

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Women 60 Meter Dash****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Championship: C 7.62 2014 Mallory Burnham, St. Thomas						
Name	Year	School	Seed	Prelims	H#	
Preliminaries						
1 Birgen Nelson	JR	Gustavus Adolphus	7.66	7.80Q	3	
2 Sarah Stellmach	SO	Bethel (Minn.)	7.81	7.81Q	2	
3 Kate Carlson	SO	Gustavus Adolphus	7.82	7.90Q	1	
4 Jireh Babalola	JR	Bethel (Minn.)	7.89	7.94q	1	
5 Makayla Stinson	FR	St. Catherin	8.19	8.04q	2	
6 Kate Gallagher	JR	St. Benedict	8.00	8.08q	2	
7 Emily Rengo	FR	Concordia-Moorhead	8.13	8.12q	3	
8 Danielle Miller	SO	Gustavus Adolphus	8.36	8.16q	2	8.155
9 Tiana Johnson	JR	St. Benedict	8.11	8.16	3	8.160
10 Journey Amundson	SR	Macalester	8.24	8.20	1	
11 Ava Fink	FR	St. Scholastica	8.24	8.21	1	
12 Daneyah Hughes	FR	Gustavus Adolphus	8.34	8.25	2	
13 Myah Nelson	FR	St. Benedict	8.27	8.26	2	
14 Hannah King	JR	Bethel (Minn.)	8.32	8.27	3	
15 Ally Rakow	SO	Gustavus Adolphus	8.33	8.29	1	
16 Ellie Logelin	JR	Hamline	8.28	8.31	3	
17 Riley Roberts	SO	Carleton	8.32	8.35	2	
18 Lauren Dimler	FR	Gustavus Adolphus	8.34	8.36	3	
19 Bianca Lott	FR	Carleton	8.33	8.39	1	
20 Santrice Rodriguez	FR	Augsburg	8.40	8.43	1	8.422
21 Rachel Nelsen	JR	St. Olaf	8.38	8.43	1	8.429
22 Annie Paulson	FR	Bethel (Minn.)	8.36	8.46	3	
23 Emelia Laryea	FR	Gustavus Adolphus	8.43	8.47	3	
24 Madi Josephson	FR	St. Benedict	8.40	8.57	2	

Women 60 Meter Dash

Championship: C 7.62 2014 Mallory Burnham, St. Thomas						
Name	Year	School	Prelims	Finals	Points	
Finals						
1 Sarah Stellmach	SO	Bethel (Minn.)	7.81	7.70	10	
2 Kate Carlson	SO	Gustavus Adolphus	7.90	7.87	8	7.861
3 Birgen Nelson	JR	Gustavus Adolphus	7.80	7.87	6	7.865
4 Jireh Babalola	JR	Bethel (Minn.)	7.94	7.90	5	
5 Kate Gallagher	JR	St. Benedict	8.08	8.01	4	
6 Emily Rengo	FR	Concordia-Moorhead	8.12	8.05	3	
7 Makayla Stinson	FR	St. Catherin	8.04	8.20	2	
8 Danielle Miller	SO	Gustavus Adolphus	8.16	8.22	1	

Women 200 Meter Dash

Championship: C 25.25 2010 Shanek Telpia, Augsburg							
Name	Year	School	Seed	Finals	H#	Points	
1 Birgen Nelson	JR	Gustavus Adolphus	25.21	25.61	6	10	25.603
2 Sarah Stellmach	SO	Bethel (Minn.)	25.86	25.61	6	8	25.609
3 Megan Geraets	SO	Gustavus Adolphus	26.06	26.05	5	6	
4 Kate Carlson	SO	Gustavus Adolphus	25.65	26.13	6	5	
5 Kelsie Sealock	JR	Bethel (Minn.)	26.41	26.27	5	4	

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

6	Allison Hookom	FR Augsburg	26.46	26.62	5	3	
7	Tiana Johnson	JR St. Benedict	27.28	26.72	3	2	
8	Emily Rengo	FR Concordia-Moorhead	27.19	26.80	3	1	
9	Jireh Babalola	JR Bethel (Minn.)	27.46	26.88	2		
10	Hadley Twichell	FR Carleton	26.54	26.90	4		
11	Annie Paulson	FR Bethel (Minn.)	26.94	26.95	4		
12	Emma Storbakken	SO St. Olaf	27.27	27.06	3		
13	Karla Kroschel	JR St. Olaf	27.45	27.21	2		
14	Ava Fink	FR St. Scholastica	27.51	27.32	1		
15	Ellie Logelin	JR Hamline	27.57	27.42	1		
16	Ally Rakow	SO Gustavus Adolphus	27.11	27.43	4		
17	Lauren Rocheford	FR Gustavus Adolphus	27.50	27.45	2		
18	Morgan Dean	FR Bethel (Minn.)	27.63	27.61	1		
19	Makenna Brown	JR Bethel (Minn.)	27.92	27.80	2		27.793
20	Bianca Lott	FR Carleton	27.88	27.80	4		27.794
21	Zoe Matre	SO St. Olaf	27.83	27.85	5		
22	Santrice Rodriguez	FR Augsburg	27.93	27.89	1		
23	Abbie Swenson	SO Bethel (Minn.)	27.90	27.91	3		
24	Ququ Holman	JR St. Olaf	27.80	28.09	6		

Women 400 Meter Dash

Championship: C 56.80 2017		Alexa Feeney, Carleton					
Name	Year	School	Seed	Finals	H#	Points	
1	Allison Hookom	FR Augsburg	58.92	58.32	3	10	
	27.415 (27.415)	58.315 (30.901)					
2	Megan Geraets	SO Gustavus Adolphus	59.41	59.06	3	8	
	27.813 (27.813)	59.051 (31.239)					
3	Lauren Berg	FR St. Benedict	59.47	59.24	3	6	
	28.300 (28.300)	59.233 (30.934)					
4	Mikayla Turek	JR Bethel (Minn.)	59.26	1:00.22	3	5	
	27.557 (27.557)	1:00.218 (32.662)					
5	Hadley Twichell	FR Carleton	1:01.12	1:00.93	2	4	
	28.383 (28.383)	1:00.924 (32.541)					
6	Morgan Dean	FR Bethel (Minn.)	1:01.55	1:01.54	2	3	
	28.586 (28.586)	1:01.537 (32.951)					
7	Makenna Brown	JR Bethel (Minn.)	1:01.78	1:01.64	1	2	
	27.994 (27.994)	1:01.637 (33.644)					
8	Karla Kroschel	JR St. Olaf	1:01.95	1:01.70	1	1	
	28.594 (28.594)	1:01.699 (33.106)					
9	Lindsey Bernardy	SR Hamline	1:01.68	1:02.10	1		
	27.680 (27.680)	1:02.099 (34.420)					
10	Emma Storbakken	SO St. Olaf	1:01.75	1:02.39	1		
	28.048 (28.048)	1:02.383 (34.335)					
11	Lauren Rocheford	FR Gustavus Adolphus	1:04.06	1:02.70	2		
	29.305 (29.305)	1:02.696 (33.392)					
12	Meg Shercliffe	JR Concordia-Moorhead	1:03.52	1:03.00	2		
	29.632 (29.632)	1:02.994 (33.363)					
13	Hailey Gregg	SO Bethel (Minn.)	1:00.95	1:03.03	2		
	27.573 (27.573)	1:03.026 (35.453)					
14	Abbie Swenson	SO Bethel (Minn.)	1:02.77	1:03.08	3		
	29.745 (29.745)	1:03.074 (33.329)					
15	Grace Robinson	SO Bethel (Minn.)	1:01.05	1:03.09	2		
	27.608 (27.608)	1:03.089 (35.481)					

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

16	Jessie Smith	SO Bethel (Minn.)	1:03.05	1:03.27	3
	29.470 (29.470)	1:03.264 (33.794)			
17	Madi Pelowski	FR Bethel (Minn.)	1:04.26	1:04.31	1
	30.426 (30.426)	1:04.302 (33.877)			
18	Ruth Pfeiffer	FR St. Olaf	1:04.08	1:04.42	1
	30.586 (30.586)	1:04.412 (33.826)			

Women 600 Meter Run

Championship: C 1:31.68 2019 Pheobe Aguiar, Macalester						
Name	Year	School	Seed	Finals	H#	Points
1	Alexandra Maddux	SR Hamline	1:35.92	1:35.98	3	10
	30.449 (30.449)	1:03.186 (32.738)	1:35.971 (32.785)			
2	Lauren Berg	FR St. Benedict	1:38.91	1:36.28	3	8
	30.838 (30.838)	1:03.746 (32.909)	1:36.276 (32.530)			
3	Annessa Ihde	SO Bethel (Minn.)	1:37.85	1:36.31	3	6
	30.678 (30.678)	1:03.399 (32.722)	1:36.308 (32.909)			
4	Grace Robinson	SO Bethel (Minn.)	1:39.72	1:38.37	3	5
	31.077 (31.077)	1:03.988 (32.911)	1:38.367 (34.380)			
5	Ellie Sholing	SR St. Scholastica	1:42.92	1:39.52	2	4
	31.013 (31.013)	1:03.809 (32.797)	1:39.514 (35.705)			
6	Jocelyn Ferguson	SO Carleton	1:40.07	1:39.71	3	3
	31.019 (31.019)	1:04.473 (33.454)	1:39.707 (35.235)			
7	Lara Erickson	SO Carleton	1:40.34	1:39.92	3	2
	31.307 (31.307)	1:04.606 (33.299)	1:39.916 (35.311)			
8	Celia Silverstein	FR Carleton	1:41.08	1:40.18	2	1
	30.734 (30.734)	1:03.672 (32.939)	1:40.178 (36.506)			
9	Mikayla Turek	JR Bethel (Minn.)	1:41.11	1:40.29	2	1:40.282
	30.149 (30.149)	1:02.742 (32.594)	1:40.282 (37.540)			
10	Jules Fromm	SO St. Olaf	1:40.77	1:40.29	2	1:40.287
	31.176 (31.176)	1:04.481 (33.306)	1:40.287 (35.806)			
11	Ruby Gernandt	SO Bethel (Minn.)	1:42.97	1:42.35	1	
	32.102 (32.102)	1:05.801 (33.700)	1:42.349 (36.548)			
12	Lindsey Bernardy	SR Hamline	1:42.23	1:42.50	2	
	30.915 (30.915)	1:04.604 (33.690)	1:42.491 (37.887)			
13	Anna Cargill	FR Bethel (Minn.)	1:43.58	1:42.70	1	
	32.655 (32.655)	1:06.337 (33.683)	1:42.699 (36.363)			
14	Abbie Manhard	FR St. Olaf	1:44.33	1:43.05	1	
	32.814 (32.814)	1:06.548 (33.735)	1:43.048 (36.500)			
15	Drew Frolek	SO Concordia-Moorhead	1:42.19	1:43.95	2	
	31.205 (31.205)	1:05.828 (34.623)	1:43.946 (38.119)			
16	Isabel Wyatt	FR St. Olaf	1:43.88	1:44.44	1	
	33.103 (33.103)	1:07.664 (34.562)	1:44.434 (36.770)			
17	Evie Hage	SO Bethel (Minn.)	1:44.67	1:44.79	1	
	32.516 (32.516)	1:06.099 (33.583)	1:44.788 (38.690)			
18	Kayla Sieck	FR St. Olaf	1:43.85	1:52.90	1	
	34.512 (34.512)	1:12.653 (38.141)	1:52.899 (40.247)			

Women 800 Meter Run

Championship: C 2:12.67 2019 Phoebe Aguiar, Macalester						
Name	Year	School	Seed	Finals	H#	Points

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

1	Alexandra Maddux	SR Hamline	2:18.52	2:14.85	3	10
	31.087 (31.087)	1:05.134 (34.048)	1:39.827 (34.693)	2:14.846 (35.020)		
2	Annessa Ihde	SO Bethel (Minn.)	2:16.30	2:15.11	3	8
	31.595 (31.595)	1:05.456 (33.861)	1:40.105 (34.649)	2:15.110 (35.006)		
3	Ellie Sholing	SR St. Scholastica	2:23.24	2:20.50	3	6
	32.093 (32.093)	1:07.542 (35.449)	1:43.985 (36.443)	2:20.496 (36.512)		
4	Drew Frolek	SO Concordia-Moorhead	2:22.36	2:21.69	3	5
	32.005 (32.005)	1:07.032 (35.027)	1:43.298 (36.267)	2:21.690 (38.392)		
5	Celia Silverstein	FR Carleton	2:23.41	2:22.89	3	4
	33.567 (33.567)	1:09.172 (35.606)	1:45.923 (36.751)	2:22.881 (36.958)		
6	Grace Moeller	FR St. Olaf	2:22.72	2:24.13	3	3
	33.903 (33.903)	1:09.293 (35.390)	1:46.523 (37.230)	2:24.129 (37.607)		
7	Alice Cutter	SO Carleton	2:23.97	2:24.37	2	2
	34.838 (34.838)	1:11.513 (36.675)	1:48.050 (36.537)	2:24.361 (36.312)		
8	Kalli Smith	SO St. Benedict	2:23.59	2:24.58	2	1
	34.650 (34.650)	1:11.066 (36.416)	1:48.338 (37.273)	2:24.579 (36.241)		
9	Anna Cargill	FR Bethel (Minn.)	2:24.46	2:25.13	2	
	34.686 (34.686)	1:11.795 (37.109)	1:49.076 (37.281)	2:25.122 (36.047)		
10	Jules Fromm	SO St. Olaf	2:24.73	2:25.16	2	
	34.955 (34.955)	1:11.824 (36.870)	1:48.788 (36.964)	2:25.154 (36.366)		
11	Kailyn Walukas	SO Gustavus Adolphus	2:27.00	2:28.10	2	
	34.701 (34.701)	1:11.732 (37.031)	1:48.993 (37.262)	2:28.091 (39.099)		
12	Sadie Ray Smith	JR Carleton	2:30.43	2:28.80	1	
	34.817 (34.817)	1:12.836 (38.019)	1:51.400 (38.564)	2:28.799 (37.400)		
13	Madeline Rodriguez	SR Macalester	2:30.52	2:29.05	1	
	35.026 (35.026)	1:13.137 (38.111)	1:52.011 (38.874)	2:29.048 (37.038)		
14	Christine Albrecht	JR St. Olaf	2:15.93	2:29.15	3	
	33.947 (33.947)	1:11.359 (37.412)	1:49.946 (38.588)	2:29.141 (39.196)		
15	Lucy Lyngen	JR St. Benedict	2:31.16	2:29.62	1	
	34.656 (34.656)	1:12.575 (37.919)	1:51.636 (39.062)	2:29.620 (37.984)		
16	Natalie Zielsdorf	FR St. Benedict	2:31.56	2:30.33	1	
	35.069 (35.069)	1:12.954 (37.885)	1:51.760 (38.806)	2:30.321 (38.562)		
17	Karley Thurston	SO Macalester	2:29.36	2:30.85	2	
	35.358 (35.358)	1:10.713 (35.356)	1:49.115 (38.402)	2:30.846 (41.732)		
18	Kate Ulrich	SO Carleton	2:30.53	2:31.34	1	
	34.877 (34.877)	1:13.190 (38.313)	1:52.857 (39.667)	2:31.339 (38.482)		
19	Esther Nelson	SO Bethel (Minn.)	2:29.51	2:31.51	2	
	35.683 (35.683)	1:13.589 (37.907)	1:52.852 (39.264)	2:31.508 (38.656)		
20	Ava Shirley	FR St. Olaf	2:31.13	2:31.95	1	
	34.370 (34.370)	1:12.487 (38.118)	1:52.417 (39.930)	2:31.947 (39.531)		
21	Riley Mauzer	JR St. Olaf	2:30.05	2:40.33	1	
	34.734 (34.734)	1:12.989 (38.255)	1:53.581 (40.592)	2:40.330 (46.750)		

Women 1000 Meter Run

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Championship: C 2:51.48 2016 Emily Gapinski, St. Thomas						
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Mary Blanchard	SO Carleton	2:56.95	2:57.20	3	10
	35.678 (35.678)	1:11.194 (35.517)	1:47.338 (36.145)	2:23.855 (36.517)		
	2:57.193 (33.338)					
2	Maria Blaesing	JR Macalester	3:02.67	3:01.51	3	8
	34.361 (34.361)	1:10.263 (35.902)	1:46.800 (36.537)	2:23.596 (36.797)		
	3:01.508 (37.912)					

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

3	Grace Moeller	FR St. Olaf	3:07.49	3:02.65	3	6
	36.106 (36.106)	1:12.213 (36.107)	1:48.547 (36.335)	2:25.498 (36.951)		
	3:02.644 (37.147)					
4	Alice Cutter	SO Carleton	3:08.62	3:07.04	3	5
	35.950 (35.950)	1:13.735 (37.785)	1:53.091 (39.357)	2:31.399 (38.309)		
	3:07.033 (35.635)					
5	Sophie Abernethy	SO St. Olaf	3:10.38	3:07.05	3	4
	37.076 (37.076)	1:13.810 (36.734)	1:51.168 (37.358)	2:29.446 (38.279)		
	3:07.050 (37.604)					
6	Nell Schafer	JR Carleton	3:10.27	3:10.35	3	3
	36.815 (36.815)	1:14.107 (37.292)	1:52.720 (38.614)	2:31.710 (38.991)		
	3:10.347 (38.637)					
7	Kalli Smith	SO St. Benedict	3:12.34	3:12.19	2	2
	36.145 (36.145)	1:14.720 (38.575)	1:54.811 (40.092)	2:35.840 (41.030)		
	3:12.188 (36.348)					
8	Ella Landis	FR St. Olaf	3:07.59	3:12.48	3	1
	37.334 (37.334)	1:14.147 (36.814)	1:53.205 (39.059)	2:33.252 (40.047)		
	3:12.479 (39.228)					
9	Keiley Maahs	JR St. Benedict	3:11.31	3:12.99	2	
	36.483 (36.483)	1:15.214 (38.731)	1:55.356 (40.142)	2:36.145 (40.789)		
	3:12.988 (36.844)					
10	Kate Ulrich	SO Carleton	3:14.89	3:13.59	2	
	36.561 (36.561)	1:15.840 (39.280)	1:56.198 (40.358)	2:36.357 (40.160)		
	3:13.590 (37.233)					
11	Mara Pirone	FR Macalester	3:13.82	3:13.71	2	
	36.303 (36.303)	1:14.994 (38.691)	1:55.377 (40.383)	2:35.853 (40.477)		
	3:13.705 (37.853)					
12	Brooklyn Conrad	FR Augsburg	3:16.63	3:14.50	1	
	36.954 (36.954)	1:17.034 (40.080)	1:57.343 (40.309)	2:38.392 (41.050)		
	3:14.497 (36.105)					
13	Sophia Revoir	FR Concordia-Moorhead	3:13.53	3:14.76	2	
	37.650 (37.650)	1:15.268 (37.618)	1:55.848 (40.580)	2:36.678 (40.830)		
	3:14.755 (38.077)					
14	Eden Smith	SO Concordia-Moorhead	3:24.83	3:15.31	1	
	37.744 (37.744)	1:17.353 (39.609)	1:57.534 (40.181)	2:38.002 (40.468)		
	3:15.308 (37.306)					
15	Kailyn Walukas	SO Gustavus Adolphus	3:14.08	3:16.06	2	
	36.581 (36.581)	1:15.536 (38.956)	1:56.517 (40.981)	2:36.899 (40.383)		
	3:16.054 (39.156)					
16	Morgan Dieschbourg	SO Carleton	3:17.21	3:17.03	1	
	37.400 (37.400)	1:17.518 (40.119)	1:57.860 (40.342)	2:38.614 (40.755)		
	3:17.025 (38.412)					
17	Natalie Zielsdorf	FR St. Benedict	3:21.08	3:17.10	1	
	36.722 (36.722)	1:17.052 (40.330)	1:57.704 (40.652)	2:38.872 (41.169)		
	3:17.094 (38.222)					
18	Brooke Verkinnes	FR St. Benedict	3:25.19	3:18.00	1	
	37.291 (37.291)	1:18.600 (41.309)	2:00.344 (41.745)	2:41.372 (41.028)		
	3:17.992 (36.620)					
19	Emily Rugloski	SR Concordia-Moorhead	3:15.11	3:19.52	2	
	37.479 (37.479)	1:14.976 (37.497)	1:57.383 (42.407)	2:37.602 (40.219)		
	3:19.512 (41.911)					
20	Margo Lewis	SO Carleton	3:19.99	3:20.65	1	
	37.709 (37.709)	1:18.402 (40.693)	1:59.128 (40.727)	2:39.699 (40.572)		
	3:20.647 (40.949)					

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

21 Elsie Hatlevig	FR Concordia-Moorhead	3:24.17	3:28.76	1
38.057 (38.057)	1:18.864 (40.807)	2:01.290 (42.427)	2:45.267 (43.978)	
3:28.752 (43.485)				
22 Sadie Ray Smith	JR Carleton	3:11.36	3:29.99	2
37.380 (37.380)	1:16.368 (38.989)	1:58.505 (42.137)	2:42.593 (44.089)	
3:29.986 (47.393)				
23 Daniela Sanchez-Castillo	FR Hamline	3:19.39	3:37.15	1
37.932 (37.932)	1:18.818 (40.886)	2:02.477 (43.660)	2:48.496 (46.020)	
3:37.148 (48.652)				
-- Christine Albrecht	JR St. Olaf	2:57.73	DNS	3

Women 1 Mile Run

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Championship: C 4:54.44 2010 Marie Borner, Bethel					
Name	Year School	Seed	Finals	H#	Points
=====					
1 Clara Mayfield	JR Carleton	4:53.77	4:50.20C	3	10
35.260 (35.260)	1:10.144 (34.884)	1:46.193 (36.049)	2:22.904 (36.712)		
2:59.665 (36.761)	3:36.841 (37.176)	4:13.984 (37.144)	4:50.196 (36.212)		
2 Mary Blanchard	SO Carleton	5:02.03	4:59.43	3	8
37.429 (37.429)	1:14.330 (36.901)	1:52.166 (37.837)	2:30.957 (38.792)		
3:09.302 (38.345)	3:47.387 (38.085)	4:24.141 (36.754)	4:59.421 (35.281)		
3 Maria Blaesing	JR Macalester	5:08.03	5:01.71	3	6
36.013 (36.013)	1:11.845 (35.833)	1:48.960 (37.115)	2:27.033 (38.074)		
3:04.637 (37.604)	3:43.414 (38.777)	4:22.725 (39.312)	5:01.707 (38.983)		
4 Christine Albrecht	JR St. Olaf	4:58.75	5:09.22	3	5
35.610 (35.610)	1:10.794 (35.184)	1:47.322 (36.528)	2:25.595 (38.274)		
3:04.227 (38.632)	3:43.214 (38.988)	4:24.348 (41.135)	5:09.219 (44.871)		
5 Sophie Abernethy	SO St. Olaf	5:19.05	5:16.71	3	4
39.015 (39.015)	1:16.516 (37.502)	1:55.485 (38.969)	2:35.503 (40.018)		
3:15.830 (40.328)	3:55.947 (40.118)	4:36.680 (40.733)	5:16.706 (40.026)		
6 Grace Moeller	FR St. Olaf	5:12.45	5:18.89	3	3
37.923 (37.923)	1:14.884 (36.962)	1:53.446 (38.563)	2:33.862 (40.416)		
3:14.505 (40.643)	3:55.648 (41.144)	4:36.778 (41.130)	5:18.889 (42.111)		
7 Nell Schafer	JR Carleton	5:30.16	5:29.43	3	2
40.056 (40.056)	1:19.548 (39.492)	2:00.212 (40.664)	2:42.047 (41.836)		
3:24.080 (42.034)	4:06.654 (42.575)	4:48.698 (42.044)	5:29.421 (40.723)		
8 Molly Kate McCloskey	FR St. Olaf	5:40.57	5:37.12	2	1
41.853 (41.853)	1:23.990 (42.137)	2:06.710 (42.720)	2:49.630 (42.920)		
3:31.617 (41.988)	4:14.251 (42.634)	4:57.942 (43.692)	5:37.112 (39.170)		
9 Morgan Dieschbourg	SO Carleton	5:38.14	5:37.32	2	
40.048 (40.048)	1:21.515 (41.468)	2:04.644 (43.129)	2:47.739 (43.095)		
3:31.815 (44.077)	4:14.672 (42.857)	4:57.224 (42.552)	5:37.315 (40.092)		
10 Anna Hay	FR Bethel (Minn.)	5:40.55	5:41.87	2	
41.465 (41.465)	1:22.685 (41.220)	2:06.195 (43.511)	2:50.019 (43.824)		
3:33.628 (43.609)	4:17.768 (44.141)	5:01.470 (43.703)	5:41.868 (40.398)		
11 Ava Craven	SO St. Olaf	5:45.19	5:43.38	2	
41.936 (41.936)	1:23.486 (41.550)	2:06.435 (42.950)	2:49.821 (43.386)		
3:33.354 (43.534)	4:17.700 (44.346)	5:01.728 (44.028)	5:43.376 (41.648)		
12 Madison Stackhouse	FR Bethel (Minn.)	5:44.37	5:43.39	2	
42.405 (42.405)	1:24.311 (41.907)	2:06.806 (42.495)	2:50.447 (43.641)		
3:33.866 (43.420)	4:18.102 (44.236)	5:01.701 (43.600)	5:43.384 (41.684)		
13 Margo Lewis	SO Carleton	5:46.13	5:43.65	2	
42.211 (42.211)	1:24.354 (42.144)	2:06.976 (42.623)	2:50.654 (43.678)		
3:34.341 (43.688)	4:18.366 (44.025)	5:02.191 (43.826)	5:43.649 (41.458)		

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

14 Sylvia Coyle	SO Macalester	5:43.99	5:44.52	2
41.731 (41.731)	1:23.141 (41.410)	2:06.368 (43.228)	2:50.369 (44.001)	
3:33.884 (43.516)	4:18.256 (44.372)	5:03.108 (44.852)	5:44.518 (41.410)	
15 Alicia Maddux	FR Hamline	5:36.43	5:46.35	3
40.311 (40.311)	1:19.878 (39.568)	2:00.535 (40.658)	2:42.502 (41.968)	
3:26.340 (43.838)	4:12.019 (45.679)	4:59.605 (47.587)	5:46.344 (46.740)	
16 Eva Creighton	FR St. Benedict	5:39.00	5:46.91	2
40.938 (40.938)	1:22.480 (41.542)	2:05.894 (43.414)	2:49.674 (43.781)	
3:33.166 (43.493)	4:17.816 (44.650)	5:02.781 (44.966)	5:46.901 (44.120)	
17 Elsie Hatlevig	FR Concordia-Moorhead	5:57.72	5:46.92	1
45.436 (45.436)	1:27.999 (42.563)	2:12.678 (44.680)	2:56.765 (44.088)	
3:39.863 (43.098)	4:24.051 (44.188)	5:06.479 (42.428)	5:46.919 (40.441)	
18 Tatum Leibke	FR St. Benedict	5:52.93	5:48.99	1
45.414 (45.414)	1:28.459 (43.046)	2:13.311 (44.852)	2:57.417 (44.107)	
3:41.334 (43.917)	4:26.076 (44.743)	5:09.642 (43.566)	5:48.984 (39.343)	
19 Jenna Terrio	JR St. Scholastica	5:48.26	5:49.25	1
44.846 (44.846)	1:27.795 (42.949)	2:12.453 (44.659)	2:56.589 (44.136)	
3:39.519 (42.930)	4:23.523 (44.005)	5:07.107 (43.584)	5:49.245 (42.138)	
20 Maggie Votruba	SO Carleton	5:49.90	5:51.82	1
44.620 (44.620)	1:28.235 (43.616)	2:12.998 (44.763)	2:57.748 (44.750)	
3:42.537 (44.790)	4:27.300 (44.763)	5:10.639 (43.340)	5:51.812 (41.173)	
21 Lydia Gessner	SO Bethel (Minn.)	5:52.22	5:54.04	1
45.184 (45.184)	1:27.638 (42.455)	2:12.302 (44.664)	2:56.390 (44.089)	
3:40.452 (44.062)	4:25.561 (45.109)	5:11.124 (45.564)	5:54.033 (42.909)	
22 Taina Koivisto	SO Gustavus Adolphus	5:51.12	5:54.94	1
45.762 (45.762)	1:28.700 (42.939)	2:13.084 (44.384)	2:57.547 (44.463)	
3:42.007 (44.461)	4:26.644 (44.637)	5:12.095 (45.452)	5:54.937 (42.842)	
23 Abby Tapajna	FR Hamline	5:50.13	5:55.22	1
45.614 (45.614)	1:28.784 (43.171)	2:13.524 (44.741)	2:57.925 (44.401)	
3:42.675 (44.750)	4:27.826 (45.151)	5:12.477 (44.652)	5:55.216 (42.739)	
24 Simi Kaur	SO Gustavus Adolphus	5:50.40	5:55.27	1
44.990 (44.990)	1:28.327 (43.338)	2:12.773 (44.447)	2:57.173 (44.401)	
3:41.041 (43.869)	4:25.929 (44.888)	5:11.133 (45.204)	5:55.270 (44.137)	
25 Daniela Sanchez-Castillo	FR Hamline	5:43.70	5:58.29	2
42.495 (42.495)	1:24.423 (41.928)	2:06.117 (41.695)	2:49.378 (43.261)	
3:33.463 (44.085)	4:21.093 (47.630)	5:11.225 (50.132)	5:58.290 (47.066)	
26 Ellesa St. George	SO Bethel (Minn.)	5:58.41	6:03.15	1
46.075 (46.075)	1:29.291 (43.217)	2:13.992 (44.701)	2:58.537 (44.546)	
3:43.462 (44.925)	4:29.813 (46.352)	5:17.690 (47.877)	6:03.149 (45.459)	
-- Libby Rowland	SO Carleton	5:10.70	DNS	3

Women 3000 Meter Run

=====					
Championship: C 9:46.75 1987 Julia Kirtland, Macalester					
Name	Year	School	Seed	Finals	H# Points
=====					
1 Fiona Smith		JR St. Benedict	9:28.14	9:32.07C	2 10
38.266 (38.266)		1:15.425 (37.160)	1:53.317 (37.893)	2:31.102 (37.786)	
3:08.429 (37.327)		3:46.133 (37.704)	4:24.124 (37.992)	5:02.503 (38.379)	
5:40.867 (38.365)		6:19.130 (38.263)	6:58.175 (39.046)	7:36.590 (38.415)	
8:15.503 (38.913)		8:54.448 (38.945)	9:32.061 (37.613)		

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

2	Clara Mayfield	JR Carleton	9:36.90	9:35.01C	2	8
	38.439 (38.439)	1:15.683 (37.244)	1:53.571 (37.888)	2:31.366 (37.796)		
	3:08.987 (37.622)	3:47.212 (38.225)	4:26.169 (38.958)	5:05.116 (38.948)		
	5:44.060 (38.944)	6:23.487 (39.427)	7:02.394 (38.908)	7:41.534 (39.141)		
	8:21.168 (39.635)	8:59.527 (38.359)	9:35.008 (35.482)			
3	Helen Cross	SO Carleton	9:54.44	9:54.83	2	6
	39.361 (39.361)	1:18.254 (38.893)	1:58.513 (40.260)	2:37.766 (39.254)		
	3:16.953 (39.187)	3:56.068 (39.116)	4:35.960 (39.892)	5:16.179 (40.220)		
	5:56.523 (40.344)	6:37.291 (40.769)	7:17.739 (40.449)	7:57.807 (40.068)		
	8:38.107 (40.301)	9:17.030 (38.923)	9:54.827 (37.798)			
4	Hannah Preisser	FR Carleton	9:58.86	9:59.92	2	5
	39.134 (39.134)	1:17.934 (38.800)	1:58.155 (40.221)	2:37.962 (39.808)		
	3:17.388 (39.427)	3:56.587 (39.199)	4:36.667 (40.081)	5:17.251 (40.584)		
	5:57.521 (40.271)	6:38.901 (41.380)	7:19.559 (40.659)	8:00.731 (41.172)		
	8:41.722 (40.992)	9:22.178 (40.457)	9:59.914 (37.736)			
5	Sofia Carlson	SO St. Olaf	10:05.42	10:08.73	2	4
	39.291 (39.291)	1:19.199 (39.908)	1:59.685 (40.486)	2:40.719 (41.035)		
	3:20.481 (39.762)	4:00.641 (40.161)	4:41.577 (40.936)	5:22.222 (40.646)		
	6:03.023 (40.802)	6:44.432 (41.409)	7:26.012 (41.581)	8:08.098 (42.086)		
	8:49.924 (41.826)	9:31.294 (41.371)	10:08.723 (37.429)			
6	Alison Bode	SO St. Olaf	10:13.74	10:15.36	2	3
	39.563 (39.563)	1:19.433 (39.870)	1:59.954 (40.521)	2:40.929 (40.976)		
	3:20.207 (39.279)	4:00.399 (40.192)	4:41.397 (40.998)	5:22.607 (41.210)		
	6:04.690 (42.084)	6:47.324 (42.634)	7:29.826 (42.503)	8:12.678 (42.852)		
	8:55.997 (43.320)	9:37.494 (41.497)	10:15.354 (37.860)			
7	Sophie McManus	SO Carleton	10:06.19	10:19.83	2	2
	40.352 (40.352)	1:20.362 (40.010)	2:00.726 (40.365)	2:41.344 (40.619)		
	3:21.457 (40.114)	4:02.119 (40.662)	4:43.438 (41.319)	5:25.216 (41.778)		
	6:07.475 (42.259)	6:49.633 (42.159)	7:32.612 (42.979)	8:16.322 (43.711)		
	8:58.422 (42.101)	9:40.567 (42.146)	10:19.821 (39.254)			
8	Lauren Walda	FR St. Olaf	10:42.29	10:25.20	2	1
	40.047 (40.047)	1:20.167 (40.120)	2:01.189 (41.023)	2:42.404 (41.215)		
	3:24.344 (41.941)	4:04.846 (40.503)	4:46.940 (42.094)	5:29.848 (42.908)		
	6:12.851 (43.004)	6:56.033 (43.182)	7:39.449 (43.417)	8:22.215 (42.766)		
	9:04.541 (42.327)	9:45.819 (41.278)	10:25.192 (39.374)			
9	Annie Kiolbasa	JR St. Benedict	10:45.42	10:32.98	2	
	40.238 (40.238)	1:20.535 (40.298)	2:01.517 (40.982)	2:42.826 (41.310)		
	3:24.624 (41.798)	4:06.730 (42.106)	4:49.220 (42.491)	5:32.303 (43.083)		
	6:15.683 (43.380)	6:58.937 (43.255)	7:42.186 (43.250)	8:25.153 (42.967)		
	9:08.207 (43.055)	9:51.353 (43.146)	10:32.976 (41.623)			
10	Josie Harms	SO Bethel (Minn.)	10:43.82	10:36.59	2	
	39.799 (39.799)	1:19.861 (40.063)	2:00.748 (40.887)	2:42.136 (41.389)		
	3:24.092 (41.956)	4:06.455 (42.363)	4:48.945 (42.490)	5:32.019 (43.075)		
	6:15.115 (43.096)	6:58.595 (43.481)	7:41.902 (43.307)	8:25.536 (43.634)		
	9:09.559 (44.023)	9:53.607 (44.049)	10:36.586 (42.979)			
11	Rainey Tilley	JR Carleton	10:45.21	10:37.42	2	
	41.096 (41.096)	1:22.003 (40.908)	2:03.352 (41.349)	2:45.203 (41.852)		
	3:27.238 (42.036)	4:09.177 (41.940)	4:52.227 (43.050)	5:35.408 (43.181)		
	6:17.987 (42.579)	7:01.282 (43.296)	7:46.226 (44.944)	8:30.822 (44.596)		
	9:14.505 (43.684)	9:57.723 (43.218)	10:37.420 (39.698)			
12	Evelyn Villalobos	SO Gustavus Adolphus	10:46.91	10:37.67	2	
	40.484 (40.484)	1:20.789 (40.306)	2:01.890 (41.101)	2:43.438 (41.549)		
	3:25.830 (42.393)	4:08.928 (43.099)	4:52.428 (43.500)	5:35.663 (43.235)		
	6:18.854 (43.191)	7:03.160 (44.306)	7:46.900 (43.741)	8:31.224 (44.325)		
	9:15.279 (44.055)	9:58.087 (42.809)	10:37.663 (39.576)			

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

13	Aliya Larsen	FR Carleton	10:50.13	10:42.22	1
	40.928 (40.928)	1:22.277 (41.349)	2:04.792 (42.516)	2:47.914 (43.122)	
	3:30.320 (42.407)	4:12.916 (42.596)	4:55.243 (42.327)	5:38.022 (42.780)	
	6:22.023 (44.002)	7:06.626 (44.603)	7:50.667 (44.041)	8:34.663 (43.997)	
	9:19.882 (45.219)	10:03.224 (43.342)	10:42.214 (38.991)		
14	Gracie Johnson	FR Augsburg	10:46.28	10:42.58	2
	39.415 (39.415)	1:18.973 (39.558)	1:59.426 (40.454)	2:40.463 (41.037)	
	3:21.815 (41.353)	4:03.425 (41.611)	4:47.362 (43.937)	5:31.019 (43.658)	
	6:16.327 (45.309)	7:00.225 (43.898)	7:46.715 (46.490)	8:31.877 (45.163)	
	9:17.943 (46.067)	10:03.029 (45.086)	10:42.575 (39.547)		
15	Anna Decker	SO Bethel (Minn.)	10:49.91	10:47.50	2
	40.452 (40.452)	1:21.044 (40.592)	2:01.792 (40.749)	2:43.144 (41.352)	
	3:24.912 (41.769)	4:07.041 (42.130)	4:49.738 (42.697)	5:32.523 (42.785)	
	6:15.935 (43.412)	7:00.002 (44.068)	7:44.222 (44.220)	8:29.485 (45.263)	
	9:16.071 (46.586)	10:02.429 (46.359)	10:47.498 (45.069)		
16	Gracia Larsen-Schmidt	SO St. Olaf	10:51.00	10:51.75	1
	41.880 (41.880)	1:25.043 (43.163)	2:08.461 (43.418)	2:52.558 (44.097)	
	3:36.414 (43.856)	4:20.762 (44.349)	5:05.052 (44.290)	5:48.872 (43.821)	
	6:33.142 (44.271)	7:17.876 (44.734)	8:03.172 (45.297)	8:47.883 (44.712)	
	9:32.185 (44.302)	10:14.800 (42.616)	10:51.742 (36.942)		
17	Bridget Tetmeyer	JR St. Benedict	10:52.81	10:53.44	1
	41.461 (41.461)	1:23.249 (41.788)	2:05.851 (42.603)	2:48.559 (42.708)	
	3:31.279 (42.720)	4:14.353 (43.075)	4:57.751 (43.398)	5:41.510 (43.760)	
	6:25.743 (44.233)	7:10.378 (44.635)	7:55.177 (44.800)	8:40.365 (45.189)	
	9:25.598 (45.233)	10:10.182 (44.584)	10:53.432 (43.250)		
18	Elise Yeager	JR St. Benedict	11:09.36	10:57.46	1
	42.573 (42.573)	1:26.315 (43.743)	2:09.625 (43.311)	2:52.656 (43.032)	
	3:36.619 (43.963)	4:21.181 (44.563)	5:06.504 (45.324)	5:51.101 (44.597)	
	6:36.463 (45.362)	7:22.231 (45.769)	8:07.282 (45.051)	8:52.832 (45.550)	
	9:37.870 (45.039)	10:20.744 (42.874)	10:57.454 (36.711)		
19	Emily DeMorett	SR St. Benedict	10:59.43	11:00.93	1
	41.217 (41.217)	1:23.457 (42.240)	2:06.504 (43.048)	2:50.522 (44.018)	
	3:35.103 (44.582)	4:20.488 (45.385)	5:05.532 (45.045)	5:49.910 (44.379)	
	6:36.007 (46.097)	7:21.728 (45.722)	8:07.709 (45.981)	8:52.687 (44.979)	
	9:37.634 (44.947)	10:20.547 (42.913)	11:00.930 (40.384)		
20	Mary Kenney	FR St. Benedict	11:08.97	11:03.96	1
	42.299 (42.299)	1:25.786 (43.488)	2:09.172 (43.387)	2:52.939 (43.767)	
	3:36.216 (43.278)	4:20.988 (44.772)	5:05.415 (44.427)	5:49.263 (43.849)	
	6:33.587 (44.325)	7:18.312 (44.725)	8:03.748 (45.437)	8:48.927 (45.179)	
	9:35.026 (46.100)	10:21.200 (46.174)	11:03.960 (42.760)		
21	Marte Borgmann	JR Carleton	11:07.06	11:06.13	1
	42.465 (42.465)	1:25.374 (42.909)	2:08.851 (43.478)	2:52.853 (44.003)	
	3:36.684 (43.832)	4:21.371 (44.687)	5:06.254 (44.883)	5:50.506 (44.253)	
	6:35.657 (45.151)	7:21.232 (45.576)	8:06.389 (45.158)	8:52.295 (45.907)	
	9:38.909 (46.615)	10:25.316 (46.407)	11:06.130 (40.814)		
22	Amelia Landsverk	SR Concordia-Moorhead	11:17.06	11:08.42	1
	41.572 (41.572)	1:23.904 (42.332)	2:07.157 (43.253)	2:51.186 (44.030)	
	3:35.916 (44.730)	4:20.725 (44.809)	5:05.925 (45.201)	5:50.817 (44.893)	
	6:36.265 (45.449)	7:22.006 (45.741)	8:08.127 (46.121)	8:54.182 (46.056)	
	9:40.396 (46.214)	10:25.628 (45.233)	11:08.416 (42.788)		
23	Alicia Maddux	FR Hamline	11:10.56	11:10.52	1
	42.742 (42.742)	1:26.100 (43.359)	2:09.391 (43.291)	2:53.172 (43.781)	
	3:37.201 (44.030)	4:21.534 (44.333)	5:06.721 (45.188)	5:51.366 (44.645)	
	6:36.686 (45.321)	7:22.451 (45.766)	8:07.676 (45.225)	8:53.331 (45.656)	
	9:40.127 (46.796)	10:26.296 (46.170)	11:10.514 (44.218)		

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

24 Sydney Hagen	SO Gustavus Adolphus	11:26.35	11:11.54	1
43.311 (43.311)	1:27.197 (43.886)	2:11.568 (44.372)	2:55.821 (44.253)	
3:40.374 (44.554)	4:25.081 (44.707)	5:10.100 (45.019)	5:55.323 (45.223)	
6:40.600 (45.277)	7:26.777 (46.178)	8:13.074 (46.298)	8:59.496 (46.422)	
9:45.204 (45.709)	10:30.148 (44.944)	11:11.534 (41.386)		
25 Madison Stackhouse	FR Bethel (Minn.)	11:20.36	11:28.87	1
43.070 (43.070)	1:26.683 (43.614)	2:10.648 (43.966)	2:53.984 (43.336)	
3:37.952 (43.969)	4:22.412 (44.460)	5:07.245 (44.833)	5:52.306 (45.061)	
6:38.399 (46.094)	7:26.307 (47.908)	8:14.572 (48.266)	9:03.755 (49.184)	
9:53.214 (49.459)	10:41.821 (48.607)	11:28.865 (47.045)		
26 Libby Roberdeau	JR Hamline	11:24.47	11:32.81	1
43.655 (43.655)	1:27.577 (43.923)	2:11.854 (44.277)	2:56.421 (44.567)	
3:40.958 (44.538)	4:25.925 (44.967)	5:10.930 (45.005)	5:56.231 (45.302)	
6:42.124 (45.893)	7:29.720 (47.596)	8:18.051 (48.331)	9:06.786 (48.735)	
9:56.003 (49.217)	10:45.290 (49.287)	11:32.807 (47.518)		
27 Eva Creighton	FR St. Benedict	11:19.91	11:37.09	1
43.037 (43.037)	1:26.939 (43.902)	2:11.147 (44.208)	2:55.252 (44.105)	
3:40.188 (44.937)	4:25.443 (45.255)	5:10.583 (45.140)	5:56.340 (45.758)	
6:43.353 (47.013)	7:31.661 (48.309)	8:20.553 (48.893)	9:09.500 (48.947)	
9:59.132 (49.633)	10:49.064 (49.933)	11:37.083 (48.019)		
28 Julia Severson	SR Gustavus Adolphus	11:06.44	11:45.86	1
42.748 (42.748)	1:26.658 (43.911)	2:11.306 (44.648)	2:55.136 (43.830)	
3:41.528 (46.392)	4:30.842 (49.315)	5:19.059 (48.218)	6:07.258 (48.199)	
6:56.254 (48.997)	7:45.429 (49.175)	8:34.502 (49.074)	9:22.619 (48.117)	
10:11.046 (48.428)	10:59.047 (48.002)	11:45.857 (46.810)		
-- Libby Rowland	SO Carleton	10:07.40	DNS	2
-- Erin Franke	SR Macalester	11:06.76	DNS	1

Women 5000 Meter Run

=====					
Championship: C	17:13.63	2011	Simone Childs-Walker,	Carleton	
Name	Year	School	Seed	Finals	Points
=====					
1 Fiona Smith		JR St. Benedict	16:36.54	16:49.69C	10
38.579 (38.579)	1:16.347 (37.768)	1:55.015 (38.669)	2:33.764 (38.749)		
3:13.016 (39.252)	3:52.115 (39.100)	4:31.454 (39.339)	5:11.110 (39.657)		
5:50.254 (39.145)	6:29.939 (39.685)	7:09.941 (40.003)	7:49.403 (39.463)		
8:29.542 (40.139)	9:10.760 (41.218)	9:51.953 (41.194)	10:33.574 (41.621)		
11:14.807 (41.233)	11:56.542 (41.736)	12:38.301 (41.759)	13:20.192 (41.891)		
14:02.127 (41.936)	14:44.527 (42.401)	15:26.385 (41.858)	16:08.481 (42.097)		
16:49.682 (41.201)					
2 Helen Cross		SO Carleton	17:32.32	17:03.15C	8
39.595 (39.595)	1:19.428 (39.833)	1:59.864 (40.436)	2:41.446 (41.582)		
3:22.360 (40.914)	4:02.983 (40.624)	4:43.256 (40.273)	5:23.936 (40.681)		
6:04.331 (40.396)	6:45.177 (40.846)	7:26.492 (41.315)	8:07.322 (40.831)		
8:48.411 (41.089)	9:29.608 (41.198)	10:11.398 (41.790)	10:53.703 (42.305)		
11:34.976 (41.274)	12:17.066 (42.090)	12:59.245 (42.180)	13:41.126 (41.882)		
14:23.052 (41.926)	15:05.203 (42.151)	15:46.800 (41.598)	16:26.003 (39.203)		
17:03.148 (37.146)					

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

3	Hannah Preisser	FR Carleton	17:22.77	17:05.02C	6
	39.362 (39.362)	1:19.019 (39.657)	1:59.476 (40.457)	2:41.092 (41.616)	
	3:22.330 (41.239)	4:03.274 (40.944)	4:43.545 (40.272)	5:24.577 (41.033)	
	6:05.457 (40.881)	6:45.731 (40.274)	7:26.701 (40.970)	8:07.711 (41.011)	
	8:48.862 (41.151)	9:29.902 (41.040)	10:11.691 (41.789)	10:53.357 (41.667)	
	11:34.726 (41.370)	12:16.704 (41.978)	12:58.944 (42.241)	13:40.840 (41.896)	
	14:22.696 (41.857)	15:04.876 (42.180)	15:46.516 (41.640)	16:27.088 (40.573)	
	17:05.012 (37.925)				
4	Sofia Carlson	SO St. Olaf	17:05.94	17:12.02C	5
	38.851 (38.851)	1:16.723 (37.872)	1:55.838 (39.116)	2:35.224 (39.386)	
	3:15.196 (39.972)	3:55.228 (40.033)	4:35.337 (40.109)	5:15.938 (40.601)	
	5:57.447 (41.510)	6:39.377 (41.930)	7:21.468 (42.091)	8:03.787 (42.319)	
	8:46.371 (42.584)	9:28.682 (42.312)	10:11.029 (42.348)	10:53.448 (42.420)	
	11:35.329 (41.881)	12:17.532 (42.204)	13:00.560 (43.028)	13:43.419 (42.859)	
	14:26.624 (43.205)	15:09.484 (42.861)	15:52.609 (43.125)	16:33.319 (40.710)	
	17:12.015 (38.697)				
5	Alison Bode	SO St. Olaf	17:18.09	17:13.20C	4
	39.101 (39.101)	1:16.982 (37.881)	1:56.149 (39.167)	2:35.550 (39.401)	
	3:15.747 (40.198)	3:55.841 (40.095)	4:36.751 (40.911)	5:17.559 (40.809)	
	5:59.207 (41.648)	6:41.111 (41.905)	7:22.631 (41.520)	8:04.826 (42.195)	
	8:47.699 (42.874)	9:30.009 (42.310)	10:12.264 (42.256)	10:54.860 (42.596)	
	11:37.746 (42.886)	12:20.797 (43.051)	13:04.096 (43.300)	13:46.615 (42.520)	
	14:29.614 (42.999)	15:12.603 (42.990)	15:54.951 (42.348)	16:36.185 (41.235)	
	17:13.193 (37.008)				
6	Sophie McManus	SO Carleton	17:51.75	17:50.10	3
	39.870 (39.870)	1:19.854 (39.984)	2:00.869 (41.016)	2:42.301 (41.433)	
	3:23.548 (41.247)	4:05.810 (42.263)	4:48.257 (42.447)	5:30.710 (42.454)	
	6:14.240 (43.531)	6:56.976 (42.736)	7:40.423 (43.447)	8:23.261 (42.838)	
	9:06.152 (42.892)	9:50.373 (44.221)	10:35.045 (44.672)	11:20.676 (45.631)	
	12:06.234 (45.559)	12:51.451 (45.217)	13:35.694 (44.244)	14:19.765 (44.071)	
	15:03.425 (43.660)	15:46.065 (42.641)	16:29.497 (43.432)	17:11.749 (42.253)	
	17:50.092 (38.343)				
7	Lauren Walda	FR St. Olaf	18:18.70	17:57.40	2
	40.786 (40.786)	1:20.859 (40.074)	2:02.568 (41.709)	2:45.813 (43.245)	
	3:28.721 (42.909)	4:12.168 (43.448)	4:55.587 (43.420)	5:39.147 (43.560)	
	6:22.123 (42.977)	7:05.902 (43.779)	7:49.032 (43.131)	8:31.987 (42.955)	
	9:14.980 (42.993)	9:59.056 (44.077)	10:42.074 (43.019)	11:24.793 (42.720)	
	12:08.409 (43.616)	12:51.676 (43.268)	13:35.925 (44.249)	14:20.333 (44.409)	
	15:04.359 (44.026)	15:49.441 (45.082)	16:34.921 (45.480)	17:17.960 (43.040)	
	17:57.398 (39.438)				
8	Annie Kiolbasa	JR St. Benedict	18:23.86	18:00.79	1
	40.419 (40.419)	1:20.292 (39.873)	2:01.951 (41.660)	2:45.183 (43.232)	
	3:28.156 (42.974)	4:11.682 (43.526)	4:55.079 (43.397)	5:38.531 (43.453)	
	6:21.462 (42.931)	7:05.206 (43.744)	7:48.267 (43.062)	8:30.821 (42.555)	
	9:14.055 (43.234)	9:57.447 (43.393)	10:41.204 (43.757)	11:24.507 (43.303)	
	12:08.662 (44.156)	12:51.790 (43.129)	13:35.541 (43.751)	14:20.618 (45.078)	
	15:04.981 (44.363)	15:49.192 (44.212)	16:34.200 (45.008)	17:18.643 (44.444)	
	18:00.786 (42.143)				

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

9 Evelyn Villalobos	SO Gustavus Adolphus	18:34.70	18:04.09
41.027 (41.027)	1:21.707 (40.680)	2:03.518 (41.812)	2:46.052 (42.535)
3:29.271 (43.219)	4:12.506 (43.235)	4:56.098 (43.593)	5:39.530 (43.432)
6:22.565 (43.036)	7:06.385 (43.820)	7:49.427 (43.043)	8:32.617 (43.190)
9:15.879 (43.263)	9:59.592 (43.713)	10:43.261 (43.669)	11:27.695 (44.435)
12:12.315 (44.621)	12:56.799 (44.484)	13:41.869 (45.070)	14:26.377 (44.509)
15:11.056 (44.680)	15:55.430 (44.374)	16:40.153 (44.724)	17:23.763 (43.611)
18:04.088 (40.325)			
10 Josie Harms	SO Bethel (Minn.)	18:42.49	18:18.53
40.184 (40.184)	1:20.603 (40.420)	2:02.308 (41.705)	2:45.498 (43.191)
3:28.435 (42.937)	4:11.891 (43.456)	4:55.328 (43.438)	5:38.854 (43.526)
6:21.745 (42.892)	7:05.518 (43.774)	7:48.599 (43.081)	8:31.511 (42.913)
9:14.643 (43.132)	9:58.772 (44.129)	10:43.031 (44.260)	11:28.029 (44.998)
12:12.840 (44.811)	12:59.191 (46.352)	13:44.786 (45.595)	14:30.502 (45.717)
15:16.545 (46.044)	16:02.875 (46.330)	16:47.225 (44.351)	17:31.873 (44.648)
18:18.528 (46.656)			
11 Bridget Tetmeyer	JR St. Benedict	19:06.69	18:54.30
41.297 (41.297)	1:22.036 (40.740)	2:03.818 (41.782)	2:46.354 (42.537)
3:29.582 (43.229)	4:12.818 (43.236)	4:56.485 (43.668)	5:39.816 (43.331)
6:23.169 (43.353)	7:07.113 (43.945)	7:51.572 (44.460)	8:37.143 (45.571)
9:23.711 (46.568)	10:10.929 (47.218)	10:57.719 (46.791)	11:45.470 (47.751)
12:33.638 (48.168)	13:21.662 (48.025)	14:09.796 (48.134)	14:58.139 (48.344)
15:46.652 (48.513)	16:34.629 (47.978)	17:21.535 (46.906)	18:09.231 (47.697)
18:54.295 (45.065)			
12 Gracia Larsen-Schmidt	SO St. Olaf	19:01.17	19:00.32
42.844 (42.844)	1:26.885 (44.042)	2:11.870 (44.985)	2:57.653 (45.784)
3:43.832 (46.180)	4:29.747 (45.915)	5:16.229 (46.482)	6:02.243 (46.014)
6:48.843 (46.601)	7:35.404 (46.562)	8:21.480 (46.076)	9:07.305 (45.826)
9:53.172 (45.868)	10:39.773 (46.601)	11:25.400 (45.628)	12:10.354 (44.954)
12:57.068 (46.715)	13:42.419 (45.351)	14:28.508 (46.089)	15:14.694 (46.187)
15:59.925 (45.232)	16:46.629 (46.705)	17:33.557 (46.928)	18:19.337 (45.781)
19:00.312 (40.975)			
13 Mary Kenney	FR St. Benedict	19:06.37	19:00.84
42.466 (42.466)	1:24.910 (42.444)	2:08.991 (44.082)	2:52.699 (43.708)
3:36.332 (43.633)	4:19.985 (43.653)	5:04.487 (44.503)	5:49.440 (44.954)
6:34.056 (44.616)	7:19.493 (45.437)	8:05.378 (45.886)	8:50.758 (45.380)
9:36.847 (46.090)	10:23.392 (46.546)	11:10.155 (46.763)	11:57.536 (47.382)
12:44.157 (46.621)	13:31.531 (47.375)	14:18.774 (47.243)	15:06.183 (47.410)
15:53.347 (47.164)	16:40.640 (47.294)	17:27.573 (46.934)	18:15.504 (47.931)
19:00.836 (45.332)			
14 Emily Rugloski	SR Concordia-Moorhead	19:30.07	19:09.28
41.699 (41.699)	1:23.926 (42.227)	2:08.687 (44.762)	2:53.155 (44.469)
3:37.187 (44.032)	4:21.636 (44.449)	5:06.222 (44.587)	5:51.389 (45.168)
6:37.037 (45.649)	7:22.588 (45.552)	8:08.357 (45.769)	8:54.772 (46.415)
9:41.609 (46.837)	10:28.683 (47.075)	11:16.156 (47.474)	12:03.563 (47.408)
12:50.728 (47.165)	13:37.750 (47.022)	14:25.077 (47.328)	15:12.479 (47.402)
16:00.372 (47.894)	16:47.905 (47.534)	17:35.299 (47.394)	18:22.635 (47.336)
19:09.277 (46.643)			

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

15	Marte Borgmann	JR Carleton	19:19.28	19:18.65	
	43.240 (43.240)	1:27.216 (43.976)	2:12.211 (44.996)	2:57.920 (45.709)	
	3:44.127 (46.207)	4:30.092 (45.966)	5:16.527 (46.435)	6:02.466 (45.939)	
	6:49.149 (46.684)	7:35.690 (46.541)	8:21.092 (45.402)	9:07.620 (46.529)	
	9:53.624 (46.004)	10:40.259 (46.635)	11:26.441 (46.183)	12:12.610 (46.170)	
	13:00.448 (47.839)	13:48.373 (47.925)	14:36.165 (47.792)	15:24.029 (47.865)	
	16:11.996 (47.967)	17:00.489 (48.494)	17:48.734 (48.245)	18:35.619 (46.886)	
	19:18.641 (43.023)				
16	Emily DeMorett	SR St. Benedict	19:11.61	19:28.65	
	42.827 (42.827)	1:25.792 (42.966)	2:10.297 (44.505)	2:55.474 (45.177)	
	3:40.837 (45.364)	4:26.141 (45.305)	5:11.881 (45.740)	5:57.304 (45.424)	
	6:43.579 (46.275)	7:30.704 (47.125)	8:18.028 (47.325)	9:05.915 (47.887)	
	9:54.244 (48.330)	10:42.293 (48.049)	11:29.976 (47.684)	12:18.468 (48.492)	
	13:07.285 (48.818)	13:55.306 (48.021)	14:43.569 (48.264)	15:31.789 (48.220)	
	16:20.384 (48.595)	17:09.003 (48.619)	17:54.180 (45.178)	18:38.231 (44.051)	
	19:28.650 (50.419)				
17	Amelia Landsverk	SR Concordia-Moorhead	19:32.35	19:42.62	
	42.337 (42.337)	1:25.425 (43.088)	2:09.990 (44.566)	2:55.660 (45.670)	
	3:41.110 (45.451)	4:26.485 (45.375)	5:12.464 (45.979)	5:59.001 (46.537)	
	6:46.100 (47.100)	7:33.555 (47.455)	8:22.011 (48.457)	9:10.347 (48.336)	
	9:59.085 (48.739)	10:47.526 (48.442)	11:36.086 (48.561)	12:24.292 (48.206)	
	13:13.317 (49.025)	14:02.426 (49.109)	14:51.846 (49.421)	15:41.216 (49.370)	
	16:31.074 (49.859)	17:20.506 (49.432)	18:08.973 (48.467)	18:56.446 (47.473)	
	19:42.615 (46.170)				
18	Libby Roberdeau	JR Hamline	19:32.88	20:02.76	
	43.513 (43.513)	1:27.466 (43.954)	2:12.471 (45.005)	2:58.213 (45.743)	
	3:44.421 (46.208)	4:30.371 (45.951)	5:16.810 (46.439)	6:02.796 (45.986)	
	6:49.636 (46.841)	7:36.349 (46.714)	8:24.877 (48.528)	9:15.191 (50.315)	
	10:06.333 (51.143)	10:58.037 (51.704)	11:50.623 (52.587)	12:44.310 (53.688)	
	13:38.308 (53.998)	14:32.580 (54.272)	15:27.624 (55.045)	16:23.192 (55.568)	
	17:17.912 (54.720)	18:12.490 (54.579)	19:07.453 (54.963)	19:52.448 (44.995)	

Women 60 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Championship: C 8.66 2014		Mallory Burnham, St. Thomas			
Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1	Birgen Nelson	JR Gustavus Adolphus	8.35	C 8.56Q	3
2	Kelsie Sealock	JR Bethel (Minn.)	8.53	8.70Q	2
3	Rebekah Salfer	SR St. Olaf	9.12	9.27Q	1 9.269
4	Danielle Miller	SO Gustavus Adolphus	9.30	9.27q	2 9.263
5	Nayeli Williams	SO Carleton	9.21	9.38q	1
6	Ellie Hernes	FR Bethel (Minn.)	9.38	9.39q	3
7	Lauren Berg	FR St. Benedict	9.46	9.45q	2
8	Justus Floren	SO St. Benedict	9.42	9.52q	1
9	Lauren Dimler	FR Gustavus Adolphus	9.41	9.63	2
10	Hannah King	JR Bethel (Minn.)	9.87	9.71	1
11	Jenna Kalevik	SO Concordia-Moorhead	9.65	9.73	3
12	Peyton Selle	JR Concordia-Moorhead	9.32	9.79	3
13	Nicole Lilleberg	SR Concordia-Moorhead	9.86	9.80	1
14	AnnaGrace Nelson	SO Bethel (Minn.)	9.81	9.84	2
15	Burnices Barlue	SO St. Catherin	9.92	10.00	2
16	Daneyah Hughes	FR Gustavus Adolphus	9.45	10.01	1

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

17	McKenzie Williams	JR	St. Scholastica	9.54	10.02	3
18	Ally Stackhouse	SO	Bethel (Minn.)	10.02	10.07	3
19	Hailey Scholten	FR	Bethel (Minn.)	10.08	10.09	3
20	Madi Josephson	FR	St. Benedict	10.10	10.12	2
21	Lily Johnson	SO	St. Olaf	10.25	10.47	2
22	Sarah Beth Hobby	JR	Macalester	10.18	10.48	1
23	Jaeden Sims	FR	Macalester	10.15	10.72	1
24	Emma Sahly	SO	St. Olaf	10.55	10.83	3

Women 60 Meter Hurdles

Championship: C 8.66 2014 Mallory Burnham, St. Thomas
 Name Year School Prelims Finals Points

Finals						
	Name	Year	School	Prelims	Finals	Points
1	Birgen Nelson	JR	Gustavus Adolphus	8.56	8.53C	10
2	Lauren Berg	FR	St. Benedict	9.45	9.22	8
3	Danielle Miller	SO	Gustavus Adolphus	9.27	9.24	6
4	Nayeli Williams	SO	Carleton	9.38	9.35	5
5	Rebekah Salfer	SR	St. Olaf	9.27	9.42	4
6	Ellie Hernes	FR	Bethel (Minn.)	9.39	9.44	3
7	Justus Floren	SO	St. Benedict	9.52	9.45	2
--	Kelsie Sealock	JR	Bethel (Minn.)	8.70	DQ	Hand on hurdle

Women 4x200 Meter Relay

Championship: C 1:42.50 2011 Augsburg, Augsburg
 S Telpthia, A Carney, D Flowers, K Vrieze
 School Seed Finals H# Points

1	Gustavus Adolphus 'A'	1:46.97	1:45.39	3	10
	1) Kate Carlson SO				
	3) Ally Rakow SO				
2	Bethel (Minn.) 'A'	1:51.56	1:45.82	2	8
	1) Jireh Babalola JR				
	3) Morgan Dean FR				
3	St. Olaf 'A'	1:55.36	1:48.53	1	6
	1) Karla Kroschel JR				
	3) Zoe Matre SO				
4	Augsburg 'A'	1:52.55	1:48.62	1	5
	1) Mya Bishop JR				
	3) CC Cesare FR				
5	St. Benedict 'A'	1:51.52	1:48.84	2	4
	1) Lauren Berg FR				
	3) Myah Nelson FR				
6	Carleton 'A'	1:48.89	1:48.95	3	3
	1) Hadley Twichell FR				
	3) Bianca Lott FR				
7	St. Scholastica 'A'	1:52.63	1:49.27	3	2
	1) Kaitlyn Sautter FR				
	3) Kayla Nelson FR				
8	Concordia-Moorhead 'A'	1:52.81	1:50.29	2	1
	1) Emily Rengo FR				
	3) Meg Shercliffe JR				
9	Macalester 'A'	1:51.60	1:54.42	1	

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Women 4x200 Meter Relay**

1) Lauren Cappelmann FR	2) Jaeden Sims FR				
3) Penny Hunter JR	4) Amanda Crewsey FR				
-- St. Catherine (Minn.) 'A'		1:55.41	DQ	3	Out of zone
1) Erin Doyle JR	2) Makayla Stinson FR				
3) Burnices Barlue SO	4) Katie Yoder FR				
-- Hamline 'A'		1:56.11	DQ	2	Dropped bat
1) Liana Woo SO	2) Andreiana Aurelius JR				
3) Gabrielle Hannah SO	4) Mercedes Hamilton SO				
-- Saint Mary's (Minn.) 'A'		2:01.77	DNS	1	

Women 4x400 Meter Relay

Championship: C 3:55.37 2/29/2020 Bethel (Minn.), Bethel (Minn.)
H Sankey, C McKinstrey, M Turek, D Labatt

School	Seed	Finals	H#	Points
1 Bethel (Minn.) 'A'	3:55.56	3:58.67	3	10
1) Kelsie Sealock JR				
2) Annessa Ihde SO				
3) Mikayla Turek JR				
4) Sarah Stellmach SO				
59.785 (59.785) 2:00.154 (1:00.369) 3:00.550 (1:00.396) 3:58.661 (58.112)				
2 Carleton 'A'	4:13.94	4:06.00	2	8
1) Nayeli Williams SO				
2) Hadley Twichell FR				
3) Jocelyn Ferguson SO				
4) Mary Blanchard SO				
1:01.783 (1:01.783) 2:03.622 (1:01.840) 3:04.535 (1:00.913) 4:05.995 (1:01.460)				
3 St. Benedict 'A'	4:13.31	4:09.26	3	6
1) Sidela Nyuga JR				
2) Emerson Knapp SO				
3) Mirjana Ganley JR				
4) Lauren Berg FR				
1:02.714 (1:02.714) 2:04.898 (1:02.185) 3:09.477 (1:04.579) 4:09.260 (59.784)				
4 St. Olaf 'A'	4:15.46	4:13.42	2	5
1) Karla Kroschel JR				
2) Olivia Edstrom JR				
3) Abbie Manhard FR				
4) Emma Storbakken SO				
1:04.244 (1:04.244) 2:07.435 (1:03.191) 3:11.472 (1:04.038) 4:13.414 (1:01.943)				
5 Concordia-Moorhead 'A'	4:20.62	4:14.56	1	4
1) Mary Wunderlich SO				
2) Peyton Selle JR				
3) Meg Shercliffe JR				
4) Drew Frolek SO				
1:03.569 (1:03.569) 2:07.346 (1:03.777) 3:10.369 (1:03.023) 4:14.552 (1:04.184)				
6 Hamline 'A'	4:17.44	4:15.94	2	3
1) Ellie Logelin JR				
2) Alexandra Maddux SR				
3) Jalisa Mathews SR				
4) Lindsey Bernardy SR				
1:04.586 (1:04.586) 2:06.485 (1:01.900) 3:13.966 (1:07.481) 4:15.936 (1:01.970)				
7 Gustavus Adolphus 'A'	4:12.96	4:16.12	3	2
1) Makenna Huetten SO				
2) Lauren Dimler FR				
3) Danielle Miller SO				
4) Lauren Rocheford FR				
1:04.264 (1:04.264) 2:08.707 (1:04.443) 3:13.700 (1:04.994) 4:16.118 (1:02.418)				
8 St. Scholastica 'A'	4:16.62	4:16.13	2	1
1) McKenzie Williams JR				
2) Jaden Ellefson FR				
3) Anna Kiminiski SO				
4) Kayla Nelson FR				
1:03.487 (1:03.487) 2:07.955 (1:04.469) 3:12.962 (1:05.007) 4:16.129 (1:03.168)				
9 Macalester 'A'	4:12.68	4:16.32	3	
1) Hadley Wilkins FR				
2) Jaeden Sims FR				
3) Maria Blaesing JR				
4) Journey Amundson SR				
1:04.390 (1:04.390) 2:10.630 (1:06.241) 3:15.146 (1:04.516) 4:16.311 (1:01.166)				
10 Augsburg 'A'		4:21.06	1	
1) Mya Bishop JR				
2) CC Cesare FR				

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Women 4x400 Meter Relay**

3) Brooklyn Conrad FR	4) Allison Hookom FR						
1:06.615 (1:06.615)	2:12.871 (1:06.257)	3:20.413 (1:07.542)	4:21.054 (1:00.642)				
11 St. Catherine (Minn.) 'A'			4:38.93	1			
1) Makayla Stinson FR	2) Megan Perkins SR						
3) Brenna Nelson JR	4) Anna Marsolek FR						
1:05.469 (1:05.469)	2:15.269 (1:09.801)	3:27.852 (1:12.583)	4:38.930 (1:11.079)				
-- Saint Mary's (Minn.) 'A'		4:34.87	DNS	1			

Women Distance Medley

=====							
Championship: C	12:23.37	2012	St. Olaf, St. Olaf				
			M Novacinski, E Stets, J Mosel, M Westby				
School			Seed	Finals	Points		
=====							
1 St. Benedict 'A'				12:29.19	10		
1) Elise Yeager JR		2) Emerson Knapp SO					
3) Keiley Maahs JR		4) Fiona Smith JR					
3:57.436 (3:57.436)	5:00.055 (1:02.619)	7:27.059 (2:27.005)	12:29.182 (5:02.123)				
2 Macalester 'A'				12:45.46	8		
1) Mara Pirone FR		2) Journey Amundson SR					
3) Hadley Wilkins FR		4) Maria Blaesing JR					
3:58.630 (3:58.630)	4:59.800 (1:01.171)	7:29.842 (2:30.043)	12:45.457 (5:15.615)				
3 Carleton 'A'				12:48.36	6		
1) Rainey Tilley JR		2) Jocelyn Ferguson SO					
3) Lara Erickson SO		4) Aliya Larsen FR					
3:53.784 (3:53.784)	4:55.151 (1:01.367)	7:22.358 (2:27.207)	12:48.360 (5:26.002)				
4 St. Olaf 'A'				12:52.02	5		
1) Sophie Abernethy SO		2) Abbie Manhard FR					
3) Olivia Edstrom JR		4) Ella Landis FR					
3:53.941 (3:53.941)	4:58.416 (1:04.475)	7:29.103 (2:30.688)	12:52.019 (5:22.916)				
5 Concordia-Moorhead 'A'				13:15.61	4		
1) Aerial Johnson SO		2) Mary Wunderlich SO					
3) Eden Smith SO		4) Sophia Revoir FR					
4:06.069 (4:06.069)	5:09.854 (1:03.786)	7:39.621 (2:29.768)	13:15.601 (5:35.981)				
6 Gustavus Adolphus 'A'				13:24.13	3		
1) Sydney Hagen SO		2) Makenna Huetten SO					
3) Kailyn Walukas SO		4) Julia Severson SR					
4:06.490 (4:06.490)	5:10.739 (1:04.250)	7:44.977 (2:34.238)	13:24.129 (5:39.152)				
7 Saint Mary's (Minn.) 'A'				14:51.22	2		
4:14.150 (4:14.150)	5:18.989 (1:04.839)	8:00.411 (2:41.423)	13:31.157 (5:30.746)				
8 Hamline 'A'				14:08.00	1		
1) Daniela Sanchez-Castillo FR		2) Andreiana Aurelius JR					
3) Jalisa Mathews SR		4) Abby Tapajna FR					
4:14.769 (4:14.769)	5:22.778 (1:08.009)	7:57.485 (2:34.708)	14:07.991 (6:10.506)				
9 St. Catherine (Minn.) 'A'				14:38.37			
1) Brenna Nelson JR		2) Anna Marsolek FR					
3) Megan Perkins SR		4) Brittany Breed FR					
4:28.453 (4:28.453)	5:39.862 (1:11.410)	8:24.123 (2:44.261)	14:38.362 (6:14.240)				
-- Bethel (Minn.) 'A'				DQ		Interference-8	
1) Evie Hage SO		2) Makenna Brown JR					
3) Ruby Gernandt SO		4) Anna Decker SO					
3:59.740 (3:59.740)	5:02.062 (1:02.322)	7:27.611 (2:25.550)	12:54.241 (5:26.631)				
-- St. Scholastica 'A'				DNS			
-- Augsburg 'A'				DNS			

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Women High Jump**

1.34, 1.39, 1.44, 1.49, 1.52, 1.55, 1.58, 1.61									
Championship: C 1.72m 2017 Emma Peterson, Concordia									
Name	Year	School	Seed	Finals	Points				
1 Glasha Hovey	FR	Bethel (Minn.)	1.54m	1.61m	5-03.25	10			
1.34 1.39 1.44 1.49 1.52 1.55 1.58 1.61 1.67									
PPP O O O O O O XO XXX									
2 Grace Blanchette	JR	Carleton	1.45m	1.52m	4-11.75	8			
1.34 1.39 1.44 1.49 1.52 1.55									
O O O O O XXX									
3 Erin Beer	SO	Gustavus Adolphus	1.44m	1.52m	4-11.75	6			
1.34 1.39 1.44 1.49 1.52 1.55									
PPP PPP O O XO XXX									
4 Justus Floren	SO	St. Benedict	1.50m	1.52m	4-11.75	5			
1.34 1.39 1.44 1.49 1.52 1.55									
PPP PPP O O XXO XXX									
5 Peyton Selle	JR	Concordia-Moorhead	1.52m	1.52m	4-11.75	4			
1.34 1.39 1.44 1.49 1.52 1.55									
PPP O O XO XXO XXX									
6 AnnaGrace Nelson	SO	Bethel (Minn.)	1.49m	1.52m	4-11.75	3			
1.34 1.39 1.44 1.49 1.52 1.55									
PPP O O XXO XXO XXX									
7 Ally Rakow	SO	Gustavus Adolphus	1.58m	1.49m	4-10.50	2			
1.34 1.39 1.44 1.49 1.52									
PPP PPP PPP O XXX									
8 Jenna Kalevik	SO	Concordia-Moorhead	1.50m	1.49m	4-10.50	1			
1.34 1.39 1.44 1.49 1.52									
PPP O O XO XXX									
9 Ellie Selisker	JR	St. Benedict	1.53m	1.49m	4-10.50				
1.34 1.39 1.44 1.49 1.52									
PPP O XO XO XXX									
10 Claire Nichols	SR	St. Catherin	1.50m	1.44m	4-08.75				
1.34 1.39 1.44 1.49									
PPP O O XXX									
11 Jensen Luehrs	SO	Gustavus Adolphus	1.40m	1.44m	4-08.75				
1.34 1.39 1.44 1.49									
O O XXO XXX									
12 Sofia Fischer	FR	St. Scholastica	1.50m	1.39m	4-06.75				
1.34 1.39 1.44									
O O XXX									
12 Sarah Beth Hobby	JR	Macalester	1.46m	1.39m	4-06.75				
1.34 1.39 1.44									
PPP O XXX									
14 Hannah Moe	FR	Bethel (Minn.)	1.45m	1.39m	4-06.75				
1.34 1.39 1.44									
PPP XO XXX									
15 Toria Strampe	SO	St. Scholastica	1.40m	1.34m	4-04.75				
1.34 1.39									
O XXX									
-- Rebekah Salfer	SR	St. Olaf	1.40m	NH					
1.34 1.39									
PPP XXX									
-- Lily Johnson	SO	St. Olaf	1.39m	NH					
1.34									
XXX									

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

Championship: C 5.79m 2005		Kristal Grigsby, St. Thomas								
Name	Year	School	Seed	Finals	H#	Points				
1 Nayeli Williams	SO	Carleton	5.69m	5.53m	18-01.75	2	10			
				5.53m 5.40m 5.30m 5.40m 5.44m				FOUL		
2 Annika Muller	SR	St. Olaf	5.45m	5.34m	17-06.25	2	8			
				FOUL 5.34m 5.31m 5.21m				FOUL 5.24m		
3 Journey Amundson	SR	Macalester	5.28m	5.25m	17-02.75	2	6			
				5.13m 5.12m				FOUL 5.24m 5.25m		
4 Ellie Hernes	FR	Bethel (Minn.)	5.21m	5.22m	17-01.50	2	5			
				4.88m 5.18m 5.18m 5.22m 5.00m 5.14m						
5 Maren Sundberg	FR	Gustavus Adolphus	5.22m	5.19m	17-00.50	2	4			
				5.19m 5.09m 5.06m 5.00m 5.11m				FOUL		
6 Megan Geraets	SO	Gustavus Adolphus	5.54m	5.17m	16-11.50	2	3			
				5.17m				FOUL 4.87m 3.71m 4.61m 4.83m		
7 Peyton Selle	JR	Concordia-Moorhead	4.94m	5.09m	16-08.50	1	2			
				4.92m 4.98m 5.09m				FOUL 5.04m 4.99m		
8 Madi Kes	SO	Gustavus Adolphus	5.24m	5.02m	16-05.75	2	1	4		
				FOUL 5.02m				FOUL 5.02m 4.59m 4.59m		
9 Emily Rengo	FR	Concordia-Moorhead	4.86m	5.02m	16-05.75	1	4			
				5.02m 4.52m 4.56m 4.67m 4.40m 4.23m						
10 Lauren Dimler	FR	Gustavus Adolphus	5.11m	4.93m	16-02.25	1				
				4.87m 4.93m 4.78m						
11 Justus Floren	SO	St. Benedict	5.02m	4.91m	16-01.50	1				
				4.87m 4.88m 4.91m						
12 AnnaGrace Nelson	SO	Bethel (Minn.)	4.93m	4.89m	16-00.50	1				
				4.89m 4.78m 4.84m						
13 Ellie Selisker	JR	St. Benedict	4.87m	4.88m	16-00.25	1				
				4.81m 4.88m				FOUL		
14 Sarrah Lindner	FR	Gustavus Adolphus	5.20m	4.79m	15-08.75	2				
				4.69m				FOUL 4.79m		
15 Grace Blanchette	JR	Carleton	5.14m	4.79m	15-08.75	2				
				4.79m				FOUL 4.59m		
16 Ainslee Parker	JR	St. Olaf	5.17m	4.74m	15-06.75	2				
				4.73m 4.74m 4.65m						
17 Reilee Schepper	SR	St. Catherin	4.91m	4.69m	15-04.75	1				
				FOUL 4.69m 4.52m						
18 Rebekah Salfer	SR	St. Olaf	4.87m	4.58m	15-00.50	1				
				FOUL FOUL 4.58m						
19 Claire Nichols	SR	St. Catherin	4.82m	4.50m	14-09.25	1				
				4.50m				FOUL FOUL		
20 Emelia Laryea	FR	Gustavus Adolphus	4.82m	4.38m	14-04.50	1				
				4.38m 4.21m 4.29m						
-- Sara Gregor	SR	Macalester	4.98m	DNS		1				

Women Triple Jump

Championship: C 11.83m 2017		Emma Peterson, Concordia								
Name	Year	School	Seed	Finals	H#	Points				
1 Ellie Hernes	FR	Bethel (Minn.)	11.68m	11.70m	38-04.75	1	10			
				FOUL FOUL 11.48m				FOUL 11.29m 11.70m		
2 Journey Amundson	SR	Macalester	11.78m	11.63m	38-02.00	2	8			
				11.63m				FOUL FOUL FOUL 10.86m 11.61m		

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Women Triple Jump**

3	Annika Muller	SR St. Olaf	11.48m	11.62m	38-01.50	2	6
	FOUL 11.36m 11.62m 10.61m 11.07m 11.47m						
4	Madi Kes	SO Gustavus Adolphus	11.71m	11.39m	37-04.50	2	5
	FOUL FOUL 10.61m 11.32m 11.38m 11.39m						
5	CC Cesare	FR Augsburg	10.37m	10.97m	36-00.00	2	4
	FOUL 10.50m 10.97m 9.88m FOUL 10.70m						
6	AnnaGrace Nelson	SO Bethel (Minn.)	10.72m	10.77m	35-04.00	1	3
	FOUL 10.77m FOUL FOUL 10.74m 10.67m						
7	Ainslee Parker	JR St. Olaf	11.00m	10.65m	34-11.25	2	2
	10.33m 10.46m 10.65m 10.02m FOUL 10.38m						
8	Reilee Schepper	SR St. Catherin	10.78m	10.63m	34-10.50	2	1 1
	FOUL 10.43m 10.63m 10.40m FOUL 10.58m						
9	Jaeden Sims	FR Macalester	10.53m	10.63m	34-10.50	2	1
	FOUL 10.47m 10.63m FOUL FOUL FOUL						
10	Sarrah Lindner	FR Gustavus Adolphus	10.80m	10.55m	34-07.50	2	
	10.34m 10.34m 10.55m						
11	Melanie Roberts	JR St. Olaf	10.28m	10.22m	33-06.50	1	
	FOUL 9.95m 10.22m						
12	Mary Wunderlich	SO Concordia-Moorhead	9.93m	10.18m	33-04.75	1	
	10.02m 9.96m 10.18m						
13	Nicole Lilleberg	SR Concordia-Moorhead	9.99m	10.15m	33-03.75	1	
	10.06m 10.15m 9.91m						
14	Burnices Barlue	SO St. Catherin	10.16m	10.14m	33-03.25	1	
	FOUL 10.14m 9.98m						
15	Eva McClelland	FR Gustavus Adolphus	9.79m	9.88m	32-05.00	1	
	9.77m 9.88m 9.59m						
16	Lauren Cappelmann	FR Macalester	9.47m	9.88m	32-05.00	1	
	9.88m 9.71m 9.36m						
17	Emelia Laryea	FR Gustavus Adolphus	9.48m	9.84m	32-03.50	1	
	9.56m 9.84m 9.84m						
18	Bryana Leverentz	SR St. Catherin	10.00m	9.81m	32-02.25	1	
	FOUL 9.81m FOUL						
19	Danielle Anderson	JR St. Benedict	9.61m	9.67m	31-08.75	1	
	FOUL 9.67m FOUL						
20	Kyra Nichols	SR Concordia-Moorhead	9.68m	9.54m	31-03.75	1	
	FOUL 9.54m 9.42m						

Women Shot Put

Championship: C 14.58m 2014 Cherae Reeves, Concordia							
Name	Year	School	Seed	Finals	H#	Points	
1 Annika Poe		SO Gustavus Adolphus	14.55m	14.04m	46-00.75	2	10
		14.04m 13.49m 13.89m 13.86m FOUL 13.96m					
2 Emma Roethler		SO Bethel (Minn.)	13.37m	13.33m	43-09.00	2	8
		12.51m 12.99m 13.23m 12.37m FOUL 13.33m					
3 Nora Wilhelm		FR Bethel (Minn.)	12.45m	12.92m	42-04.75	2	6
		12.31m 12.92m 11.66m 11.03m 11.90m 12.24m					
4 Allyson Kangas		SR Concordia-Moorhead	12.80m	12.49m	40-11.75	2	5
		FOUL 11.84m 12.37m FOUL 12.21m 12.49m					
5 Lakesha Carter		FR Gustavus Adolphus	11.72m	12.48m	40-11.50	2	4
		11.82m FOUL 12.48m 11.77m 11.30m FOUL					
6 Kelley Brennan		FR Gustavus Adolphus	11.95m	12.13m	39-09.75	2	3
		11.86m 11.83m 12.13m 11.96m 12.13m FOUL					

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

7	Samantha Kubes	JR Saint Mary's	12.97m	11.77m	38-07.50	2	2
	11.06m 11.77m 11.25m 11.10m FOUL 11.57m						
8	Sydney Jackman	SO Saint Mary's	11.37m	11.31m	37-01.25	1	1
	11.08m 10.13m 11.31m 10.67m 11.19m FOUL						
9	Morgan Wallendal	SO Saint Mary's	11.08m	11.07m	36-04.00	1	
	11.07m 9.98m 10.25m 9.51m 10.48m 10.62m						
10	Ellie Biggins	SR Hamline	11.44m	11.06m	36-03.50	2	
	10.71m 10.66m 11.06m						
11	Aleah Keske	JR St. Olaf	12.45m	11.01m	36-01.50	2	
	10.41m 11.01m FOUL						
12	Haley Joos	JR St. Benedict	11.08m	11.00m	36-01.25	1	
	9.33m 11.00m 10.78m						
13	Sarah Beth Hobby	JR Macalester	10.81m	10.58m	34-08.50	1	
	10.58m 10.46m 9.95m						
13	Chando Horvath	JR St. Catherin	11.15m	10.58m	34-08.50	1	
	10.58m 10.03m 10.08m						
15	Grace Banse	FR Gustavus Adolphus	11.61m	10.56m	34-07.75	2	
	10.56m FOUL FOUL						
16	Nicole Nelson	SO Gustavus Adolphus	10.51m	10.43m	34-02.75	1	
	FOUL FOUL 10.43m						
17	Emma Johnson	SO St. Olaf	11.02m	10.34m	33-11.25	1	
	10.15m 10.34m 9.89m						
18	Maggie Beckmann	SR St. Benedict	10.97m	10.10m	33-01.75	1	
	FOUL FOUL 10.10m						
19	Peyton Irsfeld	JR St. Olaf	10.64m	9.74m	31-11.50	1	
	9.51m FOUL 9.74m						
--	Desirae Dates	FR Hamline	11.02m	FOUL		1	
	FOUL FOUL FOUL						

Women Weight Throw

=====							
Championship: C 17.66m 2000 Hamline, April Felt							
Name	Year	School	Seed	Finals	H#	Points	
=====							
1	Allyson Kangas	SR Concordia-Moorhead	16.28m	16.19m	53-01.50	2	10
	14.98m FOUL 16.19m 15.84m 15.74m FOUL						
2	Lily Beneke	JR St. Scholastica	16.47m	15.72m	51-07.00	2	8
	15.42m 15.60m 15.72m FOUL 14.84m 15.68m						
3	Maggie Beckmann	SR St. Benedict	15.20m	15.20m	49-10.50	2	6
	15.06m FOUL 14.75m 15.20m 14.95m 14.89m						
4	Molly Lukenbill	JR Bethel (Minn.)	15.49m	15.17m	49-09.25	2	5
	15.17m 15.09m 14.90m 15.00m FOUL 14.51m						
5	Emma Roethler	SO Bethel (Minn.)	14.03m	14.77m	48-05.50	2	4
	12.98m 14.77m 14.16m 13.78m 12.69m FOUL						
6	Chando Horvath	JR St. Catherin	14.10m	14.52m	47-07.75	2	3
	14.52m 14.14m FOUL FOUL 13.46m 12.46m						
7	Nora Wilhelm	FR Bethel (Minn.)	13.31m	14.22m	46-08.00	1	2
	12.40m 12.36m 14.22m FOUL FOUL 12.40m						
8	Lexi Brainer	SO Hamline	14.45m	14.02m	46-00.00	2	1
	FOUL 14.02m FOUL FOUL 13.94m FOUL						
9	Lexi Ellinghuysen	JR Bethel (Minn.)	13.83m	13.75m	45-01.50	1	
	13.75m 13.18m 13.52m 13.61m FOUL 13.53m						
10	Kelley Brennan	FR Gustavus Adolphus	14.48m	13.75m	45-01.50	2	
	FOUL 13.75m 13.35m 13.50m FOUL 12.70m						

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Women Weight Throw**

11	Madison Reed	JR Hamline	15.33m	13.69m	44-11.00	2
	13.69m FOUL FOUL					
12	Aleah Keske	JR St. Olaf	13.56m	13.64m	44-09.00	1
	13.19m 13.64m 12.69m					
13	Anna Becker	SO Saint Mary's	13.80m	13.45m	44-01.50	1
	12.92m 13.27m 13.45m					
14	Samantha Kubes	JR Saint Mary's	14.34m	13.39m	43-11.25	2
	FOUL 12.96m 13.39m					
15	Brooke Kangas	SO Concordia-Moorhead	13.50m	13.21m	43-04.25	1
	12.65m 13.16m 13.21m					
16	Morgan Wallendal	SO Saint Mary's	13.32m	12.95m	42-06.00	1
	12.95m 12.18m 12.03m					
17	Emma Johnson	SO St. Olaf	12.82m	12.93m	42-05.25	1
	12.41m 12.15m 12.93m					
18	Peyton Irsfeld	JR St. Olaf	13.28m	12.68m	41-07.25	1
	12.57m 12.19m 12.68m					
19	Jade Hunt	SO Hamline	12.77m	11.96m	39-03.00	1
	FOUL 11.96m FOUL					
20	Kendall Bechtold	SR St. Benedict	13.45m	10.64m	34-11.00	1
	FOUL FOUL 10.64m					

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Year School	Finals	Points
1 Rebekah Salfer	SR St. Olaf	2:33.75	647
	37.862 (37.862)	1:18.243 (40.381)	1:57.911 (39.668)
			2:33.746 (35.836)
2 Peyton Selle	JR Concordia-Moorhead	2:34.53	637
	37.552 (37.552)	1:18.620 (41.068)	1:58.537 (39.918)
			2:34.528 (35.992)
3 Ellie Selisker	JR St. Benedict	2:41.48	556
	39.140 (39.140)	1:20.210 (41.070)	2:01.852 (41.642)
			2:41.473 (39.621)
4 Hailey Scholten	FR Bethel (Minn.)	2:42.25	547
	39.988 (39.988)	1:19.925 (39.937)	2:01.265 (41.341)
			2:42.249 (40.984)
5 Grace Blanchette	JR Carleton	2:42.98	539
	39.694 (39.694)	1:20.598 (40.905)	2:02.486 (41.888)
			2:42.973 (40.487)
6 Justus Floren	SO St. Benedict	2:43.08	538
	39.446 (39.446)	1:20.407 (40.962)	2:02.227 (41.820)
			2:43.073 (40.847)
7 Lily Johnson	SO St. Olaf	2:45.41	512
	39.763 (39.763)	1:20.931 (41.168)	2:03.631 (42.700)
			2:45.405 (41.775)
8 Sarah Beth Hobby	JR Macalester	2:49.83	465
	39.412 (39.412)	1:20.740 (41.328)	2:03.304 (42.565)
			2:49.824 (46.520)
9 Claire Keech	FR St. Olaf	2:51.27	450
	40.413 (40.413)	1:23.238 (42.826)	2:08.659 (45.421)
			2:51.266 (42.608)
10 Alli Joerger	SO Gustavus Adolphus	3:01.36	353
	42.676 (42.676)	1:29.584 (46.908)	2:17.805 (48.222)
			3:01.355 (43.550)
11 Jenna Kalevik	SO Concordia-Moorhead	3:07.70	297
	43.155 (43.155)	1:28.710 (45.555)	2:18.547 (49.837)
			3:07.692 (49.146)
12 Summer Kaeppe	FR Gustavus Adolphus	3:14.84	240
	42.637 (42.637)	1:29.527 (46.890)	2:22.721 (53.194)
			3:14.834 (52.114)

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Year School	Finals	H#	Points
1 Rebekah Salfer	SR St. Olaf	9.35	3	838

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon**

2	Peyton Selle	JR Concordia-Moorhead	9.60	3	789
3	Grace Blanchette	JR Carleton	9.61	3	787
4	Justus Floren	SO St. Benedict	9.62	3	785
5	Jenna Kalevik	SO Concordia-Moorhead	9.62	2	785
6	Hailey Scholten	FR Bethel (Minn.)	9.94	2	723
7	Sarah Beth Hobby	JR Macalester	10.16	2	682
8	Lily Johnson	SO St. Olaf	10.37	2	644
9	Claire Keech	FR St. Olaf	10.38	1	643
10	Alli Joerger	SO Gustavus Adolphus	10.68	1	590
11	Ellie Selisker	JR St. Benedict	10.82	1	566
12	Summer Kaeppe	FR Gustavus Adolphus	11.86	1	404

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Year	School	Finals	Points
1	Justus Floren	SO St. Benedict	1.55m	5-01.00 678
	1.43 1.46 1.49 1.52 1.55 1.58			
	0 0 0 0 XO XXX			
1	Peyton Selle	JR Concordia-Moorhead	1.55m	5-01.00 678
	1.40 1.43 1.46 1.49 1.52 1.55 1.58			
	0 0 0 0 XO 0 XXX			
3	Jenna Kalevik	SO Concordia-Moorhead	1.52m	4-11.75 644
	1.40 1.43 1.46 1.49 1.52 1.55			
	0 0 0 XXO XO XXX			
4	Ellie Selisker	JR St. Benedict	1.49m	4-10.50 610
	1.40 1.43 1.46 1.49 1.52			
	0 0 0 XO XXX			
4	Grace Blanchette	JR Carleton	1.49m	4-10.50 610
	1.34 1.37 1.40 1.43 1.46 1.49 1.52			
	0 0 0 0 XO XO XXX			
6	Rebekah Salfer	SR St. Olaf	1.46m	4-09.50 577
	1.31 1.34 1.37 1.40 1.43 1.46 1.49			
	0 0 XXO 0 0 0 XXX			
6	Hailey Scholten	FR Bethel (Minn.)	1.46m	4-09.50 577
	1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49			
	0 XXO 0 XO XO 0 0 XXX			
8	Sarah Beth Hobby	JR Macalester	1.43m	4-08.25 544
	1.37 1.40 1.43 1.46			
	0 0 0 XXX			
9	Alli Joerger	SO Gustavus Adolphus	1.40m	4-07.00 512
	1.37 1.40 1.43			
	0 0 XXX			
9	Lily Johnson	SO St. Olaf	1.40m	4-07.00 512
	1.28 1.31 1.34 1.37 1.40 1.43			
	XXO XXO XO XXO XXO XXX			
11	Summer Kaeppe	FR Gustavus Adolphus	1.34m	4-04.75 449
	1.28 1.31 1.34 1.37			
	0 0 XXO XXX			
12	Claire Keech	FR St. Olaf	1.31m	4-03.50 419
	1.22 1.25 1.28 1.31 1.34			
	0 PPP 0 0 XXX			

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

Name	Year	School	Finals	Points
1 Peyton Selle 5.10m FOUL FOUL	JR	Concordia-Moorhead	5.10m 16-08.75	587
2 Ellie Selisker 4.69m 4.85m 5.06m	JR	St. Benedict	5.06m 16-07.25	576
3 Rebekah Salfer 4.76m 4.58m 5.03m	SR	St. Olaf	5.03m 16-06.00	567
4 Justus Floren 4.99m 5.00m 4.98m	SO	St. Benedict	5.00m 16-05.00	559
5 Sarah Beth Hobby 4.82m FOUL 4.85m	JR	Macalester	4.85m 15-11.00	519
6 Grace Blanchette FOUL 4.77m FOUL	JR	Carleton	4.77m 15-07.75	498
7 Claire Keech 4.43m 4.57m 4.60m	FR	St. Olaf	4.60m 15-01.25	454
8 Jenna Kalevik 4.59m 4.59m 4.45m	SO	Concordia-Moorhead	4.59m 15-00.75	451
9 Lily Johnson 4.08m FOUL 4.44m	SO	St. Olaf	4.44m 14-07.00	413
10 Hailey Scholten 4.30m 4.31m 4.39m	FR	Bethel (Minn.)	4.39m 14-05.00	401
11 Summer Kaeppe 3.93m 3.98m 4.22m	FR	Gustavus Adolphus	4.22m 13-10.25	359
12 Alli Joerger 4.05m 3.88m 3.93m	SO	Gustavus Adolphus	4.05m 13-03.50	319

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Year	School	Finals	Points
1 Sarah Beth Hobby 11.15m 10.55m 11.15m	JR	Macalester	11.15m 36-07.00	605
2 Rebekah Salfer 10.40m 10.37m 10.79m	SR	St. Olaf	10.79m 35-05.00	581
3 Peyton Selle 9.91m 10.02m 10.30m	JR	Concordia-Moorhead	10.30m 33-09.50	549
4 Justus Floren 9.55m 9.94m 10.11m	SO	St. Benedict	10.11m 33-02.00	537
5 Jenna Kalevik 9.13m 9.55m 10.07m	SO	Concordia-Moorhead	10.07m 33-00.50	534
6 Claire Keech 9.90m 9.57m 9.12m	FR	St. Olaf	9.90m 32-05.75	523
7 Grace Blanchette 9.02m 8.62m 8.87m	JR	Carleton	9.02m 29-07.25	465
8 Lily Johnson 8.64m 8.89m 8.08m	SO	St. Olaf	8.89m 29-02.00	457
9 Hailey Scholten 7.79m 7.80m 7.62m	FR	Bethel (Minn.)	7.80m 25-07.25	386
10 Alli Joerger 7.75m 7.11m 7.43m	SO	Gustavus Adolphus	7.75m 25-05.25	383
11 Ellie Selisker 7.32m 6.60m 7.30m	JR	St. Benedict	7.32m 24-00.25	356
12 Summer Kaeppe 6.40m 6.53m 7.19m	FR	Gustavus Adolphus	7.19m 23-07.25	347

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Women Indoor Pentathlon**

Championship: C 3914 2014 Amelia Campbell, Carleton						
Name	Year	School	Seed	Finals	H#	Points
1 Peyton Selle	JR	Concordia-Moorhead	3072	3240		10
2 Rebekah Salfer	SR	St. Olaf	2982	3210		8
3 Justus Floren	SO	St. Benedict		3097		6
4 Grace Blanchette	JR	Carleton		2899		5
5 Sarah Beth Hobby	JR	Macalester	2638	2815		4
6 Jenna Kalevik	SO	Concordia-Moorhead		2711		3
7 Ellie Selisker	JR	St. Benedict		2664		2
8 Hailey Scholten	FR	Bethel (Minn.)		2634		1
9 Lily Johnson	SO	St. Olaf	2276	2538		
10 Claire Keech	FR	St. Olaf	2347	2489		
11 Alli Joerger	SO	Gustavus Adolphus		2157		
12 Summer Kaeppe	FR	Gustavus Adolphus		1799		

Men 60 Meter Dash**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Championship: C 6.81 2018 Emmanuel Egbujor, Augsburg						
Name	Year	School	Seed	Prelims	H#	
Preliminaries						
1 Landen Liu	FR	Bethel (Minn.)	6.77	C 6.77Q	3	
2 Samuel Eben Ebai	SR	St. Scholastica	6.84	6.92Q	2	
3 Kevin Arthur	JR	St. John's (Minn.)	6.92	6.96Q	1	
4 Matthew Skelly	SO	Gustavus Adolphus	7.00	7.09q	2	
5 Cameron McConnell	SO	Bethel (Minn.)	7.10	7.11q	3	
6 Varney Conneh	SR	Augsburg	7.04	7.13q	3	
7 Godsword Simon	SO	Bethel (Minn.)	7.28	7.14q	2	
8 Nathan Le	SO	Gustavus Adolphus	6.99	7.18q	1	
9 Nolan Morical	SO	Concordia-Moorhead	7.11	7.21	2	7.201
10 Collin Asplin	FR	Bethel (Minn.)	7.30	7.21	2	7.203
11 Dylan Arnold	SO	St. Olaf	7.24	7.23	2	
12 Caden Wheeler	FR	St. John's (Minn.)	7.17	7.24	1	7.237
13 Sylvain Zong-Naba	SO	Macalester	7.36	7.24	1	7.238
14 Ben Kritsberg	FR	Saint Mary's	7.29	7.26	1	7.252
14 Emanuel Popoca	SO	St. John's (Minn.)	7.31	7.26	2	7.252
16 Andrei Pettis	FR	Hamline	7.32	7.28	1	
17 Albert Smith	SR	Bethel (Minn.)	7.24	7.30	3	7.291
18 Reece Thomas	SO	Hamline	7.28	7.30	3	7.294
19 Levi Korum	SO	Bethel (Minn.)	7.29	7.34	1	
20 Devin McNearny	SO	St. Olaf	7.31	7.35	3	7.341
21 Tony Haack	FR	Bethel (Minn.)	7.37	7.35	2	7.345
22 Josh Sletta	JR	St. John's (Minn.)	7.38	7.50	3	
-- Colin Conteh	JR	Concordia-Moorhead	7.30	DNS	3	
-- Sean Alfaro Diedrich	SO	St. Scholastica	7.21	DNS	1	

Men 60 Meter Dash

Championship: C 6.81 2018 Emmanuel Egbujor, Augsburg					
Name	Year	School	Prelims	Finals	Points
Finals					
1 Landen Liu	FR	Bethel (Minn.)	6.77	6.76C	10

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

2	Samuel Eben Ebai	SR	St. Scholastica	6.92	6.89	8
3	Kevin Arthur	JR	St. John's (Minn.)	6.96	6.91	6
4	Matthew Skelly	SO	Gustavus Adolphus	7.09	7.06	5
5	Godsword Simon	SO	Bethel (Minn.)	7.14	7.08	4
6	Cameron McConnell	SO	Bethel (Minn.)	7.11	7.11	3
7	Varney Conneh	SR	Augsburg	7.13	7.19	2
8	Nathan Le	SO	Gustavus Adolphus	7.18	39.55	1

Men 200 Meter Dash

Championship: C 21.96 2009		Joe DeFrance, St. Thomas				
Name	Year	School	Seed	Finals	H#	Points
1	Landen Liu	FR	Bethel (Minn.)	21.58	21.99	6 10
2	Jacob Parent	SO	Bethel (Minn.)	22.10	22.26	6 8
3	Cal Wright	SR	Concordia-Moorhead	22.40	22.37	5 6
4	Samuel Eben Ebai	SR	St. Scholastica	22.45	22.44	5 5
5	Kevin Arthur	JR	St. John's (Minn.)	22.49	22.46	5 4
6	Wyatt Quiring	SR	Gustavus Adolphus	22.58	22.62	4 3
7	Arlo Heitler	SO	Macalester	22.35	22.68	6 2
8	Chris Bulwa	SO	Saint Mary's	22.55	22.69	4 1
9	Cameron McConnell	SO	Bethel (Minn.)	23.49	22.77	2
10	Alec Braun	SO	Bethel (Minn.)	23.16	23.22	4
11	Nolan Morical	SO	Concordia-Moorhead	23.23	23.35	3
12	Tony Haack	FR	Bethel (Minn.)	23.50	23.49	2
13	Trokon Karngar	SR	Bethel (Minn.)	23.55	23.60	1
14	Emanuel Popoca	SO	St. John's (Minn.)	23.60	23.66	1
15	Collin Asplin	FR	Bethel (Minn.)	23.66	23.77	5
16	David Couper	SO	Hamline	23.68	23.83	4
17	Jordan Petron	SO	Concordia-Moorhead	23.80	23.84	2
18	Albert Smith	SR	Bethel (Minn.)	23.77	23.85	3
19	Matthew Skelly	SO	Gustavus Adolphus	23.47	23.90	2
20	Jacob Kogut	SO	Macalester	23.65	24.02	6
21	Peyton Kessel	SO	Concordia-Moorhead	24.04	24.20	1
--	Varney Conneh	SR	Augsburg	23.17	DNS	3
--	Sean Alfaro Diedrich	SO	St. Scholastica	23.42	DNS	3
--	Nathan Le	SO	Gustavus Adolphus	23.55	DNS	1

Men 400 Meter Dash

Championship: C 48.78 2004		Matthew Shannon, Augsburg				
Name	Year	School	Seed	Finals	H#	Points
1	Jacob Parent	SO	Bethel (Minn.)	48.30	49.17	3 10
	22.931 (22.931)		49.168 (26.237)			
2	Joel Smith	SR	Bethel (Minn.)	49.33	49.33	3 8
	23.272 (23.272)		49.330 (26.059)			
3	Cal Wright	SR	Concordia-Moorhead	49.23	49.39	3 6
	23.000 (23.000)		49.384 (26.384)			
4	Arlo Heitler	SO	Macalester	49.67	49.68	3 5
	23.457 (23.457)		49.679 (26.222)			
5	Hayden Gagnon	SR	Concordia-Moorhead	49.98	49.86	2 4
	22.972 (22.972)		49.854 (26.882)			
6	Grant Nelson	FR	Bethel (Minn.)	50.11	50.12	2 3
	23.423 (23.423)		50.119 (26.696)			

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Men 400 Meter Dash**

7	Wyatt Quiring	SR Gustavus Adolphus	49.84	50.26	2	2
	23.173 (23.173)	50.258 (27.086)				
8	Brady Labine	SR St. John's (Minn.)	50.67	50.48	2	1
	23.636 (23.636)	50.472 (26.837)				
9	Chris Bulwa	SO Saint Mary's	50.80	51.06	1	
	23.992 (23.992)	51.055 (27.064)				
10	Jeff Wang	SO Macalester	51.67	51.67	1	
	24.230 (24.230)	51.669 (27.439)				
11	Jericho Peterson	JR St. Scholastica	51.96	51.97	3	
	24.137 (24.137)	51.970 (27.834)				
12	Noah Kubicek	FR St. Scholastica	51.86	52.09	1	
	24.946 (24.946)	52.085 (27.140)				
13	Trevor Tiongson	SO Concordia-Moorhead	51.75	52.23	1	
	24.529 (24.529)	52.227 (27.699)				
14	Seth Zeitchick	JR Gustavus Adolphus	51.89	52.25	3	
	24.851 (24.851)	52.245 (27.394)				
15	Agro Gushwa	SO Gustavus Adolphus	52.55	52.69	1	
	24.855 (24.855)	52.687 (27.832)				
16	Liam Kennedy	JR Carleton	52.47	52.95	1	
	24.675 (24.675)	52.949 (28.275)				
17	Tyler Anderson	SO St. Scholastica	52.44	53.70	2	
	24.942 (24.942)	53.699 (28.758)				
--	Simon Zahrbock	SR Concordia-Moorhead	52.06	DNF	2	
	24.972 (24.972)					

Men 600 Meter Run

Championship: C 1:20.19 2017 Carl Klamm, Bethel						
Name	Year	School	Seed	Finals	H#	Points
1 Joel Smith		SR Bethel (Minn.)	1:20.64	1:20.87	3	10
	24.753 (24.753)	51.384 (26.631)	1:20.863 (29.480)			
2 Josh Meier		SO Carleton	1:22.86	1:22.26	3	8
	26.317 (26.317)	53.080 (26.764)	1:22.252 (29.173)			
3 Tyler Smith		SO Gustavus Adolphus	1:23.47	1:23.36	3	6
	26.547 (26.547)	54.229 (27.683)	1:23.356 (29.127)			
4 Reese Anderson		FR Carleton	1:22.66	1:23.37	3	5
	26.695 (26.695)	53.951 (27.256)	1:23.361 (29.411)			
5 Hayden Gagnon		SR Concordia-Moorhead	1:23.88	1:23.69	2	4
	26.291 (26.291)	54.983 (28.692)	1:23.689 (28.707)			
6 Noah Kubicek		FR St. Scholastica	1:23.83	1:24.10	3	3
	26.938 (26.938)	54.437 (27.499)	1:24.097 (29.661)			
7 Alex Bittner		FR St. Olaf	1:24.11	1:24.56	2	2
	26.719 (26.719)	55.362 (28.644)	1:24.552 (29.190)			
8 Alistair Pattison		JR Carleton	1:23.48	1:25.06	3	1
	26.459 (26.459)	54.555 (28.096)	1:25.051 (30.496)			
9 Owen Montreuil		FR St. John's (Minn.)	1:26.64	1:25.88	1	
	26.661 (26.661)	55.341 (28.680)	1:25.875 (30.534)			
10 Lance Nemecek		FR St. Olaf	1:25.78	1:25.94	1	
	26.465 (26.465)	55.011 (28.546)	1:25.932 (30.922)			
11 Clark Nelson		SO Bethel (Minn.)	1:26.12	1:26.03	1	
	27.134 (27.134)	56.133 (28.999)	1:26.030 (29.897)			
12 Will Mattock		JR St. John's (Minn.)	1:25.98	1:26.09	1	
	26.930 (26.930)	55.634 (28.704)	1:26.084 (30.451)			

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

13 Derek Douglas	SO St. Scholastica	1:24.63	1:26.52	2
26.864 (26.864)	55.787 (28.923)	1:26.515 (30.729)		
14 Peter Oviguiian	JR Gustavus Adolphus	1:26.11	1:26.85	1
26.799 (26.799)	55.766 (28.968)	1:26.846 (31.080)		
15 Gabe Estrada	SO St. Olaf	1:25.58	1:27.46	1
26.950 (26.950)	55.957 (29.007)	1:27.460 (31.504)		
16 Markus Rupnow	SO Gustavus Adolphus	1:25.04	1:30.69	2
26.462 (26.462)	58.251 (31.790)	1:30.688 (32.437)		
17 Brady Labine	SR St. John's (Minn.)	1:24.81	1:40.33	2
26.545 (26.545)	1:01.406 (34.861)	1:40.324 (38.919)		
-- Nathan Smith	SO Bethel (Minn.)	1:25.38	DNF	2
27.059 (27.059)	56.822 (29.764)			

Men 800 Meter Run

=====						
Championship: C 1:52.54 2010 Max Hanson, Gustavus Adolphus						
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Josh Meier	SO	Carleton	1:57.26	1:56.44	3	10
28.599 (28.599)		57.485 (28.887)	1:26.881 (29.396)	1:56.432 (29.552)		
2 Tyler Smith	SO	Gustavus Adolphus	1:56.40	1:56.93	3	8
28.419 (28.419)		57.221 (28.802)	1:26.687 (29.467)	1:56.930 (30.243)		
3 Jeremy Fong	SR	Carleton	1:58.16	1:57.70	3	6
28.866 (28.866)		57.984 (29.118)	1:27.180 (29.197)	1:57.696 (30.517)		
4 Alistair Pattison	JR	Carleton	1:59.94	1:57.75	2	5
27.894 (27.894)		56.530 (28.637)	1:26.892 (30.362)	1:57.746 (30.854)		
5 Getinat Asfaw	JR	Augsburg	1:57.42	1:57.77	3	4
28.680 (28.680)		57.794 (29.114)	1:27.251 (29.458)	1:57.764 (30.513)		
6 Zach Martin	FR	St. Olaf	1:59.50	1:58.05	2	3
27.420 (27.420)		56.378 (28.958)	1:27.112 (30.734)	1:58.043 (30.932)		
7 Jose Gonzalez-Ramirez	JR	St. Olaf	2:01.08	1:59.18	2	2
27.782 (27.782)		56.773 (28.991)	1:27.489 (30.717)	1:59.173 (31.685)		
8 Markus Rupnow	SO	Gustavus Adolphus	1:58.74	1:59.32	3	1
28.660 (28.660)		58.075 (29.415)	1:28.041 (29.967)	1:59.318 (31.277)		
9 Nathan Clausang	JR	St. John's (Minn.)	1:58.66	2:00.08	3	
29.068 (29.068)		58.426 (29.358)	1:28.487 (30.061)	2:00.080 (31.593)		
10 Alexei Hensel	JR	St. John's (Minn.)	2:01.20	2:00.33	1	
28.666 (28.666)		58.960 (30.294)	1:29.452 (30.492)	2:00.328 (30.877)		
11 Sakariya Hussien	SR	Augsburg	2:02.09	2:00.41	1	
28.543 (28.543)		58.737 (30.194)	1:29.523 (30.786)	2:00.405 (30.882)		
12 Samuel Rengo	JR	St. John's (Minn.)	2:04.15	2:00.56	1	
28.820 (28.820)		59.383 (30.564)	1:29.764 (30.381)	2:00.552 (30.788)		
13 Grant Schneider	FR	Saint Mary's	1:59.57	2:00.78	2	
28.497 (28.497)		56.965 (28.468)	1:27.718 (30.754)	2:00.779 (33.061)		
14 Derek Douglas	SO	St. Scholastica	1:59.09	2:00.82	3	
28.482 (28.482)		57.614 (29.132)	1:28.029 (30.415)	2:00.819 (32.791)		
15 Clark Nelson	SO	Bethel (Minn.)	2:01.15	2:00.83	1	
28.737 (28.737)		59.205 (30.469)	1:30.183 (30.978)	2:00.829 (30.647)		
16 Mark Rud	FR	Gustavus Adolphus	1:59.88	2:01.66	2	
28.036 (28.036)		57.147 (29.111)	1:27.765 (30.619)	2:01.659 (33.895)		
17 Gabe Kuecker	SO	Bethel (Minn.)	2:00.97	2:02.38	2	
28.355 (28.355)		57.463 (29.108)	1:29.133 (31.671)	2:02.380 (33.247)		
18 Jay Lebakken	FR	Macalester	2:03.79	2:04.29	1	2:04.281
29.020 (29.020)		59.759 (30.740)	1:31.672 (31.913)	2:04.281 (32.609)		

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

19 Daniel Hage	SR Bethel (Minn.)	2:04.79	2:04.29	1	2:04.283
29.145 (29.145)	1:00.041 (30.897)	1:32.445 (32.404)	2:04.283 (31.838)		
20 Bereket Wondimu	JR Augsburg	2:04.72	2:06.09	1	
29.216 (29.216)	1:00.102 (30.887)	1:32.694 (32.593)	2:06.090 (33.396)		
21 Solomon Johnson	SR Concordia-Moorhead	2:00.12	2:07.18	2	
28.547 (28.547)	58.259 (29.713)	1:30.473 (32.215)	2:07.176 (36.703)		

Men 1000 Meter Run

=====						
Championship: C 2:26.02 2017 Donson-Cook Gallardo, Carleton						
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Tucker Wallin		JR Gustavus Adolphus	2:31.36	2:31.32	3	10
29.878 (29.878)		1:00.150 (30.272)	1:31.352 (31.203)	2:02.166 (30.814)		
2:31.316 (29.151)						
2 Olaf Coffey		SO St. Olaf	2:33.44	2:31.56	3	8
30.508 (30.508)		1:00.721 (30.214)	1:31.616 (30.896)	2:02.481 (30.865)		
2:31.554 (29.074)						
3 Jeremy Fong		SR Carleton	2:33.64	2:32.43	3	6
29.718 (29.718)		59.905 (30.188)	1:31.090 (31.185)	2:01.869 (30.779)		
2:32.421 (30.553)						
4 Getinat Asfaw		JR Augsburg	2:34.52	2:32.79	3	5
30.598 (30.598)		1:00.953 (30.356)	1:31.841 (30.888)	2:02.874 (31.034)		
2:32.787 (29.913)						
5 Indy Lyness		FR Carleton	2:34.36	2:32.87	3	4
30.477 (30.477)		1:01.279 (30.802)	1:32.620 (31.341)	2:03.022 (30.402)		
2:32.870 (29.848)						
6 Sakariya Hussien		SR Augsburg	2:34.96	2:33.29	3	3
30.218 (30.218)		1:00.895 (30.677)	1:32.166 (31.272)	2:03.122 (30.956)		
2:33.289 (30.168)						
7 Dillon Diekmann		SR St. John's (Minn.)	2:35.96	2:34.45	2	2
29.262 (29.262)		59.751 (30.489)	1:30.871 (31.121)	2:03.839 (32.969)		
2:34.449 (30.610)						
8 Grant Schneider		FR Saint Mary's	2:38.48	2:34.79	2	1
29.499 (29.499)		1:00.129 (30.631)	1:32.756 (32.627)	2:03.974 (31.219)		
2:34.782 (30.809)						
9 Nathan Neu		SO St. Scholastica	2:34.87	2:35.91	3	
30.717 (30.717)		1:01.641 (30.925)	1:32.798 (31.157)	2:03.829 (31.032)		
2:35.901 (32.073)						
10 Nick St. Peter		FR St. John's (Minn.)	2:38.60	2:36.82	2	
29.976 (29.976)		1:01.075 (31.099)	1:33.705 (32.631)	2:06.440 (32.735)		
2:36.819 (30.379)						
11 Samuel Rengo		JR St. John's (Minn.)	2:38.47	2:37.05	2	
29.805 (29.805)		1:00.798 (30.993)	1:33.463 (32.666)	2:05.822 (32.359)		
2:37.041 (31.219)						
12 Jackson Marsh		SO St. Olaf	2:36.60	2:37.10	2	
29.609 (29.609)		59.938 (30.330)	1:31.323 (31.385)	2:04.205 (32.883)		
2:37.091 (32.886)						
13 Nathan Clausing		JR St. John's (Minn.)	2:38.19	2:38.33	2	
29.434 (29.434)		1:00.553 (31.119)	1:33.242 (32.690)	2:06.110 (32.868)		
2:38.327 (32.218)						
14 Carson Roehl		SO Gustavus Adolphus	2:35.74	2:38.52	3	
30.316 (30.316)		1:01.397 (31.081)	1:33.538 (32.142)	2:06.156 (32.619)		
2:38.513 (32.357)						

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

15 Riley Berg	JR St. John's (Minn.)	2:40.39	2:38.73	1
30.928 (30.928)	1:02.945 (32.017)	1:35.374 (32.429)	2:08.070 (32.697)	
2:38.727 (30.658)				
16 Tanner Olson	SR Concordia-Moorhead	2:38.74	2:38.77	2
29.224 (29.224)	59.494 (30.271)	1:30.632 (31.138)	2:03.821 (33.189)	
2:38.769 (34.949)				
17 Gavin Groshelle	SO Concordia-Moorhead	2:40.66	2:39.28	1
30.852 (30.852)	1:02.651 (31.800)	1:35.526 (32.875)	2:08.596 (33.070)	
2:39.274 (30.678)				
18 Penn Sagedahl	JR St. Olaf	2:38.94	2:39.35	1
29.756 (29.756)	1:02.026 (32.270)	1:35.274 (33.248)	2:08.066 (32.792)	
2:39.344 (31.278)				
19 Tad Stewart	JR Bethel (Minn.)	2:38.74	2:40.18	2
29.601 (29.601)	1:00.257 (30.656)	1:31.808 (31.552)	2:05.536 (33.728)	
2:40.171 (34.636)				
20 Ben Chao	SR Carleton	2:41.34	2:41.21	1
31.370 (31.370)	1:03.194 (31.824)	1:36.037 (32.843)	2:09.679 (33.643)	
2:41.202 (31.523)				
21 Jonathan Krueger	FR Concordia-Moorhead	2:42.35	2:43.19	1
30.697 (30.697)	1:02.444 (31.747)	1:35.630 (33.187)	2:09.200 (33.570)	
2:43.190 (33.991)				
22 Brock Adams	SO Macalester	2:39.88	2:43.84	1
30.405 (30.405)	1:02.645 (32.240)	1:35.792 (33.147)	2:09.930 (34.138)	
2:43.839 (33.910)				
-- Alexei Hensel	JR St. John's (Minn.)	2:40.79	DNS	1
-- Daniel Kloepfner	JR St. John's (Minn.)	2:41.18	DNS	1

Men 1 Mile Run

Championship: C 4:11.94 2014 Grant Wintheiser, St. Olaf						
Name	Year	School	Seed	Finals	H#	Points
1 Gabe Nichols		FR Carleton	4:12.26	4:12.99	3	10
31.622 (31.622)		1:02.894 (31.273)	1:33.746 (30.852)	2:05.869 (32.124)		
2:37.424 (31.555)		3:09.119 (31.695)	3:40.819 (31.701)	4:12.982 (32.163)		
2 Mitchell Grand		JR St. John's (Minn.)	4:17.59	4:15.43	3	8
32.400 (32.400)		1:03.688 (31.289)	1:35.173 (31.485)	2:07.019 (31.846)		
2:39.174 (32.155)		3:11.011 (31.838)	3:42.629 (31.619)	4:15.426 (32.797)		
3 Tucker Wallin		JR Gustavus Adolphus	4:21.98	4:16.48	3	6
33.845 (33.845)		1:04.166 (30.321)	1:35.513 (31.347)	2:07.640 (32.128)		
2:39.712 (32.072)		3:11.647 (31.936)	3:43.859 (32.212)	4:16.476 (32.618)		
4 Roy Llewellyn		FR Carleton	4:17.30	4:16.93	3	5
32.134 (32.134)		1:03.429 (31.295)	1:35.046 (31.617)	2:07.373 (32.328)		
2:39.959 (32.586)		3:12.552 (32.594)	3:45.740 (33.189)	4:16.923 (31.184)		
5 Lloyd Young		JR St. John's (Minn.)	4:19.45	4:18.30	3	4
33.629 (33.629)		1:03.953 (30.325)	1:35.367 (31.414)	2:07.193 (31.827)		
2:39.415 (32.222)		3:11.430 (32.016)	3:43.660 (32.230)	4:18.293 (34.633)		
6 Olaf Coffey		SO St. Olaf	4:21.40	4:21.82	3	3
33.192 (33.192)		1:04.794 (31.602)	1:36.662 (31.869)	2:09.251 (32.589)		4:21.811
2:42.143 (32.892)		3:15.163 (33.021)	3:49.124 (33.962)	4:21.812 (32.689)		
7 Indy Lyness		FR Carleton	4:20.80	4:21.82	3	2
33.610 (33.610)		1:05.173 (31.564)	1:37.276 (32.103)	2:10.790 (33.515)		4:21.818
2:44.646 (33.856)		3:18.132 (33.487)	3:51.042 (32.910)	4:21.82 (30.78)		

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

8	Elijah Jones	SR Carleton	4:21.42	4:22.19	3	1
	34.561 (34.561)	1:05.711 (31.150)	1:37.504 (31.793)	2:10.583 (33.079)		
	2:44.272 (33.690)	3:17.567 (33.295)	3:50.630 (33.064)	4:22.19 (31.57)		
9	Nathan Neu	SO St. Scholastica	4:27.66	4:23.79	3	
	34.142 (34.142)	1:05.549 (31.407)	1:37.649 (32.101)	2:11.081 (33.433)		
	2:44.917 (33.837)	3:18.519 (33.602)	3:51.513 (32.994)	4:23.79 (32.28)		
10	Brett Hanley	SO Carleton	4:35.90	4:29.82	2	
	35.585 (35.585)	1:09.524 (33.939)	1:42.780 (33.257)	2:17.361 (34.581)		
	2:51.495 (34.135)	3:25.339 (33.844)	3:59.245 (33.907)	4:29.818 (30.573)		
11	Emerson Lange	FR Carleton	4:35.58	4:31.04	2	
	36.054 (36.054)	1:10.119 (34.065)	1:43.736 (33.618)	2:18.221 (34.485)		
	2:52.018 (33.798)	3:26.233 (34.215)	3:59.234 (33.002)	4:31.039 (31.805)		
12	Brock Adams	SO Macalester	4:35.55	4:31.30	2	
	34.782 (34.782)	1:08.840 (34.059)	1:42.216 (33.377)	2:16.734 (34.518)		
	2:51.212 (34.478)	3:25.729 (34.518)	3:59.953 (34.224)	4:31.299 (31.347)		
13	Joe Madell	SO Macalester	4:35.55	4:32.09	2	
	35.835 (35.835)	1:09.800 (33.965)	1:43.115 (33.315)	2:17.609 (34.495)		
	2:52.146 (34.538)	3:26.075 (33.929)	4:00.280 (34.205)	4:32.084 (31.804)		
14	Trevor LaVigne	SO Gustavus Adolphus	4:33.10	4:32.38	2	
	36.337 (36.337)	1:10.032 (33.695)	1:43.075 (33.043)	2:18.095 (35.021)		
	2:51.525 (33.431)	3:24.417 (32.892)	3:58.606 (34.189)	4:32.377 (33.772)		
15	Lucas LiaBraaten	FR Hamline	4:39.31	4:34.18	1	
	36.119 (36.119)	1:10.101 (33.983)	1:44.263 (34.162)	2:19.690 (35.427)		
	2:54.935 (35.246)	3:30.164 (35.229)	4:03.844 (33.680)	4:34.174 (30.330)		
16	Carson Roehl	SO Gustavus Adolphus	4:28.25	4:34.84	2	
	34.989 (34.989)	1:08.972 (33.983)	1:42.094 (33.122)	2:16.571 (34.478)		
	2:51.110 (34.539)	3:25.483 (34.373)	4:00.716 (35.233)	4:34.831 (34.116)		
17	Alex Fendig	JR Macalester	4:37.10	4:36.55	1	
	36.522 (36.522)	1:10.584 (34.063)	1:44.525 (33.941)	2:20.351 (35.826)		
	2:55.471 (35.121)	3:30.879 (35.408)	4:05.316 (34.437)	4:36.548 (31.233)		
18	Penn Sagedahl	JR St. Olaf	4:30.94	4:36.67	2	
	35.493 (35.493)	1:09.128 (33.636)	1:41.951 (32.824)	2:16.460 (34.509)		
	2:50.963 (34.503)	3:26.174 (35.212)	4:01.750 (35.577)	4:36.667 (34.917)		
19	Aiden Chalmers	FR St. John's (Minn.)	4:39.14	4:36.82	1	
	36.753 (36.753)	1:10.679 (33.927)	1:45.122 (34.443)	2:20.463 (35.341)		
	2:55.662 (35.199)	3:31.662 (36.000)	4:05.914 (34.253)	4:36.811 (30.898)		
20	Ben Chao	SR Carleton	4:38.82	4:37.24	1	
	36.972 (36.972)	1:10.303 (33.332)	1:44.814 (34.511)	2:20.115 (35.301)		
	2:55.965 (35.851)	3:31.325 (35.360)	4:05.122 (33.797)	4:37.234 (32.113)		
21	Cole Peske	SR Macalester	4:36.98	4:38.42	1	
	36.334 (36.334)	1:09.612 (33.279)	1:43.796 (34.184)	2:19.895 (36.100)		
	2:55.450 (35.555)	3:31.063 (35.613)	4:05.619 (34.556)	4:38.414 (32.796)		
22	Jonah Kalsnes	SO Gustavus Adolphus	4:37.24	4:39.94	1	
	35.953 (35.953)	1:09.874 (33.922)	1:44.056 (34.182)	2:19.508 (35.453)		
	2:55.143 (35.635)	3:30.636 (35.494)	4:05.984 (35.348)	4:39.936 (33.953)		
23	Ryan Bernstein	FR Carleton	4:35.84	4:40.18	2	
	36.063 (36.063)	1:10.331 (34.268)	1:43.471 (33.140)	2:17.716 (34.246)		
	2:51.722 (34.006)	3:26.085 (34.363)	4:01.115 (35.030)	4:40.173 (39.059)		
24	Aric Brodie	SR Hamline	4:29.49	4:41.97	2	
	35.318 (35.318)	1:09.203 (33.886)	1:42.441 (33.238)	2:16.951 (34.511)		
	2:51.296 (34.345)	3:25.688 (34.393)	4:02.816 (37.129)	4:41.970 (39.154)		
25	Aidan Appel	SO Macalester	4:39.19	4:43.45	1	
	36.379 (36.379)	1:07.940 (31.561)	1:43.186 (35.247)	2:19.189 (36.003)		
	2:55.157 (35.968)	3:31.544 (36.387)	4:08.677 (37.134)	4:43.450 (34.774)		

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

26 Angelo Fiataruolo	FR St. Olaf	4:37.64	4:44.41	1
35.759 (35.759)	1:10.420 (34.662)	1:45.364 (34.944)	2:21.022 (35.659)	
2:56.445 (35.423)	3:32.686 (36.242)	4:10.413 (37.728)	4:44.408 (33.996)	
-- Daniel Kloepfner	JR St. John's (Minn.)	4:36.63	DNS	1

Men 3000 Meter Run

Championship: C 8:11.52 2/29/2020 Matthew Wilkinson, Carleton

Name	Year School	Seed	Finals	H#	Points
1 Gabe Nichols	FR Carleton	8:23.01	8:23.16	2	10
31.963 (31.963)	1:05.820 (33.857)	1:38.525 (32.705)	2:11.680 (33.156)		
2:45.267 (33.588)	3:19.253 (33.986)	3:52.929 (33.676)	4:26.937 (34.008)		
5:00.628 (33.692)	5:34.551 (33.923)	6:08.793 (34.243)	6:43.296 (34.503)		
7:17.983 (34.687)	7:52.121 (34.139)	8:23.154 (31.033)			
2 Will Kelly	SO St. Olaf	8:34.60	8:28.65	2	8
33.069 (33.069)	1:07.361 (34.292)	1:41.594 (34.234)	2:14.566 (32.972)		
2:49.417 (34.852)	3:24.429 (35.012)	3:59.223 (34.794)	4:34.685 (35.462)		
5:09.667 (34.983)	5:43.411 (33.744)	6:17.672 (34.261)	6:51.486 (33.815)		
7:25.806 (34.320)	7:58.609 (32.803)	8:28.641 (30.032)			
3 Lloyd Young	JR St. John's (Minn.)	8:23.15	8:29.74	2	6
34.030 (34.030)	1:08.376 (34.346)	1:42.163 (33.787)	2:15.011 (32.849)		
2:49.590 (34.579)	3:24.688 (35.098)	3:59.484 (34.797)	4:34.857 (35.373)		
5:09.928 (35.071)	5:43.675 (33.748)	6:17.905 (34.231)	6:51.713 (33.808)		
7:25.826 (34.114)	7:58.911 (33.085)	8:29.731 (30.821)			
4 Chris Melville	JR Carleton	8:42.04	8:33.86	2	5
35.015 (35.015)	1:09.460 (34.445)	1:43.829 (34.369)	2:18.461 (34.633)		
2:53.016 (34.555)	3:27.914 (34.898)	4:02.738 (34.825)	4:38.019 (35.281)		
5:12.626 (34.608)	5:46.899 (34.273)	6:20.744 (33.845)	6:54.843 (34.100)		
7:29.022 (34.180)	8:02.333 (33.311)	8:33.858 (31.525)			
5 Tor Olsson	SO Macalester	8:42.46	8:36.26	2	4
33.502 (33.502)	1:07.868 (34.367)	1:42.126 (34.258)	2:14.853 (32.728)		
2:49.867 (35.014)	3:24.943 (35.076)	3:59.788 (34.846)	4:35.367 (35.579)		
5:10.786 (35.419)	5:43.987 (33.202)	6:18.292 (34.305)	6:53.588 (35.297)		
7:29.239 (35.651)	8:02.669 (33.431)	8:36.254 (33.585)			
6 Henry Bowman	SR Carleton	8:27.59	8:36.84	2	3
34.213 (34.213)	1:08.587 (34.375)	1:43.009 (34.423)	2:17.637 (34.628)		
2:52.131 (34.495)	3:26.683 (34.552)	4:01.663 (34.980)	4:36.943 (35.281)		
5:12.211 (35.269)	5:47.127 (34.916)	6:21.818 (34.692)	6:56.653 (34.835)		
7:31.038 (34.385)	8:05.586 (34.549)	8:36.839 (31.253)			
7 Anders Cote	SO St. Olaf	8:44.84	8:37.69	2	2
34.755 (34.755)	1:08.854 (34.099)	1:43.281 (34.428)	2:17.936 (34.655)		
2:52.486 (34.551)	3:27.445 (34.960)	4:02.228 (34.783)	4:37.534 (35.306)		
5:12.886 (35.352)	5:48.046 (35.161)	6:22.922 (34.876)	6:57.925 (35.004)		
7:32.322 (34.398)	8:05.794 (33.472)	8:37.681 (31.887)			
8 Roy Llewellyn	FR Carleton	8:33.73	8:38.28	2	1
33.276 (33.276)	1:07.582 (34.307)	1:41.862 (34.280)	2:14.353 (32.492)		
2:49.250 (34.898)	3:24.213 (34.963)	3:59.037 (34.825)	4:34.508 (35.471)		
5:10.208 (35.701)	5:44.667 (34.459)	6:20.590 (35.923)	6:55.772 (35.182)		
7:31.363 (35.592)	8:06.211 (34.848)	8:38.272 (32.062)			
9 Ben Crotteau	SO Macalester	8:41.00	8:38.47	2	
35.901 (35.901)	1:09.724 (33.824)	1:44.090 (34.367)	2:18.669 (34.580)		
2:53.225 (34.556)	3:27.435 (34.211)	4:01.888 (34.453)	4:37.191 (35.304)		
5:12.449 (35.258)	5:47.441 (34.993)	6:21.013 (33.573)	6:55.134 (34.121)		
7:29.761 (34.628)	8:04.082 (34.322)	8:38.467 (34.386)			

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

10	Mohammed Bati	FR Augsburg	8:39.40	8:40.54	2
	33.744 (33.744)	1:08.178 (34.434)	1:41.423 (33.245)	2:12.013 (30.591)	
	2:46.894 (34.881)	3:22.775 (35.882)	3:59.208 (36.434)	4:35.072 (35.865)	
	5:10.496 (35.424)	5:45.175 (34.679)	6:21.244 (36.069)	6:57.645 (36.401)	
	7:33.150 (35.506)	8:05.415 (32.266)	8:40.532 (35.117)		
11	Reece McKee	SO Macalester	8:47.35	8:42.03	2
	36.191 (36.191)	1:10.263 (34.072)	1:44.541 (34.278)	2:19.496 (34.956)	
	2:53.896 (34.400)	3:28.575 (34.679)	4:03.207 (34.633)	4:38.526 (35.319)	
	5:13.384 (34.858)	5:48.661 (35.278)	6:23.703 (35.042)	6:59.197 (35.495)	
	7:35.310 (36.113)	8:10.277 (34.968)	8:42.021 (31.744)		
12	Elijah Jones	SR Carleton	8:40.44	8:42.63	2
	36.223 (36.223)	1:09.980 (33.758)	1:44.359 (34.380)	2:18.958 (34.599)	
	2:53.503 (34.546)	3:28.151 (34.648)	4:02.982 (34.832)	4:38.260 (35.278)	
	5:13.098 (34.839)	5:47.297 (34.199)	6:22.070 (34.773)	6:57.278 (35.208)	
	7:32.625 (35.348)	8:07.521 (34.896)	8:42.628 (35.108)		
13	Julian Munoz	JR St. Olaf	8:47.81	8:46.36	2
	36.036 (36.036)	1:09.277 (33.242)	1:43.536 (34.259)	2:18.207 (34.672)	
	2:52.745 (34.538)	3:27.671 (34.927)	4:02.517 (34.847)	4:37.837 (35.320)	
	5:13.322 (35.486)	5:48.314 (34.992)	6:23.470 (35.157)	6:59.209 (35.740)	
	7:35.043 (35.834)	8:11.000 (35.958)	8:46.352 (35.352)		
14	Nick Ihrke	SO Macalester	8:45.30	8:49.43	2
	35.716 (35.716)	1:10.247 (34.532)	1:44.768 (34.522)	2:19.814 (35.047)	
	2:54.184 (34.370)	3:28.930 (34.747)	4:03.550 (34.620)	4:38.957 (35.407)	
	5:13.967 (35.010)	5:49.693 (35.727)	6:25.510 (35.817)	7:02.349 (36.839)	
	7:39.219 (36.871)	8:15.227 (36.008)	8:49.430 (34.204)		
15	Derk Lyford	JR St. Olaf	9:04.26	8:49.84	1
	35.165 (35.165)	1:10.280 (35.115)	1:45.995 (35.716)	2:21.720 (35.726)	
	2:58.158 (36.438)	3:34.443 (36.286)	4:11.049 (36.606)	4:47.192 (36.144)	
	5:22.869 (35.677)	5:58.813 (35.944)	6:34.115 (35.302)	7:09.336 (35.221)	
	7:45.595 (36.260)	8:19.413 (33.818)	8:49.834 (30.421)		
16	Kevin Turlington	FR St. Olaf	8:53.52	8:53.16	1
	34.137 (34.137)	1:09.353 (35.216)	1:45.375 (36.023)	2:20.962 (35.587)	
	2:57.750 (36.789)	3:34.234 (36.485)	4:11.312 (37.078)	4:46.235 (34.924)	
	5:21.247 (35.012)	5:56.915 (35.668)	6:32.661 (35.747)	7:08.511 (35.851)	
	7:44.477 (35.966)	8:19.934 (35.457)	8:53.157 (33.224)		
17	Kevin Montresor	JR St. Olaf	8:55.18	8:55.98	1
	33.850 (33.850)	1:09.087 (35.238)	1:45.031 (35.944)	2:20.596 (35.566)	
	2:57.280 (36.684)	3:33.797 (36.518)	4:10.697 (36.900)	4:46.475 (35.778)	
	5:21.632 (35.158)	5:57.865 (36.233)	6:33.864 (36.000)	7:09.809 (35.945)	
	7:46.037 (36.229)	8:21.939 (35.902)	8:55.971 (34.032)		
18	Leo Smith	SR Concordia-Moorhead	8:58.80	8:57.97	1
	36.273 (36.273)	1:11.791 (35.518)	1:47.366 (35.575)	2:22.822 (35.456)	
	2:58.555 (35.734)	3:34.174 (35.620)	4:10.770 (36.596)	4:47.303 (36.534)	
	5:23.000 (35.697)	5:59.412 (36.413)	6:35.843 (36.431)	7:11.915 (36.073)	
	7:47.562 (35.647)	8:23.529 (35.967)	8:57.965 (34.437)		
19	Joe Lee	SO Concordia-Moorhead	8:51.28	9:01.57	2
	36.409 (36.409)	1:10.529 (34.121)	1:45.007 (34.478)	2:19.313 (34.306)	
	2:54.139 (34.826)	3:29.281 (35.143)	4:04.216 (34.935)	4:39.363 (35.148)	
	5:14.888 (35.525)	5:51.803 (36.916)	6:29.664 (37.861)	7:08.095 (38.432)	
	7:46.723 (38.629)	8:24.803 (38.080)	9:01.566 (36.763)		
20	Aric Brodie	SR Hamline	9:10.56	9:04.74	1
	37.434 (37.434)	1:13.501 (36.067)	1:49.822 (36.321)	2:26.007 (36.186)	
	3:02.365 (36.359)	3:38.101 (35.736)	4:14.365 (36.265)	4:50.608 (36.244)	
	5:26.818 (36.211)	6:03.916 (37.099)	6:40.280 (36.364)	7:17.658 (37.379)	
	7:54.470 (36.813)	8:31.243 (36.773)	9:04.731 (33.489)		

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

21 Logan McCullough	SO Gustavus Adolphus	9:07.61	9:06.20	1
36.380 (36.380)	1:11.926 (35.546)	1:48.220 (36.294)	2:23.765 (35.546)	
2:59.875 (36.111)	3:36.214 (36.339)	4:13.049 (36.836)	4:50.518 (37.469)	
5:27.297 (36.780)	6:04.220 (36.923)	6:41.335 (37.116)	7:18.549 (37.215)	
7:55.308 (36.759)	8:31.997 (36.690)	9:06.199 (34.203)		
22 Grant Graber	SO Bethel (Minn.)	8:59.21	9:06.61	1
34.534 (34.534)	1:09.646 (35.112)	1:45.621 (35.976)	2:21.866 (36.245)	
2:58.427 (36.562)	3:34.662 (36.235)	4:10.507 (35.845)	4:47.797 (37.290)	
5:23.555 (35.759)	6:00.383 (36.828)	6:38.231 (37.849)	7:17.560 (39.329)	
7:55.574 (38.014)	8:33.249 (37.676)	9:06.604 (33.356)		
23 Ben Aoki-Sherwood	SR Carleton	9:04.13	9:08.06	1
36.121 (36.121)	1:12.596 (36.476)	1:49.231 (36.636)	2:25.536 (36.305)	
3:01.776 (36.240)	3:37.855 (36.079)	4:13.944 (36.090)	4:50.283 (36.339)	
5:26.547 (36.265)	6:03.633 (37.086)	6:40.480 (36.847)	7:17.432 (36.952)	
7:54.823 (37.391)	8:31.889 (37.067)	9:08.051 (36.163)		
24 Henry Hinchcliffe	SO Gustavus Adolphus	9:02.98	9:11.85	1
35.883 (35.883)	1:10.592 (34.709)	1:45.718 (35.126)	2:20.323 (34.605)	
2:57.324 (37.002)	3:33.840 (36.516)	4:10.565 (36.726)	4:48.808 (38.243)	
5:26.850 (38.043)	6:05.402 (38.552)	6:44.974 (39.572)	7:25.252 (40.279)	
8:05.211 (39.959)	8:40.927 (35.717)	9:11.841 (30.914)		
25 Trevor LaVigne	SO Gustavus Adolphus	9:01.26	9:12.36	1
35.360 (35.360)	1:11.555 (36.196)	1:47.683 (36.128)	2:23.424 (35.741)	
2:59.592 (36.168)	3:36.400 (36.809)	4:13.380 (36.980)	4:51.289 (37.910)	
5:27.727 (36.438)	6:04.588 (36.861)	6:42.685 (38.098)	7:22.255 (39.570)	
7:59.926 (37.672)	8:39.076 (39.150)	9:12.353 (33.277)		
26 Aidan St George	JR Bethel (Minn.)	9:07.24	9:12.63	1
35.725 (35.725)	1:11.627 (35.902)	1:47.035 (35.408)	2:23.067 (36.033)	
2:58.950 (35.883)	3:34.506 (35.556)	4:11.163 (36.658)	4:47.500 (36.338)	
5:23.257 (35.757)	5:59.986 (36.730)	6:38.389 (38.403)	7:17.334 (38.946)	
7:56.982 (39.648)	8:36.703 (39.721)	9:12.623 (35.921)		
27 Parker Max	FR St. Olaf	9:10.58	9:16.82	1
37.137 (37.137)	1:12.883 (35.746)	1:48.514 (35.631)	2:24.258 (35.744)	
3:00.177 (35.920)	3:36.656 (36.479)	4:13.647 (36.992)	4:50.896 (37.249)	
5:27.108 (36.213)	6:04.897 (37.789)	6:43.260 (38.364)	7:21.954 (38.694)	
8:01.296 (39.343)	8:40.142 (38.846)	9:16.819 (36.677)		
28 Aidan Appel	SO Macalester	9:08.90	9:22.14	1
36.873 (36.873)	1:11.807 (34.934)	1:50.039 (38.233)	2:26.310 (36.271)	
3:02.586 (36.277)	3:38.527 (35.941)	4:15.315 (36.789)	4:53.104 (37.789)	
5:31.758 (38.654)	6:11.238 (39.481)	6:50.038 (38.801)	7:29.632 (39.594)	
8:09.048 (39.417)	8:46.563 (37.515)	9:22.132 (35.569)		
29 Reese Thompson	SO Bethel (Minn.)	8:52.23	9:43.92	1
35.603 (35.603)	1:11.772 (36.170)	1:48.144 (36.372)	2:25.006 (36.862)	
3:02.686 (37.680)	3:39.895 (37.210)	4:18.182 (38.287)	4:58.071 (39.890)	
5:38.159 (40.089)	6:18.442 (40.284)	6:59.139 (40.697)	7:40.313 (41.174)	
8:22.773 (42.460)	9:03.994 (41.221)	9:43.912 (39.919)		
-- Waylon Kurts	FR St. Olaf	9:07.40	DNS	1

Men 5000 Meter Run

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Championship: C 14:26.94 1983 Nick Manciu, St. Thomas
Name Year School Seed Finals Points
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2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Men 5000 Meter Run**

1	Mohammed Bati	FR Augsburg	14:55.68	14:46.60	10
	36.840 (36.840)	1:13.237 (36.397)	1:47.278 (34.041)	2:22.240 (34.963)	
	2:57.444 (35.204)	3:32.165 (34.721)	4:07.245 (35.081)	4:43.178 (35.934)	
	5:18.924 (35.747)	5:55.259 (36.335)	6:31.236 (35.978)	7:07.725 (36.489)	
	7:43.920 (36.196)	8:19.004 (35.084)	8:53.905 (34.902)	9:29.615 (35.710)	
	10:05.720 (36.106)	10:41.426 (35.706)	11:17.951 (36.526)	11:53.333 (35.382)	
	12:29.539 (36.207)	13:05.961 (36.423)	13:42.204 (36.243)	14:16.605 (34.402)	
	14:46.596 (29.991)				
2	Will Kelly	SO St. Olaf	14:56.04	14:50.74	8
	36.255 (36.255)	1:12.205 (35.950)	1:46.996 (34.791)	2:22.003 (35.008)	
	2:57.202 (35.200)	3:31.935 (34.734)	4:07.071 (35.136)	4:43.027 (35.956)	
	5:18.766 (35.740)	5:55.061 (36.296)	6:30.988 (35.927)	7:07.533 (36.545)	
	7:43.647 (36.115)	8:18.536 (34.889)	8:53.644 (35.108)	9:29.355 (35.712)	
	10:05.483 (36.128)	10:41.152 (35.670)	11:17.749 (36.597)	11:53.124 (35.375)	
	12:29.257 (36.134)	13:05.719 (36.462)	13:41.978 (36.260)	14:17.777 (35.800)	
	14:50.732 (32.955)				
3	Carter Grove	SO St. John's (Minn.)	15:16.97	14:59.90	6
	37.528 (37.528)	1:14.265 (36.737)	1:50.383 (36.118)	2:26.569 (36.186)	
	3:02.943 (36.374)	3:39.308 (36.366)	4:16.210 (36.902)	4:53.181 (36.971)	
	5:29.767 (36.587)	6:06.701 (36.935)	6:43.605 (36.904)	7:20.859 (37.254)	
	7:58.397 (37.539)	8:35.433 (37.036)	9:10.338 (34.906)	9:44.773 (34.435)	
	10:19.313 (34.541)	10:53.973 (34.660)	11:28.238 (34.266)	12:04.117 (35.880)	
	12:39.417 (35.300)	13:15.241 (35.825)	13:51.559 (36.318)	14:28.881 (37.323)	
	14:59.891 (31.010)				
4	Henry Bowman	SR Carleton	14:55.52	15:01.96	5
	36.348 (36.348)	1:11.828 (35.481)	1:46.728 (34.901)	2:21.712 (34.984)	
	2:56.906 (35.194)	3:31.577 (34.672)	4:06.765 (35.188)	4:42.791 (36.026)	
	5:18.467 (35.677)	5:54.799 (36.332)	6:30.918 (36.120)	7:07.419 (36.501)	
	7:43.882 (36.464)	8:18.859 (34.977)	8:54.932 (36.074)	9:31.343 (36.411)	
	10:08.431 (37.089)	10:45.484 (37.053)	11:22.516 (37.033)	11:59.535 (37.020)	
	12:36.637 (37.103)	13:14.024 (37.387)	13:51.330 (37.306)	14:28.643 (37.314)	
	15:01.958 (33.315)				
5	Anders Cote	SO St. Olaf	15:13.34	15:07.93	4
	37.026 (37.026)	1:13.565 (36.539)	1:48.883 (35.319)	2:25.118 (36.235)	
	3:00.638 (35.520)	3:36.712 (36.075)	4:12.916 (36.204)	4:49.293 (36.378)	
	5:25.944 (36.651)	6:02.913 (36.969)	6:39.821 (36.909)	7:16.674 (36.854)	
	7:53.554 (36.880)	8:29.330 (35.777)	9:06.376 (37.047)	9:43.075 (36.699)	
	10:19.879 (36.805)	10:56.549 (36.671)	11:33.876 (37.327)	12:11.221 (37.346)	
	12:48.174 (36.953)	13:25.056 (36.882)	14:01.482 (36.426)	14:36.730 (35.249)	
	15:07.927 (31.197)				
6	Chris Melville	JR Carleton	15:15.92	15:12.09	3
	35.973 (35.973)	1:13.001 (37.029)	1:48.678 (35.677)	2:24.896 (36.219)	
	3:00.370 (35.475)	3:36.460 (36.091)	4:12.699 (36.240)	4:49.021 (36.323)	
	5:25.709 (36.688)	6:02.679 (36.970)	6:39.596 (36.917)	7:16.508 (36.912)	
	7:52.671 (36.163)	8:28.681 (36.011)	9:04.336 (35.655)	9:39.832 (35.496)	
	10:15.718 (35.887)	10:51.866 (36.149)	11:27.876 (36.010)	12:04.387 (36.511)	
	12:41.167 (36.780)	13:19.017 (37.851)	13:58.145 (39.128)	14:35.868 (37.723)	
	15:12.088 (36.220)				
7	Nick Ihrke	SO Macalester	15:23.78	15:14.20	2
	37.321 (37.321)	1:14.012 (36.692)	1:50.749 (36.737)	2:27.296 (36.548)	
	3:03.622 (36.326)	3:40.059 (36.438)	4:16.538 (36.479)	4:53.438 (36.901)	
	5:30.065 (36.627)	6:07.005 (36.941)	6:43.888 (36.883)	7:21.133 (37.246)	
	7:58.754 (37.621)	8:36.335 (37.582)	9:12.240 (35.906)	9:48.572 (36.332)	
	10:25.031 (36.460)	11:01.919 (36.888)	11:38.989 (37.071)	12:16.217 (37.228)	
	12:53.673 (37.457)	13:31.224 (37.551)	14:07.715 (36.492)	14:43.081 (35.366)	
	15:14.195 (31.115)				

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

8	Julian Munoz	JR St. Olaf	15:23.27	15:15.45	1
	37.896 (37.896)	1:14.562 (36.666)	1:51.152 (36.591)	2:27.527 (36.375)	
	3:03.890 (36.364)	3:40.309 (36.420)	4:16.764 (36.455)	4:53.803 (37.039)	
	5:30.576 (36.774)	6:07.546 (36.970)	6:44.385 (36.840)	7:21.735 (37.351)	
	7:58.582 (36.847)	8:35.505 (36.924)	9:12.853 (37.348)	9:48.843 (35.991)	
	10:25.326 (36.484)	11:02.159 (36.833)	11:39.625 (37.466)	12:16.490 (36.866)	
	12:53.844 (37.355)	13:30.722 (36.878)	14:07.496 (36.775)	14:42.698 (35.202)	
	15:15.447 (32.749)				
9	Kevin Turlington	FR St. Olaf	15:26.71	15:17.54	
	38.274 (38.274)	1:15.091 (36.818)	1:51.566 (36.475)	2:27.963 (36.398)	
	3:04.443 (36.480)	3:40.813 (36.371)	4:17.219 (36.406)	4:54.020 (36.802)	
	5:30.832 (36.812)	6:07.820 (36.989)	6:44.604 (36.784)	7:21.949 (37.346)	
	7:59.122 (37.173)	8:36.090 (36.969)	9:12.924 (36.834)	9:49.166 (36.242)	
	10:25.629 (36.464)	11:02.494 (36.865)	11:39.903 (37.409)	12:16.826 (36.924)	
	12:54.293 (37.467)	13:31.532 (37.240)	14:08.566 (37.034)	14:44.825 (36.260)	
	15:17.536 (32.712)				
10	Derk Lyford	JR St. Olaf	15:28.29	15:18.77	
	38.073 (38.073)	1:14.855 (36.783)	1:51.356 (36.501)	2:27.748 (36.392)	
	3:04.173 (36.426)	3:40.551 (36.378)	4:16.996 (36.445)	4:54.250 (37.255)	
	5:31.088 (36.839)	6:08.054 (36.966)	6:44.837 (36.784)	7:22.216 (37.380)	
	7:59.329 (37.113)	8:36.250 (36.922)	9:13.444 (37.194)	9:50.234 (36.791)	
	10:27.657 (37.424)	11:05.398 (37.741)	11:43.420 (38.023)	12:21.458 (38.038)	
	12:58.355 (36.898)	13:35.443 (37.089)	14:12.150 (36.707)	14:47.262 (35.113)	
	15:18.769 (31.507)				
11	Eamon Cavanaugh	SO St. John's (Minn.)	15:35.79	15:19.45	
	38.344 (38.344)	1:15.297 (36.953)	1:51.952 (36.656)	2:28.464 (36.512)	
	3:05.178 (36.715)	3:41.539 (36.361)	4:17.686 (36.147)	4:54.732 (37.046)	
	5:31.952 (37.221)	6:08.952 (37.000)	6:45.309 (36.358)	7:22.712 (37.403)	
	7:59.760 (37.048)	8:36.892 (37.133)	9:13.692 (36.801)	9:50.347 (36.655)	
	10:27.874 (37.527)	11:04.032 (36.159)	11:40.426 (36.394)	12:17.122 (36.696)	
	12:53.485 (36.364)	13:30.442 (36.957)	14:07.850 (37.409)	14:44.274 (36.424)	
	15:19.448 (35.174)				
12	Logan Bocovich	JR St. Olaf	14:26.94	15:24.89	
	36.550 (36.550)	1:13.318 (36.768)	1:48.425 (35.108)	2:24.598 (36.174)	
	3:00.135 (35.537)	3:36.225 (36.090)	4:12.409 (36.185)	4:48.775 (36.366)	
	5:25.482 (36.707)	6:02.419 (36.938)	6:39.348 (36.929)	7:16.382 (37.034)	
	7:53.394 (37.013)	8:30.287 (36.893)	9:08.179 (37.893)	9:45.286 (37.107)	
	10:22.970 (37.685)	11:01.241 (38.271)	11:39.211 (37.970)	12:17.599 (38.388)	
	12:56.865 (39.267)	13:35.767 (38.902)	14:12.746 (36.979)	14:49.815 (37.069)	
	15:24.888 (35.074)				
13	Kevin Montresor	JR St. Olaf	15:41.12	15:28.93	
	38.585 (38.585)	1:15.425 (36.840)	1:51.706 (36.282)	2:28.194 (36.488)	
	3:04.723 (36.530)	3:41.034 (36.312)	4:17.150 (36.116)	4:53.641 (36.492)	
	5:30.329 (36.688)	6:07.270 (36.942)	6:44.153 (36.884)	7:21.437 (37.284)	
	7:58.914 (37.478)	8:35.812 (36.899)	9:13.176 (37.364)	9:49.868 (36.693)	
	10:27.437 (37.570)	11:05.186 (37.749)	11:43.278 (38.092)	12:21.631 (38.354)	
	12:58.685 (37.054)	13:36.866 (38.181)	14:14.558 (37.693)	14:52.373 (37.815)	
	15:28.928 (36.555)				

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

14 Logan McCullough	SO Gustavus Adolphus	15:34.54	15:32.04	
38.534 (38.534)	1:15.298 (36.764)	1:51.659 (36.362)	2:28.050 (36.391)	
3:04.923 (36.873)	3:41.088 (36.166)	4:17.416 (36.328)	4:54.408 (36.993)	
5:31.471 (37.063)	6:08.689 (37.219)	6:45.563 (36.874)	7:22.986 (37.423)	
7:59.619 (36.634)	8:36.672 (37.053)	9:14.039 (37.367)	9:50.916 (36.878)	
10:28.142 (37.227)	11:05.830 (37.688)	11:43.929 (38.100)	12:22.507 (38.579)	
13:00.144 (37.637)	13:38.219 (38.076)	14:16.812 (38.594)	14:55.571 (38.759)	
15:32.031 (36.461)				
15 Leo Smith	SR Concordia-Moorhead	15:34.78	15:32.77	
37.713 (37.713)	1:14.189 (36.476)	1:50.110 (35.921)	2:26.324 (36.215)	
3:02.694 (36.370)	3:39.054 (36.360)	4:15.739 (36.686)	4:52.741 (37.002)	
5:29.243 (36.503)	6:06.194 (36.951)	6:43.119 (36.926)	7:20.352 (37.233)	
7:57.869 (37.518)	8:35.176 (37.307)	9:12.650 (37.474)	9:50.027 (37.378)	
10:27.997 (37.970)	11:06.275 (38.278)	11:43.971 (37.697)	12:21.616 (37.645)	
13:00.579 (38.964)	13:38.990 (38.412)	14:18.208 (39.218)	14:56.931 (38.724)	
15:32.766 (35.835)				
16 Reece McKee	SO Macalester	15:39.43	15:35.05	
38.860 (38.860)	1:14.906 (36.046)	1:51.475 (36.569)	2:27.822 (36.347)	
3:04.637 (36.816)	3:41.337 (36.700)	4:17.486 (36.149)	4:54.545 (37.060)	
5:31.724 (37.179)	6:08.345 (36.621)	6:45.059 (36.715)	7:22.498 (37.440)	
7:59.565 (37.067)	8:37.075 (37.511)	9:14.424 (37.349)	9:51.872 (37.448)	
10:29.280 (37.409)	11:07.342 (38.063)	11:45.736 (38.395)	12:24.498 (38.762)	
13:03.283 (38.786)	13:42.516 (39.234)	14:20.982 (38.466)	14:59.240 (38.259)	
15:35.042 (35.802)				
17 Joe Lee	SO Concordia-Moorhead	15:49.02	15:39.44	
37.867 (37.867)	1:14.725 (36.859)	1:50.978 (36.254)	2:26.856 (35.878)	
3:03.235 (36.380)	3:39.672 (36.437)	4:15.996 (36.324)	4:52.973 (36.978)	
5:29.489 (36.516)	6:06.425 (36.937)	6:43.333 (36.908)	7:20.600 (37.268)	
7:58.140 (37.540)	8:34.749 (36.609)	9:11.478 (36.729)	9:48.836 (37.359)	
10:26.023 (37.187)	11:03.242 (37.220)	11:40.962 (37.720)	12:19.552 (38.590)	
12:59.082 (39.530)	13:39.594 (40.513)	14:19.100 (39.507)	14:59.672 (40.572)	
15:39.435 (39.763)				
-- Reese Thompson	SO Bethel (Minn.)	15:41.36	DNF	
38.788 (38.788)	1:15.684 (36.897)	1:52.463 (36.779)	2:29.333 (36.870)	
3:06.662 (37.330)	3:44.470 (37.808)	4:22.746 (38.277)	5:01.503 (38.757)	
5:42.030 (40.527)	6:23.125 (41.095)	7:04.911 (41.787)	7:47.418 (42.508)	
8:30.413 (42.995)	9:13.413 (43.000)	9:57.017 (43.605)	10:41.757 (44.741)	
11:26.547 (44.791)	12:12.104 (45.557)	12:57.450 (45.347)	13:42.999 (45.549)	
14:28.863 (45.865)	15:14.689 (45.826)	15:59.006 (44.318)	16:41.505 (42.499)	

Men 60 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

=====					
Championship: C	8.01	2/28/2020	Taylor Rooney, Gustavus Adolphu		
Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1 Jayson Ekiyor		SO Bethel (Minn.)	8.09	8.06Q	3
2 Lucas Kramarczuk		JR St. Olaf	8.22	8.10Q	1
3 Josh Thomsen		SO Hamline	8.17	8.36Q	2
4 Josh Sampson		JR Bethel (Minn.)	8.17	8.16q	1
5 David Myres		JR Bethel (Minn.)	8.34	8.72q	2
6 Demetri Lord		SO St. Olaf	8.53	8.80q	3
7 Logan Clark		FR Concordia-Moorhead	8.90	8.89q	2
8 Hamza Mahamud		FR Macalester	9.00	8.93q	2

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

9	Max Lelwica	SO St. John's (Minn.)	9.01	9.01	3	9.003
10	Micah Smith	SR Bethel (Minn.)	8.99	9.01	1	9.004
11	Matthew Nissen	SO St. Olaf	8.94	9.01	1	9.009
12	Sebastian Stefanowicz	FR Macalester	9.27	9.08	2	
13	Josh Lee	SO Bethel (Minn.)	9.20	9.12	1	
14	Wade Rhonemus	SR Concordia-Moorhead	8.80	9.25	3	
15	Connor McCormick	FR Gustavus Adolphus	9.09	9.30	3	
16	Trajen Clayton	FR Augsburg	9.32	9.39	3	
17	Riley Buxell	FR St. John's (Minn.)	9.53	9.45	2	
18	Will Skemp	FR St. Olaf	9.44	9.57	3	
19	Aaron Elseth	FR Bethel (Minn.)	9.25	9.63	1	
20	Aiden Blaeser	FR St. John's (Minn.)	9.74	9.87	1	
21	Layton Borst	SO St. Olaf	9.16	9.89	2	
22	Grant Baker	SO Gustavus Adolphus	10.15	10.12	2	
23	Aki Wada	FR Macalester	9.60	10.30	1	
24	Calvin Moeller	SO Gustavus Adolphus	10.45	10.40	3	

Men 60 Meter Hurdles

Championship: C 8.01 2/28/2020 Taylor Rooney, Gustavus Adolphus

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

Finals

1	Jayson Ekiyor	SO Bethel (Minn.)	8.06	8.08	10
2	Lucas Kramarczuk	JR St. Olaf	8.10	8.21	8
3	Josh Sampson	JR Bethel (Minn.)	8.16	8.22	6
4	Josh Thomsen	SO Hamline	8.36	8.45	5
5	David Myres	JR Bethel (Minn.)	8.72	8.50	4
6	Logan Clark	FR Concordia-Moorhead	8.89	8.83	3
7	Demetri Lord	SO St. Olaf	8.80	8.84	2
8	Hamza Mahamud	FR Macalester	8.93	8.95	1

Men 4x200 Meter Relay

Championship: C 1:27.87 2000 St. Thomas, St. Thomas

N Stahly, J Hall, J Heckman, R Cress

School	Seed	Finals	H#	Points
1 Concordia-Moorhead 'A'	1:30.11	1:29.31	3	10
1) Nolan Morical SO				
2) Cal Wright SR				
3) Trevor Tiongson SO				
4) Hayden Gagnon SR				
2 Bethel (Minn.) 'A'	1:33.32	1:29.79	2	8
1) Jayson Ekiyor SO				
2) Grant Nelson FR				
3) Alec Braun SO				
4) Josh Sampson JR				
3 St. John's (Minn.) 'A'	1:35.01	1:29.80	1	6
1) Emanuel Popoca SO				
2) Brady Labine SR				
3) Caden Wheeler FR				
4) Kevin Arthur JR				
4 Gustavus Adolphus 'A'	1:31.20	1:30.94	3	5
1) Matthew Skelly SO				
2) Wyatt Quiring SR				
3) Seth Zeitchick JR				
4) Nathan Le SO				
5 St. Olaf 'A'	1:33.11	1:32.25	2	4
1) Devin McNearny SO				
2) Henry Fisher SO				
3) Eh Ler Moo FR				
4) Samuel Gwin FR				
6 St. Scholastica 'A'		1:32.34	2	3
1) Tyler Anderson SO				
2) Jericho Peterson JR				

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Men 4x200 Meter Relay**

3) Kaedyn Redig SO	4) Samuel Eben Ebai SR				
7 Macalester 'A'		1:33.40	1:32.39	1	2
1) Ryan Kinnucan SR	2) Jeff Wang SO				
3) Henry Schonebaum FR	4) Jacob Kogut SO				
8 Saint Mary's (Minn.) 'A'		1:35.04	1:33.68	3	1
1) Ben Kritsberg FR	2) Garrett Jackson SR				
3) Oliver Adamson SO	4) Brady Johnson SO				
9 Hamline 'A'		1:41.68	1:34.60	3	
1) Andrei Pettis FR	2) Reece Thomas SO				
3) Eric Pfenning-Wendt FR	4) Ozzie Robinson FR				
10 Carleton 'A'		1:35.57	1:37.71	2	
1) Theo Demetriades FR	2) Liam Kennedy JR				
3) Hugh Shanno SO	4) Ben Mazor SO				
-- Augsburg 'A'		1:37.88	DNS	1	
1) Trajen Clayton FR	2) Varney Conneh SR				
3) Fritz Landherr SR	4) Success Famuyide FR				

Men 4x400 Meter Relay

=====					
Championship: C 3:18.99 2010 Bethel, Bethel					
T Ferda, R LeMay, Z Schlegel, E Rhode					
School		Seed	Finals	H#	Points
=====					
1 Bethel (Minn.) 'A'		3:16.87	3:21.46	3	10
1) Joel Smith SR	2) Josh Sampson JR				
3) David Myres JR	4) Jacob Parent SO				
49.855 (49.855)	1:40.238 (50.384)	2:32.503 (52.265)	3:21.452 (48.949)		
2 Concordia-Moorhead 'A'		3:24.17	3:25.53	3	8
1) Hayden Gagnon SR	2) Trevor Tionson SO				
3) Gavin Groshelle SO	4) Cal Wright SR				
51.355 (51.355)	1:44.041 (52.687)	2:36.522 (52.481)	3:25.527 (49.006)		
3 Gustavus Adolphus 'A'		3:30.53	3:27.37	2	6
1) Seth Zeitchick JR	2) Wyatt Quiring SR				
3) Agro Gushwa SO	4) Tyler Smith SO				
52.844 (52.844)	1:43.484 (50.640)	2:36.104 (52.621)	3:27.362 (51.258)		
4 Carleton 'A'		3:28.40	3:28.10	2	5
1) Reese Anderson FR	2) Indy Lyness FR				
3) Jeremy Fong SR	4) Josh Meier SO				
52.443 (52.443)	1:44.622 (52.179)	2:37.068 (52.446)	3:28.100 (51.033)		
5 Macalester 'A'		3:27.56	3:29.19	3	4
1) Jeff Wang SO	2) Henry Schonebaum FR				
3) Ryan Kinnucan SR	4) Kalid Ali SO				
52.869 (52.869)	1:44.584 (51.716)	2:37.204 (52.621)	3:29.181 (51.977)		
6 St. Olaf 'A'		3:28.27	3:30.11	3	3
1) Henry Fisher SO	2) Alex Bittner FR				
3) Devin McNearny SO	4) Zach Martin FR				
52.890 (52.890)	1:45.261 (52.371)	2:37.813 (52.552)	3:30.110 (52.298)		
7 St. Scholastica 'A'		3:30.69	3:30.83	2	2
1) Jericho Peterson JR	2) Derek Douglas SO				
3) Tyler Anderson SO	4) Noah Kubicek FR				
52.828 (52.828)	1:45.871 (53.043)	2:38.544 (52.673)	3:30.829 (52.286)		
8 St. John's (Minn.) 'A'		3:31.80	3:31.00	2	1
1) Caden Wheeler FR	2) Will Mattock JR				
3) Owen Montreuil FR	4) Nick St. Peter FR				
52.082 (52.082)	1:45.605 (53.523)	2:38.053 (52.449)	3:30.993 (52.940)		

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

9	Augsburg 'A'			3:33.36	3:33.44	1
	1) Trajen Clayton FR		2) Sakariya Hussien SR			
	3) Bereket Wondimu JR		4) Getinat Asfaw JR			
	55.134 (55.134)	1:47.756 (52.622)	2:42.080 (54.325)	3:33.440 (51.360)		
10	Saint Mary's (Minn.) 'A'			3:32.72	3:34.79	1
	1) Chris Bulwa SO		2) Oliver Adamson SO			
	3) Garrett Jackson SR		4) Grant Schneider FR			
	53.732 (53.732)	1:47.250 (53.518)	2:40.889 (53.640)	3:34.781 (53.893)		
11	Hamline 'A'			3:41.44	3:43.35	1
	1) Raul Ortiz SO		2) Eric Pfenning-Wendt FR			
	3) David Couper SO		4) Ozzie Robinson FR			
	53.610 (53.610)	1:48.876 (55.267)	2:41.844 (52.968)	3:43.350 (1:01.506)		

Men Distance Medley

=====						
Championship: C 10:15.58 2017 Carleton, Carleton						
W Edstrom, M Hciks, C Sikes, D Cook-Gallardo						
	School			Seed	Finals	Points
=====						
1	Carleton 'A'				10:23.80	10
	1) Roy Llewellyn FR		2) Reese Anderson FR			
	3) Indy Lyness FR		4) Gabe Nichols FR			
	3:13.741 (3:13.741)	4:05.490 (51.750)	6:05.704 (2:00.215)	10:23.793 (4:18.089)		
2	Macalester 'A'				10:34.51	8
	1) Tor Olsson SO		2) Ryan Kinnucan SR			
	3) Henry Schonebaum FR		4) Ben Crotteau SO			
	3:11.871 (3:11.871)	4:04.829 (52.959)	6:06.867 (2:02.038)	10:34.504 (4:27.637)		
3	St. John's (Minn.) 'A'				10:37.65	6
	1) Nick St. Peter FR		2) Riley Berg JR			
	3) Will Mattock JR		4) Dillon Diekmann SR			
	3:16.599 (3:16.599)	4:09.840 (53.242)	6:10.401 (2:00.561)	10:37.641 (4:27.241)		
4	St. Olaf 'A'				10:37.71	5
	1) Jackson Marsh SO		2) Henry Fisher SO			
	3) Alex Bittner FR		4) Eli Doran FR			
	3:15.765 (3:15.765)	4:06.607 (50.843)	6:09.547 (2:02.940)	10:37.702 (4:28.156)		
5	Bethel (Minn.) 'A'				10:43.27	4
	1) Grant Graber SO		2) Tony Haack FR			
	3) Tad Stewart JR		4) Luke Peterson SO			
	3:15.286 (3:15.286)	4:07.762 (52.476)	6:10.111 (2:02.349)	10:43.262 (4:33.151)		
6	Concordia-Moorhead 'A'				10:46.44	3
	1) Gavin Groshelle SO		2) Caleb Karg FR			
	3) Zander Gallmeier FR		4) Tanner Olson SR			
	3:18.255 (3:18.255)	4:10.877 (52.622)	6:18.636 (2:07.759)	10:46.434 (4:27.799)		
7	Gustavus Adolphus 'A'				10:16.01	2
	1) Carson Roehl SO		2) Agro Gushwa SO			
	3) Markus Rupnow SO		4) Tucker Wallin JR			
	3:17.055 (3:17.055)	4:10.233 (53.178)	6:14.539 (2:04.307)	10:53.129 (4:38.590)		
8	Hamline 'A'				12:27.11	1
	1) Lucas LiaBraaten FR		2) Eric Pfenning-Wendt FR			
	3) Raul Ortiz SO		4) Aric Brodie SR			
	3:34.855 (3:34.855)	4:30.444 (55.589)	6:43.666 (2:13.223)	12:27.101 (5:43.435)		
--	Augsburg 'A'				DNF	
	1) Sakariya Hussien SR		2) Fritz Landherr SR			
	3) Getinat Asfaw JR		4) Mohammed Bati FR			
	3:18.867 (3:18.867)					

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

-- St. Scholastica 'A' DNS
 -- Saint Mary's (Minn.) 'A' DNS

Men High Jump

1.61, 1.66, 1.71, 1.76, 1.81, 1.86, 1.89, 1.92, 1.95										
Championship: C 2.17m 1995 Kenneth Hoffmann, St. Olaf										
Name	Year	School	Seed	Finals	Points					
1 Michael Braun	SO	Hamline	1.92m	1.92m	6-03.50	10				
1.61 1.66 1.71 1.76 1.81 1.86 1.89 1.92 1.95										
PPP PPP PPP PPP O O O XXO XXX										
2 Anthony Marsh	SO	Concordia-Moorhead	1.91m	1.92m	6-03.50	8				
1.61 1.66 1.71 1.76 1.81 1.86 1.89 1.92 1.95										
PPP PPP PPP PPP O O XO XXO XXX										
3 Danny Bies	SO	Gustavus Adolphus	1.92m	1.89m	6-02.25	6				
1.61 1.66 1.71 1.76 1.81 1.86 1.89 1.92										
PPP PPP PPP PPP XXO O XO XXX										
4 Alec Ungar	SO	St. John's (Minn.)	1.93m	1.86m	6-01.25	5				
1.61 1.66 1.71 1.76 1.81 1.86 1.89										
PPP PPP PPP PPP O O XXX										
5 Anthony Thurk	SO	St. John's (Minn.)	1.82m	1.86m	6-01.25	3.50				
1.61 1.66 1.71 1.76 1.81 1.86 1.89										
PPP PPP PPP O O XXO XXX										
5 Alec Braun	SO	Bethel (Minn.)	1.90m	1.86m	6-01.25	3.50				
1.61 1.66 1.71 1.76 1.81 1.86 1.89										
PPP PPP PPP O O XXO XXX										
7 Alex Seiler	SO	St. John's (Minn.)	1.87m	1.86m	6-01.25	2				
1.61 1.66 1.71 1.76 1.81 1.86 1.89										
PPP PPP PPP O XO XXO XXX										
8 Simon Swenson	FR	Bethel (Minn.)	1.85m	1.81m	5-11.25	1				
1.61 1.66 1.71 1.76 1.81 1.86										
PPP PPP PPP XXO O XXX										
9 Cole Matetich	SO	Gustavus Adolphus	1.90m	1.71m	5-07.25					
1.61 1.66 1.71 1.76 1.81										
PPP PPP O PPP XXX										
10 Andrew Cogley	SO	St. Olaf	1.75m	1.71m	5-07.25					
1.61 1.66 1.71 1.76										
PPP PPP XXO XXX										
11 Aravindh Subramanian	SR	Carleton	1.70m	1.66m	5-05.25					
1.61 1.66 1.71 1.76										
PPP O PPP XXX										
11 Logan Sullivan	SO	Gustavus Adolphus	1.72m	1.66m	5-05.25					
1.61 1.66 1.71										
O O XXX										
-- Iain Lee	FR	Hamline	1.75m	NH						
1.61 1.66 1.71										
PPP PPP XXX										

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Men Pole Vault**

-- Rayan Elahi SO St. Olaf 3.53m NH
 3.57
 XXX

Men Long Jump

Championship: C 7.56m 2/28/2020 Kyle Lichttenegger, Saint Mary's (Mi)									
Name	Year	School	Seed	Finals	H#	Points			
1 Zach Schaffer	FR	St. John's (Minn.)	6.88m	6.70m	21-11.75	2	10		
			6.57m	5.76m	6.30m	6.17m	6.53m	6.70m	
2 Lucas Kramarczuk	JR	St. Olaf	6.54m	6.55m	21-06.00	2	8		
			6.55m	PASS	PASS	6.52m	6.31m	6.52m	
3 Michael Braun	SO	Hamline	6.47m	6.50m	21-04.00	2	6		
			6.32m	6.49m	6.50m	6.27m	6.40m	6.50m	
4 Josh Charlton	SO	St. Olaf	6.53m	6.46m	21-02.50	2	5		
			6.46m	FOUL	6.13m	FOUL	6.44m	FOUL	
5 Eh Ler Moo	FR	St. Olaf	6.39m	6.38m	20-11.25	2	4		
			6.26m	6.34m	6.38m	4.83m	FOUL	6.09m	
6 Grant Nelson	FR	Bethel (Minn.)	6.49m	6.35m	20-10.00	2	3	6	
			6.35m	5.82m	6.33m	5.72m	FOUL	6.34m	
7 Simon Swenson	FR	Bethel (Minn.)	6.52m	6.35m	20-10.00	2	2	6	
			FOUL	6.35m	6.26m	5.01m	FOUL	6.08m	
8 Alec Ungar	SO	St. John's (Minn.)	6.23m	6.33m	20-09.25	2	1		
			6.21m	6.26m	6.33m	5.78m	6.31m	6.04m	
9 Isaiah Subah	SO	Gustavus Adolphus	6.22m	6.29m	20-07.75	1			
			FOUL	6.29m	FOUL	FOUL	FOUL	FOUL	
10 Demetri Lord	SO	St. Olaf	6.16m	6.19m	20-03.75	1			
			6.19m	4.96m	FOUL				
11 Kevin Wang	FR	Macalester	6.10m	6.03m	19-09.50	1			
			6.03m	FOUL	FOUL				
12 Teris Watson	FR	Hamline	6.10m	6.02m	19-09.00	1			
			FOUL	5.74m	6.02m				
13 Antonio Cisewski	SO	Saint Mary's	6.60m	5.92m	19-05.25	2			
			5.87m	5.88m	5.92m				
14 Godsword Simon	SO	Bethel (Minn.)	5.96m	5.66m	18-07.00	1			
			5.66m	5.40m	5.39m				
15 Weston Stroschein	SO	St. Scholastica	6.13m	5.54m	18-02.25	1			
			FOUL	FOUL	5.54m				
16 Sam Schulze	SO	Gustavus Adolphus	5.90m	5.52m	18-01.50	1			
			5.52m	FOUL	FOUL				
17 Jordan Petron	SO	Concordia-Moorhead	5.91m	5.47m	17-11.50	1			
			FOUL	5.38m	5.47m				
-- Will Skemp	FR	St. Olaf	5.77m	FOUL		1			
			FOUL	FOUL	FOUL				
-- Iain Lee	FR	Hamline	5.86m	DNS		1			
-- Anthony Marsh	SO	Concordia-Moorhead	6.35m	DNS		2			

Men Triple Jump

Championship: C 15.26m 1993 Leonard Jones, St. Thomas									
Name	Year	School	Seed	Finals	H#	Points			
1 Lucas Kramarczuk	JR	St. Olaf	13.97m	14.37m	47-01.75	2	10		
			13.92m	FOUL	13.89m	13.33m	13.65m	14.37m	

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Men Triple Jump**

2	Elijah Wade	JR St. John's (Minn.)	13.56m	14.08m	46-02.50	2	8
	FOUL FOUL 13.34m 13.58m 13.88m 14.08m						
3	Sean Souksavath	JR St. Olaf	12.97m	13.30m	43-07.75	2	6
	13.30m 13.24m 13.26m 13.05m 13.29m FOUL						
4	Michael Braun	SO Hamline	13.65m	13.14m	43-01.50	2	5
	12.86m FOUL FOUL 13.06m 13.14m 13.14m						
5	Alex Crnkovich	JR St. John's (Minn.)	13.03m	13.03m	42-09.00	2	4
	12.32m 12.57m 12.62m 12.46m 12.74m 13.03m						
6	Zach Schaffer	FR St. John's (Minn.)	12.57m	13.02m	42-08.75	2	3
	FOUL 12.66m 12.76m 12.76m FOUL 13.02m						
7	Anthony Thurk	SO St. John's (Minn.)	12.78m	13.01m	42-08.25	2	2
	11.68m 12.19m 12.79m 12.13m FOUL 13.01m						
8	Brady Johnson	SO Saint Mary's	12.68m	12.74m	41-09.75	2	1
	12.23m FOUL 12.74m 12.23m 12.35m FOUL						
9	Max Lelwica	SO St. John's (Minn.)	12.27m	12.56m	41-02.50	1	
	12.35m 12.18m 12.56m 12.43m FOUL 12.32m						
10	Riley Hodin	SO Macalester	13.12m	12.45m	40-10.25	2	
	FOUL FOUL 12.45m						
11	Andrew Cogley	SO St. Olaf	12.20m	12.43m	40-09.50	1	
	12.43m 12.16m 12.00m						
12	Gabe Thompson	SO Concordia-Moorhead	12.35m	12.27m	40-03.25	1	
	12.27m FOUL 12.14m						
13	Sebastian Stefanowicz	FR Macalester	12.02m	12.24m	40-02.00	1	
	12.08m 11.43m 12.24m						
14	Simon Swenson	FR Bethel (Minn.)	12.46m	12.15m	39-10.50	2	
	FOUL 12.15m FOUL						
15	Justin Veimau	JR Macalester	11.30m	11.76m	38-07.00	1	
	11.76m 11.73m FOUL						
16	Carter McEachern	FR St. John's (Minn.)	11.78m	11.64m	38-02.25	1	
	11.64m FOUL FOUL						
17	Mason Bosley	SR Macalester	11.67m	11.42m	37-05.75	1	
	11.24m 11.26m 11.42m						
--	TJ Somsacksy	FR Hamline	10.46m	FOUL		1	
	FOUL FOUL FOUL						
--	Kevin Wang	FR Macalester	12.26m	FOUL		1	
	FOUL FOUL FOUL						
--	Iain Lee	FR Hamline	11.61m	DNS		1	

Men Shot Put

Championship: C 17.60m 1996 Aaron Banks, Concordia							
Name	Year	School	Seed	Finals	H#	Points	
1	Cade Feist	SO St. Olaf	15.13m	15.63m	51-03.50	2	10
	FOUL 14.07m 14.84m 15.63m 15.20m 15.19m						
2	Andrew Mollison	SO St. Olaf	14.32m	14.98m	49-01.75	2	8
	13.63m 14.33m 14.55m 14.68m 14.52m 14.98m						
3	Trent Beseth	SO St. Scholastica	13.95m	14.62m	47-11.75	2	6
	13.58m 13.82m 14.32m 12.97m 14.62m FOUL						
4	Evan Larsen	SO Bethel (Minn.)	14.09m	14.54m	47-08.50	2	5
	13.98m 13.68m 13.53m 12.79m 14.54m 13.92m						
5	Jaeden Frost	JR St. John's (Minn.)	15.02m	14.08m	46-02.50	2	4
	13.66m FOUL 14.03m 14.02m FOUL 14.08m						
6	Adam Hokanson	FR Bethel (Minn.)	14.08m	13.91m	45-07.75	2	3
	FOUL 13.18m 13.54m 12.39m 13.91m 13.17m						

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

7	Grant Steger		JR St. Scholastica	14.00m	13.47m	44-02.50	2	2
	12.08m 13.47m 13.06m	13.04m	FOUL FOUL					
8	Brett Hague		JR St. John's (Minn.)	12.93m	13.16m	43-02.25	2	1
	13.01m 12.63m FOUL	13.16m	FOUL 13.00m					
9	Eli Mollet		SR St. John's (Minn.)	12.28m	12.71m	41-08.50	1	
	12.31m 12.03m 12.71m	FOUL	FOUL FOUL					
10	Kaleb DeWall		SO St. John's (Minn.)	12.54m	12.49m	40-11.75	1	
	11.60m 12.09m 12.49m							
11	Ryan Edelman		FR St. Olaf	11.96m	12.39m	40-07.75	1	
	11.10m 11.81m 12.39m							
12	Eli Spurgeon		FR Gustavus Adolphus	11.92m	12.31m	40-04.75	1	
	11.92m 12.14m 12.31m							
13	Layton Borst		SO St. Olaf	12.40m	12.29m	40-04.00	1	
	11.22m 12.28m 12.29m							
14	Dominik Hillstrom		JR Concordia-Moorhead	12.60m	11.94m	39-02.25	1	
	11.94m 9.86m 10.79m							
15	Trevor Wellman		SO Bethel (Minn.)	12.21m	11.90m	39-00.50	1	
	10.47m 11.90m 11.79m							
16	Arnauld Dedry		SR St. Olaf	12.93m	11.78m	38-07.75	2	
	10.42m 11.78m FOUL							
17	Max Menache		SO Macalester	12.36m	11.51m	37-09.25	1	
	FOUL FOUL 11.51m							
18	Jakob Brown		SO Concordia-Moorhead	11.98m	11.13m	36-06.25	1	
	9.96m 11.13m 10.81m							
19	Casen Fritz		SO Saint Mary's	11.17m	9.90m	32-05.75	1	
	9.72m 9.90m 9.76m							
--	Austin Mills		FR Macalester	12.84m	FOUL			2
	FOUL FOUL FOUL							

Men Weight Throw

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Championship: C 19.68m 2011 Andrwe Brueggen, Saint Mary's								
Name	Year	School	Seed	Finals	H#	Points		
=====								
1	Joshua Beiswanger	JR Gustavus Adolphus	16.72m	17.18m	56-04.50	2	10	
	FOUL 14.37m 16.73m	16.85m 17.09m	17.18m					
2	Jaeden Frost	JR St. John's (Minn.)	16.10m	16.31m	53-06.25	2	8	
	FOUL 15.41m 15.32m	15.61m 16.31m	15.27m					
3	Grant Steger	JR St. Scholastica	15.00m	15.69m	51-05.75	2	6	
	13.37m 15.17m 14.47m	15.69m 15.13m	14.65m					
4	Max Menache	SO Macalester	15.33m	15.21m	49-11.00	2	5	
	FOUL 15.21m 14.64m	FOUL FOUL FOUL						
5	Eli Mollet	SR St. John's (Minn.)	15.14m	15.00m	49-02.50	2	4	
	FOUL 14.63m FOUL	FOUL 15.00m	FOUL					
6	Victor Wright	SR Macalester	14.86m	14.78m	48-06.00	2	3	
	FOUL 14.78m FOUL	FOUL 14.02m	13.51m					
7	Brett Hague	JR St. John's (Minn.)	14.82m	14.67m	48-01.75	2	2	
	14.40m FOUL FOUL	FOUL FOUL	14.67m					
8	Adam Hokanson	FR Bethel (Minn.)	13.48m	14.46m	47-05.25	1	1	
	13.58m 14.46m FOUL	12.42m 13.48m	FOUL					
9	Cade Feist	SO St. Olaf	13.50m	14.36m	47-01.50	1		
	14.24m 14.36m 14.05m	14.05m	FOUL FOUL					
10	Evan Larsen	SO Bethel (Minn.)	15.66m	14.10m	46-03.25	2		
	14.10m 13.57m FOUL							

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Men Weight Throw**

11	Ryan Edelman	FR St. Olaf	14.46m	13.95m	45-09.25	2
	FOUL 13.95m FOUL					
12	Joseph Mensen	SO St. John's (Minn.)	14.31m	13.67m	44-10.25	2
	13.67m FOUL FOUL					
13	Casen Fritz	SO Saint Mary's	13.26m	13.62m	44-08.25	1
	FOUL 13.62m 13.62m					
14	Zach Stordahl	SO Gustavus Adolphus	13.32m	13.50m	44-03.50	1
	13.50m 13.13m FOUL					
15	Austin Mills	FR Macalester	13.19m	13.23m	43-05.00	1
	FOUL 12.82m 13.23m					
16	Ricky Ramirez	SO Concordia-Moorhead	13.63m	13.14m	43-01.50	1
	FOUL 13.14m FOUL					
17	Jon Davis	FR St. John's (Minn.)	12.08m	12.56m	41-02.50	1
	12.56m FOUL FOUL					
18	Arnauld Dedry	SR St. Olaf	13.72m	12.17m	39-11.25	1
	FOUL 11.52m 12.17m					
19	Galen McGlynn	FR St. Olaf	12.66m	11.49m	37-08.50	1
	9.98m 11.49m 11.42m					
20	Kaleb DeWall	SO St. John's (Minn.)	12.16m	11.43m	37-06.00	1
	10.65m 11.43m FOUL					

Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Year School	Finals	H#	Points
1 Demetri Lord	SO St. Olaf	7.17	3	823
2 Abe Schegel	SR Bethel (Minn.)	7.26	3	792
3 Anthony Thurk	SO St. John's (Minn.)	7.46	2	726
4 Wade Rhonemus	SR Concordia-Moorhead	7.51	3	710
5 Brandon Kallstrom	SO Bethel (Minn.)	7.55	2	697
6 Micah Smith	SR Bethel (Minn.)	7.59	3	684
7 Trevor Wellman	SO Bethel (Minn.)	7.60	1	681
8 Sam Schulze	SO Gustavus Adolphus	7.62	2	675
9 Layton Borst	SO St. Olaf	7.63	3	671
10 Connor McCormick	FR Gustavus Adolphus	7.66	2	662
11 Andrew Cogley	SO St. Olaf	7.67	2	659
12 Gael Ramirez	SO Bethel (Minn.)	7.67	2	659
13 Max Lelwica	SO St. John's (Minn.)	7.69	1	653
14 Carter Kienholz	SO Hamline	7.77	1	628
15 Aaron Elseth	FR Bethel (Minn.)	7.90	1	589
16 Joe Schmidt	SO Gustavus Adolphus	8.23	1	495

Heptathlon: #7 Men 1000 Meter Run Heptathlon

Name	Year School	Finals	Points
1 Andrew Cogley	SO St. Olaf	2:46.93	798
31.564 (31.564)	1:05.023 (33.460)	1:38.544 (33.521)	2:13.238 (34.695)
2:46.925 (33.687)			
2 Micah Smith	SR Bethel (Minn.)	2:50.96	756
32.827 (32.827)	1:07.500 (34.674)	1:42.398 (34.898)	2:17.439 (35.042)
2:50.957 (33.519)			
3 Wade Rhonemus	SR Concordia-Moorhead	2:54.63	718
33.730 (33.730)	1:08.019 (34.289)	1:43.026 (35.008)	2:19.145 (36.120)
2:54.628 (35.483)			

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Heptathlon: #7 Men 1000 Meter Run Heptathlon**

4	Sam Schulze	SO Gustavus Adolphus	2:54.94	715
	32.990 (32.990)	1:07.818 (34.829)	1:43.641 (35.823)	2:20.241 (36.601)
	2:54.939 (34.699)			
5	Connor McCormick	FR Gustavus Adolphus	2:57.75	686
	34.686 (34.686)	1:10.147 (35.462)	1:46.874 (36.728)	2:22.839 (35.965)
	2:57.742 (34.903)			
6	Demetri Lord	SO St. Olaf	2:58.57	678
	34.114 (34.114)	1:08.965 (34.852)	1:45.567 (36.603)	2:23.116 (37.549)
	2:58.567 (35.451)			
7	Max Lelwica	SO St. John's (Minn.)	2:59.07	673
	35.002 (35.002)	1:09.948 (34.946)	1:47.182 (37.235)	2:24.558 (37.376)
	2:59.066 (34.509)			
8	Abe Schegel	SR Bethel (Minn.)	2:59.36	671
	33.875 (33.875)	1:08.685 (34.810)	1:45.773 (37.089)	2:23.435 (37.663)
	2:59.353 (35.918)			
9	Anthony Thurk	SO St. John's (Minn.)	3:00.29	661
	34.019 (34.019)	1:09.641 (35.622)	1:46.610 (36.970)	2:24.252 (37.642)
	3:00.287 (36.036)			
10	Trevor Wellman	SO Bethel (Minn.)	3:01.84	646
	33.571 (33.571)	1:09.227 (35.656)	1:46.155 (36.929)	2:24.062 (37.908)
	3:01.838 (37.776)			
11	Gael Ramirez	SO Bethel (Minn.)	3:08.25	586
	36.312 (36.312)	1:12.707 (36.396)	1:51.335 (38.628)	2:32.408 (41.074)
	3:08.247 (35.840)			
12	Aaron Elseth	FR Bethel (Minn.)	3:10.48	565
	34.436 (34.436)	1:10.379 (35.943)	1:49.261 (38.883)	2:31.735 (42.475)
	3:10.479 (38.744)			
13	Brandon Kallstrom	SO Bethel (Minn.)	3:11.36	557
	36.560 (36.560)	1:11.892 (35.332)	1:49.832 (37.941)	2:30.216 (40.384)
	3:11.351 (41.135)			
14	Carter Kienholz	SO Hamline	3:13.39	539
	36.022 (36.022)	1:11.618 (35.596)	1:50.475 (38.857)	2:32.843 (42.369)
	3:13.389 (40.547)			
15	Joe Schmidt	SO Gustavus Adolphus	3:15.02	525
	36.409 (36.409)	1:13.493 (37.085)	1:54.694 (41.202)	2:38.753 (44.059)
	3:15.013 (36.261)			
16	Layton Borst	SO St. Olaf	3:16.93	508
	36.738 (36.738)	1:13.987 (37.250)	1:55.091 (41.105)	2:39.473 (44.382)
	3:16.923 (37.450)			
--	Ian Mortensen	JR Carleton	DNS	

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Name	Year	School	Finals	H#	Points
1	Demetri Lord	SO St. Olaf	8.74	5	804
2	Max Lelwica	SO St. John's (Minn.)	8.95	5	757
3	Wade Rhonemus	SR Concordia-Moorhead	8.98	5	750
4	Micah Smith	SR Bethel (Minn.)	9.07	5	730
5	Connor McCormick	FR Gustavus Adolphus	9.20	4	702
6	Anthony Thurk	SO St. John's (Minn.)	9.30	3	681
7	Layton Borst	SO St. Olaf	9.39	4	662
8	Abe Schegel	SR Bethel (Minn.)	9.48	2	644
9	Aaron Elseth	FR Bethel (Minn.)	9.51	3	637
10	Sam Schulze	SO Gustavus Adolphus	9.54	4	631

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

11 Andrew Cogley	SO St. Olaf	9.89	3	562
12 Trevor Wellman	SO Bethel (Minn.)	10.07	2	528
13 Carter Kienholz	SO Hamline	10.20	2	504
14 Brandon Kallstrom	SO Bethel (Minn.)	10.55	1	442
15 Joe Schmidt	SO Gustavus Adolphus	11.14	1	346
16 Gael Ramirez	SO Bethel (Minn.)	12.65	1	153
-- Ian Mortensen	JR Carleton	DNS	4	

Heptathlon: #4 Men High Jump Heptathlon

Name	Year School	Finals	Points
1 Andrew Cogley	SO St. Olaf	1.80m	627
1.68 1.71 1.74 1.77 1.80 1.83			
O PPP O XXO XXO XXX			
1 Anthony Thurk	SO St. John's (Minn.)	1.80m	627
1.71 1.74 1.77 1.80 1.83			
O O XO XO XXX			
1 Wade Rhonemus	SR Concordia-Moorhead	1.80m	627
1.65 1.68 1.71 1.74 1.77 1.80 1.83			
XO XO O XXO O XXO XXX			
4 Max Lelwica	SO St. John's (Minn.)	1.77m	602
1.62 1.65 1.68 1.71 1.74 1.77 1.80			
O O XO O O XXX			
5 Demetri Lord	SO St. Olaf	1.74m	577
1.68 1.71 1.74 1.77			
XO O O XXX			
6 Trevor Wellman	SO Bethel (Minn.)	1.68m	528
1.50 1.53 1.56 1.59 1.62 1.65 1.68 1.71			
O PPP O O O O XXO XXX			
7 Abe Schegel	SR Bethel (Minn.)	1.62m	480
1.50 1.53 1.56 1.59 1.62 1.65			
XO O XO O O XXX			
7 Micah Smith	SR Bethel (Minn.)	1.62m	480
1.53 1.56 1.59 1.62 1.65			
O XO O O XXX			
9 Sam Schulze	SO Gustavus Adolphus	1.59m	457
1.44 1.47 1.50 1.53 1.56 1.59 1.62			
O PPP O O XO O XXX			
9 Brandon Kallstrom	SO Bethel (Minn.)	1.59m	457
1.44 1.47 1.50 1.53 1.56 1.59 1.62			
O O O O XO XO XXX			
11 Carter Kienholz	SO Hamline	1.56m	434
1.47 1.50 1.53 1.56 1.59			
O O O O XXX			
12 Aaron Elseth	FR Bethel (Minn.)	1.53m	411
1.44 1.47 1.50 1.53 1.56			
O O XO XO XXX			
13 Layton Borst	SO St. Olaf	1.50m	389
1.50 1.53			
O XXX			
14 Gael Ramirez	SO Bethel (Minn.)	1.47m	367
1.35 1.38 1.41 1.44 1.47 1.50			
O O PPP O O XXX			

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Heptathlon: #4 Men High Jump Heptathlon**

15	Joe Schmidt	SO Gustavus Adolphus	1.44m	4-08.75	345
	1.35 1.38 1.41 1.44 1.47				
	O O PPP XO XXX				
16	Connor McCormick	FR Gustavus Adolphus	1.41m	4-07.50	324
	1.41 1.44				
	XO XXX				
--	Ian Mortensen	JR Carleton		DNS	

Heptathlon: #6 Men Pole Vault Heptathlon

Name	Year School	Finals	Points
1 Demetri Lord	SO St. Olaf	3.80m 12-05.50	562
	3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90		
	XO O XO O XXO O XXO O O XXX		
1 Layton Borst	SO St. Olaf	3.80m 12-05.50	562
	3.70 3.80 3.90 4.00		
	XXO XO PPP XXX		
3 Abe Schegel	SR Bethel (Minn.)	3.70m 12-01.50	535
	3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80		
	O PPP O PPP XO O XO XXX		
4 Connor McCormick	FR Gustavus Adolphus	3.60m 11-09.75	509
	3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70		
	O PPP XO O O XXO XXO XXX		
5 Max Lelwica	SO St. John's (Minn.)	3.50m 11-05.75	482
	3.10 3.20 3.30 3.40 3.50 3.60		
	O PPP O O O XXX		
6 Anthony Thurk	SO St. John's (Minn.)	3.40m 11-01.75	457
	2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50		
	O PPP O O O O XO O XXX		
7 Sam Schulze	SO Gustavus Adolphus	3.30m 10-10.00	431
	2.80 2.90 3.00 3.10 3.20 3.30 3.40		
	O O O O O XO XXX		
7 Gael Ramirez	SO Bethel (Minn.)	3.30m 10-10.00	431
	3.00 3.10 3.20 3.30 3.40		
	XO O O O XXX		
9 Carter Kienholz	SO Hamline	3.20m 10-06.00	406
	2.80 2.90 3.00 3.10 3.20 3.30		
	O O O O O XXX		
10 Andrew Cogley	SO St. Olaf	3.10m 10-02.00	381
	2.90 3.00 3.10 3.20		
	O XO O XXX		
11 Joe Schmidt	SO Gustavus Adolphus	3.00m 9-10.00	357
	2.60 2.70 2.80 2.90 3.00 3.10		
	XXO O O XXO XO XXX		
12 Micah Smith	SR Bethel (Minn.)	2.80m 9-02.25	309
	2.50 2.60 2.70 2.80 2.90		
	O PPP O XO XXX		
13 Trevor Wellman	SO Bethel (Minn.)	2.70m 8-10.25	286
	2.40 2.50 2.60 2.70 2.80		
	O O XXO XO XXX		
14 Aaron Elseth	FR Bethel (Minn.)	2.50m 8-02.50	242
	2.20 2.30 2.40 2.50 2.60		
	O XXO O O XXX		

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

-- Wade Rhonemus	SR Concordia-Moorhead	NH
4.00		
XXX		
-- Brandon Kallstrom	SO Bethel (Minn.)	NH
2.20		
XXX		
-- Ian Mortensen	JR Carleton	DNS

Heptathlon: #2 Men Long Jump Heptathlon

Name	Year School	Finals	Points
1 Demetri Lord	SO St. Olaf	6.31m 20-08.50	655
6.21m 6.10m 6.31m			
2 Abe Schegel	SR Bethel (Minn.)	6.26m 20-06.50	644
6.09m 6.26m 6.24m			
3 Wade Rhonemus	SR Concordia-Moorhead	6.01m 19-08.75	589
5.81m 5.99m 6.01m			
4 Max Lelwica	SO St. John's (Minn.)	5.99m 19-08.00	584
5.99m 5.95m 5.98m			
4 Anthony Thurk	SO St. John's (Minn.)	5.99m 19-08.00	584
5.85m 5.99m 5.91m			
6 Andrew Cogley	SO St. Olaf	5.97m 19-07.00	580
5.78m 5.96m 5.97m			
7 Micah Smith	SR Bethel (Minn.)	5.86m 19-02.75	556
FOUL FOUL 5.86m			
8 Sam Schulze	SO Gustavus Adolphus	5.64m 18-06.00	510
5.61m FOUL 5.64m			
9 Brandon Kallstrom	SO Bethel (Minn.)	5.60m 18-04.50	502
5.60m 5.51m FOUL			
10 Connor McCormick	FR Gustavus Adolphus	5.50m 18-00.50	481
5.50m 5.50m FOUL			
11 Carter Kienholz	SO Hamline	5.32m 17-05.50	445
5.22m 5.32m FOUL			
12 Layton Borst	SO St. Olaf	5.26m 17-03.25	433
5.18m FOUL 5.26m			
13 Trevor Wellman	SO Bethel (Minn.)	5.15m 16-10.75	411
5.14m 5.15m 5.08m			
14 Aaron Elseth	FR Bethel (Minn.)	5.10m 16-08.75	402
5.10m FOUL 5.09m			
15 Gael Ramirez	SO Bethel (Minn.)	4.86m 15-11.50	356
4.86m 4.72m 4.81m			
16 Joe Schmidt	SO Gustavus Adolphus	4.06m 13-04.00	215
4.06m 3.84m 4.01m			
-- Ian Mortensen	JR Carleton	DNS	

Heptathlon: #3 Men Shot Put Heptathlon

Name	Year School	Finals	Points
1 Trevor Wellman	SO Bethel (Minn.)	12.12m 39-09.25	614
12.12m 10.47m 12.06m			
2 Demetri Lord	SO St. Olaf	11.64m 38-02.25	585
11.47m 11.64m 10.94m			

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Heptathlon: #3 Men Shot Put Heptathlon**

3	Max Lelwica	SO St. John's (Minn.)	11.60m	38-00.75	582
	11.60m 10.65m 10.88m				
4	Layton Borst	SO St. Olaf	11.58m	38-00.00	581
	11.58m 11.40m FOUL				
5	Carter Kienholz	SO Hamline	11.15m	36-07.00	555
	11.05m 11.06m 11.15m				
6	Micah Smith	SR Bethel (Minn.)	10.64m	34-11.00	524
	10.64m 10.32m 9.80m				
7	Wade Rhonemus	SR Concordia-Moorhead	10.57m	34-08.25	520
	10.57m 9.67m 9.95m				
8	Abe Schegel	SR Bethel (Minn.)	10.47m	34-04.25	514
	9.18m 10.47m 9.35m				
9	Anthony Thurk	SO St. John's (Minn.)	10.42m	34-02.25	511
	FOUL 9.91m 10.42m				
10	Andrew Cogley	SO St. Olaf	9.71m	31-10.25	468
	9.71m 9.69m 9.27m				
11	Brandon Kallstrom	SO Bethel (Minn.)	9.30m	30-06.25	444
	9.03m 9.30m 8.76m				
12	Connor McCormick	FR Gustavus Adolphus	9.21m	30-02.75	438
	8.30m 8.88m 9.21m				
13	Aaron Elseth	FR Bethel (Minn.)	8.48m	27-10.00	395
	8.48m 7.64m FOUL				
14	Gael Ramirez	SO Bethel (Minn.)	8.34m	27-04.50	386
	8.34m 8.20m 8.13m				
15	Joe Schmidt	SO Gustavus Adolphus	7.68m	25-02.50	347
	7.68m 7.04m 7.10m				
16	Sam Schulze	SO Gustavus Adolphus	7.22m	23-08.25	320
	7.22m 7.12m 7.13m				
--	Ian Mortensen	JR Carleton		DNS	

Men Heptathlon

Championship: C 5088 2014 Cameron Clause, Gustavus Adolphus						
Name	Year	School	Seed	Finals	H#	Points
1	Demetri Lord	SO St. Olaf		4684		10
2	Max Lelwica	SO St. John's (Minn.)		4333		8
3	Abe Schegel	SR Bethel (Minn.)		4280		6
4	Anthony Thurk	SO St. John's (Minn.)		4247		5
5	Andrew Cogley	SO St. Olaf	3992	4075		4
6	Micah Smith	SR Bethel (Minn.)		4039		3
7	Wade Rhonemus	SR Concordia-Moorhead	4599	3914		2
8	Layton Borst	SO St. Olaf	4040	3806		1
9	Connor McCormick	FR Gustavus Adolphus	3541	3802		
10	Sam Schulze	SO Gustavus Adolphus	3849	3739		
11	Trevor Wellman	SO Bethel (Minn.)		3694		
12	Carter Kienholz	SO Hamline	3361	3511		
13	Aaron Elseth	FR Bethel (Minn.)		3241		
14	Brandon Kallstrom	SO Bethel (Minn.)		3099		
15	Gael Ramirez	SO Bethel (Minn.)		2938		
16	Joe Schmidt	SO Gustavus Adolphus		2630		

Women - Team Rankings - 20 Events Scored

1) Bethel (Minn.)	144	2) Carleton	140.50
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2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Men Heptathlon**

3) Gustavus Adolphus	114	4) St. Olaf	99.50
5) St. Benedict	99	6) Concordia-Moorhead	53
7) Macalester	40	8) Hamline	27
9) Augsburg	22	10) St. Scholastica	21
11) Saint Mary's (Minn.)	13	12) St. Catherine (Minn.)	6

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 Men - Team Rankings - 20 Events Scored
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1) Bethel (Minn.)	143.50	2) St. John's (Minn.)	141.50
3) St. Olaf	131.50	4) Carleton	105
5) Gustavus Adolphus	71	6) Concordia-Moorhead	56.50
7) Macalester	36	8) St. Scholastica	35
9) Hamline	27	10) Augsburg	24
11) Saint Mary's (Minn.)	9		