

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

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

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

Women 60 Meter Dash

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

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

Women 200 Meter Dash

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

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

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

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

Women 400 Meter Dash

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

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Women 400 Meter Dash**

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

Women 600 Meter Run

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

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

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

Women 1000 Meter Run

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

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

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

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

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

Women 1 Mile Run

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

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

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

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

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

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

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

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

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

Women 5000 Meter Run

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

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

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

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

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

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

....Women 5000 Meter Run

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

Women 60 Meter Hurdles

Champ. Rec.: #	8.53	2023	Birgen Nelson, Gustavus			
Facility Rec: F	8.75	2024	Kelsie Sealock, Bethel			
Name	Year	School	Seed	Prelims	H#	
Preliminaries						
1 Sealock, Kelsie		JR Bethel (Minn.)	8.51	F 8.61Q	1	
2 Kalevik, Jenna		JR Concordia-Moorhead	9.33	9.26Q	3	
3 Miller, Danielle		SR Gustavus Adolphus	9.40	9.28Q	2	
4 Nelson, AnnaGrace		JR Bethel (Minn.)	9.24	9.29q	3	
5 Hernes, Ellie		SO Bethel (Minn.)	9.21	9.32q	2	
6 Selle, Peyton		JR Concordia-Moorhead	9.44	9.34q	1	
7 Poore, Riki		SR St. Olaf	9.54	9.38q	2	

Results

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

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

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

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

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

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Women 4x200 Meter Relay**

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

Women 4x400 Meter Relay

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

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

Tostrud Center, St. Olaf College

Results

Women Distance Medley

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

Women High Jump

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

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

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

Results

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

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

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

Women Long Jump

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

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

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

Women Shot Put

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

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

....Women Shot Put

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

Women Weight Throw

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

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Results

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

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

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

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

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

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

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

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

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

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

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

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

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

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

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

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

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

Women Indoor Pentathlon

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

Men 60 Meter Dash

Champ. Rec.: #	6.76	2023	Landen Liu, Bethel				
Facility Rec: F	6.83	2012	Garfield Powell, Iowa Central				
Name	Year	School	Seed	Prelims	H#		

Preliminaries

1 Arthur, Kevin	SR	St. John's (Minn.)	6.78	6.84Q	1		
2 Anstine, Jade	FR	Gustavus Adolphus	7.00	7.03Q	2		
3 Simon, Godsword	JR	Bethel (Minn.)	7.01	7.09Q	3	7.085	
4 McConnell, Cameron	JR	Bethel (Minn.)	7.06	6.98q	1		
5 Skelly, Matthew	SR	Gustavus Adolphus	7.04	7.06q	2		
6 Schaffer, Dawson	SR	Concordia-Moorhead	7.04	7.09q	1	7.081	
7 Bulwa, Chris	JR	Saint Mary's	7.02	7.09q	3	7.088	
8 Le, Nathan	JR	Gustavus Adolphus	7.17	7.12q	3		
9 Zong-Naba, Sylvain	JR	Macalester	7.21	7.13	1		
10 Raitz, Sam	FR	Bethel (Minn.)	7.15	7.16	2	7.152	
11 Popoca, Emanuel	JR	St. John's (Minn.)	7.16	7.16	3	7.158	
12 Alfaro Diedrich, Sean	JR	St. Scholastica	7.18	7.17	2		
13 Thomas, Reece	JR	Hamline	7.22	7.18	2		
14 Sesay, Abdul	FR	St. John's (Minn.)	7.23	7.20	3		
15 Kritsberg, Ben	SO	Saint Mary's	7.25	7.22	3		
16 Morey, Aidan	FR	St. John's (Minn.)	7.28	7.24	2		
17 Kyoore, Zechariah	JR	Gustavus Adolphus	7.27	7.28	1		

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18 Fisher, Charlie	FR St. Olaf	7.30	7.29	3
19 Fochtman, Jack	SO St. Olaf	7.37	7.30	1
20 Dahl, Mason	FR Concordia-Moorhead	7.20	7.31	1 7.307
21 Otis, Mickey	FR Hamline	7.26	7.31	2 7.308
22 Hansen, Matt	FR St. John's (Minn.)	7.27	7.33	1
23 Petron, Jordan	JR Concordia-Moorhead	7.37	7.37	2
24 Moberg, Joey	FR St. John's (Minn.)	7.36	7.39	3

Men 60 Meter Dash

Champ. Rec.: #	6.76	2023	Landen Liu, Bethel		
Facility Rec: F	6.83	2012	Garfield Powell, Iowa Central		
Name		Year	School	Prelims	Finals Points

Finals

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

Men 200 Meter Dash

Champ. Rec.: # 21.96 2009		Joe Defrance, St. Thomas				
Facility Rec: F 21.98 2024		C. Glad, G. Nelson, Bethel				
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Parent, Jacob		JR Bethel (Minn.)	21.74	21.80#	6	10
2 Arthur, Kevin		SR St. John's (Minn.)	22.08	22.13	6	8
3 Bulwa, Chris		JR Saint Mary's	22.42	22.37	6	6
4 Anstine, Jade		FR Gustavus Adolphus	22.58	22.41	5	5
5 Heitler, Arlo		JR Macalester	22.64	22.57	5	4
6 Schaffer, Dawson		SR Concordia-Moorhead	23.13	22.96	4	3
7 Raitz, Sam		FR Bethel (Minn.)	22.90	22.97	5	2
8 Liu, Landen		SO Bethel (Minn.)	22.07	23.04	6	1
9 Myres, David		JR Bethel (Minn.)	22.95	23.10	5	
10 Adamson, Oliver		JR Saint Mary's	23.18	23.14	4	
11 Thomas, Reece		JR Hamline	23.18	23.22	4	
12 Lee, Josh		JR Bethel (Minn.)	23.18	23.26	4	23.257
13 Popoca, Emanuel		JR St. John's (Minn.)	23.52	23.26	1	23.260
14 Haack, Tony		SO Bethel (Minn.)	23.32	23.29	3	
15 Nathan, Asher		FR Carleton	23.26	23.41	3	
16 Fochtman, Jack		SO St. Olaf	23.49	23.51	1	
17 McNearny, Devin		JR St. Olaf	23.73	23.69	1	
18 Kyoore, Zechariah		JR Gustavus Adolphus	23.47	23.73	2	
19 Stageberg, Noah		JR Gustavus Adolphus	23.42	23.76	2	
20 Kessel, Peyton		JR Concordia-Moorhead	23.43	23.78	2	
21 Moberg, Joey		FR St. John's (Minn.)	23.88	23.87	1	
-- Petron, Jordan		JR Concordia-Moorhead	23.35	DQ	2	

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****Men 400 Meter Dash**

Champ. Rec.: # 48.78 2004		Matt Shannon, Augsburg				
Facility Rec: F 48.04 2006		Nate Olson, UW Lacrosse				
Name	Year	School	Seed	Finals	H#	Points
1 Parent, Jacob		JR Bethel (Minn.)	48.47	48.58#	5	10
22.847 (22.847)		48.578 (25.732)				
2 Nelson, Grant		SO Bethel (Minn.)	48.37	48.85	5	8
22.771 (22.771)		48.846 (26.075)				
3 Kubicek, Noah		SO St. Scholastica	50.44	49.58	4	6
23.668 (23.668)		49.578 (25.910)				
4 Heitler, Arlo		JR Macalester	49.53	49.63	5	5
23.406 (23.406)		49.627 (26.221)				
5 Tiongson, Trevor		JR Concordia-Moorhead	50.16	50.69	5	4
24.373 (24.373)		50.686 (26.313)				
6 Rudzitis, Taaron		JR Bethel (Minn.)	51.43	51.10	4	3
24.150 (24.150)		51.098 (26.949)				
7 Stursa, Cohen		FR Gustavus Adolphus	51.12	51.16	4	2
23.907 (23.907)		51.151 (27.244)				
8 Haack, Tony		SO Bethel (Minn.)	51.70	51.42	3	1
24.208 (24.208)		51.411 (27.203)				
9 Douglas, Derek		JR St. Scholastica	51.36	51.44	4	
24.720 (24.720)		51.432 (26.712)				
10 Stageberg, Noah		JR Gustavus Adolphus	51.96	51.54	3	
24.410 (24.410)		51.536 (27.126)				
11 Witschen, Wyatt		FR St. John's (Minn.)	51.61	51.55	3	
24.450 (24.450)		51.543 (27.094)				
12 Palm, Alex		FR Bethel (Minn.)	52.56	52.29	3	
24.706 (24.706)		52.288 (27.582)				
13 Ortiz, Raul		JR Hamline	53.18	52.53	2	
24.483 (24.483)		52.530 (28.047)				
14 Heil, Tyler		FR Gustavus Adolphus	53.39	52.81	2	
24.684 (24.684)		52.809 (28.125)				
15 Gunderson, Tyler		JR St. Olaf	53.27	53.66	2	
24.761 (24.761)		53.652 (28.892)				
16 Iyegha, Charlie		FR St. Olaf	53.72	53.94	1	
24.947 (24.947)		53.938 (28.992)				
17 Blondin, Reese		FR Gustavus Adolphus	54.16	54.24	1	
25.451 (25.451)		54.234 (28.784)				
18 Deutschlander, Pierre		SR St. John's (Minn.)	54.44	54.84	1	
26.616 (26.616)		54.833 (28.218)				
19 Chilala, Tembo		JR Concordia-Moorhead	53.89	55.42	1	
24.613 (24.613)		55.413 (30.800)				
20 Clement, Emmanuel		FR Augsburg	53.56	1:04.09	2	
24.871 (24.871)		1:04.085 (39.214)				

Men 600 Meter Run

Champ. Rec.: # 1:20.19 2017		Carl Klamm, Bethel (Minn)				
Facility Rec: F 1:20.36 2019		Karl Klamm, Bethel				
Name	Year	School	Seed	Finals	H#	Points
1 Lelinga, Victor		FR Bethel (Minn.)	1:21.55	1:20.57	3	10
25.742 (25.742)		52.737 (26.996)	1:20.569 (27.832)			
2 Nelson, Grant		SO Bethel (Minn.)	1:21.20	1:22.11	3	8
25.516 (25.516)		52.958 (27.442)	1:22.103 (29.145)			

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men 600 Meter Run**

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

Men 800 Meter Run

=====						
Champ. Rec.: # 1:52.54	2010	Max Hanson, Gustavus				
Facility Rec: F 1:52.53	2006	Jeff Zodda, Col. of New Jersey				
Name	Year School	Seed	Finals	H#	Points	
=====						
1 Allen, Tommy	SO St. John's (Minn.)	1:56.36	1:55.33	3	10	
28.195 (28.195)	56.883 (28.689)	1:26.124 (29.241)	1:55.329 (29.206)			
2 Moore, Cullen	SO St. Olaf	1:57.09	1:55.78	3	8	
28.352 (28.352)	57.091 (28.740)	1:26.651 (29.560)	1:55.779 (29.128)			
3 Wallin, Tucker	SR St. Scholastica	1:57.54	1:55.80	2	6	
28.393 (28.393)	57.932 (29.540)	1:26.951 (29.019)	1:55.797 (28.847)			
4 Smith, Tyler	JR Gustavus Adolphus	1:55.55	1:57.05	3	5	1:57.041
28.272 (28.272)	57.001 (28.729)	1:26.451 (29.450)	1:57.041 (30.590)			
5 Lelinga, Victor	FR Bethel (Minn.)	1:57.36	1:57.05	3	4	1:57.043
30.067 (30.067)	59.126 (29.060)	1:28.911 (29.786)	1:57.043 (28.132)			
6 Groshelle, Gavin	SO Concordia-Moorhead	1:58.10	1:57.09	2	3	
28.591 (28.591)	58.061 (29.470)	1:27.337 (29.276)	1:57.088 (29.751)			
7 Brauer, Nicholas	FR Gustavus Adolphus	1:56.76	1:57.27	3	2	
28.360 (28.360)	57.158 (28.798)	1:26.794 (29.636)	1:57.261 (30.467)			
8 Getty, Drew	SR Macalester	1:57.63	1:57.38	2	1	
28.941 (28.941)	58.423 (29.483)	1:27.733 (29.310)	1:57.371 (29.638)			

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

....Men 800 Meter Run

9 Nemecek, Lance	SO St. Olaf	1:58.05	1:57.87	2
28.846 (28.846)	58.525 (29.679)	1:28.170 (29.646)	1:57.869 (29.700)	
10 Cozine, Ethan	FR St. Olaf	1:58.80	1:58.69	2
29.093 (29.093)	58.767 (29.675)	1:28.717 (29.950)	1:58.684 (29.967)	
11 Asfaw, Getinat	JR Augsburg	1:57.53	1:58.88	2
29.103 (29.103)	58.605 (29.502)	1:28.067 (29.463)	1:58.877 (30.810)	
12 Ash, Ethan	SR Carleton	1:57.99	1:59.67	2
28.622 (28.622)	58.293 (29.671)	1:28.295 (30.003)	1:59.663 (31.368)	
13 Bjork, Alex	FR St. Olaf	1:58.89	2:00.16	1
28.546 (28.546)	58.543 (29.997)	1:29.031 (30.488)	2:00.153 (31.122)	
14 Rud, Mark	SO Gustavus Adolphus	1:59.88	2:00.19	1
28.778 (28.778)	58.720 (29.942)	1:29.198 (30.478)	2:00.186 (30.988)	
15 Kloeppner, Daniel	JR St. John's (Minn.)	2:01.12	2:00.42	1
29.025 (29.025)	59.044 (30.020)	1:29.508 (30.464)	2:00.412 (30.904)	
16 Boone, Calvin	SO St. Scholastica	1:56.47	2:00.50	3
29.797 (29.797)	58.895 (29.098)	1:29.209 (30.314)	2:00.498 (31.289)	
17 Pierce, Charlie	FR Macalester	2:01.16	2:01.11	1
28.894 (28.894)	58.958 (30.064)	1:29.796 (30.838)	2:01.102 (31.306)	
18 Malecha, Thomas	SO Macalester	2:01.36	2:01.13	1
28.561 (28.561)	58.832 (30.272)	1:29.668 (30.836)	2:01.124 (31.456)	
19 Baatrup-Sabo, Jakob	SO St. Olaf	2:01.15	2:03.72	1
28.877 (28.877)	59.119 (30.242)	1:30.942 (31.824)	2:03.716 (32.774)	
20 Pattison, Alistair	SR Carleton	1:57.04	2:03.85	3
28.728 (28.728)	57.577 (28.850)	1:28.168 (30.591)	2:03.844 (35.676)	
21 Oty, Shareef	FR Augsburg	2:02.05	2:04.25	1
28.364 (28.364)	58.703 (30.340)	1:30.359 (31.656)	2:04.247 (33.888)	

Men 1000 Meter Run

Champ. Rec.: # 2:26.02	2017	Donson Cook-Gallardo, Carleton				
Facility Rec: F 2:27.61	2016	Paul Escher, St. Olaf				
Name	Year	School	Seed	Finals	H#	Points
1 Allen, Tommy		SO St. John's (Minn.)	2:30.10	2:30.25	3	10
29.003 (29.003)		1:01.401 (32.399)	1:32.335 (30.934)	2:01.982 (29.647)		
2:30.249 (28.267)						
2 Boone, Calvin		SO St. Scholastica	2:29.55	2:30.35	3	8
30.767 (30.767)		1:01.389 (30.623)	1:31.543 (30.154)	2:01.196 (29.653)		
2:30.347 (29.152)						
3 Fitzgerald, Ignatius		SO St. Olaf	2:30.47	2:31.39	3	6
30.422 (30.422)		1:01.668 (31.246)	1:32.591 (30.924)	2:02.119 (29.528)		
2:31.389 (29.270)						
4 Brauer, Nicholas		FR Gustavus Adolphus	2:31.95	2:31.51	3	5
29.168 (29.168)		1:01.007 (31.839)	1:31.889 (30.883)	2:01.649 (29.760)		
2:31.510 (29.862)						
5 St. Peter, Nick		SO St. John's (Minn.)	2:32.41	2:31.69	3	4
31.149 (31.149)		1:01.851 (30.702)	1:32.889 (31.039)	2:02.831 (29.942)		
2:31.683 (28.852)						
6 Lyness, Indy		SO Carleton	2:33.55	2:32.01	2	3
30.288 (30.288)		1:01.141 (30.853)	1:31.890 (30.749)	2:02.500 (30.610)		
2:32.008 (29.508)						
7 Wallin, Tucker		SR St. Scholastica	2:35.55	2:32.50	2	2
29.747 (29.747)		1:00.405 (30.658)	1:31.106 (30.702)	2:01.714 (30.608)		
2:32.493 (30.779)						

Results

Men 1 Mile Run

Champ. Rec.: # 4:11.94	2014	Grant Wintheiser, St. Olaf				
Facility Rec: F 4:08.46	2017	Joe Coffey, St. Olaf				
Name	Year	School	Seed	Finals	H#	Points

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1 Boone, Calvin	SO St. Scholastica	4:10.90	4:12.23	3	10
32.250 (32.250)	1:03.354 (31.104)	1:34.668 (31.314)	2:05.898 (31.230)		
2:37.259 (31.362)	3:09.235 (31.976)	3:41.000 (31.765)	4:12.230 (31.231)		
2 Nichols, Gabe	SO Carleton	4:15.31	4:13.92	3	8
32.440 (32.440)	1:03.574 (31.135)	1:34.893 (31.319)	2:06.132 (31.240)		
2:37.518 (31.386)	3:09.540 (32.022)	3:41.722 (32.182)	4:13.914 (32.192)		
3 Llewellyn, Roy	SO Carleton	4:16.11	4:16.28	3	6
33.514 (33.514)	1:04.583 (31.069)	1:36.128 (31.545)	2:08.042 (31.915)		
2:40.780 (32.738)	3:13.652 (32.873)	3:45.952 (32.300)	4:16.279 (30.328)		
4 DeWall, Lars	SR St. Scholastica	4:16.61	4:17.61	3	5
32.719 (32.719)	1:03.796 (31.077)	1:35.210 (31.415)	2:06.482 (31.272)		
2:37.817 (31.336)	3:10.066 (32.250)	3:43.501 (33.435)	4:17.608 (34.108)		
5 Lyness, Indy	SO Carleton	4:19.40	4:17.69	3	4
33.806 (33.806)	1:05.702 (31.897)	1:37.707 (32.005)	2:09.884 (32.178)		
2:42.740 (32.856)	3:15.375 (32.636)	3:47.487 (32.112)	4:17.686 (30.199)		
6 Turlington, Kevin	SO St. Olaf	4:14.86	4:17.89	3	3
32.847 (32.847)	1:04.084 (31.237)	1:35.504 (31.420)	2:07.147 (31.644)		
2:39.134 (31.988)	3:11.800 (32.666)	3:45.587 (33.787)	4:17.888 (32.301)		
7 Curtis, Ian	JR St. Olaf	4:19.21	4:18.02	3	2
33.007 (33.007)	1:04.352 (31.346)	1:35.852 (31.500)	2:07.634 (31.782)		
2:40.055 (32.422)	3:12.630 (32.576)	3:46.193 (33.563)	4:18.016 (31.823)		
8 Goss, Brady	FR Concordia-Moorhead	4:19.39	4:20.30	3	1
33.317 (33.317)	1:05.146 (31.829)	1:37.266 (32.121)	2:10.265 (32.999)		
2:43.517 (33.252)	3:16.739 (33.222)	3:49.746 (33.008)	4:20.292 (30.546)		
9 St. Peter, Nick	SO St. John's (Minn.)	4:18.74	4:20.41	3	
33.489 (33.489)	1:05.371 (31.882)	1:37.221 (31.850)	2:10.468 (33.247)		
2:43.744 (33.276)	3:16.977 (33.234)	3:49.966 (32.990)	4:20.406 (30.440)		
10 Hartney, Sean	JR St. Olaf	4:25.85	4:22.42	2	
32.048 (32.048)	1:03.838 (31.790)	1:36.528 (32.691)	2:09.780 (33.252)		
2:42.922 (33.143)	3:16.326 (33.404)	3:49.226 (32.901)	4:22.414 (33.188)		
11 Lange, Emerson	SO Carleton	4:30.84	4:25.58	2	
34.216 (34.216)	1:07.421 (33.206)	1:41.286 (33.865)	2:14.951 (33.666)		
2:48.270 (33.319)	3:21.518 (33.248)	3:54.282 (32.765)	4:25.576 (31.294)		
12 Doran, Eli	SO St. Olaf	4:27.53	4:25.78	2	
32.400 (32.400)	1:04.179 (31.780)	1:36.917 (32.738)	2:10.325 (33.408)		
2:43.478 (33.154)	3:17.488 (34.010)	3:51.724 (34.237)	4:25.772 (34.048)		
13 Nowacki, Cole	SR Concordia-Moorhead	4:34.15	4:26.90	2	
33.799 (33.799)	1:04.990 (31.191)	1:38.013 (33.024)	2:11.411 (33.398)		
2:46.540 (35.129)	3:21.280 (34.741)	3:55.082 (33.802)	4:26.899 (31.817)		
14 Galloway, Jordan	SO Macalester	4:28.81	4:27.55	2	
33.224 (33.224)	1:05.299 (32.076)	1:38.624 (33.326)	2:13.464 (34.840)		
2:48.648 (35.185)	3:23.456 (34.808)	3:56.784 (33.328)	4:27.542 (30.758)		
15 LiaBraaten, Lucas	SO Hamline	4:28.92	4:28.09	2	
33.166 (33.166)	1:05.027 (31.861)	1:37.760 (32.733)	2:10.913 (33.154)		
2:45.304 (34.391)	3:20.064 (34.761)	3:54.591 (34.527)	4:28.082 (33.492)		
16 Moresi, Kelvin	FR Macalester	4:28.42	4:29.83	2	
32.704 (32.704)	1:04.486 (31.782)	1:37.272 (32.787)	2:11.081 (33.809)		
2:46.299 (35.218)	3:22.058 (35.760)	3:55.973 (33.915)	4:29.825 (33.852)		
17 Fendig, Alex	SR Macalester	4:32.43	4:30.79	2	
33.594 (33.594)	1:06.058 (32.464)	1:40.312 (34.254)	2:15.236 (34.925)		
2:49.846 (34.610)	3:24.602 (34.756)	3:57.958 (33.356)	4:30.789 (32.832)		
18 Peterson, Luke	SR Bethel (Minn.)	4:34.26	4:31.23	2	
33.430 (33.430)	1:05.575 (32.146)	1:38.889 (33.314)	2:13.214 (34.325)		
2:48.432 (35.219)	3:23.608 (35.176)	3:58.196 (34.588)	4:31.226 (33.030)		

MIAC Championships - 2/22/2024 to 2/24/2024
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....Men 1 Mile Run

19 Malecha, Jacob	FR St. John's (Minn.)	4:34.63	4:33.00	1
38.513 (38.513)	1:13.258 (34.745)	1:47.356 (34.098)	2:21.432 (34.076)	
2:55.232 (33.801)	3:28.927 (33.695)	4:02.284 (33.357)	4:32.995 (30.712)	
20 Kalsnes, Jonah	FR Bethel (Minn.)	4:34.86	4:33.63	1
38.029 (38.029)	1:12.553 (34.524)	1:46.388 (33.836)	2:20.457 (34.069)	
2:53.850 (33.393)	3:27.461 (33.612)	4:01.083 (33.622)	4:33.623 (32.540)	
21 Chamberlin, Owen	SO St. Olaf	4:35.70	4:35.28	1
38.352 (38.352)	1:12.754 (34.403)	1:46.630 (33.876)	2:20.661 (34.032)	
2:54.253 (33.592)	3:28.954 (34.701)	4:03.559 (34.606)	4:35.274 (31.715)	
22 Landsem, Henry	FR Gustavus Adolphus	4:35.46	4:35.84	1
38.162 (38.162)	1:13.004 (34.842)	1:47.042 (34.038)	2:20.889 (33.848)	
2:54.798 (33.909)	3:28.673 (33.876)	4:03.023 (34.350)	4:35.836 (32.814)	
23 Thompson, Gabe	FR Macalester	4:39.23	4:36.57	1
38.789 (38.789)	1:13.744 (34.956)	1:48.058 (34.314)	2:22.149 (34.092)	
2:56.168 (34.019)	3:29.330 (33.163)	4:03.214 (33.884)	4:36.570 (33.356)	
24 Gathje, Joseph	JR St. John's (Minn.)	4:37.63	4:37.12	1
39.425 (39.425)	1:14.254 (34.830)	1:48.336 (34.082)	2:22.082 (33.746)	
2:56.862 (34.780)	3:30.719 (33.857)	4:05.356 (34.637)	4:37.115 (31.760)	
25 Hanley, Brett	JR Carleton	4:38.72	4:39.00	1
38.672 (38.672)	1:13.490 (34.818)	1:47.730 (34.241)	2:21.932 (34.202)	
2:56.401 (34.470)	3:30.670 (34.269)	4:05.124 (34.454)	4:38.994 (33.871)	
26 Leonard, Ethan	SO St. John's (Minn.)	4:36.24	4:40.27	1
38.976 (38.976)	1:14.000 (35.024)	1:48.616 (34.617)	2:22.519 (33.903)	
2:56.585 (34.066)	3:31.099 (34.514)	4:06.002 (34.904)	4:40.270 (34.268)	
27 Martinek, Peyton	FR St. John's (Minn.)	4:37.46	4:49.67	1
39.237 (39.237)	1:14.530 (35.294)	1:49.189 (34.659)	2:23.509 (34.320)	
2:58.500 (34.991)	3:34.515 (36.016)	4:11.913 (37.398)	4:49.662 (37.749)	

Men 3000 Meter Run

Champ. Rec.: # 8:11.52	2020	Matt Wilkinson, Carleton			
Facility Rec: F 8:13.99	2015	Grant Wintheiser, St. Olaf			
Name	Year School	Seed	Finals	H#	Points
1 Kelly, Will	JR St. Olaf	8:18.79	8:20.32	2	10
32.27 (32.27)	1:05.57 (33.30)	1:38.82 (33.25)	2:12.36 (33.54)		
2:45.85 (33.49)	3:19.41 (33.56)	3:53.12 (33.71)	4:26.67 (33.55)		
4:59.49 (32.82)	5:33.09 (33.60)	6:06.95 (33.86)	6:40.79 (33.84)		
7:13.86 (33.07)	7:46.64 (32.78)	8:20.312 (33.68)			
2 Turlington, Kevin	SO St. Olaf	8:40.92	8:31.97	2	8
34.74 (34.74)	1:08.77 (34.03)	1:43.15 (34.38)	2:18.245 (35.10)		
2:53.480 (35.236)	3:28.327 (34.847)	4:02.97 (34.65)	5:12.001 (1:09.04)		
5:45.587 (33.586)	6:18.761 (33.175)	6:52.819 (34.058)	7:26.76 (33.95)		
7:59.821 (33.07)	8:31.969 (32.148)	12:04.84 (3:32.88)			
3 Llewellyn, Roy	SO Carleton	8:39.54	8:32.49	2	6
33.22 (33.22)	1:07.30 (34.08)	1:42.14 (34.84)	2:17.41 (35.27)		
2:52.71 (35.30)	3:28.15 (35.44)	4:03.22 (35.07)	4:37.83 (34.61)		
5:12.11 (34.28)	5:46.13 (34.02)	6:19.85 (33.72)	6:53.80 (33.95)		
7:28.36 (34.56)	8:02.26 (33.90)	8:32.485 (30.23)			
4 Nichols, Gabe	SO Carleton	8:38.85	8:32.93	2	5
33.87 (33.87)	1:08.14 (34.27)	1:42.81 (34.67)	2:17.42 (34.61)		
2:52.22 (34.80)	3:27.54 (35.32)	4:02.53 (34.99)	4:36.99 (34.46)		
5:11.18 (34.19)	5:45.79 (34.61)	6:19.51 (33.72)	6:53.50 (33.99)		
7:28.06 (34.56)	8:01.92 (33.86)	8:32.929 (31.01)			

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

5	Curtis, Ian	JR St. Olaf	8:38.71	8:33.02	2	4
	32.59 (32.59)	1:06.52 (33.93)	1:40.90 (34.38)	2:16.39 (35.49)		
	2:51.93 (35.54)	3:27.21 (35.28)	4:02.21 (35.00)	4:37.27 (35.06)		
	5:11.50 (34.23)	5:45.56 (34.06)	6:19.03 (33.47)	6:52.90 (33.87)		
	7:26.69 (33.79)	8:00.49 (33.80)	8:33.013 (32.53)			
6	Lynn, David	JR St. Olaf	8:45.60	8:34.58	2	3
	34.88 (34.88)	1:09.05 (34.17)	1:43.23 (34.18)	2:18.23 (35.00)		
	2:53.60 (35.37)	3:28.70 (35.10)	4:03.79 (35.09)	4:38.44 (34.65)		
	5:12.24 (33.80)	5:46.59 (34.35)	6:20.51 (33.92)	6:53.86 (33.35)		
	7:27.53 (33.67)	7:59.78 (32.25)	8:34.577 (34.80)			
7	Boone, Calvin	SO St. Scholastica	8:25.62	8:34.64	2	2
	33.71 (33.71)	1:07.97 (34.26)	1:42.60 (34.63)	2:17.78 (35.18)		
	2:52.91 (35.13)	3:28.20 (35.29)	4:02.74 (34.54)	4:37.53 (34.79)		
	5:11.84 (34.31)	5:46.32 (34.48)	6:20.10 (33.78)	6:54.53 (34.43)		
	7:29.10 (34.57)	8:03.91 (34.81)	8:34.639 (30.73)			
8	Crotteau, Ben	JR Macalester	8:36.58	8:37.61	2	1
	34.10 (34.10)	1:07.40 (33.30)	1:42.28 (34.88)	2:17.53 (35.25)		
	2:52.85 (35.32)	3:28.27 (35.42)	4:03.34 (35.07)	4:37.83 (34.49)		
	5:11.89 (34.06)	5:46.00 (34.11)	6:19.35 (33.35)	6:53.17 (33.82)		
	7:27.84 (34.67)	8:02.62 (34.78)	8:37.604 (34.99)			
9	Max, Parker	SO St. Olaf	8:36.71	8:39.21	2	
	34.53 (34.53)	1:08.76 (34.23)	1:42.39 (33.63)	2:16.74 (34.35)		
	2:52.21 (35.47)	3:27.75 (35.54)	4:02.92 (35.17)	4:37.52 (34.60)		
	5:11.66 (34.14)	5:45.40 (33.74)	6:18.65 (33.25)	6:52.61 (33.96)		
	7:27.21 (34.60)	8:03.17 (35.96)	8:39.205 (36.04)			
10	McKee, Reece	JR Macalester	8:32.30	8:40.53	2	
	34.66 (34.66)	1:08.69 (34.03)	1:43.08 (34.39)	2:17.86 (34.78)		
	2:53.18 (35.32)	3:28.54 (35.36)	4:03.66 (35.12)	4:38.17 (34.51)		
	5:12.58 (34.41)	5:47.08 (34.50)	6:21.12 (34.04)	6:56.12 (35.00)		
	7:31.59 (35.47)	8:06.71 (35.12)	8:40.527 (33.82)			
11	Hartney, Sean	JR St. Olaf	8:39.67	8:42.97	2	
	34.29 (34.29)	1:08.41 (34.12)	1:42.95 (34.54)	2:18.05 (35.10)		
	2:53.32 (35.27)	3:28.70 (35.38)	4:03.99 (35.29)	4:38.80 (34.81)		
	5:13.00 (34.20)	5:47.74 (34.74)	6:22.22 (34.48)	6:57.67 (35.45)		
	7:33.55 (35.88)	8:08.45 (34.90)	8:42.961 (34.52)			
12	Bati, Mohammed	SO Augsburg	8:24.31	8:43.46	2	
	33.39 (33.39)	1:06.47 (33.08)	1:39.66 (33.19)	2:12.97 (33.31)		
	2:47.71 (34.74)	3:21.90 (34.19)	3:56.97 (35.07)	4:32.21 (35.24)		
	5:08.01 (35.80)	5:45.20 (37.19)	6:20.20 (35.00)	6:55.98 (35.78)		
	7:32.12 (36.14)	8:07.52 (35.40)	8:43.453 (35.94)			
13	Edwards, Tyler	SO Macalester	8:39.31	8:44.51	2	
	34.60 (34.60)	1:08.52 (33.92)	1:42.88 (34.36)	2:17.67 (34.79)		
	2:52.66 (34.99)	3:28.20 (35.54)	4:03.59 (35.39)	4:38.22 (34.63)		
	5:12.81 (34.59)	5:47.35 (34.54)	6:21.82 (34.47)	6:57.24 (35.42)		
	7:33.18 (35.94)	8:09.01 (35.83)	8:44.507 (35.50)			
14	Goss, Brady	FR Concordia-Moorhead	8:49.93	8:46.19	1	
	33.95 (33.95)	1:08.05 (34.10)	1:43.46 (35.41)	2:19.86 (36.40)		
	2:56.02 (36.16)	3:31.52 (35.50)	4:06.82 (35.30)	4:43.16 (36.34)		
	5:19.05 (35.89)	5:55.07 (36.02)	6:30.45 (35.38)	7:05.91 (35.46)		
	7:40.99 (35.08)	8:15.25 (34.26)	8:46.189 (30.95)			
15	Deaver, Jack	SO St. Olaf	8:50.19	8:48.64	1	
	33.67 (33.67)	1:07.42 (33.75)	1:42.92 (35.50)	2:19.27 (36.35)		
	2:55.23 (35.96)	3:30.88 (35.65)	4:06.34 (35.46)	4:42.71 (36.37)		
	5:19.16 (36.45)	5:55.45 (36.29)	6:30.41 (34.96)	7:06.19 (35.78)		
	7:41.50 (35.31)	8:16.09 (34.59)	8:48.633 (32.55)			

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

16 LiaBraaten, Lucas	SO Hamline	9:00.54	8:49.79	1
34.51 (34.51)	1:08.87 (34.36)	1:44.27 (35.40)	2:20.46 (36.19)	
2:56.68 (36.22)	3:32.19 (35.51)	4:07.60 (35.41)	4:43.60 (36.00)	
5:19.81 (36.21)	5:56.13 (36.32)	6:31.63 (35.50)	7:07.30 (35.67)	
7:42.55 (35.25)	8:18.60 (36.05)	8:49.785 (31.19)		
17 Ihrke, Nick	JR Macalester	8:50.99	8:49.86	1
34.97 (34.97)	1:09.35 (34.38)	1:44.33 (34.98)	2:20.03 (35.70)	
2:56.02 (35.99)	3:31.48 (35.46)	4:07.41 (35.93)	4:43.99 (36.58)	
5:19.73 (35.74)	5:54.76 (35.03)	6:30.62 (35.86)	7:06.72 (36.10)	
7:42.11 (35.39)	8:17.63 (35.52)	8:49.860 (32.24)		
18 Graber, Grant	JR Bethel (Minn.)	8:56.70	8:51.09	1
35.25 (35.25)	1:09.55 (34.30)	1:43.91 (34.36)	2:20.21 (36.30)	
2:56.46 (36.25)	3:31.81 (35.35)	4:07.34 (35.53)	4:43.72 (36.38)	
5:19.93 (36.21)	5:55.63 (35.70)	6:30.56 (34.93)	7:06.45 (35.89)	
7:42.75 (36.30)	8:18.65 (35.90)	8:51.087 (32.45)		
19 Kaluza, Vincent	FR St. John's (Minn.)	8:51.01	8:51.67	1
34.85 (34.85)	1:08.32 (33.47)	1:43.51 (35.19)	2:19.91 (36.40)	
2:56.20 (36.29)	3:31.66 (35.46)	4:07.04 (35.38)	4:43.17 (36.13)	
5:19.60 (36.43)	5:55.45 (35.85)	6:30.91 (35.46)	7:07.08 (36.17)	
7:42.93 (35.85)	8:18.95 (36.02)	8:51.667 (32.73)		
20 McCullough, Logan	SR Gustavus Adolphus	9:00.44	8:51.77	1
35.33 (35.33)	1:09.92 (34.59)	1:44.89 (34.97)	2:20.74 (35.85)	
2:56.87 (36.13)	3:32.54 (35.67)	4:07.88 (35.34)	4:44.04 (36.16)	
5:20.17 (36.13)	5:56.31 (36.14)	6:31.94 (35.63)	7:07.48 (35.54)	
7:42.98 (35.50)	8:18.25 (35.27)	8:51.767 (33.53)		
21 Olson, Tanner	SR Concordia-Moorhead	9:10.73	8:55.35	1
35.81 (35.81)	1:10.69 (34.88)	1:45.08 (34.39)	2:20.92 (35.84)	
2:56.37 (35.45)	3:31.11 (34.74)	4:06.12 (35.01)	4:42.72 (36.60)	
5:19.37 (36.65)	5:55.79 (36.42)	6:31.74 (35.95)	7:07.83 (36.09)	
7:44.24 (36.41)	8:20.39 (36.15)	8:55.348 (34.97)		
22 Skemp, Andrew	JR St. Olaf	8:47.64	8:57.54	2
35.31 (35.31)	1:09.63 (34.32)	1:43.91 (34.28)	2:18.75 (34.84)	
2:54.34 (35.59)	3:29.24 (34.90)	4:04.78 (35.54)	4:40.36 (35.58)	
5:17.24 (36.88)	5:54.15 (36.91)	6:31.10 (36.95)	7:08.87 (37.77)	
7:45.47 (36.60)	8:21.95 (36.48)	8:57.532 (35.59)		
23 Galloway, Jordan	SO Macalester	8:58.84	8:57.57	1
33.99 (33.99)	1:07.73 (33.74)	1:43.19 (35.46)	2:19.41 (36.22)	
2:55.50 (36.09)	3:31.11 (35.61)	4:06.49 (35.38)	4:42.38 (35.89)	
5:18.92 (36.54)	5:56.30 (37.38)	6:33.12 (36.82)	7:10.36 (37.24)	
7:47.62 (37.26)	8:24.08 (36.46)	8:57.563 (33.49)		
24 Fendig, Alex	SR Macalester	9:02.46	9:02.37	1
34.68 (34.68)	1:09.08 (34.40)	1:44.03 (34.95)	2:20.45 (36.42)	
2:56.46 (36.01)	3:33.02 (36.56)	4:08.63 (35.61)	4:45.24 (36.61)	
5:21.82 (36.58)	5:59.17 (37.35)	6:36.92 (37.75)	7:14.89 (37.97)	
7:52.80 (37.91)	8:28.82 (36.02)	9:02.361 (33.55)		
25 Cavanaugh, Eamon	JR St. John's (Minn.)	9:15.56	9:02.96	1
35.46 (35.46)	1:10.81 (35.35)	1:46.33 (35.52)	2:22.17 (35.84)	
2:57.95 (35.78)	3:33.73 (35.78)	4:09.47 (35.74)	4:46.23 (36.76)	
5:22.92 (36.69)	6:00.03 (37.11)	6:37.51 (37.48)	7:15.03 (37.52)	
7:52.94 (37.91)	8:29.72 (36.78)	9:02.956 (33.24)		
26 Thompson, Reese	SR Bethel (Minn.)	9:08.13	9:03.34	1
35.17 (35.17)	1:10.31 (35.14)	1:45.91 (35.60)	2:21.70 (35.79)	
2:57.43 (35.73)	3:33.13 (35.70)	4:08.93 (35.80)	4:45.60 (36.67)	
5:22.29 (36.69)	5:59.40 (37.11)	6:36.21 (36.81)	7:12.92 (36.71)	
7:50.68 (37.76)	8:28.07 (37.39)	9:03.331 (35.27)		

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

27 Kalsnes, Jonah	FR Bethel (Minn.)	9:06.21	9:06.70	1
35.68 (35.68)	1:10.63 (34.95)	1:46.23 (35.60)	2:22.02 (35.79)	
2:57.79 (35.77)	3:33.52 (35.73)	4:09.30 (35.78)	4:46.06 (36.76)	
5:22.64 (36.58)	5:59.86 (37.22)	6:37.26 (37.40)	7:15.21 (37.95)	
7:53.66 (38.45)	8:31.73 (38.07)	9:06.700 (34.98)		
28 Meissner, Noah	FR Bethel (Minn.)	9:11.84	9:12.54	1
35.97 (35.97)	1:11.04 (35.07)	1:46.68 (35.64)	2:22.62 (35.94)	
2:58.34 (35.72)	3:34.03 (35.69)	4:09.88 (35.85)	4:46.81 (36.93)	
5:24.17 (37.36)	6:02.17 (38.00)	6:40.66 (38.49)	7:19.33 (38.67)	
7:58.01 (38.68)	8:36.37 (38.36)	9:12.531 (36.17)		
-- Madell, Joe	JR Macalester	9:01.17	DNF	1
34.67 (34.67)	1:08.97 (34.30)	1:44.51 (35.54)	2:20.24 (35.73)	
2:55.80 (35.56)	3:31.36 (35.56)	4:06.92 (35.56)	4:43.11 (36.19)	

Men 5000 Meter Run

=====				
Champ. Rec.: # 14:26.70	1983	Nick Manciu(*ht), St. Thomas		
Facility Rec: F 14:15.93	2005	Andrew Carlson, Univ. of Minn.		
Name	Year School	Seed	Finals	Points
=====				
1 Kelly, Will	JR St. Olaf	14:20.51	14:28.40	10
33.02 (33.02)	1:07.11 (34.09)	1:42.07 (34.96)	2:16.60 (34.53)	
2:51.34 (34.74)	3:25.79 (34.45)	4:00.16 (34.37)	4:34.91 (34.75)	
5:12.95 (38.04)	5:52.72 (39.77)	6:30.84 (38.12)	7:05.14 (34.30)	
7:38.92 (33.78)	8:12.54 (33.62)	8:50.45 (37.91)	9:25.16 (34.71)	
9:59.33 (34.17)	10:33.35 (34.02)	11:07.23 (33.88)	11:41.50 (34.27)	
12:15.93 (34.43)	12:49.90 (33.97)	13:24.17 (34.27)	13:56.68 (32.51)	
14:28.392 (31.72)				
2 Bati, Mohammed	SO Augsburg	14:38.95	14:37.67	8
33.35 (33.35)	1:07.52 (34.17)	1:42.44 (34.92)	2:16.88 (34.44)	
2:51.62 (34.74)	3:26.05 (34.43)	4:00.47 (34.42)	4:35.19 (34.72)	
5:12.85 (37.66)	5:52.58 (39.73)	6:30.61 (38.03)	7:05.48 (34.87)	
7:39.24 (33.76)	8:12.84 (33.60)	8:50.81 (37.97)	9:25.58 (34.77)	
9:59.68 (34.10)	10:33.64 (33.96)	11:07.51 (33.87)	11:41.78 (34.27)	
12:16.28 (34.50)	12:50.26 (33.98)	13:24.54 (34.28)	13:58.25 (33.71)	
14:37.666 (39.43)				
3 McKee, Reece	JR Macalester	15:14.19	14:59.01	6
34.47 (34.47)	1:09.61 (35.14)	1:45.34 (35.73)	2:21.50 (36.16)	
2:58.07 (36.57)	3:34.26 (36.19)	4:11.07 (36.81)	4:47.68 (36.61)	
5:24.19 (36.51)	6:00.74 (36.55)	6:37.62 (36.88)	7:13.59 (35.97)	
7:50.52 (36.93)	8:27.76 (37.24)	9:04.90 (37.14)	9:40.04 (35.14)	
10:15.24 (35.20)	10:51.14 (35.90)	11:27.25 (36.11)	12:03.47 (36.22)	
12:39.33 (35.86)	13:15.30 (35.97)	13:50.42 (35.12)	14:24.97 (34.55)	
14:59.003 (34.05)				
4 Edwards, Tyler	SO Macalester	15:18.14	15:02.42	5
35.13 (35.13)	1:09.94 (34.81)	1:45.71 (35.77)	2:21.81 (36.10)	
2:58.37 (36.56)	3:34.55 (36.18)	4:11.36 (36.81)	4:47.95 (36.59)	
5:24.61 (36.66)	6:01.11 (36.50)	6:38.02 (36.91)	7:14.04 (36.02)	
7:50.72 (36.68)	8:28.37 (37.65)	9:05.36 (36.99)	9:40.26 (34.90)	
10:15.86 (35.60)	10:51.85 (35.99)	11:28.07 (36.22)	12:04.27 (36.20)	
12:40.17 (35.90)	13:16.22 (36.05)	13:52.70 (36.48)	14:28.62 (35.92)	
15:02.417 (33.81)				

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

5 Cote, Anders	JR St. Olaf	15:13.21	15:04.04	4
34.07 (34.07)	1:09.25 (35.18)	1:45.03 (35.78)	2:21.37 (36.34)	
2:58.03 (36.66)	3:34.41 (36.38)	4:11.11 (36.70)	4:47.69 (36.58)	
5:24.41 (36.72)	6:00.98 (36.57)	6:38.45 (37.47)	7:14.21 (35.76)	
7:51.19 (36.98)	8:28.29 (37.10)	9:05.90 (37.61)	9:41.96 (36.06)	
10:17.94 (35.98)	10:54.49 (36.55)	11:31.29 (36.80)	12:07.92 (36.63)	
12:44.25 (36.33)	13:19.65 (35.40)	13:55.08 (35.43)	14:31.05 (35.97)	
15:04.037 (33.00)				
6 McCullough, Logan	SR Gustavus Adolphus	15:17.12	15:04.57	3
35.25 (35.25)	1:10.86 (35.61)	1:46.40 (35.54)	2:22.34 (35.94)	
2:59.02 (36.68)	3:35.37 (36.35)	4:11.79 (36.42)	4:48.42 (36.63)	
5:25.02 (36.60)	6:01.39 (36.37)	6:38.72 (37.33)	7:14.91 (36.19)	
7:51.39 (36.48)	8:28.44 (37.05)	9:06.06 (37.62)	9:42.22 (36.16)	
10:18.24 (36.02)	10:54.61 (36.37)	11:31.18 (36.57)	12:07.81 (36.63)	
12:44.19 (36.38)	13:19.98 (35.79)	13:55.39 (35.41)	14:30.68 (35.29)	
15:04.565 (33.90)				
7 Deaver, Jack	SO St. Olaf	15:07.62	15:04.89	2
34.12 (34.12)	1:09.61 (35.49)	1:45.29 (35.68)	2:21.50 (36.21)	
2:57.89 (36.39)	3:34.44 (36.55)	4:10.98 (36.54)	4:47.73 (36.75)	
5:24.30 (36.57)	6:00.98 (36.68)	6:38.43 (37.45)	7:14.32 (35.89)	
7:51.07 (36.75)	8:28.18 (37.11)	9:05.30 (37.12)	9:41.75 (36.45)	
10:17.76 (36.01)	10:54.39 (36.63)	11:30.72 (36.33)	12:07.60 (36.88)	
12:43.88 (36.28)	13:20.81 (36.93)	13:56.14 (35.33)	14:31.42 (35.28)	
15:04.886 (33.48)				
8 Manzur Strandlund, Gael	SO St. Olaf	15:09.79	15:05.21	1
35.48 (35.48)	1:10.63 (35.15)	1:46.14 (35.51)	2:22.54 (36.40)	
2:59.09 (36.55)	3:35.11 (36.02)	4:11.63 (36.52)	4:48.02 (36.39)	
5:24.28 (36.26)	6:00.50 (36.22)	6:38.20 (37.70)	7:14.50 (36.30)	
7:51.60 (37.10)	8:28.17 (36.57)	9:05.18 (37.01)	9:41.62 (36.44)	
10:18.39 (36.77)	10:54.03 (35.64)	11:30.77 (36.74)	12:07.23 (36.46)	
12:43.83 (36.60)	13:20.51 (36.68)	13:55.31 (34.80)	14:30.78 (35.47)	
15:05.205 (34.44)				
9 Lynn, David	JR St. Olaf	15:17.41	15:09.49	
34.92 (34.92)	1:10.40 (35.48)	1:46.00 (35.60)	2:22.22 (36.22)	
2:58.71 (36.49)	3:34.98 (36.27)	4:12.00 (37.02)	4:48.36 (36.36)	
5:24.61 (36.25)	6:01.31 (36.70)	6:38.81 (37.50)	7:14.98 (36.17)	
7:50.88 (35.90)	8:28.16 (37.28)	9:05.81 (37.65)	9:40.89 (35.08)	
10:16.02 (35.13)	10:51.59 (35.57)	11:27.76 (36.17)	12:03.90 (36.14)	
12:39.97 (36.07)	13:16.84 (36.87)	13:54.98 (38.14)	14:31.99 (37.01)	
15:09.482 (37.50)				
10 Graber, Grant	JR Bethel (Minn.)	15:24.34	15:24.39	
35.86 (35.86)	1:11.84 (35.98)	1:49.05 (37.21)	2:25.89 (36.84)	
3:02.58 (36.69)	3:39.34 (36.76)	4:16.55 (37.21)	4:54.14 (37.59)	
5:31.65 (37.51)	6:09.24 (37.59)	6:46.73 (37.49)	7:24.13 (37.40)	
8:01.25 (37.12)	8:38.12 (36.87)	9:15.09 (36.97)	9:51.77 (36.68)	
10:28.64 (36.87)	11:05.71 (37.07)	11:42.82 (37.11)	12:19.82 (37.00)	
12:57.41 (37.59)	13:34.86 (37.45)	14:12.70 (37.84)	14:49.76 (37.06)	
15:24.381 (34.63)				

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

11 Skemp, Andrew	JR St. Olaf	15:23.74	15:31.37	
36.55 (36.55)	1:11.59 (35.04)	1:47.76 (36.17)	2:23.70 (35.94)	
2:59.41 (35.71)	3:35.61 (36.20)	4:12.18 (36.57)	4:48.64 (36.46)	
5:24.94 (36.30)	6:01.43 (36.49)	6:37.63 (36.20)	7:13.55 (35.92)	
7:50.42 (36.87)	8:28.03 (37.61)	9:05.61 (37.58)	9:43.07 (37.46)	
10:20.67 (37.60)	10:59.33 (38.66)	11:37.37 (38.04)	12:15.99 (38.62)	
12:55.07 (39.08)	13:34.77 (39.70)	14:14.04 (39.27)	14:52.81 (38.77)	
15:31.363 (38.57)				
12 Fiataruolo, Angelo	SO St. Olaf	15:40.19	15:38.24	
37.33 (37.33)	1:13.13 (35.80)	1:50.21 (37.08)	2:28.24 (38.03)	
3:06.63 (38.39)	3:44.39 (37.76)	4:22.04 (37.65)	4:59.79 (37.75)	
5:38.05 (38.26)	6:16.17 (38.12)	6:54.12 (37.95)	7:32.41 (38.29)	
8:10.54 (38.13)	8:48.63 (38.09)	9:27.03 (38.40)	10:05.29 (38.26)	
10:43.64 (38.35)	11:21.30 (37.66)	11:59.78 (38.48)	12:38.35 (38.57)	
13:15.99 (37.64)	13:54.42 (38.43)	14:31.20 (36.78)	15:04.54 (33.34)	
15:38.239 (33.71)				
13 Ihrke, Nick	JR Macalester	15:38.26	15:48.04	
36.25 (36.25)	1:11.43 (35.18)	1:48.69 (37.26)	2:25.40 (36.71)	
3:02.16 (36.76)	3:39.02 (36.86)	4:16.55 (37.53)	4:54.04 (37.49)	
5:31.39 (37.35)	6:09.23 (37.84)	6:46.31 (37.08)	7:23.90 (37.59)	
8:01.62 (37.72)	8:39.16 (37.54)	9:17.59 (38.43)	9:56.16 (38.57)	
10:35.35 (39.19)	11:14.62 (39.27)	11:54.04 (39.42)	12:33.34 (39.30)	
13:13.39 (40.05)	13:53.62 (40.23)	14:34.07 (40.45)	15:13.19 (39.12)	
15:48.033 (34.86)				
14 Thompson, Reese	SR Bethel (Minn.)	15:42.32	15:48.46	
37.51 (37.51)	1:13.35 (35.84)	1:50.44 (37.09)	2:28.24 (37.80)	
3:06.64 (38.40)	3:44.52 (37.88)	4:22.09 (37.57)	4:59.84 (37.75)	
5:38.14 (38.30)	6:16.30 (38.16)	6:54.26 (37.96)	7:32.46 (38.20)	
8:10.63 (38.17)	8:48.69 (38.06)	9:27.04 (38.35)	10:05.25 (38.21)	
10:43.78 (38.53)	11:21.40 (37.62)	11:59.87 (38.47)	12:38.44 (38.57)	
13:15.62 (37.18)	13:54.09 (38.47)	14:33.46 (39.37)	15:12.27 (38.81)	
15:48.451 (36.19)				
15 Pouliot, Evan	FR Gustavus Adolphus	16:20.97	15:49.53	
38.36 (38.36)	1:15.31 (36.95)	1:53.73 (38.42)	2:32.18 (38.45)	
3:10.37 (38.19)	3:49.21 (38.84)	4:28.15 (38.94)	5:06.27 (38.12)	
5:44.72 (38.45)	6:23.24 (38.52)	7:01.78 (38.54)	7:40.30 (38.52)	
8:18.70 (38.40)	8:56.82 (38.12)	9:35.12 (38.30)	10:13.33 (38.21)	
10:51.69 (38.36)	11:29.75 (38.06)	12:08.15 (38.40)	12:45.89 (37.74)	
13:23.24 (37.35)	14:00.20 (36.96)	14:37.28 (37.08)	15:13.57 (36.29)	
15:49.525 (35.97)				
16 Kaye, Lex	FR St. Olaf	16:38.02	16:33.71	
38.46 (38.46)	1:15.63 (37.17)	1:54.06 (38.43)	2:32.51 (38.45)	
3:10.83 (38.32)	3:49.48 (38.65)	4:28.47 (38.99)	5:06.68 (38.21)	
5:45.04 (38.36)	6:23.61 (38.57)	7:02.24 (38.63)	7:40.63 (38.39)	
8:19.12 (38.49)	8:58.33 (39.21)	9:38.23 (39.90)	10:19.30 (41.07)	
11:01.51 (42.21)	11:43.67 (42.16)	12:25.50 (41.83)	13:07.51 (42.01)	
13:48.28 (40.77)	14:30.59 (42.31)	15:12.82 (42.23)	15:54.15 (41.33)	
16:33.709 (39.57)				

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

Tostrud Center, St. Olaf College

Results

....Men 5000 Meter Run				
17 Dallas, Evan	SO Bethel (Minn.)	17:04.87	16:52.55	
38.87 (38.87)	1:16.01 (37.14)	1:54.88 (38.87)	2:33.82 (38.94)	
3:13.69 (39.87)	3:53.71 (40.02)	4:33.09 (39.38)	5:12.57 (39.48)	
5:53.55 (40.98)	6:35.08 (41.53)	7:15.79 (40.71)	7:57.63 (41.84)	
8:38.89 (41.26)	9:20.91 (42.02)	10:02.47 (41.56)	10:43.78 (41.31)	
11:25.16 (41.38)	12:06.63 (41.47)	12:49.44 (42.81)	13:32.64 (43.20)	
14:15.06 (42.42)	14:56.42 (41.36)	15:37.37 (40.95)	15:38.239 (0.88)	
16:52.547 (1:14.308)				
18 Harris, Grayson	JR Augsburg	17:06.52	17:34.43	
39.46 (39.46)	1:19.96 (40.50)	2:02.00 (42.04)	2:40.26 (38.26)	
3:20.52 (40.26)	4:00.58 (40.06)	4:41.51 (40.93)	5:21.16 (39.65)	
6:02.43 (41.27)	6:43.57 (41.14)	7:25.90 (42.33)	8:07.78 (41.88)	
8:50.55 (42.77)	9:32.59 (42.04)	10:15.49 (42.90)	10:57.93 (42.44)	
11:42.13 (44.20)	12:25.64 (43.51)	13:08.02 (42.38)	13:53.36 (45.34)	
14:38.26 (44.90)	15:24.09 (45.83)	16:10.06 (45.97)	16:52.03 (41.97)	
17:34.423 (42.41)				

Men 60 Meter Hurdles					
=====					
Champ. Rec.: #	8.01	2020	Taylor Rooney, Gustavus		
Facility Rec: F	7.88	2024	Devon Montgomery, Unattached		
Name	Year	School	Seed	Prelims	H#
=====					
Preliminaries					
1 Ekiyor, Jayson		JR Bethel (Minn.)	7.96	# 7.96Q	1
2 Sampson, Josh		JR Bethel (Minn.)	8.09	8.18Q	2
3 Myres, David		JR Bethel (Minn.)	8.16	8.26Q	3
4 Thomsen, Josh		JR Bethel (Minn.)	8.22	8.37q	3
5 Lord, Demetri		JR St. Olaf	8.44	8.56q	2
6 Lightner, Jackson		FR Hamline	8.46	8.66q	1
7 Viesselman, Blake		FR Bethel (Minn.)	8.81	8.68q	2
8 Clark, Logan		SO Concordia-Moorhead	8.64	8.70q	3
9 Lee, Josh		JR Bethel (Minn.)	8.63	8.71	2
10 Suah, Morris		FR Hamline	8.58	8.78	1
11 Schmidt, Cole		FR Gustavus Adolphus	8.69	8.84	3
12 Stefanowicz, Sebastian		SO Macalester	8.89	8.87	1
13 Nissen, Matthew		JR St. Olaf	8.95	8.97	1
14 Brandt, Isak		FR St. John's (Minn.)	9.16	9.12	1
15 Mahamud, Hamza		SO Macalester	8.99	9.15	2 9.141
16 Manley, Cannon		FR Saint Mary's	9.17	9.15	1 9.145
17 Smith, Cooper		FR St. John's (Minn.)	9.12	9.26	2
18 Elseth, Aaron		SO Bethel (Minn.)	9.06	9.29	3
19 Blaeser, Aiden		SO St. John's (Minn.)	9.35	9.48	2
20 Powell, Danny		FR Macalester	9.66	9.53	2
21 Bassett, Jackson		JR St. Olaf	9.50	9.54	3
22 Magu, Dan		SO Bethel (Minn.)	9.59	9.63	3
23 Molstre, Joey		FR Concordia-Moorhead	9.73	9.97	1

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

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

Finals

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

Men 4x200 Meter Relay

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

1	Bethel (Minn.) 'A'	1:30.20	1:28.80F	3	10
	1) McConnell, Cameron JR				
	3) Thomsen, Josh JR				
2	St. John's (Minn.) 'A'	1:31.49	1:29.89	2	8
	1) Popoca, Emanuel JR				
	3) Smith, Cooper FR				
3	Gustavus Adolphus 'A'	1:31.41	1:30.16	3	6
	1) Subah, Isaiah SR				
	3) Le, Nathan JR				
4	Saint Mary's (Minn.) 'A'	1:32.80	1:31.79	2	5
	1) Adamson, Oliver JR				
	3) Johnson, Brady JR				
5	St. Scholastica 'A'		1:32.79	2	4
	1) Alfaro Diedrich, Sean JR				
	3) Erickson, Matthew FR				
6	Hamline 'A'	1:37.20	1:33.80	2	3
	1) Couper, David JR				
	3) Ortiz, Raul JR				
7	Macalester 'A'	1:33.50	1:36.12	3	2
	1) Stefanowicz, Sebastian SO				
	3) Powell, Danny FR				
8	St. Olaf 'A'	1:33.41	1:36.92	1	1
	1) McNearny, Devin JR				
	3) Fochtman, Jack SO				
--	Concordia-Moorhead 'A'	1:33.30	DQ	1	
	1) Dahl, Mason FR				
	3) Petron, Jordan JR				

Rule 7-5-2a

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****Men 4x400 Meter Relay**

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

Men Distance Medley

=====					
Champ. Rec.: # 10:15.58	2017	Carleton			
		Edstrom, Hicks, Sikes, Cook-Gallardo			
Facility Rec: F 9:59.09	2017	St. Olaf			
		Bjork, Pugh, Lonergan, J. Coffey			
School		Seed	Finals	Points	
=====					
1 St. Olaf 'A'			10:14.89#	10	
1) Marsh, Jackson JR		2) Fisher, Henry JR			
3) Estrada, Gabe JR		4) Fitzgerald, Ignatius SO			
2 Macalester 'A'			10:17.61	8	
1) Crotteau, Ben JR		2) Ali, Kalid JR			
3) Wiltse, Daniel FR		4) Olsson, Tor JR			
3 Carleton 'A'			10:18.51	6	
1) Llewellyn, Roy SO		2) Nathan, Asher FR			
3) Lyness, Indy SO		4) Nichols, Gabe SO			

Results

4	St. John's (Minn.) 'A'		10:25.66	5
	1) McCoy, Max FR	2) Conzemius, Ryan JR		
	3) Montreuil, Owen SO	4) Kaluza, Vincent FR		
5	St. Scholastica 'A'	10:09.90	10:26.57	4
	1) Neu, Nathan JR	2) Kubicek, Noah SO		
	3) Douglas, Derek JR	4) DeWall, Lars SR		
6	Bethel (Minn.) 'A'		10:39.31	3
	1) Nelson, Clark SR	2) Ketterling, Caleb FR		
	3) Schmitz, Drew FR	4) Berg, Eli FR		
7	Concordia-Moorhead 'A'		10:46.23	2
	1) Olson, Tanner SR	2) Gallmeier, Zander SO		
	3) Andrews, Brady FR	4) Goss, Tyler FR		
8	Gustavus Adolphus 'A'		10:51.38	1
	1) Fuller, Blake JR	2) Gushwa, Agro SR		
	3) Rupnow, Markus JR	4) Roehl, Carson JR		
9	Saint Mary's (Minn.) 'A'		10:51.49	
	1) Schneider, Grant SO	2) Paton, Eddie FR		
	3) Kloss, Cade JR	4) Smyth, Sean FR		
0	Augsburg 'A'		11:06.19	
	1) Engstrom, Zinabu FR	2) Oty, Shareef FR		
	3) Wondimu, Bereket JR	4) Bati, Mohammed SO		

Champ. Rec.: # 2.17m 1995		Kenneth Hoffman, St. Olaf			
Facility Rec: F 2.11m 2006		Andy Stoecken, Loras			
Name	Year	School	Seed	Finals	Points
1 Johnsrud, Peyton	JR	Concordia-Moorhead	1.90m	1.96m	6-05.00 10
1.72 1.77 1.82 1.87 1.90	1.93 1.96 1.99				
O O O O O	XO XO XXX				
2 McDowell, Jackson	FR	St. John's (Minn.)	1.92m	J1.96m	6-05.00 8
1.72 1.77 1.82 1.87 1.90	1.93 1.96 1.99				
PPP O O O XXO	O XO XXX				
3 Bies, Danny	SR	Gustavus Adolphus	1.90m	1.93m	6-04.00 6
1.72 1.77 1.82 1.87 1.90	1.93 1.96				
PPP O O O O	O XXX				
4 Matetich, Cole	JR	Gustavus Adolphus	1.93m	1.90m	6-02.75 5
1.72 1.77 1.82 1.87 1.90	1.93				
PPP PPP XXO O XXO	XXX				
5 Cogley, Andrew	JR	St. Olaf	1.86m	1.87m	6-01.50 4
1.72 1.77 1.82 1.87 1.90					
PPP XO O O XXX					
6 Braun, Michael	JR	Hamline	1.88m	J1.87m	6-01.50 3
1.72 1.77 1.82 1.87 1.90					
PPP O O XO XXX					
7 Lincoln, Ethen	FR	Gustavus Adolphus	1.77m	J1.87m	6-01.50 2
1.72 1.77 1.82 1.87 1.90					
O XXO O XXO XXX					
8 Swanson, Luc	FR	Bethel (Minn.)	1.78m	1.82m	5-11.50 1
1.72 1.77 1.82 1.87					
O O XO XXX					
9 Suah, Morris	FR	Hamline	1.88m	J1.82m	5-11.50
1.72 1.77 1.82 1.87					
XXO XO XXO XXX					

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

....Men High Jump						
10	Erickson, Matthew	FR St. Scholastica	1.86m	1.77m	5-09.75	
	1.72 1.77 1.82					
	O O XXX					
11	Lelwica, Max	JR St. John's (Minn.)	1.84m	J1.77m	5-09.75	
	1.72 1.77 1.82					
	XO O XXX					
12	Thurk, Anthony	JR St. John's (Minn.)	1.89m	J1.77m	5-09.75	
	1.72 1.77 1.82					
	PPP XO XXX					
12	Marsh, Anthony	JR Concordia-Moorhead	1.90m	J1.77m	5-09.75	
	1.72 1.77 1.82					
	PPP XO XXX					
14	Lapinski, Will	FR St. Olaf	1.83m	J1.77m	5-09.75	
	1.72 1.77 1.82					
	O XXO XXX					
14	Carlson, Brendan	FR Gustavus Adolphus	1.78m	J1.77m	5-09.75	
	1.72 1.77 1.82					
	O XXO XXX					
16	Seiler, Alex	JR St. John's (Minn.)	1.79m	1.72m	5-07.75	
	1.72 1.77					
	XO XXX					
--	Cline-Cole, Ethan	SO Carleton	1.80m	NH		
	1.72					
	XXX					
--	Lord, Demetri	JR St. Olaf	1.86m	NH		
	1.72 1.77 1.82					
	PPP PPP XXX					

Men Pole Vault

Champ. Rec.: # 5.00m 2020										Drew Dokendorf, St. Johns																								
Facility Rec: F 5.52m 2016										Jeff Coover, Unattached																								
Name					Year School					Seed					Finals					Points														
=====																																		
1		Charbonneau, Joseph								JR St. John's (Minn.)					4.65m					4.65m					15-03.00					10				
		3.90		4.05		4.20		4.35		4.45		4.55		4.65		4.75																		
		PPP		PPP		PPP		O		O		O		XXO		XXX																		
2		Gardeen, Samuel								JR Bethel (Minn.)					4.55m					4.55m					14-11.00					8				
		3.90		4.05		4.20		4.35		4.45		4.55		4.65																				
		PPP		PPP		PPP		O		O		O		XXX																				
3		Schloeder, Austin								FR Hamline					4.45m					J4.55m					14-11.00					6				
		3.90		4.05		4.20		4.35		4.45		4.55		4.65																				
		PPP		PPP		PPP		PPP		XXO		O		XXX																				
4		Arnold, Dylan								JR St. Olaf					4.45m					4.45m					14-07.25					5				
		3.90		4.05		4.20		4.35		4.45		4.55																						
		PPP		O		XO		XO		O		XXX																						
5		Guth, Kole								SO St. John's (Minn.)					4.46m					J4.45m					14-07.25					4				
		3.90		4.05		4.20		4.35		4.45		4.55																						
		PPP		PPP		O		O		XO		XXX																						
6		Eickhoff, Daniel								JR St. John's (Minn.)					4.26m					J4.45m					14-07.25					3				
		3.90		4.05		4.20		4.35		4.45		4.55																						
		O		O		XO		O		XXO		XXX																						
7		Withuski, Andew								FR St. John's (Minn.)					4.20m					4.20m					13-09.25					2				
		3.90		4.05		4.20		4.35																										
		O		O		O		XXX																										

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

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Results

....Men Pole Vault									
8	Graske, Joshua	FR	Bethel (Minn.)	4.20m	J4.20m	13-09.25	1		
	3.90 4.05 4.20 4.35								
	XO O XO XXX								
9	Engstrom, Oliver	SO	Hamline	4.10m	J4.20m	13-09.25			
	3.90 4.05 4.20 4.35								
	PPP PPP XXO XXX								
9	Rhonemus, Wade	SR	Concordia-Moorhead	4.20m	J4.20m	13-09.25			
	3.90 4.05 4.20 4.35								
	PPP PPP XXO XXX								
11	Marzinske, Logan	JR	Gustavus Adolphus	4.31m	4.05m	13-03.50			
	3.90 4.05 4.20								
	PPP O XXX								
12	Doom, Max	JR	St. John's (Minn.)	4.05m	J4.05m	13-03.50			
	3.90 4.05 4.20								
	O XO XXX								
13	Ream, Joe	SO	Gustavus Adolphus	3.86m	3.90m	12-09.50			
	3.90 4.05								
	XO XXX								
14	Charles, Aidan	FR	Gustavus Adolphus	4.26m	J3.90m	12-09.50			
	3.90 4.05								
	XXO XXX								
--	Hoelzel, Gavin	FR	St. Olaf	3.75m	NH				
	3.90								
	XXX								
--	Menter, Forest	SO	St. Olaf	3.56m	NH				
	3.90								
	XXX								
--	Collins, Spencer	FR	St. Olaf	4.02m	NH				
	3.90								
	XXX								
--	Adams, Tim	JR	Carleton	3.80m	NH				
	3.90								
	XXX								

Men Long Jump

=====									
Champ. Rec.: # 7.56m 2020		Kyle Lichttenegger, St. Marys							
Facility Rec: F 7.53m 2006		Greg Tyson, Heidelberg							
Name	Year	School	Seed	Finals		H#	Points		
=====									
1	Schaffer, Zach	SO St. John's (Minn.)	6.93m	6.94m	22-09.25	2	10		
	6.67m FOUL 6.93m 6.40m 6.59m 6.94m								
2	Subah, Isaiah	SR Gustavus Adolphus	6.80m	6.88m	22-07.00	2	8		
	6.79m 6.88m 6.60m 6.83m 6.72m FOUL								
3	Moo, Eh Ler	JR St. Olaf	6.71m	6.65m	21-10.00	2	6		
	6.65m FOUL FOUL 3.98m FOUL 6.45m								
4	Albertson, Max	FR St. Olaf	6.46m	6.55m	21-06.00	2	5		
	FOUL 6.11m 6.46m 6.46m FOUL 6.55m								
5	Erickson, Matthew	FR St. Scholastica	6.45m	6.41m	21-00.50	2	4		
	6.12m 5.92m 6.33m 6.41m 4.55m 6.33m								
6	Smith, Kameron	FR Augsburg	6.40m	6.40m	21-00.00	2	3		
	6.19m 6.28m 6.24m 6.19m 6.40m 6.24m								
7	Swenson, Simon	SO Bethel (Minn.)	6.29m	6.31m	20-08.50	1	2		
	6.29m FOUL 6.13m 6.13m 6.18m 6.31m								

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....Men Long Jump									
8	Hansen, Matt	FR	St. John's (Minn.)	6.15m	6.27m	20-07.00	1	1	
	6.27m 6.05m 5.81m 6.12m 6.06m 6.18m								
9	Marsh, Anthony	JR	Concordia-Moorhead	6.41m	6.24m	20-05.75	2		
	6.24m 5.98m 6.06m 5.32m 2.97m 5.81m								
10	Bovitz, Nick	FR	Bethel (Minn.)	6.08m	6.20m	20-04.25	1		
	FOUL 6.20m 6.04m								
11	Thurk, Anthony	JR	St. John's (Minn.)	6.38m	5.98m	19-07.50	2		
	5.98m 5.62m 4.38m								
12	Cooper, Dan	SR	Saint Mary's	6.12m	5.90m	19-04.25	1		
	5.79m 5.88m 5.90m								
13	Charlton, Josh	JR	St. Olaf	6.32m	5.86m	19-02.75	2		
	FOUL FOUL 5.86m								
13	LePard, Ben	FR	Concordia-Moorhead	5.91m	5.86m	19-02.75	1		
	5.37m 5.86m 5.67m								
15	Wynia, Ben	FR	Gustavus Adolphus	6.12m	5.82m	19-01.25	1		
	5.67m 5.82m 5.70m								
16	Rikkers, Sam	JR	St. Olaf	5.72m	5.62m	18-05.25	1		
	5.62m FOUL FOUL								
17	Molstre, Joey	FR	Concordia-Moorhead	5.72m	5.44m	17-10.25	1		
	5.44m 5.34m 5.35m								
18	Peterson, Ben	JR	Concordia-Moorhead	5.92m	5.34m	17-06.25	1		
	4.39m 4.89m 5.34m								
--	Cisewski, Antonio	JR	Saint Mary's	6.37m	FOUL		2		
	FOUL PASS PASS								
--	Wang, Kevin	SO	Macalester	5.82m	FOUL		1		
	FOUL FOUL FOUL								

Men Triple Jump									
=====									
Champ. Rec.: # 15.26m		1993	Leonard Jones, St. Thomas						
Facility Rec: F 14.61m		2006	Tony Gregory, Cabrini						
Name	Year	School	Seed	Finals		H#	Points		
=====									
1	Hodin, Riley	JR	Macalester	13.38m	13.72m	45-00.25	2	10	
	13.18m FOUL 13.37m 13.72m 13.36m FOUL								
2	Wade, Elijah	SR	St. John's (Minn.)	12.55m	13.71m	44-11.75	1	8	
	12.82m 13.15m 13.39m 13.43m 13.38m 13.71m								
3	Schaffer, Zach	SO	St. John's (Minn.)	13.23m	13.57m	44-06.25	2	6	
	13.02m 13.34m 13.05m 13.03m 12.66m 13.57m								
4	Bovitz, Nick	FR	Bethel (Minn.)	13.15m	13.35m	43-09.75	2	5	
	13.35m 12.53m FOUL FOUL 13.05m 13.19m								
5	Braun, Michael	JR	Hamline	13.32m	13.32m	43-08.50	2	4	
	12.57m 13.32m 13.15m 13.28m FOUL 13.21m								
6	Smith, Kameron	FR	Augsburg	12.94m	13.19m	43-03.25	2	3	
	12.77m 13.19m 12.08m 12.70m 12.58m FOUL								
7	Thurk, Anthony	JR	St. John's (Minn.)	12.87m	12.94m	42-05.50	2	2	
	12.80m FOUL 12.57m FOUL 12.51m 12.94m								
8	Cline-Cole, Ethan	SO	Carleton	12.51m	12.93m	42-05.25	1	1	
	FOUL 12.83m 12.83m 12.22m FOUL 12.93m								
9	Johnson, Brady	JR	Saint Mary's	12.85m	12.87m	42-02.75	2		
	FOUL 12.87m 12.70m FOUL 12.67m 12.87m								
10	Albertson, Max	FR	St. Olaf	12.96m	12.66m	41-06.50	2		
	FOUL 12.66m FOUL								
11	Erickson, Matthew	FR	St. Scholastica	12.97m	12.57m	41-03.00	2		
	12.57m 12.47m 12.44m								

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....Men Triple Jump

12	Thompson, Gabe	JR	Concordia-Moorhead	12.23m	12.46m	40-10.50	1
	12.46m 12.44m FOUL						
13	Kaba, Bangaly	FR	St. John's (Minn.)	12.09m	J12.46m	40-10.50	1
	12.46m FOUL 11.92m						
14	Swenson, Simon	SO	Bethel (Minn.)	12.56m	12.40m	40-08.25	1
	12.27m FOUL 12.40m						
15	Veimau, Justin	SR	Macalester	12.66m	12.28m	40-03.50	2
	12.28m FOUL PASS						
16	Strube, Reese	FR	Concordia-Moorhead	12.07m	11.97m	39-03.25	1
	11.88m 11.90m 11.97m						
17	Wang, Kevin	SO	Macalester	11.72m	11.84m	38-10.25	1
	11.84m FOUL FOUL						
18	Cogley, Andrew	JR	St. Olaf	11.94m	11.81m	38-09.00	1
	11.58m 11.81m PASS						
19	Wynia, Ben	FR	Gustavus Adolphus	11.85m	11.52m	37-09.50	1
	11.46m FOUL 11.52m						
20	Moo, Eh Ler	JR	St. Olaf	11.48m	11.46m	37-07.25	1
	11.46m 10.35m 11.29m						

Men Shot Put

=====							
Champ. Rec.: # 17.60m 1996				Aaron Banks, Concordia-Mo			
Facility Rec: F 17.77m 2006				Uzoma Orji, Mass. Inst. of Tech.			
Name	Year	School	Seed	Finals		H#	Points
=====							
1 Folkestad, Cooper		JR Concordia-Moorhead	16.72m	15.98m	52-05.25	2	10
	15.92m FOUL 15.98m	15.79m FOUL FOUL					
2 Beseth, Trent		SO St. Scholastica	16.83m	15.56m	51-00.75	2	8
	14.35m FOUL 15.56m	FOUL 15.51m FOUL					
3 Frost, Jaeden		SR St. John's (Minn.)	14.76m	15.16m	49-09.00	2	6
	15.16m FOUL FOUL	14.89m FOUL FOUL					
4 Monreal, Joshua		FR St. Scholastica	15.36m	14.95m	49-00.75	2	5
	14.16m 14.95m FOUL	FOUL FOUL FOUL					
5 Larsen, Evan		JR Bethel (Minn.)	15.13m	14.87m	48-09.50	2	4
	14.33m 14.73m FOUL	14.87m 14.55m FOUL					
6 Hokanson, Adam		SO Bethel (Minn.)	15.07m	14.66m	48-01.25	2	3
	14.66m 13.64m 14.06m	FOUL FOUL FOUL					
7 Hillstrom, Dominik		JR Concordia-Moorhead	14.07m	14.60m	47-11.00	2	2
	13.54m 14.14m 14.16m	13.99m 14.60m FOUL					
8 Dioszeghy, Sam		FR Concordia-Moorhead	13.45m	14.08m	46-02.50	1	1
	13.97m 14.08m 14.08m	FOUL FOUL FOUL					
9 Houska, Blake		FR Concordia-Moorhead	14.24m	14.06m	46-01.50	2	
	13.14m 13.52m 14.06m	FOUL FOUL FOUL					
10 DeWall, Kaleb		JR St. John's (Minn.)	13.41m	13.68m	44-10.75	1	
	12.89m 13.46m 13.68m						
11 Steger, Grant		SR St. Scholastica	13.78m	13.15m	43-01.75	2	
	13.15m FOUL FOUL						
12 Carroll, Nathan		FR St. John's (Minn.)	12.23m	13.13m	43-01.00	1	
	11.44m 12.47m 13.13m						
13 Spurgeon, Eli		SO Gustavus Adolphus	12.96m	13.09m	42-11.50	1	
	12.38m 13.09m 13.08m						
14 Turqueza, Rylan		FR St. John's (Minn.)	12.92m	12.70m	41-08.00	1	
	11.91m 12.62m 12.70m						
15 Wellman, Trevor		JR Bethel (Minn.)	12.93m	12.40m	40-08.25	1	
	FOUL 12.00m 12.40m						

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16	Hudspith, Wyatt	FR Gustavus Adolphus	12.58m	12.39m	40-07.75	1
	11.36m 12.39m 12.18m					
17	Mills, Austin	SO Macalester	12.09m	11.84m	38-10.25	1
	FOUL 11.84m 11.57m					
18	Massey, Harry	FR Hamline	12.65m	11.70m	38-04.75	1
	11.70m FOUL FOUL					
19	Willier, Anthony	FR St. John's (Minn.)	12.21m	11.27m	36-11.75	1
	FOUL FOUL 11.27m					
--	Conant, Philip	FR Bethel (Minn.)	13.80m	FOUL		2
	FOUL FOUL FOUL					

Men Weight Throw

=====						
Champ. Rec.: # 19.68m 2011		Andrew Brueggen, Saint Mary's				
Facility Rec: F 20.82m 2006		Kevin Becker, UW La Crosse				
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Hokanson, Adam	SO Bethel (Minn.)	16.63m	17.41m	57-01.50	2 10
	FOUL 17.41m FOUL 16.20m FOUL 15.20m					
2	Steger, Grant	SR St. Scholastica	16.25m	17.12m	56-02.00	2 8
	15.33m 16.97m FOUL 17.12m FOUL 16.96m					
3	Frost, Jaeden	SR St. John's (Minn.)	15.77m	16.78m	55-00.75	2 6
	FOUL 16.78m FOUL FOUL FOUL 16.58m					
4	Larsen, Evan	JR Bethel (Minn.)	17.11m	15.93m	52-03.25	2 5
	15.78m FOUL 15.93m 15.85m FOUL FOUL					
5	Beseth, Trent	SO St. Scholastica	16.77m	15.48m	50-09.50	2 4
	14.66m 15.48m FOUL FOUL FOUL FOUL					
6	Fritz, Casen	JR Saint Mary's	14.94m	15.37m	50-05.25	2 3
	15.37m 14.90m 14.79m 14.87m FOUL FOUL					
7	Mensen, Joseph	JR St. John's (Minn.)	15.34m	15.02m	49-03.50	2 2
	14.88m 14.89m 15.02m 14.71m FOUL 14.83m					
8	DeWall, Kaleb	JR St. John's (Minn.)	13.60m	14.82m	48-07.50	1 1
	13.35m 14.06m 14.82m FOUL 13.25m FOUL					
9	Conant, Philip	FR Bethel (Minn.)	14.48m	14.57m	47-09.75	1
	14.18m 13.44m 14.57m FOUL 14.12m FOUL					
10	Mills, Austin	SO Macalester	14.91m	13.68m	44-10.75	2
	FOUL 13.68m FOUL					
11	Ramirez, Ricky	JR Concordia-Moorhead	14.59m	13.40m	43-11.75	2
	13.34m FOUL 13.40m					
12	Dioszeghy, Sam	FR Concordia-Moorhead	13.00m	13.35m	43-09.75	1
	FOUL FOUL 13.35m					
13	Willier, Anthony	FR St. John's (Minn.)	12.85m	13.12m	43-00.50	1
	FOUL 11.94m 13.12m					
14	Monreal, Joshua	FR St. Scholastica	16.44m	12.64m	41-05.75	2
	FOUL FOUL 12.64m					
15	Yang, Aiden	SO Macalester	12.42m	12.45m	40-10.25	1
	FOUL 12.45m FOUL					
16	Turqueza, Rylan	FR St. John's (Minn.)	12.93m	12.33m	40-05.50	1
	12.33m FOUL 11.72m					
17	Houska, Blake	FR Concordia-Moorhead	12.46m	11.93m	39-01.75	1
	FOUL 11.93m FOUL					
18	Stordahl, Zach	JR Gustavus Adolphus	13.35m	11.92m	39-01.25	1
	FOUL 11.92m FOUL					
19	Spurgeon, Eli	SO Gustavus Adolphus	12.42m	10.69m	35-01.00	1
	10.11m FOUL 10.69m					

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

20 Brown, Jakob JR Concordia-Moorhead 12.86m 10.54m 34-07.00 1
 10.22m 10.54m FOUL

Heptathlon: #1 Men 60 Meter Dash Heptathlon

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

Heptathlon: #7 Men 1000 Meter Run Heptathlon

Name	Year School	Finals	Points
1 Cogley, Andrew	JR St. Olaf	2:41.79	854
28.492 (28.492)	1:00.201 (31.710)	1:33.723 (33.522)	2:08.340 (34.618)
2:41.790 (33.450)			
2 McCormick, Connor	SO Gustavus Adolphus	2:44.85	820
30.289 (30.289)	1:03.744 (33.456)	1:37.414 (33.670)	2:11.432 (34.018)
2:44.850 (33.418)			
3 Lord, Demetri	JR St. Olaf	2:45.98	808
29.605 (29.605)	1:02.175 (32.570)	1:36.641 (34.466)	2:11.726 (35.085)
2:45.972 (34.246)			
4 Rhonemus, Wade	SR Concordia-Moorhead	2:47.15	796
30.438 (30.438)	1:04.015 (33.577)	1:37.834 (33.819)	2:12.198 (34.365)
2:47.148 (34.950)			
5 Olson, Jesse	FR St. Olaf	2:50.50	760
29.900 (29.900)	1:04.128 (34.228)	1:39.653 (35.525)	2:15.950 (36.297)
2:50.495 (34.546)			
6 Lelwica, Max	JR St. John's (Minn.)	2:52.40	741
31.725 (31.725)	1:05.758 (34.033)	1:42.011 (36.254)	2:18.742 (36.731)
2:52.397 (33.656)			
7 Schulze, Sam	JR Gustavus Adolphus	2:53.84	726
32.210 (32.210)	1:06.620 (34.410)	1:43.011 (36.392)	2:19.765 (36.754)
2:53.836 (34.072)			
8 Thurk, Anthony	JR St. John's (Minn.)	2:55.34	711
31.411 (31.411)	1:05.221 (33.810)	1:40.808 (35.587)	2:18.371 (37.564)
2:55.340 (36.970)			

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....Heptathlon: #7 Men 1000 Meter Run Heptathlon

9	Wellman, Trevor	JR Bethel (Minn.)	2:56.51	699
	32.780 (32.780)	1:07.818 (35.039)	1:43.505 (35.687)	2:20.350 (36.845)
	2:56.510 (36.160)			
10	Molstre, Joey	FR Concordia-Moorhead	3:01.74	647
	33.710 (33.710)	1:08.960 (35.250)	1:46.858 (37.899)	2:27.440 (40.582)
	3:01.736 (34.296)			
11	Lapinski, Will	FR St. Olaf	3:02.11	644
	1:08.348 (1:08.348)	1:46.336 (37.988)	2:26.945 (40.609)	3:02.107 (35.162)
12	Hoelzel, Gavin	FR St. Olaf	3:04.21	624
	34.142 (34.142)	1:09.337 (35.195)	1:47.084 (37.747)	2:27.786 (40.703)
	3:04.207 (36.421)			
13	Kiel, Logan	FR St. John's (Minn.)	3:09.87	571
	34.880 (34.880)	1:09.887 (35.007)	1:48.114 (38.228)	2:30.864 (42.750)
	3:09.864 (39.000)			
14	Hennen, Logan	SO St. John's (Minn.)	3:13.51	538
	32.698 (32.698)	1:07.183 (34.485)	1:46.507 (39.324)	2:30.432 (43.926)
	3:13.510 (43.078)			
15	Elseth, Aaron	SO Bethel (Minn.)	3:15.42	521
	36.266 (36.266)	1:15.954 (39.688)	1:55.803 (39.850)	2:36.270 (40.468)
	3:15.420 (39.150)			
16	Kienholz, Carter	JR Hamline	3:23.81	450
	35.758 (35.758)	1:12.832 (37.074)	1:53.837 (41.006)	2:37.806 (43.970)
	3:23.802 (45.996)			

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Name	Year School	Finals	H#	Points
1 Lord, Demetri	JR St. Olaf	8.53	5	853
2 McCormick, Connor	SO Gustavus Adolphus	8.63	5	829
3 Rhonemus, Wade	SR Concordia-Moorhead	8.74	5	804
4 Lelwica, Max	JR St. John's (Minn.)	8.87	5	775
5 Thurk, Anthony	JR St. John's (Minn.)	8.92	4	764
6 Schulze, Sam	JR Gustavus Adolphus	8.97	3	752
7 Elseth, Aaron	SO Bethel (Minn.)	9.05	4	735
8 Hennen, Logan	SO St. John's (Minn.)	9.32	4	677
9 Cogley, Andrew	JR St. Olaf	9.56	3	627
10 Wellman, Trevor	JR Bethel (Minn.)	9.70	2	599
11 Demetriades, Theo	SO Carleton	9.74	3	591
12 Hoelzel, Gavin	FR St. Olaf	9.75	3	589
13 Lapinski, Will	FR St. Olaf	9.76	1	587
14 Kienholz, Carter	JR Hamline	9.77	2	585
15 Olson, Jesse	FR St. Olaf	9.93	1	554
16 Molstre, Joey	FR Concordia-Moorhead	10.04	2	533
17 Kiel, Logan	FR St. John's (Minn.)	10.10	1	522

Heptathlon: #4 Men High Jump Heptathlon

Name	Year School	Finals	H#	Points
1 Thurk, Anthony	JR St. John's (Minn.)	1.87m	6-01.50	2 687
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90				
P P P P P P P O O XO XXO O XXX				

Results

2	Cogley, Andrew	JR St. Olaf	1.84m	6-00.50	2	661
	1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87					
	P P P P P O P O XXO XO XO XXX					
3	Lelwica, Max	JR St. John's (Minn.)	1.81m	5-11.25	2	636
	1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84					
	P P P P O P O O XO XXO XXX					
3	Rhonemus, Wade	SR Concordia-Moorhead	1.81m	5-11.25	2	636
	1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84					
	P P P P P O XO O XXO O XXX					
5	Lapinski, Will	FR St. Olaf	1.78m	5-10.00	2	610
	1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81					
	P P P P O P XO O XO XXX					
5	Lord, Demetri	JR St. Olaf	1.78m	5-10.00	2	610
	1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81					
	P P P P P O P XO XO XXX					
5	McCormick, Connor	SO Gustavus Adolphus	1.78m	5-10.00	1	610
	1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81					
	P P P P P XO O O O O XXO XO XXX					
8	Olson, Jesse	FR St. Olaf	1.75m	5-08.75	2	585
	1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78					
	P P P O O O XO XXO XXX					
9	Wellman, Trevor	JR Bethel (Minn.)	1.69m	5-06.50	1	536
	1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72					
	P P P O O O O XO XXX					
9	Molstre, Joey	FR Concordia-Moorhead	1.69m	5-06.50	1	536
	1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72					
	P P O P O O XXO XXO O XXX					
9	Hennen, Logan	SO St. John's (Minn.)	1.69m	5-06.50	2	536
	1.54 1.57 1.60 1.63 1.66 1.69 1.72					
	P P O O O XO XXX					
12	Elseth, Aaron	SO Bethel (Minn.)	1.63m	5-04.25	1	488
	1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66					
	P O O O O O O XXX					
12	Kienholz, Carter	JR Hamline	1.63m	5-04.25	1	488
	1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66					
	P P O O O O XO XXX					
12	Schulze, Sam	JR Gustavus Adolphus	1.63m	5-04.25	1	488
	1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66					
	P P O P O XO O XXX					
15	Kiel, Logan	FR St. John's (Minn.)	1.57m	5-01.75	1	441
	1.45 1.48 1.51 1.54 1.57 1.60					
	O O O XO O XXX					
16	Hoelzel, Gavin	FR St. Olaf	1.51m	4-11.50	1	396
	1.45 1.48 1.51 1.54					
	O XXO XXO XXX					
--	Demetriades, Theo	SO Carleton	NH		2	
	1.54					
	XXX					

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

1	Rhonemus, Wade	SR Concordia-Moorhead	4.40m	14-05.25	731
	2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20 4.30 4.40 4.50				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O O O XO O XXX				
2	Lelwica, Max	JR St. John's (Minn.)	4.00m	13-01.50	617
	2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O XO O XO XXO XO XXX				
3	McCormick, Connor	SO Gustavus Adolphus	3.90m	12-09.50	590
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O O XXO XXX				
4	Hennen, Logan	SO St. John's (Minn.)	3.70m	12-01.50	535
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O O O O O XXX				
5	Lord, Demetri	JR St. Olaf	3.60m	11-09.75	509
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O O XO O O XXX				
5	Hoelzel, Gavin	FR St. Olaf	3.60m	11-09.75	509
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP XO XXO O XXO XXX				
5	Thurk, Anthony	JR St. John's (Minn.)	3.60m	11-09.75	509
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O O O O XXX				
8	Kienholz, Carter	JR Hamline	3.50m	11-05.75	482
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60				
	PPP PPP PPP PPP PPP PPP PPP PPP O PPP O O XO O XXX				
8	Kiel, Logan	FR St. John's (Minn.)	3.50m	11-05.75	482
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O O O XO XXX				
8	Cogley, Andrew	JR St. Olaf	3.50m	11-05.75	482
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60				
	PPP PPP PPP PPP PPP PPP PPP O PPP O XO XO XO XXX				
11	Molstre, Joey	FR Concordia-Moorhead	3.30m	10-10.00	431
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40				
	PPP PPP PPP PPP PPP PPP XO O O O O XXX				
11	Olson, Jesse	FR St. Olaf	3.30m	10-10.00	431
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40				
	PPP PPP PPP PPP O O O O O XO XXO XXX				
11	Schulze, Sam	JR Gustavus Adolphus	3.30m	10-10.00	431
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40				
	PPP PPP PPP PPP PPP PPP XO PPP XO XXO XXO XXX				
14	Demetriades, Theo	SO Carleton	3.20m	10-06.00	406
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30				
	O O O O PPP O O O XO O XO XXX				
15	Wellman, Trevor	JR Bethel (Minn.)	3.00m	9-10.00	357
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10				
	PPP PPP PPP PPP O O XO XO XXX				
16	Elseth, Aaron	SO Bethel (Minn.)	2.80m	9-02.25	309
	2.30 2.40 2.50 2.60 2.70 2.80 2.90				
	XO O O XXO O XXO XXX				
17	Lapinski, Will	FR St. Olaf	2.70m	8-10.25	286
	2.30 2.40 2.50 2.60 2.70 2.80				
	O XO O O XO XXX				

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

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

Heptathlon: #3 Men Shot Put Heptathlon

Name	Year	School	Finals	Points
1 Lord, Demetri 11.61m 11.39m 12.14m	JR	St. Olaf	12.14m 39-10.00	615
2 Kiel, Logan 11.46m 11.82m 11.66m	FR	St. John's (Minn.)	11.82m 38-09.50	595
3 Lelwica, Max 10.75m 11.42m 11.55m	JR	St. John's (Minn.)	11.55m 37-10.75	579
4 Hennen, Logan 11.39m FOUL 11.12m	SO	St. John's (Minn.)	11.39m 37-04.50	569
5 Wellman, Trevor 11.35m 11.14m FOUL	JR	Bethel (Minn.)	11.35m 37-03.00	567
6 Thurk, Anthony 11.30m FOUL 11.13m	JR	St. John's (Minn.)	11.30m 37-01.00	564
7 Rhonemus, Wade 10.71m 9.92m 11.07m	SR	Concordia-Moorhead	11.07m 36-04.00	550

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

Tostrud Center, St. Olaf College

Results

....Heptathlon: #3 Men Shot Put Heptathlon

8	Cogley, Andrew	JR St. Olaf	10.53m	34-06.75	518
	10.41m 10.27m 10.53m				
9	Kienholz, Carter	JR Hamline	10.47m	34-04.25	514
	FOUL 10.47m 9.90m				
10	Elseth, Aaron	SO Bethel (Minn.)	10.23m	33-06.75	499
	10.23m 9.61m 9.81m				
11	Demetriades, Theo	SO Carleton	9.19m	30-02.00	437
	9.19m 8.86m 8.11m				
12	Molstre, Joey	FR Concordia-Moorhead	9.10m	29-10.25	432
	8.45m 9.10m FOUL				
13	McCormick, Connor	SO Gustavus Adolphus	8.51m	27-11.00	397
	6.57m 8.51m 8.40m				
14	Olson, Jesse	FR St. Olaf	8.38m	27-06.00	389
	8.07m 7.98m 8.38m				
15	Lapinski, Will	FR St. Olaf	8.00m	26-03.00	366
	7.77m 8.00m 7.88m				
16	Hoelzel, Gavin	FR St. Olaf	7.67m	25-02.00	347
	7.10m 7.67m 7.53m				
17	Schulze, Sam	JR Gustavus Adolphus	7.59m	24-11.00	342
	7.16m 7.02m 7.59m				

Men Heptathlon

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Champ. Rec.: # 5118 2022		Maguire Petersen, St. Johns				
Facility Rec: F 4959 2022		Keaten Wood, Linfield				
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Rhonemus, Wade	SR	Concordia-Moorhead		4967F	10	
2 Lord, Demetri	JR	St. Olaf		4897	8	
3 Ielwica, Max	JR	St. John's (Minn.)		4634	6	
4 Thurk, Anthony	JR	St. John's (Minn.)		4587	5	
5 McCormick, Connor	SO	Gustavus Adolphus		4568	4	
6 Cogley, Andrew	JR	St. Olaf		4478	3	
7 Hennen, Logan	SO	St. John's (Minn.)		4135	2	
8 Schulze, Sam	JR	Gustavus Adolphus		3985	1	
9 Wellman, Trevor	JR	Bethel (Minn.)		3957		
10 Olson, Jesse	FR	St. Olaf		3899		
11 Molstre, Joey	FR	Concordia-Moorhead		3827		
12 Kiel, Logan	FR	St. John's (Minn.)		3738		
13 Hoelzel, Gavin	FR	St. Olaf		3662		
14 Kienholz, Carter	JR	Hamline		3647		
15 Elseth, Aaron	SO	Bethel (Minn.)		3643		
16 Lapinski, Will	FR	St. Olaf		3557		

Women - Team Rankings - 20 Events Scored

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

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

....Men Heptathlon

Men - Team Rankings - 20 Events Scored

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