

## St. Olaf Invitational - 1/27/2023 to 1/28/2023

## Tostrud Center, St. Olaf College

## Results

## Men 60 Meter Dash

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1	Le, Nathan	SO Gustavus	6.99Q
2	Heitler, Arlo	SO Macalester	7.11Q
3	Conneh, Varney	SR Augsburg	7.16Q
4	McConnell, Cameron	SO Bethel	7.26Q
5	Skelly, Matthew	SO Gustavus	7.00q
6	Smith, Kpeweh	SR Augsburg	7.32q
7	Smith, Albert	SR Bethel	7.33q
8	Kritsberg, Ben	FR Saint Marys	7.39q
9	Zong-Naba, Sylvain	SO Macalester	7.44
9	Bies, Danny	SO Gustavus	7.44
11	Haack, Tony	FR Bethel	7.45
12	Kogut, Jacob	SO Macalester	7.46
13	Smith, Micah	SR Bethel	7.51
14	Charlton, Josh	SO St. Olaf	7.58
15	Moo, Eh Ler	FR St. Olaf	7.59
16	Hodin, Riley	SO Macalester	7.61
17	Simon, Godsword	SO Bethel	7.73
18	Thomas, Max	FR St. Olaf	7.77
19	Wang, Kevin	FR Macalester	7.77
20	Gardeen, Samuel	SO Bethel	7.84
21	Famuyide, Success	FR Augsburg	7.85
22	Quast, Jaden	FR Bethel	7.88
23	Diaz, John	SO Gustavus	7.97
24	Daenzer, Luke	FR Bethel	8.10
25	Menter, Forest	FR St. Olaf	8.16
26	Moeller, Calvin	SO Gustavus	8.19
27	Garcia, Daniel	FR Augsburg	8.23

## Men 60 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1	Conneh, Varney	SR Augsburg	7.15
2	Smith, Kpeweh	SR Augsburg	7.27
3	Kritsberg, Ben	FR Saint Marys	7.29
4	Skelly, Matthew	SO Gustavus	7.30
5	Smith, Albert	SR Bethel	7.31

## Men 200 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1	Liu, Landen	FR Bethel	22.02
2	Parent, Jacob	SO Bethel	22.13
3	Quiring, Wyatt	SR Gustavus	22.68
4	Conneh, Varney	SR Augsburg	23.17
5	Myres, David	JR Bethel	23.34
6	Fisher, Henry	SO St. Olaf	23.52
7	Zeitchick, Seth	JR Gustavus	23.58
8	McNearney, Devin	SO St. Olaf	23.68
9	Karnagar, Trokon	SR Bethel	23.74
10	Smith, Albert	SR Bethel	23.77
11	Haack, Tony	FR Bethel	23.80
12	Johnson, Brady	SO Saint Marys	23.91

13	Adamson, Oliver	SO Saint Marys	23.96
14	Gushwa, Agro	SO Gustavus	24.15
15	Lee, Josh	SO Bethel	24.26
16	Skelly, Matthew	SO Gustavus	24.28
17	Oviguian, Peter	JR Gustavus	24.35
18	Bies, Danny	SO Gustavus	24.41
19	Gilbert-Binder, Ben	FR St. Olaf	24.89
20	Baker, Grant	SO Gustavus	24.92
21	Broad, Michael	SO Gustavus	25.13
22	Famuyide, Success	FR Augsburg	25.31
23	Witt, Lachlan	SR Macalester	25.42
24	Clayton, Trajen	FR Augsburg	25.53
25	Matetich, Cole	SO Gustavus	25.62
26	Thomas, Max	FR St. Olaf	25.88
27	Rikkers, Sam	SO St. Olaf	25.96
28	Sullivan, Logan	SO Gustavus	26.06
29	Moeller, Calvin	SO Gustavus	26.08
30	Diaz, John	SO Gustavus	26.12
31	Garcia, Daniel	FR Augsburg	26.79

## Men 400 Meter Dash

Name	Yr	School	Finals
<b>Finals</b>			
1	Smith, Joel	SR Bethel	49.57
2	Sampson, Josh	JR Bethel	50.70
3	Nelson, Grant	FR Bethel	50.82
4	Quiring, Wyatt	SR Gustavus	51.11
5	Zeitchick, Seth	JR Gustavus	52.50
6	Schonebaum, Henry	FR Macalester	52.68
7	Gushwa, Agro	SO Gustavus	52.71
8	Landherr, Fritz	SR Augsburg	53.75
9	Oviguian, Peter	JR Gustavus	54.30
10	Brindamour, Isaiah	JR Saint Marys	54.37
11	Karnagar, Trokon	SR Bethel	54.55
12	Braun, Alec	SO Bethel	54.63
13	Gilbert-Binder, Ben	FR St. Olaf	54.77
14	Clayton, Trajen	FR Augsburg	54.96
15	Stageberg, Noah	SO Gustavus	55.03
16	Asplin, Collin	FR Bethel	55.09
17	Broad, Michael	SO Gustavus	55.23
18	Bosley, Mason	SR Macalester	55.79
19	Bashir, Yahya	SO Gustavus	55.88
20	Kloss, Cade	FR Saint Marys	56.87

## Men 600 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1	Rupnow, Markus	SO Gustavus	1:25.98
2	Ali, Kalid	SO Macalester	1:27.57
3	Witt, Lachlan	SR Macalester	1:29.46
4	Malecha, Thomas	FR Macalester	1:29.48
5	Diercks, Korrigan	SO Gustavus	1:30.30

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## Results

## Men 800 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Asfaw, Getinat	JR	Augsburg	1:59.11
2 Martin, Zach	FR	St. Olaf	1:59.50
3 Wallin, Tucker	JR	Gustavus	1:59.92
4 Roehl, Carson	SO	Gustavus	2:00.25
5 Gonzalez-Ramirez, Jose	JR	St. Olaf	2:01.08
6 Nelson, Clark	SO	Bethel	2:01.15
7 Munoz, Julian	JR	St. Olaf	2:01.61
8 LaVigne, Trevor	SO	Gustavus	2:05.71
9 Lebakken, Jay	FR	Macalester	2:06.53
10 Otier, Austin	SO	Bethel	2:06.56
11 Hansen, Marcus	JR	Gustavus	2:07.46
12 Marble, Sam	JR	Gustavus	2:08.37
13 Wondimu, Bereket	JR	Augsburg	2:09.00
14 Morefield, Colin	SR	Macalester	2:15.12
15 Kubly, Joseph	FR	Augsburg	2:18.17
--- Gilbertson, Henrik		Unattached	DNF

## Men 1000 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Smith, Tyler	SO	Gustavus	2:35.26
2 Marsh, Jackson	SO	St. Olaf	2:36.60
3 Stewart, Tad	JR	Bethel	2:38.74
4 Peterson, Luke	SO	Bethel	2:43.82
5 Estrada, Gabe	SO	St. Olaf	2:43.86
6 Doran, Eli	FR	St. Olaf	2:43.99
7 Useche, Mateo	JR	Macalester	2:45.32
8 Chamberlin, Owen	FR	St. Olaf	2:47.23
9 Kalsnes, Jonah	SO	Gustavus	2:48.82
10 Hinchcliffé, Henry	SO	Gustavus	2:50.02
11 Smith, Micah	SR	Bethel	2:51.35
12 Schegel, Abe	SR	Bethel	3:01.38
13 Ramirez, Gael	SO	Bethel	3:13.20
14 Elseth, Aaron	FR	Bethel	3:16.03

## Men 1 Mile Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Warning, Isaiah		Unattached	4:22.78
2 Olsson, Tor	SO	Macalester	4:22.98
3 Crotteau, Ben	SO	Macalester	4:23.34
4 Gilbertson, Henrik		Unattached	4:24.06
5 Roehl, Carson	SO	Gustavus	4:28.25
6 Wielgos, Jake	SO	Gustavus	4:31.35
7 Schneider, Grant	FR	Saint Marys	4:31.82
8 LaVigne, Trevor	SO	Gustavus	4:33.10
9 Peterson, Luke	SO	Bethel	4:36.25
10 Hinchcliffé, Henry	SO	Gustavus	4:37.92
11 McCullough, Logan	SO	Gustavus	4:38.16
12 Kalsnes, Jonah	SO	Gustavus	4:40.33
13 Estrada, Gabe	SO	St. Olaf	4:40.85
14 Hussien, Sakariya	SR	Augsburg	4:43.93

15 Rud, Mark	FR	Gustavus	4:45.31
16 Adams, Brock	SO	Macalester	4:46.10
17 Hage, Daniel	SR	Bethel	4:46.95
18 Sackreiter, Soren	FR	Gustavus	4:48.39
19 Max, Parker	FR	St. Olaf	4:48.59
20 Laurel, Sam	FR	St. Olaf	4:49.24
21 Johnson, Jonah	SO	Gustavus	4:50.09
22 Kuecker, Gabe	SO	Bethel	4:52.53
23 Price, David	SO	Bethel	4:59.66
24 Morris, Sam	JR	Saint Marys	5:02.67
25 Hatlevig, Ike	SO	Macalester	5:03.00
26 Puent, Aaron	SR	Augsburg	5:17.58
27 Brenner, Sam	FR	Gustavus	5:17.62

## Men 3000 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Bati, Mohammed	FR	Augsburg	8:57.29
2 Warning, Isaiah		Unattached	8:59.70
3 Thompson, Reese	SO	Bethel	9:03.57
4 Graber, Grant	SO	Bethel	9:12.56
5 Appel, Aidan	SO	Macalester	9:14.73
6 Edwards, Tyler	FR	Macalester	9:27.01
7 Fendig, Alex	JR	Macalester	9:30.39
8 Pattie, Jonathan	FR	St. Olaf	9:35.62
9 Abide, Habetamu	FR	Bethel	9:53.16
10 Dallas, Evan	FR	Bethel	10:44.21
11 St. George, Kedran	FR	Bethel	10:45.09

## Men 5000 Meter Run

Name	Yr	School	Finals
<b>Finals</b>			
1 Bati, Mohammed	FR	Augsburg	14:55.68
2 Ihrke, Nick	SO	Macalester	15:23.78
3 McKee, Reece	SO	Macalester	15:39.43
4 Deaver, Jack	SO	St. Olaf	15:55.52
5 St George, Aidan	JR	Bethel	16:06.21
6 Manzur Strandlund, Gael	FR	St. Olaf	16:10.51
7 Kurts, Waylon	FR	St. Olaf	16:32.16
8 Harris, Grayson	SO	Augsburg	16:45.67
9 Ali, Pollei	FR	Augsburg	18:39.35

## Men 60 Meter Hurdles

Name	Yr	School	Prelims
<b>Preliminaries</b>			
1 Kramarczuk, Lucas	JR	St. Olaf	8.41Q
2 Myres, David	JR	Bethel	8.61Q
3 Mahamud, Hamza	FR	Macalester	9.12q
4 Elseth, Aaron	FR	Bethel	9.34q
5 Lee, Josh	SO	Bethel	9.36q
6 Stefanowicz, Sebastian	FR	Macalester	9.46q
7 Bassett, Jackson	SO	St. Olaf	9.69q
8 Matetich, Cole	SO	Gustavus	9.78q
9 Wada, Aki	FR	Macalester	9.86
10 Skemp, Will	FR	St. Olaf	9.87
11 Baker, Grant	SO	Gustavus	10.15

## St. Olaf Invitational - 1/27/2023 to 1/28/2023

Tostrud Center, St. Olaf College

## Results

## Preliminaries ... (Men 60 Meter Hurdles)

Name	Yr	School	Prelims
12 Moeller, Calvin	SO	Gustavus	10.45

## Men 60 Meter Hurdles

Name	Yr	School	Finals
<b>Finals</b>			
1 Kramarczuk, Lucas	JR	St. Olaf	8.35
2 Myres, David	JR	Bethel	8.41
3 Mahamud, Hamza	FR	Macalester	9.20
4 Elseth, Aaron	FR	Bethel	9.25
5 Lee, Josh	SO	Bethel	9.27
6 Bassett, Jackson	SO	St. Olaf	9.62
7 Matetich, Cole	SO	Gustavus	9.76

## Men 4x200 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 St. Olaf	A	1:33.34
1) Arnold, Dylan SO	2) Fisher, Henry SO	
3) McNearny, Devin SO	4) Townsend, Miles FR	
2 Saint Marys	A	1:35.04
1) Kritsberg, Ben FR	2) Cisewski, Antonio SO	
3) Bulwa, Chris SO	4) Adamson, Oliver SO	

## Men 4x400 Meter Relay

Team	Relay	Finals
<b>Finals</b>		
1 Gustavus	A	3:30.53
1) Bashir, Yahya SO	2) Quiring, Wyatt SR	
3) Smith, Tyler SO	4) Wallin, Tucker JR	
2 Augsburg	A	3:33.99
1) Asfaw, Getinat JR	2) Hussien, Sakariya SR	
3) Landherr, Fritz SR	4) Wondimu, Bereket JR	
3 Macalester	A	3:34.99
1) Kinnucan, Ryan SR	2) Schonebaum, Henry FR	
3) Malecha, Thomas FR	4) Ali, Kalid SO	
4 Bethel	A	3:40.12
1) Stewart, Tad JR	2) Nelson, Clark SO	
3) Price, David SO	4) Hage, Daniel SR	
5 Gustavus	B	3:44.43
1) Stageberg, Noah SO	2) Diercks, Korrigan SO	
3) Stursa, Tyler SO	4) Rud, Mark FR	
6 Gustavus	C	3:45.44
1) Marble, Sam JR	2) Moeller, Calvin SO	
3) Hansen, Marcus JR	4) LaVigne, Trevor SO	
7 Saint Marys	A	3:50.42
1) Schneider, Grant FR	2) Morris, Sam JR	
3) Brindamour, Isaiah JR	4) Kloss, Cade FR	
8 St. Olaf	B	3:51.01
1) Bassett, Jackson SO	2) Skemp, Andrew SO	
3) Doran, Eli FR	4) Laurel, Sam FR	
9 Gustavus	D	3:55.21
1) Hinchcliffe, Henry SO	2) Wielgos, Jake SO	
3) Sackreiter, Soren FR	4) Kalsnes, Jonah SO	

## Men High Jump

Name	Yr	School	Finals
<b>Finals</b>			
1 Bies, Danny	SO	Gustavus	1.85m
2 Braun, Alec	SO	Bethel	1.75m
3 Sullivan, Logan	SO	Gustavus	1.65m

## Men Pole Vault

Name	Yr	School	Finals
<b>Finals</b>			
1 Gardeen, Samuel	SO	Bethel	4.40m
2 Arnold, Dylan	SO	St. Olaf	4.25m
3 Gatz, Aidan	SO	Saint Marys	3.95m
4 Ream, Joe	FR	Gustavus	3.35m
5 Marzinske, Logan	SO	Gustavus	3.35m
6 Menter, Forest	FR	St. Olaf	3.20m
7 Smith, Micah	SR	Bethel	3.20m
8 Daenzer, Luke	FR	Bethel	3.05m
9 Ramirez, Gael	SO	Bethel	3.05m
10 Schegel, Abe	SR	Bethel	2.90m
--- Elahi, Rayan	SO	St. Olaf	NH
--- Elseth, Aaron	FR	Bethel	NH
--- Adams, Tim	SO	Carleton	NH

## Men Long Jump

Name	Yr	School	Finals
<b>Finals</b>			
1 Swenson, Simon	FR	Bethel	6.52m
2 Charlton, Josh	SO	St. Olaf	6.49m
3 Nelson, Grant	FR	Bethel	6.44m
4 Moo, Eh Ler	FR	St. Olaf	6.12m
5 Schegel, Abe	FR	Bethel	6.00m
6 Bulwa, Chris	SO	Saint Marys	5.96m
6 Cisewski, Antonio	SO	Saint Marys	5.96m
8 Cooper, Dan	JR	Saint Marys	5.71m
9 Quast, Jaden	FR	Bethel	5.67m
10 Simon, Godsword	SO	Bethel	5.59m
11 Ridders, Sam	SO	St. Olaf	5.54m
12 Skemp, Will	FR	St. Olaf	5.35m
13 Ramirez, Gael	SO	Bethel	4.89m

## Men Triple Jump

Name	Yr	School	Finals
<b>Finals</b>			
1 Kramarczuk, Lucas	JR	St. Olaf	13.75m
2 Souksavath, Sean	JR	St. Olaf	12.61m
3 Hodin, Riley	SO	Macalester	12.53m
4 Johnson, Brady	SO	Saint Marys	12.02m
--- Cooper, Dan	JR	Saint Marys	FOUL
--- Stefanowicz, Sebastian	FR	Macalester	FOUL

## Men Shot Put

Name	Yr	School	Finals
<b>Finals</b>			
1 Feist, Cade	SO	St. Olaf	14.97m
2 Larsen, Evan	SO	Bethel	14.09m

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## Results

## Finals ... (Men Shot Put)

Name	Yr	School	Finals
3 Hokanson, Adam	FR	Bethel	14.07m
4 Dedry, Arnauld	SR	St. Olaf	12.93m
5 Mills, Austin	FR	Macalester	11.74m
6 Menache, Max	SO	Macalester	11.44m
7 Edelman, Ryan	FR	St. Olaf	10.46m
8 Fritz, Casen	SO	Saint Marys	9.72m
9 Kallstrom, Brandon	SO	Bethel	9.34m
10 Delaske, Dylan	SO	Bethel	7.14m
11 Hailu, Alazar	SO	Macalester	7.06m
--- Yang, Aiden	SO	Macalester	FOUL

## Men Weight Throw

Name	Yr	School	Finals
1 Beiswanger, Joshua	JR	Gustavus	16.43m
2 Menache, Max	SO	Macalester	15.33m
3 Wright, Victor	SR	Macalester	14.76m
4 Larsen, Evan	SO	Bethel	14.15m
5 Dedry, Arnauld	SR	St. Olaf	13.72m
6 Edelman, Ryan	FR	St. Olaf	13.66m
7 Feist, Cade	SO	St. Olaf	13.34m
8 Hokanson, Adam	FR	Bethel	12.79m
9 Fritz, Casen	SO	Saint Marys	12.54m
10 McGlynn, Galen	FR	St. Olaf	12.07m

## Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Yr	School	Finals
1 Mortensen, Ian	JR	Carleton	7.42 739
2 Borst, Layton	SO	St. Olaf	7.51 710
3 McCormick, Connor	FR	Gustavus	7.69 653
4 Cogley, Andrew	SO	St. Olaf	7.75 634

## Heptathlon: #7 Men 1000 Meter Dash Heptathlon

Name	Yr	School	Finals
1 Cogley, Andrew	SO	St. Olaf	2:46.23 805
2 Mortensen, Ian	JR	Carleton	3:04.29 623
3 McCormick, Connor	FR	Gustavus	3:05.62 610
4 Borst, Layton	SO	St. Olaf	3:14.07 533

## Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Name	Yr	School	Finals
1 Mortensen, Ian	JR	Carleton	9.17 709
2 McCormick, Connor	FR	Gustavus	9.25 692
3 Borst, Layton	SO	St. Olaf	9.45 650
4 Cogley, Andrew	SO	St. Olaf	10.11 520

## Heptathlon: #4 Men High Jump Heptathlon

Name	Yr	School	Finals
1 Cogley, Andrew	SO	St. Olaf	1.75m 585
1 Mortensen, Ian	JR	Carleton	1.75m 585
3 Borst, Layton	SO	St. Olaf	1.60m 464

4 McCormick, Connor	FR	Gustavus	1.51m 396
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## Heptathlon: #6 Men Pole Vault Heptathlon

Name	Yr	School	Finals
1 Borst, Layton	SO	St. Olaf	3.90m 590
2 Mortensen, Ian	JR	Carleton	3.50m 482
3 McCormick, Connor	FR	Gustavus	3.20m 406
4 Cogley, Andrew	SO	St. Olaf	3.10m 381

## Heptathlon: #2 Men Long Jump Heptathlon

Name	Yr	School	Finals
1 Mortensen, Ian	JR	Carleton	6.22m 635
2 Cogley, Andrew	SO	St. Olaf	6.07m 602
3 Borst, Layton	SO	St. Olaf	5.47m 475
4 McCormick, Connor	FR	Gustavus	5.20m 421

## Heptathlon: #3 Men Shot Put Heptathlon

Name	Yr	School	Finals
1 Borst, Layton	SO	St. Olaf	12.19m 618
2 Mortensen, Ian	JR	Carleton	11.85m 597
3 Cogley, Andrew	SO	St. Olaf	9.65m 465
4 McCormick, Connor	FR	Gustavus	7.95m 363

## Men Heptathlon

Name	Yr	School	Finals
1 Mortensen, Ian	JR	Carleton	4370
2 Borst, Layton	SO	St. Olaf	4040
3 Cogley, Andrew	SO	St. Olaf	3992
4 McCormick, Connor	FR	Gustavus	3541