

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****Women 60 Meter Dash**

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Meet Record: # 7.66 2/11/2022 Corrsia Perry, Sterling

A Standard: A 7.64

B Standard: B 7.73

Name	Year	School	Prelims	H#
=====				
Preliminaries				
1 Gretchen Raney	JR	St. Mary (Kan.)	A 7.61q	4
7.602 (7.602)				
2 Delaney Weimer	JR	Evangel	A 7.63q	2
7.624 (7.624)				
3 Mariah Fede	SO	McPherson	B 7.71q	2
7.703 (7.703)				
4 Tiyna Ridge	FR	Friends	7.83q	3
7.824 (7.824)				
5 Samantha Colson	JR	St. Mary (Kan.)	7.87q	1
7.870 (7.870)		7.870 (0.000)	7.870 (0.000)	
6 Lexi Wardlow	JR	St. Mary (Kan.)	7.91q	3
7.910 (7.910)				
7 Morgan Lilly	FR	Evangel	7.93q	2
7.924 (7.924)				
8 Jordyn Weems	JR	Ottawa	7.94q	1
7.935 (7.935)				
9 Halle Nagel	JR	Friends	8.00	4
7.992 (7.992)				
10 Arianna Maddock	SO	Evangel	8.10	1
8.099 (8.099)				
11 Kyah Hill	JR	Southwestern (Kan.)	8.13	2
8.127 (8.127)				
12 Zaira Spencer	JR	St. Mary (Kan.)	8.16	1
8.159 (8.159)				
13 Liberty Baker	FR	York (Neb.)	8.17	4
8.161 (8.161)				
14 Kamrie Dillan	JR	York (Neb.)	8.18	3
8.178 (8.178)				
15 Allyson Watson-Bell	FR	Oklahoma Wesleyan	8.22	2
8.211 (8.211)				
16 Madison Inman	SO	Evangel	8.24	4
8.238 (8.238)				
17 Taylor Collins	SO	Evangel	8.27	2
8.263 (8.263)				
18 Jasmine Henderson	JR	St. Mary (Kan.)	8.31	3
8.305 (8.305)				
19 Linley Rehkop	FR	Evangel	8.38	4
8.377 (8.377)				
20 McKenzie Robbins	JR	Evangel	8.42	3
8.418 (8.418)				
21 Mary Parks	SR	Bethany (Kan.)	8.43	2
8.422 (8.422)				
22 Kayla Whiteaker	SO	Ottawa	8.58	1
8.574 (8.574)				
23 Daisy Hernandez	FR	Bethany (Kan.)	8.71	1
8.705 (8.705)				
24 Elizabeth Benitez	SO	Oklahoma Wesleyan	8.74	3
8.733 (8.733)				

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25 Madison Miranda FR Ottawa 9.30 4  
9.299 (9.299)

**Women 60 Meter Dash**

=====  
Meet Record: # 7.66 2/11/2022 Corrssia Perry, Sterling  
A Standard: A 7.64  
B Standard: B 7.73

Name	Year School	Finals
=====		
Finals		
1 Delaney Weimer	JR Evangel	7.61A
7.607 (7.607)		
2 Gretchen Raney	JR St. Mary (Kan.)	7.65#
7.645 (7.645)		
3 Tiyna Ridge	FR Friends	7.71B
7.706 (7.706)		
4 Mariah Fede	SO McPherson	7.77
7.765 (7.765)		
5 Morgan Lilly	FR Evangel	7.93
7.925 (7.925)		
6 Samantha Colson	JR St. Mary (Kan.)	7.95
7.946 (7.946)		
7 Jordyn Weems	JR Ottawa	8.03
8.021 (8.021)		
8 Lexi Wardlow	JR St. Mary (Kan.)	8.07
8.067 (8.067)		

**Women 200 Meter Dash**

=====  
Meet Record: # 24.53 2/10/2022 Corrssia Perry, Sterling  
A Standard: A 25.05  
B Standard: B 25.28

Name	Year School	Prelims	H#
=====			
Preliminaries			
1 Mariah Fede	SO McPherson	A 24.76q	1
24.757 (24.757)			
2 Delaney Weimer	JR Evangel	25.49q	3
25.489 (25.489)			
3 Gretchen Raney	JR St. Mary (Kan.)	25.82q	2
25.816 (25.816)			
4 Jordyn Weems	JR Ottawa	25.88q	4
25.880 (25.880)			
5 Lexi Wardlow	JR St. Mary (Kan.)	26.04q	7 26.031
26.031 (26.031)			
6 Kyah Hill	JR Southwestern (Kan.)	26.04q	6 26.033
26.033 (26.033)			
7 Kamrie Dillan	JR York (Neb.)	26.55q	5
26.545 (26.545)			
8 Samantha Colson	JR St. Mary (Kan.)	26.57q	5
26.563 (26.563)			
9 Morgan Lilly	FR Evangel	26.66	1
26.657 (26.657)			

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024**  
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**Results**

**....Women 200 Meter Dash**

10 Halle Nagel	JR Friends	27.03	4
27.027 (27.027)			
11 Arianna Maddock	SO Evangel	27.11	1
27.108 (27.108)			
12 Brionna Floyd	FR Kansas Wesleyan	27.13	7
27.127 (27.127)			
13 Zaira Spencer	JR St. Mary (Kan.)	27.32	2
27.319 (27.319)			
14 Ty Irvin	JR York (Neb.)	27.36	6
27.357 (27.357)			
15 Charity Williams	JR McPherson	27.44	3
27.434 (27.434)			
16 Allyson Watson-Bell	FR Oklahoma Wesleyan	27.63	3
27.626 (27.626)			
17 Liberty Baker	FR York (Neb.)	27.91	3
27.908 (27.908)			
18 Madison Inman	SO Evangel	28.61	4 28.601
28.601 (28.601)			
19 Jasmine Henderson	JR St. Mary (Kan.)	28.61	2 28.602
28.602 (28.602)			
20 Daisy Hernandez	FR Bethany (Kan.)	28.63	5
28.629 (28.629)			
21 McKenzie Robbins	JR Evangel	28.65	7
28.643 (28.643)			
22 Linley Rehkop	FR Evangel	28.90	5
28.898 (28.898)			
23 Kayla Whiteaker	SO Ottawa	29.30	7
29.291 (29.291)			
24 Elizabeth Benitez	SO Oklahoma Wesleyan	29.83	4
29.830 (29.830)			
25 Julie Rottinghaus	FR Kansas Wesleyan	30.07	6
30.067 (30.067)			
26 Hallie West	FR Kansas Wesleyan	31.28	2
31.276 (31.276)			
27 Madison Miranda	FR Ottawa	32.04	6
32.037 (32.037)			

**Women 200 Meter Dash**

=====  
 Meet Record: # 24.53 2/10/2022 Corrssia Perry, Sterling  
 A Standard: A 25.05  
 B Standard: B 25.28

Name	Year School	Finals	H#
=====			
Finals			
1 Delaney Weimer	JR Evangel	25.71	2
25.701 (25.701)			
2 Gretchen Raney	JR St. Mary (Kan.)	25.72	2
25.714 (25.714)			
3 Jordyn Weems	JR Ottawa	25.92	2
25.919 (25.919)			
4 Kyah Hill	JR Southwestern (Kan.)	26.00	1
25.991 (25.991)			
5 Lexi Wardlow	JR St. Mary (Kan.)	26.03	1
26.028 (26.028)			

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Women 200 Meter Dash**

6	Kamrie Dillan	JR York (Neb.)	26.31	1
	26.301 (26.301)			
7	Samantha Colson	JR St. Mary (Kan.)	26.70	1
	26.699 (26.699)			
--	Mariah Fede	SO McPherson	DNS	2

**Women 400 Meter Dash**

Meet Record: # 56.47 2/16/2019 Amy Braimbridge, McPherson

A Standard: A 57.63

B Standard: B 58.55

Name	Year	School	Finals	H#
1 JayOnna Perry	SO	Ottawa	57.68B	4
	27.520 (27.520)	57.676 (30.156)		
2 Jordyn Weems	JR	Ottawa	58.41B	4
	27.337 (27.337)	58.402 (31.066)		
3 Lexi Wardlow	JR	St. Mary (Kan.)	58.92	4
	28.077 (28.077)	58.912 (30.836)		
4 Autumn Nold	FR	Evangel	1:00.47	4
	28.821 (28.821)	1:00.462 (31.641)		
5 Kamrie Dillan	JR	York (Neb.)	1:01.06	4
	29.202 (29.202)	1:01.056 (31.854)		
6 Carissa Martin	SO	St. Mary (Kan.)	1:02.28	3
	28.187 (28.187)	1:02.275 (34.089)		
7 Kaylah Petty	JR	Friends	1:02.49	4
	29.025 (29.025)	1:02.486 (33.461)		
8 Brionna Floyd	FR	Kansas Wesleyan	1:02.56	3
	29.238 (29.238)	1:02.557 (33.320)		
9 Jah-Nisha Campbell	FR	Ottawa	1:03.12	2
	28.784 (28.784)	1:03.111 (34.327)		
10 Taylor Collins	SO	Evangel	1:03.51	2
	29.286 (29.286)	1:03.509 (34.223)		
11 Allyson Watson-Bell	FR	Oklahoma Wesleyan	1:03.67	2
	28.933 (28.933)	1:03.663 (34.731)		
12 Liberty Wiles	SO	Evangel	1:03.86	2
	29.882 (29.882)	1:03.860 (33.979)		
13 Ty Irvin	JR	York (Neb.)	1:03.88	3
	28.765 (28.765)	1:03.873 (35.109)		
14 Tanzania Barnes	FR	Ottawa	1:04.19	3
	29.046 (29.046)	1:04.190 (35.144)		
15 Tya Jackson	SR	Friends	1:04.56	3 1:04.552
	29.162 (29.162)	1:04.552 (35.391)		
16 Abigail Good	SR	Evangel	1:04.56	3 1:04.556
	29.323 (29.323)	1:04.556 (35.233)		
17 Zaira Spencer	JR	St. Mary (Kan.)	1:04.63	1
	29.452 (29.452)	1:04.623 (35.171)		
18 Mary Parks	SR	Bethany (Kan.)	1:05.04	2
	29.882 (29.882)	1:05.035 (35.154)		
19 Parker Schroeder	SO	Bethel (Kan.)	1:07.01	1
	31.325 (31.325)	1:07.007 (35.683)		
20 Elizabeth Benitez	SO	Oklahoma Wesleyan	1:10.64	1
	34.189 (34.189)	1:10.639 (36.450)		
21 Hallie West	FR	Kansas Wesleyan	1:10.71	1
	31.805 (31.805)	1:10.707 (38.903)		

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****...Women 400 Meter Dash**

22 Emily Milliken	JR York (Neb.)	1:11.66	1
31.855 (31.855)	1:11.660 (39.805)		
-- Charity Williams	JR McPherson	FS	2

**Women 600 Meter Run**

=====			
Meet Record: #	1:36.88	2016	Taylor Needham, Southwestern
A Standard: A	1:36.00		
B Standard: B	1:38.00		
Name	Year School	Finals	H#
=====			
1 Maddy Walter-Sherretts	JR St. Mary (Kan.)	1:37.91B	3
31.47 (31.47)	1:04.72 (33.25)	1:37.902 (33.19)	
2 Autumn Nold	FR Evangel	1:38.21	3
29.55 (29.55)	1:02.05 (32.50)	1:38.15 (36.10)	
3 Mia Roman	JR Bethel (Kan.)	1:40.42	3
31.582 (31.582)	1:04.39 (32.81)	1:39.14 (34.75)	
4 Macy Kopp	SO Evangel	1:41.28	3
30.74 (30.74)	1:04.37 (33.63)	1:40.68 (36.31)	
5 Taryn Paulino	FR Bethel (Kan.)	1:43.24	3
31.20 (31.20)	1:06.19 (34.99)	1:42.55 (36.36)	
6 Adriana McGregor	FR Evangel	1:43.28	1
30.47 (30.47)	1:04.79 (34.32)	1:42.24 (37.45)	
7 Shelby Lingle	FR Kansas Wesleyan	1:44.34	3
31.59 (31.59)	1:05.00 (33.41)	1:43.54 (38.54)	
8 Rylee Paramore	SR Bethany (Kan.)	1:46.44	1
31.26 (31.26)	1:07.18 (35.92)	1:46.27 (39.09)	
9 Natalia Quiroz	JR Oklahoma Wesleyan	1:47.51	2
33.13 (33.13)	1:11.41 (38.28)	1:47.14 (35.73)	
10 Jane DuTeil	JR St. Mary (Kan.)	1:49.56	2
32.38 (32.38)	1:11.98 (39.60)	1:48.08 (36.10)	
11 Abigail Bird	FR Ottawa	1:50.78	1
34.05 (34.05)	1:11.20 (37.15)	1:50.50 (39.30)	
12 Chloe Christensen	FR Tabor	1:50.99	2
33.86 (33.86)	1:12.95 (39.09)	1:50.82 (37.87)	
13 Keianna Harvell	FR Southwestern (Kan.)	1:54.71	2
33.68 (33.68)	1:13.72 (40.04)	1:53.87 (40.15)	
14 Anzhelany Jordan	SR Southwestern (Kan.)	1:54.75	2
35.35 (35.35)	1:14.90 (39.55)	1:54.743 (39.85)	
15 Katherine Harris	SO Oklahoma Wesleyan	2:12.57	1
36.11 (36.11)	1:22.21 (46.10)	2:11.44 (49.23)	
16 Megan Dehart	FR York (Neb.)	2:13.30	2
35.26 (35.26)	1:21.40 (46.14)	2:13.05 (51.65)	

**Women 800 Meter Run**

=====			
Meet Record: #	2:18.99	2/11/2022	Tabetha Deines, KS Wes
A Standard: A	2:17.00		
B Standard: B	2:18.50		
Name	Year School	Finals	H#
=====			
1 Maddy Walter-Sherretts	JR St. Mary (Kan.)	2:19.84	3
34.67 (34.67)	1:09.67 (35.00)	1:44.98 (35.31)	2:19.87 (34.89)
2 Sonya Zimmerman	JR Tabor	2:21.15	3
33.71 (33.71)	1:09.56 (35.85)	1:47.04 (37.48)	2:20.95 (33.91)

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Women 800 Meter Run**

3	Macy Kopp	SO Evangel	2:22.29	3	
	33.59 (33.59)	1:09.90 (36.31)	1:46.44 (36.54)		2:22.11 (35.67)
4	Skylar Adams	JR Evangel	2:22.71	3	
	32.99 (32.99)	1:10.03 (37.04)	1:45.52 (35.49)		2:21.13 (35.61)
5	Carly Holadia	FR St. Mary (Kan.)	2:23.29	3	
	33.35 (33.35)	1:08.17 (34.82)	1:45.28 (37.11)		2:23.20 (37.92)
6	Abigail White	SO St. Mary (Kan.)	2:25.61	2	
	33.42 (33.42)	1:09.36 (35.94)	1:47.68 (38.32)		2:25.54 (37.86)
7	Mia Roman	JR Bethel (Kan.)	2:26.12	3	
	35.02 (35.02)	1:09.69 (34.67)	1:48.11 (38.42)		2:25.85 (37.74)
8	Emily Harris	SO Evangel	2:27.36	3	
	35.40 (35.40)	1:09.86 (34.46)	1:47.44 (37.58)		2:27.16 (39.72)
9	Natalia Quiroz	JR Oklahoma Wesleyan	2:28.50	2	
	33.62 (33.62)	1:10.17 (36.55)	1:49.35 (39.18)		2:28.16 (38.81)
10	Carlie Gregg	JR St. Mary (Kan.)	2:28.93	2	
	33.94 (33.94)	1:10.63 (36.69)	1:48.38 (37.75)		2:28.62 (40.24)
11	Rylee Paramore	SR Bethany (Kan.)	2:30.30	2	
	33.87 (33.87)	1:10.69 (36.82)	1:49.90 (39.21)		2:30.03 (40.13)
12	Taryn Paulino	FR Bethel (Kan.)	2:30.51	2	
	33.79 (33.79)	1:10.38 (36.59)	1:51.50 (41.12)		2:30.42 (38.92)
13	Adriana McGregor	FR Evangel	2:33.87	3	
	33.65 (33.65)	1:09.85 (36.20)	1:49.52 (39.67)		2:33.73 (44.21)
14	Grace Lee	FR Friends	2:35.76	2	
	35.70 (35.70)	1:14.46 (38.76)	1:55.35 (40.89)		2:35.62 (40.27)
15	Amari Robb	SO McPherson	2:35.79	2	
	35.41 (35.41)	1:14.26 (38.85)	1:55.91 (41.65)		2:35.46 (39.55)
16	Jessa Lee	FR Sterling	2:36.65	2	
	35.23 (35.23)	1:14.12 (38.89)	1:55.48 (41.36)		2:36.45 (40.97)
17	Andrea Serrano	JR Tabor	2:45.08	1	
	39.47 (39.47)	1:22.13 (42.66)	2:06.57 (44.44)		2:44.81 (38.24)
18	Aidyn White	FR Tabor	2:49.46	1	
	38.40 (38.40)	1:21.02 (42.62)	2:06.00 (44.98)		2:49.11 (43.11)
19	Keianna Harvell	FR Southwestern (Kan.)	2:50.04	1	
	37.51 (37.51)	1:22.46 (44.95)	2:07.98 (45.52)		2:49.68 (41.70)
20	Anzhelany Jordan	SR Southwestern (Kan.)	2:51.03	1	
	38.11 (38.11)	1:23.45 (45.34)	2:09.94 (46.49)		2:50.85 (40.91)
21	Johanna Walker	FR McPherson	2:56.25	1	
	40.24 (40.24)	1:24.55 (44.31)	2:11.30 (46.75)		2:56.03 (44.73)
22	Allison Johnson	JR Tabor	2:59.26	1	
	40.10 (40.10)	1:23.74 (43.64)	2:10.96 (47.22)		2:59.12 (48.16)
23	Brooke Krapes	JR McPherson	3:01.83	1	
	41.74 (41.74)	1:28.05 (46.31)	2:16.79 (48.74)		3:01.52 (44.73)
--	Joni Schroeder	SO Kansas Wesleyan		DQ	3 lane violation
	32.62 (32.62)	1:08.74 (36.12)	1:46.46 (37.72)		2:22.81 (36.35)
--	Kylie Mouser	SO Friends		DNS	1

**Women 1000 Meter Run**

Meet Record: # 3:00.11 2/22/2020 Aubry Donley, Friends

A Standard: A 3:00.00

B Standard: B 3:02.00

Name Year School Finals

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024**  
**College of Saint Mary**  
**Results**

**....Women 1000 Meter Run**

1	Madisyn Ehrlich	SO Kansas Wesleyan	3:00.06#		
	34.46 (34.46)	1:10.46 (36.00)	1:47.42 (36.96)	2:24.88 (37.46)	
	3:00.03 (35.15)				
2	Danielle Allison	SR Tabor	3:00.30B		
	34.81 (34.81)	1:10.30 (35.49)	1:47.63 (37.33)	2:24.52 (36.89)	
	3:00.35 (35.83)				
3	Brooke Wiebe	SR Tabor	3:00.99B		
	34.35 (34.35)	1:09.81 (35.46)	1:46.86 (37.05)	2:24.66 (37.80)	
	3:00.89 (36.23)				
4	Antonina Jackowiak	FR Friends	3:01.09B		
	33.90 (33.90)	1:10.13 (36.23)	1:47.10 (36.97)	2:24.78 (37.68)	
	3:01.16 (36.38)				
5	Skylar Adams	JR Evangel	3:01.11B		
	34.69 (34.69)	1:09.58 (34.89)	1:46.97 (37.39)	2:25.03 (38.06)	
	2:59.91 (34.88)				
6	Emily Harris	SO Evangel	3:03.83		
	35.35 (35.35)	1:11.13 (35.78)	1:48.40 (37.27)	2:25.38 (36.98)	
	3:03.84 (38.46)				
7	Carlie Gregg	JR St. Mary (Kan.)	3:06.66		
	34.24 (34.24)	1:10.32 (36.08)	1:47.76 (37.44)	2:26.25 (38.49)	
	3:06.60 (40.35)				
8	Shannen Dorn	FR St. Mary (Kan.)	3:16.51		
	35.05 (35.05)	1:12.04 (36.99)	1:51.87 (39.83)	2:33.88 (42.01)	
	3:16.59 (42.71)				
9	Rebekah Stuhlsatz	FR St. Mary (Kan.)	3:19.66		
	35.79 (35.79)	1:14.20 (38.41)	1:55.89 (41.69)	2:38.63 (42.74)	
	3:19.69 (41.06)				
10	Adelia Janssen	FR Tabor	3:32.55		
	35.73 (35.73)	1:14.55 (38.82)	1:58.84 (44.29)	2:45.69 (46.85)	
	3:32.59 (46.90)				
--	Jessa Cassity	FR St. Mary (Kan.)	DNS		

**Women 1 Mile Run**

=====  
 Meet Record: # 5:05.67 2/11/2022 Alyssa Armendariz, St. Mary  
 A Standard: A 5:05.50  
 B Standard: B 5:08.00

Name	Year	School	Finals	H#	
1 Reagan Hiebert		JR St. Mary (Kan.)	5:12.64	2	
	40.69 (40.69)	1:21.72 (41.03)	2:02.77 (41.05)	2:42.90 (40.13)	
	3:22.11 (39.21)	4:00.96 (38.85)	4:37.98 (37.02)	5:12.44 (34.46)	
2 Kate Madsen		JR St. Mary (Kan.)	5:12.73	2	
	40.95 (40.95)	1:22.01 (41.06)	2:03.01 (41.00)	2:43.17 (40.16)	
	3:22.09 (38.92)	4:00.86 (38.77)	4:38.25 (37.39)	5:12.38 (34.13)	
3 Riley Hiebert		JR St. Mary (Kan.)	5:12.79	2	
	41.46 (41.46)	1:22.61 (41.15)	2:03.30 (40.69)	2:43.52 (40.22)	
	3:22.85 (39.33)	4:01.37 (38.52)	4:38.20 (36.83)	5:12.72 (34.52)	
4 Josie Tyrrell		SO St. Mary (Kan.)	5:12.96	2	
	40.45 (40.45)	1:22.07 (41.62)	2:02.88 (40.81)	2:42.95 (40.07)	
	3:22.23 (39.28)	4:00.99 (38.76)	4:38.29 (37.30)	5:12.80 (34.51)	
5 Josie Koppes		SO Kansas Wesleyan	5:17.84	2	
	40.75 (40.75)	1:22.14 (41.39)	2:02.94 (40.80)	2:43.13 (40.19)	
	3:22.48 (39.35)	4:01.54 (39.06)	4:38.75 (37.21)	5:17.46 (38.71)	

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024**

**College of Saint Mary**

**Results**

**....Women 1 Mile Run**

6	Samantha Thompson	JR McPherson	5:32.42	2		
	41.95 (41.95)	1:22.78 (40.83)	2:03.43 (40.65)		2:43.55 (40.12)	
	3:23.37 (39.82)	4:05.40 (42.03)	4:49.87 (44.47)		5:32.16 (42.29)	
7	Bethany Schrag	SO Bethel (Kan.)	5:33.94	2		
	41.77 (41.77)	1:22.76 (40.99)	2:03.20 (40.44)		2:44.51 (41.31)	
	3:26.66 (42.15)	4:09.97 (43.31)	4:53.37 (43.40)		5:33.74 (40.37)	
8	Charlee Lind	SO Kansas Wesleyan	5:40.22	2		
	41.80 (41.80)	1:23.63 (41.83)	2:05.42 (41.79)		2:47.78 (42.36)	
	3:31.26 (43.48)	4:16.13 (44.87)	5:00.01 (43.88)		5:39.94 (39.93)	
9	Allyson Taylor	FR Kansas Wesleyan	5:49.61	2		
	41.95 (41.95)	1:23.77 (41.82)	2:06.48 (42.71)		2:49.95 (43.47)	
	3:34.72 (44.77)	4:20.63 (45.91)	5:07.33 (46.70)		5:49.31 (41.98)	
10	Amari Robb	SO McPherson	5:54.32	1		
	45.72 (45.72)	1:31.35 (45.63)	2:16.35 (45.00)		3:02.57 (46.22)	
	3:45.66 (43.09)	4:28.15 (42.49)	5:12.44 (44.29)		5:54.42 (41.98)	
11	Sydnee Gardner	SO Tabor	6:04.22	1		
	44.19 (44.19)	1:30.95 (46.76)	2:16.15 (45.20)		3:02.48 (46.33)	
	3:47.10 (44.62)	4:33.28 (46.18)	5:19.84 (46.56)		6:02.90 (43.06)	
12	Janie Perico	FR Sterling	6:08.09	1		
	46.35 (46.35)	1:31.50 (45.15)	2:17.76 (46.26)		3:05.09 (47.33)	
	3:53.20 (48.11)	4:40.33 (47.13)	5:27.84 (47.51)		6:08.12 (40.28)	
13	Kaylee DeAngelis	SO Tabor	6:10.88	1		
	45.30 (45.30)	1:30.84 (45.54)	2:17.20 (46.36)		3:03.95 (46.75)	
	3:51.64 (47.69)	4:40.21 (48.57)	5:27.54 (47.33)		6:11.04 (43.50)	
14	Ravenanna Osborn	FR Bethany (Kan.)	6:14.17	1		
	45.71 (45.71)	1:30.79 (45.08)	2:16.88 (46.09)		3:03.19 (46.31)	
	3:53.06 (49.87)	4:41.59 (48.53)	5:29.15 (47.56)		6:13.25 (44.10)	
15	Brooke Krapes	JR McPherson	6:20.42	1		
	46.11 (46.11)	1:31.96 (45.85)	2:17.71 (45.75)		3:05.37 (47.66)	
	3:55.04 (49.67)	4:45.16 (50.12)	5:33.82 (48.66)		6:20.32 (46.50)	
16	Reagan Clark	SO St. Mary (Kan.)	6:24.70	1		
	45.29 (45.29)	1:30.41 (45.12)	2:15.82 (45.41)		3:03.63 (47.81)	
	3:52.58 (48.95)	4:42.87 (50.29)	5:33.98 (51.11)		6:24.42 (50.44)	
17	Sydney VanHorn	JR Sterling	6:29.83	1		
	47.106 (47.106)	1:33.166 (46.061)	2:20.55 (47.39)		3:09.234 (48.69)	
	4:00.326 (51.092)	4:51.60 (51.27)	5:42.505 (50.91)		6:29.827 (47.323)	
18	Sarah Dark	JR Tabor	6:37.13	1		
	46.51 (46.51)	1:32.20 (45.69)	2:17.96 (45.76)		3:04.63 (46.67)	
	3:56.89 (52.26)	4:50.22 (53.33)	5:45.43 (55.21)		6:36.96 (51.53)	

**Women 3000 Meter Run**

=====  
 Meet Record: # 10:18.70 2/11/2023 Alyssa Armendariz, St. Mar  
 A Standard: A 10:15.50  
 B Standard: B 10:20.50

Name	Year	School	Finals			
1 Reagan Hiebert		JR St. Mary (Kan.)	10:17.11#			
	38.99 (38.99)	1:22.38 (43.39)	2:06.43 (44.05)		2:50.72 (44.29)	
	3:34.70 (43.98)	4:17.87 (43.17)	4:59.92 (42.05)		5:41.73 (41.81)	
	6:23.44 (41.71)	7:04.80 (41.36)	7:45.59 (40.79)		8:25.16 (39.57)	
	9:03.57 (38.41)	9:41.71 (38.14)	10:17.23 (35.52)			



**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Women 3000 Meter Run**

2	Kate Madsen	JR St. Mary (Kan.)	10:22.91		
	39.28 (39.28)	1:22.75 (43.47)	2:06.68 (43.93)	2:51.00 (44.32)	
	3:34.99 (43.99)	4:18.22 (43.23)	5:00.05 (41.83)	5:41.87 (41.82)	
	6:23.70 (41.83)	7:05.22 (41.52)	7:45.82 (40.60)	8:25.38 (39.56)	
	9:04.52 (39.14)	10:22.76 (1:18.24)	10:22.907 (0.16)		
3	Brooke Wiebe	SR Tabor	10:29.80		
	39.71 (39.71)	1:23.06 (43.35)	2:07.07 (44.01)	2:51.42 (44.35)	
	3:35.36 (43.94)	4:18.40 (43.04)	5:00.54 (42.14)	5:42.33 (41.79)	
	6:23.93 (41.60)	7:05.49 (41.56)	7:46.22 (40.73)	8:28.01 (41.79)	
	9:10.51 (42.50)	9:51.95 (41.44)	10:29.67 (37.72)		
4	Aubrey Bahner	JR Tabor	10:31.13		
	40.77 (40.77)	1:23.75 (42.98)	2:07.83 (44.08)	2:51.501 (43.68)	
	3:35.571 (44.071)	4:19.28 (43.71)	5:00.87 (41.59)	5:42.71 (41.84)	
	6:24.37 (41.66)	7:05.61 (41.24)	7:46.84 (41.23)	8:28.54 (41.70)	
	9:10.96 (42.42)	9:52.65 (41.69)	10:31.38 (38.73)		
5	Riley Hiebert	JR St. Mary (Kan.)	10:37.37		
	39.53 (39.53)	1:22.81 (43.28)	2:07.13 (44.32)	2:51.41 (44.28)	
	3:35.28 (43.87)	4:18.47 (43.19)	5:00.33 (41.86)	5:42.06 (41.73)	
	6:24.11 (42.05)	7:06.56 (42.45)	7:49.70 (43.14)	8:33.80 (44.10)	
	9:17.53 (43.73)	9:58.69 (41.16)	10:36.76 (38.07)		
6	Josie Tyrrell	SO St. Mary (Kan.)	10:39.31		
	39.75 (39.75)	1:22.97 (43.22)	2:07.22 (44.25)	2:51.56 (44.34)	
	3:35.25 (43.69)	4:18.30 (43.05)	5:00.80 (42.50)	5:42.34 (41.54)	
	6:25.01 (42.67)	7:07.84 (42.83)	7:50.32 (42.48)	8:34.05 (43.73)	
	9:17.65 (43.60)	9:59.60 (41.95)	10:38.43 (38.83)		
7	Hannah Showalter	SR St. Mary (Kan.)	10:39.37		
	40.59 (40.59)	1:23.86 (43.27)	2:07.79 (43.93)	2:52.22 (44.43)	
	3:35.39 (43.17)	4:17.86 (42.47)	5:00.31 (42.45)	5:41.94 (41.63)	
	6:23.60 (41.66)	7:05.11 (41.51)	7:46.03 (40.92)	8:30.39 (44.36)	
	9:14.82 (44.43)	9:59.08 (44.26)	10:38.86 (39.78)		
8	Danielle Allison	SR Tabor	10:40.71		
	40.09 (40.09)	1:23.29 (43.20)	2:07.88 (44.59)	2:51.72 (43.84)	
	3:35.74 (44.02)	4:18.82 (43.08)	5:00.96 (42.14)	5:42.50 (41.54)	
	6:24.45 (41.95)	7:07.03 (42.58)	7:50.35 (43.32)	8:34.52 (44.17)	
	9:18.44 (43.92)	10:00.52 (42.08)	10:40.42 (39.90)		
9	Kierra Jensen	SO Kansas Wesleyan	10:42.37		
	41.23 (41.23)	1:23.20 (41.97)	2:07.91 (44.71)	2:52.01 (44.10)	
	3:35.75 (43.74)	4:18.76 (43.01)	5:01.07 (42.31)	5:42.97 (41.90)	
	6:25.89 (42.92)	7:08.37 (42.48)	7:51.27 (42.90)	8:34.51 (43.24)	
	9:18.05 (43.54)	10:00.91 (42.86)	10:41.99 (41.08)		
10	Monse Guerrero-Chapula	SO St. Mary (Kan.)	10:50.08		
	40.39 (40.39)	1:23.47 (43.08)	2:07.75 (44.28)	2:51.36 (43.61)	
	3:36.15 (44.79)	4:19.12 (42.97)	5:01.51 (42.39)	5:43.54 (42.03)	
	6:27.41 (43.87)	7:10.90 (43.49)	7:55.69 (44.79)	8:40.30 (44.61)	
	9:25.28 (44.98)	10:10.05 (44.77)	10:49.84 (39.79)		
11	Bethany Schrag	SO Bethel (Kan.)	11:12.67		
	41.13 (41.13)	1:24.14 (43.01)	2:08.24 (44.10)	2:52.53 (44.29)	
	3:36.42 (43.89)	4:20.63 (44.21)	5:05.68 (45.05)	5:51.32 (45.64)	
	6:38.26 (46.94)	7:24.86 (46.60)	8:11.83 (46.97)	8:59.13 (47.30)	
	9:45.18 (46.05)	10:30.23 (45.05)	11:12.53 (42.30)		
12	Shannen Dorn	FR St. Mary (Kan.)	11:20.69		
	40.29 (40.29)	1:23.45 (43.16)	2:07.54 (44.09)	2:51.60 (44.06)	
	3:35.76 (44.16)	4:18.77 (43.01)	5:01.38 (42.61)	5:45.51 (44.13)	
	6:31.88 (46.37)	7:18.88 (47.00)	8:06.82 (47.94)	8:55.04 (48.22)	
	9:44.06 (49.02)	10:31.40 (47.34)	11:20.32 (48.92)		

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024**

**College of Saint Mary**

**Results**

**....Women 3000 Meter Run**

13 Samantha Thompson	JR McPherson	11:40.72		
41.86 (41.86)	1:25.41 (43.55)	2:09.77 (44.36)	2:55.15 (45.38)	
3:40.78 (45.63)	4:26.86 (46.08)	5:13.48 (46.62)	6:01.30 (47.82)	
6:49.73 (48.43)	7:38.17 (48.44)	8:26.66 (48.49)	9:15.32 (48.66)	
10:04.60 (49.28)	10:54.74 (50.14)	11:40.57 (45.83)		
14 Alayna Behrman	JR Kansas Wesleyan	11:52.35		
41.79 (41.79)	1:24.85 (43.06)	2:11.19 (46.34)	2:58.73 (47.54)	
3:46.00 (47.27)	4:33.39 (47.39)	5:21.18 (47.79)	6:09.25 (48.07)	
6:57.92 (48.67)	7:46.54 (48.62)	8:36.61 (50.07)	9:26.84 (50.23)	
10:16.51 (49.67)	11:04.52 (48.01)	11:51.09 (46.57)		
15 Gwendolyn Copeland	FR Friends	13:32.53		
41.76 (41.76)	1:28.78 (47.02)	2:17.67 (48.89)	3:08.86 (51.19)	
4:01.27 (52.41)	4:55.21 (53.94)	5:49.82 (54.61)	6:45.79 (55.97)	
7:43.29 (57.50)	8:41.51 (58.22)	9:40.35 (58.84)	10:40.26 (59.91)	
11:39.76 (59.50)	12:35.12 (55.36)	13:32.11 (56.99)		
-- Jessa Cassity	FR St. Mary (Kan.)	DNS		

**Women 5000 Meter Run**

=====  
 Meet Record: # 17:51.83 2/15/2019 Kaitlyn Shoemaker, St. Mar  
 A Standard: A 18:00.00  
 B Standard: B 18:10.00

Name	Year School	Finals		
1 Reagan Hiebert	JR St. Mary (Kan.)	17:44.47#		
40.43 (40.43)	1:24.28 (43.85)	2:07.62 (43.34)	2:51.54 (43.92)	
3:35.13 (43.59)	4:19.09 (43.96)	5:02.52 (43.43)	5:45.53 (43.01)	
6:28.97 (43.44)	7:12.80 (43.83)	7:56.99 (44.19)	8:40.63 (43.64)	
9:24.46 (43.83)	10:08.13 (43.67)	10:51.77 (43.64)	11:34.81 (43.04)	
12:18.09 (43.28)	13:00.68 (42.59)	13:41.66 (40.98)	14:23.45 (41.79)	
15:48.90 (1:25.45)	16:29.57 (40.67)	17:07.84 (38.27)	17:07.946 (0.11)	
17:44.37 (36.43)				
2 Josie Tyrrell	SO St. Mary (Kan.)	17:51.02#		
40.51 (40.51)	1:24.38 (43.87)	2:07.75 (43.37)	2:51.36 (43.61)	
3:35.34 (43.98)	4:19.16 (43.82)	5:02.85 (43.69)	5:45.74 (42.89)	
6:28.79 (43.05)	7:13.06 (44.27)	7:57.09 (44.03)	8:40.36 (43.27)	
9:24.07 (43.71)	10:08.17 (44.10)	10:51.76 (43.59)	11:34.75 (42.99)	
12:17.40 (42.65)	13:00.44 (43.04)	13:41.37 (40.93)	14:23.60 (42.23)	
15:05.05 (41.45)	15:47.88 (42.83)	16:29.91 (42.03)	17:09.99 (40.08)	
17:51.34 (41.35)				
3 Riley Hiebert	JR St. Mary (Kan.)	17:54.99A		
40.75 (40.75)	1:24.31 (43.56)	2:07.80 (43.49)	2:51.90 (44.10)	
3:35.55 (43.65)	4:19.38 (43.83)	5:02.96 (43.58)	5:45.85 (42.89)	
6:29.46 (43.61)	7:13.33 (43.87)	7:56.93 (43.60)	8:40.75 (43.82)	
9:24.75 (44.00)	10:08.20 (43.45)	10:52.12 (43.92)	11:35.36 (43.24)	
12:18.20 (42.84)	13:01.03 (42.83)	13:43.03 (42.00)	14:25.99 (42.96)	
15:08.95 (42.96)	15:52.33 (43.38)	16:35.21 (42.88)	17:16.15 (40.94)	
17:54.81 (38.66)				

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Women 5000 Meter Run**

4	Aubrey Bahner	JR Tabor	17:59.06A		
	41.35 (41.35)	1:25.31 (43.96)	2:08.64 (43.33)	2:52.70 (44.06)	
	3:36.03 (43.33)	4:19.96 (43.93)	5:03.51 (43.55)	5:46.48 (42.97)	
	6:30.13 (43.65)	7:14.02 (43.89)	8:41.48 (1:27.46)	9:24.75 (43.27)	
	10:08.95 (44.20)	10:52.89 (43.94)	11:35.437 (42.55)	11:35.72 (0.29)	
	12:18.77 (43.05)	13:01.39 (42.62)	13:44.01 (42.62)	14:26.89 (42.88)	
	15:10.67 (43.78)	15:54.56 (43.89)	16:38.23 (43.67)	17:20.24 (42.01)	
	17:59.01 (38.77)				
5	Kate Madsen	JR St. Mary (Kan.)	18:12.29		
	41.619 (41.619)	1:24.607 (42.988)	2:07.955 (43.348)	2:51.884 (43.929)	
	3:35.421 (43.537)	4:19.303 (43.882)	5:02.881 (43.578)	5:45.889 (43.008)	
	6:29.445 (43.556)	7:13.284 (43.839)	7:57.016 (43.732)	8:40.942 (43.926)	
	9:24.635 (43.693)	10:08.253 (43.618)	10:52.083 (43.830)	11:35.250 (43.167)	
	12:18.399 (43.149)	13:01.009 (42.610)	13:43.589 (42.580)	14:26.692 (43.103)	
	15:10.37 (43.68)	15:54.309 (43.94)	16:40.19 (45.89)	18:12.286 (1:32.10)	
6	Hannah Showalter	SR St. Mary (Kan.)	18:22.64		
	40.87 (40.87)	1:24.90 (44.03)	2:08.26 (43.36)	2:52.10 (43.84)	
	3:35.61 (43.51)	4:19.58 (43.97)	5:03.16 (43.58)	5:46.11 (42.95)	
	6:29.47 (43.36)	7:13.55 (44.08)	7:56.95 (43.40)	8:41.21 (44.26)	
	9:24.62 (43.41)	10:08.59 (43.97)	10:52.02 (43.43)	11:36.06 (44.04)	
	12:21.14 (45.08)	13:06.22 (45.08)	13:53.02 (46.80)	14:37.64 (44.62)	
	15:23.91 (46.27)	16:09.05 (45.14)	16:54.52 (45.47)	17:39.23 (44.71)	
	18:21.79 (42.56)				
7	Kierra Jensen	SO Kansas Wesleyan	18:40.23		
	41.82 (41.82)	1:25.25 (43.43)	2:10.15 (44.90)	2:55.12 (44.97)	
	3:38.41 (43.29)	4:23.87 (45.46)	5:07.96 (44.09)	5:52.61 (44.65)	
	6:36.92 (44.31)	7:21.53 (44.61)	8:50.43 (1:28.90)	9:35.49 (45.06)	
	10:20.06 (44.57)	11:04.63 (44.57)	11:49.92 (45.29)	12:35.35 (45.43)	
	13:20.32 (44.97)	14:06.22 (45.90)	14:52.40 (46.18)	15:38.36 (45.96)	
	16:24.42 (46.06)	17:11.16 (46.74)	17:56.43 (45.27)	18:39.17 (42.74)	
	18:40.228 (1.06)				
8	Gracen Glover	JR St. Mary (Kan.)	19:05.92		
	42.25 (42.25)	1:25.97 (43.72)	2:09.25 (43.28)	2:53.42 (44.17)	
	3:37.90 (44.48)	4:23.47 (45.57)	5:08.79 (45.32)	5:52.64 (43.85)	
	6:37.06 (44.42)	7:21.92 (44.86)	8:05.69 (43.77)	8:51.35 (45.66)	
	9:35.85 (44.50)	10:20.17 (44.32)	11:06.29 (46.12)	11:53.10 (46.81)	
	12:40.87 (47.77)	13:28.75 (47.88)	14:16.87 (48.12)	15:05.45 (48.58)	
	15:53.16 (47.71)	16:41.66 (48.50)	17:30.99 (49.33)	18:19.79 (48.80)	
	19:05.10 (45.31)				
9	Teigan Davis	FR St. Mary (Kan.)	19:29.28		
	42.78 (42.78)	1:26.06 (43.28)	2:10.52 (44.46)	2:55.45 (44.93)	
	3:38.93 (43.48)	4:24.13 (45.20)	5:09.00 (44.87)	5:55.07 (46.07)	
	6:42.60 (47.53)	7:28.56 (45.96)	8:16.10 (47.54)	9:02.67 (46.57)	
	9:50.90 (48.23)	10:38.93 (48.03)	11:26.83 (47.90)	12:14.82 (47.99)	
	13:03.19 (48.37)	13:51.80 (48.61)	14:40.46 (48.66)	15:29.11 (48.65)	
	16:17.83 (48.72)	17:06.13 (48.30)	17:53.26 (47.13)	18:40.54 (47.28)	
	19:27.98 (47.44)				
10	Yesenia Flores	SO St. Mary (Kan.)	19:29.88		
	43.33 (43.33)	1:27.55 (44.22)	2:11.57 (44.02)	2:56.23 (44.66)	
	3:41.34 (45.11)	4:25.84 (44.50)	5:10.82 (44.98)	5:57.37 (46.55)	
	6:43.97 (46.60)	7:30.35 (46.38)	8:17.01 (46.66)	9:04.99 (47.98)	
	9:52.43 (47.44)	10:40.17 (47.74)	11:28.34 (48.17)	12:16.91 (48.57)	
	13:04.74 (47.83)	13:52.59 (47.85)	14:41.53 (48.94)	15:28.82 (47.29)	
	16:18.98 (50.16)	17:06.91 (47.93)	17:55.31 (48.40)	18:42.80 (47.49)	
	19:28.82 (46.02)				

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Women 5000 Meter Run**

11 Charlee Lind	SO Kansas Wesleyan	19:35.97		
41.76 (41.76)	1:25.20 (43.44)	2:09.51 (44.31)	2:54.34 (44.83)	
3:38.59 (44.25)	4:23.98 (45.39)	5:09.17 (45.19)	5:53.31 (44.14)	
6:37.65 (44.34)	7:23.73 (46.08)	8:11.26 (47.53)	8:59.40 (48.14)	
9:48.44 (49.04)	10:37.80 (49.36)	11:26.72 (48.92)	12:16.57 (49.85)	
13:05.49 (48.92)	13:54.67 (49.18)	14:44.31 (49.64)	15:35.18 (50.87)	
16:25.70 (50.52)	17:15.57 (49.87)	18:05.59 (50.02)	18:54.12 (48.53)	
19:34.99 (40.87)				
12 Adrienne Selzer	SO Tabor	19:37.08		
42.88 (42.88)	1:26.28 (43.40)	2:10.52 (44.24)	2:55.62 (45.10)	
3:40.83 (45.21)	4:25.69 (44.86)	5:11.77 (46.08)	5:57.97 (46.20)	
6:44.67 (46.70)	7:31.29 (46.62)	8:17.91 (46.62)	9:05.59 (47.68)	
9:53.73 (48.14)	10:42.66 (48.93)	11:31.56 (48.90)	12:20.05 (48.49)	
13:10.21 (50.16)	13:59.66 (49.45)	14:49.71 (50.05)	15:38.58 (48.87)	
16:27.27 (48.69)	17:15.86 (48.59)	18:04.89 (49.03)	18:53.27 (48.38)	
19:36.62 (43.35)				
13 Bethany Schrag	SO Bethel (Kan.)	19:39.71		
41.44 (41.44)	1:25.16 (43.72)	2:09.10 (43.94)	2:52.52 (43.42)	
3:37.32 (44.80)	4:23.02 (45.70)	5:09.36 (46.34)	5:54.65 (45.29)	
6:42.06 (47.41)	7:29.33 (47.27)	8:16.22 (46.89)	9:03.88 (47.66)	
9:52.11 (48.23)	10:40.44 (48.33)	11:29.02 (48.58)	12:17.87 (48.85)	
13:07.58 (49.71)	13:57.67 (50.09)	14:47.67 (50.00)	15:37.25 (49.58)	
16:27.77 (50.52)	17:17.49 (49.72)	18:07.72 (50.23)	18:56.56 (48.84)	
19:39.20 (42.64)				
14 Alayna Behrman	JR Kansas Wesleyan	20:23.05		
43.44 (43.44)	1:26.60 (43.16)	2:12.31 (45.71)	2:58.60 (46.29)	
3:44.53 (45.93)	4:31.09 (46.56)	5:18.83 (47.74)	6:07.06 (48.23)	
6:55.02 (47.96)	7:44.35 (49.33)	8:33.16 (48.81)	9:22.98 (49.82)	
10:12.98 (50.00)	11:02.85 (49.87)	11:53.38 (50.53)	12:42.14 (48.76)	
13:33.32 (51.18)	14:24.58 (51.26)	15:15.12 (50.54)	16:06.23 (51.11)	
16:57.66 (51.43)	17:49.45 (51.79)	18:40.21 (50.76)	19:29.70 (49.49)	
20:21.40 (51.70)				
15 Kaylee DeAngelis	SO Tabor	21:01.67		
44.19 (44.19)	1:29.18 (44.99)	2:16.18 (47.00)	3:04.97 (48.79)	
3:53.79 (48.82)	4:42.80 (49.01)	5:32.09 (49.29)	6:22.82 (50.73)	
7:14.37 (51.55)	8:05.21 (50.84)	8:56.33 (51.12)	9:47.58 (51.25)	
10:39.39 (51.81)	11:31.19 (51.80)	12:22.72 (51.53)	13:15.13 (52.41)	
14:08.13 (53.00)	15:00.95 (52.82)	15:54.10 (53.15)	16:47.49 (53.39)	
17:39.55 (52.06)	18:32.82 (53.27)	19:25.13 (52.31)	20:16.21 (51.08)	
21:01.15 (44.94)				
16 Kadence Oehlschlager	FR Evangel	21:10.59		
41.57 (41.57)	1:25.37 (43.80)	2:08.18 (42.81)	2:54.54 (46.36)	
3:39.73 (45.19)	4:30.51 (50.78)	5:21.95 (51.44)	6:14.58 (52.63)	
7:05.59 (51.01)	7:56.66 (51.07)	8:49.60 (52.94)	9:42.68 (53.08)	
10:35.42 (52.74)	11:26.88 (51.46)	12:20.21 (53.33)	13:09.58 (49.37)	
14:04.61 (55.03)	14:57.56 (52.95)	15:50.86 (53.30)	16:45.09 (54.23)	
17:40.25 (55.16)	18:34.17 (53.92)	19:22.92 (48.75)	20:16.48 (53.56)	
21:08.86 (52.38)				

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****Women 60 Meter Hurdles**

=====

Meet Record: # 8.68 2018 Chelsea Baker, Friends  
 A Standard: A 8.88  
 B Standard: B 9.03

Name	Year	School	Prelims	H#
=====				
Preliminaries				
1 Mariah Fede	SO	McPherson	A 8.81q	1
8.809 (8.809)				
2 Liberty Baker	FR	York (Neb.)	B 8.99q	1
8.990 (8.990)				
3 JayOnna Perry	SO	Ottawa	9.05q	2
9.049 (9.049)				
4 Irian Padulles	JR	Friends	9.16q	2
9.152 (9.152)				
5 Moriah Shaw	JR	Friends	9.38q	2
9.376 (9.376)				
6 Charity Williams	JR	McPherson	9.44q	2
9.435 (9.435)				
7 Lidia DiLollo	SO	Friends	9.45q	1
9.442 (9.442)		9.565 (0.123)		
8 Gabriela Millan	FR	Friends	9.57q	1
9.564 (9.564)		9.565 (0.001)		
9 Gema del Valle	SO	Friends	9.83	2
9.829 (9.829)				
10 Jane DuTeil	JR	St. Mary (Kan.)	9.95	2
9.942 (9.942)				
11 Abigail Good	SR	Evangel	9.97	2
9.963 (9.963)				
12 Jordyn Miller-Knuckles	FR	St. Mary (Kan.)	10.01	1
10.005 (10.005)				
13 Makayla Dinkler	JR	York (Neb.)	10.18	1
10.180 (10.180)				
-- Jessenia Velez	SR	Ottawa	FS	1

**Women 60 Meter Hurdles**

=====

Meet Record: # 8.68 2018 Chelsea Baker, Friends  
 A Standard: A 8.88  
 B Standard: B 9.03

Name	Year	School	Finals
=====			
Finals			
1 Mariah Fede	SO	McPherson	8.64#
8.632 (8.632)			
2 JayOnna Perry	SO	Ottawa	8.71A
8.708 (8.708)			
3 Liberty Baker	FR	York (Neb.)	9.17
9.162 (9.162)			
4 Irian Padulles	JR	Friends	9.24
9.235 (9.235)			
5 Charity Williams	JR	McPherson	9.32
9.320 (9.320)			
6 Moriah Shaw	JR	Friends	9.33
9.325 (9.325)			

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Women 60 Meter Hurdles**

7 Gabriela Millan	FR Friends	9.64
9.631 (9.631)		
8 Lidia DiLollo	SO Friends	9.79
9.781 (9.781)		

**Women 4x400 Meter Relay**

Meet Record: # 4:01.12 2/16/2019 Avila, Avila  
H Thames, T Stringer, B Maltbia, M Mercier

A Standard: A 3:56.80

B Standard: B 3:59.80

School

Finals H#

1 Ottawa		4:02.06	2
1) Jah-Nisha Campbell FR	2) Tanzania Barnes FR		
3) Jordyn Weems JR	4) JayOnna Perry SO		
27.20 (27.20)	1:02.61 (35.41)	1:29.88 (27.27)	2:03.95 (34.07)
2:30.95 (27.00)	3:03.38 (32.43)	3:31.73 (28.35)	3:59.92 (28.19)
2 Evangel		4:04.58	2
1) Delaney Weimer JR	2) Taylor Collins SO		
3) Abigail Good SR	4) Autumn Nold FR		
25.37 (25.37)	57.29 (31.92)	1:28.19 (30.90)	2:02.68 (34.49)
2:32.05 (29.37)	3:03.32 (31.27)	3:32.92 (29.60)	4:02.72 (29.80)
3 St. Mary (Kan.)		4:04.80	2
1) Carissa Martin SO	2) Gretchen Raney JR		
3) Samantha Colson JR	4) Lexi Wardlow JR		
28.16 (28.16)	1:01.34 (33.18)	1:30.93 (29.59)	2:01.65 (30.72)
2:32.71 (31.06)	3:05.26 (32.55)	3:32.31 (27.05)	4:02.35 (30.04)
4 Friends		4:13.65	2
1) Moriah Shaw JR	2) Halle Nagel JR		
3) Gema del Valle SO	4) Kaylah Petty JR		
28.03 (28.03)	1:03.31 (35.28)	1:31.40 (28.09)	2:04.21 (32.81)
2:33.87 (29.66)	3:10.16 (36.29)	3:38.78 (28.62)	4:12.17 (33.39)
5 York (Neb.)		4:18.23	2
1) Kamrie Dillan JR	2) Liberty Baker FR		
3) Makayla Dinkler JR	4) Ty Irvin JR		
28.88 (28.88)	1:02.23 (33.35)	1:30.83 (28.60)	2:04.76 (33.93)
2:34.21 (29.45)	3:12.98 (38.77)	3:42.09 (29.11)	4:16.96 (34.87)
6 Bethel (Kan.)		4:19.82	1
1) Taryn Paulino FR	2) Mia Roman JR		
3) Parker Schroeder SO	4) Myiah Logue JR		
29.28 (29.28)	1:03.01 (33.73)	1:34.80 (31.79)	2:07.46 (32.66)
2:35.99 (28.53)	3:11.55 (35.56)	3:43.09 (31.54)	4:18.01 (34.92)
7 Kansas Wesleyan		4:23.91	1
1) Julie Rottinghaus FR	2) Brionna Floyd FR		
3) Allyson Taylor FR	4) Dahn Hanlon FR		
28.47 (28.47)	1:04.05 (35.58)	1:33.28 (29.23)	2:08.21 (34.93)
2:38.74 (30.53)	3:16.16 (37.42)	3:45.90 (29.74)	4:21.90 (36.00)
8 Bethany (Kan.)		4:39.34	1
1) Daisy Hernandez FR	2) Mary Parks SR		
3) Ravenanna Osborn FR	4) Rylee Paramore SR		
29.64 (29.64)	1:04.33 (34.69)	1:35.14 (30.81)	2:10.55 (35.41)
2:46.69 (36.14)	3:28.74 (42.05)	4:00.91 (32.17)	4:37.68 (36.77)

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****...Women 4x400 Meter Relay**

9 Tabor			4:45.65	2	
1) Chloe Christensen FR	2) Allie von Leonrod FR				
3) Aidyn White FR	4) Andrea Serrano JR				
30.86 (30.86)	1:05.36 (34.50)	1:37.34 (31.98)	2:14.84 (37.50)		
2:47.50 (32.66)	3:29.94 (42.44)	4:05.44 (35.50)	4:43.60 (38.16)		
-- Oklahoma Wesleyan			DNS	1	
1) Katherine Harris SO	2) Elizabeth Benitez SO				
3) Natalia Quiroz JR	4) Allyson Watson-Bell FR				
4:54.78 (4:54.78)	5:17.48 (22.70)				

**Women 4x800 Meter Relay**

Meet Record: # 9:28.94 2018 Friends, Friends  
K Simmons, S Hundley, M Tenove, C Follette

A Standard: A 9:38.00

B Standard: B 9:41.00

School

Finals

1 St. Mary (Kan.)			9:27.33#		
1) Carly Holadia FR	2) Shannen Dorn FR				
3) Charlie Gregg JR	4) Maddy Walter-Sherretts JR				
31.96 (31.96)	1:08.22 (36.26)	1:44.34 (36.12)	2:18.92 (34.58)		
2:53.86 (34.94)	3:30.63 (36.77)	4:08.75 (38.12)	4:48.55 (39.80)		
5:21.33 (32.78)	5:53.80 (32.47)	6:30.90 (37.10)	7:05.79 (34.89)		
7:38.52 (32.73)	8:11.70 (33.18)	8:48.28 (36.58)	9:25.92 (37.64)		
2 Tabor			9:30.71A		
1) Danielle Allison SR	2) Hannah Grover FR				
3) Sonya Zimmerman JR	4) Brooke Wiebe SR				
32.82 (32.82)	1:08.24 (35.42)	1:44.25 (36.01)	2:19.74 (35.49)		
2:50.34 (30.60)	3:28.00 (37.66)	4:07.89 (39.89)	4:48.76 (40.87)		
5:19.82 (31.06)	5:53.61 (33.79)	6:31.53 (37.92)	7:09.49 (37.96)		
7:41.19 (31.70)	8:15.54 (34.35)	8:51.30 (35.76)	9:28.09 (36.79)		
3 Evangel			9:31.88A		
1) Skylar Adams JR	2) Emily Harris SO				
3) Adriana McGregor FR	4) Macy Kopp SO				
30.57 (30.57)	1:06.86 (36.29)	1:43.34 (36.48)	2:20.86 (37.52)		
2:52.57 (31.71)	3:28.65 (36.08)	4:06.19 (37.54)	4:44.18 (37.99)		
5:16.94 (32.76)	5:52.68 (35.74)	6:30.83 (38.15)	7:09.53 (38.70)		
7:39.79 (30.26)	8:13.86 (34.07)	8:49.22 (35.36)	9:29.40 (40.18)		
4 Kansas Wesleyan			9:36.14A		
1) Shelby Lingle FR	2) Josie Koppes SO				
3) Joni Schroeder SO	4) Madisyn Ehrlich SO				
31.79 (31.79)	1:08.92 (37.13)	1:44.91 (35.99)	2:24.78 (39.87)		
2:58.47 (33.69)	3:32.79 (34.32)	4:10.43 (37.64)	4:49.45 (39.02)		
5:20.91 (31.46)	5:55.44 (34.53)	6:32.78 (37.34)	7:12.41 (39.63)		
7:44.00 (31.59)	8:20.45 (36.45)	8:56.29 (35.84)	9:34.33 (38.04)		
5 Bethel (Kan.)			10:03.72		
1) Taryn Paulino FR	2) Mia Roman JR				
3) Parker Schroeder SO	4) Bethany Schrag SO				
33.37 (33.37)	1:09.41 (36.04)	1:46.93 (37.52)	2:28.84 (41.91)		
3:01.40 (32.56)	3:36.25 (34.85)	4:14.40 (38.15)	4:52.28 (37.88)		
5:23.69 (31.41)	5:59.57 (35.88)	6:42.26 (42.69)	7:24.92 (42.66)		
8:05.11 (40.19)	8:46.66 (41.55)	9:26.22 (39.56)	10:02.94 (36.72)		

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Women 4x800 Meter Relay**

6 Friends	10:04.13			
1) Caitlin O'Cuinneagain FR	2) Grace Lee FR			
3) Rebekah Choriego SO	4) Kayli Gonzales JR			
30.74 (30.74)	1:08.13 (37.39)	1:44.93 (36.80)	2:25.31 (40.38)	
2:59.73 (34.42)	3:35.43 (35.70)	4:17.67 (42.24)	5:02.45 (44.78)	
5:39.60 (37.15)	6:16.23 (36.63)	6:55.50 (39.27)	7:34.79 (39.29)	
8:08.54 (33.75)	8:45.58 (37.04)	9:24.65 (39.07)	10:02.38 (37.73)	
7 McPherson	11:11.91			
1) Amari Robb SO	2) Brooke Krapes JR			
3) Johanna Walker FR	4) Samantha Thompson JR			
32.45 (32.45)	1:10.19 (37.74)	1:50.99 (40.80)	2:36.64 (45.65)	
3:17.56 (40.92)	4:04.61 (47.05)	4:51.87 (47.26)	5:38.40 (46.53)	
6:18.84 (40.44)	7:02.07 (43.23)	7:47.72 (45.65)	8:33.47 (45.75)	
9:08.48 (35.01)	9:47.40 (38.92)	10:29.15 (41.75)	11:09.68 (40.53)	
8 Ottawa	11:50.70			
1) Anaya Vil FR	2) Samantha Moreno FR			
3) Tanzania Barnes FR	4) Abigail Bird FR			
33.45 (33.45)	1:13.39 (39.94)	2:01.50 (48.11)	2:51.60 (50.10)	
3:30.91 (39.31)	4:13.64 (42.73)	5:00.66 (47.02)	5:48.98 (48.32)	
6:26.76 (37.78)	7:15.03 (48.27)	8:13.93 (58.90)	8:58.86 (44.93)	
9:38.68 (39.82)	10:20.71 (42.03)	11:06.36 (45.65)	11:49.39 (43.03)	

**Women Distance Medley**

=====  
 Meet Record: # 12:51.58 2017 , Southwestern  
 Smith, Needham, Blattner, Voegle

A Standard: A 12:25.00

B Standard: B 12:30.00

School

Finals

1 Kansas Wesleyan	12:28.61B			
1) Josie Koppes SO	2) Shelby Lingle FR			
3) Joni Schroeder SO	4) Madisyn Ehrlich SO			
34.35 (34.35)	1:12.86 (38.51)	1:50.64 (37.78)	2:32.64 (42.00)	
3:11.02 (38.38)	3:49.49 (38.47)	4:21.21 (31.72)	4:54.33 (33.12)	
5:28.22 (33.89)	6:03.49 (35.27)	6:39.99 (36.50)	7:19.53 (39.54)	
7:55.34 (35.81)	8:32.51 (37.17)	9:11.80 (39.29)	9:50.39 (38.59)	
10:30.24 (39.85)	11:10.35 (40.11)	11:50.55 (40.20)	12:27.59 (37.04)	
2 Evangel	12:36.21#			
1) Emily Harris SO	2) Liberty Wiles SO			
3) Macy Kopp SO	4) Skylar Adams JR			
36.16 (36.16)	1:12.68 (36.52)	1:49.84 (37.16)	2:30.44 (40.60)	
3:11.77 (41.33)	3:52.28 (40.51)	4:21.93 (29.65)	4:54.95 (33.02)	
5:28.75 (33.80)	6:02.05 (33.30)	6:39.75 (37.70)	7:18.10 (38.35)	
7:53.55 (35.45)	8:31.06 (37.51)	9:10.79 (39.73)	9:50.55 (39.76)	
10:29.71 (39.16)	11:10.75 (41.04)	11:52.47 (41.72)	12:34.23 (41.76)	
3 Friends	12:56.78			
1) Caitlin O'Cuinneagain FR	2) Tya Jackson SR			
3) Rebekah Choriego SO	4) Antonina Jackowiak FR			
35.78 (35.78)	1:13.95 (38.17)	1:51.32 (37.37)	2:31.54 (40.22)	
3:12.53 (40.99)	3:53.09 (40.56)	4:21.84 (28.75)	4:54.87 (33.03)	
5:29.97 (35.10)	6:06.82 (36.85)	6:46.18 (39.36)	7:26.33 (40.15)	
8:02.06 (35.73)	8:41.57 (39.51)	9:24.48 (42.91)	10:07.88 (43.40)	
10:50.05 (42.17)	11:34.21 (44.16)	12:15.94 (41.73)	12:55.27 (39.33)	



**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****...Women Distance Medley**

4 St. Mary (Kan.)				13:27.52
1) Rebekah Stuhlsatz FR	2) Jane DuTeil JR			
3) Abigail White SO	4) Gracen Glover JR			
35.93 (35.93)	1:14.07 (38.14)	1:55.31 (41.24)	2:38.80 (43.49)	
3:22.86 (44.06)	4:04.80 (41.94)	4:35.20 (30.40)	5:10.70 (35.50)	
5:45.24 (34.54)	6:23.31 (38.07)	7:03.92 (40.61)	7:42.77 (38.85)	
8:21.98 (39.21)	9:03.95 (41.97)	9:47.57 (43.62)	10:30.35 (42.78)	
11:13.62 (43.27)	11:57.53 (43.91)	12:42.40 (44.87)	13:25.96 (43.56)	
5 Tabor				13:40.71
1) Hannah Grover FR	2) Adelia Janssen FR			
3) Sydnee Gardner SO	4) Adrienne Selzer SO			
35.37 (35.37)	1:13.14 (37.77)	1:52.06 (38.92)	2:31.01 (38.95)	
3:14.20 (43.19)	3:53.98 (39.78)	4:26.87 (32.89)	5:04.75 (37.88)	
5:42.47 (37.72)	6:23.49 (41.02)	7:05.81 (42.32)	7:49.62 (43.81)	
8:29.06 (39.44)	9:14.26 (45.20)	9:59.12 (44.86)	10:44.75 (45.63)	
11:30.79 (46.04)	12:16.04 (45.25)	13:00.17 (44.13)	13:39.52 (39.35)	
6 McPherson				14:04.53
1) Amari Robb SO	2) Charity Williams JR			
3) Johanna Walker FR	4) Samantha Thompson JR			
37.91 (37.91)	1:18.92 (41.01)	2:02.84 (43.92)	2:47.04 (44.20)	
3:31.26 (44.22)	4:14.43 (43.17)	4:42.25 (27.82)	5:17.36 (35.11)	
5:56.39 (39.03)	6:39.44 (43.05)	7:25.96 (46.52)	8:11.94 (45.98)	
8:52.10 (40.16)	9:35.30 (43.20)	10:19.35 (44.05)	11:04.77 (45.42)	
11:50.56 (45.79)	12:35.58 (45.02)	13:19.84 (44.26)	14:04.00 (44.16)	
7 Bethany (Kan.)				14:13.73
1) Ravenanna Osborn FR	2) Daisy Hernandez FR			
3) Mary Parks SR	4) Rylee Paramore SR			
39.46 (39.46)	1:22.63 (43.17)	2:08.33 (45.70)	2:55.23 (46.90)	
3:42.84 (47.61)	4:27.99 (45.15)	5:00.45 (32.46)	5:34.24 (33.79)	
6:13.58 (39.34)	6:58.57 (44.99)	7:43.88 (45.31)	8:25.91 (42.03)	
9:03.23 (37.32)	9:46.06 (42.83)	10:30.10 (44.04)	11:14.40 (44.30)	
11:59.42 (45.02)	12:44.34 (44.92)	13:28.72 (44.38)	14:12.43 (43.71)	
8 York (Neb.)				14:23.81
1) Katie Isham FR	2) Felicity Johnson FR			
3) Lilly Carr FR	4) Morgan Peterson FR			
36.74 (36.74)	1:15.61 (38.87)	1:57.68 (42.07)	2:44.29 (46.61)	
3:31.29 (47.00)	4:15.74 (44.45)	4:45.31 (29.57)	5:23.81 (38.50)	
6:00.96 (37.15)	6:43.75 (42.79)	7:29.22 (45.47)	8:11.41 (42.19)	
8:55.71 (44.30)	9:41.27 (45.56)	10:27.54 (46.27)	11:14.04 (46.50)	
11:59.26 (45.22)	12:45.17 (45.91)	13:33.27 (48.10)	14:21.10 (47.83)	
9 Ottawa				14:51.41
1) Samantha Moreno FR	2) Anaya Vil FR			
3) Carlee Gassman SO	4) Abigail Bird FR			
38.28 (38.28)	1:21.41 (43.13)	2:07.25 (45.84)	2:56.51 (49.26)	
3:49.38 (52.87)	4:40.64 (51.26)	5:11.67 (31.03)	5:48.41 (36.74)	
6:20.91 (32.50)	6:58.57 (37.66)	7:44.29 (45.72)	8:27.45 (43.16)	
9:08.33 (40.88)	9:52.93 (44.60)	10:42.13 (49.20)	11:31.40 (49.27)	
12:21.61 (50.21)	13:11.82 (50.21)	14:02.85 (51.03)	14:49.99 (47.14)	



**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****Women Pole Vault**

Meet Record: # 3.28m

Meet Record: # 3.42m 2/10/2022 Gabrielle Moore, St. Mary

A Standard: A 3.57m

B Standard: B 3.47m

Name	Year	School											Finals	
1 Aaliyah Ramirez	SO	Friends											3.32m# 10-10.75	
			2.12	2.27	2.42	2.57	2.72	2.89	3.02	3.17	3.32	3.47		
			P	P	P	P	P	P	O	O	XO	XXX		
2 Abby Beets	FR	Evangel											3.17m 10-04.75	
			2.12	2.27	2.42	2.57	2.72	2.89	3.02	3.17	3.32			
			P	P	O	P	O	O	O	O	XXX			
3 Brynna Halata	JR	Friends											J3.17m 10-04.75	
			2.12	2.27	2.42	2.57	2.72	2.89	3.02	3.17	3.32			
			P	P	P	P	P	P	O	XXO	XXX			
4 Cierra Dringman	SO	York (Neb.)											2.57m 8-05.25	
			2.12	2.27	2.42	2.57	2.72							
			O	O	XO	XO	XXX							
5 Daisy Hernandez	FR	Bethany (Kan.)											2.42m 7-11.25	
			2.12	2.27	2.42	2.57								
			O	O	O	XXX								
6 Ashley Cockram	JR	Southwestern (Kan.)											2.27m 7-05.25	
			2.12	2.27	2.42									
			XO	O	XXX									
7 Emily Glissen	FR	Evangel											J2.27m 7-05.25	
			2.12	2.27	2.42									
			XO	XXO	XXX									

**Women Long Jump**

Meet Record: # 5.76m 2/2/2018 Chelsea Baker, Friends

A Standard: A 5.62m

B Standard: B 5.52m

Name	Year	School											Finals	H#
1 April Phillips	FR	Evangel											5.54mB 18-02.25	2
			5.37m	5.47m	FOUL	3.77m	5.54m	FOUL						
2 Jordyn Weems	JR	Ottawa											5.43m 17-09.75	2
			5.16m	4.96m	5.22m	5.00m	5.35m	5.43m						
3 D'Myia Cox	FR	Tabor											5.15m 16-10.75	2
			4.97m	5.08m	5.10m	5.15m	5.01m	4.87m						
4 Elisabeth Rowe	FR	Bethel (Kan.)											J5.15m 16-10.75	1
			4.60m	4.89m	5.15m	5.07m	4.67m	FOUL						
5 Lilian Merrick	FR	Evangel											5.13m 16-10.00	1
			4.84m	5.13m	4.65m	4.95m	4.85m	5.01m						
6 Aneesa Sheppard	FR	Friends											5.12m 16-09.75	2
			FOUL	5.04m	5.12m	5.02m	FOUL	5.02m						
7 Myiah Logue	JR	Bethel (Kan.)											5.10m 16-08.75	2
			5.10m	FOUL	FOUL	4.86m	5.01m	FOUL						
8 Carlee Gassman	SO	Ottawa											5.09m 16-08.50	1
			5.01m	5.09m	4.97m	4.97m	5.02m	4.79m						
9 Amani Bradsher	SO	Friends											J5.09m 16-08.50	2
			FOUL	4.86m	5.09m	4.78m	FOUL	4.73m						
10 Jah-Nisha Campbell	FR	Ottawa											J5.09m 16-08.50	1
			4.71m	4.56m	5.09m	4.89m	FOUL	4.96m						

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****...Women Long Jump**

11	JayOnna Perry	SO Ottawa	5.05m	16-07.00	1
	FOUL 4.67m 5.05m				
12	Makayla Dinkler	JR York (Neb.)	4.95m	16-03.00	2
	FOUL FOUL 4.95m				
13	Carissa Martin	SO St. Mary (Kan.)	4.93m	16-02.25	2
	4.88m 4.78m 4.93m				
14	Liberty Baker	FR York (Neb.)	4.88m	16-00.25	2
	4.22m 4.88m FOUL				
15	Jessenia Velez	SR Ottawa	4.81m	15-09.50	1
	4.42m 4.81m 4.62m				
16	Dahn Hanlon	FR Kansas Wesleyan	4.80m	15-09.00	2
	4.80m 4.80m 4.71m				
17	Juliet Lane	SR Ottawa	4.75m	15-07.00	1
	4.67m FOUL 4.75m				
18	Julie Rottinghaus	FR Kansas Wesleyan	4.70m	15-05.00	2
	FOUL 4.56m 4.70m				
19	Yamyle Ramirez	FR Kansas Wesleyan	4.69m	15-04.75	1
	FOUL 4.69m FOUL				
20	Mary Parks	SR Bethany (Kan.)	4.58m	15-00.50	1
	4.43m 4.58m 4.44m				
21	Kamrie Dillan	JR York (Neb.)	4.55m	14-11.25	2
	FOUL 4.55m 4.54m				
22	Kayla Whiteaker	SO Ottawa	4.41m	14-05.75	1
	4.34m 4.27m 4.41m				
23	Allie von Leonrod	FR Tabor	3.87m	12-08.50	1
	3.87m 3.68m 3.64m				
--	Sydni Caw	FR Ottawa	DNS		1

**Women Triple Jump**

=====						
Meet Record: # 12.07m 2015 Kayla Wilson, Southwestern						
A Standard: A 11.50m						
B Standard: B 11.25m						
	Name	Year	School	Finals		
=====						
1	April Phillips	FR	Evangel	11.64mA	38-02.25	
	11.12m 11.23m 10.93m		11.53m 11.64m 11.56m			
2	Anya Walton	JR	Friends	11.42mB	37-05.75	
	FOUL 10.15m 10.94m		10.62m 11.42m FOUL			
3	Carissa Martin	SO	St. Mary (Kan.)	11.14m	36-06.75	
	10.48m 10.69m 10.62m		FOUL 11.14m 11.11m			
4	Aneesa Sheppard	FR	Friends	11.10m	36-05.00	
	FOUL 10.32m 10.11m		FOUL 11.10m 10.86m			
5	D'Myia Cox	FR	Tabor	10.57m	34-08.25	
	FOUL 10.09m 10.32m		10.38m 10.57m FOUL			
6	Myiah Logue	JR	Bethel (Kan.)	10.50m	34-05.50	
	FOUL 10.26m 10.18m		10.50m FOUL 10.31m			
7	Lauren Davis	SO	Evangel	10.30m	33-09.50	
	9.83m 9.95m 10.30m		10.04m 9.97m FOUL			
8	Juliet Lane	SR	Ottawa	10.26m	33-08.00	
	9.89m 10.16m 10.26m		FOUL 10.10m FOUL			
9	Jada Perez	FR	Friends	10.22m	33-06.50	
	FOUL 10.22m 10.09m		9.98m 9.98m 9.44m			
10	Dahn Hanlon	FR	Kansas Wesleyan	10.08m	33-01.00	
	FOUL 9.40m 10.08m					

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Women Triple Jump**

11	Tiara Neymour	FR Friends	10.07m	33-00.50
	10.07m 9.60m 9.68m			
12	Julie Rottinghaus	FR Kansas Wesleyan	10.05m	32-11.75
	9.94m 10.05m 9.97m			
13	Amani Bradsher	SO Friends	10.01m	32-10.25
	FOUL 9.89m 10.01m			
14	Anaya Vil	FR Ottawa	9.37m	30-09.00
	9.37m 9.02m 9.34m			
15	Allie von Leonrod	FR Tabor	9.06m	29-08.75
	8.51m 9.01m 9.06m			
--	Yamyle Ramirez	FR Kansas Wesleyan	FOUL	
	FOUL FOUL FOUL			

**Women Shot Put**

=====  
 Meet Record: # 14.70m 2/16/2019 Arriana Benjamin, Bethany

A Standard: A 13.45m

B Standard: B 13.25m

Name	Year	School	Finals	H#
1 Candice Jones	JR	York (Neb.)	12.65m	41-06.00 2
	FOUL	11.55m 11.60m 11.14m 12.65m	FOUL	
2 Deja Delaine	SR	Ottawa	12.14m	39-10.00 2
	11.71m 11.21m 11.73m	12.14m	FOUL FOUL	
3 Elizabeth Stout	SO	Kansas Wesleyan	12.06m	39-07.00 2
	11.73m 11.94m 12.06m	11.87m	FOUL FOUL	
4 Cara Shultz	FR	McPherson	11.53m	37-10.00 2
	10.55m 11.21m 11.53m	11.51m 11.00m 11.41m		
5 Elizabeth Zaiger	JR	York (Neb.)	11.39m	37-04.50 2
	11.03m 11.39m 11.36m	11.14m	FOUL FOUL	
6 Sasha Wasinger	JR	Tabor	J11.39m	37-04.50 2
	10.78m 10.27m 11.39m	11.05m 10.89m	FOUL	
7 Madison Gookin	SR	York (Neb.)	11.15m	36-07.00 2
	10.61m 10.90m 11.15m	FOUL FOUL FOUL		
8 Karley Faudere	JR	Ottawa	11.10m	36-05.00 2
	11.10m 10.73m	FOUL 10.79m	FOUL 10.78m	
9 Abby Green	SO	Friends	10.95m	35-11.25 2
	10.16m 9.82m 10.91m	10.95m 10.58m 10.65m		
10 Bree Anglin	FR	Evangel	10.67m	35-00.25 2
	FOUL 10.67m 10.61m			
11 Delanie Namuth	JR	York (Neb.)	10.64m	34-11.00 2
	9.82m 10.64m 9.89m			
12 Ali House	SO	Tabor	10.59m	34-09.00 1
	FOUL 9.98m 10.59m			
13 Kaylee Dixon	SO	Bethany (Kan.)	10.35m	33-11.50 2
	9.90m 9.89m 10.35m			
14 Stephanie Nelson	FR	Friends	10.11m	33-02.00 1
	9.60m 10.05m 10.11m			
15 Elliauna Rodgers	SO	Ottawa	9.68m	31-09.25 2
	9.41m 9.68m 9.35m			
16 Sarah Miser	FR	Tabor	9.57m	31-04.75 1
	9.57m 9.53m 9.40m			
17 Madison Kelley	SO	Bethany (Kan.)	9.28m	30-05.50 1
	9.28m 9.10m 9.14m			

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Women Shot Put**

18	Molly Gearhart	SO Evangel	8.93m	29-03.75	1
	FOUL 8.93m 8.62m				
19	Janiya Swanson	FR St. Mary (Kan.)	J8.93m	29-03.75	1
	8.39m 8.93m 8.34m				
20	Saffron Jacobs	JR Kansas Wesleyan	8.92m	29-03.25	1
	8.92m FOUL FOUL				
21	Sheyla Barrera	JR St. Mary (Kan.)	8.82m	28-11.25	1
	8.82m FOUL FOUL				
22	Alexis Wolfe	SO McPherson	8.45m	27-08.75	1
	8.27m FOUL 8.45m				
23	Amethyst Thomas	SR Southwestern (Kan.)	8.34m	27-04.50	1
	8.23m 8.34m FOUL				
24	Treianna Williams	SO Ottawa	8.17m	26-09.75	1
	8.04m 8.17m 8.12m				
25	Makenzie Hadley	FR Sterling	8.06m	26-05.50	1
	8.06m 7.93m 7.41m				
26	Martha Rios	SO Ottawa	6.81m	22-04.25	1
	6.75m 6.81m 6.21m				

**Women Weight Throw**

Meet Record: # 17.89m 2/10/2022 Kortney Schutt, Friends

A Standard: A 16.30m

B Standard: B 16.00m

Name	Year	School	Finals	H#
1 Candice Jones	JR	York (Neb.)	15.66m	51-04.50 2
		13.58m FOUL 15.66m 14.38m FOUL FOUL		
2 Abby Green	SO	Friends	15.59m	51-01.75 2
		13.71m 15.59m 15.47m 15.25m 15.25m 15.39m		
3 Madison Gookin	SR	York (Neb.)	15.55m	51-00.25 2
		13.76m FOUL 14.15m 13.71m 13.10m 15.55m		
4 Elizabeth Zaiger	JR	York (Neb.)	14.96m	49-01.00 2
		14.14m FOUL 14.30m 14.96m 14.59m 14.58m		
5 Jaine Johnson	JR	Ottawa	13.36m	43-10.00 2
		12.73m 12.72m FOUL FOUL 13.36m FOUL		
6 Ascha Utter	JR	York (Neb.)	13.14m	43-01.50 2
		13.14m FOUL FOUL 12.07m 12.37m 11.76m		
7 Ali House	SO	Tabor	13.10m	42-11.75 2
		12.65m FOUL 11.85m FOUL 13.10m FOUL		
8 Stephanie Nelson	FR	Friends	12.74m	41-09.75 2
		FOUL 12.74m 12.55m 12.35m 12.16m FOUL		
9 Alexis Gibbons	SO	York (Neb.)	11.97m	39-03.25 1
		11.51m 11.97m 11.94m 11.58m 11.64m 11.56m		
10 Sasha Wasinger	JR	Tabor	11.84m	38-10.25 2
		FOUL 11.50m 11.84m		
11 Elizabeth Stout	SO	Kansas Wesleyan	11.71m	38-05.00 2
		10.93m 11.71m 11.59m		
12 Bree Anglin	FR	Evangel	11.68m	38-04.00 1
		11.68m 11.64m 10.98m		
13 Sarah Miser	FR	Tabor	11.53m	37-10.00 2
		10.01m FOUL 11.53m		
14 Andelyn Johnson	JR	Tabor	11.51m	37-09.25 1
		FOUL 11.06m 11.51m		

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****...Women Weight Throw**

15	Kaylee Dixon	SO Bethany (Kan.)	11.15m	36-07.00	1
	11.15m FOUL FOUL				
16	Hannah Splattstoesser	SO York (Neb.)	11.12m	36-05.75	1
	11.12m FOUL 10.85m				
17	Sheyla Barrera	JR St. Mary (Kan.)	10.75m	35-03.25	1
	10.75m FOUL 10.47m				
18	Madison Kelley	SO Bethany (Kan.)	10.56m	34-07.75	1
	FOUL 10.56m 8.66m				
19	Molly Gearhart	SO Evangel	10.31m	33-10.00	1
	8.60m 9.67m 10.31m				
20	Treianna Williams	SO Ottawa	10.12m	33-02.50	1
	9.66m FOUL 10.12m				
21	Amethyst Thomas	SR Southwestern (Kan.)	10.08m	33-01.00	1
	FOUL 9.33m 10.08m				
22	Cara Shultz	FR McPherson	9.40m	30-10.25	1
	FOUL 9.40m FOUL				
23	Karley Faudere	JR Ottawa	8.58m	28-01.75	1
	FOUL FOUL 8.58m				
--	Delanie Namuth	JR York (Neb.)	FOUL		2
	FOUL FOUL FOUL				

**Men 60 Meter Dash**

=====

Meet Record: # 6.73 2021 Kemroy Cupid, Bethel  
 A Standard: A 6.82  
 B Standard: B 6.86

Name	Year School	Prelims	H#
=====			
Preliminaries			
1 Blake Balch	SO Friends	7.02q	3
7.012 (7.012)			
2 Anthony Shivers	FR Evangel	7.03q	2
7.023 (7.023)			
3 Inioluwa Ojo	SR Bethany (Kan.)	7.06q	4
7.055 (7.055)			
4 Mikkel Tarver	JR Friends	7.08q	3
7.072 (7.072)			
5 Isaiah Sanders	FR Friends	7.09q	4 7.082
7.082 (7.082)			
6 Domic Atkininstall	FR Ottawa	7.09q	5 7.089
7.089 (7.089)			
7 Zamari Burrell	FR Kansas Wesleyan	7.10q	1
7.093 (7.093)			
8 Zach Phillips	SO Evangel	7.16q	3
7.156 (7.156)			
9 Jahkoby Franklin	JR Ottawa	7.19	5
7.189 (7.189)			
10 Cameron Jackson	JR Ottawa	7.21	3 7.203
7.203 (7.203)			
11 Jeremiah Frederick	FR Friends	7.21	4 7.204
7.204 (7.204)			
12 Trenton VanNatta	FR Evangel	7.28	5
7.275 (7.275)			
13 Kyle Richardson	SO Southwestern (Kan.)	7.29	4
7.282 (7.282)			

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men 60 Meter Dash**

14 Tyler Fontenot	SO Kansas Wesleyan	7.30	5
7.299 (7.299)			
15 Nathan Garnett	JR Evangel	7.31	1
7.309 (7.309)			
16 Rhadarious Lomax-Spivey	FR Kansas Wesleyan	7.32	5
7.312 (7.312)			
17 Thelonius Jones	FR Southwestern (Kan.)	7.33	5
7.324 (7.324)			
18 Kiare Worthy	SR Southwestern (Kan.)	7.35	2
7.342 (7.342)			
19 Terique Shaver	FR Bethany (Kan.)	7.36	2
7.359 (7.359)			
20 DeJaylon Beal	FR Kansas Wesleyan	7.40	3 7.391
7.391 (7.391)			
21 Tyler Rewerts	FR McPherson	7.40	1 7.393
7.393 (7.393)			
22 Elijah Evans	SO Bethany (Kan.)	7.40	2 7.399
7.399 (7.399)			
23 Jack Titgemeyer	FR Southwestern (Kan.)	7.41	2
7.402 (7.402)			
24 Jamell Toney-Black	FR Southwestern (Kan.)	7.46	1
7.454 (7.454)			
25 Caeleb Roper	FR Bethel (Kan.)	7.47	4
7.463 (7.463)			
26 Landon Cox	SO St. Mary (Kan.)	7.55	1
7.542 (7.542)			
27 Garrett Slater	JR Bethel (Kan.)	7.56	3
7.556 (7.556)			
28 Khyree Marshall	SO Bethany (Kan.)	7.57	5 7.562
7.562 (7.562)			
29 Giovanni Garcia	SO Bethany (Kan.)	7.57	3 7.569
7.569 (7.569)			
30 Tegun Tews	FR Southwestern (Kan.)	7.63	4
7.630 (7.630)			
31 Andrez Ramirez	JR Southwestern (Kan.)	7.65	1
7.645 (7.645)			
32 Miles Minson	FR Ottawa	7.70	4
7.694 (7.694)			
33 Austen Walker	FR Bethel (Kan.)	7.77	5
7.768 (7.768)			
34 Ceasar Fernandez	SO York (Neb.)	7.78	2
7.779 (7.779)			
35 Alek Tipsword	SO Bethany (Kan.)	8.20	1
8.195 (8.195)			
36 Peyton Kaminski	FR Oklahoma Wesleyan	16.66	3
16.658 (16.658)			
-- Ali Cannon	SR Tabor	DNS	1
-- Nurye Brookins-Cornell	JR St. Mary (Kan.)	DNS	2



**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****Men 60 Meter Dash**

=====  
 Meet Record: # 6.73 2021                      Kemroy Cupid, Bethel  
 A Standard: A 6.82  
 B Standard: B 6.86

Name	Year	School	Finals	
=====				
Finals				
1 Inioluwa Ojo	SR	Bethany (Kan.)	7.04	7.031
				7.031 (7.031)
2 Blake Balch	SO	Friends	7.04	7.038
				7.038 (7.038)
3 Domonic Atkininstall	FR	Ottawa	7.05	
				7.044 (7.044)
4 Anthony Shivers	FR	Evangel	7.08	
				7.072 (7.072)
5 Mikkel Tarver	JR	Friends	7.14	
				7.140 (7.140)
6 Zamari Burrell	FR	Kansas Wesleyan	7.15	
				7.149 (7.149)
7 Isaiah Sanders	FR	Friends	7.22	
				7.218 (7.218)
8 Zach Phillips	SO	Evangel	7.23	
				7.223 (7.223)

**Men 200 Meter Dash**

=====  
 Meet Record: # 21.74 2/11/2022              Corey Lyons, St. Mary  
 A Standard: A 21.65  
 B Standard: B 21.80

Name	Year	School	Prelims	H#
=====				
Preliminaries				
1 Inioluwa Ojo	SR	Bethany (Kan.)	22.56q	8
				22.560 (22.560)
2 Christian Aikens	SO	McPherson	22.73q	5
				22.723 (22.723)
3 Blake Balch	SO	Friends	22.89q	4
				22.886 (22.886)
4 Domonic Atkininstall	FR	Ottawa	22.90q	3
				22.897 (22.897)
5 Zamari Burrell	FR	Kansas Wesleyan	22.96q	4
				22.951 (22.951)
6 Cameron Jackson	JR	Ottawa	22.99q	7
				22.986 (22.986)
7 Fabian Talavera	FR	Bethel (Kan.)	23.07q	1
				23.068 (23.068)
8 Eddy Rachedi	FR	Friends	23.08q	6
				23.079 (23.079)
9 Jevon Goodman	FR	Friends	23.16	2
				23.157 (23.157)
10 Anthony Shivers	FR	Evangel	23.17	11
				23.164 (23.164)
11 Andrew Heinrichs	JR	York (Neb.)	23.29	12
				23.285 (23.285)
12 Gavin Silva	FR	Bethany (Kan.)	23.41	6
				23.407 (23.407)

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men 200 Meter Dash**

13	Jahkoby Franklin	JR Ottawa	23.45	12
	23.446 (23.446)			
14	Cyncere Dorvil	FR Friends	23.48	9
	23.479 (23.479)			
15	Zach Phillips	SO Evangel	23.51	6
	23.507 (23.507)			
16	Tyler Fontenot	SO Kansas Wesleyan	23.53	5
	23.529 (23.529)			
17	Chad Payne	FR Friends	23.69	11
	23.686 (23.686)			
18	Trenton VanNatta	FR Evangel	23.75	3 23.741
	23.741 (23.741)			
19	Kyle Richardson	SO Southwestern (Kan.)	23.75	2 23.744
	23.744 (23.744)			
20	DeJaylon Beal	FR Kansas Wesleyan	23.86	8
	23.852 (23.852)			
21	Rhadarious Lomax-Spivey	FR Kansas Wesleyan	23.99	12
	23.982 (23.982)			
22	Tyler Rewerts	FR McPherson	24.05	10
	24.048 (24.048)			
23	Tegun Tews	FR Southwestern (Kan.)	24.07	12
	24.065 (24.065)			
24	Adrian Seeber	SO St. Mary (Kan.)	24.11	2
	24.103 (24.103)			
25	Riley Garcia	SO Kansas Wesleyan	24.24	5
	24.237 (24.237)			
26	Terique Shaver	FR Bethany (Kan.)	24.40	7
	24.396 (24.396)			
27	James Preston	SO Kansas Wesleyan	24.43	11
	24.427 (24.427)			
28	Shunn Dennis	SR Friends	24.45	4
	24.446 (24.446)			
29	Simon Hodge	SO Bethel (Kan.)	24.50	6
	24.494 (24.494)			
30	Jaden Beske	SO York (Neb.)	24.57	3
	24.564 (24.564)			
31	Andrez Ramirez	JR Southwestern (Kan.)	24.58	4
	24.576 (24.576)			
32	Giovanni Garcia	SO Bethany (Kan.)	24.85	9
	24.845 (24.845)			
33	Jarrett Shives	FR Bethany (Kan.)	24.91	1
	24.903 (24.903)			
34	Ceasar Fernandez	SO York (Neb.)	25.27	10
	25.261 (25.261)			
35	Landon Cox	SO St. Mary (Kan.)	25.32	7
	25.316 (25.316)			
36	Dakota Metzler	FR Bethany (Kan.)	25.51	1
	25.505 (25.505)			
37	Kenneth Sanders	JR Bethany (Kan.)	25.69	9
	25.684 (25.684)			
38	Jack Busch	FR Oklahoma Wesleyan	28.08	11
	28.076 (28.076)			
--	Kiare Worthy	SR Southwestern (Kan.)	DQ	7 lane violation
	22.947 (22.947)			

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024**

**College of Saint Mary**

**Results**

**...Men 200 Meter Dash**

-- Austen Walker	FR Bethel (Kan.)	DQ	10 lane violation
25.365 (25.365)			
-- Nathan Garnett	JR Evangel	DQ	10 lane violation
23.495 (23.495)			
-- Calvin Range	SR Bethany (Kan.)	DQ	8 lane violation
23.718 (23.718)			
-- Peyton Kaminski	FR Oklahoma Wesleyan	DNS	2
-- Nurye Brookins-Cornell	JR St. Mary (Kan.)	DNS	1
-- Ali Cannon	SR Tabor	DNS	9

**Men 200 Meter Dash**

=====  
 Meet Record: # 21.74 2/11/2022 Corey Lyons, St. Mary  
 A Standard: A 21.65  
 B Standard: B 21.80

Name	Year School	Finals	H#
=====			
Finals			
1 Domonic Atkininstall	FR Ottawa	22.28	2
22.275 (22.275)			
2 Inioluwa Ojo	SR Bethany (Kan.)	22.68	2
22.673 (22.673)			
3 Christian Aikens	SO McPherson	22.71	2
22.703 (22.703)			
4 Blake Balch	SO Friends	22.80	2
22.794 (22.794)			
5 Fabian Talavera	FR Bethel (Kan.)	22.96	1
22.959 (22.959)			
6 Zamari Burrell	FR Kansas Wesleyan	23.03	1
23.024 (23.024)			
7 Cameron Jackson	JR Ottawa	23.17	1
23.166 (23.166)			
8 Eddy Rachedi	FR Friends	23.40	1
23.399 (23.399)			

**Men 400 Meter Dash**

=====  
 Meet Record: # 48.87 2021 Cory Lyons, St. Mary  
 A Standard: A 48.72  
 B Standard: B 49.10

Name	Year School	Finals	H#
=====			
1 Dectrick Edwards	JR Friends	49.88	5
23.632 (23.632)	49.876 (26.245)		
2 Domonic Atkininstall	FR Ottawa	50.62	5
23.995 (23.995)	50.612 (26.617)		
3 Christian Aikens	SO McPherson	50.84	5
23.386 (23.386)	50.833 (27.448)		
4 Kayron Johnson	SR Ottawa	51.38	5
24.185 (24.185)	51.377 (27.192)		
5 Eddy Rachedi	FR Friends	51.51	5
24.329 (24.329)	51.504 (27.176)		
6 Samson Shukuru	JR St. Mary (Kan.)	51.99	5
24.513 (24.513)	51.989 (27.477)		

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men 400 Meter Dash**

7	Chad Payne	FR Friends	52.00	4
	24.242 (24.242)	51.997 (27.756)		
8	Andrew Heinrichs	JR York (Neb.)	52.07	4
	24.563 (24.563)	52.061 (27.499)		
9	Fabian Talavera	FR Bethel (Kan.)	52.26	3
	24.540 (24.540)	52.252 (27.712)		
10	Taegen Gallagher	FR Tabor	52.30	3
	24.580 (24.580)	52.291 (27.711)		
11	Athens Fawkes	FR Ottawa	52.70	4
	23.935 (23.935)	52.695 (28.761)		
12	Wlices Ramos	JR St. Mary (Kan.)	53.18	4
	24.904 (24.904)	53.175 (28.271)		
13	Brandon Allen	SO Evangel	53.28	3
	24.922 (24.922)	53.275 (28.354)		
14	Jevon Goodman	FR Friends	53.32	3
	24.224 (24.224)	53.320 (29.097)		
15	Kyle Richardson	SO Southwestern (Kan.)	53.51	2
	24.415 (24.415)	53.505 (29.090)		
16	Tegun Tews	FR Southwestern (Kan.)	53.54	3
	24.387 (24.387)	53.532 (29.145)		
17	Riley Garcia	SO Kansas Wesleyan	53.77	3
	25.103 (25.103)	53.770 (28.667)		
18	Chase Hight	FR Ottawa	53.92	4
	25.141 (25.141)	53.920 (28.779)		
19	Devin Tipton	FR St. Mary (Kan.)	54.58	1
	25.394 (25.394)	54.574 (29.180)		
20	Andrez Ramirez	JR Southwestern (Kan.)	56.19	1
	25.662 (25.662)	56.188 (30.526)		
21	Ceasar Fernandez	SO York (Neb.)	56.43	2
	25.872 (25.872)	56.421 (30.549)		
22	Todd Hicks	FR St. Mary (Kan.)	56.50	2
	26.688 (26.688)	56.493 (29.806)		
23	Jack Titgemeyer	FR Southwestern (Kan.)	57.04	2
	26.446 (26.446)	57.031 (30.585)		
24	Landon Cox	SO St. Mary (Kan.)	57.97	1
	26.859 (26.859)	57.970 (31.111)		
25	James Lee	SO Bethany (Kan.)	58.64	2
	27.499 (27.499)	58.632 (31.133)		
--	Cyncere Dorvil	FR Friends		FS 4
--	Peyton Kaminski	FR Oklahoma Wesleyan		DNS 2

**Men 600 Meter Run**

=====  
 Meet Record: # 1:20.26 2/16/2019 Mason Held, York

A Standard: A 1:20.78

B Standard: B 1:21.60

Name	Year	School	Finals	H#
1 Malachi Sanders	FR	Friends	1:22.09	4
		25.305 (25.305)	53.146 (27.842)	1:22.084 (28.938)
2 Anthony Hodson	JR	York (Neb.)	1:23.33	4
		25.34 (25.34)	52.70 (27.36)	1:22.35 (29.65)
3 Ty Davidson	JR	Kansas Wesleyan	1:23.63	4
		25.59 (25.59)	53.76 (28.17)	1:23.54 (29.78)

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men 600 Meter Run**

4 Robert Huebert	SR St. Mary (Kan.)	1:23.69	4
26.37 (26.37)	54.20 (27.83)	1:23.689 (29.50)	
5 Wyatt Johnson	FR Kansas Wesleyan	1:24.04	4
25.60 (25.60)	53.14 (27.54)	1:23.89 (30.75)	
6 Triston Cottone	FR Kansas Wesleyan	1:25.27	4
26.505 (26.505)	54.17 (27.67)	1:25.06 (30.89)	
7 Nicolas Martinez	SO Kansas Wesleyan	1:26.13	3
26.28 (26.28)	54.88 (28.60)	1:25.37 (30.49)	
8 Simon Hodge	SO Bethel (Kan.)	1:26.42	3
26.235 (26.235)	55.96 (29.72)	1:26.420 (30.47)	
9 Calvin Range	SR Bethany (Kan.)	1:26.45	3
25.91 (25.91)	55.25 (29.34)	1:26.14 (30.89)	
10 Spencer Hines	FR Friends	1:26.51	3
25.71 (25.71)	55.13 (29.42)	1:26.24 (31.11)	
11 Tytus Reed	FR Kansas Wesleyan	1:26.68	1
26.45 (26.45)	56.12 (29.67)	1:26.62 (30.50)	
12 Tristen Dye	FR Bethany (Kan.)	1:26.73	1
26.45 (26.45)	56.00 (29.55)	1:26.721 (30.73)	
13 Austin Howell	FR St. Mary (Kan.)	1:27.05	3
27.83 (27.83)	56.37 (28.54)	1:26.59 (30.22)	
14 Brandon Geyer	JR Tabor	1:27.29	3
26.08 (26.08)	55.62 (29.54)	1:27.07 (31.45)	
15 Kevin Flannigan	JR St. Mary (Kan.)	1:27.47	2
27.97 (27.97)	57.41 (29.44)	1:27.01 (29.60)	
16 Braden Esau	FR Bethel (Kan.)	1:28.24	2
28.07 (28.07)	57.29 (29.22)	1:28.29 (31.00)	
17 Isaiah Flores	JR Evangel	1:28.42	2
27.40 (27.40)	56.31 (28.91)	1:27.72 (31.41)	
18 Anthony Torres	JR Friends	1:29.65	2
26.67 (26.67)	56.86 (30.19)	1:29.50 (32.64)	
19 Todd Hicks	FR St. Mary (Kan.)	1:30.08	2
26.77 (26.77)	57.48 (30.71)	1:29.70 (32.22)	
20 David Sawyer	JR Bethany (Kan.)	1:31.82	2
28.45 (28.45)	58.41 (29.96)	1:31.63 (33.22)	
21 Seth Balzer	FR Bethel (Kan.)	1:34.63	1
28.77 (28.77)	1:00.65 (31.88)	1:34.45 (33.80)	
22 James Lee	SO Bethany (Kan.)	1:35.39	1
29.42 (29.42)	1:00.84 (31.42)	1:35.10 (34.26)	
23 Tyrel Haynes	SR Tabor	1:38.46	1
29.16 (29.16)	1:00.25 (31.09)	1:38.29 (38.04)	
24 Jack Busch	FR Oklahoma Wesleyan	1:40.65	1
29.17 (29.17)	1:01.89 (32.72)	1:40.30 (38.41)	

**Men 800 Meter Run**

Meet Record: # 1:55.37 2/15/2021 Luke Skinner, St. Mary

A Standard: A 1:54.30

B Standard: B 1:55.30

Name	Year	School	Finals	H#
1 Luis Perez	SO	St. Mary (Kan.)	1:56.56	3
27.45 (27.45)		57.14 (29.69)	1:26.95 (29.81)	1:56.43 (29.48)
2 Liam Neidig	JR	St. Mary (Kan.)	1:56.67	3
27.51 (27.51)		57.29 (29.78)	1:27.70 (30.41)	1:56.67 (28.97)

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024**

**College of Saint Mary**

**Results**

**....Men 800 Meter Run**

3	Carter Huyser	SR	Kansas Wesleyan	1:56.99	3		
	28.28 (28.28)		57.86 (29.58)	1:28.12 (30.26)		1:56.91 (28.79)	
4	Campbell Nichols	JR	Evangel	1:57.11	3		
	26.86 (26.86)		55.67 (28.81)	1:26.13 (30.46)		1:56.79 (30.66)	
5	Julian Avila	JR	Kansas Wesleyan	1:57.32	3		
	28.55 (28.55)		58.15 (29.60)	1:27.96 (29.81)		1:57.23 (29.27)	
6	Dillon Callaway	JR	Tabor	1:58.77	3		
	27.76 (27.76)		57.52 (29.76)	1:28.08 (30.56)		1:58.60 (30.52)	
7	Isaiah Bartel	JR	Bethel (Kan.)	1:59.40	2		
	29.34 (29.34)		59.70 (30.36)	1:30.10 (30.40)		1:59.24 (29.14)	
8	Ty Davidson	JR	Kansas Wesleyan	1:59.65	2		
	28.25 (28.25)		59.26 (31.01)	1:30.30 (31.04)		1:59.59 (29.29)	
9	Ethan Smith	FR	Evangel	1:59.92	1		
	29.29 (29.29)		59.63 (30.34)	1:30.57 (30.94)		1:59.95 (29.38)	
10	Robert Huebert	SR	St. Mary (Kan.)	2:00.18	3		
	28.05 (28.05)		58.33 (30.28)	1:28.98 (30.65)		2:00.03 (31.05)	
11	Jonah Godina	FR	St. Mary (Kan.)	2:03.36	3		
	28.37 (28.37)		58.52 (30.15)	1:30.47 (31.95)		2:03.20 (32.73)	
12	Luke Schmidt	JR	Bethel (Kan.)	2:04.50	2		
	28.76 (28.76)		59.47 (30.71)	1:31.22 (31.75)		2:04.33 (33.11)	
13	Tobin Wise	JR	Bethel (Kan.)	2:04.88	2		
	28.74 (28.74)		59.47 (30.73)	1:32.42 (32.95)		2:04.65 (32.23)	
14	Dayton Wuthnow	FR	York (Neb.)	2:05.52	2		
	29.19 (29.19)		59.59 (30.40)	1:32.00 (32.41)		2:05.33 (33.33)	
15	Isaiah Flores	JR	Evangel	2:06.18	1		
	29.35 (29.35)		59.38 (30.03)	1:32.22 (32.84)		2:05.82 (33.60)	
16	Nicolas Martinez	SO	Kansas Wesleyan	2:06.47	2		
	29.12 (29.12)		59.90 (30.78)	1:32.85 (32.95)		2:06.26 (33.41)	
17	Wyatt Johnson	FR	Kansas Wesleyan	2:07.91	2		
	29.73 (29.73)		1:01.26 (31.53)	1:34.86 (33.60)		2:07.63 (32.77)	
18	Cody Kuss	SO	McPherson	2:08.25	1		
	30.27 (30.27)		1:01.20 (30.93)	1:35.09 (33.89)		2:08.28 (33.19)	
19	Kevin Flannigan	JR	St. Mary (Kan.)	2:08.95	1		
	31.16 (31.16)		1:02.97 (31.81)	1:36.02 (33.05)		2:08.86 (32.84)	
20	Kevin Perez	FR	York (Neb.)	2:20.76	1		
	31.50 (31.50)		1:05.85 (34.35)	1:43.65 (37.80)		2:20.52 (36.87)	
21	Tyrel Haynes	SR	Tabor	2:22.21	1		
	34.30 (34.30)		1:07.98 (33.68)	1:43.56 (35.58)		2:22.12 (38.56)	
22	Jack Busch	FR	Oklahoma Wesleyan	2:29.01	1		
	34.05 (34.05)		1:08.56 (34.51)	1:47.06 (38.50)		2:28.44 (41.38)	

**Men 1000 Meter Run**

Meet Record: # 2:31.79 2/15/2021 Isaiah Bartel, Bethel (Kan.)

A Standard: A 2:29.00

B Standard: B 2:30.50

Name	Year	School	Finals	H#
1 Luis Perez	SO	St. Mary (Kan.)	2:27.73A	2
28.69 (28.69)		58.42 (29.73)	1:28.61 (30.19)	1:58.20 (29.59)
2:27.67 (29.47)				
2 Carter Huyser	SR	Kansas Wesleyan	2:28.23A	2
28.70 (28.70)		58.76 (30.06)	1:29.11 (30.35)	1:58.71 (29.60)
2:28.32 (29.61)				

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men 1000 Meter Run**

3 Dillon Callaway	JR Tabor	2:28.82A 2	
28.29 (28.29)	58.46 (30.17)	1:29.27 (30.81)	1:58.90 (29.63)
2:28.79 (29.89)			
4 Liam Neidig	JR St. Mary (Kan.)	2:29.94B 2	
27.87 (27.87)	58.34 (30.47)	1:28.95 (30.61)	1:59.50 (30.55)
2:29.82 (30.32)			
5 Julian Avila	JR Kansas Wesleyan	2:30.42B 2	
28.57 (28.57)	58.76 (30.19)	1:29.60 (30.84)	1:59.98 (30.38)
2:30.38 (30.40)			
6 Jonah Godina	FR St. Mary (Kan.)	2:31.47# 2	
29.07 (29.07)	59.14 (30.07)	1:30.12 (30.98)	2:01.65 (31.53)
2:31.36 (29.71)			
7 Giovanni Rios	JR Kansas Wesleyan	2:33.06 2	
28.88 (28.88)	59.07 (30.19)	1:30.03 (30.96)	2:01.42 (31.39)
2:33.11 (31.69)			
8 Tobin Wise	JR Bethel (Kan.)	2:33.86 2	
29.04 (29.04)	59.03 (29.99)	1:29.89 (30.86)	2:01.69 (31.80)
2:33.76 (32.07)			
9 Jackson Montei-Wallace	SO Bethany (Kan.)	2:34.29 2	
29.33 (29.33)	59.82 (30.49)	1:30.94 (31.12)	2:03.16 (32.22)
2:34.40 (31.24)			
10 Ian Doss	SO Kansas Wesleyan	2:36.78 2	
29.68 (29.68)	59.76 (30.08)	1:31.45 (31.69)	2:04.25 (32.80)
2:36.84 (32.59)			
11 Darren Klukas	FR Tabor	2:39.23 1	
31.82 (31.82)	1:04.60 (32.78)	1:37.40 (32.80)	2:09.04 (31.64)
2:39.26 (30.22)			
12 Jace Douglas	FR Friends	2:39.31 1	
32.08 (32.08)	1:04.12 (32.04)	1:37.56 (33.44)	2:09.27 (31.71)
2:39.63 (30.36)			
13 Cody Kuss	SO McPherson	2:41.19 1	
32.45 (32.45)	1:04.41 (31.96)	1:37.96 (33.55)	2:09.88 (31.92)
2:41.33 (31.45)			
14 Camden Bachman	FR St. Mary (Kan.)	2:43.09 1	
32.60 (32.60)	1:05.40 (32.80)	1:38.87 (33.47)	2:11.58 (32.71)
2:43.44 (31.86)			
15 Jose Ruiz	JR Friends	2:43.22 2	
29.40 (29.40)	59.96 (30.56)	1:31.58 (31.62)	2:04.97 (33.39)
2:43.13 (38.16)			
16 Parker O'Dell	FR St. Mary (Kan.)	2:44.60 1	
31.30 (31.30)	1:03.91 (32.61)	1:37.68 (33.77)	2:11.54 (33.86)
2:44.60 (33.06)			
17 Chris Metz	JR St. Mary (Kan.)	2:47.52 1	
32.06 (32.06)	1:04.82 (32.76)	1:38.15 (33.33)	2:12.37 (34.22)
2:47.44 (35.07)			
18 Cody Ford	FR St. Mary (Kan.)	2:53.51 1	
34.59 (34.59)	1:08.16 (33.57)	1:43.11 (34.95)	2:18.92 (35.81)
2:53.46 (34.54)			
19 Austin Glezen	SO McPherson	2:56.61 1	
34.02 (34.02)	1:08.48 (34.46)	1:44.63 (36.15)	2:21.86 (37.23)
2:56.41 (34.55)			
20 Pablo Sanz-Rillo	JR Friends	2:57.18 1	
33.05 (33.05)	1:06.02 (32.97)	1:42.51 (36.49)	2:21.30 (38.79)
2:56.93 (35.63)			

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21 Colton Underwood	JR St. Mary (Kan.)	2:58.68	1	
31.57 (31.57)	1:05.21 (33.64)	1:41.64 (36.43)		2:20.78 (39.14)
2:58.64 (37.86)				
22 Isaac Hale	JR McPherson	2:58.70	1	
34.19 (34.19)	1:09.64 (35.45)	1:46.26 (36.62)		2:23.74 (37.48)
2:58.64 (34.90)				
23 Parker Roberts	JR McPherson	3:07.36	1	
34.39 (34.39)	1:11.05 (36.66)	1:49.83 (38.78)		2:29.10 (39.27)
3:07.42 (38.32)				

**Men 1 Mile Run**

=====  
 Meet Record: # 4:16.45 2/11/2022 Luke Sninner, St. Mary

A Standard: A 4:15.00

B Standard: B 4:17.00

Name	Year School	Finals	H#	
1 Tommy Baker	JR St. Mary (Kan.)	4:17.64	3	
33.49 (33.49)	1:06.17 (32.68)	1:37.93 (31.76)		2:10.66 (32.73)
2:42.97 (32.31)	3:15.58 (32.61)	3:47.03 (31.45)		4:17.41 (30.38)
2  Ethan Montgomery	SO Evangel	4:19.88	3	
34.82 (34.82)	1:07.32 (32.50)	1:39.22 (31.90)		2:11.78 (32.56)
2:44.58 (32.80)	3:17.90 (33.32)	3:50.48 (32.58)		4:19.72 (29.24)
3  Ryan Heline	JR St. Mary (Kan.)	4:21.49	3	
34.44 (34.44)	1:06.64 (32.20)	1:38.53 (31.89)		2:10.82 (32.29)
2:43.37 (32.55)	3:15.97 (32.60)	3:48.60 (32.63)		4:21.20 (32.60)
4  Dawson Adams	JR St. Mary (Kan.)	4:22.80	3	
33.95 (33.95)	1:06.56 (32.61)	1:38.23 (31.67)		2:11.03 (32.80)
2:43.87 (32.84)	3:17.02 (33.15)	3:49.65 (32.63)		4:22.78 (33.13)
5  Dominick Beine	JR St. Mary (Kan.)	4:25.02	3	
34.95 (34.95)	1:07.03 (32.08)	1:38.74 (31.71)		2:11.20 (32.46)
2:43.60 (32.40)	3:16.75 (33.15)	3:50.46 (33.71)		4:25.08 (34.62)
6  Elijah Zortman	SO Friends	4:25.41	3	
34.22 (34.22)	1:06.75 (32.53)	1:38.44 (31.69)		2:11.40 (32.96)
2:44.27 (32.87)	3:17.49 (33.22)	3:51.54 (34.05)		4:25.28 (33.74)
7  Elvis Rojas-King	JR St. Mary (Kan.)	4:28.20	3	
34.06 (34.06)	1:06.06 (32.00)	1:37.74 (31.68)		2:10.45 (32.71)
2:43.48 (33.03)	3:16.48 (33.00)	3:50.86 (34.38)		4:27.93 (37.07)
8  Jake Cruz	SO Kansas Wesleyan	4:31.69	3	
34.45 (34.45)	1:06.81 (32.36)	1:38.79 (31.98)		2:12.17 (33.38)
2:45.94 (33.77)	3:20.94 (35.00)	3:56.96 (36.02)		4:31.56 (34.60)
9  Kaden Cooley	JR St. Mary (Kan.)	4:34.56	2	
36.89 (36.89)	1:10.38 (33.49)	1:44.39 (34.01)		2:19.80 (35.41)
2:54.69 (34.89)	3:29.17 (34.48)	4:04.10 (34.93)		4:34.32 (30.22)
10 Daniel Correa	FR St. Mary (Kan.)	4:41.64	3	
34.48 (34.48)	1:06.92 (32.44)	1:39.11 (32.19)		2:12.42 (33.31)
2:47.23 (34.81)	3:24.26 (37.03)	4:02.33 (38.07)		4:41.52 (39.19)
11 Luke Schmidt	JR Bethel (Kan.)	4:42.27	2	
35.91 (35.91)	1:09.50 (33.59)	1:43.51 (34.01)		2:19.48 (35.97)
2:55.32 (35.84)	3:32.31 (36.99)	4:07.46 (35.15)		4:42.12 (34.66)
12 Zack Tibbits	FR Kansas Wesleyan	4:44.45	3	
34.95 (34.95)	1:07.83 (32.88)	1:40.95 (33.12)		2:15.56 (34.61)
2:51.55 (35.99)	3:28.63 (37.08)	4:06.49 (37.86)		4:44.14 (37.65)



**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men 1 Mile Run**

13 Gus Stephanos	JR St. Mary (Kan.)	4:45.20	2		
36.86 (36.86)	1:11.78 (34.92)	1:46.78 (35.00)		2:21.61 (34.83)	
2:56.46 (34.85)	3:32.19 (35.73)	4:08.91 (36.72)		4:44.88 (35.97)	
14 Brodie Bradshaw	FR Kansas Wesleyan	4:45.74	2		
36.72 (36.72)	1:11.62 (34.90)	1:47.70 (36.08)		2:24.40 (36.70)	
3:01.56 (37.16)	3:39.20 (37.64)	4:16.28 (37.08)		4:45.65 (29.37)	
15 Graham Bales	FR Friends	4:45.98	2		
37.06 (37.06)	1:10.20 (33.14)	1:43.88 (33.68)		2:19.50 (35.62)	
2:56.49 (36.99)	3:34.29 (37.80)	4:11.72 (37.43)		4:45.63 (33.91)	
16 Jack Horacek	JR Kansas Wesleyan	4:49.19	2		
37.44 (37.44)	1:11.27 (33.83)	1:47.06 (35.79)		2:23.34 (36.28)	
3:00.22 (36.88)	3:37.99 (37.77)	4:15.32 (37.33)		4:49.11 (33.79)	
17 Ryan Villarreal	SR Tabor	4:50.11	2		
36.57 (36.57)	1:11.67 (35.10)	1:47.03 (35.36)		2:23.46 (36.43)	
2:59.57 (36.11)	3:36.43 (36.86)	4:13.00 (36.57)		4:49.58 (36.58)	
18 Cameron Churchill-Dowd	FR Kansas Wesleyan	4:51.43	1		
35.80 (35.80)	1:11.70 (35.90)	1:49.49 (37.79)		2:25.74 (36.25)	
3:03.18 (37.44)	3:40.84 (37.66)	4:18.22 (37.38)		4:51.27 (33.05)	
19 Kelton Kern	SO Bethany (Kan.)	4:54.57	1		
36.65 (36.65)	1:12.65 (36.00)	1:49.90 (37.25)		2:26.99 (37.09)	
3:06.86 (39.87)	3:44.83 (37.97)	4:23.35 (38.52)		4:54.31 (30.96)	
20 Isaac Hale	JR McPherson	4:55.33	2		
37.60 (37.60)	1:12.38 (34.78)	1:48.38 (36.00)		2:24.96 (36.58)	
3:02.76 (37.80)	3:40.81 (38.05)	4:18.91 (38.10)		4:55.23 (36.32)	
21 Robbie Crager	JR Bethel (Kan.)	4:56.67	1		
36.02 (36.02)	1:11.53 (35.51)	1:48.63 (37.10)		2:26.84 (38.21)	
3:05.48 (38.64)	3:44.92 (39.44)	4:22.95 (38.03)		4:56.50 (33.55)	
22 Dillon Boldt	JR Friends	5:00.22	1		
35.74 (35.74)	1:11.64 (35.90)	1:48.94 (37.30)		2:26.97 (38.03)	
3:06.18 (39.21)	3:46.30 (40.12)	4:25.48 (39.18)		5:00.13 (34.65)	
23 Jacob Baer	SR Southwestern (Kan.)	5:00.86	1		
36.55 (36.55)	1:11.97 (35.42)	1:49.28 (37.31)		2:28.47 (39.19)	
3:08.29 (39.82)	3:48.27 (39.98)	4:26.95 (38.68)		5:00.59 (33.64)	
24 Matthew Fleck	JR Bethel (Kan.)	5:01.73	1		
36.41 (36.41)	1:12.21 (35.80)	1:48.37 (36.16)		2:26.39 (38.02)	
3:06.70 (40.31)	3:47.50 (40.80)	4:26.40 (38.90)		5:01.60 (35.20)	
25 Marcus Fiedler	FR Bethel (Kan.)	5:02.61	2		
37.67 (37.67)	1:11.53 (33.86)	1:46.55 (35.02)		2:23.85 (37.30)	
3:03.32 (39.47)	3:44.01 (40.69)	4:24.24 (40.23)		5:02.31 (38.07)	
26 Jamell Sanchez	SO Southwestern (Kan.)	5:10.05	1		
36.93 (36.93)	1:14.33 (37.40)	1:52.24 (37.91)		2:31.09 (38.85)	
3:10.47 (39.38)	3:50.47 (40.00)	4:30.53 (40.06)		5:09.89 (39.36)	
27 Apostolo Zuniga	JR Tabor	5:18.13	1		
37.44 (37.44)	1:14.91 (37.47)	1:53.97 (39.06)		2:34.49 (40.52)	
3:15.18 (40.69)	3:56.23 (41.05)	4:38.30 (42.07)		5:17.67 (39.37)	
28 Parker Roberts	JR McPherson	5:26.58	1		
36.53 (36.53)	1:14.60 (38.07)	1:54.37 (39.77)		2:35.64 (41.27)	
3:17.27 (41.63)	4:00.46 (43.19)	4:44.02 (43.56)		5:26.31 (42.29)	
-- Roman Mai	FR Kansas Wesleyan	DNS	2		
5:39.06 (5:39.06)					

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****Men 3000 Meter Run**

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Meet Record: # 8:29.00 2/11/2022 Johnathan Bowen, St. Mary

A Standard: A 8:30.00

B Standard: B 8:35.00

Name	Year	School	Finals	H#
1 Ryan Stade	SO	Tabor	8:36.61	2
34.74 (34.74)	1:09.07 (34.33)	1:43.22 (34.15)	2:17.84 (34.62)	
2:52.83 (34.99)	3:27.60 (34.77)	4:02.79 (35.19)	4:37.94 (35.15)	
5:12.71 (34.77)	5:48.03 (35.32)	6:22.48 (34.45)	6:56.83 (34.35)	
7:31.93 (35.10)	8:05.36 (33.43)	8:36.51 (31.15)		
2 Damion Jackson	FR	Kansas Wesleyan	8:40.66	2
35.37 (35.37)	1:09.60 (34.23)	1:43.22 (33.62)	2:18.22 (35.00)	
2:53.26 (35.04)	3:27.99 (34.73)	4:03.24 (35.25)	4:38.33 (35.09)	
5:13.07 (34.74)	5:48.38 (35.31)	6:23.18 (34.80)	6:58.04 (34.86)	
7:33.65 (35.61)	8:08.70 (35.05)	8:40.52 (31.82)		
3 Tommy Baker	JR	St. Mary (Kan.)	8:40.89	2
35.49 (35.49)	1:09.66 (34.17)	1:44.06 (34.40)	2:18.52 (34.46)	
2:53.56 (35.04)	3:28.24 (34.68)	4:03.52 (35.28)	4:38.50 (34.98)	
5:13.50 (35.00)	5:48.70 (35.20)	6:23.48 (34.78)	6:58.29 (34.81)	
7:33.07 (34.78)	8:06.70 (33.63)	8:40.20 (33.50)		
4 Ryan Heline	JR	St. Mary (Kan.)	8:48.12	2
35.22 (35.22)	1:09.39 (34.17)	1:43.51 (34.12)	2:18.20 (34.69)	
2:53.12 (34.92)	3:27.87 (34.75)	4:03.24 (35.37)	4:38.18 (34.94)	
5:12.98 (34.80)	5:48.32 (35.34)	6:22.94 (34.62)	6:57.55 (34.61)	
7:34.01 (36.46)	8:10.88 (36.87)	8:48.03 (37.15)		
5 Dominick Beine	JR	St. Mary (Kan.)	8:49.93	2
35.90 (35.90)	1:10.14 (34.24)	1:44.41 (34.27)	2:18.86 (34.45)	
2:53.84 (34.98)	3:28.69 (34.85)	4:03.96 (35.27)	4:39.11 (35.15)	
5:13.93 (34.82)	5:49.27 (35.34)	6:26.30 (37.03)	7:03.88 (37.58)	
7:41.44 (37.56)	8:18.18 (36.74)	8:49.84 (31.66)		
6 Daniel Pantoja	FR	St. Mary (Kan.)	8:51.31	2
36.70 (36.70)	1:10.69 (33.99)	1:45.30 (34.61)	2:19.66 (34.36)	
2:54.71 (35.05)	3:29.36 (34.65)	4:04.30 (34.94)	4:39.36 (35.06)	
5:14.26 (34.90)	5:49.94 (35.68)	6:26.56 (36.62)	7:02.58 (36.02)	
7:39.83 (37.25)	8:16.21 (36.38)	8:51.22 (35.01)		
7 Rhett Davis	SO	Friends	8:53.45	2
37.34 (37.34)	1:10.85 (33.51)	1:44.88 (34.03)	2:19.21 (34.33)	
2:54.83 (35.62)	3:29.04 (34.21)	4:04.02 (34.98)	4:39.62 (35.60)	
5:13.86 (34.24)	5:49.51 (35.65)	6:25.41 (35.90)	7:01.39 (35.98)	
7:38.90 (37.51)	8:16.11 (37.21)	8:52.48 (36.37)		
8 Elvis Rojas-King	JR	St. Mary (Kan.)	8:55.82	2
36.34 (36.34)	1:10.52 (34.18)	1:45.03 (34.51)	2:19.20 (34.17)	
2:53.92 (34.72)	3:28.97 (35.05)	4:03.92 (34.95)	4:39.40 (35.48)	
5:17.28 (37.88)	5:54.63 (37.35)	6:31.22 (36.59)	7:08.05 (36.83)	
7:44.73 (36.68)	8:21.39 (36.66)	8:55.57 (34.18)		
9 Brig Merritt	SR	St. Mary (Kan.)	8:56.76	1
34.41 (34.41)	1:09.25 (34.84)	1:45.63 (36.38)	2:19.45 (33.82)	
2:53.75 (34.30)	3:28.17 (34.42)	4:03.34 (35.17)	4:39.36 (36.02)	
5:16.11 (36.75)	5:53.76 (37.65)	6:31.76 (38.00)	7:09.40 (37.64)	
7:47.31 (37.91)	8:24.91 (37.60)	8:56.64 (31.73)		
10 Brenden Ellis	FR	Kansas Wesleyan	8:57.97	2
36.95 (36.95)	1:11.45 (34.50)	1:45.95 (34.50)	2:20.49 (34.54)	
2:55.21 (34.72)	3:29.97 (34.76)	4:05.13 (35.16)	4:40.70 (35.57)	
5:16.97 (36.27)	5:53.58 (36.61)	6:30.33 (36.75)	7:07.63 (37.30)	
7:45.59 (37.96)	8:22.78 (37.19)	8:58.05 (35.27)		

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men 3000 Meter Run**

11 Azariah Gonzales	FR McPherson	9:00.86	1		
35.27 (35.27)	1:10.58 (35.31)	1:46.75 (36.17)		2:22.89 (36.14)	
2:59.08 (36.19)	3:35.16 (36.08)	4:11.40 (36.24)		4:47.65 (36.25)	
5:24.44 (36.79)	6:01.18 (36.74)	6:37.16 (35.98)		7:13.68 (36.52)	
7:50.31 (36.63)	8:26.49 (36.18)	9:00.62 (34.13)			
12 Shane Calvin	JR Kansas Wesleyan	9:04.23	1		
34.04 (34.04)	1:09.82 (35.78)	1:46.45 (36.63)		2:22.77 (36.32)	
2:58.90 (36.13)	3:34.78 (35.88)	4:11.04 (36.26)		4:47.42 (36.38)	
5:24.10 (36.68)	6:01.30 (37.20)	6:38.39 (37.09)		7:15.38 (36.99)	
7:53.62 (38.24)	8:30.38 (36.76)	9:04.09 (33.71)			
13 Dawson Adams	JR St. Mary (Kan.)	9:11.57	2		
36.02 (36.02)	1:10.37 (34.35)	1:44.69 (34.32)		2:19.47 (34.78)	
2:54.27 (34.80)	3:30.22 (35.95)	4:05.26 (35.04)		4:41.04 (35.78)	
5:18.01 (36.97)	5:56.13 (38.12)	6:34.79 (38.66)		7:14.54 (39.75)	
7:53.82 (39.28)	8:32.18 (38.36)	9:11.17 (38.99)			
14 Caleb Gamble	FR Evangel	9:15.41	1		
36.10 (36.10)	1:12.66 (36.56)	1:50.67 (38.01)		2:28.54 (37.87)	
3:05.17 (36.63)	3:42.14 (36.97)	4:19.14 (37.00)		4:57.53 (38.39)	
5:33.97 (36.44)	6:11.47 (37.50)	6:49.47 (38.00)		7:27.46 (37.99)	
8:05.31 (37.85)	8:41.88 (36.57)	9:15.26 (33.38)			
15 Justin Holak	FR Friends	9:17.30	1		
33.14 (33.14)	1:08.90 (35.76)	1:45.92 (37.02)		2:22.27 (36.35)	
2:58.94 (36.67)	3:36.22 (37.28)	4:13.99 (37.77)		4:52.44 (38.45)	
5:30.50 (38.06)	6:08.83 (38.33)	6:47.20 (38.37)		7:25.28 (38.08)	
8:03.69 (38.41)	8:41.45 (37.76)	9:17.15 (35.70)			
16 Graham Miller	JR Evangel	9:24.94	1		
35.08 (35.08)	1:12.33 (37.25)	1:50.55 (38.22)		2:28.24 (37.69)	
3:05.01 (36.77)	3:41.57 (36.56)	4:18.90 (37.33)		4:57.21 (38.31)	
5:34.49 (37.28)	6:13.68 (39.19)	6:53.33 (39.65)		7:33.51 (40.18)	
8:13.92 (40.41)	8:51.41 (37.49)	9:24.87 (33.46)			
17 Logan Dybowski	JR Tabor	9:31.98	1		
35.10 (35.10)	1:10.033 (34.94)	1:46.290 (36.257)		2:21.672 (35.382)	
2:57.685 (36.013)	3:35.202 (37.518)	4:12.894 (37.692)		4:52.174 (39.281)	
5:31.659 (39.485)	6:11.089 (39.431)	6:51.163 (40.074)		7:31.751 (40.589)	
8:12.991 (41.240)	8:52.895 (39.905)	9:31.971 (39.076)			
18 Kaden Cooley	JR St. Mary (Kan.)	9:53.58	2		
36.92 (36.92)	1:11.79 (34.87)	1:47.82 (36.03)		2:24.51 (36.69)	
3:01.96 (37.45)	3:39.55 (37.59)	4:19.36 (39.81)		5:01.00 (41.64)	
5:42.33 (41.33)	6:22.22 (39.89)	6:59.71 (37.49)		7:45.01 (45.30)	
8:28.66 (43.65)	9:12.09 (43.43)	9:53.56 (41.47)			
19 Hayden Basler	FR Friends	9:56.00	1		
36.59 (36.59)	1:12.64 (36.05)	1:51.13 (38.49)		2:29.20 (38.07)	
3:06.56 (37.36)	3:44.71 (38.15)	4:24.02 (39.31)		5:05.05 (41.03)	
5:47.04 (41.99)	6:29.54 (42.50)	7:11.89 (42.35)		7:54.16 (42.27)	
8:36.62 (42.46)	9:18.67 (42.05)	9:55.66 (36.99)			
20 Cisco Alvarez	JR Kansas Wesleyan	10:05.34	1		
36.82 (36.82)	1:13.50 (36.68)	1:51.08 (37.58)		2:28.08 (37.00)	
3:04.82 (36.74)	3:41.86 (37.04)	4:19.40 (37.54)		4:58.43 (39.03)	
5:38.92 (40.49)	6:21.97 (43.05)	7:06.15 (44.18)		7:49.76 (43.61)	
8:34.16 (44.40)	9:19.54 (45.38)	9:19.568 (0.04)			
21 Reagan Thai	JR McPherson	10:08.48	1		
36.33 (36.33)	1:11.86 (35.53)	1:51.49 (39.63)		2:29.12 (37.63)	
3:08.62 (39.50)	3:47.45 (38.83)	4:28.15 (40.70)		5:09.93 (41.78)	
5:53.00 (43.07)	6:34.87 (41.87)	7:17.48 (42.61)		8:01.03 (43.55)	
8:43.41 (42.38)	9:26.64 (43.23)	10:07.05 (40.41)			

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men 3000 Meter Run**

22 Jamell Sanchez	SO Southwestern (Kan.)	10:29.69	1		
36.96 (36.96)	1:13.88 (36.92)	1:53.04 (39.16)		2:33.65 (40.61)	
3:15.24 (41.59)	3:57.45 (42.21)	4:40.10 (42.65)		5:23.19 (43.09)	
6:06.48 (43.29)	6:49.88 (43.40)	7:33.56 (43.68)		8:16.92 (43.36)	
9:01.40 (44.48)	9:46.11 (44.71)	10:29.37 (43.26)			
-- Austin Hess	JR Kansas Wesleyan		DNS	2	
-- Marcus Fiedler	FR Bethel (Kan.)		DNS	1	

**Men 5000 Meter Run**

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Meet Record: # 14:39.50 2/14/2021 Luke Skinner, St. Mary (Ka

A Standard: A 14:48.00

B Standard: B 14:56.00

Name	Year School	Finals	H#		
1 Ryan Stade	SO Tabor	14:53.72B	2		
35.22 (35.22)	1:10.83 (35.61)	1:46.40 (35.57)		2:22.26 (35.86)	
2:58.29 (36.03)	3:34.37 (36.08)	4:10.69 (36.32)		4:47.27 (36.58)	
5:24.01 (36.74)	6:00.43 (36.42)	6:35.44 (35.01)		7:10.95 (35.51)	
7:47.14 (36.19)	8:23.29 (36.15)	8:59.35 (36.06)		9:35.98 (36.63)	
10:12.26 (36.28)	10:48.11 (35.85)	11:24.16 (36.05)		12:00.09 (35.93)	
12:36.28 (36.19)	13:11.79 (35.51)	13:47.42 (35.63)		14:22.05 (34.63)	
14:53.50 (31.45)					
2 Ryan Heline	JR St. Mary (Kan.)	15:07.14	2		
36.00 (36.00)	1:11.63 (35.63)	1:46.45 (34.82)		2:22.25 (35.80)	
2:58.51 (36.26)	3:34.32 (35.81)	4:10.96 (36.64)		4:47.49 (36.53)	
5:24.26 (36.77)	6:01.45 (37.19)	6:37.48 (36.03)		7:12.70 (35.22)	
7:48.28 (35.58)	8:24.21 (35.93)	9:00.20 (35.99)		9:36.39 (36.19)	
10:12.32 (35.93)	10:48.56 (36.24)	11:24.87 (36.31)		12:01.93 (37.06)	
12:39.56 (37.63)	13:17.75 (38.19)	13:56.42 (38.67)		14:33.22 (36.80)	
15:07.01 (33.79)					
3 Damion Jackson	FR Kansas Wesleyan	15:08.31	2		
35.62 (35.62)	1:10.53 (34.91)	1:46.19 (35.66)		2:22.18 (35.99)	
2:58.13 (35.95)	3:34.38 (36.25)	4:10.53 (36.15)		4:46.83 (36.30)	
5:23.63 (36.80)	6:00.83 (37.20)	6:36.35 (35.52)		7:12.99 (36.64)	
7:49.65 (36.66)	8:26.05 (36.40)	9:02.91 (36.86)		9:39.51 (36.60)	
10:16.91 (37.40)	10:53.98 (37.07)	11:31.37 (37.39)		12:09.34 (37.97)	
12:46.63 (37.29)	13:23.87 (37.24)	14:00.11 (36.24)		14:35.88 (35.77)	
15:07.94 (32.06)					
4 Brig Merritt	SR St. Mary (Kan.)	15:14.47	2		
35.78 (35.78)	1:11.30 (35.52)	1:46.83 (35.53)		2:22.56 (35.73)	
2:58.51 (35.95)	3:34.66 (36.15)	4:10.77 (36.11)		4:47.22 (36.45)	
5:24.04 (36.82)	6:01.08 (37.04)	6:37.47 (36.39)		7:13.47 (36.00)	
7:49.94 (36.47)	8:26.91 (36.97)	9:03.44 (36.53)		9:39.38 (35.94)	
10:16.42 (37.04)	10:54.54 (38.12)	11:32.20 (37.66)		12:10.44 (38.24)	
12:49.33 (38.89)	13:27.11 (37.78)	14:04.52 (37.41)		14:41.44 (36.92)	
15:14.28 (32.84)					
5 Daniel Pantoja	FR St. Mary (Kan.)	15:19.48	2		
36.02 (36.02)	1:11.80 (35.78)	1:47.13 (35.33)		2:22.31 (35.18)	
2:58.77 (36.46)	3:35.00 (36.23)	4:11.24 (36.24)		4:47.70 (36.46)	
5:24.15 (36.45)	6:01.69 (37.54)	6:37.86 (36.17)		7:13.35 (35.49)	
7:50.17 (36.82)	8:26.62 (36.45)	9:03.57 (36.95)		9:40.04 (36.47)	
10:15.25 (35.21)	10:53.60 (38.35)	11:31.35 (37.75)		12:10.03 (38.68)	
12:48.55 (38.52)	13:27.42 (38.87)	14:05.68 (38.26)		14:42.16 (36.48)	
15:18.74 (36.58)					

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men 5000 Meter Run**

6	Dominick Beine	JR St. Mary (Kan.)	15:24.55	2			
	35.08 (35.08)	1:10.51 (35.43)	1:46.28 (35.77)		2:21.96 (35.68)		
	2:57.87 (35.91)	3:33.97 (36.10)	4:10.30 (36.33)		4:46.72 (36.42)		
	5:23.50 (36.78)	6:00.72 (37.22)	6:37.23 (36.51)		7:13.51 (36.28)		
	7:49.56 (36.05)	8:26.48 (36.92)	9:03.03 (36.55)		9:39.87 (36.84)		
	10:17.22 (37.35)	10:54.44 (37.22)	11:31.87 (37.43)		12:10.25 (38.38)		
	12:49.27 (39.02)	13:28.50 (39.23)	14:07.84 (39.34)		14:47.09 (39.25)		
	15:24.40 (37.31)						
7	Dawson Adams	JR St. Mary (Kan.)	15:36.22	2			
	36.08 (36.08)	1:11.909 (35.84)	1:47.413 (35.504)		2:23.06 (35.65)		
	2:58.896 (35.85)	3:35.005 (36.109)	4:11.23 (36.22)		4:47.73 (36.50)		
	5:24.28 (36.55)	6:01.85 (37.57)	6:38.029 (36.19)		7:13.87 (35.84)		
	7:50.15 (36.28)	9:04.436 (1:14.30)	9:41.751 (37.315)		10:20.271 (38.520)		
	10:58.919 (38.648)	11:38.409 (39.490)	12:18.673 (40.264)		12:59.066 (40.393)		
	13:38.863 (39.797)	14:18.531 (39.668)	15:36.213 (1:17.682)				
8	Shane Calvin	JR Kansas Wesleyan	15:41.20	2			
	37.32 (37.32)	1:13.16 (35.84)	1:49.32 (36.16)		2:26.01 (36.69)		
	3:02.57 (36.56)	3:38.39 (35.82)	4:14.39 (36.00)		4:50.70 (36.31)		
	5:27.68 (36.98)	6:04.99 (37.31)	6:42.81 (37.82)		7:21.05 (38.24)		
	8:00.46 (39.41)	8:39.04 (38.58)	9:17.83 (38.79)		9:57.06 (39.23)		
	10:36.54 (39.48)	11:14.46 (37.92)	11:52.71 (38.25)		12:31.55 (38.84)		
	13:10.22 (38.67)	13:49.42 (39.20)	14:27.96 (38.54)		15:05.57 (37.61)		
	15:41.03 (35.46)						
9	Matthew Veloz	JR Tabor	15:52.79	2			
	37.75 (37.75)	1:13.58 (35.83)	1:49.77 (36.19)		2:26.21 (36.44)		
	3:02.74 (36.53)	3:39.32 (36.58)	4:16.24 (36.92)		4:53.59 (37.35)		
	5:31.35 (37.76)	6:09.83 (38.48)	6:48.56 (38.73)		7:26.69 (38.13)		
	8:05.59 (38.90)	8:44.17 (38.58)	9:23.17 (39.00)		10:02.38 (39.21)		
	10:41.86 (39.48)	11:20.61 (38.75)	12:00.45 (39.84)		12:40.16 (39.71)		
	13:19.97 (39.81)	13:59.22 (39.25)	14:38.25 (39.03)		15:17.04 (38.79)		
	15:52.59 (35.55)						
10	Azariah Gonzales	FR McPherson	15:52.80	1			
	37.71 (37.71)	1:16.68 (38.97)	1:55.57 (38.89)		2:32.01 (36.44)		
	3:09.50 (37.49)	3:47.00 (37.50)	4:23.70 (36.70)		5:01.34 (37.64)		
	5:39.28 (37.94)	6:16.87 (37.59)	6:54.33 (37.46)		7:32.18 (37.85)		
	8:10.57 (38.39)	8:49.42 (38.85)	9:27.75 (38.33)		10:06.38 (38.63)		
	10:45.21 (38.83)	11:23.90 (38.69)	12:02.53 (38.63)		12:41.19 (38.66)		
	13:20.56 (39.37)	14:00.39 (39.83)	14:38.64 (38.25)		15:17.32 (38.68)		
	15:52.64 (35.32)						
11	Kenneth Howell	FR St. Mary (Kan.)	15:55.60	2			
	37.84 (37.84)	1:13.42 (35.58)	1:48.83 (35.41)		2:25.57 (36.74)		
	3:01.98 (36.41)	3:37.93 (35.95)	4:14.07 (36.14)		4:50.39 (36.32)		
	5:27.41 (37.02)	6:04.68 (37.27)	6:42.58 (37.90)		7:20.86 (38.28)		
	8:00.20 (39.34)	8:39.45 (39.25)	9:19.42 (39.97)		10:00.18 (40.76)		
	10:40.65 (40.47)	11:20.48 (39.83)	12:00.46 (39.98)		12:40.19 (39.73)		
	13:20.82 (40.63)	14:01.54 (40.72)	14:42.12 (40.58)		15:19.93 (37.81)		
	15:55.46 (35.53)						
12	Caleb Gamble	FR Evangel	16:10.29	1			
	38.68 (38.68)	1:18.13 (39.45)	1:55.84 (37.71)		2:33.27 (37.43)		
	3:10.19 (36.92)	3:47.62 (37.43)	4:25.46 (37.84)		5:02.55 (37.09)		
	5:41.09 (38.54)	6:20.43 (39.34)	7:00.64 (40.21)		7:40.28 (39.64)		
	8:20.50 (40.22)	8:59.42 (38.92)	9:39.14 (39.72)		10:20.00 (40.86)		
	10:59.61 (39.61)	11:38.66 (39.05)	12:19.34 (40.68)		12:58.61 (39.27)		
	13:37.62 (39.01)	14:18.41 (40.79)	14:58.08 (39.67)		15:35.38 (37.30)		
	16:09.55 (34.17)						

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****...Men 5000 Meter Run**

13 Jorge Perez	FR St. Mary (Kan.)	16:11.67	2		
36.80 (36.80)	1:12.78 (35.98)	1:48.94 (36.16)		2:25.41 (36.47)	
3:02.06 (36.65)	3:38.47 (36.41)	4:14.71 (36.24)		4:51.16 (36.45)	
5:28.34 (37.18)	6:05.62 (37.28)	6:43.36 (37.74)		7:21.49 (38.13)	
8:00.37 (38.88)	8:38.69 (38.32)	9:17.42 (38.73)		9:56.69 (39.27)	
10:36.04 (39.35)	11:16.01 (39.97)	11:57.04 (41.03)		12:38.28 (41.24)	
13:20.37 (42.09)	14:03.61 (43.24)	14:47.41 (43.80)		15:30.54 (43.13)	
16:11.46 (40.92)					
14 Cisco Alvarez	JR Kansas Wesleyan	16:24.59	1		
37.93 (37.93)	1:16.52 (38.59)	1:54.10 (37.58)		2:31.19 (37.09)	
3:08.74 (37.55)	3:46.17 (37.43)	4:23.32 (37.15)		5:01.10 (37.78)	
5:38.97 (37.87)	6:16.90 (37.93)	6:54.50 (37.60)		7:32.65 (38.15)	
8:10.64 (37.99)	8:50.71 (40.07)	9:30.36 (39.65)		10:10.41 (40.05)	
10:51.19 (40.78)	11:32.26 (41.07)	12:13.51 (41.25)		12:54.74 (41.23)	
13:36.81 (42.07)	14:19.19 (42.38)	15:01.33 (42.14)		15:43.32 (41.99)	
16:24.33 (41.01)					
15 Kaiden McCormick	SO Evangel	16:27.96	1		
39.37 (39.37)	1:17.83 (38.46)	1:56.52 (38.69)		2:34.71 (38.19)	
3:13.02 (38.31)	3:51.27 (38.25)	4:29.64 (38.37)		5:08.27 (38.63)	
5:46.70 (38.43)	6:25.80 (39.10)	7:04.07 (38.27)		7:43.56 (39.49)	
8:20.91 (37.35)	8:59.65 (38.74)	9:39.35 (39.70)		10:20.03 (40.68)	
11:00.81 (40.78)	11:40.55 (39.74)	12:21.60 (41.05)		13:03.07 (41.47)	
13:44.30 (41.23)	14:25.81 (41.51)	15:07.95 (42.14)		15:48.62 (40.67)	
16:27.93 (39.31)					
16 Graham Miller	JR Evangel	16:33.17	1		
36.97 (36.97)	1:15.81 (38.84)	1:55.16 (39.35)		2:32.40 (37.24)	
3:10.25 (37.85)	3:47.53 (37.28)	4:25.24 (37.71)		5:03.49 (38.25)	
5:42.27 (38.78)	6:21.27 (39.00)	7:00.84 (39.57)		7:40.92 (40.08)	
8:21.00 (40.08)	9:02.31 (41.31)	9:44.71 (42.40)		10:25.83 (41.12)	
11:07.12 (41.29)	11:47.86 (40.74)	12:30.00 (42.14)		13:11.98 (41.98)	
13:53.28 (41.30)	14:35.07 (41.79)	15:18.01 (42.94)		15:56.31 (38.30)	
16:33.19 (36.88)					
17 Brayden Marcotte	FR St. Mary (Kan.)	16:36.82	1		
38.21 (38.21)	1:17.12 (38.91)	1:55.016 (37.91)		2:31.736 (36.721)	
3:09.153 (37.417)	3:47.359 (38.206)	3:47.44 (0.08)		4:25.030 (37.60)	
5:04.218 (39.188)	5:42.72 (38.50)	6:21.809 (39.10)		7:01.521 (39.712)	
8:21.985 (1:20.464)	9:03.091 (41.106)	9:43.735 (40.644)		10:25.597 (41.862)	
11:07.710 (42.113)	11:49.378 (41.668)	13:13.101 (1:23.723)		13:55.566 (42.465)	
14:37.339 (41.773)	15:19.742 (42.403)	15:59.208 (39.466)		16:36.816 (37.608)	
19:16.65 (2:39.83)					
18 Jerah Schmidt	SR Tabor	16:52.32	1		
38.34 (38.34)	1:16.93 (38.59)	1:55.24 (38.31)		2:32.35 (37.11)	
3:09.64 (37.29)	3:47.32 (37.68)	4:25.33 (38.01)		5:04.37 (39.04)	
5:42.79 (38.42)	6:22.66 (39.87)	7:04.13 (41.47)		7:46.07 (41.94)	
8:28.46 (42.39)	9:10.63 (42.17)	9:52.97 (42.34)		10:35.63 (42.66)	
11:18.35 (42.72)	12:01.07 (42.72)	12:43.30 (42.23)		13:25.98 (42.68)	
14:08.28 (42.30)	14:49.95 (41.67)	15:31.40 (41.45)		16:12.83 (41.43)	
16:51.92 (39.09)					

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men 5000 Meter Run**

19 Logan Dybowski	JR Tabor	16:52.90	2		
37.51 (37.51)	1:13.83 (36.32)	1:49.37 (35.54)		2:26.03 (36.66)	
3:02.26 (36.23)	3:38.69 (36.43)	4:15.04 (36.35)		4:51.98 (36.94)	
5:30.65 (38.67)	6:10.08 (39.43)	6:50.42 (40.34)		7:32.41 (41.99)	
8:15.80 (43.39)	8:58.84 (43.04)	9:41.55 (42.71)		10:23.78 (42.23)	
11:06.75 (42.97)	11:49.29 (42.54)	12:32.38 (43.09)		13:16.14 (43.76)	
14:01.85 (45.71)	14:45.87 (44.02)	15:30.69 (44.82)		16:11.92 (41.23)	
16:52.55 (40.63)					
20 Marcus Fiedler	FR Bethel (Kan.)	17:11.68	1		
38.22 (38.22)	1:17.62 (39.40)	1:56.09 (38.47)		2:34.72 (38.63)	
3:13.20 (38.48)	3:51.20 (38.00)	4:29.63 (38.43)		5:08.41 (38.78)	
5:46.84 (38.43)	6:26.15 (39.31)	7:06.75 (40.60)		7:49.24 (42.49)	
8:32.39 (43.15)	9:16.34 (43.95)	10:00.58 (44.24)		10:45.84 (45.26)	
11:29.54 (43.70)	12:12.90 (43.36)	12:54.89 (41.99)		13:37.69 (42.80)	
14:22.78 (45.09)	15:07.58 (44.80)	15:51.46 (43.88)		16:34.84 (43.38)	
17:11.57 (36.73)					
21 Ryan Villarreal	SR Tabor	17:17.37	1		
38.32 (38.32)	1:17.23 (38.91)	1:55.52 (38.29)		2:34.14 (38.62)	
3:11.97 (37.83)	3:51.33 (39.36)	4:30.73 (39.40)		5:11.02 (40.29)	
5:53.27 (42.25)	6:36.55 (43.28)	7:19.96 (43.41)		8:03.02 (43.06)	
8:45.91 (42.89)	9:28.84 (42.93)	10:11.67 (42.83)		10:54.65 (42.98)	
11:38.47 (43.82)	12:21.40 (42.93)	13:03.90 (42.50)		13:47.44 (43.54)	
14:30.65 (43.21)	15:13.74 (43.09)	15:56.58 (42.84)		16:37.30 (40.72)	
17:16.74 (39.44)					
22 Matthew Fleck	JR Bethel (Kan.)	17:27.43	1		
38.56 (38.56)	1:17.58 (39.02)	1:57.70 (40.12)		2:36.67 (38.97)	
3:16.31 (39.64)	3:57.11 (40.80)	4:38.28 (41.17)		5:20.37 (42.09)	
6:02.52 (42.15)	6:44.45 (41.93)	7:27.84 (43.39)		8:11.00 (43.16)	
8:54.42 (43.42)	9:37.00 (42.58)	10:22.09 (45.09)		11:04.34 (42.25)	
11:47.79 (43.45)	12:30.75 (42.96)	13:15.90 (45.15)		13:59.64 (43.74)	
14:44.50 (44.86)	15:28.47 (43.97)	16:11.57 (43.10)		16:52.21 (40.64)	
17:27.13 (34.92)					
23 Robbie Crager	JR Bethel (Kan.)	17:27.73	1		
39.20 (39.20)	1:18.38 (39.18)	1:56.94 (38.56)		2:35.53 (38.59)	
3:15.04 (39.51)	3:54.30 (39.26)	4:34.27 (39.97)		5:15.32 (41.05)	
5:57.13 (41.81)	6:38.98 (41.85)	7:21.28 (42.30)		8:04.36 (43.08)	
8:47.37 (43.01)	9:30.70 (43.33)	10:14.32 (43.62)		10:59.11 (44.79)	
11:42.55 (43.44)	12:26.63 (44.08)	13:10.65 (44.02)		13:54.23 (43.58)	
14:37.64 (43.41)	15:21.26 (43.62)	16:03.79 (42.53)		16:46.24 (42.45)	
17:27.73 (41.49)					
24 Jacob Baer	SR Southwestern (Kan.)	17:33.75	1		
36.65 (36.65)	1:13.97 (37.32)	1:54.04 (40.07)		2:32.35 (38.31)	
3:12.98 (40.63)	3:53.12 (40.14)	4:33.65 (40.53)		5:15.31 (41.66)	
5:55.58 (40.27)	6:37.97 (42.39)	7:20.75 (42.78)		8:04.24 (43.49)	
8:48.10 (43.86)	9:30.85 (42.75)	10:14.09 (43.24)		10:58.65 (44.56)	
11:43.17 (44.52)	12:28.47 (45.30)	13:13.56 (45.09)		13:59.33 (45.77)	
14:44.48 (45.15)	15:29.79 (45.31)	16:13.18 (43.39)		16:55.92 (42.74)	
17:32.67 (36.75)					

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men 5000 Meter Run**

25 Reagan Thai	JR McPherson	18:44.52	1
38.86 (38.86)	1:17.61 (38.75)	1:57.19 (39.58)	2:35.95 (38.76)
3:15.26 (39.31)	3:55.32 (40.06)	4:35.49 (40.17)	5:17.17 (41.68)
5:59.13 (41.96)	6:41.39 (42.26)	7:24.28 (42.89)	8:07.16 (42.88)
8:50.55 (43.39)	9:34.28 (43.73)	10:19.58 (45.30)	11:04.60 (45.02)
11:49.06 (44.46)	12:34.68 (45.62)	13:20.06 (45.38)	14:05.59 (45.53)
14:50.84 (45.25)	15:36.96 (46.12)	16:23.00 (46.04)	17:09.85 (46.85)
17:57.38 (47.53)			
-- Austin Hess	JR Kansas Wesleyan	DNS	2

**Men 60 Meter Hurdles**

=====  
 Meet Record: # 8.03 2/10/2022 Marcquiece Cade, Friends  
 A Standard: A 8.21  
 B Standard: B 8.33

Name	Year School	Prelims	H#
=====			
Preliminaries			
1 Kayron Johnson	SR Ottawa	A 8.18q	2
8.171 (8.171)			
2 Carter Giittinger	FR Friends	8.53q	1
8.523 (8.523)			
3 Elijah Cole	JR St. Mary (Kan.)	8.71q	2
8.705 (8.705)			
4 Benjamin Ipock	FR Evangel	8.77q	1
8.766 (8.766)			
5 Jarod Belden	SR York (Neb.)	8.98q	1
8.978 (8.978)			
6 Devin Tipton	FR St. Mary (Kan.)	9.06q	2
9.052 (9.052)			
7 Jason Brazell	FR Friends	9.10q	2
9.096 (9.096)			
8 Braeden Harris	FR Friends	9.18q	2
9.171 (9.171)			
9 Xavier Garza	FR Ottawa	9.25	2
9.246 (9.246)			
10 Caleb Wehrman	FR Tabor	9.27	1
9.261 (9.261)			
11 Trevor Brokar	FR Tabor	10.29	1
10.289 (10.289)			
12 Kennard Issac	SR Ottawa	10.54	2
10.533 (10.533)			
-- Cedric Wilson	FR Sterling	DQ	1 Rule 7.6.2.D
10.750 (10.750)			

**Men 60 Meter Hurdles**

=====  
 Meet Record: # 8.03 2/10/2022 Marcquiece Cade, Friends  
 A Standard: A 8.21  
 B Standard: B 8.33

Name	Year School	Finals
=====		
Finals		
1 Kayron Johnson	SR Ottawa	8.12A
8.117 (8.117)		



**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men 60 Meter Hurdles**

2 Carter Giittinger	FR Friends	8.63
8.626 (8.626)		
3 Elijah Cole	JR St. Mary (Kan.)	8.67
8.662 (8.662)		
4 Devin Tipton	FR St. Mary (Kan.)	8.83
8.829 (8.829)		
5 Jarod Belden	SR York (Neb.)	8.89
8.889 (8.889)		
6 Jason Brazell	FR Friends	8.90
8.900 (8.900)		
7 Benjamin Ipock	FR Evangel	9.02
9.019 (9.019)		
8 Braeden Harris	FR Friends	9.18
9.173 (9.173)		

**Men 4x400 Meter Relay**

=====

Meet Record: # 3:20.79 2/22/2020 McPherson, McPherson

A Standard: A 3:17.83

B Standard: B 3:19.31

School

Finals H#

1 Friends		3:25.96	2
1) Chad Payne FR	2) Dectrick Edwards JR		
3) Malachi Sanders FR	4) Isaiah Sanders FR		
23.68 (23.68)	52.76 (29.08)	1:15.56 (22.80)	1:42.41 (26.85)
2:05.79 (23.38)	2:34.32 (28.53)	2:58.19 (23.87)	3:25.31 (27.12)
2 Evangel		3:28.53	1
1) Ethan Smith FR	2) Tyler White JR		
3) Campbell Nichols JR	4) Ethan Montgomery SO		
23.68 (23.68)	52.09 (28.41)	1:16.28 (24.19)	1:45.64 (29.36)
2:09.75 (24.11)	2:35.67 (25.92)	2:59.86 (24.19)	3:27.29 (27.43)
3 York (Neb.)		3:29.82	1
1) Anthony Hodson JR	2) Jaden Beske SO		
3) Andrew Heinrichs JR	4) Jarod Belden SR		
23.35 (23.35)	50.91 (27.56)	1:15.30 (24.39)	1:45.16 (29.86)
2:09.09 (23.93)	2:36.07 (26.98)	3:01.13 (25.06)	3:28.38 (27.25)
4 Bethany (Kan.)		3:29.94	2
1) Calvin Range SR	2) Inioluwa Ojo SR		
3) Gavin Silva FR	4) Jackson Montei-Wallace SO		
23.86 (23.86)	52.99 (29.13)	1:14.48 (21.49)	1:43.55 (29.07)
2:07.46 (23.91)	2:36.27 (28.81)	3:01.04 (24.77)	3:28.99 (27.95)
5 Bethel (Kan.)		3:32.17	1
1) Simon Hodge SO	2) Fabian Talavera FR		
3) Tobin Wise JR	4) Isaiah Bartel JR		
23.04 (23.04)	52.93 (29.89)	1:17.54 (24.61)	1:45.08 (27.54)
2:11.33 (26.25)	2:38.57 (27.24)	3:03.16 (24.59)	3:30.48 (27.32)
6 Tabor		3:33.24	2
1) Taegen Gallagher FR	2) Nick Montoya SR		
3) Vance Shewey JR	4) Brandon Geyer JR		
24.90 (24.90)	52.23 (27.33)	1:17.33 (25.10)	1:45.17 (27.84)
2:08.39 (23.22)	2:39.24 (30.85)	3:03.41 (24.17)	3:32.03 (28.62)
7 Ottawa		3:33.26	2

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men 4x400 Meter Relay**

1) Athens Fawkes FR	2) Jahkoby Franklin JR			
3) Kayron Johnson SR	4) Domic Atkinstall FR			
23.43 (23.43)	51.68 (28.25)	1:15.39 (23.71)	1:44.45 (29.06)	
2:08.01 (23.56)	2:40.83 (32.82)	3:04.97 (24.14)	3:32.80 (27.83)	
8 St. Mary (Kan.)		3:34.04	2	
1) Samson Shukuru JR	2) Robert Huebert SR			
3) Elijah Cole JR	4) Wlices Ramos JR			
24.96 (24.96)	51.49 (26.53)	1:15.65 (24.16)	1:43.71 (28.06)	
2:06.87 (23.16)	2:41.64 (34.77)	3:06.08 (24.44)	3:32.91 (26.83)	
9 Kansas Wesleyan		3:34.93	2	
1) Zamari Burrell FR	2) Riley Garcia SO			
3) Nicolas Martinez SO	4) Ty Davidson JR			
25.56 (25.56)	53.41 (27.85)	1:18.63 (25.22)	1:47.60 (28.97)	
2:13.39 (25.79)	2:42.00 (28.61)	3:06.35 (24.35)	3:32.81 (26.46)	
10 Southwestern (Kan.)		3:37.98	1	
1) Tegun Tews FR	2) Kyle Richardson SO			
3) Andrez Ramirez JR	4) Kiare Worthy SR			
23.85 (23.85)	53.63 (29.78)	1:18.23 (24.60)	1:46.91 (28.68)	
2:12.69 (25.78)	2:42.95 (30.26)	3:08.06 (25.11)	3:36.84 (28.78)	
11 McPherson		3:37.99	1	
1) Christian Aikens SO	2) Tyler Rewerts FR			
3) Philip Swank JR	4) Austin Glezen SO			
23.32 (23.32)	51.85 (28.53)	1:15.83 (23.98)	1:44.00 (28.17)	
2:10.33 (26.33)	2:41.11 (30.78)	3:08.17 (27.06)	3:36.64 (28.47)	

**Men 4x800 Meter Relay**

Meet Record: # 7:49.50	2015	Friends, Friends		
A Standard: A 7:48.00				
B Standard: B 7:51.00				
School		Finals		
1 Kansas Wesleyan		7:46.38A		
1) Ty Davidson JR	2) Wyatt Johnson FR			
3) Julian Avila JR	4) Carter Huyser SR			
27.85 (27.85)	57.46 (29.61)	1:27.76 (30.30)	1:57.61 (29.85)	
2:25.05 (27.44)	2:54.90 (29.85)	3:24.17 (29.27)	3:56.36 (32.19)	
4:23.58 (27.22)	4:52.91 (29.33)	5:21.24 (28.33)	5:51.24 (30.00)	
6:18.32 (27.08)	6:47.11 (28.79)	7:18.62 (31.51)	7:44.73 (26.11)	
2 St. Mary (Kan.)		7:47.77A		
1) Robert Huebert SR	2) Jonah Godina FR			
3) Luis Perez SO	4) Liam Neidig JR			
25.94 (25.94)	55.72 (29.78)	1:26.91 (31.19)	1:58.26 (31.35)	
2:24.50 (26.24)	2:55.52 (31.02)	3:26.12 (30.60)	3:56.35 (30.23)	
4:22.60 (26.25)	4:51.64 (29.04)	5:19.38 (27.74)	5:50.06 (30.68)	
6:16.35 (26.29)	6:46.38 (30.03)	7:16.39 (30.01)	7:46.08 (29.69)	
3 Bethel (Kan.)		8:01.48		
1) Tobin Wise JR	2) Braden Esau FR			
3) Isaiah Bartel JR	4) Luke Schmidt JR			
28.18 (28.18)	57.49 (29.31)	1:28.02 (30.53)	1:58.94 (30.92)	
2:25.95 (27.01)	2:56.96 (31.01)	3:27.53 (30.57)	4:01.36 (33.83)	
4:26.64 (25.28)	4:55.22 (28.58)	5:27.15 (31.93)	5:59.53 (32.38)	
6:25.16 (25.63)	6:55.45 (30.29)	7:27.69 (32.24)	7:58.88 (31.19)	

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024**

**College of Saint Mary**

**Results**

**....Men 4x800 Meter Relay**

4 Friends					8:03.13
1) Alexander Lopez JR	2) Spencer Hines FR				
3) Jace Douglas FR	4) Malachi Sanders FR				
28.77 (28.77)	58.79 (30.02)	1:28.20 (29.41)	2:00.68 (32.48)		
2:27.55 (26.87)	2:56.59 (29.04)	3:28.41 (31.82)	4:01.65 (33.24)		
4:27.88 (26.23)	4:57.60 (29.72)	5:29.78 (32.18)	6:03.98 (34.20)		
6:30.05 (26.07)	6:58.57 (28.52)	7:29.78 (31.21)	8:01.19 (31.41)		
5 Evangel					8:03.16
1) Ethan Montgomery SO	2) Isaiah Flores JR				
3) Ethan Smith FR	4) Campbell Nichols JR				
29.18 (29.18)	58.39 (29.21)	1:28.99 (30.60)	1:58.30 (29.31)		
2:27.34 (29.04)	2:57.45 (30.11)	3:29.02 (31.57)	4:02.43 (33.41)		
4:32.39 (29.96)	5:02.56 (30.17)	5:34.37 (31.81)	6:06.40 (32.03)		
6:32.32 (25.92)	7:01.34 (29.02)	7:31.33 (29.99)	8:01.04 (29.71)		
6 Tabor					8:19.12
1) Brandon Geyer JR	2) Darren Klukas FR				
3) Nicholas Green JR	4) Dillon Callaway JR				
27.83 (27.83)	57.29 (29.46)	1:30.44 (33.15)	2:05.83 (35.39)		
2:33.71 (27.88)	3:02.88 (29.17)	3:35.05 (32.17)	4:08.41 (33.36)		
4:35.05 (26.64)	5:05.49 (30.44)	5:38.41 (32.92)	6:11.95 (33.54)		
6:38.50 (26.55)	7:09.31 (30.81)	7:41.83 (32.52)	8:18.07 (36.24)		
7 Bethany (Kan.)					8:42.13
1) Tristen Dye FR	2) Kelton Kern SO				
3) Christopher Yoder SR	4) Jackson Montei-Wallace SO				
28.27 (28.27)	58.46 (30.19)	1:29.84 (31.38)	2:04.39 (34.55)		
2:33.00 (28.61)	3:04.61 (31.61)	3:37.73 (33.12)	4:15.48 (37.75)		
4:46.97 (31.49)	5:19.27 (32.30)	5:55.58 (36.31)	6:35.69 (40.11)		
7:02.73 (27.04)	7:34.00 (31.27)	8:06.25 (32.25)	8:40.30 (34.05)		
8 McPherson					8:43.86
1) Cody Kuss SO	2) Austin Glezen SO				
3) Isaac Hale JR	4) Parker Roberts JR				
29.18 (29.18)	59.80 (30.62)	1:32.48 (32.68)	2:03.74 (31.26)		
2:32.63 (28.89)	3:04.98 (32.35)	3:39.37 (34.39)	4:11.83 (32.46)		
4:42.56 (30.73)	5:17.26 (34.70)	5:53.25 (35.99)	6:27.59 (34.34)		
7:01.54 (33.95)	7:35.26 (33.72)	8:10.04 (34.78)	8:42.43 (32.39)		
9 Ottawa					9:19.07
1) Chase Hight FR	2) Miles Minson FR				
3) Brayden Moore FR	4) Brendon Fuller FR				
28.90 (28.90)	59.79 (30.89)	1:36.26 (36.47)	2:11.40 (35.14)		
2:44.28 (32.88)	3:18.80 (34.52)	4:01.36 (42.56)	4:43.85 (42.49)		
5:15.97 (32.12)	5:49.13 (33.16)	6:23.28 (34.15)	6:59.56 (36.28)		
7:31.34 (31.78)	8:06.40 (35.06)	8:41.89 (35.49)	9:16.85 (34.96)		

**Men Distance Medley**

=====  
 Meet Record: # 10:31.19 2018 York (Neb.), York  
 L Swenson, K Wynn, C Magner, I Meek

A Standard: A 10:10.00  
 B Standard: B 10:15.00  
 School

Finals

=====

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men Distance Medley**

1 Evangel				10:44.35			
1) Ethan Smith FR	2) Tyler White JR						
3) Isaiah Flores JR	4) Ethan Montgomery SO						
32.30 (32.30)	1:07.21 (34.91)	1:42.57 (35.36)	2:17.61 (35.04)				
2:51.46 (33.85)	3:22.27 (30.81)	3:45.16 (22.89)	4:13.09 (27.93)				
4:40.50 (27.41)	5:11.12 (30.62)	5:42.68 (31.56)	6:19.16 (36.48)				
6:50.28 (31.12)	7:23.83 (33.55)	7:57.77 (33.94)	8:31.97 (34.20)				
9:07.40 (35.43)	9:42.39 (34.99)	10:14.67 (32.28)	10:42.94 (28.27)				
2 Kansas Wesleyan				10:49.30			
1) Ian Doss SO	2) Tytus Reed FR						
3) Triston Cottone FR	4) Giovanni Rios JR						
31.86 (31.86)	1:06.60 (34.74)	1:42.71 (36.11)	2:17.26 (34.55)				
2:50.64 (33.38)	3:20.52 (29.88)	3:45.80 (25.28)	4:14.66 (28.86)				
4:40.94 (26.28)	5:10.70 (29.76)	5:41.51 (30.81)	6:13.25 (31.74)				
6:45.39 (32.14)	7:20.36 (34.97)	7:55.37 (35.01)	8:30.23 (34.86)				
9:05.89 (35.66)	9:40.84 (34.95)	10:15.49 (34.65)	10:48.41 (32.92)				
3 Friends				10:54.21			
1) Jose Ruiz JR	2) Spencer Hines FR						
3) Alexander Lopez JR	4) Elijah Zortman SO						
33.63 (33.63)	1:08.27 (34.64)	1:43.86 (35.59)	2:17.38 (33.52)				
2:50.39 (33.01)	3:21.35 (30.96)	3:45.55 (24.20)	4:13.88 (28.33)				
4:40.95 (27.07)	5:10.18 (29.23)	5:43.29 (33.11)	6:16.39 (33.10)				
6:47.57 (31.18)	7:20.80 (33.23)	7:54.73 (33.93)	8:30.02 (35.29)				
9:06.99 (36.97)	9:43.45 (36.46)	10:18.27 (34.82)	10:53.44 (35.17)				
4 Tabor				11:03.37			
1) Matthew Veloz JR	2) Nicholas Green JR						
3) Darren Klukas FR	4) Jerah Schmidt SR						
33.44 (33.44)	1:08.67 (35.23)	1:44.39 (35.72)	2:18.44 (34.05)				
2:51.97 (33.53)	3:23.17 (31.20)	3:48.21 (25.04)	4:16.58 (28.37)				
4:45.89 (29.31)	5:16.67 (30.78)	5:47.34 (30.67)	6:20.53 (33.19)				
6:51.20 (30.67)	7:24.69 (33.49)	7:59.04 (34.35)	8:34.76 (35.72)				
9:10.69 (35.93)	9:47.31 (36.62)	10:24.88 (37.57)	11:01.53 (36.65)				
5 St. Mary (Kan.)				11:10.39			
1) Parker O'Dell FR	2) Adrian Seeber SO						
3) Austin Howell FR	4) Camden Bachman FR						
33.71 (33.71)	1:08.31 (34.60)	1:43.97 (35.66)	2:18.52 (34.55)				
2:51.48 (32.96)	3:24.46 (32.98)	3:49.09 (24.63)	4:18.43 (29.34)				
4:47.28 (28.85)	5:18.52 (31.24)	5:52.79 (34.27)	6:26.24 (33.45)				
6:57.97 (31.73)	7:32.94 (34.97)	8:09.16 (36.22)	8:46.51 (37.35)				
9:22.72 (36.21)	10:00.33 (37.61)	10:37.16 (36.83)	11:08.30 (31.14)				
6 Bethel (Kan.)				11:44.27			
1) Braden Esau FR	2) Seth Balzer FR						
3) Matthew Fleck JR	4) Robbie Crager JR						
34.45 (34.45)	1:09.25 (34.80)	1:44.61 (35.36)	2:19.60 (34.99)				
2:53.35 (33.75)	3:26.37 (33.02)	3:53.54 (27.17)	4:25.03 (31.49)				
4:56.09 (31.06)	5:29.26 (33.17)	6:06.14 (36.88)	6:41.85 (35.71)				
7:16.38 (34.53)	7:53.97 (37.59)	8:32.92 (38.95)	9:12.72 (39.80)				
9:51.74 (39.02)	10:30.30 (38.56)	11:07.60 (37.30)	11:42.37 (34.77)				
7 McPherson				11:50.54			
1) Cody Kuss SO	2) Austin Glezen SO						
3) Isaac Hale JR	4) Parker Roberts JR						
33.38 (33.38)	1:09.04 (35.66)	1:43.77 (34.73)	2:18.96 (35.19)				
2:55.04 (36.08)	3:30.73 (35.69)	3:58.26 (27.53)	4:27.32 (29.06)				
5:00.00 (32.68)	5:34.98 (34.98)	6:08.58 (33.60)	6:42.86 (34.28)				
7:17.63 (34.77)	7:55.21 (37.58)	8:33.55 (38.34)	9:12.97 (39.42)				
9:53.29 (40.32)	10:32.56 (39.27)	11:12.48 (39.92)	11:48.61 (36.13)				

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024**

**College of Saint Mary**

**Results**

**....Men Distance Medley**

8 Bethany (Kan.)					11:51.08
1) Kelton Kern SO	2) Khyree Marshall SO				
3) David Sawyer JR	4) Tristen Dye FR				
33.60 (33.60)	1:09.34 (35.74)	1:45.31 (35.97)	2:23.60 (38.29)		
3:02.11 (38.51)	3:32.99 (30.88)	3:58.02 (25.03)	4:27.94 (29.92)		
5:00.51 (32.57)	5:36.58 (36.07)	6:13.59 (37.01)	6:48.23 (34.64)		
7:22.28 (34.05)	7:55.96 (33.68)	8:32.23 (36.27)	9:11.19 (38.96)		
9:49.44 (38.25)	10:30.88 (41.44)	11:11.07 (40.19)	11:48.96 (37.89)		
9 Ottawa					12:12.36
1) Brayden Moore FR	2) Xavier Garza FR				
3) Daniel Blount FR	4) Brendon Fuller FR				
33.99 (33.99)	1:09.18 (35.19)	1:44.94 (35.76)	2:22.51 (37.57)		
3:01.73 (39.22)	3:38.02 (36.29)	4:01.63 (23.61)	4:32.06 (30.43)		
5:01.33 (29.27)	5:34.49 (33.16)	6:07.65 (33.16)	6:48.99 (41.34)		
7:21.25 (32.26)	7:57.39 (36.14)	8:35.73 (38.34)	9:16.76 (41.03)		
9:59.06 (42.30)	10:44.43 (45.37)	11:26.95 (42.52)	12:10.61 (43.66)		

**Men High Jump**

=====  
 Meet Record: # 2.11m 2013                      Derrick Toney, McPherson  
 A Standard: A 2.05m  
 B Standard: B 2.02m

Name	Year	School	Finals	
1 Vance Shewey	JR	Tabor	2.15m#	7-00.50
1.74 1.79 1.84 1.89 1.94	1.99 2.02 2.05 2.08	2.12 2.15 2.18		
PPP PPP PPP PPP	XO O XO O XXO	XO XXO XXX		
2 Jacob Gillies	SR	Evangel	2.05mA	6-08.75
1.74 1.79 1.84 1.89 1.94	1.99 2.02 2.05 2.08			
PPP PPP PPP O XO	XO XXO O XXX			
3 Joshua Blakley	FR	Evangel	J2.05mA	6-08.75
1.74 1.79 1.84 1.89 1.94	1.99 2.02 2.05 2.08			
PPP PPP PPP O O	XO XO XO XXX			
4 Hadyn Bieling	JR	Ottawa	J2.05mA	6-08.75
1.74 1.79 1.84 1.89 1.94	1.99 2.02 2.05 2.08			
PPP PPP PPP O O	XO XXO XXO XXX			
5 Tony Kinser	JR	St. Mary (Kan.)	1.99m	6-06.25
1.74 1.79 1.84 1.89 1.94	1.99 2.02			
PPP PPP PPP O XO	XXO XXX			
6 Braxton Baker	FR	Evangel	1.89m	6-02.25
1.74 1.79 1.84 1.89 1.94				
PPP XO O O XXX				
7 Aaron Platt	SR	Friends	J1.89m	6-02.25
1.74 1.79 1.84 1.89 1.94				
PPP XO O XO XXX				
8 Cedric Wilson	FR	Sterling	1.84m	6-00.50
1.74 1.79 1.84 1.89				
PPP O O XXX				
9 Jarod Belden	SR	York (Neb.)	J1.84m	6-00.50
1.74 1.79 1.84 1.89				
XO XO XXO XXX				
10 Elijah Hellwig	FR	Evangel	1.79m	5-10.50
1.74 1.79 1.84				
PPP O XXX				

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024**

**College of Saint Mary**

**Results**

**....Men High Jump**

11 Jaden Beske	SO York (Neb.)	J1.79m	5-10.50
1.74 1.79 1.84			
XXO XXO XXX			
-- Delco Gonzalez	FR Sterling	NH	
1.74			
XXX			
-- DJ Rager-Ridley	FR York (Neb.)	NH	
1.74			
XXX			
-- Chase Hight	FR Ottawa	NH	
1.74			
XXX			
-- Justin Johnston	SO St. Mary (Kan.)	NH	
1.74			
XXX			
-- Daniel Blount	FR Ottawa	NH	
1.74			
XXX			
-- Peyton Kaminski	FR Oklahoma Wesleyan	DNS	
1.74			
DNS			

**Men Pole Vault**

=====  
 Meet Record: # 4.90m 2017 Art Hop, McPherson  
 A Standard: A 4.75m  
 B Standard: B 4.65m

Name	Year School	Finals
1 Austin Hoyt	FR Friends	4.50m 14-09.00
3.30 3.45 3.60 3.75 3.90 4.05 4.20 4.35 4.50		
P P P P P O O O O		
2 Caleb Wehrman	FR Tabor	J4.50m 14-09.00
3.30 3.45 3.60 3.75 3.90 4.05 4.20 4.35 4.50 4.65		
P P P XO XO XXO O O O XXX		
3 Darrian Cox	SO Friends	4.35m 14-03.25
3.30 3.45 3.60 3.75 3.90 4.05 4.20 4.35 4.50		
P P XXO O XOX O O O XXX		
4 Brian Sweney	JR Friends	4.05m 13-03.50
3.30 3.45 3.60 3.75 3.90 4.05 4.20		
P P O O XO XO XXX		
5 Carter Giittinger	FR Friends	J4.05m 13-03.50
3.30 3.45 3.60 3.75 3.90 4.05 4.20		
XXO O O XO XO XO XXX		
6 Juillian Bishop	FR St. Mary (Kan.)	J4.05m 13-03.50
3.30 3.45 3.60 3.75 3.90 4.05 4.20		
P P O O XXO XXO XXX		
7 Jarod Belden	SR York (Neb.)	3.90m 12-09.50
3.30 3.45 3.60 3.75 3.90 4.05		
P P P O O XXX		
8 Jarrett Shives	FR Bethany (Kan.)	J3.90m 12-09.50
3.30 3.45 3.60 3.75 3.90 4.05		
P O XO XO XXO XXX		

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men Pole Vault**

9	Dakota Metzler	FR Bethany (Kan.)	3.60m	11-09.75
	3.30 3.45 3.60 3.75			
	O O O XXX			
10	Justin Johnston	SO St. Mary (Kan.)	J3.60m	11-09.75
	3.30 3.45 3.60 3.75			
	O XO O XXX			
11	Braeden Harris	FR Friends	3.45m	11-03.75
	3.30 3.45 3.60			
	O O XXX			
12	Logan Spradlin	FR Southwestern (Kan.)	J3.45m	11-03.75
	3.30 3.45 3.60			
	O XO XXX			
13	Kenneth Sanders	JR Bethany (Kan.)	J3.45m	11-03.75
	3.30 3.45 3.60			
	XXO XXO XXX			
--	Brayden Moore	FR Ottawa	NH	
	3.30			
	XXX			
--	Daniel Campbell	FR Ottawa	NH	
	3.30 3.45 3.60			
	P P XXX			
--	Alek Tipsword	SO Bethany (Kan.)	NH	
	3.30			
	XXX			

**Men Long Jump**

=====  
 Meet Record: # 7.18m 2/10/2023 Eryk Kyser, Kansas Wesle  
 A Standard: A 7.10m  
 B Standard: B 7.00m

Name	Year	School	Finals	H#
1 Mikkel Tarver	JR	Friends	7.08mB	23-02.75 2
	6.96m	FOUL 7.08m	PASS PASS PASS	
2 Isaiah Sanders	FR	Friends	6.95m	22-09.75 2
	6.88m	FOUL 6.95m	PASS PASS 6.42m	
3 Damon Scott	SO	Friends	6.93m	22-09.00 2
	6.80m	FOUL 6.84m	FOUL 6.93m 6.26m	
4 Vance Shewey	JR	Tabor	6.88m	22-07.00 2
	6.32m	6.71m 6.88m	6.75m 6.74m 6.61m	
5 Kayron Johnson	SR	Ottawa	6.62m	21-08.75 1
	6.62m	FOUL 6.45m	FOUL 6.62m FOUL	
6 Maurice Gray	FR	Sterling	6.60m	21-08.00 2
	6.32m	6.39m 6.48m	6.30m 6.40m 6.60m	
7 Tyler Rewerts	FR	McPherson	6.55m	21-06.00 2
	6.26m	6.26m 6.36m	FOUL PASS 6.55m	
8 Mario Cheatem	SR	Ottawa	6.41m	21-00.50 2
	6.32m	FOUL 6.41m	6.19m 6.36m 6.33m	
9 Donel Jack	JR	St. Mary (Kan.)	6.36m	20-10.50 1
	6.36m	6.21m 6.27m	6.16m 6.32m 6.17m	
10 Inioluwa Ojo	SR	Bethany (Kan.)	6.35m	20-10.00 2
	6.30m	6.35m 5.96m		
11 Chase Hight	FR	Ottawa	6.34m	20-09.75 1
	5.96m	6.06m 6.34m		

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men Long Jump**

12	Daniel Campbell	FR Ottawa	6.33m	20-09.25	2
	5.90m 6.18m 6.33m				
13	Joshua Leazer	SO Evangel	6.32m	20-09.00	2
	5.81m 5.83m 6.32m				
14	Aaron Rice	FR Evangel	6.31m	20-08.50	1
	5.63m FOUL 6.31m				
15	Samson Shukuru	JR St. Mary (Kan.)	6.26m	20-06.50	2
	5.94m 6.26m 6.20m				
16	James Preston	SO Kansas Wesleyan	6.18m	20-03.50	2
	6.18m FOUL 6.08m				
17	Kanyon Yazzie	FR St. Mary (Kan.)	6.14m	20-01.75	1
	6.06m 5.78m 6.14m				
18	Caeleb Roper	FR Bethel (Kan.)	6.12m	20-01.00	1
	5.99m 6.12m 6.03m				
19	Xavier Garza	FR Ottawa	6.07m	19-11.00	1
	5.90m 6.07m 5.84m				
20	DeAndray Rhodes	FR Ottawa	5.96m	19-06.75	1
	5.96m 5.76m FOUL				
21	Philip Swank	JR McPherson	5.88m	19-03.50	1
	5.76m 5.88m FOUL				
22	Justin Johnston	SO St. Mary (Kan.)	5.63m	18-05.75	1
	FOUL 5.63m FOUL				
23	Jamell Toney-Black	FR Southwestern (Kan.)	5.54m	18-02.25	2
	5.54m FOUL FOUL				
24	Delco Gonzalez	FR Sterling	5.50m	18-00.50	1
	5.43m 5.50m 5.25m				
25	Peyton Kaminski	FR Oklahoma Wesleyan	4.68m	15-04.25	1
	4.68m 4.61m FOUL				
--	Jack Titgemeyer	FR Southwestern (Kan.)	FOUL		1
	FOUL FOUL FOUL				
--	Jahkoby Franklin	JR Ottawa	FOUL		1
	FOUL FOUL FOUL				
--	Ali Cannon	SR Tabor	DNS		2

**Men Triple Jump**

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 Meet Record: # 14.39m 2/11/2022 Chiante Stewart, Friends

A Standard: A 14.35m

B Standard: B 14.15m

Name	Year	School	Finals	H#
1 Mikkel Tarver	JR	Friends	14.57m#	47-09.75 2
		PASS PASS PASS		
2 Inioluwa Ojo	SR	Bethany (Kan.)	14.24mB	46-08.75 2
		14.15m 13.98m 13.85m 13.47m 14.24m 14.10m		
3 Carter Giittinger	FR	Friends	14.14m	46-04.75 2
		14.09m 14.08m 13.93m 13.26m 13.57m 14.14m		
4 Kayron Johnson	SR	Ottawa	14.11m	46-03.50 2
		13.88m 14.11m 14.09m FOUL FOUL 14.00m		
5 Samson Shukuru	JR	St. Mary (Kan.)	13.95m	45-09.25 1
		13.95m FOUL 13.86m 13.67m 13.42m FOUL		
6 Maurice Gray	FR	Sterling	13.91m	45-07.75 2
		13.43m 13.91m 13.71m 13.35m 13.60m 13.64m		
7 Donel Jack	JR	St. Mary (Kan.)	13.84m	45-05.00 2
		13.27m FOUL 13.84m 13.60m 13.31m 13.75m		



**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men Triple Jump**

8	Daniel Blount	FR Ottawa	13.73m	45-00.50	2
	13.15m FOUL 13.73m 13.68m 12.77m 11.54m				
9	Mario Cheatem	SR Ottawa	13.48m	44-02.75	2
	FOUL 13.48m FOUL 13.09m FOUL 13.08m				
10	Joshua Leazer	SO Evangel	13.21m	43-04.25	2
	13.19m 12.48m 13.21m				
11	Elijah Hellwig	FR Evangel	13.14m	43-01.50	1
	12.62m 12.79m 13.14m				
12	Damon Scott	SO Friends	12.91m	42-04.25	1
	FOUL FOUL 12.91m				
13	DeAndray Rhodes	FR Ottawa	12.90m	42-04.00	1
	12.58m FOUL 12.90m				
14	Kanyon Yazzie	FR St. Mary (Kan.)	12.71m	41-08.50	1
	12.68m 12.71m 11.60m				
15	Colton Brosenne	FR Evangel	12.28m	40-03.50	1
	11.90m 12.26m 12.28m				
16	Chase Hight	FR Ottawa	12.00m	39-04.50	1
	FOUL 12.00m FOUL				
17	Isaiah Sanders	FR Friends	11.39m	37-04.50	1
	FOUL FOUL 11.39m				

**Men Shot Put**

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Meet Record: # 17.43m 2/14/2021 Austin Cheatham, Bethel (Kan.)

A Standard: A 15.75m

B Standard: B 15.35m

Name	Year School	Finals	H#
1 Alphonse Jackson	JR York (Neb.)	15.66mB 51-04.50	3
	FOUL 15.66m 14.90m 15.18m 14.73m 14.78m		
2 Dylan Worrell	SO Kansas Wesleyan	14.99m 49-02.25	3
	14.09m 14.42m 14.90m FOUL FOUL 14.99m		
3 Levaris Stigarll	FR Friends	14.81m 48-07.25	3
	11.86m 13.79m 14.81m FOUL 14.60m FOUL		
4 Alex Richardson	SO Evangel	14.72m 48-03.50	3
	14.00m FOUL 14.39m FOUL 13.45m 14.72m		
5 Leshawn Davis	FR Friends	14.70m 48-02.75	3
	14.34m 12.55m 14.12m 14.70m 13.81m 13.16m		
6 Keegan Lott	SO Kansas Wesleyan	14.59m 47-10.50	3
	14.11m FOUL 14.59m 14.45m 14.37m 14.56m		
7 Julian Winters	FR Friends	14.56m 47-09.25	3
	13.78m 13.09m 12.47m 12.38m 14.56m 13.69m		
8 Stephen Acosta	SR Friends	14.16m 46-05.50	3
	13.29m 14.16m 13.94m 13.65m FOUL 13.56m		
9 Keyon Baccus	FR Kansas Wesleyan	13.32m 43-08.50	3
	FOUL 13.08m FOUL FOUL FOUL 13.32m		
10 Chinedu Nwadike	SR St. Mary (Kan.)	12.88m 42-03.25	3
	12.88m FOUL FOUL		
11 Simeon Faagai	JR Kansas Wesleyan	12.57m 41-03.00	2
	12.24m 12.25m 12.57m		
12 CJ Anoa'i	JR Evangel	12.53m 41-01.50	1
	12.27m 11.98m 12.53m		
13 Joshua Garcia	JR Tabor	12.31m 40-04.75	2
	12.00m FOUL 12.31m		

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men Shot Put**

14	Hayden Wallace	JR Bethel (Kan.)	12.26m	40-02.75	2
	12.26m 11.99m 12.10m				
15	Tyler Cherne	FR St. Mary (Kan.)	12.20m	40-00.50	1
	FOUL 12.20m 11.28m				
16	Dakota Spencer	SO Evangel	11.92m	39-01.25	1
	FOUL 10.80m 11.92m				
17	Jacob Bauman	SO Sterling	11.54m	37-10.50	2
	11.38m FOUL 11.54m				
18	Robert Hennig	FR St. Mary (Kan.)	10.98m	36-00.25	2
	10.13m 10.98m FOUL				
19	Cody Flax	JR Kansas Wesleyan	10.96m	35-11.50	1
	10.24m 10.48m 10.96m				
20	Braydon Pratt	SO Bethany (Kan.)	10.94m	35-10.75	2
	FOUL 10.42m 10.94m				
21	Hady Bieling	JR Ottawa	10.58m	34-08.50	1
	10.46m 10.53m 10.58m				
22	Bryan Adams	SO Bethany (Kan.)	10.51m	34-05.75	2
	8.68m FOUL 10.51m				
23	Manny McGill	FR York (Neb.)	10.13m	33-03.00	1
	10.04m 10.13m 10.05m				
24	Grant Blackmon	SO Bethany (Kan.)	9.77m	32-00.75	2
	9.07m 9.77m 9.69m				
25	Kennard Issac	SR Ottawa	9.63m	31-07.25	1
	9.13m FOUL 9.63m				
26	Carter Genzen	SO Ottawa	9.24m	30-03.75	2
	8.38m 9.24m 8.41m				
27	Daniel Kaufman	SO Bethel (Kan.)	9.11m	29-10.75	1
	9.11m 8.73m FOUL				
28	Tzar Dubuclet	FR Bethany (Kan.)	8.37m	27-05.50	1
	8.37m 7.45m 8.06m				
29	Christopher Rosas	SR Ottawa	8.07m	26-05.75	2
	8.07m 8.04m FOUL				

**Men Weight Throw**

Meet Record: # 18.85m 2/10/2022 Brayden Wells, Friends

A Standard: A 17.30m

B Standard: B 17.00m

Name	Year	School	Finals	H#
1	Jadun Rozier	SO Friends	16.41m	53-10.25 2
	15.04m 16.41m 15.14m 15.32m FOUL 15.12m			
2	Julian Winters	FR Friends	16.30m	53-05.75 2
	15.32m 16.24m 16.30m FOUL FOUL 14.45m			
3	Levaris Stigarll	FR Friends	15.75m	51-08.25 2
	14.85m 15.75m FOUL 15.14m FOUL FOUL			
4	Chinedu Nwadike	SR St. Mary (Kan.)	15.65m	51-04.25 2
	FOUL 15.09m 15.65m FOUL 14.68m 15.13m			
5	Alex Richardson	SO Evangel	15.48m	50-09.50 2
	FOUL 14.20m 15.48m 14.98m 15.20m FOUL			
6	Simeon Faagai	JR Kansas Wesleyan	15.43m	50-07.50 2
	FOUL 14.30m 14.25m 14.45m 14.96m 15.43m			
7	Alphonse Jackson	JR York (Neb.)	15.31m	50-02.75 2
	14.99m 15.22m 15.22m 14.86m 15.31m FOUL			

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024****College of Saint Mary****Results****....Men Weight Throw**

8	Cody Flax	JR Kansas Wesleyan	14.91m	48-11.00	2
	14.12m 14.44m 13.70m	13.84m 14.58m 14.91m			
9	Joshua Garcia	JR Tabor	14.02m	46-00.00	2
	14.02m 13.71m 13.78m	13.58m 13.37m FOUL			
10	Tavares Myart	JR Friends	13.93m	45-08.50	1
	FOUL 13.93m 13.42m				
11	Dakota Spencer	SO Evangel	13.91m	45-07.75	1
	FOUL 11.94m 13.91m				
12	Chase Nash	SO Tabor	13.66m	44-09.75	2
	FOUL 12.92m 13.66m				
13	Keegan Lott	SO Kansas Wesleyan	13.41m	44-00.00	2
	FOUL 13.41m FOUL				
14	Lashaon Davis	FR Friends	12.98m	42-07.00	1
	11.45m 12.39m 12.98m				
15	Trevor Peterson	JR Southwestern (Kan.)	12.64m	41-05.75	1
	11.65m FOUL 12.64m				
16	Braydon Pratt	SO Bethany (Kan.)	12.17m	39-11.25	1
	FOUL 12.17m 12.17m				
17	Robert Hennig	FR St. Mary (Kan.)	11.92m	39-01.25	1
	11.00m 11.92m FOUL				
18	Hayden Wallace	JR Bethel (Kan.)	11.72m	38-05.50	1
	11.42m 10.93m 11.72m				
19	Manny McGill	FR York (Neb.)	11.49m	37-08.50	1
	10.85m 11.47m 11.49m				
20	Garrett Finley	FR Evangel	11.07m	36-04.00	1
	10.86m 11.07m FOUL				
21	CJ Anoa'i	JR Evangel	10.94m	35-10.75	2
	FOUL 10.94m FOUL				
22	Bryan Adams	SO Bethany (Kan.)	10.87m	35-08.00	1
	10.87m 9.90m 9.85m				
23	Caden Cressler	FR Friends	9.73m	31-11.25	1
	FOUL FOUL 9.73m				
24	Tzar Dubuclet	FR Bethany (Kan.)	7.25m	23-09.50	1
	FOUL 7.19m 7.25m				
25	Grant Blackmon	SO Bethany (Kan.)	6.35m	20-10.00	1
	FOUL FOUL 6.35m				
--	Tyler Cherne	FR St. Mary (Kan.)	FOUL		2
	FOUL FOUL FOUL				

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Women - Team Rankings - 19 Events Scored

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1) St. Mary (Kan.)	180	2) Evangel	138
3) Friends	86.50	4) Ottawa	81.50
5) Tabor	66	6) York (Neb.)	65
7) Kansas Wesleyan	43	8) McPherson	32
9) Bethel (Kan.)	31	10) Southwestern (Kan.)	8
10) Bethany (Kan.)	8		

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Men - Team Rankings - 19 Events Scored

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1) Friends	188	2) St. Mary (Kan.)	154
3) Kansas Wesleyan	95	4) Evangel	69
5) Tabor	63	6) Ottawa	59
7) Bethany (Kan.)	35	8) York (Neb.)	33
9) Bethel (Kan.)	21	10) McPherson	17

**2024 KCAC Indoor Championships - 2/12/2024 to 2/13/2024**

**College of Saint Mary**

**Results**

**...Men Weight Throw**

11) Sterling

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