

2024 Iowa Senior Games Track and Field
Waukee Stadium | Waukee, IA | Meet Results

Sport	Event	Age Group	Last Name	First Name	City	State	Gender	Age	Result	Place	Medal	NSGA Qualify
Track & Field	1,500M Run	50-54 Female	Darnell	Suzie	Saint Paul	MN	F	49	06:42.49	1	G	x
Track & Field	1,500M Run	50-54 Female	Hammann	Robin	Pella	IA	F	49	06:47.95	1	G	x
Track & Field	1,500M Run	50-54 Female	Weber	Molly	Adel	IA	F	50	08:08.17	2	S	x
Track & Field	1,500M Run	50-54 Male	Bennett	Paxton	West Des Moines	IA	M	50	05:08.10	1	G	x
Track & Field	1,500M Run	50-54 Male	Bannister	Grant	Manhattan	KS	M	53	05:19.65	2	S	x
Track & Field	1,500M Run	50-54 Male	Anderson	Matt	Des Moines	IA	M	54	05:46.70	2	S	x
Track & Field	1,500M Run	50-54 Male	Hammann	Rob	Pella	IA	M	53	06:08.61	3	B	x
Track & Field	1,500M Run	55-59 Female	Shide	Jennifer	Urbandale	IA	F	57	09:49.86	1	G	x
Track & Field	1,500M Run	55-59 Male	Scranton	Blake	Springfield	IL	M	57	05:42.43	1	G	x
Track & Field	1,500M Run	55-59 Male	Cook	Troy	Des Moines	IA	M	55	06:54.02	1	G	x
Track & Field	1,500M Run	60-64 Female	Vandevoorde	Cheryl	Davenport	IA	F	59	07:20.01	1	G	x
Track & Field	1,500M Run	60-64 Female	Dingeman	Jean	Pella	IA	F	60	07:25.97	2	S	x
Track & Field	1,500M Run	60-64 Female	Quill	Rachel	West Des Moines	IA	F	61	07:50.73	3	B	x
Track & Field	1,500M Run	60-64 Female	Fray	Susan	Clive	IA	F	63	07:53.91	4		x
Track & Field	1,500M Run	60-64 Male	Fyfe	Stephen	Pella	IA	M	59	05:54.18	1	G	x
Track & Field	1,500M Run	60-64 Male	Gleason	Bill	Elmhurst	IL	M	63	06:33.12	2	S	x
Track & Field	1,500M Run	60-64 Male	Shide	Thomas	Urbandale	IA	M	61	06:40.85	2	S	x
Track & Field	1,500M Run	60-64 Male	Olivo	Horacio	Iowa City	IA	M	62	06:43.39	3	B	x
Track & Field	1,500M Run	60-64 Male	Quill	Gavin	West Des Moines	IA	M	60	07:41.12	5		x
Track & Field	1,500M Run	60-64 Male	Kauten	Keith	North Liberty	IA	M	64	07:57.72	6		
Track & Field	1,500M Run	65-69 Female	Loyd	Susan	Exeter	NH	F	66	07:09.74	1	G	x
Track & Field	1,500M Run	65-69 Female	Thompson	Jane	Dumont	IA	F	68	09:25.86	1	G	x
Track & Field	1,500M Run	65-69 Male	Hayes	John	Chaska	MN	M	65	05:24.05	1	G	x
Track & Field	1,500M Run	65-69 Male	MCBRIDE	THOMAS	Des Moines	IA	M	68	06:05.36	1	G	x
Track & Field	1,500M Run	65-69 Male	Loch	Thomas	Decorah	IA	M	66	06:42.79	2	S	x
Track & Field	1,500M Run	65-69 Male	Hanish	Robert	Badger	IA	M	66	08:19.67	3	B	x
Track & Field	1,500M Run	65-69 Male	Weeks	Mike	Batesville	AR	M	68	14:04.10	5		
Track & Field	1,500M Run	70-74 Female	Rowland	Carole	Pleasantville	IA	F	72	11:43.95	1	G	x
Track & Field	1,500M Run	70-74 Male	Miller	David	Urbandale	IA	M	72	06:36.69	1	G	x
Track & Field	1,500M Run	70-74 Male	Ward	Chuck	Urbandale	IA	M	72	08:36.72	2	S	x
Track & Field	1,500M Run	75-79 Female	Seehusen	Carol	Allison	IA	F	75	12:06.17	1	G	x
Track & Field	1,500M Run	75-79 Male	Bachmann	Bruce	Cedar Rapids	IA	M	74	07:06.56	1	G	x
Track & Field	1,500M Run	75-79 Male	Wolfe	Tom	Cedar Rapids	IA	M	75	07:21.50	2	S	x
Track & Field	1,500M Run	75-79 Male	HAMM	LARRY	Des Moines	IA	M	75	08:41.54	3	B	x
Track & Field	1,500M Run	75-79 Male	Adair	Denny	Osceola	IA	M	75	14:06.62	4		x
Track & Field	1,500M Run	80-84 Male	Kirkwood	Tom	Dyersville	IA	M	80	09:10.77	1	G	x
Track & Field	1,500M Run	85-89 Male	Sagedahl	Sherwood	Fairmont	MN	M	85	07:57.18	1	G	x
Track & Field	1,500M Run	85-89 Male	Eno	Willam	Sheffield	IA	M	85	12:08.66	1	G	x
Track & Field	100M Dash	50-54 Female	Darnell	Suzie	Saint Paul	MN	F	49	15.73	1	G	x
Track & Field	100M Dash	50-54 Female	Long	Lori	Cedar Rapids	IA	F	52	15.73	1	G	x
Track & Field	100M Dash	50-54 Female	Plahmer	Michelle	Winona	MN	F	51	16.62	3	B	x
Track & Field	100M Dash	50-54 Female	marshall	jennifer	Moline	IL	F	51	17.89	4		x
Track & Field	100M Dash	50-54 Female	Francksen	Sue	Olin	IA	F	53	24.3	5	S	x
Track & Field	100M Dash	50-54 Male	ODONNELL	JASON	Urbandale	IA	M	52	12.79	1	G	x
Track & Field	100M Dash	50-54 Male	Reagen	Nate	Des Moines	IA	M	51	13.62	2	S	x
Track & Field	100M Dash	50-54 Male	Mills	Scott	Des Moines	IA	M	53	19.11	3	B	x
Track & Field	100M Dash	55-59 Female	KIRK	JACQUELINE	St Paul	MN	F	58	14.41	1	G	x
Track & Field	100M Dash	55-59 Female	Blasberg	Mindy	DES MOINES	IA	F	59	16.98	1	G	x
Track & Field	100M Dash	55-59 Female	Pfertsch	Tady	Omaha	NE	F	58	20.76	3	B	x
Track & Field	100M Dash	55-59 Female	Shide	Jennifer	Urbandale	IA	F	57	33.72	2	S	x
Track & Field	100M Dash	55-59 Male	Douet	Wayne	Ames	IA	M	55	14.06	1	G	x
Track & Field	100M Dash	55-59 Male	trussell	tom	Traer	IA	M	58	14.23	2	S	x
Track & Field	100M Dash	55-59 Male	Andrac	Brian	Orion	IL	M	56	14.33	3	B	x
Track & Field	100M Dash	55-59 Male	Cook	Troy	Des Moines	IA	M	55	15.76	3	B	x
Track & Field	100M Dash	55-59 Male	Delozier	Tadd	Lincoln	NE	M	58	18.16			
Track & Field	100M Dash	60-64 Female	Lund	Diane	Montrose	CO	F	60	21.25	1	G	x
Track & Field	100M Dash	60-64 Female	Dingeman	Jean	Pella	IA	F	60	22.33	1	G	x
Track & Field	100M Dash	60-64 Female	Bergstrom	Vilma	Urbandale	IA	F	60	25.13	2	S	x
Track & Field	100M Dash	60-64 Male	Brandt	John	Sioux City	IA	M	61	14.54	1	G	x
Track & Field	100M Dash	60-64 Male	Kissam	Elliott	Bettendorf	IA	M	62	15.27	2	S	x
Track & Field	100M Dash	60-64 Male	Heeren	Jeff	Alden	IA	M	61	15.92	3	B	x

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Track & Field	100M Dash	60-64 Male	Pfundheller	Jeff	Urbandale	IA	M	63	16.08	4		x
Track & Field	100M Dash	60-64 Male	Antolik	George	Urbandale	IA	M	64	17.38	5		
Track & Field	100M Dash	60-64 Male	Kauten	Keith	North Liberty	IA	M	64	20.99	6		
Track & Field	100M Dash	65-69 Female	Loyd	Susan	Exeter	NH	F	66	16.89	1	G	x
Track & Field	100M Dash	65-69 Female	Garey	Ann	Polk	NE	F	68	18.69	2	S	x
Track & Field	100M Dash	65-69 Female	VanZytveld	Mary	Denver	CO	F	68	18.84	3	B	x
Track & Field	100M Dash	65-69 Female	Hegstrom	Ann	De Soto	IA	F	68	19.4	1	G	x
Track & Field	100M Dash	65-69 Female	Budweg	Greta	Ankeny	IA	F	65	24.52	2	S	x
Track & Field	100M Dash	65-69 Male	CAHALAN	TOM	Norway	IA	M	66	14.24	1	G	x
Track & Field	100M Dash	65-69 Male	van Hartesveldt	Frederick	Grand Rapids	MI	M	68	14.34	2	S	x
Track & Field	100M Dash	65-69 Male	Roberts	David	Boone	IA	M	66	14.63	2	S	x
Track & Field	100M Dash	65-69 Male	Weeks	Mike	Batesville	AR	M	68	29.72	4		x
Track & Field	100M Dash	70-74 Female	Wiley	Roanne	CENTER JUNCTION	IA	F	71	21.22	1	G	x
Track & Field	100M Dash	70-74 Female	Roberts	Conti	Cedar Rapids	IA	F	74	34.22	2	S	x
Track & Field	100M Dash	70-74 Female	Rowland	Carole	Pleasantville	IA	F	72	38.35	3	B	x
Track & Field	100M Dash	70-74 Male	Pettee	Chuck	Windsor	CO	M	73	15.45	1	G	x
Track & Field	100M Dash	70-74 Male	Lavalle	Michael	Des Moines	IA	M	70	16.15	1	G	x
Track & Field	100M Dash	70-74 Male	Buck	Bruce	Osprey	FL	M	71	16.18	3	B	x
Track & Field	100M Dash	70-74 Male	Barringer	Greg	Grand Marais	MN	M	71	16.4	4		x
Track & Field	100M Dash	70-74 Male	Ward	Chuck	Urbandale	IA	M	72	17.74	2	S	x
Track & Field	100M Dash	70-74 Male	Black	David	Falcon Heights	MN	M	71	17.85	6		
Track & Field	100M Dash	70-74 Male	Hainley	Tom	Des Moines	IA	M	70	19.63	3	B	x
Track & Field	100M Dash	70-74 Male	Godbey	David	Des Moines	IA	M	70	19.9	8		x
Track & Field	100M Dash	70-74 Male	Kobus	Jim	Ankeny	IA	M	74	21.6	9		
Track & Field	100M Dash	70-74 Male	Wand	Kevin	Edina	MN	M	73	22.38	10		
Track & Field	100M Dash	75-79 Female	Seehusen	Carol	Allison	IA	F	75	24.25	1	G	x
Track & Field	100M Dash	75-79 Female	Hynes	Jolene	Ames	IA	F	74	24.52	2	S	x
Track & Field	100M Dash	75-79 Female	Squires	Emma	Cedar Rapids, Iowa	IA	F	75	27.38	3	B	x
Track & Field	100M Dash	75-79 Female	Weisskopf	Neva	Lehigh Acres	FL	F	75	28.22	4		x
Track & Field	100M Dash	75-79 Female	Carroll	Christine	West Des Moines	IA	F	74	33.63	5		x
Track & Field	100M Dash	75-79 Male	Trent	James	Midwest City	OK	M	77	15.66	1	G	x
Track & Field	100M Dash	75-79 Male	Stokstad	Paul	Fairfield	IA	M	74	16.78	1	G	x
Track & Field	100M Dash	75-79 Male	Bachmann	Bruce	Cedar Rapids	IA	M	74	17.33	2	S	x
Track & Field	100M Dash	75-79 Male	Olson	Randall	Nebraska City	NE	M	76	18.2	4		x
Track & Field	100M Dash	75-79 Male	Speidel	Rod	Bettendorf	IA	M	75	19.66	3	B	x
Track & Field	100M Dash	75-79 Male	Huggins	Andrew	North Barrington	IL	M	77	21.45	6		
Track & Field	100M Dash	75-79 Male	Steinfeldt	Andy	Minnetonka	MN	M	76	21.45	7		
Track & Field	100M Dash	75-79 Male	Adair	Denny	Osceola	IA	M	75	30.03	8		x
Track & Field	100M Dash	80-84 Male	Hoidahl	Rich	Johnston	IA	M	82	27.33	1	G	x
Track & Field	100M Dash	85-89 Male	Sagedahl	Sherwood	Fairmont	MN	M	85	19.24	1	G	x
Track & Field	100M Dash	85-89 Male	Anderson	Richard	West Des Moines	IA	M	88	32.83	1	G	x
Track & Field	100M Dash	85-89 Male	Thompson	Lowell	New Brighton	MN	M	85	50.14	3	B	x
Track & Field	100M Dash	90-94 Male	Kempf	Lloyd	Woonsocket	SD	M	90	22.15	1	G	x
Track & Field	100M Dash	90-94 Male	Zimmer	Don	West Des Moines	IA	M	89	25.01	1	G	x
Track & Field	200M Dash	50-54 Female	Matthews	Kristy	Chula Vista	CA	F	51	27.7	1	G	x
Track & Field	200M Dash	50-54 Female	Long	Lori	Cedar Rapids	IA	F	52	32.56	1	G	x
Track & Field	200M Dash	50-54 Male	Bannister	Grant	Manhattan	KS	M	53	30.53	1	G	x
Track & Field	200M Dash	55-59 Female	KIRK	JACQUELINE	St Paul	MN	F	58	31.14	1	G	x
Track & Field	200M Dash	55-59 Female	Blasberg	Mindy	DES MOINES	IA	F	59	38	1	G	x
Track & Field	200M Dash	55-59 Female	Shide	Jennifer	Urbandale	IA	F	57	54.23	2	S	x
Track & Field	200M Dash	55-59 Male	Douet	Wayne	Ames	IA	M	55	28.77	1	G	x
Track & Field	200M Dash	55-59 Male	trussell	tom	Traer	IA	M	58	32.47	2	S	x
Track & Field	200M Dash	55-59 Male	Cook	Troy	Des Moines	IA	M	55	34.67	3	B	x
Track & Field	200M Dash	55-59 Male	Delozier	Tadd	Lincoln	NE	M	58	40.09	4		x
Track & Field	200M Dash	60-64 Female	Fray	Susan	Clive	IA	F	63	39.09	1	G	x
Track & Field	200M Dash	60-64 Female	Dingeman	Jean	Pella	IA	F	60	49.77	2	S	x
Track & Field	200M Dash	60-64 Male	Brandt	John	Sioux City	IA	M	61	31.77	1	G	x
Track & Field	200M Dash	60-64 Male	Kissam	Elliott	Bettendorf	IA	M	62	32.34	2	S	x
Track & Field	200M Dash	60-64 Male	Antolik	George	Urbandale	IA	M	64	37.15	3	B	x
Track & Field	200M Dash	60-64 Male	Walter	Mark	Des Moines	IA	M	60	38.47	4		x
Track & Field	200M Dash	60-64 Male	Kauten	Keith	North Liberty	IA	M	64	43.6	5		
Track & Field	200M Dash	65-69 Female	Loyd	Susan	Exeter	NH	F	66	35.37	1	G	x
Track & Field	200M Dash	65-69 Female	VanZytveld	Mary	Denver	CO	F	68	42.2	2	S	x
Track & Field	200M Dash	65-69 Female	Hegstrom	Ann	De Soto	IA	F	68	42.24	1	G	x
Track & Field	200M Dash	65-69 Female	Hulvey	Jean	Mount Sterling	IL	F	65	45.62	4		x

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Track & Field	200M Dash	65-69 Female	Budweg	Greta	Ankeny	IA	F	65	58.95	2	S		x
Track & Field	200M Dash	65-69 Male	CAHALAN	TOM	Norway	IA	M	66	29.64	1	G		x
Track & Field	200M Dash	65-69 Male	Roberts	David	Boone	IA	M	66	29.8	2	S		x
Track & Field	200M Dash	65-69 Male	Dahlstrom	Keith	CEDAR FALLS	IA	M	69	33.19	3	B		x
Track & Field	200M Dash	65-69 Male	Weeks	Mike	Batesville	AR	M	68	01:27.16	4			x
Track & Field	200M Dash	70-74 Female	Rowland	Carole	Pleasantville	IA	F	72	01:33.90	1	G		x
Track & Field	200M Dash	70-74 Female	Long	Jennifer	Iowa City	IA	F	71	01:37.08	2	S		x
Track & Field	200M Dash	70-74 Male	Buck	Bruce	Osprey	FL	M	71	33.17	1	G		x
Track & Field	200M Dash	70-74 Male	Prabhakar	Samuel	rochester	MN	M	69	35.62	2	S		x
Track & Field	200M Dash	70-74 Male	Barringer	Greg	Grand Marais	MN	M	71	35.98	3	B		x
Track & Field	200M Dash	70-74 Male	Wand	Kevin	Edina	MN	M	73	35.99	4			x
Track & Field	200M Dash	70-74 Male	Black	David	Falcon Heights	MN	M	71	40.98	5			
Track & Field	200M Dash	75-79 Female	Seehusen	Carol	Allison	IA	F	75	58.99	1	G		x
Track & Field	200M Dash	75-79 Female	Hynes	Jolene	Ames	IA	F	74	01:16.40	2	S		x
Track & Field	200M Dash	75-79 Female	Hintermeister	Shari	North Liberty	IA	F	74	01:55.89	3	B		x
Track & Field	200M Dash	75-79 Male	Kearley	Timothy	Fort Collins	CO	M	74	30.78	1	G		x
Track & Field	200M Dash	75-79 Male	Trent	James	Midwest City	OK	M	77	33.02	2	S		x
Track & Field	200M Dash	75-79 Male	Wolfe	Tom	Cedar Rapids	IA	M	75	41	1	G		x
Track & Field	200M Dash	75-79 Male	Olson	Randall	Nebraska City	NE	M	76	55.79	4			x
Track & Field	200M Dash	75-79 Male	Steinfeldt	Andy	Minnetonka	MN	M	76	55.79	5			
Track & Field	200M Dash	80-84 Male	Kirkwood	Tom	Dyersville	IA	M	80	47.3	1	G		x
Track & Field	200M Dash	80-84 Male	Schellhorn	Greuling(G)	Boscobel	WI	M	84	53.53	2	S		x
Track & Field	200M Dash	80-84 Male	Hoidahl	Rich	Johnston	IA	M	82	01:27.22	2	S		x
Track & Field	200M Dash	85-89 Male	Sagedahl	Sherwood	Fairmont	MN	M	85	44.13	1	G		x
Track & Field	200M Dash	90-94 Female	Ramker	Norma	Urbandale	IA	F	90	01:37.18	1	G		x
Track & Field	400M Run	50-54 Female	Matthews	Kristy	Chula Vista	CA	F	51	01:00.23	1	G		x
Track & Field	400M Run	50-54 Female	Darnell	Suzie	Saint Paul	MN	F	49	01:19.61	2	S		x
Track & Field	400M Run	50-54 Female	Long	Lori	Cedar Rapids	IA	F	52	01:19.61	1	G		x
Track & Field	400M Run	50-54 Female	Hammann	Robin	Pella	IA	F	49	01:28.21	2	S		x
Track & Field	400M Run	50-54 Male	Bannister	Grant	Manhattan	KS	M	53	01:08.37	1	G		x
Track & Field	400M Run	50-54 Male	Hammann	Rob	Pella	IA	M	53	01:16.74	1	G		x
Track & Field	400M Run	55-59 Female	Shide	Jennifer	Urbandale	IA	F	57	02:27.23	1	G		x
Track & Field	400M Run	55-59 Male	Douet	Wayne	Ames	IA	M	55	01:03.82	1	G		x
Track & Field	400M Run	55-59 Male	Scranton	Blake	Springfield	IL	M	57	01:18.44	2	S		x
Track & Field	400M Run	55-59 Male	Cook	Troy	Des Moines	IA	M	55	01:22.68	2	S		x
Track & Field	400M Run	60-64 Female	Fray	Susan	Clive	IA	F	63	01:32.23	1	G		x
Track & Field	400M Run	60-64 Female	Dingeman	Jean	Pella	IA	F	60	01:49.48	2	S		x
Track & Field	400M Run	60-64 Female	Lund	Diane	Montrose	CO	F	60	02:03.95	3	B		x
Track & Field	400M Run	60-64 Male	Brandt	John	Sioux City	IA	M	61	01:08.07	1	G		x
Track & Field	400M Run	60-64 Male	Kissam	Elliott	Bettendorf	IA	M	62	01:20.26	2	S		x
Track & Field	400M Run	60-64 Male	Olivo	Horacio	Iowa City	IA	M	62	01:27.64	3	B		x
Track & Field	400M Run	60-64 Male	Heeren	Jeff	Alden	IA	M	61	01:28.41	4			x
Track & Field	400M Run	60-64 Male	Kauten	Keith	North Liberty	IA	M	64	01:38.19	5			
Track & Field	400M Run	65-69 Female	Loyd	Susan	Exeter	NH	F	66	01:21.65	1	G		x
Track & Field	400M Run	65-69 Female	Hegstrom	Ann	De Soto	IA	F	68	01:36.50	1	G		x
Track & Field	400M Run	65-69 Female	VanZytveld	Mary	Denver	CO	F	68	01:45.12	3	B		x
Track & Field	400M Run	65-69 Male	Hayes	John	Chaska	MN	M	65	01:10.96	1	G		x
Track & Field	400M Run	65-69 Male	Roberts	David	Boone	IA	M	66	01:12.47	1	G		x
Track & Field	400M Run	65-69 Male	CAHALAN	TOM	Norway	IA	M	66	01:18.04	2	S		x
Track & Field	400M Run	65-69 Male	Dahlstrom	Keith	CEDAR FALLS	IA	M	69	01:19.99	3	B		x
Track & Field	400M Run	65-69 Male	Loch	Thomas	Decorah	IA	M	66	01:27.81	4			x
Track & Field	400M Run	65-69 Male	Weeks	Mike	Batesville	AR	M	68	03:09.22	5			
Track & Field	400M Run	70-74 Female	Rowland	Carole	Pleasantville	IA	F	72	03:37.46	1	G		x
Track & Field	400M Run	70-74 Female	Long	Jennifer	Iowa City	IA	F	71	03:40.43	2	S		x
Track & Field	400M Run	70-74 Male	Barringer	Greg	Grand Marais	MN	M	71	01:27.82	1	G		x
Track & Field	400M Run	70-74 Male	Ward	Chuck	Urbandale	IA	M	72	01:40.94	1	G		x
Track & Field	400M Run	75-79 Female	Hynes	Jolene	Ames	IA	F	74	03:03.43	1	G		x
Track & Field	400M Run	75-79 Female	Hintermeister	Shari	North Liberty	IA	F	74	03:53.43	2	S		x
Track & Field	400M Run	75-79 Male	Kearley	Timothy	Fort Collins	CO	M	74	01:20.04	1	G		x
Track & Field	400M Run	75-79 Male	Wolfe	Tom	Cedar Rapids	IA	M	75	01:30.11	1	G		x
Track & Field	400M Run	75-79 Male	Bachmann	Bruce	Cedar Rapids	IA	M	74	01:35.85	2	S		x

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Track & Field	400M Run	75-79 Male	Steinfeldt	Andy	Minnetonka	MN	M	76	02:48.20	4		x
Track & Field	400M Run	80-84 Male	Hoidahl	Rich	Johnston	IA	M	82	01:56.79	1	G	x
Track & Field	400M Run	80-84 Male	Schellhorn	Greuling(G)	Boscobel	WI	M	84	02:10.62	2	S	x
Track & Field	400M Run	80-84 Male	Kirkwood	Tom	Dyersville	IA	M	80	03:33.23	2	S	x
Track & Field	400M Run	85-89 Male	Sagedahl	Sherwood	Fairmont	MN	M	85	01:47.21	1	G	x
Track & Field	50M Dash	50-54 Female	Darnell	Suzie	Saint Paul	MN	F	49	8.26	1	G	x
Track & Field	50M Dash	50-54 Female	Plahmer	Michelle	Winona	MN	F	51	8.6	2	S	x
Track & Field	50M Dash	50-54 Female	marshall	jennifer	Moline	IL	F	51	9.01	3	B	x
Track & Field	50M Dash	50-54 Male	ODONNELL	JASON	Urbandale	IA	M	52	6.92	1	G	x
Track & Field	50M Dash	55-59 Female	KIRK	JACQUELINE	St Paul	MN	F	58	7.77	1	G	x
Track & Field	50M Dash	55-59 Female	Blasberg	Mindy	DES MOINES	IA	F	59	8.62	1	G	x
Track & Field	50M Dash	55-59 Female	Pfertsch	Tady	Omaha	NE	F	58	10.9	3	B	x
Track & Field	50M Dash	55-59 Female	Shide	Jennifer	Urbandale	IA	F	57	16.3	2	S	x
Track & Field	50M Dash	55-59 Male	Okezie	Chris	Bloomfield Hills	MI	M	57	7.24	1	G	x
Track & Field	50M Dash	55-59 Male	trussell	tom	Traer	IA	M	58	7.28	1	G	x
Track & Field	50M Dash	55-59 Male	Douet	Wayne	Ames	IA	M	55	7.31	2	S	x
Track & Field	50M Dash	55-59 Male	Andrae	Brian	Orion	IL	M	56	7.56	4		x
Track & Field	50M Dash	55-59 Male	Cook	Troy	Des Moines	IA	M	55	8.53	3	B	x
Track & Field	50M Dash	55-59 Male	Delozier	Tadd	Lincoln	NE	M	58	9.74	6		
Track & Field	50M Dash	60-64 Female	Lund	Diane	Montrose	CO	F	60	10.47	1	G	x
Track & Field	50M Dash	60-64 Female	Bergstrom	Vilma	Urbandale	IA	F	60	11.24	1	G	x
Track & Field	50M Dash	60-64 Female	Dingeman	Jean	Pella	IA	F	60	11.69	2	S	x
Track & Field	50M Dash	60-64 Male	Brandt	John	Sioux City	IA	M	61	7.67	1	G	x
Track & Field	50M Dash	60-64 Male	Kissam	Elliott	Bettendorf	IA	M	62	7.76	2	S	x
Track & Field	50M Dash	60-64 Male	Pfundheller	Jeff	Urbandale	IA	M	63	8.22	3	B	x
Track & Field	50M Dash	60-64 Male	Antolik	George	Urbandale	IA	M	64	8.78	4		x
Track & Field	50M Dash	60-64 Male	Walter	Mark	Des Moines	IA	M	60	9.98	5		
Track & Field	50M Dash	60-64 Male	Kauten	Keith	North Liberty	IA	M	64	10.1	6		
Track & Field	50M Dash	60-64 Male	Heeren	Jeff	Alden	IA	M	61	18.79	7		
Track & Field	50M Dash	65-69 Female	Loyd	Susan	Exeter	NH	F	66	8.94	1	G	x
Track & Field	50M Dash	65-69 Female	Garey	Ann	Polk	NE	F	68	9.55	2	S	x
Track & Field	50M Dash	65-69 Female	VanZytveld	Mary	Denver	CO	F	68	9.66	3	B	x
Track & Field	50M Dash	65-69 Female	Hegstrom	Ann	De Soto	IA	F	68	10.03	1	G	x
Track & Field	50M Dash	65-69 Female	Budweg	Greta	Ankeny	IA	F	65	11.52	2	S	x
Track & Field	50M Dash	65-69 Female	Penquite	Rhonda	Cumming	IA	F	67	12.47	3	B	x
Track & Field	50M Dash	65-69 Female	Marolf	Micki	Dubuque	IA	F	67	14.87	4		x
Track & Field	50M Dash	65-69 Male	CAHALAN	TOM	Norway	IA	M	66	7.51	1	G	x
Track & Field	50M Dash	65-69 Male	Rus	David	Des Moines	IA	M	65	10.13	2	S	x
Track & Field	50M Dash	65-69 Male	Weeks	Mike	Batesville	AR	M	68	15.29	3	B	x
Track & Field	50M Dash	70-74 Female	Reddick	Barbara	Remlap	AL	F	70	10.82	1	G	x
Track & Field	50M Dash	70-74 Female	Roberts	Conti	Cedar Rapids	IA	F	74	16.51	1	G	x
Track & Field	50M Dash	70-74 Female	Rowland	Carole	Pleasantville	IA	F	72	17.67	2	S	x
Track & Field	50M Dash	70-74 Female	Long	Jennifer	Iowa City	IA	F	71	25.49	3	B	x
Track & Field	50M Dash	70-74 Male	Pettee	Chuck	Windsor	CO	M	73	8.05	1	G	x
Track & Field	50M Dash	70-74 Male	Prabhakar	Samuel	rochester	MN	M	69	8.33	2	S	x
Track & Field	50M Dash	70-74 Male	Buck	Bruce	Osprey	FL	M	71	8.58	3	B	x
Track & Field	50M Dash	70-74 Male	Lavalle	Michael	Des Moines	IA	M	70	8.62	1	G	x
Track & Field	50M Dash	70-74 Male	Barringer	Greg	Grand Marais	MN	M	71	8.73	5		
Track & Field	50M Dash	70-74 Male	Black	David	Falcon Heights	MN	M	71	9.26	6		
Track & Field	50M Dash	70-74 Male	Kobus	Jim	Ankeny	IA	M	74	10.31	2	S	x
Track & Field	50M Dash	70-74 Male	Godbey	David	Des Moines	IA	M	70	11	3	B	x
Track & Field	50M Dash	70-74 Male	Ward	Chuck	Urbandale	IA	M	72	12.1	9		x
Track & Field	50M Dash	75-79 Female	Hynes	Jolene	Ames	IA	F	74	11.82	1	G	x
Track & Field	50M Dash	75-79 Female	Seehusen	Carol	Allison	IA	F	75	11.87	2	S	x
Track & Field	50M Dash	75-79 Female	Squires	Emma	Cedar Rapids, Iowa	IA	F	75	12.6	3	B	x
Track & Field	50M Dash	75-79 Female	Weisskopf	Neva	Lehigh Acres	FL	F	75	13.39	4		x
Track & Field	50M Dash	75-79 Female	Carroll	Christine	West Des Moines	IA	F	74	15.49	5		x
Track & Field	50M Dash	75-79 Male	Kearley	Timothy	Fort Collins	CO	M	74	7.96	1	G	x
Track & Field	50M Dash	75-79 Male	Trent	James	Midwest City	OK	M	77	8.21	2	S	x
Track & Field	50M Dash	75-79 Male	Yarush	John	Lake Geneva	AZ	M	77	9.07	3	B	x
Track & Field	50M Dash	75-79 Male	Olson	Randall	Nebraska City	NE	M	76	9.21	4		x
Track & Field	50M Dash	75-79 Male	Bachmann	Bruce	Cedar Rapids	IA	M	74	9.27	1	G	x
Track & Field	50M Dash	75-79 Male	Speidel	Rod	Bettendorf	IA	M	75	9.55	2	S	x
Track & Field	50M Dash	75-79 Male	Eastman	Greg	Clive	IA	M	77	10.28	3	B	x
Track & Field	50M Dash	75-79 Male	Steinfeldt	Andy	Minnetonka	MN	M	76	10.8	8		
Track & Field	50M Dash	75-79 Male	Huggins	Andrew	North Barrington	IL	M	77	11.35	9		
Track & Field	50M Dash	75-79 Male	Adair	Denny	Osceola	IA	M	75	14.25	10		x

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Track & Field	50M Dash	75-79 Male	Schenck	Alan	Clarinda	IA	M	77	16.61	11		
Track & Field	50M Dash	80-84 Male	Peterson	Ron	Waukee	IA	M	79	9.82	1	G	x
Track & Field	50M Dash	80-84 Male	Hoidahl	Rich	Johnston	IA	M	82	14.55	2	S	x
Track & Field	50M Dash	85-89 Male	Thompson	Lowell	New Brighton	MN	M	85	9.74	1	G	x
Track & Field	50M Dash	85-89 Male	Sagedahl	Sherwood	Fairmont	MN	M	85	9.89	2	S	x
Track & Field	50M Dash	85-89 Male	Matheis	Al	kankakee	IL	M	86	13.59	3	B	x
Track & Field	50M Dash	85-89 Male	Anderson	Richard	West Des Moines	IA	M	88	14.89	1	G	x
Track & Field	50M Dash	90-94 Female	Ramker	Norma	Urbandale	IA	F	90	17.64	1	G	x
Track & Field	50M Dash	90-94 Male	Kempf	Lloyd	Woonsocket	SD	M	90	10.33	1	G	x
Track & Field	50M Dash	90-94 Male	Zimmer	Don	West Des Moines	IA	M	89	12.29	1	G	x
Track & Field	800M Run	50-54 Female	Matthews	Kristy	Chula Vista	CA	F	51	02:42.24	1	G	x
Track & Field	800M Run	50-54 Female	Hammann	Robin	Pella	IA	F	49	03:31.92	1	G	x
Track & Field	800M Run	50-54 Male	Bennett	Paxton	West Des Moines	IA	M	50	02:33.33	1	G	x
Track & Field	800M Run	50-54 Male	Bannister	Grant	Manhattan	KS	M	53	02:36.98	2	S	x
Track & Field	800M Run	50-54 Male	Anderson	Matt	Des Moines	IA	M	54	02:46.01	2	S	x
Track & Field	800M Run	50-54 Male	Guerra	Tony	Ankeny	IA	M	52	02:53.86	3	B	x
Track & Field	800M Run	50-54 Male	Hammann	Rob	Pella	IA	M	53	03:00.44	4		x
Track & Field	800M Run	55-59 Female	Shide	Jennifer	Urbandale	IA	F	57	05:02.52	1	G	x
Track & Field	800M Run	55-59 Male	Scranton	Blake	Springfield	IL	M	57	02:54.63	1	G	x
Track & Field	800M Run	55-59 Male	Cook	Troy	Des Moines	IA	M	55	03:20.76	1	G	x
Track & Field	800M Run	60-64 Female	Fray	Susan	Clive	IA	F	63	03:48.54	1	G	x
Track & Field	800M Run	60-64 Female	Quill	Rachel	West Des Moines	IA	F	61	04:05.53	2	S	x
Track & Field	800M Run	60-64 Female	Dingeman	Jean	Pella	IA	F	60	04:52.80	3	B	x
Track & Field	800M Run	60-64 Male	Fyfe	Stephen	Pella	IA	M	59	02:55.72	1	G	x
Track & Field	800M Run	60-64 Male	Brandt	John	Sioux City	IA	M	61	02:55.79	2	S	x
Track & Field	800M Run	60-64 Male	Gleason	Bill	Elmhurst	IL	M	63	03:16.60	3	B	x
Track & Field	800M Run	60-64 Male	Shide	Thomas	Urbandale	IA	M	61	03:22.06	3	B	x
Track & Field	800M Run	60-64 Male	Olivo	Horacio	Iowa City	IA	M	62	03:22.77	4		x
Track & Field	800M Run	60-64 Male	Quill	Gavin	West Des Moines	IA	M	60	03:36.07	5		
Track & Field	800M Run	65-69 Female	Loyd	Susan	Exeter	NH	F	66	03:25.06	1	G	x
Track & Field	800M Run	65-69 Female	Thompson	Jane	Dumont	IA	F	68	04:39.51	1	G	x
Track & Field	800M Run	65-69 Male	Hayes	John	Chaska	MN	M	65	02:40.87	1	G	x
Track & Field	800M Run	65-69 Male	Grinvalds	Paul	West Des Moines	IA	M	66	02:46.15	1	G	x
Track & Field	800M Run	65-69 Male	Loch	Thomas	Decorah	IA	M	66	03:14.38	2	S	x
Track & Field	800M Run	65-69 Male	Dahlstrom	Keith	CEDAR FALLS	IA	M	69	03:18.22	3	B	x
Track & Field	800M Run	65-69 Male	Hanish	Robert	Badger	IA	M	66	04:16.06	4		x
Track & Field	800M Run	65-69 Male	Weeks	Mike	Batesville	AR	M	68	07:29.84	6		
Track & Field	800M Run	70-74 Female	Rowland	Carole	Pleasantville	IA	F	72	08:11.31	1	G	x
Track & Field	800M Run	70-74 Male	Miller	David	Urbandale	IA	M	72	03:10.05	1	G	x
Track & Field	800M Run	70-74 Male	Ewest	Brad	Ankeny	IA	M	70	04:42.06	2	S	x
Track & Field	800M Run	75-79 Female	Hintermeister	Shari	North Liberty	IA	F	74	08:45.13	1	G	x
Track & Field	800M Run	75-79 Male	Wolfe	Tom	Cedar Rapids	IA	M	75	03:39.57	1	G	x
Track & Field	800M Run	75-79 Male	HAMM	LARRY	Des Moines	IA	M	75	03:47.68	2	S	x
Track & Field	800M Run	80-84 Male	Kirkwood	Tom	Dyersville	IA	M	80	04:27.59	1	G	x
Track & Field	800M Run	85-89 Male	Sagedahl	Sherwood	Fairmont	MN	M	85	04:11.60	1	G	x
Track & Field	800M Run	85-89 Male	Eno	Willam	Sheffield	IA	M	85	05:41.97	2	S	x
Track & Field	Discus	50-54 Female	Arndt	Tracy	Shullsburg	WI	F	51	78-02	1	G	x
Track & Field	Discus	50-54 Female	Francksen	Sue	Olin	IA	F	53	31-04	1	G	x
Track & Field	Discus	50-54 Male	goedken	jason	center point	IA	M	50	95-01	1	G	x
Track & Field	Discus	50-54 Male	ODONNELL	JASON	Urbandale	IA	M	52	90-01	2	S	x
Track & Field	Discus	50-54 Male	Guerra	Tony	Ankeny	IA	M	52	78-05	3	B	x
Track & Field	Discus	50-54 Male	Mills	Scott	Des Moines	IA	M	53	62-02	4		x
Track & Field	Discus	55-59 Female	Haller	Ann	Wheeling	IL	F	59	85-00	1	G	x
Track & Field	Discus	55-59 Female	Hall	Cheryl	Weston	WI	F	57	78-11	2	S	x
Track & Field	Discus	55-59 Female	Petra	Cathy	Elk Point	SD	F	54	52-06	3	B	x
Track & Field	Discus	55-59 Female	Riekema	Jacqueline	West Des Moines	IA	F	58	40-11	1	G	x
Track & Field	Discus	55-59 Male	Bellrichard	Troy	Spring Valley	MN	M	57	116-00	1	G	x
Track & Field	Discus	60-64 Female	Tesdall	Nancy	Sioux Falls	SD	F	59	77-09	1	G	x

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Track & Field	Discus	60-64 Female	Anderson	Pat	Sun Prairie	WI	F	63	75-01	2	S	x
Track & Field	Discus	60-64 Female	bintz	melanie	dayton	IA	F	60	51-06	1	G	x
Track & Field	Discus	60-64 Female	Bergstrom	Vilma	Urbandale	IA	F	60	41-09	2	S	x
Track & Field	Discus	60-64 Male	Hawley	Kim	Plattsmouth	NE	M	59	117-07	1	G	x
Track & Field	Discus	60-64 Male	Files	Robert	Urbandale	IA	M	62	106-04	1	G	x
Track & Field	Discus	60-64 Male	Pew	Timothy	Des Moines	IA	M	62	101-04	2	S	x
Track & Field	Discus	60-64 Male	Kissam	Elliott	Bettendorf	IA	M	62	95-01	3	B	x
Track & Field	Discus	60-64 Male	Lehr	Dennis	Orion	IL	M	63	92-02	5		
Track & Field	Discus	60-64 Male	Pfundheller	Jeff	Urbandale	IA	M	63	91-07	6		x
Track & Field	Discus	60-64 Male	Greenwood	Dana	Johnston	IA	M	64	88-01	7		
Track & Field	Discus	65-69 Female	Budweg	Greta	Ankeny	IA	F	65	58-07	1	G	x
Track & Field	Discus	65-69 Female	Schmidt	Ann	Urbandale	IA	F	66	53-11	2	S	x
Track & Field	Discus	65-69 Female	Penquite	Rhonda	Cumming	IA	F	67	47-07	3	B	x
Track & Field	Discus	65-69 Female	Boyer	Rozalyn	Adel	IA	F	66	27-07	4		x
Track & Field	Discus	65-69 Male	Anderson	Rick	Lawrence	KS	M	64	143-04	1	G	x
Track & Field	Discus	65-69 Male	Melendez	Hiram	Dubuque	IA	M	68	116-02	1	G	x
Track & Field	Discus	65-69 Male	Roegiers	Brian	Sioux Falls	SD	M	66	115-08	3	B	x
Track & Field	Discus	65-69 Male	Franzen	Jim	Denver	IA	M	67	107-01	2	S	x
Track & Field	Discus	65-69 Male	Weeks	Mike	Batesville	AR	M	68	73-03	5		
Track & Field	Discus	65-69 Male	McCandless	Mike	Decorah	IA	M	64	69-10	3	B	x
Track & Field	Discus	65-69 Male	Bonin	Brad	Clear Lake	IA	M	66	69-10	7		x
Track & Field	Discus	70-74 Female	Rowe	Linda	Bloomfield	IA	F	72	62-06	1	G	x
Track & Field	Discus	70-74 Female	Reddick	Barbara	Remlap	AL	F	70	55-07	2	S	x
Track & Field	Discus	70-74 Female	Beuter	Margaret	Iowa City	IA	F	69	52-11	2	S	x
Track & Field	Discus	70-74 Female	Wiley	Roanne	CENTER JUNCTION	IA	F	71	43-10	3	B	x
Track & Field	Discus	70-74 Female	Rowland	Carole	Pleasantville	IA	F	72	38-10	5		x
Track & Field	Discus	70-74 Female	Green	Martha	Des Moines	IA	F	73	34-09	6		
Track & Field	Discus	70-74 Male	Mehlbrech	Dan	Crooks	SD	M	71	124-10	1	G	x
Track & Field	Discus	70-74 Male	Hauser	Patrick	Lake Mills	WI	M	73	122-06	2	S	x
Track & Field	Discus	70-74 Male	Ullom	Dave	Estherville	IA	M	69	66-07	1	G	x
Track & Field	Discus	70-74 Male	Ronan	Jim	Naperville	IL	M	72	65-06	4		x
Track & Field	Discus	70-74 Male	Best	Robert G	DES MOINES	IA	M	73	55-10	2	S	x
Track & Field	Discus	75-79 Female	Squires	Emma	Cedar Rapids, Iowa	IA	F	75	54-07	1	G	x
Track & Field	Discus	75-79 Female	Weisskopf	Neva	Lehigh Acres	FL	F	75	50-04	2	S	x
Track & Field	Discus	75-79 Female	French	Suzan	Ankeny	IA	F	78	28-10	2	S	x
Track & Field	Discus	75-79 Male	CORY	Tarry	Clive, IA	IA	M	76	90-10	1	G	x
Track & Field	Discus	75-79 Male	Speidel	Rod	Bettendorf	IA	M	75	83-06	2	S	x
Track & Field	Discus	75-79 Male	Olson	Randall	Nebraska City	NE	M	76	81-00	3	B	x
Track & Field	Discus	75-79 Male	Eastman	Greg	Clive	IA	M	77	64-10	3	B	x
Track & Field	Discus	75-79 Male	Schenck	Alan	Clarinda	IA	M	77	36-00	5		x
Track & Field	Discus	80-84 Male	Peterson	Robert	Windsor	CO	M	81	79-02	1	G	x
Track & Field	Discus	80-84 Male	Peterson	Ron	Waukee	IA	M	79	72-05	1	G	x
Track & Field	Discus	80-84 Male	Zanger	Martin	Robbinsdale	MN	M	82	56-03	2	S	x
Track & Field	Discus	85-89 Female	Gardner	Wylene	Des Moines	IA	F	86	12-03"	1	G	x
Track & Field	Discus	85-89 Male	McCoid	Bob	West Alexander	PA	M	86	50-06	1	G	x
Track & Field	Discus	85-89 Male	Newton	Don	West Des Moines	IA	M	85	47-06	1	G	x
Track & Field	Discus	85-89 Male	Anderson	Richard	West Des Moines	IA	M	88	36-00	2	S	x
Track & Field	Discus	90-94 Female	Kempf	Audrey	Woonsocket	SD	F	90	38-00	1	G	x
Track & Field	Discus	90-94 Male	Kempf	Lloyd	Woonsocket	SD	M	90	59-06	1	G	x
Track & Field	Discus	90-94 Male	Young	Bart	Indianola	IA	M	93	22-10	1	G	x
Track & Field	High Jump	50-54 Female	Olson	Beverly	Nebraska City	NE	F	49	3-00.00	1	G	x
Track & Field	High Jump	50-54 Male	Bannister	Grant	Manhattan	KS	M	53	4-00.00	1	G	x
Track & Field	High Jump	50-54 Male	Mills	Scott	Des Moines	IA	M	53	3-02.00	1	G	x
Track & Field	High Jump	60-64 Female	Anderson	Pat	Sun Prairie	WI	F	63	3-08.00	1	G	x
Track & Field	High Jump	60-64 Male	Krapfl	Mike	Ames	IA	M	61	4-04.00	1	G	x
Track & Field	High Jump	60-64 Male	Shide	Thomas	Urbandale	IA	M	61	4-02.00	2	S	x
Track & Field	High Jump	60-64 Male	Pfundheller	Jeff	Urbandale	IA	M	63	4-02.00	2	S	x
Track & Field	High Jump	60-64 Male	Kissam	Elliott	Bettendorf	IA	M	62	3-07.00	3	B	x
Track & Field	High Jump	65-69 Female	Hulvey	Jean	Mount Sterling	IL	F	65	3-04.00	1	G	x
Track & Field	High Jump	65-69 Male	Davis	Randy	Altoona	IA	M	67	3-04.00	1	G	x
Track & Field	High Jump	65-69 Male	Weeks	Mike	Batesville	AR	M	68	3-00.00	2	S	x
Track & Field	High Jump	70-74 Female	Beuter	Margaret	Iowa City	IA	F	69	3-06.00	1	G	x

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Track & Field	High Jump	70-74 Male	Pettee	Chuck	Windsor	CO	M	73	4-05.00	1	G	x
Track & Field	High Jump	70-74 Male	Mehlbrech	Dan	Crooks	SD	M	71	4-02.00	2	S	x
Track & Field	High Jump	70-74 Male	Black	David	Falcon Heights	MN	M	71	4-00.00	3	B	x
Track & Field	High Jump	70-74 Male	Ronan	Jim	Naperville	IL	M	72	3-10.00	4		x
Track & Field	High Jump	70-74 Male	Ewest	Brad	Ankeny	IA	M	70	3-09.00	1	G	x
Track & Field	High Jump	75-79 Female	Squires	Emma	Cedar Rapids, Iowa	IA	F	75	NH			
Track & Field	High Jump	75-79 Male	CORY	Tarry	Clive, IA	IA	M	76	4-00.00	1	G	x
Track & Field	High Jump	75-79 Male	Olson	Randall	Nebraska City	NE	M	76	3-06.00	2	S	x
Track & Field	High Jump	75-79 Male	Steinfeldt	Andy	Minnetonka	MN	M	76	3-02.00	3	B	x
Track & Field	High Jump	75-79 Male	Schenck	Alan	Clarinda	IA	M	77	2-10.00	2	S	x
Track & Field	High Jump	80-84 Male	Peterson	Ron	Waukee	IA	M	79	3-08.00	1	G	x
Track & Field	High Jump	90-94 Male	Kempf	Lloyd	Woonsocket	SD	M	90	3-04.00	1	G	x
Track & Field	Javelin	50-54 Female	Mills	Carrie	Des Moines	IA	F	53	52-01	1	G	x
Track & Field	Javelin	50-54 Female	Olson	Beverly	Nebraska City	NE	F	49	38-05	2	S	x
Track & Field	Javelin	50-54 Female	Francksen	Sue	Olin	IA	F	53	ND			
Track & Field	Javelin	50-54 Male	ODONNELL	JASON	Urbandale	IA	M	52	97-06	1	G	x
Track & Field	Javelin	50-54 Male	Mills	Scott	Des Moines	IA	M	53	52-02	2	S	x
Track & Field	Javelin	55-59 Female	Petra	Cathy	Elk Point	SD	F	54	101-06	1	G	x
Track & Field	Javelin	55-59 Female	Hall	Cheryl	Weston	WI	F	57	69-08	2	S	x
Track & Field	Javelin	55-59 Female	Pfertsch	Tady	Omaha	NE	F	58	50-09	3	B	x
Track & Field	Javelin	55-59 Female	Riekens	Jacqueline	West Des Moines	IA	F	58	36-09	1	G	x
Track & Field	Javelin	55-59 Male	Bellrichard	Troy	Spring Valley	MN	M	57	110-11	1	G	x
Track & Field	Javelin	60-64 Female	Christiansen	Marcia	Deforest	WI	F	60	92-08	1	G	x
Track & Field	Javelin	60-64 Female	Anderson	Pat	Sun Prairie	WI	F	63	62-05	2	S	x
Track & Field	Javelin	60-64 Female	binz	melanie	dayton	IA	F	60	52-05	1	G	x
Track & Field	Javelin	60-64 Female	Tesdall	Nancy	Sioux Falls	SD	F	59	51-08	4		x
Track & Field	Javelin	60-64 Male	Kissam	Elliott	Bettendorf	IA	M	62	107-09	1	G	x
Track & Field	Javelin	60-64 Male	Lehr	Dennis	Orion	IL	M	63	92-03	2	S	x
Track & Field	Javelin	60-64 Male	Shide	Thomas	Urbandale	IA	M	61	85-04	2	S	x
Track & Field	Javelin	60-64 Male	Pfundheller	Jeff	Urbandale	IA	M	63	70-11	3	B	x
Track & Field	Javelin	60-64 Male	Pew	Timothy	Des Moines	IA	M	62	63-08	5		x
Track & Field	Javelin	60-64 Male	Hestdalen	Brett	Sioux Falls	SD	M	62	ND	6		
Track & Field	Javelin	65-69 Female	Budweg	Greta	Ankeny	IA	F	65	48-11	1	G	x
Track & Field	Javelin	65-69 Female	Penquite	Rhonda	Cumming	IA	F	67	45-02	2	S	x
Track & Field	Javelin	65-69 Female	Schmidt	Ann	Urbandale	IA	F	66	42-07	3	B	x
Track & Field	Javelin	65-69 Female	Boyer	Rozalyn	Adel	IA	F	66	29-07	4		x
Track & Field	Javelin	65-69 Female	Johnson	Ellen	Ankeny	IA	F	66	ND	5		
Track & Field	Javelin	65-69 Male	Franzen	Jim	Denver	IA	M	67	67-08	1	G	x
Track & Field	Javelin	65-69 Male	Davis	Randy	Altoona	IA	M	67	63-09	2	S	x
Track & Field	Javelin	65-69 Male	Hopper	Kenneth	Waukee	IA	M	68	54-02	3	B	x
Track & Field	Javelin	65-69 Male	Weeks	Mike	Batesville	AR	M	68	ND	4		x
Track & Field	Javelin	70-74 Female	Rowe	Linda	Bloomfield	IA	F	72	59-06	1	G	x
Track & Field	Javelin	70-74 Female	Reddick	Barbara	Remlap	AL	F	70	52-11	2	S	x
Track & Field	Javelin	70-74 Female	Rowland	Carole	Pleasantville	IA	F	72	39-02	2	S	x
Track & Field	Javelin	70-74 Female	Green	Martha	Des Moines	IA	F	73	32-03	3	B	x
Track & Field	Javelin	70-74 Female	Wiley	Roanne	CENTER JUNCTION	IA	F	71	ND	5		x
Track & Field	Javelin	70-74 Male	Hauser	Patrick	Lake Mills	WI	M	73	105-01	1	G	x
Track & Field	Javelin	70-74 Male	Mehlbrech	Dan	Crooks	SD	M	71	92-03	2	S	x
Track & Field	Javelin	70-74 Male	Kobus	Jim	Ankeny	IA	M	74	75-07	1	G	x
Track & Field	Javelin	70-74 Male	Ronan	Jim	Naperville	IL	M	72	65-09	4		x
Track & Field	Javelin	70-74 Male	Ullom	Dave	Estherville	IA	M	69	61-07	2	S	x
Track & Field	Javelin	70-74 Male	Ward	Chuck	Urbandale	IA	M	72	51-10	3	B	x
Track & Field	Javelin	70-74 Male	Ewest	Brad	Ankeny	IA	M	70	46-02	7		x
Track & Field	Javelin	70-74 Male	Best	Robert G	DES MOINES	IA	M	73	38-01	8		
Track & Field	Javelin	75-79 Female	Weisskopf	Neva	Lehigh Acres	FL	F	75	48-11	1	G	x
Track & Field	Javelin	75-79 Female	Squires	Emma	Cedar Rapids, Iowa	IA	F	75	36-05	1	G	x
Track & Field	Javelin	75-79 Female	Carroll	Christine	West Des Moines	IA	F	74	30-01	2	S	x
Track & Field	Javelin	75-79 Female	French	Suzan	Ankeny	IA	F	78	25-00	3	B	x
Track & Field	Javelin	75-79 Male	CORY	Tarry	Clive, IA	IA	M	76	112-00	1	G	x
Track & Field	Javelin	75-79 Male	Olson	Randall	Nebraska City	NE	M	76	94-09	2	S	x
Track & Field	Javelin	75-79 Male	Speidel	Rod	Bettendorf	IA	M	75	79-05	2	S	x
Track & Field	Javelin	75-79 Male	Stokstad	Paul	Fairfield	IA	M	74	63-08	3	B	x
Track & Field	Javelin	75-79 Male	Schenck	Alan	Clarinda	IA	M	77	32-07	5		x
Track & Field	Javelin	75-79 Male	Adair	Denny	Osceola	IA	M	75	28-10	6		

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Track & Field	Javelin	75-79 Male	Miller	Marc	Bloomington	IL	M	76	ND	7		
Track & Field	Javelin	75-79 Male	venekamp	michael	sioux falls	SD	M	75	ND	8		
Track & Field	Javelin	80-84 Female	Miller	Darlene	Bloomington	IL	F	81	ND			
Track & Field	Javelin	80-84 Male	Bich	Howard	Sioux Falls	SD	M	84	63-08	1	G	x
Track & Field	Javelin	80-84 Male	Peterson	Ron	Waukee	IA	M	79	47-05	1	G	x
Track & Field	Javelin	80-84 Male	Hoidahl	Rich	Johnston	IA	M	82	38-04	2	S	x
Track & Field	Javelin	80-84 Male	Schellhorn	Greuling(G)	Boscobel.	WI	M	84	31-07	4		x
Track & Field	Javelin	85-89 Female	Gardner	Wylene	Des Moines	IA	F	86	12-02"	1	G	x
Track & Field	Javelin	85-89 Male	McCoid	Bob	West Alexander	PA	M	86	46-03	1	G	x
Track & Field	Javelin	85-89 Male	Anderson	Richard	West Des Moines	IA	M	88	16-10	1	G	x
Track & Field	Javelin	85-89 Male	Matheis	Al	kankakee	IL	M	86	ND			
Track & Field	Javelin	85-89 Male	Sagedahl	Sherwood	Fairmont	MN	M	85	ND			
Track & Field	Javelin	85-89 Male	Smidt	Gary	Ankeny	IA	M	86	ND			
Track & Field	Javelin	90-94 Female	Kempf	Audrey	Woonsocket	SD	F	90	27-00	1	G	x
Track & Field	Javelin	90-94 Male	Young	Bart	Indianola	IA	M	93	19-03	1	G	x
Track & Field	Power Walk 1,500 M	50-54 Male	Bradecamp	Denny	Fredericksburg	VA	M	54	08:48.24	1	G	x
Track & Field	Power Walk 1,500 M	55-59 Male	Schneiderman	Barry	Colorado Springs	CO	M	57	09:02.07	1	G	x
Track & Field	Power Walk 1,500 M	60-64 Female	BANKOLE	KELLY	Lakeville	MN	F	60	10:14.31	1	G	x
Track & Field	Power Walk 1,500 M	60-64 Female	Dingeman	Jean	Pella	IA	F	60	13:21.17	1	G	x
Track & Field	Power Walk 1,500 M	60-64 Male	Hestdalen	Brett	Sioux Falls	SD	M	62	10:11.72	1	G	x
Track & Field	Power Walk 1,500 M	60-64 Male	Pew	Timothy	Des Moines	IA	M	62	12:15.76	1	G	x
Track & Field	Power Walk 1,500 M	60-64 Male	Kauten	Keith	North Liberty	IA	M	64	12:19.62	2	S	x
Track & Field	Power Walk 1,500 M	65-69 Female	Hegstrom	Ann	De Soto	IA	F	68	10:49.78	1	G	x
Track & Field	Power Walk 1,500 M	65-69 Male	Davis	Randy	Altoona	IA	M	67	09:30.79	1	G	x
Track & Field	Power Walk 1,500 M	65-69 Male	Weeks	Mike	Batesville	AR	M	68	15:52.71	2	S	x
Track & Field	Power Walk 1,500 M	70-74 Male	Van Zytveld	Eric	DENVER	CO	M	72	10:25.40	1	G	x
Track & Field	Power Walk 1,500 M	70-74 Male	Ewest	Brad	Ankeny	IA	M	70	12:31.26	1	G	x
Track & Field	Power Walk 1,500 M	75-79 Female	Rulapaugh	Faith	Oelwein	IA	F	77	14:52.58	1	G	x
Track & Field	Power Walk 1,500 M	75-79 Male	Phillips	Tim	Hiawatha	IA	M	74	11:26.60	1	G	x
Track & Field	Power Walk 1,500 M	75-79 Male	Adair	Denny	Osceola	IA	M	75	14:51.88	2	S	x
Track & Field	Power Walk 1,500 M	80-84 Female	Bich	Arlene	Sioux Falls	SD	F	82	19:51.22	1	G	x
Track & Field	Power Walk 1,500 M	80-84 Male	Kirkwood	Tom	Dyersville	IA	M	80	10:20.66	1	G	x
Track & Field	Power Walk 1,500 M	80-84 Male	Schellhorn	Greuling(G)	Boscobel.	WI	M	84	14:11.86	2	S	x
Track & Field	Power Walk 1,500 M	90-94 Male	marty	carroll	Ames	IA	M	89	14:53.20	1	G	x
Track & Field	Race Walk 5,000 M	55-59 Male	Schneiderman	Barry	Colorado Springs	CO	M	57	31:33.22	1	G	x
Track & Field	Race Walk 5,000 M	60-64 Male	Hestdalen	Brett	Sioux Falls	SD	M	62	35:15.77	1	G	x
Track & Field	Race Walk 5,000 M	60-64 Male	Kauten	Keith	North Liberty	IA	M	64	41:39.11	1	G	x
Track & Field	Race Walk 5,000 M	65-69 Female	Hegstrom	Ann	De Soto	IA	F	68	36:24.25	1	G	x
Track & Field	Race Walk 5,000 M	65-69 Male	Davis	Randy	Altoona	IA	M	67	32:53.33	1	G	x
Track & Field	Race Walk 5,000 M	65-69 Male	Weeks	Mike	Batesville	AR	M	68	49:00.44	2	S	x
Track & Field	Race Walk 5,000 M	70-74 Female	Swisher	Karen	Hudson	WI	F	72	33:57.50	1	G	x
Track & Field	Race Walk 5,000 M	70-74 Male	Van Zytveld	Eric	DENVER	CO	M	72	36:27.91	1	G	x
Track & Field	Race Walk 5,000 M	70-74 Male	Kohler	Ron	Robins	IA	M	73	37:31.95	1	G	x
Track & Field	Race Walk 5,000 M	70-74 Male	Ewest	Brad	Ankeny	IA	M	70	37:41.72	2	S	x
Track & Field	Race Walk 5,000 M	70-74 Male	Ullom	Dave	Estherville	IA	M	69	41:53.44	3	B	x
Track & Field	Race Walk 5,000 M	75-79 Female	Rulapaugh	Faith	Oelwein	IA	F	77	49:44.84	1	G	x
Track & Field	Race Walk 5,000 M	75-79 Male	Phillips	Tim	Hiawatha	IA	M	74	36:24.26	1	G	x
Track & Field	Race Walk 5,000 M	75-79 Male	Stoll	John	Plattsmouth	NE	M	75	47:56.60	2	S	x
Track & Field	Race Walk 5,000 M	80-84 Female	Stebbins	Karen	Urbandale	IA	F	81	DNF			
Track & Field	Race Walk 5,000 M	80-84 Male	O'Daniels	Gary	Creston	IA	M	81	38:15.23	1	G	x
Track & Field	Running Long Jump	50-54 Female	Hammann	Robin	Pella	IA	F	49	11-02.00	1	G	x
Track & Field	Running Long Jump	50-54 Female	Mills	Carrie	Des Moines	IA	F	53	9-01.00	2	S	x

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Track & Field	Running Long Jump	50-54 Male	ODONNELL	JASON	Urbandale	IA	M	52	15-03.00	1	G	x
Track & Field	Running Long Jump	50-54 Male	Bannister	Grant	Manhattan	KS	M	53	13-00.00	2	S	x
Track & Field	Running Long Jump	50-54 Male	Mills	Scott	Des Moines	IA	M	53	10-05.00	2	S	x
Track & Field	Running Long Jump	50-54 Male	HILLIARD	MICHAEL	DES MOINES	IA	M	52	8-08.00	3	B	x
Track & Field	Running Long Jump	55-59 Female	Pfertsch	Tady	Omaha	NE	F	58	9-04.00	1	G	x
Track & Field	Running Long Jump	55-59 Female	Hall	Cheryl	Weston	WI	F	57	8-00.00	2	S	x
Track & Field	Running Long Jump	55-59 Female	Riekens	Jacqueline	West Des Moines	IA	F	58	3-05.50	1	G	x
Track & Field	Running Long Jump	55-59 Male	Andrae	Brian	Orion	IL	M	56	13-04.00	1	G	x
Track & Field	Running Long Jump	60-64 Female	Dingeman	Jean	Pella	IA	F	60	5-08.00	1	G	x
Track & Field	Running Long Jump	60-64 Female	Fray	Susan	Clive	IA	F	63	5-03.00	2	S	x
Track & Field	Running Long Jump	60-64 Male	Lehr	Dennis	Orion	IL	M	63	11-08.50	1	G	x
Track & Field	Running Long Jump	60-64 Male	Kissam	Elliott	Bettendorf	IA	M	62	11-08.00	1	G	x
Track & Field	Running Long Jump	60-64 Male	Pfundheller	Jeff	Urbandale	IA	M	63	11-06.00	2	S	x
Track & Field	Running Long Jump	60-64 Male	Shide	Thomas	Urbandale	IA	M	61	11-00.00	3	B	x
Track & Field	Running Long Jump	65-69 Female	Hulvey	Jean	Mount Sterling	IL	F	65	11-00.00	1	G	x
Track & Field	Running Long Jump	65-69 Female	Hegstrom	Ann	De Soto	IA	F	68	9-04.00	1	G	x
Track & Field	Running Long Jump	65-69 Female	Penquite	Rhonda	Cumming	IA	F	67	6-02.00	2	S	x
Track & Field	Running Long Jump	65-69 Female	Budweg	Greta	Ankeny	IA	F	65	6-01.00	3	B	x
Track & Field	Running Long Jump	65-69 Male	Roberts	David	Boone	IA	M	66	14-04.00	1	G	x
Track & Field	Running Long Jump	65-69 Male	Dahlstrom	Keith	CEDAR FALLS	IA	M	69	12-03.00	2	S	x
Track & Field	Running Long Jump	65-69 Male	Franzen	Jim	Denver	IA	M	67	11-00.00	3	B	x
Track & Field	Running Long Jump	65-69 Male	Weeks	Mike	Batesville	AR	M	68	6-01.00	4		x
Track & Field	Running Long Jump	70-74 Female	Beuter	Margaret	Iowa City	IA	F	69	8-01.50	1	G	x
Track & Field	Running Long Jump	70-74 Female	Roberts	Conti	Cedar Rapids	IA	F	74	3-05.50	2	S	x
Track & Field	Running Long Jump	70-74 Male	Rainey	David	Waterloo	IA	M	69	13-09.50	1	G	x
Track & Field	Running Long Jump	70-74 Male	Black	David	Falcon Heights	MN	M	71	12-07.00	2	S	x
Track & Field	Running Long Jump	70-74 Male	Mehlbrech	Dan	Crooks	SD	M	71	12-02.00	3	B	x
Track & Field	Running Long Jump	70-74 Male	Pettee	Chuck	Windsor	CO	M	73	11-07.00	4		x
Track & Field	Running Long Jump	70-74 Male	Ullom	Dave	Estherville	IA	M	69	8-03.50	2	S	x
Track & Field	Running Long Jump	70-74 Male	Ewest	Brad	Ankeny	IA	M	70	7-07.00	3	B	x
Track & Field	Running Long Jump	70-74 Male	Best	Robert G	DES MOINES	IA	M	73	5-04.00			x
Track & Field	Running Long Jump	75-79 Female	Seehusen	Carol	Allison	IA	F	75	6-01.00	1	G	x
Track & Field	Running Long Jump	75-79 Female	Squires	Emma	Cedar Rapids, Iowa	IA	F	75	4-05.50	2	S	x
Track & Field	Running Long Jump	75-79 Male	Yarush	John	Lake Geneva	AZ	M	77	13-01.00	1	G	x
Track & Field	Running Long Jump	75-79 Male	Trent	James	Midwest City	OK	M	77	12-06.50	2	S	x
Track & Field	Running Long Jump	75-79 Male	Olson	Randall	Nebraska City	NE	M	76	10-05.50	3	B	x
Track & Field	Running Long Jump	75-79 Male	Speidel	Rod	Bettendorf	IA	M	75	10-04.00	1	G	x
Track & Field	Running Long Jump	75-79 Male	Steinfeldt	Andy	Minnetonka	MN	M	76	7-04.00			
Track & Field	Running Long Jump	75-79 Male	Eastman	Greg	Clive	IA	M	77	7-03.00	2	S	x
Track & Field	Running Long Jump	75-79 Male	Schenck	Alan	Clarinda	IA	M	77	5-08.00	3	B	x
Track & Field	Running Long Jump	80-84 Female	Bemis	Joni	Urbandale	IA	F	80	4-07.00	1	G	x
Track & Field	Running Long Jump	80-84 Male	Peterson	Ron	Waukee	IA	M	79	8-02.50	1	G	x
Track & Field	Running Long Jump	80-84 Male	Hoidahl	Rich	Johnston	IA	M	82	3-08.00	2	S	x
Track & Field	Running Long Jump	85-89 Male	Matheis	Al	kankakee	IL	M	86	9-05.00	1	G	x
Track & Field	Running Long Jump	90-94 Male	Zimmer	Don	West Des Moines	IA	M	89	5-05.00	1	G	x
Track & Field	Shot Put	50-54 Female	Arndt	Tracy	Shullsburg	WI	F	51	29-03.75	1	G	x
Track & Field	Shot Put	50-54 Female	Mills	Carrie	Des Moines	IA	F	53	23-07.25	1	G	x
Track & Field	Shot Put	50-54 Female	Olson	Beverly	Nebraska City	NE	F	49	21-11.50	2	S	x
Track & Field	Shot Put	50-54 Female	Francksen	Sue	Olin	IA	F	53	19-09.50	2	S	x
Track & Field	Shot Put	50-54 Male	goedken	jason	center point	IA	M	50	40-04.75	1	G	x
Track & Field	Shot Put	50-54 Male	ODONNELL	JASON	Urbandale	IA	M	52	39-02.25	2	S	x
Track & Field	Shot Put	50-54 Male	Guerra	Tony	Ankeny	IA	M	52	34-04.75	3	B	x
Track & Field	Shot Put	50-54 Male	Mills	Scott	Des Moines	IA	M	53	21-05.25	4		x
Track & Field	Shot Put	50-54 Male	HILLIARD	MICHAEL	DES MOINES	IA	M	52	14-05.75	5		
Track & Field	Shot Put	55-59 Female	Haller	Ann	Wheeling	IL	F	59	31-08.00	1	G	x
Track & Field	Shot Put	55-59 Female	Hall	Cheryl	Weston	WI	F	57	27-02.75	2	S	x
Track & Field	Shot Put	55-59 Female	Pfertsch	Tady	Omaha	NE	F	58	24-03.00	3	B	x
Track & Field	Shot Put	55-59 Female	Petra	Cathy	Elk Point	SD	F	54	24-00.25	4		x
Track & Field	Shot Put	55-59 Female	Riekens	Jacqueline	West Des Moines	IA	F	58	20-10.00	1	G	x
Track & Field	Shot Put	55-59 Male	Bellrichard	Troy	Spring Valley	MN	M	57	33-02.50	1	G	x
Track & Field	Shot Put	55-59 Male	Luft	Axel	Seattle	WA	M	58	DNF			

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Track & Field	Shot Put	60-64 Female	Anderson	Pat	Sun Prairie	WI	F	63	28-06.25	1	G	x
Track & Field	Shot Put	60-64 Female	Christiansen	Marcia	Deforest	WI	F	60	27-10.25	2	S	x
Track & Field	Shot Put	60-64 Female	Tesdall	Nancy	Sioux Falls	SD	F	59	25-01.25	3	B	x
Track & Field	Shot Put	60-64 Female	bintz	melanie	dayton	IA	F	60	22-00.25	1	G	x
Track & Field	Shot Put	60-64 Female	Dingeman	Jean	Pella	IA	F	60	17-03.50	2	S	x
Track & Field	Shot Put	60-64 Male	Hawley	Kim	Plattsmouth	NE	M	59	40-01.50	1	G	x
Track & Field	Shot Put	60-64 Male	Files	Robert	Urbandale	IA	M	62	33-10.75	1	G	x
Track & Field	Shot Put	60-64 Male	Lehr	Dennis	Orion	IL	M	63	30-09.75	2	S	x
Track & Field	Shot Put	60-64 Male	Kissam	Elliott	Bettendorf	IA	M	62	27-09.50	2	S	x
Track & Field	Shot Put	60-64 Male	Alexander	Brent	West Des Moines	IA	M	63	DNF			
Track & Field	Shot Put	60-64 Male	Kauten	Keith	North Liberty	IA	M	64	DNF			
Track & Field	Shot Put	65-69 Female	Budweg	Greta	Ankeny	IA	F	65	22-07.25	1	G	x
Track & Field	Shot Put	65-69 Female	Penquite	Rhonda	Cumming	IA	F	67	22-02.50	2	S	x
Track & Field	Shot Put	65-69 Female	Schmidt	Ann	Urbandale	IA	F	66	19-09.50	3	B	x
Track & Field	Shot Put	65-69 Female	Boyer	Rozalyn	Adel	IA	F	66	13-02.75	4		x
Track & Field	Shot Put	65-69 Male	Anderson	Rick	Lawrence	KS	M	64	45-06.50	1	G	x
Track & Field	Shot Put	65-69 Male	Roegiers	Brian	Sioux Falls	SD	M	66	38-01.50	2	S	x
Track & Field	Shot Put	65-69 Male	McCandless	Mike	Decorah	IA	M	64	30-06.50	1	G	x
Track & Field	Shot Put	65-69 Male	Franzen	Jim	Denver	IA	M	67	29-01.75	2	S	x
Track & Field	Shot Put	65-69 Male	Weeks	Mike	Batesville	AR	M	68	21-08.00	5		
Track & Field	Shot Put	65-69 Male	Bonin	Brad	Clear Lake	IA	M	66	21-07.50	3	B	x
Track & Field	Shot Put	70-74 Female	Beuter	Margaret	Iowa City	IA	F	69	26-10.00	1	G	x
Track & Field	Shot Put	70-74 Female	Reddick	Barbara	Remlap	AL	F	70	24-10.00	2	S	x
Track & Field	Shot Put	70-74 Female	Rowe	Linda	Bloomfield	IA	F	72	22-11.00	2	S	x
Track & Field	Shot Put	70-74 Female	Wiley	Roanne	CENTER JUNCTION	IA	F	71	20-03.00	3	B	x
Track & Field	Shot Put	70-74 Female	Rowland	Carole	Pleasantville	IA	F	72	17-08.00	4		x
Track & Field	Shot Put	70-74 Female	Green	Martha	Des Moines	IA	F	73	17-00.50	5		
Track & Field	Shot Put	70-74 Male	Mehlbrech	Dan	Crooks	SD	M	71	39-03.25	1	G	x
Track & Field	Shot Put	70-74 Male	Ostlund	Chris	WAUKEE	IA	M	71	33-08.50	1	G	x
Track & Field	Shot Put	70-74 Male	Hauser	Patrick	Lake Mills	WI	M	73	33-07.25	2	S	x
Track & Field	Shot Put	70-74 Male	Ullom	Dave	Estherville	IA	M	69	29-08.75	2	S	x
Track & Field	Shot Put	70-74 Male	Ronan	Jim	Naperville	IL	M	72	28-05.00	5		
Track & Field	Shot Put	70-74 Male	Best	Robert G	DES MOINES	IA	M	73	18-05.75	3	B	x
Track & Field	Shot Put	75-79 Female	Squires	Emma	Cedar Rapids, Iowa	IA	F	75	27-02.00	1	G	x
Track & Field	Shot Put	75-79 Female	Weisskopf	Neva	Lehigh Acres	FL	F	75	18-04.25	2	S	x
Track & Field	Shot Put	75-79 Female	Carroll	Christine	West Des Moines	IA	F	74	17-08.25	2	S	x
Track & Field	Shot Put	75-79 Female	French	Suzan	Ankeny	IA	F	78	12-10.50	3	B	x
Track & Field	Shot Put	75-79 Male	CORY	Tarry	Clive, IA	IA	M	76	30-09.75	1	G	x
Track & Field	Shot Put	75-79 Male	Speidel	Rod	Bettendorf	IA	M	75	25-02.00	2	S	x
Track & Field	Shot Put	75-79 Male	Schenck	Alan	Clarinda	IA	M	77	18-07.75	3	B	x
Track & Field	Shot Put	80-84 Male	Peterson	Robert	Windsor	CO	M	81	31-06.75	1	G	x
Track & Field	Shot Put	80-84 Male	Zanger	Martin	Robbinsdale	MN	M	82	27-10.75	2	S	x
Track & Field	Shot Put	80-84 Male	Peterson	Ron	Waukee	IA	M	79	25-11.50	1	G	x
Track & Field	Shot Put	85-89 Female	Gardner	Wylene	Des Moines	IA	F	86	8-11.50	1	G	x
Track & Field	Shot Put	85-89 Male	Newton	Don	West Des Moines	IA	M	85	23-03.50	1	G	x
Track & Field	Shot Put	85-89 Male	McCoid	Bob	West Alexander	PA	M	86	18-05.25	2	S	x
Track & Field	Shot Put	85-89 Male	Anderson	Richard	West Des Moines	IA	M	88	13-08.75	2	S	x
Track & Field	Shot Put	90-94 Female	Kempf	Audrey	Woonsocket	SD	F	90	14-09.75	1	G	x
Track & Field	Shot Put	90-94 Male	Young	Bart	Indianola	IA	M	93	12-01.25	1	G	x
Track & Field	Standing Long Jump	50-54 Female	Hammann	Robin	Pella	IA	F	49	6-01.00	1	G	x
Track & Field	Standing Long Jump	50-54 Female	Mills	Carrie	Des Moines	IA	F	53	5-05.50	2	S	x
Track & Field	Standing Long Jump	50-54 Female	Darnell	Suzie	Saint Paul	MN	F	49	ND			
Track & Field	Standing Long Jump	50-54 Female	Francksen	Sue	Olin	IA	F	53	ND			
Track & Field	Standing Long Jump	50-54 Male	ODONNELL	JASON	Urbandale	IA	M	52	8-07.00	1	G	x
Track & Field	Standing Long Jump	50-54 Male	Bannister	Grant	Manhattan	KS	M	53	8-02.00	2	S	x
Track & Field	Standing Long Jump	50-54 Male	Mills	Scott	Des Moines	IA	M	53	5-10.00	2	S	x
Track & Field	Standing Long Jump	55-59 Female	Blasberg	Mindy	DES MOINES	IA	F	59	6-03.00	1	G	x
Track & Field	Standing Long Jump	55-59 Female	Hall	Cheryl	Weston	WI	F	57	5-06.00	2	S	x
Track & Field	Standing Long Jump	55-59 Female	Riekana	Jacqueline	West Des Moines	IA	F	58	3-08.00	2	S	x
Track & Field	Standing Long Jump	55-59 Male	Andrae	Brian	Orion	IL	M	56	6-09.00	1	G	x
Track & Field	Standing Long Jump	55-59 Male	Bellrichard	Troy	Spring Valley	MN	M	57	DNF			
Track & Field	Standing Long Jump	60-64 Female	Fray	Susan	Clive	IA	F	63	5-07.00	1	G	x
Track & Field	Standing Long Jump	60-64 Female	Dingeman	Jean	Pella	IA	F	60	4-04.00	2	S	x
Track & Field	Standing Long Jump	60-64 Female	Bergstrom	Vilma	Urbandale	IA	F	60	4-01.00	3	B	x

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Track & Field	Standing Long Jump	60-64 Female	Walter	Jody	Des Moines	IA	F	62	ND			
Track & Field	Standing Long Jump	60-64 Male	Pfundheller	Jeff	Urbandale	IA	M	63	7-02.00	1	G	x
Track & Field	Standing Long Jump	60-64 Male	Kissam	Elliott	Bettendorf	IA	M	62	7-01.00	2	S	x
Track & Field	Standing Long Jump	60-64 Male	Kauten	Keith	North Liberty	IA	M	64	6-03.00	3	B	x
Track & Field	Standing Long Jump	60-64 Male	Alexander	Brent	West Des Moines	IA	M	63	ND			
Track & Field	Standing Long Jump	60-64 Male	Files	Robert	Urbandale	IA	M	62	DNF			
Track & Field	Standing Long Jump	60-64 Male	Hestdalen	Brett	Sioux Falls	SD	M	62	DNF			
Track & Field	Standing Long Jump	60-64 Male	Walter	Mark	Des Moines	IA	M	60	ND			
Track & Field	Standing Long Jump	65-69 Female	Hulvey	Jean	Mount Sterling	IL	F	65	6-05.00	1	G	x
Track & Field	Standing Long Jump	65-69 Female	Hegstrom	Ann	De Soto	IA	F	68	5-01.50	1	G	x
Track & Field	Standing Long Jump	65-69 Female	Budweg	Greta	Ankeny	IA	F	65	4-09.00	2	S	x
Track & Field	Standing Long Jump	65-69 Female	Penquite	Rhonda	Cumming	IA	F	67	4-08.50	3	B	x
Track & Field	Standing Long Jump	65-69 Female	Banks	Toni	Omaha	NE	F	65	ND			
Track & Field	Standing Long Jump	65-69 Female	Johnson	Ellen	Ankeny	IA	F	66	ND			
Track & Field	Standing Long Jump	65-69 Male	Roberts	David	Boone	IA	M	66	8-01.00	1	G	x
Track & Field	Standing Long Jump	65-69 Male	Franzen	Jim	Denver	IA	M	67	7-06.00	2	S	x
Track & Field	Standing Long Jump	65-69 Male	Weeks	Mike	Batesville	AR	M	68	5-08.50	3	B	x
Track & Field	Standing Long Jump	65-69 Male	Hopper	Kenneth	Waukee	IA	M	68	5-08.00	3	B	x
Track & Field	Standing Long Jump	65-69 Male	Davis	Randy	Altoona	IA	M	67	ND			
Track & Field	Standing Long Jump	65-69 Male	Staley	Brad	Hampton	IA	M	64	ND			
Track & Field	Standing Long Jump	70-74 Female	Roberts	Conti	Cedar Rapids	IA	F	74	3-01.00	1	G	x
Track & Field	Standing Long Jump	70-74 Female	Schultz	paula	Indianola	IA	F	70	ND			
Track & Field	Standing Long Jump	70-74 Female	Willey	Roanne	CENTER JUNCTION	IA	F	71	ND			
Track & Field	Standing Long Jump	70-74 Male	Rainey	David	Waterloo	IA	M	69	7-06.00	1	G	x
Track & Field	Standing Long Jump	70-74 Male	Mehlbrech	Dan	Crooks	SD	M	71	7-01.00	2	S	x
Track & Field	Standing Long Jump	70-74 Male	Barringer	Greg	Grand Marais	MN	M	71	6-09.00	3	B	x
Track & Field	Standing Long Jump	70-74 Male	Black	David	Falcon Heights	MN	M	71	6-09.00	4		x
Track & Field	Standing Long Jump	70-74 Male	Hauser	Patrick	Lake Mills	WI	M	73	6-08.00	5		
Track & Field	Standing Long Jump	70-74 Male	Ward	Chuck	Urbandale	IA	M	72	5-08.00	2	S	x
Track & Field	Standing Long Jump	70-74 Male	Ullom	Dave	Estherville	IA	M	69	5-03.00	3	B	x
Track & Field	Standing Long Jump	70-74 Male	Ewest	Brad	Ankeny	IA	M	70	5-02.00	8		x
Track & Field	Standing Long Jump	70-74 Male	Best	Robert G	DES MOINES	IA	M	73	4-02.00	9		
Track & Field	Standing Long Jump	70-74 Male	Hainley	Tom	Des Moines	IA	M	70	ND			
Track & Field	Standing Long Jump	75-79 Female	Seehusen	Carol	Allison	IA	F	75	4-08.00	1	G	x
Track & Field	Standing Long Jump	75-79 Female	Squires	Emma	Cedar Rapids, Iowa	IA	F	75	3-09.00	2	S	x
Track & Field	Standing Long Jump	75-79 Female	Weisskopf	Neva	Lehigh Acres	FL	F	75	3-08.00	3	B	x
Track & Field	Standing Long Jump	75-79 Female	Carroll	Christine	West Des Moines	IA	F	74	3-00.00	3	B	x
Track & Field	Standing Long Jump	75-79 Male	Trent	James	Midwest City	OK	M	77	7-02.00	1	G	x
Track & Field	Standing Long Jump	75-79 Male	CORY	Tarry	Clive, IA	IA	M	76	6-06.50	1	G	x
Track & Field	Standing Long Jump	75-79 Male	Olson	Randall	Nebraska City	NE	M	76	6-06.50	3	B	x
Track & Field	Standing Long Jump	75-79 Male	Yarush	John	Lake Geneva	AZ	M	77	6-02.00	4		x
Track & Field	Standing Long Jump	75-79 Male	Speidel	Rod	Bettendorf	IA	M	75	6-01.50	2	S	x
Track & Field	Standing Long Jump	75-79 Male	Steinfeldt	Andy	Minnetonka	MN	M	76	4-11.50	6		
Track & Field	Standing Long Jump	75-79 Male	Schenck	Alan	Clarinda	IA	M	77	4-03.50	3	B	x
Track & Field	Standing Long Jump	75-79 Male	Eastman	Greg	Clive	IA	M	77	4-02.00	8		x
Track & Field	Standing Long Jump	75-79 Male	Schuh	Randy	Johnston	IA	M	75	ND			
Track & Field	Standing Long Jump	75-79 Male	venekamp	michael	sioux falls	SD	M	75	ND			
Track & Field	Standing Long Jump	80-84 Female	Bemis	Joni	Urbandale	IA	F	80	4-07.50	1	G	x
Track & Field	Standing Long Jump	80-84 Male	Peterson	Ron	Waukee	IA	M	79	5-08.00	1	G	x
Track & Field	Standing Long Jump	80-84 Male	Zanger	Martin	Robbinsdale	MN	M	82	4-05.00	2	S	x
Track & Field	Standing Long Jump	80-84 Male	Bich	Howard	Sioux Falls	SD	M	84	4-04.00	3	B	x
Track & Field	Standing Long Jump	80-84 Male	Schellhorn	Greuling(G)	Boscobel.	WI	M	84	ND			
Track & Field	Standing Long Jump	85-89 Male	Matheis	Al	kankakee	IL	M	86	5-08.50	1	G	x
Track & Field	Standing Long Jump	85-89 Male	Newton	Don	West Des Moines	IA	M	85	ND			
Track & Field	Standing Long Jump	85-89 Male	Smidt	Gary	Ankeny	IA	M	86	ND			
Track & Field	Standing Long Jump	85-89 Male	Thompson	Lowell	New Brighton	MN	M	85	ND			
Track & Field	Standing Long Jump	90-94 Male	Zimmer	Don	West Des Moines	IA	M	89	3-09.50	1	G	x
Track & Field	Triple Jump	50-54 Female	Olson	Beverly	Nebraska City	NE	F	49	9-07.00	1	G	x
Track & Field	Triple Jump	50-54 Male	Bannister	Grant	Manhattan	KS	M	53	25-10.00	1	G	x
Track & Field	Triple Jump	50-54 Male	Mills	Scott	Des Moines	IA	M	53	14-04.25	1	G	x
Track & Field	Triple Jump	55-59 Female	Hall	Cheryl	Weston	WI	F	57	15-05.75	1	G	x
Track & Field	Triple Jump	55-59 Female	Riekena	Jacqueline	West Des Moines	IA	F	58	8-03.50	1	G	x
Track & Field	Triple Jump	55-59 Male	Andrae	Brian	Orion	IL	M	56	27-08.00	1	G	x
Track & Field	Triple Jump	60-64 Female	Walter	Jody	Des Moines	IA	F	62	ND			

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Track & Field	Triple Jump	60-64 Male	Pfundheller	Jeff	Urbandale	IA	M	63	23-02.00	1	G	x
Track & Field	Triple Jump	60-64 Male	Shide	Thomas	Urbandale	IA	M	61	22-03.00	2	S	x
Track & Field	Triple Jump	60-64 Male	Lehr	Dennis	Orion	IL	M	63	21-09.00	3	B	x
Track & Field	Triple Jump	65-69 Female	Hegstrom	Ann	De Soto	IA	F	68	17-07.50	1	G	x
Track & Field	Triple Jump	65-69 Female	Penquite	Rhonda	Cumming	IA	F	67	13-05.50	2	S	x
Track & Field	Triple Jump	65-69 Male	Dahlstrom	Keith	CEDAR FALLS	IA	M	69	25-06.00	1	G	x
Track & Field	Triple Jump	65-69 Male	Weeks	Mike	Batesville	AR	M	68	15-10.00	2	S	x
Track & Field	Triple Jump	65-69 Male	Davis	Randy	Altoona	IA	M	67	14-10.00	2	S	x
Track & Field	Triple Jump	65-69 Male	Franzen	Jim	Denver	IA	M	67	ND			
Track & Field	Triple Jump	65-69 Male	Barry	Michael	Wayne	NE	M	65	ND			
Track & Field	Triple Jump	70-74 Male	Mehlbrech	Dan	Crooks	SD	M	71	28-01.00	1	G	x
Track & Field	Triple Jump	70-74 Male	Black	David	Falcon Heights	MN	M	71	24-00.50	2	S	x
Track & Field	Triple Jump	70-74 Male	Ullom	Dave	Estherville	IA	M	69	14-08.00	1	G	x
Track & Field	Triple Jump	70-74 Male	Ewest	Brad	Ankeny	IA	M	70	12-09.75	2	S	x
Track & Field	Triple Jump	75-79 Male	CORY	Tarry	Clive, IA	IA	M	76	22-03.50	1	G	x
Track & Field	Triple Jump	75-79 Male	Yarush	John	Lake Geneva	AZ	M	77	21-06.25	2	S	x
Track & Field	Triple Jump	75-79 Male	Olson	Randall	Nebraska City	NE	M	76	19-08.00	3	B	x
Track & Field	Triple Jump	75-79 Male	Speidel	Rod	Bettendorf	IA	M	75	18-07.00	2	S	x
Track & Field	Triple Jump	75-79 Male	Steinfeldt	Andy	Minnetonka	MN	M	76	15-04.25	5		
Track & Field	Triple Jump	75-79 Male	Schenck	Alan	Clarinda	IA	M	77	10-11.00	3	B	x
Track & Field	Triple Jump	75-79 Male	Schuh	Randy	Johnston	IA	M	75	ND			
Track & Field	Triple Jump	80-84 Male	Peterson	Ron	Waukee	IA	M	79	17-01.25	1	G	x
Track & Field	Triple Jump	80-84 Male	Schellhorn	Greuling(G)	Boscobel	WI	M	84	11-02.50	2	S	x
Track & Field	Triple Jump	80-84 Male	Hoidahl	Rich	Johnston	IA	M	82	8-03.00	2	S	x
Track & Field	Triple Jump	80-84 Male	Bich	Howard	Sioux Falls	SD	M	84	ND			
Track & Field	Triple Jump	85-89 Male	Matheis	Al	kankakee	IL	M	86	16-00.50	1	G	x