

**Black & Gold Showcase - 1/14/2023**  
**Gustavus Adolphus College**  
**Results - All**

**Women 55 Meter Dash**  
**Top 5 Advance by Time**

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Birgen Nelson	JR	Gustavus Adolphus		7.32q	1
2 Kate Carlson	SO	Gustavus Adolphus	7.44	7.65q	3
3 Lauren Dimler	FR	Gustavus Adolphus		7.82q	2
4 Ally Rakow	SO	Gustavus Adolphus		7.86q	2 7.856
5 Danielle Miller	SO	Gustavus Adolphus		7.86q	3 7.858
6 Lauren Rocheford	FR	Gustavus Adolphus		7.89	3
7 Sarrah Lindner	FR	Gustavus Adolphus		7.91	1
8 Emelia Laryea	FR	Gustavus Adolphus		7.95	1
9 Daneyah Hughes		Unattached		8.02	3
10 Jensi Jensen	FR	Gustavus Adolphus		8.10	2
11 Katie Petersen	SO	Gustavus Adolphus	8.09	8.31	2
12 Eva McClelland	FR	Gustavus Adolphus		8.39	1
13 Summer Kaeppe	FR	Gustavus Adolphus		8.60	2
-- Alli Joerger	SO	Gustavus Adolphus		DNS	1
-- Isabel Fynboh	FR	Gustavus Adolphus		DNS	3

**Women 55 Meter Dash**

Name	Year	School	Prelims	Finals
Finals				
1 Birgen Nelson	JR	Gustavus Adolphus	7.32	7.27
2 Kate Carlson	SO	Gustavus Adolphus	7.65	7.62
3 Lauren Dimler	FR	Gustavus Adolphus	7.82	7.76
4 Danielle Miller	SO	Gustavus Adolphus	7.86	7.83
5 Ally Rakow	SO	Gustavus Adolphus	7.86	7.89

**Women 400 Meter Dash**

Name	Year	School	Seed	Finals
1 Isabel Fynboh	FR	Gustavus Adolphus		1:11.54
2 Aubrey Mair	SO	Gustavus Adolphus		1:12.13
3 Julia Severson	SR	Gustavus Adolphus		1:13.72
4 Molly Weberg	SO	Gustavus Adolphus		1:14.49
5 Evelyn Villalobos	SO	Gustavus Adolphus		1:16.19
6 Claire Schoenfield	SO	Gustavus Adolphus		1:17.38
7 Simi Kaur	SO	Gustavus Adolphus		1:18.69
8 Anna Omdal	SO	Gustavus Adolphus		1:25.51
-- Nadia English	SO	Gustavus Adolphus		DNS

**Women 800 Meter Run**

Name	Year	School	Seed	Finals
1 Julia Severson	SR	Gustavus Adolphus	2:26.93	2:39.16
2 Evelyn Villalobos	SO	Gustavus Adolphus	2:38.82	2:42.20
3 Molly Weberg	SO	Gustavus Adolphus	2:32.95	2:48.77
4 Claire Schoenfield	SO	Gustavus Adolphus	2:45.98	2:49.09
5 Simi Kaur	SO	Gustavus Adolphus	2:44.85	2:49.26
6 Anna Omdal	SO	Gustavus Adolphus	2:37.26	3:04.04

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**....Women 800 Meter Run**

-- Nadia English SO Gustavus Adolphus 2:57.71 DNS

**Women 1 Mile Run**

Name	Year	School	Seed	Finals
1 Evelyn Villalobos	SO	Gustavus Adolphus		5:38.52
2 Nadia English	SO	Gustavus Adolphus	6:30.41	5:39.65
3 Molly Weberg	SO	Gustavus Adolphus		5:52.52
4 Claire Schoenfield	SO	Gustavus Adolphus	5:48.32	5:53.84
5 Simi Kaur	SO	Gustavus Adolphus	5:54.24	5:58.77
6 Julia Severson	SR	Gustavus Adolphus	5:22.32	6:07.60
7 Anna Omdal	SO	Gustavus Adolphus	5:54.98	6:33.75

**Women 55 Meter Hurdles****Top 5 Advance by Time**

Name	Year	School	Seed	Prelims
Preliminaries				
1 Danielle Miller	SO	Gustavus Adolphus	8.86	8.91q
2 Lauren Dimler	FR	Gustavus Adolphus		8.99q
3 Daneyah Hughes		Unattached		9.40q
4 Summer Kaeppe	FR	Gustavus Adolphus		10.97q

**Women 55 Meter Hurdles**

Name	Year	School	Prelims	Finals
Finals				
1 Danielle Miller	SO	Gustavus Adolphus	8.91	8.83
2 Lauren Dimler	FR	Gustavus Adolphus	8.99	9.07
3 Daneyah Hughes		Unattached	9.40	9.33
4 Summer Kaeppe	FR	Gustavus Adolphus	10.97	11.10

**Women High Jump**

Name	Year	School	Seed	Finals
1 Ally Rakow	SO	Gustavus Adolphus	1.56m	1.55m 5-01.00
1.50 1.55 1.60				
O O XXX				
2 Alli Joerger	SO	Gustavus Adolphus	1.50m	1.45m 4-09.00
1.40 1.45 1.50				
O XO XPP				
3 Jensen Luehrs	SO	Gustavus Adolphus	1.45m	1.40m 4-07.00
1.30 1.35 1.40 1.45				
P O XXO XXX				
-- Summer Kaeppe	FR	Gustavus Adolphus		NH
1.30				
XXX				

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**Women Pole Vault**

Name	Year	School	Seed	Finals
1 Jenna Bunker	SO	Gustavus Adolphus		2.51m 8-02.75
1.90 2.05 2.20 2.36 2.51 2.66				
P P P XO O XXX				
2 McKenzie Gehrke	SO	Gustavus Adolphus	2.25m	2.20m 7-02.50
1.90 2.05 2.20 2.36				
O O XO XXX				
3 Lillian Selberg	SO	Gustavus Adolphus	1.95m	2.05m 6-08.75
1.90 2.05 2.20				
O XO XXX				

**Women Long Jump**

Name	Year	School	Seed	Finals
1 Megan Geraets	SO	Gustavus Adolphus	5.42m	5.21m 17-01.25
FOUL 5.21m FOUL 5.17m				
2 Madi Kes	SO	Gustavus Adolphus	5.43m	5.06m 16-07.25
FOUL 4.86m 5.06m 4.95m				
3 Sarrah Lindner	FR	Gustavus Adolphus		4.91m 16-01.50
4.87m 4.73m 4.63m 4.91m				
4 Maren Sundberg	FR	Gustavus Adolphus		4.86m 15-11.50
4.82m 4.86m 4.71m 4.80m				
4 Lauren Dimler	FR	Gustavus Adolphus		4.86m 15-11.50
4.86m FOUL 4.83m 4.79m				
6 Emelia Laryea	FR	Gustavus Adolphus		4.63m 15-02.25
FOUL 4.63m 4.51m FOUL				
7 Eva McClelland	FR	Gustavus Adolphus		4.40m 14-05.25
4.38m 4.40m 4.36m PASS				
8 Jensen Luehrs	SO	Gustavus Adolphus		4.37m 14-04.00
4.28m 4.16m 4.05m 4.37m				
9 Katie Petersen	SO	Gustavus Adolphus	4.59m	4.20m 13-09.50
3.81m 3.97m 4.20m 3.99m				
-- Jensi Jensen	FR	Gustavus Adolphus		SCR

**Women Triple Jump**

Name	Year	School	Seed	Finals
1 Madi Kes	SO	Gustavus Adolphus	11.81m	11.33m 37-02.25
11.33m FOUL 11.20m FOUL				
2 Sarrah Lindner	FR	Gustavus Adolphus		10.13m 33-03.00
9.40m 9.59m 10.13m 9.88m				
3 Eva McClelland	FR	Gustavus Adolphus		9.56m 31-04.50
9.56m 9.35m 9.20m 9.55m				
4 Emelia Laryea	FR	Gustavus Adolphus		9.20m 30-02.25
FOUL FOUL FOUL 9.20m				

**Women Shot Put**

Name	Year	School	Seed	Finals
1 Annika Poe	SO	Gustavus Adolphus	13.80m	13.55m 44-05.50
13.55m 13.35m 12.90m 12.85m				

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**....Women Shot Put**

2	Lakesha Carter	FR	Gustavus Adolphus	11.67m	11.45m	37-06.75
	11.45m 10.70m 11.15m 10.55m					
3	Kelley Brennan	FR	Gustavus Adolphus		11.35m	37-03.00
	11.15m 10.60m 10.92m 11.35m					
4	Grace Banse	FR	Gustavus Adolphus		10.50m	34-05.50
	10.05m 10.50m 10.02m 9.85m					
5	Nicole Nelson	SO	Gustavus Adolphus	10.50m	10.30m	33-09.50
	10.30m 9.65m 8.90m 9.70m					
6	Daniyah Hughes	FR	Gustavus Adolphus		9.25m	30-04.25
	9.10m 9.25m 9.15m 9.10m					

**Women Javelin Throw**

Name	Year	School	Seed	Finals
1 Lakesha Carter	FR	Gustavus Adolphus	33.69m	27.68m 90-10
				FOUL 27.68m 22.56m 24.56m
2 Kelley Brennan	FR	Gustavus Adolphus		26.67m 87-06
				24.75m 25.77m 26.67m 26.31m
3 Jensen Luehrs	SO	Gustavus Adolphus	34.10m	24.58m 80-08
				22.96m 24.58m 19.66m 23.94m
4 Chelsea Hoernemann	SO	Gustavus Adolphus	29.75m	24.33m 79-10
				24.33m 22.17m 22.20m 16.91m
5 Grace Banse	FR	Gustavus Adolphus		18.69m 61-04
				18.69m 14.20m 16.04m FOUL
6 Daniyah Hughes	FR	Gustavus Adolphus		18.63m 61-01
				18.63m 16.50m 17.90m 16.85m

**Women Weight Throw**

Name	Year	School	Seed	Finals
1 Nicole Nelson	SO	Gustavus Adolphus	12.00m	12.20m 40-00.50
				12.20m 10.75m FOUL 10.50m
2 Kelley Brennan	FR	Gustavus Adolphus		10.86m 35-07.75
				9.70m 10.83m 10.86m FOUL
-- Grace Banse	FR	Gustavus Adolphus		SCR

**Men 55 Meter Dash****Top 5 Advance by Time**

Name	Year	School	Seed	Prelims	H#
<b>Preliminaries</b>					
1 Matthew Skelly	SO	Gustavus Adolphus	6.78	6.71q	2
2 Wyatt Quiring	SR	Gustavus Adolphus		6.72q	2
3 Nathan Le	SO	Gustavus Adolphus	6.77	6.77q	3
4 Seth Zeitchick	JR	Gustavus Adolphus		6.93q	1
5 Matthew Montplaisir	Alumni			6.95q	2 6.942
6 Danny Bies	SO	Gustavus Adolphus		6.95	1 6.949
7 Peter Oviguian	JR	Gustavus Adolphus		6.98	3
8 Agro Gushwa	SO	Gustavus Adolphus		7.07	3 7.062
9 Michael Broad	SO	Gustavus Adolphus	7.28	7.07	1 7.064
10 Grant Baker	SO	Gustavus Adolphus		7.22	2
11 Cole Matetich	SO	Gustavus Adolphus		7.28	1

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**....Men 55 Meter Dash**

12	John Diaz	SO	Gustavus Adolphus		7.43	3
13	Calvin Moeller	SO	Gustavus Adolphus		7.48	3
14	Logan Sullivan	SO	Gustavus Adolphus	7.82	7.59	2
15	Joe Schmidt	SO	Gustavus Adolphus	7.52	7.68	1

**Men 55 Meter Dash**

Name	Year	School	Prelims	Finals		
Finals						
1	Wyatt Quiring	SR	Gustavus Adolphus	6.72	6.70	
2	Nathan Le	SO	Gustavus Adolphus	6.77	6.75	6.744
3	Matthew Skelly	SO	Gustavus Adolphus	6.71	6.75	6.750
4	Matthew Montplaisir		Alumni	6.95	6.82	
5	Seth Zeitchick	JR	Gustavus Adolphus	6.93	7.05	

**Men 400 Meter Dash**

Name	Year	School	Seed	Finals	H#	
1	Tucker Wallin	JR	Gustavus Adolphus	55.65	1	
2	Matthew Montplaisir		Alumni	54.00	56.31	1
3	Noah Stageberg	SO	Gustavus Adolphus	57.94	2	
4	Jonah Kalsnes	SO	Gustavus Adolphus	59.36	2	
5	Jake Wielgos	SO	Gustavus Adolphus	59.65	1	
6	Logan McCullough	SO	Gustavus Adolphus	1:01.25	2	
7	Soren Sackreiter	FR	Gustavus Adolphus	1:01.67	2	
8	Jonah Johnson	SO	Gustavus Adolphus	1:01.79	2	
9	Henry Hinchcliffe	SO	Gustavus Adolphus	1:02.62	1	
10	Trevor LaVigne	SO	Gustavus Adolphus	1:05.75	1	
11	Will Janzen	FR	Gustavus Adolphus	1:06.65	2	
12	Sam Brenner	FR	Gustavus Adolphus	1:08.47	2	
--	Carson Roehl	SO	Gustavus Adolphus	DNS	1	

**Men 800 Meter Run**

Name	Year	School	Seed	Finals	H#	
1	Mark Rud	FR	Gustavus Adolphus	2:05.66	1	
2	Tucker Wallin	JR	Gustavus Adolphus	1:58.97	2:08.13	1
3	Korrigan Diercks	SO	Gustavus Adolphus	2:01.13	2:08.20	1
4	Trevor LaVigne	SO	Gustavus Adolphus	2:06.15	2:08.83	2
5	Logan McCullough	SO	Gustavus Adolphus	2:13.41	2:08.91	2
6	Marcus Hansen	JR	Gustavus Adolphus	2:02.21	2:09.04	1
7	Jonah Kalsnes	SO	Gustavus Adolphus	2:08.82	2:09.59	2
8	Jake Wielgos	SO	Gustavus Adolphus	2:01.18	2:12.12	1
9	Jonah Johnson	SO	Gustavus Adolphus	2:20.05	2:16.40	2
10	Soren Sackreiter	FR	Gustavus Adolphus		2:18.32	2
11	Henry Hinchcliffe	SO	Gustavus Adolphus	2:05.21	2:20.77	1
12	Will Janzen	FR	Gustavus Adolphus		2:27.84	2
13	Sam Brenner	FR	Gustavus Adolphus		2:27.86	2
--	Carson Roehl	SO	Gustavus Adolphus	1:57.72	DNS	1
--	Sam Marble	JR	Gustavus Adolphus	2:06.80	DNS	1

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**Men 1 Mile Run**

Name	Year	School	Seed	Finals
1 Tucker Wallin	JR	Gustavus Adolphus	4:17.52	4:32.92
2 Trevor LaVigne	SO	Gustavus Adolphus	4:29.80	4:35.89
3 Henry Hinchcliffe	SO	Gustavus Adolphus	4:24.51	4:39.48
4 Jake Wielgos	SO	Gustavus Adolphus	4:33.94	4:41.32
5 Logan McCullough	SO	Gustavus Adolphus	4:43.75	4:42.39
6 Jonah Kalsnes	SO	Gustavus Adolphus	4:48.29	4:43.27
7 Soren Sackreiter	FR	Gustavus Adolphus		4:52.34
8 Jonah Johnson	SO	Gustavus Adolphus	4:53.39	4:57.66
9 Will Janzen	FR	Gustavus Adolphus		5:05.56
10 Sam Brenner	FR	Gustavus Adolphus		5:37.45
-- Carson Roehl	SO	Gustavus Adolphus	4:40.71	DNS

**Men 55 Meter Hurdles**

Name	Year	School	Seed	Finals
1 Cole Matetich	SO	Gustavus Adolphus		9.28
2 Grant Baker	SO	Gustavus Adolphus		9.63
3 Calvin Moeller	SO	Gustavus Adolphus		9.76
4 Joe Schmidt	SO	Gustavus Adolphus		10.69

**Men High Jump**

Name	Year	School	Seed	Finals
1 Danny Bies	SO	Gustavus Adolphus	1.70m	1.85m 6-00.75
1.40 1.45 1.50 1.55 1.60 1.65 1.70 1.75 1.85 1.90				
P P P P P O O O O XXX				
2 Logan Sullivan	SO	Gustavus Adolphus	1.71m	1.70m 5-07.00
1.40 1.45 1.50 1.55 1.60 1.65 1.70 1.75				
P P P O O XO O XXX				
-- Joe Schmidt	SO	Gustavus Adolphus		NH

**Men Pole Vault**

Name	Year	School	Seed	Finals
1 Drew Hood		Alumni		3.73m 12-02.75
2.51 2.66 2.81 2.97 3.12 3.27 3.42 3.58 3.73 3.88				
P P P P P XO P XO O XXX				
1 Joe Ream	FR	Gustavus Adolphus		3.73m 12-02.75
2.51 2.66 2.81 2.97 3.12 3.27 3.42 3.58 3.73 3.88				
P P P P P O O O XO XXX				
3 Logan Marzinske	SO	Gustavus Adolphus	3.55m	3.27m 10-08.75
2.51 2.66 2.81 2.97 3.12 3.27 3.42				
P P P P O O XXX				
4 Joe Schmidt	SO	Gustavus Adolphus	2.92m	2.97m 9-09.00
2.51 2.66 2.81 2.97 3.12				
P P XXO O XXX				
5 Connor McCormick	FR	Gustavus Adolphus		2.66m 8-08.75
2.51 2.66 2.81				
O XXO XXX				

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**Men Long Jump**

Name	Year	School	Seed	Finals
1 Matthew Montplaisir		Alumni		6.25m 20-06.25
	6.21m	5.90m	6.22m	6.25m
2 Nathan Le	SO	Gustavus Adolphus	6.05m	5.86m 19-02.75
	5.73m	5.86m	PASS	PASS

**Men Shot Put**

Name	Year	School	Seed	Finals
1 Michael Hensch		Alumni		14.15m 46-05.25
	13.70m	13.25m	14.15m	12.50m
2 Eli Spurgeon	FR	Gustavus Adolphus	13.00m	11.70m 38-04.75
	10.65m	11.50m	11.70m	11.58m
3 Connor McCormick	FR	Gustavus Adolphus		8.50m 27-10.75
	7.75m	8.50m	6.95m	FOUL

**Men Javelin Throw**

Name	Year	School	Seed	Finals
1 Michael Hensch		Alumni		40.69m 133-06
	34.83m	40.69m	FOUL	37.42m
2 Peter Oviguan	JR	Gustavus Adolphus	45.88m	35.56m 116-08
	35.56m	FOUL	30.37m	33.50m
3 Joshua Gregory	FR	Gustavus Adolphus		31.16m 102-03
	24.63m	22.93m	30.88m	31.16m
4 Connor McCormick	FR	Gustavus Adolphus		30.60m 100-05
	20.89m	24.73m	23.55m	30.60m

**Men Weight Throw**

Name	Year	School	Seed	Finals
1 Michael Hensch		Alumni		15.56m 51-00.75
	FOUL	14.90m	14.50m	15.56m
2 Joshua Beiswanger	JR	Gustavus Adolphus	15.00m	14.92m 48-11.50
	14.65m	14.92m	FOUL	FOUL
3 Zach Stordahl	SO	Gustavus Adolphus	12.40m	13.50m 44-03.50
	12.20m	12.32m	12.56m	13.50m

**Mixed 55 Meter Dash Fastest Stud**

Name	Year	School	Seed	Finals	H#
1 Jared Hecht	M	GA Student		6.87	2
2 Jake Breitbach	M	GA Student		6.96	1
3 Tayden Fredericks	M	GA Student		7.53	1
4 Grayson Wieczorek	M	GA Student		7.63	2
5 Tristen O'Brien	M	GA Student		7.65	1
6 Ryan Miller	M	GA Student		8.38	2
7 Callista LaMott	W	GA Student		14.24	3
8 Ella Ruble	W	GA Student		15.98	3
-- Ryan Wersal	M	GA Student		DNS	1

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**....Mixed 55 Meter Dash Fastest Stud**

-- Jake Lucas

M GA Student

DNS 2