

2012 NAC Outdoor Championships - 5/4/2012 to 5/5/2012
Concordia University Chicago
Performance List

Event 1 Women 100 Meter Dash Prelims

Conference: 11.99 5/24/2008 **Kimyenna Abron, Benedictine**
NAC Champ.: 12.37 5/3/2008 **Kimyenna Abron, Benedictine**

Comp#	Name	Year	School	Seed Time
1	360 Emily Dieringer	Sr	Msoe	12.75
2	422 Zakkiiya Jones	Fr	Wisconsin Lutheran	12.93
3	117 Loretta Johnson	Fr	Aurora	12.99
4	399 Dani Buttel	So	Rockford	13.07
5	186 Nicole Millard	Fr	Benedictine	13.12
6	234 Danyale Worsham	So	Concordia Chicago	13.19
7	123 Lauren Miller	Jr	Aurora	13.22
8	227 Cassie Irwin	Jr	Concordia Chicago	13.32
9	431 Amberly Weiglein	Fr	Wisconsin Lutheran	13.43
10	222 Kyla Farquhar	Sr	Concordia Chicago	13.48
11	316 Katie Amelse	Jr	Edgewood	13.49
12	232 Leah Sellers	Fr	Concordia Chicago	13.58
13	269 Jennifer Hamilton	So	Concordia Wiscon	13.59
14	220 Andrea Caldwell	Fr	Concordia Chicago	13.61
15	235 Lauren Zimmer	So	Concordia Chicago	13.65
16	131 Courtney Roberts	So	Aurora	13.66
17	317 Cassandra Arnold	So	Edgewood	13.68
18	266 Alexandra Garcia	So	Concordia Wiscon	13.91
19	347 Vashia Gordon	Jr	Lakeland	14.05
20	349 Veronica Lau	Fr	Lakeland	14.16
21	421 Katie Horaitis	Fr	Wisconsin Lutheran	15.11
22	278 Rachel Oelhafen	Fr	Concordia Wiscon	15.87
23	359 Kathryn Davis	Fr	Msoe	NT

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Event 2 Men 100 Meter Dash Prelims

Conference: 10.81 4/18/2009 Justin Rogers, Concordia Wisconsin
NAC Champ.: 10.91 5/7/2011 Jordan Werner, MSOE

Comp#	Name	Year	School	Seed Time
1	404 Jacob Arnold	Fr	Rockford	10.82
2	236 Merrell Davis	Jr	Concordia Chicago	10.86
3	438 Travis Turnquist	Fr	Wisconsin Lutheran	11.09
4	437 Mike Reeves	Fr	Wisconsin Lutheran	11.13
4	310 Justin Rogers	Sr	Concordia Wiscon	11.13
6	286 Jonny Balsman	So	Concordia Wiscon	11.22
7	156 T.J. Jackson	So	Aurora	11.26
8	308 Sean Pawlak	So	Concordia Wiscon	11.28
9	285 Troy Anderson	Fr	Concordia Wiscon	11.51
10	301 Dylan Krivoshein	Fr	Concordia Wiscon	11.54
11	350 Aaron Ash	Jr	Lakeland	11.66
12	160 Landon Ketchum	So	Aurora	11.70
13	174 Mike Woodard	Jr	Aurora	11.75
14	168 Bryce Quinn	Fr	Aurora	11.81
15	311 Mark Savard	So	Concordia Wiscon	12.07
16	138 Michael Bajc	Fr	Aurora	12.11
17	242 Deandre McLaurin	Fr	Concordia Chicago	12.12
18	303 Andy MacKenzie	So	Concordia Wiscon	12.16
19	332 Mitch DeVriendt	Fr	Edgewood	12.20
20	237 Charles Gordon	Sr	Concordia Chicago	12.23
21	329 Ethan Anderson	Fr	Edgewood	12.28
22	288 Ryan Billman	Fr	Concordia Wiscon	12.29
23	256 Trent Yancy	Fr	Concordia Chicago	12.33
24	152 Trey Gonzalez	Fr	Aurora	12.47
25	337 Pat Meuer	Sr	Edgewood	12.85
26	355 James Parker	So	Lakeland	NT
26	289 Malcolm Bowers	Fr	Concordia Wiscon	NT
26	298 Aaron Hauser	So	Concordia Wiscon	NT
26	199 Noel Duckworth	Jr	Benedictine	NT
26	343 Justin Williams	Fr	Edgewood	NT
26	334 Quinn Kaiser	Fr	Edgewood	NT

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Event 3 Women 200 Meter Dash

Conference: 24.79 4/5/2008

Kimyenna Abron, Benedictine

NAC Champ.: 25.38 5/3/2008

Kimyenna Abron, Benedictine

Comp#	Name	Year	School	Seed Time
1	360 Emily Dieringer	Sr	Msoe	26.36
2	117 Loretta Johnson	Fr	Aurora	26.65
3	422 Zakkiyya Jones	Fr	Wisconsin Lutheran	26.85
4	234 Danyale Worsham	So	Concordia Chicago	26.95
5	325 Kristina Santaga	So	Edgewood	27.32
6	320 Macalah Finstad	Fr	Edgewood	27.34
7	274 Emily Mauermann	Fr	Concordia Wiscon	27.52
8	227 Cassie Irwin	Jr	Concordia Chicago	27.67
9	265 Lauren Frisque	Fr	Concordia Wiscon	27.72
10	186 Nicole Millard	Fr	Benedictine	27.76
11	431 Amberly Weiglein	Fr	Wisconsin Lutheran	27.80
12	424 Taylor Remstad	Fr	Wisconsin Lutheran	28.00
12	235 Lauren Zimmer	So	Concordia Chicago	28.00
14	400 Barbara Duffy	So	Rockford	28.05
15	317 Cassandra Arnold	So	Edgewood	28.09
16	425 Tori Remstad	Fr	Wisconsin Lutheran	28.11
17	219 Savanna Ashbaugh	Fr	Concordia Chicago	28.18
18	232 Leah Sellers	Fr	Concordia Chicago	28.22
19	347 Vashia Gordon	Jr	Lakeland	28.29
20	269 Jennifer Hamilton	So	Concordia Wiscon	28.44
21	399 Dani Buttel	So	Rockford	28.61
22	131 Courtney Roberts	So	Aurora	28.67
23	123 Lauren Miller	Jr	Aurora	28.77
24	430 Molly Watson	Fr	Wisconsin Lutheran	29.19
25	348 Danielle Holzer	Fr	Lakeland	29.38
26	111 Ariana Espino	Fr	Aurora	29.83
27	349 Veronica Lau	Fr	Lakeland	29.92
28	137 Anya Vincenti	Fr	Aurora	30.62
29	101 Hannah Auch	Fr	Aurora	31.10
30	421 Katie Horaitis	Fr	Wisconsin Lutheran	31.62
31	259 Jasmin Bowers	Fr	Concordia Wiscon	32.29
32	278 Rachel Oelhafen	Fr	Concordia Wiscon	33.20
33	221 Joshlynn Eaton	So	Concordia Chicago	NT
33	106 Kabree Braggs	Fr	Aurora	NT
33	327 Kat Sporie	Jr	Edgewood	NT
33	359 Kathryn Davis	Fr	Msoe	NT
33	316 Katie Amelse	Jr	Edgewood	NT

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Event 4 Men 200 Meter Dash

Conference: 21.64 5/1/2012 Jordan Werner, MSOE

NAC Champ.: 21.97 5/7/2011 Jordan Werner, MSOE

Comp#	Name	Year	School	Seed Time
1	236 Merrell Davis	Jr	Concordia Chicago	21.67
2	310 Justin Rogers	Sr	Concordia Wiscon	22.21
3	438 Travis Turnquist	Fr	Wisconsin Lutheran	22.23
4	308 Sean Pawlak	So	Concordia Wiscon	22.47
5	404 Jacob Arnold	Fr	Rockford	22.66
6	335 Nicholas Lohr	Fr	Edgewood	22.74
7	210 Nicholas McCord	Sr	Benedictine	22.78
8	156 T.J. Jackson	So	Aurora	22.82
9	286 Jonny Balsman	So	Concordia Wiscon	22.89
10	165 Chris Moss	So	Aurora	23.06
11	437 Mike Reeves	Fr	Wisconsin Lutheran	23.29
12	341 Jordan Smith	So	Edgewood	23.31
13	292 Michael Edwards	Jr	Concordia Wiscon	23.33
14	155 Alex Hoyle	Jr	Aurora	23.38
15	139 Paul Beeler	So	Aurora	23.40
16	171 Matt Snyder	Jr	Aurora	23.67
17	174 Mike Woodard	Jr	Aurora	23.74
18	301 Dylan Krivoshein	Fr	Concordia Wiscon	23.86
19	333 Brandon Griffith	Fr	Edgewood	23.89
20	350 Aaron Ash	Jr	Lakeland	24.33
21	442 Paul Watson	Fr	Wisconsin Lutheran	24.44
21	353 Yaphay Harvey	Fr	Lakeland	24.44
23	242 Deandre McLaurin	Fr	Concordia Chicago	24.46
24	138 Michael Bajc	Fr	Aurora	24.48
25	343 Justin Williams	Fr	Edgewood	24.55
26	237 Charles Gordon	Sr	Concordia Chicago	24.69
27	352 Dylan Grimsrud	Fr	Lakeland	24.72
28	355 James Parker	So	Lakeland	24.79
29	332 Mitch DeVriendt	Fr	Edgewood	24.81
30	244 Daniel Mueller	So	Concordia Chicago	24.83
31	311 Mark Savard	So	Concordia Wiscon	24.93
32	303 Andy MacKenzie	So	Concordia Wiscon	25.02
33	152 Trey Gonzalez	Fr	Aurora	25.28
34	334 Quinn Kaiser	Fr	Edgewood	25.40
35	148 DeWayne Dotson	Fr	Aurora	25.54
36	329 Ethan Anderson	Fr	Edgewood	25.77
37	337 Pat Meuer	Sr	Edgewood	26.14
38	199 Noel Duckworth	Jr	Benedictine	27.23
39	211 David Mickiewicz	Sr	Benedictine	NT
39	167 Bo Price	Jr	Aurora	NT
39	381 Matt Keenen	Fr	Msoe	NT
39	377 Zach Ipema	Fr	Msoe	NT
39	395 Steve Toll	Sr	Msoe	NT
39	394 Erik Terronez	So	Msoe	NT

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Event 5 Women 400 Meter Dash

Conference: 58.68 5/7/2011 Corrin Koslowski, Edgewood

NAC Champ.: 58.68 5/7/2011 Corrin Koslowski, Edgewood

Comp#	Name	Year	School	Seed Time
1	325 Kristina Santaga	So	Edgewood	1:01.50
2	322 Denay Hering	So	Edgewood	1:01.53
3	320 Macalah Finstad	Fr	Edgewood	1:01.54
4	428 Ellen Schwartz	So	Wisconsin Lutheran	1:01.86
5	424 Taylor Remstad	Fr	Wisconsin Lutheran	1:02.14
6	265 Lauren Frisque	Fr	Concordia Wiscon	1:03.09
7	419 Hailey Herriges	Sr	Wisconsin Lutheran	1:03.17
8	183 Natalie Kocks	Fr	Benedictine	1:03.31
9	175 Morgan Bartlett	Fr	Benedictine	1:03.37
10	117 Loretta Johnson	Fr	Aurora	1:03.82
11	400 Barbara Duffy	So	Rockford	1:03.92
12	271 Jessica Hennig	So	Concordia Wiscon	1:04.29
13	425 Tori Remstad	Fr	Wisconsin Lutheran	1:05.08
14	230 Allison Sapiro	Fr	Concordia Chicago	1:05.40
15	430 Molly Watson	Fr	Wisconsin Lutheran	1:06.95
16	121 Ashley Mayer	So	Aurora	1:07.25
17	111 Ariana Espino	Fr	Aurora	1:08.31
18	134 Tracy Swain	Jr	Aurora	1:09.90
19	137 Anya Vincenti	Fr	Aurora	1:10.13
20	348 Danielle Holzer	Fr	Lakeland	1:10.83
21	104 Rocky Bentsen	Jr	Aurora	1:11.20
22	259 Jasmin Bowers	Fr	Concordia Wiscon	1:14.43
23	274 Emily Mauermann	Fr	Concordia Wiscon	NT
23	327 Kat Sporie	Jr	Edgewood	NT

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Event 6 Men 400 Meter Dash

Conference: 48.67 4/26/2012 **Traqvis Turnquist, Wisconsin Lutheran**
NAC Champ.: 48.97 5/2/2009 **Brian Seniuk, MSOE**

Comp#	Name	Year	School	Seed Time
1	438 Travis Turnquist	Fr	Wisconsin Lutheran	48.67
2	335 Nicholas Lohr	Fr	Edgewood	49.73
3	352 Dylan Grimsrud	Fr	Lakeland	51.56
4	341 Jordan Smith	So	Edgewood	51.64
5	155 Alex Hoyle	Jr	Aurora	51.66
6	252 Jamal Taylor	Fr	Concordia Chicago	51.77
7	333 Brandon Griffith	Fr	Edgewood	52.08
8	245 Jason Pomey	Fr	Concordia Chicago	52.32
9	212 Robert Miller	Jr	Benedictine	52.50
10	292 Michael Edwards	Jr	Concordia Wiscon	52.80
11	165 Chris Moss	So	Aurora	53.13
12	246 Justin Pomey	So	Concordia Chicago	53.16
13	340 Peter Schneider	So	Edgewood	53.42
14	332 Mitch DeVriendt	Fr	Edgewood	53.47
15	372 Dan Franke	Fr	Msoe	54.97
16	442 Paul Watson	Fr	Wisconsin Lutheran	55.33
17	406 Ryan Mehren	Fr	Rockford	55.44
18	239 Aaron Loveless	Fr	Concordia Chicago	57.14
19	337 Pat Meuer	Sr	Edgewood	NT
19	211 David Mickiewicz	Sr	Benedictine	NT
19	381 Matt Keenen	Fr	Msoe	NT

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Event 7 Women 800 Meter Run

Conference: 2:21.30 4/26/2012 **Denay Hering, Edgewood**

NAC Champ.: 2:23.72 5/7/2011 **Corrin Koslowski, Edgewood**

Comp#	Name	Year	School	Seed Time
1	322 Denay Hering	So	Edgewood	2:21.30
2	416 Sarah Frelich	Fr	Wisconsin Lutheran	2:22.05
3	427 Alyssa Schumacher	So	Wisconsin Lutheran	2:22.35
4	228 Kayla Konow	Fr	Concordia Chicago	2:27.24
5	127 Brittany Paller	Sr	Aurora	2:27.43
6	176 Michelle Busse	So	Benedictine	2:29.26
7	320 Macalah Finstad	Fr	Edgewood	2:32.25
8	281 Caitlyn Stern	So	Concordia Wiscon	2:33.68
9	183 Natalie Kocks	Fr	Benedictine	2:34.98
10	318 Cara Brasted	Fr	Edgewood	2:37.25
11	115 Abby Hart	Fr	Aurora	2:38.50
12	328 Aryn Wellnitz	Fr	Edgewood	2:39.40
13	193 Mary Kate Zayed	Fr	Benedictine	2:40.64
14	402 Lindsay Maas	Fr	Rockford	2:41.21
15	129 Emily Probst	Fr	Aurora	2:43.27
16	429 Chris Sosinski	So	Wisconsin Lutheran	2:43.51
17	102 Melissa Babos	So	Aurora	2:44.87
18	101 Hannah Auch	Fr	Aurora	2:46.88
19	224 Aracelis Figueroa	Fr	Concordia Chicago	2:55.24
20	103 Stephanie Bateman	Sr	Aurora	2:58.09
21	326 Katie Schmidt	So	Edgewood	2:58.46
22	122 Arlette Millan	So	Aurora	2:58.65
23	324 Carrie Radel	Jr	Edgewood	NT
23	365 Anete Zagare	Jr	Msoe	NT

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Event 8 Men 800 Meter Run

Conference: 1:55.01 5/16/2008 Dom Maio, MSOE

NAC Champ.: 1:55.48 5/2/2009 Dom Maio, MSOE

Comp#	Name	Year	School	Seed Time
1	345 Peter Zander	Sr	Edgewood	1:55.78
2	433 Nick Biancuzzo	So	Wisconsin Lutheran	1:56.90
3	215 Ryan Serafino	Jr	Benedictine	1:57.89
4	344 Lucas Wolfe	So	Edgewood	1:58.17
5	151 Gonzo Gonzalez	Fr	Aurora	1:58.67
6	352 Dylan Grimsrud	Fr	Lakeland	1:59.60
7	208 David Martin	Fr	Benedictine	1:59.64
8	387 Ben Peterson	So	Msoe	2:00.59
9	159 Kyle Kayzar	So	Aurora	2:01.13
10	173 Mark Sulkin	Sr	Aurora	2:02.44
11	410 Jason Springman	Fr	Rockford	2:03.07
12	243 Sal Montes	Jr	Concordia Chicago	2:04.71
13	380 Milan Johnson	So	Msoe	2:04.73
14	371 Garret Faring	Fr	Msoe	2:06.79
15	407 Amour Muro	So	Rockford	2:08.24
16	331 Evan Boushon	So	Edgewood	2:10.56
17	200 Jordan Gaska	So	Benedictine	2:11.19
18	336 Sean Merrill	Fr	Edgewood	2:28.87
19	155 Alex Hoyle	Jr	Aurora	NT
19	249 Chris Root	Jr	Concordia Chicago	NT

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Event 9 Women 1500 Meter Run

Conference: 4:53.14 4/18/2009 **Hannah Miller, Benedictine**

NAC Champ.: 4:59.09 5/7/2011 **Carrie Radel, Edgewood**

Comp#	Name	Year	School	Seed Time
1	427 Alyssa Schumacher	So	Wisconsin Lutheran	4:55.79
2	231 Alex Schmidt	Jr	Concordia Chicago	5:00.19
3	324 Carrie Radel	Jr	Edgewood	5:03.94
4	228 Kayla Konow	Fr	Concordia Chicago	5:06.31
5	127 Brittany Paller	Sr	Aurora	5:07.96
6	416 Sarah Frelich	Fr	Wisconsin Lutheran	5:08.71
7	284 Kelsey Wagner	So	Concordia Wiscon	5:12.02
8	191 Danielle Smith	Sr	Benedictine	5:18.42
9	363 Holly Phelps	Jr	Msoe	5:19.58
10	276 Sarah Maynard	Fr	Concordia Wiscon	5:23.03
11	177 Julie Carroll	Fr	Benedictine	5:25.59
12	328 Aryn Wellnitz	Fr	Edgewood	5:26.46
13	420 Lauren Holt	Fr	Wisconsin Lutheran	5:28.64
14	115 Abby Hart	Fr	Aurora	5:31.75
15	129 Emily Probst	Fr	Aurora	5:34.74
16	179 Sydney French	So	Benedictine	5:36.31
17	108 Andrea Contreras	So	Aurora	5:38.42
18	402 Lindsay Maas	Fr	Rockford	5:38.91
19	102 Melissa Babos	So	Aurora	5:45.97
20	362 Kate Mauk	Fr	Msoe	5:52.04
21	103 Stephanie Bateman	Sr	Aurora	5:53.93
22	224 Aracelis Figueroa	Fr	Concordia Chicago	6:11.69

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Event 10 Men 1500 Meter Run

Conference: 3:54.21 5/14/2010 Matt Lindgren, Rockford

NAC Champ.: 4:01.56 5/2/2009 Dominic Maio, MSOE

Comp#	Name	Year	School	Seed Time
1	342 Josh Williams	So	Edgewood	4:03.06
2	344 Lucas Wolfe	So	Edgewood	4:08.93
3	170 Drew Schmitt	So	Aurora	4:09.63
4	345 Peter Zander	Sr	Edgewood	4:09.66
5	151 Gonzo Gonzalez	Fr	Aurora	4:09.71
6	433 Nick Biancuzzo	So	Wisconsin Lutheran	4:09.92
7	374 Steve Grousnick	So	Msoe	4:10.60
8	208 David Martin	Fr	Benedictine	4:10.67
9	173 Mark Sulkin	Sr	Aurora	4:10.87
10	330 Connor Boushon	Jr	Edgewood	4:13.10
11	164 Brandon Miller	Fr	Aurora	4:22.60
12	157 Pete Jaros	Fr	Aurora	4:26.57
13	149 Mitch Fox	Fr	Aurora	4:27.65
14	331 Evan Boushon	So	Edgewood	4:28.18
15	439 Steve Van Alstine	Fr	Wisconsin Lutheran	4:38.67
16	376 Keith Hamilton	So	Msoe	4:48.25
17	432 Jack Albert	Fr	Wisconsin Lutheran	4:56.59
18	336 Sean Merrill	Fr	Edgewood	5:35.79
19	251 Christian Sorenson	So	Concordia Chicago	NT

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Event 11 Women 5000 Meter Run

Conference: 18:06.13 4/8/2011

Katie Schommer, Wisconsin Lutheran

NAC Champ.: 18:08.70 5/7/2011

Samantha Gries, Concordia Wisconsin

Comp#	Name	Year	School	Seed Time
1	231 Alex Schmidt	Jr	Concordia Chicago	18:57.26
2	277 Samantha Nelson	Fr	Concordia Wiscon	19:29.76
3	418 Marya Haegler	So	Wisconsin Lutheran	19:44.76
4	128 Anna Perkowski	So	Aurora	19:47.77
5	361 Katelyn Herrmann	Jr	Msoe	19:48.73
6	112 Heidi Gantz	So	Aurora	19:56.13
7	263 Bethany Doerr	Jr	Concordia Wiscon	19:56.29
8	191 Danielle Smith	Sr	Benedictine	19:56.56
9	363 Holly Phelps	Jr	Msoe	20:00.81
10	177 Julie Carroll	Fr	Benedictine	20:26.12
11	109 Ollie Crump	Fr	Aurora	20:31.68
12	281 Caitlyn Stern	So	Concordia Wiscon	20:33.81
13	284 Kelsey Wagner	So	Concordia Wiscon	20:38.25
14	119 Taylor Magdich	Fr	Aurora	20:58.70
15	415 Julie Favorite	Fr	Wisconsin Lutheran	21:12.25
16	276 Sarah Maynard	Fr	Concordia Wiscon	21:15.15
17	108 Andrea Contreras	So	Aurora	21:16.60
18	187 Krishna Patel	So	Benedictine	21:24.41
19	279 Jade Senger	Sr	Concordia Wiscon	21:27.47
20	273 Stephanie Kennett	So	Concordia Wiscon	22:23.15
21	223 Nicole Fearin	So	Concordia Chicago	22:36.32
22	346 Christine Deitte	Jr	Lakeland	22:52.14
23	403 Stephanie Tassone	Fr	Rockford	NT
23	110 Briana Deckard	So	Aurora	NT
23	283 Sarah Volkert	Fr	Concordia Wiscon	NT
23	319 Morgan Dodson	Sr	Edgewood	NT
23	275 Brittany Maynard	So	Concordia Wiscon	NT
23	324 Carrie Radel	Jr	Edgewood	NT
23	323 Annie Propson	Sr	Edgewood	NT

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Event 12 Men 5000 Meter Run

Conference: 14:35.26 4/4/2009

Micah Lorenzen, Concordia Wisconsin

NAC Champ.: 15:07.11 5/2/2009

Micah Lorenzen, Concordia Wisconsin

Comp#	Name	Year	School	Seed Time
1	342 Josh Williams	So	Edgewood	15:01.22
2	170 Drew Schmitt	So	Aurora	15:32.99
3	295 Kevin Gries	Jr	Concordia Wiscon	15:50.14
4	330 Connor Boushon	Jr	Edgewood	15:52.83
5	300 Martin Hinze	So	Concordia Wiscon	15:57.65
6	344 Lucas Wolfe	So	Edgewood	16:03.88
7	338 Grant Mickesh	Jr	Edgewood	16:05.82
8	383 Trevor Koziczkowski	So	Msoe	16:07.74
9	391 Jake Schneider	Jr	Msoe	16:14.08
10	297 Jordan Guenther	So	Concordia Wiscon	16:20.18
11	241 Ethan McBee	Jr	Concordia Chicago	16:20.71
12	290 Andrew Coop	Fr	Concordia Wiscon	16:20.76
13	203 Danny Graham	Sr	Benedictine	16:22.28
14	309 Ryan Perry	Jr	Concordia Wiscon	16:22.40
15	251 Christian Sorenson	So	Concordia Chicago	16:25.63
16	146 Nick Cole	Fr	Aurora	16:30.60
17	339 Jason Revels	Fr	Edgewood	16:32.69
18	150 Morgan Goetschel	Jr	Aurora	16:33.48
19	304 Robert Meilbeck	Fr	Concordia Wiscon	16:34.21
20	435 Isaac Hill	So	Wisconsin Lutheran	16:35.55
21	194 Jack Adams	Fr	Benedictine	16:47.29
22	405 Tim Lydy	Fr	Rockford	16:57.50
23	299 Thomas Helgren	Jr	Concordia Wiscon	17:04.53
24	411 Eric Woelbling	Jr	Rockford	17:06.31
25	440 Sam Wallace	Fr	Wisconsin Lutheran	17:24.45
26	140 Douglas Belling Jr.	Fr	Aurora	17:26.67
27	157 Pete Jaros	Fr	Aurora	17:33.69
28	164 Brandon Miller	Fr	Aurora	17:38.64
29	306 Jon Oldenburg	Sr	Concordia Wiscon	17:42.70
30	313 Joshua Tillmann	Fr	Concordia Wiscon	18:13.10
31	206 Evan Jenkins	Fr	Benedictine	18:18.49
32	196 Thomas Brown	So	Benedictine	18:40.67
33	209 Mark Martinez	Fr	Benedictine	18:55.33
34	207 Matt Lemming	So	Benedictine	NT
34	351 Ryan Graves	Jr	Lakeland	NT

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Event 13 Women 10000 Meter Run

Conference: 37:05.71 3/19/2011 **Samantha Gries, Concordia Wisconsin**

NAC Champ.: 37:58.54 5/7/2011 **Samantha Gries, Concordia Wisconsin**

Comp#	Name	Year	School	Seed Time
1	231 Alex Schmidt	Jr	Concordia Chicago	37:48.34
2	128 Anna Perkowski	So	Aurora	41:05.02
3	226 Amy Grieashamer	Sr	Concordia Chicago	43:41.57
4	415 Julie Favorite	Fr	Wisconsin Lutheran	43:55.07
5	346 Christine Deitte	Jr	Lakeland	48:59.51
6	277 Samantha Nelson	Fr	Concordia Wiscon	NT
6	323 Annie Propson	Sr	Edgewood	NT
6	281 Caitlyn Stern	So	Concordia Wiscon	NT
6	110 Briana Deckard	So	Aurora	NT
6	112 Heidi Gantz	So	Aurora	NT
6	263 Bethany Doerr	Jr	Concordia Wiscon	NT
6	187 Krishna Patel	So	Benedictine	NT
6	223 Nicole Fearrin	So	Concordia Chicago	NT
6	177 Julie Carroll	Fr	Benedictine	NT

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Event 14 Men 10000 Meter Run

Conference: 31:00.23 3/19/2011 Andrew Ashenden, Concordia Wisconsin

NAC Champ.: 32:26.02 5/3/2008 Zach Shiels, Wisconsin Lutheran

Comp#	Name	Year	School	Seed Time
1	170 Drew Schmitt	So	Aurora	32:24.64
2	241 Ethan McBee	Jr	Concordia Chicago	34:40.72
3	435 Isaac Hill	So	Wisconsin Lutheran	34:43.84
4	251 Christian Sorenson	So	Concordia Chicago	34:56.92
5	150 Morgan Goetschel	Jr	Aurora	35:09.41
6	339 Jason Revels	Fr	Edgewood	35:11.99
7	392 Jeff Sparks	Fr	Msoe	35:52.81
8	411 Eric Woelbling	Jr	Rockford	38:55.13
9	351 Ryan Graves	Jr	Lakeland	41:27.74
10	330 Connor Boushon	Jr	Edgewood	NT
10	309 Ryan Perry	Jr	Concordia Wiscon	NT
10	342 Josh Williams	So	Edgewood	NT
10	338 Grant Mickesh	Jr	Edgewood	NT
10	194 Jack Adams	Fr	Benedictine	NT
10	157 Pete Jaros	Fr	Aurora	NT
10	203 Danny Graham	Sr	Benedictine	NT
10	295 Kevin Gries	Jr	Concordia Wiscon	NT
10	142 Dale Bolthouse	Jr	Aurora	NT
10	300 Martin Hinze	So	Concordia Wiscon	NT
10	304 Robert Meilbeck	Fr	Concordia Wiscon	NT
10	290 Andrew Coop	Fr	Concordia Wiscon	NT
10	297 Jordan Guenther	So	Concordia Wiscon	NT

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Event 15 Women 3000 Meter Steeplechase

Conference: 11:42.54 4/14/2012 Alex Schmidt, Concordia Chicago

NAC Champ.: 11:49.28 5/7/2011 Samantha Gries, Concordia Wisconsin

Comp#	Name	Year	School	Seed Time
1	231 Alex Schmidt	Jr	Concordia Chicago	11:42.54
2	361 Katelyn Herrmann	Jr	Msoe	11:44.24
3	112 Heidi Gantz	So	Aurora	12:24.14
4	116 Kaylee Howard	So	Aurora	14:21.00
5	401 Taylor Inghram	So	Rockford	NT
5	109 Ollie Crump	Fr	Aurora	NT
5	188 Megan Ryan	So	Benedictine	NT

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Event 16 Men 3000 Meter Steeplechase

Conference: 9:21.22 5/14/2010 Zak Lutz, MSOE

NAC Champ.: 9:44.19 5/7/2011 Grant Mickesh, Edgewood

Comp#	Name	Year	School	Seed Time
1	338 Grant Mickesh	Jr	Edgewood	9:26.00
2	300 Martin Hinze	So	Concordia Wiscon	10:02.57
3	241 Ethan McBee	Jr	Concordia Chicago	10:09.27
4	378 Brian Janus	Fr	Msoe	10:17.97
5	146 Nick Cole	Fr	Aurora	10:28.26
6	205 Patrick Ives	So	Benedictine	10:35.29
7	217 Tyler Zachary	Sr	Benedictine	10:35.33
8	197 Timmy Bugajsky	Fr	Benedictine	10:36.47
9	243 Sal Montes	Jr	Concordia Chicago	10:40.22
10	436 Tommy Jones	So	Wisconsin Lutheran	10:43.89
11	393 Nik Strasinopohlas	Fr	Msoe	10:48.66
12	140 Douglas Belling Jr.	Fr	Aurora	11:07.25
13	157 Pete Jaros	Fr	Aurora	11:36.45

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Event 17 Women 100 Meter Hurdles Prelims

Conference: 15.52 4/21/2012 **Amanda Markham, Wisconsin Lutheran**
NAC Champ.: 15.74 5/7/2011 **Emily Dieringer, MSOE**

Comp#	Name	Year	School	Seed Time
1	423 Amanda Markham	Fr	Wisconsin Lutheran	15.52
2	360 Emily Dieringer	Sr	Msoe	15.56
3	325 Kristina Santaga	So	Edgewood	16.64
4	184 Megan Kunesh	Sr	Benedictine	16.75
5	135 Kaylee Swearingen	Fr	Aurora	16.92
6	105 Erin Blackburn	Sr	Aurora	17.30
7	267 Becky Gifford	Jr	Concordia Wiscon	17.32
8	280 Kristin Sitte	So	Concordia Wiscon	17.45
9	234 Danyale Worsham	So	Concordia Chicago	17.78
10	321 Marissa Freber	Sr	Edgewood	18.01
11	366 Mollie Zuberbier	So	Msoe	19.34

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Event 18 Men 110 Meter Hurdles Prelims

Conference: 14.87 3/23/2012 Alexander Pawlak, Concordia Wisconsin
NAC Champ.: 15.04 5/7/2011 Kevin Diedrich, MSOE

Comp#	Name	Year	School	Seed Time
1	307 Alexander Pawlak	Sr	Concordia Wiscon	14.87
2	294 Vinny Greefkes	Sr	Concordia Wiscon	15.14
3	250 Josh Schultz	Fr	Concordia Chicago	15.84
4	434 Nathan Boerneke	So	Wisconsin Lutheran	16.40
5	201 Greg German	Fr	Benedictine	16.51
6	163 Juan Mercado	So	Aurora	16.59
7	384 Tim Lang	Sr	Msoe	16.83
8	367 Jonathon Anthony	Fr	Msoe	17.15
9	388 Aaron Rick	Fr	Msoe	17.72
10	154 Evan Hackbarth	Sr	Aurora	NT

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Event 19 Women 400 Meter Hurdles

Conference: 1:04.55 5/9/2008

Rae Tagai, Concordia Chicago

NAC Champ.: 1:06.25 5/3/2008

Rae Tagai, Concordia Chicago

Comp#	Name	Year	School	Seed Time
1	325 Kristina Santaga	So	Edgewood	1:05.73
2	423 Amanda Markham	Fr	Wisconsin Lutheran	1:07.59
3	271 Jessica Hennig	So	Concordia Wiscon	1:09.90
4	184 Megan Kunesh	Sr	Benedictine	1:10.57
5	280 Kristin Sitte	So	Concordia Wiscon	1:11.47
6	428 Ellen Schwartz	So	Wisconsin Lutheran	1:11.69
7	225 Sarah Genot	So	Concordia Chicago	1:15.02
8	105 Erin Blackburn	Sr	Aurora	1:16.95
9	321 Marissa Freber	Sr	Edgewood	1:17.71
10	135 Kaylee Swearingen	Fr	Aurora	1:23.77
11	133 Kimberly Sticklely	Fr	Aurora	1:24.47
12	192 Sadara Taylor	Sr	Benedictine	1:24.71
13	189 Ashley Shall	Jr	Benedictine	NT
13	414 Jenny Ebeling	Fr	Wisconsin Lutheran	NT

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Event 20 Men 400 Meter Hurdles

Conference: 54.32 3/31/2012 Alexander Pawlak, Concordia Wisconsin

NAC Champ.: 55.56 5/3/2008 Dylan Roff, Benedictine

Comp#	Name	Year	School	Seed Time
1	307 Alexander Pawlak	Sr	Concordia Wiscon	54.32
2	162 Cody McSorley	Fr	Aurora	58.66
3	434 Nathan Boerneke	So	Wisconsin Lutheran	59.43
4	161 Robert Lopez	Sr	Aurora	59.76
5	248 Scott Rein	Jr	Concordia Chicago	59.93
6	373 James Franke	Sr	Msoe	1:00.26
7	201 Greg German	Fr	Benedictine	1:00.37
8	384 Tim Lang	Sr	Msoe	1:00.52
9	166 Omar Ortiz	Fr	Aurora	1:00.71
10	340 Peter Schneider	So	Edgewood	1:00.88
11	163 Juan Mercado	So	Aurora	1:00.90
12	409 Carl Rapp	Fr	Rockford	1:01.67
13	386 Tom Monteverde	Sr	Msoe	1:03.04
14	296 Timothy Grimm	Fr	Concordia Wiscon	1:03.39
15	255 Jerry Williams	Fr	Concordia Chicago	1:04.56
16	367 Jonathon Anthony	Fr	Msoe	1:05.13
17	406 Ryan Mehren	Fr	Rockford	1:05.20
18	388 Aaron Rick	Fr	Msoe	1:09.15
19	436 Tommy Jones	So	Wisconsin Lutheran	NT
19	202 Minhaj Ghayur	Jr	Benedictine	NT

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Event 21 Women 4x100 Meter Relay

Conference: 50.62 5/7/2011 , Concordia Chicago
NAC Champ.: 50.62 5/7/2011 , Concorida Chicago

Comp#	Team	Relay	Seed Time
1	Concordia Chicago		51.24
	1) 219 Savanna Ashbaugh Fr	2) 220 Andrea Caldwell Fr	3) 221 Joshlynn Eaton So
	5) 227 Cassie Irwin Jr	6) 232 Leah Sellers Fr	7) 234 Danyale Worsham So
2	Aurora		51.34
	1) 117 Loretta Johnson Fr	2) 123 Lauren Miller Jr	3) 124 Caitlin Monigold So
	5) 131 Courtney Roberts So	6) 135 Kaylee Swearingen Fr	4) 130 Ainsley Richards So
3	Wisconsin Lutheran		51.89
	1) 421 Katie Horaitis Fr	2) 422 Zakkiyya Jones Fr	3) 424 Taylor Remstad Fr
	5) 430 Molly Watson Fr	6) 431 Amberly Weiglein Fr	4) 425 Tori Remstad Fr
4	Concordia Wisconsin		53.07
	1) 265 Lauren Frisque Fr	2) 266 Alexandra Garcia So	3) 267 Becky Gifford Jr
	5) 271 Jessica Hennig So	6) 280 Kristin Sitte So	4) 269 Jennifer Hamilton So
5	Benedictine		53.94
	1) 175 Morgan Bartlett Fr	2) 180 Melissa Gregory Jr	3) 181 Dominique Joseph Fr
	5) 184 Megan Kunesh Sr	6) 186 Nicole Millard Fr	4) 183 Natalie Kocks Fr
6	Edgewood		NT
	1) 316 Katie Amelse Jr	2) 317 Cassandra Arnold So	3) 319 Morgan Dodson Sr
	5) 323 Annie Propson Sr	6) 326 Katie Schmidt So	4) 321 Marissa Freber Sr

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Event 22 Men 4x100 Meter Relay

Conference: 42.21 3/23/2012 , Concordia Wisconsin

NAC Champ.: 42.32 5/2/2009 , Concordia Wisconsin

Comp#	Team	Relay	Seed Time
1	Concordia Wisconsin		42.21
	1) 285 Troy Anderson Fr	2) 286 Jonny Balsman So	3) 301 Dylan Krivoshein Fr
	5) 308 Sean Pawlak So	6) 310 Justin Rogers Sr	4) 307 Alexander Pawlak Sr
2	Aurora		44.37
	1) 155 Alex Hoyle Jr	2) 156 T.J. Jackson So	3) 160 Landon Ketchum So
	5) 171 Matt Snyder Jr	6) 174 Mike Woodard Jr	4) 165 Chris Moss So
3	Benedictine		44.38
	1) 199 Noel Duckworth Jr	2) 201 Greg German Fr	3) 202 Minhaj Ghayur Jr
	5) 212 Robert Miller Jr	6) 215 Ryan Serafino Jr	4) 210 Nicholas McCord Sr
4	Edgewood		44.77
	1) 332 Mitch DeVriendt Fr	2) 333 Brandon Griffith Fr	3) 334 Quinn Kaiser Fr
	5) 338 Grant Mickesh Jr	6) 340 Peter Schneider So	7) 342 Josh Williams So
8) 344 Lucas Wolfe So			
5	Concordia Chicago		44.83
	1) 240 Larry Mayne Sr	2) 242 Deandre McLaurin Fr	3) 244 Daniel Mueller So
	5) 246 Justin Pomey So	6) 247 Jon Poppe Jr	7) 248 Scott Rein Jr
4) 245 Jason Pomey Fr			
6	Msoe		45.15
	1) 368 Mike Cosentino So	2) 379 Cody Johnson Fr	3) 381 Matt Keenen Fr
	5) 385 Ryan Moldenhauer Fr	6) 398 Arthur Weborg Jr	4) 384 Tim Lang Sr
7	Lakeland		45.61
	1) 350 Aaron Ash Jr	2) 351 Ryan Graves Jr	3) 352 Dylan Grimsrud Fr
	5) 354 Patrick Johnson Fr	6) 355 James Parker So	4) 353 Yaphay Harvey Fr

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Event 23 Women 4x400 Meter Relay

Conference: 3:27.55 3/27/2010 , MSOE

NAC Champ.: 4:08.97 5/7/2011 , Edgewood

Comp#	Team	Relay	Seed Time
1	Wisconsin Lutheran		4:10.61
	1) 419 Hailey Herriges Sr	2) 423 Amanda Markham Fr	3) 424 Taylor Remstad Fr
	5) 427 Alyssa Schumacher So	6) 428 Ellen Schwartz So	4) 425 Tori Remstad Fr
2	Concordia Wisconsin		4:19.62
	1) 265 Lauren Frisque Fr	2) 266 Alexandra Garcia So	3) 271 Jessica Hennig So
	5) 277 Samantha Nelson Fr	6) 280 Kristin Sitte So	7) 281 Caitlyn Stern So
3	Edgewood		4:20.73
	1) 318 Cara Brasted Fr	2) 319 Morgan Dodson Sr	3) 321 Marissa Freber Sr
	5) 326 Katie Schmidt So	6) 328 Aryn Wellnitz Fr	4) 322 Denay Hering So
4	Concordia Chicago		4:27.32
	1) 219 Savanna Ashbaugh Fr	2) 220 Andrea Caldwell Fr	3) 221 Joshlynn Eaton So
	5) 230 Allison Sapiro Fr	6) 232 Leah Sellers Fr	7) 234 Danyale Worsham So
5	Aurora		4:29.75
	1) 111 Ariana Espino Fr	2) 117 Loretta Johnson Fr	3) 121 Ashley Mayer So
	5) 124 Caitlin Monigold So	6) 127 Brittany Paller Sr	7) 131 Courtney Roberts So
6	Benedictine		4:30.09
	1) 175 Morgan Bartlett Fr	2) 176 Michelle Busse So	3) 183 Natalie Kocks Fr
	5) 189 Ashley Shall Jr	6) 192 Sadara Taylor Sr	7) 193 Mary Kate Zayed Fr
			4) 184 Megan Kunesh Sr

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Event 24 Men 4x400 Meter Relay

Conference: 3:22.02 4/9/2009 , Concordia Wisconsin

NAC Champ.: 3:20.49 5/11/2011 , MSOE

Comp#	Team	Relay	Seed Time
1	Concordia Chicago		3:28.81
	1) 243 Sal Montes Jr	2) 245 Jason Pomey Fr	3) 246 Justin Pomey So
	5) 248 Scott Rein Jr	6) 250 Josh Schultz Fr	7) 252 Jamal Taylor Fr
2	Aurora		3:29.67
	1) 151 Gonzo Gonzalez Fr	2) 155 Alex Hoyle Jr	3) 156 T.J. Jackson So
	5) 161 Robert Lopez Sr	6) 162 Cody McSorley Fr	7) 165 Chris Moss So
3	Edgewood		3:30.34
	1) 331 Evan Boushon So	2) 333 Brandon Griffith Fr	3) 334 Quinn Kaiser Fr
	5) 338 Grant Mickesh Jr	6) 340 Peter Schneider So	7) 342 Josh Williams So
4	Benedictine		3:31.23
	1) 201 Greg German Fr	2) 202 Minhaj Ghayur Jr	3) 208 David Martin Fr
	5) 212 Robert Miller Jr	6) 215 Ryan Serafino Jr	4) 210 Nicholas McCord Sr
5	Wisconsin Lutheran		3:34.05
	1) 433 Nick Biancuzzo So	2) 434 Nathan Boerneke So	3) 436 Tommy Jones So
	5) 441 Malachi Wallander So	6) 442 Paul Watson Fr	4) 438 Travis Turnquist Fr
6	Msoe		3:34.22
	1) 372 Dan Franke Fr	2) 373 James Franke Sr	3) 374 Steve Grousnick So
	5) 386 Tom Monteverde Sr	6) 387 Ben Peterson So	4) 378 Brian Janus Fr
7	Rockford		3:37.22
	1) 404 Jacob Arnold Fr	2) 406 Ryan Mehren Fr	3) 407 Amour Muro So
	5) 409 Carl Rapp Fr	6) 410 Jason Springman Fr	4) 408 Luis Ortiz Fr
8	Lakeland		3:47.37
	1) 350 Aaron Ash Jr	2) 351 Ryan Graves Jr	3) 352 Dylan Grimsrud Fr
	5) 354 Patrick Johnson Fr	6) 355 James Parker So	4) 353 Yaphay Harvey Fr
9	Concordia Wisconsin		NT
	1) 286 Jonny Balsman So	2) 292 Michael Edwards Jr	3) 301 Dylan Krivoshein Fr
	5) 308 Sean Pawlak So	6) 310 Justin Rogers Sr	4) 307 Alexander Pawlak Sr

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Event 25 Women Long Jump

Conference: 5.63m 4/28/2007 **Janeen Corgin, Concordia Wisconsin**

NAC Champ.: 5.33m 5/7/2011 **Cait Hartman, Aurora**

Comp#	Name	Year	School	Seed Mark
1	221 Joshlynn Eaton	So	Concordia Chicago	5.10m
2	130 Ainsley Richards	So	Aurora	5.05m
3	325 Kristina Santaga	So	Edgewood	5.02m
4	399 Dani Buttel	So	Rockford	4.99m
5	220 Andrea Caldwell	Fr	Concordia Chicago	4.89m
6	422 Zakkiyya Jones	Fr	Wisconsin Lutheran	4.88m
7	222 Kyla Farquhar	Sr	Concordia Chicago	4.84m
8	267 Becky Gifford	Jr	Concordia Wiscon	4.72m
9	412 Amanda Bregger	Fr	Wisconsin Lutheran	4.67m
10	219 Savanna Ashbaugh	Fr	Concordia Chicago	4.57m
11	124 Caitlin Monigold	So	Aurora	4.53m
12	266 Alexandra Garcia	So	Concordia Wiscon	4.51m
13	423 Amanda Markham	Fr	Wisconsin Lutheran	4.46m
13	414 Jenny Ebeling	Fr	Wisconsin Lutheran	4.46m
15	134 Tracy Swain	Jr	Aurora	4.43m
16	180 Melissa Gregory	Jr	Benedictine	4.29m
17	131 Courtney Roberts	So	Aurora	4.23m
18	347 Vashia Gordon	Jr	Lakeland	4.21m
19	426 Cecilee Rodenkirch	Jr	Wisconsin Lutheran	4.16m
20	365 Anete Zagare	Jr	Msoe	4.14m
21	123 Lauren Miller	Jr	Aurora	ND
21	419 Hailey Herriges	Sr	Wisconsin Lutheran	ND
21	366 Mollie Zuberbier	So	Msoe	ND

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Event 26 Men Long Jump

Conference: 7.42m 4/19/2011 **Merrell Davis, Concordia Chicago**

NAC Champ.: 7.04m 5/2/2009 **Dominique Johnson, Wisconsin Lutheran**

Comp#	Name	Year	School	Seed Mark
1	236 Merrell Davis	Jr	Concordia Chicago	7.42m
2	253 Jamal Thomas	So	Concordia Chicago	7.05m
3	210 Nicholas McCord	Sr	Benedictine	6.58m
4	341 Jordan Smith	So	Edgewood	6.54m
5	398 Arthur Weborg	Jr	Msoe	6.47m
6	289 Malcolm Bowers	Fr	Concordia Wiscon	6.36m
7	285 Troy Anderson	Fr	Concordia Wiscon	6.35m
8	238 Jacob Kreutzer	Sr	Concordia Chicago	6.34m
9	139 Paul Beeler	So	Aurora	6.31m
10	240 Larry Mayne	Sr	Concordia Chicago	6.10m
11	385 Ryan Moldenhauer	Fr	Msoe	5.87m
12	148 DeWayne Dotson	Fr	Aurora	5.79m
13	288 Ryan Billman	Fr	Concordia Wiscon	5.75m
14	334 Quinn Kaiser	Fr	Edgewood	5.71m
15	167 Bo Price	Jr	Aurora	5.66m
16	160 Landon Ketchum	So	Aurora	5.65m
17	377 Zach Ipema	Fr	Msoe	5.63m
18	174 Mike Woodard	Jr	Aurora	5.33m
19	354 Patrick Johnson	Fr	Lakeland	5.28m
20	311 Mark Savard	So	Concordia Wiscon	5.10m
21	355 James Parker	So	Lakeland	4.96m
22	154 Evan Hackbarth	Sr	Aurora	ND
22	256 Trent Yancy	Fr	Concordia Chicago	ND
22	147 Ahmad DeOlivieria	So	Aurora	ND
22	310 Justin Rogers	Sr	Concordia Wiscon	ND
22	298 Aaron Hauser	So	Concordia Wiscon	ND

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Event 27 Women Triple Jump

Conference: 10.75m 5/7/2011 Cait Hartman, Aurora

NAC Champ.: 10.75m 5/7/2011 Cait Hartman, Aurora

Comp#	Name	Year	School	Seed Mark
1	123 Lauren Miller	Jr	Aurora	10.09m
2	124 Caitlin Monigold	So	Aurora	10.06m
3	403 Stephanie Tassone	Fr	Rockford	9.95m
3	426 Cecilee Rodenkirch	Jr	Wisconsin Lutheran	9.95m
5	219 Savanna Ashbaugh	Fr	Concordia Chicago	9.59m
6	412 Amanda Bregger	Fr	Wisconsin Lutheran	9.55m
7	265 Lauren Frisque	Fr	Concordia Wiscon	9.39m
8	419 Hailey Herriges	Sr	Wisconsin Lutheran	ND
8	414 Jenny Ebeling	Fr	Wisconsin Lutheran	ND
8	130 Ainsley Richards	So	Aurora	ND
8	267 Becky Gifford	Jr	Concordia Wiscon	ND
8	186 Nicole Millard	Fr	Benedictine	ND
8	137 Anya Vincenti	Fr	Aurora	ND

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Event 28 Men Triple Jump

Conference: 14.44m 4/9/2009

Dominique Johnson, Wisconsin Lutheran

NAC Champ.: 13.82m 5/2/2009

Dominique Johnson, Wisconsin Lutheran

Comp#	Name	Year	School	Seed Mark
1	253 Jamal Thomas	So	Concordia Chicago	14.21m
2	310 Justin Rogers	Sr	Concordia Wiscon	13.46m
3	236 Merrell Davis	Jr	Concordia Chicago	13.45m
4	238 Jacob Kreutzer	Sr	Concordia Chicago	13.37m
5	240 Larry Mayne	Sr	Concordia Chicago	13.13m
6	398 Arthur Weborg	Jr	Msoe	13.06m
7	139 Paul Beeler	So	Aurora	12.68m
8	167 Bo Price	Jr	Aurora	12.36m
9	354 Patrick Johnson	Fr	Lakeland	12.32m
10	377 Zach Ipema	Fr	Msoe	12.18m
11	385 Ryan Moldenhauer	Fr	Msoe	11.96m
12	216 Billy Sipek	Fr	Benedictine	11.95m
13	210 Nicholas McCord	Sr	Benedictine	11.74m
14	334 Quinn Kaiser	Fr	Edgewood	10.87m
15	147 Ahmad DeOlivieria	So	Aurora	ND

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Event 29 Women Shot Put

Conference: 12.95m 5/16/2008 Elissa Decker, Aurora

NAC Champ.: 12.35m 5/2/2009 Elissa Decker, Aurora

Comp#	Name	Year	School	Seed Mark
1	218 Amanda Allen	Jr	Concordia Chicago	11.67m
2	233 Kamile Udrenaite	Fr	Concordia Chicago	11.10m
3	267 Becky Gifford	Jr	Concordia Wiscon	10.83m
4	126 Samantha Owens	So	Aurora	10.78m
5	125 Sarah Murphy	Fr	Aurora	10.56m
6	178 Shana Cook	So	Benedictine	10.28m
7	114 Shandi Hammer	So	Aurora	9.79m
8	219 Savanna Ashbaugh	Fr	Concordia Chicago	9.66m
9	136 Priscilla Thermidor	Jr	Aurora	9.41m
10	257 Holly Beattie	Jr	Concordia Wiscon	9.35m
11	364 Marly Trier	Fr	Msoe	9.22m
12	190 Kayleigh Skaggs	So	Benedictine	8.96m
13	229 Cheryl Robaczewski	Jr	Concordia Chicago	8.95m
14	413 Jasmine Crawford	Fr	Wisconsin Lutheran	8.29m
15	414 Jenny Ebeling	Fr	Wisconsin Lutheran	7.98m
16	118 Kylie Lowe	So	Aurora	7.90m
17	113 Kaiti Haas	Fr	Aurora	7.71m
18	272 Andrea Kassees	So	Concordia Wiscon	7.39m
18	270 Mary Heinz	Fr	Concordia Wiscon	7.39m
20	268 Courtney Gilge	Fr	Concordia Wiscon	6.85m

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Event 30 Men Shot Put

Conference: 16.63m 4/17/2010 Adrian Kibiersza, Aurora

NAC Champ.: 15.92m 5/2/2009 Adrian Kibiersza, Aurora

Comp#	Name	Year	School	Seed Mark
1	144 Eric Capshaw	Sr	Aurora	15.17m
2	145 Petey Claus	So	Aurora	14.08m
3	198 Adam Chocola	Jr	Benedictine	13.50m
4	213 Tyler Monahan	So	Benedictine	13.42m
5	143 Zach Burke	So	Aurora	13.17m
6	153 Zeus Gonzalez	Sr	Aurora	13.07m
7	370 Patrick Dubois	Jr	Msoe	13.02m
8	254 Cory Volkman	Sr	Concordia Chicago	12.64m
9	141 Adam Blake	Fr	Aurora	11.90m
10	293 Andrew Faber	Fr	Concordia Wiscon	11.77m
11	312 William Sommer	Fr	Concordia Wiscon	11.70m
12	314 Jordan Watson	Fr	Concordia Wiscon	11.18m
13	315 Kenneth Zahner	Fr	Concordia Wiscon	10.98m
14	375 Chris Gust	Fr	Msoe	10.93m
15	358 Dan Zea	Fr	Lakeland	10.65m
16	158 Choctaw Johnson	Jr	Aurora	10.63m
17	138 Michael Bajc	Fr	Aurora	10.42m
18	408 Luis Ortiz	Fr	Rockford	10.36m
19	390 Joshua Ruchlow	So	Msoe	9.66m
20	356 Aaron Sherry	Fr	Lakeland	9.40m
21	357 Tim Van Doorn	Fr	Lakeland	8.96m

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Event 31 Women Discus Throw

Conference: 43.70m 4/29/2011 Vanessa mensie, Benedictine

NAC Champ.: 40.38m 5/7/2011 Vanessa Mensie, Benedictine

Comp#	Name	Year	School	Seed Mark
1	218 Amanda Allen	Jr	Concordia Chicago	38.45m
2	272 Andrea Kassees	So	Concordia Wiscon	36.05m
3	136 Priscilla Thermidor	Jr	Aurora	35.75m
4	262 Katie Dickes	Fr	Concordia Wiscon	33.48m
5	229 Cheryl Robaczewski	Jr	Concordia Chicago	33.22m
6	233 Kamile Udrenaitė	Fr	Concordia Chicago	33.19m
7	364 Marly Trier	Fr	Msoe	32.91m
8	178 Shana Cook	So	Benedictine	32.18m
9	132 Rebecca Rod	So	Aurora	32.05m
10	126 Samantha Owens	So	Aurora	29.45m
11	190 Kayleigh Skaggs	So	Benedictine	27.83m
12	113 Kaiti Haas	Fr	Aurora	26.00m
12	125 Sarah Murphy	Fr	Aurora	26.00m
14	258 Jacqueline Beyer	Fr	Concordia Wiscon	25.99m
15	270 Mary Heinz	Fr	Concordia Wiscon	25.84m
16	114 Shandi Hammer	So	Aurora	25.41m
17	257 Holly Beattie	Jr	Concordia Wiscon	24.95m
18	264 Alexandra Ezell	Fr	Concordia Wiscon	24.23m
19	413 Jasmine Crawford	Fr	Wisconsin Lutheran	22.36m
20	268 Courtney Gilge	Fr	Concordia Wiscon	18.11m
21	118 Kylie Lowe	So	Aurora	16.94m

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Event 32 Men Discus Throw

Conference: 51.91m 5/15/2010 Adrian Kibiersza, Aurora

NAC Champ.: 47.75m 5/2/2009 Adrian Kibiersza, Aurora

Comp#	Name	Year	School	Seed Mark
1	213 Tyler Monahan	So	Benedictine	43.10m
2	198 Adam Chocola	Jr	Benedictine	42.20m
3	144 Eric Capshaw	Sr	Aurora	41.95m
4	204 Andrew Grzywna	Sr	Benedictine	39.56m
5	153 Zeus Gonzalez	Sr	Aurora	39.47m
6	143 Zach Burke	So	Aurora	39.30m
7	287 Joel Behl	Jr	Concordia Wiscon	36.22m
8	293 Andrew Faber	Fr	Concordia Wiscon	34.89m
9	254 Cory Volkman	Sr	Concordia Chicago	34.86m
10	145 Petey Claus	So	Aurora	34.75m
11	138 Michael Bajc	Fr	Aurora	34.28m
12	158 Choctaw Johnson	Jr	Aurora	31.93m
13	315 Kenneth Zahner	Fr	Concordia Wiscon	30.73m
14	152 Trey Gonzalez	Fr	Aurora	30.55m
15	358 Dan Zea	Fr	Lakeland	30.37m
16	141 Adam Blake	Fr	Aurora	30.09m
17	390 Joshua Ruchlow	So	Msoe	30.00m
18	291 Burke Dupuis	Fr	Concordia Wiscon	29.95m
19	312 William Sommer	Fr	Concordia Wiscon	27.19m
20	356 Aaron Sherry	Fr	Lakeland	25.16m
21	357 Tim Van Doorn	Fr	Lakeland	20.71m
22	314 Jordan Watson	Fr	Concordia Wiscon	ND

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Event 33 Women Hammer Throw

Conference: 49.95m 5/7/2011

Vanessa Mensie, Benedictine

NAC Champ.: 49.95m 5/7/2011

Vanessa Mensie, Benedictine

Comp#	Name	Year	School	Seed Mark
1	126 Samantha Owens	So	Aurora	40.97m
2	178 Shana Cook	So	Benedictine	40.94m
3	190 Kayleigh Skaggs	So	Benedictine	36.80m
4	229 Cheryl Robaczewski	Jr	Concordia Chicago	35.25m
5	272 Andrea Kassees	So	Concordia Wiscon	34.81m
6	136 Priscilla Thermidor	Jr	Aurora	33.72m
7	257 Holly Beattie	Jr	Concordia Wiscon	33.36m
8	218 Amanda Allen	Jr	Concordia Chicago	32.76m
9	233 Kamile Udrenaite	Fr	Concordia Chicago	32.30m
10	364 Marly Trier	Fr	Msoe	31.41m
11	262 Katie Dickes	Fr	Concordia Wiscon	31.31m
12	132 Rebecca Rod	So	Aurora	31.20m
13	114 Shandi Hammer	So	Aurora	27.99m
14	264 Alexandra Ezell	Fr	Concordia Wiscon	27.73m
15	125 Sarah Murphy	Fr	Aurora	25.75m
16	258 Jacqueline Beyer	Fr	Concordia Wiscon	25.37m
17	113 Kaiti Haas	Fr	Aurora	23.62m
18	268 Courtney Gilge	Fr	Concordia Wiscon	ND

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Event 34 Men Hammer Throw

Conference: 55.45m 4/30/2010 Tom Sroka, Aurora

NAC Champ.: 53.55m 5/13/2010 Tom Sroka, Aurora

Comp#	Name	Year	School	Seed Mark
1	198 Adam Chocola	Jr	Benedictine	51.74m
2	153 Zeus Gonzalez	Sr	Aurora	47.79m
3	144 Eric Capshaw	Sr	Aurora	46.86m
4	370 Patrick Dubois	Jr	Msoe	41.48m
5	204 Andrew Grzywna	Sr	Benedictine	41.37m
6	254 Cory Volkman	Sr	Concordia Chicago	40.77m
7	213 Tyler Monahan	So	Benedictine	40.68m
8	143 Zach Burke	So	Aurora	39.50m
9	293 Andrew Faber	Fr	Concordia Wiscon	37.01m
10	312 William Sommer	Fr	Concordia Wiscon	36.09m
11	158 Choctaw Johnson	Jr	Aurora	36.04m
12	287 Joel Behl	Jr	Concordia Wiscon	35.60m
13	291 Burke Dupuis	Fr	Concordia Wiscon	35.13m
14	390 Joshua Ruchlow	So	Msoe	33.42m
15	375 Chris Gust	Fr	Msoe	30.68m
16	145 Petey Claus	So	Aurora	29.33m
17	141 Adam Blake	Fr	Aurora	25.93m

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Event 35 Women Javelin Throw

Conference: 43.30m 4/23/2010 Stephanie DeLuca, Aurora

NAC Champ.: 38.59m 5/2/2009 Stephanie DeLuca, Aurora

Comp#	Name	Year	School	Seed Mark
1	178 Shana Cook	So	Benedictine	36.73m
2	414 Jenny Ebeling	Fr	Wisconsin Lutheran	36.52m
3	105 Erin Blackburn	Sr	Aurora	33.88m
4	219 Savanna Ashbaugh	Fr	Concordia Chicago	33.68m
5	267 Becky Gifford	Jr	Concordia Wiscon	30.52m
6	282 Kate Viesselmann	Sr	Concordia Wiscon	29.00m
7	230 Allison Sapiro	Fr	Concordia Chicago	26.92m
8	364 Marly Trier	Fr	Msoe	26.75m
9	125 Sarah Murphy	Fr	Aurora	25.83m
10	261 Courtney Crouse	Sr	Concordia Wiscon	24.33m
11	271 Jessica Hennig	So	Concordia Wiscon	23.95m
12	262 Katie Dickes	Fr	Concordia Wiscon	23.68m
13	135 Kaylee Swearingen	Fr	Aurora	23.28m
14	132 Rebecca Rod	So	Aurora	23.16m
15	136 Priscilla Thermidor	Jr	Aurora	23.08m
16	429 Chris Sosinski	So	Wisconsin Lutheran	23.04m
17	265 Lauren Frisque	Fr	Concordia Wiscon	22.77m
18	118 Kylie Lowe	So	Aurora	22.68m
19	233 Kamile Udrenaite	Fr	Concordia Chicago	22.43m
20	190 Kayleigh Skaggs	So	Benedictine	21.41m
21	258 Jacqueline Beyer	Fr	Concordia Wiscon	20.80m
22	126 Samantha Owens	So	Aurora	19.75m
23	114 Shandi Hammer	So	Aurora	18.76m
24	264 Alexandra Ezell	Fr	Concordia Wiscon	15.19m
25	113 Kaiti Haas	Fr	Aurora	15.14m
26	403 Stephanie Tassone	Fr	Rockford	ND

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Event 36 Men Javelin Throw

Conference: 70.14m 4/3/2010

Brock Solveson, Concordia Wisconsin

NAC Champ.: 58.63m 5/3/2008

Brock Solveson, Concordia Wisconsin

Comp#	Name	Year	School	Seed Mark
1	294 Vinny Greefkes	Sr	Concordia Wiscon	52.49m
2	204 Andrew Grzywna	Sr	Benedictine	52.07m
3	144 Eric Capshaw	Sr	Aurora	51.58m
4	340 Peter Schneider	So	Edgewood	46.32m
5	398 Arthur Weborg	Jr	Msoe	42.37m
6	169 J.J. Santoyo	So	Aurora	42.30m
7	329 Ethan Anderson	Fr	Edgewood	42.26m
8	248 Scott Rein	Jr	Concordia Chicago	40.86m
9	337 Pat Meuer	Sr	Edgewood	40.20m
10	305 Colin Moon	Fr	Concordia Wiscon	40.10m
11	254 Cory Volkman	Sr	Concordia Chicago	39.82m
12	288 Ryan Billman	Fr	Concordia Wiscon	38.57m
13	247 Jon Poppe	Jr	Concordia Chicago	37.68m
14	172 Matt Stanczak	So	Aurora	37.13m
15	198 Adam Chocola	Jr	Benedictine	36.83m
16	395 Steve Toll	Sr	Msoe	36.20m
17	436 Tommy Jones	So	Wisconsin Lutheran	35.55m
18	386 Tom Monteverde	Sr	Msoe	35.20m
19	158 Choctaw Johnson	Jr	Aurora	33.04m
20	439 Steve Van Alstine	Fr	Wisconsin Lutheran	29.56m
21	154 Evan Hackbarth	Sr	Aurora	ND

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Event 37 Women High Jump

Conference: 1.53m 4/29/2012 Vashia Gordon, Lakeland

NAC Champ.: 1.50m 5/3/2008 Heather Delany, MSOE

Comp#	Name	Year	School	Seed Mark
1	347 Vashia Gordon	Jr	Lakeland	1.53m
2	419 Hailey Herriges	Sr	Wisconsin Lutheran	1.48m
2	104 Rocky Bentsen	Jr	Aurora	1.48m
4	123 Lauren Miller	Jr	Aurora	1.47m
5	274 Emily Mauermann	Fr	Concordia Wiscon	1.46m
6	221 Joshlynn Eaton	So	Concordia Chicago	1.43m
6	426 Cecilee Rodenkirch	Jr	Wisconsin Lutheran	1.43m
6	181 Dominique Joseph	Fr	Benedictine	1.43m
6	132 Rebecca Rod	So	Aurora	1.43m
10	184 Megan Kunesh	Sr	Benedictine	1.42m
10	366 Mollie Zuberbier	So	Msoe	1.42m
12	318 Cara Brasted	Fr	Edgewood	1.40m
13	328 Aryn Wellnitz	Fr	Edgewood	1.38m
14	106 Kabree Braggs	Fr	Aurora	1.33m
15	185 Clare Lopez-Kaley	Sr	Benedictine	1.25m
16	428 Ellen Schwartz	So	Wisconsin Lutheran	NH
16	220 Andrea Caldwell	Fr	Concordia Chicago	NH

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Event 38 Men High Jump

Conference: 1.96m 4/6/2012 Billy Sipek, Benedictine

NAC Champ.: 1.93m 5/3/2008 Julius Higgs, Lakelane

Comp#	Name	Year	School	Seed Mark
1	216 Billy Sipek	Fr	Benedictine	1.96m
2	396 Nate Verdun	Fr	Msoe	1.95m
3	250 Josh Schultz	Fr	Concordia Chicago	1.88m
4	368 Mike Cosentino	So	Msoe	1.85m
5	343 Justin Williams	Fr	Edgewood	1.83m
6	214 Brandon Ringler	Fr	Benedictine	1.81m
7	163 Juan Mercado	So	Aurora	1.76m
8	289 Malcolm Bowers	Fr	Concordia Wiscon	1.73m
9	382 Joe Klimowiczs	Sr	Msoe	1.72m
9	294 Vinny Greefkes	Sr	Concordia Wiscon	1.72m
11	239 Aaron Loveless	Fr	Concordia Chicago	1.56m
12	298 Aaron Hauser	So	Concordia Wiscon	NH
12	154 Evan Hackbarth	Sr	Aurora	NH

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Event 39 Women Pole Vault

Conference: 3.30m 4/19/2012 Farrah Brown, Concordia Wisconsin

NAC Champ.: 3.05m 5/8/2010 Emily Dieringer, MSOE

Comp#	Name	Year	School	Seed Mark
1	260 Farrah Brown	Fr	Concordia Wiscon	3.33m
2	360 Emily Dieringer	Sr	Msoe	3.05m
2	412 Amanda Bregger	Fr	Wisconsin Lutheran	3.05m
4	426 Cecilee Rodenkirch	Jr	Wisconsin Lutheran	2.75m
4	348 Danielle Holzer	Fr	Lakeland	2.75m
6	261 Courtney Crouse	Sr	Concordia Wiscon	2.73m
7	271 Jessica Hennig	So	Concordia Wiscon	2.58m
7	135 Kaylee Swearingen	Fr	Aurora	2.58m
9	417 Brittany Hablewitz	Fr	Wisconsin Lutheran	2.43m
10	227 Cassie Irwin	Jr	Concordia Chicago	2.28m
10	133 Kimberly Stickle	Fr	Aurora	2.28m
10	280 Kristin Sitte	So	Concordia Wiscon	2.28m
13	105 Erin Blackburn	Sr	Aurora	2.13m
14	120 Kristin Martin	Jr	Aurora	1.83m
15	182 Hanna Kammerer	Fr	Benedictine	NH

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Event 40 Men Pole Vault

Conference: 4.43m 3/24/2012 Matt Waech, MSOE

NAC Champ.: 4.40m 5/8/2010 Todd Krupa, MSOE

Comp#	Name	Year	School	Seed Mark
1	397 Matt Waech	So	Msoe	4.43m
2	368 Mike Cosentino	So	Msoe	4.11m
3	369 Eric Doubet	Sr	Msoe	4.00m
3	195 Michael Addison	So	Benedictine	4.00m
5	296 Timothy Grimm	Fr	Concordia Wiscon	3.80m
5	168 Bryce Quinn	Fr	Aurora	3.80m
7	302 Joshua Lehr	Fr	Concordia Wiscon	3.75m
7	247 Jon Poppe	Jr	Concordia Chicago	3.75m
9	244 Daniel Mueller	So	Concordia Chicago	3.70m
10	305 Colin Moon	Fr	Concordia Wiscon	3.50m
11	394 Erik Terronez	So	Msoe	3.00m
11	389 Jerome Robertson	Jr	Msoe	3.00m
13	441 Malachi Wallander	So	Wisconsin Lutheran	NH
13	154 Evan Hackbarth	Sr	Aurora	NH