

NCAA Division III
2015 Indoor Track & Field Championships
Winston-Salem, NC - 3/13/2015 to 3/14/2015
Meet Program - Saturday Running Events

Event 34 Heptathlon: #5 Men 60 Meter Hurdles**Saturday 3/14/2015 - 11:00 AM****Lanes: 2-4-6-8**

Lane	Name	Yr	School	Seed Time
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Section 1 of 4 Finals

1				
2	537 Robert Poepperling	JR	Misericordia	9.26
3				
4	612 Kevin Wagner	JR	St. Scholastica	8.68
5				
6	603 Devin Cornelius	JR	St. John Fisher	8.99
7				
8				

Section 2 of 4 Finals

1				
2	720 Stephen Sousa	SR	Wis.-Whitewater	8.51
3				
4	663 Greg Peterson	SR	Wis.-Eau Claire	8.62
5				
6	574 Nate Newman	FR	Ohio Wesleyan	8.61
7				
8	575 Aaron Port	JR	Ohio Wesleyan	8.55

Section 3 of 4 Finals

1				
2	496 Eric Larson	JR	Central College	8.34
3				
4	672 Alex Jelich	SR	Wis.-La Crosse	8.34
5				
6	470 Eric Wainman	SR	Bates	8.47
7				
8	525 Jeff Toraason	SR	IL Wesleyan	8.41

Section 4 of 4 Finals

1				
2	552 Andrew Milhoan	JR	Mount Union	8.15
3				
4	667 Brandon Zarnoth	SR	Wis.-Eau Claire	8.30
5				
6	482 Samuel Taft	SR	Brockport St	8.31
7				
8	573 Matt Hunter	SR	Ohio Wesleyan	8.28

Event 9 Women 1 Mile Run**Saturday 3/14/2015 - 1:30 PM****2 Heats; Advance top 3 from each heat plus next 4 best times****Double Waterfall (Prelim: 2/3 split; Final: 7-3)****Two-turn stagger****DIII Meet: 4:43.92 2005 Missy Buttry****Facility: 4:22.66**

Lane	Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	278 Melissa Engstrom	SR	St. Thomas-MN	5:03.58
2	154 Sanjuanita Martinez	JR	Cornell College	5:13.04
3	288 Sarah Nielsen	JR	Swarthmore	5:04.12
4	211 Summer Spillane	SR	Middlebury	5:13.00
5	220 Maryann Gong	SO	MIT	5:02.09
6	333 Jordan Tuin	JR	Wheaton (Ill.)	5:04.18
7	134 Erin Kiekhaefer	SR	Carnegie Mellon	5:03.96
8	208 Alison Maxwell	SR	Middlebury	5:12.67
9	159 Hannah Chappell-Diel	JR	E. Mennonite	5:01.22
10	207 Sarah Guth	SR	Middlebury	5:01.73

Event 10 Men 1 Mile Run**Saturday 3/14/2015 - 1:40 PM****2 Heats. Advance top 3 from each heat plus next 4 best times****Double Waterfall (Prelim: 2/3 split; Final: 7-3)****Two-turn stagger****DIII Meet: 4:07.03 3/9/2013 Dan Sullivan****Facility: 3:56.99**

Lane	Name	Yr	School	Prelims
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Section 1 of 1 Finals

1	469 John Stansel	SR	Bates	4:15.33
2	515 Will Cross	SR	Elmhurst	4:15.20
3	519 Isaac Garcia-Cassani	FR	Geneseo St.	4:14.78
4	690 Roberto Lara	FR	Wis.-Oshkosh	4:14.87
5	699 Joel Walden	SR	Wis.-Platteville	4:15.16
6	634 Ryan Hermsen	JR	Wartburg	4:15.54
7	498 Jamie Vander Veer	SR	Central College	4:15.57
8	610 Paul Escher	JR	St. Olaf	4:14.25
9	539 Colin Godwin	FR	MIT	4:14.59
10	635 Ian McDonald	SO	Washington & L	4:14.03

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Event 15 Women 60 Meter Hurdles**Saturday 3/14/2015 - 2:05 PM****3 heats; advance winner plus next 5 best to final.****DIII Meet: 8.52 3/9/2013 Melissa Norville****Facility: 7.95**

Lane	Name	Yr	School	Prelims
Section 1 of 1 Finals				
1	239 Madison Renfro	JR	North Central	8.83
2	356 Addie Korb	JR	Wis.-La Crosse	8.78
3	352 Claire Gordee	JR	Wis.-La Crosse	8.63
4	201 Adriana Wright	SO	Lehman	8.48
5	125 Jazmin Dunham	SR	Buffalo State	8.61
6	357 Jaime Ludwigson	SR	Wis.-La Crosse	8.76
7	202 Dallas Edge	SO	Linfield	8.82
8	372 Taylor Sherry	JR	Wis.-Oshkosh	8.91

Event 16 Men 60 Meter Hurdles**Saturday 3/14/2015 - 2:15 PM****2 heats; advance winner plus next 6 best to final.****DIII Meet: 7.75 3/15/2014 Luke Campbell****Facility: 7.55**

Lane	Name	Yr	School	Prelims
Section 1 of 1 Finals				
1	631 Ronnie Posthauer	SR	Wabash	8.13
2	455 Max Kittle	SR	Anderson (Ind.)	8.10
3	461 Bobby Cooks	FR	Aurora	8.06
4	478 Conor Murtagh	JR	Bridgewater St.	7.96
5	594 Luke Campbell	JR	Salisbury	7.99
6	507 Joe Shinn	JR	Cortland St.	8.07
7	471 Marcus Griffith	JR	Benedictine	8.12
8	552 Andrew Milhoan	JR	Mount Union	8.16

Event 5 Women 400 Meter Dash**Saturday 3/14/2015 - 2:35 PM****5 heats; top 8 times advance.****Two-section final (Rule 10-5.4)****DIII Meet: 55.10 3/15/2014 Ashante Little****Facility: 53.90**

Lane	Name	Yr	School	Prelims
Section 1 of 2 Finals				
1				
2				
3	389 Lexie Sondgeroth	SR	Wis.-Whitewater	57.96
4	235 Katie Krick	SO	Nebraska Wesley	57.74
5	200 Allie Bernasconi	SO	Lehman	57.06
6	101 Ashley Halm	SR	Alma	57.31
Section 2 of 2 Finals				
1				
2				
3	309 Hulerie McGuffie	JR	UMass Boston	57.95
4	232 Courtney Reese	JR	Mount Union	57.70
5	272 Marisa Turner	JR	St. Lawrence	56.71
6	126 Jazlyn Porter	JR	Buffalo State	56.89

Event 6 Men 400 Meter Dash**Saturday 3/14/2015 - 2:45 PM****4 heats; top 8 times advance.****Two-section final (Rule 10-5.4)****DIII Meet: 46.42 2004 Andrew Rock****Facility: 46.81**

Lane	Name	Yr	School	Prelims
Section 1 of 2 Finals				
1				
2				
3	608 Taylor Pasterski	SR	St. Norbert	49.42
4	551 Tyler Mettelle	SR	Mount Union	49.22
5	546 Ethan Reschke	SO	Monmouth (Ill.)	48.84
6	487 Thomas Vandenberg	SR	Carnegie Mellon	49.05
Section 2 of 2 Finals				
1				
2				
3	617 Tyler Bourdo	SR	Trine	49.25
4	522 Joseph Jensen	SR	Hamilton	49.08
5	664 Cody Prince	SR	Wis.-Eau Claire	48.72
6	668 Ross Denman	SO	Wis.-La Crosse	48.76

Event 1 Women 60 Meter Dash**Saturday 3/14/2015 - 3:15 PM****3 heats; advance winner plus next 5 best to final.****DIII Meet: 7.54 3/10/2012 Ashlynn Chavis****DIII Meet: 7.54 3/8/2013 Sasha Henry****Facility: 7.18**

Lane	Name	Yr	School	Prelims
Section 1 of 1 Finals				
1	294 Alexis Baldwin	SO	Texas-Tyler	7.68
2	255 Allannah Whitehall	JR	Puget Sound	7.64
3	125 Jazmin Dunham	SR	Buffalo State	7.70
4	182 Nia Joiner	JR	IL Wesleyan	7.58
5	341 Carly Fehler	SR	Wis.-Eau Claire	7.60
6	137 Abigail Davis	JR	Central College	7.64
7	229 Camille Coklow	JR	Mount Holyoke	7.64
8	169 Zakiyyah Richardson	JR	Gwynedd-Mercy	7.69

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Event 2 Men 60 Meter Dash**Saturday 3/14/2015 - 3:25 PM****2 heats; advance winner plus next 6 best to final.****DIII Meet: 6.68 3/15/2014 Thurgood Dennis****Facility: 6.61**

Lane	Name	Yr	School	Prelims
Section 1 of 1 Finals				
1	657 Thurgood Dennis	SR	Wis.-Eau Claire	6.90
2	724 Victor Banjo	SR	Wittenberg	6.89
3	521 Bruce Gray	SR	Greenville	6.80
4	501 Winston Lee	SO	Cobleskill	6.73
5	701 David Paynotta	SO	Wis.-River Falls	6.89
6	644 Gavin Colley	SR	Widener	6.84
7	550 Dustin Matak	SR	Mount Union	6.90
8	476 Chinedu Chukwu	JR	Bridgewater St.	6.92

Event 7 Women 800 Meter Run**Saturday 3/14/2015 - 3:45 PM****2 Heats. Advance top 2 from each heat plus next best 4 to final****Double Waterfall (Prelim: 2/3 split; Final: 5-3)****Two-turn stagger****DIII Meet: 2:06.89 1987 Genesia Eddins****Facility: 2:04.28**

Lane	Name	Yr	School	Prelims
Section 1 of 1 Finals				
1	276 Brittany Kozlowski	SO	St. Norbert	2:13.22
2	316 Taylor Moore	SR	Wartburg	2:12.22
3	249 Rachael Shine	SO	Oneonta	2:13.34
4	374 Kylee Verhasselt	SR	Wis.-Oshkosh	2:12.79
5	162 Anna Murdock	SR	Franklin	2:12.87
6	198 Cynthia Adams	SR	Lebanon Valley	2:12.78
7	218 Amy Viti	JR	Misericordia	2:11.82
8	156 Kailyn Balzano	JR	Cortland St.	2:12.08

Event 8 Men 800 Meter Run**Saturday 3/14/2015 - 3:55 PM****2 Heats. Advance top 2 from each heat plus next best 4 to final****Double Waterfall (Prelim: 2/3 split; Final: 5-3)****Two-turn stagger****DIII Meet: 1:49.73 2002 Matt Groose****Facility: 1:48.27**

Lane	Name	Yr	School	Prelims
Section 1 of 1 Finals				
1	584 Jeremy Hernandez	FR	Ramapo	1:54.44
2	487 Thomas Vandenberg	SR	Carnegie Mellon	1:53.43
3	483 Seth Woodson	SR	Buena Vista	1:53.64
4	528 Andrew Carey	SR	Johns Hopkins	1:54.21
5	514 Lee Cattanach	JR	E. Conn St.	1:54.50
6	529 Michael Harnish	SR	Lebanon Valley	1:54.29
7	576 Jalen Weaver	SR	Olivet	1:53.15
8	620 Mitchell Black	JR	Tufts	1:52.91

Event 3 Women 200 Meter Dash**Saturday 3/14/2015 - 4:05 PM****5 heats; top 8 times advance****Two-section final (Rule 10-5.4)****DIII Meet: 24.41 3/15/2014 Shailah Williams****Facility: 23.80**

Lane	Name	Yr	School	Prelims
Section 1 of 2 Finals				
1				
2				
3	137 Abigail Davis	JR	Central College	25.46
4	108 Deterrica Simpkins	FR	Aurora	25.37
5	354 Meg Heafy	JR	Wis.-La Crosse	24.93
6	201 Adriana Wright	SO	Lehman	25.07
Section 2 of 2 Finals				
1				
2				
3	389 Lexie Sondgeroth	SR	Wis.-Whitewater	25.42
4	294 Alexis Baldwin	SO	Texas-Tyler	25.33
5	253 Jess Huber	JR	Plattsburgh	24.77
6	341 Carly Fehler	SR	Wis.-Eau Claire	24.79

Event 4 Men 200 Meter Dash**Saturday 3/14/2015 - 4:15 PM****4 heats; top 8 times advance****Two-section final (Rule 10-5.4)****DIII Meet: 21.27 3/15/2014 Thurgood Dennis****Facility: 21.08**

Lane	Name	Yr	School	Prelims
Section 1 of 2 Finals				
1				
2				
3	668 Ross Denman	SO	Wis.-La Crosse	22.16
4	522 Joseph Jensen	SR	Hamilton	22.12
5	521 Bruce Gray	SR	Greenville	21.97
6	456 Keith Cline	SR	Augustana (Ill.)	22.07
Section 2 of 2 Finals				
1				
2				
3	489 Cooper Witt	SR	Carroll	22.14
4	546 Ethan Reschke	SO	Monmouth (Ill.)	22.12
5	616 Kevonte Shaw	SO	Texas-Tyler	21.94
6	505 Melique Garcia	SR	Cortland St.	21.97

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Event 11 Women 3000 Meter Run**Saturday 3/14/2015 - 4:25 PM****Final Only. Random Draw. Double Waterfall (12-5)****Two-turn stagger****DIII Meet: 9:38.72 3/15/2014 Christy Cazzola****Facility: 9:02.79**

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	226 Christina Wicker	SO	MIT	10:00.96
2	301 Kelly Fahey	SO	Tufts	10:01.91
3	236 Abby Shafer	SO	New England Cc	9:58.44
4	360 Laura Mead	SR	Wis.-La Crosse	9:58.57
5	104 Lizzy Briskin	SR	Amherst	10:00.69
6	107 Lexi Sinclair	JR	Amherst	9:55.06
7	322 Alison Lindsay	FR	Washington U.	10:02.35
8	285 Amy Regan	JR	Stevens Institut	9:46.16
9	160 Katherine Lehman	FR	E. Mennonite	9:55.49
10	344 Lucy Ramquist	SR	Wis.-Eau Claire	9:50.68
11	195 Sophia Meehan	JR	Johns Hopkins	9:55.10
12	271 Cassia Hameline	SR	St. Lawrence	9:53.32
13	155 Abrah Masterson	SO	Cornell College	9:46.32
14	320 Lucy Cheadle	SR	Washington U.	9:49.62
15	242 Carey Lyons	SR	Oberlin	9:55.48
16	220 Maryann Gong	SO	MIT	9:38.43
17	193 Frances Loeb	SR	Johns Hopkins	9:42.78

Event 12 Men 3000 Meter Run**Saturday 3/14/2015 - 4:45 PM****Final Only. Random Draw. Double Waterfall (10-5)****Two-turn stagger****DIII Meet: 8:10.40 3/15/2014 John Crain****Facility: 7:56.10**

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	590 Matt Giannino	SR	RIT	8:19.72
2	709 Patrick Jenkins	SR	Wis.-Stout	8:20.77
3	611 Grant Wintheiser	SR	St. Olaf	8:13.99
4	486 George Degen	SR	Carnegie Mellon	8:22.89
5	681 Nate Routhier	JR	Wis.-La Crosse	8:22.83
6	454 Greg Turissini	SR	Amherst	8:22.34
7	564 Travis Morrison	JR	North Central	8:21.11
8	653 Aldis Inde	SR	Williams	8:22.60
9	518 Zakk Hess	JR	Fredonia St.	8:21.91
10	666 Josh Thorson	SO	Wis.-Eau Claire	8:17.90
11	523 Charlie Marquardt	JR	Haverford	8:13.36
12	618 Patrick Hoagland	JR	Trinity	8:21.21
13	569 Aron Sebhat	JR	North Central	8:21.30
14	609 Jake Campbell	JR	St. Olaf	8:20.85
15	718 Dawson Miller	SR	Wis.-Whitewater	8:19.64

Event 17 Women 4x400 Meter Relay**Saturday 3/14/2015 - 5:00 PM****3 heats; preferred lanes based on entry marks****DIII Meet: 3:45.01 2003 Wheaton****Smith, Williams-Judge, Brommell, James****Facility: 3:43.33**

Lane	Team	Relay	Seed Time
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Section 1 of 3 Finals

1			
2			
3	Colby		3:55.67
	1) 148 Emily Doyle JR	2) 146 Michaela Athanasopoulc	
	3) 147 McKayla Blanch SO	4) 149 Emily Tolman JR	
4	Central College		3:55.47
	1) 137 Abigail Davis JR	2) 141 Kate Patton FR	
	3) 139 Camie Kibbee SR	4) 140 Allie McBroom JR	
5	Wartburg		3:54.52
	1) 316 Taylor Moore SR	2) 315 Kayla Kregel SR	
	3) 318 Taylor Officer SO	4) 317 Kaitlyn Muhlenbruch JR	
6	So. Maine		3:54.83
	1) 267 Nicole Kirk JR	2) 264 Hannah Damron JR	
	3) 268 Anna Whitaker SR	4) 266 Peyton Dostie SR	

Section 2 of 3 Finals

1			
2			
3	Washington U.		3:54.49
	1) 324 Rebecca Ridderhoff SO	2) 321 Kelli Hancock SO	
	3) 323 Daisy Ogede SO	4) 327 Emily Warner JR	
4	Wis.-Oshkosh		3:54.47
	1) 370 Caitlyn McCormick JR	2) 366 Stephanie Jahn SR	
	3) 365 Becklyn Hunter SR	4) 374 Kylee Verhasselt SR	
5	Wis.-Stout		3:53.02
	1) 386 Laurisa Titterud JR	2) 385 Alex Titterud JR	
	3) 382 Molly Brion JR	4) 383 Jada Hamilton JR	
6	TCNJ		3:54.29
	1) 293 Joy Spriggs JR	2) 290 Michelle Cascio SR	
	3) 292 Kristen Randolph SO	4) 289 Katelyn Ary SR	

Section 3 of 3 Finals

1			
2			
3	Misericordia		3:53.00
	1) 216 Mary Fairchild SO	2) 217 Melanie Fry FR	
	3) 215 Keltly Fairchild SO	4) 218 Amy Viti JR	
4	Wis.-Eau Claire		3:52.43
	1) 343 Brooke Patterson SR	2) 346 Steph Rouse SR	
	3) 347 Jess Rupnow SO	4) 345 Jessie Reineck SO	
5	Wis.-La Crosse		3:50.23
	1) 352 Claire Gordee JR	2) 351 Kaitlyn Francour SR	
	3) 353 Bria Halama JR	4) 355 Shannon Klein SR	
6	IL Wesleyan		3:51.90
	1) 175 Allie Boudreau SR	2) 186 Maddison Zimmer SO	
	3) 181 Angela Herrmann JR	4) 176 Emily Diaz SO	

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Event 18 Men 4x400 Meter Relay**Saturday 3/14/2015 - 5:20 PM****3 heats; preferred lanes based on entry marks****DIII Meet: 3:12.79 2004 Wis.-La Crosse****Toshner, Olson, Deterville, Rock****Facility: 3:11.12**

Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
1			
2			
3	Wis.-Whitewater		3:19.48
	1) 716 Devin Grainger SR	2) 715 Zak Fritz JR	
	3) 722 Anthony Urbanski SR	4) 714 Jared Denu SR	
4	U. of Chicago		3:19.20
	1) 626 Benjamin Clark JR	2) 629 Obi Wamuo FR	
	3) 628 Ryan Manzuk JR	4) 627 Nate Downey FR	
5	St. Norbert		3:18.50
	1) 605 Ryan Grandlic SO	2) 607 Austin Livingston SO	
	3) 608 Taylor Pastorski SR	4) 606 Tyler Lewis SO	
6	Monmouth (Ill.)		3:18.77
	1) 544 Raimius Foulkes SR	2) 547 Matthew Trainor JR	
	3) 545 Adam Parr JR	4) 546 Ethan Reschke SO	
Section 2 of 3 Finals			
1			
2			
3	Tufts		3:18.47
	1) 621 Andrew DiMaiti FR	2) 623 Alex Kasemir JR	
	3) 620 Mitchell Black JR	4) 622 Francis Goins JR	
4	MIT		3:18.33
	1) 541 William Lee JR	2) 538 Derek Barnes JR	
	3) 543 Samuel Parker SR	4) 540 Michael Kaba JR	
5	Mount Union		3:17.20
	1) 553 Tyler Neff FR	2) 551 Tyler Mettill SR	
	3) 556 Chase Swisher SR	4) 555 Tyler Sparks JR	
6	Wis.-La Crosse		3:17.95
	1) 684 Zak Wallenfang SO	2) 683 Nick Tehan SR	
	3) 677 Dean McGuire SO	4) 668 Ross Denman SO	
Section 3 of 3 Finals			
1			
2			
3	So. Maine		3:16.99
	1) 597 Zach Miller JR	2) 596 Kevin Desmond SR	
	3) 595 Jeremy Collins JR	4) 600 Daniel Webb JR	
4	Wis.-Eau Claire		3:16.88
	1) 662 Jimmy Paske SO	2) 659 William LaJeunesse JR	
	3) 657 Thurgood Dennis SR	4) 664 Cody Prince SR	
5	Augustana (Ill.)		3:16.00
	1) 459 Isaac Smith SO	2) 457 David Devore SR	
	3) 456 Keith Cline SR	4) 460 David Volland SR	
6	Wis.-Oshkosh		3:16.72
	1) 688 Kallen Bentz FR	2) 693 Danny Trimmer SO	
	3) 695 Reid Zanoja SR	4) 687 Brian Beaudo SR	