



MIAC Outdoor Performance List

100 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Arthur, Kevin	SR-4	St. John's (Minn.)	10.17	NCAA Division III Outdoor Track & Field Championships	May 22, 2025	1.7
2	Reis, Max	FR-1	St. John's (Minn.)	10.35	NCAA Division III Outdoor Track & Field Championships	May 22, 2025	1.7
3	Liu, Landen	JR-3	Bethel (Minn.)	10.41	MIAC Outdoor Championships	May 9, 2025	2.4
4	Yawson, Ricky Kwabena	FR-1	Hamline	10.48	Gary Wilson Invitational	Apr 23, 2025	2.6
5	Heitler, Arlo	SR-4	Macalester	10.58	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025	1.6
6	McConnell, Cameron	JR-3	Bethel (Minn.)	10.66	MIAC Outdoor Championships	May 9, 2025	0.4
7	Murnan, Kieran	SO-2	St. John's (Minn.)	10.74	MIAC Outdoor Championships	May 9, 2025	2.4
8	Simon, Godsword	SR-4	Bethel (Minn.)	10.84	MIAC Outdoor Championships	May 9, 2025	2.4
9	Cramer, Ryan	FR-1	Saint Mary's (Minn.)	10.86	Phil Esten Challenge	Apr 17, 2025	2.0
10	Schreiner, Tommy	FR-1	Concordia-Moorhead	10.87	NDSU Spring Classic	Apr 11, 2025	4.5
11	Alfaro Diedrich, Sean	SR-4	St. Scholastica	10.88	MIAC Outdoor Championships	May 9, 2025	2.6
12	Kyoore, Zechariah	SR-4	Gustavus Adolphus	10.94	Gustie Twilight	Apr 16, 2025	0.6
13	Adamson, Oliver	SR-4	Saint Mary's (Minn.)	10.96	SMU Cardinal Invitational - College Entries	Apr 12, 2025	3.1
14	Travis, Brandon	FR-1	Augsburg	10.98	MIAC Outdoor Championships	May 9, 2025	1.2
15	Lebrija, Ethan	FR-1	Concordia-Moorhead	10.99	NDSU Spring Classic	Apr 11, 2025	4.0
16	Hansen, Matt	SO-2	St. John's (Minn.)	11.00	Meet of the UnSaintly	Apr 30, 2025	1.4
16	Morical, Nolan	JR-3	Concordia-Moorhead	11.00	Cobber Open	May 3, 2025	1.9
18	Mohr, Hunter	FR-1	St. John's (Minn.)	11.02	Meet of the UnSaintly	Apr 30, 2025	1.4
18	Thomas, Reece	SR-4	Hamline	11.02	Meet of the UnSaintly	Apr 30, 2025	1.4
20	Popoca, Emanuel	SR-4	St. John's (Minn.)	11.03	Gary Wilson Invitational	Apr 23, 2025	3.0
21	Pettis, Andrei	JR-3	Hamline	11.04	Gary Wilson Invitational	Apr 23, 2025	3.0
22	Ferrante, Anthony	FR-1	St. John's (Minn.)	11.05	Gary Wilson Invitational	Apr 23, 2025	3.0
23	Morey, Aidan	JR-3	St. John's (Minn.)	11.08	MIAC Outdoor Championships	May 9, 2025	1.2
24	Sesay, Abdul	SO-2	St. John's (Minn.)	11.09	MIAC Outdoor Championships	May 9, 2025	2.6
25	Petron, Jordan	SR-4	Concordia-Moorhead	11.10	Cobber Open	May 3, 2025	0.4
26	Kritsberg, Ben	JR-3	Saint Mary's (Minn.)	11.11	SMU Cardinal Invitational - College Entries	Apr 12, 2025	3.1

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
26	Hasbargen, Nick	FR-1	Concordia-Moorhead	11.11	Cobber Open	May 3, 2025	0.4
28	Martens, Conner	FR-1	Gustavus Adolphus	11.13	Gary Wilson Invitational	Apr 23, 2025	3.0
28	Bien-Aime, Woody	SO-2	St. John's (Minn.)	11.13	Gary Wilson Invitational	Apr 23, 2025	3.0
28	Jung, Jinwoo	SO-2	Saint Mary's (Minn.)	11.13	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025	2.9

200 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Arthur, Kevin	SR-4	St. John's (Minn.)	20.81	MIAC Outdoor Championships	May 9, 2025	-0.4
2	Parent , Jacob	SR-4	Bethel (Minn.)	20.99	Gary Wilson Invitational	Apr 23, 2025	1.9
3	Nelson, Grant	JR-3	Bethel (Minn.)	21.04	MIAC Outdoor Championships	May 9, 2025	+0.0
4	McConnell, Cameron	JR-3	Bethel (Minn.)	21.26	Bethel Invitational	Apr 12, 2025	1.1
5	Heitler, Arlo	SR-4	Macalester	21.42	St. Olaf Ole Open	May 3, 2025	0.8
6	Yawson, Ricky Kwabena	FR-1	Hamline	21.57	Bethel Invitational	Apr 12, 2025	1.1
7	Raitz, Sam	SO-2	Bethel (Minn.)	21.64	Bethel Invitational	Apr 12, 2025	1.1
8	Reis, Max	FR-1	St. John's (Minn.)	21.71	CSB/SJU Easter Track Meet	Apr 17, 2025	-0.1
9	Schreiner, Tommy	FR-1	Concordia-Moorhead	21.84	MIAC Outdoor Championships	May 9, 2025	0.2
10	Kubicek, Noah	JR-3	St. Scholastica	21.90	MIAC Outdoor Championships	May 9, 2025	0.3
11	Adamson, Oliver	SR-4	Saint Mary's (Minn.)	22.00	MIAC Outdoor Championships	May 9, 2025	+0.0
12	Kyoore, Zechariah	SR-4	Gustavus Adolphus	22.04	MIAC Outdoor Championships	May 9, 2025	+0.0
13	Murnan, Kieran	SO-2	St. John's (Minn.)	22.12	MIAC Outdoor Championships	May 9, 2025	0.3
13	Nathan, Asher	SO-2	Carleton	22.12	MIAC Outdoor Championships	May 9, 2025	+0.0
15	Lebrija, Ethan	FR-1	Concordia-Moorhead	22.14	UWL Final Qualifier	May 14, 2025	0.4
16	Petron, Jordan	SR-4	Concordia-Moorhead	22.18	MIAC Outdoor Championships	May 9, 2025	0.2
17	Rudzitis, Taaron	SR-4	Bethel (Minn.)	22.22	Bethel Invitational	Apr 12, 2025	1.1
18	Morical, Nolan	JR-3	Concordia-Moorhead	22.25	Cobber Open	May 3, 2025	0.3
19	Cramer, Ryan	FR-1	Saint Mary's (Minn.)	22.32	MIAC Outdoor Championships	May 9, 2025	0.3
20	Alfaro Diedrich, Sean	SR-4	St. Scholastica	22.37	University of St. Thomas East Invite	Apr 17, 2025	0.4
21	Sammons, Karson	FR-1	Macalester	22.45	Bethel Invitational	Apr 12, 2025	0.2
21	Stursa, Cohen	SO-2	Gustavus Adolphus	22.45	Maverick Open #1	Apr 30, 2025	1.1
23	Martens, Conner	FR-1	Gustavus Adolphus	22.46	Drake Alternative	Apr 26, 2025	1.0
23	Conzemius, Ryan	SR-4	St. John's (Minn.)	22.46	MIAC Outdoor Championships	May 9, 2025	+0.0
25	Popoca, Emanuel	SR-4	St. John's (Minn.)	22.47	St. Olaf Ole Open	May 3, 2025	1.7
26	O'Bey, Carter	SO-2	St. Scholastica	22.50	MIAC Outdoor Championships	May 9, 2025	0.2
27	Thomas, Reece	SR-4	Hamline	22.51	Hamline Invitational - Teams	Apr 5, 2025	5.2
28	Schaffer, Dawson	SR-4	Hamline	22.54	Cobber Open	May 3, 2025	0.3
29	Johnson, Brady	SR-4	Saint Mary's (Minn.)	22.55	Maverick Open #2	May 2, 2025	3.9
29	Brouse, Tyler	FR-1	Concordia-Moorhead	22.55	Viking Twilight	Apr 22, 2025	4.0

400 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Nelson, Grant	JR-3	Bethel (Minn.)	46.20	MIAC Outdoor Championships	May 9, 2025
2	Parent , Jacob	SR-4	Bethel (Minn.)	46.33	MIAC Outdoor Championships	May 9, 2025
3	Heitler, Arlo	SR-4	Macalester	47.41	MIAC Outdoor Championships	May 9, 2025
4	Kubicek, Noah	JR-3	St. Scholastica	48.40	MIAC Outdoor Championships	May 9, 2025
5	Ketterling, Caleb	SO-2	Bethel (Minn.)	48.52	MIAC Outdoor Championships	May 9, 2025
6	Raitz, Sam	SO-2	Bethel (Minn.)	48.91	MIAC Outdoor Championships	May 9, 2025
7	Scheider, Daniel	FR-1	Carleton	49.13	MIAC Outdoor Championships	May 9, 2025
8	Nathan, Asher	SO-2	Carleton	49.42	MIAC Outdoor Championships	May 9, 2025
9	Sammons, Karson	FR-1	Macalester	49.43	St. Olaf Ole Open	May 3, 2025
10	Rudzitis, Taaron	SR-4	Bethel (Minn.)	49.62	MIAC Outdoor Championships	May 9, 2025
11	Witschen, Wyatt	SO-2	St. John's (Minn.)	49.69	MIAC Outdoor Championships	May 9, 2025
12	Fossen, Tennessee	SR-4	Gustavus Adolphus	49.71	MIAC Outdoor Championships	May 9, 2025
13	Arthur, Kevin	SR-4	St. John's (Minn.)	49.94	CSB/SJU Optimistic Meet	Mar 28, 2025
14	Carlson, Brayden	FR-1	Concordia-Moorhead	50.08	MIAC Outdoor Championships	May 9, 2025
15	Palm, Alex	SO-2	Bethel (Minn.)	50.11	MIAC Outdoor Championships	May 9, 2025
16	Mohr, Hunter	FR-1	St. John's (Minn.)	50.12	St. Olaf Ole Open	May 3, 2025
16	Ali, Kalid	SR-4	Macalester	50.12	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
18	Lelwica, Max	SR-4	St. John's (Minn.)	50.29	NCAA Division III Outdoor Track & Field Championships	May 22, 2025
19	Swanson, Luc	SO-2	Bethel (Minn.)	50.41	Meet of the UnSaintly	Apr 30, 2025
19	Molstre, Joey	SO-2	Concordia-Moorhead	50.41	MIAC Multi Events	May 1, 2025
21	Stageberg, Noah	SR-4	Gustavus Adolphus	50.54	St. Olaf Ole Open	May 3, 2025
22	Haack, Tony	JR-3	Bethel (Minn.)	50.60	Bethel Invitational	Apr 12, 2025
23	Arneson, Cullen	SO-2	Gustavus Adolphus	50.61	St. Olaf Ole Open	May 3, 2025
24	Smith, Tyler	SR-4	Gustavus Adolphus	50.68	Drake Alternative	Apr 26, 2025
25	Conzemius, Ryan	SR-4	St. John's (Minn.)	50.71	MIAC Outdoor Championships	May 9, 2025
26	McInturff, Austin	FR-1	St. Olaf	50.78	Carleton Relays	Apr 19, 2025
27	Kessel, Peyton	SR-4	Concordia-Moorhead	50.88	Cobber Open	May 3, 2025
28	Brauer, Nicholas	SO-2	Gustavus Adolphus	50.89	Drake Alternative	Apr 26, 2025
29	Eenigenburg, Jakob	FR-1	St. Olaf	50.97	MIAC Outdoor Championships	May 9, 2025
30	Montreuil, Owen	JR-3	St. John's (Minn.)	51.00	Minnesota State Open	Apr 12, 2025

800 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Nemecek, Lance	JR-3	St. Olaf	1:51.32	MIAC Outdoor Championships	May 9, 2025
2	Lelinga, Victor	SO-2	Bethel (Minn.)	1:51.61	MIAC Outdoor Championships	May 9, 2025
3	Ihrke, John	FR-1	Macalester	1:51.70	Meet of the UnSaintly	Apr 30, 2025
4	Moore, Cullen	JR-3	St. Olaf	1:51.98	Meet of the UnSaintly	Apr 30, 2025
5	Allen, Tommy	JR-3	St. John's (Minn.)	1:52.47	MIAC Outdoor Championships	May 9, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
6	St. Peter, Nick	JR-3	St. John's (Minn.)	1:53.01	UWL Final Qualifier	May 14, 2025
7	Fells, Christian	SO-2	St. Olaf	1:53.38	MIAC Outdoor Championships	May 9, 2025
8	Montreuil, Owen	JR-3	St. John's (Minn.)	1:53.66	MIAC Outdoor Championships	May 9, 2025
9	Brauer, Nicholas	SO-2	Gustavus Adolphus	1:53.88	Gary Wilson Invitational	Apr 23, 2025
10	Fitzgerald, Ignatius	JR-3	St. Olaf	1:54.69	St. Olaf Ole Open	May 3, 2025
11	McCoy, Max	SO-2	St. John's (Minn.)	1:54.96	CSB/SJU Easter Track Meet	Apr 17, 2025
12	Stencel, Cole	SO-2	St. John's (Minn.)	1:55.11	CSB/SJU Easter Track Meet	Apr 17, 2025
13	Ali, Kalid	SR-4	Macalester	1:55.21	Bethel Invitational	Apr 12, 2025
14	Bullock, Jackson	FR-1	St. Olaf	1:55.22	St. Olaf Ole Open	May 3, 2025
15	Coffey, Olaf	SR-4	St. Olaf	1:55.31	St. Olaf Ole Open	May 3, 2025
16	Hartney, Sean	SR-4	St. Olaf	1:55.58	St. Olaf Ole Open	May 3, 2025
17	Martin, Zach	SO-2	St. Olaf	1:55.74	St. Olaf Ole Open	May 3, 2025
18	Lyness, Indy	JR-3	Carleton	1:55.82	MIAC Outdoor Championships	May 9, 2025
19	McInturff, Austin	FR-1	St. Olaf	1:56.37	Bethel Invitational	Apr 12, 2025
20	Bjork, Alex	SO-2	St. Olaf	1:56.52	St. Olaf Ole Open	May 3, 2025
21	Meier, Josh	SR-4	Carleton	1:56.53	Westmont Collegiate Classic	Mar 22, 2025
21	Roehl, Carson	SR-4	Gustavus Adolphus	1:56.53	Drake Alternative	Apr 26, 2025
23	Douglas, Derek	SR-4	St. Scholastica	1:56.54	MIAC Outdoor Championships	May 9, 2025
24	Lebakken, Jay	JR-3	Macalester	1:56.57	Meet of the UnSaintly	Apr 30, 2025
25	Wiltse, Daniel	SO-2	Macalester	1:56.68	Meet of the UnSaintly	Apr 30, 2025
26	Boone, Calvin	SR-4	St. Scholastica	1:56.90	Bethel Invitational	Apr 12, 2025
27	Molenkamp, Lars	SO-2	St. John's (Minn.)	1:56.92	St. Olaf Ole Open	May 3, 2025
28	Nelson, Clark	SR-4	Bethel (Minn.)	1:57.00	Bethel Invitational	Apr 12, 2025
29	Nichols, Gabe	SR-4	Carleton	1:57.14	Carleton Relays	Apr 19, 2025
30	Smith, Tyler	SR-4	Gustavus Adolphus	1:57.33	Gary Wilson Invitational	Apr 23, 2025

1500 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Fitzgerald, Ignatius	JR-3	St. Olaf	3:48.55	UWL Final Qualifier	May 14, 2025
2	Goss, Brady	SO-2	Concordia-Moorhead	3:49.78	MIAC Outdoor Championships	May 9, 2025
3	Boone, Calvin	SR-4	St. Scholastica	3:49.84	Meet of the UnSaintly	Apr 30, 2025
4	Hartney, Sean	SR-4	St. Olaf	3:50.02	Meet of the UnSaintly	Apr 30, 2025
5	Olsson, Tor	SR-4	Macalester	3:50.05	UWL Final Qualifier	May 14, 2025
6	Nichols, Gabe	SR-4	Carleton	3:51.40	UWL Final Qualifier	May 14, 2025
7	Stencel, Cole	SO-2	St. John's (Minn.)	3:51.59	UWL Final Qualifier	May 14, 2025
8	Turlington, Kevin	JR-3	St. Olaf	3:51.80	WashU Distance Carnival '25	Mar 27, 2025
9	Dewall, Lars	SR-4	St. Scholastica	3:52.31	UWL Final Qualifier	May 14, 2025
10	St. Peter, Nick	JR-3	St. John's (Minn.)	3:54.28	Meet of the UnSaintly	Apr 30, 2025
11	Coffey, Olaf	SR-4	St. Olaf	3:55.23	Meet of the UnSaintly	Apr 30, 2025
12	Brauer, Nicholas	SO-2	Gustavus Adolphus	3:56.94	MIAC Outdoor Championships	May 9, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
13	McKee, Reece	SR-4	Macalester	3:57.68	St. Olaf Ole Open	May 3, 2025
14	Crotteau, Ben	SR-4	Macalester	3:58.84	UWL Final Qualifier	May 14, 2025
15	Smith, Tyler	SR-4	Gustavus Adolphus	3:59.01	Gustie Twilight	Apr 16, 2025
16	Hoisington, Quinn	SO-2	Macalester	3:59.22	MIAC Outdoor Championships	May 9, 2025
17	Graber, Grant	SR-4	Bethel (Minn.)	3:59.95	Meet of the UnSaintly	Apr 30, 2025
18	Marsh, Jackson	SR-4	St. Olaf	4:00.84	MIAC Outdoor Championships	May 9, 2025
19	Roehl, Carson	SR-4	Gustavus Adolphus	4:01.45	Maverick Open #1	Apr 30, 2025
20	Hage, Hootie	FR-1	Bethel (Minn.)	4:01.47	Meet of the UnSaintly	Apr 30, 2025
21	Bullock, Jackson	FR-1	St. Olaf	4:01.59	Meet of the UnSaintly	Apr 30, 2025
22	Bjork, Alex	SO-2	St. Olaf	4:01.68	MIAC Outdoor Championships	May 9, 2025
23	LiaBraaten, Lucas	JR-3	Hamline	4:01.79	Meet of the UnSaintly	Apr 30, 2025
24	Ihrke, John	FR-1	Macalester	4:01.84	Carleton Relays	Apr 19, 2025
25	Moore, Cullen	JR-3	St. Olaf	4:02.30	Carleton Relays	Apr 19, 2025
26	Molenkamp, Lars	SO-2	St. John's (Minn.)	4:02.37	UWL Final Qualifier	May 14, 2025
27	Cavanaugh, Eamon	SR-4	St. John's (Minn.)	4:03.33	UWL Final Qualifier	May 14, 2025
28	McCoy, Max	SO-2	St. John's (Minn.)	4:03.49	Meet of the UnSaintly	Apr 30, 2025
29	Lyness, Indy	JR-3	Carleton	4:05.08	Carleton Relays	Apr 19, 2025
30	Max, Parker	JR-3	St. Olaf	4:05.15	St. Olaf Ole Open	May 3, 2025

5000 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Turlington, Kevin	JR-3	St. Olaf	14:11.84	Meet of the UnSaintly	Apr 30, 2025
2	Skemp, Andrew	SR-4	St. Olaf	14:25.21	UW-Platteville Invitational	Apr 11, 2025
3	Nichols, Gabe	SR-4	Carleton	14:34.50	UW-Platteville Invitational	Apr 11, 2025
4	Fitzgerald, Ignatius	JR-3	St. Olaf	14:34.73	UW-Platteville Invitational	Apr 11, 2025
5	Hartney, Sean	SR-4	St. Olaf	14:41.01	UW-Platteville Invitational	Apr 11, 2025
6	Manzur Strandlund, Gael	JR-3	St. Olaf	14:44.37	Meet of the UnSaintly	Apr 30, 2025
7	Stencel, Cole	SO-2	St. John's (Minn.)	14:45.71	Meet of the UnSaintly	Apr 30, 2025
8	Deaver, Jack	JR-3	St. Olaf	14:49.61	Meet of the UnSaintly	Apr 30, 2025
9	McKee, Reece	SR-4	Macalester	14:51.87	UW-Platteville Invitational	Apr 11, 2025
10	Llewellyn, Roy	JR-3	Carleton	14:54.68	UW-Platteville Invitational	Apr 11, 2025
11	Cavanaugh, Eamon	SR-4	St. John's (Minn.)	14:55.32	UW-Platteville Invitational	Apr 11, 2025
12	Olsson, Tor	SR-4	Macalester	14:55.46	UW-Platteville Invitational	Apr 11, 2025
13	Kaluza, Vincent	SO-2	St. John's (Minn.)	14:57.97	UW-Platteville Invitational	Apr 11, 2025
14	Ihrke, Nick	SR-4	Macalester	15:03.28	UW-Platteville Invitational	Apr 11, 2025
15	Dewall, Lars	SR-4	St. Scholastica	15:06.19	Gary Wilson Invitational	Apr 23, 2025
16	St. Peter, Nick	JR-3	St. John's (Minn.)	15:12.38	UW-Platteville Invitational	Apr 11, 2025
17	Graber, Grant	SR-4	Bethel (Minn.)	15:12.98	MIAC Outdoor Championships	May 9, 2025
18	Bjork, Alex	SO-2	St. Olaf	15:15.18	Meet of the UnSaintly	Apr 30, 2025
19	Goss, Brady	SO-2	Concordia-Moorhead	15:16.59	CSB/SJU Optimistic Meet	Mar 28, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
20	Boone, Calvin	SR-4	St. Scholastica	15:17.57	Hamline Invitational - Teams	Apr 5, 2025
21	Malecha, Jacob	SO-2	St. John's (Minn.)	15:18.94	UW-Platteville Invitational	Apr 11, 2025
22	Hage, Hootie	FR-1	Bethel (Minn.)	15:24.01	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
23	Crotteau, Ben	SR-4	Macalester	15:25.66	UW-Platteville Invitational	Apr 11, 2025
24	Janzen, Will	JR-3	Gustavus Adolphus	15:26.04	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
25	Hoisington, Quinn	SO-2	Macalester	15:30.30	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
26	Wiltse, Daniel	SO-2	Macalester	15:31.32	UW-Platteville Invitational	Apr 11, 2025
27	Max, Parker	JR-3	St. Olaf	15:31.84	Meet of the UnSaintly	Apr 30, 2025
28	Pouliot, Evan	SO-2	Gustavus Adolphus	15:31.93	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
29	Gundersen, Cooper	FR-1	St. Olaf	15:34.23	Meet of the UnSaintly	Apr 30, 2025
30	Brown, Travis	FR-1	Carleton	15:36.54	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025

10,000 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Turlington, Kevin	JR-3	St. Olaf	30:01.73	Phil Esten Challenge	Apr 17, 2025
2	Skemp, Andrew	SR-4	St. Olaf	30:14.14	WashU Distance Carnival '25	Mar 27, 2025
3	Manzur Strandlund, Gael	JR-3	St. Olaf	30:42.40	WashU Distance Carnival '25	Mar 27, 2025
4	Graber, Grant	SR-4	Bethel (Minn.)	31:35.53	MIAC Outdoor Championships	May 9, 2025
5	Goss, Tyler	SO-2	Concordia-Moorhead	31:36.82	CSB/SJU Optimistic Meet	Mar 28, 2025
6	Cavanaugh, Eamon	SR-4	St. John's (Minn.)	31:38.05	CSB/SJU Optimistic Meet	Mar 28, 2025
7	Kaluza, Vincent	SO-2	St. John's (Minn.)	32:10.77	MIAC Outdoor Championships	May 9, 2025
8	Llewellyn, Roy	JR-3	Carleton	32:16.36	MIAC Outdoor Championships	May 9, 2025
9	Gundersen, Cooper	FR-1	St. Olaf	32:23.89	MIAC Outdoor Championships	May 9, 2025
10	Ihrke, Nick	SR-4	Macalester	32:46.75	MIAC Outdoor Championships	May 9, 2025
11	Brown, Travis	FR-1	Carleton	32:49.66	Carleton Relays	Apr 19, 2025
12	Pouliot, Evan	SO-2	Gustavus Adolphus	32:50.46	MIAC Outdoor Championships	May 9, 2025
13	Jamison, Andrew	JR-3	Carleton	32:53.63	Carleton Relays	Apr 19, 2025
14	Pattie, Jonathan	JR-3	St. Olaf	33:00.19	MIAC Outdoor Championships	May 9, 2025
15	Bernstein, Ryan	JR-3	Carleton	33:04.75	Carleton Relays	Apr 19, 2025
16	McFetridge, Jack	JR-3	St. Olaf	33:17.59	Carleton Relays	Apr 19, 2025
17	Edwards, Tyler	JR-3	Macalester	33:23.07	MIAC Outdoor Championships	May 9, 2025
18	Price, David	SR-4	Bethel (Minn.)	33:30.39	Bethel Invitational	Apr 12, 2025
19	Skinner, AJ	SR-4	St. John's (Minn.)	33:40.98	CSB/SJU Easter Track Meet	Apr 17, 2025
20	Avra, Thomas	FR-1	Bethel (Minn.)	33:50.56	Bethel Invitational	Apr 12, 2025
21	Sackreiter, Soren	JR-3	Gustavus Adolphus	33:54.97	Norse Invite	Apr 5, 2025
22	Fitzgerald, Isaiah	SO-2	Saint Mary's (Minn.)	34:09.93	WashU Distance Carnival '25	Mar 27, 2025
23	Martinek, Peyton	SO-2	St. John's (Minn.)	34:12.37	CSB/SJU Easter Track Meet	Apr 17, 2025
24	Ferber, Carter	JR-3	Concordia-Moorhead	34:12.40	CSB/SJU Easter Track Meet	Apr 17, 2025
25	Harris, Grayson	SR-4	Augsburg	35:22.52	Alan Connie Shamrock Invitational	Mar 20, 2025
26	Dallas, Evan	JR-3	Bethel (Minn.)	37:26.75	Bethel Invitational	Apr 12, 2025

110 Hurdles

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Ekiyor, Jayson	SR-4	Bethel (Minn.)	13.83	Gary Wilson Invitational	Apr 23, 2025	1.7
2	Thomsen, Josh	SR-4	Bethel (Minn.)	14.42	Drake Relays	Apr 23, 2025	2.4
3	Myres, David	SR-4	Bethel (Minn.)	14.58	MIAC Outdoor Championships	May 9, 2025	0.4
4	Lelwica, Max	SR-4	St. John's (Minn.)	15.12	UW-Oshkosh Invite & Multi	Apr 11, 2025	1.8
5	Suah, Morris	SO-2	Hamline	15.30	Meet of the UnSaintly	Apr 30, 2025	1.5
6	Viesselman, Blake	SO-2	Bethel (Minn.)	15.33	MIAC Outdoor Championships	May 9, 2025	1.3
7	McCormick, Connor	JR-3	Gustavus Adolphus	15.45	MIAC Outdoor Championships	May 9, 2025	1.3
8	Amoud, Bashir	SO-2	St. John's (Minn.)	15.55	MIAC Outdoor Championships	May 9, 2025	1.3
9	Lee, Josh	SR-4	Bethel (Minn.)	15.56	MIAC Outdoor Championships	May 9, 2025	0.4
10	Clark, Logan	JR-3	Concordia-Moorhead	15.58	Cobber Open	May 3, 2025	1.8
11	Escobar Pearson, Cristian	FR-1	St. Olaf	15.96	Bethel Invitational	Apr 12, 2025	0.5
12	Rudzitis, Joren	FR-1	Bethel (Minn.)	15.97	MIAC Outdoor Championships	May 9, 2025	0.7
13	Stefanowicz, Sebastian	JR-3	Macalester	16.02	MIAC Outdoor Championships	May 9, 2025	0.3
14	Kaster, Soren	SO-2	Carleton	16.03	Carleton Relays	Apr 19, 2025	0.9
15	Molstre, Joey	SO-2	Concordia-Moorhead	16.08	MIAC Outdoor Championships	May 9, 2025	0.3
16	Elseth, Aaron	JR-3	Bethel (Minn.)	16.19	MIAC Multi Events	May 1, 2025	3.1
17	Sterk, Jacob	FR-1	St. John's (Minn.)	16.44	Hamline Invitational - Teams	Apr 5, 2025	2.1
18	Thurk, Anthony	SR-4	St. John's (Minn.)	16.51	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025	1.5
19	Lapinski, Will	SO-2	St. Olaf	16.64	MIAC Outdoor Championships	May 9, 2025	0.4
20	Brandt, Isak	SO-2	St. John's (Minn.)	16.70	MIAC Multi Events	May 1, 2025	3.1
21	Anderson, Reese	JR-3	Carleton	16.73	Carleton Relays	Apr 19, 2025	0.9
22	Evans, Bailey	FR-1	St. John's (Minn.)	16.93	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025	0.3
23	Hoelzel, Gavin	SO-2	St. Olaf	16.94	Meet of the UnSaintly	Apr 30, 2025	1.2
24	Bassett, Jackson	JR-3	St. Olaf	17.08	Gary Wilson Invitational	Apr 23, 2025	3.0
25	Mahamud, Hamza	JR-3	Macalester	17.16	Meet of the UnSaintly	Apr 30, 2025	1.2
25	Besemann, Noah	SO-2	St. John's (Minn.)	17.16	MIAC Multi Events	May 1, 2025	3.2
27	Cogley, Andrew	SR-4	St. Olaf	17.19	MIAC Multi Events	May 1, 2025	2.3
28	Hasbargen, Nick	FR-1	Concordia-Moorhead	18.03	Sunny Day Meet	Apr 12, 2025	1.1
29	Peterson, Josh	SO-2	Concordia-Moorhead	18.47	MIAC Multi Events	May 1, 2025	2.3
30	Olson, Jesse	SO-2	St. Olaf	18.74	Gary Wilson Invitational	Apr 23, 2025	4.1

400 Hurdles

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Ekiyor, Jayson	SR-4	Bethel (Minn.)	51.57	MIAC Outdoor Championships	May 9, 2025
2	Thomsen, Josh	SR-4	Bethel (Minn.)	52.39	MIAC Outdoor Championships	May 9, 2025
3	Myres, David	SR-4	Bethel (Minn.)	52.56	UWL Final Qualifier	May 14, 2025
4	Smith, Cooper	SO-2	St. John's (Minn.)	53.87	MIAC Outdoor Championships	May 9, 2025
5	Richardson, Ryan	FR-1	Concordia-Moorhead	55.05	MIAC Outdoor Championships	May 9, 2025
6	Suah, Morris	SO-2	Hamline	55.20	MIAC Outdoor Championships	May 9, 2025
7	Schulze, Sam	SR-4	Gustavus Adolphus	55.25	MIAC Outdoor Championships	May 9, 2025
8	Sterk, Jacob	FR-1	St. John's (Minn.)	56.59	MIAC Outdoor Championships	May 9, 2025
9	Russell, Bode	FR-1	St. John's (Minn.)	56.84	MIAC Outdoor Championships	May 9, 2025
10	Anderson, Reese	JR-3	Carleton	57.73	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
11	Rudzitis, Joren	FR-1	Bethel (Minn.)	57.84	MIAC Outdoor Championships	May 9, 2025
12	Deutschlander, Pierre	SR-4	St. John's (Minn.)	58.23	MIAC Outdoor Championships	May 9, 2025
13	Viesselman, Blake	SO-2	Bethel (Minn.)	58.31	Bethel Invitational	Apr 12, 2025
14	Gilbertson, Landon	FR-1	Gustavus Adolphus	58.32	Maverick Open #1	Apr 30, 2025
15	Cass, Thomas	FR-1	St. John's (Minn.)	58.35	Meet of the UnSaintly	Apr 30, 2025
16	Gunderson, Tyler	FR-1	St. Olaf	58.59	MIAC Outdoor Championships	May 9, 2025
17	Moeller, Calvin	SR-4	Gustavus Adolphus	58.72	MIAC Outdoor Championships	May 9, 2025
18	Kaster, Soren	SO-2	Carleton	58.94	Hamline Invitational - Teams	Apr 5, 2025
19	Horton, Jamir	FR-1	Augsburg	59.08	Meet of the UnSaintly	Apr 30, 2025
20	Goyke, David	FR-1	Hamline	59.41	MIAC Outdoor Championships	May 9, 2025
21	Kaba, Bangaly	SO-2	St. John's (Minn.)	59.70	MIAC Outdoor Championships	May 9, 2025
22	Lapinski, Will	SO-2	St. Olaf	1:00.47	MIAC Outdoor Championships	May 9, 2025
23	Richards, Eric	FR-1	Gustavus Adolphus	1:00.94	Drake Alternative	Apr 26, 2025
24	Bassett, Jackson	JR-3	St. Olaf	1:01.17	St. Olaf Ole Open	May 3, 2025
25	Heldman, Lucas	FR-1	Carleton	1:01.57	St. Olaf Ole Open	May 3, 2025
26	Blaeser, Aiden	JR-3	St. John's (Minn.)	1:01.97	CSB/SJU Optimistic Meet	Mar 28, 2025
27	Gathje, Joseph	SR-4	St. John's (Minn.)	1:03.43	CSB/SJU Easter Track Meet	Apr 17, 2025
28	Moses, Maddox	FR-1	Hamline	1:03.54	MIAC Outdoor Championships	May 9, 2025
29	Applebaum, Tommy	FR-1	Carleton	1:03.90	MIAC Outdoor Championships	May 9, 2025
30	Alexander, James	FR-1	Carleton	1:05.11	Hamline Invitational - Teams	Apr 5, 2025

3000 Steeplechase

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Goss, Brady	SO-2	Concordia-Moorhead	8:46.29	MIAC Outdoor Championships	May 9, 2025
2	Fitzgerald, Ignatius	JR-3	St. Olaf	8:52.30	MIAC Outdoor Championships	May 9, 2025
3	Goss, Tyler	SO-2	Concordia-Moorhead	9:10.24	Midwest Twilight Final Qualifier	May 14, 2025
4	Deaver, Jack	JR-3	St. Olaf	9:10.33	MIAC Outdoor Championships	May 9, 2025
5	Kaluza, Vincent	SO-2	St. John's (Minn.)	9:32.53	Gary Wilson Invitational	Apr 23, 2025
6	Kaye, Lex	SO-2	St. Olaf	9:34.52	MIAC Outdoor Championships	May 9, 2025
7	Malecha, Jacob	SO-2	St. John's (Minn.)	9:34.61	MIAC Outdoor Championships	May 9, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
8	Torstenson, Torte	FR-1	Carleton	9:37.72	MIAC Outdoor Championships	May 9, 2025
9	McKee, Reece	SR-4	Macalester	9:42.70	Meet of the UnSaintly	Apr 30, 2025
10	Gathje, Joseph	SR-4	St. John's (Minn.)	9:45.61	Gary Wilson Invitational	Apr 23, 2025
11	Berg, Collin	FR-1	St. John's (Minn.)	9:46.44	MIAC Outdoor Championships	May 9, 2025
12	Janzen, Will	JR-3	Gustavus Adolphus	9:46.54	MIAC Outdoor Championships	May 9, 2025
13	McCoy, Max	SO-2	St. John's (Minn.)	9:46.69	MIAC Outdoor Championships	May 9, 2025
14	Schneider, Grant	SR-4	Saint Mary's (Minn.)	9:47.87	MIAC Outdoor Championships	May 9, 2025
15	Kalsnes, Jonah	SR-4	Bethel (Minn.)	9:56.29	MIAC Outdoor Championships	May 9, 2025
16	LiaBraaten, Lucas	JR-3	Hamline	10:00.27	Phil Esten Challenge	Apr 17, 2025
17	Martel, Ethan	SO-2	St. Olaf	10:05.16	Meet of the UnSaintly	Apr 30, 2025
18	Leonard, Ethan	SR-4	St. John's (Minn.)	10:10.48	Gary Wilson Invitational	Apr 23, 2025
19	Groshelle, Gavin	JR-3	Concordia-Moorhead	10:10.51	Bison Open	Apr 24, 2025
20	Hatlevig, Caleb	FR-1	Macalester	10:15.30	Meet of the UnSaintly	Apr 30, 2025
21	Cilek, Camden	SO-2	Gustavus Adolphus	10:29.59	St. Olaf Ole Open	May 3, 2025
22	Berge, Matthew	FR-1	Gustavus Adolphus	10:34.72	St. Olaf Ole Open	May 3, 2025
23	Cox, Ethan	FR-1	Gustavus Adolphus	10:43.65	Drake Alternative	Apr 26, 2025
24	Marable, Adam	FR-1	St. John's (Minn.)	10:59.77	CSB/SJU Easter Track Meet	Apr 17, 2025
25	Tuggle, Wade	FR-1	Hamline	11:04.04	Meet of the UnSaintly	Apr 30, 2025
26	Dow, Connor	FR-1	St. John's (Minn.)	11:06.01	CSB/SJU Easter Track Meet	Apr 17, 2025
27	Trzynka, Matthew	FR-1	Gustavus Adolphus	11:08.11	St. Olaf Ole Open	May 3, 2025
28	Moses, Maddox	FR-1	Hamline	11:33.96	Bethel Invitational	Apr 12, 2025
29	Barberg, Micah	FR-1	Bethel (Minn.)	11:57.92	Bethel Invitational	Apr 12, 2025

4 x 100 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	St. John's (Minn.)	39.87	Popoca, Arthur, Murnan, Reis	NCAA Division III Outdoor Track & Field Championships	May 22, 2025
2	Bethel (Minn.)	40.26	McConnell, Nelson, Raitz, Parent	NCAA Division III Outdoor Track & Field Championships	May 22, 2025
3	Saint Mary's (Minn.)	41.80	Kritsberg, Cramer, Jung, Adamson	MIAC Outdoor Championships	May 9, 2025
4	Concordia-Moorhead	42.00	Lebrija, Schreiner, Petron, Morical	UWL Final Qualifier	May 14, 2025
5	Hamline	42.39	Otis, Thomas, Schaffer, Yawson	Bethel Invitational	Apr 12, 2025
6	St. Scholastica	42.65	O'Bey, Alfaro Diedrich, Douglas, Kubicek	MIAC Outdoor Championships	May 9, 2025
7	Gustavus Adolphus	42.72	Vargas, Martens, Subah, Kyoore	Maverick Open #1	Apr 30, 2025
8	St. Olaf	42.78	Moo, Vogel, Jones, Eenigenburg	MIAC Outdoor Championships	May 9, 2025
9	Augsburg	43.17	Oniya, Byron, Horton, Travis	Meet of the UnSaintly	Apr 30, 2025
10	Carleton	43.98	Jones, Alexander, Cline-Cole, Nathan	St. Olaf Ole Open	May 3, 2025

Place	Team	Time	Athletes	Meet	Meet Date
11	Macalester	44.10	Stefanowicz, Schonebaum, Mahamud, Powell	MIAC Outdoor Championships	May 9, 2025

4 x 200 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Hamline	1:29.38	Otis, Thomas, Schaffer, Yawson	Gustie Twilight	Apr 16, 2025
2	Concordia-Moorhead	1:29.81	Lebrija, Kessel, Petron, Morical	Drake Relays	Apr 23, 2025
3	Gustavus Adolphus	1:32.75	Lippert, Vargas, Bourne, Fossen	Gustie Twilight	Apr 16, 2025

4 x 400 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	3:06.52	Parent, Thomsen, Lelinga, Nelson	NCAA Division III Outdoor Track & Field Championships	May 22, 2025
2	St. John's (Minn.)	3:16.51	Witschen, Smith, Mohr, Conzemius	MIAC Outdoor Championships	May 9, 2025
3	Macalester	3:18.36	Sammons, Ali, Wang, Ihrke	MIAC Outdoor Championships	May 9, 2025
4	St. Olaf	3:18.56	McInturff, Moore, Bullock, Nemecek	Meet of the UnSaintly	Apr 30, 2025
5	Carleton	3:18.78	Alexander, Meier, Nathan, Scheider	MIAC Outdoor Championships	May 9, 2025
6	St. Scholastica	3:19.08	Alfaro Diedrich, Douglas, Bartsch, Kubicek	MIAC Outdoor Championships	May 9, 2025
7	Concordia-Moorhead	3:19.51	Carlson, Richardson, Kessel, Schreiner	MIAC Outdoor Championships	May 9, 2025
8	Gustavus Adolphus	3:20.36	Fossen, Brauer, Stursa, Smith	MIAC Outdoor Championships	May 9, 2025
9	Saint Mary's (Minn.)	3:23.76	Cramer, Johnson, Ruei, Paton	MIAC Outdoor Championships	May 9, 2025
10	Hamline	3:26.68	Couper, Schaffer, Ortiz, Williams	Meet of the UnSaintly	Apr 30, 2025
11	Augsburg	3:34.57	Bitengo, Yang, Horton, Bad Warrior	MIAC Outdoor Championships	May 9, 2025

4 x 800 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	St. Olaf	7:34.14	Bullock, Moore, McInturff, Nemecek	Drake Relays	Apr 23, 2025
2	St. John's (Minn.)	7:35.84	Montreuil, St. Peter, McCoy, Allen	Drake Relays	Apr 23, 2025
3	Gustavus Adolphus	7:46.87	Smith, Stursa, Roehl, Brauer	MIAC Outdoor Championships	May 9, 2025
4	Bethel (Minn.)	7:47.04	Nelson, Kuecker, Berg, Lelinga	Drake Relays	Apr 23, 2025
5	Carleton	7:51.68	Reiter, Khadkikar, Meier, Nichols	MIAC Outdoor Championships	May 9, 2025
6	Macalester	7:53.02	Ali, Wiltse, Riley, Lebakken	MIAC Outdoor Championships	May 9, 2025
7	Saint Mary's (Minn.)	7:58.45	Olmshenk, Ruei, Schneider, Kloss	MIAC Outdoor Championships	May 9, 2025
8	St. Scholastica	7:58.64	Kayfes, Neu, Niemi, Bouley	MIAC Outdoor Championships	May 9, 2025
9	Concordia-Moorhead	8:12.06	Groshelle, Chilala, Hagemeister, Carlson	MIAC Outdoor Championships	May 9, 2025
10	Augsburg	8:52.47	Yang, Nelson, Clower, Bad Warrior	MIAC Outdoor Championships	May 9, 2025
11	Hamline	9:01.30	Roetter Gresback, Li, Taylor, Tuggle	Gustie Twilight	Apr 16, 2025

Sprint Medley Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Concordia-Moorhead	3:35.66	Lebrija, Petron, Kessel, Carlson	Drake Relays	Apr 23, 2025

Distance Medley Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Concordia-Moorhead	10:21.03	Goss, Kessel, Carlson, Goss	Drake Relays	Apr 23, 2025

High Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	McDowell, Jackson	SO-2	St. John's (Minn.)	2.11m	6' 11"	NCAA Division III Outdoor Track & Field Championships	May 22, 2025
2	Carlson, Brendan	SR-4	Gustavus Adolphus	2.01m	6' 7"	MIAC Outdoor Championships	May 9, 2025
3	Matetich, Cole	SR-4	Gustavus Adolphus	2.00m	6' 6.75"	Gary Wilson Invitational	Apr 23, 2025
4	Johnsrud, Peyton	SR-4	Concordia-Moorhead	1.95m	6' 4.75"	Cobber Open	May 3, 2025
5	Lelwica, Max	SR-4	St. John's (Minn.)	1.91m	6' 3.25"	NCAA Division III Outdoor Track & Field Championships	May 22, 2025
6	Cogley, Andrew	SR-4	St. Olaf	1.90m	6' 2.75"	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025
6	Marsh, Anthony	SR-4	Concordia-Moorhead	1.90m	6' 2.75"	CSB/SJU Easter Track Meet	Apr 17, 2025
8	Ungar, Alec	SR-4	St. John's (Minn.)	1.88m	6' 2"	Meet of the UnSaintly	Apr 30, 2025
9	Flunker, Kyler	FR-1	Gustavus Adolphus	1.87m	6' 1.5"	MIAC Outdoor Championships	May 9, 2025
9	Thurk, Anthony	SR-4	St. John's (Minn.)	1.87m	6' 1.5"	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025
9	Thompson, Turner	FR-1	Gustavus Adolphus	1.87m	6' 1.5"	MIAC Outdoor Championships	May 9, 2025
9	Kessel, Peyton	SR-4	Concordia-Moorhead	1.87m	6' 1.5"	MIAC Outdoor Championships	May 9, 2025
13	Mensah, Ataa	FR-1	Macalester	1.86m	6' 1.25"	St. Olaf Ole Open	May 3, 2025
13	Hegland, Eli	FR-1	Concordia-Moorhead	1.86m	6' 1.25"	Cobber Open	May 3, 2025
15	O'Brien, Connor	SO-2	St. John's (Minn.)	1.82m	5' 11.5"	MIAC Outdoor Championships	May 9, 2025
16	LePard, Ben	SO-2	Concordia-Moorhead	1.81m	5' 11.25"	Cobber Open	May 3, 2025
16	Molstre, Joey	SO-2	Concordia-Moorhead	1.81m	5' 11.25"	Sunny Day Meet	Apr 12, 2025
16	Evans, Bailey	FR-1	St. John's (Minn.)	1.81m	5' 11.25"	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025
19	Swanson, Luc	SO-2	Bethel (Minn.)	1.80m	5' 10.75"	Bethel Invitational	Apr 12, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
19	Suah, Morris	SO-2	Hamline	1.80m	5' 10.75"	Bethel Invitational	Apr 12, 2025
21	Gueye, Abdoul	FR-1	Hamline	1.78m	5' 10"	Meet of the UnSaintly	Apr 30, 2025
21	Bies, Danny	SR-4	Gustavus Adolphus	1.78m	5' 10"	Drake Alternative	Apr 26, 2025
23	Erickson, Matthew	SO-2	St. Scholastica	1.77m	5' 9.75"	UMD Bulldog Open	Apr 26, 2025
24	Gilbertson, Landon	FR-1	Gustavus Adolphus	1.76m	5' 9.25"	St. Olaf Ole Open	May 3, 2025
24	Eggleston, Colten	FR-1	Hamline	1.76m	5' 9.25"	St. Olaf Ole Open	May 3, 2025
26	Lapinski, Will	SO-2	St. Olaf	1.73m	5' 8"	Meet of the UnSaintly	Apr 30, 2025
27	McCormick, Connor	JR-3	Gustavus Adolphus	1.71m	5' 7.25"	MIAC Multi Events	May 1, 2025
27	Elseth, Aaron	JR-3	Bethel (Minn.)	1.71m	5' 7.25"	MIAC Multi Events	May 1, 2025
29	Kaster, Soren	SO-2	Carleton	1.68m	5' 6"	MIAC Multi Events	May 1, 2025
29	Leafblad, Eli	SO-2	Bethel (Minn.)	1.68m	5' 6"	MIAC Multi Events	May 1, 2025
29	Olson, Jesse	SO-2	St. Olaf	1.68m	5' 6"	MIAC Multi Events	May 1, 2025

Pole Vault

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Schloeder, Austin	SO-2	Hamline	4.95m	16' 2.75"	NCAA Division III Outdoor Track & Field Championships	May 22, 2025
2	Withuski, Andrew	SO-2	St. John's (Minn.)	4.57m	15' 0"	CSB/SJU Easter Track Meet	Apr 17, 2025
2	Guth, Kole	JR-3	St. John's (Minn.)	4.57m	15' 0"	MIAC Outdoor Championships	May 9, 2025
2	Johnston, Josh	JR-3	St. John's (Minn.)	4.57m	15' 0"	CSB/SJU Easter Track Meet	Apr 17, 2025
5	Kaster, Soren	SO-2	Carleton	4.55m	14' 11"	Klein/ Nwaba Combined Events	Mar 20, 2025
6	Evans, Tyler	FR-1	Concordia-Moorhead	4.37m	14' 4"	MIAC Outdoor Championships	May 9, 2025
6	Gates, James	FR-1	Carleton	4.37m	14' 4"	MIAC Outdoor Championships	May 9, 2025
6	Besemann, Noah	SO-2	St. John's (Minn.)	4.37m	14' 4"	MIAC Outdoor Championships	May 9, 2025
9	Lelwica, Max	SR-4	St. John's (Minn.)	4.30m	14' 1.25"	NCAA Division III Outdoor Track & Field Championships	May 22, 2025
10	Ream, Joe	JR-3	Gustavus Adolphus	4.28m	14' 0.5"	Maverick Open #1	Apr 30, 2025
11	Graske, Joshua	SO-2	Bethel (Minn.)	4.27m	14' 0"	MIAC Outdoor Championships	May 9, 2025
12	Anderson, Reese	JR-3	Carleton	4.15m	13' 7.25"	Klein/ Nwaba Combined Events	Mar 20, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
13	Hoelzel, Gavin	SO-2	St. Olaf	4.12m	13' 6.25"	MIAC Outdoor Championships	May 9, 2025
13	Adams, Andrew	SR-4	St. John's (Minn.)	4.12m	13' 6.25"	MIAC Outdoor Championships	May 9, 2025
13	McCormick, Connor	JR-3	Gustavus Adolphus	4.12m	13' 6.25"	MIAC Outdoor Championships	May 9, 2025
16	Thurk, Anthony	SR-4	St. John's (Minn.)	4.10m	13' 5.25"	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025
16	Palmer, Alex	FR-1	Gustavus Adolphus	4.10m	13' 5.25"	St. Olaf Ole Open	May 3, 2025
18	Peterson, Trey	SO-2	St. Olaf	3.97m	13' 0.25"	MIAC Outdoor Championships	May 9, 2025
19	Marzinske, Logan	SR-4	Gustavus Adolphus	3.95m	12' 11.5"	Bethel Invitational	Apr 12, 2025
20	Adams, Tim	SR-4	Carleton	3.80m	12' 5.5"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
21	Daenzer, Luke	JR-3	Bethel (Minn.)	3.67m	12' 0.5"	MIAC Outdoor Championships	May 9, 2025
22	Engstrom, Oliver	JR-3	Hamline	3.65m	11' 11.75"	St. Olaf Ole Open	May 3, 2025
22	Menter, Forest	JR-3	St. Olaf	3.65m	11' 11.75"	St. Olaf Ole Open	May 3, 2025
22	Wallace, Ansel	SO-2	Carleton	3.65m	11' 11.75"	St. Olaf Ole Open	May 3, 2025
25	Cogley, Andrew	SR-4	St. Olaf	3.60m	11' 9.75"	MIAC Multi Events	May 1, 2025
25	Peterson, Josh	SO-2	Concordia-Moorhead	3.60m	11' 9.75"	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025
25	Molstre, Joey	SO-2	Concordia-Moorhead	3.60m	11' 9.75"	Sunny Day Meet	Apr 12, 2025
28	Mikla, Aiden	SR-4	Gustavus Adolphus	3.54m	11' 7.25"	CSB/SJU Optimistic Meet	Mar 28, 2025
29	Collins, Spencer	JR-3	St. Olaf	3.53m	11' 7"	Dick & Mary Johnson Invite	Apr 26, 2025
30	Cran, Ian	FR-1	Hamline	3.50m	11' 5.75"	Bethel Invitational	Apr 12, 2025
30	Leafblad, Eli	SO-2	Bethel (Minn.)	3.50m	11' 5.75"	Bethel Invitational	Apr 12, 2025

Long Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Reis, Max	FR-1	St. John's (Minn.)	7.33m	24' 0.75"	MIAC Outdoor Championships	May 9, 2025	2.7
2	Schreiner, Tommy	FR-1	Concordia-Moorhead	7.27m	23' 10.25"	Cobber Open	May 3, 2025	2.2
3	Albertson, Max	JR-3	St. Olaf	7.14m	23' 5.25"	Carleton Relays	Apr 19, 2025	1.3
4	Schaffer, Zach	JR-3	St. John's (Minn.)	7.12m	23' 4.5"	Minnesota State Open	Apr 12, 2025	-1.0
5	Sletta, Anthony	FR-1	St. John's (Minn.)	7.01m	23' 0"	UWL Final Qualifier	May 14, 2025	-0.8

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
6	Peterson, Ben	SR-4	Concordia-Moorhead	6.94m	22' 9.25"	CSB/SJU Easter Track Meet	Apr 17, 2025	+0.0
7	Hansen, Matt	SO-2	St. John's (Minn.)	6.87m	22' 6.5"	CSB/SJU Optimistic Meet	Mar 28, 2025	+0.0
8	Subah, Isaiah	SR-4	Gustavus Adolphus	6.80m	22' 3.75"	MIAC Outdoor Championships	May 9, 2025	2.4
9	Watson, Isaiah	FR-1	Hamline	6.78m	22' 3"	Gary Wilson Invitational	Apr 23, 2025	1.2
10	Travis, Brandon	FR-1	Augsburg	6.71m	22' 0.25"	MIAC Outdoor Championships	May 9, 2025	1.4
11	Moo, Eh Ler	SR-4	St. Olaf	6.65m	21' 10"	St. Olaf Ole Open	May 3, 2025	-1.4
12	Thurk, Anthony	SR-4	St. John's (Minn.)	6.64m	21' 9.5"	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025	2.9
12	Frommelt, Liam	FR-1	Gustavus Adolphus	6.64m	21' 9.5"	Drake Alternative	Apr 26, 2025	3.6
12	Mahowald, Anthony	SO-2	St. Scholastica	6.64m	21' 9.5"	Maverick Open #2	May 2, 2025	1.0
12	Cumps, Rik	FR-1	St. Olaf	6.64m	21' 9.5"	St. Olaf Ole Open	May 3, 2025	0.5
16	Lelwica, Max	SR-4	St. John's (Minn.)	6.63m	21' 9"	UW-Oshkosh Invite & Multi	Apr 11, 2025	+0.0
16	Hermes, Nick	SR-4	Concordia-Moorhead	6.63m	21' 9"	Cobber Open	May 3, 2025	1.8
18	Budiman, Josiah	SR-4	Hamline	6.62m	21' 8.75"	Gary Wilson Invitational	Apr 23, 2025	2.6
19	Cisewski, Antonio	SR-4	Saint Mary's (Minn.)	6.60m	21' 8"	SMU Cardinal Invitational - College Entries	Apr 12, 2025	1.3
20	Erickson, Matthew	SO-2	St. Scholastica	6.57m	21' 6.75"	Bethel Invitational	Apr 12, 2025	2.9
21	Hodin, Riley	SR-4	Macalester	6.56m	21' 6.25"	Carleton Relays	Apr 19, 2025	1.7
22	Bovitz, Nick	SR-4	Bethel (Minn.)	6.55m	21' 6"	Meet of the UnSaintly	Apr 30, 2025	2.0
23	Jones, Max	FR-1	Carleton	6.52m	21' 4.75"	St. Olaf Ole Open	May 3, 2025	-0.7
24	Hasbargen, Nick	FR-1	Concordia-Moorhead	6.50m	21' 4"	Cobber Open	May 3, 2025	2.2
25	Thompson, Gabe	SR-4	Concordia-Moorhead	6.42m	21' 0.75"	Cobber Open	May 3, 2025	1.3
25	Cogley, Andrew	SR-4	St. Olaf	6.42m	21' 0.75"	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025	2.1
25	Charlton, Josh	SR-4	St. Olaf	6.42m	21' 0.75"	Meet of the UnSaintly	Apr 30, 2025	2.5
28	Wynia, Ben	SO-2	Gustavus Adolphus	6.35m	20' 10"	Maverick Open #1	Apr 30, 2025	2.9
29	LePard, Ben	SO-2	Concordia-Moorhead	6.24m	20' 5.75"	Cobber Open	May 3, 2025	3.2
30	Raab, Jaylin	FR-1	Gustavus Adolphus	6.23m	20' 5.25"	Drake Alternative	Apr 26, 2025	2.6

Triple Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Watson, Isaiah	FR-1	Hamline	14.81m	48' 7.25"	MIAC Outdoor Championships	May 9, 2025	1.0
2	Frommelt, Liam	FR-1	Gustavus Adolphus	14.21m	46' 7.5"	Drake Alternative	Apr 26, 2025	1.9
3	Hodin, Riley	SR-4	Macalester	13.83m	45' 4.5"	MIAC Outdoor Championships	May 9, 2025	3.6
4	Travis, Brandon	FR-1	Augsburg	13.78m	45' 2.5"	Gary Wilson Invitational	Apr 23, 2025	1.2
5	Albertson, Max	SO-2	St. Olaf	13.68m	44' 10.75"	St. Olaf Ole Open	May 3, 2025	0.1
6	Schaffer, Zach	JR-3	St. John's (Minn.)	13.59m	44' 7"	MIAC Outdoor Championships	May 9, 2025	2.1
7	Mensah, Ataa	FR-1	Macalester	13.50m	44' 3.5"	MIAC Outdoor Championships	May 9, 2025	1.5
8	Kaba, Bangaly	SO-2	St. John's (Minn.)	13.36m	43' 10"	MIAC Outdoor Championships	May 9, 2025	0.8
9	Erickson, Matthew	SO-2	St. Scholastica	13.25m	43' 5.75"	MIAC Outdoor Championships	May 9, 2025	1.4
10	Cumps, Rik	FR-1	St. Olaf	13.21m	43' 4.25"	MIAC Outdoor Championships	May 9, 2025	2.2
11	Bovitz, Nick	SR-4	Bethel (Minn.)	13.17m	43' 2.5"	MIAC Outdoor Championships	May 9, 2025	0.9
12	Thompson, Gabe	SR-4	Concordia-Moorhead	13.12m	43' 0.5"	Cobber Open	May 3, 2025	1.9
13	Gueye, Abdoul	FR-1	Hamline	13.08m	42' 11"	Hamline Invitational - Teams	Apr 5, 2025	1.7
14	Cline-Cole, Ethan	SR-4	Carleton	12.99m	42' 7.5"	MIAC Outdoor Championships	May 9, 2025	0.7
15	Hegland, Eli	FR-1	Concordia-Moorhead	12.91m	42' 4.25"	Bison Open	Apr 24, 2025	2.8
16	Sletta, Anthony	FR-1	St. John's (Minn.)	12.89m	42' 3.5"	MIAC Outdoor Championships	May 9, 2025	0.6
17	Longfors, Nathan	FR-1	Saint Mary's (Minn.)	12.86m	42' 2.25"	Maverick Open #2	May 2, 2025	3.2
18	Marsh, Anthony	SR-4	Concordia-Moorhead	12.80m	42' 0"	Bison Open	Apr 24, 2025	3.5
19	Clark, Logan	JR-3	Concordia-Moorhead	12.70m	41' 8"	Cobber Open	May 3, 2025	0.6
20	Pearson, Spencer	JR-3	Gustavus Adolphus	12.59m	41' 3.75"	Drake Alternative	Apr 26, 2025	2.0
21	Kessel, Peyton	SR-4	Concordia-Moorhead	12.22m	40' 1.25"	NDSU Spring Classic	Apr 11, 2025	3.9
22	Lee, Iain	JR-3	Hamline	12.08m	39' 7.75"	Gustie Twilight	Apr 16, 2025	1.5
23	Wynia, Ben	SO-2	Gustavus Adolphus	11.96m	39' 3"	Gustie Twilight	Apr 16, 2025	1.2
24	Rohrer, Nate	FR-1	St. John's (Minn.)	11.73m	38' 6"	CSB/SJU Easter Track Meet	Apr 17, 2025	+0.0
25	Hermes, Nick	SR-4	Concordia-Moorhead	11.49m	37' 8.5"	CSB/SJU Easter Track Meet	Apr 17, 2025	0.7
26	Nordeen, Bradyn	SO-2	Gustavus Adolphus	11.11m	36' 5.5"	Drake Alternative	Apr 26, 2025	0.9

Shot Put

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Folkestad, Cooper	JR-3	Concordia-Moorhead	18.62m	61' 1.25"	Cobber Open	May 3, 2025
2	Ball, Timmy	FR-1	Bethel (Minn.)	15.80m	51' 10"	MIAC Outdoor Championships	May 9, 2025
3	Larsen, Evan	SR-4	Bethel (Minn.)	15.70m	51' 6.25"	Bethel Invitational	Apr 12, 2025
4	Kardonsky, Kale	FR-1	St. Olaf	15.50m	50' 10.25"	SMU Cardinal Invitational - College Entries	Apr 12, 2025
5	Dioszeghy, Sam	SO-2	Concordia-Moorhead	15.48m	50' 9.5"	UWL Final Qualifier	May 14, 2025
6	Houska, Blake	SO-2	Concordia-Moorhead	15.33m	50' 3.5"	MIAC Outdoor Championships	May 9, 2025
7	Monreal, Joshua	SO-2	St. Scholastica	15.12m	49' 7.25"	MIAC Outdoor Championships	May 9, 2025
8	Hokanson, Adam	JR-3	Bethel (Minn.)	14.99m	49' 2.25"	CSB/SJU Easter Track Meet	Apr 17, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
9	Porto, Artur	FR-1	Macalester	14.67m	48' 1.75"	MIAC Outdoor Championships	May 9, 2025
10	Minnerath, Grady	FR-1	St. John's (Minn.)	14.66m	48' 1.25"	St. Olaf Ole Open	May 3, 2025
11	Hillstrom, Dominik	SR-4	Concordia-Moorhead	14.36m	47' 1.5"	Cobber Open	May 3, 2025
12	Ritz, Jonathan	FR-1	Bethel (Minn.)	14.19m	46' 6.75"	Bethel Invitational	Apr 12, 2025
13	Sjoblom, Brayden	FR-1	Concordia-Moorhead	13.99m	45' 10.75"	MIAC Outdoor Championships	May 9, 2025
14	Turqueza, Rylan	SO-2	St. John's (Minn.)	13.87m	45' 6.25"	CSB/SJU Easter Track Meet	Apr 17, 2025
15	Massey, Harry	SO-2	Hamline	13.76m	45' 1.75"	MIAC Outdoor Championships	May 9, 2025
16	Sundquist, Mason	FR-1	St. Scholastica	13.67m	44' 10.25"	MIAC Outdoor Championships	May 9, 2025
17	Wimmer, Alex	FR-1	St. John's (Minn.)	13.57m	44' 6.25"	St. Olaf Ole Open	May 3, 2025
18	Graham, Jalen	FR-1	St. John's (Minn.)	13.37m	43' 10.5"	MIAC Outdoor Championships	May 9, 2025
19	Evans, Bailey	FR-1	St. John's (Minn.)	12.98m	42' 7"	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025
20	Frost, Jaeden	SR-4	St. John's (Minn.)	12.72m	41' 8.75"	Minnesota State Open	Apr 12, 2025
21	Thurk, Anthony	SR-4	St. John's (Minn.)	12.58m	41' 3.25"	UW-Oshkosh Invite & Multi	Apr 11, 2025
22	Edo-Ohanba, Esosa	SO-2	St. Olaf	12.48m	40' 11.5"	SMU Cardinal Invitational - College Entries	Apr 12, 2025
23	Herman, Eddie	FR-1	Hamline	12.47m	40' 11"	MIAC Outdoor Championships	May 9, 2025
24	Boudreaux, Beau	FR-1	St. John's (Minn.)	12.45m	40' 10.25"	CSB/SJU Optimistic Meet	Mar 28, 2025
25	Lor, Joshua	FR-1	Augsburg	12.16m	39' 10.75"	Bethel Invitational	Apr 12, 2025
26	Brown, Jakob	SR-4	Concordia-Moorhead	11.94m	39' 2.25"	Bison Open	Apr 24, 2025
27	Lelwica, Max	SR-4	St. John's (Minn.)	11.93m	39' 1.75"	UW-Oshkosh Invite & Multi	Apr 11, 2025
28	Cogley, Andrew	SR-4	St. Olaf	11.75m	38' 6.75"	MIAC Multi Events	May 1, 2025
29	Besemann, Noah	SO-2	St. John's (Minn.)	11.49m	37' 8.5"	MIAC Multi Events	May 1, 2025
30	Hayes, Eli	SO-2	Concordia-Moorhead	11.36m	37' 3.25"	CSB/SJU Optimistic Meet	Mar 28, 2025

Discus

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Folkestad, Cooper	JR-3	Concordia-Moorhead	52.56m	172' 5"	Drake Relays	Apr 23, 2025
2	Ball, Timmy	FR-1	Bethel (Minn.)	51.25m	168' 2"	MIAC Outdoor Championships	May 9, 2025
3	Conant, Philip	SO-2	Bethel (Minn.)	48.18m	158' 1"	MIAC Outdoor Championships	May 9, 2025
4	Dioszeghy, Sam	SO-2	Concordia-Moorhead	46.88m	153' 10"	Viking Twilight	Apr 22, 2025
5	Minnerath, Grady	FR-1	St. John's (Minn.)	46.65m	153' 1"	St. Olaf Ole Open	May 3, 2025
6	Larsen, Evan	SR-4	Bethel (Minn.)	46.64m	153' 0"	CSB/SJU Easter Track Meet	Apr 17, 2025
7	Hudspith, Wyatt	SO-2	Gustavus Adolphus	46.46m	152' 5"	MIAC Outdoor Championships	May 9, 2025
8	Monreal, Joshua	SO-2	St. Scholastica	45.86m	150' 5"	Minnesota State Open	Apr 12, 2025
9	Herman, Eddie	FR-1	Hamline	43.70m	143' 4"	Maverick Invitational	Apr 18, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
10	Mills, Austin	JR-3	Macalester	43.66m	143' 3"	St. Olaf Ole Open	May 3, 2025
11	Holt, Austin	SR-4	Hamline	43.07m	141' 4"	Meet of the UnSaintly	Apr 30, 2025
12	Frost, Jaeden	SR-4	St. John's (Minn.)	41.31m	135' 6"	CSB/SJU Easter Track Meet	Apr 17, 2025
13	Hillstrom, Dominik	SR-4	Concordia-Moorhead	40.96m	134' 4"	CSB/SJU Optimistic Meet	Mar 28, 2025
14	Hokanson, Adam	JR-3	Bethel (Minn.)	40.87m	134' 1"	Meet of the UnSaintly	Apr 30, 2025
15	Edo-Ohanba, Esosa	SO-2	St. Olaf	39.93m	131' 0"	SMU Cardinal Invitational - College Entries	Apr 12, 2025
16	Kuriscak, Tom	JR-3	St. John's (Minn.)	39.72m	130' 4"	CSB/SJU Easter Track Meet	Apr 17, 2025
17	Wimmer, Alex	FR-1	St. John's (Minn.)	39.51m	129' 7"	MIAC Outdoor Championships	May 9, 2025
18	Koch, Leo	FR-1	Macalester	39.45m	129' 5"	Carleton Relays	Apr 19, 2025
19	Lelwica, Max	SR-4	St. John's (Minn.)	39.29m	128' 11"	MIAC Multi Events	May 1, 2025
20	Mensen, Joseph	SR-4	St. John's (Minn.)	39.28m	128' 10"	MIAC Outdoor Championships	May 9, 2025
21	Porto, Artur	FR-1	Macalester	39.11m	128' 4"	Carleton Relays	Apr 19, 2025
22	Sjoblom, Brayden	FR-1	Concordia-Moorhead	38.77m	127' 2"	CSB/SJU Optimistic Meet	Mar 28, 2025
23	Houska, Blake	SO-2	Concordia-Moorhead	38.71m	127' 0"	Cobber Open	May 3, 2025
24	Graham, Jalen	FR-1	St. John's (Minn.)	38.69m	126' 11"	St. Olaf Ole Open	May 3, 2025
25	Revenaugh, Silas	FR-1	Macalester	38.32m	125' 9"	Meet of the UnSaintly	Apr 30, 2025
26	Boudreaux, Beau	FR-1	St. John's (Minn.)	38.07m	124' 11"	Drake Alternative	Apr 26, 2025
27	Stordahl, Zack	SR-4	Gustavus Adolphus	37.90m	124' 4"	Bethel Invitational	Apr 12, 2025
28	Lor, Joshua	FR-1	Augsburg	37.65m	123' 6"	Meet of the UnSaintly	Apr 30, 2025
29	Yang, Aiden	SR-4	Macalester	37.48m	122' 11"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
30	Hayes, Eli	SO-2	Concordia-Moorhead	37.39m	122' 8"	NDSU Spring Classic	Apr 11, 2025

Hammer

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Monreal, Joshua	SO-2	St. Scholastica	54.23m	177' 11"	MIAC Outdoor Championships	May 9, 2025
2	Hokanson, Adam	JR-3	Bethel (Minn.)	53.78m	176' 5"	MIAC Outdoor Championships	May 9, 2025
3	Mensen, Joseph	SR-4	St. John's (Minn.)	50.86m	166' 10"	Meet of the UnSaintly	Apr 30, 2025
4	Larsen, Evan	SR-4	Bethel (Minn.)	50.75m	166' 6"	MIAC Outdoor Championships	May 9, 2025
5	Frost, Jaeden	SR-4	St. John's (Minn.)	50.17m	164' 7"	MIAC Outdoor Championships	May 9, 2025
6	Houska, Blake	SO-2	Concordia-Moorhead	49.95m	163' 10"	MIAC Outdoor Championships	May 9, 2025
7	Folkestad, Cooper	JR-3	Concordia-Moorhead	49.76m	163' 3"	CSB/SJU Easter Track Meet	Apr 17, 2025
8	Mills, Austin	JR-3	Macalester	48.92m	160' 6"	Carleton Relays	Apr 19, 2025
9	Ball, Timmy	FR-1	Bethel (Minn.)	48.85m	160' 3"	MIAC Outdoor Championships	May 9, 2025
10	Conant, Philip	SO-2	Bethel (Minn.)	48.45m	158' 11"	MIAC Outdoor Championships	May 9, 2025
11	Stordahl, Zack	SR-4	Gustavus Adolphus	45.66m	149' 10"	St. Olaf Ole Open	May 3, 2025
12	Gill, Doug	SO-2	Hamline	45.56m	149' 6"	MIAC Outdoor Championships	May 9, 2025
13	Fritz, Casen	SR-4	Saint Mary's (Minn.)	45.04m	147' 9"	Maverick Invitational	Apr 18, 2025
14	Massey, Harry	SO-2	Hamline	44.93m	147' 5"	St. Olaf Ole Open	May 3, 2025
15	Wimmer, Alex	FR-1	St. John's (Minn.)	44.10m	144' 8"	Drake Alternative	Apr 26, 2025
16	Kuriscak, Tom	JR-3	St. John's (Minn.)	43.87m	143' 11"	Drake Alternative	Apr 26, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
17	Sundquist, Mason	FR-1	St. Scholastica	43.71m	143' 5"	MIAC Outdoor Championships	May 9, 2025
18	Ngonu, Joe Carlyn	FR-1	St. Scholastica	43.65m	143' 2"	Maverick Open #2	May 2, 2025
19	Kardonsky, Kale	FR-1	St. Olaf	43.62m	143' 1"	SMU Cardinal Invitational - College Entries	Apr 12, 2025
20	Brynteson, Connor	SO-2	St. John's (Minn.)	41.99m	137' 9"	St. Olaf Ole Open	May 3, 2025
21	Ritz, Jonathan	FR-1	Bethel (Minn.)	41.92m	137' 6"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
22	Purvis, Connor	JR-3	Gustavus Adolphus	40.08m	131' 6"	Drake Alternative	Apr 26, 2025
23	Turqueza, Rylan	SO-2	St. John's (Minn.)	39.89m	130' 10"	CSB/SJU Easter Track Meet	Apr 17, 2025
24	McGlynn, Galen	JR-3	St. Olaf	39.39m	129' 3"	St. Olaf Ole Open	May 3, 2025
25	Widdes, Jacob	FR-1	Gustavus Adolphus	39.07m	128' 2"	Gustie Twilight	Apr 16, 2025
26	Herman, Eddie	FR-1	Hamline	38.07m	124' 11"	Janis Rider / Doug Bolstorff Invitational - Teams	Apr 24, 2025
27	Revenaugh, Silas	FR-1	Macalester	37.92m	124' 5"	Carleton Relays	Apr 19, 2025
28	Minnerath, Grady	FR-1	St. John's (Minn.)	37.04m	121' 6"	CSB/SJU Easter Track Meet	Apr 17, 2025
29	Brown, Jakob	SR-4	Concordia-Moorhead	36.71m	120' 5"	Bison Open	Apr 24, 2025
30	Ewing, Jacob	FR-1	Hamline	36.42m	119' 6"	Meet of the UnSaintly	Apr 30, 2025

Javelin

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Degen, Mitchell	JR-3	St. John's (Minn.)	60.15m	197' 4"	CSB/SJU Optimistic Meet	Mar 28, 2025
2	Hayes, Eli	SO-2	Concordia-Moorhead	59.09m	193' 10"	NDSU Spring Classic	Apr 11, 2025
3	McDowell, Jackson	SO-2	St. John's (Minn.)	58.21m	191' 0"	MIAC Outdoor Championships	May 9, 2025
4	Yang, Aiden	SR-4	Macalester	56.20m	184' 4"	Gary Wilson Invitational	Apr 23, 2025
5	Pipho, Jacob	SO-2	Concordia-Moorhead	55.58m	182' 4"	MIAC Outdoor Championships	May 9, 2025
6	Cogley, Andrew	SR-4	St. Olaf	53.70m	176' 2"	MIAC Outdoor Championships	May 9, 2025
7	Anderson, Reese	JR-3	Carleton	53.37m	175' 1"	MIAC Multi Events	May 1, 2025
8	Kaster, Soren	SO-2	Carleton	50.17m	164' 7"	MIAC Multi Events	May 1, 2025
9	Thomsen, Josh	SR-4	Bethel (Minn.)	49.13m	161' 2"	MIAC Outdoor Championships	May 9, 2025
10	Lelwica, Max	SR-4	St. John's (Minn.)	49.01m	160' 9"	MIAC Outdoor Championships	May 9, 2025
11	Evans, Bailey	FR-1	St. John's (Minn.)	47.21m	154' 11"	Hamline Invitational - Teams	Apr 5, 2025
12	Thomas, Max	JR-3	St. Olaf	46.82m	153' 7"	St. Olaf Ole Open	May 3, 2025
13	Schwab, Dash	FR-1	Carleton	45.75m	150' 1"	MIAC Outdoor Championships	May 9, 2025
14	Thurk, Anthony	SR-4	St. John's (Minn.)	45.40m	148' 11"	MIAC Multi Events	May 1, 2025
15	Gathje, Henry	SR-4	Saint Mary's (Minn.)	45.23m	148' 5"	SMU Cardinal Invitational - College Entries	Apr 12, 2025
16	McCormick, Connor	JR-3	Gustavus Adolphus	44.89m	147' 3"	Norse Invite	Apr 5, 2025
17	Olson, Jesse	SO-2	St. Olaf	43.97m	144' 3"	St. Olaf Ole Open	May 3, 2025
18	Couper, David	SR-4	Hamline	43.22m	141' 9"	Gustie Twilight	Apr 16, 2025
19	Peterson, Josh	SO-2	Concordia-Moorhead	42.47m	139' 4"	MIAC Outdoor Championships	May 9, 2025
20	Elseth, Aaron	JR-3	Bethel (Minn.)	41.87m	137' 4"	MIAC Multi Events	May 1, 2025
21	McGlynn, Galen	JR-3	St. Olaf	41.79m	137' 1"	Carleton Relays	Apr 19, 2025
22	Cumps, Julian	SR-4	St. Olaf	41.62m	136' 6"	University of St. Thomas East Invite	Apr 17, 2025
23	Wimmer, Alex	FR-1	St. John's (Minn.)	41.37m	135' 9"	CSB/SJU Easter Track Meet	Apr 17, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
24	Lee, Josh	SR-4	Bethel (Minn.)	40.21m	131' 11"	Meet of the UnSaintly	Apr 30, 2025
25	Hasbargen, Nick	FR-1	Concordia-Moorhead	39.94m	131' 0"	Sunny Day Meet	Apr 12, 2025
26	Besemann, Noah	SO-2	St. John's (Minn.)	39.65m	130' 1"	CSB/SJU Easter Track Meet	Apr 17, 2025
27	Stodden, Gavin	SR-4	Gustavus Adolphus	39.34m	129' 1"	Gustie Twilight	Apr 16, 2025
28	Alexander, James	FR-1	Carleton	39.23m	128' 8"	Carleton Relays	Apr 19, 2025
29	Kallstrom, Brandon	SR-4	Bethel (Minn.)	39.15m	128' 5"	Hamline Invitational - Teams	Apr 5, 2025
30	Leafblad, Eli	SO-2	Bethel (Minn.)	39.04m	128' 1"	MIAC Multi Events	May 1, 2025

Decathlon

Place	Athlete	Year	Team	Points	Meet	Meet Date
1	Lelwica, Max	SR-4	St. John's (Minn.)	6905	MIAC Multi Events	May 1, 2025
2	Cogley, Andrew	SR-4	St. Olaf	6414	MIAC Multi Events	May 1, 2025
3	Thurk, Anthony	SR-4	St. John's (Minn.)	6378	MIAC Multi Events	May 1, 2025
4	Kaster, Soren	SO-2	Carleton	6121	MIAC Multi Events	May 1, 2025
5	Evans, Bailey	FR-1	St. John's (Minn.)	6005	CSB-SJU Heptathlon/Decathlon NCAA Qualifier	May 13, 2025
6	Anderson, Reese	JR-3	Carleton	5993	MIAC Multi Events	May 1, 2025
7	McCormick, Connor	JR-3	Gustavus Adolphus	5795	MIAC Multi Events	May 1, 2025
8	Molstre, Joey	SO-2	Concordia-Moorhead	5710	MIAC Multi Events	May 1, 2025
9	Besemann, Noah	SO-2	St. John's (Minn.)	5697	MIAC Multi Events	May 1, 2025
10	Elseth, Aaron	JR-3	Bethel (Minn.)	5506	MIAC Multi Events	May 1, 2025
11	Hasbargen, Nick	FR-1	Concordia-Moorhead	5188	Sunny Day Meet	Apr 12, 2025
12	Leafblad, Eli	SO-2	Bethel (Minn.)	5083	MIAC Multi Events	May 1, 2025
13	Olson, Jesse	SO-2	St. Olaf	4924	MIAC Multi Events	May 1, 2025
14	Peterson, Josh	SO-2	Concordia-Moorhead	4635	MIAC Multi Events	May 1, 2025
15	Brandt, Isak	SO-2	St. John's (Minn.)	4567	MIAC Multi Events	May 1, 2025

