



MIAC Outdoor Performance List

100 Meters

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Arthur, Kevin	SO-2	St. John's (Minn.)	10.43	UW-La Crosse Final Qualifier	May 19, 2022	1.6
2	Miller, Ryan	JR-3	St. John's (Minn.)	10.51	UW-La Crosse Final Qualifier	May 19, 2022	1.6
3	Eben Ebai, Samuel	SO-2	St. Scholastica	10.61	MIAC Outdoor Championships	May 13, 2022	0.8
4	Conneh, Varney	JR-3	Augsburg	10.89	UW-La Crosse Final Qualifier	May 19, 2022	2.4
5	Kern, Tommy	FR-1	Concordia-Moorhead	10.91	Carleton Relays	Apr 23, 2022	3.8
6	Young, Jack	JR-3	St. John's (Minn.)	10.96	Carleton Relays	Apr 23, 2022	3.8
7	Morical, Nolan	FR-1	Concordia-Moorhead	11.02	MIAC Outdoor Championships	May 13, 2022	1.9
8	Lord, Demetri	SO-2	St. Olaf	11.03	MIAC Outdoor Championships	May 13, 2022	+0.0
8	Diedrich, Sean	FR-1	St. Scholastica	11.03	MIAC Outdoor Championships	May 13, 2022	1.9
8	Simon, Godsword	FR-1	Bethel (Minn.)	11.03	MIAC Outdoor Championships	May 13, 2022	1.9
11	Schegel, Abe	JR-3	Bethel (Minn.)	11.08	Holst Invitational	Apr 22, 2022	2.7
12	Christoph, Oscar	SR-4	Carleton	11.09	Carleton Relays	Apr 23, 2022	2.4
12	Quiring, Wyatt	SO-2	Gustavus Adolphus	11.09	Gustie Twilight	Apr 27, 2022	+0.0
14	Smith, Albert	JR-3	Bethel (Minn.)	11.13	Holst Invitational	Apr 22, 2022	3.0
15	Busby, Taron	SR-4	Augsburg	11.14	Meet of the UnSaintly	May 6, 2022	2.2
16	Peper, Stephen	JR-3	St. Olaf	11.17	NCAA Division III Outdoor Track & Field Championships	May 26, 2022	1.9
16	Petersen, Maguire	SO-2	St. John's (Minn.)	11.17	NCAA Division III Outdoor Track & Field Championships	May 26, 2022	1.9
18	Zeitchick, Seth	FR-1	Gustavus Adolphus	11.18	UW-La Crosse Final Qualifier	May 19, 2022	5.2
19	Cattoor, Seth	JR-3	St. John's (Minn.)	11.21	Carleton Relays	Apr 23, 2022	4.3
19	Conteh, Colin	SO-2	Concordia-Moorhead	11.21	35th Annual Ron Masanz Track & Field Classic	May 4, 2022	2.3
21	Strupp, Coleton	JR-3	Saint Mary's (Minn.)	11.23	Wash U Invite	Apr 2, 2022	2.9
22	Skelly, Matthew	FR-1	Gustavus Adolphus	11.27	MIAC Outdoor Championships	May 13, 2022	1.9
23	Le, Nathan	FR-1	Gustavus Adolphus	11.32	Carleton Relays	Apr 23, 2022	4.3
24	Walton, Lukas	JR-3	Bethel (Minn.)	11.33	NCAA Division III Outdoor Track & Field Championships	May 26, 2022	1.9
24	Edwards, Nick	JR-3	St. Olaf	11.33	Holst Invitational	Apr 22, 2022	2.7
24	Popoca, Emanuel	FR-1	St. John's (Minn.)	11.33	Carleton Relays	Apr 23, 2022	2.4
27	Deutschlander, Pierre	SO-2	St. John's (Minn.)	11.35	Carleton Relays	Apr 23, 2022	2.4
28	Thomas, Reece	FR-1	Hamline	11.36	Holst Invitational	Apr 22, 2022	3.4
28	Cooper, Dan	SO-2	Saint Mary's (Minn.)	11.36	Wash U Invite	Apr 2, 2022	2.9

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
30	Kallstrom, Brandon	FR-1	Bethel (Minn.)	11.38	Holst Invitational	Apr 22, 2022	3.4

200 Meters

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Arthur, Kevin	SO-2	St. John's (Minn.)	21.50	Hamline Invitational	Apr 2, 2022	1.8
2	Wright, Cal	SR-4	Concordia-Moorhead	21.62	MIAC Outdoor Championships	May 13, 2022	-1.3
3	Eben Ebai, Samuel	SO-2	St. Scholastica	21.75	St Thomas Tommie Twilight	May 4, 2022	0.7
4	Parent , Jacob	FR-1	Bethel (Minn.)	21.77	Hamline Invitational	Apr 2, 2022	1.8
5	Heitler, Arlo	FR-1	Macalester	21.89	MIAC Outdoor Championships	May 13, 2022	-1.3
6	Quiring, Wyatt	SO-2	Gustavus Adolphus	21.92	Gustie Twilight	Apr 27, 2022	1.5
7	Kern, Tommy	FR-1	Concordia-Moorhead	21.94	MIAC Outdoor Championships	May 13, 2022	1.8
8	Young, Jack	JR-3	St. John's (Minn.)	22.05	MIAC Outdoor Championships	May 13, 2022	-1.3
9	Ekiyor, Jayson	FR-1	Bethel (Minn.)	22.34	Drake Alternative	Apr 30, 2022	0.9
10	Fisher, Henry	SO-2	St. Olaf	22.38	St. Olaf Ole Open	May 7, 2022	2.6
10	Gagnon, Hayden	SR-4	Concordia-Moorhead	22.38	35th Annual Ron Masanz Track & Field Classic	May 4, 2022	1.3
12	Morical, Nolan	FR-1	Concordia-Moorhead	22.44	MIAC Outdoor Championships	May 13, 2022	1.1
13	Conneh, Varney	JR-3	Augsburg	22.47	Holst Invitational	Apr 22, 2022	2.5
14	Cattoor, Seth	JR-3	St. John's (Minn.)	22.54	MIAC Outdoor Championships	May 13, 2022	1.8
15	Zeitchick, Seth	FR-1	Gustavus Adolphus	22.55	Maverick Open	May 4, 2022	1.3
16	Christoph, Oscar	SR-4	Carleton	22.57	MIAC Outdoor Championships	May 13, 2022	2.3
17	Jackson, Garrett	JR-3	Saint Mary's (Minn.)	22.62	Wash U Invite	Apr 2, 2022	0.6
18	Schuller, Colin	SR-4	Concordia-Moorhead	22.63	St. Olaf Ole Open	May 7, 2022	2.6
19	Thomsen, Josh	FR-1	Hamline	22.72	St. Thomas Tom Cat Invitational	Apr 13, 2022	0.3
20	Adamson, Oliver	FR-1	Saint Mary's (Minn.)	22.74	Phil Esten Challenge	Apr 21, 2022	3.2
21	Bulwa, Chris	FR-1	Saint Mary's (Minn.)	22.75	MIAC Outdoor Championships	May 13, 2022	2.3
22	McNearny, Devin	FR-1	St. Olaf	22.80	MIAC Outdoor Championships	May 13, 2022	2.3
23	Strupp, Coleton	JR-3	Saint Mary's (Minn.)	22.86	Phil Esten Challenge	Apr 21, 2022	5.4
24	Schaffer, Dawson	SO-2	Concordia-Moorhead	22.90	35th Annual Ron Masanz Track & Field Classic	May 4, 2022	1.3
25	Braun, Alec	FR-1	Bethel (Minn.)	22.96	Hamline Invitational	Apr 2, 2022	3.7
25	Couper, David	FR-1	Hamline	22.96	Hamline Invitational	Apr 2, 2022	1.2
27	Schegel, Abe	JR-3	Bethel (Minn.)	22.97	UWRF Falcon Invitational	Apr 9, 2022	-0.5
27	Popoca, Emanuel	FR-1	St. John's (Minn.)	22.97	St. Olaf Ole Open	May 7, 2022	0.5
29	Peterson, Jericho	SO-2	St. Scholastica	22.98	St. Olaf Ole Open	May 7, 2022	2.6
29	Diedrich, Sean	FR-1	St. Scholastica	22.98	St. Olaf Ole Open	May 7, 2022	0.5

400 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Wright, Cal	SR-4	Concordia-Moorhead	47.56	UW-La Crosse Final Qualifier	May 19, 2022
2	Heitler, Arlo	FR-1	Macalester	48.01	UW-La Crosse Final Qualifier	May 19, 2022
3	Parent , Jacob	FR-1	Bethel (Minn.)	48.48	MIAC Outdoor Championships	May 13, 2022
4	Quiring, Wyatt	SO-2	Gustavus Adolphus	48.49	UW-La Crosse Final Qualifier	May 19, 2022
5	Smith, Joel	JR-3	Bethel (Minn.)	48.86	Meet of the UnSaintly	May 6, 2022
6	Collison, Omavi	JR-3	St. John's (Minn.)	49.00	MIAC Outdoor Championships	May 13, 2022
7	Gagnon, Hayden	SR-4	Concordia-Moorhead	49.44	MIAC Outdoor Championships	May 13, 2022
8	Peper, Stephen	JR-3	St. Olaf	49.70	NCAA Division III Outdoor Track & Field Championships	May 26, 2022
9	Tiongson, Trevor	FR-1	Concordia-Moorhead	49.74	UW-La Crosse Final Qualifier	May 19, 2022
9	Sealock, Tyler	JR-3	Bethel (Minn.)	49.74	UWRF Falcon Invitational	Apr 9, 2022
11	Zeitchick, Seth	FR-1	Gustavus Adolphus	49.98	MIAC Outdoor Championships	May 13, 2022
12	Gast, Dylan	SO-2	Gustavus Adolphus	50.16	Deb Schulz Open	May 6, 2022
13	Ash, Ethan	SO-2	Carleton	50.24	CSB/SJU Invitational and MULTI	Apr 9, 2022
14	Rives, Bridger	SR-4	Carleton	50.30	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022
15	Kern, Tommy	FR-1	Concordia-Moorhead	50.39	35th Annual Ron Masanz Track & Field Classic	May 4, 2022
16	Thomsen, Josh	FR-1	Hamline	50.40	2022 Willie Williams Classic/Dave Murray Distance Classic	Mar 18, 2022
17	Schegel, Abe	JR-3	Bethel (Minn.)	50.42	MIAC Outdoor Championships	May 13, 2022
18	Walton, Lukas	JR-3	Bethel (Minn.)	50.53	NCAA Division III Outdoor Track & Field Championships	May 26, 2022
19	Adamson, Oliver	FR-1	Saint Mary's (Minn.)	50.58	St Thomas Tommie Twilight	May 4, 2022
20	Conzemius, Ryan	FR-1	St. John's (Minn.)	50.87	MIAC Outdoor Championships	May 13, 2022
21	Kelly, Riaz	FR-1	Carleton	50.93	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022
22	Smith , Nathan	FR-1	Bethel (Minn.)	50.94	MIAC Outdoor Championships	May 13, 2022
23	Wang, Jeff	FR-1	Macalester	51.25	Hamline Invitational	Apr 2, 2022
24	Petersen, Maguire	SO-2	St. John's (Minn.)	51.35	NCAA Division III Outdoor Track & Field Championships	May 26, 2022
24	Douglas, Derek	FR-1	St. Scholastica	51.35	St. Olaf Ole Open	May 7, 2022
26	Gushwa, Agro	FR-1	Gustavus Adolphus	51.42	Drake Alternative	Apr 30, 2022
27	Myres, David	FR-1	Bethel (Minn.)	51.68	UWRF Falcon Invitational	Apr 9, 2022
28	Hernandez, Jorge	FR-1	St. John's (Minn.)	51.69	MIAC Outdoor Championships	May 13, 2022
29	Zahrbock, Simon	SR-4	Concordia-Moorhead	51.72	UW-La Crosse Final Qualifier	May 19, 2022
30	Nichols, Danny	JR-3	St. Olaf	51.94	MIAC Outdoor Championships	May 13, 2022

800 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Ash, Ethan	SO-2	Carleton	1:54.16	2022 Chico Wildcat Invite	Mar 18, 2022

	Athlete	Year	Team	Time	Meet	Meet Date
2	Allen, Tommy	FR-1	St. John's (Minn.)	1:54.56	St Thomas Tommie Twilight	May 4, 2022
3	Hensel, Alexei	SO-2	St. John's (Minn.)	1:55.35	Bryan Clay Invitational	Apr 13, 2022
4	Johnson, Solomon	JR-3	Concordia-Moorhead	1:56.26	MIAC Outdoor Championships	May 13, 2022
5	Meier, Josh	FR-1	Carleton	1:56.31	St. Olaf Rolex Classic	May 3, 2022
6	Hussien, Sakariya	JR-3	Augsburg	1:56.34	Meet of the UnSaintly	May 6, 2022
7	Johnson, Noah	SO-2	Gustavus Adolphus	1:56.38	Maverick Open	May 4, 2022
8	Smith, Tyler	FR-1	Gustavus Adolphus	1:56.53	Deb Schulz Open	May 6, 2022
9	Boone, Calvin	FR-1	St. Scholastica	1:56.79	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022
10	Baatrup-Sabo, Jakob	FR-1	St. Olaf	1:57.08	MIAC Outdoor Championships	May 13, 2022
11	Pattison, Alistair	SO-2	Carleton	1:57.14	MIAC Outdoor Championships	May 13, 2022
12	Berg, Riley	SO-2	St. John's (Minn.)	1:57.18	St Thomas Tommie Twilight	May 4, 2022
13	Douglas, Derek	FR-1	St. Scholastica	1:57.38	MIAC Outdoor Championships	May 13, 2022
14	Rives, Bridger	SR-4	Carleton	1:57.39	St. Olaf Ole Open	May 7, 2022
15	Estrada, Gabe	SO-2	St. Olaf	1:57.51	St. Olaf Rolex Classic	May 3, 2022
16	Fong, Jeremy	JR-3	Carleton	1:57.54	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022
17	Mattock, Will	SO-2	St. John's (Minn.)	1:57.68	CSBSJU Last Minute Invite	Apr 29, 2022
18	Diekmann, Dillon	JR-3	St. John's (Minn.)	1:57.69	St. Olaf Ole Open	May 7, 2022
19	Roehl, Carson	FR-1	Gustavus Adolphus	1:57.72	Deb Schulz Open	May 6, 2022
20	Fuller, Blake	FR-1	Gustavus Adolphus	1:57.84	Deb Schulz Open	May 6, 2022
21	Clausing, Nathan	SO-2	St. John's (Minn.)	1:57.98	St Thomas Tommie Twilight	May 4, 2022
22	Middendorf, Jesse	SR-4	Concordia-Moorhead	1:58.02	Carleton Relays	Apr 23, 2022
23	Perry, Ben	SR-4	Carleton	1:58.17	St. Olaf Rolex Classic	May 3, 2022
24	Malek, Luke	JR-3	St. Olaf	1:58.32	St. Thomas Tom Cat Invitational	Apr 13, 2022
25	Munoz, Julian	SO-2	St. Olaf	1:58.54	St. Olaf Ole Open	May 7, 2022
25	Getty, Drew	SO-2	Macalester	1:58.54	Meet of the UnSaintly	May 6, 2022
27	Curtis, Ian	SO-2	St. Olaf	1:58.57	Norse Invite	Apr 9, 2022
28	Asfaw, Getinat	SO-2	Augsburg	1:58.65	MIAC Outdoor Championships	May 13, 2022
29	Rupnow, Markus	FR-1	Gustavus Adolphus	1:58.68	Norse Invite	Apr 9, 2022
30	Gilbertson, Henrik	JR-3	St. Olaf	1:58.84	Norse Invite	Apr 9, 2022

1500 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Boone, Calvin	FR-1	St. Scholastica	3:47.65	UW-La Crosse Final Qualifier	May 19, 2022
2	Isahak, Munir	SR-4	Concordia-Moorhead	3:51.29	MIAC Outdoor Championships	May 13, 2022
3	Allen, Tommy	FR-1	St. John's (Minn.)	3:52.03	UW-La Crosse Final Qualifier	May 19, 2022

	Athlete	Year	Team	Time	Meet	Meet Date
4	Young, Lloyd	SO-2	St. John's (Minn.)	3:53.29	UW-La Crosse Final Qualifier	May 19, 2022
5	Curtis, Ian	SO-2	St. Olaf	3:53.68	MIAC Outdoor Championships	May 13, 2022
6	Kosche, Reuben	JR-3	St. Olaf	3:56.07	Norse Invite	Apr 9, 2022
7	Massanari, Noah	SO-2	St. Olaf	3:56.63	MIAC Outdoor Championships	May 13, 2022
8	Lavey, Stephen	SR-4	Carleton	3:58.21	CSB/SJU Invitational and MULTI	Apr 9, 2022
9	Hensel, Alexei	SO-2	St. John's (Minn.)	3:59.75	Bryan Clay Invitational	Apr 13, 2022
10	Wallin, Tucker	FR-1	Gustavus Adolphus	3:59.93	MIAC Outdoor Championships	May 13, 2022
11	Kelly, Will	SO-2	St. Olaf	4:00.20	St. Olaf Ole Open	May 7, 2022
11	DeWall, Lars	FR-1	St. Scholastica	4:00.20	Ashton May Invitational	Apr 9, 2022
13	Diekmann, Dillon	JR-3	St. John's (Minn.)	4:00.33	UW-La Crosse Final Qualifier	May 19, 2022
14	Grand, Mitchell	SO-2	St. John's (Minn.)	4:00.95	CSB/SJU Invitational and MULTI	Apr 9, 2022
15	Degonda, Jack	SO-2	Gustavus Adolphus	4:01.57	MIAC Outdoor Championships	May 13, 2022
16	Munoz, Julian	SO-2	St. Olaf	4:01.72	UW-La Crosse Final Qualifier	May 19, 2022
17	Santos, Ben	SR-4	Carleton	4:02.31	St. Olaf Rolex Classic	May 3, 2022
18	Grant, Garet	SO-2	Gustavus Adolphus	4:03.30	Drake Alternative	Apr 30, 2022
19	Hussien, Sakariya	JR-3	Augsburg	4:03.68	MIAC Outdoor Championships	May 13, 2022
20	Ash, Ethan	SO-2	Carleton	4:03.74	Hamline Invitational	Apr 2, 2022
21	Coffey, Olaf	FR-1	St. Olaf	4:03.94	MIAC Outdoor Championships	May 13, 2022
22	Asfaw, Getinat	SO-2	Augsburg	4:04.02	Meet of the UnSaintly	May 6, 2022
23	Nakasaka, Adam	SR-4	Carleton	4:04.10	CSB/SJU Invitational and MULTI	Apr 9, 2022
24	Skemp, Andrew	FR-1	St. Olaf	4:04.87	Norse Invite	Apr 9, 2022
25	Jones, Elijah	JR-3	Carleton	4:05.53	MIAC Outdoor Championships	May 13, 2022
26	Brodie, Aric	JR-3	Hamline	4:06.03	Meet of the UnSaintly	May 6, 2022
27	Sather, Zak	JR-3	Carleton	4:06.06	St. Olaf Rolex Classic	May 3, 2022
28	Neu, Nathan	FR-1	St. Scholastica	4:06.08	Ashton May Invitational	Apr 9, 2022
29	Bocovich, Logan	SO-2	St. Olaf	4:06.24	Norse Invite	Apr 9, 2022
30	Baatrup-Sabo, Jakob	FR-1	St. Olaf	4:07.48	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022

5000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Bocovich, Logan	SO-2	St. Olaf	14:34.08	St. Thomas Tom Cat Invitational	Apr 13, 2022
2	Isahak, Munir	SR-4	Concordia-Moorhead	14:40.33	UW-La Crosse Final Qualifier	May 19, 2022
3	Boone, Calvin	FR-1	St. Scholastica	14:42.88	Hamline Invitational	Apr 2, 2022
4	Young, Lloyd	SO-2	St. John's (Minn.)	14:42.97	Hamline Invitational	Apr 2, 2022
5	Kelly, Will	SO-2	St. Olaf	14:43.14	St. Thomas Tom Cat Invitational	Apr 13, 2022

	Athlete	Year	Team	Time	Meet	Meet Date
6	Curtis, Ian	SO-2	St. Olaf	14:45.86	St Thomas Tommie Twilight	May 4, 2022
7	Massanari, Noah	SO-2	St. Olaf	14:50.89	St Thomas Tommie Twilight	May 4, 2022
8	Santos, Ben	SR-4	Carleton	14:52.24	CSB/SJU Invitational and MULTI	Apr 9, 2022
9	Lavey, Stephen	SR-4	Carleton	14:53.25	Hamline Invitational	Apr 2, 2022
10	Nakasaka, Adam	SR-4	Carleton	15:00.28	Hamline Invitational	Apr 2, 2022
11	DeWall, Lars	FR-1	St. Scholastica	15:02.16	St Thomas Tommie Twilight	May 4, 2022
12	Munoz, Julian	SO-2	St. Olaf	15:04.23	St Thomas Tommie Twilight	May 4, 2022
13	Bowman, Henry	JR-3	Carleton	15:05.24	Hamline Invitational	Apr 2, 2022
14	Kosche, Reuben	JR-3	St. Olaf	15:06.23	St. Thomas Tom Cat Invitational	Apr 13, 2022
15	Skemp, Andrew	FR-1	St. Olaf	15:09.06	St Thomas Tommie Twilight	May 4, 2022
16	Mendel, Ike	JR-3	Bethel (Minn.)	15:13.72	MIAC Outdoor Championships	May 13, 2022
17	Goldsmith, Andy	JR-3	St. John's (Minn.)	15:14.43	Hamline Invitational	Apr 2, 2022
18	Lynn, David	SO-2	St. Olaf	15:23.66	St. Thomas Tom Cat Invitational	Apr 13, 2022
19	Montresor, Kevin	SO-2	St. Olaf	15:24.00	Norse Invite	Apr 9, 2022
20	Cavanaugh, Eamon	FR-1	St. John's (Minn.)	15:24.49	CSB/SJU Invitational and MULTI	Apr 9, 2022
21	Smith, Leo	JR-3	Concordia-Moorhead	15:27.30	CSB/SJU Invitational and MULTI	Apr 9, 2022
22	Crotteau, Ben	FR-1	Macalester	15:27.57	MIAC Outdoor Championships	May 13, 2022
23	Diekmann, Dillon	JR-3	St. John's (Minn.)	15:32.06	CSB/SJU Invitational and MULTI	Apr 9, 2022
24	Payne, Matt	SO-2	Gustavus Adolphus	15:37.36	Drake Alternative	Apr 30, 2022
25	Coffey, Olaf	FR-1	St. Olaf	15:38.59	St Thomas Tommie Twilight	May 4, 2022
26	Meyer, Nathan	JR-3	St. John's (Minn.)	15:39.01	Hamline Invitational	Apr 2, 2022
27	Grant, Garet	SO-2	Gustavus Adolphus	15:40.14	Hamline Invitational	Apr 2, 2022
28	Hinchcliffe, Henry	FR-1	Gustavus Adolphus	15:40.85	Drake Alternative	Apr 30, 2022
29	Ihrke, Nick	FR-1	Macalester	15:40.96	St Thomas Tommie Twilight	May 4, 2022
30	Knutson, Bryce	SO-2	Gustavus Adolphus	15:42.47	Drake Alternative	Apr 30, 2022

10000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Lavey, Stephen	SR-4	Carleton	29:42.58	Phil Esten Challenge	Apr 21, 2022
2	Isahak, Munir	SR-4	Concordia-Moorhead	30:13.43	Phil Esten Challenge	Apr 21, 2022
3	Young, Lloyd	SO-2	St. John's (Minn.)	30:24.02	Bryan Clay Invitational	Apr 13, 2022
4	Bowman, Henry	JR-3	Carleton	30:44.36	Phil Esten Challenge	Apr 21, 2022
5	Bocovich, Logan	SO-2	St. Olaf	30:50.20	Drake Relays	Apr 27, 2022
6	Skemp, Andrew	FR-1	St. Olaf	31:17.29	MIAC Outdoor Championships	May 13, 2022
7	Nakasaka, Adam	SR-4	Carleton	31:20.54	Phil Esten Challenge	Apr 21, 2022

	Athlete	Year	Team	Time	Meet	Meet Date
8	Mendel, Ike	JR-3	Bethel (Minn.)	31:27.28	MIAC Outdoor Championships	May 13, 2022
9	Smith, Leo	JR-3	Concordia-Moorhead	31:37.04	Phil Esten Challenge	Apr 21, 2022
10	Montresor, Kevin	SO-2	St. Olaf	31:38.11	Phil Esten Challenge	Apr 21, 2022
11	Lynn, David	SO-2	St. Olaf	31:48.94	MIAC Outdoor Championships	May 13, 2022
12	Goldsmith, Andy	JR-3	St. John's (Minn.)	32:40.62	Phil Esten Challenge	Apr 21, 2022
13	St George, Aidan	SO-2	Bethel (Minn.)	32:41.90	MIAC Outdoor Championships	May 13, 2022
14	Payne, Matt	SO-2	Gustavus Adolphus	32:45.45	MIAC Outdoor Championships	May 13, 2022
15	Knutson, Bryce	SO-2	Gustavus Adolphus	32:45.50	Norse Invite	Apr 9, 2022
16	Schnirring, Lucas	SO-2	Gustavus Adolphus	32:47.68	MIAC Outdoor Championships	May 13, 2022
17	Vite, Mauricio	SO-2	St. Olaf	33:05.77	MIAC Outdoor Championships	May 13, 2022
18	Lawhead, Brock	SO-2	St. Olaf	33:06.67	Phil Esten Challenge	Apr 21, 2022
19	McCullough, Logan	FR-1	Gustavus Adolphus	33:11.89	Norse Invite	Apr 9, 2022
20	Rieder, Cody	SO-2	Augsburg	33:56.51	MIAC Outdoor Championships	May 13, 2022
21	Ellefson-Carnes, Arne	SO-2	St. Olaf	34:05.53	Holst Invitational	Apr 22, 2022
22	Aoki-Sherwood, Ben	JR-3	Carleton	34:09.12	MIAC Outdoor Championships	May 13, 2022
23	Bartness, Dylan	FR-1	St. John's (Minn.)	34:22.94	Phil Esten Challenge	Apr 21, 2022
24	Shufro-Zletz, Jesse	SR-4	Carleton	34:29.18	MIAC Outdoor Championships	May 13, 2022
25	Raabe-Pavlov, Chris	JR-3	St. Olaf	34:36.15	MIAC Outdoor Championships	May 13, 2022
26	Jacobson, Logan	SO-2	Bethel (Minn.)	35:53.60	Phil Esten Challenge	Apr 21, 2022
27	Simcox, Luke	SO-2	St. Olaf	36:30.18	Phil Esten Challenge	Apr 21, 2022
28	Harris, Grayson	FR-1	Augsburg	36:59.91	Holst Invitational	Apr 22, 2022
29	Sethre, Kevin	SR-4	Augsburg	38:44.58	Holst Invitational	Apr 22, 2022

110 Hurdles

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Ekiyor, Jayson	FR-1	Bethel (Minn.)	14.17	NCAA Division III Outdoor Track & Field Championships	May 26, 2022	2.0
2	Kramarczuk, Lucas	SO-2	St. Olaf	14.41	UW-La Crosse Final Qualifier	May 19, 2022	1.3
3	Sampson, Josh	SO-2	Bethel (Minn.)	14.47	MIAC Outdoor Championships	May 13, 2022	1.9
4	Thomsen, Josh	FR-1	Hamline	14.52	UW-La Crosse Final Qualifier	May 19, 2022	1.3
5	Myres, David	FR-1	Bethel (Minn.)	15.01	MIAC Outdoor Championships	May 13, 2022	1.3
6	Walton, Lukas	JR-3	Bethel (Minn.)	15.17	NCAA Division III Outdoor Track & Field Championships	May 26, 2022	2.7
7	Lord, Demetri	SO-2	St. Olaf	15.30	MIAC Outdoor Championships	May 13, 2022	1.3
8	Petersen, Maguire	SO-2	St. John's (Minn.)	15.67	NCAA Division III Outdoor Track & Field Championships	May 26, 2022	2.4
9	Nissen, Matthew	SO-2	St. Olaf	15.90	MIAC Outdoor Championships	May 13, 2022	1.3
10	White, Justus	SO-2	St. John's (Minn.)	16.14	Carleton Relays	Apr 23, 2022	4.7

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
11	Peper, Stephen	JR-3	St. Olaf	16.19	NCAA Division III Outdoor Track & Field Championships	May 26, 2022	3.5
12	Doe, Brandon	FR-1	Augsburg	16.22	Ross and Sharon Irwin Meet	Mar 19, 2022	1.4
12	Rhonemus, Wade	JR-3	Concordia-Moorhead	16.22	CSB/SJU Invitational and MULTI	Apr 9, 2022	2.2
14	Angstman, Zach	SR-4	Hamline	16.27	Meet of the UnSaintly	May 6, 2022	0.1
15	Edwards, Nick	JR-3	St. Olaf	16.33	MIAC Outdoor Championships	May 13, 2022	0.5
15	Lelwica, Max	FR-1	St. John's (Minn.)	16.33	Carleton Relays	Apr 23, 2022	4.7
17	Day, Logan	JR-3	St. Olaf	16.44	St. Olaf Rolex Classic	May 3, 2022	2.3
18	Mortensen, Ian	SO-2	Carleton	16.46	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022	+0.0
19	Lee, Josh	FR-1	Bethel (Minn.)	16.54	UWRF Falcon Invitational	Apr 9, 2022	1.2
20	Hennen, Logan	FR-1	St. John's (Minn.)	16.67	Hamline Invitational	Apr 2, 2022	2.6
21	Schulze, Sam	FR-1	Gustavus Adolphus	16.73	MIAC Outdoor Championships	May 13, 2022	1.9
22	Bassett, Jackson	FR-1	St. Olaf	16.86	Holst Invitational	Apr 22, 2022	1.8
23	Thurk, Anthony	FR-1	St. John's (Minn.)	16.95	Carleton Relays	Apr 23, 2022	3.5
24	Borst, Layton	FR-1	St. Olaf	17.07	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022	1.9
25	Smith, Micah	JR-3	Bethel (Minn.)	17.29	Drake Alternative	Apr 30, 2022	-0.4
26	Magu, Dan	FR-1	Bethel (Minn.)	17.80	UWRF Falcon Invitational	Apr 9, 2022	1.2
27	Paustian, Zach	SR-4	Concordia-Moorhead	17.89	Carleton Relays	Apr 23, 2022	4.7
28	Suchomel, Nick	FR-1	Macalester	18.03	MIAC Outdoor Championships	May 13, 2022	0.5
29	Rian, Woody	SO-2	St. Olaf	18.25	MIAC Multi Events	May 5, 2022	0.1
30	Kienholz, Carter	FR-1	Hamline	18.36	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022	1.9

400 Hurdles

	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Joel	JR-3	Bethel (Minn.)	52.32	MIAC Outdoor Championships	May 13, 2022
2	Sealock, Tyler	JR-3	Bethel (Minn.)	52.62	NCAA Division III Outdoor Track & Field Championships	May 26, 2022
3	Thomsen, Josh	FR-1	Hamline	53.33	UW-La Crosse Final Qualifier	May 19, 2022
4	Labine, Brady	JR-3	St. John's (Minn.)	54.36	St Thomas Tommie Twilight	May 4, 2022
5	Myres, David	FR-1	Bethel (Minn.)	54.60	UW-La Crosse Final Qualifier	May 19, 2022
6	Wang, Jeff	FR-1	Macalester	54.81	MIAC Outdoor Championships	May 13, 2022
7	Walton, Lukas	JR-3	Bethel (Minn.)	56.01	MIAC Outdoor Championships	May 13, 2022
8	Karngar, Trokon	JR-3	Bethel (Minn.)	56.48	Meet of the UnSaintly	May 6, 2022
9	Schulze, Sam	FR-1	Gustavus Adolphus	56.80	MIAC Outdoor Championships	May 13, 2022
10	Ekiyor, Jayson	FR-1	Bethel (Minn.)	57.17	Hamline Invitational	Apr 2, 2022
11	Gunderson, Tyler	FR-1	St. Olaf	58.46	MIAC Outdoor Championships	May 13, 2022
12	Moeller, Calvin	FR-1	Gustavus Adolphus	58.78	MIAC Outdoor Championships	May 13, 2022

	Athlete	Year	Team	Time	Meet	Meet Date
13	Meeker, Caleb	FR-1	Bethel (Minn.)	58.94	MIAC Outdoor Championships	May 13, 2022
14	Wilson, Dan	SR-4	Concordia-Moorhead	59.38	MIAC Outdoor Championships	May 13, 2022
15	Maroushek, Mack	JR-3	St. John's (Minn.)	59.61	CSB/SJU Invitational and MULTI	Apr 9, 2022
16	Pattison, Alistair	SO-2	Carleton	59.65	Carleton Relays	Apr 23, 2022
17	Bosley, Mason	JR-3	Macalester	59.76	Meet of the UnSaintly	May 6, 2022
18	Kinnucan, Ryan	SR-4	Macalester	1:00.19	Holst Invitational	Apr 22, 2022
19	Baker, Grant	FR-1	Gustavus Adolphus	1:01.82	Deb Schulz Open	May 6, 2022
20	Ortiz, Raul	FR-1	Hamline	1:02.14	MIAC Outdoor Championships	May 13, 2022
21	Ellis, Charles	FR-1	St. John's (Minn.)	1:02.69	MIAC Outdoor Championships	May 13, 2022
22	Bassett, Jackson	FR-1	St. Olaf	1:02.78	Norse Invite	Apr 9, 2022
23	Angstman, Zach	SR-4	Hamline	1:03.12	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022
24	Schmidt, Joe	FR-1	Gustavus Adolphus	1:07.51	Gustie Twilight	Apr 27, 2022
25	Becker, Ben	SO-2	Concordia-Moorhead	1:09.36	35th Annual Ron Masanz Track & Field Classic	May 4, 2022

3000 Steeplechase

	Athlete	Year	Team	Time	Meet	Meet Date
1	Kelly, Will	SO-2	St. Olaf	9:14.88	UW-La Crosse Final Qualifier	May 19, 2022
2	Santos, Ben	SR-4	Carleton	9:20.93	MIAC Outdoor Championships	May 13, 2022
3	Bowman, Henry	JR-3	Carleton	9:35.20	CSB/SJU Invitational and MULTI	Apr 9, 2022
4	Goldsmith, Andy	JR-3	St. John's (Minn.)	9:35.99	MIAC Outdoor Championships	May 13, 2022
5	Nemanich, Thomas	SO-2	St. John's (Minn.)	9:42.07	MIAC Outdoor Championships	May 13, 2022
6	Kurts, Waylon	FR-1	St. Olaf	9:45.96	MIAC Outdoor Championships	May 13, 2022
7	Meyer, Nathan	JR-3	St. John's (Minn.)	9:46.38	CSB/SJU Invitational and MULTI	Apr 9, 2022
8	Brodie, Aric	JR-3	Hamline	9:47.30	MIAC Outdoor Championships	May 13, 2022
9	Cote, Anders	SO-2	St. Olaf	9:47.86	MIAC Outdoor Championships	May 13, 2022
10	Estrada, Gabe	SO-2	St. Olaf	9:49.87	MIAC Outdoor Championships	May 13, 2022
11	McCullough, Eamonn	SO-2	Gustavus Adolphus	9:51.62	MIAC Outdoor Championships	May 13, 2022
12	Thompson, Reese	FR-1	Bethel (Minn.)	9:56.65	UWRF Falcon Invitational	Apr 9, 2022
13	Narum, Anders	JR-3	St. Olaf	9:56.95	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022
14	Rengo, Samuel	SO-2	St. John's (Minn.)	9:57.18	MIAC Outdoor Championships	May 13, 2022
15	LaVigne, Trevor	FR-1	Gustavus Adolphus	9:57.51	Drake Alternative	Apr 30, 2022
16	Hussien, Sakariya	JR-3	Augsburg	10:04.00	Ross and Sharon Irwin Meet	Mar 19, 2022
17	Nowacki, Cole	SO-2	Concordia-Moorhead	10:07.93	CSB/SJU Invitational and MULTI	Apr 9, 2022
18	Christenson, Nolan	SR-4	Concordia-Moorhead	10:09.47	CSB/SJU Invitational and MULTI	Apr 9, 2022
19	Berg, Riley	SO-2	St. John's (Minn.)	10:09.78	CSB/SJU Invitational and MULTI	Apr 9, 2022

	Athlete	Year	Team	Time	Meet	Meet Date
20	McKee, Reece	FR-1	Macalester	10:11.31	St. Thomas Tom Cat Invitational	Apr 13, 2022
21	Cavanaugh, Eamon	FR-1	St. John's (Minn.)	10:17.52	Carleton Relays	Apr 23, 2022
22	Meissner, Noah	FR-1	Bethel (Minn.)	10:18.59	Alan Connie Shamrock Invitational	Mar 17, 2022
23	Mattock, Will	SO-2	St. John's (Minn.)	10:21.18	CSB/SJU Invitational and MULTI	Apr 9, 2022
24	Gathje, Joseph	FR-1	St. John's (Minn.)	10:22.19	St Thomas Tommie Twilight	May 4, 2022
25	Johnson, Solomon	JR-3	Concordia-Moorhead	10:26.18	CSB/SJU Invitational and MULTI	Apr 9, 2022
26	Jones, Elijah	JR-3	Carleton	10:27.20	Hamline Invitational	Apr 2, 2022
27	Thomas, Aidan	FR-1	St. John's (Minn.)	10:37.63	Hamline Invitational	Apr 2, 2022
28	Larson, Peter	JR-3	St. Olaf	10:38.72	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022
29	Fendig, Alex	SO-2	Macalester	10:39.45	Holst Invitational	Apr 22, 2022
30	Jacobson, Max	FR-1	Augsburg	10:42.56	Ross and Sharon Irwin Meet	Mar 19, 2022

4 x 100 Relay

	Team	Time	Athletes	Meet	Meet Date
1	St. John's (Minn.)	40.65	Young, Arthur, Labine, Miller	UW-La Crosse Final Qualifier	May 19, 2022
2	Gustavus Adolphus	42.31	Subah, Gast, Zeitchick, Quiring	MIAC Outdoor Championships	May 13, 2022
3	Bethel (Minn.)	42.38	Ekiyor, Braun, Smith, Parent	MIAC Outdoor Championships	May 13, 2022
4	St. Olaf	42.74	Arnold, Edwards, Fisher, Lord	MIAC Outdoor Championships	May 13, 2022
5	Concordia-Moorhead	42.79	Conteh, Kern, Morical, Schaffer	MIAC Outdoor Championships	May 13, 2022
6	St. Scholastica	43.14	Diedrich, Peterson, Schwinghamer, Eben Ebai	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022
7	Hamline	43.17	Thomsen, Thomas, Wilkins, Velishek	MIAC Outdoor Championships	May 13, 2022
8	Augsburg	43.18	Doe, Longs Jr., Busby, Conneh	Meet of the UnSaintly	May 6, 2022
9	Carleton	43.48	Neithart, Shanno, Kelly, Christoph	MIAC Outdoor Championships	May 13, 2022
10	Saint Mary's (Minn.)	43.73	Cisewski, Adamson, Cooper, Jackson	Wash U Invite	Apr 2, 2022
11	Macalester	44.94	Hodin, Williams, Arimi, Kogut	St. Thomas Tom Cat Invitational	Apr 13, 2022

4 x 400 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	3:12.41	Parent, Sealock, Sampson, Smith	Augustana College Twilight Qualifier	May 19, 2022
2	Concordia-Moorhead	3:18.24	Wright, Gagnon, Tionson, Schuller	Drake Relays	Apr 27, 2022
3	Gustavus Adolphus	3:19.49	Zeitchick, Johnson, Smith, Quiring	MIAC Outdoor Championships	May 13, 2022
4	St. John's (Minn.)	3:20.44	Labine, Hernandez, Collison, Conzemius	MIAC Outdoor Championships	May 13, 2022
5	Carleton	3:23.04	Kelly, Meier, Ash, Rives	MIAC Outdoor Championships	May 13, 2022
6	Macalester	3:23.65	Wang, Arimi, Getty, Heitler	MIAC Outdoor Championships	May 13, 2022
7	St. Scholastica	3:24.51	Diedrich, Neu, Schwinghamer, Douglas	MIAC Outdoor Championships	May 13, 2022

	Team	Time	Athletes	Meet	Meet Date
8	St. Olaf	3:25.88	Gunderson, Malek, Fisher, Peper	MIAC Outdoor Championships	May 13, 2022
9	Saint Mary's (Minn.)	3:27.58	Johnson, Brindamour, Bulwa, Adamson	Meet of the UnSaintly	May 6, 2022
10	Augsburg	3:27.85	Landherr, Hussien, Wondimu, Asfaw	MIAC Outdoor Championships	May 13, 2022
11	Hamline	3:36.30	Thomsen, Ortiz, Kienholz, Artner	MIAC Outdoor Championships	May 13, 2022

4 x 800 Relay

	Team	Time	Athletes	Meet	Meet Date
1	St. John's (Minn.)	7:44.56	Berg, Mattock, Clausing, Diekmann	MIAC Outdoor Championships	May 13, 2022
2	St. Olaf	7:46.41	Gilbertson, Malek, Munoz, Estrada	MIAC Outdoor Championships	May 13, 2022
3	St. Scholastica	7:52.02	Douglas, Lynch, DeWall, Boone	MIAC Outdoor Championships	May 13, 2022
4	Gustavus Adolphus	7:54.96	Roehl, Fuller, Rupnow, Smith	MIAC Outdoor Championships	May 13, 2022
5	Macalester	7:57.83	Getty, Crotteau, Useche, Adams	MIAC Outdoor Championships	May 13, 2022
6	Carleton	8:00.49	Rives, Pattison, Meier, Ash	MIAC Outdoor Championships	May 13, 2022
7	Augsburg	8:01.06	Asfaw, Wondimu, Jacobson, Hussien	MIAC Outdoor Championships	May 13, 2022
8	Concordia-Moorhead	8:15.27	Hinojos, Nowacki, Olson, Johnson	MIAC Outdoor Championships	May 13, 2022
9	Bethel (Minn.)	8:20.31	Nelson, Kuecker, Stewart, Graber	MIAC Outdoor Championships	May 13, 2022
10	Hamline	8:41.36	Kurtz, Ortiz, Artner, Saari	MIAC Outdoor Championships	May 13, 2022

High Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Peper, Stephen	JR-3	St. Olaf	2.08m	6' 9.75"	MIAC Outdoor Championships	May 13, 2022
2	Petersen, Maguire	SO-2	St. John's (Minn.)	2.05m	6' 8.75"	MIAC Outdoor Championships	May 13, 2022
3	Marsh, Anthony	FR-1	Concordia-Moorhead	2.00m	6' 6.75"	Cougar Invitational	Apr 2, 2022
3	Velishek, Christian	SR-4	Hamline	2.00m	6' 6.75"	Meet of the UnSaintly	May 6, 2022
5	Ungar, Alec	FR-1	St. John's (Minn.)	1.95m	6' 4.75"	CSB/SJU Invitational and MULTI	Apr 9, 2022
5	Walton, Lukas	JR-3	Bethel (Minn.)	1.95m	6' 4.75"	Hamline Invitational	Apr 2, 2022
7	Braun, Michael	FR-1	Hamline	1.90m	6' 2.75"	CSB/SJU Invitational and MULTI	Apr 9, 2022
7	Rademacher, Sam	JR-3	St. John's (Minn.)	1.90m	6' 2.75"	CSBSJU Last Minute Invite	Apr 29, 2022
9	Gagnon, Hayden	SR-4	Concordia-Moorhead	1.89m	6' 2.25"	MIAC Outdoor Championships	May 13, 2022
10	Thurk, Anthony	FR-1	St. John's (Minn.)	1.88m	6' 2"	CSB/SJU Invitational and MULTI	Apr 9, 2022
11	Braun, Alec	FR-1	Bethel (Minn.)	1.85m	6' 0.75"	UWRF Falcon Invitational	Apr 9, 2022
12	Subramanian, Aravindh	JR-3	Carleton	1.84m	6' 0.5"	MIAC Outdoor Championships	May 13, 2022
12	Matetich, Cole	FR-1	Gustavus Adolphus	1.84m	6' 0.5"	MIAC Outdoor Championships	May 13, 2022
12	Bies, Danny	FR-1	Gustavus Adolphus	1.84m	6' 0.5"	MIAC Outdoor Championships	May 13, 2022
15	Wieker, Evan	FR-1	Gustavus Adolphus	1.83m	6' 0"	Deb Schulz Open	May 6, 2022

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
16	Lelwica, Max	FR-1	St. John's (Minn.)	1.82m	5' 11.5"	MIAC Multi Events	May 5, 2022
17	Wiltshire, Luke	FR-1	Bethel (Minn.)	1.80m	5' 10.75"	Hamline Invitational	Apr 2, 2022
18	Cogley, Andrew	FR-1	St. Olaf	1.79m	5' 10.5"	MIAC Outdoor Championships	May 13, 2022
18	Edwards, Nick	JR-3	St. Olaf	1.79m	5' 10.5"	MIAC Multi Events	May 5, 2022
20	Cline-Cole, Ethan	FR-1	Carleton	1.75m	5' 8.75"	Carleton Relays	Apr 23, 2022
20	Lord, Demetri	SO-2	St. Olaf	1.75m	5' 8.75"	St. Thomas Tom Cat Invitational	Apr 13, 2022
22	Rhonemus, Wade	JR-3	Concordia-Moorhead	1.73m	5' 8"	MIAC Multi Events	May 5, 2022
22	Rian, Woody	SO-2	St. Olaf	1.73m	5' 8"	MIAC Multi Events	May 5, 2022
24	White, Justus	SO-2	St. John's (Minn.)	1.70m	5' 7"	CSB/SJU Invitational and MULTI	Apr 9, 2022
24	Frenzel, Charlie	FR-1	Saint Mary's (Minn.)	1.70m	5' 7"	St Thomas Tommie Twilight	May 4, 2022
26	Schulze, Sam	FR-1	Gustavus Adolphus	1.68m	5' 6"	Gustie Twilight	Apr 27, 2022
26	Sullivan, Logan	FR-1	Gustavus Adolphus	1.68m	5' 6"	Gustie Twilight	Apr 27, 2022
28	Mortensen, Ian	SO-2	Carleton	1.67m	5' 5.75"	MIAC Multi Events	May 5, 2022
29	Smith, Micah	JR-3	Bethel (Minn.)	1.65m	5' 5"	Hamline Invitational	Apr 2, 2022
29	Dabrowski, Sam	JR-3	Hamline	1.65m	5' 5"	Hamline Invitational	Apr 2, 2022

Pole Vault

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Schindler, Shawn	JR-3	St. John's (Minn.)	4.86m	15' 11.25"	UW-La Crosse Final Qualifier	May 19, 2022
2	Stauffer, Joseph	SO-2	St. John's (Minn.)	4.71m	15' 5.5"	UW-La Crosse Final Qualifier	May 19, 2022
3	Charbonneau, Joseph	FR-1	St. John's (Minn.)	4.70m	15' 5"	St Thomas Tommie Twilight	May 4, 2022
4	Arnold, Dylan	FR-1	St. Olaf	4.60m	15' 1"	St. Thomas Tom Cat Invitational	Apr 13, 2022
5	Gatz, Aidan	FR-1	Saint Mary's (Minn.)	4.54m	14' 10.75"	Meet of the UnSaintly	May 6, 2022
6	Schuster, Owen	SR-4	Carleton	4.43m	14' 6.25"	St. Olaf Ole Open	May 7, 2022
7	Walton, Lukas	JR-3	Bethel (Minn.)	4.40m	14' 5.25"	MIAC Multi Events	May 5, 2022
8	Stack, Matthew	SR-4	Saint Mary's (Minn.)	4.35m	14' 3.25"	Ashton May Invitational	Apr 9, 2022
8	Strupp, Coleton	JR-3	Saint Mary's (Minn.)	4.35m	14' 3.25"	Ashton May Invitational	Apr 9, 2022
10	Rhonemus, Wade	JR-3	Concordia-Moorhead	4.32m	14' 2"	CSBSJU Last Minute Invite	Apr 29, 2022
11	Gardeen, Samuel	FR-1	Bethel (Minn.)	4.16m	13' 7.75"	MIAC Outdoor Championships	May 13, 2022
11	Eickhoff, Daniel	FR-1	St. John's (Minn.)	4.16m	13' 7.75"	MIAC Outdoor Championships	May 13, 2022
13	Elahi, Rayan	SO-2	St. Olaf	4.15m	13' 7.25"	St. Thomas Tom Cat Invitational	Apr 13, 2022
14	Doom, Max	FR-1	St. John's (Minn.)	4.10m	13' 5.25"	St Thomas Tommie Twilight	May 4, 2022
14	Mortensen, Ian	SO-2	Carleton	4.10m	13' 5.25"	MIAC Multi Events	May 5, 2022
16	Urbaniak, Ben	FR-1	Gustavus Adolphus	4.01m	13' 1.75"	MIAC Outdoor Championships	May 13, 2022
17	Borst, Layton	FR-1	St. Olaf	4.00m	13' 1.5"	St. Olaf Last Chance Multi Events	May 18, 2022

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
18	DeGross, Mason	SO-2	St. John's (Minn.)	3.97m	13' 0.25"	Carleton Relays	Apr 23, 2022
19	Edwards, Nick	JR-3	St. Olaf	3.90m	12' 9.5"	St. Olaf Last Chance Multi Events	May 18, 2022
19	Rian, Woody	SO-2	St. Olaf	3.90m	12' 9.5"	MIAC Multi Events	May 5, 2022
19	Petersen, Maguire	SO-2	St. John's (Minn.)	3.90m	12' 9.5"	MIAC Multi Events	May 5, 2022
22	Adams, Tim	FR-1	Carleton	3.80m	12' 5.5"	CSB/SJU Invitational and MULTI	Apr 9, 2022
23	Walker, Erik	FR-1	Gustavus Adolphus	3.72m	12' 2.5"	Maverick Open	May 4, 2022
24	Peper, Stephen	JR-3	St. Olaf	3.70m	12' 1.5"	MIAC Multi Events	May 5, 2022
25	Adams, Andrew	FR-1	St. John's (Minn.)	3.68m	12' 0.75"	St. Olaf Ole Open	May 7, 2022
26	Johnson, Blake	FR-1	Hamline	3.65m	11' 11.75"	CSB/SJU Invitational and MULTI	Apr 9, 2022
27	Paustian, Zach	SR-4	Concordia-Moorhead	3.57m	11' 8.5"	CSBSJU Last Minute Invite	Apr 29, 2022
28	Mikla, Aiden	FR-1	Gustavus Adolphus	3.55m	11' 7.75"	Hamline Invitational	Apr 2, 2022
28	Marzinske, Logan	FR-1	Gustavus Adolphus	3.55m	11' 7.75"	Hamline Invitational	Apr 2, 2022
30	Ramirez, Gael	FR-1	Bethel (Minn.)	3.53m	11' 7"	Meet of the UnSaintly	May 6, 2022

Long Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Velishek, Christian	SR-4	Hamline	7.00m	22' 11.75"	Holst Invitational	Apr 22, 2022
2	Subah, Isaiah	FR-1	Gustavus Adolphus	6.99m	22' 11.25"	Maverick Open	May 4, 2022
3	Williams, Caleb	SO-2	Macalester	6.98m	22' 11"	MIAC Outdoor Championships	May 13, 2022
3	Marsh, Anthony	FR-1	Concordia-Moorhead	6.98m	22' 11"	MIAC Outdoor Championships	May 13, 2022
5	DuMoulin, Alexander	SO-2	Gustavus Adolphus	6.89m	22' 7.25"	Maverick Open	May 4, 2022
6	Peper, Stephen	JR-3	St. Olaf	6.86m	22' 6.25"	NCAA Division III Outdoor Track & Field Championships	May 26, 2022
7	Alada, Gabe	SR-4	St. Olaf	6.76m	22' 2.25"	Holst Invitational	Apr 22, 2022
8	Arimi, Johanan	SR-4	Macalester	6.75m	22' 1.75"	MIAC Outdoor Championships	May 13, 2022
9	Petersen, Maguire	SO-2	St. John's (Minn.)	6.71m	22' 0.25"	NCAA Division III Outdoor Track & Field Championships	May 26, 2022
10	Ungar, Alec	FR-1	St. John's (Minn.)	6.64m	21' 9.5"	CSB/SJU Invitational and MULTI	Apr 9, 2022
11	Kramarczuk, Lucas	SO-2	St. Olaf	6.60m	21' 8"	Norse Invite	Apr 9, 2022
12	Walton, Lukas	JR-3	Bethel (Minn.)	6.52m	21' 4.75"	NCAA Division III Outdoor Track & Field Championships	May 26, 2022
12	Bjork, Sean	JR-3	Bethel (Minn.)	6.52m	21' 4.75"	MIAC Outdoor Championships	May 13, 2022
14	Schegel, Abe	JR-3	Bethel (Minn.)	6.48m	21' 3.25"	Holst Invitational	Apr 22, 2022
15	Lord, Demetri	SO-2	St. Olaf	6.46m	21' 2.5"	St. Olaf Last Chance Multi Events	May 18, 2022
16	Cooper, Dan	SO-2	Saint Mary's (Minn.)	6.44m	21' 1.5"	UW-La Crosse Final Qualifier	May 19, 2022
17	Braun, Michael	FR-1	Hamline	6.42m	21' 0.75"	MIAC Outdoor Championships	May 13, 2022
18	Hodin, Riley	FR-1	Macalester	6.37m	20' 10.75"	St Thomas Tommie Twilight	May 4, 2022
19	Cisewski, Antonio	FR-1	Saint Mary's (Minn.)	6.33m	20' 9.25"	Phil Esten Challenge	Apr 21, 2022

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
20	Amberg, Thomas	SR-4	Hamline	6.32m	20' 9"	MIAC Outdoor Championships	May 13, 2022
21	Moo, Eh Ler	FR-1	St. Olaf	6.31m	20' 8.5"	St. Olaf Rolex Classic	May 3, 2022
22	Downey, Cade	FR-1	Bethel (Minn.)	6.30m	20' 8"	Hamline Invitational	Apr 2, 2022
23	Rhonemus, Wade	JR-3	Concordia-Moorhead	6.26m	20' 6.5"	St. Olaf Last Chance Multi Events	May 18, 2022
24	Thurk, Anthony	FR-1	St. John's (Minn.)	6.24m	20' 5.75"	CSB/SJU Invitational and MULTI	Apr 9, 2022
24	Wallace, Michael	JR-3	St. John's (Minn.)	6.24m	20' 5.75"	Bryan Clay Invitational	Apr 13, 2022
26	Nistler, Harrison	FR-1	Bethel (Minn.)	6.23m	20' 5.25"	UWRF Falcon Invitational	Apr 9, 2022
27	Stroschein, Weston	FR-1	St. Scholastica	6.17m	20' 3"	Ashton May Invitational	Apr 9, 2022
28	Charlton, Josh	FR-1	St. Olaf	6.15m	20' 2.25"	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022
29	Edwards, Nick	JR-3	St. Olaf	6.13m	20' 1.5"	St. Olaf Last Chance Multi Events	May 18, 2022
30	Sotiropoulos, Simon	FR-1	St. Scholastica	6.09m	19' 11.75"	St. Olaf Ole Open	May 7, 2022

Triple Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Wallace, Michael	JR-3	St. John's (Minn.)	14.56m	47' 9.25"	St Thomas Tommie Twilight	May 4, 2022
2	Arimi, Johanan	SR-4	Macalester	14.02m	46' 0"	UW-La Crosse Final Qualifier	May 19, 2022
3	Williams, Caleb	SO-2	Macalester	14.00m	45' 11.25"	MIAC Outdoor Championships	May 13, 2022
4	Wade, Elijah	SO-2	St. John's (Minn.)	13.90m	45' 7.25"	CSBSJU Last Minute Invite	Apr 29, 2022
5	Kramarczuk, Lucas	SO-2	St. Olaf	13.55m	44' 5.5"	MIAC Outdoor Championships	May 13, 2022
6	Braun, Michael	FR-1	Hamline	13.42m	44' 0.5"	UW-La Crosse Final Qualifier	May 19, 2022
7	Crnkovich, Alex	SO-2	St. John's (Minn.)	13.32m	43' 8.5"	MIAC Outdoor Championships	May 13, 2022
8	Souksavath, Sean	SO-2	St. Olaf	13.22m	43' 4.5"	MIAC Outdoor Championships	May 13, 2022
9	Hodin, Riley	FR-1	Macalester	13.20m	43' 3.75"	Holst Invitational	Apr 22, 2022
10	Subah, Isaiah	FR-1	Gustavus Adolphus	13.15m	43' 1.75"	Deb Schulz Open	May 6, 2022
11	Alada, Gabe	SR-4	St. Olaf	13.03m	42' 9"	Norse Invite	Apr 9, 2022
12	Nistler, Harrison	FR-1	Bethel (Minn.)	12.95m	42' 6"	UWRF Falcon Invitational	Apr 9, 2022
13	Cooper, Dan	SO-2	Saint Mary's (Minn.)	12.88m	42' 3.25"	UW-La Crosse Final Qualifier	May 19, 2022
14	Amberg, Thomas	SR-4	Hamline	12.57m	41' 3"	MIAC Outdoor Championships	May 13, 2022
15	Frenzel, Charlie	FR-1	Saint Mary's (Minn.)	12.50m	41' 0.25"	MIAC Outdoor Championships	May 13, 2022
16	Johnson, Brady	FR-1	Saint Mary's (Minn.)	12.48m	40' 11.5"	Phil Esten Challenge	Apr 21, 2022
17	Kern, Tommy	FR-1	Concordia-Moorhead	12.44m	40' 9.75"	CSB/SJU Invitational and MULTI	Apr 9, 2022
18	Bulwa, Chris	FR-1	Saint Mary's (Minn.)	12.38m	40' 7.5"	St Thomas Tommie Twilight	May 4, 2022
19	Thompson, Gabe	FR-1	Concordia-Moorhead	12.33m	40' 5.5"	St. Olaf Ole Open	May 7, 2022
20	Wallin, Cade	FR-1	Gustavus Adolphus	12.23m	40' 1.5"	Deb Schulz Open	May 6, 2022
21	Subramanian, Aravindh	JR-3	Carleton	12.21m	40' 0.75"	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
22	Cline-Cole, Ethan	FR-1	Carleton	12.19m	40' 0"	St. Olaf Rolex Classic	May 3, 2022
23	Veimau, Justin	SO-2	Macalester	12.14m	39' 10"	Meet of the UnSaintly	May 6, 2022
24	Cogley, Andrew	FR-1	St. Olaf	12.01m	39' 5"	Norse Invite	Apr 9, 2022
25	Cumps, Julian	FR-1	St. Olaf	10.96m	35' 11.5"	St. Olaf Rolex Classic	May 3, 2022

Shot Put

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Irons, Gabe	JR-3	Bethel (Minn.)	16.52m	54' 2.5"	Holst Invitational	Apr 22, 2022
2	Folkestad, Cooper	SO-2	Concordia-Moorhead	16.26m	53' 4.25"	CSBSJU Last Minute Invite	Apr 29, 2022
3	Feist, Cade	FR-1	St. Olaf	15.02m	49' 3.5"	St. Olaf Ole Open	May 7, 2022
4	Larsen, Evan	FR-1	Bethel (Minn.)	14.61m	47' 11.25"	MIAC Outdoor Championships	May 13, 2022
5	Frost, Jaeden	SO-2	St. John's (Minn.)	14.54m	47' 8.5"	CSBSJU Last Minute Invite	Apr 29, 2022
6	Mollison, Andrew	SO-2	St. Olaf	14.36m	47' 1.5"	St. Olaf Ole Open	May 7, 2022
7	White, Aengus	JR-3	St. Olaf	13.87m	45' 6.25"	St Thomas Tommie Twilight	May 4, 2022
8	Tanem, Hunter	FR-1	Bethel (Minn.)	13.75m	45' 1.5"	Meet of the UnSaintly	May 6, 2022
9	Mollet, Eli	JR-3	St. John's (Minn.)	13.71m	44' 11.75"	CSBSJU Last Minute Invite	Apr 29, 2022
10	Beseth, Trent	FR-1	St. Scholastica	13.63m	44' 8.75"	St. Olaf Ole Open	May 7, 2022
11	Bradley, Andrew	SO-2	Gustavus Adolphus	13.59m	44' 7"	Hamline Invitational	Apr 2, 2022
12	Rupp, Gavin	SO-2	St. John's (Minn.)	13.54m	44' 5.25"	CSBSJU Last Minute Invite	Apr 29, 2022
13	Petersen, Maguire	SO-2	St. John's (Minn.)	13.52m	44' 4.25"	NCAA Division III Outdoor Track & Field Championships	May 26, 2022
14	Kerzman, Jake	SR-4	Concordia-Moorhead	13.44m	44' 1.25"	CSB/SJU Invitational and MULTI	Apr 9, 2022
15	Kaeppe, Trajan	FR-1	Gustavus Adolphus	13.37m	43' 10.5"	Deb Schulz Open	May 6, 2022
16	Christensen, Trevor	FR-1	St. Olaf	13.25m	43' 5.75"	St. Olaf Rolex Classic	May 3, 2022
17	Fischer, Jackson	FR-1	Gustavus Adolphus	13.12m	43' 0.5"	MIAC Outdoor Championships	May 13, 2022
18	Genereau, Jack	FR-1	St. John's (Minn.)	12.79m	41' 11.5"	MIAC Outdoor Championships	May 13, 2022
19	Curran, Sean	JR-3	Saint Mary's (Minn.)	12.62m	41' 5"	MIAC Outdoor Championships	May 13, 2022
20	DeWall, Kaleb	FR-1	St. John's (Minn.)	12.48m	40' 11.5"	MIAC Outdoor Championships	May 13, 2022
21	Stordahl, Zach	FR-1	Gustavus Adolphus	12.44m	40' 9.75"	Norse Invite	Apr 9, 2022
22	Steger, Grant	FR-1	St. Scholastica	12.27m	40' 3.25"	St. Olaf Ole Open	May 7, 2022
23	Wellman , Trevor	FR-1	Bethel (Minn.)	12.05m	39' 6.5"	MIAC Outdoor Championships	May 13, 2022
24	Menache, Max	FR-1	Macalester	11.95m	39' 2.5"	Ross and Sharon Irwin Meet	Mar 19, 2022
25	Brown, Jakob	FR-1	Concordia-Moorhead	11.93m	39' 1.75"	St. Olaf Ole Open	May 7, 2022
26	Dedry, Arnauld	JR-3	St. Olaf	11.80m	38' 8.75"	Norse Invite	Apr 9, 2022
27	Peper, Stephen	JR-3	St. Olaf	11.71m	38' 5"	MIAC Multi Events	May 5, 2022
28	Lelwica, Max	FR-1	St. John's (Minn.)	11.66m	38' 3.25"	MIAC Multi Events	May 5, 2022

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
29	Mortensen, Ian	SO-2	Carleton	11.23m	36' 10.25"	CSB/SJU Invitational and MULTI	Apr 9, 2022
30	Borst, Layton	FR-1	St. Olaf	11.09m	36' 4.75"	St. Olaf Last Chance Multi Events	May 18, 2022

Discus

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Irons, Gabe	JR-3	Bethel (Minn.)	55.55m	182' 3"	Holst Invitational	Apr 22, 2022
2	White, Aengus	JR-3	St. Olaf	48.29m	158' 5"	UW-La Crosse Final Qualifier	May 19, 2022
3	Rupp, Gavin	SO-2	St. John's (Minn.)	47.11m	154' 7"	UW-La Crosse Final Qualifier	May 19, 2022
4	Kerzman, Jake	SR-4	Concordia-Moorhead	45.02m	147' 8"	CSB/SJU Invitational and MULTI	Apr 9, 2022
5	Gag, Connor	SO-2	Gustavus Adolphus	44.71m	146' 8"	Hamline Invitational	Apr 2, 2022
6	Christensen, Trevor	FR-1	St. Olaf	44.54m	146' 1"	St. Thomas Tom Cat Invitational	Apr 13, 2022
7	Steger, Grant	FR-1	St. Scholastica	44.14m	144' 10"	St. Olaf Ole Open	May 7, 2022
8	Doyle, Lucas	SR-4	Hamline	42.50m	139' 5"	Holst Invitational	Apr 22, 2022
9	Beseth, Trent	FR-1	St. Scholastica	42.08m	138' 1"	St. Olaf Ole Open	May 7, 2022
10	Menache, Max	FR-1	Macalester	41.71m	136' 10"	MIAC Outdoor Championships	May 13, 2022
11	Frost, Jaeden	SO-2	St. John's (Minn.)	41.44m	135' 11"	CSBSJU Last Minute Invite	Apr 29, 2022
12	Jacklen, Christopher	FR-1	St. Scholastica	41.33m	135' 7"	St Thomas Tommie Twilight	May 4, 2022
13	Curran, Sean	JR-3	Saint Mary's (Minn.)	40.69m	133' 6"	St Thomas Tommie Twilight	May 4, 2022
14	Stordahl, Zach	FR-1	Gustavus Adolphus	39.55m	129' 9"	Norse Invite	Apr 9, 2022
15	Edwards, Nick	JR-3	St. Olaf	39.13m	128' 4"	St. Olaf Last Chance Multi Events	May 18, 2022
16	Peper, Stephen	JR-3	St. Olaf	39.03m	128' 1"	MIAC Multi Events	May 5, 2022
17	Fischer, Jackson	FR-1	Gustavus Adolphus	38.89m	127' 7"	Gustie Twilight	Apr 27, 2022
18	Genereau, Jack	FR-1	St. John's (Minn.)	38.72m	127' 0"	CSBSJU Last Minute Invite	Apr 29, 2022
19	Tanem, Hunter	FR-1	Bethel (Minn.)	38.49m	126' 3"	Meet of the UnSaintly	May 6, 2022
20	Dedry, Arnauld	JR-3	St. Olaf	37.83m	124' 1"	St. Olaf Rolex Classic	May 3, 2022
21	Mollet, Eli	JR-3	St. John's (Minn.)	37.50m	123' 0"	CSBSJU Last Minute Invite	Apr 29, 2022
22	Petersen, Maguire	SO-2	St. John's (Minn.)	37.29m	122' 4"	NCAA Division III Outdoor Track & Field Championships	May 26, 2022
23	Folkestad, Cooper	SO-2	Concordia-Moorhead	37.18m	122' 0"	Cougar Invitational	Apr 2, 2022
24	Mensen, Joseph	FR-1	St. John's (Minn.)	37.05m	121' 7"	Hamline Invitational	Apr 2, 2022
25	Larsen, Evan	FR-1	Bethel (Minn.)	36.65m	120' 3"	UWRF Falcon Invitational	Apr 9, 2022
26	Bakalars, Frankie	SR-4	Saint Mary's (Minn.)	35.59m	116' 9"	Meet of the UnSaintly	May 6, 2022
27	Kaeppe, Trajan	FR-1	Gustavus Adolphus	35.10m	115' 2"	Gustie Twilight	Apr 27, 2022
28	DeWall, Kaleb	FR-1	St. John's (Minn.)	34.88m	114' 5"	CSB/SJU Invitational and MULTI	Apr 9, 2022
29	Mortensen, Ian	SO-2	Carleton	34.56m	113' 5"	Hamline Invitational	Apr 2, 2022
30	Lee, Elliot	FR-1	Hamline	34.53m	113' 3"	CSB/SJU Invitational and MULTI	Apr 9, 2022

Hammer

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Irons, Gabe	JR-3	Bethel (Minn.)	55.39m	181' 9"	UWRF Falcon Invitational	Apr 9, 2022
2	Beiswanger, Joshua	FR-1	Gustavus Adolphus	55.31m	181' 5"	UW-La Crosse Final Qualifier	May 19, 2022
3	Curran, Sean	JR-3	Saint Mary's (Minn.)	54.83m	179' 11"	MIAC Outdoor Championships	May 13, 2022
4	Bakalars, Frankie	SR-4	Saint Mary's (Minn.)	51.97m	170' 6"	Ashton May Invitational	Apr 9, 2022
5	Doyle, Lucas	SR-4	Hamline	50.73m	166' 5"	Holst Invitational	Apr 22, 2022
6	Frost, Jaeden	SO-2	St. John's (Minn.)	50.28m	164' 11"	MIAC Outdoor Championships	May 13, 2022
7	Mollet, Eli	JR-3	St. John's (Minn.)	49.60m	162' 9"	Carleton Relays	Apr 23, 2022
8	Kerzman, Jake	SR-4	Concordia-Moorhead	49.34m	161' 10"	35th Annual Ron Masanz Track & Field Classic	May 4, 2022
9	Hague, Brett	SO-2	St. John's (Minn.)	47.38m	155' 5"	CSB/SJU Invitational and MULTI	Apr 9, 2022
10	Jacklen, Christopher	FR-1	St. Scholastica	46.93m	154' 0"	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022
10	Mensen, Joseph	FR-1	St. John's (Minn.)	46.93m	154' 0"	Carleton Relays	Apr 23, 2022
12	Rupp, Gavin	SO-2	St. John's (Minn.)	45.44m	149' 1"	Carleton Relays	Apr 23, 2022
13	Larsen, Evan	FR-1	Bethel (Minn.)	45.00m	147' 8"	Drake Alternative	Apr 30, 2022
14	Steger, Grant	FR-1	St. Scholastica	43.18m	141' 8"	St. Olaf Ole Open	May 7, 2022
15	Feist, Cade	FR-1	St. Olaf	43.08m	141' 4"	MIAC Outdoor Championships	May 13, 2022
16	Folkestad, Cooper	SO-2	Concordia-Moorhead	41.87m	137' 4"	Cougar Invitational	Apr 2, 2022
17	Tanem, Hunter	FR-1	Bethel (Minn.)	41.75m	137' 0"	Drake Alternative	Apr 30, 2022
18	Menache, Max	FR-1	Macalester	40.97m	134' 5"	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022
19	Stordahl, Zach	FR-1	Gustavus Adolphus	40.31m	132' 3"	Maverick Open	May 4, 2022
20	Dedry, Arnauld	JR-3	St. Olaf	39.81m	130' 7"	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022
21	Hawley, Wills	SR-4	Macalester	38.38m	125' 11"	St Thomas Tommie Twilight	May 4, 2022
22	Genereau, Jack	FR-1	St. John's (Minn.)	37.46m	122' 11"	CSBSJU Last Minute Invite	Apr 29, 2022
23	Lee, Elliot	FR-1	Hamline	36.01m	118' 2"	CSB/SJU Invitational and MULTI	Apr 9, 2022
24	Fritz, Casen	FR-1	Saint Mary's (Minn.)	33.00m	108' 3"	St Thomas Tommie Twilight	May 4, 2022
25	Beseth, Trent	FR-1	St. Scholastica	32.84m	107' 9"	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022
26	DeWall, Kaleb	FR-1	St. John's (Minn.)	31.76m	104' 2"	CSBSJU Last Minute Invite	Apr 29, 2022
27	Oachs, Jacob	FR-1	Bethel (Minn.)	26.61m	87' 4"	Meet of the UnSaintly	May 6, 2022
28	Brown, Jakob	FR-1	Concordia-Moorhead	26.49m	86' 11"	Carleton Relays	Apr 23, 2022
29	Abu Rass, Milad	FR-1	St. Olaf	14.17m	46' 6"	Norse Invite	Apr 9, 2022

Javelin

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Hague, Brett	SO-2	St. John's (Minn.)	65.06m	213' 5"	NCAA Division III Outdoor Track & Field Championships	May 26, 2022
2	Petersen, Maguire	SO-2	St. John's (Minn.)	55.73m	182' 10"	NCAA Division III Outdoor Track & Field Championships	May 26, 2022

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
3	Bergemann, Evan	SR-4	Augsburg	55.69m	182' 8"	Meet of the UnSaintly	May 6, 2022
4	Mortensen, Ian	SO-2	Carleton	54.02m	177' 3"	MIAC Multi Events	May 5, 2022
5	Eckersley-Ray, Noah	SO-2	Carleton	49.70m	163' 1"	Hamline Invitational	Apr 2, 2022
6	Hennen, Logan	FR-1	St. John's (Minn.)	49.50m	162' 5"	MIAC Outdoor Championships	May 13, 2022
7	Edwards, Nick	JR-3	St. Olaf	47.48m	155' 9"	MIAC Outdoor Championships	May 13, 2022
8	Rian, Woody	SO-2	St. Olaf	47.21m	154' 11"	MIAC Outdoor Championships	May 13, 2022
8	Dabrowski, Sam	JR-3	Hamline	47.21m	154' 11"	Meet of the UnSaintly	May 6, 2022
10	Peper, Stephen	JR-3	St. Olaf	46.92m	153' 11"	MIAC Outdoor Championships	May 13, 2022
11	Velishek, Christian	SR-4	Hamline	46.54m	152' 8"	CSB/SJU Invitational and MULTI	Apr 9, 2022
12	Marsh, Anthony	FR-1	Concordia-Moorhead	46.48m	152' 6"	CSBSJU Last Minute Invite	Apr 29, 2022
13	Oviguian, Peter	FR-1	Gustavus Adolphus	45.88m	150' 6"	Gustie Twilight	Apr 27, 2022
14	Bosley, Mason	JR-3	Macalester	45.08m	147' 11"	Janis Rider / Doug Bolstorff Invitational	Apr 30, 2022
15	Lelwica, Max	FR-1	St. John's (Minn.)	44.97m	147' 6"	Carleton Relays	Apr 23, 2022
16	Schegel, Abe	JR-3	Bethel (Minn.)	43.57m	142' 11"	UWRF Falcon Invitational	Apr 9, 2022
17	Thurk, Anthony	FR-1	St. John's (Minn.)	42.74m	140' 3"	Carleton Relays	Apr 23, 2022
18	Smith, Micah	JR-3	Bethel (Minn.)	42.69m	140' 1"	MIAC Multi Events	May 5, 2022
19	Sotiropoulos, Simon	FR-1	St. Scholastica	42.64m	139' 11"	St. Olaf Ole Open	May 7, 2022
20	Meeker, Caleb	FR-1	Bethel (Minn.)	42.60m	139' 9"	Meet of the UnSaintly	May 6, 2022
20	Alada, Gabe	SR-4	St. Olaf	42.60m	139' 9"	St. Olaf Rolex Classic	May 3, 2022
22	Meyer, Jack	FR-1	St. John's (Minn.)	41.95m	137' 7"	St. Olaf Ole Open	May 7, 2022
23	Veimau, Justin	SO-2	Macalester	41.74m	136' 11"	Holst Invitational	Apr 22, 2022
24	Rhonemus, Wade	JR-3	Concordia-Moorhead	41.60m	136' 6"	St. Olaf Last Chance Multi Events	May 18, 2022
25	Paustian, Zach	SR-4	Concordia-Moorhead	40.85m	134' 0"	USD Early Bird	Apr 2, 2022
26	Kallstrom, Brandon	FR-1	Bethel (Minn.)	40.15m	131' 9"	UWRF Falcon Invitational	Apr 9, 2022
27	McNearney, Devin	FR-1	St. Olaf	39.73m	130' 4"	St. Olaf Rolex Classic	May 3, 2022
28	Anderson, Tyler	FR-1	St. Scholastica	39.61m	129' 11"	St. Olaf Ole Open	May 7, 2022
29	Cogley, Andrew	FR-1	St. Olaf	39.23m	128' 8"	MIAC Multi Events	May 5, 2022
30	Kienholz, Carter	FR-1	Hamline	39.09m	128' 3"	MIAC Multi Events	May 5, 2022

Decathlon

	Athlete	Year	Team	Points	Meet	Meet Date
1	Petersen, Maguire	SO-2	St. John's (Minn.)	6932	NCAA Division III Outdoor Track & Field Championships	May 26, 2022
2	Peper, Stephen	JR-3	St. Olaf	6872	NCAA Division III Outdoor Track & Field Championships	May 26, 2022
3	Walton, Lukas	JR-3	Bethel (Minn.)	6654	NCAA Division III Outdoor Track & Field Championships	May 26, 2022
4	Mortensen, Ian	SO-2	Carleton	6056	MIAC Multi Events	May 5, 2022

	Athlete	Year	Team	Points	Meet	Meet Date
5	Lord, Demetri	SO-2	St. Olaf	6022	MIAC Multi Events	May 5, 2022
6	Edwards, Nick	JR-3	St. Olaf	6000	St. Olaf Last Chance Multi Events	May 18, 2022
7	Rhonemus, Wade	JR-3	Concordia-Moorhead	5734	St. Olaf Last Chance Multi Events	May 18, 2022
8	Lelwica, Max	FR-1	St. John's (Minn.)	5549	MIAC Multi Events	May 5, 2022
9	Smith, Micah	JR-3	Bethel (Minn.)	5358	MIAC Multi Events	May 5, 2022
10	Cogley, Andrew	FR-1	St. Olaf	5049	MIAC Multi Events	May 5, 2022
11	Schulze, Sam	FR-1	Gustavus Adolphus	4903	MIAC Multi Events	May 5, 2022
12	Rian, Woody	SO-2	St. Olaf	4859	MIAC Multi Events	May 5, 2022
13	Borst, Layton	FR-1	St. Olaf	4828	MIAC Multi Events	May 5, 2022
14	Kallstrom, Brandon	FR-1	Bethel (Minn.)	4758	MIAC Multi Events	May 5, 2022
15	Thurk, Anthony	FR-1	St. John's (Minn.)	4746	CSB/SJU Invitational and MULTI	Apr 9, 2022
16	Kienholz, Carter	FR-1	Hamline	4690	MIAC Multi Events	May 5, 2022
17	Hennen, Logan	FR-1	St. John's (Minn.)	4174	CSB/SJU Invitational and MULTI	Apr 9, 2022
18	Schegel, Abe	JR-3	Bethel (Minn.)	3847	MIAC Multi Events	May 5, 2022
19	Paustian, Zach	SR-4	Concordia-Moorhead	3630	CSB/SJU Invitational and MULTI	Apr 9, 2022