

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****Women 60 Meter Dash****8 Advance: Top 1 Each Heat plus Next 4 Best Times**

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Facility:	F	7.70	2023	Sarah Stellmach, Bethel	
Meet:	M	7.81	1/21/2023	Sarah Stellmach, Bethel (Minn.)	
Name		Year	School	Seed	Prelims H#
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Preliminaries					
1	Sarah Stellmach		JR Bethel (Minn.)	7.70	7.87Q 3
2	Diarra Chatham		FR Macalester	7.68	7.89Q 4
3	Jireh Babalola		SR Bethel (Minn.)	7.88	7.97Q 1
4	Kate Carlson		JR Gustavus Adolphus	7.82	7.99Q 2
5	Raina Kaping		FR Bethel (Minn.)	8.15	8.03q 2
6	Terra McMahon		SO Hamline	8.07	8.19q 1
7	Ally Rakow		SR Gustavus Adolphus	8.29	8.36q 4
8	Penny Hunter		SR Macalester	8.53	8.45q 2
9	Danielle Miller		SR Gustavus Adolphus	8.16	8.46 3
10	Hope Iverson		FR Bethel (Minn.)	8.50	8.51 3
11	Jensi Jensen		SO Gustavus Adolphus	8.62	8.53 1
12	Kebeh Temeh		FR Hamline	8.56	8.59 1
13	Kyla Chester		FR Hamline		8.66 3
14	Zoe Carver		SO Macalester	9.03	8.71 1
15	Takia Campbell		FR Augsburg		8.87 2
16	Grace Dlouhy		FR Gustavus Adolphus		8.91 2
17	Katie Yoder		SO St. Catherine (M	8.85	8.92 2
18	Aliya Morgan		FR Hamline	8.89	8.99 4
19	Amanda Crewey		SO Macalester	8.88	9.03 3
20	Caitlin Falkowski		JR Macalester	8.99	9.04 2
21	Marissa Albers		FR Hamline	8.97	9.10 3
22	Yinka Saba		SR Macalester		9.23 1
23	Shae Anderson		SR Gustavus Adolphus		9.26 1
24	Mercedes Hamilton		JR Hamline	9.28	9.31 1
25	Molly Nelson		SO Bethel (Minn.)	9.48	9.32 2
26	Elisa Stewart		JR Bethel (Minn.)	9.50	9.54 3
27	Alanah Barnes		FR Bethel (Minn.)	9.75	10.15 4
--	Katie Petersen		JR Gustavus Adolphus	8.94	DNS 4
--	Harmony-Keli Tomety		FR Macalester		DNS 4
--	Allison Hookom		SO Augsburg	8.33	DNS 4

Women 60 Meter Dash

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Facility:	F	7.70	2023	Sarah Stellmach, Bethel	
Meet:	M	7.81	1/21/2023	Sarah Stellmach, Bethel (Minn.)	
Name		Year	School	Prelims	Finals Points
=====					
Finals					
1	Diarra Chatham		FR Macalester	7.89	7.75M 10
2	Sarah Stellmach		JR Bethel (Minn.)	7.87	7.88 8
3	Jireh Babalola		SR Bethel (Minn.)	7.97	7.95 6
4	Kate Carlson		JR Gustavus Adolphus	7.99	8.03 5
5	Raina Kaping		FR Bethel (Minn.)	8.03	8.09 4
6	Terra McMahon		SO Hamline	8.19	8.18 3
7	Ally Rakow		SR Gustavus Adolphus	8.36	8.34 2
8	Penny Hunter		SR Macalester	8.45	8.51 1

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****Women 200 Meter Dash**

Facility: F 25.61 2023		Birgen Nelson, Gustavus Adolphus					
Meet: M 25.96 2018		Delia Labatt, Bethel					
Name	Year	School	Seed	Finals	H#	Points	
1 Kate Carlson	JR	Gustavus Adolphus	25.90	26.55	5	10	
2 Abbie Swenson	SR	Bethel (Minn.)	27.40	27.17	5	8	
3 Hailey Gregg	JR	Bethel (Minn.)	27.35	27.33	5	6	27.324
4 McKenzie Luetmer	FR	Gustavus Adolphus	27.00	27.33	5	5	27.328
5 Hannah Kvant	FR	Bethel (Minn.)	27.45	27.40	4	4	
6 Andreiana Aurelius	SR	Hamline	28.09	27.77	4	3	
7 Morgan Dean	SO	Bethel (Minn.)	27.61	28.18	4	2	
8 Makenna Huetten	JR	Gustavus Adolphus	28.20	28.53	4	1	
9 Allison Soule	SO	Bethel (Minn.)	29.00	28.79	3		
10 Jensi Jensen	SO	Gustavus Adolphus	28.60	28.82	3		
11 Kettly Brushaber	FR	Bethel (Minn.)	30.00	29.51	2		
12 Katie Yoder	SO	St. Catherine (M	29.53	29.73	2		
13 Grace Dlouhy	FR	Gustavus Adolphus	28.50	30.10	3		
14 Molly Nelson	SO	Bethel (Minn.)	30.50	30.61	2		
15 Alli Joerger	JR	Gustavus Adolphus	28.90	31.53	3		
16 Elisa Stewart	JR	Bethel (Minn.)	31.12	31.82	1		
17 Shae Anderson	SR	Gustavus Adolphus		31.97	1		
-- Chelsea Stahl	FR	Gustavus Adolphus		SCR			
-- Anna Lacy	FR	Gustavus Adolphus	28.89	SCR			

Women 400 Meter Dash

Facility: F 57.75 2018		Delia Labatt, Bethel					
Meet: M 59.65 1/21/2023		Allison Hookom, Augsburg					
Name	Year	School	Seed	Finals	Points		
1 Megan Geraets	JR	Gustavus Adolphus	58.11	1:00.14	10		
2 McKenzie Luetmer	FR	Gustavus Adolphus	1:02.50	1:01.94	8		
3 Elise Edison	FR	Macalester	1:03.91	1:04.03	6		
4 Isabel Fynboh	SO	Gustavus Adolphus	1:02.45	1:05.09	5		
5 Faduma Hassan	FR	St. Catherine (M		1:11.18	4		

Women 600 Meter Run

Facility: F 1:34.38 2019		Phoebe Aguiar, Macalester					
Meet: M 1:34.38 2019		Phoebe Aguiar, Macalester					
Name	Year	School	Seed	Finals	H#	Points	
1 Allison Hookom	SO	Augsburg	1:39.00	1:37.73	3	10	
2 Annessa Ihde	JR	Bethel (Minn.)	1:38.50	1:38.44	3	8	
3 Shalom Sulungaine	FR	Bethel (Minn.)	1:40.00	1:40.86	3	6	
4 Reanna Cruz	FR	Bethel (Minn.)	1:40.00	1:41.01	3	5	
5 Jessie Smith	JR	Bethel (Minn.)	1:48.00	1:45.10	2	4	
6 Larissa Minshull	JR	Bethel (Minn.)	1:54.71	1:52.47	1	3	
7 Anna Warren	JR	Macalester	1:51.37	1:55.56	2	2	
8 Savannah Janes	FR	Hamline	1:52.00	1:57.50	1	1	
9 Aubrey Mair	JR	Gustavus Adolphus	1:45.00	1:57.51	3		
10 Sophie McEwen	FR	Macalester	1:51.00	2:00.44	2		
11 Tatiana Otero-Ortiz	FR	Hamline	1:52.00	2:01.93	2		
12 Reegan Lindholm	FR	Gustavus Adolphus		2:04.25	1		

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****Women 800 Meter Run**

Facility: F 2:11.69 2019 Phoebe Aguiar, Macalester					
Meet: M 2:17.86 2022 Elizabeth Donnelly, Gustavus Adolphus					
Name	Year	School	Seed	Finals	Points
1 Anabel Bradley	FR	Hamline	2:35.00	2:34.10	10
2 Destiny Osemwengie	FR	Macalester	2:28.00	2:36.07	8
3 Wren Anderson	FR	Hamline	2:40.00	2:38.61	6
4 Alicia Maddux	SO	Hamline	2:36.00	2:38.72	5
5 Sarah Rey	SR	Bethel (Minn.)	2:52.85	2:48.01	4
6 Heather Long	SR	Bethel (Minn.)	2:49.71	2:48.61	3
7 Deliah Neria	FR	Hamline	2:45.00	2:49.41	2
8 Daniela Sanchez-Castillo	SO	Hamline	2:40.00	2:51.47	1
9 Kaitlyn Peterson	FR	St. Catherine (M		2:55.62	
10 Annabel Lantz	JR	Augsburg	2:54.00	3:10.07	

Women 1000 Meter Run

Facility: F 2:57.20 2023 Mary Blanchard, Carleton					
Meet: M 2:57.73 1/21/2023 Christine Albrecht, St. Olaf					
Name	Year	School	Seed	Finals	Points
1 Kailyn Walukas	JR	Gustavus Adolphus	3:14.08	3:23.56	10
2 Mackenzie Murphy	FR	Gustavus Adolphus	3:20.00	3:24.56	8
3 Mara Pirone	SO	Macalester	3:13.71	3:25.00	6
4 Ruby Gernandt	SR	Bethel (Minn.)	3:20.00	3:25.10	5
5 Anna Cargill	JR	Bethel (Minn.)	3:15.00	3:25.97	4
6 Anna Hay	JR	Bethel (Minn.)	3:30.00	3:29.88	3
7 Emily Dehn	FR	Gustavus Adolphus	3:25.00	3:35.51	2
8 Amelia Dewberry	FR	Gustavus Adolphus	3:35.00	3:41.64	1
-- Esther Nelson	SR	Bethel (Minn.)	3:25.00	DNS	
-- Eleanor Osmond	FR	Gustavus Adolphus	3:35.00	DNS	

Women 1 Mile Run

Facility: F 4:50.20 2023 Clara Mayfield, Carleton					
Meet: M 4:58.75 1/21/2023 Christine Albrecht, St. Olaf					
Name	Year	School	Seed	Finals	H# Points
1 Kailyn Walukas	JR	Gustavus Adolphus	5:35.00	5:29.46	2 10
2 Alicia Maddux	SO	Hamline	5:50.00	5:34.99	2 8
3 Anna Cargill	JR	Bethel (Minn.)	5:25.00	5:35.28	2 6
4 Libby Roberdeau	SR	Hamline	5:55.00	5:46.67	2 5
5 Anna Hay	JR	Bethel (Minn.)	5:40.55	5:48.12	2 4
6 Laura Sunnarborg	FR	Gustavus Adolphus	6:00.00	5:55.01	1 3
7 Lily Hatrick	SO	Macalester	5:58.00	5:57.26	2 2
8 Cate Stacy	FR	Macalester	5:55.00	5:58.40	2 1
9 Lydia Gessner	SR	Bethel (Minn.)	5:52.22	6:00.01	2
10 Veronica Wahman	FR	Gustavus Adolphus	6:00.00	6:01.66	1
11 Mariah Loeffler-Kemp	SR	Macalester	6:00.00	6:11.66	1
12 Elsey Hagen	FR	Gustavus Adolphus	6:00.00	6:13.56	1
13 Sarah Redepenning	FR	Hamline	6:12.00	6:13.82	1
14 Ellesa St. George	SR	Bethel (Minn.)	5:58.41	6:13.89	2
15 Julia Castellano	SO	Macalester	6:11.32	6:21.69	1
16 Norah Juzenas	FR	Macalester	6:12.00	6:22.43	1
17 Elliana Leach	FR	Bethel (Minn.)	6:20.00	6:31.73	1

Results - All

Facility: F 1:43.44	2012	Bethel, Bethel			
Meet: M 1:46.97	1/21/2023	Gustavus Adolphus, Gustavus Adolphu			
	D Miller, B Nelson, A Rakow, M Geraets				
School		Seed	Finals	H#	Points
1 Gustavus Adolphus 'A'		1:46.00	1:47.29	2	10
1) Kate Carlson JR		2) Ally Rakow SR			
3) Danielle Miller SR		4) Megan Geraets JR			
2 Macalester 'A'		1:50.00	1:53.09	2	8
1) Penny Hunter SR		2) Elise Edison FR			

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****....Women 4x200 Meter Relay**

3) Zoe Carver SO	4) Diarra Chatham FR			
3 Gustavus Adolphus 'B'	1:51.00	1:54.78	2	
1) Sarrah Lindner SO	2) McKenzie Luetmer FR			
3) Jensi Jensen SO	4) Grace Dlouhy FR			
4 Macalester 'B'	1:55.00	1:59.31	1	
1) Seneca Wilson FR	2) Roen Boyd SO			
3) Yinka Saba SR	4) Harmony-Keli Tomety FR			
5 Hamline 'A'		2:01.25	1	6
1) Kebeh Temeh FR	2) Aliya Morgan FR			
3) Mercedes Hamilton JR	4) Kyla Chester FR			

Women 4x400 Meter Relay

Facility: F 3:57.71	2012	St. Thomas, St. Thomas		
Meet: M 4:10.07	2018	Bethel, Bethel		
		S Williams, E Alpers, D Labatt, C McKinstrey		
School		Seed	Finals	Points
1 Bethel (Minn.) 'B'		4:05.00	4:03.28M	10
1) Kelsie Sealock JR	2) Reanna Cruz FR			
3) Hailey Gregg JR	4) Annessa Ihde JR			
2 Bethel (Minn.) 'A'		4:05.00	4:05.62M	
1) Morgan Dean SO	2) Shalom Sulungaine FR			
3) Abbie Swenson SR	4) Sarah Stellmach JR			
3 Bethel (Minn.) 'C'		4:20.00	4:26.26	
1) Jessie Smith JR	2) Hannah Kvant FR			
3) Ruby Gernandt SR	4) Allison Soule SO			
4 Hamline 'A'			4:33.23	8
1) Andreiana Aurelius SR	2) Gabrielle Hannah JR			
3) Frankie Witham FR	4) Nevaeh Barnd FR			
5 Hamline 'B'			4:45.64	
1) Deliah Neria FR	2) Wren Anderson FR			
3) Tatiana Otero-Ortiz FR	4) Savannah Janes FR			
6 Gustavus Adolphus 'A'		4:18.00	4:46.36	6
1) Isabel Fynboh SO	2) Aubrey Mair JR			
3) Reegan Lindholm FR	4) Emily Dehn FR			

Women High Jump

Facility: F 1.69m 2012 Dani Larson, St. Olaf												
Facility: F 1.69m 2012 Chelsea Klemetson, Concordia-Moorhead												
Meet: M 1.60m 2022 AnnaGrace Nelson, Bethel												
Name		Year		School		Seed		Finals		Points		
1	Ally Rakow					SR	Gustavus Adolphus		1.55m	1.53m	5-00.25	10
	1.33	1.38	1.43	1.48	1.53	1.58						
	PPP	PPP	PPP	PPP	O	XXX						
2	Hannah Moe					SO	Bethel (Minn.)		1.46m	1.43m	4-08.25	8
	1.33	1.38	1.43	1.48								
	O	O	O	XXX								
3	Jensen Luehrs					SR	Gustavus Adolphus		1.46m	1.38m	4-06.25	6
	1.33	1.38	1.43									
	PPP	O	XXX									

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****Women Pole Vault**

Facility: F 3.55m 2018											Kendall Novak, St. Thomas				
Meet: M 3.30m 2022											Jessica Lilland, Bethel				
Meet: M 3.30m 2021											Hannah Grosse, Macalester				
Name		Year				School				Seed	Finals		Points		
1	Camille Finney					FR Gustavus Adolphus				2.95m	3.20m	10-06.00	10		
	2.00	2.15	2.30	2.45	2.60	2.75	2.90	3.05	3.20	3.28					
	PPP	PPP	PPP	PPP	O	O	O	O	XXO	XXX					
2	Raina Kaping					FR Bethel (Minn.)				3.35m	3.05m	10-00.00	8		
	2.00	2.15	2.30	2.45	2.60	2.75	2.90	3.05	3.20						
	PPP	PPP	PPP	PPP	PPP	O	PPP	O	XXX						
3	Emily Pearson					FR Bethel (Minn.)				3.35m	3.05m	10-00.00	6		
	2.00	2.15	2.30	2.45	2.60	2.75	2.90	3.05	3.20						
	PPP	PPP	PPP	PPP	PPP	XO	O	O	XXX						
4	Alli Graff					JR Gustavus Adolphus				2.80m	2.75m	9-00.25	5		
	2.00	2.15	2.30	2.45	2.60	2.75	2.90								
	PPP	PPP	PPP	PPP	O	O	XXX								
5	Jenna Bunker					JR Gustavus Adolphus				2.80m	2.75m	9-00.25	3.50		
	2.00	2.15	2.30	2.45	2.60	2.75	2.90								
	PPP	PPP	PPP	PPP	O	XO	XXX								
5	Bria Luepke					SO Hamline				2.65m	2.75m	9-00.25	3.50		
	2.00	2.15	2.30	2.45	2.60	2.75	2.90								
	PPP	PPP	PPP	O	O	XO	XXX								
7	Grace Hatcher					JR Hamline				2.50m	2.60m	8-06.25	2		
	2.00	2.15	2.30	2.45	2.60	2.75									
	PPP	PPP	O	O	O	XXX									
8	Anna Gardeen					FR Bethel (Minn.)				2.65m	2.60m	8-06.25	1		
	2.00	2.15	2.30	2.45	2.60	2.75									
	PPP	PPP	PPP	XXO	O	XXX									
9	Seneca Wilson					FR Macalester					2.60m	8-06.25			
	2.00	2.15	2.30	2.45	2.60	2.75									
	PPP	XO	XXO	O	O	XXX									
10	Tahlia Craft					FR Bethel (Minn.)				2.65m	2.60m	8-06.25			
	2.00	2.15	2.30	2.45	2.60	2.75									
	PPP	PPP	PPP	O	XXO	XXX									
11	Lucy Ehlers					FR Hamline				2.50m	2.45m	8-00.50			
	2.00	2.15	2.30	2.45	2.60										
	PPP	PPP	O	O	XXX										
12	Mia Evans					SO Bethel (Minn.)				2.36m	2.30m	7-06.50			
	2.00	2.15	2.30	2.45											
	XO	O	O	XXX											
13	Roen Boyd					SO Macalester				2.55m	2.30m	7-06.50			
	2.00	2.15	2.30	2.45											
	O	XXO	O	XXX											
14	Elizabeth Tschida					FR Gustavus Adolphus					2.00m	6-06.75			
	2.00	2.15													
	XO	XXX													

Women Long Jump

Facility: F 5.63m 2011											Janey Helland, Gustavus Adolphus			
Meet: M 5.35m 1/21/2023											Megan Geraets, Gustavus Adolphus			
Name	Year School					Seed					Finals		Points	

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****....Women Long Jump**

1	Megan Geraets	JR Gustavus Adolphus	5.25m	5.13m	16-10.00	10
	4.97m 5.13m 5.04m 4.85m 5.12m 5.12m					
2	Sarrah Lindner	SO Gustavus Adolphus	5.17m	5.10m	16-08.75	8
	4.98m 5.07m 5.06m ND 5.10m 4.98m					
3	Terra McMahon	SO Hamline	5.23m	5.09m	16-08.50	6
	5.09m 5.09m 4.79m 4.65m 4.77m PASS					
4	Maren Sundberg	SO Gustavus Adolphus	4.93m	4.78m	15-08.25	5
	4.71m 4.67m 4.72m 4.71m 4.73m 4.78m					
5	Marissa Albers	FR Hamline		4.58m	15-00.50	4
	4.40m 4.14m 4.58m 4.36m FOUL 4.25m					
6	Hannah Moe	SO Bethel (Minn.)	4.03m	4.54m	14-10.75	3
	4.54m 4.40m FOUL 4.15m 4.13m 4.42m					
7	Katie Petersen	JR Gustavus Adolphus	4.39m	4.39m	14-05.00	2
	4.39m 4.21m 4.24m 4.00m 4.02m 4.34m					
8	Nevaeh Barnd	FR Hamline		4.37m	14-04.00	1
	4.31m 4.37m 4.19m 4.15m FOUL 3.85m					
9	Gabrielle Hannah	JR Hamline		4.24m	13-11.00	
	4.23m 4.14m 4.24m 4.07m 4.12m 4.14m					
10	Shae Anderson	SR Gustavus Adolphus	3.90m	4.12m	13-06.25	
	3.99m 4.12m 3.91m					
11	Lauren Cappelmann	SO Macalester	4.02m	4.11m	13-06.00	
	4.11m 4.03m 4.09m					
12	Alli Joerger	JR Gustavus Adolphus	4.48m	4.05m	13-03.50	
	4.05m 4.02m 4.03m					
13	Frankie Witham	FR Hamline		2.77m	9-01.25	
	2.77m PASS PASS					
--	Bria Luepke	SO Hamline		DNS		
--	Madi Kes	SR Gustavus Adolphus	4.93m	DNS		
--	Anna Lacy	FR Gustavus Adolphus	4.34m	SCR		

Women Triple Jump

Facility: F 11.74m 2018 Becca Dup, St. Mary's						
Meet: M 11.70m 1/21/2023 Madi Kes, Gustavus Adolphus						
Name	Year	School	Seed	Finals	Points	
1 AnnaGrace Nelson	JR	Bethel (Minn.)	10.88m	11.36m	37-03.25	10
	FOUL 11.20m 11.36m	FOUL 10.84m 11.10m				
2 Sarrah Lindner	SO	Gustavus Adolphus	10.98m	10.74m	35-03.00	8
	10.59m FOUL 10.56m	10.74m FOUL 10.45m				
3 Ally Tyvoll	FR	Bethel (Minn.)	9.90m	10.29m	33-09.25	6
	10.22m 10.29m FOUL	FOUL FOUL FOUL				
4 Jordan Stanisloski	FR	Bethel (Minn.)	10.00m	10.00m	32-09.75	5
	FOUL 9.46m 9.60m 9.52m	9.63m 10.00m				
-- Madi Kes	SR	Gustavus Adolphus	11.50m	DNS		

Women Shot Put

Facility: F 14.56m 2019 Erica Oawster, UW-Eau Claire						
Meet: M 14.05m 1/21/2023 Annika Poe, Gustavus Adolphus						
Name	Year	School	Seed	Finals	H#	Points
1 Molly Meyers	SR	Hamline	12.92m	12.46m	40-10.50	2 10
	12.38m 12.02m 12.46m	12.32m FOUL				
2 Nora Wilhelm	SO	Bethel (Minn.)	12.92m	12.00m	39-04.50	2 8
	12.00m 11.75m 11.50m	11.20m 11.66m				

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****....Women Shot Put**

3	Sarah Beth Hobby	SR Macalester	11.15m	11.36m	37-03.25	2	6
	11.36m 11.32m 10.88m 11.11m FOUL						
4	Kelley Brennan	SO Gustavus Adolphus	12.13m	11.36m	37-03.25	2	5
	10.38m 11.19m 11.26m 10.68m 11.36m 10.97m						
5	Tessa Myatt	FR Macalester	11.18m	11.27m	36-11.75	2	4
	10.81m FOUL 9.89m 11.27m 11.10m 11.21m						
6	Desirae Dates	SO Hamline	12.16m	10.96m	35-11.50	2	3
	10.13m 10.53m 10.81m 10.65m 10.67m 10.96m						
7	Jessica Lin	FR Macalester	11.63m	10.93m	35-10.50	2	2
	FOUL 10.47m 10.93m 10.32m 10.91m 10.81m						
8	Lexi Brainer	JR Hamline	11.00m	10.91m	35-09.50	2	1
	FOUL 10.78m 10.34m 10.91m 9.98m 10.84m						
9	Grace Banse	SO Gustavus Adolphus	11.61m	10.84m	35-06.75	2	
	10.84m 10.71m 10.48m 10.56m 10.82m FOUL						
10	Nicole Nelson	SR Gustavus Adolphus	10.68m	10.36m	34-00.00	1	
	10.36m 10.10m 10.28m						
11	Olivia Duncan	FR Gustavus Adolphus	9.94m	10.09m	33-01.25	1	
	9.76m 9.14m 10.09m						
12	Lakesha Carter	JR Gustavus Adolphus	12.48m	10.04m	32-11.25	2	
	9.90m FOUL 10.04m						
13	Gabby Gromacki	JR Gustavus Adolphus	10.45m	10.02m	32-10.50	1	
	8.92m 10.02m 10.00m						
14	Malori Burmeister	SO Hamline	9.00m	9.16m	30-00.75	1	
	8.62m 8.84m 9.16m						
15	Abby Althoff	JR St. Catherine (M	10.40m	8.91m	29-02.75	1	
	8.82m 8.91m FOUL						
16	Hope Iverson	FR Bethel (Minn.)		8.74m	28-08.25	1	
	8.74m 8.39m 8.41m						
17	Maggie Lewandowski	FR St. Catherine (M	7.84m	8.62m	28-03.50	1	
	8.62m 7.90m 8.09m						
18	Anna Speratos	SO Bethel (Minn.)	9.67m	8.30m	27-02.75	1	
	8.30m 7.29m 8.21m						
19	Ella Boelter	SO Bethel (Minn.)	8.05m	8.13m	26-08.25	1	
	7.23m 7.83m 8.13m						
20	Rebecca Hoffman	FR Gustavus Adolphus	8.92m	7.88m	25-10.25	1	
	7.20m 7.88m 7.61m						
21	Hannah Moe	SO Bethel (Minn.)	7.43m	7.74m	25-04.75	1	
	7.74m 6.99m 7.18m						
--	Chando Horvath	SR St. Catherine (M	11.15m	DNS		2	

Women Weight Throw

Facility: F 17.58m 2012 Brenna Coyle, Hamline
 Meet: M 15.49m 1/21/2023 Molly Lukenbill, Bethel (Minn.)

Name	Year	School	Seed	Finals	H#	Points
1 Madison Reed	SR	Hamline	15.91m	15.51mM	50-10.75	2 10
	FOUL 14.17m 15.24m 15.51m 15.20m 15.03m					
2 Lexi Brainer	JR	Hamline	15.68m	15.21m	49-11.00	2 8
	14.00m 15.08m 15.21m 15.12m FOUL 12.75m					
3 Kelley Brennan	SO	Gustavus Adolphus	14.48m	14.55m	47-09.00	2 6
	13.52m 14.26m 13.96m 13.92m 13.76m 14.55m					
4 Nora Wilhelm	SO	Bethel (Minn.)	14.22m	14.02m	46-00.00	2 5
	14.02m 13.51m 13.87m 13.39m 13.12m 12.49m					

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****....Women Weight Throw**

5	Anna Speratos	SO Bethel (Minn.)	12.10m	13.28m	43-07.00	2	4
	11.72m 13.28m 12.00m	FOUL 12.38m 12.56m					
6	Nicole Nelson	SR Gustavus Adolphus	12.54m	12.90m	42-04.00	2	3
	11.95m 12.73m FOUL	11.84m 12.90m 12.61m					
7	Rebecca Hoffman	FR Gustavus Adolphus	11.88m	11.91m	39-01.00	2	2
	FOUL 11.44m 11.91m	11.61m 10.72m FOUL					
8	Jessica Lin	FR Macalester		11.75m	38-06.75	1	1
	10.95m 11.43m 11.68m	11.28m 11.58m 11.75m					
9	Ella Boelter	SO Bethel (Minn.)	10.47m	11.19m	36-08.50	1	
	9.93m 11.19m 10.73m	9.44m 10.25m FOUL					
10	Olivia Duncan	FR Gustavus Adolphus	9.71m	11.12m	36-05.75	1	
	10.03m 11.12m FOUL						
11	Jade Hunt	JR Hamline	11.00m	10.92m	35-10.00	1	
	FOUL 10.89m 10.92m						
12	Romona-Shae Blake	SO Hamline	10.00m	10.81m	35-05.75	1	
	10.81m FOUL FOUL						
13	Gabby Gromacki	JR Gustavus Adolphus	11.36m	10.56m	34-07.75	1	
	FOUL 10.56m 9.90m						
14	Brooke Tracy	SO Hamline	13.60m	10.26m	33-08.00	2	
	10.26m FOUL FOUL						
15	Abby Althoff	JR St. Catherine (M	11.58m	10.22m	33-06.50	1	
	10.02m FOUL 10.22m						
16	Anna Schmidt	SO Hamline	8.69m	8.32m	27-03.75	1	
	7.53m 8.32m FOUL						
17	Maggie Lewandowski	FR St. Catherine (M	7.40m	7.90m	25-11.00	1	
	6.52m 7.53m 7.90m						
--	Chando Horvath	SR St. Catherine (M	14.52m	DNS		2	

Men 60 Meter Dash**8 Advance: Top 1 Each Heat plus Next 4 Best Times**

Facility: F 6.76 2023 Landen Liu, Bethel (Minn.)
 Meet: M 6.80 1/21/2023 Landen Liu, Bethel (Minn.)
 Meet: M 6.94 2018 Emmanuel Egbujor, Augsburg

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Landen Liu		SO Bethel (Minn.)	6.76	M 6.82Q	4
2 Arlo Heitler		JR Macalester	7.05	7.07Q	2
3 Cameron McConnell		JR Bethel (Minn.)	7.10	7.14Q	1
4 Matthew Skelly		SR Gustavus Adolphus	7.00	7.17Q	3
5 Andrei Pettis		SO Hamline	7.05	7.22q	1
6 Isaiah Subah		SR Gustavus Adolphus		7.30q	4
7 Albert Smith		Unattached	7.24	7.32q	4
8 Reece Thomas		JR Hamline	7.22	7.33q	2
9 Mickey Otis		FR Hamline	7.41	7.34	2
10 Zechariah Kyoore		JR Gustavus Adolphus	7.53	7.38	1
11 Kameron Smith		FR Augsburg		7.43	4
12 Danny Bies		SR Gustavus Adolphus	7.39	7.47	3
13 Isaac Meyer		SO Gustavus Adolphus		7.54	2 7.535
14 Creton Bourne		FR Gustavus Adolphus		7.54	1 7.540
15 Jacob Kogut		JR Macalester	7.43	7.56	1
16 Peter Sanchez		SO Macalester		7.58	3
17 Eli Leafblad		FR Bethel (Minn.)	8.35	7.67	3 7.666
18 Ozzie Robinson		SO Hamline	7.64	7.67	4 7.667

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****....Men 60 Meter Dash**

19	Brandon Kallstrom	JR	Bethel (Minn.)	7.55	7.75	2
20	Michael Broad	JR	Gustavus Adolphus	7.67	7.87	4 7.864
20	Success Famuyide	SO	Augsburg	7.64	7.87	3 7.864
22	Alex Chan	SO	Augsburg	8.09	8.01	1
23	Owen Solberg	FR	Hamline		8.04	1 8.037
24	Joseph Beaudette	JR	Bethel (Minn.)	7.80	8.04	3 8.040
25	Joe Schmidt	JR	Gustavus Adolphus	8.14	8.06	1
26	Bilal Adam	FR	Augsburg	8.22	8.47	2
--	Justin Veimau	SR	Macalester	7.90	DNS	2
--	Michael Lakte	FR	Hamline	7.38	DNS	4
--	Sylvain Zong-Naba	JR	Macalester	7.24	DNS	3

Men 60 Meter Dash

Facility: F 6.76 2023 Landen Liu, Bethel (Minn.)
 Meet: M 6.80 1/21/2023 Landen Liu, Bethel (Minn.)
 Meet: M 6.94 2018 Emmanuel Egbujor, Augsburg

Name	Year	School	Prelims	Finals	Points
Finals					
1	Landen Liu	SO Bethel (Minn.)	6.82	6.81M	10
2	Arlo Heitler	JR Macalester	7.07	7.03	8
3	Matthew Skelly	SR Gustavus Adolphus	7.17	7.10	6
4	Andrei Pettis	SO Hamline	7.22	7.17	5
5	Isaiah Subah	SR Gustavus Adolphus	7.30	7.31	4
6	Reece Thomas	JR Hamline	7.33	7.32	3
7	Albert Smith	Unattached	7.32	7.34	
--	Cameron McConnell	JR Bethel (Minn.)	7.14	DNS	

Men 200 Meter Dash

Facility: F 21.99 2023 Landen Liu, Bethel (Minn.)
 Meet: M 22.10 1/21/2023 Jacob Parent, Bethel (Minn.)

Name	Year	School	Seed	Finals	H#	Points
1	Sam Raitz	FR Bethel (Minn.)	23.35	23.10	7	10
2	Tony Haack	SO Bethel (Minn.)	23.49	23.46	7	8
3	Taaron Rudzitis	JR Bethel (Minn.)	23.40	23.48	7	6
4	Josh Lee	JR Bethel (Minn.)	23.95	23.57	5	5
5	Alex Palm	FR Bethel (Minn.)	23.70	24.01	6	4
6	Caleb Ketterling	FR Bethel (Minn.)	23.85	24.16	6	3
7	Blake Viesselman	FR Bethel (Minn.)	23.80	24.35	6	2
8	Isaac Meyer	SO Gustavus Adolphus	24.38	24.66	4	1
9	Reese Blondin	FR Gustavus Adolphus	23.98	24.75	5	
10	Cole Schmidt	FR Gustavus Adolphus	24.21	24.83	4	
11	Calvin Moeller	JR Gustavus Adolphus	25.16	25.23	3	
12	Boaz Lieberman	FR Macalester	24.00	25.36	5	
13	Cole Matetich	JR Gustavus Adolphus	25.32	25.62	3	
14	Joseph Beaudette	JR Bethel (Minn.)	25.50	25.63	2	
15	Grant Baker	SR Gustavus Adolphus	24.92	25.69	3	
16	Dan Magu	SO Bethel (Minn.)	25.35	25.77	2	
17	Owen Solberg	FR Hamline		26.12	1	
18	Success Famuyide	SO Augsburg	25.12	26.16	3	
19	Bilal Adam	FR Augsburg	26.69	26.69	1	
20	Alex Chan	SO Augsburg	25.97	27.61	2	

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****....Men 200 Meter Dash**

-- Arlo Heitler	JR Macalester	22.30	DNS	7
-- Aidan Charles	FR Gustavus Adolphus	24.20	DNS	4
-- Matthew Skelly	SR Gustavus Adolphus	23.90	DNS	6
-- Reece Thomas	JR Hamline	24.25	DNS	4
-- Andrei Pettis	SO Hamline	24.00	DNS	5
-- John Diaz	JR Gustavus Adolphus	25.82	SCR	

Men 400 Meter Dash

=====							
Facility: F 48.82		2018	Karl Olsen, Bethel				
Meet: M 50.57		1/21/2023	Wyatt Quiring, Gustavus Adolphus				
Name	Year	School	Seed	Finals	H#	Points	
=====							
1 Noah Stageberg	JR	Gustavus Adolphus	52.25	53.23	4	10	
2 Raul Ortiz	JR	Hamline	54.35	53.84	3	8	
3 Agro Gushwa	SR	Gustavus Adolphus	52.50	53.94	4	6	
4 Tyler Heil	FR	Gustavus Adolphus	54.12	54.28	3	5	
5 Nathan Le	JR	Gustavus Adolphus	54.25	54.65	3	4	
6 Reese Blondin	FR	Gustavus Adolphus	54.00	54.71	3	3	
7 Connor McCormick	SO	Gustavus Adolphus	54.70	54.72	2	2	
8 Sam Schulze	JR	Gustavus Adolphus	53.74	55.25	4	1	
9 Michael Broad	JR	Gustavus Adolphus	55.40	55.72	2		
10 Tyler Stursa	JR	Gustavus Adolphus	53.57	56.13	4		
11 Tison Werner	SO	Gustavus Adolphus	56.90	56.29	2		56.288
11 Calvin Moeller	JR	Gustavus Adolphus	57.25	56.29	1		56.288
13 Grant Baker	SR	Gustavus Adolphus	56.05	56.87	2		
14 Bradyn Nordeen	FR	Gustavus Adolphus	57.50	59.05	1		
-- Carter Kienholz	JR	Hamline		DNS	1		
-- Creton Bourne	FR	Gustavus Adolphus	57.90	DNS	1		
-- Iain Lee	SO	Hamline		DNS	1		

Men 600 Meter Run

=====							
Facility: F 1:20.29		2012	Mike Hutton, St. Thomas				
Meet: M 1:20.64		1/21/2023	Joel Smith, Bethel (Minn.)				
Name	Year	School	Seed	Finals	H#	Points	
=====							
1 Joel Smith		Unattached	1:21.50	1:19.89F	2		
2 Grant Nelson	SO	Bethel (Minn.)	1:23.50	1:21.20	2	10	
3 Victor Lelinga	FR	Bethel (Minn.)	1:23.50	1:21.55	2	8	
4 Getinat Asfaw	JR	Augsburg	1:25.00	1:25.19	2	6	
5 Drew Schmitz	FR	Bethel (Minn.)	1:24.00	1:25.96	2	5	
6 Cohen Stursa	FR	Gustavus Adolphus	1:28.00	1:27.06	1	4	
7 Cullen Arneson	FR	Gustavus Adolphus	1:30.00	1:35.61	1	3	
-- Mark Rud	SO	Gustavus Adolphus	1:27.87	DNS	1		

Men 800 Meter Run

=====							
Facility: F 1:52.69		2012	Mike Hutton, St. Thomas				
Meet: M 1:55.62		2017	Kyle Fredrickson, Gustavus Adolphus				
Name	Year	School	Seed	Finals	H#	Points	
=====							
1 Mark Rud	SO	Gustavus Adolphus	2:00.00	2:00.29	2	10	
2 Charlie Pierce	FR	Macalester	2:05.00	2:02.72	2	8	
3 Henry Schonebaum	SO	Macalester	2:02.04	2:04.38	2	6	

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****....Men 800 Meter Run**

4	Jay Lebakken	SO	Macalester	2:02.50	2:04.59	2	5
5	Thomas Malecha	SO	Macalester	2:03.88	2:04.87	2	4
6	Bereket Wondimu	JR	Augsburg	2:02.51	2:05.20	2	3
7	Shareef Oty	FR	Augsburg	2:06.00	2:08.69	2	2
8	Jackson Miest	SR	Gustavus Adolphus	2:07.00	2:09.32	2	1
9	Lucas LiaBraaten	SO	Hamline	2:12.93	2:15.96	1	
10	Camden Cilek	FR	Gustavus Adolphus	2:10.00	2:17.51	1	
11	Jasper Roetter Gresback	FR	Hamline		2:29.38	1	
--	Hans Christopherson	JR	Augsburg	2:11.12	DNS	1	

Men 1000 Meter Run

Facility: F 2:29.60 2012 Matt Schafer, Bethel

Meet: M 2:35.09 1/21/2023 Indy Lyness, Carleton

Name	Year	School	Seed	Finals	Points
1 Carson Roehl	JR	Gustavus Adolphus	2:35.74	2:43.57	10
2 Zinabu Engstrom	FR	Augsburg	2:40.00	2:45.83	8
3 Jonah Kalsnes	FR	Bethel (Minn.)	2:48.82	2:47.11	6
4 Henry Landsem	FR	Gustavus Adolphus	2:45.00	2:47.74	5
5 Reese Thompson	SR	Bethel (Minn.)	2:50.00	2:50.01	4
6 Brock Adams	JR	Macalester	2:39.88	2:50.23	3
7 PJ Marshall	FR	Bethel (Minn.)	2:50.00	2:50.55	2
8 Austin Otier	SR	Bethel (Minn.)	2:50.00	2:52.82	1
9 Noah Meissner	FR	Bethel (Minn.)	2:45.00	2:52.85	
-- Nicholas Brauer	FR	Gustavus Adolphus	2:37.00	DNS	
-- Drew Getty	SR	Macalester	2:37.00	DNS	

Men 1 Mile Run

Facility: F 4:11.95 2012 Ben Sathre, St. Thomas

Meet: M 4:17.56 1/21/2023 Gabe Nichols, Carleton

Name	Year	School	Seed	Finals	H#	Points
1 Mohammed Bati	SO	Augsburg	4:24.13	4:21.44	3	10
2 Tyler Smith	JR	Gustavus Adolphus	4:30.00	4:23.48	3	8
3 Drew Getty	SR	Macalester	4:26.00	4:24.16	3	6
4 Nicholas Brauer	FR	Gustavus Adolphus	4:30.00	4:25.44	3	5
5 Ben Crotteau	JR	Macalester	4:21.48	4:27.75	3	4
6 Carson Roehl	JR	Gustavus Adolphus	4:28.25	4:32.90	3	3
7 Daniel Wiltse	FR	Macalester	4:27.00	4:32.92	3	2
8 Markus Rupnow	JR	Gustavus Adolphus	4:33.00	4:33.02	3	1
9 Reese Thompson	SR	Bethel (Minn.)	4:32.08	4:34.46	3	
10 Joe Madell	JR	Macalester	4:32.09	4:34.63	3	
11 Lucas LiaBraaten	SO	Hamline	4:34.18	4:39.06	2	
12 Eli Berg	FR	Bethel (Minn.)	4:40.00	4:39.11	2	
13 Blake Fuller	JR	Gustavus Adolphus	4:35.00	4:39.27	2	
14 Henry Landsem	FR	Gustavus Adolphus	4:43.80	4:39.82	2	
15 Jonah Kalsnes	FR	Bethel (Minn.)	4:37.24	4:39.91	2	
16 Clark Nelson	SR	Bethel (Minn.)	4:40.00	4:41.67	2	
17 Jake Wielgos	SR	Gustavus Adolphus	4:31.35	4:44.02	3	
18 Gabe Thompson	FR	Macalester	4:42.00	4:46.17	2	
19 David Price	JR	Bethel (Minn.)	4:57.61	4:49.24	1	
20 Shareef Oty	FR	Augsburg	4:45.00	4:50.07	2	
21 PJ Marshall	FR	Bethel (Minn.)	4:50.00	4:51.52	1	

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****....Men 1 Mile Run**

22	Henry Nelson	SO	Augsburg	4:48.34	4:51.94	1
23	Hogan Smith	SO	Gustavus Adolphus	4:51.61	4:52.14	1
24	Weston Catton	FR	Bethel (Minn.)	5:10.00	4:53.92	1
25	Camden Cilek	FR	Gustavus Adolphus	4:50.00	4:55.41	1
26	Austin Otter	SR	Bethel (Minn.)	4:50.00	4:56.86	1
27	Noah Meissner	FR	Bethel (Minn.)	4:40.00	4:57.01	2
28	Luke Jenneke	FR	Gustavus Adolphus	4:50.00	4:57.25	1
29	Jasper Roetter Gresback	FR	Hamline	5:10.00	5:12.90	1
30	Crioni Menendez	FR	Bethel (Minn.)	5:10.00	5:14.94	1
31	Luke Segura	FR	Bethel (Minn.)	5:30.00	5:39.77	1
--	Sam Vanspriell	SR	Macalester	4:44.00	DNS	2
--	Brock Adams	JR	Macalester	4:39.00	DNS	2

Men 3000 Meter Run

Facility: F 8:23.16 2023 Gabe Nichols, Carleton

Meet: M 8:39.85 1/21/2023 Roy Llewellyn, Carleton

Name	Year	School	Seed	Finals	Points
1 Mohammed Bati	SO	Augsburg	8:39.40	8:40.00	10
2 Reece McKee	JR	Macalester	8:42.03	8:44.92	8
3 Tyler Edwards	SO	Macalester	8:50.00	8:57.43	6
4 Logan McCullough	SR	Gustavus Adolphus	9:06.20	9:08.39	5
5 Nick Ihrke	JR	Macalester	8:45.30	9:13.75	4
6 Alex Fendig	SR	Macalester	9:06.00	9:25.87	3
7 Kelvin Moresi	FR	Macalester	9:15.00	9:26.22	2
8 Evan Pouliot	FR	Gustavus Adolphus	9:30.00	9:30.92	1
9 Jonah Johnson	JR	Gustavus Adolphus	9:56.75	9:32.36	
10 Aidan Appel	JR	Macalester	9:08.90	9:44.83	
11 William Saari	JR	Hamline	9:35.00	9:52.12	
12 Evan Dallas	SO	Bethel (Minn.)	10:44.21	9:55.01	
13 Grayson Harris	JR	Augsburg	9:54.14	9:58.35	
14 Sam Brenner	JR	Gustavus Adolphus		10:40.60	
15 Kedran St. George	SO	Bethel (Minn.)	10:45.09	10:57.52	
-- Mateo Useche	SR	Macalester	9:15.00	DNS	

Men 60 Meter Hurdles**8 Advance: Top 1 Each Heat plus Next 5 Best Times**

Facility: F 8.06 2023 Jayson Ekiyor, Bethel (Minn.)

Meet: M 8.14 1/21/2023 Jayson Ekiyor, Bethel (Minn.)

Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Jayson Ekiyor	JR	Bethel (Minn.)	8.00	8.22Q	3
2 Josh Sampson	JR	Bethel (Minn.)	8.15	8.25Q	2
3 David Myres	JR	Bethel (Minn.)	8.34	8.26Q	1
4 Josh Thomsen	JR	Bethel (Minn.)	8.17	8.67q	1
5 Connor McCormick	SO	Gustavus Adolphus	9.09	8.87q	2
6 Morris Suah	FR	Hamline	8.78	8.92q	2
7 Blake Viesselman	FR	Bethel (Minn.)	8.99	8.94q	3
8 Josh Lee	JR	Bethel (Minn.)	9.12	9.00q	1
9 Jackson Lightner	FR	Hamline		9.10	3
10 Aaron Elseth	SO	Bethel (Minn.)	9.25	9.12	2
11 Sebastian Stefanowicz	SO	Macalester	8.98	9.14	3

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****....Men 60 Meter Hurdles**

12	Sam Schulze	JR	Gustavus Adolphus	9.23	9.30	1
13	Cole Schmidt	FR	Gustavus Adolphus	9.40	9.40	3
14	Dan Magu	SO	Bethel (Minn.)	9.96	9.75	2
15	Danny Powell	FR	Macalester	9.99	9.94	1
16	Tison Werner	SO	Gustavus Adolphus		10.11	2
17	Aki Wada	SO	Macalester	9.75	10.31	3
18	Aidan Charles	FR	Gustavus Adolphus		10.73	1
19	Iain Lee	SO	Hamline		11.20	3

Men 60 Meter Hurdles

Facility: F 8.06 2023 Jayson Ekiyor, Bethel (Minn.)

Meet: M 8.14 1/21/2023 Jayson Ekiyor, Bethel (Minn.)

Name	Year	School	Prelims	Finals	Points
------	------	--------	---------	--------	--------

Finals

1	Jayson Ekiyor	JR	Bethel (Minn.)	8.22	8.09M	10
2	Josh Sampson	JR	Bethel (Minn.)	8.25	8.21	8
3	David Myres	JR	Bethel (Minn.)	8.26	8.36	6
4	Josh Thomsen	JR	Bethel (Minn.)	8.67	8.42	5
5	Morris Suah	FR	Hamline	8.92	8.79	4
6	Blake Viesselman	FR	Bethel (Minn.)	8.94	8.86	3
7	Connor McCormick	SO	Gustavus Adolphus	8.87	8.89	2
8	Josh Lee	JR	Bethel (Minn.)	9.00	8.90	1

Men 4x200 Meter Relay

Facility: F 1:29.00 2018 Bethel, Bethel

Meet: M 1:31.54 2021 Gustavus Adolphus, Gustavus Adolphus

I Subah, S Zeitchick, N Le, W Quiring

School	Seed	Finals	H#	Points
--------	------	--------	----	--------

1	Gustavus Adolphus 'A'	1:32.00	1:33.08	2	10
	1) Isaiah Subah SR				
	3) Nathan Le JR				
2	Macalester 'A'	1:32.39	1:33.50	2	8
	1) Jacob Kogut JR				
	3) Jeff Wang JR				
3	Gustavus Adolphus 'B'	1:35.50	1:36.80	2	
	1) Zechariah Kyoore JR				
	3) Joe Ream SO				
4	Hamline 'A'	1:35.00	1:37.20	2	6
	1) Michael Lakte FR				
	3) Ozzie Robinson SO				
5	Gustavus Adolphus 'C'	1:35.50	1:38.93	1	
	1) Sam Schulze JR				
	3) Reese Blondin FR				
6	Gustavus Adolphus 'D'	1:37.00	1:40.18	1	
	1) Grant Baker SR				
	3) Tison Werner SO				
--	Macalester 'B'	1:36.00	DQ	1	
	1) Sebastian Stefanowicz SO				
	3) Peter Sanchez SO				
--	Gustavus Adolphus 'E'	1:37.00	DNS	1	
	1) Cole Schmidt FR				
	2) Aidan Charles FR				

Section 8 R

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****....Men 4x200 Meter Relay**

3) Cole Matetich JR

4) John Diaz JR

Men 4x400 Meter Relay

Facility: F 3:21.45 2009 Bethel, Bethel
 Meet: M 3:23.12 1/21/2023 Bethel (Minn.), Bethel (Minn.)
 D Myres, J Parent, J Smith, G Nelson

School	Seed	Finals	H#	Points
1 Bethel (Minn.) 'A'	3:23.50	3:24.02	2	10
1) Grant Nelson SO				
3) Josh Thomsen JR				
2 Bethel (Minn.) 'B'	3:23.50	3:27.23	2	
1) David Myres JR				
3) Drew Schmitz FR				
3 Gustavus Adolphus 'A'	3:30.00	3:34.61	2	8
1) Markus Rupnow JR				
3) Cohen Stursa FR				
4 Hamline 'A'	3:35.00	3:36.55	1	6
1) Raul Ortiz JR				
3) Jackson Lightner FR				
5 Macalester 'A'	3:30.00	3:38.19	2	5
1) Henry Schonebaum SO				
3) Daniel Wiltse FR				
6 Augsburg 'A'	3:28.74	3:41.07	2	4
1) Getinat Asfaw JR				
3) Shareef Oty FR				
7 Gustavus Adolphus 'B'	3:38.00	3:47.77	1	
1) Tyler Heil FR				
3) Bradyn Nordeen FR				
-- Bethel (Minn.) 'C'	3:31.00	DNF	1	
1) Tony Haack SO				
3) Caleb Ketterling FR				
2) Sam Raitz FR				
4) Victor Lelinga FR				
2) Taaron Rudzitis JR				
4) Josh Sampson JR				
2) Mark Rud SO				
4) Tyler Smith JR				
2) Morris Suah FR				
4) David Couper JR				
2) Thomas Malecha SO				
4) Jay Lebakken SO				
2) Zinabu Engstrom FR				
4) Bereket Wondimu JR				
2) Cullen Arneson FR				
4) Henry Landsem FR				
2) Alex Palm FR				
4) Clark Nelson SR				

Men High Jump

Facility: F 2.10m 2010	Jay Quick, Bethel								
Meet: M 2.02m 2016	Logan Hovie, Macalester								
Name	Year School					Seed	Finals		Points
Cole Matetich	JR Gustavus Adolphus					1.93m	1.88m	6-02.00	10
1.63 1.68 1.73 1.78 1.83 1.88 1.93 1.96									
PPP PPP PPP O O XO PPP XXX									
Michael Braun	JR Hamline					1.85m	1.83m	6-00.00	8
1.63 1.68 1.73 1.78 1.83 1.88									
PPP PPP PPP O XXO XXX									
Danny Bies	SR Gustavus Adolphus					1.95m	1.78m	5-10.00	5.50
1.63 1.68 1.73 1.78 1.83									
PPP PPP PPP XO XXX									
Brendan Carlson	FR Gustavus Adolphus					1.75m	1.78m	5-10.00	5.50
1.63 1.68 1.73 1.78 1.83									
O O O XO XXX									
Morris Suah	FR Hamline					1.80m	DNS		

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****Men Pole Vault**

Facility: F 5.00m 2012													Josh Owens, Gustavus Adolphus			
Meet: M 4.35m 2017													Derek Huntley, Gustavus Adolphus			
Name	Year		School		Seed		Finals		Points							
1 Samuel Gardeen			JR Bethel (Minn.)		4.50m		4.25m		13-11.25		10					
2.75 2.90 3.05 3.20 3.35 3.50 3.65 3.80 3.95 4.10 4.25 4.40																
PPP PPP PPP PPP PPP PPP PPP PPP XO PPP XO XXX																
2 Oliver Engstrom			SO Hamline		4.10m		4.10m		13-05.25		8					
2.75 2.90 3.05 3.20 3.35 3.50 3.65 3.80 3.95 4.10 4.25																
PPP PPP PPP PPP PPP PPP PPP O O O XXX																
3 Logan Marzinske			JR Gustavus Adolphus		4.10m		4.10m		13-05.25		6					
2.75 2.90 3.05 3.20 3.35 3.50 3.65 3.80 3.95 4.10 4.25																
PPP PPP PPP PPP PPP PPP PPP O XO O O XXX																
4 Joshua Graske			FR Bethel (Minn.)		4.00m		4.10m		13-05.25		5					
2.75 2.90 3.05 3.20 3.35 3.50 3.65 3.80 3.95 4.10 4.25																
PPP PPP PPP PPP PPP PPP PPP O XO XO XXX																
5 Connor McCormick			SO Gustavus Adolphus		3.65m		3.80m		12-05.50		4					
2.75 2.90 3.05 3.20 3.35 3.50 3.65 3.80 3.95																
PPP PPP PPP PPP PPP O O XXO XXX																
6 Joe Ream			SO Gustavus Adolphus		3.95m		3.80m		12-05.50		3					
2.75 2.90 3.05 3.20 3.35 3.50 3.65 3.80 3.95																
PPP PPP PPP PPP PPP XO XXO XXO XXX																
7 Aidan Charles			FR Gustavus Adolphus		3.80m		3.65m		11-11.75		2					
2.75 2.90 3.05 3.20 3.35 3.50 3.65 3.80																
PPP PPP PPP PPP PPP O XO XXX																
8 Zoe Walker			JR Gustavus Adolphus		3.20m		3.35m		10-11.75		1					
2.75 2.90 3.05 3.20 3.35 3.50																
PPP PPP O XO O XXX																
9 Luke Daenzer			SO Bethel (Minn.)		3.35m		3.20m		10-06.00							
2.75 2.90 3.05 3.20 3.35																
PPP XXO O XO XXX																
10 Joe Schmidt			JR Gustavus Adolphus		3.27m		3.20m		10-06.00							
2.75 2.90 3.05 3.20 3.35																
XXO O XO XXO XXX																
11 Aiden Mikla			JR Gustavus Adolphus		3.35m		3.05m		10-00.00							
2.75 2.90 3.05 3.20																
PPP PPP O XXX																
12 Carter Kienholz			JR Hamline				3.05m		10-00.00							
2.75 2.90 3.05 3.20																
PPP O XO XXX																
13 Trevor Wellman			JR Bethel (Minn.)		2.82m		2.90m		9-06.25							
2.75 2.90 3.05																
O O XXX																
-- Charlie Frankel			FR Macalester				NH									
2.75																
XXX																
-- Eli Leafblad			FR Bethel (Minn.)		3.05m		NH									
2.75																
XXX																

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****Men Long Jump**

Facility: F 6.94m 2018		Connor White, St. Thomas					
Meet: M 6.70m 2019		J.J. Arimi, Macalester					
Name	Year	School	Seed	Finals	Points		
1 Simon Swenson	SO	Bethel (Minn.)	6.64m	6.29m	20-07.75	10	
6.26m 6.29m 6.24m 5.97m 6.23m 4.86m							
2 Nick Bovitz	FR	Bethel (Minn.)	6.40m	6.08m	19-11.50	8	
FOUL 5.84m FOUL 6.08m FOUL 6.08m							
3 Iain Lee	SO	Hamline		6.06m	19-10.75	6	
FOUL 5.84m 5.93m 6.06m 5.95m 6.00m							
4 Justin Veimau	SR	Macalester	5.84m	5.83m	19-01.50	5	
FOUL 5.83m FOUL FOUL FOUL FOUL							
5 Ben Wynia	FR	Gustavus Adolphus	5.90m	5.77m	18-11.25	4	
5.70m 5.72m 5.57m 5.52m 5.77m 5.48m							
6 Connor McCormick	SO	Gustavus Adolphus	5.82m	5.75m	18-10.50	3	
5.42m FOUL PASS 5.17m 5.47m 5.75m							
7 Riley Hodin	JR	Macalester	6.32m	5.61m	18-05.00	2	
5.43m 5.39m 5.61m 5.30m FOUL FOUL							
8 Eli Leafblad	FR	Bethel (Minn.)		5.57m	18-03.25	1	
5.09m 5.08m 5.57m 5.30m PASS PASS							
9 Carter Kienholz	JR	Hamline		5.53m	18-01.75		
5.50m 5.30m 5.22m FOUL 5.53m FOUL							
10 Aaron Elseth	SO	Bethel (Minn.)	5.18m	5.27m	17-03.50		
5.05m 5.27m 5.26m							
11 Trevor Wellman	JR	Bethel (Minn.)	5.35m	5.14m	16-10.50		
4.98m 5.14m 5.12m							
12 Kameron Smith	FR	Augsburg		5.11m	16-09.25		
5.11m 4.88m 5.11m							
13 Joe Schmidt	JR	Gustavus Adolphus	4.68m	4.70m	15-05.00		
4.70m 4.50m 4.45m							
-- Stephen Antwi	FR	Bethel (Minn.)	5.65m	FOUL			
FOUL FOUL FOUL							
-- Isaiah Subah	SR	Gustavus Adolphus	6.41m	SCR			

Men Triple Jump

Facility: F 15.01m 2012		Eyo Ekpo, St. Thomas					
Meet: M 13.97m 1/21/2023		Lucas Kramarczuk, St. Olaf					
Name	Year	School	Seed	Finals	Points		
1 Michael Braun	JR	Hamline	13.00m	13.07m	42-10.75	10	
12.72m 12.93m FOUL 12.52m 13.07m							
2 Nick Bovitz	FR	Bethel (Minn.)	12.50m	12.72m	41-08.75	8	
11.86m 12.72m 12.68m 12.28m 12.58m 12.61m							
3 Ben Wynia	FR	Gustavus Adolphus	11.85m	11.62m	38-01.50	6	
FOUL 11.62m 11.08m 11.25m FOUL FOUL							
4 Roman Wilenbring	FR	Gustavus Adolphus	11.33m	11.49m	37-08.50	5	
FOUL 11.39m 11.49m FOUL FOUL PASS							

Vanessa Seljeskog Classic - 1/20/2024**Macalester College****Results - All****Men Shot Put**

Facility: F 17.07m 2018										Michael Hensch, Gustavus Adolphus																								
Meet: M 16.06m 2018										Michael Hensch, Gustavus Adolphus																								
Name					Year School					Seed					Finals					Points														
=====																																		
1		Evan Larsen								JR Bethel (Minn.)					14.54m					14.97m					49-01.50					10				
		14.27m		FOUL		14.91m		14.63m		FOUL		14.97m																						
2		Adam Hokanson								SO Bethel (Minn.)					15.06m					14.53m					47-08.00					8				
		13.69m		13.42m		13.98m		13.00m		14.53m		13.17m																						
3		Philip Conant								FR Bethel (Minn.)					12.00m					12.77m					41-10.75					6				
		12.03m		FOUL		11.57m		FOUL		12.77m		FOUL																						
4		Trevor Wellman								JR Bethel (Minn.)					12.64m					12.60m					41-04.25					5				
		12.49m		12.36m		11.87m		12.14m		12.60m		12.30m																						
5		Wyatt Hudspith								FR Gustavus Adolphus					12.09m					12.13m					39-09.75					4				
		11.56m		12.01m		12.13m		11.93m		FOUL		11.54m																						
6		Austin Mills								SO Macalester					12.86m					11.77m					38-07.50					3				
		11.40m		11.69m		11.72m		11.77m		11.63m		FOUL																						
7		Eli Spurgeon								SO Gustavus Adolphus					12.31m					11.59m					38-00.25					2				
		11.07m		11.59m		FOUL		11.18m		10.87m		11.24m																						
8		Brandon Kallstrom								JR Bethel (Minn.)					9.46m					10.82m					35-06.00					1				
		9.89m		10.82m		9.87m		10.32m		10.27m		10.74m																						
9		Aaron Elseth								SO Bethel (Minn.)					9.74m					10.61m					34-09.75									
		9.06m		10.01m		10.61m		PASS		PASS		10.16m																						
10		Aiden Yang								SO Macalester					10.58m					10.52m					34-06.25									
		10.07m		10.52m		FOUL																												
11		Gael Ramirez								JR Bethel (Minn.)					8.37m					10.18m					33-04.75									
		10.18m		9.70m		9.38m																												
12		Jacob Oachs								JR Bethel (Minn.)					10.25m					8.79m					28-10.25									
		8.79m		FOUL		FOUL																												
--		Charlie Frankel								FR Macalester					7.76m					DNS														
--		Ali Ahmed								SO Augsburg					8.66m					DNS														

Men Weight Throw

Facility: F 18.67m 2019				Eric Dols, Hamline				
Meet: M 17.65m 2019				Michael Hensch, Gustavus Adolphus				
Name		Year		School		Seed	Finals	Points
1	Evan Larsen			JR	Bethel (Minn.)	15.66m	16.22m	53-02.75 10
	15.28m	FOUL	15.68m	FOUL	FOUL 16.22m			
2	Adam Hokanson			SO	Bethel (Minn.)	14.46m	16.07m	52-08.75 8
	14.78m	FOUL	15.48m	15.49m	FOUL 16.07m			
3	Austin Mills			SO	Macalester	13.23m	13.27m	43-06.50 6
	12.65m	13.27m	FOUL	FOUL	12.35m FOUL			
4	Zach Stordahl			JR	Gustavus Adolphus	13.50m	13.11m	43-00.25 5
	13.11m	12.83m	11.55m	12.29m	12.36m 12.65m			
5	Philip Conant			FR	Bethel (Minn.)	12.00m	12.92m	42-04.75 4
	11.60m	FOUL	11.52m	11.88m	11.71m 12.92m			
6	Aiden Yang			SO	Macalester	10.19m	12.40m	40-08.25 3
	11.16m	11.18m	11.73m	FOUL	11.71m 12.40m			
7	Jacob Oachs			JR	Bethel (Minn.)	10.72m	10.96m	35-11.50 2
	FOUL	10.65m	10.21m	8.65m	10.35m 10.96m			
8	Charlie Frankel			FR	Macalester	10.93m	10.27m	33-08.50 1
	FOUL	FOUL	10.27m	8.76m	FOUL FOUL			
9	TaShawn Bigman			FR	Hamline	9.35m	9.08m	29-09.50
	8.26m	9.08m	8.30m	8.15m	7.16m 7.12m			

....Men Weight Throw			
10 Harry Massey	FR Hamline	9.00m	29-06.50
8.89m 9.00m FOUL			
=====			
Women - Team Rankings - 17 Events Scored			
=====			
1) Gustavus Adolphus	209.50	2) Bethel (Minn.)	190
3) Hamline	109.50	4) Macalester	71
5) Augsburg	18	6) St. Catherine (Minn.)	4
=====			
Men - Team Rankings - 17 Events Scored			
=====			
1) Bethel (Minn.)	223	2) Gustavus Adolphus	184
3) Macalester	102	4) Hamline	64
5) Augsburg	43		