

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Women 60 Meter Dash**

Name	Yr	School	Seed	Prelims	H#
Preliminaries					
1 #316 Birgen Nelson	JR	Gustavus Adolphus	7.66	7.80 Q	3
2 #84 Sarah Stellmach	SO	Bethel (Minn.)	7.81	7.81 Q	2
3 #285 Kate Carlson	SO	Gustavus Adolphus	7.82	7.90 Q	1
4 #34 Jireh Babalola	JR	Bethel (Minn.)	7.89	7.94 q	1
5 #644 Makayla Stinson	FR	St. Catherine (Minn.)	8.19	8.04 q	2
6 #589 Kate Gallagher	JR	St. Benedict	8.00	8.08 q	2
7 #232 Emily Rengo	FR	Concordia-Moorhead	8.13	8.12 q	3
8 #315 Danielle Miller	SO	Gustavus Adolphus	8.36	8.16 q	2
9 #593 Tiana Johnson	JR	St. Benedict	8.11	8.16	3
10 #465 Journey Amundson	SR	Macalester	8.24	8.20	1
11 #867 Ava Fink	FR	St. Scholastica	8.24	8.21	1
12 #301 Daneyah Hughes	FR	Gustavus Adolphus	8.34	8.25	2
13 #606 Myah Nelson	FR	St. Benedict	8.27	8.26	2
14 #57 Hannah King	JR	Bethel (Minn.)	8.32	8.27	3
15 #321 Ally Rakow	SO	Gustavus Adolphus	8.33	8.29	1
16 #415 Ellie Logelin	JR	Hamline	8.28	8.31	3
17 #162 Riley Roberts	SO	Carleton	8.32	8.35	2
18 #287 Lauren Dimler	FR	Gustavus Adolphus	8.34	8.36	3
19 #158 Bianca Lott	FR	Carleton	8.33	8.39	1
20 #11 Santrice Rodriguez	FR	Augsburg	8.40	8.43	1
21 #769 Rachel Nelsen	JR	St. Olaf	8.38	8.43	1
22 #68 Annie Paulson	FR	Bethel (Minn.)	8.36	8.46	3
23 #309 Emelia Laryea	FR	Gustavus Adolphus	8.43	8.47	3
24 #595 Madi Josephson	FR	St. Benedict	8.40	8.57	2

Women 60 Meter Dash

Name	Yr	School	Prelims	Finals
Finals				
1 #84 Sarah Stellmach	SO	Bethel (Minn.)	7.81	7.70
2 #285 Kate Carlson	SO	Gustavus Adolphus	7.90	7.87
3 #316 Birgen Nelson	JR	Gustavus Adolphus	7.80	7.87
4 #34 Jireh Babalola	JR	Bethel (Minn.)	7.94	7.90
5 #589 Kate Gallagher	JR	St. Benedict	8.08	8.01
6 #232 Emily Rengo	FR	Concordia-Moorhead	8.12	8.05
7 #644 Makayla Stinson	FR	St. Catherine (Minn.)	8.04	8.20
8 #315 Danielle Miller	SO	Gustavus Adolphus	8.16	8.22

Women 200 Meter Dash

Name	Yr	School	Seed	Finals	H#
Finals					
1 #316 Birgen Nelson	JR	Gustavus Adolphus	25.21	25.61	6
2 #84 Sarah Stellmach	SO	Bethel (Minn.)	25.86	25.61	6
3 #291 Megan Geraets	SO	Gustavus Adolphus	26.06	26.05	5
4 #285 Kate Carlson	SO	Gustavus Adolphus	25.65	26.13	6
5 #77 Kelsie Sealock	JR	Bethel (Minn.)	26.41	26.27	5
6 #4 Allison Hookom	FR	Augsburg	26.46	26.62	5
7 #593 Tiana Johnson	JR	St. Benedict	27.28	26.72	3
8 #232 Emily Rengo	FR	Concordia-Moorhead	27.19	26.80	3

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Women 200 Meter Dash)**

	Name	Yr School	Seed	Finals	H#
9	#34 Jireh Babalola	JR Bethel (Minn.)	27.46	26.88	2
10	#170 Hadley Twichell	FR Carleton	26.54	26.90	4
11	#68 Annie Paulson	FR Bethel (Minn.)	26.94	26.95	4
12	#786 Emma Storbakken	SO St. Olaf	27.27	27.06	3
13	#757 Karla Kroschel	JR St. Olaf	27.45	27.21	2
14	#867 Ava Fink	FR St. Scholastica	27.51	27.32	1
15	#415 Ellie Logelin	JR Hamline	27.57	27.42	1
16	#321 Ally Rakow	SO Gustavus Adolphus	27.11	27.43	4
17	#322 Lauren Rocheford	FR Gustavus Adolphus	27.50	27.45	2
18	#40 Morgan Dean	FR Bethel (Minn.)	27.63	27.61	1
19	#37 Makenna Brown	JR Bethel (Minn.)	27.92	27.80	2
20	#158 Bianca Lott	FR Carleton	27.88	27.80	4
21	#763 Zoe Matre	SO St. Olaf	27.83	27.85	5
22	#11 Santrice Rodriguez	FR Augsburg	27.93	27.89	1
23	#86 Abbie Swenson	SO Bethel (Minn.)	27.90	27.91	3
24	#750 Ququ Holman	JR St. Olaf	27.80	28.09	6

Women 400 Meter Dash

	Name	Yr School	Seed	Finals	H#
Finals					
1	#4 Allison Hookom	FR Augsburg	58.92	58.32	3
2	#291 Megan Geraets	SO Gustavus Adolphus	59.41	59.06	3
3	#577 Lauren Berg	FR St. Benedict	59.47	59.24	3
4	#87 Mikayla Turek	JR Bethel (Minn.)	59.26	1:00.22	3
5	#170 Hadley Twichell	FR Carleton	1:01.12	1:00.93	2
6	#40 Morgan Dean	FR Bethel (Minn.)	1:01.55	1:01.54	2
7	#37 Makenna Brown	JR Bethel (Minn.)	1:01.78	1:01.64	1
8	#757 Karla Kroschel	JR St. Olaf	1:01.95	1:01.70	1
9	#401 Lindsey Bernardy	SR Hamline	1:01.68	1:02.10	1
10	#786 Emma Storbakken	SO St. Olaf	1:01.75	1:02.39	1
11	#322 Lauren Rocheford	FR Gustavus Adolphus	1:04.06	1:02.70	2
12	#237 Meg Shercliffe	JR Concordia-Moorhead	1:03.52	1:03.00	2
13	#48 Hailey Gregg	SO Bethel (Minn.)	1:00.95	1:03.03	2
14	#86 Abbie Swenson	SO Bethel (Minn.)	1:02.77	1:03.08	3
15	#72 Grace Robinson	SO Bethel (Minn.)	1:01.05	1:03.09	2
16	#78 Jessie Smith	SO Bethel (Minn.)	1:03.05	1:03.27	3

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Women 400 Meter Dash)**

	Name	Yr	School	Seed	Finals	H#
17	#69 Madi Pelowski	FR	Bethel (Minn.)	1:04.26	1:04.31	1
18	#774 Ruth Pfeiffer	FR	St. Olaf	1:04.08	1:04.42	1

Women 600 Meter Run

	Name	Yr	School	Seed	Finals	H#
Finals						
1	#417 Alexandra Maddux	SR	Hamline	1:35.92	1:35.98	3
2	#577 Lauren Berg	FR	St. Benedict	1:38.91	1:36.28	3
3	#56 Annessa Ihde	SO	Bethel (Minn.)	1:37.85	1:36.31	3
4	#72 Grace Robinson	SO	Bethel (Minn.)	1:39.72	1:38.37	3
5	#876 Ellie Sholing	SR	St. Scholastica	1:42.92	1:39.52	2
6	#152 Jocelyn Ferguson	SO	Carleton	1:40.07	1:39.71	3
7	#151 Lara Erickson	SO	Carleton	1:40.34	1:39.92	3
8	#165 Celia Silverstein	FR	Carleton	1:41.08	1:40.18	2
9	#87 Mikayla Turek	JR	Bethel (Minn.)	1:41.11	1:40.29	2
10	#743 Jules Fromm	SO	St. Olaf	1:40.77	1:40.29	2
11	#46 Ruby Gernandt	SO	Bethel (Minn.)	1:42.97	1:42.35	1
12	#401 Lindsey Bernardy	SR	Hamline	1:42.23	1:42.50	2
13	#38 Anna Cargill	FR	Bethel (Minn.)	1:43.58	1:42.70	1
14	#762 Abbie Manhard	FR	St. Olaf	1:44.33	1:43.05	1
15	#208 Drew Frolek	SO	Concordia-Moorhead	1:42.19	1:43.95	2
16	#789 Isabel Wyatt	FR	St. Olaf	1:43.88	1:44.44	1
17	#49 Evie Hage	SO	Bethel (Minn.)	1:44.67	1:44.79	1
18	#783 Kayla Sieck	FR	St. Olaf	1:43.85	1:52.90	1

Women 800 Meter Run

	Name	Yr	School	Seed	Finals	H#
Finals						
1	#417 Alexandra Maddux	SR	Hamline	2:18.52	2:14.85	3
2	#56 Annessa Ihde	SO	Bethel (Minn.)	2:16.30	2:15.11	3
3	#876 Ellie Sholing	SR	St. Scholastica	2:23.24	2:20.50	3

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Women 800 Meter Run)**

	Name	Yr School	Seed	Finals	H#
4	#208 Drew Frolek	SO Concordia-Moorhead	2:22.36	2:21.69	3
5	#165 Celia Silverstein	FR Carleton	2:23.41	2:22.89	3
6	#767 Grace Moeller	FR St. Olaf	2:22.72	2:24.13	3
7	#148 Alice Cutter	SO Carleton	2:23.97	2:24.37	2
8	#614 Kalli Smith	SO St. Benedict	2:23.59	2:24.58	2
9	#38 Anna Cargill	FR Bethel (Minn.)	2:24.46	2:25.13	2
10	#743 Jules Fromm	SO St. Olaf	2:24.73	2:25.16	2
11	#334 Kailyn Walukas	SO Gustavus Adolphus	2:27.00	2:28.10	2
12	#166 Sadie Ray Smith	JR Carleton	2:30.43	2:28.80	1
13	#491 Madeline Rodriguez	SR Macalester	2:30.52	2:29.05	1
14	#727 Christine Albrecht	JR St. Olaf	2:15.93	2:29.15	3
15	#603 Lucy Lyngen	JR St. Benedict	2:31.16	2:29.62	1
16	#626 Natalie Zielsdorf	FR St. Benedict	2:31.56	2:30.33	1
17	#497 Karley Thurston	SO Macalester	2:29.36	2:30.85	2
18	#171 Kate Ulrich	SO Carleton	2:30.53	2:31.34	1
19	#66 Esther Nelson	SO Bethel (Minn.)	2:29.51	2:31.51	2
20	#782 Ava Shirley	FR St. Olaf	2:31.13	2:31.95	1
21	#764 Riley Mauzer	JR St. Olaf	2:30.05	2:40.33	1

Women 1000 Meter Run

	Name	Yr School	Seed	Finals	H#
Finals					
1	#141 Mary Blanchard	SO Carleton	2:56.95	2:57.20	3
2	#466 Maria Blaesing	JR Macalester	3:02.67	3:01.51	3
3	#767 Grace Moeller	FR St. Olaf	3:07.49	3:02.65	3
4	#148 Alice Cutter	SO Carleton	3:08.62	3:07.04	3
5	#726 Sophie Abernethy	SO St. Olaf	3:10.38	3:07.05	3

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Women 1000 Meter Run)**

	Name	Yr School	Seed	Finals	H#
6	#164 Nell Schafer	JR Carleton	3:10.27	3:10.35	3
7	#614 Kalli Smith	SO St. Benedict	3:12.34	3:12.19	2
8	#759 Ella Landis	FR St. Olaf	3:07.59	3:12.48	3
9	#604 Keiley Maahs	JR St. Benedict	3:11.31	3:12.99	2
10	#171 Kate Ulrich	SO Carleton	3:14.89	3:13.59	2
11	#489 Mara Pirone	FR Macalester	3:13.82	3:13.71	2
12	#3 Brooklyn Conrad	FR Augsburg	3:16.63	3:14.50	1
13	#233 Sophia Revoir	FR Concordia-Moorhead	3:13.53	3:14.76	2
14	#238 Eden Smith	SO Concordia-Moorhead	3:24.83	3:15.31	1
15	#334 Kailyn Walukas	SO Gustavus Adolphus	3:14.08	3:16.06	2
16	#150 Morgan Dieschbourg	SO Carleton	3:17.21	3:17.03	1
17	#626 Natalie Zielsdorf	FR St. Benedict	3:21.08	3:17.10	1
18	#621 Brooke Verkinnes	FR St. Benedict	3:25.19	3:18.00	1
19	#234 Emily Rugloski	SR Concordia-Moorhead	3:15.11	3:19.52	2
20	#156 Margo Lewis	SO Carleton	3:19.99	3:20.65	1
21	#212 Elsie Hatlevig	FR Concordia-Moorhead	3:24.17	3:28.76	1
22	#166 Sadie Ray Smith	JR Carleton	3:11.36	3:29.99	2
23	#427 Daniela Sanchez-Castillo	FR Hamline	3:19.39	3:37.15	1

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Women 1 Mile Run**

	Name	Yr	School	Seed	Finals	H#
Finals						
1	#159 Clara Mayfield	JR	Carleton	4:53.77	4:50.20	3
2	#141 Mary Blanchard	SO	Carleton	5:02.03	4:59.43	3
3	#466 Maria Blaesing	JR	Macalester	5:08.03	5:01.71	3
4	#727 Christine Albrecht	JR	St. Olaf	4:58.75	5:09.22	3
5	#726 Sophie Abernethy	SO	St. Olaf	5:19.05	5:16.71	3
6	#767 Grace Moeller	FR	St. Olaf	5:12.45	5:18.89	3
7	#164 Nell Schafer	JR	Carleton	5:30.16	5:29.43	3
8	#765 Molly Kate McCloskey	FR	St. Olaf	5:40.57	5:37.12	2
9	#150 Morgan Dieschbourg	SO	Carleton	5:38.14	5:37.32	2
10	#53 Anna Hay	FR	Bethel (Minn.)	5:40.55	5:41.87	2
11	#738 Ava Craven	SO	St. Olaf	5:45.19	5:43.38	2
12	#83 Madison Stackhouse	FR	Bethel (Minn.)	5:44.37	5:43.39	2
13	#156 Margo Lewis	SO	Carleton	5:46.13	5:43.65	2
14	#472 Sylvia Coyle	SO	Macalester	5:43.99	5:44.52	2
15	#418 Alicia Maddux	FR	Hamline	5:36.43	5:46.35	3
16	#582 Eva Creighton	FR	St. Benedict	5:39.00	5:46.91	2
17	#212 Elsie Hatlevig	FR	Concordia-Moorhead	5:57.72	5:46.92	1
18	#602 Tatum Leibke	FR	St. Benedict	5:52.93	5:48.99	1

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Women 1 Mile Run)**

	Name	Yr School	Seed	Finals	H#
19	#879 Jenna Terrio	JR St. Scholastica	5:48.26	5:49.25	1
20	#173 Maggie Votruba	SO Carleton	5:49.90	5:51.82	1
21	#47 Lydia Gessner	SO Bethel (Minn.)	5:52.22	5:54.04	1
22	#308 Taina Koivisto	SO Gustavus Adolphus	5:51.12	5:54.94	1
23	#430 Abby Tapajna	FR Hamline	5:50.13	5:55.22	1
24	#306 Simi Kaur	SO Gustavus Adolphus	5:50.40	5:55.27	1
25	#427 Daniela Sanchez-Castillo	FR Hamline	5:43.70	5:58.29	2
26	#81 Ellesa St. George	SO Bethel (Minn.)	5:58.41	6:03.15	1

Women 3000 Meter Run

	Name	Yr School	Seed	Finals	H#
Finals					
1	#613 Fiona Smith	JR St. Benedict	9:28.14	9:32.07	2
2	#159 Clara Mayfield	JR Carleton	9:36.90	9:35.01	2
3	#147 Helen Cross	SO Carleton	9:54.44	9:54.83	2
4	#161 Hannah Preisser	FR Carleton	9:58.86	9:59.92	2
5	#734 Sofia Carlson	SO St. Olaf	10:05.42	10:08.73	2
6	#731 Alison Bode	SO St. Olaf	10:13.74	10:15.36	2

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Women 3000 Meter Run)**

	Name	Yr	School	Seed	Finals	H#
7	#160 Sophie McManus	SO	Carleton	10:06.19	10:19.83	2
8	#788 Lauren Walda	FR	St. Olaf	10:42.29	10:25.20	2
9	#599 Annie Kiolbasa	JR	St. Benedict	10:45.42	10:32.98	2
10	#51 Josie Harms	SO	Bethel (Minn.)	10:43.82	10:36.59	2
11	#168 Rainey Tilley	JR	Carleton	10:45.21	10:37.42	2
12	#331 Evelyn Villalobos	SO	Gustavus Adolphus	10:46.91	10:37.67	2
13	#155 Aliya Larsen	FR	Carleton	10:50.13	10:42.22	1
14	#6 Gracie Johnson	FR	Augsburg	10:46.28	10:42.58	2
15	#41 Anna Decker	SO	Bethel (Minn.)	10:49.91	10:47.50	2
16	#760 Gracia Larsen-Schmidt	SO	St. Olaf	10:51.00	10:51.75	1
17	#616 Bridget Tetmeyer	JR	St. Benedict	10:52.81	10:53.44	1

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Women 3000 Meter Run)**

	Name	Yr	School	Seed	Finals	H#
18	#624 Elise Yeager	JR	St. Benedict	11:09.36	10:57.46	1
19	#584 Emily DeMorett	SR	St. Benedict	10:59.43	11:00.93	1
20	#598 Mary Kenney	FR	St. Benedict	11:08.97	11:03.96	1
21	#143 Marte Borgmann	JR	Carleton	11:07.06	11:06.13	1
22	#223 Amelia Landsverk	SR	Concordia-Moorhead	11:17.06	11:08.42	1
23	#418 Alicia Maddux	FR	Hamline	11:10.56	11:10.52	1
24	#296 Sydney Hagen	SO	Gustavus Adolphus	11:26.35	11:11.54	1
25	#83 Madison Stackhouse	FR	Bethel (Minn.)	11:20.36	11:28.87	1
26	#426 Libby Roberdeau	JR	Hamline	11:24.47	11:32.81	1
27	#582 Eva Creighton	FR	St. Benedict	11:19.91	11:37.09	1
28	#327 Julia Severson	SR	Gustavus Adolphus	11:06.44	11:45.86	1

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Women 5000 Meter Run**

	Name	Yr School	Seed	Finals
Finals				
1	#613 Fiona Smith	JR St. Benedict	16:36.54	16:49.69
2	#147 Helen Cross	SO Carleton	17:32.32	17:03.15
3	#161 Hannah Preisser	FR Carleton	17:22.77	17:05.02
4	#734 Sofia Carlson	SO St. Olaf	17:05.94	17:12.02
5	#731 Alison Bode	SO St. Olaf	17:18.09	17:13.20
6	#160 Sophie McManus	SO Carleton	17:51.75	17:50.10
7	#788 Lauren Walda	FR St. Olaf	18:18.70	17:57.40

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Women 5000 Meter Run)**

	Name	Yr School	Seed	Finals
8	#599 Annie Kiolbasa	JR St. Benedict	18:23.86	18:00.79
9	#331 Evelyn Villalobos	SO Gustavus Adolphus	18:34.70	18:04.09
10	#51 Josie Harms	SO Bethel (Minn.)	18:42.49	18:18.53
11	#616 Bridget Tetmeyer	JR St. Benedict	19:06.69	18:54.30
12	#760 Gracia Larsen-Schmidt	SO St. Olaf	19:01.17	19:00.32
13	#598 Mary Kenney	FR St. Benedict	19:06.37	19:00.84
14	#234 Emily Rugloski	SR Concordia-Moorhead	19:30.07	19:09.28

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Women 5000 Meter Run)**

Name	Yr School	Seed	Finals
15 #143 Marte Borgmann	JR Carleton	19:19.28	19:18.65
16 #584 Emily DeMorett	SR St. Benedict	19:11.61	19:28.65
17 #223 Amelia Landsverk	SR Concordia-Moorhead	19:32.35	19:42.62
18 #426 Libby Roberdeau	JR Hamline	19:32.88	20:02.76

Women 60 Meter Hurdles

Name	Yr School	Seed	Prelims	H#
Preliminaries				
1 #316 Birgen Nelson	JR Gustavus Adolphus	8.35	8.56 Q	3
2 #77 Kelsie Sealock	JR Bethel (Minn.)	8.53	8.70 Q	2
3 #781 Rebekah Salfer	SR St. Olaf	9.12	9.27 Q	1
4 #315 Danielle Miller	SO Gustavus Adolphus	9.30	9.27 q	2
5 #174 Nayeli Williams	SO Carleton	9.21	9.38 q	1
6 #54 Ellie Hernes	FR Bethel (Minn.)	9.38	9.39 q	3
7 #577 Lauren Berg	FR St. Benedict	9.46	9.45 q	2
8 #588 Justus Floren	SO St. Benedict	9.42	9.52 q	1
9 #287 Lauren Dimler	FR Gustavus Adolphus	9.41	9.63	2
10 #57 Hannah King	JR Bethel (Minn.)	9.87	9.71	1
11 #219 Jenna Kalevik	SO Concordia-Moorhead	9.65	9.73	3
12 #236 Peyton Selle	JR Concordia-Moorhead	9.32	9.79	3
13 #225 Nicole Lilleberg	SR Concordia-Moorhead	9.86	9.80	1
14 #65 AnnaGrace Nelson	SO Bethel (Minn.)	9.81	9.84	2
15 #628 Burnices Barlue	SO St. Catherine (Minn.)	9.92	10.00	2
16 #301 Daneyah Hughes	FR Gustavus Adolphus	9.45	10.01	1
17 #882 McKenzie Williams	JR St. Scholastica	9.54	10.02	3
18 #82 Ally Stackhouse	SO Bethel (Minn.)	10.02	10.07	3
19 #76 Hailey Scholten	FR Bethel (Minn.)	10.08	10.09	3
20 #595 Madi Josephson	FR St. Benedict	10.10	10.12	2

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Preliminaries ... (Women 60 Meter Hurdles)**

Name	Yr	School	Seed	Prelims	H#
21 #754 Lily Johnson	SO	St. Olaf	10.25	10.47	2
22 #482 Sarah Beth Hobby	JR	Macalester	10.18	10.48	1
23 #494 Jaeden Sims	FR	Macalester	10.15	10.72	1
24 #780 Emma Sahly	SO	St. Olaf	10.55	10.83	3

Women 60 Meter Hurdles

Name	Yr	School	Prelims	Finals
Finals				
1 #316 Birgen Nelson	JR	Gustavus Adolphus	8.56	8.53
2 #577 Lauren Berg	FR	St. Benedict	9.45	9.22
3 #315 Danielle Miller	SO	Gustavus Adolphus	9.27	9.24
4 #174 Nayeli Williams	SO	Carleton	9.38	9.35
5 #781 Rebekah Salfer	SR	St. Olaf	9.27	9.42
6 #54 Ellie Hernes	FR	Bethel (Minn.)	9.39	9.44
7 #588 Justus Floren	SO	St. Benedict	9.52	9.45
--- #77 Kelsie Sealock	JR	Bethel (Minn.)	8.70	DQ

Women 4x200 Meter Relay

Team	Relay	Seed	Finals	H#
Finals				
1 Gustavus Adolphus	A	1:46.97	1:45.39	3
1) #285 Kate Carlson SO	2) #291 Megan Geraets SO	3) #321 Ally Rakow SO	4) #316 Birgen Nelson JR	
2 Bethel (Minn.)	A	1:51.56	1:45.82	2
1) #34 Jireh Babalola JR	2) #84 Sarah Stellmach SO	3) #40 Morgan Dean FR	4) #68 Annie Paulson FR	
3 St. Olaf	A	1:55.36	1:48.53	1
1) #757 Karla Kroschel JR	2) #750 Ququ Holman JR	3) #763 Zoe Matre SO	4) #786 Emma Storbakken SO	
4 Augsburg	A	1:52.55	1:48.62	1
1) #1 Mya Bishop JR	2) #11 Santrice Rodriguez FR	3) #2 CC Cesare FR	4) #4 Allison Hookom FR	
5 St. Benedict	A	1:51.52	1:48.84	2
1) #577 Lauren Berg FR	2) #592 Hailey Johnson SR	3) #606 Myah Nelson FR	4) #593 Tiana Johnson JR	
6 Carleton	A	1:48.89	1:48.95	3
1) #170 Hadley Twichell FR	2) #152 Jocelyn Ferguson SO	3) #158 Bianca Lott FR	4) #162 Riley Roberts SO	
7 St. Scholastica	A	1:52.63	1:49.27	3
1) #874 Kaitlyn Sautter FR	2) #865 Jaden Ellefson FR	3) #872 Kayla Nelson FR	4) #867 Ava Fink FR	
8 Concordia-Moorhead	A	1:52.81	1:50.29	2
1) #232 Emily Rengo FR	2) #225 Nicole Lilleberg SR	3) #237 Meg Shercliffe JR	4) #241 Mary Wunderlich SO	
9 Macalester	A	1:51.60	1:54.42	1
1) #468 Lauren Cappelmann FR	2) #494 Jaeden Sims FR	3) #483 Penny Hunter JR	4) #473 Amanda Crewey FR	
--- Hamline	A	1:56.11	DQ	2
1) #435 Liana Woo SO	2) #400 Andreiana Aurelius JR	3) #412 Gabrielle Hannah SO	4) #411 Mercedes Hamilton SO	
--- St. Catherine (Minn.)	A	1:55.41	DQ	3
1) #633 Erin Doyle JR	2) #644 Makayla Stinson FR	3) #628 Burnices Barlue SO	4) #646 Katie Yoder FR	

Women 4x400 Meter Relay

Team	Relay	Seed	Finals	H#
Finals				
1 Bethel (Minn.)	A	3:55.56	3:58.67	3
1) #77 Kelsie Sealock JR	2) #56 Annessa Ihde SO	3) #87 Mikayla Turek JR	4) #84 Sarah Stellmach SO	
2 Carleton	A	4:13.94	4:06.00	2
1) #174 Nayeli Williams SO	2) #170 Hadley Twichell FR	3) #152 Jocelyn Ferguson SO	4) #141 Mary Blanchard SO	

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Team	Relay	Seed	Finals	H#
3 St. Benedict	A	4:13.31	4:09.26	3
1) #607 Sidela Nyuga JR	2) #600 Emerson Knapp SO	3) #590 Mirjana Ganley JR	4) #577 Lauren Berg FR	
4 St. Olaf	A	4:15.46	4:13.42	2
1) #757 Karla Kroschel JR	2) #739 Olivia Edstrom JR	3) #762 Abbie Manhard FR	4) #786 Emma Storbakken SO	
5 Concordia-Moorhead	A	4:20.62	4:14.56	1
1) #241 Mary Wunderlich SO	2) #236 Peyton Selle JR	3) #237 Meg Shercliffe JR	4) #208 Drew Frolek SO	
6 Hamline	A	4:17.44	4:15.94	2
1) #415 Ellie Logelin JR	2) #417 Alexandra Maddux SR	3) #419 Jalisa Mathews SR	4) #401 Lindsey Bernardy SR	
7 Gustavus Adolphus	A	4:12.96	4:16.12	3
1) #300 Makenna Huetten SO	2) #287 Lauren Dimler FR	3) #315 Danielle Miller SO	4) #322 Lauren Rocheford FR	
8 St. Scholastica	A	4:16.62	4:16.13	2
1) #882 McKenzie Williams JR	2) #865 Jaden Ellefson FR	3) #870 Anna Kiminiski SO	4) #872 Kayla Nelson FR	
9 Macalester	A	4:12.68	4:16.32	3
1) #500 Hadley Wilkins FR	2) #494 Jaeden Sims FR	3) #466 Maria Blaesing JR	4) #465 Journey Amundson SR	
10 Augsburg	A		4:21.06	1
1) #1 Mya Bishop JR	2) #2 CC Cesare FR	3) #3 Brooklyn Conrad FR	4) #4 Allison Hookom FR	
11 St. Catherine (Minn.)	A		4:38.93	1
1) #644 Makayla Stinson FR	2) #641 Megan Perkins SR	3) #639 Brenna Nelson JR	4) #638 Anna Marsolek FR	

Women Distance Medley

Team	Relay	Seed	Finals
Finals			
1 St. Benedict	A		12:29.19
1) #624 Elise Yeager JR	2) #600 Emerson Knapp SO	3) #604 Keiley Maahs JR	4) #613 Fiona Smith JR
2 Macalester	A		12:45.46
1) #489 Mara Pirone FR	2) #465 Journey Amundson SR	3) #500 Hadley Wilkins FR	4) #466 Maria Blaesing JR
3 Carleton	A		12:48.36
1) #168 Rainey Tilley JR	2) #152 Jocelyn Ferguson SO	3) #151 Lara Erickson SO	4) #155 Aliya Larsen FR
4 St. Olaf	A		12:52.02
1) #726 Sophie Abernethy SO	2) #762 Abbie Manhard FR	3) #739 Olivia Edstrom JR	4) #759 Ella Landis FR
5 Concordia-Moorhead	A		13:15.61
1) #216 Aerial Johnson SO	2) #241 Mary Wunderlich SO	3) #238 Eden Smith SO	4) #233 Sophia Revoir FR
6 Gustavus Adolphus	A		13:24.13
1) #296 Sydney Hagen SO	2) #300 Makenna Huetten SO	3) #334 Kailyn Walukas SO	4) #327 Julia Severson SR
7 Saint Mary's (Minn.)	A	14:51.22	13:31.16
8 Hamline	A		14:08.00
1) #427 Daniela Sanchez-Castillo E2	2) #400 Andreiana Aurelius JR	3) #419 Jalisa Mathews SR	4) #430 Abby Tapajna FR

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Team	Relay	Seed	Finals
9 St. Catherine (Minn.)	A		14:38.37
1) #639 Brenna Nelson JR	2) #638 Anna Marsolek FR	3) #641 Megan Perkins SR	4) #631 Brittany Breed FR
--- Bethel (Minn.)	A		DQ
1) #49 Evie Hage SO	2) #37 Makenna Brown JR	3) #46 Ruby Gernandt SO	4) #41 Anna Decker SO

Women High Jump

Name	Yr	School	Finals
Finals			
1 #55 Glasha Hovey	FR	Bethel (Minn.)	1.61m 5-03.25
2 #142 Grace Blanchette	JR	Carleton	1.52m 4-11.75
3 #282 Erin Beer	SO	Gustavus Adolphus	1.52m 4-11.75
4 #588 Justus Floren	SO	St. Benedict	1.52m 4-11.75
5 #236 Peyton Selle	JR	Concordia-Moorhead	1.52m 4-11.75
6 #65 AnnaGrace Nelson	SO	Bethel (Minn.)	1.52m 4-11.75
7 #321 Ally Rakow	SO	Gustavus Adolphus	1.49m 4-10.50
8 #219 Jenna Kalevik	SO	Concordia-Moorhead	1.49m 4-10.50
9 #612 Ellie Selisker	JR	St. Benedict	1.49m 4-10.50
10 #640 Claire Nichols	SR	St. Catherine (Minn.)	1.44m 4-08.75
11 #312 Jensen Luehrs	SO	Gustavus Adolphus	1.44m 4-08.75
12 #868 Sofia Fischer	FR	St. Scholastica	1.39m 4-06.75
12 #482 Sarah Beth Hobby	JR	Macalester	1.39m 4-06.75
14 #62 Hannah Moe	FR	Bethel (Minn.)	1.39m 4-06.75
15 #877 Toria Strampe	SO	St. Scholastica	1.34m 4-04.75
--- #754 Lily Johnson	SO	St. Olaf	NH
--- #781 Rebekah Salfer	SR	St. Olaf	NH

Women Pole Vault

Name	Yr	School	Finals
Finals			
1 #58 Jessica Lilland	JR	Bethel (Minn.)	3.40m 11-01.75
2 #546 Caroline Gearin	JR	Saint Mary's (Minn.)	3.30m 10-10.00
3 #609 Caitlin Salfer	SR	St. Benedict	3.20m 10-06.00
4 #737 Julia Cordes	SR	St. Olaf	3.10m 10-02.00
5 #777 Melanie Roberts	JR	St. Olaf	2.90m 9-06.25
5 #157 Emily Litton	JR	Carleton	2.90m 9-06.25
7 #422 Grace Pierson	SR	Hamline	2.75m 9-00.25
8 #284 Jenna Bunker	SO	Gustavus Adolphus	2.75m 9-00.25
9 #416 Bria Luepke	FR	Hamline	2.75m 9-00.25
10 #326 Lillian Selberg	SO	Gustavus Adolphus	2.45m 8-00.50
11 #45 Mia Evans	FR	Bethel (Minn.)	2.30m 7-06.50
11 #467 Roen Boyd	FR	Macalester	2.30m 7-06.50
13 #67 Molly Nelson	FR	Bethel (Minn.)	2.30m 7-06.50

Women Long Jump

Name	Yr	School	Finals	H#
Finals				
1 #174 Nayeli Williams	SO	Carleton	5.53m 18-01.75	2
2 #768 Annika Muller	SR	St. Olaf	5.34m 17-06.25	2
3 #465 Journey Amundson	SR	Macalester	5.25m 17-02.75	2

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Women Long Jump)**

	Name	Yr	School	Finals		H#
4	#54 Ellie Hernes	FR	Bethel (Minn.)	5.22m	17-01.50	2
5	#329 Maren Sundberg	FR	Gustavus Adolphus	5.19m	17-00.50	2
6	#291 Megan Geraets	SO	Gustavus Adolphus	5.17m	16-11.50	2
7	#236 Peyton Selle	JR	Concordia-Moorhead	5.09m	16-08.50	1
8	#307 Madi Kes	SO	Gustavus Adolphus	5.02m	16-05.75	2
9	#232 Emily Rengo	FR	Concordia-Moorhead	5.02m	16-05.75	1
10	#287 Lauren Dimler	FR	Gustavus Adolphus	4.93m	16-02.25	1
11	#588 Justus Floren	SO	St. Benedict	4.91m	16-01.50	1
12	#65 AnnaGrace Nelson	SO	Bethel (Minn.)	4.89m	16-00.50	1
13	#612 Ellie Selisker	JR	St. Benedict	4.88m	16-00.25	1
14	#310 Sarrah Lindner	FR	Gustavus Adolphus	4.79m	15-08.75	2
15	#142 Grace Blanchette	JR	Carleton	4.79m	15-08.75	2
16	#772 Ainslee Parker	JR	St. Olaf	4.74m	15-06.75	2
17	#642 Reilee Schepper	SR	St. Catherine (Minn.)	4.69m	15-04.75	1
18	#781 Rebekah Salfer	SR	St. Olaf	4.58m	15-00.50	1
19	#640 Claire Nichols	SR	St. Catherine (Minn.)	4.50m	14-09.25	1
20	#309 Emelia Laryea	FR	Gustavus Adolphus	4.38m	14-04.50	1

Women Triple Jump

	Name	Yr	School	Finals		H#
Finals						
1	#54 Ellie Hernes	FR	Bethel (Minn.)	11.70m	38-04.75	1
2	#465 Journey Amundson	SR	Macalester	11.63m	38-02.00	2
3	#768 Annika Muller	SR	St. Olaf	11.62m	38-01.50	2
4	#307 Madi Kes	SO	Gustavus Adolphus	11.39m	37-04.50	2
5	#2 CC Cesare	FR	Augsburg	10.97m	36-00.00	2
6	#65 AnnaGrace Nelson	SO	Bethel (Minn.)	10.77m	35-04.00	1
7	#772 Ainslee Parker	JR	St. Olaf	10.65m	34-11.25	2
8	#642 Reilee Schepper	SR	St. Catherine (Minn.)	10.63m	34-10.50	2
9	#494 Jaeden Sims	FR	Macalester	10.63m	34-10.50	2
10	#310 Sarrah Lindner	FR	Gustavus Adolphus	10.55m	34-07.50	2
11	#777 Melanie Roberts	JR	St. Olaf	10.22m	33-06.50	1
12	#241 Mary Wunderlich	SO	Concordia-Moorhead	10.18m	33-04.75	1
13	#225 Nicole Lilleberg	SR	Concordia-Moorhead	10.15m	33-03.75	1
14	#628 Burnices Barlue	SO	St. Catherine (Minn.)	10.14m	33-03.25	1
15	#314 Eva McClelland	FR	Gustavus Adolphus	9.88m	32-05.00	1
16	#468 Lauren Cappelmann	FR	Macalester	9.88m	32-05.00	1
17	#309 Emelia Laryea	FR	Gustavus Adolphus	9.84m	32-03.50	1
18	#637 Bryana Leverentz	SR	St. Catherine (Minn.)	9.81m	32-02.25	1
19	#573 Danielle Anderson	JR	St. Benedict	9.67m	31-08.75	1
20	#229 Kyra Nichols	SR	Concordia-Moorhead	9.54m	31-03.75	1

Women Shot Put

	Name	Yr	School	Finals		H#
Finals						
1	#320 Annika Poe	SO	Gustavus Adolphus	14.04m	46-00.75	2
2	#73 Emma Roethler	SO	Bethel (Minn.)	13.33m	43-09.00	2
3	#89 Nora Wilhelm	FR	Bethel (Minn.)	12.92m	42-04.75	2
4	#220 Allyson Kangas	SR	Concordia-Moorhead	12.49m	40-11.75	2
5	#286 Lakesha Carter	FR	Gustavus Adolphus	12.48m	40-11.50	2

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Women Shot Put)**

	Name	Yr	School	Finals		H#
6	#283 Kelley Brennan	FR	Gustavus Adolphus	12.13m	39-09.75	2
7	#552 Samantha Kubes	JR	Saint Mary's (Minn.)	11.77m	38-07.50	2
8	#549 Sydney Jackman	SO	Saint Mary's (Minn.)	11.31m	37-01.25	1
9	#558 Morgan Wallendal	SO	Saint Mary's (Minn.)	11.07m	36-04.00	1
10	#402 Ellie Biggins	SR	Hamline	11.06m	36-03.50	2
11	#756 Aleah Keske	JR	St. Olaf	11.01m	36-01.50	2
12	#594 Haley Joos	JR	St. Benedict	11.00m	36-01.25	1
13	#482 Sarah Beth Hobby	JR	Macalester	10.58m	34-08.50	1
13	#635 Chando Horvath	JR	St. Catherine (Minn.)	10.58m	34-08.50	1
15	#281 Grace Banse	FR	Gustavus Adolphus	10.56m	34-07.75	2
16	#317 Nicole Nelson	SO	Gustavus Adolphus	10.43m	34-02.75	1
17	#753 Emma Johnson	SO	St. Olaf	10.34m	33-11.25	1
18	#576 Maggie Beckmann	SR	St. Benedict	10.10m	33-01.75	1
19	#752 Peyton Irsfeld	JR	St. Olaf	9.74m	31-11.50	1
---	#408 Desirae Dates	FR	Hamline	FOUL		1

Women Weight Throw

	Name	Yr	School	Finals		H#
Finals						
1	#220 Allyson Kangas	SR	Concordia-Moorhead	16.19m	53-01.50	2
2	#864 Lily Beneke	JR	St. Scholastica	15.72m	51-07.00	2
3	#576 Maggie Beckmann	SR	St. Benedict	15.20m	49-10.50	2
4	#60 Molly Lukenbill	JR	Bethel (Minn.)	15.17m	49-09.25	2
5	#73 Emma Roethler	SO	Bethel (Minn.)	14.77m	48-05.50	2
6	#635 Chando Horvath	JR	St. Catherine (Minn.)	14.52m	47-07.75	2
7	#89 Nora Wilhelm	FR	Bethel (Minn.)	14.22m	46-08.00	1
8	#404 Lexi Brainer	SO	Hamline	14.02m	46-00.00	2
9	#42 Lexi Ellinghuysen	JR	Bethel (Minn.)	13.75m	45-01.50	1
10	#283 Kelley Brennan	FR	Gustavus Adolphus	13.75m	45-01.50	2
11	#425 Madison Reed	JR	Hamline	13.69m	44-11.00	2
12	#756 Aleah Keske	JR	St. Olaf	13.64m	44-09.00	1
13	#544 Anna Becker	SO	Saint Mary's (Minn.)	13.45m	44-01.50	1
14	#552 Samantha Kubes	JR	Saint Mary's (Minn.)	13.39m	43-11.25	2
15	#221 Brooke Kangas	SO	Concordia-Moorhead	13.21m	43-04.25	1
16	#558 Morgan Wallendal	SO	Saint Mary's (Minn.)	12.95m	42-06.00	1
17	#753 Emma Johnson	SO	St. Olaf	12.93m	42-05.25	1
18	#752 Peyton Irsfeld	JR	St. Olaf	12.68m	41-07.25	1
19	#414 Jade Hunt	SO	Hamline	11.96m	39-03.00	1
20	#574 Kendall Bechtold	SR	St. Benedict	10.64m	34-11.00	1

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

	Name	Yr	School	Finals
Finals				
1	#781 Rebekah Salfer	SR	St. Olaf	2:33.75
2	#236 Peyton Selle	JR	Concordia-Moorhead	2:34.53
3	#612 Ellie Selisker	JR	St. Benedict	2:41.48
4	#76 Hailey Scholten	FR	Bethel (Minn.)	2:42.25

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	Name	Yr	School	Finals
5	#142 Grace Blanchette	JR	Carleton	2:42.98
6	#588 Justus Floren	SO	St. Benedict	2:43.08
7	#754 Lily Johnson	SO	St. Olaf	2:45.41
8	#482 Sarah Beth Hobby	JR	Macalester	2:49.83
9	#755 Claire Keech	FR	St. Olaf	2:51.27
10	#304 Alli Joerger	SO	Gustavus Adolphus	3:01.36
11	#219 Jenna Kalevik	SO	Concordia-Moorhead	3:07.70
12	#305 Summer Kaeppe	FR	Gustavus Adolphus	3:14.84

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

	Name	Yr	School	Finals	H#
Finals					
1	#781 Rebekah Salfer	SR	St. Olaf	9.35	3
2	#236 Peyton Selle	JR	Concordia-Moorhead	9.60	3
3	#142 Grace Blanchette	JR	Carleton	9.61	3
4	#588 Justus Floren	SO	St. Benedict	9.62	3
5	#219 Jenna Kalevik	SO	Concordia-Moorhead	9.62	2
6	#76 Hailey Scholten	FR	Bethel (Minn.)	9.94	2
7	#482 Sarah Beth Hobby	JR	Macalester	10.16	2
8	#754 Lily Johnson	SO	St. Olaf	10.37	2
9	#755 Claire Keech	FR	St. Olaf	10.38	1
10	#304 Alli Joerger	SO	Gustavus Adolphus	10.68	1
11	#612 Ellie Selisker	JR	St. Benedict	10.82	1
12	#305 Summer Kaeppe	FR	Gustavus Adolphus	11.86	1

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

	Name	Yr	School	Finals
Finals				
1	#588 Justus Floren	SO	St. Benedict	1.55m 5-01.00
1	#236 Peyton Selle	JR	Concordia-Moorhead	1.55m 5-01.00
3	#219 Jenna Kalevik	SO	Concordia-Moorhead	1.52m 4-11.75
4	#612 Ellie Selisker	JR	St. Benedict	1.49m 4-10.50
4	#142 Grace Blanchette	JR	Carleton	1.49m 4-10.50
6	#781 Rebekah Salfer	SR	St. Olaf	1.46m 4-09.50
6	#76 Hailey Scholten	FR	Bethel (Minn.)	1.46m 4-09.50
8	#482 Sarah Beth Hobby	JR	Macalester	1.43m 4-08.25
9	#304 Alli Joerger	SO	Gustavus Adolphus	1.40m 4-07.00
9	#754 Lily Johnson	SO	St. Olaf	1.40m 4-07.00
11	#305 Summer Kaeppe	FR	Gustavus Adolphus	1.34m 4-04.75
12	#755 Claire Keech	FR	St. Olaf	1.31m 4-03.50

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon**

	Name	Yr	School	Finals	
Finals					
1	#236 Peyton Selle	JR	Concordia-Moorhead	5.10m	16-08.75
2	#612 Ellie Selisker	JR	St. Benedict	5.06m	16-07.25
3	#781 Rebekah Salfer	SR	St. Olaf	5.03m	16-06.00
4	#588 Justus Floren	SO	St. Benedict	5.00m	16-05.00
5	#482 Sarah Beth Hobby	JR	Macalester	4.85m	15-11.00
6	#142 Grace Blanchette	JR	Carleton	4.77m	15-07.75
7	#755 Claire Keech	FR	St. Olaf	4.60m	15-01.25
8	#219 Jenna Kalevik	SO	Concordia-Moorhead	4.59m	15-00.75
9	#754 Lily Johnson	SO	St. Olaf	4.44m	14-07.00
10	#76 Hailey Scholten	FR	Bethel (Minn.)	4.39m	14-05.00
11	#305 Summer Kaeppe	FR	Gustavus Adolphus	4.22m	13-10.25
12	#304 Alli Joerger	SO	Gustavus Adolphus	4.05m	13-03.50

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

	Name	Yr	School	Finals	
Finals					
1	#482 Sarah Beth Hobby	JR	Macalester	11.15m	36-07.00
2	#781 Rebekah Salfer	SR	St. Olaf	10.79m	35-05.00
3	#236 Peyton Selle	JR	Concordia-Moorhead	10.30m	33-09.50
4	#588 Justus Floren	SO	St. Benedict	10.11m	33-02.00
5	#219 Jenna Kalevik	SO	Concordia-Moorhead	10.07m	33-00.50
6	#755 Claire Keech	FR	St. Olaf	9.90m	32-05.75
7	#142 Grace Blanchette	JR	Carleton	9.02m	29-07.25
8	#754 Lily Johnson	SO	St. Olaf	8.89m	29-02.00
9	#76 Hailey Scholten	FR	Bethel (Minn.)	7.80m	25-07.25
10	#304 Alli Joerger	SO	Gustavus Adolphus	7.75m	25-05.25
11	#612 Ellie Selisker	JR	St. Benedict	7.32m	24-00.25
12	#305 Summer Kaeppe	FR	Gustavus Adolphus	7.19m	23-07.25

Women Indoor Pentathlon

	Name	Yr	School	Seed	Finals	H#
Finals						
1	#236 Peyton Selle	JR	Concordia-Moorhead	3072	3240	
2	#781 Rebekah Salfer	SR	St. Olaf	2982	3210	
3	#588 Justus Floren	SO	St. Benedict		3097	
4	#142 Grace Blanchette	JR	Carleton		2899	
5	#482 Sarah Beth Hobby	JR	Macalester	2638	2815	
6	#219 Jenna Kalevik	SO	Concordia-Moorhead		2711	
7	#612 Ellie Selisker	JR	St. Benedict		2664	
8	#76 Hailey Scholten	FR	Bethel (Minn.)		2634	
9	#754 Lily Johnson	SO	St. Olaf	2276	2538	
10	#755 Claire Keech	FR	St. Olaf	2347	2489	
11	#304 Alli Joerger	SO	Gustavus Adolphus		2157	
12	#305 Summer Kaeppe	FR	Gustavus Adolphus		1799	

Men 60 Meter Dash

	Name	Yr	School	Seed	Prelims	H#
Preliminaries						
1	#113 Landen Liu	FR	Bethel (Minn.)	6.77	6.77 Q	3

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	Name	Yr	School	Seed	Prelims	H#
2	#890 Samuel Eben Ebai	SR	St. Scholastica	6.84	6.92 Q	2
3	#650 Kevin Arthur	JR	St. John's (Minn.)	6.92	6.96 Q	1
4	#383 Matthew Skelly	SO	Gustavus Adolphus	7.00	7.09 q	2
5	#114 Cameron McConnell	SO	Bethel (Minn.)	7.10	7.11 q	3
6	#19 Varney Conneh	SR	Augsburg	7.04	7.13 q	3
7	#129 Godsword Simon	SO	Bethel (Minn.)	7.28	7.14 q	2
8	#362 Nathan Le	SO	Gustavus Adolphus	6.99	7.18 q	1
9	#265 Nolan Morical	SO	Concordia-Moorhead	7.11	7.21	2
10	#93 Collin Asplin	FR	Bethel (Minn.)	7.30	7.21	2
11	#791 Dylan Arnold	SO	St. Olaf	7.24	7.23	2
12	#723 Caden Wheeler	FR	St. John's (Minn.)	7.17	7.24	1
13	#543 Sylvain Zong-Naba	SO	Macalester	7.36	7.24	1
14	#570 Ben Kritsberg	FR	Saint Mary's (Minn.)	7.29	7.26	1
14	#706 Emanuel Popoca	SO	St. John's (Minn.)	7.31	7.26	2
16	#455 Andrei Pettis	FR	Hamline	7.32	7.28	1
17	#130 Albert Smith	SR	Bethel (Minn.)	7.24	7.30	3
18	#461 Reece Thomas	SO	Hamline	7.28	7.30	3
19	#109 Levi Korum	SO	Bethel (Minn.)	7.29	7.34	1
20	#839 Devin McNearny	SO	St. Olaf	7.31	7.35	3
21	#104 Tony Haack	FR	Bethel (Minn.)	7.37	7.35	2
22	#714 Josh Sletta	JR	St. John's (Minn.)	7.38	7.50	3

Men 60 Meter Dash

	Name	Yr	School	Prelims	Finals
Finals					
1	#113 Landen Liu	FR	Bethel (Minn.)	6.77	6.76
2	#890 Samuel Eben Ebai	SR	St. Scholastica	6.92	6.89
3	#650 Kevin Arthur	JR	St. John's (Minn.)	6.96	6.91
4	#383 Matthew Skelly	SO	Gustavus Adolphus	7.09	7.06
5	#129 Godsword Simon	SO	Bethel (Minn.)	7.14	7.08
6	#114 Cameron McConnell	SO	Bethel (Minn.)	7.11	7.11
7	#19 Varney Conneh	SR	Augsburg	7.13	7.19
8	#362 Nathan Le	SO	Gustavus Adolphus	7.18	39.55

Men 200 Meter Dash

	Name	Yr	School	Seed	Finals	H#
Finals						
1	#113 Landen Liu	FR	Bethel (Minn.)	21.58	21.99	6
2	#121 Jacob Parent	SO	Bethel (Minn.)	22.10	22.26	6
3	#277 Cal Wright	SR	Concordia-Moorhead	22.40	22.37	5
4	#890 Samuel Eben Ebai	SR	St. Scholastica	22.45	22.44	5
5	#650 Kevin Arthur	JR	St. John's (Minn.)	22.49	22.46	5
6	#375 Wyatt Quiring	SR	Gustavus Adolphus	22.58	22.62	4
7	#513 Arlo Heitler	SO	Macalester	22.35	22.68	6
8	#562 Chris Bulwa	SO	Saint Mary's (Minn.)	22.55	22.69	4
9	#114 Cameron McConnell	SO	Bethel (Minn.)	23.49	22.77	2
10	#95 Alec Braun	SO	Bethel (Minn.)	23.16	23.22	4
11	#265 Nolan Morical	SO	Concordia-Moorhead	23.23	23.35	3
12	#104 Tony Haack	FR	Bethel (Minn.)	23.50	23.49	2
13	#108 Trokon Karngar	SR	Bethel (Minn.)	23.55	23.60	1

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Men 200 Meter Dash)**

	Name	Yr School	Seed	Finals	H#
14	#706 Emanuel Popoca	SO St. John's (Minn.)	23.60	23.66	1
15	#93 Collin Asplin	FR Bethel (Minn.)	23.66	23.77	5
16	#441 David Couper	SO Hamline	23.68	23.83	4
17	#269 Jordan Petron	SO Concordia-Moorhead	23.80	23.84	2
18	#130 Albert Smith	SR Bethel (Minn.)	23.77	23.85	3
19	#383 Matthew Skelly	SO Gustavus Adolphus	23.47	23.90	2
20	#518 Jacob Kogut	SO Macalester	23.65	24.02	6
21	#259 Peyton Kessel	SO Concordia-Moorhead	24.04	24.20	1

Men 400 Meter Dash

	Name	Yr School	Seed	Finals	H#
Finals					
1	#121 Jacob Parent	SO Bethel (Minn.)	48.30	49.17	3
2	#131 Joel Smith	SR Bethel (Minn.)	49.33	49.33	3
3	#277 Cal Wright	SR Concordia-Moorhead	49.23	49.39	3
4	#513 Arlo Heitler	SO Macalester	49.67	49.68	3
5	#249 Hayden Gagnon	SR Concordia-Moorhead	49.98	49.86	2
6	#118 Grant Nelson	FR Bethel (Minn.)	50.11	50.12	2
7	#375 Wyatt Quiring	SR Gustavus Adolphus	49.84	50.26	2
8	#688 Brady Labine	SR St. John's (Minn.)	50.67	50.48	2
9	#562 Chris Bulwa	SO Saint Mary's (Minn.)	50.80	51.06	1
10	#537 Jeff Wang	SO Macalester	51.67	51.67	1
11	#901 Jericho Peterson	JR St. Scholastica	51.96	51.97	3
12	#895 Noah Kubicek	FR St. Scholastica	51.86	52.09	1
13	#275 Trevor Tionson	SO Concordia-Moorhead	51.75	52.23	1
14	#398 Seth Zeitchick	JR Gustavus Adolphus	51.89	52.25	3
15	#352 Agro Gushwa	SO Gustavus Adolphus	52.55	52.69	1
16	#190 Liam Kennedy	JR Carleton	52.47	52.95	1
17	#884 Tyler Anderson	SO St. Scholastica	52.44	53.70	2
---	#278 Simon Zahrbock	SR Concordia-Moorhead	52.06	DNF	2

Men 600 Meter Run

	Name	Yr School	Seed	Finals	H#
Finals					
1	#131 Joel Smith	SR Bethel (Minn.)	1:20.64	1:20.87	3

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Men 600 Meter Run)**

	Name	Yr	School	Seed	Finals	H#
2	#195 Josh Meier	SO	Carleton	1:22.86	1:22.26	3
3	#385 Tyler Smith	SO	Gustavus Adolphus	1:23.47	1:23.36	3
4	#176 Reese Anderson	FR	Carleton	1:22.66	1:23.37	3
5	#249 Hayden Gagnon	SR	Concordia-Moorhead	1:23.88	1:23.69	2
6	#895 Noah Kubicek	FR	St. Scholastica	1:23.83	1:24.10	3
7	#794 Alex Bittner	FR	St. Olaf	1:24.11	1:24.56	2
8	#199 Alistair Pattison	JR	Carleton	1:23.48	1:25.06	3
9	#704 Owen Montreuil	FR	St. John's (Minn.)	1:26.64	1:25.88	1
10	#847 Lance Nemecek	FR	St. Olaf	1:25.78	1:25.94	1
11	#117 Clark Nelson	SO	Bethel (Minn.)	1:26.12	1:26.03	1
12	#697 Will Mattock	JR	St. John's (Minn.)	1:25.98	1:26.09	1
13	#889 Derek Douglas	SO	St. Scholastica	1:24.63	1:26.52	2
14	#373 Peter Oviguiian	JR	Gustavus Adolphus	1:26.11	1:26.85	1
15	#810 Gabe Estrada	SO	St. Olaf	1:25.58	1:27.46	1
16	#379 Markus Rupnow	SO	Gustavus Adolphus	1:25.04	1:30.69	2
17	#688 Brady Labine	SR	St. John's (Minn.)	1:24.81	1:40.33	2
---	#133 Nathan Smith	SO	Bethel (Minn.)	1:25.38	DNF	2

Men 800 Meter Run

	Name	Yr	School	Seed	Finals	H#
Finals						
1	#195 Josh Meier	SO	Carleton	1:57.26	1:56.44	3
2	#385 Tyler Smith	SO	Gustavus Adolphus	1:56.40	1:56.93	3
3	#185 Jeremy Fong	SR	Carleton	1:58.16	1:57.70	3
4	#199 Alistair Pattison	JR	Carleton	1:59.94	1:57.75	2
5	#15 Getinat Asfaw	JR	Augsburg	1:57.42	1:57.77	3
6	#833 Zach Martin	FR	St. Olaf	1:59.50	1:58.05	2
7	#816 Jose Gonzalez-Ramirez	JR	St. Olaf	2:01.08	1:59.18	2
8	#379 Markus Rupnow	SO	Gustavus Adolphus	1:58.74	1:59.32	3

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Men 800 Meter Run)**

	Name	Yr School	Seed	Finals	H#
9	#659 Nathan Clausing	JR St. John's (Minn.)	1:58.66	2:00.08	3
10	#681 Alexei Hensel	JR St. John's (Minn.)	2:01.20	2:00.33	1
11	#24 Sakariya Hussien	SR Augsburg	2:02.09	2:00.41	1
12	#707 Samuel Rengo	JR St. John's (Minn.)	2:04.15	2:00.56	1
13	#572 Grant Schneider	FR Saint Mary's (Minn.)	1:59.57	2:00.78	2
14	#889 Derek Douglas	SO St. Scholastica	1:59.09	2:00.82	3
15	#117 Clark Nelson	SO Bethel (Minn.)	2:01.15	2:00.83	1
16	#378 Mark Rud	FR Gustavus Adolphus	1:59.88	2:01.66	2
17	#110 Gabe Kuecker	SO Bethel (Minn.)	2:00.97	2:02.38	2
18	#519 Jay Lebakken	FR Macalester	2:03.79	2:04.29	1
19	#105 Daniel Hage	SR Bethel (Minn.)	2:04.79	2:04.29	1
20	#33 Bereket Wondimu	JR Augsburg	2:04.72	2:06.09	1
21	#257 Solomon Johnson	SR Concordia-Moorhead	2:00.12	2:07.18	2

Men 1000 Meter Run

	Name	Yr School	Seed	Finals	H#
Finals					
1	#394 Tucker Wallin	JR Gustavus Adolphus	2:31.36	2:31.32	3
2	#799 Olaf Coffey	SO St. Olaf	2:33.44	2:31.56	3
3	#185 Jeremy Fong	SR Carleton	2:33.64	2:32.43	3
4	#15 Getinat Asfaw	JR Augsburg	2:34.52	2:32.79	3
5	#193 Indy Lyness	FR Carleton	2:34.36	2:32.87	3
6	#24 Sakariya Hussien	SR Augsburg	2:34.96	2:33.29	3
7	#669 Dillon Diekmann	SR St. John's (Minn.)	2:35.96	2:34.45	2
8	#572 Grant Schneider	FR Saint Mary's (Minn.)	2:38.48	2:34.79	2

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Men 1000 Meter Run)**

	Name	Yr School	Seed	Finals	H#
9	#900 Nathan Neu	SO St. Scholastica	2:34.87	2:35.91	3
10	#715 Nick St. Peter	FR St. John's (Minn.)	2:38.60	2:36.82	2
11	#707 Samuel Rengo	JR St. John's (Minn.)	2:38.47	2:37.05	2
12	#832 Jackson Marsh	SO St. Olaf	2:36.60	2:37.10	2
13	#659 Nathan Clausing	JR St. John's (Minn.)	2:38.19	2:38.33	2
14	#377 Carson Roehl	SO Gustavus Adolphus	2:35.74	2:38.52	3
15	#653 Riley Berg	JR St. John's (Minn.)	2:40.39	2:38.73	1
16	#268 Tanner Olson	SR Concordia-Moorhead	2:38.74	2:38.77	2
17	#251 Gavin Groshelle	SO Concordia-Moorhead	2:40.66	2:39.28	1
18	#853 Penn Sagedahl	JR St. Olaf	2:38.94	2:39.35	1
19	#136 Tad Stewart	JR Bethel (Minn.)	2:38.74	2:40.18	2
20	#181 Ben Chao	SR Carleton	2:41.34	2:41.21	1
21	#261 Jonathan Krueger	FR Concordia-Moorhead	2:42.35	2:43.19	1
22	#501 Brock Adams	SO Macalester	2:39.88	2:43.84	1

Men 1 Mile Run

	Name	Yr School	Seed	Finals	H#
Finals					
1	#198 Gabe Nichols	FR Carleton	4:12.26	4:12.99	3
2	#677 Mitchell Grand	JR St. John's (Minn.)	4:17.59	4:15.43	3
3	#394 Tucker Wallin	JR Gustavus Adolphus	4:21.98	4:16.48	3

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Men 1 Mile Run)**

	Name	Yr School	Seed	Finals	H#
4	#192 Roy Llewellyn	FR Carleton	4:17.30	4:16.93	3
5	#725 Lloyd Young	JR St. John's (Minn.)	4:19.45	4:18.30	3
6	#799 Olaf Coffey	SO St. Olaf	4:21.40	4:21.82	3
7	#193 Indy Lyness	FR Carleton	4:20.80	4:21.82	3
8	#188 Elijah Jones	SR Carleton	4:21.42	4:22.19	3
9	#900 Nathan Neu	SO St. Scholastica	4:27.66	4:23.79	3
10	#186 Brett Hanley	SO Carleton	4:35.90	4:29.82	2
11	#191 Emerson Lange	FR Carleton	4:35.58	4:31.04	2
12	#501 Brock Adams	SO Macalester	4:35.55	4:31.30	2
13	#520 Joe Madell	SO Macalester	4:35.55	4:32.09	2
14	#361 Trevor LaVigne	SO Gustavus Adolphus	4:33.10	4:32.38	2
15	#451 Lucas LiaBraaten	FR Hamline	4:39.31	4:34.18	1
16	#377 Carson Roehl	SO Gustavus Adolphus	4:28.25	4:34.84	2
17	#507 Alex Fendig	JR Macalester	4:37.10	4:36.55	1
18	#853 Penn Sagedahl	JR St. Olaf	4:30.94	4:36.67	2
19	#657 Aiden Chalmers	FR St. John's (Minn.)	4:39.14	4:36.82	1
20	#181 Ben Chao	SR Carleton	4:38.82	4:37.24	1
21	#528 Cole Peske	SR Macalester	4:36.98	4:38.42	1
22	#359 Jonah Kalsnes	SO Gustavus Adolphus	4:37.24	4:39.94	1

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Men 1 Mile Run)**

	Name	Yr School	Seed	Finals	H#
23	#179 Ryan Bernstein	FR Carleton	4:35.84	4:40.18	2
24	#439 Aric Brodie	SR Hamline	4:29.49	4:41.97	2
25	#503 Aidan Appel	SO Macalester	4:39.19	4:43.45	1
26	#812 Angelo Fiataruolo	FR St. Olaf	4:37.64	4:44.41	1

Men 3000 Meter Run

	Name	Yr School	Seed	Finals	H#
Finals					
1	#198 Gabe Nichols	FR Carleton	8:23.01	8:23.16	2
2	#820 Will Kelly	SO St. Olaf	8:34.60	8:28.65	2
3	#725 Lloyd Young	JR St. John's (Minn.)	8:23.15	8:29.74	2
4	#196 Chris Melville	JR Carleton	8:42.04	8:33.86	2
5	#527 Tor Olsson	SO Macalester	8:42.46	8:36.26	2
6	#180 Henry Bowman	SR Carleton	8:27.59	8:36.84	2
7	#801 Anders Cote	SO St. Olaf	8:44.84	8:37.69	2
8	#192 Roy Llewellyn	FR Carleton	8:33.73	8:38.28	2

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Men 3000 Meter Run)**

	Name	Yr School	Seed	Finals	H#
9	#505 Ben Crotteau	SO Macalester	8:41.00	8:38.47	2
10	#16 Mohammed Bati	FR Augsburg	8:39.40	8:40.54	2
11	#523 Reece McKee	SO Macalester	8:47.35	8:42.03	2
12	#188 Elijah Jones	SR Carleton	8:40.44	8:42.63	2
13	#846 Julian Munoz	JR St. Olaf	8:47.81	8:46.36	2
14	#515 Nick Ihrke	SO Macalester	8:45.30	8:49.43	2
15	#827 Derk Lyford	JR St. Olaf	9:04.26	8:49.84	1
16	#862 Kevin Turlington	FR St. Olaf	8:53.52	8:53.16	1
17	#843 Kevin Montresor	JR St. Olaf	8:55.18	8:55.98	1
18	#273 Leo Smith	SR Concordia-Moorhead	8:58.80	8:57.97	1
19	#262 Joe Lee	SO Concordia-Moorhead	8:51.28	9:01.57	2

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Men 3000 Meter Run)**

	Name	Yr School	Seed	Finals	H#
20	#439 Aric Brodie	SR Hamline	9:10.56	9:04.74	1
21	#368 Logan McCullough	SO Gustavus Adolphus	9:07.61	9:06.20	1
22	#103 Grant Graber	SO Bethel (Minn.)	8:59.21	9:06.61	1
23	#177 Ben Aoki-Sherwood	SR Carleton	9:04.13	9:08.06	1
24	#354 Henry Hinchcliffe	SO Gustavus Adolphus	9:02.98	9:11.85	1
25	#361 Trevor LaVigne	SO Gustavus Adolphus	9:01.26	9:12.36	1
26	#134 Aidan St George	JR Bethel (Minn.)	9:07.24	9:12.63	1
27	#835 Parker Max	FR St. Olaf	9:10.58	9:16.82	1
28	#503 Aidan Appel	SO Macalester	9:08.90	9:22.14	1
29	#138 Reese Thompson	SO Bethel (Minn.)	8:52.23	9:43.92	1

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Men 5000 Meter Run**

	Name	Yr School	Seed	Finals
Finals				
1	#16 Mohammed Bati	FR Augsburg	14:55.68	14:46.60
2	#820 Will Kelly	SO St. Olaf	14:56.04	14:50.74
3	#678 Carter Grove	SO St. John's (Minn.)	15:16.97	14:59.90
4	#180 Henry Bowman	SR Carleton	14:55.52	15:01.96
5	#801 Anders Cote	SO St. Olaf	15:13.34	15:07.93
6	#196 Chris Melville	JR Carleton	15:15.92	15:12.09
7	#515 Nick Ihrke	SO Macalester	15:23.78	15:14.20

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Men 5000 Meter Run)**

	Name	Yr School	Seed	Finals
8	#846 Julian Munoz	JR St. Olaf	15:23.27	15:15.45
9	#862 Kevin Turlington	FR St. Olaf	15:26.71	15:17.54
10	#827 Derk Lyford	JR St. Olaf	15:28.29	15:18.77
11	#656 Eamon Cavanaugh	SO St. John's (Minn.)	15:35.79	15:19.45
12	#795 Logan Bocovich	JR St. Olaf	14:26.94	15:24.89
13	#843 Kevin Montresor	JR St. Olaf	15:41.12	15:28.93
14	#368 Logan McCullough	SO Gustavus Adolphus	15:34.54	15:32.04

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Men 5000 Meter Run)**

Name	Yr	School	Seed	Finals
15 #273 Leo Smith	SR	Concordia-Moorhead	15:34.78	15:32.77
16 #523 Reece McKee	SO	Macalester	15:39.43	15:35.05
17 #262 Joe Lee	SO	Concordia-Moorhead	15:49.02	15:39.44
--- #138 Reese Thompson	SO	Bethel (Minn.)	15:41.36	DNF

Men 60 Meter Hurdles

Name	Yr	School	Seed	Prelims	H#
Preliminaries					
1 #100 Jayson Ekiyor	SO	Bethel (Minn.)	8.09	8.06 Q	3
2 #821 Lucas Kramarczuk	JR	St. Olaf	8.22	8.10 Q	1
3 #462 Josh Thomsen	SO	Hamline	8.17	8.36 Q	2
4 #126 Josh Sampson	JR	Bethel (Minn.)	8.17	8.16 q	1
5 #116 David Myres	JR	Bethel (Minn.)	8.34	8.72 q	2
6 #826 Demetri Lord	SO	St. Olaf	8.53	8.80 q	3
7 #245 Logan Clark	FR	Concordia-Moorhead	8.90	8.89 q	2
8 #521 Hamza Mahamud	FR	Macalester	9.00	8.93 q	2
9 #691 Max Lelwica	SO	St. John's (Minn.)	9.01	9.01	3
10 #132 Micah Smith	SR	Bethel (Minn.)	8.99	9.01	1
11 #848 Matthew Nissen	SO	St. Olaf	8.94	9.01	1
12 #531 Sebastian Stefanowicz	FR	Macalester	9.27	9.08	2
13 #112 Josh Lee	SO	Bethel (Minn.)	9.20	9.12	1
14 #271 Wade Rhonemus	SR	Concordia-Moorhead	8.80	9.25	3
15 #367 Connor McCormick	FR	Gustavus Adolphus	9.09	9.30	3
16 #18 Trajen Clayton	FR	Augsburg	9.32	9.39	3
17 #655 Riley Buxell	FR	St. John's (Minn.)	9.53	9.45	2
18 #858 Will Skemp	FR	St. Olaf	9.44	9.57	3
19 #101 Aaron Elseth	FR	Bethel (Minn.)	9.25	9.63	1
20 #654 Aiden Blaeser	FR	St. John's (Minn.)	9.74	9.87	1

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Preliminaries ... (Men 60 Meter Hurdles)**

Name	Yr	School	Seed	Prelims	H#
21 #796 Layton Borst	SO	St. Olaf	9.16	9.89	2
22 #337 Grant Baker	SO	Gustavus Adolphus	10.15	10.12	2
23 #536 Aki Wada	FR	Macalester	9.60	10.30	1
24 #372 Calvin Moeller	SO	Gustavus Adolphus	10.45	10.40	3

Men 60 Meter Hurdles

Name	Yr	School	Prelims	Finals
Finals				
1 #100 Jayson Ekiyor	SO	Bethel (Minn.)	8.06	8.08
2 #821 Lucas Kramarczuk	JR	St. Olaf	8.10	8.21
3 #126 Josh Sampson	JR	Bethel (Minn.)	8.16	8.22
4 #462 Josh Thomsen	SO	Hamline	8.36	8.45
5 #116 David Myres	JR	Bethel (Minn.)	8.72	8.50
6 #245 Logan Clark	FR	Concordia-Moorhead	8.89	8.83
7 #826 Demetri Lord	SO	St. Olaf	8.80	8.84
8 #521 Hamza Mahamud	FR	Macalester	8.93	8.95

Men 4x200 Meter Relay

Team	Relay	Seed	Finals	H#
Finals				
1 Concordia-Moorhead	A	1:30.11	1:29.31	3
1) #265 Nolan Morical SO	2) #277 Cal Wright SR	3) #275 Trevor Tionson SO	4) #249 Hayden Gagnon SR	
2 Bethel (Minn.)	A	1:33.32	1:29.79	2
1) #100 Jayson Ekiyor SO	2) #118 Grant Nelson FR	3) #95 Alec Braun SO	4) #126 Josh Sampson JR	
3 St. John's (Minn.)	A	1:35.01	1:29.80	1
1) #706 Emanuel Popoca SO	2) #688 Brady Labine SR	3) #723 Caden Wheeler FR	4) #650 Kevin Arthur JR	
4 Gustavus Adolphus	A	1:31.20	1:30.94	3
1) #383 Matthew Skelly SO	2) #375 Wyatt Quiring SR	3) #398 Seth Zeitchick JR	4) #362 Nathan Le SO	
5 St. Olaf	A	1:33.11	1:32.25	2
1) #839 Devin McNearmy SO	2) #813 Henry Fisher SO	3) #844 Eh Ler Moo FR	4) #818 Samuel Gwin FR	
6 St. Scholastica	A	1:32.34	1:32.34	2
1) #884 Tyler Anderson SO	2) #901 Jericho Peterson JR	3) #903 Kaedyn Redig SO	4) #890 Samuel Eben Ebai SR	
7 Macalester	A	1:33.40	1:32.39	1
1) #517 Ryan Kinnucan SR	2) #537 Jeff Wang SO	3) #530 Henry Schonebaum FR	4) #518 Jacob Kogut SO	
8 Saint Mary's (Minn.)	A	1:35.04	1:33.68	3
1) #570 Ben Kritsberg FR	2) #567 Garrett Jackson SR	3) #559 Oliver Adamson SO	4) #568 Brady Johnson SO	
9 Hamline	A	1:41.68	1:34.60	3
1) #455 Andrei Pettis FR	2) #461 Reece Thomas SO	3) #456 Eric Pfenning-Wendt FR	4) #458 Ozzie Robinson FR	
10 Carleton	A	1:35.57	1:37.71	2
1) #183 Theo Demetriades FR	2) #190 Liam Kennedy JR	3) #200 Hugh Shanno SO	4) #194 Ben Mazor SO	

Men 4x400 Meter Relay

Team	Relay	Seed	Finals	H#
Finals				
1 Bethel (Minn.)	A	3:16.87	3:21.46	3
1) #131 Joel Smith SR	2) #126 Josh Sampson JR	3) #116 David Myres JR	4) #121 Jacob Parent SO	
2 Concordia-Moorhead	A	3:24.17	3:25.53	3
1) #249 Hayden Gagnon SR	2) #275 Trevor Tionson SO	3) #251 Gavin Groshelle SO	4) #277 Cal Wright SR	

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Men 4x400 Meter Relay)**

Team	Relay	Seed	Finals	H#
3 Gustavus Adolphus 1) #398 Seth Zeitchick JR	A 2) #375 Wyatt Quiring SR	3:30.53 3) #352 Agro Gushwa SO	3:27.37 4) #385 Tyler Smith SO	2
4 Carleton 1) #176 Reese Anderson FR	A 2) #193 Indy Lyness FR	3:28.40 3) #185 Jeremy Fong SR	3:28.10 4) #195 Josh Meier SO	2
5 Macalester 1) #537 Jeff Wang SO	A 2) #530 Henry Schonebaum FR	3:27.56 3) #517 Ryan Kinnucan SR	3:29.19 4) #502 Kalid Ali SO	3
6 St. Olaf 1) #813 Henry Fisher SO	A 2) #794 Alex Bittner FR	3:28.27 3) #839 Devin McNearmy SO	3:30.11 4) #833 Zach Martin FR	3
7 St. Scholastica 1) #901 Jericho Peterson JR	A 2) #889 Derek Douglas SO	3:30.69 3) #884 Tyler Anderson SO	3:30.83 4) #895 Noah Kubicek FR	2
8 St. John's (Minn.) 1) #723 Caden Wheeler FR	A 2) #697 Will Mattock JR	3:31.80 3) #704 Owen Montreuil FR	3:31.00 4) #715 Nick St. Peter FR	2
9 Augsburg 1) #18 Trajen Clayton FR	A 2) #24 Sakariya Hussien SR	3:33.36 3) #33 Bereket Wondimu JR	3:33.44 4) #15 Getinat Asfaw JR	1
10 Saint Mary's (Minn.) 1) #562 Chris Bulwa SO	A 2) #559 Oliver Adamson SO	3:32.72 3) #567 Garrett Jackson SR	3:34.79 4) #572 Grant Schneider FR	1
11 Hamline 1) #454 Raul Ortiz SO	A 2) #456 Eric Pfenning-Wendt FR	3:41.44 3) #441 David Couper SO	3:43.35 4) #458 Ozzie Robinson FR	1

Men Distance Medley

Team	Relay	Seed	Finals
Finals			
1 Carleton 1) #192 Roy Llewellyn FR	A 2) #176 Reese Anderson FR	3) #193 Indy Lyness FR	10:23.80 4) #198 Gabe Nichols FR
2 Macalester 1) #527 Tor Olsson SO	A 2) #517 Ryan Kinnucan SR	3) #530 Henry Schonebaum FR	10:34.51 4) #505 Ben Crotteau SO
3 St. John's (Minn.) 1) #715 Nick St. Peter FR	A 2) #653 Riley Berg JR	3) #697 Will Mattock JR	10:37.65 4) #669 Dillon Dickmann SR
4 St. Olaf 1) #832 Jackson Marsh SO	A 2) #813 Henry Fisher SO	3) #794 Alex Bittner FR	10:37.71 4) #806 Eli Doran FR
5 Bethel (Minn.) 1) #103 Grant Graber SO	A 2) #104 Tony Haack FR	3) #136 Tad Stewart JR	10:43.27 4) #122 Luke Peterson SO
6 Concordia-Moorhead 1) #251 Gavin Groshelle SO	A 2) #258 Caleb Karg FR	3) #250 Zander Gallmeier FR	10:46.44 4) #268 Tanner Olson SR
7 Gustavus Adolphus 1) #377 Carson Roehl SO	A 2) #352 Agro Gushwa SO	10:16.01 3) #379 Markus Rupnow SO	10:53.13 4) #394 Tucker Wallin JR
8 Hamline 1) #451 Lucas LiaBraaten FR	A 2) #456 Eric Pfenning-Wendt FR	3) #454 Raul Ortiz SO	12:27.11 4) #439 Aric Brodie SR

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Men Distance Medley)**

Team	Relay	Seed	Finals
--- Augsburg 1) #24 Sakariya Hussien SR	A 2) #28 Fritz Landherr SR	3) #15 Getinat Asfaw JR	DNF 4) #16 Mohammed Bati FR

Men High Jump

Name	Yr	School	Finals
Finals			
1 #438 Michael Braun	SO	Hamline	1.92m 6-03.50
2 #264 Anthony Marsh	SO	Concordia-Moorhead	1.92m 6-03.50
3 #339 Danny Bies	SO	Gustavus Adolphus	1.89m 6-02.25
4 #720 Alec Ungar	SO	St. John's (Minn.)	1.86m 6-01.25
5 #717 Anthony Thurk	SO	St. John's (Minn.)	1.86m 6-01.25
5 #95 Alec Braun	SO	Bethel (Minn.)	1.86m 6-01.25
7 #711 Alex Seiler	SO	St. John's (Minn.)	1.86m 6-01.25
8 #137 Simon Swenson	FR	Bethel (Minn.)	1.81m 5-11.25
9 #366 Cole Matetich	SO	Gustavus Adolphus	1.71m 5-07.25
10 #800 Andrew Cogley	SO	St. Olaf	1.71m 5-07.25
11 #201 Aravindh Subramanian	SR	Carleton	1.66m 5-05.25
11 #391 Logan Sullivan	SO	Gustavus Adolphus	1.66m 5-05.25
--- #450 Iain Lee	FR	Hamline	NH

Men Pole Vault

Name	Yr	School	Finals
Finals			
1 #658 Joseph Charbonneau	SO	St. John's (Minn.)	4.91m 16-01.25
2 #102 Samuel Gardeen	SO	Bethel (Minn.)	4.42m 14-06.00
3 #679 Kole Guth	FR	St. John's (Minn.)	4.37m 14-04.00
4 #566 Aidan Gatz	SO	Saint Mary's (Minn.)	4.37m 14-04.00
5 #671 Daniel Eickhoff	SO	St. John's (Minn.)	4.27m 14-00.00
6 #791 Dylan Arnold	SO	St. Olaf	4.17m 13-08.25
6 #271 Wade Rhonemus	SR	Concordia-Moorhead	4.17m 13-08.25
8 #666 Mason DeGross	JR	St. John's (Minn.)	4.17m 13-08.25
9 #792 Lars Askegaard	JR	St. Olaf	4.02m 13-02.25
10 #670 Max Doom	SO	St. John's (Minn.)	3.87m 12-08.25
11 #392 Erik Walker	SO	Gustavus Adolphus	3.87m 12-08.25
11 #443 Oliver Engstrom	FR	Hamline	3.87m 12-08.25
13 #376 Joe Ream	FR	Gustavus Adolphus	3.87m 12-08.25
14 #685 Josh Johnston	FR	St. John's (Minn.)	3.87m 12-08.25
15 #175 Tim Adams	SO	Carleton	3.72m 12-02.50
15 #647 Andrew Adams	SO	St. John's (Minn.)	3.72m 12-02.50
17 #127 Abe Schegel	SR	Bethel (Minn.)	3.57m 11-08.50
--- #808 Rayan Elahi	SO	St. Olaf	NH

Men Long Jump

Name	Yr	School	Finals	H#
Finals				
1 #709 Zach Schaffer	FR	St. John's (Minn.)	6.70m 21-11.75	2
2 #821 Lucas Kramarczuk	JR	St. Olaf	6.55m 21-06.00	2
3 #438 Michael Braun	SO	Hamline	6.50m 21-04.00	2
4 #798 Josh Charlton	SO	St. Olaf	6.46m 21-02.50	2
5 #844 Eh Ler Moo	FR	St. Olaf	6.38m 20-11.25	2

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Men Long Jump)**

	Name	Yr	School	Finals		H#
6	#118 Grant Nelson	FR	Bethel (Minn.)	6.35m	20-10.00	2
7	#137 Simon Swenson	FR	Bethel (Minn.)	6.35m	20-10.00	2
8	#720 Alec Ungar	SO	St. John's (Minn.)	6.33m	20-09.25	2
9	#390 Isaiah Subah	SO	Gustavus Adolphus	6.29m	20-07.75	1
10	#826 Demetri Lord	SO	St. Olaf	6.19m	20-03.75	1
11	#538 Kevin Wang	FR	Macalester	6.03m	19-09.50	1
12	#463 Teris Watson	FR	Hamline	6.02m	19-09.00	1
13	#563 Antonio Cisewski	SO	Saint Mary's (Minn.)	5.92m	19-05.25	2
14	#129 Godsword Simon	SO	Bethel (Minn.)	5.66m	18-07.00	1
15	#909 Weston Stroschein	SO	St. Scholastica	5.54m	18-02.25	1
16	#382 Sam Schulze	SO	Gustavus Adolphus	5.52m	18-01.50	1
17	#269 Jordan Petron	SO	Concordia-Moorhead	5.47m	17-11.50	1
---	#858 Will Skemp	FR	St. Olaf	FOUL		1

Men Triple Jump

	Name	Yr	School	Finals		H#
Finals						
1	#821 Lucas Kramareczuk	JR	St. Olaf	14.37m	47-01.75	2
2	#721 Elijah Wade	JR	St. John's (Minn.)	14.08m	46-02.50	2
3	#859 Sean Souksavath	JR	St. Olaf	13.30m	43-07.75	2
4	#438 Michael Braun	SO	Hamline	13.14m	43-01.50	2
5	#663 Alex Crnkovich	JR	St. John's (Minn.)	13.03m	42-09.00	2
6	#709 Zach Schaffer	FR	St. John's (Minn.)	13.02m	42-08.75	2
7	#717 Anthony Thurk	SO	St. John's (Minn.)	13.01m	42-08.25	2
8	#568 Brady Johnson	SO	Saint Mary's (Minn.)	12.74m	41-09.75	2
9	#691 Max Lelwica	SO	St. John's (Minn.)	12.56m	41-02.50	1
10	#514 Riley Hodin	SO	Macalester	12.45m	40-10.25	2
11	#800 Andrew Cogley	SO	St. Olaf	12.43m	40-09.50	1
12	#274 Gabe Thompson	SO	Concordia-Moorhead	12.27m	40-03.25	1
13	#531 Sebastian Stefanowicz	FR	Macalester	12.24m	40-02.00	1
14	#137 Simon Swenson	FR	Bethel (Minn.)	12.15m	39-10.50	2
15	#535 Justin Veimau	JR	Macalester	11.76m	38-07.00	1
16	#698 Carter McEachern	FR	St. John's (Minn.)	11.64m	38-02.25	1
17	#504 Mason Bosley	SR	Macalester	11.42m	37-05.75	1
---	#538 Kevin Wang	FR	Macalester	FOUL		1
---	#460 TJ Somsacksy	FR	Hamline	FOUL		1

Men Shot Put

	Name	Yr	School	Finals		H#
Finals						
1	#811 Cade Feist	SO	St. Olaf	15.63m	51-03.50	2
2	#842 Andrew Mollison	SO	St. Olaf	14.98m	49-01.75	2
3	#885 Trent Beseth	SO	St. Scholastica	14.62m	47-11.75	2
4	#111 Evan Larsen	SO	Bethel (Minn.)	14.54m	47-08.50	2
5	#673 Jaeden Frost	JR	St. John's (Minn.)	14.08m	46-02.50	2
6	#106 Adam Hokanson	FR	Bethel (Minn.)	13.91m	45-07.75	2
7	#908 Grant Steger	JR	St. Scholastica	13.47m	44-02.50	2
8	#680 Brett Hague	JR	St. John's (Minn.)	13.16m	43-02.25	2
9	#702 Eli Mollet	SR	St. John's (Minn.)	12.71m	41-08.50	1
10	#668 Kaleb DeWall	SO	St. John's (Minn.)	12.49m	40-11.75	1

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Men Shot Put)**

	Name	Yr	School	Finals		H#
11	#807 Ryan Edelman	FR	St. Olaf	12.39m	40-07.75	1
12	#386 Eli Spurgeon	FR	Gustavus Adolphus	12.31m	40-04.75	1
13	#796 Layton Borst	SO	St. Olaf	12.29m	40-04.00	1
14	#255 Dominik Hillstrom	JR	Concordia-Moorhead	11.94m	39-02.25	1
15	#139 Trevor Wellman	SO	Bethel (Minn.)	11.90m	39-00.50	1
16	#805 Arnauld Dedry	SR	St. Olaf	11.78m	38-07.75	2
17	#524 Max Menache	SO	Macalester	11.51m	37-09.25	1
18	#242 Jakob Brown	SO	Concordia-Moorhead	11.13m	36-06.25	1
19	#565 Casen Fritz	SO	Saint Mary's (Minn.)	9.90m	32-05.75	1
---	#525 Austin Mills	FR	Macalester	FOUL		2

Men Weight Throw

	Name	Yr	School	Finals		H#
Finals						
1	#338 Joshua Beiswanger	JR	Gustavus Adolphus	17.18m	56-04.50	2
2	#673 Jaeden Frost	JR	St. John's (Minn.)	16.31m	53-06.25	2
3	#908 Grant Steger	JR	St. Scholastica	15.69m	51-05.75	2
4	#524 Max Menache	SO	Macalester	15.21m	49-11.00	2
5	#702 Eli Mollet	SR	St. John's (Minn.)	15.00m	49-02.50	2
6	#541 Victor Wright	SR	Macalester	14.78m	48-06.00	2
7	#680 Brett Hague	JR	St. John's (Minn.)	14.67m	48-01.75	2
8	#106 Adam Hokanson	FR	Bethel (Minn.)	14.46m	47-05.25	1
9	#811 Cade Feist	SO	St. Olaf	14.36m	47-01.50	1
10	#111 Evan Larsen	SO	Bethel (Minn.)	14.10m	46-03.25	2
11	#807 Ryan Edelman	FR	St. Olaf	13.95m	45-09.25	2
12	#699 Joseph Mensen	SO	St. John's (Minn.)	13.67m	44-10.25	2
13	#565 Casen Fritz	SO	Saint Mary's (Minn.)	13.62m	44-08.25	1
14	#388 Zach Stordahl	SO	Gustavus Adolphus	13.50m	44-03.50	1
15	#525 Austin Mills	FR	Macalester	13.23m	43-05.00	1
16	#270 Ricky Ramirez	SO	Concordia-Moorhead	13.14m	43-01.50	1
17	#665 Jon Davis	FR	St. John's (Minn.)	12.56m	41-02.50	1
18	#805 Arnauld Dedry	SR	St. Olaf	12.17m	39-11.25	1
19	#838 Galen McGlynn	FR	St. Olaf	11.49m	37-08.50	1
20	#668 Kaleb DeWall	SO	St. John's (Minn.)	11.43m	37-06.00	1

Heptathlon: #1 Men 60 Meter Dash Heptathlon

	Name	Yr	School	Finals	H#
Finals					
1	#826 Demetri Lord	SO	St. Olaf	7.17	3
2	#127 Abe Schegel	SR	Bethel (Minn.)	7.26	3
3	#717 Anthony Thurk	SO	St. John's (Minn.)	7.46	2
4	#271 Wade Rhonemus	SR	Concordia-Moorhead	7.51	3
5	#107 Brandon Kallstrom	SO	Bethel (Minn.)	7.55	2
6	#132 Micah Smith	SR	Bethel (Minn.)	7.59	3
7	#139 Trevor Wellman	SO	Bethel (Minn.)	7.60	1
8	#382 Sam Schulze	SO	Gustavus Adolphus	7.62	2
9	#796 Layton Borst	SO	St. Olaf	7.63	3
10	#367 Connor McCormick	FR	Gustavus Adolphus	7.66	2
11	#800 Andrew Cogley	SO	St. Olaf	7.67	2
12	#125 Gael Ramirez	SO	Bethel (Minn.)	7.67	2

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Heptathlon: #1 Men 60 Meter Dash Heptathlon)**

	Name	Yr	School	Finals	H#
13	#691 Max Lelwica	SO	St. John's (Minn.)	7.69	1
14	#448 Carter Kienholz	SO	Hamline	7.77	1
15	#101 Aaron Elseth	FR	Bethel (Minn.)	7.90	1
16	#381 Joe Schmidt	SO	Gustavus Adolphus	8.23	1

Heptathlon: #7 Men 1000 Meter Run Heptathlon

	Name	Yr	School	Finals
Finals				
1	#800 Andrew Cogley	SO	St. Olaf	2:46.93
2	#132 Micah Smith	SR	Bethel (Minn.)	2:50.96
3	#271 Wade Rhonemus	SR	Concordia-Moorhead	2:54.63
4	#382 Sam Schulze	SO	Gustavus Adolphus	2:54.94
5	#367 Connor McCormick	FR	Gustavus Adolphus	2:57.75
6	#826 Demetri Lord	SO	St. Olaf	2:58.57
7	#691 Max Lelwica	SO	St. John's (Minn.)	2:59.07
8	#127 Abe Schegel	SR	Bethel (Minn.)	2:59.36
9	#717 Anthony Thurk	SO	St. John's (Minn.)	3:00.29
10	#139 Trevor Wellman	SO	Bethel (Minn.)	3:01.84
11	#125 Gael Ramirez	SO	Bethel (Minn.)	3:08.25
12	#101 Aaron Elseth	FR	Bethel (Minn.)	3:10.48
13	#107 Brandon Kallstrom	SO	Bethel (Minn.)	3:11.36
14	#448 Carter Kienholz	SO	Hamline	3:13.39
15	#381 Joe Schmidt	SO	Gustavus Adolphus	3:15.02
16	#796 Layton Borst	SO	St. Olaf	3:16.93

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Heptathlon: #5 Men 60 Meter Hurdles Heptathlon**

	Name	Yr	School	Finals	H#
Finals					
1	#826 Demetri Lord	SO	St. Olaf	8.74	5
2	#691 Max Lelwica	SO	St. John's (Minn.)	8.95	5
3	#271 Wade Rhonemus	SR	Concordia-Moorhead	8.98	5
4	#132 Micah Smith	SR	Bethel (Minn.)	9.07	5
5	#367 Connor McCormick	FR	Gustavus Adolphus	9.20	4
6	#717 Anthony Thurk	SO	St. John's (Minn.)	9.30	3
7	#796 Layton Borst	SO	St. Olaf	9.39	4
8	#127 Abe Schegel	SR	Bethel (Minn.)	9.48	2
9	#101 Aaron Elseth	FR	Bethel (Minn.)	9.51	3
10	#382 Sam Schulze	SO	Gustavus Adolphus	9.54	4
11	#800 Andrew Cogley	SO	St. Olaf	9.89	3
12	#139 Trevor Wellman	SO	Bethel (Minn.)	10.07	2
13	#448 Carter Kienholz	SO	Hamline	10.20	2
14	#107 Brandon Kallstrom	SO	Bethel (Minn.)	10.55	1
15	#381 Joe Schmidt	SO	Gustavus Adolphus	11.14	1
16	#125 Gael Ramirez	SO	Bethel (Minn.)	12.65	1

Heptathlon: #4 Men High Jump Heptathlon

	Name	Yr	School	Finals
Finals				
1	#800 Andrew Cogley	SO	St. Olaf	1.80m 5-10.75
1	#717 Anthony Thurk	SO	St. John's (Minn.)	1.80m 5-10.75
1	#271 Wade Rhonemus	SR	Concordia-Moorhead	1.80m 5-10.75
4	#691 Max Lelwica	SO	St. John's (Minn.)	1.77m 5-09.75
5	#826 Demetri Lord	SO	St. Olaf	1.74m 5-08.50
6	#139 Trevor Wellman	SO	Bethel (Minn.)	1.68m 5-06.00
7	#132 Micah Smith	SR	Bethel (Minn.)	1.62m 5-03.75
7	#127 Abe Schegel	SR	Bethel (Minn.)	1.62m 5-03.75
9	#107 Brandon Kallstrom	SO	Bethel (Minn.)	1.59m 5-02.50
9	#382 Sam Schulze	SO	Gustavus Adolphus	1.59m 5-02.50
11	#448 Carter Kienholz	SO	Hamline	1.56m 5-01.25
12	#101 Aaron Elseth	FR	Bethel (Minn.)	1.53m 5-00.25
13	#796 Layton Borst	SO	St. Olaf	1.50m 4-11.00
14	#125 Gael Ramirez	SO	Bethel (Minn.)	1.47m 4-09.75
15	#381 Joe Schmidt	SO	Gustavus Adolphus	1.44m 4-08.75
16	#367 Connor McCormick	FR	Gustavus Adolphus	1.41m 4-07.50

Heptathlon: #6 Men Pole Vault Heptathlon

	Name	Yr	School	Finals
Finals				
1	#826 Demetri Lord	SO	St. Olaf	3.80m 12-05.50
1	#796 Layton Borst	SO	St. Olaf	3.80m 12-05.50
3	#127 Abe Schegel	SR	Bethel (Minn.)	3.70m 12-01.50
4	#367 Connor McCormick	FR	Gustavus Adolphus	3.60m 11-09.75
5	#691 Max Lelwica	SO	St. John's (Minn.)	3.50m 11-05.75
6	#717 Anthony Thurk	SO	St. John's (Minn.)	3.40m 11-01.75
7	#382 Sam Schulze	SO	Gustavus Adolphus	3.30m 10-10.00
7	#125 Gael Ramirez	SO	Bethel (Minn.)	3.30m 10-10.00

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Finals ... (Heptathlon: #6 Men Pole Vault Heptathlon)**

	Name	Yr	School	Finals	
9	#448 Carter Kienholz	SO	Hamline	3.20m	10-06.00
10	#800 Andrew Cogley	SO	St. Olaf	3.10m	10-02.00
11	#381 Joe Schmidt	SO	Gustavus Adolphus	3.00m	9-10.00
12	#132 Micah Smith	SR	Bethel (Minn.)	2.80m	9-02.25
13	#139 Trevor Wellman	SO	Bethel (Minn.)	2.70m	8-10.25
14	#101 Aaron Elseth	FR	Bethel (Minn.)	2.50m	8-02.50
---	#271 Wade Rhonemus	SR	Concordia-Moorhead	NH	
---	#107 Brandon Kallstrom	SO	Bethel (Minn.)	NH	

Heptathlon: #2 Men Long Jump Heptathlon

	Name	Yr	School	Finals	
Finals					
1	#826 Demetri Lord	SO	St. Olaf	6.31m	20-08.50
2	#127 Abe Schegel	SR	Bethel (Minn.)	6.26m	20-06.50
3	#271 Wade Rhonemus	SR	Concordia-Moorhead	6.01m	19-08.75
4	#691 Max Lelwica	SO	St. John's (Minn.)	5.99m	19-08.00
4	#717 Anthony Thurk	SO	St. John's (Minn.)	5.99m	19-08.00
6	#800 Andrew Cogley	SO	St. Olaf	5.97m	19-07.00
7	#132 Micah Smith	SR	Bethel (Minn.)	5.86m	19-02.75
8	#382 Sam Schulze	SO	Gustavus Adolphus	5.64m	18-06.00
9	#107 Brandon Kallstrom	SO	Bethel (Minn.)	5.60m	18-04.50
10	#367 Connor McCormick	FR	Gustavus Adolphus	5.50m	18-00.50
11	#448 Carter Kienholz	SO	Hamline	5.32m	17-05.50
12	#796 Layton Borst	SO	St. Olaf	5.26m	17-03.25
13	#139 Trevor Wellman	SO	Bethel (Minn.)	5.15m	16-10.75
14	#101 Aaron Elseth	FR	Bethel (Minn.)	5.10m	16-08.75
15	#125 Gael Ramirez	SO	Bethel (Minn.)	4.86m	15-11.50
16	#381 Joe Schmidt	SO	Gustavus Adolphus	4.06m	13-04.00

Heptathlon: #3 Men Shot Put Heptathlon

	Name	Yr	School	Finals	
Finals					
1	#139 Trevor Wellman	SO	Bethel (Minn.)	12.12m	39-09.25
2	#826 Demetri Lord	SO	St. Olaf	11.64m	38-02.25
3	#691 Max Lelwica	SO	St. John's (Minn.)	11.60m	38-00.75
4	#796 Layton Borst	SO	St. Olaf	11.58m	38-00.00
5	#448 Carter Kienholz	SO	Hamline	11.15m	36-07.00
6	#132 Micah Smith	SR	Bethel (Minn.)	10.64m	34-11.00
7	#271 Wade Rhonemus	SR	Concordia-Moorhead	10.57m	34-08.25
8	#127 Abe Schegel	SR	Bethel (Minn.)	10.47m	34-04.25
9	#717 Anthony Thurk	SO	St. John's (Minn.)	10.42m	34-02.25
10	#800 Andrew Cogley	SO	St. Olaf	9.71m	31-10.25
11	#107 Brandon Kallstrom	SO	Bethel (Minn.)	9.30m	30-06.25
12	#367 Connor McCormick	FR	Gustavus Adolphus	9.21m	30-02.75
13	#101 Aaron Elseth	FR	Bethel (Minn.)	8.48m	27-10.00
14	#125 Gael Ramirez	SO	Bethel (Minn.)	8.34m	27-04.50
15	#381 Joe Schmidt	SO	Gustavus Adolphus	7.68m	25-02.50
16	#382 Sam Schulze	SO	Gustavus Adolphus	7.22m	23-08.25

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Men Heptathlon**

	Name	Yr	School	Seed	Finals	H#
Finals						
1	#826 Demetri Lord	SO	St. Olaf		4684	
2	#691 Max Leiwica	SO	St. John's (Minn.)		4333	
3	#127 Abe Schegel	SR	Bethel (Minn.)		4280	
4	#717 Anthony Thurk	SO	St. John's (Minn.)		4247	
5	#800 Andrew Cogley	SO	St. Olaf	3992	4075	
6	#132 Micah Smith	SR	Bethel (Minn.)		4039	
7	#271 Wade Rhonemus	SR	Concordia-Moorhead	4599	3914	
8	#796 Layton Borst	SO	St. Olaf	4040	3806	
9	#367 Connor McCormick	FR	Gustavus Adolphus	3541	3802	
10	#382 Sam Schulze	SO	Gustavus Adolphus	3849	3739	
11	#139 Trevor Wellman	SO	Bethel (Minn.)		3694	
12	#448 Carter Kienholz	SO	Hamline	3361	3511	
13	#101 Aaron Elseth	FR	Bethel (Minn.)		3241	
14	#107 Brandon Kallstrom	SO	Bethel (Minn.)		3099	
15	#125 Gael Ramirez	SO	Bethel (Minn.)		2938	
16	#381 Joe Schmidt	SO	Gustavus Adolphus		2630	

Women - Team Rankings - 20 Events Scored

1) Bethel (Minn.)	144	2) Carleton	140.5
3) Gustavus Adolphus	114	4) St. Olaf	99.5
5) St. Benedict	99	6) Concordia-Moorhead	53
7) Macalester	40	8) Hamline	27
9) Augsburg	22	10) St. Scholastica	21
11) Saint Mary's (Minn.)	13	12) St. Catherine (Minn.)	6

Men - Team Rankings - 20 Events Scored

1) Bethel (Minn.)	143.5	2) St. John's (Minn.)	141.5
3) St. Olaf	131.5	4) Carleton	105
5) Gustavus Adolphus	71	6) Concordia-Moorhead	56.5
7) Macalester	36	8) St. Scholastica	35
9) Hamline	27	10) Augsburg	24
11) Saint Mary's (Minn.)	9		