

Vanessa Seljeskog Classic - 1/20/2024
Macalester College
Meet Program - All

Event 20 Men 60 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 5 Best Times
Saturday 1/20/2024 - 10:30 AM

Facility: 8.06 2023 Jayson Ekiyor
 Meet: 8.14 1/21/2023 Jayson Ekiyor

Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
1	David Myres	JR	Bethel (Minn.)	8.34
2	Danny Powell	FR	Macalester	9.99
3	Josh Thomsen	JR	Bethel (Minn.)	8.17
4	Sam Schulze	JR	Gustavus Adolpl	9.23
5	Josh Lee	JR	Bethel (Minn.)	9.12
6	Aidan Charles	FR	Gustavus Adolpl	NT
Heat 2 of 3 Prelims				
1	Connor McCormick	SO	Gustavus Adolpl	9.09
2	Aaron Elseth	SO	Bethel (Minn.)	9.25
3	Tison Werner	SO	Gustavus Adolpl	NT
4	Morris Suah	FR	Hamline	8.78
5	Dan Magu	SO	Bethel (Minn.)	9.96
6	Josh Sampson	JR	Bethel (Minn.)	8.15
Heat 3 of 3 Prelims				
1	Cole Schmidt	FR	Gustavus Adolpl	9.40
2	Iain Lee	SO	Hamline	NT
3	Sebastian Stefanowicz	SO	Macalester	8.98
4	Jayson Ekiyor	JR	Bethel (Minn.)	8.00
5	Blake Viesselman	FR	Bethel (Minn.)	8.99
6	Jackson Lightner	FR	Hamline	NT
7	Aki Wada	SO	Macalester	9.75

Event 19 Women 60 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 6 Best Times
Saturday 1/20/2024 - 10:40 AM

Facility: 8.53 2023 Birgen Nelson
 Meet: 8.74 1/21/2023 Birgen Nelson

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
1	Lauren Cappelmann	SO	Macalester	11.01
2	Danielle Miller	SR	Gustavus Adolpl	9.24
3	Gabrielle Hannah	JR	Hamline	10.91
4	Makenna Huetten	JR	Gustavus Adolpl	9.60
Heat 2 of 2 Prelims				
1	AnnaGrace Nelson	JR	Bethel (Minn.)	9.81
2	Tessa Myatt	FR	Macalester	11.06
3	Sarah Beth Hobby	SR	Macalester	10.16
4	Kelsie Sealock	JR	Bethel (Minn.)	8.53
5	Chelsea Stahl	FR	Gustavus Adolpl	NT

Event 1 Women 60 Meter Dash

8 Advance: Top 1 Each Heat plus Next 4 Best Times
Saturday 1/20/2024 - 10:45 AM

Facility: 7.70 2023 Sarah Stellmach
 Meet: 7.81 1/21/2023 Sarah Stellmach

Lane	Name	Yr	School	Seed Time
Heat 1 of 4 Prelims				
1	Jensi Jensen	SO	Gustavus Adolpl	8.62
2	Terra McMahon	SO	Hamline	8.07
3	Mercedes Hamilton	JR	Hamline	9.28
4	Jireh Babalola	SR	Bethel (Minn.)	7.88
5	Kebeh Temeh	FR	Hamline	8.56
6	Yinka Saba	SR	Macalester	NT
7	Zoe Carver	SO	Macalester	9.03
8	Shae Anderson	SR	Gustavus Adolpl	NT
Heat 2 of 4 Prelims				
1	Takia Campbell	FR	Augsburg	NT
2	Raina Kaping	FR	Bethel (Minn.)	8.15
3	Caitlin Falkowski	JR	Macalester	8.99
4	Molly Nelson	SO	Bethel (Minn.)	9.48
5	Penny Hunter	SR	Macalester	8.53
6	Grace Dlouhy	FR	Gustavus Adolpl	NT
7	Kate Carlson	JR	Gustavus Adolpl	7.82
8	Katie Yoder	SO	St. Catherine (M	8.85
Heat 3 of 4 Prelims				
1	Kyla Chester	FR	Hamline	NT
2	Amanda Crewey	SO	Macalester	8.88
3	Elisa Stewart	JR	Bethel (Minn.)	9.50
4	Marissa Albers	FR	Hamline	8.97
5	Sarah Stellmach	JR	Bethel (Minn.)	7.70
6	Danielle Miller	SR	Gustavus Adolpl	8.16
7	Hope Iverson	FR	Bethel (Minn.)	8.50
Heat 4 of 4 Prelims				
2	Allison Hookom	SO	Augsburg	8.33
3	Katie Petersen	JR	Gustavus Adolpl	8.94
4	Ally Rakow	SR	Gustavus Adolpl	8.29
5	Diarra Chatham	FR	Macalester	7.68
6	Harmony-Keli Tomety	FR	Macalester	NT
7	Alanah Barnes	FR	Bethel (Minn.)	9.75
8	Aliya Morgan	FR	Hamline	8.89

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Event 2 Men 60 Meter Dash**8 Advance: Top 1 Each Heat plus Next 4 Best Times****Saturday 1/20/2024 - 10:45 AM**

Facility: 6.76 2023 Landen Liu
 Meet: 6.80 1/21/2023 Landen Liu
 Meet: 6.94 2018 Emmanuel Egbujor

Lane	Name	Yr	School	Seed Time
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Heat 1 of 4 Prelims

1	Zechariah Kyoore	JR	Gustavus Adolpl	7.53
2	Andrei Pettis	SO	Hamline	7.05
3	Jacob Kogut	JR	Macalester	7.43
4	Isaac Meyer	SO	Gustavus Adolpl	NT
5	Peter Sanchez	SO	Macalester	NT
6	Cameron McConnell	JR	Bethel (Minn.)	7.10
7	John Diaz	JR	Gustavus Adolpl	7.93
8	Alex Chan	SO	Augsburg	8.09

Heat 2 of 4 Prelims

1	Brandon Kallstrom	JR	Bethel (Minn.)	7.55
2	Justin Veimau	SR	Macalester	7.90
3	Mickey Otis	FR	Hamline	7.41
4	Creton Bourne	FR	Gustavus Adolpl	NT
5	Isaiah Subah	SR	Gustavus Adolpl	NT
6	Arlo Heitler	JR	Macalester	7.05
7	Joe Schmidt	JR	Gustavus Adolpl	8.14
8	Reece Thomas	JR	Hamline	7.22

Heat 3 of 4 Prelims

1	Danny Bies	SR	Gustavus Adolpl	7.39
2	Ozzie Robinson	SO	Hamline	7.64
3	Sylvain Zong-Naba	JR	Macalester	7.24
4	Bilal Adam	FR	Augsburg	8.22
5	Matthew Skelly	SR	Gustavus Adolpl	7.00
6	Kameron Smith	FR	Augsburg	NT
7	Joseph Beaudette	JR	Bethel (Minn.)	7.80

Heat 4 of 4 Prelims

1	Owen Solberg	FR	Hamline	NT
2	Eli Leafblad	FR	Bethel (Minn.)	8.35
3	Landen Liu	SO	Bethel (Minn.)	6.76
4	Michael Lakte	FR	Hamline	7.38
5	Albert Smith		Unattached	7.24
6	Success Famuyide	SO	Augsburg	7.64
7	Michael Broad	JR	Gustavus Adolpl	7.67

Event 13 Women 1 Mile Run**Saturday 1/20/2024 - 11:05 AM**

Facility: 4:50.20 2023 Clara Mayfield
 Meet: 4:58.75 1/21/2023 Christine Albrecht

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

1	Veronica Wahman	FR	Gustavus Adolpl	6:00.00
2	Laura Sunnarborg	FR	Gustavus Adolpl	6:00.00
3	Elsey Hagen	FR	Gustavus Adolpl	6:00.00
4	Mariah Loeffler-Kemp	SR	Macalester	6:00.00
5	Julia Castellano	SO	Macalester	6:11.32
6	Norah Juzenas	FR	Macalester	6:12.00
7	Sarah Redepenning	FR	Hamline	6:12.00
8	Elliana Leach	FR	Bethel (Minn.)	6:20.00

Section 2 of 2 Finals

1	Anna Cargill	JR	Bethel (Minn.)	5:25.00
2	Kailyn Walukas	JR	Gustavus Adolpl	5:35.00
3	Mara Pirone	SO	Macalester	5:38.00
4	Anna Hay	JR	Bethel (Minn.)	5:40.55
5	Esther Nelson	SR	Bethel (Minn.)	5:42.19
6	Alicia Maddux	SO	Hamline	5:50.00
7	Lydia Gessner	SR	Bethel (Minn.)	5:52.22
8	Libby Roberdeau	SR	Hamline	5:55.00
9	Cate Stacy	FR	Macalester	5:55.00
10	Lily Hatrick	SO	Macalester	5:58.00
11	Ellesa St. George	SR	Bethel (Minn.)	5:58.41

Event 14 Men 1 Mile Run**Saturday 1/20/2024 - 11:05 AM**

Facility: 4:11.95 2012 Ben Sathre
 Meet: 4:17.56 1/21/2023 Gabe Nichols

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Henry Nelson	SO	Augsburg	4:48.34
2	Luke Jenneke	FR	Gustavus Adolpl	4:50.00
3	Austin Otter	SR	Bethel (Minn.)	4:50.00
4	Camden Cilek	FR	Gustavus Adolpl	4:50.00
5	PJ Marshall	FR	Bethel (Minn.)	4:50.00
6	Hogan Smith	SO	Gustavus Adolpl	4:51.61
7	David Price	JR	Bethel (Minn.)	4:57.61
8	Weston Catton	FR	Bethel (Minn.)	5:10.00
9	Jasper Roetter Gresback	FR	Hamline	5:10.00
10	Crioni Menendez	FR	Bethel (Minn.)	5:10.00
11	Luke Segura	FR	Bethel (Minn.)	5:30.00

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Section 2 of 3 Finals...(Event 14 Men 1 Mile Run)

1	Lucas LiaBraaten	SO	Hamline	4:34.18	_____
2	Blake Fuller	JR	Gustavus Adolpl	4:35.00	_____
3	Jonah Kalsnes	FR	Bethel (Minn.)	4:37.24	_____
4	Brock Adams	JR	Macalester	4:39.00	_____
5	Noah Meissner	FR	Bethel (Minn.)	4:40.00	_____
6	Clark Nelson	SR	Bethel (Minn.)	4:40.00	_____
7	Eli Berg	FR	Bethel (Minn.)	4:40.00	_____
8	Gabe Thompson	FR	Macalester	4:42.00	_____
9	Henry Landsem	FR	Gustavus Adolpl	4:43.80	_____
10	Sam Vanspriell	SR	Macalester	4:44.00	_____
11	Shareef Oty	FR	Augsburg	4:45.00	_____

Section 3 of 3 Finals

1	Ben Crotteau	JR	Macalester	4:21.48	_____
2	Mohammed Bati	SO	Augsburg	4:24.13	_____
3	Drew Getty	SR	Macalester	4:26.00	_____
4	Daniel Wiltse	FR	Macalester	4:27.00	_____
5	Carson Roehl	JR	Gustavus Adolpl	4:28.25	_____
6	Tyler Smith	JR	Gustavus Adolpl	4:30.00	_____
7	Nicholas Brauer	FR	Gustavus Adolpl	4:30.00	_____
8	Jake Wielgos	SR	Gustavus Adolpl	4:31.35	_____
9	Reese Thompson	SR	Bethel (Minn.)	4:32.08	_____
10	Joe Madell	JR	Macalester	4:32.09	_____
11	Markus Rupnow	JR	Gustavus Adolpl	4:33.00	_____

Event 5 Women 400 Meter Dash

Saturday 1/20/2024 - 11:50 AM				
Facility:		57.75	2018	Delia Labatt
Meet:		59.65	1/21/2023	Allison Hookom
Lane Name	Yr	School	Seed Time	
Section 1 of 1 Finals				
2	Faduma Hassan	FR	St. Catherine (M	NT
3	Elise Edison	FR	Macalester	1:03.91
4	McKenzie Luetmer	FR	Gustavus Adolpl	1:02.50
5	Megan Geraets	JR	Gustavus Adolpl	58.11
6	Isabel Fynboh	SO	Gustavus Adolpl	1:02.45

Event 6 Men 400 Meter Dash

Saturday 1/20/2024 - 11:50 AM				
Facility:		48.82	2018	Karl Olsen
Meet:		50.57	1/21/2023	Wyatt Quiring
Lane Name	Yr	School	Seed Time	
Section 1 of 4 Finals				
2	Iain Lee	SO	Hamline	NT
3	Carter Kienholz	JR	Hamline	NT
4	Creton Bourne	FR	Gustavus Adolpl	57.90
5	Calvin Moeller	JR	Gustavus Adolpl	57.25
6	Bradyn Nordeen	FR	Gustavus Adolpl	57.50
Section 2 of 4 Finals				
3	Tison Werner	SO	Gustavus Adolpl	56.90
4	Grant Baker	SR	Gustavus Adolpl	56.05
5	Connor McCormick	SO	Gustavus Adolpl	54.70
6	Michael Broad	JR	Gustavus Adolpl	55.40

Section 3 of 4 Finals

3	Raul Ortiz	JR	Hamline	54.35	_____
4	Nathan Le	JR	Gustavus Adolpl	54.25	_____
5	Reese Blondin	FR	Gustavus Adolpl	54.00	_____
6	Tyler Heil	FR	Gustavus Adolpl	54.12	_____

Section 4 of 4 Finals

3	Sam Schulze	JR	Gustavus Adolpl	53.74	_____
4	Tyler Stursa	JR	Gustavus Adolpl	53.57	_____
5	Noah Stageberg	JR	Gustavus Adolpl	52.25	_____
6	Agro Gushwa	SR	Gustavus Adolpl	52.50	_____

Event 7 Women 600 Meter Run

Saturday 1/20/2024 - 12:10 PM				
Facility:		1:34.38	2019	Phoebe Aguiar
Meet:		1:34.38	2019	Phoebe Aguiar
Lane Name	Yr	School	Seed Time	
Section 1 of 3 Finals				
4	Reegan Lindholm	FR	Gustavus Adolpl	NT
5	Savannah Janes	FR	Hamline	1:52.00
6	Larissa Minshull	JR	Bethel (Minn.)	1:54.71
Section 2 of 3 Finals				
3	Tatiana Otero-Ortiz	FR	Hamline	1:52.00
4	Anna Warren	JR	Macalester	1:51.37
5	Jessie Smith	JR	Bethel (Minn.)	1:48.00
6	Sophie McEwen	FR	Macalester	1:51.00
Section 3 of 3 Finals				
2	Aubrey Mair	JR	Gustavus Adolpl	1:45.00
3	Shalom Sulungaine	FR	Bethel (Minn.)	1:40.00
4	Reanna Cruz	FR	Bethel (Minn.)	1:40.00
5	Annessa Ihde	JR	Bethel (Minn.)	1:38.50
6	Allison Hookom	SO	Augsburg	1:39.00

Event 8 Men 600 Meter Run

Saturday 1/20/2024 - 12:10 PM				
Facility:		1:20.29	2012	Mike Hutton
Meet:		1:20.64	1/21/2023	Joel Smith
Lane Name	Yr	School	Seed Time	
Section 1 of 2 Finals				
4	Cullen Arneson	FR	Gustavus Adolpl	1:30.00
5	Mark Rud	SO	Gustavus Adolpl	1:27.87
6	Cohen Stursa	FR	Gustavus Adolpl	1:28.00
Section 2 of 2 Finals				
2	Getinat Asfaw	JR	Augsburg	1:25.00
3	Drew Schmitz	FR	Bethel (Minn.)	1:24.00
4	Victor Lelinga	FR	Bethel (Minn.)	1:23.50
5	Joel Smith		Unattached	1:21.50
6	Grant Nelson	SO	Bethel (Minn.)	1:23.50

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Event 9 Women 800 Meter Run**Saturday 1/20/2024 - 12:30 PM****Facility:** 2:11.69 2019**Phoebe Aguiar****Meet:** 2:17.86 2022**Elizabeth Donnelly**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Destiny Osemwengie	FR	Macalester	2:28.00
2	Anabel Bradley	FR	Hamline	2:35.00
3	Alicia Maddux	SO	Hamline	2:36.00
4	Daniela Sanchez-Castillo	SO	Hamline	2:40.00
5	Wren Anderson	FR	Hamline	2:40.00
6	Deliah Neria	FR	Hamline	2:45.00
7	Heather Long	SR	Bethel (Minn.)	2:49.71
8	Sarah Rey	SR	Bethel (Minn.)	2:52.85
9	Annabel Lantz	JR	Augsburg	2:54.00
10	Kaitlyn Peterson	FR	St. Catherine (M	NT

Event 10 Men 800 Meter Run**Saturday 1/20/2024 - 12:30 PM****Facility:** 1:52.69 2012**Mike Hutton****Meet:** 1:55.62 2017**Kyle Fredrickson**

Lane	Name	Yr	School	Seed Time
Section 1 of 2 Finals				
1	Camden Cilek	FR	Gustavus Adolpl	2:10.00
2	Hans Christopherson	JR	Augsburg	2:11.12
3	Lucas LiaBraaten	SO	Hamline	2:12.93
4	Jasper Roetter Gresback	FR	Hamline	NT
Section 2 of 2 Finals				
1	Mark Rud	SO	Gustavus Adolpl	2:00.00
2	Henry Schonebaum	SO	Macalester	2:02.04
3	Jay Lebakken	SO	Macalester	2:02.50
4	Bereket Wondimu	JR	Augsburg	2:02.51
5	Thomas Malecha	SO	Macalester	2:03.88
6	Charlie Pierce	FR	Macalester	2:05.00
7	Shareef Oty	FR	Augsburg	2:06.00
8	Jackson Miest	SR	Gustavus Adolpl	2:07.00

Event 11 Women 1000 Meter Run**Saturday 1/20/2024 - 12:45 PM****Facility:** 2:57.20 2023**Mary Blanchard****Meet:** 2:57.73 1/21/2023**Christine Albrecht**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Mara Pirone	SO	Macalester	3:13.71
2	Kailyn Walukas	JR	Gustavus Adolpl	3:14.08
3	Anna Cargill	JR	Bethel (Minn.)	3:15.00
4	Ruby Gernandt	SR	Bethel (Minn.)	3:20.00
5	Mackenzie Murphy	FR	Gustavus Adolpl	3:20.00
6	Emily Dehn	FR	Gustavus Adolpl	3:25.00
7	Esther Nelson	SR	Bethel (Minn.)	3:25.00
8	Anna Hay	JR	Bethel (Minn.)	3:30.00
9	Eleanor Osmond	FR	Gustavus Adolpl	3:35.00
10	Amelia Dewberry	FR	Gustavus Adolpl	3:35.00

Event 12 Men 1000 Meter Run**Saturday 1/20/2024 - 12:45 PM****Facility:** 2:29.60 2012**Matt Schafer****Meet:** 2:35.09 1/21/2023**Indy Lyness**

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Carson Roehl	JR	Gustavus Adolpl	2:35.74
2	Nicholas Brauer	FR	Gustavus Adolpl	2:37.00
3	Drew Getty	SR	Macalester	2:37.00
4	Brock Adams	JR	Macalester	2:39.88
5	Zinabu Engstrom	FR	Augsburg	2:40.00
6	Noah Meissner	FR	Bethel (Minn.)	2:45.00
7	Henry Landsem	FR	Gustavus Adolpl	2:45.00
8	Jonah Kalsnes	FR	Bethel (Minn.)	2:48.82
9	PJ Marshall	FR	Bethel (Minn.)	2:50.00
10	Reese Thompson	SR	Bethel (Minn.)	2:50.00
11	Austin Otter	SR	Bethel (Minn.)	2:50.00

Event 3 Women 200 Meter Dash**Saturday 1/20/2024 - 1:00 PM****Facility:** 25.61 2023**Birgen Nelson****Meet:** 25.96 2018**Delia Labatt**

Lane	Name	Yr	School	Seed Time
Section 1 of 5 Finals				
4	Shae Anderson	SR	Gustavus Adolpl	NT
5	Elisa Stewart	JR	Bethel (Minn.)	31.12
6	Chelsea Stahl	FR	Gustavus Adolpl	NT
Section 2 of 5 Finals				
3	Molly Nelson	SO	Bethel (Minn.)	30.50
4	Kettly Brushhaber	FR	Bethel (Minn.)	30.00
5	Allison Soule	SO	Bethel (Minn.)	29.00
6	Katie Yoder	SO	St. Catherine (M	29.53
Section 3 of 5 Finals				
3	Alli Joerger	JR	Gustavus Adolpl	28.90
4	Anna Lacy	FR	Gustavus Adolpl	28.89
5	Grace Dlouhy	FR	Gustavus Adolpl	28.50
6	Jensi Jensen	SO	Gustavus Adolpl	28.60
Section 4 of 5 Finals				
3	Makenna Huetten	JR	Gustavus Adolpl	28.20
4	Andreiana Aurelius	SR	Hamline	28.09
5	Hannah Kvant	FR	Bethel (Minn.)	27.45
6	Morgan Dean	SO	Bethel (Minn.)	27.61
Section 5 of 5 Finals				
3	Abbie Swenson	SR	Bethel (Minn.)	27.40
4	Hailey Gregg	JR	Bethel (Minn.)	27.35
5	Kate Carlson	JR	Gustavus Adolpl	25.90
6	McKenzie Luetmer	FR	Gustavus Adolpl	27.00

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Event 4 Men 200 Meter Dash**Saturday 1/20/2024 - 1:00 PM**

Facility: 21.99 2023 Landen Liu
 Meet: 22.10 1/21/2023 Jacob Parent

Lane	Name	Yr	School	Seed Time
Section 1 of 7 Finals				
4	Owen Solberg	FR	Hamline	NT
5	Alex Chan	SO	Augsburg	25.97
6	Bilal Adam	FR	Augsburg	26.69
Section 2 of 7 Finals				
4	John Diaz	JR	Gustavus Adolpl	25.82
5	Dan Magu	SO	Bethel (Minn.)	25.35
6	Joseph Beaudette	JR	Bethel (Minn.)	25.50
Section 3 of 7 Finals				
3	Cole Matetich	JR	Gustavus Adolpl	25.32
4	Calvin Moeller	JR	Gustavus Adolpl	25.16
5	Grant Baker	SR	Gustavus Adolpl	24.92
6	Success Famuyide	SO	Augsburg	25.12
Section 4 of 7 Finals				
3	Isaac Meyer	SO	Gustavus Adolpl	24.38
4	Reece Thomas	JR	Hamline	24.25
5	Aidan Charles	FR	Gustavus Adolpl	24.20
6	Cole Schmidt	FR	Gustavus Adolpl	24.21
Section 5 of 7 Finals				
3	Andrei Pettis	SO	Hamline	24.00
4	Boaz Lieberman	FR	Macalester	24.00
5	Josh Lee	JR	Bethel (Minn.)	23.95
6	Reese Blondin	FR	Gustavus Adolpl	23.98
Section 6 of 7 Finals				
3	Matthew Skelly	SR	Gustavus Adolpl	23.90
4	Caleb Ketterling	FR	Bethel (Minn.)	23.85
5	Alex Palm	FR	Bethel (Minn.)	23.70
6	Blake Viesselman	FR	Bethel (Minn.)	23.80
Section 7 of 7 Finals				
3	Tony Haack	SO	Bethel (Minn.)	23.49
4	Taaron Rudzitis	JR	Bethel (Minn.)	23.40
5	Arlo Heitler	JR	Macalester	22.30
6	Sam Raitz	FR	Bethel (Minn.)	23.35

Event 15 Women 3000 Meter Run**Saturday 1/20/2024 - 1:40 PM**

Facility: 9:32.07 2023 Fiona Smith
 Meet: 10:45.21 1/21/2023 Rainey Tilley

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Gracie Johnson	SO	Augsburg	10:42.58
2	Anna Decker	SR	Bethel (Minn.)	10:47.50
3	Molly Liston	SO	Gustavus Adolpl	11:00.00
4	Sydney Hagen	JR	Gustavus Adolpl	11:00.00
5	Ivy Coldren	FR	Macalester	11:10.00
6	Timna Nevo	FR	Macalester	11:25.00
7	Raina Moorjani	SR	Bethel (Minn.)	11:26.98
8	Evelyn Villalobos	SR	Gustavus Adolpl	11:30.00
9	Claire Schoenfield	SR	Gustavus Adolpl	11:30.00
10	Anna Omdal	JR	Gustavus Adolpl	11:30.00
11	Adrienne Korey	SR	Macalester	11:35.00
12	Laura Hardwick	SR	Bethel (Minn.)	11:38.14
13	Libby Roberdeau	SR	Hamline	11:45.00
14	Abby Tapajna	SO	Hamline	11:45.00
15	Grace Morningstar	SR	Bethel (Minn.)	12:04.50
16	Brenna Nelson	SR	St. Catherine (M	12:26.78
17	Lily Harvey	JR	St. Catherine (M	12:42.58

Event 16 Men 3000 Meter Run**Saturday 1/20/2024 - 1:40 PM**

Facility: 8:23.16 2023 Gabe Nichols
 Meet: 8:39.85 1/21/2023 Roy Llewellyn

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Mohammed Bati	SO	Augsburg	8:39.40
2	Reece McKee	JR	Macalester	8:42.03
3	Nick Ihrke	JR	Macalester	8:45.30
4	Tyler Edwards	SO	Macalester	8:50.00
5	Alex Fendig	SR	Macalester	9:06.00
6	Logan McCullough	SR	Gustavus Adolpl	9:06.20
7	Aidan Appel	JR	Macalester	9:08.90
8	Kelvin Moresi	FR	Macalester	9:15.00
9	Mateo Useche	SR	Macalester	9:15.00
10	Evan Pouliot	FR	Gustavus Adolpl	9:30.00
11	William Saari	JR	Hamline	9:35.00
12	Grayson Harris	JR	Augsburg	9:54.14
13	Jonah Johnson	JR	Gustavus Adolpl	9:56.75
14	Evan Dallas	SO	Bethel (Minn.)	10:44.21
15	Kedran St. George	SO	Bethel (Minn.)	10:45.09
16	Sam Brenner	JR	Gustavus Adolpl	NT

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Event 23 Women 4x400 Meter Relay**Saturday 1/20/2024 - 2:10 PM****Facility:** 3:57.71 2012 **St. Thomas****Meet:** 4:10.07 2018 **Bethel****S Williams, E Alpers, D Labatt, C McKinstrey**

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	Hamline	B	NT
	1) Deliah Neria FR	2) Wren Anderson FR	
	3) Tatiana Otero-Ortiz FR	4) Savannah Janes FR	
2	Bethel (Minn.)	C	4:20.00
	1) Jessie Smith JR	2) Hannah Kvant FR	
	3) Ruby Gernandt SR	4) Allison Soule SO	
3	Bethel (Minn.)	B	4:05.00
	1) Kelsie Sealock JR	2) Reanna Cruz FR	
	3) Hailey Gregg JR	4) Annessa Ihde JR	
4	Hamline	A	NT
	1) Andreiana Aurelius SR	2) Gabrielle Hannah JR	
	3) Frankie Witham FR	4) Nevaeh Barnd FR	
5	Bethel (Minn.)	A	4:05.00
	1) Morgan Dean SO	2) Shalom Sulungaine FR	
	3) Abbie Swenson SR	4) Sarah Stellmach JR	
6	Gustavus Adolphu	A	4:18.00
	1) Isabel Fynboh SO	2) Aubrey Mair JR	
	3) Reegan Lindholm FR	4) Emily Dehn FR	

Event 24 Men 4x400 Meter Relay**Saturday 1/20/2024 - 2:10 PM****Facility:** 3:21.45 2009 **Bethel****Meet:** 3:23.12 1/21/2023 **Bethel (Minn.)****D Myres, J Parent, J Smith, G Nelson**

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

4	Bethel (Minn.)	C	3:31.00
	1) Tony Haack SO	2) Alex Palm FR	
	3) Caleb Ketterling FR	4) Clark Nelson SR	
5	Hamline	A	3:35.00
	1) Raul Ortiz JR	2) Morris Suah FR	
	3) Jackson Lightner FR	4) David Couper JR	
6	Gustavus Adolphu	B	3:38.00
	1) Tyler Heil FR	2) Cullen Arneson FR	
	3) Bradyn Nordeen FR	4) Henry Landsem FR	

Section 2 of 2 Finals

2	Bethel (Minn.)	B	3:23.50
	1) David Myres JR	2) Taaron Rudzitis JR	
	3) Drew Schmitz FR	4) Josh Sampson JR	
3	Gustavus Adolphu	A	3:30.00
	1) Markus Rupnow JR	2) Mark Rud SO	
	3) Cohen Stursa FR	4) Tyler Smith JR	
4	Macalester	A	3:30.00
	1) Henry Schonebaum SO	2) Thomas Malecha SO	
	3) Daniel Wiltse FR	4) Jay Lebakken SO	
5	Bethel (Minn.)	A	3:23.50
	1) Grant Nelson SO	2) Sam Raitz FR	
	3) Josh Thomsen JR	4) Victor Lelinga FR	
6	Augsburg	A	3:28.74
	1) Getinat Asfaw JR	2) Zinabu Engstrom FR	
	3) Shareef Oty FR	4) Bereket Wondimu JR	

Event 21 Women 4x200 Meter Relay**Saturday 1/20/2024 - 2:40 PM****Facility:** 1:43.44 2012 **Bethel****Meet:** 1:46.97 1/21/2023 **Gustavus Adolphus****D Miller, B Nelson, A Rakow, M Geraets**

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

5	Macalester	B	1:55.00
	1) Seneca Wilson FR	2) Roen Boyd SO	
	3) Yinka Saba SR	4) Harmony-Keli Tomety FR	
6	Hamline	A	NT
	1) Kebeh Temeh FR	2) Aliya Morgan FR	
	3) Mercedes Hamilton JR	4) Kyla Chester FR	

Section 2 of 2 Finals

4	Gustavus Adolphu	B	1:51.00
	1) Sarrah Lindner SO	2) McKenzie Luetmer FR	
	3) Jensi Jensen SO	4) Grace Dlouhy FR	
5	Gustavus Adolphu	A	1:46.00
	1) Kate Carlson JR	2) Ally Rakow SR	
	3) Danielle Miller SR	4) Megan Geraets JR	
6	Macalester	A	1:50.00
	1) Penny Hunter SR	2) Elise Edison FR	
	3) Zoe Carver SO	4) Diarra Chatham FR	

Event 22 Men 4x200 Meter Relay			
Saturday 1/20/2024 - 2:40 PM			
Facility: 1:29.00 2018		Bethel	
Meet: 1:31.54 2021		Gustavus Adolphus	
I Subah, S Zeitchick, N Le, W Quiring			
Lane	Team	Relay	Seed Time
Section 1 of 2 Finals			
3	Gustavus Adolphu	E	1:37.00
	1) Cole Schmidt FR	2) Aidan Charles FR	
	3) Cole Matetich JR	4) John Diaz JR	
4	Gustavus Adolphu	D	1:37.00
	1) Grant Baker SR	2) Calvin Moeller JR	
	3) Tison Werner SO	4) Joe Schmidt JR	
5	Gustavus Adolphu	C	1:35.50
	1) Sam Schulze JR	2) Connor McCormick SO	
	3) Reese Blondin FR	4) Danny Bies SR	
6	Macalester	B	1:36.00
	1) Sebastian Stefanowicz SO	2) Danny Powell FR	
	3) Peter Sanchez SO	4) Aki Wada SO	
Section 2 of 2 Finals			
3	Gustavus Adolphu	B	1:35.50
	1) Zechariah Kyoore JR	2) Agro Gushwa SR	
	3) Joe Ream SO	4) Isaac Meyer SO	
4	Hamline	A	1:35.00
	1) Michael Lakte FR	2) Mickey Otis FR	
	3) Ozzie Robinson SO	4) Oliver Engstrom SO	
5	Gustavus Adolphu	A	1:32.00
	1) Isaiah Subah SR	2) Matthew Skelly SR	
	3) Nathan Le JR	4) Noah Stageberg JR	
6	Macalester	A	1:32.39
	1) Jacob Kogut JR	2) Arlo Heitler JR	
	3) Jeff Wang JR	4) Boaz Lieberman FR	

Event 37 Women Weight Throw			
Saturday 1/20/2024 - 9:30 AM			
Facility: 17.58m 2012		Brenna Coyle	
Meet: 15.49m 1/21/2023		Molly Lukenbill	
Pos	Name	Yr School	Seed Mark
Flight 1 of 2 Finals			
1	Jessica Lin	FR Macalester	ND
2	Maggie Lewandowski	FR St. Catherine (M	7.40m
3	Anna Schmidt	SO Hamline	8.69m
4	Olivia Duncan	FR Gustavus Adolp	9.71m
5	Romona-Shae Blake	SO Hamline	10.00m
6	Ella Boelter	SO Bethel (Minn.)	10.47m
7	Jade Hunt	JR Hamline	11.00m
8	Gabby Gromacki	JR Gustavus Adolp	11.36m
9	Abby Althoff	JR St. Catherine (M	11.58m

Flight 2 of 2 Finals			
1	Rebecca Hoffman	FR Gustavus Adolp	11.88m
2	Anna Speratos	SO Bethel (Minn.)	12.10m
3	Nicole Nelson	SR Gustavus Adolp	12.54m
4	Brooke Tracy	SO Hamline	13.60m
5	Nora Wilhelm	SO Bethel (Minn.)	14.22m
6	Kelley Brennan	SO Gustavus Adolp	14.48m
7	Chando Horvath	SR St. Catherine (M	14.52m
8	Lexi Brainer	JR Hamline	15.68m
9	Madison Reed	SR Hamline	15.91m

Event 38 Men Weight Throw			
Saturday 1/20/2024 - 9:30 AM			
Facility: 18.67m 2019		Eric Dols	
Meet: 17.65m 2019		Michael Hensch	
Pos	Name	Yr School	Seed Mark
Flight 1 of 1 Finals			
1	Harry Massey	FR Hamline	ND
2	TaShawn Bigman	FR Hamline	9.35m
3	Aiden Yang	SO Macalester	10.19m
4	Jacob Oachs	JR Bethel (Minn.)	10.72m
5	Charlie Frankel	FR Macalester	10.93m
6	Philip Conant	FR Bethel (Minn.)	12.00m
7	Austin Mills	SO Macalester	13.23m
8	Zach Stordahl	JR Gustavus Adolp	13.50m
9	Adam Hokanson	SO Bethel (Minn.)	14.46m
10	Evan Larsen	JR Bethel (Minn.)	15.66m

Event 30 Men Pole Vault			
Saturday 1/20/2024 - 9:30 AM			
Facility: 5.00m 2012		Josh Owens	
Meet: 4.35m 2017		Derek Huntley	
Pos	Name	Yr School	Seed Mark
Flight 1 of 1 Finals			
1	Charlie Frankel	FR Macalester	NH
2	Carter Kienholz	JR Hamline	NH
3	Trevor Wellman	JR Bethel (Minn.)	2.82m
4	Eli Leafblad	FR Bethel (Minn.)	3.05m
5	Zoe Walker	JR Gustavus Adolp	3.20m
6	Joe Schmidt	JR Gustavus Adolp	3.27m
7	Aiden Mikla	JR Gustavus Adolp	3.35m
8	Luke Daenzer	SO Bethel (Minn.)	3.35m
9	Connor McCormick	SO Gustavus Adolp	3.65m
10	Aidan Charles	FR Gustavus Adolp	3.80m
11	Joe Ream	SO Gustavus Adolp	3.95m
12	Joshua Graske	FR Bethel (Minn.)	4.00m
13	Logan Marzinske	JR Gustavus Adolp	4.10m
14	Oliver Engstrom	SO Hamline	4.10m
15	Samuel Gardeen	JR Bethel (Minn.)	4.50m

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Event 29 Women Pole Vault**Saturday 1/20/2024 - 9:30 AM**

Facility: 3.55m 2018 Kendall Novak
 Meet: 3.30m 2022 Jessica Lillard
 Meet: 3.30m 2021 Hannah Grosse

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Elizabeth Tschida	FR	Gustavus Adolpl	NH	_____
2	Seneca Wilson	FR	Macalester	NH	_____
3	Mia Evans	SO	Bethel (Minn.)	2.36m	_____
4	Grace Hatcher	JR	Hamline	2.50m	_____
5	Lucy Ehlers	FR	Hamline	2.50m	_____
6	Roen Boyd	SO	Macalester	2.55m	_____
7	Bria Luepke	SO	Hamline	2.65m	_____
8	Tahlia Craft	FR	Bethel (Minn.)	2.65m	_____
9	Anna Gardeen	FR	Bethel (Minn.)	2.65m	_____
10	Alli Graff	JR	Gustavus Adolpl	2.80m	_____
11	Jenna Bunker	JR	Gustavus Adolpl	2.80m	_____
12	Camille Finney	FR	Gustavus Adolpl	2.95m	_____
13	Raina Kaping	FR	Bethel (Minn.)	3.35m	_____
14	Emily Pearson	FR	Bethel (Minn.)	3.35m	_____

Event 34 Men Triple Jump**Saturday 1/20/2024 - 9:30 AM**

Facility: 15.01m 2012 Eyo Ekpo
 Meet: 13.97m 1/21/2023 Lucas Kramarczuk

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Roman Wilenbring	FR	Gustavus Adolpl	11.33m	_____
2	Ben Wynia	FR	Gustavus Adolpl	11.85m	_____
3	Nick Bovitz	FR	Bethel (Minn.)	12.50m	_____
4	Michael Braun	JR	Hamline	13.00m	_____

Event 33 Women Triple Jump**Saturday 1/20/2024 - 9:30 AM**

Facility: 11.74m 2018 Becca Dup
 Meet: 11.70m 1/21/2023 Madi Kes

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Ally Tyvoll	FR	Bethel (Minn.)	9.90m	_____
2	Jordan Stanisloski	FR	Bethel (Minn.)	10.00m	_____
3	AnnaGrace Nelson	JR	Bethel (Minn.)	10.88m	_____
4	Sarrah Lindner	SO	Gustavus Adolpl	10.98m	_____
5	Madi Kes	SR	Gustavus Adolpl	11.50m	_____

Event 31 Women Long Jump**Saturday 1/20/2024 - 10:00 AM**

Facility: 5.63m 2011 Janey Helland
 Meet: 5.35m 1/21/2023 Megan Geraets

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Frankie Witham	FR	Hamline	ND	_____
2	Bria Luepke	SO	Hamline	ND	_____
3	Nevaeh Barnd	FR	Hamline	ND	_____
4	Marissa Albers	FR	Hamline	ND	_____
5	Gabrielle Hannah	JR	Hamline	ND	_____
6	Shae Anderson	SR	Gustavus Adolpl	3.90m	_____
7	Lauren Cappelmann	SO	Macalester	4.02m	_____
8	Hannah Moe	SO	Bethel (Minn.)	4.03m	_____
9	Anna Lacy	FR	Gustavus Adolpl	4.34m	_____
10	Katie Petersen	JR	Gustavus Adolpl	4.39m	_____
11	Alli Joerger	JR	Gustavus Adolpl	4.48m	_____
12	Maren Sundberg	SO	Gustavus Adolpl	4.93m	_____
13	Madi Kes	SR	Gustavus Adolpl	4.93m	_____
14	Sarrah Lindner	SO	Gustavus Adolpl	5.17m	_____
15	Terra McMahon	SO	Hamline	5.23m	_____
16	Megan Geraets	JR	Gustavus Adolpl	5.25m	_____

Event 32 Men Long Jump**Saturday 1/20/2024 - 10:00 AM**

Facility: 6.94m 2018 Connor White
 Meet: 6.70m 2019 J.J. Arimi

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Eli Leafblad	FR	Bethel (Minn.)	ND	_____
2	Iain Lee	SO	Hamline	ND	_____
3	Kameron Smith	FR	Augsburg	ND	_____
4	Carter Kienholz	JR	Hamline	ND	_____
5	Joe Schmidt	JR	Gustavus Adolpl	4.68m	_____
6	Aaron Elseth	SO	Bethel (Minn.)	5.18m	_____
7	Trevor Wellman	JR	Bethel (Minn.)	5.35m	_____
8	Stephen Antwi	FR	Bethel (Minn.)	5.65m	_____
9	Connor McCormick	SO	Gustavus Adolpl	5.82m	_____
10	Justin Veimau	SR	Macalester	5.84m	_____
11	Ben Wynia	FR	Gustavus Adolpl	5.90m	_____
12	Riley Hodin	JR	Macalester	6.32m	_____
13	Nick Bovitz	FR	Bethel (Minn.)	6.40m	_____
14	Isaiah Subah	SR	Gustavus Adolpl	6.41m	_____
15	Simon Swenson	SO	Bethel (Minn.)	6.64m	_____

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Event 27 Women High Jump**Saturday 1/20/2024 - 10:00 AM**

Facility: 1.69m 2012 Dani Larson
 Facility: 1.69m 2012 Chelsea Klemetson
 Meet: 1.60m 2022 AnnaGrace Nelson

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Hannah Moe	SO	Bethel (Minn.)	1.46m	_____
2	Jensen Luehrs	SR	Gustavus Adolpl	1.46m	_____
3	Ally Rakow	SR	Gustavus Adolpl	1.55m	_____

Event 28 Men High Jump**Saturday 1/20/2024 - 10:00 AM**

Facility: 2.10m 2010 Jay Quick
 Meet: 2.02m 2016 Logan Hovie

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Brendan Carlson	FR	Gustavus Adolpl	1.75m	_____
2	Morris Suah	FR	Hamline	1.80m	_____
3	Michael Braun	JR	Hamline	1.85m	_____
4	Cole Matetich	JR	Gustavus Adolpl	1.93m	_____
5	Danny Bies	SR	Gustavus Adolpl	1.95m	_____

Event 36 Men Shot Put**Saturday 1/20/2024 - 10:00 AM**

Facility: 17.07m 2018 Michael Hensch
 Meet: 16.06m 2018 Michael Hensch

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Charlie Frankel	FR	Macalester	7.76m	_____
2	Gael Ramirez	JR	Bethel (Minn.)	8.37m	_____
3	Ali Ahmed	SO	Augsburg	8.66m	_____
4	Brandon Kallstrom	JR	Bethel (Minn.)	9.46m	_____
5	Aaron Elseth	SO	Bethel (Minn.)	9.74m	_____
6	Jacob Oachs	JR	Bethel (Minn.)	10.25m	_____
7	Aiden Yang	SO	Macalester	10.58m	_____
8	Philip Conant	FR	Bethel (Minn.)	12.00m	_____
9	Wyatt Hudspith	FR	Gustavus Adolpl	12.09m	_____
10	Eli Spurgeon	SO	Gustavus Adolpl	12.31m	_____
11	Trevor Wellman	JR	Bethel (Minn.)	12.64m	_____
12	Austin Mills	SO	Macalester	12.86m	_____
13	Evan Larsen	JR	Bethel (Minn.)	14.54m	_____
14	Adam Hokanson	SO	Bethel (Minn.)	15.06m	_____

Event 35 Women Shot Put**Saturday 1/20/2024 - 10:00 AM**

Facility: 14.56m 2019 Erica Oawster
 Meet: 14.05m 1/21/2023 Annika Poe

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 2 Finals					
1	Hope Iverson	FR	Bethel (Minn.)	ND	_____
2	Hannah Moe	SO	Bethel (Minn.)	7.43m	_____
3	Maggie Lewandowski	FR	St. Catherine (M	7.84m	_____
4	Ella Boelter	SO	Bethel (Minn.)	8.05m	_____
5	Rebecca Hoffman	FR	Gustavus Adolpl	8.92m	_____
6	Malori Burmeister	SO	Hamline	9.00m	_____
7	Anna Speratos	SO	Bethel (Minn.)	9.67m	_____
8	Olivia Duncan	FR	Gustavus Adolpl	9.94m	_____
9	Abby Althoff	JR	St. Catherine (M	10.40m	_____
10	Gabby Gromacki	JR	Gustavus Adolpl	10.45m	_____
11	Nicole Nelson	SR	Gustavus Adolpl	10.68m	_____

Flight 2 of 2 Finals

1	Lexi Brainer	JR	Hamline	11.00m	_____
2	Chando Horvath	SR	St. Catherine (M	11.15m	_____
3	Sarah Beth Hobby	SR	Macalester	11.15m	_____
4	Tessa Myatt	FR	Macalester	11.18m	_____
5	Grace Banse	SO	Gustavus Adolpl	11.61m	_____
6	Jessica Lin	FR	Macalester	11.63m	_____
7	Kelley Brennan	SO	Gustavus Adolpl	12.13m	_____
8	Desirae Dates	SO	Hamline	12.16m	_____
9	Lakesha Carter	JR	Gustavus Adolpl	12.48m	_____
10	Molly Meyers	SR	Hamline	12.92m	_____
11	Nora Wilhelm	SO	Bethel (Minn.)	12.92m	_____