



MIAC Outdoor Performance List

100 Meters

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Liu, Landen	SO-2	Bethel (Minn.)	10.31	NCAA Division III Outdoor Track & Field Championships	May 22, 2024	2.1
1	Arthur, Kevin	JR-3	St. John's (Minn.)	10.31	MIAC Outdoor Championships	May 10, 2024	1.7
3	McConnell, Cameron	JR-3	Bethel (Minn.)	10.53	MIAC Outdoor Championships	May 10, 2024	2.8
4	Anstine, Jade	FR-1	Gustavus Adolphus	10.57	MIAC Outdoor Championships	May 10, 2024	2.8
5	Bulwa, Chris	JR-3	Saint Mary's (Minn.)	10.66	MIAC Outdoor Championships	May 10, 2024	3.6
6	Adamson, Oliver	JR-3	Saint Mary's (Minn.)	10.81	Meet of the UnSaintly	May 3, 2024	2.1
7	Murnan, Kieran	FR-1	St. John's (Minn.)	10.82	MIAC Outdoor Championships	May 10, 2024	2.8
8	Lord, Demetri	JR-3	St. Olaf	10.86	MIAC Multi Event Championships	May 2, 2024	3.1
9	Pettis, Andrei	SO-2	Hamline	10.87	MIAC Outdoor Championships	May 10, 2024	2.8
10	Heitler, Arlo	JR-3	Macalester	10.88	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024	0.9
10	Thomas, Reece	JR-3	Hamline	10.88	MIAC Outdoor Championships	May 10, 2024	2.8
12	Raitz, Sam	FR-1	Bethel (Minn.)	10.95	Hamline Invitational - Teams	Apr 6, 2024	2.5
13	Skelly, Matthew	SR-4	Gustavus Adolphus	11.01	MIAC Outdoor Championships	May 10, 2024	1.7
14	Morey, Aidan	SO-2	St. John's (Minn.)	11.03	MIAC Outdoor Championships	May 10, 2024	3.6
15	Alfaro Diedrich, Sean	JR-3	St. Scholastica	11.04	MIAC Outdoor Championships	May 10, 2024	2.8
16	Moberg, Joey	FR-1	St. John's (Minn.)	11.06	MIAC Outdoor Championships	May 10, 2024	1.7
16	Simon, Godsword	FR-1	Bethel (Minn.)	11.06	MIAC Outdoor Championships	May 10, 2024	3.6
16	Smith, Albert	SR-4	Bethel (Minn.)	11.06	Bethel Invitational	Apr 13, 2024	3.6
19	Kyore, Zechariah	JR-3	Gustavus Adolphus	11.12	MIAC Outdoor Championships	May 10, 2024	2.8
20	Asplin, Collin	SO-2	Bethel (Minn.)	11.13	Bethel Invitational	Apr 13, 2024	0.1
20	Breitbach, Jake	SR-4	Gustavus Adolphus	11.13	MIAC Outdoor Championships	May 10, 2024	2.8
20	Hansen, Matt	FR-1	St. John's (Minn.)	11.13	Hamline Invitational - Teams	Apr 6, 2024	1.3
23	Lee, Josh	JR-3	Bethel (Minn.)	11.14	MIAC Outdoor Championships	May 10, 2024	3.6
24	Otis, Mickey	FR-1	Hamline	11.17	MIAC Outdoor Championships	May 10, 2024	1.7
25	Schaffer, Dawson	SR-4	Concordia-Moorhead	11.21	Hamline Invitational - Teams	Apr 6, 2024	3.7
26	Petron, Jordan	JR-3	Concordia-Moorhead	11.22	MIAC Outdoor Championships	May 10, 2024	3.6
27	Kritsberg, Ben	SO-2	Saint Mary's (Minn.)	11.24	SMU Cardinal Invitational	Apr 13, 2024	4.4
28	Fochtman, Jack	SO-2	St. Olaf	11.25	MIAC Outdoor Championships	May 10, 2024	3.6
29	Popoca, Emanuel	JR-3	St. John's (Minn.)	11.30	St. Thomas Joe Sweeney Invitational	May 1, 2024	0.4
29	Fisher, Henry	JR-3	St. Olaf	11.30	Carleton Relays	Apr 20, 2024	2.3

200 Meters

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Arthur, Kevin	JR-3	St. John's (Minn.)	20.68	MIAC Outdoor Championships	May 10, 2024	1.3
2	Parent, Jacob	JR-3	Bethel (Minn.)	20.76	MIAC Outdoor Championships	May 10, 2024	1.4
3	Nelson, Grant	SO-2	Bethel (Minn.)	21.09	Bethel Invitational	Apr 13, 2024	3.3
4	Bulwa, Chris	JR-3	Saint Mary's (Minn.)	21.25	MIAC Outdoor Championships	May 10, 2024	1.3
5	McConnell, Cameron	JR-3	Bethel (Minn.)	21.40	MIAC Outdoor Championships	May 10, 2024	1.4
6	Anstine, Jade	FR-1	Gustavus Adolphus	21.48	MIAC Outdoor Championships	May 10, 2024	1.3
7	Heitler, Arlo	JR-3	Macalester	21.61	MIAC Outdoor Championships	May 10, 2024	1.3
8	Raitz, Sam	FR-1	Bethel (Minn.)	21.77	MIAC Outdoor Championships	May 10, 2024	2.1
9	Adamson, Oliver	JR-3	Saint Mary's (Minn.)	21.94	MIAC Outdoor Championships	May 10, 2024	0.7
10	Murnan, Kieran	FR-1	St. John's (Minn.)	22.04	MIAC Outdoor Championships	May 10, 2024	0.7
11	Fisher, Henry	JR-3	St. Olaf	22.15	MIAC Outdoor Championships	May 10, 2024	1.4
12	Petron, Jordan	JR-3	Concordia-Moorhead	22.32	MIAC Outdoor Championships	May 10, 2024	1.4
13	Rudzitis, Taaron	JR-3	Bethel (Minn.)	22.37	Bethel Invitational	Apr 13, 2024	2.5
13	Pettis, Andrei	SO-2	Hamline	22.37	MIAC Outdoor Championships	May 10, 2024	2.1
15	Kubicek, Noah	SO-2	St. Scholastica	22.40	Bethel Invitational	Apr 13, 2024	2.5
16	Haack, Tony	SO-2	Bethel (Minn.)	22.45	MIAC Outdoor Championships	May 10, 2024	1.4
17	Witschen, Wyatt	FR-1	St. John's (Minn.)	22.48	Minnesota State Open	Apr 12, 2024	-2.7
18	Thomas, Reece	JR-3	Hamline	22.57	Meet of the UnSaintly	May 3, 2024	1.4
19	Smith, Albert	SR-4	Bethel (Minn.)	22.62	MIAC Outdoor Championships	May 10, 2024	0.7
20	Alfaro Diedrich, Sean	JR-3	St. Scholastica	22.64	St. Olaf Ole Open	May 4, 2024	-0.6
21	Stursa, Cohen	FR-1	Gustavus Adolphus	22.72	Bethel Invitational	Apr 13, 2024	3.3
22	Lee, Josh	JR-3	Bethel (Minn.)	22.74	Redlands Invitational	Mar 15, 2024	3.0
22	Tiongson, Trevor	JR-3	Concordia-Moorhead	22.74	Augustana College Midwest Final Qualifier	May 15, 2024	1.3
24	Nathan, Asher	FR-1	Carleton	22.75	MIAC Outdoor Championships	May 10, 2024	2.1
24	Conzemius, Ryan	JR-3	St. John's (Minn.)	22.75	Minnesota State Open	Apr 12, 2024	-1.3
26	Moberg, Joey	FR-1	St. John's (Minn.)	22.77	MIAC Outdoor Championships	May 10, 2024	0.7

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
27	Schegel, Abe	SR-4	Bethel (Minn.)	22.82	Bethel Invitational	Apr 13, 2024	1.6
28	Otis, Mickey	FR-1	Hamline	22.87	Meet of the UnSaintly	May 3, 2024	1.0
29	Ketterling, Caleb	FR-1	Bethel (Minn.)	22.94	Bethel Invitational	Apr 13, 2024	1.5
29	Johnson, Brady	JR-3	Saint Mary's (Minn.)	22.94	Wash U Invite	Mar 29, 2024	1.2

400 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Parent, Jacob	JR-3	Bethel (Minn.)	46.66	MIAC Outdoor Championships	May 10, 2024
2	Nelson, Grant	SO-2	Bethel (Minn.)	47.20	Hamline Invitational - Teams	Apr 6, 2024
3	Heitler, Arlo	JR-3	Macalester	47.30	MIAC Outdoor Championships	May 10, 2024
4	Kubicek, Noah	SO-2	St. Scholastica	48.97	St. Olaf Ole Open	May 4, 2024
5	Witschen, Wyatt	FR-1	St. John's (Minn.)	49.23	MIAC Outdoor Championships	May 10, 2024
6	Raitz, Sam	FR-1	Bethel (Minn.)	49.24	Meet of the UnSaintly	May 3, 2024
7	Ketterling, Caleb	FR-1	Bethel (Minn.)	49.28	MIAC Outdoor Championships	May 10, 2024
8	Rudzitis, Taaron	JR-3	Bethel (Minn.)	49.58	MIAC Outdoor Championships	May 10, 2024
9	Pattison, Alistair	SR-4	Carleton	49.99	Bethel Invitational	Apr 13, 2024
10	Conzemius, Ryan	JR-3	St. John's (Minn.)	50.13	Gary Wilson Invitational	Apr 24, 2024
11	Ash, Ethan	SR-4	Carleton	50.22	St. Thomas Joe Sweeney Invitational	May 1, 2024
12	Stursa, Cohen	FR-1	Gustavus Adolphus	50.42	Maverick Open #1	May 1, 2024
13	Tiongson, Trevor	JR-3	Concordia-Moorhead	50.43	Al Cassell Classic	Apr 12, 2024
14	Smith, Tyler	JR-3	Gustavus Adolphus	50.44	Drake Alternative	Apr 27, 2024
15	Haack, Tony	SO-2	Bethel (Minn.)	50.53	MIAC Outdoor Championships	May 10, 2024
16	Meier, Josh	JR-3	Carleton	50.85	Bethel Invitational	Apr 13, 2024
16	Lyness, Indy	SO-2	Carleton	50.85	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
18	Brauer, Nicholas	FR-1	Gustavus Adolphus	50.86	Drake Alternative	Apr 27, 2024
19	Ali, Kalid	JR-3	Macalester	50.94	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
20	Kennedy, Liam	SR-4	Carleton	51.05	St. Olaf Ole Open	May 4, 2024
21	Lelwica, Max	JR-3	St. John's (Minn.)	51.17	St. Olaf Last Chance Multi's	May 15, 2024
22	Jensrud, Jacob	FR-1	St. Scholastica	51.24	St. Olaf Ole Open	May 4, 2024
23	Nathan, Asher	FR-1	Carleton	51.26	St. Thomas Joe Sweeney Invitational	May 1, 2024
24	Montreuil, Owen	SO-2	St. John's (Minn.)	51.36	Gary Wilson Invitational	Apr 24, 2024
24	Lord, Demetri	JR-3	St. Olaf	51.36	St. Olaf Last Chance Multi's	May 15, 2024
26	Rhonemus, Wade	SR-4	Concordia-Moorhead	51.47	St. Olaf Last Chance Multi's	May 15, 2024
26	Stageberg, Noah	JR-3	Gustavus Adolphus	51.47	Bethel Invitational	Apr 13, 2024
26	Anderson, Tyler	JR-3	St. Scholastica	51.47	St. Olaf Ole Open	May 4, 2024
29	Schegel, Abe	SR-4	Bethel (Minn.)	51.48	Hamline Invitational - Teams	Apr 6, 2024
30	O'Bey, Carter	FR-1	St. Scholastica	51.53	Hamline Invitational - Teams	Apr 6, 2024

800 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Tyler	JR-3	Gustavus Adolphus	1:53.50	Bethel Invitational	Apr 13, 2024
2	Lyness, Indy	SO-2	Carleton	1:53.56	MIAC Outdoor Championships	May 10, 2024
3	Lelwica, Victor	FR-1	Bethel (Minn.)	1:53.92	Bethel Invitational	Apr 13, 2024
4	Brauer, Nicholas	FR-1	Gustavus Adolphus	1:54.25	Bethel Invitational	Apr 13, 2024
5	Nemecek, Lance	SO-2	St. Olaf	1:54.48	St. Thomas Joe Sweeney Invitational	May 1, 2024
6	Ash, Ethan	SR-4	Carleton	1:54.57	Carleton Relays	Apr 20, 2024
7	St. Peter, Nick	SO-2	St. John's (Minn.)	1:54.84	Gary Wilson Invitational	Apr 24, 2024
8	Moore, Cullen	SO-2	St. Olaf	1:54.92	St. Thomas Joe Sweeney Invitational	May 1, 2024
9	Estrada, Gabe	JR-3	St. Olaf	1:55.05	Carleton Relays	Apr 20, 2024
10	Meier, Josh	JR-3	Carleton	1:55.06	St. Thomas Joe Sweeney Invitational	May 1, 2024
11	Boone, Calvin	JR-3	St. Scholastica	1:55.14	St. Thomas Joe Sweeney Invitational	May 1, 2024
12	Getty, Drew	SR-4	Macalester	1:55.17	St. Thomas Joe Sweeney Invitational	May 1, 2024
13	McCoy, Max	FR-1	St. John's (Minn.)	1:55.39	St. Thomas Joe Sweeney Invitational	May 1, 2024
14	Montreuil, Owen	SO-2	St. John's (Minn.)	1:55.43	St. Thomas Joe Sweeney Invitational	May 1, 2024
15	Pattison, Alistair	SR-4	Carleton	1:55.48	St. Thomas Joe Sweeney Invitational	May 1, 2024
16	Hartney, Sean	JR-3	St. Olaf	1:55.51	Carleton Relays	Apr 20, 2024
17	Coffey, Olaf	JR-3	St. Olaf	1:55.52	St. Thomas Joe Sweeney Invitational	May 1, 2024
18	Wallin, Tucker	SR-4	St. Scholastica	1:55.84	St. Olaf Ole Open	May 4, 2024
19	Llewellyn, Roy	SO-2	Carleton	1:56.09	St. Thomas Joe Sweeney Invitational	May 1, 2024
20	Asfaw, Getinat	SR-4	Augsburg	1:56.18	Gary Wilson Invitational	Apr 24, 2024
20	Nichols, Gabe	SO-2	Carleton	1:56.18	Carleton Relays	Apr 20, 2024
22	Rupnow, Markus	JR-3	Gustavus Adolphus	1:56.27	Maverick Open #1	May 1, 2024
23	Berg, Eli	FR-1	Bethel (Minn.)	1:57.06	Meet of the UnSaintly	May 3, 2024
23	Olsson, Tor	JR-3	Macalester	1:57.06	St. Thomas Joe Sweeney Invitational	May 1, 2024
25	Bjork, Alex	FR-1	St. Olaf	1:57.45	Gary Wilson Invitational	Apr 24, 2024
26	Rud, Mark	SO-2	Gustavus Adolphus	1:57.72	Bethel Invitational	Apr 13, 2024

	Athlete	Year	Team	Time	Meet	Meet Date
27	Hensel, Alexei	JR-3	St. John's (Minn.)	1:57.74	Gary Wilson Invitational	Apr 24, 2024
27	Wiltse, Daniel	FR-1	Macalester	1:57.74	St. Thomas Joe Sweeney Invitational	May 1, 2024
29	Nelson, Clark	SR-4	Bethel (Minn.)	1:57.82	Bethel Invitational	Apr 13, 2024
30	Stencel, Cole	FR-1	St. John's (Minn.)	1:57.88	Gary Wilson Invitational	Apr 24, 2024

1500 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Nichols, Gabe	SO-2	Carleton	3:46.18	Augustana College Midwest Final Qualifier	May 15, 2024
2	Boone, Calvin	JR-3	St. Scholastica	3:49.00	Gary Wilson Invitational	Apr 24, 2024
3	Lyness, Indy	SO-2	Carleton	3:50.17	Augustana College Midwest Final Qualifier	May 15, 2024
4	Brauer, Nicholas	FR-1	Gustavus Adolphus	3:50.53	Maverick Open #1	May 1, 2024
5	Turlington, Kevin	SO-2	St. Olaf	3:50.87	Gary Wilson Invitational	Apr 24, 2024
6	Hartney, Sean	JR-3	St. Olaf	3:50.94	Gary Wilson Invitational	Apr 24, 2024
7	Coffey, Olaf	JR-3	St. Olaf	3:51.17	Augustana College Midwest Final Qualifier	May 15, 2024
8	Curtis, Ian	JR-3	St. Olaf	3:51.24	Augustana College Midwest Final Qualifier	May 15, 2024
9	Llewellyn, Roy	SO-2	Carleton	3:52.83	MIAC Outdoor Championships	May 10, 2024
10	Estrada, Gabe	JR-3	St. Olaf	3:55.10	St. Thomas Joe Sweeney Invitational	May 1, 2024
11	Fitzgerald, Ignatius	SO-2	St. Olaf	3:55.46	St. Thomas Joe Sweeney Invitational	May 1, 2024
12	McKee, Reece	JR-3	Macalester	3:55.54	St. Thomas Joe Sweeney Invitational	May 1, 2024
13	Lynn, David	JR-3	St. Olaf	3:56.80	Augustana College Midwest Final Qualifier	May 15, 2024
14	Galloway, Jordan	SO-2	Macalester	3:59.38	St. Thomas Joe Sweeney Invitational	May 1, 2024
15	Getty, Drew	SR-4	Macalester	4:00.09	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
16	Olsson, Tor	JR-3	Macalester	4:00.21	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
17	Bjork, Alex	FR-1	St. Olaf	4:00.29	St. Thomas Joe Sweeney Invitational	May 1, 2024
18	Smith, Tyler	JR-3	Gustavus Adolphus	4:01.11	Norse Invite	Apr 6, 2024
19	St. Peter, Nick	SO-2	St. John's (Minn.)	4:01.84	2024 Bryan Clay Invitational	Apr 11, 2024
20	Marsh, Jackson	SO-2	St. Olaf	4:01.91	St. Thomas Joe Sweeney Invitational	May 1, 2024
21	Stencel, Cole	FR-1	St. John's (Minn.)	4:02.01	St. Olaf Ole Open	May 4, 2024
22	Goss, Brady	FR-1	Concordia-Moorhead	4:02.15	Al Cassell Classic	Apr 12, 2024
23	Cavanaugh, Eamon	JR-3	St. John's (Minn.)	4:02.40	Augustana College Midwest Final Qualifier	May 15, 2024
24	Bati, Mohammed	SO-2	Augsburg	4:02.49	Hamline Invitational - Teams	Apr 6, 2024
25	Neu, Nathan	JR-3	St. Scholastica	4:02.56	Gary Wilson Invitational	Apr 24, 2024
26	Doran, Eli	SO-2	St. Olaf	4:02.67	Gary Wilson Invitational	Apr 24, 2024
27	Asfaw, Getinat	SR-4	Augsburg	4:02.86	St. Thomas Joe Sweeney Invitational	May 1, 2024
28	Ihrke, Nick	JR-3	Macalester	4:03.20	St. Thomas Joe Sweeney Invitational	May 1, 2024
29	Crotteau, Ben	JR-3	Macalester	4:03.46	Wartburg Outdoor Select	Apr 5, 2024
30	McCoy, Max	FR-1	St. John's (Minn.)	4:04.17	St. Olaf Ole Open	May 4, 2024

5000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Kelly, Will	JR-3	St. Olaf	14:20.34	St. Thomas Joe Sweeney Invitational	May 1, 2024
2	Turlington, Kevin	SO-2	St. Olaf	14:28.03	St. Thomas Joe Sweeney Invitational	May 1, 2024
3	Bati, Mohammed	SO-2	Augsburg	14:28.17	St. Thomas Joe Sweeney Invitational	May 1, 2024
4	Nichols, Gabe	SO-2	Carleton	14:34.88	MIAC Outdoor Championships	May 10, 2024
5	Llewellyn, Roy	SO-2	Carleton	14:35.81	Gary Wilson Invitational	Apr 24, 2024
6	Skemp, Andrew	JR-3	St. Olaf	14:36.14	St. Thomas Joe Sweeney Invitational	May 1, 2024
7	DeWall, Lars	SR-4	St. Scholastica	14:37.39	St. Thomas Joe Sweeney Invitational	May 1, 2024
8	Lynn, David	JR-3	St. Olaf	14:38.18	UW-Platteville Invitational	Apr 12, 2024
9	McKee, Reece	JR-3	Macalester	14:42.50	UW-Platteville Invitational	Apr 12, 2024
10	Graber, Grant	JR-3	Bethel (Minn.)	14:46.98	St. Thomas Joe Sweeney Invitational	May 1, 2024
11	Manzur Strandlund, Gael	SO-2	St. Olaf	14:49.28	St. Thomas Joe Sweeney Invitational	May 1, 2024
12	Hartney, Sean	JR-3	St. Olaf	14:51.80	St. Thomas Joe Sweeney Invitational	May 1, 2024
13	Edwards, Tyler	SO-2	Macalester	14:53.22	UW-Platteville Invitational	Apr 12, 2024
14	Max, Parker	SO-2	St. Olaf	14:56.85	St. Thomas Joe Sweeney Invitational	May 1, 2024
15	Kaluza, Vincent	FR-1	St. John's (Minn.)	15:03.83	St. Thomas Joe Sweeney Invitational	May 1, 2024
16	Cote, Anders	JR-3	St. Olaf	15:05.86	St. Thomas Joe Sweeney Invitational	May 1, 2024
17	Cavanaugh, Eamon	JR-3	St. John's (Minn.)	15:10.03	St. Thomas Joe Sweeney Invitational	May 1, 2024
18	McCullough, Logan	SR-4	Gustavus Adolphus	15:10.43	MIAC Outdoor Championships	May 10, 2024
19	Ihrke, Nick	JR-3	Macalester	15:15.76	UW-Platteville Invitational	Apr 12, 2024
20	Deaver, Jack	SO-2	St. Olaf	15:17.24	St. Thomas Joe Sweeney Invitational	May 1, 2024
21	Crotteau, Ben	JR-3	Macalester	15:24.75	UW-Platteville Invitational	Apr 12, 2024
22	Lyness, Indy	SO-2	Carleton	15:27.09	Bethel Invitational	Apr 13, 2024
23	St. Peter, Nick	SO-2	St. John's (Minn.)	15:30.08	Hamline Invitational - Teams	Apr 6, 2024
24	Fendig, Alex	SR-4	Macalester	15:33.23	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
25	Galloway, Jordan	SO-2	Macalester	15:35.35	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
26	Sumner, Wes	FR-1	St. Olaf	15:37.74	UW-Platteville Invitational	Apr 12, 2024

	Athlete	Year	Team	Time	Meet	Meet Date
27	Stencel, Cole	FR-1	St. John's (Minn.)	15:41.17	MIAC Outdoor Championships	May 10, 2024
28	Goss, Tyler	FR-1	Concordia-Moorhead	15:41.47	MIAC Outdoor Championships	May 10, 2024
29	Malecha, Jacob	FR-1	St. John's (Minn.)	15:43.75	MIAC Outdoor Championships	May 10, 2024
30	Melville, Chris	SR-4	Carleton	15:45.46	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024

10,000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Lynn, David	JR-3	St. Olaf	30:02.38	Phil Esten Challenge	Apr 19, 2024
2	Skemp, Andrew	JR-3	St. Olaf	30:08.43	Phil Esten Challenge	Apr 19, 2024
3	Bati, Mohammed	SO-2	Augsburg	30:10.37	Phil Esten Challenge	Apr 19, 2024
4	DeWall, Lars	SR-4	St. Scholastica	30:16.33	Phil Esten Challenge	Apr 19, 2024
5	Manzur Strandlund, Gael	SO-2	St. Olaf	30:44.28	Phil Esten Challenge	Apr 19, 2024
6	Edwards, Tyler	SO-2	Macalester	31:15.93	Wartburg Good Friday Challenge	Mar 29, 2024
7	Graber, Grant	JR-3	Bethel (Minn.)	32:07.60	MIAC Outdoor Championships	May 10, 2024
8	McCullough, Logan	SR-4	Gustavus Adolphus	32:16.25	MIAC Outdoor Championships	May 10, 2024
9	Vite, Mauricio	JR-3	St. Olaf	32:59.93	Phil Esten Challenge	Apr 19, 2024
10	Cavanaugh, Eamon	JR-3	St. John's (Minn.)	33:08.72	MIAC Outdoor Championships	May 10, 2024
11	Fiataruolo, Angelo	SO-2	St. Olaf	33:16.22	MIAC Outdoor Championships	May 10, 2024
12	Ferber, Carter	SO-2	Concordia-Moorhead	33:27.59	MIAC Outdoor Championships	May 10, 2024
13	Pouliot, Evan	FR-1	Gustavus Adolphus	33:53.11	MIAC Outdoor Championships	May 10, 2024
14	Gathje, Jacob	JR-3	St. John's (Minn.)	33:57.46	CSB/SJU Invitational & Mutli	Apr 19, 2024
15	Bernstein, Ryan	SO-2	Carleton	34:07.92	MIAC Outdoor Championships	May 10, 2024
16	McFetridge, Jack	JR-3	St. Olaf	34:11.99	MIAC Outdoor Championships	May 10, 2024
17	Price, David	JR-3	Bethel (Minn.)	34:18.99	CSB/SJU Invitational & Mutli	Apr 19, 2024
18	Jamison, Andrew	SO-2	Carleton	34:50.81	MIAC Outdoor Championships	May 10, 2024
19	Harris, Grayson	JR-3	Augsburg	35:04.29	Holist Invitational	Apr 20, 2024
20	Dallas, Evan	SO-2	Bethel (Minn.)	35:05.72	CSB/SJU Invitational & Mutli	Apr 19, 2024
21	Sackreiter, Soren	SO-2	Gustavus Adolphus	36:04.03	Norse Invite	Apr 6, 2024
22	Morris, Sam	JR-3	Saint Mary's (Minn.)	37:50.04	Wash U Distance Carnival	Mar 29, 2024

110 Hurdles

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Ekiyor, Jayson	JR-3	Bethel (Minn.)	14.12	MIAC Outdoor Championships	May 10, 2024	0.8
2	Sampson, Josh	JR-3	Bethel (Minn.)	14.16	MIAC Outdoor Championships	May 10, 2024	0.8
3	Thomsen, Josh	JR-3	Bethel (Minn.)	14.22	Augustana College Midwest Final Qualifier	May 15, 2024	0.8
4	Myres, David	JR-3	Bethel (Minn.)	14.42	Meet of the UnSainty	May 3, 2024	3.3
5	Ferrin, Pryce	SO-2	Bethel (Minn.)	14.98	MIAC Outdoor Championships	May 10, 2024	0.8
6	Lord, Demetri	JR-3	St. Olaf	15.01	Norse Invite	Apr 6, 2024	1.3
7	Clark, Logan	SO-2	Concordia-Moorhead	15.34	MIAC Outdoor Championships	May 10, 2024	0.8
8	Lightner, Jackson	FR-1	Hamline	15.42	Bethel Invitational	Apr 13, 2024	1.2
9	Lee, Josh	JR-3	Bethel (Minn.)	15.46	MIAC Outdoor Championships	May 10, 2024	0.8
10	Lelwica, Max	JR-3	St. John's (Minn.)	15.50	St. Olaf Last Chance Multi's	May 15, 2024	1.7
11	Rhonemus, Wade	SR-4	Concordia-Moorhead	15.53	Hamline Invitational - Teams	Apr 6, 2024	2.6
12	Suah, Morris	FR-1	Hamline	15.54	Hamline Invitational - Teams	Apr 6, 2024	2.1
13	Amoud, Bashir	FR-1	St. John's (Minn.)	15.74	Gary Wilson Invitational	Apr 24, 2024	2.1
14	McCormick, Connor	SO-2	Gustavus Adolphus	15.77	MIAC Multi Event Championships	May 2, 2024	2.9
15	Viesselman, Blake	FR-1	Bethel (Minn.)	15.80	Hamline Invitational - Teams	Apr 6, 2024	2.6
16	Kaster, Soren	FR-1	Carleton	15.95	MIAC Multi Event Championships	May 2, 2024	2.4
17	Schmidt, Cole	FR-1	Gustavus Adolphus	15.96	Drake Alternative	Apr 27, 2024	0.7
18	Nissen, Matthew	JR-3	St. Olaf	16.13	MIAC Outdoor Championships	May 10, 2024	2.9
19	Thurk, Anthony	JR-3	St. John's (Minn.)	16.20	MIAC Multi Event Championships	May 2, 2024	3.6
20	Mortensen, Ian	SR-4	Carleton	16.22	Carleton Relays	Apr 20, 2024	-0.9
21	Stefanowicz, Sebastian	SO-2	Macalester	16.35	St. Thomas Joe Sweeney Invitational	May 1, 2024	1.5
22	Mahamud, Hamza	SO-2	Macalester	16.40	MIAC Outdoor Championships	May 10, 2024	-1.1
23	Schulze, Sam	JR-3	Gustavus Adolphus	16.42	Norse Invite	Apr 6, 2024	1.3
23	Brandt, Isak	FR-1	St. John's (Minn.)	16.42	Minnesota State Open	Apr 12, 2024	1.7
25	Elseth, Aaron	SO-2	Bethel (Minn.)	16.54	MIAC Multi Event Championships	May 2, 2024	3.6
26	Blaeser, Aiden	SO-2	St. John's (Minn.)	16.71	St. Thomas Joe Sweeney Invitational	May 1, 2024	1.5
27	White, Justus	JR-3	St. John's (Minn.)	16.84	MIAC Outdoor Championships	May 10, 2024	2.9
28	Manley, Cannon	FR-1	Saint Mary's (Minn.)	16.85	Meet of the UnSainty	May 3, 2024	3.8
29	Molstre, Joey	FR-1	Concordia-Moorhead	16.93	MIAC Multi Event Championships	May 2, 2024	3.6
30	Kiel, Logan	FR-1	St. John's (Minn.)	17.49	MIAC Multi Event Championships	May 2, 2024	1.2

400 Hurdles

	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Joel	SR-4	Bethel (Minn.)	51.30	Hamline Invitational - Teams	Apr 6, 2024

	Athlete	Year	Team	Time	Meet	Meet Date
2	Sampson, Josh	JR-3	Bethel (Minn.)	52.73	MIAC Outdoor Championships	May 10, 2024
3	Myres, David	JR-3	Bethel (Minn.)	53.02	Augustana College Midwest Final Qualifier	May 15, 2024
4	Thomsen, Josh	JR-3	Bethel (Minn.)	53.89	Bethel Invitational	Apr 13, 2024
5	Smith, Cooper	FR-1	St. John's (Minn.)	54.57	Gary Wilson Invitational	Apr 24, 2024
6	Kaster, Soren	FR-1	Carleton	55.31	Gary Wilson Invitational	Apr 24, 2024
7	Ekjor, Jayson	JR-3	Bethel (Minn.)	55.37	Hamline Invitational - Teams	Apr 6, 2024
8	Schulze, Sam	JR-3	Gustavus Adolphus	55.76	MIAC Outdoor Championships	May 10, 2024
9	Suah, Morris	FR-1	Hamline	56.88	Bethel Invitational	Apr 13, 2024
10	Gunderson, Tyler	JR-3	St. Olaf	59.27	Norse Invite	Apr 6, 2024
11	Schmidt, Cole	FR-1	Gustavus Adolphus	59.32	Drake Alternative	Apr 27, 2024
12	Blaeser, Aiden	SO-2	St. John's (Minn.)	59.60	MIAC Outdoor Championships	May 10, 2024
13	Viesselman, Blake	FR-1	Bethel (Minn.)	59.62	Hamline Invitational - Teams	Apr 6, 2024
14	Moeller, Calvin	JR-3	Gustavus Adolphus	59.68	Maverick Open #1	May 1, 2024
15	Deutschlander, Pierre	SR-4	St. John's (Minn.)	1:00.59	Gary Wilson Invitational	Apr 24, 2024
16	Pipho, Jacob	FR-1	Concordia-Moorhead	1:00.90	Al Cassell Classic	Apr 12, 2024
17	Manley, Cannon	FR-1	Saint Mary's (Minn.)	1:01.28	Meet of the UnSaintly	May 3, 2024
18	Bassett, Jackson	JR-3	St. Olaf	1:02.12	Norse Invite	Apr 6, 2024
19	Gathje, Joseph	JR-3	St. John's (Minn.)	1:02.22	St. Thomas Joe Sweeney Invitational	May 1, 2024
20	Baker, Grant	SR-4	Gustavus Adolphus	1:02.60	Drake Alternative	Apr 27, 2024
21	Mahamud, Hamza	SO-2	Macalester	1:03.62	St. Thomas Joe Sweeney Invitational	May 1, 2024
22	O'Brien, Connor	FR-1	St. John's (Minn.)	1:03.81	CSB/SJU Invitational & Mutli	Apr 19, 2024
23	Elahi, Rayan	JR-3	St. Olaf	1:04.00	Gary Wilson Invitational	Apr 24, 2024
24	Powell, Danny	FR-1	Macalester	1:05.10	Meet of the UnSaintly	May 3, 2024
25	Abay, Abel	FR-1	St. Scholastica	1:05.35	St. Olaf Ole Open	May 4, 2024
26	Charles, Aidan	FR-1	Gustavus Adolphus	1:11.98	Bethel Invitational	Apr 13, 2024

3000 Steeplechase

	Athlete	Year	Team	Time	Meet	Meet Date
1	Kelly, Will	JR-3	St. Olaf	8:52.99	114th Drake Relays	Apr 24, 2024
2	Fitzgerald, Ignatius	SO-2	St. Olaf	9:00.16	Gary Wilson Invitational	Apr 24, 2024
3	Goss, Brady	FR-1	Concordia-Moorhead	9:12.94	MIAC Outdoor Championships	May 10, 2024
4	Cote, Anders	JR-3	St. Olaf	9:15.52	MIAC Outdoor Championships	May 10, 2024
5	Estrada, Gabe	JR-3	St. Olaf	9:23.92	MIAC Outdoor Championships	May 10, 2024
6	McKee, Reece	JR-3	Macalester	9:27.99	CSB/SJU Invitational & Mutli	Apr 19, 2024
7	Deaver, Jack	SO-2	St. Olaf	9:28.45	MIAC Outdoor Championships	May 10, 2024
8	Kaluza, Vincent	FR-1	St. John's (Minn.)	9:35.63	MIAC Outdoor Championships	May 10, 2024
9	Nowacki, Cole	SR-4	Concordia-Moorhead	9:37.35	2024 Kip Janvrin Open	Apr 25, 2024
10	McCoy, Max	FR-1	St. John's (Minn.)	9:49.60	MIAC Outdoor Championships	May 10, 2024
11	Kalsnes, Jonah	FR-1	Bethel (Minn.)	9:52.28	MIAC Outdoor Championships	May 10, 2024
12	Gathje, Joseph	JR-3	St. John's (Minn.)	9:52.67	MIAC Outdoor Championships	May 10, 2024
13	LiaBraaten, Lucas	SO-2	Hamline	9:53.13	St. Thomas Joe Sweeney Invitational	May 1, 2024
14	Kaye, Lex	FR-1	St. Olaf	9:56.00	St. Thomas Joe Sweeney Invitational	May 1, 2024
15	Thompson, Reese	SR-4	Bethel (Minn.)	9:56.19	Gary Wilson Invitational	Apr 24, 2024
16	Hanley, Brett	JR-3	Carleton	9:57.06	MIAC Outdoor Championships	May 10, 2024
17	Leonard, Ethan	JR-3	St. John's (Minn.)	9:58.78	St. Thomas Joe Sweeney Invitational	May 1, 2024
18	Groshelle, Gavin	SO-2	Concordia-Moorhead	9:59.22	Hamline Invitational - Teams	Apr 6, 2024
19	Fiataruolo, Angelo	SO-2	St. Olaf	10:07.51	St. Thomas Joe Sweeney Invitational	May 1, 2024
20	Grove, Carter	SO-2	St. John's (Minn.)	10:10.36	St. Thomas Joe Sweeney Invitational	May 1, 2024
21	Martel, Ethan	FR-1	St. Olaf	10:17.16	St. Olaf Ole Open	May 4, 2024
22	Janzen, Will	SO-2	Gustavus Adolphus	10:18.13	Drake Alternative	Apr 27, 2024
23	Schonknecht, Gabe	FR-1	Saint Mary's (Minn.)	10:28.78	Meet of the UnSaintly	May 3, 2024
24	Galloway, Jordan	SO-2	Macalester	10:29.12	CSB/SJU Invitational & Mutli	Apr 19, 2024
25	Meissner, Noah	FR-1	Bethel (Minn.)	10:42.52	Meet of the UnSaintly	May 3, 2024
26	Roehl, Carson	JR-3	Gustavus Adolphus	10:43.14	Bethel Invitational	Apr 13, 2024
27	Lindner, Sam	FR-1	St. Olaf	10:46.58	St. Olaf Ole Open	May 4, 2024
28	Cilek, Camden	FR-1	Gustavus Adolphus	10:47.77	Maverick Open #2	May 3, 2024
29	Schneider, Grant	SO-2	Saint Mary's (Minn.)	10:51.97	Meet of the UnSaintly	May 3, 2024
30	Leon, James	SO-2	St. John's (Minn.)	11:12.10	CSB/SJU Invitational & Mutli	Apr 19, 2024

4 x 100 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	40.24	Liu, Nelson, McConnell, Parent	NCAA Division III Outdoor Track & Field Championships	May 22, 2024
2	St. John's (Minn.)	40.94	Murnan, Arthur, Morey, Hansen	MIAC Outdoor Championships	May 10, 2024
3	Saint Mary's (Minn.)	42.02	Kritsberg, Bulwa, Johnson, Adamson	SMU Cardinal Invitational	Apr 13, 2024
4	Gustavus Adolphus	42.18	Subah, Anstine, Le, Skelly	Maverick Open #1	May 1, 2024
5	Hamline	42.77	Couper, Thomas, Pettis, Otis	Gary Wilson Invitational	Apr 24, 2024

Team	Time	Athletes	Meet	Meet Date
6 St. Olaf	42.86	McNearmy, Fisher, Fochtman, Albertson	Gary Wilson Invitational	Apr 24, 2024
7 Concordia-Moorhead	43.00	Dahl, Tionsong, Petron, Peterson	MIAC Outdoor Championships	May 10, 2024
8 St. Scholastica	43.52	Anderson, Alfaro Diedrich, Redig, O'Bey	MIAC Outdoor Championships	May 10, 2024
9 Macalester	44.19	Stefanowicz, Sanchez, Kogut, Chuol	St. Thomas Joe Sweeney Invitational	May 1, 2024

4 x 400 Relay

Team	Time	Athletes	Meet	Meet Date
1 Bethel (Minn.)	3:07.90	Nelson, Sampson, Smith, Parent	NCAA Division III Outdoor Track & Field Championships	May 22, 2024
2 Carleton	3:18.74	Pattison, Meier, Lyness, Ash	MIAC Outdoor Championships	May 10, 2024
3 St. John's (Minn.)	3:19.12	Smith, Montreuil, Conzemius, Witschen	MIAC Outdoor Championships	May 10, 2024
4 St. Scholastica	3:20.80	Alfaro Diedrich, Douglas, Jensrud, Kubicek	MIAC Outdoor Championships	May 10, 2024
5 Gustavus Adolphus	3:21.22	Stursa, Anstine, Brauer, Smith	Drake Alternative	Apr 27, 2024
6 St. Olaf	3:21.82	Albertson, Fisher, Moore, Nemecek	St. Thomas Joe Sweeney Invitational	May 1, 2024
7 Concordia-Moorhead	3:23.65	Tionsong, Goss, Gallmeier, Rhonemus	MIAC Outdoor Championships	May 10, 2024
8 Macalester	3:25.24	Schonebaum, Ali, Wiltse, Getty	MIAC Outdoor Championships	May 10, 2024
9 Saint Mary's (Minn.)	3:25.57	Bulwa, Adamson, Kloss, Paton	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
10 Augsburg	3:31.31	Abdi, Asfaw, Clement, Oty	Meet of the UnSaintly	May 3, 2024
11 Hamline	3:37.08	Couper, Suah, Pettis, Ortiz	Meet of the UnSaintly	May 3, 2024

4 x 800 Relay

Team	Time	Athletes	Meet	Meet Date
1 Carleton	7:47.29	Llewellyn, Pattison, Nichols, Lyness	MIAC Outdoor Championships	May 10, 2024
2 St. John's (Minn.)	7:48.94	Allen, McCoy, Stencel, Montreuil	MIAC Outdoor Championships	May 10, 2024
3 St. Olaf	7:52.87	Bjork, Coffey, Hartney, Estrada	MIAC Outdoor Championships	May 10, 2024
4 St. Scholastica	7:57.11	Neu, Wallin, Boone, Douglas	MIAC Outdoor Championships	May 10, 2024
5 Gustavus Adolphus	7:59.64	Stursa, Rud, Rupnow, Brauer	MIAC Outdoor Championships	May 10, 2024
6 Macalester	8:01.19	Lebakken, Wiltse, Ali, Getty	MIAC Outdoor Championships	May 10, 2024
7 Bethel (Minn.)	8:03.53	Berg, Peterson, Kalsnes, Nelson	MIAC Outdoor Championships	May 10, 2024
8 Concordia-Moorhead	8:16.36	Nowacki, Johnston, Andrews, Goss	MIAC Outdoor Championships	May 10, 2024
9 Augsburg	8:25.29	Asfaw, Oty, Clement, Wondimu	MIAC Outdoor Championships	May 10, 2024
10 Saint Mary's (Minn.)	8:33.83	Schneider, Kloss, Schonknecht, Fitzgerald	MIAC Outdoor Championships	May 10, 2024

High Jump

Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1 McDowell, Jackson	FR-1	St. John's (Minn.)	2.10m	6' 10.75"	MIAC Outdoor Championships	May 10, 2024
2 Marsh, Anthony	JR-3	Concordia-Moorhead	2.04m	6' 8.25"	MIAC Outdoor Championships	May 10, 2024
3 Thurk, Anthony	JR-3	St. John's (Minn.)	1.96m	6' 5"	MIAC Outdoor Championships	May 10, 2024
3 Braun, Michael	JR-3	Hamline	1.96m	6' 5"	MIAC Outdoor Championships	May 10, 2024
5 Johnsrud, Peyton	JR-3	Concordia-Moorhead	1.95m	6' 4.75"	Al Cassell Classic	Apr 12, 2024
6 Melin, Gerald	FR-1	St. John's (Minn.)	1.92m	6' 3.5"	Minnesota State Open	Apr 12, 2024
7 Bies, Danny	SR-4	Gustavus Adolphus	1.91m	6' 3.25"	MIAC Outdoor Championships	May 10, 2024
7 Ungar, Alec	JR-3	St. John's (Minn.)	1.91m	6' 3.25"	MIAC Outdoor Championships	May 10, 2024
7 Matetch, Cole	JR-3	Gustavus Adolphus	1.91m	6' 3.25"	MIAC Outdoor Championships	May 10, 2024
10 Lelwica, Max	JR-3	St. John's (Minn.)	1.88m	6' 2"	St. Olaf Last Chance Multi's	May 15, 2024
11 Rhonemus, Wade	SR-4	Concordia-Moorhead	1.85m	6' 0.75"	NCAA Division III Outdoor Track & Field Championships	May 22, 2024
11 Carlson, Brendan	JR-3	Gustavus Adolphus	1.85m	6' 0.75"	Gustie Twilight	Apr 17, 2024
11 Swanson, Luc	FR-1	Bethel (Minn.)	1.85m	6' 0.75"	Hamline Invitational - Teams	Apr 6, 2024
14 Erickson, Matthew	FR-1	St. Scholastica	1.83m	6' 0"	Drake Alternative	Apr 27, 2024
15 Seiler, Alex	JR-3	St. John's (Minn.)	1.82m	5' 11.5"	Minnesota State Open	Apr 12, 2024
15 Mortensen, Ian	SR-4	Carleton	1.82m	5' 11.5"	NCAA Division III Outdoor Track & Field Championships	May 22, 2024
17 O'Brien, Connor	FR-1	St. John's (Minn.)	1.81m	5' 11.25"	MIAC Outdoor Championships	May 10, 2024
17 Peterson, Ben	JR-3	Concordia-Moorhead	1.81m	5' 11.25"	MIAC Outdoor Championships	May 10, 2024
19 White, Justus	JR-3	St. John's (Minn.)	1.76m	5' 9.25"	MIAC Outdoor Championships	May 10, 2024
19 LePard, Ben	FR-1	Concordia-Moorhead	1.76m	5' 9.25"	MIAC Outdoor Championships	May 10, 2024
21 Pipho, Jacob	FR-1	Concordia-Moorhead	1.74m	5' 8.5"	Dewey Donat Classic	Apr 20, 2024
22 Olson, Jesse	FR-1	St. Olaf	1.73m	5' 8"	Gary Wilson Invitational	Apr 24, 2024
23 Lord, Demetri	JR-3	St. Olaf	1.71m	5' 7.25"	MIAC Multi Event Championships	May 2, 2024
23 McCormick, Connor	SO-2	Gustavus Adolphus	1.71m	5' 7.25"	MIAC Multi Event Championships	May 2, 2024
25 Suah, Morris	FR-1	Hamline	1.70m	5' 7"	Hamline Invitational - Teams	Apr 6, 2024
25 Cline-Cole, Ethan	JR-3	Carleton	1.70m	5' 7"	Hamline Invitational - Teams	Apr 6, 2024
27 Kaster, Soren	FR-1	Carleton	1.66m	5' 5.25"	Klein/ Nwaba Combined Events	Mar 21, 2024
28 Molstre, Joey	FR-1	Concordia-Moorhead	1.65m	5' 5"	MIAC Multi Event Championships	May 2, 2024
28 Wellman, Trevor	SR-4	Bethel (Minn.)	1.65m	5' 5"	MIAC Multi Event Championships	May 2, 2024
30 Kiel, Logan	FR-1	St. John's (Minn.)	1.63m	5' 4.25"	Gary Wilson Invitational	Apr 24, 2024

Pole Vault

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Schloeder, Austin	FR-1	Hamline	4.82m	15' 9.75"	Gary Wilson Invitational	Apr 24, 2024
2	Charbonneau, Joseph	JR-3	St. John's (Minn.)	4.73m	15' 6.25"	St. Thomas Joe Sweeney Invitational	May 1, 2024
3	Gardeen, Samuel	JR-3	Bethel (Minn.)	4.68m	15' 4.25"	Bethel Invitational	Apr 13, 2024
4	Kaster, Soren	FR-1	Carleton	4.60m	15' 1"	MIAC Outdoor Championships	May 10, 2024
5	Guth, Kole	SO-2	St. John's (Minn.)	4.56m	14' 11.5"	St. Thomas Joe Sweeney Invitational	May 1, 2024
6	Withuski, Andrew	FR-1	St. John's (Minn.)	4.43m	14' 6.25"	St. Thomas Joe Sweeney Invitational	May 1, 2024
7	Rhonemus, Wade	SR-4	Concordia-Moorhead	4.40m	14' 5.25"	MIAC Multi Event Championships	May 2, 2024
7	Mortensen, Ian	SR-4	Carleton	4.40m	14' 5.25"	NCAA Division III Outdoor Track & Field Championships	May 22, 2024
9	Eickhoff, Daniel	JR-3	St. John's (Minn.)	4.30m	14' 1.25"	MIAC Outdoor Championships	May 10, 2024
9	Arnold, Dylan	JR-3	St. Olaf	4.30m	14' 1.25"	2024 Bryan Clay Invitational	Apr 11, 2024
11	Marzinske, Logan	JR-3	Gustavus Adolphus	4.26m	13' 11.75"	Gustie Twilight	Apr 17, 2024
12	Johnston, Josh	SO-2	St. John's (Minn.)	4.17m	13' 8.25"	Gary Wilson Invitational	Apr 24, 2024
13	Doom, Max	JR-3	St. John's (Minn.)	4.10m	13' 5.25"	CSB/SJU Invitational & Multi	Apr 19, 2024
14	Lelwica, Max	JR-3	St. John's (Minn.)	4.07m	13' 4.25"	St. Olaf Last Chance Multi's	May 15, 2024
15	Adams, Andrew	JR-3	St. John's (Minn.)	4.04m	13' 3"	Minnesota State Open	Apr 12, 2024
16	Engstrom, Oliver	SO-2	Hamline	4.00m	13' 1.5"	MIAC Outdoor Championships	May 10, 2024
16	McCormick, Connor	SO-2	Gustavus Adolphus	4.00m	13' 1.5"	MIAC Multi Event Championships	May 2, 2024
16	Besemann, Noah	FR-1	St. John's (Minn.)	4.00m	13' 1.5"	MIAC Outdoor Championships	May 10, 2024
16	Thurk, Anthony	JR-3	St. John's (Minn.)	4.00m	13' 1.5"	MIAC Multi Event Championships	May 2, 2024
20	Ream, Joe	SO-2	Gustavus Adolphus	3.85m	12' 7.5"	St. Olaf Ole Open	May 4, 2024
21	Collins, Spencer	FR-1	St. Olaf	3.83m	12' 6.75"	UW-Platteville Invitational	Apr 12, 2024
21	Adams, Tim	JR-3	Carleton	3.83m	12' 6.75"	St. Thomas Joe Sweeney Invitational	May 1, 2024
23	Cella, Jack	SO-2	Concordia-Moorhead	3.82m	12' 6.25"	NDSU Tune-Up	May 3, 2024
24	Graske, Joshua	FR-1	Bethel (Minn.)	3.78m	12' 4.75"	Bethel Invitational	Apr 13, 2024
25	Frankel, Charlie	FR-1	Macalester	3.70m	12' 1.5"	Meet of the UnSaintly	May 3, 2024
26	Menter, Forest	SO-2	St. Olaf	3.68m	12' 0.75"	St. Thomas Joe Sweeney Invitational	May 1, 2024
27	Peterson, Josh	FR-1	Concordia-Moorhead	3.67m	12' 0.5"	NDSU Tune-Up	May 3, 2024
28	Kiel, Logan	FR-1	St. John's (Minn.)	3.60m	11' 9.75"	MIAC Multi Event Championships	May 2, 2024
28	Molstre, Joey	FR-1	Concordia-Moorhead	3.60m	11' 9.75"	MIAC Multi Event Championships	May 2, 2024
28	Lord, Demetri	JR-3	St. Olaf	3.60m	11' 9.75"	MIAC Multi Event Championships	May 2, 2024

Long Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Schaffer, Zach	SO-2	St. John's (Minn.)	7.23m	23' 8.75"	MIAC Outdoor Championships	May 10, 2024	3.2
2	Peterson, Ben	JR-3	Concordia-Moorhead	6.98m	22' 11"	MIAC Outdoor Championships	May 10, 2024	3.0
3	Subah, Isaiah	SR-4	Gustavus Adolphus	6.93m	22' 9"	Maverick Open #1	May 1, 2024	3.4
4	Erickson, Matthew	FR-1	St. Scholastica	6.79m	22' 3.5"	MIAC Outdoor Championships	May 10, 2024	2.9
5	Albertson, Max	FR-1	St. Olaf	6.78m	22' 3"	MIAC Outdoor Championships	May 10, 2024	2.6
6	Rhonemus, Wade	SR-4	Concordia-Moorhead	6.73m	22' 1"	NCAA Division III Outdoor Track & Field Championships	May 22, 2024	1.3
7	Mahowald, Anthony	FR-1	St. Scholastica	6.65m	21' 10"	Drake Alternative	Apr 27, 2024	1.2
8	Thurk, Anthony	JR-3	St. John's (Minn.)	6.62m	21' 8.75"	MIAC Outdoor Championships	May 10, 2024	3.2
9	Moo, Eh Ler	JR-3	St. Olaf	6.60m	21' 8"	MIAC Outdoor Championships	May 10, 2024	3.8
10	Lelwica, Max	JR-3	St. John's (Minn.)	6.57m	21' 6.75"	St. Olaf Last Chance Multi's	May 15, 2024	0.8
11	Thompson, Gabe	JR-3	Concordia-Moorhead	6.56m	21' 6.25"	NDSU Tune-Up	May 3, 2024	2.3
12	Schegel, Abe	SR-4	Bethel (Minn.)	6.55m	21' 6"	MIAC Outdoor Championships	May 10, 2024	1.9
13	Hansen, Matt	FR-1	St. John's (Minn.)	6.52m	21' 4.75"	Minnesota State Open	Apr 12, 2024	-0.7
14	Mortensen, Ian	SR-4	Carleton	6.47m	21' 2.75"	NCAA Division III Outdoor Track & Field Championships	May 22, 2024	+0.0
15	Bovitz, Nick	FR-1	Bethel (Minn.)	6.43m	21' 1.25"	MIAC Outdoor Championships	May 10, 2024	2.2
16	Wynia, Ben	FR-1	Gustavus Adolphus	6.40m	21' 0"	Maverick Open #1	May 1, 2024	2.2
17	Lord, Demetri	JR-3	St. Olaf	6.39m	20' 11.75"	St. Olaf Last Chance Multi's	May 15, 2024	1.9
18	Smith, Kameron	FR-1	Augsburg	6.37m	20' 10.75"	Meet of the UnSaintly	May 3, 2024	1.8
19	Chartton, Josh	JR-3	St. Olaf	6.33m	20' 9.25"	MIAC Outdoor Championships	May 10, 2024	3.7
20	Swenson, Simon	SO-2	Bethel (Minn.)	6.32m	20' 9"	MIAC Outdoor Championships	May 10, 2024	0.9
21	Hodin, Riley	JR-3	Macalester	6.27m	20' 7"	Meet of the UnSaintly	May 3, 2024	1.8
22	Marsh, Anthony	JR-3	Concordia-Moorhead	6.19m	20' 3.75"	Hamline Invitational - Teams	Apr 6, 2024	2.7
23	Ridders, Sam	JR-3	St. Olaf	6.15m	20' 2.25"	St. Thomas Joe Sweeney Invitational	May 1, 2024	1.8
24	LePard, Ben	FR-1	Concordia-Moorhead	6.14m	20' 1.75"	Al Cassell Classic	Apr 12, 2024	+0.0
25	Cooper, Dan	SR-4	Saint Mary's (Minn.)	6.13m	20' 1.5"	Mississippi River Rumble	Apr 6, 2024	1.7
26	Molstre, Joey	FR-1	Concordia-Moorhead	6.08m	19' 11.5"	MIAC Multi Event Championships	May 2, 2024	-1.4
27	Hermes, Nick	JR-3	Concordia-Moorhead	6.04m	19' 9.75"	NDSU Tune-Up	May 3, 2024	4.2
28	McCormick, Connor	SO-2	Gustavus Adolphus	6.01m	19' 8.75"	MIAC Multi Event Championships	May 2, 2024	-0.5
29	Kaster, Soren	FR-1	Carleton	5.98m	19' 7.5"	MIAC Multi Event Championships	May 2, 2024	-2.3
30	Rose, Noah	FR-1	St. John's (Minn.)	5.96m	19' 6.75"	Minnesota State Open	Apr 12, 2024	+0.0

Triple Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Wade, Elijah	SR-4	St. John's (Minn.)	13.90m	45' 7.25"	Augustana College Midwest Final Qualifier	May 15, 2024	-0.6
2	Schaffer, Zach	SO-2	St. John's (Minn.)	13.87m	45' 6.25"	CSB/SJU Invitational & Mutli	Apr 19, 2024	NWI
2	Smith, Kameron	FR-1	Augsburg	13.87m	45' 6.25"	MIAC Outdoor Championships	May 10, 2024	1.7
4	Hodin, Riley	JR-3	Macalester	13.73m	45' 0.5"	2024 Bryan Clay Invitational	Apr 11, 2024	2.3
5	Erickson, Matthew	FR-1	St. Scholastica	13.57m	44' 6.25"	MIAC Outdoor Championships	May 10, 2024	-1.1
6	Braun, Michael	JR-3	Hamline	13.31m	43' 8"	Redlands Invitational	Mar 15, 2024	0.8
7	Albertson, Max	FR-1	St. Olaf	13.29m	43' 7.25"	MIAC Outdoor Championships	May 10, 2024	1.8
8	Thompson, Gabe	JR-3	Concordia-Moorhead	13.10m	42' 11.75"	AI Cassell Classic	Apr 12, 2024	1.9
9	Bovitz, Nick	FR-1	Bethel (Minn.)	13.09m	42' 11.5"	Meet of the UnSainly	May 3, 2024	-2.6
10	Thurk, Anthony	JR-3	St. John's (Minn.)	12.94m	42' 5.5"	MIAC Outdoor Championships	May 10, 2024	1.4
11	Kaba, Bangaly	FR-1	St. John's (Minn.)	12.66m	41' 6.5"	MIAC Outdoor Championships	May 10, 2024	2.1
12	Wilenbring, Roman	FR-1	Gustavus Adolphus	12.59m	41' 3.75"	Maverick Open #1	May 1, 2024	0.6
13	Veimau, Justin	SR-4	Macalester	12.47m	40' 11"	CSB/SJU Invitational & Mutli	Apr 19, 2024	NWI
13	Johnson, Brady	JR-3	Saint Mary's (Minn.)	12.47m	40' 11"	SMU Cardinal Invitational	Apr 13, 2024	3.7
15	Cline-Cole, Ethan	JR-3	Carleton	12.42m	40' 9"	MIAC Outdoor Championships	May 10, 2024	1.6
16	Rose, Noah	FR-1	St. John's (Minn.)	12.25m	40' 2.25"	Minnesota State Open	Apr 12, 2024	4.5
17	Rikkers, Sam	JR-3	St. Olaf	12.17m	39' 11.25"	MIAC Outdoor Championships	May 10, 2024	2.1
18	Cooper, Dan	SR-4	Saint Mary's (Minn.)	12.09m	39' 8"	Meet of the UnSainly	May 3, 2024	1.5
19	Strube, Reese	FR-1	Concordia-Moorhead	12.08m	39' 7.75"	Drake Alternative	Apr 27, 2024	1.8
20	Wallin, Cade	JR-3	Gustavus Adolphus	12.02m	39' 5.25"	Bethel Invitational	Apr 13, 2024	0.5
20	Pearson, Spencer	SO-2	Gustavus Adolphus	12.02m	39' 5.25"	MIAC Outdoor Championships	May 10, 2024	1.9
22	Wynia, Ben	FR-1	Gustavus Adolphus	11.94m	39' 2.25"	Maverick Open #1	May 1, 2024	0.1
23	Antwi, Stephen	FR-1	Bethel (Minn.)	11.59m	38' 0.25"	Meet of the UnSainly	May 3, 2024	1.2
24	Thomas, Max	SO-2	St. Olaf	11.54m	37' 10.5"	St. Olaf Ole Open	May 4, 2024	1.2

Shot Put

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Folkestad, Cooper	JR-3	Concordia-Moorhead	17.07m	56' 0"	MIAC Outdoor Championships	May 10, 2024
2	Beseth, Trent	JR-3	St. Scholastica	16.95m	55' 7.5"	MIAC Outdoor Championships	May 10, 2024
3	Hokanson, Adam	SO-2	Bethel (Minn.)	15.49m	50' 10"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
4	Larsen, Evan	JR-3	Bethel (Minn.)	15.05m	49' 4.5"	Bethel Invitational	Apr 13, 2024
5	Dioszeghy, Sam	FR-1	Concordia-Moorhead	15.00m	49' 2.5"	NDSU Tune-Up	May 3, 2024
6	Houska, Blake	FR-1	Concordia-Moorhead	14.74m	48' 4.5"	MIAC Outdoor Championships	May 10, 2024
7	Monreal, Joshua	FR-1	St. Scholastica	14.64m	48' 0.5"	Drake Alternative	Apr 27, 2024
8	Frost, Jaeden	SO-2	St. John's (Minn.)	14.52m	47' 7.75"	MIAC Outdoor Championships	May 10, 2024
9	Hillstrom, Dominik	JR-3	Concordia-Moorhead	14.15m	46' 5.25"	Hamline Invitational - Teams	Apr 6, 2024
10	DeWall, Kaleb	JR-3	St. John's (Minn.)	13.94m	45' 9"	Drake Alternative	Apr 27, 2024
11	Spurgeon, Eli	SO-2	Gustavus Adolphus	13.56m	44' 6"	Gustie Twilight	Apr 17, 2024
12	Steger, Grant	SR-4	St. Scholastica	13.47m	44' 2.5"	Hamline Invitational - Teams	Apr 6, 2024
13	Carroll, Nathan	FR-1	St. John's (Minn.)	13.34m	43' 9.25"	Drake Alternative	Apr 27, 2024
14	Mortensen, Ian	SR-4	Carleton	12.98m	42' 7"	NCAA Division III Outdoor Track & Field Championships	May 22, 2024
15	Mills, Austin	FR-1	Macalester	12.90m	42' 4"	Wartburg Outdoor Select	Apr 5, 2024
16	Edo-Ohanba, Esosa	FR-1	St. Olaf	12.82m	42' 0.75"	MIAC Outdoor Championships	May 10, 2024
17	Massey, Harry	FR-1	Hamline	12.75m	41' 10"	Meet of the UnSainly	May 3, 2024
18	Conant, Philip	FR-1	Bethel (Minn.)	12.74m	41' 9.75"	Bethel Invitational	Apr 13, 2024
19	Turqueza, Rylan	FR-1	St. John's (Minn.)	12.73m	41' 9.25"	Drake Alternative	Apr 27, 2024
20	Wellman, Trevor	SR-4	Bethel (Minn.)	12.67m	41' 7"	MIAC Multi Event Championships	May 2, 2024
21	Willier, Anthony	FR-1	St. John's (Minn.)	12.61m	41' 4.5"	MIAC Outdoor Championships	May 10, 2024
22	Hayes, Eli	FR-1	Concordia-Moorhead	12.47m	40' 11"	AI Cassell Classic	Apr 12, 2024
23	Lelwica, Max	JR-3	St. John's (Minn.)	12.01m	39' 5"	Minnesota State Open	Apr 12, 2024
24	White, Ron	FR-1	Saint Mary's (Minn.)	12.00m	39' 4.5"	Meet of the UnSainly	May 3, 2024
25	Lord, Demetri	JR-3	St. Olaf	11.87m	38' 11.5"	St. Olaf Last Chance Multi's	May 15, 2024
26	Brown, Jakob	JR-3	Concordia-Moorhead	11.45m	37' 6.75"	AI Cassell Classic	Apr 12, 2024
27	Kiel, Logan	FR-1	St. John's (Minn.)	11.42m	37' 5.75"	MIAC Multi Event Championships	May 2, 2024
28	Thurk, Anthony	JR-3	St. John's (Minn.)	11.27m	36' 11.75"	MIAC Multi Event Championships	May 2, 2024
29	Kienholz, Carter	JR-3	Hamline	11.05m	36' 3"	Holst Invitational	Apr 20, 2024
30	Morris, Noah	SO-2	Carleton	10.87m	35' 8"	Carleton Relays	Apr 20, 2024

Discus

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Beseth, Trent	JR-3	St. Scholastica	55.23m	181' 2"	MIAC Outdoor Championships	May 10, 2024
2	Folkestad, Cooper	JR-3	Concordia-Moorhead	51.95m	170' 5"	NDSU Tune-Up	May 3, 2024
3	Larsen, Evan	JR-3	Bethel (Minn.)	50.22m	164' 9"	Augustana College Midwest Final Qualifier	May 15, 2024
4	Monreal, Joshua	FR-1	St. Scholastica	45.25m	148' 5"	Minnesota State Open	Apr 12, 2024
5	Carroll, Nathan	FR-1	St. John's (Minn.)	44.72m	146' 9"	Minnesota State Open	Apr 12, 2024
6	Conant, Philip	FR-1	Bethel (Minn.)	44.52m	146' 1"	Bethel Invitational	Apr 13, 2024

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
7	Steger, Grant	SR-4	St. Scholastica	43.81m	143' 9"	Maverick Open #1	May 1, 2024
8	Frost, Jaeden	SO-2	St. John's (Minn.)	43.13m	141' 6"	MIAC Outdoor Championships	May 10, 2024
9	Hokanson, Adam	SO-2	Bethel (Minn.)	42.76m	140' 3"	Bethel Invitational	Apr 13, 2024
10	Dioszeghy, Sam	FR-1	Concordia-Moorhead	42.62m	139' 10"	NDSU Tune-Up	May 3, 2024
11	Hudspith, Wyatt	FR-1	Gustavus Adolphus	41.72m	136' 10"	Bethel Invitational	Apr 13, 2024
12	Ramirez, Ricky	JR-3	Concordia-Moorhead	39.99m	131' 2"	Hamline Invitational - Teams	Apr 6, 2024
13	Kuriscak, Tom	SO-2	St. John's (Minn.)	39.98m	131' 2"	St. Olaf Ole Open	May 4, 2024
14	Mills, Austin	FR-1	Macalester	39.85m	130' 9"	MIAC Outdoor Championships	May 10, 2024
15	Stordahl, Zach	JR-3	Gustavus Adolphus	39.05m	128' 1"	Bethel Invitational	Apr 13, 2024
16	Yang, Aiden	SO-2	Macalester	39.04m	128' 1"	Meet of the UnSainly	May 3, 2024
17	Fritz, Casen	JR-3	Saint Mary's (Minn.)	38.59m	126' 7"	Mississippi River Rumble	Apr 6, 2024
18	Mensen, Joseph	JR-3	St. John's (Minn.)	38.42m	126' 0"	Minnesota State Open	Apr 12, 2024
19	White, Ron	FR-1	Saint Mary's (Minn.)	38.34m	125' 9"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
20	Hillstrom, Dominik	JR-3	Concordia-Moorhead	38.22m	125' 5"	Hamline Invitational - Teams	Apr 6, 2024
21	Hayes, Eli	FR-1	Concordia-Moorhead	37.97m	124' 7"	Viking Twilight	Apr 23, 2024
22	Spurgeon, Eli	SO-2	Gustavus Adolphus	37.75m	123' 10"	Drake Alternative	Apr 27, 2024
23	Kienholz, Carter	JR-3	Hamline	37.63m	123' 5"	MIAC Multi Event Championships	May 2, 2024
24	Houska, Blake	FR-1	Concordia-Moorhead	37.61m	123' 5"	NDSU Tune-Up	May 3, 2024
25	Mortensen, Ian	SR-4	Carleton	36.65m	120' 3"	NCAA Division III Outdoor Track & Field Championships	May 22, 2024
26	Pipho, Jacob	FR-1	Concordia-Moorhead	36.33m	119' 2"	Dewey Donat Classic	Apr 20, 2024
27	Rhonemus, Wade	SR-4	Concordia-Moorhead	36.17m	118' 8"	NCAA Division III Outdoor Track & Field Championships	May 22, 2024
28	DeWall, Kaleb	JR-3	St. John's (Minn.)	35.83m	117' 7"	Drake Alternative	Apr 27, 2024
29	Lelwica, Max	JR-3	St. John's (Minn.)	35.46m	116' 4"	MIAC Multi Event Championships	May 2, 2024
30	Kiel, Logan	FR-1	St. John's (Minn.)	34.96m	114' 8"	Hamline Invitational - Teams	Apr 6, 2024

Hammer

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Hokanson, Adam	SO-2	Bethel (Minn.)	56.55m	185' 6"	Redlands Invitational	Mar 15, 2024
2	Frost, Jaeden	SO-2	St. John's (Minn.)	54.33m	178' 3"	CSB/SJU Invitational & Mutli	Apr 19, 2024
3	Monreal, Joshua	FR-1	St. Scholastica	52.22m	171' 4"	MIAC Outdoor Championships	May 10, 2024
4	Beseth, Trent	JR-3	St. Scholastica	51.60m	169' 3"	MIAC Outdoor Championships	May 10, 2024
5	Larsen, Evan	JR-3	Bethel (Minn.)	51.40m	168' 8"	Meet of the UnSainly	May 3, 2024
6	Steger, Grant	SR-4	St. Scholastica	51.23m	168' 1"	Minnesota State Open	Apr 12, 2024
7	Mensen, Joseph	JR-3	St. John's (Minn.)	49.59m	162' 8"	Drake Alternative	Apr 27, 2024
8	Mills, Austin	FR-1	Macalester	47.56m	156' 0"	Meet of the UnSainly	May 3, 2024
9	Kuriscak, Tom	SO-2	St. John's (Minn.)	47.36m	155' 4"	St. Olaf Ole Open	May 4, 2024
10	Stordahl, Zach	JR-3	Gustavus Adolphus	46.23m	151' 8"	Maverick Open #1	May 1, 2024
11	Fritz, Casen	JR-3	Saint Mary's (Minn.)	44.89m	147' 3"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
12	Carroll, Nathan	FR-1	St. John's (Minn.)	42.37m	139' 0"	Drake Alternative	Apr 27, 2024
13	White, Ron	FR-1	Saint Mary's (Minn.)	41.51m	136' 2"	MIAC Outdoor Championships	May 10, 2024
14	Massey, Harry	FR-1	Hamline	40.94m	134' 4"	St. Thomas Joe Sweeney Invitational	May 1, 2024
15	Turqueza, Keenan	SO-2	St. John's (Minn.)	40.56m	133' 1"	St. Olaf Ole Open	May 4, 2024
16	Willier, Anthony	FR-1	St. John's (Minn.)	39.35m	129' 1"	St. Thomas Joe Sweeney Invitational	May 1, 2024
17	Spurgeon, Eli	SO-2	Gustavus Adolphus	39.18m	128' 6"	Bethel Invitational	Apr 13, 2024
18	Oachs, Jacob	JR-3	Bethel (Minn.)	38.78m	127' 3"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
19	Frankel, Charlie	FR-1	Macalester	38.40m	126' 0"	MIAC Outdoor Championships	May 10, 2024
20	Dioszeghy, Sam	FR-1	Concordia-Moorhead	38.39m	125' 11"	NDSU Tune-Up	May 3, 2024
21	Brynteson, Connor	FR-1	St. John's (Minn.)	37.53m	123' 1"	St. Olaf Ole Open	May 4, 2024
22	Conant, Philip	FR-1	Bethel (Minn.)	36.94m	121' 2"	Bethel Invitational	Apr 13, 2024
23	Houska, Blake	FR-1	Concordia-Moorhead	36.81m	120' 9"	NDSU Tune-Up	May 3, 2024
24	DeWall, Kaleb	JR-3	St. John's (Minn.)	35.42m	116' 2"	CSB/SJU Invitational & Mutli	Apr 19, 2024
25	Yang, Aiden	SO-2	Macalester	35.32m	115' 10"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
26	Gill, Doug	FR-1	Hamline	33.46m	109' 9"	St. Thomas Joe Sweeney Invitational	May 1, 2024
27	Brown, Jakob	JR-3	Concordia-Moorhead	32.81m	107' 8"	NDSU Tune-Up	May 3, 2024
28	Bigman, TaShawn	FR-1	Hamline	31.70m	104' 0"	Bethel Invitational	Apr 13, 2024
29	Turqueza, Rylan	FR-1	St. John's (Minn.)	29.97m	98' 4"	Hamline Invitational - Teams	Apr 6, 2024
30	Ramirez, Ricky	JR-3	Concordia-Moorhead	28.46m	93' 4"	Hamline Invitational - Teams	Apr 6, 2024

Javelin

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Hayes, Eli	FR-1	Concordia-Moorhead	59.25m	194' 5"	Augustana College Midwest Final Qualifier	May 15, 2024
2	Yang, Aiden	SO-2	Macalester	58.11m	190' 8"	Augustana College Midwest Final Qualifier	May 15, 2024
3	Mortensen, Ian	SR-4	Carleton	56.52m	185' 5"	MIAC Multi Event Championships	May 2, 2024
4	Degen, Mitchell	SO-2	St. John's (Minn.)	56.42m	185' 1"	St. Thomas Joe Sweeney Invitational	May 1, 2024
5	Pipho, Jacob	FR-1	Concordia-Moorhead	51.63m	169' 5"	MIAC Multi Event Championships	May 2, 2024
6	Hennen, Logan	JR-3	St. John's (Minn.)	51.29m	168' 3"	MIAC Outdoor Championships	May 10, 2024

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
7	Schegel, Abe	SR-4	Bethel (Minn.)	50.62m	166' 1"	MIAC Outdoor Championships	May 10, 2024
8	McDowell, Jackson	FR-1	St. John's (Minn.)	50.18m	164' 7"	MIAC Outdoor Championships	May 10, 2024
9	McEachern, Carter	SO-2	St. John's (Minn.)	49.99m	164' 0"	Minnesota State Open	Apr 12, 2024
10	Cumps, Julian	JR-3	St. Olaf	49.98m	164' 0"	MIAC Outdoor Championships	May 10, 2024
11	Cogley, Andrew	JR-3	St. Olaf	49.29m	161' 8"	Norse Invite	Apr 6, 2024
12	Iyegha, Charlie	FR-1	St. Olaf	48.75m	159' 11"	UW-Platteville Invitational	Apr 12, 2024
13	Kiel, Logan	FR-1	St. John's (Minn.)	48.43m	158' 11"	CSB/SJU Invitational & Mutli	Apr 19, 2024
14	Thomsen, Josh	JR-3	Bethel (Minn.)	48.23m	158' 3"	Bethel Invitational	Apr 13, 2024
15	Thomas, Max	SO-2	St. Olaf	47.91m	157' 2"	St. Olaf Ole Open	May 4, 2024
16	Kuntner, Will	SO-2	St. Olaf	47.38m	155' 5"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
17	Kaster, Soren	FR-1	Carleton	47.11m	154' 7"	MIAC Multi Event Championships	May 2, 2024
18	Lelwica, Max	JR-3	St. John's (Minn.)	46.25m	151' 9"	MIAC Multi Event Championships	May 2, 2024
19	Meyer, Jack	JR-3	St. John's (Minn.)	45.47m	149' 2"	St. Olaf Ole Open	May 4, 2024
20	McCormick, Connor	SO-2	Gustavus Adolphus	44.91m	147' 4"	Norse Invite	Apr 6, 2024
21	Rhonemus, Wade	SR-4	Concordia-Moorhead	44.88m	147' 3"	St. Olaf Last Chance Multi's	May 15, 2024
22	Thurk, Anthony	JR-3	St. John's (Minn.)	44.56m	146' 2"	CSB/SJU Invitational & Mutli	Apr 19, 2024
23	Anderson, Reese	SO-2	Carleton	44.50m	146' 0"	Klein/ Nwaba Combined Events	Mar 21, 2024
24	Couper, David	JR-3	Hamline	44.36m	145' 6"	Hamline Invitational - Teams	Apr 6, 2024
25	Gathje, Henry	SO-2	Saint Mary's (Minn.)	44.20m	145' 0"	Wash U Invite	Mar 29, 2024
26	Wellman, Trevor	SR-4	Bethel (Minn.)	43.16m	141' 7"	MIAC Multi Event Championships	May 2, 2024
27	Ramirez, Gael	JR-3	Bethel (Minn.)	42.07m	138' 0"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 25, 2024
28	Lord, Demetri	JR-3	St. Olaf	41.50m	136' 2"	MIAC Multi Event Championships	May 2, 2024
29	Schmidt, Joe	JR-3	Gustavus Adolphus	41.45m	136' 0"	Norse Invite	Apr 6, 2024
30	Sessions, Shawn	FR-1	Concordia-Moorhead	41.27m	135' 5"	Hamline Invitational - Teams	Apr 6, 2024

Decathlon

	Athlete	Year	Team	Points	Meet	Meet Date
1	Mortensen, Ian	SR-4	Carleton	6761	NCAA Division III Outdoor Track & Field Championships	May 22, 2024
2	Lelwica, Max	JR-3	St. John's (Minn.)	6526	St. Olaf Last Chance Multi's	May 15, 2024
3	Rhonemus, Wade	SR-4	Concordia-Moorhead	6467	NCAA Division III Outdoor Track & Field Championships	May 22, 2024
4	Lord, Demetri	JR-3	St. Olaf	6309	MIAC Multi Event Championships	May 2, 2024
5	Kaster, Soren	FR-1	Carleton	6301	MIAC Multi Event Championships	May 2, 2024
6	Thurk, Anthony	JR-3	St. John's (Minn.)	6269	MIAC Multi Event Championships	May 2, 2024
7	McCormick, Connor	SO-2	Gustavus Adolphus	6014	MIAC Multi Event Championships	May 2, 2024
8	Pipho, Jacob	FR-1	Concordia-Moorhead	5403	Dewey Donat Classic	Apr 20, 2024
9	Kiel, Logan	FR-1	St. John's (Minn.)	5333	MIAC Multi Event Championships	May 2, 2024
10	Molstre, Joey	FR-1	Concordia-Moorhead	5263	MIAC Multi Event Championships	May 2, 2024
11	Eiseth, Aaron	SO-2	Bethel (Minn.)	4971	MIAC Multi Event Championships	May 2, 2024
12	Wellman, Trevor	SR-4	Bethel (Minn.)	4967	MIAC Multi Event Championships	May 2, 2024
13	Olson, Jesse	FR-1	St. Olaf	4897	MIAC Multi Event Championships	May 2, 2024
14	Kienholz, Carter	JR-3	Hamline	4729	MIAC Multi Event Championships	May 2, 2024
15	Leafblad, Eli	FR-1	Bethel (Minn.)	4481	MIAC Multi Event Championships	May 2, 2024
16	Schmidt, Joe	JR-3	Gustavus Adolphus	4461	MIAC Multi Event Championships	May 2, 2024
17	Ramirez, Gael	JR-3	Bethel (Minn.)	4457	MIAC Multi Event Championships	May 2, 2024
18	Peterson, Josh	FR-1	Concordia-Moorhead	4152	St. Olaf Last Chance Multi's	May 15, 2024
19	Anderson, Reese	SO-2	Carleton	3891	Klein/ Nwaba Combined Events	Mar 21, 2024