

## 2023 MIAC Combined Events - 5/4/2023 to 5/5/2023

Carleton College  
Results - Heptathlon

## Women Heptathlon

	Points	100H	HJ	SP	200	Day1	LJ	JT	800
1 Floren, Justus St. Benedict Team Points: 10	4409	16.01 w: 2.3 (713)	1.51m (632)	10.79m (581)	27.26 w: +0.0 (690)	2616	5.21m w: 0.8 (617)	36.85m (607)	2:40.31 (569)
2 Selle, Peyton Concordia-Moorhead Team Points: 8	4343	15.66 w: 2.6 (756)	1.42m (534)	9.91m (524)	27.01 w: -0.2 (711)	2525	5.16m w: 0.9 (603)	34.83m (568)	2:33.71 (647)
3 Salfer, Rebekah St. Olaf Team Points: 6	4329	15.32 w: 2.6 (800)	1.33m (439)	11.07m (600)	26.60 w: -0.2 (745)	2584	4.94m w: 0.5 (543)	29.13m (460)	2:26.15 (742)
4 Blanchette, Grace Carleton Team Points: 5	4192	15.25 w: 2.6 (809)	1.54m (666)	8.81m (452)	27.49 w: -0.2 (672)	2599	4.96m w: 1.0 (548)	29.77m (472)	2:39.96 (573)
5 Hobby, Sarah Beth Macalester Team Points: 4	3866	16.72 w: 2.4 (628)	1.51m (632)	10.80m (582)	28.89 w: +0.0 (562)	2404	4.78m w: 0.4 (500)	29.81m (473)	2:47.58 (489)
6 Selisker, Ellie St. Benedict Team Points: 3	3689	17.44 w: 2.4 (548)	1.54m (666)	7.75m (383)	27.61 w: -0.2 (662)	2259	5.09m w: 0.2 (584)	20.75m (303)	2:42.62 (543)
7 Keech, Claire St. Olaf Team Points: 2	3456	17.52 w: 3.4 (539)	1.30m (409)	9.56m (501)	28.07 w: +0.0 (625)	2074	4.75m w: 0.2 (492)	24.80m (379)	2:45.50 (511)
8 Joerger, Alli Gustavus Adolphus Team Points: 1	3437	17.28 w: 2.3 (565)	1.42m (534)	8.85m (454)	28.39 w: -0.2 (600)	2153	4.38m w: 1.2 (398)	24.37m (370)	2:45.10 (516)
9 Johnson, Lily St. Olaf	3248	16.95 w: 2.4 (602)	1.39m (502)	7.50m (367)	28.24 w: +0.0 (612)	2083	4.60m w: +0.0 (454)	15.43m (205)	2:45.98 (506)
10 Scholten, Hailey Bethel (Minn.)	3204	16.93 w: 2.3 (604)	1.36m (470)	8.24m (415)	29.73 w: +0.0 (501)	1990	4.19m w: 0.7 (352)	21.99m (326)	2:43.27 (536)
11 Greeder, Caylee Gustavus Adolphus	3004	18.83 w: 1.8 (406)	1.33m (439)	7.47m (365)	28.53 w: +0.0 (590)	1800	4.45m w: 0.7 (416)	20.78m (303)	2:47.92 (485)
12 Kaeppe, Summer Gustavus Adolphus	2838	18.51 w: 3.4 (437)	1.36m (470)	7.12m (343)	29.53 w: +0.0 (515)	1765	4.38m w: 1.1 (398)	18.81m (267)	2:55.53 (408)
13 Moe, Hannah Bethel (Minn.)	2762	20.24 w: 1.8 (283)	1.36m (470)	7.43m (363)	28.40 w: +0.0 (600)	1716	3.98m w: 1.1 (303)	20.80m (304)	2:52.43 (439)

## Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year School	Finals	Wind	H#	Points
1 Blanchette, Grace	Carleton	15.25	2.6	5	809
2 Salfer, Rebekah	St. Olaf	15.32	2.6	5	800
3 Selle, Peyton	Concordia-Mo	15.66	2.6	5	756
4 Floren, Justus	St. Benedict	16.01	2.3	4	713
5 Hobby, Sarah Beth	Macalester	16.72	2.4	3	628
6 Scholten, Hailey	Bethel (Minn)	16.93	2.3	4	604
7 Johnson, Lily	St. Olaf	16.95	2.4	3	602
8 Joerger, Alli	Gustavus Ado	17.28	2.3	4	565
9 Selisker, Ellie	St. Benedict	17.44	2.4	3	548
10 Keech, Claire	St. Olaf	17.52	3.4	2	539
11 Kaeppe, Summer	Gustavus Ado	18.51	3.4	2	437
12 Greeder, Caylee	Gustavus Ado	18.83	1.8	1	406
13 Moe, Hannah	Bethel (Minn)	20.24	1.8	1	283

## Heptathlon: #2 Women High Jump Heptathlon

Name	Year School	Finals	Points
1 Selisker, Ellie	St. Benedict	1.54m	666
1 Blanchette, Grace	Carleton	1.54m	666
3 Hobby, Sarah Beth	Macalester	1.51m	632
3 Floren, Justus	St. Benedict	1.51m	632
5 Joerger, Alli	Gustavus Ado	1.42m	534
5 Selle, Peyton	Concordia-Mo	1.42m	534
7 Johnson, Lily	St. Olaf	1.39m	502
8 Scholten, Hailey	Bethel (Minn)	1.36m	470
8 Moe, Hannah	Bethel (Minn)	1.36m	470
8 Kaeppe, Summer	Gustavus Ado	1.36m	470
11 Salfer, Rebekah	St. Olaf	1.33m	439
11 Greeder, Caylee	Gustavus Ado	1.33m	439
13 Keech, Claire	St. Olaf	1.30m	409

## Heptathlon: #3 Women Shot Put Heptathlon

Name	Year School	Finals	Points
1 Salfer, Rebekah	St. Olaf	11.07m	600
2 Hobby, Sarah Beth	Macalester	10.80m	582
3 Floren, Justus	St. Benedict	10.79m	581
4 Selle, Peyton	Concordia-Mo	9.91m	524
5 Keech, Claire	St. Olaf	9.56m	501
6 Joerger, Alli	Gustavus Ado	8.85m	454
7 Blanchette, Grace	Carleton	8.81m	452
8 Scholten, Hailey	Bethel (Minn)	8.24m	415
9 Selisker, Ellie	St. Benedict	7.75m	383
10 Johnson, Lily	St. Olaf	7.50m	367
11 Greeder, Caylee	Gustavus Ado	7.47m	365
12 Moe, Hannah	Bethel (Minn)	7.43m	363
13 Kaeppe, Summer	Gustavus Ado	7.12m	343

## Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year School	Finals	Wind	H#	Points
Finals					
1 Salfer, Rebekah	St. Olaf	26.60	-0.2	3	745
2 Selle, Peyton	Concordia-Mo	27.01	-0.2	3	711
3 Floren, Justus	St. Benedict	27.26	+0.0	1	690
4 Blanchette, Grace	Carleton	27.49	-0.2	3	672
5 Selisker, Ellie	St. Benedict	27.61	-0.2	3	662
6 Keech, Claire	St. Olaf	28.07	+0.0	2	625
7 Johnson, Lily	St. Olaf	28.24	+0.0	2	612
8 Joerger, Alli	Gustavus Ado	28.39	-0.2	3	600
9 Moe, Hannah	Bethel (Minn)	28.40	+0.0	2	600
10 Greeder, Caylee	Gustavus Ado	28.53	+0.0	2	590
11 Hobby, Sarah Beth	Macalester	28.89	+0.0	1	562
12 Kaeppe, Summer	Gustavus Ado	29.53	+0.0	1	515
13 Scholten, Hailey	Bethel (Minn)	29.73	+0.0	1	501

Heptathlon: #5 Women Long Jump Heptathlon

Name	Year School	Finals	Wind	Points
1 Floren, Justus	St. Benedict	5.21m	0.8	617
2 Selle, Peyton	Concordia-Mo	5.16m	0.9	603
3 Selisker, Ellie	St. Benedict	5.09m	0.2	584
4 Blanchette, Grace	Carleton	4.96m	1.0	548
5 Salfer, Rebekah	St. Olaf	4.94m	0.5	543
6 Hobby, Sarah Beth	Macalester	4.78m	0.4	500
7 Keech, Claire	St. Olaf	4.75m	0.2	492
8 Johnson, Lily	St. Olaf	4.60m	+0.0	454
9 Greeder, Caylee	Gustavus Ado	4.45m	0.7	416
10 Joerger, Alli	Gustavus Ado	4.38m	1.2	398
10 Kaeppe, Summer	Gustavus Ado	4.38m	1.1	398
12 Scholten, Hailey	Bethel (Minn)	4.19m	0.7	352
13 Moe, Hannah	Bethel (Minn)	3.98m	1.1	303

Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Year School	Finals	Points
1 Floren, Justus	St. Benedict	36.85m	607
2 Selle, Peyton	Concordia-Mo	34.83m	568
3 Hobby, Sarah Beth	Macalester	29.81m	473
4 Blanchette, Grace	Carleton	29.77m	472
5 Salfer, Rebekah	St. Olaf	29.13m	460
6 Keech, Claire	St. Olaf	24.80m	379
7 Joerger, Alli	Gustavus Ado	24.37m	370
8 Scholten, Hailey	Bethel (Minn)	21.99m	326
9 Moe, Hannah	Bethel (Minn)	20.80m	304
10 Greeder, Caylee	Gustavus Ado	20.78m	303
11 Selisker, Ellie	St. Benedict	20.75m	303
12 Kaeppe, Summer	Gustavus Ado	18.81m	267
13 Johnson, Lily	St. Olaf	15.43m	205

Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	Year School	Finals	Points
1 Salfer, Rebekah	St. Olaf	2:26.15	742
2 Selle, Peyton	Concordia-Mo	2:33.71	647
3 Blanchette, Grace	Carleton	2:39.96	573
4 Floren, Justus	St. Benedict	2:40.31	569
5 Selisker, Ellie	St. Benedict	2:42.62	543
6 Scholten, Hailey	Bethel (Minn)	2:43.27	536
7 Joerger, Alli	Gustavus Ado	2:45.10	516
8 Keech, Claire	St. Olaf	2:45.50	511
9 Johnson, Lily	St. Olaf	2:45.98	506
10 Hobby, Sarah Beth	Macalester	2:47.58	489
11 Greeder, Caylee	Gustavus Ado	2:47.92	485
12 Moe, Hannah	Bethel (Minn)	2:52.43	439
13 Kaeppe, Summer	Gustavus Ado	2:55.53	408