

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

Tostrud Center, St. Olaf College

Results

Women 60 Meter Dash

Facility Rec: 7.67 F 2014 Mallory Burnham

Name	Yr	School	Prelims
Preliminaries			
1	Nelson, Birgen	JR Gustavus	7.83Q
2	Babalola, Jireh	JR Bethel	8.09Q
3	Carlson, Kate	SO Gustavus	8.19Q
4	Rakow, Ally	SO Gustavus	8.40Q
5	Lindner, Sarrah	FR Gustavus	8.55Q
6	Amundson, Journey	SR Macalester	8.30q
7	Laryea, Emelia	FR Gustavus	8.54q
8	Storbakken, Emma	SO St. Olaf	8.57q
9	Jensen, Jensi	FR Gustavus	8.65
10	Sundberg, Maren	FR Gustavus	8.65
11	Nelsen, Rachel	JR St. Olaf	8.66
12	Hunter, Penny	JR Macalester	8.68
13	Munson, Samantha	FR Saint Marys	8.72
14	Coburn, Olive	FR St. Olaf	8.73
15	Bishop, Mya	JR Augsburg	8.76
16	Roberts, Melanie	JR St. Olaf	8.84
17	Klauser, Sydney	Unattached	8.87
18	Crewey, Amanda	FR Macalester	8.90
19	Petersen, Katie	SO Gustavus	8.98
20	McClelland, Eva	FR Gustavus	8.99
21	Smith, Soniya	FR Bethel	9.00
22	Cesare, CC	FR Augsburg	9.03
22	Carver, Zoe	FR Macalester	9.03
24	Evans, Mia	FR Bethel	9.34
25	Smith, Savannah	JR Augsburg	9.41
26	Ilunga, Danielle	FR Saint Marys	9.57
27	Iteghete, Caron	JR Augsburg	9.61
28	Raghunath, Sabreena	FR Augsburg	9.89

Women 60 Meter Dash

Facility Rec: 7.67 F 2014 Mallory Burnham

Name	Yr	School	Finals
Finals			
1	Nelson, Birgen	JR Gustavus	7.68
2	Babalola, Jireh	JR Bethel	8.03
3	Carlson, Kate	SO Gustavus	8.12
4	Amundson, Journey	SR Macalester	8.32
5	Rakow, Ally	SO Gustavus	8.45
6	Laryea, Emelia	FR Gustavus	8.47
7	Lindner, Sarrah	FR Gustavus	8.48

Women 200 Meter Dash

Facility Rec: 25.51 F 2019 Briana Berninghaus

Name	Yr	School	Finals
Finals			
1	Nelson, Birgen	JR Gustavus	25.61
2	Geraets, Megan	SO Gustavus	26.22
3	Carlson, Kate	SO Gustavus	26.73
4	Hookom, Allison	FR Augsburg	26.80
5	Rochefford, Lauren	FR Gustavus	27.50
6	Babalola, Jireh	JR Bethel	27.60

7	Rakow, Ally	SO Gustavus	27.72
8	Paulson, Annie	FR Bethel	27.80
9	Dimler, Lauren	FR Gustavus	27.91
10	Gregor, Sara	SR Macalester	27.96
11	Lindner, Sarrah	FR Gustavus	28.15
12	King, Hannah	JR Bethel	28.31
13	Matre, Zoe	SO St. Olaf	28.42
14	Swenson, Abbie	SO Bethel	28.48
15	Gearin, Caroline	JR Saint Marys	28.54
16	Moe, Hannah	FR Bethel	28.67
17	Stackhouse, Ally	SO Bethel	28.93
18	Sahly, Emma	SO St. Olaf	28.96
19	Cesare, CC	FR Augsburg	29.00
20	Soule, Allison	FR St. Olaf	29.03
21	Jensen, Jensi	FR Gustavus	29.04
22	Bishop, Mya	JR Augsburg	29.09
23	Utgaard, Abrianna	SR Saint Marys	29.10
24	Hunter, Penny	JR Macalester	29.22
25	Coburn, Olive	FR St. Olaf	29.35
26	Smith, Soniya	FR Bethel	29.39
27	Pelowski, Madi	FR Bethel	29.58
28	Laryea, Emelia	FR Gustavus	29.58
29	Selberg, Lillian	SO Gustavus	29.73
30	Wrzesien, Caley	SO Bethel	29.78
31	Wrzesien, Caitlyn	SO Bethel	29.91
32	Klauser, Sydney	Unattached	30.69
33	Smith, Savannah	JR Augsburg	32.54
34	Heller, Madisyn	SO Saint Marys	32.79
35	Ilunga, Danielle	FR Saint Marys	33.41
36	Iteghete, Caron	JR Augsburg	33.44

Women 400 Meter Dash

Facility Rec: 56.35 F 2006 Rachel Anderson

Name	Yr	School	Finals
Finals			
1	Hookom, Allison	FR Augsburg	58.92
2	Geraets, Megan	SO Gustavus	1:00.19
3	Preston, Adisa	SO Macalester	1:02.11
4	Dean, Morgan	FR Bethel	1:03.32
5	Paulson, Annie	FR Bethel	1:03.95
6	Rochefford, Lauren	FR Gustavus	1:04.06
7	Fynboh, Isabel	FR Gustavus	1:05.47
8	Wrzesien, Caitlyn	SO Bethel	1:06.04
9	Wrzesien, Caley	SO Bethel	1:06.37
10	Mair, Aubrey	SO Gustavus	1:08.10
11	Lantz, Annabel	SO Augsburg	1:14.90

Women 600 Meter Run

Facility Rec: 1:31.68 F 2019 Phoebe Aguilar

Name	Yr	School	Finals
Finals			
1	Robinson, Grace	SO Bethel	1:39.72
2	Turek, Mikayla	JR Bethel	1:41.11
3	Hage, Evie	SO Bethel	1:44.67
4	Fromm, Jules	SO St. Olaf	1:45.00
5	Manhard, Abbie	FR St. Olaf	1:45.02

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Results

Finals ... (Women 600 Meter Run)

Name	Yr	School	Finals
6 Rodriguez, Madeline	SR	Macalester	1:45.35
7 Wilkins, Hadley	FR	Macalester	1:45.81
8 Nelson, Esther	SO	Bethel	1:49.84
9 Warren, Anna	SO	Macalester	1:52.59
10 Thurston, Karley	SO	Macalester	1:53.89
11 Krumm, Ella	SO	Macalester	1:54.45
12 Minshull, Larissa	SO	Bethel	1:55.71
13 Ramirez, Ingri	JR	Augsburg	2:21.29

Women 800 Meter Run

Facility Rec: 2:11.95 F 2003 Megan Daymont

Name	Yr	School	Finals
1 Gebert, Katie	JR	St. Olaf	2:24.50
2 Cargill, Anna	FR	Bethel	2:26.70
3 Gernandt, Ruby	SO	Bethel	2:28.85
4 Conrad, Brooklyn	FR	Augsburg	2:39.27
5 Meyer, Abbie	FR	Saint Marys	2:40.53
6 McMahon, Caeli	FR	Saint Marys	2:41.37
7 Gessner, Lydia	SO	Bethel	2:43.68
8 Kaur, Simi	SO	Gustavus	2:45.18
9 Lin, Grace	SR	Macalester	2:47.38
10 Espeleta, Ana	JR	Macalester	2:48.18
11 Scholten, Hailey	FR	Bethel	2:51.91
12 Hatrick, Lily	FR	Macalester	2:56.65
13 Long, Heather	SO	Bethel	3:03.68

Women 1000 Meter Run

Facility Rec: 2:52.37 F 2013 Taylor Berg

Name	Yr	School	Finals
1 Decker, Anna	SO	Bethel	3:17.40
2 Walukas, Kailyn	SO	Gustavus	3:19.73
3 Severson, Julia	SR	Gustavus	3:23.95
4 Weberg, Molly	SO	Gustavus	3:31.19

Women 1 Mile Run

Facility Rec: 4:55.60 F 2013 Taylor Berg

Name	Yr	School	Finals
1 Blaesing, Maria	JR	Macalester	5:14.69
2 Decker, Anna	SO	Bethel	5:29.12
3 Walukas, Kailyn	SO	Gustavus	5:38.27
4 Severson, Julia	SR	Gustavus	5:45.01
5 Hay, Anna	FR	Bethel	5:48.97
6 Conrad, Brooklyn	FR	Augsburg	5:52.49
7 Kaur, Simi	SO	Gustavus	5:56.24
8 Frosch, Megan	FR	Saint Marys	6:11.14
9 Castellano, Julia	FR	Macalester	6:14.95
10 Omdal, Anna	SO	Gustavus	6:37.17

Women 3000 Meter Run

Facility Rec: 9:49.01 F 2006 Annie Bersagel

Name	Yr	School	Finals
1 Stackhouse, Madison	FR	Bethel	11:20.36
2 Franke, Erin	SR	Macalester	11:20.97
3 Moorjani, Raina	SO	Bethel	11:26.98
4 Newman, Julia	JR	St. Olaf	11:27.87
5 Bitner, Lauren	JR	St. Olaf	11:40.64
6 St. George, Ellesa	SO	Bethel	12:30.78
7 Tuvey, Amanda	JR	Saint Marys	12:42.74
8 English, Nadia	SO	Gustavus	12:53.64

Women 5000 Meter Run

Facility Rec: 16:44.57 F 2006 Caroline Cretti

Name	Yr	School	Finals
1 Kern, Emily	SR	Saint Marys	18:55.48
2 Johnson, Gracie	FR	Augsburg	19:36.11
3 Colnes, Jesse	SR	Macalester	20:45.84
4 Hardwick, Laura	SO	Bethel	20:48.22

Women 60 Meter Hurdles

Facility Rec: 8.82 F 2014 Mallory Burnham

Name	Yr	School	Prelims
1 Miller, Danielle	SO	Gustavus	9.55Q
2 Dimler, Lauren	FR	Gustavus	9.65Q
3 Stackhouse, Ally	SO	Bethel	10.07q
4 Poore, Riki	JR	St. Olaf	10.08q
5 King, Hannah	JR	Bethel	10.14q
6 Hobby, Sarah Beth	JR	Macalester	10.51q
7 Sims, Jaeden	FR	Macalester	10.67q
8 Johnson, Lily	SO	St. Olaf	10.71q
9 Cappelmann, Lauren	FR	Macalester	11.05
10 Sahly, Emma	SO	St. Olaf	11.30

Women 60 Meter Hurdles

Facility Rec: 8.82 F 2014 Mallory Burnham

Name	Yr	School	Finals
1 Miller, Danielle	SO	Gustavus	9.41
2 Dimler, Lauren	FR	Gustavus	9.61
3 King, Hannah	JR	Bethel	9.98
4 Stackhouse, Ally	SO	Bethel	10.13
5 Sims, Jaeden	FR	Macalester	10.15
6 Poore, Riki	JR	St. Olaf	10.18
7 Hobby, Sarah Beth	JR	Macalester	10.40
8 Johnson, Lily	SO	St. Olaf	10.70

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Results

Women 4x400 Meter Relay

Facility Rec: 3:51.08 F 2006 Lincoln University

Richardson, Parker, Sabb, Mathews

Team	Relay	Finals
Finals		
1 St. Olaf	A	4:15.46
1) Poore, Riki JR	2) Manhard, Abbie FR	
3) Holman, Ququ JR	4) Storbakken, Emma SO	
2 Gustavus	A	4:17.87
1) Miller, Danielle SO	2) Fynboh, Isabel FR	
3) Dimler, Lauren FR	4) Rocheford, Lauren FR	
3 Macalester	A	4:18.40
1) Wilkins, Hadley FR	2) Rodriguez, Madeline JR	
3) Preston, Adisa SO	4) Blaesing, Maria JR	
4 Bethel	B	4:25.34
1) Cargill, Anna FR	2) Hay, Anna FR	
3) Gernandt, Ruby SO	4) Hage, Evie SO	
5 Bethel	C	4:45.74
1) Rysdahl, Kaye SO	2) Minshull, Larissa SO	
3) Nelson, Esther SO	4) Gessner, Lydia SO	
6 Saint Marys	A	4:46.07
1) Munson, Samantha FR	2) McMahon, Caeli FR	
3) Frosch, Megan FR	4) Meyer, Abbie FR	
7 Gustavus	B	4:57.08
1) Mair, Aubrey SO	2) Omdal, Anna SO	
3) Weberg, Molly SO	4) Kaur, Simi SO	

Women High Jump

Facility Rec: 1.72m F 2006 Jennifer Harlow

Name	Yr	School	Finals
Finals			
1 Rakow, Ally	SO	Gustavus	1.50m
2 Moe, Hannah	FR	Bethel	1.45m
3 Luehrs, Jensen	SO	Gustavus	1.40m

Women Pole Vault

Facility Rec: 4.39m F 2016 Leslie Boost

Name	Yr	School	Finals
Finals			
1 Litton, Emily	JR	Carleton	2.90m
2 Gearin, Caroline	JR	Saint Marys	J2.90m
3 Roberts, Melanie	JR	St. Olaf	2.75m
4 Bunker, Jenna	SO	Gustavus	J2.75m
5 Selberg, Lillian	SO	Gustavus	2.45m
6 Evans, Mia	FR	Bethel	2.30m
7 Nelson, Molly	FR	Bethel	2.15m
--- Falkowski, Caitlin	SO	Macalester	NH

Women Long Jump

Facility Rec: 5.74m F 2005 Kristal Grigsby

Name	Yr	School	Finals
Finals			
1 Amundson, Journey	SR	Macalester	5.28m
2 Hernes, Ellie	FR	Bethel	5.21m
3 Lindner, Sarrah	FR	Gustavus	5.09m

4	Kes, Madi	SO	Gustavus	5.08m
5	Sundberg, Maren	FR	Gustavus	4.97m
6	Gregor, Sara	SR	Macalester	4.88m
7	Laryea, Emelia	FR	Gustavus	4.65m
8	Poore, Riki	JR	St. Olaf	4.63m
9	McClelland, Eva	FR	Gustavus	4.62m
10	Johnson, Lily	SO	St. Olaf	4.61m
11	Sikes, Jane	SO	St. Olaf	4.42m
12	Luehrs, Jensen	SO	Gustavus	4.40m
13	Petersen, Katie	SO	Gustavus	4.39m
14	Scholten, Hailey	FR	Bethel	4.08m

Women Triple Jump

Facility Rec: 11.98m F 2006 Alecia Watson

Name	Yr	School	Finals
Finals			
1 Muller, Annika	SR	St. Olaf	11.48m
2 Hernes, Ellie	FR	Bethel	11.39m
3 Kes, Madi	SO	Gustavus	11.25m
4 McClelland, Eva	FR	Gustavus	9.74m
5 Cappelmann, Lauren	FR	Macalester	9.30m
--- Sims, Jaeden	FR	Macalester	FOUL

Women Shot Put

Facility Rec: 17.05m F 2006 Robyn Jarocki

Name	Yr	School	Finals
Finals			
1 Poe, Annika	SO	Gustavus	14.38m
2 Roethler, Emma	SO	Bethel	13.28m
3 Kubes, Samantha	JR	Saint Marys	12.97m
4 Keske, Aleah	JR	St. Olaf	12.45m
5 Brennan, Kelley	FR	Gustavus	11.62m
6 Wilhelm, Nora	FR	Bethel	11.51m
7 Jackman, Sydney	SO	Saint Marys	11.37m
8 Banse, Grace	FR	Gustavus	11.36m
9 Irsfeld, Peyton	JR	St. Olaf	10.64m
10 Wallendal, Morgan	SO	Saint Marys	10.40m
11 Johnson, Emma	SO	St. Olaf	10.13m
12 Hughes, Daniyah	FR	Gustavus	9.92m
13 Speratos, Anna	FR	Bethel	8.95m
14 Boelter, Ella	FR	Bethel	8.05m
15 Scholten, Hailey	FR	Bethel	7.95m

Women Weight Throw

Facility Rec: 20.98m F 2006 Robyn Jarocki

Name	Yr	School	Finals
Finals			
1 Kubes, Samantha	JR	Saint Marys	14.21m
2 Roethler, Emma	SO	Bethel	14.03m
3 Bosman, Neenah	SO	Carleton	13.95m
4 Keske, Aleah	JR	St. Olaf	13.56m
5 Ellinghuysen, Lexi	JR	Bethel	13.44m
6 Wallendal, Morgan	SO	Saint Marys	13.13m
7 Becker, Anna	SO	Saint Marys	13.06m
8 Irsfeld, Peyton	JR	St. Olaf	12.87m
9 Johnson, Emma	SO	St. Olaf	12.68m

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Results

Finals ... (Women Weight Throw)

Name	Yr	School	Finals
10 Brennan, Kelley	FR	Gustavus	11.12m
11 Speratos, Anna	FR	Bethel	10.98m
12 Banse, Grace	FR	Gustavus	10.61m
13 Wilhelm, Nora	FR	Bethel	10.17m
14 Mendez, Aries	FR	St. Olaf	9.98m
14 Jackman, Sydney	SO	Saint Marys	9.98m
16 Boelter, Ella	FR	Bethel	9.69m
--- Lukenbill, Molly	JR	Bethel	FOUL

3	Joerger, Alli	SO	Gustavus	2059
4	Kaeppe, Summer	FR	Gustavus	1841

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Hobby, Sarah Beth	JR	Macalester	2:54.82 415
2 Keech, Claire	FR	St. Olaf	2:55.29 410
3 Joerger, Alli	SO	Gustavus	3:02.63 341
4 Kaeppe, Summer	FR	Gustavus	3:03.95 329

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Keech, Claire	FR	St. Olaf	10.58 607
2 Hobby, Sarah Beth	JR	Macalester	10.66 594
3 Kaeppe, Summer	FR	Gustavus	11.13 515
4 Joerger, Alli	SO	Gustavus	11.57 447

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Hobby, Sarah Beth	JR	Macalester	1.46m 577
2 Joerger, Alli	SO	Gustavus	1.43m 544
3 Kaeppe, Summer	FR	Gustavus	1.31m 419
4 Keech, Claire	FR	St. Olaf	1.28m 389

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Keech, Claire	FR	St. Olaf	4.68m 474
2 Hobby, Sarah Beth	JR	Macalester	4.66m 469
3 Joerger, Alli	SO	Gustavus	4.35m 391
4 Kaeppe, Summer	FR	Gustavus	3.99m 306

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Hobby, Sarah Beth	JR	Macalester	10.81m 583
2 Keech, Claire	FR	St. Olaf	9.04m 467
3 Joerger, Alli	SO	Gustavus	7.02m 336
4 Kaeppe, Summer	FR	Gustavus	6.01m 272

Women Indoor Pentathlon

Facility Rec: 3425 F 2019 Mackenzie Schoustra

Name	Yr	School	Finals
Finals			
1 Hobby, Sarah Beth	JR	Macalester	2638
2 Keech, Claire	FR	St. Olaf	2347