

2013 CCIW Outdoor Track & Field - 5/3/2013 to 5/4/2013**Conference Championships
Hosted by Millikin University
Performance List****Event 1 Men Javelin Throw****Friday 5/3/2013 - 4:30 PM****CCIW Record: 210-05 2011****Lars Tenglin**

	Name	School	Seed	Mark
1	Fridrich, Nick	North Centra	57.23m	_____
2	Miller, Brandon	Carthage	56.31m	_____
3	Anderson, Luke	Augustana (I	53.85m	_____
4	Nelson, Derek	North Centra	49.75m	_____
5	Hletko, Joseph	North Centra	48.91m	_____
6	Seymour, Alec	Augustana (I	48.66m	_____
7	Ahrberg, Barrett	Wheaton (Ill	48.06m	_____
8	Anderson, Mike	Augustana (I	47.67m	_____
9	Ulrich, Jeremy	North Centra	45.68m	_____
10	McGregor, Ian	Wheaton (Ill	45.44m	_____
11	Read, Brian	North Centra	44.90m	_____
12	Rahar, Jordan	Millikin	44.35m	_____
13	Hapanovich, Steve	Augustana (I	43.43m	_____
14	Tews, Sean	Elmhurst	43.42m	_____
15	Cooper, Thomas	Elmhurst	42.70m	_____
16	Gapsch, Drew	North Park	42.55m	_____
17	Willett, Ryan	Illinois Wes	41.19m	_____
18	Malatt, Mark	Illinois Wes	40.61m	_____
19	Sinon, Nick	Augustana (I	40.20m	_____
20	Blair, Jesse	Millikin	37.18m	_____
21	Avila, Chandler	North Park	36.51m	_____
22	Giambalvo, DJ	Elmhurst	35.57m	_____
23	Richardson, Alex	North Park	33.69m	_____
24	Lamensky, Tyler	Millikin	30.58m	_____
25	Hollinger, Christian	Wheaton (Ill	ND	_____

Event 2 Women Javelin Throw**Friday 5/3/2013 - 2:00 PM****CCIW Record: 162-00 2007****Brandi McNeil**

	Name	School	Seed	Mark
1	Greybar, Maddie	Illinois Wes	41.42m	_____
2	Hovee, Maris	Wheaton (Ill	39.65m	_____
3	Steger, Sarah	North Centra	36.53m	_____
4	McCline, Brittany	North Park	36.28m	_____
5	Boudreau, Allie	Illinois Wes	35.93m	_____
6	Schneiderbauer, Lauren	Augustana (I	35.40m	_____
7	Schumacher, Kienna	Illinois Wes	34.44m	_____
8	Kompanowski, Mandy	Illinois Wes	33.03m	_____
9	Siwicki, Morgan	Carthage	32.54m	_____
10	Velling, Hannah	Wheaton (Ill	32.38m	_____
11	Taylor, Claire	North Centra	32.35m	_____
12	Dwight, Olivia	North Park	30.18m	_____
13	Hoffman, Lauren	Augustana (I	29.60m	_____
14	Considine, Hannah	Wheaton (Ill	29.52m	_____
15	Dierking, Emily	North Centra	29.50m	_____

16	Doupis, Mary	Carthage	28.12m	_____
17	George, Lillian	Carthage	26.40m	_____
18	Tenglin, Sarah	North Park	26.37m	_____
19	Ervin, Haley	Elmhurst	26.04m	_____
20	Conway, Maureen	North Centra	25.89m	_____
21	Barrett, Brianne	Millikin	25.65m	_____
22	Popp, Julia	Augustana (I	24.50m	_____
23	Wetterman, Taeopae	North Centra	24.14m	_____
24	Bushey, Kayla	Augustana (I	23.20m	_____
25	Jones, Haley	Augustana (I	22.07m	_____
26	Morgan, Amanda	Millikin	19.97m	_____

Event 3 Men Pole Vault**Friday 5/3/2013 - 3:30 PM****CCIW Record: 17-01.50 2011****Josh Winder**

	Name	School	Seed	Mark
1	Winder, Josh	North Centra	5.20m	_____
2	Wlekliński, Frank	North Centra	4.65m	_____
3	LaRocca, Daniel	Illinois Wes	4.60m	_____
4	Padesky, Jeff	Augustana (I	4.58m	_____
5	Lulis, Andrew	Augustana (I	4.50m	_____
6	VanKirk, Colton	Augustana (I	4.43m	_____
7	Cole, Brendan	Wheaton (Ill	4.30m	_____
8	Lardner, Will	Augustana (I	4.28m	_____
9	Hunecke, Hans	Augustana (I	4.13m	_____
10	McIntosh, Boone	Millikin	4.10m	_____
11	Cain, Brian	Millikin	3.95m	_____
12	Wilkinson, Alec	Carthage	3.79m	_____
13	Linder, Lucas	Carthage	3.70m	_____
14	Mulberry, Abe	Elmhurst	2.89m	_____

Event 4 Women Pole Vault**Friday 5/3/2013 - 12:00 PM****CCIW Record: 12-10.25 2010****Rachel Seacrest**

	Name	School	Seed	Mark
1	Composto, Elizabeth	North Centra	3.85m	_____
2	Hillyer, Taelar	Augustana (I	3.68m	_____
3	Patterson, Brooke	North Centra	3.42m	_____
4	Beird, Meridith	Illinois Wes	3.35m	_____
5	Kaht, Elizabeth	Carthage	3.18m	_____
6	Truedson, Kelsey	North Centra	3.15m	_____
7	Barthelme, Jamie	North Centra	3.12m	_____
8	Engel, Danielle	Augustana (I	3.04m	_____
9	Tjardes, Taylor	Augustana (I	2.93m	_____
10	Leigh, Emalee	Augustana (I	2.89m	_____
11	Sharp, Lisa	North Centra	2.60m	_____
12	Nelson, Catie	Augustana (I	2.51m	_____
13	Callahan, Kaitlyn	Millikin	NH	_____



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Performance List****Event 5 Men Long Jump****Friday 5/3/2013 - 1:30 PM****CCIW Record: 24-05.75 1999****Carl Alexander**

	Name	School	Seed	Mark
1	Heerspink, Zach	North Centra	7.23m	_____
2	Ivey, Caleb	Augustana (I	6.71m	_____
3	Cornelius, Kendric	Carthage	6.68m	_____
4	Tovar, Mike	Augustana (I	6.64m	_____
5	Banks, Ron	Carthage	6.64m	_____
6	Hunt, Darrell	Millikin	6.59m	_____
7	Souvannasing, Matt	North Centra	6.48m	_____
8	O'Rourke, Jacob	Augustana (I	6.40m	_____
9	Gordy, Kevin	Augustana (I	6.39m	_____
10	Brown, Cale	Carthage	6.38m	_____
11	Cole, Brendan	Wheaton (Ill	6.37m	_____
12	Wall, Brenden	Illinois Wes	6.32m	_____
13	Miller, Reggie	Carthage	6.21m	_____
14	McCrary, Justin	Wheaton (Ill	6.19m	_____
15	Pacione, Joey	Illinois Wes	6.10m	_____
16	Blakey, Nick	Carthage	6.10m	_____
17	Cassita, Zach	North Park	5.81m	_____
18	Brooks, Justin	Millikin	5.61m	_____
19	Meier, Alex	Augustana (I	ND	_____
20	Rahar, Jordan	Millikin	ND	_____

Event 6 Women Long Jump**Friday 5/3/2013 - 4:00 PM****CCIW Record: 18-10.50 1998****Pristina Jones**

	Name	School	Seed	Mark
1	Harmon, Jill	Illinois Wes	5.40m	_____
2	Canup, Margaux	Carthage	5.38m	_____
3	LeClair, Kristin	Carthage	5.37m	_____
4	Watson, Shanicka	North Park	5.36m	_____
5	Joiner, Nia	Illinois Wes	5.19m	_____
6	Redlinski, Jocelyn	North Centra	5.19m	_____
7	Moravek, Astin	Augustana (I	5.13m	_____
8	Composto, Elizabeth	North Centra	5.12m	_____
9	Olson, Brittny	North Centra	5.00m	_____
10	Banks, Teresa	Illinois Wes	4.98m	_____
11	Flowers, Jordan	North Centra	4.91m	_____
12	Bushey, Kayla	Augustana (I	4.90m	_____
13	Bazely, Samantha	Augustana (I	4.89m	_____
14	Walker, Uriah	Millikin	4.82m	_____
15	Combs, Kathryn	Wheaton (Ill	4.77m	_____
16	Regas, Aly	Carthage	4.67m	_____
17	Weinzierl, Elise	Carthage	4.59m	_____
18	Fuster, Hannah	Wheaton (Ill	4.28m	_____
19	Bertellotti, Veronica	Augustana (I	4.27m	_____
20	Polizzi, Laura	Augustana (I	4.27m	_____

21	Hekpo, Keisha	Elmhurst	3.69m	_____
22	Considine, Hannah	Wheaton (Ill	ND	_____

Event 7 Men Triple Jump**Saturday 5/4/2013 - 2:00 PM****CCIW Record: 55-07.50 1990****Jan Cado**

	Name	School	Seed	Mark
1	Brooks, Justin	Millikin	13.66m	_____
2	Brown, Cale	Carthage	13.60m	_____
3	Pacione, Joey	Illinois Wes	13.13m	_____
4	Blakey, Nick	Carthage	13.09m	_____
5	McCrary, Justin	Wheaton (Ill	13.06m	_____
6	Wall, Brenden	Illinois Wes	12.46m	_____
7	Heerspink, Zach	North Centra	12.41m	_____
8	Souvannasing, Matt	North Centra	12.37m	_____
9	McCall, Jordan	Millikin	12.20m	_____
10	Rico, Ben	North Park	12.12m	_____
11	Cipriano, Paul	North Centra	11.96m	_____
12	Gordy, Kevin	Augustana (I	11.93m	_____
13	Tovar, Mike	Augustana (I	ND	_____
14	Pajich, James	Wheaton (Ill	ND	_____

Event 8 Women Triple Jump**Saturday 5/4/2013 - 11:00 AM****CCIW Record: 39-00.50 2009****Chinny Ekwulugo**

	Name	School	Seed	Mark
1	Harmon, Jill	Illinois Wes	11.42m	_____
2	Dierking, Emily	North Centra	11.02m	_____
3	Herlitz, Kelli	Illinois Wes	10.96m	_____
4	Moravek, Astin	Augustana (I	10.61m	_____
5	Bushey, Kayla	Augustana (I	10.60m	_____
6	Considine, Hannah	Wheaton (Ill	10.60m	_____
7	Bazely, Samantha	Augustana (I	10.49m	_____
8	Sicheri, Liz	Carthage	10.48m	_____
9	Regas, Aly	Carthage	10.47m	_____
10	Combs, Kathryn	Wheaton (Ill	10.20m	_____
11	Polizzi, Laura	Augustana (I	10.18m	_____
12	Siwicki, Morgan	Carthage	10.16m	_____
13	Bussmann, Sarah	Illinois Wes	9.97m	_____
14	Curd, Vannisha	Elmhurst	9.89m	_____
15	Leyva, Shannon	Augustana (I	9.67m	_____
16	Fuster, Hannah	Wheaton (Ill	9.46m	_____
17	Banks, Teresa	Illinois Wes	ND	_____
18	Patterson, Brooke	North Centra	ND	_____
19	Conway, Maureen	North Centra	ND	_____



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Performance List****Event 9 Men Shot Put****Saturday 5/4/2013 - 1:00 PM****CCIW Record: 56-09.75 2000****Severa Gilbert**

	Name	School	Seed Mark
1	Guyette, Derrik	Carthage	15.64m
2	Balmes, Mark	Carthage	15.51m
3	Macek, Kevin	Augustana (I	15.37m
4	Wilson, Brian	North Centra	15.04m
5	Weidner, Adam	North Centra	14.68m
6	Wallace, Patrick	North Park	14.48m
7	Miller, Brandon	Carthage	14.25m
8	Boesso, Nicholas	North Centra	14.10m
9	Goodalis, David	Carthage	14.10m
10	Hollinger, Christian	Wheaton (Ill	14.02m
11	Bergman, Jacob	Carthage	13.66m
12	Hosey, John	North Centra	13.52m
13	Leonard, Max	Illinois Wes	12.94m
14	Ferguson, Gregory	Augustana (I	12.40m
15	Benner, Jacob	Augustana (I	12.36m
16	LeBlanc, Russell	North Park	11.95m
17	Richardson, Alex	North Park	11.36m
18	Choate, Justin	Augustana (I	11.13m
19	Tews, Sean	Elmhurst	11.04m
20	Deets, Kyle	Augustana (I	10.81m
21	Giambalvo, DJ	Elmhurst	10.17m
22	Perez, Israel	North Park	9.73m

Event 10 Women Shot Put**Saturday 5/4/2013 - 10:30 AM****CCIW Record: 46-02.75 2011****Mindy Harrington**

	Name	School	Seed Mark
1	Spesard, LeAnn	Millikin	13.96m
2	Stallworth, Ebony	North Centra	13.01m
3	Davis, Jasmine	Carthage	12.99m
4	McMullin, Becca	Carthage	12.22m
5	Doupis, Mary	Carthage	11.47m
6	Koeppen, Kendra	Carthage	11.14m
7	Morgan, Amanda	Millikin	11.09m
8	Adams, Alexis	Elmhurst	11.09m
9	Beauchamp, Liana	Augustana (I	11.05m
10	Swanson, Natalie	North Park	10.88m
11	Koenig, Kayla	North Centra	9.85m
12	Barrett, Brianne	Millikin	9.71m
13	Steger, Sarah	North Centra	9.69m
14	Hovee, Maris	Wheaton (Ill	9.68m
15	BurksWoodruff, Alia	Augustana (I	7.23m

Event 11 Men Discus Throw**Saturday 5/4/2013 - 2:30 PM****CCIW Record: 179-10 2006****Lance Brooks**

	Name	School	Seed Mark
1	Balmes, Mark	Carthage	51.68m
2	Guyette, Derrik	Carthage	49.04m
3	Schmidt, Eric	Carthage	47.05m
4	Benner, Jacob	Augustana (I	46.15m
5	Miller, Brandon	Carthage	45.15m
6	Anderson, Dave	North Park	44.54m
7	Boesso, Nicholas	North Centra	44.04m
8	Goodalis, David	Carthage	43.25m
9	Macek, Kevin	Augustana (I	42.96m
10	Weidner, Adam	North Centra	42.28m
11	Leonard, Max	Illinois Wes	42.14m
12	Read, Brian	North Centra	41.91m
13	Ulrich, Jeremy	North Centra	41.25m
14	Hollinger, Christian	Wheaton (Ill	40.43m
15	Choate, Justin	Augustana (I	38.49m
16	Cooper, Thomas	Elmhurst	37.57m
17	Tews, Sean	Elmhurst	36.95m
18	Wallace, Patrick	North Park	36.42m
19	Carter, Phillip	North Centra	34.65m
20	Deets, Kyle	Augustana (I	32.91m
21	Hodge, Kevin	Augustana (I	32.07m
22	LeBlanc, Russell	North Park	31.73m
23	Avila, Chandler	North Park	30.13m
24	Giambalvo, DJ	Elmhurst	26.37m

Event 12 Women Discus Throw**Saturday 5/4/2013 - 12:30 PM****CCIW Record: 153-06 2001****Mindy Harrington**

	Name	School	Seed Mark
1	McMullin, Becca	Carthage	38.78m
2	Doupis, Mary	Carthage	38.26m
3	Stallworth, Ebony	North Centra	37.26m
4	Koeppen, Kendra	Carthage	37.05m
5	Spesard, LeAnn	Millikin	36.46m
6	Davis, Jasmine	Carthage	36.38m
7	Steger, Sarah	North Centra	36.14m
8	Sawyer, Emily	Millikin	36.12m
9	Swanson, Natalie	North Park	35.71m
10	Koenig, Kayla	North Centra	35.67m
11	Henzel, Alyssa	Illinois Wes	35.61m
12	Considine, Hannah	Wheaton (Ill	34.02m
13	Adams, Alexis	Elmhurst	33.83m
14	Beauchamp, Liana	Augustana (I	32.63m
15	Baker, Lina	North Centra	31.48m
16	Hovee, Maris	Wheaton (Ill	28.02m



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Performance List****Event 12 ... (Women Discus Throw)**

	Name	School	Seed	Mark
17	Martin, Sam	Wheaton (Ill)	26.64m	_____
18	Engel, Danielle	Augustana (I)	23.95m	_____
19	BurksWoodruff, Alia	Augustana (I)	22.49m	_____

Event 13 Men High Jump**Saturday 5/4/2013 - 11:00 AM****CCIW Record: 7-00 1980****Tom Kerwin**

	Name	School	Seed	Mark
1	James, Trevor	Carthage	2.12m	_____
2	Heerspink, Zach	North Centra	2.07m	_____
3	Pembrook, Kyle	North Centra	2.00m	_____
4	Oyewole, Femi	North Centra	2.00m	_____
5	Carlson, Andrew	North Centra	2.00m	_____
6	Davidson, Justin	Augustana (I)	1.95m	_____
7	Daily, Jesse	Millikin	1.86m	_____
8	Sinon, Nick	Augustana (I)	1.85m	_____
9	Toraason, Jeff	Illinois Wes	1.75m	_____
10	Malatt, Mark	Illinois Wes	1.75m	_____
11	Rahar, Jordan	Millikin	1.71m	_____
12	Vaseghi, Kevin	North Park	NH	_____

Event 14 Women High Jump**Saturday 5/4/2013 - 2:00 PM****CCIW Record: 5-07 1996****Nicole Frank**

	Name	School	Seed	Mark
1	McNeil, Shannon	Wheaton (Ill)	1.68m	_____
2	George, Lillian	Carthage	1.60m	_____
3	Redlinski, Jocelyn	North Centra	1.59m	_____
4	Flowers, Jordan	North Centra	1.59m	_____
5	Kirk, Kelsey	North Centra	1.55m	_____
6	Schendel, Tana	Wheaton (Ill)	1.55m	_____
7	Hoffman, Lauren	Augustana (I)	1.52m	_____
8	Schnitzler, Johanna	Augustana (I)	1.52m	_____
9	English, Whitney	North Centra	1.50m	_____
10	Lincoln, Monique	North Centra	1.49m	_____
11	Combs, Kathryn	Wheaton (Ill)	1.45m	_____
12	Lutton, Emily	Augustana (I)	1.45m	_____
13	Bower, Daisy	Carthage	1.45m	_____
14	Popp, Julia	Augustana (I)	1.44m	_____
15	Jones, Haley	Augustana (I)	1.42m	_____
16	Ring, Sarah	North Park	1.38m	_____

Event 15 Women 3000 Meter Steeplechase**Friday 5/3/2013 - 5:30 PM****CCIW Record: 11:03.90 2007****Jessica Griffin**

	Name	School	Seed	Time
1	Kompanowski, Mandy	Illinois Wes	11:29.56	_____
2	Shults, Annie	Wheaton (Ill)	11:44.70	_____

3	Topazian, Hillary	Wheaton (Ill)	11:45.52	_____
4	Tuin, Jordan	Wheaton (Ill)	11:53.85	_____
5	Heifner, Annie	Augustana (I)	12:02.94	_____
6	Whiteside, Kristen	Augustana (I)	12:04.24	_____
7	Pease, Amanda	Augustana (I)	12:14.04	_____
8	Barbour, Hannah	Wheaton (Ill)	12:19.27	_____
9	Macuiba, Amanda	Illinois Wes	12:20.85	_____
10	Coverick, Theresa	Augustana (I)	12:44.98	_____
11	Zumpf, Katelyn	North Centra	12:45.68	_____
12	Sondgeroth, Tiara	North Centra	12:52.06	_____
13	Janosz, Sarah	North Centra	12:52.09	_____
14	Bevis, Hannah	North Centra	13:31.30	_____
15	Howard, Hannah	North Centra	13:41.94	_____
16	Ongman, Hailey	Carthage	14:01.59	_____
17	Hundt, Kailey	Carthage	15:04.53	_____
18	Rauch, Annette	Illinois Wes	NT	_____
19	Filippo, Katherine	Illinois Wes	NT	_____

Event 16 Women 4x100 Meter Relay**Saturday 5/4/2013 - 1:30 PM****CCIW Record: 47.43 2011****Carthage**

	Team	Relay	Seed	Time
1	North Centra	A	48.87	_____
	1) Ainsley, Elana	2) Coglianese, Amanda		
	3) Composto, Elizabeth	4) Gant, Sade		
2	Illinois Wes	A	49.93	_____
	1) Loynachan, Jenna	2) Herrmann, Angela		
	3) Swope, Lexia	4) Joiner, Nia		
3	Carthage	A	50.08	_____
	1) Nelson, Samantha	2) Laufenberg, Patti		
	3) LeClair, Kristin	4) Morris, Makenzi		
4	Millikin	A	50.33	_____
	1) Michl, Jamie	2) Staib, Alyssa		
	3) Walker, Uriah	4) Robinson, Ariel		
5	Augustana (I)	A	51.44	_____
	1) Bushey, Kayla	2) Smith, Kierra		
	3) Hillyer, Taelar	4) Martines, Annie		
6	Wheaton (Ill)	A	51.78	_____
	1) Mentzer, Lucy	2) Arbitter, Annie		
	3) Henson, Samantha	4) Langlie, Mali		
7	North Park	A	51.80	_____
	1) Watson, Shanicka	2) Baker, Alexa		
	3) Warners, Amber	4) Williams, Dominickque		
8	Elmhurst	A	57.40	_____
	1) Reid, Alex	2) Christofanelli, Elyse		
	3) Stellmack, Kim	4) Hekpo, Keisha		



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Performance List****Event 17 Men 4x100 Meter Relay****Saturday 5/4/2013 - 1:30 PM****CCIW Record: 41.30 2011****Augustana**

Team	Relay	Seed Time
1 Augustana (I 1) Devore, David 3) Cline, Keith	A 2) Patton, Greg 4) Rindone, Alex	41.28
2 North Centra 1) Souvannasing, Matt 3) Henriksen, Dayton	A 2) Ellison, Randal 4) Oshipitan, Abraham	42.44
3 Carthage 1) Liss, Robert 3) Avant, Aryan	A 2) Brown, Mike 4) Cornelius, Kendric	42.52
4 Wheaton (Ill 1) Velling, Charlie 3) Benware, Tyler	A 2) Calacci, Taylor 4) Hulsey, Josiah	42.72
5 Millikin 1) Hunt, Darrell 3) Long, Richard	A 2) Dunner, Dimitri 4) Kemp, Alex	42.92
6 Illinois Wes 1) McBride, Jonathan 3) Jones, Tavion	A 2) Collins, Jordan 4) Darcy, Ryan	43.54
7 Elmhurst 1) Similton, Aaron 3) Emig, Mike	A 2) Wilson, Jacob 4) Mulberry, Abe	43.84
8 North Park 1) Axelsson, Adam 3) Larson, Bjorn	A 2) Awick, Conor 4) Rico, Ben	NT

Event 18 Men 3000 Meter Steeplechase**Friday 5/3/2013 - 5:30 PM****CCIW Record: 9:06.00 1995****Bill Kabasenche**

Name	School	Seed Time
1 Waterman, James	Wheaton (Ill)	9:09.71
2 Kremer, Jordan	North Centra	9:18.95
3 Janet, David	North Centra	9:22.54
4 Austin, Jake	Elmhurst	9:33.66
5 Shunk, Alec	Wheaton (Ill)	9:38.31
6 Hoffman, Ken	North Centra	9:42.32
7 Harvey, Cameron	North Centra	9:42.89
8 Weisgerber, Patrick	North Centra	9:43.25
9 Harris, Tommy	Augustana (I)	9:43.86
10 Allabastro, Andrew	Augustana (I)	9:46.44
11 Trostle, Isaac	Augustana (I)	9:46.54
12 Boggs, Garrett	Wheaton (Ill)	9:52.83
13 Stockwell, Alex	Augustana (I)	9:57.14
14 Busch, Tyler	Augustana (I)	9:58.86
15 August, Dan	Carthage	10:07.14
16 Tokar, Paul	Wheaton (Ill)	10:17.85

17 Albin, Kenneth	Millikin	10:42.62
18 Martin, Kevin	Millikin	11:04.46
19 Slinkman, Joey	Elmhurst	11:40.56
20 Waterman, Jake	Wheaton (Ill)	NT

Event 19 Women 100 Meter Hurdles Prelims**Friday 5/3/2013 - 2:30 PM****CCIW Record: 14.07 2006****Sheana Grigsby**

Name	School	Seed Time
1 Redlinski, Jocelyn	North Centra	14.71
2 Nelson, Samantha	Carthage	14.83
3 Gstalter, Molly	North Centra	15.20
4 Renfro, Madison	North Centra	15.21
5 Smith, Kierra	Augustana (I)	15.28
6 Harmon, Jill	Illinois Wes	15.34
7 Dillon, Rosalie	Wheaton (Ill)	15.45
8 Canup, Margaux	Carthage	15.52
9 Jackson, Amina	North Centra	15.96
10 Martinez, Annie	Augustana (I)	16.62
11 Shelman, Jennifer	Carthage	16.78
12 Ritchie, Faith	Wheaton (Ill)	17.04
13 Warners, Amber	North Park	17.36
14 Ponstein, Michaela	Millikin	17.93
15 Williams, Alyssa	Wheaton (Ill)	18.04
16 Manning, Emma	North Park	18.11
17 Stahl, Stephanie	Illinois Wes	18.49

Event 20 Men 110 Meter Hurdles Prelims**Friday 5/3/2013 - 2:30 PM****CCIW Record: 14.44 2002****Ryan Rogers**

Name	School	Seed Time
1 Volland, David	Augustana (I)	15.19
2 Michals, Joseph	North Centra	15.20
3 Pembroke, Kyle	North Centra	15.42
4 Griffith, Marcus	North Park	15.51
5 Toraason, Jeff	Illinois Wes	15.84
6 Bennett, Kyle	Augustana (I)	15.95
7 Woods, Darion	Illinois Wes	16.27
8 Baumgartner, Nicholas	North Centra	16.44
9 Varela, Michael	North Centra	16.65
10 Awick, Conor	North Park	17.65
11 Goodwin, Travis	Augustana (I)	17.69

Event 21 Women 1500 Meter Run**Saturday 5/4/2013 - 1:45 PM****CCIW Record: 4:30.52 2012****Tara Clemens**

Name	School	Seed Time
1 Clemens, Tara	Illinois Wes	4:32.01
2 Bacon, Jessica	Augustana (I)	4:32.52
3 Shults, Annie	Wheaton (Ill)	4:43.76



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Performance List****Event 21 ... (Women 1500 Meter Run)**

	Name	School	Seed Time
4	Wirth, Karin	Carthage	4:44.69
5	Emberton, Kindra	Millikin	4:45.13
6	Cota, Krista	North Centra	4:46.90
7	Williams, Lauren	Elmhurst	4:47.53
8	Sampson, Alexis	Illinois Wes	4:48.49
9	Ferguson, Nora	North Centra	4:48.61
10	Benge, Kate	Augustana (I	4:49.19
11	Poremba, Alyssa	Elmhurst	4:52.71
12	Stamberger, Lorraine	Augustana (I	4:52.92
13	McKown, Jacki	North Centra	4:54.30
14	Curato, Anna	Wheaton (Ill	4:54.32
15	Fiore, Antoinette	North Centra	4:55.88
16	Barton, Kristyn	Augustana (I	4:57.56
17	Sund, Becca	Augustana (I	4:58.02
18	Fiarito, Danielle	Carthage	5:01.73
19	Cahill, Maddie	Illinois Wes	5:02.36
20	Krieter, Emma	Wheaton (Ill	5:06.14
21	Hawthorne, Jessica	Wheaton (Ill	5:06.92
22	Brynn, Sydney	Wheaton (Ill	5:07.53
23	Lippeth, Bailey	Carthage	5:07.88
24	Miller, Ashley	Illinois Wes	5:08.89
25	Steele, Laura	Millikin	5:30.44
26	Breault, Rachel	Millikin	5:41.35
27	Olson, Alyssa	Elmhurst	5:50.70
28	Glynn, Kaileen	Carthage	5:51.70
29	Plefka, Kelsey	Elmhurst	5:52.79
30	Velazquez, Lily	Elmhurst	6:31.52

Event 22 Men 1500 Meter Run**Saturday 5/4/2013 - 1:45 PM****CCIW Record: 3:49.72 1997**

	Name	School	Seed Time
1	Thompson, Parker	Wheaton (Ill	3:54.70
2	Crain, John	North Centra	3:54.87
3	Muth, Matt	North Centra	3:57.12
4	Brinkmeier, Matthew	North Centra	3:57.85
5	Sebhat, Aron	North Centra	3:58.09
6	Smith, Justin	Augustana (I	3:59.05
7	Veldt, Nate	Wheaton (Ill	3:59.76
8	Gornick, Nick	Augustana (I	4:00.76
9	Buttimer, Keegan	Augustana (I	4:01.08
10	O'Flaherty, Dennis	Augustana (I	4:01.67
11	Odenkirk, Alex	Augustana (I	4:01.97
12	Shunk, Alec	Wheaton (Ill	4:02.60
13	Austin, Jake	Elmhurst	4:04.36
14	Reilly, Shane	Carthage	4:06.14
15	Vankerkhoff, Todd	Wheaton (Ill	4:06.15
16	Bandelow, Drew	Millikin	4:09.47

17	Kaldahl, Taylor	Illinois Wes	4:12.84
18	Brinkmann, Tim	Illinois Wes	4:13.21
19	Krob, Dan	Illinois Wes	4:19.08
20	Geiger, Andreas	Wheaton (Ill	4:19.87
21	Fuller, JD	Carthage	4:22.74
22	Gaither, Brent	North Centra	4:23.34
23	Ditsch, Jacob	Carthage	4:25.72
24	Martin, Kevin	Millikin	4:27.70
25	Meyers, Scott	Illinois Wes	4:29.16
26	Spencer, Larry	North Park	4:42.04
27	Schousen, David	Elmhurst	5:03.71
28	Slinkman, Joey	Elmhurst	NT
29	Rector, Jeffrey	Elmhurst	NT
30	Shartzter, Kyle	Millikin	NT

Event 23 Women 400 Meter Dash Prelims**Friday 5/3/2013 - 3:00 PM****CCIW Record: 55.25 2006**

	Name	School	Seed Time
1	Sharkey, Alexa	Wheaton (Ill	57.98
2	Laufenberg, Patti	Carthage	58.14
3	Loynachan, Jenna	Illinois Wes	59.42
4	Rock, Lauren	Illinois Wes	59.70
5	Weiler, Marissa	Carthage	1:00.14
6	Baker, Alexa	North Park	1:00.64
7	Morris, Makenzi	Carthage	1:00.65
8	Michl, Jamie	Millikin	1:00.79
9	Schwaller, Emily	Wheaton (Ill	1:00.93
10	Mock, Erin	Wheaton (Ill	1:01.44
11	Ransom, Morgan	Illinois Wes	1:01.69
12	Akmakjian, Rachel	Augustana (I	1:02.22
13	Reid, Alex	Elmhurst	1:02.40
14	Caporaso, Lauren	Wheaton (Ill	1:02.74
15	Witcik, Kayla	Wheaton (Ill	1:03.58
16	Walsh, Anna	Augustana (I	1:05.26
17	Barfield, Megan	North Centra	1:05.59
18	Scott, Krista	Millikin	1:07.12
19	Hawley, Shelby	Carthage	1:08.16
20	Offerman, Helen	Augustana (I	1:09.90
21	Gannon, Madeline	Augustana (I	1:11.59
22	Gunawardena, Kavishka	North Park	1:17.23
23	Higgins, Linnea	North Centra	NT
24	Sorrentino, Stephanie	Augustana (I	NT

Event 24 Men 400 Meter Dash Prelims**Friday 5/3/2013 - 3:00 PM****CCIW Record: 47.06 2011**

	Name	School	Seed Time
1	Patton, Greg	Augustana (I	48.04
2	Avant, Aryan	Carthage	49.53



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Name	School	Seed Time
3 Williams, Kyle	Wheaton (Ill)	49.53
4 Owens, Antonio	Augustana (I)	49.60
5 Doubet, Dan	Augustana (I)	49.84
6 Hackler, Dionte	North Centra	49.93
7 Smith, Samuel	North Centra	50.53
8 Eastburg, Nils	Wheaton (Ill)	50.54
9 McNeil, Rob	Augustana (I)	50.64
10 Crum, Trevor	Millikin	50.80
11 Kennedy, Tony	North Centra	50.87
12 Whiteside, Matthew	Carthage	51.12
13 Morrison, Zach	Illinois Wes	51.28
14 Spivey, Jared	Augustana (I)	51.43
15 Petty, Seth	Carthage	51.54
16 Minkus, Derek	Wheaton (Ill)	51.67
17 Powell, Ibn	Millikin	51.72
18 McCall, Jordan	Millikin	51.82
19 Moos, Jonathan	Illinois Wes	51.97
20 Jones, Tavion	Illinois Wes	53.34
21 Blair, Jesse	Millikin	53.53
22 Smith, Isaac	Carthage	56.35
23 Larson, Bjorn	North Park	59.73
24 Randolph, Travis	North Park	1:04.59
25 Olaoye, Mustapha	North Centra	NT

Event 25 Women 100 Meter Dash Prelims**Friday 5/3/2013 - 3:30 PM****CCIW Record: 11.82 2004****Muffy Israel**

Name	School	Seed Time
1 Ainsley, Elana	North Centra	12.12
2 Robinson, Ariel	Millikin	12.31
3 Olson, Brittny	North Centra	12.50
4 Joiner, Nia	Illinois Wes	12.60
5 Lopez, Olivia	North Centra	12.79
6 Gant, Sade	North Centra	12.84
7 Herrmann, Angela	Illinois Wes	12.91
8 Breite, Leah	Carthage	12.96
9 Knowles, Kaitlin	North Centra	12.98
10 Henson, Samantha	Wheaton (Ill)	13.03
11 Staib, Alyssa	Millikin	13.28
12 Walker, Uriah	Millikin	13.31
13 Johnson, Kristen	Illinois Wes	13.33
14 Mentzer, Lucy	Wheaton (Ill)	13.34
15 Arbitter, Annie	Wheaton (Ill)	13.36
16 Bushey, Kayla	Augustana (I)	13.49
17 Semeria, Olivia	Illinois Wes	13.59
18 Farrell, Rebecca	Carthage	13.86
19 Wennlund, Marcey	Wheaton (Ill)	13.96
20 Schneider, Taylor	Carthage	14.04

21 Stellmack, Kim	Elmhurst	14.26
22 Mills, Taylor	Augustana (I)	14.30
23 Hoofard, Breanna	Carthage	14.58
24 Nagy, Allison	Augustana (I)	14.66
25 Berntsen, Liz	North Park	14.75
26 Cepla, Grace	North Park	14.79
27 Johnson, Jordan	Augustana (I)	15.16
28 Hekpo, Keisha	Elmhurst	15.83
29 Nguyen, Brenda	North Park	17.07
30 Gannon, Madeline	Augustana (I)	NT

Event 26 Men 100 Meter Dash Prelims**Friday 5/3/2013 - 3:30 PM****CCIW Record: 10.45 2000****Carl Alexander**

Name	School	Seed Time
1 Souvannasing, Matt	North Centra	10.79
2 Rindone, Alex	Augustana (I)	10.84
3 Cline, Keith	Augustana (I)	10.91
4 Devore, David	Augustana (I)	10.98
5 Darcy, Ryan	Illinois Wes	11.01
6 Hulsey, Josiah	Wheaton (Ill)	11.03
7 Kemp, Alex	Millikin	11.03
8 Brown, Mike	Carthage	11.04
9 Ellison, Randal	North Centra	11.11
10 Hunt, Darrell	Millikin	11.18
11 Spaccapaniccia, Adam	North Centra	11.20
12 Similton, Aaron	Elmhurst	11.29
13 Graffagna, Jay	Augustana (I)	11.31
14 Liss, Robert	Carthage	11.31
15 Loboiko, Jason	Carthage	11.32
16 Lott, Robert	North Centra	11.32
17 Benware, Tyler	Wheaton (Ill)	11.36
18 Mays, Floyd	Augustana (I)	11.39
19 Dunner, Dimitri	Millikin	11.41
20 McBride, Jonathan	Illinois Wes	11.47
21 Long, Richard	Millikin	11.47
22 Collins, Jordan	Illinois Wes	11.70
23 Charles, Didi	Carthage	11.84
24 Axelsson, Adam	North Park	12.13
25 McReynolds, Matt	Wheaton (Ill)	NT

Event 27 Women 800 Meter Run Prelims**Friday 5/3/2013 - 4:00 PM****CCIW Record: 2:12.07 2011****Hannah Hottle**

Name	School	Seed Time
1 Clemens, Tara	Illinois Wes	2:06.60
2 Emberton, Kindra	Millikin	2:14.73
3 Bacon, Jessica	Augustana (I)	2:16.81
4 Bengé, Kate	Augustana (I)	2:17.72
5 Fitzgerald, Erin	North Centra	2:18.11



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Name	School	Seed Time
6 Cota, Krista	North Centra	2:18.72
7 McKown, Jacki	North Centra	2:18.74
8 Holzrichter, Rachel	Wheaton (Ill)	2:20.14
9 Kirby, Mallory	Illinois Wes	2:21.61
10 Driscoll, Bridget	Carthage	2:21.94
11 Jansma, Tyler	Carthage	2:22.48
12 Wirth, Karin	Carthage	2:22.49
13 Colon, Priscilla	North Centra	2:22.76
14 Myss, Sarah	Carthage	2:22.86
15 Prazak, Jennifer	Augustana (I)	2:25.15
16 Nepote, Nicole	Carthage	2:27.79
17 Lapinski, Maggie	North Centra	2:31.94
18 Christofanelli, Elyse	Elmhurst	2:33.02
19 Peterson, Christine	Illinois Wes	2:33.13
20 Seiler, Riley	Elmhurst	2:33.17
21 Flores, Ytai	Wheaton (Ill)	2:33.57
22 Oslund, Bridget	Wheaton (Ill)	2:33.65
23 Bowen, Kristina	Augustana (I)	2:34.36
24 Paton, Heather	North Park	2:34.39
25 Moon, Kelsey	Augustana (I)	2:35.57
26 Zumpf, Tiffany	Illinois Wes	2:36.03
27 Harvey, Helen	Wheaton (Ill)	2:43.92
28 Breault, Rachel	Millikin	2:49.80
29 Manning, Emma	North Park	2:51.58
30 Cukla, Julie	Elmhurst	2:53.69
31 Solano, Melissa	North Park	2:56.14
32 Hansen, Megan	Elmhurst	2:59.44
33 O'Mara, Caitlin	Elmhurst	NT
34 Amstutz, Abby	Wheaton (Ill)	NT

Event 28 Men 800 Meter Run Prelims**Friday 5/3/2013 - 4:00 PM****CCIW Record: 1:51.02 1984**

Name	School	Seed Time
1 Vance, Luke	Wheaton (Ill)	1:49.91
2 Hamilton, Marlen	North Centra	1:53.15
3 Smith, Aaron	Illinois Wes	1:54.30
4 Dal Pozzo, Vincenzo	Augustana (I)	1:54.30
5 Foley, Patrick	North Centra	1:54.46
6 Madison, Chris	Augustana (I)	1:54.53
7 Thompson, Parker	Wheaton (Ill)	1:54.66
8 Bartell, Ryan	North Centra	1:56.06
9 Kapolnek, Kevin	Illinois Wes	1:56.60
10 Lodi, Juliano	North Centra	1:56.62
11 Mulhern, Riley	Wheaton (Ill)	1:56.86
12 Valle, Edgar	Augustana (I)	1:56.99
13 DeBolt, Andrew	Elmhurst	1:57.41
14 Ruske, Richie	North Centra	1:57.43

15 McCormick, Cale	Augustana (I)	1:57.48
16 Zahrobsky, Steve	Augustana (I)	1:57.95
17 Klinefelter, Justin	North Park	1:58.25
18 Knautz, Nathan	Wheaton (Ill)	1:59.14
19 Leonard, Eric	Elmhurst	1:59.88
20 Bartolazzi, Jordan	Elmhurst	2:00.22
21 Krob, Dan	Illinois Wes	2:00.43
22 Hellyer, Matt	Carthage	2:00.66
23 Kaldahl, Taylor	Illinois Wes	2:00.69
24 Mackenzie, Quinn	Carthage	2:00.70
25 Bandelow, Drew	Millikin	2:01.66
26 Lindbergh, Kent	Wheaton (Ill)	2:01.79
27 Parker, Dustin	Carthage	2:03.26
28 Plazak, Kevin	Carthage	2:04.06
29 Bauer, Isaac	North Park	2:06.39
30 Martin, Kevin	Millikin	2:17.94
31 Schousen, David	Elmhurst	2:25.39
32 Rector, Jeffrey	Elmhurst	NT

Event 29 Women 400 Meter Hurdles Prelims**Friday 5/3/2013 - 4:30 PM****CCIW Record: 1:01.36 2004****Sheana Grigsby**

Name	School	Seed Time
1 Smith, Kierra	Augustana (I)	1:02.42
2 Coglianese, Amanda	North Centra	1:02.73
3 Jackson, Amina	North Centra	1:04.91
4 Martines, Annie	Augustana (I)	1:05.94
5 Nelson, Samantha	Carthage	1:09.73
6 Renfro, Madison	North Centra	1:11.18
7 Seeland, Michal	Wheaton (Ill)	1:11.37
8 Driscoll, Bridget	Carthage	1:11.69
9 Cordes, Taylor	Illinois Wes	1:12.18
10 Ponstein, Michaela	Millikin	1:12.25
11 Wood, Charissa	North Park	1:12.45
12 Mithelman, Taylor	North Centra	1:13.68
13 Mrozek, Hanna	Carthage	1:13.71
14 Ritchie, Faith	Wheaton (Ill)	1:16.06
15 Kirwan, Katie	Carthage	1:17.47
16 Boudreau, Allie	Illinois Wes	NT

Event 30 Men 400 Meter Hurdles Prelims**Friday 5/3/2013 - 4:30 PM****CCIW Record: 51.70 1981****Ted Carlson**

Name	School	Seed Time
1 Volland, David	Augustana (I)	52.07
2 Michals, Joseph	North Centra	54.58
3 Bennett, Kyle	Augustana (I)	54.80
4 Nelson, Derek	North Centra	54.89
5 Dagg, Ben	Wheaton (Ill)	56.11
6 Goodwin, Travis	Augustana (I)	57.73



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Performance List****Event 30 ... (Men 400 Meter Hurdles Prelims)**

	Name	School	Seed Time
7	Blakey, Nick	Carthage	58.88
8	Lang, Jeremy	Augustana (I	59.18
9	Hunecke, Hans	Augustana (I	1:03.62
10	Shartzter, Kyle	Millikin	1:03.73
11	Mascote, Yonatan	North Centra	1:03.74
12	Maxon, Dan	Elmhurst	1:06.57
13	Awick, Conor	North Park	1:07.38
14	Varela, Michael	North Centra	NT

Event 31 Women 200 Meter Dash Prelims

Friday 5/3/2013 - 5:00 PM			
CCIW Record: 24.14 2008		Rachel Anderson	
	Name	School	Seed Time
1	Robinson, Ariel	Millikin	25.26
2	Ainsley, Elana	North Centra	25.80
3	Laufenberg, Patti	Carthage	26.13
4	Loynachan, Jenna	Illinois Wes	26.25
5	Rock, Lauren	Illinois Wes	26.30
6	Olson, Brittny	North Centra	26.39
7	Baker, Alexa	North Park	26.49
8	Morris, Makenzi	Carthage	26.58
9	Knowles, Kaitlin	North Centra	26.87
10	Weiler, Marissa	Carthage	26.88
11	Ransom, Morgan	Illinois Wes	26.94
12	Herrmann, Angela	Illinois Wes	26.94
13	Carbaugh, Kristen	Illinois Wes	27.18
14	Staib, Alyssa	Millikin	27.19
15	Williams, Dominickque	North Park	27.36
16	Henson, Samantha	Wheaton (Ill	27.44
17	Akmakjian, Rachel	Augustana (I	27.74
18	Walker, Uriah	Millikin	27.94
19	Sorrentino, Stephanie	Augustana (I	28.12
20	Witcik, Kayla	Wheaton (Ill	28.13
21	Wennlund, Marcey	Wheaton (Ill	28.25
22	Dingraudo, Nicki	North Centra	28.38
23	Caporaso, Lauren	Wheaton (Ill	28.53
24	Farrell, Rebecca	Carthage	28.77
25	Northuis, Carin	Wheaton (Ill	29.06
26	Stellmack, Kim	Elmhurst	29.43
27	Campbell, Olivia	Carthage	29.51
28	Walsh, Anna	Augustana (I	29.60
29	Scott, Krista	Millikin	29.93
30	Nagy, Allison	Augustana (I	30.67
31	Cepla, Grace	North Park	31.15
32	Berntsen, Liz	North Park	31.35
33	Lutton, Emily	Augustana (I	NT

Event 32 Men 200 Meter Dash Prelims

Friday 5/3/2013 - 5:00 PM			
CCIW Record: 21.10 1994		Andre Coleman	
	Name	School	Seed Time
1	Rindone, Alex	Augustana (I	21.74
2	Kemp, Alex	Millikin	21.94
3	Cline, Keith	Augustana (I	22.07
4	Devore, David	Augustana (I	22.08
5	Patton, Greg	Augustana (I	22.28
6	Cornelius, Kendric	Carthage	22.47
7	Avant, Aryan	Carthage	22.55
8	McBride, Jonathan	Illinois Wes	22.56
9	Savage, Nowlan	Augustana (I	22.60
10	Henriksen, Dayton	North Centra	22.64
11	Oshipitan, Abraham	North Centra	22.74
12	Spaccapaniccia, Adam	North Centra	22.75
13	Brown, Mike	Carthage	22.79
14	Hulsey, Josiah	Wheaton (Ill	22.83
15	Smith, Samuel	North Centra	22.90
16	Collins, Jordan	Illinois Wes	23.06
17	Benware, Tyler	Wheaton (Ill	23.09
18	Powell, Ibn	Millikin	23.24
19	Crum, Trevor	Millikin	23.26
20	Dunner, Dimitri	Millikin	23.27
21	Long, Richard	Millikin	23.28
22	Kennedy, Tony	North Centra	23.34
23	Axelsson, Adam	North Park	24.54
24	Charles, Didi	Carthage	25.01

Event 33 Women 5000 Meter Run

Saturday 5/4/2013 - 3:40 PM			
CCIW Record: 17:31.04 2012		Sarabeth Jones	
	Name	School	Seed Time
1	Jones, Sarabeth	Augustana (I	17:02.77
2	Bacon, Jessica	Augustana (I	17:36.73
3	Anderson, Elise	Illinois Wes	17:39.64
4	Gilbertson, Emma	Wheaton (Ill	17:39.85
5	Kummerer, Katie	Carthage	17:51.16
6	Poremba, Alyssa	Elmhurst	17:57.85
7	Williams, Lauren	Elmhurst	17:57.94
8	Beck, Carmin	Illinois Wes	18:08.70
9	Ferguson, Nora	North Centra	18:09.03
10	Kompanowski, Mandy	Illinois Wes	18:30.02
11	Costanzo, Megan	North Centra	18:36.74
12	Dipert, Anne	North Centra	18:37.36
13	Lundine, Lizzie	Augustana (I	18:46.33
14	Topazian, Hillary	Wheaton (Ill	18:46.82
15	Fiore, Antoinette	North Centra	18:48.44
16	Jagrowski, Rachel	Wheaton (Ill	19:03.29



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Name	School	Seed Time
17 Lobsinger, Hana	Augustana (I)	19:08.54
18 Williams, Hannah	Elmhurst	19:24.42
19 Pohlman, Kirstillyn	Augustana (I)	19:47.19
20 Zumpf, Katelyn	North Centra	20:03.01
21 Bradley, Sarah	Millikin	20:15.02
22 Steele, Laura	Millikin	20:33.25
23 Martinez, Ana	Carthage	20:40.43
24 Hansen, Megan	Elmhurst	21:19.39
25 North, Rachel	Carthage	21:38.53
26 DeLisle, Katie	Carthage	21:56.33
27 Emberton, Kindra	Millikin	NT
28 Bullmore, Abby	Wheaton (Ill)	NT

Event 34 Men 5000 Meter Run**Saturday 5/4/2013 - 3:40 PM****CCIW Record: 14:24.36 1984**

Name	School	Seed Time
1 Gilbert, Mitchell	North Centra	14:47.48
2 Kerley, Dan	North Centra	14:57.74
3 Morrison, Travis	North Centra	14:58.44
4 Mahaffey, Jake	Carthage	14:58.71
5 Smith, Jonathan	Augustana (I)	15:03.40
6 Cross, Will	Elmhurst	15:05.13
7 Smith, Justin	Augustana (I)	15:05.74
8 Sands, Keith	Augustana (I)	15:06.34
9 Hird, Timothy	North Centra	15:08.84
10 Phillips, Mark	Wheaton (Ill)	15:11.09
11 Vazquez, Tim	North Centra	15:15.54
12 VanNess, Kurt	Illinois Wes	15:30.29
13 Tharp, Patrick	Millikin	15:39.98
14 Koch, Ethan	Augustana (I)	15:40.76
15 Ryan, Sean	Illinois Wes	15:50.45
16 Bandelow, Drew	Millikin	15:52.35
17 Smith, Nathan	Augustana (I)	15:52.81
18 Giannis, Mark	Illinois Wes	15:55.44
19 Schroeder, Gavin	Illinois Wes	15:57.64
20 Vahle, Jacob	Wheaton (Ill)	15:59.74
21 Munoz, Axel	Elmhurst	16:00.42
22 Becker, Ben	Illinois Wes	16:03.84
23 Smith, Kent	Wheaton (Ill)	16:08.84
24 Von Borstel, Mike	Carthage	16:10.76
25 Griffith, Jacob	Millikin	16:24.44
26 Novorolsky, Will	Carthage	16:24.53
27 Arambula, Silvestre	Elmhurst	16:32.65
28 Vrchota, Doug	Elmhurst	16:38.61
29 Rizzo, Mike	Carthage	16:43.48
30 Jenks, Caleb	Carthage	16:45.45
31 Albin, Kenneth	Millikin	17:01.14

32 Rubio, Luis	Elmhurst	17:57.69
33 Stocking, Teddy	Wheaton (Ill)	NT
34 Haffner, Brett	Wheaton (Ill)	NT

Event 35 Women 4x400 Meter Relay**Saturday 5/4/2013 - 4:40 PM****CCIW Record: 3:52.49 2003**

Team	Relay	Seed Time
1 Wheaton (Ill)	A	3:53.99
1) Sharkey, Alexa	2) Langlie, Mali	
3) Holzrichter, Rachel	4) Knubley, Debbie	
2 Illinois Wes	A	3:54.44
1) Loynachan, Jenna	2) Rock, Lauren	
3) Boudreau, Allie	4) Clemens, Tara	
3 Carthage	A	3:55.96
1) LeClair, Kristin	2) Laufenberg, Patti	
3) Morris, Makenzi	4) Weiler, Marissa	
4 North Centra	A	3:58.47
1) Ainsley, Elana	2) Coglianese, Amanda	
3) Colon, Priscilla	4) Cota, Krista	
5 Millikin	A	4:01.99
1) Michl, Jamie	2) Staib, Alyssa	
3) Emberton, Kindra	4) Robinson, Ariel	
6 Augustana (I)	A	4:06.76
1) Martines, Annie	2) Bengé, Kate	
3) Schnitzler, Johanna	4) Smith, Kierra	
7 North Park	A	4:19.06
1) Williams, Dominickque	2) Warners, Amber	
3) Paton, Heather	4) Baker, Alexa	
8 Elmhurst	A	4:23.82
1) Reid, Alex	2) Christofanelli, Elyse	
3) Seiler, Riley	4) Stellmack, Kim	

Event 36 Men 4x400 Meter Relay**Saturday 5/4/2013 - 4:40 PM****CCIW Record: 3:13.44 2012**

Team	Relay	Seed Time
1 Augustana (I)	A	3:09.48
1) Patton, Greg	2) Owens, Antonio	
3) Volland, David	4) Rindone, Alex	
2 North Centra	A	3:14.57
1) Hackler, Dione	2) Nelson, Derek	
3) Hamilton, Marlen	4) Henriksen, Dayton	
3 Carthage	A	3:16.60
1) Cornelius, Kendric	2) Brown, Cale	
3) Gulik, Mike	4) Avant, Aryan	
4 Wheaton (Ill)	A	3:17.20
1) Vance, Luke	2) Eastburg, Nils	
3) Minkus, Derek	4) Williams, Kyle	



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Team	Relay	Seed Time
5 Illinois Wes	A	3:26.78
1) Moos, Jonathan	2) Kapolnek, Kevin	
3) Morrison, Zach	4) Smith, Aaron	
6 Millikin	A	3:27.38
1) McCall, Jordan	2) Powell, Ibn	
3) Kemp, Alex	4) Crum, Trevor	
7 Elmhurst	A	3:29.84
1) Leonard, Eric	2) DeBolt, Andrew	
3) Bartolazzi, Jordan	4) Austin, Jake	
8 North Park	A	3:59.85
1) Klinefelter, Justin	2) Bauer, Isaac	
3) Axelsson, Adam	4) Larson, Bjorn	

Event 37 Women Hammer Throw**Friday 5/3/2013 - 12:00 PM****CCIW Record: 172-07 2011****Mindy Harrington**

Name	School	Seed Mark
1 Beauchamp, Liana	Augustana (I	48.00m
2 Baker, Lina	North Centra	47.96m
3 Koeppen, Kendra	Carthage	45.78m
4 McMullin, Becca	Carthage	45.04m
5 Spesard, LeAnn	Millikin	44.70m
6 Davis, Jasmine	Carthage	44.37m
7 Doupis, Mary	Carthage	41.39m
8 Stallworth, Ebony	North Centra	39.74m
9 Velling, Hannah	Wheaton (Ill	39.74m
10 Sawyer, Emily	Millikin	39.31m
11 Davison, Jessica	Millikin	37.08m
12 Dwight, Olivia	North Park	33.91m
13 Koenig, Kayla	North Centra	33.53m
14 Morgan, Amanda	Millikin	33.18m
15 BurksWoodruff, Alia	Augustana (I	32.42m
16 Swanson, Natalie	North Park	31.55m
17 Barrett, Brianne	Millikin	31.10m
18 Martin, Sam	Wheaton (Ill	28.13m

Event 38 Men Hammer Throw**Friday 5/3/2013 - 2:30 PM****CCIW Record: 196-02 2011****Josh Brennan**

Name	School	Seed Mark
1 Schmidt, Eric	Carthage	54.04m
2 Guyette, Derrik	Carthage	52.92m
3 Macek, Kevin	Augustana (I	49.67m
4 Miller, Brandon	Carthage	48.79m
5 Goodalis, David	Carthage	48.30m
6 Balmes, Mark	Carthage	46.20m
7 Benner, Jacob	Augustana (I	41.18m
8 Anderson, Dave	North Park	40.99m

9 Cooper, Thomas	Elmhurst	39.03m
10 Hodge, Kevin	Augustana (I	37.91m
11 Carter, Phillip	North Centra	37.55m
12 Choate, Justin	Augustana (I	37.52m
13 Wallace, Patrick	North Park	37.19m
14 Deets, Kyle	Augustana (I	36.81m
15 Ulrich, Jeremy	North Centra	33.54m
16 LeBlanc, Russell	North Park	32.61m
17 Hartzell, Jeff	North Centra	32.53m
18 Tews, Sean	Elmhurst	28.43m
19 Giambalvo, DJ	Elmhurst	25.38m
20 Perez, Israel	North Park	22.33m

Event 39 Women 10000 Meter Run**Friday 5/3/2013 - 6:15 PM****CCIW Record: 36:28.25 2002****Erin Brice**

Name	School	Seed Time
1 Anderson, Elise	Illinois Wes	36:13.67
2 Beck, Carmin	Illinois Wes	37:23.93
3 Kummerer, Katie	Carthage	37:44.82
4 Lundine, Lizzie	Augustana (I	39:14.94
5 Costanzo, Megan	North Centra	39:15.72
6 Dipert, Anne	North Centra	39:43.25
7 Kelly, Rachel	Augustana (I	40:58.68
8 Rodriguez, Rachel	Augustana (I	42:37.87
9 Bradley, Sarah	Millikin	42:41.31
10 Grandgeorge, Emma	Augustana (I	42:42.46
11 Beckwith, Stephanie	Elmhurst	43:14.70
12 Murphy, Charlotte	Elmhurst	43:14.74
13 Stanley, Samantha	Carthage	43:42.94
14 Caravello, Andrea	Carthage	44:05.42
15 Middleton, Ann	North Centra	NT
16 Sorenson, Elisabeth	Wheaton (Ill	NT
17 Hooks, Lauren	North Centra	NT
18 Zang, Meaghan	Wheaton (Ill	NT
19 Hanson, Lauren	Wheaton (Ill	NT
20 Anderson, Cassie	Illinois Wes	NT
21 Williams, Rachael	Illinois Wes	NT
22 DeSalvo, Meagan	Illinois Wes	NT
23 Jones, Sarahbeth	Augustana (I	NT
24 Huwe, Stephanie	Elmhurst	NT

Event 40 Men 10000 Meter Run**Friday 5/3/2013 - 6:15 PM****CCIW Record: 29:43.90 1993****Dan Mayer**

Name	School	Seed Time
1 Crain, John	North Centra	29:55.49
2 Kerley, Dan	North Centra	30:01.00
3 Klein, Roger	North Centra	30:18.75
4 Kelleher, Troy	North Centra	30:53.10



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	Name	School	Seed Time
5	Smith, Nathan	Augustana (I	32:26.38
6	McAvoy, Joe	North Centra	32:26.91
7	VanNess, Kurt	Illinois Wes	32:32.58
8	Tharp, Patrick	Millikin	32:52.63
9	Bell, Grant	Augustana (I	33:06.45
10	Holle, Alex	Wheaton (Ill	33:14.94
11	Giannis, Mark	Illinois Wes	33:42.06
12	Harris, Ethan	Wheaton (Ill	34:00.51
13	Griffith, Jacob	Millikin	34:04.72
14	Becker, Ben	Illinois Wes	34:05.22
15	Dietrich, Mitch	Augustana (I	34:08.05
16	Atkins, Jordan	Illinois Wes	34:41.83
17	Hatton, Nate	Wheaton (Ill	NT
18	Marlow, Gatlin	Wheaton (Ill	NT
19	Lannen, Patrick	Wheaton (Ill	NT
20	Brimeyer, Andrew	Augustana (I	NT
21	Ryan, Sean	Illinois Wes	NT

11	Perez, Michael	North Centra	NP
12	Ley, Manuel	North Park	NP
13	Wilson, Jacob	Elmhurst	NP
14	Gale, Ethan	Augustana (I	NP
15	Roth, Dustin	Millikin	NP
16	Johnson, Phil	Illinois Wes	NP

Event 41 Women Heptathlon

CCIW Record:	4705 2000	Heather Panckae	
	Name	School	Points
1	Redlinski, Jocelyn	North Centra	4193
2	Dillon, Rosalie	Wheaton (Ill	3663
3	Schnitzler, Johanna	Augustana (I	3245
4	McKay, Chelsea	Carthage	3178
5	Wetterman, Taeopae	North Centra	3051
6	Graham, Hannah	North Centra	2984
7	Popp, Julia	Augustana (I	2765
8	Lamb, Ellie	Wheaton (Ill	2322
9	Harmon, Jill	Illinois Wes	NP
10	Boudreau, Allie	Illinois Wes	NP
11	Keating, Taylor	Carthage	NP
12	Gstalter, Molly	North Centra	NP
13	Banks, Teresa	Illinois Wes	NP

Event 42 Men Decathlon

CCIW Record:	6932 1997	Paul Elsen	
	Name	School	Points
1	Austin, Quenten	Carthage	6073
2	Eisenberg, Joshua	Augustana (I	5915
3	Williams, Kyle	Augustana (I	5397
4	Hletko, Joseph	North Centra	5339
5	Hostens, Shay	Augustana (I	4765
6	Wold, Brandon	Wheaton (Ill	4576
7	Hoffmann, Jordan	Augustana (I	4494
8	Casper, Mason	North Centra	4399
9	Fedele, D'Monti	Carthage	4398
10	Cole, Brendan	Wheaton (Ill	NP

