 19:35.83 |
| 35 Lopez-Owens, Mariana | JR | I.U.P.U.I.       | 19:38.23 |
| 36 Mogavero, Anne       | JR | I.U.P.U.I.       | 21:42.54 |
| --- Meiners, Sara       | SR | U.M.K.C.         | DNF      |
| --- Anderson, Samantha  | FR | South Dakota St. | DNF      |
| --- McLaury, Bobbie     | SO | South Dakota St. | DNF      |
| --- Bravender, Leigh    | SO | Oakland          | DNF      |

**Women 10000 Meter Run**

**World:** 29:31.78 W 9/8/1993 Junxia Wang, CHN  
**American:** 30:22.22 A 8/15/2008 Shalane Flanagan, Asics  
**Collegiate:** 31:18.07 C 3/26/2010 Lisa Koll, Iowa State  
**Summit:** 35:32.98 S 2008 Faithy Kamangila, O.R.U.

| Name                | Yr | School           | Finals   |
|---------------------|----|------------------|----------|
| <b>Section 1</b>    |    |                  |          |
| 1 Wahlund, Brecca   | FR | North Dakota St. | 35:35.27 |
| 2 Hilson, Megan     | SO | South Dakota     | 36:32.80 |
| 3 Eichkorn, Amber   | FR | South Dakota     | 36:33.28 |
| 4 Thurston, Alycia  | JR | Western Illinois | 36:33.82 |
| 5 Vorthmann, Amanda | SR | Omaha            | 36:34.16 |
| 6 Hargens, Erin     | JR | South Dakota St. | 37:07.40 |
| 7 Gress, Ali        | SR | South Dakota     | 37:15.91 |
| 8 Neubert, Courtney | SO | South Dakota St. | 37:42.06 |
| 9 Waller, Britni    | JR | South Dakota     | 38:00.73 |
| 10 Meiners, Sara    | SR | U.M.K.C.         | 38:06.09 |
| 11 Bell, Andrea     | FR | I.P.F.W.         | 38:07.24 |
| 12 Rogers, Kristin  | SO | Omaha            | 38:27.55 |
| 13 Hanaway, Jordan  | SO | I.U.P.U.I.       | 38:40.55 |
| 14 Peck, MiKayla    | SO | Omaha            | 38:57.44 |
| 15 Hunt, Lexi       | FR | I.U.P.U.I.       | 39:14.63 |
| 16 Downs, Rebecca   | SR | I.U.P.U.I.       | 39:28.30 |
| 17 Steffen, Kristin | JR | South Dakota     | 39:52.06 |
| 18 Tomecek, Jordan  | JR | I.P.F.W.         | 40:00.67 |
| 19 Zachar, Rachel   | JR | I.P.F.W.         | 40:03.13 |
| 20 Chapman, Sydney  | FR | I.U.P.U.I.       | 40:43.09 |





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**World:** 12.21 W 8/20/1988 Yordanka Donkova, BUL  
**American:** 12.33 A 7/23/2000 Gail Devers, Nike  
**Collegiate:** 12.48 C 6/9/2006 Ginnie Powell, So. California  
**Summit:** 13.75 S 2010 Whitney Carlson, N.D.S.U.

| Name                                  | Yr | School           | Prelims   |   |
|---------------------------------------|----|------------------|-----------|---|
| <b>Heat 1 Preliminaries Wind: 0.8</b> |    |                  |           |   |
| 1 John, Deborah                       | JR | North Dakota St. | S 13.68 Q | 1 |
| 2 Laidley, Kathie-Lee                 | JR | Omaha            | 14.43 Q   | 1 |
| 3 Clarke, Tansha                      | JR | South Dakota     | 14.90 q   | 1 |
| 4 Watson, Tricia                      | JR | South Dakota     | 15.01 q   | 1 |
| 5 Ervin, Molly                        | SO | South Dakota     | 15.08 q   | 1 |
| <b>Heat 2 Preliminaries Wind: 0.1</b> |    |                  |           |   |
| 1 Williams, Shanelle                  | SO | U.M.K.C.         | 14.06 Q   | 2 |
| 2 Duling, Alexa                       | SR | South Dakota     | 14.10 Q   | 2 |
| 3 Moser, Twila                        | JR | North Dakota St. | 14.98 q   | 2 |
| 4 Stalpes, Emily                      | SR | North Dakota St. | 15.18 q   | 2 |
| 5 Robinson, Celeste                   | SO | Omaha            | 15.42     | 2 |
| 6 Darker, Sydia                       | FR | U.M.K.C.         | 15.65     | 2 |

**Women 100 Meter Hurdles**

**World:** 12.21 W 8/20/1988 Yordanka Donkova, BUL  
**American:** 12.33 A 7/23/2000 Gail Devers, Nike  
**Collegiate:** 12.48 C 6/9/2006 Ginnie Powell, So. California  
**Summit:** 13.75 S 2010 Whitney Carlson, N.D.S.U.

| Name                              | Yr | School           | Finals  |
|-----------------------------------|----|------------------|---------|
| <b>Section 1 Finals Wind: 0.4</b> |    |                  |         |
| 1 John, Deborah                   | JR | North Dakota St. | 13.75 S |
| 2 Duling, Alexa                   | SR | South Dakota     | 14.12   |
| 3 Williams, Shanelle              | SO | U.M.K.C.         | 14.21   |
| 4 Laidley, Kathie-Lee             | JR | Omaha            | 14.55   |
| 5 Moser, Twila                    | JR | North Dakota St. | 14.74   |
| 6 Stalpes, Emily                  | SR | North Dakota St. | 15.05   |
| 7 Clarke, Tansha                  | JR | South Dakota     | 15.06   |
| 8 Watson, Tricia                  | JR | South Dakota     | 15.06   |
| 9 Ervin, Molly                    | SO | South Dakota     | 15.50   |





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**Results****Women 400 Meter Hurdles****9 Advance: Top 2 Each Heat plus Next 5 Best Times**

**World:** 52.34 W 8/8/2003 Yuliya Pechenkina, RUS  
**American:** 52.47 A 9/1/2011 Lashinda Demus, Nike  
**Collegiate:** 53.54 C 6/12/2004 Sheenna Johnson, UCLA  
**Summit:** 59.49 S 2010 Whitney Carlson, N.D.S.U.

| Name                        | Yr | School           | Prelims   |   |
|-----------------------------|----|------------------|-----------|---|
| <b>Heat 1 Preliminaries</b> |    |                  |           |   |
| 1 Duling, Alexa             | SR | South Dakota     | 1:01.21 Q | 1 |
| 2 Miller, Patricia          | FR | U.M.K.C.         | 1:02.81 Q | 1 |
| 3 Heinze, Ashley            | SO | North Dakota St. | 1:03.00 q | 1 |
| 4 Taylor, Kaylin            | JR | I.P.F.W.         | 1:04.62 q | 1 |
| 5 Foltz, Lori               | FR | South Dakota St. | 1:04.70 q | 1 |
| 6 Moore, Breanna            | JR | Western Illinois | 1:04.83 q | 1 |
| 7 Ervin, Molly              | SO | South Dakota     | 1:06.11   | 1 |
| <b>Heat 2 Preliminaries</b> |    |                  |           |   |
| 1 Peabody, Breanna          | SR | Oakland          | 1:01.41 Q | 2 |
| 2 Kitching, Melissa         | SO | North Dakota St. | 1:02.82 Q | 2 |
| 3 Borders, Amani            | FR | U.M.K.C.         | 1:04.58 q | 2 |
| 4 Williams, Shanelle        | SO | U.M.K.C.         | 1:04.92   | 2 |
| 5 Herron, Krystal           | SR | Oakland          | 1:04.96   | 2 |
| 6 Watson, Tricia            | JR | South Dakota     | 1:05.38   | 2 |
| 7 Glesinger, Madeline       | JR | Omaha            | 1:05.57   | 2 |
| 8 Clements, Kira            | FR | Western Illinois | 1:09.08   | 2 |

**Women 400 Meter Hurdles**

**World:** 52.34 W 8/8/2003 Yuliya Pechenkina, RUS  
**American:** 52.47 A 9/1/2011 Lashinda Demus, Nike  
**Collegiate:** 53.54 C 6/12/2004 Sheenna Johnson, UCLA  
**Summit:** 59.49 S 2010 Whitney Carlson, N.D.S.U.

| Name                    | Yr | School           | Finals  |
|-------------------------|----|------------------|---------|
| <b>Section 1 Finals</b> |    |                  |         |
| 1 Duling, Alexa         | SR | South Dakota     | 58.59 S |
| 2 Peabody, Breanna      | SR | Oakland          | 59.42 S |
| 3 Kitching, Melissa     | SO | North Dakota St. | 1:00.88 |
| 4 Heinze, Ashley        | SO | North Dakota St. | 1:01.24 |
| 5 Miller, Patricia      | FR | U.M.K.C.         | 1:01.49 |
| 6 Borders, Amani        | FR | U.M.K.C.         | 1:05.00 |
| 7 Foltz, Lori           | FR | South Dakota St. | 1:05.19 |
| 8 Moore, Breanna        | JR | Western Illinois | 1:05.35 |
| 9 Taylor, Kaylin        | JR | I.P.F.W.         | 1:06.42 |



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**Results****Women 3000 Meter Steeplechase**

**World:** 8:58.81 W 8/17/2008 Gulnara Galkina, RUS  
**American:** 9:12.50 A 8/17/2009 Jenny Barringer, Colorado  
**Collegiate:** 9:25.54 C 6/12/2009 Jenny Barringer, Colorado  
**Summit:** 10:19.39 S 2012 Maddie McClellan, N.D.S.U.

| Name                 | Yr | School           | Finals     |
|----------------------|----|------------------|------------|
| <b>Section 1</b>     |    |                  |            |
| 1 Frerichs, Courtney | SO | U.M.K.C.         | 10:15.79 S |
| 2 McClellan, Maddie  | JR | North Dakota St. | 10:38.46   |
| 3 Hutton, Brittni    | SR | Oakland          | 10:45.30   |
| 4 Vorthmann, Amanda  | SR | Omaha            | 11:03.86   |
| 5 Miller, Carol      | SR | South Dakota     | 11:05.50   |
| 6 Pease, Rachel      | FR | I.U.P.U.I.       | 11:26.20   |
| 7 Suhr, Alex         | SO | South Dakota St. | 11:28.97   |
| 8 Behm, Nicole       | SR | Omaha            | 11:41.37   |
| 9 Anderson, Kirsten  | FR | South Dakota St. | 11:49.40   |
| 10 Haas, Miranda     | FR | Oakland          | 11:56.00   |
| 11 Mattingly, Amy    | SO | I.U.P.U.I.       | 11:56.95   |
| 12 Garcia, Karo      | FR | Omaha            | 12:05.22   |
| 13 Vctor, Emily      | JR | I.U.P.U.I.       | 12:12.30   |
| 14 Simmons, Kaitlyn  | FR | I.P.F.W.         | 12:17.59   |
| --- Potts, Tera      | SR | South Dakota St. | DNF        |

**Women 4x100 Meter Relay**

**World:** 40.82 W 8/11/2012 United States, USA  
 Madison, Felix, Knight, Jeter  
**American:** 40.82 A 8/11/2012 National Team, USA national team  
 Madison, Felix, Knight, Jeter  
**Collegiate:** 42.36 C 6/12/2009 Texas A&M, Texas A&M  
 Carter, Lucas, Duncan, Mayo  
**Summit:** 45.86 S 2003 Oral Roberts, O.R.U.  
 Lowe, Smalling, Jones, Dawkins

| Team                      | Relay                   | Finals                    |
|---------------------------|-------------------------|---------------------------|
| <b>Section 1</b>          |                         |                           |
| 1 North Dakota St.        | A                       | 45.46 S                   |
| 1) John, Deborah JR       | 2) Page, Brittany SR    | 3) Tingelstad, Ashley JR  |
| 4) Goodman, Antoinette JR |                         |                           |
| 2 South Dakota St.        | A                       | 46.51                     |
| 1) Fritz, Gina SO         | 2) Odegaard, Ashley JR  | 3) Bren, Megan SR         |
| 4) Carper, Carly FR       |                         |                           |
| 3 U.M.K.C.                | A                       | 46.79                     |
| 1) Williams, Shanelle SO  | 2) Johnson, Stephany SR | 3) Carter, Briana SO      |
| 4) Momo, Michelle JR      |                         |                           |
| 4 Omaha                   | A                       | 46.80                     |
| 1) Armstrong, Terri SO    | 2) Spenner, Sami JR     | 3) Laidley, Kathie-Lee JR |
| 4) Mihalinec, Maja SR     |                         |                           |
| 5 South Dakota            | A                       | 46.85                     |
| 1) Williams, Gabriel SR   | 2) Huschle, Analisa SO  | 3) Ervin, Molly SO        |
| 4) Duling, Alexa SR       |                         |                           |



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**Results****Section 1 ... (Women 4x100 Meter Relay)**

| Team   | Relay                          | Finals  |
|--|--------------------------------|---|
| 6 Western Illinois<br>1) Williams, Chanelle JR | A<br>2) Sampson, Tyler SO      | 52.89<br>3) Clements, Kira FR<br>4) Clements, Kiah FR |
| 7 I.P.F.W.<br>1) Taylor, Kaylin JR             | A<br>2) Wormcastle, Nichole FR | 53.51<br>3) Craig, Emily SO<br>4) Jeszensky, Julie JR |

**Women 4x400 Meter Relay**

|                                       |   |
|---------------------------------------|---|
| <b>World:</b> 3:15.17 W 10/1/1988     | Soviet Union, URS<br>Ledovskaya, Nazarova, Pinigina, Bryzgina     |
| <b>American:</b> 3:15.51 A 10/1/1988  | National Team, USA national team<br>Howard, Dixon, Brisco, Joyner |
| <b>Collegiate:</b> 3:23.75 C 4/3/2004 | Texas, Texas<br>Jones, McIntosh, Chapple, Richards                |
| <b>Summit:</b> 3:42.22 S 2003         | Oral Roberts, O.R.U.<br>Canidy, Smalling, Jones, Dawkins          |

| Team  | Relay                          | Finals  |
|---|--------------------------------|---|
| <b>Section 1</b>                              |                                |   |
| 1 North Dakota St.<br>1) Kitching, Melissa SO | A<br>2) Tingelstad, Ashley JR  | 3:42.46<br>3) Stratioti, Paige SO<br>4) Page, Brittany SR     |
| 2 South Dakota<br>1) Ewers, Amber FR          | A<br>2) Sveum, Ashley SR       | 3:48.30<br>3) Johnson, Tess SO<br>4) Huschle, Analisa SO      |
| 3 U.M.K.C.<br>1) Bethune, Chantel FR          | A<br>2) Miller, Patricia FR    | 3:48.47<br>3) Williams, Shanelle SO<br>4) Carter, Briana SO   |
| 4 Omaha<br>1) Armstrong, Terri SO             | A<br>2) Psota, Lauren SO       | 3:50.09<br>3) Zarudnaya, Katarina JR<br>4) Spenner, Sami JR   |
| 5 South Dakota St.<br>1) Fritz, Gina SO       | A<br>2) McDonald, Jessica SO   | 3:51.13<br>3) Odegaard, Ashley JR<br>4) Bren, Megan SR        |
| 6 Oakland<br>1) Herron, Krystal SR            | A<br>2) Pozolo, Cady SO        | 4:01.88<br>3) Ogonowski, Meaghan SR<br>4) Peabody, Breanna SR |
| 7 Western Illinois<br>1) Moore, Breanna JR    | A<br>2) Sampson, Tyler SO      | 4:08.76<br>3) Clements, Kira FR<br>4) Ehredt, Danyelle JR     |
| 8 I.U.P.U.I.<br>1) Riggins, Julie FR          | A<br>2) Williams, Katie FR     | 4:11.12<br>3) Verkamp, Kaci SR<br>4) Zajac, Rachel SR         |
| 9 I.P.F.W.<br>1) Craig, Emily SO              | A<br>2) Wormcastle, Nichole FR | 4:15.74<br>3) Boyes, Kayla JR<br>4) Jeszensky, Julie JR       |



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**Results****Women High Jump**

Starting HT 1.48m increase by 5 cm

1.53, 1.58, 1.63, 1.68, 1.73, 1.76, 1.79, 1.82, 1.85

1.88, 1.91, 1.94, 1.97

World: 2.09m W 8/30/1987 Stefka Kostadinova, BUL  
 American: 2.05m A 6/26/2010 Chaunte Lowe, Nike  
 Collegiate: 1.98m C 5/19/1995 Acuff / Bergqvist, UCLA/ SMU  
 Summit: 1.74m S 2012 Mary Wirth, S.D.S.U

| Name                  | Yr | School           | Finals          |
|-----------------------|----|------------------|-----------------|
| <b>Flight 1</b>       |    |                  |                 |
| 1 Glisar, Megan       | JR | South Dakota     | 1.82m S 5-11.50 |
| 2 Laidley, Kathie-Lee | JR | Omaha            | 1.82m S 5-11.50 |
| 3 Olson, Kali         | JR | South Dakota St. | 1.73m 5-08.00   |
| 4 Derickson, Taryn    | FR | South Dakota     | 1.68m 5-06.00   |
| 5 Lane, Jennifer      | SR | Oakland          | 1.68m 5-06.00   |
| 6 Spenner, Sami       | JR | Omaha            | 1.68m 5-06.00   |
| 7 Stalpes, Emily      | SR | North Dakota St. | 1.63m 5-04.25   |
| 8 Wagner, Ashley      | JR | South Dakota St. | 1.58m 5-02.25   |
| 9 Boschee, Lexy       | FR | North Dakota St. | 1.53m 5-00.25   |
| 10 Arendt, Darcy      | FR | Western Illinois | 1.48m 4-10.25   |

**Women Pole Vault**

Starting Ht 2.80 Increase 15 cm

2.80, 2.95, 3.10, 3.25, 3.25, 3.40, 3.55, 3.70, 3.85 4.00

4.10, 4.20, 4.30, 4.35, 4.40, 4.45, 4.50, 4.55

World: 5.06m W 8/28/2009 Yelena Isinbayeva, RUS  
 American: 4.92m A 7/6/2008 Jen Stuczynski, adidas  
 Collegiate: 4.60m C 5/14/2006 Chelsea Johnson, UCLA  
 Summit: 4.28m S 2012 Bethany Buell, S.D.S.U.

| Name               | Yr | School           | Finals         |
|--------------------|----|------------------|----------------|
| <b>Flight 1</b>    |    |                  |                |
| 1 Brost, Leslie    | SR | North Dakota St. | 4.10m 13-05.25 |
| 2 Buell, Bethany   | JR | South Dakota     | 4.10m 13-05.25 |
| 3 Grove, Emily     | SO | South Dakota     | 4.10m 13-05.25 |
| 4 Mills, Madison   | FR | South Dakota     | 4.00m 13-01.50 |
| 5 Wilkes, Hunter   | FR | South Dakota     | 3.70m 12-01.50 |
| 6 Mack, Caitlin    | SO | North Dakota St. | 3.55m 11-07.75 |
| 7 Meyer, Megan     | SR | South Dakota     | 3.55m 11-07.75 |
| 7 Stangl, Brittany | FR | North Dakota St. | 3.55m 11-07.75 |
| 9 Leiferman, Amy   | SO | South Dakota St. | 3.55m 11-07.75 |
| 10 Thomas, Ashley  | FR | Western Illinois | 3.10m 10-02.00 |



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**Results****Women Long Jump**

**World:** 7.52m W 6/11/1988 Galina Chistyakova, URS  
**American:** 7.49m A 5/22/1994 Jackie Joyner-Kersey, Honda  
**Collegiate:** 6.99m C 5/4/1985 Jackie Joyner-Kersey, UCLA  
**Summit:** 6.43m S 2009 Whitney Carlson, N.D.S.U.

| Name                   | Yr | School           | Finals | Wind            |
|------------------------|----|------------------|--------|-----------------|
| <b>Flight 1</b>        |    |                  |        |                 |
| 1 Johnson, Tess        | SO | South Dakota     | 5.44m  | 17-10.25 3.5 1  |
| 2 Odegaard, Ashley     | JR | South Dakota St. | 5.36m  | 17-07.00 0.8 1  |
| 3 Calvert, Haley       | FR | Western Illinois | 5.31m  | 17-05.25 +0.0 1 |
| 3 Darker, Sydia        | FR | U.M.K.C.         | 5.31m  | 17-05.25 +0.0 1 |
| 5 Richardson, Chelsea  | JR | U.M.K.C.         | 5.26m  | 17-03.25 +0.0 1 |
| 6 McGlone, Megan       | SO | Western Illinois | 5.19m  | 17-00.50 2.0 1  |
| 7 Cooper, Jazmine      | JR | U.M.K.C.         | 5.17m  | 16-11.50 +0.0 1 |
| 8 Williams, Chanelle   | JR | Western Illinois | 4.92m  | 16-01.75 1.3 1  |
| 9 Ogonowski, Meaghan   | SR | Oakland          | 4.84m  | 15-10.50 +0.0 1 |
| 10 Ferguson, Katie     | SO | South Dakota     | 4.72m  | 15-06.00 1.5 1  |
| <b>Flight 2</b>        |    |                  |        |                 |
| 1 Spenner, Sami        | JR | Omaha            | 6.32m  | 20-09.00 +0.0 2 |
| 2 Laidley, Kathie-Lee  | JR | Omaha            | 6.21m  | 20-04.50 0.4 2  |
| 3 Goodman, Antoinette  | JR | North Dakota St. | 5.89m  | 19-04.00 1.2 2  |
| 4 Shaw, Denneil        | JR | Omaha            | 5.86m  | 19-02.75 1.7 2  |
| 5 Momo, Michelle       | JR | U.M.K.C.         | 5.78m  | 18-11.75 +0.0 2 |
| 6 Dockter, Katie       | JR | North Dakota St. | 5.70m  | 18-08.50 3.4 2  |
| 7 Johnson, Ashlea      | SR | South Dakota     | 5.63m  | 18-05.75 3.7 2  |
| 8 Carper, Carly        | FR | South Dakota St. | 5.60m  | 18-04.50 0.2 2  |
| 9 Clarke, Tansha       | JR | South Dakota     | 5.57m  | 18-03.25 0.5 2  |
| 10 Cottingham, Lynette | SO | U.M.K.C.         | 4.66m  | 15-03.50 1.4 2  |

**Women Triple Jump**

**World:** 15.50m W 8/10/1995 Inessa Kravets, UKR  
**American:** 14.45m A 7/11/2004 Tiombé Hurd, Nike  
**Collegiate:** 14.25m C 3/8/1997 Lee/ Williams, LSU/ FL State  
**Summit:** 13.11m S 2008 English Clark, O.R.U.

| Name                  | Yr | School           | Finals | Wind            |
|-----------------------|----|------------------|--------|-----------------|
| <b>Flight 1</b>       |    |                  |        |                 |
| 1 Johnson, Tess       | SO | South Dakota     | 11.55m | 37-10.75 0.8 1  |
| 2 Johnson, Ashlea     | SR | South Dakota     | 11.50m | 37-08.75 3.1 1  |
| 3 Momo, Michelle      | JR | U.M.K.C.         | 10.95m | 35-11.25 3.4 1  |
| 4 Calvert, Haley      | FR | Western Illinois | 10.63m | 34-10.50 3.2 1  |
| 5 Cottingham, Lynette | SO | U.M.K.C.         | 10.54m | 34-07.00 1.1 1  |
| 6 Lambert, Meghan     | FR | South Dakota St. | 10.48m | 34-04.75 +0.0 1 |
| 7 Ferguson, Katie     | SO | South Dakota     | 10.45m | 34-03.50 1.5 1  |



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**Results****Flight 1 ... (Women Triple Jump)**

| Name               | Yr | School           | Finals | Wind |
|--------------------|----|------------------|--------|------|
| --- McGlone, Megan | SO | Western Illinois | FOUL   | 1    |

**Flight 2**

|                       |    |                  |        |          |     |   |
|-----------------------|----|------------------|--------|----------|-----|---|
| 1 Spenner, Sami       | JR | Omaha            | 12.61m | 41-04.50 | 3.2 | 2 |
| 2 Johnson, Stephany   | SR | U.M.K.C.         | 12.27m | 40-03.25 | 1.7 | 2 |
| 3 Carter, Briana      | SO | U.M.K.C.         | 11.84m | 38-10.25 | 6.5 | 2 |
| 4 Shaw, Denneil       | JR | Omaha            | 11.60m | 38-00.75 | 1.7 | 2 |
| 5 Clarke, Tansha      | JR | South Dakota     | 11.44m | 37-06.50 | 2.1 | 2 |
| 6 Dockter, Katie      | JR | North Dakota St. | 11.43m | 37-06.00 | 3.0 | 2 |
| 7 Richardson, Chelsea | JR | U.M.K.C.         | 11.28m | 37-00.25 | 1.9 | 2 |
| 8 Cooper, Jazmine     | JR | U.M.K.C.         | 11.01m | 36-01.50 | 2.0 | 2 |
| --- Miller, Patricia  | FR | U.M.K.C.         | FOUL   |          |     | 2 |

**Women Shot Put**

|                    |               |          |                  |   |
|--------------------|---------------|----------|------------------|---|
| <b>World:</b>      | <b>22.63m</b> | <b>W</b> | <b>6/7/1987</b>  | <b>Natalya Lisovskaya, URS</b>                |
| <b>American:</b>   | <b>20.18m</b> | <b>A</b> | <b>6/25/1988</b> | <b>Pagel / Camarena-Williams, Mazda/ NYAC</b> |
| <b>Collegiate:</b> | <b>18.99m</b> | <b>C</b> | <b>1983</b>      | <b>Meg Ritchie, Arizona</b>                   |
| <b>Summit:</b>     | <b>16.86m</b> | <b>S</b> | <b>2004</b>      | <b>Aubrey Martin, W. Illinois</b>             |

| Name | Yr | School | Finals |
|------|----|--------|--------|
|------|----|--------|--------|

**Flight 1**

|                      |    |                  |        |          |   |
|----------------------|----|------------------|--------|----------|---|
| 1 Georgas, Christena | SR | South Dakota     | 13.83m | 45-04.50 | 1 |
| 2 Dennis, Meghan     | FR | South Dakota     | 13.31m | 43-08.00 | 1 |
| 3 Thompson, Liz      | JR | Omaha            | 13.08m | 42-11.00 | 1 |
| 4 Dyson, Dahlia      | SO | U.M.K.C.         | 13.01m | 42-08.25 | 1 |
| 5 Zink, Kayla        | SO | I.P.F.W.         | 12.93m | 42-05.25 | 1 |
| 6 Lester, Kayla      | FR | South Dakota     | 12.24m | 40-02.00 | 1 |
| 7 Radke, Emily       | JR | I.P.F.W.         | 12.13m | 39-09.75 | 1 |
| 8 Hartman, Katelynne | JR | Oakland          | 11.92m | 39-01.25 | 1 |
| 9 Porter, Kaeleigh   | JR | I.P.F.W.         | 11.24m | 36-10.50 | 1 |
| 10 Sumption, Trisha  | SO | South Dakota St. | 10.58m | 34-08.50 | 1 |
| 11 Jemison, Ashley   | FR | Oakland          | 10.40m | 34-01.50 | 1 |

**Flight 2**

|                      |    |                  |        |          |   |
|----------------------|----|------------------|--------|----------|---|
| 1 LaRue, Dana        | SR | Western Illinois | 15.96m | 52-04.50 | 2 |
| 2 Dincoff, Rachel    | FR | I.P.F.W.         | 14.72m | 48-03.50 | 2 |
| 3 Assmus, Shelby     | JR | South Dakota St. | 14.63m | 48-00.00 | 2 |
| 4 Johnson, Kathryn   | SR | North Dakota St. | 14.49m | 47-06.50 | 2 |
| 5 Janovy, Breanna    | SO | South Dakota     | 14.41m | 47-03.50 | 2 |
| 6 Johnson, McKenzie  | SO | South Dakota St. | 14.15m | 46-05.25 | 2 |
| 7 Lesser, Emily      | JR | North Dakota St. | 14.15m | 46-05.25 | 2 |
| 8 McNaughton, Lianne | SR | Omaha            | 13.39m | 43-11.25 | 2 |
| 9 Johnson, Kayla     | FR | South Dakota     | 13.07m | 42-10.75 | 2 |
| 10 Brueggeman, Susan | SR | U.M.K.C.         | 12.70m | 41-08.00 | 2 |
| 11 Benoit, Kelsey    | FR | U.M.K.C.         | 12.55m | 41-02.25 | 2 |



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**Results****Women Discus Throw**

**World:** 76.80m W 7/9/1988 **Gabriele Reinsch, GDR**  
**American:** 67.74m A 5/4/2012 **Stephanie Brown Trafton, Nike**  
**Collegiate:** 67.48m C 4/26/1981 **Meg Ritchie, Arizona**  
**Summit:** 53.85m S 2010 **Rachel Talbert, O.R.U.**

| Name                   | Yr | School           | Finals |        |   |
|------------------------|----|------------------|--------|--------|---|
| <b>Flight 1</b>        |    |                  |        |        |   |
| 1 Benoit, Kelsey       | FR | U.M.K.C.         | 42.90m | 140-09 | 1 |
| 2 Fischer, Becca       | JR | South Dakota St. | 41.96m | 137-08 | 1 |
| 3 Lester, Kayla        | FR | South Dakota     | 41.24m | 135-04 | 1 |
| 4 Januschka, Kae       | FR | South Dakota St. | 39.95m | 131-01 | 1 |
| 5 Szymonski, Elizabeth | FR | South Dakota     | 37.79m | 124-00 | 1 |
| 6 Radke, Emily         | JR | I.P.F.W.         | 36.30m | 119-01 | 1 |
| 7 Bevins, Amy          | SO | Western Illinois | 35.46m | 116-04 | 1 |
| 8 Jemison, Ashley      | FR | Oakland          | 35.36m | 116-00 | 1 |
| 9 Przyby, Jessica      | SO | Western Illinois | 33.44m | 109-08 | 1 |
| 10 Hartman, Katelynne  | JR | Oakland          | 30.33m | 99-06  | 1 |
| <b>Flight 2</b>        |    |                  |        |        |   |
| 1 Garner, Brooke       | SR | South Dakota St. | 51.40m | 168-08 | 2 |
| 2 Lesser, Emily        | JR | North Dakota St. | 48.61m | 159-06 | 2 |
| 3 Janovy, Breanna      | SO | South Dakota     | 47.01m | 154-03 | 2 |
| 4 Paulzine, Amy        | JR | South Dakota St. | 45.25m | 148-05 | 2 |
| 5 Assmus, Shelby       | JR | South Dakota St. | 45.13m | 148-01 | 2 |
| 6 Dennis, Meghan       | FR | South Dakota     | 44.95m | 147-06 | 2 |
| 7 Johnson, Kathryn     | SR | North Dakota St. | 41.97m | 137-08 | 2 |
| 8 Zink, Kayla          | SO | I.P.F.W.         | 40.55m | 133-00 | 2 |
| 9 Dincoff, Rachel      | FR | I.P.F.W.         | 40.15m | 131-09 | 2 |
| 10 Dyson, Dahlia       | SO | U.M.K.C.         | 38.64m | 126-09 | 2 |

**Women Hammer Throw**

**World:** 79.42m W 5/29/2011 **Betty Heidler, GER**  
**American:** 74.19m A 6/1/2012 **Jessica Cosby, Nike**  
**Collegiate:** 72.94m C 4/13/2007 **Jenny Dahlgren, Georgia**  
**Summit:** 59.41m S 2006 **Jennifer Gilson, W. Illinois**

| Name               | Yr | School           | Finals |        |   |
|--------------------|----|------------------|--------|--------|---|
| <b>Flight 1</b>    |    |                  |        |        |   |
| 1 Benoit, Kelsey   | FR | U.M.K.C.         | 49.07m | 161-00 | 1 |
| 2 Sumption, Trisha | SO | South Dakota St. | 46.79m | 153-06 | 1 |
| 3 Zink, Kayla      | SO | I.P.F.W.         | 46.23m | 151-08 | 1 |
| 4 Porter, Kaeleigh | JR | I.P.F.W.         | 44.74m | 146-09 | 1 |
| 5 Lester, Kayla    | FR | South Dakota     | 43.82m | 143-09 | 1 |
| 6 Przyby, Jessica  | SO | Western Illinois | 42.60m | 139-09 | 1 |
| 7 Thompson, Liz    | JR | Omaha            | 42.52m | 139-06 | 1 |





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**Results****Flight 1 ... (Women Hammer Throw)**

| Name               | Yr | School           | Finals |        |   |
|--------------------|----|------------------|--------|--------|---|
| 8 Dincoff, Rachel  | FR | I.P.F.W.         | 41.20m | 135-02 | 1 |
| 9 Fischer, Becca   | JR | South Dakota St. | 39.99m | 131-02 | 1 |
| 10 Bevins, Amy     | SO | Western Illinois | 38.93m | 127-09 | 1 |
| 11 Jemison, Ashley | FR | Oakland          | 33.80m | 110-11 | 1 |

**Flight 2**

|                       |    |                  |          |        |   |
|-----------------------|----|------------------|----------|--------|---|
| 1 Garner, Brooke      | SR | South Dakota St. | 59.82m S | 196-03 | 2 |
| 2 Lesser, Emily       | JR | North Dakota St. | 58.09m   | 190-07 | 2 |
| 3 LaRue, Dana         | SR | Western Illinois | 54.83m   | 179-11 | 2 |
| 4 Assmus, Shelby      | JR | South Dakota St. | 51.42m   | 168-08 | 2 |
| 5 Johnson, Kathryn    | SR | North Dakota St. | 51.27m   | 168-02 | 2 |
| 6 Paulzine, Amy       | JR | South Dakota St. | 50.79m   | 166-08 | 2 |
| 7 Georgas, Christena  | SR | South Dakota     | 49.38m   | 162-00 | 2 |
| 8 Johnson, McKenzie   | SO | South Dakota St. | 49.20m   | 161-05 | 2 |
| 9 Brueggeman, Susan   | SR | U.M.K.C.         | 47.27m   | 155-01 | 2 |
| 10 Dyson, Dahlia      | SO | U.M.K.C.         | 46.88m   | 153-10 | 2 |
| 11 Johnson, Kayla     | FR | South Dakota     | 45.86m   | 150-05 | 2 |
| 12 McNaughton, Lianne | SR | Omaha            | 42.94m   | 140-10 | 2 |

**Women Javelin Throw**

|                    |        |   |           |                        |
|--------------------|--------|---|-----------|------------------------|
| <b>World:</b>      | 72.28m | W | 9/13/2008 | Barbora Špotáková, CZE |
| <b>American:</b>   | 66.67m | A | 6/25/2010 | Kara Patterson, Asics  |
| <b>Collegiate:</b> | 61.82m | C | 6/13/2003 | Irina Kharun, Indiana  |
| <b>Summit:</b>     | 46.67m | S | 2012      | Camila Pirelli, O.R.U. |

| Name                   | Yr | School           | Finals   |        |   |
|------------------------|----|------------------|----------|--------|---|
| <b>Flight 1</b>        |    |                  |          |        |   |
| 1 Fischer, Becca       | JR | South Dakota St. | 34.02m   | 111-07 | 1 |
| 2 Clarke, Tansha       | JR | South Dakota     | 33.33m   | 109-04 | 1 |
| 3 Brueggeman, Susan    | SR | U.M.K.C.         | 29.81m   | 97-10  | 1 |
| 4 Herron, Krystal      | SR | Oakland          | 29.39m   | 96-05  | 1 |
| 5 Daly, Meghan         | FR | Oakland          | 27.41m   | 89-11  | 1 |
| 6 Wyffels, Megan       | JR | Western Illinois | 25.60m   | 84-00  | 1 |
| 7 Pozolo, Cady         | SO | Oakland          | 24.04m   | 78-10  | 1 |
| <b>Flight 2</b>        |    |                  |          |        |   |
| 1 Dennis, Meghan       | FR | South Dakota     | 48.12m S | 157-10 | 2 |
| 2 Hariott, Kimoya      | SR | U.M.K.C.         | 46.56m   | 152-09 | 2 |
| 3 Paulzine, Amy        | JR | South Dakota St. | 44.43m   | 145-09 | 2 |
| 4 Rosenau, Sierra      | FR | North Dakota St. | 44.38m   | 145-07 | 2 |
| 5 Riopelle, Amber      | FR | North Dakota St. | 42.99m   | 141-00 | 2 |
| 6 McHugh, Theresa      | JR | I.P.F.W.         | 42.77m   | 140-04 | 2 |
| 7 Szymonski, Elizabeth | FR | South Dakota     | 38.65m   | 126-10 | 2 |
| 8 Drevlow, Jamie       | SO | North Dakota St. | 36.67m   | 120-04 | 2 |



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**Results****Heptathlon: #4 Women 200 Meter Dash**

| Name                       | Yr | School           | Finals |
|----------------------------|----|------------------|--------|
| <b>Section 1 Wind: 1.2</b> |    |                  |        |
| 1 Spenner, Sami            | JR | Omaha            | 24.51  |
| 2 Heinze, Ashley           | SO | North Dakota St. | 25.58  |
| 3 Clarke, Tansha           | JR | South Dakota     | 26.26  |
| 4 Stalpes, Emily           | SR | North Dakota St. | 26.42  |
| 5 Moser, Twila             | JR | North Dakota St. | 26.43  |
| 6 Boschee, Lexy            | FR | North Dakota St. | 27.72  |
| 7 Alexander, Amanda        | SO | Omaha            | 28.46  |

**Heptathlon: #7 Women 800 Meter Run**

| Name                | Yr | School           | Finals  |
|---------------------|----|------------------|---------|
| <b>Section 1</b>    |    |                  |         |
| 1 Heinze, Ashley    | SO | North Dakota St. | 2:22.59 |
| 2 Stalpes, Emily    | SR | North Dakota St. | 2:33.11 |
| 3 Clarke, Tansha    | JR | South Dakota     | 2:37.38 |
| 4 Spenner, Sami     | JR | Omaha            | 2:39.48 |
| 5 Alexander, Amanda | SO | Omaha            | 2:40.62 |
| 6 Moser, Twila      | JR | North Dakota St. | 2:44.40 |
| 7 Boschee, Lexy     | FR | North Dakota St. | 2:48.34 |

**Heptathlon: #1 Women 100 Meter Hurdles**

**World:** 12.21 W 8/20/1988 Yordanka Donkova, BUL  
**American:** 12.33 A 7/23/2000 Gail Devers, Nike  
**Collegiate:** 12.48 C 6/9/2006 Ginnie Powell, So. California

| Name                       | Yr | School           | Finals  |
|----------------------------|----|------------------|---------|
| <b>Section 1 Wind: 1.2</b> |    |                  |         |
| 1 Moser, Twila             | JR | North Dakota St. | 14.62 1 |
| 2 Clarke, Tansha           | JR | South Dakota     | 14.64 1 |
| 3 Heinze, Ashley           | SO | North Dakota St. | 15.36 1 |
| 4 Alexander, Amanda        | SO | Omaha            | 16.89 1 |
| <b>Section 2 Wind: 1.3</b> |    |                  |         |
| 1 Spenner, Sami            | JR | Omaha            | 14.23 2 |
| 2 Stalpes, Emily           | SR | North Dakota St. | 14.84 2 |
| 3 Boschee, Lexy            | FR | North Dakota St. | 16.44 2 |

**Heptathlon: #2 Women High Jump**

| Name             | Yr | School           | Finals        |
|------------------|----|------------------|---------------|
| <b>Flight 1</b>  |    |                  |               |
| 1 Spenner, Sami  | JR | Omaha            | 1.70m 5-07.00 |
| 2 Stalpes, Emily | SR | North Dakota St. | 1.61m 5-03.25 |
| 3 Clarke, Tansha | JR | South Dakota     | 1.58m 5-02.25 |
| 4 Heinze, Ashley | SO | North Dakota St. | 1.55m 5-01.00 |



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**Results****Flight 1 ... (Heptathlon: #2 Women High Jump)**

| Name                | Yr | School           | Finals |         |
|---------------------|----|------------------|--------|---------|
| 4 Boschee, Lexy     | FR | North Dakota St. | 1.55m  | 5-01.00 |
| 6 Moser, Twila      | JR | North Dakota St. | 1.52m  | 4-11.75 |
| 6 Alexander, Amanda | SO | Omaha            | 1.52m  | 4-11.75 |

**Heptathlon: #5 Women Long Jump**

| Name                | Yr | School           | Finals | Wind          |
|---------------------|----|------------------|--------|---------------|
| <b>Flight 1</b>     |    |                  |        |               |
| 1 Spenner, Sami     | JR | Omaha            | 6.04m  | 19-09.75 +0.0 |
| 2 Stalpes, Emily    | SR | North Dakota St. | 5.34m  | 17-06.25 2.8  |
| 3 Heinze, Ashley    | SO | North Dakota St. | 5.32m  | 17-05.50 0.2  |
| 4 Clarke, Tansha    | JR | South Dakota     | 5.31m  | 17-05.25 0.7  |
| 5 Boschee, Lexy     | FR | North Dakota St. | 4.94m  | 16-02.50 3.3  |
| 6 Moser, Twila      | JR | North Dakota St. | 4.80m  | 15-09.00 0.8  |
| 7 Alexander, Amanda | SO | Omaha            | 4.53m  | 14-10.50 +0.0 |

**Heptathlon: #3 Women Shot Put**

| Name                | Yr | School           | Finals |          |
|---------------------|----|------------------|--------|----------|
| <b>Flight 1</b>     |    |                  |        |          |
| 1 Clarke, Tansha    | JR | South Dakota     | 12.14m | 39-10.00 |
| 2 Spenner, Sami     | JR | Omaha            | 11.43m | 37-06.00 |
| 3 Alexander, Amanda | SO | Omaha            | 10.41m | 34-02.00 |
| 4 Moser, Twila      | JR | North Dakota St. | 10.14m | 33-03.25 |
| 5 Stalpes, Emily    | SR | North Dakota St. | 9.97m  | 32-08.50 |
| 6 Boschee, Lexy     | FR | North Dakota St. | 9.69m  | 31-09.50 |
| 7 Heinze, Ashley    | SO | North Dakota St. | 9.28m  | 30-05.50 |

**Heptathlon: #6 Women Javelin Throw**

World: 72.28m W 9/13/2008 Barbora Špotáková, CZE

American: 66.67m A 6/25/2010 Kara Patterson, Asics

Collegiate: 61.82m C 6/13/2003 Irina Kharun, Indiana

| Name                | Yr | School           | Finals |        |
|---------------------|----|------------------|--------|--------|
| <b>Flight 1</b>     |    |                  |        |        |
| 1 Clarke, Tansha    | JR | South Dakota     | 37.73m | 123-09 |
| 2 Spenner, Sami     | JR | Omaha            | 34.32m | 112-07 |
| 3 Alexander, Amanda | SO | Omaha            | 32.87m | 107-10 |
| 4 Moser, Twila      | JR | North Dakota St. | 30.55m | 100-03 |
| 5 Heinze, Ashley    | SO | North Dakota St. | 27.44m | 90-00  |
| 6 Boschee, Lexy     | FR | North Dakota St. | 24.94m | 81-10  |
| 7 Stalpes, Emily    | SR | North Dakota St. | 24.43m | 80-02  |



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**Results****Women Heptathlon**

**World:** 7291 W 9/24/1988 Jackie Joyner-Kersey, USA  
**American:** 7291 A 9/24/1988 Jackie Joyner-Kersey, World Class AC  
**Collegiate:** 6527 C 6/3/1995 Diane Guthrie-Gresham, George Mason  
**Summit:** 5328 S 2010 Heather Zander

| Name                | Yr | School           | Finals |
|---------------------|----|------------------|--------|
| 1 Spenner, Sami     | JR | Omaha            | 5356 S |
| 2 Clarke, Tansha    | JR | South Dakota     | 4919   |
| 3 Heinze, Ashley    | SO | North Dakota St. | 4654   |
| 4 Stalpes, Emily    | SR | North Dakota St. | 4578   |
| 5 Moser, Twila      | JR | North Dakota St. | 4351   |
| 6 Alexander, Amanda | SO | Omaha            | 3937   |
| 7 Boschee, Lexy     | FR | North Dakota St. | 3906   |

**Women - Team Rankings - 21 Events Scored**

|                     |       |                     |       |
|---------------------|-------|---------------------|-------|
| 1) North Dakota St. | 241.5 | 2) South Dakota     | 154.5 |
| 3) Omaha            | 147   | 4) South Dakota St. | 107   |
| 5) U.M.K.C.         | 94    | 6) Oakland          | 29    |
| 7) Western Illinois | 27    | 8) I.P.F.W.         | 13    |
| 9) I.U.P.U.I.       | 4     |                     |       |

**Men - Team Rankings - 21 Events Scored**

|                     |     |                 |     |
|---------------------|-----|-----------------|-----|
| 1) North Dakota St. | 249 | 2) South Dakota | 168 |
| 3) South Dakota St. | 133 | 4) U.M.K.C.     | 121 |
| 5) Western Illinois | 82  | 6) Oakland      | 35  |
| 7) I.U.P.U.I.       | 23  |                 |     |

