

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024**

**Timing and Results by Hero's Timing**

**Minnesota State University**

**Results**

**Women 100 Meter Dash**

-----  
 NSIC Record: R 11.10 5/10/2024 Denisha Cartwright, Minnesota St  
 Facility: F 11.39 5/3/2023 Makayla Jackson, Minnesota St  
 11.52 AUTO  
 11.90 PROV

Name	Year	School	Prelims	Wind	H#
-----					
Preliminaries					
1		Cartwright, Denisha	SR Minnesota State	11.10Q	AUTO 3.8 3
2		Passeri, Arianna	SR U-Mary	11.45Q	AUTO 3.8 2 11.441
3		Brewster, Adeyah	JR Minnesota State	11.45Q	AUTO 3.0 1 11.445
4		Horton, Tamia	SO Sioux Falls	11.46Q	AUTO 3.8 3
5		Roberts, Shavante	SO Msu-Moorhead	11.51Q	AUTO 3.8 2
6		Morton, Tijuanique	JR Minnesota State	11.59Q	PROV 3.0 1
7		Cleare, Laila	SO U-Mary	11.50q	AUTO 3.8 3
8		Taylor, Renea	SO Northern State	11.70q	PROV 3.8 2
9		Norwood, Le'Nehja	FR Minnesota State	11.73q	PROV 3.8 3
10		Walsh, Antianna	JR Minnesota State	11.78	PROV 3.0 1
11		D'Almeida, Norah	SO Minnesota State	11.79	PROV 3.8 2
12		Juhnke, Lily	SO Augustana (S.D.)	11.86	PROV 3.0 1
13		Hubbard, Madison	FR Minnesota State	11.96	3.8 3 11.955
14		Lavato, Katie	SR St. Cloud State	11.96	3.0 1 11.960
15		Couch, Maya	JR Wayne State (Neb.)	12.08	3.8 2 12.072
16		Strong, Lillian	FR Minnesota State	12.08	3.8 2 12.074
17		Amundson, Olivia	SO Augustana (S.D.)	12.18	3.8 3
18		Berg, Kendall	SO U-Mary	12.20	3.8 3
19		Lukas, Courtney	SO Winona State	12.25	3.0 1
20		Grell, Jordan	SO Minnesota-Duluth	12.28	3.8 3
21		Noutsougan, Jennifer	FR Augustana (S.D.)	12.32	3.0 1
22		Krebsbach, Summer	JR Minot State	12.34	3.8 2
23		Adams, Camryn	FR Minot State	12.37	3.8 2
24		Bernard, Micah	JR U-Mary	12.39	3.8 3
25		Osuoha, Chidera	SO Concordia-St. Paul	12.73	3.8 2
26		Foster, Roxan	SR Minnesota State	13.21	3.0 1

**Women 100 Meter Dash**

-----  
 NSIC Record: R 11.10 5/10/2024 Denisha Cartwright, Minnesota St  
 Facility: F 11.39 5/3/2023 Makayla Jackson, Minnesota St  
 11.52 AUTO  
 11.90 PROV

Name	Year	School	Finals	Wind	
-----					
Finals					
1		Cartwright, Denisha	SR Minnesota State	11.30F	AUTO 0.7
2		Passeri, Arianna	SR U-Mary	11.60	PROV 0.7
3		Horton, Tamia	SO Sioux Falls	11.62	PROV 0.7 11.611
4		Brewster, Adeyah	JR Minnesota State	11.62	PROV 0.7 11.620
5		Cleare, Laila	SO U-Mary	11.67	PROV 0.7
6		Roberts, Shavante	SO Msu-Moorhead	11.70	PROV 0.7
7		Morton, Tijuanique	JR Minnesota State	11.78	PROV 0.7
8		Taylor, Renea	SO Northern State	11.91	0.7
9		Norwood, Le'Nehja	FR Minnesota State	11.98	0.7

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024**

**Timing and Results by Hero's Timing**

**Minnesota State University**

**Results**

**Women 200 Meter Dash**

-----  
 NSIC Record: R 22.71 5/10/2024 Denisha Cartwright, Minnesota St  
 Facility: F 23.52 5/6/2022 Shereen Vallabouy, Winona State  
 23.55 AUTO  
 24.40 PROV

Name	Year	School	Prelims	Wind	H#
-----					
Preliminaries					
1		Cartwright, Denisha	SR Minnesota State	22.71Q	AUTO 2.1 4
2		Massiah, Sakena	JR U-Mary	23.55Q	AUTO 3.5 3
3		Cleare, Laila	SO U-Mary	23.78Q	PROV 2.2 1
4		Roberts, Shavante	SO Msu-Moorhead	23.79Q	PROV 1.3 2 23.784
5		Morton, Tijuanique	JR Minnesota State	23.79q	PROV 2.1 4 23.789
6		Norwood, Le'Nehja	FR Minnesota State	23.98q	PROV 1.3 2
7		Cramer, Rose	SR Minnesota State	24.03q	PROV 2.2 1
8		Walsh, Antianna	JR Minnesota State	24.31q	PROV 3.5 3
9		Strong, Lillian	FR Minnesota State	24.41q	1.3 2
10		Fitzgerald, Kate	SO Minnesota-Duluth	24.56	2.1 4
11		Berg, Kendall	SO U-Mary	24.73	2.2 1
12		Bruno, Mara	SR U-Mary	24.81	3.5 3
13		Lavato, Katie	SR St. Cloud State	24.84	3.5 3
14		Horton, Tamia	SO Sioux Falls	24.94	1.3 2
15		Couch, Maya	JR Wayne State (Neb.)	24.95	1.3 2
16		Noutsougan, Jennifer	FR Augustana (S.D.)	25.01	2.2 1
17		Hubbard, Madison	FR Minnesota State	25.05	1.3 2
18		D'Almeida, Norah	SO Minnesota State	25.23	2.1 4
19		Krebsbach, Summer	JR Minot State	25.39	2.2 1
20		Hambel, Grace	SO Minnesota State	25.49	2.1 4
21		Bruno, Anna	FR U-Mary	25.50	3.5 3
22		Okwaramoi, Esaba	FR Minnesota State	25.53	2.1 4
23		Adams, Camryn	FR Minot State	25.59	2.1 4
24		Schmidt, Elizabeth	JR Minnesota State	25.78	2.2 1

**Women 200 Meter Dash**

-----  
 NSIC Record: R 22.71 5/10/2024 Denisha Cartwright, Minnesota St  
 Facility: F 23.52 5/6/2022 Shereen Vallabouy, Winona State  
 23.55 AUTO  
 24.40 PROV

Name	Year	School	Finals	Wind
-----				
Finals				
1		Cartwright, Denisha	SR Minnesota State	23.07FAUTO 0.5
2		Massiah, Sakena	JR U-Mary	23.57 PROV 0.5
3		Cleare, Laila	SO U-Mary	23.89 PROV 0.5
4		Norwood, Le'Nehja	FR Minnesota State	24.07 PROV 0.5
5		Morton, Tijuanique	JR Minnesota State	24.43 0.5
6		Cramer, Rose	SR Minnesota State	24.68 0.5
7		Walsh, Antianna	JR Minnesota State	24.74 0.5
8		Strong, Lillian	FR Minnesota State	25.06 0.5
--		Roberts, Shavante	SO Msu-Moorhead	DNF 0.5

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024**

**Timing and Results by Hero's Timing**

**Minnesota State University**

**Results**

**Women 400 Meter Dash**

-----  
 NSIC Record: R 53.60 5/14/2022 Shereen Vallabouy, Winona State  
 Facility: F 53.63 5/3/2023 Denisha Cartwright, Minnesota St  
 53.52 AUTO  
 55.87 PROV

Name	Year	School	Prelims	H#
-----				
Preliminaries				
1 Lane, Eilika	SR	Minnesota State	55.89Q	3
2 Peterson, Maia	JR	Augustana (S.D.)	56.77Q	1
3 Massiah, Sakena	JR	U-Mary	58.15Q	2
4 Martz, Kaia	SO	Minnesota State	58.14Q	3
5 Schmidt, Elizabeth	JR	Minnesota State	58.41Q	1
6 Larson, Alyssa	SO	Winona State	58.82Q	2
7 Bruno, Mara	SR	U-Mary	58.46q	1
8 Heinitz, Ella	JR	Augustana (S.D.)	58.53q	3
9 Clifford, Sierra	JR	SW Minnesota St.	58.76q	3
10 Collymore, Kyanna	SO	Northern State	58.80	1
11 Cole, Janice	SR	Bemidji State	58.95	2
12 Mattingly, Destiny	JR	Concordia-St. Paul	59.29	3
13 Shroyer, Brianna	FR	Minnesota State	59.60	1
14 Zimmerman, Karlina	SO	Concordia-St. Paul	59.65	1
15 Hambel, Grace	SO	Minnesota State	59.73	2
16 Boelke, Rachel	SR	Minnesota-Duluth	59.98	2
17 Barnes, Amaiya	JR	Minnesota State	1:00.12	3
18 Aitken, Josie	SO	Bemidji State	1:00.56	1
19 Jackson, Alli	JR	Northern State	1:01.00	2
20 Jensen, Anna	FR	Augustana (S.D.)	1:01.19	3
21 Everson, Mackenzie	FR	Sioux Falls	1:01.40	2
22 Christensen, Vanessa	JR	Northern State	1:01.80	2
23 Beadles, Brittany	FR	Winona State	1:02.39	1

**Women 400 Meter Dash**

-----  
 NSIC Record: R 53.60 5/14/2022 Shereen Vallabouy, Winona State  
 Facility: F 53.63 5/3/2023 Denisha Cartwright, Minnesota St  
 53.52 AUTO  
 55.87 PROV

Name	Year	School	Finals
-----			
Finals			
1 Massiah, Sakena	JR	U-Mary	54.08 PROV
2 Lane, Eilika	SR	Minnesota State	54.45 PROV
3 Peterson, Maia	JR	Augustana (S.D.)	55.75 PROV
4 Schmidt, Elizabeth	JR	Minnesota State	57.19
5 Larson, Alyssa	SO	Winona State	57.35
6 Bruno, Mara	SR	U-Mary	57.37
7 Clifford, Sierra	JR	SW Minnesota St.	58.02
8 Martz, Kaia	SO	Minnesota State	58.04
9 Heinitz, Ella	JR	Augustana (S.D.)	58.48

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024**

**Timing and Results by Hero's Timing**

**Minnesota State University**

**Results**

**Women 800 Meter Run**

-----  
 NSIC Record: R 2:04.62 5/11/2017 Emi Trost, Minnesota Duluth  
 Facility: F 2:08.44 5/1/2024 MaKenna Thurston, Minnesota St  
 2:06.90 AUTO  
 2:12.07 PROV

Name	Year	School	Prelims	H#
-----				
Preliminaries				
1 Schley, Savannah	JR	Minnesota-Duluth	2:13.33Q	2
2 Acheson, Elizabeth	JR	U-Mary	2:14.91Q	3
3 Sudbeck, Caroline	SR	Augustana (S.D.)	2:16.19Q	1
4 Peed, Addison	FR	Minnesota State	2:16.28Q	1
5 Aho, Annika	SR	Sioux Falls	2:17.18Q	3
6 Sadowsky, Sidra	JR	Minot State	2:17.29Q	2
7 Ulrich, Rachel	FR	Minnesota-Duluth	2:16.69q	1
8 Acheson, Grace	SR	U-Mary	2:16.97q	1
9 Erickson, Alexis	SR	Bemidji State	2:18.01q	2
10 Serck, Sydnee	FR	Augustana (S.D.)	2:18.36	1
11 Carlson, Summer	JR	Northern State	2:18.50	2
12 Wride, Bailey	FR	Minot State	2:18.66	1
13 Chan, Nyadio	SO	Concordia-St. Paul	2:19.92	3
14 Hanowski, Ellie	FR	Minnesota-Duluth	2:21.37	3
15 Langstraat, Macie	JR	SW Minnesota St.	2:22.77	2
16 Steele, Alaina	SR	Minnesota-Duluth	2:23.88	2
17 Anders, Jenna	FR	Winona State	2:25.11	2
18 Stineman, Alison	SR	Wayne State (Neb.)	2:25.56	2
19 O'Meara, Cassidy	SR	Minnesota State	2:26.41	3
20 Pachta, Kylie	JR	Wayne State (Neb.)	2:28.33	3
21 Rabitz, Audrey	FR	St. Cloud State	2:30.99	3
22 Boelke, Rachel	SR	Minnesota-Duluth	2:31.59	1
23 Kuhnke, Julia	FR	Minnesota-Duluth	2:32.23	3
24 Polacek, Faith	JR	Wayne State (Neb.)	2:33.69	3
25 Guerra-Reese, Mariana	SR	St. Cloud State	2:40.18	1

**Women 800 Meter Run**

-----  
 NSIC Record: R 2:04.62 5/11/2017 Emi Trost, Minnesota Duluth  
 Facility: F 2:08.44 5/1/2024 MaKenna Thurston, Minnesota St  
 2:06.90 AUTO  
 2:12.07 PROV

Name	Year	School	Finals
-----			
Finals			
1 Acheson, Elizabeth	JR	U-Mary	2:07.56FPROV
2 Schley, Savannah	JR	Minnesota-Duluth	2:10.42 PROV
3 Sudbeck, Caroline	SR	Augustana (S.D.)	2:11.94 PROV
4 Ulrich, Rachel	FR	Minnesota-Duluth	2:12.41
5 Aho, Annika	SR	Sioux Falls	2:12.74
6 Erickson, Alexis	SR	Bemidji State	2:13.25
7 Acheson, Grace	SR	U-Mary	2:13.38
8 Sadowsky, Sidra	JR	Minot State	2:13.64
9 Peed, Addison	FR	Minnesota State	2:20.66

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024**

**Timing and Results by Hero's Timing**

**Minnesota State University**

**Results**

**Women 1500 Meter Run**

-----  
 NSIC Record: R 4:21.48 2017 Emi Trost, Minnesota Duluth  
 Facility: F 4:19.17 5/4/2024 Kaylee Beyer, Minona State  
 4:21.49 AUTO  
 4:32.89 PROV

Name	Year	School	Prelims	H#
-----				
Preliminaries				
1 Thurston, MaKenna	SR	Minnesota State	4:33.88Q	1
2 Juac, Khot	SR	Sioux Falls	4:41.57Q	2
3 Kalthoff, Kristine	SO	U-Mary	4:34.22Q	1
4 Overgaauw, Ashley	FR	Augustana (S.D.)	4:42.24Q	2
5 Erickson, Alexis	SR	Bemidji State	4:34.98Q	1
6 Verkerke, Madeline	JR	Minnesota-Duluth	4:42.68Q	2
7 Becker, Alyssa	JR	U-Mary	4:35.84Q	1
8 Gehl, Morgan	JR	Sioux Falls	4:42.88Q	2
9 Seidel, Francine	SR	Minnesota-Duluth	4:37.44q	1
10 Peed, Addison	FR	Minnesota State	4:44.24q	1
11 Wycklendt, Terez	SO	U-Mary	4:46.37q	2
12 Kirchner, Callie	FR	Wayne State (Neb.)	4:48.53q	1
13 Swanson, Maddie	FR	Sioux Falls	4:50.47	2
14 Bishop, Makayla	JR	Minnesota State	4:51.77	2
15 Miller, Carol	SR	Bemidji State	5:03.34	2
16 Speer, Kennedy	SO	Minnesota State	5:05.17	1
17 Bond, Josie	JR	Minnesota-Duluth	5:11.02	2

**Women 1500 Meter Run**

-----  
 NSIC Record: R 4:21.48 2017 Emi Trost, Minnesota Duluth  
 Facility: F 4:19.17 5/4/2024 Kaylee Beyer, Minona State  
 4:21.49 AUTO  
 4:32.89 PROV

Name	Year	School	Finals
-----			
Finals			
1 Thurston, MaKenna	SR	Minnesota State	4:25.19 PROV
2 Juac, Khot	SR	Sioux Falls	4:27.29 PROV
3 Overgaauw, Ashley	FR	Augustana (S.D.)	4:37.61
4 Gehl, Morgan	JR	Sioux Falls	4:37.74
5 Becker, Alyssa	JR	U-Mary	4:38.06
6 Kalthoff, Kristine	SO	U-Mary	4:38.58
7 Seidel, Francine	SR	Minnesota-Duluth	4:38.70
8 Erickson, Alexis	SR	Bemidji State	4:40.09
9 Verkerke, Madeline	JR	Minnesota-Duluth	4:46.11
10 Kirchner, Callie	FR	Wayne State (Neb.)	4:47.60
11 Wycklendt, Terez	SO	U-Mary	4:52.76
12 Peed, Addison	FR	Minnesota State	4:56.61

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Results****Women 5000 Meter Run**

-----  
 NSIC Record: R 15:48.64 5/13/2023 Lindsay Cunningham, Winona State  
 Facility: F 17:24.67 5/2/2012 Mackenzie Hall, Minnesota Duluth  
 16:10.04 AUTO  
 17:10.15 PROV

Name	Year	School	Finals
1 Beyer, Kaylee	SR	Winona State	16:33.13FPROV
2 Juac, Khot	SR	Sioux Falls	17:14.10F
3 Bakken, Ella	JR	Augustana (S.D.)	17:20.04F
4 Becker, Alyssa	JR	U-Mary	17:33.65
5 Kalthoff, Kristine	SO	U-Mary	17:35.43
6 Fundak, Andrijana	JR	U-Mary	17:36.34
7 Lovgren, Eleni	SO	Augustana (S.D.)	17:38.26
8 Pickering, Megan	SR	Northern State	17:41.01
9 Matzek, Madison	SO	Minnesota State	17:52.85
10 Dominguez, Paulette	JR	Minot State	18:06.38
11 Wycklendt, Terez	SO	U-Mary	18:13.42
12 Anderson, Kylie	SO	Winona State	18:21.85
13 Thompson, Laura	SO	Augustana (S.D.)	18:30.06
14 Swanson, Erika	JR	Minnesota-Duluth	18:36.47
15 Melton, Taylor	SR	Augustana (S.D.)	18:39.14
16 MacDonald, Alexi	SO	Minnesota State	18:41.16
17 Young, Lindsey	SO	Augustana (S.D.)	18:45.95
18 Anderson, Eve	JR	Minnesota-Duluth	18:51.14
19 Goodwin, Mary	SR	Bemidji State	18:52.46
20 Hoffman, Rachel	SR	Winona State	18:56.95
21 Palodichuk, Anna	SR	Minnesota-Duluth	19:06.97
22 Blote, Teresa	SR	U-Mary	19:10.53
23 Zigler, Alison	SR	Minnesota State	19:17.99
24 Kowal, Cambrie	JR	St. Cloud State	19:27.70
25 Brandemuehl, Rhya	SO	Winona State	19:35.34
26 VanLoon, Elizabeth	SO	Minnesota-Duluth	19:43.21
27 Freed, Greta	JR	St. Cloud State	19:58.91
-- Overgaauw, Ashley	FR	Augustana (S.D.)	SCR
-- Narveson, Megan	JR	Minnesota State	SCR
-- Renier, Lauryn	SR	Minnesota-Duluth	SCR
-- Surage, Aubrey	JR	Augustana (S.D.)	SCR

**Women 10000 Meter Run**

-----  
 NSIC Record: R 34:09.57 5/13/2022 Lindsay Cunningham, Winona State  
 Facility: F 35:56.02 4/9/2022 Mackenzie Hall, Minnesota Duluth  
 34:27.88 AUTO  
 36:35.68 PROV

Name	Year	School	Finals
1 Bakken, Ella	JR	Augustana (S.D.)	35:53.94FPROV
2 Fundak, Andrijana	JR	U-Mary	36:55.50
3 Pickering, Megan	SR	Northern State	38:31.49
4 Zigler, Alison	SR	Minnesota State	39:24.50
5 Anderson, Eve	JR	Minnesota-Duluth	39:39.86
6 Blote, Teresa	SR	U-Mary	39:48.23
7 Kolb, Ella	JR	Sioux Falls	39:48.82
8 Palodichuk, Anna	SR	Minnesota-Duluth	39:59.07

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024**

**Timing and Results by Hero's Timing**

**Minnesota State University**

**Results**

**....Women 10000 Meter Run**

9	Palmer, Madeline	SO Winona State	40:27.21
10	Selting, Maria	FR Minnesota State	40:48.83
11	Smith, Emery	SO Minot State	41:21.76
12	Kowal, Cambrie	JR St. Cloud State	41:28.10
13	Westin, Hannah	FR U-Mary	41:32.73
14	Larsen, Kelsey	SO Wayne State (Neb.)	41:47.25
15	Houglum, Tess	JR Concordia-St. Paul	43:00.54
16	Bryant, Maddy	FR Concordia-St. Paul	43:22.81
17	Andres, Carissa	FR SW Minnesota St.	44:36.37
--	Narveson, Megan	JR Minnesota State	DNF
--	Surage, Aubrey	JR Augustana (S.D.)	DNF
--	Freed, Greta	JR St. Cloud State	DNF
--	Helms, Jenna	JR Northern State	DNF

**Women 100 Meter Hurdles**

=====  
 NSIC Record: R 12.76 5/10/2024 Denisha Cartwright, Minnesota St  
 Facility: F 12.99 5/1/2024 Denisha Cartwright, Minnesota St  
 13.47 AUTO  
 14.19 PROV

Name	Year	School	Prelims	Wind	H#
===== Preliminaries					
1		Cartwright, Denisha	SR Minnesota State	12.76QAUTO	3.4 2
2		Brewster, Adeyah	JR Minnesota State	13.44QAUTO	2.2 1
3		Foster, Roxan	SR Minnesota State	13.66QPROV	2.2 1
4		Okwaramoi, Esaba	FR Minnesota State	13.80QPROV	3.4 2
5		Reichenberger, Hanna	JR Winona State	14.00qPROV	3.4 2
6		Cornwall, De'Andre	SO Minot State	14.16qPROV	2.2 1 14.156
7		Horning, Tia	SR U-Mary	14.16qPROV	2.2 1 14.158
8		Taylor, Renea	SO Northern State	14.38q	2.2 1
9		Swanson, Emily	JR Sioux Falls	14.50q	3.4 2
10		Anderson, Kendall	SO Sioux Falls	14.84	2.2 1 14.835
11		Paschka, Kaye	SR Augustana (S.D.)	14.84	3.4 2 14.839
12		Tanner, Cadence	FR Concordia-St. Paul	14.90	3.4 2
13		Van Zee, Baylee	SO Augustana (S.D.)	15.39	3.4 2
14		Langseth, Anna	SR Augustana (S.D.)	15.42	2.2 1
15		Rae, Jacqi	SR Minnesota-Duluth	15.52	3.4 2
16		Klein, Karli	FR Northern State	15.75	3.4 2
--		Babcock, Mickalyn	SR Msu-Moorhead	SCR	2.2 1

**Women 100 Meter Hurdles**

=====  
 NSIC Record: R 12.76 5/10/2024 Denisha Cartwright, Minnesota St  
 Facility: F 12.99 5/1/2024 Denisha Cartwright, Minnesota St  
 13.47 AUTO  
 14.19 PROV

Name	Year	School	Finals	Wind
===== Finals				
1		Cartwright, Denisha	SR Minnesota State	12.60RAUTO 1.6
2		Brewster, Adeyah	JR Minnesota State	13.17 AUTO 1.6
3		Okwaramoi, Esaba	FR Minnesota State	13.66 PROV 1.6
4		Foster, Roxan	SR Minnesota State	13.69 PROV 1.6

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024**

**Timing and Results by Hero's Timing**

**Minnesota State University**

**Results**

**....Women 100 Meter Hurdles**

5	Horning, Tia	SR	U-Mary	13.87	PROV	1.6
6	Reichenberger, Hanna	JR	Winona State	13.94	PROV	1.6 13.935
7	Swanson, Emily	JR	Sioux Falls	13.94	PROV	1.6 13.936
8	Taylor, Renea	SO	Northern State	14.08	PROV	1.6
9	Cornwall, De'Andre	SO	Minot State	14.19	PROV	1.6

**Women 400 Meter Hurdles**

=====

NSIC Record:	R	58.83	2017	Hanneke Oosterwegel, Northern State
Facility:	F	1:00.19	5/3/2023	Birgen Nelson, Gustavus Adolphus
		58.61	AUTO	
		1:01.82	PROV	

Name	Year	School	Prelims	H#
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**Preliminaries**

1	Lane, Eilika	SR	Minnesota State	1:02.37Q	3
2	Taylor, Renea	SO	Northern State	1:02.89Q	2
3	Horning, Tia	SR	U-Mary	1:03.74Q	1
4	Gilles, Megan	JR	Minnesota-Duluth	1:03.44Q	2
5	Perry, Jaid	SR	Concordia-St. Paul	1:04.28Q	1
6	Marteau, Noa	SR	Augustana (S.D.)	1:04.75Q	3
7	Feit, Regan	JR	Winona State	1:03.93q	2
8	Fultz, Natalie	SR	Bemidji State	1:05.19q	3
9	Lipschultz, Lainey	SR	Winona State	1:05.59q	1
10	Belzer, Bernadette	FR	U-Mary	1:06.01	3
11	Frazier, Makenna	FR	Bemidji State	1:06.21	1
12	Brandt, Grace	FR	U-Mary	1:06.37	1
13	Anderson, Kendall	SO	Sioux Falls	1:07.17	3
14	Baumann, Brooke	SO	Msu-Moorhead	1:07.20	3
15	Osk Jonsdottir, Elisabet	FR	Northern State	1:08.08	1
16	Van Zee, Kasey	SR	Augustana (S.D.)	1:08.54	2
17	Paschka, Kaye	SR	Augustana (S.D.)	1:09.50	1
18	Langseth, Anna	SR	Augustana (S.D.)	1:09.68	2
19	Klein, Karli	FR	Northern State	1:09.77	2
20	Moore, Macey	FR	Minot State	1:09.88	1
21	Hunt, Emma	FR	Northern State	1:10.37	2
22	Christenson, Makaylin	JR	St. Cloud State	1:10.44	3
23	Jaworski, Rachel	JR	Minnesota State	1:10.85	3
24	Wallendal, Trinity	FR	St. Cloud State	1:11.48	3
25	Smidel, Kaaryna	JR	SW Minnesota St.	1:11.77	2

**Women 400 Meter Hurdles**

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NSIC Record:	R	58.83	2017	Hanneke Oosterwegel, Northern Sta
Facility:	F	1:00.19	5/3/2023	Birgen Nelson, Gustavus Adolphus
		58.61	AUTO	
		1:01.82	PROV	

Name	Year	School	Finals
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**Finals**

1	Lane, Eilika	SR	Minnesota State	1:00.34	PROV
2	Feit, Regan	JR	Winona State	1:00.89	PROV
3	Taylor, Renea	SO	Northern State	1:01.53	PROV
4	Perry, Jaid	SR	Concordia-St. Paul	1:01.73	PROV



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**....Women 400 Meter Hurdles**

5	Gilles, Megan	JR Minnesota-Duluth	1:02.04
6	Fultz, Natalie	SR Bemidji State	1:02.49
7	Horning, Tia	SR U-Mary	1:02.58
8	Marteau, Noa	SR Augustana (S.D.)	1:04.21
9	Lipschultz, Lainey	SR Winona State	1:04.84

**Women 3000 Meter Steeplechase**

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NSIC Record:	R 10:05.02	2017	Brenna Colbenson, Minnesota Duluth
Facility:	F 10:46.13	5/4/2022	Rachel Rairdon, Augustana
	10:13.78	AUTO	
	10:59.70	PROV	

Name	Year	School	Finals	H#
1	Lovgren, Eleni	SO Augustana (S.D.)	10:58.11 PROV	2
2	Goodwin, Mary	SR Bemidji State	11:04.02	2
3	Reeves, Nicole	SO Minot State	11:07.56	2
4	Matzek, Madison	SO Minnesota State	11:15.13	2
5	Taylor, McKenna	JR Winona State	11:29.15	2
6	Young, Lindsey	SO Augustana (S.D.)	11:30.12	2
7	Swanson, Erika	JR Minnesota-Duluth	11:31.79	2
8	Marco, Madison	FR SW Minnesota St.	11:32.06	2
9	MacDonald, Alexi	SO Minnesota State	11:39.53	2
10	McCarthy, Maggie	SO Bemidji State	11:47.20	2
11	Harke, Sam	FR Winona State	11:48.45	2
12	Sajdak, Anna	JR Concordia-St. Paul	11:56.30	1
13	Dorsher, Grace	JR Msu-Moorhead	11:57.35	2
14	Neu, Rachael	SR U-Mary	12:10.99	2
15	Shiland, Marisa	SR U-Mary	12:12.70	1
16	Thelen, Kelsey	JR Concordia-St. Paul	12:15.54	1
17	Dugan, Jolie	FR Northern State	12:18.22	1
18	Conrad, Erica	SR St. Cloud State	12:20.51	1
19	Beason, Paige	FR St. Cloud State	12:27.85	1
20	McConkey, Katie	JR Minnesota-Duluth	12:30.80	1
21	Malone, Danielle	FR Minnesota State	12:45.41	1
22	VanLoon, Elizabeth	SO Minnesota-Duluth	12:47.99	2
23	Donahue, Alena	FR St. Cloud State	12:48.68	1
24	Ressler, Callie	SO Bemidji State	13:08.22	1
25	Bragg, Alexandra	SR Minnesota-Duluth	13:11.57	1
--	Renier, Lauryn	SR Minnesota-Duluth	DNF	2

**Women 4x100 Meter Relay**

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NSIC Record:	R 45.10	5/13/2023	Minnesota State, Minnesota St
			D Cartwright, J Simmons, R Cramer, M Jackson
Facility:	F 46.22	5/4/2019	Winona State, Winona State
			Pryor, Schyvinck, Pietz, Schyvinck
	45.52	AUTO	
	46.73	PROV	

School	Finals	H#
1 Minnesota State 'A'	45.26FAUTO	2
1) Brewster, Adeyah JR	2) Cartwright, Denisha SR	
3) Cramer, Rose SR	4) Morton, Tijuaniue JR	



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**....Women 4x400 Meter Relay**

1) Boelke, Rachel SR	2) Fitzgerald, Kate SO	
3) Schley, Savannah JR	4) Seidel, Francine SR	
4 Northern State 'A'	3:54.01	2
1) Collymore, Kyanna SO	2) Carlson, Summer JR	
3) Jackson, Alli JR	4) Taylor, Renea SO	
5 Bemidji State 'A'	3:54.14	2
1) Erickson, Alexis SR	2) Fultz, Natalie SR	
3) Aitken, Josie SO	4) Cole, Janice SR	
6 Augustana (S.D.) 'A'	3:58.06	2
1) Sudbeck, Caroline SR	2) Serck, Sydnee FR	
3) Heinitz, Ella JR	4) Peterson, Maia JR	
7 Winona State 'A'	3:58.23	1
1) Beadles, Brittany FR	2) Lipschultz, Lainey SR	
3) Anders, Jenna FR	4) Larson, Alyssa SO	
8 SW Minnesota St. 'A'	3:59.09	1
1) Clifford, Sierra JR	2) Doble, Ella FR	
3) Langstraat, Macie JR	4) Koepfinger, Hannah SR	
9 Minot State 'A'	3:59.48	1
1) Sadowsky, Sidra JR	2) Cornwall, De'Andre SO	
3) Reeves, Nicole SO	4) Wride, Bailey FR	
10 St. Cloud State 'A'	3:59.78	1
1) Lavato, Katie SR	2) Christenson, Makaylin JR	
3) Rabitz, Audrey FR	4) Guerra-Reese, Mariana SR	
11 Sioux Falls 'A'	4:07.38	1
1) Everson, Mackenzie FR	2) Gehl, Morgan JR	
3) Haack, Paige FR	4) Aho, Annika SR	
-- U-Mary 'A'	FS	2
1) Bruno, Mara SR	2) Acheson, Grace SR	
3) Massiah, Sakena JR	4) Acheson, Elizabeth JR	

**Women High Jump**

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NSIC Record: R 1.78m 5/12/2023 Arika Harbo, Concordia-St  
 Facility: F 1.76m 4/9/2022 Mearah Miedema, Augustana  
 1.77m AUTO  
 1.68m PROV

Name	Year	School	Finals
1 Harbo, Arika	SR	Concordia-St. Paul	1.71m PROV 5-07.25
1.50 1.55 1.60 1.65 1.68 1.71 1.74			
PPP PPP PPP O O O XXX			
2 Brenna, Paola	SR	St. Cloud State	1.71m PROV 5-07.25
1.50 1.55 1.60 1.65 1.68 1.71 1.74			
PPP O O XO O XXO XXX			
3 Webb, Abbi	JR	Sioux Falls	1.68m PROV 5-06.00
1.50 1.55 1.60 1.65 1.68 1.71 1.74			
PPP PPP O O O PPP XXX			
4 Minsaas, Dani	FR	Sioux Falls	1.65m 5-05.00
1.50 1.55 1.60 1.65 1.68			
PPP O O XO XXX			
5 Cridlebaugh, Ashley	SO	Minnesota State	1.65m 5-05.00
1.50 1.55 1.60 1.65 1.68			
PPP PPP XO XXO XXX			

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5	Swanson, Emily	JR Sioux Falls	1.65m	5-05.00
	1.50 1.55 1.60 1.65 1.68			
	PPP PPP XO XXO XXX			
7	Stands, Rainbow	JR SW Minnesota St.	1.60m	5-03.00
	1.50 1.55 1.60 1.65			
	O XO O XXX			
7	Greenwaldt, Bryn	SO Augustana (S.D.)	1.60m	5-03.00
	1.50 1.55 1.60 1.65			
	PPP XO O XXX			
9	Tanner, Cadence	FR Concordia-St. Paul	1.60m	5-03.00
	1.50 1.55 1.60 1.65			
	PPP O XO XXX			
9	Fultz, Natalie	SR Bemidji State	1.60m	5-03.00
	1.50 1.55 1.60 1.65			
	O O XO XXX			
9	Solis, Olivia	JR Minnesota State	1.60m	5-03.00
	1.50 1.55 1.60 1.65			
	PPP O XO XXX			
9	Mohling, Mari	SO Winona State	1.60m	5-03.00
	1.50 1.55 1.60 1.65			
	O O XO XXX			
13	Sleeter, Christine	FR SW Minnesota St.	1.60m	5-03.00
	1.50 1.55 1.60 1.65			
	O O XXO XXX			
13	Pedroso, Maria	JR Augustana (S.D.)	1.60m	5-03.00
	1.50 1.55 1.60 1.65			
	PPP O XXO XXX			
15	Sheldon, Morgan	SO Northern State	1.55m	5-01.00
	1.50 1.55 1.60			
	O O XXX			
15	Pachl, Jerrica	JR U-Mary	1.55m	5-01.00
	1.50 1.55 1.60			
	O O XXX			
17	Bakenhus, Jerika	FR Wayne State (Neb.)	1.55m	5-01.00
	1.50 1.55 1.60			
	XO O XXX			
17	Preiner, Lauren	SR Minnesota State	1.55m	5-01.00
	1.50 1.55 1.60			
	XO O XXX			
19	DuBois, Lauren	FR Minnesota-Duluth	1.55m	5-01.00
	1.50 1.55 1.60			
	O XO XXX			
19	Christenson, Makaylin	JR St. Cloud State	1.55m	5-01.00
	1.50 1.55 1.60			
	O XO XXX			
19	Tschumperlin, Jordan	JR Northern State	1.55m	5-01.00
	1.50 1.55 1.60			
	O XO XXX			
22	Breske, Emily	SO Northern State	1.55m	5-01.00
	1.50 1.55 1.60			
	XO XXO XXX			
23	Jones, Samara	FR Concordia-St. Paul	1.50m	4-11.00
	1.50 1.55			
	O XXX			

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**....Women High Jump**

23	Coffee, Anna	SO Wayne State (Neb.)	1.50m	4-11.00
	1.50 1.55			
	O XXX			
25	London, Bryn	SR Minnesota-Duluth	1.50m	4-11.00
	1.50 1.55			
	XO XXX			
26	Loyd, Desiree	FR Msu-Moorhead	1.50m	4-11.00
	1.50 1.55			
	XXO XXX			
26	Condon, Paige	JR Wayne State (Neb.)	1.50m	4-11.00
	1.50 1.55			
	XXO XXX			

**Women Pole Vault**

=====

NSIC Record: R 4.20m 5/13/2018 Kimberly Peterson, Sioux Falls  
 Facility: F 4.06m 5/1/2024 Paige Hickson, Minnesota St  
 4.10m AUTO  
 3.67m PROV

Name	Year	School	Finals
1 Hickson, Paige	SR	Minnesota State	4.21mRAUTO 13-09.75
	2.96 3.11 3.26 3.41 3.51	3.61 3.71 3.81 3.91 3.96	4.06 4.21 4.30
	PPP PPP PPP PPP PPP	PPP PPP XO PPP	O O XXX
2 Hokanson, Ashley	SR	Msu-Moorhead	3.81m PROV 12-06.00
	2.96 3.11 3.26 3.41 3.51	3.61 3.71 3.81 3.91 3.96	
	PPP PPP PPP PPP PPP	PPP PPP O PPP	XXX
3 Stangel, Hope	FR	Minnesota State	3.71m PROV 12-02.00
	2.96 3.11 3.26 3.41 3.51	3.61 3.71 3.81	
	PPP PPP PPP XO O	O O XXX	
4 Comstock, McKenna	JR	Sioux Falls	3.61m 11-10.00
	2.96 3.11 3.26 3.41 3.51	3.61 3.71	
	PPP PPP PPP O O	O XXX	
5 Oehmichen, Willow	FR	Minnesota State	3.51m 11-06.25
	2.96 3.11 3.26 3.41 3.51	3.61	
	PPP O O XO O	XXX	
6 Walz, Bekah	FR	Northern State	3.51m 11-06.25
	2.96 3.11 3.26 3.41 3.51	3.61	
	PPP O O XO XO	XXX	
7 Sikel, Jenna	SO	Minnesota State	3.41m 11-02.25
	2.96 3.11 3.26 3.41 3.51		
	PPP O O O XXX		
8 Hanson, Peyton	FR	Sioux Falls	3.41m 11-02.25
	2.96 3.11 3.26 3.41 3.51		
	PPP PPP XO O XXX		
9 Tom, Shealyn	JR	SW Minnesota St.	3.26m 10-08.25
	2.96 3.11 3.26 3.41		
	PPP PPP XO XXX		
9 Richards, Toryn	JR	Minnesota State	3.26m 10-08.25
	2.96 3.11 3.26 3.41		
	PPP O XO XXX		
11 Johnstone, Madyson	JR	Minnesota State	3.11m 10-02.50
	2.96 3.11 3.26		
	O O XXX		

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**....Women Pole Vault**

11	Peed, Addison	FR Minnesota State	3.11m	10-02.50
	2.96 3.11 3.26			
	0 0 XXX			
13	Klein, Jadyn	FR Minnesota State	3.11m	10-02.50
	2.96 3.11 3.26			
	XO 0 XXX			
13	Zaemisch, Micah	SR Minnesota State	3.11m	10-02.50
	2.96 3.11 3.26			
	XO 0 XXX			
15	Bauer, Paige	JR Minnesota State	3.11m	10-02.50
	2.96 3.11 3.26			
	PPP XO XXX			
16	Eisenbraun, Gracie	FR Northern State	2.96m	9-08.50
	2.96 3.11			
	0 XXX			
16	Bahls, Sydney	SR Msu-Moorhead	2.96m	9-08.50
	2.96 3.11			
	0 XXX			
18	Reintsma, Callie	SR Concordia-St. Paul	2.96m	9-08.50
	2.96 3.11			
	XO XXX			
18	Olenius, Abigail	FR Minnesota State	2.96m	9-08.50
	2.96 3.11			
	XO XXX			
18	Olson, Olivia	JR Bemidji State	2.96m	9-08.50
	2.96 3.11			
	XO XXX			
--	Gyi, Nedoh	JR SW Minnesota St.	NH	
	2.96			
	XXX			
--	Adams, MaKenzie	SR Sioux Falls	NH	
	2.96			
	XXX			
--	Ruschmeier, Zoe	SO SW Minnesota St.	NH	
	2.96			
	XXX			
--	Segar, Sabrina	JR Minnesota-Duluth	NH	
	2.96			
	XXX			
--	Sleeter, Christine	FR SW Minnesota St.	NH	
	2.96			
	XXX			

**Women Long Jump**

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 NSIC Record: R 6.31m 5/1985 Julie Hay, Minnesota Duluth  
 Facility: F 6.54m 4/9/2022 Makayla Jackson, Minnesota St  
 6.23m AUTO  
 5.80m PROV

Name	Year	School	Finals	Wind	H#
1 Passeri, Arianna	SR	U-Mary	6.38mRAUTO	1.5	20-11.25 3
6.24m(3.1) 6.38m(1.5) 6.10m(2.0) 6.29m(1.3) 6.38m(1.8) 6.04m(3.5)					

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2	Brewster, Adeyah	JR Minnesota State	6.18m PROV	3.8	20-03.50	3
	5.95m(1.2) 5.78m(2.1) 5.64m(1.3) FOUL		6.18m(3.8) FOUL			
3	Weidner, Taylor	SR U-Mary	5.86m PROV	1.4	19-02.75	3
	5.77m(0.8) FOUL	5.86m(1.4) 5.63m(2.5) FOUL	FOUL			
4	Sallee, Kylee	JR Augustana (S.D.)	5.86m PROV	4.5	19-02.75	3
	FOUL 5.64m(1.2) FOUL	5.34m(0.5) 5.66m(2.0) 5.86m(4.5)				
5	Harbo, Arika	SR Concordia-St. Paul	5.76m	1.9	18-10.75	3
	5.64m(2.2) FOUL	FOUL 5.55m(1.5) FOUL	5.76m(1.9)			
5	Kahl, Molly	JR Minnesota State	5.76m	1.1	18-10.75	3
	FOUL 5.64m(1.5) FOUL	FOUL 5.55m(1.6) 5.76m(1.1)				
7	Olson, Kaylee	SR Winona State	5.64m	3.2	18-06.00	2
	5.64m(3.2) 5.46m(1.6) FOUL	5.30m(2.6) FOUL	FOUL			
8	Bruno, Anna	FR U-Mary	5.63m	1.3	18-05.75	2
	5.02m(3.0) FOUL	5.61m(2.4) FOUL 5.63m(1.3) FOUL				
9	Tanner, Cadence	FR Concordia-St. Paul	5.59m	3.3	18-04.25	2
	FOUL 5.59m(3.3) 5.34m(1.3) 5.12m(0.8) 5.41m(1.7) 5.47m(3.2)					
10	Pedroso, Maria	JR Augustana (S.D.)	5.58m	1.4	18-03.75	3
	5.57m(1.3) FOUL	5.58m(1.4)				
11	Thompson, Myesha	FR St. Cloud State	5.51m	1.8	18-01.00	2
	FOUL 5.42m(2.6) 5.51m(1.8)					
12	Becker, Jayda	JR Augustana (S.D.)	5.51m	2.8	18-01.00	3
	5.38m(1.1) 5.34m(2.5) 5.51m(2.8)					
13	Schreiber, McKenna	FR Msu-Moorhead	5.37m	1.8	17-07.50	1
	5.12m(2.1) 5.31m(2.2) 5.37m(1.8)					
14	Strong, Lillian	FR Minnesota State	5.34m	0.5	17-06.25	2
	FOUL 4.84m(1.9) 5.34m(0.5)					
15	Merkley, Lauren	SO Augustana (S.D.)	5.33m	2.4	17-06.00	1
	5.33m(2.4) FOUL	5.15m(2.1)				
16	Sweeney, Sierra	JR Northern State	5.33m	3.8	17-06.00	1
	5.33m(3.8) 5.13m(1.5) FOUL					
17	Kneifl, Lindsey	SO Wayne State (Neb.)	5.28m	3.1	17-04.00	2
	5.17m(1.7) 5.28m(3.1) 5.27m(2.8)					
18	Root, Lindsey	JR Minnesota-Duluth	5.28m	3.2	17-04.00	1
	5.28m(3.2) FOUL	FOUL				
19	Smollen, Emily	SR Wayne State (Neb.)	5.23m	1.3	17-02.00	1
	5.11m(1.2) 5.17m(0.9) 5.23m(1.3)					
20	Addo, Janet	FR Minnesota State	5.18m	1.3	17-00.00	1
	5.18m(1.3) 5.07m(2.3) 4.95m(3.2)					
21	Hamdani, Ghada	FR Minnesota State	5.13m	1.9	16-10.00	3
	FOUL FOUL 5.13m(1.9)					
21	Wilson, Landree	FR Sioux Falls	5.13m	0.4	16-10.00	2
	FOUL FOUL 5.13m(0.4)					
23	Bartunek, Avery	SR Sioux Falls	5.08m	1.5	16-08.00	1
	4.97m(2.4) 5.08m(1.5) FOUL					
--	Webb, Abbi	JR Sioux Falls	FOUL			2
	FOUL FOUL FOUL					
--	Klink, Taytum	SR SW Minnesota St.	DNS	NWI		1

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**Women Triple Jump**

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 NSIC Record: R 12.85m 5/14/2022 D'Andra Morris, U-Mary  
 Facility: F 12.88m 5/1/2024 Flore Gracia, Unattached  
 12.77m AUTO  
 11.89m PROV

Name	Year	School	Finals	Wind	H#
1 Hamdani, Ghada	FR	Minnesota State	12.86mRAUTO	2.0	42-02.25 3
12.13m(3.2) FOUL	FOUL	FOUL	12.86m(2.0) FOUL		
2 Salemonsens, Kaja	JR	Augustana (S.D.)	12.85mRAUTO	1.6	42-02.00 3
FOUL FOUL	12.10m(+0.0)	12.04m(1.0) FOUL	12.85m(1.6)		
3 Neophytou, Stella	JR	Minnesota State	12.83m AUTO	2.0	42-01.25 3
12.58m(1.7) 12.42m(2.4)	12.60m(0.1)	12.19m(0.9) FOUL	12.83m(2.0)		
4 Washington, Lillian	SO	Minnesota State	12.68m PROV	0.5	41-07.25 3
FOUL 12.68m(0.5)	11.67m(3.4) FOUL	12.41m(0.9) FOUL			
5 Passeri, Arianna	SR	U-Mary	12.35m PROV	0.9	40-06.25 3
12.35m(0.9) FOUL	PASS	PASS	PASS		
6 Reichenberger, Hanna	JR	Winona State	12.34m PROV	1.6	40-06.00 3
FOUL 11.99m(1.4)	11.63m(-0.2) FOUL	11.81m(2.1)	12.34m(1.6)		
7 Sundby, Sammi	SR	Augustana (S.D.)	11.67m	1.0	38-03.50 3
FOUL 11.13m(1.6)	11.67m(1.0) FOUL	11.13m(+0.0)	11.66m(+0.0)		
8 Weidner, Taylor	SR	U-Mary	11.59m	2.3	38-00.25 3
11.52m(0.5) 11.59m(2.3)	11.45m(0.3)	11.33m(1.0)	11.18m(+0.0)	11.59m(1.7)	
9 Steinman, Erin	FR	Minnesota-Duluth	11.49m	1.6	37-08.50 2
FOUL 11.49m(1.6)	FOUL	FOUL	11.39m(0.3) FOUL		
10 Peter, Nancy	FR	SW Minnesota St.	11.46m	3.0	37-07.25 2
11.08m(0.2) 11.09m(2.5)	11.46m(3.0)				
11 Steussy, Ella	FR	Sioux Falls	11.45m	2.1	37-06.75 3
11.45m(2.1) 11.40m(0.6)	11.17m(0.5)				
12 Cridlebaugh, Ashley	SO	Minnesota State	11.43m	0.1	37-06.00 2
11.17m(1.5) 11.27m(1.7)	11.43m(0.1)				
13 Sambo, Keyla	SR	Wayne State (Neb.)	11.39m	1.6	37-04.50 2
11.39m(1.6) 11.31m(1.9)	FOUL				
14 Bartunek, Avery	SR	Sioux Falls	11.24m	2.4	36-10.50 2
11.24m(2.4) 11.14m(1.0)	FOUL				
15 Sweeney, Sierra	JR	Northern State	11.08m	1.2	36-04.25 2
11.08m(1.2) FOUL	FOUL				
16 Martinez-Rodriuez, Elena	SR	St. Cloud State	10.97m	3.4	36-00.00 1
10.97m(3.4) FOUL	FOUL				
17 Olderbak, Lexi	FR	Augustana (S.D.)	10.90m	2.4	35-09.25 2
10.62m(0.3) 10.90m(2.4)	10.73m(2.0)				
18 Schreiber, McKenna	FR	Msu-Moorhead	10.88m	+0.0	35-08.50 2
10.66m(0.6) 10.73m(1.6)	10.88m(+0.0)				
19 Hemmer, Mackenzie	SO	Augustana (S.D.)	10.84m	1.1	35-06.75 1
10.84m(1.1) 10.84m(1.2)	FOUL				
20 Schwartz, Kamryn	SO	Northern State	10.52m	+0.0	34-06.25 2
10.52m(+0.0) FOUL	10.47m(0.8)				
21 Theis, Alison	SR	Northern State	10.45m	+0.0	34-03.50 1
FOUL 10.03m(2.3)	10.45m(+0.0)				
22 Minsaas, Dani	FR	Sioux Falls	10.39m	1.0	34-01.25 1
FOUL FOUL	10.39m(1.0)				
23 Bruno, Anna	FR	U-Mary	10.21m	1.1	33-06.00 1
10.12m(1.7) 10.21m(1.1)	FOUL				
24 Jones, Emily	JR	Minnesota-Duluth	10.09m	1.4	33-01.25 1
FOUL 10.09m(1.4)	FOUL				



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**....Women Triple Jump**

25 Loftus, Grace	SR Minot State	10.08m	2.3	33-01.00	1
FOUL	10.08m(2.3) FOUL				
-- Webb, Abbi	JR Sioux Falls	FOUL			1
FOUL	FOUL	FOUL			

**Women Shot Put**

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 NSIC Record: R 16.52m 2018           Michaela Dendinger, Wayne State  
 Facility: F 15.88m 5/6/2023       Lexie Hurst, Minnesota St  
                   15.76m AUTO  
                   13.85m PROV

Name	Year	School	Finals	H#
1 Fretag, Madeline	SR	Minnesota State	14.08m PROV	46-02.50 3
13.38m 13.51m 14.08m		13.18m 13.68m 13.14m		
2 Rae, Jacqi	SR	Minnesota-Duluth	13.96m PROV	45-09.75 3
12.56m 12.82m 13.38m		12.95m 13.96m FOUL		
3 Doss, Tierra	SR	Bemidji State	13.79m	45-03.00 3
12.53m 13.45m 13.79m		FOUL FOUL FOUL		
4 VanOsdel, Kayla	JR	Sioux Falls	13.78m	45-02.50 3
13.75m 13.45m 12.96m		FOUL 13.78m 13.03m		
5 Wadsworth, Kami	FR	Sioux Falls	13.50m	44-03.50 3
13.42m 13.44m 13.09m		13.50m 13.09m FOUL		
6 Languis, Brooke	SO	Wayne State (Neb.)	12.91m	42-04.25 2
FOUL 12.06m 12.74m		FOUL 12.91m 12.75m		
7 Kruse, Brooklyn	FR	Wayne State (Neb.)	12.86m	42-02.25 3
12.73m FOUL 12.64m		FOUL 12.86m 12.78m		
8 Pattrin, Mikenna	JR	Bemidji State	12.61m	41-04.50 2
11.89m FOUL 12.55m		12.61m FOUL 12.51m		
9 Schwarzrock, Olivia	SO	Wayne State (Neb.)	12.55m	41-02.25 2
12.36m 12.55m FOUL		12.46m FOUL FOUL		
10 Bird, Lauren	FR	Minnesota State	12.51m	41-00.50 3
12.06m 12.51m FOUL				
11 Markle, McKenna	JR	Wayne State (Neb.)	12.48m	40-11.50 2
FOUL 10.73m 12.48m				
12 Baker, Hailey	JR	Wayne State (Neb.)	12.47m	40-11.00 2
11.56m FOUL 12.47m				
13 Lindsey, Kamry	JR	Sioux Falls	12.39m	40-07.75 3
12.15m 12.39m FOUL				
14 VanDriel, Delanie	SO	Sioux Falls	12.39m	40-07.75 1
FOUL FOUL 12.39m				
15 Flynn, Nicole	JR	Sioux Falls	12.28m	40-03.50 3
FOUL FOUL 12.28m				
15 Lorentz, Emily	SO	SW Minnesota St.	12.28m	40-03.50 2
12.28m FOUL FOUL				
17 Bruskiwicz, Hannah	FR	St. Cloud State	12.23m	40-01.50 2
12.11m 12.23m FOUL				
18 Heisinger, Elli	FR	Minnesota State	12.23m	40-01.50 2
FOUL 11.61m 12.23m				
19 Hawley, Danielle	FR	Northern State	12.15m	39-10.50 2
11.68m 12.15m FOUL				
20 Kranz, Kiley	FR	Msu-Moorhead	12.01m	39-05.00 2
FOUL 12.01m FOUL				

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**....Women Shot Put**

21	Osier, Emma	FR Minnesota State	11.98m	39-03.75	1
	11.98m FOUL 11.49m				
22	Brown, Aubri	FR Minnesota State	11.80m	38-08.75	3
	11.80m FOUL FOUL				
23	Tso, Torrance	FR Wayne State (Neb.)	11.73m	38-06.00	1
	11.16m 11.38m 11.73m				
24	Segar, Sabrina	JR Minnesota-Duluth	11.64m	38-02.25	1
	11.11m 11.49m 11.64m				
25	Hill, Alyssa	SO Bemidji State	11.64m	38-02.25	1
	10.52m 10.75m 11.64m				
26	Lavendusky, Maya	SO Concordia-St. Paul	11.57m	37-11.50	1
	10.93m 11.24m 11.57m				
27	Mehrer, Andi	FR Northern State	11.37m	37-03.75	1
	10.57m 10.62m 11.37m				
28	Shorter, Maya	FR Minnesota State	11.35m	37-03.00	1
	FOUL 11.35m 10.99m				
29	Svien, Shelby	SO Sioux Falls	11.07m	36-04.00	1
	FOUL 11.07m 10.93m				

**Women Discus Throw**

NSIC Record: R 53.90m 2015 Alissa Rausch, Winona State  
 Facility: F 55.31m 5/4/2024 Amanda Anderson, Unattached  
 53.61m AUTO  
 45.51m PROV

Name	Year	School	Finals	H#
1 Fretag, Madeline	SR	Minnesota State	47.42m PROV	155-07 3
			47.42m 40.72m 45.78m 42.98m FOUL 45.60m	
2 Brown, Aubri	FR	Minnesota State	47.17m PROV	154-09 3
			43.04m 43.34m 47.17m 43.10m 45.46m 40.03m	
3 Young, Reilly	JR	Wayne State (Neb.)	46.19m PROV	151-06 3
			45.65m 46.19m 43.05m 44.79m 45.15m 44.32m	
4 Lindsey, Kamry	JR	Sioux Falls	45.24m	148-05 3
			41.97m 42.97m FOUL 45.24m 43.01m 42.21m	
5 Jensen, Elise	FR	Minnesota State	45.18m	148-03 3
			41.33m 43.06m 43.96m 44.64m 45.18m 41.86m	
6 Rath, Mack	SR	Minnesota State	44.93m	147-05 3
			44.93m 44.27m FOUL 40.35m FOUL 42.71m	
7 Doss, Tierra	SR	Bemidji State	44.35m	145-06 1
			40.31m 44.35m FOUL 43.45m 40.98m 44.21m	
8 Wadsworth, Kami	FR	Sioux Falls	41.55m	136-04 3
			41.03m 38.16m FOUL 41.55m 41.37m FOUL	
9 Diede, Raygen	SO	Sioux Falls	41.52m	136-03 2
			41.52m FOUL 36.87m 37.94m 41.28m 37.95m	
10 Priebe, Zayda	SO	Bemidji State	40.89m	134-02 3
			40.89m 40.63m 40.86m	
11 Tso, Torrance	FR	Wayne State (Neb.)	40.44m	132-08 2
			39.38m 37.15m 40.44m	
12 Shorter, Maya	FR	Minnesota State	40.36m	132-05 2
			39.44m 40.36m FOUL	
13 Schwarzrock, Olivia	SO	Wayne State (Neb.)	39.51m	129-07 2
			37.63m 39.51m FOUL	

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**....Women Discus Throw**

14	Zaiger, Katelyn	JR Msu-Moorhead	39.39m	129-03	2
	34.92m 38.29m 39.39m				
15	Kruse, Brooklyn	FR Wayne State (Neb.)	38.49m	126-03	3
	FOUL FOUL 38.49m				
16	VanDriel, Delanie	SO Sioux Falls	38.36m	125-10	2
	38.36m FOUL FOUL				
17	Flynn, Nicole	JR Sioux Falls	38.06m	124-10	3
	FOUL 38.06m 36.20m				
18	Alberts, Julia	FR Minnesota State	37.78m	123-11	3
	FOUL 37.78m FOUL				
19	VanOsdel, Kayla	JR Sioux Falls	37.55m	123-02	1
	36.94m 37.55m FOUL				
20	Lorentz, Emily	SO SW Minnesota St.	37.49m	123-00	1
	31.70m FOUL 37.49m				
21	Lavendusky, Maya	SO Concordia-St. Paul	37.47m	122-11	1
	FOUL 36.78m 37.47m				
22	Baker, Hannah	SO Bemidji State	37.12m	121-09	2
	FOUL 35.36m 37.12m				
23	Svien, Shelby	SO Sioux Falls	37.03m	121-06	2
	37.03m 35.44m 35.56m				
24	Kranz, Kiley	FR Msu-Moorhead	36.62m	120-02	1
	35.41m 36.62m FOUL				
25	Osier, Emma	FR Minnesota State	36.11m	118-06	1
	34.44m 36.11m 32.37m				
26	Schmidt, Cassidy	SO Bemidji State	35.76m	117-04	1
	35.76m 35.20m 33.05m				
27	Hill, Alyssa	SO Bemidji State	33.16m	108-09	1
	33.16m FOUL FOUL				
28	Mehrer, Andi	FR Northern State	33.02m	108-04	2
	FOUL FOUL 33.02m				
29	Morris, Jenna	JR Concordia-St. Paul	33.00m	108-03	1
	FOUL 33.00m 32.00m				
30	Jennissen, Alicia	FR St. Cloud State	32.97m	108-02	1
	32.97m FOUL 28.09m				
31	Zino, Sarah	FR Minnesota State	30.20m	99-01	2
	30.20m FOUL FOUL				

**Women Hammer Throw**

=====						
NSIC Record:	R	63.54m	2017	Michaela Dendinger,	Wayne State	
Facility:	F	58.35m	4/9/2022	Emma Hertz,	Sioux Falls	
		60.58m	AUTO			
		52.09m	PROV			
Name	Year	School	Finals	H#		
=====						
1	Gough, Cassidy	SR Northern State	54.33m PROV	178-03	3	
	48.25m 50.43m 50.23m	53.35m 54.33m 49.19m				
2	Baker, Hailey	JR Wayne State (Neb.)	54.12m PROV	177-07	3	
	FOUL 50.19m FOUL 52.68m	54.12m FOUL				
3	Bird, Lauren	FR Minnesota State	52.20m PROV	171-03	3	
	50.30m 49.92m FOUL 52.03m	FOUL 52.20m				
4	Brown, Aubri	FR Minnesota State	51.91m	170-04	3	
	FOUL 49.52m 51.12m	FOUL 51.91m 46.56m				

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5	Schwarzrock, Olivia	SO Wayne State (Neb.)	49.98m	164-00	3
	46.96m 47.50m 48.88m 47.93m 49.98m FOUL				
6	Mensah, Esther	SO Concordia-St. Paul	49.60m	162-09	3
	49.60m FOUL FOUL FOUL FOUL FOUL				
7	Young, Reilly	JR Wayne State (Neb.)	48.63m	159-06	2
	45.11m FOUL 48.63m 44.57m 46.95m 47.69m				
8	Markle, McKenna	JR Wayne State (Neb.)	48.60m	159-05	3
	47.20m 45.72m 48.60m FOUL FOUL 45.79m				
9	Gielski, Kayce	SR Minnesota-Duluth	47.12m	154-07	2
	FOUL FOUL 47.12m 45.68m FOUL FOUL				
10	Pattrin, Mikenna	JR Bemidji State	46.29m	151-10	2
	FOUL 45.73m 46.29m				
11	Jeppesen, Sarah	JR Concordia-St. Paul	46.02m	151-00	2
	46.02m FOUL 45.93m				
12	Baumberger, Olivia	JR Sioux Falls	45.87m	150-06	3
	41.81m 45.87m 45.10m				
13	Zino, Sarah	FR Minnesota State	45.56m	149-06	2
	43.40m 45.56m FOUL				
14	Klun, Madeline	SR Minnesota-Duluth	44.33m	145-05	2
	44.33m 40.67m 42.81m				
15	Heisinger, Elli	FR Minnesota State	43.81m	143-09	2
	42.33m 41.56m 43.81m				
16	Lorentz, Emily	SO SW Minnesota St.	43.52m	142-09	2
	42.50m 43.12m 43.52m				
17	Baker, Hannah	SO Bemidji State	43.28m	142-00	2
	FOUL 43.28m 41.69m				
18	Erickson, Emma	JR Bemidji State	42.95m	140-11	3
	FOUL 42.65m 42.95m				
19	Osier, Emma	FR Minnesota State	42.67m	140-00	1
	41.69m 42.67m FOUL				
20	Zaiger, Katelyn	JR Msu-Moorhead	42.37m	139-00	1
	42.17m 41.39m 42.37m				
21	Schmidt, Cassidy	SO Bemidji State	42.21m	138-06	1
	FOUL 42.21m 40.87m				
22	Svien, Shelby	SO Sioux Falls	42.20m	138-05	1
	42.20m 38.07m FOUL				
23	VanDriel, Delanie	SO Sioux Falls	40.97m	134-05	1
	FOUL FOUL 40.97m				
24	Carsrud, Justine	SO Minnesota-Duluth	40.94m	134-04	1
	40.84m 40.09m 40.94m				
25	Lavendusky, Maya	SO Concordia-St. Paul	40.25m	132-01	2
	37.06m 40.25m FOUL				
26	VanOsdel, Kayla	JR Sioux Falls	39.49m	129-07	1
	38.74m 37.13m 39.49m				
27	Alberts, Julia	FR Minnesota State	38.52m	126-04	1
	38.52m FOUL 38.06m				
28	Morris, Jenna	JR Concordia-St. Paul	32.84m	107-09	1
	FOUL FOUL 32.84m				
--	Lindsey, Kamry	JR Sioux Falls	FOUL		3
	FOUL FOUL FOUL				

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**Women Javelin Throw**

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 NSIC Record: R 46.74m 1982 Kelly Owen, MSU Mooread  
 Facility: F 47.36m 5/6/2023 Olivia Baumberger, Sioux Falls  
 49.63m AUTO  
 41.84m PROV

Name	Year	School	Finals	H#
1 Baumberger, Olivia	JR	Sioux Falls	44.03m PROV	144-05 3
44.03m 43.88m FOUL	FOUL	FOUL	FOUL	
2 Bendish, Anna	FR	U-Mary	42.15m PROV	138-03 3
38.98m 37.54m 35.15m	FOUL	34.10m	42.15m	
3 Wadsworth, Kami	FR	Sioux Falls	39.99m	131-02 3
38.34m 38.72m 38.04m	39.99m	FOUL	39.09m	
4 Pattrin, Mikenna	JR	Bemidji State	38.97m	127-10 3
36.28m 38.97m FOUL	36.00m	35.64m	34.42m	
5 Priebe, Zayda	SO	Bemidji State	37.85m	124-02 2
FOUL 31.08m 37.85m	FOUL	FOUL	28.15m	
6 Shorter, Maya	FR	Minnesota State	37.07m	121-07 3
33.76m 33.20m 35.58m	37.07m	34.83m	34.57m	
7 Sallee, Kylee	JR	Augustana (S.D.)	36.48m	119-08 2
32.31m 30.54m 36.48m	33.98m	35.58m	FOUL	
8 Kiel, Malayna	SO	SW Minnesota St.	36.06m	118-04 2
36.06m 33.19m 33.30m	30.22m	31.57m	32.28m	
9 Coffee, Anna	SO	Wayne State (Neb.)	34.73m	113-11 3
34.73m 31.61m 34.03m	30.60m	34.10m	32.48m	
10 Guetterman, Davis	SO	Sioux Falls	34.61m	113-06 2
FOUL 33.95m 34.61m				
11 Sheldon, Morgan	SO	Northern State	34.04m	111-08 2
34.04m FOUL FOUL				
12 Harbo, Arika	SR	Concordia-St. Paul	33.88m	111-02 2
31.44m FOUL 33.88m				
13 Feeney, Ellie	FR	U-Mary	32.51m	106-08 2
32.51m FOUL FOUL				
14 Gough, Cassidy	SR	Northern State	31.97m	104-11 3
30.66m 31.97m 31.66m				
15 Cumbow, Addison	SO	Northern State	31.31m	102-09 2
31.31m 30.10m 28.77m				
16 Koepfinger, Hannah	SR	SW Minnesota St.	31.20m	102-04 1
28.12m 31.20m FOUL				
17 Wallendal, Trinity	FR	St. Cloud State	30.88m	101-04 1
30.88m 26.01m 28.25m				
18 Stanton, Sierra	SR	Sioux Falls	30.12m	98-10 1
27.36m FOUL 30.12m				
19 Clevenger, Camryn	FR	Wayne State (Neb.)	29.75m	97-07 2
29.75m FOUL FOUL				
20 McCartney, Annie	SR	Wayne State (Neb.)	29.39m	96-05 1
28.97m 29.39m 28.72m				
21 Azure, Sam	FR	Msu-Moorhead	28.97m	95-00 1
28.97m FOUL FOUL				
22 West, Jordan	FR	Northern State	28.01m	91-11 3
FOUL FOUL 28.01m				
23 Jensen, Elise	FR	Minnesota State	26.49m	86-11 3
26.49m 23.08m FOUL				
24 Arlen, Heather	SO	SW Minnesota St.	26.00m	85-04 1
26.00m 24.28m 25.82m				

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**....Women Javelin Throw**

25 Fitzgerald, Kate	SO Minnesota-Duluth	23.19m	76-01	1
23.19m FOUL FOUL				
-- Miller, Esther	JR Minnesota State	FOUL		1
FOUL FOUL FOUL				
-- Couch, Maya	JR Wayne State (Neb.)	DNS		1

**Heptathlon: #4 Women 200 Meter Dash Heptathlon**

Name	Year School	Finals	Wind H#	Points
1 Lauvstad, Miranda	SO Minnesota State	25.17	2.1 3	871
2 Ermolaeva, Victoriia	FR Minnesota State	25.57	2.1 3	835
3 Rae, Jacqi	SR Minnesota-Duluth	25.77	2.1 3	817
4 Sallee, Kylee	JR Augustana (S.D.)	25.98	2.1 3	799
5 Harbo, Arika	SR Concordia-St. Paul	26.08	2.1 3	790
6 Swanson, Emily	JR Sioux Falls	26.29	2.1 3	772
7 Straub, Mehlayna	FR Concordia-St. Paul	26.50	2.1 3	754
8 Koepfinger, Hannah	SR SW Minnesota St.	26.55	2.2 2	750
9 Pedroso, Maria	JR Augustana (S.D.)	26.63	2.1 3	743
10 Post, Alexa	SO Minnesota State	26.77	2.2 2	731
11 Coffee, Anna	SO Wayne State (Neb.)	26.81	2.2 2	728
12 Babcock, Mickalyn	SR Msu-Moorhead	27.27	2.1 3	690
13 Sheldon, Morgan	SO Northern State	27.35	2.2 2	683
14 Marks, Melanie	SO Minnesota State	27.46	2.2 2	674
15 Miller, Esther	JR Minnesota State	27.54	2.2 2	668
16 Molesky, Emilyynn	FR Minnesota State	27.70	1.5 1	655
17 Rader, Anna	SO U-Mary	27.73	1.5 1	652
18 Villanti, Brianna	FR Minnesota State	27.85	1.5 1	643
19 Condon, Paige	JR Wayne State (Neb.)	27.92	2.2 2	637
20 Cumbow, Addison	SO Northern State	28.09	2.2 2	624
21 London, Bryn	SR Minnesota-Duluth	28.12	2.2 2	621
22 Dobrenski, Tayla	FR Northern State	28.53	1.5 1	590
23 Mohr, Kate	FR Minnesota State	28.72	1.5 1	575
24 West, Jordan	FR Northern State	28.98	1.5 1	556

**Heptathlon: #7 Women 800 Meter Dash Heptathlon**

Name	Year School	Finals	H#	Points
1 Lauvstad, Miranda	SO Minnesota State	2:19.71	2	827
2 Swanson, Emily	JR Sioux Falls	2:21.45	2	804
3 Pedroso, Maria	JR Augustana (S.D.)	2:22.52	2	790
4 Harbo, Arika	SR Concordia-St. Paul	2:24.33	2	766
5 Rae, Jacqi	SR Minnesota-Duluth	2:25.89	2	745
6 Sallee, Kylee	JR Augustana (S.D.)	2:29.23	2	703
7 Koepfinger, Hannah	SR SW Minnesota St.	2:29.45	1	700
8 Miller, Esther	JR Minnesota State	2:32.15	2	666
9 Coffee, Anna	SO Wayne State (Neb.)	2:32.58	2	661
10 Sheldon, Morgan	SO Northern State	2:32.99	2	656
11 Ermolaeva, Victoriia	FR Minnesota State	2:34.05	2	643
12 Villanti, Brianna	FR Minnesota State	2:35.33	1	628
13 Rader, Anna	SO U-Mary	2:38.12	1	595
14 Mohr, Kate	FR Minnesota State	2:40.69	1	565
15 Post, Alexa	SO Minnesota State	2:41.69	2	554

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**....Heptathlon: #7 Women 800 Meter Dash Heptathlon**

16 Condon, Paige	JR Wayne State (Neb.)	2:45.18	1	515
17 Marks, Melanie	SO Minnesota State	2:46.13	1	505
18 Straub, Mehlayna	FR Concordia-St. Paul	2:51.17	2	452
19 London, Bryn	SR Minnesota-Duluth	2:53.65	1	426
20 Molesky, Emilyynn	FR Minnesota State	2:53.71	1	426
21 Dobrenski, Tayla	FR Northern State	2:59.66	1	368
22 Cumbow, Addison	SO Northern State	3:09.60	1	281
23 West, Jordan	FR Northern State	3:15.07	1	238
-- Babcock, Mickalyn	SR Msu-Moorhead	SCR	1	

**Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

Name	Year School	Finals	Wind	H#	Points
1 Swanson, Emily	JR Sioux Falls	14.12	1.2	5	961
2 Harbo, Arika	SR Concordia-St. Paul	14.20	1.2	5	950
3 Ermolaeva, Victoriia	FR Minnesota State	14.65	1.2	5	888
4 Pedroso, Maria	JR Augustana (S.D.)	14.70	1.1	4	882 14.692
5 Lauvstad, Miranda	SO Minnesota State	14.70	1.2	5	882 14.700
6 Babcock, Mickalyn	SR Msu-Moorhead	14.87	1.1	4	859
7 Coffee, Anna	SO Wayne State (Neb.)	15.00	1.2	5	842
8 Sallee, Kylee	JR Augustana (S.D.)	15.22	1.1	4	813
9 Rader, Anna	SO U-Mary	15.25	1.7	2	809
10 Sheldon, Morgan	SO Northern State	15.28	1.1	4	805
11 Koepfinger, Hannah	SR SW Minnesota St.	15.29	1.4	3	804
12 Miller, Esther	JR Minnesota State	15.32	1.4	3	800
13 Post, Alexa	SO Minnesota State	15.41	1.7	2	788
14 Rae, Jacqi	SR Minnesota-Duluth	15.50	1.4	3	777
15 Straub, Mehlayna	FR Concordia-St. Paul	15.55	1.4	3	770
16 London, Bryn	SR Minnesota-Duluth	15.56	1.1	4	769
17 Condon, Paige	JR Wayne State (Neb.)	15.57	1.4	3	768
18 Cumbow, Addison	SO Northern State	15.74	1.7	2	746
19 Dobrenski, Tayla	FR Northern State	15.80	1.7	2	739
20 Molesky, Emilyynn	FR Minnesota State	15.92	1.7	2	724
21 Mohr, Kate	FR Minnesota State	16.82	0.7	1	617
22 Villanti, Brianna	FR Minnesota State	17.47	0.7	1	544
23 West, Jordan	FR Northern State	18.04	0.7	1	484
24 Marks, Melanie	SO Minnesota State	18.35	0.7	1	453

**Heptathlon: #2 Women High Jump Heptathlon**

Name	Year School	Finals	H#	Points
1 Harbo, Arika	SR Concordia-St. Paul	1.77m	5-09.75	2 941
		1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65 1.68 1.71 1.74 1.77 1.80		
		PPP PPP PPP PPP PPP PPP PPP PPP PPP O O O XO XXO XXX		
2 Swanson, Emily	JR Sioux Falls	1.65m	5-05.00	2 795
		1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65 1.68		
		PPP PPP PPP PPP PPP PPP PPP XO XO XO XXX		
3 Lauvstad, Miranda	SO Minnesota State	1.62m	5-03.75	2 759
		1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65		
		PPP PPP O O O O O O O XXO XXX		

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**....Heptathlon: #2 Women High Jump Heptathlon**

3	Pedroso, Maria	JR Augustana (S.D.)	1.62m	5-03.75	2	759
	1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65					
	PPP PPP PPP PPP PPP O O O XO XXX					
3	Ermolaeva, Victoriia	FR Minnesota State	1.62m	5-03.75	2	759
	1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65					
	PPP PPP PPP PPP PPP PPP O O O XXX					
3	Coffee, Anna	SO Wayne State (Neb.)	1.62m	5-03.75	2	759
	1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65					
	PPP O PPP O O O XO XXO O XXX					
7	London, Bryn	SR Minnesota-Duluth	1.59m	5-02.50	2	724
	1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.62					
	PPP PPP O O O O O XXO XXX					
8	Babcock, Mickalyn	SR Msu-Moorhead	1.56m	5-01.25	1	689
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59					
	PPP PPP PPP PPP XO O O O XO O XXO O XXX					
8	Dobrenski, Tayla	FR Northern State	1.56m	5-01.25	2	689
	1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59					
	PPP PPP PPP O O O O XXX					
8	Sallee, Kylee	JR Augustana (S.D.)	1.56m	5-01.25	2	689
	1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59					
	PPP PPP PPP O O O XO XXX					
8	Sheldon, Morgan	SO Northern State	1.56m	5-01.25	2	689
	1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59					
	PPP PPP PPP O O XXO O XXX					
8	Miller, Esther	JR Minnesota State	1.56m	5-01.25	1	689
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59					
	PPP PPP PPP PPP PPP PPP O O O O O O XO XXX					
13	Post, Alexa	SO Minnesota State	1.53m	5-00.25	1	655
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56					
	PPP PPP PPP PPP O O O O O XO O XXX					
14	Condon, Paige	JR Wayne State (Neb.)	1.50m	4-11.00	2	621
	1.38 1.41 1.44 1.47 1.50 1.53					
	O PPP O O O XXX					
14	Rae, Jacqi	SR Minnesota-Duluth	1.50m	4-11.00	1	621
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53					
	PPP PPP PPP PPP PPP PPP O XO XXO XXO XXX					
14	Mohr, Kate	FR Minnesota State	1.50m	4-11.00	1	621
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53					
	PPP PPP PPP PPP O O O XO XO XO XXX					
17	Rader, Anna	SO U-Mary	1.47m	4-09.75	1	588
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50					
	PPP PPP PPP O PPP O O O O XXX					
18	West, Jordan	FR Northern State	1.44m	4-08.75	1	555
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47					
	PPP PPP PPP PPP O O XO XO XXX					
18	Molesky, Emilyynn	FR Minnesota State	1.44m	4-08.75	1	555
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47					
	PPP PPP PPP PPP O O XXO XO XXX					
18	Straub, Mehlayna	FR Concordia-St. Paul	1.44m	4-08.75	2	555
	1.38 1.41 1.44 1.47					
	O XO O XXX					
21	Cumbow, Addison	SO Northern State	1.41m	4-07.50	1	523
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44					
	PPP O O O O O XO XO XXX					



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**....Heptathlon: #2 Women High Jump Heptathlon**

22	Marks, Melanie	SO Minnesota State	1.38m	4-06.25	1	491
	1.23 1.26 1.29 1.32 1.35 1.38 1.41					
	O XO XXO O XO O XXX					
23	Koepfinger, Hannah	SR SW Minnesota St.	1.35m	4-05.00	1	460
	1.23 1.26 1.29 1.32 1.35 1.38					
	PPP O O O O XXX					
23	Villanti, Brianna	FR Minnesota State	1.35m	4-05.00	1	460
	1.23 1.26 1.29 1.32 1.35 1.38					
	O O O XO XXO XXX					

**Heptathlon: #5 Women Long Jump Heptathlon**

Name	Year School	Finals	Wind	H#	Points
1 Sallee, Kylee	JR Augustana (S.D.)	5.84m	1.6	19-02.00	2 801
	5.84m(1.6) 5.72m(+0.0) 5.76m(+0.0)				
2 Lauvstad, Miranda	SO Minnesota State	5.81m	0.7	19-00.75	2 792
	FOUL FOUL 5.81m(0.7)				
3 Swanson, Emily	JR Sioux Falls	5.78m	+0.0	18-11.75	2 783
	5.78m(+0.0) 5.74m(2.1) FOUL				
4 Harbo, Arika	SR Concordia-St. Paul	5.69m	0.4	18-08.00	2 756
	5.65m(0.5) 5.69m(0.4) FOUL				
5 Pedroso, Maria	JR Augustana (S.D.)	5.67m	1.3	18-07.25	2 750
	FOUL 5.53m(+0.0) 5.67m(1.3)				
6 Ermolaeva, Victoriia	FR Minnesota State	5.47m	1.3	17-11.50	2 691
	5.47m(1.3) 5.33m(1.7) 5.46m(+0.0)				
7 Post, Alexa	SO Minnesota State	5.34m	1.9	17-06.25	1 654
	FOUL FOUL 5.34m(1.9)				
7 Coffee, Anna	SO Wayne State (Neb.)	5.34m	0.4	17-06.25	2 654
	4.80m(2.1) 5.24m(+0.0) 5.34m(0.4)				
9 Rae, Jacqi	SR Minnesota-Duluth	5.33m	1.2	17-06.00	1 651
	FOUL 4.84m(0.1) 5.33m(1.2)				
10 Straub, Mehlayna	FR Concordia-St. Paul	5.28m	1.7	17-04.00	2 637
	5.28m(1.7) 5.20m(2.9) 5.18m(0.5)				
11 Rader, Anna	SO U-Mary	5.21m	1.8	17-01.25	1 617
	FOUL FOUL 5.21m(1.8)				
12 Sheldon, Morgan	SO Northern State	5.18m	+0.0	17-00.00	2 609
	4.83m(1.0) 4.75m(3.1) 5.18m(+0.0)				
13 Miller, Esther	JR Minnesota State	5.10m	1.1	16-08.75	1 587
	5.00m(0.2) 5.10m(1.1) 5.06m(2.0)				
14 Condon, Paige	JR Wayne State (Neb.)	5.06m	+0.0	16-07.25	2 576
	4.40m(1.7) 5.03m(1.7) 5.06m(+0.0)				
15 Koepfinger, Hannah	SR SW Minnesota St.	5.05m	2.5	16-07.00	1 573
	4.85m(0.6) 5.05m(2.5) 5.05m(0.8)				
16 Dobrenski, Tayla	FR Northern State	5.04m	0.5	16-06.50	2 570
	4.94m(1.1) 5.04m(0.5) FOUL				
17 Molesky, Emilyynn	FR Minnesota State	5.02m	1.7	16-05.75	1 565
	4.39m(0.3) 5.02m(1.7) FOUL				
18 Villanti, Brianna	FR Minnesota State	5.01m	+0.0	16-05.25	1 562
	4.98m(1.0) 4.76m(0.3) 5.01m(+0.0)				
19 Marks, Melanie	SO Minnesota State	4.97m	0.9	16-03.75	1 551
	FOUL 4.75m(+0.0) 4.97m(0.9)				
20 London, Bryn	SR Minnesota-Duluth	4.90m	0.6	16-01.00	2 532
	4.90m(0.6) 4.88m(0.3) 4.72m(0.1)				

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**....Heptathlon: #5 Women Long Jump Heptathlon**

21	Cumbow, Addison	SO Northern State	4.83m	1.3	15-10.25	1	514
	4.72m(0.2) 4.81m(0.4) 4.83m(1.3)						
22	Mohr, Kate	FR Minnesota State	4.70m	1.1	15-05.00	1	479
	FOUL 4.70m(1.1) 4.63m(0.7)						
23	West, Jordan	FR Northern State	4.56m	2.6	14-11.50	1	443
	4.44m(0.2) 3.83m(0.3) 4.56m(2.6)						
--	Babcock, Mickalyn	SR Msu-Moorhead	SCR	NWI		1	
	PASS PASS PASS						

**Heptathlon: #3 Women Shot Put Heptathlon**

Name	Year School	Finals	H#	Points
1 Rae, Jacqi	SR Minnesota-Duluth	12.22m	40-01.25	1 676
	12.22m 11.32m FOUL			
2 Straub, Mehlayna	FR Concordia-St. Paul	11.31m	37-01.25	2 616
	11.31m 10.69m FOUL			
3 Coffee, Anna	SO Wayne State (Neb.)	11.07m	36-04.00	2 600
	11.07m 10.25m 10.94m			
4 Swanson, Emily	JR Sioux Falls	11.06m	36-03.50	2 599
	10.84m 10.82m 11.06m			
5 Sallee, Kylee	JR Augustana (S.D.)	10.97m	36-00.00	2 593
	10.44m 10.46m 10.97m			
6 Babcock, Mickalyn	SR Msu-Moorhead	10.96m	35-11.50	1 592
	10.96m FOUL 9.24m			
7 Harbo, Arika	SR Concordia-St. Paul	10.89m	35-08.75	2 588
	10.89m 10.02m 10.05m			
8 Lauvstad, Miranda	SO Minnesota State	10.58m	34-08.50	2 567
	9.76m 9.60m 10.58m			
9 Sheldon, Morgan	SO Northern State	10.56m	34-07.75	2 566
	9.89m 10.56m 10.35m			
10 Pedroso, Maria	JR Augustana (S.D.)	10.54m	34-07.00	2 565
	10.54m 10.45m 10.36m			
11 Ermolaeva, Victoriia	FR Minnesota State	10.34m	33-11.25	2 552
	10.18m 10.19m 10.34m			
12 Post, Alexa	SO Minnesota State	10.30m	33-09.50	1 549
	10.30m 9.83m 10.21m			
13 Condon, Paige	JR Wayne State (Neb.)	10.02m	32-10.50	2 531
	9.75m 10.02m 9.75m			
14 Miller, Esther	JR Minnesota State	9.71m	31-10.25	1 510
	9.71m 9.11m 9.44m			
15 London, Bryn	SR Minnesota-Duluth	9.70m	31-10.00	2 510
	9.70m FOUL 9.45m			
16 West, Jordan	FR Northern State	9.29m	30-05.75	1 483
	8.56m 7.22m 9.29m			
17 Villanti, Brianna	FR Minnesota State	8.95m	29-04.50	1 461
	8.95m 8.05m 7.25m			
18 Dobrenski, Tayla	FR Northern State	8.92m	29-03.25	2 459
	8.38m 8.92m 8.64m			
19 Koepfinger, Hannah	SR SW Minnesota St.	8.90m	29-02.50	1 458
	8.90m FOUL 8.36m			
20 Marks, Melanie	SO Minnesota State	8.80m	28-10.50	1 451
	7.86m FOUL 8.80m			

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**....Heptathlon: #3 Women Shot Put Heptathlon**

21	Mohr, Kate	FR Minnesota State	8.62m	28-03.50	1	440
	8.62m 7.89m 8.30m					
21	Rader, Anna	SO U-Mary	8.62m	28-03.50	1	440
	8.62m 8.31m 8.14m					
23	Cumbow, Addison	SO Northern State	8.45m	27-08.75	1	428
	8.25m 8.45m 8.45m					
24	Molesky, Emilyynn	FR Minnesota State	7.29m	23-11.00	1	354
	7.29m 7.27m FOUL					

**Heptathlon: #6 Women Javelin Throw Heptathlon**

Name	Year School	Finals	H#	Points
1 Coffee, Anna	SO Wayne State (Neb.)	35.61m	116-10	2 583
	35.48m 34.63m 35.61m			
2 Harbo, Arika	SR Concordia-St. Paul	34.57m	113-05	2 563
	33.55m 34.57m 30.03m			
3 Sallee, Kylee	JR Augustana (S.D.)	34.08m	111-10	2 554
	30.34m 34.08m 33.39m			
4 Swanson, Emily	JR Sioux Falls	33.86m	111-01	2 550
	32.22m 33.86m 33.43m			
5 Ermolaeva, Victoriia	FR Minnesota State	33.04m	108-05	2 534
	29.53m FOUL 33.04m			
6 Miller, Esther	JR Minnesota State	32.40m	106-03	1 522
	FOUL 30.93m 32.40m			
7 Cumbow, Addison	SO Northern State	31.65m	103-10	1 508
	31.65m 28.36m 30.39m			
8 Sheldon, Morgan	SO Northern State	31.54m	103-06	2 506
	27.21m FOUL 31.54m			
9 Koepfinger, Hannah	SR SW Minnesota St.	31.46m	103-02	1 504
	31.46m 30.64m 29.40m			
10 Rae, Jacqi	SR Minnesota-Duluth	31.35m	102-10	1 502
	FOUL FOUL 31.35m			
11 West, Jordan	FR Northern State	31.13m	102-01	1 498
	31.13m FOUL FOUL			
12 Condon, Paige	JR Wayne State (Neb.)	28.52m	93-07	2 449
	24.98m 27.73m 28.52m			
13 Dobrenski, Tayla	FR Northern State	27.97m	91-09	2 438
	27.04m 27.97m FOUL			
14 Straub, Mehlayna	FR Concordia-St. Paul	27.48m	90-02	2 429
	26.03m 23.35m 27.48m			
15 Rader, Anna	SO U-Mary	25.87m	84-10	1 399
	25.87m 25.62m 24.14m			
16 London, Bryn	SR Minnesota-Duluth	25.41m	83-04	2 390
	FOUL FOUL 25.41m			
17 Lauvstad, Miranda	SO Minnesota State	23.88m	78-04	2 361
	FOUL FOUL 23.88m			
18 Villanti, Brianna	FR Minnesota State	22.75m	74-08	1 340
	22.75m FOUL FOUL			
19 Pedroso, Maria	JR Augustana (S.D.)	22.64m	74-03	2 338
	FOUL FOUL 22.64m			
20 Mohr, Kate	FR Minnesota State	22.42m	73-07	1 334
	22.42m FOUL 20.99m			

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**....Heptathlon: #6 Women Javelin Throw Heptathlon**

21 Post, Alexa	SO Minnesota State	22.19m	72-10	1	330
FOUL 22.19m FOUL					
22 Marks, Melanie	SO Minnesota State	21.18m	69-06	1	311
21.18m FOUL FOUL					
23 Molesky, Emilyynn	FR Minnesota State	16.82m	55-02	1	230
16.82m FOUL FOUL					
-- Babcock, Mickalyn	SR Msu-Moorhead	SCR		1	

**Women Heptathlon**

=====  
 NSIC Record: R 5323 2018 Halle Burney, Concordia- St. Paul  
 5207 AUTO  
 4529 PROV

Name	Year School	Finals	H#
1 Harbo, Arika	SR Concordia-St. Paul	5354.00RAUTO	
2 Swanson, Emily	JR Sioux Falls	5264.00 AUTO	
3 Lauvstad, Miranda	SO Minnesota State	5059.00 PROV	
4 Sallee, Kylee	JR Augustana (S.D.)	4952.00 PROV	
5 Ermolaeva, Victoriia	FR Minnesota State	4902.00 PROV	
6 Coffee, Anna	SO Wayne State (Neb.)	4827.00 PROV	
6 Pedroso, Maria	JR Augustana (S.D.)	4827.00 PROV	
8 Rae, Jacqi	SR Minnesota-Duluth	4789.00 PROV	
9 Sheldon, Morgan	SO Northern State	4514.00	
10 Miller, Esther	JR Minnesota State	4442.00	
11 Post, Alexa	SO Minnesota State	4261.00	
12 Koepfinger, Hannah	SR SW Minnesota St.	4249.00	
13 Straub, Mehlayna	FR Concordia-St. Paul	4213.00	
14 Rader, Anna	SO U-Mary	4100.00	
15 Condon, Paige	JR Wayne State (Neb.)	4097.00	
16 London, Bryn	SR Minnesota-Duluth	3972.00	
17 Dobrenski, Tayla	FR Northern State	3853.00	
18 Villanti, Brianna	FR Minnesota State	3638.00	
19 Mohr, Kate	FR Minnesota State	3631.00	
20 Cumbow, Addison	SO Northern State	3624.00	
21 Molesky, Emilyynn	FR Minnesota State	3509.00	
22 Marks, Melanie	SO Minnesota State	3436.00	
23 West, Jordan	FR Northern State	3257.00	

**Men 100 Meter Dash**

=====  
 NSIC Record: R 10.19 5/11/2015 Emmanuel Matadi, Minnesota State  
 Facility: F 10.47 5/3/2023 Ezekiel Clark, Minnesota St  
 10.28 AUTO  
 10.57 PROV

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Reeves, Jabez	JR Minnesota State	10.22QAUTO	4.1	3
2 Tudee, Richlu	FR Minnesota State	10.36QPROV	2.5	1
3 Weber, Chris	FR Northern State	10.53QPROV	2.6	2 10.523
4 Miller, Shemar	SR Minnesota State	10.47QPROV	4.1	3
5 Paulson, Jorgen	JR U-Mary	10.51QPROV	2.5	1
6 Sharma, Nicholas	SR Minnesota State	10.56QPROV	2.6	2

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7	Bayer, Noah	JR Northern State	10.53qPROV	2.5	1	10.525
8	Colome, Armando	JR Minnesota State	10.57qPROV	2.6	2	
9	Dietel, Thomas	JR Concordia-St. Paul	10.69q	2.5	1	
10	Brisbois, Cole	SO Minnesota-Duluth	10.70	4.1	3	
11	Bryant, Keondre	FR Minnesota State	10.72	2.5	1	10.713
12	Clark, Edward	FR Minnesota State	10.72	4.1	3	10.720
13	David, Tarnue	SO Concordia-St. Paul	10.74	4.1	3	10.731
14	Schafer, Greg	FR SW Minnesota St.	10.74	2.5	1	10.738
15	Berends, Luke	JR Augustana (S.D.)	10.78	2.5	1	
16	Cartwright, Michael	FR U-Mary	10.80	2.6	2	
17	Daniels, Devan	FR Minot State	10.82	2.6	2	
18	Kadlec, Ty	SO Northern State	10.88	2.6	2	
19	DeCook, Trent	SO Augustana (S.D.)	10.89	4.1	3	
20	Nti, Prince	SR Minnesota State	10.92	4.1	3	
21	Westphal, Nicholas	SO Minnesota-Duluth	10.93	2.5	1	
22	Hawkinson, Dawson	FR U-Mary	10.94	2.6	2	
23	Brown, Ashton	FR Concordia-St. Paul	11.08	2.6	2	

**Men 100 Meter Dash**

=====  
 NSIC Record: R 10.19 5/11/2015 Emmanuel Matadi, Minnesota State  
 Facility: F 10.47 5/3/2023 Ezekiel Clark, Minnesota St  
                   10.28 AUTO  
                   10.57 PROV

Name	Year	School	Finals	Wind
=====				
Finals				
1	Reeves, Jabez	JR Minnesota State	10.27FAUTO	0.5
2	Tudee, Richlu	FR Minnesota State	10.43FPROV	0.5
3	Miller, Shemar	SR Minnesota State	10.46FPROV	0.5
4	Weber, Chris	FR Northern State	10.56 PROV	0.5
5	Paulson, Jorgen	JR U-Mary	10.67	0.5
6	Sharma, Nicholas	SR Minnesota State	10.68	0.5
7	Bayer, Noah	JR Northern State	10.71	0.5
8	Dietel, Thomas	JR Concordia-St. Paul	10.73	0.5
9	Colome, Armando	JR Minnesota State	10.87	0.5

**Men 200 Meter Dash**

=====  
 NSIC Record: R 20.49 2013 Jerrell Hancock, Minnesota State  
 Facility: F 20.60 5/10/2024 Jabez Reeves, Minnesota St  
                   20.74 AUTO  
                   21.32 PROV

Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1	Reeves, Jabez	JR Minnesota State	F 20.60QAUTO	0.9	3
2	Tudee, Richlu	FR Minnesota State	20.64QAUTO	1.9	2
3	Paulson, Jorgen	JR U-Mary	21.14QPROV	1.0	1
4	Taitt-Best, Raheem	SO U-Mary	20.71QAUTO	1.9	2
5	Dietel, Thomas	JR Concordia-St. Paul	21.22QPROV	1.0	1
6	Dure, Marvin	JR Minnesota State	21.39Q	0.9	3
7	Johnson, Brady	FR Minnesota-Duluth	21.26qPROV	1.9	2
8	Smith, Tyce	FR Concordia-St. Paul	21.27qPROV	1.0	1

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**....Men 200 Meter Dash**

9	DeCook, Trent	SO	Augustana (S.D.)	21.28qPROV	1.9	2
10	McGee, Jalen	JR	Minnesota State	21.33	1.9	2
11	Colome, Armando	JR	Minnesota State	21.43	0.9	3
12	Clark, Edward	FR	Minnesota State	21.45	1.0	1
13	Elliot, Deandre	JR	Minot State	21.61	1.0	1
14	Hawkinson, Dawson	FR	U-Mary	21.66	0.9	3
15	Unger, Brock	SO	Minnesota State	21.68	1.0	1
16	Bayer, Noah	JR	Northern State	21.80	1.0	1
17	Sharma, Nicholas	SR	Minnesota State	21.83	0.9	3
18	Babalola, Oluwadamilola	FR	Minnesota State	21.89	1.9	2
19	Brown, Ashton	FR	Concordia-St. Paul	21.90	1.9	2
20	Weber, Chris	FR	Northern State	21.95	0.9	3
21	Brisbois, Cole	SO	Minnesota-Duluth	22.01	1.0	1
22	Cano, Osvaldo	JR	U-Mary	22.03	0.9	3
23	David, Tarnue	SO	Concordia-St. Paul	22.05	0.9	3
24	Nissen, Wyatt	JR	Wayne State (Neb.)	22.06	1.9	2

**Men 200 Meter Dash**

=====  
 NSIC Record: R 20.49 2013 Jerrell Hancock, Minnesota State  
 Facility: F 20.60 5/10/2024 Jabez Reeves, Minnesota St  
 20.74 AUTO  
 21.32 PROV

Name	Year	School	Finals	Wind
=====				
Finals				
1	Reeves, Jabez	JR	Minnesota State	20.33 AUTO 4.4
2	Tudee, Richlu	FR	Minnesota State	20.73 AUTO 4.4
3	Taitt-Best, Raheem	SO	U-Mary	20.79 PROV 4.4
4	Dure, Marvin	JR	Minnesota State	21.07 PROV 4.4
5	Smith, Tyce	FR	Concordia-St. Paul	21.17 PROV 4.4
6	Paulson, Jorgen	JR	U-Mary	21.21 PROV 4.4
7	Johnson, Brady	FR	Minnesota-Duluth	21.46 4.4
8	DeCook, Trent	SO	Augustana (S.D.)	21.53 4.4
--	Dietel, Thomas	JR	Concordia-St. Paul	DNF 4.4

**Men 400 Meter Dash**

=====  
 Facility: F 47.80 5/10/2024 Ibrahim Oduong, MSU-Moorhead  
 NSIC Record: R 46.94 5/13/2023 Raheem Taitt-Best, U-Mary  
 Facility: F 47.80 5/3/2023 Thailan Hallman, SDSU  
 46.36 AUTO  
 47.71 PROV

Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	Oduong, Ibrahim	SR	Msu-Moorhead	F 47.80Q 3
2	Smith, Tyce	FR	Concordia-St. Paul	47.85Q 1
3	Taitt-Best, Raheem	SO	U-Mary	48.70Q 2
4	Hussey, Qai	SO	Minnesota State	48.31Q 1
5	Smith, Tyler	JR	SW Minnesota St.	48.55Q 3
6	Salfrank, Drew	FR	Northern State	48.93Q 2
7	Pontes Da Veiga, Junior	JR	Minnesota State	48.64q 3
8	Crayton, Jerome	SR	Msu-Moorhead	48.99q 1

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**....Men 400 Meter Dash**

9	Martens, Seth	SR Northern State	49.22q	2
10	Johnson, Brady	FR Minnesota-Duluth	49.38	1
11	Unger, Brock	SO Minnesota State	49.71	3
12	Bade, Kyler	JR Minnesota State	50.01	1
13	Babalola, Oluwadamilola	FR Minnesota State	50.08	2
14	Jibunor, Priestly	SO Concordia-St. Paul	50.11	1
15	Heminover, Cullen	SO Concordia-St. Paul	50.42	3
16	Moseman, Theo	FR Minnesota State	50.63	2
17	Croston, Alexander	JR Minnesota-Duluth	50.68	2
18	MacLennan, Elliott	JR Msu-Moorhead	50.83	2
19	Dingman, Carter	FR Northern State	51.03	1
20	Earnest, Micah	FR Minot State	51.52	1
21	Rogers, Ted	SR Minnesota-Duluth	51.66	3
22	Rosengren, Thomas	SO Minnesota State	56.49	3

**Men 400 Meter Dash**

=====  
 Facility: F 47.80 5/10/2024 Ibrahim Oduong, MSU-Moorhead  
 NSIC Record: R 46.94 5/13/2023 Raheem Taitt-Best, U-Mary  
 Facility: F 47.80 5/3/2023 Thailan Hallman, SDSU  
 46.36 AUTO  
 47.71 PROV

Name	Year	School	Finals
------	------	--------	--------

Finals

1	Taitt-Best, Raheem	SO U-Mary	46.65RPROV
2	Oduong, Ibrahim	SR Msu-Moorhead	46.74RPROV
3	Smith, Tyce	FR Concordia-St. Paul	47.24FPROV
4	Hussey, Qai	SO Minnesota State	47.93
5	Martens, Seth	SR Northern State	48.21
6	Salfrank, Drew	FR Northern State	48.22
7	Pontes Da Veiga, Junior	JR Minnesota State	48.23
8	Smith, Tyler	JR SW Minnesota St.	48.28
9	Crayton, Jerome	SR Msu-Moorhead	48.59

**Men 800 Meter Run**

=====  
 NSIC Record: R 1:50.11 5/13/2023 Jared Gregoire, MSU-Moorhead  
 Facility: F 1:48.51 5/2/2012 Aduo Omot, Augustana  
 1:48.79 AUTO  
 1:51.87 PROV

Name	Year	School	Prelims	H#
------	------	--------	---------	----

Preliminaries

1	O'Farrell, Colin	SO Msu-Moorhead	1:57.16Q	3
2	Morrison, Benjamin	JR Sioux Falls	1:57.21Q	2
3	Gregoire, Jared	SO Msu-Moorhead	1:57.91Q	1
4	Bruer, Braxton	SR Msu-Moorhead	1:57.22Q	3
5	Lins, Paul	FR Minnesota State	1:58.29Q	1
6	Daley, Devontae	SO Minot State	1:59.03Q	2
7	Tuhy, Peyton	SO Minot State	1:57.52q	3
8	Peitz, Gabe	SR Wayne State (Neb.)	1:58.03q	3
9	Larsen, Leif	JR Minnesota State	1:58.68q	1
10	Gruenes, Jordan	SR Minnesota-Duluth	1:59.15	1

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**....Men 800 Meter Run**

11	Youberg, Finn	JR	Minnesota-Duluth	1:59.21	2
12	Mayers, Grant	FR	Minnesota State	1:59.56	3
13	Boyens, Ethan	SO	Augustana (S.D.)	2:01.08	2
14	Otten, Alex	SO	Augustana (S.D.)	2:01.14	1
15	Murillo, Marco	JR	Minot State	2:01.41	2
16	Speikers, Caden	SR	Minnesota State	2:02.11	2
17	Amundson, Nathan	FR	Minnesota-Duluth	2:03.64	1
18	Wyllie, Andrew	JR	Wayne State (Neb.)	2:04.35	3
19	Matzner, Zachary	SR	Sioux Falls	2:06.67	2
20	Martin, Josh	SO	Northern State	2:08.14	3
21	Faltese, Emmett	JR	Concordia-St. Paul	2:12.58	1

**Men 800 Meter Run**

=====  
 NSIC Record: R 1:50.11 5/13/2023 Jared Gregoire, MSU-Moorhead  
 Facility: F 1:48.51 5/2/2012 Aduo Omot, Augustana  
 1:48.79 AUTO  
 1:51.87 PROV

Name	Year	School	Finals
------	------	--------	--------

Finals

1	Bruer, Braxton	SR	Msu-Moorhead	1:52.77
2	Lins, Paul	FR	Minnesota State	1:53.92
3	Morrison, Benjamin	JR	Sioux Falls	1:53.95
4	Gregoire, Jared	SO	Msu-Moorhead	1:54.14
5	Larsen, Leif	JR	Minnesota State	1:54.35
6	O'Farrell, Colin	SO	Msu-Moorhead	1:54.79
7	Tuhy, Peyton	SO	Minot State	1:55.14
8	Daley, Devontae	SO	Minot State	1:55.64
9	Peitz, Gabe	SR	Wayne State (Neb.)	1:58.95

**Men 1500 Meter Run**

=====  
 NSIC Record: R 3:43.63 5/13/2023 Jared Gregoire, MSU-Moorhead  
 Facility: F 3:45.43 5/7/2021 Benjamin Allen, Concordia-St. Paul  
 3:44.38 AUTO  
 3:50.68 PROV

Name	Year	School	Prelims	H#
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Preliminaries

1	Rivera, Caleb	JR	Sioux Falls	3:57.28Q	1
2	Hartman, Ryan	JR	Augustana (S.D.)	4:01.29Q	2
3	Jacobson, Nick	SR	Minnesota-Duluth	3:58.03Q	1
4	Gregoire, Jared	SO	Msu-Moorhead	4:01.88Q	2
5	Brand, Colten	SR	Augustana (S.D.)	3:58.42Q	1
6	Bruer, Braxton	SR	Msu-Moorhead	4:01.96Q	2
7	O'Farrell, Colin	SO	Msu-Moorhead	3:58.78Q	1
8	Ricker, Tyson	FR	Augustana (S.D.)	4:02.11Q	2
9	Fregoso, Guillermo	SR	U-Mary	3:59.71q	1
10	Olofson, Miles	JR	Sioux Falls	3:59.79q	1
11	Bachelor, Nick	SO	Augustana (S.D.)	4:00.16q	1
12	Martin, Josh	SO	Northern State	4:01.94q	1
13	Faltese, Emmett	JR	Concordia-St. Paul	4:03.26	2
14	Fitzgerald, Parker	SO	Augustana (S.D.)	4:03.73	1



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**....Men 1500 Meter Run**

15	Jensen, Jacob	SR	Minot State	4:04.86	1
16	Tuhy, Peyton	SO	Minot State	4:05.32	2
17	Dreyer, Quentin	SO	Wayne State (Neb.)	4:06.61	2
18	Hansen, Eli	FR	U-Mary	4:13.06	2
19	Heidorn, Alex	JR	Minnesota-Duluth	4:20.77	2
20	Bennett, Jacob	SO	Minnesota State	4:29.82	2

**Men 1500 Meter Run**

NSIC Record: R 3:43.63 5/13/2023 Jared Gregoire, MSU-Moorhead  
 Facility: F 3:45.43 5/7/2021 Benjamin Allen, Concordia-St. Pau  
 3:44.38 AUTO  
 3:50.68 PROV

Name	Year	School	Finals
<b>Finals</b>			
1	Hartman, Ryan	JR Augustana (S.D.)	3:45.86 PROV
2	Rivera, Caleb	JR Sioux Falls	3:46.08 PROV
3	Gregoire, Jared	SO Msu-Moorhead	3:49.36 PROV
4	Brand, Colten	SR Augustana (S.D.)	3:49.80 PROV
5	O'Farrell, Colin	SO Msu-Moorhead	3:50.11 PROV
6	Jacobson, Nick	SR Minnesota-Duluth	3:50.67 PROV
7	Ricker, Tyson	FR Augustana (S.D.)	3:53.24
8	Martin, Josh	SO Northern State	3:55.87
9	Bachelor, Nick	SO Augustana (S.D.)	3:59.10
10	Olofson, Miles	JR Sioux Falls	3:59.85
11	Fregoso, Guillermo	SR U-Mary	4:04.59
12	Bruer, Braxton	SR Msu-Moorhead	4:13.34

**Men 5000 Meter Run**

NSIC Record: R 14:19.51 5/15/2021 Nadir Yusuf, MSU-Moorhead  
 Facility: F 14:59.13 4/9/2022 Alexander Auch, SDSU  
 13:55.74 AUTO  
 14:32.33 PROV

Name	Year	School	Finals
1	Hartman, Ryan	JR Augustana (S.D.)	14:41.59F
2	Strom, Dawson	FR Augustana (S.D.)	14:44.19F
3	Erickson, Owen	JR Concordia-St. Paul	14:45.91F
4	Hogan, Brady	FR Augustana (S.D.)	14:46.88F
5	Stueven, Adnew	SR Msu-Moorhead	14:53.98F
6	Sacay, Will	SO Concordia-St. Paul	14:56.58F
7	Shumway, Micade	JR Sioux Falls	14:57.50F
8	Ure, Ray	JR Minnesota State	15:03.34
9	Kaas, Jesse	SO Augustana (S.D.)	15:04.10
10	Selman, Lucas	JR Minnesota-Duluth	15:06.32
11	Dorado, James	SO Msu-Moorhead	15:08.10
12	Rivera, Caleb	JR Sioux Falls	15:11.08
13	Groen, Kadin	SO Augustana (S.D.)	15:12.39
14	Brand, Colten	SR Augustana (S.D.)	15:20.74
15	Antony, Austin	SR Minnesota-Duluth	15:25.05
16	Ricker, Tyson	FR Augustana (S.D.)	15:28.83
17	Alto, Nathan	SO Northern State	15:32.06

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**....Men 5000 Meter Run**

18 Bullion, Kade	JR Sioux Falls	15:36.65
19 Fink, Isaac	JR Augustana (S.D.)	15:40.13
20 Fitzgerald, Parker	SO Augustana (S.D.)	15:44.14
21 Krummel, Matthew	JR Concordia-St. Paul	15:46.50
22 Halbe, Evan	FR Northern State	15:46.57
23 Bohm, Adam	JR Minnesota State	15:51.99
24 Bakken, Nolan	FR Minnesota-Duluth	16:00.82
25 Kurschner, Brett	FR Msu-Moorhead	16:04.96
26 Myran, Evan	JR Augustana (S.D.)	16:07.07
27 Fregoso, Guillermo	SR U-Mary	16:13.68
28 Ross, Erek	FR Minnesota State	16:15.47
29 Hansen, Caleb	SO U-Mary	16:19.09
30 Krummel, Joshua	FR Concordia-St. Paul	16:28.32
31 Tegethoff, Caden	SR Augustana (S.D.)	16:29.38
32 Alexander, Andrew	FR Concordia-St. Paul	17:13.44
-- Haberman, Ben	JR Augustana (S.D.)	DNF
-- Hansen, Eli	FR U-Mary	DNF
-- Gundersen, Erik	FR Augustana (S.D.)	SCR
-- Hoechst, Chase	FR Msu-Moorhead	SCR
-- Brock, Beau	JR Augustana (S.D.)	SCR
-- Burkhalter, Jonathan	JR Northern State	SCR
-- Martin, Josh	SO Northern State	SCR

**Men 10000 Meter Run**

-----  
 NSIC Record: R 29:53.73 5/14/2021 Nadir Yusuf, MSU-Moorhead  
 Facility: F 31:18.86 4/9/2022 Matthew Trutna, Minnesota Duluth  
 29:16.79 AUTO  
 30:47.12 PROV

Name	Year School	Finals
1 Erickson, Owen	JR Concordia-St. Paul	31:32.80
2 Hogan, Brady	FR Augustana (S.D.)	31:36.10
3 Shumway, Micade	JR Sioux Falls	31:47.68
4 Gundersen, Erik	FR Augustana (S.D.)	32:07.83
5 Dorado, James	SO Msu-Moorhead	32:07.97
6 Kaas, Jesse	SO Augustana (S.D.)	32:17.87
7 Antony, Austin	SR Minnesota-Duluth	32:20.34
8 Strom, Dawson	FR Augustana (S.D.)	32:23.62
9 Groen, Kadin	SO Augustana (S.D.)	32:30.56
10 Kurschner, Brett	FR Msu-Moorhead	33:06.71
11 Hoechst, Chase	FR Msu-Moorhead	33:08.88
12 Hansen, Caleb	SO U-Mary	33:09.78
13 Alto, Nathan	SO Northern State	33:18.40
14 Halbe, Evan	FR Northern State	33:30.73
15 Kiptoo, Titus	SR Wayne State (Neb.)	33:47.19
16 Brault, Joel	SO Msu-Moorhead	33:53.09
17 Bennett, Jacob	SO Minnesota State	34:19.84
18 Scheer, Andrew	FR U-Mary	34:57.28
19 Thorson, Taylor	FR Northern State	35:02.61
20 Plummer, Gabriel	SR Minot State	35:04.07
21 Schroeder, Abe	SR Wayne State (Neb.)	35:08.41
22 Angerhofer, Jacob	SO Northern State	35:14.30
23 Frigstad, James	JR Concordia-St. Paul	37:34.76

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**....Men 10000 Meter Run**

24 Saur, Dylan SO Sioux Falls 37:41.18

**Men 110 Meter Hurdles**

=====  
 NSIC Record: R 13.65 5/10/2024 Andrew Martens, Augustana  
 Facility: F 13.72 5/1/2021 Taylor Rooney, Gustavus Adolphus  
 13.90 AUTO  
 14.51 PROV

Name	Year	School	Prelims	Wind	H#
===== Preliminaries					
1 Martens, Andrew	JR	Augustana (S.D.)	13.65QAUTO	3.2	2
2 McGee, Jalen	JR	Minnesota State	14.03QPROV	-0.2	1
3 Wattier, Keaton	SO	Wayne State (Neb.)	14.25QPROV	3.2	2
4 Pierre, Renald	SR	Minnesota State	14.45QPROV	-0.2	1
5 Daniels, Drake	JR	Concordia-St. Paul	14.42qPROV	3.2	2
6 Matehs, Joel	JR	Northern State	14.62q	-0.2	1 14.612
7 Petersohn, Owen	SO	Minnesota State	14.62q	-0.2	1 14.620
8 Mandel, Ben	JR	Sioux Falls	14.64q	3.2	2
9 Blomberg, Sam	SO	Minnesota-Duluth	14.82q	3.2	2
10 Dingsor, Collin	SO	Sioux Falls	15.23	-0.2	1
11 Swenson, Chance	SO	Minnesota State	15.24	3.2	2
12 Kone, Stephane	FR	Minnesota State	15.42	-0.2	1
13 Ossei, Tyrese	FR	Concordia-St. Paul	16.36	-0.2	1
14 Cheney, Jonny	FR	Sioux Falls	24.53	3.2	2

**Men 110 Meter Hurdles**

=====  
 NSIC Record: R 13.65 5/10/2024 Andrew Martens, Augustana  
 Facility: F 13.72 5/1/2021 Taylor Rooney, Gustavus Adolphus  
 13.90 AUTO  
 14.51 PROV

Name	Year	School	Finals	Wind
===== Finals				
1 Martens, Andrew	JR	Augustana (S.D.)	13.74 AUTO	1.7
2 McGee, Jalen	JR	Minnesota State	13.98 PROV	1.7
3 Pierre, Renald	SR	Minnesota State	14.27 PROV	1.7
4 Wattier, Keaton	SO	Wayne State (Neb.)	14.37 PROV	1.7
5 Daniels, Drake	JR	Concordia-St. Paul	14.42 PROV	1.7
6 Petersohn, Owen	SO	Minnesota State	14.55	1.7
7 Matehs, Joel	JR	Northern State	14.60	1.7
8 Mandel, Ben	JR	Sioux Falls	14.76	1.7
9 Blomberg, Sam	SO	Minnesota-Duluth	14.88	1.7

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**Men 400 Meter Hurdles**

-----  
 NSIC Record: R 51.91 5/13/2018 Sydne Davis, Minnesota State  
 Facility: F 52.12 5/4/2019 Sydne Davis, Minnesota St  
                   51.34 AUTO  
                   53.34 PROV

Name	Year	School	Prelims	H#
-----				
Preliminaries				
1 Collins, Anthony	FR	Minnesota State	52.41QPROV	3
2 Duran, Ramon	JR	Minot State	53.72Q	1
3 Petersohn, Owen	SO	Minnesota State	53.76Q	2
4 Decker, Denver	JR	Sioux Falls	54.11Q	2
5 Cano, Osiel	JR	U-Mary	55.16Q	3
6 Schmitt, Max	JR	SW Minnesota St.	55.18Q	1
7 Henriksen, Drew	FR	Northern State	55.35q	1
8 Howell, Akil	JR	U-Mary	55.58q	1
9 Martens, Andrew	JR	Augustana (S.D.)	55.61q	2
10 Brown, Zaccharius	FR	Minot State	55.93	1
11 Cheney, Jonny	FR	Sioux Falls	56.17	3
12 Swenson, Chance	SO	Minnesota State	56.61	1
13 Dingsor, Collin	SO	Sioux Falls	57.16	2
14 Munnings, Berkley	FR	U-Mary	57.95	3
15 Sellin, Tyler	JR	Augustana (S.D.)	58.89	2
16 Johnson, Colter	SO	Augustana (S.D.)	59.44	1
17 Barrera, Ivan	FR	SW Minnesota St.	1:00.00	1
18 Blomberg, Sam	SO	Minnesota-Duluth	1:00.31	3
19 Mandel, Ben	JR	Sioux Falls	1:00.65	2
-- Barnes, Karmelo	FR	Minot State	DNF	3
-- Daniels, Drake	JR	Concordia-St. Paul	DNF	2
-- Matehs, Joel	JR	Northern State	DQ	3

**Men 400 Meter Hurdles**

-----  
 NSIC Record: R 51.91 5/13/2018 Sydne Davis, Minnesota State  
 Facility: F 52.12 5/4/2019 Sydne Davis, Minnesota St  
                   51.34 AUTO  
                   53.34 PROV

Name	Year	School	Finals
-----			
Finals			
1 Collins, Anthony	FR	Minnesota State	50.75RAUTO
2 Duran, Ramon	JR	Minot State	52.53 PROV
3 Petersohn, Owen	SO	Minnesota State	53.21 PROV
4 Schmitt, Max	JR	SW Minnesota St.	53.42
5 Martens, Andrew	JR	Augustana (S.D.)	54.01
6 Decker, Denver	JR	Sioux Falls	54.21
7 Henriksen, Drew	FR	Northern State	54.22
8 Cano, Osiel	JR	U-Mary	54.44
9 Howell, Akil	JR	U-Mary	55.32

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**Men 3000 Meter Steeplechase**

-----  
 NSIC Record: R 8:57.74 5/11/2019 Austin Pasch, Minnesota St  
 Facility: F 9:03.72 4/9/2022 Ryan Hartman, Augustana  
 8:51.96 AUTO  
 9:13.76 PROV

Name	Year	School	Finals
1 Stueven, Adnew	SR	Msu-Moorhead	9:20.93
2 Ure, Ray	JR	Minnesota State	9:29.07
3 Selman, Lucas	JR	Minnesota-Duluth	9:31.78
4 Bohm, Adam	JR	Minnesota State	9:33.49
5 Haberman, Ben	JR	Augustana (S.D.)	9:36.29
6 Heidorn, Alex	JR	Minnesota-Duluth	9:43.49
7 Krummel, Matthew	JR	Concordia-St. Paul	9:46.77
8 Blischke, Ethan	SO	Concordia-St. Paul	9:48.52
9 Bullion, Kade	JR	Sioux Falls	9:51.86
10 Fink, Isaac	JR	Augustana (S.D.)	9:58.84
11 Burkhalter, Jonathan	JR	Northern State	10:03.56
12 Brock, Beau	JR	Augustana (S.D.)	10:06.17
13 Tegethoff, Caden	SR	Augustana (S.D.)	10:10.78
14 Hahn, Parker	SO	Sioux Falls	10:15.22
15 Bakken, Nolan	FR	Minnesota-Duluth	10:22.99
16 Schroeder, Josiah	FR	Sioux Falls	10:28.22
17 Lefor, Max	FR	U-Mary	10:38.75
18 Steffensmeier, Justin	SR	Sioux Falls	10:40.46
19 Mitzel, Brandon	JR	Wayne State (Neb.)	10:41.06
20 Gesslin, Benjmin	FR	Minnesota State	10:46.19

**Men 4x100 Meter Relay**

-----  
 NSIC Record: R 40.63 1998 Minnesota Duluth, Minnesota Duluth  
 E Hanson, E Farnum, J Nerison, J Hanson  
 Facility: F 40.27 5/3/2023 Minnesota State, Minnesota St  
 Colome, Nti, Sharma, Clark  
 40.26 AUTO  
 41.06 PROV

School	Finals	H#
1 Minnesota State 'A'	39.98FAUTO	2
1) Colome, Armando JR	2) Reeves, Jabez JR	
3) Tudee, Richlu FR	4) Miller, Shemar SR	
2 U-Mary 'A'	40.75 PROV	2
1) Paulson, Jorgen JR	2) Cano, Osvaldo JR	
3) Howell, Akil JR	4) Cartwright, Michael FR	
3 Northern State 'A'	40.96 PROV	2
1) Bayer, Noah JR	2) Weber, Chris FR	
3) Kadlec, Ty SO	4) Martens, Seth SR	
4 Concordia-St. Paul 'A'	41.41	2
1) David, Tarnue SO	2) Dietel, Thomas JR	
3) Brown, Ashton FR	4) Jibunor, Priestly SO	
5 Minnesota-Duluth 'A'	41.45	2
1) Westphal, Nicholas SO	2) Brisbois, Cole SO	
3) Brakke, Brayden FR	4) Johnson, Brady FR	
6 Msu-Moorhead 'A'	41.88	1
1) Daniels, David JR	2) Crayton, Jerome SR	

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**....Men 4x100 Meter Relay**

3) MacLennan, Elliott JR	4) Oduong, Ibrahim SR	
7 SW Minnesota St. 'A'	41.94	1
1) Smith, Tyler JR	2) Schmitt, Max JR	
3) Zeba, Peda FR	4) Schafer, Greg FR	
8 Augustana (S.D.) 'A'	42.20	1
1) Berends, Luke JR	2) Davis, Melik JR	
3) DeCook, Trent SO	4) Martens, Andrew JR	
9 Wayne State (Neb.) 'A'	42.56	1
1) Wattier, Keaton SO	2) Madsen, Austin SO	
3) Nissen, Wyatt JR	4) Rudie, Mitchell SO	
10 Sioux Falls 'A'	43.84	1
1) Mandel, Ben JR	2) Cheney, Jonny FR	
3) Dingsor, Collin SO	4) Decker, Denver JR	

**Men 4x400 Meter Relay**

```

=====
NSIC Record: R 3:11.82 5/13/2023 Minnesota State, Minnesota St
                J Pontes Da Veiga, Q Hussey, K Atubel, K Bade
Facility: F 3:09.77 5/4/2019 Minnesota State, Minnesota St
                Schuster, Wiesen, Diamond, Phelps
                3:08.52 AUTO
                3:13.73 PROV
    
```

School	Finals	H#
1 Minnesota State 'A'	3:12.05 PROV	2
1) Collins, Anthony FR	2) Dure, Marvin JR	
3) Pontes Da Veiga, Junior JR	4) Hussey, Qai SO	
2 Minot State 'A'	3:14.78	2
1) Duran, Ramon JR	2) Daley, Devontae SO	
3) Brown, Zaccharius FR	4) Hambria, Jasiah FR	
3 Northern State 'A'	3:15.22	2
1) Salfrank, Drew FR	2) Dingman, Carter FR	
3) Henriksen, Drew FR	4) Martens, Seth SR	
4 Concordia-St. Paul 'A'	3:15.63	2
1) Smith, Tyce FR	2) Heminover, Cullen SO	
3) Jibunor, Priestly SO	4) Daniels, Drake JR	
5 Msu-Moorhead 'A'	3:16.52	2
1) Crayton, Jerome SR	2) MacLennan, Elliott JR	
3) Bruer, Braxton SR	4) Oduong, Ibrahim SR	
6 Minnesota-Duluth 'A'	3:17.59	2
1) Johnson, Brady FR	2) Croston, Alexander JR	
3) Youberg, Finn JR	4) Rogers, Ted SR	
7 Sioux Falls 'A'	3:18.33	1
1) Decker, Denver JR	2) Morrison, Benjamin JR	
3) Dingsor, Collin SO	4) Cheney, Jonny FR	
8 Augustana (S.D.) 'A'	3:19.50	1
1) Schoessow, Matthew SR	2) Dooyema, Jed SR	
3) Boyens, Ethan SO	4) Sellin, Tyler JR	
9 Wayne State (Neb.) 'A'	3:19.58	1
1) Madsen, Austin SO	2) Nissen, Wyatt JR	
3) Rudie, Mitchell SO	4) Peitz, Gabe SR	
10 SW Minnesota St. 'A'	3:23.20	1
1) Smith, Tyler JR	2) Schmitt, Max JR	
3) Lear, Nathan JR	4) Palomo, Roel FR	

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**....Men 4x400 Meter Relay**

-- U-Mary 'A' DQ 2 imdeding  
 1) Howell, Akil JR 2) Munnings, Berkley FR  
 3) Cano, Osvaldo JR 4) Taitt-Best, Raheem SO

**Men High Jump**

=====  
 NSIC Record: R 2.13m 1988 Brian Rabenberg, MSU Moorhead  
 Facility: F 2.14m 5/1/2021 Deveyonn Brown, Minnesota St  
 2.14m AUTO  
 2.05m PROV

Name	Year	School	Finals
1 Hambria, Jasiah	FR	Minot State	2.14mFAUTO 7-00.25
1.82 1.87 1.92 1.97 2.02 2.05 2.08 2.11 2.14 2.16			
PPP PPP PPP O XO O O XO XXO XXX			
2 Kneifl, Dylan	SR	Wayne State (Neb.)	2.05m PROV 6-08.75
1.82 1.87 1.92 1.97 2.02 2.05 2.08 2.11 2.14			
PPP PPP XO XXO O XXO PPP XPP XX			
3 Missick, Tyler	JR	Msu-Moorhead	2.02m 6-07.50
1.82 1.87 1.92 1.97 2.02 2.05			
PPP PPP O O XO XXX			
4 Ziebarth, Jacob	JR	Minnesota State	2.02m 6-07.50
1.82 1.87 1.92 1.97 2.02 2.05			
PPP O XO XO XXO XXX			
5 Johnson, Jaden	SO	Minnesota-Duluth	1.97m 6-05.50
1.82 1.87 1.92 1.97 2.02			
PPP O O XXO XXX			
6 Oberleitner, Luke	JR	Minnesota-Duluth	1.92m 6-03.50
1.82 1.87 1.92 1.97			
PPP XO XO XXX			
7 Nottlemann, Elliott	FR	Wayne State (Neb.)	1.92m 6-03.50
1.82 1.87 1.92 1.97			
O O XXO XXX			
8 Klemme, Ethan	SO	Minnesota State	1.87m 6-01.50
1.82 1.87 1.92			
PPP XO XXX			
9 Meadowcroft, Michael	FR	Minnesota State	1.87m 6-01.50
1.82 1.87 1.92			
PPP XXO XXX			
10 Marquart, Mason	FR	U-Mary	1.82m 5-11.50
1.82 1.87			
O XXX			
11 Cheney, Jonny	FR	Sioux Falls	1.82m 5-11.50
1.82 1.87			
XO XXX			
12 Vande Kieft, Max	SO	Northern State	1.82m 5-11.50
1.82 1.87			
XXO XXX			
12 Moller, Carter	SO	Northern State	1.82m 5-11.50
1.82 1.87			
XXO XXX			
-- Smith, McKallen	JR	SW Minnesota St.	NH
1.82 1.87			
PPP XXX			

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**....Men High Jump**

-- Borchner, Vance SO Northern State NH  
 1.82  
 XXX

**Men Pole Vault**

=====  
 NSIC Record: R 5.37m 5/13/2023 Carson Dittel, Minnesota St  
 Facility: F 5.32m 5/3/2023 Carson Dittel, Minnesota St  
 5.21m AUTO  
 4.81m PROV

Name	Year	School	Finals	
1 Hansen, Jed		JR Minnesota State	4.57m	15-00.00
4.02 4.17 4.32 4.47 4.57 4.67 4.77				
PPP PPP PPP O XO PPP XXX				
2 Windorski, Collin		FR Minnesota State	4.57m	15-00.00
4.02 4.17 4.32 4.47 4.57 4.67 4.77				
PPP PPP PPP PPP XXO PPP XXX				
3 Olson, Samuel		JR Sioux Falls	4.47m	14-08.00
4.02 4.17 4.32 4.47 4.57				
O O XO O XXX				
3 Radtke, Eli		SO Northern State	4.47m	14-08.00
4.02 4.17 4.32 4.47 4.57				
PPP PPP XO O XXX				
5 Smith, Hunter		JR SW Minnesota St.	4.47m	14-08.00
4.02 4.17 4.32 4.47 4.57				
PPP PPP XO XO XXX				
6 Ford, Noah		SO Northern State	4.47m	14-08.00
4.02 4.17 4.32 4.47 4.57				
PPP XO XO XXO XXX				
7 Wakeling, Blake		FR Minnesota State	4.32m	14-02.00
4.02 4.17 4.32 4.47				
PPP PPP O XXX				
8 Frank, Austin		SO Minnesota State	4.32m	14-02.00
4.02 4.17 4.32 4.47				
PPP XO O XXX				
8 Ligon, Isaac		SO Northern State	4.32m	14-02.00
4.02 4.17 4.32 4.47				
XO O O XXX				
10 Bastian, Baden		SO Minnesota-Duluth	4.17m	13-08.25
4.02 4.17 4.32				
O O XXX				
-- Huss, Nicholas		SO Msu-Moorhead		NH
4.02				
XXX				
-- Minnaert, Ean		SO Sioux Falls		NH
4.02				
XXX				
-- Kalin, Ian		FR SW Minnesota St.		NH
4.02				
XXX				
-- Grannes, Luke		JR SW Minnesota St.		NH
4.02				
XXX				



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**Results**

**Men Long Jump**

-----  
 NSIC Record: R 7.95m 5/10/2024 James Gilbert, Minnesota St  
 Facility: F 7.90m 5/4/2024 James Gilbert, Minnesota St  
 7.68m AUTO  
 7.26m PROV

Name	Year	School	Finals	Wind	H#
1 Gilbert, James	SR	Minnesota State	7.95m AUTO	2.9	26-01.00 2
			7.88m(1.6) 7.65m(1.9) 7.95m(2.9) FOUL 7.94m(2.2) 7.84m(1.7)		
2 Von Wald, Hayden	JR	U-Mary	7.78m AUTO	3.0	25-06.25 2
			FOUL 7.60m(2.6) 7.78m(3.0) FOUL FOUL FOUL		
3 Moeller, Logan	JR	Wayne State (Neb.)	7.44m PROV	2.1	24-05.00 2
			FOUL 6.87m(1.9) 7.32m(1.6) 7.19m(0.8) 7.16m(1.2) 7.44m(2.1)		
4 Miller, Shemar	SR	Minnesota State	7.40m PROV	1.2	24-03.50 2
			FOUL 7.40m(1.2) FOUL FOUL 7.38m(1.9) 7.25m(1.0)		
5 Paulson, Jorgen	JR	U-Mary	7.40m PROV	2.1	24-03.50 2
			FOUL FOUL 7.40m(2.1) FOUL PASS 5.09m(1.7)		
6 Heald, Slade	JR	Minnesota State	7.32m PROV	1.3	24-00.25 2
			7.24m(0.9) 7.32m(1.3) 6.67m(0.8) FOUL 6.64m(2.3) 7.01m(0.5)		
7 Wentz, Logan	SO	U-Mary	7.32m PROV	2.4	24-00.25 2
			FOUL FOUL 7.32m(2.4) FOUL 7.01m(1.7) FOUL		
8 Harris, Camwrin	SR	Minnesota State	7.29m PROV	2.5	23-11.00 2
			7.03m(1.5) 7.29m(2.5) FOUL 7.02m(0.9) 7.10m(3.4) FOUL		
9 Daniels, David	JR	Msu-Moorhead	7.29m PROV	2.2	23-11.00 2
			7.08m(3.2) 6.91m(0.9) 7.29m(2.2) 7.04m(1.7) 7.02m(3.4) 6.86m(1.4)		
10 Schulz, Treyson	FR	Northern State	7.21m	5.4	23-08.00 1
			6.77m(1.4) 7.21m(5.4) 6.53m(3.1)		
11 Nikolas, Arik	FR	Concordia-St. Paul	7.19m	3.4	23-07.25 1
			6.73m(2.4) 7.19m(3.4) 7.18m(3.1)		
12 Carey, Ted	SO	Concordia-St. Paul	7.17m	2.6	23-06.25 1
			7.17m(2.6) FOUL 6.97m(4.7)		
13 McGee, Jalen	JR	Minnesota State	7.05m	1.9	23-01.75 2
			FOUL 7.05m(1.9) FOUL		
14 Heydt, Will	SO	Minnesota-Duluth	6.89m	2.6	22-07.25 1
			6.16m(1.9) 6.59m(2.7) 6.89m(2.6)		
15 Rogers, Cody	SR	Wayne State (Neb.)	6.87m	3.6	22-06.50 1
			6.64m(1.3) 6.83m(3.0) 6.87m(3.6)		
16 Johnson, Braden	JR	Wayne State (Neb.)	6.75m	0.7	22-01.75 2
			6.53m(2.9) 6.75m(0.7) 6.69m(0.7)		
17 Fier, Jake	FR	Minnesota-Duluth	6.69m	2.4	21-11.50 1
			5.55m(-1.1) 6.69m(2.4) 6.27m(5.9)		
18 Sikel, Jonathan	SR	Augustana (S.D.)	6.52m	2.8	21-04.75 1
			6.40m(2.7) FOUL 6.52m(2.8)		
19 Agyeman, Matthew	FR	Sioux Falls	6.42m	2.8	21-00.75 1
			4.66m(1.0) 6.39m(3.0) 6.42m(2.8)		
20 Allen, Ty	FR	U-Mary	6.39m	1.2	20-11.75 1
			6.27m(2.5) 6.39m(1.2) FOUL		
21 Lear, Nathan	JR	SW Minnesota St.	6.32m	2.0	20-09.00 1
			6.11m(1.3) 6.08m(2.1) 6.32m(2.0)		
-- Cheney, Jonny	FR	Sioux Falls	FOUL		1
			FOUL FOUL FOUL		
-- Rhodes, Paul	FR	Sioux Falls	SCR	NWI	2
			PASS PASS PASS		

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**Men Triple Jump**

Name	Year	School	Finals	Wind	H#
-----					
NSIC Record: R 15.95m	2017	Michael Sandle, Minnesota State			
Facility: F 15.93m	5/4/2018	Elijah Calderon-Pitchford, Minnesota St			
15.67m	AUTO				
14.69m	PROV				
Name	Year	School	Finals	Wind	H#
-----					
1 Miller, Shemar	SR	Minnesota State	16.02mRAUTO	0.3	52-06.75 2
15.81m(1.3) FOUL	FOUL	FOUL	PASS		16.02m(0.3)
2 Spencer, Jordan	JR	Minnesota State	15.52m PROV	1.0	50-11.00 2
FOUL 14.90m(0.8)	15.52m(1.0)	15.51m(1.8)	15.42m(0.9)	15.23m(0.1)	
3 Ukaobasi, Onyekachi	SR	Minnesota State	15.43m PROV	1.4	50-07.50 2
FOUL 15.20m(0.4)	15.43m(1.4)	15.16m(1.6)	15.40m(1.2)	15.22m(+0.0)	
4 Harris, Camwrin	SR	Minnesota State	14.83m PROV	0.1	48-08.00 2
FOUL	14.74m(1.4)	13.51m(1.4) FOUL	14.83m(0.1)		
5 McGee, Jalen	JR	Minnesota State	14.71m PROV	1.9	48-03.25 2
14.23m(+0.0)	14.38m(2.4)	13.33m(1.7)	14.71m(1.9) PASS	PASS	
6 Heydt, Will	SO	Minnesota-Duluth	14.19m	1.9	46-06.75 2
14.19m(1.9) PASS	PASS	FOUL	PASS		
7 Zeba, Peda	FR	SW Minnesota St.	14.14m	1.2	46-04.75 2
13.41m(1.0)	13.58m(+0.0)	14.14m(1.2)	13.60m(1.2)	13.27m(0.3)	13.19m(1.1)
8 Rogers, Cody	SR	Wayne State (Neb.)	13.99m	1.8	45-10.75 2
13.86m(2.1)	13.83m(2.1)	13.77m(1.2)	13.75m(0.3)	13.99m(1.8)	12.13m(0.5)
9 Moeller, Logan	JR	Wayne State (Neb.)	13.91m	2.1	45-07.75 1
FOUL 13.91m(2.1)	FOUL	PASS	PASS		
10 McDowell, Ryan	FR	Minnesota State	13.73m	1.6	45-00.50 1
13.43m(0.5) FOUL	13.73m(1.6)				
11 Allen, Ty	FR	U-Mary	13.71m	1.1	44-11.75 1
FOUL 13.57m(0.1)	13.71m(1.1)				
12 Schulz, Treyson	FR	Northern State	13.70m	0.4	44-11.50 2
13.70m(0.4) FOUL	FOUL				
13 Nikolas, Arik	FR	Concordia-St. Paul	13.65m	1.9	44-09.50 1
13.60m(1.1)	13.65m(1.9)	13.42m(1.5)			
14 Wentz, Logan	SO	U-Mary	13.55m	0.9	44-05.50 2
13.24m(2.6) FOUL	13.55m(0.9)				
15 Dacruz, Alexander	SO	Minnesota State	13.48m	0.9	44-02.75 1
FOUL	FOUL	13.48m(0.9)			
16 Carey, Ted	SO	Concordia-St. Paul	13.34m	1.3	43-09.25 1
13.20m(0.3)	11.86m(0.1)	13.34m(1.3)			
17 Larson, Kade	JR	Msu-Moorhead	13.17m	1.6	43-02.50 1
13.17m(1.6) FOUL	13.00m(0.1)				
18 Vande Kieft, Max	SO	Northern State	12.72m	1.1	41-08.75 1
12.39m(1.4)	12.60m(2.0)	12.72m(1.1)			
19 Nelson, Bennett	SO	Minnesota-Duluth	12.24m	2.7	40-02.00 1
12.24m(2.7)	12.04m(+0.0) FOUL				
-- Rhodes, Paul	FR	Sioux Falls	DNS	NWI	1

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**Men Shot Put**

-----  
 NSIC Record: R 18.98m 2013 Chris Reed, Minnesota State  
 Facility: F 19.37m 5/1/2021 Rodger Steen, Velaasa  
 18.42m AUTO  
 16.34m PROV

Name	Year	School	Finals	H#
1 Hiatt, Tyler	JR	Sioux Falls	17.55m PROV	57-07.00 3
17.55m	FOUL	FOUL	17.25m 17.39m 17.51m	
2 Orzolek, Steven	SR	Minnesota State	16.76m PROV	55-00.00 3
15.84m	16.67m	16.35m	16.31m FOUL 16.76m	
3 Wieser, Ben	SO	Minnesota State	16.48m PROV	54-01.00 3
15.72m	16.48m	FOUL	16.05m 16.22m FOUL	
4 Snyder, Chase	SO	Sioux Falls	16.41m PROV	53-10.25 3
16.14m	15.34m	15.92m	16.41m FOUL FOUL	
5 Mallory, Daylin	SO	Wayne State (Neb.)	16.35m PROV	53-07.75 3
FOUL	FOUL	16.35m	FOUL 16.26m FOUL	
6 Aguilera, Carter	SR	Minnesota State	16.09m	52-09.50 2
15.33m	FOUL	16.09m	FOUL 15.59m FOUL	
7 Kreins, Samuel	JR	Minot State	15.98m	52-05.25 3
15.97m	15.17m	15.98m	15.84m FOUL FOUL	
8 Weston, Jackson	SO	Minnesota-Duluth	15.98m	52-05.25 3
15.63m	15.86m	15.98m	15.65m FOUL FOUL	
9 Kostynick, Colton	SR	Minnesota-Duluth	15.76m	51-08.50 2
15.57m	FOUL	15.76m	FOUL FOUL FOUL	
10 Feist, Cade	JR	Concordia-St. Paul	15.45m	50-08.25 3
FOUL	15.45m	FOUL		
11 Elge, Daniel	JR	Wayne State (Neb.)	15.42m	50-07.25 2
15.42m	FOUL	15.21m		
12 Otto, Dan	SO	Concordia-St. Paul	15.38m	50-05.50 2
14.82m	15.38m	15.23m		
13 Bicek, Eli	SR	Minnesota-Duluth	15.35m	50-04.50 3
14.40m	15.35m	15.15m		
14 Andersen, Oliver	SO	Minnesota State	14.96m	49-01.00 2
FOUL	14.96m	FOUL		
15 Swedzinski, Carl	SR	SW Minnesota St.	14.80m	48-06.75 2
14.80m	14.46m	FOUL		
16 Fretag, Justin	FR	Minnesota State	14.61m	47-11.25 3
FOUL	14.61m	14.58m		
17 Sellheim, Brennan	FR	Msu-Moorhead	14.59m	47-10.50 2
14.59m	11.59m	14.18m		
18 Barnett, Ethan	JR	Northern State	14.53m	47-08.00 1
14.53m	FOUL	FOUL		
19 Nebelung, Tyler	JR	SW Minnesota St.	14.50m	47-07.00 1
14.50m	FOUL	14.39m		
20 Edwards, Andrew	FR	Sioux Falls	14.08m	46-02.50 2
14.08m	FOUL	FOUL		
21 Byrne, Liam	JR	Minnesota State	13.97m	45-10.00 1
13.10m	13.21m	13.97m		
22 Reese, Dallas	SO	Minot State	13.76m	45-01.75 2
FOUL	13.76m	FOUL		
23 Mitchell, Noah	FR	Minnesota-Duluth	13.67m	44-10.25 1
11.47m	12.55m	13.67m		
24 Pettis, Keyshawn	SO	Concordia-St. Paul	13.32m	43-08.50 1
13.32m	13.19m	FOUL		

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**....Men Shot Put**

25 Oberfeld, Ian	FR U-Mary	13.29m	43-07.25	1
FOUL 13.29m FOUL				
26 Kostynick, Connor	SO Minnesota-Duluth	13.27m	43-06.50	1
12.84m 13.27m FOUL				
-- Hettinger, Jake	FR U-Mary	FOUL		1
FOUL FOUL FOUL				
-- Olson, Nick	SR Northern State	FOUL		1
FOUL FOUL FOUL				

**Men Discus Throw**

-----  
 NSIC Record: R 56.26m 5/15/2021 Marcus Gustaveson, Concordia-St  
 Facility: F 60.38m 5/4/2024 Marcus Gustaveson, Velaasa  
 56.37m AUTO  
 49.97m PROV

Name	Year	School	Finals	H#
-----				
1 Aguilera, Carter	SR	Minnesota State	55.48m PROV	182-00 3
49.74m 50.95m 50.61m FOUL 51.76m 55.48m				
2 Hiatt, Tyler	JR	Sioux Falls	51.00m PROV	167-04 3
50.71m 50.82m 51.00m FOUL FOUL FOUL				
3 Mallory, Daylin	SO	Wayne State (Neb.)	50.21m PROV	164-09 3
43.53m 48.72m FOUL FOUL FOUL 50.21m				
4 Snyder, Chase	SO	Sioux Falls	49.98m PROV	164-00 3
46.70m 49.84m 49.38m 49.98m 47.20m 49.82m				
5 Bullion, J'Dyn	FR	Wayne State (Neb.)	49.91m	163-09 3
48.81m FOUL 48.28m 49.91m 49.59m 48.52m				
6 Andersen, Oliver	SO	Minnesota State	49.78m	163-04 3
49.78m 49.78m 48.63m FOUL FOUL FOUL				
7 Kostynick, Colton	SR	Minnesota-Duluth	48.94m	160-07 3
48.94m FOUL 47.32m 47.35m 47.73m FOUL				
8 Otto, Dan	SO	Concordia-St. Paul	48.91m	160-05 3
40.26m 45.45m FOUL FOUL 44.71m 48.91m				
9 Nebelung, Tyler	JR	SW Minnesota St.	47.48m	155-09 2
FOUL 45.92m FOUL FOUL 44.98m 47.48m				
10 Weston, Jackson	SO	Minnesota-Duluth	45.36m	148-10 2
44.48m 45.36m FOUL				
11 Bicek, Eli	SR	Minnesota-Duluth	45.12m	148-00 1
44.63m 45.12m 38.68m				
12 Hettinger, Jake	FR	U-Mary	44.56m	146-02 2
44.56m 44.46m 44.18m				
13 Byrne, Liam	JR	Minnesota State	44.26m	145-02 2
FOUL 44.26m FOUL				
14 Barnett, Ethan	JR	Northern State	44.22m	145-01 1
FOUL 44.22m FOUL				
15 Fretag, Justin	FR	Minnesota State	44.14m	144-10 2
FOUL 42.35m 44.14m				
16 Pettis, Keyshawn	SO	Concordia-St. Paul	44.09m	144-08 2
FOUL FOUL 44.09m				
17 Wilson, Tyler	SO	SW Minnesota St.	42.91m	140-09 2
FOUL 42.47m 42.91m				
18 Feist, Cullen	SR	Concordia-St. Paul	42.76m	140-03 1
40.70m 41.23m 42.76m				

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**Results**

**....Men Discus Throw**

19	Edwards, Andrew	FR	Sioux Falls	41.98m	137-09	2
	FOUL FOUL 41.98m					
20	Olson, Nick	SR	Northern State	41.96m	137-08	1
	41.96m 40.70m 41.36m					
21	Erickson, Sean	FR	U-Mary	40.71m	133-07	3
	40.71m FOUL FOUL					
22	Rex, Marek	SR	Sioux Falls	40.26m	132-01	1
	40.26m FOUL 39.20m					
23	Kostynick, Connor	SO	Minnesota-Duluth	39.35m	129-01	1
	FOUL 39.35m 38.34m					
24	Giger, Andrew	FR	Concordia-St. Paul	37.54m	123-02	1
	37.54m FOUL 36.98m					
25	Swedzinski, Carl	SR	SW Minnesota St.	36.51m	119-09	1
	33.68m 36.51m FOUL					
--	Feist, Cade	JR	Concordia-St. Paul	FOUL		1
	FOUL FOUL FOUL					
--	Ninete, Jaxson	FR	Wayne State (Neb.)	FOUL		2
	FOUL FOUL FOUL					

**Men Hammer Throw**

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NSIC Record:	R 65.81m	2014	Chris Reed, Minnesota State
Facility:	F 62.36m	5/3/2023	Connor Tordsen, Dakota State
	65.89m	AUTO	
	55.59m	PROV	

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Name	Year	School	Finals	H#
1 Bicek, Eli	SR	Minnesota-Duluth	60.50m PROV	198-06 3
	FOUL 59.03m 50.44m	FOUL 56.73m 60.50m		
2 Byrne, Liam	JR	Minnesota State	59.97m PROV	196-09 3
	57.75m 56.35m 59.97m	56.40m 57.52m FOUL		
3 Elge, Daniel	JR	Wayne State (Neb.)	58.46m PROV	191-09 3
	53.76m 55.82m 57.64m	FOUL 58.46m 57.00m		
4 Swedzinski, Carl	SR	SW Minnesota St.	57.05m PROV	187-02 3
	54.48m FOUL 57.05m	55.17m 53.61m 56.16m		
5 Beiswanger, Joshua	JR	Minnesota State	56.09m PROV	184-00 3
	52.18m 54.40m 56.09m	55.79m 54.33m FOUL		
6 Olson, Nick	SR	Northern State	55.39m	181-09 3
	50.60m 55.01m 54.00m	55.39m 53.64m 55.39m		
7 Orzolek, Steven	SR	Minnesota State	55.01m	180-06 2
	52.75m 53.70m 55.01m	FOUL FOUL FOUL		
8 Shaner, Zachary	JR	Minnesota State	54.78m	179-09 3
	52.47m 54.78m FOUL	FOUL 53.25m 52.89m		
9 Hiatt, Tyler	JR	Sioux Falls	54.41m	178-06 3
	51.98m 53.33m 54.41m	FOUL FOUL FOUL		
10 Aguilera, Carter	SR	Minnesota State	53.92m	176-11 3
	FOUL FOUL 53.92m			
11 Kreins, Samuel	JR	Minot State	51.69m	169-07 2
	46.73m 51.30m 51.69m			
12 Logue, Matthew	SO	Wayne State (Neb.)	50.92m	167-01 2
	47.07m 49.88m 50.92m			
13 Edwards, Andrew	FR	Sioux Falls	50.56m	165-10 1
	46.84m 47.63m 50.56m			

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**....Men Hammer Throw**

14	Weston, Jackson	SO Minnesota-Duluth	49.41m	162-01	2
	48.52m FOUL 49.41m				
15	Otto, Dan	SO Concordia-St. Paul	48.97m	160-08	2
	FOUL 48.97m 48.77m				
16	Wieser, Ben	SO Minnesota State	48.93m	160-06	1
	46.04m 47.53m 48.93m				
17	Rex, Marek	SR Sioux Falls	48.77m	160-00	2
	48.77m FOUL 48.46m				
18	Fretag, Justin	FR Minnesota State	48.51m	159-02	1
	40.95m 48.51m FOUL				
19	Olesen, Joshua	SO Wayne State (Neb.)	48.00m	157-06	1
	44.08m 43.46m 48.00m				
20	Nebelung, Tyler	JR SW Minnesota St.	47.87m	157-01	1
	40.43m 47.87m FOUL				
21	Sechen, Darius	SO Msu-Moorhead	47.63m	156-03	2
	46.23m 47.63m FOUL				
22	Ninete, Jaxson	FR Wayne State (Neb.)	47.15m	154-08	2
	47.15m FOUL FOUL				
23	Wilson, Tyler	SO SW Minnesota St.	47.02m	154-03	1
	45.77m 46.51m 47.02m				
24	Kostynick, Connor	SO Minnesota-Duluth	45.01m	147-08	1
	45.01m 44.25m 43.96m				
25	Giger, Andrew	FR Concordia-St. Paul	42.10m	138-01	1
	FOUL 42.10m FOUL				
--	Altman, Alex	SO Wayne State (Neb.)	FOUL		3
	FOUL FOUL FOUL				
--	Andersen, Oliver	SO Minnesota State	FOUL		1
	FOUL FOUL FOUL				
--	Feist, Cade	JR Concordia-St. Paul	FOUL		2
	FOUL FOUL FOUL				
--	Krummen, Carter	SO Concordia-St. Paul	FOUL		2
	FOUL FOUL FOUL				

**Men Javelin Throw**

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 NSIC Record: R 65.86m 5/11/1992 Jim Anderson, MSU Moorhead  
 Facility: F 63.80m 5/4/2022 Tyl Woelber, Augustana  
 69.57m AUTO  
 58.75m PROV

Name	Year	School	Finals	H#
1 Barnett, Carson	FR	Northern State	62.75m PROV	205-10 3
	62.75m 59.93m 59.26m	60.49m 58.17m 59.90m		
2 Reis, Levi	FR	Northern State	62.07m PROV	203-08 3
	57.30m 59.29m 60.52m	62.07m 56.61m 55.05m		
3 Byrne, Liam	JR	Minnesota State	57.50m	188-08 3
	54.12m 54.94m 57.50m	54.72m 53.48m 55.22m		
4 Decker, Denver	JR	Sioux Falls	57.36m	188-02 3
	47.40m 50.15m 57.36m	55.21m 50.83m 50.79m		
5 Roggenbuck, Damon	FR	Northern State	57.34m	188-01 3
	56.32m 57.34m 51.97m	51.53m 54.45m 51.04m		
6 Friese, Isaac	FR	Msu-Moorhead	56.95m	186-10 3
	56.95m 56.43m 56.61m	53.67m 55.58m 50.97m		

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**....Men Javelin Throw**

7	Ogren, Ty	SR Msu-Moorhead	56.31m	184-09	3
	52.09m 52.28m 54.76m	52.83m 56.31m 49.98m			
8	Forknell, Jesse	FR U-Mary	51.99m	170-07	3
	45.91m 51.99m 46.50m	FOUL 46.90m 50.90m			
9	Stevenson, Malakhi	JR U-Mary	51.63m	169-05	2
	50.23m 51.63m 45.73m	46.51m 49.46m 48.83m			
10	Logue, Matthew	SO Wayne State (Neb.)	51.57m	169-02	1
	47.45m 46.84m 51.57m				
11	Ford, Noah	SO Northern State	51.48m	168-11	2
	48.35m 49.93m 51.48m				
12	Feist, Cullen	SR Concordia-St. Paul	50.97m	167-03	3
	48.37m 50.35m 50.97m				
13	Hettinger, Jake	FR U-Mary	50.74m	166-06	1
	40.49m 48.31m 50.74m				
14	Erickson, Sean	FR U-Mary	47.52m	155-11	2
	46.25m 46.49m 47.52m				
15	Ligon, Isaac	SO Northern State	47.42m	155-07	2
	47.42m FOUL 46.04m				
16	Garner, Sam	FR Northern State	44.38m	145-07	1
	39.97m 37.88m 44.38m				
17	Finnsson, Birnir	FR Northern State	44.20m	145-00	2
	44.20m 42.97m PASS				
18	Brandt, Alex	JR Wayne State (Neb.)	44.11m	144-09	2
	44.11m 42.53m PASS				
19	Juengst, Sean	JR Northern State	42.97m	141-00	1
	42.97m FOUL 34.91m				
20	Westphal, Nicholas	SO Minnesota-Duluth	42.54m	139-07	1
	42.54m 42.04m FOUL				
21	Odamtten, Jeff	SO Concordia-St. Paul	42.18m	138-05	2
	42.18m 33.50m 39.83m				
22	Lear, Nathan	JR SW Minnesota St.	41.66m	136-08	1
	36.06m 41.39m 41.66m				
23	Rex, Marek	SR Sioux Falls	41.60m	136-06	2
	41.60m FOUL 40.02m				
24	Clark, Jack	JR SW Minnesota St.	40.78m	133-09	1
	40.78m 39.22m 39.64m				
25	Kostynick, Connor	SO Minnesota-Duluth	38.84m	127-05	2
	37.79m FOUL 38.84m				
26	Borcher, Vance	SO Northern State	34.74m	114-00	1
	33.13m 34.74m FOUL				
--	Heydt, Will	SO Minnesota-Duluth	FOUL		3
	FOUL FOUL PASS				
--	Tomczik, Charles	FR U-Mary	DNS		1

**Decathlon: #1 Men 100 Meter Dash Decathlon**

Name	Year School	Finals	Wind	H#	Points
1 Finnsson, Birnir	FR Northern State	11.24	0.3	2	808
2 Erick, Calder	JR Concordia-St. Paul	11.27	0.3	2	801
3 Hugo, Will	FR Concordia-St. Paul	11.30	0.3	2	795
4 Tomczik, Charles	FR U-Mary	11.36	1.2	1	782
5 Williams, Debonaire	SR Wayne State (Neb.)	11.41	0.3	2	771
6 Odamtten, Jeff	SO Concordia-St. Paul	11.44	0.3	2	765

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**....Decathlon: #1 Men 100 Meter Dash Decathlon**

7	Stewart, Braxton	SO Minnesota State	11.54	0.3	2	744
8	Carroll, Chaden	FR SW Minnesota St.	11.65	1.2	1	721
9	Kortenbusch, Ross	FR Northern State	11.69	0.3	2	713
10	McQueen, Jarrett	SO Wayne State (Neb.)	11.89	1.2	1	673
11	Clark, Jack	JR SW Minnesota St.	11.93	0.3	2	665
12	Stevenson, Malakhi	JR U-Mary	12.11	1.2	1	629
13	Juengst, Sean	JR Northern State	12.46	0.3	2	563

**Decathlon: #5 Men 400 Meter Dash Decathlon**

Name	Year	School	Finals	H#	Points
1	Erick, Calder	JR Concordia-St. Paul	49.57	2	835
2	Finnsson, Birnir	FR Northern State	51.53	2	745
3	Odamtten, Jeff	SO Concordia-St. Paul	51.60	2	742
4	Tomczik, Charles	FR U-Mary	52.12	2	719
5	Stewart, Braxton	SO Minnesota State	52.98	2	682
6	Carroll, Chaden	FR SW Minnesota St.	53.28	1	670
7	Williams, Debonaire	SR Wayne State (Neb.)	53.37	1	666
8	Hugo, Will	FR Concordia-St. Paul	53.98	2	640
9	Stevenson, Malakhi	JR U-Mary	54.33	2	626
10	Kortenbusch, Ross	FR Northern State	54.55	2	617
11	Juengst, Sean	JR Northern State	54.79	2	607
12	Clark, Jack	JR SW Minnesota St.	55.68	1	572
13	McQueen, Jarrett	SO Wayne State (Neb.)	56.04	1	558

**Decathlon: #10 Men 1500 Meter Dash Decathlon**

Name	Year	School	Finals	Points
1	Stewart, Braxton	SO Minnesota State	4:59.08	565
2	Juengst, Sean	JR Northern State	5:01.53	551
3	Stevenson, Malakhi	JR U-Mary	5:04.75	533
4	Erick, Calder	JR Concordia-St. Paul	5:05.64	528
5	Tomczik, Charles	FR U-Mary	5:12.71	489 5:12.704
6	Odamtten, Jeff	SO Concordia-St. Paul	5:12.71	489 5:12.706
7	Hugo, Will	FR Concordia-St. Paul	5:13.20	486
8	Carroll, Chaden	FR SW Minnesota St.	5:19.57	452
9	Finnsson, Birnir	FR Northern State	5:19.75	451
10	Kortenbusch, Ross	FR Northern State	5:20.69	446
11	Williams, Debonaire	SR Wayne State (Neb.)	5:22.01	440
--	Clark, Jack	JR SW Minnesota St.	DNF	
--	McQueen, Jarrett	SO Wayne State (Neb.)	SCR	

**Decathlon: #6 Men 110 Meter Hurdles Decathlon**

Name	Year	School	Finals	Wind	H#	Points
1	Erick, Calder	JR Concordia-St. Paul	15.17	2.6	3	829
2	Williams, Debonaire	SR Wayne State (Neb.)	15.56	2.6	3	783
3	Finnsson, Birnir	FR Northern State	15.69	2.6	3	768
4	Stewart, Braxton	SO Minnesota State	15.69	2.9	2	768
5	Stevenson, Malakhi	JR U-Mary	16.39	2.6	3	689
6	Clark, Jack	JR SW Minnesota St.	16.44	2.9	2	684





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**Decathlon: #8 Men Pole Vault Decathlon**

Name	Year	School	Finals		Points														
1 Finnsson, Birnir	FR	Northern State	4.27m	14-00.00	693														
	2.67	2.77	2.87	2.97	3.07	3.17	3.27	3.37	3.47	3.57	3.67	3.77	3.87	3.97	4.07	4.17	4.27	4.37	
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	O	O	O	O	O	XXX	
2 Carroll, Chaden	FR	SW Minnesota St.	4.07m	13-04.25	637														
	2.47	2.57	2.67	2.77	2.87	2.97	3.07	3.17	3.27	3.37	3.47	3.57	3.67	3.77	3.87	3.97	4.07	4.17	
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	XO	PPP	XO	XXX	
2 Stewart, Braxton	SO	Minnesota State	4.07m	13-04.25	637														
	2.47	2.57	2.67	2.77	2.87	2.97	3.07	3.17	3.27	3.37	3.47	3.57	3.67	3.77	3.87	3.97	4.07	4.17	
	PPP	PPP	PPP	PPP	PPP	PPP	O	PPP	O	PPP	O	XXO	O	O	XO	O	O	XXX	
4 Williams, Debonaire	SR	Wayne State (Neb.)	3.87m	12-08.25	581														
	2.27	2.37	2.47	2.57	2.67	2.77	2.87	2.97	3.07	3.17	3.27	3.37	3.47	3.57	3.67	3.77	3.87	3.97	
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	O	XO	XO	XO	XXO	XXO	XXX
4 Erick, Calder	JR	Concordia-St. Paul	3.87m	12-08.25	581														
	2.27	2.37	2.47	2.57	2.67	2.77	2.87	2.97	3.07	3.17	3.27	3.37	3.47	3.57	3.67	3.77	3.87	3.97	
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	PPP	O	XO	XXX	
6 Juengst, Sean	JR	Northern State	3.77m	12-04.50	554														
	2.17	2.27	2.37	2.47	2.57	2.67	2.77	2.87	2.97	3.07	3.17	3.27	3.37	3.47	3.57	3.67	3.77	3.87	
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	O	XO	O	XXX	
7 Stevenson, Malakhi	JR	U-Mary	3.67m	12-00.50	527														
	2.17	2.27	2.37	2.47	2.57	2.67	2.77	2.87	2.97	3.07	3.17	3.27	3.37	3.47	3.57	3.67	3.77		
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	PPP	PPP	O	XXX		
8 Kortenbusch, Ross	FR	Northern State	3.27m	10-08.75	423														
	2.17	2.27	2.37	2.47	2.57	2.67	2.77	2.87	2.97	3.07	3.17	3.27	3.37						
	PPP	PPP	PPP	PPP	PPP	O	PPP	O	O	O	XXO	O	XXX						
8 Clark, Jack	JR	SW Minnesota St.	3.27m	10-08.75	423														
	2.17	2.27	2.37	2.47	2.57	2.67	2.77	2.87	2.97	3.07	3.17	3.27	3.37						
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	XO	O	XXO	O	XXX						
10 Odamtten, Jeff	SO	Concordia-St. Paul	3.17m	10-04.75	398														
	2.17	2.27	2.37	2.47	2.57	2.67	2.77	2.87	2.97	3.07	3.17	3.27							
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	XO	O	O	O	XXX							
10 Hugo, Will	FR	Concordia-St. Paul	3.17m	10-04.75	398														
	2.17	2.27	2.37	2.47	2.57	2.67	2.77	2.87	2.97	3.07	3.17	3.27							
	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	O	O	O	XXX							
12 Tomczik, Charles	FR	U-Mary	2.77m	9-01.00	303														
	2.17	2.27	2.37	2.47	2.57	2.67	2.77	2.87											
	O	PPP	O	PPP	XO	O	XO	XXX											
-- McQueen, Jarrett	SO	Wayne State (Neb.)	SCR																

**Decathlon: #2 Men Long Jump Decathlon**

Name	Year	School	Finals	Wind	Points	
1 Finnsson, Birnir	FR	Northern State	6.91m	+0.0	22-08.00	792
	6.51m(+0.0)	6.72m(1.4)	6.91m(+0.0)			
2 Erick, Calder	JR	Concordia-St. Paul	6.71m	1.6	22-00.25	746
	6.71m(1.6)	6.66m(0.9)	6.41m(+0.0)			
3 Stevenson, Malakhi	JR	U-Mary	6.63m	0.6	21-09.00	727
	6.50m(1.1)	6.63m(0.6)	FOUL			
4 Stewart, Braxton	SO	Minnesota State	6.55m	1.9	21-06.00	709
	FOUL	FOUL	6.55m(1.9)			

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**....Decathlon: #2 Men Long Jump Decathlon**

5	Williams, Debonaire	SR Wayne State (Neb.)	6.44m	1.5	21-01.50	684
	6.43m(1.6) 6.44m(1.5) 6.30m(1.3)					
6	Hugo, Will	FR Concordia-St. Paul	6.37m	0.6	20-10.75	668
	6.19m(1.3) 6.33m(1.7) 6.37m(0.6)					
6	Tomczik, Charles	FR U-Mary	6.37m	1.7	20-10.75	668
	6.15m(0.6) FOUL 6.37m(1.7)					
8	McQueen, Jarrett	SO Wayne State (Neb.)	6.21m	0.6	20-04.50	632
	5.90m(0.8) 5.87m(1.8) 6.21m(0.6)					
9	Clark, Jack	JR SW Minnesota St.	6.16m	1.9	20-02.50	621
	6.04m(+0.0) 6.16m(1.9) 6.08m(1.2)					
10	Odamtten, Jeff	SO Concordia-St. Paul	6.07m	1.2	19-11.00	602
	FOUL FOUL 6.07m(1.2)					
11	Carroll, Chaden	FR SW Minnesota St.	6.03m	1.4	19-09.50	593
	FOUL FOUL 6.03m(1.4)					
12	Juengst, Sean	JR Northern State	5.94m	1.4	19-06.00	574
	5.71m(0.4) 5.94m(1.4) FOUL					
13	Kortenbusch, Ross	FR Northern State	5.58m	1.6	18-03.75	498
	5.58m(1.3) 5.58m(1.6) 5.48m(1.6)					

**Decathlon: #3 Men Shot Put Decathlon**

Name	Year School	Finals	Points
1 Stewart, Braxton	SO Minnesota State	12.83m	42-01.25 657
	12.83m 12.34m 12.60m		
2 Williams, Debonaire	SR Wayne State (Neb.)	11.99m	39-04.00 606
	11.40m FOUL 11.99m		
3 Kortenbusch, Ross	FR Northern State	11.71m	38-05.00 589
	11.71m 11.57m 11.30m		
4 Erick, Calder	JR Concordia-St. Paul	11.69m	38-04.25 588
	11.61m 11.41m 11.69m		
5 Odamtten, Jeff	SO Concordia-St. Paul	11.27m	36-11.75 562
	10.95m 11.27m 10.79m		
6 Finnsson, Birnir	FR Northern State	11.11m	36-05.50 553
	10.20m 10.77m 11.11m		
7 Hugo, Will	FR Concordia-St. Paul	10.19m	33-05.25 497
	9.60m 10.09m 10.19m		
8 Juengst, Sean	JR Northern State	10.15m	33-03.75 495
	10.15m 10.07m 9.78m		
9 Stevenson, Malakhi	JR U-Mary	10.03m	32-11.00 487
	9.99m 9.61m 10.03m		
10 McQueen, Jarrett	SO Wayne State (Neb.)	9.97m	32-08.50 484
	9.97m 9.21m 9.81m		
11 Tomczik, Charles	FR U-Mary	9.77m	32-00.75 472
	9.32m 9.38m 9.77m		
12 Carroll, Chaden	FR SW Minnesota St.	9.44m	30-11.75 452
	9.44m 9.26m 8.71m		
13 Clark, Jack	JR SW Minnesota St.	9.28m	30-05.50 443
	8.41m 8.30m 9.28m		

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Name	Year School	Finals	Points
1 Williams, Debonaire 34.96m 38.75m 35.74m	SR Wayne State (Neb.)	38.75m	127-01 639
2 Erick, Calder 32.96m 35.72m FOUL	JR Concordia-St. Paul	35.72m	117-02 578
3 Stewart, Braxton FOUL 35.38m FOUL	SO Minnesota State	35.38m	116-01 571
4 Kortenbusch, Ross 32.31m 32.55m 33.30m	FR Northern State	33.30m	109-03 530
5 Finnsson, Birnir 33.18m 31.77m FOUL	FR Northern State	33.18m	108-10 527
6 Odamtten, Jeff 27.10m FOUL 32.26m	SO Concordia-St. Paul	32.26m	105-10 509
7 Juengst, Sean 30.45m 31.27m 31.40m	JR Northern State	31.40m	103-00 492
8 Stevenson, Malakhi 31.31m FOUL FOUL	JR U-Mary	31.31m	102-09 490
9 Hugo, Will FOUL 24.72m 29.38m	FR Concordia-St. Paul	29.38m	96-05 452
10 Carroll, Chaden 25.89m 22.19m 23.40m	FR SW Minnesota St.	25.89m	84-11 384
11 Tomczik, Charles FOUL 25.00m FOUL	FR U-Mary	25.00m	82-00 367
12 Clark, Jack 22.92m 24.79m 24.08m	JR SW Minnesota St.	24.79m	81-04 363
-- McQueen, Jarrett	SO Wayne State (Neb.)	SCR	

**Decathlon: #9 Men Javelin Throw Decathlon**

Name	Year School	Finals	Points
1 Stevenson, Malakhi 47.17m 46.53m 47.27m	JR U-Mary	47.27m	155-01 548
2 Erick, Calder 44.87m 43.88m 46.85m	JR Concordia-St. Paul	46.85m	153-08 542
3 Juengst, Sean 38.33m 45.60m 45.87m	JR Northern State	45.87m	150-06 528
4 Odamtten, Jeff 45.71m 41.58m 45.84m	SO Concordia-St. Paul	45.84m	150-05 527
5 Finnsson, Birnir 44.10m 45.24m 43.20m	FR Northern State	45.24m	148-05 518
6 Kortenbusch, Ross 39.79m 39.88m 41.67m	FR Northern State	41.67m	136-08 466
7 Stewart, Braxton FOUL 41.52m 41.14m	SO Minnesota State	41.52m	136-03 464
8 Clark, Jack FOUL 41.47m FOUL	JR SW Minnesota St.	41.47m	136-01 463
9 Hugo, Will FOUL 41.40m 38.26m	FR Concordia-St. Paul	41.40m	135-10 462
10 Tomczik, Charles 34.46m 38.42m 35.55m	FR U-Mary	38.42m	126-00 419
11 Carroll, Chaden 30.96m 33.94m FOUL	FR SW Minnesota St.	33.94m	111-04 355

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024**

**Timing and Results by Hero's Timing**

**Minnesota State University**

**Results**

**....Decathlon: #9 Men Javelin Throw Decathlon**

12 Williams, Debonaire	SR Wayne State (Neb.)	32.62m	107-00	336
32.62m FOUL FOUL				
-- McQueen, Jarrett	SO Wayne State (Neb.)	SCR		

**Men Decathlon**

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

Name	Year School	Finals	H#
1 Erick, Calder	JR Concordia-St. Paul	6613.00	PROV
2 Finnsson, Birnir	FR Northern State	6516.00	PROV
3 Stewart, Braxton	SO Minnesota State	6511.00	PROV
4 Williams, Debonaire	SR Wayne State (Neb.)	6091.00	
5 Stevenson, Malakhi	JR U-Mary	5917.00	
6 Odamtten, Jeff	SO Concordia-St. Paul	5803.00	
7 Hugo, Will	FR Concordia-St. Paul	5633.00	
8 Carroll, Chaden	FR SW Minnesota St.	5619.00	
9 Juengst, Sean	JR Northern State	5494.00	
10 Tomczik, Charles	FR U-Mary	5345.00	
11 Kortenbusch, Ross	FR Northern State	5118.00	
12 Clark, Jack	JR SW Minnesota St.	4794.00	

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 Women - Team Rankings - 21 Events Scored

1) Minnesota State	252	2) U-Mary	125
3) Sioux Falls	98.50	4) Augustana (S.D.)	85
5) Minnesota-Duluth	43	6) Concordia-St. Paul	40.50
7) Northern State	38	8) Bemidji State	37
9) Winona State	36	10) Wayne State (Neb.)	28.50
11) MSU-Moorhead	11	12) Minot State	10
13) St. Cloud State	8	14) SW Minnesota St.	6.50

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 Men - Team Rankings - 21 Events Scored

1) Minnesota State	271.50	2) Augustana (S.D.)	78
3) Northern State	73	4) MSU-Moorhead	72
5) Sioux Falls	66.50	6) Concordia-St. Paul	63
7) U-Mary	51	8) Wayne State (Neb.)	47
9) Minnesota-Duluth	46	10) Minot State	31
11) SW Minnesota St.	20		