

FAYETTE, Mo. - Vanessa Cortes of Mount Mercy was the undisputed queen of the distance races at the Heart of America Conference track meet this weekend.

Cortes captured the 10,000 meter run on Friday and claimed the 5,000-meter race on Saturday in 18 minutes, 39.08 seconds.

Cortes helped the Mustangs finish fourth out of 12 teams in the standings.

Jasmine Wardell of Mount Mercy won the shot put (13.01 meters) and Kathryn Vander Poel claimed the 1500 (4:46.21). Vander Poel also finished second in the 800 (2:19.37). Andrea Ertz placed third in the 1500 (4:54.35) and Alexa Zamora was third in the 5000 (19:19.08).

Colton Forster won the 10,000 meter run in 31:54.27 for the Mount Mercy men's track team. Jon Anderson, James Lindstrom and Forster also collected second-place showings.

Anderson was second in the 5,000 meter race walk (25:09.98), Lindstrom was the runnerup in the 1500 (4:04.08) and Forster was second in the 5000 (15:34.72).

Mount Mercy finished sixth in the men's team standings.

WOMEN'S TEAM STANDINGS

1. MidAmerica Nazarene 195, 2. Benedictine 135, 3. Baker 124, 4. Mount Mercy 100, 5. Grand View 85, 6. Central Methodist 78.5, 7. Graceland 70, 8. Clarke 64, 9. William Penn 20, 10. Evangel 8, 11. Culver-Stockton 3.5, 12. Missouri Valley 3.

MEN'S TEAM STANDINGS

1. Grand View 178, 2. Baker 146, 3. MidAmerica Nazarene 129, 4. Benedictine 108, 5. Central Methodist 91, 6. Mount Mercy 71, 7. William Penn 60, 8. Clarke 37, 9. Evangel 30, 10. Missouri Valley 24, 11. Graceland 12, 12. Culver-Stockton 5.