

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

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 Champ. Rec.: # 7.62 2014 Mallory Burnham, St. Thomas
 Facility Rec: F 7.67 2014 Mallory Burnham, St. Thomas

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 Name Year School Seed Prelims H#
 =====

Preliminaries

1	Chatham, Diarra	FR	Macalester	7.68	7.74Q	1	
2	Carlson, Kate	JR	Gustavus Adolphus	7.81	7.85Q	3	
3	Babalola, Jireh	SR	Bethel (Minn.)	7.78	7.86Q	2	
4	Gallagher, Kate	SR	St. Benedict	7.88	7.92q	3	
5	Kaping, Raina	FR	Bethel (Minn.)	8.01	7.96q	1	
6	Rengo, Emily	SO	Concordia-Moorhead	7.95	7.98q	2	
7	Fynboh, Lydia	FR	Concordia-Moorhead	8.09	8.05q	2	
8	Johnson, Tiana	SR	St. Benedict	8.19	8.07q	1	
9	Kroschel, Karla	SR	St. Olaf	8.12	8.08	3	8.079
10	McMahon, Terra	SO	Hamline	8.07	8.08	1	8.080
11	Sandman, Andie	FR	Concordia-Moorhead	8.13	8.09	2	
12	Buntrock, Grace	FR	St. Benedict	8.11	8.13	3	
13	Fink, Ava	SO	St. Scholastica	8.28	8.21	3	
14	Osborne, Piper	FR	Concordia-Moorhead	8.20	8.22	1	
15	Hunter, Penny	SR	Macalester	8.24	8.23	3	
16	Munson, Samantha	SO	Saint Mary's	8.23	8.26	2	
17	Holman, Ququ	SR	St. Olaf	8.42	8.27	2	
18	Carver, Zoe	SO	Macalester	8.41	8.42	1	
19	Pray, Kaylen	FR	Saint Mary's	8.30	8.43	2	
20	Lott, Bianca	SO	Carleton	8.47	8.46	3	
21	Matre, Zoe	JR	St. Olaf	8.51	8.47	2	
22	Roberts, Riley	JR	Carleton	8.42	8.50	3	
23	Nelson, Myah	SO	St. Benedict	8.33	8.51	1	
24	Jensen, Jensi	SO	Gustavus Adolphus	8.53	8.58	1	

Women 60 Meter Dash

=====
 Champ. Rec.: # 7.62 2014 Mallory Burnham, St. Thomas
 Facility Rec: F 7.67 2014 Mallory Burnham, St. Thomas

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

1	Chatham, Diarra	FR	Macalester	7.74	7.73	10	
2	Carlson, Kate	JR	Gustavus Adolphus	7.85	7.74	8	
3	Gallagher, Kate	SR	St. Benedict	7.92	7.84	6	
4	Babalola, Jireh	SR	Bethel (Minn.)	7.86	7.88	5	
5	Kaping, Raina	FR	Bethel (Minn.)	7.96	7.96	4	
6	Rengo, Emily	SO	Concordia-Moorhead	7.98	8.01	3	
7	Fynboh, Lydia	FR	Concordia-Moorhead	8.05	8.06	2	8.053
8	Johnson, Tiana	SR	St. Benedict	8.07	8.06	1	8.058

Women 200 Meter Dash

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 Champ. Rec.: # 25.25 2010 Shanek Telphia, Augsburg
 Facility Rec: F 25.41 2024 Megan Geraets, Gustavus

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 Name Year School Seed Finals H# Points
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1	Geraets, Megan	JR	Gustavus Adolphus	25.32	25.16#	6	10
2	Carlson, Kate	JR	Gustavus Adolphus	25.44	25.34F	6	8
3	Sealock, Kelsie	JR	Bethel (Minn.)	26.36	26.07	6	6

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****...Women 200 Meter Dash**

4	Chatham, Diarra	FR Macalester	26.56	26.25	5	5
5	Kroschel, Karla	SR St. Olaf	26.20	26.40	6	4
6	Babalola, Jireh	SR Bethel (Minn.)	27.00	26.49	4	3
7	Rengo, Emily	SO Concordia-Moorhead	26.47	26.75	5	2
8	Johnson, Tiana	SR St. Benedict	27.06	26.98	4	1
9	Kaping, Raina	FR Bethel (Minn.)	26.99	27.00	5	
10	Kvant, Hannah	FR Bethel (Minn.)	27.20	27.03	3	
11	Nygaard, Kyla	SO Concordia-Moorhead	27.11	27.10	3	
12	Hunter, Penny	SR Macalester	27.36	27.17	2	
13	Rakow, Ally	SR Gustavus Adolphus	26.86	27.23	5	
14	Nyuga, Sidela	SR St. Benedict	27.58	27.30	2	
15	Edison, Elise	FR Macalester	27.19	27.34	3	
16	Lindner, Sarrah	SO Gustavus Adolphus	27.68	27.35	1	
17	Fink, Ava	SO St. Scholastica	27.41	27.42	2	
18	McMahon, Terra	SO Hamline	27.06	27.49	4	
19	Sandman, Andie	FR Concordia-Moorhead	27.08	27.54	4	
20	Buntrock, Grace	FR St. Benedict	27.34	27.68	3	
21	Munson, Samantha	SO Saint Mary's	27.74	27.70	1	
22	Matre, Zoe	JR St. Olaf	27.78	27.73	1	
23	Aurelius, Andreiana	SR Hamline	27.44	28.08	2	
24	Roberts, Riley	JR Carleton	27.86	28.09	1	

Women 400 Meter Dash

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Champ. Rec.: # 56.80		2017	Alexa Feeney, Carleton			
Facility Rec: F 56.35		2006	Rachel Anderson, Illinois Wesleyan			
Name	Year	School	Seed	Finals	H#	Points
=====						
1	Geraets, Megan	JR Gustavus Adolphus	57.95	57.49	5	10
	27.456 (27.456)	57.482 (30.026)				
2	Hookom, Allison	SO Augsburg	57.94	58.13	5	8
	27.389 (27.389)	58.124 (30.735)				
3	Gregg, Hailey	JR Bethel (Minn.)	1:00.51	58.85	4	6
	27.615 (27.615)	58.849 (31.234)				
4	Kroschel, Karla	SR St. Olaf	1:00.10	59.77	5	5
	28.271 (28.271)	59.770 (31.499)				
5	Luetmer, McKenzie	FR Gustavus Adolphus	1:00.40	1:00.04	4	4
	28.528 (28.528)	1:00.035 (31.508)				
6	Swenson, Abbie	SR Bethel (Minn.)	1:00.56	1:00.13	4	3
	28.710 (28.710)	1:00.122 (31.413)				
7	Nygaard, Kyla	SO Concordia-Moorhead	59.21	1:00.26	5	2
	28.313 (28.313)	1:00.255 (31.942)				
8	Kvant, Hannah	FR Bethel (Minn.)	1:01.46	1:00.55	3	1
	28.690 (28.690)	1:00.542 (31.852)				
9	Nyuga, Sidela	SR St. Benedict	1:02.13	1:01.23	3	
	29.090 (29.090)	1:01.225 (32.136)				
10	Smith, Jessie	JR Bethel (Minn.)	1:01.27	1:01.35	4	
	29.031 (29.031)	1:01.349 (32.318)				
11	Shercliffe, Meg	JR Concordia-Moorhead	1:01.94	1:01.37	3	
	29.221 (29.221)	1:01.361 (32.140)				
12	Berg, Lauren	SO St. Benedict	1:01.64	1:02.07	3	
	29.128 (29.128)	1:02.065 (32.938)				
13	Holman, Ququ	SR St. Olaf	1:03.19	1:02.63	2	
	30.157 (30.157)	1:02.630 (32.473)				

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

Tostrud Center, St. Olaf College

Results

...Women 400 Meter Dash

14 Pfeiffer, Ruth	SR St. Olaf	1:03.31	1:02.70	1	
29.619 (29.619)	1:02.698 (33.080)				
15 Ganley, Mirijana	SR St. Benedict	1:02.70	1:03.10	2	
29.066 (29.066)	1:03.092 (34.026)				
16 Aurelius, Andreiana	SR Hamline	1:03.10	1:03.21	2	1:03.202
29.328 (29.328)	1:03.202 (33.875)				
17 Ellefson, Jaden	SO St. Scholastica	1:03.23	1:03.21	2	1:03.207
29.540 (29.540)	1:03.207 (33.667)				
18 Poore, Riki	SR St. Olaf	1:03.27	1:03.31	1	
29.455 (29.455)	1:03.303 (33.848)				
19 Sahly, Emma	JR St. Olaf	1:04.35	1:03.50	1	
29.889 (29.889)	1:03.497 (33.609)				
20 Soule, Allison	SO Bethel (Minn.)	1:03.88	1:03.85	1	
30.127 (30.127)	1:03.843 (33.716)				

Women 600 Meter Run

=====						
Champ. Rec.: #	1:31.68	2019	Phoebe Aguiar, Macalester			
Facility Rec: F	1:31.68	2019	Phoebe Aguilar, Macalester			
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Hookom, Allison		SO Augsburg	1:37.73	1:35.71	3	10
30.047 (30.047)		1:03.286 (33.240)	1:35.707 (32.421)			
2 Ihde, Annessa		JR Bethel (Minn.)	1:38.44	1:36.65	3	8
30.255 (30.255)		1:03.367 (33.113)	1:36.641 (33.274)			
3 Wyatt, Isabel		SO St. Olaf	1:38.08	1:37.23	3	6
30.978 (30.978)		1:03.561 (32.584)	1:37.225 (33.664)			
4 Sulungaine, Shalom		FR Bethel (Minn.)	1:38.83	1:38.40	3	5
30.712 (30.712)		1:03.735 (33.023)	1:38.392 (34.658)			
5 Cruz, Reanna		FR Bethel (Minn.)	1:39.34	1:38.81	3	4
30.515 (30.515)		1:03.703 (33.188)	1:38.808 (35.106)			
6 Erickson, Lara		JR Carleton	1:40.28	1:38.85	2	3
31.249 (31.249)		1:04.317 (33.068)	1:38.846 (34.529)			
7 Berg, Lauren		SO St. Benedict	1:39.99	1:39.36	3	2
30.680 (30.680)		1:03.956 (33.276)	1:39.355 (35.399)			
8 Shercliffe, Meg		JR Concordia-Moorhead	1:41.69	1:39.72	2	1
31.571 (31.571)		1:05.031 (33.460)	1:39.712 (34.682)			
9 Cutter, Alice		JR Carleton	1:42.44	1:40.11	2	
32.041 (32.041)		1:04.733 (32.693)	1:40.102 (35.369)			
10 Luetmer, McKenzie		FR Gustavus Adolphus	1:41.06	1:41.95	2	
31.739 (31.739)		1:05.580 (33.841)	1:41.941 (36.362)			
11 Smith, Jessie		JR Bethel (Minn.)	1:45.10	1:42.36	1	
31.306 (31.306)		1:06.909 (35.604)	1:42.354 (35.445)			
12 Robinson, Grace		JR Bethel (Minn.)	1:44.31	1:42.91	1	
32.812 (32.812)		1:07.462 (34.650)	1:42.906 (35.444)			
13 Fynboh, Isabel		SO Gustavus Adolphus	1:43.94	1:43.48	2	
32.207 (32.207)		1:06.328 (34.121)	1:43.477 (37.149)			
14 Witschen, Anabella		FR St. Benedict	1:45.84	1:44.84	1	
32.490 (32.490)		1:07.982 (35.492)	1:44.836 (36.855)			
15 Wilson, Rachael		FR St. Olaf	1:47.73	1:44.85	1	
32.156 (32.156)		1:07.743 (35.588)	1:44.845 (37.102)			
16 Dauner, Emma		FR St. Olaf	1:48.34	1:45.11	1	
34.492 (34.492)		1:08.847 (34.355)	1:45.107 (36.260)			
17 Mair, Aubrey		JR Gustavus Adolphus	1:46.48	1:49.29	1	
33.132 (33.132)		1:07.802 (34.670)	1:49.282 (41.480)			

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

Tostrud Center, St. Olaf College

Results

Women 800 Meter Run

=====						
Champ. Rec.: # 2:12.67		2019	Phoebe Aguiar, Macalester			
Facility Rec: F 2:11.95		2003	Megan Daymont, St. Olaf			
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Ihde, Annessa		JR Bethel (Minn.)	2:15.24	2:17.61	3	10
34.134 (34.134)		1:10.726 (36.592)	1:45.946 (35.220)	2:17.606 (31.660)		
2 Smith, Kalli		JR St. Benedict	2:23.34	2:18.32	2	8
32.794 (32.794)		1:07.229 (34.435)	1:42.442 (35.214)	2:18.311 (35.869)		
3 Cutter, Alice		JR Carleton	2:25.06	2:19.20	2	6
34.050 (34.050)		1:08.716 (34.666)	1:43.242 (34.526)	2:19.194 (35.952)		
4 Blanchard, Mary		JR Carleton	2:16.59	2:20.26	3	5
33.797 (33.797)		1:10.417 (36.620)	1:47.145 (36.728)	2:20.251 (33.106)		
5 Wyatt, Isabel		SO St. Olaf	2:21.03	2:20.69	3	4
34.426 (34.426)		1:11.418 (36.992)	1:47.614 (36.196)	2:20.684 (33.070)		
6 Erickson, Lara		JR Carleton	2:22.30	2:21.19	3	3
33.882 (33.882)		1:10.552 (36.670)	1:45.969 (35.418)	2:21.182 (35.214)		
7 Cruz, Reanna		FR Bethel (Minn.)	2:21.29	2:22.21	3	2
33.921 (33.921)		1:10.993 (37.072)	1:47.568 (36.575)	2:22.208 (34.641)		
8 DeWitt, Regan		FR St. Scholastica	2:21.44	2:22.71	3	1
34.313 (34.313)		1:11.078 (36.766)	1:47.228 (36.150)	2:22.704 (35.476)		
9 Sulungaine, Shalom		FR Bethel (Minn.)	2:20.14	2:22.72	3	
34.508 (34.508)		1:11.269 (36.762)	1:47.781 (36.512)	2:22.714 (34.934)		
10 DiNardo, Molly		FR St. Olaf	2:25.59	2:25.42	2	
34.413 (34.413)		1:10.532 (36.120)	1:48.220 (37.688)	2:25.415 (37.196)		
11 Frolek, Drew		JR Concordia-Moorhead	2:24.42	2:26.97	2	
34.565 (34.565)		1:10.250 (35.686)	1:47.892 (37.642)	2:26.970 (39.078)		
12 Manhard, Abbie		SO St. Olaf	2:29.95	2:27.70	2	
33.988 (33.988)		1:10.782 (36.794)	1:48.466 (37.685)	2:27.691 (39.225)		
13 Witschen, Anabella		FR St. Benedict	2:30.02	2:27.81	1	
35.142 (35.142)		1:11.524 (36.383)	1:49.724 (38.200)	2:27.810 (38.086)		
14 Mickelson, Nora		FR St. Olaf	2:28.14	2:31.68	2	
34.956 (34.956)		1:12.160 (37.204)	1:52.243 (40.084)	2:31.672 (39.429)		
15 Verkinnes, Brooke		SO St. Benedict	2:30.46	2:34.21	1	
37.147 (37.147)		1:16.493 (39.346)	1:56.664 (40.172)	2:34.206 (37.542)		
16 Wilson, Rachael		FR St. Olaf	2:28.36	2:35.06	2	
34.905 (34.905)		1:11.470 (36.565)	1:52.116 (40.647)	2:35.053 (42.937)		
17 Taszarek, Leah		FR St. Benedict	2:37.35	2:36.62	1	
34.880 (34.880)		1:13.098 (38.219)	1:54.853 (41.755)	2:36.619 (41.766)		
18 Koch, Emily		FR St. Benedict	2:37.42	2:37.51	1	
38.388 (38.388)		1:17.958 (39.570)	1:58.558 (40.601)	2:37.502 (38.944)		
19 Dehn, Emily		FR Gustavus Adolphus	2:38.13	2:37.79	1	
36.320 (36.320)		1:16.716 (40.396)	1:58.306 (41.591)	2:37.784 (39.478)		
20 Neria, Deliah		FR Hamline	2:37.05	2:39.67	1	
37.386 (37.386)		1:16.832 (39.446)	1:58.542 (41.711)	2:39.661 (41.119)		
21 Murphy, Mackenzie		FR Gustavus Adolphus	2:36.90	2:40.73	1	
38.049 (38.049)		1:17.910 (39.861)	1:59.641 (41.732)	2:40.726 (41.085)		

Women 1000 Meter Run

=====						
Champ. Rec.: # 2:51.48		2016	Emily Gapinski, St. Thomas			
Facility Rec: F 2:52.37		2013	Taylor Berg, St. Thomas			
Name	Year	School	Seed	Finals	H#	Points
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MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Women 1000 Meter Run**

1	Blanchard, Mary	JR Carleton	2:56.82	3:00.63	3	10
	34.776 (34.776)	1:11.241 (36.466)	1:48.784 (37.543)	2:25.986 (37.202)		
	3:00.630 (34.644)					
2	Radaich, Taylor	FR St. Benedict	3:09.71	3:04.96	2	8
	36.717 (36.717)	1:12.783 (36.067)	1:50.105 (37.322)	2:27.787 (37.682)		
	3:04.958 (37.172)					
3	Moeller, Grace	SO St. Olaf	3:04.77	3:04.97	3	6
	35.649 (35.649)	1:12.839 (37.190)	1:50.548 (37.710)	2:28.506 (37.958)		
	3:04.966 (36.460)					
4	Call, Sophie	SR St. Olaf	3:06.35	3:05.08	3	5
	35.478 (35.478)	1:13.198 (37.720)	1:51.360 (38.162)	2:29.140 (37.781)		
	3:05.076 (35.936)					
5	Erickson, Siri	FR St. Olaf	3:03.50	3:05.23	3	4
	35.752 (35.752)	1:13.291 (37.540)	1:51.196 (37.905)	2:28.728 (37.532)		
	3:05.225 (36.498)					
6	Smith, Kalli	JR St. Benedict	3:06.63	3:05.93	3	3
	35.509 (35.509)	1:12.584 (37.076)	1:51.245 (38.661)	2:29.857 (38.612)		
	3:05.922 (36.065)					
7	Rowland, Libby	JR Carleton	3:06.49	3:06.11	3	2
	35.921 (35.921)	1:13.488 (37.568)	1:51.020 (37.532)	2:29.151 (38.132)		
	3:06.106 (36.955)					
8	Gernandt, Ruby	SR Bethel (Minn.)	3:09.98	3:06.48	2	1
	36.586 (36.586)	1:13.515 (36.929)	1:51.723 (38.208)	2:29.523 (37.800)		
	3:06.471 (36.949)					
9	Cargill, Anna	JR Bethel (Minn.)	3:10.33	3:07.32	2	
	35.369 (35.369)	1:12.389 (37.020)	1:50.591 (38.202)	2:29.535 (38.944)		
	3:07.311 (37.777)					
10	DeWitt, Regan	FR St. Scholastica	3:07.95	3:08.12	2	
	33.953 (33.953)	1:10.018 (36.065)	1:48.374 (38.356)	2:28.888 (40.514)		
	3:08.114 (39.226)					
11	Daley, Nora	FR Carleton	3:08.11	3:08.71	2	
	36.830 (36.830)	1:13.985 (37.156)	1:52.039 (38.054)	2:31.436 (39.398)		
	3:08.703 (37.268)					
12	Lyngen, Lucy	SR St. Benedict	3:06.49	3:10.50	3	
	36.173 (36.173)	1:13.733 (37.560)	1:52.439 (38.706)	2:31.643 (39.204)		
	3:10.500 (38.857)					
13	Frolek, Drew	JR Concordia-Moorhead	3:09.02	3:11.23	2	
	36.515 (36.515)	1:13.771 (37.256)	1:52.422 (38.652)	2:31.180 (38.758)		
	3:11.224 (40.044)					
14	Walukas, Kailyn	JR Gustavus Adolphus	3:13.23	3:12.41	2	
	35.505 (35.505)	1:12.894 (37.390)	1:52.179 (39.285)	2:32.825 (40.646)		
	3:12.406 (39.582)					
15	Sanchez-Castillo, Daniel	SO Hamline	3:16.76	3:14.04	1	
	37.332 (37.332)	1:16.706 (39.375)	1:57.626 (40.920)	2:36.581 (38.955)		
	3:14.036 (37.455)					
16	Pirone, Mara	SO Macalester	3:21.94	3:15.47	1	
	38.884 (38.884)	1:17.086 (38.202)	1:57.396 (40.310)	2:36.360 (38.964)		
	3:15.470 (39.110)					
17	DiNardo, Molly	FR St. Olaf	3:07.20	3:15.60	3	
	36.350 (36.350)	1:13.953 (37.603)	1:52.848 (38.895)	2:33.267 (40.420)		
	3:15.594 (42.327)					
18	Bradley, Anabel	FR Hamline	3:13.86	3:17.49	2	
	37.295 (37.295)	1:14.847 (37.552)	1:55.783 (40.936)	2:37.849 (42.067)		
	3:17.489 (39.640)					

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

Tostrud Center, St. Olaf College

Results

...Women 1000 Meter Run

19 Mickelson, Nora	FR St. Olaf	3:19.43	3:17.75	1
37.053 (37.053)	1:16.424 (39.371)	1:58.004 (41.581)	2:38.540 (40.536)	
3:17.741 (39.202)				
20 Rowley, Amelia	FR Concordia-Moorhead	3:20.49	3:18.77	1
39.293 (39.293)	1:18.070 (38.778)	1:58.257 (40.187)	2:38.345 (40.088)	
3:18.766 (40.421)				
21 Verkinnes, Brooke	SO St. Benedict	3:21.39	3:20.30	1
39.196 (39.196)	1:20.071 (40.876)	2:02.978 (42.907)	2:44.212 (41.234)	
3:20.292 (36.081)				
22 Hartley, Madeline	FR St. Scholastica	3:22.48	3:20.67	1
39.962 (39.962)	1:20.330 (40.368)	2:01.636 (41.306)	2:41.944 (40.308)	
3:20.669 (38.726)				
23 Hrabik, Grace	FR St. Scholastica	3:22.98	3:26.08	1
40.444 (40.444)	1:21.783 (41.340)	2:03.720 (41.937)	2:45.860 (42.140)	
3:26.080 (40.221)				
24 Hagen, Mollykate	FR St. Scholastica	3:23.33	3:26.63	1
40.219 (40.219)	1:21.286 (41.067)	2:03.151 (41.866)	2:45.390 (42.240)	
3:26.629 (41.239)				

Women 1 Mile Run

=====						
Champ. Rec.: #	4:50.20	2023	Clara Mayfield, Carleton			
Facility Rec: F	4:55.60	2013	Taylor Berg, St. Thomas			
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Smith, Fiona	SR	St. Benedict	4:53.08	5:03.93	3	10
37.173 (37.173)	1:13.932 (36.760)	1:50.991 (37.060)	2:28.100 (37.109)			
3:06.091 (37.991)	3:44.577 (38.487)	4:23.817 (39.240)	5:03.928 (40.112)			
2 Blanchard, Mary	JR	Carleton	5:07.36	5:06.19	3	8
37.697 (37.697)	1:14.375 (36.679)	1:52.080 (37.705)	2:31.447 (39.367)			
3:11.535 (40.088)	3:52.119 (40.584)	4:30.931 (38.812)	5:06.185 (35.255)			
3 Larsen, Aliya	SO	Carleton	5:14.26	5:09.04	3	6
39.593 (39.593)	1:17.771 (38.178)	1:56.750 (38.979)	2:36.070 (39.320)			
3:15.010 (38.940)	3:53.521 (38.511)	4:31.775 (38.254)	5:09.031 (37.257)			
4 Call, Bella	SR	St. Olaf	5:15.03	5:09.96	3	5
39.278 (39.278)	1:17.545 (38.268)	1:56.456 (38.911)	2:35.531 (39.075)			
3:14.705 (39.174)	3:54.197 (39.493)	4:32.813 (38.616)	5:09.955 (37.142)			
5 Call, Sophie	SR	St. Olaf	5:15.84	5:11.48	3	4
39.804 (39.804)	1:18.565 (38.762)	1:58.154 (39.589)	2:38.161 (40.007)			
3:17.816 (39.656)	3:57.195 (39.380)	4:35.609 (38.414)	5:11.477 (35.868)			
6 Moeller, Grace	SO	St. Olaf	5:18.70	5:15.43	3	3
40.052 (40.052)	1:18.162 (38.110)	1:57.016 (38.854)	2:36.408 (39.392)			
3:15.509 (39.102)	3:54.925 (39.416)	4:35.297 (40.372)	5:15.421 (40.124)			
7 Rowland, Libby	JR	Carleton	5:17.97	5:18.09	3	2
39.991 (39.991)	1:18.725 (38.735)	1:57.537 (38.812)	2:37.527 (39.991)			
3:17.019 (39.492)	3:57.618 (40.600)	4:38.613 (40.995)	5:18.085 (39.472)			
8 Lyngen, Lucy	SR	St. Benedict	5:20.19	5:18.78	2	1
40.827 (40.827)	1:22.020 (41.194)	2:01.005 (38.985)	2:41.030 (40.026)			
3:21.296 (40.266)	4:01.921 (40.626)	4:42.199 (40.278)	5:18.776 (36.578)			
9 Daley, Nora	FR	Carleton	5:15.74	5:19.84	3	
40.263 (40.263)	1:19.004 (38.742)	1:57.901 (38.898)	2:37.926 (40.025)			
3:17.644 (39.718)	3:58.303 (40.659)	4:39.838 (41.536)	5:19.837 (39.999)			
10 Erickson, Siri	FR	St. Olaf	5:20.80	5:19.90	2	
40.929 (40.929)	1:22.047 (41.118)	2:00.706 (38.660)	2:40.722 (40.016)			
3:21.003 (40.281)	4:01.666 (40.664)	4:41.892 (40.226)	5:19.894 (38.002)			

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Women 1 Mile Run**

11 Liston, Molly	SO Gustavus Adolphus	5:25.86	5:20.47	2
41.105 (41.105)	1:21.781 (40.676)	2:00.400 (38.620)	2:40.411 (40.012)	
3:20.928 (40.517)	4:02.207 (41.279)	4:42.623 (40.417)	5:20.466 (37.843)	
12 McCloskey, Molly Kate	SO St. Olaf	5:28.08	5:26.28	2
41.488 (41.488)	1:22.649 (41.162)	2:03.539 (40.890)	2:45.489 (41.950)	
3:27.463 (41.975)	4:08.973 (41.510)	4:49.289 (40.316)	5:26.275 (36.986)	
13 Johnson, Aerial	JR Concordia-Moorhead	5:33.52	5:34.28	2
41.456 (41.456)	1:22.884 (41.428)	2:04.810 (41.926)	2:47.727 (42.918)	
3:30.417 (42.690)	4:13.355 (42.938)	4:55.691 (42.336)	5:34.276 (38.585)	
14 Schoenfield, Claire	SR Gustavus Adolphus	5:37.89	5:37.38	2
42.442 (42.442)	1:23.950 (41.508)	2:05.898 (41.948)	2:48.251 (42.354)	
3:31.067 (42.816)	4:14.294 (43.228)	4:57.659 (43.366)	5:37.371 (39.712)	
15 Tung-Mabry, Madelyn	FR St. Olaf	5:43.95	5:37.82	2
43.807 (43.807)	1:25.238 (41.431)	2:07.196 (41.958)	2:48.855 (41.660)	
3:31.489 (42.634)	4:15.051 (43.562)	4:58.374 (43.324)	5:37.812 (39.438)	
16 Hay, Anna	JR Bethel (Minn.)	5:44.39	5:37.97	2
43.454 (43.454)	1:24.925 (41.472)	2:06.859 (41.934)	2:48.547 (41.688)	
3:30.688 (42.142)	4:13.561 (42.873)	4:56.393 (42.832)	5:37.965 (41.572)	
17 Leibke, Tatum	SO St. Benedict	5:46.65	5:42.27	2
42.897 (42.897)	1:24.385 (41.488)	2:06.255 (41.871)	2:47.967 (41.712)	
3:31.152 (43.185)	4:14.691 (43.540)	4:58.326 (43.635)	5:42.261 (43.936)	
18 Gebert, Katie	SR St. Olaf	5:14.51	5:45.03	3
40.405 (40.405)	1:19.260 (38.855)	1:58.759 (39.499)	2:38.902 (40.144)	
3:22.313 (43.412)	4:08.788 (46.475)	4:56.724 (47.936)	5:45.021 (48.298)	
19 Hatrick, Lily	SO Macalester	5:52.09	5:48.35	1
42.994 (42.994)	1:26.637 (43.644)	2:10.883 (44.246)	2:54.218 (43.335)	
3:38.258 (44.040)	4:23.358 (45.100)	5:07.850 (44.492)	5:48.350 (40.501)	
20 Gessner, Lydia	SR Bethel (Minn.)	5:51.82	5:50.94	1
42.310 (42.310)	1:25.604 (43.294)	2:10.220 (44.617)	2:53.846 (43.626)	
3:37.858 (44.012)	4:23.023 (45.165)	5:07.730 (44.707)	5:50.940 (43.210)	
21 Olinger, Rachel	SO St. Benedict	5:56.08	5:52.70	1
43.784 (43.784)	1:26.964 (43.181)	2:11.531 (44.567)	2:55.493 (43.962)	
3:40.287 (44.794)	4:25.537 (45.250)	5:10.628 (45.092)	5:52.696 (42.068)	
22 Stacy, Cate	FR Macalester	5:50.79	5:53.48	1
42.799 (42.799)	1:25.972 (43.173)	2:10.539 (44.568)	2:53.285 (42.746)	
3:37.476 (44.192)	4:22.596 (45.120)	5:08.182 (45.586)	5:53.476 (45.295)	
23 Ellis, Samantha	FR Macalester	5:51.29	5:53.64	1
42.607 (42.607)	1:26.154 (43.548)	2:11.042 (44.888)	2:55.081 (44.040)	
3:39.678 (44.598)	4:25.179 (45.501)	5:10.458 (45.279)	5:53.638 (43.180)	
24 Moorjani, Raina	SR Bethel (Minn.)	5:53.85	5:53.84	1
42.415 (42.415)	1:26.153 (43.738)	2:11.296 (45.144)	2:54.842 (43.546)	
3:39.254 (44.412)	4:24.477 (45.223)	5:09.502 (45.026)	5:53.838 (44.336)	
25 Loeffler-Kemp, Mariah	SR Macalester	5:57.27	5:54.07	1
43.446 (43.446)	1:26.982 (43.536)	2:11.679 (44.698)	2:55.456 (43.777)	
3:40.223 (44.768)	4:26.087 (45.864)	5:11.243 (45.156)	5:54.066 (42.823)	
26 Castellano, Julia	SO Macalester	5:55.43	5:58.44	1
43.114 (43.114)	1:26.434 (43.321)	2:11.204 (44.770)	2:55.330 (44.126)	
3:39.813 (44.483)	4:25.708 (45.895)	5:12.058 (46.350)	5:58.439 (46.382)	
27 Korey, Adrienne	SR Macalester	5:57.58	6:02.52	1
41.960 (41.960)	1:25.876 (43.916)	2:10.715 (44.840)	2:54.822 (44.108)	
3:40.662 (45.840)	4:28.420 (47.758)	5:16.820 (48.401)	6:02.520 (45.700)	

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****Women 3000 Meter Run**

Champ. Rec.: # 9:32.07 2023		Fiona Smith, St. Benedict	
Facility Rec: F 9:49.01 2006		Annie Bersagel, Team USA MN	
Name	Year School	Seed	Finals H# Points
1 Smith, Fiona	SR St. Benedict	9:28.25	9:46.83F 2 10
39.02 (39.02)	1:20.07 (41.05)	2:00.70 (40.63)	2:41.03 (40.33)
3:22.09 (41.06)	3:59.00 (36.91)	4:36.42 (37.42)	5:14.31 (37.89)
5:52.49 (38.18)	6:30.71 (38.22)	7:09.40 (38.69)	7:48.45 (39.05)
8:27.69 (39.24)	9:07.10 (39.41)	9:46.829 (39.74)	
2 McManus, Sophie	JR Carleton	9:57.16	9:59.17 2 8
39.40 (39.40)	1:20.75 (41.35)	2:01.61 (40.86)	2:42.13 (40.52)
3:22.62 (40.49)	4:02.50 (39.88)	4:42.39 (39.89)	5:22.62 (40.23)
6:03.25 (40.63)	6:43.78 (40.53)	7:24.55 (40.77)	8:04.10 (39.55)
8:44.46 (40.36)	9:23.49 (39.03)	9:59.169 (35.69)	
3 Cross, Helen	JR Carleton	9:48.85	9:59.21 2 6
38.76 (38.76)	1:20.22 (41.46)	2:01.05 (40.83)	2:41.39 (40.34)
3:21.95 (40.56)	4:01.55 (39.60)	4:41.72 (40.17)	5:21.77 (40.05)
6:02.49 (40.72)	6:43.35 (40.86)	7:23.65 (40.30)	8:03.39 (39.74)
8:42.74 (39.35)	9:21.83 (39.09)	9:59.206 (37.39)	
4 Preisser, Hannah	SO Carleton	9:55.68	10:02.72 2 5
38.53 (38.53)	1:19.93 (41.40)	2:00.35 (40.42)	2:40.76 (40.41)
3:21.76 (41.00)	4:01.97 (40.21)	4:42.10 (40.13)	5:22.33 (40.23)
6:02.85 (40.52)	6:43.78 (40.93)	7:24.03 (40.25)	8:03.25 (39.22)
8:42.52 (39.27)	9:22.30 (39.78)	10:02.713 (40.42)	
5 Walda, Lauren	SO St. Olaf	10:08.50	10:06.84 2 4
39.97 (39.97)	1:21.07 (41.10)	2:02.25 (41.18)	2:41.67 (39.42)
3:22.45 (40.78)	4:02.84 (40.39)	4:42.81 (39.97)	5:22.92 (40.11)
6:03.60 (40.68)	6:44.15 (40.55)	7:24.89 (40.74)	8:04.99 (40.10)
8:45.61 (40.62)	9:26.57 (40.96)	10:06.839 (40.28)	
6 Ward, Phoebe	JR Carleton	9:55.21	10:09.26 2 3
39.30 (39.30)	1:20.56 (41.26)	2:01.34 (40.78)	2:41.89 (40.55)
3:22.74 (40.85)	4:02.28 (39.54)	4:41.91 (39.63)	5:22.19 (40.28)
6:02.63 (40.44)	6:43.68 (41.05)	7:24.39 (40.71)	8:05.08 (40.69)
8:45.85 (40.77)	9:27.73 (41.88)	10:09.259 (41.54)	
7 Call, Bella	SR St. Olaf	10:07.01	10:12.60 2 2
39.78 (39.78)	1:21.51 (41.73)	2:02.55 (41.04)	2:42.88 (40.33)
3:23.74 (40.86)	4:04.13 (40.39)	4:44.82 (40.69)	5:25.67 (40.85)
6:07.52 (41.85)	6:48.97 (41.45)	7:30.59 (41.62)	8:12.91 (42.32)
8:54.25 (41.34)	9:34.37 (40.12)	10:12.599 (38.24)	
8 Larsen, Aliya	SO Carleton	10:17.52	10:16.50 2 1
40.29 (40.29)	1:21.61 (41.32)	2:01.78 (40.17)	2:42.37 (40.59)
3:23.03 (40.66)	4:03.17 (40.14)	4:43.93 (40.76)	5:25.49 (41.56)
6:07.90 (42.41)	6:49.87 (41.97)	7:32.38 (42.51)	8:14.91 (42.53)
8:56.83 (41.92)	9:38.02 (41.19)	10:16.492 (38.48)	
9 Liston, Molly	SO Gustavus Adolphus	10:35.70	10:19.25 2
40.29 (40.29)	1:21.94 (41.65)	2:02.32 (40.38)	2:42.66 (40.34)
3:23.42 (40.76)	4:03.55 (40.13)	4:44.24 (40.69)	5:25.98 (41.74)
6:07.75 (41.77)	6:49.20 (41.45)	7:31.28 (42.08)	8:13.75 (42.47)
8:56.24 (42.49)	9:38.40 (42.16)	10:19.246 (40.86)	
10 Bode, Alison	JR St. Olaf	10:26.59	10:23.23 2
40.54 (40.54)	1:22.00 (41.46)	2:02.80 (40.80)	2:43.22 (40.42)
3:23.99 (40.77)	4:04.27 (40.28)	4:45.07 (40.80)	5:26.26 (41.19)
6:08.19 (41.93)	6:50.27 (42.08)	7:32.76 (42.49)	8:15.37 (42.61)
8:58.49 (43.12)	9:41.96 (43.47)	10:23.221 (41.27)	

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Women 3000 Meter Run**

11 Harms, Josie	SR Bethel (Minn.)	10:40.18	10:28.85	2
41.12 (41.12)	1:22.79 (41.67)	2:03.83 (41.04)	2:45.17 (41.34)	
3:27.68 (42.51)	4:09.72 (42.04)	4:51.59 (41.87)	5:33.58 (41.99)	
6:15.76 (42.18)	6:57.08 (41.32)	7:39.78 (42.70)	8:23.40 (43.62)	
9:07.23 (43.83)	9:47.45 (40.22)	10:28.841 (41.40)		
12 Coldren, Ivy	FR Macalester	10:30.94	10:33.26	2
40.03 (40.03)	1:22.12 (42.09)	2:02.73 (40.61)	2:43.57 (40.84)	
3:24.59 (41.02)	4:06.19 (41.60)	4:48.49 (42.30)	5:31.15 (42.66)	
6:13.94 (42.79)	6:56.52 (42.58)	7:40.34 (43.82)	8:23.73 (43.39)	
9:07.76 (44.03)	9:50.72 (42.96)	10:33.260 (42.55)		
13 Hagen, Sydney	JR Gustavus Adolphus	10:37.80	10:33.71	2
40.89 (40.89)	1:22.46 (41.57)	2:03.35 (40.89)	2:43.86 (40.51)	
3:24.99 (41.13)	4:06.52 (41.53)	4:48.95 (42.43)	5:31.67 (42.72)	
6:14.36 (42.69)	6:57.30 (42.94)	7:40.86 (43.56)	8:24.77 (43.91)	
9:09.41 (44.64)	9:53.79 (44.38)	10:33.707 (39.93)		
14 Kenney, Mary	SO St. Benedict	10:43.17	10:40.31	1
40.99 (40.99)	1:22.61 (41.62)	2:04.14 (41.53)	2:46.78 (42.64)	
3:29.28 (42.50)	4:11.90 (42.62)	4:54.69 (42.79)	5:37.77 (43.08)	
6:21.13 (43.36)	7:04.56 (43.43)	7:48.26 (43.70)	8:31.83 (43.57)	
9:16.12 (44.29)	9:59.66 (43.54)	10:40.302 (40.65)		
15 Tetmeyer, Bridget	SR St. Benedict	10:43.66	10:42.12	1
40.41 (40.41)	1:22.36 (41.95)	2:04.52 (42.16)	2:47.21 (42.69)	
3:29.62 (42.41)	4:12.27 (42.65)	4:55.07 (42.80)	5:38.11 (43.04)	
6:21.51 (43.40)	7:04.89 (43.38)	7:48.54 (43.65)	8:32.27 (43.73)	
9:16.41 (44.14)	9:59.95 (43.54)	10:42.117 (42.18)		
16 Villalobos, Evelyn	SR Gustavus Adolphus	11:01.70	10:49.96	1
41.48 (41.48)	1:23.74 (42.26)	2:06.54 (42.80)	2:49.42 (42.88)	
3:32.88 (43.46)	4:17.20 (44.32)	5:01.27 (44.07)	5:45.27 (44.00)	
6:29.22 (43.95)	7:14.10 (44.88)	7:58.44 (44.34)	8:42.13 (43.69)	
9:25.91 (43.78)	10:08.84 (42.93)	10:49.952 (41.12)		
17 Johnson, Gracie	SO Augsburg	10:43.88	10:51.02	1
41.90 (41.90)	1:24.17 (42.27)	2:06.30 (42.13)	2:48.66 (42.36)	
3:31.63 (42.97)	4:15.33 (43.70)	4:59.78 (44.45)	5:44.02 (44.24)	
6:29.55 (45.53)	7:14.48 (44.93)	7:58.77 (44.29)	8:42.56 (43.79)	
9:26.57 (44.01)	10:10.85 (44.28)	10:51.014 (40.17)		
18 McCloskey, Molly Kate	SO St. Olaf	10:54.74	10:52.42	1
42.75 (42.75)	1:25.70 (42.95)	2:09.00 (43.30)	2:52.75 (43.75)	
3:36.73 (43.98)	4:20.61 (43.88)	5:04.73 (44.12)	5:48.77 (44.04)	
6:33.44 (44.67)	7:17.88 (44.44)	8:01.84 (43.96)	8:46.56 (44.72)	
9:30.75 (44.19)	10:14.16 (43.41)	10:52.416 (38.27)		
19 Hardwick, Laura	SR Bethel (Minn.)	11:12.90	10:57.89	1
43.91 (43.91)	1:27.06 (43.15)	2:10.29 (43.23)	2:53.56 (43.27)	
3:37.57 (44.01)	4:21.05 (43.48)	5:05.06 (44.01)	5:48.31 (43.25)	
6:33.09 (44.78)	7:17.37 (44.28)	8:02.12 (44.75)	8:46.27 (44.15)	
9:30.51 (44.24)	10:57.39 (1:26.88)	10:57.886 (0.51)		
20 Roberdeau, Libby	SR Hamline	11:08.04	10:58.73	1
44.05 (44.05)	1:27.15 (43.10)	2:10.50 (43.35)	2:53.67 (43.17)	
3:38.01 (44.34)	4:21.52 (43.51)	5:05.58 (44.06)	5:49.37 (43.79)	
6:33.80 (44.43)	7:18.41 (44.61)	8:03.55 (45.14)	8:47.24 (43.69)	
9:31.75 (44.51)	10:16.23 (44.48)	10:58.722 (42.50)		
21 Maddux, Alicia	SO Hamline	10:58.39	11:03.61	1
42.33 (42.33)	1:25.32 (42.99)	2:09.19 (43.87)	2:52.84 (43.65)	
3:37.05 (44.21)	4:21.25 (44.20)	5:05.21 (43.96)	5:49.05 (43.84)	
6:33.54 (44.49)	7:18.17 (44.63)	8:03.65 (45.48)	8:48.51 (44.86)	
9:34.46 (45.95)	10:20.47 (46.01)	11:03.606 (43.15)		

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

Tostrud Center, St. Olaf College

Results

....Women 3000 Meter Run

22 Hirsche, Katie	FR Carleton	10:39.82	11:09.64	2
41.31 (41.31)	1:23.25 (41.94)	2:06.42 (43.17)	2:50.47 (44.05)	
3:35.13 (44.66)	4:20.01 (44.88)	5:05.27 (45.26)	5:50.99 (45.72)	
6:34.49 (43.50)	7:21.21 (46.72)	8:08.03 (46.82)	8:54.52 (46.49)	
9:40.66 (46.14)	10:26.44 (45.78)	11:09.635 (43.21)		
23 Nevo, Timna	FR Macalester	11:15.35	11:10.24	1
45.12 (45.12)	1:28.54 (43.42)	2:13.19 (44.65)	2:59.38 (46.19)	
3:44.82 (45.44)	4:30.41 (45.59)	5:15.39 (44.98)	6:01.38 (45.99)	
6:46.99 (45.61)	7:32.31 (45.32)	8:18.76 (46.45)	9:04.31 (45.55)	
9:49.08 (44.77)	10:30.70 (41.62)	11:10.231 (39.54)		
24 Hatlevig, Elsie	SR Concordia-Moorhead	11:19.05	11:14.79	1
43.33 (43.33)	1:26.63 (43.30)	2:09.70 (43.07)	2:53.28 (43.58)	
3:37.72 (44.44)	4:21.67 (43.95)	5:05.69 (44.02)	5:51.17 (45.48)	
6:38.25 (47.08)	7:25.34 (47.09)	8:12.83 (47.49)	8:59.95 (47.12)	
9:47.13 (47.18)	10:32.48 (45.35)	11:14.784 (42.31)		
25 Osemwengie, Destiny	FR Macalester	11:20.88	11:16.82	1
45.23 (45.23)	1:28.82 (43.59)	2:13.31 (44.49)	2:59.47 (46.16)	
3:44.96 (45.49)	4:30.96 (46.00)	5:16.01 (45.05)	6:01.79 (45.78)	
6:47.14 (45.35)	7:32.77 (45.63)	8:19.10 (46.33)	9:04.65 (45.55)	
9:49.88 (45.23)	10:34.21 (44.33)	11:16.818 (42.62)		
26 Tapajna, Abby	SO Hamline	11:15.34	11:17.10	1
44.80 (44.80)	1:28.32 (43.52)	2:13.10 (44.78)	2:59.33 (46.23)	
3:45.12 (45.79)	4:30.68 (45.56)	5:15.80 (45.12)	6:01.52 (45.72)	
6:47.41 (45.89)	7:33.10 (45.69)	8:19.11 (46.01)	9:05.02 (45.91)	
9:50.12 (45.10)	10:34.61 (44.49)	11:17.100 (42.50)		
27 Johnson, Aerial	JR Concordia-Moorhead	11:23.05	11:20.88	1
43.38 (43.38)	1:26.83 (43.45)	2:10.14 (43.31)	2:54.40 (44.26)	
3:39.53 (45.13)	4:25.63 (46.10)	5:11.19 (45.56)	5:58.03 (46.84)	
6:45.55 (47.52)	7:32.99 (47.44)	8:20.41 (47.42)	9:07.91 (47.50)	
9:56.68 (48.77)	10:41.11 (44.43)	11:20.879 (39.78)		
28 Larsen-Schmidt, Gracia	JR St. Olaf	11:20.82	11:23.40	1
44.49 (44.49)	1:27.94 (43.45)	2:12.96 (45.02)	2:59.11 (46.15)	
3:45.02 (45.91)	4:30.84 (45.82)	5:16.34 (45.50)	6:02.13 (45.79)	
6:47.62 (45.49)	7:33.35 (45.73)	8:20.55 (47.20)	9:08.19 (47.64)	
9:56.17 (47.98)	10:42.69 (46.52)	11:23.398 (40.72)		
29 Votruba, Maggie	JR Carleton	11:21.78	11:33.38	1
45.53 (45.53)	1:28.71 (43.18)	2:13.71 (45.00)	2:59.85 (46.14)	
3:45.33 (45.48)	4:31.25 (45.92)	5:16.73 (45.48)	6:02.59 (45.86)	
6:49.03 (46.44)	7:36.82 (47.79)	8:25.85 (49.03)	9:14.29 (48.44)	
10:02.35 (48.06)	10:49.45 (47.10)	11:33.377 (43.94)		

Women 5000 Meter Run

=====					
Champ. Rec.: #	16:49.69	2023	Fiona Smith, St. Benedict		
Facility Rec: F	16:44.57	2006	Caroline Cretti, Williams		
Name	Year	School	Seed	Finals	Points
=====					
1 Smith, Fiona		SR St. Benedict	15:57.80	16:40.72F	10
38.71 (38.71)		1:17.45 (38.74)	1:56.49 (39.04)	2:35.22 (38.73)	
3:14.65 (39.43)		3:53.96 (39.31)	4:32.95 (38.99)	5:12.41 (39.46)	
5:52.22 (39.81)		6:31.54 (39.32)	7:11.12 (39.58)	7:50.71 (39.59)	
8:30.43 (39.72)		9:10.38 (39.95)	9:50.65 (40.27)	10:30.95 (40.30)	
11:11.38 (40.43)		11:52.17 (40.79)	12:33.09 (40.92)	13:14.26 (41.17)	
13:55.05 (40.79)		14:36.39 (41.34)	15:17.14 (40.75)	15:58.94 (41.80)	
16:40.717 (41.79)					

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

2 Cross, Helen	JR Carleton	17:22.22	17:18.52	8
38.88 (38.88)	1:19.87 (40.99)	2:00.15 (40.28)	2:41.64 (41.49)	
3:23.42 (41.78)	4:03.57 (40.15)	4:44.89 (41.32)	5:26.67 (41.78)	
6:08.04 (41.37)	6:49.07 (41.03)	7:30.19 (41.12)	8:11.11 (40.92)	
8:52.56 (41.45)	9:34.33 (41.77)	10:16.80 (42.47)	10:59.86 (43.06)	
11:43.57 (43.71)	12:26.60 (43.03)	13:10.01 (43.41)	13:53.33 (43.32)	
14:36.07 (42.74)	15:18.12 (42.05)	16:01.02 (42.90)	16:41.71 (40.69)	
17:18.519 (36.82)				
3 Preisser, Hannah	SO Carleton	17:36.73	17:21.07	6
38.24 (38.24)	1:19.33 (41.09)	1:59.33 (40.00)	2:40.73 (41.40)	
3:22.91 (42.18)	4:03.69 (40.78)	4:45.19 (41.50)	5:26.90 (41.71)	
6:08.26 (41.36)	6:49.39 (41.13)	7:30.98 (41.59)	8:11.61 (40.63)	
8:53.21 (41.60)	9:34.87 (41.66)	10:16.53 (41.66)	10:57.92 (41.39)	
11:39.56 (41.64)	12:21.73 (42.17)	13:04.15 (42.42)	13:47.10 (42.95)	
14:31.21 (44.11)	15:14.71 (43.50)	15:58.63 (43.92)	16:40.89 (42.26)	
17:21.067 (40.19)				
4 Ward, Phoebe	JR Carleton	17:11.58	17:23.37	5
38.51 (38.51)	1:19.50 (40.99)	1:59.52 (40.02)	2:40.95 (41.43)	
3:23.06 (42.11)	4:03.31 (40.25)	4:44.55 (41.24)	5:26.31 (41.76)	
6:07.52 (41.21)	6:48.83 (41.31)	7:30.39 (41.56)	8:11.07 (40.68)	
8:52.75 (41.68)	9:34.28 (41.53)	10:15.72 (41.44)	10:57.41 (41.69)	
11:39.33 (41.92)	12:21.77 (42.44)	13:04.28 (42.51)	13:47.19 (42.91)	
14:30.51 (43.32)	15:14.31 (43.80)	15:58.09 (43.78)	16:41.14 (43.05)	
17:23.363 (42.23)				
5 Walda, Lauren	SO St. Olaf	17:24.46	17:30.91	4
39.46 (39.46)	1:20.51 (41.05)	2:00.44 (39.93)	2:41.88 (41.44)	
3:23.32 (41.44)	4:03.99 (40.67)	4:45.53 (41.54)	5:27.19 (41.66)	
6:08.75 (41.56)	6:49.76 (41.01)	7:31.38 (41.62)	8:12.17 (40.79)	
8:53.80 (41.63)	9:36.78 (42.98)	10:19.70 (42.92)	11:03.38 (43.68)	
11:46.69 (43.31)	12:29.46 (42.77)	13:13.47 (44.01)	13:57.98 (44.51)	
14:42.03 (44.05)	15:25.46 (43.43)	16:08.51 (43.05)	16:49.94 (41.43)	
17:30.905 (40.97)				
6 McManus, Sophie	JR Carleton	17:12.58	17:43.37	3
38.56 (38.56)	1:19.92 (41.36)	1:59.80 (39.88)	2:41.10 (41.30)	
3:22.74 (41.64)	4:02.87 (40.13)	4:44.20 (41.33)	5:25.87 (41.67)	
6:07.62 (41.75)	6:48.92 (41.30)	7:30.43 (41.51)	8:12.28 (41.85)	
8:55.73 (43.45)	9:40.11 (44.38)	10:24.75 (44.64)	11:09.04 (44.29)	
11:53.07 (44.03)	12:35.71 (42.64)	13:19.74 (44.03)	14:04.58 (44.84)	
14:48.41 (43.83)	15:31.48 (43.07)	16:16.51 (45.03)	17:00.50 (43.99)	
17:43.366 (42.88)				
7 Hendrickson, Allison	SR St. Scholastica	17:47.42	17:45.99	2
39.64 (39.64)	1:21.51 (41.87)	2:02.84 (41.33)	2:44.62 (41.78)	
3:28.13 (43.51)	4:10.00 (41.87)	4:52.53 (42.53)	5:34.86 (42.33)	
6:17.73 (42.87)	7:00.20 (42.47)	7:43.51 (43.31)	8:26.50 (42.99)	
9:08.91 (42.41)	9:52.14 (43.23)	10:34.76 (42.62)	11:17.65 (42.89)	
12:01.20 (43.55)	12:44.10 (42.90)	13:28.05 (43.95)	14:11.41 (43.36)	
14:55.37 (43.96)	15:39.31 (43.94)	16:22.57 (43.26)	17:04.97 (42.40)	
17:45.986 (41.03)				

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

8 Bode, Alison	JR St. Olaf	18:41.20	18:05.37	1
39.99 (39.99)	1:21.68 (41.69)	2:02.97 (41.29)	2:45.01 (42.04)	
3:28.49 (43.48)	4:10.60 (42.11)	4:52.89 (42.29)	5:35.43 (42.54)	
6:17.87 (42.44)	7:00.66 (42.79)	7:43.91 (43.25)	8:26.78 (42.87)	
9:09.39 (42.61)	9:52.88 (43.49)	10:37.14 (44.26)	11:21.28 (44.14)	
12:06.02 (44.74)	12:50.61 (44.59)	13:35.54 (44.93)	14:20.26 (44.72)	
15:05.93 (45.67)	15:51.42 (45.49)	16:37.36 (45.94)	17:21.81 (44.45)	
18:05.368 (43.57)				
9 Kenney, Mary	SO St. Benedict	19:35.30	18:26.88	
42.23 (42.23)	1:26.84 (44.61)	2:11.55 (44.71)	2:55.49 (43.94)	
3:41.39 (45.90)	4:25.15 (43.76)	5:08.93 (43.78)	5:52.22 (43.29)	
6:36.27 (44.05)	7:22.16 (45.89)	8:06.54 (44.38)	8:50.17 (43.63)	
9:35.45 (45.28)	10:20.97 (45.52)	11:05.71 (44.74)	11:51.02 (45.31)	
12:36.10 (45.08)	13:20.18 (44.08)	14:05.12 (44.94)	14:49.63 (44.51)	
15:33.58 (43.95)	16:18.36 (44.78)	17:02.76 (44.40)	17:46.53 (43.77)	
18:26.875 (40.35)				
10 Villalobos, Evelyn	SR Gustavus Adolphus	18:46.39	18:26.96	
41.16 (41.16)	1:22.89 (41.73)	2:05.62 (42.73)	2:49.50 (43.88)	
3:33.77 (44.27)	4:17.92 (44.15)	5:02.70 (44.78)	5:47.35 (44.65)	
6:31.60 (44.25)	7:15.96 (44.36)	8:01.00 (45.04)	8:46.18 (45.18)	
9:31.48 (45.30)	10:16.86 (45.38)	11:02.19 (45.33)	11:47.30 (45.11)	
12:32.35 (45.05)	13:17.58 (45.23)	14:02.40 (44.82)	14:47.21 (44.81)	
15:32.69 (45.48)	16:17.99 (45.30)	17:02.35 (44.36)	17:46.17 (43.82)	
18:26.958 (40.80)				
11 Hirsche, Katie	FR Carleton	18:26.92	18:30.03	
40.48 (40.48)	1:22.25 (41.77)	2:04.60 (42.35)	2:48.00 (43.40)	
3:32.11 (44.11)	4:16.82 (44.71)	5:01.54 (44.72)	5:46.63 (45.09)	
6:31.17 (44.54)	7:14.46 (43.29)	7:59.47 (45.01)	8:44.34 (44.87)	
9:29.35 (45.01)	10:12.68 (43.33)	10:57.98 (45.30)	11:43.84 (45.86)	
12:29.60 (45.76)	13:15.31 (45.71)	14:01.33 (46.02)	14:47.15 (45.82)	
15:32.92 (45.77)	16:17.71 (44.79)	17:02.17 (44.46)	17:46.94 (44.77)	
18:30.024 (43.09)				
12 Johnson, Gracie	SO Augsburg	18:56.25	18:34.05	
40.21 (40.21)	1:21.94 (41.73)	2:03.40 (41.46)	2:45.43 (42.03)	
3:28.76 (43.33)	4:10.81 (42.05)	4:53.11 (42.30)	5:35.62 (42.51)	
6:18.20 (42.58)	7:01.03 (42.83)	7:44.23 (43.20)	8:27.19 (42.96)	
9:09.82 (42.63)	9:54.00 (44.18)	10:40.16 (46.16)	11:27.20 (47.04)	
12:14.71 (47.51)	13:01.92 (47.21)	13:50.60 (48.68)	14:39.38 (48.78)	
15:27.98 (48.60)	16:16.60 (48.62)	17:02.87 (46.27)	17:49.93 (47.06)	
18:34.041 (44.12)				
13 Hardwick, Laura	SR Bethel (Minn.)	18:53.92	18:47.46	
41.15 (41.15)	1:25.14 (43.99)	2:11.10 (45.96)	2:55.18 (44.08)	
3:40.98 (45.80)	4:24.95 (43.97)	5:08.26 (43.31)	5:52.26 (44.00)	
6:36.23 (43.97)	7:21.55 (45.32)	8:06.18 (44.63)	8:50.44 (44.26)	
9:34.94 (44.50)	10:20.68 (45.74)	11:05.18 (44.50)	11:50.52 (45.34)	
12:35.75 (45.23)	13:21.52 (45.77)	14:07.66 (46.14)	14:55.33 (47.67)	
15:42.43 (47.10)	16:29.64 (47.21)	17:16.56 (46.92)	18:02.43 (45.87)	
18:47.456 (45.04)				

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

Tostrud Center, St. Olaf College

Results

...Women 5000 Meter Run

14 Tetmeyer, Bridget	SR St. Benedict	19:07.03	19:02.31	
42.70 (42.70)	1:27.20 (44.50)	2:11.96 (44.76)	2:55.81 (43.85)	
3:40.92 (45.11)	4:24.63 (43.71)	5:08.39 (43.76)	5:52.83 (44.44)	
6:36.87 (44.04)	7:22.50 (45.63)	8:06.79 (44.29)	8:51.07 (44.28)	
9:35.73 (44.66)	10:21.36 (45.63)	11:06.71 (45.35)	11:51.82 (45.11)	
12:37.06 (45.24)	13:22.65 (45.59)	14:09.46 (46.81)	15:04.16 (54.70)	
15:52.68 (48.52)	16:40.94 (48.26)	17:28.95 (48.01)	18:16.14 (47.19)	
19:02.305 (46.17)				
15 Roberdeau, Libby	SR Hamline	19:09.86	19:09.96	
43.78 (43.78)	1:27.89 (44.11)	2:12.52 (44.63)	2:57.52 (45.00)	
3:42.65 (45.13)	4:28.57 (45.92)	5:13.20 (44.63)	5:58.52 (45.32)	
6:45.17 (46.65)	7:31.37 (46.20)	8:17.16 (45.79)	9:03.47 (46.31)	
9:49.99 (46.52)	10:36.10 (46.11)	11:22.08 (45.98)	12:08.12 (46.04)	
12:54.35 (46.23)	13:41.24 (46.89)	14:28.51 (47.27)	15:15.71 (47.20)	
16:02.52 (46.81)	16:50.21 (47.69)	17:37.67 (47.46)	18:23.88 (46.21)	
19:09.956 (46.09)				
16 Larsen-Schmidt, Gracia	JR St. Olaf	19:45.66	19:38.99	
44.14 (44.14)	1:30.48 (46.34)	2:18.03 (47.55)	3:05.56 (47.53)	
3:53.40 (47.84)	4:40.50 (47.10)	5:28.54 (48.04)	6:16.23 (47.69)	
7:04.63 (48.40)	7:51.33 (46.70)	8:38.22 (46.89)	9:26.33 (48.11)	
10:13.38 (47.05)	11:00.38 (47.00)	11:48.14 (47.76)	12:35.24 (47.10)	
13:22.34 (47.10)	14:09.91 (47.57)	14:57.72 (47.81)	15:46.01 (48.29)	
16:34.75 (48.74)	17:23.96 (49.21)	18:11.64 (47.68)	18:59.13 (47.49)	
19:38.990 (39.87)				
17 Votruba, Maggie	JR Carleton	19:46.85	19:42.55	
44.46 (44.46)	1:30.69 (46.23)	2:18.43 (47.74)	3:05.82 (47.39)	
3:53.79 (47.97)	4:40.85 (47.06)	5:28.83 (47.98)	6:16.43 (47.60)	
7:03.93 (47.50)	7:51.33 (47.40)	8:38.46 (47.13)	9:26.60 (48.14)	
10:13.89 (47.29)	11:00.73 (46.84)	11:48.53 (47.80)	12:35.65 (47.12)	
13:22.75 (47.10)	14:10.38 (47.63)	14:58.00 (47.62)	15:46.32 (48.32)	
16:35.10 (48.78)	17:23.50 (48.40)	18:12.25 (48.75)	18:59.96 (47.71)	
19:42.547 (42.60)				
18 Gleason, Cate	JR St. Olaf	19:43.19	20:08.14	
43.57 (43.57)	1:30.17 (46.60)	2:17.85 (47.68)	3:05.25 (47.40)	
3:53.17 (47.92)	4:40.32 (47.15)	5:28.63 (48.31)	6:16.18 (47.55)	
7:04.44 (48.26)	7:51.91 (47.47)	8:39.16 (47.25)	9:27.52 (48.36)	
10:16.08 (48.56)	11:04.94 (48.86)	11:54.43 (49.49)	12:42.98 (48.55)	
13:32.49 (49.51)	14:22.11 (49.62)	15:12.31 (50.20)	16:02.05 (49.74)	
16:52.29 (50.24)	17:41.34 (49.05)	18:31.08 (49.74)	19:20.30 (49.22)	
20:08.131 (47.84)				

Women 60 Meter Hurdles

Champ. Rec.: #	8.53	2023	Birgen Nelson, Gustavus
Facility Rec: F	8.75	2024	Kelsie Sealock, Bethel
Name	Year	School	Seed Prelims H#

Preliminaries

1 Sealock, Kelsie	JR Bethel (Minn.)	8.51	F 8.61Q	1
2 Kalevik, Jenna	JR Concordia-Moorhead	9.33	9.26Q	3
3 Miller, Danielle	SR Gustavus Adolphus	9.40	9.28Q	2
4 Nelson, AnnaGrace	JR Bethel (Minn.)	9.24	9.29q	3
5 Hernes, Ellie	SO Bethel (Minn.)	9.21	9.32q	2
6 Selle, Peyton	JR Concordia-Moorhead	9.44	9.34q	1
7 Poore, Riki	SR St. Olaf	9.54	9.38q	2

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

Tostrud Center, St. Olaf College

Results

...Women 60 Meter Hurdles

8	Adelgren, Anya	FR	St. Benedict	9.43	9.62q	1
9	Huetten, Makenna	JR	Gustavus Adolphus	9.63	9.66	3
10	Berg, Lauren	SO	St. Benedict	9.78	9.71	2
11	Harriman, Elise	FR	St. Olaf	9.79	9.94	1 9.931
12	Myatt, Tessa	FR	Macalester	9.97	9.94	1 9.937
13	Johnson, Lily	JR	St. Olaf	10.22	9.97	1
14	Kemp, Anna	FR	St. Benedict	10.15	9.98	2
15	Stahl, Chelsea	FR	Gustavus Adolphus	9.98	10.07	2
16	Stackhouse, Ally	JR	Bethel (Minn.)	10.15	10.09	3
17	Floren, Justus	JR	St. Benedict	10.05	10.21	3
18	Hobby, Sarah Beth	SR	Macalester	9.69	10.29	3
19	Hannah, Gabrielle	JR	Hamline	10.40	10.36	2
20	Schuele, Emma	SO	St. Benedict	10.49	10.45	3
21	Haugestuen, Logan	FR	St. Olaf	10.57	10.60	1
22	Askegaard, Linnea	FR	St. Olaf	10.46	10.65	3
23	Sahly, Emma	JR	St. Olaf	10.55	10.67	2
24	Wolsky, Haley	FR	Concordia-Moorhead	10.33	10.78	1

Women 60 Meter Hurdles

Champ. Rec.: #	8.53	2023	Birgen Nelson, Gustavus		
Facility Rec: F	8.75	2024	Kelsie Sealock, Bethel		
Name	Year	School	Prelims	Finals	Points

Finals

1	Sealock, Kelsie	JR	Bethel (Minn.)	8.61	8.52#	10
2	Kalevik, Jenna	JR	Concordia-Moorhead	9.26	9.21	8
3	Nelson, AnnaGrace	JR	Bethel (Minn.)	9.29	9.30	6
4	Miller, Danielle	SR	Gustavus Adolphus	9.28	9.33	5
5	Selle, Peyton	JR	Concordia-Moorhead	9.34	9.34	4
6	Poore, Riki	SR	St. Olaf	9.38	9.42	3
7	Hernes, Ellie	SO	Bethel (Minn.)	9.32	9.45	2
8	Adelgren, Anya	FR	St. Benedict	9.62	9.54	1

Women 4x200 Meter Relay

Champ. Rec.: #	1:42.50	2011	Augsburg	
			Telphia, Carney, Flowers, Vrieze	
Facility Rec: F	1:43.18	2019	St. Thomas	
			McFerson, Smith, Chell, Marciniak	
School	Seed	Finals	H#	Points

1	Gustavus Adolphus 'A'	1:45.32	1:43.62	3	10
	1) Carlson, Kate JR				
	3) Miller, Danielle SR				
2	Bethel (Minn.) 'A'	1:46.28	1:45.23	3	8
	1) Babalola, Jireh SR				
	3) Gregg, Hailey JR				
3	Concordia-Moorhead 'A'	1:50.38	1:46.69	1	6
	1) Rengo, Emily SO				
	3) Osborne, Piper FR				
4	St. Benedict 'A'	1:49.77	1:46.91	2	5
	1) Gallagher, Kate SR				
	3) Ganley, Mirijana SR				
5	St. Olaf 'A'	1:50.33	1:48.22	2	4
	2) Rakow, Ally SR				
	4) Geraets, Megan JR				
	2) Swenson, Abbie SR				
	4) Kvant, Hannah FR				
	2) Sandman, Andie FR				
	4) Nygaard, Kyla SO				
	2) Buntrock, Grace FR				
	4) Johnson, Tiana SR				

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

Tostrud Center, St. Olaf College

Results

....Women 4x200 Meter Relay

1) Storbakken, Emma JR	2) Poore, Riki SR			
3) Matre, Zoe JR	4) Holman, Ququ SR			
6 Macalester 'A'		1:53.09	1:50.11	1 3
1) Hunter, Penny SR	2) Edison, Elise FR			
3) Carver, Zoe SO	4) Tomety, Harmony-Keli FR			
7 St. Scholastica 'A'			1:50.63	3 2
1) Ellefson, Jaden SO	2) Fink, Ava SO			
3) Schritz, Elli FR	4) Nelson, Kayla SO			
8 Carleton 'A'		1:55.04	1:50.89	3 1
1) Twichell, Hadley SO	2) Roberts, Riley JR			
3) Lott, Bianca SO	4) Musa, Michelle FR			
9 Hamline 'A'		1:58.82	1:56.13	2
1) Chester, Kyla FR	2) Temeh, Kebeh FR			
3) Morgan, Aliya FR	4) Hamilton, Mercedes JR			

Women 4x400 Meter Relay

=====				
Champ. Rec.: # 3:55.37	2020	Bethel		
		Sankey, McKinstrey, Turek, Labatt		
Facility Rec: F 3:51.08	2006	Lincoln University		
		Richardson, Parker, Sabb, Mathews		
School		Seed	Finals	H# Points
=====				
1 Bethel (Minn.) 'A'		3:55.45	3:55.92	3 10
1) Swenson, Abbie SR	2) Sulungaine, Shalom FR			
3) Ihde, Annessa JR	4) Gregg, Hailey JR			
2 Concordia-Moorhead 'A'		4:04.84	4:03.67	3 8
1) Nygaard, Kyla SO	2) Shercliffe, Meg JR			
3) Frolek, Drew JR	4) Rengo, Emily SO			
3 St. Benedict 'A'		4:11.87	4:04.42	3 6
1) Nyuga, Sidela SR	2) Ganley, Mirijana SR			
3) Knapp, Emerson JR	4) Berg, Lauren SO			
4 St. Olaf 'A'		4:14.24	4:06.81	3 5
1) Pfeiffer, Ruth SR	2) Kroschel, Karla SR			
3) Poore, Riki SR	4) Wyatt, Isabel SO			
5 Carleton 'A'		4:18.79	4:08.25	2 4
1) Erickson, Lara JR	2) Twichell, Hadley SO			
3) Cutter, Alice JR	4) Blanchard, Mary JR			
6 Gustavus Adolphus 'A'		4:15.44	4:14.09	2 3
1) Luetmer, McKenzie FR	2) Fynboh, Isabel SO			
3) Walukas, Kailyn JR	4) Huetten, Makenna JR			
7 Macalester 'A'		4:24.17	4:17.96	1 2
1) Edison, Elise FR	2) Wilkins, Hadley SO			
3) Hunter, Penny SR	4) Myatt, Tessa FR			
8 St. Scholastica 'A'		4:21.26	4:18.95	2 1
1) Ellefson, Jaden SO	2) DeWitt, Regan FR			
3) McCormick, Grace FR	4) Nelson, Kayla SO			
9 Saint Mary's (Minn.) 'A'		4:43.41	4:27.94	1
1) Pray, Kaylen FR	2) McMahan, Caeli SO			
3) Frosch, Megan SO	4) Meyer, Abbie SO			
10 Hamline 'A'		4:18.69	4:27.96	2
1) Chester, Kyla FR	2) Janes, Savannah FR			
3) Sanchez-Castillo, Daniela SO	4) Bradley, Anabel FR			
1:07.83 (1:07.83)	3:07.93 (2:00.10)			

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

Tostrud Center, St. Olaf College

Results

Women Distance Medley

School	Seed	Finals	Points
Champ. Rec.: # 12:22.44 2022 Carleton Rowland, Cordova, Kropp, Mayfield Facility Rec: F 11:56.75 2006 Keene State Adams. Miller, Gavin, Lucey			
1 St. Benedict 'A'	12:14.16	12:22.85	10
1) Radaich, Taylor FR	2) Knapp, Emerson JR		
3) Lyngen, Lucy SR	4) Smith, Fiona SR		
2 St. Olaf 'A'		12:33.49	8
1) Moeller, Grace SO	2) Storbakken, Emma JR		
3) Call, Sophie SR	4) Call, Bella SR		
3 Carleton 'A'		12:34.90	6
1) Daley, Nora FR	2) Twichell, Hadley SO		
3) Rowland, Libby JR	4) Larsen, Aliya SO		
4 Macalester 'A'		12:42.59	5
1) Nevo, Timna FR	2) Edison, Elise FR		
3) Wilkins, Hadley SO	4) Coldren, Ivy FR		
5 Bethel (Minn.) 'A'		12:43.57	4
1) Cargill, Anna JR	2) Dean, Morgan SO		
3) Gernandt, Ruby SR	4) Harms, Josie SR		
6 Gustavus Adolphus 'A'		12:58.09	3
1) Sunnarborg, Laura FR	2) Fynboh, Isabel SO		
3) Walukas, Kailyn JR	4) Hagen, Sydney JR		
7 Hamline 'A'		13:08.52	2
1) Bradley, Anabel FR	2) Janes, Savannah FR		
3) Sanchez-Castillo, Daniela SO	4) Maddux, Alicia SO		
8 Concordia-Moorhead 'A'		13:31.38	1
1) Hatlevig, Elsie SR	2) Larsen, Emily FR		
3) Ames, Londyn FR	4) Rowley, Amelia FR		
9 St. Scholastica 'A'		13:35.94	
1) Hartley, Madeline FR	2) Nelson, Kayla SO		
3) Terrio, Jenna SR	4) McCormick, Grace FR		
10 Saint Mary's (Minn.) 'A'		13:53.17	
1) Frosch, Megan SO	2) Meyer, Abbie SO		
3) McMahon, Caeli SO	4) Klobe, Kendra JR		
11 St. Catherine (Minn.) 'A'		14:50.00	
1) Nelson, Brenna SR	2) Yoder, Katie SO		
3) Peterson, Kaitlyn FR	4) Harvey, Lily JR		

Women High Jump

Name	Year School	Seed	Finals	Points
Champ. Rec.: # 1.72m 2017 Emma Peterson, Concordia-Mo Facility Rec: F 1.72m 2006 Jennifer Harlow, Wheaton Col. of MA				
1 Nelson, AnnaGrace	JR Bethel (Minn.)	1.59m	J1.63m	5-04.25 10
1.39 1.44 1.49 1.54 1.57 1.60 1.63 1.66				
PPP PPP O O XXO O XXO XXX				
2 Rakow, Ally	SR Gustavus Adolphus	1.59m	J1.63m	5-04.25 8
1.39 1.44 1.49 1.54 1.57 1.60 1.63 1.66				
PPP PPP XO O XO O XXO XXX				
3 Larson, Mara	FR St. Olaf	1.56m	1.57m	5-01.75 6
1.39 1.44 1.49 1.54 1.57 1.60				
PPP O O XO O XXX				

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Women High Jump**

4	Witham, Frankie	FR Hamline	1.57m	1.54m	5-00.50	5
	1.39 1.44 1.49 1.54 1.57					
	PPP PPP O XXO XXX					
5	Selle, Peyton	JR Concordia-Moorhead	1.56m	1.49m	4-10.50	3.50
	1.39 1.44 1.49 1.54					
	PPP O O XXX					
5	Hobby, Sarah Beth	SR Macalester	1.56m	1.49m	4-10.50	3.50
	1.39 1.44 1.49 1.54					
	PPP O O XXX					
7	Kalevik, Jenna	JR Concordia-Moorhead	1.57m	J1.49m	4-10.50	2
	1.39 1.44 1.49 1.54					
	PPP XO O XXX					
8	Beer, Erin	SR Gustavus Adolphus	1.43m	J1.49m	4-10.50	1
	1.39 1.44 1.49 1.54					
	O O XO XXX					
9	Barnd, Nevaeh	FR Hamline	1.44m	J1.49m	4-10.50	
	1.39 1.44 1.49 1.54					
	O XO XXO XXX					
10	Selisker, Ellie	SR St. Benedict	1.57m	1.44m	4-08.75	
	1.39 1.44 1.49					
	PPP O XXX					
10	Strampe, Toria	JR St. Scholastica	1.50m	1.44m	4-08.75	
	1.39 1.44 1.49					
	O O XXX					
10	Moe, Hannah	SO Bethel (Minn.)	1.48m	1.44m	4-08.75	
	1.39 1.44 1.49					
	O O XXX					
13	Pfeiffer, Ruth	SR St. Olaf	1.45m	J1.44m	4-08.75	
	1.39 1.44 1.49					
	XO O XXX					
14	Floren, Justus	JR St. Benedict	1.45m	J1.44m	4-08.75	
	1.39 1.44 1.49					
	O XO XXX					
15	Luehrs, Jensen	SR Gustavus Adolphus	1.48m	J1.44m	4-08.75	
	1.39 1.44 1.49					
	XO XXO XXX					
16	Johnson, Lily	JR St. Olaf	1.40m	1.39m	4-06.75	
	1.39 1.44					
	O XXX					
17	Perry, Aiyana	FR St. Olaf	1.44m	J1.39m	4-06.75	
	1.39 1.44					
	XO XXX					
18	Tyvoll, Ally	FR Bethel (Minn.)	1.43m	J1.39m	4-06.75	
	1.39 1.44					
	XXO XXX					
--	Scholten, Hailey	SO Bethel (Minn.)	1.43m	NH		
	1.39					
	XXX					
--	Strom, Hanna	FR Saint Mary's	1.48m	NH		
	1.39					
	XXX					

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

Tostrud Center, St. Olaf College

Results

Women Pole Vault

Champ. Rec.: # 3.83m 2017		London Stelten, St. Benedict												
Facility Rec: F 4.39m 2016		Leslie Brost, Unattached												
Name	Year	School	Seed	Finals	Points									
1	Ahlberg, Jaylyn	SO St. Benedict	3.63m	3.76m	12-04.00	10								
	2.40 2.55 2.70 2.85 3.00	3.15 3.25 3.35 3.45 3.55	3.65 3.71 3.76 3.81											
	PPP PPP PPP PPP PPP	PPP O O O O	XO O O XXX											
2	Pearson, Emily	FR Bethel (Minn.)	3.57m	3.55m	11-07.75	8								
	2.40 2.55 2.70 2.85 3.00	3.15 3.25 3.35 3.45 3.55	3.65											
	PPP PPP PPP PPP PPP	O O XO O O	XXX											
3	Kaping, Raina	FR Bethel (Minn.)	3.42m	3.35m	10-11.75	6								
	2.40 2.55 2.70 2.85 3.00	3.15 3.25 3.35 3.45												
	PPP PPP PPP PPP PPP	O O O XXX												
4	Finney, Camille	FR Gustavus Adolphus	3.20m	J3.35m	10-11.75	5								
	2.40 2.55 2.70 2.85 3.00	3.15 3.25 3.35 3.45												
	PPP PPP PPP O O	O XO XO XXX												
5	Raidt, LiLi	FR St. Benedict	3.25m	J3.35m	10-11.75	4								
	2.40 2.55 2.70 2.85 3.00	3.15 3.25 3.35 3.45												
	PPP PPP PPP PPP XO	O XO XO XXX												
6	Graff, Alli	JR Gustavus Adolphus	3.03m	3.00m	9-10.00	2.50								
	2.40 2.55 2.70 2.85 3.00	3.15												
	PPP PPP O O O	XXX												
6	Roberts, Melanie	SR St. Olaf	2.89m	3.00m	9-10.00	2.50								
	2.40 2.55 2.70 2.85 3.00	3.15												
	PPP O O O O	XXX												
8	Askegaard, Linnea	FR St. Olaf	2.65m	2.85m	9-04.25	0.50								
	2.40 2.55 2.70 2.85 3.00													
	PPP O O O XXX													
8	Bunker, Jenna	JR Gustavus Adolphus	2.92m	2.85m	9-04.25	0.50								
	2.40 2.55 2.70 2.85 3.00													
	PPP PPP O O XXX													
10	Luepke, Bria	SO Hamline	2.80m	J2.85m	9-04.25									
	2.40 2.55 2.70 2.85 3.00													
	PPP PPP XXO O XXX													
11	Wilson, Seneca	FR Macalester	2.65m	2.70m	8-10.25									
	2.40 2.55 2.70 2.85													
	O O O XXX													
12	Wolsky, Haley	FR Concordia-Moorhead	2.61m	J2.70m	8-10.25									
	2.40 2.55 2.70 2.85													
	O O XO XXX													
13	Ehlers, Lucy	FR Hamline	2.65m	J2.70m	8-10.25									
	2.40 2.55 2.70 2.85													
	O O XXO XXX													
14	Hatcher, Grace	JR Hamline	2.65m	2.55m	8-04.25									
	2.40 2.55 2.70													
	O O XXX													
14	Craft, Tahlia	FR Bethel (Minn.)	2.67m	2.55m	8-04.25									
	2.40 2.55 2.70													
	PPP O XXX													
14	Evans, Mia	SO Bethel (Minn.)	2.61m	2.55m	8-04.25									
	2.40 2.55 2.70													
	O O XXX													
17	Harris, Signe	JR Concordia-Moorhead	2.76m	J2.55m	8-04.25									
	2.40 2.55 2.70													
	XO O XXX													

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****...Women Pole Vault**

18 Gardeen, Anna FR Bethel (Minn.) 2.80m J2.55m 8-04.25
 2.40 2.55 2.70
 PPP XO XXX

Women Long Jump

Champ. Rec.: # 5.79m 2005		Kristal Grigsby, St. Thomas			
Facility Rec: F 5.74m 2005		Kristal Grigsby, St. Thomas			
Name	Year School	Seed	Finals	H#	Points
1 Geraets, Megan	JR Gustavus Adolphus	5.65m	5.62m	18-05.25	2 10
5.28m 5.10m 5.29m 5.18m 5.62m 5.34m					
2 Jore, Ashlyn	FR St. Olaf	5.43m	5.40m	17-08.75	2 8
5.29m 5.15m FOUL 5.11m 5.34m 5.40m					
3 Farquharson, Sabriya	FR St. Benedict	5.33m	5.33m	17-06.00	2 6
5.20m FOUL 5.33m FOUL 5.30m 5.07m					
4 Kes, Madi	SR Gustavus Adolphus	5.18m	5.28m	17-04.00	2 5
5.28m FOUL 5.10m 4.98m 5.05m 5.08m					
5 McMahon, Terra	SO Hamline	5.23m	5.16m	16-11.25	2 3.50
5.16m 4.73m 5.09m 4.76m FOUL 4.84m					
5 Lindner, Sarrah	SO Gustavus Adolphus	5.19m	5.16m	16-11.25	2 3.50
5.07m FOUL 5.12m 4.88m 4.99m 5.16m					
7 Selisker, Ellie	SR St. Benedict	5.27m	5.13m	16-10.00	2 2
5.13m 5.05m 5.06m 5.05m FOUL 5.10m					
8 Parker, Ainslee	SR St. Olaf	5.07m	5.12m	16-09.75	2 1
4.95m 5.07m 5.12m 5.01m 5.07m FOUL					
9 Selle, Peyton	JR Concordia-Moorhead	5.19m	5.10m	16-08.75	2
5.10m FOUL 5.05m PASS 5.02m 5.00m					
10 Hernes, Ellie	SO Bethel (Minn.)	4.97m	5.09m	16-08.50	1
5.00m 5.06m 5.09m					
11 Stanisloski, Jordan	FR Bethel (Minn.)	4.85m	4.99m	16-04.50	1
FOUL 4.99m 4.86m					
12 Floren, Justus	JR St. Benedict	4.90m	4.94m	16-02.50	1
4.94m 4.80m 4.71m					
13 Sundberg, Maren	SO Gustavus Adolphus	5.13m	4.89m	16-00.50	2
FOUL 4.70m 4.89m					
14 Kalevik, Jenna	JR Concordia-Moorhead	4.95m	4.78m	15-08.25	1
4.75m 4.78m 4.63m					
14 Solheid, Sami	FR St. Benedict	4.84m	4.78m	15-08.25	1
4.78m 4.74m FOUL					
16 Osborne, Piper	FR Concordia-Moorhead	4.86m	4.76m	15-07.50	1
4.43m 4.76m 4.72m					
16 Petersen, Katie	JR Gustavus Adolphus	4.74m	4.76m	15-07.50	1
4.72m FOUL 4.76m					
18 Johnson, Lily	JR St. Olaf	4.76m	4.71m	15-05.50	1
FOUL 4.71m FOUL					
19 Klein, Aubree	FR St. Olaf	4.59m	4.44m	14-07.00	1
4.44m FOUL FOUL					
20 Albers, Marissa	FR Hamline	4.73m	4.35m	14-03.25	1
4.31m FOUL 4.35m					

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****Women Triple Jump**

Champ. Rec.: # 11.83m 2017		Emma Peterson, Concordia-Mo				
Facility Rec: F 11.98m 2006		Alecia Watson, City College of N.Y.				
Name	Year	School	Seed	Finals	H#	Points
1 Kes, Madi		SR Gustavus Adolphus	11.50m	11.72m	38-05.50	2 10
	11.55m 11.65m 11.70m		11.17m 11.64m 11.72m			
2 Hernes, Ellie		SO Bethel (Minn.)	11.87m	11.63m	38-02.00	2 8
	11.47m 11.45m 11.52m		11.63m 11.36m 11.30m			
3 Nelson, AnnaGrace		JR Bethel (Minn.)	11.36m	11.35m	37-03.00	2 6
	FOUL 11.35m 10.49m		11.05m 10.77m 11.01m			
4 Osborne, Piper		FR Concordia-Moorhead	10.57m	10.78m	35-04.50	2 5
	FOUL 10.78m 10.44m		9.78m FOUL FOUL			
5 Parker, Ainslee		SR St. Olaf	10.47m	10.73m	35-02.50	2 4
	FOUL 10.72m 10.73m		10.54m 10.47m 10.43m			
6 Farquharson, Sabriya		FR St. Benedict	11.11m	10.62m	34-10.25	2 3
	10.30m 10.60m 10.23m		10.52m 10.56m 10.62m			
7 Lindner, Sarrah		SO Gustavus Adolphus	10.98m	10.59m	34-09.00	2 2
	10.03m 10.57m PASS		10.30m FOUL 10.59m			
8 Selisker, Ellie		SR St. Benedict	10.39m	10.51m	34-05.75	1 1
	FOUL 10.35m 10.40m		10.48m 10.51m 10.50m			
9 Kalevik, Jenna		JR Concordia-Moorhead	10.39m	10.19m	33-05.25	1
	10.06m 10.13m 10.19m		10.19m 10.11m 8.99m			
10 Ciarrochi, Grace		FR Concordia-Moorhead	9.51m	9.85m	32-03.75	1
	9.36m 9.85m 9.06m					
11 Stanisloski, Jordan		FR Bethel (Minn.)	10.07m	9.80m	32-02.00	1
	9.43m 8.78m 9.80m					
12 Strampe, Toria		JR St. Scholastica	9.94m	9.68m	31-09.25	1
	9.26m FOUL 9.68m					
13 Tyvoll, Ally		FR Bethel (Minn.)	10.29m	9.59m	31-05.75	1
	9.50m 9.25m 9.59m					
14 Anderson, Danielle		SR St. Benedict	9.56m	9.45m	31-00.00	1
	9.45m 9.24m 9.45m					
15 Sikes, Jane		JR St. Olaf	9.35m	9.31m	30-06.50	1
	9.19m 9.31m 8.98m					
15 Schritz, Elli		FR St. Scholastica	9.48m	9.31m	30-06.50	1
	9.31m FOUL FOUL					
17 Jore, Ashlyn		FR St. Olaf	10.55m	9.04m	29-08.00	2
	FOUL FOUL 9.04m					

Women Shot Put

Champ. Rec.: # 14.58m 2014		Cherae Reeves, Concordia-Mo				
Facility Rec: F 17.05m 2006		Robyn Jarocki, Wisconsin Oshkosh				
Name	Year	School	Seed	Finals	H#	Points
1 Meyers, Molly		SR Hamline	13.27m	14.02m	46-00.00	2 10
	14.02m FOUL 13.25m		FOUL 13.40m 13.33m			
2 Wilhelm, Nora		SO Bethel (Minn.)	12.72m	12.88m	42-03.25	2 8
	12.88m 12.42m 12.35m		FOUL 12.16m FOUL			
3 Wallendal, Morgan		JR Saint Mary's	11.96m	12.34m	40-06.00	2 6
	FOUL 10.83m 11.95m		FOUL 12.34m 11.74m			
4 Myatt, Tessa		FR Macalester	12.00m	12.28m	40-03.50	2 5
	9.90m 11.11m 10.61m		11.49m 12.28m 11.88m			
5 Dates, Desirae		SO Hamline	12.47m	12.20m	40-00.50	2 4
	11.91m 11.44m FOUL		11.73m FOUL 12.20m			

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

Tostrud Center, St. Olaf College

Results

...Women Shot Put

6	Joos, Haley	SR St. Benedict	11.45m	11.80m	38-08.75	1	3
	11.01m 11.80m 11.20m	FOUL 10.91m 11.50m					
7	Engen, Ella	SO St. Scholastica	11.85m	11.67m	38-03.50	2	2
	FOUL 11.67m FOUL FOUL FOUL	FOUL 11.34m					
8	Brennan, Kelley	SO Gustavus Adolphus	11.75m	11.58m	38-00.00	2	1
	11.45m 11.58m 10.94m	11.43m 11.58m 11.34m					
9	Hobby, Sarah Beth	SR Macalester	11.36m	11.54m	37-10.50	1	
	11.04m 11.20m 11.54m	10.67m 10.88m 11.17m					
10	Kubes, Samantha	SR Saint Mary's	12.14m	11.06m	36-03.50	2	
	10.79m FOUL 11.06m						
11	Banse, Grace	SO Gustavus Adolphus	11.00m	10.93m	35-10.50	1	
	10.74m 10.92m 10.93m						
12	Lin, Jessica	FR Macalester	11.64m	10.75m	35-03.25	2	
	10.75m FOUL FOUL						
13	Brainer, Lexi	JR Hamline	11.12m	10.56m	34-07.75	1	
	10.56m 10.43m 10.56m						
14	Horvath, Chando	SR St. Catherin	10.93m	10.51m	34-05.75	1	
	10.51m 10.39m 10.49m						
15	Jackman, Sydney	JR Saint Mary's	12.14m	10.48m	34-04.75	2	
	FOUL FOUL 10.48m						
16	Travis, Miranda	FR Concordia-Moorhead	11.02m	10.47m	34-04.25	1	
	10.47m 10.46m 10.44m						
17	Nelson, Nicole	SR Gustavus Adolphus	10.82m	10.42m	34-02.25	1	
	9.90m 10.42m FOUL						
18	Burmeister, Malori	SO Hamline	10.62m	10.38m	34-00.75	1	
	10.04m 10.38m 10.21m						
19	Smith, Christian	FR St. Benedict	10.65m	9.83m	32-03.00	1	
	8.76m 9.04m 9.83m						

Women Weight Throw

=====							
Champ. Rec.: # 17.66m		2000	April Felt, Hamline				
Facility Rec: F 20.98m		2006	Robyn Jarocki, Wisconsin Oshkosh				
Name	Year	School	Seed	Finals	H#	Points	
=====							
1	Beneke, Lily	SR St. Scholastica	16.95m	17.60m	57-09.00	2	10
	16.53m 16.58m 16.81m	17.28m 17.60m 17.03m					
2	Reed, Madison	SR Hamline	16.13m	16.42m	53-10.50	2	8
	14.96m 15.92m 15.05m	15.95m 16.42m FOUL					
3	Brainer, Lexi	JR Hamline	15.89m	15.60m	51-02.25	2	6
	FOUL 15.56m FOUL 15.44m	FOUL 15.60m					
4	Speratos, Anna	SO Bethel (Minn.)	16.11m	15.36m	50-04.75	2	5
	14.42m 14.19m 15.36m	14.95m 14.36m FOUL					
5	Engen, Ella	SO St. Scholastica	13.64m	14.73m	48-04.00	1	4
	FOUL 13.15m 14.73m 12.71m	13.62m 14.01m					
6	Becker, Anna	JR Saint Mary's	14.48m	14.46m	47-05.25	2	3
	14.07m 14.02m 14.46m	14.09m 14.28m 14.28m					
7	Kubes, Samantha	SR Saint Mary's	15.94m	14.42m	47-03.75	2	2
	13.69m 14.42m FOUL FOUL	13.79m 13.93m					
8	Kangas, Brooke	JR Concordia-Moorhead	13.87m	14.29m	46-10.75	1	1
	13.25m 14.29m 14.06m	14.26m FOUL 13.41m					
9	Stritesky, Ella	SO St. Scholastica	14.60m	14.25m	46-09.00	2	
	13.78m 14.25m FOUL 14.22m	FOUL 14.13m					
10	Brennan, Kelley	SO Gustavus Adolphus	15.23m	14.06m	46-01.50	2	
	13.85m 14.06m 13.43m						

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

Tostrud Center, St. Olaf College

Results

....Women Weight Throw

11 Irsfeld, Peyton	SR St. Olaf	13.56m	13.88m	45-06.50	1
11.82m 13.88m FOUL					
12 Joos, Haley	SR St. Benedict	13.50m	13.83m	45-04.50	1
11.42m 12.63m 13.83m					
13 Wilhelm, Nora	SO Bethel (Minn.)	14.56m	13.68m	44-10.75	2
13.12m 13.68m 13.37m					
14 Hunt, Jade	JR Hamline	12.48m	13.45m	44-01.50	1
12.09m 12.73m 13.45m					
15 Nelson, Nicole	SR Gustavus Adolphus	12.90m	13.22m	43-04.50	1
12.46m 13.22m FOUL					
16 Bosman, Neenah	JR Carleton	13.62m	13.14m	43-01.50	1
12.74m FOUL 13.14m					
17 Tracy, Brooke	SO Hamline	13.60m	13.00m	42-08.00	1
FOUL 13.00m FOUL					
18 Horvath, Chando	SR St. Catherin	13.93m	12.79m	41-11.50	2
12.27m FOUL 12.79m					
19 Lin, Jessica	FR Macalester	13.31m	12.36m	40-06.75	1
11.66m 12.36m 12.25m					
20 Wallendal, Morgan	JR Saint Mary's	13.53m	12.29m	40-04.00	1
FOUL 12.29m FOUL					

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

=====					
Name	Year School	Finals	Points		
=====					
1 Nelson, AnnaGrace	JR Bethel (Minn.)	2:35.91	621		
35.535 (35.535)	1:14.975 (39.440)	1:56.316 (41.341)	2:35.906 (39.591)		
2 Selle, Peyton	JR Concordia-Moorhead	2:37.24	605		
36.281 (36.281)	1:15.762 (39.482)	1:57.637 (41.875)	2:37.233 (39.596)		
3 Selisker, Ellie	SR St. Benedict	2:39.62	577		
37.212 (37.212)	1:16.279 (39.068)	1:58.838 (42.559)	2:39.619 (40.782)		
4 Scholten, Hailey	SO Bethel (Minn.)	2:42.51	544		
34.885 (34.885)	1:15.648 (40.764)	2:00.190 (44.542)	2:42.505 (42.316)		
5 Johnson, Lily	JR St. Olaf	2:43.25	536		
35.880 (35.880)	1:16.492 (40.612)	2:01.462 (44.970)	2:43.246 (41.785)		
6 Floren, Justus	JR St. Benedict	2:44.45	523		
37.019 (37.019)	1:16.062 (39.043)	1:58.384 (42.322)	2:44.447 (46.064)		
7 Klein, Aubree	FR St. Olaf	2:44.75	520		
34.120 (34.120)	1:15.193 (41.074)	2:01.876 (46.683)	2:44.750 (42.874)		
8 Terwedo, Drea	FR St. Benedict	2:46.59	500		
36.973 (36.973)	1:17.946 (40.973)	2:04.720 (46.774)	2:46.587 (41.868)		
9 Myatt, Tessa	FR Macalester	2:47.25	493		
37.520 (37.520)	1:19.697 (42.177)	2:04.395 (44.698)	2:47.241 (42.846)		
10 Hobby, Sarah Beth	SR Macalester	2:48.08	484		
37.807 (37.807)	1:18.944 (41.137)	2:02.096 (43.153)	2:48.079 (45.983)		
11 Makem Ratzinger, Joel	FR St. Benedict	2:49.28	471		
37.398 (37.398)	1:18.649 (41.251)	2:05.196 (46.547)	2:49.280 (44.084)		
12 Ciarrochi, Grace	FR Concordia-Moorhead	2:51.50	448		
39.490 (39.490)	1:22.059 (42.569)	2:08.479 (46.420)	2:51.493 (43.014)		
13 Hannah, Gabrielle	JR Hamline	2:55.26	410		
37.759 (37.759)	1:18.676 (40.918)	2:05.471 (46.795)	2:55.251 (49.780)		
14 Moe, Hannah	SO Bethel (Minn.)	2:55.44	409		
36.044 (36.044)	1:16.700 (40.656)	2:04.832 (48.133)	2:55.436 (50.604)		
15 Kalevik, Jenna	JR Concordia-Moorhead	3:00.30	362		
40.704 (40.704)	1:25.504 (44.800)	2:15.184 (49.680)	3:00.298 (45.115)		

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

Tostrud Center, St. Olaf College

Results

....Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

16 Kaeppe, Summer	SO Gustavus Adolphus	3:12.23	260
40.043 (40.043)	1:24.624 (44.582)	2:17.176 (52.552)	3:12.229 (55.054)
17 Cappellmann, Lauren	SO Macalester	3:14.19	245
38.166 (38.166)	1:23.612 (45.446)	2:15.731 (52.119)	3:14.186 (58.455)

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Year School	Finals	H#	Points
1 Selle, Peyton	JR Concordia-Moorhead	9.24	5	860
2 Kalevik, Jenna	JR Concordia-Moorhead	9.25	5	858
3 Nelson, AnnaGrace	JR Bethel (Minn.)	9.28	5	852
4 Hobby, Sarah Beth	SR Macalester	9.65	5	779
5 Selisker, Ellie	SR St. Benedict	9.87	4	737
6 Johnson, Lily	JR St. Olaf	9.94	4	723
7 Floren, Justus	JR St. Benedict	9.98	4	716
8 Hannah, Gabrielle	JR Hamline	10.26	3	664
9 Scholten, Hailey	SO Bethel (Minn.)	10.29	3	659
10 Klein, Aubree	FR St. Olaf	10.64	3	597
11 Makem Ratzinger, Joel	FR St. Benedict	10.83	2	565
12 Moe, Hannah	SO Bethel (Minn.)	10.91	2	551
13 Terwedo, Drea	FR St. Benedict	10.92	2	550
14 Cappellmann, Lauren	SO Macalester	10.98	3	540
15 Ciarrochi, Grace	FR Concordia-Moorhead	11.06	1	527
16 Kaeppe, Summer	SO Gustavus Adolphus	11.19	1	506
17 Barnd, Nevaeh	FR Hamline	11.75	1	420
18 Myatt, Tessa	FR Macalester	14.02	4	148

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Year School	Finals	H#	Points
1 Hobby, Sarah Beth	SR Macalester	1.61m	5-03.25	1 747
1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61 1.64				
PPP PPP O O O O XXO O XO XXO XXX				
2 Nelson, AnnaGrace	JR Bethel (Minn.)	1.58m	5-02.25	1 712
1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58 1.61				
PPP PPP PPP PPP O PPP O XXO XXO XXX				
3 Kalevik, Jenna	JR Concordia-Moorhead	1.55m	5-01.00	1 678
1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55 1.58				
PPP PPP O O O O O XO XXO XXX				
4 Selle, Peyton	JR Concordia-Moorhead	1.52m	4-11.75	1 644
1.34 1.37 1.40 1.43 1.46 1.49 1.52 1.55				
PPP PPP O XXO XO O O XXX				
5 Moe, Hannah	SO Bethel (Minn.)	1.49m	4-10.50	1 610
1.34 1.37 1.40 1.43 1.46 1.49 1.52				
O O O O XO O XXX				
5 Floren, Justus	JR St. Benedict	1.49m	4-10.50	1 610
1.34 1.37 1.40 1.43 1.46 1.49 1.52				
PPP PPP PPP O O XO XXX				
5 Selisker, Ellie	SR St. Benedict	1.49m	4-10.50	1 610
1.34 1.37 1.40 1.43 1.46 1.49 1.52				
PPP PPP PPP PPP O O XXX				

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

Tostrud Center, St. Olaf College

Results

....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

8	Barnd, Nevaeh	FR Hamline	1.46m	4-09.50	1	577
	1.34 1.37 1.40 1.43 1.46 1.49					
	O XO O XXO O XXX					
9	Johnson, Lily	JR St. Olaf	1.43m	4-08.25	2	544
	1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43 1.46					
	PPP PPP O O O O XO XO XXX					
10	Cappelmann, Lauren	SO Macalester	1.40m	4-07.00	2	512
	1.22 1.25 1.28 1.31 1.34 1.37 1.40 1.43					
	PPP PPP PPP O XXO O XXO XXX					
11	Kaeppe, Summer	SO Gustavus Adolphus	1.37m	4-06.00	2	481
	1.22 1.25 1.28 1.31 1.34 1.37 1.40					
	PPP PPP PPP O O O XXX					
11	Terwedo, Drea	FR St. Benedict	1.37m	4-06.00	2	481
	1.22 1.25 1.28 1.31 1.34 1.37 1.40					
	PPP PPP PPP O O O XXX					
13	Hannah, Gabrielle	JR Hamline	1.34m	4-04.75	2	449
	1.22 1.25 1.28 1.31 1.34 1.37					
	PPP PPP XO XO XO XXX					
13	Myatt, Tessa	FR Macalester	1.34m	4-04.75	2	449
	1.22 1.25 1.28 1.31 1.34 1.37					
	PPP PPP O O O XXX					
13	Scholten, Hailey	SO Bethel (Minn.)	1.34m	4-04.75	1	449
	1.34 1.37					
	XO XXX					
16	Ciarrochi, Grace	FR Concordia-Moorhead	1.25m	4-01.25	2	359
	1.22 1.25 1.28					
	O O XXX					
16	Klein, Aubree	FR St. Olaf	1.25m	4-01.25	2	359
	1.22 1.25 1.28					
	PPP O XXX					
--	Makem Ratzinger, Joel	FR St. Benedict	NH		2	
	1.22					
	XXX					

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

=====						
Name	Year	School	Finals		Points	
=====						
1	Selle, Peyton	JR Concordia-Moorhead	5.30m	17-04.75	643	
	5.30m 5.22m 5.25m					
2	Nelson, AnnaGrace	JR Bethel (Minn.)	5.20m	17-00.75	614	
	5.20m 5.00m 4.97m					
3	Selisker, Ellie	SR St. Benedict	5.15m	16-10.75	601	
	5.04m 5.15m 4.90m					
4	Hobby, Sarah Beth	SR Macalester	5.00m	16-05.00	559	
	4.88m 4.89m 5.00m					
5	Floren, Justus	JR St. Benedict	4.91m	16-01.50	535	
	4.84m FOUL 4.91m					
6	Kalevik, Jenna	JR Concordia-Moorhead	4.86m	15-11.50	522	
	4.65m 4.67m 4.86m					
7	Myatt, Tessa	FR Macalester	4.73m	15-06.25	487	
	4.44m 4.61m 4.73m					
8	Johnson, Lily	JR St. Olaf	4.62m	15-02.00	459	
	4.36m 4.62m 4.56m					

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon**

9	Moe, Hannah	SO Bethel (Minn.)	4.56m	14-11.50	443
	4.49m 4.42m 4.56m				
10	Ciarrochi, Grace	FR Concordia-Moorhead	4.55m	14-11.25	441
	4.55m 4.38m 4.49m				
11	Hannah, Gabrielle	JR Hamline	4.54m	14-10.75	438
	3.90m 4.54m 4.38m				
12	Terwedo, Drea	FR St. Benedict	4.33m	14-02.50	386
	3.76m 4.33m FOUL				
13	Klein, Aubree	FR St. Olaf	4.24m	13-11.00	364
	4.20m 3.90m 4.24m				
14	Scholten, Hailey	SO Bethel (Minn.)	4.22m	13-10.25	359
	FOUL FOUL 4.22m				
15	Kaeppe, Summer	SO Gustavus Adolphus	4.21m	13-09.75	357
	4.14m 4.06m 4.21m				
16	Cappelmann, Lauren	SO Macalester	4.19m	13-09.00	352
	4.19m 4.02m 4.00m				
17	Makem Ratzinger, Joel	FR St. Benedict	4.16m	13-07.75	345
	4.16m 3.96m 3.74m				
18	Barnd, Nevaeh	FR Hamline	3.97m	13-00.25	301
	FOUL 3.97m PASS				

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Year School	Finals	Points
1 Hobby, Sarah Beth	SR Macalester	11.43m 37-06.00	623
		11.20m 11.43m 11.01m	
2 Myatt, Tessa	FR Macalester	11.25m 36-11.00	612
		10.32m FOUL 11.25m	
3 Floren, Justus	JR St. Benedict	10.76m 35-03.75	579
		10.76m 10.69m 10.72m	
4 Selle, Peyton	JR Concordia-Moorhead	10.15m 33-03.75	539
		9.70m 10.15m 9.72m	
5 Ciarrochi, Grace	FR Concordia-Moorhead	9.15m 30-00.25	474
		9.09m 8.66m 9.15m	
5 Klein, Aubree	FR St. Olaf	9.15m 30-00.25	474
		FOUL 9.15m 8.76m	
7 Hannah, Gabrielle	JR Hamline	8.72m 28-07.50	446
		8.72m 6.97m 7.15m	
8 Scholten, Hailey	SO Bethel (Minn.)	8.63m 28-03.75	440
		7.45m 8.03m 8.63m	
9 Makem Ratzinger, Joel	FR St. Benedict	8.58m 28-01.75	437
		7.60m 7.92m 8.58m	
10 Kalevik, Jenna	JR Concordia-Moorhead	8.56m 28-01.00	436
		8.56m 8.37m 7.20m	
11 Moe, Hannah	SO Bethel (Minn.)	8.47m 27-09.50	430
		8.06m 8.47m 8.28m	
12 Nelson, AnnaGrace	JR Bethel (Minn.)	8.33m 27-04.00	421
		FOUL 8.33m 7.62m	
13 Kaeppe, Summer	SO Gustavus Adolphus	8.17m 26-09.75	410
		8.17m FOUL 7.42m	
14 Johnson, Lily	JR St. Olaf	7.93m 26-00.25	395
		7.58m 7.93m 7.58m	
15 Cappelmann, Lauren	SO Macalester	7.43m 24-04.50	363
		6.82m 7.43m FOUL	

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

Tostrud Center, St. Olaf College

Results

....Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

16	Barnd, Nevaeh	FR Hamline	7.34m	24-01.00	357
	7.05m 7.34m 7.09m				
17	Selisker, Ellie	SR St. Benedict	7.32m	24-00.25	356
	7.32m 6.52m 6.70m				
18	Terwedo, Drea	FR St. Benedict	7.27m	23-10.25	352
	7.25m 6.38m 7.27m				

Women Indoor Pentathlon

Champ. Rec.: # 3914 2014		Amelia Campbell, Carleton			
Facility Rec: F 3425 2019		Mackenzie Schoustra, St. Olaf			
Name	Year	School	Seed	Finals	H# Points
1 Selle, Peyton	JR	Concordia-Moorhead		3291	10
2 Nelson, AnnaGrace	JR	Bethel (Minn.)		3220	8
3 Hobby, Sarah Beth	SR	Macalester		3192	6
4 Floren, Justus	JR	St. Benedict		2963	5
5 Selisker, Ellie	SR	St. Benedict		2881	4
6 Kalevik, Jenna	JR	Concordia-Moorhead		2856	3
7 Johnson, Lily	JR	St. Olaf		2657	2
8 Scholten, Hailey	SO	Bethel (Minn.)		2451	1
9 Moe, Hannah	SO	Bethel (Minn.)		2443	
10 Hannah, Gabrielle	JR	Hamline		2407	
11 Klein, Aubree	FR	St. Olaf		2314	
12 Terwedo, Drea	FR	St. Benedict		2269	
13 Ciarrochi, Grace	FR	Concordia-Moorhead		2249	
14 Myatt, Tessa	FR	Macalester		2189	
15 Kaeppe, Summer	SO	Gustavus Adolphus		2014	
16 Cappelmann, Lauren	SO	Macalester		2012	
17 Makem Ratzinger, Joel	FR	St. Benedict		1818	

Women - Team Rankings - 20 Events Scored

1) Bethel (Minn.)	158	2) St. Benedict	120
3) Gustavus Adolphus	109.50	4) St. Olaf	101
4) Carleton	101	6) Concordia-Moorhead	61.50
7) Macalester	39.50	8) Hamline	38.50
9) St. Scholastica	22	10) Augsburg	18
11) Saint Mary's (Minn.)	11		