

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****Women 60 Meter Dash**

Name	Year School	Prelims	H#
Preliminaries			
1 Gallagher, Kate	JR St. Benedict	8.02Q	1
2 Trucksess, Deanna	SO Northwestern	8.26Q	2
3 Logelin, Ellie	JR Hamline	8.31Q	3
3 Fink, Ava	FR St. Scholastica	8.31Q	3
5 Nelson, Myah	FR St. Benedict	8.33Q	4
6 Oloyede, Shekinah	SR Colorado College	8.22q	1
7 Preston, Adisa	SO Macalester	8.34q	3
7 Williams, Nayeli	SO Carleton	8.34q	4
9 Nelsen, Rachel	JR St. Olaf	8.38	4
10 Davis, Adele	FR Colorado College	8.41	2
11 Josephson, Madi	FR St. Benedict	8.42	2
12 Sautter, Kaitlyn	FR St. Scholastica	8.43	1
13 Keech, Claire	FR St. Olaf	8.50	4
14 Hunter, Penny	JR Macalester	8.53	1
15 Matre, Zoe	SO St. Olaf	8.59	3
15 Johnson, Hailey	SR St. Benedict	8.59	2
15 Aladetani, Amira	SO Carleton	8.59	4
18 Lynch, MacKenzie	JR Martin Luther	8.72	2
19 Coburn, Olive	FR St. Olaf	8.81	3
20 Williams, Tremaine	SO St. Benedict	8.87	4
21 Crewsey, Amanda	FR Macalester	8.88	3
22 Woo, Liana	SO Hamline	8.91	4
23 Pankow, Maia	FR Martin Luther	8.93	1
24 Carver, Zoe	FR Macalester	9.09	1
25 Soni, Asha	FR Colorado College	9.35	2
26 Koehler, Jenna	FR Martin Luther	9.88	1
27 Adams Loyd, Susan	Unattached	10.12	3

Women 60 Meter Dash

Name	Year School	Finals
Finals		
1 Gallagher, Kate	JR St. Benedict	8.01
2 Oloyede, Shekinah	SR Colorado College	8.20
3 Logelin, Ellie	JR Hamline	8.28
3 Trucksess, Deanna	SO Northwestern	8.28
5 Fink, Ava	FR St. Scholastica	8.29
6 Nelson, Myah	FR St. Benedict	8.33
7 Preston, Adisa	SO Macalester	8.48

Women 200 Meter Dash

Name	Year School	Finals	H#
1 Twichell, Hadley	FR Carleton	26.92	8
2 Amundson, Journey	SR Macalester	27.06	8
3 Berg, Lauren	FR St. Benedict	27.12	7
4 Trucksess, Deanna	SO Northwestern	27.27	8
4 Storbakken, Emma	SO St. Olaf	27.27	7
6 Kroschel, Karla	JR St. Olaf	27.45	6
7 Logelin, Ellie	JR Hamline	27.57	6

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Women 200 Meter Dash**

8	Holman, Ququ	JR St. Olaf	x27.80	5
9	Lott, Bianca	FR Carleton	27.88	5
10	Fink, Ava	FR St. Scholastica	27.98	7
10	Matre, Zoe	SO St. Olaf	x27.98	6
12	Nelson, Myah	FR St. Benedict	28.04	3
13	Preston, Adisa	SO Macalester	28.27	5
14	Johnson, Hailey	SR St. Benedict	x28.36	6
15	Fowkes, Emma	JR Colorado College	28.37	3
16	Hunter, Penny	JR Macalester	x28.52	4
17	Sahly, Emma	SO St. Olaf	x28.66	4
18	Ganley, Mirjana	JR St. Benedict	x28.73	3
19	Soule, Allison	FR St. Olaf	x28.82	4
20	Sims, Jaeden	FR Macalester	x29.04	7
21	Sautter, Kaitlyn	FR St. Scholastica	29.21	4
22	Lynch, MacKenzie	JR Martin Luther	29.31	2
23	Woo, Liana	SO Hamline	29.51	2
24	Kwan, April	JR Colorado College	29.66	2
25	Coburn, Olive	FR St. Olaf	x29.86	3
26	Pankow, Maia	FR Martin Luther	29.97	2
27	Warden, Winona	FR Northwestern	30.32	1
28	Hamilton, Mercedes	SO Hamline	x30.75	1
29	Soni, Asha	FR Colorado College	x31.32	1
30	Schuele, Emma	FR St. Benedict	x31.45	1
31	Adams Loyd, Susan	Unattached	34.30	1

Women 400 Meter Dash

Name	Year School	Finals	H#
1 Berg, Lauren	FR St. Benedict	59.47	3
28.36 (28.36)	59.47 (31.11)		
2 Bernardy, Lindsey	SR Hamline	1:01.68	3
28.64 (28.64)	1:01.68 (33.04)		
3 Ganley, Mirjana	JR St. Benedict	1:04.65	2
30.36 (30.36)	1:04.65 (34.29)		
4 Ellefson, Jaden	FR St. Scholastica	1:04.86	2
30.57 (30.57)	1:04.86 (34.29)		
5 Knapp, Emerson	SO St. Benedict	x1:05.25	3
30.22 (30.22)	1:05.25 (35.03)		
6 Kiminiski, Anna	SO St. Scholastica	1:06.66	1
31.00 (31.00)	1:06.66 (35.67)		
7 Gabb, Margaret	JR Martin Luther	1:08.43	2
30.83 (30.83)	1:08.43 (37.61)		
8 Aurelius, Andreiana	JR Hamline	1:08.76	1
31.36 (31.36)	1:08.76 (37.41)		
9 Warden, Winona	FR Northwestern	1:09.47	1
31.76 (31.76)	1:09.47 (37.72)		
10 Hamilton, Mercedes	SO Hamline	x1:12.40	1
33.00 (33.00)	1:12.40 (39.40)		
11 Adams Loyd, Susan	Unattached	1:16.89	1
34.99 (34.99)	1:16.89 (41.90)		

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****Women 600 Meter Run**

Name	Year	School	Finals	H#
1 Maddux, Alexandra	SR	Hamline	1:35.92	4
30.63 (30.63)	1:02.74 (32.12)	1:35.92 (33.19)		
2 Erickson, Lara	SO	Carleton	1:40.34	4
30.83 (30.83)	1:03.34 (32.51)	1:40.34 (37.00)		
3 Fromm, Jules	SO	St. Olaf	1:40.77	4
31.70 (31.70)	1:05.41 (33.72)	1:40.77 (35.37)		
4 Lippert, Clara	FR	Colorado College	1:41.92	4
32.11 (32.11)	1:06.96 (34.86)	1:41.92 (34.96)		
5 Matson, Tori	SR	Colorado College	1:42.95	4
32.65 (32.65)	1:07.04 (34.40)	1:42.95 (35.91)		
6 Sieck, Kayla	FR	St. Olaf	1:43.85	2
33.14 (33.14)	1:08.41 (35.27)	1:43.85 (35.44)		
7 Wyatt, Isabel	FR	St. Olaf	x1:43.88	3
33.74 (33.74)	1:08.92 (35.19)	1:43.88 (34.96)		
8 Wilkins, Hadley	FR	Macalester	1:43.89	3
33.15 (33.15)	1:08.11 (34.96)	1:43.89 (35.78)		
9 Edstrom, Olivia	JR	St. Olaf	x1:44.22	3
33.35 (33.35)	1:07.79 (34.44)	1:44.22 (36.44)		
10 Manhard, Abbie	FR	St. Olaf	x1:44.33	3
32.96 (32.96)	1:08.52 (35.56)	1:44.33 (35.82)		
11 Goodfried, Abby	FR	Colorado College	x1:44.48	4
32.09 (32.09)	1:06.63 (34.54)	1:44.48 (37.86)		
12 Lyngen, Lucy	JR	St. Benedict	1:44.78	2
32.23 (32.23)	1:08.14 (35.91)	1:44.78 (36.64)		
13 Nyuga, Sidela	JR	St. Benedict	1:45.16	2
31.99 (31.99)	1:07.83 (35.85)	1:45.16 (37.34)		
14 Rodriguez, Madeline	SR	Macalester	1:45.36	3
33.02 (33.02)	1:09.14 (36.13)	1:45.36 (36.22)		
15 Pfeiffer, Ruth	FR	St. Olaf	x1:45.39	2
34.01 (34.01)	1:08.40 (34.39)	1:45.39 (37.00)		
16 Thurston, Karley	SO	Macalester	x1:46.27	1
34.29 (34.29)	1:08.69 (34.41)	1:46.27 (37.58)		
17 Mauzer, Riley	JR	St. Olaf	x1:47.04	3
32.59 (32.59)	1:08.80 (36.21)	1:47.04 (38.25)		
18 Mathews, Jalisa	SR	Hamline	1:48.19	2
34.01 (34.01)	1:10.12 (36.11)	1:48.19 (38.08)		
19 Warren, Anna	SO	Macalester	x1:51.37	1
35.62 (35.62)	1:14.34 (38.72)	1:51.37 (37.04)		
20 Flack, Olivia	SR	St. Benedict	x1:54.71	1
36.05 (36.05)	1:14.88 (38.83)	1:54.71 (39.84)		
21 Beck, Olivia	FR	St. Benedict	x1:58.30	2
34.39 (34.39)	1:13.49 (39.10)	1:58.30 (44.82)		

Women 800 Meter Run

Name	Year	School	Finals	H#
1 Moeller, Grace	FR	St. Olaf	2:22.72	3
34.98 (34.98)	1:10.73 (35.75)	1:47.20 (36.47)	2:22.72 (35.53)	
2 Sholing, Ellie	SR	St. Scholastica	2:23.24	3
33.75 (33.75)	1:09.77 (36.03)	1:46.84 (37.07)	2:23.24 (36.41)	
3 Smith, Kalli	SO	St. Benedict	2:23.59	3
34.56 (34.56)	1:10.01 (35.46)	1:47.12 (37.11)	2:23.59 (36.47)	

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Women 800 Meter Run**

4	Cutter, Alice	SO Carleton	2:23.97	3	
	34.31 (34.31)	1:09.60 (35.29)	1:46.52 (36.93)		2:23.97 (37.45)
5	Zielsdorf, Natalie	FR St. Benedict	2:31.56	3	
	35.38 (35.38)	1:12.26 (36.89)	1:52.59 (40.33)		2:31.56 (38.97)
6	Young, Ella	SO St. Benedict	x2:31.98	2	
	35.11 (35.11)	1:12.54 (37.43)	1:51.66 (39.12)		2:31.98 (40.33)
7	Shirley, Ava	FR St. Olaf	2:32.00	3	
	36.73 (36.73)	1:15.16 (38.44)	1:54.44 (39.28)		2:32.00 (37.57)
8	Gilmer, Lila	FR Colorado College	2:32.54	3	
	36.35 (36.35)	1:15.53 (39.18)	1:54.81 (39.29)		2:32.54 (37.73)
9	Verkinnes, Brooke	FR St. Benedict	x2:34.76	2	
	36.19 (36.19)	1:16.36 (40.18)	1:56.77 (40.42)		2:34.76 (38.00)
10	Foley, Naomi	FR Martin Luther	2:36.10	1	
	39.33 (39.33)	1:20.14 (40.81)	2:00.06 (39.92)		2:36.10 (36.05)
11	Krumm, Ella	SO Macalester	2:36.89	2	
	37.73 (37.73)	1:17.14 (39.42)	1:57.89 (40.76)		2:36.89 (39.01)
12	Juntunen-Novak, Ava	SO St. Benedict	x2:36.92	2	
	38.15 (38.15)	1:17.68 (39.53)	1:58.52 (40.85)		2:36.92 (38.40)
13	Gabb, Margaret	JR Martin Luther	2:39.05	1	
	38.29 (38.29)	1:19.60 (41.32)	1:59.82 (40.22)		2:39.05 (39.24)
14	Wright, Priscilla	FR Northwestern	2:39.33	1	
	38.14 (38.14)	1:18.67 (40.53)	1:59.12 (40.46)		2:39.33 (40.21)
15	Thier, Maranda	SO St. Benedict	x2:39.80	1	
	39.02 (39.02)	1:19.49 (40.47)	2:01.08 (41.59)		2:39.80 (38.73)
16	O'Neil, Annie	FR Colorado College	2:40.24	1	
	38.69 (38.69)	1:19.27 (40.58)	2:00.69 (41.43)		2:40.24 (39.55)
17	Derry, Emmaline	FR Colorado College	x2:40.39	3	
	37.73 (37.73)	1:19.24 (41.51)	1:59.97 (40.73)		2:40.39 (40.42)
18	Cook, Alex	SR St. Benedict	x2:42.40	2	
	37.17 (37.17)	1:16.52 (39.35)	1:58.91 (42.39)		2:42.40 (43.50)
19	Espeleta, Ana	JR Macalester	2:44.10	1	
	38.46 (38.46)	1:19.77 (41.31)	2:01.83 (42.07)		2:44.10 (42.27)
20	Curlo, Karoline	FR St. Benedict	x2:53.43	1	
	38.87 (38.87)	1:20.76 (41.90)	2:06.62 (45.86)		2:53.43 (46.81)

Women 1000 Meter Run

Name	Year School	Finals	H#	
1 Blanchard, Mary	SO Carleton	2:56.95	2	
34.56 (34.56)	1:10.46 (35.91)	1:47.11 (36.65)		2:23.16 (36.05)
2:56.95 (33.80)				
2 Olson, Isabel	SO Colorado College	3:07.01	2	
36.08 (36.08)	1:13.10 (37.03)	1:51.60 (38.51)		2:30.91 (39.31)
3:07.01 (36.10)				
3 Silverstein, Celia	FR Carleton	3:07.46	2	
35.39 (35.39)	1:12.00 (36.61)	1:50.26 (38.27)		2:29.75 (39.50)
3:07.46 (37.71)				
4 Landis, Ella	FR St. Olaf	3:07.59	2	
35.51 (35.51)	1:12.13 (36.62)	1:50.38 (38.26)		2:30.14 (39.76)
3:07.59 (37.46)				
5 Tilley, Rainey	JR Carleton	x3:08.93	2	
36.26 (36.26)	1:13.48 (37.23)	1:51.87 (38.39)		2:30.70 (38.83)
3:08.93 (38.24)				

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Women 1000 Meter Run**

6 Schafer, Nell	JR Carleton	x3:10.27	1	
35.80 (35.80)	1:12.87 (37.07)	1:52.19 (39.32)		2:31.95 (39.77)
3:10.27 (38.32)				
7 Smith, Sadie Ray	JR Carleton	x3:11.36	1	
36.41 (36.41)	1:13.53 (37.12)	1:52.55 (39.02)		2:32.71 (40.17)
3:11.36 (38.66)				
8 Maddux, Alicia	FR Hamline	3:18.80	2	
35.69 (35.69)	1:13.07 (37.39)	1:53.35 (40.28)		2:36.24 (42.90)
3:18.80 (42.56)				
9 Jay, Annie	FR Carleton	x3:19.08	1	
36.95 (36.95)	1:15.69 (38.74)	1:57.26 (41.58)		2:39.43 (42.17)
3:19.08 (39.66)				
10 Walker, Ashlyn	SO Colorado College	3:25.21	2	
36.48 (36.48)	1:14.45 (37.97)	1:55.66 (41.21)		2:40.58 (44.92)
3:25.21 (44.64)				
11 Viscontie, Ella	FR Carleton	x3:29.00	1	
38.63 (38.63)	1:19.83 (41.21)	2:01.29 (41.46)		2:44.64 (43.35)
3:29.00 (44.36)				
12 Lin, Grace	SR Macalester	3:34.14	1	
38.34 (38.34)	1:20.76 (42.43)	2:05.37 (44.62)		2:50.50 (45.13)
3:34.14 (43.64)				
13 Hatrick, Lily	FR Macalester	3:49.17	1	
40.42 (40.42)	1:26.04 (45.63)	2:14.16 (48.12)		3:03.09 (48.94)
3:49.17 (46.08)				
14 Koperski, Danielle	FR St. Scholastica	3:56.81	1	
42.25 (42.25)	1:29.43 (47.18)	2:18.93 (49.51)		3:08.77 (49.84)
3:56.81 (48.04)				
15 Kraabel, Isabel	FR St. Benedict	3:58.53	1	
37.89 (37.89)	1:21.55 (43.67)	2:12.66 (51.12)		3:06.72 (54.07)
3:58.53 (51.81)				

Women 1 Mile Run

Name	Year School	Finals	H#	
1 Blaesing, Maria	JR Macalester	5:09.51	3	
40.47 (40.47)	1:17.76 (37.30)	1:57.03 (39.27)		2:36.58 (39.56)
3:14.38 (37.80)	3:52.98 (38.61)	4:31.55 (38.57)		5:09.51 (37.96)
2 Rankin, Sydney	SO Colorado College	5:13.25	3	
40.85 (40.85)	1:18.56 (37.72)	1:57.08 (38.53)		2:36.67 (39.60)
3:15.04 (38.37)	3:55.01 (39.97)	4:34.97 (39.96)		5:13.25 (38.28)
3 Walda, Lauren	FR St. Olaf	5:18.86	3	
1:19.85 (1:19.85)	1:58.67 (38.83)	2:38.62 (39.95)		3:18.77 (40.15)
3:59.31 (40.55)	4:39.75 (40.44)	5:18.86 (39.12)		
4 Abernethy, Sophie	SO St. Olaf	5:19.05	3	
40.69 (40.69)	1:19.51 (38.83)	1:59.01 (39.50)		2:38.74 (39.74)
3:18.98 (40.24)	3:59.40 (40.42)	4:39.84 (40.45)		5:19.05 (39.22)
5 Larsen, Aliya	FR Carleton	5:24.68	3	
40.43 (40.43)	1:19.22 (38.79)	1:59.72 (40.50)		2:40.10 (40.39)
3:21.75 (41.65)	4:03.40 (41.66)	4:45.32 (41.92)		5:24.68 (39.36)
6 Kiolbasa, Annie	JR St. Benedict	5:29.89	3	
41.70 (41.70)	1:20.34 (38.65)	1:59.92 (39.58)		2:40.74 (40.82)
3:22.89 (42.15)	4:05.24 (42.35)	4:48.38 (43.15)		5:29.89 (41.52)

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7 Yeager, Elise	JR St. Benedict	5:31.69	3		
41.93 (41.93)	1:21.08 (39.16)	2:01.51 (40.44)		2:43.45 (41.94)	
3:26.34 (42.89)	4:09.82 (43.49)	4:51.73 (41.91)		5:31.69 (39.96)	
8 Maahs, Keiley	JR St. Benedict	x5:35.59	3		
41.26 (41.26)	1:20.09 (38.83)	1:59.61 (39.52)		2:40.32 (40.72)	
3:22.48 (42.16)	4:06.16 (43.68)	4:51.68 (45.53)		5:35.59 (43.91)	
9 Ulrich, Kate	SO Carleton	5:37.50	2		
43.92 (43.92)	1:24.94 (41.03)	2:07.51 (42.57)		2:49.38 (41.87)	
3:31.71 (42.33)	4:14.26 (42.56)	4:57.76 (43.50)		5:37.50 (39.75)	
10 Frogge, Brooktie	FR Colorado College	5:37.68	3		
40.97 (40.97)	42.02 (1.05)	1:21.81 (39.79)		2:03.45 (41.65)	
2:46.71 (43.26)	3:31.12 (44.42)	4:15.08 (43.96)		5:37.68 (1:22.61)	
11 Dieschbourg, Morgan	SO Carleton	x5:38.14	2		
43.18 (43.18)	1:25.56 (42.38)	2:08.12 (42.56)		2:49.96 (41.84)	
3:32.08 (42.13)	4:14.85 (42.77)	4:58.30 (43.46)		5:38.14 (39.84)	
12 Franke, Erin	SR Macalester	5:38.59	2		
43.58 (43.58)	1:25.74 (42.16)	2:07.71 (41.98)		2:49.68 (41.98)	
3:31.44 (41.76)	4:14.51 (43.07)	4:57.46 (42.96)		5:38.59 (41.13)	
13 McCloskey, Molly Kate	FR St. Olaf	x5:40.57	1		
42.77 (42.77)	1:25.26 (42.50)	2:09.35 (44.10)		2:53.05 (43.70)	
3:36.75 (43.70)	4:19.30 (42.56)	5:01.46 (42.17)		5:40.57 (39.12)	
14 Coyle, Sylvia	SO Macalester	x5:43.99	2		
44.09 (44.09)	1:26.08 (41.99)	2:08.83 (42.76)		2:51.59 (42.76)	
3:34.84 (43.26)	4:18.99 (44.15)	5:02.94 (43.96)		5:43.99 (41.06)	
15 Craven, Ava	SO St. Olaf	x5:45.91	2		
43.42 (43.42)	1:25.41 (42.00)	2:07.97 (42.56)		2:50.43 (42.47)	
3:32.68 (42.25)	4:16.83 (44.15)	5:02.61 (45.78)		5:45.91 (43.31)	
16 Lewis, Margo	SO Carleton	x5:46.13	2		
43.70 (43.70)	1:25.71 (42.02)	2:08.39 (42.68)		2:50.54 (42.16)	
3:32.31 (41.77)	4:15.15 (42.85)	4:58.89 (43.74)		5:46.13 (47.25)	
17 Terrio, Jenna	JR St. Scholastica	5:48.26	1		
42.96 (42.96)	1:25.00 (42.04)	2:09.10 (44.11)		2:53.37 (44.28)	
3:37.02 (43.65)	4:21.04 (44.03)	5:06.35 (45.31)		5:48.26 (41.92)	
18 Votruba, Maggie	SO Carleton	x5:49.90	2		
43.50 (43.50)	1:25.27 (41.78)	2:08.61 (43.34)		2:51.33 (42.73)	
3:34.38 (43.06)	4:19.50 (45.12)	5:06.24 (46.74)		5:49.90 (43.67)	
19 Tapajna, Abby	FR Hamline	5:50.13	1		
42.41 (42.41)	1:24.86 (42.45)	2:08.92 (44.07)		2:54.15 (45.24)	
3:38.58 (44.43)	4:24.08 (45.51)	5:09.03 (44.96)		5:50.13 (41.10)	
20 Pirone, Mara	FR Macalester	x5:58.54	3		
41.39 (41.39)	1:19.72 (38.33)	1:59.52 (39.80)		2:42.33 (42.82)	
3:28.57 (46.25)	4:18.97 (50.40)	5:09.55 (50.58)		5:58.54 (48.99)	
21 Corbo, Olivia	SO Carleton	x5:59.12	1		
43.14 (43.14)	1:25.68 (42.55)	2:09.98 (44.30)		2:53.87 (43.90)	
3:38.37 (44.50)	4:24.87 (46.50)	5:12.92 (48.06)		5:59.12 (46.21)	
22 Burshem, Ayva	FR St. Benedict	x6:18.11	1		
44.30 (44.30)	1:29.86 (45.57)	3:04.04 (1:34.19)		3:52.48 (48.44)	
4:41.66 (49.19)	5:31.45 (49.79)	6:18.11 (46.66)			
23 Castellano, Julia	FR Macalester	x6:29.04	1		
45.53 (45.53)	1:33.08 (47.55)	2:21.88 (48.81)		3:11.73 (49.85)	
4:00.98 (49.26)	4:51.45 (50.47)	5:41.73 (50.29)		6:29.04 (47.31)	
24 Trapp, Nicole	FR Martin Luther	7:03.21	1		
45.99 (45.99)	1:33.67 (47.69)	2:24.58 (50.91)		3:18.54 (53.97)	
4:14.83 (56.29)	5:11.83 (57.00)	6:09.04 (57.22)		7:03.21 (54.18)	

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Women 1 Mile Run**

-- Colnes, Jesse	SR Macalester	DNF 2	
44.93 (44.93)	1:30.25 (45.33)	2:16.88 (46.63)	3:04.24 (47.37)

Women 3000 Meter Run

Name	Year School	Finals	
1 Quinn, Clare	SR Colorado College	10:35.26	
42.01 (42.01)	1:23.32 (41.32)	2:06.72 (43.41)	2:50.95 (44.23)
3:34.59 (43.65)	4:16.31 (41.72)	4:59.10 (42.79)	5:41.22 (42.13)
6:22.88 (41.67)	7:06.01 (43.14)	7:50.02 (44.02)	8:33.49 (43.47)
9:16.40 (42.92)	9:58.13 (41.74)	10:35.26 (37.13)	
2 Nevo, Na'ama	SR Colorado College	10:36.61	
39.98 (39.98)	1:22.01 (42.03)	2:05.80 (43.80)	2:50.13 (44.33)
3:33.94 (43.81)	4:16.95 (43.01)	4:59.78 (42.84)	5:42.57 (42.79)
6:24.97 (42.40)	7:08.73 (43.77)	7:52.12 (43.39)	8:35.40 (43.28)
9:18.17 (42.78)	9:59.51 (41.34)	10:36.61 (37.10)	
3 Tetmeyer, Bridget	JR St. Benedict	10:52.81	
40.46 (40.46)	1:22.28 (41.82)	2:06.08 (43.80)	2:50.36 (44.29)
3:34.20 (43.85)	4:17.28 (43.08)	4:59.53 (42.26)	5:42.06 (42.53)
6:25.26 (43.20)	7:09.18 (43.93)	7:53.06 (43.88)	8:37.20 (44.15)
9:22.24 (45.04)	10:07.63 (45.39)	10:52.81 (45.19)	
4 Kenney, Mary	FR St. Benedict	11:08.97	
41.27 (41.27)	1:24.30 (43.03)	2:07.72 (43.43)	2:51.90 (44.18)
3:36.47 (44.58)	4:20.81 (44.34)	5:04.57 (43.77)	5:49.61 (45.04)
6:34.92 (45.32)	7:20.49 (45.57)	8:06.71 (46.23)	8:53.21 (46.50)
9:40.47 (47.27)	10:27.33 (46.86)	11:08.97 (41.65)	
5 Yeager, Elise	JR St. Benedict	x11:12.57	
42.25 (42.25)	1:25.40 (43.15)	2:09.54 (44.15)	2:53.68 (44.14)
3:37.83 (44.15)	4:22.50 (44.67)	5:07.51 (45.02)	5:52.73 (45.23)
6:39.33 (46.60)	7:26.41 (47.09)	8:14.16 (47.75)	9:01.90 (47.75)
9:48.77 (46.87)	10:32.97 (44.20)	11:12.57 (39.61)	
6 White, Liz	FR Colorado College	x11:20.35	
44.00 (44.00)	1:31.02 (47.03)	2:16.75 (45.73)	3:02.55 (45.81)
3:49.43 (46.89)	4:36.40 (46.98)	5:22.55 (46.15)	6:06.89 (44.35)
6:53.86 (46.97)	7:40.01 (46.16)	8:27.02 (47.01)	9:12.73 (45.71)
9:59.42 (46.69)	10:42.85 (43.44)	11:20.35 (37.50)	
7 Creighton, Eva	FR St. Benedict	x11:21.35	
41.66 (41.66)	1:24.59 (42.93)	2:08.04 (43.45)	2:52.23 (44.19)
3:36.83 (44.60)	4:21.21 (44.39)	5:04.95 (43.74)	5:49.98 (45.04)
6:35.32 (45.34)	7:20.94 (45.62)	8:07.84 (46.90)	8:55.82 (47.99)
9:45.35 (49.54)	10:34.91 (49.56)	11:21.35 (46.45)	
8 Roberdeau, Libby	JR Hamline	11:24.47	
43.66 (43.66)	1:30.09 (46.44)	2:14.99 (44.91)	3:01.22 (46.23)
3:47.22 (46.00)	4:32.44 (45.23)	5:17.68 (45.24)	6:02.96 (45.29)
6:49.05 (46.09)	7:35.14 (46.09)	8:21.37 (46.24)	9:07.98 (46.61)
9:54.81 (46.83)	10:40.66 (45.86)	11:24.47 (43.82)	
9 Craighead, Nicole	FR Colorado College	x11:32.04	
43.80 (43.80)	1:30.72 (46.92)	2:16.46 (45.75)	3:02.93 (46.48)
3:49.54 (46.61)	4:36.11 (46.58)	5:22.91 (46.80)	6:07.40 (44.49)
6:53.60 (46.21)	7:40.39 (46.80)	8:26.55 (46.16)	9:13.09 (46.55)
9:59.92 (46.83)	10:45.72 (45.81)	11:32.04 (46.32)	

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Women 3000 Meter Run**

10 Olinger, Rachel	FR St. Benedict	x11:48.71		
46.15 (46.15)	1:32.34 (46.20)	2:18.95 (46.61)	3:06.06 (47.11)	
3:53.47 (47.41)	4:41.00 (47.54)	5:28.83 (47.83)	6:16.90 (48.07)	
7:05.29 (48.39)	7:52.80 (47.52)	8:40.15 (47.36)	9:28.52 (48.37)	
10:16.44 (47.92)	11:04.42 (47.98)	11:48.71 (44.30)		
11 Leibke, Tatum	FR St. Benedict	x11:50.07		
43.32 (43.32)	1:30.35 (47.04)	2:16.07 (45.72)	3:03.17 (47.11)	
3:48.95 (45.78)	4:35.02 (46.08)	5:22.26 (47.24)	6:09.65 (47.39)	
6:58.02 (48.38)	7:46.92 (48.90)	8:37.01 (50.09)	9:26.83 (49.83)	
10:16.58 (49.76)	11:05.00 (48.43)	11:50.07 (45.07)		
12 Adams, Charlotte	SR Hamline	11:58.47		
46.66 (46.66)	1:33.59 (46.93)	2:20.58 (46.99)	3:07.94 (47.36)	
3:56.18 (48.25)	4:43.18 (47.00)	5:31.36 (48.18)	6:19.98 (48.63)	
7:08.89 (48.91)	7:58.03 (49.15)	8:46.10 (48.08)	9:34.99 (48.89)	
10:24.03 (49.05)	11:12.94 (48.91)	11:58.47 (45.54)		
13 Thompson, Hailley	FR St. Benedict	x12:24.51		
46.46 (46.46)	1:33.89 (47.44)	2:22.89 (49.00)	3:11.80 (48.91)	
4:01.26 (49.46)	4:51.23 (49.98)	5:41.95 (50.73)	6:32.40 (50.46)	
7:21.44 (49.04)	8:11.38 (49.95)	9:02.68 (51.30)	9:54.24 (51.57)	
10:46.43 (52.20)	11:37.59 (51.17)	12:24.51 (46.93)		
14 Tess, Emily	SO St. Benedict	x12:38.44		
45.59 (45.59)	1:32.60 (47.01)	2:19.61 (47.02)	3:07.71 (48.10)	
3:56.32 (48.62)	4:45.25 (48.93)	5:34.82 (49.57)	6:27.02 (52.21)	
7:19.16 (52.14)	8:11.74 (52.59)	9:04.30 (52.56)	9:58.35 (54.06)	
10:51.78 (53.43)	11:46.25 (54.48)	12:38.44 (52.19)		
15 Gleason, Cate	SO St. Olaf	12:41.18		
46.05 (46.05)	1:33.52 (47.48)	2:22.57 (49.05)	3:12.27 (49.70)	
4:01.60 (49.34)	4:51.55 (49.95)	5:40.89 (49.34)	6:31.69 (50.81)	
7:22.57 (50.88)	8:14.01 (51.45)	9:07.64 (53.63)	10:02.53 (54.90)	
10:55.54 (53.01)	11:49.14 (53.60)	12:41.18 (52.04)		
16 Rowekamp, Abby	SO St. Olaf	12:58.75		
45.98 (45.98)	1:33.23 (47.26)	2:22.28 (49.06)	3:12.50 (50.23)	
4:02.16 (49.66)	4:52.78 (50.62)	5:44.37 (51.60)	6:38.61 (54.25)	
7:33.28 (54.68)	8:26.75 (53.47)	9:20.27 (53.53)	10:11.82 (51.55)	
11:05.91 (54.10)	12:03.06 (57.15)	12:58.75 (55.69)		

Women 5000 Meter Run

Name	Year School	Finals		
1 Mueller-Hickler, Alison	FR Colorado College	18:35.70		
47.08 (47.08)	1:32.88 (45.81)	2:18.17 (45.29)	3:02.93 (44.77)	
3:46.96 (44.04)	4:32.42 (45.46)	5:17.61 (45.19)	6:01.45 (43.84)	
6:46.21 (44.77)	7:31.40 (45.19)	8:16.21 (44.81)	9:01.05 (44.84)	
9:46.68 (45.64)	10:31.88 (45.20)	11:16.62 (44.74)	12:01.71 (45.10)	
12:46.66 (44.95)	13:30.84 (44.19)	14:14.77 (43.93)	14:59.16 (44.39)	
15:43.23 (44.07)	16:27.56 (44.34)	17:12.26 (44.70)	17:56.25 (44.00)	
18:35.70 (39.45)				

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Women 5000 Meter Run**

2 Williams, Dafna	SR Colorado College	18:46.33		
46.73 (46.73)	1:32.62 (45.89)	2:17.93 (45.32)	3:02.82 (44.89)	
3:47.46 (44.65)	4:32.92 (45.46)	5:18.35 (45.44)	6:01.31 (42.96)	
6:46.09 (44.79)	7:31.27 (45.18)	8:16.37 (45.11)	9:01.45 (45.08)	
9:47.20 (45.75)	10:32.35 (45.16)	11:17.64 (45.29)	12:03.17 (45.54)	
12:48.50 (45.33)	13:34.13 (45.64)	14:19.64 (45.51)	15:06.23 (46.59)	
15:52.35 (46.13)	16:37.48 (45.13)	17:23.43 (45.95)	18:06.63 (43.21)	
18:46.33 (39.71)				
3 DeMorett, Emily	SR St. Benedict	19:11.61		
47.30 (47.30)	1:33.19 (45.89)	2:18.46 (45.27)	3:03.37 (44.91)	
3:47.58 (44.22)	4:33.17 (45.59)	5:18.06 (44.90)	6:01.73 (43.67)	
6:46.41 (44.69)	7:31.62 (45.21)	8:16.65 (45.03)	9:01.83 (45.19)	
9:47.51 (45.68)	10:33.31 (45.81)	11:20.15 (46.84)	12:07.55 (47.40)	
12:54.70 (47.16)	13:41.94 (47.24)	14:30.25 (48.32)	15:18.09 (47.84)	
16:06.93 (48.84)	16:55.93 (49.00)	17:44.14 (48.22)	18:29.30 (45.16)	
19:11.61 (42.32)				
4 Helgaas, Britt	SO Colorado College	x19:12.70		
47.88 (47.88)	1:33.66 (45.78)	2:19.48 (45.82)	3:04.87 (45.40)	
3:50.72 (45.85)	4:36.80 (46.09)	5:23.14 (46.34)	6:09.35 (46.22)	
6:54.64 (45.30)	7:41.25 (46.61)	8:27.64 (46.39)	9:13.69 (46.05)	
10:00.12 (46.44)	10:46.72 (46.60)	11:33.49 (46.78)	12:20.59 (47.10)	
13:07.14 (46.56)	13:53.69 (46.55)	14:40.55 (46.87)	15:27.08 (46.53)	
16:13.51 (46.43)	17:00.11 (46.60)	17:46.11 (46.01)	18:30.46 (44.35)	
19:12.70 (42.25)				
5 Habben, Maya	FR Martin Luther	19:47.83		
45.54 (45.54)	1:32.34 (46.80)	2:18.36 (46.02)	3:03.10 (44.75)	
3:47.21 (44.12)	4:32.59 (45.38)	5:17.79 (45.20)	6:01.68 (43.90)	
6:46.59 (44.91)	7:33.39 (46.81)	8:22.70 (49.31)	9:12.61 (49.92)	
10:00.63 (48.02)	10:49.99 (49.37)	11:40.28 (50.29)	12:30.35 (50.08)	
13:20.12 (49.77)	14:08.95 (48.83)	14:58.94 (50.00)	15:50.00 (51.06)	
16:39.87 (49.87)	17:30.49 (50.63)	18:19.10 (48.61)	19:06.35 (47.26)	
19:47.83 (41.48)				
6 Furman, Charlotte	SR Colorado College	x19:53.68		
48.70 (48.70)	1:36.16 (47.46)	2:23.70 (47.54)	3:11.36 (47.67)	
3:58.88 (47.52)	4:47.39 (48.52)	5:35.96 (48.57)	6:24.02 (48.06)	
7:11.63 (47.61)	7:59.65 (48.02)	8:47.46 (47.82)	9:34.89 (47.44)	
10:23.15 (48.26)	11:10.70 (47.55)	11:57.94 (47.24)	12:45.43 (47.50)	
13:33.14 (47.71)	14:21.29 (48.16)	15:09.38 (48.09)	15:57.72 (48.35)	
16:45.86 (48.15)	17:34.15 (48.30)	18:21.73 (47.59)	19:08.54 (46.81)	
19:53.68 (45.15)				
7 Brazil, Lily	SR Colorado College	x21:24.10		
52.20 (52.20)	1:45.02 (52.83)	2:38.61 (53.60)	3:30.87 (52.26)	
4:22.92 (52.05)	5:13.94 (51.03)	6:04.49 (50.55)	6:55.01 (50.53)	
7:45.45 (50.44)	8:36.50 (51.05)	9:28.23 (51.74)	10:19.61 (51.38)	
11:10.53 (50.93)	12:00.85 (50.32)	12:51.15 (50.31)	13:42.33 (51.18)	
14:33.37 (51.05)	15:24.74 (51.37)	16:15.84 (51.11)	17:07.92 (52.08)	
17:59.58 (51.67)	18:50.67 (51.09)	19:42.32 (51.66)	20:32.24 (49.92)	
21:24.10 (51.86)				

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Women 5000 Meter Run**

8 Nelson, Brenna	JR St. Catherine	21:29.75		
51.53 (51.53)	1:44.49 (52.96)	2:38.46 (53.97)	3:30.71 (52.25)	
4:23.20 (52.49)	5:14.24 (51.05)	6:04.76 (50.53)	6:55.30 (50.54)	
7:45.73 (50.43)	8:36.75 (51.02)	9:28.50 (51.76)	10:19.89 (51.39)	
11:10.84 (50.95)	12:01.17 (50.33)	12:51.47 (50.31)	13:42.64 (51.17)	
14:33.67 (51.04)	15:25.14 (51.48)	16:16.62 (51.48)	17:09.62 (53.00)	
18:02.69 (53.07)	18:55.09 (52.41)	19:48.04 (52.95)	20:39.86 (51.82)	
21:29.75 (49.89)				
9 Breed, Brittany	FR St. Catherine	21:50.07		
51.77 (51.77)	1:44.71 (52.94)	2:38.20 (53.50)	3:30.39 (52.19)	
4:23.08 (52.69)	5:14.60 (51.53)	6:05.12 (50.52)	6:55.73 (50.62)	
7:46.14 (50.41)	8:37.30 (51.17)	9:28.99 (51.69)	10:20.42 (51.43)	
11:11.88 (51.46)	12:02.59 (50.72)	12:54.83 (52.25)	13:48.78 (53.96)	
14:43.89 (55.12)	15:39.07 (55.18)	16:34.39 (55.32)	17:28.88 (54.49)	
18:22.64 (53.77)	19:16.11 (53.47)	20:10.22 (54.12)	21:00.99 (50.77)	
21:50.07 (49.08)				
10 Harvey, Lily	SO St. Catherine	x22:51.70		
52.67 (52.67)	1:45.30 (52.63)	2:38.91 (53.62)	3:31.18 (52.28)	
4:23.52 (52.34)	5:14.94 (51.42)	6:06.03 (51.09)	6:57.78 (51.76)	
7:51.09 (53.31)	8:45.75 (54.66)	9:40.74 (55.00)	10:36.46 (55.72)	
11:32.36 (55.90)	12:29.32 (56.97)	13:26.36 (57.04)	14:23.43 (57.07)	
15:20.50 (57.07)	16:17.22 (56.73)	17:14.22 (57.01)	18:12.00 (57.78)	
19:10.10 (58.10)	20:08.39 (58.30)	21:05.29 (56.90)	22:01.90 (56.62)	
22:51.70 (49.81)				

Women 60 Meter Hurdles

Name	Year School	Prelims	H#
Preliminaries			
1 Salfer, Rebekah	SR St. Olaf	9.29Q	2
2 Fowkes, Emma	JR Colorado College	10.16Q	1
3 Williams, Nayeli	SO Carleton	9.39q	2
4 Blanchette, Grace	JR Carleton	9.72q	2
5 Johnson, Lily	SO St. Olaf	10.39q	2
6 Josephson, Madi	FR St. Benedict	10.56q	1
7 Hobby, Sarah Beth	JR Macalester	10.61q	2
8 Sahly, Emma	SO St. Olaf	10.72q	1
9 Farley, Lucy	FR St. Benedict	10.92	1
10 Soni, Asha	FR Colorado College	11.03	1
11 Schuele, Emma	FR St. Benedict	11.10	2
12 Selisker, Ellie	JR St. Benedict	11.55	1

Women 60 Meter Hurdles

Name	Year School	Finals
Finals		
1 Salfer, Rebekah	SR St. Olaf	9.12
2 Williams, Nayeli	SO Carleton	9.21
3 Blanchette, Grace	JR Carleton	9.54
4 Fowkes, Emma	JR Colorado College	10.02
5 Josephson, Madi	FR St. Benedict	10.10
6 Hobby, Sarah Beth	JR Macalester	10.18
7 Johnson, Lily	SO St. Olaf	10.25

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Women 60 Meter Hurdles**

8 Sahly, Emma	SO St. Olaf	x10.59
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Women 4x200 Meter Relay

School		Finals
1 Colorado College 'A'		1:48.64
1) Lippert, Clara FR	2) Jones, Emma FR	
3) Davis, Adele FR	4) Oloyede, Shekinah SR	
2 Martin Luther 'A'		1:58.38
1) Gabb, Margaret JR	2) Pankow, Maia FR	
3) Foley, Naomi FR	4) VanDenHeuvel, Macie FR	
-- St. Olaf 'A'		DQ
1) Soule, Allison FR	2) Matre, Zoe SO	
3) Coburn, Olive FR	4) Kroschel, Karla JR	

Women 4x400 Meter Relay

School		Finals
1 Colorado College 'A'		4:14.23
1) Fowkes, Emma JR	2) Jones, Emma FR	
3) Goodfried, Abby FR	4) Lippert, Clara FR	
2 St. Scholastica 'A'		4:16.62
1) Williams, McKenzie JR	2) Ellefson, Jaden FR	
3) Kiminiski, Anna SO	4) Sholing, Ellie SR	
3 Macalester 'A'		4:19.66
1) Preston, Adisa SO	2) Sims, Jaeden FR	
3) Thurston, Karley SO	4) Pirone, Mara FR	
4 Hamline 'A'		4:19.81
1) Aurelius, Andreiana JR	2) Maddux, Alexandra SR	
3) Maddux, Alicia FR	4) Mathews, Jalisa SR	
5 Colorado College 'B'		x4:47.74
1) Derry, Emmaline FR	2) Gilmer, Lila FR	
3) O'Neil, Annie FR	4) Mueller-Hickler, Alison FR	

Women Distance Medley

School		Finals
1 Colorado College 'A'		13:11.90

Women High Jump

Name	Year School	Finals
1 Kwan, April	JR Colorado College	1.50m
1.25 1.30 1.35 1.40 1.45 1.50 1.55		
P P P P XO XO XXX		
2 Schlei, Ella	FR Martin Luther	J1.50m
1.25 1.30 1.35 1.40 1.45 1.50 1.55		
P O XO XXO O XXO XXX		
3 Selisker, Ellie	JR St. Benedict	1.45m
1.25 1.30 1.35 1.40 1.45 1.50		
P P O O O XXX		

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Women High Jump**

4	Blanchette, Grace	JR Carleton	J1.45m
	1.25 1.30 1.35 1.40 1.45 1.50		
	P O O O XO XXX		
5	Fischer, Sofia	FR St. Scholastica	1.40m
	1.25 1.30 1.35 1.40 1.45		
	P P XO O XXX		
6	Strampe, Toria	SO St. Scholastica	1.35m
	1.25 1.30 1.35 1.40		
	P O O XXX		
7	Wgeishofski, Sydnie	FR St. Scholastica	xJ1.35m
	1.25 1.30 1.35 1.40		
	O O XO XXX		
--	Jones, Emma	FR Colorado College	NH
	1.25 1.30 1.35 1.40 1.45		
	P P P P XXX		

Women Pole Vault

Name	Year School										Finals
1 Roberts, Melanie	JR St. Olaf										3.20m
	2.15	2.30	2.45	2.60	2.75	2.90	3.05	3.20	3.25		
	P	P	P	P	O	O	O	O	XX		
2 Litton, Emily	JR Carleton										2.90m
	2.15	2.30	2.45	2.60	2.75	2.90	3.05				
	P	P	P	P	O	O	XXX				
3 Salfer, Caitlin	SR St. Benedict										2.75m
	2.15	2.30	2.45	2.60	2.75	2.90					
	P	P	P	XO	O	XXX					
4 Luepke, Bria	FR Hamline										2.60m
	2.15	2.30	2.45	2.60	2.75						
	P	P	P	O	XXX						
-- Koehler, Jenna	FR Martin Luther										NH
	2.15										
	XXX										
-- Pierson, Grace	SR Hamline										NH
	2.15	2.30	2.45	2.60	2.75						
	P	P	P	P	XXX						

Women Long Jump

Name	Year School	Finals	H#
1 Williams, Nayeli	SO Carleton	5.53m	2
	5.27m 5.53m FOUL 5.15m PASS PASS		
2 Muller, Annika	SR St. Olaf	5.34m	2
	FOUL 5.16m 5.17m 4.92m 5.10m 5.34m		
3 Salfer, Rebekah	SR St. Olaf	4.79m	2
	4.60m FOUL FOUL 4.70m 4.79m 4.78m		
4 Kwan, April	JR Colorado College	4.78m	2
	4.47m FOUL 4.78m PASS PASS PASS		
5 Hobby, Sarah Beth	JR Macalester	4.70m	1
	FOUL 4.70m FOUL 4.63m FOUL 4.66m		
6 Christensen, Izzy	FR St. Benedict	4.66m	2
	4.53m 4.38m 4.61m 4.66m 4.41m 4.28m		

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Women Long Jump**

7	Johnson, Lily	SO St. Olaf	x4.65m	1
	4.58m FOUL 4.48m FOUL 4.46m 4.65m			
8	Keech, Claire	FR St. Olaf	x4.63m	2
	4.55m 4.14m PASS FOUL 4.59m 4.63m			
9	Sikes, Jane	SO St. Olaf	x4.34m	1
	3.99m FOUL 4.28m FOUL 4.34m 4.15m			
10	Lynch, MacKenzie	JR Martin Luther	4.16m	1
	3.91m 3.91m 4.16m			
--	Aladetan, Amira	SO Carleton	FOUL	1
	FOUL FOUL FOUL			

Women Triple Jump

Name	Year School	Finals
1 Amundson, Journey	SR Macalester	11.78m
	11.52m 11.78m FOUL 11.40m 11.60m 11.12m	
2 Parker, Ainslee	JR St. Olaf	10.72m
	10.41m FOUL 10.36m 10.27m 10.44m 10.72m	
3 Sims, Jaeden	FR Macalester	10.53m
	10.53m FOUL FOUL 10.14m FOUL PASS	
4 Roberts, Melanie	JR St. Olaf	10.16m
	FOUL 10.16m 10.05m 9.53m 9.92m 10.00m	
5 Anderson, Danielle	JR St. Benedict	9.61m
	9.44m 9.52m 9.23m FOUL 9.39m 9.61m	
6 Kwan, April	JR Colorado College	9.52m
	FOUL 9.52m 9.49m 9.42m FOUL 9.37m	
7 Cappelmann, Lauren	FR Macalester	x9.46m
	9.41m 9.43m 9.27m 9.43m 9.46m 9.38m	
8 Sikes, Jane	SO St. Olaf	x9.36m
	FOUL FOUL 9.36m 9.06m 9.25m 9.08m	
9 Strampe, Toria	SO St. Scholastica	9.35m
	FOUL 9.35m 9.07m FOUL FOUL 9.03m	
10 Wgeishofski, Sydnie	FR St. Scholastica	9.28m
	9.22m 9.28m 9.21m	

Women Shot Put

Name	Year School	Finals	H#
1 Biggins, Ellie	SR Hamline	11.44m	2
	10.89m 10.62m 10.87m 10.29m 11.44m 10.58m		
2 Dates, Desirae	FR Hamline	11.02m	1
	9.95m 11.02m FOUL FOUL FOUL FOUL		
3 Nolte, Elise	FR Martin Luther	10.90m	2
	10.60m 9.88m 10.87m FOUL 10.90m 10.88m		
4 Keske, Aleah	JR St. Olaf	10.81m	2
	10.48m 10.28m 10.30m 10.12m 10.62m 10.81m		
5 Johnson, Emma	SO St. Olaf	10.68m	2
	9.80m 10.13m 10.52m 10.68m 9.65m 7.98m		
6 Beckmann, Maggie	SR St. Benedict	10.64m	2
	9.76m 10.64m 10.62m FOUL FOUL FOUL		
7 Irsfeld, Peyton	JR St. Olaf	x10.56m	2
	FOUL 10.47m 10.56m 9.59m 9.88m 10.09m		

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Women Shot Put**

8	Floren, Justus	SO St. Benedict	10.37m	2
	9.28m 10.37m 9.23m 10.37m 9.69m 9.60m			
9	Bechtold, Kendall	SR St. Benedict	x10.25m	2
	9.63m 9.47m 10.25m 9.36m 9.97m 9.77m			
10	Joos, Haley	JR St. Benedict	x10.22m	2
	FOUL 10.22m FOUL			
11	Torres, Alexis	SO St. Benedict	x10.13m	1
	9.22m 9.65m 10.13m			
12	Al-Juhari, Alea	SR St. Olaf	x10.11m	1
	10.11m 10.08m 9.58m			
13	Schlei, Ella	FR Martin Luther	9.82m	1
	8.80m 9.82m 9.72m			
14	Romsdahl, Madelinn	FR Martin Luther	x9.81m	1
	9.45m 9.64m 9.81m			
15	Tracy, Brooke	FR Hamline	x9.66m	1
	9.01m 9.66m 9.48m			
16	Hagedorn, Emmaline	FR Martin Luther	x9.44m	1
	8.28m 9.03m 9.44m			
17	Blanchette, Grace	JR Carleton	9.33m	1
	FOUL 9.33m 9.31m			
18	Sampson, Skyla	FR St. Benedict	x9.31m	1
	9.31m 8.82m 9.00m			
19	Gendreau, Kaya	FR St. Olaf	x9.05m	1
	8.56m 8.70m 9.05m			
20	Salfer, Rebekah	SR St. Olaf	x9.01m	2
	FOUL 8.60m 9.01m			
21	Ashton, Emily	FR Northwestern	8.72m	1
	8.72m 8.71m 8.48m			
22	Domke, Leah	FR Martin Luther	x8.66m	1
	8.22m 8.08m 8.66m			

Women Weight Throw

Name	Year School	Finals	H#
1 Reed, Madison	JR Hamline	15.33m	2
	13.49m 15.33m 14.85m 14.22m 11.68m FOUL		
2 Beckmann, Maggie	SR St. Benedict	15.11m	2
	15.11m FOUL 13.74m 14.04m FOUL 13.16m		
3 Beneke, Lily	JR St. Scholastica	14.84m	2
	13.62m FOUL FOUL 14.84m 14.44m FOUL		
4 Brainer, Lexi	SO Hamline	14.45m	2
	FOUL FOUL 13.55m 13.55m 14.45m FOUL		
5 Irsfeld, Peyton	JR St. Olaf	13.28m	2
	FOUL 12.97m 13.28m 12.97m FOUL 12.83m		
6 Keske, Aleah	JR St. Olaf	13.01m	2
	13.01m FOUL FOUL 12.75m FOUL FOUL		
7 Johnson, Emma	SO St. Olaf	x12.82m	2
	FOUL FOUL 12.07m 12.82m FOUL FOUL		
8 Hunt, Jade	SO Hamline	x12.77m	2
	12.28m 12.77m 12.06m 12.77m FOUL FOUL		
9 Joos, Haley	JR St. Benedict	12.57m	2
	11.81m 12.50m 12.33m 11.70m 12.57m FOUL		
10 Bechtold, Kendall	SR St. Benedict	x11.79m	2
	FOUL FOUL 11.79m		

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Women Weight Throw**

11	Dates, Desirae	FR Hamline	x11.71m	2
	11.71m 10.15m FOUL			
12	Tracy, Brooke	FR Hamline	x11.32m	1
	9.97m 11.32m 9.72m			
13	Nolte, Elise	FR Martin Luther	11.29m	1
	11.29m 11.13m 11.28m			
14	Kettler, Isabelle	JR Martin Luther	11.18m	1
	11.18m 10.84m FOUL			
15	Torres, Alexis	SO St. Benedict	x10.99m	1
	10.04m 9.50m 10.99m			
16	Sampson, Skyla	FR St. Benedict	x10.85m	1
	FOUL 10.85m 9.87m			
17	Engen, Ella	FR St. Scholastica	10.67m	2
	10.67m 10.52m FOUL			
18	Romsdahl, Madelinn	FR Martin Luther	x10.30m	1
	10.30m FOUL 9.29m			
19	Al-Juhari, Alea	SR St. Olaf	x10.22m	1
	10.22m FOUL FOUL			
20	Mendez, Aries	FR St. Olaf	x10.16m	1
	10.16m 9.81m 8.95m			
21	Blake, Romona-Shae	FR Hamline	x9.50m	1
	FOUL 9.50m 8.59m			
22	Schlei, Ella	FR Martin Luther	x9.34m	1
	8.74m 8.24m 9.34m			
23	Gendreau, Kaya	FR St. Olaf	x9.32m	2
	FOUL 9.32m FOUL			
24	Aslanian, Elise	SO St. Olaf	x9.09m	1
	9.09m FOUL FOUL			
25	Domke, Leah	FR Martin Luther	x8.94m	1
	7.58m 8.94m 6.86m			
--	Hagedorn, Emmaline	FR Martin Luther	FOUL	1
	FOUL FOUL FOUL			

Men 60 Meter Dash

Name	Year School	Prelims	H#
Preliminaries			
1 Eben Ebai, Samuel	SR St. Scholastica	7.00Q	1
2 Oestreich, Carson	SO Martin Luther	7.07Q	2
3 Lord, Demetri	SO St. Olaf	7.29Q	3
4 Arnold, Dylan	SO St. Olaf	7.25q	2
5 Alfaro Diedrich, Sean	SO St. Scholastica	7.35q	1
6 Gwin, Samuel	FR St. Olaf	7.41q	2
7 Pettis, Andrei	FR Hamline	7.42q	2
8 Kogut, Jacob	SO Macalester	7.44q	1
9 Charlton, Josh	SO St. Olaf	7.45	1
10 Thomas, Reece	SO Hamline	7.46	1
11 Raasch, Eric Martin	FR Martin Luther	7.52	3
12 Murdakes, Demo	Unattached	7.54	1
13 Hillmer, Matthew	FR Martin Luther	7.55	2
14 Souksavath, Sean	JR St. Olaf	7.61	3
15 Redig, Kaedyn	SO St. Scholastica	7.65	2
16 Pfenning-Wendt, Eric	FR Hamline	7.66	1
17 Ehlke, Joseph	FR Martin Luther	7.69	3

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Men 60 Meter Dash**

18 Rikkers, Sam	SO St. Olaf	7.73	3
19 Cogley, Andrew	SO St. Olaf	7.75	2
20 Schmitt, Augie	SR Northwestern	8.41	3
21 Johnson, D'Artagnan	FR Northwestern	8.81	2

Men 60 Meter Dash

Name	Year School	Finals
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Finals

1 Eben Ebai, Samuel	SR St. Scholastica	6.98
1 Oestreich, Carson	SO Martin Luther	6.98
3 Alfaro Diedrich, Sean	SO St. Scholastica	7.21
4 Pettis, Andrei	FR Hamline	7.32
5 Kogut, Jacob	SO Macalester	7.43
6 Gwin, Samuel	FR St. Olaf	7.49

Men 200 Meter Dash

Name	Year School	Finals	H#
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1 Heitler, Arlo	SO Macalester	22.35	5
2 Eben Ebai, Samuel	SR St. Scholastica	22.47	5
3 Peterson, Jericho	JR St. Scholastica	23.43	5
4 Alfaro Diedrich, Sean	SO St. Scholastica	x23.45	5
5 Couper, David	SO Hamline	23.68	4
6 Kogut, Jacob	SO Macalester	23.78	4
7 Pettis, Andrei	FR Hamline	23.92	4
8 Kennedy, Liam	JR Carleton	23.94	4
9 Anderson, Tyler	SO St. Scholastica	x23.96	3
10 Kinnucan, Ryan	SR Macalester	x24.00	3
11 Stanton, Jeremiah	FR Martin Luther	24.32	1
12 Ortiz, Raul	SO Hamline	x24.34	3
13 Redig, Kaedyn	SO St. Scholastica	x24.53	2
14 Robinson, Ozzie	FR Hamline	x24.55	2
15 Felsing, Joshua	FR Martin Luther	25.10	1
16 Gilbert-Binder, Ben	FR St. Olaf	25.30	2
17 Bassett, Jackson	SO St. Olaf	27.63	1
18 Johnson, D'Artagnan	FR Northwestern	31.32	1
-- Gunderson, Tyler	SO St. Olaf	DNF	2

Men 400 Meter Dash

Name	Year School	Finals	H#
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1 Wang, Jeff	SO Macalester	51.67	2
24.18 (24.18)	51.67 (27.49)		
2 Peterson, Jericho	JR St. Scholastica	51.96	2
24.46 (24.46)	51.96 (27.50)		
3 Anderson, Tyler	SO St. Scholastica	52.44	2
24.79 (24.79)	52.44 (27.65)		
4 Gilbert-Binder, Ben	FR St. Olaf	53.66	2
25.65 (25.65)	53.66 (28.01)		
5 Pfenning-Wendt, Eric	FR Hamline	54.22	1
25.51 (25.51)	54.22 (28.72)		

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Men 400 Meter Dash**

6 Gunderson, Tyler	SO St. Olaf	54.74	1
26.02 (26.02)	54.74 (28.72)		
7 Lange, Henrik	FR St. Olaf	x56.15	1
26.87 (26.87)	56.15 (29.28)		

Men 600 Meter Run

Name	Year School	Finals	H#
1 Anderson, Reese	FR Carleton	1:22.66	2
26.73 (26.73)	54.41 (27.68)	1:22.66 (28.25)	
2 Meier, Josh	SO Carleton	1:22.86	2
26.45 (26.45)	54.50 (28.06)	1:22.86 (28.37)	
3 Fong, Jeremy	SR Carleton	x1:23.05	2
27.01 (27.01)	54.27 (27.27)	1:23.05 (28.78)	
4 Kubicek, Noah	FR St. Scholastica	1:23.83	2
26.21 (26.21)	54.72 (28.52)	1:23.83 (29.11)	
5 Bittner, Alex	FR St. Olaf	1:24.11	2
26.41 (26.41)	54.92 (28.51)	1:24.11 (29.19)	
6 Nemecek, Lance	FR St. Olaf	1:25.78	1
27.01 (27.01)	55.24 (28.24)	1:25.78 (30.54)	
7 Ali, Kalid	SO Macalester	1:27.15	1
25.77 (25.77)	54.98 (29.21)	1:27.15 (32.17)	
8 Bosley, Mason	SR Macalester	1:29.36	1
27.92 (27.92)	57.74 (29.82)	1:29.36 (31.63)	
9 Witt, Lachlan	SR Macalester	x1:29.42	1
27.84 (27.84)	58.33 (30.50)	1:29.42 (31.09)	

Men 800 Meter Run

Name	Year School	Finals	H#
1 Lyness, Indy	FR Carleton	1:57.28	2
27.63 (27.63)	56.48 (28.86)	1:26.30 (29.82)	1:57.28 (30.99)
2 Douglas, Derek	SO St. Scholastica	1:59.09	2
27.66 (27.66)	56.76 (29.10)	1:26.99 (30.23)	1:59.09 (32.11)
3 Schonebaum, Henry	FR Macalester	2:02.04	2
28.57 (28.57)	58.06 (29.50)	1:29.29 (31.24)	2:02.04 (32.75)
4 Lebakken, Jay	FR Macalester	2:03.79	2
28.39 (28.39)	58.46 (30.08)	1:30.47 (32.01)	2:03.79 (33.33)
5 Malecha, Thomas	FR Macalester	x2:04.91	1
27.99 (27.99)	58.33 (30.34)	1:31.09 (32.77)	2:04.91 (33.82)
6 Adams, Brock	SO Macalester	x2:05.31	2
28.78 (28.78)	58.62 (29.84)	1:30.59 (31.97)	2:05.31 (34.73)
7 Lange, Emerson	FR Carleton	2:06.24	1
29.94 (29.94)	1:01.96 (32.03)	1:34.37 (32.41)	2:06.24 (31.87)
8 Schibbelhut, Micah	FR Martin Luther	2:07.17	1
29.50 (29.50)	1:01.73 (32.23)	1:34.71 (32.99)	2:07.17 (32.46)
9 Mazor, Ben	SO Carleton	x2:07.23	1
30.08 (30.08)	1:02.22 (32.14)	1:34.26 (32.05)	2:07.23 (32.98)
10 Fiataruolo, Angelo	FR St. Olaf	2:07.50	2
30.10 (30.10)	1:01.38 (31.28)	1:34.37 (33.00)	2:07.50 (33.13)
11 Schmidt, Otto	SO St. Olaf	2:08.05	1
28.79 (28.79)	58.21 (29.42)	1:31.63 (33.43)	2:08.05 (36.42)

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Men 800 Meter Run**

12 Morefield, Colin	SR Macalester	x2:10.08	1	
30.15 (30.15)	1:02.31 (32.17)	1:35.75 (33.45)		2:10.08 (34.33)
13 Danielson, Al	Unattached	2:18.87	1	
29.76 (29.76)	1:02.65 (32.89)	1:39.49 (36.85)		2:18.87 (39.38)
14 Regan, Cameron	SR Hamline	2:34.95	1	
34.40 (34.40)	1:11.41 (37.01)	1:51.78 (40.38)		2:34.95 (43.17)
-- Muhumed, Khadar	FR Hamline	DNF	1	
29.44 (29.44)	1:02.16 (32.73)			
-- Useche, Mateo	JR Macalester	DNF	2	
29.32 (29.32)	1:01.07 (31.75)			

Men 1000 Meter Run

Name	Year School	Finals	H#	
1 Nichols, Gabe	FR Carleton	2:30.83	2	
28.31 (28.31)	57.53 (29.22)	1:28.18 (30.65)		1:59.50 (31.33)
2:30.83 (31.33)				
2 Coffey, Olaf	SO St. Olaf	2:33.44	2	
29.69 (29.69)	59.80 (30.11)	1:30.61 (30.81)		2:02.41 (31.81)
2:33.44 (31.03)				
3 Llewellyn, Roy	FR Carleton	2:34.09	2	
29.01 (29.01)	59.14 (30.14)	1:31.78 (32.64)		2:03.97 (32.19)
2:34.09 (30.12)				
4 Jones, Elijah	SR Carleton	x2:36.70	2	
30.10 (30.10)	1:00.08 (29.98)	1:31.89 (31.82)		2:04.28 (32.39)
2:36.70 (32.42)				
5 Pattison, Alistair	JR Carleton	x2:38.87	1	
30.32 (30.32)	1:02.55 (32.23)	1:35.89 (33.35)		2:09.24 (33.35)
2:38.87 (29.63)				
6 Sagedahl, Penn	JR St. Olaf	2:38.94	2	
29.39 (29.39)	59.45 (30.06)	1:31.57 (32.13)		2:05.77 (34.20)
2:38.94 (33.18)				
7 Estrada, Gabe	SO St. Olaf	x2:40.03	1	
30.55 (30.55)	1:02.46 (31.91)	1:35.59 (33.14)		2:08.81 (33.22)
2:40.03 (31.23)				
8 LiaBraaten, Lucas	FR Hamline	2:43.31	1	
30.16 (30.16)	1:02.18 (32.02)	1:35.37 (33.19)		2:09.60 (34.24)
2:43.31 (33.71)				
9 Chamberlin, Owen	FR St. Olaf	x2:44.99	1	
31.01 (31.01)	1:03.67 (32.67)	1:37.84 (34.17)		2:12.57 (34.73)
2:44.99 (32.43)				
10 Hatlevig, Ike	SO Macalester	2:52.29	1	
32.71 (32.71)	1:06.98 (34.27)	1:42.23 (35.26)		2:17.94 (35.71)
2:52.29 (34.36)				
11 Lord, Demetri	SO St. Olaf	x3:02.97	1	
33.28 (33.28)	1:08.27 (34.99)	1:45.59 (37.32)		2:25.05 (39.46)
3:02.97 (37.93)				

Men 1 Mile Run

Name	Year School	Finals	H#	
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St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Men 1 Mile Run**

1 Melville, Chris	JR Carleton	4:20.17	2	
33.43 (33.43)	1:05.23 (31.80)	1:37.79 (32.57)		2:10.06 (32.27)
2:42.78 (32.73)	3:15.37 (32.59)	3:48.12 (32.75)		4:20.17 (32.06)
2 Crotteau, Ben	SO Macalester	4:21.48	2	
32.16 (32.16)	1:03.90 (31.74)	1:36.70 (32.80)		2:08.96 (32.26)
2:41.33 (32.37)	3:15.02 (33.69)	3:48.33 (33.32)		4:21.48 (33.15)
3 Ihrke, Nick	SO Macalester	4:23.98	2	
33.67 (33.67)	1:05.26 (31.60)	1:38.11 (32.85)		2:10.53 (32.42)
2:43.82 (33.30)	3:17.09 (33.27)	3:50.64 (33.55)		4:23.98 (33.34)
4 Neu, Nathan	SO St. Scholastica	4:27.66	2	
31.95 (31.95)	1:03.71 (31.76)	1:37.09 (33.38)		2:10.75 (33.67)
2:44.64 (33.90)	3:19.26 (34.62)	3:53.42 (34.17)		4:27.66 (34.25)
5 Doran, Eli	FR St. Olaf	4:28.81	2	
32.77 (32.77)	1:05.46 (32.70)	1:38.84 (33.38)		2:13.00 (34.17)
2:47.37 (34.37)	3:21.85 (34.48)	3:56.58 (34.74)		4:28.81 (32.23)
6 Brodie, Aric	SR Hamline	4:29.49	2	
34.00 (34.00)	1:06.44 (32.45)	1:39.90 (33.46)		2:13.70 (33.81)
2:47.69 (34.00)	3:21.73 (34.04)	3:56.20 (34.48)		4:29.49 (33.29)
7 McKee, Reece	SO Macalester	x4:30.30	2	
33.59 (33.59)	1:05.73 (32.14)	1:39.34 (33.61)		2:13.28 (33.95)
2:47.35 (34.07)	3:21.99 (34.64)	3:56.90 (34.91)		4:30.30 (33.41)
8 Monson, Cole	Unattached	4:31.49	2	
32.98 (32.98)	1:05.44 (32.46)	1:39.09 (33.65)		2:13.54 (34.46)
2:48.49 (34.95)	3:23.93 (35.44)	3:59.41 (35.49)		4:31.49 (32.08)
9 Madell, Joe	SO Macalester	x4:35.55	2	
34.64 (34.64)	1:06.80 (32.16)	1:41.09 (34.29)		2:16.72 (35.64)
2:52.68 (35.96)	3:28.61 (35.94)	4:03.13 (34.53)		4:35.55 (32.42)
10 Hanley, Brett	SO Carleton	4:35.90	1	
36.29 (36.29)	1:10.10 (33.82)	1:44.54 (34.44)		2:19.80 (35.26)
2:55.97 (36.18)	3:31.32 (35.36)	4:04.72 (33.40)		4:35.90 (31.19)
11 Peske, Cole	SR Macalester	x4:36.98	1	
35.75 (35.75)	1:09.39 (33.65)	1:44.24 (34.85)		2:19.86 (35.63)
2:56.19 (36.33)	3:31.55 (35.37)	4:05.30 (33.76)		4:36.98 (31.68)
12 Fendig, Alex	JR Macalester	x4:37.10	1	
35.93 (35.93)	1:09.83 (33.90)	1:44.84 (35.02)		2:20.46 (35.62)
2:56.38 (35.92)	3:32.33 (35.96)	4:06.66 (34.34)		4:37.10 (30.44)
13 Fiataruolo, Angelo	FR St. Olaf	4:37.64	1	
35.57 (35.57)	1:09.59 (34.03)	1:44.61 (35.02)		2:20.48 (35.88)
2:56.31 (35.83)	3:30.88 (34.57)	4:04.77 (33.90)		4:37.64 (32.87)
14 Chao, Ben	SR Carleton	x4:38.82	1	
36.67 (36.67)	1:11.50 (34.83)	1:46.47 (34.98)		2:21.35 (34.88)
2:57.47 (36.13)	3:32.49 (35.03)	4:06.81 (34.32)		4:38.82 (32.02)
15 Aoki-Sherwood, Ben	SR Carleton	x4:40.58	2	
34.27 (34.27)	1:06.95 (32.69)	1:40.93 (33.98)		2:16.17 (35.24)
2:51.84 (35.68)	3:28.20 (36.37)	4:04.19 (35.99)		4:40.58 (36.40)
16 Rogers, Maxwell	FR St. Scholastica	4:47.53	1	
36.56 (36.56)	1:10.63 (34.08)	1:45.23 (34.60)		2:21.03 (35.80)
2:56.80 (35.78)	3:32.72 (35.92)	4:09.90 (37.18)		4:47.53 (37.64)
17 Galloway, Jordan	FR Macalester	x4:48.10	1	
36.17 (36.17)	1:10.37 (34.20)	1:44.90 (34.53)		2:20.97 (36.07)
2:58.10 (37.14)	3:35.75 (37.65)	4:12.96 (37.22)		4:48.10 (35.14)
18 Watts, Avery	SR Carleton	x4:56.92	1	
36.30 (36.30)	1:09.81 (33.52)	1:44.44 (34.63)		2:20.35 (35.91)
2:57.94 (37.60)	3:36.91 (38.97)	4:16.36 (39.46)		4:56.92 (40.56)

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Men 1 Mile Run**

19 Zander, Joshua	SO Martin Luther	4:58.43	1		
36.64 (36.64)	1:11.40 (34.77)	1:46.31 (34.92)		2:22.41 (36.10)	
3:00.02 (37.62)	3:38.86 (38.84)	4:18.83 (39.97)		4:58.43 (39.61)	
-- Danielson, Al	Unattached	DNF	1		
35.42 (35.42)	1:09.11 (33.69)	1:44.13 (35.03)			

Men 3000 Meter Run

Name	Year School	Finals	H#		
1 Kelly, Will	SO St. Olaf	8:34.60	2		
32.34 (32.34)	1:05.85 (33.51)	1:40.10 (34.26)		2:14.65 (34.55)	
2:49.13 (34.48)	3:23.53 (34.40)	3:57.88 (34.36)		4:32.51 (34.63)	
5:06.32 (33.82)	5:40.63 (34.31)	6:15.42 (34.80)		6:50.53 (35.11)	
7:26.29 (35.76)	8:01.14 (34.86)	8:34.60 (33.47)			
2 Munoz, Julian	JR St. Olaf	8:47.81	2		
33.68 (33.68)	1:09.00 (35.33)	1:44.23 (35.24)		2:19.61 (35.39)	
2:55.27 (35.66)	3:30.27 (35.00)	4:05.08 (34.82)		4:39.94 (34.86)	
5:14.58 (34.65)	5:49.44 (34.86)	6:24.56 (35.13)		6:59.82 (35.26)	
7:35.79 (35.98)	8:12.23 (36.44)	8:47.81 (35.59)			
3 Lyford, Derk	JR St. Olaf	x9:04.26	2		
34.58 (34.58)	1:10.31 (35.74)	1:45.80 (35.49)		2:21.67 (35.88)	
2:57.58 (35.92)	3:34.47 (36.89)	4:12.14 (37.68)		4:49.21 (37.07)	
5:26.64 (37.44)	6:04.76 (38.12)	6:42.06 (37.30)		7:18.98 (36.93)	
7:56.20 (37.22)	8:32.84 (36.65)	9:04.26 (31.42)			
4 Kurts, Waylon	FR St. Olaf	x9:07.40	2		
34.32 (34.32)	1:09.74 (35.43)	1:45.46 (35.72)		2:21.17 (35.71)	
2:56.44 (35.28)	3:32.35 (35.91)	4:08.69 (36.35)		4:45.50 (36.81)	
5:23.52 (38.03)	6:01.45 (37.93)	6:38.69 (37.25)		7:15.93 (37.24)	
7:53.96 (38.03)	8:31.69 (37.74)	9:07.40 (35.72)			
5 Appel, Aidan	SO Macalester	9:08.90	2		
36.11 (36.11)	1:12.25 (36.15)	1:48.73 (36.48)		2:25.58 (36.85)	
3:02.19 (36.62)	3:38.48 (36.29)	4:15.90 (37.42)		4:52.99 (37.09)	
5:29.96 (36.98)	6:08.08 (38.12)	6:45.05 (36.97)		7:22.90 (37.86)	
8:01.07 (38.18)	8:37.74 (36.67)	9:08.90 (31.16)			
6 Max, Parker	FR St. Olaf	x9:10.58	2		
34.96 (34.96)	1:10.72 (35.77)	1:46.20 (35.48)		2:22.51 (36.32)	
3:35.76 (1:13.25)	4:12.66 (36.90)	4:49.61 (36.96)		5:26.37 (36.77)	
6:04.33 (37.96)	6:42.74 (38.42)	7:20.83 (38.10)		7:59.31 (38.48)	
8:36.96 (37.65)	9:10.58 (33.63)				
7 Manzur Strandlund, Gael	FR St. Olaf	x9:11.28	2		
35.26 (35.26)	1:11.09 (35.83)	1:47.02 (35.94)		2:24.01 (37.00)	
3:01.47 (37.46)	3:38.93 (37.47)	4:16.32 (37.39)		4:53.66 (37.34)	
5:30.94 (37.28)	6:08.35 (37.42)	6:45.35 (37.00)		7:22.53 (37.19)	
7:59.32 (36.80)	8:36.05 (36.73)	9:11.28 (35.24)			
8 Edwards, Tyler	FR Macalester	9:17.80	2		
35.75 (35.75)	1:11.71 (35.97)	1:48.02 (36.31)		2:24.39 (36.38)	
3:00.71 (36.32)	3:37.92 (37.21)	4:15.37 (37.45)		4:52.45 (37.09)	
5:30.27 (37.82)	6:08.48 (38.21)	6:46.09 (37.62)		7:24.24 (38.15)	
8:02.76 (38.53)	8:41.18 (38.42)	9:17.80 (36.63)			
9 Bernstein, Ryan	FR Carleton	9:21.71	1		
38.60 (38.60)	1:14.05 (35.46)	1:50.23 (36.18)		2:27.50 (37.27)	
3:04.64 (37.15)	3:42.18 (37.55)	4:20.51 (38.33)		4:57.80 (37.30)	
5:34.15 (36.35)	6:11.20 (37.06)	6:48.88 (37.69)		7:27.54 (38.66)	
8:06.92 (39.39)	8:45.90 (38.98)	9:21.71 (35.82)			

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Men 3000 Meter Run**

10	Pattie, Jonathan	FR St. Olaf	x9:24.17	1			
	38.64 (38.64)	1:15.18 (36.54)	1:52.69 (37.52)		2:31.30 (38.61)		
	3:09.10 (37.81)	3:47.04 (37.94)	4:25.10 (38.07)		5:03.10 (38.01)		
	5:40.97 (37.87)	6:18.67 (37.70)	6:56.84 (38.17)		7:34.92 (38.09)		
	8:12.20 (37.28)	8:50.31 (38.12)	9:24.17 (33.86)				
11	Lawhead, Brock	SO St. Olaf	x9:25.79	1			
	37.99 (37.99)	1:13.82 (35.84)	1:50.04 (36.23)		2:27.27 (37.23)		
	3:04.42 (37.16)	3:42.02 (37.61)	4:20.42 (38.41)		4:58.05 (37.63)		
	5:35.27 (37.22)	6:13.81 (38.54)	6:52.89 (39.08)		7:32.20 (39.32)		
	8:11.35 (39.15)	8:49.98 (38.64)	9:25.79 (35.81)				
12	Jamison, Andrew	FR Carleton	9:31.56	1			
	39.60 (39.60)	1:16.31 (36.72)	1:53.66 (37.36)		2:31.94 (38.28)		
	3:09.95 (38.01)	3:47.89 (37.95)	4:26.03 (38.14)		5:03.93 (37.91)		
	5:42.10 (38.17)	6:19.81 (37.72)	6:58.53 (38.72)		7:37.94 (39.41)		
	8:17.12 (39.19)	8:55.82 (38.70)	9:31.56 (35.75)				
13	Vite, Mauricio	SO St. Olaf	x9:31.60	1			
	39.81 (39.81)	1:16.65 (36.85)	1:53.94 (37.29)		2:32.18 (38.24)		
	3:10.20 (38.03)	3:48.14 (37.94)	4:25.82 (37.69)		5:03.37 (37.55)		
	5:41.27 (37.90)	6:19.05 (37.78)	6:57.17 (38.13)		7:36.12 (38.96)		
	8:15.74 (39.62)	8:56.12 (40.39)	9:31.60 (35.49)				
14	McFetridge, Jack	FR St. Olaf	x9:32.08	1			
	39.08 (39.08)	1:15.73 (36.66)	1:53.31 (37.58)		2:31.66 (38.36)		
	3:09.66 (38.00)	3:47.67 (38.01)	4:25.74 (38.08)		5:03.68 (37.95)		
	5:41.85 (38.17)	6:20.01 (38.16)	6:59.00 (38.99)		7:38.62 (39.63)		
	8:18.04 (39.42)	8:56.68 (38.65)	9:32.08 (35.40)				
15	Saari, William	SO Hamline	9:50.97	1			
	39.94 (39.94)	1:17.03 (37.10)	1:54.59 (37.57)		2:32.49 (37.90)		
	3:10.68 (38.20)	3:48.55 (37.87)	4:28.27 (39.72)		5:07.52 (39.25)		
	5:46.69 (39.18)	6:26.37 (39.69)	7:06.42 (40.05)		7:47.24 (40.82)		
	8:28.87 (41.64)	9:10.73 (41.86)	9:50.97 (40.24)				
16	Rux, Trygve	FR St. Scholastica	10:02.25	1			
	39.43 (39.43)	1:16.96 (37.53)	1:54.54 (37.58)		2:32.48 (37.94)		
	3:10.61 (38.13)	3:48.51 (37.91)	4:28.23 (39.72)		5:09.02 (40.79)		
	5:50.98 (41.97)	6:33.76 (42.79)	7:16.47 (42.71)		7:59.23 (42.76)		
	8:42.16 (42.94)	9:23.59 (41.43)	10:02.25 (38.66)				
--	Montresor, Kevin	JR St. Olaf	DNF	2			
	33.33 (33.33)	1:08.76 (35.43)	1:43.87 (35.11)		2:19.32 (35.45)		
	2:54.85 (35.54)	3:29.84 (34.99)	4:04.72 (34.88)		4:40.04 (35.32)		
--	Cote, Anders	SO St. Olaf	DNF	2			
	32.08 (32.08)	1:05.44 (33.36)	1:39.75 (34.31)		2:14.37 (34.63)		
	2:48.85 (34.48)	3:23.15 (34.30)	3:57.53 (34.38)		4:31.97 (34.45)		
--	Turlington, Kevin	FR St. Olaf	DNF	2			
	34.13 (34.13)	1:09.98 (35.86)	1:45.08 (35.11)		2:20.45 (35.38)		
	2:56.20 (35.75)	2:58.84 (2.64)	3:31.62 (32.78)		4:07.06 (35.44)		
	4:43.12 (36.07)						

Men 5000 Meter Run

Name	Year	School	Finals
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St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Men 5000 Meter Run**

1 Lash, Caleb	JR Martin Luther	16:43.84	
39.15 (39.15)	1:18.64 (39.49)	1:58.81 (40.17)	2:39.50 (40.69)
3:20.10 (40.61)	4:00.18 (40.08)	4:41.55 (41.37)	5:21.83 (40.29)
6:01.76 (39.93)	6:42.92 (41.16)	7:22.59 (39.68)	8:02.86 (40.27)
8:43.24 (40.39)	9:23.11 (39.87)	10:03.02 (39.92)	10:42.28 (39.27)
11:22.05 (39.77)	12:01.83 (39.79)	12:42.23 (40.41)	13:22.60 (40.37)
14:03.32 (40.72)	14:44.73 (41.41)	15:25.45 (40.72)	16:06.24 (40.80)
16:43.84 (37.60)			
2 Sulzle, Camden	SO Martin Luther	17:14.50	
38.70 (38.70)	1:18.33 (39.63)	1:58.48 (40.16)	2:39.14 (40.67)
3:19.79 (40.65)	3:59.86 (40.07)	4:41.24 (41.39)	5:21.44 (40.20)
6:01.39 (39.95)	6:42.65 (41.27)	7:23.52 (40.87)	8:03.16 (39.65)
8:45.41 (42.26)	9:27.16 (41.75)	10:09.85 (42.70)	10:52.87 (43.03)
11:36.09 (43.22)	12:19.39 (43.30)	13:02.63 (43.25)	13:46.16 (43.53)
14:29.17 (43.02)	15:12.39 (43.22)	15:55.13 (42.74)	16:35.59 (40.46)
17:14.50 (38.92)			
3 Hutchinson, Elijah	FR Martin Luther	x17:21.34	
39.44 (39.44)	1:18.90 (39.46)	1:59.08 (40.19)	2:39.76 (40.68)
3:20.34 (40.59)	3:59.61 (39.28)	4:40.97 (41.36)	5:21.15 (40.19)
6:00.99 (39.84)	6:42.35 (41.37)	7:23.08 (40.73)	8:03.65 (40.58)
8:45.16 (41.52)	9:25.69 (40.53)	10:09.58 (43.89)	10:53.11 (43.54)
11:38.02 (44.91)	12:23.25 (45.23)	13:08.42 (45.17)	13:52.75 (44.34)
14:35.25 (42.50)	15:18.91 (43.67)	16:00.91 (42.01)	16:43.21 (42.30)
17:21.34 (38.14)			

Men 60 Meter Hurdles

Name	Year School	Prelims	H#
Preliminaries			
1 Nissen, Matthew	SO St. Olaf	9.05Q	1
2 Mahamud, Hamza	FR Macalester	9.14Q	2
3 Mortensen, Ian	JR Carleton	9.11q	1
4 Stanton, Jeremiah	FR Martin Luther	9.36q	2
5 Borst, Layton	SO St. Olaf	9.48q	2
6 Skemp, Will	FR St. Olaf	9.57q	1
7 Malliet, Samuel	FR Martin Luther	9.62q	1
8 Bassett, Jackson	SO St. Olaf	9.65q	1
9 Wada, Aki	FR Macalester	9.77	2
10 Kienholz, Carter	SO Hamline	10.61	2

Men 60 Meter Hurdles

Name	Year School	Finals
Finals		
1 Mahamud, Hamza	FR Macalester	9.00
2 Nissen, Matthew	SO St. Olaf	9.07
3 Borst, Layton	SO St. Olaf	9.16
4 Malliet, Samuel	FR Martin Luther	9.39
5 Stanton, Jeremiah	FR Martin Luther	9.41
6 Skemp, Will	FR St. Olaf	x9.44
7 Bassett, Jackson	SO St. Olaf	x9.47

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****Men 4x200 Meter Relay**

School	Finals
1 St. Olaf 'A'	1:33.11
1) McNearny, Devin SO	2) Fisher, Henry SO
3) Moo, Eh Ler FR	4) Gwin, Samuel FR
2 Carleton 'A'	1:35.57
1) Demetriades, Theo FR	2) Shanno, Hugh SO
3) Subramanian, Aravindh SR	4) Adams, Tim SO
3 Martin Luther 'A'	1:36.80
1) Raasch, Eric Martin FR	2) Oestreich, Carson SO
3) Stanton, Jeremiah FR	4) Hillmer, Matthew FR

Men 4x400 Meter Relay

School	Finals
1 Macalester 'A'	3:27.56
1) Schonebaum, Henry FR	2) Wang, Jeff SO
3) Kinnucan, Ryan SR	4) Heitler, Arlo SO
2 St. Olaf 'A'	3:28.27
1) Fisher, Henry SO	2) Bittner, Alex FR
3) McNearny, Devin SO	4) Martin, Zach FR
3 Macalester 'B'	x3:36.75
1) Ali, Kalid SO	2) Bosley, Mason SR
3) Malecha, Thomas FR	4) Witt, Lachlan SR

Men Distance Medley

School	Finals
1 Martin Luther 'A'	11:56.48

Men High Jump

Name	Year School	Finals
1 Malliet, Samuel	FR Martin Luther	1.75m
1.50 1.55 1.60 1.65 1.70 1.75 1.80		
P P P P O O XXX		
2 Subramanian, Aravindh	SR Carleton	1.70m
1.50 1.55 1.60 1.65 1.70 1.75 1.80		
P P O O O X X		
3 Martin, Lucas	JR Martin Luther	x1.65m
1.50 1.55 1.60 1.65 1.70 1.75 1.80		
O O O O X X X		
4 Wietzke, Andrew	FR Martin Luther	J1.65m
1.50 1.55 1.60 1.65 1.70 1.75 1.80		
O O O O X X X		

Men Pole Vault

Name	Year School	Finals
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St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Men Pole Vault**

1	Arnold, Dylan	SO St. Olaf	4.37m
	2.81 2.96 3.11 3.26 3.41 3.56 3.71 3.86 4.01 4.16 4.37 4.58		
	P P P P P P P P P P XO XO XXX		
2	Askegaard, Lars	JR St. Olaf	3.86m
	2.81 2.96 3.11 3.26 3.41 3.56 3.71 3.86 4.01		
	P P P PPP PPP O XXO XXO XXX		
3	Schibbelhut, Micah	FR Martin Luther	3.56m
	2.81 2.96 3.11 3.26 3.41 3.56 3.71		
	PPP XO O O XO XO XXX		
4	Elahi, Rayan	SO St. Olaf	x3.41m
	2.81 2.96 3.11 3.26 3.41 3.56		
	PPP PPP O O O XXX		
5	Menter, Forest	FR St. Olaf	xJ3.41m
	2.81 2.96 3.11 3.26 3.41 3.56		
	P PPP O O XO XXX		
6	Cogley, Andrew	SO St. Olaf	x3.26m
	2.81 2.96 3.11 3.26 3.41		
	O O O XXO XXX		
--	Ross, Chandler	FR Martin Luther	NH
	2.81		
	XXX		
--	Chrenshaw, Christopher	SR Martin Luther	NH
--	Wietzke, Andrew	FR Martin Luther	NH
	2.81 2.96 3.11 3.26 3.41		
	PPP XP P XP XXX		

Men Long Jump

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Name	Year School					Finals	H#	
=====								
1	Kramarczuk, Lucas	JR	St. Olaf			6.54m	2	
	6.30m 6.44m 6.43m	FOUL	6.54m 6.51m					
2	Moo, Eh Ler	FR	St. Olaf			6.39m	2	
	FOUL 6.28m PASS 5.98m	6.14m 6.39m						
3	Raasch, Eric Martin	FR	Martin Luther			6.32m	2	
	6.32m 6.10m 6.05m	PASS FOUL FOUL						
4	Charlton, Josh	SO	St. Olaf			x6.19m	2	
	FOUL 6.05m 6.19m	FOUL FOUL FOUL						
5	Lord, Demetri	SO	St. Olaf			x6.16m	2	
	FOUL 6.16m PASS PASS	PASS PASS						
6	Stroschein, Weston	SO	St. Scholastica			6.13m	2	
	6.02m FOUL 6.00m	FOUL FOUL 6.13m						
7	Watson, Teris	FR	Hamline			6.10m	2	
	6.08m 5.98m 5.99m	5.74m 6.10m 5.91m						
7	Hodin, Riley	SO	Macalester			6.10m	2	
	4.31m 5.70m 6.04m	5.99m 5.80m 6.10m						
9	Ehlke, Joseph	FR	Martin Luther			5.99m	2	
	5.97m FOUL 5.99m	5.71m FOUL 5.90m						
10	Lee, Iain	FR	Hamline			5.86m	1	
	FOUL 5.65m 5.86m							
11	Demetriades, Theo	FR	Carleton			5.71m	1	
	5.43m 5.51m 5.71m							
12	Skemp, Will	FR	St. Olaf			x5.60m	1	
	5.60m FOUL FOUL							

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Men Long Jump**

13 Ridders, Sam	SO St. Olaf	x5.47m	1
FOUL 5.47m 3.66m			
14 Stanton, Jeremiah	FR Martin Luther	x5.44m	1
5.24m 5.44m 5.36m			
15 Martin, Lucas	JR Martin Luther	x5.33m	1
5.33m PASS PASS			
16 Craft-Baidoo, Elijah	NA Unattached	5.05m	1
5.05m 3.79m 4.56m			
-- Somsacksy, TJ	FR Hamline	FOUL	1
FOUL FOUL FOUL			

Men Triple Jump

Name	Year School	Finals
1 Wang, Kevin	FR Macalester	12.03m
FOUL FOUL FOUL FOUL FOUL 12.03m		
2 Ehlke, Joseph	FR Martin Luther	11.82m
FOUL 11.82m FOUL 11.80m 11.64m 11.82m		
3 Bosley, Mason	SR Macalester	11.67m
11.35m 11.57m 11.67m 11.39m 11.39m 11.57m		
4 Lee, Iain	FR Hamline	11.61m
11.53m FOUL 11.45m 11.24m 11.61m 11.58m		
5 Veimau, Justin	JR Macalester	x11.30m
10.69m 11.30m FOUL FOUL 10.80m PASS		
6 Craft-Baidoo, Elijah	NA Unattached	10.60m
10.37m 10.33m 10.60m 10.49m 10.45m 10.32m		
7 Somsacksy, TJ	FR Hamline	10.46m
FOUL FOUL 10.46m FOUL 10.19m 10.11m		

Men Shot Put

Name	Year School	Finals	H#
1 Mollison, Andrew	SO St. Olaf	14.32m	2
14.17m 14.10m 14.32m FOUL FOUL FOUL			
2 Beseth, Trent	SO St. Scholastica	13.95m	2
13.13m FOUL FOUL 13.58m FOUL 13.95m			
3 Steger, Grant	JR St. Scholastica	13.83m	2
11.72m FOUL 13.13m 13.38m 13.83m FOUL			
4 Dedry, Arnauld	SR St. Olaf	12.92m	2
11.38m FOUL 12.92m 11.95m FOUL 11.85m			
5 Menache, Max	SO Macalester	12.36m	1
11.23m 11.63m 11.04m 11.93m 12.36m 11.92m			
6 Moldenhauer, Alexander	FR Martin Luther	11.88m	2
11.48m FOUL 11.05m 11.49m 11.88m 11.06m			
7 Borst, Layton	SO St. Olaf	x11.63m	2
FOUL FOUL 11.63m FOUL FOUL FOUL			
8 Edelman, Ryan	FR St. Olaf	x11.61m	2
10.98m 11.61m 11.06m 11.57m 11.42m 11.13m			
9 Mills, Austin	FR Macalester	11.52m	2
11.52m FOUL FOUL FOUL FOUL FOUL			
10 Yang, Aiden	SO Macalester	x10.35m	1
8.96m 10.35m FOUL			

St. Olaf Tostrud Classic - 2/18/2023**Tostrud Center, St. Olaf College****Results****....Men Shot Put**

11 Middleton, Q	SR Northwestern	10.00m	1
9.50m 10.00m 8.78m			
12 Costin, William	SO Martin Luther	8.80m	1
8.58m 8.61m 8.80m			
13 Johannes, Kelvin	JR Martin Luther	x8.57m	1
7.97m 8.57m 8.11m			
14 Hailu, Alazar	SO Macalester	x8.29m	1
8.27m 8.10m 8.29m			
15 McGowan, Marwan	FR Martin Luther	x6.05m	1
FOUL FOUL 6.05m			

Men Weight Throw

Name	Year School	Finals	H#
1 Edelman, Ryan	FR St. Olaf	14.46m	2
12.98m 13.63m 13.43m 14.22m 14.46m 13.84m			
2 Menache, Max	SO Macalester	13.93m	2
FOUL FOUL 13.18m 13.93m FOUL FOUL			
3 Steger, Grant	JR St. Scholastica	13.37m	2
13.37m FOUL FOUL FOUL 13.30m 13.06m			
4 Dedry, Arnauld	SR St. Olaf	13.26m	2
12.75m 13.26m 12.80m 12.97m FOUL FOUL			
5 Mills, Austin	FR Macalester	13.19m	2
13.00m FOUL 13.19m FOUL 13.02m 13.19m			
6 McGlynn, Galen	FR St. Olaf	x12.45m	2
11.48m FOUL 12.45m 11.81m FOUL 12.42m			
7 Lutkauskas, Niko	FR St. Scholastica	11.41m	1
10.92m 10.49m 11.41m 11.00m 10.23m 9.96m			
8 Yang, Aiden	SO Macalester	x10.19m	1
8.31m 9.70m 8.93m 9.12m 9.50m 10.19m			
9 Moldenhauer, Alexander	FR Martin Luther	10.11m	1
9.25m 9.90m FOUL 9.85m 10.11m 9.76m			
10 Costin, William	SO Martin Luther	9.08m	1
FOUL FOUL 9.08m			
11 Johannes, Kelvin	JR Martin Luther	x8.74m	1
8.74m 7.55m FOUL			
12 McGowan, Marwan	FR Martin Luther	x6.63m	1
FOUL 6.61m 6.63m			

Women - Team Rankings - 19 Events Scored

1) Colorado College	116	2) St. Olaf	108.50
3) St. Benedict	103	4) Hamline	76.50
5) Carleton	76	6) Macalester	51
7) St. Scholastica	43	8) Martin Luther	33
9) Northwestern (Minn.)	11	10) St. Catherine	7

Men - Team Rankings - 19 Events Scored

1) St. Olaf	144	2) Macalester	122.50
3) Martin Luther	94	4) St. Scholastica	86
5) Carleton	77	6) Hamline	38.50
7) Northwestern (Minn.)	1		