

MINNESOTA INTERCOLLEGIATE ATHLETIC CONFERENCE
2024 Men's Outdoor Track & Field Championships
Friday-Saturday, May 10-11 • St. Paul, Minnesota

2024 MIAC Men's Outdoor Track Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Kevin Arthur	Saint John's	Sr.	Champlin, Minn. Champlin Park	2022 2023

2024 MIAC Men's Outdoor Field Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Trent Beseth	St. Scholastica	Jr.	Stanchfield, Minn. Cambridge-Isanti	--

2024 MIAC Men's Outdoor Track & Field Rookie of the Year

Name	Institution	Class	Hometown High School
Kameron Smith	Augsburg	Fy.	Arlington, Texas Mansfield Summit

2024 MIAC Men's Outdoor Track & Field Coach of the Year

Name	Institution	Previous Selections
Andrew Rock	Bethel	--

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ALL-CONFERENCE INDIVIDUALS

100-Meter Dash

1. Kevin Arthur, SJU 10.32
2. Landen Liu, BU 10.37
3. Chris Bulwe, SMU 10.72

200-Meter Dash

1. Kevin Arthur, SJU 20.68
2. Jacob Parent, BU 20.84
3. Grant Nelson, BU 21.24

400-Meter Dash

1. Jacob Parent, BU 46.66
2. Arlo Heitler, MAC 47.30
3. Grant Nelson, BU 47.49

800-Meter Run

1. Indy Lyness, CAR 1:53.56
2. Tyler Smith, GAC 1:54.88
3. Nick St. Peter, SJU 1:54.90

1500-Meter Run

1. Gabe Nichols, CAR 3:52.15
2. Roy Llewellyn, CAR 3:52.83
3. Nicholas Brauer, GAC 3:53.40

5000-Meter Run

1. Mohammed Bati, AUG 14:32.73
2. Gabe Nichols, CAR 14:34.88
3. Roy Llewellyn, CAR 14:46.12

10000-Meter Run

1. Mohammed Bati, AUG 30:44.03
2. Andrew Skemp, STO 31:10.16
3. David Lynn, STO 31:33.77

110-Meter Hurdles

1. Jayson Ekiyor, BU 14.12
2. Josh Sampson, BU 14.16
3. Josh Thomsen, BU 14.42

400-Meter Hurdles

1. Joel Smith, BU 51.38
2. Josh Sampson, BU 52.73
3. Josh Thomsen, BU 53.92

3000-Meter Steeplechase

1. Will Kelly, STO 9:02.59
2. Ignatius Fitzgerald, STO 9:12.93
3. Brady Goss, CCM 9:12.94

High Jump

1. Jackson McDowell, SJU 2.10m
2. Anthony Marsh, CCM 2.04m
3. Michael Braun, HU 1.96m

Pole Vault

1. Joseph Charbonneau, SJU 4.60m
2. Soren Kaster, CAR 4.60m
3. Samuel Gardeen, BU 4.60m

Long Jump

1. Zach Schaffer, SJU 7.23m
2. Ben Peterson, CCM 6.98m
3. Matthew Erickson, CSS 6.79m

Triple Jump

1. Kameron Smith, AUG 13.87m
2. Elijah Wade, SJU 13.67m
3. Matthew Erickson, CSS 13.57m

Shot Put

1. Cooper Folkestad, CCM 17.07m
2. Trent Beseth, CSS 16.95m
3. Blake Houska, CCM 14.74m

Discus Throw

1. Trent Beseth, CSS 55.23m
2. Evan Larsen, BU 44.87m
3. Joshua Monreal, CSS 43.22m

Hammer Throw

1. Jaeden Frost, SJU 56.62m
2. Joshua Monreal, CSS 52.22m
3. Trent Beseth, CSS 51.60m

Javelin Throw

1. Eli Hayes, CCM 56.73m
2. Ian Mortensen, CAR 55.90m
3. Aiden Yang, MAC 52.93m

Decathlon

1. Ian Mortensen, CAR 6525
2. Max Lelwica, SJU 6432
3. Wade Rhonemus, CCM 6416

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ALL-CONFERENCE RELAYS

4x100-Meter Relay

1. Bethel40.41
Landen Liu
Grant Nelson
Cameron McConnell
Jacob Parent
2. Saint John's40.94
Kiernan Murnan
Kevin Arthur
Aidan Morey
Matt Hansen
3. Gustavus42.29
Isaiah Subah
Jade Anstine
Nathan Le
Matthew Skelly

4x400-Meter Relay

1. Bethel3:14.86
Joel Smith
Josh Thomsen
Taaron Rudzitis
Victor Lelinga
2. Carleton3:18.74
Alistair Pattison
Josh Meier
Indy Lyness
Ethan Ash
3. Saint John's3:19.12
Cooper Smith
Owen Montreuil
Ryan Conzemius
Wyatt Witschen

4x800-Meter Relay

1. Carleton7:47.29
Roy Llewellyn
Alistair Pattison
Gabe Nichols
Indy Lyness
2. Saint John's7:48.94
Tommy Allen
Max McCoy
Cole Stencel
Owen Montreuil
3. St. Olaf7:52.87
Alex Bjork
Olaf Coffey
Sean Hartney
Gabe Estrada

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HONORABLE MENTION INDIVIDUALS

100-Meter Dash

- 4. Jade Anstine, GAC..... 10.85
- 5. Cameron McConnell, BU..... 10.98
- 6. Oliver Adamson, SMU..... 11.00

200-Meter Dash

- 4. Chris Bulwa, SMU..... 21.25
- 5. Jade Anstine, GAC..... 21.48
- 6. Arlo Heitler, MAC..... 21.61

400-Meter Dash

- 4. Noah Kubicek, CSS..... 49.00
- 5. Wyatt Witschen, SJU..... 49.23
- 6. Caleb Ketterling, BU..... 49.28

800-Meter Run

- 4. Victor Leling, BU..... 1:55.24
- 5. Drew Getty, MAC..... 1:55.33
- 6. Cullen Moore, STO..... 1:55.59

1500-Meter Run

- 4. Ian Curtis, STO..... 3:53.78
- 5. Calvin Boone, CSS..... 3:54.06
- 6. Olaf Coffey, STO..... 3:58.37

5000-Meter Run

- 4. Kevin Turlington, STO..... 14:50.97
- 5. Andrew Skemp, STO..... 14:58.25
- 6. Lars DeWall, CSS..... 15:00.86

10000-Meter Run

- 4. Lars DeWall, CSS..... 31:40.30
- 5. Tyler Edwards, MAC..... 31:47.14
- 6. Gael Mazur Strandlund, STO..... 31:56.75

110-Meter Hurdles

- 4. David Myres, BU..... 14.67
- 5. Pryce Ferrin, BU..... 14.98
- 6. Demetri Lord, STO..... 15.18

400-Meter Hurdles

- 4. David Myres, BU..... 54.56
- 5. Cooper Smith, SJU..... 54.63
- 6. Sam Schulze, GAC..... 55.76

3000-Meter Steeplechase

- 4. Anders Cote, STO..... 9:15.52
- 5. Gabe Estrada, STO..... 9:23.92
- 6. Jack Deaver, STO..... 9:28.45

High Jump

- 4. Anthony Thurk, SJU..... 1.96m
- 5. Alec Ungar, SJU..... 1.91m
- 6. Peyton Johnsrud, CCM..... 1.91m

Pole Vault

- 4. Dylan Arnold, STO..... 4.30m
- 5. Daniel Eickhoff, SJU..... 4.30m
- 6. Kole Guth, SJU..... 4.30m

Long Jump

- 4. Max Albertson, STO..... 6.78m
- 5. Anthony Thurk, SJU..... 6.62m
- 6. Eh Ler Moo, STO..... 6.60m

Triple Jump

- 4. Riley Hodin, MAC..... 13.48m
- 5. Max Albertson, STO..... 13.29m
- 6. Michael Braun, HU..... 13.00m

Shot Put

- 4. Joshua Monreal, CSS..... 14.62m
- 5. Adam Hokanson, BU..... 14.61m
- 6. Evan Larsen, BU..... 14.59m

Discus Throw

- 4. Jaeden Frost, SJU..... 43.13m
- 5. Nathan Carroll, SJU..... 42.34m
- 6. Philip Conant, BU..... 42.00m

Hammer Throw

- 4. Adam Hokanson, BU..... 51.54m
- 5. Evan Larsen, BU..... 50.96m
- 6. Grant Steger, CSS..... 50.56m

Javelin Throw

- 4. Mitchell Degen, SJU..... 52.51m
- 5. Logan Hennen, SJU..... 51.29m
- 6. Jacob Pipho, CCM..... 51.24m

Decathlon

- 4. Demetri Lord, STO..... 6309
- 5. Soren Kaster, CAR..... 6301
- 6. Anthony Thurk, SJU..... 6269

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HONORABLE MENTION RELAYS

4x100-Meter Relay

4. Saint Mary's 42.31
Jinwoo Jung
Chris Bulwa
Brady Johnson
Oliver Adamson
5. Hamline..... 42.88
David Couper
Reece Thomas
Andrei Pettis
Mickey Otis
6. Concordia..... 43.00
Mason Dahl
Trevor Tiongson
Jordan Petron
Ben Peterson

4x400-Meter Relay

4. St. Scholastica 3:20.80
Sean Alfaro Diedrich
Derek Douglas
Jacob Jensrud
Noah Kubicek
5. Gustavus..... 3:22.17
Cohen Stursa
Nicholas Brauer
Tyler Smith
Jade Anstine
6. St. Olaf..... 3:22.76
Max Albertson
Henry Fisher
Lance Nemecek
Demetri Lord

4x800-Meter Relay

4. St. Scholastica 7:57.11
Nathan Neu
Tucker Wallin
Calvin Boone
Derek Douglas
5. Gustavus..... 7:59.64
Cohen Stursa
Mark Rud
Markus Rupnow
Nicholas Brauer
6. Macalester 8:01.19
Jay Lebakken
Daniel Wiltse
Kalid Ali
Drew Getty