

## MIAC Outdoor Track &amp; Field Championships - 5/13/2022 to 5/14/2022

## St. Marry's University

## Results

## Women 100 Meter Dash

Conference: 12.11 2018 Katie Murray  
 Conference: 11.89 2012 Ashley Carney (W)  
 Facility: 12.24 F 2009 Caitlin Dhein

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Jailyn	Robinson	SO Hamline F 12.19Q1.9
2	Jireh	Babalola	SO Bethel (Minn) 12.42Q-0.2
3	Sarah	Stellmach	FR Bethel (Minn) 12.68Q-0.1
4	Kate	Carlson	FR Gustavus Ado 12.45q 1.9
5	Tiana	Johnson	SO St. Benedict 12.51q -0.2
6	Kate	Gallagher	SO St. Benedict 12.57q -0.2
7	Dacoda	Speidel	SR St. Benedict 12.88q -0.2
8	Hailey	Johnson	JR St. Benedict 12.89q 1.9
9	Penny	Hunter	SO Macalester 12.91q 1.9
10	Sierra	Ramberg	SO Concordia-Mo 12.93 -0.1
11	Brianna	Parsons	FR Augsburg 12.96 -0.1
12	Carlie	Heinecke	JR Concordia-Mo 13.03 1.9
13	Clare	Collins	JR St. Olaf 13.03 -0.1
14	Riley	Roberts	SO Carleton 13.20 -0.1
15	Ally	Rakow	FR Gustavus Ado 13.22 -0.2
16	Hannah	King	SO Bethel (Minn) 13.26 -0.1
17	Lillian	Maul	SO Saint Mary's 13.27 1.9
18	Ellie	Logelin	FR Hamline 13.28 -0.2
19	Katie	Petersen	FR Gustavus Ado 13.40 1.9
20	Essence	Boe	SO Hamline 13.49 -0.2
21	Olivia	Thomley	FR Gustavus Ado 13.55 1.9
22	Claire	Hippen	SO St. Benedict 13.57 -0.2
23	Zoe	Matre	FR St. Olaf 13.68 -0.1
24	Jordan	Terry	SR Augsburg 13.68 1.9
25	Mya	Bishop	SO Augsburg 13.69 -0.1
26	Kya	Ochsendorf	FR St. Olaf 13.88 -0.2

## Women 100 Meter Dash

Conference: 12.11 2018 Katie Murray  
 Conference: 11.89 2012 Ashley Carney (W)  
 Facility: 12.24 F 2009 Caitlin Dhein

Name	Yr	School	Finals
<b>Finals</b>			
1	Jailyn	Robinson	SO Hamline 12.07 3.3
2	Jireh	Babalola	SO Bethel (Minn) 12.25 3.3
3	Kate	Carlson	FR Gustavus Ado 12.35 3.3
4	Tiana	Johnson	SO St. Benedict 12.39 3.3
5	Kate	Gallagher	SO St. Benedict 12.54 3.3
6	Hailey	Johnson	JR St. Benedict 12.89 3.3
7	Dacoda	Speidel	SR St. Benedict 12.95 3.3
8	Penny	Hunter	SO Macalester 12.99 3.3

## Women 200 Meter Dash

Conference: 24.72 2018 Katie Murray  
 Conference: 24.41 2012 Ashley Magelssen (W)  
 Facility: 24.87 F 2009 Adrienne Thomas

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Tiana	Johnson	SO St. Benedict 25.31Q1.0
2	Kate	Carlson	FR Gustavus Ado 25.43Q1.2
3	Sarah	Stellmach	FR Bethel (Minn) 25.74Q3.5
4	Jireh	Babalola	SO Bethel (Minn) 25.75Q2.1
5	Megan	Geraets	FR Gustavus Ado 26.08q 2.1
6	Karla	Kroschel	SO St. Olaf 26.30q 1.2
7	Dacoda	Speidel	SR St. Benedict 26.36q 1.0
8	Penny	Hunter	SO Macalester 26.48q 3.5
9	Kate	Gallagher	SO St. Benedict 26.55q 2.1
10	Sydney	Klausler	SR Saint Mary's 26.66 3.5
11	Mirjana	Ganley	SO St. Benedict 26.77 1.0
12	Hailey	Johnson	JR St. Benedict 26.77 3.5
13	Caroline	Gearin	SO Saint Mary's 26.81 2.1
14	Mary	Wunderlich	FR Concordia-Mo 26.83 1.0
15	Riley	Roberts	SO Carleton 26.90 2.1
16	Sierra	Ramberg	SO Concordia-Mo 26.93 1.2
17	Ally	Rakow	FR Gustavus Ado 26.98 1.0
18	Carlie	Heinecke	JR Concordia-Mo 27.08 3.5
19	Brianna	Parsons	FR Augsburg 27.41 1.2
20	Emma	Storbakken	FR St. Olaf 27.56 3.5
21	Ellie	Logelin	FR Hamline 27.75 1.2
22	Zoe	Matre	FR St. Olaf 27.89 2.1
23	Lily	Johnson	FR St. Olaf 28.16 1.0
24	Mya	Bishop	SO Augsburg 28.20 1.2
25	Emme	Nelson	FR Hamline 28.29 3.5
26	Kya	Ochsendorf	FR St. Olaf 28.65 1.0
27	Elisa	Stewart	FR Bethel (Minn) 28.79 2.1
28	Rachel	Nelsen	SO St. Olaf 29.02 1.2

## Women 200 Meter Dash

Conference: 24.72 2018 Katie Murray  
 Conference: 24.41 2012 Ashley Magelssen (W)  
 Facility: 24.87 F 2009 Adrienne Thomas

Name	Yr	School	Finals
<b>Finals</b>			
1	Tiana	Johnson	SO St. Benedict 25.16 -0.1
2	Kate	Carlson	FR Gustavus Ado 25.55 -0.1
3	Jireh	Babalola	SO Bethel (Minn) 25.63 -0.1
4	Megan	Geraets	FR Gustavus Ado 26.08 -0.1
5	Karla	Kroschel	SO St. Olaf 26.30 -0.1
6	Dacoda	Speidel	SR St. Benedict 26.74 -0.1
7	Penny	Hunter	SO Macalester 27.03 -0.1
8	Kate	Gallagher	SO St. Benedict 27.60 -0.1

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## Women 400 Meter Dash

Conference: 55.98 2010 Nikki Arola  
Facility: 55.98 F 2010 Nikki Arola

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Hannah Sankey	SR	Bethel (Minn)	58.10Q
2 Lindsey Bernardy	FR	Hamline	58.92Q
3 Britta Nordberg	SO	Bethel (Minn)	59.47Q
4 Karla Kroschel	SO	St. Olaf	59.05q
5 Jocelyn Ferguson	FR	Carleton	59.37q
6 Maddie Guler	SO	Concordia-Mo	59.97q
7 Mirjana Ganley	SO	St. Benedict	1:00.41q
8 Olivia Edstrom	SO	St. Olaf	1:00.49q
9 Megan Geraets	FR	Gustavus Ado	1:00.73q
10 Sidela Nyuga	SO	St. Benedict	1:00.84
11 Makenna Brown	SO	Bethel (Minn)	1:00.86
12 Hailey Gregg	FR	Bethel (Minn)	1:00.92
13 Anna Kiminiski	FR	St. Scholast	1:01.57
14 Abrianna Utgaard	JR	Saint Mary's	1:02.01
15 Laura Mitch	SR	St. Benedict	1:02.24
16 Sydney Hauger	FR	Gustavus Ado	1:02.37
17 Emma Storbakken	FR	St. Olaf	1:02.46
18 Meraf Hailelassie	SO	St. Olaf	1:03.69
19 Emme Nelson	FR	Hamline	1:03.80
20 Ququ Holman	SO	St. Olaf	1:04.13
21 Annika Voss	JR	St. Scholast	1:04.79
22 Mya Bishop	SO	Augsburg	1:05.11
23 Caitlyn Wrzesien	FR	Bethel (Minn)	1:05.32
24 Emilia Helms-Leslie	FR	Gustavus Ado	1:05.62
25 Caley Wrzesien	FR	Bethel (Minn)	1:06.06

## Women 400 Meter Dash

Conference: 55.98 2010 Nikki Arola  
Facility: 55.98 F 2010 Nikki Arola

Name	Yr	School	Finals
<b>Finals</b>			
1 Hannah Sankey	SR	Bethel (Minn)	57.06
2 Lindsey Bernardy	FR	Hamline	58.40
3 Jocelyn Ferguson	FR	Carleton	59.17
4 Britta Nordberg	SO	Bethel (Minn)	59.29
5 Karla Kroschel	SO	St. Olaf	59.83
6 Maddie Guler	SO	Concordia-Mo	1:00.09
7 Megan Geraets	FR	Gustavus Ado	1:00.67
8 Olivia Edstrom	SO	St. Olaf	1:00.74
9 Mirjana Ganley	SO	St. Benedict	1:01.38

## Women 800 Meter Run

Conference: 2:07.36 2019 Phoebe Aguiar  
Facility: 2:07.84 F 2010 Marie Borner

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Elizabeth Donnelly	SO	Gustavus Ado	2:19.94Q
1:13.207 (1:13.207)	2:19.933 (1:06.726)		

2 Alexandra Maddux	JR	Hamline	2:21.35Q
1:12.536 (1:12.536)	2:21.343 (1:08.807)		
3 Malakai Holloway	JR	Bethel (Minn)	2:21.90Q
1:11.3 (1:11.3)	2:21.9 (1:10.6)		
4 Amy Kropp	JR	Carleton	2:21.95Q
1:12.894 (1:12.894)	2:21.948 (1:09.054)		
5 Lucy Hoelscher	SO	Hamline	2:22.60Q
1:11.5 (1:11.5)	2:22.6 (1:11.1)		
6 Ellie Sholing	SO	St. Scholast	2:23.69Q
1:13.177 (1:13.177)	2:23.682 (1:10.505)		
7 Drew Frolek	FR	Concordia-Mo	2:22.17q
1:13.500 (1:13.500)	2:22.167 (1:08.668)		
8 Evie Hage	FR	Bethel (Minn)	2:23.60q
1:11.6 (1:11.6)	2:23.6 (1:12.1)		
9 Kristina Rohrer	SO	St. Olaf	2:23.98q
1:13.197 (1:13.197)	2:23.980 (1:10.783)		
10 Lara Erickson	FR	Carleton	2:24.84
1:13.511 (1:13.511)	2:24.840 (1:11.329)		
11 Kalli Smith	FR	St. Benedict	2:25.20
1:11.6 (1:11.6)	2:25.2 (1:13.6)		
12 Riley Mauzer	JR	St. Olaf	2:27.28
1:13.421 (1:13.421)	2:27.272 (1:13.851)		
13 Anna Swanson	JR	Saint Mary's	2:27.58
1:13.933 (1:13.933)	2:27.577 (1:13.645)		
14 Nora Doyle	SR	St. Benedict	2:27.80
1:12.1 (1:12.1)	2:27.8 (1:15.7)		
15 Jules Fromm	FR	St. Olaf	2:27.97
1:14.130 (1:14.130)	2:27.964 (1:13.835)		
16 Ruby Gernandt	FR	Bethel (Minn)	2:29.90
1:13.657 (1:13.657)	2:29.898 (1:16.241)		
17 Maranda Thier	FR	St. Benedict	2:31.36
1:14.672 (1:14.672)	2:31.353 (1:16.682)		
18 Kaye Rysdahl	FR	Bethel (Minn)	2:36.18
1:17.583 (1:17.583)	2:36.178 (1:18.596)		
19 Eden Smith	FR	Concordia-Mo	2:36.44
1:14.865 (1:14.865)	2:36.439 (1:21.575)		
20 Lucy Lyngen	SO	St. Benedict	2:38.91
1:13.453 (1:13.453)	2:38.910 (1:25.457)		
21 Ava Juntunen-Novak	FR	St. Benedict	2:39.22
1:16.548 (1:16.548)	2:39.218 (1:22.670)		
22 Sarah Rey	FR	Bethel (Minn)	2:40.47
1:15.736 (1:15.736)	2:40.462 (1:24.726)		
23 Chloe Kintop	JR	Augsburg	2:46.00
1:17.9 (1:17.9)	2:46.0 (1:28.2)		
24 Jalisa Mathews	SO	Hamline	2:50.31
1:19.174 (1:19.174)	2:50.305 (1:31.132)		

## Women 800 Meter Run

Conference: 2:07.36 2019 Phoebe Aguiar  
Facility: 2:07.84 F 2010 Marie Borner

Name	Yr	School	Finals
<b>Finals</b>			
1 Elizabeth Donnelly	SO	Gustavus Ado	2:12.04
1:06.756 (1:06.756)	2:12.033 (1:05.277)		
2 Alexandra Maddux	JR	Hamline	2:16.00
1:06.687 (1:06.687)	2:15.992 (1:09.306)		

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## Finals ... (Women 800 Meter Run)

Name	Yr	School	Finals
3 Lucy Hoelscher	SO	Hamline	2:19.86
1:09.250 (1:09.250)	2:19.854 (1:10.605)		
4 Amy Kropp	JR	Carleton	2:22.15
1:09.543 (1:09.543)	2:22.149 (1:12.607)		
5 Ellie Sholing	SO	St. Scholast	2:22.69
1:09.304 (1:09.304)	2:22.686 (1:13.383)		
6 Malakai Holloway	JR	Bethel (Minn)	2:23.60
1:08.327 (1:08.327)	2:23.597 (1:15.270)		
7 Kristina Rohrer	SO	St. Olaf	2:23.73
1:09.001 (1:09.001)	2:23.725 (1:14.725)		
8 Drew Frolek	FR	Concordia-Mo	2:23.98
1:09.961 (1:09.961)	2:23.977 (1:14.017)		
9 Evie Hage	FR	Bethel (Minn)	2:24.76
1:08.703 (1:08.703)	2:24.754 (1:16.051)		

## Women 1500 Meter Run

Conference: 4:29.20 2009 Marie Borner  
 Facility: 4:30.84 F 2010 Marie Borner

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Maria Blaesing	SO	Macalester	4:57.99Q
1:02.548 (1:02.548)	2:25.484 (1:22.936)	3:45.273 (1:19.790)	
4:57.990 (1:12.717)			
2 Sam Posey	JR	St. Olaf	5:05.01Q
3 Bella Call	SO	St. Olaf	4:58.11Q
1:02.255 (1:02.255)	2:24.959 (1:22.705)	3:45.292 (1:20.333)	
4:58.104 (1:12.812)			
4 Katie Gebert	SO	St. Olaf	5:05.05Q
5 Grace Cole	JR	Bethel (Minn)	4:59.05Q
1:02.842 (1:02.842)	2:25.228 (1:22.387)	3:45.173 (1:19.946)	
4:59.050 (1:13.877)			
6 Maj-Lis Helmer	FR	St. Scholast	5:14.83Q
7 Sophie Abernethy	FR	St. Olaf	4:59.43Q
1:02.631 (1:02.631)	2:25.507 (1:22.876)	3:45.475 (1:19.969)	
4:59.428 (1:13.953)			
8 Jane Bruenjes	FR	St. Olaf	5:17.99Q
9 Nell Schafer	SO	Carleton	5:00.80Q
1:02.277 (1:02.277)	2:24.995 (1:22.718)	3:45.568 (1:20.573)	
5:00.801 (1:15.234)			
10 Ava Craven	FR	St. Olaf	5:21.51Q
11 Isabel Fredrickson	SR	Concordia-Mo	5:03.34q
1:02.742 (1:02.742)	2:25.192 (1:22.451)	3:45.655 (1:20.464)	
5:03.340 (1:17.685)			
12 Miranda Kerndt	FR	Hamline	5:24.35q
13 Sophie Gossard	JR	St. Olaf	5:27.45
1:05.649 (1:05.649)	2:30.074 (1:24.426)	3:59.165 (1:29.092)	
5:27.443 (1:28.278)			
14 Ilsa Weigel	SO	St. Olaf	5:29.14
15 Sylvia Coyle	FR	Macalester	5:39.14
1:06.083 (1:06.083)	2:37.256 (1:31.174)	4:10.330 (1:33.075)	
5:39.141 (1:28.811)			
16 Cate Gleason	FR	St. Olaf	5:40.14
17 Maggie Morgan	SO	Macalester	5:40.68

18 Abby Rowekamp	FR	St. Olaf	5:43.85
1:06.491 (1:06.491)	2:37.368 (1:30.877)	4:11.013 (1:33.645)	
5:43.843 (1:32.831)			
19 Airial Johnson	FR	Concordia-Mo	5:45.49
20 Rachel Friberg	SR	Concordia-Mo	5:47.10
1:06.810 (1:06.810)	2:39.588 (1:32.778)	4:16.876 (1:37.289)	
5:47.093 (1:30.217)			
21 Klaire Petersen	SO	Hamline	5:47.44
1:06.456 (1:06.456)	2:38.319 (1:31.864)	4:17.847 (1:39.528)	
5:47.434 (1:29.587)			
22 Larissa Minshull	FR	Bethel (Minn)	6:03.73
1:06.009 (1:06.009)	2:37.764 (1:31.755)	4:18.501 (1:40.738)	
6:03.728 (1:45.228)			
23 Aspen Clarksean	FR	Hamline	6:04.95
24 Jalisa Mathews	SO	Hamline	6:20.46
25 Annabel Lantz	FR	Augsburg	6:30.10
--- Ellie Sablak	FR	Macalester	DNF
1:05.203 (1:05.203)	2:29.793 (1:24.590)		

## Women 1500 Meter Run

Conference: 4:29.20 2009 Marie Borner  
 Facility: 4:30.84 F 2010 Marie Borner

Name	Yr	School	Finals
<b>Finals</b>			
1 Maria Blaesing	SO	Macalester	4:38.26
55.989 (55.989)	2:12.109 (1:16.120)	3:24.782 (1:12.673)	
4:38.259 (1:13.478)			
2 Sam Posey	JR	St. Olaf	4:43.38
55.718 (55.718)	2:11.853 (1:16.135)	3:27.694 (1:15.841)	
4:43.376 (1:15.683)			
3 Katie Gebert	SO	St. Olaf	4:44.78
55.802 (55.802)	2:11.923 (1:16.121)	3:27.828 (1:15.906)	
4:44.776 (1:16.948)			
4 Sophie Abernethy	FR	St. Olaf	4:51.99
57.590 (57.590)	2:16.512 (1:18.923)	3:34.783 (1:18.271)	
4:51.990 (1:17.208)			
5 Maj-Lis Helmer	FR	St. Scholast	4:53.00
56.454 (56.454)	2:12.755 (1:16.301)	3:32.499 (1:19.745)	
4:52.991 (1:20.493)			
6 Bella Call	SO	St. Olaf	4:58.92
57.891 (57.891)	2:18.249 (1:20.359)	3:41.502 (1:23.253)	
4:58.919 (1:17.417)			
7 Nell Schafer	SO	Carleton	5:00.32
58.102 (58.102)	2:18.406 (1:20.304)	3:41.211 (1:22.806)	
5:00.317 (1:19.106)			
8 Isabel Fredrickson	SR	Concordia-Mo	5:02.40
57.243 (57.243)	2:15.255 (1:18.012)	3:38.030 (1:22.775)	
5:02.394 (1:24.364)			
9 Jane Bruenjes	FR	St. Olaf	5:10.46
59.554 (59.554)	2:23.616 (1:24.062)	3:49.369 (1:25.754)	
5:10.453 (1:21.084)			
10 Grace Cole	JR	Bethel (Minn)	5:11.16
57.016 (57.016)	2:18.525 (1:21.509)	3:45.421 (1:26.897)	
5:11.157 (1:25.737)			

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## Results

## Finals ... (Women 1500 Meter Run)

Name	Yr	School	Finals
11 Miranda Kerndt	FR	Hamline	5:16.93
58.723 (58.723)	2:23.919 (1:25.196)	3:50.070 (1:26.151)	
5:16.924 (1:26.855)			
12 Ava Craven	FR	St. Olaf	5:21.22
1:00.042 (1:00.042)	2:24.399 (1:24.357)	3:51.646 (1:27.248)	
5:21.211 (1:29.565)			

## Women 5000 Meter Run

Conference: 16:59.19 2014 Kimber Meyer  
Facility: 17:26.48 F 2009 Mallory Van Ness

Name	Yr	School	Finals
<b>Finals</b>			
1 Fiona Smith	SO	St. Benedict	17:13.45F
2 Clara Mayfield	SO	Carleton	17:25.04F
3 Sofia Carlson	FR	St. Olaf	18:07.68
4 Alison Bode	FR	St. Olaf	18:13.05
5 Helen Cross	SO	Carleton	18:13.85
6 Phoebe Ward	SO	Carleton	18:18.27
7 Julia Everest	SO	St. Olaf	18:44.32
8 Bridget Tetmeyer	SO	St. Benedict	18:48.62
9 Sophie Call	SO	St. Olaf	19:00.53
10 Annie Kiolbasa	SO	St. Benedict	19:21.95
11 Maj-Lis Helmer	FR	St. Scholast	19:21.99
12 Iliana Ramon	SO	Gustavus Ado	19:26.07
13 Raina Moorjani	FR	Bethel (Minn)	19:32.39
14 Gracia Larsen-Schmidt	FR	St. Olaf	19:38.19
15 Mackinzee Miest	SO	Gustavus Ado	19:43.49
16 Molly Weberg	FR	Gustavus Ado	19:43.64
17 Olivia Corbo	SO	Carleton	19:45.46
18 Allegra Pihlaja	JR	Carleton	19:46.56
19 Josie Harms	FR	Bethel (Minn)	19:49.55
20 Erika Swanson	SO	Bethel (Minn)	19:54.52
21 Sylvia Greene	SO	Macalester	19:55.66
22 Ashley Cohen	SO	Carleton	20:01.50
23 Emma Mader	SR	Hamline	20:08.68
24 Rainey Tilley	SO	Carleton	20:08.85
25 Nell Schafer	SO	Carleton	20:12.15
26 Laura Hardwick	FR	Bethel (Minn)	21:04.82
27 Seneca Norvell	JR	St. Olaf	21:06.20

## Women 10000 Meter Run

Conference: 34:22.58 1983 Debbie Thometz  
Facility: 36:38.09 F 2010 Simone Childs-Walker

Name	Yr	School	Finals
<b>Finals</b>			
1 Fiona Smith	SO	St. Benedict	34:36.31F
1:24.540 (1:24.540)	2:53.643 (1:29.103)	4:19.098 (1:25.456)	
5:45.139 (1:26.042)	7:11.388 (1:26.249)	8:36.151 (1:24.764)	
10:00.542 (1:24.391)	11:24.658 (1:24.117)	12:48.432 (1:23.774)	
14:11.950 (1:23.519)	15:36.280 (1:24.331)	17:00.183 (1:23.903)	
18:23.969 (1:23.786)	19:46.385 (1:22.416)	21:08.713 (1:22.329)	
22:31.162 (1:22.449)	23:53.089 (1:21.928)	25:14.064 (1:20.975)	
26:35.757 (1:21.694)	27:56.310 (1:20.553)		
30:36.179 (1:20.425)	31:56.322 (1:20.144)	33:17.157 (1:20.835)	
34:36.310 (1:19.153)			
2 Clara Mayfield	SO	Carleton	34:58.96F
1:24.692 (1:24.692)	2:53.856 (1:29.164)	4:19.370 (1:25.515)	
5:45.337 (1:25.967)	7:11.655 (1:26.319)	8:36.417 (1:24.763)	
10:00.810 (1:24.393)	11:24.848 (1:24.039)	12:48.622 (1:23.774)	
14:12.183 (1:23.561)	15:36.505 (1:24.323)	17:00.438 (1:23.933)	
18:24.287 (1:23.849)	19:46.635 (1:22.348)	21:08.975 (1:22.340)	
22:31.410 (1:22.435)	23:54.180 (1:22.771)	25:17.250 (1:23.070)	
26:40.775 (1:23.525)	28:04.352 (1:23.578)		
30:52.040 (1:24.103)	32:16.077 (1:24.038)	33:39.787 (1:23.710)	
34:58.957 (1:19.170)			
3 Sofia Carlson	FR	St. Olaf	37:17.84
1:25.265 (1:25.265)	2:57.806 (1:32.542)	4:31.568 (1:33.762)	
6:03.110 (1:31.543)	7:36.295 (1:33.186)	9:07.784 (1:31.489)	
10:37.639 (1:29.855)	12:08.893 (1:31.254)	13:41.347 (1:32.455)	
15:13.625 (1:32.278)	16:45.764 (1:32.140)	18:17.022 (1:31.259)	
19:49.180 (1:32.158)	21:18.902 (1:29.723)	22:48.505 (1:29.604)	
24:17.668 (1:29.163)	25:47.287 (1:29.619)	27:15.942 (1:28.655)	
28:46.499 (1:30.558)	30:16.137 (1:29.638)		
33:12.767 (1:28.037)	34:40.685 (1:27.918)	36:02.645 (1:21.960)	
37:17.835 (1:15.190)			
4 Alison Bode	FR	St. Olaf	37:23.07
1:25.243 (1:25.243)	2:57.767 (1:32.525)	4:31.543 (1:33.776)	
6:03.072 (1:31.529)	6:03.077 (0:006)	7:36.277 (1:33.200)	
10:37.615 (3:01.339)	12:08.869 (1:31.254)	13:41.319 (1:32.451)	
15:13.602 (1:32.283)	16:45.730 (1:32.128)	18:17.014 (1:31.285)	
19:49.208 (1:32.195)	21:18.975 (1:29.767)	22:48.625 (1:29.651)	
24:17.855 (1:29.230)	25:47.512 (1:29.658)	27:16.017 (1:28.505)	
28:46.761 (1:30.745)	30:16.357 (1:29.596)		
33:13.017 (1:27.990)	34:40.979 (1:27.962)	36:03.980 (1:23.002)	
37:23.069 (1:19.089)			

## MIAC Outdoor Track &amp; Field Championships - 5/13/2022 to 5/14/2022

## St. Marry's University

## Results

5	Iliana Ramon	SO Gustavus Ado	37:56.07
	1:25.539 (1:25.539)	2:58.002 (1:32.464)	4:31.797 (1:33.795)
	6:03.290 (1:31.494)	7:36.529 (1:33.240)	9:07.999 (1:31.470)
	10:37.926 (1:29.928)	12:09.110 (1:31.184)	13:41.564 (1:32.455)
	15:13.828 (1:32.264)	16:45.915 (1:32.088)	18:17.355 (1:31.440)
	19:49.378 (1:32.024)	21:19.232 (1:29.854)	22:48.752 (1:29.520)
	24:18.170 (1:29.419)	25:47.797 (1:29.628)	27:17.858 (1:30.061)
	28:49.704 (1:31.846)	30:22.558 (1:32.855)	
	33:25.470 (1:31.320)	34:58.377 (1:32.908)	36:31.097 (1:32.720)
	37:56.068 (1:24.971)		

## Finals ... (Women 10000 Meter Run)

Name	Yr	School	Finals
6 Bridget Tettmeyer	SO	St. Benedict	38:08.51
1:26.252 (1:26.252)	2:58.264 (1:32.012)	4:32.114 (1:33.850)	
6:03.562 (1:31.448)	7:36.829 (1:33.268)	9:08.243 (1:31.414)	
10:38.216 (1:29.973)	12:09.331 (1:31.115)	13:41.822 (1:32.492)	
15:14.057 (1:32.236)	16:46.256 (1:32.199)	18:17.596 (1:31.340)	
19:49.658 (1:32.063)	21:19.525 (1:29.867)	22:49.008 (1:29.484)	
24:18.446 (1:29.438)	25:48.070 (1:29.624)	27:18.246 (1:30.177)	
28:49.950 (1:31.705)	30:22.872 (1:32.922)		
33:27.785 (1:32.556)	35:02.346 (1:34.561)	36:36.922 (1:34.577)	
38:08.510 (1:31.588)			
7 Emily DeMorett	JR	St. Benedict	38:46.38
1:26.715 (1:26.715)	2:58.839 (1:32.124)	4:32.420 (1:33.581)	
6:03.836 (1:31.416)	7:37.090 (1:33.255)	9:08.542 (1:31.452)	
10:38.760 (1:30.219)	12:09.747 (1:30.988)	13:42.107 (1:32.360)	
15:14.315 (1:32.208)	16:46.701 (1:32.387)	18:17.728 (1:31.028)	
19:50.170 (1:32.443)	21:21.060 (1:30.890)	22:54.325 (1:33.265)	
24:27.593 (1:33.268)	26:03.320 (1:35.727)	27:40.355 (1:37.035)	
29:17.549 (1:37.195)	30:54.527 (1:36.978)		
34:07.713 (1:36.904)	35:37.451 (1:29.738)	37:18.257 (1:40.806)	
38:46.379 (1:28.123)			
8 Raina Moorjani	FR	Bethel (Minn)	40:10.07
1:25.717 (1:25.717)	2:58.239 (1:32.523)	4:32.040 (1:33.801)	
6:03.505 (1:31.466)	7:36.797 (1:33.292)	9:08.234 (1:31.438)	
10:38.246 (1:30.012)	12:09.376 (1:31.131)	13:41.881 (1:32.505)	
15:14.261 (1:32.380)	16:47.895 (1:33.634)	18:23.660 (1:35.766)	
19:59.956 (1:36.296)	21:38.592 (1:38.636)	23:19.793 (1:41.202)	
25:01.485 (1:41.692)	26:43.724 (1:42.240)	28:26.485 (1:42.762)	
30:08.727 (1:42.242)	31:50.209 (1:41.483)		
35:14.721 (1:42.128)	36:56.295 (1:41.574)	38:38.056 (1:41.762)	
40:10.066 (1:32.010)			
9 Amelia Landsverk	JR	Concordia-Mo	40:17.45
1:28.085 (1:28.085)	3:04.148 (1:36.064)	4:39.851 (1:35.703)	
6:15.311 (1:35.460)	7:51.939 (1:36.629)	9:29.129 (1:37.190)	
11:05.993 (1:36.864)	12:42.686 (1:36.694)	14:19.471 (1:36.785)	
15:58.140 (1:38.670)	17:35.454 (1:37.314)	19:12.787 (1:37.333)	
20:49.492 (1:36.706)	22:26.787 (1:37.295)	24:04.915 (1:38.128)	
25:43.850 (1:38.935)	27:22.553 (1:38.704)	29:02.105 (1:39.552)	
30:41.849 (1:39.745)	32:20.237 (1:38.389)		
35:35.857 (1:37.762)	37:13.110 (1:37.253)	38:49.629 (1:36.520)	
40:17.443 (1:27.815)			
10 Laura Hardwick	FR	Bethel (Minn)	40:33.30
1:27.785 (1:27.785)	3:03.905 (1:36.120)	4:40.091 (1:36.187)	
6:15.513 (1:35.423)	7:52.178 (1:36.666)	9:29.358 (1:37.180)	
11:06.220 (1:36.862)	12:42.962 (1:36.742)	14:19.644 (1:36.683)	
15:57.916 (1:38.272)	17:35.554 (1:37.638)	19:12.492 (1:36.938)	
20:48.908 (1:36.417)	22:25.461 (1:36.553)	24:01.532 (1:36.072)	
25:38.692 (1:37.160)	27:17.842 (1:39.151)	28:56.450 (1:38.608)	
30:36.594 (1:40.144)	32:17.917 (1:41.324)		
33:58.422 (0.045)	37:17.599 (3:19.178)	38:56.860 (1:39.262)	
40:33.298 (1:36.438)			

## MIAC Outdoor Track &amp; Field Championships - 5/13/2022 to 5/14/2022

## St. Marry's University

## Results

11	Gracia Larsen-Schmidt	FR	St. Olaf	40:55.68
	1:30.883 (1:30.883)		3:09.096 (1:38.214)	4:46.713 (1:37.617)
	6:25.237 (1:38.525)		8:03.491 (1:38.255)	9:41.900 (1:38.409)
	11:19.608 (1:37.709)		12:58.528 (1:38.920)	14:36.892 (1:38.365)
	16:15.122 (1:38.231)		17:53.145 (1:38.023)	19:33.028 (1:39.884)
	21:12.641 (1:39.613)		22:51.457 (1:38.816)	24:30.155 (1:38.698)
	26:08.158 (1:38.004)		27:45.984 (1:37.826)	29:25.610 (1:39.627)
	31:05.601 (1:39.991)		32:46.387 (1:40.787)	
	36:05.045 (1:38.580)		37:47.113 (1:42.068)	39:26.015 (1:38.903)
	40:55.680 (1:29.665)			
12	Seneca Norvell	JR	St. Olaf	41:56.60
	1:34.185 (1:34.185)		3:14.325 (1:40.140)	4:53.451 (1:39.126)
	6:32.958 (1:39.508)		8:12.609 (1:39.652)	9:51.598 (1:38.989)
	11:32.089 (1:40.491)		13:12.061 (1:39.972)	14:53.832 (1:41.772)
	16:34.913 (1:41.081)		18:17.278 (1:42.365)	19:58.638 (1:41.360)
	21:39.850 (1:41.212)		23:20.405 (1:40.556)	25:02.331 (1:41.926)
	26:44.259 (1:41.928)		28:27.140 (1:42.881)	30:07.797 (1:40.658)
	31:50.468 (1:42.672)		33:33.308 (1:42.840)	
	36:57.889 (1:41.540)		38:39.190 (1:41.302)	40:20.806 (1:41.616)
	41:56.599 (1:35.793)			
13	Danielle Freshwaters	SR	Macalester	42:25.05
	1:31.604 (1:31.604)		3:11.376 (1:39.773)	4:52.136 (1:40.760)
	6:31.361 (1:39.226)		8:11.179 (1:39.819)	9:50.850 (1:39.671)
	11:31.418 (1:40.569)		13:11.625 (1:40.207)	14:53.110 (1:41.485)
	16:34.653 (1:41.544)		18:16.971 (1:42.318)	19:58.274 (1:41.303)
	21:39.372 (1:41.099)		23:21.340 (1:41.968)	25:04.534 (1:43.195)
	26:48.787 (1:44.253)		28:33.773 (1:44.987)	30:18.287 (1:44.514)
	32:01.948 (1:43.662)		33:46.935 (1:44.988)	
	37:16.807 (1:44.741)		39:01.333 (1:44.527)	40:45.932 (1:44.600)
	42:25.048 (1:39.116)			
14	Kendra Klobe	FR	Saint Mary's	42:41.73
	1:31.112 (1:31.112)		3:09.458 (1:38.347)	4:47.095 (1:37.637)
	6:25.576 (1:38.481)		8:03.831 (1:38.256)	9:42.161 (1:38.330)
	11:19.976 (1:37.816)		12:58.940 (1:38.964)	14:37.539 (1:38.599)
	16:16.904 (1:39.365)		17:56.971 (1:40.068)	19:38.385 (1:41.414)
	21:20.237 (1:41.853)		23:03.862 (1:43.625)	24:48.711 (1:44.850)
	26:35.135 (1:46.425)		28:21.200 (1:46.065)	30:08.625 (1:47.425)
	31:57.028 (1:48.404)		33:43.855 (1:46.827)	
	37:21.619 (1:49.024)		39:09.472 (1:47.853)	40:58.095 (1:48.624)
	42:41.730 (1:43.635)			
15	Charlotte Adams	SO	Hamline	43:13.73
	1:33.153 (1:33.153)		3:14.510 (1:41.358)	4:53.043 (1:38.534)
	6:31.965 (1:38.922)		8:11.204 (1:39.240)	9:51.231 (1:40.027)
	11:31.725 (1:40.495)		13:11.858 (1:40.134)	14:53.711 (1:41.854)
	16:36.653 (1:42.943)		18:20.423 (1:43.770)	20:04.297 (1:43.874)
	21:49.557 (1:45.260)		23:33.271 (1:43.715)	25:18.202 (1:44.932)
	27:04.000 (1:45.798)		28:53.487 (1:49.488)	30:40.883 (1:47.396)
	32:28.931 (1:48.048)		34:18.014 (1:49.083)	
	37:58.776 (1:50.290)		39:45.955 (1:47.180)	41:32.716 (1:46.761)
	43:13.727 (1:41.012)			
---	Libby Roberdeau	FR	Hamline	DNF
	1:32.884 (1:32.884)		3:14.271 (1:41.387)	4:53.876 (1:39.605)
	6:33.558 (1:39.683)		8:15.175 (1:41.617)	10:00.821 (1:45.646)
	11:48.653 (1:47.833)		13:38.816 (1:50.164)	

## Women 100 Meter Hurdles

Conference: 14.13 2014 Mallory Burnham

Facility: 14.61 F 2013 Hannah Mueller

Name Yr School Prelims

## Preliminaries

1	Birgen Nelson	FR	Gustavus Ado	F 13.80Q0.6
2	Kelsie Sealock	SO	Bethel (Minn)	14.21Q2.2
3	Nayeli Williams	FR	Carleton	14.74Q0.7
4	Elle Geislinger	FR	St. Catherin	15.20q 0.6
5	Danielle Miller	FR	Gustavus Ado	15.31q 2.2
6	Gabby Bodin	SO	St. Catherin	15.34q 0.7
7	Rebekah Salfer	JR	St. Olaf	15.50q 0.6
8	Peyton Selle	SO	Concordia-Mo	15.56q 0.7
9	Nicole Lilleberg	JR	Concordia-Mo	15.62q 0.7
10	Makenna Huetten	FR	Gustavus Ado	15.63 2.2
11	AnnaGrace Nelson	FR	Bethel (Minn)	15.67 0.7
12	McKenzie Williams	FR	St. Scholast	15.70 0.6
13	Stephanie Pickthorn	SR	St. Benedict	16.10 0.6
14	Ally Stackhouse	FR	Bethel (Minn)	16.32 2.2
15	Hannah King	SO	Bethel (Minn)	16.70 0.6
16	Aoife Zamacona	SR	Hamline	17.00 0.6
17	Riki Poore	SO	St. Olaf	17.02 2.2
18	Jenna Kalevik	FR	Concordia-Mo	17.49 2.2
19	Gabriele Hannah	FR	Hamline	17.60 0.6
20	Cynthia Garcia Balmaceda	SO	Bethel (Minn)	17.61 2.2
21	Mikayla Zaske	FR	Gustavus Ado	17.67 0.7
22	Kiernan Darling	FR	Concordia-Mo	17.78 0.7
23	Lily Johnson	FR	St. Olaf	17.80 0.6
24	Cecelia Miller	SR	Hamline	18.75 0.7
25	Erica Gaebe	FR	Gustavus Ado	19.83 0.7

## Women 100 Meter Hurdles

Conference: 14.13 2014 Mallory Burnham

Facility: 14.61 F 2013 Hannah Mueller

Name Yr School Finals

## Finals

1	Birgen Nelson	FR	Gustavus Ado	13.71F 0.4
2	Kelsie Sealock	SO	Bethel (Minn)	14.06F 0.4
3	Nayeli Williams	FR	Carleton	14.96 0.4
4	Elle Geislinger	FR	St. Catherin	15.25 0.4
5	Gabby Bodin	SO	St. Catherin	15.30 0.4
6	Danielle Miller	FR	Gustavus Ado	15.47 0.4
7	Peyton Selle	SO	Concordia-Mo	15.51 0.4
8	Nicole Lilleberg	JR	Concordia-Mo	15.95 0.4

## Women 400 Meter Hurdles

Conference: 1:00.36 1989 Carolyn Ross

Facility: 1:02.75 F 2009 Nicole Carroll

Name Yr School Prelims

## Preliminaries

1	Birgen Nelson	FR	Gustavus Ado	F 1:01.45Q
2	Mikayla Turek	SO	Bethel (Minn)	1:05.16Q
3	Nayeli Williams	FR	Carleton	1:08.15Q

## MIAC Outdoor Track &amp; Field Championships - 5/13/2022 to 5/14/2022

## St. Marry's University

## Results

4	McKenzie Williams	FR	St. Scholast	1:08.34q
5	Danielle Miller	FR	Gustavus Ado	1:08.58q
6	Riki Poore	SO	St. Olaf	1:08.95q
7	Rebekah Salfer	JR	St. Olaf	1:09.02q
8	Peyton Selle	SO	Concordia-Mo	1:09.11q
9	Makenna Huetten	FR	Gustavus Ado	1:09.36q
10	Kelly Lorenz	SO	Concordia-Mo	1:09.45
11	Maggie Mahota	SR	St. Benedict	1:09.50
12	Jessie Smith	FR	Bethel (Minn	1:09.58
13	Erica Meyers	SR	St. Olaf	1:10.00
14	Andreiana Aurelius	FR	Hamline	1:12.76
15	Hannah Hackenmueller	FR	Carleton	1:15.18
16	Mikayla Zasko	FR	Gustavus Ado	1:15.62
17	Audrey Parrott	FR	Carleton	1:15.96
18	Addie Brooke-Pike	SR	Macalester	1:16.44
19	Erica Gaebe	FR	Gustavus Ado	1:21.02

## Women 400 Meter Hurdles

Conference: 1:00.36 1989 Carolyn Ross  
Facility: 1:02.75 F 2009 Nicole Carroll

Name	Yr	School	Finals
<b>Finals</b>			
1	Birgen Nelson	FR Gustavus Ado	1:00.64F
2	Mikayla Turek	SO Bethel (Minn	1:04.88
3	Nayeli Williams	FR Carleton	1:05.60
4	Rebekah Salfer	JR St. Olaf	1:05.86
5	Makenna Huetten	FR Gustavus Ado	1:05.89
6	McKenzie Williams	FR St. Scholast	1:06.06
7	Danielle Miller	FR Gustavus Ado	1:07.66
8	Peyton Selle	SO Concordia-Mo	1:08.94
9	Riki Poore	SO St. Olaf	1:12.40

## Women 3000 Meter Steeplechase

Conference: 10:37.58 2015 Ruth Steinke  
Facility: 10:46.23 F 2010 Greta Sieve

Name	Yr	School	Finals
<b>Finals</b>			
1	Tracy Renier	SR St. Benedict	11:33.48
	44.233 (44.233)	2:11.797 (1:27.565)	3:42.813 (1:31.016)
	5:15.627 (1:32.815)	6:50.636 (1:35.009)	8:28.418 (1:37.782)
	10:03.854 (1:35.437)	11:33.480 (1:29.627)	
2	Libby Rowland	FR Carleton	11:35.92
	46.843 (46.843)	2:15.451 (1:28.608)	3:47.944 (1:32.494)
	5:21.805 (1:33.861)	6:57.019 (1:35.214)	8:33.181 (1:36.163)
	10:09.001 (1:35.820)	11:35.915 (1:26.915)	
3	Christine Albrecht	JR St. Olaf	11:38.93
	46.338 (46.338)	2:16.100 (1:29.762)	3:48.266 (1:32.167)
	5:22.017 (1:33.752)	6:58.171 (1:36.154)	8:35.769 (1:37.599)
	10:11.908 (1:36.139)	11:38.930 (1:27.023)	
4	Josie Harms	FR Bethel (Minn	11:44.93
	46.136 (46.136)	2:17.110 (1:30.975)	3:49.075 (1:31.965)
	5:22.513 (1:33.439)	6:57.290 (1:34.778)	8:33.833 (1:36.543)
	10:11.254 (1:37.421)	11:44.926 (1:33.673)	

## Finals ... (Women 3000 Meter Steeplechase)

Name	Yr	School	Finals
5	Molly Weberg	FR Gustavus Ado	11:49.38
	50.027 (50.027)	2:23.128 (1:33.102)	3:56.809 (1:33.682)
	5:32.404 (1:35.595)	7:09.114 (1:36.711)	8:46.773 (1:37.660)
	10:23.925 (1:37.152)	11:49.375 (1:25.451)	
6	Erika Swanson	SO Bethel (Minn	11:50.46
	45.757 (45.757)	2:15.699 (1:29.943)	3:47.347 (1:31.649)
	5:20.517 (1:33.170)	6:56.110 (1:35.593)	8:35.405 (1:39.295)
	10:16.716 (1:41.312)	11:50.453 (1:33.738)	
7	Sophie McManus	FR Carleton	12:02.42
	47.385 (47.385)	2:17.806 (1:30.421)	3:51.513 (1:33.707)
	5:27.851 (1:36.339)	7:07.344 (1:39.493)	8:51.724 (1:44.381)
	10:29.496 (1:37.772)	12:02.415 (1:32.920)	
8	Julia Severson	FR Gustavus Ado	12:08.16
	49.910 (49.910)	2:23.563 (1:33.654)	3:56.905 (1:33.342)
	5:32.751 (1:35.847)	7:09.417 (1:36.666)	8:47.707 (1:38.290)
	10:29.469 (1:41.763)	12:08.158 (1:38.689)	
9	Emily Rugloski	JR Concordia-Mo	12:19.53
	48.835 (48.835)	2:22.871 (1:34.037)	3:58.586 (1:35.715)
	5:37.283 (1:38.697)	7:18.756 (1:41.474)	9:01.614 (1:42.858)
	10:43.626 (1:42.013)	12:19.526 (1:35.900)	
10	Elise Yeager	SO St. Benedict	12:25.82
	47.013 (47.013)	2:19.326 (1:32.314)	3:53.611 (1:34.286)
	5:33.153 (1:39.542)	7:14.036 (1:40.884)	8:57.950 (1:43.914)
	10:44.818 (1:46.869)	12:25.818 (1:41.000)	
11	Zoe Plechaty	JR St. Olaf	12:34.80
	48.786 (48.786)	2:23.444 (1:34.658)	3:59.225 (1:35.782)
	5:38.945 (1:39.720)	7:22.721 (1:43.776)	9:11.346 (1:48.626)
	10:55.825 (1:44.480)	12:34.791 (1:38.967)	
12	Chloe Kusser	SO St. Olaf	12:38.18
	49.017 (49.017)	2:25.975 (1:36.959)	4:06.501 (1:40.526)
	5:48.087 (1:41.586)	7:32.682 (1:44.595)	9:19.808 (1:47.127)
	11:07.177 (1:47.369)	12:38.177 (1:31.001)	
13	Sydney Hagen	FR Gustavus Ado	12:39.58
	50.485 (50.485)	2:26.442 (1:35.958)	4:05.653 (1:39.211)
	5:47.281 (1:41.628)	7:30.666 (1:43.386)	9:17.296 (1:46.630)
	11:02.864 (1:45.569)	12:39.574 (1:36.710)	
14	Bailey VanderWilde	SO St. Olaf	12:43.79
	49.019 (49.019)	2:22.627 (1:33.608)	3:58.434 (1:35.807)
	5:38.458 (1:40.025)	7:22.519 (1:44.061)	9:11.284 (1:48.765)
	11:03.146 (1:51.862)	12:43.783 (1:40.638)	
15	Julia Newman	SO St. Olaf	12:45.21
	48.755 (48.755)	2:25.087 (1:36.332)	4:03.779 (1:38.693)
	5:45.973 (1:42.194)	7:30.080 (1:44.107)	9:18.680 (1:48.601)
	11:05.268 (1:46.588)	12:45.207 (1:39.939)	
16	Amanda Tuvey	SO Saint Mary's	12:48.09
	49.093 (49.093)	2:24.017 (1:34.925)	3:59.588 (1:35.571)
	5:42.704 (1:43.117)	7:28.615 (1:45.911)	9:17.268 (1:48.653)
	11:04.314 (1:47.046)	12:48.083 (1:43.770)	
17	Marissa Cutlan	SO Bethel (Minn	12:56.63
	50.449 (50.449)	2:26.596 (1:36.148)	4:04.509 (1:37.913)
	5:46.815 (1:42.307)	7:33.860 (1:47.045)	9:26.200 (1:52.340)
	11:16.341 (1:50.142)	12:56.627 (1:40.287)	

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18	Melissa Pfeiffer	SO	St. Scholast	12:58.99
	50.399 (50.399)	2:25.782 (1:35.383)	4:06.074 (1:40.293)	
	5:47.890 (1:41.816)	7:34.360 (1:46.471)	9:24.335 (1:49.975)	
	11:14.916 (1:50.582)	12:58.982 (1:44.066)		

**Women 4x100 Meter Relay**

Conference: 47.17 2013 St. Thomas

M Burnham, E Van Heel, C Rozeske, A Tipp

Facility: 47.88 F 2010 Augsburg

Team	Relay	Finals
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**Finals**

1	Gustavus Adolphus	A	48.34
	1) Kate Carlson FR	2) Ally Rakow FR	
	3) Danielle Miller FR	4) Birgen Nelson FR	
2	St. Benedict	A	48.42
	1) Dacoda Speidel SR	2) Tiana Johnson SO	
	3) Hailey Johnson JR	4) Kate Gallagher SO	
3	Bethel (Minn.)	A	48.69
	1) Jireh Babalola SO	2) Britta Nordberg SO	
	3) Makenna Brown SO	4) Hannah Sankey SR	
4	Concordia-Moorhead	A	50.00
	1) Maddie Guler SO	2) Mary Wunderlich FR	
	3) Carlie Heinecke JR	4) Sierra Ramberg SO	
5	Hamline	A	50.23
	1) Essence Boe SO	2) Ellie Logelin FR	
	3) Briana Gilbert FR	4) Jailyn Robinson SO	
6	Carleton	A	50.43
	1) Nayeli Williams FR	2) Jocelyn Ferguson FR	
	3) Riley Roberts SO	4) Audrey Parrott FR	
7	St. Catherine (Minn.)	A	50.68
	1) Claire Nichols JR	2) Erin Doyle SO	
	3) Elle Geislinger FR	4) Gabby Bodin SO	
8	Saint Mary's (Minn.)	A	50.83
	1) Nathalie Freire SR	2) Abrianna Utgaard JR	
	3) Caroline Gearin SO	4) Sydney Klausler SR	
9	Macalester	A	51.12
	1) Sara Gregor JR	2) Adisa Preston FR	
	3) Penny Hunter SO	4) Mikayla Ennevor SR	
10	St. Olaf	A	51.47
	1) Zoe Matre FR	2) Rebekah Salfer JR	
	3) Erica Meyers SR	4) Clare Collins JR	

**Women 4x400 Meter Relay**

Conference: 3:51.39 5/15/2021 Bethel (Minn.)

H Sankey, K Sealock, B Nordberg, M Turek

Facility: 3:52.06 F 2010 St. Olaf

Team	Relay	Finals
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**Finals**

1	Gustavus Adolphus	A	3:55.67
	1) Sydney Hagen FR	2) Elizabeth Donnelly SO	
	3) Makenna Huettner FR	4) Birgen Nelson FR	
	1:58.372 (1:58.372)	3:00.144 (1:01.772)	3:55.664 (55.520)
2	Bethel (Minn.)	A	3:56.43
	1) Hannah Sankey SR	2) Britta Nordberg SO	
	3) Makenna Brown SO	4) Mikayla Turek SO	
	1:58.561 (1:58.561)	2:59.032 (1:00.471)	3:56.422 (57.390)

**Finals ... (Women 4x400 Meter Relay)**

Team	Relay	Finals	
3	Hamline	A	4:01.79
	1) Lucy Hoelscher SO	2) Emme Nelson FR	
	3) Alexandra Maddux JR	4) Lindsey Bernardy FR	
	2:03.596 (2:03.596)	3:03.572 (59.976)	4:01.789 (58.218)
4	Saint Mary's (Minn.)	A	4:06.98
	1) Abrianna Utgaard JR	2) Sydney Klausler SR	
	3) Anna Swanson JR	4) Caroline Gearin SO	
	2:04.623 (2:04.623)	3:07.453 (1:02.831)	4:06.978 (59.525)
5	Concordia-Moorhead	A	4:07.13
	1) Maddie Guler SO	2) Isabel Fredrickson SR	
	3) Peyton Selle SO	4) Drew Frolek FR	
	2:02.983 (2:02.983)	3:05.019 (1:02.037)	4:07.121 (1:02.102)
6	St. Benedict	A	4:07.21
	1) Sidela Nyuga SO	2) Maggie Mahota SR	
	3) Mirjana Ganley SO	4) Laura Mitch SR	
	2:03.161 (2:03.161)	3:05.226 (1:02.066)	4:07.209 (1:01.984)
7	St. Olaf	A	4:08.16
	1) Karla Kroschel SO	2) Erica Meyers SR	
	3) Olivia Edstrom SO	4) Teresa Pettitt-Kenney JR	
	2:05.555 (2:05.555)	3:06.458 (1:00.903)	4:08.160 (1:01.703)
8	Carleton	A	4:09.09
	1) Jocelyn Ferguson FR	2) Lara Erickson FR	
	3) Amy Kropp JR	4) Sydney Marsh JR	
	2:04.356 (2:04.356)	3:06.909 (1:02.553)	4:09.085 (1:02.176)
9	St. Scholastica	A	4:09.69
	1) McKenzie Williams FR	2) Anna Kiminiski FR	
	3) Annika Voss JR	4) Ellie Sholing SO	
	2:07.192 (2:07.192)	3:09.436 (1:02.244)	4:09.686 (1:00.250)
10	Macalester	A	4:17.54
	1) Adisa Preston FR	2) Sara Gregor JR	
	3) Hannah Grosse SR	4) Maria Blaesing SO	
	2:09.540 (2:09.540)	3:13.590 (1:04.050)	4:17.532 (1:03.943)

**Women 4x800 Meter Relay**

Conference: 9:08.67 2008 St. Thomas

B Hupp, K Russ, E Sprangers, K Theisen

Facility: 9:14.90 F 2010 St. Thomas

Team	Relay	Finals
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**Finals**

1	Hamline	A	9:17.62
	1) Lindsey Bernardy FR	2) Lucy Hoelscher SO	
	3) Emma Mader SR	4) Alexandra Maddux JR	
	2:20.063 (2:20.063)	4:39.230 (2:19.167)	7:03.489 (2:24.260)
	9:17.612 (2:14.123)		
2	St. Olaf	A	9:21.77
	1) Olivia Edstrom SO	2) Sophie Call SO	
	3) Sam Posey JR	4) Katie Gebert SO	
	2:19.565 (2:19.565)	4:39.971 (2:20.407)	7:00.249 (2:20.278)
	9:21.765 (2:21.516)		
3	Concordia-Moorhead	A	9:38.68
	1) Isabel Fredrickson SR	2) Eden Smith FR	
	3) Kelly Lorenz SO	4) Drew Frolek FR	
	2:27.191 (2:27.191)	4:49.559 (2:22.369)	7:17.135 (2:27.576)
	9:38.676 (2:21.541)		



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4	Macalester	A	9:38.83
	1) Lena Stern SR	2) Adisa Preston FR	
	3) Ella Krumm FR	4) Maria Blasiesing SO	
	2:23.220 (2:23.220)	4:48.723 (2:25.503)	7:19.993 (2:31.270)
	9:38.825 (2:18.833)		
5	Bethel (Minn.)	A	9:42.81
	1) Malakai Holloway JR	2) Ruby Gernandt FR	
	3) Evie Hage FR	4) Grace Cole JR	
	2:24.417 (2:24.417)	4:49.170 (2:24.754)	7:14.633 (2:25.464)
	9:42.801 (2:28.168)		
6	St. Benedict	A	9:50.35
	1) Tracy Renier SR	2) Kalli Smith FR	
	3) Elise Yeager SO	4) Nora Doyle SR	
	2:26.401 (2:26.401)	4:50.151 (2:23.750)	7:18.993 (2:28.843)
	9:50.348 (2:31.356)		
7	Carleton	A	9:56.23
	1) Alice Cutter SO	2) Eve Farrell JR	
	3) Kate Ulrich FR	4) Libby Rowland FR	
	2:21.235 (2:21.235)	4:53.733 (2:32.499)	7:25.676 (2:31.944)
	9:56.230 (2:30.554)		
8	Gustavus Adolphus	A	10:19.83
	1) Kailyn Walukas FR	2) Julia Severson FR	
	3) Mackinzee Miest SO	4) Molly Weberg FR	
	2:30.066 (2:30.066)	5:02.560 (2:32.495)	7:39.240 (2:36.680)
	10:19.828 (2:40.589)		
9	St. Catherine (Minn.)	A	10:37.37
	1) Anya Swanson SR	2) Julia Clark SR	
	3) Emma Meyer SR	4) Lizzy Erlandson SR	
	2:33.925 (2:33.925)	5:10.741 (2:36.817)	7:54.339 (2:43.598)
	10:37.370 (2:43.032)		

## Women High Jump

Conference: 1.73m 1987 Holly Broadmarkle  
 Facility: 1.65m F 2010 Leah Kay  
 Facility: 1.65m F 2015 Nicole Christianson

Name	Yr	School	Finals
<b>Finals</b>			
1	Justus Floren	FR St. Benedict	1.59m
2	Olivia Motley	FR Gustavus Ado	1.56m
3	AnnaGrace Nelson	FR Bethel (Minn)	1.56m
4	Peyton Selle	SO Concordia-Mo	1.53m
5	Gabby Bodin	SO St. Catherin	1.53m
6	Lindsay Bangs	FR Gustavus Ado	1.53m
7	Teresa Pettitt-Kenney	JR St. Olaf	1.53m
8	Ally Rakow	FR Gustavus Ado	1.48m
9	Eve Farrell	JR Carleton	1.48m
10	Elizabeth Selisker	SO St. Benedict	1.48m
10	Stephanie Pickthorn	SR St. Benedict	1.48m
12	Claire Nichols	JR St. Catherin	1.48m
13	Alli Joerger	FR Gustavus Ado	1.43m
13	Jensen Luehrs	FR Gustavus Ado	1.43m
15	Aoife Zamacona	SR Hamline	1.43m
---	Lily Johnson	FR St. Olaf	NH
---	Jenna Kalevik	FR Concordia-Mo	NH
---	Emma Ries	FR Hamline	NH

## Women Pole Vault

Conference: 3.82m 5/12/2017 London Stelten  
 Facility: 3.72m F 2009 Rianna Gallart

Name	Yr	School	Finals
<b>Finals</b>			
1	Jessica Lilland	SO Bethel (Minn)	3.50m
2	Teresa Pettitt-Kenney	JR St. Olaf	3.50m
3	Nathalie Freire	SR Saint Mary's	3.20m
4	Sydney Marsh	JR Carleton	3.20m
5	Maddie Sowinski	SO Hamline	3.20m
6	Caitlin Salfer	JR St. Benedict	3.05m
7	Melanie Roberts	SO St. Olaf	3.05m
8	Julia Cordes	JR St. Olaf	3.05m
8	Molly Vaughan	FR St. Benedict	3.05m
8	Caroline Gearin	SO Saint Mary's	3.05m
11	Sadie Koelz	SR Bethel (Minn)	3.05m
12	Gabrielle Evans	JR Carleton	3.05m
13	Olivia Hoff	SR St. Benedict	2.80m
13	Emily Litton	SO Carleton	2.80m
15	Zoe Witham	SR St. Benedict	2.80m
15	Grace Pierson	SO Hamline	2.80m
---	Hannah Grosse	SR Macalester	NH
---	Sabrina Buffetta	FR St. Benedict	NH

## Women Long Jump

Conference: 5.74m 2019 Steph Kretlow  
 Conference: 5.92m 2005 Kristal Grigsby (NWI)  
 Facility: 5.89m F 2013 Hannah Mueller

Name	Yr	School	Finals
<b>Finals</b>			
1	Nayeli Williams	FR Carleton	5.49m +0.0
2	Mikayla Ennevor	SR Macalester	5.43m 1.0
3	Jen Valley	SO Hamline	5.43m 2.4
4	Justus Floren	FR St. Benedict	5.38m 3.3
5	Sydney Marsh	JR Carleton	5.30m 1.8
6	Jordan Terry	SR Augsburg	5.10m 1.3
7	Ella Eliason	SO Bethel (Minn)	5.03m 3.3
8	Ainslee Parker	SO St. Olaf	4.98m 0.2
9	Sara Gregor	JR Macalester	4.90m +0.0
10	Claire Nichols	JR St. Catherin	4.78m 4.1
11	Stephanie Pickthorn	SR St. Benedict	4.73m 0.2
12	Julia Cordes	JR St. Olaf	4.60m 2.1
13	Sydney Klausler	SR Saint Mary's	4.57m 1.9
14	Briana Gilbert	FR Hamline	4.56m 1.7
15	Katie Petersen	FR Gustavus Ado	4.52m 2.5
16	Reilee Schepper	JR St. Catherin	4.49m 0.9
17	Lillian Maul	SO Saint Mary's	4.40m 2.2
18	Madi Kes	FR Gustavus Ado	4.28m -0.1
---	Grace Perrenoud	JR Bethel (Minn)	FOUL
---	Jailyn Robinson	SO Hamline	FOUL

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## Women Triple Jump

Conference: 12.15m 5/13/2017 Emma Peterson  
 Conference: 11.98m 2007 Selina Dehn (NWI)  
 Facility: 11.76m F 2013 Rachel Miller

Name	Yr	School	Finals
<b>Finals</b>			
1 Madi Kes	FR	Gustavus Ado	11.72m 2.3
2 Ainslee Parker	SO	St. Olaf	11.23m 5.1
3 Journey Amundson	JR	Macalester	11.17m 0.3
4 Reilee Schepper	JR	St. Catherin	10.99m 3.4
5 AnnaGrace Nelson	FR	Bethel (Minn)	10.88m 0.6
6 Grace Perrenoud	JR	Bethel (Minn)	10.86m 1.0
7 Caylee Greeder	FR	Gustavus Ado	10.71m 0.5
8 Stephanie Pickthorn	SR	St. Benedict	10.51m 0.4
9 Mary Wunderlich	FR	Concordia-Mo	10.39m 0.7
10 Briana Gilbert	FR	Hamline	10.34m 3.7
11 Nicole Lilleberg	JR	Concordia-Mo	10.03m 2.8
12 Danielle Anderson	SO	St. Benedict	9.93m 1.6
13 Kiernan Darling	FR	Concordia-Mo	9.40m 0.7
14 Toria Strampe	FR	St. Scholast	9.28m 5.0
15 Erica Gaebe	FR	Gustavus Ado	8.95m 0.4
16 Laura Fuller	FR	Concordia-Mo	8.79m 1.2
--- Kayla LaRue	SR	St. Olaf	FOUL

## Women Shot Put

Conference: 14.58m 2013 Becky Culp  
 Facility: 14.03m F 2012 Alissa Rausch

Name	Yr	School	Finals
<b>Finals</b>			
1 Annika Poe	FR	Gustavus Ado	14.31mF
2 Cayle Hovland	SR	Concordia-Mo	13.28m
3 Allyson Kangas	JR	Concordia-Mo	13.03m
4 Emma Roethler	FR	Bethel (Minn)	12.42m
5 Aleah Keske	SO	St. Olaf	12.25m
6 Jacey Schlosser	SR	Concordia-Mo	11.87m
7 Samantha Kubes	SO	Saint Mary's	11.77m
8 Haley Joos	SO	St. Benedict	11.73m
9 Lauren Isaacson	SR	St. Catherin	11.72m
10 Dana Bach	SO	Gustavus Ado	11.11m
11 Emily White	SR	Concordia-Mo	10.99m
12 Abby Schulte	FR	Gustavus Ado	10.87m
13 Morgan Wallendal	FR	Saint Mary's	10.68m
14 Emma Johnson	FR	St. Olaf	10.49m
15 Ellie Biggins	SO	Hamline	10.41m
16 Payton Packer	SO	Hamline	10.26m
17 Alea Al-Juhari	JR	St. Olaf	9.92m
18 Alexis Torres	FR	St. Benedict	9.84m
19 Kendall Bechtold	JR	St. Benedict	9.69m

## Women Discus Throw

Conference: 54.18m 1992 Kris Kuehl  
 Facility: 49.37m F 2010 Mary Theisan

Name	Yr	School	Finals
1 Annika Poe	FR	Gustavus Ado	41.44m

## Finals ... (Women Discus Throw)

Name	Yr	School	Finals
2 Cayle Hovland	SR	Concordia-Mo	41.02m
3 Lauren Isaacson	SR	St. Catherin	39.89m
4 Jacey Schlosser	SR	Concordia-Mo	37.50m
5 Maggie Beckmann	JR	St. Benedict	37.42m
6 Madison Reed	FR	Hamline	37.41m
7 Sam Hedtke	SO	St. Olaf	36.59m
8 Allyson Kangas	JR	Concordia-Mo	36.10m
9 Aleah Keske	SO	St. Olaf	35.84m
10 Annalee Olson-Sola	SO	Gustavus Ado	35.21m
11 Emily White	SR	Concordia-Mo	34.47m
12 Payton Packer	SO	Hamline	34.23m
13 Jenneel Rodney	JR	Hamline	34.21m
14 Claire Dummer	FR	Concordia-Mo	32.58m
15 Haley Joos	SO	St. Benedict	32.32m
16 Morgan Wallendal	FR	Saint Mary's	32.25m
17 Lexi Ellinghuysen	SO	Bethel (Minn)	31.06m
18 Peyton Irsfeld	SO	St. Olaf	30.84m
19 Molly Lukenbill	SO	Bethel (Minn)	29.44m
20 Anna Becker	JR	St. Scholast	28.84m

## Women Hammer Throw

Conference: 53.24m 5/15/2021 Jenneel Rodney  
 Facility: 55.15m F 2010 Michelle Potter

Name	Yr	School	Finals
<b>Finals</b>			
1 Lily Beneke	FR	St. Scholast	52.95m
2 Jenneel Rodney	JR	Hamline	50.46m
3 Allyson Kangas	JR	Concordia-Mo	46.42m
4 Anna Becker	JR	St. Scholast	45.23m
5 Madison Reed	FR	Hamline	44.31m
6 Cayle Hovland	SR	Concordia-Mo	44.01m
7 Maggie Beckmann	JR	St. Benedict	43.86m
8 Lexi Ellinghuysen	SO	Bethel (Minn)	41.52m
9 Neenah Bosman	SO	Carleton	41.38m
10 Haley Joos	SO	St. Benedict	40.75m
11 Jacey Schlosser	SR	Concordia-Mo	40.51m
12 Samantha Kubes	SO	Saint Mary's	40.16m
13 Emily White	SR	Concordia-Mo	39.83m
14 Madison Fiecke	SR	Hamline	39.65m
15 Molly Lukenbill	SO	Bethel (Minn)	39.63m
16 Dana Bach	SO	Gustavus Ado	38.24m
17 Nicole Nelson	FR	Gustavus Ado	36.53m
18 Emma Johnson	FR	St. Olaf	35.94m
19 Peyton Irsfeld	SO	St. Olaf	35.01m
20 Sarah Tarvestad	SR	St. Olaf	33.34m

## Women Javelin Throw

Conference: 48.29m 2008 Lisa Brown  
 Facility: 44.38m F 2010 Kyley Crotty

Name	Yr	School	Finals
<b>Finals</b>			
1 Anna Swanson	JR	Saint Mary's	41.10m
2 Bryana Leverentz	JR	St. Catherin	39.73m
3 Stephanie Pickthorn	SR	St. Benedict	37.36m

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4	Rachel Erickson	SO	Gustavus Ado	37.06m
5	Kelsie Sealock	SO	Bethel (Minn	37.00m
6	McKenna Hulslander	SO	Hamline	35.99m
7	Aubrie Werk	SO	Concordia-Mo	34.87m
8	Abbie Swenson	FR	Bethel (Minn	34.17m
9	Jensen Luehrs	FR	Gustavus Ado	34.10m
10	Sarah Beth Hobby	SO	Macalester	32.91m
11	Regan Anderson	FR	Concordia-Mo	32.77m
12	Rebekah Salfer	JR	St. Olaf	30.77m
13	Nathalie Freire	SR	Saint Mary's	29.45m
14	Annalee Olson-Sola	SO	Gustavus Ado	28.73m
15	Jacey Schlosser	SR	Concordia-Mo	28.56m
16	Peyton Selle	SO	Concordia-Mo	28.34m
17	Chelsea Hoernemann	FR	Gustavus Ado	21.36m
---	Justus Floren	FR	St. Benedict	FOUL

## Women Other

Name	Yr	School	Finals
<b>Finals</b>			
1	Peyton Selle	SO Concordia-Mo	10.00m
2	Rebekah Salfer	JR St. Olaf	8.00m
3	Grace Blanchette	SO Carleton	6.00m
4	Sydney Marsh	JR Carleton	5.00m
5	Justus Floren	FR St. Benedict	4.00m
6	Stephanie Pickthorn	SR St. Benedict	3.00m
7	AnnaGrace Nelson	FR Bethel (Minn	2.00m
8	Sarah Beth Hobby	SO Macalester	1.00m

## Men 100 Meter Dash

<b>Conference:</b>	<b>10.53</b>	<b>5/15/2021</b>	<b>Ryan Miller</b>
<b>Conference:</b>	<b>10.39</b>	<b>2019</b>	<b>Ryan Miller</b>
<b>Facility:</b>	<b>10.64 F</b>	<b>2013</b>	<b>Alex Koenen</b>
Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Samuel Eben Ebai	SO St. Scholast	F 10.61Q0.8
2	Kevin Arthur	SO St. John's (	F 10.64Q1.9
3	Ryan Miller	JR St. John's (	10.81Q+0.0
4	Varney Conneh	JR Augsburg	10.91q 0.8
5	Tommy Kern	FR Concordia-Mo	10.96q +0.0
6	Jack Young	JR St. John's (	11.01q 1.9
7	Nolan Morical	FR Concordia-Mo	11.02q 1.9
8	Sean Diedrich	FR St. Scholast	11.03q 1.9
9	Godsword Simon	FR Bethel (Minn	11.03q 1.9
10	Demetri Lord	SO St. Olaf	11.03 +0.0
11	Oscar Christoph	SR Carleton	11.21 0.8
12	Matthew Skelly	FR Gustavus Ado	11.27 1.9
13	Taron Busby	SR Augsburg	11.29 0.8
14	Colin Conteh	SO Concordia-Mo	11.29 0.8
15	Albert Smith	JR Bethel (Minn	11.37 +0.0
16	Dan Cooper	SO Saint Mary's	11.39 0.8
17	Pierre Deutschlander	SO St. John's (	11.42 1.9
18	Danny Bies	FR Gustavus Ado	11.44 0.8
19	Seth Cattoor	JR St. John's (	11.46 +0.0
20	Emanuel Popoca	FR St. John's (	11.46 0.8
21	Coleton Strupp	JR Saint Mary's	11.48 +0.0

## Preliminaries ... (Men 100 Meter Dash)

Name	Yr	School	Prelims
22	Brandon Kallstrom	FR Bethel (Minn	11.60 +0.0
23	Josh Sletta	SO St. John's (	11.61 1.9
24	Reece Thomas	FR Hamline	11.63 1.9
25	Tae'Vion Wilkins	FR Hamline	11.63 +0.0
26	Levi Korum	FR Bethel (Minn	11.73 0.8
27	Matt Gish	JR St. John's (	11.88 +0.0

## Men 100 Meter Dash

<b>Conference:</b>	<b>10.53</b>	<b>5/15/2021</b>	<b>Ryan Miller</b>
<b>Conference:</b>	<b>10.39</b>	<b>2019</b>	<b>Ryan Miller</b>
<b>Facility:</b>	<b>10.64 F</b>	<b>2013</b>	<b>Alex Koenen</b>
Name	Yr	School	Finals
<b>Finals</b>			
1	Kevin Arthur	SO St. John's (	10.51F -0.5
2	Samuel Eben Ebai	SO St. Scholast	10.68 -0.5
3	Ryan Miller	JR St. John's (	10.70 -0.5
4	Jack Young	JR St. John's (	10.99 -0.5
5	Varney Conneh	JR Augsburg	11.00 -0.5
6	Tommy Kern	FR Concordia-Mo	11.05 -0.5
7	Godsword Simon	FR Bethel (Minn	11.17 -0.5
8	Sean Diedrich	FR St. Scholast	11.18 -0.5
9	Nolan Morical	FR Concordia-Mo	11.32 -0.5

## Men 200 Meter Dash

<b>Conference:</b>	<b>21.44</b>	<b>5/15/2021</b>	<b>Eric Douville</b>
<b>Conference:</b>	<b>21.28</b>	<b>2002</b>	<b>Jerry Washington</b>
<b>Facility:</b>	<b>21.44 F</b>	<b>2015</b>	<b>David Paynotta</b>
Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Kevin Arthur	SO St. John's (	21.59Q2.3
2	Cal Wright	SR Concordia-Mo	21.76Q1.8
3	Arlo Heitler	FR Macalester	21.97Q1.1
4	Tommy Kern	FR Concordia-Mo	21.94q 1.8
5	Wyatt Quiring	SO Gustavus Ado	22.18q 1.1
6	Nolan Morical	FR Concordia-Mo	22.44q 1.1
7	Varney Conneh	JR Augsburg	22.49q 1.1
8	Jack Young	JR St. John's (	22.52q 2.3
9	Henry Fisher	SO St. Olaf	22.52q 2.3
10	Seth Cattoor	JR St. John's (	22.54 1.8
11	Oscar Christoph	SR Carleton	22.57 2.3
12	Chris Bulwa	FR Saint Mary's	22.75 2.3
13	Colin Schuller	SR Concordia-Mo	22.76 2.3
14	Devin McNearney	FR St. Olaf	22.80 2.3
15	Dawson Schaffer	SO Concordia-Mo	22.95 1.8
16	Dominic Flentje	SO Gustavus Ado	23.32 1.8
17	David Couper	FR Hamline	23.36 1.1
18	Samuel Eben Ebai	SO St. Scholast	23.37 1.8
19	Matthew Skelly	FR Gustavus Ado	23.38 2.3
20	Nick Hermes	FR Concordia-Mo	23.41 1.1
21	Pierre Deutschlander	SO St. John's (	23.48 2.3
22	Taron Busby	SR Augsburg	23.49 1.1
23	Danny Nichols	JR St. Olaf	23.55 1.1
24	Emanuel Popoca	FR St. John's (	23.60 1.1

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25	Fritz Landherr	JR	Augsburg	23.65	1.8
26	Michael Broad	FR	Gustavus Ado	24.20	1.8

## Men 200 Meter Dash

Conference:	21.44	5/15/2021	Eric Douville
Conference:	21.28	2002	Jerry Washington
Facility:	21.44 F 2015		David Paynotta

Name	Yr	School	Finals
<b>Finals</b>			
1 Kevin Arthur	SO	St. John's (	21.51 -1.3
2 Cal Wright	SR	Concordia-Mo	21.62 -1.3
3 Arlo Heitler	FR	Macalester	21.89 -1.3
4 Jack Young	JR	St. John's (	22.05 -1.3
5 Wyatt Quiring	SO	Gustavus Ado	22.49 -1.3
6 Nolan Morical	FR	Concordia-Mo	22.59 -1.3
7 Varney Conneh	JR	Augsburg	22.74 -1.3
8 Henry Fisher	SO	St. Olaf	23.06 -1.3
9 Tommy Kern	FR	Concordia-Mo	24.25 -1.3

## Men 400 Meter Dash

Conference:	47.15	2004	Carson Glad
Facility:	47.67 F 2010		Patrick Jager

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Arlo Heitler	FR	Macalester	48.91Q
2 Cal Wright	SR	Concordia-Mo	49.03Q
3 Jacob Parent	FR	Bethel (Minn	49.23Q
4 Hayden Gagnon	SR	Concordia-Mo	49.44q
5 Wyatt Quiring	SO	Gustavus Ado	49.61q
6 Omavi Collison	JR	St. John's (	49.86q
7 Seth Zeitchick	FR	Gustavus Ado	49.98q
8 Dylan Gast	SO	Gustavus Ado	50.16q
9 Trevor Tionson	FR	Concordia-Mo	50.41q
10 Abe Schegel	JR	Bethel (Minn	50.42
11 Ryan Conzemius	FR	St. John's (	50.87
12 Nathan Smith	FR	Bethel (Minn	50.94
13 Oliver Adamson	FR	Saint Mary's	51.14
14 Riaz Kelly	FR	Carleton	51.43
15 Agro Gushwa	FR	Gustavus Ado	51.45
16 Jorge Hernandez	FR	St. John's (	51.69
17 Danny Nichols	JR	St. Olaf	51.94
18 John Schwinghamer	JR	St. Scholast	52.00
19 Peter Oviguan	FR	Gustavus Ado	52.13
20 Simon Zahrbock	SR	Concordia-Mo	52.14
21 Fritz Landherr	JR	Augsburg	52.39
22 Jay Erickson	FR	Gustavus Ado	52.72
23 Yahya Bashir	FR	Gustavus Ado	53.58
24 Michael Broad	FR	Gustavus Ado	54.09
25 Sharrod Longs Jr.	FR	Augsburg	55.92
--- Bridger Rives	SR	Carleton	DQ

## Men 400 Meter Dash

Conference:	47.15	2004	Carson Glad
Facility:	47.67 F 2010		Patrick Jager

Name	Yr	School	Finals
<b>Finals</b>			
1 Cal Wright	SR	Concordia-Mo	47.68
2 Arlo Heitler	FR	Macalester	48.16
3 Jacob Parent	FR	Bethel (Minn	48.48
4 Omavi Collison	JR	St. John's (	49.00
5 Wyatt Quiring	SO	Gustavus Ado	49.43
6 Seth Zeitchick	FR	Gustavus Ado	50.04
7 Trevor Tionson	FR	Concordia-Mo	51.33
8 Hayden Gagnon	SR	Concordia-Mo	51.88

## Men 800 Meter Run

Conference:	1:49.88	5/13/2017	Donson Cook-Gallardo
Facility:	1:52.07 F 2010		Max Hanson

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Tommy Allen	FR	St. John's (	1:57.04Q
58.542 (58.542)		1:57.040 (58.498)	
2 Ethan Ash	SO	Carleton	1:57.17Q
58.366 (58.366)		1:57.169 (58.804)	
3 Josh Meier	FR	Carleton	1:57.72Q
59.269 (59.269)		1:57.714 (58.445)	
4 Alistair Pattison	SO	Carleton	1:57.14Q
58.951 (58.951)		1:57.135 (58.184)	
5 Tyler Smith	FR	Gustavus Ado	1:57.32Q
58.415 (58.415)		1:57.316 (58.901)	
6 Alexei Hensel	SO	St. John's (	1:57.77Q
59.474 (59.474)		1:57.766 (58.293)	
7 Jakob Baatrup-Sabo	FR	St. Olaf	1:57.18q
58.687 (58.687)		1:57.178 (58.491)	
8 Derek Douglas	FR	St. Scholast	1:57.66q
58.932 (58.932)		1:57.655 (58.723)	
9 Solomon Johnson	JR	Concordia-Mo	1:57.68q
58.764 (58.764)		1:57.679 (58.916)	
10 Carson Roehl	FR	Gustavus Ado	1:58.22
58.990 (58.990)		1:58.217 (59.227)	
11 Getinat Asfaw	SO	Augsburg	1:58.65
59.435 (59.435)		1:58.646 (59.212)	
12 Blake Fuller	FR	Gustavus Ado	1:58.91
59.012 (59.012)		1:58.905 (59.894)	
13 Ben Perry	SR	Carleton	1:59.17
59.174 (59.174)		1:59.161 (59.988)	
14 Joe Lynch	FR	St. Scholast	1:59.47
59.277 (59.277)		1:59.465 (1:00.188)	
15 Isaiah Brindamour	SO	Saint Mary's	1:59.86
58.627 (58.627)		1:59.857 (1:01.231)	
16 Jackson Marsh	FR	St. Olaf	1:59.97
59.592 (59.592)		1:59.970 (1:00.378)	
17 Samuel Rengo	SO	St. John's (	2:00.06
59.638 (59.638)		2:00.054 (1:00.417)	

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18	Aidan Thomas	FR	St. John's (	2:00.52
	59.187 (59.187)	2:00.520	(1:01.334)	
19	Korrigan Diercks	SO	Gustavus Ado	2:01.13
	59.826 (59.826)	2:01.129	(1:01.304)	
20	Gabe Kuecker	FR	Bethel (Minn	2:01.17
	58.610 (58.610)	2:01.167	(1:02.557)	
21	Jake Wielgos	FR	Gustavus Ado	2:01.50
	1:00.696 (1:00.696)	2:01.498	(1:00.803)	
22	Grant Graber	FR	Bethel (Minn	2:02.41
	59.714 (59.714)	2:02.408	(1:02.695)	
23	Olaf Coffey	FR	St. Olaf	2:03.11
	59.812 (59.812)	2:03.108	(1:03.296)	
24	Clark Nelson	FR	Bethel (Minn	2:05.89
	59.943 (59.943)	2:05.885	(1:05.943)	
25	Noah Johnson	SO	Gustavus Ado	2:06.34
	59.605 (59.605)	2:06.331	(1:06.727)	
26	Sakariya Hussien	JR	Augsburg	2:06.50
	58.912 (58.912)	2:06.493	(1:07.582)	
27	Penn Sagedahl	SO	St. Olaf	2:11.17
	59.935 (59.935)	2:11.168	(1:11.234)	

## Men 800 Meter Run

Conference: 1:49.88 5/13/2017 Donson Cook-Gallardo

Facility: 1:52.07 F 2010 Max Hanson

Name	Yr	School	Finals
<b>Finals</b>			
1	Tommy Allen	FR	St. John's (
	57.437 (57.437)	1:54.934	(57.498)
2	Alexei Hensel	SO	St. John's (
	58.552 (58.552)	1:56.054	(57.502)
3	Solomon Johnson	JR	Concordia-Mo
	57.761 (57.761)	1:56.259	(58.498)
4	Tyler Smith	FR	Gustavus Ado
	58.762 (58.762)	1:56.910	(58.148)
5	Jakob Baatrup-Sabo	FR	St. Olaf
	58.931 (58.931)	1:57.079	(58.148)
6	Derek Douglas	FR	St. Scholast
	58.344 (58.344)	1:57.379	(59.036)
7	Josh Meier	FR	Carleton
	59.247 (59.247)	1:58.427	(59.181)
8	Ethan Ash	SO	Carleton
	59.506 (59.506)	1:59.161	(59.655)
9	Alistair Pattison	SO	Carleton
	59.648 (59.648)	2:02.510	(1:02.862)

## Men 1500 Meter Run

Conference: 3:49.39 5/13/2017 Joe Coffey

Facility: 3:52.87 F 2009 Dallas Vincent

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Munir Isahak	SR	Concordia-Mo
	51.317 (51.317)	1:59.767	(1:08.450)
	4:04.126 (1:03.098)	3:01.028	(1:01.262)

## Preliminaries ... (Men 1500 Meter Run)

Name	Yr	School	Prelims
2	Calvin Boone	FR	St. Scholast
	50.212 (50.212)	1:57.089	(1:06.878)
	4:06.155 (1:02.529)	3:03.626	(1:06.537)
3	Lars DeWall	FR	St. Scholast
	51.627 (51.627)	1:59.561	(1:07.934)
	4:05.127 (1:02.536)	3:02.592	(1:03.032)
4	Noah Massanari	SO	St. Olaf
	50.518 (50.518)	1:57.162	(1:06.644)
	4:06.267 (1:02.583)	3:03.685	(1:06.524)
5	Sakariya Hussien	JR	Augsburg
	51.391 (51.391)	1:59.881	(1:08.490)
	4:05.503 (1:01.629)	3:03.875	(1:03.995)
6	Ian Curtis	SO	St. Olaf
	50.359 (50.359)	1:57.227	(1:06.868)
	4:06.343 (1:02.481)	3:03.863	(1:06.636)
7	Tucker Wallin	FR	Gustavus Ado
	51.798 (51.798)	1:59.992	(1:08.194)
	4:05.514 (1:02.197)	3:03.317	(1:03.326)
8	Jack Degonda	SO	Gustavus Ado
	50.014 (50.014)	1:56.846	(1:06.833)
	4:06.523 (1:02.699)	3:03.825	(1:06.979)
9	Elijah Jones	JR	Carleton
	51.642 (51.642)	1:59.721	(1:08.079)
	4:05.525 (1:02.563)	3:02.963	(1:03.243)
10	Zak Sather	JR	Carleton
	50.650 (50.650)	1:57.443	(1:06.794)
	4:06.657 (1:02.903)	3:03.754	(1:06.312)
11	Getinat Asfaw	SO	Augsburg
	52.016 (52.016)	2:00.423	(1:08.407)
	4:05.578 (1:01.765)	3:03.814	(1:03.391)
12	Olaf Coffey	FR	St. Olaf
	51.174 (51.174)	1:57.765	(1:06.591)
	4:06.987 (1:02.570)	3:04.417	(1:06.653)
13	Nathan Neu	FR	St. Scholast
	51.460 (51.460)	1:58.052	(1:06.593)
	4:07.313 (1:02.330)	3:04.983	(1:06.932)
14	Reuben Kosche	JR	St. Olaf
	51.229 (51.229)	1:59.467	(1:08.238)
	4:08.972 (1:04.887)	3:04.085	(1:04.619)
15	Mitchell Grand	SO	St. John's (
	52.252 (52.252)	2:00.082	(1:07.830)
	4:09.976 (1:05.574)	3:04.403	(1:04.321)
16	Brock Lawhead	SO	St. Olaf
	51.888 (51.888)	2:00.131	(1:08.244)
	4:10.385 (1:04.991)	3:05.394	(1:05.264)
17	Alex Fendig	SO	Macalester
	51.421 (51.421)	1:58.860	(1:07.440)
	4:11.749 (1:08.508)	3:03.242	(1:04.382)
18	Avery Watts	JR	Carleton
	50.927 (50.927)	1:57.776	(1:06.849)
	4:16.023 (1:08.852)	3:07.172	(1:09.396)
19	Nick Ihrke	FR	Macalester
	49.681 (49.681)	1:57.693	(1:08.013)
	4:16.707 (1:07.973)	3:08.735	(1:11.043)

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20	Henry Hinchcliffe	FR	Gustavus Ado	4:17.76
	52.004 (52.004)	2:00.437 (1:08.434)	3:08.156 (1:07.720)	
	4:17.755 (1:09.599)			
21	Daniel Kloepfner	SO	St. John's (	4:19.86
	52.366 (52.366)	2:01.498 (1:09.133)	3:09.896 (1:08.398)	
	4:19.853 (1:09.958)			
22	Joe Madell	FR	Macalester	4:21.06
	51.897 (51.897)	2:01.487 (1:09.590)	3:12.672 (1:11.186)	
	4:21.057 (1:08.385)			
23	Max Jacobson	FR	Augsburg	4:21.28
	52.281 (52.281)	2:01.931 (1:09.651)	3:13.944 (1:12.013)	
	4:21.276 (1:07.333)			
24	Penn Sagedahl	SO	St. Olaf	4:22.11
	51.364 (51.364)	1:58.173 (1:06.809)	3:08.519 (1:10.346)	
	4:22.107 (1:13.589)			
25	Bereket Wondimu	SO	Augsburg	4:22.15
	52.024 (52.024)	2:01.940 (1:09.916)	3:13.611 (1:11.672)	
	4:22.141 (1:08.530)			
26	Justus Fast	JR	St. John's (	4:26.32
	52.218 (52.218)	2:01.822 (1:09.605)	3:15.343 (1:13.522)	
	4:26.317 (1:10.975)			
27	Luke Peterson	FR	Bethel (Minn	4:26.83
	52.120 (52.120)	2:01.900 (1:09.780)	3:14.627 (1:12.728)	
	4:26.827 (1:12.200)			

## Men 1500 Meter Run

Conference: 3:49.39 5/13/2017 Joe Coffey  
 Facility: 3:52.87 F 2009 Dallas Vincent

Name	Yr	School	Finals
<b>Finals</b>			
1	Munir Isahak	SR Concordia-Mo	3:51.29F
	47.368 (47.368)	1:51.415 (1:04.047)	2:53.662 (1:02.248)
	3:51.287 (57.626)		
2	Calvin Boone	FR St. Scholast	3:52.93
	47.121 (47.121)	1:51.223 (1:04.102)	2:54.178 (1:02.955)
	3:52.925 (58.747)		
3	Ian Curtis	SO St. Olaf	3:53.68
	47.581 (47.581)	1:51.386 (1:03.806)	2:54.393 (1:03.008)
	3:53.678 (59.285)		
4	Noah Massanari	SO St. Olaf	3:56.63
	47.468 (47.468)	1:51.513 (1:04.045)	2:54.726 (1:03.213)
	3:56.622 (1:01.897)		
5	Tucker Wallin	FR Gustavus Ado	3:59.93
	47.996 (47.996)	1:52.337 (1:04.342)	2:57.743 (1:05.407)
	3:59.926 (1:02.183)		
6	Lars DeWall	FR St. Scholast	4:00.26
	47.676 (47.676)	1:51.818 (1:04.143)	2:55.418 (1:03.600)
	4:00.255 (1:04.838)		
7	Jack Degonda	SO Gustavus Ado	4:01.57
	48.486 (48.486)	1:52.570 (1:04.084)	2:57.310 (1:04.740)
	4:01.562 (1:04.253)		
8	Sakariya Hussien	JR Augsburg	4:03.68
	48.216 (48.216)	1:52.299 (1:04.083)	2:56.315 (1:04.016)
	4:03.675 (1:07.361)		

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## Finals ... (Men 1500 Meter Run)

Name	Yr	School	Finals
9 Olaf Coffey	FR	St. Olaf	4:03.94
48.540 (48.540)	1:52.829 (1:04.289)	2:58.659 (1:05.830)	
4:03.933 (1:05.274)			
10 Getinat Asfaw	SO	Augsburg	4:07.71
48.787 (48.787)	1:53.433 (1:04.646)	2:59.769 (1:06.337)	
4:07.704 (1:07.935)			
11 Elijah Jones	JR	Carleton	4:07.96
48.817 (48.817)	1:53.177 (1:04.360)	2:59.910 (1:06.734)	
4:07.957 (1:08.047)			
12 Zak Sather	JR	Carleton	4:15.65
47.919 (47.919)	1:52.159 (1:04.240)	3:00.859 (1:08.701)	
4:15.647 (1:14.788)			

## Men 5000 Meter Run

Conference: 14:22.67 2019 Lucas Mueller  
 Facility: 14:42.62 F 2010 Dobuoi Ruon

Name	Yr	School	Finals
<b>Finals</b>			
1 Munir Isahak	SR	Concordia-Mo	14:55.95
2 Lloyd Young	SO	St. John's (	14:59.53
3 Ian Curtis	SO	St. Olaf	15:02.73
4 Will Kelly	SO	St. Olaf	15:08.83
5 Julian Munoz	SO	St. Olaf	15:12.94
6 Ike Mendel	JR	Bethel (Minn	15:13.72
7 Stephen Lavey	SR	Carleton	15:25.34
8 Ben Crotteau	FR	Macalester	15:27.57
9 Adam Nakasaka	SR	Carleton	15:35.93
10 Andrew Skemp	FR	St. Olaf	15:45.35
11 Logan Bocovich	SO	St. Olaf	15:53.75
12 David Lynn	SO	St. Olaf	15:54.36
13 Reuben Kosche	JR	St. Olaf	15:59.73
14 Dillon Diekmann	JR	St. John's (	16:01.89
15 Kenyon Nystrom	SR	Carleton	16:06.20
16 Aidan St George	SO	Bethel (Minn	16:09.16
17 Bryce Knutson	SO	Gustavus Ado	16:09.57
18 Logan McCullough	FR	Gustavus Ado	16:11.03
19 Noah Massanari	SO	St. Olaf	16:12.04
20 Mateo Useche	SO	Macalester	16:16.87
21 Nick Ihrke	FR	Macalester	16:19.15
22 Matt Payne	SO	Gustavus Ado	16:23.47
23 Alex Fendig	SO	Macalester	16:26.28
24 Lucas Schnirring	SO	Gustavus Ado	16:29.94
25 Cody Rieder	SO	Augsburg	16:31.06
26 Leo Smith	JR	Concordia-Mo	16:36.76
27 Michael Kurtz	FR	Hamline	16:36.93
28 Dylan Bartness	FR	St. John's (	16:44.23
29 William Saari	FR	Hamline	16:44.76
30 Reece McKee	FR	Macalester	16:57.89

## Men 10000 Meter Run

Conference: 29:46.75 5/14/2021 Lucas Mueller  
 Facility: 31:34.62 F 2015 Chris Lawson

Name	Yr	School	Finals
<b>Finals</b>			
1 Stephen Lavey	SR	Carleton	30:58.53F
1:15.725 (1:15.725)	2:35.444 (1:19.719)	3:52.554 (1:17.110)	
5:08.465 (1:15.911)	6:22.786 (1:14.321)	7:38.817 (1:16.031)	
8:55.178 (1:16.361)	10:10.003 (1:14.825)	11:26.072 (1:16.069)	
12:41.682 (1:15.610)	13:56.775 (1:15.093)	15:11.208 (1:14.433)	
16:25.112 (1:13.904)	17:38.756 (1:13.644)	18:52.791 (1:14.035)	
20:06.679 (1:13.888)	21:20.593 (1:13.914)	22:35.379 (1:14.786)	
23:49.905 (1:14.526)	25:03.603 (1:13.698)		
27:27.519 (1:11.080)	28:39.012 (1:11.493)	29:50.332 (1:11.320)	
30:58.528 (1:08.196)			
2 Logan Bocovich	SO	St. Olaf	31:02.33F
1:16.232 (1:16.232)	2:35.528 (1:19.296)	3:52.486 (1:16.958)	
5:08.333 (1:15.847)	6:22.734 (1:14.401)	7:38.685 (1:15.951)	
8:54.843 (1:16.158)	10:09.899 (1:15.056)	11:25.992 (1:16.093)	
12:41.590 (1:15.598)	13:56.655 (1:15.065)	15:11.152 (1:14.497)	
17:38.472 (2:27.320)	18:52.671 (1:14.199)	20:06.479 (1:13.808)	
20:06.539 (0:060)	21:20.557 (1:14.018)	22:35.263 (1:14.706)	
23:49.769 (1:14.506)	25:03.396 (1:13.627)		
27:29.264 (1:12.937)	28:42.653 (1:13.389)	29:54.174 (1:11.521)	
31:02.324 (1:08.150)			
3 Andrew Skemp	FR	St. Olaf	31:17.29F
1:16.452 (1:16.452)	2:35.628 (1:19.176)	3:53.102 (1:17.474)	
5:09.113 (1:16.011)	6:23.262 (1:14.149)	7:39.209 (1:15.947)	
8:54.859 (1:15.650)	10:10.271 (1:15.412)	11:26.336 (1:16.065)	
12:41.922 (1:15.586)	13:57.124 (1:15.202)	15:11.224 (1:14.100)	
16:24.948 (1:13.724)	17:38.592 (1:13.644)	18:52.923 (1:14.331)	
20:06.964 (1:14.041)	21:20.769 (1:13.805)	22:36.204 (1:15.435)	
23:51.414 (1:15.210)	25:07.505 (1:16.091)		
27:41.127 (1:17.065)	28:56.849 (1:15.722)	30:08.835 (1:11.986)	
31:17.289 (1:08.454)			
4 Ike Mendel	JR	Bethel (Minn	31:27.28F
1:15.663 (1:15.663)	2:35.472 (1:19.809)	3:52.726 (1:17.254)	
5:08.593 (1:15.867)	6:23.074 (1:14.481)	7:39.001 (1:15.927)	
8:55.222 (1:16.221)	10:10.997 (1:15.775)	11:26.938 (1:15.941)	
12:42.178 (1:15.240)	13:57.419 (1:15.241)	15:11.752 (1:14.333)	
16:25.953 (1:14.201)	17:39.852 (1:13.899)	18:54.270 (1:14.418)	
20:10.142 (1:15.872)	21:25.562 (1:15.420)	22:42.004 (1:16.442)	
23:58.319 (1:16.315)	25:14.985 (1:16.666)		
27:48.181 (1:16.731)	29:05.940 (1:17.759)	30:20.349 (1:14.409)	
31:27.277 (1:06.928)			

## MIAC Outdoor Track &amp; Field Championships - 5/13/2022 to 5/14/2022

## St. Marry's University

## Results

5	Henry Bowman	JR Carleton	31:33.07F
	1:15.905 (1:15.905)	2:35.652 (1:19.747)	3:52.950 (1:17.298)
	5:08.869 (1:15.919)	6:23.010 (1:14.141)	7:38.801 (1:15.791)
	8:54.675 (1:15.874)	10:10.147 (1:15.472)	11:26.236 (1:16.089)
	12:41.870 (1:15.634)	13:56.935 (1:15.065)	15:11.540 (1:14.605)
	16:25.344 (1:13.804)	17:39.321 (1:13.977)	18:54.822 (1:15.501)
	20:10.335 (1:15.513)	21:26.329 (1:15.994)	22:41.716 (1:15.387)
	23:57.981 (1:16.265)	25:14.725 (1:16.744)	
	27:48.405 (1:16.613)	29:05.293 (1:16.888)	30:22.159 (1:16.866)
	31:33.061 (1:10.902)		

## Finals ... (Men 10000 Meter Run)

	Name	Yr School	Finals
6	Adam Nakasaka	SR Carleton	31:37.21
	1:16.747 (1:16.747)	2:36.016 (1:19.269)	3:53.387 (1:17.371)
	5:09.482 (1:16.095)	6:23.845 (1:14.363)	7:39.760 (1:15.915)
	8:55.533 (1:15.773)	10:10.817 (1:15.284)	11:26.746 (1:15.929)
	12:42.502 (1:15.756)	13:57.729 (1:15.227)	15:11.994 (1:14.265)
	16:25.712 (1:13.718)	17:39.596 (1:13.884)	18:54.524 (1:14.928)
	20:09.910 (1:15.386)	21:25.759 (1:15.849)	22:41.454 (1:15.695)
	23:57.797 (1:16.343)	25:14.513 (1:16.716)	
	27:48.775 (1:16.569)	29:06.456 (1:17.681)	30:22.859 (1:16.403)
	31:37.204 (1:14.345)		
7	David Lynn	SO St. Olaf	31:48.94
	1:17.569 (1:17.569)	2:36.701 (1:19.132)	3:53.938 (1:17.237)
	5:10.080 (1:16.142)	6:24.593 (1:14.513)	7:40.446 (1:15.853)
	8:56.191 (1:15.745)	10:12.250 (1:16.059)	11:27.851 (1:15.601)
	12:43.204 (1:15.353)	13:59.458 (1:16.254)	15:14.759 (1:15.301)
	16:31.762 (1:17.003)	17:48.677 (1:16.915)	19:05.783 (1:17.106)
	20:22.894 (1:17.111)	21:39.687 (1:16.793)	22:56.026 (1:16.339)
	24:13.245 (1:17.219)	25:29.588 (1:16.343)	
	28:04.438 (1:18.063)	29:21.385 (1:16.947)	30:38.613 (1:17.228)
	31:48.934 (1:10.321)		
8	Kevin Montresor	SO St. Olaf	32:28.28
	1:17.230 (1:17.230)	2:36.292 (1:19.062)	3:53.531 (1:17.239)
	5:09.643 (1:16.112)	6:24.025 (1:14.382)	7:39.974 (1:15.949)
	8:55.732 (1:15.758)	10:11.301 (1:15.569)	11:27.256 (1:15.955)
	12:42.791 (1:15.535)	13:58.226 (1:15.435)	15:15.026 (1:16.800)
	16:32.086 (1:17.060)	17:48.943 (1:16.857)	19:06.876 (1:17.933)
	20:26.057 (1:19.181)	21:44.414 (1:18.357)	23:04.224 (1:19.810)
	24:24.899 (1:20.675)	25:46.810 (1:21.911)	
	28:27.954 (1:19.743)	29:48.174 (1:20.220)	31:09.471 (1:21.297)
	32:28.271 (1:18.800)		
9	Aidan St George	SO Bethel (Minn	32:41.90
	1:16.962 (1:16.962)	2:36.484 (1:19.522)	3:53.667 (1:17.183)
	5:09.857 (1:16.190)	6:24.371 (1:14.514)	7:40.226 (1:15.855)
	8:55.968 (1:15.742)	10:11.941 (1:15.973)	11:27.696 (1:15.755)
	12:44.026 (1:16.330)	14:01.605 (1:17.579)	15:19.477 (1:17.872)
	16:39.473 (1:19.996)	17:59.229 (1:19.756)	19:20.649 (1:21.420)
	20:42.511 (1:21.862)	22:03.513 (1:21.002)	23:24.025 (1:20.512)
	24:47.021 (1:22.996)	26:08.953 (1:21.932)	
	28:51.394 (1:22.446)	30:12.349 (1:20.955)	31:31.006 (1:18.657)
	32:41.892 (1:10.886)		
10	Matt Payne	SO Gustavus Ado	32:45.45
	1:17.875 (1:17.875)	2:37.118 (1:19.243)	3:54.439 (1:17.321)
	5:11.252 (1:16.813)	6:28.110 (1:16.858)	7:47.229 (1:19.119)
	9:04.471 (1:17.242)	10:22.399 (1:17.928)	11:40.906 (1:18.507)
	12:58.633 (1:17.727)	14:17.366 (1:18.733)	15:37.758 (1:20.392)
	16:58.124 (1:20.366)	18:16.873 (1:18.749)	19:35.765 (1:18.892)
	20:54.935 (1:19.170)	22:14.964 (1:20.029)	23:34.348 (1:19.384)
	24:55.063 (1:20.715)	26:15.633 (1:20.570)	
	28:55.286 (1:19.770)	30:14.536 (1:19.250)	31:33.149 (1:18.613)
	32:45.441 (1:12.292)		



## MIAC Outdoor Track &amp; Field Championships - 5/13/2022 to 5/14/2022

## St. Marry's University

## Results

11	Lucas Schnirring	SO	Gustavus Ado	32:47.68
	1:17.991 (1:17.991)		2:37.086 (1:19.095)	3:54.435 (1:17.349)
	5:11.606 (1:17.171)		6:28.351 (1:16.745)	7:46.961 (1:18.610)
	9:04.210 (1:17.249)		10:22.121 (1:17.911)	11:40.576 (1:18.455)
	12:58.345 (1:17.769)		14:17.134 (1:18.789)	15:38.143 (1:21.009)
	16:57.830 (1:19.687)		18:16.625 (1:18.795)	19:35.535 (1:18.910)
	20:55.201 (1:19.666)		22:15.375 (1:20.174)	23:34.767 (1:19.392)
	24:55.332 (1:20.565)		26:15.125 (1:19.793)	
	28:54.196 (1:19.748)		30:14.187 (1:19.991)	31:32.941 (1:18.754)
	32:47.677 (1:14.736)			
12	Mauricio Vite	SO	St. Olaf	33:05.77
	1:21.028 (1:21.028)		2:41.299 (1:20.271)	4:01.009 (1:19.710)
	5:21.175 (1:20.166)		6:40.422 (1:19.247)	8:01.647 (1:21.225)
	9:21.970 (1:20.323)		10:41.947 (1:19.977)	12:01.499 (1:19.552)
	13:21.368 (1:19.869)		14:42.269 (1:20.901)	16:02.680 (1:20.411)
	17:22.990 (1:20.310)		18:42.551 (1:19.561)	20:02.003 (1:19.452)
	21:21.981 (1:19.978)		22:41.169 (1:19.188)	23:59.628 (1:18.459)
	25:17.717 (1:18.089)		26:36.494 (1:18.777)	
	29:14.512 (1:19.074)		30:34.483 (1:19.971)	31:53.016 (1:18.533)
	33:05.768 (1:12.752)			
13	Leo Smith	JR	Concordia-Mo	33:25.70
	1:16.978 (1:16.978)		2:35.868 (1:18.890)	3:52.810 (1:16.942)
	5:08.729 (1:15.919)		6:23.342 (1:14.613)	7:39.514 (1:16.172)
	8:55.421 (1:15.907)		10:11.033 (1:15.612)	11:26.806 (1:15.773)
	12:42.827 (1:16.021)		13:59.394 (1:16.567)	15:16.244 (1:16.850)
	16:34.706 (1:18.462)		17:56.127 (1:21.421)	19:11.544 (1:15.417)
	20:28.862 (1:17.318)		21:47.979 (1:19.117)	23:11.655 (1:23.676)
	24:37.680 (1:26.025)		26:04.910 (1:27.230)	
	28:58.752 (1:25.430)		30:27.173 (1:28.421)	31:56.722 (1:29.549)
	33:25.695 (1:28.973)			
14	Cody Rieder	SO	Augsburg	33:56.51
	1:21.735 (1:21.735)		2:42.097 (1:20.362)	4:01.399 (1:19.302)
	5:20.508 (1:19.109)		6:39.691 (1:19.183)	7:59.042 (1:19.351)
	9:19.738 (1:20.696)		10:39.693 (1:19.955)	12:00.755 (1:21.062)
	13:20.693 (1:19.938)		14:42.511 (1:21.818)	16:02.909 (1:20.398)
	17:23.319 (1:20.410)		18:44.963 (1:21.644)	20:06.783 (1:21.820)
	21:27.879 (1:21.096)		22:50.395 (1:22.516)	24:14.107 (1:23.712)
	25:37.317 (1:23.210)		27:02.708 (1:25.391)	
	29:52.443 (1:25.078)		31:14.885 (1:22.442)	32:37.029 (1:22.144)
	33:56.510 (1:19.481)			
15	Ben Aoki-Sherwood	JR	Carleton	34:09.12
	1:21.290 (1:21.290)		2:41.559 (1:20.269)	4:01.217 (1:19.658)
	5:21.351 (1:20.134)		6:40.726 (1:19.375)	8:01.880 (1:21.154)
	9:22.312 (1:20.432)		10:43.561 (1:21.249)	12:05.223 (1:21.662)
	13:26.886 (1:21.663)		14:48.482 (1:21.596)	16:11.491 (1:23.009)
	17:34.946 (1:23.455)		18:57.751 (1:22.805)	20:19.529 (1:21.778)
	21:43.075 (1:23.546)		23:06.390 (1:23.315)	24:28.865 (1:22.475)
	25:52.061 (1:23.196)		27:16.214 (1:24.153)	
	30:03.452 (1:22.946)		31:27.329 (1:23.877)	32:50.341 (1:23.012)
	34:09.116 (1:18.775)			

## Finals ... (Men 10000 Meter Run)

	Name	Yr	School	Finals
16	Jesse Shufro-Zletz	SR	Carleton	34:29.18
	1:22.029 (1:22.029)		2:41.861 (1:19.832)	4:01.511 (1:19.650)
	5:21.539 (1:20.028)		6:40.964 (1:19.425)	8:02.154 (1:21.190)
	9:22.714 (1:20.560)		10:43.380 (1:20.666)	12:04.830 (1:21.450)
	13:26.681 (1:21.851)		14:48.378 (1:21.697)	16:11.379 (1:23.001)
	17:34.846 (1:23.467)		18:57.931 (1:23.085)	20:19.947 (1:22.016)
	21:43.537 (1:23.590)		23:06.855 (1:23.318)	24:30.831 (1:23.976)
	25:56.310 (1:25.479)		27:22.811 (1:26.501)	
	30:16.010 (1:28.142)		31:42.052 (1:26.042)	33:07.517 (1:25.465)
	34:29.177 (1:21.660)			
17	Chris Raabe-Pavlov	JR	St. Olaf	34:36.15
	1:22.228 (1:22.228)		2:42.001 (1:19.773)	4:01.611 (1:19.610)
	5:21.599 (1:19.988)		6:41.080 (1:19.481)	8:02.310 (1:21.230)
	9:22.930 (1:20.620)		10:43.818 (1:20.888)	12:05.479 (1:21.661)
	13:27.130 (1:21.651)		14:48.706 (1:21.576)	16:11.655 (1:22.949)
	17:34.946 (1:23.291)		18:58.063 (1:23.117)	20:20.169 (1:22.106)
	21:43.629 (1:23.460)		23:08.332 (1:24.703)	24:37.406 (1:29.074)
	26:03.861 (1:26.455)		27:31.913 (1:28.052)	
	30:25.004 (1:26.814)		31:51.291 (1:26.287)	33:20.200 (1:28.909)
	34:36.141 (1:15.941)			

## Men 110 Meter Hurdles

Conference:	13.83	5/14/2021	Taylor Rooney
Conference:	14.36	2001	Eric Klinker (NWI)
Facility:	14.55	F 2015	Daniel Otto

	Name	Yr	School	Prelims
<b>Preliminaries</b>				
1	Josh Sampson	SO	Bethel (Minn)	F 14.47Q1.9
2	Jayson Ekiyor	FR	Bethel (Minn)	14.49Q3.5
3	Lucas Kramarczuk	SO	St. Olaf	14.61Q0.5
4	David Myres	FR	Bethel (Minn)	15.07q 1.9
5	Lukas Walton	JR	Bethel (Minn)	15.36q 3.5
6	Josh Thomsen	FR	Hamline	15.47q 0.5
7	Demetri Lord	SO	St. Olaf	15.49q 3.5
8	Matthew Nissen	SO	St. Olaf	15.96q 1.9
9	Zach Angstman	SR	Hamline	16.33q 0.5
10	Nick Edwards	JR	St. Olaf	16.33 0.5
11	Justus White	SO	St. John's (	16.50 0.5
12	Sam Schulze	FR	Gustavus Ado	16.73 1.9
13	Brandon Doe	FR	Augsburg	16.85 1.9
14	Logan Day	JR	St. Olaf	16.86 3.5
15	Max Lelwica	FR	St. John's (	17.17 3.5
16	Layton Borst	FR	St. Olaf	17.76 0.5
17	Zach Paustian	SR	Concordia-Mo	18.00 3.5
18	Nick Suchomel	FR	Macalester	18.03 0.5
19	Jackson Bassett	FR	St. Olaf	18.88 1.9
20	Aiden Mikla	FR	Gustavus Ado	19.93 1.9

## MIAC Outdoor Track &amp; Field Championships - 5/13/2022 to 5/14/2022

## St. Marry's University

## Results

## Men 110 Meter Hurdles

Conference: 13.83 5/14/2021 Taylor Rooney  
 Conference: 14.36 2001 Eric Klinker (NWI)  
 Facility: 14.55 F 2015 Daniel Otto

Name	Yr	School	Finals
<b>Finals</b>			
1 Jayson Ekiyor	FR	Bethel (Minn)	14.24F 1.3
2 Lucas Kramarczuk	SO	St. Olaf	14.49F 1.3
3 Josh Sampson	SO	Bethel (Minn)	14.70 1.3
4 Josh Thomsen	FR	Hamline	14.73 1.3
5 David Myres	FR	Bethel (Minn)	15.01 1.3
6 Demetri Lord	SO	St. Olaf	15.30 1.3
7 Lukas Walton	JR	Bethel (Minn)	15.38 1.3
8 Matthew Nissen	SO	St. Olaf	15.90 1.3
9 Zach Angstman	SR	Hamline	16.40 1.3

## Men 400 Meter Hurdles

Conference: 52.10 5/15/2021 Joel Smith  
 Facility: 52.17 F 2010 Taylor Ferda

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Joel Smith	JR	Bethel (Minn)	54.44Q
2 David Myres	FR	Bethel (Minn)	54.71Q
3 Tyler Sealock	JR	Bethel (Minn)	55.10Q
4 Josh Thomsen	FR	Hamline	55.34q
5 Brady Labine	JR	St. John's (	55.71q
6 Lukas Walton	JR	Bethel (Minn)	56.01q
7 Jeff Wang	FR	Macalester	56.68q
8 Sam Schulze	FR	Gustavus Ado	57.64q
9 Tyler Gunderson	FR	St. Olaf	58.69q
10 Calvin Moeller	FR	Gustavus Ado	58.78
11 Caleb Meeker	FR	Bethel (Minn)	58.94
12 Dan Wilson	SR	Concordia-Mo	59.38
13 Trokon Karngar	JR	Bethel (Minn)	59.55
14 Mason Bosley	JR	Macalester	1:00.42
15 Mack Maroushek	JR	St. John's (	1:01.74
16 Grant Baker	FR	Gustavus Ado	1:02.00
17 Raul Ortiz	FR	Hamline	1:02.14
18 Charles Ellis	FR	St. John's (	1:02.69
19 Jackson Bassett	FR	St. Olaf	1:03.85
20 Zach Angstman	SR	Hamline	1:05.10

## Men 400 Meter Hurdles

Conference: 52.10 5/15/2021 Joel Smith  
 Facility: 52.17 F 2010 Taylor Ferda

Name	Yr	School	Finals
<b>Finals</b>			
1 Joel Smith	JR	Bethel (Minn)	52.32
2 Tyler Sealock	JR	Bethel (Minn)	53.33
3 Josh Thomsen	FR	Hamline	53.98
4 Brady Labine	JR	St. John's (	54.37
5 Jeff Wang	FR	Macalester	54.81
6 Lukas Walton	JR	Bethel (Minn)	56.20
7 Sam Schulze	FR	Gustavus Ado	56.80

## Finals ... (Men 400 Meter Hurdles)

Name	Yr	School	Finals
8 David Myres	FR	Bethel (Minn)	56.81
9 Tyler Gunderson	FR	St. Olaf	58.46

## Men 3000 Meter Steeplechase

Conference: 8:44.01 5/15/2021 Matthew Wilkinson  
 Facility: 9:16.94 F 2010 Max Hanson

Name	Yr	School	Finals
<b>Finals</b>			
1 Ben Santos	SR	Carleton	9:20.93
38.997 (38.997)	1:55.168 (1:16.172)	3:10.483 (1:15.316)	
4:26.342 (1:15.859)	5:40.382 (1:14.040)	6:56.014 (1:15.633)	
8:10.802 (1:14.788)	9:20.927 (1:10.125)		
2 Will Kelly	SO	St. Olaf	9:24.95
39.708 (39.708)	1:54.682 (1:14.974)	3:10.322 (1:15.641)	
4:25.903 (1:15.582)	5:39.232 (1:13.329)	6:54.217 (1:14.985)	
8:11.232 (1:17.015)	9:24.949 (1:13.718)		
3 Andy Goldsmith	JR	St. John's (	9:35.99
39.911 (39.911)	1:56.525 (1:16.615)	3:14.276 (1:17.751)	
4:30.832 (1:16.557)	5:48.636 (1:17.804)	7:06.685 (1:18.049)	
8:23.908 (1:17.223)	9:35.988 (1:12.080)		
4 Thomas Nemanich	SO	St. John's (	9:42.07
40.381 (40.381)	1:56.857 (1:16.477)	3:14.988 (1:18.132)	
4:33.044 (1:18.056)	5:51.097 (1:18.053)	7:11.926 (1:20.829)	
8:31.405 (1:19.480)	9:42.070 (1:10.665)		
5 Waylon Kurts	FR	St. Olaf	9:45.96
40.998 (40.998)	1:58.935 (1:17.937)	3:16.829 (1:17.895)	
4:36.209 (1:19.380)	7:16.987 (2:40.778)	8:34.911 (1:17.925)	
9:45.958 (1:11.047)			
6 Aric Brodie	JR	Hamline	9:47.30
40.413 (40.413)	1:57.300 (1:16.888)	3:15.568 (1:18.268)	
4:34.419 (1:18.851)	5:53.980 (1:19.562)	7:14.882 (1:20.902)	
8:34.717 (1:19.836)	9:47.295 (1:12.578)		
7 Anders Cote	SO	St. Olaf	9:47.86
40.744 (40.744)	1:59.110 (1:18.366)	3:17.217 (1:18.108)	
4:36.504 (1:19.287)	5:56.099 (1:19.596)	7:16.704 (1:20.605)	
8:35.120 (1:18.417)	9:47.860 (1:12.740)		
8 Gabe Estrada	SO	St. Olaf	9:49.87
39.861 (39.861)	1:57.987 (1:18.126)	3:16.606 (1:18.619)	
4:35.656 (1:19.050)	5:54.999 (1:19.344)	7:16.641 (1:21.642)	
8:37.244 (1:20.603)	9:49.865 (1:12.621)		
9 Henry Bowman	JR	Carleton	9:51.23
39.408 (39.408)	1:56.137 (1:16.729)	3:14.663 (1:18.526)	
4:34.462 (1:19.800)	5:54.965 (1:20.504)	7:16.151 (1:21.187)	
8:37.904 (1:21.753)	9:51.224 (1:13.321)		
10 Eamonn McCullough	SO	Gustavus Ado	9:51.62
41.674 (41.674)	1:59.284 (1:17.611)	3:16.977 (1:17.694)	
4:36.222 (1:19.246)	5:55.609 (1:19.387)	7:15.625 (1:20.016)	
8:33.104 (1:17.480)	9:51.619 (1:18.516)		
11 Samuel Rengo	SO	St. John's (	9:57.18
40.138 (40.138)	1:58.579 (1:18.442)	3:16.314 (1:17.735)	
4:36.435 (1:20.122)	5:56.587 (1:20.152)	7:19.131 (1:22.545)	
8:39.290 (1:20.159)	9:57.180 (1:17.891)		

## MIAC Outdoor Track &amp; Field Championships - 5/13/2022 to 5/14/2022

## St. Marry's University

## Results

12	Nathan Meyer	JR	St. John's (	10:00.31
	40.786 (40.786)		1:57.637 (1:16.851)	3:15.324 (1:17.688)
	4:33.879 (1:18.556)		5:52.879 (1:19.000)	7:14.074 (1:21.195)
	8:36.115 (1:22.041)		10:00.303 (1:24.188)	
13	Trevor LaVigne	FR	Gustavus Ado	10:13.56
	41.363 (41.363)		1:58.591 (1:17.229)	3:15.780 (1:17.189)
	4:35.227 (1:19.448)		5:54.368 (1:19.141)	7:17.564 (1:23.196)
	8:45.574 (1:28.011)		10:13.557 (1:27.983)	
14	Riley Berg	SO	St. John's (	10:16.60
	41.026 (41.026)		1:58.959 (1:17.933)	3:18.056 (1:19.098)
	4:38.863 (1:20.808)		6:01.766 (1:22.903)	7:27.815 (1:26.050)
	8:54.933 (1:27.119)		10:16.595 (1:21.662)	
15	Cole Nowacki	SO	Concordia-Mo	10:19.89
	40.505 (40.505)		1:58.272 (1:17.768)	3:16.705 (1:18.434)
	4:37.344 (1:20.639)		6:00.489 (1:23.146)	7:27.693 (1:27.204)
	8:56.179 (1:28.487)		10:19.886 (1:23.707)	
16	Reece McKee	FR	Macalester	10:26.91
	41.383 (41.383)		1:59.568 (1:18.186)	3:17.992 (1:18.424)
	4:38.430 (1:20.438)		6:02.082 (1:23.652)	7:30.396 (1:28.314)
	9:02.113 (1:31.717)		10:26.909 (1:24.797)	
17	Reese Thompson	FR	Bethel (Minn	10:31.34
	40.158 (40.158)		1:56.983 (1:16.825)	3:17.190 (1:20.208)
	4:39.373 (1:22.183)		6:04.663 (1:25.291)	7:33.938 (1:29.275)
	9:04.548 (1:30.611)		10:31.339 (1:26.791)	
18	Anders Narum	JR	St. Olaf	10:32.03
	41.318 (41.318)		1:59.323 (1:18.005)	3:17.803 (1:18.480)
	4:37.705 (1:19.903)		5:58.921 (1:21.217)	7:24.057 (1:25.136)
	8:56.249 (1:32.192)		10:32.028 (1:35.780)	

## Men 4x100 Meter Relay

Conference: 41.23 2002 St. Thomas

A Hilliard, R Cress, T Hart, C Glad

Facility: 41.24 F 2009 UW-Stout

Team	Relay	Finals
<b>Finals</b>		
1 St. John's (Minn.)	A	41.53
1) Jack Young JR	2) Kevin Arthur SO	
3) Brady Labine JR	4) Seth Cattoor JR	
2 Gustavus Adolphus	A	42.31
1) Isaiah Subah FR	2) Dylan Gast SO	
3) Seth Zeitchick FR	4) Wyatt Quiring SO	
3 Bethel (Minn.)	A	42.38
1) Jayson Ekiyor FR	2) Alec Braun FR	
3) Albert Smith JR	4) Jacob Parent FR	
4 St. Olaf	A	42.74
1) Dylan Arnold FR	2) Nick Edwards JR	
3) Henry Fisher SO	4) Demetri Lord SO	
5 Concordia-Moorhead	A	42.79
1) Colin Conteh SO	2) Tommy Kern FR	
3) Nolan Morical FR	4) Dawson Schaffer SO	
6 Hamline	A	43.17
1) Josh Thomsen FR	2) Reece Thomas FR	
3) Tae'Vion Wilkins FR	4) Christian Velishek SR	
7 Carleton	A	43.48
1) Blake Neithart FR	2) Hugh Shanno FR	
3) Riaz Kelly FR	4) Oscar Christoph SR	

## Finals ... (Men 4x100 Meter Relay)

Team	Relay	Finals
8 Saint Mary's (Minn.)	A	43.82
1) Coleton Strupp JR	2) Dan Cooper SO	
3) Antonio Cisewski FR	4) Oliver Adamson FR	
9 Macalester	A	46.40
1) Nick Suchomel FR	2) Mason Bosley JR	
3) Justin Veimau SO	4) Jacob Kogut FR	
--- Augsburg	A	DNF
1) Brandon Doe FR	2) Sharrod Longs Jr. FR	
3) Taron Busby SR	4) Varney Conneh JR	

## Men 4x400 Meter Relay

Conference: 3:13.02 2009 St. Thomas

P Bastron, J Ewer, J DeFrance, P Jager

Facility: 3:15.66 F 2010 Hamline

Team	Relay	Finals
<b>Finals</b>		
1 Bethel (Minn.)	A	3:15.98
1) Jacob Parent FR	2) Tyler Sealock JR	
3) Josh Sampson SO	4) Joel Smith JR	
1:38.728 (1:38.728)	2:27.865 (49.137)	3:15.975 (48.111)
2 Gustavus Adolphus	A	3:19.49
1) Seth Zeitchick FR	2) Noah Johnson SO	
3) Tyler Smith FR	4) Wyatt Quiring SO	
1:39.720 (1:39.720)	2:30.404 (50.685)	3:19.488 (49.085)
3 St. John's (Minn.)	A	3:20.44
1) Brady Labine JR	2) Jorge Hernandez FR	
3) Omavi Collison JR	4) Ryan Conzemius FR	
1:41.492 (1:41.492)	2:30.878 (49.386)	3:20.435 (49.557)
4 Concordia-Moorhead	A	3:22.84
1) Colin Schuller SR	2) Dawson Schaffer SO	
3) Trevor Tiongson FR	4) Solomon Johnson JR	
1:40.746 (1:40.746)	2:34.153 (53.408)	3:22.831 (48.679)
5 Carleton	A	3:23.04
1) Riaz Kelly FR	2) Josh Meier FR	
3) Ethan Ash SO	4) Bridger Rives SR	
1:41.725 (1:41.725)	2:30.965 (49.240)	3:23.036 (52.072)
6 Macalester	A	3:23.65
1) Jeff Wang FR	2) Johanan Arimi SR	
3) Drew Getty SO	4) Arlo Heitler FR	
1:42.851 (1:42.851)	2:33.853 (51.003)	3:23.641 (49.788)
7 St. Scholastica	A	3:24.51
1) Sean Diedrich FR	2) Nathan Neu FR	
3) John Schwinghamer JR	4) Derek Douglas FR	
1:42.784 (1:42.784)	2:34.275 (51.491)	3:24.505 (50.230)
8 St. Olaf	A	3:25.88
1) Tyler Gunderson FR	2) Luke Malek JR	
3) Henry Fisher SO	4) Stephen Peper JR	
1:44.092 (1:44.092)	2:37.023 (52.931)	3:25.873 (48.851)
9 Saint Mary's (Minn.)	A	3:27.60
1) Brady Johnson FR	2) Isaiah Brindamour SO	
3) Chris Bulwa FR	4) Oliver Adamson FR	
1:44.832 (1:44.832)	2:36.680 (51.848)	3:27.597 (50.917)

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## St. Marry's University

## Results

10	Augsburg	A	3:27.85
	1) Fritz Landherr JR	2) Sakariya Hussien JR	
	3) Bereket Wondimu SO	4) Getinat Asfaw SO	
	1:43.682 (1:43.682)	2:36.413 (52.732)	3:27.845 (51.433)
11	Hamline	A	3:36.30
	1) Josh Thomsen FR	2) Raul Ortiz FR	
	3) Carter Kienholz FR	4) Connor Artner FR	
	1:43.325 (1:43.325)	2:38.366 (55.041)	3:36.296 (57.931)

**Men 4x800 Meter Relay**

Conference: 7:33.39 5/12/2017 St. Olaf

J Henschel, J Eggers, S Bjork, J Coffey

Facility: 7:44.49 F 2010 St. Olaf

Team	Relay	Finals
<b>Finals</b>		
1 St. John's (Minn.)	A	7:44.56
1) Riley Berg SO	2) Will Mattock SO	
3) Nathan Clausing SO	4) Dillon Diekmann JR	
1:57.269 (1:57.269)	3:54.081 (1:56.812)	5:50.058 (1:55.978)
7:44.556 (1:54.498)		
2 St. Olaf	A	7:46.41
1) Henrik Gilbertson JR	2) Luke Malek JR	
3) Julian Munoz SO	4) Gabe Estrada SO	
1:57.674 (1:57.674)	3:53.094 (1:55.420)	5:50.109 (1:57.016)
7:46.407 (1:56.298)		
3 St. Scholastica	A	7:52.02
1) Derek Douglas FR	2) Joe Lynch FR	
3) Lars DeWall FR	4) Calvin Boone FR	
2:00.848 (2:00.848)	3:59.216 (1:58.368)	5:58.469 (1:59.254)
7:52.012 (1:53.544)		
4 Gustavus Adolphus	A	7:54.96
1) Carson Roehl FR	2) Blake Fuller FR	
3) Markus Rupnow FR	4) Tyler Smith FR	
1:58.308 (1:58.308)	3:57.759 (1:59.451)	5:56.398 (1:58.640)
7:54.958 (1:58.560)		
5 Macalester	A	7:57.83
1) Drew Getty SO	2) Ben Crotteau FR	
3) Mateo Useche SO	4) Brock Adams FR	
1:59.981 (1:59.981)	3:58.129 (1:58.149)	5:56.756 (1:58.627)
7:57.821 (2:01.066)		
6 Carleton	A	8:00.49
1) Bridger Rives SR	2) Alistair Pattison SO	
3) Josh Meier FR	4) Ethan Ash SO	
1:59.442 (1:59.442)	4:02.847 (2:03.406)	6:04.221 (2:01.374)
8:00.483 (1:56.262)		
7 Augsburg	A	8:01.06
1) Getinat Asfaw SO	2) Bereket Wondimu SO	
3) Max Jacobson FR	4) Sakariya Hussien JR	
1:57.745 (1:57.745)	3:58.628 (2:00.884)	6:03.907 (2:05.279)
8:01.051 (1:57.144)		
8 Concordia-Moorhead	A	8:15.27
1) Lucas Hinojos SO	2) Cole Nowacki SO	
3) Tanner Olson JR	4) Solomon Johnson JR	
2:01.553 (2:01.553)	4:05.180 (2:03.628)	6:10.053 (2:04.873)
8:15.263 (2:05.210)		

**Finals ... (Men 4x800 Meter Relay)**

Team	Relay	Finals
9 Bethel (Minn.)	A	8:20.31
1) Clark Nelson FR	2) Gabe Kuecker FR	
3) Tad Stewart SO	4) Grant Graber FR	
2:03.988 (2:03.988)	4:08.846 (2:04.858)	6:13.027 (2:04.182)
8:20.301 (2:07.275)		
10 Hamline	A	8:41.36
1) Michael Kurtz FR	2) Raul Ortiz FR	
3) Connor Artner FR	4) William Saari FR	
2:07.513 (2:07.513)	4:18.518 (2:11.006)	8:41.360 (4:22.842)

**Men High Jump**

Conference: 2.19m 1993 Leonard Jones

Facility: 2.05m F 2010 Jay Quick

Name	Yr	School	Finals
<b>Finals</b>			
1 Stephen Peper	JR	St. Olaf	2.08mF
2 Maguire Petersen	SO	St. John's (	2.05mF
3 Christian Velishek	SR	Hamline	1.94m
4 Lukas Walton	JR	Bethel (Minn	1.94m
5 Alec Ungar	FR	St. John's (	1.89m
6 Hayden Gagnon	SR	Concordia-Mo	1.89m
7 Michael Braun	FR	Hamline	1.89m
8 Sam Rademacher	JR	St. John's (	1.84m
8 Anthony Marsh	FR	Concordia-Mo	1.84m
8 Cole Matetich	JR	Gustavus Ado	1.84m
8 Aravindh Subramanian	FR	Carleton	1.84m
12 Danny Bies	FR	Gustavus Ado	1.84m
13 Alec Braun	FR	Bethel (Minn	1.84m
14 Andrew Cogley	FR	St. Olaf	1.79m
14 Evan Wiekler	FR	Gustavus Ado	1.79m
16 Luke Wiltshire	FR	Bethel (Minn	1.79m
17 Nick Edwards	JR	St. Olaf	1.79m
--- Ethan Cline-Cole	FR	Carleton	NH

**Men Pole Vault**

Conference: 5.09m 5/13/2017 Connor O'Neill

Facility: 4.86m F 2014 Peyton Shedd

Name	Yr	School	Finals
<b>Finals</b>			
1 Joseph Charbonneau	FR	St. John's (	4.56m
1 Shawn Schindler	JR	St. John's (	4.56m
3 Joseph Stauffer	SO	St. John's (	4.46m
4 Aidan Gatz	FR	Saint Mary's	4.46m
5 Owen Schuster	SR	Carleton	4.31m
6 Matthew Stack	SR	Saint Mary's	4.31m
7 Lukas Walton	JR	Bethel (Minn	4.31m
8 Coleton Strupp	JR	Saint Mary's	4.31m
9 Dylan Arnold	FR	St. Olaf	4.16m
10 Samuel Gardeen	FR	Bethel (Minn	4.16m
11 Daniel Eickhoff	FR	St. John's (	4.16m
12 Wade Rhonemus	JR	Concordia-Mo	4.01m
13 Ben Urbaniak	FR	Gustavus Ado	4.01m
14 Mason DeGross	SO	St. John's (	3.86m
14 Woody Rian	SO	St. Olaf	3.86m

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16	Tim Adams	FR	Carleton	3.71m	
17	Layton Borst	FR	St. Olaf	3.71m	
---	Erik Walker	FR	Gustavus Ado	NH	
<b>Men Long Jump</b>					
	<b>Conference:</b>	<b>7.30m</b>	<b>2008</b>	<b>Erik Diley</b>	
	<b>Conference:</b>	<b>7.73m</b>	<b>1991</b>	<b>Leonard Jones (NWI)</b>	
	<b>Facility:</b>	<b>7.09m F 2011</b>		<b>Kellen McCrary</b>	
	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Finals</b>	
<b>Finals</b>					
1	Anthony Marsh	FR	Concordia-Mo	6.98m	1.2
2	Caleb Williams	SO	Macalester	6.98m	2.2
3	Christian Velishek	SR	Hamline	6.91m	2.2
4	Isaiah Subah	FR	Gustavus Ado	6.81m	+0.0
5	Johanani Arimi	SR	Macalester	6.75m	0.8
6	Alexander DuMoulin	SO	Gustavus Ado	6.60m	1.7
7	Lucas Kramarczuk	SO	St. Olaf	6.55m	2.8
8	Sean Bjork	JR	Bethel (Minn)	6.52m	2.0
9	Gabe Alada	SR	St. Olaf	6.49m	2.3
10	Alec Ungar	FR	St. John's (	6.46m	2.1
11	Stephen Peper	JR	St. Olaf	6.44m	1.5
12	Michael Braun	FR	Hamline	6.42m	0.5
13	Dan Cooper	SO	Saint Mary's	6.35m	2.4
14	Riley Hodin	FR	Macalester	6.33m	+0.0
15	Thomas Amberg	SR	Hamline	6.32m	0.7
16	Demetri Lord	SO	St. Olaf	6.27m	0.2
17	Antonio Cisewski	FR	Saint Mary's	6.12m	0.3
18	Eh Ler Moo	FR	St. Olaf	6.06m	2.8
19	Nick Hermes	FR	Concordia-Mo	5.91m	1.8
20	Simon Sotiropoulos	FR	St. Scholast	5.66m	1.3
<b>Men Triple Jump</b>					
	<b>Conference:</b>	<b>14.73m</b>	<b>2010</b>	<b>Eyo Ekpo</b>	
	<b>Conference:</b>	<b>15.69m</b>	<b>1984</b>	<b>Todd Nash (NWI)</b>	
	<b>Facility:</b>	<b>14.91m F 2011</b>		<b>Kellen McCrary</b>	
	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Finals</b>	
<b>Finals</b>					
1	Michael Wallace	JR	St. John's (	14.32m	+0.0
2	Caleb Williams	SO	Macalester	14.00m	+0.0
3	Elijah Wade	SO	St. John's (	13.89m	0.5
4	Johanani Arimi	SR	Macalester	13.86m	0.3
5	Lucas Kramarczuk	SO	St. Olaf	13.55m	1.0
6	Michael Braun	FR	Hamline	13.33m	0.2
7	Alex Crnkovich	SO	St. John's (	13.32m	0.1
8	Sean Souksavath	SO	St. Olaf	13.22m	1.0
9	Riley Hodin	FR	Macalester	13.17m	1.1
10	Dan Cooper	SO	Saint Mary's	12.80m	+0.0
11	Thomas Amberg	SR	Hamline	12.57m	0.6
12	Charlie Frenzel	FR	Saint Mary's	12.50m	1.1
13	Brady Johnson	FR	Saint Mary's	12.23m	0.3
14	Ethan Cline-Cole	FR	Carleton	12.13m	1.1
15	Isaiah Subah	FR	Gustavus Ado	12.08m	1.5
16	Aravindh Subramanian	JR	Carleton	11.95m	+0.0
17	Cade Wallin	FR	Gustavus Ado	11.68m	1.8
18	Chris Bulwa	FR	Saint Mary's	11.67m	+0.0
19	Gabe Thompson	FR	Concordia-Mo	11.46m	0.7

## Men Shot Put

Conference: 19.05m 1983 Mike Manders

Facility: 17.08m F 2009 Bobby Riley

Name Yr School Finals

## Finals

1	Cooper Folkestad	SO	Concordia-Mo	15.79m
2	Gabe Irons	JR	Bethel (Minn)	15.34m
3	Evan Larsen	FR	Bethel (Minn)	14.61m
4	Cade Feist	FR	St. Olaf	14.49m
5	Jaeden Frost	SO	St. John's (	14.27m
6	Andrew Mollison	SO	St. Olaf	14.21m
7	Eli Mollet	JR	St. John's (	13.69m
8	Hunter Tanem	FR	Bethel (Minn)	13.45m
9	Aengus White	JR	St. Olaf	13.44m
10	Jake Kerzman	SR	Concordia-Mo	13.15m
11	Gavin Rupp	SO	St. John's (	13.13m
12	Jackson Fischer	FR	Gustavus Ado	13.12m
13	Trent Beseth	FR	St. Scholast	13.06m
14	Trajan Kaeppe	FR	Gustavus Ado	13.03m
15	Jack Genereau	FR	St. John's (	12.79m
16	Trevor Christensen	FR	St. Olaf	12.75m
17	Sean Curran	JR	Saint Mary's	12.62m
18	Kaleb DeWall	FR	St. John's (	12.48m
19	Trevor Wellman	FR	Bethel (Minn)	12.05m
20	Jakob Brown	FR	Concordia-Mo	10.31m

## Men Discus Throw

Conference: 60.30m 1983 Mike Manders

Facility: 53.95m F 2015 Grant Luer

Name Yr School Finals

## Finals

1	Gabe Irons	JR	Bethel (Minn)	52.25m
2	Gavin Rupp	SO	St. John's (	46.38m
3	Aengus White	JR	St. Olaf	45.11m
4	Jake Kerzman	SR	Concordia-Mo	44.40m
5	Max Menache	FR	Macalester	41.71m
6	Trevor Christensen	FR	St. Olaf	41.68m
7	Grant Steger	FR	St. Scholast	40.99m
8	Christopher Jacklen	FR	St. Scholast	39.99m
9	Lucas Doyle	SR	Hamline	39.78m
10	Trent Beseth	FR	St. Scholast	39.28m
11	Jaeden Frost	SO	St. John's (	38.66m
12	Connor Gag	SO	Gustavus Ado	37.43m
13	Joseph Mensen	FR	St. John's (	36.70m
14	Sean Curran	JR	Saint Mary's	36.66m
15	Jackson Fischer	FR	Gustavus Ado	36.40m
16	Hunter Tanem	FR	Bethel (Minn)	36.26m
17	Zach Stordahl	FR	Gustavus Ado	35.86m
18	Jack Genereau	FR	St. John's (	35.74m
19	Arnauld Dedry	JR	St. Olaf	31.43m

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## Results

## Men Hammer Throw

Conference: 61.13m 2019 Michael Hensch

Facility: 64.45m F 2009 Kevin Becker

Name	Yr	School	Finals
<b>Finals</b>			
1 Sean Curran	JR	Saint Mary's	54.83m
2 Gabe Irons	JR	Bethel (Minn)	52.61m
3 Frankie Bakalars	SR	Saint Mary's	51.75m
4 Joshua Beiswanger	FR	Gustavus Ado	51.41m
5 Jaeden Frost	SO	St. John's (	50.28m
6 Lucas Doyle	SR	Hamline	49.55m
7 Eli Mollet	JR	St. John's (	48.10m
8 Brett Hague	SO	St. John's (	45.46m
9 Gavin Rupp	SO	St. John's (	43.69m
10 Cade Feist	FR	St. Olaf	43.08m
11 Christopher Jacklen	FR	St. Scholast	42.79m
12 Zach Stordahl	FR	Gustavus Ado	40.23m
13 Grant Steger	FR	St. Scholast	40.01m
14 Max Menache	FR	Macalester	38.50m
15 Evan Larsen	FR	Bethel (Minn)	38.50m
16 Hunter Tanem	FR	Bethel (Minn)	38.42m
17 Wills Hawley	SR	Macalester	36.00m
18 Arnauld Dedry	JR	St. Olaf	34.32m
--- Jake Kerzman	SR	Concordia-Mo	FOUL
--- Joseph Mensen	FR	St. John's (	FOUL

## Men Javelin Throw

Conference: 63.24m 2000 Greg Kaiser

Facility: 56.70m F 2010 John Yates

Name	Yr	School	Finals
<b>Finals</b>			
1 Brett Hague	SO	St. John's (	61.96mF
2 Maguire Petersen	SO	St. John's (	53.56m
3 Evan Bergemann	SR	Augsburg	52.99m
4 Ian Mortensen	SO	Carleton	50.11m
5 Logan Hennen	FR	St. John's (	49.50m
6 Noah Eckersley-Ray	SO	Carleton	48.56m
7 Nick Edwards	JR	St. Olaf	47.48m
8 Woody Rian	SO	St. Olaf	47.21m
9 Stephen Peper	JR	St. Olaf	46.92m
10 Christian Velishek	SR	Hamline	46.33m
11 Peter Oviagian	FR	Gustavus Ado	45.55m
12 Mason Bosley	JR	Macalester	42.73m
13 Abe Schegel	JR	Bethel (Minn)	42.43m
14 Max Lelwica	FR	St. John's (	41.70m
15 Micah Smith	JR	Bethel (Minn)	40.43m
16 Caleb Meeker	FR	Bethel (Minn)	39.48m
17 Sam Dabrowski	JR	Hamline	38.50m
18 Jack Meyer	FR	St. John's (	37.21m
19 Simon Sotiropoulos	FR	St. Scholast	36.86m
20 Justin Veimau	SO	Macalester	34.94m

## Men Other

Name	Yr	School	Finals
<b>Finals</b>			
1 Maguire Petersen	SO	St. John's (	10.00m
2 Stephen Peper	JR	St. Olaf	8.00m
3 Lukas Walton	JR	Bethel (Minn)	6.00m
4 Ian Mortensen	SO	Carleton	5.00m
5 Demetri Lord	SO	St. Olaf	4.00m
6 Nick Edwards	JR	St. Olaf	3.00m
7 Max Lelwica	FR	St. John's (	2.00m
8 Wade Rhonemus	JR	Concordia-Mo	1.00m

## Women - Team Rankings - 22 Events Scored

1) Gustavus Adolphus	139
2) St. Benedict	117.333
3) St. Olaf	113.333
4) Bethel (Minn.)	113
5) Carleton	94
6) Concordia-Moorhead	81
7) Hamline	80
8) St. Catherine (Minn.)	34
9) Macalester	33
10) St. Scholastica	26
11) Saint Mary's (Minn.)	24.3333
12) Augsburg	3

## Men - Team Rankings - 22 Events Scored

1) St. John's (Minn.)	218.25
2) St. Olaf	141
3) Bethel (Minn.)	123
4) Concordia-Moorhead	92.25
5) Gustavus Adolphus	58.25
5) Carleton	58.25
7) Macalester	55
8) Hamline	37
9) St. Scholastica	34
10) Saint Mary's (Minn.)	26
11) Augsburg	15