

Iowa State Open

Ames, IA

January 23/24, 2009

Mark Round Name year place points

WOMEN

Women 60m Dash

8.66 p Hayes, Neosha JR 62 ---

Women 60m Hurdles

9.25 f Dochterman, Shaina JR 7 2

9.32 p Dochterman, Shaina JR 10 ---

9.61 p Grauel, Stephanie FR 20 ---

Women 200m Dash

25.76 Dochterman, Shaina JR 12 ---

26.30 Clayton, Amber JR 24 ---

27.36 Grauel, Stephanie FR 43 ---

27.92 Hayes, Neosha JR 55 ---

28.23 Lowry, Kristin SO 62 ---

Women 400m Dash

59.99 Clayton, Amber JR 15 ---

1:02.36 Grauel, Stephanie FR 26 ---

1:03.75 Lowry, Kristin SO 35 ---

Women 600y Run

1:25.91 Dochterman, Shaina JR 3 6

Women 1 Mile Run

5:08.49 Kelly, Danna SR 8 1

5:20.76 1:15.00 1:15.00 1:19.00 1:19.49 Williams, Fiona JR 18 ---

5:40.26 1:20.00 1:20.00 1:22.00 1:18.76 Mathis, Elli FR 44 ---

1:21.00 1:23.00 1:27.00 1:29.26

Women 3000m Run

11:21.11 O'Very, Allison FR 45 ---

1:23.00 1:29.00 1:31.00 1:32.00 1:34.00 1:34.00 1:33.00 45.11

Women 5000m Run

17:42.32 Kelly, Danna (NCAA Indoor Provisional) SR 3 6

1:22.00 1:22.00 1:22.00 1:23.00 1:25.00 1:25.00 1:25.00 1:26.00

1:27.00 1:26.00 1:28.00 1:28.00 43.32

19:01.22 Dell'Orco, Dani FR 17 ---

1:26.00 1:33.00 1:34.00 1:29.00 1:31.00 1:31.00 1:31.00 1:32.00

1:34.00 1:32.00 1:34.00 1:33.00 41.22

19:01.50 Brown, Amanda SO 16 ---

1:26.00 1:33.00 1:34.00 1:29.00 1:31.00 1:31.00 1:31.00 1:33.00

1:33.00 1:32.00 1:29.00 1:36.00 43.50

Women Pole Vault

3.49m 11-05.25 Biermann, Katrina JR 3 6

3.04m 9-11.75 Bramon, Lindsey SO 11 ---

Women Triple Jump

11.48m 37-08.00 Biermann, Katrina (NCAA Division II Provisional) JR 2 8

ND Luebrecht, Stephanie SO --- ---

ND Zweifel, Jenny FR --- ---

Women Shot Put

13.43m 44-00.75 Bernard, Ashley SR 6 3

11.92m 39-01.25 Holeman, Kortney SR 11 ---

11.56m 37-11.25 Letuli, Tessa JR 16 ---

10.50m 34-05.50 Meinke, Lexi SR 26 ---

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Mark	Round	Name	year	place	points
Women Wght Thr					
16.30m	53-05.75	Letuli, Tessa	JR	5	4
15.91m	52-02.50	Bernard, Ashley	SR	7	2
14.56m	47-09.25	Meinke, Lexi	SR	12	---
13.58m	44-06.75	Cassmeyer, Sam	JR	15	---
13.56m	44-06.00	Holeman, Kortney	SR	16	---
<u>MEN</u>					
Men 600y Run					
1:14.28		Morris, Damon	JR	12	---
Men 1000m Run					
2:36.81		Schrum, Jacob	SO	17	---
2:38.23		Gutteridge, Brandon	SO	20	---
Men 1 Mile Run					
4:21.05		Mantooth, Josh	SO	14	---
	1:04.00	1:06.00	1:05.00	1:06.05	
Men 3000m Run					
9:06.16		Szakacsi, Kenny	FR	34	---
	1:11.00	1:14.00	1:13.00	1:13.00	1:15.00
				1:16.00	1:11.00
					33.16
Men 5000m Run					
15:18.76		Mantooth, Josh	SO	10	---
	1:12.00	1:14.00	1:14.00	1:13.00	1:11.00
	1:15.00	1:15.00	1:16.00	1:18.00	33.76
15:53.56		Kell, Adam	JR	20	---
	1:16.00	1:16.00	1:16.00	1:15.00	1:17.00
				1:16.00	1:16.00
					1:19.00
15:54.89		Dial, Mike	FR	22	---
	1:15.00	1:15.00	1:16.00	1:16.00	1:17.00
	1:18.00	1:18.00	1:18.00	1:15.00	35.89
Men 4000m Distance Medley Relay Relay					
10:34.62					12
Brandon Gutteridge (SO)		Damon Morris (JR)		Jacob Schrum (SO)	Bob Gorman (SO)
3:16.00(fall)		49.90		1:58.00	4:30.72
Men Long Jump					
6.70m	21-11.75	Walker, Coedy	FR	20	---
Men Triple Jump					
13.56m	44-06.00	Walker, Coedy	FR	8	1
Men Shot Put					
15.20m	49-10.50	Atwood, Derek	SO	6	3
13.09m	42-11.50	Jones, Dan	SR	20	---
11.71m	38-05.00	Ruzicka, Eric	JR	41	---
ND		Van Delft, Alex	JR	---	---
Men Wght Thr					
15.14m	49-08.25	Ruzicka, Eric	JR	15	---
13.70m	44-11.50	Jones, Dan	SR	23	---
13.63m	44-08.75	Van Delft, Alex	JR	24	---
13.50m	44-03.50	Atwood, Derek	SO	27	---