

**MIAC Championships - 2/22/2024 to 2/24/2024**

**Tostrud Center, St. Olaf College**

**Results**

**Men 60 Meter Dash**

=====  
 Champ. Rec.: # 6.76 2023 Landen Liu, Bethel  
 Facility Rec: F 6.83 2012 Garfield Powell, Iowa Central

Name	Year	School	Seed	Prelims	H#
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Preliminaries

1	Arthur, Kevin	SR	St. John's (Minn.)	6.78	6.84Q	1
2	Anstine, Jade	FR	Gustavus Adolphus	7.00	7.03Q	2
3	Simon, Godsword	JR	Bethel (Minn.)	7.01	7.09Q	3 7.085
4	McConnell, Cameron	JR	Bethel (Minn.)	7.06	6.98q	1
5	Skelly, Matthew	SR	Gustavus Adolphus	7.04	7.06q	2
6	Schaffer, Dawson	SR	Concordia-Moorhead	7.04	7.09q	1 7.081
7	Bulwa, Chris	JR	Saint Mary's	7.02	7.09q	3 7.088
8	Le, Nathan	JR	Gustavus Adolphus	7.17	7.12q	3
9	Zong-Naba, Sylvain	JR	Macalester	7.21	7.13	1
10	Raitz, Sam	FR	Bethel (Minn.)	7.15	7.16	2 7.152
11	Popoca, Emanuel	JR	St. John's (Minn.)	7.16	7.16	3 7.158
12	Alfaro Diedrich, Sean	JR	St. Scholastica	7.18	7.17	2
13	Thomas, Reece	JR	Hamline	7.22	7.18	2
14	Sesay, Abdul	FR	St. John's (Minn.)	7.23	7.20	3
15	Kritsberg, Ben	SO	Saint Mary's	7.25	7.22	3
16	Morey, Aidan	FR	St. John's (Minn.)	7.28	7.24	2
17	Kyoore, Zechariah	JR	Gustavus Adolphus	7.27	7.28	1
18	Fisher, Charlie	FR	St. Olaf	7.30	7.29	3
19	Fochtman, Jack	SO	St. Olaf	7.37	7.30	1
20	Dahl, Mason	FR	Concordia-Moorhead	7.20	7.31	1 7.307
21	Otis, Mickey	FR	Hamline	7.26	7.31	2 7.308
22	Hansen, Matt	FR	St. John's (Minn.)	7.27	7.33	1
23	Petron, Jordan	JR	Concordia-Moorhead	7.37	7.37	2
24	Moberg, Joey	FR	St. John's (Minn.)	7.36	7.39	3

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=====  
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Name	Year	School	Prelims	Finals	Points
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Finals

1	Arthur, Kevin	SR	St. John's (Minn.)	6.84	6.79F	10
2	McConnell, Cameron	JR	Bethel (Minn.)	6.98	6.97	8
3	Anstine, Jade	FR	Gustavus Adolphus	7.03	7.00	6
4	Bulwa, Chris	JR	Saint Mary's	7.09	7.02	5
5	Simon, Godsword	JR	Bethel (Minn.)	7.09	7.10	4
6	Schaffer, Dawson	SR	Concordia-Moorhead	7.09	7.12	3
7	Le, Nathan	JR	Gustavus Adolphus	7.12	7.14	2
8	Skelly, Matthew	SR	Gustavus Adolphus	7.06	7.21	1

**Men 400 Meter Dash**

=====  
 Champ. Rec.: # 48.78 2004 Matt Shannon, Augsburg  
 Facility Rec: F 48.04 2006 Nate Olson, UW Lacrosse

Name	Year	School	Seed	Finals	H#	Points
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1	Parent, Jacob	JR	Bethel (Minn.)	48.47	48.58#	5 10
	22.847 (22.847)		48.578 (25.732)			

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2 Nelson, Grant	SO Bethel (Minn.)	48.37	48.85	5	8
22.771 (22.771)	48.846 (26.075)				
3 Kubicek, Noah	SO St. Scholastica	50.44	49.58	4	6
23.668 (23.668)	49.578 (25.910)				
4 Heitler, Arlo	JR Macalester	49.53	49.63	5	5
23.406 (23.406)	49.627 (26.221)				
5 Tiongson, Trevor	JR Concordia-Moorhead	50.16	50.69	5	4
24.373 (24.373)	50.686 (26.313)				
6 Rudzitis, Taaron	JR Bethel (Minn.)	51.43	51.10	4	3
24.150 (24.150)	51.098 (26.949)				
7 Stursa, Cohen	FR Gustavus Adolphus	51.12	51.16	4	2
23.907 (23.907)	51.151 (27.244)				
8 Haack, Tony	SO Bethel (Minn.)	51.70	51.42	3	1
24.208 (24.208)	51.411 (27.203)				
9 Douglas, Derek	JR St. Scholastica	51.36	51.44	4	
24.720 (24.720)	51.432 (26.712)				
10 Stageberg, Noah	JR Gustavus Adolphus	51.96	51.54	3	
24.410 (24.410)	51.536 (27.126)				
11 Witschen, Wyatt	FR St. John's (Minn.)	51.61	51.55	3	
24.450 (24.450)	51.543 (27.094)				
12 Palm, Alex	FR Bethel (Minn.)	52.56	52.29	3	
24.706 (24.706)	52.288 (27.582)				
13 Ortiz, Raul	JR Hamline	53.18	52.53	2	
24.483 (24.483)	52.530 (28.047)				
14 Heil, Tyler	FR Gustavus Adolphus	53.39	52.81	2	
24.684 (24.684)	52.809 (28.125)				
15 Gunderson, Tyler	JR St. Olaf	53.27	53.66	2	
24.761 (24.761)	53.652 (28.892)				
16 Iyegha, Charlie	FR St. Olaf	53.72	53.94	1	
24.947 (24.947)	53.938 (28.992)				
17 Blondin, Reese	FR Gustavus Adolphus	54.16	54.24	1	
25.451 (25.451)	54.234 (28.784)				
18 Deutschlander, Pierre	SR St. John's (Minn.)	54.44	54.84	1	
26.616 (26.616)	54.833 (28.218)				
19 Chilala, Tembo	JR Concordia-Moorhead	53.89	55.42	1	
24.613 (24.613)	55.413 (30.800)				
20 Clement, Emmanuel	FR Augsburg	53.56	1:04.09	2	
24.871 (24.871)	1:04.085 (39.214)				

**Men 800 Meter Run**

=====						
Champ. Rec.: #	1:52.54	2010	Max Hanson, Gustavus			
Facility Rec: F	1:52.53	2006	Jeff Zodda, Col. of New Jersey			
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Allen, Tommy		SO St. John's (Minn.)	1:56.36	1:55.33	3	10
28.195 (28.195)		56.883 (28.689)	1:26.124 (29.241)	1:55.329 (29.206)		
2 Moore, Cullen		SO St. Olaf	1:57.09	1:55.78	3	8
28.352 (28.352)		57.091 (28.740)	1:26.651 (29.560)	1:55.779 (29.128)		
3 Wallin, Tucker		SR St. Scholastica	1:57.54	1:55.80	2	6
28.393 (28.393)		57.932 (29.540)	1:26.951 (29.019)	1:55.797 (28.847)		
4 Smith, Tyler		JR Gustavus Adolphus	1:55.55	1:57.05	3	5 1:57.041
28.272 (28.272)		57.001 (28.729)	1:26.451 (29.450)	1:57.041 (30.590)		
5 Lelinga, Victor		FR Bethel (Minn.)	1:57.36	1:57.05	3	4 1:57.043
30.067 (30.067)		59.126 (29.060)	1:28.911 (29.786)	1:57.043 (28.132)		

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**....Men 800 Meter Run**

6	Groshelle, Gavin	SO Concordia-Moorhead	1:58.10	1:57.09	2	3
	28.591 (28.591)	58.061 (29.470)	1:27.337 (29.276)	1:57.088 (29.751)		
7	Brauer, Nicholas	FR Gustavus Adolphus	1:56.76	1:57.27	3	2
	28.360 (28.360)	57.158 (28.798)	1:26.794 (29.636)	1:57.261 (30.467)		
8	Getty, Drew	SR Macalester	1:57.63	1:57.38	2	1
	28.941 (28.941)	58.423 (29.483)	1:27.733 (29.310)	1:57.371 (29.638)		
9	Nemecek, Lance	SO St. Olaf	1:58.05	1:57.87	2	
	28.846 (28.846)	58.525 (29.679)	1:28.170 (29.646)	1:57.869 (29.700)		
10	Cozine, Ethan	FR St. Olaf	1:58.80	1:58.69	2	
	29.093 (29.093)	58.767 (29.675)	1:28.717 (29.950)	1:58.684 (29.967)		
11	Asfaw, Getinat	JR Augsburg	1:57.53	1:58.88	2	
	29.103 (29.103)	58.605 (29.502)	1:28.067 (29.463)	1:58.877 (30.810)		
12	Ash, Ethan	SR Carleton	1:57.99	1:59.67	2	
	28.622 (28.622)	58.293 (29.671)	1:28.295 (30.003)	1:59.663 (31.368)		
13	Bjork, Alex	FR St. Olaf	1:58.89	2:00.16	1	
	28.546 (28.546)	58.543 (29.997)	1:29.031 (30.488)	2:00.153 (31.122)		
14	Rud, Mark	SO Gustavus Adolphus	1:59.88	2:00.19	1	
	28.778 (28.778)	58.720 (29.942)	1:29.198 (30.478)	2:00.186 (30.988)		
15	Kloepfner, Daniel	JR St. John's (Minn.)	2:01.12	2:00.42	1	
	29.025 (29.025)	59.044 (30.020)	1:29.508 (30.464)	2:00.412 (30.904)		
16	Boone, Calvin	SO St. Scholastica	1:56.47	2:00.50	3	
	29.797 (29.797)	58.895 (29.098)	1:29.209 (30.314)	2:00.498 (31.289)		
17	Pierce, Charlie	FR Macalester	2:01.16	2:01.11	1	
	28.894 (28.894)	58.958 (30.064)	1:29.796 (30.838)	2:01.102 (31.306)		
18	Malecha, Thomas	SO Macalester	2:01.36	2:01.13	1	
	28.561 (28.561)	58.832 (30.272)	1:29.668 (30.836)	2:01.124 (31.456)		
19	Baatrup-Sabo, Jakob	SO St. Olaf	2:01.15	2:03.72	1	
	28.877 (28.877)	59.119 (30.242)	1:30.942 (31.824)	2:03.716 (32.774)		
20	Pattison, Alistair	SR Carleton	1:57.04	2:03.85	3	
	28.728 (28.728)	57.578 (28.850)	1:28.168 (30.591)	2:03.844 (35.676)		
21	Oty, Shareef	FR Augsburg	2:02.05	2:04.25	1	
	28.364 (28.364)	58.703 (30.340)	1:30.359 (31.656)	2:04.247 (33.888)		

**Men 1 Mile Run**

=====  
 Champ. Rec.: # 4:11.94 2014 Grant Wintheiser, St. Olaf

Facility Rec: F 4:08.46 2017 Joe Coffey, St. Olaf

Name	Year	School	Seed	Finals	H#	Points
1 Boone, Calvin		SO St. Scholastica	4:10.90	4:12.23	3	10
	32.250 (32.250)	1:03.354 (31.104)	1:34.668 (31.314)	2:05.898 (31.230)		
	2:37.259 (31.362)	3:09.235 (31.976)	3:41.000 (31.765)	4:12.230 (31.231)		
2 Nichols, Gabe		SO Carleton	4:15.31	4:13.92	3	8
	32.440 (32.440)	1:03.574 (31.135)	1:34.893 (31.319)	2:06.132 (31.240)		
	2:37.518 (31.386)	3:09.540 (32.022)	3:41.722 (32.182)	4:13.914 (32.192)		
3 Llewellyn, Roy		SO Carleton	4:16.11	4:16.28	3	6
	33.514 (33.514)	1:04.583 (31.069)	1:36.128 (31.545)	2:08.042 (31.915)		
	2:40.780 (32.738)	3:13.652 (32.873)	3:45.952 (32.300)	4:16.279 (30.328)		
4 DeWall, Lars		SR St. Scholastica	4:16.61	4:17.61	3	5
	32.719 (32.719)	1:03.796 (31.077)	1:35.210 (31.415)	2:06.482 (31.272)		
	2:37.817 (31.336)	3:10.066 (32.250)	3:43.501 (33.435)	4:17.608 (34.108)		
5 Lyness, Indy		SO Carleton	4:19.40	4:17.69	3	4
	33.806 (33.806)	1:05.702 (31.897)	1:37.707 (32.005)	2:09.884 (32.178)		
	2:42.740 (32.856)	3:15.375 (32.636)	3:47.487 (32.112)	4:17.686 (30.199)		

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6	Turlington, Kevin	SO St. Olaf	4:14.86	4:17.89	3	3
	32.847 (32.847)	1:04.084 (31.237)	1:35.504 (31.420)	2:07.147 (31.644)		
	2:39.134 (31.988)	3:11.800 (32.666)	3:45.587 (33.787)	4:17.888 (32.301)		
7	Curtis, Ian	JR St. Olaf	4:19.21	4:18.02	3	2
	33.007 (33.007)	1:04.352 (31.346)	1:35.852 (31.500)	2:07.634 (31.782)		
	2:40.055 (32.422)	3:12.630 (32.576)	3:46.193 (33.563)	4:18.016 (31.823)		
8	Goss, Brady	FR Concordia-Moorhead	4:19.39	4:20.30	3	1
	33.317 (33.317)	1:05.146 (31.829)	1:37.266 (32.121)	2:10.265 (32.999)		
	2:43.517 (33.252)	3:16.739 (33.222)	3:49.746 (33.008)	4:20.292 (30.546)		
9	St. Peter, Nick	SO St. John's (Minn.)	4:18.74	4:20.41	3	
	33.489 (33.489)	1:05.371 (31.882)	1:37.221 (31.850)	2:10.468 (33.247)		
	2:43.744 (33.276)	3:16.977 (33.234)	3:49.966 (32.990)	4:20.406 (30.440)		
10	Hartney, Sean	JR St. Olaf	4:25.85	4:22.42	2	
	32.048 (32.048)	1:03.838 (31.790)	1:36.528 (32.691)	2:09.780 (33.252)		
	2:42.922 (33.143)	3:16.326 (33.404)	3:49.226 (32.901)	4:22.414 (33.188)		
11	Lange, Emerson	SO Carleton	4:30.84	4:25.58	2	
	34.216 (34.216)	1:07.421 (33.206)	1:41.286 (33.865)	2:14.951 (33.666)		
	2:48.270 (33.319)	3:21.518 (33.248)	3:54.282 (32.765)	4:25.576 (31.294)		
12	Doran, Eli	SO St. Olaf	4:27.53	4:25.78	2	
	32.400 (32.400)	1:04.179 (31.780)	1:36.917 (32.738)	2:10.325 (33.408)		
	2:43.478 (33.154)	3:17.488 (34.010)	3:51.724 (34.237)	4:25.772 (34.048)		
13	Nowacki, Cole	SR Concordia-Moorhead	4:34.15	4:26.90	2	
	33.799 (33.799)	1:04.990 (31.191)	1:38.013 (33.024)	2:11.411 (33.398)		
	2:46.540 (35.129)	3:21.280 (34.741)	3:55.082 (33.802)	4:26.899 (31.817)		
14	Galloway, Jordan	SO Macalester	4:28.81	4:27.55	2	
	33.224 (33.224)	1:05.299 (32.076)	1:38.624 (33.326)	2:13.464 (34.840)		
	2:48.648 (35.185)	3:23.456 (34.808)	3:56.784 (33.328)	4:27.542 (30.758)		
15	LiaBraaten, Lucas	SO Hamline	4:28.92	4:28.09	2	
	33.166 (33.166)	1:05.027 (31.861)	1:37.760 (32.733)	2:10.913 (33.154)		
	2:45.304 (34.391)	3:20.064 (34.761)	3:54.591 (34.527)	4:28.082 (33.492)		
16	Moresi, Kelvin	FR Macalester	4:28.42	4:29.83	2	
	32.704 (32.704)	1:04.486 (31.782)	1:37.272 (32.787)	2:11.081 (33.809)		
	2:46.299 (35.218)	3:22.058 (35.760)	3:55.973 (33.915)	4:29.825 (33.852)		
17	Fendig, Alex	SR Macalester	4:32.43	4:30.79	2	
	33.594 (33.594)	1:06.058 (32.464)	1:40.312 (34.254)	2:15.236 (34.925)		
	2:49.846 (34.610)	3:24.602 (34.756)	3:57.958 (33.356)	4:30.789 (32.832)		
18	Peterson, Luke	SR Bethel (Minn.)	4:34.26	4:31.23	2	
	33.430 (33.430)	1:05.575 (32.146)	1:38.889 (33.314)	2:13.214 (34.325)		
	2:48.432 (35.219)	3:23.608 (35.176)	3:58.196 (34.588)	4:31.226 (33.030)		
19	Malecha, Jacob	FR St. John's (Minn.)	4:34.63	4:33.00	1	
	38.513 (38.513)	1:13.258 (34.745)	1:47.356 (34.098)	2:21.432 (34.076)		
	2:55.232 (33.801)	3:28.927 (33.695)	4:02.284 (33.357)	4:32.995 (30.712)		
20	Kalsnes, Jonah	FR Bethel (Minn.)	4:34.86	4:33.63	1	
	38.029 (38.029)	1:12.553 (34.524)	1:46.388 (33.836)	2:20.457 (34.069)		
	2:53.850 (33.393)	3:27.461 (33.612)	4:01.083 (33.622)	4:33.623 (32.540)		
21	Chamberlin, Owen	SO St. Olaf	4:35.70	4:35.28	1	
	38.352 (38.352)	1:12.754 (34.403)	1:46.630 (33.876)	2:20.661 (34.032)		
	2:54.253 (33.592)	3:28.954 (34.701)	4:03.559 (34.606)	4:35.274 (31.715)		
22	Landsem, Henry	FR Gustavus Adolphus	4:35.46	4:35.84	1	
	38.162 (38.162)	1:13.004 (34.842)	1:47.042 (34.038)	2:20.889 (33.848)		
	2:54.798 (33.909)	3:28.673 (33.876)	4:03.023 (34.350)	4:35.836 (32.814)		
23	Thompson, Gabe	FR Macalester	4:39.23	4:36.57	1	
	38.789 (38.789)	1:13.744 (34.956)	1:48.058 (34.314)	2:22.149 (34.092)		
	2:56.168 (34.019)	3:29.330 (33.163)	4:03.214 (33.884)	4:36.570 (33.356)		

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**Results**

**....Men 1 Mile Run**

24 Gathje, Joseph	JR St. John's (Minn.)	4:37.63	4:37.12	1
39.425 (39.425)	1:14.254 (34.830)	1:48.336 (34.082)	2:22.082 (33.746)	
2:56.862 (34.780)	3:30.719 (33.857)	4:05.356 (34.637)	4:37.115 (31.760)	
25 Hanley, Brett	JR Carleton	4:38.72	4:39.00	1
38.672 (38.672)	1:13.490 (34.818)	1:47.730 (34.241)	2:21.932 (34.202)	
2:56.401 (34.470)	3:30.670 (34.269)	4:05.124 (34.454)	4:38.994 (33.871)	
26 Leonard, Ethan	SO St. John's (Minn.)	4:36.24	4:40.27	1
38.976 (38.976)	1:14.000 (35.024)	1:48.616 (34.617)	2:22.519 (33.903)	
2:56.585 (34.066)	3:31.099 (34.514)	4:06.002 (34.904)	4:40.270 (34.268)	
27 Martinek, Peyton	FR St. John's (Minn.)	4:37.46	4:49.67	1
39.237 (39.237)	1:14.530 (35.294)	1:49.189 (34.659)	2:23.509 (34.320)	
2:58.500 (34.991)	3:34.515 (36.016)	4:11.913 (37.398)	4:49.662 (37.749)	

**Men 5000 Meter Run**

=====				
Champ. Rec.: # 14:26.70	1983	Nick Manciu(*ht), St. Thomas		
Facility Rec: F 14:15.93	2005	Andrew Carlson, Univ. of Minn.		
Name	Year School	Seed	Finals	Points
=====				
1 Kelly, Will	JR St. Olaf	14:20.51	14:28.40	10
33.02 (33.02)	1:07.11 (34.09)	1:42.07 (34.96)	2:16.60 (34.53)	
2:51.34 (34.74)	3:25.79 (34.45)	4:00.16 (34.37)	4:34.91 (34.75)	
5:12.95 (38.04)	5:52.72 (39.77)	6:30.84 (38.12)	7:05.14 (34.30)	
7:38.92 (33.78)	8:12.54 (33.62)	8:50.45 (37.91)	9:25.16 (34.71)	
9:59.33 (34.17)	10:33.35 (34.02)	11:07.23 (33.88)	11:41.50 (34.27)	
12:15.93 (34.43)	12:49.90 (33.97)	13:24.17 (34.27)	13:56.68 (32.51)	
14:28.392 (31.72)				
2 Bati, Mohammed	SO Augsburg	14:38.95	14:37.67	8
33.35 (33.35)	1:07.52 (34.17)	1:42.44 (34.92)	2:16.88 (34.44)	
2:51.62 (34.74)	3:26.05 (34.43)	4:00.47 (34.42)	4:35.19 (34.72)	
5:12.85 (37.66)	5:52.58 (39.73)	6:30.61 (38.03)	7:05.48 (34.87)	
7:39.24 (33.76)	8:12.84 (33.60)	8:50.81 (37.97)	9:25.58 (34.77)	
9:59.68 (34.10)	10:33.64 (33.96)	11:07.51 (33.87)	11:41.78 (34.27)	
12:16.28 (34.50)	12:50.26 (33.98)	13:24.54 (34.28)	13:58.25 (33.71)	
14:37.666 (39.43)				
3 McKee, Reece	JR Macalester	15:14.19	14:59.01	6
34.47 (34.47)	1:09.61 (35.14)	1:45.34 (35.73)	2:21.50 (36.16)	
2:58.07 (36.57)	3:34.26 (36.19)	4:11.07 (36.81)	4:47.68 (36.61)	
5:24.19 (36.51)	6:00.74 (36.55)	6:37.62 (36.88)	7:13.59 (35.97)	
7:50.52 (36.93)	8:27.76 (37.24)	9:04.90 (37.14)	9:40.04 (35.14)	
10:15.24 (35.20)	10:51.14 (35.90)	11:27.25 (36.11)	12:03.47 (36.22)	
12:39.33 (35.86)	13:15.30 (35.97)	13:50.42 (35.12)	14:24.97 (34.55)	
14:59.003 (34.05)				
4 Edwards, Tyler	SO Macalester	15:18.14	15:02.42	5
35.13 (35.13)	1:09.94 (34.81)	1:45.71 (35.77)	2:21.81 (36.10)	
2:58.37 (36.56)	3:34.55 (36.18)	4:11.36 (36.81)	4:47.95 (36.59)	
5:24.61 (36.66)	6:01.11 (36.50)	6:38.02 (36.91)	7:14.04 (36.02)	
7:50.72 (36.68)	8:28.37 (37.65)	9:05.36 (36.99)	9:40.26 (34.90)	
10:15.86 (35.60)	10:51.85 (35.99)	11:28.07 (36.22)	12:04.27 (36.20)	
12:40.17 (35.90)	13:16.22 (36.05)	13:52.70 (36.48)	14:28.62 (35.92)	
15:02.417 (33.81)				

**MIAC Championships - 2/22/2024 to 2/24/2024****Tostrud Center, St. Olaf College****Results****....Men 5000 Meter Run**

5 Cote, Anders	JR St. Olaf	15:13.21	15:04.04	4
34.07 (34.07)	1:09.25 (35.18)	1:45.03 (35.78)	2:21.37 (36.34)	
2:58.03 (36.66)	3:34.41 (36.38)	4:11.11 (36.70)	4:47.69 (36.58)	
5:24.41 (36.72)	6:00.98 (36.57)	6:38.45 (37.47)	7:14.21 (35.76)	
7:51.19 (36.98)	8:28.29 (37.10)	9:05.90 (37.61)	9:41.96 (36.06)	
10:17.94 (35.98)	10:54.49 (36.55)	11:31.29 (36.80)	12:07.92 (36.63)	
12:44.25 (36.33)	13:19.65 (35.40)	13:55.08 (35.43)	14:31.05 (35.97)	
15:04.037 (33.00)				
6 McCullough, Logan	SR Gustavus Adolphus	15:17.12	15:04.57	3
35.25 (35.25)	1:10.86 (35.61)	1:46.40 (35.54)	2:22.34 (35.94)	
2:59.02 (36.68)	3:35.37 (36.35)	4:11.79 (36.42)	4:48.42 (36.63)	
5:25.02 (36.60)	6:01.39 (36.37)	6:38.72 (37.33)	7:14.91 (36.19)	
7:51.39 (36.48)	8:28.44 (37.05)	9:06.06 (37.62)	9:42.22 (36.16)	
10:18.24 (36.02)	10:54.61 (36.37)	11:31.18 (36.57)	12:07.81 (36.63)	
12:44.19 (36.38)	13:19.98 (35.79)	13:55.39 (35.41)	14:30.68 (35.29)	
15:04.565 (33.90)				
7 Deaver, Jack	SO St. Olaf	15:07.62	15:04.89	2
34.12 (34.12)	1:09.61 (35.49)	1:45.29 (35.68)	2:21.50 (36.21)	
2:57.89 (36.39)	3:34.44 (36.55)	4:10.98 (36.54)	4:47.73 (36.75)	
5:24.30 (36.57)	6:00.98 (36.68)	6:38.43 (37.45)	7:14.32 (35.89)	
7:51.07 (36.75)	8:28.18 (37.11)	9:05.30 (37.12)	9:41.75 (36.45)	
10:17.76 (36.01)	10:54.39 (36.63)	11:30.72 (36.33)	12:07.60 (36.88)	
12:43.88 (36.28)	13:20.81 (36.93)	13:56.14 (35.33)	14:31.42 (35.28)	
15:04.886 (33.48)				
8 Manzur Strandlund, Gael	SO St. Olaf	15:09.79	15:05.21	1
35.48 (35.48)	1:10.63 (35.15)	1:46.14 (35.51)	2:22.54 (36.40)	
2:59.09 (36.55)	3:35.11 (36.02)	4:11.63 (36.52)	4:48.02 (36.39)	
5:24.28 (36.26)	6:00.50 (36.22)	6:38.20 (37.70)	7:14.50 (36.30)	
7:51.60 (37.10)	8:28.17 (36.57)	9:05.18 (37.01)	9:41.62 (36.44)	
10:18.39 (36.77)	10:54.03 (35.64)	11:30.77 (36.74)	12:07.23 (36.46)	
12:43.83 (36.60)	13:20.51 (36.68)	13:55.31 (34.80)	14:30.78 (35.47)	
15:05.205 (34.44)				
9 Lynn, David	JR St. Olaf	15:17.41	15:09.49	
34.92 (34.92)	1:10.40 (35.48)	1:46.00 (35.60)	2:22.22 (36.22)	
2:58.71 (36.49)	3:34.98 (36.27)	4:12.00 (37.02)	4:48.36 (36.36)	
5:24.61 (36.25)	6:01.31 (36.70)	6:38.81 (37.50)	7:14.98 (36.17)	
7:50.88 (35.90)	8:28.16 (37.28)	9:05.81 (37.65)	9:40.89 (35.08)	
10:16.02 (35.13)	10:51.59 (35.57)	11:27.76 (36.17)	12:03.90 (36.14)	
12:39.97 (36.07)	13:16.84 (36.87)	13:54.98 (38.14)	14:31.99 (37.01)	
15:09.482 (37.50)				
10 Graber, Grant	JR Bethel (Minn.)	15:24.34	15:24.39	
35.86 (35.86)	1:11.84 (35.98)	1:49.05 (37.21)	2:25.89 (36.84)	
3:02.58 (36.69)	3:39.34 (36.76)	4:16.55 (37.21)	4:54.14 (37.59)	
5:31.65 (37.51)	6:09.24 (37.59)	6:46.73 (37.49)	7:24.13 (37.40)	
8:01.25 (37.12)	8:38.12 (36.87)	9:15.09 (36.97)	9:51.77 (36.68)	
10:28.64 (36.87)	11:05.71 (37.07)	11:42.82 (37.11)	12:19.82 (37.00)	
12:57.41 (37.59)	13:34.86 (37.45)	14:12.70 (37.84)	14:49.76 (37.06)	
15:24.381 (34.63)				

**MIAC Championships - 2/22/2024 to 2/24/2024****Tostrud Center, St. Olaf College****Results****....Men 5000 Meter Run**

11 Skemp, Andrew	JR St. Olaf	15:23.74	15:31.37
36.55 (36.55)	1:11.59 (35.04)	1:47.76 (36.17)	2:23.70 (35.94)
2:59.41 (35.71)	3:35.61 (36.20)	4:12.18 (36.57)	4:48.64 (36.46)
5:24.94 (36.30)	6:01.43 (36.49)	6:37.63 (36.20)	7:13.55 (35.92)
7:50.42 (36.87)	8:28.03 (37.61)	9:05.61 (37.58)	9:43.07 (37.46)
10:20.67 (37.60)	10:59.33 (38.66)	11:37.37 (38.04)	12:15.99 (38.62)
12:55.07 (39.08)	13:34.77 (39.70)	14:14.04 (39.27)	14:52.81 (38.77)
15:31.363 (38.57)			
12 Fiataruolo, Angelo	SO St. Olaf	15:40.19	15:38.24
37.33 (37.33)	1:13.13 (35.80)	1:50.21 (37.08)	2:28.24 (38.03)
3:06.63 (38.39)	3:44.39 (37.76)	4:22.04 (37.65)	4:59.79 (37.75)
5:38.05 (38.26)	6:16.17 (38.12)	6:54.12 (37.95)	7:32.41 (38.29)
8:10.54 (38.13)	8:48.63 (38.09)	9:27.03 (38.40)	10:05.29 (38.26)
10:43.64 (38.35)	11:21.30 (37.66)	11:59.78 (38.48)	12:38.35 (38.57)
13:15.99 (37.64)	13:54.42 (38.43)	14:31.20 (36.78)	15:04.54 (33.34)
15:38.239 (33.71)			
13 Ihrke, Nick	JR Macalester	15:38.26	15:48.04
36.25 (36.25)	1:11.43 (35.18)	1:48.69 (37.26)	2:25.40 (36.71)
3:02.16 (36.76)	3:39.02 (36.86)	4:16.55 (37.53)	4:54.04 (37.49)
5:31.39 (37.35)	6:09.23 (37.84)	6:46.31 (37.08)	7:23.90 (37.59)
8:01.62 (37.72)	8:39.16 (37.54)	9:17.59 (38.43)	9:56.16 (38.57)
10:35.35 (39.19)	11:14.62 (39.27)	11:54.04 (39.42)	12:33.34 (39.30)
13:13.39 (40.05)	13:53.62 (40.23)	14:34.07 (40.45)	15:13.19 (39.12)
15:48.033 (34.86)			
14 Thompson, Reese	SR Bethel (Minn.)	15:42.32	15:48.46
37.51 (37.51)	1:13.35 (35.84)	1:50.44 (37.09)	2:28.24 (37.80)
3:06.64 (38.40)	3:44.52 (37.88)	4:22.09 (37.57)	4:59.84 (37.75)
5:38.14 (38.30)	6:16.30 (38.16)	6:54.26 (37.96)	7:32.46 (38.20)
8:10.63 (38.17)	8:48.69 (38.06)	9:27.04 (38.35)	10:05.25 (38.21)
10:43.78 (38.53)	11:21.40 (37.62)	11:59.87 (38.47)	12:38.44 (38.57)
13:15.62 (37.18)	13:54.09 (38.47)	14:33.46 (39.37)	15:12.27 (38.81)
15:48.451 (36.19)			
15 Pouliot, Evan	FR Gustavus Adolphus	16:20.97	15:49.53
38.36 (38.36)	1:15.31 (36.95)	1:53.73 (38.42)	2:32.18 (38.45)
3:10.37 (38.19)	3:49.21 (38.84)	4:28.15 (38.94)	5:06.27 (38.12)
5:44.72 (38.45)	6:23.24 (38.52)	7:01.78 (38.54)	7:40.30 (38.52)
8:18.70 (38.40)	8:56.82 (38.12)	9:35.12 (38.30)	10:13.33 (38.21)
10:51.69 (38.36)	11:29.75 (38.06)	12:08.15 (38.40)	12:45.89 (37.74)
13:23.24 (37.35)	14:00.20 (36.96)	14:37.28 (37.08)	15:13.57 (36.29)
15:49.525 (35.97)			
16 Kaye, Lex	FR St. Olaf	16:38.02	16:33.71
38.46 (38.46)	1:15.63 (37.17)	1:54.06 (38.43)	2:32.51 (38.45)
3:10.83 (38.32)	3:49.48 (38.65)	4:28.47 (38.99)	5:06.68 (38.21)
5:45.04 (38.36)	6:23.61 (38.57)	7:02.24 (38.63)	7:40.63 (38.39)
8:19.12 (38.49)	8:58.33 (39.21)	9:38.23 (39.90)	10:19.30 (41.07)
11:01.51 (42.21)	11:43.67 (42.16)	12:25.50 (41.83)	13:07.51 (42.01)
13:48.28 (40.77)	14:30.59 (42.31)	15:12.82 (42.23)	15:54.15 (41.33)
16:33.709 (39.57)			

**MIAC Championships - 2/22/2024 to 2/24/2024**

**Tostrud Center, St. Olaf College**

**Results**

**....Men 5000 Meter Run**

17 Dallas, Evan	SO Bethel (Minn.)	17:04.87	16:52.55
38.87 (38.87)	1:16.01 (37.14)	1:54.88 (38.87)	2:33.82 (38.94)
3:13.69 (39.87)	3:53.71 (40.02)	4:33.09 (39.38)	5:12.57 (39.48)
5:53.55 (40.98)	6:35.08 (41.53)	7:15.79 (40.71)	7:57.63 (41.84)
8:38.89 (41.26)	9:20.91 (42.02)	10:02.47 (41.56)	10:43.78 (41.31)
11:25.16 (41.38)	12:06.63 (41.47)	12:49.44 (42.81)	13:32.64 (43.20)
14:15.06 (42.42)	14:56.42 (41.36)	15:37.37 (40.95)	15:38.239 (0.88)
16:52.547 (1:14.308)			
18 Harris, Grayson	JR Augsburg	17:06.52	17:34.43
39.46 (39.46)	1:19.96 (40.50)	2:02.00 (42.04)	2:40.26 (38.26)
3:20.52 (40.26)	4:00.58 (40.06)	4:41.51 (40.93)	5:21.16 (39.65)
6:02.43 (41.27)	6:43.57 (41.14)	7:25.90 (42.33)	8:07.78 (41.88)
8:50.55 (42.77)	9:32.59 (42.04)	10:15.49 (42.90)	10:57.93 (42.44)
11:42.13 (44.20)	12:25.64 (43.51)	13:08.02 (42.38)	13:53.36 (45.34)
14:38.26 (44.90)	15:24.09 (45.83)	16:10.06 (45.97)	16:52.03 (41.97)
17:34.423 (42.41)			

**Men 60 Meter Hurdles**

=====  
 Champ. Rec.: # 8.01 2020 Taylor Rooney, Gustavus  
 Facility Rec: F 7.88 2024 Devon Montgomery, Unattached

Name	Year	School	Seed	Prelims	H#
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Preliminaries

1 Ekiyor, Jayson	JR Bethel (Minn.)	7.96	# 7.96Q	1
2 Sampson, Josh	JR Bethel (Minn.)	8.09	8.18Q	2
3 Myres, David	JR Bethel (Minn.)	8.16	8.26Q	3
4 Thomsen, Josh	JR Bethel (Minn.)	8.22	8.37q	3
5 Lord, Demetri	JR St. Olaf	8.44	8.56q	2
6 Lightner, Jackson	FR Hamline	8.46	8.66q	1
7 Viesselman, Blake	FR Bethel (Minn.)	8.81	8.68q	2
8 Clark, Logan	SO Concordia-Moorhead	8.64	8.70q	3
9 Lee, Josh	JR Bethel (Minn.)	8.63	8.71	2
10 Suah, Morris	FR Hamline	8.58	8.78	1
11 Schmidt, Cole	FR Gustavus Adolphus	8.69	8.84	3
12 Stefanowicz, Sebastian	SO Macalester	8.89	8.87	1
13 Nissen, Matthew	JR St. Olaf	8.95	8.97	1
14 Brandt, Isak	FR St. John's (Minn.)	9.16	9.12	1
15 Mahamud, Hamza	SO Macalester	8.99	9.15	2 9.141
16 Manley, Cannon	FR Saint Mary's	9.17	9.15	1 9.145
17 Smith, Cooper	FR St. John's (Minn.)	9.12	9.26	2
18 Elseth, Aaron	SO Bethel (Minn.)	9.06	9.29	3
19 Blaeser, Aiden	SO St. John's (Minn.)	9.35	9.48	2
20 Powell, Danny	FR Macalester	9.66	9.53	2
21 Bassett, Jackson	JR St. Olaf	9.50	9.54	3
22 Magu, Dan	SO Bethel (Minn.)	9.59	9.63	3
23 Molstre, Joey	FR Concordia-Moorhead	9.73	9.97	1

**MIAC Championships - 2/22/2024 to 2/24/2024****Tostrud Center, St. Olaf College****Results****Men 60 Meter Hurdles**

=====  
 Champ. Rec.: # 8.01 2020 Taylor Rooney, Gustavus  
 Facility Rec: F 7.88 2024 Devon Montgomery, Unattached

=====  
 Name Year School Prelims Finals Points  
 =====

## Finals

1	Ekiyor, Jayson	JR Bethel (Minn.)	7.96	8.04	10
2	Sampson, Josh	JR Bethel (Minn.)	8.18	8.07	8
3	Myres, David	JR Bethel (Minn.)	8.26	8.23	6
4	Thomsen, Josh	JR Bethel (Minn.)	8.37	8.38	5
5	Lightner, Jackson	FR Hamline	8.66	8.62	4
6	Clark, Logan	SO Concordia-Moorhead	8.70	8.65	3
7	Lord, Demetri	JR St. Olaf	8.56	8.70	2
8	Viesselman, Blake	FR Bethel (Minn.)	8.68	8.86	1

**Men Distance Medley**

=====  
 Champ. Rec.: # 10:15.58 2017 Carleton  
 Edstrom, Hicks, Sikes, Cook-Gallardo  
 Facility Rec: F 9:59.09 2017 St. Olaf  
 Bjork, Pugh, Lonergan, J. Coffey

=====  
 School Seed Finals Points  
 =====

1	St. Olaf 'A'			10:14.89#	10
	1) Marsh, Jackson JR	2) Fisher, Henry JR			
	3) Estrada, Gabe JR	4) Fitzgerald, Ignatius SO			
2	Macalester 'A'			10:17.61	8
	1) Crotteau, Ben JR	2) Ali, Kalid JR			
	3) Wiltse, Daniel FR	4) Olsson, Tor JR			
3	Carleton 'A'			10:18.51	6
	1) Llewellyn, Roy SO	2) Nathan, Asher FR			
	3) Lyness, Indy SO	4) Nichols, Gabe SO			
4	St. John's (Minn.) 'A'			10:25.66	5
	1) McCoy, Max FR	2) Conzemius, Ryan JR			
	3) Montreuil, Owen SO	4) Kaluza, Vincent FR			
5	St. Scholastica 'A'		10:09.90	10:26.57	4
	1) Neu, Nathan JR	2) Kubicek, Noah SO			
	3) Douglas, Derek JR	4) DeWall, Lars SR			
6	Bethel (Minn.) 'A'			10:39.31	3
	1) Nelson, Clark SR	2) Ketterling, Caleb FR			
	3) Schmitz, Drew FR	4) Berg, Eli FR			
7	Concordia-Moorhead 'A'			10:46.23	2
	1) Olson, Tanner SR	2) Gallmeier, Zander SO			
	3) Andrews, Brady FR	4) Goss, Tyler FR			
8	Gustavus Adolphus 'A'			10:51.38	1
	1) Fuller, Blake JR	2) Gushwa, Agro SR			
	3) Rupnow, Markus JR	4) Roehl, Carson JR			
9	Saint Mary's (Minn.) 'A'			10:51.49	
	1) Schneider, Grant SO	2) Paton, Eddie FR			
	3) Kloss, Cade JR	4) Smyth, Sean FR			
10	Augsburg 'A'			11:06.19	
	1) Engstrom, Zinabu FR	2) Oty, Shareef FR			
	3) Wondimu, Bereket JR	4) Bati, Mohammed SO			

**MIAC Championships - 2/22/2024 to 2/24/2024**

**Tostrud Center, St. Olaf College**

**Results**

**Men Pole Vault**

Champ. Rec.: # 5.00m 2020		Drew Dokendorf, St. Johns		
Facility Rec: F 5.52m 2016		Jeff Coover, Unattached		
Name	Year School	Seed	Finals	Points
1 Charbonneau, Joseph	JR St. John's (Minn.)	4.65m	4.65m 15-03.00	10
3.90 4.05 4.20 4.35 4.45 4.55 4.65 4.75				
PPP PPP PPP O O O XXO XXX				
2 Gardeen, Samuel	JR Bethel (Minn.)	4.55m	4.55m 14-11.00	8
3.90 4.05 4.20 4.35 4.45 4.55 4.65				
PPP PPP PPP O O O XXX				
3 Schloeder, Austin	FR Hamline	4.45m	J4.55m 14-11.00	6
3.90 4.05 4.20 4.35 4.45 4.55 4.65				
PPP PPP PPP PPP XXO O XXX				
4 Arnold, Dylan	JR St. Olaf	4.45m	4.45m 14-07.25	5
3.90 4.05 4.20 4.35 4.45 4.55				
PPP O XO XO O XXX				
5 Guth, Kole	SO St. John's (Minn.)	4.46m	J4.45m 14-07.25	4
3.90 4.05 4.20 4.35 4.45 4.55				
PPP PPP O O XO XXX				
6 Eickhoff, Daniel	JR St. John's (Minn.)	4.26m	J4.45m 14-07.25	3
3.90 4.05 4.20 4.35 4.45 4.55				
O O XO O XXO XXX				
7 Withuski, Andrew	FR St. John's (Minn.)	4.20m	4.20m 13-09.25	2
3.90 4.05 4.20 4.35				
O O O XXX				
8 Graske, Joshua	FR Bethel (Minn.)	4.20m	J4.20m 13-09.25	1
3.90 4.05 4.20 4.35				
XO O XO XXX				
9 Engstrom, Oliver	SO Hamline	4.10m	J4.20m 13-09.25	
3.90 4.05 4.20 4.35				
PPP PPP XXO XXX				
9 Rhonemus, Wade	SR Concordia-Moorhead	4.20m	J4.20m 13-09.25	
3.90 4.05 4.20 4.35				
PPP PPP XXO XXX				
11 Marzinske, Logan	JR Gustavus Adolphus	4.31m	4.05m 13-03.50	
3.90 4.05 4.20				
PPP O XXX				
12 Doom, Max	JR St. John's (Minn.)	4.05m	J4.05m 13-03.50	
3.90 4.05 4.20				
O XO XXX				
13 Ream, Joe	SO Gustavus Adolphus	3.86m	3.90m 12-09.50	
3.90 4.05				
XO XXX				
14 Charles, Aidan	FR Gustavus Adolphus	4.26m	J3.90m 12-09.50	
3.90 4.05				
XXO XXX				
-- Hoelzel, Gavin	FR St. Olaf	3.75m	NH	
3.90				
XXX				
-- Menter, Forest	SO St. Olaf	3.56m	NH	
3.90				
XXX				
-- Collins, Spencer	FR St. Olaf	4.02m	NH	
3.90				
XXX				

**MIAC Championships - 2/22/2024 to 2/24/2024**

**Tostrud Center, St. Olaf College**

**Results**

**...Men Pole Vault**

-- Adams, Tim JR Carleton 3.80m NH  
 3.90  
 XXX

**Men Long Jump**

Champ. Rec.: # 7.56m 2020		Kyle Lichttenegger, St. Marys			
Facility Rec: F 7.53m 2006		Greg Tyson, Heidelberg			
Name	Year School	Seed	Finals	H#	Points
1 Schaffer, Zach	SO St. John's (Minn.)	6.93m	6.94m	22-09.25	2 10
6.67m FOUL 6.93m 6.40m 6.59m 6.94m					
2 Subah, Isaiah	SR Gustavus Adolphus	6.80m	6.88m	22-07.00	2 8
6.79m 6.88m 6.60m 6.83m 6.72m FOUL					
3 Moo, Eh Ler	JR St. Olaf	6.71m	6.65m	21-10.00	2 6
6.65m FOUL FOUL 3.98m FOUL 6.45m					
4 Albertson, Max	FR St. Olaf	6.46m	6.55m	21-06.00	2 5
FOUL 6.11m 6.46m 6.46m FOUL 6.55m					
5 Erickson, Matthew	FR St. Scholastica	6.45m	6.41m	21-00.50	2 4
6.12m 5.92m 6.33m 6.41m 4.55m 6.33m					
6 Smith, Kameron	FR Augsburg	6.40m	6.40m	21-00.00	2 3
6.19m 6.28m 6.24m 6.19m 6.40m 6.24m					
7 Swenson, Simon	SO Bethel (Minn.)	6.29m	6.31m	20-08.50	1 2
6.29m FOUL 6.13m 6.13m 6.18m 6.31m					
8 Hansen, Matt	FR St. John's (Minn.)	6.15m	6.27m	20-07.00	1 1
6.27m 6.05m 5.81m 6.12m 6.06m 6.18m					
9 Marsh, Anthony	JR Concordia-Moorhead	6.41m	6.24m	20-05.75	2
6.24m 5.98m 6.06m 5.32m 2.97m 5.81m					
10 Bovitz, Nick	FR Bethel (Minn.)	6.08m	6.20m	20-04.25	1
FOUL 6.20m 6.04m					
11 Thurk, Anthony	JR St. John's (Minn.)	6.38m	5.98m	19-07.50	2
5.98m 5.62m 4.38m					
12 Cooper, Dan	SR Saint Mary's	6.12m	5.90m	19-04.25	1
5.79m 5.88m 5.90m					
13 Charlton, Josh	JR St. Olaf	6.32m	5.86m	19-02.75	2
FOUL FOUL 5.86m					
13 LePard, Ben	FR Concordia-Moorhead	5.91m	5.86m	19-02.75	1
5.37m 5.86m 5.67m					
15 Wynia, Ben	FR Gustavus Adolphus	6.12m	5.82m	19-01.25	1
5.67m 5.82m 5.70m					
16 Ridders, Sam	JR St. Olaf	5.72m	5.62m	18-05.25	1
5.62m FOUL FOUL					
17 Molstre, Joey	FR Concordia-Moorhead	5.72m	5.44m	17-10.25	1
5.44m 5.34m 5.35m					
18 Peterson, Ben	JR Concordia-Moorhead	5.92m	5.34m	17-06.25	1
4.39m 4.89m 5.34m					
-- Cisewski, Antonio	JR Saint Mary's	6.37m	FOUL		2
FOUL PASS PASS					
-- Wang, Kevin	SO Macalester	5.82m	FOUL		1
FOUL FOUL FOUL					

**MIAC Championships - 2/22/2024 to 2/24/2024****Tostrud Center, St. Olaf College****Results****Men Weight Throw**

Champ. Rec.: # 19.68m 2011		Andrew Brueggen, Saint Mary's			
Facility Rec: F 20.82m 2006		Kevin Becker, UW La Crosse			
Name	Year School	Seed	Finals	H#	Points
1 Hokanson, Adam	SO Bethel (Minn.)	16.63m	17.41m	57-01.50	2 10
FOUL 17.41m	FOUL 16.20m	FOUL 15.20m			
2 Steger, Grant	SR St. Scholastica	16.25m	17.12m	56-02.00	2 8
15.33m 16.97m	FOUL 17.12m	FOUL 16.96m			
3 Frost, Jaeden	SR St. John's (Minn.)	15.77m	16.78m	55-00.75	2 6
FOUL 16.78m	FOUL FOUL	FOUL 16.58m			
4 Larsen, Evan	JR Bethel (Minn.)	17.11m	15.93m	52-03.25	2 5
15.78m FOUL	15.93m 15.85m	FOUL FOUL			
5 Beseth, Trent	SO St. Scholastica	16.77m	15.48m	50-09.50	2 4
14.66m 15.48m	FOUL FOUL	FOUL FOUL			
6 Fritz, Casen	JR Saint Mary's	14.94m	15.37m	50-05.25	2 3
15.37m 14.90m	14.79m 14.87m	FOUL FOUL			
7 Mensen, Joseph	JR St. John's (Minn.)	15.34m	15.02m	49-03.50	2 2
14.88m 14.89m	15.02m 14.71m	FOUL 14.83m			
8 DeWall, Kaleb	JR St. John's (Minn.)	13.60m	14.82m	48-07.50	1 1
13.35m 14.06m	14.82m FOUL	13.25m FOUL			
9 Conant, Philip	FR Bethel (Minn.)	14.48m	14.57m	47-09.75	1
14.18m 13.44m	14.57m FOUL	14.12m FOUL			
10 Mills, Austin	SO Macalester	14.91m	13.68m	44-10.75	2
FOUL 13.68m	FOUL				
11 Ramirez, Ricky	JR Concordia-Moorhead	14.59m	13.40m	43-11.75	2
13.34m FOUL	13.40m				
12 Dioszeghy, Sam	FR Concordia-Moorhead	13.00m	13.35m	43-09.75	1
FOUL FOUL	13.35m				
13 Willier, Anthony	FR St. John's (Minn.)	12.85m	13.12m	43-00.50	1
FOUL 11.94m	13.12m				
14 Monreal, Joshua	FR St. Scholastica	16.44m	12.64m	41-05.75	2
FOUL FOUL	12.64m				
15 Yang, Aiden	SO Macalester	12.42m	12.45m	40-10.25	1
FOUL 12.45m	FOUL				
16 Turqueza, Rylan	FR St. John's (Minn.)	12.93m	12.33m	40-05.50	1
12.33m FOUL	11.72m				
17 Houska, Blake	FR Concordia-Moorhead	12.46m	11.93m	39-01.75	1
FOUL 11.93m	FOUL				
18 Stordahl, Zach	JR Gustavus Adolphus	13.35m	11.92m	39-01.25	1
FOUL 11.92m	FOUL				
19 Spurgeon, Eli	SO Gustavus Adolphus	12.42m	10.69m	35-01.00	1
10.11m FOUL	10.69m				
20 Brown, Jakob	JR Concordia-Moorhead	12.86m	10.54m	34-07.00	1
10.22m 10.54m	FOUL				

**Heptathlon: #1 Men 60 Meter Dash Heptathlon**

Name	Year School	Finals	H#	Points
1 Lord, Demetri	JR St. Olaf	7.10	3	847
2 Rhonemus, Wade	SR Concordia-Moorhead	7.36	3	759
3 Wellman, Trevor	JR Bethel (Minn.)	7.41	3	742
4 McCormick, Connor	SO Gustavus Adolphus	7.41	3	742
5 Demetriades, Theo	SO Carleton	7.42	2	739
6 Thurk, Anthony	JR St. John's (Minn.)	7.46	3	726

**MIAC Championships - 2/22/2024 to 2/24/2024****Tostrud Center, St. Olaf College****Results****....Heptathlon: #1 Men 60 Meter Dash Heptathlon**

7	Molstre, Joey	FR Concordia-Moorhead	7.54	2	700
8	Hennen, Logan	SO St. John's (Minn.)	7.54	1	700
9	Cogley, Andrew	JR St. Olaf	7.55	1	697
10	Lelwica, Max	JR St. John's (Minn.)	7.55	1	697
11	Schulze, Sam	JR Gustavus Adolphus	7.56	2	694
12	Kiel, Logan	FR St. John's (Minn.)	7.59	2	684
13	Olson, Jesse	FR St. Olaf	7.59	2	684
14	Hoelzel, Gavin	FR St. Olaf	7.60	2	681
15	Elseth, Aaron	SO Bethel (Minn.)	7.66	1	662
16	Lapinski, Will	FR St. Olaf	7.72	1	643
17	Kienholz, Carter	JR Hamline	7.77	1	628

**Heptathlon: #7 Men 1000 Meter Run Heptathlon**

Name	Year	School	Finals	Points
1	Cogley, Andrew	JR St. Olaf	2:41.79	854
	28.492 (28.492)	1:00.201 (31.710)	1:33.723 (33.522)	2:08.340 (34.618)
	2:41.790 (33.450)			
2	McCormick, Connor	SO Gustavus Adolphus	2:44.85	820
	30.289 (30.289)	1:03.744 (33.456)	1:37.414 (33.670)	2:11.432 (34.018)
	2:44.850 (33.418)			
3	Lord, Demetri	JR St. Olaf	2:45.98	808
	29.605 (29.605)	1:02.175 (32.570)	1:36.641 (34.466)	2:11.726 (35.085)
	2:45.972 (34.246)			
4	Rhonemus, Wade	SR Concordia-Moorhead	2:47.15	796
	30.438 (30.438)	1:04.015 (33.577)	1:37.834 (33.819)	2:12.198 (34.365)
	2:47.148 (34.950)			
5	Olson, Jesse	FR St. Olaf	2:50.50	760
	29.900 (29.900)	1:04.128 (34.228)	1:39.653 (35.525)	2:15.950 (36.297)
	2:50.495 (34.546)			
6	Lelwica, Max	JR St. John's (Minn.)	2:52.40	741
	31.725 (31.725)	1:05.758 (34.033)	1:42.011 (36.254)	2:18.742 (36.731)
	2:52.397 (33.656)			
7	Schulze, Sam	JR Gustavus Adolphus	2:53.84	726
	32.210 (32.210)	1:06.620 (34.410)	1:43.011 (36.392)	2:19.765 (36.754)
	2:53.836 (34.072)			
8	Thurk, Anthony	JR St. John's (Minn.)	2:55.34	711
	31.411 (31.411)	1:05.221 (33.810)	1:40.808 (35.587)	2:18.371 (37.564)
	2:55.340 (36.970)			
9	Wellman, Trevor	JR Bethel (Minn.)	2:56.51	699
	32.780 (32.780)	1:07.818 (35.039)	1:43.505 (35.687)	2:20.350 (36.845)
	2:56.510 (36.160)			
10	Molstre, Joey	FR Concordia-Moorhead	3:01.74	647
	33.710 (33.710)	1:08.960 (35.250)	1:46.858 (37.899)	2:27.440 (40.582)
	3:01.736 (34.296)			
11	Lapinski, Will	FR St. Olaf	3:02.11	644
	1:08.348 (1:08.348)	1:46.336 (37.988)	2:26.945 (40.609)	3:02.107 (35.162)
12	Hoelzel, Gavin	FR St. Olaf	3:04.21	624
	34.142 (34.142)	1:09.337 (35.195)	1:47.084 (37.747)	2:27.786 (40.703)
	3:04.207 (36.421)			
13	Kiel, Logan	FR St. John's (Minn.)	3:09.87	571
	34.880 (34.880)	1:09.887 (35.007)	1:48.114 (38.228)	2:30.864 (42.750)
	3:09.864 (39.000)			

**MIAC Championships - 2/22/2024 to 2/24/2024**

**Tostrud Center, St. Olaf College**

**Results**

**....Heptathlon: #7 Men 1000 Meter Run Heptathlon**

14 Hennen, Logan	SO St. John's (Minn.)	3:13.51	538
32.698 (32.698)	1:07.183 (34.485)	1:46.507 (39.324)	2:30.432 (43.926)
3:13.510 (43.078)			
15 Elseth, Aaron	SO Bethel (Minn.)	3:15.42	521
36.266 (36.266)	1:15.954 (39.688)	1:55.803 (39.850)	2:36.270 (40.468)
3:15.420 (39.150)			
16 Kienholz, Carter	JR Hamline	3:23.81	450
35.758 (35.758)	1:12.832 (37.074)	1:53.837 (41.006)	2:37.806 (43.970)
3:23.802 (45.996)			

**Heptathlon: #5 Men 60 Meter Hurdles Heptathlon**

Name	Year School	Finals	H#	Points
1 Lord, Demetri	JR St. Olaf	8.53	5	853
2 McCormick, Connor	SO Gustavus Adolphus	8.63	5	829
3 Rhonemus, Wade	SR Concordia-Moorhead	8.74	5	804
4 Lelwica, Max	JR St. John's (Minn.)	8.87	5	775
5 Thurk, Anthony	JR St. John's (Minn.)	8.92	4	764
6 Schulze, Sam	JR Gustavus Adolphus	8.97	3	752
7 Elseth, Aaron	SO Bethel (Minn.)	9.05	4	735
8 Hennen, Logan	SO St. John's (Minn.)	9.32	4	677
9 Cogley, Andrew	JR St. Olaf	9.56	3	627
10 Wellman, Trevor	JR Bethel (Minn.)	9.70	2	599
11 Demetriades, Theo	SO Carleton	9.74	3	591
12 Hoelzel, Gavin	FR St. Olaf	9.75	3	589
13 Lapinski, Will	FR St. Olaf	9.76	1	587
14 Kienholz, Carter	JR Hamline	9.77	2	585
15 Olson, Jesse	FR St. Olaf	9.93	1	554
16 Molstre, Joey	FR Concordia-Moorhead	10.04	2	533
17 Kiel, Logan	FR St. John's (Minn.)	10.10	1	522

**Heptathlon: #4 Men High Jump Heptathlon**

Name	Year School	Finals	H#	Points
1 Thurk, Anthony	JR St. John's (Minn.)	1.87m	6-01.50	2 687
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90				
P P P P P P P O O XO XXO O XXX				
2 Cogley, Andrew	JR St. Olaf	1.84m	6-00.50	2 661
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87				
P P P P P O P O XXO XO XO XXX				
3 Lelwica, Max	JR St. John's (Minn.)	1.81m	5-11.25	2 636
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84				
P P P P O P O O XO XXO XXX				
4 McCormick, Connor	SO Gustavus Adolphus	1.78m	5-10.00	1 610
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81				
P P P P P XO O O O O XXO XXO XXX				
4 Lapinski, Will	FR St. Olaf	1.78m	5-10.00	2 610
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81				
P P P P O P XO O XO XXX				
4 Lord, Demetri	JR St. Olaf	1.78m	5-10.00	2 610
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81				
P P P P P O P XO XO XXX				



**MIAC Championships - 2/22/2024 to 2/24/2024**

**Tostrud Center, St. Olaf College**

**Results**

**....Heptathlon: #6 Men Pole Vault Heptathlon**

5	Hoelzel, Gavin	FR St. Olaf	3.60m	11-09.75	509
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP		XO XXO	O XXO	XXX
5	Thurk, Anthony	JR St. John's (Minn.)	3.60m	11-09.75	509
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP		O O	O O	XXX
8	Kienholz, Carter	JR Hamline	3.50m	11-05.75	482
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60				
	PPP PPP PPP PPP PPP PPP PPP	O PPP	O O	XO O	XXX
8	Kiel, Logan	FR St. John's (Minn.)	3.50m	11-05.75	482
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP		O O	O O	XO XXX
8	Cogley, Andrew	JR St. Olaf	3.50m	11-05.75	482
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60				
	PPP PPP PPP PPP PPP PPP	O PPP	O O	XO XO	XO XXX
11	Molstre, Joey	FR Concordia-Moorhead	3.30m	10-10.00	431
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40				
	PPP PPP PPP PPP PPP PPP	O O	O O	O XXX	
11	Olson, Jesse	FR St. Olaf	3.30m	10-10.00	431
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40				
	PPP PPP PPP PPP	O O	O O	XO XXO	XXX
11	Schulze, Sam	JR Gustavus Adolphus	3.30m	10-10.00	431
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40				
	PPP PPP PPP PPP PPP PPP	XO PPP	XO XXO	XXO XXX	
14	Demetriades, Theo	SO Carleton	3.20m	10-06.00	406
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30				
	O O O O PPP	O O	XO O	XO XXX	
15	Wellman, Trevor	JR Bethel (Minn.)	3.00m	9-10.00	357
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10				
	PPP PPP PPP PPP	O O	XO XO	XO XXX	
16	Elseth, Aaron	SO Bethel (Minn.)	2.80m	9-02.25	309
	2.30 2.40 2.50 2.60 2.70 2.80 2.90				
	XO O O XXO	O XXO	XXX		
17	Lapinski, Will	FR St. Olaf	2.70m	8-10.25	286
	2.30 2.40 2.50 2.60 2.70 2.80				
	O XO O O XO	XXX			

**Heptathlon: #2 Men Long Jump Heptathlon**

=====						
Name	Year	School	Finals		Points	
=====						
1 Rhonemus, Wade	SR	Concordia-Moorhead	6.47m	21-02.75	691	
	6.31m	6.09m	6.47m			
2 Lord, Demetri	JR	St. Olaf	6.31m	20-08.50	655	
	6.29m	6.31m	6.06m			
3 Cogley, Andrew	JR	St. Olaf	6.24m	20-05.75	639	
	6.24m	6.04m	6.03m			
4 Thurk, Anthony	JR	St. John's (Minn.)	6.18m	20-03.50	626	
	FOUL	FOUL	6.18m			
5 Demetriades, Theo	SO	Carleton	6.07m	19-11.00	602	
	6.07m	PASS	PASS			
6 Lelwica, Max	JR	St. John's (Minn.)	6.01m	19-08.75	589	
	5.94m	5.87m	6.01m			
7 McCormick, Connor	SO	Gustavus Adolphus	5.97m	19-07.00	580	
	FOUL	5.97m	5.96m			

**MIAC Championships - 2/22/2024 to 2/24/2024****Tostrud Center, St. Olaf College****Results****...Heptathlon: #2 Men Long Jump Heptathlon**

7	Hennen, Logan	SO St. John's (Minn.)	5.97m	19-07.00	580
	5.82m 5.26m 5.97m				
9	Schulze, Sam	JR Gustavus Adolphus	5.84m	19-02.00	552
	5.84m 5.62m 5.72m				
10	Molstre, Joey	FR Concordia-Moorhead	5.82m	19-01.25	548
	5.35m 5.19m 5.82m				
11	Hoelzel, Gavin	FR St. Olaf	5.67m	18-07.25	516
	5.65m 5.67m 5.52m				
12	Kienholz, Carter	JR Hamline	5.59m	18-04.25	500
	5.59m FOUL FOUL				
13	Olson, Jesse	FR St. Olaf	5.57m	18-03.25	496
	5.53m 5.57m 5.52m				
14	Wellman, Trevor	JR Bethel (Minn.)	5.38m	17-08.00	457
	5.38m 5.26m 5.31m				
15	Kiel, Logan	FR St. John's (Minn.)	5.31m	17-05.25	443
	5.31m 5.19m FOUL				
16	Elseth, Aaron	SO Bethel (Minn.)	5.24m	17-02.25	429
	FOUL FOUL 5.24m				
17	Lapinski, Will	FR St. Olaf	5.20m	17-00.75	421
	4.99m 5.20m 5.05m				

**Heptathlon: #3 Men Shot Put Heptathlon**

Name	Year School	Finals	Points
1 Lord, Demetri	JR St. Olaf	12.14m 39-10.00	615
		11.61m 11.39m 12.14m	
2 Kiel, Logan	FR St. John's (Minn.)	11.82m 38-09.50	595
		11.46m 11.82m 11.66m	
3 Lelwica, Max	JR St. John's (Minn.)	11.55m 37-10.75	579
		10.75m 11.42m 11.55m	
4 Hennen, Logan	SO St. John's (Minn.)	11.39m 37-04.50	569
		11.39m FOUL 11.12m	
5 Wellman, Trevor	JR Bethel (Minn.)	11.35m 37-03.00	567
		11.35m 11.14m FOUL	
6 Thurk, Anthony	JR St. John's (Minn.)	11.30m 37-01.00	564
		11.30m FOUL 11.13m	
7 Rhonemus, Wade	SR Concordia-Moorhead	11.07m 36-04.00	550
		10.71m 9.92m 11.07m	
8 Cogley, Andrew	JR St. Olaf	10.53m 34-06.75	518
		10.41m 10.27m 10.53m	
9 Kienholz, Carter	JR Hamline	10.47m 34-04.25	514
		FOUL 10.47m 9.90m	
10 Elseth, Aaron	SO Bethel (Minn.)	10.23m 33-06.75	499
		10.23m 9.61m 9.81m	
11 Demetriades, Theo	SO Carleton	9.19m 30-02.00	437
		9.19m 8.86m 8.11m	
12 Molstre, Joey	FR Concordia-Moorhead	9.10m 29-10.25	432
		8.45m 9.10m FOUL	
13 McCormick, Connor	SO Gustavus Adolphus	8.51m 27-11.00	397
		6.57m 8.51m 8.40m	
14 Olson, Jesse	FR St. Olaf	8.38m 27-06.00	389
		8.07m 7.98m 8.38m	
15 Lapinski, Will	FR St. Olaf	8.00m 26-03.00	366
		7.77m 8.00m 7.88m	

**MIAC Championships - 2/22/2024 to 2/24/2024****Tostrud Center, St. Olaf College****Results****...Heptathlon: #3 Men Shot Put Heptathlon**

16	Hoelzel, Gavin	FR St. Olaf	7.67m	25-02.00	347
	7.10m 7.67m 7.53m				
17	Schulze, Sam	JR Gustavus Adolphus	7.59m	24-11.00	342
	7.16m 7.02m 7.59m				

**Men Heptathlon**

Champ. Rec.: # 5118 2022		Maguire Petersen, St. Johns			
Facility Rec: F 4959 2022		Keaten Wood, Linfield			
Name	Year	School	Seed	Finals	H# Points
1 Rhonemus, Wade	SR	Concordia-Moorhead		4941	10
2 Lord, Demetri	JR	St. Olaf		4897	8
3 Lelwica, Max	JR	St. John's (Minn.)		4634	6
4 Thurk, Anthony	JR	St. John's (Minn.)		4587	5
5 McCormick, Connor	SO	Gustavus Adolphus		4568	4
6 Cogley, Andrew	JR	St. Olaf		4478	3
7 Hennen, Logan	SO	St. John's (Minn.)		4135	2
8 Schulze, Sam	JR	Gustavus Adolphus		3985	1
9 Wellman, Trevor	JR	Bethel (Minn.)		3957	
10 Olson, Jesse	FR	St. Olaf		3899	
11 Molstre, Joey	FR	Concordia-Moorhead		3827	
12 Kiel, Logan	FR	St. John's (Minn.)		3738	
13 Hoelzel, Gavin	FR	St. Olaf		3662	
14 Kienholz, Carter	JR	Hamline		3647	
15 Elseth, Aaron	SO	Bethel (Minn.)		3643	
16 Lapinski, Will	FR	St. Olaf		3557	

**Men - Team Rankings - 11 Events Scored**

1) Bethel (Minn.)	97	2) St. John's (Minn.)	77
3) St. Olaf	69	4) St. Scholastica	47
5) Gustavus Adolphus	35	6) Concordia-Moorhead	26
7) Macalester	25	8) Carleton	24
9) Augsburg	11	10) Hamline	10
11) Saint Mary's (Minn.)	8		