

Ole Open - 5/3/2025**5/3/2025****Results****Women 100 Meter Dash**

	Name	School	Finals	
Finals				
1	Rogahn-Press, Ariella	Macalester	12.21	-0.5
2	Carlson, Kate	Gustavus Ado	12.39	-0.5
3	Marks, Amara	Luther	12.86	-0.5
4	Stacy, Allison	Gustavus Ado	12.88	-0.5
5	Jaeckle, Izzi	St. Olaf	12.89	-0.5
6	Cizek, Makayla	Minnesota Ru	13.27	-0.5
7	Herweijer, Sophie	St. Olaf	13.28	-0.5
8	Sahly, Emma	St. Olaf	13.30	-1.2
9	Rahberg, Ezra	Luther	13.40	-0.5
10	Lindner, Sarrah	Gustavus Ado	13.49	-1.2
11	Matre, Zoe	St. Olaf	13.52	-0.5
12	Cunningham, Emma	Macalester	13.55	-1.2
13	Jensen, Jensi	Gustavus Ado	13.94	-1.2
14	Carver, Zoe	Macalester	14.10	-1.2
15	Dempsey-Rice, Elsie	Minnesota Ru	14.40	-1.2
16	Falkowski, Caitlin	Macalester	14.66	-1.2
17	Braaten, Delaney	Gustavus Ado	14.96	-1.2
18	Hedin, Linnea	Luther	15.05	-2.6
19	Russeth, Abby	Luther	15.10	-2.6
20	Wickam, Savannah	Minnesota Ru	16.57	-2.6

Women 200 Meter Dash

	Name	School	Finals	
Finals				
1	Geraets, Megan	Gustavus Ado	23.96	2.4
2	Carlson, Kate	Gustavus Ado	24.85	2.4
3	Stieh, Amy	Lakehead Uni	25.32	2.4
4	Jaeckle, Izzi	St. Olaf	25.45	2.4
5	Storbakken, Emma	St. Olaf	26.52	2.4
6	Marks, Amara	Luther	26.72	2.4
7	Herweijer, Sophie	St. Olaf	27.05	-0.7
8	Cizek, Makayla	Minnesota Ru	27.14	-0.7
9	Matre, Zoe	St. Olaf	27.42	-0.7
10	Lindner, Sarrah	Gustavus Ado	27.62	2.4
11	Mair, Aubrey	Gustavus Ado	27.63	+0.0
12	Groppoli, Emily	Luther	27.67	2.4
13	Dauner, Emma	St. Olaf	27.75	-0.7
14	Sahly, Emma	St. Olaf	27.86	-0.7
15	Wagner-Hemstad, Alice	St. Olaf	27.90	-0.7
16	Kienitz, Ella	Gustavus Ado	27.91	+0.0
17	Stahl, Chelsea	Gustavus Ado	28.31	-0.7
18	Landmesser, Grace	Luther	28.47	+0.0
19	Jensen, Jensi	Gustavus Ado	28.48	-0.7
20	Stark, Teagan	Gustavus Ado	28.61	+0.0
21	Kennedy, Adelyn	Gustavus Ado	29.20	+0.0
22	Strock, Elizabeth	Minnesota Ru	29.36	+0.0
23	Lundvall, Julianne	Luther	30.98	-1.8
24	Russeth, Abby	Luther	31.17	-1.8
25	Braaten, Delaney	Gustavus Ado	31.23	-1.8

Women 400 Meter Dash

	Name	School	Finals
Finals			
1	Stieh, Amy	Lakehead Uni	55.70
2	Luetmer, McKenzie	Gustavus Ado	59.12
3	Mickelson, Nora	St. Olaf	59.43
4	DiNardo, Molly	St. Olaf	59.64
5	Beckley, Claire	Macalester	1:00.12
6	Wilson, Rachael	St. Olaf	1:00.35
7	Larson, Mara	St. Olaf	1:00.41
8	Mair, Aubrey	Gustavus Ado	1:01.69
9	Fynboh, Isabel	Gustavus Ado	1:02.13
10	Sieck, Kayla	St. Olaf	1:02.17
11	Kienitz, Ella	Gustavus Ado	1:02.84
12	Wagner-Hemstad, Alice	St. Olaf	1:02.99
13	Stark, Teagan	Gustavus Ado	1:04.35
14	Hatcher, Grace	Hamline	1:05.84
15	Kennedy, Adelyn	Gustavus Ado	1:06.48
16	Strock, Elizabeth	Minnesota Ru	1:13.13

Women 800 Meter Run

	Name	School	Finals
Finals			
1	Abernethy, Sophie	St. Olaf	2:17.54
2	Fromm, Jules	St. Olaf	2:18.11
3	Erickson, Siri	St. Olaf	2:20.06
4	Nevo, Timna	Macalester	2:25.21
5	Morris, Kyra	Macalester	2:25.52
6	Lamarre, Louisa	St. Olaf	2:26.23
7	Leiner, Willemijn	St. Olaf	2:27.90
8	Shirley, Ava	St. Olaf	2:28.34
9	Warren, Anna	Macalester	2:29.75
10	McDonald, Meaghan	St. Benedict	2:30.78
11	Peterson, Kaitlyn	St. Catherin	2:40.99
12	Kraabel, Isabel	St. Benedict	2:44.28
13	Lindgren, Frances	Gustavus Ado	2:44.46
14	Hernandez-Monroy, Isabel	St. Catherin	3:08.04
15	Arce, Isabella	Minnesota Ru	3:16.73

Women 1500 Meter Run

	Name	School	Finals
Finals			
1	Wyatt, Isabel	St. Olaf	4:34.25
2	Bode, Alison	St. Olaf	4:35.42
3	Blankenship, Alyssa	Luther	4:46.43
4	Walukas, Kailyn	Gustavus Ado	4:46.78
5	Fox, Kate	Macalester	4:47.78
6	Lindquist, Abigale	St. Olaf	4:52.14
7	McCloskey, Molly Kate	St. Olaf	4:57.20
8	Timmerman, Megan	St. Olaf	4:58.79
9	Paulsen, Mari	Luther	4:58.91
10	England, Arabella	St. Olaf	4:59.23
11	Larsen-Schmidt, Gracia	St. Olaf	4:59.85
12	Reckmeyer, Madeleine	Carleton	5:02.13
13	Carlson, Sofia	St. Olaf	5:02.21

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Finals ... (Women 1500 Meter Run)

	Name	School	Finals
14	Schmidt, Sarah	Luther	5:02.87
15	Ellis, Samantha	Macalester	5:03.13
16	McDonald, Norah	Luther	5:07.74
17	Gleason, Cate	St. Olaf	5:08.47
18	Omdal, Anna	Gustavus Ado	5:11.28
19	Murphy, Mackenzie	Gustavus Ado	5:15.04
20	Moseley, Lindsey	Luther	5:15.91
21	Anderson, Erin	St. Olaf	5:17.34
22	Weider, Elizabeth	St. Olaf	5:18.84
23	Jensen, Makaylee	Luther	5:18.98
24	Ransavage, Mia	St. Olaf	5:23.48
25	Daugherty, Madeline	St. Olaf	5:26.30
26	Berry, Nora	Minnesota Ru	5:27.30
27	Hagen, Elsey	Gustavus Ado	5:30.04
28	Kennedy, Lauren	St. Catherin	5:35.37
29	Lung, Mia	Luther	5:36.55
30	Osmond, Eleanor	Gustavus Ado	5:38.36
31	Peterson, Kaitlyn	St. Catherin	5:44.18
32	Dehn, Emily	Gustavus Ado	5:50.80
33	Ingraham, Bella	Minnesota Ru	5:59.26
34	Jensen, Summer	Luther	7:04.60

Women 5000 Meter Run

	Name	School	Finals
Finals			
1	McCormick, Chloe	Minnesota Ru	19:14.26
2	Hall, Bridget	Minnesota Ru	19:46.20
3	Wainright, Megan	Unattached	19:47.42
4	Sheldon, Carlie	Minnesota Ru	20:28.82
5	Gillian-Daniel, Hannah	Minnesota Ru	20:52.56
6	White, Avery	Minnesota Ru	21:43.72
7	Beldo, Milla	Minnesota Ru	22:09.93

Women 100 Meter Hurdles

	Name	School	Finals
Finals			
1	Elco, Annika	Luther	15.84 0.2
2	Bodin, Gabby	St. Catherin	15.91 0.2
3	Stahl, Chelsea	Gustavus Ado	16.18 0.2
4	Wiehe, Heather	Minnesota Ru	16.63 0.2
5	Askegaard, Lucy	St. Olaf	16.85 0.2
6	Hagberg, Annika	St. Olaf	17.86 0.2
7	Tews, Lily	Gustavus Ado	19.12 0.2
8	Schmidt, Autumn	Gustavus Ado	19.52 0.2
9	Landmesser, Grace	Luther	20.36 0.2

Women 400 Meter Hurdles

	Name	School	Finals
Finals			
1	RocheFord, Lauren	Gustavus Ado	1:08.25
2	Sahly, Emma	St. Olaf	1:10.65
3	Shirley, Ava	St. Olaf	1:14.85
4	Wiehe, Heather	Minnesota Ru	1:17.77
5	Moeller, Grace	St. Olaf	1:18.18

6 Ingraham, Bella Minnesota Ru 1:24.70

Women 3000 Meter Steeplechase

	Name	School	Finals
Finals			
1	Sheldon, Carlie	Minnesota Ru	12:42.29
2	Drabant, Findlay	Minnesota Ru	12:42.42
3	Veit, Annika	Luther	13:06.94
4	White, Avery	Minnesota Ru	13:48.17
5	Dohnal, Hannah	Minnesota Ru	14:09.46

Women 4x100 Meter Relay

	Team	Relay	Finals
Finals			
1	Gustavus Adolphus	A	48.99
	1) Stacy, Allison	2) Lindner, Sarrah	
	3) Thauvin, Laura	4) Carlson, Kate	
2	Macalester	A	49.52
	1) Rogahn-Press, Ariella	2) Boyd, Roen	
	3) Wilson, Seneca	4) Beckley, Claire	
3	Luther	A	50.06
	1) Marks, Amara	2) Rahberg, Ezra	
	3) Groppoli, Emily	4) Elco, Annika	
4	Minnesota Ru	A	52.25
	1) Timme, Anna	2) Wiehe, Heather	
	3) Strock, Elizabeth	4) Cizek, Makayla	

Women 4x400 Meter Relay

	Team	Relay	Finals
Finals			
1	Luther	A	4:28.11
	1) Moseley, Lindsey	2) Paulsen, Mari	
	3) Schmidt, Sarah	4) Blankenship, Alyssa	
2	Luther	C	4:47.21
	1) Landmesser, Grace	2) Rahberg, Ezra	
	3) Elco, Annika	4) Cummings, Ava	
3	Gustavus Adolphus	A	4:52.16
	1) Bunker, Jenna	2) Geraets, Megan	
	3) Omdal, Anna	4) Selberg, Lillian	
4	Minnesota Ru	B	5:10.21
	1) Timme, Anna	2) Wiehe, Heather	
	3) Ingraham, Bella	4) Berry, Nora	
5	Luther	B	5:17.36
	1) McDonald, Norah	2) Jensen, Makaylee	
	3) Veit, Annika	4) Jensen, Summer	
6	Minnesota Ru	A	5:25.13
	1) Cizek, Makayla	2) Arce, Isabella	
	3) Strock, Elizabeth	4) Wind, Madelyn	

Women High Jump

	Name	School	Finals
Finals			
1	Dailey, Katie	Luther	1.61m
2	Larson, Mara	St. Olaf	1.53m
3	Islam, Alice	Carleton	1.48m
4	Reichardt, Juliet	Macalester	1.38m

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Finals ... (Women High Jump)

Name	School	Finals
5 Tews, Lily	Gustavus Ado	1.33m
--- Barnd, Nevaeh	Hamline	NH

Women Pole Vault

Name	School	Finals
Finals		
1 Graff, Alli	Gustavus Ado	3.35m
2 Finney, Camille	Gustavus Ado	3.20m
3 Nesseth, Erika	St. Olaf	3.05m
4 Lee, Maddox	Gustavus Ado	J3.05m
5 Schmidt, Autumn	Gustavus Ado	J3.05m
6 Wilson, Seneca	Macalester	2.90m
7 Hanifl, Zibby	St. Olaf	J2.90m
8 Hedin, Linnea	Luther	J2.90m
9 Hagberg, Annika	St. Olaf	J2.90m
10 Bunker, Jenna	Gustavus Ado	J2.90m
11 Selberg, Lillian	Gustavus Ado	2.75m
12 Green, Lizzie	Hamline	J2.75m
13 Askegaard, Lucy	St. Olaf	J2.75m
14 Hatcher, Grace	Hamline	J2.75m
15 Boyd, Roen	Macalester	2.60m
16 Ramsdell, Lily	Hamline	J2.60m
17 Ehlers, Lucy	Hamline	J2.60m
18 Meyers, Tessa	Hamline	2.45m
19 Tschida, Elizabeth	Gustavus Ado	J2.45m
19 Russeth, Abby	Luther	J2.45m

Women Long Jump

Name	School	Finals
Finals		
1 Geraets, Megan	Gustavus Ado	5.82m +0.0
2 Jore, Ashlyn	St. Olaf	5.50m 0.6
3 Guy, Lili	Gustavus Ado	5.42m -0.9
4 Tomety, Harmony-Keli	Macalester	5.25m -0.1
5 Thauvin, Laura	Gustavus Ado	5.08m +0.0
6 Bodin, Gabby	St. Catherin	4.88m +0.0
7 Hannah, Gabrielle	Hamline	4.84m +0.0
8 Miyoshi, Claire	Carleton	4.76m 0.7
9 Petersen, Katie	Gustavus Ado	4.62m +0.0
10 Beckley, Claire	Macalester	4.55m +0.0
11 Sikes, Jane	St. Olaf	4.50m +0.0
12 Guetschow, Ada	St. Olaf	4.48m -1.3
13 Collins, Parker	Carleton	4.23m +0.0
14 Russeth, Abby	Luther	4.08m -0.7

Women Triple Jump

Name	School	Finals
Finals		
1 Guy, Lili	Gustavus Ado	11.76m 0.2
2 Miyoshi, Claire	Carleton	9.85m +0.0
3 Sikes, Jane	St. Olaf	9.80m 0.2
4 Witham, Frankie	Hamline	9.62m +0.0
5 Collins, Parker	Carleton	9.47m -1.0
6 Tews, Lily	Gustavus Ado	9.42m +0.0

7 Hintz, Riley Hamline 9.19m +0.0

Women Shot Put

Name	School	Finals
Finals		
1 Brennan, Kelley	Gustavus Ado	12.21m
2 Myatt, Tessa	Macalester	11.94m
2 Sutch, Arabella	Gustavus Ado	11.94m
4 Banse, Allison	St. Benedict	11.73m
5 Paulsen, Logan	St. Olaf	11.34m
6 McCord, Keira	Gustavus Ado	11.08m
7 Lundvall, Julianne	Luther	10.80m
8 Johnson, Emma	St. Olaf	10.58m
9 Lighthill, Otelia	St. Olaf	10.53m
10 Lewandowski, Maggie	St. Catherin	10.40m
11 Torres, Alexis	St. Benedict	10.24m
12 Wind, Madelyn	Minnesota Ru	10.11m
13 Harriman, Elise	St. Olaf	10.00m
14 Saxton, Sophia	St. Olaf	9.94m
15 Boroughs, Brooke	Macalester	9.68m
16 Althoff, Abby	St. Catherin	9.59m
17 Wickam, Savannah	Minnesota Ru	9.53m
18 Imdieke, Ashley	Luther	9.20m
19 Hanson, Lucille	Luther	8.96m
20 Cummins, Anna	Luther	8.73m
21 Gardner, Ellie	Luther	8.30m

Women Discus Throw

Name	School	Finals
Finals		
1 Duncan, Olivia	Gustavus Ado	41.45m
2 Paulsen, Logan	St. Olaf	41.34m
3 McCord, Keira	Gustavus Ado	40.79m
4 Sutch, Arabella	Gustavus Ado	39.87m
5 Brennan, Kelley	Gustavus Ado	39.81m
6 Lighthill, Otelia	St. Olaf	38.62m
7 Mendez, Aries	St. Olaf	38.57m
8 Banse, Allison	St. Benedict	38.18m
9 Johnson, Emma	St. Olaf	36.09m
10 Harriman, Elise	St. Olaf	33.74m
11 Saxton, Sophia	St. Olaf	33.49m
12 Owens, Magenta	Hamline	32.30m
13 Boroughs, Brooke	Macalester	30.91m
14 Hanson, Lucille	Luther	30.83m
15 Bishop, Willa	Carleton	29.80m
16 Lewandowski, Maggie	St. Catherin	29.33m
17 Wickam, Savannah	Minnesota Ru	29.20m
18 Cummins, Anna	Luther	27.37m
19 Imdieke, Ashley	Luther	24.48m

Women Hammer Throw

Name	School	Finals
Finals		
1 Lin, Jessica	Macalester	49.31m
2 Brennan, Kelley	Gustavus Ado	46.77m
3 Lefort, Eleanor	Luther	44.85m

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	Name	School	Finals
4	Hoffman, Rebecca	Gustavus Ado	43.71m
5	Johnson, Emma	St. Olaf	42.23m
6	Torres, Alexis	St. Benedict	38.38m
7	Hanson, Lucille	Luther	38.20m
8	Lighthill, Otelia	St. Olaf	36.93m
9	Blake, Romona-Shae	Hamline	35.77m
10	Althoff, Abby	St. Catherin	35.26m
11	Mendez, Aries	St. Olaf	34.42m
12	Saxton, Sophia	St. Olaf	33.51m
13	Lewandowski, Maggie	St. Catherin	32.54m
14	Gardner, Ellie	Luther	32.40m
15	Imdieke, Ashley	Luther	31.78m
16	Paulsen, Logan	St. Olaf	31.62m

Women Javelin Throw

	Name	School	Finals
Finals			
1	Mendez, Aries	St. Olaf	32.59m
2	Lacy, Anna	Gustavus Ado	32.05m
3	Dailey, Katie	Luther	30.35m
4	Bishop, Willa	Carleton	29.93m
5	Boroughs, Brooke	Macalester	29.75m
6	Banse, Allison	St. Benedict	28.11m
7	Paulsen, Logan	St. Olaf	27.40m
8	Groppoli, Emily	Luther	25.31m
9	Landmesser, Grace	Luther	20.43m
10	Hanson, Lucille	Luther	20.34m
11	Marks, Amara	Luther	17.83m
12	Wind, Madelyn	Minnesota Ru	15.66m
13	Cummins, Anna	Luther	14.67m