WAVERLY - The Mount Mercy men's and women's track teams won seven titles at the Wartburg Outdoor Select meet in Waverly Saturday.

Connor Christopherson captured the 400 meter dash (49.97), Colton Forster took the 5000 meter run (16:56.82) and Luke Nickelson won the long jump (21-8 1/4) for the men's team.

Kathryn Vander Poel claimed the 800 (2:19.40), Vanessa Cortes won the 5000 (18:52.80), McKenna Johnson won the 3000 steeplechase (12:04.49) and Rachel Gadient prevailed in the heptathlon (4,335 points).

Nicholson finished second in the triple jump (45-2 1/2). Sophie Feahn took second in the 100 (13.09). Jasmine Wardell was second in the shot put (39-10 1/2).

Wartburg won the men's and women's team championships. Mount Mercy finished fourth out of six teams in both divisions.