

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Women 100 Meter Dash****9 Advance: Top 1 Each Heat plus Next 6 Best Times**

Conference:	12.11	2018	Katie Murray, St. Thomas				
Conference:	11.89	2012	Ashley Carney (W), Augsburg				
Facility: F	12.24	2009	Caitlin Dhein, Winona State				
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1 Jailyln Robinson		SO Hamline	12.20	F 12.19Q	1.9	2	
2 Jireh Babalola		SO Bethel (Minn.)	12.41	12.42Q	-0.2	3	
3 Sarah Stellmach		FR Bethel (Minn.)	12.03	12.68Q	-0.1	1	
4 Kate Carlson		FR Gustavus Adolphus	12.66	12.45q	1.9	2	
5 Tiana Johnson		SO St. Benedict	12.92	12.51q	-0.2	3	
6 Kate Gallagher		SO St. Benedict	12.51	12.57q	-0.2	3	
7 Dacoda Speidel		SR St. Benedict	12.96	12.88q	-0.2	3	
8 Hailey Johnson		JR St. Benedict	12.82	12.89q	1.9	2	
9 Penny Hunter		SO Macalester	13.15	12.91q	1.9	2	
10 Sierra Ramberg		SO Concordia-Moorhead	12.81	12.93	-0.1	1	
11 Brianna Parsons		FR Augsburg	12.99	12.96	-0.1	1	
12 Carlie Heinecke		JR Concordia-Moorhead	12.97	13.03	1.9	2	13.024
13 Clare Collins		JR St. Olaf	12.99	13.03	-0.1	1	13.026
14 Riley Roberts		SO Carleton	13.16	13.20	-0.1	1	
15 Ally Rakow		FR Gustavus Adolphus	13.37	13.22	-0.2	3	
16 Hannah King		SO Bethel (Minn.)	13.21	13.26	-0.1	1	
17 Lillian Maul		SO Saint Mary's	13.03	13.27	1.9	2	
18 Ellie Logelin		FR Hamline	13.15	13.28	-0.2	3	
19 Katie Petersen		FR Gustavus Adolphus	13.51	13.40	1.9	2	
20 Essence Boe		SO Hamline	13.09	13.49	-0.2	3	
21 Olivia Thomley		FR Gustavus Adolphus	13.37	13.55	1.9	2	
22 Claire Hippen		SO St. Benedict	13.47	13.57	-0.2	3	
23 Zoe Matre		FR St. Olaf	13.68	13.68	-0.1	1	13.671
24 Jordan Terry		SR Augsburg	13.76	13.68	1.9	2	13.674
25 Mya Bishop		SO Augsburg	13.54	13.69	-0.1	1	
26 Kya Ochsendorf		FR St. Olaf	13.92	13.88	-0.2	3	

Women 100 Meter Dash

Conference:	12.11	2018	Katie Murray, St. Thomas				
Conference:	11.89	2012	Ashley Carney (W), Augsburg				
Facility: F	12.24	2009	Caitlin Dhein, Winona State				
Name	Year	School	Prelims	Finals	Wind	Points	
Finals							
1 Jailyln Robinson		SO Hamline	12.19	12.07	3.3	10	
2 Jireh Babalola		SO Bethel (Minn.)	12.42	12.25	3.3	8	
3 Kate Carlson		FR Gustavus Adolphus	12.45	12.35	3.3	6	
4 Tiana Johnson		SO St. Benedict	12.51	12.39	3.3	5	
5 Kate Gallagher		SO St. Benedict	12.57	12.54	3.3	4	
6 Hailey Johnson		JR St. Benedict	12.89	12.89	3.3	3	
7 Dacoda Speidel		SR St. Benedict	12.88	12.95	3.3	2	
8 Penny Hunter		SO Macalester	12.91	12.99	3.3	1	
-- Sarah Stellmach		FR Bethel (Minn.)	12.68	DNS	3.3		

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Women 200 Meter Dash****9 Advance: Top 1 Each Heat plus Next 5 Best Times**

Conference:	24.72	2018	Katie Murray, St. Thomas				
Conference:	24.41	2012	Ashley Magelssen (W), bethle				
Facility: F	24.87	2009	Adrienne Thomas, Minnesota				
Name	Year	School	Seed	Prelims	Wind	H#	
Preliminaries							
1 Tiana Johnson	SO	St. Benedict	25.99	25.31Q	1.0	4	
2 Kate Carlson	FR	Gustavus Adolphus	26.17	25.43Q	1.2	2	
3 Sarah Stellmach	FR	Bethel (Minn.)	25.27	25.74Q	3.5	3	
4 Jireh Babalola	SO	Bethel (Minn.)	26.38	25.75Q	2.1	1	
5 Megan Geraets	FR	Gustavus Adolphus	26.26	26.08q	2.1	1	
6 Karla Kroschel	SO	St. Olaf	26.46	26.30q	1.2	2	
7 Dacoda Speidel	SR	St. Benedict	26.47	26.36q	1.0	4	
8 Penny Hunter	SO	Macalester	27.40	26.48q	3.5	3	
9 Kate Gallagher	SO	St. Benedict	26.89	26.55q	2.1	1	
10 Sydney Klausler	SR	Saint Mary's	26.52	26.66	3.5	3	
11 Mirjana Ganley	SO	St. Benedict	27.51	26.77	1.0	4	26.761
12 Hailey Johnson	JR	St. Benedict	27.50	26.77	3.5	3	26.764
13 Caroline Gearin	SO	Saint Mary's	26.91	26.81	2.1	1	
14 Mary Wunderlich	FR	Concordia-Moorhead	26.74	26.83	1.0	4	
15 Riley Roberts	SO	Carleton	27.70	26.90	2.1	1	
16 Sierra Ramberg	SO	Concordia-Moorhead	26.80	26.93	1.2	2	
17 Ally Rakow	FR	Gustavus Adolphus	27.33	26.98	1.0	4	
18 Carlie Heinecke	JR	Concordia-Moorhead	26.70	27.08	3.5	3	
19 Brianna Parsons	FR	Augsburg	27.25	27.41	1.2	2	
20 Emma Storbakken	FR	St. Olaf	28.27	27.56	3.5	3	
21 Ellie Logelin	FR	Hamline	27.56	27.75	1.2	2	
22 Zoe Matre	FR	St. Olaf	27.90	27.89	2.1	1	
23 Lily Johnson	FR	St. Olaf	28.18	28.16	1.0	4	
24 Mya Bishop	SO	Augsburg	28.05	28.20	1.2	2	
25 Emme Nelson	FR	Hamline	28.66	28.29	3.5	3	
26 Kya Ochsendorf	FR	St. Olaf	28.90	28.65	1.0	4	
27 Elisa Stewart	FR	Bethel (Minn.)	28.97	28.79	2.1	1	
28 Rachel Nelsen	SO	St. Olaf	28.93	29.02	1.2	2	

Women 200 Meter Dash

Conference:	24.72	2018	Katie Murray, St. Thomas				
Conference:	24.41	2012	Ashley Magelssen (W), bethle				
Facility: F	24.87	2009	Adrienne Thomas, Minnesota				
Name	Year	School	Prelims	Finals	Wind	Points	
Finals							
1 Tiana Johnson	SO	St. Benedict	25.31	25.16	-0.1	10	
2 Kate Carlson	FR	Gustavus Adolphus	25.43	25.55	-0.1	8	
3 Jireh Babalola	SO	Bethel (Minn.)	25.75	25.63	-0.1	6	
4 Megan Geraets	FR	Gustavus Adolphus	26.08	26.08	-0.1	5	
5 Karla Kroschel	SO	St. Olaf	26.30	26.30	-0.1	4	
6 Dacoda Speidel	SR	St. Benedict	26.36	26.74	-0.1	3	
7 Penny Hunter	SO	Macalester	26.48	27.03	-0.1	2	
8 Kate Gallagher	SO	St. Benedict	26.55	27.60	-0.1	1	
-- Sarah Stellmach	FR	Bethel (Minn.)	25.74	DNS	-0.1		

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Women 400 Meter Dash****9 Advance: Top 1 Each Heat plus Next 6 Best Times**

Conference:	55.98	2010	Nikki Arola, St. Thomas		
Facility: F	55.98	2010	Nikki Arola, St. Thomas		
Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Hannah Sankey	SR	Bethel (Minn.)	57.90	58.10Q	2
2 Lindsey Bernardy	FR	Hamline	59.25	58.92Q	3
3 Britta Nordberg	SO	Bethel (Minn.)	59.01	59.47Q	1
4 Karla Kroschel	SO	St. Olaf	1:01.10	59.05q	2
5 Jocelyn Ferguson	FR	Carleton	59.68	59.37q	3
6 Maddie Guler	SO	Concordia-Moorhead	1:01.22	59.97q	3
7 Mirjana Ganley	SO	St. Benedict	1:02.50	1:00.41q	1
8 Olivia Edstrom	SO	St. Olaf	1:00.19	1:00.49q	2
9 Megan Geraets	FR	Gustavus Adolphus	59.96	1:00.73q	1
10 Sidela Nyuga	SO	St. Benedict	1:01.10	1:00.84	1
11 Makenna Brown	SO	Bethel (Minn.)	1:01.29	1:00.86	3
12 Hailey Gregg	FR	Bethel (Minn.)	1:01.49	1:00.92	1
13 Anna Kiminiski	FR	St. Scholastica	1:03.44	1:01.57	2
14 Abrianna Utgaard	JR	Saint Mary's	1:02.30	1:02.01	2
15 Laura Mitch	SR	St. Benedict	1:02.16	1:02.24	2
16 Sydney Hauger	FR	Gustavus Adolphus	1:02.61	1:02.37	3
17 Emma Storbakken	FR	St. Olaf	1:04.95	1:02.46	2
18 Meraf Haileslassie	SO	St. Olaf	1:04.21	1:03.69	3
19 Emme Nelson	FR	Hamline	1:03.61	1:03.80	1
20 Ququ Holman	SO	St. Olaf	1:03.88	1:04.13	3
21 Annika Voss	JR	St. Scholastica	1:02.73	1:04.79	3
22 Mya Bishop	SO	Augsburg	1:03.04	1:05.11	1
23 Caitlyn Wrzesien	FR	Bethel (Minn.)	1:05.49	1:05.32	1
24 Emilia Helms-Leslie	FR	Gustavus Adolphus	1:05.08	1:05.62	2
25 Caley Wrzesien	FR	Bethel (Minn.)	1:05.53	1:06.06	3
-- Emerson Knapp	FR	St. Benedict	1:03.48	DNS	2

Women 400 Meter Dash

Conference:	55.98	2010	Nikki Arola, St. Thomas		
Facility: F	55.98	2010	Nikki Arola, St. Thomas		
Name	Year	School	Prelims	Finals	Points
Finals					
1 Hannah Sankey	SR	Bethel (Minn.)	58.10	57.06	10
2 Lindsey Bernardy	FR	Hamline	58.92	58.40	8
3 Jocelyn Ferguson	FR	Carleton	59.37	59.17	6
4 Britta Nordberg	SO	Bethel (Minn.)	59.47	59.29	5
5 Karla Kroschel	SO	St. Olaf	59.05	59.83	4
6 Maddie Guler	SO	Concordia-Moorhead	59.97	1:00.09	3
7 Megan Geraets	FR	Gustavus Adolphus	1:00.73	1:00.67	2
8 Olivia Edstrom	SO	St. Olaf	1:00.49	1:00.74	1
9 Mirjana Ganley	SO	St. Benedict	1:00.41	1:01.38	

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Women 800 Meter Run****9 Advance: Top 2 Each Heat plus Next 3 Best Times**

Conference:	2:07.36	2019	Phoebe Aguiar, Macalester		
Facility:	F 2:07.84	2010	Marie Borner, Bethel		
Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Elizabeth Donnelly	SO	Gustavus Adolphus	2:10.56	2:19.94Q	1
2 Alexandra Maddux	JR	Hamline	2:13.72	2:21.35Q	3
3 Malakai Holloway	JR	Bethel (Minn.)	2:23.11	2:21.90Q	2
4 Amy Kropp	JR	Carleton	2:19.85	2:21.95Q	3
5 Lucy Hoelscher	SO	Hamline	2:19.65	2:22.60Q	2
6 Ellie Sholing	SO	St. Scholastica	2:20.71	2:23.69Q	1
7 Drew Frolek	FR	Concordia-Moorhead	2:22.91	2:22.17q	3
8 Evie Hage	FR	Bethel (Minn.)	2:26.35	2:23.60q	2
9 Kristina Rohrer	SO	St. Olaf	2:25.19	2:23.98q	1
10 Lara Erickson	FR	Carleton	2:20.87	2:24.84	1
11 Kalli Smith	FR	St. Benedict	2:23.24	2:25.20	2
12 Riley Mauzer	JR	St. Olaf	2:29.27	2:27.28	1
13 Anna Swanson	JR	Saint Mary's	2:25.23	2:27.58	3
14 Nora Doyle	SR	St. Benedict	2:25.84	2:27.80	2
15 Jules Fromm	FR	St. Olaf	2:29.01	2:27.97	3
16 Ruby Gernandt	FR	Bethel (Minn.)	2:24.91	2:29.90	1
17 Maranda Thier	FR	St. Benedict	2:30.55	2:31.36	3
18 Kaye Rysdahl	FR	Bethel (Minn.)	2:37.10	2:36.18	3
19 Eden Smith	FR	Concordia-Moorhead	2:23.62	2:36.44	3
20 Lucy Lyngen	SO	St. Benedict	2:30.28	2:38.91	1
21 Ava Juntunen-Novak	FR	St. Benedict	2:38.00	2:39.22	1
22 Sarah Rey	FR	Bethel (Minn.)	2:39.21	2:40.47	1
23 Chloe Kintop	JR	Augsburg	2:44.77	2:46.00	2
24 Jalisa Mathews	SO	Hamline	2:40.09	2:50.31	3
-- Annessa Ihde	FR	Bethel (Minn.)	2:16.16	DNS	2
-- Katelyn Chromy	SO	St. Scholastica	2:30.83	DNS	2

Women 800 Meter Run

Conference:	2:07.36	2019	Phoebe Aguiar, Macalester		
Facility:	F 2:07.84	2010	Marie Borner, Bethel		
Name	Year	School	Prelims	Finals	Points
Finals					
1 Elizabeth Donnelly	SO	Gustavus Adolphus	2:19.94	2:12.04	10
2 Alexandra Maddux	JR	Hamline	2:21.35	2:16.00	8
3 Lucy Hoelscher	SO	Hamline	2:22.60	2:19.86	6
4 Amy Kropp	JR	Carleton	2:21.95	2:22.15	5
5 Ellie Sholing	SO	St. Scholastica	2:23.69	2:22.69	4
6 Malakai Holloway	JR	Bethel (Minn.)	2:21.90	2:23.60	3
7 Kristina Rohrer	SO	St. Olaf	2:23.98	2:23.73	2
8 Drew Frolek	FR	Concordia-Moorhead	2:22.17	2:23.98	1
9 Evie Hage	FR	Bethel (Minn.)	2:23.60	2:24.76	

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Women 1500 Meter Run****12 Advance: Top 5 Each Heat plus Next 2 Best Times**

Conference:	4:29.20	2009	Marie Borner, Bethel		
Facility: F	4:30.84	2010	Marie Borner, Bethel		
Name	Year	School	Seed	Prelims	H#
Preliminaries					
1 Maria Blaesing	SO	Macalester	4:36.23	4:57.99Q	1
2 Sam Posey	JR	St. Olaf	4:40.59	5:05.01Q	2
3 Bella Call	SO	St. Olaf	4:53.26	4:58.11Q	1
4 Katie Gebert	SO	St. Olaf	4:41.91	5:05.05Q	2
5 Grace Cole	JR	Bethel (Minn.)	4:53.89	4:59.05Q	1
6 Maj-Lis Helmer	FR	St. Scholastica	4:53.51	5:14.83Q	2
7 Sophie Abernethy	FR	St. Olaf	4:54.34	4:59.43Q	1
8 Jane Bruenjes	FR	St. Olaf	5:08.96	5:17.99Q	2
9 Nell Schafer	SO	Carleton	5:07.35	5:00.80Q	1
10 Ava Craven	FR	St. Olaf	5:24.83	5:21.51Q	2
11 Isabel Fredrickson	SR	Concordia-Moorhead	4:51.32	5:03.34q	1
12 Miranda Kerndt	FR	Hamline	5:12.00	5:24.35q	2
13 Sophie Gossard	JR	St. Olaf	5:20.19	5:27.45	1
14 Ilsa Weigel	SO	St. Olaf	5:22.18	5:29.14	2
15 Sylvia Coyle	FR	Macalester	5:25.59	5:39.14	1
16 Cate Gleason	FR	St. Olaf	5:33.59	5:40.14	2
17 Maggie Morgan	SO	Macalester	5:28.94	5:40.68	2
18 Abby Rowekamp	FR	St. Olaf	5:27.09	5:43.85	1
19 Aerial Johnson	FR	Concordia-Moorhead	5:41.48	5:45.49	2
20 Rachel Friberg	SR	Concordia-Moorhead	5:44.10	5:47.10	1
21 Klaire Petersen	SO	Hamline	5:45.25	5:47.44	1
22 Larissa Minshull	FR	Bethel (Minn.)	5:35.31	6:03.73	1
23 Aspen Clarksean	FR	Hamline	5:41.54	6:04.95	2
24 Jalisa Mathews	SO	Hamline	5:49.66	6:20.46	2
25 Annabel Lantz	FR	Augsburg	6:05.91	6:30.10	2
-- Ellie Sablak	FR	Macalester	5:15.87	DNF	1

Women 1500 Meter Run

Conference:	4:29.20	2009	Marie Borner, Bethel		
Facility: F	4:30.84	2010	Marie Borner, Bethel		
Name	Year	School	Prelims	Finals	Points
Finals					
1 Maria Blaesing	SO	Macalester	4:57.99	4:38.26	10
2 Sam Posey	JR	St. Olaf	5:05.01	4:43.38	8
3 Katie Gebert	SO	St. Olaf	5:05.05	4:44.78	6
4 Sophie Abernethy	FR	St. Olaf	4:59.43	4:51.99	5
5 Maj-Lis Helmer	FR	St. Scholastica	5:14.83	4:53.00	4
6 Bella Call	SO	St. Olaf	4:58.11	4:58.92	3
7 Nell Schafer	SO	Carleton	5:00.80	5:00.32	2
8 Isabel Fredrickson	SR	Concordia-Moorhead	5:03.34	5:02.40	1
9 Jane Bruenjes	FR	St. Olaf	5:17.99	5:10.46	
10 Grace Cole	JR	Bethel (Minn.)	4:59.05	5:11.16	
11 Miranda Kerndt	FR	Hamline	5:24.35	5:16.93	
12 Ava Craven	FR	St. Olaf	5:21.51	5:21.22	

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Women 5000 Meter Run**

Conference: 16:59.19 2014		Kimber Meyer, Macalester			
Facility: F 17:26.48 2009		Mallory Van Ness, Minnesota			
Name	Year	School	Seed	Finals	Points
1 Fiona Smith	SO	St. Benedict	16:16.54	17:13.45F	10
2 Clara Mayfield	SO	Carleton	16:33.04	17:25.04F	8
3 Sofia Carlson	FR	St. Olaf	17:16.10	18:07.68	6
4 Alison Bode	FR	St. Olaf	17:31.38	18:13.05	5
5 Helen Cross	SO	Carleton	17:41.03	18:13.85	4
6 Phoebe Ward	SO	Carleton	17:55.18	18:18.27	3
7 Julia Everest	SO	St. Olaf	18:14.25	18:44.32	2
8 Bridget Tetmeyer	SO	St. Benedict	18:18.49	18:48.62	1
9 Sophie Call	SO	St. Olaf	17:53.85	19:00.53	
10 Annie Kiolbasa	SO	St. Benedict	19:04.23	19:21.95	
11 Maj-Lis Helmer	FR	St. Scholastica	17:48.25	19:21.99	
12 Iliana Ramon	SO	Gustavus Adolphus	18:28.48	19:26.07	
13 Raina Moorjani	FR	Bethel (Minn.)	18:31.86	19:32.39	
14 Gracia Larsen-Schmidt	FR	St. Olaf	18:51.52	19:38.19	
15 Mackinzee Miest	SO	Gustavus Adolphus	19:03.76	19:43.49	
16 Molly Weberg	FR	Gustavus Adolphus	19:42.13	19:43.64	
17 Olivia Corbo	SO	Carleton	19:09.05	19:45.46	
18 Allegra Pihlaja	JR	Carleton	19:07.47	19:46.56	
19 Josie Harms	FR	Bethel (Minn.)	18:59.22	19:49.55	
20 Erika Swanson	SO	Bethel (Minn.)	18:52.67	19:54.52	
21 Sylvia Greene	SO	Macalester	19:16.47	19:55.66	
22 Ashley Cohen	SO	Carleton	19:18.74	20:01.50	
23 Emma Mader	SR	Hamline	18:37.05	20:08.68	
24 Rainey Tilley	SO	Carleton	18:59.12	20:08.85	
25 Nell Schafer	SO	Carleton	19:15.05	20:12.15	
26 Laura Hardwick	FR	Bethel (Minn.)	19:16.07	21:04.82	
27 Seneca Norvell	JR	St. Olaf	19:21.41	21:06.20	
-- Tracy Renier	SR	St. Benedict	18:32.68	DNS	
-- Maggie Froh	SO	Macalester	18:41.44	DNS	
-- Emily DeMorett	JR	St. Benedict	18:30.71	DNS	
-- Evelyn Villalobos	FR	Gustavus Adolphus	18:15.93	SCR	
-- Ava Craven	FR	St. Olaf	20:13.24	SCR	
-- Abby Rowekamp	FR	St. Olaf	20:17.63	SCR	
-- Lily Engebretson	FR	Gustavus Adolphus	19:10.51	SCR	
-- Grace Morningstar	FR	Bethel (Minn.)	20:11.24	SCR	
-- Anna Decker	FR	Bethel (Minn.)	20:23.27	SCR	
-- Cate Gleason	FR	St. Olaf	20:25.99	SCR	
-- Ellesa St. George	FR	Bethel (Minn.)	21:17.22	SCR	
-- Danielle Freshwaters	SR	Macalester	20:10.41	SCR	
-- Sophie Gossard	JR	St. Olaf	19:42.79	SCR	
-- Aerial Johnson	FR	Concordia-Moorhead	20:31.22	SCR	
-- Grace Ivesdal	JR	Concordia-Moorhead	21:05.10	SCR	
-- Aspen Clarksean	FR	Hamline	20:48.48	SCR	
-- Libby Roberdeau	FR	Hamline	19:49.74	SCR	
-- Sylvia Coyle	FR	Macalester	20:25.35	SCR	
-- Charlotte Adams	SO	Hamline	19:50.59	SCR	

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Women 10000 Meter Run**

Conference:		34:22.58	1983	Debbie Thometz, St. Thomas		
Facility:		F 36:38.09	2010	Simone Childs-Walker, Carleton		
Name	Year	School	Seed	Finals	Points	
1 Fiona Smith	SO	St. Benedict	34:33.37	34:36.31F	10	
2 Clara Mayfield	SO	Carleton	34:41.51	34:58.96F	8	
3 Sofia Carlson	FR	St. Olaf	37:09.32	37:17.84	6	
4 Alison Bode	FR	St. Olaf	37:46.06	37:23.07	5	
5 Iliana Ramon	SO	Gustavus Adolphus	38:10.64	37:56.07	4	
6 Bridget Tetmeyer	SO	St. Benedict	38:50.97	38:08.51	3	
7 Emily DeMorett	JR	St. Benedict	38:29.94	38:46.38	2	
8 Raina Moorjani	FR	Bethel (Minn.)	39:34.62	40:10.07	1	
9 Amelia Landsverk	JR	Concordia-Moorhead	40:43.14	40:17.45		
10 Laura Hardwick	FR	Bethel (Minn.)	40:03.30	40:33.30		
11 Gracia Larsen-Schmidt	FR	St. Olaf	40:39.11	40:55.68		
12 Seneca Norvell	JR	St. Olaf	42:06.63	41:56.60		
13 Danielle Freshwaters	SR	Macalester		42:25.05		
14 Kendra Klobe	FR	Saint Mary's	42:36.48	42:41.73		
15 Charlotte Adams	SO	Hamline	42:21.30	43:13.73		
-- Libby Roberdeau	FR	Hamline	41:55.90	DNF		
-- Evelyn Villalobos	FR	Gustavus Adolphus	38:31.26	SCR		
-- Ava Craven	FR	St. Olaf	43:36.71	SCR		

Women 100 Meter Hurdles**9 Advance: Top 1 Each Heat plus Next 6 Best Times**

Conference:		14.13	2014	Mallory Burnham, St. Thomas		
Facility:		F 14.61	2013	Hannah Mueller, Winona State		
Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Birgen Nelson	FR	Gustavus Adolphus	14.06	F 13.80Q	0.6	1
2 Kelsie Sealock	SO	Bethel (Minn.)	14.07	14.21Q	2.2	3
3 Nayeli Williams	FR	Carleton	15.31	14.74Q	0.7	2
4 Elle Geislinger	FR	St. Catherin	15.48	15.20q	0.6	1
5 Danielle Miller	FR	Gustavus Adolphus	15.36	15.31q	2.2	3
6 Gabby Bodin	SO	St. Catherin	15.18	15.34q	0.7	2
7 Rebekah Salfer	JR	St. Olaf	15.38	15.50q	0.6	1
8 Peyton Selle	SO	Concordia-Moorhead	15.75	15.56q	0.7	2
9 Nicole Lilleberg	JR	Concordia-Moorhead	16.18	15.62q	0.7	2
10 Makenna Huetten	FR	Gustavus Adolphus	15.79	15.63	2.2	3
11 AnnaGrace Nelson	FR	Bethel (Minn.)	15.61	15.67	0.7	2
12 McKenzie Williams	FR	St. Scholastica	15.90	15.70	0.6	1
13 Stephanie Pickthorn	SR	St. Benedict	16.02	16.10	0.6	1
14 Ally Stackhouse	FR	Bethel (Minn.)	16.14	16.32	2.2	3
15 Hannah King	SO	Bethel (Minn.)	16.91	16.70	0.6	1
16 Aoife Zamacona	SR	Hamline	16.80	17.00	0.6	1
17 Riki Poore	SO	St. Olaf	17.03	17.02	2.2	3
18 Jenna Kalevik	FR	Concordia-Moorhead	17.82	17.49	2.2	3
19 Gabriele Hannah	FR	Hamline	17.84	17.60	0.6	1
20 Cynthia Garcia Balmaceda	SO	Bethel (Minn.)	18.10	17.61	2.2	3
21 Mikayla Zaske	FR	Gustavus Adolphus	17.58	17.67	0.7	2
22 Kiernan Darling	FR	Concordia-Moorhead	17.67	17.78	0.7	2
23 Lily Johnson	FR	St. Olaf	17.82	17.80	0.6	1
24 Cecelia Miller	SR	Hamline	16.27	18.75	0.7	2

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Women 100 Meter Hurdles**

25 Erica Gaebe FR Gustavus Adolphus 19.18 19.83 0.7 2

Women 100 Meter Hurdles

Conference: 14.13 2014 Mallory Burnham, St. Thomas
 Facility: F 14.61 2013 Hannah Mueller, Winona State
 Name Year School Prelims Finals Wind Points

Finals

1	Birgen Nelson	FR Gustavus Adolphus	13.80	13.71F	0.4	10
2	Kelsie Sealock	SO Bethel (Minn.)	14.21	14.06F	0.4	8
3	Nayeli Williams	FR Carleton	14.74	14.96	0.4	6
4	Elle Geislinger	FR St. Catherin	15.20	15.25	0.4	5
5	Gabby Bodin	SO St. Catherin	15.34	15.30	0.4	4
6	Danielle Miller	FR Gustavus Adolphus	15.31	15.47	0.4	3
7	Peyton Selle	SO Concordia-Moorhead	15.56	15.51	0.4	2
8	Nicole Lilleberg	JR Concordia-Moorhead	15.62	15.95	0.4	1
--	Rebekah Salfer	JR St. Olaf	15.50	DNS	0.4	

Women 400 Meter Hurdles**9 Advance: Top 1 Each Heat plus Next 6 Best Times**

Conference: 1:00.36 1989 Carolyn Ross, Augsburg
 Facility: F 1:02.75 2009 Nicole Carroll, Minnesota
 Name Year School Seed Prelims H#

Preliminaries

1	Birgen Nelson	FR Gustavus Adolphus	1:01.93	F 1:01.45Q	2
2	Mikayla Turek	SO Bethel (Minn.)	1:04.78	1:05.16Q	3
3	Nayeli Williams	FR Carleton	1:06.07	1:08.15Q	1
4	McKenzie Williams	FR St. Scholastica	1:07.09	1:08.34q	1
5	Danielle Miller	FR Gustavus Adolphus	1:10.19	1:08.58q	1
6	Riki Poore	SO St. Olaf	1:09.66	1:08.95q	2
7	Rebekah Salfer	JR St. Olaf	1:09.08	1:09.02q	2
8	Peyton Selle	SO Concordia-Moorhead	1:12.37	1:09.11q	3
9	Makenna Huetten	FR Gustavus Adolphus	1:07.59	1:09.36q	3
10	Kelly Lorenz	SO Concordia-Moorhead	1:10.01	1:09.45	1
11	Maggie Mahota	SR St. Benedict	1:10.24	1:09.50	3
12	Jessie Smith	FR Bethel (Minn.)	1:11.78	1:09.58	2
13	Erica Meyers	SR St. Olaf	1:09.84	1:10.00	3
14	Andreiana Aurelius	FR Hamline	1:12.61	1:12.76	1
15	Hannah Hackenmueller	FR Carleton	1:14.85	1:15.18	1
16	Mikayla Zaske	FR Gustavus Adolphus	1:15.34	1:15.62	3
17	Audrey Parrott	FR Carleton	1:11.41	1:15.96	2
18	Addie Brooke-Pike	SR Macalester	1:18.71	1:16.44	2
19	Erica Gaebe	FR Gustavus Adolphus	1:21.19	1:21.02	2

Women 400 Meter Hurdles

Conference: 1:00.36 1989 Carolyn Ross, Augsburg
 Facility: F 1:02.75 2009 Nicole Carroll, Minnesota
 Name Year School Prelims Finals Points

Finals

1	Birgen Nelson	FR Gustavus Adolphus	1:01.45	1:00.64F	10
---	---------------	----------------------	---------	----------	----

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Women 400 Meter Hurdles**

2	Mikayla Turek	SO	Bethel (Minn.)	1:05.16	1:04.88	8
3	Nayeli Williams	FR	Carleton	1:08.15	1:05.60	6
4	Rebekah Salfer	JR	St. Olaf	1:09.02	1:05.86	5
5	Makenna Huetten	FR	Gustavus Adolphus	1:09.36	1:05.89	4
6	McKenzie Williams	FR	St. Scholastica	1:08.34	1:06.06	3
7	Danielle Miller	FR	Gustavus Adolphus	1:08.58	1:07.66	2
8	Peyton Selle	SO	Concordia-Moorhead	1:09.11	1:08.94	1
9	Riki Poore	SO	St. Olaf	1:08.95	1:12.40	

Women 3000 Meter Steeplechase

Conference: 10:37.58 2015		Ruth Steinke, Carleton			
Facility: F 10:46.23 2010		Greta Sieve, St. Catherine			
Name	Year	School	Seed	Finals	Points
1 Tracy Renier	SR	St. Benedict	11:23.13	11:33.48	10
2 Libby Rowland	FR	Carleton	11:55.38	11:35.92	8
3 Christine Albrecht	JR	St. Olaf	12:06.37	11:38.93	6
4 Josie Harms	FR	Bethel (Minn.)	12:00.35	11:44.93	5
5 Molly Weberg	FR	Gustavus Adolphus	11:58.76	11:49.38	4
6 Erika Swanson	SO	Bethel (Minn.)	12:07.88	11:50.46	3
7 Sophie McManus	FR	Carleton	11:59.92	12:02.42	2
8 Julia Severson	FR	Gustavus Adolphus	12:49.34	12:08.16	1
9 Emily Rugloski	JR	Concordia-Moorhead	12:35.06	12:19.53	
10 Elise Yeager	SO	St. Benedict	12:19.01	12:25.82	
11 Zoe Plechaty	JR	St. Olaf	12:21.32	12:34.80	
12 Chloe Kusser	SO	St. Olaf	12:44.97	12:38.18	
13 Sydney Hagen	FR	Gustavus Adolphus	12:43.02	12:39.58	
14 Bailey VanderWilde	SO	St. Olaf	12:08.13	12:43.79	
15 Julia Newman	SO	St. Olaf	12:44.80	12:45.21	
16 Amanda Tuvey	SO	Saint Mary's	12:38.88	12:48.09	
17 Marissa Cutlan	SO	Bethel (Minn.)	13:03.88	12:56.63	
18 Melissa Pfieffer	SO	St. Scholastica	12:57.32	12:58.99	
-- Klaire Petersen	SO	Hamline	13:13.05	SCR	
-- Anna Decker	FR	Bethel (Minn.)	13:12.50	SCR	

Women 4x100 Meter Relay

Conference: 47.17 2013		St. Thomas, St. Thomas			
		M Burnham, E Van Heel, C Rozeske, A Tipp			
Facility: F 47.88 2010		Augsburg, Augsburg			
School		Seed	Finals	H#	Points
1 Gustavus Adolphus 'A'		48.71	48.34	2	10
1) Kate Carlson FR	2) Ally Rakow FR				
3) Danielle Miller FR	4) Birgen Nelson FR				
2 St. Benedict 'A'		48.97	48.42	2	8
1) Dacoda Speidel SR	2) Tiana Johnson SO				
3) Hailey Johnson JR	4) Kate Gallagher SO				
3 Bethel (Minn.) 'A'		49.17	48.69	2	6
1) Jireh Babalola SO	2) Britta Nordberg SO				
3) Makenna Brown SO	4) Hannah Sankey SR				
4 Concordia-Moorhead 'A'		50.42	50.00	1	5
1) Maddie Guler SO	2) Mary Wunderlich FR				
3) Carlie Heinecke JR	4) Sierra Ramberg SO				

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Women 4x100 Meter Relay**

5 Hamline 'A'	50.26	50.23	2	4
1) Essence Boe SO	2) Ellie Logelin FR			
3) Briana Gilbert FR	4) Jailyln Robinson SO			
6 Carleton 'A'	50.35	50.43	2	3
1) Nayeli Williams FR	2) Jocelyn Ferguson FR			
3) Riley Roberts SO	4) Audrey Parrott FR			
7 St. Catherine (Minn.) 'A'	50.28	50.68	2	2
1) Claire Nichols JR	2) Erin Doyle SO			
3) Elle Geislinger FR	4) Gabby Bodin SO			
8 Saint Mary's (Minn.) 'A'	51.31	50.83	1	1
1) Nathalie Freire SR	2) Abrianna Utgaard JR			
3) Caroline Gearin SO	4) Sydney Klausler SR			
9 Macalester 'A'	51.02	51.12	1	
1) Sara Gregor JR	2) Adisa Preston FR			
3) Penny Hunter SO	4) Mikayla Ennevor SR			
10 St. Olaf 'A'	51.56	51.47	1	
1) Zoe Matre FR	2) Rebekah Salfer JR			
3) Erica Meyers SR	4) Clare Collins JR			
-- St. Scholastica 'A'		DNS	1	
-- Augsburg 'A'		DNS	1	

Women 4x400 Meter Relay

Conference:	3:51.39	5/15/2021	Bethel (Minn.), Bethel (Minn.)				
			H Sankey, K Sealock, B Nordberg, M Turek				
Facility:	F 3:52.06	2010	St. Olaf, St. Olaf				
School			Seed	Finals	H#	Points	
1 Gustavus Adolphus 'A'	4:06.67	3:55.67	2	10			
1) Sydney Hagen FR	2) Elizabeth Donnelly SO						
3) Makenna Huetten FR	4) Birgen Nelson FR						
2 Bethel (Minn.) 'A'	3:50.97	3:56.43	2	8			
1) Hannah Sankey SR	2) Britta Nordberg SO						
3) Makenna Brown SO	4) Mikayla Turek SO						
3 Hamline 'A'	4:04.27	4:01.79	2	6			
1) Lucy Hoelscher SO	2) Emme Nelson FR						
3) Alexandra Maddux JR	4) Lindsey Bernardy FR						
4 Saint Mary's (Minn.) 'A'	4:12.52	4:06.98	2	5			
1) Abrianna Utgaard JR	2) Sydney Klausler SR						
3) Anna Swanson JR	4) Caroline Gearin SO						
5 Concordia-Moorhead 'A'	4:12.53	4:07.13	1	4			
1) Maddie Guler SO	2) Isabel Fredrickson SR						
3) Peyton Selle SO	4) Drew Frolek FR						
6 St. Benedict 'A'	4:07.68	4:07.21	2	3			
1) Sidela Nyuga SO	2) Maggie Mahota SR						
3) Mirjana Ganley SO	4) Laura Mitch SR						
7 St. Olaf 'A'	4:07.76	4:08.16	2	2			
1) Karla Kroschel SO	2) Erica Meyers SR						
3) Olivia Edstrom SO	4) Teresa Pettitt-Kenney JR						
8 Carleton 'A'	4:10.71	4:09.09	2	1			
1) Jocelyn Ferguson FR	2) Lara Erickson FR						
3) Amy Kropp JR	4) Sydney Marsh JR						
9 St. Scholastica 'A'	4:10.09	4:09.69	2				
1) McKenzie Williams FR	2) Anna Kiminiski FR						
3) Annika Voss JR	4) Ellie Sholing SO						

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Women 4x400 Meter Relay**

10 Macalester 'A'	4:16.96	4:17.54	1
1) Adisa Preston FR	2) Sara Gregor JR		
3) Hannah Grosse SR	4) Maria Blaesing SO		
-- Augsburg 'A'		SCR	
-- St. Catherine (Minn.) 'A'		SCR	

Women 4x800 Meter Relay

Conference:	9:08.67	2008	St. Thomas, St. Thomas		
			B Hupp, K Russ, E Sprangers, K Theisen		
Facility: F	9:14.90	2010	St. Thomas, St. Thomas		
School			Seed	Finals	Points
1 Hamline 'A'				9:17.62	10
1) Lindsey Bernardy FR			2) Lucy Hoelscher SO		
3) Emma Mader SR			4) Alexandra Maddux JR		
2 St. Olaf 'A'				9:21.77	8
1) Olivia Edstrom SO			2) Sophie Call SO		
3) Sam Posey JR			4) Katie Gebert SO		
3 Concordia-Moorhead 'A'				9:38.68	6
1) Isabel Fredrickson SR			2) Eden Smith FR		
3) Kelly Lorenz SO			4) Drew Frolek FR		
4 Macalester 'A'				9:38.83	5
1) Lena Stern SR			2) Adisa Preston FR		
3) Ella Krumm FR			4) Maria Blaesing SO		
5 Bethel (Minn.) 'A'			9:32.59	9:42.81	4
1) Malakai Holloway JR			2) Ruby Gernandt FR		
3) Evie Hage FR			4) Grace Cole JR		
6 St. Benedict 'A'				9:50.35	3
1) Tracy Renier SR			2) Kalli Smith FR		
3) Elise Yeager SO			4) Nora Doyle SR		
7 Carleton 'A'				9:56.23	2
1) Alice Cutter SO			2) Eve Farrell JR		
3) Kate Ulrich FR			4) Libby Rowland FR		
8 Gustavus Adolphus 'A'				10:19.83	1
1) Kailyn Walukas FR			2) Julia Severson FR		
3) Mackinzee Miest SO			4) Molly Weberg FR		
9 St. Catherine (Minn.) 'A'				10:37.37	
1) Anya Swanson SR			2) Julia Clark SR		
3) Emma Meyer SR			4) Lizzy Erlandson SR		
-- Augsburg 'A'				DNS	
-- St. Scholastica 'A'				DNS	
-- Saint Mary's (Minn.) 'A'				DNS	

Women High Jump

Conference:	1.73m	1987	Holly Broadmarkle, Gustavus Adolphus		
Facility: F	1.65m	2010	Leah Kay, Concordia-Morrhead		
Facility: F	1.65m	2015	Nicole Christianson, St. Scholastica		
Name		Year School	Seed	Finals	Points
1 Justus Floren		FR St. Benedict	1.59m	1.59m	5-02.50 10
1.48 1.53 1.56 1.59 1.62					
O O XXO XO XXX					

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Women High Jump**

2	Olivia Motley	FR Gustavus Adolphus	1.55m	1.56m	5-01.25	8
	1.43 1.48 1.53 1.56 1.59					
	O O XO O XXX					
3	AnnaGrace Nelson	FR Bethel (Minn.)	1.55m	1.56m	5-01.25	6
	1.48 1.53 1.56 1.59					
	O O XO XXX					
4	Peyton Selle	SO Concordia-Moorhead	1.56m	1.53m	5-00.25	5
	1.48 1.53 1.56					
	O O XXX					
5	Gabby Bodin	SO St. Catherin	1.53m	1.53m	5-00.25	4
	1.43 1.48 1.53 1.56					
	O O XO XXX					
6	Lindsay Bangs	FR Gustavus Adolphus	1.49m	1.53m	5-00.25	3
	1.43 1.48 1.53 1.56					
	O XO XO XXX					
7	Teresa Pettitt-Kenney	JR St. Olaf	1.53m	1.53m	5-00.25	2
	1.43 1.48 1.53 1.56					
	O XO XXO XXX					
8	Ally Rakow	FR Gustavus Adolphus	1.49m	1.48m	4-10.25	1
	1.43 1.48 1.53 1.56					
	O O PPX XX					
9	Eve Farrell	JR Carleton	1.55m	1.48m	4-10.25	
	1.43 1.48 1.53					
	XO O XXX					
10	Stephanie Pickthorn	SR St. Benedict	1.50m	1.48m	4-10.25	
	1.43 1.48 1.53					
	O XXO XXX					
10	Elizabeth Selisker	SO St. Benedict	1.50m	1.48m	4-10.25	
	1.43 1.48 1.53					
	O XXO XXX					
12	Claire Nichols	JR St. Catherin	1.45m	1.48m	4-10.25	
	1.43 1.48 1.53					
	XO XXO XXX					
13	Jensen Luehrs	FR Gustavus Adolphus	1.43m	1.43m	4-08.25	
	1.43 1.48					
	O XXX					
13	Alli Joerger	FR Gustavus Adolphus	1.50m	1.43m	4-08.25	
	1.43 1.48					
	O XXX					
15	Aoife Zamacona	SR Hamline	1.46m	1.43m	4-08.25	
	1.43 1.48					
	XXO XXX					
--	Lily Johnson	FR St. Olaf	1.41m	NH		
	1.43					
	XXX					
--	Jenna Kalevik	FR Concordia-Moorhead	1.41m	NH		
	1.43					
	XXX					
--	Emma Ries	FR Hamline	1.48m	NH		
	1.43					
	XXX					
--	Toria Strampe	FR St. Scholastica	1.40m	SCR		

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Women Pole Vault**

Conference: 3.82m 5/12/2017 London Stelten, St. Benedict							
Facility: F 3.72m 2009 Rianna Gallart, Unattached							
Name	Year	School	Seed	Finals			Points
1 Jessica Lilland	SO	Bethel (Minn.)	3.50m	3.50m	11-05.75		10
3.20 3.35 3.50 3.60							
O O O XXX							
2 Teresa Pettitt-Kenney	JR	St. Olaf	3.62m	3.50m	11-05.75		8
3.05 3.20 3.35 3.50 3.60							
O O XXO XO XXX							
3 Nathalie Freire	SR	Saint Mary's	2.98m	3.20m	10-06.00		6
3.05 3.20 3.35							
O O XXX							
4 Sydney Marsh	JR	Carleton	3.26m	3.20m	10-06.00		5
2.80 3.05 3.20 3.35							
O XO XO XXX							
5 Maddie Sowinski	SO	Hamline	3.35m	3.20m	10-06.00		4
3.20 3.35							
XXO XXX							
6 Caitlin Salfer	JR	St. Benedict	3.15m	3.05m	10-00.00		3
2.80 3.05 3.20							
O O XXX							
7 Melanie Roberts	SO	St. Olaf	3.17m	3.05m	10-00.00		2
2.80 3.05 3.20							
XO O XXX							
8 Julia Cordes	JR	St. Olaf	3.20m	3.05m	10-00.00		0.33
2.80 3.05 3.20							
O XO XXX							
8 Caroline Gearin	SO	Saint Mary's	3.53m	3.05m	10-00.00		0.33
3.05 3.20							
XO XXX							
8 Molly Vaughan	FR	St. Benedict	3.15m	3.05m	10-00.00		0.33
2.80 3.05 3.20							
O XO XXX							
11 Sadie Koelz	SR	Bethel (Minn.)	3.13m	3.05m	10-00.00		
2.80 3.05 3.20							
XO XO XXX							
12 Gabrielle Evans	JR	Carleton	3.24m	3.05m	10-00.00		
2.80 3.05 3.20							
XO XXO XXX							
13 Olivia Hoff	SR	St. Benedict	2.96m	2.80m	9-02.25		
2.80 3.05							
O XXX							
13 Emily Litton	SO	Carleton	2.97m	2.80m	9-02.25		
2.80 3.05							
O XXX							
15 Grace Pierson	SO	Hamline	3.05m	2.80m	9-02.25		
2.80 3.05							
XO XXX							
15 Zoe Witham	SR	St. Benedict	2.85m	2.80m	9-02.25		
2.80 3.05							
XO XXX							
-- Hannah Grosse	SR	Macalester	3.60m	NH			
3.05							
XXX							

Results

Conference: 5.74m 2019 Steph Kretlow, St. Thomas										
Conference: 5.92m 2005 Kristal Grigsby (NWI), St. Thomas										
Facility: F 5.89m 2013 Hannah Mueller, Winona State										
Name	Year School			Seed	Finals	Wind	H# Points			
1	Nayeli Williams	FR Carleton			5.47m	5.49m	+0.0	18-00.25	2	10
	5.17m(4.2)	5.04m(+0.0)	5.40m(0.7)	5.29m(+0.0)	5.36m(1.0)	5.49m(+0.0)				
2	Mikayla Ennevor	SR Macalester			5.30m	5.43m	1.0	17-09.75	2	8
	5.03m(2.8)	5.05m(0.8)	5.29m(2.8)	5.25m(+0.0)	5.06m(1.8)	5.43m(1.0)				
3	Jen Valley	SO Hamline			5.41m	5.43m	2.4	17-09.75	1	6
	5.09m(0.2)	5.13m(1.6)	5.43m(2.4)	4.79m(2.3)	5.05m(1.0)	PASS				
4	Justus Floren	FR St. Benedict			5.13m	5.38m	3.3	17-08.00	2	5
	4.59m(1.3)	FOUL	5.25m(1.3)	5.01m(+0.0)	5.22m(+0.0)	5.38m(3.3)				
5	Sydney Marsh	JR Carleton			5.30m	5.30m	1.8	17-04.75	1	4
	4.81m(0.4)	5.30m(1.8)	5.00m(3.1)	5.27m(+0.0)	5.14m(0.8)	5.13m(1.7)				
6	Jordan Terry	SR Augsburg			4.92m	5.10m	1.3	16-08.75	2	3
	5.05m(+0.0)	4.96m(+0.0)	5.10m(1.3)	4.56m(1.6)	4.92m(+0.0)	5.04m(1.7)				
7	Ella Eliason	SO Bethel (Minn.)			5.06m	5.03m	3.3	16-06.00	2	2
	FOUL	4.78m(+0.0)	5.03m(3.3)	4.68m(1.7)	4.71m(1.6)	4.83m(0.2)				
8	Ainslee Parker	SO St. Olaf			5.02m	4.98m	0.2	16-04.25	2	1
	4.62m(0.9)	4.77m(0.4)	4.78m(0.9)	4.80m(0.2)	FOUL	4.98m(0.2)				
9	Sara Gregor	JR Macalester			4.95m	4.90m	+0.0	16-01.00	2	
	4.81m(+0.0)	4.65m(3.8)	FOUL	4.90m(+0.0)	4.67m(+0.0)	FOUL				
10	Claire Nichols	JR St. Catherin			5.05m	4.78m	4.1	15-08.25	1	
	4.52m(2.7)	4.78m(4.1)	FOUL	FOUL	4.73m(+0.0)	FOUL				
11	Stephanie Pickthorn	SR St. Benedict			4.99m	4.73m	0.2	15-06.25	1	
	4.73m(0.2)	FOUL	4.63m(4.5)							
12	Julia Cordes	JR St. Olaf			4.81m	4.60m	2.1	15-01.25	2	
	4.42m(+0.0)	4.60m(2.1)	4.40m(+0.0)							
13	Sydney Klausler	SR Saint Mary's			5.44m	4.57m	1.9	15-00.00	1	
	4.57m(1.9)	FOUL	FOUL							
14	Briana Gilbert	FR Hamline			4.88m	4.56m	1.7	14-11.50	1	
	FOUL	4.56m(1.7)	FOUL							
15	Katie Petersen	FR Gustavus Adolphus			4.59m	4.52m	2.5	14-10.00	1	
	4.34m(+0.0)	4.35m(1.9)	4.52m(2.5)							
16	Reilee Schepper	JR St. Catherin			5.05m	4.49m	0.9	14-08.75	1	
	FOUL	4.49m(0.9)	FOUL							
17	Lillian Maul	SO Saint Mary's			4.80m	4.40m	2.2	14-05.25	2	
	4.40m(2.2)	3.86m(0.4)	FOUL							
18	Madi Kes	FR Gustavus Adolphus			5.43m	4.28m	-0.1	14-00.50	1	
	4.28m(-0.1)	FOUL	FOUL							
--	Jailyn Robinson	SO Hamline			5.80m	FOUL			2	
	FOUL	FOUL	FOUL							

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Women Long Jump**

-- Grace Perrenoud	JR Bethel (Minn.)	4.98m	FOUL		1
FOUL	FOUL	FOUL			
-- Olivia Thomley	FR Gustavus Adolphus	4.52m	SCR	NWI	
-- Jane Sikes	FR St. Olaf	4.43m	SCR	NWI	
-- Lily Johnson	FR St. Olaf	4.41m	SCR	NWI	
-- Julianna Boyum	FR Hamline	4.32m	SCR	NWI	
-- Kiernan Darling	FR Concordia-Moorhead	4.50m	SCR	NWI	
-- Kayla LaRue	SR St. Olaf	4.44m	SCR	NWI	

Women Triple Jump

Conference:	12.15m	5/13/2017	Emma Peterson, Concordia-Moorhe						
Conference:	11.98m	2007	Selina Dehn (NWI), St. Thomas						
Facility:	F 11.76m	2013	Rachel Miller, St. Scholastica						
Name	Year	School	Seed	Finals	Wind	H#	Points		
1 Madi Kes		FR Gustavus Adolphus	11.67m	11.72m	2.3	38-05.50	1	10	
FOUL	11.72m(2.3)	11.45m(2.6)	11.32m(0.9)	11.30m(0.1)	11.39m(+0.0)				
2 Ainslee Parker		SO St. Olaf	10.96m	11.23m	5.1	36-10.25	2	8	
10.88m(+0.0)	10.90m(4.4)	11.23m(5.1)	10.96m(3.2)	10.70m(0.4)	11.11m(0.7)				
3 Journey Amundson		JR Macalester	11.37m	11.17m	0.3	36-07.75	2	6	
10.08m(2.5)	11.10m(0.7)	10.79m(2.3)	11.00m(2.8)	11.17m(0.3)	10.87m(+0.0)				
4 Reilee Schepper		JR St. Catherin	11.12m	10.99m	3.4	36-00.75	1	5	
10.86m(2.6)	10.99m(3.4)	10.85m(0.7)	10.76m(6.6)	10.35m(+0.0)	FOUL				
5 AnnaGrace Nelson		FR Bethel (Minn.)	11.23m	10.88m	0.6	35-08.50	1	4	
FOUL	10.77m(1.7)	10.75m(2.7)	10.88m(0.6)	10.17m(1.2)	FOUL(1.2)				
6 Grace Perrenoud		JR Bethel (Minn.)	10.99m	10.86m	1.0	35-07.75	2	3	
FOUL	10.69m(+0.0)	10.76m(1.1)	10.71m(1.5)	10.40m(1.0)	10.86m(1.0)				
7 Caylee Greeder		FR Gustavus Adolphus	10.16m	10.71m	0.5	35-01.75	1	2	
9.80m(1.1)	10.54m(0.9)	10.53m(0.5)	10.40m(1.3)	10.71m(0.5)	FOUL				
8 Stephanie Pickthorn		SR St. Benedict	10.38m	10.51m	0.4	34-05.75	1	1	
10.24m(2.7)	10.51m(0.4)	10.16m(2.3)	10.48m(2.4)	10.36m(4.0)	10.50m(0.3)				
9 Mary Wunderlich		FR Concordia-Moorhead	10.51m	10.39m	0.7	34-01.25	2		
10.39m(0.7)	9.68m(1.9)	FOUL	FOUL	10.19m(0.9)	10.21m(2.0)				
10 Briana Gilbert		FR Hamline	10.03m	10.34m	3.7	33-11.25	1		
10.34m(3.7)	9.85m(0.6)	10.26m(4.2)							
11 Nicole Lilleberg		JR Concordia-Moorhead	10.30m	10.03m	2.8	32-11.00	1		
9.97m(1.3)	10.03m(2.8)	9.53m(1.7)							
12 Danielle Anderson		SO St. Benedict	9.62m	9.93m	1.6	32-07.00	1		
9.93m(1.6)	FOUL								
13 Kiernan Darling		FR Concordia-Moorhead	9.78m	9.40m	0.7	30-10.25	2		
FOUL	9.40m(0.7)	9.38m(1.8)							
14 Toria Strampe		FR St. Scholastica	9.62m	9.28m	5.0	30-05.50	2		
9.28m(5.0)	9.08m(1.4)	9.00m(0.6)							
15 Erica Gaebe		FR Gustavus Adolphus	9.29m	8.95m	0.4	29-04.50	2		
FOUL	8.95m(0.4)	8.74m(1.8)							
16 Laura Fuller		FR Concordia-Moorhead	8.80m	8.79m	1.2	28-10.25	1		
FOUL	8.56m(0.1)	8.79m(1.2)							
-- Kayla LaRue		SR St. Olaf	9.55m	FOUL			2		
FOUL	FOUL	FOUL							
-- Kyra Nichols		JR Concordia-Moorhead	9.98m	DNS	NWI		1		

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Women Shot Put**

Conference: 14.58m 2013		Becky Culp, Hamline					
Facility: F 14.03m 2012		Alissa Rausch, Winona State					
Name	Year	School	Seed	Finals	H#	Points	
1 Annika Poe		FR Gustavus Adolphus	14.19m	14.31mF	46-11.50	2	10
14.08m 14.01m 14.21m		13.89m 13.79m 14.31m					
2 Cayle Hovland		SR Concordia-Moorhead	13.35m	13.28m	43-07.00	2	8
12.56m 12.59m 13.01m		12.70m 13.28m 12.90m					
3 Allyson Kangas		JR Concordia-Moorhead	12.65m	13.03m	42-09.00	2	6
11.90m 12.78m FOUL		12.07m 13.03m FOUL					
4 Emma Roethler		FR Bethel (Minn.)	12.60m	12.42m	40-09.00	2	5
12.39m 11.47m FOUL		12.42m 11.84m 11.95m					
5 Aleah Keske		SO St. Olaf	13.05m	12.25m	40-02.25	2	4
11.39m 10.33m 12.25m		FOUL 11.87m 11.92m					
6 Jacey Schlosser		SR Concordia-Moorhead	11.74m	11.87m	38-11.50	2	3
11.17m 11.77m FOUL		11.29m 11.87m 11.84m					
7 Samantha Kubes		SO Saint Mary's	12.07m	11.77m	38-07.50	2	2
11.42m 11.77m 11.70m		FOUL FOUL FOUL					
8 Haley Joos		SO St. Benedict	11.88m	11.73m	38-06.00	2	1
11.08m 11.32m 11.69m		FOUL 11.73m FOUL					
9 Lauren Isaacson		SR St. Catherin	12.32m	11.72m	38-05.50	2	
11.14m 11.52m 11.25m		11.72m FOUL 11.72m					
10 Dana Bach		SO Gustavus Adolphus	11.16m	11.11m	36-05.50	1	
10.98m 10.91m 11.11m							
11 Emily White		SR Concordia-Moorhead	11.43m	10.99m	36-00.75	1	
10.99m 10.73m FOUL							
12 Abby Schulte		FR Gustavus Adolphus	10.73m	10.87m	35-08.00	1	
10.17m 10.87m FOUL							
13 Morgan Wallendal		FR Saint Mary's	10.54m	10.68m	35-00.50	1	
FOUL 10.29m 10.68m							
14 Emma Johnson		FR St. Olaf	11.00m	10.49m	34-05.00	1	
10.49m 10.30m 10.37m							
15 Ellie Biggins		SO Hamline	11.19m	10.41m	34-02.00	1	
FOUL FOUL 10.41m							
16 Payton Packer		SO Hamline	10.41m	10.26m	33-08.00	1	
9.93m 9.72m 10.26m							
17 Alea Al-Juhari		JR St. Olaf	10.80m	9.92m	32-06.50	1	
9.92m 9.77m FOUL							
18 Alexis Torres		FR St. Benedict	10.28m	9.84m	32-03.50	1	
9.84m 9.49m FOUL							
19 Kendall Bechtold		JR St. Benedict	10.28m	9.69m	31-09.50	1	
FOUL 9.58m 9.69m							
-- Sam Hedtke		SO St. Olaf	11.81m	DNS		2	
-- Sarah Howdeshell		JR St. Olaf	9.57m	SCR			
-- Brooke Kangas		FR Concordia-Moorhead	8.60m	SCR			
-- Sydney Jackman		FR Saint Mary's	10.25m	SCR			
-- Sarah Tarvestad		SR St. Olaf	10.19m	SCR			
-- Grace Acheson		FR St. Benedict	9.49m	SCR			

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Women Discus Throw**

Conference: 54.18m 1992		Kris Kuehl, Concordia					
Facility: F 49.37m 2010		Mary Theisan, Winona State					
Name	Year	School	Seed	Finals	H#	Points	
1 Annika Poe	FR	Gustavus Adolphus	42.41m	41.44m	135-11	2	10
40.96m 41.44m 39.71m 38.71m FOUL 39.41m							
2 Cayle Hovland	SR	Concordia-Moorhead	41.00m	41.02m	134-07	2	8
41.02m 36.92m FOUL 35.94m 37.83m 37.15m							
3 Lauren Isaacson	SR	St. Catherin	41.59m	39.89m	130-10	2	6
39.79m 37.90m 37.11m 39.44m 39.89m FOUL							
4 Jacey Schlosser	SR	Concordia-Moorhead	38.94m	37.50m	123-00	2	5
36.05m 37.50m FOUL 33.97m 36.83m FOUL							
5 Maggie Beckmann	JR	St. Benedict	38.93m	37.42m	122-09	2	4
34.76m 35.92m 33.25m 35.11m 33.56m 37.42m							
6 Madison Reed	FR	Hamline	38.35m	37.41m	122-09	2	3
37.41m 37.04m 34.35m 36.10m FOUL 36.23m							
7 Sam Hedtke	SO	St. Olaf	35.77m	36.59m	120-00	1	2
FOUL 34.80m 35.74m 36.59m 35.95m 34.06m							
8 Allyson Kangas	JR	Concordia-Moorhead	35.69m	36.10m	118-05	1	1
33.84m 36.10m 33.58m 33.32m FOUL 34.12m							
9 Aleah Keske	SO	St. Olaf	38.69m	35.84m	117-07	2	
33.08m 35.33m FOUL FOUL 33.60m 35.84m							
10 Annalee Olson-Sola	SO	Gustavus Adolphus	37.48m	35.21m	115-06	2	
FOUL FOUL 35.21m							
11 Emily White	SR	Concordia-Moorhead	38.68m	34.47m	113-01	2	
34.47m 32.16m 34.16m							
12 Payton Packer	SO	Hamline	34.07m	34.23m	112-04	1	
34.23m 33.77m FOUL							
13 Jenneel Rodney	JR	Hamline	43.42m	34.21m	112-03	2	
FOUL FOUL 34.21m							
14 Claire Dummer	FR	Concordia-Moorhead	35.30m	32.58m	106-11	1	
FOUL 32.58m 32.04m							
15 Haley Joos	SO	St. Benedict	35.64m	32.32m	106-00	1	
32.32m 29.71m 30.89m							
16 Morgan Wallendal	FR	Saint Mary's	34.66m	32.25m	105-10	1	
32.25m FOUL FOUL							
17 Lexi Ellinghuysen	SO	Bethel (Minn.)	34.16m	31.06m	101-11	1	
30.33m 30.13m 31.06m							
18 Peyton Irsfeld	SO	St. Olaf	33.48m	30.84m	101-02	1	
30.84m 30.40m 29.72m							
19 Molly Lukenbill	SO	Bethel (Minn.)	31.97m	29.44m	96-07	1	
FOUL 29.44m 26.34m							
20 Anna Becker	JR	St. Scholastica	36.79m	28.84m	94-07	1	
FOUL FOUL 28.84m							
-- Sarah Howdeshell	JR	St. Olaf	27.57m	SCR			
-- Alexis Torres	FR	St. Benedict	29.72m	SCR			
-- Julia Johnston	JR	Carleton	31.80m	SCR			
-- Jade Hunt	FR	Hamline	30.78m	SCR			
-- Cailey Schlosser	FR	Concordia-Moorhead	31.39m	SCR			
-- Laura Fuller	FR	Concordia-Moorhead	27.69m	SCR			
-- Brooke Kangas	FR	Concordia-Moorhead	26.87m	SCR			

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Women Hammer Throw**

Conference: 53.24m 5/15/2021 Jenneel Rodney, Hamline										
Facility: F 55.15m 2010 Michelle Potter, Unattached										
Name	Year		School		Seed	Finals		H#	Points	
1 Lily Beneke			FR St. Scholastica		52.01m	52.95m	173-09	2	10	
FOUL	48.24m	48.53m	47.68m	52.95m	50.00m					
2 Jenneel Rodney			JR Hamline		51.31m	50.46m	165-07	2	8	
49.06m	49.61m	50.11m	FOUL	FOUL	50.46m					
3 Allyson Kangas			JR Concordia-Moorhead		48.11m	46.42m	152-03	2	6	
FOUL	42.44m	FOUL	FOUL	FOUL	46.42m					
4 Anna Becker			JR St. Scholastica		42.17m	45.23m	148-05	2	5	
FOUL	FOUL	41.66m	42.69m	FOUL	45.23m					
5 Madison Reed			FR Hamline		44.58m	44.31m	145-04	2	4	
41.57m	FOUL	FOUL	42.62m	44.31m	43.79m					
6 Cayle Hovland			SR Concordia-Moorhead		44.73m	44.01m	144-05	2	3	
44.01m	43.70m	42.16m	42.98m	43.42m	43.29m					
7 Maggie Beckmann			JR St. Benedict		44.38m	43.86m	143-11	2	2	
40.65m	FOUL	41.01m	43.86m	2.71m	42.69m					
8 Lexi Ellinghuysen			SO Bethel (Minn.)		41.99m	41.52m	136-03	1	1	
FOUL	36.82m	41.52m	FOUL	39.74m	FOUL					
9 Neenah Bosman			SO Carleton		40.45m	41.38m	135-09	1		
FOUL	41.38m	FOUL	40.76m	FOUL	37.01m					
10 Haley Joos			SO St. Benedict		38.86m	40.75m	133-08	1		
37.61m	40.75m	36.30m								
11 Jacey Schlosser			SR Concordia-Moorhead		48.70m	40.51m	132-11	2		
FOUL	40.51m	39.67m								
12 Samantha Kubes			SO Saint Mary's		44.36m	40.16m	131-09	2		
40.16m	FOUL	FOUL								
13 Emily White			SR Concordia-Moorhead		36.34m	39.83m	130-08	1		
37.75m	39.83m	FOUL								
14 Madison Fiecke			SR Hamline		41.06m	39.65m	130-01	1		
38.34m	39.65m	37.95m								
15 Molly Lukenbill			SO Bethel (Minn.)		40.28m	39.63m	130-00	1		
39.63m	39.15m	FOUL								
16 Dana Bach			SO Gustavus Adolphus		42.25m	38.24m	125-05	2		
FOUL	FOUL	38.24m								
17 Nicole Nelson			FR Gustavus Adolphus		39.88m	36.53m	119-10	1		
FOUL	FOUL	36.53m								
18 Emma Johnson			FR St. Olaf		37.47m	35.94m	117-11	1		
35.94m	35.72m	FOUL								
19 Peyton Irsfeld			SO St. Olaf		35.79m	35.01m	114-10	1		
33.85m	FOUL	35.01m								
20 Sarah Tarvestad			SR St. Olaf		35.59m	33.34m	109-04	1		
30.76m	29.33m	33.34m								
-- Tawny Plenty Horse			FR Hamline		32.81m	SCR				
-- Alea Al-Juhari			JR St. Olaf		31.22m	SCR				
-- Brooke Kangas			FR Concordia-Moorhead		26.31m	SCR				
-- Jade Hunt			FR Hamline		33.60m	SCR				
-- Kendall Bechtold			JR St. Benedict		34.89m	SCR				
-- Laura Fuller			FR Concordia-Moorhead		24.83m	SCR				
-- Ellie Biggins			SO Hamline		33.81m	SCR				
-- Cailey Schlosser			FR Concordia-Moorhead		33.58m	SCR				

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Women Javelin Throw**

Conference: 48.29m 2008		Lisa Brown, Gustavus Adolphus				
Facility: F 44.38m 2010		Kyley Crotty, St. Thomas				
Name	Year	School	Seed	Finals	H#	Points
1 Anna Swanson		JR Saint Mary's	42.99m	41.10m	134-10	2 10
FOUL 37.67m 37.94m 40.63m 41.10m 32.70m						
2 Bryana Leverentz		JR St. Catherin	39.95m	39.73m	130-04	2 8
37.44m FOUL 39.73m 34.25m 0.61m 38.64m						
3 Stephanie Pickthorn		SR St. Benedict	33.02m	37.36m	122-07	2 6
37.36m 34.78m 33.15m FOUL FOUL 35.06m						
4 Rachel Erickson		SO Gustavus Adolphus	36.21m	37.06m	121-07	2 5
36.16m FOUL FOUL FOUL 34.16m 37.06m						
5 Kelsie Sealock		SO Bethel (Minn.)	33.25m	37.00m	121-05	2 4
35.12m 37.00m 33.78m 31.16m 32.57m 30.02m						
6 McKenna Hulslander		SO Hamline	35.16m	35.99m	118-01	2 3
35.99m 33.51m 34.24m 33.27m 33.35m 31.35m						
7 Aubrie Werk		SO Concordia-Moorhead	32.62m	34.87m	114-05	2 2
34.21m 34.46m 34.87m FOUL 32.54m 34.55m						
8 Abbie Swenson		FR Bethel (Minn.)	31.65m	34.17m	112-01	2 1
FOUL 34.17m 31.65m 34.03m 32.97m 33.11m						
9 Jensen Luehrs		FR Gustavus Adolphus	28.74m	34.10m	111-10	1
25.69m FOUL 33.14m 33.03m FOUL 34.10m						
10 Sarah Beth Hobby		SO Macalester	34.63m	32.91m	108-00	2
32.31m 32.91m 31.48m						
11 Regan Anderson		FR Concordia-Moorhead	30.37m	32.77m	107-06	1
31.92m 32.77m 31.12m						
12 Rebekah Salfer		JR St. Olaf	30.50m	30.77m	100-11	1
FOUL 30.77m 22.39m						
13 Nathalie Freire		SR Saint Mary's	31.49m	29.45m	96-07	1
29.45m FOUL 27.88m						
14 Annalee Olson-Sola		SO Gustavus Adolphus	29.83m	28.73m	94-03	1
28.73m 24.80m 27.63m						
15 Jacey Schlosser		SR Concordia-Moorhead	29.18m	28.56m	93-08	1
28.56m FOUL FOUL						
16 Peyton Selle		SO Concordia-Moorhead	30.07m	28.34m	93-00	1
28.34m FOUL FOUL						
17 Chelsea Hoernemann		FR Gustavus Adolphus	29.75m	21.36m	70-01	1
FOUL FOUL 21.36m						
-- Justus Floren		FR St. Benedict	32.72m	FOUL		2
FOUL FOUL FOUL						
-- Lexi Ellinghuysen		SO Bethel (Minn.)	27.42m	SCR		
-- Elise Aslanian		FR St. Olaf	28.11m	SCR		
-- Rachel Nelsen		SO St. Olaf	20.07m	SCR		
-- Rhaegan Kiland		JR Concordia-Moorhead	25.64m	SCR		
-- Cailey Schlosser		FR Concordia-Moorhead	28.58m	SCR		
-- Julianna Boyum		FR Hamline	24.40m	SCR		
-- Laura Fuller		FR Concordia-Moorhead	25.12m	SCR		
-- Grace Ivesdal		JR Concordia-Moorhead	20.62m	SCR		

Women Other

Name	Year	School	Seed	Finals	Points
1 Peyton Selle	SO	Concordia-Moorhead		10.00m 32-10.00	10
2 Rebekah Salfer	JR	St. Olaf		8.00m 26-03.25	8

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Women Other**

3	Grace Blanchette	SO Carleton	6.00m	19-08.50	6
4	Sydney Marsh	JR Carleton	5.00m	16-05.00	5
5	Justus Floren	FR St. Benedict	4.00m	13-01.75	4
6	Stephanie Pickthorn	SR St. Benedict	3.00m	9-10.50	3
7	AnnaGrace Nelson	FR Bethel (Minn.)	2.00m	6-07.00	2
8	Sarah Beth Hobby	SO Macalester	1.00m	3-03.75	1

Men 100 Meter Dash**9 Advance: Top 1 Each Heat plus Next 6 Best Times**

Conference: 10.53 5/15/2021 Ryan Miller, St. John's (Minn)

Conference: 10.39 2019 Ryan Miller, St. Thomas

Facility: F 10.64 2013 Alex Koenen, UW-La Crosse

Name	Year	School	Seed	Prelims	Wind	H#
Preliminaries						
1 Samuel Eben Ebai	SO	St. Scholastica	10.72	F 10.61Q	0.8	1
2 Kevin Arthur	SO	St. John's (Minn.)	10.65	F 10.64Q	1.9	2
3 Ryan Miller	JR	St. John's (Minn.)	10.83	10.81Q	+0.0	3
4 Varney Conneh	JR	Augsburg	10.96	10.91q	0.8	1
5 Tommy Kern	FR	Concordia-Moorhead	10.91	10.96q	+0.0	3
6 Jack Young	JR	St. John's (Minn.)	10.96	11.01q	1.9	2
7 Nolan Morical	FR	Concordia-Moorhead	11.03	11.02q	1.9	2
8 Sean Diedrich	FR	St. Scholastica	11.19	11.03q	1.9	2 11.021
9 Godsword Simon	FR	Bethel (Minn.)	11.18	11.03q	1.9	2 11.022
10 Demetri Lord	SO	St. Olaf	11.11	11.03	+0.0	3 11.026
11 Oscar Christoph	SR	Carleton	11.09	11.21	0.8	1
12 Matthew Skelly	FR	Gustavus Adolphus	11.41	11.27	1.9	2
13 Taron Busby	SR	Augsburg	11.14	11.29	0.8	1 11.283
14 Colin Conteh	SO	Concordia-Moorhead	11.21	11.29	0.8	1 11.287
15 Albert Smith	JR	Bethel (Minn.)	11.13	11.37	+0.0	3
16 Dan Cooper	SO	Saint Mary's	11.36	11.39	0.8	1
17 Pierre Deutschlander	SO	St. John's (Minn.)	11.35	11.42	1.9	2
18 Danny Bies	FR	Gustavus Adolphus	11.44	11.44	0.8	1
19 Seth Cattoor	JR	St. John's (Minn.)	11.21	11.46	+0.0	3 11.451
20 Emanuel Popoca	FR	St. John's (Minn.)	11.33	11.46	0.8	1 11.459
21 Coleton Strupp	JR	Saint Mary's	11.23	11.48	+0.0	3
22 Brandon Kallstrom	FR	Bethel (Minn.)	11.38	11.60	+0.0	3
23 Josh Sletta	SO	St. John's (Minn.)	11.42	11.61	1.9	2
24 Reece Thomas	FR	Hamline	11.36	11.63	1.9	2 11.627
25 Tae'Vion Wilkins	FR	Hamline	11.40	11.63	+0.0	3 11.629
26 Levi Korum	FR	Bethel (Minn.)	11.41	11.73	0.8	1
27 Matt Gish	JR	St. John's (Minn.)	11.45	11.88	+0.0	3

Men 100 Meter Dash

Conference: 10.53 5/15/2021 Ryan Miller, St. John's (Minn)

Conference: 10.39 2019 Ryan Miller, St. Thomas

Facility: F 10.64 2013 Alex Koenen, UW-La Crosse

Name	Year	School	Prelims	Finals	Wind	Points
Finals						
1 Kevin Arthur	SO	St. John's (Minn.)	10.64	10.51F	-0.5	10
2 Samuel Eben Ebai	SO	St. Scholastica	10.61	10.68	-0.5	8
3 Ryan Miller	JR	St. John's (Minn.)	10.81	10.70	-0.5	6

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Men 100 Meter Dash**

4	Jack Young	JR St. John's (Minn.)	11.01	10.99	-0.5	5
5	Varney Conneh	JR Augsburg	10.91	11.00	-0.5	4
6	Tommy Kern	FR Concordia-Moorhead	10.96	11.05	-0.5	3
7	Godsword Simon	FR Bethel (Minn.)	11.03	11.17	-0.5	2
8	Sean Diedrich	FR St. Scholastica	11.03	11.18	-0.5	1
9	Nolan Morical	FR Concordia-Moorhead	11.02	11.32	-0.5	

Men 200 Meter Dash**9 Advance: Top 1 Each Heat plus Next 6 Best Times**

Conference:	21.44	5/15/2021	Eric Douville, St. Thomas (Minn			
Conference:	21.28	2002	Jerry Washington, Gustavus Adolphus			
Facility: F	21.44	2015	David Paynotta, UW-River Falls			
Name		Year School	Seed	Prelims	Wind	H#

Preliminaries

1	Kevin Arthur	SO St. John's (Minn.)	21.50	21.59Q	2.3	3
2	Cal Wright	SR Concordia-Moorhead	22.43	21.76Q	1.8	1
3	Arlo Heitler	FR Macalester	21.96	21.97Q	1.1	2
4	Tommy Kern	FR Concordia-Moorhead	21.98	21.94q	1.8	1
5	Wyatt Quiring	SO Gustavus Adolphus	21.92	22.18q	1.1	2
6	Nolan Morical	FR Concordia-Moorhead	22.50	22.44q	1.1	2
7	Varney Conneh	JR Augsburg	22.47	22.49q	1.1	2
8	Jack Young	JR St. John's (Minn.)	22.31	22.52q	2.3	3 22.516
9	Henry Fisher	SO St. Olaf	22.38	22.52q	2.3	3 22.517
10	Seth Cattoor	JR St. John's (Minn.)	22.58	22.54	1.8	1
11	Oscar Christoph	SR Carleton	22.84	22.57	2.3	3
12	Chris Bulwa	FR Saint Mary's	23.19	22.75	2.3	3
13	Colin Schuller	SR Concordia-Moorhead	22.63	22.76	2.3	3
14	Devin McNearny	FR St. Olaf	23.01	22.80	2.3	3
15	Dawson Schaffer	SO Concordia-Moorhead	22.90	22.95	1.8	1
16	Dominic Flentje	SO Gustavus Adolphus	23.28	23.32	1.8	1
17	David Couper	FR Hamline	22.96	23.36	1.1	2
18	Samuel Eben Ebai	SO St. Scholastica	21.75	23.37	1.8	1
19	Matthew Skelly	FR Gustavus Adolphus	23.44	23.38	2.3	3
20	Nick Hermes	FR Concordia-Moorhead	23.38	23.41	1.1	2
21	Pierre Deutschlander	SO St. John's (Minn.)	23.42	23.48	2.3	3
22	Taron Busby	SR Augsburg	23.54	23.49	1.1	2
23	Danny Nichols	JR St. Olaf	23.38	23.55	1.1	2
24	Emanuel Popoca	FR St. John's (Minn.)	22.95	23.60	1.1	2
25	Fritz Landherr	JR Augsburg	23.53	23.65	1.8	1
26	Michael Broad	FR Gustavus Adolphus	23.40	24.20	1.8	1
--	Jericho Peterson	SO St. Scholastica	22.98	DNS	1.8	1

Men 200 Meter Dash

Conference:	21.44	5/15/2021	Eric Douville, St. Thomas (Minn			
Conference:	21.28	2002	Jerry Washington, Gustavus Adolphus			
Facility: F	21.44	2015	David Paynotta, UW-River Falls			
Name		Year	School	Prelims	Finals	Wind Points

Finals

1	Kevin Arthur	SO St. John's (Minn.)	21.59	21.51	-1.3	10
2	Cal Wright	SR Concordia-Moorhead	21.76	21.62	-1.3	8
3	Arlo Heitler	FR Macalester	21.97	21.89	-1.3	6

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Men 200 Meter Dash**

4	Jack Young	JR	St. John's (Minn.)	22.52	22.05	-1.3	5
5	Wyatt Quiring	SO	Gustavus Adolphus	22.18	22.49	-1.3	4
6	Nolan Morical	FR	Concordia-Moorhead	22.44	22.59	-1.3	3
7	Varney Conneh	JR	Augsburg	22.49	22.74	-1.3	2
8	Henry Fisher	SO	St. Olaf	22.52	23.06	-1.3	1
9	Tommy Kern	FR	Concordia-Moorhead	21.94	24.25	-1.3	

Men 400 Meter Dash**9 Advance: Top 1 Each Heat plus Next 6 Best Times**

Conference:	47.15	2004	Carson Glad, St. Thomas
Facility:	F 47.67	2010	Patrick Jager, St. Thomas
Name	Year	School	Seed Prelims H#

Preliminaries

1	Arlo Heitler	FR	Macalester	49.31	48.91Q	1
2	Cal Wright	SR	Concordia-Moorhead	47.80	49.03Q	3
3	Jacob Parent	FR	Bethel (Minn.)	48.58	49.23Q	2
4	Hayden Gagnon	SR	Concordia-Moorhead	49.98	49.44q	3
5	Wyatt Quiring	SO	Gustavus Adolphus	49.05	49.61q	1
6	Omavi Collison	JR	St. John's (Minn.)	49.73	49.86q	2
7	Seth Zeitchick	FR	Gustavus Adolphus	50.05	49.98q	3
8	Dylan Gast	SO	Gustavus Adolphus	50.16	50.16q	2
9	Trevor Tionson	FR	Concordia-Moorhead	51.85	50.41q	1
10	Abe Schegel	JR	Bethel (Minn.)	50.63	50.42	2
11	Ryan Conzemius	FR	St. John's (Minn.)	51.00	50.87	3
12	Nathan Smith	FR	Bethel (Minn.)	51.69	50.94	1
13	Oliver Adamson	FR	Saint Mary's	50.58	51.14	1
14	Riaz Kelly	FR	Carleton	50.93	51.43	3
15	Agro Gushwa	FR	Gustavus Adolphus	51.42	51.45	2
16	Jorge Hernandez	FR	St. John's (Minn.)	51.92	51.69	2
17	Danny Nichols	JR	St. Olaf	52.49	51.94	1
18	John Schwinghamer	JR	St. Scholastica	53.04	52.00	3
19	Peter Oviguian	FR	Gustavus Adolphus	52.43	52.13	2
20	Simon Zahrbock	SR	Concordia-Moorhead	52.68	52.14	1
21	Fritz Landherr	JR	Augsburg	52.28	52.39	3
22	Jay Erickson	FR	Gustavus Adolphus	53.33	52.72	2
23	Yahya Bashir	FR	Gustavus Adolphus	52.91	53.58	3
24	Michael Broad	FR	Gustavus Adolphus	53.51	54.09	1
25	Sharrod Longs Jr.	FR	Augsburg	52.81	55.92	2
--	Bridger Rives	SR	Carleton	50.30	DQ	1 Steps inside line
--	Liam Kennedy	SO	Carleton	52.02	DNS	3

Men 400 Meter Dash

Conference:	47.15	2004	Carson Glad, St. Thomas
Facility:	F 47.67	2010	Patrick Jager, St. Thomas
Name	Year	School	Prelims Finals Points

Finals

1	Cal Wright	SR	Concordia-Moorhead	49.03	47.68	10
2	Arlo Heitler	FR	Macalester	48.91	48.16	8
3	Jacob Parent	FR	Bethel (Minn.)	49.23	48.48	6
4	Omavi Collison	JR	St. John's (Minn.)	49.86	49.00	5
5	Wyatt Quiring	SO	Gustavus Adolphus	49.61	49.43	4

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Men 400 Meter Dash**

6	Seth Zeitchick	FR	Gustavus Adolphus	49.98	50.04	3
7	Trevor Tiongson	FR	Concordia-Moorhead	50.41	51.33	2
8	Hayden Gagnon	SR	Concordia-Moorhead	49.44	51.88	1
--	Dylan Gast	SO	Gustavus Adolphus	50.16	DNS	

Men 800 Meter Run**9 Advance: Top 2 Each Heat plus Next 3 Best Times**

Conference: 1:49.88 5/13/2017 Donson Cook-Gallardo, Carleton

Facility: F 1:52.07 2010 Max Hanson, Gustavus

Name Year School Seed Prelims H#

Preliminaries

1	Tommy Allen	FR	St. John's (Minn.)	1:54.56	1:57.04Q	2
2	Ethan Ash	SO	Carleton	1:54.16	1:57.17Q	1
3	Josh Meier	FR	Carleton	1:56.31	1:57.72Q	3
4	Alistair Pattison	SO	Carleton	1:58.43	1:57.14Q	2
5	Tyler Smith	FR	Gustavus Adolphus	1:56.53	1:57.32Q	1
6	Alexei Hensel	SO	St. John's (Minn.)	1:55.35	1:57.77Q	3
7	Jakob Baatrup-Sabo	FR	St. Olaf	1:57.66	1:57.18q	2
8	Derek Douglas	FR	St. Scholastica	1:58.30	1:57.66q	1
9	Solomon Johnson	JR	Concordia-Moorhead	1:57.87	1:57.68q	2
10	Carson Roehl	FR	Gustavus Adolphus	1:57.72	1:58.22	3
11	Getinat Asfaw	SO	Augsburg	1:58.76	1:58.65	3
12	Blake Fuller	FR	Gustavus Adolphus	1:57.84	1:58.91	3
13	Ben Perry	SR	Carleton	1:58.17	1:59.17	1
14	Joe Lynch	FR	St. Scholastica	1:58.88	1:59.47	3
15	Isaiah Brindamour	SO	Saint Mary's	2:00.30	1:59.86	1
16	Jackson Marsh	FR	St. Olaf	1:59.48	1:59.97	2
17	Samuel Rengo	SO	St. John's (Minn.)	2:00.74	2:00.06	3
18	Aidan Thomas	FR	St. John's (Minn.)	2:00.42	2:00.52	2
19	Korrigan Diercks	SO	Gustavus Adolphus	2:01.76	2:01.13	3
20	Gabe Kuecker	FR	Bethel (Minn.)	2:01.63	2:01.17	2
21	Jake Wielgos	FR	Gustavus Adolphus	2:01.18	2:01.50	1
22	Grant Graber	FR	Bethel (Minn.)	2:01.07	2:02.41	3
23	Olaf Coffey	FR	St. Olaf	1:59.56	2:03.11	1
24	Clark Nelson	FR	Bethel (Minn.)	2:01.33	2:05.89	1
25	Noah Johnson	SO	Gustavus Adolphus	1:56.38	2:06.34	1
26	Sakariya Hussien	JR	Augsburg	1:56.34	2:06.50	2
27	Penn Sagedahl	SO	St. Olaf	2:01.18	2:11.17	2

Men 800 Meter Run

Conference: 1:49.88 5/13/2017 Donson Cook-Gallardo, Carleton

Facility: F 1:52.07 2010 Max Hanson, Gustavus

Name Year School Prelims Finals Points

Finals

1	Tommy Allen	FR	St. John's (Minn.)	1:57.04	1:54.94	10
2	Alexei Hensel	SO	St. John's (Minn.)	1:57.77	1:56.06	8
3	Solomon Johnson	JR	Concordia-Moorhead	1:57.68	1:56.26	6
4	Tyler Smith	FR	Gustavus Adolphus	1:57.32	1:56.91	5
5	Jakob Baatrup-Sabo	FR	St. Olaf	1:57.18	1:57.08	4
6	Derek Douglas	FR	St. Scholastica	1:57.66	1:57.38	3
7	Josh Meier	FR	Carleton	1:57.72	1:58.43	2

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Men 800 Meter Run**

8 Ethan Ash	SO Carleton	1:57.17	1:59.17	1
9 Alistair Pattison	SO Carleton	1:57.14	2:02.51	

Men 1500 Meter Run**12 Advance: Top 5 Each Heat plus Next 2 Best Times**

Conference:	3:49.39	5/13/2017	Joe Coffey, St. Olaf		
Facility:	F 3:52.87	2009	Dallas Vincent, UW-La Crosse		
Name	Year	School	Seed	Prelims	H#

Preliminaries

1 Munir Isahak	SR	Concordia-Moorhead	3:55.44	4:04.13Q	2
2 Calvin Boone	FR	St. Scholastica	3:53.11	4:06.16Q	1
3 Lars DeWall	FR	St. Scholastica	4:00.20	4:05.13Q	2
4 Noah Massanari	SO	St. Olaf	3:58.54	4:06.27Q	1
5 Sakariya Hussien	JR	Augsburg	4:05.76	4:05.51Q	2
6 Ian Curtis	SO	St. Olaf	3:58.15	4:06.35Q	1
7 Tucker Wallin	FR	Gustavus Adolphus	4:06.32	4:05.52Q	2
8 Jack Degonda	SO	Gustavus Adolphus	4:03.06	4:06.53Q	1
9 Elijah Jones	JR	Carleton	4:06.24	4:05.53Q	2
10 Zak Sather	JR	Carleton	4:06.06	4:06.66Q	1
11 Getinat Asfaw	SO	Augsburg	4:04.02	4:05.58q	2
12 Olaf Coffey	FR	St. Olaf	4:08.28	4:06.99q	1
13 Nathan Neu	FR	St. Scholastica	4:06.08	4:07.32	1
14 Reuben Kosche	JR	St. Olaf	3:56.07	4:08.98	2
15 Mitchell Grand	SO	St. John's (Minn.)	4:00.95	4:09.98	2
16 Brock Lawhead	SO	St. Olaf	4:10.67	4:10.39	2
17 Alex Fendig	SO	Macalester	4:09.11	4:11.75	2
18 Avery Watts	JR	Carleton	4:08.68	4:16.03	1
19 Nick Ihrke	FR	Macalester	4:09.64	4:16.71	1
20 Henry Hinchcliffe	FR	Gustavus Adolphus	4:09.04	4:17.76	2
21 Daniel Kloeppner	SO	St. John's (Minn.)	4:15.23	4:19.86	2
22 Joe Madell	FR	Macalester	4:15.48	4:21.06	1
23 Max Jacobson	FR	Augsburg	4:17.68	4:21.28	2
24 Penn Sagedahl	SO	St. Olaf	4:09.16	4:22.11	1
25 Bereket Wondimu	SO	Augsburg	4:18.86	4:22.15	2
26 Justus Fast	JR	St. John's (Minn.)	4:16.33	4:26.32	1
27 Luke Peterson	FR	Bethel (Minn.)	4:19.61	4:26.83	1

Men 1500 Meter Run

Conference:	3:49.39	5/13/2017	Joe Coffey, St. Olaf		
Facility:	F 3:52.87	2009	Dallas Vincent, UW-La Crosse		
Name	Year	School	Prelims	Finals	Points

Finals

1 Munir Isahak	SR	Concordia-Moorhead	4:04.13	3:51.29F	10
2 Calvin Boone	FR	St. Scholastica	4:06.16	3:52.93	8
3 Ian Curtis	SO	St. Olaf	4:06.35	3:53.68	6
4 Noah Massanari	SO	St. Olaf	4:06.27	3:56.63	5
5 Tucker Wallin	FR	Gustavus Adolphus	4:05.52	3:59.93	4
6 Lars DeWall	FR	St. Scholastica	4:05.13	4:00.26	3
7 Jack Degonda	SO	Gustavus Adolphus	4:06.53	4:01.57	2
8 Sakariya Hussien	JR	Augsburg	4:05.51	4:03.68	1
9 Olaf Coffey	FR	St. Olaf	4:06.99	4:03.94	

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Men 1500 Meter Run**

10	Getinat Asfaw	SO Augsburg	4:05.58	4:07.71
11	Elijah Jones	JR Carleton	4:05.53	4:07.96
12	Zak Sather	JR Carleton	4:06.66	4:15.65

Men 5000 Meter Run

Conference:		14:22.67	2019	Lucas Mueller, Carleton	
Facility:		F 14:42.62	2010	Dobuo Ruon, St. Olaf	
Name	Year	School	Seed	Finals	Points
1 Munir Isahak	SR	Concordia-Moorhead	14:50.92	14:55.95	10
2 Lloyd Young	SO	St. John's (Minn.)	14:42.97	14:59.53	8
3 Ian Curtis	SO	St. Olaf	14:45.86	15:02.73	6
4 Will Kelly	SO	St. Olaf	14:43.14	15:08.83	5
5 Julian Munoz	SO	St. Olaf	15:04.23	15:12.94	4
6 Ike Mendel	JR	Bethel (Minn.)	15:17.62	15:13.72	3
7 Stephen Lavey	SR	Carleton	14:53.25	15:25.34	2
8 Ben Crotteau	FR	Macalester	15:37.07	15:27.57	1
9 Adam Nakasaka	SR	Carleton	15:00.28	15:35.93	
10 Andrew Skemp	FR	St. Olaf	15:09.06	15:45.35	
11 Logan Bocovich	SO	St. Olaf	14:34.08	15:53.75	
12 David Lynn	SO	St. Olaf	15:23.66	15:54.36	
13 Reuben Kosche	JR	St. Olaf	15:06.23	15:59.73	
14 Dillon Diekmann	JR	St. John's (Minn.)	15:32.06	16:01.89	
15 Kenyon Nystrom	SR	Carleton	16:00.29	16:06.20	
16 Aidan St George	SO	Bethel (Minn.)	15:54.57	16:09.16	
17 Bryce Knutson	SO	Gustavus Adolphus	15:42.47	16:09.57	
18 Logan McCullough	FR	Gustavus Adolphus	15:51.72	16:11.03	
19 Noah Massanari	SO	St. Olaf	14:50.89	16:12.04	
20 Mateo Useche	SO	Macalester	16:01.66	16:16.87	
21 Nick Ihrke	FR	Macalester	15:40.96	16:19.15	
22 Matt Payne	SO	Gustavus Adolphus	15:37.36	16:23.47	
23 Alex Fendig	SO	Macalester	16:04.04	16:26.28	
24 Lucas Schnirring	SO	Gustavus Adolphus	15:45.84	16:29.94	
25 Cody Rieder	SO	Augsburg	16:04.00	16:31.06	
26 Leo Smith	JR	Concordia-Moorhead	15:27.30	16:36.76	
27 Michael Kurtz	FR	Hamline	16:21.86	16:36.93	
28 Dylan Bartness	FR	St. John's (Minn.)	16:09.67	16:44.23	
29 William Saari	FR	Hamline	15:57.47	16:44.76	
30 Reece McKee	FR	Macalester	15:49.03	16:57.89	
-- Eamon Cavanaugh	FR	St. John's (Minn.)	15:24.49	DNS	
-- Brenner Klein	SO	Bethel (Minn.)	16:41.35	SCR	
-- Hunter Bauer	SO	Bethel (Minn.)	18:18.18	SCR	
-- Kevin Sethre	SR	Augsburg	17:22.41	SCR	
-- Aaron Puent	JR	Augsburg	18:56.36	SCR	
-- John Hutchinson	FR	Bethel (Minn.)	19:04.70	SCR	
-- Ben Aoki-Sherwood	JR	Carleton	16:02.46	SCR	
-- Parker Zak	JR	St. John's (Minn.)	16:26.30	SCR	
-- Joe Madell	FR	Macalester	17:01.50	SCR	
-- Maxwell Krause	JR	St. John's (Minn.)	16:47.81	SCR	
-- Jesse Shufro-Zletetz	SR	Carleton	16:10.29	SCR	
-- Aidan Appel	FR	Macalester	17:00.93	SCR	

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Men 10000 Meter Run**

Conference:		29:46.75	5/14/2021	Lucas Mueller, Carleton	
Facility:		F 31:34.62	2015	Chris Lawson, St. Scholastica	
Name	Year	School	Seed	Finals	Points
1 Stephen Lavey	SR	Carleton	29:42.58	30:58.53F	10
2 Logan Bocovich	SO	St. Olaf	30:50.20	31:02.33F	8
3 Andrew Skemp	FR	St. Olaf	31:22.44	31:17.29F	6
4 Ike Mendel	JR	Bethel (Minn.)	31:34.88	31:27.28F	5
5 Henry Bowman	JR	Carleton	30:44.36	31:33.07F	4
6 Adam Nakasaka	SR	Carleton	31:20.54	31:37.21	3
7 David Lynn	SO	St. Olaf	31:57.52	31:48.94	2
8 Kevin Montresor	SO	St. Olaf	31:38.11	32:28.28	1
9 Aidan St George	SO	Bethel (Minn.)	32:48.80	32:41.90	
10 Matt Payne	SO	Gustavus Adolphus	32:51.00	32:45.45	
11 Lucas Schnirring	SO	Gustavus Adolphus	33:12.14	32:47.68	
12 Mauricio Vite	SO	St. Olaf	33:40.26	33:05.77	
13 Leo Smith	JR	Concordia-Moorhead	31:37.04	33:25.70	
14 Cody Rieder	SO	Augsburg	34:14.71	33:56.51	
15 Ben Aoki-Sherwood	JR	Carleton	34:14.85	34:09.12	
16 Jesse Shufro-Zletz	SR	Carleton	34:31.57	34:29.18	
17 Chris Raabe-Pavlov	JR	St. Olaf	34:47.55	34:36.15	
-- Logan Jacobson	SO	Bethel (Minn.)	35:53.60	SCR	
-- Brock Lawhead	SO	St. Olaf	33:06.67	SCR	
-- Logan McCullough	FR	Gustavus Adolphus	33:11.89	SCR	
-- Kevin Sethre	SR	Augsburg	38:44.58	SCR	
-- Bryce Knutson	SO	Gustavus Adolphus	32:45.50	SCR	
-- Dylan Bartness	FR	St. John's (Minn.)	34:22.94	SCR	
-- Luke Simcox	SO	St. Olaf	36:30.18	SCR	

Men 110 Meter Hurdles**9 Advance: Top 1 Each Heat plus Next 6 Best Times**

Conference:		13.83	5/14/2021	Taylor Rooney, Gustavus Adolphus	
Conference:		14.36	2001	Eric Klinker (NWI), Macalester	
Facility:		F 14.55	2015	Daniel Otto, UW-La Crosse	
Name	Year	School	Seed	Prelims	Wind H#
Preliminaries					
1 Josh Sampson	SO	Bethel (Minn.)	14.70	F 14.47Q	1.9 1
2 Jayson Ekiyor	FR	Bethel (Minn.)	14.47	14.49Q	3.5 2
3 Lucas Kramarczuk	SO	St. Olaf	14.55	14.61Q	0.5 3
4 David Myres	FR	Bethel (Minn.)	15.05	15.07q	1.9 1
5 Lukas Walton	JR	Bethel (Minn.)	15.44	15.36q	3.5 2
6 Josh Thomsen	FR	Hamline	15.42	15.47q	0.5 3
7 Demetri Lord	SO	St. Olaf	15.42	15.49q	3.5 2
8 Matthew Nissen	SO	St. Olaf	16.21	15.96q	1.9 1
9 Zach Angstman	SR	Hamline	16.27	16.33q	0.5 3 16.321
10 Nick Edwards	JR	St. Olaf	16.70	16.33	0.5 3 16.327
11 Justus White	SO	St. John's (Minn.)	16.14	16.50	0.5 3
12 Sam Schulze	FR	Gustavus Adolphus	16.91	16.73	1.9 1
13 Brandon Doe	FR	Augsburg	16.22	16.85	1.9 1
14 Logan Day	JR	St. Olaf	16.44	16.86	3.5 2
15 Max Lelwica	FR	St. John's (Minn.)	16.33	17.17	3.5 2
16 Layton Borst	FR	St. Olaf	17.07	17.76	0.5 3
17 Zach Paustian	SR	Concordia-Moorhead	17.89	18.00	3.5 2

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Men 110 Meter Hurdles**

18 Nick Suchomel	FR Macalester	18.20	18.03	0.5	3
19 Jackson Bassett	FR St. Olaf	16.86	18.88	1.9	1
20 Aiden Mikla	FR Gustavus Adolphus	18.96	19.93	1.9	1

Men 110 Meter Hurdles

Conference: 13.83 5/14/2021 Taylor Rooney, Gustavus Adolphus

Conference: 14.36 2001 Eric Klinker (NWI), Macalester

Facility: F 14.55 2015 Daniel Otto, UW-La Crosse

Name	Year	School	Prelims	Finals	Wind	Points
------	------	--------	---------	--------	------	--------

Finals

1 Jayson Ekiyor	FR Bethel (Minn.)	14.49	14.24F	1.3	10
2 Lucas Kramarczuk	SO St. Olaf	14.61	14.49F	1.3	8
3 Josh Sampson	SO Bethel (Minn.)	14.47	14.70	1.3	6
4 Josh Thomsen	FR Hamline	15.47	14.73	1.3	5
5 David Myres	FR Bethel (Minn.)	15.07	15.01	1.3	4
6 Demetri Lord	SO St. Olaf	15.49	15.30	1.3	3
7 Lukas Walton	JR Bethel (Minn.)	15.36	15.38	1.3	2
8 Matthew Nissen	SO St. Olaf	15.96	15.90	1.3	1
9 Zach Angstman	SR Hamline	16.33	16.40	1.3	

Men 400 Meter Hurdles**9 Advance: Top 1 Each Heat plus Next 6 Best Times**

Conference: 52.10 5/15/2021 Joel Smith, Bethel (Minn.)

Facility: F 52.17 2010 Taylor Ferda, Bethel

Name	Year	School	Seed	Prelims	H#
------	------	--------	------	---------	----

Preliminaries

1 Joel Smith	JR Bethel (Minn.)	52.41	54.44Q	3
2 David Myres	FR Bethel (Minn.)	55.20	54.71Q	1
3 Tyler Sealock	JR Bethel (Minn.)	53.65	55.10Q	2
4 Josh Thomsen	FR Hamline	55.25	55.34q	2
5 Brady Labine	JR St. John's (Minn.)	54.36	55.71q	1
6 Lukas Walton	JR Bethel (Minn.)	56.68	56.01q	2
7 Jeff Wang	FR Macalester	56.15	56.68q	3
8 Sam Schulze	FR Gustavus Adolphus	59.04	57.64q	1
9 Tyler Gunderson	FR St. Olaf	59.54	58.69q	2
10 Calvin Moeller	FR Gustavus Adolphus	59.45	58.78	1
11 Caleb Meeker	FR Bethel (Minn.)	1:02.03	58.94	1
12 Dan Wilson	SR Concordia-Moorhead	59.82	59.38	2
13 Trokon Karngar	JR Bethel (Minn.)	56.48	59.55	3
14 Mason Bosley	JR Macalester	59.76	1:00.42	3
15 Mack Maroushek	JR St. John's (Minn.)	59.61	1:01.74	3
16 Grant Baker	FR Gustavus Adolphus	1:01.82	1:02.00	1
17 Raul Ortiz	FR Hamline	1:02.41	1:02.14	2
18 Charles Ellis	FR St. John's (Minn.)	1:03.92	1:02.69	2
19 Jackson Bassett	FR St. Olaf	1:02.78	1:03.85	3
20 Zach Angstman	SR Hamline	1:03.12	1:05.10	3

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Men 400 Meter Hurdles**

Conference: 52.10 5/15/2021 Joel Smith, Bethel (Minn.)

Facility: F 52.17 2010 Taylor Ferda, Bethel

Name	Year	School	Prelims	Finals	Points
Finals					
1 Joel Smith		JR Bethel (Minn.)	54.44	52.32	10
2 Tyler Sealock		JR Bethel (Minn.)	55.10	53.33	8
3 Josh Thomsen		FR Hamline	55.34	53.98	6
4 Brady Labine		JR St. John's (Minn.)	55.71	54.37	5
5 Jeff Wang		FR Macalester	56.68	54.81	4
6 Lukas Walton		JR Bethel (Minn.)	56.01	56.20	3
7 Sam Schulze		FR Gustavus Adolphus	57.64	56.80	2
8 David Myres		FR Bethel (Minn.)	54.71	56.81	1
9 Tyler Gunderson		FR St. Olaf	58.69	58.46	

Men 3000 Meter Steeplechase

Conference: 8:44.01 5/15/2021 Matthew Wilkinson, Carleton

Facility: F 9:16.94 2010 Max Hanson, Gustavus

Name	Year	School	Seed	Finals	Points
1 Ben Santos		SR Carleton	9:35.53	9:20.93	10
2 Will Kelly		SO St. Olaf	9:20.08	9:24.95	8
3 Andy Goldsmith		JR St. John's (Minn.)	9:37.55	9:35.99	6
4 Thomas Nemanich		SO St. John's (Minn.)	9:50.54	9:42.07	5
5 Waylon Kurts		FR St. Olaf	9:58.48	9:45.96	4
6 Aric Brodie		JR Hamline	10:05.73	9:47.30	3
7 Anders Cote		SO St. Olaf	9:57.25	9:47.86	2
8 Gabe Estrada		SO St. Olaf	9:56.07	9:49.87	1
9 Henry Bowman		JR Carleton	9:35.20	9:51.23	
10 Eamonn McCullough		SO Gustavus Adolphus	10:10.08	9:51.62	
11 Samuel Rengo		SO St. John's (Minn.)	10:17.11	9:57.18	
12 Nathan Meyer		JR St. John's (Minn.)	9:46.38	10:00.31	
13 Trevor LaVigne		FR Gustavus Adolphus	9:57.51	10:13.56	
14 Riley Berg		SO St. John's (Minn.)	10:09.78	10:16.60	
15 Cole Nowacki		SO Concordia-Moorhead	10:07.93	10:19.89	
16 Reece McKee		FR Macalester	10:11.31	10:26.91	
17 Reese Thompson		FR Bethel (Minn.)	9:56.65	10:31.34	
18 Anders Narum		JR St. Olaf	9:56.95	10:32.03	
-- Aaron Puent		JR Augsburg	11:51.66	SCR	
-- Jens Lange		JR St. Olaf	10:46.12	SCR	
-- Joseph Gathje		FR St. John's (Minn.)	10:22.19	SCR	
-- Peter Larson		JR St. Olaf	10:38.72	SCR	

Men 4x100 Meter Relay

Conference: 41.23 2002 St. Thomas, St. Thomas

A Hilliard, R Cress, T Hart, C Glad

Facility: F 41.24 2009 UW-Stout, UW-Stout

School	Seed	Finals	H#	Points
1 St. John's (Minn.) 'A'	41.80	41.53	2	10
1) Jack Young JR	2) Kevin Arthur SO			
3) Brady Labine JR	4) Seth Cattoor JR			
2 Gustavus Adolphus 'A'	42.68	42.31	2	8

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Men 4x100 Meter Relay**

1) Isaiah Subah FR	2) Dylan Gast SO				
3) Seth Zeitchick FR	4) Wyatt Quiring SO				
3 Bethel (Minn.) 'A'		42.82	42.38	2	6
1) Jayson Ekiyor FR	2) Alec Braun FR				
3) Albert Smith JR	4) Jacob Parent FR				
4 St. Olaf 'A'		43.17	42.74	2	5
1) Dylan Arnold FR	2) Nick Edwards JR				
3) Henry Fisher SO	4) Demetri Lord SO				
5 Concordia-Moorhead 'A'		42.80	42.79	2	4
1) Colin Conteh SO	2) Tommy Kern FR				
3) Nolan Morical FR	4) Dawson Schaffer SO				
6 Hamline 'A'		43.75	43.17	1	3
1) Josh Thomsen FR	2) Reece Thomas FR				
3) Tae'Vion Wilkins FR	4) Christian Velishek SR				
7 Carleton 'A'		44.21	43.48	1	2
1) Blake Neithart FR	2) Hugh Shanno FR				
3) Riaz Kelly FR	4) Oscar Christoph SR				
8 Saint Mary's (Minn.) 'A'		43.73	43.82	1	1
1) Coleton Strupp JR	2) Dan Cooper SO				
3) Antonio Cisewski FR	4) Oliver Adamson FR				
9 Macalester 'A'		44.94	46.40	1	
1) Nick Suchomel FR	2) Mason Bosley JR				
3) Justin Veimau SO	4) Jacob Kogut FR				
-- Augsburg 'A'		43.18	DNF	1	
1) Brandon Doe FR	2) Sharrod Longs Jr. FR				
3) Taron Busby SR	4) Varney Conneh JR				
-- St. Scholastica 'A'		43.14	DNS	2	

Men 4x400 Meter Relay

Conference:	3:13.02	2009	St. Thomas, St. Thomas				
			P Bastron, J Ewer, J DeFrance, P Jager				
Facility:	F 3:15.66	2010	Hamline, Hamline				
School				Seed	Finals	H#	Points
1 Bethel (Minn.) 'A'				3:15.68	3:15.98	2	10
1) Jacob Parent FR			2) Tyler Sealock JR				
3) Josh Sampson SO			4) Joel Smith JR				
2 Gustavus Adolphus 'A'				3:20.03	3:19.49	2	8
1) Seth Zeitchick FR			2) Noah Johnson SO				
3) Tyler Smith FR			4) Wyatt Quiring SO				
3 St. John's (Minn.) 'A'				3:27.18	3:20.44	2	6
1) Brady Labine JR			2) Jorge Hernandez FR				
3) Omavi Collison JR			4) Ryan Conzemius FR				
4 Concordia-Moorhead 'A'				3:18.24	3:22.84	2	5
1) Colin Schuller SR			2) Dawson Schaffer SO				
3) Trevor Tionson FR			4) Solomon Johnson JR				
5 Carleton 'A'				3:27.39	3:23.04	2	4
1) Riaz Kelly FR			2) Josh Meier FR				
3) Ethan Ash SO			4) Bridger Rives SR				
6 Macalester 'A'				3:29.97	3:23.65	2	3
1) Jeff Wang FR			2) Johanan Arimi SR				
3) Drew Getty SO			4) Arlo Heitler FR				
7 St. Scholastica 'A'				3:29.74	3:24.51	2	2
1) Sean Diedrich FR			2) Nathan Neu FR				

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Men 4x400 Meter Relay**

3) John Schwinghamer JR	4) Derek Douglas FR			
8 St. Olaf 'A'	3:29.66	3:25.88	2	1
1) Tyler Gunderson FR	2) Luke Malek JR			
3) Henry Fisher SO	4) Stephen Peper JR			
9 Saint Mary's (Minn.) 'A'	3:27.58	3:27.60	2	
1) Brady Johnson FR	2) Isaiah Brindamour SO			
3) Chris Bulwa FR	4) Oliver Adamson FR			
10 Augsburg 'A'	3:30.41	3:27.85	1	
1) Fritz Landherr JR	2) Sakariya Hussien JR			
3) Bereket Wondimu SO	4) Getinat Asfaw SO			
11 Hamline 'A'	3:41.94	3:36.30	1	
1) Josh Thomsen FR	2) Raul Ortiz FR			
3) Carter Kienholz FR	4) Connor Artner FR			

Men 4x800 Meter Relay

Conference:	7:33.39	5/12/2017	St. Olaf, St. Olaf		
			J Henschel, J Eggers, S Bjork, J Coffey		
Facility:	F 7:44.49	2010	St. Olaf, St. Olaf		
School			Seed	Finals	Points
1 St. John's (Minn.) 'A'				7:44.56	10
1) Riley Berg SO			2) Will Mattock SO		
3) Nathan Clausing SO			4) Dillon Diekmann JR		
2 St. Olaf 'A'				7:46.41	8
1) Henrik Gilbertson JR			2) Luke Malek JR		
3) Julian Munoz SO			4) Gabe Estrada SO		
3 St. Scholastica 'A'			7:54.00	7:52.02	6
1) Derek Douglas FR			2) Joe Lynch FR		
3) Lars DeWall FR			4) Calvin Boone FR		
4 Gustavus Adolphus 'A'			7:58.62	7:54.96	5
1) Carson Roehl FR			2) Blake Fuller FR		
3) Markus Rupnow FR			4) Tyler Smith FR		
5 Macalester 'A'				7:57.83	4
1) Drew Getty SO			2) Ben Crotteau FR		
3) Mateo Useche SO			4) Brock Adams FR		
6 Carleton 'A'				8:00.49	3
1) Bridger Rives SR			2) Alistair Pattison SO		
3) Josh Meier FR			4) Ethan Ash SO		
7 Augsburg 'A'				8:01.06	2
1) Getinat Asfaw SO			2) Bereket Wondimu SO		
3) Max Jacobson FR			4) Sakariya Hussien JR		
8 Concordia-Moorhead 'A'				8:15.27	1
1) Lucas Hinojos SO			2) Cole Nowacki SO		
3) Tanner Olson JR			4) Solomon Johnson JR		
9 Bethel (Minn.) 'A'			8:23.91	8:20.31	
1) Clark Nelson FR			2) Gabe Kuecker FR		
3) Tad Stewart SO			4) Grant Graber FR		
10 Hamline 'A'				8:41.36	
1) Michael Kurtz FR			2) Raul Ortiz FR		
3) Connor Artner FR			4) William Saari FR		
-- Saint Mary's (Minn.) 'A'				DNS	

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Men High Jump**

Conference: 2.19m 1993		Leonard Jones, St. Thomas					
Facility: F 2.05m 2010		Jay Quick, Bethel					
Name	Year	School	Seed	Finals	Points		
1 Stephen Peper	JR	St. Olaf	2.00m	2.08mF	6-09.75	10	
1.89 1.94 1.99 2.02 2.05 2.08 2.11							
O O XO XXO O O XXX							
2 Maguire Petersen	SO	St. John's (Minn.)	2.00m	2.05mF	6-08.75	8	
1.89 1.94 1.99 2.02 2.05 2.08							
O O XO XO XO XXX							
3 Christian Velishek	SR	Hamline	2.00m	1.94m	6-04.25	6	
1.84 1.89 1.94 1.99							
XO O XXO XXX							
4 Lukas Walton	JR	Bethel (Minn.)	1.95m	1.94m	6-04.25	5	
1.79 1.84 1.89 1.94 1.99							
XO O XO XXO XXX							
5 Alec Ungar	FR	St. John's (Minn.)	1.95m	1.89m	6-02.25	4	
1.84 1.89 1.94							
O O XXX							
6 Hayden Gagnon	SR	Concordia-Moorhead	1.85m	1.89m	6-02.25	3	
1.84 1.89 1.94							
O XXO XXX							
7 Michael Braun	FR	Hamline	1.90m	1.89m	6-02.25	2	
1.79 1.84 1.89 1.94							
O XO XXO XXX							
8 Aravindh Subramanian	JR	Carleton	1.83m	1.84m	6-00.50	0.25	
1.74 1.79 1.84 1.89							
O O O XXX							
8 Anthony Marsh	FR	Concordia-Moorhead	2.00m	1.84m	6-00.50	0.25	
1.84 1.89							
O XXX							
8 Sam Rademacher	JR	St. John's (Minn.)	1.90m	1.84m	6-00.50	0.25	
1.79 1.84 1.89							
O O XXX							
8 Cole Matetich	FR	Gustavus Adolphus	1.80m	1.84m	6-00.50	0.25	
1.74 1.79 1.84 1.89							
O XXX O XXX							
12 Danny Bies	FR	Gustavus Adolphus	1.83m	1.84m	6-00.50		
1.74 1.79 1.84 1.89							
O O XO XXX							
13 Alec Braun	FR	Bethel (Minn.)	1.85m	1.84m	6-00.50		
1.74 1.79 1.84 1.89							
O O XXO XXX							
14 Evan Wieker	FR	Gustavus Adolphus	1.83m	1.79m	5-10.50		
1.74 1.79 1.84							
O O XXX							
14 Andrew Cogley	FR	St. Olaf	1.76m	1.79m	5-10.50		
1.74 1.79 1.84							
O O XXX							
16 Luke Wiltshire	FR	Bethel (Minn.)	1.80m	1.79m	5-10.50		
1.74 1.79 1.84							
O XO XXX							
17 Nick Edwards	JR	St. Olaf	1.79m	1.79m	5-10.50		
1.74 1.79 1.84							
O XXO XXX							

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Men High Jump**

-- Ethan Cline-Cole	FR Carleton	1.75m	NH
1.74			
XXX			
-- Charlie Frenzel	FR Saint Mary's	1.70m	SCR
-- Logan Sullivan	FR Gustavus Adolphus	1.68m	SCR
-- Justus White	SO St. John's (Minn.)	1.70m	SCR

Men Pole Vault

Conference: 5.09m 5/13/2017 Connor O'Neill, St. Thomas (Minn)						
Facility: F 4.86m 2014 Peyton Shedd, UW-Stout						
Name	Year	School	Seed	Finals	Points	
1 Shawn Schindler	JR	St. John's (Minn.)	4.70m	4.56m	14-11.50	9
4.31 4.46 4.56 4.66 4.76						
O XXO O X XXX						
1 Joseph Charbonneau	FR	St. John's (Minn.)	4.70m	4.56m	14-11.50	9
4.31 4.46 4.56 4.66 4.76						
O XXO O X XXX						
3 Joseph Stauffer	SO	St. John's (Minn.)	4.47m	4.46m	14-07.50	6
4.16 4.31 4.46 4.56						
XO O XXO XXX						
4 Aidan Gatz	FR	Saint Mary's	4.54m	4.46m	14-07.50	5
4.16 4.31 4.46 4.56						
XO XXO XXO XXX						
5 Owen Schuster	SR	Carleton	4.43m	4.31m	14-01.75	4
3.86 4.01 4.16 4.31 4.46						
O O O O XXX						
6 Matthew Stack	SR	Saint Mary's	4.35m	4.31m	14-01.75	3
4.16 4.31 4.46						
XO O XXX						
7 Lukas Walton	JR	Bethel (Minn.)	4.40m	4.31m	14-01.75	2
4.01 4.16 4.31 4.46						
O O XO XXX						
8 Coleton Strupp	JR	Saint Mary's	4.35m	4.31m	14-01.75	1
4.01 4.16 4.31 4.46						
O XO XO XXX						
9 Dylan Arnold	FR	St. Olaf	4.60m	4.16m	13-07.75	
4.16 4.31						
XO XXX						
10 Samuel Gardeen	FR	Bethel (Minn.)	4.05m	4.16m	13-07.75	
3.71 3.86 4.01 4.16						
O XXO O XO						
11 Daniel Eickhoff	FR	St. John's (Minn.)	4.00m	4.16m	13-07.75	
3.71 3.86 4.01 4.16 4.31						
O XXO O XXO XXX						
12 Wade Rhonemus	JR	Concordia-Moorhead	4.32m	4.01m	13-01.75	
4.01 4.16						
O XXX						
13 Ben Urbaniak	FR	Gustavus Adolphus	3.72m	4.01m	13-01.75	
3.71 3.86 4.01 4.16						
O XO XXO XXX						
14 Woody Rian	SO	St. Olaf	3.90m	3.86m	12-08.00	
3.71 3.86 4.01						
XXO O XXX						

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Men Pole Vault**

14	Mason DeGross	SO St. John's (Minn.)	3.97m	3.86m	12-08.00
	3.71 3.86 4.01 4.16				
	XXO O P XXX				
16	Tim Adams	FR Carleton	3.80m	3.71m	12-02.00
	3.71 3.86				
	O XXX				
17	Layton Borst	FR St. Olaf	3.80m	3.71m	12-02.00
	3.71 3.86				
	XXO XXX				
--	Erik Walker	FR Gustavus Adolphus	3.72m	NH	
	3.71				
	XXX				
--	Max Doom	FR St. John's (Minn.)	4.10m	DNS	
--	Logan Marzinske	FR Gustavus Adolphus	3.55m	SCR	
--	Aiden Mikla	FR Gustavus Adolphus	3.55m	SCR	
--	Gael Ramirez	FR Bethel (Minn.)	3.53m	SCR	
--	Andrew Adams	FR St. John's (Minn.)	3.68m	SCR	
--	Zach Paustian	SR Concordia-Moorhead	3.57m	SCR	

Men Long Jump

=====											
Conference:	7.30m	2008	Erik Diley, St. John's								
Conference:	7.73m	1991	Leonard Jones (NWI), St. Thomas								
Facility:	F 7.09m	2011	Kellen McCrary, UW-La Crosse								
Name		Year	School		Seed	Finals	Wind		H#	Points	
=====											
1	Anthony Marsh		FR Concordia-Moorhead		6.62m	6.98m	1.2	22-11.00	2	10	6.80
	6.78m(+0.0)	6.63m(1.1)	6.42m(+0.0)	6.80m(0.5)	6.69m(+0.0)	6.98m(1.2)					
2	Caleb Williams		SO Macalester		6.88m	6.98m	2.2	22-11.00	1	8	6.79
	6.72m(0.4)	FOUL	FOUL	6.74m(0.3)	6.79m(+0.0)	6.98m(2.2)					
3	Christian Velishek		SR Hamline		7.00m	6.91m	2.2	22-08.00	1	6	
	6.38m(+0.0)	6.58m(2.7)	6.52m(+0.0)	6.50m(+0.0)	6.91m(2.2)	6.56m(1.6)					
4	Isaiah Subah		FR Gustavus Adolphus		6.99m	6.81m	+0.0	22-04.25	2	5	
	6.81m(+0.0)	FOUL	6.68m(0.1)	FOUL	6.65m(+0.0)	FOUL					
5	Johanan Arimi		SR Macalester		6.62m	6.75m	0.8	22-01.75	2	4	
	6.63m(3.9)	6.33m(1.0)	6.41m(2.1)	6.56m(+0.0)	6.47m(+0.0)	6.75m(0.8)					
6	Alexander DuMoulin		SO Gustavus Adolphus		6.89m	6.60m	1.7	21-08.00	1	3	
	6.53m(4.7)	FOUL	6.37m(0.4)	FOUL	6.37m(+0.0)	6.60m(1.7)					
7	Lucas Kramarczuk		SO St. Olaf		6.60m	6.55m	2.8	21-06.00	1	2	
	FOUL	6.55m(2.8)	6.45m(+0.0)	FOUL	6.38m(-0.3)	6.52m(1.7)					
8	Sean Bjork		JR Bethel (Minn.)		6.40m	6.52m	2.0	21-04.75	2	1	
	6.52m(2.0)	6.41m(1.4)	FOUL	6.26m(2.1)	6.34m(0.3)	FOUL					
9	Gabe Alada		SR St. Olaf		6.76m	6.49m	2.3	21-03.50	2		
	FOUL	6.49m(2.3)	6.22m(0.1)	6.05m(1.8)	6.29m(1.1)	6.39m(+0.0)					
10	Alec Ungar		FR St. John's (Minn.)		6.64m	6.46m	2.1	21-02.50	2		
	6.46m(2.1)	6.21m(2.4)	6.25m(0.5)								
11	Stephen Peper		JR St. Olaf		6.40m	6.44m	1.5	21-01.50	1		
	6.39m(2.2)	6.44m(1.5)	FOUL								
12	Michael Braun		FR Hamline		6.40m	6.42m	0.5	21-00.75	2		
	FOUL	6.32m(1.1)	6.42m(0.5)								
13	Dan Cooper		SO Saint Mary's		6.31m	6.35m	2.4	20-10.00	1		
	FOUL	6.35m(2.4)	FOUL								
14	Riley Hodin		FR Macalester		6.37m	6.33m	+0.0	20-09.25	1		
	6.33m(+0.0)	6.08m(0.5)	PASS								

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Men Long Jump**

15	Thomas Amberg	SR Hamline	6.23m	6.32m	0.7	20-09.00	2
	6.29m(3.5) FOUL	6.32m(0.7)					
16	Demetri Lord	SO St. Olaf	6.37m	6.27m	0.2	20-07.00	1
	FOUL 6.01m(+0.0)	6.27m(0.2)					
17	Antonio Cisewski	FR Saint Mary's	6.33m	6.12m	0.3	20-01.00	2
	5.85m(1.5) 5.91m(0.1)	6.12m(0.3)					
18	Eh Ler Moo	FR St. Olaf	6.31m	6.06m	2.8	19-10.75	1
	FOUL 6.06m(2.8)	FOUL					
19	Nick Hermes	FR Concordia-Moorhead	6.05m	5.91m	1.8	19-04.75	1
	5.86m(3.0) FOUL	5.91m(1.8)					
20	Simon Sotiropoulos	FR St. Scholastica	6.09m	5.66m	1.3	18-07.00	2
	5.66m(1.3) 5.63m(+0.0)	5.55m(+0.0)					
--	Cade Wallin	FR Gustavus Adolphus	5.89m	SCR	NWI		
--	Sam Dabrowski	JR Hamline	6.00m	SCR	NWI		
--	Fredrick Emdin	FR Augsburg	5.12m	SCR	NWI		
--	Justin Veimau	SO Macalester	6.00m	SCR	NWI		
--	Jordan Petron	FR Concordia-Moorhead	5.76m	SCR	NWI		
--	Julian Cumps	FR St. Olaf	5.71m	SCR	NWI		

Men Triple Jump

=====									
Conference:	14.73m	2010	Eyo Ekpo, St. Thomas						
Conference:	15.69m	1984	Todd Nash (NWI), St. Olaf						
Facility:	F 14.91m	2011	Kellen McCrary, UW-La Crosse						
Name		Year	School		Seed	Finals	Wind		H# Points
=====									
1	Michael Wallace		JR St. John's (Minn.)		14.56m	14.32m	+0.0	46-11.75	2 10
	11.41m(0.5)	13.77m(+0.0)	14.31m(+0.0)	12.36m(0.5)	FOUL	14.32m(+0.0)			
2	Caleb Williams		SO Macalester		13.99m	14.00m	+0.0	45-11.25	1 8
	13.46m(+0.0)	12.81m(1.5)	12.87m(+0.0)	FOUL	FOUL	14.00m(+0.0)			
3	Elijah Wade		SO St. John's (Minn.)		13.90m	13.89m	0.5	45-07.00	2 6
	13.85m(0.1)	13.89m(0.5)	13.81m(0.5)	13.70m(+0.0)	13.82m(+0.0)	FOUL			
4	Johanan Arimi		SR Macalester		13.28m	13.86m	0.3	45-05.75	1 5
	13.86m(0.3)	13.32m(+0.0)	13.60m(+0.0)	13.32m(+0.0)	FOUL	13.55m(0.8)			
5	Lucas Kramarczuk		SO St. Olaf		13.52m	13.55m	1.0	44-05.50	2 4
	13.55m(1.0)	13.07m(0.7)	FOUL(0.1)	13.27m(+0.0)	13.48m(+0.0)	13.23m(+0.0)			
6	Michael Braun		FR Hamline		13.16m	13.33m	0.2	43-09.00	1 3
	12.62m(0.8)	13.03m(0.8)	FOUL	12.64m(0.5)	12.82m(+0.0)	13.33m(0.2)			
7	Alex Crnkovich		SO St. John's (Minn.)		12.93m	13.32m	0.1	43-08.50	2 2
	13.32m(0.1)	13.13m(+0.0)	12.57m(+0.0)	FOUL	FOUL	12.49m(0.6)			
8	Sean Souksavath		SO St. Olaf		12.99m	13.22m	1.0	43-04.50	1 1
	11.98m(+0.0)	13.00m(0.1)	13.22m(1.0)	12.43m(0.8)	12.78m(0.1)	12.65m(1.7)			
9	Riley Hodin		FR Macalester		13.20m	13.17m	1.1	43-02.50	2
	11.92m(1.1)	12.82m(2.1)	13.17m(1.1)	11.00m(1.0)	12.67m(+0.0)	12.66m(+0.0)			
10	Dan Cooper		SO Saint Mary's		12.58m	12.80m	+0.0	42-00.00	1
	FOUL	12.80m(+0.0)	12.71m(+0.0)						
11	Thomas Amberg		SR Hamline		12.46m	12.57m	0.6	41-03.00	1
	12.55m(0.2)	12.57m(0.6)	PASS						
12	Charlie Frenzel		FR Saint Mary's		12.49m	12.50m	1.1	41-00.25	1
	12.20m(1.9)	FOUL	12.50m(1.1)						
13	Brady Johnson		FR Saint Mary's		12.48m	12.23m	0.3	40-01.50	1
	12.23m(0.3)	12.21m(2.7)	12.11m(+0.0)						
14	Ethan Cline-Cole		FR Carleton		12.19m	12.13m	1.1	39-09.75	2
	11.84m(+0.0)	11.22m(+0.0)	12.13m(1.1)						

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Men Triple Jump**

15	Isaiah Subah	FR Gustavus Adolphus	13.15m	12.08m	1.5	39-07.75	2
	11.88m(0.5)	11.18m(0.2)	12.08m(1.5)				
16	Aravindh Subramanian	JR Carleton	12.21m	11.95m	+0.0	39-02.50	1
	11.72m(0.9)	11.95m(+0.0)	FOUL				
17	Cade Wallin	FR Gustavus Adolphus	12.23m	11.68m	1.8	38-04.00	2
	11.46m(+0.0)	11.68m(1.8)	11.42m(+0.0)				
18	Chris Bulwa	FR Saint Mary's	12.38m	11.67m	+0.0	38-03.50	2
	FOUL	FOUL	11.67m(+0.0)				
19	Gabe Thompson	FR Concordia-Moorhead	12.33m	11.46m	0.7	37-07.25	2
	FOUL	FOUL	11.46m(0.7)				
--	Gabe Alada	SR St. Olaf	13.03m	DNS	NWI		1
--	Justin Veimau	SO Macalester	12.14m	SCR	NWI		
--	Andrew Cogley	FR St. Olaf	12.01m	SCR	NWI		
--	Julian Cumps	FR St. Olaf	10.96m	SCR	NWI		

Men Shot Put

Conference:		19.05m	1983	Mike Manders, Hamline			
Facility: F		17.08m	2009	Bobby Riley, UW-La Crosse			
Name	Year	School	Seed	Finals	H#	Points	
1 Cooper Folkestad	SO	Concordia-Moorhead	16.26m	15.79m	51-09.75	2	10
	15.21m	15.79m	FOUL	FOUL	FOUL	FOUL	
2 Gabe Irons	JR	Bethel (Minn.)	16.52m	15.34m	50-04.00	2	8
	15.22m	15.15m	15.34m	FOUL	15.32m	FOUL	
3 Evan Larsen	FR	Bethel (Minn.)	13.65m	14.61m	47-11.25	2	6
	FOUL	FOUL	13.75m	14.61m	FOUL	FOUL	
4 Cade Feist	FR	St. Olaf	15.02m	14.49m	47-06.50	2	5
	FOUL	14.49m	FOUL	FOUL	14.08m	14.48m	
5 Jaeden Frost	SO	St. John's (Minn.)	14.54m	14.27m	46-10.00	2	4
	13.78m	FOUL	13.63m	FOUL	14.27m	FOUL	
6 Andrew Mollison	SO	St. Olaf	14.36m	14.21m	46-07.50	2	3
	12.24m	11.84m	13.21m	13.43m	13.42m	14.21m	
7 Eli Mollet	JR	St. John's (Minn.)	13.71m	13.69m	44-11.00	2	2
	13.69m	PASS	13.60m	FOUL	13.62m	FOUL	
8 Hunter Tanem	FR	Bethel (Minn.)	13.75m	13.45m	44-01.50	2	1
	13.44m	13.08m	13.45m	12.57m	12.73m	13.02m	
9 Aengus White	JR	St. Olaf	13.87m	13.44m	44-01.25	2	
	FOUL	13.44m	FOUL	FOUL	FOUL	FOUL	
10 Jake Kerzman	SR	Concordia-Moorhead	13.44m	13.15m	43-01.75	1	
	13.15m	FOUL	13.03m				
11 Gavin Rupp	SO	St. John's (Minn.)	13.54m	13.13m	43-01.00	1	
	13.13m	FOUL	12.86m				
12 Jackson Fischer	FR	Gustavus Adolphus	12.42m	13.12m	43-00.50	1	
	12.41m	FOUL	13.12m				
13 Trent Beseth	FR	St. Scholastica	13.63m	13.06m	42-10.25	2	
	FOUL	FOUL	13.06m				
14 Trajan Kaeppe	FR	Gustavus Adolphus	13.37m	13.03m	42-09.00	1	
	12.86m	13.03m	12.90m				
15 Jack Genereau	FR	St. John's (Minn.)	12.26m	12.79m	41-11.50	1	
	12.79m	FOUL	FOUL				
16 Trevor Christensen	FR	St. Olaf	13.25m	12.75m	41-10.00	1	
	12.66m	12.75m	FOUL				
17 Sean Curran	JR	Saint Mary's	12.57m	12.62m	41-05.00	1	
	12.01m	12.54m	12.62m				

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Men Shot Put**

18	Kaleb DeWall	FR St. John's (Minn.)	12.41m	12.48m	40-11.50	1
	12.28m 12.34m 12.48m					
19	Trevor Wellman	FR Bethel (Minn.)	11.96m	12.05m	39-06.50	1
	10.81m 12.05m FOUL					
20	Jakob Brown	FR Concordia-Moorhead	11.93m	10.31m	33-10.00	1
	FOUL 10.31m FOUL					
--	Jacob Oachs	FR Bethel (Minn.)	9.28m	SCR		
--	Dylan Delaske	FR Bethel (Minn.)	7.10m	SCR		

Men Discus Throw

Conference: 60.30m 1983

Mike Manders, Hamline

Facility: F 53.95m 2015

Grant Luer, Unattached

Name	Year	School	Seed	Finals	H#	Points
1 Gabe Irons	JR	Bethel (Minn.)	55.55m	52.25m	171-05	2 10
	48.29m 49.83m 49.44m	47.50m 52.25m 49.97m				
2 Gavin Rupp	SO	St. John's (Minn.)	46.14m	46.38m	152-02	2 8
	39.88m 44.50m 46.38m	42.95m 42.83m FOUL				
3 Aengus White	JR	St. Olaf	47.18m	45.11m	148-00	2 6
	42.58m 42.37m 45.11m	FOUL FOUL FOUL				
4 Jake Kerzman	SR	Concordia-Moorhead	45.02m	44.40m	145-08	2 5
	42.58m FOUL 41.32m	43.25m 41.58m 44.40m				
5 Max Menache	FR	Macalester	41.69m	41.71m	136-10	2 4
	41.71m FOUL FOUL FOUL	FOUL FOUL FOUL				
6 Trevor Christensen	FR	St. Olaf	44.54m	41.68m	136-09	2 3
	40.08m FOUL FOUL	40.04m 41.66m 41.68m				
7 Grant Steger	FR	St. Scholastica	44.14m	40.99m	134-06	2 2
	FOUL 40.51m FOUL	FOUL 39.74m 40.99m				
8 Christopher Jacklen	FR	St. Scholastica	41.33m	39.99m	131-02	1 1
	39.99m FOUL FOUL	FOUL FOUL FOUL				
9 Lucas Doyle	SR	Hamline	42.50m	39.78m	130-06	2
	38.37m 39.78m FOUL	39.14m 37.72m FOUL				
10 Trent Beseth	FR	St. Scholastica	42.08m	39.28m	128-10	2
	FOUL 39.28m FOUL					
11 Jaeden Frost	SO	St. John's (Minn.)	41.44m	38.66m	126-10	1
	36.52m 38.66m FOUL					
12 Connor Gag	SO	Gustavus Adolphus	44.71m	37.43m	122-10	2
	37.43m FOUL 37.39m					
13 Joseph Mensen	FR	St. John's (Minn.)	37.05m	36.70m	120-05	1
	33.71m FOUL 36.70m					
14 Sean Curran	JR	Saint Mary's	40.69m	36.66m	120-03	1
	FOUL 36.66m FOUL					
15 Jackson Fischer	FR	Gustavus Adolphus	38.89m	36.40m	119-05	1
	36.40m FOUL FOUL					
16 Hunter Tanem	FR	Bethel (Minn.)	38.49m	36.26m	118-11	1
	FOUL 36.26m FOUL					
17 Zach Stordahl	FR	Gustavus Adolphus	39.55m	35.86m	117-08	1
	35.86m FOUL 34.55m					
18 Jack Genereau	FR	St. John's (Minn.)	38.72m	35.74m	117-03	1
	35.74m FOUL FOUL					
19 Arnould Dedry	JR	St. Olaf	37.83m	31.43m	103-01	1
	FOUL 31.43m 30.99m					
--	Cooper Folkestad	SO Concordia-Moorhead	37.18m	DNS		1
--	Evan Larsen	FR Bethel (Minn.)	36.65m	SCR		

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Men Discus Throw**

-- Dylan Delaske	FR Bethel (Minn.)	18.28m	SCR
-- Jacob Oachs	FR Bethel (Minn.)	24.71m	SCR
-- Jakob Brown	FR Concordia-Moorhead	29.93m	SCR
-- Kaleb DeWall	FR St. John's (Minn.)	34.88m	SCR
-- Frankie Bakalars	SR Saint Mary's	35.59m	SCR

Men Hammer Throw

Conference: 61.13m 2019 Michael Hensch, Gustavus											
Facility: F 64.45m 2009 Kevin Becker, Unattached											
Name		Year		School		Seed	Finals		H# Points		
1	Sean Curran			JR	Saint Mary's	53.95m	54.83m	179-11	2	10	
	49.95m	51.07m	FOUL	50.97m	54.83m	53.01m					
2	Gabe Irons			JR	Bethel (Minn.)	55.39m	52.61m	172-07	2	8	
	51.25m	51.40m	50.69m	50.54m	48.47m	52.61m					
3	Frankie Bakalars			SR	Saint Mary's	51.97m	51.75m	169-09	2	6	
	51.56m	51.75m	50.26m	50.67m	FOUL	51.74m					
4	Joshua Beiswanger			FR	Gustavus Adolphus	55.04m	51.41m	168-08	2	5	
	51.41m	FOUL	50.70m	50.49m	FOUL	51.13m					
5	Jaeden Frost			SO	St. John's (Minn.)	48.49m	50.28m	164-11	2	4	
	48.90m	50.28m	48.72m	48.96m	47.68m	49.93m					
6	Lucas Doyle			SR	Hamline	50.73m	49.55m	162-07	2	3	
	49.29m	48.96m	49.55m	48.89m	FOUL	FOUL					
7	Eli Mollet			JR	St. John's (Minn.)	49.60m	48.10m	157-10	2	2	
	44.61m	46.25m	48.10m	FOUL	FOUL	FOUL					
8	Brett Hague			SO	St. John's (Minn.)	47.38m	45.46m	149-02	2	1	
	39.91m	42.69m	44.11m	43.66m	42.43m	45.46m					
9	Gavin Rupp			SO	St. John's (Minn.)	45.44m	43.69m	143-04	1		
	41.70m	43.69m	42.52m	FOUL	FOUL	FOUL					
10	Cade Feist			FR	St. Olaf	40.92m	43.08m	141-04	1		
	43.08m	FOUL	FOUL								
11	Christopher Jacklen			FR	St. Scholastica	46.93m	42.79m	140-05	2		
	FOUL	42.79m	42.07m								
12	Zach Stordahl			FR	Gustavus Adolphus	40.31m	40.23m	132-00	1		
	40.23m	FOUL	FOUL								
13	Grant Steger			FR	St. Scholastica	43.18m	40.01m	131-03	1		
	40.01m	FOUL	FOUL								
14	Max Menache			FR	Macalester	40.97m	38.50m	126-04	1		
	35.77m	FOUL	38.50m								
15	Evan Larsen			FR	Bethel (Minn.)	45.00m	38.50m	126-04	1		
	FOUL	38.50m	FOUL								
16	Hunter Tanem			FR	Bethel (Minn.)	41.75m	38.42m	126-00	1		
	FOUL	37.99m	38.42m								
17	Wills Hawley			SR	Macalester	38.38m	36.00m	118-01	1		
	FOUL	36.00m	28.62m								
18	Arnauld Dedry			JR	St. Olaf	39.81m	34.32m	112-07	1		
	34.32m	FOUL	FOUL								
--	Joseph Mensen			FR	St. John's (Minn.)	46.93m	FOUL		2		
	FOUL	FOUL	FOUL								
--	Jake Kerzman			SR	Concordia-Moorhead	49.34m	FOUL		2		
	FOUL	FOUL	FOUL								
--	Jakob Brown			FR	Concordia-Moorhead	26.49m	SCR				
--	Jacob Oachs			FR	Bethel (Minn.)	26.61m	SCR				
--	Kaleb DeWall			FR	St. John's (Minn.)	31.76m	SCR				

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****....Men Hammer Throw**

-- Jack Genereau FR St. John's (Minn.) 37.46m SCR

Men Javelin Throw

Conference: 63.24m 2000		Greg Kaiser, St. Thomas						
Facility: F 56.70m 2010		John Yates, Hamline						
Name	Year	School	Seed	Finals	H#	Points		
1 Brett Hague		SO St. John's (Minn.)	60.83m	61.96mF	203-03	2	10	
61.96m 60.44m FOUL	58.19m FOUL	61.66m						
2 Maguire Petersen		SO St. John's (Minn.)	53.50m	53.56m	175-09	2	8	
53.56m 51.56m FOUL	52.73m FOUL	FOUL						
3 Evan Bergemann		SR Augsburg	55.69m	52.99m	173-10	2	6	
FOUL 42.19m 47.54m	52.99m 48.46m	48.01m						
4 Ian Mortensen		SO Carleton	54.02m	50.11m	164-05	2	5	
49.39m FOUL 46.67m	49.04m FOUL	50.11m						
5 Logan Hennen		FR St. John's (Minn.)	47.79m	49.50m	162-05	2	4	
45.01m 42.83m 47.44m	47.16m FOUL	49.50m						
6 Noah Eckersley-Ray		SO Carleton	49.70m	48.56m	159-04	2	3	
FOUL FOUL 48.56m	47.55m 47.73m	FOUL						
7 Nick Edwards		JR St. Olaf	46.22m	47.48m	155-09	2	2	
FOUL 47.48m FOUL	42.71m FOUL	FOUL						
8 Woody Rian		SO St. Olaf	42.97m	47.21m	154-11	1	1	
47.21m FOUL 43.81m	37.15m 42.47m	FOUL						
9 Stephen Peper		JR St. Olaf	45.35m	46.92m	153-11	2		
43.36m 46.92m 43.30m	FOUL FOUL	44.53m						
10 Christian Velishek		SR Hamline	46.54m	46.33m	152-00	2		
46.33m 41.37m 45.10m								
11 Peter Oviguian		FR Gustavus Adolphus	45.88m	45.55m	149-05	2		
40.37m 42.06m 45.55m								
12 Mason Bosley		JR Macalester	45.08m	42.73m	140-02	1		
41.77m 42.73m 41.91m								
13 Abe Schegel		JR Bethel (Minn.)	43.57m	42.43m	139-02	1		
42.43m FOUL FOUL								
14 Max Lelwica		FR St. John's (Minn.)	44.97m	41.70m	136-10	1		
41.70m 36.14m 37.72m								
15 Micah Smith		JR Bethel (Minn.)	42.69m	40.43m	132-08	1		
37.48m 40.43m 40.41m								
16 Caleb Meeker		FR Bethel (Minn.)	42.60m	39.48m	129-06	1		
37.15m 37.55m 39.48m								
17 Sam Dabrowski		JR Hamline	47.21m	38.50m	126-04	2		
FOUL 38.50m 37.83m								
18 Jack Meyer		FR St. John's (Minn.)	41.95m	37.21m	122-01	1		
37.21m 34.22m FOUL								
19 Simon Sotiropoulos		FR St. Scholastica	42.64m	36.86m	120-11	1		
FOUL 36.86m FOUL								
20 Justin Veimau		SO Macalester	41.74m	34.94m	114-07	1		
FOUL 30.41m 34.94m								
-- Tyler Anderson		FR St. Scholastica	39.61m	SCR				
-- Zach Paustian		SR Concordia-Moorhead	40.85m	SCR				
-- Brandon Kallstrom		FR Bethel (Minn.)	40.15m	SCR				
-- Carter Kienholz		FR Hamline	39.09m	SCR				

MIAC Outdoor Track & Field Championships - 5/13/2022 to 5/14/2022**St. Marry's University****Results****Men Other**

Name	Year School	Seed	Finals	Points
1 Maguire Petersen	SO St. John's (Minn.)		10.00m 32-10.00	10
2 Stephen Peper	JR St. Olaf		8.00m 26-03.25	8
3 Lukas Walton	JR Bethel (Minn.)		6.00m 19-08.50	6
4 Ian Mortensen	SO Carleton		5.00m 16-05.00	5
5 Demetri Lord	SO St. Olaf		4.00m 13-01.75	4
6 Nick Edwards	JR St. Olaf		3.00m 9-10.50	3
7 Max Lelwica	FR St. John's (Minn.)		2.00m 6-07.00	2
8 Wade Rhonemus	JR Concordia-Moorhead		1.00m 3-03.75	1

Women - Team Rankings - 22 Events Scored

1) Gustavus Adolphus	139	2) St. Benedict	117.33
3) St. Olaf	113.33	4) Bethel (Minn.)	113
5) Carleton	94	6) Concordia-Moorhead	81
7) Hamline	80	8) St. Catherine (Minn.)	34
9) Macalester	33	10) St. Scholastica	26
11) Saint Mary's (Minn.)	24.33	12) Augsburg	3

Men - Team Rankings - 22 Events Scored

1) St. John's (Minn.)	218.25	2) St. Olaf	141
3) Bethel (Minn.)	123	4) Concordia-Moorhead	92.25
5) Gustavus Adolphus	58.25	5) Carleton	58.25
7) Macalester	55	8) Hamline	37
9) St. Scholastica	34	10) Saint Mary's (Minn.)	26
11) Augsburg	15		