

**DIVISION 1 TRACK AND FIELD 100 M DASH**

First Name	Last Name	Company	Division	100 M DASH	Place	Points
Savannah	Roberts	Integrated DNA Technologies	Female 18-29	18.39	1	60
Jenny	Brainard	Transamerica/Aegon	Female 30-39	18.53	1	60
Jess	Fonseca	UFG Insurance	Female 30-39	22	2	40
Shawnee	Haendler	UFG Insurance	Female 30-39	59.5	3	30
Kelly	Carr	University of Iowa	Female 40-49	25.83	1	60
Sandy	Stewart	University of Iowa	Female 50+	59	1	60
Peyton	Hesse	Hills Bank	Male 18-29	11.63	1	60
Kirk	Lehmann	City of Iowa City	Male 30-39	29	1	60
Brian	Nicola	CRST International	Male 40-49	18.4	1	60

**DIVISION 1 TRACK AND FIELD 400M**

First Name	Last Name	Company	Division	400M RUN	Place	Points
Savannah	Roberts	Integrated DNA Technologies	Female 18-29	01:28.3	1	60
Jess	Fonseca	UFG Insurance	Female 30-39	02:30.0	1	60
Shawnee	Haendler	UFG Insurance	Female 30-39	02:40.5	2	40
Angela	Charsha-Harney	University of Iowa	Female 40-49	01:23.0	1	60
Kelly	Carr	University of Iowa	Female 40-49	02:33.7	2	40
Sandy	Stewart	University of Iowa	Female 50+	4:58:00	1	60
Peyton	Hesse	Hills Bank	Male 18-29	57.7	1	60
Kirk	Lehmann	City of Iowa City	Male 30-39	1:53	1	60
Brian	Nicola	CRST International	Male 40-49	01:31.6	1	60

**DIVISION 1 TRACK AND FIELD 1600M**

First Name	Last Name	Company	Division	1600M RUN	Place	Points
Savannah	Roberts	Integrated DNA Technologies	Female 18-29	06:10.5	1	60
Kirstin	Anderson	UFG Insurance	Female 18-29	08:00.2	2	40
Jess	Fonseca	UFG Insurance	Female 30-39	06:20.0	1	60
Shawnee	Haendler	UFG Insurance	Female 30-39	9:53	2	40
Angela	Charsha-Harney	University of Iowa	Female 40-49	06:47.0	1	60
Sandy	Stewart	University of Iowa	Female 50+	19:22:20	1	60

Seth	Borrowman	Integrated DNA Technologies	Male 18-29	05:07.1	1	60
Peyton	Hesse	Hills Bank	Male 18-29	05:52.0	2	40
Kirk	Lehmann	City of Iowa City	Male 30-39	7:50	1	60
Brian	Nicola	CRST International	Male 40-49	08:29.8	1	60

<b>DIVISION 1 TRACK AND FIELD STANDING LONG JUMP</b>						
First Name	Last Name	Company	Division	Distance of Jump	Place	Points
Savannah	Roberts	Integrated DNA Technologies	Female 18-29	5 feet 7 inches	1	60
Jenny	Brainard	Transamerica/Aegon	Female 30-39	5 feet 11 inches	1	60
Kelly	Carr	University of Iowa	Female 40-49	5 feet 3 inches	1	60
Sandy	Stewart	University of Iowa	Female 50+	2 feet 8 inches	1	60
Brian	Nicola	CRST International	Male 40-49	5 feet 9 inches	1	60

<b>DIVISION 1 TRACK AND FIELD SOUP CAN TOSS</b>						
First Name	Last Name	Company	Division	Distance of Throw	Place	Points
Savannah	Roberts	Integrated DNA Technologies	Female 18-29	8 feet 5 inches	1	60
Jenny	Brainard	Transamerica/Aegon	Female 30-39	36 feet 2 inches	1	60
Kelly	Carr	University of Iowa	Female 40-49	76 feet 11 inches	1	60
Sandy	Stewart	University of Iowa	Female 50+	15 feet 3 inches	1	60
Brian	Nicola	CRST International	Male 40-49	63 feet 4 inches	1	60

<b>DIVISION 2 TRACK AND FIELD 100 M DASH</b>						
First Name	Last Name	Company	Division	100 M DASH	Place	Points
Miranda	Hammes	New Leader Manufacturing	Female 18-29	18.05	1	60
Lindsey	Sweet-Fisher	Van Meter Inc.	Female 30-39	13.84	1	60
Whitney	Pino	Van Meter Inc.	Female 30-39	17.48	2	40
Wille	Rhoads	Van Meter Inc.	Male 18-29	12.66	1	60
Jake	Lehman	Shive-Hattery	Male 18-29	15.51	2	40
mark	schuerman	Van Meter Inc.	Male 30-39	13.65	1	60
Ross	Yeast	Van Meter Inc.	Male 30-39	13.78	2	40
Ben	Woods	Van Meter Inc.	Male 30-39	14.29	3	10
Gavin	Palma	Van Meter Inc.	Male 30-39	15.54	4	10
Nick	Muller	Van Meter Inc.	Male 30-39	17.11	5	10
Justin	Campbell	Shive-Hattery	Male 30-39	21:24	6	10
Mitch	Frazier	Shive-Hattery	Male 30-39	25.43	7	10

Michael	Gassmann	Van Meter Inc.	Male 50+	15.44	1	60
Jeffery	Miller	Van Meter Inc.	Male 50+	16.96	2	40

#### DIVISION 2 TRACK AND FIELD 400M

First Name	Last Name	Company	Division	400M RUN	Place	Points
Miranda	Hammes	New Leader Manufacturing	Female 18-29	1:22	1	60
Whitney	Pino	Van Meter Inc.	Female 30-39	2:07	1	60
Jake	Lehman	Shive-Hattery	Male 18-29	01:09.5	1	60
Wille	Rhoads	Van Meter Inc.	Male 18-29	1:22	2	40
mark	schuerman	Van Meter Inc.	Male 30-39	62.21	1	60
Justin	Campbell	Shive-Hattery	Male 30-39	1:37	2	40
Gavin	Palma	Van Meter Inc.	Male 30-39	01:37.6	3	30
Mitch	Frazier	Shive-Hattery	Male 30-39	01:50.2	4	20
Jeffery	Miller	Van Meter Inc.	Male 50+	1:42	1	60

#### DIVISION 2 TRACK AND FIELD 1600M

First Name	Last Name	Company	Division	1600M RUN	Place	Points
Miranda	Hammes	New Leader Manufacturing	Female 18-29	6:30	1	60
Whitney	Pino	Van Meter Inc.	Female 30-39	8:20	1	60
Jake	Lehman	Shive-Hattery	Male 18-29	06:50.3	1	60
Wille	Rhoads	Van Meter Inc.	Male 18-29	7:40	2	40
mark	schuerman	Van Meter Inc.	Male 30-39	05:44.0	1	60
Justin	Campbell	Shive-Hattery	Male 30-39	7:57	2	40
Mitch	Frazier	Shive-Hattery	Male 30-39	8:16	3	30

#### DIVISION 2 TRACK AND FIELD STANDING LONG JUMP

First Name	Last Name	Company	Division	Distance of Jump	Place	Points
Whitney	Pino	Van Meter Inc.	Female 30-39	7 feet	1	60
Wille	Rhoads	Van Meter Inc.	Male 18-29	10 feet 5 inches	1	60
Jake	Lehman	Shive-Hattery	Male 18-29	6 feet 2 inches	2	40
Ross	Yeast	Van Meter Inc.	Male 30-39	10 feet 5 inches	1	60
Ben	Woods	Van Meter Inc.	Male 30-39	9 feet 5 inches	2	40
Kevin	Foht	Van Meter Inc.	Male 30-39	9 feet 5 inches	2	30
Gavin	Palma	Van Meter Inc.	Male 30-39	8 feet 5 inches	4	10
Mitch	Frazier	Shive-Hattery	Male 30-39	5 feet 7 inches	5	10
Justin	Campbell	Shive-Hattery	Male 30-39	5 feet 2 inches	6	10

mark	schuerman	Van Meter Inc.	Male 30-39	4 feet 1 inches	7	10
Trent	DeNeve	Van Meter Inc.	Male 50+	8 feet 2 inches	1	60
Jeffery	Miller	Van Meter Inc.	Male 50+	8 feet	2	40

### DIVISION 2 TRACK AND FIELD SOUP CAN TOSS

First Name	Last Name	Company	Division	Distance of Throw	Place	Points
Whitney	Pino	Van Meter Inc.	Female 30-39	50 feet	1	60
Lindsey	Sweet-Fisher	Van Meter Inc.	Female 30-39	40 feet	2	40
Roxanne	Kropf	Shive-Hattery	Female 40-49	37 feet 9 inches	1	60
Sandy	Stewart	University of Iowa	Female 50+	41 feet	1	60
Wille	Rhoads	Van Meter Inc.	Male 18-29	80 feet	1	60
Justin	Campbell	Shive-Hattery	Male 30-39	106 feet 6 inches	1	60
Mitch	Frazier	Shive-Hattery	Male 30-39	87 feet 4 inches	2	40
Ross	Yeast	Van Meter Inc.	Male 30-39	65 feet	3	30
Kevin	Foht	Van Meter Inc.	Male 30-39	65 feet	3	30
Gavin	Palma	Van Meter Inc.	Male 30-39	60 feet	5	10
Ben	Woods	Van Meter Inc.	Male 30-39	53 feet	6	10
mark	schuerman	Van Meter Inc.	Male 30-39	8 feet	7	10
Trent	DeNeve	Van Meter Inc.	Male 50+	58 feet	1	60
Jeffery	Miller	Van Meter Inc.	Male 50+	52 feet	2	40

### DIVISION 3 TRACK AND FIELD 100M

First Name	Last Name	Company	Division	100M DASH	Place	Points
Sarah	Thielen	Shuttleworth & Ingersoll	Female 18-29	15.25	1	60
Hayleigh	Boardman	Shuttleworth & Ingersoll	Female 18-29	17.59	2	40
Becky	Hosier	Steindler Orthopedic Clinic	Female 30-39	15.62	1	60
Kalyn	Wheatley	Steindler Orthopedic Clinic	Female 30-39	16.54	2	40
Clare	Birdsell	Shuttleworth & Ingersoll	Female 30-39	18:56	3	30
Heather	Fleming	World Class Industries	Female 40-49	16.9	1	60
Nicki	O'Keefe	Shuttleworth & Ingersoll	Female 40-49	22.3	2	40
Tricia	Hoffman-Simanel	Shuttleworth & Ingersoll	Female 40-49	24.58	3	30
LAURIE	STONEWALL	Steindler Orthopedic Clinic	Female 50+	20	1	60
Melanie	Simpson	Steindler Orthopedic Clinic	Female 50+	30.75	2	40
Diana	Parisi	Steindler Orthopedic Clinic	Female 50+	1:30	3	10
Tina	Brewer	BerganKDV	Female 50+	1:45:00	4	20
Benjamin	Ahrichs	Steindler Orthopedic Clinic	Male 18-29	13.22	1	60

Jared	Adam	Shuttleworth & Ingersoll	Male 30-39	10.61	1	60
Jeffrey	Lawson	Steindler Orthopedic Clinic	Male 30-39	16.59	2	40
Brian	Wills	Steindler Orthopedic Clinic	Male 40-49	15.08	1	60
Dave	Wyant	BerganKDV	Male 50+	15.67	1	60
Mike	Regan	BerganKDV	Male 50+	22	2	40

### DIVISION 3 TRACK AND FIELD 400M

First Name	Last Name	Company	Division	400M RUN	Place	Points
Sarah	Thielen	Shuttleworth & Ingersoll	Female 18-29	01:19.0	1	60
Hayleigh	Boardman	Shuttleworth & Ingersoll	Female 18-29	01:39.0	2	40
Kalyn	Wheatley	Steindler Orthopedic Clinic	Female 30-39	01:22.9	1	60
Becky	Hosier	Steindler Orthopedic Clinic	Female 30-39	01:23.0	2	40
Clare	Birdsell	Shuttleworth & Ingersoll	Female 30-39	01:44.9	3	30
Heather	Fleming	World Class Industries	Female 40-49	01:39.1	1	60
Nicki	O'Keefe	Shuttleworth & Ingersoll	Female 40-49	02:39.2	2	40
Tricia	Hoffman-Simanel	Shuttleworth & Ingersoll	Female 40-49	03:10.6	3	30
LAURIE	STONEWALL	Steindler Orthopedic Clinic	Female 50+	01:50.0	1	60
Melanie	Simpson	Steindler Orthopedic Clinic	Female 50+	02:28.9	2	40
Diana	Parisi	Steindler Orthopedic Clinic	Female 50+	4:02	3	10
Tina	Brewer	BerganKDV	Female 50+	5:30:00	4	20
Benjamin	Ahrlrichs	Steindler Orthopedic Clinic	Male 18-29	56	1	60
Jared	Adam	Shuttleworth & Ingersoll	Male 30-39	01:11.2	1	60
Jeffrey	Lawson	Steindler Orthopedic Clinic	Male 30-39	01:41.9	2	40
Brian	Wills	Steindler Orthopedic Clinic	Male 40-49	01:16.0	1	60
Dave	Wyant	BerganKDV	Male 50+	01:19.0	1	60
Mike	Regan	BerganKDV	Male 50+	02:10.0	2	40

### DIVISION 3 TRACK AND FIELD 1600M

First Name	Last Name	Company	Division	1600M RUN	Place	Points
Sarah	Thielen	Shuttleworth & Ingersoll	Female 18-29	07:21.3	1	60
Brittany	Shickell	World Class Industries	Female 18-29	8:25	2	40
Hayleigh	Boardman	Shuttleworth & Ingersoll	Female 18-29	11:11.0	3	30
Becky	Hosier	Steindler Orthopedic Clinic	Female 30-39	07:44.0	1	60
Clare	Birdsell	Shuttleworth & Ingersoll	Female 30-39	09:56.0	2	40
Dawn	Clark	BerganKDV	Female 30-39	22:44	3	30
Heather	Fleming	World Class Industries	Female 40-49	07:25.2	1	60

Tina	Brewer	BerganKDV	Female 50+	10:00:00	1	60
LAURIE	STONEWALL	Steindler Orthopedic Clinic	Female 50+	10:41.1	2	40
Melanie	Simpson	Steindler Orthopedic Clinic	Female 50+	14:54.0	3	30
Benjamin	Ahrichs	Steindler Orthopedic Clinic	Male 18-29	04:42.0	1	60
Jared	Adam	Shuttleworth & Ingersoll	Male 30-39	08:36.5	1	60
Jeffrey	Lawson	Steindler Orthopedic Clinic	Male 30-39	11:37:00	2	40
Brian	Wills	Steindler Orthopedic Clinic	Male 40-49	06:17.9	1	60
Jace	Bisgard	Shuttleworth & Ingersoll	Male 40-49	7:45:59	2	40
Fred	Dery	Steindler Orthopedic Clinic	Male 40-49	20:00.0	3	30
Adam	Williamson	BerganKDV	Male 40-49	21:19.0	4	20
Dave	Wyant	BerganKDV	Male 50+	07:12.8	1	60
Mike	Regan	BerganKDV	Male 50+	09:59.0	2	40
John	Wyrick	BerganKDV	Male 50+	18:23.0	3	10

### DIVISION 3 TRACK AND FIELD LONG JUMP

First Name	Last Name	Company	Division	Distance of Jump	Place	Points
Sarah	Thielen	Shuttleworth & Ingersoll	Female 18-29	8 feet 0 inches	1	60
Hayleigh	Boardman	Shuttleworth & Ingersoll	Female 18-29	7 feet 4 inches	2	40
Rachelle	Sickles	Steindler Orthopedic Clinic	Female 18-29	5 feet 9 inches	3	30
Hannah	Andreae	Steindler Orthopedic Clinic	Female 18-29	4 feet 11 inches	4	20
Cati	Beecher	Steindler Orthopedic Clinic	Female 18-29	2 feet 5 inches	5	10
Kalyn	Wheatley	Steindler Orthopedic Clinic	Female 30-39	6 feet 9 inches	1	60
Becky	Hosier	Steindler Orthopedic Clinic	Female 30-39	6 feet 8 inches	2	40
Kale	Gates	Shuttleworth & Ingersoll	Female 30-39	6 feet 7.25 inches	3	30
Clare	Birdsell	Shuttleworth & Ingersoll	Female 30-39	5 feet 11 inches	4	20
Carrie	Clouse	BerganKDV	Female 30-39	5 feet	5	10
Amanda	Regennitter	Steindler Orthopedic Clinic	Female 30-39	4 feet 7 inches	6	10
Melissa	West	Steindler Orthopedic Clinic	Female 30-39	4 feet 0 inches	7	10
Carol	Wade	Steindler Orthopedic Clinic	Female 30-39	3 feet 7 inches	8	10
Kim	Kleinmeyer	Steindler Orthopedic Clinic	Female 30-39	3 feet 7 inches	9	10
Molly	Marxen	Steindler Orthopedic Clinic	Female 30-39	3 feet 5 inches	10	10
Heather	Fleming	World Class Industries	Female 40-49	5 feet 10 inches	1	60
Nicki	O'Keefe	Shuttleworth & Ingersoll	Female 40-49	5 foot 6 inches	2	40
Tricia	Hoffman-Simanel	Shuttleworth & Ingersoll	Female 40-49	4 feet 11.5 inches	3	30
Jill	Elliott	Steindler Orthopedic Clinic	Female 40-49	3 feet 7 inches	4	20
Melanie	Simpson	Steindler Orthopedic Clinic	Female 50+	5 foot 4 inches	1	60
LAURIE	STONEWALL	Steindler Orthopedic Clinic	Female 50+	5 feet 2 inches	2	40
Dawn	Grau	Steindler Orthopedic Clinic	Female 50+	4 feet 1 inch	3	10
Angie	Mehmen	Steindler Orthopedic Clinic	Female 50+	4 feet 0 inches	4	10
Diana	Parisi	Steindler Orthopedic Clinic	Female 50+	3 feet 2 inches	5	10

Tina	Brewer	BerganKDV	Female 50+	2 feet 6 inches	6	10
Stephen	Jensen	Steindler Orthopedic Clinic	Male 18-29	8 feet 7 inches	1	60
Benjamin	Ahrlrichs	Steindler Orthopedic Clinic	Male 18-29	8 feet 6 inches	2	40
Jared	Adam	Shuttleworth & Ingersoll	Male 30-39	8 feet 7 inches	1	60
Jeffrey	Lawson	Steindler Orthopedic Clinic	Male 30-39	6 feet 3 inches	2	40
Brian	Wills	Steindler Orthopedic Clinic	Male 40-49	7 feet 0 inches	1	60
Cory	Christiansen	Steindler Orthopedic Clinic	Male 40-49	6 feet 7 inches	2	40
Brent	Overton	Steindler Orthopedic Clinic	Male 40-49	6 feet 0 inches	3	10
Matt	Ehler	Steindler Orthopedic Clinic	Male 40-49	5 feet 11 inches	4	10
Brent	Whited	Steindler Orthopedic Clinic	Male 40-49	5 feet 4 inches	5	10
Dave	Wyant	BerganKDV	Male 50+	7 feet 2 inches	1	60
Patrick	Magallanes	Steindler Orthopedic Clinic	Male 50+	4 feet 6 inches	2	40
Mark	Mysnyk	Steindler Orthopedic Clinic	Male 50+	4 feet 3 inches	3	30

### DIVISION 3 TRACK AND FIELD SOUP CAN TOSS

First Name	Last Name	Company	Division	Distance of Throw	Place	Points
Hayleigh	Boardman	Shuttleworth & Ingersoll	Female 18-29	64 feet 5 inches	1	60
Sarah	Thielen	Shuttleworth & Ingersoll	Female 18-29	59 feet 5 inches	2	40
Kalyn	Wheatley	Steindler Orthopedic Clinic	Female 30-39	101 feet 0 inches	1	60
Becky	Hosier	Steindler Orthopedic Clinic	Female 30-39	98 feet 0 inches	2	40
Kale	Gates	Shuttleworth & Ingersoll	Female 30-39	56 feet 2.5 inches	3	30
Clare	Birdsell	Shuttleworth & Ingersoll	Female 30-39	52 feet 3 inches	4	20
Carrie	Clouse	BerganKDV	Female 30-39	30 feet	5	10
Tiffany	Frambach	Shuttleworth & Ingersoll	Female 40-49	57 feet 7 inches	1	60
Nicki	O'Keefe	Shuttleworth & Ingersoll	Female 40-49	42 feet 11 inches	2	40
Heather	Fleming	World Class Industries	Female 40-49	39 feet 2 inches	3	30
Tricia	Hoffman-Simanel	Shuttleworth & Ingersoll	Female 40-49	34 feet 4 inches	4	20
Paula	Pohlpetter	Shuttleworth & Ingersoll	Female 40-49	29 feet 2 inches	5	10
LAURIE	STONEWALL	Steindler Orthopedic Clinic	Female 50+	85 feet 2 inches	1	60
Diana	Parisi	Steindler Orthopedic Clinic	Female 50+	32 feet 5 inches	2	40
Tina	Brewer	BerganKDV	Female 50+	11 feet 2 inches	3	30
Benjamin	Ahrlrichs	Steindler Orthopedic Clinic	Male 18-29	155 feet 3 inches	1	60
Jeffrey	Lawson	Steindler Orthopedic Clinic	Male 30-39	112 feet 10 inches	1	60
Jared	Adam	Shuttleworth & Ingersoll	Male 30-39	83 feet 5 inches	2	40
Brian	Wills	Steindler Orthopedic Clinic	Male 40-49	96 feet 0 inches	1	60
Adam	Williamson	BerganKDV	Male 40-49	23 feet 7 inches	2	40
Dave	Wyant	BerganKDV	Male 50+	72 feet 9 inches	1	60