

**2023 ISU Holiday Invitational - 12/8/2023 to 12/9/2023**

Hosted by Iowa State University

Lied Recreation Athletic Center - Ames, IA

**Meet Program****Event 1 Women 60 Meter Dash****Saturday 12/9/2023 - 1:25 PM**

Lane	Name	Yr	School	Seed Time
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**Heat 1 of 3 Preliminaries**

1	Paige Kisley	JR	Northern Iow	
2	Anna Parrott	SO	Simpson (Iow	
3	Caroline Benfeldt-Sorensen	SO	Northern Iow	
4	Zekira Snow	FR	Indian Hills	
5	Janelle Winterton	FR	Kansas City	
6	Madison Hays	SO	Simpson (Iow	

**Heat 2 of 3 Preliminaries**

1	Tonique Fleming	FR	Kansas City	
2	Kate Weiss	FR	Simpson (Iow	
3	Zaniya King	SO	Indian Hills	
4	Zakiya Porter	SO	Indian Hills	
5	Libby Wedewer	JR	Northern Iow	
6	Kenyatta Grate	FR	Indian Hills	
7	Shavelle Shaw	SO	Kansas City	
8	Bria Barnes	SR	Iowa State	

**Heat 3 of 3 Preliminaries**

2	Anne Wagner	JR	Kansas City	
3	Eva Van De Mortel	JR	Northern Iow	
4	Ariana Yaklich	JR	Northern Iow	
5	Oliva Kramer	FR	Northern Iow	
6	Destiny Mitchell	FR	Indian Hills	
7	Emily McMartin	SO	Central Coll	
8	Audrey Arnold	JR	Simpson (Iow	

**Event 1 Women 60 Meter Dash****Saturday 12/9/2023 - 2:15 PM**

Lane	Name	Yr	School	Prelims
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**Section 1 of 1**

1	Oliva Kramer	FR	Northern Iow	7.84
2	Libby Wedewer	JR	Northern Iow	7.73
3	Zekira Snow	FR	Indian Hills	7.71
4	Kenyatta Grate	FR	Indian Hills	7.71
5	Caroline Benfeldt-Sorensen	SO	Northern Iow	7.57
6	Destiny Mitchell	FR	Indian Hills	7.76
7	Ariana Yaklich	JR	Northern Iow	7.79
8	Bria Barnes	SR	Iowa State	7.76

**Event 2 Women 200 Meter Dash****Saturday 12/9/2023 - 3:25 PM**

Lane	Name	Yr	School	Seed Time
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**Section 1 of 4 Finals**

2	Naomi Eyanagho	FR	Kansas City	
3	Destiny Mitchell	FR	Indian Hills	
4	Zaniya King	SO	Indian Hills	
5	Raven Estes	FR	Kansas City	
6	Katherine Luehrs		Unattached	

**Section 2 of 4 Finals**

2	Dymonde Nave	FR	Indian Hills	
3	Tonique Fleming	FR	Kansas City	
4	Abbi Roerdink	JR	Central Coll	
5	Emily McMartin	SO	Central Coll	
6	Eva Van De Mortel	JR	Northern Iow	

**Section 3 of 4 Finals**

3	Ariana Yaklich	JR	Northern Iow	
4	Oliva Kramer	FR	Northern Iow	
5	Nyla Norman	FR	Indian Hills	
6	Laurie Louis	FR	Indian Hills	

**Section 4 of 4 Finals**

3	Adalin Robinson		Unattached	
4	Shanice Cox	SO	Indian Hills	
5	Oarabile Tshosa	SO	Indian Hills	
6	Kenyatta Grate	FR	Indian Hills	

**Event 3 Women 400 Meter Dash****Saturday 12/9/2023 - 2:25 PM**

Lane	Name	Yr	School	Seed Time
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**Section 1 of 1 Finals**

4	Nyla Norman	FR	Indian Hills	
5	Adalin Robinson		Unattached	
6	Laurie Louis	FR	Indian Hills	

**Event 55 Women 300 Meter Run****Saturday 12/9/2023 - 2:35 PM**

Lane	Name	Yr	School	Seed Time
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**Section 1 of 3 Finals**

4	Kate Weiss	FR	Simpson (Iow	
5	Madison Hays	SO	Simpson (Iow	
6	Melissa Jackson	SO	Kansas City	
7	Breegan Barnett	FR	Kansas City	
8	Shavelle Shaw	SO	Kansas City	

**Section 2 of 3 Finals**

5	Abbi Roerdink	JR	Central Coll	
6	Libby Wedewer	JR	Northern Iow	
7	Eden Barrett	FR	Northern Iow	
8	Anna Winterrowd	JR	Northern Iow	

**Section 3 of 3 Finals**

5	Jill Bennett	SR	Northern Iow	
6	Micaela Martin	JR	Kansas City	
7	Bria Barnes	SR	Iowa State	
8	Janelle Winterton	FR	Kansas City	

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**Meet Program****Event 51 Women 600 Yard Run****Saturday 12/9/2023 - 1:45 PM**

Lane Name	Yr	School	Seed Time
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**Section 1 of 1 Finals**

3	Cameron Moon	FR	Iowa State
4	Kaia Holtkamp	FR	Iowa State
5	Liv Freund	JR	Northern Iow
6	Auriona Kimbrough	SR	Northern Iow
7	Shelby Buwalda	SO	Dordt
8	Mary Kelly	FR	Northern Iow

**Event 4 Women 800 Meter Run****Saturday 12/9/2023 - 1:55 PM**

Lane Name	Yr	School	Seed Time
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**Section 1 of 1 Finals**

1	Mitzi Evans		Unattached
2	Emilee Heynen	JR	Dordt
3	Kendra Nissen	FR	Northern Iow
4	Millie Hill	JR	Northern Iow
5	Alanie Rivera	SO	Kansas City

**Event 53 Women 1000 Meter Run****Saturday 12/9/2023 - 1:05 PM**

Lane Name	Yr	School	Seed Time
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**Section 1 of 1 Finals**

1	Morgan Binsfield	SO	Kansas City
2	Kaylin Lacher	SO	Northern Iow
3	Liza Schaffer	FR	Northern Iow
4	Alexina Teubel		Unattached
5	Makayla Clark	SO	Iowa State
6	Amaree Hamilton	SO	Indian Hills
7	Selket Reid-El	SO	Indian Hills

**Event 6 Women 3000 Meter Run****Saturday 12/9/2023 - 3:05 PM**

Lane Name	Yr	School	Seed Time
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**Section 1 of 1 Finals**

1	Riley Beach	JR	Iowa State
2	Kaylee Tobaben	SO	Iowa State
3	Brenna Cohoon	SR	Iowa State
4	Taylor Briggs	JR	Iowa State
5	McKinley Wheeler	FR	Iowa State
6	Halle Mestery	SO	Iowa State
7	Aspen Fulbright	SO	Iowa State
8	Kiki Connell	JR	Iowa State

**Event 8 Women 60 Meter Hurdles****Saturday 12/9/2023 - 2:10 PM**

Lane Name	Yr	School	Seed Time
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**Section 1 of 1 Finals**

1	Katherine Luehrs		Unattached
2	Audrey Arnold	JR	Simpson (Iow
3	Oliva Kramer	FR	Northern Iow
4	Jaleesa McWashington	JR	Kansas City
5	Paige Kisley	JR	Northern Iow
6	Dymonde Nave	FR	Indian Hills
7	Raven Estes	FR	Kansas City
8	Naomi Eyanagho	FR	Kansas City

**Event 9 Women 4x400 Meter Relay****Saturday 12/9/2023 - 3:50 PM**

Lane Team	Relay	Seed Time
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**Section 1 of 1 Finals**

5	Northern Iow		
	1) Auriona Kimbrough SR	2) Jill Bennett SR	
	3) Libby Wedewer JR	4) Eden Barrett FR	
6	Northern Iow	B	
	1) Millie Hill JR	2) Anna Winterrowd JR	
	3) Mary Kelly FR	4) Kendra Nissen FR	

**Event 11 Women High Jump****Saturday 12/9/2023 - 1:30 PM**

Pos	Name	Yr	School	Seed Mark
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**Flight 1 of 1 Finals**

1	Chloe Largent	FR	Northern Iow
2	Josie Moreland	FR	Northern Iow
3	Soren Maricle	FR	Northern Iow
4	Lily Bremer	SO	Kansas City
5	Aaliyah Johnson	JR	Simpson (Iow
6	Taylor Bailey	SO	Kansas City
7	Kailynn Gubbels	SO	Iowa State
8	Rylie Todd	JR	Northern Iow

**Event 12 Women Pole Vault****Friday 12/8/2023 - 12:00 PM**

Pos	Name	Yr	School	Seed Mark
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**Flight 1 of 1 Finals**

1	Isabelle Cox	FR	Northern Iow
2	Annalise Zeinemann	SO	Northern Iow
3	Hannah Wallace	FR	Northern Iow
4	Sydnee Scott	SO	Northern Iow
5	Alivia Silvestri	JR	Northern Iow

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**Meet Program****Event 13 Women Long Jump****Saturday 12/9/2023 - 11:30 AM**

Pos	Name	Yr	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>					
1	Kallie Greiner	FR	Northern Iow		
2	Josey Dunbar	FR	Northern Iow		
3	Maleah Walker	FR	Northern Iow		
4	Naomi Eyanagho	FR	Kansas City		
5	Juliana Lupercio	SO	Kansas City		
6	Kourtlyn Cannon	SO	Indian Hills		
7	Anna Parrott	SO	Simpson (Iow		
8	Taylor Bailey	SO	Kansas City		
9	Anne Wagner	JR	Kansas City		
10	Imari Roach	SO	Kansas City		
11	Ayda Den Herder	SO	Dordt		
12	Paige Cordero	FR	Kansas City		
13	Zekira Snow	FR	Indian Hills		
14	McKenzie Pearson	JR	Kansas City		
15	Jaleesa McWashington	JR	Kansas City		
16	Zakiya Porter	SO	Indian Hills		

**Event 14 Women Triple Jump****Saturday 12/9/2023 - 11:30 AM**

Pos	Name	Yr	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>					
1	Zakiya Porter	SO	Indian Hills		
2	Juliana Lupercio	SO	Kansas City		
3	Imari Roach	SO	Kansas City		
4	McKenzie Pearson	JR	Kansas City		

**Event 15 Women Shot Put****Saturday 12/9/2023 - 12:00 PM**

Pos	Name	Yr	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>					
1	Jorie Hanenburg	NA	UNAT-Norther		
2	Naomi Eyanagho	FR	Kansas City		
3	Lara Smits	FR	Drake		
4	Breanna Hackman	FR	Northern Iow		
5	Ella O'Neill	FR	Iowa State		
6	Allison Flanscha	SR	Northern Iow		
7	Betty Rosvold	JR	Iowa State		
8	Sarah Byrd	SO	Northern Iow		

**Event 16 Women Weight Throw****Friday 12/8/2023 - 12:00 PM**

Pos	Name	Yr	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>					
1	Kileigh Lachacz	NA	UNAT-Norther		
2	Jorie Hanenburg	NA	UNAT-Norther		
3	Hannah Baier		Unattached		
4	Katie Fare	NA	UNAT-Norther		
5	Ella O'Neill	FR	Iowa State		
6	Lara Smits	FR	Drake		
7	Chinemerem Iwuagwu	SO	Drake		
8	Betty Rosvold	JR	Iowa State		
9	Sarah Byrd	SO	Northern Iow		
10	Centaine Noom-Duckwort	JR	Drake		
11	Mari Shavers		Unattached		

**Event 41 Indoor Pentathlon: #5 Women 800 Meter Run****Friday 12/8/2023 - 5:30 PM**

Lane	Name	Yr	School	Seed	Time
<b>Section 1 of 1 Finals</b>					
1	Katy Stephens	SO	Northern Iow		
2	Amari Laing	FR	Iowa State		
3	Macy Owens	SO	Iowa State		
4	Kelly Proesch	JR	Northern Iow		
5	Amanda Lietz	JR	Northern Iow		
6	Katy Hand		Northern Iow		
7	Arriana Johnson	FR	Indian Hills		
8	Sydney Willits	JR	Unattached		
9	Darci Wiseman	SO	Northern Iow		
10	Silvana Kabolo	FR	Northern Iow		

**Event 41 Indoor Pentathlon: #1 Women 60 Meter Hurdles****Friday 12/8/2023 - 1:00 PM**

Lane	Name	Yr	School	Seed	Time
<b>Section 1 of 3 Finals</b>					
2	Amanda Lietz	JR	Northern Iow		
4	Katy Stephens	SO	Northern Iow		
6	Arriana Johnson	FR	Indian Hills		
<b>Section 2 of 3 Finals</b>					
2	Katy Hand		Northern Iow		
4	Darci Wiseman	SO	Northern Iow		
6	Amari Laing	FR	Iowa State		
<b>Section 3 of 3 Finals</b>					
2	Silvana Kabolo	FR	Northern Iow		
4	Kelly Proesch	JR	Northern Iow		
6	Sydney Willits	JR	Unattached		
8	Macy Owens	SO	Iowa State		

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**Meet Program****Event 41 Indoor Pentathlon: #2 Women High Jump****Friday 12/8/2023 - 1:45 PM**

Pos	Name	Yr	School	Seed	Mark
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**Flight 1 of 1 Finals**

1	Amari Laing	FR	Iowa State		
2	Sydney Willits	JR	Unattached		
3	Amanda Lietz	JR	Northern Iow		
4	Macy Owens	SO	Iowa State		
5	Katy Stephens	SO	Northern Iow		
6	Kelly Proesch	JR	Northern Iow		
7	Darci Wiseman	SO	Northern Iow		
8	Arriana Johnson	FR	Indian Hills		
9	Silvana Kabolo	FR	Northern Iow		
10	Katy Hand		Northern Iow		

**Event 41 Indoor Pentathlon: #4 Women Long Jump****Friday 12/8/2023 - 4:20 PM**

Pos	Name	Yr	School	Seed	Mark
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**Flight 1 of 1 Finals**

1	Darci Wiseman	SO	Northern Iow		
2	Silvana Kabolo	FR	Northern Iow		
3	Katy Stephens	SO	Northern Iow		
4	Arriana Johnson	FR	Indian Hills		
5	Macy Owens	SO	Iowa State		
6	Amanda Lietz	JR	Northern Iow		
7	Sydney Willits	JR	Unattached		
8	Kelly Proesch	JR	Northern Iow		
9	Amari Laing	FR	Iowa State		
10	Katy Hand		Northern Iow		

**Event 41 Indoor Pentathlon: #3 Women Shot Put****Friday 12/8/2023 - 3:15 PM**

Pos	Name	Yr	School	Seed	Mark
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**Flight 1 of 1 Finals**

1	Silvana Kabolo	FR	Northern Iow		
2	Darci Wiseman	SO	Northern Iow		
3	Arriana Johnson	FR	Indian Hills		
4	Amanda Lietz	JR	Northern Iow		
5	Sydney Willits	JR	Unattached		
6	Amari Laing	FR	Iowa State		
7	Katy Stephens	SO	Northern Iow		
8	Macy Owens	SO	Iowa State		
9	Kelly Proesch	JR	Northern Iow		
10	Katy Hand		Northern Iow		

**Event 21 Men 60 Meter Dash****Saturday 12/9/2023 - 1:30 PM**

Lane	Name	Yr	School	Seed	Time
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**Heat 1 of 4 Preliminaries**

1	Koah Thompson		Unattached		
2	Blake Dephillips	JR	Simpson (Iow		
3	Cameron Gordon	SR	Kansas City		
4	Mikey McClain	SO	Iowa State		
5	Michael Blank	FR	Indian Hills		
6	Kenechukwu Okpareke	FR	Kansas City		
7	Jack Sumners	SR	Northern Iow		

**Heat 2 of 4 Preliminaries**

1	Nahshon Houston	JR	Kansas City		
2	Arvesta Schine	SO	Kansas City		
3	Nehemiah Ray		Unattached		
4	Amos Oruamabo	FR	Indian Hills		
5	Levi Schelhaas	SO	Dordt		
6	Tinashe Chigudu	JR	Northern Iow		
7	Carter Accola	FR	Northern Iow		
8	Joseph Sams	SO	Simpson (Iow		

**Heat 3 of 4 Preliminaries**

1	Kendrick Achebe	SO	Simpson (Iow		
2	Gus Langford	SO	Iowa State		
3	Stephen Brown	SO	Indian Hills		
4	Michael McGee	FR	Indian Hills		
5	Junior Powell	SO	Kansas City		
6	Mason Rogers	SO	Kansas City		
7	Shaymus Santiago	SO	Simpson (Iow		
8	Titus Jackson	JR	Northern Iow		

**Heat 4 of 4 Preliminaries**

2	Isaiah Valentine	SO	Indian Hills		
3	Victor Sewankambo	FR	Kansas City		
4	Traunard Folson	SO	Indian Hills		
5	Anthony Ward	SO	Indian Hills		
6	Luke Meyers	SO	Northern Iow		
7	Dylan Brennecke	FR	Indian Hills		
8	Austin Kunkle	FR	Northern Iow		

**Event 21 Men 60 Meter Dash****Saturday 12/9/2023 - 2:20 PM**

Lane	Name	Yr	School	Prelims
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**Section 1 of 1**

1	Michael Blank	FR	Indian Hills	6.93
2	Luke Meyers	SO	Northern Iow	6.87
3	Junior Powell	SO	Kansas City	6.78
4	Kenechukwu Okpareke	FR	Kansas City	6.71
5	Traunard Folson	SO	Indian Hills	6.71
6	Tinashe Chigudu	JR	Northern Iow	6.77
7	Mason Rogers	SO	Kansas City	6.89
8	Mikey McClain	SO	Iowa State	6.91

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**Meet Program****Event 22 Men 200 Meter Dash****Saturday 12/9/2023 - 3:35 PM**

Lane Name	Yr	School	Seed Time
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**Section 1 of 4 Finals**

2	Jeremy Bachus	FR	Indian Hills
3	Marcus Williams	FR	Indian Hills
4	Arvesta Schine	SO	Kansas City
5	Michael McGee	FR	Indian Hills
6	Kenechukwu Okpareke	FR	Kansas City

**Section 2 of 4 Finals**

3	Amos Oruamabo	FR	Indian Hills
4	Michael Blank	FR	Indian Hills
5	Xavier Thomas	FR	Indian Hills
6	Levi Schelhaas	SO	Dordt

**Section 3 of 4 Finals**

3	Stephen Brown	SO	Indian Hills
4	Jah'Vauni Wheeler	SO	Indian Hills
5	Cameron Gordon	SR	Kansas City
6	Nehemiah Ray		Unattached

**Section 4 of 4 Finals**

3	Chris Johnson	SO	Indian Hills
4	Ke'Vontae Walls-Burdine	SO	Indian Hills
5	Traunard Folson	SO	Indian Hills
6	Junior Powell	SO	Kansas City

**Event 23 Men 400 Meter Dash****Saturday 12/9/2023 - 2:30 PM**

Lane Name	Yr	School	Seed Time
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**Section 1 of 2 Finals**

2	Edgar Tapia	NA	UNAT-Norther
3	Dylan Harris	FR	Indian Hills
4	Shuanlarry Lamarre	FR	Indian Hills
5	Isaac Vaske	JR	Northern Iow
6	Anthony Duncan	FR	Indian Hills

**Section 2 of 2 Finals**

2	Jeremy Bachus	FR	Indian Hills
3	Xavier Thomas	FR	Indian Hills
4	Jah'Vauni Wheeler	SO	Indian Hills
5	Chris Johnson	SO	Indian Hills
6	Ke'Vontae Walls-Burdine	SO	Indian Hills

**Event 56 Men 300 Meter Run****Saturday 12/9/2023 - 2:45 PM**

Lane Name	Yr	School	Seed Time
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**Section 1 of 5 Finals**

6	Shaymus Santiago	SO	Simpson (Iow
7	Koah Thompson		Unattached
8	Brenden Godbout	JR	Simpson (Iow

**Section 2 of 5 Finals**

5	Blake Dephillips	JR	Simpson (Iow
6	Max Cleveland	SR	Simpson (Iow
7	Grayson Hartman	FR	Iowa State
8	Joseph Sams	SO	Simpson (Iow

**Section 3 of 5 Finals**

5	Noah Erickson	SO	Central Coll
6	Titus Jackson	JR	Northern Iow
7	Najee Simpson	FR	Kansas City
8	JD Elefson	SO	Central Coll

**Section 4 of 5 Finals**

5	Alec Carr	SO	Iowa State
6	Kaden Emanuel	FR	Northern Iow
7	Jack Latham	SO	Iowa State
8	Andrew Ferguson	JR	Northern Iow

**Section 5 of 5 Finals**

5	Gus Langford	SO	Iowa State
6	Logan Pratt	SO	Kansas City
7	Onal Mitchell	SR	Northern Iow
8	Luke Meyers	SO	Northern Iow

**Event 52 Men 600 Yard Run****Saturday 12/9/2023 - 1:50 PM**

Lane Name	Yr	School	Seed Time
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**Section 1 of 2 Finals**

1	Calvin Curcija	FR	Iowa State
2	Jensen Meeker	FR	Iowa State
3	Alex White	SO	Kansas City
4	Joven Nelson	SR	Iowa State
5	Jayden Dickson	SO	Northern Iow

**Section 2 of 2 Finals**

1	Cole Zevenbergen	SR	Dordt
2	Noah Schroder	FR	Dordt
3	David Holmes	JR	Kansas City
4	Caden Wehner	JR	Kansas City

**Event 24 Men 800 Meter Run****Saturday 12/9/2023 - 2:00 PM**

Lane Name	Yr	School	Seed Time
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**Section 1 of 2 Finals**

1	Terrick Johnson	SO	Indian Hills
2	Cole Reinders	SO	Indian Hills
3	Noah Jorgenson	JR	Central Coll
4	Abdelrahim Mahgoub	SR	Kansas City
5	Mohammed Al-Yafaee	SO	Indian Hills
6	Tray'Quan Francis	SO	Indian Hills
7	Tyler Kisting		Unattached
8	Felix Petit-Belleville	FR	Indian Hills
9	Nathaniel Hartman	JR	Kansas City
10	Jaymes Dennison		Unattached
11	James Olivier	SR	Iowa State

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**Meet Program****Section 2 of 2 Finals...(Event 24 Men 800 Meter Run)**

1	Finley McLear	SR	Iowa State
2	Tyrice Taylor	SO	Indian Hills
3	Darius Kipyego	JR	Iowa State
4	AJ Green		Unattached
5	Chase Knoche	JR	Northern Iow
6	Payton Mauldin	SR	Dordt

**Event 54 Men 1000 Meter Run****Saturday 12/9/2023 - 1:10 PM**

Lane Name	Yr	School	Seed Time
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**Section 1 of 1 Finals**

1	Jack Beard	SO	Kansas City
2	Isaac Davelaar	FR	Dordt
3	James Olivier	SR	Iowa State
4	Kevery Venson	SO	Indian Hills
5	Tyler Carreon	SR	Iowa State
6	Peter Smith	SR	Iowa State
7	Bret Beard	SO	Kansas City
8	Kai White	SO	Kansas City

**Event 25 Men 1 Mile Run****Saturday 12/9/2023 - 1:00 PM**

Lane Name	Yr	School	Seed Time
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**Section 1 of 1 Finals**

1	Emanuel Galdino	SO	Iowa State
2	Kevery Venson	SO	Indian Hills
3	Ernest Mattson	SO	Iowa State
4	Tyler Kisting		Unattached
5	Seth Clevenger	SO	Iowa State
6	Kon Dut	FR	Northern Iow
7	Jayden Dickson	SO	Northern Iow
8	Karson Kleve	JR	Northern Iow
9	Jack Burns	SR	Drake
10	Said Mechaal		Unattached

**Event 26 Men 3000 Meter Run****Saturday 12/9/2023 - 3:15 PM**

Lane Name	Yr	School	Seed Time
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**Section 1 of 1 Finals**

1	Said Mechaal		Unattached
2	Emanuel Galdino	SO	Iowa State
3	Seth Clevenger	SO	Iowa State
4	Xander Kwa	FR	Drake
5	Brendan Cain	JR	Drake
6	Aidan Simon	SO	Drake
7	Tyler Lance		Unattached
8	Joan Rocha-Navarro	JR	Kansas City
9	Peter Smith	SR	Iowa State

**Event 28 Men 60 Meter Hurdles****Saturday 12/9/2023 - 1:15 PM**

Lane Name	Yr	School	Seed Time
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**Heat 1 of 2 Preliminaries**

2	Anthony Duncan	FR	Indian Hills
3	Jack Sumners	SR	Northern Iow
4	Alec Carr	SO	Iowa State
5	Jack Latham	SO	Iowa State
6	Brenden Godbout	JR	Simpson (Iow)
7	Shuanlarry Lamarre	FR	Indian Hills
8	Dylan Harris	FR	Indian Hills

**Heat 2 of 2 Preliminaries**

2	Grayson Hartman	FR	Iowa State
3	Cyrus Ways	FR	Indian Hills
4	Carter Accola	FR	Northern Iow
5	Max Cleveland	SR	Simpson (Iow)
6	Clarke Latcham	JR	Simpson (Iow)
7	Ulysses Patterson	JR	Simpson (Iow)

**Event 28 Men 60 Meter Hurdles****Saturday 12/9/2023 - 2:05 PM**

Lane Name	Yr	School	Prelims
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**Section 1 of 1**

1	Carter Accola	FR	Northern Iow	8.42
2	Jack Sumners	SR	Northern Iow	8.09
3	Cyrus Ways	FR	Indian Hills	8.29
4	Max Cleveland	SR	Simpson (Iow)	8.09
5	Jack Latham	SO	Iowa State	7.98
6	Alec Carr	SO	Iowa State	8.07
7	Shuanlarry Lamarre	FR	Indian Hills	8.38
8	Grayson Hartman	FR	Iowa State	8.40

**Event 29 Men 4x400 Meter Relay****Saturday 12/9/2023 - 3:55 PM**

Lane Team	Relay	Seed Time
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**Section 1 of 1 Finals**

2	Northern Iow	C	
	1) Austin Kunkle FR		2) Andrew Ferguson JR
	3) Tinashe Chigudu JR		4) Karson Kleve JR
3	Northern Iow	B	
	1) Carter Accola FR		2) Jayden Dickson SO
	3) Kon Dut FR		4) Luke Meyers SO
4	Iowa State	B	
	1) Jack Latham SO		2) Alec Carr SO
	3) Grayson Hartman FR		4) Mikey McClain SO
5	Iowa State		
	1) Gus Langford SO		2) Calvin Curcija FR
	3) Jensen Meeker FR		4) Joven Nelson SR
6	Northern Iow		
	1) Kaden Emanuel FR		2) Titus Jackson JR
	3) Onal Mitchell SR		4) Chase Knoche JR

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Lied Recreation Athletic Center - Ames, IA

**Meet Program****Event 31 Men High Jump****Saturday 12/9/2023 - 1:30 PM**

Pos	Name	Yr	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>					
1	Braden Goellner	FR	Iowa State		
2	Cadence Bass	SO	Indian Hills		
3	Jack Noble	SO	Iowa State		

**Event 32 Men Pole Vault****Friday 12/8/2023 - 12:00 PM**

Pos	Name	Yr	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>					
1	Dylan Nola		Unattached		
2	Aaron Sobush		Unattached		
3	Brendan Safley	JR	Northern Iow		

**Event 33 Men Long Jump****Saturday 12/9/2023 - 11:30 AM**

Pos	Name	Yr	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>					
1	Dylan Brennecke	FR	Indian Hills		
2	Marcus Williams	FR	Indian Hills		
3	Clarke Latcham	JR	Simpson (Iow		
4	Jayden Strawn	FR	Kansas City		
5	Hunter Ross	JR	Kansas City		
6	Ulysses Patterson	JR	Simpson (Iow		
7	Brant Wilson	FR	Kansas City		
8	Victor Sewankambo	FR	Kansas City		
9	Micah Schaap	SO	Dordt		
10	Isaiah Valentine	SO	Indian Hills		
11	Anthony Ward	SO	Indian Hills		
12	Nahshon Houston	JR	Kansas City		

**Event 34 Men Triple Jump****Saturday 12/9/2023 - 11:30 AM**

Pos	Name	Yr	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>					
1	Jayden Strawn	FR	Kansas City		
2	Hunter Ross	JR	Kansas City		
3	Nahshon Houston	JR	Kansas City		

**Event 35 Men Shot Put****Saturday 12/9/2023 - 12:00 PM**

Pos	Name	Yr	School	Seed	Mark
<b>Flight 1 of 1 Finals</b>					
1	David Russell	NA	UNAT-Norther		
2	Adam Smith		Unattached		
3	Jacob Stewart		Unattached		
4	Brandt Williams		Unattached		
5	Tino Tamayo		Unattached		
6	Michael Etuma	FR	Indian Hills		
7	Tate Joens	FR	Indian Hills		
8	Brandon Fischer		Unattached		
9	Austin Jentz	JR	Drake		
10	Sebastian Swistak	JR	Northern Iow		
11	Carson Lienau	SO	Northern Iow		
12	Spencer Kessel	FR	Northern Iow		
13	Blake Veenstra	SR	Iowa State		

**Event 36 Men Weight Throw****Friday 12/8/2023 - 12:00 PM**

Pos	Name	Yr	School	Seed	Mark
<b>Flight 1 of 2 Finals</b>					
1	Spencer Kessel	FR	Northern Iow		
2	Adam Smith		Unattached		
3	David Russell	NA	UNAT-Norther		
4	Jacob Stewart		Unattached		
5	Brandt Williams		Unattached		
6	Michael Etuma	FR	Indian Hills		
7	Tino Tamayo		Unattached		
8	Justin Olson	FR	Northern Iow		
9	Tate Joens	FR	Indian Hills		
10	Bo Braunecker	NA	UNAT-Norther		
11	Ryan Edelman	SO	Indian Hills		
<b>Flight 2 of 2 Finals</b>					
1	Brandon Fischer		Unattached		
2	Carson Lienau	SO	Northern Iow		
3	Jacob Baier	JR	Northern Iow		
4	Blake Veenstra	SR	Iowa State		
5	Sam Carpenter	SO	Drake		
6	Austin Jentz	JR	Drake		
7	Daniel Norris		Unattached		
8	Garret Wagner	SO	Iowa State		
9	Anthony Barmes	JR	Drake		
10	Adam Phillips	JR	Drake		

**Event 40 Heptathlon: #1 Men 60 Meter Dash****Friday 12/8/2023 - 1:20 PM**

Lane	Name	Yr	School	Seed	Time
<b>Section 1 of 2 Finals</b>					
3	Triston Miller	FR	Indian Hills		
4	Zack Butcher	SR	Northern Iow		
5	Mat Clark		Unattached		
6	Brody Lovell	SO	Northern Iow		

**2023 ISU Holiday Invitational - 12/8/2023 to 12/9/2023**

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**Meet Program****Section 2 of 2 Finals...(Event 40 Heptathlon: #1 Men 60 Met**

3	Thai Thompson	Unattached
4	Drew Bartels	JR Northern Iow
5	Ryan Enerson	Unattached
6	Kole Becker	FR Iowa State

**Event 40 Heptathlon: #7 Men 1000 Meter Run****Saturday 12/9/2023 - 1:40 PM**

Lane Name	Yr School	Seed Time
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**Section 1 of 1 Finals**

1	Kole Becker	FR Iowa State
2	Thai Thompson	Unattached
3	Drew Bartels	JR Northern Iow
4	Ryan Enerson	Unattached
5	Triston Miller	FR Indian Hills
6	Mat Clark	Unattached
7	Brody Lovell	SO Northern Iow
8	Zack Butcher	SR Northern Iow

**Event 40 Heptathlon: #5 Men 60 Meter Hurdles****Saturday 12/9/2023 - 10:30 AM**

Lane Name	Yr School	Seed Time
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**Section 1 of 3 Finals**

2	Kole Becker	FR Iowa State
4	Zack Butcher	SR Northern Iow
6	Ryan Enerson	Unattached

**Section 2 of 3 Finals**

4	Drew Bartels	JR Northern Iow
6	Triston Miller	FR Indian Hills

**Section 3 of 3 Finals**

2	Mat Clark	Unattached
4	Thai Thompson	Unattached
6	Brody Lovell	SO Northern Iow

**Event 40 Heptathlon: #4 Men High Jump****Friday 12/8/2023 - 4:10 PM**

Pos	Name	Yr School	Seed Mark
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**Flight 1 of 1 Finals**

1	Thai Thompson	Unattached
2	Kole Becker	FR Iowa State
3	Zack Butcher	SR Northern Iow
4	Ryan Enerson	Unattached
5	Mat Clark	Unattached
6	Brody Lovell	SO Northern Iow
7	Drew Bartels	JR Northern Iow
8	Triston Miller	FR Indian Hills

**Event 40 Heptathlon: #6 Men Pole Vault****Saturday 12/9/2023 - 11:20 AM**

Pos	Name	Yr School	Seed Mark
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**Flight 1 of 1 Finals**

1	Thai Thompson	Unattached
2	Ryan Enerson	Unattached
3	Triston Miller	FR Indian Hills
4	Zack Butcher	SR Northern Iow
5	Drew Bartels	JR Northern Iow
6	Brody Lovell	SO Northern Iow
7	Mat Clark	Unattached
8	Kole Becker	FR Iowa State

**Event 40 Heptathlon: #2 Men Long Jump****Friday 12/8/2023 - 2:00 PM**

Pos	Name	Yr School	Seed Mark
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**Flight 1 of 1 Finals**

1	Drew Bartels	JR Northern Iow
2	Triston Miller	FR Indian Hills
3	Brody Lovell	SO Northern Iow
4	Thai Thompson	Unattached
5	Kole Becker	FR Iowa State
6	Zack Butcher	SR Northern Iow
7	Mat Clark	Unattached
8	Ryan Enerson	Unattached

**Event 40 Heptathlon: #3 Men Shot Put****Friday 12/8/2023 - 3:10 PM**

Pos	Name	Yr School	Seed Mark
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**Flight 1 of 1 Finals**

1	Triston Miller	FR Indian Hills
2	Zack Butcher	SR Northern Iow
3	Drew Bartels	JR Northern Iow
4	Brody Lovell	SO Northern Iow
5	Thai Thompson	Unattached
6	Kole Becker	FR Iowa State
7	Mat Clark	Unattached
8	Ryan Enerson	Unattached