

**MINNESOTA INTERCOLLEGIATE ATHLETIC CONFERENCE**  
**2024 Women's Outdoor Track & Field Championships**  
**Friday-Saturday, May 10-11 • St. Paul, Minnesota**

**2024 MIAC Women's Outdoor Track Athlete of the Year**

| Name        | Institution    | Class | Hometown   High School | Previous Selections |
|-------------|----------------|-------|------------------------|---------------------|
| Fiona Smith | Saint Benedict | Sr.   | Dhahran, Saudi Arabia  | --                  |

**2024 MIAC Women's Outdoor Field Athlete of the Year**

| Name           | Institution | Class | Hometown   High School | Previous Selections |
|----------------|-------------|-------|------------------------|---------------------|
| Kelley Brennan | Gustavus    | Jr.   | Shakopee, Minn.        | --                  |

**2024 MIAC Women's Outdoor Track & Field Rookie of the Year**

| Name                | Institution    | Class | Hometown   High School                      |
|---------------------|----------------|-------|---------------------------------------------|
| Sabriya Farquharson | Saint Benedict | Fy.   | Nassau, Bahamas   Saint Augustine's College |

**2024 MIAC Women's Outdoor Track & Field Coach of the Year**

| Name        | Institution | Previous Selections |
|-------------|-------------|---------------------|
| Andrew Rock | Bethel      | --                  |

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ALL-CONFERENCE INDIVIDUALS

**100-Meter Dash**

1. Kate Carlson, GAC ..... 11.85
2. Jireh Babalola, BU ..... 11.94
3. Kate Gallagher, CSB..... 12.23

**200-Meter Dash**

1. Megan Geraets, GAC ..... 23.97
2. Kate Carlson, GAC ..... 24.01
3. Jireh Babalola, BU ..... 25.00

**400-Meter Dash**

1. Megan Geraets, GAC ..... 55.88
2. Shalom Sulungaine, BU ..... 57.31
3. Emily Rengo, CCM ..... 57.42

**800-Meter Run**

1. Annessa Ihde, BU ..... 2:09.91
2. Mary Blanchard, CAR ..... 2:11.57
3. Isabel Wyatt, STO..... 2:13.62

**1500-Meter Run**

1. Fiona Smith, CSB ..... 4:28.55
2. Annessa Ihde, BU ..... 4:34.72
3. Helen Cross, CAR ..... 4:36.46

**5000-Meter Run**

1. Fiona Smith, CSB ..... 16:51.63
2. Helen Cross, CAR ..... 17:18.02
3. Phoebe Ward, CAR ..... 17:22.58

**10000-Meter Run**

1. Fiona Smith, CSB ..... 34:15.01
2. Alison Bode, STO ..... 35:50.80
3. Phoebe Ward, CAR ..... 35:54.26

**100-Meter Hurdles**

1. Kelsie Sealock, BU ..... 13.91
2. Jenna Kalevik, CCM ..... 14.68
3. AnnaGrace Nelson, BU ..... 14.96

**400-Meter Hurdles**

1. Kelsie Sealock, BU ..... 1:01.85
2. Lauren Berg, CSB..... 1:03.74
3. Hannah Kvant, BU ..... 1:05.52

**3000-Meter Steeplechase**

1. Sophie McManus, CAR..... 10:45.10
2. Libby Rowland, CAR..... 11:20.49
3. Gracie Johnson, AUG ..... 11:25.22

**High Jump**

1. Jenna Kalevik, CCM..... 1.58m
- T2. Ally Rakow, GAC..... 1.58m
- T2. Ellie Selisker, CSB ..... 1.58m
- T2. Mara Larson, STO..... 1.58m

**Pole Vault**

1. Jaylyn Ahlberg, CSB..... 3.71m
2. Emily Pearson, BU ..... 3.56m
3. LiLi Raidt, CSB..... 3.56m

**Long Jump**

1. Sabriya Farquharson, CSB..... 5.61m
2. Ellie Selisker, CSB ..... 5.59m
3. Megan Geraets, GAC..... 5.44m

**Triple Jump**

1. Madi Kes, GAC ..... 11.56m
2. Ellie Hernes, BU..... 11.10m
3. Lili Guy, GAC ..... 10.95m

**Shot Put**

1. Molly Meyers, HU ..... 13.85m
2. Morgan Wallendal, SMU..... 12.68m
3. Kelley Brennan, GAC ..... 12.45m

**Discus Throw**

1. Olivia Duncan, GAC ..... 43.85m
2. Kelley Brennan, GAC ..... 43.30m
3. Gracee Roubinek, STO ..... 39.55m

**Hammer Throw**

1. Lily Beneke, CSS ..... 56.90m
2. Kelley Brennan, GAC ..... 50.87m
3. Samantha Kubes, SMU ..... 49.58m

**Javelin Throw**

1. Genevieve Gruba, CCM ..... 39.80m
2. Sarah Beth Hobby, MAC ..... 38.52m
3. Lakesha Carter, GAC ..... 38.33m

**Heptathlon**

1. AnnaGrace Nelson, BU ..... 4264
2. Justus Floren, CSB ..... 4172
3. Sarah Beth Hobby, MAC ..... 4003

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ALL-CONFERENCE RELAYS

**4x100-Meter Relay**

1. Gustavus .....47.95  
Danielle Miller  
Megan Geraets  
Ally Rakow  
Kate Carlson
2. Saint Benedict .....48.49  
Grace Buntrock  
Tiana Johnson  
Myah Nelson  
Kate Gallagher
3. Bethel .....48.62  
Jireh Babalola  
Abbie Swenson  
Raina Kaping  
Hannah Kvant

**4x400-Meter Relay**

1. Bethel .....3:52.11  
Kelsie Sealock  
Abbie Swenson  
Annessa Ihde  
Shalom Sulungaine
2. Gustavus .....3:53.35  
McKenize Luetmer  
Kate Carlson  
Sydney Hauger  
Megan Geraets
3. Saint Benedict .....3:56.72  
Sidela Nyuga  
Ella Young  
Emerson Knapp  
Lauren Berg

**4x800-Meter Relay**

1. St. Olaf .....9:30.93  
Siri Erickson  
Sophie Call  
Kristina Rohrer  
Sophie Abernethy
2. Carleton.....9:39.68  
Nora Daley  
Libby Rowland  
Alice Cutter  
Lara Erickson
3. Saint Benedict .....9:41.56  
Taylor Radaich  
Ella Young  
Lucy Lyngen  
Kalli Smith

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HONORABLE MENTION INDIVIDUALS

**100-Meter Dash**

- 4. Diarra Chatham, MAC ..... 12.37
- 5. Andie Sandman, CCM..... 12.61
- T6. Terra McMahon, HU..... 12.66
- T6. Ava Fink, CSS ..... 12.66

**200-Meter Dash**

- 4. Emily Rengo, CCM..... 25.10
- 5. Piper Osborne, CCM..... 25.41
- 6. Tiana Johnson, CSB..... 25.49

**400-Meter Dash**

- 4. Kyla Nygaard, CCM..... 57.60
- 5. Sidela Nyuga, CSB..... 58.36
- 6. Abbie Swenson, BU ..... 58.45

**800-Meter Run**

- 4. Allison Hookom, AUG..... 2:14.85
- 5. Lara Erickson, CAR..... 2:16.60
- 6. Nora Mickelson, STO ..... 2:19.11

**1500-Meter Run**

- 4. Mary Blanchard, CAR..... 4:41.94
- 5. Sophie Abernethy, STO..... 4:45.86
- 6. Sophie McManus, CAR ..... 4:48.24

**5000-Meter Run**

- 4. Hannah Preisser, CAR..... 17:25.57
- 5. Lauren Walda, STO..... 17:38.69
- 6. Allison Hendrickson, CSS..... 17:45.51

**10000-Meter Run**

- 4. Allison Hendrickson, CSS..... 36:13.66
- 5. Lauren Walda, STO..... 36:56.96
- 6. Hannah Preisser, CAR ..... 37:08.66

**100-Meter Hurdles**

- 4. Danielle Miller, GAC ..... 15.09
- 5. Gabby Bodin, SCU..... 15.13
- 6. Ellie Hernes, BU..... 15.17

**400-Meter Hurdles**

- 4. Rebekah Salfer, STO ..... 1:05.74
- 5. Ruth Pfeiffer, STO ..... 1:05.98
- 6. Makenna Huetten, GAC ..... 1:06.57

**3000-Meter Steeplechase**

- 4. Grace Moeller, STO ..... 11:27.43
- 5. Keiley Maahs, CSB ..... 11:29.43
- 6. Ivy Coldren, MAC ..... 11:30.40

**High Jump**

- T5. Ashlyn Jore, STO ..... 1.53m
- T5. Erin Beer, GAC ..... 1.53m

**Pole Vault**

- 4. Alli Graff, GAC..... 3.26m
- 5. Raina Kaping, BU..... 3.26m
- T6. Camille Finney, GAC..... 3.11m
- T6. Linnea Askegaard, STO ..... 3.11m

**Long Jump**

- 4. Ashlyn Jore, STO ..... 5.43m
- 5. Madi Kes, GAC ..... 5.39m
- 6. Terra McMahon, HU ..... 5.32m

**Triple Jump**

- 4. Ainslee Parker, STO..... 10.81m
- 5. AnnaGrace Nelson, BU ..... 10.80m
- 6. Sabriya Farquharson, CSB..... 10.78m

**Shot Put**

- 4. Tessa Myatt, Macalester..... 12.32m
- 5. Nora Wilhelm, BU..... 12.31m
- 6. Ella Engen, CSS ..... 12.10m

**Discus Throw**

- 4. Lexi Brainer, HU ..... 39.28m
- 5. Madison Reed, HU ..... 38.83m
- 6. Aries Mendez, STO ..... 38.07m

**Hammer Throw**

- 4. Madison Reed, HU ..... 49.19m
- 5. Anna Speratos, BU..... 49.13m
- 6. Nora Wilhelm, BU..... 48.94m

**Javelin Throw**

- 4. Abbie Swenson, BU ..... 38.18m
- 5. Regan Anderson, CCM ..... 37.09m
- 6. Justus Floren, CSB ..... 36.84m

**Heptathlon**

- 4. Jenna Kalevik, CCM..... 3987
- 5. Rebekah Salfer, STO ..... 3920
- 6. Ellie Hernes, BU..... 3815

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HONORABLE MENTION RELAYS

**4x100-Meter Relay**

4. Concordia..... 48.64  
Andie Sandman  
Emily Rengo  
Piper Osborne  
Kyla Nygaard
5. St. Olaf..... 49.71  
Emma Storbakken  
Karla Kroschel  
Ququ Holman  
Riki Poore
6. Carleton ..... 50.27  
Hadley Twichell  
Riley Roberts  
Bianca Lott  
Michelle Musa

**4x400-Meter Relay**

4. Concordia..... 3:57.81  
Kyla Nygaard  
Meg Shercliffe  
Maddie Guler  
Emily Rengo
5. Carleton ..... 4:03.94  
Riley Roberts  
Lara Erickson  
Hadley Twichell  
Mary Blanchard
6. St. Olaf..... 4:05.16  
Ruth Pfeiffer  
Nora Mickelson  
Emma Storbakken  
Isabel Wyatt

**4x800-Meter Relay**

4. Bethel..... 9:49.16  
Anna Cargill  
Grace Robinson  
Esther Nelson  
Ruby Gernandt
5. Macalester ..... 9:58.34  
Timna Nevo  
Destiny Osemwengie  
Hadley Wilkins  
Ivy Coldren
6. Gustavus..... 9:59.03  
Aubrey Mair  
McKenzie Luetmer  
Kailyn Walukas  
Molly Liston