

St. Olaf Quadrangular - 1/24/2020

Tostrud Center, St. Olaf College

Results

Women 60 Meter Dash

Facility Rec: 7.67 F 2014 Mallory Burnham

Name	Yr	School	Prelims
Preliminaries			
1 Babalola, Jireh	FR	Bethel (Minn	8.18Q
2 Carson, Maya	FR	St. Thomas (8.35Q
3 Dolby, Maddy	FR	St. Thomas (8.28q
4 Richards, Lauren	FR	Bethel (Minn	8.40q
5 McLoone, Delaney	JR	St. Thomas (8.43q
6 Mellin, Samantha	SR	St. Thomas (8.62q
7 Banks, Tyra	JR	Gustavus Ado	8.79q
8 Brohmer, Maddie	FR	St. Thomas (8.85q
9 Gitch, Maya	JR	St. Olaf	8.99
10 Thompson, Taylor	JR	Gustavus Ado	9.05
11 Doyle, Chloe	SR	Bethel (Minn	9.05
12 LaRue, Kayla	SO	St. Olaf	9.06

Women 60 Meter Dash

Facility Rec: 7.67 F 2014 Mallory Burnham

Name	Yr	School	Finals
Finals			
1 Dolby, Maddy	FR	St. Thomas (8.16 9
2 Babalola, Jireh	FR	Bethel (Minn	8.18 7
3 Richards, Lauren	FR	Bethel (Minn	8.38 6
4 Carson, Maya	FR	St. Thomas (8.39 5
5 McLoone, Delaney	JR	St. Thomas (x8.44
6 Mellin, Samantha	SR	St. Thomas (x8.67
7 Banks, Tyra	JR	Gustavus Ado	8.76 4
8 Brohmer, Maddie	FR	St. Thomas (x8.92

Women 200 Meter Dash

Facility Rec: 25.60 F 2005 Tonnisha Bell

Name	Yr	School	Finals
Finals			
1 Labatt, Delia	SR	Bethel (Minn	26.26 9
2 Burmaster, Arianna	FR	Gustavus Ado	26.99 7
3 Sankey, Hannah	JR	Bethel (Minn	27.03 6
4 Babalola, Jireh	FR	Bethel (Minn	x27.68
5 Dolby, Maddy	FR	St. Thomas (27.68 5
6 Richards, Lauren	FR	Bethel (Minn	x27.86
7 Conradi, Lauren	SO	Bethel (Minn	x28.19
8 Teichroew, Erin	JR	Gustavus Ado	28.34 4
9 Kammer, Laura	SR	St. Olaf	28.37 3
10 Pettitt-Kenney, Teresa	FR	St. Olaf	28.65 2
11 Finnes, Taylor	SO	Bethel (Minn	x28.74
12 Duffy, Anna	FR	St. Olaf	x28.91
13 Thomley, Olivia	FR	Gustavus Ado	x29.05
14 Bode, Claire	SO	Bethel (Minn	x29.64
15 Eliason, Ella	SO	Bethel (Minn	x29.88
16 King, Hannah	FR	Bethel (Minn	x30.00
17 Zimmerman, Emma	FR	Gustavus Ado	x30.06
18 Doyle, Chloe	SR	Bethel (Minn	x30.14
19 Banks, Tyra	JR	Gustavus Ado	x30.20
20 Archer, Ester	SR	Gustavus Ado	x30.25

21 Aho, Marianna	FR	Gustavus Ado	x30.52
22 Garcia Balmaceda, Cynthia	SO	Bethel (Minn	x30.55
23 Bonin, Lauren	FR	Bethel (Minn	x30.59
24 Thompson, Taylor	JR	Gustavus Ado	x30.66

Women 400 Meter Dash

Facility Rec: 56.35 F 2006 Rachel Anderson

Name	Yr	School	Finals
Finals			
1 Nordberg, Britta	FR	Bethel (Minn	1:01.29 9
28.590 (28.590)	1:01.290 (32.700)		
2 Turek, Mikayla	FR	Bethel (Minn	1:01.42 7
28.545 (28.545)	1:01.417 (32.872)		
3 McGuire, Grace	SO	St. Thomas (1:02.05 6
29.433 (29.433)	1:02.044 (32.611)		
4 Smith, Anna	SR	St. Thomas (1:02.70 5
29.382 (29.382)	1:02.691 (33.309)		
5 Cater, Paige	JR	St. Thomas (x1:03.13
29.894 (29.894)	1:03.124 (33.230)		
6 Arett, Ashlyn	SO	St. Thomas (x1:04.90
30.096 (30.096)	1:04.899 (34.803)		
7 Follestad, Rachael	JR	Gustavus Ado	1:06.45 4
31.559 (31.559)	1:06.443 (34.884)		
8 Rodel, Addison	FR	Gustavus Ado	1:06.73 3
31.793 (31.793)	1:06.721 (34.928)		
9 Archer, Ester	SR	Gustavus Ado	x1:10.48
32.972 (32.972)	1:10.478 (37.506)		

Women 600 Meter Run

Facility Rec: 1:33.98 F 2003 Megan Daymont

Name	Yr	School	Finals
Finals			
1 Donnelly, Elizabeth	SO	Gustavus Ado	1:41.91 9
32.315 (32.315)	1:07.027 (34.712)	1:41.901 (34.874)	
2 Simon, Jaycie	FR	St. Thomas (1:43.33 7
32.357 (32.357)	1:06.432 (34.075)	1:43.324 (36.892)	
3 Brockberg, Emily	FR	Bethel (Minn	1:44.27 6
32.198 (32.198)	1:44.270 (1:12.072)		
4 Gerber, Grace	FR	St. Thomas (1:46.41 5
33.070 (33.070)	1:09.135 (36.065)	1:46.406 (37.271)	
5 Elstad, Katie	JR	St. Olaf	1:46.46 4
32.460 (32.460)	1:07.728 (35.268)	1:46.460 (38.732)	
6 Mauzer, Riley	FR	St. Olaf	1:47.53 3
33.826 (33.826)	1:10.954 (37.128)	1:47.525 (36.571)	
7 Lyrek, Amaya	FR	St. Thomas (x1:47.74
32.110 (32.110)	1:06.749 (34.639)	1:47.734 (40.985)	
8 Johnson, Lauren	FR	St. Olaf	x1:50.16
35.545 (35.545)	1:12.344 (36.799)	1:50.158 (37.814)	
9 Alpers, Lauren	JR	Bethel (Minn	1:50.65 2
33.515 (33.515)	1:06.373 (32.858)	1:50.641 (44.268)	
10 Cutlan, Marissa	FR	Bethel (Minn	x1:51.38
34.802 (34.802)	1:12.856 (38.054)	1:51.380 (38.524)	
11 Brown, Makenna	FR	Bethel (Minn	x1:51.95
33.957 (33.957)	1:10.989 (37.032)	1:51.948 (40.959)	
12 Egge, Talia	FR	Bethel (Minn	x1:53.18
33.589 (33.589)	1:11.142 (37.553)	1:53.177 (42.035)	

St. Olaf Quadrangular - 1/24/2020

Tostrud Center, St. Olaf College

Results

Finals ... (Women 600 Meter Run)

Name	Yr	School	Finals
13 Hennen, Alexis	SO	Bethel (Minn	x2:08.58
38.291 (38.291)	1:21.493 (43.202)	2:08.572 (47.079)	

Women 800 Meter Run

Name	Yr	School	Finals
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Finals

Name	Yr	School	Finals
1 Dammann, Morgan	SR	St. Thomas (2:18.12 9
32.602 (32.602)	1:07.793 (35.191)	1:43.829 (36.036)	
2:18.111 (34.282)			
2 Scheuerman, Carly	JR	St. Thomas (2:18.13 7
34.372 (34.372)	1:08.777 (34.405)	1:44.099 (35.322)	
2:18.125 (34.026)			
3 Winter, Tierney	SR	Gustavus Ado	2:20.56 6
33.774 (33.774)	1:08.643 (34.869)	1:44.658 (36.015)	
2:20.552 (35.894)			
4 Kroll, Anna	JR	St. Thomas (x2:26.35
34.583 (34.583)	34.727 (0.144)	1:09.581 (34.854)	
2:26.349 (1:16.768)			
5 Anderson, Haley	SR	Gustavus Ado	2:29.92 5
35.877 (35.877)	1:12.042 (36.165)	1:50.908 (38.866)	
2:29.913 (39.005)			
6 Cargill, Ellie	FR	Bethel (Minn	2:30.71 4
34.733 (34.733)	1:10.096 (35.363)	1:48.899 (38.803)	
2:30.705 (41.806)			
7 Crow, Lydia	SO	Bethel (Minn	2:34.95 3
36.255 (36.255)	1:15.461 (39.206)	1:54.963 (39.502)	
2:34.944 (39.981)			
8 Beyer, Avery	SO	Gustavus Ado	x2:36.37
35.989 (35.989)	1:15.197 (39.208)	1:55.606 (40.409)	
2:36.369 (40.763)			
9 Gossard, Liv	SO	St. Olaf	2:41.70 2
37.109 (37.109)	1:16.401 (39.292)	1:57.898 (41.497)	
2:41.694 (43.796)			
10 Hagestuen, Nora	SO	Gustavus Ado	x2:50.39
37.425 (37.425)	1:18.657 (41.232)	2:04.513 (45.856)	
2:50.382 (45.869)			
11 Vasquez Pena, Beatriz	SO	Bethel (Minn	x2:59.41
37.461 (37.461)	1:20.095 (42.634)	2:08.572 (48.477)	
2:59.408 (50.836)			

Women 1000 Meter Run

Name	Yr	School	Finals
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Finals

1 Passmore, Gabriela	SR	Gustavus Ado	3:19.54 9
36.952 (36.952)	1:15.936 (38.984)	1:56.382 (40.446)	
2:38.155 (41.773)	3:19.532 (41.377)		
2 Severson, Julia	FR	Gustavus Ado	3:21.90 7
37.129 (37.129)	1:16.851 (39.722)	1:59.541 (42.690)	
2:43.094 (43.553)	3:21.900 (38.806)		
3 Duchscherer, Allison	FR	Bethel (Minn	3:38.05 6
40.466 (40.466)	1:24.167 (43.701)	2:11.252 (47.085)	
2:57.520 (46.268)	3:38.045 (40.525)		

4 Gossard, Sophie	FR	St. Olaf	3:38.90 5
40.012 (40.012)	1:22.700 (42.688)	2:07.453 (44.753)	
2:53.690 (46.237)	3:38.892 (45.202)		

Women 1 Mile Run

Facility Rec: 4:55.60 F 2013 Taylor Berg

Name	Yr	School	Finals
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Finals

1 Lundgren, Claudia	SR	St. Thomas (5:29.69 9
42.405 (42.405)	1:24.986 (42.581)	2:06.497 (41.511)	
2:47.169 (40.672)	3:28.338 (41.169)	4:10.719 (42.381)	
4:52.938 (42.219)	5:29.689 (36.751)		
2 Passmore, Gabriela	SR	Gustavus Ado	5:35.84 7
42.816 (42.816)	1:25.148 (42.332)	2:06.229 (41.081)	
2:46.593 (40.364)	3:27.815 (41.222)	4:54.310 (1:26.495)	
5:35.832 (41.522)			
3 Moen, Sara	JR	Gustavus Ado	5:35.93 6
42.594 (42.594)	1:24.934 (42.340)	2:06.367 (41.433)	
2:46.886 (40.519)	3:27.926 (41.040)	4:10.418 (42.492)	
4:53.332 (42.914)	5:35.921 (42.589)		
4 Michalak, Katie	JR	St. Thomas (5:40.40 5
42.357 (42.357)	1:24.812 (42.455)	2:07.313 (42.501)	
2:49.661 (42.348)	3:33.293 (43.632)	4:17.444 (44.151)	
5:00.675 (43.231)	5:40.400 (39.725)		
5 Thorison, Meg	SR	Bethel (Minn	5:44.28 4
42.087 (42.087)	1:24.511 (42.424)	1:24.830 (0.319)	
2:06.804 (41.974)	2:48.451 (41.647)	3:32.744 (44.293)	
4:17.457 (44.713)	5:44.276 (1:26.819)		
6 Severson, Julia	FR	Gustavus Ado	x5:44.32
42.717 (42.717)	2:06.986 (1:24.269)	2:49.201 (42.215)	
3:35.216 (46.015)	4:11.150 (35.934)	4:21.213 (10.063)	
5:06.397 (45.184)	5:44.311 (37.914)		
7 Cole, Grace	SO	Bethel (Minn	5:51.77 3
42.073 (42.073)	1:24.567 (42.494)	2:06.812 (42.245)	
2:49.410 (42.598)	3:35.012 (45.602)	4:22.340 (47.328)	
5:08.858 (46.518)	5:51.763 (42.905)		
8 Burns, Hannah	FR	St. Thomas (x5:55.22
42.664 (42.664)	1:25.019 (42.355)	2:07.787 (42.768)	
2:51.018 (43.231)	3:36.915 (45.897)	4:23.917 (47.002)	
5:11.201 (47.284)	5:55.212 (44.011)		
9 Baccam, Jenna	FR	Bethel (Minn	x6:06.27
44.616 (44.616)	1:29.524 (44.908)	2:15.940 (46.416)	
3:01.736 (45.796)	3:47.741 (46.005)	4:34.444 (46.703)	
5:22.401 (47.957)	6:06.266 (43.865)		
10 Whitcomb, Elizabeth	JR	Gustavus Ado	x6:11.96
44.142 (44.142)	1:30.172 (46.030)	2:16.236 (46.064)	
3:01.876 (45.640)	3:46.952 (45.076)	4:33.607 (46.655)	
5:22.686 (49.079)	6:11.958 (49.272)		
11 Fails, Lydia	JR	Bethel (Minn	x6:17.43
44.392 (44.392)	1:29.698 (45.306)	2:16.038 (46.340)	
3:02.319 (46.281)	3:49.411 (47.092)	4:38.867 (49.456)	
5:28.662 (49.795)	6:17.428 (48.766)		
12 Hess, Eileen	SR	Bethel (Minn	x7:27.83
50.502 (50.502)	1:43.476 (52.974)	2:40.301 (56.825)	
3:38.104 (57.803)	4:36.517 (58.413)	5:35.391 (58.874)	
6:33.148 (57.757)	7:27.829 (54.681)		

St. Olaf Quadrangular - 1/24/2020

Tostrud Center, St. Olaf College

Results

Women 3000 Meter Run

Facility Rec: 9:49.01 F 2006 Annie Bersagel

Name	Yr	School	Finals
Finals			
1 Moll, Olivia	SO	St. Thomas (10:39.39 9
2 Hubbell, Martha	SR	St. Thomas (10:39.50 7
3 Miller, Sara	JR	St. Thomas (x10:40.56
4 Ness, Sara	SR	St. Thomas (x10:40.57
5 Fisher, Lisa	SR	St. Olaf	10:48.18 6
6 Hawgood, Bryony	SR	St. Olaf	10:49.43 5
7 Mickelson, Ellen	SO	St. Olaf	x10:50.50
8 Clarke, Molly	SR	St. Thomas (x10:50.74
9 Hage, Anna	JR	Bethel (Minn	11:02.58 4
10 Moore, Meredith	SR	St. Olaf	x11:11.65
11 Bolcer, Gabbie	SO	St. Thomas (x11:12.67
12 Nelson, Ellie	JR	Bethel (Minn	11:28.51 3
13 Swanson, Erika	FR	Bethel (Minn	x11:32.76
14 Weberg, Molly	FR	Gustavus Ado	11:55.17 2
15 Koivisto, Taina	SO	Gustavus Ado	12:02.23 1
16 Helgeson, Gwen	FR	St. Thomas (x12:03.28
17 Bitner, Lauren	FR	St. Olaf	x12:10.16
18 English, Nadia	FR	Gustavus Ado	x12:21.75
19 Long, McKendra	FR	St. Thomas (x12:35.65
20 Mucha, Bryn	SO	Gustavus Ado	x13:08.58

Women 5000 Meter Run

Facility Rec: 16:44.57 F 2006 Caroline Cretti

Name	Yr	School	Finals
Finals			
1 Kulseth, Kourtney	JR	Gustavus Ado	18:25.62 9
2 Miest, Mackinzee	SO	Gustavus Ado	19:33.68 7
3 Anderson, Sarah	SR	Gustavus Ado	x19:55.84
4 Gordon, Holly	JR	St. Olaf	20:46.07 6
5 Kvebak, Elizabeth	SR	Gustavus Ado	x22:27.44

Women 60 Meter Hurdles

Facility Rec: 8.82 F 2014 Mallory Burnham

Name	Yr	School	Prelims
Preliminaries			
1 Sealock, Kelsie	FR	Bethel (Minn	9.24Q
2 Nelson, Birgen	FR	Gustavus Ado	9.34Q
3 Studer, Rachel	JR	Gustavus Ado	9.59Q
4 Kammer, Laura	SR	St. Olaf	9.52q
5 McKinstrey, Corin	SR	Bethel (Minn	9.53q
6 Chell, Claire	SO	St. Thomas (9.59q
7 Gray, Sydney	FR	St. Thomas (9.68q
8 Salfer, Rebekah	FR	St. Olaf	9.70q
9 Williams, Syri	JR	Bethel (Minn	9.87
10 Roste, Jacy	FR	Bethel (Minn	9.89
11 Sifferle, Jordan	SR	St. Thomas (10.17
12 Aho, Marianna	FR	Gustavus Ado	10.32
13 Zimmerman, Emma	FR	Gustavus Ado	10.37
14 Duffy, Anna	FR	St. Olaf	10.54
15 Garcia Balmaceda, Cynthia	SO	Bethel (Minn	10.72

16 King, Hannah	FR	Bethel (Minn	10.86
17 Balzer, Becca	SO	Bethel (Minn	11.00
18 Willaert, Xeanna	FR	Gustavus Ado	11.03
19 Paul, Sally	JR	Bethel (Minn	11.45

Women 60 Meter Hurdles

Facility Rec: 8.82 F 2014 Mallory Burnham

Name	Yr	School	Finals
Finals			
1 Sealock, Kelsie	FR	Bethel (Minn	9.02 9
2 Kammer, Laura	SR	St. Olaf	9.33 7
3 McKinstrey, Corin	SR	Bethel (Minn	9.37 6
4 Nelson, Birgen	FR	Gustavus Ado	9.38 5
5 Salfer, Rebekah	FR	St. Olaf	9.42 4
6 Chell, Claire	SO	St. Thomas (9.59 3
7 Studer, Rachel	JR	Gustavus Ado	9.70 2
8 Gray, Sydney	FR	St. Thomas (9.73 1

Women 4x200 Meter Relay

Facility Rec: 1:45.23 F 2006 St. Thomas

Team	Relay	Finals
Finals		
1 Gustavus Adolphus	A	1:48.85 9
1) Studer, Rachel JR	2) Anderson, Lily SR	
3) Burmaster, Arianna FR	4) Teichroew, Erin JR	

Women 4x400 Meter Relay

Facility Rec: 3:51.08 F 2006 Lincoln University

Richardson, Parker, Sabb, Mathews

Team	Relay	Finals
Finals		
1 Bethel (Minn.)	B	4:03.91 9
1) Conradi, Lauren SO	2) Turek, Mikayla FR	
3) Labatt, Delia SR	4) McKinstrey, Corin SR	
2 Bethel (Minn.)	A	x4:06.36
1) Brockberg, Emily FR	2) Sealock, Kelsie FR	
3) Nordberg, Britta FR	4) Sankey, Hannah JR	
3 Gustavus Adolphus	A	4:06.49 7
1) Anderson, Lily SR	2) Moen, Sara JR	
3) Winter, Tierney SR	4) Donnelly, Elizabeth SO	
4 St. Thomas (Minn.)	A	4:08.27 6
1) Smith, Anna SR	2) Chell, Claire SO	
3) Dammann, Morgan SR	4) McGuire, Grace SO	
5 St. Thomas (Minn.)	B	x4:16.51
1) Scheuerman, Carly JR	2) Kroll, Anna JR	
3) Lansiquot, Yajaira SO	4) Cater, Paige JR	
6 Gustavus Adolphus	B	x4:24.37
1) Anderson, Haley SR	2) Follestad, Rachael JR	
3) Beyer, Avery SO	4) Rodel, Addison FR	
7 Bethel (Minn.)	C	x4:25.12
1) Finnes, Taylor SO	2) Alpers, Lauren JR	
3) Brown, Makenna FR	4) Cargill, Ellie FR	
8 St. Olaf	A	4:26.44 5
1) Mauzer, Riley FR	2) Ranallo, Lucia SO	
3) Gossard, Liv SO	4) Elstad, Katie JR	

St. Olaf Quadrangular - 1/24/2020

Tostrud Center, St. Olaf College

Results

Finals ... (Women 4x400 Meter Relay)

Team	Relay	Finals
9 Bethel (Minn.)	D	x4:33.22
1) Crow, Lydia SO	2) Cutlan, Marissa FR	
3) Baccam, Jenna FR	4) Cole, Grace SO	

Women High Jump

Men first; women to follow

Facility Rec: 1.72m F 2006		Jennifer Harlow	
Name	Yr	School	Finals
Finals			
1 Terhaar, Mariah	SR	St. Thomas (1.55m 9
2 Sifferle, Jordan	SR	St. Thomas (1.40m 6.5
2 Burmaster, Arianna	FR	Gustavus Ado	1.40m 6.5
4 Abara, Lena	SO	St. Thomas (x1.35m
4 Williams, Syri	JR	Bethel (Minn	1.35m 4.5
4 Sullivan, Hannah	FR	St. Thomas (x1.35m
4 Paul, Sally	JR	Bethel (Minn	1.35m 4.5
8 Balzer, Becca	SO	Bethel (Minn	x1.20m
8 Salfer, Rebekah	FR	St. Olaf	1.20m 3
--- Roste, Jacy	FR	Bethel (Minn	NH
--- Rodel, Addison	FR	Gustavus Ado	NH

Women Pole Vault

Women first; men to follow

Facility Rec: 4.39m F 2016		Leslie Boost	
Name	Yr	School	Finals
Finals			
1 Terhaar, Mariah	SR	St. Thomas (3.50m 9
2 Lilland, Jessica	FR	Bethel (Minn	3.20m 7
3 Mor, Doris-Klein	SO	Gustavus Ado	J3.20m 6
4 Koelz, Sadie	JR	Bethel (Minn	3.05m 4.5
4 Lemke, Olivia	FR	St. Thomas (3.05m 4.5
6 Brockish, Rachel	FR	St. Thomas (xJ3.05m
7 Pettitt-Kenney, Teresa	FR	St. Olaf	2.45m 3
8 Goetzman, Julia	SO	Bethel (Minn	x2.30m
--- Dorn, Madison	SO	Bethel (Minn	NH
--- Cuccia, Lily	FR	Gustavus Ado	NH
--- Haxton, Ashley	SO	Bethel (Minn	NH
--- Sifferle, Jordan	SR	St. Thomas (NH

Women Long Jump

Women first; men to follow

Facility Rec: 5.74m F 2005		Kristal Grigsby	
Name	Yr	School	Finals
Finals			
1 Kretlow, Steph	SR	St. Thomas (5.56m 9
2 Carson, Maya	FR	St. Thomas (5.16m 7
3 Muller, Annika	FR	St. Olaf	5.15m 6
4 Salfer, Rebekah	FR	St. Olaf	5.01m 5
5 Zurbay, Megan	JR	St. Thomas (x4.90m
6 Eliason, Ella	SO	Bethel (Minn	4.70m 4
7 Bode, Claire	SO	Bethel (Minn	4.68m 3
8 Zimmerman, Emma	FR	Gustavus Ado	4.51m 2
9 Banks, Tyra	JR	Gustavus Ado	4.49m 1
9 Thomley, Olivia	FR	Gustavus Ado	x4.49m

11	Giles, DeAnna	JR	Gustavus Ado	x4.35m
12	LaRue, Kayla	SO	St. Olaf	x4.10m
13	Schaff, Annalise	FR	Gustavus Ado	x3.93m

Women Triple Jump

Women first; men to follow

Facility Rec: 11.98m F 2006		Alecia Watson		
Name	Yr	School	Finals	
Finals				
1	Giles, DeAnna	JR	Gustavus Ado	10.43m 9
2	Gray, Sydney	FR	St. Thomas (10.08m 7
3	Knighon-Johnson, Kayli	SO	Bethel (Minn	10.06m 6
4	Zurbay, Megan	JR	St. Thomas (10.01m 5
5	Brohmer, Maddie	FR	St. Thomas (x9.63m
---	LaRue, Kayla	SO	St. Olaf	FOUL
---	Carter, Kierra	SO	St. Olaf	FOUL

Women Shot Put

Follows Weight Throw; Women first; men to follow

Facility Rec: 17.05m F 2006		Robyn Jarocki		
Name	Yr	School	Finals	
Finals				
1	Gehrke, Megan	SO	St. Thomas (13.63m 9
2	Pahl, Ellie	FR	St. Olaf	12.87m 7
3	Poe, Annika	FR	Gustavus Ado	11.99m 6
4	Wilson, Lena	JR	St. Thomas (11.84m 5
5	Isaacson, Lauren	SO	St. Catherine	11.05m 4
6	Williams, Syri	JR	Bethel (Minn	10.41m 3
7	Diederichs, Kristen	SR	St. Olaf	10.09m 2
8	Bach, Dana	SO	Gustavus Ado	9.97m 1
9	Sifferle, Jordan	SR	St. Thomas (x9.70m
10	Lukenbill, Molly	FR	Bethel (Minn	9.11m
11	Ellinghuysen, Lexi	FR	Bethel (Minn	x9.05m
12	Tarvestad, Sarah	SO	St. Olaf	x9.01m
13	Paul, Sally	JR	Bethel (Minn	x8.94m
14	Balzer, Becca	SO	Bethel (Minn	x8.57m
15	Roste, Jacy	FR	Bethel (Minn	x8.35m
16	Hagestuen, Nora	SO	Gustavus Ado	x7.53m

Women Weight Throw

Women first; men to follow

Facility Rec: 20.98m F 2006		Robyn Jarocki		
Name	Yr	School	Finals	
Finals				
1	Keelin, Katie	SR	Gustavus Ado	16.55m 9
2	Borstad, Berit	JR	St. Thomas (16.30m 7
3	Jagler, Alex	SO	St. Thomas (14.11m 6
4	Gehrke, Megan	SO	St. Thomas (x13.91m
5	Pahl, Ellie	FR	St. Olaf	11.78m 5
6	Lukenbill, Molly	FR	Bethel (Minn	10.47m 4
7	Ellinghuysen, Lexi	FR	Bethel (Minn	9.93m 3
8	Corbett, Sarah	FR	St. Thomas (x9.51m
9	Bach, Dana	SO	Gustavus Ado	9.38m 2
10	Tarvestad, Sarah	SO	St. Olaf	7.31m 1

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Results

Men 60 Meter Dash

Facility Rec: 6.83 F 2012 Garfield Powell

Name	Yr	School	Prelims
Preliminaries			
1	Lossow, Malachi	JR Bethel (Minn	7.11q
2	Douville, Eric	SO St. Thomas (7.12q
3	Keener, Kaleb	SO St. Thomas (7.21q
4	Grandgenett, Harrison	SO St. Thomas (7.21q
5	Roberts, Xavier	SO St. Thomas (7.31q
6	Peal, David	SO Gustavus Ado	7.38q
7	Kramarczuk, Lucas	FR St. Olaf	7.46q
8	Walton, Lukas	SO Bethel (Minn	7.57q
9	Bjork, Sean	SO Bethel (Minn	7.58
10	Flentje, Dominic	FR Gustavus Ado	7.59
11	Oddoye, Conrad	SO Gustavus Ado	7.63
12	Edwards, Nick	JR St. Olaf	7.65
13	Ahart, Jack	FR Bethel (Minn	7.67
14	Kes, Garrett	FR St. Thomas (7.70
15	Strong, Blake	FR Gustavus Ado	7.79
16	Murdakes, Demo	FR St. Thomas (7.93
17	Wiessenberger, Jack	SO Gustavus Ado	8.15
18	Askegaard, Lars	FR St. Olaf	8.23

Men 60 Meter Dash

Facility Rec: 6.83 F 2012 Garfield Powell

Name	Yr	School	Finals
Finals			
1	Douville, Eric	SO St. Thomas (7.04 9
2	Lossow, Malachi	JR Bethel (Minn	7.07 7
3	Keener, Kaleb	SO St. Thomas (7.18 6
4	Grandgenett, Harrison	SO St. Thomas (x7.26
5	Peal, David	SO Gustavus Ado	7.29 5
6	Roberts, Xavier	SO St. Thomas (x7.45
7	Kramarczuk, Lucas	FR St. Olaf	7.46 4
8	Walton, Lukas	SO Bethel (Minn	7.60 3

Men 200 Meter Dash

Facility Rec: 21.98 F 2005 Carson Glad

Name	Yr	School	Finals
Finals			
1	Douville, Eric	SO St. Thomas (22.80 9
2	Lossow, Malachi	JR Bethel (Minn	22.89 7
3	Erickson, Isaac	SR Bethel (Minn	22.97 6
4	Peper, Stephen	SO St. Olaf	23.41 5
5	Loverude, Brandon	JR Bethel (Minn	x23.57
6	Grandgenett, Harrison	SO St. Thomas (23.82 4
7	Karngar, Trokon	SO Bethel (Minn	x24.28
8	Peal, David	SO Gustavus Ado	24.30 3
9	Strong, Blake	FR Gustavus Ado	24.74 2
10	Flentje, Dominic	FR Gustavus Ado	x24.84
11	Smith, Albert	SO Bethel (Minn	x25.06
12	Kildal-Brandt, Stefan	FR St. Olaf	25.09 1
13	Tiskevices, Ben	FR Bethel (Minn	x25.21
14	Duncan, Joey	FR St. Thomas (x25.51

15	Hutton-Lau, Jett	SO Bethel (Minn	x25.57
16	Oddoye, Conrad	SO Gustavus Ado	x25.79
17	Ahart, Jack	FR Bethel (Minn	x25.85
18	Wiessenberger, Jack	SO Gustavus Ado	x27.27

Men 400 Meter Dash

Facility Rec: 48.18 F 2006 Bobby Young

Name	Yr	School	Finals
Finals			
1	Prater, Joshua	SR St. Thomas (51.74 9
	24.468 (24.468)	51.736 (27.268)	
2	Forbes, Duncan	SO St. Olaf	52.16 7
	24.794 (24.794)	52.156 (27.362)	
3	The dens, Mason	SO St. Thomas (52.37 6
	24.999 (24.999)	52.369 (27.370)	
4	Zeitchick, Seth	FR Gustavus Ado	1:00.28 5

Men 600 Meter Run

Facility Rec: 1:21.61 F 2013 Doug Thoresen

Name	Yr	School	Finals
Finals			
1	Monroe, Shawn	SR Bethel (Minn	1:23.53 9
	25.657 (25.657)	53.576 (27.919)	1:23.529 (29.953)
2	Carl, Brian	JR St. Thomas (1:24.37 7
	26.119 (26.119)	54.181 (28.062)	1:24.363 (30.182)
3	Scott, Benjamin	SR St. Olaf	1:24.45 6
	25.946 (25.946)	1:24.450 (58.504)	
4	Hitt, Cooper	SO Bethel (Minn	1:24.78 5
	26.618 (26.618)	54.723 (28.105)	1:24.771 (30.048)
5	Malek, Luke	SO St. Olaf	1:24.91 4
	26.850 (26.850)	55.165 (28.315)	1:24.907 (29.742)
6	Sanderfoot, Matt	FR St. Thomas (1:26.87 3
	27.320 (27.320)	57.045 (29.725)	1:26.867 (29.822)
7	Aaberg, Alden	SR St. Olaf	x1:30.17
	28.449 (28.449)	58.695 (30.246)	1:30.161 (31.466)
8	Oviguian, Peter	FR Gustavus Ado	1:30.70 2
	29.182 (29.182)	1:00.313 (31.131)	1:30.699 (30.386)
9	Capistrant-Kinney, Trigg	FR Gustavus Ado	1:30.76 1
	27.424 (27.424)	57.752 (30.328)	1:30.754 (33.002)
10	Michels, Corbin	FR Gustavus Ado	x1:30.96
	28.284 (28.284)	58.528 (30.244)	1:30.956 (32.428)
11	Kildal-Brandt, Stefan	FR St. Olaf	x1:31.15
	27.260 (27.260)	57.395 (30.135)	1:31.144 (33.749)
12	Chiabotti, Dylan	SO St. Thomas (x1:31.38
	27.137 (27.137)	57.096 (29.959)	1:31.378 (34.282)
13	Marble, Sam	FR Gustavus Ado	x1:36.66
	30.421 (30.421)	1:03.248 (32.827)	1:36.652 (33.404)

Men 800 Meter Run

Facility Rec: 1:52.53 F 2006 Jeff Zodda

Name	Yr	School	Finals
Finals			
1	Johnson, Noah	SO Gustavus Ado	1:57.62 9
	30.158 (30.158)	59.145 (28.987)	1:29.437 (30.292)
	1:57.612 (28.175)		

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Finals ... (Men 800 Meter Run)

Name	Yr	School	Finals
2 Gifford, Maxwell	FR	St. Thomas (1:57.89 7
28.843 (28.843)	57.963 (29.120)	1:27.852 (29.889)	
1:57.882 (30.030)			
3 Stresemann, Sam	JR	St. Olaf	1:58.14 6
29.803 (29.803)	58.265 (28.462)	1:27.895 (29.630)	
1:58.139 (30.244)			
4 Kozlowski, Carl	JR	St. Thomas (2:00.17 5
29.573 (29.573)	58.109 (28.536)	1:28.062 (29.953)	
2:00.167 (32.105)			
5 Gustafson, Brennan	JR	Gustavus Ado	2:00.60 4
29.833 (29.833)	1:00.601 (30.768)	1:30.318 (29.717)	
2:00.591 (30.273)			
6 Olfert, Nick	SO	Gustavus Ado	x2:00.98
29.736 (29.736)	59.415 (29.679)	1:29.940 (30.525)	
2:00.971 (31.031)			
7 Willard, Josh	JR	St. Thomas (x2:01.53
28.905 (28.905)	59.622 (30.717)	1:30.525 (30.903)	
2:01.529 (31.004)			
8 Rasmussen, Raymond	FR	St. Thomas (x2:02.07
29.281 (29.281)	1:00.153 (30.872)	1:31.141 (30.988)	
2:02.063 (30.922)			
9 Unruh, Ethan	FR	St. Thomas (x2:02.28
29.005 (29.005)	59.849 (30.844)	1:30.768 (30.919)	
2:02.278 (31.510)			
10 Osborne, Jack	SO	St. Thomas (x2:02.37
28.656 (28.656)	59.426 (30.770)	1:30.395 (30.969)	
2:02.368 (31.973)			
11 Sevenich, Regan	FR	St. Thomas (x2:02.42
29.548 (29.548)	1:00.304 (30.756)	1:31.914 (31.610)	
2:02.420 (30.506)			
12 Marble, Jack	FR	Gustavus Ado	x2:03.35
29.315 (29.315)	59.833 (30.518)	2:03.350 (1:03.517)	
13 Sworski, Erik	JR	St. Thomas (x2:03.80
29.447 (29.447)	59.031 (29.584)	1:30.287 (31.256)	
2:03.796 (33.509)			
14 Wilson, Josh	SO	Gustavus Ado	x2:08.09
30.482 (30.482)	1:02.059 (31.577)	1:35.119 (33.060)	
2:08.085 (32.966)			
15 Michael, Zane	SO	Gustavus Ado	x2:16.42
30.935 (30.935)	1:04.038 (33.103)	1:39.520 (35.482)	
2:16.417 (36.897)			

Men 1000 Meter Run

Facility Rec: 2:27.61 F 2016 Paul Escher

Name	Yr	School	Finals
1 Lonergan, Sean	SR	St. Olaf	2:32.58 9
28.850 (28.850)	59.072 (30.222)	1:30.250 (31.178)	
2:01.510 (31.260)	2:32.574 (31.064)		
2 Lelinga, Ezekiel	JR	Bethel (Minn)	2:34.41 7
29.549 (29.549)	1:00.113 (30.564)	1:31.660 (31.547)	
2:03.338 (31.678)	2:34.409 (31.071)		

3 Grant, Garet	SO	Gustavus Ado	2:37.60 6
31.696 (31.696)	1:03.266 (31.570)	1:35.718 (32.452)	
2:07.889 (32.171)	2:37.591 (29.702)		
4 Pavelka, Bridger	SR	Gustavus Ado	2:40.81 5
31.313 (31.313)	1:03.014 (31.701)	1:35.632 (32.618)	
2:08.388 (32.756)	2:40.808 (32.420)		
5 Degonda, Jack	SO	Gustavus Ado	x2:41.53
31.439 (31.439)	1:03.100 (31.661)	1:35.447 (32.347)	
2:08.665 (33.218)	2:41.528 (32.863)		
6 Woetzel, Carter	JR	Bethel (Minn)	2:42.29 4
31.561 (31.561)	1:03.502 (31.941)	1:38.305 (34.803)	
2:11.213 (32.908)	2:42.287 (31.074)		
7 Wicklund, Ben	SO	Gustavus Ado	x2:42.53
29.832 (29.832)	1:00.902 (31.070)	1:34.379 (33.477)	
2:09.057 (34.678)	2:42.530 (33.473)		
8 Stumbo, Andrew	JR	Gustavus Ado	x2:47.94
30.961 (30.961)	1:03.307 (32.346)	1:37.574 (34.267)	
2:13.123 (35.549)	2:47.937 (34.814)		
9 LaVigne, Trevor	FR	Gustavus Ado	x2:48.88
1:07.473 (1:07.473)	1:42.926 (35.453)	2:17.634 (34.708)	
2:48.874 (31.240)			
10 Scruggs, Nathan	JR	Gustavus Ado	x2:49.08
1:07.659 (1:07.659)	1:42.847 (35.188)	2:16.139 (33.292)	
2:49.072 (32.933)			
11 Olson, Casey	JR	Gustavus Ado	x2:50.57
1:07.636 (1:07.636)	1:43.125 (35.489)	2:17.719 (34.594)	
2:50.565 (32.846)			
12 Hinchcliffe, Henry	FR	Gustavus Ado	x2:51.29
31.889 (31.889)	1:04.380 (32.491)	1:39.146 (34.766)	
2:15.448 (36.302)	2:51.285 (35.837)		
13 Schnirring, Lucas	SO	Gustavus Ado	x2:51.72
1:07.948 (1:07.948)	1:43.334 (35.386)	2:51.719 (1:08.385)	
14 Knutson, Bryce	SO	Gustavus Ado	x2:53.53
1:07.938 (1:07.938)	1:43.373 (35.435)	2:18.672 (35.299)	
2:53.527 (34.855)			
15 Wiens, Jared	SO	Bethel (Minn)	x2:55.62
1:07.391 (1:07.391)	1:43.200 (35.809)	2:19.429 (36.229)	
2:55.616 (36.187)			
16 Fourre, Elijah	SR	Gustavus Ado	x2:59.84
1:08.361 (1:08.361)	1:44.963 (36.602)	2:17.700 (32.737)	
2:23.285 (5.585)	2:59.838 (36.553)		
17 Pantoja, Jose	FR	St. Olaf	3:02.68 3
1:08.616 (1:08.616)	1:46.029 (37.413)	2:24.721 (38.692)	
3:02.677 (37.956)			

Men 1 Mile Run

Facility Rec: 4:08.46 F 2017 Joe Coffey

Name	Yr	School	Finals
1 Grant, Garet	SO	Gustavus Ado	4:26.92 9
2.245 (2.245)	33.817 (31.572)	1:07.011 (33.194)	
1:41.058 (34.047)	2:15.398 (34.340)	2:49.624 (34.226)	
3:56.473 (1:06.849)	4:26.915 (30.442)		

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Results

Finals ... (Men 1 Mile Run)

	Name	Yr	School	Finals	
2	Cassidy, Elliott	SO	St. Olaf	4:28.26	7
	34.759 (34.759)	1:08.336 (33.577)		1:42.412 (34.076)	
	2:16.648 (34.236)	2:50.517 (33.869)		3:56.697 (1:06.180)	
	4:28.252 (31.555)				
3	Wicklund, Ben	SO	Gustavus Ado	4:29.92	6
	34.381 (34.381)	1:07.902 (33.521)		1:42.090 (34.188)	
	2:15.890 (33.800)	2:49.643 (33.753)		3:57.431 (1:07.788)	
	4:29.917 (32.486)				
4	Stumbo, Andrew	JR	Gustavus Ado	x4:32.64	
	2.275 (2.275)	1:07.182 (1:04.907)		1:41.485 (34.303)	
	2:15.938 (34.453)	2:51.230 (35.292)		3:59.681 (1:08.451)	
	4:32.636 (32.955)				
5	Gilles, Matt	FR	St. Thomas (4:32.82	5
	2.316 (2.316)	34.247 (31.931)		1:07.724 (33.477)	
	1:41.835 (34.111)	1:42.072 (0.237)		2:15.621 (33.549)	
	3:58.143 (1:42.522)	4:32.817 (34.674)			
6	Hinchcliffe, Henry	FR	Gustavus Ado	x4:33.90	
	33.899 (33.899)	34.104 (0.205)		1:07.664 (33.560)	
	1:41.645 (33.981)	2:16.339 (34.694)		2:50.552 (34.213)	
	4:02.634 (1:12.082)	4:33.897 (31.263)			
7	Degonda, Jack	SO	Gustavus Ado	x4:34.24	
	34.334 (34.334)	1:07.944 (33.610)		1:42.132 (34.188)	
	2:16.998 (34.866)	2:51.275 (34.277)		4:34.236 (1:42.961)	
8	Sagedahl, Penn	FR	St. Olaf	4:34.53	4
	2.420 (2.420)	34.602 (32.182)		1:08.150 (33.548)	
	1:42.022 (33.872)	2:16.438 (34.416)		2:50.778 (34.340)	
	4:00.843 (1:10.065)	4:34.529 (33.686)			
9	Hobus, Isaiah	SO	Bethel (Minn	4:34.99	3
	2.331 (2.331)	34.483 (32.152)		1:08.103 (33.620)	
	1:42.249 (34.146)	2:17.206 (34.957)		4:01.257 (1:44.051)	
	4:34.982 (33.725)				
10	Wright, Owen	SR	St. Olaf	x4:35.07	
	1:08.364 (1:08.364)	1:42.437 (34.073)		2:16.933 (34.496)	
	2:51.041 (34.108)	4:35.062 (1:44.021)			
11	Gilbertson, Henrik	SO	St. Olaf	x4:35.54	
	35.622 (35.622)	1:47.352 (1:11.730)		2:22.194 (34.842)	
	2:56.613 (34.419)	3:30.965 (34.352)		4:04.572 (33.607)	
	4:35.538 (30.966)				
12	Halverson, Josh	JR	Bethel (Minn	4:36.55	2
	35.726 (35.726)	1:12.197 (36.471)		1:47.559 (35.362)	
	2:22.658 (35.099)	2:57.058 (34.400)		3:31.627 (34.569)	
	4:05.174 (33.547)	4:36.549 (31.375)			
13	LaVigne, Trevor	FR	Gustavus Ado	x4:38.03	
	35.697 (35.697)	1:11.009 (35.312)		1:46.472 (35.463)	
	2:22.003 (35.531)	2:56.456 (34.453)		3:30.421 (33.965)	
	4:04.909 (34.488)	4:38.028 (33.119)			
14	Smith, Morey	FR	St. Thomas (4:39.64	1
	35.105 (35.105)	1:11.440 (36.335)		1:12.004 (0.564)	
	1:46.497 (34.493)	2:21.428 (34.931)		2:56.473 (35.045)	
	3:31.417 (34.944)	4:39.633 (1:08.216)			
15	Ebent, Adam	SO	St. Thomas (x4:39.68	
	35.371 (35.371)	1:11.956 (36.585)		1:47.395 (35.439)	
	2:22.844 (35.449)	2:58.607 (35.763)		3:33.707 (35.100)	
	4:39.677 (1:05.970)				

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16	Eckman, Treycen	FR St. Thomas (x4:40.03
	35.490 (35.490)	1:10.379 (34.889)	1:46.207 (35.828)
	2:21.925 (35.718)	2:56.790 (34.865)	3:30.844 (34.054)
	4:40.027 (1:09.183)		
17	Smith, Tony	SR St. Thomas (x4:40.57
	35.137 (35.137)	1:11.729 (36.592)	1:47.113 (35.384)
	2:23.272 (36.159)	2:59.203 (35.931)	3:34.614 (35.411)
	4:40.561 (1:05.947)		
18	Kivela, Erik	JR Bethel (Minn	x4:42.88
	35.856 (35.856)	1:47.804 (1:11.948)	2:23.164 (35.360)
	2:58.113 (34.949)	3:33.574 (35.461)	4:42.873 (1:09.299)
19	St George, Aidan	FR Bethel (Minn	x4:42.95
	36.139 (36.139)	1:12.537 (36.398)	1:47.840 (35.303)
	2:22.908 (35.068)	2:57.701 (34.793)	3:33.159 (35.458)
	4:42.947 (1:09.788)		
20	Massanari, Noah	FR St. Olaf	x4:43.76
	35.899 (35.899)	1:11.221 (35.322)	1:47.082 (35.861)
	2:22.910 (35.828)	2:58.374 (35.464)	3:33.895 (35.521)
	4:09.712 (35.817)	4:43.751 (34.039)	
21	Ward, Michael	FR St. Thomas (x4:44.87
	35.861 (35.861)	1:11.324 (35.463)	1:47.188 (35.864)
	2:22.672 (35.484)	2:58.215 (35.543)	3:34.492 (36.277)
	4:10.449 (35.957)	4:44.863 (34.414)	
22	Getzloff, Alec	SR St. Olaf	x4:45.31
	35.940 (35.940)	36.347 (0.407)	1:12.697 (36.350)
	1:47.929 (35.232)	2:23.544 (35.615)	2:58.891 (35.347)
	3:34.381 (35.490)	4:45.310 (1:10.929)	
23	Theisen, Sam	FR St. Thomas (x4:45.48
	35.415 (35.415)	1:47.124 (1:11.709)	2:22.055 (34.931)
	2:57.539 (35.484)	3:33.807 (36.268)	4:45.476 (1:11.669)
24	Knutson, Bryce	SO Gustavus Ado	x4:45.67
	35.996 (35.996)	1:11.445 (35.449)	1:46.821 (35.376)
	2:22.479 (35.658)	2:57.622 (35.143)	3:33.339 (35.717)
	4:09.477 (36.138)	4:45.665 (36.188)	
25	Schnirring, Lucas	SO Gustavus Ado	x4:45.96
	35.769 (35.769)	1:10.957 (35.188)	1:46.677 (35.720)
	2:22.509 (35.832)	2:57.966 (35.457)	3:34.231 (36.265)
	4:10.632 (36.401)	4:45.955 (35.323)	
26	Narum, Anders	SO St. Olaf	x4:46.10
	35.742 (35.742)	1:11.203 (35.461)	1:46.908 (35.705)
	2:22.174 (35.266)	2:57.253 (35.079)	3:32.574 (35.321)
	4:09.240 (36.666)	4:46.094 (36.854)	
27	Olson, Casey	JR Gustavus Ado	x4:46.40
	1:12.252 (1:12.252)	1:47.596 (35.344)	2:22.587 (34.991)
	2:57.855 (35.268)	3:34.090 (36.235)	4:39.682 (1:05.592)
	4:46.393 (6.711)		
28	McCollor, Adam	FR St. Thomas (x4:46.51
	35.994 (35.994)	1:12.465 (36.471)	1:46.815 (34.350)
	2:22.350 (35.535)	2:58.422 (36.072)	3:35.038 (36.616)
	4:46.509 (1:11.471)		
29	Scruggs, Nathan	JR Gustavus Ado	x4:47.23
	36.315 (36.315)	1:12.477 (36.162)	1:48.044 (35.567)
	2:23.476 (35.432)	2:59.296 (35.820)	3:35.475 (36.179)
	4:11.888 (36.413)	4:47.227 (35.339)	

Finals ... (Men 1 Mile Run)

Name	Yr	School	Finals
30 Herzog, Kojo	SO	St. Olaf	x4:51.10
35.542 (35.542)	1:10.735 (35.193)	1:46.780 (36.045)	
2:22.940 (36.160)	2:59.297 (36.357)	3:36.383 (37.086)	
4:14.339 (37.956)	4:51.093 (36.754)		
31 Slagel, Isaac	SR	St. Olaf	x4:51.68
38.309 (38.309)	1:15.710 (37.401)	1:52.482 (36.772)	
2:28.603 (36.121)	3:03.701 (35.098)	3:38.813 (35.112)	
4:16.468 (37.655)	4:51.679 (35.211)		
32 Lange, Jens	SO	St. Olaf	x4:52.64
39.054 (39.054)	1:15.431 (36.377)	1:52.038 (36.607)	
2:28.932 (36.894)	3:04.985 (36.053)	3:41.924 (36.939)	
4:19.105 (37.181)	4:52.637 (33.532)		
33 Kerbeshian, Nick	JR	Gustavus Ado	x4:55.79
2.291 (2.291)	2.494 (0.203)	34.015 (31.521)	
1:07.390 (33.375)	1:41.863 (34.473)	2:17.406 (35.543)	
4:14.527 (1:57.121)	4:55.782 (41.255)		
34 Stone, David	SR	St. Olaf	x4:57.02
39.356 (39.356)	1:16.102 (36.746)	1:52.793 (36.691)	
2:29.493 (36.700)	3:06.377 (36.884)	3:44.717 (38.340)	
4:23.261 (38.544)	4:57.014 (33.753)		
35 Ashley, Dawson	FR	Bethel (Minn	x5:00.16
38.471 (38.471)	1:15.176 (36.705)	1:52.281 (37.105)	
2:29.229 (36.948)	3:05.484 (36.255)	3:43.856 (38.372)	
4:23.417 (39.561)	5:00.156 (36.739)		
36 Mayer, Max	SO	St. Olaf	x5:00.20
38.899 (38.899)	1:15.820 (36.921)	1:52.505 (36.685)	
2:29.190 (36.685)	3:06.131 (36.941)	3:44.999 (38.868)	
4:25.186 (40.187)	5:00.198 (35.012)		
37 Leese, Baylor	JR	Bethel (Minn	x5:01.19
37.785 (37.785)	1:14.958 (37.173)	1:52.713 (37.755)	
2:29.622 (36.909)	3:06.743 (37.121)	3:45.221 (38.478)	
5:01.186 (1:15.965)			
38 Montresor, Kevin	FR	St. Olaf	x5:01.88
36.031 (36.031)	1:11.604 (35.573)	1:47.323 (35.719)	
2:23.809 (36.486)	3:02.743 (38.934)	3:42.183 (39.440)	
4:22.299 (40.116)	5:01.879 (39.580)		
39 Stewart, Tad	FR	Bethel (Minn	x5:18.21
38.707 (38.707)	1:15.464 (36.757)	1:53.065 (37.601)	
2:30.644 (37.579)	3:10.768 (40.124)	3:53.528 (42.760)	
4:37.465 (43.937)	5:18.201 (40.736)		
40 Bauer, Hunter	FR	Bethel (Minn	x5:19.99
39.609 (39.609)	1:17.623 (38.014)	1:57.566 (39.943)	
2:39.307 (41.741)	3:20.568 (41.261)	4:01.542 (40.974)	
4:43.073 (41.531)	5:19.987 (36.914)		
41 Jacobson, Logan	FR	Bethel (Minn	x5:21.40
40.320 (40.320)	1:18.543 (38.223)	1:58.641 (40.098)	
2:39.984 (41.343)	3:21.655 (41.671)	4:02.765 (41.110)	
4:43.959 (41.194)	5:21.395 (37.436)		

Men 3000 Meter Run

Facility Rec: 8:13.99 F 2015		Grant Wintheiser	
Name	Yr	School	Finals
1 Wachter, Karl	SR	St. Thomas (8:33.93 9

St. Olaf Quadrangular - 1/24/2020

Tostrud Center, St. Olaf College

Results

2	Brenk, Christopher	SR	St. Olaf	8:55.54	7
3	Haire, Zach	FR	St. Thomas (8:56.95	6
4	Kadrofske, Elliot	SR	St. Olaf	8:59.06	5
5	Mendel, Ike	SO	Bethel (Minn	9:12.12	4
6	Munoz, Julian	FR	St. Olaf	x9:33.53	
7	Sansone, Keegan	SO	St. Thomas (x9:39.16	
8	Raabe-Pavlov, Chris	SO	St. Olaf	x9:43.86	
9	Trempe, Eric	SO	St. Thomas (x9:47.03	
10	Pedersen, Luke	SO	Bethel (Minn	9:56.48	3
11	Brandt, Jared	FR	Gustavus Ado	10:01.56	2
12	Schultz, Cameron	SO	St. Thomas (x10:04.11	
13	Sluga, Nick	SO	St. Thomas (x10:14.55	
14	Burleigh, Juan	SO	Gustavus Ado	10:29.31	1

Men 60 Meter Hurdles

Facility Rec: 8.40 F 2015 Eric Larson

Name	Yr	School	Prelims	
Preliminaries				
1	Rooney, Taylor	JR	Gustavus Ado	F 8.03Q
2	Teynor, Evan	JR	St. Thomas (8.52Q
3	Sampson, Josh	FR	Bethel (Minn	8.47q
4	Kramarczuk, Lucas	FR	St. Olaf	8.69q
5	Smith, Joel	SO	Bethel (Minn	8.70q
6	Maack, Carter	FR	St. Thomas (8.70q
7	Schoenfelder, Jonah	SR	St. Thomas (8.77q
8	Coates, Austin	SR	St. Thomas (8.81q
9	Johnson, Jordan	SR	St. Thomas (8.96
10	Day, Logan	FR	St. Olaf	9.09
11	Scott, Benjamin	SR	St. Olaf	9.23
12	Hutton-Lau, Jett	SO	Bethel (Minn	9.30
13	Cullen, Tyler	SO	St. Thomas (9.81

Men 60 Meter Hurdles

Facility Rec: 8.40 F 2015 Eric Larson

Name	Yr	School	Finals	
Finals				
1	Rooney, Taylor	JR	Gustavus Ado	8.12F 9
2	Sampson, Josh	FR	Bethel (Minn	8.54 7
3	Smith, Joel	SO	Bethel (Minn	8.58 6
4	Coates, Austin	SR	St. Thomas (8.74 5
5	Schoenfelder, Jonah	SR	St. Thomas (8.75 4
6	Kramarczuk, Lucas	FR	St. Olaf	8.75 3
7	Maack, Carter	FR	St. Thomas (x8.77

Men 4x200 Meter Relay

Facility Rec: 1:28.88 F 2004 St. Thomas

J. Schweitz, T. Hart, Cassidy Glad, Carson Glad

Team	Relay	Finals	
Finals			
1	Gustavus Adolphus	A	1:33.60 9
	1) Montplaisir, Matthew SR	2) Rooney, Taylor JR	
	3) DuMoulin, Alexander SO	4) Quiring, Wyatt SO	
2	St. Thomas (Minn.)	A	1:36.23 7
	1) Grandgenett, Harrison SO	2) Kes, Garrett FR	
	3) Duncan, Joey FR	4) Murdakes, Demo FR	

Men 4x400 Meter Relay

Facility Rec: 3:16.36 F 2006

UW La Crosse

Marcinek, Olson, Doble, Deterville

Team	Relay	Finals	
Finals			
1	Bethel (Minn.)	B	3:27.09 9
	1) Sealock, Tyler SO	2) Smith, Joel SO	
	3) Loverude, Brandon JR	4) Metz, Nolan SO	
2	St. Thomas (Minn.)	A	3:29.18 7
	1) Carl, Brian JR	2) Prater, Joshua SR	
	3) Thedens, Mason SO	4) Kozlowski, Carl JR	
3	St. Olaf	A	3:29.28 6
	1) Scott, Benjamin SR	2) Forbes, Duncan SO	
	3) Peper, Stephen SO	4) Lonergan, Sean SR	
4	Gustavus Adolphus	A	3:32.21 5
	1) Quiring, Wyatt SO	2) Olfert, Nick SO	
	3) Gustafson, Brennan JR	4) Zeitchick, Seth FR	
5	St. Thomas (Minn.)	B	x3:34.08
	1) Schoenfelder, Jonah SR	2) Gifford, Maxwell FR	
	3) Coates, Austin SR	4) Halla, Cole FR	
6	Bethel (Minn.)	A	x3:34.53
	1) Sampson, Josh FR	2) Erickson, Isaac SR	
	3) Karngar, Trokon SO	4) Lelinga, Ezekiel JR	
7	St. Thomas (Minn.)	C	x3:38.24
	1) Sanderfoot, Matt FR	2) Rasmussen, Raymond FR	
	3) Seveich, Regan FR	4) Jafer, Suleyman FR	
8	St. Olaf	B	x3:38.85
	1) Stresemann, Sam JR	2) Malek, Luke SO	
	3) Cassidy, Elliott SO	4) Kildal-Brandt, Stefan FR	
9	St. Olaf	C	x3:47.50
	1) Getzloff, Alec SR	2) Sagedahl, Penn FR	
	3) Aaberg, Alden SR	4) Wright, Owen SR	
10	Gustavus Adolphus	D	x3:50.19
	1) Grant, Gareth SO	2) Olson, Casey JR	
	3) Knutson, Bryce SO	4) Hinchcliffe, Henry FR	
11	Gustavus Adolphus	C	x3:51.96
	1) Wicklund, Ben SO	2) Stumbo, Andrew JR	
	3) Schnirring, Lucas SO	4) LaVigne, Trevor FR	
12	St. Olaf	D	x3:52.75
	1) Massanari, Noah FR	2) Stone, David SR	
	3) Montresor, Kevin FR	4) Narum, Anders SO	
13	Gustavus Adolphus	B	x3:56.39
	1) Capistrant-Kinney, Trigg FR	2) Michael, Zane SO	
	3) Fourre, Elijah SR	4) Marble, Sam FR	
14	St. Olaf	E	x4:00.12
	1) Mayer, Max SO	2) Slagel, Isaac SR	
	3) Pantoja, Jose FR	4) Lange, Jens SO	
15	St. Olaf	F	x4:02.24
	1) Brenk, Christopher SR	2) Kadrofske, Elliot SR	
	3) Munoz, Julian FR	4) Raabe-Pavlov, Chris SO	

St. Olaf Quadrangular - 1/24/2020

Tostrud Center, St. Olaf College

Results

Men High Jump**Men first; women to follow**

Facility Rec: 2.11m F 2006 Andy Stoecken

Name	Yr	School	Finals
Finals			
1 Kelly, Jake	JR	St. Thomas (1.95m 9
2 Probst, Drew	SO	St. Thomas (1.80m 7
3 Walton, Lukas	SO	Bethel (Minn	J1.80m 6
4 Lichliter, Bill	SR	St. Thomas (x1.75m
5 Edwards, Nick	JR	St. Olaf	J1.75m 5
6 Tiskevices, Ben	FR	Bethel (Minn	1.60m 4
7 Smith, Micah	SO	Bethel (Minn	xJ1.60m
--- Day, Logan	FR	St. Olaf	NH

Men Pole Vault**Women first; men to follow**

Facility Rec: 5.52m F 2016 Jeff Coover

Name	Yr	School	Finals
Finals			
1 Ritzenthaler, Aidan	SR	St. Thomas (4.60m 9
2 Amdahl, Wyatt	SO	St. Thomas (4.45m 7
3 Cullen, Tyler	SO	St. Thomas (xJ4.45m
4 Twogood, Jake	FR	Bethel (Minn	4.15m 6
5 Rikkers, Adam	SR	St. Thomas (x4.00m
6 Askegaard, Lars	FR	St. Olaf	3.55m 5
7 Schegel, Abe	SO	Bethel (Minn	J3.55m 4
8 Marks, Sean	FR	St. Thomas (xJ3.55m
9 Teynor, Evan	JR	St. Thomas (xJ3.55m
10 Walton, Lukas	SO	Bethel (Minn	x3.40m
11 Johnson, Jordan	SR	St. Thomas (xJ3.40m
12 Probst, Drew	SO	St. Thomas (x2.95m
13 Smith, Micah	SO	Bethel (Minn	x2.80m

Men Long Jump**Women first; men to follow**

Facility Rec: 7.53m F 2006 Greg Tyson

Name	Yr	School	Finals
Finals			
1 Rikkers, Adam	SR	St. Thomas (6.41m 9
2 Prater, Joshua	SR	St. Thomas (6.36m 7
3 Bjork, Sean	SO	Bethel (Minn	6.28m 6
4 Keener, Kaleb	SO	St. Thomas (x6.24m
5 Kramarczuk, Lucas	FR	St. Olaf	6.21m 5
6 Montplaisir, Matthew	SR	Gustavus Ado	6.04m 4
7 Fette, Alec	FR	Gustavus Ado	5.98m 3
8 Johnson, Jordan	SR	St. Thomas (x5.81m
9 Cullen, Tyler	SO	St. Thomas (x5.80m
10 Teynor, Evan	JR	St. Thomas (x5.76m
11 Day, Logan	FR	St. Olaf	5.72m 2
12 Lichliter, Bill	SR	St. Thomas (x5.66m
13 Probst, Drew	SO	St. Thomas (x5.63m
14 Kes, Garrett	FR	St. Thomas (x5.57m
15 Murdakes, Demo	FR	St. Thomas (x5.51m
16 Askegaard, Lars	FR	St. Olaf	x5.24m
17 Edwards, Nick	JR	St. Olaf	x5.06m

Finals ... (Men Long Jump)

Name	Yr	School	Finals
18 Troy, Avery	SO	Gustavus Ado	x5.00m

Men Triple Jump**Women first; men to follow**

Facility Rec: 14.61m F 2006 Tony Gregory

Name	Yr	School	Finals
Finals			
1 DuMoulin, Alexander	SO	Gustavus Ado	13.58m 9
2 Kelly, Jake	JR	St. Thomas (13.35m 7
3 Prater, Joshua	SR	St. Thomas (12.95m 6
4 Chanthakhoun, Jordan	FR	St. Thomas (x12.56m
5 Montplaisir, Matthew	SR	Gustavus Ado	11.86m 5
6 Troy, Avery	SO	Gustavus Ado	x9.85m
--- Fette, Alec	FR	Gustavus Ado	FOUL

Men Shot Put**Follows Weight Throw; Women first; men to follow**

Facility Rec: 17.77m F 2006 Uzoma Orji

Name	Yr	School	Finals
Finals			
1 Orzolek, Steven	SO	Gustavus Ado	16.15m 9
2 Feuerborn, Parker	SO	St. Thomas (15.78m 7
3 Hueg, Joe	FR	St. Thomas (13.45m 6
4 Prentis, Garrett	SO	St. Thomas (x13.01m
5 Bradley, Andrew	SO	Gustavus Ado	12.91m 5
6 White, Aengus	SO	St. Olaf	12.78m 4
7 Irons, Gabe	SO	Bethel (Minn	12.54m 3
8 Wimmer, Isaiah	SO	St. Thomas (x11.26m
9 Gag, Connor	SO	Gustavus Ado	x11.20m
10 Trinitapoli, Sam	FR	St. Thomas (x11.07m
11 Wilson, Seamus	SR	Gustavus Ado	x10.51m
12 Zitur, Brandon	FR	St. Thomas (x10.13m
13 Savaglio, Chris	FR	St. Olaf	9.84m 2
14 Hodge, Nick	FR	Bethel (Minn	6.32m 1
--- O'Brien, Gage	SR	St. Thomas (FOUL

Men Weight Throw**Women first; men to follow**

Facility Rec: 20.82m F 2006 Kevin Becker

Name	Yr	School	Finals
Finals			
1 Feuerborn, Parker	SO	St. Thomas (16.99m 9
2 Hueg, Joe	FR	St. Thomas (16.89m 7
3 O'Brien, Gage	SR	St. Thomas (x16.79m
4 Irons, Gabe	SO	Bethel (Minn	15.13m 6
5 Orzolek, Steven	SO	Gustavus Ado	14.62m 5
6 Onwualu, Odera	JR	Bethel (Minn	13.96m 4
7 Waindim, Edric	FR	St. Thomas (x13.55m
8 Trinitapoli, Sam	FR	St. Thomas (x12.53m
9 Zitur, Brandon	FR	St. Thomas (x11.17m
10 White, Aengus	SO	St. Olaf	10.99m 3
11 Savaglio, Chris	FR	St. Olaf	8.01m 2
--- Wimmer, Isaiah	SO	St. Thomas (FOUL

St. Olaf Quadrangular - 1/24/2020

Tostrud Center, St. Olaf College

Results

Women - Team Rankings - 18 Events Scored

1) St. Thomas (Minn.)	182
2) Gustavus Adolphus	155.5
3) Bethel (Minn.)	146.5
4) St. Olaf	84
5) St. Catherine University	4

Men - Team Rankings - 17 Events Scored

1) St. Thomas (Minn.)	199
2) Gustavus Adolphus	123
3) Bethel (Minn.)	122
4) St. Olaf	105