

SAU Tune Up
Roell Indoor Track - St. Ambrose University
Davenport, Iowa - 2/15/2025
Results

Women 60 Meter Dash
Top 8 Advance by Time

Name	Year	School	Prelims	H#
Preliminaries				
1 McKenzie Reser	SR	Augustana	7.70q	2
2 Cora Deemer	SO	Augustana	7.81q	2
3 Sarah Jordan	SO	St. Ambrose	8.19q	1
4 Asia Pegues-Jarrett	SO	St. Ambrose	8.32q	2
5 Morgan McEnroe	SR	Unattached	8.40q	2
6 Ja'Kniah Lewis	SO	St. Ambrose	8.42q	1
7 Carmela Carbone	FR	Augustana	8.52q	2
8 Rachael Linskey	SR	Augustana	8.65q	1
9 Elizabeth Hayes	SO	Augustana	8.81	1
10 Cora Heller	FR	Augustana	8.86	2
11 Sofia Capasso	FR	Quincy	8.90	1
12 Emma Juergens	FR	Augustana	9.06	2
13 Grace Gillespie	FR	Augustana	9.11	2

Women 60 Meter Dash

Name	Year	School	Finals
Finals			
1 McKenzie Reser	SR	Augustana	7.67
2 Cora Deemer	SO	Augustana	7.75
3 Sarah Jordan	SO	St. Ambrose	8.03
4 Asia Pegues-Jarrett	SO	St. Ambrose	8.26
5 Ja'Kniah Lewis	SO	St. Ambrose	8.42
6 Carmela Carbone	FR	Augustana	8.47
7 Rachael Linskey	SR	Augustana	8.59

Women 200 Meter Dash

Name	Year	School	Finals	H#
1 McKenzie Reser	SR	Augustana	24.93	5
2 Cora Deemer	SO	Augustana	25.69	5
3 Sarah Jordan	SO	St. Ambrose	26.60	5
4 Mitzi Evans	JR	Fitness Sports	27.02	4
5 Lauren Oelke	SR	Augustana	27.97	4
6 Asia Pegues-Jarrett	SO	St. Ambrose	28.42	4
7 Kira Nelson	SR	Augustana	28.64	3
8 Rachael Linskey	SR	Augustana	28.70	2
9 Jor'ae Beaver	FR	St. Ambrose	29.18	2
10 Ja'Kniah Lewis	SO	St. Ambrose	29.19	2
11 Khaliah Knox	FR	Augustana	29.37	1
12 Addison Wessel	FR	Augustana	30.15	3
13 Gracelyn Streets Wood	FR	Augustana	31.97	1
14 Sarah Marrs	JR	Augustana	35.71	1

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Women 400 Meter Dash

Name	Year School	Finals
1 Morgan McEnroe	SR Unattached	59.89
28.038 (28.038)	59.887 (31.850)	
2 Jordyn VanSanten	JR Augustana	1:00.19
28.500 (28.500)	1:00.187 (31.687)	
3 Riley Kulaga	FR Augustana	1:04.49
29.798 (29.798)	1:04.484 (34.687)	
4 Gracelyn Streets Wood	FR Augustana	1:10.35
33.088 (33.088)	1:10.346 (37.258)	
5 Sofia Capasso	FR Quincy	1:12.25
31.827 (31.827)	1:12.243 (40.416)	

Women 800 Meter Run

Name	Year School	Finals	H#
1 Valerie Herbst	Unattached	2:16.03	2
31.703 (31.703)	1:06.361 (34.658)	1:41.529 (35.168)	2:16.027 (34.499)
2 Mitzi Evans	JR Fitness Sports	2:16.12	2
31.406 (31.406)	1:06.138 (34.732)	1:41.498 (35.360)	2:16.119 (34.622)
3 Marie Weber	FR Augustana	2:22.54	2
33.679 (33.679)	1:09.419 (35.740)	1:46.811 (37.392)	2:22.531 (35.720)
4 Kaitlyn Knoche	SO St. Ambrose	2:23.87	2
34.370 (34.370)	1:09.957 (35.587)	1:47.747 (37.791)	2:23.867 (36.120)
5 Lexi Minard	FR St. Ambrose	2:26.31	2
34.021 (34.021)	1:10.210 (36.190)	1:48.255 (38.046)	2:26.306 (38.051)
6 Kiana Breuer	SO Augustana	2:27.24	1
7 Katie Park	SO Quincy	2:27.81	1
8 Danielle Moore	FR St. Ambrose	2:32.03	2
33.325 (33.325)	1:09.858 (36.534)	1:49.227 (39.370)	2:32.030 (42.803)
9 Brooke Shannon	FR Unattached	2:35.73	1
10 Renee Jednachowski	SO Augustana	2:40.82	1
11 Ava Certa	FR Quincy	2:43.85	1
12 Brooke Kashmier	FR Augustana	3:01.56	1
-- Jaylee Elsts	FR Augustana	DNF	2
33.702 (33.702)	1:09.538 (35.836)	1:48.991 (39.454)	

Women 1000 Meter Run

Name	Year School	Finals
1 Madison Wies	SR Augustana	3:12.28
36.385 (36.385)	1:14.865 (38.480)	1:54.869 (40.005)
3:12.275 (37.473)		2:34.802 (39.933)
2 Addy Smith	JR St. Ambrose	3:18.41
36.843 (36.843)	1:15.636 (38.793)	1:56.158 (40.522)
3:18.405 (40.936)		2:37.469 (41.312)

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....Women 1000 Meter Run

3 Lauren Johnson	FR St. Ambrose	3:28.33	
37.908 (37.908)	1:18.859 (40.952)	2:01.862 (43.003)	2:46.176 (44.315)
3:28.322 (42.146)			
4 Rileigh Fortune	SR St. Ambrose	3:36.93	
39.792 (39.792)	1:21.900 (42.109)	2:07.240 (45.340)	2:53.095 (45.855)
3:36.926 (43.832)			

Women 1 Mile Run

Name	Year School	Finals	
1 Lina Maatouk	SR Augustana	5:06.71	
38.971 (38.971)	1:15.693 (36.723)	1:52.424 (36.731)	2:30.131 (37.707)
3:09.243 (39.112)	3:50.145 (40.903)	4:31.248 (41.103)	5:06.708 (35.460)
2 Valerie Herbst	Unattached	5:08.87	
39.223 (39.223)	1:16.260 (37.038)	1:53.051 (36.791)	2:31.189 (38.139)
3:11.740 (40.551)	3:53.037 (41.298)	4:32.160 (39.123)	5:08.863 (36.703)
3 Carlie Woolm	SO St. Ambrose	5:39.50	
41.776 (41.776)	1:24.325 (42.550)	2:08.153 (43.828)	2:51.565 (43.412)
3:34.863 (43.298)	4:59.679 (1:24.816)	5:39.493 (39.815)	
4 Ryan Jednachowski	SO Augustana	5:41.30	
42.091 (42.091)	1:24.665 (42.575)	2:08.091 (43.426)	2:51.328 (43.238)
3:34.695 (43.367)	4:17.653 (42.959)	5:00.756 (43.103)	5:41.299 (40.543)
5 Mackenzie Meirhaeghe	SO Augustana	5:45.96	
39.640 (39.640)	1:20.652 (41.012)	2:04.872 (44.220)	2:49.995 (45.123)
3:34.484 (44.490)	4:19.123 (44.639)	5:04.708 (45.586)	5:45.956 (41.248)
6 Renee Jednachowski	SO Augustana	5:45.97	
43.748 (43.748)	1:27.189 (43.442)	2:11.347 (44.158)	2:56.016 (44.670)
3:40.043 (44.027)	4:17.567 (37.524)	4:23.872 (6.306)	5:45.963 (1:22.091)
7 Sammy Lehr	SO Augustana	5:46.00	
42.276 (42.276)	1:24.784 (42.508)	2:08.269 (43.486)	2:52.432 (44.163)
3:36.859 (44.427)	4:21.435 (44.576)	5:06.223 (44.788)	5:45.996 (39.774)
8 Allison Hein	JR St. Ambrose	5:52.81	
42.663 (42.663)	1:26.184 (43.522)	2:10.603 (44.419)	2:55.585 (44.983)
3:41.019 (45.434)	4:26.193 (45.175)	5:11.056 (44.863)	5:52.805 (41.750)
9 Emma Gocken	SR Augustana	5:58.00	
43.393 (43.393)	1:26.563 (43.170)	2:11.189 (44.627)	2:56.225 (45.036)
3:41.473 (45.248)	4:27.237 (45.764)	5:14.641 (47.404)	5:58.000 (43.359)
10 Rylee Noack	JR Augustana	6:02.37	
43.644 (43.644)	1:27.553 (43.910)	2:12.101 (44.548)	2:57.560 (45.459)
3:43.913 (46.354)	4:31.380 (47.467)	5:17.907 (46.527)	6:02.361 (44.455)
11 Briana Obermaier	JR Quincy	6:19.11	
42.476 (42.476)	1:26.348 (43.872)	2:13.383 (47.035)	3:02.271 (48.888)
3:52.524 (50.254)	4:42.331 (49.807)	5:32.760 (50.430)	6:19.105 (46.346)
12 Carlie Davis	FR Quincy	6:25.61	
43.160 (43.160)	1:28.628 (45.468)	2:17.297 (48.670)	3:07.268 (49.971)
3:57.407 (50.139)	4:48.993 (51.587)	5:40.260 (51.267)	6:25.601 (45.342)

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....Women 1 Mile Run

13 Brooke Kashmier	FR Augustana	6:33.46		
44.289 (44.289)	1:30.636 (46.347)	2:19.800 (49.164)	3:08.717 (48.918)	
3:59.156 (50.439)	4:50.884 (51.728)	5:43.309 (52.426)	6:33.459 (50.150)	
14 Sofia Coglianesi	SO Quincy	6:34.04		
43.452 (43.452)	1:29.172 (45.720)	2:18.149 (48.978)	3:09.159 (51.010)	
4:00.177 (51.019)	4:53.096 (52.919)	5:46.365 (53.270)	6:34.032 (47.667)	
15 Loryn Heil	JR St. Ambrose	6:34.37		
45.211 (45.211)	1:31.129 (45.919)	2:20.471 (49.342)	3:10.680 (50.210)	
4:02.065 (51.386)	4:55.331 (53.266)	5:49.072 (53.742)	6:34.361 (45.290)	
16 Eileen Elenty	SO St. Ambrose	6:47.00		
45.792 (45.792)	1:32.781 (46.990)	2:24.739 (51.958)	3:18.747 (54.008)	
4:13.853 (55.107)	5:06.992 (53.139)	5:59.759 (52.767)	6:46.999 (47.240)	

Women 60 Meter Hurdles
Top 8 Advance by Time

Name	Year School	Prelims	H#
=====			
Preliminaries			
1 Lauren Oelke	SR Augustana	9.96q	1
2 Elanah Harris	FR St. Ambrose	10.35q	2
3 Khaliah Knox	FR Augustana	10.54q	1
4 Addison Wessel	FR Augustana	11.18q	2
5 Sarah Marrs	JR Augustana	11.19q	2
6 Kira Nelson	SR Augustana	11.25q	2
-- Ja'Kniah Lewis	SO St. Ambrose	DNF	1

Women 60 Meter Hurdles

Name	Year School	Finals
=====		
Finals		
1 Lauren Oelke	SR Augustana	9.73
2 Elanah Harris	FR St. Ambrose	9.99
3 Khaliah Knox	FR Augustana	10.76
4 Addison Wessel	FR Augustana	10.90
5 Sarah Marrs	JR Augustana	11.26
6 Kira Nelson	SR Augustana	11.55

Women 4x400 Meter Relay

School	Finals
=====	
1 Augustana 'C'	4:13.24
1) Jordyn VanSanten JR	2) Marie Weber FR
3) Cora Deemer SO	4) Madison Wies SR
2 Augustana	x4:30.11
1) Kira Nelson SR	2) Riley Kulaga FR
3) Lina Maatouk SR	4) Jaylee Elsts FR

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....Women 4x400 Meter Relay

3 St. Ambrose 'B'	4:45.16
1) Lexi Minard FR	2) Addy Smith JR
3) Ryleigh Warden JR	4) Loryn Heil JR
4 St. Ambrose	x4:51.20
1) Kaitlyn Knoche SO	2) Carlie Woolm SO
3) Lauren Johnson FR	4) Eileen Elenteny SO
-- Unattached	DNF
-- Augustana 'B'	DNF
1) Lauren Oelke SR	2) Kiana Breuer SO
3) McKenzie Reser SR	4) Addison Wessel FR

Women High Jump

Name	Year School	Finals
1 Rhiannon Marshall	JR Augustana	1.40m 4-07.00
1.35 1.40 1.45		
O O XXX		

Women Pole Vault

Name	Year School	Finals
1 Kate Surwillo	JR St. Ambrose	3.27m 10-08.75
2.52 2.67 2.82 2.97 3.12 3.27 3.45		
P P P P P O XXX		
1 Ryleigh Warden	JR St. Ambrose	3.27m 10-08.75
2.52 2.67 2.82 2.97 3.12 3.27 3.45		
P P P P P O XXX		
1 Cora Heller	FR Augustana	3.27m 10-08.75
2.52 2.67 2.82 2.97 3.12 3.27 3.45		
P P P P O O XXX		
4 Grace Gillespie	FR Augustana	2.97m 9-09.00
2.52 2.67 2.82 2.97 3.12		
O O O XXO XXX		

Women Long Jump

Name	Year School	Finals
1 Rachael Linskey	SR Augustana	4.90m 16-01.00
4.73m 4.90m 4.67m 4.73m FOUL 4.58m		
2 Elanah Harris	FR St. Ambrose	4.85m 15-11.00
4.85m 4.74m 4.76m 4.44m PASS PASS		
3 Jor'ae Beaver	FR St. Ambrose	4.78m 15-08.25
4.73m 4.70m 4.78m 4.42m 4.55m PASS		
4 Emma Juergens	FR Augustana	3.99m 13-01.25
3.99m 3.99m 3.87m 3.76m 3.69m 3.67m		



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....Women Weight Throw

5	Charlotte Frere	JR	Augustana	13.28m	43-07.00
	13.14m 13.28m 13.10m 13.14m	FOUL	FOUL		
6	Ella Colvin	SO	Augustana	11.94m	39-02.25
	11.94m FOUL FOUL 11.37m FOUL 11.30m				
7	Brianna Neumiller	SO	St. Ambrose	11.19m	36-08.50
	11.00m FOUL 11.03m 11.19m FOUL FOUL				
8	Alexis Tomlin	SO	St. Ambrose	10.91m	35-09.50
	10.37m FOUL 10.91m 9.36m FOUL 10.79m				
9	Julianna Jones	SR	St. Ambrose	10.79m	35-05.00
	10.20m 9.70m 10.79m FOUL 10.36m 10.22m				
10	Madison Parille	FR	Augustana	10.37m	34-00.25
	10.37m 9.89m FOUL				
--	Laina Nelson	SO	Augustana	FOUL	
	FOUL FOUL FOUL				