

2013 REGION XI CHAMPIONSHIPS - 5/4/2013 to 5/5/2013

Iowa Western Community College

Results

Event 1 Women 10000 Meter Run

| Name | School | Finals |
|--------------------|--------------|-------------|
| Finals | | |
| 1 Nyandwi, Ebeissa | Iowa Central | 37:45.69 10 |
| 2 Neal, Jamie | Iowa Central | 39:39.36 8 |
| 3 Gutierrez, Perla | Iowa Central | 39:39.94 6 |
| 4 Jereb, Reanna | Gillette Col | 41:37.91 4 |
| 5 Murray, Kelly | Iowa Western | 42:40.96 2 |
| 6 Clarkson, Emily | Iowa Western | 43:17.2h 1 |
| 7 Logan, Macy | Marshalltown | 51:16.07 |

Event 2 Men 10000 Meter Run

| Name | School | Finals |
|--------------------|--------------|-------------|
| Finals | | |
| 1 Nelson, Michael | Gillette Col | 32:33.07 10 |
| 2 Barrera, Cruz | Iowa Western | 32:45.20 8 |
| 3 Jackson, Matt | Gillette Col | 32:48.77 6 |
| 4 Storjohann, Levi | Iowa Central | 34:10.83 4 |
| 5 Tangi, John-Ross | N Iowa Area | 34:42.24 2 |
| 6 Bunch, Trai | Iowa Western | 34:52.60 1 |
| 7 Blay, Colton | Iowa Central | 35:14.00 |
| 8 Adams, Gabe | Gillette Col | 35:20.00 |
| 9 Parmely, Bryce | Gillette Col | 35:58.51 |
| 10 Carr, Nathan | Marshalltown | 36:14.21 |
| 11 McDill, Anthony | Iowa Western | 36:22.87 |
| 12 Prchal, Dave | Southwestern | 38:13.07 |
| 13 Baker, Jacob | N Iowa Area | 40:49.05 |
| 14 Cobb, Josh | Southwestern | 41:23.39 |

Event 3 Women 4x800 Meter Relay

| Team | Relay | Finals |
|--------------------|-------|------------|
| Finals | | |
| 1 Iowa Central | A | 9:47.22 10 |
| 2 Iowa Western CC | A | 10:05.00 8 |
| 3 Gillette College | A | 10:10.94 6 |

Event 4 Men 4x800 Meter Relay

| Team | Relay | Finals |
|-------------------|-------|------------|
| Finals | | |
| 1 Iowa Central | A | 8:04.53 10 |
| 2 Iowa Western CC | A | 8:07.84 8 |
| 3 N Iowa Area CC | A | 8:21.13 6 |

Event 5 Women 4x100 Meter Relay

| Team | Relay | Finals |
|-------------------|-------|----------|
| Finals | | |
| 1 Iowa Western CC | A | 46.59 10 |
| 2 Iowa Central | A | 47.67 8 |
| 3 Southwestern | A | 53.45 6 |

Event 6 Men 4x100 Meter Relay

| Team | Relay | Finals |
|-------------------|-------|----------|
| Finals | | |
| 1 Iowa Western CC | A | 41.20 10 |
| 2 Iowa Central | A | 41.95 8 |
| 3 Iowa Western CC | B | 42.78 6 |

Event 7 Women 3000 Meter Steeplechase

| Name | School | Finals |
|------------------|--------------|-------------|
| Finals | | |
| 1 McKenna, Fiona | Iowa Central | 11:59.23 10 |
| 2 Neal, Jamie | Iowa Central | 13:10.80 8 |

Event 8 Men 3000 Meter Steeplechase

| Name | School | Finals |
|------------------------|--------------|------------|
| Finals | | |
| 1 Plourde, Anthony | Iowa Central | 9:38.08 10 |
| 2 Powers, Mason | N Iowa Area | 9:40.36 8 |
| 3 Fish, Micheal | Iowa Central | 9:50.40 6 |
| 4 Yao, Sapolai | N Iowa Area | 9:50.80 4 |
| 5 Hamilton, Chase | Iowa Western | 10:09.45 2 |
| 6 Bowman, Matt | N Iowa Area | 10:24.02 1 |
| 7 Bestenlehner, Robert | Iowa Western | 10:29.53 |
| 8 Adams, Gabe | Gillette Col | 10:40.69 |
| 9 Rumph, Taylor | Iowa Western | 10:41.49 |
| 10 Harter, Tobias | Iowa Western | 11:13.58 |
| 11 Prchal, Dave | Southwestern | 11:18.69 |

Event 9 Women 100 Meter Hurdles

| Name | School | Finals |
|---------------------|--------------|----------|
| Finals | | |
| 1 Kwarula, Sharon | Iowa Central | 14.59 10 |
| 2 Silva, Tatianna | Iowa Western | 15.77 8 |
| 3 Jackson, Lateaque | Iowa Western | 16.12 6 |
| 4 Nathan, Keiarey | Iowa Western | 17.14 4 |
| 5 Kirk, Victoria | Iowa Western | 17.48 2 |
| 6 Jackson, Brielle | Iowa Central | 19.28 1 |

Event 10 Men 110 Meter Hurdles

| Name | School | Finals |
|-------------------|--------------|----------|
| Finals | | |
| 1 Caldwell, Chris | Iowa Central | 14.53 10 |
| 2 Gime, Wala | Iowa Central | 15.03 8 |
| 3 Howard, Troy | Iowa Western | 15.16 6 |
| 4 Hanson, Will | N Iowa Area | 15.35 4 |
| 5 Brown, Darrius | Iowa Central | 15.46 2 |
| 6 Ray, Namer | Iowa Central | 15.73 1 |
| 7 Godwin, Tajai | Iowa Western | 16.02 |

Event 11 Women 100 Meter Dash

| Name | School | Finals |
|-----------------------|--------------|----------|
| Finals | | |
| 1 Floyd, SidReshia | Iowa Western | 12.12 10 |
| 2 Jones, Cierra | Iowa Western | 12.45 8 |
| 3 Carey-Walker, Tyesa | Iowa Western | 12.50 6 |
| 4 Williams, Rashidah | Iowa Central | 12.63 4 |
| 5 Wilkenfeld, Payton | Southwestern | 13.46 2 |
| 6 Folkerts, Kaley | Southwestern | 13.93 1 |
| 7 Klockslem, Kristin | Southwestern | 14.35 |

2013 REGION XI CHAMPIONSHIPS - 5/4/2013 to 5/5/2013

Iowa Western Community College

Results

Event 12 Men 100 Meter Dash

| Name | School | Prelims |
|----------------------|-----------------|---------------------|
| Preliminaries | | |
| 1 | Rocha, Rodrigo | Iowa Western 10.88q |
| 2 | Self, Sharod | Iowa Western 10.95q |
| 3 | Lionel, Corneil | Iowa Western 11.01q |
| 4 | Offiah, Henry | Iowa Western 11.33q |
| 5 | Tucker, Daniel | Iowa Central 11.49q |
| 6 | Gaye, Terrence | Southwestern 11.69q |
| 7 | Gilbert, Travis | N Iowa Area 11.84q |
| 8 | Pool, Adam | Southwestern 12.71q |
| --- | Small, Robert | Iowa Western DQ |

Event 12 Men 100 Meter Dash

| Name | School | Finals |
|---------------|-----------------|-----------------------|
| Finals | | |
| 1 | Rocha, Rodrigo | Iowa Western 10.77 10 |
| 2 | Lionel, Corneil | Iowa Western 10.85 8 |
| 3 | Self, Sharod | Iowa Western 10.98 6 |
| 4 | Offiah, Henry | Iowa Western 11.27 4 |
| 5 | Tucker, Daniel | Iowa Central 11.60 2 |
| 6 | Gilbert, Travis | N Iowa Area 11.79 1 |
| 7 | Gaye, Terrence | Southwestern 11.80 |
| 8 | Pool, Adam | Southwestern 12.64 |

Event 13 Women 1500 Meter Run

| Name | School | Finals |
|---------------|------------------|-------------------------|
| Finals | | |
| 1 | Maina, Hannah | Iowa Central 4:46.31 10 |
| 2 | Condron, Laura | Iowa Central 4:47.12 8 |
| 3 | Miller, Jodi | Iowa Central 4:49.44 6 |
| 4 | Diggs, Makala | Gillette Col 4:50.16 4 |
| 5 | Quaas, Lindsey | Iowa Western 5:03.89 2 |
| 6 | Davis, Brielle | Gillette Col 5:07.00 1 |
| 7 | Jereb, Reanna | Gillette Col 5:08.37 |
| 8 | Alvarez, Jessica | Iowa Western 5:21.64 |
| 9 | Hafner, Regina | Southwestern 5:34.36 |

Event 14 Men 1500 Meter Run

| Name | School | Finals |
|---------------|--------------------|-------------------------|
| Finals | | |
| 1 | Simbassa, Abbabiya | Iowa Central 4:02.58 10 |
| 2 | Chakisso, Tahir | Iowa Central 4:04.23 8 |
| 3 | Gach, Tor | Iowa Central 4:04.61 6 |
| 4 | Fly, Nick | Iowa Western 4:07.67 4 |
| 5 | Bunch, Trai | Iowa Western 4:15.28 2 |
| 6 | Price, Don | Iowa Western 4:19.72 1 |
| 7 | Hamilton, Chase | Iowa Western 4:22.80 |
| 8 | Patnode, Scott | N Iowa Area 4:23.23 |
| 9 | Parmely, Bryce | Gillette Col 4:27.77 |
| 10 | Bunnell, Matt | Iowa Central 4:28.00 |
| 11 | McDill, Anthony | Iowa Western 4:28.35 |
| 12 | Rumph, Taylor | Iowa Western 4:30.74 |
| 13 | Beers, Gage | Southwestern 4:34.61 |
| 14 | Carr, Nate | Southwestern 5:06.90 |

Event 15 Women 400 Meter Dash

| Name | School | Finals |
|---------------|--------------------|-----------------------|
| Finals | | |
| 1 | Duncan, Chantal | Iowa Central 54.12 10 |
| 2 | Luckett, Shayla | Iowa Western 55.18 8 |
| 3 | James, Jessica | Iowa Central 57.10 6 |
| 4 | Carter, Kianna | Iowa Central 57.38 4 |
| 5 | Garvey, Hillary | N Iowa Area 1:03.27 2 |
| 6 | Smith, Martina | N Iowa Area 1:05.46 1 |
| 7 | Davis, Brielle | Gillette Col 1:05.69 |
| 8 | Calmese, Destynnee | Iowa Western 1:09.08 |

Event 16 Men 400 Meter Dash

| Name | School | Finals |
|---------------|---------------------|-----------------------|
| Finals | | |
| 1 | Narara, Ratutura | Iowa Central 48.30 10 |
| 2 | Sanders, Deon | Iowa Central 48.45 8 |
| 3 | Ravana, Roy | Iowa Central 48.75 6 |
| 4 | Godi, Gemechu | Iowa Western 49.00 4 |
| 5 | Washington, Denzel | Iowa Western 49.65 2 |
| 6 | Powell, Anthony | Iowa Western 49.66 1 |
| 7 | Telesford, Dan-Neil | Iowa Central 49.89 |
| 8 | Brown, Rayvonne | Southwestern 50.32 |
| 9 | Harris, Kevin | Iowa Western 50.96 |
| 10 | Barnett, Johnny | Iowa Western 51.40 |
| 11 | Banks, Justin | Iowa Western 52.93 |
| 12 | Bergren, Brandon | Southwestern 57.88 |

Event 17 Women 400 Meter Hurdles

| Name | School | Finals |
|---------------|-------------------|-------------------------|
| Finals | | |
| 1 | Kwarula, Sharon | Iowa Central 1:02.10 10 |
| 2 | Jackson, Lateaque | Iowa Western 1:08.91 8 |
| 3 | Theisen, Brei | Southwestern 1:19.48 6 |
| 4 | Jackson, Brielle | Iowa Central 1:38.86 4 |

Event 18 Men 400 Meter Hurdles

| Name | School | Finals |
|---------------|------------------|-----------------------|
| Finals | | |
| 1 | Ray, Namer | Iowa Central 53.92 10 |
| 2 | Gime, Wala | Iowa Central 53.96 8 |
| 3 | Brown, Darrius | Iowa Central 55.40 6 |
| 4 | Hulett, Benjamin | Iowa Western 56.27 4 |
| 5 | Shantz, Jackson | Southwestern 56.78 2 |
| 6 | Omot, Nako | N Iowa Area 56.87 1 |
| 7 | Belt, Tanner | Iowa Western 1:00.06 |
| 8 | Godwin, Tajai | Iowa Western 1:05.02 |
| 9 | Robinson, Eric | Southwestern 1:08.35 |

Event 19 Women 800 Meter Run

| Name | School | Finals |
|---------------|---------------------|-------------------------|
| Finals | | |
| 1 | Plummer, Petrene | Iowa Western 2:16.17 10 |
| 2 | Lataimer, Cidni | Iowa Central 2:17.32 8 |
| 3 | Kumalalame, Cecilia | Iowa Central 2:22.88 6 |
| 4 | Jackson, Tara | Iowa Central 2:23.94 4 |

2013 REGION XI CHAMPIONSHIPS - 5/4/2013 to 5/5/2013

Iowa Western Community College

Results

Finals ... (Event 19 Women 800 Meter Run)

| Name | School | Finals | |
|--------------------|--------------|---------|---|
| 5 Diggs, Makala | Gillette Col | 2:27.87 | 2 |
| 6 Quaas, Lindsey | Iowa Western | 2:30.23 | 1 |
| 7 Clark, Peggy | Gillette Col | 2:32.90 | |
| 8 Brunson, Lindsay | N Iowa Area | 2:35.12 | |
| 9 Hafner, Regina | Southwestern | 2:41.48 | |
| 10 Davis, Brielle | Gillette Col | 2:46.77 | |
| 11 Owen, Maria | Gillette Col | 2:51.71 | |

Event 20 Men 800 Meter Run

| Name | School | Finals | |
|-----------------------|--------------|---------|----|
| Finals | | | |
| 1 Chol, Kuaniyal | Iowa Central | 1:55.21 | 10 |
| 2 Lugo, Alex | N Iowa Area | 1:56.35 | 8 |
| 3 Hosey, Andre | Iowa Western | 1:56.62 | 6 |
| 4 Carrington, Charles | Iowa Central | 1:57.56 | 4 |
| 5 Cleaveland, Cade | Iowa Western | 1:59.70 | 2 |
| 6 Bierl, Joe | Southwestern | 1:59.77 | 1 |
| 7 White, Kevin | Iowa Central | 2:01.12 | |
| 8 Schultz, Brock | N Iowa Area | 2:01.31 | |
| 9 Fly, Nick | Iowa Western | 2:01.49 | |
| 10 Taylor, Cody | Iowa Western | 2:02.04 | |
| 11 Bloomquist, Alex | N Iowa Area | 2:02.49 | |
| 12 Ojullu, OJ | N Iowa Area | 2:03.70 | |
| 13 Price, Don | Iowa Western | 2:05.88 | |
| 14 Bergren, Brandon | Southwestern | 2:11.88 | |
| 15 Beers, Gage | Southwestern | 2:14.86 | |
| 16 Fields, Ted | Iowa Western | 2:23.27 | |
| 17 Carr, Nate | Southwestern | 2:23.95 | |
| 18 Prchal, Dave | Southwestern | 2:29.00 | |

Event 21 Women 200 Meter Dash

| Name | School | Finals | |
|-----------------------|--------------|--------|----|
| Finals | | | |
| 1 Lockett, Shayla | Iowa Western | 24.49 | 10 |
| 2 Duncan, Chantal | Iowa Central | 25.11 | 8 |
| 3 Floyd, SidReshia | Iowa Western | 25.37 | 6 |
| 4 Carey-Walker, Tyesa | Iowa Western | 25.72 | 4 |
| 5 Jones, Cierra | Iowa Western | 25.88 | 2 |
| 6 Williams, Rashidah | Iowa Central | 26.66 | 1 |
| 7 Garvey, Hillary | N Iowa Area | 27.79 | |
| 8 Wilkenfeld, Payton | Southwestern | 27.83 | |
| 9 Calmese, Destynee | Iowa Western | 28.80 | |
| 10 Klocksiam, Kristin | Southwestern | 28.85 | |
| 11 Smith, Martina | N Iowa Area | 29.02 | |
| 12 Folkerts, Kaley | Southwestern | 29.52 | |
| 13 Jereb, Reanna | Gillette Col | 30.46 | |

Event 22 Men 200 Meter Dash

| Name | School | Finals | |
|-----------------------|--------------|--------|----|
| Finals | | | |
| 1 Rocha, Rodrigo | Iowa Western | 21.51 | 10 |
| 2 Lionel, Corneil | Iowa Western | 21.69 | 8 |
| 3 Telesford, Dan-Neil | Iowa Central | 21.82 | 6 |
| 4 Godi, Gemechu | Iowa Western | 22.24 | 4 |

| | | | |
|-----------------------|--------------|-------|---|
| 5 McAllister, Xaivier | Iowa Central | 22.80 | 2 |
| 6 Powell, Anthony | Iowa Western | 22.82 | 1 |
| 7 Flowers, Marquis | Southwestern | 23.27 | |
| 8 Sanders, Deon | Iowa Central | 23.30 | |
| 9 Gilbert, Travis | N Iowa Area | 23.87 | |
| 10 Watkins, Major | Iowa Western | 23.98 | |
| 11 Gaye, Terrence | Southwestern | 24.61 | |
| 12 Pool, Adam | Southwestern | 25.08 | |

Event 23 Women 5000 Meter Run

| Name | School | Finals | |
|---------------------------|--------------|----------|----|
| Finals | | | |
| 1 Maina, Hannah | Iowa Central | 18:14.08 | 10 |
| 2 Niyokwizigigwa, Eveline | Iowa Central | 19:02.50 | 8 |
| 3 Clark, Myrissa | Gillette Col | 19:10.32 | 6 |
| 4 White, Shaylee | Gillette Col | 20:11.89 | 4 |
| 5 McCann, Kalli | Southwestern | 20:44.86 | 2 |
| 6 Clarkson, Emily | Iowa Western | 21:09.79 | 1 |
| 7 Tillison, Iesha | Iowa Central | 21:32.28 | |
| 8 Murray, Kelly | Iowa Western | 21:45.12 | |
| 9 Scharn, Emily | N Iowa Area | 22:30.46 | |
| 10 Logan, Macy | Marshalltown | 23:49.61 | |

Event 24 Men 5000 Meter Run

| Name | School | Finals | |
|-------------------------|--------------|----------|----|
| Finals | | | |
| 1 Deir, Alex | Iowa Central | 15:06.74 | 10 |
| 2 Boma, Jamal | Iowa Central | 15:27.47 | 8 |
| 3 Nelson, Michael | Gillette Col | 15:32.29 | 6 |
| 4 Barrera, Cruz | Iowa Western | 15:36.22 | 4 |
| 5 Garcia, Alejandro | Gillette Col | 15:39.86 | 2 |
| 6 Smith, Trent | N Iowa Area | 15:49.37 | 1 |
| 7 Jackson, Matt | Gillette Col | 15:52.40 | |
| 8 Yao, Sapolai | N Iowa Area | 16:12.09 | |
| 9 Tangi, John-Ross | N Iowa Area | 16:13.43 | |
| 10 Bunch, Trai | Iowa Western | 16:16.51 | |
| 11 Carr, Nathan | Marshalltown | 16:54.09 | |
| 12 Fish, Micheal | Iowa Central | 16:54.16 | |
| 13 McDill, Anthony | Iowa Western | 17:02.79 | |
| 14 Bestenlehner, Robert | Iowa Western | 17:23.15 | |
| 15 Cobb, Josh | Southwestern | 19:12.13 | |
| 16 Baker, Jacob | N Iowa Area | 19:49.28 | |

Event 25 Women 4x400 Meter Relay

| Team | Relay | Finals | |
|-------------------|-------|---------|----|
| Finals | | | |
| 1 Iowa Central | A | 3:51.65 | 10 |
| 2 Iowa Western CC | A | 3:54.50 | 8 |
| 3 Southwestern | A | 4:48.77 | 6 |

Event 26 Men 4x400 Meter Relay

| Team | Relay | Finals | |
|-------------------|-------|---------|----|
| Finals | | | |
| 1 Iowa Central | A | 3:16.24 | 10 |
| 2 Iowa Western CC | A | 3:16.73 | 8 |
| 3 Iowa Western CC | B | 3:21.84 | 6 |

2013 REGION XI CHAMPIONSHIPS - 5/4/2013 to 5/5/2013

Iowa Western Community College

Results

Finals ... (Event 26 Men 4x400 Meter Relay)

| Team | Relay | Finals |
|------------------|-------|-----------|
| 4 N Iowa Area CC | A | 3:22.28 4 |
| 5 Southwestern | A | 3:42.10 2 |

Event 27 Women Hammer Throw

| Name | School | Finals |
|-----------------------|--------------|-----------|
| Finals | | |
| 1 Burchett, Emily | N Iowa Area | 44.51m 10 |
| 2 Cox, Cherise | Iowa Central | 38.89m 8 |
| 3 Francis, Daina | Iowa Western | 38.04m 6 |
| 4 Smith, Tianah | Iowa Central | 35.49m 4 |
| 5 Smith, Lauren | Iowa Central | 35.41m 2 |
| 6 Olson, Dusty | Iowa Western | 34.37m 1 |
| 7 Salinas, Jacqueline | Iowa Central | 33.31m |
| 8 Cannon, Falysa | Iowa Western | 32.46m |
| 9 Brown, Tricia | Iowa Western | 31.94m |

Event 28 Men Hammer Throw

| Name | School | Finals |
|--------------------------|--------------|-----------|
| Finals | | |
| 1 Love, Malcolm | Iowa Central | 51.93m 10 |
| 2 Grunder, Brady | Iowa Central | 51.74m 8 |
| 3 Croushorn, Hunter | Iowa Western | 45.16m 6 |
| 4 Taylor, Trey | N Iowa Area | 45.09m 4 |
| 5 Davis, Allen | Iowa Central | 44.21m 2 |
| 6 Paddock, Cameron | Iowa Central | 43.99m 1 |
| 7 Giesting, Patrick | Iowa Western | 40.97m |
| 8 Tangeman, Nick | Iowa Western | 39.84m |
| 9 Hovey, Tyler | Iowa Central | 37.26m |
| --- Armstrong, Tray'Veon | Iowa Central | FOUL |
| --- Taylor, Issac | Iowa Western | FOUL |

Event 29 Women Javelin Throw

| Name | School | Finals |
|---------------------|--------------|-----------|
| Finals | | |
| 1 Kirk, Victoria | Iowa Western | 38.24m 10 |
| 2 Olson, Dusty | Iowa Western | 35.27m 8 |
| 3 Silva, Tatianna | Iowa Western | 27.47m 6 |
| 4 Jackson, Brielle | Iowa Central | 20.93m 4 |
| 5 Henderson, Chayil | Iowa Central | 20.52m 2 |

Event 30 Men Javelin Throw

| Name | School | Finals |
|------------------------|--------------|-----------|
| Finals | | |
| 1 Giesting, Patrick | Iowa Western | 48.82m 10 |
| 2 Taylor, Trey | N Iowa Area | 46.14m 8 |
| 3 Hanson, Will | N Iowa Area | 45.36m 6 |
| 4 Walsh, Jon | Iowa Western | 39.17m 4 |
| 5 Belt, Tanner | Iowa Western | 37.38m 2 |
| 6 Brown, Darrius | Iowa Central | 33.37m 1 |
| 7 Taylor, Issac | Iowa Western | 31.19m |
| 8 Armstrong, Tray'Veon | Iowa Central | 30.42m |

Event 31 Women Shot Put

| Name | School | Finals |
|----------------------|--------------|-----------|
| Finals | | |
| 1 Smith, Lauren | Iowa Central | 11.76m 10 |
| 2 Francis, Daina | Iowa Western | 11.35m 8 |
| 3 Thompson, Lateeka | N Iowa Area | 11.34m 6 |
| 4 Silva, Tatianna | Iowa Western | 10.76m 4 |
| 5 Cox, Cherise | Iowa Central | 10.71m 2 |
| 6 Burchett, Emily | N Iowa Area | 10.41m 1 |
| 7 McWilliams, Brilee | N Iowa Area | 10.11m |
| 8 Chapin, Maranda | N Iowa Area | 9.96m |
| 9 Brown, Tricia | Iowa Western | 9.69m |
| 10 Smith, Tianah | Iowa Central | 9.35m |
| 11 Cannon, Falysa | Iowa Western | 8.50m |

Event 32 Men Shot Put

| Name | School | Finals |
|-------------------------|--------------|-----------|
| Finals | | |
| 1 Hovey, Tyler | Iowa Central | 14.17m 10 |
| 2 Davis, Allen | Iowa Central | 13.45m 8 |
| 3 Paddock, Cameron | Iowa Central | 13.32m 6 |
| 4 Grant, JaQuelle | N Iowa Area | 13.10m 4 |
| 5 Taylor, Trey | N Iowa Area | 13.08m 2 |
| 6 Ruth, Zach | Southwestern | 12.73m 1 |
| 7 Grunder, Brady | Iowa Central | 12.42m |
| 8 Giesting, Patrick | Iowa Western | 12.10m |
| 9 Taylor, Issac | Iowa Western | 12.09m |
| 10 Fawkes, Kato | Iowa Western | 11.57m |
| 11 Kinney, Robert | Iowa Western | 11.37m |
| 12 Armstrong, Tray'Veon | Iowa Central | 11.10m |
| 13 Staley, Grant | N Iowa Area | 8.87m |

Event 33 Women Discus Throw

| Name | School | Finals |
|------------------------|--------------|-----------|
| Finals | | |
| 1 Thompson, Lateeka | N Iowa Area | 42.49m 10 |
| 2 Smith, Lauren | Iowa Central | 41.07m 8 |
| 3 Smith, Tianah | Iowa Central | 36.78m 6 |
| 4 Chapin, Maranda | N Iowa Area | 34.76m 4 |
| 5 Francis, Daina | Iowa Western | 34.71m 2 |
| 6 Olson, Dusty | Iowa Western | 33.50m 1 |
| 7 Cox, Cherise | Iowa Central | 30.93m |
| 8 Burchett, Emily | N Iowa Area | 30.90m |
| 9 McWilliams, Brilee | N Iowa Area | 30.52m |
| 10 Salinas, Jacqueline | Iowa Central | 26.26m |
| 11 Cannon, Falysa | Iowa Western | 20.18m |

Event 34 Men Discus Throw

| Name | School | Finals |
|-------------------|--------------|-----------|
| Finals | | |
| 1 Hovey, Tyler | Iowa Central | 45.75m 10 |
| 2 Taylor, Trey | N Iowa Area | 43.23m 8 |
| 3 Grunder, Brady | Iowa Central | 42.39m 6 |
| 4 Grant, JaQuelle | N Iowa Area | 41.52m 4 |
| 5 Belt, Tanner | Iowa Western | 40.70m 2 |

2013 REGION XI CHAMPIONSHIPS - 5/4/2013 to 5/5/2013

Iowa Western Community College

Results

Finals ... (Event 34 Men Discus Throw)

| Name | School | Finals |
|-------------------------|--------------|----------|
| 6 Ruth, Zach | Southwestern | 39.33m 1 |
| 7 Giesting, Patrick | Iowa Western | 39.27m |
| 8 Kinney, Robert | Iowa Western | 37.08m |
| 9 Croushorn, Hunter | Iowa Western | 36.76m |
| 10 Davis, Allen | Iowa Central | 36.00m |
| 11 Walsh, Jon | Iowa Western | 32.47m |
| 12 Paddock, Cameron | Iowa Central | 30.00m |
| 13 Tangeman, Nick | Iowa Western | 28.47m |
| 14 Armstrong, Tray'Veon | Iowa Central | 27.43m |

Event 35 Women High Jump

| Name | School | Finals |
|-------------------|--------------|----------|
| Finals | | |
| 1 Harris, Catrina | Iowa Western | 1.58m 10 |
| 2 Lees, Rachel | Iowa Western | 1.53m 8 |
| 3 Folkerts, Kaley | Southwestern | 1.48m 4 |
| 3 Schimp, Molly | Southwestern | 1.48m 4 |
| 3 Nathan, Keiarey | Iowa Western | 1.48m 4 |

Event 36 Men High Jump

| Name | School | Finals |
|-----------------------|--------------|----------|
| Finals | | |
| 1 Washington, Micah | Iowa Central | 2.08m 10 |
| 2 Precher, Niegle | Iowa Central | 1.98m 7 |
| 2 McAllister, Xaivier | Iowa Central | 1.98m 7 |
| 4 Meis, Connor | Iowa Western | 1.88m 4 |
| 5 VanHaalen, Hunter | Iowa Western | 1.83m 2 |

Event 37 Women Pole Vault

| Name | School | Finals |
|--------------------|--------------|----------|
| Finals | | |
| 1 Jackson, Brielle | Iowa Central | 2.59m 10 |

Event 38 Men Pole Vault

| Name | School | Finals |
|------------------|--------------|----------|
| Finals | | |
| 1 Brown, Darrius | Iowa Central | 4.27m 10 |
| 2 Walsh, Jon | Iowa Western | J4.27m 8 |

Event 39 Women Long Jump

| Name | School | Finals |
|----------------------|--------------|----------|
| Finals | | |
| 1 Williams, Rashidah | Iowa Central | 5.32m 10 |
| 2 Bright, Jordan | Iowa Western | 5.20m 8 |
| 3 Avant, Kamara | Iowa Western | 5.17m 6 |
| 4 Harris, Catrina | Iowa Western | 5.01m 4 |
| 5 Bethune, Jessica | Iowa Western | 4.80m 2 |
| 6 Folkerts, Kaley | Southwestern | 4.65m 1 |

Event 40 Men Long Jump

| Name | School | Finals |
|-------------------------|--------------|----------|
| Finals | | |
| 1 Collie-Minns, Latario | Iowa Western | 7.37m 10 |
| 2 Collie-Minns, Lathone | Iowa Western | 7.10m 8 |
| 3 Markham, Alonzo | Iowa Western | 7.00m 6 |

| | | |
|----------------------|--------------|---------|
| 4 Precher, Niegle | Iowa Central | 6.76m 4 |
| 5 Westerfield, Jerry | Iowa Central | 6.75m 2 |
| 6 Leggett, Demorrio | Iowa Central | 6.58m 1 |
| 7 Watkins, Major | Iowa Western | 6.07m |
| 8 Robinson, Eric | Southwestern | 5.72m |

Event 41 Women Triple Jump

| Name | School | Finals |
|--------------------|--------------|-----------|
| Finals | | |
| 1 Harris, Catrina | Iowa Western | 11.10m 10 |
| 2 Bright, Jordan | Iowa Western | 11.02m 8 |
| 3 Bethune, Jessica | Iowa Western | 10.16m 6 |

Event 42 Men Triple Jump

| Name | School | Finals |
|-------------------------|--------------|-----------|
| Finals | | |
| 1 Collie-Minns, Lathone | Iowa Western | 15.48m 10 |
| 2 Washington, Micah | Iowa Central | 14.47m 8 |
| 3 Leggett, Demorrio | Iowa Central | 14.42m 6 |
| 4 Robinson, Eric | Southwestern | 11.40m 4 |

Event 43 Women Heptathlon

| Name | School | Finals |
|-------------------|--------------|---------|
| Finals | | |
| 1 Silva, Tatiana | Iowa Western | 4240 10 |
| 2 Nathan, Keiarey | Iowa Western | 3639 8 |
| 3 Kirk, Victoria | Iowa Western | 3503 6 |

Event 43 Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

| Name | School | Finals |
|-------------------|--------------|-----------|
| Finals | | |
| 1 Silva, Tatiana | Iowa Western | 15.65 758 |
| 2 Nathan, Keiarey | Iowa Western | 17.14 581 |
| 3 Kirk, Victoria | Iowa Western | 17.51 540 |

Event 43 Heptathlon: #2 Women High Jump Heptathlon

| Name | School | Finals |
|-------------------|--------------|-----------|
| Finals | | |
| 1 Nathan, Keiarey | Iowa Western | 1.61m 747 |
| 2 Silva, Tatiana | Iowa Western | 1.52m 644 |
| 3 Kirk, Victoria | Iowa Western | 1.46m 577 |

Event 43 Heptathlon: #3 Women Shot Put Heptathlon

| Name | School | Finals |
|-------------------|--------------|------------|
| Finals | | |
| 1 Silva, Tatiana | Iowa Western | 10.64m 571 |
| 2 Nathan, Keiarey | Iowa Western | 8.39m 425 |
| 3 Kirk, Victoria | Iowa Western | 8.26m 416 |

Event 43 Heptathlon: #4 Women 200 Meter Dash Heptathlon

| Name | School | Finals |
|-------------------|--------------|-----------|
| Finals | | |
| 1 Silva, Tatiana | Iowa Western | 26.02 795 |
| 2 Nathan, Keiarey | Iowa Western | 27.82 645 |
| 3 Kirk, Victoria | Iowa Western | 28.57 587 |

2013 REGION XI CHAMPIONSHIPS - 5/4/2013 to 5/5/2013

Iowa Western Community College

Results

Event 43 Heptathlon: #5 Women Long Jump Heptathlon

| Name | School | Finals |
|-------------------|--------------|-----------|
| Finals | | |
| 1 Silva, Tatiana | Iowa Western | 4.90m 532 |
| 2 Nathan, Keiarey | Iowa Western | 4.69m 477 |
| 3 Kirk, Victoria | Iowa Western | 4.29m 376 |

Event 43 Heptathlon: #6 Women Javelin Throw Heptathlon

| Name | School | Finals |
|-------------------|--------------|------------|
| Finals | | |
| 1 Kirk, Victoria | Iowa Western | 35.76m 586 |
| 2 Silva, Tatiana | Iowa Western | 24.20m 367 |
| 3 Nathan, Keiarey | Iowa Western | 22.09m 328 |

Event 43 Heptathlon: #7 Women 800 Meter Run Heptathlon

| Name | School | Finals |
|-------------------|--------------|-------------|
| Finals | | |
| 1 Silva, Tatiana | Iowa Western | 2:39.97 573 |
| 2 Nathan, Keiarey | Iowa Western | 2:52.69 436 |
| 3 Kirk, Victoria | Iowa Western | 2:54.20 421 |

Event 44 Men Decathlon

| Name | School | Finals |
|----------------|--------------|---------|
| Finals | | |
| 1 Walsh, Jon | Iowa Western | 5833 10 |
| 2 Belt, Tanner | Iowa Western | 5412 8 |

Event 44 Decathlon: #1 Men 100 Meter Dash Decathlon

| Name | School | Finals |
|----------------|--------------|-----------|
| Finals | | |
| 1 Belt, Tanner | Iowa Western | 11.82 687 |
| 2 Walsh, Jon | Iowa Western | 12.04 643 |

Event 44 Decathlon: #2 Men Long Jump Decathlon

| Name | School | Finals |
|----------------|--------------|-----------|
| Finals | | |
| 1 Walsh, Jon | Iowa Western | 6.25m 641 |
| 2 Belt, Tanner | Iowa Western | 5.84m 552 |

Event 44 Decathlon: #3 Men Shot Put Decathlon

| Name | School | Finals |
|----------------|--------------|------------|
| Finals | | |
| 1 Walsh, Jon | Iowa Western | 10.66m 525 |
| 2 Belt, Tanner | Iowa Western | 10.61m 522 |

Event 44 Decathlon: #4 Men High Jump Decathlon

| Name | School | Finals |
|----------------|--------------|-----------|
| Finals | | |
| 1 Belt, Tanner | Iowa Western | 1.78m 610 |
| 2 Walsh, Jon | Iowa Western | 1.72m 560 |

Event 44 Decathlon: #5 Men 400 Meter Dash Decathlon

| Name | School | Finals |
|----------------|--------------|-----------|
| Finals | | |
| 1 Walsh, Jon | Iowa Western | 54.17 633 |
| 2 Belt, Tanner | Iowa Western | 54.46 621 |

Event 44 Decathlon: #6 Men 110 Meter Hurdles Decathlon

| Name | School | Finals |
|----------------|--------------|-----------|
| Finals | | |
| 1 Belt, Tanner | Iowa Western | 16.88 637 |
| 2 Walsh, Jon | Iowa Western | 17.05 619 |

Event 44 Decathlon: #7 Men Discus Throw Decathlon

| Name | School | Finals |
|----------------|--------------|------------|
| Finals | | |
| 1 Belt, Tanner | Iowa Western | 33.86m 541 |
| 2 Walsh, Jon | Iowa Western | 32.23m 508 |

Event 44 Decathlon: #8 Men Pole Vault Decathlon

| Name | School | Finals |
|----------------|--------------|-----------|
| Finals | | |
| 1 Walsh, Jon | Iowa Western | 4.67m 810 |
| 2 Belt, Tanner | Iowa Western | 3.22m 411 |

Event 44 Decathlon: #9 Men Javelin Throw Decathlon

| Name | School | Finals |
|----------------|--------------|------------|
| Finals | | |
| 1 Belt, Tanner | Iowa Western | 42.47m 478 |
| 2 Walsh, Jon | Iowa Western | 37.51m 406 |

Event 44 Decathlon: #10 Men 1500 Meter Dash Decathlon

| Name | School | Finals |
|----------------|--------------|-------------|
| Finals | | |
| 1 Walsh, Jon | Iowa Western | 5:12.84 488 |
| 2 Belt, Tanner | Iowa Western | 5:39.69 353 |

Women - Team Rankings - 22 Events Scored

| | |
|---------------------|-----|
| 1) Iowa Western CC | 261 |
| 2) Iowa Central | 254 |
| 3) N Iowa Area CC | 34 |
| 4) Southwestern | 32 |
| 5) Gillette College | 27 |

Men - Team Rankings - 22 Events Scored

| | |
|---------------------|-----|
| 1) Iowa Central | 300 |
| 2) Iowa Western CC | 226 |
| 3) N Iowa Area CC | 76 |
| 4) Gillette College | 24 |
| 5) Southwestern | 11 |