



## Women's Indoor Track and Field

### Championship History

Team Champions		Track AOY	Field AOY	Coach of the Year
2009	Grand View	Tabatha Carlson, GVC	Emily Brown, CC	Jerry Monner, GVU
2010	Grand View	Obsie Birru, GVU	Mandy Streu, SAU	Jerry Monner, GVU

### Indoor Championship Meet Records

55m	Ebonie Butler	St. Ambrose	2010	7.30
200m	Tabatha Carlson	Grand View	2009	26.23
400m	Tabatha Carlson	Grand View	2009	60.33
600m	Kemi Okwumabua	Ashford	2010	1:40.53
800m	Obsie Birru	Grand View	2010	2:22.21
Mile	Obsie Birru	Grand View	2010	5:13.88
3000m	Obsie Birru	Grand View	2010	10:35.79
5000m	Obsie Birru	Grand View	2010	17:52.77
55mH	Stephanie Reagan	St. Ambrose	2009	8.69
DMR	Hermsen-Warren-Kvidera-Danielsen	Mt. Mercy	2009	13:19.39
4x800m	Leslie-Freund-Moyna-Gleich	Clarke	2009	9:59.85
4x400m	Carlson-Schertz-Brown-Anderson	Grand View	2009	4:12.73
High Jump	Larissa Wilden	Mt. Mercy	2010	1.57m (5-1.75)
Pole Vault	Morgan Bradford	Clarke	2009/2010	3.00m (9-10)
Long Jump	Marla Milroy	St. Ambrose	2009	5.28m (17-4)
Triple Jump	Natalie Solms	Ashford	2010	10.74m (35-3)
Shot Put	Mandy Streu	St. Ambrose	2010	13.95m (45-9.25)
Wt. Throw	Emily Brown	Clarke	2009	16.61m (54-6)



# Indoor Track and Field Record Book

## 55m Dash

2009	Tabatha Carlson	Grand View	7.41
2010	Ebonie Butler	St. Ambrose	7.30*

## High Jump

2009	Courtney Casper	Grand View	1.52m (4-11.75)
2010	Larissa Wilden	Mt. Mercy	1.57m (5-1.75)*

## 200m Dash

2009	Tabatha Carlson	Grand View	26.23*
2010	Laura Minertz	Ashford	26.51

## Long Jump

2009	Marla Milroy	St. Ambrose	5.28m (17-4)*
2010	Sarah Wenzel	Ashford	5.23m (17-2)

## 400m Dash

2009	Tabatha Carlson	Grand View	60.33*
2010	Kemi Okwumabua	Ashford	61.67

## Triple Jump

2009	Natalie Solms	Ashford	10.50m (34-5.5)
2010	Natalie Solms	Ashford	10.74m (35-3)*

## 600m Dash

2009	Carley Freund	Clarke	1:40.82
2010	Kemi Okwumabua	Ashford	1:40.53*

## Pole Vault

2009	Morgan Bradford	Clarke	3.00m (9-10)*
2010	Morgan Bradford	Clarke	3.00m (9-10)*

## 800m Dash

2009	McKelle Lacher	Grand View	2:28.88
2010	Obsie Birru	Grand View	2:22.21*

## Weight Throw

2009	Emily Brown	Clarke	16.61m (54-6)*
2010	Lauryn Camp	Grand View	16.39m (53-9.25)

## Mile

2009	Obsie Birru	Grand View	5:28.16
2010	Obsie Birru	Grand View	5:13.88*

## Shot Put

2009	Mandy Streu	St. Ambrose	13.44m (44-1.25)
2010	Mandy Streu	St. Ambrose	13.95m (45-9.25)*

## 3000m Run

2009	Obsie Birru	Grand View	10:37.94
2010	Obsie Birru	Grand View	10:35.79*

## Pentathlon

2009	Corrie Wagner	Iowa Wesleyan	2,552
2010	Rachel Luehrs	St. Ambrose	2,856*

## 5000m Run

2009	Obsie Birru	Grand View	17:58.80
2010	Obsie Birru	Grand View	17:52.77*

## 1000m Run

2009	Obsie Birru	Grand View	3:01.54*
2010	Obsie Birru	Grand View	3:04.62

## 55m Hurdles

2009	Stephanie Reagan	St. Ambrose	8.69*
2010	Latasha Moore	Grand View	8.72

## 3000m Racewalk

2009	Katie Burnett	William Penn	17:36.10
2010	Katie Burnett	William Penn	17:16.47*

## Distance Medley Relay

2009	Hermesen-Warren-Kvidera-Danielsen	Mt. Mercy	13:19.39*
2010	Burhite-Scott-Davis-Danielsen	Mt. Mercy	13:47.96

## 4x800m Relay

2009	Leslie-Freund-Moyna-Gleich	Clarke	9:59.85*
2010	Kvidera-Burhite-Danielsen-Ripperger	Mt. Mercy	10:15.15

## 4x400m Relay

2009	Carlson-Schertz-Brown-Anderson	Grand View	4:12.73*
2010	Lamar-Brown-Handsaker-Schertz	Grand View	4:13.83



## Men's Indoor Track and Field

### Championship History

Team Champions		Track AOY	Field AOY	Coach of the Year
2009	Grand View	John Darmody, SAU	Jordan Adams, GUV	Jerry Monner, GUV
2010	St. Ambrose	Gabriel Green, WPU	Royce Clay, WPU	Dan Tomlin, SAU & Chris Adams, AU

### Indoor Championship Meet Records

55m	Gabriel Green	William Penn	2010	6.51
200m	Gabriel Green	William Penn	2010	22.46
400m	Gabriel Green	William Penn	2010	50.33
800m	John Darmody	St. Ambrose	2010	1:58.89
1000m	John Darmody	St. Ambrose	2009	2:33.70
Mile	John Darmody	St. Ambrose	2010	4:22.18
3000m	Mike Miroux	Mt. Mercy	2009	9:21.63
5000m	Mike Miroux	Mt. Mercy	2010	16:29.28
55mH	Christian Awah	Ashford	2010	7.75
DMR	Clarke-Henderson-Stephens-Lawton		Mt. Mercy	2009 11:18.79
4x800m	Rorem-Pogue-Quinn-Darmody		St. Ambrose	2010 8:27.77
4x400m	Awah-Drinkall-Gilbert-Barnes		Ashford	2010 3:33.58
High Jump	AJ Smith	Ashford	2010	2.03m (6-8)
Pole Vault	Kevin Griffin	Ashford	2009	4.38m (14-4.5)
Long Jump	Royce Clay	William Penn	2010	7.03m (23-0.75)
Triple Jump	Javares Thomas	William Penn	2010	14.70m (48-2.75)
Shot Put	Chris Dubree	St. Ambrose	2010	15.27m (50-1.25)
Wt. Throw	Jordan Adams	Grand View	2010	17.39m (57-0.25)



# Indoor Track and Field Record Book

## 55m Dash

2009	Titus Bland	Grand View	6.53
2010	Gabriel Green	William Penn	6.51*

## High Jump

2009	Steven Hughes	Grand View	1.98m (6-6)
2010	AJ Smith	Ashford	2.03m (6-8)*

## 200m Dash

2009	Jarvis Henderson	Grand View	22.62
2010	Gabriel Green	William Penn	22.46*

## Long Jump

2009	Steven Hughes	Grand View	6.61m (21-8.25)
2010	Royce Clay	William Penn	7.03m (23-00.75)*

## 400m Dash

2009	Jimmy Scroggins	Mt. Mercy	52.06
2010	Gabriel Green	William Penn	50.33*

## Triple Jump

2009	Sean Whitten	St. Ambrose	14.07 (46-2)
2010	Javares Thomas	William Penn	14.70 (48-2.75)*

## 600m Dash

2009	Brian Dewey	Grand View	1:26.67
2010	Andrew Drinkall	Ashford	1:23.66*

## Pole Vault

2009	Kevin Griffin	Ashford	4.38m (14-4.5)*
2010	Aaron Yerk	Ashford	4.15m (13-7.25)

## 800m Dash

2009	John Darmody	St. Ambrose	1:59.66
2010	John Darmody	St. Ambrose	1:58.89*

## Weight Throw

2009	Jordan Adams	Grand View	17.10m (56-1.25)
2010	Jordan Adams	Grand View	17.39m (57-0.75)*

## Mile

2009	John Darmody	St. Ambrose	4:26.92
2010	John Darmody	St. Ambrose	4:22.18

## Shot Put

2009	Jordan Adams	Grand View	14.36m (47-1.5)
2010	Chris Dubree	St. Ambrose	15.27m (50-1.25)*

## 3000m Run

2009	Mike Miroux	Mt. Mercy	9:21.63*
2010	Mike Miroux	Mt. Mercy	9:29.89

## Heptathlon

2009	Steven Hughes	Grand View	4,468
2010	Steven Hughes	Grand View	4,750*

## 5000m Run

2009	Mike Miroux	Mt. Mercy	16:40.91
2010	Chris Nealy	Grand View	16:29.28*

## 1000m Run

2009	John Darmody	St. Ambrose	2:33.70
2010	Austin Quinn	St. Ambrose	2:39.73

## 55m Hurdles

2009	Franklin Barnes	Ashford	7.93
2010	Christian Awah	Ashford	7.75*

## 3000m Racewalk

2009	DNC		
2010	Aleksander Jakobsen	Ashford	16:58.33

## Distance Medley Relay

2009	Clarke-Henderson-Stephens-Lawton	Mt. Mercy	11:18.79*
2010	Schmidt-Whalen-Rorem-McKenna	St. Ambrose	11:21.88

## 4x800m Relay

2009	Becker-Clarke-Lawton-Stephens	Mt. Mercy	8:56.44
2010	Rorem-Pogue-Quinn-Darmody	St. Ambrose	8:27.77*

## 4x400m Relay

2009	Scroggins-Henderson-Hakeman-Waring	Mt. Mercy	3:33.58
2010	Awah-Drinkall-Gilbert-Barnes	Ashford	3:30.02*