

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

Women 55 Meter Dash

Name	Year	School	Seed	Prelims	H#		
Preliminaries							
1	Kate	Gallagher	SO	St. Benedict	7.38	7.38Q	3
2	Tiana	Johnson	SO	St. Benedict	7.46	7.39Q	2
3	Sarah	Stellmach	FR	Bethel	7.31	7.41Q	1
4	Jailyn	Robinson	SO	Hamline	7.37	7.42q	2
5	Kate	Carlson	FR	Gustavus	7.55	7.44q	2
6	Madi	Genz	FR	St. Catherine	7.52	7.47q	1
7	Jireh	Babalola	SO	Bethel	7.38	7.48q	3
8	Dacoda	Speidel	SR	St. Benedict	7.49	7.51q	1
9	Sydney	Klausler	SR	Saint Marys	7.64	7.59	3
10	Brianna	Parsons	FR	Augsburg	7.62	7.63	3
11	Daya	Davidson	JR	St. Scholastica	7.64	7.65	2
12	Carlie	Heinecke	JR	Concordia	7.66	7.67	1
13	Essence	Boe	SO	Hamline	7.71	7.72	1
14	Ellie	Logelin	FR	Hamline	7.74	7.77	3
15	Grace	Zdechlik	SR	St. Benedict	7.74	7.79	2
16	Riley	Roberts	FR	Carleton	7.79	7.83	2
17	Mary	Wunderlich	FR	Concordia	7.84	7.84	1
18	Clare	Collins	JR	St. Olaf	7.78	7.85	3
19	Hailey	Johnson	JR	St. Benedict	8.00	7.93	3 7.927
20	Penny	Hunter	SO	Macalester	7.88	7.93	2 7.929
21	Olivia	Thomley	SO	Gustavus	7.87	7.95	1
22	Katie	Petersen	FR	Gustavus	8.12	8.09	2
23	Mya	Bishop	SO	Augsburg	8.08	8.13	3
24	Liliana	Olson	SO	Hamline	8.12	8.15	1

Women 55 Meter Dash

Name	Year	School	Prelims	Finals	Points		
Finals							
1	Jailyn	Robinson	SO	Hamline	7.42	7.34	10
2	Kate	Gallagher	SO	St. Benedict	7.38	7.37	8
3	Sarah	Stellmach	FR	Bethel	7.41	7.39	6
4	Jireh	Babalola	SO	Bethel	7.48	7.40	5 7.393
5	Tiana	Johnson	SO	St. Benedict	7.39	7.40	4 7.398
6	Kate	Carlson	FR	Gustavus	7.44	7.45	3
7	Dacoda	Speidel	SR	St. Benedict	7.51	7.55	2
8	Madi	Genz	FR	St. Catherine	7.47	7.58	1

Women 200 Meter Dash

Name	Year	School	Seed	Finals	H#	Points	
1	Birgen	Nelson	SO	Gustavus	25.94	25.77	6 10
2	Megan	Geraets	FR	Gustavus	26.06	25.79	6 8
3	Sarah	Stellmach	FR	Bethel	26.81	26.23	5 6
4	Tiana	Johnson	SO	St. Benedict	26.14	26.25	6 5
5	Hannah	Sankey	SR	Bethel	26.92	26.60	5 4
6	Karla	Kroschel	SO	St. Olaf	27.08	26.78	4 3
7	Jireh	Babalola	SO	Bethel	27.82	26.88	3 2
8	Dacoda	Speidel	SR	St. Benedict	26.75	26.98	5 1

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9	Daya Davidson	JR St. Scholastica	27.52	27.15	4
10	Sydney Klausler	SR Saint Marys	27.29	27.24	4
11	Kate Gallagher	SO St. Benedict	28.11	27.31	1
12	Mary Wunderlich	FR Concordia	27.71	27.52	3
13	Ellie Logelin	FR Hamline	27.96	27.66	2
14	Mirjana Ganley	SO St. Benedict	28.05	27.90	2
15	Riley Roberts	FR Carleton	28.31	27.97	1
16	Makenna Brown	SO Bethel	28.08	28.07	1
17	Carlie Heinecke	JR Concordia	27.83	28.08	3
18	Hailey Johnson	JR St. Benedict	28.35	28.32	6
19	Abbie Swenson	FR Bethel	28.62	28.40	4
20	Penny Hunter	SO Macalester	28.40	28.48	5

Women 400 Meter Dash

Name	Year School	Seed	Finals	H#	Points	
1 Hannah Sankey	SR Bethel	59.13	58.79	3	10	
27.757 (27.757)	58.781 (31.025)					
2 Megan Geraets	FR Gustavus	59.26	58.95	3	8	
27.814 (27.814)	58.948 (31.134)					
3 Mikayla Turek	SO Bethel	1:00.07	1:00.47	3	6	1:00.461
28.014 (28.014)	1:00.461 (32.447)					
4 Britta Nordberg	SO Bethel	1:00.35	1:00.47	2	5	1:00.468
28.222 (28.222)	1:00.468 (32.246)					
5 Jocelyn Ferguson	FR Carleton	1:00.29	1:00.79	3	4	
28.024 (28.024)	1:00.783 (32.759)					
6 Lucy Hoelscher	SO Hamline	1:01.62	1:01.43	2	3	
29.013 (29.013)	1:01.426 (32.413)					
7 Caroline Gearin	SO Saint Marys	1:01.40	1:01.65	2	2	
28.769 (28.769)	1:01.642 (32.873)					
8 Adisa Preston	FR Macalester	1:02.43	1:02.25	1	1	
29.553 (29.553)	1:02.243 (32.690)					
9 Makenna Brown	SO Bethel	1:02.49	1:03.10	1		
29.019 (29.019)	1:03.092 (34.074)					
10 Laura Mitch	SR St. Benedict	1:03.45	1:03.59	3		
30.147 (30.147)	1:03.585 (33.438)					
11 Hailey Gregg	FR Bethel	1:03.98	1:03.86	3		
29.825 (29.825)	1:03.857 (34.033)					
12 Mirjana Ganley	SO St. Benedict	1:04.21	1:04.02	2		
29.213 (29.213)	1:04.013 (34.800)					
13 Audrey Parrott	FR Carleton	1:04.67	1:04.36	1		
31.310 (31.310)	1:04.351 (33.042)					
14 Abbie Swenson	FR Bethel	1:04.54	1:04.90	2		
29.218 (29.218)	1:04.895 (35.678)					
15 Thea Traw	FR Carleton	1:05.37	1:05.90	1		
30.450 (30.450)	1:05.892 (35.442)					
-- Ellie Sholing	SO St. Scholastica	1:01.48	DQ	2		lane violation
28.678 (28.678)	1:00.591 (31.913)					

MIAC Indoor Championships
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Recreation Center - 2/24/2022 to 2/26/2022
Results

Women 600 Meter Run

Name	Year School	Seed	Finals	H#	Points
1 Elizabeth Donnelly 29.749 (29.749)	JR Gustavus 1:02.020 (32.271)	1:34.52 1:34.713 (32.693)	1:34.72	3	10
2 Annessa Ihde 30.260 (30.260)	FR Bethel 1:03.272 (33.012)	1:41.25 1:38.839 (35.567)	1:38.84	3	8
3 Jocelyn Ferguson 29.925 (29.925)	FR Carleton 1:03.016 (33.091)	1:38.68 1:39.120 (36.104)	1:39.12	3	6
4 Mikayla Turek 29.985 (29.985)	SO Bethel 1:03.065 (33.080)	1:40.74 1:39.387 (36.322)	1:39.39	3	5
5 Drew Frolek 30.991 (30.991)	FR Concordia 1:04.834 (33.843)	1:41.42 1:40.628 (35.794)	1:40.63	3	4 1:40.628
6 Ellie Sholing 1:40.629 (1:40.629)	SO St. Scholastica 1:43.22	1:40.63	1:40.63	2	3 1:40.629
7 Amy Kropp 1:40.884 (1:40.884)	JR Carleton	1:42.36	1:40.89	2	2
8 Lucy Hoelscher 30.528 (30.528)	SO Hamline 1:03.981 (33.453)	1:41.17 1:41.201 (37.220)	1:41.21	3	1
9 Kalli Smith 1:42.680 (1:42.680)	FR St. Benedict	1:42.66	1:42.68	2	
10 Ruby Gernandt 32.412 (32.412)	FR Bethel 1:06.983 (34.571)	1:44.81 1:42.923 (35.940)	1:42.93	1	
11 Evie Hage 1:43.027 (1:43.027)	FR Bethel	1:44.44	1:43.03	2	
12 Alice Cutter 32.023 (32.023)	FR Carleton 1:06.538 (34.515)	1:45.25 1:43.130 (36.592)	1:43.13	1	
13 Sidela Nyuga 1:43.395 (1:43.395)	FR St. Benedict	1:44.35	1:43.40	2	
14 Malakai Holloway 32.092 (32.092)	JR Bethel 1:06.745 (34.653)	1:44.59 1:43.415 (36.670)	1:43.42	1	
15 Eden Smith 1:44.448 (1:44.448)	FR Concordia	1:43.26	1:44.45	2	
16 Anna Swanson 1:07.974 (1:07.974)	JR Saint Marys 1:44.503 (36.529)	1:44.75	1:44.51	1	
17 Riley Mauzer 32.744 (32.744)	JR St. Olaf 1:08.301 (35.557)	1:44.78 1:44.774 (36.473)	1:44.78	1	
18 Thea Traw 31.887 (31.887)	FR Carleton 32.729 (0.842)	1:46.11 1:46.967 (1:14.238)	1:46.97	1	

Women 800 Meter Run

Name	Year School	Seed	Finals	H#	Points
1 Alexandra Maddux 32.011 (32.011)	JR Hamline 1:06.276 (34.265)	2:18.31 1:40.851 (34.575)	2:14.07	3	10 2:14.067 (33.216)
2 Elizabeth Donnelly 32.239 (32.239)	JR Gustavus 1:06.451 (34.213)	2:11.97 1:40.735 (34.284)	2:14.13	3	8 2:14.129 (33.394)
3 Katherine Geist 32.221 (32.221)	FR Carleton 1:06.508 (34.288)	2:15.89 1:40.974 (34.466)	2:14.72	3	6 2:14.715 (33.741)
4 Annessa Ihde 32.833 (32.833)	FR Bethel 1:07.093 (34.260)	2:18.86 1:41.829 (34.736)	2:17.52	3	5 2:17.512 (35.683)
5 Lara Erickson 33.238 (33.238)	FR Carleton 1:07.701 (34.464)	2:22.14 1:44.720 (37.019)	2:21.73	3	4 2:21.727 (37.008)

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Women 800 Meter Run

6	Ali Seaton	SO St. Olaf	2:21.59	2:21.95	3	3
	33.594 (33.594)	1:08.848 (35.254)	1:45.530 (36.683)	2:21.943 (36.413)		
7	Alice Cutter	FR Carleton	2:26.20	2:24.80	2	2
	34.111 (34.111)	1:11.788 (37.677)	1:49.703 (37.915)	2:24.793 (35.090)		
8	Malakai Holloway	JR Bethel	2:25.44	2:25.01	2	1
	33.826 (33.826)	1:11.893 (38.067)	1:50.058 (38.166)	2:25.006 (34.948)		
9	Drew Frolek	FR Concordia	2:23.06	2:25.48	3	
	32.673 (32.673)	1:08.535 (35.863)	1:47.162 (38.627)	2:25.474 (38.312)		
10	Emily Brockberg	SO Bethel	2:27.41	2:28.95	2	
	34.348 (34.348)	1:12.270 (37.923)	1:50.679 (38.409)	2:28.948 (38.269)		
11	Kate Ulrich	FR Carleton	2:26.99	2:29.29	2	
	34.196 (34.196)	1:12.547 (38.351)	1:51.615 (39.069)	2:29.285 (37.670)		
12	Kalli Smith	FR St. Benedict	2:24.38	2:29.43	2	
	34.355 (34.355)	1:11.862 (37.507)	1:50.461 (38.599)	2:29.429 (38.968)		
13	Sophie Abernethy	FR St. Olaf	2:27.23	2:29.82	2	
	33.933 (33.933)	1:12.080 (38.147)	1:51.012 (38.932)	2:29.819 (38.808)		
14	Nora Doyle	SR St. Benedict	2:29.58	2:30.43	2	
	33.756 (33.756)	1:12.264 (38.509)	1:52.000 (39.736)	2:30.426 (38.426)		
15	Lucy Jagoe	FR St. Benedict	2:33.74	2:31.55	1	
	33.798 (33.798)	1:10.700 (36.902)	1:51.529 (40.829)	2:31.548 (40.019)		
16	Jules Fromm	FR St. Olaf	2:32.66	2:32.57	1	
	34.565 (34.565)	1:11.534 (36.969)	1:51.726 (40.193)	2:32.562 (40.836)		
17	Maranda Thier	FR St. Benedict	2:36.29	2:33.51	1	
	34.925 (34.925)	1:13.360 (38.436)	1:53.831 (40.471)	2:33.504 (39.673)		
18	Esther Nelson	FR Bethel	2:34.76	2:34.47	1	
	34.324 (34.324)	1:11.869 (37.545)	1:52.722 (40.854)	2:34.466 (41.744)		
19	Kaye Rysdahl	FR Bethel	2:35.73	2:34.93	1	
	34.994 (34.994)	1:12.307 (37.313)	1:53.122 (40.815)	2:34.925 (41.804)		
20	Natalie Lieser	FR St. Benedict	2:35.33	2:35.62	1	
	35.108 (35.108)	1:12.615 (37.507)	1:53.689 (41.074)	2:35.620 (41.931)		
21	Alex Cook	SO St. Benedict	2:31.50	2:36.68	1	
	34.851 (34.851)	1:13.610 (38.760)	1:55.689 (42.079)	2:36.676 (40.988)		

Women 1000 Meter Run

Name	Year School	Seed	Finals	H#	Points
1 Katherine Geist	FR Carleton	2:59.94	2:55.97	3	10
	32.995 (32.995)	1:07.352 (34.357)	1:43.826 (36.474)	2:20.659 (36.833)	
	2:55.969 (35.310)				
2 Alexandra Maddux	JR Hamline	3:00.06	2:59.77	3	8
	33.751 (33.751)	1:09.156 (35.405)	1:46.119 (36.963)	2:23.550 (37.431)	
	2:59.763 (36.213)				
3 Maria Blaesing	SO Macalester	3:02.90	3:01.14	3	6
	33.447 (33.447)	1:08.427 (34.980)	1:45.182 (36.755)	2:23.061 (37.879)	
	3:01.139 (38.078)				
4 Ellen Mickelson	SR St. Olaf	3:00.14	3:02.60	3	5
	34.416 (34.416)	1:11.210 (36.794)	1:48.652 (37.442)	2:26.622 (37.970)	
	3:02.591 (35.969)				
5 Christine Albrecht	JR St. Olaf	3:04.06	3:03.18	3	4
	34.489 (34.489)	1:11.412 (36.923)	1:48.908 (37.496)	2:26.264 (37.356)	
	3:03.178 (36.914)				

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

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6	Katie Gebert	SO St. Olaf	3:07.78	3:04.26	2	3
	35.040 (35.040)	1:10.899 (35.859)	1:47.623 (36.724)	2:25.528 (37.905)		
	3:04.258 (38.730)					
7	Mary Blanchard	FR Carleton	3:05.98	3:05.98	3	2
	36.462 (36.462)	1:13.615 (37.153)	1:51.634 (38.019)	2:29.003 (37.369)		
	3:05.980 (36.977)					
8	Isabel Fredrickson	SR Concordia	3:08.13	3:06.95	2	1
	35.071 (35.071)	1:11.107 (36.036)	1:47.866 (36.759)	2:27.313 (39.447)		
	3:06.944 (39.631)					
9	Lara Erickson	FR Carleton	3:06.19	3:08.33	3	
	34.875 (34.875)	1:11.555 (36.680)	1:49.580 (38.025)	2:29.246 (39.666)		
	3:08.322 (39.076)					
10	Grace Cole	JR Bethel	3:13.81	3:08.64	2	
	35.107 (35.107)	1:10.750 (35.643)	1:48.272 (37.522)	2:28.914 (40.642)		
	3:08.639 (39.725)					
11	Lena Stern	SR Macalester	3:13.50	3:08.91	2	
	35.610 (35.610)	1:12.674 (37.064)	1:51.090 (38.416)	2:30.910 (39.820)		
	3:08.906 (37.996)					
12	Sophie Abernethy	FR St. Olaf	3:09.28	3:08.93	2	
	35.652 (35.652)	1:13.115 (37.463)	1:51.839 (38.724)	2:31.245 (39.406)		
	3:08.922 (37.677)					
13	Bella Call	SO St. Olaf	3:08.75	3:10.18	2	
	35.236 (35.236)	1:11.826 (36.590)	1:50.514 (38.688)	2:31.175 (40.661)		
	3:10.175 (39.000)					
14	Kate Ulrich	FR Carleton	3:11.51	3:10.97	2	
	35.366 (35.366)	1:12.334 (36.968)	1:50.391 (38.057)	2:31.486 (41.095)		
	3:10.970 (39.484)					
15	Lilianne Tapper	JR St. Scholastica	3:18.02	3:13.84	1	
	36.879 (36.879)	1:16.099 (39.220)	1:57.379 (41.280)	2:37.464 (40.085)		
	3:13.839 (36.375)					
16	Nell Schafer	SO Carleton	3:20.47	3:13.88	1	
	36.377 (36.377)	1:15.633 (39.256)	1:56.473 (40.840)	2:35.499 (39.026)		
	3:13.875 (38.376)					
17	Nora Doyle	SR St. Benedict	3:14.52	3:14.69	2	
	35.407 (35.407)	1:13.022 (37.615)	1:51.795 (38.773)	2:33.032 (41.237)		
	3:14.681 (41.649)					
18	Ella Krumm	FR Macalester	3:17.14	3:17.66	1	
	36.489 (36.489)	1:15.968 (39.479)	1:56.862 (40.894)	2:36.685 (39.823)		
	3:17.656 (40.971)					
19	Jules Fromm	FR St. Olaf	3:20.90	3:20.92	1	
	36.275 (36.275)	1:15.549 (39.274)	1:57.094 (41.545)	2:39.120 (42.026)		
	3:20.919 (41.799)					
20	Natalie Lieser	FR St. Benedict	3:21.60	3:21.09	1	
	36.557 (36.557)	1:15.847 (39.290)	1:57.274 (41.427)	2:39.767 (42.493)		
	3:21.087 (41.320)					
21	Alex Cook	SO St. Benedict	3:26.02	3:26.00	1	
	40.628 (40.628)	1:21.448 (40.820)	2:03.698 (42.250)	2:45.834 (42.136)		
	3:25.998 (40.164)					
22	Maggie Morgan	SO Macalester	3:28.79	3:28.89	1	
	40.407 (40.407)	1:21.113 (40.706)	2:03.942 (42.829)	2:46.815 (42.873)		
	3:28.886 (42.071)					

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1 Clara Mayfield	SO Carleton	4:53.68	4:52.70	3	10
35.577 (35.577)	1:10.270 (34.693)	1:46.077 (35.808)	2:22.465 (36.388)		
2:59.237 (36.772)	3:36.362 (37.125)	4:14.745 (38.383)	4:52.696 (37.952)		
2 Ellen Mickelson	SR St. Olaf	4:59.76	5:02.85	3	8
37.535 (37.535)	1:13.486 (35.952)	1:50.511 (37.025)	2:28.172 (37.662)		
3:06.671 (38.499)	3:45.878 (39.207)	4:24.821 (38.944)	5:02.846 (38.025)		
3 Maria Blaesing	SO Macalester	5:05.91	5:03.46	3	6
38.070 (38.070)	1:13.942 (35.872)	1:50.902 (36.960)	2:28.731 (37.829)		
3:07.116 (38.385)	3:46.242 (39.126)	4:25.235 (38.994)	5:03.452 (38.217)		
4 Katie Gebert	SO St. Olaf	5:14.59	5:12.14	3	5
39.114 (39.114)	1:17.239 (38.125)	1:57.089 (39.851)	2:36.974 (39.885)		
3:14.947 (37.973)	3:53.348 (38.402)	4:33.075 (39.727)	5:12.140 (39.065)		
5 Mary Blanchard	FR Carleton	5:16.34	5:12.78	3	4
39.634 (39.634)	1:17.357 (37.723)	1:18.363 (1.006)	1:58.487 (40.124)		
2:38.477 (39.990)	3:18.088 (39.612)	3:57.208 (39.120)	5:12.773 (1:15.566)		
6 Isabel Fredrickson	SR Concordia	5:23.39	5:14.19	3	3
39.245 (39.245)	1:17.276 (38.031)	1:17.528 (0.252)	1:57.194 (39.667)		
2:37.370 (40.176)	3:55.879 (1:18.509)	4:35.197 (39.319)	5:14.189 (38.992)		
7 Helen Cross	FR Carleton	5:16.72	5:14.41	3	2
38.798 (38.798)	1:17.139 (38.341)	1:17.178 (0.039)	1:56.856 (39.679)		
2:37.022 (40.166)	3:16.119 (39.098)	4:35.393 (1:19.274)	5:14.405 (39.012)		
8 Sophie Call	SO St. Olaf	5:17.31	5:17.31	3	1
39.008 (39.008)	1:17.241 (38.233)	1:57.039 (39.799)	2:37.326 (40.287)		
3:16.585 (39.260)	3:17.152 (0.567)	3:57.486 (40.335)	5:17.308 (1:19.822)		
9 Sam Posey	JR St. Olaf	5:20.84	5:20.71	3	
38.866 (38.866)	1:17.159 (38.293)	1:56.950 (39.792)	2:37.185 (40.235)		
3:16.410 (39.226)	3:57.822 (41.412)	4:39.194 (41.372)	5:20.709 (41.515)		
10 Grace Cole	JR Bethel	5:28.47	5:25.48	2	
42.179 (42.179)	1:21.792 (39.613)	2:03.166 (41.375)	2:43.730 (40.564)		
3:24.932 (41.202)	4:06.172 (41.240)	4:46.711 (40.539)	5:25.479 (38.769)		
11 Olivia Corbo	FR Carleton	5:35.79	5:27.58	2	
43.467 (43.467)	2:04.236 (1:20.770)	2:45.907 (41.671)	4:08.740 (1:22.833)		
4:47.356 (38.617)	5:27.571 (40.215)				
12 Piper Dean	FR Carleton	5:28.83	5:29.83	2	
42.990 (42.990)	1:21.984 (38.994)	2:03.465 (41.482)	2:44.084 (40.619)		
3:25.661 (41.578)	4:07.376 (41.715)	4:49.075 (41.699)	5:29.827 (40.753)		
13 Maggie Froh	SO Macalester	5:35.23	5:31.47	2	
43.315 (43.315)	1:22.729 (39.414)	2:04.532 (41.803)	2:46.268 (41.736)		
3:27.428 (41.160)	4:10.403 (42.976)	4:52.691 (42.288)	5:31.461 (38.770)		
14 Erika Swanson	SO Bethel	5:34.58	5:37.57	2	
42.454 (42.454)	1:21.555 (39.101)	2:02.948 (41.393)	2:44.430 (41.483)		
3:26.206 (41.776)	4:09.871 (43.665)	4:54.696 (44.826)	5:37.564 (42.868)		
15 Nell Schafer	SO Carleton	5:29.66	5:38.16	2	
42.392 (42.392)	1:22.136 (39.744)	2:03.958 (41.822)	2:45.645 (41.688)		
3:27.205 (41.560)	4:10.996 (43.792)	4:55.440 (44.444)	5:38.157 (42.718)		
16 Anna Decker	FR Bethel	5:38.74	5:38.43	2	
42.728 (42.728)	1:22.343 (39.615)	2:03.686 (41.344)	2:45.273 (41.587)		
3:26.791 (41.518)	3:27.109 (0.318)	4:10.095 (42.986)	5:38.426 (1:28.332)		
17 Marissa Cutlan	SO Bethel	5:41.13	5:42.20	1	
44.783 (44.783)	1:26.569 (41.786)	2:08.370 (41.801)	2:51.205 (42.835)		
3:34.485 (43.281)	4:19.028 (44.543)	5:03.059 (44.031)	5:42.200 (39.141)		

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Women 1 Mile Run

18 Sophie Gossard	JR St. Olaf	5:45.03	5:43.66	1
44.996 (44.996)	45.147 (0.151)	1:26.842 (41.696)	2:08.717 (41.875)	
2:52.073 (43.357)	3:35.166 (43.093)	4:19.349 (44.183)	5:43.654 (1:24.305)	
19 Olivia Edstrom	SO St. Olaf	5:40.41	5:45.24	1
44.825 (44.825)	1:26.588 (41.763)	2:08.500 (41.912)	2:51.903 (43.404)	
3:36.801 (44.898)	4:22.461 (45.660)	5:08.064 (45.604)	5:45.234 (37.170)	
20 Julia Clark	SR St. Catherine	5:39.78	5:46.13	1
44.947 (44.947)	1:27.078 (42.131)	2:07.712 (40.634)	2:50.129 (42.417)	
3:34.778 (44.650)	4:19.070 (44.292)	5:04.081 (45.011)	5:46.122 (42.042)	
21 Lucy Lyngen	SO St. Benedict	5:45.00	5:46.57	1
45.381 (45.381)	1:27.341 (41.961)	2:09.152 (41.811)	2:52.661 (43.510)	
3:37.347 (44.686)	4:22.891 (45.545)	5:06.928 (44.037)	5:46.564 (39.636)	
22 Sydney Hagen	FR Gustavus	5:47.97	5:46.77	1
46.002 (46.002)	1:27.768 (41.766)	2:10.355 (42.588)	2:53.343 (42.988)	
3:37.573 (44.230)	4:22.953 (45.381)	5:07.664 (44.711)	5:46.765 (39.102)	
23 Zoe Plechaty	JR St. Olaf	5:46.60	5:47.58	1
45.879 (45.879)	1:27.106 (41.227)	2:09.239 (42.133)	2:52.771 (43.533)	
3:37.148 (44.377)	4:22.162 (45.014)	5:05.881 (43.719)	5:47.578 (41.697)	
24 Claire Schoenfield	FR Gustavus	5:49.87	5:48.32	1
1:27.757 (1:27.757)	2:10.437 (42.681)	2:53.585 (43.148)	3:37.594 (44.009)	
4:23.142 (45.548)	5:07.694 (44.552)	5:48.319 (40.625)		
25 Airial Johnson	FR Concordia	5:53.19	5:57.26	1
45.724 (45.724)	1:28.491 (42.767)	2:55.944 (1:27.453)	3:40.908 (44.964)	
4:27.460 (46.552)	5:13.937 (46.477)	5:57.251 (43.314)		

Women 3000 Meter Run

Name	Year School	Seed	Finals	H#	Points
1 Fiona Smith	SO St. Benedict	9:37.36	9:34.60	2	10
38.361 (38.361)	1:16.713 (38.352)	1:54.771 (38.058)	2:33.117 (38.346)		
3:11.537 (38.420)	3:50.439 (38.902)	4:29.500 (39.061)	5:08.250 (38.750)		
5:46.826 (38.576)	6:25.826 (39.000)	7:04.794 (38.968)	9:34.594 (2:29.800)		
2 Clara Mayfield	SO Carleton	9:35.77	9:36.39	2	8
38.621 (38.621)	1:17.092 (38.471)	1:55.029 (37.937)	2:33.397 (38.368)		
3:11.777 (38.380)	3:50.721 (38.944)	4:29.732 (39.011)	5:08.498 (38.766)		
5:47.018 (38.520)	6:26.051 (39.033)	7:05.026 (38.975)	9:36.388 (2:31.362)		
3 Helen Cross	FR Carleton	10:22.61	10:17.19	2	6
39.212 (39.212)	1:19.542 (40.330)	2:01.431 (41.889)	2:02.458 (1.027)		
2:43.223 (40.765)	3:25.077 (41.854)	4:06.770 (41.693)	4:47.892 (41.122)		
5:29.617 (41.725)	6:11.731 (42.114)	6:52.985 (41.254)	7:34.902 (41.917)		
9:37.997 (2:03.095)	10:17.189 (39.192)				
4 Sophie Call	SO St. Olaf	10:29.58	10:18.17	2	5
39.559 (39.559)	1:20.605 (41.046)	2:01.935 (41.330)	4:06.354 (2:04.419)		
4:47.696 (41.342)	5:29.309 (41.613)	6:11.454 (42.145)	6:53.891 (42.437)		
9:41.200 (2:47.309)	10:18.161 (36.961)				
5 Iliana Ramon	JR Gustavus	10:40.04	10:19.57	2	4
40.158 (40.158)	1:20.825 (40.667)	2:02.160 (41.335)	2:43.831 (41.671)		
3:25.700 (41.869)	4:48.118 (1:22.418)	5:29.795 (41.677)	6:12.243 (42.448)		
6:53.739 (41.496)	7:35.932 (42.193)	7:36.280 (0.348)	10:19.568 (2:43.288)		

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Women 3000 Meter Run

6	Sofia Carlson	FR St. Olaf	10:30.72	10:19.73	2	3
	39.834 (39.834)	1:20.415 (40.581)	2:01.741 (41.326)	2:43.489 (41.748)		
	3:25.364 (41.875)	4:06.508 (41.144)	4:48.018 (41.510)	5:29.909 (41.891)		
	6:12.009 (42.100)	6:53.523 (41.514)	7:35.261 (41.738)	9:41.809 (2:06.548)		
	10:19.730 (37.921)					
7	Tracy Renier	SR St. Benedict	10:42.41	10:27.26	2	2
	40.520 (40.520)	1:21.425 (40.905)	2:02.714 (41.289)	2:43.777 (41.063)		
	2:44.473 (0.696)	3:26.204 (41.731)	4:08.538 (42.334)	4:51.234 (42.696)		
	5:33.584 (42.350)	6:16.938 (43.354)	10:27.253 (4:10.315)			
8	Phoebe Ward	FR Carleton	10:38.68	10:28.57	2	1
	40.852 (40.852)	1:21.986 (41.134)	2:03.283 (41.297)	2:44.261 (40.978)		
	2:44.663 (0.402)	3:26.376 (41.713)	4:08.344 (41.968)	4:50.953 (42.609)		
	5:33.375 (42.422)	6:15.955 (42.580)	6:58.497 (42.542)	7:41.841 (43.344)		
	10:28.570 (2:46.729)					
9	Alison Bode	FR St. Olaf	10:31.27	10:32.29	2	
	40.110 (40.110)	1:20.841 (40.731)	2:02.310 (41.469)	2:44.163 (41.853)		
	3:25.480 (41.317)	3:25.812 (0.332)	4:06.728 (40.916)	4:07.569 (0.841)		
	4:49.352 (41.783)	5:32.937 (43.585)	6:16.451 (43.514)	6:59.153 (42.702)		
	10:32.285 (3:33.132)					
10	Sophie McManus	FR Carleton	10:30.76	10:32.82	2	
	41.373 (41.373)	1:22.298 (40.925)	2:03.551 (41.253)	3:25.928 (1:22.377)		
	4:08.146 (42.218)	4:50.657 (42.511)	5:33.085 (42.428)	6:17.456 (44.371)		
	7:00.459 (43.003)	10:32.814 (3:32.355)				
11	Mikayla Erlenborn	FR Bethel	10:47.59	10:33.25	2	
	40.286 (40.286)	1:21.009 (40.723)	3:26.020 (2:05.011)	4:07.853 (41.833)		
	4:49.781 (41.928)	5:33.237 (43.456)	6:16.744 (43.507)	6:59.369 (42.625)		
	10:33.243 (3:33.874)					
12	Bridget Tetmeyer	FR St. Benedict	10:45.18	10:35.49	2	
	40.666 (40.666)	1:21.748 (41.082)	2:03.025 (41.277)	2:44.751 (41.726)		
	3:26.566 (41.815)	4:08.851 (42.285)	4:51.332 (42.481)	5:33.892 (42.560)		
	6:17.128 (43.236)	6:59.287 (42.159)	6:59.732 (0.445)	10:35.489 (3:35.757)		
13	Julia Everest	SO St. Olaf	10:48.94	10:37.17	1	
	39.877 (39.877)	1:20.655 (40.778)	2:02.646 (41.991)	3:27.764 (1:25.118)		
	4:11.020 (43.256)	4:54.001 (42.981)	5:36.657 (42.656)	6:20.406 (43.749)		
	7:03.228 (42.822)	7:47.132 (43.904)	8:30.758 (43.626)	9:14.560 (43.802)		
	9:57.863 (43.303)	10:37.163 (39.300)				
14	Mackinzee Miest	JR Gustavus	10:43.87	10:37.82	2	
	41.135 (41.135)	1:22.170 (41.035)	2:03.447 (41.277)	2:45.043 (41.596)		
	3:26.594 (41.551)	4:09.019 (42.425)	4:51.592 (42.573)	5:34.301 (42.709)		
	6:17.716 (43.415)	7:00.890 (43.174)	10:37.816 (3:36.926)			
15	Raina Moorjani	FR Bethel	10:58.29	10:43.04	1	
	41.159 (41.159)	1:22.522 (41.363)	2:05.610 (43.088)	2:49.446 (43.836)		
	3:33.631 (44.185)	4:17.889 (44.258)	5:02.072 (44.183)	5:44.682 (42.610)		
	6:28.039 (43.357)	7:11.803 (43.764)	7:55.286 (43.483)	8:38.606 (43.320)		
	9:21.869 (43.263)	10:04.549 (42.680)	10:43.038 (38.489)			
16	Sylvia Greene	SO Macalester	10:59.41	10:46.77	1	
	42.318 (42.318)	1:24.149 (41.831)	2:07.180 (43.031)	2:51.159 (43.979)		
	3:35.211 (44.052)	3:35.478 (0.267)	4:19.045 (43.567)	5:02.592 (43.547)		
	5:45.592 (43.000)	6:28.850 (43.258)	7:12.937 (44.087)	7:56.963 (44.026)		
	8:40.070 (43.107)	9:23.586 (43.516)	10:46.763 (1:23.177)			
17	Libby Rowland	FR Carleton	10:47.27	10:46.86	2	
	41.487 (41.487)	2:03.853 (1:22.366)	2:45.259 (41.406)	3:26.820 (41.561)		
	4:09.265 (42.445)	4:51.798 (42.533)	5:34.817 (43.019)	6:18.028 (43.211)		
	7:01.745 (43.717)	10:46.860 (3:45.115)				

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Women 3000 Meter Run

18 Piper Dean	FR Carleton	10:52.13	10:48.11	1
41.372 (41.372)	1:21.054 (39.682)	2:03.039 (41.985)	2:46.098 (43.059)	
3:29.029 (42.931)	4:12.740 (43.711)	5:41.270 (1:28.530)	6:25.091 (43.821)	
7:09.625 (44.534)	7:54.600 (44.975)	8:39.132 (44.532)	9:23.878 (44.746)	
10:48.102 (1:24.224)				
19 Emma Mader	SR Hamline	10:52.96	10:48.85	1
41.007 (41.007)	1:22.250 (41.243)	2:05.438 (43.188)	2:49.270 (43.832)	
3:33.409 (44.139)	4:17.773 (44.364)	5:02.316 (44.543)	5:45.300 (42.984)	
6:29.323 (44.023)	7:13.839 (44.516)	7:58.363 (44.524)	8:42.506 (44.143)	
9:26.789 (44.283)	10:48.843 (1:22.054)	10:48.849 (0.006)		
20 Maggie Froh	SO Macalester	11:05.81	10:49.33	1
42.048 (42.048)	1:23.753 (41.705)	2:50.865 (1:27.112)	3:34.885 (44.020)	
4:18.483 (43.598)	5:02.784 (44.301)	5:45.656 (42.872)	6:28.413 (42.757)	
7:12.584 (44.171)	7:56.642 (44.058)	8:40.662 (44.020)	9:24.635 (43.973)	
10:49.314 (1:24.679)	10:49.321 (0.007)			
21 Danielle Freshwaters	SR Macalester	11:04.23	10:49.88	1
41.719 (41.719)	1:22.945 (41.226)	1:23.431 (0.486)	2:06.576 (43.145)	
2:50.567 (43.991)	3:34.553 (43.986)	4:18.216 (43.663)	5:01.890 (43.674)	
5:44.470 (42.580)	6:27.959 (43.489)	7:12.220 (44.261)	7:56.266 (44.046)	
8:40.349 (44.083)	9:24.175 (43.826)	10:49.874 (1:25.699)		
22 Molly Weberg	SO Gustavus	11:08.12	10:52.12	1
43.766 (43.766)	1:27.825 (44.059)	2:12.854 (45.029)	2:56.675 (43.821)	
3:39.152 (42.477)	4:21.708 (42.556)	5:04.797 (43.089)	5:48.766 (43.969)	
6:33.379 (44.613)	7:17.703 (44.324)	8:01.354 (43.651)	8:46.221 (44.867)	
9:31.186 (44.965)	10:52.111 (1:20.925)	10:52.117 (0.006)		
23 Emily Rugloski	SR Concordia	11:11.34	10:55.63	1
43.114 (43.114)	1:25.927 (42.813)	2:09.009 (43.082)	2:52.433 (43.424)	
4:19.291 (1:26.858)	5:02.926 (43.635)	5:47.089 (44.163)	6:31.182 (44.093)	
7:16.874 (45.692)	8:02.060 (45.186)	8:46.875 (44.815)	9:31.923 (45.048)	
10:55.625 (1:23.702)	10:55.627 (0.002)			
24 Elise Yeager	SO St. Benedict	11:02.09	10:57.46	1
41.483 (41.483)	1:22.947 (41.464)	2:06.309 (43.362)	2:50.313 (44.004)	
3:34.275 (43.962)	4:18.144 (43.869)	5:02.510 (44.366)	5:46.528 (44.018)	
6:31.528 (45.000)	7:17.164 (45.636)	8:02.369 (45.205)	8:47.771 (45.402)	
9:32.991 (45.220)	10:57.459 (1:24.468)	10:57.461 (0.002)		
25 Marte Borgmann	SO Carleton	11:07.83	11:08.23	1
42.467 (42.467)	1:24.471 (42.004)	1:24.591 (0.120)	2:07.681 (43.090)	
2:51.796 (44.115)	3:35.731 (43.935)	4:19.927 (44.196)	5:04.973 (45.046)	
5:50.292 (45.319)	6:35.426 (45.134)	7:21.265 (45.839)	8:07.294 (46.029)	
8:53.941 (46.647)	9:40.387 (46.446)	11:08.230 (1:27.843)		
26 Laura Hardwick	FR Bethel	11:19.60	11:14.64	1
42.281 (42.281)	1:23.891 (41.610)	1:24.325 (0.434)	2:07.561 (43.236)	
2:50.947 (43.386)	2:51.598 (0.651)	3:35.837 (44.239)	4:19.831 (43.994)	
5:05.456 (45.625)	5:50.168 (44.712)	6:35.799 (45.631)	7:22.241 (46.442)	
8:08.507 (46.266)	8:55.515 (47.008)	11:14.638 (2:19.123)		
27 Julia Clark	SR St. Catherine	11:16.07	11:15.13	1
42.774 (42.774)	2:07.206 (1:24.432)	2:51.221 (44.015)	3:35.037 (43.816)	
4:18.879 (43.842)	5:47.367 (1:28.488)	6:33.993 (46.626)	7:21.618 (47.625)	
8:09.248 (47.630)	8:57.053 (47.805)	9:44.432 (47.379)	10:32.245 (47.813)	
11:15.120 (42.875)	11:15.122 (0.002)			

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Women 3000 Meter Run

28 Anna Decker	FR Bethel	11:07.07	11:15.44	1
42.199 (42.199)	2:06.924 (1:24.725)	2:50.957 (44.033)	3:34.773 (43.816)	
4:18.529 (43.756)	5:03.276 (44.747)	5:49.140 (45.864)	6:36.187 (47.047)	
7:22.563 (46.376)	8:08.668 (46.105)	8:55.211 (46.543)	9:43.084 (47.873)	
11:15.425 (1:32.341)	11:15.433 (0.008)			

Women 5000 Meter Run

Name	Year School	Seed	Finals	Points
1 Fiona Smith	SO St. Benedict	16:42.91	17:20.20	10
17:20.192 (17:20.192)				
2 Sofia Carlson	FR St. Olaf	17:58.25	17:40.29	8
17:40.290 (17:40.290)				
3 Alison Bode	FR St. Olaf	18:03.47	17:45.28	6
17:45.278 (17:45.278)				
4 Iliana Ramon	JR Gustavus	18:33.56	17:58.55	5
17:58.548 (17:58.548)				
5 Tracy Renier	SR St. Benedict	18:30.88	18:03.71	4
18:03.707 (18:03.707)				
6 Mikayla Erlenborn	FR Bethel	18:20.45	18:05.27	3
18:05.263 (18:05.263)				
7 Phoebe Ward	FR Carleton	18:40.26	18:11.00	2
18:10.999 (18:10.999)				
8 Bridget Tetmeyer	FR St. Benedict	18:39.84	18:20.13	1
18:20.121 (18:20.121)				
9 Sylvia Greene	SO Macalester	19:14.25	18:47.06	
18:47.058 (18:47.058)				
10 Josie Harms	FR Bethel	19:23.28	18:50.67	
18:50.663 (18:50.663)				
11 Emily DeMorett	JR St. Benedict	19:26.58	18:57.65	
18:57.650 (18:57.650)				
12 Raina Moorjani	FR Bethel	19:10.99	18:58.92	
18:58.918 (18:58.918)				
13 Marte Borgmann	SO Carleton	19:35.12	19:15.51	
19:15.508 (19:15.508)				
14 Laura Hardwick	FR Bethel	19:26.95	19:18.04	
19:18.037 (19:18.037)				
15 Gracia Larsen-Schmidt	FR St. Olaf	19:30.88	19:26.60	
19:26.593 (19:26.593)				
16 Amelia Landsverk	JR Concordia	19:36.38	19:28.52	
19:28.514 (19:28.514)				
17 Seneca Norvell	JR St. Olaf	20:19.37	19:46.55	
19:46.545 (19:46.545)				
18 Charlotte Adams	SO Hamline	20:21.16	20:06.16	
20:06.154 (20:06.154)				

Women 55 Meter Hurdles

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Kelsie Sealock	SO Bethel	8.09	8.13Q	3
2 Birgen Nelson	SO Gustavus	8.00	8.18Q	1

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Women 55 Meter Hurdles

3	Nayeli Williams	FR Carleton	8.60	8.74Q	2
4	Rebekah Salfer	JR St. Olaf	8.75	8.71q	1
5	AnnaGrace Nelson	FR Bethel	8.67	8.78q	2
6	Danielle Miller	FR Gustavus	8.73	8.86q	3
7	Peyton Selle	SO Concordia	8.87	8.90q	3
8	McKenzie Williams	FR St. Scholastica	8.76	8.93q	1
9	Stephanie Pickthorn	SR St. Benedict	8.89	9.04	2
10	Cecelia Miller	SR Hamline	9.34	9.28	1
11	Burnices Barlue	FR St. Catherine	9.24	9.29	1
12	Nicole Lilleberg	JR Concordia	8.92	9.40	2
13	Riki Poore	SO St. Olaf	9.20	9.41	3
14	Julianna Boyum	FR Hamline	9.55	9.55	2
15	Makenna Huetten	FR Gustavus	9.43	9.58	2
16	Emmarie Byom	FR Saint Marys	9.54	9.62	2
17	Jenna Kalevik	FR Concordia	9.95	9.78	3
18	Gabriele Hannah	FR Hamline	9.90	9.88	1
19	Hannah King	SO Bethel	9.54	10.10	3
20	Cynthia Garcia Balmaceda	SO Bethel	10.21	10.40	1
21	Alli Joerger	FR Gustavus	10.36	11.18	2
22	Ally Stackhouse	FR Bethel	9.42	11.61	3

Women 55 Meter Hurdles

Name	Year	School	Prelims	Finals	Points
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Finals

1	Kelsie Sealock	SO Bethel	8.13	7.96	10
2	Birgen Nelson	SO Gustavus	8.18	8.14	8
3	Rebekah Salfer	JR St. Olaf	8.71	8.63	6
4	AnnaGrace Nelson	FR Bethel	8.78	8.69	5
5	Nayeli Williams	FR Carleton	8.74	8.79	4
6	Danielle Miller	FR Gustavus	8.86	8.93	3
7	Peyton Selle	SO Concordia	8.90	8.95	2
8	McKenzie Williams	FR St. Scholastica	8.93	9.21	1

Women 4x200 Meter Relay

School	Seed	Finals	H#	Points
1 Bethel	1:55.60	1:45.44	1	10
1) Sarah Stellmach FR		2) Kelsie Sealock SO		
3) Britta Nordberg SO		4) Jireh Babalola SO		
2 Gustavus	1:49.00	1:45.78	3	8
1) Megan Geraets FR		2) Ally Rakow FR		
3) Danielle Miller FR		4) Birgen Nelson SO		
3 St. Benedict	1:49.96	1:46.15	3	6
1) Dacoda Speidel SR		2) Tiana Johnson SO		
3) Kate Gallagher SO		4) Mirjana Ganley SO		
4 St. Olaf	1:51.09	1:51.26	2	5
1) Karla Kroschel SO		2) Emma Storbakken FR		
3) Emma Sahly FR		4) Ququ Holman SO		
5 Saint Marys	1:51.03	1:51.40	2	4
1) Sydney Klausler SR		2) Caroline Gearin SO		
3) Lillian Maul SO		4) Nathalie Freire SR		

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Women 4x200 Meter Relay

6 Concordia	1:53.47	1:51.46	1	3	
1) Carlie Heinecke JR					
3) Meg Shercliffe SO					
7 Macalester	1:54.39	1:51.72	2	2	
1) Journey Amundson JR					
3) Penny Hunter SO					
8 Carleton	1:54.20	1:52.19	3	1	
1) Grace Blanchette SO					
3) Audrey Parrott FR					
9 St. Catherine	1:53.86	1:53.01	1		
1) Madi Genz FR					
3) Burnices Barlue FR					
10 Hamline	1:55.68	1:54.80	3		
1) Ellie Logelin FR					
3) Liliana Olson SO					
-- St. Scholastica			DQ	2	handoff zone viola
1) Daya Davidson JR					
3) Anna Kiminiski FR					

Women 4x400 Meter Relay

School	Seed	Finals	H#	Points
1 Bethel	3:55.26	3:55.68	2	10
1) Hannah Sankey SR				
3) Mikayla Turek SO				
2 Gustavus	4:04.59	3:55.98	2	8
1) Elizabeth Donnelly JR				
3) Megan Geraets FR				
3 Carleton	4:09.80	4:09.45	2	6
1) Jocelyn Ferguson FR				
3) Amy Kropp JR				
4 Hamline	4:17.23	4:11.29	1	5
1) Lucy Hoelscher SO				
3) Alexandra Maddux JR				
5 St. Scholastica	4:15.34	4:11.84	1	4
1) McKenzie Williams FR				
3) Annika Voss JR				
6 St. Olaf	4:12.53	4:12.17	2	3
1) Karla Kroschel SO				
3) Emma Sahly FR				
7 Saint Marys	4:15.66	4:12.82	1	2
8 Macalester	4:19.13	4:13.36	1	1
1) Journey Amundson JR				
3) Hannah Grosse SR				
9 Concordia	4:13.81	4:17.24	2	
1) Peyton Selle SO				
3) Meg Shercliffe SO				
10 St. Benedict	4:21.63	4:20.83	1	
1) Laura Mitch SR				
3) Hailey Johnson JR				

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

Women Distance Medley

School	Seed	Finals	Points
1 Carleton		12:22.44	10
1) Libby Rowland FR	2) Ineke Cordova SO		
3) Amy Kropp JR	4) Clara Mayfield SO		
2 St. Olaf		12:33.74	8
1) Christine Albrecht JR	2) Riley Mauzer JR		
3) Bella Call SO	4) Ellen Mickelson SR		
3 St. Benedict		12:46.03	6
1) Elise Yeager SO	2) Laura Mitch SR		
3) Kalli Smith FR	4) Fiona Smith SO		
4 Bethel		12:55.21	5
1) Evie Hage FR	2) Makenna Brown SO		
3) Ruby Gernandt FR	4) Grace Cole JR		
5 Concordia		13:03.64	4
1) Eden Smith FR	2) Meg Shercliffe SO		
3) Kelly Lorenz SO	4) Emily Rugloski SR		
6 Macalester		13:06.31	3
1) Lena Stern SR	2) Sara Gregor JR		
3) Ella Krumm FR	4) Danielle Freshwaters SR		
7 Gustavus		13:07.47	2
1) Molly Weberg SO	2) Makenna Huetten FR		
3) Kailyn Walukas FR	4) Mackinzee Miest JR		
8 St. Scholastica		13:38.56	1
1) Lilianne Tapper JR	2) Anna Kiminiski FR		
3) Annika Voss JR	4) Jenna Terrio FR		
9 Saint Marys		13:52.47	
1) Anna Swanson JR	2) Abrianna Utgaard JR		
3) Caroline Gearin SO	4) Amanda Tuvey SO		
10 Hamline		14:00.81	
1) Miranda Ekleberry SO	2) Andreiana Aurelius FR		
3) Jalisa Mathews SO	4) Libby Roberdeau FR		

Women High Jump

Name	Year School	Seed	Finals	Points
1 AnnaGrace Nelson	FR Bethel	1.60m	1.57m	5-01.75 10
1.36 1.41 1.46 1.51 1.54 1.57 1.61				
P P O PPP XXO XXO XXX				
2 Justus Floren	FR St. Benedict	1.55m	1.54m	5-00.50 8
1.36 1.41 1.46 1.51 1.54 1.57				
P O O XXO XXO XXX				
3 Erin Beer	SO Gustavus	1.37m	1.51m	4-11.50 5
1.36 1.41 1.46 1.51 1.54				
O O XO O XXX				
3 Olivia Motley	SO Gustavus	1.50m	1.51m	4-11.50 5
1.36 1.41 1.46 1.51 1.54				
O O XO O XXX				
3 Peyton Selle	SO Concordia	1.56m	1.51m	4-11.50 5
1.36 1.41 1.46 1.51 1.54				
P XO O PPO XXX				

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Women Pole Vault

4	Molly Vaughan	FR St. Benedict	3.23m	J3.32m	10-10.75	5
	2.72 2.87 3.02 3.17 3.32 3.42					
	O O O XXO XXO XXX					
5	Jessica Lilland	SO Bethel	3.58m	3.17m	10-04.75	4
	2.72 2.87 3.02 3.17 3.32					
	P P O XO XXX					
6	Sydney Marsh	JR Carleton	3.21m	J3.17m	10-04.75	3
	2.72 2.87 3.02 3.17 3.32					
	P O XO XO XXX					
7	Melanie Roberts	SO St. Olaf	3.17m	J3.17m	10-04.75	1.50
	2.72 2.87 3.02 3.17 3.32					
	O O O XXO XXX					
7	Sadie Koelz	SR Bethel	3.37m	J3.17m	10-04.75	1.50
	2.72 2.87 3.02 3.17 3.32					
	P P O XXO XXX					
9	Emily Litton	SO Carleton	3.06m	3.02m	9-10.75	
	2.72 2.87 3.02 3.17					
	O O O XXX					
9	Caitlin Salfer	JR St. Benedict	3.17m	3.02m	9-10.75	
	2.72 2.87 3.02 3.17					
	O O O XXX					
9	Teresa Pettitt-Kenney	JR St. Olaf	3.38m	3.02m	9-10.75	
	2.72 2.87 3.02 3.17					
	P O O XXX					
12	Julia Cordes	JR St. Olaf	2.94m	2.87m	9-05.00	
	2.72 2.87 3.02					
	O O XXX					
12	Olivia Hoff	SR St. Benedict	3.02m	2.87m	9-05.00	
	2.72 2.87 3.02					
	O O XXX					
--	Zoe Witham	SR St. Benedict	2.78m	NH		
	2.72					
	XXX					
--	Grace Pierson	SO Hamline	2.60m	NH		
	2.72					
	XXX					
--	Julia Goetzman	JR Bethel	2.75m	NH		
	2.72					
	XXX					
--	Signe Harris	SO Bethel	2.79m	NH		
	2.72					
	XXX					
--	Nathalie Freire	SR Saint Marys	3.21m	NH		
	2.72 2.87 3.02 3.17					
	P P PPX XX					

Women Long Jump

=====							
Name	Year	School	Seed	Finals	H#	Points	
=====							
1	Jailyn	Robinson	SO Hamline	5.59m	5.41m	17-09.00	2 10
				FOUL	5.26m	5.41m	5.07m 4.98m 5.22m
2	Sydney	Klausler	SR Saint Marys	5.17m	5.34m	17-06.25	1 8
				5.16m	5.20m	5.34m	FOUL 5.15m 4.47m

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Women Long Jump

3	Jen Valley	SO Hamline	5.58m	5.30m	17-04.75	2	6
	FOUL FOUL 5.30m 4.95m 5.19m 5.17m						
4	Megan Geraets	FR Gustavus	5.42m	5.28m	17-04.00	2	5
	FOUL 5.12m 5.11m 5.28m 5.20m 5.26m						
5	Nayeli Williams	FR Carleton	5.13m	5.27m	17-03.50	1	4
	5.06m FOUL 5.25m FOUL 5.24m 5.27m						
6	Madi Kes	FR Gustavus	5.22m	5.23m	17-02.00	1	3
	5.06m 4.86m 4.81m 5.23m 5.18m FOUL						
7	Justus Floren	FR St. Benedict	5.10m	5.13m	16-10.00	2	2
	4.96m 4.76m 4.83m 4.80m 5.13m 4.90m						
8	Mikayla Ennevor	SR Macalester	4.91m	5.03m	16-06.00	1	1
	4.92m 5.03m FOUL 4.95m 4.97m FOUL						
9	Jordan Terry	SR Augsburg	4.85m	J5.03m	16-06.00	1	
	FOUL 4.86m 5.03m 4.61m FOUL 4.89m						
10	Sydney Marsh	JR Carleton	5.21m	4.93m	16-02.25	1	
	4.85m 4.84m 4.93m						
11	Ainslee Parker	SO St. Olaf	4.88m	4.91m	16-01.50	2	
	4.82m 4.79m 4.91m						
12	Journey Amundson	JR Macalester	5.05m	4.81m	15-09.50	1	
	FOUL 4.77m 4.81m						
13	Grace Perrenoud	JR Bethel	4.96m	4.77m	15-07.75	1	
	4.62m FOUL 4.77m						
14	Claire Nichols	JR St. Catherine	4.99m	4.75m	15-07.00	1	
	FOUL FOUL 4.75m						
15	Reilee Schepper	SR St. Catherine	5.04m	4.72m	15-06.00	2	
	FOUL 4.72m FOUL						
16	Ella Eliason	SO Bethel	4.91m	4.71m	15-05.50	2	
	FOUL 4.71m FOUL						
17	Elizabeth Selisker	SO St. Benedict	5.01m	4.68m	15-04.25	2	
	4.59m FOUL 4.68m						
18	Olivia Thomley	SO Gustavus	4.66m	4.37m	14-04.00	2	
	3.58m 4.37m 4.18m						
--	Briana Gilbert	FR Hamline	5.19m	FOUL		2	
	FOUL FOUL FOUL						

Women Triple Jump

Name	Year School	Seed	Finals	H#	Points
1 Madi Kes	FR Gustavus	11.20m	11.33m	37-02.25	1 10
	11.04m 11.06m 10.59m 11.30m 11.22m 11.33m				
2 Annika Muller	JR St. Olaf	11.40m	11.30m	37-01.00	1 8
	10.97m 10.87m FOUL 11.30m 11.01m 11.02m				
3 Journey Amundson	JR Macalester	10.96m	10.85m	35-07.25	1 6
	FOUL FOUL 10.85m FOUL 10.23m 10.73m				
4 Ainslee Parker	SO St. Olaf	10.77m	10.78m	35-04.50	1 5
	FOUL 10.49m 10.75m 10.48m 10.78m 10.70m				
5 Reilee Schepper	SR St. Catherine	10.59m	10.71m	35-01.75	2 4
	10.71m 10.43m 10.50m 10.26m 10.49m FOUL				
6 AnnaGrace Nelson	FR Bethel	10.84m	10.68m	35-00.50	2 3
	10.62m 10.63m 10.55m 10.30m 10.29m 10.68m				
7 Grace Perrenoud	JR Bethel	10.65m	10.62m	34-10.25	1 2
	10.38m 10.62m 10.49m 10.48m 10.22m 10.15m				

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Women Triple Jump

8	Burnices Barlue	FR St. Catherine	10.51m	10.51m	34-05.75	2	1
	10.51m 10.31m FOUL 9.71m 9.93m PASS						
9	Stephanie Pickthorn	SR St. Benedict	10.80m	10.22m	33-06.50	2	
	10.22m 9.94m PASS PASS PASS PASS						
10	Briana Gilbert	FR Hamline	10.24m	10.16m	33-04.00	1	
	FOUL 10.02m 10.16m						
11	Lily Johnson	FR St. Olaf	9.63m	9.88m	32-05.00	2	
	9.77m 9.88m 9.73m						
12	Kyra Nichols	JR Concordia	9.96m	9.84m	32-03.50	2	
	9.75m 9.73m 9.84m						
12	Kayla LaRue	SR St. Olaf	9.52m	9.84m	32-03.50	2	
	FOUL 9.84m FOUL						
14	Bryana Leverentz	SR St. Catherine	10.05m	9.83m	32-03.00	2	
	9.83m FOUL 9.42m						
15	Danielle Anderson	SO St. Benedict	9.89m	9.77m	32-00.75	1	
	FOUL 9.77m 9.72m						
16	Nicole Lilleberg	JR Concordia	10.01m	9.74m	31-11.50	2	
	9.44m 9.74m 9.54m						
17	Lillian Selberg	FR Gustavus	8.81m	9.30m	30-06.25	1	
	9.30m 9.02m 9.12m						
18	Julia Benson	FR Hamline	9.15m	8.68m	28-05.75	1	
	8.68m FOUL FOUL						

Women Shot Put

Name	Year School	Seed	Finals	H#	Points
1 Annika Poe	SO Gustavus	13.69m	13.80m	45-03.50	2 10
	12.80m 13.59m 13.49m 13.80m 13.34m 13.38m				
2 Cayle Hovland	SR Concordia	13.16m	13.44m	44-01.25	2 8
	13.29m 13.32m 12.88m 13.44m 13.31m 12.51m				
3 Emma Roethler	FR Bethel	12.95m	13.18m	43-03.00	2 6
	11.76m 12.77m 13.18m 12.20m 12.12m 12.60m				
4 Allyson Kangas	JR Concordia	13.24m	13.13m	43-01.00	2 5
	12.87m 12.25m 13.09m 11.99m 12.75m 13.13m				
5 Aleah Keske	SO St. Olaf	12.69m	12.99m	42-07.50	2 4
	12.34m 12.99m 12.64m 11.79m 12.68m 12.75m				
6 Jacey Schlosser	JR Concordia	12.31m	12.50m	41-00.25	2 3
	11.50m 11.46m 12.50m FOUL 12.34m 12.14m				
7 Sam Hedtke	SO St. Olaf	12.15m	J12.50m	41-00.25	2 2
	12.12m 11.13m 12.33m FOUL 11.91m 12.50m				
8 Samantha Kubes	SO Saint Marys	12.12m	12.04m	39-06.00	2 1
	12.04m FOUL 11.83m 11.68m 11.64m FOUL				
9 Emily White	SR Concordia	11.46m	11.81m	38-09.00	1
	11.63m 11.72m 11.81m 11.67m 11.51m 11.50m				
10 Haley Joos	SO St. Benedict	11.71m	11.65m	38-02.75	2
	11.65m FOUL 11.21m				
11 Ellie Biggins	SO Hamline	11.40m	J11.65m	38-02.75	1
	11.65m 10.72m 10.90m				
12 Lauren Isaacson	SR St. Catherine	11.53m	11.13m	36-06.25	1
	11.07m 11.13m 10.98m				
13 Anna Becker	JR St. Scholastica	11.90m	11.12m	36-05.75	2
	10.95m FOUL 11.12m				

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Women Shot Put

14 Dana Bach	JR Gustavus	10.63m	10.91m	35-09.50	1
10.34m 10.46m 10.91m					
15 Maggie Beckmann	SR St. Benedict	11.25m	10.55m	34-07.50	1
FOUL 10.55m FOUL					
16 Abby Schulte	FR Gustavus	10.54m	10.54m	34-07.00	1
9.88m 10.40m 10.54m					
17 Kelsie Fettig	FR Bethel	11.34m	10.49m	34-05.00	1
FOUL FOUL 10.49m					
18 Morgan Wallendal	FR Saint Marys	10.60m	10.38m	34-00.75	1
10.29m 9.25m 10.38m					
19 Kendall Bechtold	JR St. Benedict	10.52m	9.88m	32-05.00	1
9.70m 9.88m 9.38m					
20 Payton Packer	SO Hamline	10.73m	9.13m	29-11.50	1
8.88m FOUL 9.13m					

Women Weight Throw

Name	Year School	Seed	Finals	H#	Points
1 Jenneel Rodney	JR Hamline	17.04m	17.49m	57-04.75	2 10
15.63m FOUL 17.49m 15.97m 16.49m 16.19m					
2 Cayle Hovland	SR Concordia	16.23m	16.34m	53-07.50	2 8
16.13m 16.34m 15.71m FOUL 16.11m 16.22m					
3 Maggie Beckmann	SR St. Benedict	16.20m	16.06m	52-08.25	2 6
15.21m 14.54m 16.06m FOUL 14.17m 14.89m					
4 Anna Becker	JR St. Scholastica	15.72m	15.52m	50-11.00	2 5
FOUL 15.52m 14.27m 15.51m 14.91m FOUL					
5 Lily Beneke	FR St. Scholastica	15.86m	15.43m	50-07.50	2 4
15.43m 15.03m 15.38m FOUL 13.43m 14.80m					
6 Allyson Kangas	JR Concordia	15.13m	14.79m	48-06.25	2 3
13.31m FOUL 14.13m 14.79m FOUL 13.53m					
7 Lexi Ellinghuysen	SO Bethel	13.10m	14.26m	46-09.50	1 2
13.27m FOUL 13.50m 13.99m FOUL 14.26m					
8 Jacey Schlosser	JR Concordia	14.74m	13.83m	45-04.50	2 1
FOUL FOUL 13.83m 13.79m FOUL FOUL					
9 Emily White	SR Concordia	13.73m	13.70m	44-11.50	2
13.70m 13.12m 13.47m 12.71m 12.86m 13.20m					
10 Molly Lukenbill	SO Bethel	13.43m	13.46m	44-02.00	1
FOUL 12.54m 13.46m					
11 Kelsie Fettig	FR Bethel	12.63m	13.19m	43-03.25	1
11.99m 12.29m 13.19m					
12 Samantha Kubes	SO Saint Marys	14.23m	12.82m	42-00.75	2
12.64m 12.82m FOUL					
13 Nicole Nelson	FR Gustavus	12.88m	12.53m	41-01.50	1
12.13m 11.90m 12.53m					
14 Madison Fiecke	SR Hamline	13.45m	12.35m	40-06.25	1
12.35m 11.81m FOUL					
15 Neenah Bosman	FR Carleton	13.45m	12.27m	40-03.25	1
FOUL 12.27m 11.48m					
16 Ellie Biggins	SO Hamline	12.37m	11.69m	38-04.25	1
11.46m 10.82m 11.69m					
17 Haley Joos	SO St. Benedict	12.98m	11.49m	37-08.50	1
11.47m FOUL 11.49m					

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Women Weight Throw

18 Brooke Kangas	FR Concordia	12.36m	10.89m	35-08.75	1
FOUL FOUL 10.89m					
19 Kendall Bechtold	JR St. Benedict	12.80m	10.14m	33-03.25	1
FOUL 10.14m 10.04m					
-- Madison Reed	FR Hamline	13.61m	FOUL		2
FOUL FOUL FOUL					

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Year School	Finals	Points
1 Rebekah Salfer	JR St. Olaf	2:33.01	656
36.665 (36.665)	1:15.450 (38.785)	1:54.911 (39.461)	2:33.007 (38.096)
2 Eve Farrell	JR Carleton	2:35.48	626
36.366 (36.366)	1:14.795 (38.429)	1:55.665 (40.870)	2:35.476 (39.811)
3 Peyton Selle	SO Concordia	2:38.35	592
37.282 (37.282)	1:17.451 (40.169)	1:59.585 (42.134)	2:38.341 (38.756)
4 Stephanie Pickthorn	SR St. Benedict	2:39.28	581
37.115 (37.115)	1:17.416 (40.301)	2:00.145 (42.729)	2:39.274 (39.129)
5 Grace Blanchette	SO Carleton	2:41.22	559
37.799 (37.799)	1:18.954 (41.155)	2:01.241 (42.287)	2:41.215 (39.974)
6 Sydney Marsh	JR Carleton	2:41.59	555
37.479 (37.479)	1:16.166 (38.687)	1:57.800 (41.634)	2:41.583 (43.783)
7 Justus Floren	FR St. Benedict	2:42.77	542
37.670 (37.670)	1:18.063 (40.393)	2:00.881 (42.818)	2:42.768 (41.887)
8 Aoife Zamacona	SR Hamline	2:44.26	525
35.578 (35.578)	1:16.089 (40.511)	2:00.121 (44.032)	2:44.260 (44.139)
9 Lily Johnson	FR St. Olaf	2:44.61	521
37.071 (37.071)	1:16.530 (39.459)	2:00.603 (44.073)	2:44.605 (44.002)
10 Kaitlyn Braun	FR Bethel	2:50.93	454
38.102 (38.102)	1:19.927 (41.825)	2:04.906 (44.979)	2:50.923 (46.017)
11 Sarah Beth Hobby	SO Macalester	2:54.03	423
37.645 (37.645)	1:18.827 (41.182)	2:04.134 (45.307)	2:54.029 (49.895)
12 Jordyn Johnson	FR Concordia	3:08.40	291
39.714 (39.714)	1:26.611 (46.897)	2:17.735 (51.124)	3:08.394 (50.659)
13 Jenna Kalevik	FR Concordia	3:09.04	286
39.706 (39.706)	1:26.589 (46.883)	2:17.835 (51.246)	3:09.034 (51.199)

Indoor Pentathlon: #1 Women 55 Meter Hurdles Indoor Pentathlon

Name	Year School	Finals	H#	Points
1 Peyton Selle	SO Concordia	8.69	4	838
2 Rebekah Salfer	JR St. Olaf	8.75	4	826
3 Justus Floren	FR St. Benedict	8.92	3	791
4 Stephanie Pickthorn	SR St. Benedict	8.97	4	779
5 Grace Blanchette	SO Carleton	9.24	4	723
6 Aoife Zamacona	SR Hamline	9.51	3	670
7 Sydney Marsh	JR Carleton	9.51	2	670
8 Kaitlyn Braun	FR Bethel	9.53	3	666
9 Jenna Kalevik	FR Concordia	9.78	2	618
10 Sarah Beth Hobby	SO Macalester	10.02	2	573
11 Lily Johnson	FR St. Olaf	10.27	1	528
12 Jordyn Johnson	FR Concordia	10.35	1	515

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Indoor Pentathlon: #1 Women 55 Meter Hurdles Indoor Pentathlon

13 Eve Farrell JR Carleton 10.40 1 506

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Year	School	Finals	H#	Points
1 Justus Floren	FR	St. Benedict	1.56m	5-01.25	2 689
2 Peyton Selle	SO	Concordia	1.53m	5-00.25	2 655
3 Eve Farrell	JR	Carleton	1.50m	4-11.00	2 621
3 Aoife Zamacona	SR	Hamline	1.50m	4-11.00	1 621
5 Stephanie Pickthorn	SR	St. Benedict	1.47m	4-09.75	2 588
6 Grace Blanchette	SO	Carleton	1.44m	4-08.75	1 555
7 Sydney Marsh	JR	Carleton	1.41m	4-07.50	2 523
8 Jenna Kalevik	FR	Concordia	1.38m	4-06.25	1 491
8 Jordyn Johnson	FR	Concordia	1.38m	4-06.25	2 491
8 Sarah Beth Hobby	SO	Macalester	1.38m	4-06.25	1 491
11 Rebekah Salfer	JR	St. Olaf	1.35m	4-05.00	2 460
11 Lily Johnson	FR	St. Olaf	1.35m	4-05.00	1 460
13 Kaitlyn Braun	FR	Bethel	1.23m	4-00.50	1 340

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Year	School	Finals	Points
1 Justus Floren	FR	St. Benedict	4.95m	16-03.00 546
2 Sydney Marsh	JR	Carleton	4.93m	16-02.25 540
3 Stephanie Pickthorn	SR	St. Benedict	4.77m	15-07.75 498
4 Peyton Selle	SO	Concordia	4.73m	15-06.25 487
5 Grace Blanchette	SO	Carleton	4.65m	15-03.25 466
6 Sarah Beth Hobby	SO	Macalester	4.57m	15-00.00 446
7 Rebekah Salfer	JR	St. Olaf	4.50m	14-09.25 428
8 Aoife Zamacona	SR	Hamline	4.30m	14-01.25 379
9 Eve Farrell	JR	Carleton	4.24m	13-11.00 364
10 Lily Johnson	FR	St. Olaf	4.23m	13-10.50 362
11 Jenna Kalevik	FR	Concordia	3.94m	12-11.25 294
12 Jordyn Johnson	FR	Concordia	3.90m	12-09.50 285
13 Kaitlyn Braun	FR	Bethel	3.86m	12-08.00 276

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Year	School	Finals	Points
1 Rebekah Salfer	JR	St. Olaf	10.01m	32-10.25 530
2 Peyton Selle	SO	Concordia	9.94m	32-07.50 526
3 Jenna Kalevik	FR	Concordia	9.53m	31-03.25 499
4 Justus Floren	FR	St. Benedict	9.49m	31-01.75 496
5 Stephanie Pickthorn	SR	St. Benedict	9.39m	30-09.75 490
6 Grace Blanchette	SO	Carleton	9.07m	29-09.25 469
7 Sarah Beth Hobby	SO	Macalester	9.01m	29-06.75 465
8 Eve Farrell	JR	Carleton	8.83m	28-11.75 453
9 Sydney Marsh	JR	Carleton	8.74m	28-08.25 447
10 Aoife Zamacona	SR	Hamline	7.91m	25-11.50 394
11 Kaitlyn Braun	FR	Bethel	7.66m	25-01.75 377
12 Jordyn Johnson	FR	Concordia	6.70m	21-11.75 316

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

13 Lily Johnson FR St. Olaf 6.05m 19-10.25 274

Women Indoor Pentathlon

Name	Year	School	Seed	Finals	H#	Points
1 Peyton Selle	SO	Concordia		3098		10
2 Justus Floren	FR	St. Benedict		3064		8
3 Stephanie Pickthorn	SR	St. Benedict		2936		6
4 Rebekah Salfer	JR	St. Olaf		2900		5
5 Grace Blanchette	SO	Carleton		2772		4
6 Sydney Marsh	JR	Carleton		2735		3
7 Aoife Zamacona	SR	Hamline		2589		2
8 Eve Farrell	JR	Carleton		2570		1
9 Sarah Beth Hobby	SO	Macalester		2398		
10 Jenna Kalevik	FR	Concordia		2188		
11 Lily Johnson	FR	St. Olaf		2145		
12 Kaitlyn Braun	FR	Bethel		2113		
13 Jordyn Johnson	FR	Concordia		1898		

Men 55 Meter Dash

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Samuel Eben Ebai	SO	St. Scholastica	6.43	6.43Q	2
2 Kevin Arthur	SO	St. Johns	6.43	6.52Q	3
3 Ryan Miller	SR	St. Johns	6.45	6.56Q	1
4 Anthony Marsh	FR	Concordia	6.53	6.57q	1
5 Varney Conneh	JR	Augsburg	6.66	6.63q	2
6 Carson Kiehne	FR	Gustavus	6.60	6.65q	3
7 Nolan Morical	FR	Concordia	6.74	6.69q	3 6.683
8 Dylan Arnold	FR	St. Olaf	6.72	6.69q	2 6.689
9 Colin Conteh	SO	Concordia	6.66	6.73	1 6.723
10 Jack Young	JR	St. Johns	6.66	6.73	3 6.725
11 Isaiah Subah	FR	Gustavus	6.72	6.76	2
12 Nathan Le	FR	Gustavus	6.74	6.77	1 6.768
13 Sean Diedrich	FR	St. Scholastica	6.66	6.77	2 6.770
14 Matthew Skelly	FR	Gustavus	6.80	6.78	1
15 Grant Anderson	SO	Concordia	6.71	6.79	1
16 Taron Busby	SR	Augsburg	6.83	6.80	2
17 Nick Barrett	FR	Gustavus	6.81	6.82	3
18 Hillary Makori	FR	St. Johns	6.85	6.85	3
19 Dawson Schaffer	SO	Concordia	6.86	6.87	3
20 Albert Smith	JR	Bethel	6.85	6.88	1
			6.875 (6.875)		
21 Matt Gish	JR	St. Johns	6.85	6.90	1
22 Tae'Vion Wilkins	FR	Hamline	6.84	6.99	2
23 David Couper	FR	Hamline	6.89	7.11	2
-- Cort Doyle	FR	Bethel	6.72	DQ	3

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

Men 55 Meter Dash

Name	Year School	Prelims	Finals	Points
Finals				
1 Samuel Eben Ebai	SO St. Scholastica	6.43	6.39	10
2 Kevin Arthur	SO St. Johns	6.52	6.49	8
3 Varney Conneh	JR Augsburg	6.63	6.66	6
4 Dylan Arnold	FR St. Olaf	6.69	6.69	5
5 Carson Kiehne	FR Gustavus	6.65	6.71	4
6 Nolan Morical	FR Concordia	6.69	6.76	3
7 Anthony Marsh	FR Concordia	6.57	7.44	2
8 Ryan Miller	SR St. Johns	6.56	32.68	1

Men 200 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Samuel Eben Ebai	SO St. Scholastica	22.47	22.40	6	10
2 Cal Wright	SR Concordia	22.66	22.48	6	8
3 Jack Young	JR St. Johns	23.11	22.73	4	6
4 Jacob Parent	FR Bethel	22.70	22.74	6	5
5 Kevin Arthur	SO St. Johns	22.87	22.76	5	4
6 Arlo Heitler	FR Macalester	22.82	22.88	5	3
7 Wyatt Quiring	JR Gustavus	22.88	22.95	5	2
8 Garrett Jackson	JR Saint Marys	23.02	23.25	4	1
9 Trevor Tionson	FR Concordia	23.39	23.43	3	
10 Nathan Le	FR Gustavus	23.31	23.74	3	
11 Seth Cattoor	JR St. Johns	23.88	23.75	1	
12 Nolan Morical	FR Concordia	23.46	23.76	2	
13 Sean Diedrich	FR St. Scholastica	23.43	23.82	2	
14 Dawson Schaffer	SO Concordia	23.74	23.86	1	
15 Hayden Gagnon	SR Concordia	24.15	23.88	3	
16 Josh Lee	FR Bethel	23.65	23.92	2	
17 Trokon Karngar	JR Bethel	24.04	24.08	6	
18 Albert Smith	JR Bethel	24.06	24.26	5	
19 Albara Mutleq	SO Concordia	24.15	24.35	2	
20 David Couper	FR Hamline	24.10	24.36	4	

Men 400 Meter Dash

Name	Year School	Seed	Finals	H#	Points
1 Tommy Kern	FR Concordia	48.77	49.54	3	10
23.147 (23.147)	49.539 (26.393)				
2 Cal Wright	SR Concordia	49.03	49.72	3	8
23.458 (23.458)	49.716 (26.258)				
3 Jacob Parent	FR Bethel	49.95	49.82	3	6
23.037 (23.037)	49.811 (26.774)				
4 Joel Smith	JR Bethel	49.80	50.30	3	5
23.209 (23.209)	50.293 (27.084)				
5 Arlo Heitler	FR Macalester	50.77	50.36	2	4
23.934 (23.934)	50.356 (26.422)				
6 Wyatt Quiring	JR Gustavus	50.47	50.60	2	3
23.662 (23.662)	50.600 (26.938)				

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men 400 Meter Dash

7	Tyler Sealock	JR Bethel	51.33	51.07	2	2
	24.093 (24.093)	51.064 (26.971)				
8	Brady Labine	JR St. Johns	50.98	51.19	2	1
	24.276 (24.276)	51.188 (26.912)				
9	Omavi Collison	JR St. Johns	51.95	51.67	1	
	24.874 (24.874)	51.670 (26.797)				
10	Seth Zeitchick	SO Gustavus	51.88	51.76	1	
	24.764 (24.764)	51.756 (26.992)				
11	Trevor Tiongson	FR Concordia	52.97	51.92	2	
	25.020 (25.020)	51.916 (26.896)				
12	Garrett Jackson	JR Saint Marys	51.64	52.32	1	
	24.224 (24.224)	52.315 (28.091)				
13	Hayden Gagnon	SR Concordia	52.50	52.54	3	
	24.627 (24.627)	52.538 (27.912)				
14	Jeff Wang	FR Macalester	52.18	52.99	1	
	25.097 (25.097)	52.989 (27.892)				
15	Ryan Kinnucan	SR Macalester	52.48	53.08	3	
	24.695 (24.695)	53.080 (28.385)				
16	Peter Oviguiian	FR Gustavus	53.46	53.28	1	
	25.655 (25.655)	53.275 (27.620)				
17	Yahya Bashir	FR Gustavus	53.46	53.38	1	
	25.070 (25.070)	53.371 (28.301)				
18	Dawson Schaffer	SO Concordia	53.46	54.07	2	
	25.315 (25.315)	54.070 (28.755)				

Men 600 Meter Run

Name	Year School	Seed	Finals	H#	Points
1 Tommy Kern	FR Concordia	1:21.02	1:20.31	3	10
	25.888 (25.888)	52.413 (26.525)	1:20.310 (27.897)		
2 Joel Smith	JR Bethel	1:21.78	1:21.69	3	8
	25.653 (25.653)	27.513 (1.860)	1:21.688 (54.175)		
3 Solomon Johnson	SR Concordia	1:25.71	1:24.07	2	6
	27.258 (27.258)	54.884 (27.626)	1:24.070 (29.186)		
4 Bridger Rives	JR Carleton	1:25.26	1:24.47	3	5
	27.293 (27.293)	55.680 (28.387)	1:24.461 (28.781)		
5 Noah Johnson	JR Gustavus	1:27.28	1:24.88	2	4
	27.574 (27.574)	56.019 (28.445)	1:24.877 (28.858)		
6 Derek Douglas	FR St. Scholastica	1:27.01	1:24.96	2	3
	27.164 (27.164)	55.468 (28.304)	1:24.957 (29.489)		
7 Brady Labine	JR St. Johns	1:26.12	1:25.07	2	2
	27.382 (27.382)	55.984 (28.602)	1:25.070 (29.086)		
8 Tyler Smith	FR Gustavus	1:24.52	1:25.37	3	1
	27.279 (27.279)	55.089 (27.810)	1:25.365 (30.276)		
9 Luke Malek	JR St. Olaf	1:24.38	1:25.79	3	
	55.410 (55.410)	1:25.786 (30.376)			
10 Jack Marble	SO Gustavus	1:27.32	1:25.91	2	
	27.365 (27.365)	55.779 (28.414)	1:25.905 (30.126)		
11 Getinat Asfaw	SO Augsburg	1:27.33	1:26.10	1	
	27.633 (27.633)	56.432 (28.799)	1:26.093 (29.661)		
12 Otto Schmidt	FR St. Olaf	1:27.73	1:26.42	1	
	27.756 (27.756)	56.742 (28.986)	1:26.412 (29.670)		

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men 600 Meter Run

13	Isaiah Brindamour	SO Saint Marys	1:28.18	1:26.58	1
	27.940 (27.940)	57.080 (29.140)	1:26.571 (29.491)		
14	Markus Rupnow	FR Gustavus	1:26.60	1:27.33	2
	27.595 (27.595)	56.395 (28.800)	1:27.328 (30.933)		
15	Peter Oviguian	FR Gustavus	1:28.31	1:27.59	1
	27.881 (27.881)	57.387 (29.506)	1:27.585 (30.198)		
16	Spencer McNall	SR Macalester	1:27.70	1:27.96	1
	27.964 (27.964)	57.629 (29.665)	1:27.951 (30.322)		
17	Justin Kringler	SR Concordia	1:28.24	1:29.58	1
	28.326 (28.326)	58.588 (30.262)	1:29.574 (30.986)		

Men 800 Meter Run

Name	Year School	Seed	Finals	H#	Points
1 Jesse Middendorf	SR Concordia	1:53.78	1:53.23	3	10
	27.394 (27.394)	55.400 (28.006)	1:24.318 (28.919)	1:53.226 (28.908)	
2 Ethan Ash	FR Carleton	1:56.62	1:56.31	3	8
	28.773 (28.773)	58.165 (29.392)	1:27.938 (29.774)	1:56.310 (28.372)	
3 Tommy Allen	FR St. Johns	1:56.42	1:56.45	3	6
	29.167 (29.167)	58.384 (29.217)	1:28.188 (29.804)	1:56.448 (28.261)	
4 Josh Meier	FR Carleton	1:59.32	1:57.87	3	5
	29.434 (29.434)	58.912 (29.479)	1:29.115 (30.203)	1:57.866 (28.751)	
5 Alexei Hensel	SO St. Johns	1:59.83	1:57.95	3	4
	29.387 (29.387)	59.110 (29.723)	1:29.103 (29.994)	1:57.945 (28.842)	
6 Alistair Pattison	FR Carleton	2:00.23	1:59.77	2	3
	28.300 (28.300)	58.886 (30.586)	1:29.925 (31.039)	1:59.762 (29.837)	
7 Tyler Smith	FR Gustavus	1:58.88	1:59.95	3	2
	29.261 (29.261)	58.706 (29.445)	1:28.889 (30.184)	1:59.948 (31.059)	
8 Blake Fuller	FR Gustavus	2:00.13	1:59.97	2	1
	27.566 (27.566)	58.542 (30.976)	1:29.037 (30.495)	1:59.961 (30.924)	
9 Sakariya Hussien	JR Augsburg	2:01.06	2:00.13	2	
	27.797 (27.797)	59.096 (31.299)	1:30.059 (30.964)	2:00.121 (30.062)	
10 Solomon Johnson	SR Concordia	2:02.02	2:00.43	1	
	29.569 (29.569)	59.774 (30.205)	1:30.823 (31.049)	2:00.421 (29.598)	
11 Luke Malek	JR St. Olaf	2:00.13	2:00.87	3	
	29.526 (29.526)	59.252 (29.726)	1:29.365 (30.113)	2:00.863 (31.498)	
12 Jens Bartel	FR Carleton	2:01.67	2:00.91	2	
	59.122 (59.122)	1:30.660 (31.538)	2:00.908 (30.249)		
13 Jackson Marsh	FR St. Olaf	2:00.67	2:01.43	2	
	28.357 (28.357)	59.000 (30.643)	1:30.140 (31.140)	2:01.430 (31.290)	
14 Riley Berg	SO St. Johns	2:03.61	2:02.28	1	
	29.951 (29.951)	1:00.314 (30.363)	1:31.522 (31.208)	2:02.272 (30.751)	
15 Getinat Asfaw	SO Augsburg	2:03.04	2:02.30	1	
	29.417 (29.417)	59.810 (30.393)	1:31.581 (31.771)	2:02.294 (30.714)	
16 Derek Douglas	FR St. Scholastica	2:01.46	2:02.42	2	
	28.116 (28.116)	59.327 (31.211)	1:30.932 (31.605)	2:02.414 (31.482)	
17 Will Mattock	SO St. Johns	2:02.37	2:02.62	1	
	29.675 (29.675)	1:00.720 (31.045)	1:31.938 (31.218)	2:02.615 (30.677)	
18 Henry Kraatz	FR St. Olaf	2:03.94	2:02.66	1	
	29.353 (29.353)	59.636 (30.284)	1:31.331 (31.695)	2:02.653 (31.322)	
19 Nathan Smith	FR Bethel	2:01.31	2:03.20	2	
	27.905 (27.905)	58.926 (31.021)	1:30.855 (31.929)	2:03.195 (32.341)	

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men 800 Meter Run

20 Korrigan Diercks	FR Gustavus	2:02.67	2:03.85	1
29.196 (29.196)	59.321 (30.126)	1:30.972 (31.651)	2:03.847 (32.876)	
21 Marcus Hansen	FR Gustavus	2:03.74	2:04.25	1
29.385 (29.385)	1:00.527 (31.142)	1:32.555 (32.028)	2:04.242 (31.687)	

Men 1000 Meter Run

Name	Year School	Seed	Finals	H#	Points
1 Jesse Middendorf	SR Concordia	2:29.09	2:28.73	3	10
28.286 (28.286)	58.098 (29.812)	1:28.411 (30.313)	1:59.069 (30.658)		
2:28.722 (29.653)					
2 Tommy Allen	FR St. Johns	2:32.35	2:29.96	3	8
29.454 (29.454)	1:00.003 (30.549)	1:30.619 (30.616)	2:01.066 (30.447)		
2:29.960 (28.894)					
3 Calvin Boone	FR St. Scholastica	2:29.53	2:30.15	3	6
29.313 (29.313)	58.602 (29.289)	1:28.526 (29.924)	1:59.335 (30.809)		
2:30.145 (30.810)					
4 Ethan Ash	FR Carleton	2:31.06	2:32.49	3	5
29.566 (29.566)	59.504 (29.938)	1:30.680 (31.176)	2:02.038 (31.358)		
2:32.483 (30.445)					
5 Sakariya Hussien	JR Augsburg	2:36.03	2:32.66	3	4
29.132 (29.132)	59.714 (30.582)	1:31.325 (31.611)	2:32.651 (1:01.326)		
6 Alexei Hensel	SO St. Johns	2:33.92	2:33.31	3	3
30.089 (30.089)	1:00.588 (30.499)	1:31.681 (31.093)	2:03.627 (31.946)		
2:33.305 (29.678)					
7 Ben Perry	JR Carleton	2:35.49	2:33.42	3	2
29.718 (29.718)	1:00.255 (30.537)	1:31.050 (30.795)	2:02.490 (31.440)		
2:33.416 (30.926)					
8 Tucker Wallin	SO Gustavus	2:36.93	2:35.58	2	1
29.911 (29.911)	1:02.104 (32.193)	1:34.519 (32.415)	2:05.669 (31.150)		
2:35.571 (29.902)					
9 Josh Meier	FR Carleton	2:38.96	2:35.66	1	
29.487 (29.487)	1:01.610 (32.123)	1:34.616 (33.006)	2:06.591 (31.975)		
2:35.657 (29.066)					
10 Jonathan Laughlin	JR St. Scholastica	2:39.95	2:35.71	1	
29.712 (29.712)	1:01.834 (32.122)	1:34.866 (33.032)	2:06.152 (31.286)		
2:35.710 (29.558)					
11 Nathan Neu	FR St. Scholastica	2:38.96	2:35.83	1	
29.699 (29.699)	1:02.093 (32.394)	1:34.714 (32.621)	2:05.813 (31.099)		
2:35.823 (30.010)					
12 Kalid Ali	FR Macalester	2:38.76	2:35.96	2	
29.175 (29.175)	59.897 (30.722)	1:32.014 (32.117)	2:35.957 (1:03.943)		
13 Elijah Jones	SO Carleton	2:37.38	2:36.68	2	
30.161 (30.161)	1:02.610 (32.449)	1:34.616 (32.006)	2:06.023 (31.407)		
2:36.676 (30.653)					
14 Jack Degonda	JR Gustavus	2:37.45	2:37.59	2	
1:02.260 (1:02.260)	1:34.841 (32.581)	2:06.555 (31.714)	2:37.583 (31.028)		
15 Brock Adams	FR Macalester	2:38.84	2:38.56	2	
29.784 (29.784)	1:01.860 (32.076)	1:34.223 (32.363)	2:06.759 (32.536)		
2:38.554 (31.795)					
16 Henry Kraatz	FR St. Olaf	2:37.99	2:38.71	2	
30.127 (30.127)	1:02.343 (32.216)	1:34.752 (32.409)	2:06.986 (32.234)		
2:38.708 (31.722)					

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men 1000 Meter Run

17 Henrik Gilbertson	JR St. Olaf	2:36.31	2:38.87	3
29.539 (29.539)	1:00.291 (30.752)	1:31.209 (30.918)	2:02.856 (31.647)	
2:38.865 (36.009)				
18 Will Mattock	SO St. Johns	2:40.59	2:39.13	1
30.985 (30.985)	1:02.839 (31.854)	1:36.060 (33.221)	2:08.404 (32.344)	
2:39.124 (30.720)				
19 Jens Bartel	FR Carleton	2:40.10	2:39.21	1
30.773 (30.773)	1:02.431 (31.658)	1:35.664 (33.233)	2:08.189 (32.525)	
2:39.206 (31.017)				
20 Jackson Marsh	FR St. Olaf	2:38.56	2:39.56	2
30.325 (30.325)	1:02.423 (32.098)	1:35.203 (32.780)	2:07.844 (32.641)	
2:39.552 (31.708)				
21 Penn Sagedahl	SO St. Olaf	2:39.27	2:39.64	1
30.007 (30.007)	1:02.334 (32.327)	1:35.462 (33.128)	2:07.914 (32.452)	
2:39.640 (31.726)				
22 Trevor LaVigne	SO Gustavus	2:39.79	2:40.11	1
30.826 (30.826)	1:02.698 (31.872)	1:36.171 (33.473)	2:09.202 (33.031)	
2:40.107 (30.905)				
23 Noah Massanari	SO St. Olaf	2:37.00	2:40.50	2
29.994 (29.994)	1:02.250 (32.256)	1:34.967 (32.717)	2:05.045 (30.078)	
2:40.495 (35.450)				
24 Alistair Pattison	FR Carleton	2:39.34	2:41.46	1
29.893 (29.893)	1:02.162 (32.269)	1:35.280 (33.118)	2:07.925 (32.645)	
2:41.458 (33.533)				

Men 1 Mile Run

Name	Year School	Seed	Finals	H#	Points
1 Calvin Boone	FR St. Scholastica	4:17.84	4:14.28	3	10
32.501 (32.501)	1:04.251 (31.750)	1:36.682 (32.432)	2:09.980 (33.298)		
2:41.055 (31.075)	3:12.216 (31.161)	4:14.271 (1:02.055)			
2 Lloyd Young	SO St. Johns	4:13.79	4:15.33	3	8
32.920 (32.920)	33.948 (1.028)	1:05.046 (31.098)	1:36.866 (31.821)		
2:10.175 (33.309)	2:41.207 (31.032)	3:12.086 (30.879)	4:15.326 (1:03.241)		
3 Reuben Kosche	JR St. Olaf	4:18.99	4:16.10	3	6
33.741 (33.741)	1:05.378 (31.638)	1:38.034 (32.656)	2:10.042 (32.008)		
2:40.886 (30.844)	3:13.848 (32.962)	4:16.092 (1:02.244)			
4 Ian Curtis	FR St. Olaf	4:16.12	4:16.67	3	5
33.407 (33.407)	1:04.869 (31.462)	1:37.317 (32.449)	2:10.518 (33.201)		
2:42.153 (31.635)	3:14.319 (32.166)	4:16.664 (1:02.346)			
5 Tucker Wallin	SO Gustavus	4:22.92	4:17.52	3	4
33.848 (33.848)	1:05.568 (31.721)	1:37.732 (32.164)	2:11.020 (33.288)		
2:42.446 (31.426)	3:14.609 (32.163)	4:17.511 (1:02.902)			
6 Ben Santos	JR Carleton	4:20.38	4:17.73	3	3
1:04.656 (1:04.656)	1:37.469 (32.814)	2:10.576 (33.107)	2:41.833 (31.257)		
3:13.600 (31.767)	4:17.721 (1:04.121)				
7 Mitchell Grand	SO St. Johns	4:17.24	4:17.77	3	2
33.068 (33.068)	1:05.010 (31.942)	1:37.070 (32.061)	2:10.305 (33.235)		
2:40.749 (30.444)	3:11.262 (30.513)	4:17.765 (1:06.503)			
8 Noah Massanari	SO St. Olaf	4:23.97	4:22.43	3	1
1:05.711 (1:05.711)	1:38.219 (32.508)	2:11.248 (33.029)	2:42.920 (31.673)		
4:22.429 (1:39.509)					

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men 1 Mile Run

9	Dillon Diekmann	JR St. Johns	4:27.52	4:25.17	2
	1:40.356 (1:40.356)	1:40.555 (0.199)	2:14.747 (34.192)	2:47.651 (32.905)	
	2:48.670 (1.019)	3:20.669 (31.999)	3:53.821 (33.152)	4:25.168 (31.348)	
10	Jonathan Laughlin	JR St. Scholastica	4:24.70	4:25.55	2
	33.040 (33.040)	1:06.150 (33.110)	1:40.052 (33.902)	2:14.380 (34.328)	
	2:47.963 (33.583)	3:21.040 (33.077)	3:53.395 (32.356)	4:25.546 (32.151)	
11	Nathan Neu	FR St. Scholastica	4:30.80	4:25.82	2
	33.346 (33.346)	1:06.480 (33.134)	2:15.038 (1:08.559)	3:21.796 (1:06.758)	
	3:54.522 (32.726)	4:25.818 (31.296)	4:25.820 (0.002)		
12	Avery Watts	SO Carleton	4:31.26	4:26.27	2
	33.866 (33.866)	1:06.954 (33.088)	1:40.732 (33.779)	2:15.154 (34.422)	
	2:48.321 (33.167)	3:21.420 (33.100)	3:54.085 (32.665)	4:26.261 (32.176)	
13	Jack Degonda	JR Gustavus	4:26.95	4:26.59	2
	33.596 (33.596)	1:06.709 (33.113)	2:14.819 (1:08.110)	2:48.130 (33.311)	
	3:20.879 (32.749)	3:53.028 (32.150)	4:26.587 (33.559)	4:26.589 (0.003)	
14	Nathan Meyer	JR St. Johns	4:29.38	4:28.15	2
	34.686 (34.686)	1:07.477 (32.792)	2:15.212 (1:07.735)	2:48.731 (33.519)	
	3:22.807 (34.076)	3:55.917 (33.110)	4:28.148 (32.232)	4:28.149 (0.001)	
15	Julian Munoz	SO St. Olaf	4:28.05	4:28.91	2
	1:06.485 (1:06.485)	1:40.264 (33.780)	1:40.575 (0.311)	2:14.544 (33.969)	
	2:47.310 (32.766)	3:20.335 (33.026)	3:53.977 (33.642)	4:28.905 (34.929)	
16	Olaf Coffey	FR St. Olaf	4:32.19	4:29.56	2
	1:07.140 (1:07.140)	1:40.874 (33.734)	2:15.411 (34.538)	2:48.756 (33.345)	
	3:22.429 (33.674)	3:56.140 (33.711)	4:29.558 (33.419)		
17	Trevor LaVigne	SO Gustavus	4:32.16	4:29.80	2
	34.673 (34.673)	1:07.270 (32.598)	2:15.737 (1:08.467)	2:49.184 (33.447)	
	3:22.132 (32.948)	3:55.493 (33.362)	4:29.792 (34.299)		
18	Henry Hinchcliffe	FR Gustavus	4:24.51	4:31.15	3
	34.376 (34.376)	1:06.651 (32.275)	1:39.542 (32.891)	2:13.575 (34.033)	
	2:47.571 (33.996)	4:31.145 (1:43.574)			
19	Nick Ihrke	FR Macalester	4:34.23	4:31.90	1
	36.013 (36.013)	1:09.583 (33.570)	1:44.730 (35.147)	2:18.655 (33.925)	
	2:53.093 (34.438)	3:26.940 (33.848)	4:00.909 (33.969)	4:31.892 (30.983)	
20	Anders Narum	JR St. Olaf	4:36.27	4:31.93	1
	36.466 (36.466)	1:10.169 (33.703)	1:45.372 (35.204)	2:19.215 (33.843)	
	2:52.809 (33.594)	3:25.869 (33.060)	3:58.924 (33.056)	4:31.925 (33.001)	
21	Mateo Useche	SO Macalester	4:37.48	4:33.42	1
	36.368 (36.368)	1:10.222 (33.854)	2:19.041 (1:08.820)	2:53.247 (34.206)	
	3:27.262 (34.016)	4:01.147 (33.885)	4:33.418 (32.271)		
22	Cole Nowacki	SO Concordia	4:38.31	4:33.86	1
	35.245 (35.245)	1:09.381 (34.136)	1:44.503 (35.122)	2:18.812 (34.309)	
	2:52.600 (33.789)	3:26.129 (33.529)	3:59.882 (33.754)	4:33.860 (33.978)	
23	Alex Fendig	SO Macalester	4:37.92	4:34.90	1
	36.214 (36.214)	1:10.035 (33.821)	1:44.953 (34.918)	2:19.442 (34.490)	
	2:53.359 (33.917)	3:27.976 (34.618)	4:01.524 (33.548)	4:34.899 (33.375)	
24	Reece McKee	FR Macalester	4:35.48	4:35.35	1
	35.850 (35.850)	36.083 (0.233)	1:09.430 (33.347)	1:44.964 (35.534)	
	2:19.316 (34.353)	2:53.592 (34.276)	3:28.039 (34.448)	4:35.348 (1:07.309)	
25	Brock Lawhead	FR St. Olaf	4:34.26	4:37.71	1
	1:09.953 (1:09.953)	1:44.529 (34.576)	2:18.826 (34.297)	2:52.730 (33.905)	
	3:26.428 (33.698)	4:01.249 (34.822)	4:37.707 (36.458)		
26	Jake Wielgos	FR Gustavus	4:33.94	4:39.31	1
	35.706 (35.706)	1:45.152 (1:09.446)	2:19.250 (34.099)	2:53.562 (34.312)	
	3:28.279 (34.717)	4:03.709 (35.430)	4:39.302 (35.593)		

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men 1 Mile Run

27 Gabe Estrada	FR St. Olaf	4:34.73	4:42.12	1
36.664 (36.664)	1:10.358 (33.694)	1:45.510 (35.153)	2:19.917 (34.407)	
2:54.237 (34.320)	3:29.590 (35.353)	4:05.397 (35.808)	4:42.112 (36.715)	

Men 3000 Meter Run

Name	Year School	Seed	Finals	H#	Points
1 Munir Isahak	SR Concordia	8:26.76	8:20.48	2	10
32.826 (32.826)	1:40.033 (1:07.207)	1:45.794 (5.761)	2:15.213 (29.419)		
2:49.516 (34.303)	3:23.779 (34.263)	3:57.707 (33.928)	4:31.651 (33.944)		
5:05.870 (34.219)	5:39.488 (33.618)	6:14.179 (34.691)	6:48.115 (33.936)		
7:21.013 (32.898)	7:51.687 (30.674)	8:20.479 (28.792)			
2 Reuben Kosche	JR St. Olaf	8:28.76	8:22.08	2	8
31.666 (31.666)	1:04.649 (32.983)	1:39.421 (34.772)	2:14.496 (35.075)		
2:48.738 (34.242)	3:22.927 (34.189)	3:56.779 (33.852)	4:30.816 (34.037)		
5:04.808 (33.992)	5:39.048 (34.240)	6:13.757 (34.709)	6:47.577 (33.820)		
7:20.412 (32.835)	7:51.327 (30.915)	8:22.078 (30.751)			
3 Ian Curtis	FR St. Olaf	8:28.32	8:23.06	2	6
31.920 (31.920)	1:04.805 (32.885)	1:39.601 (34.796)	2:14.702 (35.101)		
2:48.997 (34.295)	3:23.226 (34.229)	3:57.023 (33.797)	4:31.073 (34.050)		
5:05.134 (34.061)	5:39.340 (34.206)	6:13.997 (34.657)	6:47.889 (33.892)		
7:20.775 (32.886)	7:51.887 (31.112)	8:23.051 (31.164)			
4 Stephen Lavey	JR Carleton	8:20.08	8:28.22	2	5
32.610 (32.610)	1:05.320 (32.710)	1:39.809 (34.489)	2:14.910 (35.101)		
2:49.240 (34.330)	3:23.441 (34.201)	3:57.370 (33.929)	4:31.399 (34.029)		
5:05.596 (34.197)	5:39.626 (34.030)	6:14.087 (34.461)	6:48.273 (34.186)		
7:22.185 (33.912)	7:55.201 (33.016)	8:28.213 (33.012)			
5 Mitchell Grand	SO St. Johns	8:41.21	8:33.37	2	4
32.786 (32.786)	1:07.175 (34.389)	1:42.670 (35.495)	2:18.316 (35.646)		
2:53.131 (34.815)	3:28.072 (34.941)	4:02.551 (34.479)	4:36.977 (34.426)		
5:11.095 (34.118)	5:45.263 (34.168)	6:19.999 (34.736)	6:54.470 (34.471)		
7:30.080 (35.610)	8:02.437 (32.357)	8:33.368 (30.931)			
6 Will Kelly	FR St. Olaf	8:42.35	8:35.02	2	3
33.910 (33.910)	1:08.766 (34.856)	1:44.382 (35.616)	2:18.816 (34.434)		
2:53.245 (34.429)	3:27.217 (33.972)	4:02.007 (34.790)	4:36.667 (34.660)		
5:10.724 (34.057)	5:12.060 (1.336)	5:44.818 (32.758)	6:19.709 (34.891)		
6:54.182 (34.473)	7:29.772 (35.590)	8:35.019 (1:05.247)			
7 Ben Santos	JR Carleton	8:39.34	8:40.08	2	2
33.615 (33.615)	1:08.610 (34.995)	1:44.524 (35.914)	2:19.233 (34.709)		
2:53.816 (34.583)	3:28.314 (34.498)	4:03.254 (34.940)	4:38.482 (35.228)		
5:13.144 (34.662)	5:47.947 (34.803)	6:23.874 (35.927)	7:34.598 (1:10.724)		
8:08.815 (34.217)	8:40.073 (31.258)				
8 Chris Melville	FR Carleton	8:54.70	8:40.45	2	1
35.475 (35.475)	1:10.556 (35.081)	1:45.482 (34.926)	2:20.602 (35.120)		
2:55.333 (34.731)	4:04.947 (1:09.614)	5:15.372 (1:10.425)	6:25.321 (1:09.949)		
6:59.603 (34.282)	7:34.316 (34.713)	8:09.276 (34.960)	8:40.446 (31.170)		
9 Adam Nakasaka	JR Carleton	8:43.97	8:40.71	2	
35.183 (35.183)	1:09.891 (34.708)	1:45.256 (35.365)	2:19.942 (34.686)		
2:54.620 (34.678)	3:29.125 (34.505)	4:03.978 (34.853)	4:39.095 (35.117)		
5:14.350 (35.255)	5:50.092 (35.742)	6:25.553 (35.461)	7:00.716 (35.163)		
7:36.022 (35.306)	8:10.222 (34.200)	8:40.710 (30.488)			

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men 3000 Meter Run

10 Henry Bowman	SO Carleton	8:40.35	8:42.96	2
34.174 (34.174)	1:08.422 (34.248)	1:44.124 (35.702)	2:19.339 (35.215)	
2:54.246 (34.907)	3:29.351 (35.105)	4:04.216 (34.865)	4:38.871 (34.655)	
5:13.950 (35.079)	5:49.722 (35.772)	6:24.837 (35.115)	7:00.306 (35.469)	
7:35.499 (35.193)	8:10.423 (34.924)	8:42.958 (32.535)		
11 Logan Bocovich	SO St. Olaf	8:51.21	8:45.83	2
34.048 (34.048)	1:08.000 (33.952)	1:43.891 (35.891)	2:17.900 (34.009)	
2:52.733 (34.833)	3:27.091 (34.358)	4:01.935 (34.844)	4:36.416 (34.481)	
5:11.265 (34.849)	5:46.782 (35.517)	6:23.534 (36.752)	7:00.028 (36.494)	
7:36.212 (36.184)	8:11.969 (35.757)	8:45.821 (33.852)		
12 Henry Hinchcliffe	FR Gustavus	8:46.61	8:48.65	2
33.447 (33.447)	1:07.451 (34.004)	3:27.892 (2:20.441)	4:03.502 (35.610)	
4:38.029 (34.527)	5:13.685 (35.656)	6:24.510 (1:10.825)	7:01.395 (36.885)	
7:37.916 (36.521)	8:14.114 (36.198)	8:48.648 (34.534)		
13 Arne Ellefson-Carnes	SO St. Olaf	8:48.20	8:52.79	2
35.551 (35.551)	1:10.883 (35.332)	1:42.562 (31.679)	2:20.924 (38.362)	
2:52.951 (32.027)	2:55.761 (2.810)	3:29.996 (34.235)	3:30.828 (0.832)	
4:06.574 (35.746)	4:40.172 (33.598)	4:42.347 (2.175)	5:18.706 (36.359)	
5:50.550 (31.844)	5:55.403 (4.853)	8:52.785 (2:57.382)		
14 Ike Mendel	JR Bethel	8:54.40	8:52.80	2
1:06.896 (1:06.896)	1:42.322 (35.426)	2:18.354 (36.032)	2:53.371 (35.017)	
3:27.627 (34.256)	4:02.261 (34.634)	4:37.292 (35.031)	5:48.328 (1:11.036)	
6:25.451 (37.123)	7:02.977 (37.526)	7:41.642 (38.665)	8:18.999 (37.357)	
8:52.799 (33.800)				
15 Joe Lee	FR Concordia	8:52.51	8:53.52	2
34.880 (34.880)	1:10.211 (35.331)	1:45.088 (34.877)	2:20.233 (35.145)	
2:55.080 (34.847)	3:29.683 (34.603)	4:04.602 (34.919)	4:39.900 (35.298)	
5:15.631 (35.731)	5:52.099 (36.468)	6:29.031 (36.932)	7:06.155 (37.124)	
7:44.123 (37.968)	8:53.515 (1:09.392)			
16 Dillon Diekmann	JR St. Johns	8:59.59	8:55.10	1
8:55.096 (8:55.096)				
17 Garet Grant	JR Gustavus	8:56.51	8:55.32	1
8:55.311 (8:55.311)				
18 Eamon Cavanaugh	FR St. Johns	8:58.42	8:55.55	1
8:55.548 (8:55.548)				
19 Julian Munoz	SO St. Olaf	8:57.25	8:55.64	1
8:55.639 (8:55.639)				
20 Nathan Meyer	JR St. Johns	9:00.95	8:55.84	1
8:55.836 (8:55.836)				
21 Thomas Nemanich	SO St. Johns	9:00.69	8:57.48	1
8:57.475 (8:57.475)				
22 Ben Crotteau	FR Macalester	8:56.35	8:57.62	1
8:57.613 (8:57.613)				
23 Lucas Schnirring	JR Gustavus	9:03.54	8:58.00	1
8:57.995 (8:57.995)				
24 Bryce Knutson	JR Gustavus	8:54.99	8:58.56	1
8:58.553 (8:58.553)				
25 Olaf Coffey	FR St. Olaf	8:58.04	8:58.67	1
8:58.667 (8:58.667)				
26 Andy Goldsmith	JR St. Johns	9:02.22	8:59.27	1
8:59.268 (8:59.268)				
27 Aric Brodie	JR Hamline	9:06.18	9:01.78	1
9:01.777 (9:01.777)				

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men 3000 Meter Run

28 Avery Watts	SO Carleton	8:56.47	9:03.82	1
9:03.818 (9:03.818)				
29 Nick Ihrke	FR Macalester	9:02.25	9:06.99	1
9:06.989 (9:06.989)				
30 Aidan St George	SO Bethel	8:59.85	9:19.22	1
9:19.217 (9:19.217)				

Men 5000 Meter Run

Name	Year School	Seed	Finals	Points
1 Stephen Lavey	JR Carleton	14:38.34	14:31.30	10
14:31.294 (14:31.294)				
2 Munir Isahak	SR Concordia	14:57.37	14:31.91	8
14:31.905 (14:31.905)				
3 Will Kelly	FR St. Olaf	15:35.17	14:49.53	6
14:49.523 (14:49.523)				
4 Henry Bowman	SO Carleton	15:09.31	14:57.03	5
14:57.026 (14:57.026)				
5 Logan Bocovich	SO St. Olaf	15:02.50	14:58.00	4
14:57.996 (14:57.996)				
6 Adam Nakasaka	JR Carleton	15:08.14	14:58.38	3
14:58.372 (14:58.372)				
7 Andrew Skemp	FR St. Olaf	15:13.90	15:06.92	2
15:06.912 (15:06.912)				
8 Chris Melville	FR Carleton	15:31.10	15:18.74	1
15:18.740 (15:18.740)				
9 Arne Ellefson-Carnes	SO St. Olaf	15:34.71	15:24.00	
15:23.997 (15:23.997)				
10 Bryce Knutson	JR Gustavus	15:29.32	15:25.54	
15:25.533 (15:25.533)				
11 Lucas Schnirring	JR Gustavus	15:39.50	15:26.78	
15:26.779 (15:26.779)				
12 Joe Lee	FR Concordia	15:48.11	15:28.60	
15:28.594 (15:28.594)				
13 Kevin Montresor	SO St. Olaf	15:38.82	15:29.08	
15:29.077 (15:29.077)				
14 Matt Payne	SO Gustavus	15:44.02	15:39.81	
15:39.808 (15:39.808)				
15 Anders Cote	FR St. Olaf	15:40.62	15:42.83	
15:42.827 (15:42.827)				
16 Andy Goldsmith	JR St. Johns	15:34.45	15:44.56	
15:44.553 (15:44.553)				
17 Garet Grant	JR Gustavus	15:44.18	15:48.19	
15:48.190 (15:48.190)				
18 Eamon Cavanaugh	FR St. Johns	15:51.39	15:52.36	
15:52.358 (15:52.358)				

Men 55 Meter Hurdles

Name	Year School	Seed	Prelims	H#
Preliminaries				
1 Jayson Ekiyor	FR Bethel	7.65	7.69Q	1

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men 55 Meter Hurdles

2	Lucas Kramarczuk	SO St. Olaf	7.79	7.91Q	3
3	David Myres	FR Bethel	7.84	7.97Q	2
4	Demetri Lord	FR St. Olaf	7.91	7.93q	1
5	Josh Thomsen	FR Hamline	7.65	7.98q	2
6	Jared Stanke	SO St. Johns	8.10	8.06q	2
7	Lukas Walton	JR Bethel	8.09	8.15q	1
8	Justus White	SO St. Johns	8.22	8.20q	2
9	Zach Angstman	JR Hamline	8.34	8.28	1
10	Brandon Doe	FR Augsburg	8.11	8.40	3
11	Nick Edwards	SR St. Olaf	8.22	8.45	3
12	Logan Hennen	FR St. Johns	8.54	8.48	3
13	Matthew Nissen	FR St. Olaf	8.45	8.49	1
14	Layton Borst	FR St. Olaf	8.65	8.62	2
15	Max Lelwica	FR St. Johns	8.82	8.63	1
16	Josh Lee	FR Bethel	8.55	8.65	3
17	Jackson Bassett	FR St. Olaf	8.80	8.81	1
18	Justin Veimau	SO Macalester	8.99	9.05	2
19	Woody Rian	FR St. Olaf	9.20	9.17	3
20	Dan Magu	FR Bethel	9.26	9.53	3
21	Nick Suchomel	FR Macalester	9.42	9.81	2

Men 55 Meter Hurdles

Name	Year School	Prelims	Finals	Points
------	-------------	---------	--------	--------

Finals

1	Jayson Ekiyor	FR Bethel	7.69	7.78	10
2	David Myres	FR Bethel	7.97	7.81	8
3	Lucas Kramarczuk	SO St. Olaf	7.91	7.89	6
4	Josh Thomsen	FR Hamline	7.98	7.98	5
5	Demetri Lord	FR St. Olaf	7.93	7.99	4
6	Lukas Walton	JR Bethel	8.15	8.16	3
7	Justus White	SO St. Johns	8.20	8.19	2
8	Jared Stanke	SO St. Johns	8.06	8.24	1

Men 4x200 Meter Relay

School	Seed	Finals	H#	Points
1 Concordia	1:31.25	1:29.47	3	10
1) Cal Wright SR				
2) Trevor Tiongson FR				
3) Tommy Kern FR				
4) Colin Schuller SR				
2 St. Johns	1:32.82	1:30.54	2	8
1) Seth Cattoor JR				
2) Kevin Arthur SO				
3) Jack Young JR				
4) Omavi Collison JR				
3 Gustavus	1:31.54	1:31.69	3	6
1) Peter Oviguian FR				
2) Seth Zeitchick SO				
3) Nathan Le FR				
4) Wyatt Quiring JR				
4 Bethel	1:34.23	1:33.02	1	5
1) Tyler Sealock JR				
2) David Myres FR				
3) Alec Braun FR				
4) Cort Doyle FR				
5 Saint Marys	1:33.33	1:33.33	2	4
1) Oliver Adamson FR				
2) Dan Cooper SO				
3) Antonio Cisewski FR				
4) Garrett Jackson JR				

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men 4x200 Meter Relay

6 Macalester	1:37.14	1:33.96	2	3
1) Jeff Wang FR				
3) Johanan Arimi SR				
7 St. Olaf	1:39.25	1:34.20	1	2
1) Duncan Forbes JR				
3) Tyler Gunderson FR				
8 Hamline	1:34.91	1:35.72	1	1
1) Reece Thomas FR				
3) Tae'Vion Wilkins FR				
9 Augsburg		1:35.79		2
10 Carleton	1:36.06	1:38.34		3
1) Hugh Shanno FR				
3) Ethan Cline-Cole FR				

Men 4x400 Meter Relay

School	Seed	Finals	H#	Points
1 Concordia	3:19.15	3:19.86	3	10
1) Colin Schuller SR				
3) Cal Wright SR				
2 Bethel	3:20.74	3:22.40	3	8
1) Joel Smith JR				
3) David Myres FR				
3 Macalester	3:29.82	3:26.56	2	6
1) Jeff Wang FR				
3) Ryan Kinnucan SR				
4 St. Johns	3:32.56	3:27.03	2	5
1) Jorge Hernandez FR				
3) Tommy Allen FR				
5 Carleton	3:29.37	3:27.30	3	4
1) Liam Kennedy FR				
3) Josh Meier FR				
6 Gustavus	3:27.49	3:30.12	3	3
1) Seth Zeitchick SO				
3) Jack Marble SO				
7 St. Olaf	3:33.94	3:31.21	2	2
1) Tyler Gunderson FR				
3) Danny Nichols SO				
8 Saint Marys	3:39.00	3:31.68	1	1
1) Oliver Adamson FR				
3) Chris Bulwa FR				
9 Augsburg	3:40.20	3:32.98	1	
1) Sharrod Longs Jr. FR				
3) Sakariya Hussien JR				
10 Hamline	3:48.68	3:45.09	1	
1) Christian Velishek SR				
3) Ean Chose FR				
-- St. Scholastica	3:35.46	DQ	2	zone violation
1) Jonathan Laughlin JR				
3) Calvin Boone FR				

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

Men Distance Medley

School	Seed	Finals	Points
1 St. Johns		10:25.88	10
1) Thomas Nemanich SO	2) Jorge Hernandez FR		
3) Nathan Clausing SO	4) Lloyd Young SO		
2 Carleton		10:27.23	8
1) Ben Perry JR	2) Bridger Rives JR		
3) Elijah Jones SO	4) Ben Santos JR		
3 St. Olaf		10:31.88	6
1) Henrik Gilbertson JR	2) Duncan Forbes JR		
3) Penn Sagedahl SO	4) Noah Massanari SO		
4 Gustavus	10:31.52	10:32.58	5
1) Jack Degonda JR	2) Seth Zeitchick SO		
3) Markus Rupnow FR	4) Tucker Wallin SO		
5 St. Scholastica		10:40.46	4
1) Jonathan Laughlin JR	2) Derek Douglas FR		
3) Nathan Neu FR	4) Calvin Boone FR		
6 Macalester		10:48.23	3
1) Brock Adams FR	2) Spencer McNall SR		
3) Kalid Ali FR	4) Ben Crotteau FR		
7 Augsburg		10:55.42	2
1) Getinat Asfaw SO	2) Fritz Landherr JR		
3) Bereket Wondimu SO	4) Sakariya Hussien JR		
8 Bethel		10:57.26	1
1) Grant Graber FR	2) Trokon Karngar JR		
3) Gabe Kuecker FR	4) Noah Meissner FR		
9 Concordia		11:00.66	
1) Cole Nowacki SO	2) Albara Mutleg SO		
3) Tanner Olson JR	4) Nolan Christenson SR		
10 Saint Marys		11:21.56	
1) Isaiah Brindamour SO	2) Oliver Adamson FR		
3) Brady Johnson FR	4) Quinn Steinbrecher SO		
11 Hamline		11:27.75	
1) William Saari FR	2) Raul Ortiz FR		
3) Connor Artner FR	4) Michael Kurtz FR		

Men High Jump

Name	Year School	Seed	Finals	Points
1 Maguire Petersen	SO St. Johns	2.01m	2.04m	6-08.25 10
1.71 1.76 1.81 1.86 1.91 1.96 2.01 2.04 2.07				
P P P P O XXO XXO O XXX				
2 Stephen Peper	JR St. Olaf	2.06m	2.01m	6-07.00 8
1.71 1.76 1.81 1.86 1.91 1.96 2.01 2.04 2.07				
P P P P O O XXO XP XX				
3 Alec Ungar	FR St. Johns	1.96m	1.91m	6-03.25 6
1.71 1.76 1.81 1.86 1.91 1.96				
P P O O O XXX				
4 Sam Rademacher	JR St. Johns	1.88m	J1.91m	6-03.25 5
1.71 1.76 1.81 1.86 1.91 1.96				
P O XO O O XXX				

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men High Jump

5	Cole Matetich	FR Gustavus	1.90m	J1.91m	6-03.25	4
	1.71 1.76 1.81 1.86 1.91 1.96					
	P O O XO XXO XXX					
6	Christian Velishek	SR Hamline	1.88m	1.86m	6-01.25	2.50
	1.71 1.76 1.81 1.86 1.91					
	P P O O XXX					
6	Michael Braun	FR Hamline	1.88m	1.86m	6-01.25	2.50
	1.71 1.76 1.81 1.86 1.91					
	P P O O XXX					
8	Aravindh Subramanian	SO Carleton	1.86m	J1.86m	6-01.25	1
	1.71 1.76 1.81 1.86 1.91					
	P O O XO XXX					
9	Danny Bies	FR Gustavus	1.90m	1.81m	5-11.25	
	1.71 1.76 1.81 1.86					
	O O O XXX					
10	Justus White	SO St. Johns	1.76m	J1.81m	5-11.25	
	1.71 1.76 1.81 1.86					
	O XO XO XXX					
11	Alec Braun	FR Bethel	1.88m	J1.81m	5-11.25	
	1.71 1.76 1.81 1.86					
	O P XXO XXX					
12	Nick Edwards	SR St. Olaf	1.80m	1.71m	5-07.25	
	1.71 1.76					
	O XXX					
13	Logan Sullivan	FR Gustavus	1.71m	J1.71m	5-07.25	
	1.71 1.76					
	XO XXX					
--	Andrew Cogley	FR St. Olaf	1.71m	NH		
	1.71					
	XXX					
--	Woody Rian	FR St. Olaf	1.73m	NH		
	1.71					
	XXX					

Men Pole Vault

=====										
Name	Year	School	Seed	Finals	Points					
=====										
1	Aidan Gatz	FR Saint Marys	4.52m	4.53m	14-10.25	10				
	3.68 3.83 3.98 4.13 4.28 4.43 4.53 4.63									
	P P P O O O O XXX									
2	Shawn Schindler	JR St. Johns	4.67m	4.43m	14-06.25	8				
	3.68 3.83 3.98 4.13 4.28 4.43 4.53									
	P P P P O O XXX									
3	Joseph Charbonneau	FR St. Johns	4.39m	J4.43m	14-06.25	6				
	3.68 3.83 3.98 4.13 4.28 4.43 4.53									
	P P P O XO XO XXX									
4	Joseph Stauffer	SO St. Johns	4.27m	4.28m	14-00.50	4				
	3.68 3.83 3.98 4.13 4.28 4.43									
	P P O O O XXX									
4	Coleton Strupp	JR Saint Marys	4.38m	4.28m	14-00.50	4				
	3.68 3.83 3.98 4.13 4.28 4.43									
	P P P P O XXX									

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men Pole Vault

4	Owen Schuster	JR Carleton	4.46m	4.28m	14-00.50	4
	3.68 3.83 3.98 4.13 4.28 4.43					
	P P O O O XXX					
7	Wade Rhonemus	JR Concordia	4.30m	J4.28m	14-00.50	2
	3.68 3.83 3.98 4.13 4.28 4.43					
	P P P O XO XXX					
8	Samuel Gardeen	FR Bethel	4.19m	4.13m	13-06.50	1
	3.68 3.83 3.98 4.13 4.28					
	P O O O XXX					
9	Dylan Arnold	FR St. Olaf	4.57m	3.98m	13-00.75	
	3.68 3.83 3.98 4.13 4.28					
	P P O PXX X					
10	Mason DeGross	SO St. Johns	3.97m	J3.98m	13-00.75	
	3.68 3.83 3.98 4.13					
	XXO XO O XXX					
11	Max Doom	FR St. Johns	4.07m	J3.98m	13-00.75	
	3.68 3.83 3.98 4.13					
	O XO XO XXX					
12	Rayan Elahi	FR St. Olaf	4.16m	J3.98m	13-00.75	
	3.68 3.83 3.98 4.13					
	O O XXO XXX					
13	Daniel Eickhoff	FR St. Johns	3.97m	3.83m	12-06.75	
	3.68 3.83 3.98					
	O XXO XXX					
14	Tim Adams	FR Carleton	3.86m	3.68m	12-00.75	
	3.68 3.83					
	O XXX					
14	Erik Ault	FR Concordia	3.90m	3.68m	12-00.75	
	3.68 3.83					
	O XXX					
16	Layton Borst	FR St. Olaf	4.16m	J3.68m	12-00.75	
	3.68 3.83					
	XXO XXX					
--	Josh Lynch	FR Hamline	4.45m	NH		
	3.68 3.83 3.98 4.13					
	P P P XXX					
--	Zach Paustian	SR Concordia	3.89m	NH		
	3.68					
	X					

Men Long Jump

Name	Year	School	Seed	Finals	H#	Points
1 Anthony Marsh	FR	Concordia	6.72m	6.86m	22-06.25	2 10
		6.75m 6.86m 6.73m FOUL 6.72m PASS				
2 Alec Ungar	FR	St. Johns	6.69m	6.70m	21-11.75	1 8
		6.21m 6.49m FOUL 6.48m 6.53m 6.70m				
3 Michael Braun	FR	Hamline	6.32m	6.48m	21-03.25	2 6
		FOUL 6.45m 6.48m 6.45m FOUL FOUL				
4 Johanan Arimi	SR	Macalester	6.25m	6.45m	21-02.00	2 5
		6.43m 6.45m 6.44m 6.36m 6.41m 6.42m				
5 Michael Wallace	JR	St. Johns	6.19m	6.42m	21-00.75	2 4
		6.17m 6.22m 6.42m 6.12m FOUL 6.28m				

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men Long Jump

6	Thomas Amberg	JR Hamline	6.15m	6.33m	20-09.25	2	3
	FOUL 6.05m 6.33m 6.09m FOUL FOUL						
7	Sean Bjork	JR Bethel	6.23m	6.25m	20-06.25	1	2
	6.21m 6.23m 6.25m FOUL 5.82m 5.61m						
8	Nolan Valdez	FR Concordia	6.37m	6.21m	20-04.50	1	1
	6.15m 5.82m 5.94m FOUL 6.21m 6.14m						
9	Anthony Thurk	FR St. Johns	6.31m	6.14m	20-01.75	1	
	5.72m 6.14m FOUL 5.71m 5.74m 5.68m						
10	Dan Cooper	SO Saint Marys	6.21m	6.13m	20-01.50	2	
	5.90m 6.13m 5.83m						
11	Chris Bulwa	FR Saint Marys	6.08m	6.02m	19-09.00	1	
	FOUL FOUL 6.02m						
12	Christian Velishek	SR Hamline	6.83m	6.01m	19-08.75	2	
	FOUL 6.01m FOUL						
13	Weston Stroschein	FR St. Scholastica	5.88m	6.00m	19-08.25	2	
	6.00m 5.97m 5.19m						
14	Isaiah Subah	FR Gustavus	6.65m	5.97m	19-07.00	1	
	5.97m FOUL FOUL						
15	Antonio Cisewski	FR Saint Marys	6.22m	5.96m	19-06.75	1	
	FOUL 5.96m 5.96m						
16	Josh Charlton	FR St. Olaf	6.33m	5.87m	19-03.25	1	
	FOUL 5.87m FOUL						
17	Demetri Lord	FR St. Olaf	6.24m	5.73m	18-09.75	1	
	5.73m 5.60m 5.61m						
18	Cade Downey	FR Bethel	6.13m	5.59m	18-04.25	1	
	FOUL 5.59m FOUL						
19	Andrew Martin	JR Saint Marys	6.14m	5.54m	18-02.25	2	
	5.47m 5.47m 5.54m						

Men Triple Jump

Name	Year School	Seed	Finals	H#	Points		
1	Elijah Wade	SO St. Johns	13.67m	14.05m	46-01.25	1	10
	13.42m 13.27m 13.15m 13.64m 14.05m FOUL						
2	Lucas Kramarczuk	SO St. Olaf	13.47m	13.85m	45-05.25	2	8
	13.20m 13.08m 12.96m 13.44m 13.53m 13.85m						
3	Michael Wallace	JR St. Johns	14.15m	13.78m	45-02.50	2	6
	13.17m FOUL 13.40m 13.56m 13.78m 13.49m						
4	Michael Braun	FR Hamline	13.22m	13.35m	43-09.75	2	5
	12.82m 13.11m 13.25m 13.19m 13.35m FOUL						
5	Johanan Arimi	SR Macalester	13.00m	13.17m	43-02.50	1	4
	13.12m FOUL FOUL 12.80m FOUL 13.17m						
6	Riley Hodin	FR Macalester	12.95m	13.13m	43-01.00	1	3
	12.71m 13.13m 13.10m 12.67m 11.24m 13.12m						
7	Sean Souksavath	SO St. Olaf	12.95m	12.87m	42-02.75	2	2
	FOUL 12.82m 12.87m PASS PASS FOUL						
8	Harrison Nistler	FR Bethel	12.90m	12.85m	42-02.00	2	1
	12.69m 12.64m 12.52m 11.74m 12.85m 12.72m						
9	Nolan Valdez	FR Concordia	13.11m	12.48m	40-11.50	1	
	FOUL FOUL 12.48m PASS PASS PASS						
10	Anthony Thurk	FR St. Johns	13.18m	12.35m	40-06.25	1	
	12.35m 12.35m 11.90m						

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men Triple Jump

11	Dan Cooper	SO Saint Marys	13.37m	12.34m	40-06.00	1
	FOUL 12.33m 12.34m					
12	Alex Crnkovich	SO St. Johns	12.33m	12.29m	40-04.00	1
	FOUL FOUL 12.29m					
13	Thomas Amberg	JR Hamline	12.95m	12.10m	39-08.50	2
	FOUL FOUL 12.10m					
14	Andrew Cogley	FR St. Olaf	12.11m	12.09m	39-08.00	2
	FOUL FOUL 12.09m					
15	Ethan Cline-Cole	FR Carleton	12.00m	11.79m	38-08.25	2
	11.79m 11.41m 11.72m					
16	Gabe Thompson	FR Concordia	12.01m	11.78m	38-07.75	1
	11.59m 11.75m 11.78m					
17	Cade Wallin	FR Gustavus	12.51m	J11.78m	38-07.75	2
	11.78m 11.49m 11.59m					
18	Nathan Le	FR Gustavus	12.37m	11.34m	37-02.50	1
	FOUL 11.34m FOUL					

Men Shot Put

Name	Year School	Seed	Finals	H#	Points
1 Cooper Folkestad	SO Concordia	16.37m	15.37m	50-05.25	2 10
	15.37m FOUL 15.37m FOUL 14.64m FOUL				
2 Gabe Irons	JR Bethel	15.75m	15.05m	49-04.50	2 8
	13.55m 15.05m 14.78m 14.29m 14.39m 13.53m				
3 Cade Feist	FR St. Olaf	13.33m	14.43m	47-04.25	1 6
	12.38m 12.85m FOUL 13.91m 13.40m 14.43m				
4 Aengus White	JR St. Olaf	14.43m	14.39m	47-02.50	2 5
	13.50m 14.05m 14.01m 14.29m 14.39m 13.53m				
5 Jaeden Frost	SO St. Johns	14.26m	14.37m	47-01.75	2 4
	13.60m 14.18m 14.37m 14.19m 14.20m 14.24m				
6 Jackson Fischer	FR Gustavus	13.13m	14.00m	45-11.25	1 3
	14.00m 13.33m FOUL 12.18m 11.47m 13.00m				
7 Eli Mollet	JR St. Johns	14.38m	13.96m	45-09.75	2 2
	13.96m 13.55m FOUL 13.90m 13.54m FOUL				
8 Andrew Mollison	FR St. Olaf	14.16m	13.86m	45-05.75	2 1
	13.51m 13.79m 13.86m 13.67m FOUL FOUL				
9 Andrew Bradley	JR Gustavus	14.43m	13.54m	44-05.25	2
	13.51m 12.79m FOUL 12.80m FOUL 13.54m				
10 Brett Hague	SO St. Johns	12.97m	13.50m	44-03.50	1
	13.50m 12.83m 12.97m				
11 Trevor Christensen	FR St. Olaf	13.00m	13.20m	43-03.75	1
	12.95m 13.20m 13.14m				
12 Gavin Rupp	SO St. Johns	13.95m	12.85m	42-02.00	2
	FOUL FOUL 12.85m				
13 Hunter Tanem	FR Bethel	13.09m	12.84m	42-01.50	1
	12.19m 12.76m 12.84m				
14 Sean Curran	JR Saint Marys	13.24m	12.60m	41-04.25	1
	12.04m 12.60m 12.10m				
15 Jake Kerzman	SR Concordia	13.03m	12.55m	41-02.25	1
	11.50m 12.55m FOUL				
16 Zach Stordahl	FR Gustavus	13.53m	12.28m	40-03.50	2
	11.36m 12.26m 12.28m				

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men Shot Put

17	Evan Larsen	FR Bethel	13.86m	11.83m	38-09.75	2
	FOUL FOUL 11.83m					
18	Max Menache	FR Macalester	12.23m	11.26m	36-11.50	1
	FOUL 10.79m 11.26m					
19	Grant Steger	FR St. Scholastica	12.53m	11.13m	36-06.25	1
	10.87m FOUL 11.13m					

Men Weight Throw

Name	Year School	Seed	Finals	H#	Points
1 Gabe Irons	JR Bethel	17.96m	18.54m	60-10.00	2 10
	16.36m 18.54m 18.38m 16.96m FOUL FOUL				
2 Eli Mollet	JR St. Johns	17.71m	18.18m	59-07.75	2 8
	16.14m 18.18m 17.38m 17.32m 17.17m 17.02m				
3 Sean Curran	JR Saint Marys	16.91m	16.92m	55-06.25	2 6
	16.86m FOUL 16.49m 16.50m 16.92m 16.28m				
4 Gavin Rupp	SO St. Johns	16.79m	16.28m	53-05.00	2 5
	15.26m 15.64m FOUL 16.07m FOUL 16.28m				
5 Frankie Bakalars	SR Saint Marys	15.92m	16.26m	53-04.25	2 4
	14.87m 15.31m 16.26m FOUL FOUL 15.88m				
6 Cooper Folkestad	SO Concordia	16.03m	15.97m	52-04.75	2 3
	15.91m 15.97m FOUL FOUL 15.00m FOUL				
7 Jake Kerzman	SR Concordia	16.99m	15.61m	51-02.75	2 2
	FOUL 15.61m FOUL 15.22m 14.41m FOUL				
8 Jaeden Frost	SO St. Johns	15.54m	15.42m	50-07.25	2 1
	FOUL 13.57m 15.42m 14.59m FOUL FOUL				
9 Joshua Beiswanger	SO Gustavus	16.30m	15.38m	50-05.50	2
	FOUL 15.04m FOUL 15.19m 14.71m 15.38m				
10 Brett Hague	SO St. Johns	14.10m	14.99m	49-02.25	1
	14.99m 14.31m 14.07m				
11 Lucas Doyle	SR Hamline	15.35m	14.69m	48-02.50	2
	FOUL 14.69m FOUL				
12 Evan Larsen	FR Bethel	13.79m	14.04m	46-00.75	1
	14.04m 13.85m 12.97m				
13 Jack Genereau	FR St. Johns	14.77m	13.91m	45-07.75	1
	13.91m 13.11m FOUL				
14 Hunter Tanem	FR Bethel	14.28m	13.82m	45-04.25	1
	FOUL 13.82m 13.34m				
15 Joseph Mensen	FR St. Johns	13.84m	13.41m	44-00.00	1
	FOUL 13.41m FOUL				
16 Max Menache	FR Macalester	13.33m	13.17m	43-02.50	1
	FOUL 13.17m FOUL				
17 Zach Stordahl	FR Gustavus	12.88m	12.97m	42-06.75	1
	12.31m 12.97m 12.51m				
18 Grant Steger	FR St. Scholastica	13.59m	11.93m	39-01.75	1
	FOUL FOUL 11.93m				
19 Trevor Christensen	FR St. Olaf	14.84m	11.88m	38-11.75	1
	11.88m FOUL FOUL				
20 Christopher Jacklen	FR St. Scholastica	13.98m	11.78m	38-07.75	1
	11.78m FOUL FOUL				

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

Heptathlon: #1 Men 55 Meter Dash Heptathlon

Name	Year	School	Finals	H#	Points
1 Demetri Lord	FR	St. Olaf	6.63	3	837
2 Maguire Petersen	SO	St. Johns	6.63	3	837
3 Stephen Peper	JR	St. Olaf	6.83	3	765
4 Brandon Kallstrom	FR	Bethel	6.84	3	762
5 Nick Edwards	SR	St. Olaf	6.86	3	755
6 Abe Schegel	JR	Bethel	6.89	3	742
7 Wade Rhonemus	JR	Concordia	6.92	2	732
8 Zach Paustian	SR	Concordia	6.96	2	719
9 Lukas Walton	JR	Bethel	6.97	2	716
10 Layton Borst	FR	St. Olaf	6.97	2	716
11 Trevor Wellman	FR	Bethel	6.98	2	713
12 Logan Hennen	FR	St. Johns	7.07	1	681
13 Woody Rian	FR	St. Olaf	7.22	1	631
14 Micah Smith	JR	Bethel	7.25	1	622
15 Caleb Meeker	FR	Bethel	7.29	1	607
16 Max Lelwica	FR	St. Johns	7.37	1	583

Heptathlon: #7 Men 1000 Meter Run Heptathlon

Name	Year	School	Finals	Points
1 Lukas Walton	JR	Bethel	2:44.19	827
31.805 (31.805)	1:06.691 (34.886)	2:12.834 (1:06.143)	2:44.187 (31.354)	
2 Wade Rhonemus	JR	Concordia	2:53.55	729
32.538 (32.538)	1:08.287 (35.749)	1:08.501 (0.214)	2:20.177 (1:11.676)	
2:53.542 (33.366)				
3 Micah Smith	JR	Bethel	2:53.77	727
32.638 (32.638)	2:53.764 (2:21.127)			
4 Caleb Meeker	FR	Bethel	2:56.32	701
32.924 (32.924)	2:22.906 (1:49.982)	2:56.312 (33.406)		
5 Abe Schegel	JR	Bethel	2:58.59	678
34.668 (34.668)	1:49.576 (1:14.908)	2:27.081 (37.506)	2:58.586 (31.505)	
6 Nick Edwards	SR	St. Olaf	2:58.72	677
32.457 (32.457)	1:08.667 (36.211)	1:50.616 (41.949)	2:23.232 (32.617)	
2:58.713 (35.481)				
7 Maguire Petersen	SO	St. Johns	2:59.09	673
33.140 (33.140)	2:59.081 (2:25.941)	2:59.089 (0.008)		
8 Demetri Lord	FR	St. Olaf	2:59.43	670
32.045 (32.045)	34.334 (2.289)	1:07.991 (33.657)	2:23.260 (1:15.270)	
2:59.426 (36.166)				
9 Max Lelwica	FR	St. Johns	3:01.93	645
33.942 (33.942)	3:01.930 (2:27.989)			
10 Trevor Wellman	FR	Bethel	3:02.00	645
34.077 (34.077)	3:01.995 (2:27.919)			
11 Brandon Kallstrom	FR	Bethel	3:06.28	604
1:49.247 (1:49.247)	3:06.278 (1:17.031)			
12 Woody Rian	FR	St. Olaf	3:09.76	572
33.321 (33.321)	3:09.754 (2:36.433)			
13 Layton Borst	FR	St. Olaf	3:12.95	543
35.450 (35.450)	1:51.856 (1:16.406)	3:12.946 (1:21.090)		
14 Logan Hennen	FR	St. Johns	3:14.88	526
33.563 (33.563)	3:14.874 (2:41.312)			

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Heptathlon: #7 Men 1000 Meter Run Heptathlon

15 Zach Paustian SR Concordia 3:22.42 461
 34.943 (34.943) 1:51.862 (1:16.919) 3:22.418 (1:30.557)

Heptathlon: #5 Men 55 Meter Hurdles Heptathlon

Name	Year	School	Finals	H#	Points
1 Demetri Lord	FR	St. Olaf	8.01	5	832
2 Maguire Petersen	SO	St. Johns	8.09	5	811
3 Lukas Walton	JR	Bethel	8.10	5	809
4 Logan Hennen	FR	St. Johns	8.41	3	735
5 Nick Edwards	SR	St. Olaf	8.48	5	717
6 Wade Rhonemus	JR	Concordia	8.49	4	715
7 Max Lelwica	FR	St. Johns	8.64	3	681
8 Layton Borst	FR	St. Olaf	8.87	3	629
9 Woody Rian	FR	St. Olaf	9.25	2	549
9 Micah Smith	JR	Bethel	9.25	4	549
11 Trevor Wellman	FR	Bethel	9.37	1	524
12 Brandon Kallstrom	FR	Bethel	9.51	1	497
13 Caleb Meeker	FR	Bethel	9.56	2	488
14 Zach Paustian	SR	Concordia	9.61	2	477
15 Abe Schegel	JR	Bethel	10.10	1	389

Heptathlon: #4 Men High Jump Heptathlon

Name	Year	School	Finals	H#	Points
1 Maguire Petersen	SO	St. Johns	2.09m	6-10.25	2 887
2 Lukas Walton	JR	Bethel	1.94m	6-04.25	2 749
3 Demetri Lord	FR	St. Olaf	1.85m	6-00.75	2 670
4 Nick Edwards	SR	St. Olaf	1.82m	5-11.50	2 644
5 Max Lelwica	FR	St. Johns	1.76m	5-09.25	1 593
6 Woody Rian	FR	St. Olaf	1.73m	5-08.00	2 569
6 Wade Rhonemus	JR	Concordia	1.73m	5-08.00	2 569
8 Trevor Wellman	FR	Bethel	1.67m	5-05.75	2 520
9 Logan Hennen	FR	St. Johns	1.64m	5-04.50	1 496
9 Micah Smith	JR	Bethel	1.64m	5-04.50	1 496
11 Zach Paustian	SR	Concordia	1.58m	5-02.25	1 449
11 Abe Schegel	JR	Bethel	1.58m	5-02.25	1 449
13 Brandon Kallstrom	FR	Bethel	1.55m	5-01.00	1 426
14 Caleb Meeker	FR	Bethel	1.52m	4-11.75	1 404
14 Layton Borst	FR	St. Olaf	1.52m	4-11.75	1 404

Heptathlon: #6 Men Pole Vault Heptathlon

Name	Year	School	Finals	Points
1 Wade Rhonemus	JR	Concordia	4.35m	14-03.25 716
2 Lukas Walton	JR	Bethel	4.15m	13-07.25 659
3 Layton Borst	FR	St. Olaf	3.85m	12-07.50 576
3 Nick Edwards	SR	St. Olaf	3.85m	12-07.50 576
5 Maguire Petersen	SO	St. Johns	3.75m	12-03.50 549
5 Woody Rian	FR	St. Olaf	3.75m	12-03.50 549
7 Zach Paustian	SR	Concordia	3.55m	11-07.75 496

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Heptathlon: #6 Men Pole Vault Heptathlon

7	Logan Hennen	FR St. Johns	3.55m	11-07.75	496
9	Abe Schegel	JR Bethel	3.35m	10-11.75	444
10	Demetri Lord	FR St. Olaf	3.25m	10-08.00	418
10	Micah Smith	JR Bethel	3.25m	10-08.00	418
12	Max Lelwica	FR St. Johns	3.05m	10-00.00	369
13	Brandon Kallstrom	FR Bethel	2.75m	9-00.25	298
13	Trevor Wellman	FR Bethel	2.75m	9-00.25	298
15	Caleb Meeker	FR Bethel	2.55m	8-04.25	253

Heptathlon: #2 Men Long Jump Heptathlon

Name	Year	School	Finals		Points
1	Maguire Petersen	SO St. Johns	6.35m	20-10.00	664
2	Wade Rhonemus	JR Concordia	6.30m	20-08.00	652
3	Demetri Lord	FR St. Olaf	6.11m	20-00.50	610
3	Lukas Walton	JR Bethel	6.11m	20-00.50	610
5	Abe Schegel	JR Bethel	5.92m	19-05.25	569
6	Logan Hennen	FR St. Johns	5.79m	19-00.00	542
7	Zach Paustian	SR Concordia	5.70m	18-08.50	523
7	Brandon Kallstrom	FR Bethel	5.70m	18-08.50	523
9	Nick Edwards	SR St. Olaf	5.68m	18-07.75	519
10	Max Lelwica	FR St. Johns	5.58m	18-03.75	498
11	Micah Smith	JR Bethel	5.41m	17-09.00	463
12	Woody Rian	FR St. Olaf	5.39m	17-08.25	459
13	Trevor Wellman	FR Bethel	5.34m	17-06.25	449
14	Layton Borst	FR St. Olaf	5.30m	17-04.75	441
15	Caleb Meeker	FR Bethel	4.81m	15-09.50	346

Heptathlon: #3 Men Shot Put Heptathlon

Name	Year	School	Finals		Points
1	Maguire Petersen	SO St. Johns	13.48m	44-02.75	697
2	Trevor Wellman	FR Bethel	11.42m	37-05.75	571
3	Nick Edwards	SR St. Olaf	11.25m	36-11.00	561
4	Demetri Lord	FR St. Olaf	11.10m	36-05.00	552
5	Wade Rhonemus	JR Concordia	11.09m	36-04.75	551
6	Max Lelwica	FR St. Johns	10.71m	35-01.75	528
7	Lukas Walton	JR Bethel	10.50m	34-05.50	516
8	Logan Hennen	FR St. Johns	10.34m	33-11.25	506
9	Woody Rian	FR St. Olaf	10.20m	33-05.75	498
10	Micah Smith	JR Bethel	10.09m	33-01.25	491
11	Zach Paustian	SR Concordia	10.05m	32-11.75	489
12	Brandon Kallstrom	FR Bethel	10.04m	32-11.25	488
13	Layton Borst	FR St. Olaf	9.95m	32-07.75	483
14	Abe Schegel	JR Bethel	9.47m	31-01.00	454
15	Caleb Meeker	FR Bethel	9.12m	29-11.25	433

Men Heptathlon

Name	Year	School	Seed	Finals	H#	Points
1	Maguire Petersen	SO St. Johns		5118		10

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men Heptathlon

2	Lukas Walton	JR Bethel	4886	8
3	Wade Rhonemus	JR Concordia	4664	6
4	Demetri Lord	FR St. Olaf	4589	5
5	Nick Edwards	SR St. Olaf	4449	4
6	Logan Hennen	FR St. Johns	3982	3
7	Max Lelwica	FR St. Johns	3897	2
8	Woody Rian	FR St. Olaf	3827	1
9	Layton Borst	FR St. Olaf	3792	
10	Micah Smith	JR Bethel	3766	
11	Abe Schegel	JR Bethel	3725	
12	Trevor Wellman	FR Bethel	3720	
13	Zach Paustian	SR Concordia	3614	
14	Brandon Kallstrom	FR Bethel	3598	
15	Caleb Meeker	FR Bethel	3232	

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Women - Team Rankings - 20 Events Scored

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1)	Bethel	134.50	2)	Gustavus	125.50
3)	Carleton	113.50	4)	St. Olaf	104.50
5)	St. Benedict	94	6)	Hamline	65
7)	Concordia	60	8)	Macalester	36
9)	Saint Marys	23	10)	St. Scholastica	18
11)	St. Catherine	6			