

MINNESOTA INTERCOLLEGIATE ATHLETIC CONFERENCE
2023 Men's Indoor Track & Field Championships
Friday-Sunday, Feb. 24-26 • St. Paul, Minnesota

ALL-CONFERENCE INDIVIDUALS

60-Meter Dash

1. Landen Liu, BU.....6.76
2. Samuel Eben Ebai, CSS.....6.89
3. Kevin Arthur, SJU6.91

200-Meter Dash

1. Landen Liu, BU.....21.99
2. Jacob Parent, BU.....22.26
3. Cal Wright, CON.....22.37

400-Meter Dash

1. Jacob Parent, BU.....49.17
2. Joel Smith, BU.....49.33
3. Cal Wright, CON.....49.39

600-Meter Run

1. Joel Smith, BU.....1:20.87
2. Josh Meier, CAR.....1:22.26
3. Tyler Smith, GAC.....1:23.36

800-Meter Run

1. Josh Meier, CAR.....1:56.44
2. Tyler Smith, GAC.....1:56.93
3. Jeremy Fong, CAR1:57.70

1000-Meter Run

1. Tucker Wallin, GAC2:31.32
2. Olaf Coffey, STO2:31.56
3. Jeremy Fong, CAR2:32.43

Mile Run

1. Gabe Nichols, CAR.....4:12.99
2. Mitchell Grand, SJU4:14.43
3. Tucker Wallin, GAC4:16.48

3000-Meter Run

1. Gabe Nichols, CAR.....8:23.16
2. Will Kelly, STO.....8:28.65
3. Lloyd Young, SJU8:29.74

5000-Meter Run

1. Mohammed Bati, AUG14:46.60
2. Will Kelly, STO.....14:50.74
3. Carter Grove, SJU14:59.90

60-Meter Hurdles

1. Jayson Ekiyor, BU8.08
2. Lucas Kramarczuk, STO8.21
3. Josh Sampson, BU8.22

High Jump

1. Michael Braun, HU1.92m
2. Anthony Marsh, CON1.92m
3. Danny Bies, GAC1.89m

Pole Vault

1. Joseph Charbonneau, SJU.....4.91m
2. Samuel Gardeen, BU4.47m
3. Kole Guth, SJU4.37m

Long Jump

1. Zach Schaffer, SJU6.70m
2. Lucas Kramarczuk, STO.....6.55m
3. Michael Braun, HU6.50m

Triple Jump

1. Lucas Kramarczuk, STO.....14.37m
2. Elijah Wade, SJU14.08m
3. Sean Souksavath, STO.....13.30m

Shot Put

1. Cade Feist, STO15.63m
2. Andrew Mollison, STO.....14.98m
3. Trent Beseth, CSS14.62m

Weight Throw

1. Joshua Beiswanger, GAC.....17.18m
2. Jaeden Frost, SJU.....16.31m
3. Grant Steger, CSS15.69m

Heptathlon

1. Demetri Lord, STO4684
2. Max Lelwica, SJU.....4333
3. Abe Schegel, BU.....4280

MIAC Men's Track Athlete of the Year

Landen Liu, BU

MIAC Men's Field Athlete of the Year

Joseph Charbonneau, SJU

MIAC Men's Rookie of the Year

Landen Liu, BU

MIAC Men's Coach of the Year

Andrew Rock, BU

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ALL-CONFERENCE RELAYS

4x200-Meter Relay

1. Concordia 1:29.31
Nolan Morical
Cal Wright
Trevor Tiongson
Hayden Gagnon
2. Bethel 1:29.79
Jayson Ekiyor
Grant Nelson
Alec Braun
Josh Sampson
3. Saint John's 1:29.80
Emanuel Popoca
Brady Labine
Caden Wheeler
Kevin Arthur

4x400-Meter Relay

1. Bethel 3:21.46
Joel Smith
Josh Sampson
David Myres
Jacob Parent
2. Concordia 3:25.53
Hayden Gagnon
Trevor Tiongson
Gavin Groshelle
Cal Wright
3. Gustavus 3:27.37
Seth Zeitchick
Wyatt Quiring
Agro Gushwa
Tyler Smith

Distance Medley Relay

1. Carleton 10:23.80
Roy Llewellyn
Reese Anderson
Indy Lyness
Gabe Nichols
2. Macalester 10:34.51
Tor Olsson
Ryan Kinnucan
Henry Schonebaum
Ben Crotteau
3. Saint John's 10:37.65
Nick St. Peter
Riley Berg
Will Mattock
Dillon Diekmann

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HONORABLE MENTION INDIVIDUALS

60-Meter Dash

- 4. Matthew Skelly, GAC..... 7.06
- 5. Godsword Simon, BU..... 7.08
- 6. Cameron McConnell, BU..... 7.11

200-Meter Dash

- 4. Samuel Eben Ebai, CSS..... 22.44
- 5. Kevin Arthur, SJU..... 22.46
- 6. Wyatt Quiring, GAC..... 22.62

400-Meter Dash

- 4. Arlo Heitler, MAC..... 49.68
- 5. Hayden Gagnon, CON 49.86
- 6. Grant Nelson, BU 50.12

600-Meter Run

- 4. Reese Anderson, CAR 1:23.37
- 5. Hayden Gagnon, CON 1:23.69
- 6. Noah Kubicek, CSS..... 1:24.10

800-Meter Run

- 4. Alistair Pattison, CAR 1:57.75
- 5. Getinat Asfaw, AUG 1:57.77
- 6. Zach Martin, STO 1:58.05

1000-Meter Run

- 4. Getinat Asfaw, AUG 2:32.79
- 5. Indy Lyness, CAR..... 2:32.87
- 6. Sakariya Hussien, AUG..... 3:33.29

Mile

- 4. Roy Llewellyn, CAR..... 4:16.93
- 5. Lloyd Young, SJU..... 4:18.30
- 6. Olaf Coffey, STO 4:21.82

3000-Meter Run

- 4. Chris Melville, CAR 8:33.86
- 5. Tor Olsson, MAC..... 8:36.26
- 6. Henry Bowman, CAR 8:36.84

5000-Meter Run

- 4. Henry Bowman, CAR 15:01.96
- 5. Anders Cote, STO..... 15:07.93
- 6. Chris Melville, CAR 15:12.09

60-Meter Hurdles

- 4. Josh Thomsen, HU..... 8.45
- 5. David Myres, BU 8.50
- 6. Logan Clark, CON..... 8.83

High Jump

- 4. Alec Ungar, SJU..... 1.86m
- T5. Anthony Thurk, SJU 1.86m
- T5. Alec Braun, BU 1.86m

Pole Vault

- 4. Aidan Gatz, SMU..... 4.37m
- 5. Daniel Eickhoff, SJU..... 4.27m
- 6. Dylan Arnold, STO 4.17m

Long Jump

- 4. Josh Carlton, STO..... 6.46m
- 5. Eh Ler Moo, STO 6.38m
- 6. Grant Nelson, BU 6.35m

Triple Jump

- 4. Michael Braun, HU 13.14m
- 5. Alex Crnkovich, SJU..... 13.03m
- 6. Zach Schaffer, SJU 13.02m

Shot Put

- 4. Evan Larsen, BU 14.54m
- 5. Jaeden Frost, SJU..... 14.08m
- 6. Adam Hokanson, BU..... 13.91m

Weight Throw

- 4. Max Menache, MAC..... 15.21m
- 5. Eli Mollet, SJU..... 15.00m
- 6. Victor Wright, MAC..... 14.78m

Heptathlon

- 4. Anthony Thurk, SJU 4247
- 5. Andrew Cogley, STO..... 4075
- 6. Micah Smith, BU 4039

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HONORABLE MENTION RELAYS

4x200-Meter Relay

4. Gustavus..... 1:30.94
Matthew Skelly
Wyatt Quiring
Seth Zeitchick
Peter Oviguian
5. St. Olaf..... 1:32.25
Devin McNearny
Henry Fisher
Eh Ler Moo
Samuel Gwin
6. St. Scholastica 1:32.34
Tyler Anderson
Jericho Peterson
Kaedyn Redig
Samuel Eben Ebai

Distance Medley Relay

4. St. Olaf..... 10:37.71
Jackson Marsh
Henry Fisher
Alex Bittner
Eli Doran
5. Bethel..... 10:43.27
Grant Graber
Tony Haack
Tad Stewart
Luke Peterson
6. Concordia..... 10:46.44
Gavin Groshelle
Caleb Karg
Zander Gallmeier
Tanner Olson

4x400-Meter Relay

4. Carleton 3:28.10
Reese Anderson
Indy Lyness
Jeremy Fong
Josh Meier
5. Macalester 3:29.19
Jeff Wang
Henry Schonebaum
Ryan Kinnucan
Kalid Ali
6. St. Olaf..... 3:30.11
Henry Fisher
Alex Bittner
Devin McNearny
Zach Martin