

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****Men 60 Meter Dash**

=====
 Champ. Rec.: # 6.76 2023 Landen Liu, Bethel
 Facility Rec: F 6.83 2012 Garfield Powell, Iowa Central

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 Name Year School Seed Prelims H#
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Preliminaries

1	Arthur, Kevin	SR	St. John's (Minn.)	6.78	6.84Q	1
2	Anstine, Jade	FR	Gustavus Adolphus	7.00	7.03Q	2
3	Simon, Godsword	JR	Bethel (Minn.)	7.01	7.09Q	3 7.085
4	McConnell, Cameron	JR	Bethel (Minn.)	7.06	6.98q	1
5	Skelly, Matthew	SR	Gustavus Adolphus	7.04	7.06q	2
6	Schaffer, Dawson	SR	Concordia-Moorhead	7.04	7.09q	1 7.081
7	Bulwa, Chris	JR	Saint Mary's	7.02	7.09q	3 7.088
8	Le, Nathan	JR	Gustavus Adolphus	7.17	7.12q	3
9	Zong-Naba, Sylvain	JR	Macalester	7.21	7.13	1
10	Raitz, Sam	FR	Bethel (Minn.)	7.15	7.16	2 7.152
11	Popoca, Emanuel	JR	St. John's (Minn.)	7.16	7.16	3 7.158
12	Alfaro Diedrich, Sean	JR	St. Scholastica	7.18	7.17	2
13	Thomas, Reece	JR	Hamline	7.22	7.18	2
14	Sesay, Abdul	FR	St. John's (Minn.)	7.23	7.20	3
15	Kritsberg, Ben	SO	Saint Mary's	7.25	7.22	3
16	Morey, Aidan	FR	St. John's (Minn.)	7.28	7.24	2
17	Kyoore, Zechariah	JR	Gustavus Adolphus	7.27	7.28	1
18	Fisher, Charlie	FR	St. Olaf	7.30	7.29	3
19	Fochtman, Jack	SO	St. Olaf	7.37	7.30	1
20	Dahl, Mason	FR	Concordia-Moorhead	7.20	7.31	1 7.307
21	Otis, Mickey	FR	Hamline	7.26	7.31	2 7.308
22	Hansen, Matt	FR	St. John's (Minn.)	7.27	7.33	1
23	Petron, Jordan	JR	Concordia-Moorhead	7.37	7.37	2
24	Moberg, Joey	FR	St. John's (Minn.)	7.36	7.39	3

Men 60 Meter Dash

=====
 Champ. Rec.: # 6.76 2023 Landen Liu, Bethel
 Facility Rec: F 6.83 2012 Garfield Powell, Iowa Central

=====
 Name Year School Prelims Finals Points
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Finals

1	Arthur, Kevin	SR	St. John's (Minn.)	6.84	6.79F	10
2	McConnell, Cameron	JR	Bethel (Minn.)	6.98	6.97	8
3	Anstine, Jade	FR	Gustavus Adolphus	7.03	7.00	6
4	Bulwa, Chris	JR	Saint Mary's	7.09	7.02	5
5	Simon, Godsword	JR	Bethel (Minn.)	7.09	7.10	4
6	Schaffer, Dawson	SR	Concordia-Moorhead	7.09	7.12	3
7	Le, Nathan	JR	Gustavus Adolphus	7.12	7.14	2
8	Skelly, Matthew	SR	Gustavus Adolphus	7.06	7.21	1

Men 200 Meter Dash

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 Champ. Rec.: # 21.96 2009 Joe Defrance, St. Thomas
 Facility Rec: F 21.98 2024 C. Glad, G. Nelson, Bethel

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 Name Year School Seed Finals H# Points
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1	Parent, Jacob	JR	Bethel (Minn.)	21.74	21.80#	6 10
2	Arthur, Kevin	SR	St. John's (Minn.)	22.08	22.13	6 8
3	Bulwa, Chris	JR	Saint Mary's	22.42	22.37	6 6

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4	Anstine, Jade	FR Gustavus Adolphus	22.58	22.41	5	5	
5	Heitler, Arlo	JR Macalester	22.64	22.57	5	4	
6	Schaffer, Dawson	SR Concordia-Moorhead	23.13	22.96	4	3	
7	Raitz, Sam	FR Bethel (Minn.)	22.90	22.97	5	2	
8	Liu, Landen	SO Bethel (Minn.)	22.07	23.04	6	1	
9	Myres, David	JR Bethel (Minn.)	22.95	23.10	5		
10	Adamson, Oliver	JR Saint Mary's	23.18	23.14	4		
11	Thomas, Reece	JR Hamline	23.18	23.22	4		
12	Lee, Josh	JR Bethel (Minn.)	23.18	23.26	4		23.257
13	Popoca, Emanuel	JR St. John's (Minn.)	23.52	23.26	1		23.260
14	Haack, Tony	SO Bethel (Minn.)	23.32	23.29	3		
15	Nathan, Asher	FR Carleton	23.26	23.41	3		
16	Fochtman, Jack	SO St. Olaf	23.49	23.51	1		
17	McNearny, Devin	JR St. Olaf	23.73	23.69	1		
18	Kyooore, Zechariah	JR Gustavus Adolphus	23.47	23.73	2		
19	Stageberg, Noah	JR Gustavus Adolphus	23.42	23.76	2		
20	Kessel, Peyton	JR Concordia-Moorhead	23.43	23.78	2		
21	Moberg, Joey	FR St. John's (Minn.)	23.88	23.87	1		
--	Petron, Jordan	JR Concordia-Moorhead	23.35	DQ	2		

Men 400 Meter Dash

=====							
Champ. Rec.: # 48.78		2004	Matt Shannon, Augsburg				
Facility Rec: F 48.04		2006	Nate Olson, UW Lacrosse				
Name	Year	School	Seed	Finals	H#	Points	
=====							
1	Parent, Jacob	JR Bethel (Minn.)	48.47	48.58#	5	10	
	22.847 (22.847)	48.578 (25.732)					
2	Nelson, Grant	SO Bethel (Minn.)	48.37	48.85	5	8	
	22.771 (22.771)	48.846 (26.075)					
3	Kubicek, Noah	SO St. Scholastica	50.44	49.58	4	6	
	23.668 (23.668)	49.578 (25.910)					
4	Heitler, Arlo	JR Macalester	49.53	49.63	5	5	
	23.406 (23.406)	49.627 (26.221)					
5	Tiongson, Trevor	JR Concordia-Moorhead	50.16	50.69	5	4	
	24.373 (24.373)	50.686 (26.313)					
6	Rudzitis, Taaron	JR Bethel (Minn.)	51.43	51.10	4	3	
	24.150 (24.150)	51.098 (26.949)					
7	Stursa, Cohen	FR Gustavus Adolphus	51.12	51.16	4	2	
	23.907 (23.907)	51.151 (27.244)					
8	Haack, Tony	SO Bethel (Minn.)	51.70	51.42	3	1	
	24.208 (24.208)	51.411 (27.203)					
9	Douglas, Derek	JR St. Scholastica	51.36	51.44	4		
	24.720 (24.720)	51.432 (26.712)					
10	Stageberg, Noah	JR Gustavus Adolphus	51.96	51.54	3		
	24.410 (24.410)	51.536 (27.126)					
11	Witschen, Wyatt	FR St. John's (Minn.)	51.61	51.55	3		
	24.450 (24.450)	51.543 (27.094)					
12	Palm, Alex	FR Bethel (Minn.)	52.56	52.29	3		
	24.706 (24.706)	52.288 (27.582)					
13	Ortiz, Raul	JR Hamline	53.18	52.53	2		
	24.483 (24.483)	52.530 (28.047)					
14	Heil, Tyler	FR Gustavus Adolphus	53.39	52.81	2		
	24.684 (24.684)	52.809 (28.125)					

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Results

...Men 400 Meter Dash

15 Gunderson, Tyler	JR St. Olaf	53.27	53.66	2
24.761 (24.761)	53.652 (28.892)			
16 Iyegha, Charlie	FR St. Olaf	53.72	53.94	1
24.947 (24.947)	53.938 (28.992)			
17 Blondin, Reese	FR Gustavus Adolphus	54.16	54.24	1
25.451 (25.451)	54.234 (28.784)			
18 Deutschlander, Pierre	SR St. John's (Minn.)	54.44	54.84	1
26.616 (26.616)	54.833 (28.218)			
19 Chilala, Tembo	JR Concordia-Moorhead	53.89	55.42	1
24.613 (24.613)	55.413 (30.800)			
20 Clement, Emmanuel	FR Augsburg	53.56	1:04.09	2
24.871 (24.871)	1:04.085 (39.214)			

Men 600 Meter Run

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Champ. Rec.: #	1:20.19	2017	Carl Klamm, Bethel (Minn)			
Facility Rec: F	1:20.36	2019	Karl Klamm, Bethel			
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Lelinga, Victor	FR	Bethel (Minn.)	1:21.55	1:20.57	3	10
25.742 (25.742)	52.737 (26.996)	1:20.569 (27.832)				
2 Nelson, Grant	SO	Bethel (Minn.)	1:21.20	1:22.11	3	8
25.516 (25.516)	52.958 (27.442)	1:22.103 (29.145)				
3 Kubicek, Noah	SO	St. Scholastica	1:23.09	1:22.17	3	6
25.990 (25.990)	53.362 (27.372)	1:22.167 (28.806)				
4 Douglas, Derek	JR	St. Scholastica	1:23.58	1:22.26	2	5
25.057 (25.057)	51.927 (26.871)	1:22.258 (30.331)				
5 Ash, Ethan	SR	Carleton	1:23.18	1:22.58	3	4
26.284 (26.284)	54.038 (27.754)	1:22.572 (28.534)				
6 Rudzitis, Taaron	JR	Bethel (Minn.)	1:23.48	1:22.90	3	3
26.167 (26.167)	53.756 (27.589)	1:22.898 (29.143)				
7 Pattison, Alistair	SR	Carleton	1:23.36	1:22.97	3	2
26.598 (26.598)	53.840 (27.242)	1:22.970 (29.130)				
8 Montreuil, Owen	SO	St. John's (Minn.)	1:24.09	1:23.47	2	1
25.888 (25.888)	53.507 (27.619)	1:23.462 (29.956)				
9 Nemecek, Lance	SO	St. Olaf	1:24.38	1:23.68	2	
26.157 (26.157)	53.839 (27.682)	1:23.673 (29.835)				
10 Asfaw, Getinat	JR	Augsburg	1:25.19	1:23.82	1	
26.532 (26.532)	54.393 (27.862)	1:23.815 (29.422)				
11 Rud, Mark	SO	Gustavus Adolphus	1:25.08	1:24.13	2	
26.818 (26.818)	54.562 (27.744)	1:24.121 (29.559)				
12 Moore, Cullen	SO	St. Olaf	1:24.29	1:24.67	2	
25.665 (25.665)	53.178 (27.513)	1:24.669 (31.491)				
13 Schonebaum, Henry	SO	Macalester	1:25.11	1:24.92	1	
25.558 (25.558)	53.877 (28.319)	1:24.916 (31.040)				
14 Stursa, Cohen	FR	Gustavus Adolphus	1:25.15	1:25.14	1	
26.319 (26.319)	54.702 (28.384)	1:25.140 (30.438)				
15 Fuller, Blake	JR	Gustavus Adolphus	1:25.00	1:25.27	2	
26.630 (26.630)	54.766 (28.136)	1:25.267 (30.502)				
16 Cozine, Ethan	FR	St. Olaf	1:25.34	1:25.31	1	
26.445 (26.445)	54.144 (27.699)	1:25.303 (31.159)				
17 Schmitz, Drew	FR	Bethel (Minn.)	1:25.89	1:25.38	1	
25.803 (25.803)	54.189 (28.386)	1:25.371 (31.182)				
18 Ali, Kalid	JR	Macalester	1:25.22	1:25.89	1	
25.387 (25.387)	53.666 (28.279)	1:25.885 (32.220)				

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****Men 800 Meter Run**

Champ. Rec.: # 1:52.54 2010		Max Hanson, Gustavus	
Facility Rec: F 1:52.53 2006		Jeff Zodda, Col. of New Jersey	
Name	Year School	Seed	Finals H# Points
1 Allen, Tommy	SO St. John's (Minn.)	1:56.36	1:55.33 3 10
28.195 (28.195)	56.883 (28.689)	1:26.124 (29.241)	1:55.329 (29.206)
2 Moore, Cullen	SO St. Olaf	1:57.09	1:55.78 3 8
28.352 (28.352)	57.091 (28.740)	1:26.651 (29.560)	1:55.779 (29.128)
3 Wallin, Tucker	SR St. Scholastica	1:57.54	1:55.80 2 6
28.393 (28.393)	57.932 (29.540)	1:26.951 (29.019)	1:55.797 (28.847)
4 Smith, Tyler	JR Gustavus Adolphus	1:55.55	1:57.05 3 5 1:57.041
28.272 (28.272)	57.001 (28.729)	1:26.451 (29.450)	1:57.041 (30.590)
5 Lelinga, Victor	FR Bethel (Minn.)	1:57.36	1:57.05 3 4 1:57.043
30.067 (30.067)	59.126 (29.060)	1:28.911 (29.786)	1:57.043 (28.132)
6 Groshelle, Gavin	SO Concordia-Moorhead	1:58.10	1:57.09 2 3
28.591 (28.591)	58.061 (29.470)	1:27.337 (29.276)	1:57.088 (29.751)
7 Brauer, Nicholas	FR Gustavus Adolphus	1:56.76	1:57.27 3 2
28.360 (28.360)	57.158 (28.798)	1:26.794 (29.636)	1:57.261 (30.467)
8 Getty, Drew	SR Macalester	1:57.63	1:57.38 2 1
28.941 (28.941)	58.423 (29.483)	1:27.733 (29.310)	1:57.371 (29.638)
9 Nemecek, Lance	SO St. Olaf	1:58.05	1:57.87 2
28.846 (28.846)	58.525 (29.679)	1:28.170 (29.646)	1:57.869 (29.700)
10 Cozine, Ethan	FR St. Olaf	1:58.80	1:58.69 2
29.093 (29.093)	58.767 (29.675)	1:28.717 (29.950)	1:58.684 (29.967)
11 Asfaw, Getinat	JR Augsburg	1:57.53	1:58.88 2
29.103 (29.103)	58.605 (29.502)	1:28.067 (29.463)	1:58.877 (30.810)
12 Ash, Ethan	SR Carleton	1:57.99	1:59.67 2
28.622 (28.622)	58.293 (29.671)	1:28.295 (30.003)	1:59.663 (31.368)
13 Bjork, Alex	FR St. Olaf	1:58.89	2:00.16 1
28.546 (28.546)	58.543 (29.997)	1:29.031 (30.488)	2:00.153 (31.122)
14 Rud, Mark	SO Gustavus Adolphus	1:59.88	2:00.19 1
28.778 (28.778)	58.720 (29.942)	1:29.198 (30.478)	2:00.186 (30.988)
15 Kloepfner, Daniel	JR St. John's (Minn.)	2:01.12	2:00.42 1
29.025 (29.025)	59.044 (30.020)	1:29.508 (30.464)	2:00.412 (30.904)
16 Boone, Calvin	SO St. Scholastica	1:56.47	2:00.50 3
29.797 (29.797)	58.895 (29.098)	1:29.209 (30.314)	2:00.498 (31.289)
17 Pierce, Charlie	FR Macalester	2:01.16	2:01.11 1
28.894 (28.894)	58.958 (30.064)	1:29.796 (30.838)	2:01.102 (31.306)
18 Malecha, Thomas	SO Macalester	2:01.36	2:01.13 1
28.561 (28.561)	58.832 (30.272)	1:29.668 (30.836)	2:01.124 (31.456)
19 Baatrup-Sabo, Jakob	SO St. Olaf	2:01.15	2:03.72 1
28.877 (28.877)	59.119 (30.242)	1:30.942 (31.824)	2:03.716 (32.774)
20 Pattison, Alistair	SR Carleton	1:57.04	2:03.85 3
28.728 (28.728)	57.577 (28.850)	1:28.168 (30.591)	2:03.844 (35.676)
21 Oty, Shareef	FR Augsburg	2:02.05	2:04.25 1
28.364 (28.364)	58.703 (30.340)	1:30.359 (31.656)	2:04.247 (33.888)

Men 1000 Meter Run

Champ. Rec.: # 2:26.02 2017		Donson Cook-Gallardo, Carleton	
Facility Rec: F 2:27.61 2016		Paul Escher, St. Olaf	
Name	Year School	Seed	Finals H# Points

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men 1000 Meter Run**

1 Allen, Tommy	SO St. John's (Minn.)	2:30.10	2:30.25	3	10
29.003 (29.003)	1:01.401 (32.399)	1:32.335 (30.934)	2:01.982 (29.647)		
2:30.249 (28.267)					
2 Boone, Calvin	SO St. Scholastica	2:29.55	2:30.35	3	8
30.767 (30.767)	1:01.389 (30.623)	1:31.543 (30.154)	2:01.196 (29.653)		
2:30.347 (29.152)					
3 Fitzgerald, Ignatius	SO St. Olaf	2:30.47	2:31.39	3	6
30.422 (30.422)	1:01.668 (31.246)	1:32.591 (30.924)	2:02.119 (29.528)		
2:31.389 (29.270)					
4 Brauer, Nicholas	FR Gustavus Adolphus	2:31.95	2:31.51	3	5
29.168 (29.168)	1:01.007 (31.839)	1:31.889 (30.883)	2:01.649 (29.760)		
2:31.510 (29.862)					
5 St. Peter, Nick	SO St. John's (Minn.)	2:32.41	2:31.69	3	4
31.149 (31.149)	1:01.851 (30.702)	1:32.889 (31.039)	2:02.831 (29.942)		
2:31.683 (28.852)					
6 Lyness, Indy	SO Carleton	2:33.55	2:32.01	2	3
30.288 (30.288)	1:01.141 (30.853)	1:31.890 (30.749)	2:02.500 (30.610)		
2:32.008 (29.508)					
7 Wallin, Tucker	SR St. Scholastica	2:35.55	2:32.50	2	2
29.747 (29.747)	1:00.405 (30.658)	1:31.106 (30.702)	2:01.714 (30.608)		
2:32.493 (30.779)					
8 Getty, Drew	SR Macalester	2:32.70	2:33.00	3	1
29.239 (29.239)	1:01.184 (31.946)	1:32.095 (30.911)	2:32.995 (1:00.901)		
9 Smith, Tyler	JR Gustavus Adolphus	2:30.92	2:33.99	3	
30.481 (30.481)	1:01.060 (30.580)	1:31.764 (30.704)	2:01.376 (29.612)		
2:33.990 (32.614)					
10 Groshelle, Gavin	SO Concordia-Moorhead	2:34.76	2:34.27	2	
30.518 (30.518)	1:01.489 (30.972)	1:32.272 (30.784)	2:03.250 (30.978)		
2:34.262 (31.013)					
11 McCoy, Max	FR St. John's (Minn.)	2:34.75	2:34.33	2	
29.995 (29.995)	1:00.648 (30.653)	1:31.378 (30.731)	2:02.890 (31.512)		
2:34.330 (31.440)					
12 Bjork, Alex	FR St. Olaf	2:37.32	2:35.69	1	
31.246 (31.246)	1:02.868 (31.622)	1:34.043 (31.176)	2:05.139 (31.096)		
2:35.688 (30.549)					
13 Wiltse, Daniel	FR Macalester	2:35.62	2:35.80	2	
30.039 (30.039)	1:00.892 (30.853)	1:32.322 (31.430)	2:04.090 (31.768)		
2:35.793 (31.704)					
14 DeWall, Lars	SR St. Scholastica	2:29.97	2:36.28	3	
30.964 (30.964)	1:01.652 (30.688)	1:32.371 (30.720)	2:02.977 (30.606)		
2:36.271 (33.294)					
15 Marsh, Jackson	JR St. Olaf	2:33.27	2:36.28	2	
30.346 (30.346)	1:00.846 (30.501)	1:31.650 (30.804)	2:03.592 (31.943)		
2:36.277 (32.685)					
16 Lange, Emerson	SO Carleton	2:37.59	2:36.80	1	
33.255 (33.255)	1:03.878 (30.623)	1:35.222 (31.344)	2:06.353 (31.132)		
2:36.798 (30.446)					
17 Neu, Nathan	JR St. Scholastica	2:36.79	2:36.87	1	
31.034 (31.034)	1:02.597 (31.563)	1:34.492 (31.895)	2:06.065 (31.574)		
2:36.861 (30.796)					
18 Kloepfner, Daniel	JR St. John's (Minn.)	2:36.27	2:37.28	1	
32.662 (32.662)	1:03.183 (30.522)	1:34.664 (31.481)	2:05.482 (30.818)		
2:37.278 (31.797)					
19 Roehl, Carson	JR Gustavus Adolphus	2:33.13	2:38.23	2	
30.390 (30.390)	1:01.604 (31.214)	1:33.174 (31.570)	2:05.510 (32.337)		
2:38.224 (32.714)					

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

...Men 1000 Meter Run

20 Chamberlin, Owen	SO St. Olaf	2:37.67	2:39.03	1
32.728 (32.728)	1:03.627 (30.899)	1:35.359 (31.732)	2:07.826 (32.468)	
2:39.025 (31.199)				
21 Doran, Eli	SO St. Olaf	2:35.81	2:39.68	2
30.655 (30.655)	1:01.312 (30.657)	1:32.820 (31.508)	2:05.366 (32.547)	
2:39.679 (34.313)				
22 Nelson, Clark	SR Bethel (Minn.)	2:36.90	2:40.69	1
32.695 (32.695)	1:03.422 (30.727)	1:35.628 (32.207)	2:08.254 (32.626)	
2:40.690 (32.437)				
23 Baatrup-Sabo, Jakob	SO St. Olaf	2:36.58	2:43.16	1
32.471 (32.471)	1:03.086 (30.615)	1:35.459 (32.374)	2:09.474 (34.015)	
2:43.160 (33.686)				

Men 1 Mile Run

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Champ. Rec.: #	4:11.94	2014	Grant Wintheiser, St. Olaf			
Facility Rec: F	4:08.46	2017	Joe Coffey, St. Olaf			
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Boone, Calvin	SO	St. Scholastica	4:10.90	4:12.23	3	10
32.250 (32.250)	1:03.354 (31.104)	1:34.668 (31.314)	2:05.898 (31.230)			
2:37.259 (31.362)	3:09.235 (31.976)	3:41.000 (31.765)	4:12.230 (31.231)			
2 Nichols, Gabe	SO	Carleton	4:15.31	4:13.92	3	8
32.440 (32.440)	1:03.574 (31.135)	1:34.893 (31.319)	2:06.132 (31.240)			
2:37.518 (31.386)	3:09.540 (32.022)	3:41.722 (32.182)	4:13.914 (32.192)			
3 Llewellyn, Roy	SO	Carleton	4:16.11	4:16.28	3	6
33.514 (33.514)	1:04.583 (31.069)	1:36.128 (31.545)	2:08.042 (31.915)			
2:40.780 (32.738)	3:13.652 (32.873)	3:45.952 (32.300)	4:16.279 (30.328)			
4 DeWall, Lars	SR	St. Scholastica	4:16.61	4:17.61	3	5
32.719 (32.719)	1:03.796 (31.077)	1:35.210 (31.415)	2:06.482 (31.272)			
2:37.817 (31.336)	3:10.066 (32.250)	3:43.501 (33.435)	4:17.608 (34.108)			
5 Lyness, Indy	SO	Carleton	4:19.40	4:17.69	3	4
33.806 (33.806)	1:05.702 (31.897)	1:37.707 (32.005)	2:09.884 (32.178)			
2:42.740 (32.856)	3:15.375 (32.636)	3:47.487 (32.112)	4:17.686 (30.199)			
6 Turlington, Kevin	SO	St. Olaf	4:14.86	4:17.89	3	3
32.847 (32.847)	1:04.084 (31.237)	1:35.504 (31.420)	2:07.147 (31.644)			
2:39.134 (31.988)	3:11.800 (32.666)	3:45.587 (33.787)	4:17.888 (32.301)			
7 Curtis, Ian	JR	St. Olaf	4:19.21	4:18.02	3	2
33.007 (33.007)	1:04.352 (31.346)	1:35.852 (31.500)	2:07.634 (31.782)			
2:40.055 (32.422)	3:12.630 (32.576)	3:46.193 (33.563)	4:18.016 (31.823)			
8 Goss, Brady	FR	Concordia-Moorhead	4:19.39	4:20.30	3	1
33.317 (33.317)	1:05.146 (31.829)	1:37.266 (32.121)	2:10.265 (32.999)			
2:43.517 (33.252)	3:16.739 (33.222)	3:49.746 (33.008)	4:20.292 (30.546)			
9 St. Peter, Nick	SO	St. John's (Minn.)	4:18.74	4:20.41	3	
33.489 (33.489)	1:05.371 (31.882)	1:37.221 (31.850)	2:10.468 (33.247)			
2:43.744 (33.276)	3:16.977 (33.234)	3:49.966 (32.990)	4:20.406 (30.440)			
10 Hartney, Sean	JR	St. Olaf	4:25.85	4:22.42	2	
32.048 (32.048)	1:03.838 (31.790)	1:36.528 (32.691)	2:09.780 (33.252)			
2:42.922 (33.143)	3:16.326 (33.404)	3:49.226 (32.901)	4:22.414 (33.188)			
11 Lange, Emerson	SO	Carleton	4:30.84	4:25.58	2	
34.216 (34.216)	1:07.421 (33.206)	1:41.286 (33.865)	2:14.951 (33.666)			
2:48.270 (33.319)	3:21.518 (33.248)	3:54.282 (32.765)	4:25.576 (31.294)			
12 Doran, Eli	SO	St. Olaf	4:27.53	4:25.78	2	
32.400 (32.400)	1:04.179 (31.780)	1:36.917 (32.738)	2:10.325 (33.408)			
2:43.478 (33.154)	3:17.488 (34.010)	3:51.724 (34.237)	4:25.772 (34.048)			

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

....Men 1 Mile Run

13 Nowacki, Cole	SR Concordia-Moorhead	4:34.15	4:26.90	2
33.799 (33.799)	1:04.990 (31.191)	1:38.013 (33.024)	2:11.411 (33.398)	
2:46.540 (35.129)	3:21.280 (34.741)	3:55.082 (33.802)	4:26.899 (31.817)	
14 Galloway, Jordan	SO Macalester	4:28.81	4:27.55	2
33.224 (33.224)	1:05.299 (32.076)	1:38.624 (33.326)	2:13.464 (34.840)	
2:48.648 (35.185)	3:23.456 (34.808)	3:56.784 (33.328)	4:27.542 (30.758)	
15 LiaBraaten, Lucas	SO Hamline	4:28.92	4:28.09	2
33.166 (33.166)	1:05.027 (31.861)	1:37.760 (32.733)	2:10.913 (33.154)	
2:45.304 (34.391)	3:20.064 (34.761)	3:54.591 (34.527)	4:28.082 (33.492)	
16 Moresi, Kelvin	FR Macalester	4:28.42	4:29.83	2
32.704 (32.704)	1:04.486 (31.782)	1:37.272 (32.787)	2:11.081 (33.809)	
2:46.299 (35.218)	3:22.058 (35.760)	3:55.973 (33.915)	4:29.825 (33.852)	
17 Fendig, Alex	SR Macalester	4:32.43	4:30.79	2
33.594 (33.594)	1:06.058 (32.464)	1:40.312 (34.254)	2:15.236 (34.925)	
2:49.846 (34.610)	3:24.602 (34.756)	3:57.958 (33.356)	4:30.789 (32.832)	
18 Peterson, Luke	SR Bethel (Minn.)	4:34.26	4:31.23	2
33.430 (33.430)	1:05.575 (32.146)	1:38.889 (33.314)	2:13.214 (34.325)	
2:48.432 (35.219)	3:23.608 (35.176)	3:58.196 (34.588)	4:31.226 (33.030)	
19 Malecha, Jacob	FR St. John's (Minn.)	4:34.63	4:33.00	1
38.513 (38.513)	1:13.258 (34.745)	1:47.356 (34.098)	2:21.432 (34.076)	
2:55.232 (33.801)	3:28.927 (33.695)	4:02.284 (33.357)	4:32.995 (30.712)	
20 Kalsnes, Jonah	FR Bethel (Minn.)	4:34.86	4:33.63	1
38.029 (38.029)	1:12.553 (34.524)	1:46.388 (33.836)	2:20.457 (34.069)	
2:53.850 (33.393)	3:27.461 (33.612)	4:01.083 (33.622)	4:33.623 (32.540)	
21 Chamberlin, Owen	SO St. Olaf	4:35.70	4:35.28	1
38.352 (38.352)	1:12.754 (34.403)	1:46.630 (33.876)	2:20.661 (34.032)	
2:54.253 (33.592)	3:28.954 (34.701)	4:03.559 (34.606)	4:35.274 (31.715)	
22 Landsem, Henry	FR Gustavus Adolphus	4:35.46	4:35.84	1
38.162 (38.162)	1:13.004 (34.842)	1:47.042 (34.038)	2:20.889 (33.848)	
2:54.798 (33.909)	3:28.673 (33.876)	4:03.023 (34.350)	4:35.836 (32.814)	
23 Thompson, Gabe	FR Macalester	4:39.23	4:36.57	1
38.789 (38.789)	1:13.744 (34.956)	1:48.058 (34.314)	2:22.149 (34.092)	
2:56.168 (34.019)	3:29.330 (33.163)	4:03.214 (33.884)	4:36.570 (33.356)	
24 Gathje, Joseph	JR St. John's (Minn.)	4:37.63	4:37.12	1
39.425 (39.425)	1:14.254 (34.830)	1:48.336 (34.082)	2:22.082 (33.746)	
2:56.862 (34.780)	3:30.719 (33.857)	4:05.356 (34.637)	4:37.115 (31.760)	
25 Hanley, Brett	JR Carleton	4:38.72	4:39.00	1
38.672 (38.672)	1:13.490 (34.818)	1:47.730 (34.241)	2:21.932 (34.202)	
2:56.401 (34.470)	3:30.670 (34.269)	4:05.124 (34.454)	4:38.994 (33.871)	
26 Leonard, Ethan	SO St. John's (Minn.)	4:36.24	4:40.27	1
38.976 (38.976)	1:14.000 (35.024)	1:48.616 (34.617)	2:22.519 (33.903)	
2:56.585 (34.066)	3:31.099 (34.514)	4:06.002 (34.904)	4:40.270 (34.268)	
27 Martinek, Peyton	FR St. John's (Minn.)	4:37.46	4:49.67	1
39.237 (39.237)	1:14.530 (35.294)	1:49.189 (34.659)	2:23.509 (34.320)	
2:58.500 (34.991)	3:34.515 (36.016)	4:11.913 (37.398)	4:49.662 (37.749)	

Men 3000 Meter Run

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Champ. Rec.: #	8:11.52	2020	Matt Wilkinson, Carleton			
Facility Rec: F	8:13.99	2015	Grant Wintheiser, St. Olaf			
Name	Year	School	Seed	Finals	H#	Points
=====						

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men 3000 Meter Run**

1 Kelly, Will	JR St. Olaf	8:18.79	8:20.32	2	10
32.27 (32.27)	1:05.57 (33.30)	1:38.82 (33.25)	2:12.36 (33.54)		
2:45.85 (33.49)	3:19.41 (33.56)	3:53.12 (33.71)	4:26.67 (33.55)		
4:59.49 (32.82)	5:33.09 (33.60)	6:06.95 (33.86)	6:40.79 (33.84)		
7:13.86 (33.07)	7:46.64 (32.78)	8:20.312 (33.68)			
2 Turlington, Kevin	SO St. Olaf	8:40.92	8:31.97	2	8
34.74 (34.74)	1:08.77 (34.03)	1:43.15 (34.38)	2:18.245 (35.10)		
2:53.480 (35.236)	3:28.327 (34.847)	4:02.97 (34.65)	5:12.001 (1:09.04)		
5:45.587 (33.586)	6:18.761 (33.175)	6:52.819 (34.058)	7:26.76 (33.95)		
7:59.821 (33.07)	8:31.969 (32.148)	12:04.84 (3:32.88)			
3 Llewellyn, Roy	SO Carleton	8:39.54	8:32.49	2	6
33.22 (33.22)	1:07.30 (34.08)	1:42.14 (34.84)	2:17.41 (35.27)		
2:52.71 (35.30)	3:28.15 (35.44)	4:03.22 (35.07)	4:37.83 (34.61)		
5:12.11 (34.28)	5:46.13 (34.02)	6:19.85 (33.72)	6:53.80 (33.95)		
7:28.36 (34.56)	8:02.26 (33.90)	8:32.485 (30.23)			
4 Nichols, Gabe	SO Carleton	8:38.85	8:32.93	2	5
33.87 (33.87)	1:08.14 (34.27)	1:42.81 (34.67)	2:17.42 (34.61)		
2:52.22 (34.80)	3:27.54 (35.32)	4:02.53 (34.99)	4:36.99 (34.46)		
5:11.18 (34.19)	5:45.79 (34.61)	6:19.51 (33.72)	6:53.50 (33.99)		
7:28.06 (34.56)	8:01.92 (33.86)	8:32.929 (31.01)			
5 Curtis, Ian	JR St. Olaf	8:38.71	8:33.02	2	4
32.59 (32.59)	1:06.52 (33.93)	1:40.90 (34.38)	2:16.39 (35.49)		
2:51.93 (35.54)	3:27.21 (35.28)	4:02.21 (35.00)	4:37.27 (35.06)		
5:11.50 (34.23)	5:45.56 (34.06)	6:19.03 (33.47)	6:52.90 (33.87)		
7:26.69 (33.79)	8:00.49 (33.80)	8:33.013 (32.53)			
6 Lynn, David	JR St. Olaf	8:45.60	8:34.58	2	3
34.88 (34.88)	1:09.05 (34.17)	1:43.23 (34.18)	2:18.23 (35.00)		
2:53.60 (35.37)	3:28.70 (35.10)	4:03.79 (35.09)	4:38.44 (34.65)		
5:12.24 (33.80)	5:46.59 (34.35)	6:20.51 (33.92)	6:53.86 (33.35)		
7:27.53 (33.67)	7:59.78 (32.25)	8:34.577 (34.80)			
7 Boone, Calvin	SO St. Scholastica	8:25.62	8:34.64	2	2
33.71 (33.71)	1:07.97 (34.26)	1:42.60 (34.63)	2:17.78 (35.18)		
2:52.91 (35.13)	3:28.20 (35.29)	4:02.74 (34.54)	4:37.53 (34.79)		
5:11.84 (34.31)	5:46.32 (34.48)	6:20.10 (33.78)	6:54.53 (34.43)		
7:29.10 (34.57)	8:03.91 (34.81)	8:34.639 (30.73)			
8 Crotteau, Ben	JR Macalester	8:36.58	8:37.61	2	1
34.10 (34.10)	1:07.40 (33.30)	1:42.28 (34.88)	2:17.53 (35.25)		
2:52.85 (35.32)	3:28.27 (35.42)	4:03.34 (35.07)	4:37.83 (34.49)		
5:11.89 (34.06)	5:46.00 (34.11)	6:19.35 (33.35)	6:53.17 (33.82)		
7:27.84 (34.67)	8:02.62 (34.78)	8:37.604 (34.99)			
9 Max, Parker	SO St. Olaf	8:36.71	8:39.21	2	
34.53 (34.53)	1:08.76 (34.23)	1:42.39 (33.63)	2:16.74 (34.35)		
2:52.21 (35.47)	3:27.75 (35.54)	4:02.92 (35.17)	4:37.52 (34.60)		
5:11.66 (34.14)	5:45.40 (33.74)	6:18.65 (33.25)	6:52.61 (33.96)		
7:27.21 (34.60)	8:03.17 (35.96)	8:39.205 (36.04)			
10 McKee, Reece	JR Macalester	8:32.30	8:40.53	2	
34.66 (34.66)	1:08.69 (34.03)	1:43.08 (34.39)	2:17.86 (34.78)		
2:53.18 (35.32)	3:28.54 (35.36)	4:03.66 (35.12)	4:38.17 (34.51)		
5:12.58 (34.41)	5:47.08 (34.50)	6:21.12 (34.04)	6:56.12 (35.00)		
7:31.59 (35.47)	8:06.71 (35.12)	8:40.527 (33.82)			
11 Hartney, Sean	JR St. Olaf	8:39.67	8:42.97	2	
34.29 (34.29)	1:08.41 (34.12)	1:42.95 (34.54)	2:18.05 (35.10)		
2:53.32 (35.27)	3:28.70 (35.38)	4:03.99 (35.29)	4:38.80 (34.81)		
5:13.00 (34.20)	5:47.74 (34.74)	6:22.22 (34.48)	6:57.67 (35.45)		
7:33.55 (35.88)	8:08.45 (34.90)	8:42.961 (34.52)			

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men 3000 Meter Run**

12 Bati, Mohammed	SO Augsburg	8:24.31	8:43.46	2
33.39 (33.39)	1:06.47 (33.08)	1:39.66 (33.19)	2:12.97 (33.31)	
2:47.71 (34.74)	3:21.90 (34.19)	3:56.97 (35.07)	4:32.21 (35.24)	
5:08.01 (35.80)	5:45.20 (37.19)	6:20.20 (35.00)	6:55.98 (35.78)	
7:32.12 (36.14)	8:07.52 (35.40)	8:43.453 (35.94)		
13 Edwards, Tyler	SO Macalester	8:39.31	8:44.51	2
34.60 (34.60)	1:08.52 (33.92)	1:42.88 (34.36)	2:17.67 (34.79)	
2:52.66 (34.99)	3:28.20 (35.54)	4:03.59 (35.39)	4:38.22 (34.63)	
5:12.81 (34.59)	5:47.35 (34.54)	6:21.82 (34.47)	6:57.24 (35.42)	
7:33.18 (35.94)	8:09.01 (35.83)	8:44.507 (35.50)		
14 Goss, Brady	FR Concordia-Moorhead	8:49.93	8:46.19	1
33.95 (33.95)	1:08.05 (34.10)	1:43.46 (35.41)	2:19.86 (36.40)	
2:56.02 (36.16)	3:31.52 (35.50)	4:06.82 (35.30)	4:43.16 (36.34)	
5:19.05 (35.89)	5:55.07 (36.02)	6:30.45 (35.38)	7:05.91 (35.46)	
7:40.99 (35.08)	8:15.25 (34.26)	8:46.189 (30.95)		
15 Deaver, Jack	SO St. Olaf	8:50.19	8:48.64	1
33.67 (33.67)	1:07.42 (33.75)	1:42.92 (35.50)	2:19.27 (36.35)	
2:55.23 (35.96)	3:30.88 (35.65)	4:06.34 (35.46)	4:42.71 (36.37)	
5:19.16 (36.45)	5:55.45 (36.29)	6:30.41 (34.96)	7:06.19 (35.78)	
7:41.50 (35.31)	8:16.09 (34.59)	8:48.633 (32.55)		
16 LiaBraaten, Lucas	SO Hamline	9:00.54	8:49.79	1
34.51 (34.51)	1:08.87 (34.36)	1:44.27 (35.40)	2:20.46 (36.19)	
2:56.68 (36.22)	3:32.19 (35.51)	4:07.60 (35.41)	4:43.60 (36.00)	
5:19.81 (36.21)	5:56.13 (36.32)	6:31.63 (35.50)	7:07.30 (35.67)	
7:42.55 (35.25)	8:18.60 (36.05)	8:49.785 (31.19)		
17 Ihrke, Nick	JR Macalester	8:50.99	8:49.86	1
34.97 (34.97)	1:09.35 (34.38)	1:44.33 (34.98)	2:20.03 (35.70)	
2:56.02 (35.99)	3:31.48 (35.46)	4:07.41 (35.93)	4:43.99 (36.58)	
5:19.73 (35.74)	5:54.76 (35.03)	6:30.62 (35.86)	7:06.72 (36.10)	
7:42.11 (35.39)	8:17.63 (35.52)	8:49.860 (32.24)		
18 Graber, Grant	JR Bethel (Minn.)	8:56.70	8:51.09	1
35.25 (35.25)	1:09.55 (34.30)	1:43.91 (34.36)	2:20.21 (36.30)	
2:56.46 (36.25)	3:31.81 (35.35)	4:07.34 (35.53)	4:43.72 (36.38)	
5:19.93 (36.21)	5:55.63 (35.70)	6:30.56 (34.93)	7:06.45 (35.89)	
7:42.75 (36.30)	8:18.65 (35.90)	8:51.087 (32.45)		
19 Kaluza, Vincent	FR St. John's (Minn.)	8:51.01	8:51.67	1
34.85 (34.85)	1:08.32 (33.47)	1:43.51 (35.19)	2:19.91 (36.40)	
2:56.20 (36.29)	3:31.66 (35.46)	4:07.04 (35.38)	4:43.17 (36.13)	
5:19.60 (36.43)	5:55.45 (35.85)	6:30.91 (35.46)	7:07.08 (36.17)	
7:42.93 (35.85)	8:18.95 (36.02)	8:51.667 (32.73)		
20 McCullough, Logan	SR Gustavus Adolphus	9:00.44	8:51.77	1
35.33 (35.33)	1:09.92 (34.59)	1:44.89 (34.97)	2:20.74 (35.85)	
2:56.87 (36.13)	3:32.54 (35.67)	4:07.88 (35.34)	4:44.04 (36.16)	
5:20.17 (36.13)	5:56.31 (36.14)	6:31.94 (35.63)	7:07.48 (35.54)	
7:42.98 (35.50)	8:18.25 (35.27)	8:51.767 (33.53)		
21 Olson, Tanner	SR Concordia-Moorhead	9:10.73	8:55.35	1
35.81 (35.81)	1:10.69 (34.88)	1:45.08 (34.39)	2:20.92 (35.84)	
2:56.37 (35.45)	3:31.11 (34.74)	4:06.12 (35.01)	4:42.72 (36.60)	
5:19.37 (36.65)	5:55.79 (36.42)	6:31.74 (35.95)	7:07.83 (36.09)	
7:44.24 (36.41)	8:20.39 (36.15)	8:55.348 (34.97)		
22 Skemp, Andrew	JR St. Olaf	8:47.64	8:57.54	2
35.31 (35.31)	1:09.63 (34.32)	1:43.91 (34.28)	2:18.75 (34.84)	
2:54.34 (35.59)	3:29.24 (34.90)	4:04.78 (35.54)	4:40.36 (35.58)	
5:17.24 (36.88)	5:54.15 (36.91)	6:31.10 (36.95)	7:08.87 (37.77)	
7:45.47 (36.60)	8:21.95 (36.48)	8:57.532 (35.59)		

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

....Men 3000 Meter Run

23 Galloway, Jordan	SO Macalester	8:58.84	8:57.57	1
33.99 (33.99)	1:07.73 (33.74)	1:43.19 (35.46)	2:19.41 (36.22)	
2:55.50 (36.09)	3:31.11 (35.61)	4:06.49 (35.38)	4:42.38 (35.89)	
5:18.92 (36.54)	5:56.30 (37.38)	6:33.12 (36.82)	7:10.36 (37.24)	
7:47.62 (37.26)	8:24.08 (36.46)	8:57.563 (33.49)		
24 Fendig, Alex	SR Macalester	9:02.46	9:02.37	1
34.68 (34.68)	1:09.08 (34.40)	1:44.03 (34.95)	2:20.45 (36.42)	
2:56.46 (36.01)	3:33.02 (36.56)	4:08.63 (35.61)	4:45.24 (36.61)	
5:21.82 (36.58)	5:59.17 (37.35)	6:36.92 (37.75)	7:14.89 (37.97)	
7:52.80 (37.91)	8:28.82 (36.02)	9:02.361 (33.55)		
25 Cavanaugh, Eamon	JR St. John's (Minn.)	9:15.56	9:02.96	1
35.46 (35.46)	1:10.81 (35.35)	1:46.33 (35.52)	2:22.17 (35.84)	
2:57.95 (35.78)	3:33.73 (35.78)	4:09.47 (35.74)	4:46.23 (36.76)	
5:22.92 (36.69)	6:00.03 (37.11)	6:37.51 (37.48)	7:15.03 (37.52)	
7:52.94 (37.91)	8:29.72 (36.78)	9:02.956 (33.24)		
26 Thompson, Reese	SR Bethel (Minn.)	9:08.13	9:03.34	1
35.17 (35.17)	1:10.31 (35.14)	1:45.91 (35.60)	2:21.70 (35.79)	
2:57.43 (35.73)	3:33.13 (35.70)	4:08.93 (35.80)	4:45.60 (36.67)	
5:22.29 (36.69)	5:59.40 (37.11)	6:36.21 (36.81)	7:12.92 (36.71)	
7:50.68 (37.76)	8:28.07 (37.39)	9:03.331 (35.27)		
27 Kalsnes, Jonah	FR Bethel (Minn.)	9:06.21	9:06.70	1
35.68 (35.68)	1:10.63 (34.95)	1:46.23 (35.60)	2:22.02 (35.79)	
2:57.79 (35.77)	3:33.52 (35.73)	4:09.30 (35.78)	4:46.06 (36.76)	
5:22.64 (36.58)	5:59.86 (37.22)	6:37.26 (37.40)	7:15.21 (37.95)	
7:53.66 (38.45)	8:31.73 (38.07)	9:06.700 (34.98)		
28 Meissner, Noah	FR Bethel (Minn.)	9:11.84	9:12.54	1
35.97 (35.97)	1:11.04 (35.07)	1:46.68 (35.64)	2:22.62 (35.94)	
2:58.34 (35.72)	3:34.03 (35.69)	4:09.88 (35.85)	4:46.81 (36.93)	
5:24.17 (37.36)	6:02.17 (38.00)	6:40.66 (38.49)	7:19.33 (38.67)	
7:58.01 (38.68)	8:36.37 (38.36)	9:12.531 (36.17)		
-- Madell, Joe	JR Macalester	9:01.17	DNF	1
34.67 (34.67)	1:08.97 (34.30)	1:44.51 (35.54)	2:20.24 (35.73)	
2:55.80 (35.56)	3:31.36 (35.56)	4:06.92 (35.56)	4:43.11 (36.19)	

Men 5000 Meter Run

=====				
Champ. Rec.: #	14:26.70	1983	Nick Manciu(*ht), St. Thomas	
Facility Rec: F	14:15.93	2005	Andrew Carlson, Univ. of Minn.	
Name	Year	School	Seed	Finals Points
=====				
1 Kelly, Will		JR St. Olaf	14:20.51	14:28.40 10
33.02 (33.02)		1:07.11 (34.09)	1:42.07 (34.96)	2:16.60 (34.53)
2:51.34 (34.74)		3:25.79 (34.45)	4:00.16 (34.37)	4:34.91 (34.75)
5:12.95 (38.04)		5:52.72 (39.77)	6:30.84 (38.12)	7:05.14 (34.30)
7:38.92 (33.78)		8:12.54 (33.62)	8:50.45 (37.91)	9:25.16 (34.71)
9:59.33 (34.17)		10:33.35 (34.02)	11:07.23 (33.88)	11:41.50 (34.27)
12:15.93 (34.43)		12:49.90 (33.97)	13:24.17 (34.27)	13:56.68 (32.51)
14:28.392 (31.72)				

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men 5000 Meter Run**

2 Bati, Mohammed	SO Augsburg	14:38.95	14:37.67	8
33.35 (33.35)	1:07.52 (34.17)	1:42.44 (34.92)	2:16.88 (34.44)	
2:51.62 (34.74)	3:26.05 (34.43)	4:00.47 (34.42)	4:35.19 (34.72)	
5:12.85 (37.66)	5:52.58 (39.73)	6:30.61 (38.03)	7:05.48 (34.87)	
7:39.24 (33.76)	8:12.84 (33.60)	8:50.81 (37.97)	9:25.58 (34.77)	
9:59.68 (34.10)	10:33.64 (33.96)	11:07.51 (33.87)	11:41.78 (34.27)	
12:16.28 (34.50)	12:50.26 (33.98)	13:24.54 (34.28)	13:58.25 (33.71)	
14:37.666 (39.43)				
3 McKee, Reece	JR Macalester	15:14.19	14:59.01	6
34.47 (34.47)	1:09.61 (35.14)	1:45.34 (35.73)	2:21.50 (36.16)	
2:58.07 (36.57)	3:34.26 (36.19)	4:11.07 (36.81)	4:47.68 (36.61)	
5:24.19 (36.51)	6:00.74 (36.55)	6:37.62 (36.88)	7:13.59 (35.97)	
7:50.52 (36.93)	8:27.76 (37.24)	9:04.90 (37.14)	9:40.04 (35.14)	
10:15.24 (35.20)	10:51.14 (35.90)	11:27.25 (36.11)	12:03.47 (36.22)	
12:39.33 (35.86)	13:15.30 (35.97)	13:50.42 (35.12)	14:24.97 (34.55)	
14:59.003 (34.05)				
4 Edwards, Tyler	SO Macalester	15:18.14	15:02.42	5
35.13 (35.13)	1:09.94 (34.81)	1:45.71 (35.77)	2:21.81 (36.10)	
2:58.37 (36.56)	3:34.55 (36.18)	4:11.36 (36.81)	4:47.95 (36.59)	
5:24.61 (36.66)	6:01.11 (36.50)	6:38.02 (36.91)	7:14.04 (36.02)	
7:50.72 (36.68)	8:28.37 (37.65)	9:05.36 (36.99)	9:40.26 (34.90)	
10:15.86 (35.60)	10:51.85 (35.99)	11:28.07 (36.22)	12:04.27 (36.20)	
12:40.17 (35.90)	13:16.22 (36.05)	13:52.70 (36.48)	14:28.62 (35.92)	
15:02.417 (33.81)				
5 Cote, Anders	JR St. Olaf	15:13.21	15:04.04	4
34.07 (34.07)	1:09.25 (35.18)	1:45.03 (35.78)	2:21.37 (36.34)	
2:58.03 (36.66)	3:34.41 (36.38)	4:11.11 (36.70)	4:47.69 (36.58)	
5:24.41 (36.72)	6:00.98 (36.57)	6:38.45 (37.47)	7:14.21 (35.76)	
7:51.19 (36.98)	8:28.29 (37.10)	9:05.90 (37.61)	9:41.96 (36.06)	
10:17.94 (35.98)	10:54.49 (36.55)	11:31.29 (36.80)	12:07.92 (36.63)	
12:44.25 (36.33)	13:19.65 (35.40)	13:55.08 (35.43)	14:31.05 (35.97)	
15:04.037 (33.00)				
6 McCullough, Logan	SR Gustavus Adolphus	15:17.12	15:04.57	3
35.25 (35.25)	1:10.86 (35.61)	1:46.40 (35.54)	2:22.34 (35.94)	
2:59.02 (36.68)	3:35.37 (36.35)	4:11.79 (36.42)	4:48.42 (36.63)	
5:25.02 (36.60)	6:01.39 (36.37)	6:38.72 (37.33)	7:14.91 (36.19)	
7:51.39 (36.48)	8:28.44 (37.05)	9:06.06 (37.62)	9:42.22 (36.16)	
10:18.24 (36.02)	10:54.61 (36.37)	11:31.18 (36.57)	12:07.81 (36.63)	
12:44.19 (36.38)	13:19.98 (35.79)	13:55.39 (35.41)	14:30.68 (35.29)	
15:04.565 (33.90)				
7 Deaver, Jack	SO St. Olaf	15:07.62	15:04.89	2
34.12 (34.12)	1:09.61 (35.49)	1:45.29 (35.68)	2:21.50 (36.21)	
2:57.89 (36.39)	3:34.44 (36.55)	4:10.98 (36.54)	4:47.73 (36.75)	
5:24.30 (36.57)	6:00.98 (36.68)	6:38.43 (37.45)	7:14.32 (35.89)	
7:51.07 (36.75)	8:28.18 (37.11)	9:05.30 (37.12)	9:41.75 (36.45)	
10:17.76 (36.01)	10:54.39 (36.63)	11:30.72 (36.33)	12:07.60 (36.88)	
12:43.88 (36.28)	13:20.81 (36.93)	13:56.14 (35.33)	14:31.42 (35.28)	
15:04.886 (33.48)				

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men 5000 Meter Run**

8 Manzur Strandlund, Gael	SO St. Olaf	15:09.79	15:05.21	1
35.48 (35.48)	1:10.63 (35.15)	1:46.14 (35.51)	2:22.54 (36.40)	
2:59.09 (36.55)	3:35.11 (36.02)	4:11.63 (36.52)	4:48.02 (36.39)	
5:24.28 (36.26)	6:00.50 (36.22)	6:38.20 (37.70)	7:14.50 (36.30)	
7:51.60 (37.10)	8:28.17 (36.57)	9:05.18 (37.01)	9:41.62 (36.44)	
10:18.39 (36.77)	10:54.03 (35.64)	11:30.77 (36.74)	12:07.23 (36.46)	
12:43.83 (36.60)	13:20.51 (36.68)	13:55.31 (34.80)	14:30.78 (35.47)	
15:05.205 (34.44)				
9 Lynn, David	JR St. Olaf	15:17.41	15:09.49	
34.92 (34.92)	1:10.40 (35.48)	1:46.00 (35.60)	2:22.22 (36.22)	
2:58.71 (36.49)	3:34.98 (36.27)	4:12.00 (37.02)	4:48.36 (36.36)	
5:24.61 (36.25)	6:01.31 (36.70)	6:38.81 (37.50)	7:14.98 (36.17)	
7:50.88 (35.90)	8:28.16 (37.28)	9:05.81 (37.65)	9:40.89 (35.08)	
10:16.02 (35.13)	10:51.59 (35.57)	11:27.76 (36.17)	12:03.90 (36.14)	
12:39.97 (36.07)	13:16.84 (36.87)	13:54.98 (38.14)	14:31.99 (37.01)	
15:09.482 (37.50)				
10 Graber, Grant	JR Bethel (Minn.)	15:24.34	15:24.39	
35.86 (35.86)	1:11.84 (35.98)	1:49.05 (37.21)	2:25.89 (36.84)	
3:02.58 (36.69)	3:39.34 (36.76)	4:16.55 (37.21)	4:54.14 (37.59)	
5:31.65 (37.51)	6:09.24 (37.59)	6:46.73 (37.49)	7:24.13 (37.40)	
8:01.25 (37.12)	8:38.12 (36.87)	9:15.09 (36.97)	9:51.77 (36.68)	
10:28.64 (36.87)	11:05.71 (37.07)	11:42.82 (37.11)	12:19.82 (37.00)	
12:57.41 (37.59)	13:34.86 (37.45)	14:12.70 (37.84)	14:49.76 (37.06)	
15:24.381 (34.63)				
11 Skemp, Andrew	JR St. Olaf	15:23.74	15:31.37	
36.55 (36.55)	1:11.59 (35.04)	1:47.76 (36.17)	2:23.70 (35.94)	
2:59.41 (35.71)	3:35.61 (36.20)	4:12.18 (36.57)	4:48.64 (36.46)	
5:24.94 (36.30)	6:01.43 (36.49)	6:37.63 (36.20)	7:13.55 (35.92)	
7:50.42 (36.87)	8:28.03 (37.61)	9:05.61 (37.58)	9:43.07 (37.46)	
10:20.67 (37.60)	10:59.33 (38.66)	11:37.37 (38.04)	12:15.99 (38.62)	
12:55.07 (39.08)	13:34.77 (39.70)	14:14.04 (39.27)	14:52.81 (38.77)	
15:31.363 (38.57)				
12 Fiataruolo, Angelo	SO St. Olaf	15:40.19	15:38.24	
37.33 (37.33)	1:13.13 (35.80)	1:50.21 (37.08)	2:28.24 (38.03)	
3:06.63 (38.39)	3:44.39 (37.76)	4:22.04 (37.65)	4:59.79 (37.75)	
5:38.05 (38.26)	6:16.17 (38.12)	6:54.12 (37.95)	7:32.41 (38.29)	
8:10.54 (38.13)	8:48.63 (38.09)	9:27.03 (38.40)	10:05.29 (38.26)	
10:43.64 (38.35)	11:21.30 (37.66)	11:59.78 (38.48)	12:38.35 (38.57)	
13:15.99 (37.64)	13:54.42 (38.43)	14:31.20 (36.78)	15:04.54 (33.34)	
15:38.239 (33.71)				
13 Ihrke, Nick	JR Macalester	15:38.26	15:48.04	
36.25 (36.25)	1:11.43 (35.18)	1:48.69 (37.26)	2:25.40 (36.71)	
3:02.16 (36.76)	3:39.02 (36.86)	4:16.55 (37.53)	4:54.04 (37.49)	
5:31.39 (37.35)	6:09.23 (37.84)	6:46.31 (37.08)	7:23.90 (37.59)	
8:01.62 (37.72)	8:39.16 (37.54)	9:17.59 (38.43)	9:56.16 (38.57)	
10:35.35 (39.19)	11:14.62 (39.27)	11:54.04 (39.42)	12:33.34 (39.30)	
13:13.39 (40.05)	13:53.62 (40.23)	14:34.07 (40.45)	15:13.19 (39.12)	
15:48.033 (34.86)				

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

....Men 5000 Meter Run

14 Thompson, Reese	SR Bethel (Minn.)	15:42.32	15:48.46	
37.51 (37.51)	1:13.35 (35.84)	1:50.44 (37.09)	2:28.24 (37.80)	
3:06.64 (38.40)	3:44.52 (37.88)	4:22.09 (37.57)	4:59.84 (37.75)	
5:38.14 (38.30)	6:16.30 (38.16)	6:54.26 (37.96)	7:32.46 (38.20)	
8:10.63 (38.17)	8:48.69 (38.06)	9:27.04 (38.35)	10:05.25 (38.21)	
10:43.78 (38.53)	11:21.40 (37.62)	11:59.87 (38.47)	12:38.44 (38.57)	
13:15.62 (37.18)	13:54.09 (38.47)	14:33.46 (39.37)	15:12.27 (38.81)	
15:48.451 (36.19)				
15 Pouliot, Evan	FR Gustavus Adolphus	16:20.97	15:49.53	
38.36 (38.36)	1:15.31 (36.95)	1:53.73 (38.42)	2:32.18 (38.45)	
3:10.37 (38.19)	3:49.21 (38.84)	4:28.15 (38.94)	5:06.27 (38.12)	
5:44.72 (38.45)	6:23.24 (38.52)	7:01.78 (38.54)	7:40.30 (38.52)	
8:18.70 (38.40)	8:56.82 (38.12)	9:35.12 (38.30)	10:13.33 (38.21)	
10:51.69 (38.36)	11:29.75 (38.06)	12:08.15 (38.40)	12:45.89 (37.74)	
13:23.24 (37.35)	14:00.20 (36.96)	14:37.28 (37.08)	15:13.57 (36.29)	
15:49.525 (35.97)				
16 Kaye, Lex	FR St. Olaf	16:38.02	16:33.71	
38.46 (38.46)	1:15.63 (37.17)	1:54.06 (38.43)	2:32.51 (38.45)	
3:10.83 (38.32)	3:49.48 (38.65)	4:28.47 (38.99)	5:06.68 (38.21)	
5:45.04 (38.36)	6:23.61 (38.57)	7:02.24 (38.63)	7:40.63 (38.39)	
8:19.12 (38.49)	8:58.33 (39.21)	9:38.23 (39.90)	10:19.30 (41.07)	
11:01.51 (42.21)	11:43.67 (42.16)	12:25.50 (41.83)	13:07.51 (42.01)	
13:48.28 (40.77)	14:30.59 (42.31)	15:12.82 (42.23)	15:54.15 (41.33)	
16:33.709 (39.57)				
17 Dallas, Evan	SO Bethel (Minn.)	17:04.87	16:52.55	
38.87 (38.87)	1:16.01 (37.14)	1:54.88 (38.87)	2:33.82 (38.94)	
3:13.69 (39.87)	3:53.71 (40.02)	4:33.09 (39.38)	5:12.57 (39.48)	
5:53.55 (40.98)	6:35.08 (41.53)	7:15.79 (40.71)	7:57.63 (41.84)	
8:38.89 (41.26)	9:20.91 (42.02)	10:02.47 (41.56)	10:43.78 (41.31)	
11:25.16 (41.38)	12:06.63 (41.47)	12:49.44 (42.81)	13:32.64 (43.20)	
14:15.06 (42.42)	14:56.42 (41.36)	15:37.37 (40.95)	16:18.82 (41.46)	
16:52.547 (1:14.308)				
18 Harris, Grayson	JR Augsburg	17:06.52	17:34.43	
39.46 (39.46)	1:19.96 (40.50)	2:02.00 (42.04)	2:40.26 (38.26)	
3:20.52 (40.26)	4:00.58 (40.06)	4:41.51 (40.93)	5:21.16 (39.65)	
6:02.43 (41.27)	6:43.57 (41.14)	7:25.90 (42.33)	8:07.78 (41.88)	
8:50.55 (42.77)	9:32.59 (42.04)	10:15.49 (42.90)	10:57.93 (42.44)	
11:42.13 (44.20)	12:25.64 (43.51)	13:08.02 (42.38)	13:53.36 (45.34)	
14:38.26 (44.90)	15:24.09 (45.83)	16:10.06 (45.97)	16:52.03 (41.97)	
17:34.423 (42.41)				

Men 60 Meter Hurdles

Champ. Rec.: #	8.01	2020	Taylor Rooney, Gustavus
Facility Rec: F	7.88	2024	Devon Montgomery, Unattached
Name	Year	School	Seed Prelims H#

Preliminaries

1 Ekiyor, Jayson	JR Bethel (Minn.)	7.96	# 7.96Q	1
2 Sampson, Josh	JR Bethel (Minn.)	8.09	8.18Q	2
3 Myres, David	JR Bethel (Minn.)	8.16	8.26Q	3
4 Thomsen, Josh	JR Bethel (Minn.)	8.22	8.37q	3
5 Lord, Demetri	JR St. Olaf	8.44	8.56q	2
6 Lightner, Jackson	FR Hamline	8.46	8.66q	1
7 Viesselman, Blake	FR Bethel (Minn.)	8.81	8.68q	2

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

....Men 60 Meter Hurdles

8	Clark, Logan	SO	Concordia-Moorhead	8.64	8.70q	3
9	Lee, Josh	JR	Bethel (Minn.)	8.63	8.71	2
10	Suah, Morris	FR	Hamline	8.58	8.78	1
11	Schmidt, Cole	FR	Gustavus Adolphus	8.69	8.84	3
12	Stefanowicz, Sebastian	SO	Macalester	8.89	8.87	1
13	Nissen, Matthew	JR	St. Olaf	8.95	8.97	1
14	Brandt, Isak	FR	St. John's (Minn.)	9.16	9.12	1
15	Mahamud, Hamza	SO	Macalester	8.99	9.15	2 9.141
16	Manley, Cannon	FR	Saint Mary's	9.17	9.15	1 9.145
17	Smith, Cooper	FR	St. John's (Minn.)	9.12	9.26	2
18	Elseth, Aaron	SO	Bethel (Minn.)	9.06	9.29	3
19	Blaeser, Aiden	SO	St. John's (Minn.)	9.35	9.48	2
20	Powell, Danny	FR	Macalester	9.66	9.53	2
21	Bassett, Jackson	JR	St. Olaf	9.50	9.54	3
22	Magu, Dan	SO	Bethel (Minn.)	9.59	9.63	3
23	Molstre, Joey	FR	Concordia-Moorhead	9.73	9.97	1

Men 60 Meter Hurdles

=====
 Champ. Rec.: # 8.01 2020 Taylor Rooney, Gustavus
 Facility Rec: F 7.88 2024 Devon Montgomery, Unattached
 Name Year School Prelims Finals Points
 =====

Finals

1	Ekiyor, Jayson	JR	Bethel (Minn.)	7.96	8.04	10
2	Sampson, Josh	JR	Bethel (Minn.)	8.18	8.07	8
3	Myres, David	JR	Bethel (Minn.)	8.26	8.23	6
4	Thomsen, Josh	JR	Bethel (Minn.)	8.37	8.38	5
5	Lightner, Jackson	FR	Hamline	8.66	8.62	4
6	Clark, Logan	SO	Concordia-Moorhead	8.70	8.65	3
7	Lord, Demetri	JR	St. Olaf	8.56	8.70	2
8	Viesselman, Blake	FR	Bethel (Minn.)	8.68	8.86	1

Men 4x200 Meter Relay

=====
 Champ. Rec.: # 1:27.87 2000 St. Thomas
 Stahly, Hall, Heckman, Cress
 Facility Rec: F 1:28.88 2004 St. Thomas
 Schwietz, Hart, Car. Glad, Cas. Glad
 School Seed Finals H# Points
 =====

1	Bethel (Minn.) 'A'	1:30.20	1:28.80F	3	10
	1) McConnell, Cameron JR				
	2) Myres, David JR				
	3) Thomsen, Josh JR				
	4) Raitz, Sam FR				
2	St. John's (Minn.) 'A'	1:31.49	1:29.89	2	8
	1) Popoca, Emanuel JR				
	2) Witschen, Wyatt FR				
	3) Smith, Cooper FR				
	4) Arthur, Kevin SR				
3	Gustavus Adolphus 'A'	1:31.41	1:30.16	3	6
	1) Subah, Isaiah SR				
	2) Anstine, Jade FR				
	3) Le, Nathan JR				
	4) Stageberg, Noah JR				
4	Saint Mary's (Minn.) 'A'	1:32.80	1:31.79	2	5
	1) Adamson, Oliver JR				
	2) Paton, Eddie FR				
	3) Johnson, Brady JR				
	4) Bulwa, Chris JR				
5	St. Scholastica 'A'		1:32.79	2	4
	1) Alfaro Diedrich, Sean JR				
	2) Redig, Kaedyn JR				

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

....Men 4x200 Meter Relay

3) Erickson, Matthew FR	4) Kubicek, Noah SO				
6 Hamline 'A'	1:37.20	1:33.80	2	3	
1) Couper, David JR	2) Otis, Mickey FR				
3) Ortiz, Raul JR	4) Lakte, Michael FR				
7 Macalester 'A'	1:33.50	1:36.12	3	2	
1) Stefanowicz, Sebastian SO	2) Sanchez, Peter SO				
3) Powell, Danny FR	4) Chuol, Makol FR				
8 St. Olaf 'A'	1:33.41	1:36.92	1	1	
1) McNearny, Devin JR	2) Fisher, Henry JR				
3) Fochtman, Jack SO	4) Albertson, Max FR				
-- Concordia-Moorhead 'A'	1:33.30	DQ	1		Rule 7-5-2a
1) Dahl, Mason FR	2) Tiongson, Trevor JR				
3) Petron, Jordan JR	4) Schaffer, Dawson SR				

Men 4x400 Meter Relay

=====					
Champ. Rec.: # 3:18.99	2010	Bethel			
		Ferda, LeMay, Schlegal, Rhode			
Facility Rec: F 3:16.36	2006	UW La Crosse			
		Marcinek, Olson, Doble, Deterville			
School	Seed	Finals	H#	Points	
=====					
1 Bethel (Minn.) 'A'	3:15.48	3:22.97	3	10	
1) Thomsen, Josh JR	2) Sampson, Josh JR				
3) Nelson, Grant SO	4) Parent, Jacob JR				
2 St. Scholastica 'A'	3:27.11	3:24.47	3	8	
1) Alfaro Diedrich, Sean JR	2) Douglas, Derek JR				
3) Wallin, Tucker SR	4) Kubicek, Noah SO				
3 Carleton 'A'	3:44.15	3:25.59	1	6	
1) Nathan, Asher FR	2) Lyness, Indy SO				
3) Pattison, Alistair SR	4) Ash, Ethan SR				
4 St. John's (Minn.) 'A'	3:27.27	3:26.94	3	5	
1) Witschen, Wyatt FR	2) Montreuil, Owen SO				
3) Conzemius, Ryan JR	4) Smith, Cooper FR				
5 Macalester 'A'	3:31.60	3:27.10	2	4	
1) Schonebaum, Henry SO	2) Ali, Kalid JR				
3) Malecha, Thomas SO	4) Heitler, Arlo JR				
6 Gustavus Adolphus 'A'	3:30.28	3:27.78	2	3	
1) Stageberg, Noah JR	2) Gushwa, Agro SR				
3) Brauer, Nicholas FR	4) Stursa, Cohen FR				
7 St. Olaf 'A'	3:28.01	3:28.45	3	2	
1) Fisher, Henry JR	2) Moore, Cullen SO				
3) Estrada, Gabe JR	4) Albertson, Max FR				
8 Concordia-Moorhead 'A'	3:28.94	3:28.69	2	1	
9 Saint Mary's (Minn.) 'A'	3:32.06	3:32.61	2		
1) Adamson, Oliver JR	2) Bulwa, Chris JR				
3) Johnson, Brady JR	4) Paton, Eddie FR				
10 Hamline 'A'	3:33.33	3:40.53	1		
1) Couper, David JR	2) Suah, Morris FR				
3) Otis, Mickey FR	4) Thomas, Reece JR				
11 Augsburg 'A'	3:32.26	3:41.52	1		
1) Wondimu, Bereket JR	2) Oty, Shareef FR				
3) Clement, Emmanuel FR	4) Asfaw, Getinat JR				

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men Pole Vault**

3	Schloeder, Austin	FR Hamline	4.45m	J4.55m	14-11.00	6
	3.90 4.05 4.20 4.35 4.45 4.55 4.65					
	PPP PPP PPP PPP XXO O XXX					
4	Arnold, Dylan	JR St. Olaf	4.45m	4.45m	14-07.25	5
	3.90 4.05 4.20 4.35 4.45 4.55					
	PPP O XO XO O XXX					
5	Guth, Kole	SO St. John's (Minn.)	4.46m	J4.45m	14-07.25	4
	3.90 4.05 4.20 4.35 4.45 4.55					
	PPP PPP O O XO XXX					
6	Eickhoff, Daniel	JR St. John's (Minn.)	4.26m	J4.45m	14-07.25	3
	3.90 4.05 4.20 4.35 4.45 4.55					
	O O XO O XXO XXX					
7	Withuski, Andrew	FR St. John's (Minn.)	4.20m	4.20m	13-09.25	2
	3.90 4.05 4.20 4.35					
	O O O XXX					
8	Graske, Joshua	FR Bethel (Minn.)	4.20m	J4.20m	13-09.25	1
	3.90 4.05 4.20 4.35					
	XO O XO XXX					
9	Engstrom, Oliver	SO Hamline	4.10m	J4.20m	13-09.25	
	3.90 4.05 4.20 4.35					
	PPP PPP XXO XXX					
9	Rhonemus, Wade	SR Concordia-Moorhead	4.20m	J4.20m	13-09.25	
	3.90 4.05 4.20 4.35					
	PPP PPP XXO XXX					
11	Marzinske, Logan	JR Gustavus Adolphus	4.31m	4.05m	13-03.50	
	3.90 4.05 4.20					
	PPP O XXX					
12	Doom, Max	JR St. John's (Minn.)	4.05m	J4.05m	13-03.50	
	3.90 4.05 4.20					
	O XO XXX					
13	Ream, Joe	SO Gustavus Adolphus	3.86m	3.90m	12-09.50	
	3.90 4.05					
	XO XXX					
14	Charles, Aidan	FR Gustavus Adolphus	4.26m	J3.90m	12-09.50	
	3.90 4.05					
	XXO XXX					
--	Hoelzel, Gavin	FR St. Olaf	3.75m	NH		
	3.90					
	XXX					
--	Menter, Forest	SO St. Olaf	3.56m	NH		
	3.90					
	XXX					
--	Collins, Spencer	FR St. Olaf	4.02m	NH		
	3.90					
	XXX					
--	Adams, Tim	JR Carleton	3.80m	NH		
	3.90					
	XXX					

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****Men Long Jump**

Champ. Rec.: # 7.56m 2020		Kyle Lichttenegger, St. Marys									
Facility Rec: F 7.53m 2006		Greg Tyson, Heidelberg									
Name	Year	School	Seed	Finals	H#	Points					
1 Schaffer, Zach	SO	St. John's (Minn.)	6.93m	6.94m	22-09.25	2	10				
			6.67m	FOUL	6.93m	6.40m	6.59m	6.94m			
2 Subah, Isaiah	SR	Gustavus Adolphus	6.80m	6.88m	22-07.00	2	8				
			6.79m	6.88m	6.60m	6.83m	6.72m	FOUL			
3 Moo, Eh Ler	JR	St. Olaf	6.71m	6.65m	21-10.00	2	6				
			6.65m	FOUL	FOUL	3.98m	FOUL	6.45m			
4 Albertson, Max	FR	St. Olaf	6.46m	6.55m	21-06.00	2	5				
			FOUL	6.11m	6.46m	6.46m	FOUL	6.55m			
5 Erickson, Matthew	FR	St. Scholastica	6.45m	6.41m	21-00.50	2	4				
			6.12m	5.92m	6.33m	6.41m	4.55m	6.33m			
6 Smith, Kameron	FR	Augsburg	6.40m	6.40m	21-00.00	2	3				
			6.19m	6.28m	6.24m	6.19m	6.40m	6.24m			
7 Swenson, Simon	SO	Bethel (Minn.)	6.29m	6.31m	20-08.50	1	2				
			6.29m	FOUL	6.13m	6.13m	6.18m	6.31m			
8 Hansen, Matt	FR	St. John's (Minn.)	6.15m	6.27m	20-07.00	1	1				
			6.27m	6.05m	5.81m	6.12m	6.06m	6.18m			
9 Marsh, Anthony	JR	Concordia-Moorhead	6.41m	6.24m	20-05.75	2					
			6.24m	5.98m	6.06m	5.32m	2.97m	5.81m			
10 Bovitz, Nick	FR	Bethel (Minn.)	6.08m	6.20m	20-04.25	1					
			FOUL	6.20m	6.04m						
11 Thurk, Anthony	JR	St. John's (Minn.)	6.38m	5.98m	19-07.50	2					
			5.98m	5.62m	4.38m						
12 Cooper, Dan	SR	Saint Mary's	6.12m	5.90m	19-04.25	1					
			5.79m	5.88m	5.90m						
13 Charlton, Josh	JR	St. Olaf	6.32m	5.86m	19-02.75	2					
			FOUL	FOUL	5.86m						
13 LePard, Ben	FR	Concordia-Moorhead	5.91m	5.86m	19-02.75	1					
			5.37m	5.86m	5.67m						
15 Wynia, Ben	FR	Gustavus Adolphus	6.12m	5.82m	19-01.25	1					
			5.67m	5.82m	5.70m						
16 Ridders, Sam	JR	St. Olaf	5.72m	5.62m	18-05.25	1					
			5.62m	FOUL	FOUL						
17 Molstre, Joey	FR	Concordia-Moorhead	5.72m	5.44m	17-10.25	1					
			5.44m	5.34m	5.35m						
18 Peterson, Ben	JR	Concordia-Moorhead	5.92m	5.34m	17-06.25	1					
			4.39m	4.89m	5.34m						
-- Cisewski, Antonio	JR	Saint Mary's	6.37m	FOUL		2					
			FOUL	PASS	PASS						
-- Wang, Kevin	SO	Macalester	5.82m	FOUL		1					
			FOUL	FOUL	FOUL						

Men Triple Jump

Champ. Rec.: # 15.26m 1993		Leonard Jones, St. Thomas									
Facility Rec: F 14.61m 2006		Tony Gregory, Cabrini									
Name	Year	School	Seed	Finals	H#	Points					
1 Hodin, Riley	JR	Macalester	13.38m	13.72m	45-00.25	2	10				
			13.18m	FOUL	13.37m	13.72m	13.36m	FOUL			
2 Wade, Elijah	SR	St. John's (Minn.)	12.55m	13.71m	44-11.75	1	8				
			12.82m	13.15m	13.39m	13.43m	13.38m	13.71m			

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Results

...Men Triple Jump

3	Schaffer, Zach	SO St. John's (Minn.)	13.23m	13.57m	44-06.25	2	6
	13.02m 13.34m 13.05m 13.03m 12.66m 13.57m						
4	Bovitz, Nick	FR Bethel (Minn.)	13.15m	13.35m	43-09.75	2	5
	13.35m 12.53m FOUL FOUL 13.05m 13.19m						
5	Braun, Michael	JR Hamline	13.32m	13.32m	43-08.50	2	4
	12.57m 13.32m 13.15m 13.28m FOUL 13.21m						
6	Smith, Kameron	FR Augsburg	12.94m	13.19m	43-03.25	2	3
	12.77m 13.19m 12.08m 12.70m 12.58m FOUL						
7	Thurk, Anthony	JR St. John's (Minn.)	12.87m	12.94m	42-05.50	2	2
	12.80m FOUL 12.57m FOUL 12.51m 12.94m						
8	Cline-Cole, Ethan	SO Carleton	12.51m	12.93m	42-05.25	1	1
	FOUL 12.83m 12.83m 12.22m FOUL 12.93m						
9	Johnson, Brady	JR Saint Mary's	12.85m	12.87m	42-02.75	2	
	FOUL 12.87m 12.70m FOUL 12.67m 12.87m						
10	Albertson, Max	FR St. Olaf	12.96m	12.66m	41-06.50	2	
	FOUL 12.66m FOUL						
11	Erickson, Matthew	FR St. Scholastica	12.97m	12.57m	41-03.00	2	
	12.57m 12.47m 12.44m						
12	Thompson, Gabe	JR Concordia-Moorhead	12.23m	12.46m	40-10.50	1	
	12.46m 12.44m FOUL						
13	Kaba, Bangaly	FR St. John's (Minn.)	12.09m	J12.46m	40-10.50	1	
	12.46m FOUL 11.92m						
14	Swenson, Simon	SO Bethel (Minn.)	12.56m	12.40m	40-08.25	1	
	12.27m FOUL 12.40m						
15	Veimau, Justin	SR Macalester	12.66m	12.28m	40-03.50	2	
	12.28m FOUL PASS						
16	Strube, Reese	FR Concordia-Moorhead	12.07m	11.97m	39-03.25	1	
	11.88m 11.90m 11.97m						
17	Wang, Kevin	SO Macalester	11.72m	11.84m	38-10.25	1	
	11.84m FOUL FOUL						
18	Cogley, Andrew	JR St. Olaf	11.94m	11.81m	38-09.00	1	
	11.58m 11.81m PASS						
19	Wynia, Ben	FR Gustavus Adolphus	11.85m	11.52m	37-09.50	1	
	11.46m FOUL 11.52m						
20	Moo, Eh Ler	JR St. Olaf	11.48m	11.46m	37-07.25	1	
	11.46m 10.35m 11.29m						

Men Shot Put

=====							
Champ. Rec.: # 17.60m		1996	Aaron Banks, Concordia-Mo				
Facility Rec: F 17.77m		2006	Uzoma Orji, Mass. Inst. of Tech.				
Name	Year	School	Seed	Finals		H#	Points
=====							
1	Folkestad, Cooper	JR Concordia-Moorhead	16.72m	15.98m	52-05.25	2	10
	15.92m FOUL 15.98m 15.79m FOUL FOUL						
2	Beseth, Trent	SO St. Scholastica	16.83m	15.56m	51-00.75	2	8
	14.35m FOUL 15.56m FOUL 15.51m FOUL						
3	Frost, Jaeden	SR St. John's (Minn.)	14.76m	15.16m	49-09.00	2	6
	15.16m FOUL FOUL 14.89m FOUL FOUL						
4	Monreal, Joshua	FR St. Scholastica	15.36m	14.95m	49-00.75	2	5
	14.16m 14.95m FOUL FOUL FOUL FOUL						
5	Larsen, Evan	JR Bethel (Minn.)	15.13m	14.87m	48-09.50	2	4
	14.33m 14.73m FOUL 14.87m 14.55m FOUL						
6	Hokanson, Adam	SO Bethel (Minn.)	15.07m	14.66m	48-01.25	2	3
	14.66m 13.64m 14.06m FOUL FOUL FOUL						

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Results

....Men Shot Put

7	Hillstrom, Dominik	JR Concordia-Moorhead	14.07m	14.60m	47-11.00	2	2
	13.54m 14.14m 14.16m	13.99m 14.60m FOUL					
8	Dioszeghy, Sam	FR Concordia-Moorhead	13.45m	14.08m	46-02.50	1	1
	13.97m 14.08m 14.08m	FOUL FOUL FOUL					
9	Houska, Blake	FR Concordia-Moorhead	14.24m	14.06m	46-01.50	2	
	13.14m 13.52m 14.06m	FOUL FOUL FOUL					
10	DeWall, Kaleb	JR St. John's (Minn.)	13.41m	13.68m	44-10.75	1	
	12.89m 13.46m 13.68m						
11	Steger, Grant	SR St. Scholastica	13.78m	13.15m	43-01.75	2	
	13.15m FOUL FOUL						
12	Carroll, Nathan	FR St. John's (Minn.)	12.23m	13.13m	43-01.00	1	
	11.44m 12.47m 13.13m						
13	Spurgeon, Eli	SO Gustavus Adolphus	12.96m	13.09m	42-11.50	1	
	12.38m 13.09m 13.08m						
14	Turqueza, Rylan	FR St. John's (Minn.)	12.92m	12.70m	41-08.00	1	
	11.91m 12.62m 12.70m						
15	Wellman, Trevor	JR Bethel (Minn.)	12.93m	12.40m	40-08.25	1	
	FOUL 12.00m 12.40m						
16	Hudspith, Wyatt	FR Gustavus Adolphus	12.58m	12.39m	40-07.75	1	
	11.36m 12.39m 12.18m						
17	Mills, Austin	SO Macalester	12.09m	11.84m	38-10.25	1	
	FOUL 11.84m 11.57m						
18	Massey, Harry	FR Hamline	12.65m	11.70m	38-04.75	1	
	11.70m FOUL FOUL						
19	Willier, Anthony	FR St. John's (Minn.)	12.21m	11.27m	36-11.75	1	
	FOUL FOUL 11.27m						
--	Conant, Philip	FR Bethel (Minn.)	13.80m	FOUL			2
	FOUL FOUL FOUL						

Men Weight Throw

=====							
Champ. Rec.: # 19.68m		2011	Andrew Brueggen, Saint Mary's				
Facility Rec: F 20.82m		2006	Kevin Becker, UW La Crosse				
Name	Year	School	Seed	Finals	H#	Points	
=====							
1	Hokanson, Adam	SO Bethel (Minn.)	16.63m	17.41m	57-01.50	2	10
	FOUL 17.41m FOUL	16.20m FOUL 15.20m					
2	Steger, Grant	SR St. Scholastica	16.25m	17.12m	56-02.00	2	8
	15.33m 16.97m FOUL	17.12m FOUL 16.96m					
3	Frost, Jaeden	SR St. John's (Minn.)	15.77m	16.78m	55-00.75	2	6
	FOUL 16.78m FOUL	FOUL FOUL 16.58m					
4	Larsen, Evan	JR Bethel (Minn.)	17.11m	15.93m	52-03.25	2	5
	15.78m FOUL 15.93m	15.85m FOUL FOUL					
5	Beseth, Trent	SO St. Scholastica	16.77m	15.48m	50-09.50	2	4
	14.66m 15.48m FOUL	FOUL FOUL FOUL					
6	Fritz, Casen	JR Saint Mary's	14.94m	15.37m	50-05.25	2	3
	15.37m 14.90m 14.79m	14.87m FOUL FOUL					
7	Mensen, Joseph	JR St. John's (Minn.)	15.34m	15.02m	49-03.50	2	2
	14.88m 14.89m 15.02m	14.71m FOUL 14.83m					
8	DeWall, Kaleb	JR St. John's (Minn.)	13.60m	14.82m	48-07.50	1	1
	13.35m 14.06m 14.82m	FOUL 13.25m FOUL					
9	Conant, Philip	FR Bethel (Minn.)	14.48m	14.57m	47-09.75	1	
	14.18m 13.44m 14.57m	FOUL 14.12m FOUL					
10	Mills, Austin	SO Macalester	14.91m	13.68m	44-10.75	2	
	FOUL 13.68m FOUL						

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men Weight Throw**

11	Ramirez, Ricky	JR Concordia-Moorhead	14.59m	13.40m	43-11.75	2
	13.34m FOUL 13.40m					
12	Dioszeghy, Sam	FR Concordia-Moorhead	13.00m	13.35m	43-09.75	1
	FOUL FOUL 13.35m					
13	Willier, Anthony	FR St. John's (Minn.)	12.85m	13.12m	43-00.50	1
	FOUL 11.94m 13.12m					
14	Monreal, Joshua	FR St. Scholastica	16.44m	12.64m	41-05.75	2
	FOUL FOUL 12.64m					
15	Yang, Aiden	SO Macalester	12.42m	12.45m	40-10.25	1
	FOUL 12.45m FOUL					
16	Turqueza, Rylan	FR St. John's (Minn.)	12.93m	12.33m	40-05.50	1
	12.33m FOUL 11.72m					
17	Houska, Blake	FR Concordia-Moorhead	12.46m	11.93m	39-01.75	1
	FOUL 11.93m FOUL					
18	Stordahl, Zach	JR Gustavus Adolphus	13.35m	11.92m	39-01.25	1
	FOUL 11.92m FOUL					
19	Spurgeon, Eli	SO Gustavus Adolphus	12.42m	10.69m	35-01.00	1
	10.11m FOUL 10.69m					
20	Brown, Jakob	JR Concordia-Moorhead	12.86m	10.54m	34-07.00	1
	10.22m 10.54m FOUL					

Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Year School	Finals	H#	Points
1 Lord, Demetri	JR St. Olaf	7.10	3	847
2 Rhonemus, Wade	SR Concordia-Moorhead	7.36	3	759
3 Wellman, Trevor	JR Bethel (Minn.)	7.41	3	742
4 McCormick, Connor	SO Gustavus Adolphus	7.41	3	742
5 Demetriades, Theo	SO Carleton	7.42	2	739
6 Thurk, Anthony	JR St. John's (Minn.)	7.46	3	726
7 Molstre, Joey	FR Concordia-Moorhead	7.54	2	700
8 Hennen, Logan	SO St. John's (Minn.)	7.54	1	700
9 Cogley, Andrew	JR St. Olaf	7.55	1	697
10 Lelwica, Max	JR St. John's (Minn.)	7.55	1	697
11 Schulze, Sam	JR Gustavus Adolphus	7.56	2	694
12 Kiel, Logan	FR St. John's (Minn.)	7.59	2	684
13 Olson, Jesse	FR St. Olaf	7.59	2	684
14 Hoelzel, Gavin	FR St. Olaf	7.60	2	681
15 Elseth, Aaron	SO Bethel (Minn.)	7.66	1	662
16 Lapinski, Will	FR St. Olaf	7.72	1	643
17 Kienholz, Carter	JR Hamline	7.77	1	628

Heptathlon: #7 Men 1000 Meter Run Heptathlon

Name	Year School	Finals	Points
1 Cogley, Andrew	JR St. Olaf	2:41.79	854
	28.492 (28.492)	1:00.201 (31.710)	1:33.723 (33.522)
	2:41.790 (33.450)		2:08.340 (34.618)
2 McCormick, Connor	SO Gustavus Adolphus	2:44.85	820
	30.289 (30.289)	1:03.744 (33.456)	1:37.414 (33.670)
	2:44.850 (33.418)		2:11.432 (34.018)

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Heptathlon: #7 Men 1000 Meter Run Heptathlon**

3 Lord, Demetri	JR St. Olaf	2:45.98	808
29.605 (29.605)	1:02.175 (32.570)	1:36.641 (34.466)	2:11.726 (35.085)
2:45.972 (34.246)			
4 Rhonemus, Wade	SR Concordia-Moorhead	2:47.15	796
30.438 (30.438)	1:04.015 (33.577)	1:37.834 (33.819)	2:12.198 (34.365)
2:47.148 (34.950)			
5 Olson, Jesse	FR St. Olaf	2:50.50	760
29.900 (29.900)	1:04.128 (34.228)	1:39.653 (35.525)	2:15.950 (36.297)
2:50.495 (34.546)			
6 Lelwica, Max	JR St. John's (Minn.)	2:52.40	741
31.725 (31.725)	1:05.758 (34.033)	1:42.011 (36.254)	2:18.742 (36.731)
2:52.397 (33.656)			
7 Schulze, Sam	JR Gustavus Adolphus	2:53.84	726
32.210 (32.210)	1:06.620 (34.410)	1:43.011 (36.392)	2:19.765 (36.754)
2:53.836 (34.072)			
8 Thurk, Anthony	JR St. John's (Minn.)	2:55.34	711
31.411 (31.411)	1:05.221 (33.810)	1:40.808 (35.587)	2:18.371 (37.564)
2:55.340 (36.970)			
9 Wellman, Trevor	JR Bethel (Minn.)	2:56.51	699
32.780 (32.780)	1:07.818 (35.039)	1:43.505 (35.687)	2:20.350 (36.845)
2:56.510 (36.160)			
10 Molstre, Joey	FR Concordia-Moorhead	3:01.74	647
33.710 (33.710)	1:08.960 (35.250)	1:46.858 (37.899)	2:27.440 (40.582)
3:01.736 (34.296)			
11 Lapinski, Will	FR St. Olaf	3:02.11	644
1:08.348 (1:08.348)	1:46.336 (37.988)	2:26.945 (40.609)	3:02.107 (35.162)
12 Hoelzel, Gavin	FR St. Olaf	3:04.21	624
34.142 (34.142)	1:09.337 (35.195)	1:47.084 (37.747)	2:27.786 (40.703)
3:04.207 (36.421)			
13 Kiel, Logan	FR St. John's (Minn.)	3:09.87	571
34.880 (34.880)	1:09.887 (35.007)	1:48.114 (38.228)	2:30.864 (42.750)
3:09.864 (39.000)			
14 Hennen, Logan	SO St. John's (Minn.)	3:13.51	538
32.698 (32.698)	1:07.183 (34.485)	1:46.507 (39.324)	2:30.432 (43.926)
3:13.510 (43.078)			
15 Elseth, Aaron	SO Bethel (Minn.)	3:15.42	521
36.266 (36.266)	1:15.954 (39.688)	1:55.803 (39.850)	2:36.270 (40.468)
3:15.420 (39.150)			
16 Kienholz, Carter	JR Hamline	3:23.81	450
35.758 (35.758)	1:12.832 (37.074)	1:53.837 (41.006)	2:37.806 (43.970)
3:23.802 (45.996)			

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Name	Year School	Finals	H#	Points
1 Lord, Demetri	JR St. Olaf	8.53	5	853
2 McCormick, Connor	SO Gustavus Adolphus	8.63	5	829
3 Rhonemus, Wade	SR Concordia-Moorhead	8.74	5	804
4 Lelwica, Max	JR St. John's (Minn.)	8.87	5	775
5 Thurk, Anthony	JR St. John's (Minn.)	8.92	4	764
6 Schulze, Sam	JR Gustavus Adolphus	8.97	3	752
7 Elseth, Aaron	SO Bethel (Minn.)	9.05	4	735
8 Hennen, Logan	SO St. John's (Minn.)	9.32	4	677
9 Cogley, Andrew	JR St. Olaf	9.56	3	627

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

...Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

10 Wellman, Trevor	JR Bethel (Minn.)	9.70	2	599
11 Demetriades, Theo	SO Carleton	9.74	3	591
12 Hoelzel, Gavin	FR St. Olaf	9.75	3	589
13 Lapinski, Will	FR St. Olaf	9.76	1	587
14 Kienholz, Carter	JR Hamline	9.77	2	585
15 Olson, Jesse	FR St. Olaf	9.93	1	554
16 Molstre, Joey	FR Concordia-Moorhead	10.04	2	533
17 Kiel, Logan	FR St. John's (Minn.)	10.10	1	522

Heptathlon: #4 Men High Jump Heptathlon

Name	Year School	Finals	H#	Points
1 Thurk, Anthony	JR St. John's (Minn.)	1.87m	6-01.50	2 687
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90				
P P P P P P P O O XO XXO O XXX				
2 Cogley, Andrew	JR St. Olaf	1.84m	6-00.50	2 661
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87				
P P P P P O P O XXO XO XO XXX				
3 Lelwica, Max	JR St. John's (Minn.)	1.81m	5-11.25	2 636
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84				
P P P P O P O O XO XXO XXX				
3 Rhonemus, Wade	SR Concordia-Moorhead	1.81m	5-11.25	2 636
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84				
P P P P P O XO O XXO O XXX				
5 Lapinski, Will	FR St. Olaf	1.78m	5-10.00	2 610
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81				
P P P P O P XO O XO XXX				
5 Lord, Demetri	JR St. Olaf	1.78m	5-10.00	2 610
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81				
P P P P P O P XO XO XXX				
5 McCormick, Connor	SO Gustavus Adolphus	1.78m	5-10.00	1 610
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81				
P P P P P XO O O O O XXO XO XXX				
8 Olson, Jesse	FR St. Olaf	1.75m	5-08.75	2 585
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78				
P P P O O O XO XXO XXX				
9 Wellman, Trevor	JR Bethel (Minn.)	1.69m	5-06.50	1 536
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72				
P P P O O O O O XO XXX				
9 Molstre, Joey	FR Concordia-Moorhead	1.69m	5-06.50	1 536
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72				
P P O P O O XXO XXO O XXX				
9 Hennen, Logan	SO St. John's (Minn.)	1.69m	5-06.50	2 536
1.54 1.57 1.60 1.63 1.66 1.69 1.72				
P P O O O XO XXX				
12 Elseth, Aaron	SO Bethel (Minn.)	1.63m	5-04.25	1 488
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66				
P O O O O O O XXX				
12 Kienholz, Carter	JR Hamline	1.63m	5-04.25	1 488
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66				
P P O O O O XO XXX				
12 Schulze, Sam	JR Gustavus Adolphus	1.63m	5-04.25	1 488
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66				
P P O P O XO O XXX				

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

....Heptathlon: #4 Men High Jump Heptathlon

15	Kiel, Logan	FR St. John's (Minn.)	1.57m	5-01.75	1	441
	1.45 1.48 1.51 1.54 1.57 1.60					
	O O O XO O XXX					
16	Hoelzel, Gavin	FR St. Olaf	1.51m	4-11.50	1	396
	1.45 1.48 1.51 1.54					
	O XXO XXO XXX					
--	Demetriades, Theo	SO Carleton	NH		2	
	1.54					
	XXX					

Heptathlon: #6 Men Pole Vault Heptathlon

Name	Year	School	Finals	Points
1 Rhonemus, Wade	SR	Concordia-Moorhead	4.40m 14-05.25	731
	2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20 4.30 4.40 4.50		PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O O O XO O XXX	
2 Lelwica, Max	JR	St. John's (Minn.)	4.00m 13-01.50	617
	2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10		PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O XO O XO XXO XO XXX	
3 McCormick, Connor	SO	Gustavus Adolphus	3.90m 12-09.50	590
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00		PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O O XXO XXX	
4 Hennen, Logan	SO	St. John's (Minn.)	3.70m 12-01.50	535
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80		PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O O O O O XXX	
5 Lord, Demetri	JR	St. Olaf	3.60m 11-09.75	509
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70		PPP PPP PPP PPP PPP PPP PPP PPP PPP O O XO O O XXX	
5 Hoelzel, Gavin	FR	St. Olaf	3.60m 11-09.75	509
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70		PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP XO XXO O XXO XXX	
5 Thurk, Anthony	JR	St. John's (Minn.)	3.60m 11-09.75	509
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70		PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O O O XXX	
8 Kienholz, Carter	JR	Hamline	3.50m 11-05.75	482
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60		PPP PPP PPP PPP PPP PPP PPP O PPP O O XO O XXX	
8 Kiel, Logan	FR	St. John's (Minn.)	3.50m 11-05.75	482
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60		PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O O O XO XXX	
8 Cogley, Andrew	JR	St. Olaf	3.50m 11-05.75	482
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60		PPP PPP PPP PPP PPP PPP O PPP O O XO XO XO XXX	
11 Molstre, Joey	FR	Concordia-Moorhead	3.30m 10-10.00	431
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40		PPP PPP PPP PPP PPP PPP PPP XO O O O XXX	
11 Olson, Jesse	FR	St. Olaf	3.30m 10-10.00	431
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40		PPP PPP PPP PPP O O O O O XO XXO XXX	
11 Schulze, Sam	JR	Gustavus Adolphus	3.30m 10-10.00	431
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40		PPP PPP PPP PPP PPP PPP XO PPP XO XXO XXO XXX	

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Heptathlon: #6 Men Pole Vault Heptathlon**

14	Demetriades, Theo	SO Carleton	3.20m	10-06.00	406
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30				
	O O O O PPP O O XO O XO XXX				
15	Wellman, Trevor	JR Bethel (Minn.)	3.00m	9-10.00	357
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10				
	PPP PPP PPP PPP O O XO XO XXX				
16	Elseth, Aaron	SO Bethel (Minn.)	2.80m	9-02.25	309
	2.30 2.40 2.50 2.60 2.70 2.80 2.90				
	XO O O XXO O XXO XXX				
17	Lapinski, Will	FR St. Olaf	2.70m	8-10.25	286
	2.30 2.40 2.50 2.60 2.70 2.80				
	O XO O O XO XXX				

Heptathlon: #2 Men Long Jump Heptathlon

Name	Year School	Finals	Points
1 Rhonemus, Wade	SR Concordia-Moorhead	6.47m 21-02.75	691
	6.31m 6.09m 6.47m		
2 Lord, Demetri	JR St. Olaf	6.31m 20-08.50	655
	6.29m 6.31m 6.06m		
3 Cogley, Andrew	JR St. Olaf	6.24m 20-05.75	639
	6.24m 6.04m 6.03m		
4 Thurk, Anthony	JR St. John's (Minn.)	6.18m 20-03.50	626
	FOUL FOUL 6.18m		
5 Demetriades, Theo	SO Carleton	6.07m 19-11.00	602
	6.07m PASS PASS		
6 Lelwica, Max	JR St. John's (Minn.)	6.01m 19-08.75	589
	5.94m 5.87m 6.01m		
7 McCormick, Connor	SO Gustavus Adolphus	5.97m 19-07.00	580
	FOUL 5.97m 5.96m		
7 Hennen, Logan	SO St. John's (Minn.)	5.97m 19-07.00	580
	5.82m 5.26m 5.97m		
9 Schulze, Sam	JR Gustavus Adolphus	5.84m 19-02.00	552
	5.84m 5.62m 5.72m		
10 Molstre, Joey	FR Concordia-Moorhead	5.82m 19-01.25	548
	5.35m 5.19m 5.82m		
11 Hoelzel, Gavin	FR St. Olaf	5.67m 18-07.25	516
	5.65m 5.67m 5.52m		
12 Kienholz, Carter	JR Hamline	5.59m 18-04.25	500
	5.59m FOUL FOUL		
13 Olson, Jesse	FR St. Olaf	5.57m 18-03.25	496
	5.53m 5.57m 5.52m		
14 Wellman, Trevor	JR Bethel (Minn.)	5.38m 17-08.00	457
	5.38m 5.26m 5.31m		
15 Kiel, Logan	FR St. John's (Minn.)	5.31m 17-05.25	443
	5.31m 5.19m FOUL		
16 Elseth, Aaron	SO Bethel (Minn.)	5.24m 17-02.25	429
	FOUL FOUL 5.24m		
17 Lapinski, Will	FR St. Olaf	5.20m 17-00.75	421
	4.99m 5.20m 5.05m		

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****Heptathlon: #3 Men Shot Put Heptathlon**

Name	Year	School	Finals	Points
1 Lord, Demetri 11.61m 11.39m 12.14m	JR	St. Olaf	12.14m 39-10.00	615
2 Kiel, Logan 11.46m 11.82m 11.66m	FR	St. John's (Minn.)	11.82m 38-09.50	595
3 Lelwica, Max 10.75m 11.42m 11.55m	JR	St. John's (Minn.)	11.55m 37-10.75	579
4 Hennen, Logan 11.39m FOUL 11.12m	SO	St. John's (Minn.)	11.39m 37-04.50	569
5 Wellman, Trevor 11.35m 11.14m FOUL	JR	Bethel (Minn.)	11.35m 37-03.00	567
6 Thurk, Anthony 11.30m FOUL 11.13m	JR	St. John's (Minn.)	11.30m 37-01.00	564
7 Rhonemus, Wade 10.71m 9.92m 11.07m	SR	Concordia-Moorhead	11.07m 36-04.00	550
8 Cogley, Andrew 10.41m 10.27m 10.53m	JR	St. Olaf	10.53m 34-06.75	518
9 Kienholz, Carter FOUL 10.47m 9.90m	JR	Hamline	10.47m 34-04.25	514
10 Elseth, Aaron 10.23m 9.61m 9.81m	SO	Bethel (Minn.)	10.23m 33-06.75	499
11 Demetriades, Theo 9.19m 8.86m 8.11m	SO	Carleton	9.19m 30-02.00	437
12 Molstre, Joey 8.45m 9.10m FOUL	FR	Concordia-Moorhead	9.10m 29-10.25	432
13 McCormick, Connor 6.57m 8.51m 8.40m	SO	Gustavus Adolphus	8.51m 27-11.00	397
14 Olson, Jesse 8.07m 7.98m 8.38m	FR	St. Olaf	8.38m 27-06.00	389
15 Lapinski, Will 7.77m 8.00m 7.88m	FR	St. Olaf	8.00m 26-03.00	366
16 Hoelzel, Gavin 7.10m 7.67m 7.53m	FR	St. Olaf	7.67m 25-02.00	347
17 Schulze, Sam 7.16m 7.02m 7.59m	JR	Gustavus Adolphus	7.59m 24-11.00	342

Men Heptathlon

Champ. Rec.: #	5118	2022	Maguire Petersen, St. Johns			
Facility Rec: F	4959	2022	Keaten Wood, Linfield			
Name	Year	School	Seed	Finals	H#	Points
1 Rhonemus, Wade	SR	Concordia-Moorhead		4967F		10
2 Lord, Demetri	JR	St. Olaf		4897		8
3 Lelwica, Max	JR	St. John's (Minn.)		4634		6
4 Thurk, Anthony	JR	St. John's (Minn.)		4587		5
5 McCormick, Connor	SO	Gustavus Adolphus		4568		4
6 Cogley, Andrew	JR	St. Olaf		4478		3
7 Hennen, Logan	SO	St. John's (Minn.)		4135		2
8 Schulze, Sam	JR	Gustavus Adolphus		3985		1
9 Wellman, Trevor	JR	Bethel (Minn.)		3957		
10 Olson, Jesse	FR	St. Olaf		3899		
11 Molstre, Joey	FR	Concordia-Moorhead		3827		
12 Kiel, Logan	FR	St. John's (Minn.)		3738		

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

...Men Heptathlon

13 Hoelzel, Gavin	FR St. Olaf	3662
14 Kienholz, Carter	JR Hamline	3647
15 Elseth, Aaron	SO Bethel (Minn.)	3643
16 Lapinski, Will	FR St. Olaf	3557

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Men - Team Rankings - 20 Events Scored

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1) Bethel (Minn.)	164	2) St. John's (Minn.)	143
3) St. Olaf	107	4) St. Scholastica	95
5) Gustavus Adolphus	67	6) Concordia-Moorhead	53
7) Carleton	51	8) Macalester	47
9) Hamline	20	10) Saint Mary's (Minn.)	19
11) Augsburg	14		

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****Women 60 Meter Dash**

=====
 Champ. Rec.: # 7.62 2014 Mallory Burnham, St. Thomas
 Facility Rec: F 7.67 2014 Mallory Burnham, St. Thomas

=====
 Name Year School Seed Prelims H#
 =====

Preliminaries

1	Chatham, Diarra	FR	Macalester	7.68	7.74Q	1	
2	Carlson, Kate	JR	Gustavus Adolphus	7.81	7.85Q	3	
3	Babalola, Jireh	SR	Bethel (Minn.)	7.78	7.86Q	2	
4	Gallagher, Kate	SR	St. Benedict	7.88	7.92q	3	
5	Kaping, Raina	FR	Bethel (Minn.)	8.01	7.96q	1	
6	Rengo, Emily	SO	Concordia-Moorhead	7.95	7.98q	2	
7	Fynboh, Lydia	FR	Concordia-Moorhead	8.09	8.05q	2	
8	Johnson, Tiana	SR	St. Benedict	8.19	8.07q	1	
9	Kroschel, Karla	SR	St. Olaf	8.12	8.08	3	8.079
10	McMahon, Terra	SO	Hamline	8.07	8.08	1	8.080
11	Sandman, Andie	FR	Concordia-Moorhead	8.13	8.09	2	
12	Buntrock, Grace	FR	St. Benedict	8.11	8.13	3	
13	Fink, Ava	SO	St. Scholastica	8.28	8.21	3	
14	Osborne, Piper	FR	Concordia-Moorhead	8.20	8.22	1	
15	Hunter, Penny	SR	Macalester	8.24	8.23	3	
16	Munson, Samantha	SO	Saint Mary's	8.23	8.26	2	
17	Holman, Ququ	SR	St. Olaf	8.42	8.27	2	
18	Carver, Zoe	SO	Macalester	8.41	8.42	1	
19	Pray, Kaylen	FR	Saint Mary's	8.30	8.43	2	
20	Lott, Bianca	SO	Carleton	8.47	8.46	3	
21	Matre, Zoe	JR	St. Olaf	8.51	8.47	2	
22	Roberts, Riley	JR	Carleton	8.42	8.50	3	
23	Nelson, Myah	SO	St. Benedict	8.33	8.51	1	
24	Jensen, Jensi	SO	Gustavus Adolphus	8.53	8.58	1	

Women 60 Meter Dash

=====
 Champ. Rec.: # 7.62 2014 Mallory Burnham, St. Thomas
 Facility Rec: F 7.67 2014 Mallory Burnham, St. Thomas

=====
 Name Year School Prelims Finals Points
 =====

Finals

1	Chatham, Diarra	FR	Macalester	7.74	7.73	10	
2	Carlson, Kate	JR	Gustavus Adolphus	7.85	7.74	8	
3	Gallagher, Kate	SR	St. Benedict	7.92	7.84	6	
4	Babalola, Jireh	SR	Bethel (Minn.)	7.86	7.88	5	
5	Kaping, Raina	FR	Bethel (Minn.)	7.96	7.96	4	
6	Rengo, Emily	SO	Concordia-Moorhead	7.98	8.01	3	
7	Fynboh, Lydia	FR	Concordia-Moorhead	8.05	8.06	2	8.053
8	Johnson, Tiana	SR	St. Benedict	8.07	8.06	1	8.058

Women 200 Meter Dash

=====
 Champ. Rec.: # 25.25 2010 Shanek Telphia, Augsburg
 Facility Rec: F 25.41 2024 Megan Geraets, Gustavus

=====
 Name Year School Seed Finals H# Points
 =====

1	Geraets, Megan	JR	Gustavus Adolphus	25.32	25.16#	6	10
2	Carlson, Kate	JR	Gustavus Adolphus	25.44	25.34F	6	8
3	Sealock, Kelsie	JR	Bethel (Minn.)	26.36	26.07	6	6

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****...Women 200 Meter Dash**

4	Chatham, Diarra	FR Macalester	26.56	26.25	5	5
5	Kroschel, Karla	SR St. Olaf	26.20	26.40	6	4
6	Babalola, Jireh	SR Bethel (Minn.)	27.00	26.49	4	3
7	Rengo, Emily	SO Concordia-Moorhead	26.47	26.75	5	2
8	Johnson, Tiana	SR St. Benedict	27.06	26.98	4	1
9	Kaping, Raina	FR Bethel (Minn.)	26.99	27.00	5	
10	Kvant, Hannah	FR Bethel (Minn.)	27.20	27.03	3	
11	Nygaard, Kyla	SO Concordia-Moorhead	27.11	27.10	3	
12	Hunter, Penny	SR Macalester	27.36	27.17	2	
13	Rakow, Ally	SR Gustavus Adolphus	26.86	27.23	5	
14	Nyuga, Sidela	SR St. Benedict	27.58	27.30	2	
15	Edison, Elise	FR Macalester	27.19	27.34	3	
16	Lindner, Sarrah	SO Gustavus Adolphus	27.68	27.35	1	
17	Fink, Ava	SO St. Scholastica	27.41	27.42	2	
18	McMahon, Terra	SO Hamline	27.06	27.49	4	
19	Sandman, Andie	FR Concordia-Moorhead	27.08	27.54	4	
20	Buntrock, Grace	FR St. Benedict	27.34	27.68	3	
21	Munson, Samantha	SO Saint Mary's	27.74	27.70	1	
22	Matre, Zoe	JR St. Olaf	27.78	27.73	1	
23	Aurelius, Andreiana	SR Hamline	27.44	28.08	2	
24	Roberts, Riley	JR Carleton	27.86	28.09	1	

Women 400 Meter Dash

=====						
Champ. Rec.: # 56.80		2017	Alexa Feeney, Carleton			
Facility Rec: F 56.35		2006	Rachel Anderson, Illinois Wesleyan			
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Geraets, Megan	JR Gustavus Adolphus	57.95	57.49	5	10
	27.456 (27.456)	57.482 (30.026)				
2	Hookom, Allison	SO Augsburg	57.94	58.13	5	8
	27.389 (27.389)	58.124 (30.735)				
3	Gregg, Hailey	JR Bethel (Minn.)	1:00.51	58.85	4	6
	27.615 (27.615)	58.849 (31.234)				
4	Kroschel, Karla	SR St. Olaf	1:00.10	59.77	5	5
	28.271 (28.271)	59.770 (31.499)				
5	Luetmer, McKenzie	FR Gustavus Adolphus	1:00.40	1:00.04	4	4
	28.528 (28.528)	1:00.035 (31.508)				
6	Swenson, Abbie	SR Bethel (Minn.)	1:00.56	1:00.13	4	3
	28.710 (28.710)	1:00.122 (31.413)				
7	Nygaard, Kyla	SO Concordia-Moorhead	59.21	1:00.26	5	2
	28.313 (28.313)	1:00.255 (31.942)				
8	Kvant, Hannah	FR Bethel (Minn.)	1:01.46	1:00.55	3	1
	28.690 (28.690)	1:00.542 (31.852)				
9	Nyuga, Sidela	SR St. Benedict	1:02.13	1:01.23	3	
	29.090 (29.090)	1:01.225 (32.136)				
10	Smith, Jessie	JR Bethel (Minn.)	1:01.27	1:01.35	4	
	29.031 (29.031)	1:01.349 (32.318)				
11	Shercliffe, Meg	JR Concordia-Moorhead	1:01.94	1:01.37	3	
	29.221 (29.221)	1:01.361 (32.140)				
12	Berg, Lauren	SO St. Benedict	1:01.64	1:02.07	3	
	29.128 (29.128)	1:02.065 (32.938)				
13	Holman, Ququ	SR St. Olaf	1:03.19	1:02.63	2	
	30.157 (30.157)	1:02.630 (32.473)				

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

...Women 400 Meter Dash

14 Pfeiffer, Ruth	SR St. Olaf	1:03.31	1:02.70	1	
29.619 (29.619)	1:02.698 (33.080)				
15 Ganley, Mirijana	SR St. Benedict	1:02.70	1:03.10	2	
29.066 (29.066)	1:03.092 (34.026)				
16 Aurelius, Andreiana	SR Hamline	1:03.10	1:03.21	2	1:03.202
29.328 (29.328)	1:03.202 (33.875)				
17 Ellefson, Jaden	SO St. Scholastica	1:03.23	1:03.21	2	1:03.207
29.540 (29.540)	1:03.207 (33.667)				
18 Poore, Riki	SR St. Olaf	1:03.27	1:03.31	1	
29.455 (29.455)	1:03.303 (33.848)				
19 Sahly, Emma	JR St. Olaf	1:04.35	1:03.50	1	
29.889 (29.889)	1:03.497 (33.609)				
20 Soule, Allison	SO Bethel (Minn.)	1:03.88	1:03.85	1	
30.127 (30.127)	1:03.843 (33.716)				

Women 600 Meter Run

=====						
Champ. Rec.: #	1:31.68	2019	Phoebe Aguiar, Macalester			
Facility Rec: F	1:31.68	2019	Phoebe Aguilar, Macalester			
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Hookom, Allison		SO Augsburg	1:37.73	1:35.71	3	10
30.047 (30.047)		1:03.286 (33.240)	1:35.707 (32.421)			
2 Ihde, Annessa		JR Bethel (Minn.)	1:38.44	1:36.65	3	8
30.255 (30.255)		1:03.367 (33.113)	1:36.641 (33.274)			
3 Wyatt, Isabel		SO St. Olaf	1:38.08	1:37.23	3	6
30.978 (30.978)		1:03.561 (32.584)	1:37.225 (33.664)			
4 Sulungaine, Shalom		FR Bethel (Minn.)	1:38.83	1:38.40	3	5
30.712 (30.712)		1:03.735 (33.023)	1:38.392 (34.658)			
5 Cruz, Reanna		FR Bethel (Minn.)	1:39.34	1:38.81	3	4
30.515 (30.515)		1:03.703 (33.188)	1:38.808 (35.106)			
6 Erickson, Lara		JR Carleton	1:40.28	1:38.85	2	3
31.249 (31.249)		1:04.317 (33.068)	1:38.846 (34.529)			
7 Berg, Lauren		SO St. Benedict	1:39.99	1:39.36	3	2
30.680 (30.680)		1:03.956 (33.276)	1:39.355 (35.399)			
8 Shercliffe, Meg		JR Concordia-Moorhead	1:41.69	1:39.72	2	1
31.571 (31.571)		1:05.031 (33.460)	1:39.712 (34.682)			
9 Cutter, Alice		JR Carleton	1:42.44	1:40.11	2	
32.041 (32.041)		1:04.733 (32.693)	1:40.102 (35.369)			
10 Luetmer, McKenzie		FR Gustavus Adolphus	1:41.06	1:41.95	2	
31.739 (31.739)		1:05.580 (33.841)	1:41.941 (36.362)			
11 Smith, Jessie		JR Bethel (Minn.)	1:45.10	1:42.36	1	
31.306 (31.306)		1:06.909 (35.604)	1:42.354 (35.445)			
12 Robinson, Grace		JR Bethel (Minn.)	1:44.31	1:42.91	1	
32.812 (32.812)		1:07.462 (34.650)	1:42.906 (35.444)			
13 Fynboh, Isabel		SO Gustavus Adolphus	1:43.94	1:43.48	2	
32.207 (32.207)		1:06.328 (34.121)	1:43.477 (37.149)			
14 Witschen, Anabella		FR St. Benedict	1:45.84	1:44.84	1	
32.490 (32.490)		1:07.982 (35.492)	1:44.836 (36.855)			
15 Wilson, Rachael		FR St. Olaf	1:47.73	1:44.85	1	
32.156 (32.156)		1:07.743 (35.588)	1:44.845 (37.102)			
16 Dauner, Emma		FR St. Olaf	1:48.34	1:45.11	1	
34.492 (34.492)		1:08.847 (34.355)	1:45.107 (36.260)			
17 Mair, Aubrey		JR Gustavus Adolphus	1:46.48	1:49.29	1	
33.132 (33.132)		1:07.802 (34.670)	1:49.282 (41.480)			

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

Women 800 Meter Run

=====						
Champ. Rec.: # 2:12.67		2019	Phoebe Aguiar, Macalester			
Facility Rec: F 2:11.95		2003	Megan Daymont, St. Olaf			
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Ihde, Annessa		JR Bethel (Minn.)	2:15.24	2:17.61	3	10
34.134 (34.134)		1:10.726 (36.592)	1:45.946 (35.220)	2:17.606 (31.660)		
2 Smith, Kalli		JR St. Benedict	2:23.34	2:18.32	2	8
32.794 (32.794)		1:07.229 (34.435)	1:42.442 (35.214)	2:18.311 (35.869)		
3 Cutter, Alice		JR Carleton	2:25.06	2:19.20	2	6
34.050 (34.050)		1:08.716 (34.666)	1:43.242 (34.526)	2:19.194 (35.952)		
4 Blanchard, Mary		JR Carleton	2:16.59	2:20.26	3	5
33.797 (33.797)		1:10.417 (36.620)	1:47.145 (36.728)	2:20.251 (33.106)		
5 Wyatt, Isabel		SO St. Olaf	2:21.03	2:20.69	3	4
34.426 (34.426)		1:11.418 (36.992)	1:47.614 (36.196)	2:20.684 (33.070)		
6 Erickson, Lara		JR Carleton	2:22.30	2:21.19	3	3
33.882 (33.882)		1:10.552 (36.670)	1:45.969 (35.418)	2:21.182 (35.214)		
7 Cruz, Reanna		FR Bethel (Minn.)	2:21.29	2:22.21	3	2
33.921 (33.921)		1:10.993 (37.072)	1:47.568 (36.575)	2:22.208 (34.641)		
8 DeWitt, Regan		FR St. Scholastica	2:21.44	2:22.71	3	1
34.313 (34.313)		1:11.078 (36.766)	1:47.228 (36.150)	2:22.704 (35.476)		
9 Sulungaine, Shalom		FR Bethel (Minn.)	2:20.14	2:22.72	3	
34.508 (34.508)		1:11.269 (36.762)	1:47.781 (36.512)	2:22.714 (34.934)		
10 DiNardo, Molly		FR St. Olaf	2:25.59	2:25.42	2	
34.413 (34.413)		1:10.532 (36.120)	1:48.220 (37.688)	2:25.415 (37.196)		
11 Frolek, Drew		JR Concordia-Moorhead	2:24.42	2:26.97	2	
34.565 (34.565)		1:10.250 (35.686)	1:47.892 (37.642)	2:26.970 (39.078)		
12 Manhard, Abbie		SO St. Olaf	2:29.95	2:27.70	2	
33.988 (33.988)		1:10.782 (36.794)	1:48.466 (37.685)	2:27.691 (39.225)		
13 Witschen, Anabella		FR St. Benedict	2:30.02	2:27.81	1	
35.142 (35.142)		1:11.524 (36.383)	1:49.724 (38.200)	2:27.810 (38.086)		
14 Mickelson, Nora		FR St. Olaf	2:28.14	2:31.68	2	
34.956 (34.956)		1:12.160 (37.204)	1:52.243 (40.084)	2:31.672 (39.429)		
15 Verkinnes, Brooke		SO St. Benedict	2:30.46	2:34.21	1	
37.147 (37.147)		1:16.493 (39.346)	1:56.664 (40.172)	2:34.206 (37.542)		
16 Wilson, Rachael		FR St. Olaf	2:28.36	2:35.06	2	
34.905 (34.905)		1:11.470 (36.565)	1:52.116 (40.647)	2:35.053 (42.937)		
17 Taszarek, Leah		FR St. Benedict	2:37.35	2:36.62	1	
34.880 (34.880)		1:13.098 (38.219)	1:54.853 (41.755)	2:36.619 (41.766)		
18 Koch, Emily		FR St. Benedict	2:37.42	2:37.51	1	
38.388 (38.388)		1:17.958 (39.570)	1:58.558 (40.601)	2:37.502 (38.944)		
19 Dehn, Emily		FR Gustavus Adolphus	2:38.13	2:37.79	1	
36.320 (36.320)		1:16.716 (40.396)	1:58.306 (41.591)	2:37.784 (39.478)		
20 Neria, Deliah		FR Hamline	2:37.05	2:39.67	1	
37.386 (37.386)		1:16.832 (39.446)	1:58.542 (41.711)	2:39.661 (41.119)		
21 Murphy, Mackenzie		FR Gustavus Adolphus	2:36.90	2:40.73	1	
38.049 (38.049)		1:17.910 (39.861)	1:59.641 (41.732)	2:40.726 (41.085)		

Women 1000 Meter Run

=====						
Champ. Rec.: # 2:51.48		2016	Emily Gapinski, St. Thomas			
Facility Rec: F 2:52.37		2013	Taylor Berg, St. Thomas			
Name	Year	School	Seed	Finals	H#	Points
=====						

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Women 1000 Meter Run**

1	Blanchard, Mary	JR Carleton	2:56.82	3:00.63	3	10
	34.776 (34.776)	1:11.241 (36.466)	1:48.784 (37.543)	2:25.986 (37.202)		
	3:00.630 (34.644)					
2	Radaich, Taylor	FR St. Benedict	3:09.71	3:04.96	2	8
	36.717 (36.717)	1:12.783 (36.067)	1:50.105 (37.322)	2:27.787 (37.682)		
	3:04.958 (37.172)					
3	Moeller, Grace	SO St. Olaf	3:04.77	3:04.97	3	6
	35.649 (35.649)	1:12.839 (37.190)	1:50.548 (37.710)	2:28.506 (37.958)		
	3:04.966 (36.460)					
4	Call, Sophie	SR St. Olaf	3:06.35	3:05.08	3	5
	35.478 (35.478)	1:13.198 (37.720)	1:51.360 (38.162)	2:29.140 (37.781)		
	3:05.076 (35.936)					
5	Erickson, Siri	FR St. Olaf	3:03.50	3:05.23	3	4
	35.752 (35.752)	1:13.291 (37.540)	1:51.196 (37.905)	2:28.728 (37.532)		
	3:05.225 (36.498)					
6	Smith, Kalli	JR St. Benedict	3:06.63	3:05.93	3	3
	35.509 (35.509)	1:12.584 (37.076)	1:51.245 (38.661)	2:29.857 (38.612)		
	3:05.922 (36.065)					
7	Rowland, Libby	JR Carleton	3:06.49	3:06.11	3	2
	35.921 (35.921)	1:13.488 (37.568)	1:51.020 (37.532)	2:29.151 (38.132)		
	3:06.106 (36.955)					
8	Gernandt, Ruby	SR Bethel (Minn.)	3:09.98	3:06.48	2	1
	36.586 (36.586)	1:13.515 (36.929)	1:51.723 (38.208)	2:29.523 (37.800)		
	3:06.471 (36.949)					
9	Cargill, Anna	JR Bethel (Minn.)	3:10.33	3:07.32	2	
	35.369 (35.369)	1:12.389 (37.020)	1:50.591 (38.202)	2:29.535 (38.944)		
	3:07.311 (37.777)					
10	DeWitt, Regan	FR St. Scholastica	3:07.95	3:08.12	2	
	33.953 (33.953)	1:10.018 (36.065)	1:48.374 (38.356)	2:28.888 (40.514)		
	3:08.114 (39.226)					
11	Daley, Nora	FR Carleton	3:08.11	3:08.71	2	
	36.830 (36.830)	1:13.985 (37.156)	1:52.039 (38.054)	2:31.436 (39.398)		
	3:08.703 (37.268)					
12	Lyngen, Lucy	SR St. Benedict	3:06.49	3:10.50	3	
	36.173 (36.173)	1:13.733 (37.560)	1:52.439 (38.706)	2:31.643 (39.204)		
	3:10.500 (38.857)					
13	Frolek, Drew	JR Concordia-Moorhead	3:09.02	3:11.23	2	
	36.515 (36.515)	1:13.771 (37.256)	1:52.422 (38.652)	2:31.180 (38.758)		
	3:11.224 (40.044)					
14	Walukas, Kailyn	JR Gustavus Adolphus	3:13.23	3:12.41	2	
	35.505 (35.505)	1:12.894 (37.390)	1:52.179 (39.285)	2:32.825 (40.646)		
	3:12.406 (39.582)					
15	Sanchez-Castillo, Daniel	SO Hamline	3:16.76	3:14.04	1	
	37.332 (37.332)	1:16.706 (39.375)	1:57.626 (40.920)	2:36.581 (38.955)		
	3:14.036 (37.455)					
16	Pirone, Mara	SO Macalester	3:21.94	3:15.47	1	
	38.884 (38.884)	1:17.086 (38.202)	1:57.396 (40.310)	2:36.360 (38.964)		
	3:15.470 (39.110)					
17	DiNardo, Molly	FR St. Olaf	3:07.20	3:15.60	3	
	36.350 (36.350)	1:13.953 (37.603)	1:52.848 (38.895)	2:33.267 (40.420)		
	3:15.594 (42.327)					
18	Bradley, Anabel	FR Hamline	3:13.86	3:17.49	2	
	37.295 (37.295)	1:14.847 (37.552)	1:55.783 (40.936)	2:37.849 (42.067)		
	3:17.489 (39.640)					

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

...Women 1000 Meter Run

19 Mickelson, Nora	FR St. Olaf	3:19.43	3:17.75	1
37.053 (37.053)	1:16.424 (39.371)	1:58.004 (41.581)	2:38.540 (40.536)	
3:17.741 (39.202)				
20 Rowley, Amelia	FR Concordia-Moorhead	3:20.49	3:18.77	1
39.293 (39.293)	1:18.070 (38.778)	1:58.257 (40.187)	2:38.345 (40.088)	
3:18.766 (40.421)				
21 Verkinnes, Brooke	SO St. Benedict	3:21.39	3:20.30	1
39.196 (39.196)	1:20.071 (40.876)	2:02.978 (42.907)	2:44.212 (41.234)	
3:20.292 (36.081)				
22 Hartley, Madeline	FR St. Scholastica	3:22.48	3:20.67	1
39.962 (39.962)	1:20.330 (40.368)	2:01.636 (41.306)	2:41.944 (40.308)	
3:20.669 (38.726)				
23 Hrabik, Grace	FR St. Scholastica	3:22.98	3:26.08	1
40.444 (40.444)	1:21.783 (41.340)	2:03.720 (41.937)	2:45.860 (42.140)	
3:26.080 (40.221)				
24 Hagen, Mollykate	FR St. Scholastica	3:23.33	3:26.63	1
40.219 (40.219)	1:21.286 (41.067)	2:03.151 (41.866)	2:45.390 (42.240)	
3:26.629 (41.239)				

Women 1 Mile Run

=====						
Champ. Rec.: #	4:50.20	2023	Clara Mayfield, Carleton			
Facility Rec: F	4:55.60	2013	Taylor Berg, St. Thomas			
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Smith, Fiona	SR	St. Benedict	4:53.08	5:03.93	3	10
37.173 (37.173)	1:13.932 (36.760)	1:50.991 (37.060)	2:28.100 (37.109)			
3:06.091 (37.991)	3:44.577 (38.487)	4:23.817 (39.240)	5:03.928 (40.112)			
2 Blanchard, Mary	JR	Carleton	5:07.36	5:06.19	3	8
37.697 (37.697)	1:14.375 (36.679)	1:52.080 (37.705)	2:31.447 (39.367)			
3:11.535 (40.088)	3:52.119 (40.584)	4:30.931 (38.812)	5:06.185 (35.255)			
3 Larsen, Aliya	SO	Carleton	5:14.26	5:09.04	3	6
39.593 (39.593)	1:17.771 (38.178)	1:56.750 (38.979)	2:36.070 (39.320)			
3:15.010 (38.940)	3:53.521 (38.511)	4:31.775 (38.254)	5:09.031 (37.257)			
4 Call, Bella	SR	St. Olaf	5:15.03	5:09.96	3	5
39.278 (39.278)	1:17.545 (38.268)	1:56.456 (38.911)	2:35.531 (39.075)			
3:14.705 (39.174)	3:54.197 (39.493)	4:32.813 (38.616)	5:09.955 (37.142)			
5 Call, Sophie	SR	St. Olaf	5:15.84	5:11.48	3	4
39.804 (39.804)	1:18.565 (38.762)	1:58.154 (39.589)	2:38.161 (40.007)			
3:17.816 (39.656)	3:57.195 (39.380)	4:35.609 (38.414)	5:11.477 (35.868)			
6 Moeller, Grace	SO	St. Olaf	5:18.70	5:15.43	3	3
40.052 (40.052)	1:18.162 (38.110)	1:57.016 (38.854)	2:36.408 (39.392)			
3:15.509 (39.102)	3:54.925 (39.416)	4:35.297 (40.372)	5:15.421 (40.124)			
7 Rowland, Libby	JR	Carleton	5:17.97	5:18.09	3	2
39.991 (39.991)	1:18.725 (38.735)	1:57.537 (38.812)	2:37.527 (39.991)			
3:17.019 (39.492)	3:57.618 (40.600)	4:38.613 (40.995)	5:18.085 (39.472)			
8 Lyngen, Lucy	SR	St. Benedict	5:20.19	5:18.78	2	1
40.827 (40.827)	1:22.020 (41.194)	2:01.005 (38.985)	2:41.030 (40.026)			
3:21.296 (40.266)	4:01.921 (40.626)	4:42.199 (40.278)	5:18.776 (36.578)			
9 Daley, Nora	FR	Carleton	5:15.74	5:19.84	3	
40.263 (40.263)	1:19.004 (38.742)	1:57.901 (38.898)	2:37.926 (40.025)			
3:17.644 (39.718)	3:58.303 (40.659)	4:39.838 (41.536)	5:19.837 (39.999)			
10 Erickson, Siri	FR	St. Olaf	5:20.80	5:19.90	2	
40.929 (40.929)	1:22.047 (41.118)	2:00.706 (38.660)	2:40.722 (40.016)			
3:21.003 (40.281)	4:01.666 (40.664)	4:41.892 (40.226)	5:19.894 (38.002)			

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Women 1 Mile Run**

11 Liston, Molly	SO Gustavus Adolphus	5:25.86	5:20.47	2
41.105 (41.105)	1:21.781 (40.676)	2:00.400 (38.620)	2:40.411 (40.012)	
3:20.928 (40.517)	4:02.207 (41.279)	4:42.623 (40.417)	5:20.466 (37.843)	
12 McCloskey, Molly Kate	SO St. Olaf	5:28.08	5:26.28	2
41.488 (41.488)	1:22.649 (41.162)	2:03.539 (40.890)	2:45.489 (41.950)	
3:27.463 (41.975)	4:08.973 (41.510)	4:49.289 (40.316)	5:26.275 (36.986)	
13 Johnson, Aerial	JR Concordia-Moorhead	5:33.52	5:34.28	2
41.456 (41.456)	1:22.884 (41.428)	2:04.810 (41.926)	2:47.727 (42.918)	
3:30.417 (42.690)	4:13.355 (42.938)	4:55.691 (42.336)	5:34.276 (38.585)	
14 Schoenfield, Claire	SR Gustavus Adolphus	5:37.89	5:37.38	2
42.442 (42.442)	1:23.950 (41.508)	2:05.898 (41.948)	2:48.251 (42.354)	
3:31.067 (42.816)	4:14.294 (43.228)	4:57.659 (43.366)	5:37.371 (39.712)	
15 Tung-Mabry, Madelyn	FR St. Olaf	5:43.95	5:37.82	2
43.807 (43.807)	1:25.238 (41.431)	2:07.196 (41.958)	2:48.855 (41.660)	
3:31.489 (42.634)	4:15.051 (43.562)	4:58.374 (43.324)	5:37.812 (39.438)	
16 Hay, Anna	JR Bethel (Minn.)	5:44.39	5:37.97	2
43.454 (43.454)	1:24.925 (41.472)	2:06.859 (41.934)	2:48.547 (41.688)	
3:30.688 (42.142)	4:13.561 (42.873)	4:56.393 (42.832)	5:37.965 (41.572)	
17 Leibke, Tatum	SO St. Benedict	5:46.65	5:42.27	2
42.897 (42.897)	1:24.385 (41.488)	2:06.255 (41.871)	2:47.967 (41.712)	
3:31.152 (43.185)	4:14.691 (43.540)	4:58.326 (43.635)	5:42.261 (43.936)	
18 Gebert, Katie	SR St. Olaf	5:14.51	5:45.03	3
40.405 (40.405)	1:19.260 (38.855)	1:58.759 (39.499)	2:38.902 (40.144)	
3:22.313 (43.412)	4:08.788 (46.475)	4:56.724 (47.936)	5:45.021 (48.298)	
19 Hatrick, Lily	SO Macalester	5:52.09	5:48.35	1
42.994 (42.994)	1:26.637 (43.644)	2:10.883 (44.246)	2:54.218 (43.335)	
3:38.258 (44.040)	4:23.358 (45.100)	5:07.850 (44.492)	5:48.350 (40.501)	
20 Gessner, Lydia	SR Bethel (Minn.)	5:51.82	5:50.94	1
42.310 (42.310)	1:25.604 (43.294)	2:10.220 (44.617)	2:53.846 (43.626)	
3:37.858 (44.012)	4:23.023 (45.165)	5:07.730 (44.707)	5:50.940 (43.210)	
21 Olinger, Rachel	SO St. Benedict	5:56.08	5:52.70	1
43.784 (43.784)	1:26.964 (43.181)	2:11.531 (44.567)	2:55.493 (43.962)	
3:40.287 (44.794)	4:25.537 (45.250)	5:10.628 (45.092)	5:52.696 (42.068)	
22 Stacy, Cate	FR Macalester	5:50.79	5:53.48	1
42.799 (42.799)	1:25.972 (43.173)	2:10.539 (44.568)	2:53.285 (42.746)	
3:37.476 (44.192)	4:22.596 (45.120)	5:08.182 (45.586)	5:53.476 (45.295)	
23 Ellis, Samantha	FR Macalester	5:51.29	5:53.64	1
42.607 (42.607)	1:26.154 (43.548)	2:11.042 (44.888)	2:55.081 (44.040)	
3:39.678 (44.598)	4:25.179 (45.501)	5:10.458 (45.279)	5:53.638 (43.180)	
24 Moorjani, Raina	SR Bethel (Minn.)	5:53.85	5:53.84	1
42.415 (42.415)	1:26.153 (43.738)	2:11.296 (45.144)	2:54.842 (43.546)	
3:39.254 (44.412)	4:24.477 (45.223)	5:09.502 (45.026)	5:53.838 (44.336)	
25 Loeffler-Kemp, Mariah	SR Macalester	5:57.27	5:54.07	1
43.446 (43.446)	1:26.982 (43.536)	2:11.679 (44.698)	2:55.456 (43.777)	
3:40.223 (44.768)	4:26.087 (45.864)	5:11.243 (45.156)	5:54.066 (42.823)	
26 Castellano, Julia	SO Macalester	5:55.43	5:58.44	1
43.114 (43.114)	1:26.434 (43.321)	2:11.204 (44.770)	2:55.330 (44.126)	
3:39.813 (44.483)	4:25.708 (45.895)	5:12.058 (46.350)	5:58.439 (46.382)	
27 Korey, Adrienne	SR Macalester	5:57.58	6:02.52	1
41.960 (41.960)	1:25.876 (43.916)	2:10.715 (44.840)	2:54.822 (44.108)	
3:40.662 (45.840)	4:28.420 (47.758)	5:16.820 (48.401)	6:02.520 (45.700)	

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****Women 3000 Meter Run**

Champ. Rec.: # 9:32.07 2023		Fiona Smith, St. Benedict	
Facility Rec: F 9:49.01 2006		Annie Bersagel, Team USA MN	
Name	Year School	Seed	Finals H# Points
1 Smith, Fiona	SR St. Benedict	9:28.25	9:46.83F 2 10
39.02 (39.02)	1:20.07 (41.05)	2:00.70 (40.63)	2:41.03 (40.33)
3:22.09 (41.06)	3:59.00 (36.91)	4:36.42 (37.42)	5:14.31 (37.89)
5:52.49 (38.18)	6:30.71 (38.22)	7:09.40 (38.69)	7:48.45 (39.05)
8:27.69 (39.24)	9:07.10 (39.41)	9:46.829 (39.74)	
2 McManus, Sophie	JR Carleton	9:57.16	9:59.17 2 8
39.40 (39.40)	1:20.75 (41.35)	2:01.61 (40.86)	2:42.13 (40.52)
3:22.62 (40.49)	4:02.50 (39.88)	4:42.39 (39.89)	5:22.62 (40.23)
6:03.25 (40.63)	6:43.78 (40.53)	7:24.55 (40.77)	8:04.10 (39.55)
8:44.46 (40.36)	9:23.49 (39.03)	9:59.169 (35.69)	
3 Cross, Helen	JR Carleton	9:48.85	9:59.21 2 6
38.76 (38.76)	1:20.22 (41.46)	2:01.05 (40.83)	2:41.39 (40.34)
3:21.95 (40.56)	4:01.55 (39.60)	4:41.72 (40.17)	5:21.77 (40.05)
6:02.49 (40.72)	6:43.35 (40.86)	7:23.65 (40.30)	8:03.39 (39.74)
8:42.74 (39.35)	9:21.83 (39.09)	9:59.206 (37.39)	
4 Preisser, Hannah	SO Carleton	9:55.68	10:02.72 2 5
38.53 (38.53)	1:19.93 (41.40)	2:00.35 (40.42)	2:40.76 (40.41)
3:21.76 (41.00)	4:01.97 (40.21)	4:42.10 (40.13)	5:22.33 (40.23)
6:02.85 (40.52)	6:43.78 (40.93)	7:24.03 (40.25)	8:03.25 (39.22)
8:42.52 (39.27)	9:22.30 (39.78)	10:02.713 (40.42)	
5 Walda, Lauren	SO St. Olaf	10:08.50	10:06.84 2 4
39.97 (39.97)	1:21.07 (41.10)	2:02.25 (41.18)	2:41.67 (39.42)
3:22.45 (40.78)	4:02.84 (40.39)	4:42.81 (39.97)	5:22.92 (40.11)
6:03.60 (40.68)	6:44.15 (40.55)	7:24.89 (40.74)	8:04.99 (40.10)
8:45.61 (40.62)	9:26.57 (40.96)	10:06.839 (40.28)	
6 Ward, Phoebe	JR Carleton	9:55.21	10:09.26 2 3
39.30 (39.30)	1:20.56 (41.26)	2:01.34 (40.78)	2:41.89 (40.55)
3:22.74 (40.85)	4:02.28 (39.54)	4:41.91 (39.63)	5:22.19 (40.28)
6:02.63 (40.44)	6:43.68 (41.05)	7:24.39 (40.71)	8:05.08 (40.69)
8:45.85 (40.77)	9:27.73 (41.88)	10:09.259 (41.54)	
7 Call, Bella	SR St. Olaf	10:07.01	10:12.60 2 2
39.78 (39.78)	1:21.51 (41.73)	2:02.55 (41.04)	2:42.88 (40.33)
3:23.74 (40.86)	4:04.13 (40.39)	4:44.82 (40.69)	5:25.67 (40.85)
6:07.52 (41.85)	6:48.97 (41.45)	7:30.59 (41.62)	8:12.91 (42.32)
8:54.25 (41.34)	9:34.37 (40.12)	10:12.599 (38.24)	
8 Larsen, Aliya	SO Carleton	10:17.52	10:16.50 2 1
40.29 (40.29)	1:21.61 (41.32)	2:01.78 (40.17)	2:42.37 (40.59)
3:23.03 (40.66)	4:03.17 (40.14)	4:43.93 (40.76)	5:25.49 (41.56)
6:07.90 (42.41)	6:49.87 (41.97)	7:32.38 (42.51)	8:14.91 (42.53)
8:56.83 (41.92)	9:38.02 (41.19)	10:16.492 (38.48)	
9 Liston, Molly	SO Gustavus Adolphus	10:35.70	10:19.25 2
40.29 (40.29)	1:21.94 (41.65)	2:02.32 (40.38)	2:42.66 (40.34)
3:23.42 (40.76)	4:03.55 (40.13)	4:44.24 (40.69)	5:25.98 (41.74)
6:07.75 (41.77)	6:49.20 (41.45)	7:31.28 (42.08)	8:13.75 (42.47)
8:56.24 (42.49)	9:38.40 (42.16)	10:19.246 (40.86)	
10 Bode, Alison	JR St. Olaf	10:26.59	10:23.23 2
40.54 (40.54)	1:22.00 (41.46)	2:02.80 (40.80)	2:43.22 (40.42)
3:23.99 (40.77)	4:04.27 (40.28)	4:45.07 (40.80)	5:26.26 (41.19)
6:08.19 (41.93)	6:50.27 (42.08)	7:32.76 (42.49)	8:15.37 (42.61)
8:58.49 (43.12)	9:41.96 (43.47)	10:23.221 (41.27)	

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Women 3000 Meter Run**

11 Harms, Josie	SR Bethel (Minn.)	10:40.18	10:28.85	2
41.12 (41.12)	1:22.79 (41.67)	2:03.83 (41.04)	2:45.17 (41.34)	
3:27.68 (42.51)	4:09.72 (42.04)	4:51.59 (41.87)	5:33.58 (41.99)	
6:15.76 (42.18)	6:57.08 (41.32)	7:39.78 (42.70)	8:23.40 (43.62)	
9:07.23 (43.83)	9:47.45 (40.22)	10:28.841 (41.40)		
12 Coldren, Ivy	FR Macalester	10:30.94	10:33.26	2
40.03 (40.03)	1:22.12 (42.09)	2:02.73 (40.61)	2:43.57 (40.84)	
3:24.59 (41.02)	4:06.19 (41.60)	4:48.49 (42.30)	5:31.15 (42.66)	
6:13.94 (42.79)	6:56.52 (42.58)	7:40.34 (43.82)	8:23.73 (43.39)	
9:07.76 (44.03)	9:50.72 (42.96)	10:33.260 (42.55)		
13 Hagen, Sydney	JR Gustavus Adolphus	10:37.80	10:33.71	2
40.89 (40.89)	1:22.46 (41.57)	2:03.35 (40.89)	2:43.86 (40.51)	
3:24.99 (41.13)	4:06.52 (41.53)	4:48.95 (42.43)	5:31.67 (42.72)	
6:14.36 (42.69)	6:57.30 (42.94)	7:40.86 (43.56)	8:24.77 (43.91)	
9:09.41 (44.64)	9:53.79 (44.38)	10:33.707 (39.93)		
14 Kenney, Mary	SO St. Benedict	10:43.17	10:40.31	1
40.99 (40.99)	1:22.61 (41.62)	2:04.14 (41.53)	2:46.78 (42.64)	
3:29.28 (42.50)	4:11.90 (42.62)	4:54.69 (42.79)	5:37.77 (43.08)	
6:21.13 (43.36)	7:04.56 (43.43)	7:48.26 (43.70)	8:31.83 (43.57)	
9:16.12 (44.29)	9:59.66 (43.54)	10:40.302 (40.65)		
15 Tetmeyer, Bridget	SR St. Benedict	10:43.66	10:42.12	1
40.41 (40.41)	1:22.36 (41.95)	2:04.52 (42.16)	2:47.21 (42.69)	
3:29.62 (42.41)	4:12.27 (42.65)	4:55.07 (42.80)	5:38.11 (43.04)	
6:21.51 (43.40)	7:04.89 (43.38)	7:48.54 (43.65)	8:32.27 (43.73)	
9:16.41 (44.14)	9:59.95 (43.54)	10:42.117 (42.18)		
16 Villalobos, Evelyn	SR Gustavus Adolphus	11:01.70	10:49.96	1
41.48 (41.48)	1:23.74 (42.26)	2:06.54 (42.80)	2:49.42 (42.88)	
3:32.88 (43.46)	4:17.20 (44.32)	5:01.27 (44.07)	5:45.27 (44.00)	
6:29.22 (43.95)	7:14.10 (44.88)	7:58.44 (44.34)	8:42.13 (43.69)	
9:25.91 (43.78)	10:08.84 (42.93)	10:49.952 (41.12)		
17 Johnson, Gracie	SO Augsburg	10:43.88	10:51.02	1
41.90 (41.90)	1:24.17 (42.27)	2:06.30 (42.13)	2:48.66 (42.36)	
3:31.63 (42.97)	4:15.33 (43.70)	4:59.78 (44.45)	5:44.02 (44.24)	
6:29.55 (45.53)	7:14.48 (44.93)	7:58.77 (44.29)	8:42.56 (43.79)	
9:26.57 (44.01)	10:10.85 (44.28)	10:51.014 (40.17)		
18 McCloskey, Molly Kate	SO St. Olaf	10:54.74	10:52.42	1
42.75 (42.75)	1:25.70 (42.95)	2:09.00 (43.30)	2:52.75 (43.75)	
3:36.73 (43.98)	4:20.61 (43.88)	5:04.73 (44.12)	5:48.77 (44.04)	
6:33.44 (44.67)	7:17.88 (44.44)	8:01.84 (43.96)	8:46.56 (44.72)	
9:30.75 (44.19)	10:14.16 (43.41)	10:52.416 (38.27)		
19 Hardwick, Laura	SR Bethel (Minn.)	11:12.90	10:57.89	1
43.91 (43.91)	1:27.06 (43.15)	2:10.29 (43.23)	2:53.56 (43.27)	
3:37.57 (44.01)	4:21.05 (43.48)	5:05.06 (44.01)	5:48.31 (43.25)	
6:33.09 (44.78)	7:17.37 (44.28)	8:02.12 (44.75)	8:46.27 (44.15)	
9:30.51 (44.24)	10:57.39 (1:26.88)	10:57.886 (0.51)		
20 Roberdeau, Libby	SR Hamline	11:08.04	10:58.73	1
44.05 (44.05)	1:27.15 (43.10)	2:10.50 (43.35)	2:53.67 (43.17)	
3:38.01 (44.34)	4:21.52 (43.51)	5:05.58 (44.06)	5:49.37 (43.79)	
6:33.80 (44.43)	7:18.41 (44.61)	8:03.55 (45.14)	8:47.24 (43.69)	
9:31.75 (44.51)	10:16.23 (44.48)	10:58.722 (42.50)		
21 Maddux, Alicia	SO Hamline	10:58.39	11:03.61	1
42.33 (42.33)	1:25.32 (42.99)	2:09.19 (43.87)	2:52.84 (43.65)	
3:37.05 (44.21)	4:21.25 (44.20)	5:05.21 (43.96)	5:49.05 (43.84)	
6:33.54 (44.49)	7:18.17 (44.63)	8:03.65 (45.48)	8:48.51 (44.86)	
9:34.46 (45.95)	10:20.47 (46.01)	11:03.606 (43.15)		

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

....Women 3000 Meter Run

22 Hirsche, Katie	FR Carleton	10:39.82	11:09.64	2
41.31 (41.31)	1:23.25 (41.94)	2:06.42 (43.17)	2:50.47 (44.05)	
3:35.13 (44.66)	4:20.01 (44.88)	5:05.27 (45.26)	5:50.99 (45.72)	
6:34.49 (43.50)	7:21.21 (46.72)	8:08.03 (46.82)	8:54.52 (46.49)	
9:40.66 (46.14)	10:26.44 (45.78)	11:09.635 (43.21)		
23 Nevo, Timna	FR Macalester	11:15.35	11:10.24	1
45.12 (45.12)	1:28.54 (43.42)	2:13.19 (44.65)	2:59.38 (46.19)	
3:44.82 (45.44)	4:30.41 (45.59)	5:15.39 (44.98)	6:01.38 (45.99)	
6:46.99 (45.61)	7:32.31 (45.32)	8:18.76 (46.45)	9:04.31 (45.55)	
9:49.08 (44.77)	10:30.70 (41.62)	11:10.231 (39.54)		
24 Hatlevig, Elsie	SR Concordia-Moorhead	11:19.05	11:14.79	1
43.33 (43.33)	1:26.63 (43.30)	2:09.70 (43.07)	2:53.28 (43.58)	
3:37.72 (44.44)	4:21.67 (43.95)	5:05.69 (44.02)	5:51.17 (45.48)	
6:38.25 (47.08)	7:25.34 (47.09)	8:12.83 (47.49)	8:59.95 (47.12)	
9:47.13 (47.18)	10:32.48 (45.35)	11:14.784 (42.31)		
25 Osemwengie, Destiny	FR Macalester	11:20.88	11:16.82	1
45.23 (45.23)	1:28.82 (43.59)	2:13.31 (44.49)	2:59.47 (46.16)	
3:44.96 (45.49)	4:30.96 (46.00)	5:16.01 (45.05)	6:01.79 (45.78)	
6:47.14 (45.35)	7:32.77 (45.63)	8:19.10 (46.33)	9:04.65 (45.55)	
9:49.88 (45.23)	10:34.21 (44.33)	11:16.818 (42.62)		
26 Tapajna, Abby	SO Hamline	11:15.34	11:17.10	1
44.80 (44.80)	1:28.32 (43.52)	2:13.10 (44.78)	2:59.33 (46.23)	
3:45.12 (45.79)	4:30.68 (45.56)	5:15.80 (45.12)	6:01.52 (45.72)	
6:47.41 (45.89)	7:33.10 (45.69)	8:19.11 (46.01)	9:05.02 (45.91)	
9:50.12 (45.10)	10:34.61 (44.49)	11:17.100 (42.50)		
27 Johnson, Aerial	JR Concordia-Moorhead	11:23.05	11:20.88	1
43.38 (43.38)	1:26.83 (43.45)	2:10.14 (43.31)	2:54.40 (44.26)	
3:39.53 (45.13)	4:25.63 (46.10)	5:11.19 (45.56)	5:58.03 (46.84)	
6:45.55 (47.52)	7:32.99 (47.44)	8:20.41 (47.42)	9:07.91 (47.50)	
9:56.68 (48.77)	10:41.11 (44.43)	11:20.879 (39.78)		
28 Larsen-Schmidt, Gracia	JR St. Olaf	11:20.82	11:23.40	1
44.49 (44.49)	1:27.94 (43.45)	2:12.96 (45.02)	2:59.11 (46.15)	
3:45.02 (45.91)	4:30.84 (45.82)	5:16.34 (45.50)	6:02.13 (45.79)	
6:47.62 (45.49)	7:33.35 (45.73)	8:20.55 (47.20)	9:08.19 (47.64)	
9:56.17 (47.98)	10:42.69 (46.52)	11:23.398 (40.72)		
29 Votruba, Maggie	JR Carleton	11:21.78	11:33.38	1
45.53 (45.53)	1:28.71 (43.18)	2:13.71 (45.00)	2:59.85 (46.14)	
3:45.33 (45.48)	4:31.25 (45.92)	5:16.73 (45.48)	6:02.59 (45.86)	
6:49.03 (46.44)	7:36.82 (47.79)	8:25.85 (49.03)	9:14.29 (48.44)	
10:02.35 (48.06)	10:49.45 (47.10)	11:33.377 (43.94)		

Women 5000 Meter Run

=====					
Champ. Rec.: #	16:49.69	2023	Fiona Smith, St. Benedict		
Facility Rec: F	16:44.57	2006	Caroline Cretti, Williams		
Name	Year	School	Seed	Finals	Points
=====					
1 Smith, Fiona		SR St. Benedict	15:57.80	16:40.72F	10
38.71 (38.71)		1:17.45 (38.74)	1:56.49 (39.04)	2:35.22 (38.73)	
3:14.65 (39.43)		3:53.96 (39.31)	4:32.95 (38.99)	5:12.41 (39.46)	
5:52.22 (39.81)		6:31.54 (39.32)	7:11.12 (39.58)	7:50.71 (39.59)	
8:30.43 (39.72)		9:10.38 (39.95)	9:50.65 (40.27)	10:30.95 (40.30)	
11:11.38 (40.43)		11:52.17 (40.79)	12:33.09 (40.92)	13:14.26 (41.17)	
13:55.05 (40.79)		14:36.39 (41.34)	15:17.14 (40.75)	15:58.94 (41.80)	
16:40.717 (41.79)					

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Women 5000 Meter Run**

2 Cross, Helen	JR Carleton	17:22.22	17:18.52	8
38.88 (38.88)	1:19.87 (40.99)	2:00.15 (40.28)	2:41.64 (41.49)	
3:23.42 (41.78)	4:03.57 (40.15)	4:44.89 (41.32)	5:26.67 (41.78)	
6:08.04 (41.37)	6:49.07 (41.03)	7:30.19 (41.12)	8:11.11 (40.92)	
8:52.56 (41.45)	9:34.33 (41.77)	10:16.80 (42.47)	10:59.86 (43.06)	
11:43.57 (43.71)	12:26.60 (43.03)	13:10.01 (43.41)	13:53.33 (43.32)	
14:36.07 (42.74)	15:18.12 (42.05)	16:01.02 (42.90)	16:41.71 (40.69)	
17:18.519 (36.82)				
3 Preisser, Hannah	SO Carleton	17:36.73	17:21.07	6
38.24 (38.24)	1:19.33 (41.09)	1:59.33 (40.00)	2:40.73 (41.40)	
3:22.91 (42.18)	4:03.69 (40.78)	4:45.19 (41.50)	5:26.90 (41.71)	
6:08.26 (41.36)	6:49.39 (41.13)	7:30.98 (41.59)	8:11.61 (40.63)	
8:53.21 (41.60)	9:34.87 (41.66)	10:16.53 (41.66)	10:57.92 (41.39)	
11:39.56 (41.64)	12:21.73 (42.17)	13:04.15 (42.42)	13:47.10 (42.95)	
14:31.21 (44.11)	15:14.71 (43.50)	15:58.63 (43.92)	16:40.89 (42.26)	
17:21.067 (40.19)				
4 Ward, Phoebe	JR Carleton	17:11.58	17:23.37	5
38.51 (38.51)	1:19.50 (40.99)	1:59.52 (40.02)	2:40.95 (41.43)	
3:23.06 (42.11)	4:03.31 (40.25)	4:44.55 (41.24)	5:26.31 (41.76)	
6:07.52 (41.21)	6:48.83 (41.31)	7:30.39 (41.56)	8:11.07 (40.68)	
8:52.75 (41.68)	9:34.28 (41.53)	10:15.72 (41.44)	10:57.41 (41.69)	
11:39.33 (41.92)	12:21.77 (42.44)	13:04.28 (42.51)	13:47.19 (42.91)	
14:30.51 (43.32)	15:14.31 (43.80)	15:58.09 (43.78)	16:41.14 (43.05)	
17:23.363 (42.23)				
5 Walda, Lauren	SO St. Olaf	17:24.46	17:30.91	4
39.46 (39.46)	1:20.51 (41.05)	2:00.44 (39.93)	2:41.88 (41.44)	
3:23.32 (41.44)	4:03.99 (40.67)	4:45.53 (41.54)	5:27.19 (41.66)	
6:08.75 (41.56)	6:49.76 (41.01)	7:31.38 (41.62)	8:12.17 (40.79)	
8:53.80 (41.63)	9:36.78 (42.98)	10:19.70 (42.92)	11:03.38 (43.68)	
11:46.69 (43.31)	12:29.46 (42.77)	13:13.47 (44.01)	13:57.98 (44.51)	
14:42.03 (44.05)	15:25.46 (43.43)	16:08.51 (43.05)	16:49.94 (41.43)	
17:30.905 (40.97)				
6 McManus, Sophie	JR Carleton	17:12.58	17:43.37	3
38.56 (38.56)	1:19.92 (41.36)	1:59.80 (39.88)	2:41.10 (41.30)	
3:22.74 (41.64)	4:02.87 (40.13)	4:44.20 (41.33)	5:25.87 (41.67)	
6:07.62 (41.75)	6:48.92 (41.30)	7:30.43 (41.51)	8:12.28 (41.85)	
8:55.73 (43.45)	9:40.11 (44.38)	10:24.75 (44.64)	11:09.04 (44.29)	
11:53.07 (44.03)	12:35.71 (42.64)	13:19.74 (44.03)	14:04.58 (44.84)	
14:48.41 (43.83)	15:31.48 (43.07)	16:16.51 (45.03)	17:00.50 (43.99)	
17:43.366 (42.88)				
7 Hendrickson, Allison	SR St. Scholastica	17:47.42	17:45.99	2
39.64 (39.64)	1:21.51 (41.87)	2:02.84 (41.33)	2:44.62 (41.78)	
3:28.13 (43.51)	4:10.00 (41.87)	4:52.53 (42.53)	5:34.86 (42.33)	
6:17.73 (42.87)	7:00.20 (42.47)	7:43.51 (43.31)	8:26.50 (42.99)	
9:08.91 (42.41)	9:52.14 (43.23)	10:34.76 (42.62)	11:17.65 (42.89)	
12:01.20 (43.55)	12:44.10 (42.90)	13:28.05 (43.95)	14:11.41 (43.36)	
14:55.37 (43.96)	15:39.31 (43.94)	16:22.57 (43.26)	17:04.97 (42.40)	
17:45.986 (41.03)				

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Women 5000 Meter Run**

8 Bode, Alison	JR St. Olaf	18:41.20	18:05.37	1
39.99 (39.99)	1:21.68 (41.69)	2:02.97 (41.29)	2:45.01 (42.04)	
3:28.49 (43.48)	4:10.60 (42.11)	4:52.89 (42.29)	5:35.43 (42.54)	
6:17.87 (42.44)	7:00.66 (42.79)	7:43.91 (43.25)	8:26.78 (42.87)	
9:09.39 (42.61)	9:52.88 (43.49)	10:37.14 (44.26)	11:21.28 (44.14)	
12:06.02 (44.74)	12:50.61 (44.59)	13:35.54 (44.93)	14:20.26 (44.72)	
15:05.93 (45.67)	15:51.42 (45.49)	16:37.36 (45.94)	17:21.81 (44.45)	
18:05.368 (43.57)				
9 Kenney, Mary	SO St. Benedict	19:35.30	18:26.88	
42.23 (42.23)	1:26.84 (44.61)	2:11.55 (44.71)	2:55.49 (43.94)	
3:41.39 (45.90)	4:25.15 (43.76)	5:08.93 (43.78)	5:52.22 (43.29)	
6:36.27 (44.05)	7:22.16 (45.89)	8:06.54 (44.38)	8:50.17 (43.63)	
9:35.45 (45.28)	10:20.97 (45.52)	11:05.71 (44.74)	11:51.02 (45.31)	
12:36.10 (45.08)	13:20.18 (44.08)	14:05.12 (44.94)	14:49.63 (44.51)	
15:33.58 (43.95)	16:18.36 (44.78)	17:02.76 (44.40)	17:46.53 (43.77)	
18:26.875 (40.35)				
10 Villalobos, Evelyn	SR Gustavus Adolphus	18:46.39	18:26.96	
41.16 (41.16)	1:22.89 (41.73)	2:05.62 (42.73)	2:49.50 (43.88)	
3:33.77 (44.27)	4:17.92 (44.15)	5:02.70 (44.78)	5:47.35 (44.65)	
6:31.60 (44.25)	7:15.96 (44.36)	8:01.00 (45.04)	8:46.18 (45.18)	
9:31.48 (45.30)	10:16.86 (45.38)	11:02.19 (45.33)	11:47.30 (45.11)	
12:32.35 (45.05)	13:17.58 (45.23)	14:02.40 (44.82)	14:47.21 (44.81)	
15:32.69 (45.48)	16:17.99 (45.30)	17:02.35 (44.36)	17:46.17 (43.82)	
18:26.958 (40.80)				
11 Hirsche, Katie	FR Carleton	18:26.92	18:30.03	
40.48 (40.48)	1:22.25 (41.77)	2:04.60 (42.35)	2:48.00 (43.40)	
3:32.11 (44.11)	4:16.82 (44.71)	5:01.54 (44.72)	5:46.63 (45.09)	
6:31.17 (44.54)	7:14.46 (43.29)	7:59.47 (45.01)	8:44.34 (44.87)	
9:29.35 (45.01)	10:12.68 (43.33)	10:57.98 (45.30)	11:43.84 (45.86)	
12:29.60 (45.76)	13:15.31 (45.71)	14:01.33 (46.02)	14:47.15 (45.82)	
15:32.92 (45.77)	16:17.71 (44.79)	17:02.17 (44.46)	17:46.94 (44.77)	
18:30.024 (43.09)				
12 Johnson, Gracie	SO Augsburg	18:56.25	18:34.05	
40.21 (40.21)	1:21.94 (41.73)	2:03.40 (41.46)	2:45.43 (42.03)	
3:28.76 (43.33)	4:10.81 (42.05)	4:53.11 (42.30)	5:35.62 (42.51)	
6:18.20 (42.58)	7:01.03 (42.83)	7:44.23 (43.20)	8:27.19 (42.96)	
9:09.82 (42.63)	9:54.00 (44.18)	10:40.16 (46.16)	11:27.20 (47.04)	
12:14.71 (47.51)	13:01.92 (47.21)	13:50.60 (48.68)	14:39.38 (48.78)	
15:27.98 (48.60)	16:16.60 (48.62)	17:02.87 (46.27)	17:49.93 (47.06)	
18:34.041 (44.12)				
13 Hardwick, Laura	SR Bethel (Minn.)	18:53.92	18:47.46	
41.15 (41.15)	1:25.14 (43.99)	2:11.10 (45.96)	2:55.18 (44.08)	
3:40.98 (45.80)	4:24.95 (43.97)	5:08.26 (43.31)	5:52.26 (44.00)	
6:36.23 (43.97)	7:21.55 (45.32)	8:06.18 (44.63)	8:50.44 (44.26)	
9:34.94 (44.50)	10:20.68 (45.74)	11:05.18 (44.50)	11:50.52 (45.34)	
12:35.75 (45.23)	13:21.52 (45.77)	14:07.66 (46.14)	14:55.33 (47.67)	
15:42.43 (47.10)	16:29.64 (47.21)	17:16.56 (46.92)	18:02.43 (45.87)	
18:47.456 (45.04)				

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

...Women 5000 Meter Run

14 Tetmeyer, Bridget	SR St. Benedict	19:07.03	19:02.31	
42.70 (42.70)	1:27.20 (44.50)	2:11.96 (44.76)	2:55.81 (43.85)	
3:40.92 (45.11)	4:24.63 (43.71)	5:08.39 (43.76)	5:52.83 (44.44)	
6:36.87 (44.04)	7:22.50 (45.63)	8:06.79 (44.29)	8:51.07 (44.28)	
9:35.73 (44.66)	10:21.36 (45.63)	11:06.71 (45.35)	11:51.82 (45.11)	
12:37.06 (45.24)	13:22.65 (45.59)	14:09.46 (46.81)	15:04.16 (54.70)	
15:52.68 (48.52)	16:40.94 (48.26)	17:28.95 (48.01)	18:16.14 (47.19)	
19:02.305 (46.17)				
15 Roberdeau, Libby	SR Hamline	19:09.86	19:09.96	
43.78 (43.78)	1:27.89 (44.11)	2:12.52 (44.63)	2:57.52 (45.00)	
3:42.65 (45.13)	4:28.57 (45.92)	5:13.20 (44.63)	5:58.52 (45.32)	
6:45.17 (46.65)	7:31.37 (46.20)	8:17.16 (45.79)	9:03.47 (46.31)	
9:49.99 (46.52)	10:36.10 (46.11)	11:22.08 (45.98)	12:08.12 (46.04)	
12:54.35 (46.23)	13:41.24 (46.89)	14:28.51 (47.27)	15:15.71 (47.20)	
16:02.52 (46.81)	16:50.21 (47.69)	17:37.67 (47.46)	18:23.88 (46.21)	
19:09.956 (46.09)				
16 Larsen-Schmidt, Gracia	JR St. Olaf	19:45.66	19:38.99	
44.14 (44.14)	1:30.48 (46.34)	2:18.03 (47.55)	3:05.56 (47.53)	
3:53.40 (47.84)	4:40.50 (47.10)	5:28.54 (48.04)	6:16.23 (47.69)	
7:04.63 (48.40)	7:51.33 (46.70)	8:38.22 (46.89)	9:26.33 (48.11)	
10:13.38 (47.05)	11:00.38 (47.00)	11:48.14 (47.76)	12:35.24 (47.10)	
13:22.34 (47.10)	14:09.91 (47.57)	14:57.72 (47.81)	15:46.01 (48.29)	
16:34.75 (48.74)	17:23.96 (49.21)	18:11.64 (47.68)	18:59.13 (47.49)	
19:38.990 (39.87)				
17 Votruba, Maggie	JR Carleton	19:46.85	19:42.55	
44.46 (44.46)	1:30.69 (46.23)	2:18.43 (47.74)	3:05.82 (47.39)	
3:53.79 (47.97)	4:40.85 (47.06)	5:28.83 (47.98)	6:16.43 (47.60)	
7:03.93 (47.50)	7:51.33 (47.40)	8:38.46 (47.13)	9:26.60 (48.14)	
10:13.89 (47.29)	11:00.73 (46.84)	11:48.53 (47.80)	12:35.65 (47.12)	
13:22.75 (47.10)	14:10.38 (47.63)	14:58.00 (47.62)	15:46.32 (48.32)	
16:35.10 (48.78)	17:23.50 (48.40)	18:12.25 (48.75)	18:59.96 (47.71)	
19:42.547 (42.60)				
18 Gleason, Cate	JR St. Olaf	19:43.19	20:08.14	
43.57 (43.57)	1:30.17 (46.60)	2:17.85 (47.68)	3:05.25 (47.40)	
3:53.17 (47.92)	4:40.32 (47.15)	5:28.63 (48.31)	6:16.18 (47.55)	
7:04.44 (48.26)	7:51.91 (47.47)	8:39.16 (47.25)	9:27.52 (48.36)	
10:16.08 (48.56)	11:04.94 (48.86)	11:54.43 (49.49)	12:42.98 (48.55)	
13:32.49 (49.51)	14:22.11 (49.62)	15:12.31 (50.20)	16:02.05 (49.74)	
16:52.29 (50.24)	17:41.34 (49.05)	18:31.08 (49.74)	19:20.30 (49.22)	
20:08.131 (47.84)				

Women 60 Meter Hurdles

Champ. Rec.: #	8.53	2023	Birgen Nelson, Gustavus
Facility Rec: F	8.75	2024	Kelsie Sealock, Bethel
Name	Year	School	Seed Prelims H#

Preliminaries

1 Sealock, Kelsie	JR Bethel (Minn.)	8.51	F 8.61Q	1
2 Kalevik, Jenna	JR Concordia-Moorhead	9.33	9.26Q	3
3 Miller, Danielle	SR Gustavus Adolphus	9.40	9.28Q	2
4 Nelson, AnnaGrace	JR Bethel (Minn.)	9.24	9.29q	3
5 Hernes, Ellie	SO Bethel (Minn.)	9.21	9.32q	2
6 Selle, Peyton	JR Concordia-Moorhead	9.44	9.34q	1
7 Poore, Riki	SR St. Olaf	9.54	9.38q	2

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Results

...Women 60 Meter Hurdles

8	Adelgren, Anya	FR	St. Benedict	9.43	9.62q	1
9	Huetten, Makenna	JR	Gustavus Adolphus	9.63	9.66	3
10	Berg, Lauren	SO	St. Benedict	9.78	9.71	2
11	Harriman, Elise	FR	St. Olaf	9.79	9.94	1 9.931
12	Myatt, Tessa	FR	Macalester	9.97	9.94	1 9.937
13	Johnson, Lily	JR	St. Olaf	10.22	9.97	1
14	Kemp, Anna	FR	St. Benedict	10.15	9.98	2
15	Stahl, Chelsea	FR	Gustavus Adolphus	9.98	10.07	2
16	Stackhouse, Ally	JR	Bethel (Minn.)	10.15	10.09	3
17	Floren, Justus	JR	St. Benedict	10.05	10.21	3
18	Hobby, Sarah Beth	SR	Macalester	9.69	10.29	3
19	Hannah, Gabrielle	JR	Hamline	10.40	10.36	2
20	Schuele, Emma	SO	St. Benedict	10.49	10.45	3
21	Haugestuen, Logan	FR	St. Olaf	10.57	10.60	1
22	Askegaard, Linnea	FR	St. Olaf	10.46	10.65	3
23	Sahly, Emma	JR	St. Olaf	10.55	10.67	2
24	Wolsky, Haley	FR	Concordia-Moorhead	10.33	10.78	1

Women 60 Meter Hurdles

Champ. Rec.: #	8.53	2023	Birgen Nelson, Gustavus		
Facility Rec: F	8.75	2024	Kelsie Sealock, Bethel		
Name	Year	School	Prelims	Finals	Points

Finals

1	Sealock, Kelsie	JR	Bethel (Minn.)	8.61	8.52#	10
2	Kalevik, Jenna	JR	Concordia-Moorhead	9.26	9.21	8
3	Nelson, AnnaGrace	JR	Bethel (Minn.)	9.29	9.30	6
4	Miller, Danielle	SR	Gustavus Adolphus	9.28	9.33	5
5	Selle, Peyton	JR	Concordia-Moorhead	9.34	9.34	4
6	Poore, Riki	SR	St. Olaf	9.38	9.42	3
7	Hernes, Ellie	SO	Bethel (Minn.)	9.32	9.45	2
8	Adelgren, Anya	FR	St. Benedict	9.62	9.54	1

Women 4x200 Meter Relay

Champ. Rec.: #	1:42.50	2011	Augsburg	
			Telphia, Carney, Flowers, Vrieze	
Facility Rec: F	1:43.18	2019	St. Thomas	
			McFerson, Smith, Chell, Marciniak	
School	Seed	Finals	H#	Points

1	Gustavus Adolphus 'A'	1:45.32	1:43.62	3	10
	1) Carlson, Kate JR				
	3) Miller, Danielle SR				
2	Bethel (Minn.) 'A'	1:46.28	1:45.23	3	8
	1) Babalola, Jireh SR				
	3) Gregg, Hailey JR				
3	Concordia-Moorhead 'A'	1:50.38	1:46.69	1	6
	1) Rengo, Emily SO				
	3) Osborne, Piper FR				
4	St. Benedict 'A'	1:49.77	1:46.91	2	5
	1) Gallagher, Kate SR				
	3) Ganley, Mirijana SR				
5	St. Olaf 'A'	1:50.33	1:48.22	2	4
	2) Rakow, Ally SR				
	4) Geraets, Megan JR				
	2) Swenson, Abbie SR				
	4) Kvant, Hannah FR				
	2) Sandman, Andie FR				
	4) Nygaard, Kyla SO				
	2) Buntrock, Grace FR				
	4) Johnson, Tiana SR				

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Tostrud Center, St. Olaf College

Results

....Women 4x200 Meter Relay

1) Storbakken, Emma JR	2) Poore, Riki SR			
3) Matre, Zoe JR	4) Holman, Ququ SR			
6 Macalester 'A'		1:53.09	1:50.11	1 3
1) Hunter, Penny SR	2) Edison, Elise FR			
3) Carver, Zoe SO	4) Tomety, Harmony-Keli FR			
7 St. Scholastica 'A'			1:50.63	3 2
1) Ellefson, Jaden SO	2) Fink, Ava SO			
3) Schritz, Elli FR	4) Nelson, Kayla SO			
8 Carleton 'A'		1:55.04	1:50.89	3 1
1) Twichell, Hadley SO	2) Roberts, Riley JR			
3) Lott, Bianca SO	4) Musa, Michelle FR			
9 Hamline 'A'		1:58.82	1:56.13	2
1) Chester, Kyla FR	2) Temeh, Kebeh FR			
3) Morgan, Aliya FR	4) Hamilton, Mercedes JR			

Women 4x400 Meter Relay

=====				
Champ. Rec.: # 3:55.37	2020	Bethel		
		Sankey, McKinstrey, Turek, Labatt		
Facility Rec: F 3:51.08	2006	Lincoln University		
		Richardson, Parker, Sabb, Mathews		
School		Seed	Finals	H# Points
=====				
1 Bethel (Minn.) 'A'		3:55.45	3:55.92	3 10
1) Swenson, Abbie SR	2) Sulungaine, Shalom FR			
3) Ihde, Annessa JR	4) Gregg, Hailey JR			
2 Concordia-Moorhead 'A'		4:04.84	4:03.67	3 8
1) Nygaard, Kyla SO	2) Shercliffe, Meg JR			
3) Frolek, Drew JR	4) Rengo, Emily SO			
3 St. Benedict 'A'		4:11.87	4:04.42	3 6
1) Nyuga, Sidela SR	2) Ganley, Mirijana SR			
3) Knapp, Emerson JR	4) Berg, Lauren SO			
4 St. Olaf 'A'		4:14.24	4:06.81	3 5
1) Pfeiffer, Ruth SR	2) Kroschel, Karla SR			
3) Poore, Riki SR	4) Wyatt, Isabel SO			
5 Carleton 'A'		4:18.79	4:08.25	2 4
1) Erickson, Lara JR	2) Twichell, Hadley SO			
3) Cutter, Alice JR	4) Blanchard, Mary JR			
6 Gustavus Adolphus 'A'		4:15.44	4:14.09	2 3
1) Luetmer, McKenzie FR	2) Fynboh, Isabel SO			
3) Walukas, Kailyn JR	4) Huetten, Makenna JR			
7 Macalester 'A'		4:24.17	4:17.96	1 2
1) Edison, Elise FR	2) Wilkins, Hadley SO			
3) Hunter, Penny SR	4) Myatt, Tessa FR			
8 St. Scholastica 'A'		4:21.26	4:18.95	2 1
1) Ellefson, Jaden SO	2) DeWitt, Regan FR			
3) McCormick, Grace FR	4) Nelson, Kayla SO			
9 Saint Mary's (Minn.) 'A'		4:43.41	4:27.94	1
1) Pray, Kaylen FR	2) McMahan, Caeli SO			
3) Frosch, Megan SO	4) Meyer, Abbie SO			
10 Hamline 'A'		4:18.69	4:27.96	2
1) Chester, Kyla FR	2) Janes, Savannah FR			
3) Sanchez-Castillo, Daniela SO	4) Bradley, Anabel FR			
1:07.83 (1:07.83)	3:07.93 (2:00.10)			

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

Women Distance Medley

School	Seed	Finals	Points
Champ. Rec.: # 12:22.44 2022 Carleton Rowland, Cordova, Kropp, Mayfield Facility Rec: F 11:56.75 2006 Keene State Adams. Miller, Gavin, Lucey			
1 St. Benedict 'A'	12:14.16	12:22.85	10
1) Radaich, Taylor FR	2) Knapp, Emerson JR		
3) Lyngen, Lucy SR	4) Smith, Fiona SR		
2 St. Olaf 'A'		12:33.49	8
1) Moeller, Grace SO	2) Storbakken, Emma JR		
3) Call, Sophie SR	4) Call, Bella SR		
3 Carleton 'A'		12:34.90	6
1) Daley, Nora FR	2) Twichell, Hadley SO		
3) Rowland, Libby JR	4) Larsen, Aliya SO		
4 Macalester 'A'		12:42.59	5
1) Nevo, Timna FR	2) Edison, Elise FR		
3) Wilkins, Hadley SO	4) Coldren, Ivy FR		
5 Bethel (Minn.) 'A'		12:43.57	4
1) Cargill, Anna JR	2) Dean, Morgan SO		
3) Gernandt, Ruby SR	4) Harms, Josie SR		
6 Gustavus Adolphus 'A'		12:58.09	3
1) Sunnarborg, Laura FR	2) Fynboh, Isabel SO		
3) Walukas, Kailyn JR	4) Hagen, Sydney JR		
7 Hamline 'A'		13:08.52	2
1) Bradley, Anabel FR	2) Janes, Savannah FR		
3) Sanchez-Castillo, Daniela SO	4) Maddux, Alicia SO		
8 Concordia-Moorhead 'A'		13:31.38	1
1) Hatlevig, Elsie SR	2) Larsen, Emily FR		
3) Ames, Londyn FR	4) Rowley, Amelia FR		
9 St. Scholastica 'A'		13:35.94	
1) Hartley, Madeline FR	2) Nelson, Kayla SO		
3) Terrio, Jenna SR	4) McCormick, Grace FR		
10 Saint Mary's (Minn.) 'A'		13:53.17	
1) Frosch, Megan SO	2) Meyer, Abbie SO		
3) McMahon, Caeli SO	4) Klobe, Kendra JR		
11 St. Catherine (Minn.) 'A'		14:50.00	
1) Nelson, Brenna SR	2) Yoder, Katie SO		
3) Peterson, Kaitlyn FR	4) Harvey, Lily JR		

Women High Jump

Name	Year School	Seed	Finals	Points
Champ. Rec.: # 1.72m 2017 Emma Peterson, Concordia-Mo Facility Rec: F 1.72m 2006 Jennifer Harlow, Wheaton Col. of MA				
1 Nelson, AnnaGrace	JR Bethel (Minn.)	1.59m	J1.63m	5-04.25 10
1.39 1.44 1.49 1.54 1.57 1.60 1.63 1.66				
PPP PPP O O XXO O XXO XXX				
2 Rakow, Ally	SR Gustavus Adolphus	1.59m	J1.63m	5-04.25 8
1.39 1.44 1.49 1.54 1.57 1.60 1.63 1.66				
PPP PPP XO O XO O XXO XXX				
3 Larson, Mara	FR St. Olaf	1.56m	1.57m	5-01.75 6
1.39 1.44 1.49 1.54 1.57 1.60				
PPP O O XO O XXX				

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4	Witham, Frankie	FR Hamline	1.57m	1.54m	5-00.50	5
	1.39 1.44 1.49 1.54 1.57					
	PPP PPP O XXO XXX					
5	Selle, Peyton	JR Concordia-Moorhead	1.56m	1.49m	4-10.50	3.50
	1.39 1.44 1.49 1.54					
	PPP O O XXX					
5	Hobby, Sarah Beth	SR Macalester	1.56m	1.49m	4-10.50	3.50
	1.39 1.44 1.49 1.54					
	PPP O O XXX					
7	Kalevik, Jenna	JR Concordia-Moorhead	1.57m	J1.49m	4-10.50	2
	1.39 1.44 1.49 1.54					
	PPP XO O XXX					
8	Beer, Erin	SR Gustavus Adolphus	1.43m	J1.49m	4-10.50	1
	1.39 1.44 1.49 1.54					
	O O XO XXX					
9	Barnd, Nevaeh	FR Hamline	1.44m	J1.49m	4-10.50	
	1.39 1.44 1.49 1.54					
	O XO XXO XXX					
10	Selisker, Ellie	SR St. Benedict	1.57m	1.44m	4-08.75	
	1.39 1.44 1.49					
	PPP O XXX					
10	Strampe, Toria	JR St. Scholastica	1.50m	1.44m	4-08.75	
	1.39 1.44 1.49					
	O O XXX					
10	Moe, Hannah	SO Bethel (Minn.)	1.48m	1.44m	4-08.75	
	1.39 1.44 1.49					
	O O XXX					
13	Pfeiffer, Ruth	SR St. Olaf	1.45m	J1.44m	4-08.75	
	1.39 1.44 1.49					
	XO O XXX					
14	Floren, Justus	JR St. Benedict	1.45m	J1.44m	4-08.75	
	1.39 1.44 1.49					
	O XO XXX					
15	Luehrs, Jensen	SR Gustavus Adolphus	1.48m	J1.44m	4-08.75	
	1.39 1.44 1.49					
	XO XXO XXX					
16	Johnson, Lily	JR St. Olaf	1.40m	1.39m	4-06.75	
	1.39 1.44					
	O XXX					
17	Perry, Aiyana	FR St. Olaf	1.44m	J1.39m	4-06.75	
	1.39 1.44					
	XO XXX					
18	Tyvoll, Ally	FR Bethel (Minn.)	1.43m	J1.39m	4-06.75	
	1.39 1.44					
	XXO XXX					
--	Scholten, Hailey	SO Bethel (Minn.)	1.43m	NH		
	1.39					
	XXX					
--	Strom, Hanna	FR Saint Mary's	1.48m	NH		
	1.39					
	XXX					

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Champ. Rec.: # 3.83m 2017		London Stelten, St. Benedict												
Facility Rec: F 4.39m 2016		Leslie Brost, Unattached												
Name	Year	School	Seed	Finals	Points									
1 Ahlberg, Jaylyn		SO St. Benedict	3.63m	3.76m	12-04.00	10								
	2.40	2.55	2.70	2.85	3.00	3.15	3.25	3.35	3.45	3.55	3.65	3.71	3.76	3.81
	PPP	PPP	PPP	PPP	PPP	PPP	O	O	O	O	XO	O	O	XXX
2 Pearson, Emily		FR Bethel (Minn.)	3.57m	3.55m	11-07.75	8								
	2.40	2.55	2.70	2.85	3.00	3.15	3.25	3.35	3.45	3.55	3.65			
	PPP	PPP	PPP	PPP	PPP	O	O	XO	O	O	XXX			
3 Kaping, Raina		FR Bethel (Minn.)	3.42m	3.35m	10-11.75	6								
	2.40	2.55	2.70	2.85	3.00	3.15	3.25	3.35	3.45					
	PPP	PPP	PPP	PPP	PPP	O	O	O	XXX					
4 Finney, Camille		FR Gustavus Adolphus	3.20m	J3.35m	10-11.75	5								
	2.40	2.55	2.70	2.85	3.00	3.15	3.25	3.35	3.45					
	PPP	PPP	PPP	O	O	O	XO	XO	XXX					
5 Raidt, LiLi		FR St. Benedict	3.25m	J3.35m	10-11.75	4								
	2.40	2.55	2.70	2.85	3.00	3.15	3.25	3.35	3.45					
	PPP	PPP	PPP	PPP	XO	O	XO	XO	XXX					
6 Graff, Alli		JR Gustavus Adolphus	3.03m	3.00m	9-10.00	2.50								
	2.40	2.55	2.70	2.85	3.00	3.15								
	PPP	PPP	O	O	O	XXX								
6 Roberts, Melanie		SR St. Olaf	2.89m	3.00m	9-10.00	2.50								
	2.40	2.55	2.70	2.85	3.00	3.15								
	PPP	O	O	O	O	XXX								
8 Askegaard, Linnea		FR St. Olaf	2.65m	2.85m	9-04.25	0.50								
	2.40	2.55	2.70	2.85	3.00									
	PPP	O	O	O	XXX									
8 Bunker, Jenna		JR Gustavus Adolphus	2.92m	2.85m	9-04.25	0.50								
	2.40	2.55	2.70	2.85	3.00									
	PPP	PPP	O	O	XXX									
10 Luepke, Bria		SO Hamline	2.80m	J2.85m	9-04.25									
	2.40	2.55	2.70	2.85	3.00									
	PPP	PPP	XXO	O	XXX									
11 Wilson, Seneca		FR Macalester	2.65m	2.70m	8-10.25									
	2.40	2.55	2.70	2.85										
	O	O	O	XXX										
12 Wolsky, Haley		FR Concordia-Moorhead	2.61m	J2.70m	8-10.25									
	2.40	2.55	2.70	2.85										
	O	O	XO	XXX										
13 Ehlers, Lucy		FR Hamline	2.65m	J2.70m	8-10.25									
	2.40	2.55	2.70	2.85										
	O	O	XXO	XXX										
14 Hatcher, Grace		JR Hamline	2.65m	2.55m	8-04.25									
	2.40	2.55	2.70											
	O	O	XXX											
14 Craft, Tahlia		FR Bethel (Minn.)	2.67m	2.55m	8-04.25									
	2.40	2.55	2.70											
	PPP	O	XXX											
14 Evans, Mia		SO Bethel (Minn.)	2.61m	2.55m	8-04.25									
	2.40	2.55	2.70											
	O	O	XXX											
17 Harris, Signe		JR Concordia-Moorhead	2.76m	J2.55m	8-04.25									
	2.40	2.55	2.70											
	XO	O	XXX											

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Results

...Women Pole Vault

18 Gardeen, Anna FR Bethel (Minn.) 2.80m J2.55m 8-04.25
 2.40 2.55 2.70
 PPP XO XXX

Women Long Jump

Champ. Rec.: # 5.79m 2005		Kristal Grigsby, St. Thomas			
Facility Rec: F 5.74m 2005		Kristal Grigsby, St. Thomas			
Name	Year School	Seed	Finals	H#	Points
1 Geraets, Megan	JR Gustavus Adolphus	5.65m	5.62m	18-05.25	2 10
5.28m 5.10m 5.29m 5.18m 5.62m 5.34m					
2 Jore, Ashlyn	FR St. Olaf	5.43m	5.40m	17-08.75	2 8
5.29m 5.15m FOUL 5.11m 5.34m 5.40m					
3 Farquharson, Sabriya	FR St. Benedict	5.33m	5.33m	17-06.00	2 6
5.20m FOUL 5.33m FOUL 5.30m 5.07m					
4 Kes, Madi	SR Gustavus Adolphus	5.18m	5.28m	17-04.00	2 5
5.28m FOUL 5.10m 4.98m 5.05m 5.08m					
5 McMahon, Terra	SO Hamline	5.23m	5.16m	16-11.25	2 3.50
5.16m 4.73m 5.09m 4.76m FOUL 4.84m					
5 Lindner, Sarrah	SO Gustavus Adolphus	5.19m	5.16m	16-11.25	2 3.50
5.07m FOUL 5.12m 4.88m 4.99m 5.16m					
7 Selisker, Ellie	SR St. Benedict	5.27m	5.13m	16-10.00	2 2
5.13m 5.05m 5.06m 5.05m FOUL 5.10m					
8 Parker, Ainslee	SR St. Olaf	5.07m	5.12m	16-09.75	2 1
4.95m 5.07m 5.12m 5.01m 5.07m FOUL					
9 Selle, Peyton	JR Concordia-Moorhead	5.19m	5.10m	16-08.75	2
5.10m FOUL 5.05m PASS 5.02m 5.00m					
10 Hernes, Ellie	SO Bethel (Minn.)	4.97m	5.09m	16-08.50	1
5.00m 5.06m 5.09m					
11 Stanisloski, Jordan	FR Bethel (Minn.)	4.85m	4.99m	16-04.50	1
FOUL 4.99m 4.86m					
12 Floren, Justus	JR St. Benedict	4.90m	4.94m	16-02.50	1
4.94m 4.80m 4.71m					
13 Sundberg, Maren	SO Gustavus Adolphus	5.13m	4.89m	16-00.50	2
FOUL 4.70m 4.89m					
14 Kalevik, Jenna	JR Concordia-Moorhead	4.95m	4.78m	15-08.25	1
4.75m 4.78m 4.63m					
14 Solheid, Sami	FR St. Benedict	4.84m	4.78m	15-08.25	1
4.78m 4.74m FOUL					
16 Osborne, Piper	FR Concordia-Moorhead	4.86m	4.76m	15-07.50	1
4.43m 4.76m 4.72m					
16 Petersen, Katie	JR Gustavus Adolphus	4.74m	4.76m	15-07.50	1
4.72m FOUL 4.76m					
18 Johnson, Lily	JR St. Olaf	4.76m	4.71m	15-05.50	1
FOUL 4.71m FOUL					
19 Klein, Aubree	FR St. Olaf	4.59m	4.44m	14-07.00	1
4.44m FOUL FOUL					
20 Albers, Marissa	FR Hamline	4.73m	4.35m	14-03.25	1
4.31m FOUL 4.35m					

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****Women Triple Jump**

Champ. Rec.: # 11.83m 2017		Emma Peterson, Concordia-Mo				
Facility Rec: F 11.98m 2006		Alecia Watson, City College of N.Y.				
Name	Year	School	Seed	Finals	H#	Points
1 Kes, Madi		SR Gustavus Adolphus	11.50m	11.72m	38-05.50	2 10
	11.55m 11.65m 11.70m	11.17m 11.64m 11.72m				
2 Hernes, Ellie		SO Bethel (Minn.)	11.87m	11.63m	38-02.00	2 8
	11.47m 11.45m 11.52m	11.63m 11.36m 11.30m				
3 Nelson, AnnaGrace		JR Bethel (Minn.)	11.36m	11.35m	37-03.00	2 6
	FOUL 11.35m 10.49m	11.05m 10.77m 11.01m				
4 Osborne, Piper		FR Concordia-Moorhead	10.57m	10.78m	35-04.50	2 5
	FOUL 10.78m 10.44m	9.78m FOUL FOUL				
5 Parker, Ainslee		SR St. Olaf	10.47m	10.73m	35-02.50	2 4
	FOUL 10.72m 10.73m	10.54m 10.47m 10.43m				
6 Farquharson, Sabriya		FR St. Benedict	11.11m	10.62m	34-10.25	2 3
	10.30m 10.60m 10.23m	10.52m 10.56m 10.62m				
7 Lindner, Sarrah		SO Gustavus Adolphus	10.98m	10.59m	34-09.00	2 2
	10.03m 10.57m PASS	10.30m FOUL 10.59m				
8 Selisker, Ellie		SR St. Benedict	10.39m	10.51m	34-05.75	1 1
	FOUL 10.35m 10.40m	10.48m 10.51m 10.50m				
9 Kalevik, Jenna		JR Concordia-Moorhead	10.39m	10.19m	33-05.25	1
	10.06m 10.13m 10.19m	10.19m 10.11m 8.99m				
10 Ciarrochi, Grace		FR Concordia-Moorhead	9.51m	9.85m	32-03.75	1
	9.36m 9.85m 9.06m					
11 Stanisloski, Jordan		FR Bethel (Minn.)	10.07m	9.80m	32-02.00	1
	9.43m 8.78m 9.80m					
12 Strampe, Toria		JR St. Scholastica	9.94m	9.68m	31-09.25	1
	9.26m FOUL 9.68m					
13 Tyvoll, Ally		FR Bethel (Minn.)	10.29m	9.59m	31-05.75	1
	9.50m 9.25m 9.59m					
14 Anderson, Danielle		SR St. Benedict	9.56m	9.45m	31-00.00	1
	9.45m 9.24m 9.45m					
15 Sikes, Jane		JR St. Olaf	9.35m	9.31m	30-06.50	1
	9.19m 9.31m 8.98m					
15 Schritz, Elli		FR St. Scholastica	9.48m	9.31m	30-06.50	1
	9.31m FOUL FOUL					
17 Jore, Ashlyn		FR St. Olaf	10.55m	9.04m	29-08.00	2
	FOUL FOUL 9.04m					

Women Shot Put

Champ. Rec.: # 14.58m 2014		Cherae Reeves, Concordia-Mo				
Facility Rec: F 17.05m 2006		Robyn Jarocki, Wisconsin Oshkosh				
Name	Year	School	Seed	Finals	H#	Points
1 Meyers, Molly		SR Hamline	13.27m	14.02m	46-00.00	2 10
	14.02m FOUL 13.25m	FOUL 13.40m 13.33m				
2 Wilhelm, Nora		SO Bethel (Minn.)	12.72m	12.88m	42-03.25	2 8
	12.88m 12.42m 12.35m	FOUL 12.16m FOUL				
3 Wallendal, Morgan		JR Saint Mary's	11.96m	12.34m	40-06.00	2 6
	FOUL 10.83m 11.95m	FOUL 12.34m 11.74m				
4 Myatt, Tessa		FR Macalester	12.00m	12.28m	40-03.50	2 5
	9.90m 11.11m 10.61m	11.49m 12.28m 11.88m				
5 Dates, Desirae		SO Hamline	12.47m	12.20m	40-00.50	2 4
	11.91m 11.44m FOUL	11.73m FOUL 12.20m				

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Results

...Women Shot Put

6	Joos, Haley	SR St. Benedict	11.45m	11.80m	38-08.75	1	3
	11.01m 11.80m 11.20m	FOUL 10.91m 11.50m					
7	Engen, Ella	SO St. Scholastica	11.85m	11.67m	38-03.50	2	2
	FOUL 11.67m FOUL FOUL FOUL 11.34m						
8	Brennan, Kelley	SO Gustavus Adolphus	11.75m	11.58m	38-00.00	2	1
	11.45m 11.58m 10.94m	11.43m 11.58m 11.34m					
9	Hobby, Sarah Beth	SR Macalester	11.36m	11.54m	37-10.50	1	
	11.04m 11.20m 11.54m	10.67m 10.88m 11.17m					
10	Kubes, Samantha	SR Saint Mary's	12.14m	11.06m	36-03.50	2	
	10.79m FOUL 11.06m						
11	Banse, Grace	SO Gustavus Adolphus	11.00m	10.93m	35-10.50	1	
	10.74m 10.92m 10.93m						
12	Lin, Jessica	FR Macalester	11.64m	10.75m	35-03.25	2	
	10.75m FOUL FOUL						
13	Brainer, Lexi	JR Hamline	11.12m	10.56m	34-07.75	1	
	10.56m 10.43m 10.56m						
14	Horvath, Chando	SR St. Catherin	10.93m	10.51m	34-05.75	1	
	10.51m 10.39m 10.49m						
15	Jackman, Sydney	JR Saint Mary's	12.14m	10.48m	34-04.75	2	
	FOUL FOUL 10.48m						
16	Travis, Miranda	FR Concordia-Moorhead	11.02m	10.47m	34-04.25	1	
	10.47m 10.46m 10.44m						
17	Nelson, Nicole	SR Gustavus Adolphus	10.82m	10.42m	34-02.25	1	
	9.90m 10.42m FOUL						
18	Burmeister, Malori	SO Hamline	10.62m	10.38m	34-00.75	1	
	10.04m 10.38m 10.21m						
19	Smith, Christian	FR St. Benedict	10.65m	9.83m	32-03.00	1	
	8.76m 9.04m 9.83m						

Women Weight Throw

=====							
Champ. Rec.: # 17.66m		2000	April Felt, Hamline				
Facility Rec: F 20.98m		2006	Robyn Jarocki, Wisconsin Oshkosh				
Name	Year	School	Seed	Finals	H#	Points	
=====							
1	Beneke, Lily	SR St. Scholastica	16.95m	17.60m	57-09.00	2	10
	16.53m 16.58m 16.81m	17.28m 17.60m 17.03m					
2	Reed, Madison	SR Hamline	16.13m	16.42m	53-10.50	2	8
	14.96m 15.92m 15.05m	15.95m 16.42m FOUL					
3	Brainer, Lexi	JR Hamline	15.89m	15.60m	51-02.25	2	6
	FOUL 15.56m FOUL 15.44m	FOUL 15.60m					
4	Speratos, Anna	SO Bethel (Minn.)	16.11m	15.36m	50-04.75	2	5
	14.42m 14.19m 15.36m	14.95m 14.36m FOUL					
5	Engen, Ella	SO St. Scholastica	13.64m	14.73m	48-04.00	1	4
	FOUL 13.15m 14.73m 12.71m	13.62m 14.01m					
6	Becker, Anna	JR Saint Mary's	14.48m	14.46m	47-05.25	2	3
	14.07m 14.02m 14.46m	14.09m 14.28m 14.28m					
7	Kubes, Samantha	SR Saint Mary's	15.94m	14.42m	47-03.75	2	2
	13.69m 14.42m FOUL FOUL	13.79m 13.93m					
8	Kangas, Brooke	JR Concordia-Moorhead	13.87m	14.29m	46-10.75	1	1
	13.25m 14.29m 14.06m	14.26m FOUL 13.41m					
9	Stritesky, Ella	SO St. Scholastica	14.60m	14.25m	46-09.00	2	
	13.78m 14.25m FOUL 14.22m	FOUL 14.13m					
10	Brennan, Kelley	SO Gustavus Adolphus	15.23m	14.06m	46-01.50	2	
	13.85m 14.06m 13.43m						

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Results

....Women Weight Throw

11	Irsfeld, Peyton	SR St. Olaf	13.56m	13.88m	45-06.50	1
	11.82m 13.88m FOUL					
12	Joos, Haley	SR St. Benedict	13.50m	13.83m	45-04.50	1
	11.42m 12.63m 13.83m					
13	Wilhelm, Nora	SO Bethel (Minn.)	14.56m	13.68m	44-10.75	2
	13.12m 13.68m 13.37m					
14	Hunt, Jade	JR Hamline	12.48m	13.45m	44-01.50	1
	12.09m 12.73m 13.45m					
15	Nelson, Nicole	SR Gustavus Adolphus	12.90m	13.22m	43-04.50	1
	12.46m 13.22m FOUL					
16	Bosman, Neenah	JR Carleton	13.62m	13.14m	43-01.50	1
	12.74m FOUL 13.14m					
17	Tracy, Brooke	SO Hamline	13.60m	13.00m	42-08.00	1
	FOUL 13.00m FOUL					
18	Horvath, Chando	SR St. Catherin	13.93m	12.79m	41-11.50	2
	12.27m FOUL 12.79m					
19	Lin, Jessica	FR Macalester	13.31m	12.36m	40-06.75	1
	11.66m 12.36m 12.25m					
20	Wallendal, Morgan	JR Saint Mary's	13.53m	12.29m	40-04.00	1
	FOUL 12.29m FOUL					

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Year School	Finals	Points
1 Nelson, AnnaGrace	JR Bethel (Minn.)	2:35.91	621
	35.535 (35.535)	1:14.975 (39.440)	1:56.316 (41.341)
			2:35.906 (39.591)
2 Selle, Peyton	JR Concordia-Moorhead	2:37.24	605
	36.281 (36.281)	1:15.762 (39.482)	1:57.637 (41.875)
			2:37.233 (39.596)
3 Selisker, Ellie	SR St. Benedict	2:39.62	577
	37.212 (37.212)	1:16.279 (39.068)	1:58.838 (42.559)
			2:39.619 (40.782)
4 Scholten, Hailey	SO Bethel (Minn.)	2:42.51	544
	34.885 (34.885)	1:15.648 (40.764)	2:00.190 (44.542)
			2:42.505 (42.316)
5 Johnson, Lily	JR St. Olaf	2:43.25	536
	35.880 (35.880)	1:16.492 (40.612)	2:01.462 (44.970)
			2:43.246 (41.785)
6 Floren, Justus	JR St. Benedict	2:44.45	523
	37.019 (37.019)	1:16.062 (39.043)	1:58.384 (42.322)
			2:44.447 (46.064)
7 Klein, Aubree	FR St. Olaf	2:44.75	520
	34.120 (34.120)	1:15.193 (41.074)	2:01.876 (46.683)
			2:44.750 (42.874)
8 Terwedo, Drea	FR St. Benedict	2:46.59	500
	36.973 (36.973)	1:17.946 (40.973)	2:04.720 (46.774)
			2:46.587 (41.868)
9 Myatt, Tessa	FR Macalester	2:47.25	493
	37.520 (37.520)	1:19.697 (42.177)	2:04.395 (44.698)
			2:47.241 (42.846)
10 Hobby, Sarah Beth	SR Macalester	2:48.08	484
	37.807 (37.807)	1:18.944 (41.137)	2:02.096 (43.153)
			2:48.079 (45.983)
11 Makem Ratzinger, Joel	FR St. Benedict	2:49.28	471
	37.398 (37.398)	1:18.649 (41.251)	2:05.196 (46.547)
			2:49.280 (44.084)
12 Ciarrochi, Grace	FR Concordia-Moorhead	2:51.50	448
	39.490 (39.490)	1:22.059 (42.569)	2:08.479 (46.420)
			2:51.493 (43.014)
13 Hannah, Gabrielle	JR Hamline	2:55.26	410
	37.759 (37.759)	1:18.676 (40.918)	2:05.471 (46.795)
			2:55.251 (49.780)
14 Moe, Hannah	SO Bethel (Minn.)	2:55.44	409
	36.044 (36.044)	1:16.700 (40.656)	2:04.832 (48.133)
			2:55.436 (50.604)
15 Kalevik, Jenna	JR Concordia-Moorhead	3:00.30	362
	40.704 (40.704)	1:25.504 (44.800)	2:15.184 (49.680)
			3:00.298 (45.115)

MIAC Championships - 2/22/2024 to 2/24/2024

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Results

....Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

16 Kaeppe, Summer	SO Gustavus Adolphus	3:12.23	260
40.043 (40.043)	1:24.624 (44.582)	2:17.176 (52.552)	3:12.229 (55.054)
17 Cappellmann, Lauren	SO Macalester	3:14.19	245
38.166 (38.166)	1:23.612 (45.446)	2:15.731 (52.119)	3:14.186 (58.455)

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Year School	Finals	H#	Points
1 Selle, Peyton	JR Concordia-Moorhead	9.24	5	860
2 Kalevik, Jenna	JR Concordia-Moorhead	9.25	5	858
3 Nelson, AnnaGrace	JR Bethel (Minn.)	9.28	5	852
4 Hobby, Sarah Beth	SR Macalester	9.65	5	779
5 Selisker, Ellie	SR St. Benedict	9.87	4	737
6 Johnson, Lily	JR St. Olaf	9.94	4	723
7 Floren, Justus	JR St. Benedict	9.98	4	716
8 Hannah, Gabrielle	JR Hamline	10.26	3	664
9 Scholten, Hailey	SO Bethel (Minn.)	10.29	3	659
10 Klein, Aubree	FR St. Olaf	10.64	3	597
11 Makem Ratzinger, Joel	FR St. Benedict	10.83	2	565
12 Moe, Hannah	SO Bethel (Minn.)	10.91	2	551
13 Terwedo, Drea	FR St. Benedict	10.92	2	550
14 Cappellmann, Lauren	SO Macalester	10.98	3	540
15 Ciarrochi, Grace	FR Concordia-Moorhead	11.06	1	527
16 Kaeppe, Summer	SO Gustavus Adolphus	11.19	1	506
17 Barnd, Nevaeh	FR Hamline	11.75	1	420
18 Myatt, Tessa	FR Macalester	14.02	4	148

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Year School	Finals	H#	Points
1 Hobby, Sarah Beth	SR Macalester	1.61m	5-03.25	1 747
1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64				
PPP PPP O O O O XXO O XO XXO XXX				
2 Nelson, AnnaGrace	JR Bethel (Minn.)	1.58m	5-02.25	1 712
1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61				
PPP PPP PPP PPP O PPP O XXO XXO XXX				
3 Kalevik, Jenna	JR Concordia-Moorhead	1.55m	5-01.00	1 678
1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58				
PPP PPP O O O O O XO XXO XXX				
4 Selle, Peyton	JR Concordia-Moorhead	1.52m	4-11.75	1 644
1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55				
PPP PPP O XXO XO O O XXX				
5 Moe, Hannah	SO Bethel (Minn.)	1.49m	4-10.50	1 610
1.34 1.37 1.40 1.43 1.46 1.49 1.52				
O O O O XO O XXX				
5 Floren, Justus	JR St. Benedict	1.49m	4-10.50	1 610
1.34 1.37 1.40 1.43 1.46 1.49 1.52				
PPP PPP PPP O O XO XXX				
5 Selisker, Ellie	SR St. Benedict	1.49m	4-10.50	1 610
1.34 1.37 1.40 1.43 1.46 1.49 1.52				
PPP PPP PPP PPP O O XXX				

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Results

....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

8	Barnd, Nevaeh	FR Hamline	1.46m	4-09.50	1	577
	1.34 1.37 1.40 1.43 1.46 1.49					
	O XO O XXO O XXX					
9	Johnson, Lily	JR St. Olaf	1.43m	4-08.25	2	544
	1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46					
	PPP PPP O O O O XO XO XXX					
10	Cappelmann, Lauren	SO Macalester	1.40m	4-07.00	2	512
	1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43					
	PPP PPP PPP O XXO O XXO XXX					
11	Kaeppe, Summer	SO Gustavus Adolphus	1.37m	4-06.00	2	481
	1.22 1.25 1.28 1.31 1.34 1.37 1.40					
	PPP PPP PPP O O O XXX					
11	Terwedo, Drea	FR St. Benedict	1.37m	4-06.00	2	481
	1.22 1.25 1.28 1.31 1.34 1.37 1.40					
	PPP PPP PPP O O O XXX					
13	Hannah, Gabrielle	JR Hamline	1.34m	4-04.75	2	449
	1.22 1.25 1.28 1.31 1.34 1.37					
	PPP PPP XO XO XO XXX					
13	Myatt, Tessa	FR Macalester	1.34m	4-04.75	2	449
	1.22 1.25 1.28 1.31 1.34 1.37					
	PPP PPP O O O XXX					
13	Scholten, Hailey	SO Bethel (Minn.)	1.34m	4-04.75	1	449
	1.34 1.37					
	XO XXX					
16	Ciarrochi, Grace	FR Concordia-Moorhead	1.25m	4-01.25	2	359
	1.22 1.25 1.28					
	O O XXX					
16	Klein, Aubree	FR St. Olaf	1.25m	4-01.25	2	359
	1.22 1.25 1.28					
	PPP O XXX					
--	Makem Ratzinger, Joel	FR St. Benedict	NH		2	
	1.22					
	XXX					

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

=====						
Name	Year	School	Finals		Points	
=====						
1	Selle, Peyton	JR Concordia-Moorhead	5.30m	17-04.75	643	
	5.30m 5.22m 5.25m					
2	Nelson, AnnaGrace	JR Bethel (Minn.)	5.20m	17-00.75	614	
	5.20m 5.00m 4.97m					
3	Selisker, Ellie	SR St. Benedict	5.15m	16-10.75	601	
	5.04m 5.15m 4.90m					
4	Hobby, Sarah Beth	SR Macalester	5.00m	16-05.00	559	
	4.88m 4.89m 5.00m					
5	Floren, Justus	JR St. Benedict	4.91m	16-01.50	535	
	4.84m FOUL 4.91m					
6	Kalevik, Jenna	JR Concordia-Moorhead	4.86m	15-11.50	522	
	4.65m 4.67m 4.86m					
7	Myatt, Tessa	FR Macalester	4.73m	15-06.25	487	
	4.44m 4.61m 4.73m					
8	Johnson, Lily	JR St. Olaf	4.62m	15-02.00	459	
	4.36m 4.62m 4.56m					

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon**

9	Moe, Hannah	SO Bethel (Minn.)	4.56m	14-11.50	443
	4.49m 4.42m 4.56m				
10	Ciarrochi, Grace	FR Concordia-Moorhead	4.55m	14-11.25	441
	4.55m 4.38m 4.49m				
11	Hannah, Gabrielle	JR Hamline	4.54m	14-10.75	438
	3.90m 4.54m 4.38m				
12	Terwedo, Drea	FR St. Benedict	4.33m	14-02.50	386
	3.76m 4.33m FOUL				
13	Klein, Aubree	FR St. Olaf	4.24m	13-11.00	364
	4.20m 3.90m 4.24m				
14	Scholten, Hailey	SO Bethel (Minn.)	4.22m	13-10.25	359
	FOUL FOUL 4.22m				
15	Kaeppe, Summer	SO Gustavus Adolphus	4.21m	13-09.75	357
	4.14m 4.06m 4.21m				
16	Cappelmann, Lauren	SO Macalester	4.19m	13-09.00	352
	4.19m 4.02m 4.00m				
17	Makem Ratzinger, Joel	FR St. Benedict	4.16m	13-07.75	345
	4.16m 3.96m 3.74m				
18	Barnd, Nevaeh	FR Hamline	3.97m	13-00.25	301
	FOUL 3.97m PASS				

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Year School	Finals	Points
1 Hobby, Sarah Beth	SR Macalester	11.43m 37-06.00	623
		11.20m 11.43m 11.01m	
2 Myatt, Tessa	FR Macalester	11.25m 36-11.00	612
		10.32m FOUL 11.25m	
3 Floren, Justus	JR St. Benedict	10.76m 35-03.75	579
		10.76m 10.69m 10.72m	
4 Selle, Peyton	JR Concordia-Moorhead	10.15m 33-03.75	539
		9.70m 10.15m 9.72m	
5 Ciarrochi, Grace	FR Concordia-Moorhead	9.15m 30-00.25	474
		9.09m 8.66m 9.15m	
5 Klein, Aubree	FR St. Olaf	9.15m 30-00.25	474
		FOUL 9.15m 8.76m	
7 Hannah, Gabrielle	JR Hamline	8.72m 28-07.50	446
		8.72m 6.97m 7.15m	
8 Scholten, Hailey	SO Bethel (Minn.)	8.63m 28-03.75	440
		7.45m 8.03m 8.63m	
9 Makem Ratzinger, Joel	FR St. Benedict	8.58m 28-01.75	437
		7.60m 7.92m 8.58m	
10 Kalevik, Jenna	JR Concordia-Moorhead	8.56m 28-01.00	436
		8.56m 8.37m 7.20m	
11 Moe, Hannah	SO Bethel (Minn.)	8.47m 27-09.50	430
		8.06m 8.47m 8.28m	
12 Nelson, AnnaGrace	JR Bethel (Minn.)	8.33m 27-04.00	421
		FOUL 8.33m 7.62m	
13 Kaeppe, Summer	SO Gustavus Adolphus	8.17m 26-09.75	410
		8.17m FOUL 7.42m	
14 Johnson, Lily	JR St. Olaf	7.93m 26-00.25	395
		7.58m 7.93m 7.58m	
15 Cappelmann, Lauren	SO Macalester	7.43m 24-04.50	363
		6.82m 7.43m FOUL	

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

....Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

16 Barnd, Nevaeh	FR Hamline	7.34m	24-01.00	357
7.05m 7.34m 7.09m				
17 Selisker, Ellie	SR St. Benedict	7.32m	24-00.25	356
7.32m 6.52m 6.70m				
18 Terwedo, Drea	FR St. Benedict	7.27m	23-10.25	352
7.25m 6.38m 7.27m				

Women Indoor Pentathlon

Champ. Rec.: # 3914 2014		Amelia Campbell, Carleton			
Facility Rec: F 3425 2019		Mackenzie Schoustra, St. Olaf			
Name	Year	School	Seed	Finals	H# Points
1 Selle, Peyton	JR	Concordia-Moorhead		3291	10
2 Nelson, AnnaGrace	JR	Bethel (Minn.)		3220	8
3 Hobby, Sarah Beth	SR	Macalester		3192	6
4 Floren, Justus	JR	St. Benedict		2963	5
5 Selisker, Ellie	SR	St. Benedict		2881	4
6 Kalevik, Jenna	JR	Concordia-Moorhead		2856	3
7 Johnson, Lily	JR	St. Olaf		2657	2
8 Scholten, Hailey	SO	Bethel (Minn.)		2451	1
9 Moe, Hannah	SO	Bethel (Minn.)		2443	
10 Hannah, Gabrielle	JR	Hamline		2407	
11 Klein, Aubree	FR	St. Olaf		2314	
12 Terwedo, Drea	FR	St. Benedict		2269	
13 Ciarrochi, Grace	FR	Concordia-Moorhead		2249	
14 Myatt, Tessa	FR	Macalester		2189	
15 Kaeppe, Summer	SO	Gustavus Adolphus		2014	
16 Cappelmann, Lauren	SO	Macalester		2012	
17 Makem Ratzinger, Joel	FR	St. Benedict		1818	

Women - Team Rankings - 20 Events Scored

1) Bethel (Minn.)	158	2) St. Benedict	120
3) Gustavus Adolphus	109.50	4) St. Olaf	101
4) Carleton	101	6) Concordia-Moorhead	61.50
7) Macalester	39.50	8) Hamline	38.50
9) St. Scholastica	22	10) Augsburg	18
11) Saint Mary's (Minn.)	11		