

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Event 1 Women 100 Meter Dash**

Conference: 11.80 5/12/2023 Birgen Nelson, Gustavus Ado
 Conference: 11.89 2012 Ashley Carney (W), Augsburg

Name	Yr	School	Prelims	Wind	H#
Preliminaries					
1 Jireh Babalola	SR	Bethel (Minn.)	12.00 Q	3.1	2
2 Kate Carlson	JR	Gustavus Adolphus	12.06 Q	2.2	1
3 Kate Gallagher	SR	St. Benedict	12.41 Q	1.7	3
4 Diarra Chatham	FR	Macalester	12.42 q	1.7	3
5 Ava Fink	SO	St. Scholastica	12.64 q	1.7	3
6 Terra McMahon	SO	Hamline	12.64 q	2.2	1
7 Andie Sandman	FR	Concordia-Moorhead	12.69 q	2.2	1
8 Riley Roberts	JR	Carleton	12.73 q	3.1	2
9 Penny Hunter	SR	Macalester	12.74 q	3.1	2
10 Hadley Twichell	SO	Carleton	12.75	3.1	2
11 Myah Nelson	SO	St. Benedict	12.91	3.1	2
12 Grace Buntrock	FR	St. Benedict	12.91	1.7	3
13 Danielle Miller	SR	Gustavus Adolphus	13.07	1.7	3
14 Jensi Jensen	SO	Gustavus Adolphus	13.07	3.1	2
15 Bianca Lott	SO	Carleton	13.10	1.7	3
16 Harmony-Keli Tomety	FR	Macalester	13.18	3.1	2
17 Sarrah Lindner	SO	Gustavus Adolphus	13.20	2.2	1
18 Takia Campbell	FR	Augsburg	13.23	3.1	2
19 Chelsea Stahl	FR	Gustavus Adolphus	13.25	1.7	3
20 Kebeh Temeh	FR	Hamline	13.26	2.2	1
21 Zoe Matre	JR	St. Olaf	13.27	2.2	1
22 Rachael Kubichka	FR	Saint Mary's (Minn.)	13.35	2.2	1
23 Claire Hippen	SR	St. Benedict	13.44	2.2	1
24 Michelle Musa	FR	Carleton	13.54	1.7	3
25 Caitlin Falkowski	JR	Macalester	13.93	2.2	1
26 Yinka Saba	SR	Macalester	13.99	1.7	3

Event 1 Women 100 Meter Dash

Conference: 11.80 5/12/2023 Birgen Nelson, Gustavus Ado
 Conference: 11.89 2012 Ashley Carney (W), Augsburg

Name	Yr	School	Finals	Wind
Finals				
1 Kate Carlson	JR	Gustavus Adolphus	11.85	1.2
2 Jireh Babalola	SR	Bethel (Minn.)	11.94	1.2
3 Kate Gallagher	SR	St. Benedict	12.23	1.2
4 Diarra Chatham	FR	Macalester	12.37	1.2
5 Andie Sandman	FR	Concordia-Moorhead	12.61	1.2
6 Ava Fink	SO	St. Scholastica	12.66	1.2
6 Terra McMahon	SO	Hamline	12.66	1.2
8 Riley Roberts	JR	Carleton	12.74	1.2
9 Penny Hunter	SR	Macalester	12.89	1.2

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Event 2 Men 100 Meter Dash**

Conference: 10.46 5/13/2023 Kevin Arthur, St. John's (

Conference: 10.39 2019 Ryan Miller, St. Thomas

Name	Yr	School	Prelims	Wind	H#
Preliminaries					
1 Kevin Arthur	JR	St. John's (Minn.)	10.31 Q	1.7	1
2 Landen Liu	SO	Bethel (Minn.)	10.36 Q	3.6	2
3 Cameron McConnell	JR	Bethel (Minn.)	10.53 Q	2.8	3
4 Jade Anstine	FR	Gustavus Adolphus	10.57 q	2.8	3
5 Chris Bulwa	JR	Saint Mary's (Minn.)	10.66 q	3.6	2
6 Kieran Murnan	FR	St. John's (Minn.)	10.82 q	2.8	3
7 Andrei Pettis	SO	Hamline	10.87 q	2.8	3
8 Reece Thomas	JR	Hamline	10.88 q	2.8	3
9 Oliver Adamson	JR	Saint Mary's (Minn.)	10.88 q	1.7	1
10 Matthew Skelly	SR	Gustavus Adolphus	11.01	1.7	1
11 Aidan Morey	SO	St. John's (Minn.)	11.03	3.6	2
12 Sean Alfaro Diedrich	JR	St. Scholastica	11.04	2.8	3
13 Godsword Simon	FR	Bethel (Minn.)	11.06	3.6	2
14 Joey Moberg	FR	St. John's (Minn.)	11.06	1.7	1
15 Demetri Lord	JR	St. Olaf	11.08	3.6	2
16 Albert Smith	SR	Bethel (Minn.)	11.10	1.7	1
17 Zechariah Kyoore	JR	Gustavus Adolphus	11.12	2.8	3
18 Jake Breibach	SR	Gustavus Adolphus	11.13	2.8	3
19 Josh Lee	JR	Bethel (Minn.)	11.14	3.6	2
20 Mickey Otis	FR	Hamline	11.17	1.7	1
21 Jordan Petron	JR	Concordia-Moorhead	11.22	3.6	2
22 Jack Fochtman	SO	St. Olaf	11.25	3.6	2
23 Brennan Blake	FR	St. John's (Minn.)	11.33	3.6	2
24 Devin McNearny	JR	St. Olaf	11.33	1.7	1
25 Jinwoo Jung	FR	Saint Mary's (Minn.)	11.40	1.7	1
26 Dawson Schaffer	SR	Concordia-Moorhead	13.25	2.8	3

Event 2 Men 100 Meter Dash

Conference: 10.46 5/13/2023 Kevin Arthur, St. John's (

Conference: 10.39 2019 Ryan Miller, St. Thomas

Name	Yr	School	Finals	Wind
Finals				
1 Kevin Arthur	JR	St. John's (Minn.)	10.32	0.2
2 Landen Liu	SO	Bethel (Minn.)	10.37	0.2
3 Chris Bulwa	JR	Saint Mary's (Minn.)	10.72	0.2
4 Jade Anstine	FR	Gustavus Adolphus	10.85	0.2
5 Cameron McConnell	JR	Bethel (Minn.)	10.98	0.2
6 Oliver Adamson	JR	Saint Mary's (Minn.)	11.00	0.2
7 Kieran Murnan	FR	St. John's (Minn.)	11.10	0.2
8 Andrei Pettis	SO	Hamline	11.21	0.2
9 Reece Thomas	JR	Hamline	11.25	0.2

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Event 3 Women 200 Meter Dash**

Conference: 24.60 5/13/2023 Sarah Stellmach, Bethel (Minn

Conference: 24.41 2012 Ashley Magelssen (W), bethle

Name	Yr	School	Prelims	Wind	H#
Preliminaries					
1 Kate Carlson	JR	Gustavus Adolphus	24.52 Q	1.7	1
2 Megan Geraets	JR	Gustavus Adolphus	24.59 Q	2.0	3
3 Emily Rengo	SO	Concordia-Moorhead	25.31 Q	3.6	2
4 Jireh Babalola	SR	Bethel (Minn.)	25.34 q	3.6	2
5 Piper Osborne	FR	Concordia-Moorhead	25.59 q	3.6	2
6 Sidela Nyuga	SR	St. Benedict	25.66 q	3.6	2
7 Tiana Johnson	SR	St. Benedict	25.72 q	2.0	3
8 Karla Kroschel	SR	St. Olaf	25.72 q	1.7	1
9 Abbie Swenson	SR	Bethel (Minn.)	25.92 q	2.0	3
10 Kate Gallagher	SR	St. Benedict	26.04	1.7	1
11 Riley Roberts	JR	Carleton	26.10	2.0	3
12 Mara Larson	FR	St. Olaf	26.34	3.6	2
13 Penny Hunter	SR	Macalester	26.39	1.7	1
14 Elise Edison	FR	Macalester	26.39	3.6	2
15 Andie Sandman	FR	Concordia-Moorhead	26.41	3.6	2
16 Ava Fink	SO	St. Scholastica	26.63	1.7	1
17 Jaden Ellefson	SO	St. Scholastica	26.79	2.0	3
17 Kayla Nelson	SO	St. Scholastica	26.79	3.6	2
19 Terra McMahon	SO	Hamline	26.90	2.0	3
20 Myah Nelson	SO	St. Benedict	26.94	2.0	3
21 Ququ Holman	SR	St. Olaf	26.97	1.7	1
22 Grace Buntrock	FR	St. Benedict	27.04	1.7	1
23 Jensi Jensen	SO	Gustavus Adolphus	27.27	1.7	1
24 Zoe Matre	JR	St. Olaf	27.32	2.0	3
25 Allison Soule	SO	Bethel (Minn.)	27.48	2.0	3
26 Lily Johnson	JR	St. Olaf	27.75	3.6	2
27 Kebeh Temeh	FR	Hamline	28.33	1.7	1

Event 3 Women 200 Meter Dash

Conference: 24.60 5/13/2023 Sarah Stellmach, Bethel (Minn

Conference: 24.41 2012 Ashley Magelssen (W), bethle

Name	Yr	School	Finals	Wind
Finals				
1 Megan Geraets	JR	Gustavus Adolphus	23.97	1.8
2 Kate Carlson	JR	Gustavus Adolphus	24.01	1.8
3 Jireh Babalola	SR	Bethel (Minn.)	25.00	1.8
4 Emily Rengo	SO	Concordia-Moorhead	25.10	1.8
5 Piper Osborne	FR	Concordia-Moorhead	25.41	1.8
6 Tiana Johnson	SR	St. Benedict	25.49	1.8
7 Sidela Nyuga	SR	St. Benedict	25.65	1.8
8 Karla Kroschel	SR	St. Olaf	25.73	1.8
9 Abbie Swenson	SR	Bethel (Minn.)	25.91	1.8

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Event 4 Men 200 Meter Dash**

Conference: 21.20 5/13/2023 Kevin Arthur, St. John's (
 Conference: 21.28 2002 Jerry Washington, Gustavus Adolphus

Name	Yr	School	Prelims	Wind	H#
Preliminaries					
1 Jacob Parent	JR	Bethel (Minn.)	20.76 Q	1.4	3
2 Kevin Arthur	JR	St. John's (Minn.)	21.14 Q	0.7	1
3 Grant Nelson	SO	Bethel (Minn.)	21.54 Q	2.1	2
4 Cameron McConnell	JR	Bethel (Minn.)	21.40 q	1.4	3
5 Chris Bulwa	JR	Saint Mary's (Minn.)	21.52 q	0.7	1
6 Arlo Heitler	JR	Macalester	21.68 q	1.4	3
7 Sam Raitz	FR	Bethel (Minn.)	21.77 q	2.1	2
8 Oliver Adamson	JR	Saint Mary's (Minn.)	21.94 q	0.7	1
9 Jade Anstine	FR	Gustavus Adolphus	21.99 q	2.1	2
10 Kieran Murnan	FR	St. John's (Minn.)	22.04	0.7	1
11 Henry Fisher	JR	St. Olaf	22.15	1.4	3
12 Jordan Petron	JR	Concordia-Moorhead	22.32	1.4	3
13 Andrei Pettis	SO	Hamline	22.37	2.1	2
14 Noah Kubicek	SO	St. Scholastica	22.44	2.1	2
15 Tony Haack	SO	Bethel (Minn.)	22.45	1.4	3
16 Albert Smith	SR	Bethel (Minn.)	22.62	0.7	1
17 Asher Nathan	FR	Carleton	22.75	2.1	2
18 Sean Alfaro Diedrich	JR	St. Scholastica	22.77	0.7	1
19 Joey Moberg	FR	St. John's (Minn.)	22.77	0.7	1
20 Carter O'Bey	FR	St. Scholastica	22.96	1.4	3
21 Reece Thomas	JR	Hamline	23.01	2.1	2
22 Nathan Le	JR	Gustavus Adolphus	23.06	2.1	2
23 Tyler Anderson	JR	St. Scholastica	23.07	0.7	1
24 Mickey Otis	FR	Hamline	23.12	1.4	3
25 David Couper	JR	Hamline	23.15	2.1	2
26 Tyler Heil	FR	Gustavus Adolphus	23.20	1.4	3

Event 4 Men 200 Meter Dash

Conference: 21.20 5/13/2023 Kevin Arthur, St. John's (
 Conference: 21.28 2002 Jerry Washington, Gustavus Adolphus

Name	Yr	School	Finals	Wind
Finals				
1 Kevin Arthur	JR	St. John's (Minn.)	20.68	1.3
2 Jacob Parent	JR	Bethel (Minn.)	20.84	1.3
3 Grant Nelson	SO	Bethel (Minn.)	21.24	1.3
4 Chris Bulwa	JR	Saint Mary's (Minn.)	21.25	1.3
5 Jade Anstine	FR	Gustavus Adolphus	21.48	1.3
6 Arlo Heitler	JR	Macalester	21.61	1.3
7 Cameron McConnell	JR	Bethel (Minn.)	21.63	1.3
8 Sam Raitz	FR	Bethel (Minn.)	21.98	1.3
9 Oliver Adamson	JR	Saint Mary's (Minn.)	22.12	1.3

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Event 5 Women 400 Meter Dash**

Conference: 55.98		2010		Nikki Arola, St. Thomas			
Name		Yr	School	Prelims		H#	
Preliminaries							
1	Megan Geraets	JR	Gustavus Adolphus	56.30	Q	2	
2	Kyla Nygaard	SO	Concordia-Moorhead	58.74	Q	1	
3	Emily Rengo	SO	Concordia-Moorhead	58.94	Q	3	
4	Shalom Sulungaine	FR	Bethel (Minn.)	59.18	q	1	
5	Abbie Swenson	SR	Bethel (Minn.)	59.23	q	1	
6	Sidela Nyuga	SR	St. Benedict	59.35	q	3	
7	McKenzie Luetmer	FR	Gustavus Adolphus	59.60	q	1	
8	Karla Kroschel	SR	St. Olaf	59.75	q	2	
9	Maddie Guler	SR	Concordia-Moorhead	1:00.20	q	3	
10	Hailey Gregg	JR	Bethel (Minn.)	1:00.50		3	
11	Reanna Cruz	FR	Bethel (Minn.)	1:00.61		2	
12	Emma Storbakken	JR	St. Olaf	1:01.73		3	
13	Morgan Dean	SO	Bethel (Minn.)	1:01.76		2	
14	Sydney Hauger	SR	Gustavus Adolphus	1:01.84		1	
15	Allison Soule	SO	Bethel (Minn.)	1:02.15		1	
16	Kayla Nelson	SO	St. Scholastica	1:02.19		3	
17	Ququ Holman	SR	St. Olaf	1:02.36		1	
18	Kyla Chester	FR	Hamline	1:02.49		2	
19	Emma Dauner	FR	St. Olaf	1:02.89		2	
20	Mirijana Ganley	SR	St. Benedict	1:03.02		3	
21	Jaden Ellefson	SO	St. Scholastica	1:03.22		3	
22	Emily Larsen	FR	Concordia-Moorhead	1:03.37		2	
23	Rachael Wilson	SO	St. Olaf	1:03.42		1	
24	Emme Nelson	SR	Hamline	1:05.04		2	
25	Caitlyn Wrzesien	JR	Bethel (Minn.)	1:05.30		3	
26	Larissa Minshull	JR	Bethel (Minn.)	1:06.15		1	
---	Allison Hookom	SO	Augsburg	DQ		2	

Event 5 Women 400 Meter Dash

Conference: 55.98 2010		Nikki Arola, St. Thomas		
Name	Yr	School	Finals	
Finals				
1	Megan Geraets	JR	Gustavus Adolphus	55.88
2	Shalom Sulungaine	FR	Bethel (Minn.)	57.31
3	Emily Rengo	SO	Concordia-Moorhead	57.42
4	Kyla Nygaard	SO	Concordia-Moorhead	57.60
5	Sidela Nyuga	SR	St. Benedict	58.36
6	Abbie Swenson	SR	Bethel (Minn.)	58.45
7	McKenzie Luetmer	FR	Gustavus Adolphus	58.78
8	Karla Kroschel	SR	St. Olaf	59.27
9	Maddie Guler	SR	Concordia-Moorhead	1:00.08

Event 6 Men 400 Meter Dash

Conference: 46.76 5/13/2023		Jacob Parent, Bethel (Minn			
Name	Yr	School	Prelims	H#	
Preliminaries					
1 Arlo Heitler	JR	Macalester	48.75 Q	2	

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Preliminaries ... (Event 6 Men 400 Meter Dash)**

	Name	Yr	School	Prelims	H#
2	Jacob Parent	JR	Bethel (Minn.)	48.99 Q	3
3	Grant Nelson	SO	Bethel (Minn.)	49.02 Q	1
4	Taaron Rudzitis	JR	Bethel (Minn.)	49.89 q	3
5	Sam Raitz	FR	Bethel (Minn.)	49.90 q	1
6	Caleb Ketterling	FR	Bethel (Minn.)	50.41 q	3
7	Noah Kubicek	SO	St. Scholastica	50.42 q	2
8	Wyatt Witschen	FR	St. John's (Minn.)	50.57 q	1
9	Tony Haack	SO	Bethel (Minn.)	50.81 q	1
10	Trevor Tiongson	JR	Concordia-Moorhead	50.99	1
11	Jacob Jensrud	FR	St. Scholastica	51.48	3
12	Asher Nathan	FR	Carleton	51.55	3
13	Ryan Conzemius	JR	St. John's (Minn.)	51.68	2
14	Cohen Stursa	FR	Gustavus Adolphus	51.81	2
15	Carter O'Bey	FR	St. Scholastica	52.05	2
16	Eddie Paton	FR	Saint Mary's (Minn.)	52.19	1
17	Tyler Heil	FR	Gustavus Adolphus	52.22	3
18	Agro Gushwa	SR	Gustavus Adolphus	52.68	1
19	Tyler Anderson	JR	St. Scholastica	52.71	2
20	Zander Gallmeier	SO	Concordia-Moorhead	52.99	1
21	Reese Blondin	FR	Gustavus Adolphus	53.05	2
22	Emmanuel Clement	FR	Augsburg	53.10	2
23	David Couper	JR	Hamline	53.21	3
24	Cullen Arneson	FR	Gustavus Adolphus	53.61	1
25	Tyler Stursa	JR	Gustavus Adolphus	53.75	3
26	Jacob Becker	SO	St. John's (Minn.)	54.28	3
27	Harry Maakestad	SO	St. Olaf	55.63	2

Event 6 Men 400 Meter Dash

Conference: 46.76 5/13/2023 Jacob Parent, Bethel (Minn)

	Name	Yr	School	Finals
Finals				
1	Jacob Parent	JR	Bethel (Minn.)	46.66
2	Arlo Heitler	JR	Macalester	47.30
3	Grant Nelson	SO	Bethel (Minn.)	47.49
4	Noah Kubicek	SO	St. Scholastica	49.00
5	Wyatt Witschen	FR	St. John's (Minn.)	49.23
6	Caleb Ketterling	FR	Bethel (Minn.)	49.28
7	Sam Raitz	FR	Bethel (Minn.)	49.30
8	Taaron Rudzitis	JR	Bethel (Minn.)	49.58
9	Tony Haack	SO	Bethel (Minn.)	50.53

Event 7 Women 800 Meter Run

Conference: 2:07.36 2019 Phoebe Aguiar, Macalester

	Name	Yr	School	Prelims	H#
Preliminaries					
1	Isabel Wyatt	SO	St. Olaf	2:17.79 Q	1
2	Nora Mickelson	FR	St. Olaf	2:18.94 Q	2
3	Annessa Ihde	JR	Bethel (Minn.)	2:19.18 Q	3
4	Lara Erickson	JR	Carleton	2:18.67 Q	1
5	Mary Blanchard	JR	Carleton	2:19.33 Q	2

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Preliminaries ... (Event 7 Women 800 Meter Run)**

	Name	Yr	School	Prelims	H#
6	Allison Hookom	SO	Augsburg	2:19.45 Q	3
7	Kalli Smith	JR	St. Benedict	2:19.64 q	3
8	Alice Cutter	JR	Carleton	2:20.24 q	2
9	Jules Fromm	JR	St. Olaf	2:22.20 q	2
10	Siri Erickson	FR	St. Olaf	2:23.74	1
11	Drew Frolek	JR	Concordia-Moorhead	2:23.93	2
12	Anabel Bradley	FR	Hamline	2:24.63	3
13	Ella Young	SR	St. Benedict	2:26.13	1
14	Emerson Knapp	JR	St. Benedict	2:26.31	1
15	Olivia Edstrom	SR	St. Olaf	2:28.69	3
16	Abbie Manhard	SO	St. Olaf	2:32.00	1
17	Brooke Verkinnes	SO	St. Benedict	2:34.13	3
18	Emily Koch	FR	St. Benedict	2:35.32	3
19	Kayla Sieck	SO	St. Olaf	2:36.59	2
20	Meaghan McDonald	SO	St. Benedict	2:37.29	1
21	Thea Larsson	SO	St. Olaf	2:37.58	3
22	Maranda Thier	JR	St. Benedict	2:39.25	2
23	Emily Dehn	FR	Gustavus Adolphus	2:40.54	1
24	Amelia Dewberry	FR	Gustavus Adolphus	2:40.81	2
25	Deliah Neria	FR	Hamline	2:42.33	2
26	Sarah Rey	SR	Bethel (Minn.)	2:42.86	1
27	Heather Long	SR	Bethel (Minn.)	2:45.02	3

Event 7 Women 800 Meter Run

Conference: 2:07.36 2019

Phoebe Aguiar, Macalester

	Name	Yr	School	Finals
Finals				
1	Annessa Ihde	JR	Bethel (Minn.)	2:09.91
2	Mary Blanchard	JR	Carleton	2:11.57
3	Isabel Wyatt	SO	St. Olaf	2:13.62
4	Allison Hookom	SO	Augsburg	2:14.85
5	Lara Erickson	JR	Carleton	2:16.60
6	Nora Mickelson	FR	St. Olaf	2:19.11
7	Kalli Smith	JR	St. Benedict	2:19.15
8	Jules Fromm	JR	St. Olaf	2:23.01
9	Alice Cutter	JR	Carleton	2:31.81

Event 8 Men 800 Meter Run

Conference: 1:49.88

5/13/2017

Donson Cook-Gallardo, Carleton

	Name	Yr	School	Prelims	H#
Preliminaries					
1	Nick St. Peter	SO	St. John's (Minn.)	1:55.89 Q	1
2	Victor Lelinga	FR	Bethel (Minn.)	1:55.99 Q	2
3	Indy Lyness	SO	Carleton	1:56.90 Q	3
4	Tyler Smith	JR	Gustavus Adolphus	1:56.08 Q	1
5	Ethan Ash	SR	Carleton	1:56.15 Q	2
6	Drew Getty	SR	Macalester	1:57.20 Q	3
7	Cullen Moore	SO	St. Olaf	1:56.31 q	1
8	Josh Meier	JR	Carleton	1:56.39 q	2
9	Tucker Wallin	SR	St. Scholastica	1:57.74 q	3

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Preliminaries ... (Event 8 Men 800 Meter Run)**

	Name	Yr	School	Prelims	H#
10	Getinat Asfaw	SR	Augsburg	1:57.89	2
11	Alexei Hensel	JR	St. John's (Minn.)	1:57.93	1
12	Lance Nemecek	SO	St. Olaf	1:58.48	3
13	Christian Fells	FR	St. Olaf	1:59.11	1
14	Ian Scott	SR	Carleton	2:00.09	2
15	Henry Johnson	FR	St. Olaf	2:00.12	1
16	Thomas Malecha	SO	Macalester	2:00.47	1
17	Shareef Oty	FR	Augsburg	2:00.84	1
18	Henry Schonebaum	SO	Macalester	2:00.94	2
19	Charlie Pierce	FR	Macalester	2:01.79	1
20	Daniel Kloepfner	JR	St. John's (Minn.)	2:03.06	3
21	Otto Schmidt	JR	St. Olaf	2:03.71	2
22	Ethan Cozine	FR	St. Olaf	2:03.89	2
23	Lars Molenkamp	FR	St. John's (Minn.)	2:05.01	3
24	Jake Wielgos	SR	Gustavus Adolphus	2:05.51	2
25	Jackson Marsh	SO	St. Olaf	2:07.07	3
26	Bereket Wondimu	SR	Augsburg	2:08.03	3
27	Owen Chamberlin	SO	St. Olaf	2:08.80	3

Event 8 Men 800 Meter Run

Conference: 1:49.88 5/13/2017 Donson Cook-Gallardo, Carleton

	Name	Yr	School	Finals
Finals				
1	Indy Lyness	SO	Carleton	1:53.56
2	Tyler Smith	JR	Gustavus Adolphus	1:54.88
3	Nick St. Peter	SO	St. John's (Minn.)	1:54.90
4	Victor Lelinga	FR	Bethel (Minn.)	1:55.24
5	Drew Getty	SR	Macalester	1:55.33
6	Cullen Moore	SO	St. Olaf	1:55.59
7	Josh Meier	JR	Carleton	1:55.91
8	Ethan Ash	SR	Carleton	1:57.45
9	Tucker Wallin	SR	St. Scholastica	1:57.62

Event 9 Women 1500 Meter Run

Conference: 4:29.20 2009 Marie Borner, Bethel

	Name	Yr	School	Finals	H#
Finals					
1	Fiona Smith	SR	St. Benedict	4:28.55	2
2	Annessa Ihde	JR	Bethel (Minn.)	4:34.72	2
3	Helen Cross	JR	Carleton	4:36.46	2
4	Mary Blanchard	JR	Carleton	4:41.94	2
5	Sophie Abernethy	JR	St. Olaf	4:45.86	2
6	Sophie McManus	JR	Carleton	4:48.24	2
7	Sophie Call	JR	St. Olaf	4:48.65	2
8	Aliya Larsen	SO	Carleton	4:49.72	2
9	Kristina Rohrer	SR	St. Olaf	4:51.58	2
10	Molly Liston	SO	Gustavus Adolphus	4:54.22	2
11	Grace Moeller	SO	St. Olaf	4:56.90	2
12	Taylor Radaich	FR	St. Benedict	5:00.72	2
13	Keiley Maahs	SR	St. Benedict	5:02.54	1

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Finals ... (Event 9 Women 1500 Meter Run)**

	Name	Yr	School	Finals	H#
14	Julia Everest	JR	St. Olaf	5:03.88	1
15	Molly Kate McCloskey	SO	St. Olaf	5:04.85	1
16	Lucy Lyngen	SR	St. Benedict	5:07.04	2
17	Eva Creighton	SO	St. Benedict	5:09.90	1
18	Brooke Verkinnes	SO	St. Benedict	5:15.29	1
19	Madelyn Tung-Mabry	FR	St. Olaf	5:22.96	1
20	Abby Bufkin	FR	St. Benedict	5:24.75	1
21	Mackenzie Murphy	FR	Gustavus Adolphus	5:30.57	1
22	Maggie Morgan	SR	Macalester	5:31.44	1
23	Eleanor Osmond	FR	Gustavus Adolphus	5:32.49	1
24	Adrienne Korey	SR	Macalester	5:33.86	1
25	Lauren Tillman	SR	Gustavus Adolphus	5:38.04	1
26	Norah Juzenas	FR	Macalester	5:38.64	1
27	Tatum Leibke	SO	St. Benedict	5:42.51	1

Event 10 Men 1500 Meter Run

Conference: 3:49.39 5/13/2017 Joe Coffey, St. Olaf

	Name	Yr	School	Finals	H#
Finals					
1	Gabe Nichols	SO	Carleton	3:52.15	2
2	Roy Llewellyn	SO	Carleton	3:52.83	2
3	Nicholas Brauer	FR	Gustavus Adolphus	3:53.40	2
4	Ian Curtis	JR	St. Olaf	3:53.78	2
5	Calvin Boone	JR	St. Scholastica	3:54.06	2
6	Olaf Coffey	JR	St. Olaf	3:58.37	2
7	Sean Hartney	JR	St. Olaf	3:59.03	2
8	Ignatius Fitzgerald	SO	St. Olaf	3:59.81	2
9	Kevin Turlington	SO	St. Olaf	3:59.87	2
10	Brady Goss	FR	Concordia-Moorhead	4:02.61	2
11	Tor Olsson	JR	Macalester	4:04.08	2
12	Reece McKee	JR	Macalester	4:04.30	2
13	Aiden Chalmers	SO	St. John's (Minn.)	4:05.62	1
14	Jordan Galloway	SO	Macalester	4:05.76	2
15	Chris Melville	SR	Carleton	4:07.52	1
16	Jackson Marsh	SO	St. Olaf	4:07.79	2
17	Eli Doran	SO	St. Olaf	4:09.31	1
18	Owen Chamberlin	SO	St. Olaf	4:10.15	1
19	Alex Fendig	SR	Macalester	4:10.28	1
20	Emerson Lange	SO	Carleton	4:11.30	1
21	Luke Peterson	SR	Bethel (Minn.)	4:12.29	1
22	Jacob Malecha	FR	St. John's (Minn.)	4:13.46	1
23	Henry Landsem	FR	Gustavus Adolphus	4:14.38	1
24	Quinn Hoisington	FR	Macalester	4:14.75	1
25	Joe Madell	JR	Macalester	4:15.13	1
26	Gabe Thompson	FR	Macalester	4:15.25	1
27	Hogan Smith	SO	Gustavus Adolphus	4:27.34	1
---	Simon Chambers-Trubatch	FR	Carleton	DNF	1

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Event 11 Women 5000 Meter Run**

Conference: 16:19.98 5/13/2023 Fiona Smith, St. Benedict

Name	Yr	School	Finals
Finals			
1 Fiona Smith	SR	St. Benedict	16:51.63
2 Helen Cross	JR	Carleton	17:18.02
3 Phoebe Ward	JR	Carleton	17:22.58
4 Hannah Preisser	SO	Carleton	17:25.57
5 Lauren Walda	SO	St. Olaf	17:38.69
6 Allison Hendrickson	SR	St. Scholastica	17:45.51
7 Alison Bode	JR	St. Olaf	17:53.09
8 Aliya Larsen	SO	Carleton	18:00.92
9 Annie Kiolbasa	SR	St. Benedict	18:09.19
10 Molly Liston	SO	Gustavus Adolphus	18:11.68
11 Sofia Carlson	JR	St. Olaf	18:41.12
12 Katie Hirsche	SO	Carleton	18:54.21
13 Josie Harms	SR	Bethel (Minn.)	18:56.72
14 Julia Everest	JR	St. Olaf	19:08.48
15 Libby Roberdeau	SR	Hamline	19:11.15
16 Molly Kate McCloskey	SO	St. Olaf	19:17.32
17 Laura Hardwick	SR	Bethel (Minn.)	19:34.95
18 Alicia Maddux	SO	Hamline	19:35.53
19 Elsie Hatlevig	SO	Concordia-Moorhead	19:46.53
20 Mary Kenney	SO	St. Benedict	19:52.11
21 Timna Nevo	FR	Macalester	19:58.00
22 Gracia Larsen-Schmidt	JR	St. Olaf	19:58.20
23 Sydney Hagen	JR	Gustavus Adolphus	20:00.65
24 Bella Duncombe	FR	Bethel (Minn.)	20:00.76
25 Madelyn Tung-Mabry	FR	St. Olaf	20:05.40
26 Julia Babineau	FR	St. Benedict	20:27.77
27 Adrienne Korey	SR	Macalester	20:28.13
28 Laura Sunnarborg	FR	Gustavus Adolphus	20:35.99
29 Grace Morningstar	SR	Bethel (Minn.)	21:00.35
30 Abby Tapajna	SO	Hamline	21:00.73

Event 12 Men 5000 Meter Run

Conference: 14:22.67 2019 Lucas Mueller, Carleton

Name	Yr	School	Finals
Finals			
1 Mohammed Bati	SO	Augsburg	14:32.73
2 Gabe Nichols	SO	Carleton	14:34.88
3 Roy Llewellyn	SO	Carleton	14:46.12
4 Kevin Turlington	SO	St. Olaf	14:50.97
5 Andrew Skemp	JR	St. Olaf	14:58.25
6 Lars DeWall	SR	St. Scholastica	15:00.86
7 Will Kelly	JR	St. Olaf	15:02.39
8 David Lynn	JR	St. Olaf	15:02.97
9 Tyler Edwards	SO	Macalester	15:07.54
10 Logan McCullough	SR	Gustavus Adolphus	15:10.43
11 Grant Graber	JR	Bethel (Minn.)	15:18.48
12 Nick Ihrke	JR	Macalester	15:22.75

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Finals ... (Event 12 Men 5000 Meter Run)**

	Name	Yr	School	Finals
13	Sean Hartney	JR	St. Olaf	15:28.31
14	Alex Fendig	SR	Macalester	15:34.84
15	Gael Manzur Strandlund	SO	St. Olaf	15:35.60
16	Jordan Galloway	SO	Macalester	15:40.53
17	Cole Stencil	FR	St. John's (Minn.)	15:41.17
18	Tyler Goss	FR	Concordia-Moorhead	15:41.47
19	Jacob Malecha	FR	St. John's (Minn.)	15:43.75
20	Parker Max	SO	St. Olaf	15:55.75
21	Evan Pouliot	FR	Gustavus Adolphus	16:08.35
22	Isaiah Fitzgerald	FR	Saint Mary's (Minn.)	16:13.98
23	Aiden Chalmers	SO	St. John's (Minn.)	16:21.04
24	Will Janzen	SO	Gustavus Adolphus	16:26.13
25	David Price	JR	Bethel (Minn.)	16:29.05
26	Sam Vanspriell	SR	Macalester	16:36.72
27	Eamon Cavanaugh	JR	St. John's (Minn.)	16:40.52
28	Jacob Gathje	JR	St. John's (Minn.)	16:55.05
29	Weston Catton	FR	Bethel (Minn.)	17:03.70
---	Ben Crotteau	JR	Macalester	DNF
---	Jack Deaver	SO	St. Olaf	DNF

Event 13 Women 10000 Meter Run

Conference: 34:22.58 1983

Debbie Thometz, St. Thomas

	Name	Yr	School	Finals
Finals				
1	Fiona Smith	SR	St. Benedict	34:15.01
2	Alison Bode	JR	St. Olaf	35:50.80
3	Phoebe Ward	JR	Carleton	35:54.26
4	Allison Hendrickson	SR	St. Scholastica	36:13.66
5	Lauren Walda	SO	St. Olaf	36:56.96
6	Hannah Preisser	SO	Carleton	37:08.66
7	Katie Hirsche	SO	Carleton	37:46.57
8	Bridget Tetmeyer	SR	St. Benedict	38:51.32
9	Laura Hardwick	SR	Bethel (Minn.)	39:14.19
10	Libby Roberdeau	SR	Hamline	40:35.64
11	Gracia Larsen-Schmidt	JR	St. Olaf	41:10.04
12	Cate Gleason	JR	St. Olaf	41:30.00
13	Kathleen Madden	FR	St. Olaf	41:37.09
14	Anna Decker	SR	Bethel (Minn.)	42:14.60
15	Laura Sunnarborg	FR	Gustavus Adolphus	42:16.89
16	Abby Tapajna	SO	Hamline	42:59.82
17	Mariah Loeffler-Kemp	SR	Macalester	43:37.80
18	Raina Moorjani	SR	Bethel (Minn.)	44:52.55
19	Rachel Olinger	SO	St. Benedict	46:07.80
---	Annie Kiolbasa	SR	St. Benedict	DNF

Event 14 Men 10000 Meter Run

Conference: 29:46.75 5/14/2021

Lucas Mueller, Carleton

	Name	Yr	School	Finals
Finals				
1	Mohammed Bati	SO	Augsburg	30:44.03

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Finals ... (Event 14 Men 10000 Meter Run)**

	Name	Yr	School	Finals
2	Andrew Skemp	JR	St. Olaf	31:10.16
3	David Lynn	JR	St. Olaf	31:33.77
4	Lars DeWall	SR	St. Scholastica	31:40.30
5	Tyler Edwards	SO	Macalester	31:47.14
6	Gael Manzur Strandlund	SO	St. Olaf	31:56.75
7	Grant Graber	JR	Bethel (Minn.)	32:07.60
8	Logan McCullough	SR	Gustavus Adolphus	32:16.25
9	Eamon Cavanaugh	JR	St. John's (Minn.)	33:08.72
10	Angelo Fiataruolo	SO	St. Olaf	33:16.22
11	Carter Ferber	SO	Concordia-Moorhead	33:27.59
12	Mauricio Vite	JR	St. Olaf	33:38.84
13	Evan Pouliot	FR	Gustavus Adolphus	33:53.11
14	Ryan Bernstein	SO	Carleton	34:07.92
15	Jack McFetridge	JR	St. Olaf	34:11.99
16	David Price	JR	Bethel (Minn.)	34:28.53
17	Andrew Jamison	SO	Carleton	34:50.81
18	Jacob Gathje	JR	St. John's (Minn.)	35:28.02
19	Evan Dallas	SO	Bethel (Minn.)	35:42.94
20	Grayson Harris	JR	Augsburg	36:28.48

Event 15 Women 100 Meter Hurdles

Conference:		13.71	5/14/2022	Birgen Nelson, Gustavus Ado				
Name			Yr	School		Prelims	Wind	H#
Preliminaries								
1	Kelsie Sealock		JR	Bethel (Minn.)		14.19 Q	3.4	3
2	AnnaGrace Nelson		JR	Bethel (Minn.)		15.01 Q	6.4	1
3	Jenna Kalevik		JR	Concordia-Moorhead		15.22 Q	0.1	2
4	Danielle Miller		SR	Gustavus Adolphus		15.26 q	3.4	3
5	Gabby Bodin		SR	St. Catherine (Minn.)		15.27 q	6.4	1
6	Ellie Hernes		SO	Bethel (Minn.)		15.41 q	0.1	2
7	Rebekah Salfer		SR	St. Olaf		15.62 q	3.4	3
8	Riki Poore		SR	St. Olaf		15.69 q	6.4	1
9	Justus Floren		JR	St. Benedict		15.77 q	6.4	1
10	Makenna Huetten		JR	Gustavus Adolphus		15.83	0.1	2
11	Anya Adelgren		FR	St. Benedict		16.24	0.1	2
12	Elise Harriman		FR	St. Olaf		16.27	3.4	3
13	Gabrielle Hannah		JR	Hamline		16.70	0.1	2
14	Hailey Scholten		SO	Bethel (Minn.)		16.71	3.4	3
15	Ally Stackhouse		JR	Bethel (Minn.)		16.80	0.1	2
16	Haley Wolsky		FR	Concordia-Moorhead		16.86	6.4	1
17	Chelsea Stahl		FR	Gustavus Adolphus		17.05	3.4	3
18	Anna Kemp		FR	St. Benedict		17.16	0.1	2
19	Chloe Ostrem		FR	St. Benedict		17.31	6.4	1
20	Lily Johnson		JR	St. Olaf		17.33	3.4	3
21	Grace Ciarrochi		FR	Concordia-Moorhead		17.43	3.4	3
22	Aliyah Robran		SO	Hamline		17.47	0.1	2
23	Kiernan Darling		JR	Concordia-Moorhead		17.65	6.4	1
24	Emma Trojan		FR	Carleton		17.84	0.1	2
25	Tessa Myatt		FR	Macalester		17.90	6.4	1
26	Aubree Klein		FR	St. Olaf		17.93	3.4	3

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Preliminaries ... (Event 15 Women 100 Meter Hurdles)**

	Name	Yr	School	Prelims	Wind	H#
27	Logan Hagestuen	FR	St. Olaf	18.19	6.4	1

Event 15 Women 100 Meter Hurdles

Conference: 13.71 5/14/2022 Birgen Nelson, Gustavus Ado

	Name	Yr	School	Finals	Wind
Finals					
1	Kelsie Sealock	JR	Bethel (Minn.)	13.91	2.2
2	Jenna Kalevik	JR	Concordia-Moorhead	14.68	2.2
3	AnnaGrace Nelson	JR	Bethel (Minn.)	14.96	2.2
4	Danielle Miller	SR	Gustavus Adolphus	15.09	2.2
5	Gabby Bodin	SR	St. Catherine (Minn.)	15.13	2.2
6	Ellie Hernes	SO	Bethel (Minn.)	15.17	2.2
7	Rebekah Salfer	SR	St. Olaf	15.28	2.2
8	Riki Poore	SR	St. Olaf	15.68	2.2
9	Justus Floren	JR	St. Benedict	16.11	2.2

Event 16 Men 110 Meter Hurdles

Conference: 13.83 5/14/2021 Taylor Rooney, Gustavus Adolphu

Conference: 14.36 2001 Eric Klinker (NWI), Macalester

	Name	Yr	School	Prelims	Wind	H#
Preliminaries						
1	Jayson Ekiyor	JR	Bethel (Minn.)	14.41 Q	-1.1	2
2	Josh Sampson	JR	Bethel (Minn.)	14.42 Q	2.9	1
3	David Myres	JR	Bethel (Minn.)	14.89 Q	-0.3	3
4	Josh Thomsen	JR	Bethel (Minn.)	15.11 q	-0.3	3
5	Pryce Ferrin	SO	Bethel (Minn.)	15.42 q	-1.1	2
6	Demetri Lord	JR	St. Olaf	15.44 q	2.9	1
7	Logan Clark	SO	Concordia-Moorhead	15.45 q	2.9	1
8	Josh Lee	JR	Bethel (Minn.)	15.53 q	-0.3	3
9	Jackson Lightner	FR	Hamline	15.65 q	-1.1	2
10	Max Lelwica	JR	St. John's (Minn.)	15.80	-0.3	3
11	Connor McCormick	SO	Gustavus Adolphus	15.99	2.9	1
12	Matthew Nissen	JR	St. Olaf	16.13	2.9	1
13	Cole Schmidt	FR	Gustavus Adolphus	16.15	-1.1	2
14	Blake Viesselman	FR	Bethel (Minn.)	16.18	-1.1	2
15	Hamza Mahamud	SO	Macalester	16.40	-1.1	2
16	Sebastian Stefanowicz	SO	Macalester	16.51	-0.3	3
17	Isak Brandt	FR	St. John's (Minn.)	16.52	2.9	1
18	Sam Schulze	JR	Gustavus Adolphus	16.55	-0.3	3
19	Aaron Elseth	SO	Bethel (Minn.)	16.83	-1.1	2
20	Justus White	JR	St. John's (Minn.)	16.84	2.9	1
21	Aiden Blaeser	SO	St. John's (Minn.)	16.89	2.9	1
22	Jackson Bassett	JR	St. Olaf	17.52	-1.1	2
23	Cannon Manley	FR	Saint Mary's (Minn.)	17.52	-0.3	3
24	Joey Molstre	FR	Concordia-Moorhead	17.56	-0.3	3
25	Aidan Charles	FR	Gustavus Adolphus	18.17	-1.1	2
26	Josh Peterson	FR	Concordia-Moorhead	19.23	2.9	1

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Event 16 Men 110 Meter Hurdles**

Conference: 13.83 5/14/2021 Taylor Rooney, Gustavus Adolphu

Conference: 14.36 2001 Eric Klinker (NWI), Macalester

Name	Yr	School	Finals	Wind
Finals				
1 Jayson Ekiyor	JR	Bethel (Minn.)	14.12	0.8
2 Josh Sampson	JR	Bethel (Minn.)	14.16	0.8
3 Josh Thomsen	JR	Bethel (Minn.)	14.42	0.8
4 David Myres	JR	Bethel (Minn.)	14.67	0.8
5 Pryce Ferrin	SO	Bethel (Minn.)	14.98	0.8
6 Demetri Lord	JR	St. Olaf	15.18	0.8
7 Logan Clark	SO	Concordia-Moorhead	15.34	0.8
8 Josh Lee	JR	Bethel (Minn.)	15.46	0.8
9 Jackson Lightner	FR	Hamline	15.50	0.8

Event 17 Women 400 Meter Hurdles

Conference: 59.87 5/13/2023 Birgen Nelson, Gustavus Ado

Name	Yr	School	Prelims	H#
Preliminaries				
1 Kelsie Sealock	JR	Bethel (Minn.)	1:05.51 Q	3
2 Hannah Kvant	FR	Bethel (Minn.)	1:06.14 Q	2
3 Lauren Berg	SO	St. Benedict	1:06.64 Q	1
4 Jessie Smith	JR	Bethel (Minn.)	1:06.95 q	2
5 Riki Poore	SR	St. Olaf	1:07.14 q	1
6 Rebekah Salfer	SR	St. Olaf	1:07.67 q	3
7 Ruth Pfeiffer	SR	St. Olaf	1:07.87 q	3
8 Makenna Huetten	JR	Gustavus Adolphus	1:08.15 q	1
9 Anya Adelgren	FR	St. Benedict	1:08.88 q	2
10 Meg Shercliffe	JR	Concordia-Moorhead	1:09.07	3
11 Aliyah Robran	SO	Hamline	1:09.10	2
12 Andreiana Aurelius	SR	Hamline	1:09.83	1
13 Linnea Askegaard	SO	St. Olaf	1:11.50	3
14 Emma Sahly	JR	St. Olaf	1:12.08	1
15 Chloe Ostrem	FR	St. Benedict	1:12.50	2
16 Hailey Scholten	SO	Bethel (Minn.)	1:12.86	2
17 Joel Makem Ratzinger	FR	St. Benedict	1:12.96	1
18 Logan Haugestuen	FR	St. Olaf	1:14.64	3
19 Samantha Richardson	FR	St. Benedict	1:15.46	3
20 Emma Schuele	SO	St. Benedict	1:17.21	1
21 Isabelle Johnson	SO	Concordia-Moorhead	1:22.46	2

Event 17 Women 400 Meter Hurdles

Conference: 59.87 5/13/2023 Birgen Nelson, Gustavus Ado

Name	Yr	School	Finals
Finals			
1 Kelsie Sealock	JR	Bethel (Minn.)	1:01.85
2 Lauren Berg	SO	St. Benedict	1:03.74
3 Hannah Kvant	FR	Bethel (Minn.)	1:05.52
4 Rebekah Salfer	SR	St. Olaf	1:05.74
5 Ruth Pfeiffer	SR	St. Olaf	1:05.98
6 Makenna Huetten	JR	Gustavus Adolphus	1:06.57

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Finals ... (Event 17 Women 400 Meter Hurdles)**

	Name	Yr	School	Finals
7	Jessie Smith	JR	Bethel (Minn.)	1:06.77
8	Riki Poore	SR	St. Olaf	1:07.51

Event 18 Men 400 Meter Hurdles

Conference: 52.01 5/13/2023 Joel Smith, Bethel (Minn)

	Name	Yr	School	Prelims	H#
Preliminaries					
1	Joel Smith	SR	Bethel (Minn.)	54.23 Q	1
2	David Myres	JR	Bethel (Minn.)	55.55 Q	2
3	Josh Sampson	JR	Bethel (Minn.)	56.51 Q	3
4	Josh Thomsen	JR	Bethel (Minn.)	56.17 q	2
5	Cooper Smith	FR	St. John's (Minn.)	56.72 q	3
6	Sam Schulze	JR	Gustavus Adolphus	57.37 q	1
7	Morris Suah	FR	Hamline	58.63 q	3
8	Aiden Blaeser	SO	St. John's (Minn.)	59.60 q	1
9	Tyler Gunderson	JR	St. Olaf	1:00.00 q	2
10	Pierre Deutschlander	SR	St. John's (Minn.)	1:01.08	1
11	Cole Schmidt	FR	Gustavus Adolphus	1:01.48	2
12	Calvin Moeller	JR	Gustavus Adolphus	1:02.33	3
13	Cannon Manley	FR	Saint Mary's (Minn.)	1:02.61	3
14	Grant Baker	SR	Gustavus Adolphus	1:02.86	3
15	Jackson Bassett	JR	St. Olaf	1:03.68	2
16	Connor O'Brien	FR	St. John's (Minn.)	1:04.35	1
17	Hamza Mahamud	SO	Macalester	1:04.68	1
18	Rayan Elahi	JR	St. Olaf	1:04.73	3
19	Danny Powell	FR	Macalester	1:08.62	2
---	Abel Abay	FR	St. Scholastica	DQ	2
---	Joseph Gathje	JR	St. John's (Minn.)	DQ	2

Event 18 Men 400 Meter Hurdles

Conference: 52.01 5/13/2023 Joel Smith, Bethel (Minn)

	Name	Yr	School	Finals
Finals				
1	Joel Smith	SR	Bethel (Minn.)	51.38
2	Josh Sampson	JR	Bethel (Minn.)	52.73
3	Josh Thomsen	JR	Bethel (Minn.)	53.92
4	David Myres	JR	Bethel (Minn.)	54.56
5	Cooper Smith	FR	St. John's (Minn.)	54.63
6	Sam Schulze	JR	Gustavus Adolphus	55.76
7	Morris Suah	FR	Hamline	58.12
8	Aiden Blaeser	SO	St. John's (Minn.)	59.76
9	Tyler Gunderson	JR	St. Olaf	1:00.36

Event 19 Women 3000 Meter Steeplechase

Conference: 10:37.35 5/13/2023 Christine Albrecht, St. Olaf

	Name	Yr	School	Finals
Finals				
1	Sophie McManus	JR	Carleton	10:45.10
2	Libby Rowland	JR	Carleton	11:20.49
3	Gracie Johnson	SR	Augsburg	11:25.22

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Finals ... (Event 19 Women 3000 Meter Steeplechase)**

	Name	Yr	School	Finals
4	Grace Moeller	SO	St. Olaf	11:27.43
5	Keiley Maahs	SR	St. Benedict	11:29.43
6	Ivy Coldren	FR	Macalester	11:30.40
7	Josie Harms	SR	Bethel (Minn.)	11:35.83
8	Sydney Hagen	JR	Gustavus Adolphus	11:46.32
9	Mary Kenney	SO	St. Benedict	11:51.75
10	Bridget Tetmeyer	SR	St. Benedict	12:12.15
11	Anabella Witschen	FR	St. Benedict	12:13.81
12	Julia Newman	SR	St. Olaf	12:22.90
13	Samantha Ellis	FR	Macalester	12:28.51
14	Caeli McMahon	SO	Saint Mary's (Minn.)	12:39.73
15	Airial Johnson	JR	Concordia-Moorhead	12:52.20
16	Bailey VanderWilde	SR	St. Olaf	13:03.15
17	Emily Koch	FR	St. Benedict	13:08.75
18	Anna Hay	JR	Bethel (Minn.)	13:15.72

Event 20 Men 3000 Meter Steeplechase

Conference: 8:44.01 5/15/2021 Matthew Wilkinson, Carleton

	Name	Yr	School	Finals
Finals				
1	Will Kelly	JR	St. Olaf	9:02.59
2	Ignatius Fitzgerald	SO	St. Olaf	9:12.93
3	Brady Goss	FR	Concordia-Moorhead	9:12.94
4	Anders Cote	JR	St. Olaf	9:15.52
5	Gabe Estrada	JR	St. Olaf	9:23.92
6	Jack Deaver	SO	St. Olaf	9:28.45
7	Vincent Kaluza	FR	St. John's (Minn.)	9:35.63
8	Cole Nowacki	SR	Concordia-Moorhead	9:39.36
9	Reece McKee	JR	Macalester	9:39.58
10	Max McCoy	FR	St. John's (Minn.)	9:49.60
11	Jonah Kalsnes	FR	Bethel (Minn.)	9:52.28
12	Joseph Gathje	JR	St. John's (Minn.)	9:52.67
13	Brett Hanley	JR	Carleton	9:57.06
14	Ethan Leonard	JR	St. John's (Minn.)	10:01.15
15	Reese Thompson	SR	Bethel (Minn.)	10:11.62
16	Lex Kaye	FR	St. Olaf	10:20.27
17	Ethan Martel	FR	St. Olaf	10:32.04
---	Lucas LiaBraaten	SO	Hamline	DNF

Event 21 Women 4x100 Meter RelayConference: 47.15 5/13/2023 Gustavus Adolphus, Gustavus Ado
D Miller, B Nelson, M Geraets, K Carlson

	Team	Relay	Finals	H#
Finals				
1	Gustavus Adolphus	A	47.95	2
	1) Danielle Miller SR	2) Megan Geraets JR	3) Ally Rakow SR	4) Kate Carlson JR
2	St. Benedict	A	48.49	2
	1) Grace Buntrock FR	2) Tiana Johnson SR	3) Myah Nelson SO	4) Kate Gallagher SR
3	Bethel (Minn.)	A	48.62	2
	1) Jireh Babalola SR	2) Abbie Swenson SR	3) Raina Kaping FR	4) Hannah Kvant FR

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Finals ... (Event 21 Women 4x100 Meter Relay)**

Team	Relay	Finals	H#
4 Concordia-Moorhead	A	48.64	2
1) Andie Sandman FR	2) Emily Rengo SO	3) Piper Osborne FR	4) Kyla Nygaard SO
5 St. Olaf	A	49.71	2
1) Emma Storbakken JR	2) Karla Kroschel SR	3) Ququ Holman SR	4) Riki Poore SR
6 St. Scholastica	A	50.27	1
1) Sofia Fischer SO	2) Kayla Nelson SO	3) Jaden Ellefson SO	4) Ava Fink SO
6 Carleton	A	50.27	2
1) Hadley Twichell SO	2) Riley Roberts JR	3) Bianca Lott SO	4) Michelle Musa FR
8 Hamline	A	50.46	1
1) Andreiana Aurelius SR	2) Terra McMahon SO	3) Emme Nelson SR	4) Kebeh Temeh FR
9 Macalester	A	50.66	1
1) Harmony-Keli Tomety FR	2) Penny Hunter SR	3) Tessa Myatt FR	4) Elise Edison FR

Event 22 Men 4x100 Meter Relay

Conference: 41.11 5/13/2023 St. John's (Minn.), St. John's (E Popoca, K Arthur, B Labine, C Wheeler

Team	Relay	Finals	H#
Finals			
1 Bethel (Minn.)	A	40.41	2
1) Landen Liu SO	2) Grant Nelson SO	3) Cameron McConnell JR	4) Jacob Parent JR
2 St. John's (Minn.)	A	40.94	2
1) Kieran Murnan FR	2) Kevin Arthur JR	3) Aidan Morey SO	4) Matt Hansen FR
3 Gustavus Adolphus	A	42.29	2
1) Isaiah Subah SR	2) Jade Anstine FR	3) Nathan Le JR	4) Matthew Skelly SR
4 Saint Mary's (Minn.)	A	42.31	2
1) Jinwoo Jung FR	2) Chris Bulwa JR	3) Brady Johnson JR	4) Oliver Adamson JR
5 Hamline	A	42.88	2
1) David Couper JR	2) Reece Thomas JR	3) Andrei Pettis SO	4) Mickey Otis FR
6 Concordia-Moorhead	A	43.00	1
1) Mason Dahl FR	2) Trevor Tiongson JR	3) Jordan Petron JR	4) Ben Peterson JR
7 St. Olaf	A	43.08	2
1) Devin McNearny JR	2) Henry Fisher JR	3) Jack Fochtman SO	4) Max Albertson FR
8 St. Scholastica	A	43.52	1
1) Tyler Anderson JR	2) Sean Alfaro Diedrich JR	3) Kaedyn Redig JR	4) Carter O'Bey FR
--- Macalester	A	DQ	1
1) Sebastian Stefanowicz SO	2) Henry Schonebaum SO	3) Jacob Kogut JR	4) Riley Hodin JR

Event 23 Women 4x400 Meter Relay

Conference: 3:51.39 5/15/2021 Bethel (Minn.), Bethel (Minn.)
H Sankey, K Sealock, B Nordberg, M Turek

Team	Relay	Finals	H#
Finals			
1 Bethel (Minn.)	A	3:52.11	2
1) Kelsie Sealock JR	2) Abbie Swenson SR	3) Annessa Ihde JR	4) Shalom Sulungaine FR
2 Gustavus Adolphus	A	3:53.35	2
1) McKenzie Luetmer FR	2) Kate Carlson JR	3) Sydney Hauger SR	4) Megan Geraets JR
3 St. Benedict	A	3:56.72	2
1) Sidela Nyuga SR	2) Ella Young SR	3) Emerson Knapp JR	4) Lauren Berg SO
4 Concordia-Moorhead	A	3:57.81	2
1) Kyla Nygaard SO	2) Meg Shercliffe JR	3) Maddie Guler SR	4) Emily Rengo SO
5 Carleton	A	4:03.94	2
1) Riley Roberts JR	2) Lara Erickson JR	3) Hadley Twichell SO	4) Mary Blanchard JR

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Team	Relay	Finals	H#
6 St. Olaf	A	4:05.16	2
7 Hamline	A	4:11.45	2
1) Andreiana Aurelius SR	2) Aliyah Robran SO	3) Emme Nelson SR	4) Kyla Chester FR
8 St. Scholastica	A	4:12.58	1
1) Jaden Ellefson SO	2) Kayla Nelson SO	3) Regan DeWitt FR	4) Ava Fink SO
9 Macalester	A	4:15.44	2
1) Elise Edison FR	2) Hadley Wilkins SO	3) Penny Hunter SR	4) Tessa Myatt FR
10 Saint Mary's (Minn.)	A	4:32.88	1
1) Rachael Kubichka FR	2) Caeli McMahon SO	3) Abbie Meyer SO	4) Megan Frosch SO

Event 24 Men 4x400 Meter Relay

Conference: 3:13.02 2009

St. Thomas, St. Thomas
P Bastron, J Ewer, J DeFrance, P Jager

Team	Relay	Finals	H#
Finals			
1 Bethel (Minn.)	A	3:14.86	2
1) Joel Smith SR	2) Josh Thomsen JR	3) Taaron Rudzitis JR	4) Victor Lelinga FR
2 Carleton	A	3:18.74	2
1) Alistair Pattison SR	2) Josh Meier JR	3) Indy Lyness SO	4) Ethan Ash SR
3 St. John's (Minn.)	A	3:19.12	2
1) Cooper Smith FR	2) Owen Montreuil SO	3) Ryan Conzemius JR	4) Wyatt Witschen FR
4 St. Scholastica	A	3:20.80	2
1) Sean Alfaro Diedrich JR	2) Derek Douglas JR	3) Jacob Jensrud FR	4) Noah Kubicek SO
5 Gustavus Adolphus	A	3:22.17	2
1) Cohen Stursa FR	2) Nicholas Brauer FR	3) Tyler Smith JR	4) Jade Anstine FR
6 St. Olaf	A	3:22.76	2
1) Max Albertson FR	2) Henry Fisher JR	3) Lance Nemecek SO	4) Demetri Lord JR
7 Concordia-Moorhead	A	3:23.65	2
1) Trevor Tionson JR	2) Brady Goss FR	3) Zander Gallmeier SO	4) Wade Rhonemus SR
8 Macalester	A	3:25.24	1
1) Henry Schonebaum SO	2) Kalid Ali JR	3) Daniel Wiltse FR	4) Drew Getty SR
9 Saint Mary's (Minn.)	A	3:29.82	2
1) Chris Bulwa JR	2) Oliver Adamson JR	3) Brady Johnson JR	4) Eddie Paton FR
10 Hamline	A	3:41.34	1
1) Morris Suah FR	2) Raul Ortiz JR	3) Ozzie Robinson SO	4) Austin Schloeder FR

Event 25 Women 4x800 Meter Relay

Conference: 9:08.67 2008

St. Thomas, St. Thomas
B Hupp, K Russ, E Sprangers, K Theisen

Team	Relay	Finals	H#
Finals			
1 St. Olaf	A	9:30.93	
1) Siri Erickson FR	2) Sophie Call JR	3) Kristina Rohrer SR	4) Sophie Abernethy JR
2 Carleton	A	9:39.68	
1) Nora Daley FR	2) Libby Rowland JR	3) Alice Cutter JR	4) Lara Erickson JR
3 St. Benedict	A	9:41.56	
1) Taylor Radaich FR	2) Ella Young SR	3) Lucy Lyngen SR	4) Kalli Smith JR
4 Bethel (Minn.)	A	9:49.16	
1) Anna Cargill JR	2) Grace Robinson JR	3) Esther Nelson SR	4) Ruby Gernandt JR
5 Macalester	A	9:58.34	
1) Timna Nevo FR	2) Destiny Osemwengie FR	3) Hadley Wilkins SO	4) Ivy Coldren FR

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Team	Relay	Finals
6 Gustavus Adolphus 1) Aubrey Mair JR	A 2) McKenzie Luetmer FR	9:59.03 3) Kailyn Walukas JR 4) Molly Liston SO
7 Hamline 1) Daniela Sanchez-Castillo SO	A 2) Alicia Maddux SO	10:06.38 3) Savannah Janes FR 4) Anabel Bradley FR
8 Concordia-Moorhead 1) Londyn Ames FR	A 2) Elsie Hatlevig SO	10:09.22 3) Airial Johnson JR 4) Drew Frolek JR
9 St. Scholastica 1) Grace McCormick FR	A 2) Madeline Hartley FR	10:10.92 3) Jenna Terrio SR 4) Regan DeWitt FR
10 Saint Mary's (Minn.) 1) Caeli McMahon SO	A 2) Megan Frosch SO	10:18.41 3) Abbie Meyer SO 4) Kendra Klobe JR

Event 26 Men 4x800 Meter Relay

Conference: 7:33.39 5/12/2017 St. Olaf, St. Olaf
J Henschel, J Eggers, S Bjork, J Coffey

Team	Relay	Finals
1 Carleton 1) Roy Llewellyn SO	A 2) Alistair Pattison SR	7:47.29 3) Gabe Nichols SO 4) Indy Lyness SO
2 St. John's (Minn.) 1) Tommy Allen JR	A 2) Max McCoy FR	7:48.94 3) Cole Stencel FR 4) Owen Montreuil SO
3 St. Olaf 1) Alex Bjork FR	A 2) Olaf Coffey JR	7:52.87 3) Sean Hartney JR 4) Gabe Estrada JR
4 St. Scholastica 1) Nathan Neu JR	A 2) Tucker Wallin SR	7:57.11 3) Calvin Boone JR 4) Derek Douglas JR
5 Gustavus Adolphus 1) Cohen Stursa FR	A 2) Mark Rud SO	7:59.64 3) Markus Rupnow JR 4) Nicholas Brauer FR
6 Macalester 1) Jay Lebakken SO	A 2) Daniel Wiltse FR	8:01.19 3) Kalid Ali JR 4) Drew Getty SR
7 Bethel (Minn.) 1) Eli Berg FR	A 2) Luke Peterson SR	8:03.53 3) Jonah Kalsnes FR 4) Clark Nelson SR
8 Concordia-Moorhead 1) Cole Nowacki SR	A 2) David Johnston JR	8:16.36 3) Brady Andrews FR 4) Tyler Goss FR
9 Augsburg 1) Getinat Asfaw SR	A 2) Shareef Oty FR	8:25.29 3) Emmanuel Clement FR 4) Bereket Wondimu SR
10 Saint Mary's (Minn.) 1) Grant Schneider SO	A 2) Cade Kloss JR	8:33.83 3) Gabe Schonknecht FR 4) Isaiah Fitzgerald FR

Event 27 Women High Jump

Conference: 1.73m 1987 Holly Broadmarkle, Gustavus Adolphus

Name	Yr	School	Finals
1 Jenna Kalevik	JR	Concordia-Moorhead	1.58m 5-02.25
2 Mara Larson	FR	St. Olaf	1.58m 5-02.25
2 Ellie Selisker	SR	St. Benedict	1.58m 5-02.25
2 Ally Rakow	SR	Gustavus Adolphus	1.58m 5-02.25
5 Ashlyn Jore	FR	St. Olaf	1.53m 5-00.25
5 Erin Beer	SR	Gustavus Adolphus	1.53m 5-00.25
7 Toria Strampe	JR	St. Scholastica	1.53m 5-00.25
8 AnnaGrace Nelson	JR	Bethel (Minn.)	1.53m 5-00.25
9 Frankie Witham	FR	Hamline	1.48m 4-10.25
10 Justus Floren	JR	St. Benedict	1.48m 4-10.25
10 Ruth Pfeiffer	SR	St. Olaf	1.48m 4-10.25

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	Name	Yr	School	Finals	
10	Anna Kemp	FR	St. Benedict	1.48m	4-10.25
13	Sarah Beth Hobby	SR	Macalester	1.48m	4-10.25
14	Hannah Moe	SO	Bethel (Minn.)	1.48m	4-10.25
15	Aiyana Perry	FR	St. Olaf	1.43m	4-08.25
16	Sam Brown	FR	St. Benedict	1.43m	4-08.25
17	Jensen Luehrs	SR	Gustavus Adolphus	1.43m	4-08.25
18	Nevaeh Barnd	FR	Hamline	1.38m	4-06.25

Event 28 Men High Jump

Conference: 2.19m 1993 Leonard Jones, St. Thomas

	Name	Yr	School	Finals	
Finals					
1	Jackson McDowell	FR	St. John's (Minn.)	2.10m	6-10.75
2	Anthony Marsh	JR	Concordia-Moorhead	2.04m	6-08.25
3	Michael Braun	JR	Hamline	1.96m	6-05.00
4	Anthony Thurf	JR	St. John's (Minn.)	1.96m	6-05.00
5	Alec Ungar	JR	St. John's (Minn.)	1.91m	6-03.25
6	Peyton Johnsrud	JR	Concordia-Moorhead	1.91m	6-03.25
7	Danny Bies	SR	Gustavus Adolphus	1.91m	6-03.25
8	Cole Matetich	JR	Gustavus Adolphus	1.91m	6-03.25
9	Gerald Melin	FR	St. John's (Minn.)	1.91m	6-03.25
10	Max Lelwica	JR	St. John's (Minn.)	1.86m	6-01.25
11	Ben Peterson	JR	Concordia-Moorhead	1.81m	5-11.25
11	Alex Seiler	JR	St. John's (Minn.)	1.81m	5-11.25
13	Luc Swanson	FR	Bethel (Minn.)	1.81m	5-11.25
14	Brendan Carlson	JR	Gustavus Adolphus	1.81m	5-11.25
15	Connor O'Brien	FR	St. John's (Minn.)	1.81m	5-11.25
16	Ben LePard	FR	Concordia-Moorhead	1.76m	5-09.25
16	Justus White	JR	St. John's (Minn.)	1.76m	5-09.25
18	Jesse Olson	FR	St. Olaf	1.71m	5-07.25

Event 29 Women Pole Vault

Conference: 3.82m 5/12/2017 London Stelten, St. Benedict

	Name	Yr	School	Finals	
Finals					
1	Jaylyn Ahlberg	SO	St. Benedict	3.71m	12-02.00
2	Emily Pearson	FR	Bethel (Minn.)	3.56m	11-08.00
3	LiLi Raidt	FR	St. Benedict	3.56m	11-08.00
4	Alli Graff	JR	Gustavus Adolphus	3.26m	10-08.25
5	Raina Kaping	FR	Bethel (Minn.)	3.26m	10-08.25
6	Linnea Askegaard	SO	St. Olaf	3.11m	10-02.50
6	Camille Finney	FR	Gustavus Adolphus	3.11m	10-02.50
8	Jenna Bunker	JR	Gustavus Adolphus	2.96m	9-08.50
8	Seneca Wilson	FR	Macalester	2.96m	9-08.50
10	Melanie Roberts	SR	St. Olaf	2.96m	9-08.50
11	Sabrina Buffetta	JR	St. Benedict	2.81m	9-02.50
12	Lillian Selberg	JR	Gustavus Adolphus	2.66m	8-08.75
12	Grace Hatcher	JR	Hamline	2.66m	8-08.75
14	Reagan Wohlers	FR	Concordia-Moorhead	2.66m	8-08.75
---	Bria Luepke	SO	Hamline	NH	

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Name	Yr	School	Finals
--- Maddox Lee	SO	Gustavus Adolphus	NH
--- Lizzie Green	SO	Hamline	NH
--- Lucy Ehlers	FR	Hamline	NH

Event 30 Men Pole Vault

Conference:	5.09m	5/13/2017	Connor O'Neill, St. Thomas (Minn)			
Name	Yr	School	Finals			
Finals						
1 Joseph Charbonneau	JR	St. John's (Minn.)	4.60m	15-01.00		
2 Soren Kaster	FR	Carleton	4.60m	15-01.00		
3 Samuel Gardeen	JR	Bethel (Minn.)	4.60m	15-01.00		
4 Dylan Arnold	JR	St. Olaf	4.30m	14-01.25		
5 Daniel Eickhoff	JR	St. John's (Minn.)	4.30m	14-01.25		
6 Kole Guth	SO	St. John's (Minn.)	4.30m	14-01.25		
7 Josh Johnston	SO	St. John's (Minn.)	4.15m	13-07.25		
8 Logan Marzinske	JR	Gustavus Adolphus	4.00m	13-01.50		
9 Noah Besemann	FR	St. John's (Minn.)	4.00m	13-01.50		
10 Andrew Adams	JR	St. John's (Minn.)	4.00m	13-01.50		
10 Oliver Engstrom	SO	Hamline	4.00m	13-01.50		
12 Max Doom	JR	St. John's (Minn.)	3.85m	12-07.50		
12 Connor McCormick	SO	Gustavus Adolphus	3.85m	12-07.50		
14 Wade Rhonemus	SR	Concordia-Moorhead	3.85m	12-07.50		
--- Spencer Collins	FR	St. Olaf	NH			
--- Joe Ream	SO	Gustavus Adolphus	NH			
--- Andrew Withuski	FR	St. John's (Minn.)	NH			
--- Austin Schloeder	FR	Hamline	NH			
--- Tim Adams	JR	Carleton	NH			

Event 31 Women Long Jump

Conference:	5.74m	2019	Steph Kretlow, St. Thomas			
Conference:	5.92m	2005	Kristal Grigsby (NWI), St. Thomas			
Name	Yr	School	Finals		Wind	H#
Finals						
1 Sabriya Farquharson	FR	St. Benedict	5.61m	18-05.00	4.1	2
2 Ellie Selisker	SR	St. Benedict	5.59m	18-04.25	1.5	2
3 Megan Geraets	JR	Gustavus Adolphus	5.44m	17-10.25	3.0	2
4 Ashlyn Jore	FR	St. Olaf	5.43m	17-09.75	2.1	2
5 Madi Kes	SR	Gustavus Adolphus	5.39m	17-08.25	1.0	2
6 Terra McMahon	SO	Hamline	5.32m	17-05.50	1.8	2
7 Sarah Beth Hobby	SR	Macalester	5.26m	17-03.25	4.9	1
8 Lili Guy	JR	Gustavus Adolphus	5.22m	17-01.50	1.1	2
9 Ellie Hernes	SO	Bethel (Minn.)	5.15m	16-10.75	3.9	1
10 Jordan Stanisloski	FR	Bethel (Minn.)	5.11m	16-09.25	2.0	1
11 Ainslee Parker	SR	St. Olaf	5.03m	16-06.00	0.8	1
12 Sarrah Lindner	SO	Gustavus Adolphus	4.98m	16-04.25	1.8	2
13 Tessa Myatt	FR	Macalester	4.94m	16-02.50	+0.0	1
14 Jenna Kalevik	JR	Concordia-Moorhead	4.90m	16-01.00	1.4	1
15 Justus Floren	JR	St. Benedict	4.86m	15-11.50	1.3	1
16 Lily Johnson	JR	St. Olaf	4.78m	15-08.25	0.1	1
17 Caylee Greeder	SR	Gustavus Adolphus	4.76m	15-07.50	0.1	1

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	Name	Yr	School	Finals		Wind	H#
18	Gabrielle Hannah	JR	Hamline	4.69m	15-04.75	-0.8	1
19	Katie Petersen	JR	Gustavus Adolphus	4.65m	15-03.25	+0.0	1
20	Shae Anderson	SR	Gustavus Adolphus	4.36m	14-03.75	+0.0	1

Event 32 Men Long Jump

Conference: 7.30m 2008 Erik Diley, St. John's
 Conference: 7.73m 1991 Leonard Jones (NWI), St. Thomas

	Name	Yr	School	Finals		Wind	H#
Finals							
1	Zach Schaffer	SO	St. John's (Minn.)	7.23m	23-08.75	3.2	2
2	Ben Peterson	JR	Concordia-Moorhead	6.98m	22-11.00	3.0	2
3	Matthew Erickson	FR	St. Scholastica	6.79m	22-03.50	2.9	2
4	Max Albertson	FR	St. Olaf	6.78m	22-03.00	2.6	2
5	Anthony Thurk	JR	St. John's (Minn.)	6.62m	21-08.75	3.2	1
6	Eh Ler Moo	JR	St. Olaf	6.60m	21-08.00	3.8	1
7	Anthony Mahowald	FR	St. Scholastica	6.55m	21-06.00	2.6	2
8	Abe Schegel	SR	Bethel (Minn.)	6.55m	21-06.00	1.9	1
9	Nick Bovitz	FR	Bethel (Minn.)	6.43m	21-01.25	2.2	2
10	Josh Charlton	JR	St. Olaf	6.33m	20-09.25	3.7	1
11	Simon Swenson	SO	Bethel (Minn.)	6.32m	20-09.00	0.9	1
12	Kameron Smith	FR	Augsburg	6.28m	20-07.25	1.5	1
13	Sam Rikkers	JR	St. Olaf	6.09m	19-11.75	2.2	1
14	Gabe Thompson	JR	Concordia-Moorhead	6.02m	19-09.00	2.1	2
15	Ben LePard	FR	Concordia-Moorhead	5.96m	19-06.75	1.2	1
16	Ben Wynia	FR	Gustavus Adolphus	5.93m	19-05.50	1.5	2
17	Nick Hermes	JR	Concordia-Moorhead	5.85m	19-02.50	2.6	1
18	Dan Cooper	SR	Saint Mary's (Minn.)	5.81m	19-00.75	0.9	1
19	Matt Hansen	FR	St. John's (Minn.)	5.42m	17-09.50	1.4	2
---	Isaiah Subah	SR	Gustavus Adolphus	FOUL			2

Event 33 Women Triple Jump

Conference: 12.15m 5/13/2017 Emma Peterson, Concordia-Moorhe
 Conference: 11.98m 2007 Selina Dehn (NWI), St. Thomas

	Name	Yr	School	Finals		Wind	H#
Finals							
1	Madi Kes	SR	Gustavus Adolphus	11.56m	37-11.25	+0.0	2
2	Ellie Hernes	SO	Bethel (Minn.)	11.10m	36-05.00	+0.0	2
3	Lili Guy	JR	Gustavus Adolphus	10.95m	35-11.25	1.0	2
4	Ainslee Parker	SR	St. Olaf	10.81m	35-05.75	0.1	2
5	AnnaGrace Nelson	JR	Bethel (Minn.)	10.80m	35-05.25	0.5	2
6	Sabriya Farquharson	FR	St. Benedict	10.78m	35-04.50	+0.0	2
7	Piper Osborne	FR	Concordia-Moorhead	10.78m	35-04.50	2.3	1
8	Ellie Selisker	SR	St. Benedict	10.68m	35-00.50	1.4	2
9	Jordan Stanisloski	FR	Bethel (Minn.)	10.63m	34-10.50	0.9	1
10	Sarra Lindner	SO	Gustavus Adolphus	10.32m	33-10.25	1.7	2
11	Caylee Greeder	SR	Gustavus Adolphus	10.21m	33-06.00	1.5	2
12	Ally Tyvoll	FR	Bethel (Minn.)	9.95m	32-07.75	+0.0	1
13	Kiernan Darling	JR	Concordia-Moorhead	9.79m	32-01.50	0.3	1
14	Melanie Roberts	SR	St. Olaf	9.71m	31-10.25	-0.1	1
15	Toria Strampe	JR	St. Scholastica	9.67m	31-08.75	1.2	1

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	Name	Yr	School	Finals		Wind	H#
16	Elli Schritz	FR	St. Scholastica	9.63m	31-07.25	0.2	1
17	Lily Johnson	JR	St. Olaf	9.58m	31-05.25	0.7	1
18	Sydney Wgeishofski	SO	St. Scholastica	9.55m	31-04.00	0.8	1
19	Danielle Anderson	SR	St. Benedict	9.50m	31-02.00	1.6	1
20	Jane Sikes	JR	St. Olaf	9.11m	29-10.75	+0.0	1

Event 34 Men Triple Jump

Conference: 14.73m 2010 Eyo Ekpo, St. Thomas
 Conference: 15.69m 1984 Todd Nash (NWI), St. Olaf

	Name	Yr	School	Finals		Wind	H#
Finals							
1	Kameron Smith	FR	Augsburg	13.87m	45-06.25	1.7	2
2	Elijah Wade	SR	St. John's (Minn.)	13.67m	44-10.25	+0.0	2
3	Matthew Erickson	FR	St. Scholastica	13.57m	44-06.25	-1.1	2
4	Riley Hodin	JR	Macalester	13.48m	44-02.75	1.4	2
5	Max Albertson	FR	St. Olaf	13.29m	43-07.25	1.8	2
6	Michael Braun	JR	Hamline	13.00m	42-08.00	-1.3	2
7	Anthony Thurk	JR	St. John's (Minn.)	12.94m	42-05.50	1.4	2
8	Zach Schaffer	SO	St. John's (Minn.)	12.93m	42-05.25	-0.6	2
9	Gabe Thompson	JR	Concordia-Moorhead	12.83m	42-01.25	0.6	2
10	Nick Bovitz	FR	Bethel (Minn.)	12.74m	41-09.75	0.3	2
11	Bangaly Kaba	FR	St. John's (Minn.)	12.66m	41-06.50	2.1	1
12	Ethan Cline-Cole	JR	Carleton	12.42m	40-09.00	1.6	1
13	Justin Veimau	SR	Macalester	12.33m	40-05.50	1.4	1
14	Noah Rose	FR	St. John's (Minn.)	12.21m	40-00.75	1.9	1
15	Sam Rikkers	JR	St. Olaf	12.17m	39-11.25	2.1	1
16	Spencer Pearson	SO	Gustavus Adolphus	12.02m	39-05.25	1.9	1
17	Roman Wilenbring	FR	Gustavus Adolphus	11.99m	39-04.00	-0.3	1
18	Dan Cooper	SR	Saint Mary's (Minn.)	11.89m	39-00.25	1.6	1
19	Reese Strube	FR	Concordia-Moorhead	11.86m	38-11.00	1.5	1
20	Ben Wynia	FR	Gustavus Adolphus	11.16m	36-07.50	1.8	1

Event 35 Women Discus Throw

Conference: 54.18m 1992 Kris Kuehl, Concordia

	Name	Yr	School	Finals		H#
Finals						
1	Olivia Duncan	FR	Gustavus Adolphus	43.85m	143-10	2
2	Kelley Brennan	JR	Gustavus Adolphus	43.30m	142-01	2
3	Graycee Roubinek	FR	St. Olaf	39.55m	129-09	1
4	Lexi Brainer	JR	Hamline	39.28m	128-10	2
5	Madison Reed	SR	Hamline	38.83m	127-05	2
6	Aries Mendez	SO	St. Olaf	38.07m	124-11	2
7	Elise Harriman	FR	St. Olaf	37.52m	123-01	2
8	Nora Wilhelm	SO	Bethel (Minn.)	36.34m	119-03	2
9	Desirae Dates	SO	Hamline	36.19m	118-09	2
10	Jade Hunt	JR	Hamline	35.10m	115-02	2
11	Otelia Lighthill	FR	St. Olaf	34.31m	112-07	1
12	Ella Engen	SO	St. Scholastica	33.68m	110-06	1
13	Laura Fuller	JR	Concordia-Moorhead	33.09m	108-07	1
14	Haley Joos	SR	St. Benedict	33.06m	108-05	1

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Finals ... (Event 35 Women Discus Throw)**

	Name	Yr	School	Finals		H#
15	Grace Banse	SO	Gustavus Adolphus	32.73m	107-04	1
16	Anna Speratos	SO	Bethel (Minn.)	31.83m	104-05	1
17	Cailey Schlosser	JR	Concordia-Moorhead	29.81m	97-10	1
18	Chando Horvath	SR	St. Catherine (Minn.)	29.52m	96-10	1
19	Peyton Irsfeld	SR	St. Olaf	26.04m	85-05	1
---	Morgan Wallendal	JR	Saint Mary's (Minn.)	FOUL		2

Event 36 Men Discus Throw

Conference: 60.30m 1983

Mike Manders, Hamline

	Name	Yr	School	Finals		H#
Finals						
1	Trent Beseth	JR	St. Scholastica	55.23m	181-02	2
2	Evan Larsen	JR	Bethel (Minn.)	44.87m	147-02	2
3	Joshua Monreal	FR	St. Scholastica	43.22m	141-09	2
4	Jaeden Frost	SO	St. John's (Minn.)	43.13m	141-06	2
5	Nathan Carroll	FR	St. John's (Minn.)	42.34m	138-11	2
6	Philip Conant	FR	Bethel (Minn.)	42.00m	137-09	2
7	Sam Dioszeghy	FR	Concordia-Moorhead	40.55m	133-00	2
8	Austin Mills	FR	Macalester	39.85m	130-09	1
9	Wyatt Hudspith	FR	Gustavus Adolphus	38.59m	126-07	1
10	Dominik Hillstrom	JR	Concordia-Moorhead	37.31m	122-05	1
11	Zach Stordahl	JR	Gustavus Adolphus	36.96m	121-03	1
12	Joseph Mensen	JR	St. John's (Minn.)	36.93m	121-02	1
13	Casen Fritz	JR	Saint Mary's (Minn.)	36.39m	119-05	1
14	Aiden Yang	SO	Macalester	35.70m	117-01	1
15	Adam Hokanson	SO	Bethel (Minn.)	35.33m	115-11	2
16	Grant Steger	SR	St. Scholastica	35.15m	115-04	2
17	Ricky Ramirez	JR	Concordia-Moorhead	34.77m	114-01	1
18	Ron White	FR	Saint Mary's (Minn.)	34.62m	113-07	1
---	Cooper Folkestad	JR	Concordia-Moorhead	ND		2
---	Tom Kuriscak	SO	St. John's (Minn.)	FOUL		1

Event 37 Women Hammer Throw

Conference: 55.16m 5/13/2023

Lily Beneke, St. Scholast

	Name	Yr	School	Finals		H#
Finals						
1	Lily Beneke	SR	St. Scholastica	56.90m	186-08	2
2	Kelley Brennan	JR	Gustavus Adolphus	50.87m	166-11	2
3	Samantha Kubes	SR	Saint Mary's (Minn.)	49.58m	162-08	2
4	Madison Reed	SR	Hamline	49.19m	161-05	2
5	Anna Speratos	SO	Bethel (Minn.)	49.13m	161-02	2
6	Nora Wilhelm	SO	Bethel (Minn.)	48.94m	160-07	2
7	Morgan Wallendal	JR	Saint Mary's (Minn.)	48.18m	158-01	2
8	Ella Engen	SO	St. Scholastica	45.64m	149-09	2
9	Ella Stritesky	SO	St. Scholastica	45.44m	149-01	1
10	Nicole Nelson	SR	Gustavus Adolphus	43.08m	141-04	1
11	Neenah Bosman	JR	Carleton	42.93m	140-10	2
12	Anna Becker	JR	Saint Mary's (Minn.)	41.79m	137-01	1
13	Brooke Tracy	SO	Hamline	41.63m	136-07	1
14	Jessica Lin	FR	Macalester	41.25m	135-04	1

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Finals ... (Event 37 Women Hammer Throw)**

	Name	Yr	School	Finals		H#
15	Peyton Irsfeld	SR	St. Olaf	41.09m	134-10	1
16	Chando Horvath	SR	St. Catherine (Minn.)	40.92m	134-03	1
17	Haley Joos	SR	St. Benedict	40.32m	132-03	1
18	Laura Fuller	JR	Concordia-Moorhead	39.18m	128-06	1
19	Brooke Kangas	JR	Concordia-Moorhead	35.83m	117-07	1
---	Lexi Brainer	JR	Hamline	FOUL		2

Event 38 Men Hammer Throw

Conference: 61.13m 2019 Michael Hensch, Gustavus

	Name	Yr	School	Finals		H#
Finals						
1	Jaeden Frost	SO	St. John's (Minn.)	52.62m	172-08	2
2	Joshua Monreal	FR	St. Scholastica	52.22m	171-04	2
3	Trent Beseth	JR	St. Scholastica	51.60m	169-03	2
4	Adam Hokanson	SO	Bethel (Minn.)	51.54m	169-01	2
5	Evan Larsen	JR	Bethel (Minn.)	50.96m	167-02	2
6	Grant Steger	SR	St. Scholastica	50.56m	165-10	2
7	Joseph Mensen	JR	St. John's (Minn.)	47.51m	155-10	2
8	Zach Stordahl	JR	Gustavus Adolphus	45.06m	147-10	2
9	Tom Kuriscak	SO	St. John's (Minn.)	44.18m	144-11	2
10	Casen Fritz	JR	Saint Mary's (Minn.)	42.78m	140-04	1
11	Ron White	FR	Saint Mary's (Minn.)	41.51m	136-02	1
12	Keenan Turqueza	SO	St. John's (Minn.)	40.22m	131-11	1
13	Charlie Frankel	FR	Macalester	38.40m	126-00	1
14	Nathan Carroll	FR	St. John's (Minn.)	37.74m	123-10	1
15	Connor Brynteson	FR	St. John's (Minn.)	37.04m	121-06	1
16	Jacob Oachs	JR	Bethel (Minn.)	34.09m	111-10	1
17	Harry Massey	FR	Hamline	33.72m	110-07	1
---	Eli Spurgeon	SO	Gustavus Adolphus	FOUL		1
---	Austin Mills	FR	Macalester	FOUL		2
---	Sam Dioszeghy	FR	Concordia-Moorhead	FOUL		1

Event 39 Women Javelin Throw

Conference: 48.29m 2008 Lisa Brown, Gustavus Adolphus

	Name	Yr	School	Finals		H#
Finals						
1	Genevieve Gruba	FR	Concordia-Moorhead	39.80m	130-07	2
2	Sarah Beth Hobby	SR	Macalester	38.52m	126-04	2
3	Lakesha Carter	JR	Gustavus Adolphus	38.33m	125-09	2
4	Abbie Swenson	SR	Bethel (Minn.)	38.18m	125-03	1
5	Regan Anderson	JR	Concordia-Moorhead	37.09m	121-08	2
6	Justus Floren	JR	St. Benedict	36.84m	120-10	2
7	Graycee Roubinek	FR	St. Olaf	36.00m	118-01	1
8	Anna Lacy	FR	Gustavus Adolphus	33.49m	109-10	1
9	Brooke Boroughs	FR	Macalester	33.11m	108-07	2
10	Jensen Luehrs	SR	Gustavus Adolphus	31.93m	104-09	1
11	Aubrie Werk	SR	Concordia-Moorhead	31.31m	102-09	1
11	Kelsie Sealock	JR	Bethel (Minn.)	31.31m	102-09	1
13	Gabby Gromacki	JR	Gustavus Adolphus	31.29m	102-08	2
14	Reagan Wohlers	FR	Concordia-Moorhead	31.24m	102-06	1

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Finals ... (Event 39 Women Javelin Throw)**

	Name	Yr	School	Finals		H#
15	Aries Mendez	SO	St. Olaf	30.39m	99-08	1
16	Erin Martin	SR	St. Benedict	29.10m	95-06	1
17	Tessa Myatt	FR	Macalester	28.02m	91-11	1
18	Isabella Schei	FR	Saint Mary's (Minn.)	26.67m	87-06	2
19	Grace Ciarrochi	FR	Concordia-Moorhead	25.99m	85-03	1
20	Ella Young	SR	St. Benedict	25.83m	84-09	1

Event 40 Men Javelin ThrowConference: **64.14m** 5/13/2023 **Brett Hague, St. John's (**

	Name	Yr	School	Finals		H#
Finals						
1	Eli Hayes	FR	Concordia-Moorhead	56.73m	186-01	2
2	Ian Mortensen	SR	Carleton	55.90m	183-05	2
3	Aiden Yang	SO	Macalester	52.93m	173-08	2
4	Mitchell Degen	SO	St. John's (Minn.)	52.51m	172-03	2
5	Logan Hennen	JR	St. John's (Minn.)	51.29m	168-03	1
6	Jacob Pipho	FR	Concordia-Moorhead	51.24m	168-01	2
7	Abe Schegel	SR	Bethel (Minn.)	50.62m	166-01	1
8	Jackson McDowell	FR	St. John's (Minn.)	50.18m	164-07	1
9	Julian Cumps	JR	St. Olaf	49.98m	164-00	2
10	Charlie Iyegha	FR	St. Olaf	44.76m	146-10	2
11	Max Thomas	SO	St. Olaf	43.21m	141-09	1
12	Henry Gathje	SO	Saint Mary's (Minn.)	43.13m	141-06	1
13	Connor McCormick	SO	Gustavus Adolphus	42.43m	139-02	1
14	Josh Thomsen	JR	Bethel (Minn.)	41.74m	136-11	1
15	Logan Kiel	FR	St. John's (Minn.)	41.71m	136-10	2
16	Will Kuntner	SO	St. Olaf	40.04m	131-04	1
17	Trevor Wellman	SR	Bethel (Minn.)	39.78m	130-06	1
18	David Couper	JR	Hamline	39.58m	129-10	1
19	Jack Meyer	JR	St. John's (Minn.)	39.53m	129-08	1

Event 41 Women Shot PutConference: **14.90m** 5/12/2023 **Annika Poe, Gustavus Ado**

	Name	Yr	School	Finals		H#
Finals						
1	Molly Meyers	SR	Hamline	13.85m	45-05.25	2
2	Morgan Wallendal	JR	Saint Mary's (Minn.)	12.68m	41-07.25	2
3	Kelley Brennan	JR	Gustavus Adolphus	12.45m	40-10.25	2
4	Tessa Myatt	FR	Macalester	12.32m	40-05.00	2
5	Nora Wilhelm	SO	Bethel (Minn.)	12.31m	40-04.75	2
6	Ella Engen	SO	St. Scholastica	12.10m	39-08.50	1
7	Lexi Brainer	JR	Hamline	11.93m	39-01.75	2
8	Desirae Dates	SO	Hamline	11.73m	38-06.00	2
9	Samantha Kubes	SR	Saint Mary's (Minn.)	11.64m	38-02.25	2
10	Sydney Jackman	JR	Saint Mary's (Minn.)	11.38m	37-04.00	2
11	Haley Joos	SR	St. Benedict	11.37m	37-03.75	2
12	Chando Horvath	SR	St. Catherine (Minn.)	11.15m	36-07.00	1
13	Nicole Nelson	SR	Gustavus Adolphus	10.91m	35-09.50	1
14	Sarah Beth Hobby	SR	Macalester	10.87m	35-08.00	1
15	Grace Banse	SO	Gustavus Adolphus	10.85m	35-07.25	1

MIAC Outdoor Track & Field Championships - 5/10/2024 to 5/11/2024**Hamline University****Results****Finals ... (Event 41 Women Shot Put)**

	Name	Yr	School	Finals		H#
16	Erica Wright	FR	Saint Mary's (Minn.)	10.65m	34-11.25	1
17	Jessica Lin	FR	Macalester	10.54m	34-07.00	1
18	Miranda Travis	SO	Concordia-Moorhead	10.50m	34-05.50	1
19	Christian Smith	FR	St. Benedict	10.42m	34-02.25	1
20	Laura Fuller	JR	Concordia-Moorhead	10.33m	33-10.75	1

Event 42 Men Shot Put

Conference: 19.05m 1983 Mike Manders, Hamline

	Name	Yr	School	Finals		H#
Finals						
1	Cooper Folkestad	JR	Concordia-Moorhead	17.07m	56-00.00	2
2	Trent Beseth	JR	St. Scholastica	16.95m	55-07.50	2
3	Blake Houska	FR	Concordia-Moorhead	14.74m	48-04.50	2
4	Joshua Monreal	FR	St. Scholastica	14.62m	47-11.75	2
5	Adam Hokanson	SO	Bethel (Minn.)	14.61m	47-11.25	2
6	Evan Larsen	JR	Bethel (Minn.)	14.59m	47-10.50	2
7	Jaeden Frost	SO	St. John's (Minn.)	14.52m	47-07.75	2
8	Sam Dioszeghy	FR	Concordia-Moorhead	14.50m	47-07.00	2
9	Dominik Hillstrom	JR	Concordia-Moorhead	13.60m	44-07.50	2
10	Kaleb DeWall	JR	St. John's (Minn.)	13.45m	44-01.50	2
11	Nathan Carroll	FR	St. John's (Minn.)	13.02m	42-08.75	1
12	Grant Steger	SR	St. Scholastica	12.85m	42-02.00	1
13	Esosa Edo-Ohanba	FR	St. Olaf	12.82m	42-00.75	1
14	Eli Spurgeon	SO	Gustavus Adolphus	12.63m	41-05.25	1
15	Anthony Willier	FR	St. John's (Minn.)	12.61m	41-04.50	1
16	Trevor Wellman	SR	Bethel (Minn.)	12.42m	40-09.00	1
17	Philip Conant	FR	Bethel (Minn.)	12.31m	40-04.75	1
18	Austin Mills	FR	Macalester	12.26m	40-02.75	1
19	Rylan Turqueza	FR	St. John's (Minn.)	12.17m	39-11.25	1
---	Harry Massey	FR	Hamline	FOUL		1

Event 47 Men Other

	Name	Yr	School	Finals		
Finals	1	Ian Mortensen	SR	Carleton	0.15m	6.25
	2	Max Lelwica	JR	St. John's (Minn.)	0.14m	5.75
	3	Wade Rhonemus	SR	Concordia-Moorhead	0.13m	5.50
	4	Demetri Lord	JR	St. Olaf	0.12m	5.00
	5	Soren Kaster	FR	Carleton	0.11m	4.50
	6	Anthony Thurk	JR	St. John's (Minn.)	0.10m	4.25
	7	Connor McCormick	SO	Gustavus Adolphus	0.09m	3.75
	8	Jacob Pipho	FR	Concordia-Moorhead	0.08m	3.50
	9	Logan Kiel	FR	St. John's (Minn.)	0.07m	3.00

Event 48 Women Other

	Name	Yr	School	Finals	
Finals					
1	AnnaGrace Nelson	JR	Bethel (Minn.)	0.15m	6.25
2	Justus Floren	JR	St. Benedict	0.14m	5.75
3	Sarah Beth Hobby	SR	Macalester	0.13m	5.50

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	Name	Yr School	Finals	
4	Jenna Kalevik	JR Concordia-Moorhead	0.12m	5.00
5	Rebekah Salfer	SR St. Olaf	0.11m	4.50
6	Ellie Hernes	SO Bethel (Minn.)	0.10m	4.25
7	Hailey Scholten	SO Bethel (Minn.)	0.09m	3.75
8	Ellie Selisker	SR St. Benedict	0.08m	3.50
9	Grace Ciarrochi	FR Concordia-Moorhead	0.07m	3.00

Women - Team Rankings - 22 Events Scored

1) Bethel (Minn.)	160	2) Gustavus Adolphus	153.833
3) St. Benedict	136.333	4) St. Olaf	110.333
5) Carleton	91.5	6) Concordia-Moorhead	74
7) Hamline	37.5	8) Macalester	33.5
9) St. Scholastica	30	10) Saint Mary's (Minn.)	16
11) Augsburg	11	12) St. Catherine (Minn.)	4

Men - Team Rankings - 22 Events Scored

1) Bethel (Minn.)	179	2) St. John's (Minn.)	168
3) St. Olaf	109	4) Carleton	93
5) St. Scholastica	88	6) Concordia-Moorhead	73
7) Gustavus Adolphus	48	8) Macalester	35
9) Augsburg	30	10) Saint Mary's (Minn.)	19
11) Hamline	16		