

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Men 100 Meter Dash**NSIC Record: **10.19 R 5/11/2015 Emmanuel Matadi, Minnesota State****10.28 AUTO****10.57 PROV**

Name	Yr	School	Prelims	Wind	H#
Preliminaries					
1 Hoyte, Brendon	SO	U-Mary	10.50 Q	1.8	2
2 Clark, Ezekiel	SO	Minnesota State	10.53 Q	1.5	3
3 Sharma, Nicholas	JR	Minnesota State	10.72 Q	0.1	1
4 Marks, Steven	SO	Minnesota State	10.55 Q	1.8	2
5 Vaval, Trey	FR	Minnesota State	10.62 Q	1.5	3
6 Colome, Armando	SO	Minnesota State	10.92 Q	0.1	1
7 Nti, Prince	JR	Minnesota State	10.68 q	1.5	3
8 David, Tarnue	FR	Concordia-St. Paul	10.69 q	1.5	3
9 Higgs, Shaquiel	SR	Msu Moorhead	10.85	1.8	2
10 Brisbois, Cole	FR	Minnesota Duluth	10.87	1.5	3
11 Chanzu, Jeremiah	FR	Concordia-St. Paul	10.89	1.8	2
12 Gilbert, James	JR	Minnesota State	10.90	1.8	2
13 Unger, Brock	FR	Minnesota State	10.92	1.5	3
14 Bayer, Noah	FR	Northern State	10.93	1.8	2
15 Crayton, Jerome	SO	Msu Moorhead	10.95	1.8	2
16 Donahue, Joe	SO	Sioux Falls	10.95	0.1	1
17 Bender, Nathan	FR	U-Mary	10.98	0.1	1
18 Kletscher, Logan	FR	Msu Moorhead	11.07	1.5	3
19 Segura, Nate	JR	Concordia-St. Paul	11.07	0.1	1
20 Johnson jr., Zhimarlas	SO	Minnesota State	11.10	0.1	1
21 Shaner, Jon	SO	Minnesota State	11.13	0.1	1
22 Daniels, David	SO	Msu Moorhead	11.39	1.8	2
23 Dawkins, Ty	SR	Msu Moorhead	11.77	0.1	1

Men 100 Meter DashNSIC Record: **10.19 R 5/11/2015 Emmanuel Matadi, Minnesota State****10.28 AUTO****10.57 PROV**

Name	Yr	School	Finals	Wind	Points
Finals					
1 Clark, Ezekiel	SO	Minnesota State	10.41	2.3	10
2 Hoyte, Brendon	SO	U-Mary	10.50	2.3	8
3 Sharma, Nicholas	JR	Minnesota State	10.54	2.3	6
4 Marks, Steven	SO	Minnesota State	10.57	2.3	5
5 Nti, Prince	JR	Minnesota State	10.74	2.3	4
6 David, Tarnue	FR	Concordia-St. Paul	10.83	2.3	3
7 Colome, Armando	SO	Minnesota State	11.19	2.3	2

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Men 200 Meter Dash**

NSIC Record: **20.49 R 2013** Jerrell Hancock, Minnesota State
20.74 AUTO
21.32 PROV

Name	Yr	School	Prelims	Wind	H#
Preliminaries					
1 Walker, Rashion	JR	Minnesota State	21.39 Q	0.7	2
2 Taitt-Best, Raheem	FR	U-Mary	21.47 Q	-2.2	1
3 Atubel, Kenry	SR	Minnesota State	21.48 Q	+0.0	3
4 Hoyte, Brendon	SO	U-Mary	21.48 Q	0.7	2
5 Marks, Steven	SO	Minnesota State	21.67 Q	-2.2	1
6 Fischer, Gavin	SO	Augustana (S.D.)	21.84 Q	+0.0	3
7 Paulson, Jorgen	SO	U-Mary	21.67 q	0.7	2
8 Sharma, Nicholas	JR	Minnesota State	21.81 q	0.7	2
9 Nti, Prince	JR	Minnesota State	21.99	0.7	2
10 Clark, Ezekiel	SO	Minnesota State	22.06	+0.0	3
11 Dure, Marvin	SO	Minnesota State	22.09	-2.2	1
12 MacLennan, Elliott	SO	Msu Moorhead	22.10	-2.2	1
13 David, Tarnue	FR	Concordia-St. Paul	22.11	+0.0	3
14 Crayton, Jerome	SO	Msu Moorhead	22.16	+0.0	3
15 Rosengren, Thomas	FR	Minnesota State	22.20	+0.0	3
16 Smith, Tyler	SO	SW Minnesota St.	22.26	0.7	2
17 DeCook, Trent	FR	Augustana (S.D.)	22.32	0.7	2
18 Bade, Kyler	SO	Minnesota State	22.36	0.7	2
19 Bender, Nathan	FR	U-Mary	22.44	-2.2	1
20 Unger, Brock	FR	Minnesota State	22.48	-2.2	1
21 Brisbois, Cole	FR	Minnesota Duluth	22.52	+0.0	3
22 Miley, Josh	JR	Minnesota Duluth	22.60	-2.2	1
23 Donahue, Joe	SO	Sioux Falls	22.73	-2.2	1

Men 200 Meter Dash

NSIC Record: **20.49 R 2013** Jerrell Hancock, Minnesota State
20.74 AUTO
21.32 PROV

Name	Yr	School	Finals	Wind	Points
Finals					
1 Taitt-Best, Raheem	FR	U-Mary	21.05	1.8	10
2 Walker, Rashion	JR	Minnesota State	21.17	1.8	8
3 Marks, Steven	SO	Minnesota State	21.24	1.8	6
4 Hoyte, Brendon	SO	U-Mary	21.24	1.8	5
5 Atubel, Kenry	SR	Minnesota State	21.29	1.8	4
6 Paulson, Jorgen	SO	U-Mary	21.41	1.8	3
7 Sharma, Nicholas	JR	Minnesota State	21.48	1.8	2
8 Fischer, Gavin	SO	Augustana (S.D.)	21.49	1.8	1

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Men 400 Meter Dash**

NSIC Record: 47.24 R 5/11/2000 Erik Hanson, Minnesota Duluth

46.36 AUTO

47.71 PROV

Name	Yr	School	Prelims	H#
Preliminaries				
1 Taitt-Best, Raheem	FR	U-Mary	R 47.15 Q PROV	2
2 Oduong, Ibrahim	JR	Msu Moorhead	47.53 Q PROV	3
3 Hussey, Qai	FR	Minnesota State	47.65 Q PROV	1
4 Pontes Da Veiga, Junior	SO	Minnesota State	47.82 Q	2
5 Dure, Marvin	SO	Minnesota State	48.52 Q	3
6 Martens, Seth	SO	Northern State	48.65 Q	1
7 MacLennan, Elliott	SO	Msu Moorhead	48.84 q	3
8 Bade, Kyler	SO	Minnesota State	48.96 q	1
9 Smith, Tyler	SO	SW Minnesota St.	49.00	1
10 Major, Kendrick	JR	Msu Moorhead	49.19	2
11 Kern, Tommy	SO	Msu Moorhead	49.39	2
12 Rosengren, Thomas	FR	Minnesota State	49.85	2
13 Fischer, Gavin	SO	Augustana (S.D.)	50.20	3
14 Dooyema, Jed	JR	Augustana (S.D.)	50.25	3
15 Loer, Bereket	JR	Minnesota Duluth	50.56	3
16 Croston, Alexander	SO	Minnesota Duluth	50.61	2
17 Rudzitis, Taaron	SO	Concordia-St. Paul	50.77	3
18 Rogers, Ted	JR	Minnesota Duluth	51.00	1
19 Howard, James	FR	Concordia-St. Paul	51.10	1
20 Schoessow, Matthew	JR	Augustana (S.D.)	51.31	2
--- Eberle, Joseph	FR	U-Mary	DQ	1

Men 400 Meter Dash

NSIC Record: 47.24 R 5/11/2000 Erik Hanson, Minnesota Duluth

46.36 AUTO

47.71 PROV

Name	Yr	School	Finals	Points
Finals				
1 Taitt-Best, Raheem	FR	U-Mary	46.94 R PROV	10
2 Hussey, Qai	FR	Minnesota State	47.35 PROV	8
3 Oduong, Ibrahim	JR	Msu Moorhead	47.54 PROV	6
4 Pontes Da Veiga, Junior	SO	Minnesota State	47.93	5
5 Martens, Seth	SO	Northern State	48.19	4
6 Bade, Kyler	SO	Minnesota State	48.44	3
7 MacLennan, Elliott	SO	Msu Moorhead	48.65	2
8 Dure, Marvin	SO	Minnesota State	48.65	1

Men 800 Meter Run

NSIC Record: 1:50.27 R 5/14/2021 Tanner Maier, Minnesota St

1:48.79 AUTO

1:51.87 PROV

Name	Yr	School	Prelims	H#
Preliminaries				
1 Maier, Tanner	JR	Minnesota State	1:54.75 Q	3

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Preliminaries ... (Men 800 Meter Run)**

Name	Yr	School	Prelims	H#
2 Bruer, Braxton	JR	Msu Moorhead	1:54.84 Q	2
3 Gregoire, Jared	FR	Msu Moorhead	1:56.23 Q	1
4 Breuer, Jonah	SR	Augustana (S.D.)	1:55.23 Q	2
5 Faltsek, Emmett	SO	Concordia-St. Paul	1:55.51 Q	3
6 Schmied, Ben	SR	Minnesota State	1:56.44 Q	1
7 Youberg, Finn	SO	Minnesota Duluth	1:55.61 q	3
8 Morrison, Benjamin	SO	Sioux Falls	1:55.99 q	2
9 Peitz, Gabe	JR	Wayne State (Neb.)	1:56.50 q	1
10 Gibbons, Eric	JR	Msu Moorhead	1:56.92	3
11 Matzner, Zachary	JR	Sioux Falls	1:56.93	3
12 Dullum, Lane	FR	Msu Moorhead	1:57.19	1
13 Gruenes, Jordan	JR	Minnesota Duluth	1:57.60	2
14 Speikers, Caden	JR	Minnesota State	1:58.06	1
15 Larsen, Leif	SO	Minnesota State	1:58.21	3
16 Martin, Josh	FR	Northern State	1:58.92	3
17 Gutierrez, Juan	SR	Minot State	1:59.62	2
18 Kvaal, Mikey	JR	Minnesota Duluth	1:59.95	3
19 Amundson, Brennan	JR	Minnesota Duluth	1:59.99	2
20 Collins, Maquanet	JR	Minnesota State	2:00.66	3
21 Schiller, Tanner	FR	U-Mary	2:00.74	1
22 Wyllie, Andrew	SO	Wayne State (Neb.)	2:01.15	3
23 Mundorf, Brandon	JR	Wayne State (Neb.)	2:01.33	2
24 O'Farrell, Colin	FR	Msu Moorhead	2:01.64	1
25 Dickenson, Owen	JR	Minnesota Duluth	2:02.37	2
26 Tuhy, Peyton	FR	Minot State	2:03.14	2
27 Fregoso, Guillermo	JR	U-Mary	2:03.45	2
28 Boyens, Ethan	FR	Augustana (S.D.)	2:06.87	1
29 Helser, Matthew	JR	Concordia-St. Paul	2:10.56	1
--- Patchen-Mills, Joseph	SO	U-Mary	DNF	1

Men 800 Meter RunNSIC Record: **1:50.27 R 5/14/2021 Tanner Maier, Minnesota St****1:48.79 AUTO****1:51.87 PROV**

Name	Yr	School	Finals	Points
Finals				
1 Gregoire, Jared	FR	Msu Moorhead	1:50.11 R PROV	10
2 Bruer, Braxton	JR	Msu Moorhead	1:50.94 PROV	8
3 Maier, Tanner	JR	Minnesota State	1:51.83 PROV	6
4 Schmied, Ben	SR	Minnesota State	1:53.29	5
5 Breuer, Jonah	SR	Augustana (S.D.)	1:53.88	4
6 Morrison, Benjamin	SO	Sioux Falls	1:54.36	3
7 Youberg, Finn	SO	Minnesota Duluth	1:54.53	2
8 Faltsek, Emmett	SO	Concordia-St. Paul	1:55.25	1
9 Peitz, Gabe	JR	Wayne State (Neb.)	1:55.62	

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Men 1500 Meter Run**NSIC Record: **3:50.12 R 5/11/2014 Henrik Hansson, Augustana****3:44.38 AUTO****3:50.68 PROV**

Name	Yr	School	Prelims	H#
Preliminaries				
1 Brand, Colten	JR	Augustana (S.D.)	3:56.82 Q	1
2 Maier, Tanner	JR	Minnesota State	3:57.39 Q	2
3 Helser, Matthew	JR	Concordia-St. Paul	3:56.97 Q	1
4 Martin, Josh	FR	Northern State	3:57.64 Q	2
5 Rivera, Caleb	SO	Sioux Falls	3:57.07 Q	1
6 Gregoire, Jared	FR	Msu Moorhead	3:57.65 Q	2
7 Hanna, Jakob	SR	Sioux Falls	3:57.21 Q	1
8 Schmied, Ben	SR	Minnesota State	3:57.99 Q	2
9 Jensen, Jacob	JR	Minot State	3:57.22 q	1
10 Dreyer, Quentin	FR	Wayne State (Neb.)	3:57.27 q	1
11 Dickenson, Owen	JR	Minnesota Duluth	3:58.16 q	2
12 Merillana, Nicholas	SR	Minot State	3:59.12 q	1
13 Fregoso, Guillermo	JR	U-Mary	4:02.62	2
14 Olofson, Miles	SO	Sioux Falls	4:02.89	1
15 Strom, Dawson	SR	U-Mary	4:03.12	2
16 Otten, Alex	FR	Augustana (S.D.)	4:05.61	2
17 Faltsek, Emmett	SO	Concordia-St. Paul	4:05.81	1
18 Jacobson, Nick	JR	Minnesota Duluth	4:12.12	2

Men 1500 Meter RunNSIC Record: **3:50.12 R 5/11/2014 Henrik Hansson, Augustana****3:44.38 AUTO****3:50.68 PROV**

Name	Yr	School	Finals	Points
Finals				
1 Gregoire, Jared	FR	Msu Moorhead	3:43.63 R AUTO	10
2 Maier, Tanner	JR	Minnesota State	3:46.02 R PROV	8
3 Brand, Colten	JR	Augustana (S.D.)	3:47.45 R PROV	6
4 Hanna, Jakob	SR	Sioux Falls	3:51.36	5
5 Martin, Josh	FR	Northern State	3:52.71	4
6 Rivera, Caleb	SO	Sioux Falls	3:53.20	3
7 Jensen, Jacob	JR	Minot State	3:53.46	2
8 Dreyer, Quentin	FR	Wayne State (Neb.)	3:54.56	1
9 Schmied, Ben	SR	Minnesota State	3:57.91	
10 Dickenson, Owen	JR	Minnesota Duluth	3:59.06	
11 Merillana, Nicholas	SR	Minot State	4:02.37	
12 Helser, Matthew	JR	Concordia-St. Paul	4:06.23	

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Men 5000 Meter Run**NSIC Record: **14:19.51 R 5/15/2021 Nadir Yusuf, MSU-Moorhead****13:55.74 AUTO****14:32.33 PROV**

Name	Yr	School	Finals	Points
Finals				
1 Hartman, Ryan	SO	Augustana (S.D.)	14:29.92 PROV	10
2 Steiger, Matt	SR	Augustana (S.D.)	14:30.37 PROV	8
3 Kaas, Jesse	JR	Augustana (S.D.)	14:32.36	6
4 Brand, Colten	JR	Augustana (S.D.)	14:35.43	5
5 Harrison, Jackson	SR	Northern State	14:41.70	4
6 Strom, Dawson	SR	U-Mary	14:44.56	3
7 Voigt, Aaron	SR	Sioux Falls	14:45.90	2
8 Antony, Austin	JR	Minnesota Duluth	14:48.39	1
9 Dorado, James	FR	Msu Moorhead	14:50.95	
10 Jensen, Jacob	JR	Minot State	14:59.08	
11 Stueven, Adnew	JR	Msu Moorhead	15:02.45	
12 Hanna, Jakob	SR	Sioux Falls	15:02.94	
13 Shumway, Micade	SO	Sioux Falls	15:03.74	
14 VanKempen, Jack	JR	Minnesota Duluth	15:04.04	
15 Larson, Nick	SR	Augustana (S.D.)	15:06.31	
16 Rivera, Caleb	SO	Sioux Falls	15:17.12	
17 Street, Daniel	SO	Augustana (S.D.)	15:17.59	
18 Ecker, David	SR	Sioux Falls	15:23.94	
19 Haberman, Ben	SO	Augustana (S.D.)	15:28.41	
20 Fink, Isaac	SO	Augustana (S.D.)	15:29.72	
21 Groen, Kadin	FR	Augustana (S.D.)	15:38.03	
22 Krummel, Matthew	SO	Concordia-St. Paul	15:38.58	
23 Fregoso, Guillermo	JR	U-Mary	15:41.95	
24 Otten, Alex	FR	Augustana (S.D.)	15:42.29	
25 Blischke, Ethan	FR	Concordia-St. Paul	15:45.80	
26 Hardcastle, Charles	FR	Minot State	15:46.94	
27 Fitzgerald, Parker	FR	Augustana (S.D.)	15:48.11	
28 Jasmin, Camden	SO	Minot State	15:48.31	
29 Schmanski, Nikolai	JR	Minnesota State	15:57.68	
--- Bohm, Adam	SO	Minnesota State	DNF	
--- Erickson, Owen	SO	Concordia-St. Paul	DNF	

Men 10000 Meter RunNSIC Record: **29:53.73 R 5/14/2021 Nadir Yusuf, MSU-Moorhead****29:16.79 AUTO****30:47.12 PROV**

Name	Yr	School	Finals	Points
Finals				
1 Steiger, Matt	SR	Augustana (S.D.)	30:55.75	10
2 Kaas, Jesse	JR	Augustana (S.D.)	31:30.17	8
3 Harrison, Jackson	SR	Northern State	31:42.73	6
4 Kiptoo, Titus	JR	Wayne State (Neb.)	31:44.57	5
5 Dorado, James	FR	Msu Moorhead	31:55.87	4
6 Antony, Austin	JR	Minnesota Duluth	32:06.35	3

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Men 10000 Meter Run)**

Name	Yr	School	Finals	Points
7 Shumway, Micade	SO	Sioux Falls	32:08.14	2
8 Strom, Dawson	SR	U-Mary	33:00.57	1
9 Brault, Joel	FR	Msu Moorhead	33:57.07	
10 Schroeder, Abe	JR	Wayne State (Neb.)	34:26.49	
11 Lee, Tyler	FR	Minnesota State	34:44.00	
12 Schmanski, Nikolai	JR	Minnesota State	34:57.90	
13 Bonilla, Grayson	SO	Minot State	36:17.80	
--- Erickson, Owen	SO	Concordia-St. Paul	DNF	

Men 110 Meter Hurdles

NSIC Record: **13.80 R 2015** Myles Hunter, Minnesota State
13.90 AUTO
14.51 PROV

Name	Yr	School	Prelims	Wind	H#
Preliminaries					
1 Martens, Andrew	SO	Augustana (S.D.)	14.03 Q	1.1	2
2 Pierre, Renald	JR	Minnesota State	14.35 Q	1.3	1
3 Christiansen, Abel	SR	Minnesota State	14.42 Q	1.3	1
4 Adams, Justus	SR	Minnesota State	14.51 Q	1.1	2
5 Trujillo- Aragon, Nathan	SO	Minot State	14.96 q	1.3	1
6 Wattier, Keaton	FR	Wayne State (Neb.)	15.05 q	1.1	2
7 Matehs, Joel	SO	Northern State	15.07 q	1.3	1
8 Higgs, Shaquiel	SR	Msu Moorhead	15.30 q	1.1	2
9 Blomberg, Sam	FR	Minnesota Duluth	15.39	1.3	1
10 Petersohn, Owen	FR	Minnesota State	15.47	1.3	1
11 Monk, Aaron	FR	Sioux Falls	15.56	1.3	1
12 Dingsor, Collin	FR	Sioux Falls	15.72	1.1	2
13 Swenson, Chance	FR	Minnesota State	15.80	1.1	2
14 Sellin, Tyler	SO	Augustana (S.D.)	15.92	1.1	2
15 Meyer, Gunner	FR	Upper Iowa	16.21	1.1	2
--- Bohms-Buechler, Jaden	SO	Northern State	DO	1.3	1

Men 110 Meter Hurdles

NSIC Record: **13.80 R 2015** Myles Hunter, Minnesota State
13.90 AUTO
14.51 PROV

Name	Yr	School	Finals	Wind	Points
Finals					
1 Pierre, Renald	JR	Minnesota State	14.29	1.6	10
2 Christiansen, Abel	SR	Minnesota State	14.37	1.6	8
3 Wattier, Keaton	FR	Wayne State (Neb.)	14.75	1.6	6
4 Matehs, Joel	SO	Northern State	14.82	1.6	5
5 Adams, Justus	SR	Minnesota State	14.83	1.6	4
6 Martens, Andrew	SO	Augustana (S.D.)	14.85	1.6	3
7 Trujillo- Aragon, Nathan	SO	Minot State	14.94	1.6	2
8 Higgs, Shaquiel	SR	Msu Moorhead	15.40	1.6	1

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Men 400 Meter Hurdles**NSIC Record: **51.91 R 5/13/2018** Sydne Davis, Minnesota State**51.34 AUTO****53.34 PROV**

Name	Yr	School	Prelims	H#
Preliminaries				
1 Trujillo- Aragon, Nathan	SO	Minot State	55.03 Q	1
2 Schmitt, Max	SO	SW Minnesota St.	55.47 Q	2
3 Revere, Jeremiah	JR	Minnesota State	55.95 Q	3
4 Howell, Akil	SO	U-Mary	55.27 Q	1
5 Martens, Andrew	SO	Augustana (S.D.)	55.98 Q	3
6 Christiansen, Abel	SR	Minnesota State	56.37 Q	2
7 Petersohn, Owen	FR	Minnesota State	55.49 q	1
8 Swenson, Chance	FR	Minnesota State	56.26 q	3
9 Matehs, Joel	SO	Northern State	56.69	1
10 Sellin, Tyler	SO	Augustana (S.D.)	57.13	3
11 Decker, Denver	JR	Sioux Falls	57.99	2
12 Dingsor, Collin	FR	Sioux Falls	58.40	1
13 Raverty, Jack	FR	Minnesota State	58.69	3
14 Johnson, Colter	FR	Augustana (S.D.)	1:00.38	2
15 Crayton, Marcus	FR	Msu Moorhead	1:00.57	3
16 Blomberg, Sam	FR	Minnesota Duluth	1:00.87	2
17 Lujan, Jesse	FR	U-Mary	1:01.05	3
18 Kandolo, Junior	JR	SW Minnesota St.	1:02.38	2
--- Lear, Nathan	SO	SW Minnesota St.	DQ	1

Men 400 Meter HurdlesNSIC Record: **51.91 R 5/13/2018** Sydne Davis, Minnesota State**51.34 AUTO****53.34 PROV**

Name	Yr	School	Finals	Points
Finals				
1 Trujillo- Aragon, Nathan	SO	Minot State	54.23	10
2 Schmitt, Max	SO	SW Minnesota St.	54.34	8
3 Petersohn, Owen	FR	Minnesota State	54.87	6
4 Howell, Akil	SO	U-Mary	54.96	5
5 Revere, Jeremiah	JR	Minnesota State	55.27	4
6 Swenson, Chance	FR	Minnesota State	56.18	3
7 Christiansen, Abel	SR	Minnesota State	56.22	2

Men 3000 Meter SteeplechaseNSIC Record: **8:57.74 R 5/11/2019** Austin Pasch, Minnesota St**8:51.96 AUTO****9:13.76 PROV**

Name	Yr	School	Finals	H#	Points	
Finals						
1 Ecker, David	SR	Sioux Falls	9:10.42	PROV	2	10
2 Hartman, Ryan	SO	Augustana (S.D.)	9:17.81		1	8
3 Stueven, Adnew	JR	Msu Moorhead	9:20.85		2	6
4 VanKempen, Jack	JR	Minnesota Duluth	9:22.11		2	5

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Men 3000 Meter Steeplechase)**

Name	Yr	School	Finals	H#	Points
5 Voigt, Aaron	SR	Sioux Falls	9:26.42	2	4
6 Larson, Nick	SR	Augustana (S.D.)	9:28.68	2	3
7 Selman, Lucas	JR	Minnesota Duluth	9:29.33	2	2
8 Hardcastle, Charles	FR	Minot State	9:33.65	2	1
9 Krummel, Matthew	SO	Concordia-St. Paul	9:36.31	2	
10 Haberman, Ben	SO	Augustana (S.D.)	9:37.71	2	
11 Burkhalter, Jonathan	SO	Northern State	9:48.91	2	
12 Fink, Isaac	SO	Augustana (S.D.)	9:50.73	2	
13 O'Farrell, Colin	FR	Msu Moorhead	9:51.14	2	
14 Jasmin, Camden	SO	Minot State	9:54.38	2	
15 Bullion, Kade	SO	Sioux Falls	9:55.33	1	
16 Owen, Carter	JR	Minnesota State	9:56.16	2	
17 Blischke, Ethan	FR	Concordia-St. Paul	9:58.65	1	
18 Miller, Brian	SO	U-Mary	10:01.63	1	
19 Tegethoff, Caden	JR	Augustana (S.D.)	10:01.91	1	
20 Jones, Owen	SO	U-Mary	10:06.57	1	
21 Bohm, Adam	SO	Minnesota State	10:07.44	2	
22 Dold, Isaac	SO	Sioux Falls	10:09.09	1	
23 Hahn, Parker	FR	Sioux Falls	10:15.98	1	
24 Mitzel, Brandon	SO	Wayne State (Neb.)	10:19.35	1	
25 Angerhofer, Jacob	FR	Northern State	10:34.75	1	
26 Brandt, Nathaniel	FR	Minnesota Duluth	11:03.57	1	
27 Todd, Matthew	FR	Minot State	11:48.42	1	

Men 4x100 Meter RelayNSIC Record: **40.63 R 1998****Minnesota Duluth, Minnesota Duluth****E Hanson, E Farnum, J Nerison, J Hanson****40.26 AUTO****41.06 PROV**

Team	Relay	Finals	H#	Points
Finals				
1 U-Mary	A	41.13	2	10
1) Hoyte, Brendon SO	2) Paulson, Jorgen SO	3) Howell, Akil SO	4) Bender, Nathan FR	
2 Msu Moorhead	A	41.79	2	8
1) Higgs, Shaquiel SR	2) Crayton, Jerome SO	3) Kern, Tommy SO	4) MacLennan, Elliott SO	
3 Northern State	A	41.88	2	6
1) Bayer, Noah FR	2) Matehs, Joel SO	3) Olson, Isaac JR	4) Martens, Seth SO	
4 Augustana (S.D.)	A	42.34	2	5
1) Clayton, Connor SR	2) Martens, Andrew SO	3) DeCook, Trent FR	4) Fischer, Gavin SO	
5 Minnesota Duluth	A	42.59	2	4
1) Miley, Josh JR	2) Westphal, Nicholas SO	3) Brisbois, Cole FR	4) Nelson, Bennett FR	
6 Concordia-St. Paul	A	42.62	2	3
1) David, Tarnue FR	2) Howard, James FR	3) Klocow, Jackson SO	4) Segura, Nate JR	
7 Wayne State (Neb.)	A	43.05	1	2
1) McCart, Caid FR	2) Nissen, Wyatt SO	3) Rudie, Mitchell FR	4) Williams, Debonaire JR	
8 SW Minnesota St.	A	43.21	1	1
1) Smith, Tyler SO	2) Schmitt, Max SO	3) Lear, Nathan SO	4) Grannes, Luke SO	
9 Upper Iowa	A	43.76	1	
1) Meyer, Gunner FR	2) Kruse, Jarrett JR	3) Klemme, Ethan FR	4) Hobson, Jaylen SR	

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Men 4x100 Meter Relay)**

Team	Relay	Finals	H#	Points
10 Minnesota State	A	44.91	2	
1) Vaval, Trey FR	2) Nti, Prince JR	3) Sharma, Nicholas JR	4) Clark, Ezekiel SO	
--- Sioux Falls	A	FS	1	
1) Blackwell, Xavier JR	2) Monk, Aaron FR	3) Dingsor, Collin FR	4) Donahue, Joe SO	

Men 4x400 Meter RelayNSIC Record: **3:13.09 R 2017****Minnesota State, Minnesota State****J Schuster, J Suber, I Pitchford, M Dennis****3:08.52 AUTO****3:13.73 PROV**

Team	Relay	Finals	H#	Points
Finals				
1 Minnesota State	A	3:11.82 R PROV	2	10
1) Pontes Da Veiga, Junior SO	2) Hussey, Qai FR	3) Atubel, Kenry SR	4) Bade, Kyler SO	
2 Msu Moorhead	A	3:12.07 R PROV	2	8
1) MacLennan, Elliott SO	2) Major, Kendrick JR	3) Kern, Tommy SO	4) Oduong, Ibrahim JR	
3 U-Mary	A	3:15.43	2	6
1) Howell, Akil SO	2) Eberle, Joseph FR	3) Hoyte, Brendon SO	4) Taitt-Best, Raheem FR	
4 Augustana (S.D.)	A	3:17.15	2	5
1) Johnson, Colter FR	2) Fischer, Gavin SO	3) Boyens, Ethan FR	4) Dooyema, Jed JR	
5 Minnesota Duluth	A	3:20.68	2	4
1) Croston, Alexander SO	2) Loer, Bereket JR	3) Rogers, Ted JR	4) Nelson, Bennett FR	
6 Wayne State (Neb.)	A	3:23.24	1	3
1) Rudie, Mitchell FR	2) Madsen, Austin FR	3) Leuenberger, Alex FR	4) Peitz, Gabe JR	
7 Northern State	A	3:23.40	2	2
1) Domier, Chase SO	2) Matehs, Joel SO	3) Moller, Carter FR	4) Martens, Seth SO	
8 Concordia-St. Paul	A	3:23.77	2	1
1) Howard, James FR	2) David, Tarnue FR	3) Peterson, Payton JR	4) Rudzitis, Taaron SO	
9 Minot State	A	3:25.40	1	
1) Nino, Damian SO	2) Short Bull, Francis JR	3) Gutierrez, Juan SR	4) Brown, Jaylan SO	
10 Sioux Falls	A	3:25.79	1	
1) Decker, Denver JR	2) Dingsor, Collin FR	3) Morrison, Benjamin SO	4) Matzner, Zachary JR	
11 Upper Iowa	A	3:37.45	1	
1) Klemme, Ethan FR	2) Baker, Bryce JR	3) Halverson, Peyton FR	4) Goranson, Nathan JR	

Men High JumpNSIC Record: **2.13m R 1988****Brian Rabenberg, MSU Moorhead****2.14m AUTO****2.05m PROV**

Name	Yr	School	Finals	Points
Finals				
1 Kneifl, Dylan	JR	Wayne State (Neb.)	2.02m 6-07.50	10
2 Johnson, Jaden	FR	Minnesota Duluth	1.97m 6-05.50	8
3 Kemp, Shyrone	SR	Msu Moorhead	1.97m 6-05.50	6
4 Ziebarth, Jacob	SO	Minnesota State	1.97m 6-05.50	5
5 Oberleitner, Luke	SO	Minnesota Duluth	1.92m 6-03.50	4
6 Barnes, Logan	FR	U-Mary	1.92m 6-03.50	3
7 Klemme, Ethan	FR	Upper Iowa	1.87m 6-01.50	2
8 Cowles, Caleb	SR	Minnesota State	1.87m 6-01.50	1
9 Moller, Carter	FR	Northern State	1.82m 5-11.50	
10 Vande Kieft, Max	FR	Northern State	1.77m 5-09.75	

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Men High Jump)**

	Name	Yr	School	Finals	Points
10	Johnson, Braden	SO	Wayne State (Neb.)	1.77m 5-09.75	
10	Borcher, Vance	FR	Northern State	1.77m 5-09.75	
---	Buendorf, Aiden	SO	Minnesota State	NH	
---	Peters, Jory	FR	Minnesota State	SCR	

Men Pole Vault

NSIC Record: 5.17m R 5/11/2016 Scott Greenman, Sioux Falls
 5.21m AUTO
 4.81m PROV

	Name	Yr	School	Finals	Points
Finals					
1	Dittel, Carson	JR	Minnesota State	5.37m R 17-07.25AUTO	10
2	Tremelling, Sam	SO	Northern State	4.85m 15-11.00PROV	8
3	Berg, Alex	JR	Minnesota State	4.70m 15-05.00	6
4	Ford, Noah	FR	Northern State	4.55m 14-11.00	5
5	Hansen, Jed	SO	Minnesota State	4.40m 14-05.25	4
6	Frank, Austin	FR	Minnesota State	4.40m 14-05.25	3
7	Olson, Samuel	SO	Sioux Falls	4.25m 13-11.25	2
8	Grannes, Luke	SO	SW Minnesota St.	3.95m 12-11.50	.50
8	Bastian, Baden	FR	Minnesota Duluth	3.95m 12-11.50	.50
---	Cole, Nicholas	SO	Sioux Falls	NH	
---	McQueen, Jarrett	FR	Wayne State (Neb.)	NH	
---	Minnaert, Ean	FR	Sioux Falls	NH	
---	Radtke, Eli	FR	Northern State	NH	
---	Alam, Basheer	JR	Concordia-St. Paul	NH	
---	Kucera, Kyle	SR	Minnesota Duluth	NH	
---	Byer, Daniel	FR	SW Minnesota St.	NH	
---	Imus, Rico	SO	Northern State	NH	

Men Long Jump

NSIC Record: 7.91m R 5/11/2018 Brian Huber, MSU Moorhead
 7.68m AUTO
 7.26m PROV

	Name	Yr	School	Finals	Wind	H#	Points
Finals							
1	Gilbert, James	JR	Minnesota State	7.51m 24-07.75	+0.0	2	10
2	Kemp, Shyrone	SR	Msu Moorhead	7.33m 24-00.75	1.0	2	8
3	Moeller, Logan	SO	Wayne State (Neb.)	7.25m 23-09.50	1.6	2	6
4	Lee, Mason	FR	Wayne State (Neb.)	7.09m 23-03.25	1.9	2	5
5	Heald, Slade	SO	Minnesota State	7.06m 23-02.00	+0.0	2	4
6	Paulson, Jorgen	SO	U-Mary	7.06m 23-02.00	+0.0	2	3
7	Jernigan, Naishaun	JR	Minnesota State	6.80m 22-03.75	+0.0	2	2
8	Sikel, Jonathan	SO	Augustana (S.D.)	6.78m 22-03.00	+0.0	1	1
9	Kandolo, Junior	JR	SW Minnesota St.	6.63m 21-09.00	+0.0	2	
10	Carey, Ted	FR	Concordia-St. Paul	6.56m 21-06.25	+0.0	2	
11	Hobson, Jaylen	SR	Upper Iowa	6.55m 21-06.00	0.3	1	
12	Combs, Camden	FR	Minnesota State	6.53m 21-05.25	+0.0	2	
13	Rogers, Cody	JR	Wayne State (Neb.)	6.45m 21-02.00	+0.0	1	
14	Heydt, Will	FR	Minnesota Duluth	6.44m 21-01.50	0.1	1	

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Men Long Jump)**

Name	Yr	School	Finals	Wind	H#	Points
15 Daniels, David	SO	Msu Moorhead	6.43m 21-01.25	+0.0	1	
16 Wentz, Logan	FR	U-Mary	6.43m 21-01.25	0.8	1	
17 Johnson, Braden	SO	Wayne State (Neb.)	6.43m 21-01.25	+0.0	2	
18 Borchert, Vance	FR	Northern State	6.38m 20-11.25	1.5	1	
19 Shannon, Reece	SR	Minnesota State	6.36m 20-10.50	+0.0	1	
20 Mangwiro, Takudzwa	JR	Minnesota State	6.27m 20-07.00	-0.6	1	
21 Oberleitner, Luke	SO	Minnesota Duluth	6.25m 20-06.25	+0.0	1	
22 Lear, Nathan	SO	SW Minnesota St.	6.10m 20-00.25	+0.0	1	

Men Triple Jump

NSIC Record: **15.95m R 2017** Michael Sandle, Minnesota State
15.67m AUTO
14.69m PROV

Name	Yr	School	Finals	Wind	Points
Finals					
1 Ukaobasi, Onyekachi	JR	Minnesota State	14.96m 49-01.00	+0.0	10
2 Kemp, Shyrone	SR	Msu Moorhead	14.91m 48-11.00	+0.0	8
3 Heydt, Will	FR	Minnesota Duluth	14.34m 47-00.75	+0.0	6
4 Clayton, Connor	SR	Augustana (S.D.)	14.19m 46-06.75	+0.0	5
5 Moeller, Logan	SO	Wayne State (Neb.)	14.11m 46-03.50	+0.0	4
6 Hobson, Jaylen	SR	Upper Iowa	13.78m 45-02.50	0.2	3
7 Combs, Camden	FR	Minnesota State	13.63m 44-08.75	1.3	2
8 Rogers, Cody	JR	Wayne State (Neb.)	13.36m 43-10.00	1.6	1
9 Wentz, Logan	FR	U-Mary	13.16m 43-02.25	+0.0	
10 Carey, Ted	FR	Concordia-St. Paul	12.93m 42-05.25	+0.0	
11 Vande Kieft, Max	FR	Northern State	12.91m 42-04.25	0.5	
12 Nelson, Bennett	FR	Minnesota Duluth	12.70m 41-08.00	0.1	
--- Borom, Anthony	FR	Minnesota State	FOUL		

Men Shot Put

NSIC Record: **18.98m R 2013** Chris Reed, Minnesota State
18.42m AUTO
16.34m PROV

Name	Yr	School	Finals	H#	Points
Finals					
1 Hiatt, Tyler	SO	Sioux Falls	17.27m 56-08.00PROV	3	10
2 Snyder, Chase	FR	Minot State	16.10m 52-10.00	3	8
3 Wieser, Ben	FR	Minnesota State	16.04m 52-07.50	3	6
4 Weston, Jackson	FR	Minnesota Duluth	15.50m 50-10.25	3	5
5 Bicek, Eli	JR	Minnesota Duluth	15.28m 50-01.75	2	4
6 Elge, Daniel	SO	Wayne State (Neb.)	15.23m 49-11.75	3	3
7 Kostynick, Colton	JR	Minnesota Duluth	15.23m 49-11.75	3	2
8 Nebelung, Tyler	SO	SW Minnesota St.	15.16m 49-09.00	2	1
9 Mallory, Daylin	FR	Wayne State (Neb.)	15.14m 49-08.25	3	
10 Nolan, Jordan	JR	Msu Moorhead	14.77m 48-05.50	2	
11 Haugen, Trey	SO	U-Mary	14.64m 48-00.50	2	
12 Peed, Drake	FR	Wayne State (Neb.)	14.56m 47-09.25	3	
13 Olson, Nick	JR	Northern State	14.50m 47-07.00	2	
14 Davito, Dawson	JR	Sioux Falls	14.28m 46-10.25	1	

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Men Shot Put)**

	Name	Yr	School	Finals		H#	Points
15	Kucera, Tommy	JR	Minnesota State	14.20m	46-07.25	3	
16	Picazo, CJ	JR	Concordia-St. Paul	14.19m	46-06.75	2	
17	Wolkow, Jaymeson	SR	Sioux Falls	14.04m	46-00.75	2	
18	Anvid, Deekon	SO	SW Minnesota St.	13.87m	45-06.25	1	
19	Swedzinski, Carl	JR	SW Minnesota St.	13.85m	45-05.25	1	
20	Moore, Sam	JR	Minnesota State	13.44m	44-01.25	3	
21	Barnett, Ethan	SO	Northern State	13.24m	43-05.25	1	
22	Egger, Cody	FR	Sioux Falls	12.94m	42-05.50	1	
23	Kostynick, Connor	FR	Minnesota Duluth	12.71m	41-08.50	1	
24	Spoehr, Thomas	JR	Minnesota State	12.26m	40-02.75	1	
25	Altman, Alex	FR	Wayne State (Neb.)	11.16m	36-07.50	1	
---	Peitz, Jake	FR	Wayne State (Neb.)	FOUL		2	
---	Olesen, Joshua	FR	Wayne State (Neb.)	FOUL		1	
---	Reese, Dallas	FR	Minot State	FOUL		2	

Men Discus ThrowNSIC Record: **56.26m R 5/15/2021 Marcus Gustaveson, Concordia-St****56.37m AUTO****49.97m PROV**

	Name	Yr	School	Finals		H#	Points
Finals							
1	Kostynick, Colton	JR	Minnesota Duluth	50.81m	166-08PROV	3	10
2	Hiatt, Tyler	SO	Sioux Falls	50.66m	166-02PROV	3	8
3	Aguilera, Carter	JR	Minnesota State	49.65m	162-11	3	6
4	Anvid, Deekon	SO	SW Minnesota St.	47.74m	156-07	3	5
5	Otto, Dan	FR	Concordia-St. Paul	46.47m	152-05	3	4
6	Picazo, CJ	JR	Concordia-St. Paul	46.25m	151-09	3	3
7	Oie, Ben	SR	Msu Moorhead	44.73m	146-09	2	2
8	Bicek, Eli	JR	Minnesota Duluth	44.25m	145-02	2	1
9	Weston, Jackson	FR	Minnesota Duluth	43.76m	143-07	2	
10	Mundfrom, Eben	SR	Concordia-St. Paul	43.72m	143-05	3	
11	Mallory, Daylin	FR	Wayne State (Neb.)	43.32m	142-01	3	
12	Matthews, Brennen	FR	Upper Iowa	43.11m	141-05	1	
13	Nolan, Jordan	JR	Msu Moorhead	42.96m	140-11	3	
14	Barnett, Ethan	SO	Northern State	42.91m	140-09	2	
15	Snyder, Chase	FR	Minot State	42.84m	140-07	3	
16	Rex, Marek	SO	Sioux Falls	42.26m	138-08	1	
17	Peed, Drake	FR	Wayne State (Neb.)	42.25m	138-07	2	
18	Wilson, Tyler	FR	SW Minnesota St.	41.94m	137-07	2	
19	Ingalls, Matthew	FR	U-Mary	41.83m	137-03	1	
20	Pettis, Keyshawn	FR	Concordia-St. Paul	41.78m	137-01	1	
21	Nebelung, Tyler	SO	SW Minnesota St.	41.44m	135-11	2	
22	Wieser, Ben	FR	Minnesota State	40.85m	134-00	1	
23	Fritsch, Grant	SR	Wayne State (Neb.)	40.81m	133-11	2	
24	Wolkow, Jaymeson	SR	Sioux Falls	40.50m	132-10	2	
25	Haugen, Trey	SO	U-Mary	40.26m	132-01	1	
26	Olson, Nick	JR	Northern State	40.14m	131-08	2	
27	Moore, Sam	JR	Minnesota State	39.24m	128-09	3	
28	Kostynick, Connor	FR	Minnesota Duluth	38.43m	126-01	1	

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Men Discus Throw)**

Name	Yr	School	Finals		H#	Points
29 Feist, Cullen	JR	Concordia-St. Paul	38.41m	126-00	1	
30 Hausmann, Carson	SR	Sioux Falls	38.32m	125-09	1	
31 Egger, Cody	FR	Sioux Falls	36.74m	120-06	2	
32 Logue, Matthew	FR	Wayne State (Neb.)	33.83m	111-00	1	

Men Hammer Throw

NSIC Record: **65.81m R 2014** Chris Reed, Minnesota State
65.89m AUTO
55.59m PROV

Name	Yr	School	Finals		H#	Points
Finals						
1 Mundfrom, Eben	SR	Concordia-St. Paul	58.80m	192-11PROV	3	10
2 Hiatt, Tyler	SO	Sioux Falls	53.31m	174-11	3	8
3 Bicek, Eli	JR	Minnesota Duluth	53.30m	174-10	3	6
4 Wolkow, Jaymeson	SR	Sioux Falls	52.49m	172-02	3	5
5 Peitz, Jake	FR	Wayne State (Neb.)	51.73m	169-09	3	4
6 Olson, Nick	JR	Northern State	50.79m	166-08	3	3
7 Kucera, Tommy	JR	Minnesota State	50.19m	164-08	3	2
8 Fritsch, Grant	SR	Wayne State (Neb.)	49.74m	163-02	3	1
9 Swedzinski, Carl	JR	SW Minnesota St.	49.74m	163-02	2	
10 Oie, Ben	SR	Msu Moorhead	48.78m	160-00	2	
11 Aguilera, Carter	JR	Minnesota State	48.48m	159-01	3	
12 Shaner, Zachary	SO	Minnesota State	48.18m	158-01	2	
13 Rex, Marek	SO	Sioux Falls	47.60m	156-02	2	
14 Sindelar, Wyatt	SO	Wayne State (Neb.)	47.36m	155-04	3	
15 Spoehr, Thomas	JR	Minnesota State	46.60m	152-11	2	
16 Weston, Jackson	FR	Minnesota Duluth	45.35m	148-09	2	
17 Pettis, Keyshawn	FR	Concordia-St. Paul	44.96m	147-06	1	
18 Davito, Dawson	JR	Sioux Falls	44.87m	147-02	1	
19 Wieser, Ben	FR	Minnesota State	44.21m	145-00	1	
20 Logue, Matthew	FR	Wayne State (Neb.)	42.86m	140-07	2	
21 Kostynick, Colton	JR	Minnesota Duluth	42.69m	140-01	2	
22 Kostynick, Connor	FR	Minnesota Duluth	42.61m	139-09	1	
23 Sechen, Darius	FR	Msu Moorhead	42.41m	139-02	1	
24 Altman, Alex	FR	Wayne State (Neb.)	42.35m	138-11	1	
25 Otto, Dan	FR	Concordia-St. Paul	41.41m	135-10	2	
26 Olesen, Joshua	FR	Wayne State (Neb.)	40.01m	131-03	2	
27 Krummen, Carter	FR	Concordia-St. Paul	39.64m	130-01	1	
28 Nebelung, Tyler	SO	SW Minnesota St.	39.58m	129-10	2	
29 Wilson, Tyler	FR	SW Minnesota St.	38.87m	127-06	1	
30 Ingalls, Matthew	FR	U-Mary	33.51m	109-11	1	
--- Elge, Daniel	SO	Wayne State (Neb.)	FOUL		3	
--- Haugen, Trey	SO	U-Mary	FOUL		1	

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Men Javelin Throw**NSIC Record: **65.86m R 5/11/1992 Jim Anderson, MSU Moorhead****69.57m AUTO****58.75m PROV**

	Name	Yr	School	Finals		H#	Points
Finals							
1	Nelson, Leif	JR	Minot State	60.39m	198-01PROV	2	10
2	Braunstein, Jakob	FR	Minot State	56.75m	186-02	2	8
3	Deinhart, Vaughn	FR	U-Mary	55.95m	183-07	2	6
4	Decker, Denver	JR	Sioux Falls	47.94m	157-03	2	5
5	Feist, Cullen	JR	Concordia-St. Paul	47.63m	156-03	2	4
6	Westphal, Nicholas	SO	Minnesota Duluth	45.89m	150-07	1	3
7	Kovash, Dillan	SR	U-Mary	45.72m	150-00	2	2
8	Brandt, Alex	SO	Wayne State (Neb.)	44.69m	146-07	2	1
9	Borcher, Vance	FR	Northern State	43.55m	142-10	1	
10	Rex, Marek	SO	Sioux Falls	42.55m	139-07	1	
11	Lear, Nathan	SO	SW Minnesota St.	42.41m	139-02	2	
12	Stevenson, Malakhi	FR	U-Mary	42.01m	137-10	2	
13	Rohrbach, Brady	FR	Northern State	41.75m	137-00	2	
14	Nichols, Cooper	FR	Minnesota Duluth	40.64m	133-04	1	
15	Bartholmy, Brian	FR	U-Mary	40.60m	133-02	1	
16	Juengst, Sean	SO	Northern State	40.00m	131-03	1	
17	Egger, Cody	FR	Sioux Falls	39.25m	128-09	1	
18	Hausmann, Carson	SR	Sioux Falls	38.83m	127-05	1	
19	Kostynick, Connor	FR	Minnesota Duluth	37.69m	123-08	1	
20	Wilson, Tyler	FR	SW Minnesota St.	35.02m	114-11	1	
21	Stewart, Braxton	FR	Minnesota State	34.52m	113-03	2	

Decathlon: #1 Men 100 Meter Dash Decathlon

	Name	Yr	School	Finals	Wind	H#	Points
Finals							
1	Williams, Debonaire	JR	Wayne State (Neb.)	11.23	2.1	2	810
2	Larson, Colby	SO	Msu Moorhead	11.28	2.1	2	799
3	Stewart, Braxton	FR	Minnesota State	11.37	2.1	2	780
4	Radtke, Eli	FR	Northern State	11.40	2.1	2	774
5	Ligon, Isaac	FR	Northern State	11.53	2.2	1	746
6	Selle, Kaden	FR	U-Mary	11.53	2.1	2	746
7	Kucera, Kyle	SR	Minnesota Duluth	11.69	2.2	1	713
8	Erick, Calder	SO	Concordia-St. Paul	11.80	2.1	2	691
9	McQueen, Jarrett	FR	Wayne State (Neb.)	11.82	2.2	1	687
10	Enders, Peyton	JR	Concordia-St. Paul	11.88	2.2	1	675
11	Stevenson, Malakhi	FR	U-Mary	11.99	2.2	1	653
12	Juengst, Sean	SO	Northern State	12.04	2.2	1	643

Decathlon: #5 Men 400 Meter Dash Decathlon

	Name	Yr	School	Finals	H#	Points
Finals						
1	Selle, Kaden	FR	U-Mary	52.59	2	699
2	Stewart, Braxton	FR	Minnesota State	52.62	2	698
3	Williams, Debonaire	JR	Wayne State (Neb.)	53.04	2	680

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Decathlon: #5 Men 400 Meter Dash Decathlon)**

	Name	Yr	School	Finals	H#	Points
4	Juengst, Sean	SO	Northern State	53.59	2	657
5	Stevenson, Malakhi	FR	U-Mary	53.60	1	656
6	Radtke, Eli	FR	Northern State	54.05	1	638
7	Kucera, Kyle	SR	Minnesota Duluth	54.46	2	621
8	Enders, Peyton	JR	Concordia-St. Paul	54.80	1	607
9	McQueen, Jarrett	FR	Wayne State (Neb.)	54.95	1	601
10	Larson, Colby	SO	Msu Moorhead	55.35	1	585

Decathlon: #10 Men 1500 Meter Dash Decathlon

	Name	Yr	School	Finals	Points
Finals					
1	Enders, Peyton	JR	Concordia-St. Paul	4:38.97	687
2	Stevenson, Malakhi	FR	U-Mary	4:54.08	594
3	Juengst, Sean	SO	Northern State	4:55.79	584
4	McQueen, Jarrett	FR	Wayne State (Neb.)	4:56.04	583
5	Williams, Debonaire	JR	Wayne State (Neb.)	4:56.05	583
6	Larson, Colby	SO	Msu Moorhead	4:56.09	582
7	Stewart, Braxton	FR	Minnesota State	4:56.23	582
8	Selle, Kaden	FR	U-Mary	5:05.51	528
9	Kucera, Kyle	SR	Minnesota Duluth	5:09.11	508
---	Radtke, Eli	FR	Northern State	DNF	

Decathlon: #6 Men 110 Meter Hurdles Decathlon

	Name	Yr	School	Finals	Wind	H#	Points
Finals							
1	Williams, Debonaire	JR	Wayne State (Neb.)	15.62	+0.0	3	776
2	Stevenson, Malakhi	FR	U-Mary	16.09	0.9	1	723
3	Larson, Colby	SO	Msu Moorhead	16.19	+0.0	3	711
4	McQueen, Jarrett	FR	Wayne State (Neb.)	16.45	0.7	2	683
5	Selle, Kaden	FR	U-Mary	16.50	0.7	2	677
6	Stewart, Braxton	FR	Minnesota State	16.63	0.9	1	663
7	Enders, Peyton	JR	Concordia-St. Paul	17.04	0.7	2	620
8	Juengst, Sean	SO	Northern State	17.78	0.9	1	545
9	Kucera, Kyle	SR	Minnesota Duluth	17.93	0.9	1	531
---	Radtke, Eli	FR	Northern State	DQ	0.7	2	

Decathlon: #4 Men High Jump Decathlon

	Name	Yr	School	Finals	Points
Finals					
1	Stewart, Braxton	FR	Minnesota State	1.94m 6-04.25	749
2	Stevenson, Malakhi	FR	U-Mary	1.88m 6-02.00	696
3	Juengst, Sean	SO	Northern State	1.85m 6-00.75	670
4	Williams, Debonaire	JR	Wayne State (Neb.)	1.79m 5-10.50	619
4	Larson, Colby	SO	Msu Moorhead	1.79m 5-10.50	619
6	Enders, Peyton	JR	Concordia-St. Paul	1.76m 5-09.25	593
7	McQueen, Jarrett	FR	Wayne State (Neb.)	1.73m 5-08.00	569
8	Radtke, Eli	FR	Northern State	1.70m 5-07.00	544
9	Ligon, Isaac	FR	Northern State	1.61m 5-03.25	472
10	Kucera, Kyle	SR	Minnesota Duluth	1.58m 5-02.25	449

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Decathlon: #4 Men High Jump Decathlon)**

Name	Yr	School	Finals	Points
11 Selle, Kaden	FR	U-Mary	1.55m 5-01.00	426

Decathlon: #8 Men Pole Vault Decathlon

Name	Yr	School	Finals	Points
Finals				
1 Radtke, Eli	FR	Northern State	4.30m 14-01.25	702
2 Kucera, Kyle	SR	Minnesota Duluth	4.20m 13-09.25	673
3 Juengst, Sean	SO	Northern State	4.00m 13-01.50	617
4 McQueen, Jarrett	FR	Wayne State (Neb.)	3.90m 12-09.50	590
4 Stevenson, Malakhi	FR	U-Mary	3.90m 12-09.50	590
6 Williams, Debonaire	JR	Wayne State (Neb.)	3.80m 12-05.50	562
7 Enders, Peyton	JR	Concordia-St. Paul	3.50m 11-05.75	482
8 Larson, Colby	SO	Msu Moorhead	3.30m 10-10.00	431
8 Stewart, Braxton	FR	Minnesota State	3.30m 10-10.00	431
10 Selle, Kaden	FR	U-Mary	3.20m 10-06.00	406

Decathlon: #2 Men Long Jump Decathlon

Name	Yr	School	Finals	Wind	Points
Finals					
1 Williams, Debonaire	JR	Wayne State (Neb.)	6.67m 21-10.75	1.5	736
2 Stevenson, Malakhi	FR	U-Mary	6.51m 21-04.25	1.3	700
3 Stewart, Braxton	FR	Minnesota State	6.44m 21-01.50	1.7	684
4 Enders, Peyton	JR	Concordia-St. Paul	6.22m 20-05.00	2.7	635
4 McQueen, Jarrett	FR	Wayne State (Neb.)	6.22m 20-05.00	+0.0	635
6 Larson, Colby	SO	Msu Moorhead	6.16m 20-02.50	1.6	621
7 Selle, Kaden	FR	U-Mary	6.01m 19-08.75	1.0	589
8 Radtke, Eli	FR	Northern State	5.86m 19-02.75	+0.0	556
9 Juengst, Sean	SO	Northern State	5.73m 18-09.75	+0.0	529
10 Ligon, Isaac	FR	Northern State	5.56m 18-03.00	1.1	494
11 Kucera, Kyle	SR	Minnesota Duluth	5.24m 17-02.25	1.0	429

Decathlon: #3 Men Shot Put Decathlon

Name	Yr	School	Finals	Points
Finals				
1 Stewart, Braxton	FR	Minnesota State	11.80m 38-08.75	594
2 Williams, Debonaire	JR	Wayne State (Neb.)	11.61m 38-01.25	583
3 Kucera, Kyle	SR	Minnesota Duluth	10.83m 35-06.50	536
4 Juengst, Sean	SO	Northern State	10.71m 35-01.75	528
5 Larson, Colby	SO	Msu Moorhead	10.38m 34-00.75	508
6 Stevenson, Malakhi	FR	U-Mary	9.76m 32-00.25	471
7 Ligon, Isaac	FR	Northern State	9.50m 31-02.00	456
8 Radtke, Eli	FR	Northern State	9.38m 30-09.25	448
9 McQueen, Jarrett	FR	Wayne State (Neb.)	9.05m 29-08.25	429
10 Enders, Peyton	JR	Concordia-St. Paul	8.78m 28-09.75	413
11 Selle, Kaden	FR	U-Mary	8.03m 26-04.25	368

Decathlon: #7 Men Discus Throw Decathlon

Name	Yr	School	Finals	Points
Finals				
1 Williams, Debonaire	JR	Wayne State (Neb.)	37.27m 122-03	609

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Decathlon: #7 Men Discus Throw Decathlon)**

Name	Yr	School	Finals		Points
2 Stevenson, Malakhi	FR	U-Mary	34.70m	113-10	558
3 Stewart, Braxton	FR	Minnesota State	34.53m	113-03	554
4 Juengst, Sean	SO	Northern State	30.11m	98-09	467
5 Kucera, Kyle	SR	Minnesota Duluth	28.52m	93-07	435
6 Radtke, Eli	FR	Northern State	23.63m	77-06	341
7 Larson, Colby	SO	Msu Moorhead	22.81m	74-10	325
8 McQueen, Jarrett	FR	Wayne State (Neb.)	22.72m	74-06	323
9 Selle, Kaden	FR	U-Mary	22.70m	74-06	323
10 Enders, Peyton	JR	Concordia-St. Paul	20.59m	67-07	283

Decathlon: #9 Men Javelin Throw Decathlon

Name	Yr	School	Finals		Points
Finals					
1 Stevenson, Malakhi	FR	U-Mary	45.36m	148-10	520
2 Juengst, Sean	SO	Northern State	41.89m	137-05	470
3 Radtke, Eli	FR	Northern State	41.55m	136-04	465
4 Stewart, Braxton	FR	Minnesota State	36.19m	118-09	387
5 Kucera, Kyle	SR	Minnesota Duluth	34.80m	114-02	367
6 Williams, Debonaire	JR	Wayne State (Neb.)	33.60m	110-03	350
7 McQueen, Jarrett	FR	Wayne State (Neb.)	32.45m	106-05	334
8 Enders, Peyton	JR	Concordia-St. Paul	32.39m	106-03	333
9 Selle, Kaden	FR	U-Mary	30.54m	100-02	307
10 Larson, Colby	SO	Msu Moorhead	30.04m	98-07	300

Men Decathlon

NSIC Record: 7302 R 5/13/2021 Tyl Woelber, Augustana
7252 AUTO
6325 PROV

Name	Yr	School	Finals	H#	Points
Finals					
1 Williams, Debonaire	JR	Wayne State (Neb.)	6308.00		10
2 Stevenson, Malakhi	FR	U-Mary	6161.00		8
3 Stewart, Braxton	FR	Minnesota State	6122.00		6
4 Juengst, Sean	SO	Northern State	5710.00		5
5 Larson, Colby	SO	Msu Moorhead	5481.00		4
6 McQueen, Jarrett	FR	Wayne State (Neb.)	5434.00		3
7 Enders, Peyton	JR	Concordia-St. Paul	5328.00		2
8 Kucera, Kyle	SR	Minnesota Duluth	5262.00		1
9 Selle, Kaden	FR	U-Mary	5069.00		
10 Radtke, Eli	FR	Northern State	4468.00		

Men - Team Rankings - 21 Events Scored

1) Minnesota State	207	2) MSU Moorhead	91
3) Augustana (S.D.)	88	4) U-Mary	83
5) Minnesota Duluth	71.5	6) Sioux Falls	67
7) Wayne State (Neb.)	65	8) Northern State	52
9) Minot State	41	10) Concordia-St. Paul	31
11) SW Minnesota St.	15.5	12) Upper Iowa	5

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Women 100 Meter Dash**NSIC Record: **11.43 R 5/14/2022 Makayla Jackson, Minnesota St****11.52 AUTO****11.90 PROV**

Name	Yr	School	Prelims	Wind	H#
Preliminaries					
1 Cartwright, Denisha	JR	Minnesota State	R 11.30 Q	1.6	3
2 Jackson, Makayla	JR	Minnesota State	11.50 Q	1.2	4
3 Taylor, Renea	SO	Northern State	11.69 Q	1.2	1
4 Kur, Nyanas	SO	Augustana (S.D.)	11.75 Q	+0.0	2
5 Simmons, Ja'Cey	JR	Minnesota State	11.82 q	1.6	3
6 Passeri, Arianna	JR	U-Mary	11.85 q	1.2	1
7 D'Almeida, Norah	FR	Minnesota State	11.94 q	1.6	3
8 Horton, Tamia	FR	Sioux Falls	12.02 q	+0.0	2
9 Juhnke, Lily	FR	Augustana (S.D.)	12.15	1.2	4
10 Jones, Caitlyn	JR	Minnesota State	12.15	1.2	4
11 Williams, Mariah	SR	Minnesota State	12.28	1.2	4
12 Roberts, Shavante	FR	Msu Moorhead	12.33	+0.0	2
13 Grell, Jordan	FR	Minnesota Duluth	12.34	+0.0	2
14 Meyers, Natalie	SR	Sioux Falls	12.46	1.2	1
15 Lavato, Katie	JR	St. Cloud State	12.54	1.2	4
16 Klink, Taytum	JR	SW Minnesota St.	12.54	1.6	3
17 Couch, Maya	SO	Wayne State (Neb.)	12.54	1.2	1
18 Gilbert, Lexy	SO	SW Minnesota St.	12.56	1.2	4
19 Berg, Kendall	FR	U-Mary	12.61	1.6	3
20 Lukas, Courtney	FR	Winona State	12.63	1.2	1
21 Cotton, Sarah	SR	Wayne State (Neb.)	12.64	1.2	1
22 Anderson, Emily	FR	Minnesota Duluth	12.65	+0.0	2
23 Krebsbach, Summer	FR	Minot State	12.69	1.2	4
24 Gioffredi, Grace	FR	Sioux Falls	12.71	+0.0	2
25 Roggenbuck, Myah	JR	Sioux Falls	12.74	1.6	3
--- White, Akela	JR	Minnesota State	FS	1.6	3

Women 100 Meter DashNSIC Record: **11.43 R 5/14/2022 Makayla Jackson, Minnesota St****11.52 AUTO****11.90 PROV**

Name	Yr	School	Finals	Wind	Points
Finals					
1 Cartwright, Denisha	JR	Minnesota State	11.46	1.3	10
2 Jackson, Makayla	JR	Minnesota State	11.54	1.3	8
3 Taylor, Renea	SO	Northern State	11.60	1.3	6
4 Kur, Nyanas	SO	Augustana (S.D.)	11.82	1.3	5
5 Passeri, Arianna	JR	U-Mary	11.89	1.3	4
6 D'Almeida, Norah	FR	Minnesota State	11.93	1.3	3
7 Horton, Tamia	FR	Sioux Falls	12.06	1.3	2
8 Simmons, Ja'Cey	JR	Minnesota State	12.16	1.3	1

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Women 200 Meter Dash**NSIC Record: **23.56 R 5/14/2022 Makayla Jackson, Minnesota St****23.55 AUTO****24.40 PROV**

Name	Yr	School	Prelims	Wind	H#
Preliminaries					
1 Kur, Nyanas	SO	Augustana (S.D.)	23.93 Q	-1.3	2
2 Jackson, Makayla	JR	Minnesota State	24.20 Q	-1.0	1
3 Cartwright, Denisha	JR	Minnesota State	24.27 Q	-2.1	3
4 Rolle-Curry, Robynn	JR	Msu Moorhead	23.97 Q	-1.3	2
5 Massiah, Sakena	SO	U-Mary	24.32 Q	-1.0	1
6 Cramer, Rose	JR	Minnesota State	24.49 Q	-2.1	3
7 Simmons, Ja'Cey	JR	Minnesota State	24.58 q	-2.1	3
8 Schmidt, Elizabeth	SO	Minnesota State	25.13 q	-1.3	2
9 Hambel, Grace	FR	Minnesota State	25.33	-1.0	1
10 Juhnke, Lily	FR	Augustana (S.D.)	25.35	-1.3	2
11 D'Almeida, Norah	FR	Minnesota State	25.37	-1.0	1
12 Fitzgerald, Kate	FR	Minnesota Duluth	25.39	-1.3	2
13 Meyers, Natalie	SR	Sioux Falls	25.58	-1.3	2
14 Malone, Kynnedi	SO	Minnesota State	25.73	-2.1	3
15 Rae, Jacqi	JR	Minnesota Duluth	25.73	-1.0	1
16 Lukas, Courtney	FR	Winona State	25.84	-1.0	1
17 Jones, Caitlyn	JR	Minnesota State	25.90	-2.1	3
18 Barnes, Amaiya	SO	Minnesota State	25.93	-2.1	3
19 Cotton, Sarah	SR	Wayne State (Neb.)	26.04	-1.0	1
20 Samuel, Lauryn	JR	Concordia-St. Paul	26.05	-2.1	3
21 Lavato, Katie	JR	St. Cloud State	26.05	-1.0	1
22 Berg, Kendall	FR	U-Mary	26.17	-1.3	2
23 White, Akela	JR	Minnesota State	26.73	-1.3	2

Women 200 Meter DashNSIC Record: **23.56 R 5/14/2022 Makayla Jackson, Minnesota St****23.55 AUTO****24.40 PROV**

Name	Yr	School	Finals	Wind	Points
Finals					
1 Cartwright, Denisha	JR	Minnesota State	23.30 R	+0.0	10
2 Jackson, Makayla	JR	Minnesota State	23.85	+0.0	8
3 Kur, Nyanas	SO	Augustana (S.D.)	23.92	+0.0	6
4 Rolle-Curry, Robynn	JR	Msu Moorhead	24.00	+0.0	5
5 Massiah, Sakena	SO	U-Mary	24.14	+0.0	4
6 Cramer, Rose	JR	Minnesota State	24.49	+0.0	3
7 Simmons, Ja'Cey	JR	Minnesota State	25.11	+0.0	2
8 Schmidt, Elizabeth	SO	Minnesota State	25.68	+0.0	1

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Women 400 Meter Dash**NSIC Record: **53.60 R 5/14/2022 Shereen Vallabouy, Winona State****53.52 AUTO****55.87 PROV**

Name	Yr	School	Prelims	H#
Preliminaries				
1 Rolle-Curry, Robynn	JR	Msu Moorhead	54.51 Q PROV	3
2 Massiah, Sakena	SO	U-Mary	54.57 Q PROV	2
3 Schmidt, Elizabeth	SO	Minnesota State	56.38 Q	1
4 Peterson, Maia	SO	Augustana (S.D.)	57.18 Q	2
5 Clifford, Sierra	SO	SW Minnesota St.	57.44 Q	3
6 Hambel, Grace	FR	Minnesota State	57.65 Q	1
7 Boelke, Rachel	JR	Minnesota Duluth	57.66 q	2
8 Jackson, Sydney	JR	Concordia-St. Paul	57.68 q	3
9 Gaye, Rose	SR	Minnesota State	57.88	1
10 Larson, Alyssa	FR	Winona State	58.10	3
11 Heinitz, Ella	SO	Augustana (S.D.)	58.51	3
12 Collymore, Kyanna	FR	Northern State	59.17	2
13 Grimm, Ava	SR	U-Mary	59.41	2
14 Syverson, Abby	JR	Bemidji State	59.45	2
15 Barnes, Amaiya	SO	Minnesota State	59.95	1
16 Klein, Vanessa	SO	Northern State	1:00.29	3
17 Perry, Jaid	JR	Concordia-St. Paul	1:00.46	3
18 Dodds, Jillian	FR	Upper Iowa	1:00.89	1
19 Mayers, Holly	SR	Sioux Falls	1:01.90	2
--- Acheson, Grace	JR	U-Mary	FS	1

Women 400 Meter DashNSIC Record: **53.60 R 5/14/2022 Shereen Vallabouy, Winona State****53.52 AUTO****55.87 PROV**

Name	Yr	School	Finals	Points
Finals				
1 Rolle-Curry, Robynn	JR	Msu Moorhead	54.23 PROV	10
2 Massiah, Sakena	SO	U-Mary	54.92 PROV	8
3 Schmidt, Elizabeth	SO	Minnesota State	55.67 PROV	6
4 Clifford, Sierra	SO	SW Minnesota St.	57.01	5
5 Peterson, Maia	SO	Augustana (S.D.)	57.34	4
6 Jackson, Sydney	JR	Concordia-St. Paul	57.52	3
7 Boelke, Rachel	JR	Minnesota Duluth	57.59	2
8 Hambel, Grace	FR	Minnesota State	57.95	1

Women 800 Meter RunNSIC Record: **2:04.62 R 5/11/2017 Emi Trost, Minnesota Duluth****2:06.90 AUTO****2:12.07 PROV**

Name	Yr	School	Prelims	H#
Preliminaries				
1 Thurston, MaKenna	JR	Minnesota State	2:10.80 Q PROV	2
2 Schley, Savannah	SO	Minnesota Duluth	2:13.79 Q	1

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Preliminaries ... (Women 800 Meter Run)**

Name	Yr	School	Prelims	H#
3 Reindl, Haleigh	SR	Minnesota Duluth	2:14.96 Q	3
4 Sudbeck, Caroline	JR	Augustana (S.D.)	2:14.29 Q	2
5 O'Meara, Cassidy	SR	Sioux Falls	2:14.68 Q	1
6 Peterson, Cailee	SR	Minnesota Duluth	2:15.07 Q	3
7 Green, Kiran	SR	U-Mary	2:15.56 q	2
8 Seidel, Francine	JR	Minnesota Duluth	2:15.79 q	3
9 Aho, Annika	JR	Sioux Falls	2:16.55	1
10 Franssen, Mary	JR	Northern State	2:16.60	1
11 Guerra-Reese, Mariana	JR	St. Cloud State	2:16.96	2
12 Gehl, Morgan	SO	Sioux Falls	2:17.33	3
13 Clark, Jennifer	SR	Northern State	2:17.84	2
14 Carlson, Summer	SO	Northern State	2:18.70	2
15 Pachta, Kylie	SO	Wayne State (Neb.)	2:18.81	2
16 Nelson, Tenley	FR	Augustana (S.D.)	2:19.02	3
17 Erickson, Alexis	JR	Bemidji State	2:19.20	1
18 Larsen, Kelsey	JR	Wayne State (Neb.)	2:20.20	1
19 Sukalski, Bellamy	FR	Winona State	2:20.60	2
20 Steele, Alaina	JR	Minnesota Duluth	2:20.73	3
21 Taarud, Sophia	SO	Winona State	2:21.41	3
22 Langstraat, Macie	SO	SW Minnesota St.	2:21.50	1
23 Sadowsky, Sidra	SO	Minot State	2:22.02	2
24 Bouley, Cheresa	SR	St. Cloud State	2:22.25	1
25 Stineman, Alison	JR	Wayne State (Neb.)	2:22.55	1
26 Neu, Rachael	JR	U-Mary	2:22.87	1
27 Hartinger, Michaela	JR	Concordia-St. Paul	2:23.52	3
28 Sowada, Sophia	SR	Msu Moorhead	2:23.96	2
29 Barnes, Jozlyn	FR	Wayne State (Neb.)	2:25.44	3
30 Donovan, Ashley	SR	Upper Iowa	2:29.54	3

Women 800 Meter RunNSIC Record: **2:04.62 R 5/11/2017 Emi Trost, Minnesota Duluth****2:06.90 AUTO****2:12.07 PROV**

Name	Yr	School	Finals	Points
Finals				
1 Thurston, MaKenna	JR	Minnesota State	2:10.62 PROV	10
2 O'Meara, Cassidy	SR	Sioux Falls	2:11.34 PROV	8
3 Schley, Savannah	SO	Minnesota Duluth	2:12.56	6
4 Sudbeck, Caroline	JR	Augustana (S.D.)	2:13.49	5
5 Peterson, Cailee	SR	Minnesota Duluth	2:17.35	4
6 Green, Kiran	SR	U-Mary	2:17.66	3
7 Reindl, Haleigh	SR	Minnesota Duluth	2:17.84	2
8 Seidel, Francine	JR	Minnesota Duluth	2:18.33	1

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Women 1500 Meter Run**NSIC Record: **4:21.48 R 2017****Emi Trost, Minnesota Duluth****4:21.49 AUTO****4:32.89 PROV**

Name	Yr	School	Prelims	H#
Preliminaries				
1 Beyer, Kaylee	JR	Winona State	4:38.81 Q	2
2 Peterson, Cailee	SR	Minnesota Duluth	4:39.71 Q	1
3 Juac, Khot	SO	Sioux Falls	4:38.98 Q	2
4 English, PJ	SR	Augustana (S.D.)	4:39.98 Q	1
5 Gehl, Morgan	SO	Sioux Falls	4:39.14 Q	2
6 Salas, Mia	JR	Augustana (S.D.)	4:40.00 Q	1
7 Velting, Iris	SR	Augustana (S.D.)	4:40.64 Q	2
8 Taarud, Sophia	SO	Winona State	4:41.28 Q	1
9 Green, Kiran	SR	U-Mary	4:42.26 q	1
10 Schmidt, Nicolette	SR	Augustana (S.D.)	4:42.39 q	2
11 Kalthoff, Kristine	SO	U-Mary	4:42.86 q	1
12 Erickson, Alexis	JR	Bemidji State	4:44.10 q	2
13 Sadowsky, Sidra	SO	Minot State	4:47.59	1
14 Bishop, Makayla	SO	Minnesota State	4:52.37	2
15 Goodwin, Mary	JR	Bemidji State	4:57.80	1
16 Bond, Josie	SO	Minnesota Duluth	4:59.74	2
17 Miller, Carol	JR	Bemidji State	5:02.68	1
18 Talabac, Mara	FR	Winona State	5:23.90	2

Women 1500 Meter RunNSIC Record: **4:21.48 R 2017****Emi Trost, Minnesota Duluth****4:21.49 AUTO****4:32.89 PROV**

Name	Yr	School	Finals	Points
Finals				
1 Peterson, Cailee	SR	Minnesota Duluth	4:22.27 PROV	10
2 Juac, Khot	SO	Sioux Falls	4:25.97 PROV	8
3 English, PJ	SR	Augustana (S.D.)	4:27.76 PROV	6
4 Gehl, Morgan	SO	Sioux Falls	4:30.74 PROV	5
5 Salas, Mia	JR	Augustana (S.D.)	4:30.98 PROV	4
6 Beyer, Kaylee	JR	Winona State	4:31.65 PROV	3
7 Taarud, Sophia	SO	Winona State	4:36.99	2
8 Velting, Iris	SR	Augustana (S.D.)	4:37.91	1
9 Erickson, Alexis	JR	Bemidji State	4:39.19	
10 Green, Kiran	SR	U-Mary	4:40.92	
11 Schmidt, Nicolette	SR	Augustana (S.D.)	4:41.72	
12 Kalthoff, Kristine	SO	U-Mary	4:42.31	

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Women 5000 Meter Run**NSIC Record: **16:34.35 R 5/13/2018 Alexis Zeis, U-Mary****16:10.04 AUTO****17:10.15 PROV**

	Name	Yr	School	Finals	Points
Finals					
1	Cunningham, Lindsay	JR	Winona State	15:48.64 R AUTO	10
2	Montplaisir, Amanda	SR	Minnesota State	16:46.75 PROV	8
3	Juac, Khot	SO	Sioux Falls	16:53.42 PROV	6
4	Taylor, McKenna	JR	Winona State	16:55.74 PROV	5
5	English, PJ	SR	Augustana (S.D.)	17:06.83 PROV	4
6	Means, Megan	SR	Augustana (S.D.)	17:09.75 PROV	3
7	Bakken, Ella	JR	Augustana (S.D.)	17:14.61	2
8	Becker, Alyssa	SO	U-Mary	17:15.60	1
9	Salas, Mia	JR	Augustana (S.D.)	17:28.88	
10	Melton, Taylor	JR	Augustana (S.D.)	17:35.42	
11	Lutmer, Jessica	SO	Sioux Falls	17:37.23	
12	Fundak, Andrijana	SO	U-Mary	17:40.15	
13	Wycklendt, Terez	FR	U-Mary	17:43.89	
14	Velting, Iris	SR	Augustana (S.D.)	17:50.92	
15	Kenefick, Allison	FR	Winona State	17:52.40	
16	Nelson, Tenley	FR	Augustana (S.D.)	17:54.10	
17	Renier, Lauryn	JR	Minnesota Duluth	17:55.11	
18	McCabe, Ana	JR	Augustana (S.D.)	17:58.22	
19	Pickering, Megan	JR	Northern State	17:58.82	
20	Anderson, Eve	SO	Minnesota Duluth	18:01.77	
21	Kalthoff, Kristine	SO	U-Mary	18:08.03	
22	Young, Lindsey	FR	Augustana (S.D.)	18:12.41	
23	Schmidt, Nicolette	SR	Augustana (S.D.)	18:20.84	
24	Moore, Ellen	SR	U-Mary	18:23.09	
25	Radel, Morgan	SR	Minnesota Duluth	18:25.88	
26	Dorsher, Grace	SO	Msu Moorhead	18:33.94	
27	Martinez, Jessica	JR	Minot State	18:58.28	
28	Palmer, Madeline	FR	Winona State	19:00.59	
29	Hoffman, Rachel	SR	Winona State	19:06.80	
30	Smith, Emery	FR	Minot State	19:17.48	
31	Whipps, Kayleigh	SR	Sioux Falls	19:27.59	
32	Palodichuk, Anna	JR	Minnesota Duluth	19:39.50	
---	Anderson, Kylie	FR	Winona State	DNF	

Women 10000 Meter RunNSIC Record: **34:09.57 R 5/13/2022 Lindsay Cunningham, Winona State****34:27.88 AUTO****36:35.68 PROV**

	Name	Yr	School	Finals	Points
Finals					
1	Cunningham, Lindsay	JR	Winona State	35:06.41 PROV	10
2	Means, Megan	SR	Augustana (S.D.)	37:02.47	8
3	Bakken, Ella	JR	Augustana (S.D.)	38:10.19	6
4	Lutmer, Jessica	SO	Sioux Falls	38:16.14	5

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Women 10000 Meter Run)**

Name	Yr	School	Finals	Points
5 Fundak, Andrijana	SO	U-Mary	38:24.41	4
6 Pickering, Megan	JR	Northern State	38:35.47	3
7 Stuckey, Lindsey	SO	Wayne State (Neb.)	38:58.98	2
8 McCabe, Ana	JR	Augustana (S.D.)	39:02.45	1
9 Berg, Kaelyn	FR	Msu Moorhead	39:57.31	
10 Anderson, Eve	SO	Minnesota Duluth	39:57.85	
11 Moore, Ellen	SR	U-Mary	40:08.22	
12 White, Paige	JR	Minnesota State	40:40.55	
13 Blote, Teresa	SR	U-Mary	40:44.50	
14 Adrian, Taleigh	SR	U-Mary	41:09.70	
15 Freed, Greta	SO	St. Cloud State	41:09.76	
16 Solomon, Brooke	JR	Wayne State (Neb.)	41:13.19	
17 Kowal, Cambrie	JR	St. Cloud State	41:27.53	
18 Boyd, Josephine	JR	Sioux Falls	41:28.86	
19 Zigler, Alison	JR	Minnesota State	41:43.77	
20 Christen, Abbie	FR	Msu Moorhead	41:50.69	
21 Narveson, Megan	SO	Minnesota State	42:29.81	
22 Palodichuk, Anna	JR	Minnesota Duluth	42:51.94	
23 Whipps, Kayleigh	SR	Sioux Falls	43:52.37	
24 Anderson, Maggie	JR	Minnesota State	45:19.41	

Women 100 Meter HurdlesNSIC Record: **13.28 R 5/14/2022 Denisha Cartwright, Minnesota St****13.47 AUTO****14.19 PROV**

Name	Yr	School	Prelims	Wind	H#
Preliminaries					
1 Cartwright, Denisha	JR	Minnesota State	R 13.14 Q	-0.2	2
2 Foster, Roxan	JR	Minnesota State	13.95 Q	0.3	1
3 Malone, Kynnedi	SO	Minnesota State	13.97 Q	0.3	1
4 Harrison, Quanterra	SR	Minnesota State	14.43 Q	-0.2	2
5 Schaefer, Elizabeth	JR	Augustana (S.D.)	14.39 q	0.3	1
6 Brennen, Lyric	SO	Minnesota State	14.53 q	-0.2	2
7 Reichenberger, Hanna	SO	Winona State	14.58 q	0.3	1
8 Horning, Tia	JR	U-Mary	14.86 q	-0.2	2
9 Gilles, Megan	JR	Minnesota Duluth	14.86	0.3	1
10 Hansen, Megan	JR	Wayne State (Neb.)	14.94	0.3	1
11 Leum, Xana	SR	Winona State	14.95	-0.2	2
12 Anderson, Kendall	FR	Sioux Falls	15.28	-0.2	2
13 Babcock, Mickalyn	JR	Msu Moorhead	15.28	-0.2	2
14 Romig, Shelby	SO	St. Cloud State	15.28	0.3	1
15 Ashworth, Ana	FR	Minnesota State	15.72	0.3	1
16 Serrao, Adla	JR	Msu Moorhead	15.92	-0.2	2

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Women 100 Meter Hurdles**NSIC Record: **13.28 R 5/14/2022** Denisha Cartwright, Minnesota St**13.47 AUTO****14.19 PROV**

Name	Yr	School	Finals	Wind	Points
Finals					
1	Cartwright, Denisha	JR Minnesota State	13.04 R	1.3	10
2	Malone, Kynnedi	SO Minnesota State	13.76	1.3	8
3	Harrison, Quanterra	SR Minnesota State	14.10	1.3	6
4	Schaefer, Elizabeth	JR Augustana (S.D.)	14.12	1.3	5
5	Reichenberger, Hanna	SO Winona State	14.64	1.3	4
6	Brennen, Lyric	SO Minnesota State	14.69	1.3	3
7	Horning, Tia	JR U-Mary	14.83	1.3	2
---	Foster, Roxan	JR Minnesota State	DNF	1.3	

Women 400 Meter HurdlesNSIC Record: **58.83 R 2017** Hanneke Oosterwegel, Northern State**58.61 AUTO****1:01.82 PROV**

Name	Yr	School	Prelims	H#
Preliminaries				
1	Schvinck, Brooklyn	SR Winona State	1:00.78 Q PROV	3
2	Lane, Eilika	JR Minnesota State	1:01.63 Q PROV	1
3	Hertz, Morgan	JR U-Mary	1:01.63 Q PROV	2
4	Harrison, Quanterra	SR Minnesota State	1:01.97 Q	3
5	Schaefer, Elizabeth	JR Augustana (S.D.)	1:02.45 Q	2
6	Taylor, Renea	SO Northern State	1:02.60 Q	1
7	Marteau, Noa	JR Augustana (S.D.)	1:03.09 q	3
8	Feit, Regan	SO Winona State	1:03.99 q	1
9	Gilles, Megan	JR Minnesota Duluth	1:04.07	2
10	Fultz, Natalie	JR Bemidji State	1:04.73	1
11	Brouse, Brooklyn	SO St. Cloud State	1:05.23	2
12	Lipschultz, Lainey	JR Winona State	1:05.66	3
13	Jaworski, Rachel	SO Minnesota State	1:07.07	2
14	Langseth, Anna	JR Augustana (S.D.)	1:07.16	3
15	Sweeney, Sierra	SO Northern State	1:07.62	1
16	Johnson, Lily	JR Bemidji State	1:09.30	3
17	Amundson, Olivia	FR Augustana (S.D.)	1:09.54	1
18	Mensah, Courtney	JR Concordia-St. Paul	1:10.99	3
19	Stanton, Sierra	SO Sioux Falls	1:11.57	2
20	Mickelson, Isadora	SR SW Minnesota St.	1:13.85	2

Women 400 Meter HurdlesNSIC Record: **58.83 R 2017** Hanneke Oosterwegel, Northern State**58.61 AUTO****1:01.82 PROV**

Name	Yr	School	Finals	Points
Finals				
1	Hertz, Morgan	JR U-Mary	59.65 PROV	10
2	Schvinck, Brooklyn	SR Winona State	1:00.01 PROV	8

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Women 400 Meter Hurdles)**

Name	Yr	School	Finals	Points
3 Schaefer, Elizabeth	JR	Augustana (S.D.)	1:01.03 PROV	6
4 Lane, Eilika	JR	Minnesota State	1:01.89	5
5 Taylor, Renea	SO	Northern State	1:02.34	4
6 Feit, Regan	SO	Winona State	1:02.95	3
7 Harrison, Quanterra	SR	Minnesota State	1:03.32	2
8 Marteau, Noa	JR	Augustana (S.D.)	1:03.55	1

Women 3000 Meter Steeplechase

NSIC Record: 10:05.02 R 2017

10:13.78 AUTO

10:59.70 PROV

Brenna Colbenson, Minnesota Duluth

Name	Yr	School	Finals	H#	Points
Finals					
1 Montplaisir, Amanda	SR	Minnesota State	10:19.18 PROV	2	10
2 Taylor, McKenna	JR	Winona State	10:56.93 PROV	1	8
3 Goodwin, Mary	JR	Bemidji State	11:01.47	2	6
4 Renier, Lauryn	JR	Minnesota Duluth	11:11.56	2	5
5 Simmons, Karlee	JR	Sioux Falls	11:13.76	2	4
6 Bouley, Cheresa	SR	St. Cloud State	11:26.63	2	3
7 Welhouse, Clara	SR	St. Cloud State	11:36.37	2	2
8 Young, Lindsey	FR	Augustana (S.D.)	11:40.02	2	1
9 Radel, Morgan	SR	Minnesota Duluth	11:43.95	2	
10 Donovan, Ashley	SR	Upper Iowa	11:45.91	1	
11 Matzek, Madison	FR	Minnesota State	11:49.78	2	
12 Hamann, Kenzie	SO	Northern State	12:00.65	2	
13 Brandemuehl, Rhya	FR	Winona State	12:07.67	2	
14 Fromelt, Andrea	SR	Winona State	12:09.05	2	
15 Reeves, Nicole	FR	Minot State	12:11.93	1	
16 MacDonald, Alexi	FR	Minnesota State	12:12.36	2	
17 Conrad, Erica	JR	St. Cloud State	12:19.30	2	
18 McCarthy, Maggie	FR	Bemidji State	12:22.82	2	
19 Vaughn, Nadia	FR	Bemidji State	12:54.74	1	
20 Kusnierek, Kyra	FR	SW Minnesota St.	12:58.56	1	
21 Thelen, Kelsey	SO	Concordia-St. Paul	12:58.80	1	
22 McConkey, Katie	SO	Minnesota Duluth	13:00.41	1	
23 Ressler, Callie	FR	Bemidji State	13:04.40	1	
24 Bragg, Alexandra	SR	Minnesota Duluth	13:08.10	1	
25 Sajdak, Anna	SO	Concordia-St. Paul	13:16.66	1	

Women 4x100 Meter Relay

NSIC Record: 45.24 R 5/15/2021

45.52 AUTO

46.73 PROV

Minnesota State, Minnesota St

M Jackson, J Simmons, G Hartman, D Cartwright

Team	Relay	Finals	H#	Points
Finals				
1 Minnesota State	A	45.10 R AUTO	2	10
1) Cartwright, Denisha JR	2) Simmons, Ja'Cey JR	3) Cramer, Rose JR	4) Jackson, Makayla JR	

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Women 4x100 Meter Relay)**

Team	Relay	Finals	H#	Points
2 U-Mary 1) Hertz, Morgan JR	A 2) Massiah, Sakena SO	46.67	PROV 2	8
3 Northern State 1) Klein, Vanessa SO	A 2) Taylor, Renea SO	47.30	2	6
4 Augustana (S.D.) 1) Sallee, Kylee SO	A 2) Heinitz, Ella SO	47.53	2	5
5 Sioux Falls 1) Horton, Tamia FR	A 2) Gioffredi, Grace FR	47.88	2	4
6 Concordia-St. Paul 1) Harbo, Arika JR	A 2) Jackson, Sydney JR	48.01	1	3
7 Minnesota Duluth 1) Gilles, Megan JR	A 2) Grell, Jordan FR	48.07	2	2
8 Wayne State (Neb.) 1) Hansen, Megan JR	A 2) Couch, Maya SO	48.52	1	1
9 Msu Moorhead 1) Roberts, Shavante FR	A 2) Serrao, Adla JR	48.54	2	
10 SW Minnesota St. 1) Gilbert, Lexy SO	A 2) Klink, Taytum JR	48.88	1	
11 Winona State 1) Tersina, Daria FR	A 2) Lockington, Ashlie SR	49.17	1	
12 Bemidji State 1) Olson, Olivia SO	A 2) Disbrow, Abbie FR	49.54	1	
13 Upper Iowa 1) Rader, Mackenzie FR	A 2) Dodds, Jillian FR	52.01	1	
			4) Passeri, Arianna JR	
			3) Leverty, Laci FR	
			4) Collymore, Kyanna FR	
			3) Juhnke, Lily FR	
			4) Kur, Nyanas SO	
			3) Roggenbuck, Myah JR	
			4) Meyers, Natalie SR	
			3) Mattingly, Destiny SO	
			4) Samuel, Lauryn JR	
			3) Fitzgerald, Kate FR	
			4) Anderson, Emily FR	
			3) Cotton, Sarah SR	
			4) Mayer, Elizabeth FR	
			3) Babcock, Mickalyn JR	
			4) Rolle-Curry, Robynn JR	
			3) Van Roekel, Emily FR	
			4) Clifford, Sierra SO	
			3) Lukas, Courtney FR	
			4) Olson, Kaylee JR	
			3) Fultz, Natalie JR	
			4) Syverson, Abby JR	
			3) Ries, Leah FR	
			4) Ramirez, Kysta JR	

Women 4x400 Meter Relay

NSIC Record: 3:41.18 R 2017

University of Mary, University of Mary

J Hammerschmidt, N Richards, M Rodriguez, N Brown

3:39.55 AUTO

3:48.64 PROV

Team	Relay	Finals	H#	Points
Finals 1 Minnesota State 1) Lane, Eilika JR	A 2) Cramer, Rose JR	3:46.95	PROV 2	10
2 U-Mary 1) Hertz, Morgan JR	A 2) Grimm, Ava SR	3:48.82	2	8
3 Winona State 1) Feit, Regan SO	A 2) Lipschultz, Lainey JR	3:51.16	2	6
4 Augustana (S.D.) 1) Peterson, Maia SO	A 2) Heinitz, Ella SO	3:52.31	2	5
5 Minnesota Duluth 1) Boelke, Rachel JR	A 2) Fitzgerald, Kate FR	3:56.19	2	4
6 Bemidji State 1) Fultz, Natalie JR	A 2) Syverson, Abby JR	3:59.40	2	3
7 SW Minnesota St. 1) Clifford, Sierra SO	A 2) Van Roekel, Emily FR	4:00.13	1	2
8 Concordia-St. Paul 1) Perry, Jaid JR	A 2) Jackson, Sydney JR	4:01.90	1	1
9 St. Cloud State 1) Guerra-Reese, Mariana JR	A 2) Brouse, Brooklyn SO	4:01.90	2	
			4) Schmidt, Elizabeth SO	
			4) Massiah, Sakena SO	
			4) Schyvinck, Brooklyn SR	
			4) Sudbeck, Caroline JR	
			4) Schley, Savannah SO	
			4) Erickson, Alexis JR	
			4) Koepfinger, Hannah JR	
			4) Hartinger, Michaela JR	
			4) Lavato, Katie JR	

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Women 4x400 Meter Relay)**

Team	Relay	Finals	H#	Points
10 Sioux Falls	A	4:04.18	1	
1) Mayers, Holly SR	2) Aho, Annika JR	3) Gehl, Morgan SO	4) O'Meara, Cassidy SR	
11 Upper Iowa	A	4:08.63	1	
1) Rader, Mackenzie FR	2) Dodds, Jillian FR	3) Donovan, Ashley SR	4) Martin, Jade SR	
--- Northern State	A	DQ	1	
1) Collymore, Kyanna FR	2) Klein, Vanessa SO	3) Jackson, Alli SO	4) Taylor, Renea SO	

Women High Jump

NSIC Record: 1.77m R 5/13/2022 Arika Robinson, Concordia-St

NSIC Record: 1.77m R 5/14/2021 Mearah Miedema, Augustana

1.77m AUTO

1.68m PROV

Name	Yr	School	Finals	Points
Finals				
1 Harbo, Arika	JR	Concordia-St. Paul	1.78m R 5-10.00AUTO	10
2 Brena, Paola	JR	St. Cloud State	1.75m 5-08.75PROV	8
3 Paaverud, Ella	SR	Concordia-St. Paul	1.66m 5-05.25	6
4 Washington, Lillian	FR	Minnesota State	1.66m 5-05.25	5
5 Langston, Teya	SR	Minnesota State	1.66m 5-05.25	4
6 Greenwaldt, Bryn	FR	Augustana (S.D.)	1.63m 5-04.25	3
7 Rowles, Julia	SR	St. Cloud State	1.63m 5-04.25	2
8 Solis, Olivia	SO	Minnesota State	1.58m 5-02.25	.20
8 Genet, Antonia	SR	U-Mary	1.58m 5-02.25	.20
8 London, Bryn	JR	Minnesota Duluth	1.58m 5-02.25	.20
8 Petersen, Hunter	FR	Msu Moorhead	1.58m 5-02.25	.20
8 Richards, Toryn	SO	Minnesota State	1.58m 5-02.25	.20
13 Stands, Rainbow	SO	SW Minnesota St.	1.58m 5-02.25	
13 Pachl, Jerrica	SO	U-Mary	1.58m 5-02.25	
15 Mohling, Mari	FR	Winona State	1.58m 5-02.25	
16 Bladow, Kilee	FR	Northern State	1.53m 5-00.25	
16 Preiner, Lauren	JR	Minnesota State	1.53m 5-00.25	
18 Tschumperlin, Jordan	SO	Northern State	1.53m 5-00.25	
19 Sowada, Sophia	SR	Msu Moorhead	1.53m 5-00.25	
19 Bauer, Paige	SO	Minnesota State	1.53m 5-00.25	
21 Breske, Emily	FR	Northern State	1.48m 4-10.25	
22 Fultz, Natalie	JR	Bemidji State	1.48m 4-10.25	
23 Jones, Emily	SO	Minnesota Duluth	1.48m 4-10.25	

Women Pole Vault

NSIC Record: 4.20m R 5/13/2018 Kimberly Peterson, Sioux Falls

4.10m AUTO

3.67m PROV

Name	Yr	School	Finals	Points
Finals				
1 Hokanson, Ashley	SO	Msu Moorhead	4.01m 13-01.75PROV	10
2 Hickson, Paige	JR	Minnesota State	3.91m 12-10.00PROV	8
3 Danielson, Kenzee	JR	Northern State	3.91m 12-10.00PROV	6
4 Bauer, Paige	SO	Minnesota State	3.51m 11-06.25	4.50
4 Tom, Shealyn	SO	SW Minnesota St.	3.51m 11-06.25	4.50

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Women Pole Vault)**

Name	Yr	School	Finals	Points
6 Sikel, Jenna	FR	Minnesota State	3.51m 11-06.25	3
7 Glanzer, Makenna	SO	Northern State	3.36m 11-00.25	2
8 Dybdahl, Bethany	FR	Northern State	3.36m 11-00.25	.50
8 Richards, Toryn	SO	Minnesota State	3.36m 11-00.25	.50
10 Dodge, Sofia	JR	Concordia-St. Paul	3.36m 11-00.25	
11 Lommel, Libby	FR	Minnesota Duluth	3.21m 10-06.25	
11 Leverty, Laci	FR	Northern State	3.21m 10-06.25	
11 Olson, Olivia	SO	Bemidji State	3.21m 10-06.25	
14 Reintsma, Callie	SO	Concordia-St. Paul	3.21m 10-06.25	
14 Klein, Anastasia	JR	Bemidji State	3.21m 10-06.25	
16 Johnstone, Madyson	SO	Minnesota State	3.06m 10-00.50	
17 Snaza, Greta	SO	Sioux Falls	3.06m 10-00.50	
17 Kuskie, Logan	SO	Minnesota State	3.06m 10-00.50	
19 Zaemisch, Micah	JR	Minnesota State	3.06m 10-00.50	
20 Ruschmeier, Zoe	FR	SW Minnesota St.	3.06m 10-00.50	
21 Schwartz, Sarena	FR	SW Minnesota St.	3.06m 10-00.50	
--- Adams, MaKenzie	SR	Sioux Falls	NH	
--- Hinkle, MaryGrace	JR	SW Minnesota St.	NH	
--- Gvi, Nedoh	SO	SW Minnesota St.	NH	

Women Long Jump

NSIC Record: **6.31m R 5/1985** Julie Hay, Minnesota Duluth
6.23m AUTO
5.80m PROV

Name	Yr	School	Finals	Wind	H#	Points
Finals						
1 Passeri, Arianna	JR	U-Mary	5.99m 19-08.00	3.4	2	10
2 Petricka, Kary	SO	Minnesota State	5.84m 19-02.00	+0.0	2	8
3 Jackson, Makayla	JR	Minnesota State	5.79m 19-00.00	+0.0	2	6
4 Williams, Mariah	SR	Minnesota State	5.64m 18-06.00	+0.0	2	5
5 Weidner, Taylor	JR	U-Mary	5.51m 18-01.00	+0.0	1	4
6 Sallee, Kylee	SO	Augustana (S.D.)	5.50m 18-00.50	+0.0	2	3
7 Lockington, Ashlie	SR	Winona State	5.48m 17-11.75	+0.0	2	2
8 Lauvstad, Miranda	FR	Minnesota State	5.42m 17-09.50	0.1	2	1
9 Becker, Jayda	SO	Augustana (S.D.)	5.38m 17-08.00	0.3	2	
10 Meyers, Natalie	SR	Sioux Falls	5.36m 17-07.00	+0.0	2	
11 Smollen, Emily	JR	Wayne State (Neb.)	5.27m 17-03.50	+0.0	2	
12 Kahl, Molly	SO	Minnesota State	5.19m 17-00.50	0.3	2	
13 Root, Lindsey	SO	Minnesota Duluth	5.18m 17-00.00	0.1	1	
14 Olson, Kaylee	JR	Winona State	5.17m 16-11.50	+0.0	2	
15 Kneifl, Lindsey	FR	Wayne State (Neb.)	5.17m 16-11.50	1.6	1	
16 Rowles, Julia	SR	St. Cloud State	5.14m 16-10.50	1.4	1	
17 Sambo, Keyla	SR	Wayne State (Neb.)	5.12m 16-09.75	0.6	1	
18 Baughmann, Destiny	SO	St. Cloud State	5.12m 16-09.75	+0.0	1	
19 Romig, Shelby	SO	St. Cloud State	5.04m 16-06.50	0.8	1	
20 Merkley, Lauren	FR	Augustana (S.D.)	4.97m 16-03.75	+0.0	1	
21 Lehman, Adalyn	FR	Minnesota Duluth	4.83m 15-10.25	1.6	1	
22 Post, Alexa	FR	Minnesota State	4.83m 15-10.25	0.6	1	
23 Wilmanns, Ava	FR	St. Cloud State	4.63m 15-02.25	+0.0	1	

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Women Triple Jump**NSIC Record: **12.85m R 5/14/2022 D'Andra Morris, U-Mary****12.77m AUTO****11.89m PROV**

	Name	Yr	School	Finals	Wind	H#	Points	
Finals								
1	Gracia, Flore	JR	Minnesota State	12.46m	40-10.50	+0.0	2	10
2	Leum, Xana	SR	Winona State	11.84m	38-10.25	+0.0	2	8
3	Reichenberger, Hanna	SO	Winona State	11.80m	38-08.75	0.2	2	6
4	Neophytou, Stella	SO	Minnesota State	11.78m	38-07.75	+0.0	2	5
5	Salemonsens, Kaja	JR	Augustana (S.D.)	11.71m	38-05.00	+0.0	2	4
6	Sweeney, Sierra	SO	Northern State	11.47m	37-07.75	0.5	2	3
7	Lockington, Ashlie	SR	Winona State	11.37m	37-03.75	0.4	2	2
8	Sambo, Keyla	SR	Wayne State (Neb.)	11.10m	36-05.00	+0.0	1	1
9	Newman, Jaci	SO	Minnesota State	11.03m	36-02.25	+0.0	2	
10	Weidner, Taylor	JR	U-Mary	11.02m	36-02.00	+0.0	2	
11	Tersina, Daria	FR	Winona State	10.89m	35-08.75	+0.0	1	
12	Schwartz, Kamryn	FR	Northern State	10.86m	35-07.75	+0.0	1	
13	Kneifl, Lindsey	FR	Wayne State (Neb.)	10.85m	35-07.25	+0.0	1	
14	Smollen, Emily	JR	Wayne State (Neb.)	10.85m	35-07.25	+0.0	1	
15	Sundby, Sammi	JR	Augustana (S.D.)	10.78m	35-04.50	+0.0	1	
16	Buske, Parker	SR	St. Cloud State	10.71m	35-01.75	+0.0	2	
---	Snaza, Greta	SO	Sioux Falls	FOUL			1	
---	Jones, Emily	SO	Minnesota Duluth	FOUL			1	
---	Baughmann, Destiny	SO	St. Cloud State	FOUL			1	

Women Shot PutNSIC Record: **16.52m R 2018 Michaela Dendinger, Wayne State****15.76m AUTO****13.85m PROV**

	Name	Yr	School	Finals	H#	Points	
Finals							
1	Hurst, Lexi	SR	Minnesota State	15.72m	51-07.00PROV	3	10
2	Doss, Tierra	JR	Bemidji State	14.05m	46-01.25PROV	3	8
3	Stafslie-Dumale, Abbi	SR	Minnesota State	13.73m	45-00.50	2	6
4	Johnson, Mony	FR	Minnesota State	13.59m	44-07.00	3	5
5	Chipps, Brooklynn	JR	Wayne State (Neb.)	13.51m	44-04.00	3	4
6	Paasch, Kendra	SR	Wayne State (Neb.)	13.49m	44-03.25	3	3
7	Scheil, Mckenzie	SR	Wayne State (Neb.)	13.48m	44-02.75	3	2
8	Lindsey, Kamry	SO	Sioux Falls	13.47m	44-02.50	3	1
9	Kramchynsky, Nicole	SR	U-Mary	13.30m	43-07.75	1	
10	Guenther, Veronica	SO	Wayne State (Neb.)	12.94m	42-05.50	2	
11	Schroeder, Kaitlyn	SO	Minnesota State	12.88m	42-03.25	3	
12	VanOsdel, Kayla	SO	Sioux Falls	12.73m	41-09.25	2	
13	Beck, Libby	JR	Minnesota State	12.53m	41-01.50	2	
14	Zimmerman, Dacoda	SR	St. Cloud State	12.52m	41-01.00	2	
15	VanDriel, Delanie	FR	Sioux Falls	12.50m	41-00.25	2	
16	Sanford, Nadia	JR	SW Minnesota St.	12.45m	40-10.25	2	
17	Fretag, Madeline	JR	Minnesota State	12.45m	40-10.25	3	
18	Lorentz, Emily	FR	SW Minnesota St.	12.21m	40-00.75	1	

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Women Shot Put)**

	Name	Yr	School	Finals		H#	Points
19	Lavendusky, Maya	FR	Concordia-St. Paul	12.19m	40-00.00	1	
20	Flynn, Nicole	JR	Sioux Falls	11.99m	39-04.00	2	
21	Pattrin, Mikenna	SO	Bemidji State	11.57m	37-11.50	1	
22	Hill, Alyssa	FR	Bemidji State	11.40m	37-05.00	1	
23	Thompson, Adrienne	SR	Minnesota Duluth	11.31m	37-01.25	1	
24	Svien, Shelby	FR	Sioux Falls	11.22m	36-09.75	1	
25	Diede, Raygen	FR	Sioux Falls	10.37m	34-00.25	1	

Women Discus Throw

NSIC Record: **53.90m R 2015** Alissa Rausch, Winona State
53.61m AUTO
45.51m PROV

	Name	Yr	School	Finals		H#	Points
Finals							
1	Hurst, Lexi	SR	Minnesota State	45.17m	148-02	3	10
2	Lindsey, Kamry	SO	Sioux Falls	44.19m	145-00	3	8
3	Trotter, Gianna	FR	Minnesota State	44.11m	144-09	3	6
4	Fretag, Madeline	JR	Minnesota State	43.80m	143-08	3	5
5	Doss, Tierra	JR	Bemidji State	43.42m	142-05	2	4
6	Maghanoy, Kiana	JR	Upper Iowa	41.99m	137-09	2	3
7	Bengtson, MacKenzie	SR	Sioux Falls	41.56m	136-04	3	2
8	Rath, Mack	JR	Minnesota State	40.76m	133-09	3	1
9	Battaforven, Kate	SR	SW Minnesota St.	40.55m	133-00	2	
10	Schroeder, Kaitlyn	SO	Minnesota State	39.59m	129-11	3	
11	Young, Reilly	SO	Wayne State (Neb.)	39.55m	129-09	3	
12	Priebe, Zayda	FR	Bemidji State	39.43m	129-04	2	
13	Sanford, Nadia	JR	SW Minnesota St.	37.64m	123-06	2	
14	Glynn, Madison	JR	Minnesota State	37.61m	123-05	3	
15	VanDriel, Delanie	FR	Sioux Falls	37.56m	123-03	2	
16	Hill, Alyssa	FR	Bemidji State	37.06m	121-07	1	
17	Zaiger, Katelyn	SO	Msu Moorhead	35.42m	116-02	1	
18	Svien, Shelby	FR	Sioux Falls	35.36m	116-00	2	
19	Hughes, Morgan	SR	SW Minnesota St.	35.24m	115-07	1	
20	Goetz, Jessica	FR	U-Mary	35.21m	115-06	2	
21	Hawk, Kennedy	SO	Minnesota Duluth	34.77m	114-01	1	
22	Lavendusky, Maya	FR	Concordia-St. Paul	34.52m	113-03	1	
23	Lorentz, Emily	FR	SW Minnesota St.	34.08m	111-10	1	
24	Diede, Raygen	FR	Sioux Falls	33.90m	111-03	1	
25	Flynn, Nicole	JR	Sioux Falls	32.83m	107-08	1	
26	Baker, Hailey	SO	Wayne State (Neb.)	32.83m	107-08	1	
27	Schwarzrock, Olivia	FR	Wayne State (Neb.)	32.28m	105-11	3	
28	VanOsdel, Kayla	SO	Sioux Falls	32.21m	105-08	2	
29	Johnson, Mony	FR	Minnesota State	31.81m	104-04	2	
30	Schmidt, Cassidy	FR	Bemidji State	29.89m	98-01	1	
---	Paasch, Kendra	SR	Wayne State (Neb.)	FOUL		3	

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Women Hammer Throw**NSIC Record: **63.54m R 2017****Michaela Dendinger, Wayne State****60.58m AUTO****52.09m PROV**

	Name	Yr	School	Finals	H#	Points
Finals						
1	Scheil, Mckenzie	SR	Wayne State (Neb.)	58.62m	192-04PROV	3 10
2	Chippis, Brooklynn	JR	Wayne State (Neb.)	56.20m	184-04PROV	3 8
3	Hurst, Lexi	SR	Minnesota State	51.86m	170-02	3 6
4	Gough, Cassidy	SO	Northern State	51.17m	167-10	3 5
5	Guenther, Veronica	SO	Wayne State (Neb.)	49.99m	164-00	2 4
6	Paasch, Kendra	SR	Wayne State (Neb.)	49.98m	164-00	3 3
7	Stafslie-Dumale, Abbi	SR	Minnesota State	49.85m	163-06	3 2
8	Johnson, Mony	FR	Minnesota State	47.95m	157-04	3 1
9	Young, Reilly	SO	Wayne State (Neb.)	47.62m	156-03	2
10	Baker, Hailey	SO	Wayne State (Neb.)	47.38m	155-05	3
11	Paaverud, Ella	SR	Concordia-St. Paul	45.67m	149-10	3
12	Zimmerman, Dacoda	SR	St. Cloud State	45.59m	149-07	2
13	Beck, Libby	JR	Minnesota State	45.57m	149-06	1
14	Peterson, Mackenzie	FR	Minnesota State	44.43m	145-09	2
15	Pattrin, Mikenna	SO	Bemidji State	44.41m	145-08	2
16	Coenraad, Shawney	JR	Northern State	43.73m	143-06	2
17	Jeppesen, Sarah	SO	Concordia-St. Paul	43.56m	142-11	1
18	Schwarzrock, Olivia	FR	Wayne State (Neb.)	43.17m	141-08	1
19	Maghanoy, Kiana	JR	Upper Iowa	42.92m	140-10	2
20	Bengtson, MacKenzie	SR	Sioux Falls	42.91m	140-09	2
21	Goetz, Jessica	FR	U-Mary	42.17m	138-04	1
22	Lindsey, Kamry	SO	Sioux Falls	41.88m	137-05	2
23	Schroeder, Kaitlyn	SO	Minnesota State	41.74m	136-11	1
24	Gehrig, Alexis	SR	Bemidji State	41.57m	136-05	1
25	Gielski, Kayce	SR	Minnesota Duluth	41.20m	135-02	2
26	Klun, Madeline	JR	Minnesota Duluth	39.56m	129-09	1
27	Svien, Shelby	FR	Sioux Falls	37.58m	123-03	1
28	Hughes, Morgan	SR	SW Minnesota St.	37.28m	122-04	1
---	Glynn, Madison	JR	Minnesota State	FOUL		3
---	Sanford, Nadia	JR	SW Minnesota St.	FOUL		1

Women Javelin ThrowNSIC Record: **46.74m R 1982****Kelly Owen, MSU Mooread****49.63m AUTO****41.84m PROV**

	Name	Yr	School	Finals	H#	Points
Finals						
1	Sunnarborg, Samantha	JR	Minnesota State	44.09m	144-08PROV	3 10
2	Baumberger, Olivia	SO	Sioux Falls	41.59m	136-05	3 8
3	Kramchynsky, Nicole	SR	U-Mary	39.52m	129-08	3 6
4	Patnode, Kaylee	SR	Winona State	37.19m	122-00	3 5
5	Parish, Kasey	JR	St. Cloud State	36.10m	118-05	3 4
6	Gough, Cassidy	SO	Northern State	34.83m	114-03	2 3
7	Coffee, Anna	FR	Wayne State (Neb.)	34.67m	113-09	3 2

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Women Javelin Throw)**

	Name	Yr	School	Finals		H#	Points
8	Pattrin, Mikenna	SO	Bemidji State	33.89m	111-02	3	1
9	Guetterman, Davis	FR	Sioux Falls	33.58m	110-02	2	
10	Paaverud, Ella	SR	Concordia-St. Paul	33.10m	108-07	3	
11	Trotter, Gianna	FR	Minnesota State	32.59m	106-11	2	
12	Hawk, Kennedy	SO	Minnesota Duluth	31.17m	102-03	3	
13	Andersen, Cora	JR	Minnesota State	30.80m	101-00	2	
14	Sallee, Kylee	SO	Augustana (S.D.)	30.76m	100-11	3	
15	Richards, Toryn	SO	Minnesota State	30.65m	100-07	2	
16	Couch, Maya	SO	Wayne State (Neb.)	29.54m	96-11	2	
17	Kiel, Malayna	FR	SW Minnesota St.	28.53m	93-07	1	
18	Johnson, Lily	JR	Bemidji State	28.52m	93-07	1	
19	Sheldon, Morgan	FR	Northern State	28.41m	93-02	1	
20	Smith, Amanda	SR	Bemidji State	27.59m	90-06	1	
21	Martin, Jade	SR	Upper Iowa	27.06m	88-09	1	
22	Bladow, Kilee	FR	Northern State	26.71m	87-07	1	
23	Horning, Tia	JR	U-Mary	26.33m	86-05	2	
24	Cumbow, Addison	FR	Northern State	24.98m	81-11	2	
25	Smestad, Svea	SO	Minnesota Duluth	24.47m	80-03	1	
26	Allison, Ashlyn	FR	Concordia-St. Paul	24.16m	79-03	1	
27	Hemmer, Mackenzie	FR	Augustana (S.D.)	20.92m	68-08	2	
---	McCartney, Annie	JR	Wayne State (Neb.)	FOUL		1	

Heptathlon: #4 Women 200 Meter Dash Heptathlon

	Name	Yr	School	Finals	Wind	H#	Points
Finals							
1	Lauvstad, Miranda	FR	Minnesota State	25.43	1.6	4	848
2	Rae, Jacqi	JR	Minnesota Duluth	25.54	1.6	4	838
3	Harbo, Arika	JR	Concordia-St. Paul	25.72	1.6	4	822
4	Sallee, Kylee	SO	Augustana (S.D.)	26.00	1.6	4	797
5	Andersen, Cora	JR	Minnesota State	26.45	0.3	3	758
6	Horning, Tia	JR	U-Mary	26.52	1.6	4	752
7	Babcock, Mickalyn	JR	Msu Moorhead	26.62	1.7	1	744
8	Becker, Jayda	SO	Augustana (S.D.)	26.72	0.3	3	735
9	Inama, Laura	SO	U-Mary	26.77	1.6	4	731
10	Orf, Lillian	FR	Minnesota State	26.79	0.3	3	729
11	Koepfinger, Hannah	JR	SW Minnesota St.	26.85	1.7	2	724
12	Hemmer, Mackenzie	FR	Augustana (S.D.)	27.16	0.3	3	699
13	Toquero, Ainhoa	FR	St. Cloud State	27.30	0.3	3	687
14	London, Bryn	JR	Minnesota Duluth	27.51	1.7	1	670
15	Post, Alexa	FR	Minnesota State	27.51	1.7	2	670
16	Serrao, Adla	JR	Msu Moorhead	27.54	0.3	3	668
17	Sunnarborg, Samantha	JR	Minnesota State	27.61	1.7	2	662
18	Cumbow, Addison	FR	Northern State	27.76	1.7	1	650
19	Coffee, Anna	FR	Wayne State (Neb.)	27.79	1.7	2	647
20	Paschka, Kaye	JR	Augustana (S.D.)	27.88	1.7	2	640
21	Pedroso, Maria	SO	Augustana (S.D.)	28.13	1.7	2	621
22	Marks, Melanie	FR	Minnesota State	28.14	1.7	1	620
23	Rader, Anna	FR	U-Mary	28.17	1.7	1	617
24	Sheldon, Morgan	FR	Northern State	28.18	1.7	1	617

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Heptathlon: #7 Women 800 Meter Dash Heptathlon**

	Name	Yr	School	Finals	H#	Points
Finals						
1	Lauvstad, Miranda	FR	Minnesota State	2:26.59	2	736
2	Sunnarborg, Samantha	JR	Minnesota State	2:27.08	2	730
3	Sallee, Kylee	SO	Augustana (S.D.)	2:27.96	2	719
4	Koepfinger, Hannah	JR	SW Minnesota St.	2:29.16	1	703
5	Andersen, Cora	JR	Minnesota State	2:30.64	2	685
6	Horning, Tia	JR	U-Mary	2:32.10	2	667
7	Harbo, Arika	JR	Concordia-St. Paul	2:33.43	2	651
8	Rae, Jacqi	JR	Minnesota Duluth	2:33.59	2	649
9	Pedroso, Maria	SO	Augustana (S.D.)	2:34.58	2	637
10	Coffee, Anna	FR	Wayne State (Neb.)	2:34.73	2	635
11	Hemmer, Mackenzie	FR	Augustana (S.D.)	2:35.77	2	622
12	Sheldon, Morgan	FR	Northern State	2:36.83	2	610
13	Post, Alexa	FR	Minnesota State	2:42.01	1	550
14	Toquero, Ainhoa	FR	St. Cloud State	2:43.19	1	537
15	Rader, Anna	FR	U-Mary	2:45.69	1	509
16	Inama, Laura	SO	U-Mary	2:46.10	2	505
17	Marks, Melanie	FR	Minnesota State	2:46.61	1	499
18	Babcock, Mickalyn	JR	Msu Moorhead	2:46.62	1	499
19	London, Bryn	JR	Minnesota Duluth	2:49.02	2	474
20	Orf, Lillian	FR	Minnesota State	2:49.31	1	471
21	Serrao, Adla	JR	Msu Moorhead	2:49.38	1	470
22	Paschka, Kaye	JR	Augustana (S.D.)	2:50.20	2	462
23	Cumbow, Addison	FR	Northern State	3:01.39	1	352

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

	Name	Yr	School	Finals	Wind	H#	Points
Finals							
1	Harbo, Arika	JR	Concordia-St. Paul	14.33	0.8	6	932
2	Horning, Tia	JR	U-Mary	14.68	0.8	6	884
3	Lauvstad, Miranda	FR	Minnesota State	14.88	+0.0	5	858
4	Babcock, Mickalyn	JR	Msu Moorhead	15.02	+0.0	5	839
5	Paschka, Kaye	JR	Augustana (S.D.)	15.04	+0.0	5	836
6	Sheldon, Morgan	FR	Northern State	15.11	3.0	4	827
7	Andersen, Cora	JR	Minnesota State	15.16	0.8	6	821
8	Coffee, Anna	FR	Wayne State (Neb.)	15.26	3.0	4	808
9	Serrao, Adla	JR	Msu Moorhead	15.35	3.0	4	796
10	Koepfinger, Hannah	JR	SW Minnesota St.	15.38	2.0	3	792
11	London, Bryn	JR	Minnesota Duluth	15.44	3.0	4	784
12	Hemmer, Mackenzie	FR	Augustana (S.D.)	15.46	2.0	3	782
13	Becker, Jayda	SO	Augustana (S.D.)	15.48	+0.0	5	779
14	Sallee, Kylee	SO	Augustana (S.D.)	15.51	0.8	6	775
15	Pedroso, Maria	SO	Augustana (S.D.)	15.82	2.0	3	736
16	Rae, Jacqi	JR	Minnesota Duluth	15.87	2.2	2	730
17	Cumbow, Addison	FR	Northern State	15.87	2.0	3	730
18	Rader, Anna	FR	U-Mary	15.88	2.2	2	729
19	Inama, Laura	SO	U-Mary	16.05	2.0	1	708
20	Toquero, Ainhoa	FR	St. Cloud State	16.22	2.2	2	688

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Heptathlon: #1 Women 100 Meter Hurdles Heptathlon)**

Name	Yr	School	Finals	Wind	H#	Points
21 Post, Alexa	FR	Minnesota State	16.33	2.2	2	674
22 Orf, Lillian	FR	Minnesota State	16.34	2.0	1	673
23 Sunnarborg, Samantha	JR	Minnesota State	16.68	2.0	1	633
24 Marks, Melanie	FR	Minnesota State	19.08	2.0	1	383

Heptathlon: #2 Women High Jump Heptathlon

Name	Yr	School	Finals	H#	Points
Finals					
1 Harbo, Arika	JR	Concordia-St. Paul	1.71m	5-07.25	2 867
2 London, Bryn	JR	Minnesota Duluth	1.62m	5-03.75	2 759
2 Coffee, Anna	FR	Wayne State (Neb.)	1.62m	5-03.75	2 759
2 Inama, Laura	SO	U-Mary	1.62m	5-03.75	2 759
5 Toquero, Ainhoa	FR	St. Cloud State	1.59m	5-02.50	2 724
6 Lauvstad, Miranda	FR	Minnesota State	1.56m	5-01.25	2 689
6 Hemmer, Mackenzie	FR	Augustana (S.D.)	1.56m	5-01.25	2 689
6 Sallee, Kylee	SO	Augustana (S.D.)	1.56m	5-01.25	2 689
6 Pedroso, Maria	SO	Augustana (S.D.)	1.56m	5-01.25	2 689
10 Sheldon, Morgan	FR	Northern State	1.53m	5-00.25	2 655
10 Sunnarborg, Samantha	JR	Minnesota State	1.53m	5-00.25	2 655
12 Babcock, Mickalyn	JR	Msu Moorhead	1.50m	4-11.00	1 621
12 Andersen, Cora	JR	Minnesota State	1.50m	4-11.00	1 621
12 Rader, Anna	FR	U-Mary	1.50m	4-11.00	1 621
12 Paschka, Kaye	JR	Augustana (S.D.)	1.50m	4-11.00	2 621
16 Serrao, Adla	JR	Msu Moorhead	1.47m	4-09.75	1 588
16 Rae, Jacqi	JR	Minnesota Duluth	1.47m	4-09.75	1 588
18 Horning, Tia	JR	U-Mary	1.44m	4-08.75	1 555
18 Becker, Jayda	SO	Augustana (S.D.)	1.44m	4-08.75	1 555
18 Orf, Lillian	FR	Minnesota State	1.44m	4-08.75	1 555
21 Post, Alexa	FR	Minnesota State	1.41m	4-07.50	1 523
22 Cumbow, Addison	FR	Northern State	1.35m	4-05.00	1 460
22 Koepfinger, Hannah	JR	SW Minnesota St.	1.35m	4-05.00	1 460
24 Marks, Melanie	FR	Minnesota State	1.26m	4-01.50	1 369

Heptathlon: #5 Women Long Jump Heptathlon

Name	Yr	School	Finals	Wind	H#	Points
Finals						
1 Lauvstad, Miranda	FR	Minnesota State	5.55m	18-02.50	+0.0 2	715
2 Harbo, Arika	JR	Concordia-St. Paul	5.49m	18-00.25	+0.0 2	697
3 Sallee, Kylee	SO	Augustana (S.D.)	5.48m	17-11.75	0.7 2	694
4 Becker, Jayda	SO	Augustana (S.D.)	5.35m	17-06.75	+0.0 1	657
5 Rae, Jacqi	JR	Minnesota Duluth	5.26m	17-03.25	+0.0 2	631
6 Orf, Lillian	FR	Minnesota State	5.12m	16-09.75	+0.0 2	592
7 Horning, Tia	JR	U-Mary	5.06m	16-07.25	+0.0 1	576
8 Paschka, Kaye	JR	Augustana (S.D.)	5.05m	16-07.00	+0.0 2	573
9 Coffee, Anna	FR	Wayne State (Neb.)	4.96m	16-03.25	+0.0 1	548
10 Toquero, Ainhoa	FR	St. Cloud State	4.94m	16-02.50	+0.0 2	543
11 Inama, Laura	SO	U-Mary	4.93m	16-02.25	+0.0 2	540
11 London, Bryn	JR	Minnesota Duluth	4.93m	16-02.25	+0.0 2	540
13 Hemmer, Mackenzie	FR	Augustana (S.D.)	4.92m	16-01.75	+0.0 1	538

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Heptathlon: #5 Women Long Jump Heptathlon)**

Name	Yr	School	Finals	Wind	H#	Points
14 Pedroso, Maria	SO	Augustana (S.D.)	4.91m	16-01.50	+0.0	1 535
15 Andersen, Cora	JR	Minnesota State	4.88m	16-00.25	0.2	2 527
16 Sunnarborg, Samantha	JR	Minnesota State	4.87m	15-11.75	+0.0	2 524
17 Rader, Anna	FR	U-Mary	4.86m	15-11.50	+0.0	1 522
17 Cumbow, Addison	FR	Northern State	4.86m	15-11.50	+0.0	2 522
19 Koepfinger, Hannah	JR	SW Minnesota St.	4.80m	15-09.00	+0.0	1 506
20 Post, Alexa	FR	Minnesota State	4.72m	15-06.00	+0.0	1 485
21 Sheldon, Morgan	FR	Northern State	4.70m	15-05.00	+0.0	1 479
22 Serrao, Adla	JR	Msu Moorhead	4.62m	15-02.00	+0.0	1 459
23 Marks, Melanie	FR	Minnesota State	4.53m	14-10.50	+0.0	1 436
24 Babcock, Mickalyn	JR	Msu Moorhead	4.49m	14-08.75	+0.0	1 426

Heptathlon: #3 Women Shot Put Heptathlon

Name	Yr	School	Finals	H#	Points
Finals					
1 Rae, Jacqi	JR	Minnesota Duluth	12.35m	40-06.25	1 684
2 Sunnarborg, Samantha	JR	Minnesota State	11.87m	38-11.50	2 653
2 Hemmer, Mackenzie	FR	Augustana (S.D.)	11.87m	38-11.50	2 653
4 Harbo, Arika	JR	Concordia-St. Paul	11.23m	36-10.25	2 610
5 Sallee, Kylee	SO	Augustana (S.D.)	10.73m	35-02.50	2 577
6 Babcock, Mickalyn	JR	Msu Moorhead	10.36m	34-00.00	1 553
7 Lauvstad, Miranda	FR	Minnesota State	10.25m	33-07.50	2 546
8 Coffee, Anna	FR	Wayne State (Neb.)	10.17m	33-04.50	2 541
9 Pedroso, Maria	SO	Augustana (S.D.)	9.88m	32-05.00	2 522
10 Sheldon, Morgan	FR	Northern State	9.61m	31-06.50	2 504
11 London, Bryn	JR	Minnesota Duluth	9.57m	31-04.75	2 501
12 Inama, Laura	SO	U-Mary	9.55m	31-04.00	2 500
13 Andersen, Cora	JR	Minnesota State	9.47m	31-01.00	1 495
14 Horning, Tia	JR	U-Mary	9.14m	30-00.00	1 473
15 Serrao, Adla	JR	Msu Moorhead	8.84m	29-00.00	1 454
16 Paschka, Kaye	JR	Augustana (S.D.)	8.83m	28-11.75	2 453
17 Post, Alexa	FR	Minnesota State	8.73m	28-07.75	1 447
18 Koepfinger, Hannah	JR	SW Minnesota St.	8.64m	28-04.25	1 441
19 Becker, Jayda	SO	Augustana (S.D.)	8.60m	28-02.75	1 438
20 Toquero, Ainhoa	FR	St. Cloud State	8.48m	27-10.00	2 430
21 Rader, Anna	FR	U-Mary	8.38m	27-06.00	1 424
22 Orf, Lillian	FR	Minnesota State	8.29m	27-02.50	1 418
23 Cumbow, Addison	FR	Northern State	8.03m	26-04.25	1 401
24 Marks, Melanie	FR	Minnesota State	7.59m	24-11.00	1 373

Heptathlon: #6 Women Javelin Throw Heptathlon

Name	Yr	School	Finals	H#	Points
Finals					
1 Sunnarborg, Samantha	JR	Minnesota State	44.18m	144-11	2 748
2 Harbo, Arika	JR	Concordia-St. Paul	33.85m	111-01	2 550
3 Sheldon, Morgan	FR	Northern State	32.96m	108-02	1 533
4 Cumbow, Addison	FR	Northern State	31.99m	104-11	2 514
5 Andersen, Cora	JR	Minnesota State	31.97m	104-11	2 514
6 Coffee, Anna	FR	Wayne State (Neb.)	31.33m	102-09	1 502

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results****Finals ... (Heptathlon: #6 Women Javelin Throw Heptathlon)**

Name	Yr	School	Finals	H#	Points
7 Sallee, Kylee	SO	Augustana (S.D.)	30.51m	100-01	2 486
8 Paschka, Kaye	JR	Augustana (S.D.)	29.35m	96-03	2 464
9 Horning, Tia	JR	U-Mary	29.15m	95-08	1 461
10 Rae, Jacqi	JR	Minnesota Duluth	27.68m	90-10	2 433
11 London, Bryn	JR	Minnesota Duluth	27.61m	90-07	2 431
12 Hemmer, Mackenzie	FR	Augustana (S.D.)	26.11m	85-08	1 403
13 Post, Alexa	FR	Minnesota State	25.83m	84-09	1 398
14 Rader, Anna	FR	U-Mary	25.35m	83-02	1 389
15 Serrao, Adla	JR	Msu Moorhead	24.12m	79-02	1 366
16 Koepfinger, Hannah	JR	SW Minnesota St.	23.65m	77-07	1 357
17 Lauvstad, Miranda	FR	Minnesota State	23.13m	75-11	2 347
18 Pedroso, Maria	SO	Augustana (S.D.)	23.07m	75-08	1 346
19 Marks, Melanie	FR	Minnesota State	22.47m	73-09	1 335
20 Toquero, Ainhoa	FR	St. Cloud State	22.37m	73-05	2 333
21 Inama, Laura	SO	U-Mary	22.17m	72-09	2 329
22 Becker, Jayda	SO	Augustana (S.D.)	20.52m	67-04	1 299
23 Orf, Lillian	FR	Minnesota State	19.12m	62-09	2 273
24 Babcock, Mickalyn	JR	Msu Moorhead	18.35m	60-02	1 258

Women Heptathlon

NSIC Record: **5323 R 2018**
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Halle Burney, Concordia- St. Paul

Name	Yr	School	Finals	H#	Points
Finals					
1 Harbo, Arika	JR	Concordia-St. Paul	5129.00	PROV	10
2 Lauvstad, Miranda	FR	Minnesota State	4739.00	PROV	8
3 Sallee, Kylee	SO	Augustana (S.D.)	4737.00	PROV	6
4 Sunnarborg, Samantha	JR	Minnesota State	4605.00	PROV	5
5 Rae, Jacqi	JR	Minnesota Duluth	4553.00	PROV	4
6 Coffee, Anna	FR	Wayne State (Neb.)	4440.00		3
7 Andersen, Cora	JR	Minnesota State	4421.00		2
8 Hemmer, Mackenzie	FR	Augustana (S.D.)	4386.00		1
9 Horning, Tia	JR	U-Mary	4368.00		
10 Sheldon, Morgan	FR	Northern State	4225.00		
11 London, Bryn	JR	Minnesota Duluth	4159.00		
12 Pedroso, Maria	SO	Augustana (S.D.)	4086.00		
13 Inama, Laura	SO	U-Mary	4072.00		
14 Paschka, Kaye	JR	Augustana (S.D.)	4049.00		
15 Koepfinger, Hannah	JR	SW Minnesota St.	3983.00		
16 Toquero, Ainhoa	FR	St. Cloud State	3942.00		
17 Babcock, Mickalyn	JR	Msu Moorhead	3940.00		
18 Rader, Anna	FR	U-Mary	3811.00		
19 Serrao, Adla	JR	Msu Moorhead	3801.00		
20 Post, Alexa	FR	Minnesota State	3747.00		
21 Orf, Lillian	FR	Minnesota State	3711.00		
22 Cumbow, Addison	FR	Northern State	3629.00		
23 Marks, Melanie	FR	Minnesota State	3015.00		

2023 NSIC Outdoor Track & Field Championship - 5/11/2023 to 5/13/2023**Timing and Results by Hero's Timing****Concordia University St. Paul****Results**Women - Team Rankings - 21 Events Scored

1) Minnesota State	272.4	2) Augustana (S.D.)	95
3) Winona State	82	4) U-Mary	72.2
5) Sioux Falls	61	6) Wayne State (Neb.)	43
7) Minnesota Duluth	40.2	8) Northern State	38.5
9) Concordia-St. Paul	33	10) MSU Moorhead	25.2
11) Bemidji State	22	12) St. Cloud State	19
13) SW Minnesota St.	11.5	14) Upper Iowa	3