

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

Men 55 Meter Dash

| Name | Year School | Seed | Prelims | H# |
|----------------------|--------------------|------|---------|---------|
| Preliminaries | | | | |
| 1 Samuel Eben Ebai | SO St. Scholastica | 6.43 | 6.43Q | 2 |
| 2 Kevin Arthur | SO St. Johns | 6.43 | 6.52Q | 3 |
| 3 Ryan Miller | SR St. Johns | 6.45 | 6.56Q | 1 |
| 4 Anthony Marsh | FR Concordia | 6.53 | 6.57q | 1 |
| 5 Varney Conneh | JR Augsburg | 6.66 | 6.63q | 2 |
| 6 Carson Kiehne | FR Gustavus | 6.60 | 6.65q | 3 |
| 7 Nolan Morical | FR Concordia | 6.74 | 6.69q | 3 6.683 |
| 8 Dylan Arnold | FR St. Olaf | 6.72 | 6.69q | 2 6.689 |
| 9 Colin Conteh | SO Concordia | 6.66 | 6.73 | 1 6.723 |
| 10 Jack Young | JR St. Johns | 6.66 | 6.73 | 3 6.725 |
| 11 Isaiah Subah | FR Gustavus | 6.72 | 6.76 | 2 |
| 12 Nathan Le | FR Gustavus | 6.74 | 6.77 | 1 6.768 |
| 13 Sean Diedrich | FR St. Scholastica | 6.66 | 6.77 | 2 6.770 |
| 14 Matthew Skelly | FR Gustavus | 6.80 | 6.78 | 1 |
| 15 Grant Anderson | SO Concordia | 6.71 | 6.79 | 1 |
| 16 Taron Busby | SR Augsburg | 6.83 | 6.80 | 2 |
| 17 Nick Barrett | FR Gustavus | 6.81 | 6.82 | 3 |
| 18 Hillary Makori | FR St. Johns | 6.85 | 6.85 | 3 |
| 19 Dawson Schaffer | SO Concordia | 6.86 | 6.87 | 3 |
| 20 Albert Smith | JR Bethel | 6.85 | 6.88 | 1 |
| | 6.875 (6.875) | | | |
| 21 Matt Gish | JR St. Johns | 6.85 | 6.90 | 1 |
| 22 Tae'Vion Wilkins | FR Hamline | 6.84 | 6.99 | 2 |
| 23 David Couper | FR Hamline | 6.89 | 7.11 | 2 |
| -- Cort Doyle | FR Bethel | 6.72 | DQ | 3 |

Men 55 Meter Dash

| Name | Year School | Prelims | Finals |
|--------------------|--------------------|---------|--------|
| Finals | | | |
| 1 Samuel Eben Ebai | SO St. Scholastica | 6.43 | 6.39 |
| 2 Kevin Arthur | SO St. Johns | 6.52 | 6.49 |
| 3 Varney Conneh | JR Augsburg | 6.63 | 6.66 |
| 4 Dylan Arnold | FR St. Olaf | 6.69 | 6.69 |
| 5 Carson Kiehne | FR Gustavus | 6.65 | 6.71 |
| 6 Nolan Morical | FR Concordia | 6.69 | 6.76 |
| 7 Anthony Marsh | FR Concordia | 6.57 | 7.44 |
| 8 Ryan Miller | SR St. Johns | 6.56 | 32.68 |

Men 400 Meter Dash

| Name | Year School | Seed | Finals | H# |
|----------------|-----------------|-----------------|--------|----|
| 1 Tommy Kern | FR Concordia | 48.77 | 49.54 | 3 |
| | 23.147 (23.147) | 49.539 (26.393) | | |
| 2 Cal Wright | SR Concordia | 49.03 | 49.72 | 3 |
| | 23.458 (23.458) | 49.716 (26.258) | | |
| 3 Jacob Parent | FR Bethel | 49.95 | 49.82 | 3 |
| | 23.037 (23.037) | 49.811 (26.774) | | |

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|----|-----------------|-----------------|-------|-------|---|
| 4 | Joel Smith | JR Bethel | 49.80 | 50.30 | 3 |
| | 23.209 (23.209) | 50.293 (27.084) | | | |
| 5 | Arlo Heitler | FR Macalester | 50.77 | 50.36 | 2 |
| | 23.934 (23.934) | 50.356 (26.422) | | | |
| 6 | Wyatt Quiring | JR Gustavus | 50.47 | 50.60 | 2 |
| | 23.662 (23.662) | 50.600 (26.938) | | | |
| 7 | Tyler Sealock | JR Bethel | 51.33 | 51.07 | 2 |
| | 24.093 (24.093) | 51.064 (26.971) | | | |
| 8 | Brady Labine | JR St. Johns | 50.98 | 51.19 | 2 |
| | 24.276 (24.276) | 51.188 (26.912) | | | |
| 9 | Omavi Collison | JR St. Johns | 51.95 | 51.67 | 1 |
| | 24.874 (24.874) | 51.670 (26.797) | | | |
| 10 | Seth Zeitchick | SO Gustavus | 51.88 | 51.76 | 1 |
| | 24.764 (24.764) | 51.756 (26.992) | | | |
| 11 | Trevor Tiongson | FR Concordia | 52.97 | 51.92 | 2 |
| | 25.020 (25.020) | 51.916 (26.896) | | | |
| 12 | Garrett Jackson | JR Saint Marys | 51.64 | 52.32 | 1 |
| | 24.224 (24.224) | 52.315 (28.091) | | | |
| 13 | Hayden Gagnon | SR Concordia | 52.50 | 52.54 | 3 |
| | 24.627 (24.627) | 52.538 (27.912) | | | |
| 14 | Jeff Wang | FR Macalester | 52.18 | 52.99 | 1 |
| | 25.097 (25.097) | 52.989 (27.892) | | | |
| 15 | Ryan Kinnucan | SR Macalester | 52.48 | 53.08 | 3 |
| | 24.695 (24.695) | 53.080 (28.385) | | | |
| 16 | Peter Oviguiian | FR Gustavus | 53.46 | 53.28 | 1 |
| | 25.655 (25.655) | 53.275 (27.620) | | | |
| 17 | Yahya Bashir | FR Gustavus | 53.46 | 53.38 | 1 |
| | 25.070 (25.070) | 53.371 (28.301) | | | |
| 18 | Dawson Schaffer | SO Concordia | 53.46 | 54.07 | 2 |
| | 25.315 (25.315) | 54.070 (28.755) | | | |

Men 800 Meter Run

| Name | Year School | Seed | Finals | H# |
|---------------------|-----------------|-----------------|-------------------|-------------------|
| 1 Jesse Middendorf | SR Concordia | 1:53.78 | 1:53.23 | 3 |
| | 27.394 (27.394) | 55.400 (28.006) | 1:24.318 (28.919) | 1:53.226 (28.908) |
| 2 Ethan Ash | FR Carleton | 1:56.62 | 1:56.31 | 3 |
| | 28.773 (28.773) | 58.165 (29.392) | 1:27.938 (29.774) | 1:56.310 (28.372) |
| 3 Tommy Allen | FR St. Johns | 1:56.42 | 1:56.45 | 3 |
| | 29.167 (29.167) | 58.384 (29.217) | 1:28.188 (29.804) | 1:56.448 (28.261) |
| 4 Josh Meier | FR Carleton | 1:59.32 | 1:57.87 | 3 |
| | 29.434 (29.434) | 58.912 (29.479) | 1:29.115 (30.203) | 1:57.866 (28.751) |
| 5 Alexei Hensel | SO St. Johns | 1:59.83 | 1:57.95 | 3 |
| | 29.387 (29.387) | 59.110 (29.723) | 1:29.103 (29.994) | 1:57.945 (28.842) |
| 6 Alistair Pattison | FR Carleton | 2:00.23 | 1:59.77 | 2 |
| | 28.300 (28.300) | 58.886 (30.586) | 1:29.925 (31.039) | 1:59.762 (29.837) |
| 7 Tyler Smith | FR Gustavus | 1:58.88 | 1:59.95 | 3 |
| | 29.261 (29.261) | 58.706 (29.445) | 1:28.889 (30.184) | 1:59.948 (31.059) |
| 8 Blake Fuller | FR Gustavus | 2:00.13 | 1:59.97 | 2 |
| | 27.566 (27.566) | 58.542 (30.976) | 1:29.037 (30.495) | 1:59.961 (30.924) |
| 9 Sakariya Hussien | JR Augsburg | 2:01.06 | 2:00.13 | 2 |
| | 27.797 (27.797) | 59.096 (31.299) | 1:30.059 (30.964) | 2:00.121 (30.062) |

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| | | | | | |
|----|------------------|--------------------|-------------------|-------------------|---|
| 10 | Solomon Johnson | SR Concordia | 2:02.02 | 2:00.43 | 1 |
| | 29.569 (29.569) | 59.774 (30.205) | 1:30.823 (31.049) | 2:00.421 (29.598) | |
| 11 | Luke Malek | JR St. Olaf | 2:00.13 | 2:00.87 | 3 |
| | 29.526 (29.526) | 59.252 (29.726) | 1:29.365 (30.113) | 2:00.863 (31.498) | |
| 12 | Jens Bartel | FR Carleton | 2:01.67 | 2:00.91 | 2 |
| | 59.122 (59.122) | 1:30.660 (31.538) | 2:00.908 (30.249) | | |
| 13 | Jackson Marsh | FR St. Olaf | 2:00.67 | 2:01.43 | 2 |
| | 28.357 (28.357) | 59.000 (30.643) | 1:30.140 (31.140) | 2:01.430 (31.290) | |
| 14 | Riley Berg | SO St. Johns | 2:03.61 | 2:02.28 | 1 |
| | 29.951 (29.951) | 1:00.314 (30.363) | 1:31.522 (31.208) | 2:02.272 (30.751) | |
| 15 | Getinat Asfaw | SO Augsburg | 2:03.04 | 2:02.30 | 1 |
| | 29.417 (29.417) | 59.810 (30.393) | 1:31.581 (31.771) | 2:02.294 (30.714) | |
| 16 | Derek Douglas | FR St. Scholastica | 2:01.46 | 2:02.42 | 2 |
| | 28.116 (28.116) | 59.327 (31.211) | 1:30.932 (31.605) | 2:02.414 (31.482) | |
| 17 | Will Mattock | SO St. Johns | 2:02.37 | 2:02.62 | 1 |
| | 29.675 (29.675) | 1:00.720 (31.045) | 1:31.938 (31.218) | 2:02.615 (30.677) | |
| 18 | Henry Kraatz | FR St. Olaf | 2:03.94 | 2:02.66 | 1 |
| | 29.353 (29.353) | 59.636 (30.284) | 1:31.331 (31.695) | 2:02.653 (31.322) | |
| 19 | Nathan Smith | FR Bethel | 2:01.31 | 2:03.20 | 2 |
| | 27.905 (27.905) | 58.926 (31.021) | 1:30.855 (31.929) | 2:03.195 (32.341) | |
| 20 | Korrigan Diercks | FR Gustavus | 2:02.67 | 2:03.85 | 1 |
| | 29.196 (29.196) | 59.321 (30.126) | 1:30.972 (31.651) | 2:03.847 (32.876) | |
| 21 | Marcus Hansen | FR Gustavus | 2:03.74 | 2:04.25 | 1 |
| | 29.385 (29.385) | 1:00.527 (31.142) | 1:32.555 (32.028) | 2:04.242 (31.687) | |

Men 1 Mile Run

| Name | Year School | Seed | Finals | H# |
|------------------|---------------------|---------------------|---------------------|---------------------|
| 1 Calvin Boone | FR St. Scholastica | 4:17.84 | 4:14.28 | 3 |
| | 32.501 (32.501) | 1:04.251 (31.750) | 1:36.682 (32.432) | 2:09.980 (33.298) |
| | 2:41.055 (31.075) | 3:12.216 (31.161) | 4:14.271 (1:02.055) | |
| 2 Lloyd Young | SO St. Johns | 4:13.79 | 4:15.33 | 3 |
| | 32.920 (32.920) | 33.948 (1.028) | 1:05.046 (31.098) | 1:36.866 (31.821) |
| | 2:10.175 (33.309) | 2:41.207 (31.032) | 3:12.086 (30.879) | 4:15.326 (1:03.241) |
| 3 Reuben Kosche | JR St. Olaf | 4:18.99 | 4:16.10 | 3 |
| | 33.741 (33.741) | 1:05.378 (31.638) | 1:38.034 (32.656) | 2:10.042 (32.008) |
| | 2:40.886 (30.844) | 3:13.848 (32.962) | 4:16.092 (1:02.244) | |
| 4 Ian Curtis | FR St. Olaf | 4:16.12 | 4:16.67 | 3 |
| | 33.407 (33.407) | 1:04.869 (31.462) | 1:37.317 (32.449) | 2:10.518 (33.201) |
| | 2:42.153 (31.635) | 3:14.319 (32.166) | 4:16.664 (1:02.346) | |
| 5 Tucker Wallin | SO Gustavus | 4:22.92 | 4:17.52 | 3 |
| | 33.848 (33.848) | 1:05.568 (31.721) | 1:37.732 (32.164) | 2:11.020 (33.288) |
| | 2:42.446 (31.426) | 3:14.609 (32.163) | 4:17.511 (1:02.902) | |
| 6 Ben Santos | JR Carleton | 4:20.38 | 4:17.73 | 3 |
| | 1:04.656 (1:04.656) | 1:37.469 (32.814) | 2:10.576 (33.107) | 2:41.833 (31.257) |
| | 3:13.600 (31.767) | 4:17.721 (1:04.121) | | |
| 7 Mitchell Grand | SO St. Johns | 4:17.24 | 4:17.77 | 3 |
| | 33.068 (33.068) | 1:05.010 (31.942) | 1:37.070 (32.061) | 2:10.305 (33.235) |
| | 2:40.749 (30.444) | 3:11.262 (30.513) | 4:17.765 (1:06.503) | |
| 8 Noah Massanari | SO St. Olaf | 4:23.97 | 4:22.43 | 3 |
| | 1:05.711 (1:05.711) | 1:38.219 (32.508) | 2:11.248 (33.029) | 2:42.920 (31.673) |
| | 4:22.429 (1:39.509) | | | |

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|----|---------------------|---------------------|---------------------|---------------------|---|
| 9 | Dillon Diekmann | JR St. Johns | 4:27.52 | 4:25.17 | 2 |
| | 1:40.356 (1:40.356) | 1:40.555 (0.199) | 2:14.747 (34.192) | 2:47.651 (32.905) | |
| | 2:48.670 (1.019) | 3:20.669 (31.999) | 3:53.821 (33.152) | 4:25.168 (31.348) | |
| 10 | Jonathan Laughlin | JR St. Scholastica | 4:24.70 | 4:25.55 | 2 |
| | 33.040 (33.040) | 1:06.150 (33.110) | 1:40.052 (33.902) | 2:14.380 (34.328) | |
| | 2:47.963 (33.583) | 3:21.040 (33.077) | 3:53.395 (32.356) | 4:25.546 (32.151) | |
| 11 | Nathan Neu | FR St. Scholastica | 4:30.80 | 4:25.82 | 2 |
| | 33.346 (33.346) | 1:06.480 (33.134) | 2:15.038 (1:08.559) | 3:21.796 (1:06.758) | |
| | 3:54.522 (32.726) | 4:25.818 (31.296) | 4:25.820 (0.002) | | |
| 12 | Avery Watts | SO Carleton | 4:31.26 | 4:26.27 | 2 |
| | 33.866 (33.866) | 1:06.954 (33.088) | 1:40.732 (33.779) | 2:15.154 (34.422) | |
| | 2:48.321 (33.167) | 3:21.420 (33.100) | 3:54.085 (32.665) | 4:26.261 (32.176) | |
| 13 | Jack Degonda | JR Gustavus | 4:26.95 | 4:26.59 | 2 |
| | 33.596 (33.596) | 1:06.709 (33.113) | 2:14.819 (1:08.110) | 2:48.130 (33.311) | |
| | 3:20.879 (32.749) | 3:53.028 (32.150) | 4:26.587 (33.559) | 4:26.589 (0.003) | |
| 14 | Nathan Meyer | JR St. Johns | 4:29.38 | 4:28.15 | 2 |
| | 34.686 (34.686) | 1:07.477 (32.792) | 2:15.212 (1:07.735) | 2:48.731 (33.519) | |
| | 3:22.807 (34.076) | 3:55.917 (33.110) | 4:28.148 (32.232) | 4:28.149 (0.001) | |
| 15 | Julian Munoz | SO St. Olaf | 4:28.05 | 4:28.91 | 2 |
| | 1:06.485 (1:06.485) | 1:40.264 (33.780) | 1:40.575 (0.311) | 2:14.544 (33.969) | |
| | 2:47.310 (32.766) | 3:20.335 (33.026) | 3:53.977 (33.642) | 4:28.905 (34.929) | |
| 16 | Olaf Coffey | FR St. Olaf | 4:32.19 | 4:29.56 | 2 |
| | 1:07.140 (1:07.140) | 1:40.874 (33.734) | 2:15.411 (34.538) | 2:48.756 (33.345) | |
| | 3:22.429 (33.674) | 3:56.140 (33.711) | 4:29.558 (33.419) | | |
| 17 | Trevor LaVigne | SO Gustavus | 4:32.16 | 4:29.80 | 2 |
| | 34.673 (34.673) | 1:07.270 (32.598) | 2:15.737 (1:08.467) | 2:49.184 (33.447) | |
| | 3:22.132 (32.948) | 3:55.493 (33.362) | 4:29.792 (34.299) | | |
| 18 | Henry Hinchcliffe | FR Gustavus | 4:24.51 | 4:31.15 | 3 |
| | 34.376 (34.376) | 1:06.651 (32.275) | 1:39.542 (32.891) | 2:13.575 (34.033) | |
| | 2:47.571 (33.996) | 4:31.145 (1:43.574) | | | |
| 19 | Nick Ihrke | FR Macalester | 4:34.23 | 4:31.90 | 1 |
| | 36.013 (36.013) | 1:09.583 (33.570) | 1:44.730 (35.147) | 2:18.655 (33.925) | |
| | 2:53.093 (34.438) | 3:26.940 (33.848) | 4:00.909 (33.969) | 4:31.892 (30.983) | |
| 20 | Anders Narum | JR St. Olaf | 4:36.27 | 4:31.93 | 1 |
| | 36.466 (36.466) | 1:10.169 (33.703) | 1:45.372 (35.204) | 2:19.215 (33.843) | |
| | 2:52.809 (33.594) | 3:25.869 (33.060) | 3:58.924 (33.056) | 4:31.925 (33.001) | |
| 21 | Mateo Useche | SO Macalester | 4:37.48 | 4:33.42 | 1 |
| | 36.368 (36.368) | 1:10.222 (33.854) | 2:19.041 (1:08.820) | 2:53.247 (34.206) | |
| | 3:27.262 (34.016) | 4:01.147 (33.885) | 4:33.418 (32.271) | | |
| 22 | Cole Nowacki | SO Concordia | 4:38.31 | 4:33.86 | 1 |
| | 35.245 (35.245) | 1:09.381 (34.136) | 1:44.503 (35.122) | 2:18.812 (34.309) | |
| | 2:52.600 (33.789) | 3:26.129 (33.529) | 3:59.882 (33.754) | 4:33.860 (33.978) | |
| 23 | Alex Fendig | SO Macalester | 4:37.92 | 4:34.90 | 1 |
| | 36.214 (36.214) | 1:10.035 (33.821) | 1:44.953 (34.918) | 2:19.442 (34.490) | |
| | 2:53.359 (33.917) | 3:27.976 (34.618) | 4:01.524 (33.548) | 4:34.899 (33.375) | |
| 24 | Reece McKee | FR Macalester | 4:35.48 | 4:35.35 | 1 |
| | 35.850 (35.850) | 36.083 (0.233) | 1:09.430 (33.347) | 1:44.964 (35.534) | |
| | 2:19.316 (34.353) | 2:53.592 (34.276) | 3:28.039 (34.448) | 4:35.348 (1:07.309) | |
| 25 | Brock Lawhead | FR St. Olaf | 4:34.26 | 4:37.71 | 1 |
| | 1:09.953 (1:09.953) | 1:44.529 (34.576) | 2:18.826 (34.297) | 2:52.730 (33.905) | |
| | 3:26.428 (33.698) | 4:01.249 (34.822) | 4:37.707 (36.458) | | |
| 26 | Jake Wielgos | FR Gustavus | 4:33.94 | 4:39.31 | 1 |
| | 35.706 (35.706) | 1:45.152 (1:09.446) | 2:19.250 (34.099) | 2:53.562 (34.312) | |
| | 3:28.279 (34.717) | 4:03.709 (35.430) | 4:39.302 (35.593) | | |

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|-------------------|-------------------|-------------------|-------------------|---|
| 27 Gabe Estrada | FR St. Olaf | 4:34.73 | 4:42.12 | 1 |
| 36.664 (36.664) | 1:10.358 (33.694) | 1:45.510 (35.153) | 2:19.917 (34.407) | |
| 2:54.237 (34.320) | 3:29.590 (35.353) | 4:05.397 (35.808) | 4:42.112 (36.715) | |

Men 5000 Meter Run

| Name | Year School | Seed | Finals |
|------------------------|--------------|----------|----------|
| 1 Stephen Lavey | JR Carleton | 14:38.34 | 14:31.30 |
| 14:31.294 (14:31.294) | | | |
| 2 Munir Isahak | SR Concordia | 14:57.37 | 14:31.91 |
| 14:31.905 (14:31.905) | | | |
| 3 Will Kelly | FR St. Olaf | 15:35.17 | 14:49.53 |
| 14:49.523 (14:49.523) | | | |
| 4 Henry Bowman | SO Carleton | 15:09.31 | 14:57.03 |
| 14:57.026 (14:57.026) | | | |
| 5 Logan Bocovich | SO St. Olaf | 15:02.50 | 14:58.00 |
| 14:57.996 (14:57.996) | | | |
| 6 Adam Nakasaka | JR Carleton | 15:08.14 | 14:58.38 |
| 14:58.372 (14:58.372) | | | |
| 7 Andrew Skemp | FR St. Olaf | 15:13.90 | 15:06.92 |
| 15:06.912 (15:06.912) | | | |
| 8 Chris Melville | FR Carleton | 15:31.10 | 15:18.74 |
| 15:18.740 (15:18.740) | | | |
| 9 Arne Ellefson-Carnes | SO St. Olaf | 15:34.71 | 15:24.00 |
| 15:23.997 (15:23.997) | | | |
| 10 Bryce Knutson | JR Gustavus | 15:29.32 | 15:25.54 |
| 15:25.533 (15:25.533) | | | |
| 11 Lucas Schnirring | JR Gustavus | 15:39.50 | 15:26.78 |
| 15:26.779 (15:26.779) | | | |
| 12 Joe Lee | FR Concordia | 15:48.11 | 15:28.60 |
| 15:28.594 (15:28.594) | | | |
| 13 Kevin Montresor | SO St. Olaf | 15:38.82 | 15:29.08 |
| 15:29.077 (15:29.077) | | | |
| 14 Matt Payne | SO Gustavus | 15:44.02 | 15:39.81 |
| 15:39.808 (15:39.808) | | | |
| 15 Anders Cote | FR St. Olaf | 15:40.62 | 15:42.83 |
| 15:42.827 (15:42.827) | | | |
| 16 Andy Goldsmith | JR St. Johns | 15:34.45 | 15:44.56 |
| 15:44.553 (15:44.553) | | | |
| 17 Garet Grant | JR Gustavus | 15:44.18 | 15:48.19 |
| 15:48.190 (15:48.190) | | | |
| 18 Eamon Cavanaugh | FR St. Johns | 15:51.39 | 15:52.36 |
| 15:52.358 (15:52.358) | | | |

Men 55 Meter Hurdles

| Name | Year School | Seed | Prelims | H# |
|--------------------|-------------|------|---------|----|
| Preliminaries | | | | |
| 1 Jayson Ekiyor | FR Bethel | 7.65 | 7.69Q | 1 |
| 2 Lucas Kramarczuk | SO St. Olaf | 7.79 | 7.91Q | 3 |
| 3 David Myres | FR Bethel | 7.84 | 7.97Q | 2 |
| 4 Demetri Lord | FR St. Olaf | 7.91 | 7.93q | 1 |

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| | | | | | |
|----|-----------------|---------------|------|-------|---|
| 5 | Josh Thomsen | FR Hamline | 7.65 | 7.98q | 2 |
| 6 | Jared Stanke | SO St. Johns | 8.10 | 8.06q | 2 |
| 7 | Lukas Walton | JR Bethel | 8.09 | 8.15q | 1 |
| 8 | Justus White | SO St. Johns | 8.22 | 8.20q | 2 |
| 9 | Zach Angstman | JR Hamline | 8.34 | 8.28 | 1 |
| 10 | Brandon Doe | FR Augsburg | 8.11 | 8.40 | 3 |
| 11 | Nick Edwards | SR St. Olaf | 8.22 | 8.45 | 3 |
| 12 | Logan Hennen | FR St. Johns | 8.54 | 8.48 | 3 |
| 13 | Matthew Nissen | FR St. Olaf | 8.45 | 8.49 | 1 |
| 14 | Layton Borst | FR St. Olaf | 8.65 | 8.62 | 2 |
| 15 | Max Lelwica | FR St. Johns | 8.82 | 8.63 | 1 |
| 16 | Josh Lee | FR Bethel | 8.55 | 8.65 | 3 |
| 17 | Jackson Bassett | FR St. Olaf | 8.80 | 8.81 | 1 |
| 18 | Justin Veimau | SO Macalester | 8.99 | 9.05 | 2 |
| 19 | Woody Rian | FR St. Olaf | 9.20 | 9.17 | 3 |
| 20 | Dan Magu | FR Bethel | 9.26 | 9.53 | 3 |
| 21 | Nick Suchomel | FR Macalester | 9.42 | 9.81 | 2 |

Men 55 Meter Hurdles

| Name | Year School | Prelims | Finals | |
|---------------|------------------|--------------|--------|------|
| Finals | | | | |
| 1 | Jayson Ekiyor | FR Bethel | 7.69 | 7.78 |
| 2 | David Myres | FR Bethel | 7.97 | 7.81 |
| 3 | Lucas Kramarczuk | SO St. Olaf | 7.91 | 7.89 |
| 4 | Josh Thomsen | FR Hamline | 7.98 | 7.98 |
| 5 | Demetri Lord | FR St. Olaf | 7.93 | 7.99 |
| 6 | Lukas Walton | JR Bethel | 8.15 | 8.16 |
| 7 | Justus White | SO St. Johns | 8.20 | 8.19 |
| 8 | Jared Stanke | SO St. Johns | 8.06 | 8.24 |

Men Distance Medley

| School | Seed | Finals |
|-------------------------|-----------------------|----------|
| 1 St. Johns | | 10:25.88 |
| 1) Thomas Nemanich SO | 2) Jorge Hernandez FR | |
| 3) Nathan Clausing SO | 4) Lloyd Young SO | |
| 2 Carleton | | 10:27.23 |
| 3 St. Olaf | | 10:31.88 |
| 1) Henrik Gilbertson JR | 2) Duncan Forbes JR | |
| 3) Penn Sagedahl SO | 4) Noah Massanari SO | |
| 4 Gustavus | 10:31.52 | 10:32.58 |
| 1) Jack Degonda JR | 2) Seth Zeitchick SO | |
| 3) Markus Rupnow FR | 4) Tucker Wallin SO | |
| 5 St. Scholastica | | 10:40.46 |
| 1) Jonathan Laughlin JR | 2) Derek Douglas FR | |
| 3) Nathan Neu FR | 4) Calvin Boone FR | |
| 6 Macalester | | 10:48.23 |
| 1) Brock Adams FR | 2) Spencer McNall SR | |
| 3) Kalid Ali FR | 4) Ben Crotteau FR | |
| 7 Augsburg | | 10:55.42 |
| 1) Getinat Asfaw SO | 2) Fritz Landherr JR | |

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| | | |
|-----------------------|-------------------------|----------|
| 3) Bereket Wondimu SO | 4) Sakariya Hussien JR | |
| 8 Bethel | | 10:57.26 |
| 1) Grant Graber FR | 2) Trokon Karngar JR | |
| 3) Gabe Kuecker FR | 4) Noah Meissner FR | |
| 9 Concordia | | 11:00.66 |
| 1) Cole Nowacki SO | 2) Albara Mutleq SO | |
| 3) Tanner Olson JR | 4) Nolan Christenson SR | |
| 10 Saint Marys | | 11:21.56 |
| 11 Hamline | | 11:27.75 |
| 1) William Saari FR | 2) Raul Ortiz FR | |
| 3) Connor Artner FR | 4) Michael Kurtz FR | |

Men Pole Vault

| Name | Year | School | Seed | Finals |
|---|------|-------------|-------|-----------------|
| 1 Aidan Gatz | FR | Saint Marys | 4.52m | 4.53m 14-10.25 |
| 3.68 3.83 3.98 4.13 4.28 4.43 4.53 4.63 | | | | |
| P P P O O O O XXX | | | | |
| 2 Shawn Schindler | JR | St. Johns | 4.67m | 4.43m 14-06.25 |
| 3.68 3.83 3.98 4.13 4.28 4.43 4.53 | | | | |
| P P P P O O XXX | | | | |
| 3 Joseph Charbonneau | FR | St. Johns | 4.39m | J4.43m 14-06.25 |
| 3.68 3.83 3.98 4.13 4.28 4.43 4.53 | | | | |
| P P P O XO XO XXX | | | | |
| 4 Joseph Stauffer | SO | St. Johns | 4.27m | 4.28m 14-00.50 |
| 3.68 3.83 3.98 4.13 4.28 4.43 | | | | |
| P P O O O XXX | | | | |
| 4 Coleton Strupp | JR | Saint Marys | 4.38m | 4.28m 14-00.50 |
| 3.68 3.83 3.98 4.13 4.28 4.43 | | | | |
| P P P P O XXX | | | | |
| 4 Owen Schuster | JR | Carleton | 4.46m | 4.28m 14-00.50 |
| 3.68 3.83 3.98 4.13 4.28 4.43 | | | | |
| P P O O O XXX | | | | |
| 7 Wade Rhonemus | JR | Concordia | 4.30m | J4.28m 14-00.50 |
| 3.68 3.83 3.98 4.13 4.28 4.43 | | | | |
| P P P O XO XXX | | | | |
| 8 Samuel Gardeen | FR | Bethel | 4.19m | 4.13m 13-06.50 |
| 3.68 3.83 3.98 4.13 4.28 | | | | |
| P O O O XXX | | | | |
| 9 Dylan Arnold | FR | St. Olaf | 4.57m | 3.98m 13-00.75 |
| 3.68 3.83 3.98 4.13 4.28 | | | | |
| P P O PXX X | | | | |
| 10 Mason DeGross | SO | St. Johns | 3.97m | J3.98m 13-00.75 |
| 3.68 3.83 3.98 4.13 | | | | |
| XXO XO O XXX | | | | |
| 11 Max Doom | FR | St. Johns | 4.07m | J3.98m 13-00.75 |
| 3.68 3.83 3.98 4.13 | | | | |
| O XO XO XXX | | | | |
| 12 Rayan Elahi | FR | St. Olaf | 4.16m | J3.98m 13-00.75 |
| 3.68 3.83 3.98 4.13 | | | | |
| O O XXO XXX | | | | |

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| | | | | | |
|----|---------------------|--------------|-------|--------|----------|
| 13 | Daniel Eickhoff | FR St. Johns | 3.97m | 3.83m | 12-06.75 |
| | 3.68 3.83 3.98 | | | | |
| | O XXO XXX | | | | |
| 14 | Tim Adams | FR Carleton | 3.86m | 3.68m | 12-00.75 |
| | 3.68 3.83 | | | | |
| | O XXX | | | | |
| 14 | Erik Ault | FR Concordia | 3.90m | 3.68m | 12-00.75 |
| | 3.68 3.83 | | | | |
| | O XXX | | | | |
| 16 | Layton Borst | FR St. Olaf | 4.16m | J3.68m | 12-00.75 |
| | 3.68 3.83 | | | | |
| | XXO XXX | | | | |
| -- | Josh Lynch | FR Hamline | 4.45m | NH | |
| | 3.68 3.83 3.98 4.13 | | | | |
| | P P P XXX | | | | |
| -- | Zach Paustian | SR Concordia | 3.89m | NH | |
| | 3.68 | | | | |
| | X | | | | |

Men Long Jump

| Name | Year | School | Seed | Finals | H# |
|-----------------------|------|-------------------------------------|-------|--------|------------|
| 1 Anthony Marsh | FR | Concordia | 6.72m | 6.86m | 22-06.25 2 |
| | | 6.75m 6.86m 6.73m FOUL 6.72m PASS | | | |
| 2 Alec Ungar | FR | St. Johns | 6.69m | 6.70m | 21-11.75 1 |
| | | 6.21m 6.49m FOUL 6.48m 6.53m 6.70m | | | |
| 3 Michael Braun | FR | Hamline | 6.32m | 6.48m | 21-03.25 2 |
| | | FOUL 6.45m 6.48m 6.45m FOUL FOUL | | | |
| 4 Johanan Arimi | SR | Macalester | 6.25m | 6.45m | 21-02.00 2 |
| | | 6.43m 6.45m 6.44m 6.36m 6.41m 6.42m | | | |
| 5 Michael Wallace | JR | St. Johns | 6.19m | 6.42m | 21-00.75 2 |
| | | 6.17m 6.22m 6.42m 6.12m FOUL 6.28m | | | |
| 6 Thomas Amberg | JR | Hamline | 6.15m | 6.33m | 20-09.25 2 |
| | | FOUL 6.05m 6.33m 6.09m FOUL FOUL | | | |
| 7 Sean Bjork | JR | Bethel | 6.23m | 6.25m | 20-06.25 1 |
| | | 6.21m 6.23m 6.25m FOUL 5.82m 5.61m | | | |
| 8 Nolan Valdez | FR | Concordia | 6.37m | 6.21m | 20-04.50 1 |
| | | 6.15m 5.82m 5.94m FOUL 6.21m 6.14m | | | |
| 9 Anthony Thurk | FR | St. Johns | 6.31m | 6.14m | 20-01.75 1 |
| | | 5.72m 6.14m FOUL 5.71m 5.74m 5.68m | | | |
| 10 Dan Cooper | SO | Saint Marys | 6.21m | 6.13m | 20-01.50 2 |
| | | 5.90m 6.13m 5.83m | | | |
| 11 Chris Bulwa | FR | Saint Marys | 6.08m | 6.02m | 19-09.00 1 |
| | | FOUL FOUL 6.02m | | | |
| 12 Christian Velishek | SR | Hamline | 6.83m | 6.01m | 19-08.75 2 |
| | | FOUL 6.01m FOUL | | | |
| 13 Weston Stroschein | FR | St. Scholastica | 5.88m | 6.00m | 19-08.25 2 |
| | | 6.00m 5.97m 5.19m | | | |
| 14 Isaiah Subah | FR | Gustavus | 6.65m | 5.97m | 19-07.00 1 |
| | | 5.97m FOUL FOUL | | | |
| 15 Antonio Cisewski | FR | Saint Marys | 6.22m | 5.96m | 19-06.75 1 |
| | | FOUL 5.96m 5.96m | | | |

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| | | | | | | |
|----|-------------------|----------------|-------|-------|----------|---|
| 16 | Josh Charlton | FR St. Olaf | 6.33m | 5.87m | 19-03.25 | 1 |
| | FOUL 5.87m FOUL | | | | | |
| 17 | Demetri Lord | FR St. Olaf | 6.24m | 5.73m | 18-09.75 | 1 |
| | 5.73m 5.60m 5.61m | | | | | |
| 18 | Cade Downey | FR Bethel | 6.13m | 5.59m | 18-04.25 | 1 |
| | FOUL 5.59m FOUL | | | | | |
| 19 | Andrew Martin | JR Saint Marys | 6.14m | 5.54m | 18-02.25 | 2 |
| | 5.47m 5.47m 5.54m | | | | | |

Men Weight Throw

| Name | Year | School | Seed | Finals | H# |
|------------------------|------|----------------------|--------|--------|------------|
| 1 Gabe Irons | JR | Bethel | 17.96m | 18.54m | 60-10.00 2 |
| | | 16.36m 18.54m 18.38m | | | |
| | | FOUL FOUL | | | |
| 2 Eli Mollet | JR | St. Johns | 17.71m | 18.18m | 59-07.75 2 |
| | | 16.14m 18.18m 17.38m | | | |
| | | 17.32m 17.17m 17.02m | | | |
| 3 Sean Curran | JR | Saint Marys | 16.91m | 16.92m | 55-06.25 2 |
| | | 16.86m FOUL 16.49m | | | |
| | | 16.50m 16.92m 16.28m | | | |
| 4 Gavin Rupp | SO | St. Johns | 16.79m | 16.28m | 53-05.00 2 |
| | | 15.26m 15.64m FOUL | | | |
| | | 16.07m FOUL 16.28m | | | |
| 5 Frankie Bakalars | SR | Saint Marys | 15.92m | 16.26m | 53-04.25 2 |
| | | 14.87m 15.31m 16.26m | | | |
| | | FOUL FOUL 15.88m | | | |
| 6 Cooper Folkestad | SO | Concordia | 16.03m | 15.97m | 52-04.75 2 |
| | | 15.91m 15.97m FOUL | | | |
| | | FOUL 15.00m FOUL | | | |
| 7 Jake Kerzman | SR | Concordia | 16.99m | 15.61m | 51-02.75 2 |
| | | FOUL 15.61m FOUL | | | |
| | | 15.22m 14.41m FOUL | | | |
| 8 Jaeden Frost | SO | St. Johns | 15.54m | 15.42m | 50-07.25 2 |
| | | FOUL 13.57m 15.42m | | | |
| | | 14.59m FOUL FOUL | | | |
| 9 Joshua Beiswanger | SO | Gustavus | 16.30m | 15.38m | 50-05.50 2 |
| | | FOUL 15.04m FOUL | | | |
| | | 15.19m 14.71m 15.38m | | | |
| 10 Brett Hague | SO | St. Johns | 14.10m | 14.99m | 49-02.25 1 |
| | | 14.99m 14.31m 14.07m | | | |
| 11 Lucas Doyle | SR | Hamline | 15.35m | 14.69m | 48-02.50 2 |
| | | FOUL 14.69m FOUL | | | |
| 12 Evan Larsen | FR | Bethel | 13.79m | 14.04m | 46-00.75 1 |
| | | 14.04m 13.85m 12.97m | | | |
| 13 Jack Genereau | FR | St. Johns | 14.77m | 13.91m | 45-07.75 1 |
| | | 13.91m 13.11m FOUL | | | |
| 14 Hunter Tanem | FR | Bethel | 14.28m | 13.82m | 45-04.25 1 |
| | | FOUL 13.82m 13.34m | | | |
| 15 Joseph Mensen | FR | St. Johns | 13.84m | 13.41m | 44-00.00 1 |
| | | FOUL 13.41m FOUL | | | |
| 16 Max Menache | FR | Macalester | 13.33m | 13.17m | 43-02.50 1 |
| | | FOUL 13.17m FOUL | | | |
| 17 Zach Stordahl | FR | Gustavus | 12.88m | 12.97m | 42-06.75 1 |
| | | 12.31m 12.97m 12.51m | | | |
| 18 Grant Steger | FR | St. Scholastica | 13.59m | 11.93m | 39-01.75 1 |
| | | FOUL FOUL 11.93m | | | |
| 19 Trevor Christensen | FR | St. Olaf | 14.84m | 11.88m | 38-11.75 1 |
| | | 11.88m FOUL FOUL | | | |
| 20 Christopher Jacklen | FR | St. Scholastica | 13.98m | 11.78m | 38-07.75 1 |
| | | 11.78m FOUL FOUL | | | |

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Heptathlon: #1 Men 55 Meter Dash Heptathlon

| Name | Year School | Finals | H# | Points |
|---------------------|--------------|--------|----|--------|
| 1 Demetri Lord | FR St. Olaf | 6.63 | 3 | 837 |
| 2 Maguire Petersen | SO St. Johns | 6.63 | 3 | 837 |
| 3 Stephen Peper | JR St. Olaf | 6.83 | 3 | 765 |
| 4 Brandon Kallstrom | FR Bethel | 6.84 | 3 | 762 |
| 5 Nick Edwards | SR St. Olaf | 6.86 | 3 | 755 |
| 6 Abe Schegel | JR Bethel | 6.89 | 3 | 742 |
| 7 Wade Rhonemus | JR Concordia | 6.92 | 2 | 732 |
| 8 Zach Paustian | SR Concordia | 6.96 | 2 | 719 |
| 9 Lukas Walton | JR Bethel | 6.97 | 2 | 716 |
| 10 Layton Borst | FR St. Olaf | 6.97 | 2 | 716 |
| 11 Trevor Wellman | FR Bethel | 6.98 | 2 | 713 |
| 12 Logan Hennen | FR St. Johns | 7.07 | 1 | 681 |
| 13 Woody Rian | FR St. Olaf | 7.22 | 1 | 631 |
| 14 Micah Smith | JR Bethel | 7.25 | 1 | 622 |
| 15 Caleb Meeker | FR Bethel | 7.29 | 1 | 607 |
| 16 Max Lelwica | FR St. Johns | 7.37 | 1 | 583 |

Heptathlon: #7 Men 1000 Meter Run Heptathlon

| Name | Year School | Finals | Points |
|----------------------|---------------------|---------------------|---------------------|
| 1 Lukas Walton | JR Bethel | 2:44.19 | 827 |
| 31.805 (31.805) | 1:06.691 (34.886) | 2:12.834 (1:06.143) | 2:44.187 (31.354) |
| 2 Wade Rhonemus | JR Concordia | 2:53.55 | 729 |
| 32.538 (32.538) | 1:08.287 (35.749) | 1:08.501 (0.214) | 2:20.177 (1:11.676) |
| 2:53.542 (33.366) | | | |
| 3 Micah Smith | JR Bethel | 2:53.77 | 727 |
| 32.638 (32.638) | 2:53.764 (2:21.127) | | |
| 4 Caleb Meeker | FR Bethel | 2:56.32 | 701 |
| 32.924 (32.924) | 2:22.906 (1:49.982) | 2:56.312 (33.406) | |
| 5 Abe Schegel | JR Bethel | 2:58.59 | 678 |
| 34.668 (34.668) | 1:49.576 (1:14.908) | 2:27.081 (37.506) | 2:58.586 (31.505) |
| 6 Nick Edwards | SR St. Olaf | 2:58.72 | 677 |
| 32.457 (32.457) | 1:08.667 (36.211) | 1:50.616 (41.949) | 2:23.232 (32.617) |
| 2:58.713 (35.481) | | | |
| 7 Maguire Petersen | SO St. Johns | 2:59.09 | 673 |
| 33.140 (33.140) | 2:59.081 (2:25.941) | 2:59.089 (0.008) | |
| 8 Demetri Lord | FR St. Olaf | 2:59.43 | 670 |
| 32.045 (32.045) | 34.334 (2.289) | 1:07.991 (33.657) | 2:23.260 (1:15.270) |
| 2:59.426 (36.166) | | | |
| 9 Max Lelwica | FR St. Johns | 3:01.93 | 645 |
| 33.942 (33.942) | 3:01.930 (2:27.989) | | |
| 10 Trevor Wellman | FR Bethel | 3:02.00 | 645 |
| 34.077 (34.077) | 3:01.995 (2:27.919) | | |
| 11 Brandon Kallstrom | FR Bethel | 3:06.28 | 604 |
| 1:49.247 (1:49.247) | 3:06.278 (1:17.031) | | |
| 12 Woody Rian | FR St. Olaf | 3:09.76 | 572 |
| 33.321 (33.321) | 3:09.754 (2:36.433) | | |
| 13 Layton Borst | FR St. Olaf | 3:12.95 | 543 |
| 35.450 (35.450) | 1:51.856 (1:16.406) | 3:12.946 (1:21.090) | |
| 14 Logan Hennen | FR St. Johns | 3:14.88 | 526 |
| 33.563 (33.563) | 3:14.874 (2:41.312) | | |

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

15 Zach Paustian SR Concordia 3:22.42 461
 34.943 (34.943) 1:51.862 (1:16.919) 3:22.418 (1:30.557)

Heptathlon: #5 Men 55 Meter Hurdles Heptathlon

| Name | Year | School | Finals | H# | Points |
|----------------------|------|-----------|--------|----|--------|
| 1 Demetri Lord | FR | St. Olaf | 8.01 | 5 | 832 |
| 2 Maguire Petersen | SO | St. Johns | 8.09 | 5 | 811 |
| 3 Lukas Walton | JR | Bethel | 8.10 | 5 | 809 |
| 4 Logan Hennen | FR | St. Johns | 8.41 | 3 | 735 |
| 5 Nick Edwards | SR | St. Olaf | 8.48 | 5 | 717 |
| 6 Wade Rhonemus | JR | Concordia | 8.49 | 4 | 715 |
| 7 Max Lelwica | FR | St. Johns | 8.64 | 3 | 681 |
| 8 Layton Borst | FR | St. Olaf | 8.87 | 3 | 629 |
| 9 Woody Rian | FR | St. Olaf | 9.25 | 2 | 549 |
| 9 Micah Smith | JR | Bethel | 9.25 | 4 | 549 |
| 11 Trevor Wellman | FR | Bethel | 9.37 | 1 | 524 |
| 12 Brandon Kallstrom | FR | Bethel | 9.51 | 1 | 497 |
| 13 Caleb Meeker | FR | Bethel | 9.56 | 2 | 488 |
| 14 Zach Paustian | SR | Concordia | 9.61 | 2 | 477 |
| 15 Abe Schegel | JR | Bethel | 10.10 | 1 | 389 |

Heptathlon: #4 Men High Jump Heptathlon

| Name | Year | School | Finals | H# | Points |
|----------------------|------|-----------|--------|---------|--------|
| 1 Maguire Petersen | SO | St. Johns | 2.09m | 6-10.25 | 2 887 |
| 2 Lukas Walton | JR | Bethel | 1.94m | 6-04.25 | 2 749 |
| 3 Demetri Lord | FR | St. Olaf | 1.85m | 6-00.75 | 2 670 |
| 4 Nick Edwards | SR | St. Olaf | 1.82m | 5-11.50 | 2 644 |
| 5 Max Lelwica | FR | St. Johns | 1.76m | 5-09.25 | 1 593 |
| 6 Woody Rian | FR | St. Olaf | 1.73m | 5-08.00 | 2 569 |
| 6 Wade Rhonemus | JR | Concordia | 1.73m | 5-08.00 | 2 569 |
| 8 Trevor Wellman | FR | Bethel | 1.67m | 5-05.75 | 2 520 |
| 9 Logan Hennen | FR | St. Johns | 1.64m | 5-04.50 | 1 496 |
| 9 Micah Smith | JR | Bethel | 1.64m | 5-04.50 | 1 496 |
| 11 Zach Paustian | SR | Concordia | 1.58m | 5-02.25 | 1 449 |
| 11 Abe Schegel | JR | Bethel | 1.58m | 5-02.25 | 1 449 |
| 13 Brandon Kallstrom | FR | Bethel | 1.55m | 5-01.00 | 1 426 |
| 14 Caleb Meeker | FR | Bethel | 1.52m | 4-11.75 | 1 404 |
| 14 Layton Borst | FR | St. Olaf | 1.52m | 4-11.75 | 1 404 |

Heptathlon: #6 Men Pole Vault Heptathlon

| Name | Year | School | Finals | Points |
|--------------------|------|-----------|--------|--------------|
| 1 Wade Rhonemus | JR | Concordia | 4.35m | 14-03.25 716 |
| 2 Lukas Walton | JR | Bethel | 4.15m | 13-07.25 659 |
| 3 Layton Borst | FR | St. Olaf | 3.85m | 12-07.50 576 |
| 3 Nick Edwards | SR | St. Olaf | 3.85m | 12-07.50 576 |
| 5 Maguire Petersen | SO | St. Johns | 3.75m | 12-03.50 549 |
| 5 Woody Rian | FR | St. Olaf | 3.75m | 12-03.50 549 |
| 7 Zach Paustian | SR | Concordia | 3.55m | 11-07.75 496 |

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

| | | | | | |
|----|-------------------|--------------|-------|----------|-----|
| 7 | Logan Hennen | FR St. Johns | 3.55m | 11-07.75 | 496 |
| 9 | Abe Schegel | JR Bethel | 3.35m | 10-11.75 | 444 |
| 10 | Demetri Lord | FR St. Olaf | 3.25m | 10-08.00 | 418 |
| 10 | Micah Smith | JR Bethel | 3.25m | 10-08.00 | 418 |
| 12 | Max Lelwica | FR St. Johns | 3.05m | 10-00.00 | 369 |
| 13 | Brandon Kallstrom | FR Bethel | 2.75m | 9-00.25 | 298 |
| 13 | Trevor Wellman | FR Bethel | 2.75m | 9-00.25 | 298 |
| 15 | Caleb Meeker | FR Bethel | 2.55m | 8-04.25 | 253 |

Heptathlon: #2 Men Long Jump Heptathlon

| Name | Year | School | Finals | | Points |
|------|-------------------|--------------|--------|----------|--------|
| 1 | Maguire Petersen | SO St. Johns | 6.35m | 20-10.00 | 664 |
| 2 | Wade Rhonemus | JR Concordia | 6.30m | 20-08.00 | 652 |
| 3 | Demetri Lord | FR St. Olaf | 6.11m | 20-00.50 | 610 |
| 3 | Lukas Walton | JR Bethel | 6.11m | 20-00.50 | 610 |
| 5 | Abe Schegel | JR Bethel | 5.92m | 19-05.25 | 569 |
| 6 | Logan Hennen | FR St. Johns | 5.79m | 19-00.00 | 542 |
| 7 | Zach Paustian | SR Concordia | 5.70m | 18-08.50 | 523 |
| 7 | Brandon Kallstrom | FR Bethel | 5.70m | 18-08.50 | 523 |
| 9 | Nick Edwards | SR St. Olaf | 5.68m | 18-07.75 | 519 |
| 10 | Max Lelwica | FR St. Johns | 5.58m | 18-03.75 | 498 |
| 11 | Micah Smith | JR Bethel | 5.41m | 17-09.00 | 463 |
| 12 | Woody Rian | FR St. Olaf | 5.39m | 17-08.25 | 459 |
| 13 | Trevor Wellman | FR Bethel | 5.34m | 17-06.25 | 449 |
| 14 | Layton Borst | FR St. Olaf | 5.30m | 17-04.75 | 441 |
| 15 | Caleb Meeker | FR Bethel | 4.81m | 15-09.50 | 346 |

Heptathlon: #3 Men Shot Put Heptathlon

| Name | Year | School | Finals | | Points |
|------|-------------------|--------------|--------|----------|--------|
| 1 | Maguire Petersen | SO St. Johns | 13.48m | 44-02.75 | 697 |
| 2 | Trevor Wellman | FR Bethel | 11.42m | 37-05.75 | 571 |
| 3 | Nick Edwards | SR St. Olaf | 11.25m | 36-11.00 | 561 |
| 4 | Demetri Lord | FR St. Olaf | 11.10m | 36-05.00 | 552 |
| 5 | Wade Rhonemus | JR Concordia | 11.09m | 36-04.75 | 551 |
| 6 | Max Lelwica | FR St. Johns | 10.71m | 35-01.75 | 528 |
| 7 | Lukas Walton | JR Bethel | 10.50m | 34-05.50 | 516 |
| 8 | Logan Hennen | FR St. Johns | 10.34m | 33-11.25 | 506 |
| 9 | Woody Rian | FR St. Olaf | 10.20m | 33-05.75 | 498 |
| 10 | Micah Smith | JR Bethel | 10.09m | 33-01.25 | 491 |
| 11 | Zach Paustian | SR Concordia | 10.05m | 32-11.75 | 489 |
| 12 | Brandon Kallstrom | FR Bethel | 10.04m | 32-11.25 | 488 |
| 13 | Layton Borst | FR St. Olaf | 9.95m | 32-07.75 | 483 |
| 14 | Abe Schegel | JR Bethel | 9.47m | 31-01.00 | 454 |
| 15 | Caleb Meeker | FR Bethel | 9.12m | 29-11.25 | 433 |

Men Heptathlon

| Name | Year | School | Seed | Finals | H# |
|------|------------------|--------------|------|--------|----|
| 1 | Maguire Petersen | SO St. Johns | | 5118 | |

MIAC Indoor Championships
Carleton College
Recreation Center - 2/24/2022 to 2/26/2022
Results

....Men Heptathlon

| | | | |
|----|-------------------|--------------|------|
| 2 | Lukas Walton | JR Bethel | 4886 |
| 3 | Wade Rhonemus | JR Concordia | 4664 |
| 4 | Demetri Lord | FR St. Olaf | 4589 |
| 5 | Nick Edwards | SR St. Olaf | 4449 |
| 6 | Logan Hennen | FR St. Johns | 3982 |
| 7 | Max Lelwica | FR St. Johns | 3897 |
| 8 | Woody Rian | FR St. Olaf | 3827 |
| 9 | Layton Borst | FR St. Olaf | 3792 |
| 10 | Micah Smith | JR Bethel | 3766 |
| 11 | Abe Schegel | JR Bethel | 3725 |
| 12 | Trevor Wellman | FR Bethel | 3720 |
| 13 | Zach Paustian | SR Concordia | 3614 |
| 14 | Brandon Kallstrom | FR Bethel | 3598 |
| 15 | Caleb Meeker | FR Bethel | 3232 |

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Men - Team Rankings - 11 Events Scored

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| | | | |
|----------------|-----|--------------------|----|
| 1) St. Johns | 102 | 2) Concordia | 65 |
| 3) Bethel | 56 | 4) St. Olaf | 55 |
| 5) Carleton | 50 | 6) St. Scholastica | 24 |
| 6) Saint Marys | 24 | 8) Gustavus | 19 |
| 9) Hamline | 14 | 10) Macalester | 12 |
| 11) Augsburg | 8 | | |