

MINNESOTA INTERCOLLEGIATE ATHLETIC CONFERENCE
2023 Women's Indoor Track & Field Championships
Friday-Sunday, Feb. 24-26 • St. Paul, Minnesota

ALL-CONFERENCE INDIVIDUALS

60-Meter Dash

1. Sarah Stellmach, BU.....7.70
2. Kate Carlson, GAC7.87
3. Birgen Nelson, GAC.....7.87

200-Meter Dash

1. Birgen Nelson, GAC.....25.61
2. Sarah Stellmach, BU.....25.61
3. Megan Geraets, GAC26.05

400-Meter Dash

1. Allison Hookom, AUG58.32
2. Megan Geraets, GAC59.06
3. Lauren Berg, CSB.....59.24

600-Meter Run

1. Alexandra Maddux, HU1:35.98
2. Lauren Berg, CSB.....1:36.28
3. Annessa Ihde, BU.....1:36.31

800-Meter Run

1. Alexandra Maddux, HU2:14.85
2. Annessa Ihde, BU.....2:15.11
3. Ellie Sholing, CSS.....2:20.50

1000-Meter Run

1. Mary Blanchard, CAR2:57.20
2. Maria Blaesing, MAC3:01.51
3. Grace Moeller, STO3:02.65

Mile Run

1. Clara Mayfield, CAR4:50.20
2. Mary Blanchard, CAR4:59.43
3. Maria Blaesing, MAC5:01.71

3000-Meter Run

1. Fiona Smith, CSB9:32.07
2. Clara Mayfield, CAR9:35.01
3. Helen Cross, CAR9:54.83

5000-Meter Run

1. Fiona Smith, CSB16:49.69
2. Helen Cross, CAR17:03.15
3. Hannah Preisser, CAR.....17:05.02

60-Meter Hurdles

1. Birgen Nelson, GAC.....8.53
2. Lauren Berg, CSB.....9.22
3. Danielle Miller, GAC.....9.24

High Jump

1. Glasha Hovey, BU.....1.61m
2. Grace Blanchette, CAR1.52m
3. Erin Beer, GAC1.52m

Pole Vault

1. Jessica Lillard, BU.....3.40m
2. Caroline Gearin, SMU3.30m
3. Caitlin Salfer, CSB.....3.20m

Long Jump

1. Nayeli Williams, CAR.....5.53m
2. Annika Muller, STO5.34m
3. Journey Amundson, MAC.....5.25m

Triple Jump

1. Ellie Hernes, BU.....11.70m
2. Journey Amundson, MAC.....11.63m
3. Annika Muller, STO11.62m

Shot Put

1. Annika Poe, GAC14.04m
2. Emma Roethler, BU13.33m
3. Nora Wilhelm, BU.....12.92m

Weight Throw

1. Allyson Kangas, CON.....16.19m
2. Lily Beneke, CSS15.72m
3. Maggie Beckmann, CSB.....15.20m

Pentathlon

1. Peyton Selle, CON3240
2. Rebekah Salfer, STO3210
3. Justus Floren, CSB3097

MIAC Women's Track Athlete of the Year

Fiona Smith, CSB

MIAC Women's Field Athlete of the Year

Peyton Selle, CON

MIAC Women's Rookie of the Year

Allison Hookom, AUG

MIAC Women's Coach of the Year

Andrew Rock, BU

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ALL-CONFERENCE RELAYS

4x200-Meter Relay

1. Gustavus1:45.39
Kate Carlson
Megan Geraets
Ally Rakow
Birgen Nelson
2. Bethel1:45.82
Jireh Babalola
Sarah Stellmach
Morgan Dean
Annie Paulson
3. St. Olaf1:48.53
Karla Kroschel
Ququ Holman
Zoe Matre
Emma Storbakken

Distance Medley Relay

1. Saint Benedict 12:29.19
Elise Yeager
Emerson Knapp
Keiley Maahs
Fiona Smith
2. Macalester 12:45.46
Mara Pirone
Journey Amundson
Hadley Wilkins
Maria Blaesing
3. Carleton 12:48.36
Rainey Tilley
Jocelyn Ferguson
Lara Erickson
Aliya Larsen

4x400-Meter Relay

1. Bethel3:58.67
Kelsie Sealock
Annessa Ihde
Mikayla Turek
Sarah Stellmach
2. Carleton4:06.00
Nayeli Williams
Hadley Twichell
Jocelyn Ferguson
Mary Blanchard
3. Saint Benedict4:09.26
Sidela Nyuga
Emerson Knapp
Mirjana Ganley
Lauren Berg

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HONORABLE MENTION INDIVIDUALS

60-Meter Dash

- 4. Jireh Bablola, BU..... 7.90
- 5. Kate Gallagher, CSB 8.01
- 6. Emily Rengo, CON..... 8.05

200-Meter Dash

- 4. Kate Carlson, GAC..... 26.13
- 5. Kelsie Sealock, BU..... 26.27
- 6. Allison Hookom, AUG..... 26.62

400-Meter Dash

- 4. Mikayla Turek, BU..... 1:00.22
- 5. Hadley Twichell, CAR..... 1:00.93
- 6. Morgan Dean, BU..... 1:01.54

600-Meter Run

- 4. Grace Robinson, BU..... 1:38.37
- 5. Ellie Sholing, CSS 1:39.52
- 6. Jocelyn Ferguson, CAR..... 1:39.71

800-Meter Run

- 4. Drew Frolek, CON..... 2:21.69
- 5. Celia Silverstein, CAR 2:22.89
- 6. Grace Moeller, STO 2:24.13

1000-Meter Run

- 4. Alice Cutter, CAR..... 3:07.04
- 5. Sophie Abernethy, STO..... 3:07.05
- 6. Nell Schafer, CAR 3:10.35

Mile

- 4. Christine Albrecht, STO..... 5:09.22
- 5. Sophie Abernethy, STO..... 5:16.71
- 6. Grace Moeller, STO 5:18.89

3000-Meter Run

- 4. Hannah Preisser, CAR 9:59.92
- 5. Sofia Carlson, STO 10:08.73
- 6. Alison Bode, STO..... 10:15.36

5000-Meter Run

- 4. Sofia Carlson, STO 17:12.02
- 5. Alison Bode, STO..... 17:13.20
- 6. Sophie McManus, CAR 17:50.10

60-Meter Hurdles

- 4. Nayeli Williams, CAR..... 9.35
- 5. Rebekah Salfer, STO 9.42
- 6. Ellie Hernes, BU..... 9.44

High Jump

- 4. Justus Floren, CSB 1.52m
- 5. Peyton Selle, CON 1.52m
- 6. AnnaGrace Nelson, BU 1.52m

Pole Vault

- 4. Julia Cordes, STO..... 3.10m
- T5. Melanie Roberts, STO..... 2.90m
- T5. Emily Litton, CAR..... 2.90m

Long Jump

- 4. Ellie Hernes, BU..... 5.22m
- 5. Maren Sundberg, GAC 5.19m
- 6. Megan Geraets, GAC..... 5.17m

Triple Jump

- 4. Madi Kes, GAC 11.39m
- 5. CC Cesare, AUG..... 10.97m
- 6. AnnaGrace Nelson, BU 10.77m

Shot Put

- 4. Allyson Kangas, CON..... 12.49m
- 5. Lakesha Carter, GAC 12.48m
- 6. Kelley Brennan, GAC 12.13m

Weight Throw

- 4. Molly Lukenbill, BU..... 15.17m
- 5. Emma Roethler, BU 14.77m
- 6. Chando Horvath, SCU..... 14.52m

Pentathlon

- 4. Grace Blanchette, CAR 2899
- 5. Sarah Beth Hoboby, MAC 2815
- 6. Jenna Kalevik, CON 2711

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HONORABLE MENTION RELAYS

4x200-Meter Relay

4. Augsburg 1:48.62
Mya Bishop
Santrice Rodriguez
CC Cesare
Allison Hookom
5. Saint Benedict 1:48.84
Lauren Berg
Hailey Johnson
Myah Nelson
Tiana Johnson
6. Carleton 1:48.95
Hadely Twichell
Jocelyn Ferguson
Bianca Lott
Riley Roberts

Distance Medley Relay

4. St. Olaf 12:52.02
Sophie Abernethy
Abbie Manhard
Olivia Edstrom
Ella Landis
5. Concordia 13:15.61
Aerial Johnson
Mary Wunderlich
Eden Smith
Sophia Revoir
6. Gustavus 13:24.13
Sydney Hagen
Makenna Huetten
Kailyn Walukas
Julia Severson

4x400-Meter Relay

4. St. Olaf 4:13.42
Karla Kroschel
Olivia Edstrom
Abbie Manhard
Emma Storbakken
5. Concordia 4:14.56
Mary Wunderlich
Peyton Selle
Meg Shercliffe
Drew Frolek
6. Hamline 4:15.94
Ellie Logelin
Alexandra Maddux
Jalisa Mathews
Lindsey Bernardy