

A Letter to High School Athletes About Race Walking in College

(Last update: December 3rd, 2017)

High school track and field athletes in general, and high school race walkers in-particular, need to be made aware that there is a shortage of race walkers in the USA. There are currently more colleges seeking race walkers for their Track & Field teams than there are HS walkers in the USA. However, since there are so few experienced high school race walkers in the USA, most of the available scholarship dollars are not awarded. This magnifies the point that good high school race walkers are an important commodity to many colleges & universities.

Athletic scholarships are available for Race Walking!

What does it take to be a collegiate walker? The current qualifying times for the collegiate track & field nationals in the race walk are illustrated in the table below. Looks easy? Well only about a dozen men and a dozen women make the qualifying time – on average – each year. So, it is challenging. That is why HS athletes who already know how to walk and can walk the times listed below are in high demand:

RW Qualifying Standards for the 2018 Indoor & Outdoor Collegiate T&F Nationals				
Race Distance	Men		Women	
	Automatic	Provisional	Automatic	Provisional
INDOORS: 3,000 meters for men & women	14:15.00	15:15.00	16:30.00	17:45.00
OUTDOORS: 5,000m for men & women	24:00.00	25:45.00	27:45.00	28:45.00

But what colleges have the race walk? It isn't easy for a high school athlete to find out. But look at it from a college coach's point of view. Many media outlets don't print results of any HS competitions anymore; much less the results of a race walk competition. Here are a few ideas...

Searching the Internet:

When a high school student-athlete starts the search for their future college, the first thing that young man or woman should do is to create a list of colleges and universities that offer the programs he, or she, wants to study. This is the most important thing to do. After all, you go to college to get a good education. Athletics, including race walking, should be secondary.

There are many web sites on the internet that can help search the 3,500 or so colleges and universities in the USA for the ones that have the course of study desired. They can be found by going to any of the popular search engines like yahoo.com and google.com and typing in "College Search" and clicking on the SEARCH button.

The "big future" site by The College Board is one of these:

❑ <https://bigfuture.collegeboard.org/college-search>

Unfortunately, no site currently allows you to specifically search for the 200, or so, colleges and universities that include race walking as an event in the conference and national collegiate T&F championships. Helping you, the athlete, your parents and your coaches and counselors find these colleges & universities is the purpose of this paper.

Realistic Expectations - How Good Are You?

The High School Race Walk web site and its new app for your phone is a good place for college coaches, athletes, and parents of athletes to peruse. It recognizes the top HS Race Walkers in the USA, as well as a ranking of the top performers in the indoor and outdoor seasons. The rankings, along with various records are located at this web site:

<http://www.hsrw.net/>

Some background information on scholarships:

Every athlete is interested in getting a scholarship to college. But it may come as a shock as in today's collegiate environment rarely does any student-athlete receive a "Full Ride" scholarship to college. "Quarter" and "Third" scholarships are more the norm in athletics. These are often divided along the lines of separate awards for tuition, board, and books. An athlete may receive one, or two, but rarely all three. Financial need and academic standing are also determining factors.

Complicating the recruiting situation is the window afforded individual colleges for making contact with potential student athletes. The rules vary between each of the three divisions within the National Collegiate Athletics Association (NCAA). The National Association of Intercollegiate Athletics (NAIA) also has its own.

Generally, college coaches can't talk about recruiting and scholarship commitments until the summer after athlete's junior year in high school. But throughout the junior year, a high school student can initiate communication with a college by filling out one of the on-line forms that most college & university athletic departments offer on their web sites. High school athletes who race walk should also email the coach directly using the listings in this document and request information about their college and its track and cross country team programs.

One last, very important consideration when seeking that athletics scholarship – there is more money available via academic scholarships for good grades and test scores than for athletic prowess. So while you are focusing on that set of 20 fast 400 meter repeats in practice, remember it is even more important to be getting top notch marks in the class room and on the ACT and/or SAT assessments!

More information on Obtaining College Financial Aid:

Now Faster & Easier: The typical first step in getting financial aid is completing the Free Application for Federal Student Aid (FAFSA). Students should initiate this in September/October of their senior years. The document provides guidelines to how much financial aid the student-athlete is eligible for outside of any (athletic or academic) merit based scholarships. This is obtained at:

www.fafsa.ed.gov

Most colleges require this before awarding any merit based scholarships or need-based grants and loans. This includes the Pell grants and the Perkins and Stafford loan programs. You should also check into the special interest, first generation and regional scholarships that are available at the colleges you have narrowed your choices down too. And don't forget there is also a Federal Department of Education searchable database. The data base can provide additional places to apply for scholarships:

<https://www.studentaid.ed.gov/>

Finally, don't forget to consult with the counselors at your high school and the admissions advisors at the colleges you are considering. They have additional resources available to them for assisting you. One of these will be:

<http://www.smartscholar.com/>

WHAT COLLEGES ARE LOOKING FOR RACE WALKERS?

The **National Association of Intercollegiate Athletics (NAIA)** has been conducting the race walk as a scored event at its National Track & Field Championships for almost 50 years. Since 1980 nearly 75% of all race walkers on the USA Olympic Team have graduated from NAIA member colleges and universities.

The NAIA has always been the forward thinking, driving force for the inclusion, not exclusion, of all Olympic Events at the collegiate level. Not only are the race walks a scoring event at both the indoor and outdoor National T&F Championships but the NAIA also includes the marathon with its outdoor T&F championships. The more familiar NCAA (National Collegiate Athletics Association) does none of this.

There are also many advantages to competing in the NAIA as a race walker. Besides the benefit of the close-knit communities and small class sizes typically found on a NAIA member school campus, NAIA athletics offer:

- 1) A maximum opportunity to participate in regular season competitions and National Championships
- 2) The focus is on education and character development of the student athlete
- 3) Fewer recruiting restrictions and greater opportunities to transfer without losing a season of eligibility
- 4) And, **NAIA athletes can turn Pro, stay in college and keep their scholarships!** The NAIA broadened its rules on amateurism to allow race walkers to earn prize money & travel reimbursement funds at the USATF Outdoor Champs & all other races when the athlete is out of school (i.e. summer vacation) and not representing their college or university. Athletes cannot accept prize money at the USATF indoor nationals or other races during the school year and retain their eligibility. However, NAIA member schools, unlike the NCAA, can pay all expenses for athletes participating in these competitions in accordance with the school's policies.

The NAIA is comprised of almost 300 member institutions, each dedicated to the ideals of excellence in character and respect in both athletics and academics. Approximately 200 of these schools have T&F programs. And of particularly good news to aspiring race walkers is the fact that only a couple dozen of those schools currently have race walkers. The rest are looking for that one walker that will lead their program. This paper identifies those NAIA member schools and the coaches most interested in having race walkers as members of their teams. But to obtain a complete listing of all NAIA member colleges click on over to the NAIA's revamped website and click on "SCHOOLS" or "CONFERENCES":

<http://www.naia.org/>

The NAIA recruitment process is less cumbersome, with fewer restrictions on the contact between a student-athlete and a coach. More frequent communication aids in assuring that the student-athlete is comfortable with the choice of an institution. Athletes can get qualified for receiving athletic aid at any NAIA college or university by visiting the NAIA Eligibility Center at:

<http://www.playnaia.org/>

What about **National Collegiate Athletic Association (NCAA)** schools? Regretfully, there isn't much positive that can be said about race walking in the NCAA. The NCAA does not recognize the race walk as a track & field event at any level. Current NCAA rules prohibit student athletes who are race walkers from receiving financial assistance from the athletic departments at their colleges. Therefore, there are **NO** athletic scholarships for race walking within the NCAA ranks. That said, there still exists some opportunities for race walking at certain NCAA universities because of supportive coaches at those institutions.

NCAA Division I:

- Marist University in New York is currently the only NCAA division I school with a coach actively willing to support student athletes who race walk. Charles (Chuck) Williams <runnerfox@aol.com> (845) 575-3699 x1-2578

NCAA Division II:

- Mansfield University in Mansfield, Pennsylvania, is a good location for track & field athletes who race walk. Three-time Olympian in the race walk - Michelle Rohl – assists her husband; head coach Mike Rohl, in coaching at Mansfield University. Contact Coach Rohl at: <mrohl@mnsfld.edu> (570) 662-4645
- University of Illinois @ Springfield in Springfield, Illinois/ The head coach is Mike DeWitt, formerly in charge of the powerhouse race walk program at University of Wisconsin - Parkside for nearly 30 years. Contact coach DeWitt at: <mdewi4@uis.edu> (262) 496-2212

NCAA Division III:

Division III coaches are NOT allowed to give scholarships based upon athletic (race walking/running) abilities. But if you are a top notch academic student a couple NCAA schools on the east coast do have coaches that will try to assist their track & field athletes who also race walk. Rensselaer Polytechnic Institute in New York is one of those.

Many of the NCAA limitations are also determined by the athlete's gender. The combined scholarship limits for an entire program at the NCAA Division I level for Track & Field/Cross Country athletes are 18 for the women and 12.6 for the men. Race walkers have been ruled ineligible by the NCAA's Compliance Office to receive any of these athletic scholarships.

Junior Colleges

California: There is currently one junior college in California where a high school athlete can get the cross country, track & field and race walking opportunities that should be afforded him or her nationwide. In 2010, two-time Olympic Race Walker Tim Seaman was hired as a head track and cross country coach at Cuyamaca College near San Diego, California. Many of America's top post collegiate race walkers now live and train near Cuyamaca College forming a training center for race walking.

Starting in spring 2018 the Southern California Community College T&F Championships will include race walking as an exhibition event. You can contact Coach Seaman at: <Tim.Seaman@Olympian.org> for more information on any of the junior college opportunities in California.

Mississippi: Long time race walk coach Joel Pearson is now at Meridian Community College offering athletes another platform for continuing their RW careers. <jpearso9@meridiancc.edu> & (360) 223-0264.

NAIA Success Stories

While based in the geographical center of the USA there are over 300 NAIA colleges and universities scattered across the country. But few are in the northeast (go figure) where race walking is popular among HS students in New York and Maine. Therefore student-athletes will often need to look out-of-state to continue their education. Luckily, most will find that cost of education will be lower at the NAIA member institution than at an in-state school in New England and New York.

Competitively, the race walk is conducted as a scoring event at the NAIA indoor and outdoor collegiate national T&F championships. Further, the NAIA encourages its member conferences to include the walks at invitational meets as well as individual Conference Championships. The most recent conferences to add the race walk as a scoring event at both their indoor and outdoor championships are the Chicagoland Collegiate Athletic Conference (CCAC) composed of 14 colleges and universities and the Appalachian Athletic Conference (ACC). The ACC is composed of 16 colleges & universities.

On the next page is a list of colleges whose college coaches have historically recruited race walkers for their T&F teams. Those colleges prefixed with an asterisk (*) had race walkers on their 2017 T&F team(s). Please contact the coaches directly for more information about their program and availability of scholarships:

1. (*) Avila University (Kansas City, Missouri) Je'Kel Smith <jekel.smith@avila.edu> 816-501-2477
2. (*) Baker University (Baldwin City, Kansas) Tim Byers <tbyers@bakeru.edu> (785) 594-4581
3. (*) Benedictine College (Atchison, Kansas) Rex Lane <rlane@benedictine.edu> (913) 360-7606
4. Brenau Univ. (Gainesville, Ga) Heather Hestetter <hestetter@brenau.edu> & Bryon Kramer <bkramer@brenau.edu>
5. (*) Campbellsville University (Kentucky) Mark Miller <mamiller@campbellsville.edu> (270) 789-5517
6. (*) Central Methodist U (Fayette, Missouri) Mark Nelson <mnelson@centralmethodist.edu> (660)-248-6312
7. (*) Cardinal Stritch (Milwaukee, Wis) Bill Massoels <wmassoels@stritch.edu> (414) 410-4877
8. Carlow University (Pittsburgh, PA) Greg Schmitt <grschmitt@carlow.edu> (412) 578-6320
9. Columbia College (Columbia, SC) Travis Nichols <tnichols@columbiasc.edu> (803) 786-3373
10. Columbia University (Columbia, Missouri) Tracy Jex <tjex@ccis.edu> (573) 875-7197
11. (*) Concordia University (Ann Arbor, Michigan) Jamie Labrosse <jamietrack10@gmail.com> (517) 672-8684
12. (*) Concordia University (Seward, Nebraska) Matt Beisel <matt.beisel@cune.edu> (402) 643-7190
13. (*) Cornerstone University (Grand Rapids, Michigan) Nate Van Holten <doctor_nate@hotmail.com > (616) 821-3470
14. Culver-Stockton Univ. (Canton, Missouri) Alan King <aking@culver.edu> (573) 288-6426
15. (*) Dakota Wesleyan University (Mitchell, South Dakota) Derik Fossum <defossum@dwu.edu> (605) 995-2954
16. (*) Friends University (Wichita, Kansas) Jason Parr <jason_parr@friends.edu> (620) 617-4185
17. (*) Georgetown (Georgetown, KY) Lucas Garnett <lucas_garnett@georgetowncollege.edu> (502) 863-8335
18. (*) Goshen College (Goshen, IN) Jake Gunderkline & Rustin Nyce <rustinwn@goshen.edu> (574) 535-7495
19. (*) Graceland University (Lamoni, Iowa) Jordon Andreassen <jordona1@graceland.edu> (641) 784-5464
20. (*) Grand View University (Des Moines, Iowa) Jerry Monner <jmonner@grandview.edu> (515) 263-6046
21. Hannibal-LaGrange (Hannibal, Missouri) Andy Lemons <andy.lemons@hlg.edu> (573) 231-6987
22. Haskell Indian Nations University (Lawrence, Kansas) Al Gipp <agipp@haskell.edu> (785) 830-2758
23. (*) Judson College (Elgin, Illinois) Joel Popenfoose <joel.popenfoose@judson.edu> (847) 628-2518
24. (*) Kansas Wesleyan University (Salina KS) Luke Samford <luke.samford@kwu.edu> (785) 833-4409
25. Lindenwood - Belleville University (Bellville, Illinois) Tim Cary <tcary@lindenwood.edu> (618) 239-6383
26. Lindsey Wilson (Columbia, Kentucky) Jamaine Gordon <gordonj@lindsey.edu> (270) 384-8175
27. Marian University (Indianapolis, Indiana) Michael Holman <mholman@marian.edu> (317) 955-6585
28. Midland University (Fremont, Nebraska) Mark Kostak <kostek@midlandu.edu> (402) 941-6085
29. (*) MidAmerican Nazarene University (Olathe, KS) Nate Wiens <nawiens@mnu.edu> (913) 971-3362
30. (*) Missouri Baptist (St. Louis, MO) Katie Goodwin <clinek@mobap.edu> & Mark Sisson <sissomm@mobap.edu>
31. Missouri Valley (Marshall, MO) Dave Dominguez <dominguezd@moval.edu> Sarah Niemeier <niemeiers@moval.edu>
32. Montreat University (Montreat, North Carolina) Jason Lewkowicz <jlewkowicz@montreat.edu> (828) 669-8012 x3425
33. Morningside College (Sioux City, IA) David Nash <nash@morningside.edu> (712) 274-5334
34. Mount Marty College (Yankton, South Dakota) Randy Fischer <randall.fischer@mtmc.edu> (605) 668-1263
35. (*) Mt. Mercy University (Cedar Rapids, Iowa) Jamie Jimmison <jjimison@mtmercy.edu> 319-363-1323 ext. 1307
36. Northwest University (Kirkland, Washington) Mark Mandi <mark.mandi@northwestu.edu> (425) 889-7785
37. Olivet Nazarene University (Bourbonnais, IL) Ashley Thomas <aathomas@olivet.edu> (815) 928-5570
38. (*) Ottawa College (Ottawa, KS) Jim Whittaker <james.whittaker@ottawa.edu> (785) 248-2638
39. Our Lady of the Lake University (San Antonio, Texas) Steve Sherman <ssherman@ollusa.edu> (210) 288-7361
40. (*) Park University (Parkville, MO) Brian Renshaw <brian.renshaw@park.edu> (816) 584-6488
41. (*) Point Park University (Pittsburgh, PA) Kelly Parsley <kparsley@pointpark.edu> (412) 392-3834
42. (*) Saint. Ambrose (Davenport, IA) Dan Tomlin <tomlindaniield@sau.edu> (563) 333-6236
43. Saint Andrews College (Laurinburg, NC) Larry Rogers <roderslw@sa.edu> (910) 277-3965
44. Saint Xavier College (Chicago, Ill) Kyle Rago <rago@sxu.edu> (773) 298-3306 & Lisa Ebel <l.ebel@sxu.edu>
45. Southern Oregon (Ashland, Oregon) Grier Gatlin <gatling@sou.edu> (541) 552-6500
46. (*) Spring Arbor University (Spring Arbor, Michigan) Jeremy Smith <jeremys@arbor.edu> (517) 750-6788
47. (*) University of British Columbia (Vancouver, Canada) <Laurier.primeau@ubc.ca> (604) 897-0212
48. (*) University of the Cumberlands (Kentucky) Randy Greer <randall.greer@ucumberlands.edu> 606-271-2810
49. University of Jamestown (N. Dakota) Ed Crawford <ecrawfor@jc.edu> & Jim Clark <clark@jc.edu>
50. University of Maine – Fort Kent (Maine) Coach TBD - <https://athletics.umfk.edu/>
51. (*) University of Rio Grande (Rio Grande, Ohio) Bob Willey <rwilley@rio.edu> (740) 245-7487
52. U of St. Francis (Joliet, IL) Jeff Barker <jbarker@stfrancis.edu> 815-740-3408 Jeff Chiapello <jchiapello@stfrancis.edu>
53. (*) University of St. Mary (Leavenworth, KS) Alstin Benton <alstin.benton@stmary.edu> (913) 702-5115
54. Viterbo Univ. (La Cross, Wis) Chase Thomson <chtomson@viterbo.edu> & <ddfriysch@viterbo.edu> (608) 796-3128
55. Westmont University (Santa Barbara, CA) Russell Smelley <smelley@westmont.edu> (805) 565-6108
56. (*) West Virginia Tech (Beckley, WV) Bruce Cox <bucox@mail.wvu.edu> (304) 929-1503
57. William Penn University (Oskaloosa, IA) Allen Friesen <friesena@wmpenn.edu> (641) 673-1706

The biggest thing athletes need to remember is that they need to be proactive in the recruiting process. Don't wait for coaches to find you. Don't assume that filling out the questionnaire is the end of the process for you. Email the coach. Fill out prospective recruit forms. Make a phone call and follow up.

Recruiting Questions to ask:

Once you have settled on a college (or three) to visit, have a set of questions to ask the coach. Some sample questions are: Who actually coaches the race walkers? What competitions will the team be going to that include race walking? Will there be an opportunity to go to race walk only competitions (i.e. Penn Relays, USATF)? Are there study tables for academic assistance?

Additional questions to other athletes at the college include: Do you like the coach? Does the team do activities together away from practices and meets? How are injured athletes treated by the coach and medical staff? Who actually coaches the race walkers?

NAIA Colleges that signed high school race walkers for the 2017-2018 college year:

- Friends University (Wichita, Kansas): Kayla Allen (Lewistown HS, Lewistown, Maine)
- Judson University (Elgin, Illinois): Nayeli Cisneros (Elgin HS/Sharks, Elgin, Illinois)
- University of Rio Grande (Rio Grande, Ohio): Cameron Haught (Greenon HS, Enon, Ohio)
- West Virginia Tech (Beckley, WV): Steven Smith (South Portland HS, South Portland, Maine)

CONTACT PEOPLE IN RACE WALKING

Hopefully you have found this article useful in identifying the colleges that are race walk friendly. The following individuals can assist you with questions you have about race walking locally, or at the high school, collegiate & national levels as well as other opportunities for race walking in the USA.

- John Nunn – Chairman of USATF Race Walk Committee <walkmanjohn@yahoo.com>
- Anthony Garcia – Chair of RW Development <Anthonymdgarcia@gmail.com>
- Maria Michta-Coffey – Women's RW Athlete Representative <maria.l.michta@gmail.com>
- Dave McGovern – Men's RW Athlete Representative <rayZwocker@aol.com>
- Katie Burnett – NAIA All-American Race Walker – RW Executive Committee <racewalkerkt@yahoo.com>
- Michael Roth – HS Race Walking Web Site - <http://www.hsrw.net/>

WEB SITES WITH INFORMATION

All national championships as well as additional information on race walking is available thru the national website:

- **USATF Web Site:** <http://www.usatf.org/Sports/Race-Walking.aspx>

Locations for the latest in information on HS race walking:

- <http://www.hsrw.net>
- www.facebook.com/groups/hsracewalk/

Four great web sites with information on race walking including technique, books, etc., are:

- <http://www.racewalk.com/>
- <http://www.eracewalk.com/>
- <http://narionline.org/RaceWalk101/RaceWalking101.html>
- <http://www.racewalking.org/>

Web Site containing information on the Al Heppner Scholarship for collegiate race walkers:

- <http://www.narionline.org/nari/Programs/AlHeppner.asp>

Appendix

2017 NAIA OUTDOOR RACE WALK RANKINGS

Below are the ranked lists for both the college men and the college women who competed in the race walk during the 2017 outdoor track and field season and their best times during the season. This list will further inform high school athletes regarding the strength of race walking within the NAIA, both nationally, and at the individual college level. A dividing line distinguishes those who qualified for the 2017 collegiate nationals in the race walk from the non-qualifiers. The 2017 outdoor nationals were held in Gulfport, Mississippi. A total of 29 distinct colleges & universities fielded athletes in the race walk during 2017. That is the most ever.

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Women's 5000m RW Auto Qualifier 27:45, Provisional Qualifier: 28:15

The 2017 Indoor Champ from Missouri Baptist, Natalie Alfonzo, had the fastest outdoor time prior to the National Championships. However, the graduating senior from Venezuela was upset on race-day by Judson first-year Anali Cisneros. Cisneros is a graduate of the Elgin HS, near Chicago. Anali has competed international as part of the USA National Junior Team and is the American record holder at the 10,000m distance for Junior (U20) women.

1) Natalia Alfonzo	SR Missouri Baptist	24:09.06
2) Anali Cisneros	FR Judson	24:09.51
3) Katherine Newhoff	FR St. Ambrose	25:08.39
4) Amberly Melendez	FR Cardinal Stritch	25:23.31
5) Jenny Lopez	JR St. Ambrose	25:46.55
6) Brenda McCollum	SO Baker	26:46.12
7) Denise McCandrew	JR Missouri Baptist	26:50.56
8) Bailey Brogan	SR Cornerstone	27:10.01 ht
9) Siana Emery	FR Goshen	27:10.82 ht
10) Zoe Zhang	FR British Columbia	27:12.15
11) Cassandra Delgado	SO St. Ambrose	27:12.71
12) Caitlyn Apollo	SO Baker	27:57.64
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13) Meredith Pickert	SR Benedictine (Kan.)	28:33.23
14) Jessie Langmeyer	SO Cornerstone	28:44.66 ht
15) Phoebe Grubbs	JR Ottawa College	30:01.47
16) Elizabeth Larsen	FR Concordia (Mich.)	30:23.14 ht
17) Julianna Bradley	SO Campellsville	30:58.30
18) Ioulia Barakou	SR Missouri Baptist	31:36.62
19) Niki Worsham	SR Rio Grande	33:39.18
20) Michaela Barretta	FR Grand View	33:47.29
21) Emily Angell	FR Central Methodist	33:56.50
22) Hayley Leonard	SR Grand View	34:16.14
23) Abby Protzman	SO Concordia (Neb)	34:57.29
24) Kelly Brooke	FR Park U	36:29.44
25) Quinci Cox	FR Central Methodist	37:00.15
26) Emily Wetzel	FR Concordia (Neb)	37:51.53
27) Shana Foster	FR Missouri Baptist	38:22.72
28) Natilya Perks	FR Campbellsville	39:23.04
29) Karina Johnson	SO Grand View	40:47.86
30) Brittany Maniet	JR Point Park	41:24.32
31) Taylor Grubb	SO Rio Grande	41:41.77
32) Katie Glover	SR Rio Grande	41:42.17
33) Shelby Carlson	SR St. Ambrose	44:53.05
34) Blair Barger	SR Cumberlands	47:25.12
35) Courtney Lee	SO Georgetown (Ky)	53:24.28

**Men's 5000m RW**  
**Auto Qualifier 24:00, Provisional Qualifier: 25:45**

Individually, the reigning indoor and 2016 defending champion Anthony Peters led the men's field. He went on to win the 2017 outdoor title. His dominance as one of the USA's top race walkers is recognized by his membership on the US National Team that competed in the PanAm Cup in Lima, Peru in May of 2017.

1) Anthony Peters	JR St. Ambrose	20:13.27
2) Alger Liang	FR British Columbia	22:03.39
3) Anthony Gruttadauro	FR Spring Arbor	22:05.07
4) Luke Jobson	SO West Virginia Tech	22:43.04
5) Emilio Mancha	SO St. Ambrose	23:11.76
6) Colis Cheng	SO British Columbia	23:13.13
7) Nathan Downey	FR British Columbia	23:13.89
8) Sam Elmi	SO Cornerstone	23:52.44
9) Doug Hutcherson	SR Central Methodist	23:56.03
10) Brandon Wiseheart	SR Campellsville	24:04.15
11) Jacob Benson	SR Cornerstone	24:57.99
12) Jason Rabie	JR Cornerstone	25:12.83 ht
13) Sawyer Biddle	JR Goshen	25:35.92 ht

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14) Noah Rogers	FR Spring Arbor	26:09.80
15) Gareth Matson	FR The Masters U	27:31.21
16) Jon Andersen	SO Mount Mercy	28:18.37
17) Casey Gerczak	SO St. Ambrose	28:46.52
18) Daniel Rivera	SO Baker	28:56.99
19) Clay Bowling	SR Cumberlands	28:57.66
20) Leo Kessler	FR St. Ambrose	29:26.21
21) Ben Downey	FR MidAmerica Naz.	29:32.51
22) Jack Haugen	FR St. Ambrose	29:49.56
23) Cameron Moes	SO Concordia (Neb)	31:46.93
24) Taylor Murray	FR Grand View	31:51.20
25) Christopher Welch	SR Graceland	31:58.70
26) Jacob Singleton	FR Cumberlands	32:17.73
27) Robbie Peterson	FR Concordia (Neb)	32:52.63
28) Edwin Ford	FR Campbellsville	36:10.27
29) Tim Secoy	FR Shawnee State	36:24.52
30) Brydon Wanner	SO MidAmerica Naz	36:59.80
31) Ray Quiroz	SR Grand View	37:27.13
32) Kyle Dusch	FR St. Mary's (Kan.)	38:24.96
33) Roger Wadsworth	SO Avila	38:28.25
34) Ethan Greenawalt	FR Rio Grande	38:49.03
35) Blake Freed	SR Rio Grande	39:10.34
36) Tim Warner	SR Rio Grande	40:00.31
37) Colton Galusha	FR Grand View	49:29.50

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For corrections and questions about this document contact: Vince Peters @ <mv_tc@sbcglobal.net>