

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon**

Name	Year School	Finals	Points
Finals			
1 Rebekah Salfer	SR St. Olaf	2:33.75	647
2 Peyton Selle	JR Concordia-Moorhead	2:34.53	637
3 Ellie Selisker	JR St. Benedict	2:41.48	556
4 Hailey Scholten	FR Bethel (Minn.)	2:42.25	547
5 Grace Blanchette	JR Carleton	2:42.98	539
6 Justus Floren	SO St. Benedict	2:43.08	538
7 Lily Johnson	SO St. Olaf	2:45.41	512
8 Sarah Beth Hobby	JR Macalester	2:49.83	465
9 Claire Keech	FR St. Olaf	2:51.27	450
10 Alli Joerger	SO Gustavus Adolphus	3:01.36	353
11 Jenna Kalevik	SO Concordia-Moorhead	3:07.70	297
12 Summer Kaeppe	FR Gustavus Adolphus	3:14.84	240

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Year School	Finals	H#	Points
1 Rebekah Salfer	SR St. Olaf	9.35	3	838
2 Peyton Selle	JR Concordia-Moorhead	9.60	3	789
3 Grace Blanchette	JR Carleton	9.61	3	787
4 Justus Floren	SO St. Benedict	9.62	3	785
5 Jenna Kalevik	SO Concordia-Moorhead	9.62	2	785
6 Hailey Scholten	FR Bethel (Minn.)	9.94	2	723
7 Sarah Beth Hobby	JR Macalester	10.16	2	682
8 Lily Johnson	SO St. Olaf	10.37	2	644
9 Claire Keech	FR St. Olaf	10.38	1	643
10 Alli Joerger	SO Gustavus Adolphus	10.68	1	590
11 Ellie Selisker	JR St. Benedict	10.82	1	566
12 Summer Kaeppe	FR Gustavus Adolphus	11.86	1	404

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Year School	Finals	Points
1 Justus Floren	SO St. Benedict	1.55m	5-01.00 678
1.43 1.46 1.49 1.52 1.55 1.58			
O O O O XO XXX			
1 Peyton Selle	JR Concordia-Moorhead	1.55m	5-01.00 678
1.40 1.43 1.46 1.49 1.52 1.55 1.58			
O O O O XO O XXX			
3 Jenna Kalevik	SO Concordia-Moorhead	1.52m	4-11.75 644
1.40 1.43 1.46 1.49 1.52 1.55			
O O O XXO XO XXX			
4 Ellie Selisker	JR St. Benedict	1.49m	4-10.50 610
1.40 1.43 1.46 1.49 1.52			
O O O XO XXX			
4 Grace Blanchette	JR Carleton	1.49m	4-10.50 610
1.34 1.37 1.40 1.43 1.46 1.49 1.52			
O O O O XO XO XXX			
6 Rebekah Salfer	SR St. Olaf	1.46m	4-09.50 577
1.31 1.34 1.37 1.40 1.43 1.46 1.49			
O O XXO O O O XXX			

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon**

6	Hailey Scholten	FR Bethel (Minn.)	1.46m	4-09.50	577
	1.28 1.31 1.34 1.37 1.40 1.43 1.46 1.49				
	O XXO O XO XO O O XXX				
8	Sarah Beth Hobby	JR Macalester	1.43m	4-08.25	544
	1.37 1.40 1.43 1.46				
	O O O XXX				
9	Alli Joerger	SO Gustavus Adolphus	1.40m	4-07.00	512
	1.37 1.40 1.43				
	O O XXX				
9	Lily Johnson	SO St. Olaf	1.40m	4-07.00	512
	1.28 1.31 1.34 1.37 1.40 1.43				
	XXO XXO XO XXO XXO XXX				
11	Summer Kaeppe	FR Gustavus Adolphus	1.34m	4-04.75	449
	1.28 1.31 1.34 1.37				
	O O XXO XXX				
12	Claire Keech	FR St. Olaf	1.31m	4-03.50	419
	1.22 1.25 1.28 1.31 1.34				
	O PPP O O XXX				

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Year School	Finals	Points
1 Peyton Selle	JR Concordia-Moorhead	5.10m 16-08.75	587
	5.10m FOUL FOUL		
2 Ellie Selisker	JR St. Benedict	5.06m 16-07.25	576
	4.69m 4.85m 5.06m		
3 Rebekah Salfer	SR St. Olaf	5.03m 16-06.00	567
	4.76m 4.58m 5.03m		
4 Justus Floren	SO St. Benedict	5.00m 16-05.00	559
	4.99m 5.00m 4.98m		
5 Sarah Beth Hobby	JR Macalester	4.85m 15-11.00	519
	4.82m FOUL 4.85m		
6 Grace Blanchette	JR Carleton	4.77m 15-07.75	498
	FOUL 4.77m FOUL		
7 Claire Keech	FR St. Olaf	4.60m 15-01.25	454
	4.43m 4.57m 4.60m		
8 Jenna Kalevik	SO Concordia-Moorhead	4.59m 15-00.75	451
	4.59m 4.59m 4.45m		
9 Lily Johnson	SO St. Olaf	4.44m 14-07.00	413
	4.08m FOUL 4.44m		
10 Hailey Scholten	FR Bethel (Minn.)	4.39m 14-05.00	401
	4.30m 4.31m 4.39m		
11 Summer Kaeppe	FR Gustavus Adolphus	4.22m 13-10.25	359
	3.93m 3.98m 4.22m		
12 Alli Joerger	SO Gustavus Adolphus	4.05m 13-03.50	319
	4.05m 3.88m 3.93m		

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Year School	Finals	Points
1 Sarah Beth Hobby	JR Macalester	11.15m 36-07.00	605
	11.15m 10.55m 11.15m		

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon**

2	Rebekah Salfer	SR St. Olaf	10.79m	35-05.00	581
	10.40m 10.37m 10.79m				
3	Peyton Selle	JR Concordia-Moorhead	10.30m	33-09.50	549
	9.91m 10.02m 10.30m				
4	Justus Floren	SO St. Benedict	10.11m	33-02.00	537
	9.55m 9.94m 10.11m				
5	Jenna Kalevik	SO Concordia-Moorhead	10.07m	33-00.50	534
	9.13m 9.55m 10.07m				
6	Claire Keech	FR St. Olaf	9.90m	32-05.75	523
	9.90m 9.57m 9.12m				
7	Grace Blanchette	JR Carleton	9.02m	29-07.25	465
	9.02m 8.62m 8.87m				
8	Lily Johnson	SO St. Olaf	8.89m	29-02.00	457
	8.64m 8.89m 8.08m				
9	Hailey Scholten	FR Bethel (Minn.)	7.80m	25-07.25	386
	7.79m 7.80m 7.62m				
10	Alli Joerger	SO Gustavus Adolphus	7.75m	25-05.25	383
	7.75m 7.11m 7.43m				
11	Ellie Selisker	JR St. Benedict	7.32m	24-00.25	356
	7.32m 6.60m 7.30m				
12	Summer Kaeppe	FR Gustavus Adolphus	7.19m	23-07.25	347
	6.40m 6.53m 7.19m				

Women Indoor Pentathlon

Championship: C 3914 2014 Amelia Campbell, Carleton						
Name	Year	School	Seed	Finals	H#	Points
1 Peyton Selle	JR	Concordia-Moorhead	3072	3240	10	
2 Rebekah Salfer	SR	St. Olaf	2982	3210	8	
3 Justus Floren	SO	St. Benedict		3097	6	
4 Grace Blanchette	JR	Carleton		2899	5	
5 Sarah Beth Hobby	JR	Macalester	2638	2815	4	
6 Jenna Kalevik	SO	Concordia-Moorhead		2711	3	
7 Ellie Selisker	JR	St. Benedict		2664	2	
8 Hailey Scholten	FR	Bethel (Minn.)		2634	1	
9 Lily Johnson	SO	St. Olaf	2276	2538		
10 Claire Keech	FR	St. Olaf	2347	2489		
11 Alli Joerger	SO	Gustavus Adolphus		2157		
12 Summer Kaeppe	FR	Gustavus Adolphus		1799		

Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Year	School	Finals	H#	Points
1 Demetri Lord	SO	St. Olaf	7.17	3	823
2 Abe Schegel	SR	Bethel (Minn.)	7.26	3	792
3 Anthony Thurk	SO	St. John's (Minn.)	7.46	2	726
4 Wade Rhonemus	SR	Concordia-Moorhead	7.51	3	710
5 Brandon Kallstrom	SO	Bethel (Minn.)	7.55	2	697
6 Micah Smith	SR	Bethel (Minn.)	7.59	3	684
7 Trevor Wellman	SO	Bethel (Minn.)	7.60	1	681
8 Sam Schulze	SO	Gustavus Adolphus	7.62	2	675
9 Layton Borst	SO	St. Olaf	7.63	3	671
10 Connor McCormick	FR	Gustavus Adolphus	7.66	2	662

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Heptathlon: #1 Men 60 Meter Dash Heptathlon**

11	Andrew Cogley	SO St. Olaf	7.67	2	659
12	Gael Ramirez	SO Bethel (Minn.)	7.67	2	659
13	Max Lelwica	SO St. John's (Minn.)	7.69	1	653
14	Carter Kienholz	SO Hamline	7.77	1	628
15	Aaron Elseth	FR Bethel (Minn.)	7.90	1	589
16	Joe Schmidt	SO Gustavus Adolphus	8.23	1	495

Heptathlon: #4 Men High Jump Heptathlon

Name	Year School	Finals	Points
1 Andrew Cogley	SO St. Olaf	1.80m	5-10.75 627
1.68 1.71 1.74 1.77 1.80 1.83			
O PPP O XXO XXO XXX			
1 Anthony Thurk	SO St. John's (Minn.)	1.80m	5-10.75 627
1.71 1.74 1.77 1.80 1.83			
O O XO XO XXX			
1 Wade Rhonemus	SR Concordia-Moorhead	1.80m	5-10.75 627
1.65 1.68 1.71 1.74 1.77 1.80 1.83			
XO XO O XXO O XXO XXX			
4 Max Lelwica	SO St. John's (Minn.)	1.77m	5-09.75 602
1.62 1.65 1.68 1.71 1.74 1.77 1.80			
O O XO O O O XXX			
5 Demetri Lord	SO St. Olaf	1.74m	5-08.50 577
1.68 1.71 1.74 1.77			
XO O O XXX			
6 Trevor Wellman	SO Bethel (Minn.)	1.68m	5-06.00 528
1.50 1.53 1.56 1.59 1.62 1.65 1.68 1.71			
O PPP O O O O XXO XXX			
7 Abe Schegel	SR Bethel (Minn.)	1.62m	5-03.75 480
1.50 1.53 1.56 1.59 1.62 1.65			
XO O XO O O XXX			
7 Micah Smith	SR Bethel (Minn.)	1.62m	5-03.75 480
1.53 1.56 1.59 1.62 1.65			
O XO O O XXX			
9 Sam Schulze	SO Gustavus Adolphus	1.59m	5-02.50 457
1.44 1.47 1.50 1.53 1.56 1.59 1.62			
O PPP O O XO O XXX			
9 Brandon Kallstrom	SO Bethel (Minn.)	1.59m	5-02.50 457
1.44 1.47 1.50 1.53 1.56 1.59 1.62			
O O O O XO XO XXX			
11 Carter Kienholz	SO Hamline	1.56m	5-01.25 434
1.47 1.50 1.53 1.56 1.59			
O O O O XXX			
12 Aaron Elseth	FR Bethel (Minn.)	1.53m	5-00.25 411
1.44 1.47 1.50 1.53 1.56			
O O XO XO XXX			
13 Layton Borst	SO St. Olaf	1.50m	4-11.00 389
1.50 1.53			
O XXX			
14 Gael Ramirez	SO Bethel (Minn.)	1.47m	4-09.75 367
1.35 1.38 1.41 1.44 1.47 1.50			
O O PPP O O XXX			

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Heptathlon: #4 Men High Jump Heptathlon**

15	Joe Schmidt	SO Gustavus Adolphus	1.44m	4-08.75	345
	1.35 1.38 1.41 1.44 1.47				
	O O PPP XO XXX				
16	Connor McCormick	FR Gustavus Adolphus	1.41m	4-07.50	324
	1.41 1.44				
	XO XXX				
--	Ian Mortensen	JR Carleton	DNS		

Heptathlon: #2 Men Long Jump Heptathlon

Name	Year School	Finals	Points
1 Demetri Lord	SO St. Olaf	6.31m 20-08.50	655
	6.21m 6.10m 6.31m		
2 Abe Schegel	SR Bethel (Minn.)	6.26m 20-06.50	644
	6.09m 6.26m 6.24m		
3 Wade Rhonemus	SR Concordia-Moorhead	6.01m 19-08.75	589
	5.81m 5.99m 6.01m		
4 Max Lelwica	SO St. John's (Minn.)	5.99m 19-08.00	584
	5.99m 5.95m 5.98m		
4 Anthony Thurk	SO St. John's (Minn.)	5.99m 19-08.00	584
	5.85m 5.99m 5.91m		
6 Andrew Cogley	SO St. Olaf	5.97m 19-07.00	580
	5.78m 5.96m 5.97m		
7 Micah Smith	SR Bethel (Minn.)	5.86m 19-02.75	556
	FOUL FOUL 5.86m		
8 Sam Schulze	SO Gustavus Adolphus	5.64m 18-06.00	510
	5.61m FOUL 5.64m		
9 Brandon Kallstrom	SO Bethel (Minn.)	5.60m 18-04.50	502
	5.60m 5.51m FOUL		
10 Connor McCormick	FR Gustavus Adolphus	5.50m 18-00.50	481
	5.50m 5.50m FOUL		
11 Carter Kienholz	SO Hamline	5.32m 17-05.50	445
	5.22m 5.32m FOUL		
12 Layton Borst	SO St. Olaf	5.26m 17-03.25	433
	5.18m FOUL 5.26m		
13 Trevor Wellman	SO Bethel (Minn.)	5.15m 16-10.75	411
	5.14m 5.15m 5.08m		
14 Aaron Elseth	FR Bethel (Minn.)	5.10m 16-08.75	402
	5.10m FOUL 5.09m		
15 Gael Ramirez	SO Bethel (Minn.)	4.86m 15-11.50	356
	4.86m 4.72m 4.81m		
16 Joe Schmidt	SO Gustavus Adolphus	4.06m 13-04.00	215
	4.06m 3.84m 4.01m		
--	Ian Mortensen	JR Carleton	DNS

Heptathlon: #3 Men Shot Put Heptathlon

Name	Year School	Finals	Points
1 Trevor Wellman	SO Bethel (Minn.)	12.12m 39-09.25	614
	12.12m 10.47m 12.06m		
2 Demetri Lord	SO St. Olaf	11.64m 38-02.25	585
	11.47m 11.64m 10.94m		

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results****....Heptathlon: #3 Men Shot Put Heptathlon**

3	Max Lelwica	SO St. John's (Minn.)	11.60m	38-00.75	582
	11.60m 10.65m 10.88m				
4	Layton Borst	SO St. Olaf	11.58m	38-00.00	581
	11.58m 11.40m FOUL				
5	Carter Kienholz	SO Hamline	11.15m	36-07.00	555
	11.05m 11.06m 11.15m				
6	Micah Smith	SR Bethel (Minn.)	10.64m	34-11.00	524
	10.64m 10.32m 9.80m				
7	Wade Rhonemus	SR Concordia-Moorhead	10.57m	34-08.25	520
	10.57m 9.67m 9.95m				
8	Abe Schegel	SR Bethel (Minn.)	10.47m	34-04.25	514
	9.18m 10.47m 9.35m				
9	Anthony Thurk	SO St. John's (Minn.)	10.42m	34-02.25	511
	FOUL 9.91m 10.42m				
10	Andrew Cogley	SO St. Olaf	9.71m	31-10.25	468
	9.71m 9.69m 9.27m				
11	Brandon Kallstrom	SO Bethel (Minn.)	9.30m	30-06.25	444
	9.03m 9.30m 8.76m				
12	Connor McCormick	FR Gustavus Adolphus	9.21m	30-02.75	438
	8.30m 8.88m 9.21m				
13	Aaron Elseth	FR Bethel (Minn.)	8.48m	27-10.00	395
	8.48m 7.64m FOUL				
14	Gael Ramirez	SO Bethel (Minn.)	8.34m	27-04.50	386
	8.34m 8.20m 8.13m				
15	Joe Schmidt	SO Gustavus Adolphus	7.68m	25-02.50	347
	7.68m 7.04m 7.10m				
16	Sam Schulze	SO Gustavus Adolphus	7.22m	23-08.25	320
	7.22m 7.12m 7.13m				
--	Ian Mortensen	JR Carleton	DNS		

Men Heptathlon

Championship: C 5088 2014 Cameron Clause, Gustavus Adolphus						
Name	Year	School	Seed	Finals	H#	Points
1 Demetri Lord		SO St. Olaf		2640		
2 Anthony Thurk		SO St. John's (Minn.)		2448		
3 Wade Rhonemus		SR Concordia-Moorhead	4599	2446		
4 Abe Schegel		SR Bethel (Minn.)		2430		
5 Max Lelwica		SO St. John's (Minn.)		2421		
6 Andrew Cogley		SO St. Olaf	3992	2334		
7 Micah Smith		SR Bethel (Minn.)		2244		
8 Trevor Wellman		SO Bethel (Minn.)		2234		
9 Brandon Kallstrom		SO Bethel (Minn.)		2100		
10 Layton Borst		SO St. Olaf	4040	2074		
11 Carter Kienholz		SO Hamline	3361	2062		
12 Sam Schulze		SO Gustavus Adolphus	3849	1962		
13 Connor McCormick		FR Gustavus Adolphus	3541	1905		
14 Aaron Elseth		FR Bethel (Minn.)		1797		
15 Gael Ramirez		SO Bethel (Minn.)		1768		
16 Joe Schmidt		SO Gustavus Adolphus		1402		

Women - Team Rankings - 1 Events Scored

1) Concordia-Moorhead	13	2) St. Olaf	8
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2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College

Results

....Men Heptathlon

2) St. Benedict	8	4) Carleton	5
5) Macalester	4	6) Bethel (Minn.)	1