



MIAC Outdoor Performance List

100 Meters

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Arthur, Kevin	SO-2	St. John's (Minn.)	10.41	NCAA Division III Outdoor Track & Field Championships	May 25, 2023	1.4
2	Eben Ebai, Samuel	SR-4	St. Scholastica	10.57	MIAC Outdoor Track & Field Championships	May 12, 2023	1.3
3	Liu, Landen	FR-1	Bethel (Minn.)	10.59	MIAC Outdoor Track & Field Championships	May 12, 2023	+0.0
4	McConnell, Cameron	SO-2	Bethel (Minn.)	10.72	MIAC Outdoor Track & Field Championships	May 12, 2023	+0.0
5	Morical, Nolan	SO-2	Concordia-Moorhead	10.86	USD Early Bird	Apr 7, 2023	5.5
6	Conneh, Varney	SR-4	Augsburg	10.90	MIAC Outdoor Track & Field Championships	May 12, 2023	+0.0
7	Bulwa, Chris	SO-2	Saint Mary's (Minn.)	10.94	Meet of the UnSaintly	May 5, 2023	2.1
7	Skelly, Matthew	SO-2	Gustavus Adolphus	10.94	Maverick Open #1	May 3, 2023	1.3
9	Simon, Godsword	SO-2	Bethel (Minn.)	10.95	Meet of the UnSaintly	May 5, 2023	2.1
10	Lord, Demetri	JR-3	St. Olaf	10.97	MIAC Combined Events	May 4, 2023	1.1
11	Asplin, Collin	FR-1	Bethel (Minn.)	11.02	MIAC Outdoor Track & Field Championships	May 12, 2023	2.2
12	Pettis, Andrei	FR-1	Hamline	11.03	MIAC Outdoor Track & Field Championships	May 12, 2023	2.2
13	Popoca, Emanuel	SO-2	St. John's (Minn.)	11.11	Running on Hope Invitational	Apr 26, 2023	3.4
14	Adamson, Oliver	SO-2	Saint Mary's (Minn.)	11.16	Meet of the UnSaintly	May 5, 2023	2.1
15	Schegel, Abe	JR-3	Bethel (Minn.)	11.17	MIAC Combined Events	May 4, 2023	1.1
16	Quiring, Wyatt	JR-3	Gustavus Adolphus	11.19	Maverick Open #1	May 3, 2023	0.2
17	Schaffer, Dawson	JR-3	Concordia-Moorhead	11.23	NDSU Tune Up	May 5, 2023	1.4
18	Kritsberg, Ben	FR-1	Saint Mary's (Minn.)	11.25	Meet of the UnSaintly	May 5, 2023	2.1
19	Bies, Danny	SO-2	Gustavus Adolphus	11.26	Maverick Open #1	May 3, 2023	2.4
20	Alfaro Diedrich, Sean	SO-2	St. Scholastica	11.27	Running on Hope Invitational	Apr 26, 2023	3.4
21	Thomas, Reece	SO-2	Hamline	11.28	St Thomas Joe Sweeney Invitational	May 3, 2023	0.8
21	Haack, Tony	FR-1	Bethel (Minn.)	11.28	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023	1.5
23	Korum, Levi	SO-2	Bethel (Minn.)	11.29	Meet of the UnSaintly	May 5, 2023	2.8
24	McNearney, Devin	SO-2	St. Olaf	11.33	St Thomas Tomcat Invitational	Apr 7, 2023	2.1
25	Smith, Albert	JR-3	Bethel (Minn.)	11.39	Meet of the UnSaintly	May 5, 2023	2.1
26	Robinson, Ozzie	FR-1	Hamline	11.40	Holst Invitational	Apr 22, 2023	1.6
26	Subah, Isaiah	SO-2	Gustavus Adolphus	11.40	Gustie Twilight	Apr 26, 2023	0.2
26	Morey, Aidan	FR-1	St. John's (Minn.)	11.40	St. Olaf Open	May 6, 2023	1.9
29	Peterson, Jericho	SR-4	St. Scholastica	11.44	Running on Hope Invitational	Apr 26, 2023	2.9
30	Rhonemus, Wade	JR-3	Concordia-Moorhead	11.45	USD Early Bird	Apr 7, 2023	3.9

200 Meters

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Arthur, Kevin	SO-2	St. John's (Minn.)	21.15	Running on Hope Invitational	Apr 26, 2023	3.6
2	Wright, Cal	SR-4	Concordia-Moorhead	21.20	UWL Final Qualifier	May 18, 2023	3.3
3	Eben Ebai, Samuel	SR-4	St. Scholastica	21.33	MIAC Outdoor Track & Field Championships	May 12, 2023	4.5
4	Parent , Jacob	SO-2	Bethel (Minn.)	21.35	Augustana College Midwest Twilight Qualifier	May 18, 2023	+0.0
5	McConnell, Cameron	SO-2	Bethel (Minn.)	21.51	MIAC Outdoor Track & Field Championships	May 12, 2023	2.8
6	Heitler, Arlo	SO-2	Macalester	21.90	MIAC Outdoor Track & Field Championships	May 12, 2023	0.5
7	Bulwa, Chris	SO-2	Saint Mary's (Minn.)	21.93	MIAC Outdoor Track & Field Championships	May 12, 2023	4.5
8	Quiring, Wyatt	JR-3	Gustavus Adolphus	22.04	Gustie Twilight	Apr 26, 2023	1.7
9	Pettis, Andrei	FR-1	Hamline	22.08	MIAC Outdoor Track & Field Championships	May 12, 2023	2.3
10	Morical, Nolan	SO-2	Concordia-Moorhead	22.16	USD Early Bird	Apr 7, 2023	3.5
11	Gagnon, Hayden	SR-4	Concordia-Moorhead	22.25	USD Early Bird	Apr 7, 2023	6.0
12	Nelson, Grant	FR-1	Bethel (Minn.)	22.38	Holst Invitational	Apr 22, 2023	-0.7

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
12	Adamson, Oliver	SO-2	Saint Mary's (Minn.)	22.38	MIAC Outdoor Track & Field Championships	May 12, 2023	4.5
14	Asplin, Collin	FR-1	Bethel (Minn.)	22.45	MIAC Outdoor Track & Field Championships	May 12, 2023	4.5
15	Conneh, Varney	SR-4	Augsburg	22.47	UWL Final Qualifier	May 18, 2023	5.2
15	Haack, Tony	FR-1	Bethel (Minn.)	22.47	MIAC Outdoor Track & Field Championships	May 12, 2023	2.8
17	Zeitchick, Seth	SO-2	Gustavus Adolphus	22.48	MIAC Outdoor Track & Field Championships	May 12, 2023	4.5
18	Schaffer, Dawson	JR-3	Concordia-Moorhead	22.52	USD Early Bird	Apr 7, 2023	4.9
19	Popoca, Emanuel	SO-2	St. John's (Minn.)	22.59	MIAC Outdoor Track & Field Championships	May 12, 2023	2.3
20	McNearny, Devin	SO-2	St. Olaf	22.63	MIAC Outdoor Track & Field Championships	May 12, 2023	2.3
21	Thomas, Reece	SO-2	Hamline	22.71	MIAC Outdoor Track & Field Championships	May 12, 2023	2.8
22	Wheeler, Caden	FR-1	St. John's (Minn.)	22.73	Norse Invite	Apr 15, 2023	-1.0
23	Jackson, Garrett	SR-4	Saint Mary's (Minn.)	22.75	SMU Cardinal Invitational	Apr 15, 2023	-1.3
24	Fisher, Henry	JR-3	St. Olaf	22.78	Bethel Invitational	Apr 15, 2023	+0.0
25	Johnson, Brady	SO-2	Saint Mary's (Minn.)	22.83	Wash U Invite	Mar 31, 2023	4.2
26	Petron, Jordan	SO-2	Concordia-Moorhead	22.85	NDSU Tune Up	May 5, 2023	0.1
27	Peterson, Jericho	SR-4	St. Scholastica	22.93	SMU Cardinal Invitational	Apr 15, 2023	+0.0
28	Tiongson, Trevor	SO-2	Concordia-Moorhead	23.05	USD Early Bird	Apr 7, 2023	4.9
29	Skelly, Matthew	SO-2	Gustavus Adolphus	23.13	Maverick Open #1	May 3, 2023	+0.0
30	Braun, Alec	SO-2	Bethel (Minn.)	23.14	St Thomas Tomcat Invitational	Apr 7, 2023	0.4

400 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Parent , Jacob	SO-2	Bethel (Minn.)	46.76	MIAC Outdoor Track & Field Championships	May 12, 2023
2	Wright, Cal	SR-4	Concordia-Moorhead	46.95	MIAC Outdoor Track & Field Championships	May 12, 2023
3	Heitler, Arlo	SO-2	Macalester	47.91	MIAC Outdoor Track & Field Championships	May 12, 2023
4	Gagnon, Hayden	SR-4	Concordia-Moorhead	48.12	UWL Final Qualifier	May 18, 2023
5	Nelson, Grant	FR-1	Bethel (Minn.)	48.23	Meet of the UnSaintly	May 5, 2023
6	Quiring, Wyatt	JR-3	Gustavus Adolphus	48.48	UWL Final Qualifier	May 18, 2023
7	Smith, Joel	JR-3	Bethel (Minn.)	48.69	Meet of the UnSaintly	May 5, 2023
8	Kubicek, Noah	FR-1	St. Scholastica	49.21	MIAC Outdoor Track & Field Championships	May 12, 2023
9	Wheeler, Caden	FR-1	St. John's (Minn.)	49.40	Running on Hope Invitational	Apr 26, 2023
10	Loder, Sebastian	FR-1	St. Olaf	49.42	St Thomas Joe Sweeney Invitational	May 3, 2023
11	Zeitchick, Seth	SO-2	Gustavus Adolphus	49.87	MIAC Outdoor Track & Field Championships	May 12, 2023
11	Anderson, Reese	FR-1	Carleton	49.87	MIAC Combined Events	May 4, 2023
13	Bulwa, Chris	SO-2	Saint Mary's (Minn.)	50.08	Good Friday Open	Apr 7, 2023
14	Tiongson, Trevor	SO-2	Concordia-Moorhead	50.18	UWL Final Qualifier	May 18, 2023
15	Kennedy, Liam	SO-2	Carleton	50.39	St. Olaf Open	May 6, 2023
16	Douglas, Derek	SO-2	St. Scholastica	50.41	St. Olaf Open	May 6, 2023
17	Conzemius, Ryan	SO-2	St. John's (Minn.)	50.45	MIAC Outdoor Track & Field Championships	May 12, 2023
18	Haack, Tony	FR-1	Bethel (Minn.)	50.50	MIAC Outdoor Track & Field Championships	May 12, 2023
19	Rhonemus, Wade	JR-3	Concordia-Moorhead	50.88	Mount Union Last Chance Tune-up	May 17, 2023
20	Schegel, Abe	JR-3	Bethel (Minn.)	51.07	MIAC Combined Events	May 4, 2023
21	Schwinghamer, John	SR-4	St. Scholastica	51.10	SMU Cardinal Invitational	Apr 15, 2023
22	Oviguian, Peter	SO-2	Gustavus Adolphus	51.19	MIAC Outdoor Track & Field Championships	May 12, 2023
22	Ash, Ethan	SO-2	Carleton	51.19	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
24	Montreuil, Owen	FR-1	St. John's (Minn.)	51.21	Running on Hope Invitational	Apr 26, 2023
25	Peterson, Jericho	SR-4	St. Scholastica	51.22	MIAC Outdoor Track & Field Championships	May 12, 2023
25	Stageberg, Noah	SO-2	Gustavus Adolphus	51.22	MIAC Outdoor Track & Field Championships	May 12, 2023
27	Asplin, Collin	FR-1	Bethel (Minn.)	51.24	Augustana College Midwest Twilight Qualifier	May 18, 2023
28	Bittner, Alex	FR-1	St. Olaf	51.29	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
29	Gushwa, Agro	SO-2	Gustavus Adolphus	51.37	Maverick Open #2	May 6, 2023
30	Lord, Demetri	JR-3	St. Olaf	51.38	MIAC Combined Events	May 4, 2023

800 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Clausing, Nathan	SO-2	St. John's (Minn.)	1:53.38	St Thomas Joe Sweeney Invitational	May 3, 2023
2	Diekmann, Dillon	JR-3	St. John's (Minn.)	1:53.40	St Thomas Joe Sweeney Invitational	May 3, 2023
3	Asfaw, Getinat	JR-3	Augsburg	1:54.45	UWL Final Qualifier	May 18, 2023
4	Mattock, Will	SO-2	St. John's (Minn.)	1:54.76	St Thomas Joe Sweeney Invitational	May 3, 2023
5	Meier, Josh	SO-2	Carleton	1:54.84	MIAC Outdoor Track & Field Championships	May 12, 2023
6	Ash, Ethan	SO-2	Carleton	1:54.99	MIAC Outdoor Track & Field Championships	May 12, 2023
7	Grove, Carter	SO-2	St. John's (Minn.)	1:55.63	St Thomas Joe Sweeney Invitational	May 3, 2023
8	Douglas, Derek	SO-2	St. Scholastica	1:55.92	UWL Final Qualifier	May 18, 2023
9	Rupnow, Markus	SO-2	Gustavus Adolphus	1:56.00	Maverick Open #1	May 3, 2023
10	Berg, Riley	SO-2	St. John's (Minn.)	1:56.14	St Thomas Joe Sweeney Invitational	May 3, 2023
11	Bittner, Alex	FR-1	St. Olaf	1:56.27	St Thomas Joe Sweeney Invitational	May 3, 2023
12	Coffey, Olaf	SO-2	St. Olaf	1:56.33	St Thomas Joe Sweeney Invitational	May 3, 2023
13	St. Peter, Nick	FR-1	St. John's (Minn.)	1:56.37	Norse Invite	Apr 15, 2023
14	Kelly, Will	JR-3	St. Olaf	1:57.02	St Thomas Tomcat Invitational	Apr 7, 2023
15	Estrada, Gabe	JR-3	St. Olaf	1:57.14	UWL Final Qualifier	May 18, 2023
16	Rengo, Samuel	SO-2	St. John's (Minn.)	1:57.21	St Thomas Joe Sweeney Invitational	May 3, 2023
16	Sagedahl, Penn	JR-3	St. Olaf	1:57.21	St Thomas Joe Sweeney Invitational	May 3, 2023
18	Smith, Tyler	SO-2	Gustavus Adolphus	1:57.25	Maverick Open #1	May 3, 2023
19	Hartney, Sean	SO-2	St. Olaf	1:57.29	St. Olaf Open	May 6, 2023
20	Hussien, Sakariya	SR-4	Augsburg	1:57.35	UWL Final Qualifier	May 18, 2023
21	Rud, Mark	FR-1	Gustavus Adolphus	1:57.45	Maverick Open #2	May 6, 2023
22	Schwinghamer, John	SR-4	St. Scholastica	1:57.64	Running on Hope Invitational	Apr 26, 2023
23	Olsson, Tor	SO-2	Macalester	1:57.65	Norse Invite	Apr 15, 2023
23	Nichols, Gabe	FR-1	Carleton	1:57.65	Redlands Invitational (Collegiate)	Mar 17, 2023
25	Moore, Cullen	FR-1	St. Olaf	1:57.66	St Thomas Joe Sweeney Invitational	May 3, 2023
26	Montreuil, Owen	FR-1	St. John's (Minn.)	1:57.85	St. Olaf Open	May 6, 2023
27	Roehl, Carson	SO-2	Gustavus Adolphus	1:57.94	Gustie Twilight	Apr 26, 2023
28	Munoz, Julian	JR-3	St. Olaf	1:58.00	St. Olaf Open	May 6, 2023
29	Kubicek, Noah	FR-1	St. Scholastica	1:58.22	Running on Hope Invitational	Apr 26, 2023
30	Fong, Jeremy	JR-3	Carleton	1:58.24	MIAC Outdoor Track & Field Championships	May 12, 2023

1500 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Nichols, Gabe	FR-1	Carleton	3:50.53	UWL Final Qualifier	May 18, 2023
2	Olsson, Tor	SO-2	Macalester	3:54.00	MIAC Outdoor Track & Field Championships	May 12, 2023
3	Grand, Mitchell	SO-2	St. John's (Minn.)	3:54.28	UWL Final Qualifier	May 18, 2023
4	DeWall, Lars	JR-3	St. Scholastica	3:54.54	UWL Final Qualifier	May 18, 2023
5	Young, Lloyd	SO-2	St. John's (Minn.)	3:54.98	St Thomas Tomcat Invitational	Apr 7, 2023
6	Llewellyn, Roy	FR-1	Carleton	3:56.28	UWL Final Qualifier	May 18, 2023
7	Hartney, Sean	SO-2	St. Olaf	3:57.21	St Thomas Joe Sweeney Invitational	May 3, 2023
8	St. Peter, Nick	FR-1	St. John's (Minn.)	3:57.46	St Thomas Joe Sweeney Invitational	May 3, 2023
9	Grove, Carter	SO-2	St. John's (Minn.)	3:57.49	St Thomas Tomcat Invitational	Apr 7, 2023
10	Turlington, Kevin	FR-1	St. Olaf	3:57.91	MIAC Outdoor Track & Field Championships	May 12, 2023
11	Clausing, Nathan	SO-2	St. John's (Minn.)	3:58.02	St. Olaf Open	May 6, 2023
12	McKee, Reece	SO-2	Macalester	3:58.17	MIAC Outdoor Track & Field Championships	May 12, 2023
13	Asfaw, Getinat	JR-3	Augsburg	3:58.25	MIAC Outdoor Track & Field Championships	May 12, 2023
14	Munoz, Julian	JR-3	St. Olaf	3:58.34	MIAC Outdoor Track & Field Championships	May 12, 2023
15	Bati, Mohammed	FR-1	Augsburg	3:58.75	St Thomas Tomcat Invitational	Apr 7, 2023
16	Diekmann, Dillon	JR-3	St. John's (Minn.)	3:59.26	St Thomas Tomcat Invitational	Apr 7, 2023
17	Jones, Elijah	JR-3	Carleton	3:59.32	St Thomas Joe Sweeney Invitational	May 3, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
18	Coffey, Olaf	SO-2	St. Olaf	3:59.43	MIAC Outdoor Track & Field Championships	May 12, 2023
19	Crotteau, Ben	SO-2	Macalester	3:59.91	UWL Final Qualifier	May 18, 2023
20	Cavanaugh, Eamon	SO-2	St. John's (Minn.)	4:00.62	UWL Final Qualifier	May 18, 2023
21	Marsh, Jackson	SO-2	St. Olaf	4:01.57	MIAC Outdoor Track & Field Championships	May 12, 2023
22	Doran, Eli	FR-1	St. Olaf	4:01.79	St Thomas Joe Sweeney Invitational	May 3, 2023
23	Lyness, Indy	FR-1	Carleton	4:01.93	Carleton Relays	Apr 22, 2023
24	Chalmers, Aiden	FR-1	St. John's (Minn.)	4:02.15	MIAC Outdoor Track & Field Championships	May 12, 2023
25	Hussien, Sakariya	SR-4	Augsburg	4:02.26	Ross and Sharon Irwin meet	Mar 18, 2023
26	Peske, Cole	SR-4	Macalester	4:02.69	MIAC Outdoor Track & Field Championships	May 12, 2023
27	Allen, Tommy	SO-2	St. John's (Minn.)	4:02.88	Lee Krough Invitational	Apr 23, 2023
28	Wallin, Tucker	SO-2	Gustavus Adolphus	4:02.94	Maverick Open #1	May 3, 2023
29	Roehl, Carson	SO-2	Gustavus Adolphus	4:03.29	MIAC Outdoor Track & Field Championships	May 12, 2023
30	Peterson, Luke	SO-2	Bethel (Minn.)	4:03.65	MIAC Outdoor Track & Field Championships	May 12, 2023

5000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Bocovich, Logan	JR-3	St. Olaf	14:01.17	St Thomas Joe Sweeney Invitational	May 3, 2023
2	Kelly, Will	JR-3	St. Olaf	14:15.81	St Thomas Joe Sweeney Invitational	May 3, 2023
3	Bati, Mohammed	FR-1	Augsburg	14:32.98	Ross and Sharon Irwin meet	Mar 18, 2023
4	Young, Lloyd	SO-2	St. John's (Minn.)	14:38.64	UW-Platteville Invitational	Apr 14, 2023
5	Nichols, Gabe	FR-1	Carleton	14:44.53	MIAC Outdoor Track & Field Championships	May 12, 2023
6	Bowman, Henry	JR-3	Carleton	14:49.69	MIAC Outdoor Track & Field Championships	May 12, 2023
7	Llewellyn, Roy	FR-1	Carleton	14:52.29	Bethel Invitational	Apr 15, 2023
8	Crotteau, Ben	SO-2	Macalester	14:52.47	MIAC Outdoor Track & Field Championships	May 12, 2023
9	Grove, Carter	SO-2	St. John's (Minn.)	14:53.66	UW-Platteville Invitational	Apr 14, 2023
10	Turlington, Kevin	FR-1	St. Olaf	14:53.84	St Thomas Joe Sweeney Invitational	May 3, 2023
11	St George, Aidan	SO-2	Bethel (Minn.)	14:53.88	St Thomas Joe Sweeney Invitational	May 3, 2023
12	Cote, Anders	JR-3	St. Olaf	14:54.16	St Thomas Joe Sweeney Invitational	May 3, 2023
13	DeWall, Lars	JR-3	St. Scholastica	14:56.13	St Thomas Joe Sweeney Invitational	May 3, 2023
14	Lynn, David	JR-3	St. Olaf	14:57.11	MIAC Outdoor Track & Field Championships	May 12, 2023
15	Skemp, Andrew	SO-2	St. Olaf	14:57.39	MIAC Outdoor Track & Field Championships	May 12, 2023
16	McKee, Reece	SO-2	Macalester	15:03.06	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
17	Coffey, Olaf	SO-2	St. Olaf	15:09.67	UW-Platteville Invitational	Apr 14, 2023
18	Cavanaugh, Eamon	SO-2	St. John's (Minn.)	15:11.00	UW-Platteville Invitational	Apr 14, 2023
19	Ihrke, Nick	SO-2	Macalester	15:20.24	St Thomas Joe Sweeney Invitational	May 3, 2023
20	Munoz, Julian	JR-3	St. Olaf	15:20.39	UW-Platteville Invitational	Apr 14, 2023
21	Montresor, Kevin	JR-3	St. Olaf	15:20.88	UW-Platteville Invitational	Apr 14, 2023
22	Edwards, Tyler	FR-1	Macalester	15:21.29	MIAC Outdoor Track & Field Championships	May 12, 2023
23	McCullough, Logan	SO-2	Gustavus Adolphus	15:25.87	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
24	Thompson, Reese	SO-2	Bethel (Minn.)	15:26.34	St Thomas Tomcat Invitational	Apr 7, 2023
25	Jones, Elijah	JR-3	Carleton	15:28.57	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
26	Max, Parker	FR-1	St. Olaf	15:29.35	St Thomas Joe Sweeney Invitational	May 3, 2023
27	Manzur Strandlund, Gael	FR-1	St. Olaf	15:30.54	St Thomas Joe Sweeney Invitational	May 3, 2023
28	Peske, Cole	SR-4	Macalester	15:32.06	MIAC Outdoor Track & Field Championships	May 12, 2023
29	Lyford, Derk	JR-3	St. Olaf	15:35.62	UW-Platteville Invitational	Apr 14, 2023
30	Hinchcliffe, Henry	SO-2	Gustavus Adolphus	15:39.02	Bethel Invitational	Apr 15, 2023

10,000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Bocovich, Logan	JR-3	St. Olaf	29:15.93	NCAA Division III Outdoor Track & Field Championships	May 25, 2023
2	Bowman, Henry	JR-3	Carleton	30:40.45	Phil Esten Challenge	Apr 21, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
3	Skemp, Andrew	SO-2	St. Olaf	30:45.97	Phil Esten Challenge	Apr 21, 2023
4	Young, Lloyd	SO-2	St. John's (Minn.)	31:13.44	Drake Relays	Apr 26, 2023
5	Montresor, Kevin	JR-3	St. Olaf	31:45.20	Phil Esten Challenge	Apr 21, 2023
6	Bati, Mohammed	FR-1	Augsburg	31:45.52	Holst Invitational	Apr 22, 2023
7	Lynn, David	JR-3	St. Olaf	31:50.32	MIAC Outdoor Track & Field Championships	May 12, 2023
8	St George, Aidan	SO-2	Bethel (Minn.)	31:52.95	Phil Esten Challenge	Apr 21, 2023
9	McCullough, Logan	SO-2	Gustavus Adolphus	32:12.37	Phil Esten Challenge	Apr 21, 2023
10	Aoki-Sherwood, Ben	JR-3	Carleton	32:22.47	Phil Esten Challenge	Apr 21, 2023
11	Manzur Strandlund, Gael	FR-1	St. Olaf	32:22.86	Phil Esten Challenge	Apr 21, 2023
12	Cavanaugh, Eamon	SO-2	St. John's (Minn.)	32:42.37	MIAC Outdoor Track & Field Championships	May 12, 2023
13	Fiataruolo, Angelo	FR-1	St. Olaf	33:20.73	MIAC Outdoor Track & Field Championships	May 12, 2023
14	Galloway, Jordan	FR-1	Macalester	33:35.04	MIAC Outdoor Track & Field Championships	May 12, 2023
15	Lawhead, Brock	JR-3	St. Olaf	33:37.74	MIAC Outdoor Track & Field Championships	May 12, 2023
16	Vite, Mauricio	JR-3	St. Olaf	33:44.22	MIAC Outdoor Track & Field Championships	May 12, 2023
17	Ihrke, Nick	SO-2	Macalester	33:47.70	MIAC Outdoor Track & Field Championships	May 12, 2023
18	Jamison, Andrew	FR-1	Carleton	34:04.38	MIAC Outdoor Track & Field Championships	May 12, 2023
19	Ferber, Carter	FR-1	Concordia-Moorhead	34:20.76	MIAC Outdoor Track & Field Championships	May 12, 2023
20	Gathje, Jacob	SO-2	St. John's (Minn.)	34:49.01	Holst Invitational	Apr 22, 2023
21	Sackreiter, Soren	FR-1	Gustavus Adolphus	34:57.73	Holst Invitational	Apr 22, 2023
22	Bickerstaff, Gabriel	SR-4	Saint Mary's (Minn.)	35:58.24	Grand View Viking Classic	Apr 28, 2023

110 Hurdles

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Ekiyor, Jayson	SO-2	Bethel (Minn.)	14.37	St Thomas Tomcat Invitational	Apr 7, 2023	1.5
2	Sampson, Josh	SO-2	Bethel (Minn.)	14.38	MIAC Outdoor Track & Field Championships	May 12, 2023	3.1
3	Kramarczuk, Lucas	JR-3	St. Olaf	14.40	St Thomas Tomcat Invitational	Apr 7, 2023	1.5
4	Myres, David	SO-2	Bethel (Minn.)	14.72	MIAC Outdoor Track & Field Championships	May 12, 2023	3.1
5	Lord, Demetri	JR-3	St. Olaf	15.27	MIAC Combined Events	May 4, 2023	1.0
6	Ferrin, Pryce	FR-1	Bethel (Minn.)	15.52	Meet of the UnSaintly	May 5, 2023	1.6
7	Clark, Logan	FR-1	Concordia-Moorhead	15.66	MIAC Outdoor Track & Field Championships	May 12, 2023	1.8
8	Smith, Micah	JR-3	Bethel (Minn.)	15.68	MIAC Outdoor Track & Field Championships	May 12, 2023	3.1
9	Lelwica, Max	SO-2	St. John's (Minn.)	15.74	MIAC Combined Events	May 4, 2023	1.0
10	Mahamud, Hamza	FR-1	Macalester	15.77	MIAC Outdoor Track & Field Championships	May 12, 2023	3.1
11	Rhonemus, Wade	JR-3	Concordia-Moorhead	15.92	NCAA Division III Outdoor Track & Field Championships	May 25, 2023	2.2
12	Lee, Josh	SO-2	Bethel (Minn.)	16.12	MIAC Outdoor Track & Field Championships	May 12, 2023	1.8
13	Schulze, Sam	SO-2	Gustavus Adolphus	16.21	MIAC Outdoor Track & Field Championships	May 12, 2023	1.8
14	McCormick, Connor	FR-1	Gustavus Adolphus	16.23	MIAC Combined Events	May 4, 2023	0.9
15	Nissen, Matthew	JR-3	St. Olaf	16.34	MIAC Outdoor Track & Field Championships	May 12, 2023	0.8
16	Stefanowicz, Sebastian	FR-1	Macalester	16.35	MIAC Outdoor Track & Field Championships	May 12, 2023	1.6
17	Thurk, Anthony	SO-2	St. John's (Minn.)	16.46	MIAC Combined Events	May 4, 2023	1.2
18	Skemp, Will	FR-1	St. Olaf	16.51	MIAC Outdoor Track & Field Championships	May 12, 2023	1.8
19	Clayton, Trajen	FR-1	Augsburg	16.55	St Thomas Tomcat Invitational	Apr 7, 2023	1.5
20	Buxell, Riley	FR-1	St. John's (Minn.)	16.56	MIAC Outdoor Track & Field Championships	May 12, 2023	0.8
21	Blaeser, Aiden	FR-1	St. John's (Minn.)	16.99	Running on Hope Invitational	Apr 26, 2023	2.9
22	Borst, Layton	SO-2	St. Olaf	17.14	St Thomas Tomcat Invitational	Apr 7, 2023	1.3
23	Bassett, Jackson	SO-2	St. Olaf	17.44	MIAC Outdoor Track & Field Championships	May 12, 2023	0.8
24	Cogley, Andrew	SO-2	St. Olaf	17.78	MIAC Combined Events	May 4, 2023	0.6
25	Anderson, Reese	FR-1	Carleton	17.80	MIAC Combined Events	May 4, 2023	0.6
26	Elseth, Aaron	FR-1	Bethel (Minn.)	17.81	MIAC Combined Events	May 4, 2023	-0.6
27	Schegel, Abe	JR-3	Bethel (Minn.)	17.97	MIAC Combined Events	May 4, 2023	1.2
28	Wada, Aki	FR-1	Macalester	18.11	MIAC Outdoor Track & Field Championships	May 12, 2023	1.6

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
29	Wellman , Trevor	SO-2	Bethel (Minn.)	18.55	Holst Invitational	Apr 22, 2023	0.4
30	Kienholz, Carter	SO-2	Hamline	18.66	MIAC Combined Events	May 4, 2023	0.6

400 Hurdles

	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Joel	JR-3	Bethel (Minn.)	50.88	NCAA Division III Outdoor Track & Field Championships	May 25, 2023
2	Ekiyor, Jayson	SO-2	Bethel (Minn.)	53.09	Bethel Invitational	Apr 15, 2023
3	Labine, Brady	SR-4	St. John's (Minn.)	54.06	MIAC Outdoor Track & Field Championships	May 12, 2023
4	Thomsen, Josh	SO-2	Hamline	54.45	UWL Final Qualifier	May 18, 2023
5	Myres, David	SO-2	Bethel (Minn.)	54.70	Meet of the UnSaintly	May 5, 2023
6	Wang, Jeff	SO-2	Macalester	55.52	MIAC Outdoor Track & Field Championships	May 12, 2023
7	Karngar, Trokon	JR-3	Bethel (Minn.)	55.87	MIAC Outdoor Track & Field Championships	May 12, 2023
8	Schulze, Sam	SO-2	Gustavus Adolphus	56.52	UWL Final Qualifier	May 18, 2023
9	Anderson, Reese	FR-1	Carleton	57.05	MIAC Outdoor Track & Field Championships	May 12, 2023
10	Blaeser, Aiden	FR-1	St. John's (Minn.)	58.28	MIAC Outdoor Track & Field Championships	May 12, 2023
11	Meeker, Caleb	SO-2	Bethel (Minn.)	58.43	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
12	Buxell, Riley	FR-1	St. John's (Minn.)	58.52	MIAC Outdoor Track & Field Championships	May 12, 2023
13	Karg, Caleb	FR-1	Concordia-Moorhead	58.77	MIAC Outdoor Track & Field Championships	May 12, 2023
14	Gunderson, Tyler	SO-2	St. Olaf	58.88	MIAC Outdoor Track & Field Championships	May 12, 2023
15	Bosley, Mason	SR-4	Macalester	59.37	Norse Invite	Apr 15, 2023
16	Schonebaum, Henry	FR-1	Macalester	59.38	Norse Invite	Apr 15, 2023
17	Ellis, Charles	SO-2	St. John's (Minn.)	59.47	MIAC Outdoor Track & Field Championships	May 12, 2023
18	Smith, Micah	JR-3	Bethel (Minn.)	59.66	MIAC Outdoor Track & Field Championships	May 12, 2023
19	Skemp, Will	FR-1	St. Olaf	59.72	MIAC Outdoor Track & Field Championships	May 12, 2023
20	Baker, Grant	SO-2	Gustavus Adolphus	1:00.01	MIAC Outdoor Track & Field Championships	May 12, 2023
21	Wada, Aki	FR-1	Macalester	1:00.77	St Thomas Joe Sweeney Invitational	May 3, 2023
22	Clayton, Trajen	FR-1	Augsburg	1:01.07	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
23	Moeller, Calvin	SO-2	Gustavus Adolphus	1:01.22	Maverick Open #2	May 6, 2023
24	Deutschlander, Pierre	SO-2	St. John's (Minn.)	1:01.76	St. Olaf Open	May 6, 2023
25	Malecha, Thomas	FR-1	Macalester	1:01.85	St Thomas Joe Sweeney Invitational	May 3, 2023
26	Bassett, Jackson	SO-2	St. Olaf	1:02.18	St. Olaf Open	May 6, 2023
27	Pettis, Andrei	FR-1	Hamline	1:02.54	St Thomas Joe Sweeney Invitational	May 3, 2023
28	Cogley, Andrew	SO-2	St. Olaf	1:02.67	Holst Invitational	Apr 22, 2023
29	Ortiz, Raul	SO-2	Hamline	1:02.77	St Thomas Joe Sweeney Invitational	May 3, 2023
30	Werner, Tison	FR-1	Gustavus Adolphus	1:02.90	Maverick Open #2	May 6, 2023

3000 Steeplechase

	Athlete	Year	Team	Time	Meet	Meet Date
1	Kelly, Will	JR-3	St. Olaf	8:53.30	NCAA Division III Outdoor Track & Field Championships	May 25, 2023
2	Grove, Carter	SO-2	St. John's (Minn.)	8:59.39	MIAC Outdoor Track & Field Championships	May 12, 2023
3	Cote, Anders	JR-3	St. Olaf	9:07.83	MIAC Outdoor Track & Field Championships	May 12, 2023
4	McKee, Reece	SO-2	Macalester	9:18.91	UWL Final Qualifier	May 18, 2023
5	Bowman, Henry	JR-3	Carleton	9:30.20	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
6	Deaver, Jack	FR-1	St. Olaf	9:31.05	MIAC Outdoor Track & Field Championships	May 12, 2023
7	Thompson, Reese	SO-2	Bethel (Minn.)	9:31.44	MIAC Outdoor Track & Field Championships	May 12, 2023
8	Estrada, Gabe	JR-3	St. Olaf	9:34.81	MIAC Outdoor Track & Field Championships	May 12, 2023
9	Brodie, Aric	SR-4	Hamline	9:36.61	MIAC Outdoor Track & Field Championships	May 12, 2023
10	Hanley, Brett	SO-2	Carleton	9:37.92	MIAC Outdoor Track & Field Championships	May 12, 2023
11	Olson, Tanner	SR-4	Concordia-Moorhead	9:41.04	2023 Kip Janvrin Open	Apr 27, 2023
12	Lyford, Derk	JR-3	St. Olaf	9:42.39	MIAC Outdoor Track & Field Championships	May 12, 2023
13	Lee, Joe	SO-2	Concordia-Moorhead	9:51.18	MIAC Outdoor Track & Field Championships	May 12, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
14	Groshelle, Gavin	FR-1	Concordia-Moorhead	9:53.93	MIAC Outdoor Track & Field Championships	May 12, 2023
15	LiaBraaten, Lucas	FR-1	Hamline	9:54.77	MIAC Outdoor Track & Field Championships	May 12, 2023
16	LaVigne, Trevor	SO-2	Gustavus Adolphus	9:55.34	Maverick Open #1	May 3, 2023
17	Lyness, Indy	FR-1	Carleton	9:59.27	Bethel Invitational	Apr 15, 2023
18	Gathje, Joseph	SO-2	St. John's (Minn.)	10:00.78	MIAC Outdoor Track & Field Championships	May 12, 2023
19	Nowacki, Cole	JR-3	Concordia-Moorhead	10:08.95	NDSU Tune Up	May 5, 2023
20	Kalsnes, Jonah	SO-2	Gustavus Adolphus	10:10.46	MIAC Outdoor Track & Field Championships	May 12, 2023
21	Peske, Cole	SR-4	Macalester	10:14.46	Norse Invite	Apr 15, 2023
22	Lange, Emerson	FR-1	Carleton	10:15.77	Bethel Invitational	Apr 15, 2023
23	Fendig, Alex	JR-3	Macalester	10:16.22	Norse Invite	Apr 15, 2023
24	Nemanich, Thomas	SO-2	St. John's (Minn.)	10:22.73	Norse Invite	Apr 15, 2023
25	Leonard, Ethan	SO-2	St. John's (Minn.)	10:26.44	Running on Hope Invitational	Apr 26, 2023
26	Trzynka, Nick	SO-2	Concordia-Moorhead	10:31.05	36th Annual Ron Masanz Track & Field Classic	Apr 29, 2023
27	Chalmers, Aiden	FR-1	St. John's (Minn.)	10:35.15	St Thomas Tomcat Invitational	Apr 7, 2023
28	Janzen, Will	FR-1	Gustavus Adolphus	10:40.21	Maverick Open #2	May 6, 2023
29	Puent, Aaron	SR-4	Augsburg	11:11.80	Meet of the UnSaintly	May 5, 2023
30	Rux, Trygve	FR-1	St. Scholastica	11:35.68	St. Olaf Open	May 6, 2023

4 x 100 Relay

	Team	Time	Athletes	Meet	Meet Date
1	St. John's (Minn.)	41.11	Popoca, Arthur, Labine, Wheeler	MIAC Outdoor Track & Field Championships	May 12, 2023
2	Bethel (Minn.)	41.13	Ekiyor, Nelson, McConnell, Parent	Drake Relays	Apr 26, 2023
3	Saint Mary's (Minn.)	42.01	Kritsberg, Bulwa, Johnson, Adamson	Maverick Open #1	May 3, 2023
4	St. Olaf	42.25	McNearny, Kramarczuk, Fisher, McGlynn	MIAC Outdoor Track & Field Championships	May 12, 2023
5	St. Scholastica	42.33	Alfaro Diedrich, Peterson, Redig, Eben Ebai	MIAC Outdoor Track & Field Championships	May 12, 2023
6	Gustavus Adolphus	42.90	Skelly, Quiring, Zeitchick, Subah	Maverick Open #1	May 3, 2023
7	Concordia-Moorhead	43.19	Morical, Schaffer, Petron, Marsh	NDSU Tune Up	May 5, 2023
8	Hamline	43.46	Couper, Thomas, Pfenning-Wendt, Pettis	MIAC Outdoor Track & Field Championships	May 12, 2023
9	Macalester	45.32	Mahamud, Kinnucan, Kogut, Zong-Naba	Norse Invite	Apr 15, 2023

4 x 400 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	3:09.97	Smith, Nelson, Sampson, Parent	Augustana College Midwest Twilight Qualifier	May 18, 2023
2	St. John's (Minn.)	3:19.85	Wheeler, Montreuil, Labine, Cenzerius	St Thomas Joe Sweeney Invitational	May 3, 2023
3	Concordia-Moorhead	3:20.41	Tiongson, Rhonemus, Groshelle, Gagnon	MIAC Outdoor Track & Field Championships	May 12, 2023
4	St. Scholastica	3:20.52	Peterson, Eben Ebai, Douglas, Kubicek	MIAC Outdoor Track & Field Championships	May 12, 2023
5	St. Olaf	3:20.54	Bittner, McNearny, Fisher, Loder	MIAC Outdoor Track & Field Championships	May 12, 2023
6	Gustavus Adolphus	3:22.18	Zeitchick, Quiring, Rupnow, Stageberg	MIAC Outdoor Track & Field Championships	May 12, 2023
7	Saint Mary's (Minn.)	3:22.47	Jackson, Johnson, Adamson, Bulwa	SMU Cardinal Invitational	Apr 15, 2023
8	Carleton	3:22.77	Kennedy, Meier, Fong, Ash	MIAC Outdoor Track & Field Championships	May 12, 2023
9	Macalester	3:24.13	Wang, Heitler, Ali, Schonebaum	MIAC Outdoor Track & Field Championships	May 12, 2023
10	Augsburg	3:28.74	Landherr, Hussien, Wondimu, Asfaw	MIAC Outdoor Track & Field Championships	May 12, 2023
11	Hamline	3:29.29	Ortiz, Thomsen, Pfenning-Wendt, Couper	MIAC Outdoor Track & Field Championships	May 12, 2023

4 x 800 Relay

	Team	Time	Athletes	Meet	Meet Date
1	St. John's (Minn.)	7:42.87	Allen, Clausing, St. Peter, Diekmann	Drake Relays	Apr 26, 2023
2	Gustavus Adolphus	7:51.86	Roehl, Wallin, Fuller, Rupnow	Drake Relays	Apr 26, 2023
3	St. Scholastica	7:52.22	Schwingamer, Lynch, Douglas, Kubicek	MIAC Outdoor Track & Field Championships	May 12, 2023
4	St. Olaf	7:53.20	Moore, Coffey, Schmidt, Estrada	MIAC Outdoor Track & Field Championships	May 12, 2023
5	Macalester	7:55.45	Olsson, Crotteau, Ali, Lebakken	MIAC Outdoor Track & Field Championships	May 12, 2023

	Team	Time	Athletes	Meet	Meet Date
6	Bethel (Minn.)	7:55.51	Kuecker, Peterson, Stewart, Nelson	MIAC Outdoor Track & Field Championships	May 12, 2023
7	Concordia-Moorhead	7:58.35	Olson, Groshelle, Birkeland, Johnson	MIAC Outdoor Track & Field Championships	May 12, 2023
8	Carleton	8:29.67	Bernstein, Scott, Mazor, Watts	MIAC Outdoor Track & Field Championships	May 12, 2023
9	Augsburg	8:52.50	Wondimu, Landherr, Kubly, Christopherson	MIAC Outdoor Track & Field Championships	May 12, 2023

High Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Bies, Danny	SO-2	Gustavus Adolphus	1.95m	6' 4.75"	Bethel Invitational	Apr 15, 2023
2	Braun, Michael	SO-2	Hamline	1.92m	6' 3.5"	MIAC Outdoor Track & Field Championships	May 12, 2023
3	Seiler, Alex	SO-2	St. John's (Minn.)	1.91m	6' 3.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
3	Braun, Alec	SO-2	Bethel (Minn.)	1.91m	6' 3.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
3	Gagnon, Hayden	SR-4	Concordia-Moorhead	1.91m	6' 3.25"	NDSU Tune Up	May 5, 2023
3	Ungar, Alec	SO-2	St. John's (Minn.)	1.91m	6' 3.25"	St Thomas Joe Sweeney Invitational	May 3, 2023
7	Marsh, Anthony	SO-2	Concordia-Moorhead	1.89m	6' 2.25"	36th Annual Ron Masanz Track & Field Classic	Apr 29, 2023
8	Thurk, Anthony	SO-2	St. John's (Minn.)	1.85m	6' 0.75"	Wartburg Outdoor Select	Apr 1, 2023
8	Swenson, Simon	FR-1	Bethel (Minn.)	1.85m	6' 0.75"	St Thomas Tomcat Invitational	Apr 7, 2023
8	Rhonemus, Wade	JR-3	Concordia-Moorhead	1.85m	6' 0.75"	Mount Union Last Chance Tune-up	May 17, 2023
11	Lord, Demetri	JR-3	St. Olaf	1.83m	6' 0"	MIAC Combined Events	May 4, 2023
11	Lelwica, Max	SO-2	St. John's (Minn.)	1.83m	6' 0"	MIAC Combined Events	May 4, 2023
13	Subramanian, Aravindh	JR-3	Carleton	1.81m	5' 11.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
14	Cogley, Andrew	SO-2	St. Olaf	1.80m	5' 10.75"	MIAC Combined Events	May 4, 2023
14	Schegel, Abe	JR-3	Bethel (Minn.)	1.80m	5' 10.75"	St Thomas Tomcat Invitational	Apr 7, 2023
16	Cline-Cole, Ethan	SO-2	Carleton	1.75m	5' 8.75"	Carleton Relays	Apr 22, 2023
17	Lee, Iain	FR-1	Hamline	1.71m	5' 7.25"	St Thomas Joe Sweeney Invitational	May 3, 2023
17	Schulze, Sam	SO-2	Gustavus Adolphus	1.71m	5' 7.25"	MIAC Combined Events	May 4, 2023
19	Sullivan, Logan	SO-2	Gustavus Adolphus	1.70m	5' 7"	Lee Krough Invitational	Apr 23, 2023
20	Wieker, Evan	SO-2	Gustavus Adolphus	1.65m	5' 5"	Lee Krough Invitational	Apr 23, 2023
20	Wellman, Trevor	SO-2	Bethel (Minn.)	1.65m	5' 5"	St Thomas Tomcat Invitational	Apr 7, 2023
20	Smith, Micah	JR-3	Bethel (Minn.)	1.65m	5' 5"	St Thomas Tomcat Invitational	Apr 7, 2023
23	Demetriades, Theo	FR-1	Carleton	1.63m	5' 4.25"	St. Olaf Open	May 6, 2023
24	McCormick, Connor	FR-1	Gustavus Adolphus	1.59m	5' 2.5"	MIAC Combined Events	May 4, 2023
24	Carlson, Kirk	FR-1	Gustavus Adolphus	1.59m	5' 2.5"	MIAC Combined Events	May 4, 2023
24	Anderson, Reese	FR-1	Carleton	1.59m	5' 2.5"	MIAC Combined Events	May 4, 2023
27	Ramirez, Gael	SO-2	Bethel (Minn.)	1.56m	5' 1.25"	MIAC Combined Events	May 4, 2023
28	Elseth, Aaron	FR-1	Bethel (Minn.)	1.53m	5' 0.25"	MIAC Combined Events	May 4, 2023
28	Kienholz, Carter	SO-2	Hamline	1.53m	5' 0.25"	MIAC Combined Events	May 4, 2023
30	Schmidt, Joe	SO-2	Gustavus Adolphus	1.41m	4' 7.5"	MIAC Combined Events	May 4, 2023

Pole Vault

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Charbonneau, Joseph	SO-2	St. John's (Minn.)	4.72m	15' 5.75"	St Thomas Joe Sweeney Invitational	May 3, 2023
2	Arnold, Dylan	SO-2	St. Olaf	4.67m	15' 3.75"	St Thomas Tomcat Invitational	Apr 7, 2023
3	Guth, Kole	FR-1	St. John's (Minn.)	4.60m	15' 1"	Lee Krough Invitational	Apr 23, 2023
4	Gatz, Aidan	SO-2	Saint Mary's (Minn.)	4.56m	14' 11.5"	Maverick Open #1	May 3, 2023
5	Gardeen, Samuel	SO-2	Bethel (Minn.)	4.50m	14' 9"	MIAC Outdoor Track & Field Championships	May 12, 2023
6	Eickhoff, Daniel	SO-2	St. John's (Minn.)	4.40m	14' 5.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
7	Rhonemus, Wade	JR-3	Concordia-Moorhead	4.37m	14' 4"	Mount Union Last Chance Tune-up	May 17, 2023
8	DeGross, Mason	SO-2	St. John's (Minn.)	4.22m	13' 10"	St Thomas Tomcat Invitational	Apr 7, 2023
9	Doom, Max	SO-2	St. John's (Minn.)	4.17m	13' 8.25"	St Thomas Joe Sweeney Invitational	May 3, 2023
10	Engstrom, Oliver	FR-1	Hamline	4.10m	13' 5.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
10	Schegel, Abe	JR-3	Bethel (Minn.)	4.10m	13' 5.25"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
12	Askegaard, Lars	SR-4	St. Olaf	3.95m	12' 11.5"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
12	Ream, Joe	FR-1	Gustavus Adolphus	3.95m	12' 11.5"	Lee Krough Invitational	Apr 23, 2023
12	Johnston, Josh	FR-1	St. John's (Minn.)	3.95m	12' 11.5"	Lee Krough Invitational	Apr 23, 2023
12	Borst, Layton	SO-2	St. Olaf	3.95m	12' 11.5"	Holst Invitational	Apr 22, 2023
16	Adams, Andrew	SO-2	St. John's (Minn.)	3.92m	12' 10.25"	St Thomas Tomcat Invitational	Apr 7, 2023
17	Cella, Jack	FR-1	Concordia-Moorhead	3.86m	12' 8"	USD Early Bird	Apr 7, 2023
18	Walker, Erik	SO-2	Gustavus Adolphus	3.82m	12' 6.25"	Maverick Open #2	May 6, 2023
18	Adams, Tim	SO-2	Carleton	3.82m	12' 6.25"	St. Olaf Open	May 6, 2023
20	Marzinske, Logan	SO-2	Gustavus Adolphus	3.80m	12' 5.5"	Lee Krough Invitational	Apr 23, 2023
20	Lelwica, Max	SO-2	St. John's (Minn.)	3.80m	12' 5.5"	MIAC Combined Events	May 4, 2023
22	Thurk, Anthony	SO-2	St. John's (Minn.)	3.70m	12' 1.5"	MIAC Combined Events	May 4, 2023
23	Menter, Forest	FR-1	St. Olaf	3.65m	11' 11.75"	Bethel Invitational	Apr 15, 2023
23	McCormick, Connor	FR-1	Gustavus Adolphus	3.65m	11' 11.75"	Bethel Invitational	Apr 15, 2023
25	Elahi, Rayan	JR-3	St. Olaf	3.50m	11' 5.75"	Bethel Invitational	Apr 15, 2023
26	Schulze, Sam	SO-2	Gustavus Adolphus	3.42m	11' 2.5"	Gustie Twilight	Apr 26, 2023
27	Mikla, Aiden	SO-2	Gustavus Adolphus	3.35m	10' 11.75"	Bethel Invitational	Apr 15, 2023
27	Daenzer, Luke	FR-1	Bethel (Minn.)	3.35m	10' 11.75"	Bethel Invitational	Apr 15, 2023
27	Smith, Micah	JR-3	Bethel (Minn.)	3.35m	10' 11.75"	Bethel Invitational	Apr 15, 2023
30	Lord, Demetri	JR-3	St. Olaf	3.30m	10' 10"	MIAC Combined Events	May 4, 2023

Long Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Schaffer, Zach	FR-1	St. John's (Minn.)	6.98m	22' 11"	MIAC Outdoor Track & Field Championships	May 12, 2023	2.8
2	Kramarczuk, Lucas	JR-3	St. Olaf	6.76m	22' 2.25"	MIAC Outdoor Track & Field Championships	May 12, 2023	3.0
3	Nelson, Grant	FR-1	Bethel (Minn.)	6.69m	21' 11.5"	St Thomas Tomcat Invitational	Apr 7, 2023	0.4
4	Thurk, Anthony	SO-2	St. John's (Minn.)	6.68m	21' 11"	MIAC Outdoor Track & Field Championships	May 12, 2023	4.3
5	Moo, Eh Ler	SO-2	St. Olaf	6.65m	21' 10"	MIAC Outdoor Track & Field Championships	May 12, 2023	3.1
6	Swenson, Simon	FR-1	Bethel (Minn.)	6.64m	21' 9.5"	MIAC Outdoor Track & Field Championships	May 12, 2023	0.7
7	Williams, Caleb	JR-3	Macalester	6.63m	21' 9"	MIAC Outdoor Track & Field Championships	May 12, 2023	2.8
8	Cisewski, Antonio	SO-2	Saint Mary's (Minn.)	6.56m	21' 6.25"	Maverick Open #1	May 3, 2023	NWI
9	Rhonemus, Wade	JR-3	Concordia-Moorhead	6.51m	21' 4.25"	NCAA Division III Outdoor Track & Field Championships	May 25, 2023	-0.6
10	Lord, Demetri	JR-3	St. Olaf	6.40m	21' 0"	2023 Bryan Clay Invitational	Apr 13, 2023	0.2
11	Charlton, Josh	SO-2	St. Olaf	6.37m	20' 10.75"	MIAC Outdoor Track & Field Championships	May 12, 2023	1.7
12	Hodin, Riley	SO-2	Macalester	6.32m	20' 9"	MIAC Outdoor Track & Field Championships	May 12, 2023	3.4
12	Ungar, Alec	SO-2	St. John's (Minn.)	6.32m	20' 9"	Running on Hope Invitational	Apr 26, 2023	NWI
12	Subah, Isaiah	SO-2	Gustavus Adolphus	6.32m	20' 9"	Gustie Twilight	Apr 26, 2023	0.4
15	Stroschein, Weston	SO-2	St. Scholastica	6.25m	20' 6.25"	St Thomas Tomcat Invitational	Apr 7, 2023	1.1
16	Braun, Michael	SO-2	Hamline	6.24m	20' 5.75"	St Thomas Joe Sweeney Invitational	May 3, 2023	+0.0
17	Schegel, Abe	JR-3	Bethel (Minn.)	6.19m	20' 3.75"	MIAC Outdoor Track & Field Championships	May 12, 2023	4.6
18	Hermes, Nick	SO-2	Concordia-Moorhead	6.16m	20' 2.5"	MIAC Outdoor Track & Field Championships	May 12, 2023	4.3
18	Cooper, Dan	JR-3	Saint Mary's (Minn.)	6.16m	20' 2.5"	Meet of the UnSaintly	May 5, 2023	NWI
20	Watson, Teris	FR-1	Hamline	6.15m	20' 2.25"	Dutch Invitational 2023	Apr 7, 2023	1.7
21	Marsh, Anthony	SO-2	Concordia-Moorhead	6.11m	20' 0.5"	NDSU Tune Up	May 5, 2023	2.1
22	Cogley, Andrew	SO-2	St. Olaf	6.06m	19' 10.75"	MIAC Combined Events	May 4, 2023	1.1
23	Wang, Kevin	FR-1	Macalester	6.04m	19' 9.75"	Meet of the UnSaintly	May 5, 2023	NWI
24	Lelwica, Max	SO-2	St. John's (Minn.)	6.03m	19' 9.5"	MIAC Combined Events	May 4, 2023	0.6
25	Le, Nathan	SO-2	Gustavus Adolphus	5.96m	19' 6.75"	Bethel Invitational	Apr 15, 2023	1.1
26	Lee, Iain	FR-1	Hamline	5.90m	19' 4.25"	Meet of the UnSaintly	May 5, 2023	NWI
27	Souksavath, Sean	JR-3	St. Olaf	5.89m	19' 4"	Bethel Invitational	Apr 15, 2023	0.7
27	LaMott, Gavin	SO-2	St. John's (Minn.)	5.89m	19' 4"	St Thomas Joe Sweeney Invitational	May 3, 2023	+0.0
29	Demetriades, Theo	FR-1	Carleton	5.86m	19' 2.75"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023	1.9

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
29	Pearson, Spencer	FR-1	Gustavus Adolphus	5.86m	19' 2.75"	Lee Krough Invitational	Apr 23, 2023	0.6

Triple Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Kramarczuk, Lucas	JR-3	St. Olaf	14.34m	47' 0.75"	MIAC Outdoor Track & Field Championships	May 12, 2023	1.1
2	Wade, Elijah	SO-2	St. John's (Minn.)	14.24m	46' 8.75"	UWL Final Qualifier	May 18, 2023	2.6
3	Williams, Caleb	JR-3	Macalester	13.64m	44' 9"	MIAC Outdoor Track & Field Championships	May 12, 2023	1.9
4	Braun, Michael	SO-2	Hamline	13.57m	44' 6.25"	Meet of the UnSaintly	May 5, 2023	1.9
5	Hodin, Riley	SO-2	Macalester	13.56m	44' 6"	Wartburg Outdoor Select	Apr 1, 2023	4.6
6	Crnkovich, Alex	SO-2	St. John's (Minn.)	13.32m	43' 8.5"	MIAC Outdoor Track & Field Championships	May 12, 2023	2.4
7	Swenson, Simon	FR-1	Bethel (Minn.)	13.27m	43' 6.5"	Meet of the UnSaintly	May 5, 2023	+0.0
8	Schaffer, Zach	FR-1	St. John's (Minn.)	13.02m	42' 8.75"	MIAC Outdoor Track & Field Championships	May 12, 2023	1.2
9	Thurk, Anthony	SO-2	St. John's (Minn.)	12.93m	42' 5.25"	MIAC Outdoor Track & Field Championships	May 12, 2023	2.5
10	Johnson, Brady	SO-2	Saint Mary's (Minn.)	12.83m	42' 1.25"	Phil Esten Challenge	Apr 21, 2023	3.3
11	Myres, David	SO-2	Bethel (Minn.)	12.70m	41' 8"	Meet of the UnSaintly	May 5, 2023	-0.9
12	Pearson, Spencer	FR-1	Gustavus Adolphus	12.61m	41' 4.5"	MIAC Outdoor Track & Field Championships	May 12, 2023	1.2
13	Sango, Jose	FR-1	St. Olaf	12.53m	41' 1.5"	St Thomas Joe Sweeney Invitational	May 3, 2023	+0.0
14	Cline-Cole, Ethan	SO-2	Carleton	12.24m	40' 2"	St. Olaf Open	May 6, 2023	1.8
15	Thompson, Gabe	SO-2	Concordia-Moorhead	12.23m	40' 1.5"	Viking Twilight	Apr 26, 2023	+0.0
16	Veimau, Justin	JR-3	Macalester	12.21m	40' 0.75"	Norse Invite	Apr 15, 2023	1.1
17	Stefanowicz, Sebastian	FR-1	Macalester	12.19m	40' 0"	Meet of the UnSaintly	May 5, 2023	0.3
18	Souksavath, Sean	JR-3	St. Olaf	12.15m	39' 10.5"	St Thomas Tomcat Invitational	Apr 7, 2023	-1.8
19	Cooper, Dan	JR-3	Saint Mary's (Minn.)	12.11m	39' 8.75"	Meet of the UnSaintly	May 5, 2023	+0.0
20	Cogley, Andrew	SO-2	St. Olaf	12.10m	39' 8.5"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023	2.1
21	Lelwica, Max	SO-2	St. John's (Minn.)	11.99m	39' 4"	Running on Hope Invitational	Apr 26, 2023	NWI
22	Lee, Iain	FR-1	Hamline	11.65m	38' 2.75"	MIAC Outdoor Track & Field Championships	May 12, 2023	2.6
23	Bosley, Mason	SR-4	Macalester	11.49m	37' 8.5"	Wartburg Outdoor Select	Apr 1, 2023	2.3
24	Wang, Kevin	FR-1	Macalester	11.39m	37' 4.5"	Meet of the UnSaintly	May 5, 2023	+0.0

Shot Put

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Beseth, Trent	SO-2	St. Scholastica	15.28m	50' 1.75"	St. Olaf Open	May 6, 2023
2	Feist, Cade	SO-2	St. Olaf	15.18m	49' 9.75"	St Thomas Tomcat Invitational	Apr 7, 2023
3	Hokanson, Adam	FR-1	Bethel (Minn.)	15.06m	49' 5"	MIAC Outdoor Track & Field Championships	May 12, 2023
4	Steger, Grant	JR-3	St. Scholastica	14.70m	48' 2.75"	SMU Cardinal Invitational	Apr 15, 2023
4	Frost, Jaeden	SO-2	St. John's (Minn.)	14.70m	48' 2.75"	MIAC Outdoor Track & Field Championships	May 12, 2023
6	Mollison, Andrew	JR-3	St. Olaf	14.66m	48' 1.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
7	Dedry, Arnauld	JR-3	St. Olaf	13.97m	45' 10"	MIAC Outdoor Track & Field Championships	May 12, 2023
8	Kaeppe, Trajan	SO-2	Gustavus Adolphus	13.22m	43' 4.5"	Gustie Twilight	Apr 26, 2023
9	DeWall, Kaleb	SO-2	St. John's (Minn.)	13.13m	43' 1"	Gustie Twilight	Apr 26, 2023
10	Spurgeon, Eli	FR-1	Gustavus Adolphus	12.99m	42' 7.5"	Gustie Twilight	Apr 26, 2023
11	Mills, Austin	FR-1	Macalester	12.86m	42' 2.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
12	Larsen, Evan	SO-2	Bethel (Minn.)	12.85m	42' 2"	Holst Invitational	Apr 22, 2023
13	Edelman, Ryan	FR-1	St. Olaf	12.69m	41' 7.75"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
14	Mollet, Eli	JR-3	St. John's (Minn.)	12.64m	41' 5.75"	Norse Invite	Apr 15, 2023
14	Wellman, Trevor	SO-2	Bethel (Minn.)	12.64m	41' 5.75"	MIAC Combined Events	May 4, 2023
16	Hillstrom, Dominik	SO-2	Concordia-Moorhead	12.39m	40' 7.75"	Viking Twilight	Apr 26, 2023
17	Schmitz, Callim	FR-1	Gustavus Adolphus	12.07m	39' 7.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
18	Davis, Jon	FR-1	St. John's (Minn.)	11.84m	38' 10.25"	MIAC Outdoor Track & Field Championships	May 12, 2023
19	Olson, Eli	FR-1	St. John's (Minn.)	11.79m	38' 8.25"	St. Olaf Open	May 6, 2023
20	Brown, Jakob	SO-2	Concordia-Moorhead	11.64m	38' 2.25"	MIAC Outdoor Track & Field Championships	May 12, 2023

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
21	Jacklen, Christopher	JR-3	St. Scholastica	11.60m	38' 0.75"	Running on Hope Invitational	Apr 26, 2023
22	Lord, Demetri	JR-3	St. Olaf	11.52m	37' 9.5"	MIAC Combined Events	May 4, 2023
23	Kienholz, Carter	SO-2	Hamline	11.47m	37' 7.75"	MIAC Combined Events	May 4, 2023
24	Menache, Max	SO-2	Macalester	11.44m	37' 6.5"	Norse Invite	Apr 15, 2023
25	Lelwica, Max	SO-2	St. John's (Minn.)	11.32m	37' 1.75"	MIAC Combined Events	May 4, 2023
26	Smith, Micah	JR-3	Bethel (Minn.)	11.20m	36' 9"	MIAC Combined Events	May 4, 2023
27	Rhonemus, Wade	JR-3	Concordia-Moorhead	11.05m	36' 3"	NCAA Division III Outdoor Track & Field Championships	May 25, 2023
28	Fahnbulleh, Arthur	FR-1	Concordia-Moorhead	10.95m	35' 11.25"	SMU Cardinal Invitational	Apr 15, 2023
29	Fritz, Casen	SO-2	Saint Mary's (Minn.)	10.73m	35' 2.5"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
30	Schegel, Abe	JR-3	Bethel (Minn.)	10.64m	34' 11"	MIAC Combined Events	May 4, 2023

Discus

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Beseth, Trent	SO-2	St. Scholastica	49.39m	162' 0"	MIAC Outdoor Track & Field Championships	May 12, 2023
2	Larsen, Evan	SO-2	Bethel (Minn.)	47.08m	154' 5"	Augustana College Midwest Twilight Qualifier	May 18, 2023
3	Edelman, Ryan	FR-1	St. Olaf	45.13m	148' 1"	St. Olaf Open	May 6, 2023
4	Menache, Max	SO-2	Macalester	44.35m	145' 6"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
5	Frost, Jaeden	SO-2	St. John's (Minn.)	44.25m	145' 2"	Gustie Twilight	Apr 26, 2023
6	Ramirez, Ricky	SO-2	Concordia-Moorhead	42.99m	141' 0"	USD Early Bird	Apr 7, 2023
7	Steger, Grant	JR-3	St. Scholastica	42.93m	140' 10"	St. Olaf Open	May 6, 2023
8	Wright, Victor	SR-4	Macalester	42.25m	138' 7"	Norse Invite	Apr 15, 2023
9	Dedry, Arnauld	JR-3	St. Olaf	42.12m	138' 2"	St. Olaf Open	May 6, 2023
10	Stordahl, Zach	SO-2	Gustavus Adolphus	41.19m	135' 2"	Maverick Open #1	May 3, 2023
11	Mollet, Eli	JR-3	St. John's (Minn.)	40.68m	133' 5"	Norse Invite	Apr 15, 2023
12	Mills, Austin	FR-1	Macalester	40.61m	133' 3"	St Thomas Joe Sweeney Invitational	May 3, 2023
13	Feist, Cade	SO-2	St. Olaf	39.80m	130' 7"	St. Olaf Open	May 6, 2023
14	Hillstrom, Dominik	SO-2	Concordia-Moorhead	39.03m	128' 1"	SMU Cardinal Invitational	Apr 15, 2023
15	Mensen, Joseph	SO-2	St. John's (Minn.)	38.77m	127' 2"	Gustie Twilight	Apr 26, 2023
16	Hokanson, Adam	FR-1	Bethel (Minn.)	38.72m	127' 0"	Meet of the UnSaintly	May 5, 2023
17	Kuriscak, Tom	FR-1	St. John's (Minn.)	38.62m	126' 8"	St. Olaf Open	May 6, 2023
18	Jacklen, Christopher	JR-3	St. Scholastica	38.38m	125' 11"	SMU Cardinal Invitational	Apr 15, 2023
19	Fahnbulleh, Arthur	FR-1	Concordia-Moorhead	37.64m	123' 6"	MIAC Outdoor Track & Field Championships	May 12, 2023
20	Spurgeon, Eli	FR-1	Gustavus Adolphus	37.36m	122' 7"	Gustie Twilight	Apr 26, 2023
21	Lelwica, Max	SO-2	St. John's (Minn.)	36.25m	118' 11"	Norse Invite	Apr 15, 2023
22	DeWall, Kaleb	SO-2	St. John's (Minn.)	36.13m	118' 6"	St. Olaf Open	May 6, 2023
23	Fritz, Casen	SO-2	Saint Mary's (Minn.)	35.42m	116' 2"	Maverick Open #1	May 3, 2023
24	Kaeppe, Trajan	SO-2	Gustavus Adolphus	35.24m	115' 7"	Janis Rider / Doug Bolstorff Invitational	Apr 27, 2023
25	McGlynn, Galen	FR-1	St. Olaf	34.81m	114' 2"	Holst Invitational	Apr 22, 2023
26	Yang, Aiden	SO-2	Macalester	34.65m	113' 8"	Wartburg Outdoor Select	Apr 1, 2023
27	Schmitz, Callim	FR-1	Gustavus Adolphus	34.42m	112' 11"	Maverick Open #1	May 3, 2023
28	Kienholz, Carter	SO-2	Hamline	34.32m	112' 7"	Dutch Invitational 2023	Apr 7, 2023
29	Borst, Layton	SO-2	St. Olaf	33.99m	111' 6"	Bethel Invitational	Apr 15, 2023
30	Rhonemus, Wade	JR-3	Concordia-Moorhead	33.77m	110' 9"	MIAC Combined Events	May 4, 2023

Hammer

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Beiswanger, Joshua	SO-2	Gustavus Adolphus	57.93m	190' 1"	Gustie Twilight	Apr 26, 2023
2	Frost, Jaeden	SO-2	St. John's (Minn.)	52.10m	170' 11"	UWL Final Qualifier	May 18, 2023
3	Larsen, Evan	SO-2	Bethel (Minn.)	51.53m	169' 1"	Bethel Invitational	Apr 15, 2023
4	Menache, Max	SO-2	Macalester	49.59m	162' 8"	MIAC Outdoor Track & Field Championships	May 12, 2023
5	Mollet, Eli	JR-3	St. John's (Minn.)	48.71m	159' 10"	MIAC Outdoor Track & Field Championships	May 12, 2023

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
6	Steger, Grant	JR-3	St. Scholastica	47.40m	155' 6"	SMU Cardinal Invitational	Apr 15, 2023
7	Mensen, Joseph	SO-2	St. John's (Minn.)	46.55m	152' 9"	St Thomas Joe Sweeney Invitational	May 3, 2023
8	Edelman, Ryan	FR-1	St. Olaf	46.36m	152' 1"	Bethel Invitational	Apr 15, 2023
9	Feist, Cade	SO-2	St. Olaf	45.99m	150' 11"	MIAC Outdoor Track & Field Championships	May 12, 2023
10	Hague, Brett	SO-2	St. John's (Minn.)	45.25m	148' 5"	MIAC Outdoor Track & Field Championships	May 12, 2023
11	Fritz, Casen	SO-2	Saint Mary's (Minn.)	45.04m	147' 9"	MIAC Outdoor Track & Field Championships	May 12, 2023
12	Dedry, Arnauld	JR-3	St. Olaf	44.82m	147' 0"	MIAC Outdoor Track & Field Championships	May 12, 2023
13	Hokanson, Adam	FR-1	Bethel (Minn.)	43.71m	143' 5"	Holst Invitational	Apr 22, 2023
14	Stordahl, Zach	SO-2	Gustavus Adolphus	43.70m	143' 4"	Gustie Twilight	Apr 26, 2023
15	Wright, Victor	SR-4	Macalester	43.45m	142' 7"	Carleton Relays	Apr 22, 2023
16	Kuriscak, Tom	FR-1	St. John's (Minn.)	42.24m	138' 7"	MIAC Outdoor Track & Field Championships	May 12, 2023
17	Beseth, Trent	SO-2	St. Scholastica	41.79m	137' 1"	Maverick Open #1	May 3, 2023
18	McGlynn, Galen	FR-1	St. Olaf	39.15m	128' 5"	St. Olaf Open	May 6, 2023
19	Davis, Jon	FR-1	St. John's (Minn.)	39.02m	128' 0"	St Thomas Joe Sweeney Invitational	May 3, 2023
20	Hillstrom, Dominik	SO-2	Concordia-Moorhead	37.98m	124' 7"	MIAC Outdoor Track & Field Championships	May 12, 2023
21	Mills, Austin	FR-1	Macalester	37.23m	122' 2"	Norse Invite	Apr 15, 2023
22	Oachs, Jacob	SO-2	Bethel (Minn.)	35.21m	115' 6"	Meet of the UnSaintly	May 5, 2023
23	Ramirez, Ricky	SO-2	Concordia-Moorhead	34.23m	112' 4"	Viking Twilight	Apr 26, 2023
24	Turqueza, Keenan	FR-1	St. John's (Minn.)	33.14m	108' 9"	St. Olaf Open	May 6, 2023
25	Brown, Jakob	SO-2	Concordia-Moorhead	32.98m	108' 2"	Al Bortke Open & Multi	Apr 22, 2023
26	DeWall, Kaleb	SO-2	St. John's (Minn.)	32.05m	105' 2"	Lee Krough Invitational	Apr 23, 2023
27	Lutkauskas, Niko	FR-1	St. Scholastica	28.52m	93' 7"	SMU Cardinal Invitational	Apr 15, 2023
28	Fahnbulleh, Arthur	FR-1	Concordia-Moorhead	25.67m	84' 3"	NDSU Tune Up	May 5, 2023
29	Abuhaikal, Baraa	FR-1	Hamline	20.12m	66' 0"	Meet of the UnSaintly	May 5, 2023

Javelin

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Hague, Brett	SO-2	St. John's (Minn.)	68.10m	223' 5"	St Thomas Joe Sweeney Invitational	May 3, 2023
2	Mortensen, Ian	SO-2	Carleton	57.04m	187' 2"	MIAC Outdoor Track & Field Championships	May 12, 2023
3	Eckersley-Ray, Noah	JR-3	Carleton	53.56m	175' 9"	Carleton Relays	Apr 22, 2023
4	Hennen, Logan	SO-2	St. John's (Minn.)	52.91m	173' 7"	St Thomas Joe Sweeney Invitational	May 3, 2023
5	Cruel, Alijah	FR-1	St. Olaf	49.80m	163' 5"	St. Olaf Open	May 6, 2023
6	Degen, Mitchell	FR-1	St. John's (Minn.)	49.57m	162' 7"	St Thomas Joe Sweeney Invitational	May 3, 2023
7	Borst, Layton	SO-2	St. Olaf	49.54m	162' 6"	MIAC Outdoor Track & Field Championships	May 12, 2023
8	McEachern, Carter	FR-1	St. John's (Minn.)	49.13m	161' 2"	MIAC Outdoor Track & Field Championships	May 12, 2023
9	Yang, Aiden	SO-2	Macalester	48.19m	158' 1"	St Thomas Joe Sweeney Invitational	May 3, 2023
10	Cogley, Andrew	SO-2	St. Olaf	47.33m	155' 3"	MIAC Outdoor Track & Field Championships	May 12, 2023
11	Oviguian, Peter	SO-2	Gustavus Adolphus	46.88m	153' 10"	Gustie Twilight	Apr 26, 2023
12	Bosley, Mason	SR-4	Macalester	46.02m	151' 0"	St Thomas Joe Sweeney Invitational	May 3, 2023
13	Meeker, Caleb	SO-2	Bethel (Minn.)	45.69m	149' 11"	Meet of the UnSaintly	May 5, 2023
14	Kienholz, Carter	SO-2	Hamline	44.54m	146' 1"	MIAC Outdoor Track & Field Championships	May 12, 2023
15	Thurk, Anthony	SO-2	St. John's (Minn.)	44.15m	144' 10"	MIAC Combined Events	May 4, 2023
16	Smith, Micah	JR-3	Bethel (Minn.)	43.81m	143' 9"	MIAC Combined Events	May 4, 2023
17	Sotiropoulos, Simon	SO-2	St. Scholastica	43.35m	142' 3"	Running on Hope Invitational	Apr 26, 2023
18	Ramirez, Gael	SO-2	Bethel (Minn.)	43.22m	141' 9"	MIAC Outdoor Track & Field Championships	May 12, 2023
19	Rhonemus, Wade	JR-3	Concordia-Moorhead	43.21m	141' 9"	USD Early Bird	Apr 7, 2023
20	Wellman, Trevor	SO-2	Bethel (Minn.)	42.69m	140' 1"	MIAC Combined Events	May 4, 2023
21	Meyer, Jack	SO-2	St. John's (Minn.)	42.10m	138' 1"	MIAC Outdoor Track & Field Championships	May 12, 2023
22	Lutkauskas, Niko	FR-1	St. Scholastica	41.68m	136' 9"	St. Olaf Open	May 6, 2023
23	Anderson, Reese	FR-1	Carleton	41.22m	135' 3"	MIAC Combined Events	May 4, 2023
24	Schegel, Abe	JR-3	Bethel (Minn.)	40.74m	133' 8"	MIAC Combined Events	May 4, 2023

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
25	Mollet, Sam	FR-1	St. John's (Minn.)	40.06m	131' 5"	Gustie Twilight	Apr 26, 2023
26	Lord, Demetri	JR-3	St. Olaf	39.71m	130' 3"	MIAC Combined Events	May 4, 2023
27	McGlynn, Galen	FR-1	St. Olaf	39.68m	130' 2"	St. Olaf Open	May 6, 2023
28	Lelwica, Max	SO-2	St. John's (Minn.)	39.36m	129' 2"	MIAC Combined Events	May 4, 2023
29	Thomas, Max	FR-1	St. Olaf	38.83m	127' 5"	St Thomas Joe Sweeney Invitational	May 3, 2023
30	Veimau, Justin	JR-3	Macalester	38.60m	126' 8"	Norse Invite	Apr 15, 2023

Decathlon

	Athlete	Year	Team	Points	Meet	Meet Date
1	Rhonemus, Wade	JR-3	Concordia-Moorhead	6423	NCAA Division III Outdoor Track & Field Championships	May 25, 2023
2	Lord, Demetri	JR-3	St. Olaf	6315	MIAC Combined Events	May 4, 2023
3	Lelwica, Max	SO-2	St. John's (Minn.)	5942	MIAC Combined Events	May 4, 2023
4	Thurk, Anthony	SO-2	St. John's (Minn.)	5886	MIAC Combined Events	May 4, 2023
5	Smith, Micah	JR-3	Bethel (Minn.)	5803	MIAC Combined Events	May 4, 2023
6	Schegel, Abe	JR-3	Bethel (Minn.)	5767	MIAC Combined Events	May 4, 2023
7	Cogley, Andrew	SO-2	St. Olaf	5712	MIAC Combined Events	May 4, 2023
8	Anderson, Reese	FR-1	Carleton	5310	MIAC Combined Events	May 4, 2023
9	McCormick, Connor	FR-1	Gustavus Adolphus	5239	MIAC Combined Events	May 4, 2023
10	Schulze, Sam	SO-2	Gustavus Adolphus	5227	MIAC Combined Events	May 4, 2023
11	Wellman, Trevor	SO-2	Bethel (Minn.)	4707	MIAC Combined Events	May 4, 2023
12	Kienholz, Carter	SO-2	Hamline	4629	MIAC Combined Events	May 4, 2023
13	Carlson, Kirk	FR-1	Gustavus Adolphus	4267	MIAC Combined Events	May 4, 2023
14	Ramirez, Gael	SO-2	Bethel (Minn.)	4257	MIAC Combined Events	May 4, 2023
15	Elseth, Aaron	FR-1	Bethel (Minn.)	3944	MIAC Combined Events	May 4, 2023
16	Schmidt, Joe	SO-2	Gustavus Adolphus	3915	MIAC Combined Events	May 4, 2023