

Midwest Conference Indoor Championships - 2/24/2023 to 2/25/2023

Track & Field Championships

Illinois College

Results

Women 60 Meter Dash

Name	School	Prelims
Preliminaries		
1	Carchidi, Eva	Grinnell 8.04q
2	McDonald, Jordyn	Beloit 8.08q
3	McAllister, Natalie	Cornell Coll 8.09q
4	Sifuentez-Lewis, Marissa	Illinois Col 8.15q
5	Villarreal, Alyssa	Monmouth (II) 8.17q
6	Jones, AJ	Lake Forest 8.19q
7	Balfour, Peyton	Knox 8.19q
8	Erickson, Jenna	Ripon 8.38q
9	Cross, Morgan	Lawrence 8.44
10	Mar, Caitlyne	Cornell Coll 8.49
11	Damste, Candis	Beloit 8.51
12	Royster, Darcel	Beloit 8.53
13	Hursey, Miranda	Monmouth (II) 8.54
14	Anderson, Lauren	Monmouth (II) 8.62
15	Simao, McKayla	Beloit 8.94
16	Demeuse, Greta	Ripon 9.01
17	Vega Juarez, Itzel	Lawrence 9.05
18	Ristic-Tesanovic, Angelina	Lake Forest 9.13
19	Di Prizio, Gisella	Lake Forest 9.60
20	Natalie, Alexandra	Grinnell 9.93

Women 60 Meter Dash

Name	School	Finals
Finals		
1	McDonald, Jordyn	Beloit 7.97
2	Carchidi, Eva	Grinnell 8.07
3	McAllister, Natalie	Cornell Coll 8.11
4	Sifuentez-Lewis, Marissa	Illinois Col 8.18
5	Villarreal, Alyssa	Monmouth (II) 8.21
6	Jones, AJ	Lake Forest 8.29
7	Balfour, Peyton	Knox 8.38
8	Erickson, Jenna	Ripon 8.43

Women 200 Meter Dash

Name	School	Finals
Finals		
1	Miller, Olivia	Ripon 26.53
2	McDonald, Jordyn	Beloit 26.72
3	McAllister, Natalie	Cornell Coll 26.90
4	Carchidi, Eva	Grinnell 26.93
5	Brown, Sidney	Cornell Coll 26.98
6	Rahn, Payton	Ripon 27.26
7	Edassery, Sonia	Grinnell 27.29
8	Periman, Kylie	Illinois Col 27.30
9	Rusk, Maddie	Monmouth (II) 27.45
10	Dockins, Allie	Knox 27.70
11	Sugiyama, Emily	Lawrence 27.98
12	Jones, AJ	Lake Forest 28.09
13	Cross, Morgan	Lawrence 28.36
14	Erickson, Jenna	Ripon 28.41
15	Royster, Darcel	Beloit 28.54

16	Sifuentez-Lewis, Marissa	Illinois Col 28.57
17	Celus, Ally	Monmouth (II) 28.60
18	Dixon, Ronnautica	Illinois Col 30.15
19	Vanden Acker, Anna	Lawrence 30.25
20	Ong, Caitlin	Grinnell 30.68
21	Simao, McKayla	Beloit 31.36
22	Ristic-Tesanovic, Angelina	Lake Forest 32.02
23	Rivera, Ainara	Knox 33.47
24	Di Prizio, Gisella	Lake Forest 34.17

Women 400 Meter Dash

Name	School	Finals
Finals		
1	Brown, Sidney	Cornell Coll 1:00.21
2	Edassery, Sonia	Grinnell 1:00.66
3	Rahn, Payton	Ripon 1:01.14
4	Furch, Alayna	Beloit 1:02.66
5	Frasca, Athena	Grinnell 1:03.04
6	Mar, Caitlyne	Cornell Coll 1:04.31
7	Damste, Candis	Beloit 1:04.42
8	Beaman, Kayla	Knox 1:04.46
9	Loos-Austin, Rose	Beloit 1:04.58
10	Staker, Sadie	Grinnell 1:04.83
11	Carolan, Hailey	Cornell Coll 1:04.92
12	McMahon, Montana	Beloit 1:05.30
13	Onukaogu, Faith	Lawrence 1:05.31
14	Hoyer, Nicole	Monmouth (II) 1:05.42
15	Cotton, Olivia	Cornell Coll 1:05.71
16	Ibarra, Devin	Ripon 1:06.54
17	Engst, Carina	Monmouth (II) 1:07.33
18	Finn, Bridget	Ripon 1:08.75
19	Mosconi, Angela	Ripon 1:09.23
20	Klassen, Kylie	Grinnell 1:12.27
21	Endicott, Amanda	Lawrence 1:21.47
---	Kantour, Kenza	Lake Forest DQ

Women 800 Meter Run

Name	School	Finals
Finals		
1	Cortes, Jenny	Ripon 2:26.15
2	Engbretson, Grace	Ripon 2:26.91
3	Koppes, Alyza	Cornell Coll 2:27.21
4	Kaczmarczyk, Crystal	Grinnell 2:28.17
5	Claussen-Tubbs, Ava	Cornell Coll 2:30.66
6	Willett, Isabelle	Ripon 2:30.70
7	Krell, Berkeley	Lawrence 2:33.34
8	Elliott-Rude, Eleanor	Grinnell 2:33.59
9	Sherman, Kiki	Ripon 2:33.74
10	Bodnar, Lilia	Lawrence 2:34.03
11	Stanich, Jaicey	Lawrence 2:35.95
12	Sheehan-Klenk, Julia	Grinnell 2:36.01
13	Mullen, Ginger	Grinnell 2:36.95
14	Mosquera, Jade	Beloit 2:38.21
15	Orrick, Ashley	Illinois Col 2:38.62
16	Czuj, Josephine	Beloit 2:43.65

Midwest Conference Indoor Championships - 2/24/2023 to 2/25/2023

Track & Field Championships

Illinois College

Results

Finals ... (Women 800 Meter Run)

Name	School	Finals
17 Eaton, Lindsay	Monmouth (Il	2:44.89
18 Dorner, Julie	Lake Forest	2:50.28
19 Peters, Claire	Illinois Col	2:52.80
20 Ray, Becca	Lake Forest	2:55.88
21 Mechta, Rawya	Lake Forest	2:56.35
22 Delgadillo, Serena	Knox	2:58.52
23 Cruz, Heidi	Lake Forest	3:13.37
24 Alfaro, Lesly	Beloit	3:19.87

Women 1 Mile Run

Name	School	Finals
Finals		
1 Oliver, Cristyn	Lawrence	5:15.33
2 Pakosz, Natalie	Ripon	5:21.48
3 Roark, Hannah	Grinnell	5:29.03
4 Willett, Isabelle	Ripon	5:29.88
5 Krell, Berkeley	Lawrence	5:31.59
6 Taylor, Madeline	Lawrence	5:34.17
7 Kaczmarczyk, Crystal	Grinnell	5:36.81
8 Crow, Autumn	Knox	5:38.47
9 Karow, Morgan	Grinnell	5:38.73
10 Engebretson, Grace	Ripon	5:45.41
11 Charron, Grace	Grinnell	6:01.02
12 Browne, Carter	Beloit	6:03.54
13 Ascher-Handlin, Elinor	Cornell Coll	6:07.13
14 Peters, Claire	Illinois Col	6:21.76
15 Mercado-Ramos, Kairy	Illinois Col	6:21.92
16 Czauderna, Amy	Lake Forest	6:39.50
17 Drake, Ashley	Illinois Col	6:50.92
--- Orrick, Ashley	Illinois Col	DNF
--- Jorgensen, Delfina	Lake Forest	DNF

Women 3000 Meter Run

Name	School	Finals
Finals		
1 Miyamoto, Keely	Grinnell	10:18.91
2 Oliver, Cristyn	Lawrence	10:23.20
3 Lammers, Katie	Cornell Coll	10:24.01
4 Flyte, Mikayla	Ripon	10:32.90
5 Winebrenner, Riley	Lawrence	10:39.59
6 Denamur, Ali	Ripon	10:54.34
7 Schaefer, Emma	Grinnell	10:58.34
8 Roark, Hannah	Grinnell	11:07.83
9 Pakosz, Natalie	Ripon	11:11.53
10 Foster, Althea	Lawrence	11:18.79
11 Barba, Diana	Grinnell	11:21.62
12 Crow, Autumn	Knox	11:30.87
13 Taylor, Madeline	Lawrence	11:34.80
14 Ascher-Handlin, Elinor	Cornell Coll	12:04.33
15 De Montigny, Simone	Beloit	12:05.95
16 Browne, Carter	Beloit	12:16.00
17 Mercado-Ramos, Kairy	Illinois Col	13:14.46
18 Tolu-Honary, Mina	Beloit	15:15.49

Women 5000 Meter Run

Name	School	Finals
Finals		
1 Flyte, Mikayla	Ripon	17:50.74
2 Miyamoto, Keely	Grinnell	17:58.00
3 Lammers, Katie	Cornell Coll	18:14.96
4 Winebrenner, Riley	Lawrence	18:19.05
5 Denamur, Ali	Ripon	18:36.42
6 Schaefer, Emma	Grinnell	19:01.19
7 Frodl, Edythmae	Lawrence	19:06.09
8 Diamond-Berman, Mira	Grinnell	19:20.10
9 Mosconi, Angela	Ripon	19:25.16
10 Foster, Althea	Lawrence	19:27.59
11 Haider, Aasma	Lawrence	20:27.85
12 Ford, Sophia	Grinnell	20:34.69
13 De Montigny, Simone	Beloit	21:03.15
14 Jormanainen, Annina	Beloit	22:11.52
15 Hampton-Gregory, Atlas	Lake Forest	25:12.26
16 Tolu-Honary, Mina	Beloit	26:01.42

Women 60 Meter Hurdles

Name	School	Prelims
Preliminaries		
1 McAllister, Natalie	Cornell Coll	9.02q
2 Miller, Olivia	Ripon	9.28q
3 Carolan, Hailey	Cornell Coll	9.83q
4 Hilmes, Kristina	Illinois Col	9.86q
5 Yank, Irene	Lawrence	10.02q
6 Paquin, Claire	Lawrence	10.29q
7 Flesch, Caroline	Ripon	10.49q
8 Staker, Sadie	Grinnell	10.58q
9 Zendejas, Mariana	Lawrence	10.62
10 Han, Jacquelyn	Lake Forest	10.71
11 Shafar, Megan	Knox	11.88
12 Clay, Ally	Monmouth (Il	12.11
13 Lepper, Meredith	Knox	12.39
14 Delgadillo, Serena	Knox	12.67

Women 60 Meter Hurdles

Name	School	Finals
Finals		
1 McAllister, Natalie	Cornell Coll	8.95
2 Miller, Olivia	Ripon	9.31
3 Hilmes, Kristina	Illinois Col	9.89
4 Carolan, Hailey	Cornell Coll	9.91
5 Yank, Irene	Lawrence	9.97
6 Paquin, Claire	Lawrence	10.21
7 Staker, Sadie	Grinnell	10.39
8 Flesch, Caroline	Ripon	10.62

Midwest Conference Indoor Championships - 2/24/2023 to 2/25/2023

Track & Field Championships

Illinois College

Results

Women 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Beloit		1:47.30
1) McDonald, Jordyn	2) Furch, Alayna	
3) Boyance, T'Aira	4) Damste, Candis	
2 Grinnell		1:48.56
1) Edassery, Sonia	2) Taylor, Ava	
3) Crowe, Maile	4) Frasca, Athena	
3 Illinois College		1:49.00
1) Periman, Kylie	2) Sifuentes-Lewis, Marissa	
3) Benson, Madeline	4) Hilmes, Kristina	
4 Ripon		1:50.13
1) Erickson, Jenna	2) Rahn, Payton	
3) Gray, Kynaeda	4) Miller, Olivia	
5 Cornell College		1:50.88
1) Brown, Sidney	2) Mar, Caitlyne	
3) Cotton, Olivia	4) Carolan, Hailey	
6 Monmouth (Ill.)		1:51.97
1) Villarreal, Alyssa	2) Turner, Linsey	
3) Celus, Ally	4) Rusk, Maddie	
7 Lawrence		1:52.86
1) Cross, Morgan	2) Paquin, Claire	
3) Yank, Irene	4) Sugiyama, Emily	
8 Knox		1:54.90
1) Balfour, Peyton	2) Beaman, Kayla	
3) Luong, Thao	4) Dockins, Allie	
9 Lake Forest		2:02.42
1) Han, Jacquelyn	2) Jones, AJ	
3) Ristic-Tesanovic, Angelina	4) Di Prizio, Gisella	

Women 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Ripon		4:08.76
1) Miller, Olivia	2) Rahn, Payton	
3) Engebretson, Grace	4) Cortes, Jenny	
2 Cornell College		4:12.20
1) Brown, Sidney	2) Koppes, Alyza	
3) Mar, Caitlyne	4) Carolan, Hailey	
3 Beloit		4:15.30
1) Damste, Candis	2) McMahon, Montana	
3) Loos-Austin, Rose	4) McDonald, Jordyn	
4 Lawrence		4:17.67
1) Krell, Berkeley	2) Sugiyama, Emily	
3) Onukaogu, Faith	4) Bodnar, Lilia	
5 Grinnell		4:26.17
1) Edassery, Sonia	2) Staker, Sadie	
3) Carchidi, Eva	4) Frasca, Athena	
6 Monmouth (Ill.)		4:32.23
1) Hoyer, Nicole	2) Engst, Carina	
3) Celus, Ally	4) Garey, Skylar	

7 Illinois College		4:35.13
1) Benson, Madeline	2) Wessel, Gretchen	
3) Jones, Fynesse	4) Periman, Kylie	
8 Knox		4:45.41
1) Beaman, Kayla	2) Lepper, Meredith	
3) Delgadillo, Serena	4) Shafar, Megan	
9 Lake Forest		4:56.37
1) Kantour, Kenza	2) Di Prizio, Gisella	
3) Dornier, Julie	4) Jones, AJ	

Women 1600 Sprint Medley

Team	Relay	Finals
Finals		
1 Ripon		4:21.99
1) Erickson, Jenna	2) Gray, Kynaeda	
3) Rahn, Payton	4) Cortes, Jenny	
2 Cornell College		4:22.37
1) Mar, Caitlyne	2) Cotton, Olivia	
3) Brown, Sidney	4) Koppes, Alyza	
3 Grinnell		4:26.97
1) Edassery, Sonia	2) Crowe, Maile	
3) Frasca, Athena	4) Kaczmarczyk, Crystal	
4 Lawrence		4:32.91
1) Sugiyama, Emily	2) Cross, Morgan	
3) Onukaogu, Faith	4) Bodnar, Lilia	
5 Beloit		4:36.24
1) Royster, Darcel	2) Boyance, T'Aira	
3) McMahon, Montana	4) Mosquera, Jade	
6 Monmouth (Ill.)		4:40.30
1) Rusk, Maddie	2) Celus, Ally	
3) Engst, Carina	4) Eaton, Lindsay	
7 Illinois College		4:47.87
1) Dixon, Ronnautica	2) Jones, Fynesse	
3) Wessel, Gretchen	4) Orrick, Ashley	
8 Lake Forest		4:57.44
1) Jones, AJ	2) Ristic-Tesanovic, Angelina	
3) Han, Jacquelyn	4) Jorgensen, Delfina	

Women Distance Medley

Team	Relay	Finals
Finals		
1 Ripon		12:43.32
1) Pakosz, Natalie	2) Ibarra, Devin	
3) Willett, Isabelle	4) Flyte, Mikayla	
2 Lawrence		12:50.27
1) Taylor, Madeline	2) Onukaogu, Faith	
3) Krell, Berkeley	4) Oliver, Cristyn	
3 Grinnell		13:26.01
1) Kaczmarczyk, Crystal	2) Rabbani, Allison	
3) Elliott-Rude, Eleanor	4) Karow, Morgan	
4 Beloit		14:05.61
1) Browne, Carter	2) Boyance, T'Aira	
3) Czuj, Josephine	4) Mosquera, Jade	

Midwest Conference Indoor Championships - 2/24/2023 to 2/25/2023

Track & Field Championships

Illinois College

Results

Finals ... (Women Distance Medley)

Team	Relay	Finals
5 Lake Forest		14:35.68
1) Ray, Becca	2) Han, Jacquelyn	
3) Mechta, Rawya	4) Jorgensen, Delfina	
6 Monmouth (Ill.)		15:01.13
1) Garey, Skylar	2) Shields, Lexi	
3) Cronin, Kailey	4) Eaton, Lindsay	
7 Illinois College		15:29.34
1) Mercado-Ramos, Kairy	2) Wessel, Gretchen	
3) Drake, Ashley	4) Peters, Claire	

Women High Jump

Name	School	Finals
Finals		
1 Carolan, Hailey	Cornell Coll	1.69m
2 Periman, Kylie	Illinois Col	1.66m
3 McAllister, Natalie	Cornell Coll	1.51m
4 Balfour, Peyton	Knox	1.46m
5 Flesch, Caroline	Ripon	J1.46m
6 Finn, Bridget	Ripon	J1.46m
7 Anderson, Lauren	Monmouth (II)	J1.46m
8 Shafar, Megan	Knox	1.41m
9 Brown, Sidney	Cornell Coll	J1.41m
10 Allen, Bethany	Monmouth (II)	J1.41m
11 Carchidi, Eva	Grinnell	1.36m
12 Luong, Thao	Knox	1.31m
--- Clay, Ally	Monmouth (II)	NH

Women Pole Vault

Name	School	Finals
Finals		
1 Turner, Linsey	Monmouth (II)	3.18m
2 Hursey, Miranda	Monmouth (II)	J3.18m
3 Nowak, Paige	Illinois Col	J3.18m
4 Benson, Madeline	Illinois Col	3.03m
5 Rexroat, Delaney	Monmouth (II)	2.73m
6 Lepper, Meredith	Knox	J2.73m
7 Beyers, Carson	Illinois Col	2.58m
8 Flesch, Caroline	Ripon	2.28m
9 Loos-Austin, Rose	Beloit	2.13m
10 Alfaro, Lesly	Beloit	1.98m

Women Long Jump

Name	School	Finals
Finals		
1 Miller, Olivia	Ripon	5.58m
2 Villarreal, Alyssa	Monmouth (II)	5.37m
3 McAllister, Natalie	Cornell Coll	5.16m
4 Balfour, Peyton	Knox	5.14m
5 Rusk, Maddie	Monmouth (II)	4.87m
6 Anderson, Lauren	Monmouth (II)	4.86m
7 Turner, Linsey	Monmouth (II)	4.80m
8 Elliott-Rude, Eleanor	Grinnell	4.79m
9 Young, Nyasia	Illinois Col	4.78m

10 Zendejas, Mariana	Lawrence	4.70m
11 Flesch, Caroline	Ripon	4.66m
12 Dockins, Allie	Knox	4.65m
13 Cross, Morgan	Lawrence	4.60m
14 Loos-Austin, Rose	Beloit	4.59m
15 Oden, Melanie	Grinnell	4.51m
16 Dixon, Ronnautica	Illinois Col	4.40m
17 Luong, Thao	Knox	4.25m
18 Royster, Darcel	Beloit	4.21m
19 Grove, Hannah	Illinois Col	4.11m
20 Vollmayr-Lee, Mira	Grinnell	3.88m
21 Vega Juarez, Itzel	Lawrence	3.86m
22 Tenace, Giada	Lake Forest	3.80m
--- Simao, McKayla	Beloit	FOUL

Women Triple Jump

Name	School	Finals
Finals		
1 Balfour, Peyton	Knox	11.05m
2 Young, Nyasia	Illinois Col	10.74m
3 Yank, Irene	Lawrence	10.19m
4 Zendejas, Mariana	Lawrence	10.17m
5 Engst, Carina	Monmouth (II)	10.11m
6 Rexroat, Delaney	Monmouth (II)	9.91m
7 Turner, Linsey	Monmouth (II)	9.75m
8 Oden, Melanie	Grinnell	9.59m
9 Luong, Thao	Knox	9.53m
10 Gray, Kynaeda	Ripon	9.43m
11 Dixon, Ronnautica	Illinois Col	9.30m
12 Vanden Acker, Anna	Lawrence	9.29m
13 Hoyer, Nicole	Monmouth (II)	9.16m
--- Finn, Bridget	Ripon	FOUL
--- Rahn, Payton	Ripon	FOUL

Women Shot Put

Name	School	Finals
Finals		
1 Boley, Maddie	Monmouth (II)	12.52m
2 Otzelberger, Kalyn	Ripon	12.51m
3 Cox, Addi	Monmouth (II)	12.50m
4 Braun, Kayla	Monmouth (II)	12.45m
5 Mathieu, Aryn	Ripon	11.53m
6 Kuper, Sydney	Illinois Col	10.63m
7 Gibbons, Gracie	Monmouth (II)	10.61m
8 Saylor, Cheyanne	Ripon	10.56m
9 McAllister, Natalie	Cornell Coll	10.49m
10 Johnson, Myra	Lawrence	10.25m
11 Reeser, Mackenzie	Illinois Col	10.19m
12 Myers-Rafferty, Emma	Grinnell	10.07m
13 Galowitz, Kylie	Grinnell	9.91m
14 Larson, Sophia	Ripon	9.57m
15 Luong, Thao	Knox	9.13m
16 Arriaga, Brianna	Illinois Col	9.11m
17 Fox, Grace	Lawrence	9.00m
18 Warhoe, Samantha	Cornell Coll	8.98m

Midwest Conference Indoor Championships - 2/24/2023 to 2/25/2023

Track & Field Championships

Illinois College

Results

Finals ... (Women Shot Put)

Name	School	Finals
19 Gajulapalli, Aparna	Lawrence	8.79m
20 Teno, Delanie	Illinois Col	8.41m
21 Herrera, Kiya	Beloit	8.12m
22 Dockins, Allie	Knox	7.78m
23 Koth, Sam	Cornell Coll	7.73m
24 Neymeyer, Maya	Cornell Coll	5.33m

Women Weight Throw

Name	School	Finals
Finals		
1 Cox, Addi	Monmouth (II)	15.80m
2 Boley, Maddie	Monmouth (II)	15.77m
3 Mathieu, Aryn	Ripon	15.64m
4 Dybal, Amanda	Monmouth (II)	15.44m
5 Otzelberger, Kalyn	Ripon	14.86m
6 Gibbons, Gracie	Monmouth (II)	13.57m
7 Warhoe, Samantha	Cornell Coll	13.55m
8 Kuper, Sydney	Illinois Col	12.94m
9 Saylor, Cheyanne	Ripon	12.31m
10 Gajulapalli, Aparna	Lawrence	12.12m
11 Galowitz, Kylie	Grinnell	11.68m
12 Teno, Delanie	Illinois Col	10.99m
13 Fox, Grace	Lawrence	10.85m
14 Filkins, Andrea	Grinnell	10.82m
15 Strovers, Maddy	Grinnell	10.75m
16 Taylor, Alekzandria	Beloit	10.71m
17 Johnson, Myra	Lawrence	10.55m
18 Larson, Sophia	Ripon	10.08m
19 Herrera, Kiya	Beloit	9.73m
20 Koth, Sam	Cornell Coll	9.72m
21 Thomas, Keyleigh	Illinois Col	9.12m
22 Neymeyer, Maya	Cornell Coll	8.24m
--- Reeser, Mackenzie	Illinois Col	FOUL

Men 60 Meter Dash

Name	School	Prelims
Preliminaries		
1 Jackson, Derrick	Knox	6.80q
2 Bailey, Jonathan	Knox	6.92q
3 Fadden, Lucas	Grinnell	7.02q
4 Ditsworth, Luke	Monmouth (II)	7.07q
5 Vander Galien, Logan	Ripon	7.10q
6 Joseph, Ajani	Beloit	7.14q
7 Hiser, Alexander	Grinnell	7.15q
8 Jachimiec, Luke	Monmouth (II)	7.16q
9 Fisher, Ben	Ripon	7.21
10 Cefalu, Jacoby	Ripon	7.23
11 Ballman, Kendall	Knox	7.28
12 Platre, Niko	Cornell Coll	7.28
13 Slater, Tracy	Illinois Col	7.31
14 Weddington, Miles	Illinois Col	7.35
15 Johnson, Seth	Monmouth (II)	7.42
16 Bernas, Riley	Monmouth (II)	7.45

17 Greiner, Doniel	Cornell Coll	7.46
18 Martin, Ahmasi	Beloit	7.46
19 Bryant, Max	Ripon	7.48
20 Robinson, Jermaine	Lake Forest	7.49
21 Fitzgerald, Keaton	Grinnell	7.50
22 Tyson, Trentyn	Lake Forest	7.54
23 Wright, Mason	Lake Forest	7.55
24 DeGeorge, Daniel	Beloit	7.60
25 Alade, Michael	Lake Forest	7.69
26 Reyes, Will	Grinnell	7.72
27 Arhebun, Drew	Beloit	8.21
--- Pierce, Tyrell	Knox	FS

Men 60 Meter Dash

Name	School	Finals
Finals		
1 Jackson, Derrick	Knox	6.87
2 Bailey, Jonathan	Knox	6.97
3 Fadden, Lucas	Grinnell	7.08
4 Vander Galien, Logan	Ripon	7.12
5 Jachimiec, Luke	Monmouth (II)	7.17
6 Ditsworth, Luke	Monmouth (II)	7.20
7 Joseph, Ajani	Beloit	7.22
8 Hiser, Alexander	Grinnell	7.26

Men 200 Meter Dash

Name	School	Finals
Finals		
1 Pierce, Tyrell	Knox	22.42
2 Walker, Dameco	Ripon	22.92
3 Ditsworth, Luke	Monmouth (II)	22.97
4 Fadden, Lucas	Grinnell	23.04
5 Bailey, Jonathan	Knox	23.19
6 Bona, Reed	Monmouth (II)	23.31
7 Joseph, Ajani	Beloit	23.38
8 Davies, Jacob	Ripon	23.41
9 Outlaw, Adrian	Monmouth (II)	23.44
10 Martin, Ahmasi	Beloit	23.49
11 Geggie, Trevor	Knox	23.52
12 Hiser, Alexander	Grinnell	23.82
13 Zook, Tristan	Lawrence	24.08
14 Jachimiec, Luke	Monmouth (II)	24.14
15 Slater, Tracy	Illinois Col	24.36
16 Platre, Niko	Cornell Coll	24.39
17 DeGeorge, Daniel	Beloit	24.42
18 Watson, Jaydon	Lawrence	24.51
19 Khalid, Rayan	Lake Forest	24.52
20 Charles, Diontia	Beloit	24.60
21 James, Xavier	Grinnell	24.62
22 Greiner, Doniel	Cornell Coll	24.79
23 Tyson, Trentyn	Lake Forest	24.85
24 Watters, Nathan	Cornell Coll	24.88
25 Scott, Tyler	Lawrence	24.98
26 Douthat, Andrew	Lake Forest	25.48

Midwest Conference Indoor Championships - 2/24/2023 to 2/25/2023

Track & Field Championships

Illinois College

Results

Men 400 Meter Dash

Name	School	Finals
Finals		
1 Pierce, Tyrell	Knox	49.36
2 Fadden, Lucas	Grinnell	51.74
3 Walker, Dameco	Ripon	52.05
4 Bona, Reed	Monmouth (II)	52.13
5 Curry, Patrick	Monmouth (II)	52.21
6 Atou, Alexandre	Beloit	52.85
7 White, Collin	Illinois Col	53.17
8 Soukup, Gavin	Cornell Coll	53.28
9 Brock, Alexander	Monmouth (II)	53.41
10 Mendola, Noah	Grinnell	53.58
11 Geggie, Trevor	Knox	53.70
12 Machande, Thomas	Cornell Coll	54.00
13 Manning, Finley	Ripon	54.25
14 Joly, Brandon	Beloit	54.31
15 Scott, Tyler	Lawrence	55.11
16 Anderson, Jacob	Knox	55.65
17 Saldanha, John Michael	Grinnell	55.86
18 Milenge, Moise	Grinnell	56.57
19 Rodriguez, Aaron	Illinois Col	56.81
20 Little, Kyle	Illinois Col	56.85
21 Zimbelman, Ido	Lake Forest	57.60
22 Casseus, Raymond	Illinois Col	57.79
23 Bhandari, Vanshith	Beloit	58.95
24 Lewan, Jayden	Lake Forest	59.06
25 Lungu, Matthew	Lake Forest	59.63
26 Maret, Joe	Lake Forest	1:01.01
--- Outlaw, Adrian	Monmouth (II)	DQ

Men 800 Meter Run

Name	School	Finals
Finals		
1 Villanueva, Rainier	Ripon	1:56.32
2 Isaacson, Fisher	Cornell Coll	1:57.92
3 Hutchings, Isaak	Cornell Coll	1:58.48
4 Newton, Eli	Monmouth (II)	1:58.50
5 Cantor, Micah	Grinnell	1:58.94
6 Detmer, Will	Illinois Col	1:59.64
7 Jumbeck, Jacob	Ripon	1:59.66
8 Heagy, Connor	Grinnell	1:59.85
9 Miller, Lance	Knox	2:01.44
10 Chestovich, Andy	Grinnell	2:02.54
11 Thomas, Jamar	Ripon	2:03.36
12 Snyder, James	Grinnell	2:06.64
13 Hunt, Gabe	Cornell Coll	2:08.46
14 Bernas, Braden	Monmouth (II)	2:09.18
15 Whitehead, Lionel	Lake Forest	2:10.43
16 Beaver, Owen	Knox	2:10.97
17 Hintz, Sawyer	Lawrence	2:13.24
18 Perry, Eli	Monmouth (II)	2:14.51
19 Roberts, Gabe	Illinois Col	2:15.42
20 Juridico, Lance	Lawrence	2:15.60

21 Casper, Zach	Lawrence	2:19.53
22 Dettmer, Caden	Illinois Col	2:20.26
23 Cortinas, Aiden	Beloit	2:20.71
24 La Prad, Noah	Knox	2:22.95
25 Varnum, Elliott	Knox	2:24.73
26 Camba, Marcelo	Lake Forest	2:33.83
27 Upadhyay, Prince	Beloit	2:39.48

Men 1 Mile Run

Name	School	Finals
Finals		
1 Villanueva, Rainier	Ripon	4:18.88
2 Soda, Gabe	Cornell Coll	4:19.86
3 Kuwaye, Christian	Ripon	4:23.98
4 Miller, Lance	Knox	4:25.84
5 Robinson, Luke	Grinnell	4:26.45
6 Heagy, Connor	Grinnell	4:26.65
7 Nickeson, Andrew	Grinnell	4:28.94
8 Detmer, Will	Illinois Col	4:29.80
9 Coble, Thomas	Cornell Coll	4:29.90
10 Melin, Steven	Illinois Col	4:39.76
11 Hutchings, Isaak	Cornell Coll	4:40.07
12 Wetzel-Meehan, Ray	Lawrence	4:47.99
13 Horn, Kyle	Knox	5:00.12
14 Ching, Tyler	Grinnell	5:06.86
15 Roberts, Gabe	Illinois Col	5:08.52
16 Varnum, Elliott	Knox	5:11.97
17 Cortinas, Aiden	Beloit	5:12.11
18 Warhausen, Connor	Illinois Col	5:39.95

Men 3000 Meter Run

Name	School	Finals
Finals		
1 Coble, Thomas	Cornell Coll	8:48.31
2 Goodell, Brian	Grinnell	8:49.12
3 Robinson, Luke	Grinnell	8:54.99
4 Ramsey, Bradley	Grinnell	8:59.31
5 Forstner, Sam	Ripon	8:59.84
6 Seeber, Matt	Ripon	9:02.10
7 Decleene, Jonah	Ripon	9:03.38
8 Nickeson, Andrew	Grinnell	9:04.17
9 Bilskie, Tyler	Cornell Coll	9:08.29
10 Bruce, Adam	Lawrence	9:13.37
11 Boggs, Devin	Illinois Col	9:21.25
12 Callahan, Brodie	Cornell Coll	9:31.18
13 Scherff, Elgin	Illinois Col	9:31.93
14 West, Owen	Lawrence	9:33.23
15 Olson, RJ	Ripon	9:37.47
16 Fulgencio, Eduardo	Illinois Col	9:37.49
17 Bojduk-Yates, Itai	Lawrence	9:40.91
18 Popoca, Thomas	Lawrence	9:44.46
19 Hannig, Nick	Illinois Col	9:56.20
20 Colter, Neo	Monmouth (II)	10:12.21
21 Horn, Kyle	Knox	10:16.10
22 Chauhan, Harsheath	Knox	10:17.24

Midwest Conference Indoor Championships - 2/24/2023 to 2/25/2023

Track & Field Championships

Illinois College

Results

Finals ... (Men 3000 Meter Run)

Name	School	Finals
23 Plumley, William	Monmouth (Il	10:22.61
24 Cano, Julian	Lake Forest	10:38.41
25 Muszynski, Max	Beloit	12:04.20
--- Soda, Gabe	Cornell Coll	DNF

Men 5000 Meter Run

Name	School	Finals
Finals		
1 Goodell, Brian	Grinnell	15:08.75
2 Declene, Jonah	Ripon	15:10.48
3 Ramsey, Bradley	Grinnell	15:11.45
4 Forstner, Sam	Ripon	15:20.54
5 Seeber, Matt	Ripon	15:29.05
6 Lutzke, Noah	Cornell Coll	15:45.15
7 Bilskie, Tyler	Cornell Coll	15:50.94
8 Bruce, Adam	Lawrence	15:56.58
9 Baquera, Adrian	Ripon	16:00.62
10 Miller, John	Grinnell	16:12.30
11 Callahan, Brodie	Cornell Coll	16:14.02
12 Boggs, Devin	Illinois Col	16:24.85
13 Krysan, Mark	Grinnell	16:34.02
14 Bojdak-Yates, Itai	Lawrence	16:37.71
15 Chesnut, Ethyn	Cornell Coll	16:44.03
16 Fulgencio, Eduardo	Illinois Col	16:52.08
17 Hannig, Nick	Illinois Col	16:53.08
18 Myatt, Connor	Lawrence	17:02.52
19 West, Owen	Lawrence	17:24.76
20 McAuliffe, Spencer	Illinois Col	18:29.46
21 Schoon, Henry	Beloit	20:32.91
22 Eichfeld, Owen	Beloit	21:36.22

Men 60 Meter Hurdles

Name	School	Prelims
Preliminaries		
1 Wosmek, Nate	Ripon	8.95q
2 Otis, Nathaniel	Beloit	9.10q
3 Schneider, Greyson	Lawrence	9.38q
4 Lee, Jackson	Illinois Col	9.39q
5 Phillips, Dorian	Ripon	9.41q
6 Brauman, Braeden	Monmouth (Il	9.46q
7 Soutsos, Peter	Monmouth (Il	9.47q
8 James, Xavier	Grinnell	9.49q
9 Mendola, Noah	Grinnell	9.64
10 Centeno, Darnell	Knox	9.94
11 Coon, Jake	Cornell Coll	10.09
12 Telschow, Oscar	Ripon	10.88

Men 60 Meter Hurdles

Name	School	Finals
Finals		
1 Wosmek, Nate	Ripon	8.84
2 Otis, Nathaniel	Beloit	9.00
3 Lee, Jackson	Illinois Col	9.27

4 James, Xavier	Grinnell	9.32
5 Phillips, Dorian	Ripon	9.39
6 Schneider, Greyson	Lawrence	9.50
7 Soutsos, Peter	Monmouth (Il	9.65
--- Brauman, Braeden	Monmouth (Il	DQ

Men 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Knox		1:30.53
1) Jackson, Derrick	2) Bailey, Jonathan	
3) Geggie, Trevor	4) Pierce, Tyrell	
2 Monmouth (Ill.)		1:30.89
1) Ditsworth, Luke	2) Bona, Reed	
3) Jachimiec, Luke	4) Outlaw, Adrian	
3 Beloit		1:33.36
1) Joseph, Ajani	2) Martin, Ahmasi	
3) Atou, Alexandre	4) Joly, Brandon	
4 Grinnell		1:34.43
1) Hiser, Alexander	2) Fadden, Lucas	
3) Walcher, Kyler	4) Fuller, Andrew	
5 Lawrence		1:35.95
1) Watson, Jaydon	2) Zook, Tristan	
3) Eggert, Will	4) Benjamin, David	
6 Cornell College		1:36.13
1) Platre, Niko	2) McGuire, Jaxin	
3) Watters, Nathan	4) Greiner, Doniel	
7 Illinois College		1:36.88
1) Slater, Tracy	2) Casseus, Raymond	
3) Lee, Jackson	4) White, Collin	
8 Lake Forest		1:38.41
1) Tyson, Trentyn	2) Khalid, Rayan	
3) Wright, Mason	4) Forrest, Tucker	
--- Ripon		DNF
1) Davies, Jacob	2) Cefalu, Jacoby	
3) Walker, Dameco	4) Gray, Cade	

Men 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Monmouth (Ill.)		3:27.29
1) Bona, Reed	2) Curry, Patrick	
3) Newton, Eli	4) Outlaw, Adrian	
2 Ripon		3:28.07
1) Walker, Dameco	2) Villanueva, Rainier	
3) Jumbeck, Jacob	4) Kuwaye, Christian	
3 Beloit		3:29.52
1) Atou, Alexandre	2) Martin, Ahmasi	
3) Otis, Nathaniel	4) Joly, Brandon	
4 Knox		3:33.68
1) Anderson, Jacob	2) Beaver, Owen	
3) Miller, Lance	4) Pierce, Tyrell	
5 Cornell College		3:36.93
1) Soukup, Gavin	2) Isaacson, Fisher	
3) Watters, Nathan	4) Hutchings, Isaak	

Midwest Conference Indoor Championships - 2/24/2023 to 2/25/2023

Track & Field Championships

Illinois College

Results

Finals ... (Men 4x400 Meter Relay)

Team	Relay	Finals
6 Grinnell		3:37.23
1) Fuller, Andrew	2) Heagy, Connor	
3) Boev, Ryan	4) Cantor, Micah	
7 Illinois College		3:37.72
1) White, Collin	2) Slater, Tracy	
3) Dettmer, Caden	4) Detmer, Will	
8 Lawrence		3:38.39
1) Benjamin, David	2) Myatt, Connor	
3) Jackson, Marcus	4) Thorson, Bergen	
9 Lake Forest		3:53.98
1) Zimbelman, Ido	2) Tyson, Trentyn	
3) Maret, Joe	4) Khalid, Rayan	

Men 1600 Sprint Medley

Team	Relay	Finals
Finals		
1 Ripon		3:38.16
1) Walker, Dameco	2) Bryant, Max	
3) Manning, Finley	4) Jumbeck, Jacob	
2 Monmouth (Ill.)		3:38.98
1) Curry, Patrick	2) Bernas, Riley	
3) Brock, Alexander	4) Newton, Eli	
3 Cornell College		3:40.33
1) Platre, Niko	2) Greiner, Doniel	
3) Soukup, Gavin	4) Isaacson, Fisher	
4 Grinnell		3:40.94
1) Hiser, Alexander	2) Fadden, Lucas	
3) Fuller, Andrew	4) Cantor, Micah	
5 Lawrence		3:51.01
1) Zook, Tristan	2) Watson, Jaydon	
3) Jackson, Marcus	4) Thorson, Bergen	
6 Beloit		3:53.32
1) DeGeorge, Daniel	2) Otis, Nathaniel	
3) Atou, Alexandre	4) Joly, Brandon	
7 Illinois College		3:57.01
1) Rodriguez, Aaron	2) Little, Kyle	
3) Casseus, Raymond	4) Dettmer, Caden	
8 Lake Forest		3:57.69
1) Forrest, Tucker	2) Khalid, Rayan	
3) Zimbelman, Ido	4) Whitehead, Lionel	
9 Knox		4:03.56
1) Kishi, Brian	2) Dicko, Hadam	
3) Anderson, Jacob	4) La Prad, Noah	

Men Distance Medley

Team	Relay	Finals
Finals		
1 Ripon		10:30.16
1) Seeber, Matt	2) Manning, Finley	
3) Kuwaye, Christian	4) Decleene, Jonah	
2 Cornell College		10:30.17
1) Lutzke, Noah	2) McGuire, Jaxin	
3) Hunt, Gabe	4) Coble, Thomas	

3 Lawrence		10:55.93
1) Myatt, Connor	2) Jackson, Marcus	
3) Thorson, Bergen	4) Wetzel-Meehan, Ray	
4 Monmouth (Ill.)		11:02.79
1) Perry, Eli	2) Bernas, Riley	
3) Bernas, Braden	4) Colter, Neo	
5 Grinnell		11:03.38
1) Williams, Carter	2) Boev, Ryan	
3) Chestovich, Andy	4) Miller, John	
6 Illinois College		11:24.75
1) Hannig, Nick	2) White, Collin	
3) Dettmer, Caden	4) Scherff, Elgin	
7 Lake Forest		12:18.50
1) Whitehead, Lionel	2) Maret, Joe	
3) Camba, Marcelo	4) Cano, Julian	
8 Beloit		13:12.42
1) Schoon, Henry	2) Charles, Diontia	
3) Cortinas, Aiden	4) Muszynski, Max	

Men High Jump

Name	School	Finals
Finals		
1 Fisher, Ben	Ripon	2.03m
2 Ross, William	Illinois Col	1.93m
3 Crawford, Laquanta	Cornell Coll	1.88m
4 Gray, Cade	Ripon	J1.88m
5 Novelle, Jack	Grinnell	J1.88m
6 Charles, Diontia	Beloit	J1.88m
7 Curry, Patrick	Monmouth (II)	1.78m
8 Zook, Tristan	Lawrence	J1.78m
9 Outlaw, Adrian	Monmouth (II)	1.73m
10 Piepkorn, Kit	Knox	1.68m
11 Cowan, Cade	Cornell Coll	1.63m
12 Twardowski, Joey	Monmouth (II)	J1.63m
13 Telschow, Oscar	Ripon	1.58m
--- Keith, Liam	Knox	NH

Men Pole Vault

Name	School	Finals
Finals		
1 Gray, Cade	Ripon	4.90m
2 Schneider, Greyson	Lawrence	4.30m
3 Bona, Reed	Monmouth (II)	4.00m
4 San Diego, Isaac	Ripon	J4.00m
5 Bernas, Riley	Monmouth (II)	3.85m
6 Beyers, Max	Illinois Col	J3.85m
7 Lee, Jackson	Illinois Col	J3.85m
8 Fornari, Luca	Grinnell	J3.85m
9 Haring, Isaac	Ripon	3.70m
--- Phillips, Dorian	Ripon	NH
--- Wilson, Reed	Monmouth (II)	NH
--- O'Sullivan, Nyhan	Lawrence	NH

Midwest Conference Indoor Championships - 2/24/2023 to 2/25/2023

Track & Field Championships

Illinois College

Results

Men Long Jump

Name	School	Finals
Finals		
1 Walker, Dameco	Ripon	7.34m
2 Gray, Cade	Ripon	7.10m
3 Ross, William	Illinois Col	6.91m
4 Fisher, Ben	Ripon	6.86m
5 Ballman, Kendall	Knox	6.60m
6 Benjamin, David	Lawrence	J6.60m
7 Saldanha, John Michael	Grinnell	6.50m
8 Hiser, Alexander	Grinnell	6.43m
9 Gilbert, Aiden	Grinnell	6.38m
10 Bailey, Jonathan	Knox	6.24m
11 Davies, Jacob	Ripon	6.23m
12 York, Johnny	Monmouth (II)	6.05m
13 Anderson, Jacob	Knox	5.83m
14 Charles, Diontia	Beloit	5.81m
15 Jachimiec, Luke	Monmouth (II)	5.71m
16 Soukup, Gavin	Cornell Coll	5.67m
17 Johnson, Seth	Monmouth (II)	5.65m
18 Martin, Ahmasi	Beloit	5.59m
19 Bodine, Owen	Lake Forest	5.54m
20 Crawford, Laquanta	Cornell Coll	5.53m
21 Kishi, Brian	Knox	J5.53m
22 Bhandari, Vanshith	Beloit	5.49m

Men Triple Jump

Name	School	Finals
Finals		
1 Walker, Dameco	Ripon	14.35m
2 Gray, Cade	Ripon	13.84m
3 Fisher, Ben	Ripon	13.46m
4 Ballman, Kendall	Knox	13.35m
5 Benjamin, David	Lawrence	13.13m
6 Greene, Maurice	Monmouth (II)	13.11m
7 Eggert, Will	Lawrence	12.78m
8 Centeno, Darnell	Knox	12.41m
9 Vander Galien, Logan	Ripon	12.40m
10 Vazquez, A.J.	Knox	12.04m
11 Brauman, Braeden	Monmouth (II)	11.88m
12 Saldanha, John Michael	Grinnell	11.81m
13 Jachimiec, Luke	Monmouth (II)	11.31m
14 Cowan, Cade	Cornell Coll	11.30m
--- Dicko, Hadam	Knox	FOUL

Men Shot Put

Name	School	Finals
Finals		
1 Toberman, Caleb	Monmouth (II)	14.16m
2 Orwig, Blake	Monmouth (II)	13.94m
3 Hernandez, Saul	Illinois Col	13.55m
4 Rodgers, Deon	Illinois Col	12.91m
5 Phillips, Sam	Monmouth (II)	12.83m
6 Wilson, Bryant	Illinois Col	12.80m

7 Reyes, Emiliano	Beloit	12.74m
8 Watters, Nathan	Cornell Coll	12.48m
9 Clawson, Ian	Grinnell	12.32m
10 McLaughlin, Sean	Lawrence	12.02m
11 Thomas, Ian	Lawrence	11.65m
12 Reid, Jake	Lake Forest	11.49m
13 Yelkin, Nicholas	Cornell Coll	11.47m
14 Hodge, Melvin	Illinois Col	11.42m
15 Snow, Anthony	Ripon	11.38m
16 Dzolic, Stevan	Knox	10.99m
17 Anderson, Shane	Monmouth (II)	10.97m
18 Bean, Garret	Grinnell	10.69m
19 Corley, Matthew	Cornell Coll	10.62m
20 Blatchley, Jacob	Ripon	10.06m
21 Slatter, Cooper	Beloit	10.02m
22 Dahlborg, Lucas	Knox	9.99m
23 Adams, Najeeb	Beloit	9.42m
24 Bahu, Michael	Cornell Coll	8.77m
25 Chu, Travis	Grinnell	8.47m

Men Weight Throw

Name	School	Finals
Finals		
1 Toberman, Caleb	Monmouth (II)	18.14m
2 Anderson, Shane	Monmouth (II)	16.87m
3 Clawson, Ian	Grinnell	16.60m
4 Reyes, Emiliano	Beloit	16.21m
5 Bean, Garret	Grinnell	15.01m
6 Richter, Theo	Grinnell	14.88m
7 Orwig, Blake	Monmouth (II)	14.40m
8 Moushon, Xander	Illinois Col	14.31m
9 Schnetzler, Jeff	Monmouth (II)	14.29m
10 Rodgers, Deon	Illinois Col	14.11m
11 Yelkin, Nicholas	Cornell Coll	13.63m
12 Bahu, Michael	Cornell Coll	12.96m
13 Hernandez, Saul	Illinois Col	12.90m
14 McLaughlin, Sean	Lawrence	12.74m
15 Snow, Anthony	Ripon	12.45m
16 Corley, Andrew	Cornell Coll	12.11m
17 Corley, Matthew	Cornell Coll	12.04m
18 Dzolic, Stevan	Knox	11.71m
19 Hodge, Melvin	Illinois Col	11.54m
20 Blatchley, Jacob	Ripon	10.72m
21 Adams, Najeeb	Beloit	9.33m
22 Slatter, Cooper	Beloit	7.62m

Women - Team Rankings - 18 Events Scored

1) Ripon	161
2) Monmouth (III.)	115
3) Cornell College	110
4) Grinnell	94
5) Lawrence	76
6) Illinois College	57
7) Beloit	50
8) Knox	30

Midwest Conference Indoor Championships - 2/24/2023 to 2/25/2023

Track & Field Championships

Illinois College

Results

9) Lake Forest	8
----------------	---

Men - Team Rankings - 18 Events Scored

1) Ripon	193
2) Monmouth (Ill.)	120
3) Grinnell	113
4) Knox	72
5) Cornell College	66
6) Illinois College	55
7) Beloit	41
8) Lawrence	37
9) Lake Forest	4