

Women 100 Meter Dash

9 Advance: Top 1 Each Heat plus Next 6 Best Times

Conference: 12.11 2018 Katie Murray, St. Thomas
 Conference: 11.89 2012 Ashley Carney (W), Augsburg
 Facility: F 12.53 4/15/2023 Jireh Babalola, Bethel (Minn.)

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Birgen Nelson	SO	Gustavus Ado	11.91	F 11.80Q	1.7	3
2 Sarah Stellmach	SO	Bethel (Minn)	12.15	F 12.07Q	1.6	2
3 Jireh Babalola	JR	Bethel (Minn)	12.13	F 12.26Q	1.3	1
4 Kate Carlson	SO	Gustavus Ado	12.20	F 12.29q	1.6	2
5 Makayla Stinson	FR	St. Catherin	12.47	F 12.48q	1.3	1
6 Kate Gallagher	JR	St. Benedict	12.75	12.59q	1.7	3
7 Ava Fink	FR	St. Scholast	12.88	12.81q	1.6	2
8 Myah Nelson	FR	St. Benedict	12.86	12.82q	1.3	1
9 Emily Rengo	FR	Concordia-Mo	12.50	12.83q	1.7	3
10 Penny Hunter	JR	Macalester	13.07	12.94	1.3	1
11 Ally Rakow	SO	Gustavus Ado	13.04	13.02	1.3	1
12 Claire Nichols	SR	St. Catherin	13.08	13.04	1.6	2
13 Riley Roberts	SO	Carleton	12.95	13.12	1.6	2
14 Sarrah Lindner	FR	Gustavus Ado	13.11	13.14	1.6	2
15 Danielle Miller	SO	Gustavus Ado	13.12	13.16	1.7	3
16 Hailey Johnson	SR	St. Benedict	13.11	13.19	1.3	1 13.183
17 Zoe Matre	SO	St. Olaf	13.29	13.19	1.6	2 13.186
18 Hannah King	SO	Bethel (Minn)	13.07	13.20	1.7	3
19 Zoe Carver	FR	Macalester	13.29	13.22	1.6	2
20 Rachel Nelsen	JR	St. Olaf	13.26	13.23	1.3	1
21 Ellie Logelin	JR	Hamline	13.11	13.33	1.7	3
22 Bianca Lott	FR	Carleton	13.06	13.40	1.7	3
23 Santrice Rodriguez	FR	Augsburg	13.30	13.49	1.3	1
24 Caitlin Falkowski	SO	Macalester	13.44	13.50	1.7	3
25 Emelia Laryea	FR	Gustavus Ado	13.49	13.55	1.3	1
26 Jensi Jensen	FR	Gustavus Ado	13.37	13.56	1.7	3
27 Mya Bishop	JR	Augsburg	13.51	13.80	1.6	2

Women 100 Meter Dash

Conference: 12.11 2018 Katie Murray, St. Thomas
 Conference: 11.89 2012 Ashley Carney (W), Augsburg
 Facility: F 12.53 4/15/2023 Jireh Babalola, Bethel (Minn.)

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Birgen Nelson	SO	Gustavus Ado	11.80	11.71	3.6	10
2 Jireh Babalola	JR	Bethel (Minn)	12.26	11.93	3.6	8
3 Sarah Stellmach	SO	Bethel (Minn)	12.07	11.94	3.6	6
4 Kate Carlson	SO	Gustavus Ado	12.29	12.05	3.6	5
5 Kate Gallagher	JR	St. Benedict	12.59	12.45	3.6	4
6 Makayla Stinson	FR	St. Catherin	12.48	12.48	3.6	3
7 Emily Rengo	FR	Concordia-Mo	12.83	12.55	3.6	2
8 Ava Fink	FR	St. Scholast	12.81	12.64	3.6	1
9 Myah Nelson	FR	St. Benedict	12.82	12.85	3.6	

Women 200 Meter Dash

9 Advance: Top 1 Each Heat plus Next 6 Best Times

Conference: 24.72 2018 Katie Murray, St. Thomas
 Conference: 24.41 2012 Ashley Magelssen (W), bethle
 Facility: F 25.81 4/15/2023 Alexis Pratt, St. Thomas (Minn.)

Name	Year	School	Seed	Prelims	Wind	H#
=====						
Preliminaries						
1 Megan Geraets	SO	Gustavus Ado	24.85	F 24.74Q	+0.0	1
2 Sarah Stellmach	SO	Bethel (Minn	24.81	F 24.90Q	+0.0	3
3 Kate Carlson	SO	Gustavus Ado	24.89	F 25.10Q	1.1	2
4 Jireh Babalola	JR	Bethel (Minn	26.49	F 25.30q	+0.0	1
5 Karla Kroschel	JR	St. Olaf	25.83	26.15q	1.1	2
6 Kate Gallagher	JR	St. Benedict	26.92	26.21q	+0.0	1
7 Makayla Stinson	FR	St. Catherin	26.23	26.26q	+0.0	3
8 Emily Rengo	FR	Concordia-Mo	26.22	26.39q	+0.0	1
9 Allison Hookom	FR	Augsburg	26.49	26.51q	+0.0	3
10 Emma Storbakken	SO	St. Olaf	26.53	26.55	1.1	2
11 Ally Rakow	SO	Gustavus Ado	26.80	26.71	1.1	2
12 Ava Fink	FR	St. Scholast	27.11	26.72	1.1	2
13 Zoe Matre	SO	St. Olaf	26.93	26.89	+0.0	3
14 Myah Nelson	FR	St. Benedict	26.99	26.91	+0.0	1
15 Penny Hunter	JR	Macalester	27.17	26.97	+0.0	1
16 Ququ Holman	JR	St. Olaf	26.99	27.00	+0.0	3
17 Riley Roberts	SO	Carleton	27.03	27.02	1.1	2 27.013
17 Abbie Swenson	SO	Bethel (Minn	27.51	27.02	+0.0	1 27.013
19 Kyla Nygaard	FR	Concordia-Mo	27.35	27.10	+0.0	3
20 Mirjana Ganley	JR	St. Benedict	27.91	27.22	+0.0	1
21 Zoe Carver	FR	Macalester	27.91	27.50	+0.0	3
22 Amira Aladetan	SO	Carleton	27.52	27.67	1.1	2
23 Ellie Logelin	JR	Hamline	27.60	27.70	1.1	2
24 Hailey Johnson	SR	St. Benedict	27.62	27.82	+0.0	1
25 Allison Soule	FR	St. Olaf	28.29	28.07	1.1	2 28.063
26 Bianca Lott	FR	Carleton	27.70	28.07	+0.0	3 28.070
-- Santrice Rodriguez	FR	Augsburg	27.41	DNS	+0.0	3

Women 200 Meter Dash

=====						
Conference:	24.72	2018	Katie Murray, St. Thomas			
Conference:	24.41	2012	Ashley Magelssen (W), bethle			
Facility:	F 25.81	4/15/2023	Alexis Pratt, St. Thomas (Minn.)			
Name	Year	School	Prelims	Finals	Wind	Points
=====						

Finals

1 Sarah Stellmach	SO	Bethel (Minn	24.90	24.60F	1.5	10
2 Kate Carlson	SO	Gustavus Ado	25.10	24.93F	1.5	8
3 Jireh Babalola	JR	Bethel (Minn	25.30	25.19F	1.5	6
4 Megan Geraets	SO	Gustavus Ado	24.74	25.29F	1.5	5
5 Emily Rengo	FR	Concordia-Mo	26.39	26.08	1.5	4
6 Karla Kroschel	JR	St. Olaf	26.15	26.20	1.5	3
7 Kate Gallagher	JR	St. Benedict	26.21	26.32	1.5	2
8 Makayla Stinson	FR	St. Catherin	26.26	26.34	1.5	1
9 Allison Hookom	FR	Augsburg	26.51	26.67	1.5	

Women 400 Meter Dash

=====						
9 Advance: Top 1 Each Heat plus Next 6 Best Times						
Conference:	55.98	2010	Nikki Arola, St. Thomas			
Facility:	F 57.55	4/15/2023	Sarah Stellmach, Bethel (Minn.)			
Name	Year	School	Seed	Prelims	H#	
=====						

Preliminaries

1 Megan Geraets	SO	Gustavus Ado	56.93	58.14Q	3	
2 Lindsey Bernardy	SR	Hamline	1:00.04	59.03Q	1	
3 Hailey Gregg	SO	Bethel (Minn	59.22	59.22Q	2	
4 Karla Kroschel	JR	St. Olaf	59.78	58.74q	3	
5 Allison Hookom	FR	Augsburg	58.85	59.34q	1	
6 Hadley Twichell	FR	Carleton	59.85	59.57q	3	
7 Makenna Brown	SO	Bethel (Minn	59.65	59.64q	1	
8 Jocelyn Ferguson	SO	Carleton	59.16	59.65q	2	
9 Morgan Dean	FR	Bethel (Minn	1:00.68	1:00.17q	1	
10 Maddie Guler	JR	Concordia-Mo	1:00.62	1:00.41	2	
11 Sidela Nyuga	SO	St. Benedict	1:01.09	1:00.57	1	

12	Meg Shercliffe	JR Concordia-Mo	1:00.80	1:01.01	3	
13	Emma Storbakken	SO St. Olaf	1:00.85	1:01.32	3	
14	Rachael Wilson	FR St. Olaf	1:01.77	1:01.34	1	
15	Erin Doyle	JR St. Catherin	1:02.84	1:01.48	1	
16	Ruth Pfeiffer	FR St. Olaf	1:00.48	1:01.67	2	
17	Emerson Knapp	SO St. Benedict	1:02.46	1:01.71	2	
18	Abbie Swenson	SO Bethel (Minn	1:01.71	1:01.90	3	
19	Mikayla Turek	SO Bethel (Minn	1:01.04	1:01.95	2	
20	Sydney Hauger	SO Gustavus Ado	1:01.33	1:02.00	3	
21	Madi Pelowski	FR Bethel (Minn	1:02.96	1:02.16	3	
22	Ququ Holman	JR St. Olaf	1:00.92	1:02.31	1	
23	Mia Case	FR St. Scholast	1:03.09	1:02.45	3	
24	Hadley Wilkins	FR Macalester	1:01.04	1:02.73	2	1:02.722
25	Mya Bishop	JR Augsburg	1:03.22	1:02.73	1	1:02.725
26	Isabel Fynboh	FR Gustavus Ado	1:02.45	1:02.74	2	
27	Kayla Nelson	FR St. Scholast	1:03.43	1:03.35	2	

Women 400 Meter Dash

=====

Conference:	55.98	2010	Nikki Arola, St. Thomas			
Facility:	F 57.55	4/15/2023	Sarah Stellmach, Bethel (Minn.)			
Name		Year School	Prelims	Finals	Points	

=====

Finals

1	Megan Geraets	SO Gustavus Ado	58.14	58.14	10
2	Allison Hookom	FR Augsburg	59.34	58.48	8
3	Karla Kroschel	JR St. Olaf	58.74	58.56	6
4	Lindsey Bernardy	SR Hamline	59.03	59.01	5
5	Jocelyn Ferguson	SO Carleton	59.65	59.14	4
6	Hailey Gregg	SO Bethel (Minn	59.22	59.35	3
7	Makenna Brown	SO Bethel (Minn	59.64	59.45	2
8	Hadley Twichell	FR Carleton	59.57	59.90	1
9	Morgan Dean	FR Bethel (Minn	1:00.17	1:00.30	

Women 800 Meter Run

=====

9 Advance:	Top 2 Each Heat plus Next 3 Best Times					
Conference:	2:07.36	2019	Phoebe Aguiar, Macalester			
Facility:	F 2:13.78	4/15/2023	Annessa Ihde, Bethel (Minn.)			
Name		Year School	Seed	Prelims	H#	

=====

Preliminaries

1	Mary Blanchard	SO Carleton	2:19.83	2:16.45Q	1
2	Lara Erickson	SO Carleton	2:17.63	2:17.82Q	3
3	Annessa Ihde	SO Bethel (Minn	2:13.78	2:19.49Q	2
4	Alexandra Maddux	SR Hamline	2:13.39	2:18.40Q	1
5	Ella Young	JR St. Benedict	2:16.89	2:19.14Q	3
6	Jules Fromm	SO St. Olaf	2:18.80	2:19.98Q	2
7	Ellie Sholing	SR St. Scholast	2:21.34	2:19.73q	3
8	Drew Frolek	SO Concordia-Mo	2:19.69	2:20.71q	1
9	Isabel Wyatt	FR St. Olaf	2:21.09	2:25.15q	2
10	Olivia Edstrom	JR St. Olaf	2:24.58	2:25.87	1
11	Kalli Smith	SO St. Benedict	2:22.92	2:26.05	2
12	Morgan Dieschbourg	SO Carleton	2:30.17	2:26.29	2
13	Kailyn Walukas	SO Gustavus Ado	2:25.63	2:26.51	2
14	Ruby Gernandt	SO Bethel (Minn	2:21.99	2:26.76	3
15	Nicole Gonzalez	FR St. Olaf	2:25.02	2:26.92	1
16	Lucia Wyland	JR St. Olaf	2:26.72	2:28.84	3
17	Riley Mauzer	JR St. Olaf	2:28.99	2:30.63	2
18	Lucy Lyngen	JR St. Benedict	2:29.27	2:31.33	1
19	Jalisa Mathews	SR Hamline	2:33.23	2:31.71	2
20	Jenna Terrio	JR St. Scholast	2:33.47	2:32.76	1
21	Alex Cook	SR St. Benedict	2:28.54	2:33.43	3
22	Ella Krumm	SO Macalester	2:34.01	2:34.28	1
23	Kate Ulrich	SO Carleton	2:32.50	2:34.42	3
24	Ava Juntunen-Novak	SO St. Benedict	2:31.61	2:35.11	3
25	Kaye Rysdahl	SO Bethel (Minn	2:37.75	2:36.68	3
26	Larissa Minshull	SO Bethel (Minn	2:37.60	2:38.02	2

27 Natalie Zielsdorf FR St. Benedict 2:29.22 2:41.34 1

Women 800 Meter Run

=====
Conference: 2:07.36 2019 Phoebe Aguiar, Macalester
Facility: F 2:13.78 4/15/2023 Annessa Ihde, Bethel (Minn.)
Name Year School Prelims Finals Points
=====

Finals

1 Alexandra Maddux SR Hamline 2:18.40 2:11.89F 10
2 Mary Blanchard SO Carleton 2:16.45 2:12.16F 8
3 Annessa Ihde SO Bethel (Minn) 2:19.49 2:15.58 6
4 Lara Erickson SO Carleton 2:17.82 2:17.32 5
5 Drew Frolek SO Concordia-Mo 2:20.71 2:17.87 4
6 Ellie Sholing SR St. Scholast 2:19.73 2:19.45 3
7 Isabel Wyatt FR St. Olaf 2:25.15 2:19.46 2
8 Jules Fromm SO St. Olaf 2:19.98 2:20.31 1
9 Ella Young JR St. Benedict 2:19.14 2:21.02

Women 1500 Meter Run

=====
Conference: 4:29.20 2009 Marie Borner, Bethel
Facility: F 4:41.13 4/15/2023 Megan Lundstromg, Minnesota
Name Year School Seed Finals H# Points
=====

1 Fiona Smith JR St. Benedict 4:25.51 4:34.40F 2 10
2 Christine Albrecht JR St. Olaf 4:31.85 4:38.20F 2 8
3 Mary Blanchard SO Carleton 4:41.85 4:39.22F 2 6
4 Hannah Preisser SO Carleton 4:45.64 4:42.31 2 5
5 Annessa Ihde SO Bethel (Minn) 4:41.93 4:43.07 2 4
6 Ella Landis FR St. Olaf 4:46.76 4:47.18 2 3
7 Bella Call JR St. Olaf 4:48.51 4:48.16 2 2
8 Grace Moeller FR St. Olaf 4:49.19 4:48.94 2 1
9 Sophie Abernethy SO St. Olaf 4:48.17 4:49.45 2
10 Libby Rowland SO Carleton 4:52.44 4:50.28 2
11 Sky Theodosopolous FR Macalester 4:49.74 4:50.89 2
12 Keiley Maahs JR St. Benedict 4:52.65 4:51.50 2
13 Sophie Call JR St. Olaf 4:46.32 4:55.05 2
14 Rainey Tilley JR Carleton 4:53.34 4:55.51 2
15 Maj-Lis Helmer JR St. Scholast 4:56.25 4:56.47 1
16 Katie Gebert JR St. Olaf 4:58.33 4:56.87 1
17 Nell Schafer JR Carleton 4:53.94 4:58.60 1
18 Caitlyn Storley SO Gustavus Ado 5:01.49 5:00.61 1
19 Elise Yeager JR St. Benedict 5:09.36 5:02.31 1
20 Molly Kate McCloskey FR St. Olaf 4:55.78 5:04.70 1
21 Karley Thurston JR Macalester 5:14.28 5:07.38 1
22 Natalie Zielsdorf FR St. Benedict 5:07.16 5:09.23 1
23 Annie Jay SO Carleton 5:11.53 5:09.25 1
24 Erin Franke SR Macalester 5:09.65 5:11.29 1
25 Eva Creighton FR St. Benedict 5:16.35 5:11.63 1
26 Ella Krumm SO Macalester 5:15.26 5:13.14 1
27 Brooklyn Conrad FR Augsburg 5:14.00 5:16.72 1
28 Sylvia Coyle SO Macalester 5:15.71 5:18.98 1
-- Jenna Terrio JR St. Scholast 5:22.46 SCR
-- Grace Ivesdal SR Concordia-Mo 5:49.12 SCR
-- Abby Tapajna FR Hamline 5:35.68 SCR
-- Victoria Dybwad FR St. Scholast 5:25.40 SCR
-- Elsie Hatlevig FR Concordia-Mo 5:25.07 SCR
-- Sophie Gossard JR St. Olaf 5:23.80 SCR
-- Annabel Lantz SO Augsburg 6:05.86 SCR
-- Lydia Gessner SO Bethel (Minn) 5:24.48 SCR
-- Lily Hatrick FR Macalester 5:32.02 SCR
-- Nicole Gonzalez FR St. Olaf 4:58.33 SCR
-- Tatum Leibke FR St. Benedict 5:27.76 SCR
-- Rachel Olinger FR St. Benedict 5:32.06 SCR
-- Molly Liston FR Gustavus Ado 5:20.43 SCR
-- Isabel Kraabel FR St. Benedict 5:51.61 SCR
-- Alex Cook SR St. Benedict 5:12.83 SCR

-- Olivia Flack	SR St. Benedict	5:55.46	SCR
-- Ayva Burschem	FR St. Benedict	5:57.06	SCR
-- Kate Ulrich	SO Carleton	5:05.62	SCR
-- Ella Viscontie	FR Carleton	5:19.54	SCR
-- Morgan Dieschbourg	SO Carleton	5:03.75	SCR
-- Margo Lewis	SO Carleton	5:13.46	SCR
-- Jesse Colnes	SR Macalester	5:26.76	SCR
-- Timea Vrabcova	SO Concordia-Mo	5:59.13	SCR
-- Thea Larsson	FR St. Olaf	6:16.03	SCR

Women 5000 Meter Run

=====					
Conference:	16:59.19	2014	Kimber Meyer, Macalester		
Facility:	F 17:21.94	4/15/2023	Hannah Preisser, Carleton		
Name	Year	School	Seed	Finals	Points
=====					
1 Fiona Smith	JR	St. Benedict	16:05.43	16:19.98F	10
2 Clara Mayfield	JR	Carleton	16:28.16	16:30.91F	8
3 Alison Bode	SO	St. Olaf	17:18.65	17:07.99F	6
4 Hannah Preisser	SO	Carleton	17:21.94	17:17.52F	5
5 Sofia Carlson	SO	St. Olaf	17:04.03	17:50.80	4
6 Phoebe Ward	SO	Carleton	17:50.01	17:52.84	3
7 Rainey Tilley	JR	Carleton	18:00.07	17:54.29	2
8 Bella Call	JR	St. Olaf	17:41.18	17:55.24	1
9 Lauren Walda	FR	St. Olaf	17:45.27	18:03.88	
10 Evelyn Villalobos	SO	Gustavus Ado	18:07.79	18:04.10	
11 Maj-Lis Helmer	JR	St. Scholast	18:12.57	18:05.39	
12 Annie Kiolbasa	JR	St. Benedict	18:05.06	18:06.77	
13 Josie Harms	SO	Bethel (Minn	18:17.46	18:33.60	
14 Aliya Larsen	SO	Carleton	18:35.24	18:48.19	
15 Anna Decker	SO	Bethel (Minn	19:09.51	18:55.86	
16 Gracie Johnson	FR	Augsburg	18:43.31	19:00.77	
17 Gracia Larsen-Schmidt	SO	St. Olaf	18:46.91	19:06.56	
18 Elise Yeager	JR	St. Benedict	19:16.98	19:08.36	
19 Emily Rugloski	SR	Concordia-Mo	19:04.07	19:11.55	
20 Sylvia Coyle	SO	Macalester	19:32.79	19:29.68	
21 Madison Stackhouse	FR	Bethel (Minn	19:26.32	19:30.23	
22 Marte Borgmann	JR	Carleton	18:59.03	19:33.49	
23 Seneca Norvell	JR	St. Olaf	19:21.33	19:33.97	
24 Sydney Hagen	SO	Gustavus Ado	19:18.70	19:36.06	
25 Libby Roberdeau	JR	Hamline	19:23.74	19:39.13	
26 Taina Koivisto	SO	Gustavus Ado	19:50.29	19:42.10	
27 Victoria Dybwad	FR	St. Scholast	19:58.02	19:58.64	
28 Aerial Johnson	SO	Concordia-Mo	19:29.37	20:02.63	
29 Elsie Hatlevig	FR	Concordia-Mo	19:58.70	20:06.22	
30 Claire Schoenfield	SO	Gustavus Ado	19:56.37	20:46.42	
-- Erin Franke	SR	Macalester	19:37.64	DNF	
-- Jesse Colnes	SR	Macalester	19:39.85	DNS	
-- Kendra Klobe	SO	Saint Mary's	20:35.25	SCR	
-- Lauren Bitner	JR	St. Olaf	20:05.82	SCR	
-- Sophie Gossard	JR	St. Olaf	20:15.85	SCR	
-- Tatum Leibke	FR	St. Benedict	20:34.01	SCR	
-- Abby Rowekamp	SO	St. Olaf	20:38.94	SCR	
-- Maggie Votruba	SO	Carleton	19:29.29	SCR	
-- Hailley Thompson	FR	St. Benedict	20:49.88	SCR	
-- Abby Tapajna	FR	Hamline	20:18.43	SCR	
-- Charlotte Adams	SR	Hamline	21:05.20	SCR	
-- Cate Gleason	SO	St. Olaf	20:23.85	SCR	
-- Grace Ivesdal	SR	Concordia-Mo	21:01.67	SCR	

Women 10000 Meter Run

=====					
Conference:	34:22.58	1983	Debbie Thometz, St. Thomas		
Name	Year	School	Seed	Finals	Points
=====					
1 Fiona Smith	JR	St. Benedict	33:23.89	34:31.92	10
2 Clara Mayfield	JR	Carleton	34:08.69	34:35.64	8
3 Alison Bode	SO	St. Olaf	35:59.01	36:17.82	6

4	Sofia Carlson	SO St. Olaf	36:47.10	37:28.52	5
5	Lauren Walda	FR St. Olaf	37:14.86	38:11.40	4
6	Evelyn Villalobos	SO Gustavus Ado	37:44.51	38:13.78	3
7	Annie Kiolbasa	JR St. Benedict	37:51.68	38:19.43	2
8	Phoebe Ward	SO Carleton	39:02.36	38:55.96	1
9	Bridget Tetmeyer	JR St. Benedict	38:23.15	39:28.86	
10	Gracia Larsen-Schmidt	SO St. Olaf	39:37.93	40:49.18	
11	Libby Roberdeau	JR Hamline	40:28.01	41:11.35	
12	Marte Borgmann	JR Carleton	39:39.78	41:28.09	
13	Amelia Landsverk	SR Concordia-Mo	41:11.88	41:35.02	
14	Maggie Votruba	SO Carleton	40:11.46	42:13.15	
15	Lauren Bitner	JR St. Olaf	42:06.62	42:41.97	
16	Cate Gleason	SO St. Olaf	42:36.05	42:58.62	
17	Laura Hardwick	SO Bethel (Minn)	41:56.49	43:22.00	
18	Seneca Norvell	JR St. Olaf	40:20.29	43:34.54	
19	Charlotte Adams	SR Hamline	42:48.33	45:54.03	
20	Abby Rowekamp	SO St. Olaf	42:43.60	46:07.33	
--	Kendra Klobe	SO Saint Mary's	44:06.78	SCR	
--	Jesse Colnes	SR Macalester		SCR	
--	Elise Yeager	JR St. Benedict		SCR	
--	Raina Moorjani	SO Bethel (Minn)	43:02.79	SCR	
--	Erin Franke	SR Macalester		SCR	

Women 100 Meter Hurdles

9 Advance: Top 1 Each Heat plus Next 6 Best Times

Conference: 13.71 5/14/2022 Birgen Nelson, Gustavus Ado

Facility: F 14.15 4/15/2023 Birgen Nelson, Gustavus Adolphus

Name	Year	School	Seed	Prelims	Wind	H#
------	------	--------	------	---------	------	----

Preliminaries

1	Kelsie Sealock	SO Bethel (Minn)	13.74	13.54Q	3.4	1	
2	Birgen Nelson	SO Gustavus Ado	13.32	13.59Q	3.1	3	
3	Danielle Miller	SO Gustavus Ado	15.26	15.14Q	1.5	2	
4	Rebekah Salfer	SR St. Olaf	15.32	15.03q	3.1	3	
5	Lauren Dimler	FR Gustavus Ado	15.67	15.24q	3.1	3	15.236
6	AnnaGrace Nelson	SO Bethel (Minn)	15.65	15.24q	3.4	1	15.237
7	Gabby Bodin	JR St. Catherin	15.49	15.29q	3.1	3	
8	McKenzie Williams	JR St. Scholast	15.28	15.31q	3.4	1	
9	Grace Blanchette	JR Carleton	15.25	15.32q	1.5	2	
10	Daneyah Hughes	FR Gustavus Ado	15.50	15.37	3.4	1	
11	Ellie Hernes	FR Bethel (Minn)	15.52	15.47	1.5	2	
12	Makenna Huetten	SO Gustavus Ado	15.80	15.49	1.5	2	
13	Lauren Berg	FR St. Benedict	15.61	15.52	1.5	2	
14	Burnices Barlue	JR St. Catherin	15.77	15.66	3.4	1	
15	Peyton Selle	JR Concordia-Mo	15.66	15.70	3.1	3	
16	Ally Stackhouse	SO Bethel (Minn)	16.13	16.03	3.1	3	
17	Justus Floren	SO St. Benedict	15.96	16.25	3.4	1	
18	Jenna Kalevik	SO Concordia-Mo	16.69	16.30	3.4	1	
19	Hannah King	SO Bethel (Minn)	16.64	16.34	3.1	3	
20	Hailey Scholten	FR Bethel (Minn)	16.93	16.40	1.5	2	
21	Nicole Lilleberg	SR Concordia-Mo	15.79	16.45	1.5	2	
22	Lauren Rocheford	FR Gustavus Ado	17.12	16.83	3.1	3	
23	Madi Josephson	FR St. Benedict	16.95	16.86	1.5	2	
24	Lily Johnson	SO St. Olaf	16.95	17.01	3.4	1	
25	Kiernan Darling	SO Concordia-Mo	17.30	17.14	3.4	1	
26	Alli Joerger	SO Gustavus Ado	17.16	17.28	3.1	3	
27	Claire Keech	FR St. Olaf	17.52	17.69	1.5	2	

Women 100 Meter Hurdles

Conference: 13.71 5/14/2022 Birgen Nelson, Gustavus Ado

Facility: F 14.15 4/15/2023 Birgen Nelson, Gustavus Adolphus

Name	Year	School	Prelims	Finals	Wind	Points
------	------	--------	---------	--------	------	--------

Finals

1	Birgen Nelson	SO Gustavus Ado	13.59	13.37	2.3	10
2	Kelsie Sealock	SO Bethel (Minn)	13.54	13.61	2.3	8

3	Rebekah Salfer	SR St. Olaf	15.03	14.83	2.3	6
4	Danielle Miller	SO Gustavus Ado	15.14	15.03	2.3	5
5	Lauren Dimler	FR Gustavus Ado	15.24	15.27	2.3	4
6	Gabby Bodin	JR St. Catherin	15.29	15.29	2.3	3
7	McKenzie Williams	JR St. Scholast	15.31	15.35	2.3	2
8	Grace Blanchette	JR Carleton	15.32	15.36	2.3	1
9	AnnaGrace Nelson	SO Bethel (Minn)	15.24	15.86	2.3	

Women 400 Meter Hurdles

9 Advance: Top 1 Each Heat plus Next 6 Best Times

Conference: 1:00.36 1989 Carolyn Ross, Augsburg
 Facility: F 1:03.21 4/15/2023 Birgen Nelson, Gustavus Adolphus

Name	Year School	Seed	Prelims	H#
Preliminaries				
1	Birgen Nelson	SO Gustavus Ado	1:00.19 F 1:00.99Q	1
2	Lauren Berg	FR St. Benedict	1:03.98	1:04.15Q 2
3	Rebekah Salfer	SR St. Olaf	1:06.30	1:04.88Q 3
4	McKenzie Williams	JR St. Scholast	1:06.32	1:05.43q 3
5	Makenna Huetten	SO Gustavus Ado	1:06.78	1:05.89q 1
6	Lauren Rocheford	FR Gustavus Ado	1:06.38	1:05.94q 2
7	Lauren Dimler	FR Gustavus Ado	1:07.28	1:06.28q 1
8	Jessie Smith	SO Bethel (Minn)	1:08.24	1:08.53q 2
9	Katie Danielzuk	SR Hamline	1:09.29	1:08.90q 3
10	Sophia Revoir	FR Concordia-Mo	1:13.85	1:09.91 1
11	Kelly Lorenz	SR Concordia-Mo	1:10.94	1:10.22 3
12	Ellie Selisker	JR St. Benedict	1:13.02	1:10.36 2
13	Hailey Scholten	FR Bethel (Minn)	1:13.16	1:10.61 3
14	Emma Sahly	SO St. Olaf	1:11.84	1:10.89 2
15	Madelaine Rodriguez	SR Macalester	1:13.21	1:11.26 3
16	Nicole Lilleberg	SR Concordia-Mo	1:12.66	1:12.27 1
17	Linnea Askegaard	FR St. Olaf	1:12.71	1:12.35 1
18	Mikayla Zaske	SO Gustavus Ado	1:13.41	1:12.81 2
19	Andreiana Aurelius	JR Hamline	1:14.51	1:14.27 2
20	Ava Shirley	FR St. Olaf	1:15.24	1:15.24 3
21	Abbie Manhard	FR St. Olaf	1:13.68	1:15.35 1
22	Emma Schuele	FR St. Benedict	1:18.41	1:17.18 2
23	Ava Chevalier	FR Concordia-Mo	1:17.68	1:19.43 3

Women 400 Meter Hurdles

Conference: 1:00.36 1989 Carolyn Ross, Augsburg
 Facility: F 1:03.21 4/15/2023 Birgen Nelson, Gustavus Adolphus

Name	Year School	Prelims	Finals	Points
Finals				
1	Birgen Nelson	SO Gustavus Ado	1:00.99	59.87F 10
2	Lauren Berg	FR St. Benedict	1:04.15	1:03.52 8
3	Rebekah Salfer	SR St. Olaf	1:04.88	1:04.04 6
4	McKenzie Williams	JR St. Scholast	1:05.43	1:04.87 5
5	Makenna Huetten	SO Gustavus Ado	1:05.89	1:05.15 4
6	Lauren Rocheford	FR Gustavus Ado	1:05.94	1:06.12 3
7	Lauren Dimler	FR Gustavus Ado	1:06.28	1:06.75 2
8	Jessie Smith	SO Bethel (Minn)	1:08.53	1:07.87 1
9	Katie Danielzuk	SR Hamline	1:08.90	1:09.37

Women 3000 Meter Steeplechase

Conference: 10:37.58 2015 Ruth Steinke, Carleton
 Facility: F 10:53.07 4/15/2023 Zoie Dundon, Unattached

Name	Year School	Seed	Finals	Points
1	Christine Albrecht	JR St. Olaf	11:00.02	10:37.35F 10
2	Sophie McManus	SO Carleton	11:17.82	11:07.85 8
3	Josie Harms	SO Bethel (Minn)	11:36.37	11:16.80 6
4	Grace Moeller	FR St. Olaf	11:23.27	11:20.98 5
5	Keiley Maahs	JR St. Benedict	11:51.76	11:29.32 4

6	Emily Rugloski	SR	Concordia-Mo	11:45.48	11:32.35	3
7	Mary Kenney	FR	St. Benedict	12:07.26	11:46.65	2
8	Sydney Hagen	SO	Gustavus Ado	12:25.18	11:48.61	1
9	Bridget Tetmeyer	JR	St. Benedict	11:55.27	11:50.37	
10	Airial Johnson	SO	Concordia-Mo	12:23.32	12:24.51	
11	Ava Craven	SO	St. Olaf	12:33.08	12:24.60	
12	Molly Weberg	SO	Gustavus Ado	12:29.91	12:28.81	
13	Zoe Plechaty	JR	St. Olaf	12:51.47	12:43.85	
14	Brooklyn Conrad	FR	Augsburg	13:15.45	12:45.98	
15	Anna Hay	FR	Bethel (Minn)	12:47.73	12:46.58	
16	Lauren Tillman	SO	Gustavus Ado	12:51.62	12:52.00	
17	Brittany Breed	FR	St. Catherin	13:04.96	13:03.62	
18	Emily Tess	SO	St. Benedict	13:38.65	13:28.67	

Women 4x100 Meter Relay

=====						
Conference:	47.17	2013	St. Thomas, St. Thomas			
			M Burnham, E Van Heel, C Rozeske, A Tipp			
Facility:	F 47.94	4/15/2023	Bethel (Minn.), Bethel (Minn.)			
			J Babalola, K Sealock, M Brown, S Stellmach			
School			Seed	Finals	H#	Points
=====						
1	Gustavus Adolphus 'A'		47.50	47.15F	2	10
	1) Danielle Miller SO					
	3) Megan Geraets SO					
2	St. Benedict 'A'		48.88	49.27	2	8
	1) Myah Nelson FR					
	3) Hailey Johnson SR					
3	Concordia-Moorhead 'A'		50.37	49.36	2	6
	1) Maddie Guler JR					
	3) Kyla Nygaard FR					
4	St. Catherine (Minn.) 'A'		50.14	49.67	2	5
	1) Claire Nichols SR					
	3) Erin Doyle JR					
5	St. Olaf 'A'		50.86	49.78	1	4
	1) Ruth Pfeiffer FR					
	3) Ququ Holman JR					
6	Carleton 'A'		49.42	50.31	2	3
	1) Riley Roberts SO					
	3) Bianca Lott FR					
7	St. Scholastica 'A'		50.89	50.64	1	2
	1) Kaitlyn Sautter FR					
	3) Jaden Ellefson FR					
8	Augsburg 'A'		50.42	50.78	1	1
	1) Mya Bishop JR					
	3) CC Cesare FR					
9	Bethel (Minn.) 'A'		47.35	50.96	2	
	1) Jireh Babalola JR					
	3) Makenna Brown SO					
10	Macalester 'A'		50.88	51.11	1	
	1) Penny Hunter JR					
	3) Sarah Beth Hobby JR					
11	Hamline 'A'		51.95	51.80	1	
	1) Ashley Grabau FR					
	3) Emme Nelson JR					
--	Saint Mary's (Minn.) 'A'			DNS	1	

Women 4x400 Meter Relay

=====						
Conference:	3:51.39	5/15/2021	Bethel (Minn.), Bethel (Minn.)			
			H Sankey, K Sealock, B Nordberg, M Turek			
Facility:	F 3:58.23	4/15/2023	Bethel (Minn.), Bethel (Minn.)			
			K Sealock, H Gregg, A Ihde, M Brown			
School			Seed	Finals	H#	Points
=====						
1	St. Benedict 'A'		4:01.23	3:57.18F	2	10
	1) Sidela Nyuga SO					
	3) Emerson Knapp SO					
	2) Lauren Berg FR					
	4) Ella Young JR					

2	Carleton 'A'	4:00.89	3:58.19F	2	8
	1) Lara Erickson SO				
	3) Mary Blanchard SO				
3	Bethel (Minn.) 'A'	3:51.10	3:58.47	2	6
	1) Makenna Brown SO				
	3) Abbie Swenson SO				
4	Concordia-Moorhead 'A'	4:02.90	3:59.27	2	5
	1) Maddie Guler JR				
	3) Kyla Nygaard FR				
5	Hamline 'A'	4:03.67	4:00.93	2	4
	1) Lucy Hoelscher SR				
	3) Ashley Grabau FR				
6	St. Olaf 'A'	4:07.54	4:02.46	2	3
	1) Ruth Pfeiffer FR				
	3) Olivia Edstrom JR				
7	Gustavus Adolphus 'A'	4:03.28	4:03.71	2	2
	1) Sydney Hauger SO				
	3) Kate Carlson SO				
8	St. Scholastica 'A'	4:12.66	4:04.98	2	1
	1) Mia Case FR				
	3) Anna Kiminiski JR				
9	Macalester 'A'	4:17.61	4:14.30	2	
	1) Hadley Wilkins FR				
	3) Journey Amundson SR				
10	Saint Mary's (Minn.) 'A'	4:28.33	4:16.55	1	
	1) Abbie Meyer FR				
	3) Megan Frosch FR				
11	St. Catherine (Minn.) 'A'	4:23.43	4:24.56	1	
	1) Erin Doyle JR				
	3) Anna Marsolek FR				
--	Augsburg 'A'		DNS	1	

Women 4x800 Meter Relay

=====					
Conference:	9:08.67	2008	St. Thomas, St. Thomas		
			B Hupp, K Russ, E Sprangers, K Theisen		
School		Seed	Finals	Points	
=====					
1	Hamline 'A'		9:29.31	10	
	1) Lucy Hoelscher SR	2) Lindsey Bernardy SR			
	3) Katie Danielzuk SR	4) Alexandra Maddux SR			
2	St. Olaf 'A'		9:35.49	8	
	1) Ella Landis FR	2) Sophie Call JR			
	3) Jules Fromm SO	4) Sophie Abernethy SO			
3	Carleton 'A'		9:39.60	6	
	1) Sadie Ray Smith JR	2) Nell Schafer JR			
	3) Libby Rowland SO	4) Sophie McManus SO			
4	St. Benedict 'A'		9:43.64	5	
	1) Lauren Berg FR	2) Kalli Smith SO			
	3) Brooke Verkinnes FR	4) Ella Young JR			
5	Bethel (Minn.) 'A'		9:47.21	4	
	1) Evie Hage SO	2) Anna Cargill FR			
	3) Esther Nelson SO	4) Ruby Gernandt SO			
6	Macalester 'A'		9:49.58	3	
	1) Hadley Wilkins FR	2) Anna Warren SO			
	3) Sky Theodosopolous FR	4) Mara Pirone FR			
7	Concordia-Moorhead 'A'		10:10.25	2	
	1) Sophia Revoir FR	2) Eden Smith SO			
	3) Kelly Lorenz SR	4) Drew Frolek SO			
8	Saint Mary's (Minn.) 'A'		10:13.70	1	
	1) Caroline Gearin JR	2) Caeli McMahon FR			
	3) Megan Frosch FR	4) Abbie Meyer FR			
9	Gustavus Adolphus 'A'		10:19.38		
	1) Caitlyn Storley SO	2) Christina Schmidt SO			
	3) Aubrey Mair SO	4) Kailyn Walukas SO			
10	St. Catherine (Minn.) 'A'		10:58.82		
	1) Anna Marsolek FR	2) Lily Harvey SO			
	3) Morgan Brandt SR	4) Megan Perkins SR			

-- St. Scholastica 'A'
-- Augsburg 'A'

DNS
DNS

Women High Jump

Conference: 1.73m 1987 Holly Broadmarkle, Gustavus Adolphus									
Facility: F 1.65m 4/15/2023 Glasha Hovey, Bethel (Minn.)									
Name	Year School				Seed	Finals	Points		
1 Glasha Hovey	FR	Bethel	(Minn)	1.65m	1.59m	5-02.50	10		
1.41 1.46 1.51 1.56 1.59	1.62 1.65 1.68								
PPP O O O XO	PPP PPP XXX								
2 Ally Rakow	SO	Gustavus	Ado	1.60m	1.56m	5-01.25	8		
1.41 1.46 1.51 1.56 1.59									
PPP PPP XO O XXX									
3 Ellie Selisker	JR	St. Benedict		1.54m	1.56m	5-01.25	6		
1.41 1.46 1.51 1.56 1.59									
O O O XO XXX									
4 Erin Beer	SO	Gustavus	Ado	1.55m	1.51m	4-11.50	4.50		
1.41 1.46 1.51 1.56									
PPP O O XXX									
4 Justus Floren	SO	St. Benedict		1.60m	1.51m	4-11.50	4.50		
1.41 1.46 1.51 1.56									
PPP O O XXX									
6 Grace Blanchette	JR	Carleton		1.54m	1.51m	4-11.50	3		
1.41 1.46 1.51 1.56									
O O XO XXX									
7 Claire Nichols	SR	St. Catherin		1.50m	1.51m	4-11.50	2		
1.41 1.46 1.51 1.56									
O XO XO XXX									
8 Lindsay Bangs	SO	Gustavus	Ado	1.55m	1.51m	4-11.50	1		
1.41 1.46 1.51 1.56									
PPP O XXO XXX									
9 AnnaGrace Nelson	SO	Bethel	(Minn)	1.55m	1.51m	4-11.50			
1.41 1.46 1.51 1.56									
PPP XO XXO XXX									
10 Gabby Bodin	JR	St. Catherin		1.50m	1.46m	4-09.50			
1.41 1.46 1.51									
O O XXX									
11 Hannah Moe	FR	Bethel	(Minn)	1.43m	1.46m	4-09.50			
1.41 1.46 1.51									
XO O XXX									
12 Peyton Selle	JR	Concordia-Mo		1.50m	1.46m	4-09.50			
1.41 1.46 1.51									
O XO XXX									
13 Jensen Luehrs	SO	Gustavus	Ado	1.45m	1.46m	4-09.50			
1.41 1.46 1.51									
XXO XO XXX									
14 Jenna Kalevik	SO	Concordia-Mo		1.50m	1.46m	4-09.50			
1.41 1.46 1.51									
O XXO XXX									
15 Sarah Beth Hobby	JR	Macalester		1.51m	1.41m	4-07.50			
1.41 1.46									
O XXX									
16 Toria Strampe	SO	St. Scholast		1.45m	1.41m	4-07.50			
1.41 1.46									
XO XXX									
-- Sofia Fischer	FR	St. Scholast		1.45m	NH				
1.41									
XXX									
-- Alli Joerger	SO	Gustavus	Ado	1.50m	NH				
1.41									
XXX									
-- Malori Burmeister	FR	Hamline		1.30m	SCR				
-- Sydnie Wgeishofski	FR	St. Scholast		1.34m	SCR				
-- Gabrielle Hannah	SO	Hamline		1.35m	SCR				
-- Maddox Lee	FR	Gustavus	Ado	1.35m	SCR				
-- Summer Kaeppe	FR	Gustavus	Ado	1.36m	SCR				

-- Lily Johnson SO St. Olaf 1.39m SCR

Women Pole Vault

Conference: 3.82m 5/12/2017 London Stelten, St. Benedict											
Facility: F 3.49m 4/15/2023 Jessica Lillard, Bethel (Minn.)											
Name	Year	School	Seed	Finals	Points						
1 Julia Cordes		SR St. Olaf	3.10m	3.20m	10-06.00	10					
	2.40	2.55	2.70	2.85	3.00	3.10	3.20	3.30			
	PPP	PPP	PPP	O	O	O	O	XXX			
2 Jessica Lillard		SO Bethel (Minn)	3.60m	3.20m	10-06.00	8					
	2.40	2.55	2.70	2.85	3.00	3.10	3.20	3.30	3.40		
	PPP	PPP	PPP	PPP	PPP	PPP	O	PPP	XXX		
3 Caitlin Salfer		SR St. Benedict	3.15m	3.20m	10-06.00	6					
	2.40	2.55	2.70	2.85	3.00	3.10	3.20	3.30			
	PPP	PPP	O	O	O	XO	XXO	XXX			
4 Melanie Roberts		JR St. Olaf	2.80m	3.00m	9-10.00	5					
	2.40	2.55	2.70	2.85	3.00	3.10					
	PPP	PPP	XO	O	XO	XXX					
5 Jenna Bunker		SO Gustavus Ado	2.95m	3.00m	9-10.00	4					
	2.40	2.55	2.70	2.85	3.00	3.10					
	PPP	PPP	O	O	XXO	XXX					
6 Grace Pierson		SR Hamline	2.96m	2.85m	9-04.25	3					
	2.40	2.55	2.70	2.85	3.00						
	PPP	PPP	O	O	XXX						
7 Lizzie Green		FR Hamline	2.95m	2.85m	9-04.25	2					
	2.40	2.55	2.70	2.85	3.00						
	PPP	PPP	O	XO	XXX						
8 Molly Nelson		FR Bethel (Minn)	2.66m	2.85m	9-04.25	1					
	2.40	2.55	2.70	2.85	3.00						
	O	O	XXO	XO	XXX						
9 Lily Ramsdell		SO Hamline	2.59m	2.70m	8-10.25						
	2.40	2.55	2.70	2.85							
	O	O	XXO	XXX							
10 Maddox Lee		FR Gustavus Ado	2.65m	2.70m	8-10.25						
	2.40	2.55	2.70	2.85							
	O	XXO	XXO	XXX							
11 Signe Harris		SO Concordia-Mo	2.65m	2.55m	8-04.25						
	2.40	2.55	2.70								
	O	O	XXX								
11 Roen Boyd		FR Macalester	2.51m	2.55m	8-04.25						
	2.40	2.55	2.70								
	O	O	XXX								
13 Bria Luepke		FR Hamline	2.51m	2.55m	8-04.25						
	2.40	2.55	2.70								
	PPP	XO	XXX								
13 Lillian Selberg		SO Gustavus Ado	2.74m	2.55m	8-04.25						
	2.40	2.55	2.70								
	O	XO	XXX								
-- Mia Evans		FR Bethel (Minn)	2.36m	NH							
	2.40										
	XXX										
-- Caroline Gearin		JR Saint Mary's	3.60m	NH							
	2.40	2.55	2.70	2.85	3.00	3.10	3.20				
	PPP	PPP	PPP	PPP	PPP	PPP	XXX				
-- Sabrina Buffetta		SO St. Benedict	2.81m	DNS							
-- Emily Litton		JR Carleton	3.00m	SCR							

Women Long Jump

Conference: 5.74m 2019 Steph Kretlow, St. Thomas										
Conference: 5.92m 2005 Kristal Grigsby (NWI), St. Thomas										
Facility: F 5.11m 4/15/2023 Brianna Fleek, St. Thomas (Minn.)										
Name	Year	School	Seed	Finals	Wind	H#	Points			
=====										

1	Journey Amundson	SR Macalester	5.42m	5.54m	2.4	18-02.25	2	10
	5.39m(1.6) 5.44m(3.8) 5.45m(2.2) 5.43m(1.7) 5.54m(2.4) 5.53m(2.4)							
2	Annika Muller	SR St. Olaf	5.38m	5.53m	2.7	18-01.75	2	8
	5.23m(2.6) 5.22m(3.8) 5.53m(2.7) 5.15m(2.0) 5.50m(2.6) 5.19m(2.1)							
3	Ellie Selisker	JR St. Benedict	5.09m	5.50m	5.0	18-00.50	1	6
	5.09m(3.4) FOUL 5.50m(5.0) FOUL FOUL							
4	Madi Kes	SO Gustavus Ado	5.53m	5.44m	2.6	17-10.25	2	5
	FOUL 5.44m(2.6) FOUL 5.31m(3.8) FOUL FOUL							
5	Lili Guy	SO Gustavus Ado	5.23m	5.41m	4.0	17-09.00	2	4
	5.15m(3.9) 5.41m(4.0) 5.05m(3.0) 5.05m(3.5) 5.10m(2.8) 5.10m(2.4)							
6	Justus Floren	SO St. Benedict	5.21m	5.40m	4.2	17-08.75	2	3
	5.14m(2.6) 5.40m(4.2) 5.23m(2.0) 5.18m(2.8) FOUL 5.19m(4.4)							
7	Megan Geraets	SO Gustavus Ado	5.50m	5.39m	5.3	17-08.25	1	2
	FOUL 5.20m(1.7) 5.32m(4.2) FOUL 5.39m(5.3) 5.22m(+0.0)							
8	Peyton Selle	JR Concordia-Mo	5.16m	5.28m	4.5	17-04.00	2	1
	5.22m(2.4) FOUL 5.28m(4.5) 5.08m(2.4) 5.24m(2.4) 5.14m(3.0)							
9	Ainslee Parker	JR St. Olaf	4.87m	5.24mF	2.0	17-02.25	1	
	5.18m(2.6) 5.05m(2.0) 5.24m(2.0) 5.18m(3.6) 5.22m(5.8) 5.03m(2.5)							
10	Ellie Hernes	FR Bethel (Minn)	5.22m	5.21m	3.8	17-01.25	2	
	5.10m(3.9) 5.21m(3.8) 5.07m(2.8)							
11	Lauren Dimler	FR Gustavus Ado	5.21m	5.19mF	1.9	17-00.50	1	
	5.05m(2.4) 5.16m(5.2) 5.19m(1.9)							
12	Sarrah Lindner	FR Gustavus Ado	5.18m	5.15m	2.3	16-10.75	2	
	4.66m(3.6) 5.08m(2.1) 5.15m(2.3)							
13	Reilee Schepper	SR St. Catherin	5.09m	5.02m	3.6	16-05.75	2	
	FOUL 5.02m(3.6) 4.92m(3.2)							
14	Burnices Barlue	JR St. Catherin	4.84m	4.98m	2.8	16-04.25	1	
	4.50m(3.1) 4.62m(3.0) 4.98m(2.8)							
15	Claire Nichols	SR St. Catherin	5.01m	4.94m	3.1	16-02.50	1	
	FOUL 4.83m(1.7) 4.94m(3.1)							
16	Maren Sundberg	FR Gustavus Ado	5.13m	4.85m	2.6	15-11.00	2	
	4.85m(2.6) FOUL 4.76m(3.7)							
17	Julia Cordes	SR St. Olaf	4.85m	4.83m	3.2	15-10.25	1	
	4.62m(4.1) 4.83m(3.2) 4.80m(2.7)							
18	Claire Keech	FR St. Olaf	4.75m	4.69m	2.6	15-04.75	1	
	4.69m(2.6) FOUL 4.38m(2.8)							
19	Emelia Laryea	FR Gustavus Ado	4.78m	4.48m	2.7	14-08.50	1	
	4.48m(2.7) FOUL FOUL							
19	Katie Petersen	SO Gustavus Ado	4.79m	4.48m	3.8	14-08.50	1	
	4.02m(2.9) 4.46m(3.2) 4.48m(3.8)							
--	Sofia Fischer	FR St. Scholast	4.62m	SCR	NWI			
--	Kaitlyn Sautter	FR St. Scholast	4.60m	SCR	NWI			
--	Biz Valley	SR Hamline	4.20m	SCR	NWI			
--	Lily Ramsdell	SO Hamline	4.44m	SCR	NWI			
--	Izzy Christensen	FR St. Benedict	4.57m	SCR	NWI			
--	Danielle Anderson	JR St. Benedict	4.42m	SCR	NWI			
--	Jenna Kalevik	SO Concordia-Mo	4.65m	SCR	NWI			
--	Eva McClelland	FR Gustavus Ado	4.35m	SCR	NWI			
--	Jane Sikes	SO St. Olaf	4.47m	SCR	NWI			
--	Kiernan Darling	SO Concordia-Mo	4.69m	SCR	NWI			
--	Madi Josephson	FR St. Benedict	4.73m	SCR	NWI			
--	Bryana Leverentz	SR St. Catherin	4.73m	SCR	NWI			

Women Triple Jump

=====								
Conference:	12.15m	5/13/2017	Emma Peterson, Concordia-Moorhe					
Conference:	11.98m	2007	Selina Dehn (NWI), St. Thomas					
Facility:	F 11.23m	4/15/2023	Ellie Hernes, Bethel (Minn.)					
Name	Year	School	Seed	Finals	Wind	H#	Points	
=====								
1	Journey Amundson	SR Macalester	11.96m	11.92mF	1.0	39-01.25	2	10
	FOUL 11.33m(1.3) FOUL 11.61m(2.1) 11.64m(1.7) 11.92m(1.0)							
2	Madi Kes	SO Gustavus Ado	11.89m	11.88m	3.1	38-11.75	2	8
	FOUL 11.75m(2.7) 11.88m(3.1) 11.58m(1.1) 11.51m(0.5) FOUL							
3	Ellie Hernes	FR Bethel (Minn)	11.61m	11.39mF	0.9	37-04.50	2	6
	11.16m(1.9) 11.14m(2.0) 11.39m(0.9) FOUL 11.38m(1.6) FOUL							
4	CC Cesare	FR Augsburg	10.77m	11.31mF	1.7	37-01.25	2	5
	FOUL 10.55m(3.3) 10.98m(2.8) 10.59m(2.0) 10.57m(1.4) 11.31m(1.7)							

5	Annika Muller	SR St. Olaf	11.45m	11.22m	0.3	36-09.75	2	4
	FOUL	10.48m(1.6) 10.93m(2.2) 11.14m(1.4)	FOUL	11.22m(0.3)				
6	Reilee Schepper	SR St. Catherin	10.81m	11.03m	3.5	36-02.25	2	3
	11.03m(3.5) FOUL	10.72m(2.2) 10.85m(1.3)	10.81m(0.2)	11.02m(2.9)				
7	AnnaGrace Nelson	SO Bethel (Minn	10.73m	10.88m	3.2	35-08.50	2	2
	10.40m(1.1) 10.88m(3.2)	10.66m(1.9) 10.56m(1.6)	10.80m(2.6)	10.47m(1.4)				
8	Ainslee Parker	JR St. Olaf	10.35m	10.68m	2.5	35-00.50	2	1
	10.36m(1.9) 10.64m(3.6)	10.68m(2.5) 10.45m(1.8)	FOUL	10.20m(3.1)				
9	Sarrah Lindner	FR Gustavus Ado	10.65m	10.58m	3.5	34-08.50	2	
	10.15m(1.5) 10.44m(2.4)	10.58m(3.5) 10.38m(1.8)	FOUL	10.38m(0.2)				
10	Lili Guy	SO Gustavus Ado	11.00m	10.55m	2.3	34-07.50	2	
	FOUL	10.55m(2.3) 10.50m(1.6)						
11	Caylee Greeder	SO Gustavus Ado	10.29m	10.05m	1.6	32-11.75	1	
	10.05m(1.6) 10.01m(1.5)	FOUL						
12	Bryana Leverentz	SR St. Catherin	10.01m	9.97m	2.0	32-08.50	1	
	FOUL	9.97m(2.0) 9.85m(1.4)						
13	Burnices Barlue	JR St. Catherin	10.08m	9.89m	0.8	32-05.50	1	
	9.89m(0.8) FOUL	FOUL						
14	Nicole Lilleberg	SR Concordia-Mo	9.72m	9.88m	2.3	32-05.00	1	
	9.25m(1.3) 9.70m(3.1)	9.88m(2.3)						
15	Mary Wunderlich	SO Concordia-Mo	9.81m	9.80m	0.9	32-02.00	1	
	9.80m(0.9) FOUL	9.63m(1.1)						
16	Kiernan Darling	SO Concordia-Mo	9.81m	9.72m	1.6	31-10.75	1	
	9.72m(1.6) 9.54m(1.4)	9.37m(2.4)						
17	Kyra Nichols	SR Concordia-Mo	9.68m	9.67m	2.0	31-08.75	1	
	9.48m(1.2) FOUL	9.67m(2.0)						
18	Toria Strampe	SO St. Scholast	10.02m	9.47m	2.0	31-01.00	1	
	9.47m(2.0) 9.46m(1.9)	FOUL						
19	Sydney Wgeishofski	FR St. Scholast	9.74m	9.43m	2.8	30-11.25	1	
	9.15m(1.6) 9.15m(2.2)	9.43m(2.8)						
20	Danielle Anderson	JR St. Benedict	9.60m	9.33m	1.8	30-07.50	1	
	FOUL	9.33m(1.8) 9.12m(1.4)						
--	Eva McClelland	FR Gustavus Ado	9.59m	SCR	NWI			
--	Aneleise Martinson	FR Concordia-Mo	9.30m	SCR	NWI			
--	Melanie Roberts	JR St. Olaf	9.97m	SCR	NWI			
--	Jane Sikes	SO St. Olaf	9.40m	SCR	NWI			

Women Shot Put

Conference: 14.58m 2013 Becky Culp, Hamline									
Facility: F 13.65m 4/15/2023 Annika Poe, Gustavus Adolphus									
Name	Year	School	Seed	Finals	H#	Points			
1 Annika Poe		SO Gustavus Ado	14.74m	14.90mF	48-10.75	2	10		
	14.26m	14.08m 14.79m	13.95m 14.02m	14.90m					
2 Aleah Keske		JR St. Olaf	12.29m	12.70m	41-08.00	2	8		
	11.44m	11.94m 12.66m	12.70m	FOUL	12.36m				
3 Kelley Brennan		FR Gustavus Ado	12.38m	12.49m	40-11.75	2	6		
	11.90m	11.96m 12.49m	12.23m	11.77m	FOUL				
4 Nora Wilhelm		FR Bethel (Minn	12.80m	12.45m	40-10.25	2	5		
	FOUL	11.62m 11.99m	11.28m	11.62m	12.45m				
5 Sydney Jackman		SO Saint Mary's	11.62m	12.34m	40-06.00	2	4		
	11.52m	10.57m 12.06m	12.34m	12.06m	FOUL				
6 Molly Meyers		SR Hamline	12.55m	12.08m	39-07.75	2	3		
	11.82m	11.78m 12.08m	11.45m	11.95m	12.04m				
7 Ellie Biggins		SR Hamline	11.87m	12.01m	39-05.00	2	2		
	11.44m	11.30m 11.95m	11.46m	12.01m	11.70m				
8 Lexi Brainer		SO Hamline	11.14m	11.98m	39-03.75	1	1		
	FOUL	11.56m 11.98m	11.12m	10.53m	11.48m				
9 Allyson Kangas		SR Concordia-Mo	11.91m	11.88m	38-11.75	2			
	11.88m	FOUL FOUL	FOUL	FOUL					
10 Samantha Kubes		JR Saint Mary's	12.05m	11.54m	37-10.50	2			
	11.54m	11.45m	FOUL						
11 Daniyah Hughes		FR Gustavus Ado	11.11m	11.40m	37-05.00	1			
	11.40m	10.25m 10.70m							
12 Maggie Beckmann		SR St. Benedict	10.96m	11.31m	37-01.25	1			
	10.56m	11.31m 11.09m							
13 Nicole Nelson		SO Gustavus Ado	11.39m	11.24m	36-10.50	1			

	FOUL	11.06m	11.24m						
14	Emma Johnson			SO St. Olaf	11.28m	11.16m	36-07.50	1	
		9.75m	10.59m						
15	Sam Hedtke			JR St. Olaf	11.17m	10.92m	35-10.00	1	
		10.92m	FOUL						
16	Chando Horvath			JR St. Catherin	10.86m	10.69m	35-01.00	1	
		10.69m	9.89m						
17	Haley Joos			JR St. Benedict	11.26m	10.63m	34-10.50	1	
		FOUL	FOUL						
18	Ella Engen			FR St. Scholast	10.76m	10.58m	34-08.50	1	
		10.58m	9.89m						
19	Alea Al-Juhari			SR St. Olaf	10.78m	10.24m	33-07.25	1	
		10.24m	10.20m						
--	Desirae Dates			FR Hamline	11.76m	FOUL		2	
		FOUL	FOUL						
--	Brooke Tracy			FR Hamline	10.62m	SCR			
--	Ella Boelter			FR Bethel (Minn	7.87m	SCR			
--	Anna Speratos			FR Bethel (Minn	9.67m	SCR			
--	Liz Hansen			FR St. Benedict	8.61m	SCR			
--	Cailey Schlosser			SO Concordia-Mo	9.31m	SCR			
--	Peyton Irsfeld			JR St. Olaf	10.11m	SCR			
--	Brooke Kangas			SO Concordia-Mo	9.40m	SCR			
--	Kendall Bechtold			SR St. Benedict	9.99m	SCR			
--	Romona-Shae Blake			FR Hamline	9.51m	SCR			
--	Laura Fuller			SO Concordia-Mo	8.96m	SCR			

Women Discus Throw

=====									
Conference:	54.18m	1992	Kris Kuehl, Concordia						
Facility:	F 38.47m	4/15/2023	Annika Poe, Gustavus Adolphus						
Name		Year	School	Seed	Finals		H#	Points	
=====									
1	Nora Wilhelm		FR Bethel (Minn	39.12m	41.37mF	135-09	2	10	
		FOUL	39.49m	37.76m	FOUL	40.49m	41.37m		
2	Annika Poe		SO Gustavus Ado	41.08m	40.61mF	133-03	2	8	
		37.64m	33.26m	37.63m	39.47m	40.61m	38.99m		
3	Madison Reed		JR Hamline	40.10m	39.68mF	130-02	2	6	
		37.23m	36.92m	39.65m	38.94m	39.68m	FOUL		
4	Aleah Keske		JR St. Olaf	41.07m	38.53mF	126-05	2	5	
		33.93m	FOUL	35.12m	38.53m	FOUL	37.46m		
5	Maggie Beckmann		SR St. Benedict	40.42m	38.25m	125-06	2	4	
		33.48m	33.54m	36.19m	35.14m	33.41m	38.25m		
6	Jade Hunt		SO Hamline	39.56m	37.72m	123-09	2	3	
		37.72m	FOUL	FOUL	37.06m	FOUL	36.93m		
7	Desirae Dates		FR Hamline	35.31m	36.24m	118-11	1	2	
		36.24m	FOUL	35.76m	FOUL	FOUL	35.14m		
8	Daniyah Hughes		FR Gustavus Ado	37.26m	35.75m	117-03	2	1	
		32.67m	35.27m	35.60m	FOUL	35.16m	35.75m		
9	Ella Engen		FR St. Scholast	34.34m	35.48m	116-05	1		
		34.73m	33.19m	32.16m	35.48m	FOUL	FOUL		
10	Allyson Kangas		SR Concordia-Mo	36.60m	34.60m	113-06	2		
		FOUL	FOUL	34.60m					
11	Chando Horvath		JR St. Catherin	36.00m	34.17m	112-01	2		
		33.27m	FOUL	34.17m					
12	Aries Mendez		FR St. Olaf	35.36m	33.15m	108-09	1		
		33.15m	29.29m	32.15m					
13	Grace Banse		FR Gustavus Ado	34.45m	32.88m	107-10	1		
		FOUL	FOUL	32.88m					
14	Kaya Gendreau		FR St. Olaf	35.62m	32.35m	106-02	1		
		32.35m	FOUL	FOUL					
15	Peyton Irsfeld		JR St. Olaf	35.10m	30.55m	100-03	1		
		30.55m	30.46m	29.41m					
16	Sam Hedtke		JR St. Olaf	35.79m	29.60m	97-01	1		
		29.60m	FOUL	FOUL					
17	Samantha Kubes		JR Saint Mary's	34.56m	25.65m	84-02	1		
		FOUL	FOUL	25.65m					
--	Sydney Jackman		SO Saint Mary's	34.75m	FOUL		1		
		FOUL	FOUL	FOUL					

-- Emma Johnson	SO St. Olaf	36.15m	FOUL	2
FOUL FOUL FOUL				
-- Claire Dummer	SO Concordia-Mo	35.03m	DNS	1
-- Anna Schmidt	FR Hamline	26.62m	SCR	
-- Romona-Shae Blake	FR Hamline	18.83m	SCR	
-- Lexi Brainer	SO Hamline	34.06m	SCR	
-- Anna Speratos	FR Bethel (Minn	29.11m	SCR	
-- Molly Lukenbill	SO Bethel (Minn	34.11m	SCR	
-- Alexis Torres	SO St. Benedict	27.18m	SCR	
-- Ella Boelter	FR Bethel (Minn	28.97m	SCR	
-- Lexi Ellinghuysen	SO Bethel (Minn	31.07m	SCR	
-- Cailey Schlosser	SO Concordia-Mo	34.25m	SCR	
-- Laura Fuller	SO Concordia-Mo	34.26m	SCR	
-- Haley Joos	JR St. Benedict	33.53m	SCR	
-- Brooke Kangas	SO Concordia-Mo	32.32m	SCR	

Women Hammer Throw

=====									
Conference:	53.24m	5/15/2021	Jenneel Rodney, Hamline						
Facility:	F 44.76m	4/15/2023	Madison Reed, Hamline						
Name	Year School			Seed	Finals	H# Points			
=====									
1 Lily Beneke	JR St. Scholast			54.28m	55.16mF	181-00	2	10	
	52.02m	49.56m	53.25m	54.26m	52.75m	55.16m			
2 Allyson Kangas	SR Concordia-Mo			49.55m	49.73mF	163-02	2	8	
	46.75m	49.73m	46.50m	FOUL	47.99m	FOUL			
3 Samantha Kubes	JR Saint Mary's			47.46m	48.67mF	159-08	2	6	
	44.36m	47.04m	48.67m	43.47m	46.34m	42.11m			
4 Maggie Beckmann	SR St. Benedict			47.15m	46.46mF	152-05	2	5	
	46.45m	46.46m	45.44m	43.37m	FOUL	44.95m			
5 Lexi Brainer	SO Hamline			43.22m	46.37mF	152-01	1	4	
	46.37m	44.76m	45.04m	FOUL	46.27m	45.27m			
6 Madison Reed	JR Hamline			47.49m	45.60mF	149-07	2	3	
	41.83m	41.68m	45.60m	FOUL	FOUL	42.02m			
7 Anna Becker	SO Saint Mary's			43.95m	44.98mF	147-07	2	2	
	FOUL	43.51m	44.09m	FOUL	44.85m	44.98m			
8 Molly Lukenbill	SO Bethel (Minn			45.78m	44.44m	145-10	2	1	
	40.38m	FOUL	43.13m	43.14m	FOUL	44.44m			
9 Kelley Brennan	FR Gustavus Ado			45.75m	43.40m	142-05	2		
	43.40m	43.16m	FOUL	42.89m	42.10m	42.69m			
10 Ella Engen	FR St. Scholast			41.70m	42.82m	140-06	1		
	42.82m	40.12m	FOUL						
11 Lexi Ellinghuysen	SO Bethel (Minn			41.06m	42.52m	139-06	1		
	FOUL	FOUL	42.52m						
12 Chando Horvath	JR St. Catherin			43.07m	42.43m	139-02	1		
	38.89m	42.43m	41.26m						
13 Haley Joos	JR St. Benedict			39.68m	40.51m	132-11	1		
	35.45m	36.54m	40.51m						
14 Neenah Bosman	SO Carleton			41.54m	40.30m	132-03	1		
	37.51m	40.30m	38.85m						
15 Brooke Tracy	FR Hamline			39.35m	39.76m	130-05	1		
	38.08m	39.28m	39.76m						
16 Kendall Bechtold	SR St. Benedict			40.18m	39.72m	130-04	1		
	37.13m	34.69m	39.72m						
17 Brooke Kangas	SO Concordia-Mo			40.57m	39.60m	129-11	1		
	FOUL	39.60m	FOUL						
18 Nicole Nelson	SO Gustavus Ado			40.69m	38.40m	126-00	1		
	37.71m	38.40m	38.29m						
19 Aleah Keske	JR St. Olaf			44.96m	36.89m	121-00	2		
	FOUL	FOUL	36.89m						
-- Nora Wilhelm	FR Bethel (Minn			43.53m	FOUL		2		
	FOUL	FOUL	FOUL						
-- Anna Schmidt	FR Hamline			24.27m	SCR				
-- Romona-Shae Blake	FR Hamline			31.63m	SCR				
-- Ella Stritesky	FR St. Scholast			34.94m	SCR				
-- Ella Boelter	FR Bethel (Minn			33.30m	SCR				
-- Alea Al-Juhari	SR St. Olaf			31.59m	SCR				
-- Emma Johnson	SO St. Olaf			39.06m	SCR				

-- Kaya Gendreau	FR St. Olaf	36.03m	SCR
-- Skyla Sampson	FR St. Benedict	34.49m	SCR
-- Elise Aslanian	SO St. Olaf	32.06m	SCR
-- Anna Speratos	FR Bethel (Minn	35.77m	SCR
-- Alexis Torres	SO St. Benedict	30.85m	SCR
-- Desirae Dates	FR Hamline	37.89m	SCR
-- Laura Fuller	SO Concordia-Mo	34.70m	SCR
-- Jade Hunt	SO Hamline	38.05m	SCR
-- Peyton Irsfeld	JR St. Olaf	37.78m	SCR
-- Cailey Schlosser	SO Concordia-Mo	32.87m	SCR

Women Javelin Throw

Conference:		48.29m	2008	Lisa Brown, Gustavus Adolphus		
Facility:		F 36.23m	4/15/2023	Kelsie Sealock, Bethel (Minn.)		
Name	Year	School	Seed	Finals	H#	Points
1 Bryana Leverentz	SR	St. Catherin	43.33m	41.10mF	134-10	2 10
37.04m FOUL FOUL	32.40m	FOUL	41.10m			
2 Peyton Selle	JR	Concordia-Mo	34.83m	38.34mF	125-09	1 8
36.72m 33.30m	31.32m	37.16m	35.31m	38.34m		
3 Sarah Beth Hobby	JR	Macalester	34.47m	38.15mF	125-02	2 6
33.65m 33.79m	33.10m	34.82m	36.02m	38.15m		
4 Justus Floren	SO	St. Benedict	36.85m	36.75mF	120-07	2 5
26.84m FOUL	36.75m	34.45m	35.60m	35.11m		
5 Regan Anderson	SO	Concordia-Mo	31.44m	34.73m	113-11	2 4
30.64m 31.58m	FOUL	30.01m	32.42m	34.73m		
6 Abbie Swenson	SO	Bethel (Minn	34.30m	34.62m	113-07	1 3
32.06m 32.67m	31.55m	32.76m	34.62m	FOUL		
7 Kelsie Sealock	SO	Bethel (Minn	36.23m	33.36m	109-05	1 2
33.36m 30.56m	31.23m	FOUL	27.11m	30.79m		
8 Grace Blanchette	JR	Carleton	37.71m	33.17m	108-10	1 1
FOUL 33.10m	32.42m	30.73m	33.10m	33.17m		
9 Aubrie Werk	JR	Concordia-Mo	31.48m	32.42m	106-04	2
31.51m 27.00m	28.98m	27.11m	32.42m	26.93m		
10 Jensen Luehrs	SO	Gustavus Ado	31.10m	30.69m	100-08	2
30.69m 25.70m	30.01m					
11 Gabby Gromacki	FR	Gustavus Ado	32.85m	29.31m	96-02	2
26.15m 26.76m	29.31m					
12 Lexi Ellinghuysen	SO	Bethel (Minn	29.41m	29.30m	96-01	1
29.30m 25.42m	25.00m					
13 Aries Mendez	FR	St. Olaf	29.61m	28.15m	92-04	2
27.19m 26.32m	28.15m					
14 Ella Young	JR	St. Benedict	28.03m	27.67m	90-09	1
27.67m 27.14m	26.76m					
15 Cailey Schlosser	SO	Concordia-Mo	30.90m	27.41m	89-11	2
FOUL FOUL	27.41m					
16 Alli Joerger	SO	Gustavus Ado	31.24m	26.60m	87-03	1
26.60m 24.96m	FOUL					
17 Elise Aslanian	SO	St. Olaf	32.13m	26.42m	86-08	2
25.81m 23.93m	26.42m					
18 Kaya Gendreau	FR	St. Olaf	28.81m	26.42m	86-08	1
26.42m 25.32m	FOUL					
19 Erin Franke	SR	Macalester	26.42m	24.93m	81-09	1
23.23m FOUL	24.93m					
20 Chelsea Hoernemann	SO	Gustavus Ado	26.45m	21.94m	72-00	1
FOUL FOUL	21.94m					
-- Grace Ivesdal	SR	Concordia-Mo	19.85m	SCR		
-- Isabelle Johnson	FR	Concordia-Mo	23.90m	SCR		
-- Jordyn Johnson	SO	Concordia-Mo	25.39m	SCR		
-- Erin Beer	SO	Gustavus Ado	24.76m	SCR		
-- Laura Fuller	SO	Concordia-Mo	24.78m	SCR		
-- Skyla Sampson	FR	St. Benedict	25.88m	SCR		
-- Liz Hansen	FR	St. Benedict	22.78m	SCR		
-- Claire Keech	FR	St. Olaf	26.25m	SCR		
-- Molly Nelson	FR	Bethel (Minn	23.70m	SCR		

Women Other

Name	Year	School	Seed	Finals	Points
1 Justus Floren	SO	St. Benedict		10.00m 32-10.00	10
2 Peyton Selle	JR	Concordia-Mo		9.00m 29-06.50	8
3 Rebekah Salfer	SR	St. Olaf		8.00m 26-03.25	6
4 Grace Blanchette	JR	Carleton		7.00m 22-11.75	5
5 Sarah Beth Hobby	JR	Macalester		6.00m 19-08.50	4
6 Ellie Selisker	JR	St. Benedict		5.00m 16-05.00	3
7 Claire Keech	FR	St. Olaf		4.00m 13-01.75	2
8 Alli Joerger	SO	Gustavus Ado		3.00m 9-10.50	1

Men 100 Meter Dash

9 Advance: Top 1 Each Heat plus Next 6 Best Times

Conference: 10.51 5/14/2022 Kevin Arthur, St. John's (

Conference: 10.39 2019 Ryan Miller, St. Thomas

Facility: F 11.05 4/15/2023 Cameron McConnell, Bethel (Minn.)

Name	Year	School	Seed	Prelims	Wind	H#
------	------	--------	------	---------	------	----

Preliminaries

1 Landen Liu	FR	Bethel (Minn	10.78	F 10.59Q	+0.0	2	
2 Kevin Arthur	SO	St. John's (10.56	F 10.68Q	0.8	3	
3 Samuel Eben Ebai	SR	St. Scholast	10.72	10.75Q	2.2	1	
4 Cameron McConnell	SO	Bethel (Minn	10.76	F 10.72q	+0.0	2	
5 Varney Conneh	SR	Augsburg	10.98	F 10.90q	+0.0	2	
6 Collin Asplin	FR	Bethel (Minn	11.11	11.02q	2.2	1	
7 Andrei Pettis	FR	Hamline	11.28	11.03q	2.2	1	
8 Chris Bulwa	SO	Saint Mary's	10.94	F 11.04q	0.8	3	
9 Demetri Lord	JR	St. Olaf	10.97	11.08q	+0.0	2	
10 Matthew Skelly	SO	Gustavus Ado	10.94	11.12	0.8	3	
11 Emanuel Popoca	SO	St. John's (11.11	11.17	0.8	3	
12 Abe Schegel	JR	Bethel (Minn	11.17	11.24	2.2	1	
13 Godsword Simon	SO	Bethel (Minn	10.95	11.29	2.2	1	
14 Ben Kritsberg	FR	Saint Mary's	11.25	11.31	+0.0	2	11.308
15 Oliver Adamson	SO	Saint Mary's	11.16	11.31	0.8	3	11.309
16 Nolan Morical	SO	Concordia-Mo	10.86	11.33	2.2	1	
17 Levi Korum	SO	Bethel (Minn	11.29	11.37	0.8	3	
18 Reece Thomas	SO	Hamline	11.28	11.38	0.8	3	
19 Albert Smith	JR	Bethel (Minn	11.39	11.40	2.2	1	
20 Aidan Morey	FR	St. John's (11.40	11.45	+0.0	2	
21 Jack Fochtman	FR	St. Olaf	11.52	11.57	2.2	1	11.563
22 Dawson Schaffer	JR	Concordia-Mo	11.23	11.57	+0.0	2	11.569
23 Josh Sletta	SO	St. John's (11.55	11.58	2.2	1	
24 Samuel Gwin	FR	St. Olaf	11.55	11.59	0.8	3	
25 Isaac Meyer	FR	Gustavus Ado	11.64	11.60	+0.0	2	
26 Jordan Petron	SO	Concordia-Mo	11.46	11.62	+0.0	2	
-- Zechariah Kyoore	FR	Gustavus Ado	11.54	DNS	0.8	3	

Men 100 Meter Dash

Conference: 10.51 5/14/2022 Kevin Arthur, St. John's (

Conference: 10.39 2019 Ryan Miller, St. Thomas

Facility: F 11.05 4/15/2023 Cameron McConnell, Bethel (Minn.)

Name	Year	School	Prelims	Finals	Wind	Points
------	------	--------	---------	--------	------	--------

Finals

1 Kevin Arthur	SO	St. John's (10.68	10.46F	1.3	10	
2 Samuel Eben Ebai	SR	St. Scholast	10.75	10.57F	1.3	8	
3 Cameron McConnell	SO	Bethel (Minn	10.72	10.76F	1.3	6	
4 Varney Conneh	SR	Augsburg	10.90	11.01F	1.3	5	11.005
5 Chris Bulwa	SO	Saint Mary's	11.04	11.01F	1.3	4	11.006
6 Andrei Pettis	FR	Hamline	11.03	11.06	1.3	3	
7 Collin Asplin	FR	Bethel (Minn	11.02	11.13	1.3	2	
8 Demetri Lord	JR	St. Olaf	11.08	11.22	1.3	1	
-- Landen Liu	FR	Bethel (Minn	10.59	DNS	1.3		

Men 200 Meter Dash

9 Advance: Top 1 Each Heat plus Next 6 Best Times

Conference: 21.44 5/15/2021 Eric Douville, St. Thomas (Minn)
 Conference: 21.28 2002 Jerry Washington, Gustavus Adolphus
 Facility: F 22.52 4/15/2023 Calvin Bream, St. Thomas (Minn.)

Name	Year	School	Seed	Prelims	Wind	H#
------	------	--------	------	---------	------	----

Preliminaries

1	Samuel Eben Ebai	SR	St. Scholast	21.62	21.33Q	4.5	2	
2	Cal Wright	SR	Concordia-Mo	21.33	21.34Q	2.8	3	
3	Kevin Arthur	SO	St. John's (21.15	21.40Q	2.3	1	
4	Cameron McConnell	SO	Bethel (Minn	22.68	21.51q	2.8	3	
5	Chris Bulwa	SO	Saint Mary's	21.99	21.93q	4.5	2	
6	Arlo Heitler	SO	Macalester	22.19	22.04q	2.3	1	
7	Andrei Pettis	FR	Hamline	22.75	22.08q	2.3	1	
8	Wyatt Quiring	JR	Gustavus Ado	22.04	22.16q	2.8	3	
9	Oliver Adamson	SO	Saint Mary's	22.62	22.38q	4.5	2	
10	Collin Asplin	FR	Bethel (Minn	22.68	22.45	4.5	2	
11	Tony Haack	FR	Bethel (Minn	22.95	22.47	2.8	3	
12	Varney Conneh	SR	Augsburg	22.90	22.48	2.8	3	22.473
13	Seth Zeitchick	SO	Gustavus Ado	22.86	22.48	4.5	2	22.474
14	Nolan Morical	SO	Concordia-Mo	22.16	22.53	2.3	1	
15	Emanuel Popoca	SO	St. John's (22.91	22.59	2.3	1	
16	Devin McNearny	SO	St. Olaf	22.74	22.63	2.3	1	
17	Reece Thomas	SO	Hamline	22.82	22.71	2.8	3	
18	Jericho Peterson	SR	St. Scholast	22.93	23.05	2.3	1	
19	Samuel Gwin	FR	St. Olaf	23.42	23.24	2.8	3	
20	Albert Smith	JR	Bethel (Minn	23.54	23.28	2.8	3	
21	Henry Truebenbach	SO	St. John's (23.31	23.29	4.5	2	
22	Jack Fochtman	FR	St. Olaf	23.69	23.30	4.5	2	
23	John Maile	FR	St. John's (23.30	23.35	4.5	2	
24	Aidan Morey	FR	St. John's (23.46	23.54	2.3	1	
25	Peyton Kessel	SO	Concordia-Mo	23.45	23.73	2.3	1	
--	Jordan Petron	SO	Concordia-Mo	22.85	DQ	4.5	2	Lane Violation
--	Dawson Schaffer	JR	Concordia-Mo	22.52	DNS	2.8	3	

Men 200 Meter Dash

Conference: 21.44 5/15/2021 Eric Douville, St. Thomas (Minn)
 Conference: 21.28 2002 Jerry Washington, Gustavus Adolphus
 Facility: F 22.52 4/15/2023 Calvin Bream, St. Thomas (Minn.)

Name	Year	School	Prelims	Finals	Wind	Points
------	------	--------	---------	--------	------	--------

Finals

1	Kevin Arthur	SO	St. John's (21.40	21.20F	0.5	10
2	Samuel Eben Ebai	SR	St. Scholast	21.33	21.45F	0.5	8
3	Arlo Heitler	SO	Macalester	22.04	21.90F	0.5	6
4	Cameron McConnell	SO	Bethel (Minn	21.51	21.94F	0.5	5
5	Chris Bulwa	SO	Saint Mary's	21.93	22.11F	0.5	4
6	Wyatt Quiring	JR	Gustavus Ado	22.16	22.18F	0.5	3
7	Andrei Pettis	FR	Hamline	22.08	22.31F	0.5	2
8	Oliver Adamson	SO	Saint Mary's	22.38	22.70	0.5	1
--	Cal Wright	SR	Concordia-Mo	21.34	DNS	0.5	

Men 400 Meter Dash

9 Advance: Top 1 Each Heat plus Next 6 Best Times

Conference: 47.15 2004 Carson Glad, St. Thomas
 Facility: F 50.25 4/15/2023 Wyatt Quiring, Gustavus Adolphus

Name	Year	School	Seed	Prelims	H#
------	------	--------	------	---------	----

Preliminaries

1	Cal Wright	SR	Concordia-Mo	48.26	F 47.31Q	1
2	Jacob Parent	SO	Bethel (Minn	46.97	F 47.63Q	2
3	Grant Nelson	FR	Bethel (Minn	48.23	F 48.70Q	3
4	Arlo Heitler	SO	Macalester	48.28	F 48.39q	1
5	Wyatt Quiring	JR	Gustavus Ado	48.90	F 48.77q	2
6	Hayden Gagnon	SR	Concordia-Mo	48.66	F 49.01q	3

7	Noah Kubicek	FR St. Scholast	49.54	F 49.21q	1	
8	Sebastian Loder	FR St. Olaf	49.42	F 49.67q	3	
9	Caden Wheeler	FR St. John's (49.40	F 49.77q	2	
10	Seth Zeitchick	SO Gustavus Ado	50.03	F 49.87	1	
11	Ryan Conzemius	SO St. John's (50.64	50.45	2	
12	Tony Haack	FR Bethel (Minn	51.40	50.50	1	
13	Trevor Tionson	SO Concordia-Mo	51.37	50.61	1	
14	Liam Kennedy	SO Carleton	50.39	50.97	3	
15	Peter Oviguan	SO Gustavus Ado	51.60	51.19	2	
16	Jericho Peterson	SR St. Scholast	51.26	51.22	2	51.215
17	Noah Stageberg	SO Gustavus Ado	52.06	51.22	2	51.220
18	Aiden Langheim	FR St. John's (53.00	51.83	2	
19	Agro Gushwa	SO Gustavus Ado	51.37	52.21	3	
20	Tennessee Fossen	SO Gustavus Ado	52.25	52.24	3	
21	Fritz Landherr	SR Augsburg	52.52	52.38	1	
22	Peyton Kessel	SO Concordia-Mo	52.26	53.03	1	
23	Tembo Chilala	SO Concordia-Mo	53.14	53.33	2	
24	Henry Truebenbach	SO St. John's (52.79	53.47	3	
25	Tyler Stursa	SO Gustavus Ado	53.57	54.56	1	
--	Lachlan Witt	SR Macalester	53.47	FS	3	
--	Tyler Anderson	SO St. Scholast	51.42	DNS	3	

Men 400 Meter Dash

=====						
Conference:	47.15	2004	Carson Glad, St. Thomas			
Facility:	F 50.25	4/15/2023	Wyatt Quiring, Gustavus Adolphus			
Name		Year School	Prelims	Finals	Points	
=====						

Finals

1	Jacob Parent	SO Bethel (Minn	47.63	46.76F	10	
2	Cal Wright	SR Concordia-Mo	47.31	46.95F	8	
3	Arlo Heitler	SO Macalester	48.39	47.91F	6	
4	Grant Nelson	FR Bethel (Minn	48.70	49.05F	5	
5	Hayden Gagnon	SR Concordia-Mo	49.01	49.17F	4	
6	Wyatt Quiring	JR Gustavus Ado	48.77	49.25F	3	
7	Sebastian Loder	FR St. Olaf	49.67	49.44F	2	
8	Noah Kubicek	FR St. Scholast	49.21	49.49F	1	
9	Caden Wheeler	FR St. John's (49.77	49.57F		

Men 800 Meter Run

=====						
9 Advance:	Top 2 Each Heat plus Next 3 Best Times					
Conference:	1:49.88	5/13/2017	Donson Cook-Gallardo, Carleton			
Facility:	F 1:55.31	4/15/2023	Ethan Ash, Carleton			
Name		Year School	Seed	Prelims	H#	
=====						

Preliminaries

1	Dillon Diekmann	JR St. John's (1:53.40	1:55.43Q	2	
2	Will Mattock	SO St. John's (1:54.76	1:57.28Q	3	
3	Nathan Clausing	SO St. John's (1:53.38	1:57.37Q	1	
4	Getinat Asfaw	JR Augsburg	1:55.71	1:56.76Q	2	
5	Ethan Ash	SO Carleton	1:55.31	1:57.39Q	3	
6	Josh Meier	SO Carleton	1:55.99	1:57.74Q	1	
7	Alex Bittner	FR St. Olaf	1:56.27	1:57.48q	2	
8	Mark Rud	FR Gustavus Ado	1:57.45	1:57.63q	2	
9	Derek Douglas	SO St. Scholast	1:57.02	1:57.98q	3	
10	Tyler Smith	SO Gustavus Ado	1:57.25	1:58.13	1	
11	Jeremy Fong	JR Carleton	1:59.58	1:58.24	3	
12	Markus Rupnow	SO Gustavus Ado	1:56.00	1:58.85	1	
13	Sakariya Hussien	SR Augsburg	1:59.09	1:59.09	1	
14	Samuel Rengo	SO St. John's (1:57.21	1:59.23	3	
15	Blake Fuller	SO Gustavus Ado	1:58.74	1:59.56	3	
16	Jack Marble	SO Gustavus Ado	1:59.65	1:59.75	2	
17	Lance Nemecek	FR St. Olaf	1:58.78	2:00.06	2	
18	Jake Wielgos	SO Gustavus Ado	1:59.06	2:01.59	1	
19	Penn Sagedahl	JR St. Olaf	1:57.21	2:02.27	2	
20	Aidan Thomas	SO St. John's (2:01.80	2:02.37	3	
21	Brock Adams	SO Macalester	2:01.77	2:03.17	2	

22	Alexei Hensel	SO St. John's (1:58.69	2:03.48	3
23	Solomon Johnson	SR Concordia-Mo	1:59.38	2:05.24	3
24	Aidan Mackie	FR St. Olaf	2:00.56	2:05.63	1
25	Jackson Marsh	SO St. Olaf	1:59.38	2:06.02	2
26	Owen Chamberlin	FR St. Olaf	2:00.65	2:06.36	1
27	Sean Hartney	SO St. Olaf	1:57.29	2:06.87	1

Men 800 Meter Run

=====
 Conference: 1:49.88 5/13/2017 Donson Cook-Gallardo, Carleton
 Facility: F 1:55.31 4/15/2023 Ethan Ash, Carleton

Name	Year School	Prelims	Finals	Points
=====				
Finals				
1	Nathan Clausing	SO St. John's (1:57.37	1:54.80F 10
2	Josh Meier	SO Carleton	1:57.74	1:54.84F 8
3	Ethan Ash	SO Carleton	1:57.39	1:54.99F 6
4	Getinat Asfaw	JR Augsburg	1:56.76	1:55.02F 5
5	Dillon Diekmann	JR St. John's (1:55.43	1:55.04F 4
6	Will Mattock	SO St. John's (1:57.28	1:55.84 3
7	Derek Douglas	SO St. Scholast	1:57.98	1:56.30 2
8	Alex Bittner	FR St. Olaf	1:57.48	1:56.71 1
9	Mark Rud	FR Gustavus Ado	1:57.63	1:57.77

Men 1500 Meter Run

=====
 Conference: 3:49.39 5/13/2017 Joe Coffey, St. Olaf
 Facility: F 3:57.78 4/15/2023 Gabe Nichols, Carleton

Name	Year School	Seed	Finals	H#	Points
=====					
1	Tor Olsson	SO Macalester	3:59.09	3:54.00F	2 10
2	Gabe Nichols	FR Carleton	3:53.81	3:55.45F	2 8
3	Lloyd Young	SO St. John's (3:54.98	3:56.24F	2 6
4	Roy Llewellyn	FR Carleton	3:58.83	3:57.29F	2 5
5	Lars DeWall	JR St. Scholast	3:59.31	3:57.39F	2 4
6	Kevin Turlington	FR St. Olaf	4:01.13	3:57.91	2 3
7	Reece McKee	SO Macalester	4:00.89	3:58.17	2 2
8	Getinat Asfaw	JR Augsburg	4:01.33	3:58.25	2 1
9	Julian Munoz	JR St. Olaf	3:59.95	3:58.34	2
10	Olaf Coffey	SO St. Olaf	3:59.55	3:59.43	2
11	Sean Hartney	SO St. Olaf	3:57.21	4:00.71	2
12	Elijah Jones	JR Carleton	3:59.32	4:01.24	2
13	Jackson Marsh	SO St. Olaf	4:01.58	4:01.57	2
14	Aiden Chalmers	FR St. John's (4:06.37	4:02.15	1
15	Cole Peske	SR Macalester	4:07.38	4:02.69	1
16	Eli Doran	FR St. Olaf	4:01.79	4:02.72	1
17	Sakariya Hussien	SR Augsburg	4:02.26	4:03.00	1
18	Carson Roehl	SO Gustavus Ado	4:03.88	4:03.29	1
19	Luke Peterson	SO Bethel (Minn	4:07.79	4:03.65	1 4:03.641
20	Tucker Wallin	SO Gustavus Ado	4:02.94	4:03.65	1 4:03.645
21	Mitchell Grand	SO St. John's (3:58.42	4:04.34	2
22	Noah Massanari	JR St. Olaf	4:05.01	4:05.51	1
23	Joe Madell	SO Macalester	4:06.40	4:07.09	1
24	Lucas LiaBraaten	FR Hamline	4:08.47	4:07.84	1
25	Daniel Kloepfner	SO St. John's (4:04.74	4:09.18	1
26	Brock Adams	SO Macalester	4:08.82	4:10.32	1
27	Emerson Lange	FR Carleton	4:09.97	4:11.26	1
28	Owen Chamberlin	FR St. Olaf	4:10.24	4:13.09	1
--	Jackson Miest	SO Gustavus Ado	4:16.06	SCR	
--	Khadar Muhumed	FR Hamline	4:32.20	SCR	
--	Aidan Thomas	SO St. John's (4:17.51	SCR	
--	Samuel Rabaey	SO St. John's (4:44.65	SCR	
--	Andrew Karn	FR St. John's (4:44.63	SCR	
--	Joseph Coffey	FR St. John's (4:47.72	SCR	
--	Nicholas Merickel	SO St. John's (4:30.97	SCR	
--	Alex Skinner	SO St. John's (4:32.11	SCR	
--	William Saari	SO Hamline	4:36.23	SCR	
--	Avery Watts	JR Carleton	4:15.62	SCR	

-- Carter Ferber	FR Concordia-Mo	4:28.83	SCR
-- Austin Otier	SO Bethel (Minn	4:25.30	SCR
-- Peter Rachlin	SR Macalester	4:25.10	SCR
-- Henry Hinchcliffe	SO Gustavus Ado	4:10.37	SCR
-- Bereket Wondimu	JR Augsburg	4:28.63	SCR
-- Joseph Kubly	FR Augsburg	4:23.60	SCR
-- Henry Nelson	FR Augsburg	4:20.95	SCR
-- David Price	SO Bethel (Minn	4:35.81	SCR
-- Grant Graber	SO Bethel (Minn	4:10.77	SCR
-- Parker Koland	FR St. John's (4:25.41	SCR
-- Brock Lawhead	JR St. Olaf	4:11.61	SCR
-- Jack Giitter	FR St. John's (4:59.72	SCR
-- Evan Grover	FR Concordia-Mo	4:40.39	SCR
-- Zander Gallmeier	FR Concordia-Mo	4:26.32	SCR
-- Jordan Galloway	FR Macalester	4:14.74	SCR
-- Aidan Appel	SO Macalester	4:14.17	SCR
-- Dylan Bartness	SO St. John's (4:34.60	SCR
-- Alex Fendig	JR Macalester	4:13.00	SCR

Men 5000 Meter Run

=====					
Conference:	14:22.67	2019	Lucas Mueller,	Carleton	
Facility:	F 14:52.29	4/15/2023	Roy Llewellyn,	Carleton	
Name	Year	School	Seed	Finals	Points
=====					
1	Logan Bocovich	JR St. Olaf	14:01.17	14:35.04F	10
2	Lloyd Young	SO St. John's (14:38.64	14:44.13F	8
3	Gabe Nichols	FR Carleton	14:53.21	14:44.53F	6
4	Henry Bowman	JR Carleton	14:52.96	14:49.69F	5
5	Ben Crotteau	SO Macalester	15:16.50	14:52.47	4
6	Will Kelly	JR St. Olaf	14:15.81	14:54.93	3
7	Roy Llewellyn	FR Carleton	14:52.29	14:55.04	2
8	Kevin Turlington	FR St. Olaf	14:53.84	14:56.00	1
9	David Lynn	JR St. Olaf	15:33.53	14:57.11	
10	Andrew Skemp	SO St. Olaf	14:59.86	14:57.39	
11	Lars DeWall	JR St. Scholast	14:56.13	14:59.90	
12	Mohammed Bati	FR Augsburg	14:32.98	15:03.45	
13	Anders Cote	JR St. Olaf	14:54.16	15:13.30	
14	Tyler Edwards	FR Macalester	15:33.61	15:21.29	
15	Logan McCullough	SO Gustavus Ado	15:25.87	15:27.16	
16	Aidan St George	SO Bethel (Minn	14:53.88	15:27.97	
17	Elijah Jones	JR Carleton	15:28.57	15:31.67	
18	Cole Peske	SR Macalester	15:46.57	15:32.06	
19	Julian Munoz	JR St. Olaf	15:20.39	15:36.45	
20	Eamon Cavanaugh	SO St. John's (15:34.69	15:41.99	
21	Aiden Chalmers	FR St. John's (15:46.87	15:43.36	
22	Reese Thompson	SO Bethel (Minn	15:26.34	15:44.25	
23	Ben Aoki-Sherwood	JR Carleton	15:44.63	15:58.74	
24	Aidan Appel	SO Macalester	15:54.25	16:04.63	
25	Henry Hinchcliffe	SO Gustavus Ado	15:39.02	16:06.27	
26	Grant Graber	SO Bethel (Minn	15:45.99	16:10.53	
27	Alex Fendig	JR Macalester	16:02.88	16:11.11	
28	Aric Brodie	SR Hamline	15:44.97	16:35.12	
29	Trevor LaVigne	SO Gustavus Ado	15:52.36	16:46.40	
--	Parker Max	FR St. Olaf	15:29.35	DNF	
--	Nick Ihrke	SO Macalester	15:32.64	DNS	
--	Lucas LiaBraaten	FR Hamline	15:54.09	DNS	
--	William Saari	SO Hamline	16:44.56	SCR	
--	Jacob Gathje	SO St. John's (15:55.08	SCR	
--	Derk Lyford	JR St. Olaf	15:35.62	SCR	
--	Sam Morris	JR Saint Mary's	17:15.55	SCR	
--	Alex Skinner	SO St. John's (16:52.10	SCR	
--	Andrew Jamison	FR Carleton	16:13.47	SCR	
--	Avery Watts	JR Carleton	16:26.28	SCR	
--	Carter Ferber	FR Concordia-Mo	16:34.20	SCR	
--	Evan Dallas	FR Bethel (Minn	18:27.94	SCR	
--	Kedran St. George	FR Bethel (Minn	18:47.51	SCR	
--	Habetamu Abide	FR Bethel (Minn	16:34.64	SCR	

-- Ethan Leonard	SO St. John's (16:35.27	SCR
-- Dylan Bartness	SO St. John's (16:43.88	SCR
-- Ryan Bernstein	FR Carleton	16:27.92	SCR
-- Jordan Galloway	FR Macalester	16:03.92	SCR
-- Brock Adams	SO Macalester	16:15.35	SCR
-- Gabriel Bickerstaff	SR Saint Mary's	16:35.36	SCR

Men 10000 Meter Run

=====					
Conference:	29:46.75	5/14/2021	Lucas Mueller, Carleton		
Name	Year	School	Seed	Finals	Points
=====					
1 Logan Bocovich	JR	St. Olaf	29:35.40	30:52.84	10
2 Andrew Skemp	SO	St. Olaf	30:45.97	31:00.48	8
3 Henry Bowman	JR	Carleton	30:40.45	31:23.52	6
4 David Lynn	JR	St. Olaf	32:39.30	31:50.32	5
5 Kevin Montresor	JR	St. Olaf	31:45.20	32:17.30	4
6 Logan McCullough	SO	Gustavus Ado	32:12.37	32:22.70	3
7 Eamon Cavanaugh	SO	St. John's (32:44.99	32:42.37	2
8 Aidan St George	SO	Bethel (Minn	31:52.95	32:47.36	1
9 Ben Aoki-Sherwood	JR	Carleton	32:22.47	33:08.68	
10 Angelo Fiataruolo	FR	St. Olaf	34:00.30	33:20.73	
11 Gael Manzur Strandlund	FR	St. Olaf	32:22.86	33:25.55	
12 Jordan Galloway	FR	Macalester	34:01.76	33:35.04	
13 Brock Lawhead	JR	St. Olaf	34:08.60	33:37.74	
14 Mauricio Vite	JR	St. Olaf	34:26.20	33:44.22	
15 Nick Ihrke	SO	Macalester	32:44.71	33:47.70	
16 Andrew Jamison	FR	Carleton	34:38.36	34:04.38	
17 Carter Ferber	FR	Concordia-Mo	35:22.62	34:20.76	
18 Soren Sackreiter	FR	Gustavus Ado	34:39.40	35:01.95	
19 Jacob Gathje	SO	St. John's (33:59.10	35:29.64	
-- Mohammed Bati	FR	Augsburg	31:45.52	DNF	
-- Jonathan Pattie	FR	St. Olaf	34:34.70	SCR	
-- Aidan Appel	SO	Macalester		SCR	
-- Gabriel Bickerstaff	SR	Saint Mary's	35:58.24	SCR	
-- Sam Morris	JR	Saint Mary's		SCR	

Men 110 Meter Hurdles

=====							
9 Advance:	Top 1 Each Heat plus	Next 6 Best Times					
Conference:	13.83	5/14/2021	Taylor Rooney, Gustavus Adolphu				
Conference:	14.36	2001	Eric Klinker (NWI), Macalester				
Facility:	F 14.54	4/15/2023	Josh Sampson, Bethel (Minn.)				
Name	Year	School	Seed	Prelims	Wind	H#	
=====							
Preliminaries							
1 Lucas Kramarczuk	JR	St. Olaf	14.40	F 14.52Q	1.8	3	
2 Josh Sampson	SO	Bethel (Minn	14.44	F 14.54Q	0.8	1	
3 David Myres	SO	Bethel (Minn	15.26	15.02Q	1.6	2	
4 Pryce Ferrin	FR	Bethel (Minn	15.52	15.56q	0.8	1	
5 Demetri Lord	JR	St. Olaf	15.27	15.63q	1.6	2	
6 Logan Clark	FR	Concordia-Mo	15.89	15.66q	1.8	3	
7 Max Lelwica	SO	St. John's (15.74	15.75q	1.8	3	
8 Hamza Mahamud	FR	Macalester	16.53	15.99q	0.8	1	
9 Micah Smith	JR	Bethel (Minn	16.17	16.07q	1.6	2	
10 Josh Lee	SO	Bethel (Minn	16.41	16.12	1.8	3	
11 Sam Schulze	SO	Gustavus Ado	16.40	16.21	1.8	3	
12 Wade Rhonemus	JR	Concordia-Mo	16.16	16.26	0.8	1	
13 Connor McCormick	FR	Gustavus Ado	16.23	16.31	1.6	2	
14 Matthew Nissen	JR	St. Olaf	16.38	16.34	0.8	1	
15 Sebastian Stefanowicz	FR	Macalester	16.63	16.35	1.6	2	
16 Will Skemp	FR	St. Olaf	17.01	16.51	1.8	3	
17 Riley Buxell	FR	St. John's (16.72	16.56	0.8	1	
18 Aiden Blaeser	FR	St. John's (16.99	17.27	1.8	3	
19 Jackson Bassett	SO	St. Olaf	17.65	17.44	0.8	1	
20 Aki Wada	FR	Macalester	18.47	18.11	1.6	2	
-- Trajen Clayton	FR	Augsburg	16.55	DNS	1.6	2	
-- Aaron Elseth	FR	Bethel (Minn	17.81	DNS	1.6	2	

Men 110 Meter Hurdles

Name	Year	School	Prelims	Finals	Wind	Points
Conference: 13.83 5/14/2021 Taylor Rooney, Gustavus Adolphu						
Conference: 14.36 2001 Eric Klinker (NWI), Macalester						
Facility: F 14.54 4/15/2023 Josh Sampson, Bethel (Minn.)						
Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1	SO	Bethel (Minn)	14.54	14.38	3.1	10
2	JR	St. Olaf	14.52	14.49	3.1	8
3	SO	Bethel (Minn)	15.02	14.72	3.1	6
4	JR	St. Olaf	15.63	15.30	3.1	5
5	FR	Bethel (Minn)	15.56	15.55	3.1	4
6	JR	Bethel (Minn)	16.07	15.68	3.1	3
7	FR	Concordia-Mo	15.66	15.74	3.1	2
8	FR	Macalester	15.99	15.77	3.1	1
9	SO	St. John's (15.75	15.82	3.1	

Men 400 Meter Hurdles

Name	Year	School	Seed	Prelims	H#
9 Advance: Top 1 Each Heat plus Next 6 Best Times					
Conference: 52.10 5/15/2021 Joel Smith, Bethel (Minn.)					
Facility: F 52.44 4/15/2023 Joel Smith, Bethel (Minn.)					
Name	Year	School	Seed	Prelims	H#
Preliminaries					
1	JR	Bethel (Minn)	52.33	53.75Q	1
2	SO	Hamline	54.94	55.58Q	3
3	SO	Bethel (Minn)	54.70	56.08Q	2
4	SR	St. John's (54.77	55.96q	3
5	SO	Macalester	55.77	56.23q	2
6	JR	Bethel (Minn)	55.98	56.83q	1
7	SO	Gustavus Ado	59.26	57.10q	3
8	FR	Carleton	59.71	57.83q	2
9	FR	St. John's (59.10	58.42q	2
10	FR	St. John's (1:00.04	58.52	3
11	SO	Bethel (Minn)	58.43	58.60	1
12	FR	Concordia-Mo	59.56	58.77	1
13	SO	St. Olaf	59.59	58.88	1
14	SR	Macalester	59.37	59.38	3
15	SO	St. John's (1:00.07	59.47	3
16	FR	Macalester	59.38	59.54	2
17	JR	Bethel (Minn)	1:01.16	59.66	3
18	FR	St. Olaf	1:00.24	59.72	2
19	SO	Gustavus Ado	1:00.99	1:00.01	1
20	FR	Macalester	1:00.77	1:00.80	1
21	SO	Gustavus Ado	1:01.22	1:02.04	3
22	FR	Macalester	1:01.85	1:02.25	1
23	SO	St. Olaf	1:02.18	1:02.38	1
24	SO	Hamline	1:02.77	1:03.11	2
25	FR	Gustavus Ado	1:02.90	1:04.27	3
26	SO	St. John's (1:01.76	1:11.10	2
--	FR	Augsburg	1:01.07	DNS	2

Men 400 Meter Hurdles

Name	Year	School	Prelims	Finals	Points
Conference: 52.10 5/15/2021 Joel Smith, Bethel (Minn.)					
Facility: F 52.44 4/15/2023 Joel Smith, Bethel (Minn.)					
Name	Year	School	Prelims	Finals	Points
Finals					
1	JR	Bethel (Minn)	53.75	52.01F	10
2	SR	St. John's (55.96	54.06	8
3	SO	Hamline	55.58	54.66	6
4	SO	Bethel (Minn)	56.08	55.15	5
5	SO	Macalester	56.23	55.52	4
6	JR	Bethel (Minn)	56.83	55.87	3

7	Sam Schulze	SO Gustavus Ado	57.10	56.71	2
8	Reese Anderson	FR Carleton	57.83	57.05	1
9	Aiden Blaeser	FR St. John's (58.42	58.28	

Men 3000 Meter Steeplechase

Conference: 8:44.01 5/15/2021 Matthew Wilkinson, Carleton
 Facility: F 9:22.76 4/15/2023 Daniel VanAcker, Unattached

Name	Year	School	Seed	Finals	Points
1	Will Kelly	JR St. Olaf	8:58.95	8:56.03F	10
2	Carter Grove	SO St. John's (9:19.24	8:59.39F	8
3	Anders Cote	JR St. Olaf	9:24.24	9:07.83F	6
4	Reece McKee	SO Macalester	9:37.61	9:23.67	5
5	Jack Deaver	FR St. Olaf	9:50.09	9:31.05	4
6	Reese Thompson	SO Bethel (Minn	9:45.84	9:31.44	3
7	Gabe Estrada	JR St. Olaf	9:44.00	9:34.81	2
8	Aric Brodie	SR Hamline	9:54.58	9:36.61	1
9	Brett Hanley	SO Carleton	10:00.12	9:37.92	
10	Derk Lyford	JR St. Olaf	9:47.19	9:42.39	
11	Tanner Olson	SR Concordia-Mo	9:41.04	9:46.20	
12	Joe Lee	SO Concordia-Mo	10:11.95	9:51.18	
13	Gavin Groshelle	FR Concordia-Mo	10:09.43	9:53.93	
14	Lucas LiaBraaten	FR Hamline	10:12.71	9:54.77	
15	Joseph Gathje	SO St. John's (10:09.06	10:00.78	
16	Trevor LaVigne	SO Gustavus Ado	9:55.34	10:09.05	
17	Jonah Kalsnes	SO Gustavus Ado	10:10.53	10:10.46	
18	Emerson Lange	FR Carleton	10:15.77	10:17.79	
--	Nick Trzynka	SO Concordia-Mo	10:31.05	SCR	
--	Will Janzen	FR Gustavus Ado	10:40.21	SCR	
--	Alex Fendig	JR Macalester	10:16.22	SCR	
--	Aaron Puent	SR Augsburg	11:11.80	SCR	
--	Ethan Leonard	SO St. John's (10:26.44	SCR	
--	Thomas Nemanich	SO St. John's (10:22.73	SCR	

Men 4x100 Meter Relay

Conference: 41.23 2002 St. Thomas, St. Thomas
 A Hilliard, R Cress, T Hart, C Glad
 Facility: F 41.30 4/15/2023 Bethel (Minn.), Bethel (Minn.)
 J Ekiyor, G Nelson, C McConnell, J Parent

School	Seed	Finals	H#	Points
1 St. John's (Minn.) 'A'	41.24	41.11F	2	10
1) Emanuel Popoca SO				
2) Kevin Arthur SO				
3) Brady Labine SR				
4) Caden Wheeler FR				
2 Bethel (Minn.) 'A'	41.13	41.45	2	8
1) Collin Asplin FR				
2) Grant Nelson FR				
3) Cameron McConnell SO				
4) Jacob Parent SO				
3 St. Olaf 'A'	43.00	42.25	2	6
1) Devin McNearney SO				
2) Lucas Kramarczuk JR				
3) Henry Fisher JR				
4) Galen McGlynn FR				
4 St. Scholastica 'A'	42.81	42.33	2	5
1) Sean Alfaro Diedrich SO				
2) Jericho Peterson SR				
3) Kaedyn Redig SO				
4) Samuel Eben Ebai SR				
5 Saint Mary's (Minn.) 'A'	42.01	42.58	2	4
1) Ben Kritsberg FR				
2) Chris Bulwa SO				
3) Brady Johnson SO				
4) Oliver Adamson SO				
6 Gustavus Adolphus 'A'	42.90	43.02	2	3
1) Matthew Skelly SO				
2) Wyatt Quiring JR				
3) Seth Zeitchick SO				
4) Isaiah Subah SO				
7 Hamline 'A'	43.50	43.46	1	2
1) David Couper SO				
2) Reece Thomas SO				
3) Eric Pfenning-Wendt FR				
4) Andrei Pettis FR				
8 Concordia-Moorhead 'A'	43.19	45.09	1	1
1) Jordan Petron SO				
2) Logan Clark FR				
3) Trevor Tiogson SO				
4) Anthony Marsh SO				
9 Macalester 'A'	45.32	45.34	1	

1) Sebastian Stefanowicz FR	2) Henry Schonebaum FR		
3) Hamza Mahamud FR	4) Kevin Wang FR		
-- Carleton 'A'		DNS	1
-- Augsburg 'A'		DNS	1

Men 4x400 Meter Relay

Conference: 3:13.02 2009 St. Thomas, St. Thomas				
P Bastron, J Ewer, J DeFrance, P Jager				
Facility: F 3:17.77 4/15/2023 Bethel (Minn.), Bethel (Minn.)				
L Liu, G Nelson, D Myres, J Parent				
School	Seed	Finals	H#	Points
1 Bethel (Minn.) 'A'	3:12.40	3:14.39F	2	10
1) Joel Smith JR				
2) Grant Nelson FR				
3) Josh Sampson SO				
4) Jacob Parent SO				
2 Concordia-Moorhead 'A'	3:22.05	3:20.41	2	8
1) Trevor Tiongson SO				
2) Wade Rhonemus JR				
3) Gavin Groshelle FR				
4) Hayden Gagnon SR				
3 St. Scholastica 'A'	3:23.90	3:20.52	2	6
1) Jericho Peterson SR				
2) Samuel Eben Ebai SR				
3) Derek Douglas SO				
4) Noah Kubicek FR				
4 St. Olaf 'A'	3:21.57	3:20.54	2	5
1) Alex Bittner FR				
2) Devin McNearny SO				
3) Henry Fisher JR				
4) Sebastian Loder FR				
5 St. John's (Minn.) 'A'	3:19.85	3:20.89	2	4
1) Ryan Conzemius SO				
2) Owen Montreuil FR				
3) Nick St. Peter FR				
4) Brady Labine SR				
6 Gustavus Adolphus 'A'	3:23.30	3:22.18	2	3
1) Seth Zeitchick SO				
2) Wyatt Quiring JR				
3) Markus Rupnow SO				
4) Noah Stageberg SO				
7 Carleton 'A'	3:24.23	3:22.77	2	2
1) Liam Kennedy SO				
2) Josh Meier SO				
3) Jeremy Fong JR				
4) Ethan Ash SO				
8 Macalester 'A'	3:27.88	3:24.13	1	1
1) Jeff Wang SO				
2) Arlo Heitler SO				
3) Kalid Ali SO				
4) Henry Schonebaum FR				
9 Saint Mary's (Minn.) 'A'	3:22.47	3:25.06	2	
1) Garrett Jackson SR				
2) Brady Johnson SO				
3) Oliver Adamson SO				
4) Chris Bulwa SO				
10 Augsburg 'A'	3:33.28	3:28.74	1	
1) Fritz Landherr SR				
2) Sakariya Hussien SR				
3) Bereket Wondimu JR				
4) Getinat Asfaw JR				
11 Hamline 'A'	3:33.86	3:29.29	1	
1) Raul Ortiz SO				
2) Josh Thomsen SO				
3) Eric Pfenning-Wendt FR				
4) David Couper SO				

Men 4x800 Meter Relay

Conference: 7:33.39 5/12/2017 St. Olaf, St. Olaf				
J Henschel, J Eggers, S Bjork, J Coffey				
School	Seed	Finals	Points	
1 St. John's (Minn.) 'A'	7:42.87	7:48.82	10	
2 St. Scholastica 'A'		7:52.22	8	
1) John Schwinghamer SR				
2) Joe Lynch JR				
3) Derek Douglas SO				
4) Noah Kubicek FR				
3 St. Olaf 'A'		7:53.20	6	
1) Cullen Moore FR				
2) Olaf Coffey SO				
3) Otto Schmidt SO				
4) Gabe Estrada JR				
4 Macalester 'A'		7:55.45	5	
1) Tor Olsson SO				
2) Ben Crotteau SO				
3) Kalid Ali SO				
4) Jay Lebakken FR				
5 Bethel (Minn.) 'A'		7:55.51	4	
1) Gabe Kuecker SO				
2) Luke Peterson SO				
3) Tad Stewart SO				
4) Clark Nelson SO				
6 Concordia-Moorhead 'A'		7:58.35	3	
1) Tanner Olson SR				
2) Gavin Groshelle FR				

3) David Birkeland SR	4) Solomon Johnson SR			
7 Gustavus Adolphus 'A'		7:51.86	8:00.03	2
1) Markus Rupnow SO	2) Blake Fuller SO			
3) Carson Roehl SO	4) Tyler Smith SO			
8 Carleton 'A'			8:29.67	1
1) Ryan Bernstein FR	2) Ian Scott FR			
3) Ben Mazar SO	4) Avery Watts JR			
9 Augsburg 'A'			8:52.50	
1) Bereket Wondimu JR	2) Fritz Landherr SR			
3) Joseph Kubly FR	4) Hans Christopherson SO			
-- Saint Mary's (Minn.) 'A'				DNS

Men High Jump

```

=====
Conference: 2.19m 1993 Leonard Jones, St. Thomas
Facility: F 1.93m 4/15/2023 Danny Bies, Gustavus Adolphus
Name Year School Seed Finals Points
=====
1 Michael Braun SO Hamline 1.91m 1.92m 6-03.50 10
  1.81 1.86 1.91 1.92 1.94
  O O O O XXX
2 Alex Seiler SO St. John's ( 1.83m 1.91m 6-03.25 8
  1.76 1.81 1.86 1.91 1.94
  O O O O XXX
3 Danny Bies SO Gustavus Ado 1.95m 1.91m 6-03.25 6
  1.81 1.86 1.91 1.94
  O O XXO XXX
4 Alec Braun SO Bethel (Minn 1.85m 1.91m 6-03.25 5
  1.76 1.81 1.86 1.91 1.94
  O XO XO XXO XXX
5 Alec Ungar SO St. John's ( 1.91m 1.86m 6-01.25 4
  1.81 1.86 1.91
  O O XXX
6 Hayden Gagnon SR Concordia-Mo 1.91m 1.86m 6-01.25 3
  1.76 1.81 1.86 1.91
  O O XO XXX
7 Aravindh Subramanian JR Carleton 1.80m 1.81m 5-11.25 2
  1.71 1.76 1.81 1.86
  O O O XXX
8 Max Lelwica SO St. John's ( 1.83m 1.81m 5-11.25 1
  1.66 1.71 1.76 1.81 1.86
  O O O XO XXX
9 Anthony Thurk SO St. John's ( 1.85m 1.81m 5-11.25
  1.71 1.76 1.81 1.86
  O XO XO XXX
10 Andrew Cogley SO St. Olaf 1.80m 1.76m 5-09.25
  1.66 1.71 1.76 1.81
  O O O XXX
10 Simon Swenson FR Bethel (Minn 1.85m 1.76m 5-09.25
  1.71 1.76 1.81
  O O XXX
10 Anthony Marsh SO Concordia-Mo 1.89m 1.76m 5-09.25
  1.76 1.81
  O XXX
13 Ethan Cline-Cole SO Carleton 1.75m 1.71m 5-07.25
  1.66 1.71 1.76
  O XO XXX
13 Iain Lee FR Hamline 1.71m 1.71m 5-07.25
  1.66 1.71 1.76
  O XO XXX
15 Logan Sullivan SO Gustavus Ado 1.70m 1.66m 5-05.25
  1.66 1.71
  XO XXX
=====

```

Men Pole Vault

```

=====
Conference: 5.09m 5/13/2017 Connor O'Neill, St. Thomas (Minn
Facility: F 4.70m 4/15/2023 Jacob Tomazevic, Wis.-Stout
=====

```

Name	Year	School	Seed	Finals	Points
1 Joseph Charbonneau	SO	St. John's (4.72m	4.60m	15-01.00 10
3.80 3.95 4.10 4.25 4.40 4.50 4.60 4.75					
PPP PPP PPP PPP O O XO XXX					
2 Samuel Gardeen	SO	Bethel (Minn	4.40m	4.50m	14-09.00 8
3.80 3.95 4.10 4.25 4.40 4.50 4.60					
PPP PPP XO O O XXO XXP					
3 Daniel Eickhoff	SO	St. John's (4.30m	4.40m	14-05.25 6
3.80 3.95 4.10 4.25 4.40 4.50					
PPP O O XO XXO XXX					
4 Kole Guth	FR	St. John's (4.60m	4.25m	13-11.25 5
3.80 3.95 4.10 4.25 4.40					
PPP PPP O O XXX					
5 Dylan Arnold	SO	St. Olaf	4.67m	4.25m	13-11.25 4
3.80 3.95 4.10 4.25 4.40					
PPP PPP PPP XO XXX					
6 Max Doom	SO	St. John's (4.17m	4.10m	13-05.25 3
3.80 3.95 4.10 4.25					
XO O XO XXX					
7 Oliver Engstrom	FR	Hamline	4.02m	4.10m	13-05.25 2
3.80 3.95 4.10 4.25					
PPP XXO XO XXX					
8 Wade Rhonemus	JR	Concordia-Mo	4.20m	3.95m	12-11.50 0.50
3.80 3.95 4.10					
PPP O XXX					
8 Abe Schegel	JR	Bethel (Minn	4.10m	3.95m	12-11.50 0.50
3.80 3.95 4.10					
O O XXX					
10 Joe Ream	FR	Gustavus Ado	3.95m	3.95m	12-11.50
3.80 3.95 4.10					
XO XO XXX					
11 Tim Adams	SO	Carleton	3.82m	3.80m	12-05.50
3.80 3.95					
O XXX					
12 Jack Cella	FR	Concordia-Mo	3.86m	3.80m	12-05.50
3.80 3.95					
XXO XXX					
12 Andrew Adams	SO	St. John's (3.92m	3.80m	12-05.50
3.80 3.95					
XXO XXX					
12 Erik Walker	SO	Gustavus Ado	3.82m	3.80m	12-05.50
3.80 3.95					
XXO XXX					
-- Josh Johnston	FR	St. John's (3.95m	NH	
3.80					
XXX					
-- Mason DeGross	SO	St. John's (4.22m	NH	
3.80 3.95					
PPP XXX					
-- Aidan Gatz	SO	Saint Mary's	4.56m	NH	
3.80 3.95 4.10					
PPP PPP XXX					
-- Lars Askegaard	SR	St. Olaf	3.95m	DNS	
-- Luke Daenzer	FR	Bethel (Minn	3.35m	SCR	
-- Joe Schmidt	SO	Gustavus Ado	3.27m	SCR	
-- Forest Menter	FR	St. Olaf	3.65m	SCR	
-- Aiden Mikla	SO	Gustavus Ado	3.35m	SCR	
-- Connor McCormick	FR	Gustavus Ado	3.65m	SCR	
-- Rayan Elahi	JR	St. Olaf	3.50m	SCR	
-- Logan Marzinske	SO	Gustavus Ado	3.80m	SCR	

Men Long Jump

Conference: 7.30m 2008 Erik Diley, St. John's
Conference: 7.73m 1991 Leonard Jones (NWI), St. Thomas

Facility: F 6.55m 4/15/2023 Grant Nelson, Bethel (Minn.)

Name	Year	School	Seed	Finals	Wind	H#	Points
1 Zach Schaffer	FR	St. John's (6.83m	6.98m	2.8	22-11.00	2 10
6.21m(1.8) 6.53m(1.8) 6.68m(2.2) 6.20m(3.4) 6.98m(2.8) FOUL							
2 Lucas Kramarczuk	JR	St. Olaf	6.73m	6.76m	3.0	22-02.25	1 8
6.49m(2.9) 6.76m(3.0) 6.59m(1.7) 6.74m(2.7) 6.70m(3.6) 6.69m(5.4)							
3 Anthony Thurk	SO	St. John's (6.41m	6.68m	4.3	21-11.00	2 6
FOUL 6.33m(2.7) 5.06m(1.0) FOUL 6.68m(4.3) FOUL							
4 Eh Ler Moo	SO	St. Olaf	6.61m	6.65m	3.1	21-10.00	2 5
FOUL 6.36m(2.6) 6.40m(3.4) 6.53m(3.0) 6.65m(3.1) 6.26m(2.1)							
5 Simon Swenson	FR	Bethel (Minn	6.56m	6.64mF	0.7	21-09.50	2 4
6.61m(0.9) 6.51m(0.9) 6.64m(0.7) 6.56m(2.2) 6.46m(3.1) 6.47m(3.4)							
6 Caleb Williams	JR	Macalester	6.46m	6.63m	2.8	21-09.00	2 3
6.17m(1.0) 6.61m(2.4) 6.63m(2.8) 5.58m(3.0) 6.57m(3.3) 6.62m(2.7)							
7 Grant Nelson	FR	Bethel (Minn	6.69m	6.59m	3.6	21-07.50	1 2
6.23m(3.4) 6.59m(3.6) 6.38m(2.0) PASS PASS PASS							
8 Josh Charlton	SO	St. Olaf	6.31m	6.37m	1.7	20-10.75	2 1
FOUL 6.37m(1.7) 4.48m(1.3) FOUL FOUL FOUL							
9 Riley Hodin	SO	Macalester	6.23m	6.32m	3.4	20-09.00	1
5.75m(3.3) 6.32m(3.4) 5.72m(3.1) 5.38m(1.8) 5.85m(4.1) 5.86m(3.7)							
10 Isaiah Subah	SO	Gustavus Ado	6.32m	6.28m	2.9	20-07.25	2
6.28m(2.9) FOUL 5.84m(2.4)							
11 Demetri Lord	JR	St. Olaf	6.40m	6.25m	3.2	20-06.25	1
FOUL 6.25m(3.2) 6.20m(1.8)							
12 Wade Rhonemus	JR	Concordia-Mo	6.45m	6.25m	4.3	20-06.25	1
6.17m(3.1) 6.25m(4.3) 6.13m(2.3)							
13 Alec Ungar	SO	St. John's (6.32m	6.20m	1.1	20-04.25	2
6.20m(1.1) 5.96m(1.5) FOUL							
14 Abe Schegel	JR	Bethel (Minn	6.14m	6.19m	4.6	20-03.75	1
5.84m(2.8) 5.64m(1.8) 6.19m(4.6)							
15 Nick Hermes	SO	Concordia-Mo	6.10m	6.16m	4.3	20-02.50	1
4.40m(2.2) 6.16m(4.3) 6.10m(2.2)							
16 Anthony Marsh	SO	Concordia-Mo	6.11m	6.08m	2.6	19-11.50	1
6.08m(2.6) 5.83m(3.4) 4.34m(2.4)							
17 Antonio Cisewski	SO	Saint Mary's	6.56m	6.07m	2.8	19-11.00	2
FOUL 6.01m(2.0) 6.07m(2.8)							
18 Teris Watson	FR	Hamline	6.15m	5.94m	2.8	19-06.00	1
5.94m(2.8) 5.75m(2.0) 5.75m(1.2)							
19 Weston Stroschein	SO	St. Scholast	6.25m	5.86m	2.0	19-02.75	2
5.84m(1.5) 5.86m(2.0) FOUL							
20 Dan Cooper	JR	Saint Mary's	6.16m	5.86m	2.4	19-02.75	1
5.77m(2.2) 5.86m(2.4) 5.80m(2.2)							
-- Gavin LaMott	SO	St. John's (5.89m	SCR	NWI		
-- Theo Demetriades	FR	Carleton	5.86m	SCR	NWI		
-- Spencer Pearson	FR	Gustavus Ado	5.86m	SCR	NWI		
-- Kevin Wang	FR	Macalester	6.04m	SCR	NWI		
-- Joe Collins	FR	Hamline	5.45m	SCR	NWI		
-- Iain Lee	FR	Hamline	5.90m	SCR	NWI		

Men Triple Jump

Name	Year	School	Seed	Finals	Wind	H#	Points
Conference: 14.73m 2010 Eyo Ekpo, St. Thomas							
Conference: 15.69m 1984 Todd Nash (NWI), St. Olaf							
Facility: F 12.94m 4/15/2023 Christian Beamer, St. Thomas (Minn.)							
Name	Year	School	Seed	Finals	Wind	H#	Points
1 Lucas Kramarczuk	JR	St. Olaf	14.07m	14.34mF	1.1	47-00.75	1 10
FOUL 13.90m(1.3) 13.94m(3.0) 14.34m(1.1) 14.02m(1.2) 13.89m(1.5)							
2 Elijah Wade	SO	St. John's (13.73m	14.01mF	1.5	45-11.75	2 8
13.78m(2.8) 13.51m(1.8) 13.67m(3.3) 13.81m(1.6) 13.98m(1.4) 14.01m(1.5)							
3 Caleb Williams	JR	Macalester	13.58m	13.64mF	1.9	44-09.00	2 6
13.20m(3.6) 13.64m(1.9) 13.46m(1.0) 13.41m(1.6) FOUL 13.27m(1.5)							
4 Michael Braun	SO	Hamline	13.57m	13.34mF	1.0	43-09.25	2 5
12.90m(3.2) 13.19m(2.4) 13.34m(1.0) 12.61m(0.3) 12.72m(0.5) 13.14m(2.7)							
5 Riley Hodin	SO	Macalester	13.56m	13.33m	2.1	43-09.00	2 4
12.72m(1.7) 13.33m(2.1) 12.43m(1.9) 12.73m(1.8) 12.83m(2.4) 12.69m(0.9)							
6 Alex Crnkovich	SO	St. John's (13.19m	13.32m	2.4	43-08.50	2 3

	12.44m(2.0)	12.89m(2.1)	12.83m(2.5)	12.06m(1.9)	13.12m(1.5)	13.32m(2.4)					
7	Simon Swenson		FR Bethel (Minn		13.27m	13.25m	3.4	43-05.75	2	2	
	13.25m(3.4)	12.73m(1.9)	13.03m(1.9)	12.42m(0.8)	12.77m(1.3)	PASS					
8	Zach Schaffer		FR St. John's (12.86m	13.02mF	1.2	42-08.75	2	1	
	13.02m(1.2)	12.92m(1.6)	12.98m(1.3)	12.71m(0.3)	12.83m(1.4)	11.59m(1.2)					
9	Anthony Thurk		SO St. John's (12.89m	12.93m	2.5	42-05.25	2		
	12.93m(2.5) FOUL	FOUL	12.23m(0.3) FOUL	FOUL							
10	Brady Johnson		SO Saint Mary's		12.83m	12.63m	2.0	41-05.25	2		
	12.55m(2.7)	12.23m(2.6)	12.63m(2.0)								
11	Spencer Pearson		FR Gustavus Ado		12.54m	12.61m	1.2	41-04.50	1		
	12.29m(1.3)	12.09m(2.1)	12.61m(1.2)								
12	Sebastian Stefanowicz		FR Macalester		12.19m	12.13m	2.8	39-09.75	1		
	FOUL	11.94m(1.7)	12.13m(2.8)								
13	Gabe Thompson		SO Concordia-Mo		12.23m	12.04m	1.8	39-06.00	1		
	FOUL	12.04m(1.8)	11.99m(1.8)								
14	Justin Veimau		JR Macalester		12.21m	11.86m	2.2	38-11.00	1		
	11.72m(2.4) FOUL	11.86m(2.2)									
15	Dan Cooper		JR Saint Mary's		12.11m	11.78m	2.0	38-07.75	1		
	FOUL	11.78m(2.0) FOUL									
16	Iain Lee		FR Hamline		11.43m	11.65m	2.6	38-02.75	1		
	FOUL	11.62m(1.2)	11.65m(2.6)								
17	Ethan Cline-Cole		SO Carleton		12.24m	11.61m	2.8	38-01.25	1		
	11.24m(3.2)	11.61m(2.8) FOUL									
18	Kevin Wang		FR Macalester		11.39m	11.31m	4.2	37-01.25	1		
	FOUL	11.31m(4.2) FOUL									
--	Sean Souksavath		JR St. Olaf		12.15m	FOUL				1	
	FOUL	PASS	PASS								

Men Shot Put

=====											
Conference:		19.05m	1983	Mike Manders, Hamline							
Facility:		F 15.51m	4/15/2023	Karter Rashke, Wis.-Stout							
Name	Year	School	Seed	Finals	H#	Points					
=====											
1	Adam Hokanson	FR Bethel (Minn	13.76m	15.06m	49-05.00	2	10				
	14.17m	14.05m	14.91m	FOUL	13.66m	15.06m					
2	Cade Feist	SO St. Olaf	15.18m	14.74m	48-04.50	2	8				
	14.37m	14.45m	14.72m	14.74m	FOUL	14.68m					
3	Jaeden Frost	SO St. John's (14.68m	14.70m	48-02.75	2	6				
	13.51m	13.62m	13.98m	14.70m	13.65m	13.89m					
4	Andrew Mollison	JR St. Olaf	14.52m	14.66m	48-01.25	2	5				
	14.66m	14.01m	14.64m	13.91m	FOUL	FOUL					
5	Trent Beseth	SO St. Scholast	15.28m	14.65m	48-00.75	2	4				
	13.90m	14.33m	14.10m	14.65m	14.43m	14.60m					
6	Arnauld Dedry	JR St. Olaf	13.77m	13.97m	45-10.00	2	3				
	12.56m	13.19m	13.97m	FOUL	13.40m	13.91m					
7	Grant Steger	JR St. Scholast	14.70m	13.53m	44-04.75	2	2				
	12.88m	13.07m	13.22m	13.40m	13.53m	FOUL					
8	Eli Spurgeon	FR Gustavus Ado	12.99m	12.93m	42-05.25	2	1				
	12.93m	12.33m	12.25m	12.52m	12.41m	12.86m					
9	Trajan Kaeppe	SO Gustavus Ado	13.22m	12.93m	42-05.25	2					
	12.22m	12.93m	12.57m	12.78m	FOUL	FOUL					
10	Austin Mills	FR Macalester	12.42m	12.86m	42-02.25	1					
	FOUL	12.86m	FOUL								
11	Trevor Wellman	SO Bethel (Minn	12.64m	12.50m	41-00.25	1					
	11.97m	12.24m	12.50m								
12	Kaleb DeWall	SO St. John's (13.13m	12.32m	40-05.00	2					
	11.86m	12.32m	12.07m								
13	Callim Schmitz	FR Gustavus Ado	11.44m	12.07m	39-07.25	1					
	11.56m	11.65m	12.07m								
14	Jon Davis	FR St. John's (11.72m	11.84m	38-10.25	1					
	10.35m	11.74m	11.84m								
15	Dominik Hillstrom	SO Concordia-Mo	12.39m	11.79m	38-08.25	1					
	11.79m	11.42m	11.33m								
16	Eli Mollet	JR St. John's (12.64m	11.71m	38-05.00	1					
	11.71m	FOUL	FOUL								
17	Jakob Brown	SO Concordia-Mo	11.61m	11.64m	38-02.25	1					
	11.43m	11.43m	11.64m								

18	Ryan Edelman	FR St. Olaf	12.69m	11.24m	36-10.50	1
	11.24m FOUL FOUL					
--	Evan Larsen	SO Bethel (Minn	12.85m	FOUL		2
	FOUL FOUL FOUL					
--	Eli Olson	FR St. John's (11.79m	DNS		1
--	Max Menache	SO Macalester	11.44m	DNS		1
--	Jacob Oachs	SO Bethel (Minn	10.25m	SCR		
--	Dylan Delaske	SO Bethel (Minn	7.46m	SCR		

Men Discus Throw

Conference:		60.30m	1983	Mike Manders, Hamline		
Facility:		F 47.83m	4/15/2023	Nate Karau, Wis.-Stout		
Name	Year	School	Seed	Finals	H#	Points
1	Trent Beseth	SO St. Scholast	48.30m	49.39mF	162-00	2 10
	47.48m 49.39m FOUL FOUL	46.69m 46.67m				
2	Ryan Edelman	FR St. Olaf	45.13m	44.81m	147-00	2 8
	42.89m FOUL FOUL	43.41m 44.81m FOUL				
3	Jaeden Frost	SO St. John's (44.25m	43.34m	142-02	2 6
	42.27m 43.34m 41.73m	FOUL 39.47m FOUL				
4	Victor Wright	SR Macalester	42.25m	41.87m	137-04	2 5
	FOUL FOUL 40.25m FOUL	41.87m FOUL				
5	Ricky Ramirez	SO Concordia-Mo	42.99m	40.67m	133-05	2 4
	36.60m 39.51m 40.67m	FOUL FOUL 40.48m				
6	Zach Stordahl	SO Gustavus Ado	41.19m	40.29m	132-02	2 3
	31.07m 40.29m 39.20m	39.06m 38.84m 40.21m				
7	Arnauld Dedry	JR St. Olaf	42.12m	39.78m	130-06	2 2
	35.14m 37.72m 39.78m	FOUL FOUL FOUL				
8	Max Menache	SO Macalester	44.35m	39.69m	130-02	2 1
	33.61m 38.61m 39.69m	36.91m 36.94m 34.59m				
9	Grant Steger	JR St. Scholast	42.93m	39.24m	128-09	2
	37.44m FOUL 39.24m	FOUL 35.02m 38.97m				
10	Cade Feist	SO St. Olaf	39.80m	38.32m	125-09	1
	FOUL 38.32m FOUL					
11	Adam Hokanson	FR Bethel (Minn	38.72m	38.07m	124-11	1
	37.06m FOUL 38.07m					
12	Dominik Hillstrom	SO Concordia-Mo	39.03m	37.78m	123-11	1
	37.78m FOUL 36.17m					
13	Arthur Fahnbulleh	FR Concordia-Mo	36.59m	37.64m	123-06	1
	34.44m FOUL 37.64m					
14	Eli Mollet	JR St. John's (40.68m	37.60m	123-04	1
	FOUL 37.60m FOUL					
15	Eli Spurgeon	FR Gustavus Ado	37.36m	34.87m	114-05	1
	34.82m 33.87m 34.87m					
16	Tom Kuriscak	FR St. John's (38.62m	34.08m	111-10	1
	FOUL 33.95m 34.08m					
17	Kaleb DeWall	SO St. John's (36.13m	32.27m	105-10	1
	32.01m FOUL 32.27m					
18	Austin Mills	FR Macalester	40.61m	31.88m	104-07	1
	31.88m FOUL FOUL					
--	Joseph Mensen	SO St. John's (38.77m	FOUL		1
	FOUL FOUL FOUL					
--	Evan Larsen	SO Bethel (Minn	45.68m	FOUL		2
	FOUL FOUL FOUL					
--	Dylan Delaske	SO Bethel (Minn	19.17m	SCR		
--	Galen McGlynn	FR St. Olaf	34.81m	SCR		
--	Jacob Oachs	SO Bethel (Minn	29.49m	SCR		
--	Carter Kienholz	SO Hamline	34.32m	SCR		
--	Casen Fritz	SO Saint Mary's	35.42m	SCR		
--	Jakob Brown	SO Concordia-Mo	31.33m	SCR		

Men Hammer Throw

Conference:		61.13m	2019	Michael Hensch, Gustavus		
Facility:		F 55.96m	4/15/2023	Joshua Beiswanger, Gustavus Adolphus		
Name	Year	School	Seed	Finals	H#	Points

1	Joshua Beiswanger	SO Gustavus Ado	57.93m	55.84m	183-02	2	10
	54.84m FOUL 50.72m 55.19m 52.93m 55.84m						
2	Jaeden Frost	SO St. John's (48.09m	51.78m	169-10	2	8
	51.78m 51.25m 50.84m 49.49m 47.39m FOUL						
3	Max Menache	SO Macalester	46.97m	49.59m	162-08	2	6
	47.17m 46.98m 44.94m FOUL 48.32m 49.59m						
4	Eli Mollet	JR St. John's (45.40m	48.71m	159-10	2	5
	46.86m 47.50m 46.53m FOUL FOUL 48.71m						
5	Grant Steger	JR St. Scholast	47.40m	46.13m	151-04	2	4
	42.02m 45.43m 46.13m 42.74m 45.57m FOUL						
6	Cade Feist	SO St. Olaf	43.25m	45.99m	150-11	1	3
	45.99m FOUL FOUL FOUL FOUL FOUL						
7	Brett Hague	SO St. John's (41.59m	45.25m	148-05	1	2
	45.00m 44.70m FOUL 45.25m FOUL FOUL						
8	Casen Fritz	SO Saint Mary's	45.02m	45.04m	147-09	2	1
	FOUL 45.04m 43.69m FOUL FOUL FOUL						
9	Arnauld Dedry	JR St. Olaf	43.07m	44.82m	147-00	1	
	FOUL 44.82m FOUL 42.10m FOUL 44.17m						
10	Ryan Edelman	FR St. Olaf	46.36m	43.32m	142-01	2	
	43.32m FOUL FOUL						
11	Adam Hokanson	FR Bethel (Minn	43.71m	42.41m	139-02	2	
	40.38m FOUL 42.41m						
12	Tom Kuriscak	FR St. John's (41.76m	42.24m	138-07	1	
	38.07m 42.24m FOUL						
13	Galen McGlynn	FR St. Olaf	39.15m	39.04m	128-01	1	
	39.04m 38.22m 34.28m						
14	Zach Stordahl	SO Gustavus Ado	43.70m	38.74m	127-01	1	
	38.74m FOUL FOUL						
15	Victor Wright	SR Macalester	43.45m	38.73m	127-01	1	
	38.73m FOUL FOUL						
16	Dominik Hillstrom	SO Concordia-Mo	37.27m	37.98m	124-07	1	
	37.98m 35.28m 36.43m						
17	Jon Davis	FR St. John's (39.02m	36.00m	118-01	1	
	FOUL 36.00m 35.88m						
--	Evan Larsen	SO Bethel (Minn	51.53m	FOUL		2	
	FOUL FOUL FOUL						
--	Joseph Mensen	SO St. John's (46.55m	FOUL		2	
	FOUL FOUL FOUL						
--	Trent Beseth	SO St. Scholast	41.79m	FOUL		1	
	FOUL FOUL FOUL						
--	Jacob Oachs	SO Bethel (Minn	35.21m	SCR			
--	Austin Mills	FR Macalester	37.23m	SCR			
--	Keenan Turqueza	FR St. John's (33.14m	SCR			
--	Jakob Brown	SO Concordia-Mo	32.98m	SCR			

Men Javelin Throw

=====							
Conference:	63.24m	2000	Greg Kaiser, St. Thomas				
Facility:	F 46.19m	4/15/2023	Noah Eckersley-Ray, Carleton				
Name	Year	School	Seed	Finals		H#	Points
=====							
1	Brett Hague	SO St. John's (68.10m	64.14mF	210-05	2	10
	58.84m 63.76m FOUL 55.56m FOUL 64.14m						
2	Ian Mortensen	SO Carleton	54.24m	57.04mF	187-02	2	8
	55.75m 56.36m 57.04m 56.18m 54.06m 56.91m						
3	Logan Hennen	SO St. John's (52.91m	51.49mF	168-11	2	6
	50.59m 49.65m FOUL 47.37m 50.54m 51.49m						
4	Layton Borst	SO St. Olaf	45.10m	49.54mF	162-06	1	5
	45.32m 41.17m 49.54m FOUL 44.08m 46.01m						
5	Carter McEachern	FR St. John's (48.11m	49.13mF	161-02	2	4
	38.41m 43.94m 46.75m 47.79m 45.58m 49.13m						
6	Noah Eckersley-Ray	JR Carleton	53.56m	49.05mF	160-11	2	3
	45.44m 44.90m 49.05m 47.98m 45.60m 45.44m						
7	Andrew Cogley	SO St. Olaf	47.14m	47.33mF	155-03	2	2
	47.33m 45.17m 45.26m 44.02m 45.63m 45.05m						
8	Peter Oviguian	SO Gustavus Ado	46.88m	46.07m	151-02	2	1
	46.07m FOUL 43.76m 41.99m 39.68m 38.43m						
9	Alijah Cruel	FR St. Olaf	49.80m	45.71m	150-00	2	

	45.71m	39.82m	37.01m	FOUL	41.15m	38.19m				
10	Mitchell Degen			FR	St. John's (49.57m	45.57m	149-06	2
	45.57m	43.51m	41.22m							
11	Mason Bosley			SR	Macalester		46.02m	44.58m	146-03	1
	42.65m	42.30m	44.58m							
12	Carter Kienholz			SO	Hamline		41.51m	44.54m	146-01	1
	40.02m	39.89m	44.54m							
13	Aiden Yang			SO	Macalester		48.19m	43.49m	142-08	2
	35.36m	43.49m	40.58m							
14	Gael Ramirez			SO	Bethel (Minn		41.57m	43.22m	141-09	1
	43.22m	42.72m	41.97m							
15	Caleb Meeker			SO	Bethel (Minn		45.69m	43.08m	141-04	1
	43.08m	41.84m	42.64m							
16	Micah Smith			JR	Bethel (Minn		43.81m	42.44m	139-03	1
	41.12m	41.07m	42.44m							
17	Jack Meyer			SO	St. John's (41.94m	42.10m	138-01	1
	37.17m	42.10m	37.05m							
18	Niko Lutkauskas			FR	St. Scholast		41.68m	39.85m	130-09	1
	37.01m	39.85m	38.68m							
19	Simon Sotiropoulos			SO	St. Scholast		43.35m	39.77m	130-06	1
	33.91m	39.77m	36.27m							
20	Trevor Wellman			SO	Bethel (Minn		42.69m	36.46m	119-07	1
	35.29m	FOUL	36.46m							
--	Galen McGlynn			FR	St. Olaf		39.68m	SCR		
--	Brandon Kallstrom			SO	Bethel (Minn		36.74m	SCR		
--	Joe Schmidt			SO	Gustavus Ado		38.39m	SCR		
--	Sam Mollet			FR	St. John's (40.06m	SCR		
--	Max Thomas			FR	St. Olaf		38.83m	SCR		

Men Other

Name	Year	School	Seed	Finals	Points	
1	Demetri Lord	JR St. Olaf		10.00m	32-10.00	10
2	Wade Rhonemus	JR Concordia-Mo		9.00m	29-06.50	8
3	Max Lelwica	SO St. John's (8.00m	26-03.25	6
4	Anthony Thurk	SO St. John's (7.00m	22-11.75	5
5	Micah Smith	JR Bethel (Minn		6.00m	19-08.50	4
6	Abe Schegel	JR Bethel (Minn		5.00m	16-05.00	3
7	Andrew Cogley	SO St. Olaf		4.00m	13-01.75	2
8	Reese Anderson	FR Carleton		3.00m	9-10.50	1

Women - Team Rankings - 22 Events Scored

1)	Gustavus Adolphus	154.50	2)	St. Olaf	143
3)	St. Benedict	127.50	4)	Bethel (Minn.)	118
5)	Carleton	91	6)	Hamline	58
7)	Concordia-Moorhead	55	8)	Macalester	33
9)	St. Catherine (Minn.)	27	10)	St. Scholastica	24
11)	Augsburg	14	12)	Saint Mary's (Minn.)	13

Men - Team Rankings - 22 Events Scored

1)	St. John's (Minn.)	216	2)	St. Olaf	176
3)	Bethel (Minn.)	133.50	4)	Macalester	69
5)	Carleton	64	6)	St. Scholastica	62
7)	Concordia-Moorhead	41.50	8)	Gustavus Adolphus	40
9)	Hamline	31	10)	Saint Mary's (Minn.)	14
11)	Augsburg	11			