

Iowa Intrasquad - 12/10/2020 to 12/11/2020**Iowa Recreation Building****Results****Women 60 Meter Dash**

Facility: F 7.14 1/20/2018 Aleia Hobbs, LSU
 Track: T 7.14 1/20/2018 Aleia Hobbs, LSU
 Meet: M 7.48 12/14/2019 Antonise Christian, Iowa

| Name | Year | School | Seed | Finals | Points |
|----------------------|------|--------|---------------|--------|--------|
| Finals | | | | | |
| 1 Lasarah Hargrove | SO | Gold | 7.40 | 7.48M | 5 |
| | | | 7.480 (7.480) | | |
| 2 Antonise Christian | SR | Black | 7.45 | 7.58 | 3 |
| | | | 7.571 (7.571) | | |
| 3 Kayla Hutchins | FR | Black | 7.95 | 7.88 | 2 |
| | | | 7.880 (7.880) | | |

Women 300 Meter Dash

Facility: F 36.30 2019 Brittany Brown, Unattached
 Track: T 36.30 2019 Brittany Brown, Unattached
 Meet: M 40.47 12/14/2019 Kylie Morken, Iowa

| Name | Year | School | Seed | Finals | H# | Points |
|--------------------|------|--------|-------|--------|----|--------|
| 1 Cortney Strohman | NA | Gold | 38.97 | 38.98M | 1 | 5 |
| 2 Nylah Perry | FR | Black | 39.40 | 39.02M | 1 | 3 |
| 3 Tia Saunders | NA | Black | 38.90 | 39.47M | 1 | 2 |
| 4 Tesa Roberts | FR | Gold | 39.90 | 39.78M | 2 | 1 |
| 5 Mariel Bruxvoort | SO | Black | 41.25 | 41.56 | 2 | |
| 6 Mika Cox | SR | Black | 41.55 | 41.98 | 2 | |
| 7 Kylie Welch | SR | Gold | 42.23 | 42.85 | 2 | |

Women 600 Meter Run

Facility: F 1:27.45 2008 Kineke Alexander, Iowa
 Track: T 1:28.54 1/19/2018 Courtney Okolo, Nike
 Meet: M 1:31.05 12/14/2019 Mallory King, Iowa

| Name | Year | School | Seed | Finals | Points |
|------------------------|------|--------|-----------------|-------------------|-------------------|
| 1 Mallory King | SR | Gold | 1:29.10 | 1:31.67 | 5 |
| | | | 27.731 (27.731) | 58.315 (30.584) | 1:31.668 (33.353) |
| 2 Payton Wensel | JR | Black | 1:29.87 | 1:34.75 | 3 |
| | | | 27.965 (27.965) | 59.098 (31.134) | 1:34.748 (35.650) |
| 3 Clare Pitcher | FR | Gold | 1:32.00 | 1:34.93 | 2 |
| | | | 28.589 (28.589) | 1:00.663 (32.074) | 1:34.926 (34.263) |
| 4 Alli Bookin-Nosbisch | FR | Black | 1:32.50 | 1:36.30 | 1 |
| | | | 28.936 (28.936) | 1:00.877 (31.941) | 1:36.295 (35.418) |
| 5 Logan Akason | SO | Black | 1:36.51 | 1:38.58 | |
| | | | 30.371 (30.371) | 1:02.645 (32.275) | 1:38.575 (35.930) |
| 6 Lindsay Welker | JR | Gold | 1:36.29 | 1:39.04 | |
| | | | 29.610 (29.610) | 1:02.263 (32.653) | 1:39.037 (36.774) |

Iowa Intrasquad - 12/10/2020 to 12/11/2020**Iowa Recreation Building****Results****Women 1 Mile Run**

Facility: F 4:39.74 1/20/2018 Claire Green, Arizona
 Track: T 4:39.74 1/20/2018 Claire Green, Arizona
 Meet: M 4:53.11 12/8/2018 Grace Beattie, Illinois State

| Name | Year | School | Seed | Finals | Points |
|-------------------------|-------------------|-------------------|-------------------|---------|--------|
| 1 Kelli Tosic | FR | Gold | 5:05.00 | 5:05.81 | 5 |
| 38.016 (38.016) | 1:14.948 (36.932) | 1:53.963 (39.016) | 2:31.857 (37.894) | | |
| 3:10.204 (38.347) | 3:49.369 (39.165) | 4:28.221 (38.853) | 5:05.803 (37.582) | | |
| 2 Grace Bookin-Nosbisch | FR | Gold | 5:09.00 | 5:13.92 | 3 |
| 38.239 (38.239) | 1:15.355 (37.117) | 1:54.359 (39.004) | 2:33.691 (39.332) | | |
| 3:13.802 (40.111) | 3:53.673 (39.872) | 4:34.208 (40.535) | 5:13.913 (39.705) | | |
| 3 Elyse Prescott | SR | Black | 4:55.01 | 5:20.08 | 2 |
| 37.411 (37.411) | 1:14.676 (37.265) | 1:53.655 (38.979) | 2:33.328 (39.673) | | |
| 3:13.663 (40.335) | 3:55.338 (41.675) | 4:37.788 (42.450) | 5:20.073 (42.286) | | |
| 4 Amber Aesoph | FR | Black | 5:05.00 | 5:22.71 | 1 |
| 38.421 (38.421) | 1:16.038 (37.617) | 1:55.645 (39.608) | 2:36.932 (41.287) | | |
| 3:18.608 (41.676) | 4:00.478 (41.870) | 4:41.551 (41.073) | 5:22.708 (41.157) | | |
| 5 Katie Moore | FR | Gold | 5:10.00 | 5:36.93 | |
| 37.734 (37.734) | 1:15.729 (37.995) | 1:55.332 (39.604) | 2:36.826 (41.494) | | |
| 3:20.421 (43.595) | 4:06.541 (46.121) | 4:53.043 (46.502) | 5:36.928 (43.885) | | |
| -- Bryce Gidel | FR | Black | 5:10.00 | DNS | |

Women 3000 Meter Run

Facility: F 9:25.22 1/20/2018 Militsa Mircheva, Florida State
 Track: T 9:25.22 1/20/2018 Militsa Mircheva, Florida State
 Meet: M 9:57.32 12/8/2018 Gwynne Wright, Iowa State

| Name | Year | School | Seed | Finals | Points |
|---------------------|--------------------|--------------------|-------------------|----------|--------|
| 1 Gabby Skopec | JR | Gold | 10:10.08 | 10:38.86 | 5 |
| 38.890 (38.890) | 1:18.072 (39.183) | 1:57.713 (39.641) | 2:38.059 (40.346) | | |
| 3:19.775 (41.716) | 4:02.282 (42.507) | 4:45.581 (43.299) | 5:29.063 (43.483) | | |
| 6:13.010 (43.947) | 6:57.478 (44.469) | 7:41.905 (44.427) | 8:27.306 (45.401) | | |
| 9:12.630 (45.324) | 9:57.141 (44.511) | 10:38.855 (41.715) | | | |
| 2 Leah Kralovetz | SO | Black | 10:10.00 | 10:41.04 | 3 |
| 39.828 (39.828) | 1:19.265 (39.437) | 2:00.634 (41.370) | 2:43.730 (43.096) | | |
| 3:28.463 (44.733) | 4:14.315 (45.852) | 4:57.845 (43.530) | 5:40.953 (43.109) | | |
| 6:24.296 (43.343) | 7:08.187 (43.891) | 7:52.078 (43.892) | 8:36.056 (43.978) | | |
| 9:19.934 (43.878) | 10:02.637 (42.704) | 10:41.034 (38.397) | | | |
| -- Claire Edmondson | FR | Black | 10:15.00 | DNF | |
| 39.558 (39.558) | 1:18.968 (39.410) | 2:00.343 (41.375) | 2:43.451 (43.108) | | |
| 3:28.159 (44.708) | 4:14.095 (45.936) | | | | |
| -- Elyse Prescott | SR | Black | 9:51.72 | DNF | |
| 38.646 (38.646) | 1:17.834 (39.188) | 1:57.412 (39.578) | 2:37.627 (40.216) | | |

Iowa Intrasquad - 12/10/2020 to 12/11/2020**Iowa Recreation Building****Results****Women 60 Meter Hurdles****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Facility: F 8.01 1/20/2018 Jasmin Stowers, NIKE
 Facility: F 8.01 1/18/2020 Janeek Brown, Puma
 Track: T 8.01 1/20/2018 Jasmin Stowers, Nike
 Track: T 8.01 1/18/2020 Janeek Brown, Puma
 Meet: M 8.25 12/14/2019 Jenny Kimbro, Iowa

| Name | Year | School | Seed | Prelims |
|------|------|--------|------|---------|
|------|------|--------|------|---------|

Preliminaries

| | | | | |
|---|----------------|----------|------|-------|
| 1 | Jenny Kimbro | NA Black | 8.22 | 8.42Q |
| | 8.413 (8.413) | | | |
| 2 | Tionna Tobias | SO Gold | 8.56 | 8.53q |
| | 8.529 (8.529) | | | |
| 3 | Karina Joiner | NA Gold | 8.45 | 8.74q |
| | 8.736 (8.736) | | | |
| 4 | Katie Petersen | FR Black | 8.80 | 8.87q |
| | 8.869 (8.869) | | | |
| 5 | Gabbi Bullard | FR Gold | 9.20 | 9.86q |
| | 9.860 (9.860) | | | |

Women 60 Meter Hurdles

Facility: F 8.01 1/20/2018 Jasmin Stowers, NIKE
 Facility: F 8.01 1/18/2020 Janeek Brown, Puma
 Track: T 8.01 1/20/2018 Jasmin Stowers, Nike
 Track: T 8.01 1/18/2020 Janeek Brown, Puma
 Meet: M 8.25 12/14/2019 Jenny Kimbro, Iowa

| Name | Year | School | Prelims | Finals | Points |
|------|------|--------|---------|--------|--------|
|------|------|--------|---------|--------|--------|

Finals

| | | | | | | |
|---|----------------|----------|------|------|---|-------|
| 1 | Jenny Kimbro | NA Black | 8.42 | 8.48 | 5 | 8.471 |
| 2 | Tionna Tobias | SO Gold | 8.53 | 8.48 | 3 | 8.477 |
| 3 | Karina Joiner | NA Gold | 8.74 | 8.75 | 2 | |
| 4 | Katie Petersen | FR Black | 8.87 | 8.88 | 1 | |
| 5 | Gabbi Bullard | FR Gold | 9.86 | 9.82 | | |

Women 4x400 Meter Relay

Facility: F 3:33.80 1/19/2019 Unattached, Unattached
 B Thomas, G Moline, C Hill, M Barrie
 Track: T 3:33.80 1/19/2019 Unattached, Unattached
 B Thomas, G Moline, C Hill, M Barrie
 Meet: M 3:44.98 12/14/2019 Iowa, Iowa
 A Swanson, J Kimbro, T Saunders, J Laye

| School | Seed | Finals | Points |
|--------|------|--------|--------|
|--------|------|--------|--------|

| | | | | |
|---|---------------------|----------------------|-------------------|-------------------|
| 1 | Gold 'A' | | 3:44.01M | 5 |
| | 1) Mallory King SR | 2) Tesa Roberts FR | | |
| | 3) Clare Pitcher FR | 4) Cortney Strohm NA | | |
| | 56.347 (56.347) | 1:52.175 (55.828) | 2:50.040 (57.866) | 3:44.004 (53.964) |
| 2 | Black 'A' | | 3:45.92 | 3 |
| | 1) Jenny Kimbro NA | 2) Tia Saunders NA | | |
| | 3) Payton Wensel JR | 4) Nylah Perry FR | | |
| | 56.048 (56.048) | 1:51.372 (55.325) | 2:47.771 (56.399) | 3:45.914 (58.143) |

Iowa Intrasquad - 12/10/2020 to 12/11/2020**Iowa Recreation Building****Results****....Women 4x400 Meter Relay**

| | | | | | |
|----------------------|---------------------|----------------------------|---------------------|--|---------|
| 3 Gold 'B' | | | | | 3:57.81 |
| 1) Tionna Tobias SO | | 2) Alli Bookin-Nosbisch FR | | | |
| 3) Karina Joiner NA | | 4) Logan Akason SO | | | |
| 59.485 (59.485) | 1:58.296 (58.812) | 2:56.310 (58.014) | 3:57.808 (1:01.498) | | |
| -- Black 'B' | | | | | DNF |
| 1) Lindsay Welker JR | | 2) Gabbi Bullard FR | | | |
| 3) Mika Cox SR | | 4) Kylie Welch SR | | | |
| 1:00.216 (1:00.216) | 2:01.086 (1:00.870) | 3:03.477 (1:02.391) | | | |

Women High Jump

Facility: F 1.83m 2002 Carri Long, Unattached
 Facility: F 1.83m 2007 Peaches Roach, Iowa
 Track: T 1.80m 1/20/2017 Eleonora Omoregie, Florida State
 Meet: M 1.78m 12/14/2019 Dallyssa Huggins, Unattached

| Name | Year | School | Seed | Finals | Points |
|--------------------------|------|----------|-------|--------|-----------|
| 1 Jenny Kimbro | | NA Black | 1.72m | 1.63m | 5-04.25 4 |
| 1.48 1.53 1.58 1.63 1.68 | | | | | |
| PPP O O O XXX | | | | | |
| 1 Maria Gorham | | JR Gold | 1.66m | 1.63m | 5-04.25 4 |
| 1.48 1.53 1.58 1.63 1.68 | | | | | |
| PPP O PPP O XXX | | | | | |
| 3 Tionna Tobias | | SO Gold | 1.60m | 1.63m | 5-04.25 2 |
| 1.48 1.53 1.58 1.63 1.68 | | | | | |
| PPP O O XO XXX | | | | | |

Women Long Jump

Facility: F 6.50m 1/18/2019 Jahisha Thomas, Great Britain
 Track: T 6.50m 1/18/2019 Jahisha Thomas, Great Britain
 Meet: M 5.96m 12/8/2018 Ericka Furbeck, Iowa State

| Name | Year | School | Seed | Finals | Points |
|------------------------|------|----------|-------|--------|------------|
| 1 Kayla Hutchins | | FR Black | 5.70m | 5.51m | 18-01.00 5 |
| 5.51m 5.44m FOUL 5.26m | | | | | |
| 2 Gabbi Bullard | | FR Gold | 5.20m | 4.98m | 16-04.25 3 |
| 4.98m 4.98m FOUL PASS | | | | | |

Women Shot Put

Facility: F 18.44m 1/17/2020 Rachel Fatherly, VelassaTC/Garage Strengt
 Track: T 18.44m 1/17/2020 Rachel Fatherly, VelassaTC/Garage Strengt
 Meet: M 16.46m 12/8/2018 Laulauga Tausaga, Iowa

| Name | Year | School | Seed | Finals | Points |
|---|------|----------|--------|---------|------------|
| 1 Laulauga Tausaga | | NA Gold | 18.02m | 16.89mM | 55-05.00 5 |
| 16.89m FOUL FOUL FOUL 16.50m 16.49m | | | | | |
| 2 Erika Hammond | | NA Black | 15.79m | 15.05m | 49-04.50 3 |
| 15.04m FOUL 14.92m FOUL 14.74m 15.05m | | | | | |
| 3 Jamie Kofron | | SO Gold | 13.84m | 14.65m | 48-00.75 2 |
| 13.85m FOUL 14.13m 14.30m 13.74m 14.65m | | | | | |
| 4 Kat Moody | | SO Gold | 15.50m | 13.96m | 45-09.75 1 |
| 13.53m 13.41m 13.96m FOUL 13.60m FOUL | | | | | |

Iowa Intrasquad - 12/10/2020 to 12/11/2020**Iowa Recreation Building****Results****....Women Shot Put**

| | | | | | |
|---|--------------------------|-------------|--------|--------|----------|
| 5 | Nia Britt | SR Black | 16.96m | 13.90m | 45-07.25 |
| | FOUL 12.83m 13.44m | FOUL 13.90m | FOUL | | |
| 6 | Alivia Bauer | FR Black | 12.05m | 10.63m | 34-10.50 |
| | 10.63m FOUL 9.35m 10.51m | FOUL 10.62m | | | |

Women Weight Throw

Facility: F 20.26m 1/25/2019 Laulauga Tausaga, Iowa
 Track: T 20.26m 1/25/2019 Laulauga Tausaga, Iowa
 Meet: M 20.19m 12/8/2018 Laulauga Tausaga, Iowa

| Name | Year | School | Seed | Finals | Points |
|------|-------------------------|----------------------|--------|--------|------------|
| 1 | Amanda Howe | JR Gold | 19.01m | 19.80m | 64-11.50 5 |
| | 17.91m 19.34m | FOUL 19.80m 18.83m | FOUL | | |
| 2 | Nia Britt | SR Black | 17.05m | 16.75m | 54-11.50 3 |
| | 14.30m FOUL 15.73m | 16.70m 16.43m 16.75m | | | |
| 3 | Jamie Kofron | SO Gold | 16.85m | 16.73m | 54-10.75 2 |
| | FOUL 14.47m 16.73m | FOUL 16.05m | FOUL | | |
| 4 | Erika Hammond | NA Black | 16.10m | 16.34m | 53-07.50 1 |
| | 15.84m 16.34m 15.27m | FOUL 16.00m 15.83m | | | |
| 5 | Alivia Bauer | FR Black | 14.05m | 12.63m | 41-05.25 |
| | FOUL 11.70m FOUL 11.60m | 12.63m FOUL | | | |
| -- | Kat Moody | SO Gold | 16.30m | DNS | |

Men 60 Meter Dash

Facility: F 6.52 1/20/2018 Andre Ewers, Florida State
 Track: T 6.52 1/20/2018 Andre Ewers, Florida State
 Meet: M 6.88 12/8/2018 Antonio Woodard, Iowa

| Name | Year | School | Seed | Finals | Points |
|------|----------------|----------|------|--------|--------|
| 1 | Austin Kresley | FR Gold | 6.88 | 6.82M | 5 |
| | 6.817 (6.817) | | | | |
| 2 | Kaleba Jack | FR Black | 7.10 | 6.94 | 3 |
| | 6.938 (6.938) | | | | |

Men 300 Meter Dash

Facility: F 32.89 12/8/2018 Antonio Woodard, Iowa
 Track: T 32.89 12/8/2018 Antonio Woodard, Iowa
 Meet: M 32.89 12/8/2018 Antonio Woodard, Iowa

| Name | Year | School | Seed | Finals | H# | Points |
|------|-------------------|------------|-------|--------|----|--------|
| 1 | Khullen Jefferson | FR Black | 33.90 | 33.45 | 1 | 5 |
| 2 | Chris Douglas | Unattached | 35.50 | 34.08 | 3 | |
| 3 | Jamal Britt | JR Gold | 34.03 | 34.09 | 1 | 3 |
| 4 | Austin Kresley | FR Gold | 34.00 | 34.18 | 1 | 2 |
| 5 | Drake Woody | FR Black | 35.30 | 34.89 | 2 | 1 |
| 6 | Josh Andrews | JR Black | 36.00 | 35.06 | 3 | |
| 7 | Evan Schuster | FR Black | 34.70 | 35.10 | 2 | |
| 8 | Nolan Roethler | SO Gold | 34.88 | 35.54 | 2 | |
| -- | Spencer Gudgel | SO Gold | 35.50 | SCR | | |

Iowa Intrasquad - 12/10/2020 to 12/11/2020**Iowa Recreation Building****Results****Men 600 Meter Run**

Facility: F 1:16.40 1/19/2018 Erik Sowinski, Nike
 Track: T 1:16.40 1/19/2018 Erik Sowinski, Nike
 Meet: M 1:18.77 12/8/2018 Mar'yea Harris, Iowa

| Name | Year | School | Seed | Finals | H# | Points |
|----------------------|-----------------|------------|-------------------|----------|----|--------|
| 1 Jim Warren | | Unattached | 1:18.80 | 1:17.88M | 1 | |
| 24.719 (24.719) | 50.677 (25.959) | | 1:17.875 (27.198) | | | |
| 2 Wayne Lawrence Jr. | | JR Gold | 1:16.55 | 1:17.99M | 2 | 5 |
| 23.530 (23.530) | 49.374 (25.844) | | 1:17.987 (28.614) | | | |
| 3 Julien Gillum | | JR Gold | 1:18.50 | 1:18.18M | 2 | 3 |
| 23.864 (23.864) | 49.555 (25.691) | | 1:18.179 (28.625) | | | |
| 4 Jenoah Mckiver | | FR Black | 1:17.50 | 1:19.03 | 2 | 2 |
| 23.347 (23.347) | 49.540 (26.193) | | 1:19.021 (29.482) | | | |
| 5 Alec Still | | JR Black | 1:19.28 | 1:19.25 | 1 | 1 |
| 24.543 (24.543) | 50.459 (25.916) | | 1:17.875 (27.416) | | | |
| 6 Everett Steward | | FR Black | 1:20.00 | 1:21.28 | 1 | |
| 24.995 (24.995) | 52.126 (27.132) | | 1:21.274 (29.148) | | | |

Men 1000 Meter Run

Facility: F 2:20.88 12/14/2019 Festus Lagat, Iowa State
 Track: T 2:20.88 12/14/2019 Festus Lagat, Iowa State
 Meet: M 2:20.88 12/14/2019 Festus Lagat, Iowa State

| Name | Year | School | Seed | Finals | Points |
|-------------------|-----------------|------------|-------------------|-------------------|--------|
| 1 Tysen VanDraska | | NA Black | 2:25.35 | 2:23.83 | 5 |
| 27.168 (27.168) | 56.143 (28.975) | | 1:25.743 (29.600) | 1:54.868 (29.126) | |
| 2:23.827 (28.959) | | | | | |
| 2 Nathan Mylenek | | NA Black | 2:27.55 | 2:28.24 | 3 |
| 28.219 (28.219) | 57.273 (29.054) | | 1:27.290 (30.018) | 1:57.248 (29.958) | |
| 2:28.235 (30.987) | | | | | |
| 3 Jason Hoffman | | FR Black | 2:27.00 | 2:28.37 | 2 |
| 27.378 (27.378) | 56.691 (29.313) | | 1:27.175 (30.484) | 1:57.191 (30.016) | |
| 2:28.366 (31.175) | | | | | |
| 4 Tyler Olson | | JR Gold | 2:27.00 | 2:30.10 | 1 |
| 27.484 (27.484) | 57.000 (29.516) | | 1:26.930 (29.930) | 1:58.673 (31.744) | |
| 2:30.096 (31.423) | | | | | |
| 5 Armando Bryson | | FR Gold | 2:26.90 | 2:30.12 | |
| 27.272 (27.272) | 56.422 (29.150) | | 1:26.971 (30.549) | 1:58.477 (31.506) | |
| 2:30.114 (31.638) | | | | | |
| -- Erik Sowinski | | Unattached | | DNF | |
| 26.833 (26.833) | 55.745 (28.913) | | 1:25.329 (29.584) | | |

Men 1 Mile Run

Facility: F 3:58.06 1/19/2019 Jonathan Davis, Illinois
 Track: T 3:58.06 1/19/2019 Jonathan Davis, Illinois
 Meet: M 4:09.99 12/8/2018 Kevin Kelly, Drake

| Name | Year | School | Seed | Finals | Points |
|-------------------|-------------------|---------|-------------------|-------------------|--------|
| 1 Aidan King | | FR Gold | 4:17.00 | 4:20.28 | 5 |
| 32.812 (32.812) | 1:04.994 (32.182) | | 1:38.917 (33.923) | 2:11.452 (32.536) | |
| 2:44.171 (32.719) | 3:16.225 (32.054) | | 3:47.953 (31.729) | 4:20.275 (32.322) | |

Iowa Intrasquad - 12/10/2020 to 12/11/2020**Iowa Recreation Building****Results****....Men 1 Mile Run**

| | | | | | |
|----|-------------------|-------------------|-------------------|-------------------|---|
| 2 | Kal Lewis | FR Gold | 4:15.22 | 4:28.49 | 3 |
| | 32.559 (32.559) | 1:04.767 (32.208) | 1:38.807 (34.040) | 2:11.869 (33.062) | |
| | 2:44.607 (32.739) | 3:17.678 (33.071) | 3:53.857 (36.179) | 4:28.484 (34.627) | |
| 3 | Spencer Smith | JR Black | 4:15.00 | 4:30.53 | 2 |
| | 33.676 (33.676) | 1:05.571 (31.896) | 1:39.810 (34.239) | 2:13.359 (33.550) | |
| | 2:47.472 (34.113) | 3:21.287 (33.816) | 3:55.545 (34.258) | 4:30.525 (34.980) | |
| 4 | Eli Ward | FR Black | 4:22.00 | 4:34.02 | 1 |
| | 33.163 (33.163) | 1:05.207 (32.044) | 1:39.336 (34.129) | 2:12.479 (33.144) | |
| | 2:46.246 (33.767) | 3:21.581 (35.335) | 3:57.740 (36.159) | 4:34.011 (36.272) | |
| -- | Jack Pendergast | FR Black | 4:16.00 | DNS | |

Men 3000 Meter Run

Facility: F 7:54.13 2006 Chris Solinsky, Wisconsin
 Track: T 8:04.03 1/19/2019 Kieran Wood, Missouri
 Meet: M 8:32.15 12/8/2018 Joshua Yeager, Drake

| Name | Year | School | Seed | Finals | Points | |
|------|-------------------|-------------------|-------------------|-------------------|----------|---|
| 1 | Max | Murphy | FR Black | 8:28.00 | 8:27.83M | 5 |
| | 34.344 (34.344) | 1:08.707 (34.363) | 1:42.491 (33.784) | 2:16.532 (34.042) | | |
| | 2:50.705 (34.173) | 3:25.467 (34.763) | 4:00.169 (34.702) | 4:33.786 (33.617) | | |
| | 5:04.534 (30.748) | 5:36.038 (31.504) | 6:08.566 (32.529) | 6:41.835 (33.269) | | |
| | 7:16.639 (34.805) | 7:52.402 (35.763) | 8:27.825 (35.424) | | | |
| 2 | Jeff | Roberts | SR Gold | 8:21.62 | 8:35.19 | 3 |
| | 34.122 (34.122) | 1:08.491 (34.369) | 1:42.235 (33.744) | 2:16.321 (34.087) | | |
| | 2:50.478 (34.157) | 3:25.249 (34.772) | 4:00.036 (34.787) | 4:33.977 (33.941) | | |
| | 5:05.711 (31.735) | 5:38.952 (33.241) | 6:12.636 (33.684) | 6:47.166 (34.530) | | |
| | 7:22.597 (35.431) | 7:58.646 (36.050) | 8:35.181 (36.535) | | | |
| 3 | Noah | Healy | JR Gold | 8:15.32 | 8:38.47 | 2 |
| | 33.934 (33.934) | 1:08.262 (34.328) | 1:41.993 (33.731) | 2:16.124 (34.131) | | |
| | 2:50.253 (34.130) | 3:25.035 (34.782) | 3:59.889 (34.854) | 4:34.345 (34.456) | | |
| | 5:08.087 (33.742) | 5:42.608 (34.522) | 6:17.578 (34.970) | 6:52.963 (35.385) | | |
| | 7:28.666 (35.703) | 8:03.764 (35.098) | 8:38.462 (34.698) | | | |
| 4 | Ian | Geisler | FR Gold | 8:30.00 | 9:01.28 | 1 |
| | 34.654 (34.654) | 1:09.001 (34.347) | 1:42.999 (33.999) | 2:17.581 (34.582) | | |
| | 2:52.909 (35.328) | 3:29.064 (36.155) | 4:06.023 (36.960) | 4:43.251 (37.228) | | |
| | 5:19.865 (36.614) | 5:57.095 (37.230) | 6:34.864 (37.769) | 7:12.641 (37.778) | | |
| | 7:50.451 (37.810) | 8:25.906 (35.455) | 9:01.277 (35.371) | | | |
| -- | Nathan | Mylenek | NA Black | | DNF | |
| | 33.712 (33.712) | 1:08.006 (34.295) | 1:41.775 (33.769) | 2:15.853 (34.078) | | |
| | 2:50.018 (34.165) | 3:24.801 (34.783) | 3:59.699 (34.898) | 4:34.909 (35.210) | | |

Men 60 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Facility: F 7.54 1/20/2018 Aries Merritt, Nike
 Track: T 7.54 1/20/2018 Aries Merritt, Nike
 Meet: M 7.66 12/14/2019 Jaylan McConico, Iowa

| Name | Year | School | Seed | Prelims | |
|---------------|---------------|----------|---------|---------|---------|
| Preliminaries | | | | | |
| 1 | Jaylan | McConico | NA Gold | 7.60 | M 7.66Q |
| | 7.651 (7.651) | | | | |
| 2 | Jamal | Britt | JR Gold | 7.81 | 7.74q |
| | 7.733 (7.733) | | | | |

Iowa Intrasquad - 12/10/2020 to 12/11/2020**Iowa Recreation Building****Results****....Men 60 Meter Hurdles**

| | | | | |
|----|----------------|----------|------|-------|
| 3 | Josh Braverman | SR Black | 7.83 | 7.94q |
| | 7.934 (7.934) | | | |
| 4 | Gratt Reed | SO Gold | 7.97 | 7.96q |
| | 7.955 (7.955) | | | |
| 5 | Will Daniels | NA Black | 8.24 | 7.99q |
| | 7.985 (7.985) | | | |
| 6 | Austin West | SO Black | 8.31 | 8.18q |
| | 8.179 (8.179) | | | |
| -- | Grant Conway | SO Black | 7.86 | DNF |

Men 60 Meter Hurdles

Facility: F 7.54 1/20/2018 Aries Merritt, Nike
 Track: T 7.54 1/20/2018 Aries Merritt, Nike
 Meet: M 7.66 12/14/2019 Jaylan McConico, Iowa

| Name | Year | School | Prelims | Finals | Points |
|--------|-----------------|----------|---------|--------|--------|
| Finals | | | | | |
| 1 | Jaylan McConico | NA Gold | 7.66 | 7.61M | 5 |
| 2 | Josh Braverman | SR Black | 7.94 | 7.95 | 3 |
| 3 | Gratt Reed | SO Gold | 7.96 | 7.97 | 2 |
| 4 | Austin West | SO Black | 8.18 | 8.24 | 1 |
| -- | Will Daniels | NA Black | 7.99 | DNS | |
| -- | Jamal Britt | JR Gold | 7.74 | DNS | |

Men 4x400 Meter Relay

Facility: F 3:07.54 1/20/2018 Iowa, Iowa
 C Hofacker, D Frye, B Garron, M Harris
 Track: T 3:07.54 1/20/2018 Iowa, Iowa
 C Hofacker, D Frye, B Garron, M Harris
 Meet: M 3:13.34 12/8/2018 Iowa, Iowa
 N Kembel, M Harris, M Manternach, C Hofacker

| School | Seed | Finals | Points |
|--------------------------|-------------------------|-------------------|-------------------|
| 1 Black 'A' | | 3:11.35M | 5 |
| 1) Austin West SO | 2) Drake Woody FR | | |
| 3) Jenoah Mckiver FR | 4) Khullen Jefferson FR | | |
| 48.183 (48.183) | 1:37.370 (49.187) | 2:23.997 (46.627) | 3:11.350 (47.353) |
| 2 Gold 'A' | | 3:12.03M | 3 |
| 1) Wayne Lawrence Jr. JR | 2) Armando Bryson FR | | |
| 3) Julien Gillum JR | 4) Jamal Britt JR | | |
| 47.487 (47.487) | 1:36.206 (48.720) | 2:23.594 (47.388) | 3:12.027 (48.434) |
| 3 Unattached 'A' | | 3:15.14 | |
| 1) Chris Douglas | 2) Erik Sowinski | | |
| 3) Jim Warren | 4) Josh Andrews JR | | |
| 49.748 (49.748) | 1:37.765 (48.017) | 2:26.514 (48.750) | 3:15.132 (48.618) |
| 4 Black 'B' | | 3:20.27 | |
| 1) Evan Schuster FR | 2) Alec Still JR | | |
| 3) Tysen VanDraska NA | 4) Will Daniels NA | | |
| 50.789 (50.789) | 1:39.013 (48.225) | 2:28.491 (49.478) | 3:20.261 (51.770) |
| 5 Gold 'B' | | 3:21.99 | |
| 1) Nolan Roethler SO | 2) Tyler Olson JR | | |
| 3) Jason Hoffman FR | 4) Eli Ward FR | | |
| 50.351 (50.351) | 1:38.670 (48.320) | 2:28.698 (50.028) | 3:21.988 (53.290) |

Iowa Intrasquad - 12/10/2020 to 12/11/2020**Iowa Recreation Building****Results****Men High Jump**

Facility: F 2.25m 1997 Staffan Strand, Minnesota
 Track: T 2.22m 1/12/2019 Zach Anderson, South Dakota
 Meet: M 2.10m 12/8/2018 Francis Ehigbai, Illinois State

| Name | Year | School | Seed | Finals | Points |
|---|------|--------|-------|--------|--------------|
| 1 Zack Pluff | SO | Gold | 2.00m | 2.08m | 6-09.75 5 |
| 1.78 1.83 1.88 1.93 1.98 2.03 2.08 2.14 | | | | | |
| PPP PPP O O O XO O XXX | | | | | |
| 2 Will Daniels | NA | Black | 2.10m | 1.98m | 6-06.00 3 |
| 1.78 1.83 1.88 1.93 1.98 2.03 | | | | | |
| PPP PPP O O O XXX | | | | | |
| 3 Keith Keahna | SO | Gold | 1.98m | 1.93m | 6-04.00 1.50 |
| 1.78 1.83 1.88 1.93 1.98 | | | | | |
| PPP O O O XXX | | | | | |
| 3 Cole Moeller | SR | Gold | 2.00m | 1.93m | 6-04.00 1.50 |
| 1.78 1.83 1.88 1.93 1.98 | | | | | |
| PPP PPP O O XXX | | | | | |
| 5 Austin West | SO | Black | 1.95m | 1.93m | 6-04.00 |
| 1.78 1.83 1.88 1.93 1.98 | | | | | |
| O O O XXO XXX | | | | | |

Men Long Jump

Facility: F 7.97m 1992 Anthuan Maybank, Iowa
 Track: T 7.86m 1/14/2017 O'Shea Wilson, Iowa
 Meet: M 7.36m 12/14/2019 Jamal Britt, Unattached

| Name | Year | School | Seed | Finals | Points |
|-------------------------|------|--------|-------|--------|------------|
| 1 James Carter | JR | Gold | 7.49m | 7.28m | 23-10.75 5 |
| 7.13m 7.08m 7.28m 5.77m | | | | | |
| 2 Kaleba Jack | FR | Black | 7.00m | 6.91m | 22-08.00 3 |
| FOUL FOUL FOUL 6.91m | | | | | |

Men Shot Put

Facility: F 20.72m 1/17/2020 Nicholas Ponzio, VelassaTC/Garage Strengt
 Track: T 20.72m 1/17/2020 Nicholas Ponzio, VelassaTC/Garage Strengt
 Meet: M 19.58m 12/14/2019 Darius King, Northern Iowa

| Name | Year | School | Seed | Finals | Points |
|---|------|--------|--------|--------|------------|
| 1 Elijah Barnes | JR | Black | 17.20m | 17.85m | 58-06.75 5 |
| 16.73m 16.84m 16.82m 16.72m 16.81m 17.85m | | | | | |
| 2 Quintin Lyons | FR | Black | 16.25m | 17.26m | 56-07.50 3 |
| 16.45m 16.69m 16.93m 16.92m FOUL 17.26m | | | | | |
| 3 Dawson Ellingson | SO | Gold | 16.15m | 16.90m | 55-05.50 2 |
| 16.85m FOUL FOUL FOUL 16.90m FOUL | | | | | |
| 4 Jordan Johnson | SO | Gold | 16.14m | 16.25m | 53-03.75 1 |
| 16.03m FOUL 16.25m 16.19m 15.76m FOUL | | | | | |

Iowa Intrasquad - 12/10/2020 to 12/11/2020**Iowa Recreation Building****Results****Men Weight Throw**

Facility: F 21.66m 1/18/2019 Vlad Pavlenko, Wisconsin
 Track: T 21.66m 1/18/2019 Vlad Pavlenko, Iowa State
 Meet: M 20.78m 12/8/2018 Vlad Pavlenko, Iowa State

| Name | Year | School | Seed | Finals | Points |
|--------------------|------|---|--------|------------------|--------|
| 1 Tyler Lienau | | SR Black | 21.35m | 21.05mM 69-00.75 | 5 |
| | | 18.25m 18.96m 20.90m FOUL 19.34m 21.05m | | | |
| 2 Jordan Hawkins | | SO Gold | 18.22m | 19.11m 62-08.50 | 3 |
| | | 18.04m 17.52m 19.11m 17.60m 18.00m 18.69m | | | |
| 3 Jordan Johnson | | SO Gold | 17.66m | 18.53m 60-09.50 | 2 |
| | | 17.03m 17.26m 18.53m 17.00m 17.70m 17.60m | | | |
| 4 Dawson Ellingson | | SO Gold | 15.35m | 16.91m 55-05.75 | 1 |
| | | 15.71m 16.91m FOUL 16.78m FOUL FOUL | | | |
| 5 Elijah Barnes | | JR Black | 16.55m | 16.14m 52-11.50 | |
| | | 13.29m FOUL FOUL 16.14m 15.85m FOUL | | | |
| 6 Quintin Lyons | | FR Black | 15.05m | 15.71m 51-06.50 | |
| | | 13.29m FOUL FOUL 15.71m FOUL FOUL | | | |

Women - Team Rankings - 11 Events Scored

1) Gold 65 2) Black 45

Men - Team Rankings - 12 Events Scored

1) Gold 65 2) Black 58