

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results - Saturday****Women 60 Meter Dash**

Championship:		7.62	C	2014	Mallory Burnham, St. Thomas		
Name		Yr	School	Prelims		H#	
Preliminaries							
1	Birgen Nelson	JR	Gustavus Adolphus	7.80	Q	3	
2	Sarah Stellmach	SO	Bethel (Minn.)	7.81	Q	2	
3	Kate Carlson	SO	Gustavus Adolphus	7.90	Q	1	
4	Jireh Babalola	JR	Bethel (Minn.)	7.94	q	1	
5	Makayla Stinson	FR	St. Catherine (Minn.)	8.04	q	2	
6	Kate Gallagher	JR	St. Benedict	8.08	q	2	
7	Emily Rengo	FR	Concordia-Moorhead	8.12	q	3	
8	Danielle Miller	SO	Gustavus Adolphus	8.16	q	2	
9	Tiana Johnson	JR	St. Benedict	8.16		3	
10	Journey Amundson	SR	Macalester	8.20		1	
11	Ava Fink	FR	St. Scholastica	8.21		1	
12	Daneyah Hughes	FR	Gustavus Adolphus	8.25		2	
13	Myah Nelson	FR	St. Benedict	8.26		2	
14	Hannah King	JR	Bethel (Minn.)	8.27		3	
15	Ally Rakow	SO	Gustavus Adolphus	8.29		1	
16	Ellie Logelin	JR	Hamline	8.31		3	
17	Riley Roberts	SO	Carleton	8.35		2	
18	Lauren Dimler	FR	Gustavus Adolphus	8.36		3	
19	Bianca Lott	FR	Carleton	8.39		1	
20	Santrice Rodriguez	FR	Augsburg	8.43		1	
21	Rachel Nelsen	JR	St. Olaf	8.43		1	
22	Annie Paulson	FR	Bethel (Minn.)	8.46		3	
23	Emelia Laryea	FR	Gustavus Adolphus	8.47		3	
24	Madi Josephson	FR	St. Benedict	8.57		2	

Women 60 Meter Dash

Championship:		7.62	C	2014	Mallory Burnham, St. Thomas		
Name		Yr	School	Finals			
Finals							
1	Sarah Stellmach	SO	Bethel (Minn.)	7.70			
2	Kate Carlson	SO	Gustavus Adolphus	7.87			
3	Birgen Nelson	JR	Gustavus Adolphus	7.87			
4	Jireh Babalola	JR	Bethel (Minn.)	7.90			
5	Kate Gallagher	JR	St. Benedict	8.01			
6	Emily Rengo	FR	Concordia-Moorhead	8.05			
7	Makayla Stinson	FR	St. Catherine (Minn.)	8.20			
8	Danielle Miller	SO	Gustavus Adolphus	8.22			

Women 400 Meter Dash

Championship:		56.80	C	2017	Alexa Feeney, Carleton			
Name		Yr	School	Finals		H#		
Finals								
1	Allison Hookom	FR	Augsburg	58.32		3		
2	Megan Geraets	SO	Gustavus Adolphus	59.06		3		
3	Lauren Berg	FR	St. Benedict	59.24		3		
4	Mikayla Turek	JR	Bethel (Minn.)	1:00.22		3		
5	Hadley Twichell	FR	Carleton	1:00.93		2		

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results - Saturday****Finals ... (Women 400 Meter Dash)**

	Name	Yr	School	Finals	H#
6	Morgan Dean	FR	Bethel (Minn.)	1:01.54	2
7	Makenna Brown	JR	Bethel (Minn.)	1:01.64	1
8	Karla Kroschel	JR	St. Olaf	1:01.70	1
9	Lindsey Bernardy	SR	Hamline	1:02.10	1
10	Emma Storbakken	SO	St. Olaf	1:02.39	1
11	Lauren Rocheford	FR	Gustavus Adolphus	1:02.70	2
12	Meg Shercliffe	JR	Concordia-Moorhead	1:03.00	2
13	Hailey Gregg	SO	Bethel (Minn.)	1:03.03	2
14	Abbie Swenson	SO	Bethel (Minn.)	1:03.08	3
15	Grace Robinson	SO	Bethel (Minn.)	1:03.09	2
16	Jessie Smith	SO	Bethel (Minn.)	1:03.27	3
17	Madi Pelowski	FR	Bethel (Minn.)	1:04.31	1
18	Ruth Pfeiffer	FR	St. Olaf	1:04.42	1

Women 800 Meter Run**Championship: 2:12.67 C 2019****Phoebe Aguiar, Macalester**

	Name	Yr	School	Finals	H#
Finals					
1	Alexandra Maddux	SR	Hamline	2:14.85	3
2	Annessa Ihde	SO	Bethel (Minn.)	2:15.11	3
3	Ellie Sholing	SR	St. Scholastica	2:20.50	3
4	Drew Frolek	SO	Concordia-Moorhead	2:21.69	3
5	Celia Silverstein	FR	Carleton	2:22.89	3
6	Grace Moeller	FR	St. Olaf	2:24.13	3
7	Alice Cutter	SO	Carleton	2:24.37	2
8	Kalli Smith	SO	St. Benedict	2:24.58	2
9	Anna Cargill	FR	Bethel (Minn.)	2:25.13	2
10	Jules Fromm	SO	St. Olaf	2:25.16	2
11	Kailyn Walukas	SO	Gustavus Adolphus	2:28.10	2
12	Sadie Ray Smith	JR	Carleton	2:28.80	1
13	Madeline Rodriguez	SR	Macalester	2:29.05	1
14	Christine Albrecht	JR	St. Olaf	2:29.15	3
15	Lucy Lyngen	JR	St. Benedict	2:29.62	1
16	Natalie Zielsdorf	FR	St. Benedict	2:30.33	1
17	Karley Thurston	SO	Macalester	2:30.85	2
18	Kate Ulrich	SO	Carleton	2:31.34	1
19	Esther Nelson	SO	Bethel (Minn.)	2:31.51	2
20	Ava Shirley	FR	St. Olaf	2:31.95	1
21	Riley Mauzer	JR	St. Olaf	2:40.33	1

Women 1 Mile Run**Championship: 4:54.44 C 2010****Marie Borner, Bethel**

	Name	Yr	School	Finals	H#
Finals					
1	Clara Mayfield	JR	Carleton	4:50.20 C	3
2	Mary Blanchard	SO	Carleton	4:59.43	3
3	Maria Blaesing	JR	Macalester	5:01.71	3
4	Christine Albrecht	JR	St. Olaf	5:09.22	3
5	Sophie Abernethy	SO	St. Olaf	5:16.71	3
6	Grace Moeller	FR	St. Olaf	5:18.89	3

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results - Saturday****Finals ... (Women 1 Mile Run)**

	Name	Yr	School	Finals	H#
7	Nell Schafer	JR	Carleton	5:29.43	3
8	Molly Kate McCloskey	FR	St. Olaf	5:37.12	2
9	Morgan Dieschbourg	SO	Carleton	5:37.32	2
10	Anna Hay	FR	Bethel (Minn.)	5:41.87	2
11	Ava Craven	SO	St. Olaf	5:43.38	2
12	Madison Stackhouse	FR	Bethel (Minn.)	5:43.39	2
13	Margo Lewis	SO	Carleton	5:43.65	2
14	Sylvia Coyle	SO	Macalester	5:44.52	2
15	Alicia Maddux	FR	Hamline	5:46.35	3
16	Eva Creighton	FR	St. Benedict	5:46.91	2
17	Elsie Hatlevig	FR	Concordia-Moorhead	5:46.92	1
18	Tatum Leibke	FR	St. Benedict	5:48.99	1
19	Jenna Terrio	JR	St. Scholastica	5:49.25	1
20	Maggie Votruba	SO	Carleton	5:51.82	1
21	Lydia Gessner	SO	Bethel (Minn.)	5:54.04	1
22	Taina Koivisto	SO	Gustavus Adolphus	5:54.94	1
23	Abby Tapajna	FR	Hamline	5:55.22	1
24	Simi Kaur	SO	Gustavus Adolphus	5:55.27	1
25	Daniela Sanchez-Castillo	FR	Hamline	5:58.29	2
26	Ellesa St. George	SO	Bethel (Minn.)	6:03.15	1

Women 5000 Meter Run**Championship: 17:13.63 C 2011****Simone Childs-Walker, Carleton**

	Name	Yr	School	Finals
Finals				
1	Fiona Smith	JR	St. Benedict	16:49.69 C
2	Helen Cross	SO	Carleton	17:03.15 C
3	Hannah Preisser	FR	Carleton	17:05.02 C
4	Sofia Carlson	SO	St. Olaf	17:12.02 C
5	Alison Bode	SO	St. Olaf	17:13.20 C
6	Sophie McManus	SO	Carleton	17:50.10
7	Lauren Walda	FR	St. Olaf	17:57.40
8	Annie Kiobasa	JR	St. Benedict	18:00.79
9	Evelyn Villalobos	SO	Gustavus Adolphus	18:04.09
10	Josie Harms	SO	Bethel (Minn.)	18:18.53
11	Bridget Tetmeyer	JR	St. Benedict	18:54.30
12	Gracia Larsen-Schmidt	SO	St. Olaf	19:00.32
13	Mary Kenney	FR	St. Benedict	19:00.84
14	Emily Rugloski	SR	Concordia-Moorhead	19:09.28
15	Marte Borgmann	JR	Carleton	19:18.65
16	Emily DeMorett	SR	St. Benedict	19:28.65
17	Amelia Landsverk	SR	Concordia-Moorhead	19:42.62
18	Libby Roberdeau	JR	Hamline	20:02.76

Women 60 Meter Hurdles**Championship: 8.66 C 2014****Mallory Burnham, St. Thomas**

	Name	Yr	School	Prelims	H#
Preliminaries					
1	Birgen Nelson	JR	Gustavus Adolphus	C 8.56 Q	3
2	Kelsie Sealock	JR	Bethel (Minn.)	8.70 Q	2

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results - Saturday****Preliminaries ... (Women 60 Meter Hurdles)**

Name	Yr	School	Prelims	H#
3 Rebekah Salfer	SR	St. Olaf	9.27 Q	1
4 Danielle Miller	SO	Gustavus Adolphus	9.27 q	2
5 Nayeli Williams	SO	Carleton	9.38 q	1
6 Ellie Hernes	FR	Bethel (Minn.)	9.39 q	3
7 Lauren Berg	FR	St. Benedict	9.45 q	2
8 Justus Floren	SO	St. Benedict	9.52 q	1
9 Lauren Dimler	FR	Gustavus Adolphus	9.63	2
10 Hannah King	JR	Bethel (Minn.)	9.71	1
11 Jenna Kalevik	SO	Concordia-Moorhead	9.73	3
12 Peyton Selle	JR	Concordia-Moorhead	9.79	3
13 Nicole Lilleberg	SR	Concordia-Moorhead	9.80	1
14 AnnaGrace Nelson	SO	Bethel (Minn.)	9.84	2
15 Burnices Barlue	SO	St. Catherine (Minn.)	10.00	2
16 Daneyah Hughes	FR	Gustavus Adolphus	10.01	1
17 McKenzie Williams	JR	St. Scholastica	10.02	3
18 Ally Stackhouse	SO	Bethel (Minn.)	10.07	3
19 Hailey Scholten	FR	Bethel (Minn.)	10.09	3
20 Madi Josephson	FR	St. Benedict	10.12	2
21 Lily Johnson	SO	St. Olaf	10.47	2
22 Sarah Beth Hobby	JR	Macalester	10.48	1
23 Jaeden Sims	FR	Macalester	10.72	1
24 Emma Sahly	SO	St. Olaf	10.83	3

Women 60 Meter Hurdles

Championship: 8.66 C 2014 Mallory Burnham, St. Thomas

Name	Yr	School	Finals
Finals			
1 Birgen Nelson	JR	Gustavus Adolphus	8.53 C
2 Lauren Berg	FR	St. Benedict	9.22
3 Danielle Miller	SO	Gustavus Adolphus	9.24
4 Nayeli Williams	SO	Carleton	9.35
5 Rebekah Salfer	SR	St. Olaf	9.42
6 Ellie Hernes	FR	Bethel (Minn.)	9.44
7 Justus Floren	SO	St. Benedict	9.45
--- Kelsie Sealock	JR	Bethel (Minn.)	DQ

Women Distance MedleyChampionship: 12:23.37 C 2012 St. Olaf, St. Olaf
M Novacinski, E Stets, J Mosel, M Westby

Team		Relay		Finals	
Finals					
1	St. Benedict	A		12:29.19	
	1) Elise Yeager JR	2) Emerson Knapp SO	3) Keiley Maahs JR	4) Fiona Smith JR	
2	Macalester	A		12:45.46	
	1) Mara Pirone FR	2) Journey Amundson SR	3) Hadley Wilkins FR	4) Maria Blaesing JR	
3	Carleton	A		12:48.36	
	1) Rainey Tilley JR	2) Jocelyn Ferguson SO	3) Lara Erickson SO	4) Aliya Larsen FR	
4	St. Olaf	A		12:52.02	
	1) Sophie Abernethy SO	2) Abbie Manhard FR	3) Olivia Edstrom JR	4) Ella Landis FR	
5	Concordia-Moorhead	A		13:15.61	
	1) Aerial Johnson SO	2) Mary Wunderlich SO	3) Eden Smith SO	4) Sophia Revoir FR	

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results - Saturday****Finals ... (Women Distance Medley)**

Team	Relay	Finals
6 Gustavus Adolphus 1) Sydney Hagen SO	A 2) Makenna Huetten SO	13:24.13 4) Julia Severson SR
7 Saint Mary's (Minn.)	A	13:31.16
8 Hamline 1) Daniela Sanchez-Castillo FR	A 2) Andreiana Aurelius JR	14:08.00 4) Abby Tapajna FR
9 St. Catherine (Minn.) 1) Brenna Nelson JR	A 2) Anna Marsolek FR	14:38.37 4) Brittany Breed FR
--- Bethel (Minn.) 1) Evie Hage SO	A 2) Makenna Brown JR	DQ 4) Anna Decker SO
	3) Kailyn Walukas SO	
	3) Jalisa Mathews SR	
	3) Megan Perkins SR	
	3) Ruby Gernandt SO	

Women Pole Vault

Championship:	3.83m	C	2017	London Stelton, Saint Benedict		
Name	Yr	School	Finals			
Finals						
1 Jessica Lilland	JR	Bethel (Minn.)	3.40m	11-01.75		
2 Caroline Gearin	JR	Saint Mary's (Minn.)	3.30m	10-10.00		
3 Caitlin Salfer	SR	St. Benedict	3.20m	10-06.00		
4 Julia Cordes	SR	St. Olaf	3.10m	10-02.00		
5 Melanie Roberts	JR	St. Olaf	2.90m	9-06.25		
5 Emily Litton	JR	Carleton	2.90m	9-06.25		
7 Grace Pierson	SR	Hamline	2.75m	9-00.25		
8 Jenna Bunker	SO	Gustavus Adolphus	2.75m	9-00.25		
9 Bria Luepke	FR	Hamline	2.75m	9-00.25		
10 Lillian Selberg	SO	Gustavus Adolphus	2.45m	8-00.50		
11 Mia Evans	FR	Bethel (Minn.)	2.30m	7-06.50		
11 Roen Boyd	FR	Macalester	2.30m	7-06.50		
13 Molly Nelson	FR	Bethel (Minn.)	2.30m	7-06.50		

Women Triple Jump

Championship:	11.83m	C	2017	Emma Peterson, Concordia		
Name	Yr	School	Finals		H#	
Finals						
1 Ellie Hernes	FR	Bethel (Minn.)	11.70m	38-04.75	1	
2 Journey Amundson	SR	Macalester	11.63m	38-02.00	2	
3 Annika Muller	SR	St. Olaf	11.62m	38-01.50	2	
4 Madi Kes	SO	Gustavus Adolphus	11.39m	37-04.50	2	
5 CC Cesare	FR	Augsburg	10.97m	36-00.00	2	
6 AnnaGrace Nelson	SO	Bethel (Minn.)	10.77m	35-04.00	1	
7 Ainslee Parker	JR	St. Olaf	10.65m	34-11.25	2	
8 Reilee Schepper	SR	St. Catherine (Minn.)	10.63m	34-10.50	2	
9 Jaeden Sims	FR	Macalester	10.63m	34-10.50	2	
10 Sarrah Lindner	FR	Gustavus Adolphus	10.55m	34-07.50	2	
11 Melanie Roberts	JR	St. Olaf	10.22m	33-06.50	1	
12 Mary Wunderlich	SO	Concordia-Moorhead	10.18m	33-04.75	1	
13 Nicole Lilleberg	SR	Concordia-Moorhead	10.15m	33-03.75	1	
14 Burnices Barlue	SO	St. Catherine (Minn.)	10.14m	33-03.25	1	
15 Eva McClelland	FR	Gustavus Adolphus	9.88m	32-05.00	1	
16 Lauren Cappelmann	FR	Macalester	9.88m	32-05.00	1	
17 Emelia Laryea	FR	Gustavus Adolphus	9.84m	32-03.50	1	
18 Bryana Leverentz	SR	St. Catherine (Minn.)	9.81m	32-02.25	1	
19 Danielle Anderson	JR	St. Benedict	9.67m	31-08.75	1	

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results - Saturday****Finals ... (Women Triple Jump)**

Name	Yr	School	Finals	H#
20 Kyra Nichols	SR	Concordia-Moorhead	9.54m 31-03.75	1

Women Weight Throw**Championship: 17.66m C 2000****Hamline, April Felt**

Name	Yr	School	Finals	H#
Finals				
1 Allyson Kangas	SR	Concordia-Moorhead	16.19m 53-01.50	2
2 Lily Beneke	JR	St. Scholastica	15.72m 51-07.00	2
3 Maggie Beckmann	SR	St. Benedict	15.20m 49-10.50	2
4 Molly Lukenbill	JR	Bethel (Minn.)	15.17m 49-09.25	2
5 Emma Roethler	SO	Bethel (Minn.)	14.77m 48-05.50	2
6 Chando Horvath	JR	St. Catherine (Minn.)	14.52m 47-07.75	2
7 Nora Wilhelm	FR	Bethel (Minn.)	14.22m 46-08.00	1
8 Lexi Brainer	SO	Hamline	14.02m 46-00.00	2
9 Lexi Ellinghuysen	JR	Bethel (Minn.)	13.75m 45-01.50	1
10 Kelley Brennan	FR	Gustavus Adolphus	13.75m 45-01.50	2
11 Madison Reed	JR	Hamline	13.69m 44-11.00	2
12 Aleah Keske	JR	St. Olaf	13.64m 44-09.00	1
13 Anna Becker	SO	Saint Mary's (Minn.)	13.45m 44-01.50	1
14 Samantha Kubes	JR	Saint Mary's (Minn.)	13.39m 43-11.25	2
15 Brooke Kangas	SO	Concordia-Moorhead	13.21m 43-04.25	1
16 Morgan Wallendal	SO	Saint Mary's (Minn.)	12.95m 42-06.00	1
17 Emma Johnson	SO	St. Olaf	12.93m 42-05.25	1
18 Peyton Irsfeld	JR	St. Olaf	12.68m 41-07.25	1
19 Jade Hunt	SO	Hamline	11.96m 39-03.00	1
20 Kendall Bechtold	SR	St. Benedict	10.64m 34-11.00	1

Men 60 Meter Dash**Championship: 6.81 C 2018****Emmanuel Egbujor, Augsburg**

Name	Yr	School	Prelims	H#
Preliminaries				
1 Landen Liu	FR	Bethel (Minn.)	C 6.77 Q	3
2 Samuel Eben Ebai	SR	St. Scholastica	6.92 Q	2
3 Kevin Arthur	JR	St. John's (Minn.)	6.96 Q	1
4 Matthew Skelly	SO	Gustavus Adolphus	7.09 q	2
5 Cameron McConnell	SO	Bethel (Minn.)	7.11 q	3
6 Varney Conneh	SR	Augsburg	7.13 q	3
7 Godsword Simon	SO	Bethel (Minn.)	7.14 q	2
8 Nathan Le	SO	Gustavus Adolphus	7.18 q	1
9 Nolan Morical	SO	Concordia-Moorhead	7.21	2
10 Collin Asplin	FR	Bethel (Minn.)	7.21	2
11 Dylan Arnold	SO	St. Olaf	7.23	2
12 Caden Wheeler	FR	St. John's (Minn.)	7.24	1
13 Sylvain Zong-Naba	SO	Macalester	7.24	1
14 Ben Kritsberg	FR	Saint Mary's (Minn.)	7.26	1
14 Emanuel Popoca	SO	St. John's (Minn.)	7.26	2
16 Andrei Pettis	FR	Hamline	7.28	1
17 Albert Smith	SR	Bethel (Minn.)	7.30	3
18 Reece Thomas	SO	Hamline	7.30	3
19 Levi Korum	SO	Bethel (Minn.)	7.34	1

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results - Saturday****Preliminaries ... (Men 60 Meter Dash)**

	Name	Yr	School	Prelims	H#
20	Devin McNearny	SO	St. Olaf	7.35	3
21	Tony Haack	FR	Bethel (Minn.)	7.35	2
22	Josh Sletta	JR	St. John's (Minn.)	7.50	3

Men 60 Meter Dash

Championship: 6.81 C 2018 **Emmanuel Egbujor, Augsburg**

	Name	Yr	School	Finals	
Finals					
1	Landen Liu	FR	Bethel (Minn.)	6.76	C
2	Samuel Eben Ebai	SR	St. Scholastica	6.89	
3	Kevin Arthur	JR	St. John's (Minn.)	6.91	
4	Matthew Skelly	SO	Gustavus Adolphus	7.06	
5	Godsword Simon	SO	Bethel (Minn.)	7.08	
6	Cameron McConnell	SO	Bethel (Minn.)	7.11	
7	Varney Conneh	SR	Augsburg	7.19	
8	Nathan Le	SO	Gustavus Adolphus	39.55	

Men 400 Meter Dash

Championship: 48.78 C 2004 **Matthew Shannon, Augsburg**

	Name	Yr	School	Finals	H#
Finals					
1	Jacob Parent	SO	Bethel (Minn.)	49.17	3
2	Joel Smith	SR	Bethel (Minn.)	49.33	3
3	Cal Wright	SR	Concordia-Moorhead	49.39	3
4	Arlo Heitler	SO	Macalester	49.68	3
5	Hayden Gagnon	SR	Concordia-Moorhead	49.86	2
6	Grant Nelson	FR	Bethel (Minn.)	50.12	2
7	Wyatt Quiring	SR	Gustavus Adolphus	50.26	2
8	Brady Labine	SR	St. John's (Minn.)	50.48	2
9	Chris Bulwa	SO	Saint Mary's (Minn.)	51.06	1
10	Jeff Wang	SO	Macalester	51.67	1
11	Jericho Peterson	JR	St. Scholastica	51.97	3
12	Noah Kubicek	FR	St. Scholastica	52.09	1
13	Trevor Tiongson	SO	Concordia-Moorhead	52.23	1
14	Seth Zeitchick	JR	Gustavus Adolphus	52.25	3
15	Agro Gushwa	SO	Gustavus Adolphus	52.69	1
16	Liam Kennedy	JR	Carleton	52.95	1
17	Tyler Anderson	SO	St. Scholastica	53.70	2
---	Simon Zahrbock	SR	Concordia-Moorhead	DNF	2

Men 800 Meter Run

Championship: 1:52.54 C 2010 **Max Hanson, Gustavus Adolphus**

	Name	Yr	School	Finals	H#
Finals					
1	Josh Meier	SO	Carleton	1:56.44	3
2	Tyler Smith	SO	Gustavus Adolphus	1:56.93	3
3	Jeremy Fong	SR	Carleton	1:57.70	3
4	Alistair Pattison	JR	Carleton	1:57.75	2
5	Getinat Asfaw	JR	Augsburg	1:57.77	3
6	Zach Martin	FR	St. Olaf	1:58.05	2

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results - Saturday****Finals ... (Men 800 Meter Run)**

	Name	Yr	School	Finals	H#
7	Jose Gonzalez-Ramirez	JR	St. Olaf	1:59.18	2
8	Markus Rupnow	SO	Gustavus Adolphus	1:59.32	3
9	Nathan Clausing	JR	St. John's (Minn.)	2:00.08	3
10	Alexei Hensel	JR	St. John's (Minn.)	2:00.33	1
11	Sakariya Hussien	SR	Augsburg	2:00.41	1
12	Samuel Rengo	JR	St. John's (Minn.)	2:00.56	1
13	Grant Schneider	FR	Saint Mary's (Minn.)	2:00.78	2
14	Derek Douglas	SO	St. Scholastica	2:00.82	3
15	Clark Nelson	SO	Bethel (Minn.)	2:00.83	1
16	Mark Rud	FR	Gustavus Adolphus	2:01.66	2
17	Gabe Kuecker	SO	Bethel (Minn.)	2:02.38	2
18	Jay Lebakken	FR	Macalester	2:04.29	1
19	Daniel Hage	SR	Bethel (Minn.)	2:04.29	1
20	Bereket Wondimu	JR	Augsburg	2:06.09	1
21	Solomon Johnson	SR	Concordia-Moorhead	2:07.18	2

Men 1 Mile Run**Championship: 4:11.94 C 2014****Grant Wintheiser, St. Olaf**

	Name	Yr	School	Finals	H#
Finals					
1	Gabe Nichols	FR	Carleton	4:12.99	3
2	Mitchell Grand	JR	St. John's (Minn.)	4:15.43	3
3	Tucker Wallin	JR	Gustavus Adolphus	4:16.48	3
4	Roy Llewellyn	FR	Carleton	4:16.93	3
5	Lloyd Young	JR	St. John's (Minn.)	4:18.30	3
6	Olaf Coffey	SO	St. Olaf	4:21.82	3
7	Indy Lyness	FR	Carleton	4:21.82	3
8	Elijah Jones	SR	Carleton	4:22.19	3
9	Nathan Neu	SO	St. Scholastica	4:23.79	3
10	Brett Hanley	SO	Carleton	4:29.82	2
11	Emerson Lange	FR	Carleton	4:31.04	2
12	Brock Adams	SO	Macalester	4:31.30	2
13	Joe Madell	SO	Macalester	4:32.09	2
14	Trevor LaVigne	SO	Gustavus Adolphus	4:32.38	2
15	Lucas LiaBraaten	FR	Hamline	4:34.18	1
16	Carson Roehl	SO	Gustavus Adolphus	4:34.84	2
17	Alex Fendig	JR	Macalester	4:36.55	1
18	Penn Sagedahl	JR	St. Olaf	4:36.67	2
19	Aiden Chalmers	FR	St. John's (Minn.)	4:36.82	1
20	Ben Chao	SR	Carleton	4:37.24	1
21	Cole Peske	SR	Macalester	4:38.42	1
22	Jonah Kalsnes	SO	Gustavus Adolphus	4:39.94	1
23	Ryan Bernstein	FR	Carleton	4:40.18	2
24	Aric Brodie	SR	Hamline	4:41.97	2
25	Aidan Appel	SO	Macalester	4:43.45	1
26	Angelo Fiataruolo	FR	St. Olaf	4:44.41	1

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results - Saturday****Men 5000 Meter Run****Championship: 14:26.94 C 1983****Nick Manciu, St. Thomas**

	Name	Yr	School	Finals
Finals				
1	Mohammed Bati	FR	Augsburg	14:46.60
2	Will Kelly	SO	St. Olaf	14:50.74
3	Carter Grove	SO	St. John's (Minn.)	14:59.90
4	Henry Bowman	SR	Carleton	15:01.96
5	Anders Cote	SO	St. Olaf	15:07.93
6	Chris Melville	JR	Carleton	15:12.09
7	Nick Ihrke	SO	Macalester	15:14.20
8	Julian Munoz	JR	St. Olaf	15:15.45
9	Kevin Turlington	FR	St. Olaf	15:17.54
10	Derk Lyford	JR	St. Olaf	15:18.77
11	Eamon Cavanaugh	SO	St. John's (Minn.)	15:19.45
12	Logan Bocovich	JR	St. Olaf	15:24.89
13	Kevin Montresor	JR	St. Olaf	15:28.93
14	Logan McCullough	SO	Gustavus Adolphus	15:32.04
15	Leo Smith	SR	Concordia-Moorhead	15:32.77
16	Reece McKee	SO	Macalester	15:35.05
17	Joe Lee	SO	Concordia-Moorhead	15:39.44
18	Reese Thompson	SO	Bethel (Minn.)	16:41.51

Men 60 Meter Hurdles**Championship: 8.01 C 2/28/2020****Taylor Rooney, Gustavus Adolphus**

	Name	Yr	School	Prelims	H#
Preliminaries					
1	Jayson Ekiyor	SO	Bethel (Minn.)	8.06 Q	3
2	Lucas Kramarczuk	JR	St. Olaf	8.10 Q	1
3	Josh Thomsen	SO	Hamline	8.36 Q	2
4	Josh Sampson	JR	Bethel (Minn.)	8.16 q	1
5	David Myres	JR	Bethel (Minn.)	8.72 q	2
6	Demetri Lord	SO	St. Olaf	8.80 q	3
7	Logan Clark	FR	Concordia-Moorhead	8.89 q	2
8	Hamza Mahamud	FR	Macalester	8.93 q	2
9	Max Lelwica	SO	St. John's (Minn.)	9.01	3
10	Micah Smith	SR	Bethel (Minn.)	9.01	1
11	Matthew Nissen	SO	St. Olaf	9.01	1
12	Sebastian Stefanowicz	FR	Macalester	9.08	2
13	Josh Lee	SO	Bethel (Minn.)	9.12	1
14	Wade Rhonemus	SR	Concordia-Moorhead	9.25	3
15	Connor McCormick	FR	Gustavus Adolphus	9.30	3
16	Trajen Clayton	FR	Augsburg	9.39	3
17	Riley Buxell	FR	St. John's (Minn.)	9.45	2
18	Will Skemp	FR	St. Olaf	9.57	3
19	Aaron Elseth	FR	Bethel (Minn.)	9.63	1
20	Aiden Blaeser	FR	St. John's (Minn.)	9.87	1
21	Layton Borst	SO	St. Olaf	9.89	2
22	Grant Baker	SO	Gustavus Adolphus	10.12	2
23	Aki Wada	FR	Macalester	10.30	1
24	Calvin Moeller	SO	Gustavus Adolphus	10.40	3

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results - Saturday****Men 60 Meter Hurdles****Championship: 8.01 C 2/28/2020 Taylor Rooney, Gustavus Adolphus**

	Name	Yr	School	Finals
Finals				
1	Jayson Ekiyor	SO	Bethel (Minn.)	8.08
2	Lucas Kramarczuk	JR	St. Olaf	8.21
3	Josh Sampson	JR	Bethel (Minn.)	8.22
4	Josh Thomsen	SO	Hamline	8.45
5	David Myres	JR	Bethel (Minn.)	8.50
6	Logan Clark	FR	Concordia-Moorhead	8.83
7	Demetri Lord	SO	St. Olaf	8.84
8	Hamza Mahamud	FR	Macalester	8.95

Men Distance Medley**Championship: 10:15.58 C 2017 Carleton, Carleton
W Edstrom, M Heiks, C Sikes, D Cook-Gallardo**

	Team	Relay	Finals
Finals			
1	Carleton	A	10:23.80
	1) Roy Llewellyn FR	2) Reese Anderson FR	3) Indy Lyness FR 4) Gabe Nichols FR
2	Macalester	A	10:34.51
	1) Tor Olsson SO	2) Ryan Kinnucan SR	3) Henry Schonebaum FR 4) Ben Crotteau SO
3	St. John's (Minn.)	A	10:37.65
	1) Nick St. Peter FR	2) Riley Berg JR	3) Will Mattock JR 4) Dillon Diekmann SR
4	St. Olaf	A	10:37.71
	1) Jackson Marsh SO	2) Henry Fisher SO	3) Alex Bittner FR 4) Eli Doran FR
5	Bethel (Minn.)	A	10:43.27
	1) Grant Graber SO	2) Tony Haack FR	3) Tad Stewart JR 4) Luke Peterson SO
6	Concordia-Moorhead	A	10:46.44
7	Gustavus Adolphus	A	10:53.13
	1) Carson Roehl SO	2) Agro Gushwa SO	3) Markus Rupnow SO 4) Tucker Wallin JR
8	Hamline	A	12:27.11
	1) Lucas LiaBraaten FR	2) Eric Pfenning-Wendt FR	3) Raul Ortiz SO 4) Aric Brodie SR
---	Augsburg	A	DNF
	1) Sakariya Hussien SR	2) Fritz Landherr SR	3) Getinat Asfaw JR 4) Mohammed Bati FR

Men High Jump**Championship: 2.17m C 1995 Kenneth Hoffmann, St. Olaf**

	Name	Yr	School	Finals
Finals				
1	Michael Braun	SO	Hamline	1.92m 6-03.50
2	Anthony Marsh	SO	Concordia-Moorhead	1.92m 6-03.50
3	Danny Bies	SO	Gustavus Adolphus	1.89m 6-02.25
4	Alec Ungar	SO	St. John's (Minn.)	1.86m 6-01.25
5	Anthony Thurk	SO	St. John's (Minn.)	1.86m 6-01.25
5	Alec Braun	SO	Bethel (Minn.)	1.86m 6-01.25
7	Alex Seiler	SO	St. John's (Minn.)	1.86m 6-01.25
8	Simon Swenson	FR	Bethel (Minn.)	1.81m 5-11.25
9	Cole Matetich	SO	Gustavus Adolphus	1.71m 5-07.25
10	Andrew Cogley	SO	St. Olaf	1.71m 5-07.25
11	Aravindh Subramanian	SR	Carleton	1.66m 5-05.25
11	Logan Sullivan	SO	Gustavus Adolphus	1.66m 5-05.25

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results - Saturday****Finals ... (Men High Jump)**

Name	Yr	School	Finals
--- Iain Lee	FR	Hamline	NH

Men Long Jump

Championship: 7.56m C 2/28/2020 Kyle Lichttenegger, Saint Mary's (Mi)

	Name	Yr	School	Finals		H#
Finals						
1	Zach Schaffer	FR	St. John's (Minn.)	6.70m	21-11.75	2
2	Lucas Kramarczuk	JR	St. Olaf	6.55m	21-06.00	2
3	Michael Braun	SO	Hamline	6.50m	21-04.00	2
4	Josh Charlton	SO	St. Olaf	6.46m	21-02.50	2
5	Eh Ler Moo	FR	St. Olaf	6.38m	20-11.25	2
6	Grant Nelson	FR	Bethel (Minn.)	6.35m	20-10.00	2
7	Simon Swenson	FR	Bethel (Minn.)	6.35m	20-10.00	2
8	Alec Ungar	SO	St. John's (Minn.)	6.33m	20-09.25	2
9	Isaiah Subah	SO	Gustavus Adolphus	6.29m	20-07.75	1
10	Demetri Lord	SO	St. Olaf	6.19m	20-03.75	1
11	Kevin Wang	FR	Macalester	6.03m	19-09.50	1
12	Teris Watson	FR	Hamline	6.02m	19-09.00	1
13	Antonio Cisewski	SO	Saint Mary's (Minn.)	5.92m	19-05.25	2
14	Godsword Simon	SO	Bethel (Minn.)	5.66m	18-07.00	1
15	Weston Stroschein	SO	St. Scholastica	5.54m	18-02.25	1
16	Sam Schulze	SO	Gustavus Adolphus	5.52m	18-01.50	1
17	Jordan Petron	SO	Concordia-Moorhead	5.47m	17-11.50	1
---	Will Skemp	FR	St. Olaf	FOUL		1

Men Weight Throw

Championship: 19.68m C 2011 Andrwe Brueggen, Saint Mary's

	Name	Yr	School	Finals		H#
Finals						
1	Joshua Beiswanger	JR	Gustavus Adolphus	17.18m	56-04.50	2
2	Jaeden Frost	JR	St. John's (Minn.)	16.31m	53-06.25	2
3	Grant Steger	JR	St. Scholastica	15.69m	51-05.75	2
4	Max Menache	SO	Macalester	15.21m	49-11.00	2
5	Eli Mollet	SR	St. John's (Minn.)	15.00m	49-02.50	2
6	Victor Wright	SR	Macalester	14.78m	48-06.00	2
7	Brett Hague	JR	St. John's (Minn.)	14.67m	48-01.75	2
8	Adam Hokanson	FR	Bethel (Minn.)	14.46m	47-05.25	1
9	Cade Feist	SO	St. Olaf	14.36m	47-01.50	1
10	Evan Larsen	SO	Bethel (Minn.)	14.10m	46-03.25	2
11	Ryan Edelman	FR	St. Olaf	13.95m	45-09.25	2
12	Joseph Mensen	SO	St. John's (Minn.)	13.67m	44-10.25	2
13	Casen Fritz	SO	Saint Mary's (Minn.)	13.62m	44-08.25	1
14	Zach Stordahl	SO	Gustavus Adolphus	13.50m	44-03.50	1
15	Austin Mills	FR	Macalester	13.23m	43-05.00	1
16	Ricky Ramirez	SO	Concordia-Moorhead	13.14m	43-01.50	1
17	Jon Davis	FR	St. John's (Minn.)	12.56m	41-02.50	1
18	Arnauld Dedry	SR	St. Olaf	12.17m	39-11.25	1
19	Galen McGlynn	FR	St. Olaf	11.49m	37-08.50	1
20	Kaleb DeWall	SO	St. John's (Minn.)	11.43m	37-06.00	1

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results - Saturday****Heptathlon: #7 Men 1000 Meter Run Heptathlon**

	Name	Yr	School	Finals
Finals				
1	Andrew Cogley	SO	St. Olaf	2:46.93
2	Micah Smith	SR	Bethel (Minn.)	2:50.96
3	Wade Rhonemus	SR	Concordia-Moorhead	2:54.63
4	Sam Schulze	SO	Gustavus Adolphus	2:54.94
5	Connor McCormick	FR	Gustavus Adolphus	2:57.75
6	Demetri Lord	SO	St. Olaf	2:58.57
7	Max Lelwica	SO	St. John's (Minn.)	2:59.07
8	Abe Schegel	SR	Bethel (Minn.)	2:59.36
9	Anthony Thurk	SO	St. John's (Minn.)	3:00.29
10	Trevor Wellman	SO	Bethel (Minn.)	3:01.84
11	Gael Ramirez	SO	Bethel (Minn.)	3:08.25
12	Aaron Elseth	FR	Bethel (Minn.)	3:10.48
13	Brandon Kallstrom	SO	Bethel (Minn.)	3:11.36
14	Carter Kienholz	SO	Hamline	3:13.39
15	Joe Schmidt	SO	Gustavus Adolphus	3:15.02
16	Layton Borst	SO	St. Olaf	3:16.93

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

	Name	Yr	School	Finals	H#
Finals					
1	Demetri Lord	SO	St. Olaf	8.74	5
2	Max Lelwica	SO	St. John's (Minn.)	8.95	5
3	Wade Rhonemus	SR	Concordia-Moorhead	8.98	5
4	Micah Smith	SR	Bethel (Minn.)	9.07	5
5	Connor McCormick	FR	Gustavus Adolphus	9.20	4
6	Anthony Thurk	SO	St. John's (Minn.)	9.30	3
7	Layton Borst	SO	St. Olaf	9.39	4
8	Abe Schegel	SR	Bethel (Minn.)	9.48	2
9	Aaron Elseth	FR	Bethel (Minn.)	9.51	3
10	Sam Schulze	SO	Gustavus Adolphus	9.54	4
11	Andrew Cogley	SO	St. Olaf	9.89	3
12	Trevor Wellman	SO	Bethel (Minn.)	10.07	2
13	Carter Kienholz	SO	Hamline	10.20	2
14	Brandon Kallstrom	SO	Bethel (Minn.)	10.55	1
15	Joe Schmidt	SO	Gustavus Adolphus	11.14	1
16	Gael Ramirez	SO	Bethel (Minn.)	12.65	1

Heptathlon: #6 Men Pole Vault Heptathlon

	Name	Yr	School	Finals
Finals				
1	Demetri Lord	SO	St. Olaf	3.80m 12-05.50
1	Layton Borst	SO	St. Olaf	3.80m 12-05.50
3	Abe Schegel	SR	Bethel (Minn.)	3.70m 12-01.50
4	Connor McCormick	FR	Gustavus Adolphus	3.60m 11-09.75
5	Max Lelwica	SO	St. John's (Minn.)	3.50m 11-05.75
6	Anthony Thurk	SO	St. John's (Minn.)	3.40m 11-01.75
7	Sam Schulze	SO	Gustavus Adolphus	3.30m 10-10.00
7	Gael Ramirez	SO	Bethel (Minn.)	3.30m 10-10.00

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023**Macalester College****Results - Saturday****Finals ... (Heptathlon: #6 Men Pole Vault Heptathlon)**

	Name	Yr School	Finals	
9	Carter Kienholz	SO Hamline	3.20m	10-06.00
10	Andrew Cogley	SO St. Olaf	3.10m	10-02.00
11	Joe Schmidt	SO Gustavus Adolphus	3.00m	9-10.00
12	Micah Smith	SR Bethel (Minn.)	2.80m	9-02.25
13	Trevor Wellman	SO Bethel (Minn.)	2.70m	8-10.25
14	Aaron Elseth	FR Bethel (Minn.)	2.50m	8-02.50
---	Wade Rhonemus	SR Concordia-Moorhead	NH	
---	Brandon Kallstrom	SO Bethel (Minn.)	NH	

Women - Team Rankings - 11 Events Scored

1) Bethel (Minn.)	71	2) Carleton	66.5
3) St. Benedict	62	4) St. Olaf	61.5
5) Gustavus Adolphus	48	6) Concordia-Moorhead	35
7) Macalester	26	8) St. Scholastica	14
8) Hamline	14	8) Augsburg	14
11) Saint Mary's (Minn.)	10	12) St. Catherine (Minn.)	6

Men - Team Rankings - 11 Events Scored

1) Bethel (Minn.)	81.5	2) St. John's (Minn.)	79.5
3) St. Olaf	68	4) Carleton	57
5) Gustavus Adolphus	41	6) Concordia-Moorhead	26
7) Macalester	24	8) Hamline	22
9) Augsburg	16	10) St. Scholastica	14