

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Thursday****Event 41 Decathlon: #1 Men 100 Meter Dash**

| Lane                               | Name                | Year | School             | Seed Time |
|------------------------------------|---------------------|------|--------------------|-----------|
| <b>Section 1 of 2 Timed Finals</b> |                     |      |                    |           |
| 4                                  | McQueen, Jarrett    | SO   | Wayne State (Neb.) | NT        |
| 5                                  | Stevenson, Malakhi  | JR   | U-Mary             | 12.35     |
| 6                                  | Tomczik, Charles    | FR   | U-Mary             | NT        |
| 7                                  | Carroll, Chaden     | FR   | SW Minnesota St.   | NT        |
| <b>Section 2 of 2 Timed Finals</b> |                     |      |                    |           |
| 1                                  | Kortenbusch, Ross   | FR   | Northern State     | 11.63     |
| 2                                  | Clark, Jack         | JR   | SW Minnesota St.   | 11.69     |
| 3                                  | Finnsson, Birnir    | FR   | Northern State     | 11.23     |
| 4                                  | Hugo, Will          | FR   | Concordia-St. Paul | 11.31     |
| 5                                  | Juengst, Sean       | JR   | Northern State     | 12.09     |
| 6                                  | Erick, Calder       | JR   | Concordia-St. Paul | 11.18     |
| 7                                  | Odamtten, Jeff      | SO   | Concordia-St. Paul | 11.37     |
| 8                                  | Williams, Debonaire | SR   | Wayne State (Neb.) | 11.42     |
| 9                                  | Stewart, Braxton    | SO   | Minnesota State    | 11.38     |

**Event 41 Decathlon: #2 Men Long Jump**

| Pos                         | Name                | Year | School             | Seed Mark |
|-----------------------------|---------------------|------|--------------------|-----------|
| <b>Flight 1 of 1 Finals</b> |                     |      |                    |           |
| 1                           | Stewart, Braxton    | SO   | Minnesota State    | 6.78m     |
| 2                           | Tomczik, Charles    | FR   | U-Mary             | 6.56m     |
| 3                           | Juengst, Sean       | JR   | Northern State     | 5.93m     |
| 4                           | Clark, Jack         | JR   | SW Minnesota St.   | 6.02m     |
| 5                           | Finnsson, Birnir    | FR   | Northern State     | 6.95m     |
| 6                           | McQueen, Jarrett    | SO   | Wayne State (Neb.) | 6.23m     |
| 7                           | Carroll, Chaden     | FR   | SW Minnesota St.   | 6.77m     |
| 8                           | Williams, Debonaire | SR   | Wayne State (Neb.) | 6.54m     |
| 9                           | Hugo, Will          | FR   | Concordia-St. Paul | 6.19m     |
| 10                          | Kortenbusch, Ross   | FR   | Northern State     | 5.44m     |
| 11                          | Stevenson, Malakhi  | JR   | U-Mary             | 6.71m     |
| 12                          | Erick, Calder       | JR   | Concordia-St. Paul | 6.39m     |
| 13                          | Odamtten, Jeff      | SO   | Concordia-St. Paul | 6.16m     |

**Event 41 Decathlon: #3 Men Shot Put**

| Pos                         | Name                | Year | School             | Seed Mark |
|-----------------------------|---------------------|------|--------------------|-----------|
| <b>Flight 1 of 1 Finals</b> |                     |      |                    |           |
| 1                           | Odamtten, Jeff      | SO   | Concordia-St. Paul | 11.63m    |
| 2                           | McQueen, Jarrett    | SO   | Wayne State (Neb.) | 9.83m     |
| 3                           | Kortenbusch, Ross   | FR   | Northern State     | 11.77m    |
| 4                           | Stewart, Braxton    | SO   | Minnesota State    | 13.77m    |
| 5                           | Hugo, Will          | FR   | Concordia-St. Paul | 9.85m     |
| 6                           | Clark, Jack         | JR   | SW Minnesota St.   | 8.62m     |
| 7                           | Erick, Calder       | JR   | Concordia-St. Paul | 12.12m    |
| 8                           | Finnsson, Birnir    | FR   | Northern State     | 11.33m    |
| 9                           | Stevenson, Malakhi  | JR   | U-Mary             | 10.59m    |
| 10                          | Carroll, Chaden     | FR   | SW Minnesota St.   | ND        |
| 11                          | Williams, Debonaire | SR   | Wayne State (Neb.) | 12.63m    |
| 12                          | Tomczik, Charles    | FR   | U-Mary             | 10.01m    |
| 13                          | Juengst, Sean       | JR   | Northern State     | 10.82m    |

## 2024 NSIC Outdoor Track &amp; Field Championship - 5/9/2024 to 5/11/2024

## Timing and Results by Hero's Timing

## Minnesota State University

## Meet Program - Thursday

## Event 41 Decathlon: #4 Men High Jump

| Pos                         | Name                | Year | School             | Seed Mark |
|-----------------------------|---------------------|------|--------------------|-----------|
| <b>Flight 1 of 1 Finals</b> |                     |      |                    |           |
| 1                           | Stewart, Braxton    | SO   | Minnesota State    | 2.05m     |
| 2                           | Tomczik, Charles    | FR   | U-Mary             | 1.70m     |
| 3                           | Finnsson, Birnir    | FR   | Northern State     | 1.92m     |
| 4                           | Erick, Calder       | JR   | Concordia-St. Paul | 1.76m     |
| 5                           | Carroll, Chaden     | FR   | SW Minnesota St.   | 1.80m     |
| 6                           | Stevenson, Malakhi  | JR   | U-Mary             | 1.88m     |
| 7                           | Odamtten, Jeff      | SO   | Concordia-St. Paul | 1.73m     |
| 8                           | McQueen, Jarrett    | SO   | Wayne State (Neb.) | 1.69m     |
| 9                           | Juengst, Sean       | JR   | Northern State     | 1.80m     |
| 10                          | Williams, Debonaire | SR   | Wayne State (Neb.) | 1.80m     |
| 11                          | Hugo, Will          | FR   | Concordia-St. Paul | 1.73m     |
| 12                          | Kortenbusch, Ross   | FR   | Northern State     | 1.65m     |
| 13                          | Clark, Jack         | JR   | SW Minnesota St.   | 1.79m     |

## Event 41 Decathlon: #5 Men 400 Meter Dash

| Lane                               | Name                | Year | School             | Seed Time |
|------------------------------------|---------------------|------|--------------------|-----------|
| <b>Section 1 of 2 Timed Finals</b> |                     |      |                    |           |
| 4                                  | Carroll, Chaden     | FR   | SW Minnesota St.   | NT        |
| 5                                  | Williams, Debonaire | SR   | Wayne State (Neb.) | NT        |
| 6                                  | McQueen, Jarrett    | SO   | Wayne State (Neb.) | NT        |
| 7                                  | Clark, Jack         | JR   | SW Minnesota St.   | 56.02     |
| <b>Section 2 of 2 Timed Finals</b> |                     |      |                    |           |
| 1                                  | Kortenbusch, Ross   | FR   | Northern State     | 53.56     |
| 2                                  | Juengst, Sean       | JR   | Northern State     | 53.59     |
| 3                                  | Tomczik, Charles    | FR   | U-Mary             | 53.22     |
| 4                                  | Odamtten, Jeff      | SO   | Concordia-St. Paul | 53.27     |
| 5                                  | Hugo, Will          | FR   | Concordia-St. Paul | 55.92     |
| 6                                  | Stevenson, Malakhi  | JR   | U-Mary             | 53.60     |
| 7                                  | Finnsson, Birnir    | FR   | Northern State     | 52.05     |
| 8                                  | Erick, Calder       | JR   | Concordia-St. Paul | 49.80     |
| 9                                  | Stewart, Braxton    | SO   | Minnesota State    | 51.45     |

## Event 42 Heptathlon: #1 Women 100 Meter Hurdles

| Lane                               | Name              | Year | School          | Seed Time |
|------------------------------------|-------------------|------|-----------------|-----------|
| <b>Section 1 of 3 Timed Finals</b> |                   |      |                 |           |
| 3                                  | Marks, Melanie    | SO   | Minnesota State | 18.52     |
| 4                                  | Dobrenski, Tayla  | FR   | Northern State  | 16.04     |
| 5                                  | Villanti, Brianna | FR   | Minnesota State | 18.33     |
| 6                                  | Mohr, Kate        | FR   | Minnesota State | 16.48     |
| 7                                  | Post, Alexa       | SO   | Minnesota State | 16.39     |
| 8                                  | West, Jordan      | FR   | Northern State  | 17.66     |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Thursday****Section 2 of 3 Timed Finals...(Event 42 Heptathlon: #1 Women 100 Meter Hurdles)**

|   |                    |    |                    |       |
|---|--------------------|----|--------------------|-------|
| 1 | Rae, Jacqi         | SR | Minnesota-Duluth   | 15.48 |
| 2 | London, Bryn       | SR | Minnesota-Duluth   | 15.40 |
| 3 | Rader, Anna        | SO | U-Mary             | 15.71 |
| 4 | Straub, Mehlayna   | FR | Concordia-St. Paul | 15.55 |
| 5 | Cumbow, Addison    | SO | Northern State     | 15.87 |
| 6 | Miller, Esther     | JR | Minnesota State    | 15.43 |
| 7 | Molesky, Emilyynn  | FR | Minnesota State    | 15.76 |
| 8 | Condon, Paige      | JR | Wayne State (Neb.) | 15.42 |
| 9 | Koepfinger, Hannah | SR | SW Minnesota St.   | 15.56 |

**Section 3 of 3 Timed Finals**

|   |                      |    |                    |       |
|---|----------------------|----|--------------------|-------|
| 1 | Pedroso, Maria       | JR | Augustana (S.D.)   | 14.83 |
| 2 | Swanson, Emily       | JR | Sioux Falls        | 13.99 |
| 3 | Coffee, Anna         | SO | Wayne State (Neb.) | 14.76 |
| 4 | Babcock, Mickalyn    | SR | Msu-Moorhead       | 15.11 |
| 5 | Sheldon, Morgan      | SO | Northern State     | 15.28 |
| 6 | Harbo, Arika         | SR | Concordia-St. Paul | 14.20 |
| 7 | Lauvstad, Miranda    | SO | Minnesota State    | 14.69 |
| 8 | Ermolaeva, Victoriia | FR | Minnesota State    | 14.37 |
| 9 | Sallee, Kylee        | JR | Augustana (S.D.)   | 15.14 |

**Event 42 Heptathlon: #2 Women High Jump**

| Pos | Name | Year | School | Seed Mark |
|-----|------|------|--------|-----------|
|-----|------|------|--------|-----------|

**Flight 1 of 2 Finals**

|    |                    |    |                  |       |
|----|--------------------|----|------------------|-------|
| 1  | Miller, Esther     | JR | Minnesota State  | 1.55m |
| 2  | Post, Alexa        | SO | Minnesota State  | 1.50m |
| 3  | Molesky, Emilyynn  | FR | Minnesota State  | 1.44m |
| 4  | Villanti, Brianna  | FR | Minnesota State  | 1.36m |
| 5  | Koepfinger, Hannah | SR | SW Minnesota St. | 1.38m |
| 6  | Babcock, Mickalyn  | SR | Msu-Moorhead     | 1.48m |
| 7  | Mohr, Kate         | FR | Minnesota State  | 1.51m |
| 8  | Rae, Jacqi         | SR | Minnesota-Duluth | 1.49m |
| 9  | Marks, Melanie     | SO | Minnesota State  | 1.39m |
| 10 | Cumbow, Addison    | SO | Northern State   | 1.45m |
| 11 | West, Jordan       | FR | Northern State   | 1.46m |
| 12 | Rader, Anna        | SO | U-Mary           | 1.52m |

**Flight 2 of 2 Finals**

|    |                      |    |                    |       |
|----|----------------------|----|--------------------|-------|
| 1  | Sheldon, Morgan      | SO | Northern State     | 1.56m |
| 2  | Straub, Mehlayna     | FR | Concordia-St. Paul | 1.53m |
| 3  | Sallee, Kylee        | JR | Augustana (S.D.)   | 1.61m |
| 4  | Condon, Paige        | JR | Wayne State (Neb.) | 1.55m |
| 5  | Ermolaeva, Victoriia | FR | Minnesota State    | 1.71m |
| 6  | London, Bryn         | SR | Minnesota-Duluth   | 1.63m |
| 7  | Pedroso, Maria       | JR | Augustana (S.D.)   | 1.64m |
| 8  | Coffee, Anna         | SO | Wayne State (Neb.) | 1.64m |
| 9  | Dobrenski, Tayla     | FR | Northern State     | 1.61m |
| 10 | Harbo, Arika         | SR | Concordia-St. Paul | 1.77m |
| 11 | Lauvstad, Miranda    | SO | Minnesota State    | 1.59m |
| 12 | Swanson, Emily       | JR | Sioux Falls        | 1.73m |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Thursday****Event 42 Heptathlon: #3 Women Shot Put**

| Pos                         | Name                 | Year | School             | Seed Mark |
|-----------------------------|----------------------|------|--------------------|-----------|
| <b>Flight 1 of 2 Finals</b> |                      |      |                    |           |
| 1                           | Koepfinger, Hannah   | SR   | SW Minnesota St.   | 7.81m     |
| 2                           | West, Jordan         | FR   | Northern State     | 9.18m     |
| 3                           | Miller, Esther       | JR   | Minnesota State    | 9.86m     |
| 4                           | Villanti, Brianna    | FR   | Minnesota State    | 8.43m     |
| 5                           | Babcock, Mickalyn    | SR   | Msu-Moorhead       | 10.19m    |
| 6                           | Mohr, Kate           | FR   | Minnesota State    | 8.84m     |
| 7                           | Rader, Anna          | SO   | U-Mary             | 8.85m     |
| 8                           | Marks, Melanie       | SO   | Minnesota State    | 9.20m     |
| 9                           | Cumbow, Addison      | SO   | Northern State     | 8.20m     |
| 10                          | Rae, Jacqi           | SR   | Minnesota-Duluth   | 13.73m    |
| 11                          | Molesky, Emilyynn    | FR   | Minnesota State    | 8.19m     |
| 12                          | Post, Alexa          | SO   | Minnesota State    | 10.76m    |
| <b>Flight 2 of 2 Finals</b> |                      |      |                    |           |
| 1                           | Straub, Mehlayna     | FR   | Concordia-St. Paul | ND        |
| 2                           | Swanson, Emily       | JR   | Sioux Falls        | 11.50m    |
| 3                           | Pedroso, Maria       | JR   | Augustana (S.D.)   | 11.14m    |
| 4                           | Sallee, Kylee        | JR   | Augustana (S.D.)   | 10.69m    |
| 5                           | Lauvstad, Miranda    | SO   | Minnesota State    | 10.59m    |
| 6                           | Coffee, Anna         | SO   | Wayne State (Neb.) | 10.90m    |
| 7                           | Harbo, Arika         | SR   | Concordia-St. Paul | 11.72m    |
| 8                           | Sheldon, Morgan      | SO   | Northern State     | 10.23m    |
| 9                           | Ermolaeva, Victoriia | FR   | Minnesota State    | 10.72m    |
| 10                          | London, Bryn         | SR   | Minnesota-Duluth   | 10.41m    |
| 11                          | Dobrenski, Tayla     | FR   | Northern State     | 9.10m     |
| 12                          | Condon, Paige        | JR   | Wayne State (Neb.) | 9.43m     |

**Event 42 Heptathlon: #4 Women 200 Meter Dash**

| Lane                               | Name               | Year | School             | Seed Time |
|------------------------------------|--------------------|------|--------------------|-----------|
| <b>Section 1 of 3 Timed Finals</b> |                    |      |                    |           |
| 3                                  | Rader, Anna        | SO   | U-Mary             | 27.85     |
| 4                                  | Mohr, Kate         | FR   | Minnesota State    | 29.86     |
| 5                                  | Dobrenski, Tayla   | FR   | Northern State     | 29.85     |
| 6                                  | Molesky, Emilyynn  | FR   | Minnesota State    | 28.22     |
| 7                                  | West, Jordan       | FR   | Northern State     | 29.10     |
| 8                                  | Villanti, Brianna  | FR   | Minnesota State    | 28.76     |
| <b>Section 2 of 3 Timed Finals</b> |                    |      |                    |           |
| 1                                  | Marks, Melanie     | SO   | Minnesota State    | 27.45     |
| 2                                  | Condon, Paige      | JR   | Wayne State (Neb.) | 27.64     |
| 3                                  | London, Bryn       | SR   | Minnesota-Duluth   | 27.51     |
| 4                                  | Koepfinger, Hannah | SR   | SW Minnesota St.   | 27.38     |
| 5                                  | Post, Alexa        | SO   | Minnesota State    | 27.23     |
| 6                                  | Cumbow, Addison    | SO   | Northern State     | 27.76     |
| 7                                  | Coffee, Anna       | SO   | Wayne State (Neb.) | 27.20     |
| 8                                  | Sheldon, Morgan    | SO   | Northern State     | 27.84     |
| 9                                  | Miller, Esther     | JR   | Minnesota State    | 26.88     |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Thursday****Section 3 of 3 Timed Finals...(Event 42 Heptathlon: #4 Women 200 Meter Dash)**

|   |                      |    |                    |       |
|---|----------------------|----|--------------------|-------|
| 1 | Pedroso, Maria       | JR | Augustana (S.D.)   | 26.40 |
| 2 | Straub, Mehlayna     | FR | Concordia-St. Paul | 26.51 |
| 3 | Ermolaeva, Victoriia | FR | Minnesota State    | 25.03 |
| 4 | Swanson, Emily       | JR | Sioux Falls        | 25.98 |
| 5 | Sallee, Kylee        | JR | Augustana (S.D.)   | 25.81 |
| 6 | Rae, Jacqi           | SR | Minnesota-Duluth   | 25.34 |
| 7 | Harbo, Arika         | SR | Concordia-St. Paul | 25.30 |
| 8 | Babcock, Mickalyn    | SR | Msu-Moorhead       | 26.72 |
| 9 | Lauvstad, Miranda    | SO | Minnesota State    | 25.00 |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Event 41 Decathlon: #6 Men 110 Meter Hurdles**

| <b>Lane</b>                        | <b>Name</b>         | <b>Year</b> | <b>School</b>      | <b>Seed Time</b> |
|------------------------------------|---------------------|-------------|--------------------|------------------|
| <b>Section 1 of 3 Timed Finals</b> |                     |             |                    |                  |
| 1                                  | Kortenbusch, Ross   | FR          | Northern State     | 19.61            |
| 3                                  | Odamtten, Jeff      | SO          | Concordia-St. Paul | 18.05            |
| 5                                  | Hugo, Will          | FR          | Concordia-St. Paul | 17.10            |
| 7                                  | Juengst, Sean       | JR          | Northern State     | 17.78            |
| <b>Section 2 of 3 Timed Finals</b> |                     |             |                    |                  |
| 1                                  | Clark, Jack         | JR          | SW Minnesota St.   | 16.43            |
| 3                                  | Tomczik, Charles    | FR          | U-Mary             | 16.55            |
| 5                                  | Stewart, Braxton    | SO          | Minnesota State    | 16.10            |
| 7                                  | Carroll, Chaden     | FR          | SW Minnesota St.   | 16.41            |
| <b>Section 3 of 3 Timed Finals</b> |                     |             |                    |                  |
| 1                                  | Finnsson, Birnir    | FR          | Northern State     | 15.47            |
| 3                                  | Erick, Calder       | JR          | Concordia-St. Paul | 15.23            |
| 5                                  | Williams, Debonaire | SR          | Wayne State (Neb.) | 15.46            |
| 7                                  | McQueen, Jarrett    | SO          | Wayne State (Neb.) | 16.03            |
| 9                                  | Stevenson, Malakhi  | JR          | U-Mary             | 16.09            |

**Event 42 Heptathlon: #5 Women Long Jump**

| <b>Pos</b>                  | <b>Name</b>          | <b>Year</b> | <b>School</b>      | <b>Seed Mark</b> |
|-----------------------------|----------------------|-------------|--------------------|------------------|
| <b>Flight 1 of 2 Finals</b> |                      |             |                    |                  |
| 1                           | Mohr, Kate           | FR          | Minnesota State    | 4.43m            |
| 2                           | Rae, Jacqi           | SR          | Minnesota-Duluth   | 5.43m            |
| 3                           | Miller, Esther       | JR          | Minnesota State    | 5.04m            |
| 4                           | Villanti, Brianna    | FR          | Minnesota State    | 4.96m            |
| 5                           | Babcock, Mickalyn    | SR          | Msu-Moorhead       | 5.17m            |
| 6                           | Rader, Anna          | SO          | U-Mary             | 5.11m            |
| 7                           | Marks, Melanie       | SO          | Minnesota State    | 4.92m            |
| 8                           | Post, Alexa          | SO          | Minnesota State    | 5.47m            |
| 9                           | West, Jordan         | FR          | Northern State     | 4.58m            |
| 10                          | Cumbow, Addison      | SO          | Northern State     | 4.98m            |
| 11                          | Molesky, Emilyynn    | FR          | Minnesota State    | 5.04m            |
| 12                          | Koepfinger, Hannah   | SR          | SW Minnesota St.   | 5.04m            |
| <b>Flight 2 of 2 Finals</b> |                      |             |                    |                  |
| 1                           | Sheldon, Morgan      | SO          | Northern State     | 4.82m            |
| 2                           | Condon, Paige        | JR          | Wayne State (Neb.) | 4.97m            |
| 3                           | Sallee, Kylee        | JR          | Augustana (S.D.)   | 5.78m            |
| 4                           | London, Bryn         | SR          | Minnesota-Duluth   | 5.26m            |
| 5                           | Ermolaeva, Victoriia | FR          | Minnesota State    | 5.99m            |
| 6                           | Straub, Mehlayna     | FR          | Concordia-St. Paul | 4.95m            |
| 7                           | Swanson, Emily       | JR          | Sioux Falls        | 5.88m            |
| 8                           | Dobrenski, Tayla     | FR          | Northern State     | 5.16m            |
| 9                           | Harbo, Arika         | SR          | Concordia-St. Paul | 5.82m            |
| 10                          | Lauvstad, Miranda    | SO          | Minnesota State    | 5.95m            |
| 11                          | Pedroso, Maria       | JR          | Augustana (S.D.)   | 5.87m            |
| 12                          | Coffee, Anna         | SO          | Wayne State (Neb.) | 5.25m            |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Event 41 Decathlon: #7 Men Discus Throw**

| Pos                         | Name                | Year | School             | Seed Mark |
|-----------------------------|---------------------|------|--------------------|-----------|
| <b>Flight 1 of 1 Finals</b> |                     |      |                    |           |
| 1                           | Williams, Debonaire | SR   | Wayne State (Neb.) | 41.86m    |
| 2                           | Carroll, Chaden     | FR   | SW Minnesota St.   | ND        |
| 3                           | Odamtten, Jeff      | SO   | Concordia-St. Paul | 34.18m    |
| 4                           | Kortenbusch, Ross   | FR   | Northern State     | 37.34m    |
| 5                           | Stevenson, Malakhi  | JR   | U-Mary             | 35.49m    |
| 6                           | Hugo, Will          | FR   | Concordia-St. Paul | 29.93m    |
| 7                           | Finnsson, Birnir    | FR   | Northern State     | 34.82m    |
| 8                           | Stewart, Braxton    | SO   | Minnesota State    | 34.98m    |
| 9                           | Erick, Calder       | JR   | Concordia-St. Paul | 35.27m    |
| 10                          | McQueen, Jarrett    | SO   | Wayne State (Neb.) | 29.89m    |
| 11                          | Juengst, Sean       | JR   | Northern State     | 30.11m    |
| 12                          | Tomczik, Charles    | FR   | U-Mary             | 25.91m    |
| 13                          | Clark, Jack         | JR   | SW Minnesota St.   | 23.82m    |

**Event 42 Heptathlon: #6 Women Javelin Throw**

| Pos                         | Name                 | Year | School             | Seed Mark |
|-----------------------------|----------------------|------|--------------------|-----------|
| <b>Flight 1 of 2 Finals</b> |                      |      |                    |           |
| 1                           | Marks, Melanie       | SO   | Minnesota State    | 22.52m    |
| 2                           | Babcock, Mickalyn    | SR   | Msu-Moorhead       | 22.74m    |
| 3                           | Post, Alexa          | SO   | Minnesota State    | 28.57m    |
| 4                           | Molesky, Emilyynn    | FR   | Minnesota State    | ND        |
| 5                           | West, Jordan         | FR   | Northern State     | 35.43m    |
| 6                           | Mohr, Kate           | FR   | Minnesota State    | 23.41m    |
| 7                           | Cumbow, Addison      | SO   | Northern State     | 32.82m    |
| 8                           | Miller, Esther       | JR   | Minnesota State    | 33.23m    |
| 9                           | Rae, Jacqi           | SR   | Minnesota-Duluth   | 34.06m    |
| 10                          | Rader, Anna          | SO   | U-Mary             | 25.35m    |
| 11                          | Koepfinger, Hannah   | SR   | SW Minnesota St.   | 30.31m    |
| 12                          | Villanti, Brianna    | FR   | Minnesota State    | 18.63m    |
| <b>Flight 2 of 2 Finals</b> |                      |      |                    |           |
| 1                           | Lauvstad, Miranda    | SO   | Minnesota State    | 29.01m    |
| 2                           | Straub, Mehlayna     | FR   | Concordia-St. Paul | 25.71m    |
| 3                           | Sallee, Kylee        | JR   | Augustana (S.D.)   | 34.07m    |
| 4                           | Sheldon, Morgan      | SO   | Northern State     | 32.51m    |
| 5                           | Coffee, Anna         | SO   | Wayne State (Neb.) | 36.32m    |
| 6                           | London, Bryn         | SR   | Minnesota-Duluth   | 29.38m    |
| 7                           | Dobrenski, Tayla     | FR   | Northern State     | 28.01m    |
| 8                           | Pedroso, Maria       | JR   | Augustana (S.D.)   | 26.33m    |
| 9                           | Harbo, Arika         | SR   | Concordia-St. Paul | 34.22m    |
| 10                          | Swanson, Emily       | JR   | Sioux Falls        | 32.40m    |
| 11                          | Condon, Paige        | JR   | Wayne State (Neb.) | 28.64m    |
| 12                          | Ermolaeva, Victoriia | FR   | Minnesota State    | 28.95m    |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Event 41 Decathlon: #8 Men Pole Vault**

| <b>Pos</b>    | <b>Name</b>          | <b>Year</b> | <b>School</b>      | <b>Seed Mark</b> |
|---------------|----------------------|-------------|--------------------|------------------|
| <b>Flight</b> | <b>1 of 1 Finals</b> |             |                    |                  |
| 1             | Stevenson, Malakhi   | JR          | U-Mary             | 4.17m            |
| 2             | Clark, Jack          | JR          | SW Minnesota St.   | 3.25m            |
| 3             | Juengst, Sean        | JR          | Northern State     | 4.00m            |
| 4             | Carroll, Chaden      | FR          | SW Minnesota St.   | 4.10m            |
| 5             | Erick, Calder        | JR          | Concordia-St. Paul | 4.00m            |
| 6             | Kortenbusch, Ross    | FR          | Northern State     | 3.15m            |
| 7             | Stewart, Braxton     | SO          | Minnesota State    | 4.00m            |
| 8             | Tomczik, Charles     | FR          | U-Mary             | 2.87m            |
| 9             | Finnsson, Birnir     | FR          | Northern State     | 4.05m            |
| 10            | Hugo, Will           | FR          | Concordia-St. Paul | 3.25m            |
| 11            | McQueen, Jarrett     | SO          | Wayne State (Neb.) | 3.95m            |
| 12            | Williams, Debonaire  | SR          | Wayne State (Neb.) | 3.95m            |
| 13            | Odamtten, Jeff       | SO          | Concordia-St. Paul | 3.10m            |

**Event 41 Decathlon: #9 Men Javelin Throw**

| <b>Pos</b>    | <b>Name</b>          | <b>Year</b> | <b>School</b>      | <b>Seed Mark</b> |
|---------------|----------------------|-------------|--------------------|------------------|
| <b>Flight</b> | <b>1 of 1 Finals</b> |             |                    |                  |
| 1             | Stewart, Braxton     | SO          | Minnesota State    | 46.77m           |
| 2             | McQueen, Jarrett     | SO          | Wayne State (Neb.) | 35.67m           |
| 3             | Juengst, Sean        | JR          | Northern State     | 42.85m           |
| 4             | Finnsson, Birnir     | FR          | Northern State     | 46.34m           |
| 5             | Kortenbusch, Ross    | FR          | Northern State     | 36.25m           |
| 6             | Carroll, Chaden      | FR          | SW Minnesota St.   | 30.83m           |
| 7             | Tomczik, Charles     | FR          | U-Mary             | 37.40m           |
| 8             | Clark, Jack          | JR          | SW Minnesota St.   | 44.78m           |
| 9             | Erick, Calder        | JR          | Concordia-St. Paul | 41.09m           |
| 10            | Williams, Debonaire  | SR          | Wayne State (Neb.) | 36.39m           |
| 11            | Hugo, Will           | FR          | Concordia-St. Paul | 38.74m           |
| 12            | Odamtten, Jeff       | SO          | Concordia-St. Paul | 48.55m           |
| 13            | Stevenson, Malakhi   | JR          | U-Mary             | 49.78m           |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Event 11 Women 10000 Meter Run****NSIC Record: 34:09.57 5/13/2022 Lindsay Cunningham, Winona State****Facility: 35:56.02 4/9/2022 Mackenzie Hall, Minnesota Duluth**

| <b>Lane</b>                        | <b>Name</b>       | <b>Year</b> | <b>School</b>      | <b>Seed Time</b> |
|------------------------------------|-------------------|-------------|--------------------|------------------|
| <b>Section 1 of 1 Timed Finals</b> |                   |             |                    |                  |
| 1                                  | Bakken, Ella      | JR          | Augustana (S.D.)   | 35:23.84         |
| 2                                  | Fundak, Andrijana | JR          | U-Mary             | 35:28.06         |
| 3                                  | Freed, Greta      | JR          | St. Cloud State    | 39:24.50         |
| 4                                  | Anderson, Eve     | JR          | Minnesota-Duluth   | 37:46.34         |
| 5                                  | Surage, Aubrey    | JR          | Augustana (S.D.)   | 35:00.07         |
| 6                                  | Andres, Carissa   | FR          | SW Minnesota St.   | 44:23.37         |
| 7                                  | Narveson, Megan   | JR          | Minnesota State    | 41:13.48         |
| 8                                  | Zigler, Alison    | SR          | Minnesota State    | 39:14.54         |
| 9                                  | Pickering, Megan  | SR          | Northern State     | NT               |
| 10                                 | Kowal, Cambrie    | JR          | St. Cloud State    | 39:48.01         |
| 11                                 | Houglum, Tess     | JR          | Concordia-St. Paul | 41:58.83         |
| 12                                 | Smith, Emery      | SO          | Minot State        | 39:05.86         |
| 13                                 | Selting, Maria    | FR          | Minnesota State    | NT               |
| 14                                 | Palodichuk, Anna  | SR          | Minnesota-Duluth   | 40:14.67         |
| 15                                 | Blote, Teresa     | SR          | U-Mary             | NT               |
| 16                                 | Larsen, Kelsey    | SO          | Wayne State (Neb.) | 42:38.02         |
| 17                                 | Helms, Jenna      | JR          | Northern State     | 41:58.95         |
| 18                                 | Westin, Hannah    | FR          | U-Mary             | NT               |
| 19                                 | Palmer, Madeline  | SO          | Winona State       | 37:00.27         |
| 20                                 | Bryant, Maddy     | FR          | Concordia-St. Paul | NT               |
| 21                                 | Kolb, Ella        | JR          | Sioux Falls        | 40:57.07         |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Event 12 Men 10000 Meter Run****NSIC Record: 29:53.73 5/14/2021****Nadir Yusuf, MSU-Moorhead****Facility: 31:18.86 4/9/2022****Matthew Trutna, Minnesota Duluth**

| <b>Lane</b>                        | <b>Name</b>       | <b>Year</b> | <b>School</b>      | <b>Seed Time</b> |
|------------------------------------|-------------------|-------------|--------------------|------------------|
| <b>Section 1 of 1 Timed Finals</b> |                   |             |                    |                  |
| 1                                  | Kiptoo, Titus     | SR          | Wayne State (Neb.) | 35:50.92         |
| 2                                  | Brault, Joel      | SO          | Msu-Moorhead       | NT               |
| 3                                  | Erickson, Owen    | JR          | Concordia-St. Paul | 32:07.62         |
| 4                                  | Saur, Dylan       | SO          | Sioux Falls        | 36:27.64         |
| 5                                  | Bennett, Jacob    | SO          | Minnesota State    | NT               |
| 6                                  | Thorson, Taylor   | FR          | Northern State     | 33:50.84         |
| 7                                  | Dorado, James     | SO          | Msu-Moorhead       | NT               |
| 8                                  | Shumway, Micade   | JR          | Sioux Falls        | 30:53.98         |
| 9                                  | Kurschner, Brett  | FR          | Msu-Moorhead       | NT               |
| 10                                 | Scheer, Andrew    | FR          | U-Mary             | NT               |
| 11                                 | Plummer, Gabriel  | SR          | Minot State        | 34:31.94         |
| 12                                 | Gundersen, Erik   | FR          | Augustana (S.D.)   | 29:32.95         |
| 13                                 | Angerhofer, Jacob | SO          | Northern State     | 33:45.00         |
| 14                                 | Groen, Kadin      | SO          | Augustana (S.D.)   | NT               |
| 15                                 | Hoechst, Chase    | FR          | Msu-Moorhead       | NT               |
| 16                                 | Strom, Dawson     | FR          | Augustana (S.D.)   | NT               |
| 17                                 | Halbe, Evan       | FR          | Northern State     | 33:13.85         |
| 18                                 | Hogan, Brady      | FR          | Augustana (S.D.)   | 30:54.45         |
| 19                                 | Antony, Austin    | SR          | Minnesota-Duluth   | 30:26.59         |
| 20                                 | Schroeder, Abe    | SR          | Wayne State (Neb.) | NT               |
| 21                                 | Alto, Nathan      | SO          | Northern State     | NT               |
| 22                                 | Frigstad, James   | JR          | Concordia-St. Paul | 35:06.87         |
| 23                                 | Hansen, Caleb     | SO          | U-Mary             | NT               |
| 24                                 | Kaas, Jesse       | SO          | Augustana (S.D.)   | NT               |

**Event 35 Women 3000 Meter Steeplechase****NSIC Record: 10:05.02 2017****Brenna Colbenson, Minnesota Duluth****Facility: 10:46.13 5/4/2022****Rachel Rairdon, Augustana**

| <b>Lane</b>                        | <b>Name</b>      | <b>Year</b> | <b>School</b>      | <b>Seed Time</b> |
|------------------------------------|------------------|-------------|--------------------|------------------|
| <b>Section 1 of 2 Timed Finals</b> |                  |             |                    |                  |
| 1                                  | Ressler, Callie  | SO          | Bemidji State      | 12:44.93         |
| 2                                  | Shiland, Marisa  | SR          | U-Mary             | 12:27.99         |
| 3                                  | Beason, Paige    | FR          | St. Cloud State    | 12:01.83         |
| 4                                  | Sajdak, Anna     | JR          | Concordia-St. Paul | 11:55.36         |
| 5                                  | Donahue, Alena   | FR          | St. Cloud State    | 12:16.41         |
| 6                                  | Conrad, Erica    | SR          | St. Cloud State    | 12:10.28         |
| 7                                  | Dugan, Jolie     | FR          | Northern State     | 12:10.77         |
| 8                                  | McConkey, Katie  | JR          | Minnesota-Duluth   | 12:24.35         |
| 9                                  | Thelen, Kelsey   | JR          | Concordia-St. Paul | 11:59.80         |
| 10                                 | Malone, Danielle | FR          | Minnesota State    | 13:01.47         |
| 11                                 | Bragg, Alexandra | SR          | Minnesota-Duluth   | 13:10.39         |

2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024

Timing and Results by Hero's Timing

Minnesota State University

Meet Program - Friday

|                                                                        |                       |                            |           |
|------------------------------------------------------------------------|-----------------------|----------------------------|-----------|
| Section 2 of 2 Timed Finals...(Event 35 Women 3000 Meter Steeplechase) |                       |                            |           |
| 1                                                                      | Matzek, Madison       | SO Minnesota State         | 11:22.00  |
| 2                                                                      | Reeves, Nicole        | SO Minot State             | 11:25.93  |
| 3                                                                      | Dorsher, Grace        | JR Msu-Moorhead            | 11:37.92  |
| 4                                                                      | MacDonald, Alexi      | SO Minnesota State         | 11:53.76  |
| 5                                                                      | Young, Lindsey        | SO Augustana (S.D.)        | 11:55.02  |
| 6                                                                      | VanLoon, Elizabeth    | SO Minnesota-Duluth        | 11:53.34  |
| 7                                                                      | Lovgren, Eleni        | SO Augustana (S.D.)        | 10:57.72  |
| 8                                                                      | Goodwin, Mary         | SR Bemidji State           | 10:44.82  |
| 9                                                                      | Swanson, Erika        | JR Minnesota-Duluth        | 11:39.95  |
| 10                                                                     | Marco, Madison        | FR SW Minnesota St.        | 11:34.56  |
| 11                                                                     | Renier, Lauryn        | SR Minnesota-Duluth        | 11:28.37  |
| 12                                                                     | Harke, Sam            | FR Winona State            | 11:17.10  |
| 13                                                                     | McCarthy, Maggie      | SO Bemidji State           | 11:49.14  |
| 14                                                                     | Taylor, McKenna       | JR Winona State            | 11:30.50  |
| 15                                                                     | Neu, Rachael          | SR U-Mary                  | 11:38.71  |
| Event 36 Men 3000 Meter Steeplechase                                   |                       |                            |           |
| NSIC Record: 8:57.74 5/11/2019                                         |                       | Austin Pasch, Minnesota St |           |
| Facility: 9:03.72 4/9/2022                                             |                       | Ryan Hartman, Augustana    |           |
| Lane                                                                   | Name                  | Year School                | Seed Time |
| Section 1 of 1 Timed Finals                                            |                       |                            |           |
| 1                                                                      | Heidorn, Alex         | JR Minnesota-Duluth        | 9:43.41   |
| 2                                                                      | Mitzel, Brandon       | JR Wayne State (Neb.)      | 10:38.24  |
| 3                                                                      | Blischke, Ethan       | SO Concordia-St. Paul      | 9:50.73   |
| 4                                                                      | Haberman, Ben         | JR Augustana (S.D.)        | 9:42.13   |
| 5                                                                      | Fink, Isaac           | JR Augustana (S.D.)        | 9:59.96   |
| 6                                                                      | Ure, Ray              | JR Minnesota State         | 9:32.69   |
| 7                                                                      | Lefor, Max            | FR U-Mary                  | 10:19.95  |
| 8                                                                      | Krummel, Matthew      | JR Concordia-St. Paul      | 9:43.58   |
| 9                                                                      | Schroeder, Josiah     | FR Sioux Falls             | 10:46.49  |
| 10                                                                     | Selman, Lucas         | JR Minnesota-Duluth        | 9:15.70   |
| 11                                                                     | Burkhalter, Jonathan  | JR Northern State          | 9:34.10   |
| 12                                                                     | Steffensmeier, Justin | SR Sioux Falls             | 10:52.15  |
| 13                                                                     | Stueven, Adnew        | SR Msu-Moorhead            | 8:55.93   |
| 14                                                                     | Brock, Beau           | JR Augustana (S.D.)        | 9:44.58   |
| 15                                                                     | Gesslin, Benjmin      | FR Minnesota State         | 10:43.01  |
| 16                                                                     | Bakken, Nolan         | FR Minnesota-Duluth        | 10:14.40  |
| 17                                                                     | Hahn, Parker          | SO Sioux Falls             | 10:11.59  |
| 18                                                                     | Tegethoff, Caden      | SR Augustana (S.D.)        | 9:57.73   |
| 19                                                                     | Bullion, Kade         | JR Sioux Falls             | 9:56.17   |
| 20                                                                     | Bohm, Adam            | JR Minnesota State         | 9:43.45   |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Event 13 Women 1500 Meter Run****12 Advance: Top 4 Each Heat plus Next 4 Best Times****NSIC Record: 4:21.48 2017 Emi Trost, Minnesota Duluth****Facility: 4:19.17 5/4/2024 Kaylee Beyer, Minona State**

| Lane | Name | Year | School | Seed Time |
|------|------|------|--------|-----------|
|------|------|------|--------|-----------|

**Heat 1 of 2 Prelims**

|   |                    |    |                    |         |
|---|--------------------|----|--------------------|---------|
| 1 | Speer, Kennedy     | SO | Minnesota State    | 4:47.02 |
| 2 | Erickson, Alexis   | SR | Bemidji State      | 4:30.61 |
| 3 | Thurston, MaKenna  | SR | Minnesota State    | 4:27.49 |
| 4 | Kalthoff, Kristine | SO | U-Mary             | 4:43.09 |
| 5 | Seidel, Francine   | SR | Minnesota-Duluth   | 4:38.55 |
| 6 | Peed, Addison      | FR | Minnesota State    | 4:39.03 |
| 7 | Becker, Alyssa     | JR | U-Mary             | 4:41.64 |
| 8 | Kirchner, Callie   | FR | Wayne State (Neb.) | 4:48.69 |

**Heat 2 of 2 Prelims**

|   |                    |    |                  |         |
|---|--------------------|----|------------------|---------|
| 1 | Overgaauw, Ashley  | FR | Augustana (S.D.) | 4:40.19 |
| 2 | Miller, Carol      | SR | Bemidji State    | 4:55.39 |
| 3 | Swanson, Maddie    | FR | Sioux Falls      | 4:43.41 |
| 4 | Bishop, Makayla    | JR | Minnesota State  | 4:39.56 |
| 5 | Juac, Khot         | SR | Sioux Falls      | 4:25.69 |
| 6 | Verkerke, Madeline | JR | Minnesota-Duluth | 4:37.32 |
| 7 | Wycklendt, Terez   | SO | U-Mary           | 4:54.56 |
| 8 | Bond, Josie        | JR | Minnesota-Duluth | 4:46.37 |
| 9 | Gehl, Morgan       | JR | Sioux Falls      | 4:38.47 |

**Event 14 Men 1500 Meter Run****12 Advance: Top 4 Each Heat plus Next 4 Best Times****NSIC Record: 3:43.63 5/13/2023 Jared Gregoire, MSU-Moorhead****Facility: 3:45.43 5/7/2021 Benjamin Allen, Concordia-St. Paul**

| Lane | Name | Year | School | Seed Time |
|------|------|------|--------|-----------|
|------|------|------|--------|-----------|

**Heat 1 of 2 Prelims**

|    |                    |    |                  |         |
|----|--------------------|----|------------------|---------|
| 1  | Olofson, Miles     | JR | Sioux Falls      | 3:59.17 |
| 2  | Fregoso, Guillermo | SR | U-Mary           | 3:58.39 |
| 3  | Martin, Josh       | SO | Northern State   | 3:54.74 |
| 4  | Jensen, Jacob      | SR | Minot State      | 4:01.47 |
| 5  | Fitzgerald, Parker | SO | Augustana (S.D.) | 3:59.97 |
| 6  | Bachelor, Nick     | SO | Augustana (S.D.) | 4:01.46 |
| 7  | Rivera, Caleb      | JR | Sioux Falls      | 3:49.03 |
| 8  | O'Farrell, Colin   | SO | Msu-Moorhead     | 3:57.74 |
| 9  | Jacobson, Nick     | SR | Minnesota-Duluth | 3:52.18 |
| 10 | Brand, Colten      | SR | Augustana (S.D.) | 3:49.85 |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Heat 2 of 2 Prelims...(Event 14 Men 1500 Meter Run)**

|    |                  |    |                    |         |
|----|------------------|----|--------------------|---------|
| 1  | Bennett, Jacob   | SO | Minnesota State    | 3:58.93 |
| 2  | Gregoire, Jared  | SO | Msu-Moorhead       | 3:50.70 |
| 3  | Ricker, Tyson    | FR | Augustana (S.D.)   | 3:55.20 |
| 4  | Hansen, Eli      | FR | U-Mary             | 4:06.48 |
| 5  | Heidorn, Alex    | JR | Minnesota-Duluth   | 3:58.85 |
| 6  | Hartman, Ryan    | JR | Augustana (S.D.)   | 3:44.27 |
| 7  | Dreyer, Quentin  | SO | Wayne State (Neb.) | 4:00.48 |
| 8  | Tuhy, Peyton     | SO | Minot State        | 4:01.19 |
| 9  | Faltesek, Emmett | JR | Concordia-St. Paul | 3:50.69 |
| 10 | Bruer, Braxton   | SR | Msu-Moorhead       | 3:56.50 |

**Event 15 Women 100 Meter Hurdles****9 Advance: Top 2 Each Heat plus Next 5 Best Times**

NSIC Record: 13.04 5/13/2023 Denisha Cartwright, Minnesota St

Facility: 12.99 5/1/2024 Denisha Cartwright, Minnesota St

| Lane | Name | Year | School | Seed Time |
|------|------|------|--------|-----------|
|------|------|------|--------|-----------|

**Heat 1 of 2 Prelims**

|   |                    |    |                  |       |
|---|--------------------|----|------------------|-------|
| 1 | Brewster, Adeyah   | JR | Minnesota State  | 13.82 |
| 2 | Horning, Tia       | SR | U-Mary           | 14.13 |
| 3 | Anderson, Kendall  | SO | Sioux Falls      | 14.91 |
| 4 | Babcock, Mickalyn  | SR | Msu-Moorhead     | 15.11 |
| 5 | Foster, Roxan      | SR | Minnesota State  | 13.55 |
| 6 | Langseth, Anna     | SR | Augustana (S.D.) | 15.31 |
| 7 | Cornwall, De'Andre | SO | Minot State      | 14.12 |
| 8 | Taylor, Renea      | SO | Northern State   | 14.78 |

**Heat 2 of 2 Prelims**

|   |                      |    |                    |       |
|---|----------------------|----|--------------------|-------|
| 1 | Cartwright, Denisha  | SR | Minnesota State    | 12.71 |
| 2 | Tanner, Cadence      | FR | Concordia-St. Paul | 14.75 |
| 3 | Klein, Karli         | FR | Northern State     | 15.60 |
| 4 | Rae, Jacqi           | SR | Minnesota-Duluth   | 15.48 |
| 5 | Reichenberger, Hanna | JR | Winona State       | 14.46 |
| 6 | Van Zee, Baylee      | SO | Augustana (S.D.)   | 15.01 |
| 7 | Paschka, Kaye        | SR | Augustana (S.D.)   | 15.04 |
| 8 | Swanson, Emily       | JR | Sioux Falls        | 13.99 |
| 9 | Okwaramoi, Esaba     | FR | Minnesota State    | 13.97 |

**Event 16 Men 110 Meter Hurdles****9 Advance: Top 2 Each Heat plus Next 5 Best Times**

NSIC Record: 13.80 2015 Myles Hunter, Minnesota State

Facility: 13.72 5/1/2021 Taylor Rooney, Gustavus Adolphus

| Lane | Name | Year | School | Seed Time |
|------|------|------|--------|-----------|
|------|------|------|--------|-----------|

**Heat 1 of 2 Prelims**

|   |                 |    |                    |       |
|---|-----------------|----|--------------------|-------|
| 2 | Dingsor, Collin | SO | Sioux Falls        | 15.17 |
| 3 | Ossei, Tyrese   | FR | Concordia-St. Paul | 16.05 |
| 4 | Petersohn, Owen | SO | Minnesota State    | 14.53 |
| 5 | Pierre, Renald  | SR | Minnesota State    | 14.27 |
| 6 | Kone, Stephane  | FR | Minnesota State    | 15.43 |
| 7 | Matehs, Joel    | JR | Northern State     | 14.68 |
| 8 | McGee, Jalen    | JR | Minnesota State    | 14.20 |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Heat 2 of 2 Prelims...(Event 16 Men 110 Meter Hurdles)**

|   |                 |    |                    |       |
|---|-----------------|----|--------------------|-------|
| 2 | Blomberg, Sam   | SO | Minnesota-Duluth   | 15.11 |
| 3 | Wattier, Keaton | SO | Wayne State (Neb.) | 14.49 |
| 4 | Martens, Andrew | JR | Augustana (S.D.)   | 13.56 |
| 5 | Swenson, Chance | SO | Minnesota State    | 15.52 |
| 6 | Daniels, Drake  | JR | Concordia-St. Paul | 14.32 |
| 7 | Mandel, Ben     | JR | Sioux Falls        | 14.85 |
| 8 | Cheney, Jonny   | FR | Sioux Falls        | 15.63 |

**Event 17 Women 400 Meter Dash****9 Advance: Top 2 Each Heat plus Next 3 Best Times****NSIC Record: 53.60 5/14/2022 Shereen Vallabouy, Winona State****Facility: 53.63 5/3/2023 Denisha Cartwright, Minnesota St**

| Lane | Name | Year | School | Seed Time |
|------|------|------|--------|-----------|
|------|------|------|--------|-----------|

**Heat 1 of 3 Prelims**

|   |                    |    |                    |         |
|---|--------------------|----|--------------------|---------|
| 2 | Peterson, Maia     | JR | Augustana (S.D.)   | 55.59   |
| 3 | Bruno, Mara        | SR | U-Mary             | 57.19   |
| 4 | Schmidt, Elizabeth | JR | Minnesota State    | 58.16   |
| 5 | Zimmerman, Karlina | SO | Concordia-St. Paul | 59.25   |
| 6 | Shroyer, Brianna   | FR | Minnesota State    | 59.29   |
| 7 | Aitken, Josie      | SO | Bemidji State      | 1:00.80 |
| 8 | Collymore, Kyanna  | SO | Northern State     | 57.94   |
| 9 | Beadles, Brittany  | FR | Winona State       | 1:00.46 |

**Heat 2 of 3 Prelims**

|   |                      |    |                  |         |
|---|----------------------|----|------------------|---------|
| 2 | Larson, Alyssa       | SO | Winona State     | 57.75   |
| 3 | Massiah, Sakena      | JR | U-Mary           | 55.16   |
| 4 | Christensen, Vanessa | JR | Northern State   | 1:00.83 |
| 5 | Jackson, Alli        | JR | Northern State   | 1:00.08 |
| 6 | Hambel, Grace        | SO | Minnesota State  | 58.24   |
| 7 | Cole, Janice         | SR | Bemidji State    | 57.48   |
| 8 | Everson, Mackenzie   | FR | Sioux Falls      | 59.36   |
| 9 | Boelke, Rachel       | SR | Minnesota-Duluth | 59.16   |

**Heat 3 of 3 Prelims**

|   |                    |    |                    |       |
|---|--------------------|----|--------------------|-------|
| 2 | Barnes, Amaiya     | JR | Minnesota State    | 59.80 |
| 3 | Clifford, Sierra   | JR | SW Minnesota St.   | 57.61 |
| 4 | Lane, Eilika       | SR | Minnesota State    | 54.73 |
| 5 | Mattingly, Destiny | JR | Concordia-St. Paul | 58.81 |
| 6 | Martz, Kaia        | SO | Minnesota State    | 58.50 |
| 7 | Jensen, Anna       | FR | Augustana (S.D.)   | 59.97 |
| 8 | Heinitz, Ella      | JR | Augustana (S.D.)   | 57.66 |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Event 18 Men 400 Meter Dash****9 Advance: Top 2 Each Heat plus Next 3 Best Times**

NSIC Record: 46.94 5/13/2023 Raheem Taitt-Best, U-Mary

Facility: 47.80 5/3/2023 Thailan Hallman, SDSU

| Lane | Name | Year | School | Seed Time |
|------|------|------|--------|-----------|
|------|------|------|--------|-----------|

**Heat 1 of 3 Prelims**

|   |                   |    |                    |       |
|---|-------------------|----|--------------------|-------|
| 2 | Earnest, Micah    | FR | Minot State        | 50.92 |
| 3 | Crayton, Jerome   | SR | Msu-Moorhead       | 48.83 |
| 4 | Dingman, Carter   | FR | Northern State     | 50.66 |
| 5 | Smith, Tyce       | FR | Concordia-St. Paul | 47.76 |
| 6 | Jibunor, Priestly | SO | Concordia-St. Paul | 49.44 |
| 7 | Hussey, Qai       | SO | Minnesota State    | 48.15 |
| 8 | Bade, Kyler       | JR | Minnesota State    | 49.40 |
| 9 | Johnson, Brady    | FR | Minnesota-Duluth   | 48.74 |

**Heat 2 of 3 Prelims**

|   |                         |    |                  |       |
|---|-------------------------|----|------------------|-------|
| 2 | Moseman, Theo           | FR | Minnesota State  | 50.47 |
| 3 | Martens, Seth           | SR | Northern State   | 48.69 |
| 4 | Salfrank, Drew          | FR | Northern State   | 48.22 |
| 5 | Babalola, Oluwadamilola | FR | Minnesota State  | 49.30 |
| 6 | Croston, Alexander      | JR | Minnesota-Duluth | 49.44 |
| 7 | MacLennan, Elliott      | JR | Msu-Moorhead     | 48.92 |
| 8 | Taitt-Best, Raheem      | SO | U-Mary           | 47.49 |

**Heat 3 of 3 Prelims**

|   |                         |    |                    |       |
|---|-------------------------|----|--------------------|-------|
| 2 | Unger, Brock            | SO | Minnesota State    | 49.14 |
| 3 | Oduong, Ibrahim         | SR | Msu-Moorhead       | 47.34 |
| 4 | Heminover, Cullen       | SO | Concordia-St. Paul | 50.32 |
| 5 | Pontes Da Veiga, Junior | JR | Minnesota State    | 48.46 |
| 6 | Smith, Tyler            | JR | SW Minnesota St.   | 48.64 |
| 7 | Rosengren, Thomas       | SO | Minnesota State    | 49.12 |
| 8 | Rogers, Ted             | SR | Minnesota-Duluth   | 50.09 |

**Event 19 Women 100 Meter Dash****9 Advance: Top 2 Each Heat plus Next 3 Best Times**

NSIC Record: 11.30 5/12/2023 Denisha Cartwright, Minnesota St

Facility: 11.39 5/3/2023 Makayla Jackson, Minnesota St

| Lane | Name | Year | School | Seed Time |
|------|------|------|--------|-----------|
|------|------|------|--------|-----------|

**Heat 1 of 3 Prelims**

|   |                      |    |                  |       |
|---|----------------------|----|------------------|-------|
| 1 | Morton, Tijuanique   | JR | Minnesota State  | 11.66 |
| 2 | Foster, Roxan        | SR | Minnesota State  | 12.35 |
| 3 | Lukas, Courtney      | SO | Winona State     | 12.37 |
| 4 | Brewster, Adeyah     | JR | Minnesota State  | 11.69 |
| 5 | Juhnke, Lily         | SO | Augustana (S.D.) | 11.94 |
| 6 | Walsh, Antianna      | JR | Minnesota State  | 11.97 |
| 7 | Lavato, Katie        | SR | St. Cloud State  | 12.24 |
| 8 | Noutsougan, Jennifer | FR | Augustana (S.D.) | 12.22 |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Heat 2 of 3 Prelims...(Event 19 Women 100 Meter Dash)**

|   |                   |    |                    |       |
|---|-------------------|----|--------------------|-------|
| 1 | Passeri, Arianna  | SR | U-Mary             | 11.63 |
| 2 | Couch, Maya       | JR | Wayne State (Neb.) | 12.17 |
| 3 | D'Almeida, Norah  | SO | Minnesota State    | 11.99 |
| 4 | Taylor, Renea     | SO | Northern State     | 11.93 |
| 5 | Roberts, Shavante | SO | Msu-Moorhead       | 11.71 |
| 6 | Krebsbach, Summer | JR | Minot State        | 12.34 |
| 7 | Adams, Camryn     | FR | Minot State        | 12.37 |
| 8 | Osuoha, Chidera   | SO | Concordia-St. Paul | 12.51 |
| 9 | Strong, Lillian   | FR | Minnesota State    | 12.26 |

**Heat 3 of 3 Prelims**

|   |                     |    |                  |       |
|---|---------------------|----|------------------|-------|
| 1 | Cartwright, Denisha | SR | Minnesota State  | 11.17 |
| 2 | Bernard, Micah      | JR | U-Mary           | 12.32 |
| 3 | Amundson, Olivia    | SO | Augustana (S.D.) | 12.34 |
| 4 | Hubbard, Madison    | FR | Minnesota State  | 12.08 |
| 5 | Horton, Tamia       | SO | Sioux Falls      | 11.82 |
| 6 | Cleare, Laila       | SO | U-Mary           | 11.92 |
| 7 | Grell, Jordan       | SO | Minnesota-Duluth | 12.50 |
| 8 | Berg, Kendall       | SO | U-Mary           | 12.40 |
| 9 | Norwood, Le'Nehja   | FR | Minnesota State  | 11.99 |

**Event 20 Men 100 Meter Dash****9 Advance: Top 2 Each Heat plus Next 3 Best Times**

**NSIC Record:** 10.19 5/11/2015 **Emmanuel Matadi, Minnesota State**

**Facility:** 10.47 5/3/2023 **Ezekiel Clark, Minnesota St**

| Lane | Name | Year | School | Seed Time |
|------|------|------|--------|-----------|
|------|------|------|--------|-----------|

**Heat 1 of 3 Prelims**

|   |                    |    |                    |       |
|---|--------------------|----|--------------------|-------|
| 1 | Berends, Luke      | JR | Augustana (S.D.)   | 10.74 |
| 2 | Bryant, Keondre    | FR | Minnesota State    | 11.02 |
| 3 | Westphal, Nicholas | SO | Minnesota-Duluth   | 10.91 |
| 4 | Dietel, Thomas     | JR | Concordia-St. Paul | 10.62 |
| 5 | Paulson, Jorgen    | JR | U-Mary             | 10.48 |
| 6 | Schafer, Greg      | FR | SW Minnesota St.   | 10.75 |
| 7 | Tudee, Richlu      | FR | Minnesota State    | 10.44 |
| 8 | Bayer, Noah        | JR | Northern State     | 10.61 |

**Heat 2 of 3 Prelims**

|   |                     |    |                    |       |
|---|---------------------|----|--------------------|-------|
| 1 | Hawkinson, Dawson   | FR | U-Mary             | 10.70 |
| 2 | Brown, Ashton       | FR | Concordia-St. Paul | 10.89 |
| 3 | Sharma, Nicholas    | SR | Minnesota State    | 10.63 |
| 4 | Cartwright, Michael | FR | U-Mary             | 10.52 |
| 5 | Colome, Armando     | JR | Minnesota State    | 10.55 |
| 6 | Kadlec, Ty          | SO | Northern State     | 11.03 |
| 7 | Daniels, Devan      | FR | Minot State        | 10.80 |
| 8 | Weber, Chris        | FR | Northern State     | 10.43 |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Heat 3 of 3 Prelims...(Event 20 Men 100 Meter Dash)**

|   |                |    |                    |       |
|---|----------------|----|--------------------|-------|
| 1 | Nti, Prince    | SR | Minnesota State    | NT    |
| 2 | DeCook, Trent  | SO | Augustana (S.D.)   | 10.80 |
| 3 | Clark, Edward  | FR | Minnesota State    | 10.67 |
| 4 | Brisbois, Cole | SO | Minnesota-Duluth   | 10.87 |
| 5 | Smith, D'Eric  | JR | Minnesota State    | 10.53 |
| 6 | Reeves, Jabez  | JR | Minnesota State    | 10.30 |
| 7 | David, Tarnue  | SO | Concordia-St. Paul | 10.66 |
| 8 | Miller, Shemar | SR | Minnesota State    | 10.53 |

**Event 21 Women 800 Meter Run****9 Advance: Top 2 Each Heat plus Next 3 Best Times****NSIC Record: 2:04.62 5/11/2017 Emi Trost, Minnesota Duluth****Facility: 2:08.44 5/1/2024 MaKenna Thurston, Minnesota St**

| Lane | Name | Year | School | Seed Time |
|------|------|------|--------|-----------|
|------|------|------|--------|-----------|

**Heat 1 of 3 Prelims**

|   |                       |    |                  |         |
|---|-----------------------|----|------------------|---------|
| 2 | Boelke, Rachel        | SR | Minnesota-Duluth | 2:20.49 |
| 3 | Serck, Sydnee         | FR | Augustana (S.D.) | 2:18.10 |
| 4 | Acheson, Grace        | SR | U-Mary           | 2:16.73 |
| 5 | Sudbeck, Caroline     | SR | Augustana (S.D.) | 2:11.53 |
| 6 | Wride, Bailey         | FR | Minot State      | 2:19.55 |
| 7 | Ulrich, Rachel        | FR | Minnesota-Duluth | 2:14.05 |
| 8 | Guerra-Reese, Mariana | SR | St. Cloud State  | 2:20.81 |
| 9 | Peed, Addison         | FR | Minnesota State  | 2:16.90 |

**Heat 2 of 3 Prelims**

|   |                   |    |                    |         |
|---|-------------------|----|--------------------|---------|
| 2 | Carlson, Summer   | JR | Northern State     | 2:17.30 |
| 3 | Erickson, Alexis  | SR | Bemidji State      | 2:14.76 |
| 4 | Langstraat, Macie | JR | SW Minnesota St.   | 2:19.95 |
| 5 | Stineman, Alison  | SR | Wayne State (Neb.) | 2:22.14 |
| 6 | Anders, Jenna     | FR | Winona State       | 2:18.08 |
| 7 | Steele, Alaina    | SR | Minnesota-Duluth   | 2:19.72 |
| 8 | Schley, Savannah  | JR | Minnesota-Duluth   | 2:11.31 |
| 9 | Sadowsky, Sidra   | JR | Minot State        | 2:16.59 |

**Heat 3 of 3 Prelims**

|   |                    |    |                    |         |
|---|--------------------|----|--------------------|---------|
| 1 | Hanowski, Ellie    | FR | Minnesota-Duluth   | 2:17.97 |
| 2 | Pachta, Kylie      | JR | Wayne State (Neb.) | 2:19.93 |
| 3 | Rabitz, Audrey     | FR | St. Cloud State    | 2:26.04 |
| 4 | Polacek, Faith     | JR | Wayne State (Neb.) | 2:23.94 |
| 5 | Chan, Nyadio       | SO | Concordia-St. Paul | 2:17.80 |
| 6 | Kuhnke, Julia      | FR | Minnesota-Duluth   | 2:19.80 |
| 7 | Aho, Annika        | SR | Sioux Falls        | 2:16.39 |
| 8 | O'Meara, Cassidy   | SR | Minnesota State    | 2:15.29 |
| 9 | Acheson, Elizabeth | JR | U-Mary             | 2:07.28 |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Event 22 Men 800 Meter Run****9 Advance: Top 2 Each Heat plus Next 3 Best Times****NSIC Record: 1:50.11 5/13/2023 Jared Gregoire, MSU-Moorhead****Facility: 1:48.51 5/2/2012 Aduo Omot, Augustana**

| Lane                       | Name               | Year | School             | Seed Time |
|----------------------------|--------------------|------|--------------------|-----------|
| <b>Heat 1 of 3 Prelims</b> |                    |      |                    |           |
| 2                          | Larsen, Leif       | JR   | Minnesota State    | 1:53.77   |
| 3                          | Gregoire, Jared    | SO   | Msu-Moorhead       | 1:53.69   |
| 4                          | Amundson, Nathan   | FR   | Minnesota-Duluth   | 1:59.09   |
| 5                          | Otten, Alex        | SO   | Augustana (S.D.)   | 1:56.96   |
| 6                          | Gruenes, Jordan    | SR   | Minnesota-Duluth   | 1:54.85   |
| 7                          | Faltesek, Emmett   | JR   | Concordia-St. Paul | 1:56.81   |
| 8                          | Lins, Paul         | FR   | Minnesota State    | 1:54.81   |
| <b>Heat 2 of 3 Prelims</b> |                    |      |                    |           |
| 2                          | Morrison, Benjamin | JR   | Sioux Falls        | 1:52.93   |
| 3                          | Matzner, Zachary   | SR   | Sioux Falls        | 1:56.59   |
| 4                          | Murillo, Marco     | JR   | Minot State        | 1:59.06   |
| 5                          | Youberg, Finn      | JR   | Minnesota-Duluth   | 1:54.51   |
| 6                          | Daley, Devontae    | SO   | Minot State        | 1:55.08   |
| 7                          | Boyens, Ethan      | SO   | Augustana (S.D.)   | 1:54.31   |
| 8                          | Speikers, Caden    | SR   | Minnesota State    | 1:56.97   |
| <b>Heat 3 of 3 Prelims</b> |                    |      |                    |           |
| 2                          | O'Farrell, Colin   | SO   | Msu-Moorhead       | 1:54.33   |
| 3                          | Martin, Josh       | SO   | Northern State     | 1:54.50   |
| 4                          | Peitz, Gabe        | SR   | Wayne State (Neb.) | 1:55.18   |
| 5                          | Wyllie, Andrew     | JR   | Wayne State (Neb.) | 1:58.10   |
| 6                          | Tuhy, Peyton       | SO   | Minot State        | 1:55.85   |
| 7                          | Mayers, Grant      | FR   | Minnesota State    | 1:57.69   |
| 8                          | Bruer, Braxton     | SR   | Msu-Moorhead       | 1:49.53   |

**Event 23 Women 400 Meter Hurdles****9 Advance: Top 2 Each Heat plus Next 3 Best Times****NSIC Record: 58.83 2017 Hanneke Oosterwegel, Northern State****Facility: 1:00.19 5/3/2023 Birgen Nelson, Gustavus Adolphus**

| Lane                       | Name                     | Year | School             | Seed Time |
|----------------------------|--------------------------|------|--------------------|-----------|
| <b>Heat 1 of 3 Prelims</b> |                          |      |                    |           |
| 2                          | Osk Jonsdottir, Elisabet | FR   | Northern State     | 1:07.38   |
| 3                          | Perry, Jaid              | SR   | Concordia-St. Paul | 1:02.26   |
| 4                          | Lipschultz, Lainey       | SR   | Winona State       | 1:05.07   |
| 5                          | Frazier, Makenna         | FR   | Bemidji State      | 1:07.38   |
| 6                          | Moore, Macey             | FR   | Minot State        | 1:09.13   |
| 7                          | Horning, Tia             | SR   | U-Mary             | 1:02.51   |
| 8                          | Paschka, Kaye            | SR   | Augustana (S.D.)   | 1:09.17   |
| 9                          | Brandt, Grace            | FR   | U-Mary             | 1:05.80   |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Heat 2 of 3 Prelims...(Event 23 Women 400 Meter Hurdles)**

|   |                 |    |                  |         |
|---|-----------------|----|------------------|---------|
| 2 | Gilles, Megan   | JR | Minnesota-Duluth | 1:02.61 |
| 3 | Taylor, Renea   | SO | Northern State   | 1:04.47 |
| 4 | Langseth, Anna  | SR | Augustana (S.D.) | 1:05.97 |
| 5 | Hunt, Emma      | FR | Northern State   | 1:08.69 |
| 6 | Smidel, Kaaryna | JR | SW Minnesota St. | 1:07.59 |
| 7 | Feit, Regan     | JR | Winona State     | 1:02.00 |
| 8 | Van Zee, Kasey  | SR | Augustana (S.D.) | 1:07.35 |
| 9 | Klein, Karli    | FR | Northern State   | 1:09.36 |

**Heat 3 of 3 Prelims**

|   |                       |    |                  |         |
|---|-----------------------|----|------------------|---------|
| 1 | Belzer, Bernadette    | FR | U-Mary           | 1:06.49 |
| 2 | Wallendal, Trinity    | FR | St. Cloud State  | 1:11.10 |
| 3 | Baumann, Brooke       | SO | Msu-Moorhead     | 1:09.83 |
| 4 | Marteau, Noa          | SR | Augustana (S.D.) | 1:03.12 |
| 5 | Jaworski, Rachel      | JR | Minnesota State  | 1:08.66 |
| 6 | Lane, Eilika          | SR | Minnesota State  | 1:00.37 |
| 7 | Anderson, Kendall     | SO | Sioux Falls      | 1:07.00 |
| 8 | Fultz, Natalie        | SR | Bemidji State    | 1:04.00 |
| 9 | Christenson, Makaylin | JR | St. Cloud State  | 1:08.31 |

**Event 24 Men 400 Meter Hurdles****9 Advance: Top 2 Each Heat plus Next 3 Best Times**

**NSIC Record:** 51.91 5/13/2018 **Sydne Davis, Minnesota State**

**Facility:** 52.12 5/4/2019 **Sydne Davis, Minnesota St**

| Lane | Name | Year | School | Seed Time |
|------|------|------|--------|-----------|
|------|------|------|--------|-----------|

**Heat 1 of 3 Prelims**

|   |                   |    |                  |       |
|---|-------------------|----|------------------|-------|
| 2 | Howell, Akil      | JR | U-Mary           | 54.95 |
| 3 | Barrera, Ivan     | FR | SW Minnesota St. | 59.19 |
| 4 | Brown, Zaccharius | FR | Minot State      | 56.14 |
| 5 | Swenson, Chance   | SO | Minnesota State  | 55.92 |
| 6 | Henriksen, Drew   | FR | Northern State   | 55.21 |
| 7 | Johnson, Colter   | SO | Augustana (S.D.) | 58.41 |
| 8 | Duran, Ramon      | JR | Minot State      | 53.44 |
| 9 | Schmitt, Max      | JR | SW Minnesota St. | 53.91 |

**Heat 2 of 3 Prelims**

|   |                 |    |                    |       |
|---|-----------------|----|--------------------|-------|
| 2 | Mandel, Ben     | JR | Sioux Falls        | 58.28 |
| 3 | Dingsor, Collin | SO | Sioux Falls        | 56.34 |
| 4 | Martens, Andrew | JR | Augustana (S.D.)   | 55.59 |
| 5 | Petersohn, Owen | SO | Minnesota State    | 53.37 |
| 6 | Daniels, Drake  | JR | Concordia-St. Paul | 54.61 |
| 7 | Decker, Denver  | JR | Sioux Falls        | 54.08 |
| 8 | Sellin, Tyler   | JR | Augustana (S.D.)   | 55.88 |

**Heat 3 of 3 Prelims**

|   |                   |    |                  |       |
|---|-------------------|----|------------------|-------|
| 2 | Collins, Anthony  | FR | Minnesota State  | 53.13 |
| 3 | Munnings, Berkley | FR | U-Mary           | 54.20 |
| 4 | Cheney, Jonny     | FR | Sioux Falls      | 55.87 |
| 5 | Cano, Osiel       | JR | U-Mary           | 54.27 |
| 6 | Blomberg, Sam     | SO | Minnesota-Duluth | 57.63 |
| 7 | Barnes, Karmelo   | FR | Minot State      | 56.40 |
| 8 | Matehs, Joel      | JR | Northern State   | 55.78 |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Event 25 Women 200 Meter Dash****9 Advance: Top 1 Each Heat plus Next 5 Best Times****NSIC Record: 23.30 5/13/2023 Denisha Cartwright, Minnesota St****Facility: 23.52 5/6/2022 Shereen Vallabouy, Winona State**

| <b>Lane</b>                | <b>Name</b>          | <b>Year</b> | <b>School</b>      | <b>Seed Time</b> |
|----------------------------|----------------------|-------------|--------------------|------------------|
| <b>Heat 1 of 4 Prelims</b> |                      |             |                    |                  |
| 3                          | Noutsougan, Jennifer | FR          | Augustana (S.D.)   | 25.43            |
| 4                          | Schmidt, Elizabeth   | JR          | Minnesota State    | 25.09            |
| 5                          | Cramer, Rose         | SR          | Minnesota State    | 24.50            |
| 6                          | Berg, Kendall        | SO          | U-Mary             | 25.03            |
| 7                          | Krebsbach, Summer    | JR          | Minot State        | 25.38            |
| 8                          | Cleare, Laila        | SO          | U-Mary             | 24.25            |
| <b>Heat 2 of 4 Prelims</b> |                      |             |                    |                  |
| 3                          | Horton, Tamia        | SO          | Sioux Falls        | 25.01            |
| 4                          | Norwood, Le'Nehja    | FR          | Minnesota State    | 24.63            |
| 5                          | Couch, Maya          | JR          | Wayne State (Neb.) | 25.15            |
| 6                          | Strong, Lillian      | FR          | Minnesota State    | 25.35            |
| 7                          | Roberts, Shavante    | SO          | Msu-Moorhead       | 24.15            |
| 8                          | Hubbard, Madison     | FR          | Minnesota State    | 25.46            |
| <b>Heat 3 of 4 Prelims</b> |                      |             |                    |                  |
| 3                          | Bruno, Mara          | SR          | U-Mary             | 24.96            |
| 4                          | Walsh, Antianna      | JR          | Minnesota State    | 24.66            |
| 5                          | Bruno, Anna          | FR          | U-Mary             | 25.49            |
| 6                          | Lavato, Katie        | SR          | St. Cloud State    | 25.18            |
| 7                          | Klink, Taytum        | SR          | SW Minnesota St.   | 25.29            |
| 8                          | Massiah, Sakena      | JR          | U-Mary             | 23.68            |
| <b>Heat 4 of 4 Prelims</b> |                      |             |                    |                  |
| 3                          | Okwaramoi, Esaba     | FR          | Minnesota State    | 25.74            |
| 4                          | Adams, Camryn        | FR          | Minot State        | 25.55            |
| 5                          | Hambel, Grace        | SO          | Minnesota State    | 25.23            |
| 6                          | Cartwright, Denisha  | SR          | Minnesota State    | 23.45            |
| 7                          | Morton, Tijuanique   | JR          | Minnesota State    | 24.69            |
| 8                          | Fitzgerald, Kate     | SO          | Minnesota-Duluth   | 24.87            |
| 9                          | D'Almeida, Norah     | SO          | Minnesota State    | 25.23            |

**Event 26 Men 200 Meter Dash****9 Advance: Top 2 Each Heat plus Next 3 Best Times****NSIC Record: 20.49 2013 Jerrell Hancock, Minnesota State****Facility: 20.94 5/1/2024 Jabez Reeves, Minnesota St**

| <b>Lane</b>                | <b>Name</b>     | <b>Year</b> | <b>School</b>      | <b>Seed Time</b> |
|----------------------------|-----------------|-------------|--------------------|------------------|
| <b>Heat 1 of 3 Prelims</b> |                 |             |                    |                  |
| 2                          | Brisbois, Cole  | SO          | Minnesota-Duluth   | 22.00            |
| 3                          | Clark, Edward   | FR          | Minnesota State    | 21.71            |
| 4                          | Paulson, Jorgen | JR          | U-Mary             | 21.21            |
| 5                          | Bayer, Noah     | JR          | Northern State     | 21.89            |
| 6                          | Smith, Tyce     | FR          | Concordia-St. Paul | 21.71            |
| 7                          | Elliot, Deandre | JR          | Minot State        | 22.03            |
| 8                          | Unger, Brock    | SO          | Minnesota State    | 21.94            |
| 9                          | Dietel, Thomas  | JR          | Concordia-St. Paul | 21.31            |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Heat 2 of 3 Prelims...(Event 26 Men 200 Meter Dash)**

|   |                         |    |                    |       |
|---|-------------------------|----|--------------------|-------|
| 2 | Babalola, Oluwadamilola | FR | Minnesota State    | 22.00 |
| 3 | Taitt-Best, Raheem      | SO | U-Mary             | 20.92 |
| 4 | Nissen, Wyatt           | JR | Wayne State (Neb.) | 21.97 |
| 5 | McGee, Jalen            | JR | Minnesota State    | 21.73 |
| 6 | Tudee, Richlu           | FR | Minnesota State    | 21.36 |
| 7 | Brown, Ashton           | FR | Concordia-St. Paul | 22.09 |
| 8 | DeCook, Trent           | SO | Augustana (S.D.)   | 21.68 |
| 9 | Johnson, Brady          | FR | Minnesota-Duluth   | 21.82 |

**Heat 3 of 3 Prelims**

|   |                   |    |                    |       |
|---|-------------------|----|--------------------|-------|
| 2 | David, Tarnue     | SO | Concordia-St. Paul | 21.76 |
| 3 | Colome, Armando   | JR | Minnesota State    | 21.56 |
| 4 | Weber, Chris      | FR | Northern State     | 21.99 |
| 5 | Hawkinson, Dawson | FR | U-Mary             | 21.75 |
| 6 | Sharma, Nicholas  | SR | Minnesota State    | NT    |
| 7 | Cano, Osvaldo     | JR | U-Mary             | 21.98 |
| 8 | Reeves, Jabez     | JR | Minnesota State    | 20.77 |
| 9 | Dure, Marvin      | JR | Minnesota State    | 21.40 |

**Event 4 Women High Jump**

|                     |              |                  |                                  |
|---------------------|--------------|------------------|----------------------------------|
| <b>NSIC Record:</b> | <b>1.78m</b> | <b>5/12/2023</b> | <b>Arika Harbo, Concordia-St</b> |
| <b>Facility:</b>    | <b>1.76m</b> | <b>4/9/2022</b>  | <b>Mearah Miedema, Augustana</b> |

| <b>Pos</b> | <b>Name</b> | <b>Year</b> | <b>School</b> | <b>Seed Mark</b> |
|------------|-------------|-------------|---------------|------------------|
|------------|-------------|-------------|---------------|------------------|

**Flight 1 of 1 Finals**

|    |                       |    |                    |       |
|----|-----------------------|----|--------------------|-------|
| 1  | Loyd, Desiree         | FR | Msu-Moorhead       | 1.55m |
| 2  | Preiner, Lauren       | SR | Minnesota State    | 1.55m |
| 3  | Christenson, Makaylin | JR | St. Cloud State    | 1.55m |
| 4  | Condon, Paige         | JR | Wayne State (Neb.) | 1.55m |
| 5  | Bakenhus, Jerika      | FR | Wayne State (Neb.) | 1.56m |
| 6  | Sheldon, Morgan       | SO | Northern State     | 1.56m |
| 7  | Jones, Samara         | FR | Concordia-St. Paul | 1.57m |
| 8  | DuBois, Lauren        | FR | Minnesota-Duluth   | 1.58m |
| 9  | Breske, Emily         | SO | Northern State     | 1.58m |
| 10 | Mohling, Mari         | SO | Winona State       | 1.60m |
| 11 | Solis, Olivia         | JR | Minnesota State    | 1.60m |
| 12 | Tschumperlin, Jordan  | JR | Northern State     | 1.61m |
| 13 | Fultz, Natalie        | SR | Bemidji State      | 1.62m |
| 14 | Stands, Rainbow       | JR | SW Minnesota St.   | 1.62m |
| 15 | London, Bryn          | SR | Minnesota-Duluth   | 1.62m |
| 16 | Brena, Paola          | SR | St. Cloud State    | 1.63m |
| 17 | Coffee, Anna          | SO | Wayne State (Neb.) | 1.64m |
| 18 | Pedroso, Maria        | JR | Augustana (S.D.)   | 1.64m |
| 19 | Pachl, Jerrica        | JR | U-Mary             | 1.65m |
| 20 | Sleeter, Christine    | FR | SW Minnesota St.   | 1.65m |
| 21 | Minsaas, Dani         | FR | Sioux Falls        | 1.67m |
| 22 | Cridlebaugh, Ashley   | SO | Minnesota State    | 1.67m |
| 23 | Tanner, Cadence       | FR | Concordia-St. Paul | 1.67m |
| 24 | Webb, Abbi            | JR | Sioux Falls        | 1.72m |
| 25 | Swanson, Emily        | JR | Sioux Falls        | 1.73m |
| 26 | Greenwaldt, Bryn      | SO | Augustana (S.D.)   | 1.74m |
| 27 | Harbo, Arika          | SR | Concordia-St. Paul | 1.77m |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Event 5 Men Long Jump****NSIC Record: 7.91m 5/11/2018 Brian Huber, MSU Moorhead****Facility: 7.90m 5/4/2024 James Gilbert, Minnesota St**

| <b>Pos</b>                  | <b>Name</b>      | <b>Year</b> | <b>School</b>      | <b>Seed Mark</b> |
|-----------------------------|------------------|-------------|--------------------|------------------|
| <b>Flight 1 of 2 Finals</b> |                  |             |                    |                  |
| 1                           | Nikolas, Arik    | FR          | Concordia-St. Paul | 6.54m            |
| 2                           | Cheney, Jonny    | FR          | Sioux Falls        | 6.42m            |
| 3                           | Sikel, Jonathan  | SR          | Augustana (S.D.)   | 6.77m            |
| 4                           | Carey, Ted       | SO          | Concordia-St. Paul | 6.87m            |
| 5                           | Agyeman, Matthew | FR          | Sioux Falls        | 6.45m            |
| 6                           | Schulz, Treyson  | FR          | Northern State     | 6.85m            |
| 7                           | Fier, Jake       | FR          | Minnesota-Duluth   | 6.35m            |
| 8                           | Rogers, Cody     | SR          | Wayne State (Neb.) | 6.74m            |
| 9                           | Heydt, Will      | SO          | Minnesota-Duluth   | 6.75m            |
| 10                          | Lear, Nathan     | JR          | SW Minnesota St.   | 6.56m            |
| 11                          | Allen, Ty        | FR          | U-Mary             | 6.72m            |
| <b>Flight 2 of 2 Finals</b> |                  |             |                    |                  |
| 1                           | Miller, Shemar   | SR          | Minnesota State    | 7.13m            |
| 2                           | Daniels, David   | JR          | Msu-Moorhead       | 7.16m            |
| 3                           | Johnson, Braden  | JR          | Wayne State (Neb.) | 6.94m            |
| 4                           | Wentz, Logan     | SO          | U-Mary             | 6.95m            |
| 5                           | Rhodes, Paul     | FR          | Sioux Falls        | 6.88m            |
| 6                           | Paulson, Jorgen  | JR          | U-Mary             | 7.40m            |
| 7                           | Moeller, Logan   | JR          | Wayne State (Neb.) | 7.15m            |
| 8                           | Gilbert, James   | SR          | Minnesota State    | 7.90m            |
| 9                           | Harris, Camwrin  | SR          | Minnesota State    | 7.11m            |
| 10                          | Heald, Slade     | JR          | Minnesota State    | 7.49m            |
| 11                          | McGee, Jalen     | JR          | Minnesota State    | 7.62m            |
| 12                          | Von Wald, Hayden | JR          | U-Mary             | 7.85m            |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Event 8 Women Pole Vault****NSIC Record: 4.20m 5/13/2018 Kimberly Peterson, Sioux Falls****Facility: 4.06m 5/1/2024 Paige Hickson, Minnesota St**

| <b>Pos</b>                  | <b>Name</b>        | <b>Year</b> | <b>School</b>      | <b>Seed Mark</b> |
|-----------------------------|--------------------|-------------|--------------------|------------------|
| <b>Flight 1 of 1 Finals</b> |                    |             |                    |                  |
| 1                           | Adams, MaKenzie    | SR          | Sioux Falls        | 2.50m            |
| 2                           | Gyi, Nedoh         | JR          | SW Minnesota St.   | 2.85m            |
| 3                           | Segar, Sabrina     | JR          | Minnesota-Duluth   | 2.90m            |
| 4                           | Olenius, Abigail   | FR          | Minnesota State    | 2.95m            |
| 5                           | Sleeter, Christine | FR          | SW Minnesota St.   | 2.96m            |
| 6                           | Eisenbraun, Gracie | FR          | Northern State     | 3.00m            |
| 7                           | Olson, Olivia      | JR          | Bemidji State      | 3.02m            |
| 8                           | Reintsma, Callie   | SR          | Concordia-St. Paul | 3.05m            |
| 9                           | Bahls, Sydney      | SR          | Msu-Moorhead       | 3.13m            |
| 10                          | Johnstone, Madyson | JR          | Minnesota State    | 3.15m            |
| 11                          | Ruschmeier, Zoe    | SO          | SW Minnesota St.   | 3.15m            |
| 12                          | Zaemisch, Micah    | SR          | Minnesota State    | 3.15m            |
| 13                          | Klein, Jady        | FR          | Minnesota State    | 3.26m            |
| 14                          | Richards, Toryn    | JR          | Minnesota State    | 3.27m            |
| 15                          | Peed, Addison      | FR          | Minnesota State    | 3.27m            |
| 16                          | Sikel, Jenna       | SO          | Minnesota State    | 3.33m            |
| 17                          | Oehmichen, Willow  | FR          | Minnesota State    | 3.42m            |
| 18                          | Tom, Shealyn       | JR          | SW Minnesota St.   | 3.45m            |
| 19                          | Bauer, Paige       | JR          | Minnesota State    | 3.45m            |
| 20                          | Hanson, Peyton     | FR          | Sioux Falls        | 3.56m            |
| 21                          | Walz, Bekah        | FR          | Northern State     | 3.63m            |
| 22                          | Comstock, McKenna  | JR          | Sioux Falls        | 3.68m            |
| 23                          | Stangel, Hope      | FR          | Minnesota State    | 3.77m            |
| 24                          | Hokanson, Ashley   | SR          | Msu-Moorhead       | 4.25m            |
| 25                          | Hickson, Paige     | SR          | Minnesota State    | 4.27m            |

**Event 9 Men High Jump****NSIC Record: 2.13m 1988 Brian Rabenberg, MSU Moorhead****Facility: 2.14m 5/1/2021 Deveyonn Brown, Minnesota St**

| <b>Pos</b>                  | <b>Name</b>          | <b>Year</b> | <b>School</b>      | <b>Seed Mark</b> |
|-----------------------------|----------------------|-------------|--------------------|------------------|
| <b>Flight 1 of 1 Finals</b> |                      |             |                    |                  |
| 1                           | Moller, Carter       | SO          | Northern State     | 1.80m            |
| 2                           | Vande Kieft, Max     | SO          | Northern State     | 1.85m            |
| 3                           | Cheney, Jonny        | FR          | Sioux Falls        | 1.85m            |
| 4                           | Borcher, Vance       | SO          | Northern State     | 1.86m            |
| 5                           | Marquart, Mason      | FR          | U-Mary             | 1.86m            |
| 6                           | Smith, McKallen      | JR          | SW Minnesota St.   | 1.87m            |
| 7                           | Oberleitner, Luke    | JR          | Minnesota-Duluth   | 1.88m            |
| 8                           | Nottlemann, Elliott  | FR          | Wayne State (Neb.) | 1.96m            |
| 9                           | Klemme, Ethan        | SO          | Minnesota State    | 1.97m            |
| 10                          | Meadowcroft, Michael | FR          | Minnesota State    | 1.97m            |
| 11                          | Johnson, Jaden       | SO          | Minnesota-Duluth   | 1.98m            |
| 12                          | Ziebarth, Jacob      | JR          | Minnesota State    | 2.01m            |
| 13                          | Missick, Tyler       | JR          | Msu-Moorhead       | 2.01m            |
| 14                          | Hambria, Jasiah      | FR          | Minot State        | 2.13m            |
| 15                          | Kneifl, Dylan        | SR          | Wayne State (Neb.) | 2.14m            |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Event 10 Women Long Jump****NSIC Record: 6.31m 5/1985****Julie Hay, Minnesota Duluth****Facility: 6.54m 4/9/2022****Makayla Jackson, Minnesota St**

| <b>Pos</b>                  | <b>Name</b>        | <b>Year</b> | <b>School</b>      | <b>Seed Mark</b> |
|-----------------------------|--------------------|-------------|--------------------|------------------|
| <b>Flight 1 of 3 Finals</b> |                    |             |                    |                  |
| 1                           | Schreiber, McKenna | FR          | Msu-Moorhead       | 5.29m            |
| 2                           | Sweeney, Sierra    | JR          | Northern State     | 5.11m            |
| 3                           | Merkley, Lauren    | SO          | Augustana (S.D.)   | 5.35m            |
| 4                           | Addo, Janet        | FR          | Minnesota State    | 5.17m            |
| 5                           | Smollen, Emily     | SR          | Wayne State (Neb.) | 5.33m            |
| 6                           | Klink, Taytum      | SR          | SW Minnesota St.   | 5.21m            |
| 7                           | Bartunek, Avery    | SR          | Sioux Falls        | 5.09m            |
| 8                           | Root, Lindsey      | JR          | Minnesota-Duluth   | 5.22m            |
| <b>Flight 2 of 3 Finals</b> |                    |             |                    |                  |
| 1                           | Thompson, Myesha   | FR          | St. Cloud State    | 5.46m            |
| 2                           | Wilson, Landree    | FR          | Sioux Falls        | 5.47m            |
| 3                           | Strong, Lillian    | FR          | Minnesota State    | 5.44m            |
| 4                           | Webb, Abbi         | JR          | Sioux Falls        | 5.75m            |
| 5                           | Bruno, Anna        | FR          | U-Mary             | 5.46m            |
| 6                           | Tanner, Cadence    | FR          | Concordia-St. Paul | 5.63m            |
| 7                           | Kneifl, Lindsey    | SO          | Wayne State (Neb.) | 5.37m            |
| 8                           | Olson, Kaylee      | SR          | Winona State       | 5.66m            |
| <b>Flight 3 of 3 Finals</b> |                    |             |                    |                  |
| 1                           | Passeri, Arianna   | SR          | U-Mary             | 6.27m            |
| 2                           | Kahl, Molly        | JR          | Minnesota State    | 5.77m            |
| 3                           | Pedroso, Maria     | JR          | Augustana (S.D.)   | 5.87m            |
| 4                           | Hamdani, Ghada     | FR          | Minnesota State    | 5.78m            |
| 5                           | Becker, Jayda      | JR          | Augustana (S.D.)   | 5.83m            |
| 6                           | Weidner, Taylor    | SR          | U-Mary             | 5.97m            |
| 7                           | Harbo, Arika       | SR          | Concordia-St. Paul | 5.82m            |
| 8                           | Sallee, Kylee      | JR          | Augustana (S.D.)   | 5.78m            |
| 9                           | Brewster, Adeyah   | JR          | Minnesota State    | 5.81m            |

**Event 2 Women Shot Put****NSIC Record: 16.52m 2018****Michaela Dendinger, Wayne State****Facility: 15.88m 5/6/2023****Lexie Hurst, Minnesota St**

| <b>Pos</b>                  | <b>Name</b>       | <b>Year</b> | <b>School</b>      | <b>Seed Mark</b> |
|-----------------------------|-------------------|-------------|--------------------|------------------|
| <b>Flight 1 of 3 Finals</b> |                   |             |                    |                  |
| 1                           | Segar, Sabrina    | JR          | Minnesota-Duluth   | 11.28m           |
| 2                           | Hill, Alyssa      | SO          | Bemidji State      | 11.41m           |
| 3                           | Osier, Emma       | FR          | Minnesota State    | 11.88m           |
| 4                           | VanDriel, Delanie | SO          | Sioux Falls        | 11.94m           |
| 5                           | Mehrer, Andi      | FR          | Northern State     | 12.00m           |
| 6                           | Tso, Torrance     | FR          | Wayne State (Neb.) | 11.56m           |
| 7                           | Shorter, Maya     | FR          | Minnesota State    | 11.98m           |
| 8                           | Svien, Shelby     | SO          | Sioux Falls        | 11.80m           |
| 9                           | Lavendusky, Maya  | SO          | Concordia-St. Paul | 11.83m           |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Flight 2 of 3 Finals...(Event 2 Women Shot Put)**

|    |                     |    |                    |        |
|----|---------------------|----|--------------------|--------|
| 1  | Patrinn, Mikenna    | JR | Bemidji State      | 13.03m |
| 2  | Schwarzrock, Olivia | SO | Wayne State (Neb.) | 13.03m |
| 3  | Bruskiewicz, Hannah | FR | St. Cloud State    | 12.26m |
| 4  | Baker, Hailey       | JR | Wayne State (Neb.) | 12.45m |
| 5  | Lorentz, Emily      | SO | SW Minnesota St.   | 12.49m |
| 6  | Hawley, Danielle    | FR | Northern State     | 12.16m |
| 7  | Markle, McKenna     | JR | Wayne State (Neb.) | 12.53m |
| 8  | Languis, Brooke     | SO | Wayne State (Neb.) | 12.01m |
| 9  | Heisinger, Elli     | FR | Minnesota State    | 12.03m |
| 10 | Kranz, Kiley        | FR | Msu-Moorhead       | 12.89m |

**Flight 3 of 3 Finals**

|    |                  |    |                    |        |
|----|------------------|----|--------------------|--------|
| 1  | Bird, Lauren     | FR | Minnesota State    | 13.26m |
| 2  | Kruse, Brooklyn  | FR | Wayne State (Neb.) | 13.45m |
| 3  | Flynn, Nicole    | JR | Sioux Falls        | 13.09m |
| 4  | Doss, Tierra     | SR | Bemidji State      | 14.18m |
| 5  | Wadsworth, Kami  | FR | Sioux Falls        | 13.73m |
| 6  | Rae, Jacqi       | SR | Minnesota-Duluth   | 13.49m |
| 7  | Brown, Aubri     | FR | Minnesota State    | 13.06m |
| 8  | Lindsey, Kamry   | JR | Sioux Falls        | 14.05m |
| 9  | VanOsdal, Kayla  | JR | Sioux Falls        | 14.16m |
| 10 | Fretag, Madeline | SR | Minnesota State    | 14.12m |

**Event 7 Men Shot Put**

**NSIC Record:** 18.98m 2013 **Chris Reed, Minnesota State**

**Facility:** 19.37m 5/1/2021 **Rodger Steen, Velaasa**

**Pos Name Year School Seed Mark**

**Flight 1 of 3 Finals**

|   |                   |    |                    |        |
|---|-------------------|----|--------------------|--------|
| 1 | Nebelung, Tyler   | JR | SW Minnesota St.   | 14.65m |
| 2 | Olson, Nick       | SR | Northern State     | 14.14m |
| 3 | Barnett, Ethan    | JR | Northern State     | 14.32m |
| 4 | Byrne, Liam       | JR | Minnesota State    | 14.88m |
| 5 | Pettis, Keyshawn  | SO | Concordia-St. Paul | 13.10m |
| 6 | Hettinger, Jake   | FR | U-Mary             | 14.12m |
| 7 | Oberfeld, Ian     | FR | U-Mary             | 12.83m |
| 8 | Mitchell, Noah    | FR | Minnesota-Duluth   | 13.46m |
| 9 | Kostynick, Connor | SO | Minnesota-Duluth   | 12.93m |

**Flight 2 of 3 Finals**

|   |                   |    |                    |        |
|---|-------------------|----|--------------------|--------|
| 1 | Reese, Dallas     | SO | Minot State        | 15.16m |
| 2 | Kostynick, Colton | SR | Minnesota-Duluth   | 15.84m |
| 3 | Sellheim, Brennan | FR | Msu-Moorhead       | 15.13m |
| 4 | Elge, Daniel      | JR | Wayne State (Neb.) | 15.48m |
| 5 | Aguilera, Carter  | SR | Minnesota State    | 16.10m |
| 6 | Swedzinski, Carl  | SR | SW Minnesota St.   | 14.89m |
| 7 | Edwards, Andrew   | FR | Sioux Falls        | 15.59m |
| 8 | Andersen, Oliver  | SO | Minnesota State    | 14.96m |
| 9 | Otto, Dan         | SO | Concordia-St. Paul | 15.85m |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Flight 3 of 3 Finals...(Event 7 Men Shot Put)**

|    |                 |    |                    |        |
|----|-----------------|----|--------------------|--------|
| 1  | Fretag, Justin  | FR | Minnesota State    | 16.57m |
| 2  | Orzolek, Steven | SR | Minnesota State    | 17.38m |
| 3  | Feist, Cade     | JR | Concordia-St. Paul | 16.27m |
| 4  | Wieser, Ben     | SO | Minnesota State    | 16.84m |
| 5  | Mallory, Daylin | SO | Wayne State (Neb.) | 16.69m |
| 6  | Snyder, Chase   | SO | Sioux Falls        | 16.40m |
| 7  | Weston, Jackson | SO | Minnesota-Duluth   | 16.19m |
| 8  | Kreins, Samuel  | JR | Minot State        | 16.18m |
| 9  | Hiatt, Tyler    | JR | Sioux Falls        | 18.06m |
| 10 | Bicek, Eli      | SR | Minnesota-Duluth   | 16.12m |

**Event 27 Women Hammer Throw****NSIC Record: 63.54m 2017****Michaela Dendinger, Wayne State****Facility: 58.35m 4/9/2022****Emma Hertz, Sioux Falls**

| Pos | Name | Year | School | Seed | Mark |
|-----|------|------|--------|------|------|
|-----|------|------|--------|------|------|

**Flight 1 of 3 Finals**

|   |                   |    |                    |        |
|---|-------------------|----|--------------------|--------|
| 1 | Osier, Emma       | FR | Minnesota State    | 40.95m |
| 2 | Morris, Jenna     | JR | Concordia-St. Paul | 39.87m |
| 3 | VanDriel, Delanie | SO | Sioux Falls        | 41.77m |
| 4 | Svien, Shelby     | SO | Sioux Falls        | 40.65m |
| 5 | Alberts, Julia    | FR | Minnesota State    | 40.35m |
| 6 | Schmidt, Cassidy  | SO | Bemidji State      | 41.97m |
| 7 | Carsrud, Justine  | SO | Minnesota-Duluth   | 41.28m |
| 8 | VanOsdel, Kayla   | JR | Sioux Falls        | 40.96m |
| 9 | Zaiger, Katelyn   | JR | Msu-Moorhead       | 40.52m |

**Flight 2 of 3 Finals**

|    |                  |    |                    |        |
|----|------------------|----|--------------------|--------|
| 1  | Lorentz, Emily   | SO | SW Minnesota St.   | 43.28m |
| 2  | Patrin, Mikenna  | JR | Bemidji State      | 44.59m |
| 3  | Gielski, Kayce   | SR | Minnesota-Duluth   | 46.59m |
| 4  | Young, Reilly    | JR | Wayne State (Neb.) | 47.10m |
| 5  | Heisinger, Elli  | FR | Minnesota State    | 42.60m |
| 6  | Baker, Hannah    | SO | Bemidji State      | 43.16m |
| 7  | Jeppesen, Sarah  | JR | Concordia-St. Paul | 44.33m |
| 8  | Lavendusky, Maya | SO | Concordia-St. Paul | 43.62m |
| 9  | Klun, Madeline   | SR | Minnesota-Duluth   | 45.38m |
| 10 | Zino, Sarah      | FR | Minnesota State    | 43.87m |

**Flight 3 of 3 Finals**

|    |                     |    |                    |        |
|----|---------------------|----|--------------------|--------|
| 1  | Mensah, Esther      | SO | Concordia-St. Paul | 49.81m |
| 2  | Schwarzrock, Olivia | SO | Wayne State (Neb.) | 48.40m |
| 3  | Baker, Hailey       | JR | Wayne State (Neb.) | 54.33m |
| 4  | Lindsey, Kamry      | JR | Sioux Falls        | 51.81m |
| 5  | Erickson, Emma      | JR | Bemidji State      | 49.07m |
| 6  | Baumberger, Olivia  | JR | Sioux Falls        | 51.70m |
| 7  | Bird, Lauren        | FR | Minnesota State    | 52.21m |
| 8  | Markle, McKenna     | JR | Wayne State (Neb.) | 49.47m |
| 9  | Brown, Aubri        | FR | Minnesota State    | 50.64m |
| 10 | Gough, Cassidy      | SR | Northern State     | 53.30m |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Friday****Event 30 Men Hammer Throw****NSIC Record: 65.81m 2014****Chris Reed, Minnesota State****Facility: 62.36m 5/3/2023****Connor Tordsen, Dakota State**

| <b>Pos</b>                  | <b>Name</b>        | <b>Year</b> | <b>School</b>      | <b>Seed Mark</b> |
|-----------------------------|--------------------|-------------|--------------------|------------------|
| <b>Flight 1 of 3 Finals</b> |                    |             |                    |                  |
| 1                           | Fretag, Justin     | FR          | Minnesota State    | 47.51m           |
| 2                           | Nebelung, Tyler    | JR          | SW Minnesota St.   | 44.54m           |
| 3                           | Andersen, Oliver   | SO          | Minnesota State    | 48.04m           |
| 4                           | Giger, Andrew      | FR          | Concordia-St. Paul | 42.17m           |
| 5                           | Kostynick, Connor  | SO          | Minnesota-Duluth   | 42.76m           |
| 6                           | Wieser, Ben        | SO          | Minnesota State    | 47.68m           |
| 7                           | Olesen, Joshua     | SO          | Wayne State (Neb.) | 46.61m           |
| 8                           | Edwards, Andrew    | FR          | Sioux Falls        | 47.28m           |
| 9                           | Wilson, Tyler      | SO          | SW Minnesota St.   | 47.28m           |
| <b>Flight 2 of 3 Finals</b> |                    |             |                    |                  |
| 1                           | Krummen, Carter    | SO          | Concordia-St. Paul | 53.45m           |
| 2                           | Ninete, Jaxson     | FR          | Wayne State (Neb.) | 50.71m           |
| 3                           | Orzolek, Steven    | SR          | Minnesota State    | 52.44m           |
| 4                           | Rex, Marek         | SR          | Sioux Falls        | 50.15m           |
| 5                           | Otto, Dan          | SO          | Concordia-St. Paul | 48.55m           |
| 6                           | Kreins, Samuel     | JR          | Minot State        | 50.83m           |
| 7                           | Feist, Cade        | JR          | Concordia-St. Paul | 51.55m           |
| 8                           | Weston, Jackson    | SO          | Minnesota-Duluth   | 48.39m           |
| 9                           | Sechen, Darius     | SO          | Msu-Moorhead       | 48.32m           |
| 10                          | Logue, Matthew     | SO          | Wayne State (Neb.) | 51.20m           |
| <b>Flight 3 of 3 Finals</b> |                    |             |                    |                  |
| 1                           | Bicek, Eli         | SR          | Minnesota-Duluth   | 54.74m           |
| 2                           | Swedzinski, Carl   | SR          | SW Minnesota St.   | 54.40m           |
| 3                           | Olson, Nick        | SR          | Northern State     | 55.02m           |
| 4                           | Hiatt, Tyler       | JR          | Sioux Falls        | 53.86m           |
| 5                           | Altman, Alex       | SO          | Wayne State (Neb.) | 54.50m           |
| 6                           | Elge, Daniel       | JR          | Wayne State (Neb.) | 55.76m           |
| 7                           | Beiswanger, Joshua | JR          | Minnesota State    | 56.59m           |
| 8                           | Shaner, Zachary    | JR          | Minnesota State    | 53.88m           |
| 9                           | Aguilera, Carter   | SR          | Minnesota State    | 55.91m           |
| 10                          | Byrne, Liam        | JR          | Minnesota State    | 58.33m           |

| Event 33 Women 4x100 Meter Relay |                    |       |           | Minnesota State, Minnesota St<br>D Cartwright, J Simmons, R Cramer, M Jackson<br>Winona State, Winona State<br>Pryor,Schyvinck,Pietz,Schyvinck |  |
|----------------------------------|--------------------|-------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------|--|
| NSIC Record:                     |                    | 45.10 | 5/13/2023 |                                                                                                                                                |  |
| Facility:                        |                    | 46.22 | 5/4/2019  |                                                                                                                                                |  |
| Lane                             | Team               | Relay |           | Seed Time                                                                                                                                      |  |
| Section 1 of 2 Timed Finals      |                    |       |           |                                                                                                                                                |  |
| 4                                | St. Cloud State    | A     |           | 49.80                                                                                                                                          |  |
| 5                                | Winona State       | A     |           | 49.11                                                                                                                                          |  |
| 6                                | Concordia-St. Paul | A     |           | 48.58                                                                                                                                          |  |
| 7                                | Minot State        | A     |           | 48.87                                                                                                                                          |  |
| 8                                | SW Minnesota St.   | A     |           | 49.23                                                                                                                                          |  |
| 9                                | Bemidji State      | A     |           | 49.95                                                                                                                                          |  |
| Section 2 of 2 Timed Finals      |                    |       |           |                                                                                                                                                |  |
| 3                                | Wayne State (Neb.) | A     |           | 48.29                                                                                                                                          |  |
| 4                                | Minnesota-Duluth   | A     |           | 48.05                                                                                                                                          |  |
| 5                                | Augustana (S.D.)   | A     |           | 47.49                                                                                                                                          |  |
| 6                                | Minnesota State    | A     |           | 44.76                                                                                                                                          |  |
| 7                                | U-Mary             | A     |           | 46.18                                                                                                                                          |  |
| 8                                | Sioux Falls        | A     |           | 48.03                                                                                                                                          |  |
| 9                                | Northern State     | A     |           | 48.26                                                                                                                                          |  |
| Event 34 Men 4x100 Meter Relay   |                    |       |           | Minnesota Duluth, Minnesota Duluth<br>E Hanson, E Farnum, J Nerison, J Hanson<br>Minnesota State, Minnesota St<br>Colome,Nti,Sharma,Clark      |  |
| NSIC Record:                     |                    | 40.63 | 1998      |                                                                                                                                                |  |
| Facility:                        |                    | 40.27 | 5/3/2023  |                                                                                                                                                |  |
| Lane                             | Team               | Relay |           | Seed Time                                                                                                                                      |  |
| Section 1 of 2 Timed Finals      |                    |       |           |                                                                                                                                                |  |
| 3                                | Sioux Falls        | A     |           | 43.47                                                                                                                                          |  |
| 4                                | Msu-Moorhead       | A     |           | 42.44                                                                                                                                          |  |
| 5                                | SW Minnesota St.   | A     |           | 41.92                                                                                                                                          |  |
| 6                                | Augustana (S.D.)   | A     |           | 42.01                                                                                                                                          |  |
| 7                                | Wayne State (Neb.) | A     |           | 42.68                                                                                                                                          |  |
| Section 2 of 2 Timed Finals      |                    |       |           |                                                                                                                                                |  |
| 3                                | Northern State     | A     |           | 41.92                                                                                                                                          |  |
| 4                                | Concordia-St. Paul | A     |           | 41.14                                                                                                                                          |  |
| 5                                | Minnesota State    | A     |           | 39.96                                                                                                                                          |  |
| 6                                | U-Mary             | A     |           | 40.71                                                                                                                                          |  |
| 7                                | Minnesota-Duluth   | A     |           | 41.67                                                                                                                                          |  |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Saturday****Event 37 Women 5000 Meter Run****NSIC Record: 15:48.64 5/13/2023 Lindsay Cunningham, Winona State****Facility: 17:24.67 5/2/2012 Mackenzie Hall, Minnesota Duluth**

| <b>Lane</b>                        | <b>Name</b>         | <b>Year</b> | <b>School</b>    | <b>Seed Time</b> |
|------------------------------------|---------------------|-------------|------------------|------------------|
| <b>Section 1 of 1 Timed Finals</b> |                     |             |                  |                  |
| 1                                  | Melton, Taylor      | SR          | Augustana (S.D.) | 17:53.36         |
| 2                                  | Swanson, Erika      | JR          | Minnesota-Duluth | 18:06.65         |
| 3                                  | Palodichuk, Anna    | SR          | Minnesota-Duluth | 18:42.84         |
| 4                                  | Narveson, Megan     | JR          | Minnesota State  | 20:17.82         |
| 5                                  | Blote, Teresa       | SR          | U-Mary           | 18:45.22         |
| 6                                  | Anderson, Kylie     | SO          | Winona State     | 17:53.07         |
| 7                                  | VanLoon, Elizabeth  | SO          | Minnesota-Duluth | 18:53.60         |
| 8                                  | Bakken, Ella        | JR          | Augustana (S.D.) | 16:54.98         |
| 9                                  | Matzek, Madison     | SO          | Minnesota State  | 17:52.62         |
| 10                                 | Goodwin, Mary       | SR          | Bemidji State    | 18:03.49         |
| 11                                 | Dominguez, Paulette | JR          | Minot State      | 18:04.10         |
| 12                                 | Becker, Alyssa      | JR          | U-Mary           | 17:06.05         |
| 13                                 | Beyer, Kaylee       | SR          | Winona State     | 16:09.59         |
| 14                                 | Overgaauw, Ashley   | FR          | Augustana (S.D.) | 17:10.26         |
| 15                                 | Kalthoff, Kristine  | SO          | U-Mary           | 17:37.18         |
| 16                                 | Freed, Greta        | JR          | St. Cloud State  | 18:44.44         |
| 17                                 | Young, Lindsey      | SO          | Augustana (S.D.) | NT               |
| 18                                 | Brandemuehl, Rhya   | SO          | Winona State     | 18:47.81         |
| 19                                 | Fundak, Andrijana   | JR          | U-Mary           | 17:13.25         |
| 20                                 | Zigler, Alison      | SR          | Minnesota State  | 19:23.03         |
| 21                                 | MacDonald, Alexi    | SO          | Minnesota State  | 18:13.02         |
| 22                                 | Wycklendt, Terez    | SO          | U-Mary           | 18:08.20         |
| 23                                 | Renier, Lauryn      | SR          | Minnesota-Duluth | 18:19.19         |
| 24                                 | Juac, Khot          | SR          | Sioux Falls      | 17:16.06         |
| 25                                 | Surage, Aubrey      | JR          | Augustana (S.D.) | NT               |
| 26                                 | Lovgren, Eleni      | SO          | Augustana (S.D.) | 17:21.04         |
| 27                                 | Thompson, Laura     | SO          | Augustana (S.D.) | 17:13.72         |
| 28                                 | Pickering, Megan    | SR          | Northern State   | 17:41.00         |
| 29                                 | Hoffman, Rachel     | SR          | Winona State     | 18:49.64         |
| 30                                 | Kowal, Cambrie      | JR          | St. Cloud State  | 18:44.73         |
| 31                                 | Anderson, Eve       | JR          | Minnesota-Duluth | 18:12.62         |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Saturday****Event 38 Men 5000 Meter Run****NSIC Record: 14:19.51 5/15/2021 Nadir Yusuf, MSU-Moorhead****Facility: 14:59.13 4/9/2022 Alexander Auch, SDSU**

| <b>Lane</b>                        | <b>Name</b>          | <b>Year</b> | <b>School</b>      | <b>Seed Time</b> |
|------------------------------------|----------------------|-------------|--------------------|------------------|
| <b>Section 1 of 1 Timed Finals</b> |                      |             |                    |                  |
| 1                                  | Fregoso, Guillermo   | SR          | U-Mary             | 15:25.65         |
| 2                                  | Fitzgerald, Parker   | SO          | Augustana (S.D.)   | 15:08.93         |
| 3                                  | Tegethoff, Caden     | SR          | Augustana (S.D.)   | 15:43.50         |
| 4                                  | Krummel, Joshua      | FR          | Concordia-St. Paul | 16:08.85         |
| 5                                  | Kaas, Jesse          | SO          | Augustana (S.D.)   | 14:36.20         |
| 6                                  | Groen, Kadin         | SO          | Augustana (S.D.)   | 14:50.86         |
| 7                                  | Martin, Josh         | SO          | Northern State     | NT               |
| 8                                  | Ricker, Tyson        | FR          | Augustana (S.D.)   | NT               |
| 9                                  | Alexander, Andrew    | FR          | Concordia-St. Paul | 16:04.62         |
| 10                                 | Halbe, Evan          | FR          | Northern State     | 15:41.57         |
| 11                                 | Burkhalter, Jonathan | JR          | Northern State     | NT               |
| 12                                 | Antony, Austin       | SR          | Minnesota-Duluth   | 14:52.63         |
| 13                                 | Hogan, Brady         | FR          | Augustana (S.D.)   | 14:49.00         |
| 14                                 | Fink, Isaac          | JR          | Augustana (S.D.)   | 14:54.63         |
| 15                                 | Alto, Nathan         | SO          | Northern State     | 14:49.15         |
| 16                                 | Krummel, Matthew     | JR          | Concordia-St. Paul | 15:40.19         |
| 17                                 | Ross, Ere            | FR          | Minnesota State    | 15:51.03         |
| 18                                 | Bakken, Nolan        | FR          | Minnesota-Duluth   | 15:43.78         |
| 19                                 | Ure, Ray             | JR          | Minnesota State    | NT               |
| 20                                 | Gundersen, Erik      | FR          | Augustana (S.D.)   | 14:25.20         |
| 21                                 | Hansen, Caleb        | SO          | U-Mary             | 16:05.59         |
| 22                                 | Erickson, Owen       | JR          | Concordia-St. Paul | 14:37.84         |
| 23                                 | Bullion, Kade        | JR          | Sioux Falls        | 15:18.59         |
| 24                                 | Hansen, Eli          | FR          | U-Mary             | 15:43.72         |
| 25                                 | Hoechst, Chase       | FR          | Msu-Moorhead       | 15:53.67         |
| 26                                 | Myran, Evan          | JR          | Augustana (S.D.)   | 14:57.14         |
| 27                                 | Brock, Beau          | JR          | Augustana (S.D.)   | NT               |
| 28                                 | Haberman, Ben        | JR          | Augustana (S.D.)   | 15:23.18         |
| 29                                 | Dorado, James        | SO          | Msu-Moorhead       | 15:13.89         |
| 30                                 | Hartman, Ryan        | JR          | Augustana (S.D.)   | 13:49.73         |
| 31                                 | Shumway, Micade      | JR          | Sioux Falls        | 15:14.35         |
| 32                                 | Bohm, Adam           | JR          | Minnesota State    | 15:24.48         |
| 33                                 | Stueven, Adnew       | SR          | Msu-Moorhead       | NT               |
| 34                                 | Selman, Lucas        | JR          | Minnesota-Duluth   | 15:05.23         |
| 35                                 | Sacay, Will          | SO          | Concordia-St. Paul | 14:44.11         |
| 36                                 | Rivera, Caleb        | JR          | Sioux Falls        | NT               |
| 37                                 | Brand, Colten        | SR          | Augustana (S.D.)   | NT               |
| 38                                 | Kurschner, Brett     | FR          | Msu-Moorhead       | 15:51.29         |
| 39                                 | Strom, Dawson        | FR          | Augustana (S.D.)   | 14:31.72         |

| Event 39 Women 4x400 Meter Relay |                    |         |           | University of Mary, University of Mary<br>J Hammerschmidt, N Richards, M Rodriguez, N Brown<br>Winona State, Winona State<br>Harris,Zeman,Vallabouy,Schylvinck |  |
|----------------------------------|--------------------|---------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| NSIC Record:                     |                    | 3:41.18 | 2017      |                                                                                                                                                                |  |
| Facility:                        |                    | 3:44.06 | 5/7/2021  |                                                                                                                                                                |  |
| Lane                             | Team               | Relay   |           | Seed Time                                                                                                                                                      |  |
| Section 1 of 2 Timed Finals      |                    |         |           |                                                                                                                                                                |  |
| 3                                | Minot State        | A       |           | 4:13.55                                                                                                                                                        |  |
| 4                                | Winona State       | A       |           | 4:04.14                                                                                                                                                        |  |
| 5                                | Northern State     | A       |           | 3:58.73                                                                                                                                                        |  |
| 6                                | SW Minnesota St.   | A       |           | 4:04.08                                                                                                                                                        |  |
| 7                                | St. Cloud State    | A       |           | 4:05.22                                                                                                                                                        |  |
| 8                                | Sioux Falls        | A       |           | 4:17.84                                                                                                                                                        |  |
| Section 2 of 2 Timed Finals      |                    |         |           |                                                                                                                                                                |  |
| 3                                | Minnesota-Duluth   | A       |           | 3:54.39                                                                                                                                                        |  |
| 4                                | Concordia-St. Paul | A       |           | 3:53.85                                                                                                                                                        |  |
| 5                                | Minnesota State    | A       |           | 3:41.06                                                                                                                                                        |  |
| 6                                | Augustana (S.D.)   | A       |           | 3:50.10                                                                                                                                                        |  |
| 7                                | U-Mary             | A       |           | 3:54.17                                                                                                                                                        |  |
| 8                                | Bemidji State      | A       |           | 3:54.89                                                                                                                                                        |  |
| Event 40 Men 4x400 Meter Relay   |                    |         |           | Minnesota State, Minnesota St<br>J Pontes Da Veiga, Q Hussey, K Atubel, K Bade<br>Minnesota State, Minnesota St<br>Schuster,Wiesen,Diamond,Phelps              |  |
| NSIC Record:                     |                    | 3:11.82 | 5/13/2023 |                                                                                                                                                                |  |
| Facility:                        |                    | 3:09.77 | 5/4/2019  |                                                                                                                                                                |  |
| Lane                             | Team               | Relay   |           | Seed Time                                                                                                                                                      |  |
| Section 1 of 2 Timed Finals      |                    |         |           |                                                                                                                                                                |  |
| 3                                | Wayne State (Neb.) | A       |           | 3:40.77                                                                                                                                                        |  |
| 4                                | Sioux Falls        | A       |           | 3:25.88                                                                                                                                                        |  |
| 5                                | Msu-Moorhead       | A       |           | 3:20.06                                                                                                                                                        |  |
| 6                                | Augustana (S.D.)   | A       |           | 3:21.92                                                                                                                                                        |  |
| 7                                | SW Minnesota St.   | A       |           | 3:26.72                                                                                                                                                        |  |
| Section 2 of 2 Timed Finals      |                    |         |           |                                                                                                                                                                |  |
| 3                                | Concordia-St. Paul | A       |           | 3:17.87                                                                                                                                                        |  |
| 4                                | Northern State     | A       |           | 3:15.06                                                                                                                                                        |  |
| 5                                | Minnesota State    | A       |           | 3:10.58                                                                                                                                                        |  |
| 6                                | U-Mary             | A       |           | 3:14.10                                                                                                                                                        |  |
| 7                                | Minot State        | A       |           | 3:16.37                                                                                                                                                        |  |
| 8                                | Minnesota-Duluth   | A       |           | 3:19.41                                                                                                                                                        |  |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Saturday****Event 28 Men Discus Throw****NSIC Record: 56.26m 5/15/2021 Marcus Gustaveson, Concordia-St****Facility: 60.38m 5/4/2024 Marcus Gustaveson, Velaasa**

| <b>Pos</b>                  | <b>Name</b>       | <b>Year</b> | <b>School</b>      | <b>Seed Mark</b> |
|-----------------------------|-------------------|-------------|--------------------|------------------|
| <b>Flight 1 of 3 Finals</b> |                   |             |                    |                  |
| 1                           | Olson, Nick       | SR          | Northern State     | 41.79m           |
| 2                           | Kostynick, Connor | SO          | Minnesota-Duluth   | 41.83m           |
| 3                           | Giger, Andrew     | FR          | Concordia-St. Paul | 40.07m           |
| 4                           | Feist, Cade       | JR          | Concordia-St. Paul | 41.18m           |
| 5                           | Barnett, Ethan    | JR          | Northern State     | 43.28m           |
| 6                           | Feist, Cullen     | SR          | Concordia-St. Paul | 41.55m           |
| 7                           | Rex, Marek        | SR          | Sioux Falls        | 42.38m           |
| 8                           | Bicek, Eli        | SR          | Minnesota-Duluth   | 42.32m           |
| 9                           | Swedzinski, Carl  | SR          | SW Minnesota St.   | 39.35m           |
| <b>Flight 2 of 3 Finals</b> |                   |             |                    |                  |
| 1                           | Edwards, Andrew   | FR          | Sioux Falls        | 44.72m           |
| 2                           | Byrne, Liam       | JR          | Minnesota State    | 46.05m           |
| 3                           | Fretag, Justin    | FR          | Minnesota State    | 46.71m           |
| 4                           | Wilson, Tyler     | SO          | SW Minnesota St.   | 46.14m           |
| 5                           | Nebelung, Tyler   | JR          | SW Minnesota St.   | 44.76m           |
| 6                           | Weston, Jackson   | SO          | Minnesota-Duluth   | 45.75m           |
| 7                           | Pettis, Keyshawn  | SO          | Concordia-St. Paul | 47.42m           |
| 8                           | Hettinger, Jake   | FR          | U-Mary             | 44.65m           |
| 9                           | Ninete, Jaxson    | FR          | Wayne State (Neb.) | 45.61m           |
| <b>Flight 3 of 3 Finals</b> |                   |             |                    |                  |
| 1                           | Kostynick, Colton | SR          | Minnesota-Duluth   | 50.45m           |
| 2                           | Erickson, Sean    | FR          | U-Mary             | 48.08m           |
| 3                           | Otto, Dan         | SO          | Concordia-St. Paul | 49.80m           |
| 4                           | Andersen, Oliver  | SO          | Minnesota State    | 50.25m           |
| 5                           | Snyder, Chase     | SO          | Sioux Falls        | 52.41m           |
| 6                           | Hiatt, Tyler      | JR          | Sioux Falls        | 52.11m           |
| 7                           | Mallory, Daylin   | SO          | Wayne State (Neb.) | 50.42m           |
| 8                           | Bullion, J'Dyn    | FR          | Wayne State (Neb.) | 48.95m           |
| 9                           | Aguilera, Carter  | SR          | Minnesota State    | 54.50m           |

**Event 29 Women Triple Jump****NSIC Record: 12.85m 5/14/2022 D'Andra Morris, U-Mary****Facility: 12.88m 5/1/2024 Flore Gracia, Unattached**

| <b>Pos</b>                  | <b>Name</b>              | <b>Year</b> | <b>School</b>    | <b>Seed Mark</b> |
|-----------------------------|--------------------------|-------------|------------------|------------------|
| <b>Flight 1 of 3 Finals</b> |                          |             |                  |                  |
| 1                           | Bruno, Anna              | FR          | U-Mary           | 10.75m           |
| 2                           | Loftus, Grace            | SR          | Minot State      | 9.62m            |
| 3                           | Hemmer, Mackenzie        | SO          | Augustana (S.D.) | 10.61m           |
| 4                           | Webb, Abbi               | JR          | Sioux Falls      | 10.69m           |
| 5                           | Theis, Alison            | SR          | Northern State   | 9.88m            |
| 6                           | Martinez-Rodriuez, Elena | SR          | St. Cloud State  | 10.76m           |
| 7                           | Jones, Emily             | JR          | Minnesota-Duluth | 9.89m            |
| 8                           | Minsaas, Dani            | FR          | Sioux Falls      | 10.69m           |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Saturday****Flight 2 of 3 Finals...(Event 29 Women Triple Jump)**

|   |                     |    |                    |        |
|---|---------------------|----|--------------------|--------|
| 1 | Steinman, Erin      | FR | Minnesota-Duluth   | 11.26m |
| 2 | Sweeney, Sierra     | JR | Northern State     | 10.96m |
| 3 | Peter, Nancy        | FR | SW Minnesota St.   | 11.19m |
| 4 | Olderbak, Lexi      | FR | Augustana (S.D.)   | 11.39m |
| 5 | Cridlebaugh, Ashley | SO | Minnesota State    | 10.92m |
| 6 | Schreiber, McKenna  | FR | Msu-Moorhead       | 10.82m |
| 7 | Schwartz, Kamryn    | SO | Northern State     | 10.89m |
| 8 | Sambo, Keyla        | SR | Wayne State (Neb.) | 10.86m |
| 9 | Bartunek, Avery     | SR | Sioux Falls        | 11.06m |

**Flight 3 of 3 Finals**

|   |                      |    |                  |        |
|---|----------------------|----|------------------|--------|
| 1 | Weidner, Taylor      | SR | U-Mary           | 11.61m |
| 2 | Neophytou, Stella    | JR | Minnesota State  | 12.62m |
| 3 | Hamdani, Ghada       | FR | Minnesota State  | 12.81m |
| 4 | Washington, Lillian  | SO | Minnesota State  | 12.47m |
| 5 | Salemonsens, Kaja    | JR | Augustana (S.D.) | 12.07m |
| 6 | Reichenberger, Hanna | JR | Winona State     | 12.10m |
| 7 | Steussy, Ella        | FR | Sioux Falls      | 11.53m |
| 8 | Passeri, Arianna     | SR | U-Mary           | 12.45m |
| 9 | Sundby, Sammi        | SR | Augustana (S.D.) | 11.63m |

**Event 31 Women Discus Throw**

|                     |               |                 |                                    |
|---------------------|---------------|-----------------|------------------------------------|
| <b>NSIC Record:</b> | <b>53.90m</b> | <b>2015</b>     | <b>Alissa Rausch, Winona State</b> |
| <b>Facility:</b>    | <b>55.31m</b> | <b>5/4/2024</b> | <b>Amanda Anderson, Unattached</b> |

| Pos | Name | Year | School | Seed Mark |
|-----|------|------|--------|-----------|
|-----|------|------|--------|-----------|

**Flight 1 of 3 Finals**

|    |                   |    |                    |        |
|----|-------------------|----|--------------------|--------|
| 1  | Hill, Alyssa      | SO | Bemidji State      | 38.93m |
| 2  | Lorentz, Emily    | SO | SW Minnesota St.   | 36.52m |
| 3  | VanOsdal, Kayla   | JR | Sioux Falls        | 38.82m |
| 4  | Doss, Tierra      | SR | Bemidji State      | 39.57m |
| 5  | Lavendusky, Maya  | SO | Concordia-St. Paul | 35.07m |
| 6  | Kranz, Kiley      | FR | Msu-Moorhead       | 39.13m |
| 7  | Jennissen, Alicia | FR | St. Cloud State    | 35.96m |
| 8  | Osier, Emma       | FR | Minnesota State    | 36.96m |
| 9  | Morris, Jenna     | JR | Concordia-St. Paul | 32.21m |
| 10 | Schmidt, Cassidy  | SO | Bemidji State      | 37.00m |

**Flight 2 of 3 Finals**

|    |                     |    |                    |        |
|----|---------------------|----|--------------------|--------|
| 1  | Diede, Raygen       | SO | Sioux Falls        | 40.19m |
| 2  | Schwarzrock, Olivia | SO | Wayne State (Neb.) | 41.87m |
| 3  | Tso, Torrance       | FR | Wayne State (Neb.) | 41.97m |
| 4  | Baker, Hannah       | SO | Bemidji State      | 41.18m |
| 5  | VanDriel, Delanie   | SO | Sioux Falls        | 42.93m |
| 6  | Zino, Sarah         | FR | Minnesota State    | 39.91m |
| 7  | Shorter, Maya       | FR | Minnesota State    | 41.39m |
| 8  | Mehrer, Andi        | FR | Northern State     | 41.55m |
| 9  | Svien, Shelby       | SO | Sioux Falls        | 42.05m |
| 10 | Zaiger, Katelyn     | JR | Msu-Moorhead       | 40.15m |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Saturday****Flight 3 of 3 Finals...(Event 31 Women Discus Throw)**

|    |                  |    |                    |        |
|----|------------------|----|--------------------|--------|
| 1  | Wadsworth, Kami  | FR | Sioux Falls        | 43.15m |
| 2  | Young, Reilly    | JR | Wayne State (Neb.) | 46.93m |
| 3  | Lindsey, Kamry   | JR | Sioux Falls        | 49.20m |
| 4  | Alberts, Julia   | FR | Minnesota State    | 42.93m |
| 5  | Fretag, Madeline | SR | Minnesota State    | 47.68m |
| 6  | Rath, Mack       | SR | Minnesota State    | 47.51m |
| 7  | Kruse, Brooklyn  | FR | Wayne State (Neb.) | 43.69m |
| 8  | Priebe, Zayda    | SO | Bemidji State      | 45.61m |
| 9  | Brown, Aubri     | FR | Minnesota State    | 44.55m |
| 10 | Jensen, Elise    | FR | Minnesota State    | 45.15m |
| 11 | Flynn, Nicole    | JR | Sioux Falls        | 44.84m |

**Event 32 Men Triple Jump**

|                     |               |                 |                                                |
|---------------------|---------------|-----------------|------------------------------------------------|
| <b>NSIC Record:</b> | <b>15.95m</b> | <b>2017</b>     | <b>Michael Sandle, Minnesota State</b>         |
| <b>Facility:</b>    | <b>15.93m</b> | <b>5/4/2018</b> | <b>Elijah Calderon-Pitchford, Minnesota St</b> |

| <b>Pos</b>                  | <b>Name</b>         | <b>Year</b> | <b>School</b>      | <b>Seed Mark</b> |
|-----------------------------|---------------------|-------------|--------------------|------------------|
| <b>Flight 1 of 2 Finals</b> |                     |             |                    |                  |
| 1                           | Larson, Kade        | JR          | Msu-Moorhead       | 12.86m           |
| 2                           | Nelson, Bennett     | SO          | Minnesota-Duluth   | 12.48m           |
| 3                           | Dacruz, Alexander   | SO          | Minnesota State    | 13.14m           |
| 4                           | Vande Kieft, Max    | SO          | Northern State     | 12.56m           |
| 5                           | McDowell, Ryan      | FR          | Minnesota State    | 13.35m           |
| 6                           | Moeller, Logan      | JR          | Wayne State (Neb.) | ND               |
| 7                           | Carey, Ted          | SO          | Concordia-St. Paul | 12.91m           |
| 8                           | Rhodes, Paul        | FR          | Sioux Falls        | 12.99m           |
| 9                           | Allen, Ty           | FR          | U-Mary             | 13.21m           |
| 10                          | Nikolas, Arik       | FR          | Concordia-St. Paul | 13.44m           |
| <b>Flight 2 of 2 Finals</b> |                     |             |                    |                  |
| 1                           | McGee, Jalen        | JR          | Minnesota State    | 14.31m           |
| 2                           | Spencer, Jordan     | JR          | Minnesota State    | 15.05m           |
| 3                           | Ukaobasi, Onyekachi | SR          | Minnesota State    | 15.18m           |
| 4                           | Heydt, Will         | SO          | Minnesota-Duluth   | 14.20m           |
| 5                           | Zeba, Peda          | FR          | SW Minnesota St.   | 13.81m           |
| 6                           | Rogers, Cody        | SR          | Wayne State (Neb.) | 13.51m           |
| 7                           | Miller, Shemar      | SR          | Minnesota State    | 15.65m           |
| 8                           | Wentz, Logan        | SO          | U-Mary             | 13.61m           |
| 9                           | Harris, Camwrin     | SR          | Minnesota State    | 14.79m           |
| 10                          | Schulz, Treyson     | FR          | Northern State     | 14.00m           |

**2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024****Timing and Results by Hero's Timing****Minnesota State University****Meet Program - Saturday****Event 1 Men Javelin Throw****NSIC Record: 65.86m 5/11/1992 Jim Anderson, MSU Moorhead****Facility: 63.80m 5/4/2022 Tyl Woelber, Augustana**

| <b>Pos</b>                  | <b>Name</b>        | <b>Year</b> | <b>School</b>      | <b>Seed Mark</b> |
|-----------------------------|--------------------|-------------|--------------------|------------------|
| <b>Flight 1 of 3 Finals</b> |                    |             |                    |                  |
| 1                           | Logue, Matthew     | SO          | Wayne State (Neb.) | 45.39m           |
| 2                           | Tomczik, Charles   | FR          | U-Mary             | 37.40m           |
| 3                           | Garner, Sam        | FR          | Northern State     | 43.60m           |
| 4                           | Lear, Nathan       | JR          | SW Minnesota St.   | 45.39m           |
| 5                           | Westphal, Nicholas | SO          | Minnesota-Duluth   | 40.16m           |
| 6                           | Clark, Jack        | JR          | SW Minnesota St.   | 44.78m           |
| 7                           | Juengst, Sean      | JR          | Northern State     | 42.44m           |
| 8                           | Borcher, Vance     | SO          | Northern State     | 44.35m           |
| 9                           | Hettinger, Jake    | FR          | U-Mary             | 44.65m           |
| <b>Flight 2 of 3 Finals</b> |                    |             |                    |                  |
| 1                           | Ford, Noah         | SO          | Northern State     | 45.94m           |
| 2                           | Ligon, Isaac       | SO          | Northern State     | 48.25m           |
| 3                           | Stevenson, Malakhi | JR          | U-Mary             | 49.78m           |
| 4                           | Brandt, Alex       | JR          | Wayne State (Neb.) | 50.03m           |
| 5                           | Finnsson, Birnir   | FR          | Northern State     | 46.34m           |
| 6                           | Odamtten, Jeff     | SO          | Concordia-St. Paul | 48.55m           |
| 7                           | Kostynick, Connor  | SO          | Minnesota-Duluth   | 45.57m           |
| 8                           | Erickson, Sean     | FR          | U-Mary             | 45.86m           |
| 9                           | Rex, Marek         | SR          | Sioux Falls        | 47.54m           |
| <b>Flight 3 of 3 Finals</b> |                    |             |                    |                  |
| 1                           | Heydt, Will        | SO          | Minnesota-Duluth   | 51.97m           |
| 2                           | Decker, Denver     | JR          | Sioux Falls        | 55.89m           |
| 3                           | Barnett, Carson    | FR          | Northern State     | 58.73m           |
| 4                           | Friese, Isaac      | FR          | Msu-Moorhead       | 56.53m           |
| 5                           | Byrne, Liam        | JR          | Minnesota State    | 55.42m           |
| 6                           | Reis, Levi         | FR          | Northern State     | 62.29m           |
| 7                           | Feist, Cullen      | SR          | Concordia-St. Paul | 52.30m           |
| 8                           | Ogren, Ty          | SR          | Msu-Moorhead       | 53.00m           |
| 9                           | Forknell, Jesse    | FR          | U-Mary             | 53.88m           |
| 10                          | Roggenbuck, Damon  | FR          | Northern State     | 57.44m           |

**Event 6 Women Javelin Throw****NSIC Record: 46.74m 1982 Kelly Owen, MSU Moorehead****Facility: 47.36m 5/6/2023 Olivia Baumberger, Sioux Falls**

| <b>Pos</b>                  | <b>Name</b>        | <b>Year</b> | <b>School</b>      | <b>Seed Mark</b> |
|-----------------------------|--------------------|-------------|--------------------|------------------|
| <b>Flight 1 of 3 Finals</b> |                    |             |                    |                  |
| 1                           | Wallendal, Trinity | FR          | St. Cloud State    | 31.88m           |
| 2                           | Arlen, Heather     | SO          | SW Minnesota St.   | 31.28m           |
| 3                           | Couch, Maya        | JR          | Wayne State (Neb.) | 30.46m           |
| 4                           | Azure, Sam         | FR          | Msu-Moorhead       | 32.29m           |
| 5                           | Fitzgerald, Kate   | SO          | Minnesota-Duluth   | 29.65m           |
| 6                           | Koepfinger, Hannah | SR          | SW Minnesota St.   | 30.31m           |
| 7                           | McCartney, Annie   | SR          | Wayne State (Neb.) | 28.59m           |
| 8                           | Miller, Esther     | JR          | Minnesota State    | 31.98m           |
| 9                           | Stanton, Sierra    | SR          | Sioux Falls        | 32.27m           |

2024 NSIC Outdoor Track & Field Championship - 5/9/2024 to 5/11/2024

Timing and Results by Hero's Timing

Minnesota State University

Meet Program - Saturday

Flight 2 of 3 Finals...(Event 6 Women Javelin Throw)

|   |                   |    |                    |        |
|---|-------------------|----|--------------------|--------|
| 1 | Cumbow, Addison   | SO | Northern State     | 32.82m |
| 2 | Kiel, Malayna     | SO | SW Minnesota St.   | 34.72m |
| 3 | Sheldon, Morgan   | SO | Northern State     | 32.51m |
| 4 | Sallee, Kylee     | JR | Augustana (S.D.)   | 34.07m |
| 5 | Guetterman, Davis | SO | Sioux Falls        | 34.22m |
| 6 | Priebe, Zayda     | SO | Bemidji State      | 35.30m |
| 7 | Harbo, Arika      | SR | Concordia-St. Paul | 34.22m |
| 8 | Feeney, Ellie     | FR | U-Mary             | 33.88m |
| 9 | Clevenger, Camryn | FR | Wayne State (Neb.) | 33.20m |

Flight 3 of 3 Finals

|   |                    |    |                    |        |
|---|--------------------|----|--------------------|--------|
| 1 | Patrin, Mikenna    | JR | Bemidji State      | 38.40m |
| 2 | Bendish, Anna      | FR | U-Mary             | 38.38m |
| 3 | Coffee, Anna       | SO | Wayne State (Neb.) | 36.32m |
| 4 | Gough, Cassidy     | SR | Northern State     | 36.25m |
| 5 | Jensen, Elise      | FR | Minnesota State    | 38.18m |
| 6 | Shorter, Maya      | FR | Minnesota State    | 39.16m |
| 7 | Wadsworth, Kami    | FR | Sioux Falls        | 41.01m |
| 8 | West, Jordan       | FR | Northern State     | 35.43m |
| 9 | Baumberger, Olivia | JR | Sioux Falls        | 48.44m |

Event 3 Men Pole Vault

|              |       |           |                             |
|--------------|-------|-----------|-----------------------------|
| NSIC Record: | 5.37m | 5/13/2023 | Carson Dittel, Minnesota St |
| Facility:    | 5.32m | 5/3/2023  | Carson Dittel, Minnesota St |

| Pos                  | Name              | Year | School           | Seed  | Mark |
|----------------------|-------------------|------|------------------|-------|------|
| Flight 1 of 1 Finals |                   |      |                  |       |      |
| 1                    | Grannes, Luke     | JR   | SW Minnesota St. | 3.66m |      |
| 2                    | Kalin, Ian        | FR   | SW Minnesota St. | 3.82m |      |
| 3                    | Minnaert, Ean     | SO   | Sioux Falls      | 3.98m |      |
| 4                    | Bastian, Baden    | SO   | Minnesota-Duluth | 4.06m |      |
| 5                    | Frank, Austin     | SO   | Minnesota State  | 4.12m |      |
| 6                    | Olson, Samuel     | JR   | Sioux Falls      | 4.25m |      |
| 7                    | Huss, Nicholas    | SO   | Msu-Moorhead     | 4.26m |      |
| 8                    | Smith, Hunter     | JR   | SW Minnesota St. | 4.42m |      |
| 9                    | Ligon, Isaac      | SO   | Northern State   | 4.46m |      |
| 10                   | Radtke, Eli       | SO   | Northern State   | 4.61m |      |
| 11                   | Hansen, Jed       | JR   | Minnesota State  | 4.67m |      |
| 12                   | Ford, Noah        | SO   | Northern State   | 4.71m |      |
| 13                   | Wakeling, Blake   | FR   | Minnesota State  | 4.71m |      |
| 14                   | Windorski, Collin | FR   | Minnesota State  | 4.86m |      |