

MIAC 2001 OUTDOOR WOMEN'S HONOR ROLL

Carleton College, Northfield

May 11-12, 2001

Last updated June 11, 2001.

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100 METER DASH

===== N C A A Automatic 12.16
 Jill Ylonen So Univ of St. Thomas 12.27 4/7 St. Thomas Invitati
 ===== N C A A Provisional 12.36
 Kari Pederson Sr St. Mary's (Minn) 12.44 4/28 Gustie Invite
 Jen Ewertz Jr St. Benedict 12.51 Miac Championships
 Heidi Vogel So Univ of St. Thomas 12.58 Miac Championships
 Stacy Horner Sr Gustavus Adolphus 12.65 04/07 Augustana (Sf)
 Jenny Ewertz Jr St. Benedict 12.69 5/2 Tommie Twilight
 Kelli Tranby Jr Concordia Moorhead 12.80 Miac Championships
 Elizabeth Durney So Macalester College 12.84 Miac Championships
 Liz Durney So Macalester College 12.93 4/28 Macalester Invite
 Amber Liss Jr St. Mary's (Minn) 12.96 4/13 Lee Krough

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Kelly Spitzley Fr St. Olaf College 12.8 4/28 Macalester Invitat
 Laura Widen Fr St. Catherine 13.04 4/28 Macalester Invite
 Kari Rosenfeldt So Concordia Moorhead 13.05 Miac Championships
 Maggie Stolp Fr Gustavus Adolphus 13.05 Miac Championships
 Amanda Stoelb Fr Univ of St. Thomas 13.07 4/7 St. Thomas Invitati
 Anne Sikorra So St. Catherine 13.10 Miac Championships
 Ellen Graef Fr Gustavus Adolphus 13.10 04/07 Augustana (Sf)
 ali Judkins So St. Benedict 13.12 Miac Championships
 Liz Hajek Jr Macalester College 13.20 4/7 Hamline Invite
 Shannon Verly Gustavus Adolphus 13.20 04/07 Augustana (Sf)

20

Kristy Gloe Fr St. Olaf College 13.21 4/28 Macalester Invitat
 Delinda Tamagni So St. Catherine 13.38 Miac Championships
 Rebecca Peterson Fr St. Olaf College 13.39 4/7 Augustana All Luthe
 Erin Elling So Gustavus Adolphus 13.40 Miac Championships
 Laura Caldwell Sr St. Benedict 13.40 Miac Championships
 Margaret Cropp Sr Concordia Moorhead 13.43 5/1 Msu-Moorhead
 Stacy Heiling So Hamline University 13.44 Miac Championships

===== M I A C Automatic 13.44
 Katie Arnes Sr Univ of St. Thomas 13.49 4/12 St. Olaf Triangula
 Cerissa Chaney Jr Macalester College 13.53 4/13 Lee Krough Invite
 Ali Taylor So Hamline University 13.59 4/07 Hu Invite

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Kristina Isaacson Fr Bethel College 13.60 4/28 Macalester
 Erin Ranta Fr Univ of St. Thomas 13.64 4/28 Macalester Invitat
 Sydney Larson Sr St. Catherine 13.64 4/28 Macalester Invite
 Lesley Albertson Jr Concordia Moorhead 13.65 Miac Championships
 Annie Raudabaugh So St. Benedict 13.65 5/2 Tommie Twilight
 Pam Mertens So Gustavus Adolphus 13.66 Miac Championships
 Christine Walsten Fr Hamline University 13.68 05/02 tommie twilight
 Nicole Meidl Fr Univ of St. Thomas 13.68 3/17 Long Beach Track C
 Annie Knierim So Concordia Moorhead 13.73 5/5 Minnesota State - M
 Katie Patterson Fr Univ of St. Thomas 13.74 4/28 Macalester Invitat

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Jill Ament Fr St. Catherine 13.78 4/13 Gustavus Lee Krough
 Andrea Schneider So St. Catherine 13.82 4/7 Uw-River Falls
 Petra Velandar Jr Augsburg College 13.84 4/28 Gustavus Invitatio
 Tamra Thayer Jr Carleton College 13.89 4/12 St. Olaf Triangula
 Sarah Lang So Carleton College 13.7 4/28 Macalester
 Kerby Carlson Fr Univ of St. Thomas 14.12 5/2 Tommie Twilite

46 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [MILE *](#) | [3000](#) | [5000](#) | [10000](#) | [100H](#)
[400H](#) | [STEEP](#) | [4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#)
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200 METER DASH

=====	N C A A Automatic	24.91	
=====	N C A A Provisional	25.37	
Stacy Horner	Sr Gustavus Adolphus	25.56	Miac Championships
Jill Ylonen	So Univ of St. Thomas	25.67	Miac Championships
Jen Ewertz	Jr St. Benedict	25.82	Miac Championships
Kari Pederson	Sr St. Mary's (Minn)	26.06	Miac Championships
Jen Bruns	So St. Benedict	26.07	Miac Championships
Jenny Ewertz	Jr St. Benedict	26.16	5/2 Tommie Twilight
Heidi Vogel	So Univ of St. Thomas	26.19	Miac Championships
Becky Peterson	Fr St. Olaf College	26.28	Miac Championships
Liz Durney	So Macalester College	26.36	5/4 Macalester Bagpipe
Jenny Bruns	So St. Benedict	26.43	4/11 Savannah State mee
10			
Elizabeth Durney	So Macalester College	26.54	Miac Championships
Anne Sikorra	So St. Catherine	26.57	Miac Championships
Ellen Graef	Fr Gustavus Adolphus	26.63	Miac Championships
Amber Liss	Jr St. Mary's (Minn)	26.63	4/13 Lee Krough
Kari Rosenfeldt	So Concordia Moorhead	26.71	Miac Championships
Carrie Stuart	Jr Carleton College	26.76	5/3-4 Miac Heptathlon
Whitney Ostrem	Sr Concordia Moorhead	26.86	Miac Championships
Katie Bestul	Sr Univ of St. Thomas	26.91	4/21 Manitou Track Clas
Margaret Cropp	Sr Concordia Moorhead	26.92	5/4 Miac Heptathlon
Kelly Spitzley	Fr St. Olaf College	27.01	Miac Championships
20			
Amanda Stoelb	Fr Univ of St. Thomas	27.02	Miac Championships
Shannon Verly	Gustavus Adolphus	27.02	04/21 Manitou Track Cla
Crystal Dusich	Sr Univ of St. Thomas	27.14	Miac Championships
Anne Radabaugh	So St. Benedict	27.21	Miac Championships
Kim Davis	So Carleton College	27.23	5/3-4 Miac Heptathlon
Kim Swanson	Fr Gustavus Adolphus	27.29	04/07 Augustana (Sf)
Annie Raudabaugh	So St. Benedict	27.39	5/2 Tommie Twilight
=====	M I A C Automatic	27.44	
Meghan O'Brien	Fr Univ of St. Thomas	27.45	Miac Championships
Katie Christensen	Fr Macalester College	27.52	3/31 St. John's/St. Ben
Rebecca Peterson	Fr St. Olaf College	27.74	4/7 Augustana All Luthe
30			
Katie Joyce	So Univ of St. Thomas	27.82	Miac Championships
ali Judkins	So St. Benedict	27.92	4/21 Maniou Classic
Erin Elling	So Gustavus Adolphus	27.95	Miac Championships
Jamie Laurich	Jr St. Benedict	28.08	4/21 Maniou Classic
Kristy Gloe	Fr St. Olaf College	28.12	Miac Championships
Bretta Vrieze	So Bethel College	28.29	4/13 gustavus
Jill Ament	Fr St. Catherine	28.35	4/13 Gustavus Lee Kroug
Laura Caldwell	Sr St. Benedict	28.35	3/31 Csb/Sju Quintangul
Lesley Albertson	Jr Concordia Moorhead	28.39	4/28 Macalester
Jennifer Levenhagen	Fr St. Olaf College	28.44	4/12 St. Olaf Triangula
40			
Tamra Thayer	Jr Carleton College	28.48	5/2 Tommie Twilight
Katie Reynolds	So Univ of St. Thomas	28.94	4/28 Macalester Invitat
Kerby Carlson	Fr Univ of St. Thomas	28.94	4/28 Macalester Invitat
Erin Ranta	Fr Univ of St. Thomas	29.44	4/28 Macalester Invitat
Renee Splichal	Fr Concordia Moorhead	29.81	5/4 Miac Heptathlon
Kristen Haglund	So Concordia Moorhead	30.16	5/4 Miac Heptathlon

46 entrants

100 | 200 | 400 | 800 | 1500 | MILE * | 3000 | 5000 | 10000 | 100H
400H | STEEP | 4X100 | 4X400 | 4X800 | LJ | TJ | SP | DT
HT | JT | HJ | PV | HEP | Top

400 METER DASH

Tarah Maatz	Fr Concordia Moorhead	29.08	3/31 Jamestown Duals
Stacy Horner	Sr Gustavus Adolphus	56.56	Miac Championships
=====	N C A A Automatic	56.68	
=====	N C A A Provisional	57.84	
Jenny Bruns	So St. Benedict	58.65	5/2 Tommie Twilight
Jen Bruns	So St. Benedict	58.75	Miac Championships

Amber Liss	Jr St. Mary's (Minn)	59.80	Miac Championships
Kim Swanson	Fr Gustavus Adolphus	59.82	Miac Championships
Ellen Graef	Fr Gustavus Adolphus	59.85	Miac Championships
Anne Radabaugh	So St. Benedict	59.90	Miac Championships
Marit Grorud	Fr St. Olaf College	60.29	5/2 Tommie Twilight
Whitney Ostrem	Sr Concordia Moorhead	60.30	Miac Championships
10			
Heidi Vogel	So Univ of St. Thomas	60.87	3/17 Long Beach Track C
Liz Hajek	Jr Macalester College	61.52	3/31 St. John's/St. Ben
Annie Raudabaugh	So St. Benedict	61.61	4/28 Blugold Invitation
Meghan O'Brien	Fr Univ of St. Thomas	61.81	Miac Championships
Laura Widen	Fr St. Catherine	62.09	5/2 Tommie Twilight
=====	M I A C Automatic	62.24	
Sarah Paul	Jr Carleton College	62.46	4/21 Manitou Classic
Rebecca Peterson	Fr St. Olaf College	62.64	4/12 St. Olaf Triangula
Liz Cassel	So Carleton College	62.73	4/21 Manitou Classic
April Henderson	Fr St. Benedict	62.86	Miac Championships
Kit Neubauer	So St. Benedict	62.98	4/7 Hamline Invite
20			
Teresa Lewandowski	Sr Augsburg College	63.03	4/21 Manitou
Sara Grineski	Sr Concordia Moorhead	63.08	4/13 Gustavus
Muggy Lee	Jr Carleton College	63.12	4/12 St. Olaf Triangula
Jill Ament	Fr St. Catherine	63.24	4/28 Macalester Invite
Teresa Smock	Fr Univ of St. Thomas	63.50	4/28 Macalester Invitat
Bretta Vrieze	So Bethel College	63.67	Miac Championships
Abby Love	Fr St. Olaf College	63.68	4/12 St. Olaf Triangula
Sara Daymont	Sr St. Olaf College	63.84	5/2 Tommie Twilight
Cora Monahan	Jr Carleton College	63.92	5/2 Tommie Twilight
Nicole Bergman	Sr St. Olaf College	63.99	Miac Championships
30			
Katie Fuhrman	Jr St. Catherine	64.06	4/21 Manitou track clas
Jenny Ewertz	Jr St. Benedict	64.15	4/7 Hamline Invite
Taryn Weakly	So St. Olaf College	64.18	Miac Championships
Michelle Cottingham	So St. Benedict	64.27	Miac Championships
Kelly Mattison	Sr St. Olaf College	65.00	Miac Championships
Danielle Slack	Fr Augsburg College	65.02	5/2 Tommie Twilight
Deb Randt	Sr Concordia Moorhead	65.04	Miac Championships
Lola Awoyinka	So St. Benedict	65.13	Miac Championships
Jessica Deutsch	Fr Carleton College	65.19	4/7 Hamline
Sydney Larson	Sr St. Catherine	65.33	5/4 Macalester Bagpipe
40			
Julia Gray	Jr Macalester College	66.30	3/31 St. John's/St. Ben
Logan Thomas	Fr St. Olaf College	67.51	Miac Championships

42 entrants

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800 METER RUN

Heidi Brenden	Sr Concordia Moorhead	2:12.30	4/21 Kansas Relays
Tish Dusich	So Univ of St. Thomas	2:12.87	
=====	N C A A Automatic	2:13.62	
Megan Daymont	So St. Olaf College	2:14.35	4/28 Macalester Invitat
=====	N C A A Provisional	2:15.84	
Carrie Stuart	Jr Carleton College	2:16.72	5/3-4 Miac Heptathlon
Teresa Olsen	Sr Hamline University	2:17.51	04/21 manitou classic
Emily Koller	Jr Macalester College	2:17.54	Miac Championships
Teresa Smock	Fr Univ of St. Thomas	2:18.34	Miac Championships
Chrissy Baune	Jr Augsburg College	2:18.36	5/2 Tommie Twilight
Rachel Bjorklund	Sr Bethel College	2:19.35	4/21 Manitou Classic
Jill Ament	Fr St. Catherine	2:21.51	Miac Championships
10			
Jessica Deutsch	Fr Carleton College	2:21.90	5/2 Tommie Twilight
Kendra Lee	So Concordia Moorhead	2:21.97	Miac Championships
Corrin Hoffman	Fr Hamline University	2:22.54	05/02 tommie twilight
Laura Bloedorn	So Carleton College	2:22.73	4/12 St. Olaf Triangula
Abby Love	Fr St. Olaf College	2:22.93	Miac Championships

Muggy Lee	Jr Carleton College	2:23.0	4/28 Macalester
Jennifer Skalko	Fr Gustavus Adolphus	2:23.53	03/31 Claremont Mudd Sc
Katie Fuhrman	Jr St. Catherine	2:23.74	5/2 Tommie Twilight
Dawn Mielke	So St. Olaf College	2:23.94	5/2 Tommie Twilight
Cindy Blendermann	Fr St. Benedict	2:24.07	Miac Championships
20			
=====	M I A C Automatic	2:24.64	
Katie Storlie	Sr St. Olaf College	2:24.89	5/2 Tommie Twilight
Teresa Lewandowski	Sr Augsburg College	2:24.99	5/4 Minnesota Open
Mary Pulling	Jr Univ of St. Thomas	2:25.02	4/12 St. Olaf Triangula
Jackie Danforth	Sr Bethel College	2:26.76	4/23 Manitou Classic
Alaina Eckhoff	Fr Hamline University	2:26.81	05/02 tommie twilight
Margie Tilman	Sr St. Olaf College	2:27.45	4/21 Manitou Classic
Sarah Paul	Jr Carleton College	2:27.55	4/12 St. Olaf Triangula
Marit Grorud	Fr St. Olaf College	2:27.71	4/12 St. Olaf Triangula
Theresa Miller	So St. Mary's (Minn)	2:27.90	4/21 Manitou Classic
Sarah Rustad	Sr Concordia Moorhead	2:28.61	4/25 Concordia
30			
Hannah Palmer	Fr Macalester College	2:28.68	5/4 Macalester Bagpipe
Amber Beck	Fr Univ of St. Thomas	2:29.96	5/2 Tommie Twilite
Renee Willkom	Fr St. Mary's (Minn)	2:31.51	Miac Championships
Marnie Christensen	So Macalester College	2:31.56	05/02 Tommie Twilight
Megan Call	Jr St. Olaf College	5:05.87	5/2 Tommie Twilight

35 entrants

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[400H](#) | [STEEP](#) | [4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#)
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1500 METER RUN

Teresa Olsen	Sr Hamline University	4:36.74	
=====	N C A A Automatic	4:37.97	
Heidi Brenden	Sr Concordia Moorhead	4:39.12	Miac Championships
Megan Daymont	So St. Olaf College	4:41.95	5/2 Tommie Twilight
=====	N C A A Provisional	4:43.34	
Kelly Faris	Sr Univ of St. Thomas	4:45.80	5/2 Tommie Twilite
Emily Koller	Jr Macalester College	4:46.84	Miac Championships
Chrissy Baune	Jr Augsburg College	4:46.91	Miac Championships
Jen Skalko	Fr Gustavus Adolphus	4:47.48	Miac Championships
Muggy Lee	Jr Carleton College	4:48.14	5/2 Tommie Twilight
Tish Dusich	So Univ of St. Thomas	4:50.95	3/31 Carleton Invitatio
Jessica Deutsch	Fr Carleton College	4:52.83	4/21 Manitou Classic
10			
Heather Brenden	Sr Concordia Moorhead	4:53.15	5/5 Minnesota State - M
Margie Tilman	Sr St. Olaf College	4:53.45	4/21 Manitou Classic
Andrea Grunst	Fr Carleton College	4:54.93	3/31 Carleton
=====	M I A C Automatic	4:58.24	
Sarah Rustad	Sr Concordia Moorhead	4:59.18	Miac Championships
Mary Pulling	Jr Univ of St. Thomas	5:01.34	4/21 Manitou Track Clas
Crissy Johnson	Sr St. Benedict	5:02.82	4/28 Blugold Invitation
Alana Lucio	Fr Univ of St. Thomas	5:03.97	5/2 Tommie Twilite
Katie Storlie	Sr St. Olaf College	5:05.21	Miac Championships
Stacie Bulfer	Fr Gustavus Adolphus	5:05.36	03/31 Claremont Mudd Sc
Beth Sexton	Jr St. Benedict	5:06.34	5/2 Tommie Twilight
20			
Abby Okrent	Jr Carleton College	5:06.41	Miac Championships
Lisa Cadmus	Jr Carleton College	5:08.13	4/12 St. Olaf Triangula
Traci Bartz	So St. Olaf College	5:08.41	5/2 Tommie Twilight
Megan Call	Jr St. Olaf College	5:08.69	Miac Championships
Anne Sateren	Sr St. Olaf College	5:08.6	4/28 Macalester Invitat
Brigid Franey	Jr St. Olaf College	5:09.34	4/7 Augustana All Luthe
Sara Kittelson	Jr Univ of St. Thomas	5:13.53	4/12 St. Olaf Triangula
Alison Traffanstedt	Fr Carleton College	5:15.47	4/21 Manitou Classic
Mo Mullikin	Fr Macalester College	5:16.00	05/02 Tommie Twilight
Megan Magnall	Sr St. Olaf College	5:16.05	4/12 St. Olaf Triangula
30			
Alaina Eckhoff	Fr Hamline University	5:16.30	04/10 Lee Krough Invite
Kristen O'Connell	Fr Carleton College	5:16.74	5/2 Tommie Twilight

Marit Grorud	Fr St. Olaf College	5:16.87	3/31 Carleton Invite
Becky Mooney	Jr Univ of St. Thomas	5:17.70	4/12 St. Olaf Triangula
Katie Moncton	So Carleton College	5:18.26	3/31 Carleton
Theresa Miller	So St. Mary's (Minn)	5:18.29	Miac Championships
Misha Werschkul	Fr Macalester College	5:18.34	05/02 Tommie Twilight
Cindy Goodwin	Fr St. Benedict	5:20.51	3/31 Csb/Sju Quintangul
Kristin O'Connell	Fr Carleton College	5:22.28	Miac Championships
Lesley Benton	So Macalester College	5:24.04	3/31 St. John's/St. Ben

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Sara Conrad	Jr Univ of St. Thomas	5:24.65	4/12 St. Olaf Triangula
Kara Schulz	Sr Bethel College	5:26.64	Miac Championships
Mischa Werschkul	Fr Macalester College	5:28.70	Miac Championships
Emily Hagen	Fr St. Olaf College	5:30.07	Miac Championships
Tessa Pierson	Jr St. Olaf College	5:33.27	Miac Championships
Elizabeth Sutton	Jr Carleton College	5:34.25	Miac Championships
Kjersten Johnson	Fr St. Olaf College	5:34.69	Miac Championships
Katie Gruner	Fr St. Olaf College	5:36.14	Miac Championships
Kayla Crank	Fr St. Olaf College	5:39.61	Miac Championships
Sara Knoll	Jr Hamline University	5:49.91	Miac Championships

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Lisa Wojahn	So Hamline University	5:55.54	Miac Championships
Angie Johnson	Fr St. Benedict	5:58.68	Miac Championships

52 entrants

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MILE RUN*

=====	N C A A Automatic	5:00.18
=====	N C A A Provisional	5:05.98

0 entrants

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3000 METER RUN

Kelly Faris	Sr Univ of St. Thomas	9:59.38	
=====	N C A A Automatic	10:02.89	
=====	N C A A Provisional	10:15.24	
Megan Daymont	So St. Olaf College	10:21.58	4/12 St. Olaf Triangula
Chrissy Baune	Jr Augsburg College	10:36.73	3/24 Northcorda Invidat
Katie Martin	So Concordia Moorhead	10:38.19	4/25 Concordia
Laura Bloedorn	So Carleton College	10:39.70	4/7 Hamline
Heather Brenden	Sr Concordia Moorhead	10:40.79	Miac Championships
Anne Sateren	Sr St. Olaf College	10:40.95	5/2 Tommie Twilight
Angela Wolkowski	Jr Bethel College	10:42.0	4/21 Manitou Classic
Heidi Brenden	Sr Concordia Moorhead	10:45.21	3/31 Jamestown Duals
Crissy Johnson	Sr St. Benedict	10:45.35	5/2 Tommie Twilight

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Margie Tilman	Sr St. Olaf College	10:52.23	4/28 Macalester Invidat
Brigid Franey	Jr St. Olaf College	10:54.10	5/2 Tommie Twilight
Lisa Cadmus	Jr Carleton College	11:00.03	3/31 Carleton
Melissa Grunst	Fr Carleton College	11:02.19	Miac Championships
=====	M I A C Automatic	11:03.64	
Laura Graen	Sr Gustavus Adolphus	11:04.01	03/31 Claremont Mudd Sc
Alison Traffanstedt	Fr Carleton College	11:05.49	5/2 Tommie Twilight
Katie Moncton	So Carleton College	11:06.53	4/12 St. Olaf Triangula
Beth Sexton	Jr St. Benedict	11:07.12	4/21 Maniou Classic
Lesley Benton	So Macalester College	11:09.41	05/02 Tommie Twilight
Becky Mooney	Jr Univ of St. Thomas	11:10.05	Miac Championships

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Stef Lenz	Sr Gustavus Adolphus	11:10.85	03/31 Claremont Mudd Sc
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Alana Lucio	Fr Univ of St. Thomas	11:15.90	Miac Championships
Deb Pagels	Sr St. Olaf College	11:15.97	5/2 Tommie Twilight
Mary Reid	Sr St. Olaf College	11:16.52	4/12 St. Olaf Triangula
Anah Huggenvik	Gustavus Adolphus	11:16.69	Miac Championships
Suzanne De Paulo	Sr St. Olaf College	11:17.13	5/2 Tommie Twilight
Andrea Grunst	Fr Carleton College	11:17.30	4/28 Macalester
Sara Kittelson	Jr Univ of St. Thomas	11:22.66	4/21 Manitou Track Clas
Nicole Mauriello	Fr Carleton College	11:25.49	4/12 St. Olaf Triangula
Rachel Schwingler	Fr Gustavus Adolphus	11:28.81	Miac Championships

30

Katie Storlie	Sr St. Olaf College	11:30.97	Miac Championships
Cindy Goodwin	Fr St. Benedict	11:32.73	5/2 Tommie Twilight
Megan Magnall	Sr St. Olaf College	11:33.82	4/12 St. Olaf Triangula
Jenny Maxted	Jr Hamline University	11:36.41	Miac Championships
Marnie Christensen	So Macalester College	11:36.8	4/28 Macalester Invite
Britt Carlson	Fr St. Olaf College	11:37.94	4/21 Manitou Classic
Sara Conrad	Jr Univ of St. Thomas	11:39.26	5/2 Tommie Twilite
Johanna Myers	Jr St. Benedict	11:39.57	4/13 Lee Krough Invitat
Megan Call	Jr St. Olaf College	11:40.56	3/31 Carleton Invite
Sarah Skrlin	Sr Carleton College	11:41.62	5/2 Tommie Twilight

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Abby Okrent	Jr Carleton College	11:42.30	4/7 Hamline
Rebecca Cramer	Sr Macalester College	12:04.50	05/02 Tommie Twilight
Thea Strand	Jr Hamline University	12:07.03	Miac Championships
Tracy Grefsrud	Jr Gustavus Adolphus	12:11.93	Miac Championships
Emily Reynolds	Fr Macalester College	12:43.24	05/02 Tommie Twilight
Lisa Wojahn	So Hamline University	13:07.64	Miac Championships

46 entrants

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5000 METER RUN

Kelly Faris	Sr Univ of St. Thomas	17:23.51	
=====	N C A A Automatic	17:29.59	
Laura Bloedorn	So Carleton College	17:43.30	Ncaa Championships
Katie Martin	So Concordia Moorhead	17:52.60	5/18 Uw-La Crosse
=====	N C A A Provisional	18:05.54	
Brigid Franey	Jr St. Olaf College	18:25.77	Miac Championships
Anne Sateren	Sr St. Olaf College	18:27.42	Miac Championships
Crissy Johnson	Sr St. Benedict	18:41.31	Miac Championships
Stef Lenz	Sr Gustavus Adolphus	18:41.97	04/21 Manitou Track Cla
Laura Graen	Sr Gustavus Adolphus	18:59.94	04/21 Manitou Track Cla
Suzanne DePaulo	Sr St. Olaf College	19:06.67	Miac Championships
Lesley Benton	So Macalester College	19:12.27	Miac Championships

10

Katie Moncton	So Carleton College	19:17.78	5/2 Tommie Twilight
Andrea Grunst	Fr Carleton College	19:28.47	5/2 Tommie Twilight
Lisa Cadmus	Jr Carleton College	19:37.80	4/28 Macalester
Suzanne De Paulo	Sr St. Olaf College	19:39.7	4/28 Macalester Invitat
Sarah Skrlin	Sr Carleton College	19:46.08	4/12 St. Olaf Triangula
Marne Christenson	So Macalester College	19:48.17	Miac Championships
Meg Duhr-Schultz	So Macalester College	19:50.30	3/31 St. John's/St. Ben
=====	M I A C Automatic	19:52.74	
Marnie Christensen	So Macalester College	19:53.40	4/21 Manitou Classic
Cindy Goodwin	Fr St. Benedict	19:57.12	Miac Championships
Mary Reid	Sr St. Olaf College	19:58.21	3/31 Carleton Invite

20

Jill McKiernan	Fr Carleton College	19:58.84	4/21 Manitou Classic
Abby Okrent	Jr Carleton College	19:58.98	4/12 St. Olaf Triangula
Nicole Mauriello	Fr Carleton College	20:02.34	Miac Championships
Renee Schaefer	Fr Macalester College	20:02.43	4/21 Manitou Classic
Johanna Myers	Jr St. Benedict	20:13.70	Miac Championships
Sara Conrad	Jr Univ of St. Thomas	20:21.34	4/21 Manitou Track Clas
Sara Skrlin	Sr Carleton College	20:26.44	Miac Championships
Megan Magnall	Sr St. Olaf College	20:27.91	3/31 Carleton Invite
Deb Pagels	Sr St. Olaf College	20:31.3	4/28 Macalester Invitat

Emily Judd 30	Fr Concordia Moorhead	21:01.5	3/31 Jamestown Duals
Britt Carlson	Fr St. Olaf College	21:02.13	4/12 St. Olaf Triangula
Tracy Grefsrud	Jr Gustavus Adolphus	21:05.92	Miac Championships
Thea Strand	Jr Hamline University	21:12.43	Miac Championships
Elizabeth Sorenson	So Concordia Moorhead	21:31.0	3/31 Jamestown Duals
Kristine Hup	So St. Olaf College	21:53.76	3/31 Carleton Invite
Kelly Johnson	So Bethel College	21:55.35	4/21 Manitou Classic
Elen Halvorson	Jr Concordia Moorhead	23:34.2	3/31 Jamestown Duals
Jenny Narloch	Fr Concordia Moorhead	24:15.4	4/28 Macalester
Kari Senske	Jr Concordia Moorhead	24:49.5	3/31 Jamestown Duals

39 entrants

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[400H](#) | [STEEP](#) | [4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#)
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10000 METER RUN

Laura Bloedorn	So Carleton College	36:41.26	Ncaa Championships
Kelly Faris	Sr Univ of St. Thomas	36:47.25	4/21 Manitou Track Clas
=====	N C A A Automatic	37:21.40	
Katie Martin	So Concordia Moorhead	37:56.77	Miac Championships
=====	N C A A Provisional	38:07.44	
Crissy Johnson	Sr St. Benedict	38:43.79	Miac Championships
Stef Lenz	Sr Gustavus Adolphus	38:47.69	Miac Championships
Brigid Franey	Jr St. Olaf College	38:49.99	4/21 Manitou Classic
Andrea Grunst	Fr Carleton College	39:26.57	4/21 Manitou Classic
Laura Graen	Sr Gustavus Adolphus	39:26.67	04/13 Gustie Invite
Suzanne DePaulo	Sr St. Olaf College	39:46.89	Miac Championships
Lisa Cadmus	Jr Carleton College	39:53.77	4/21 Manitou Classic
10			
Suzanne De Paulo	Sr St. Olaf College	39:54.62	4/21 Manitou Classic
Katie Moncton	So Carleton College	40:56.35	4/21 Manitou Classic
Megan Magnall	Sr St. Olaf College	41:35.52	4/21 Manitou Classic
Johanna Myers	Jr St. Benedict	41:45.78	4/21 Maniou Classic
=====	M I A C Automatic	43:15.24	

14 entrants

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[400H](#) | [STEEP](#) | [4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#)
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100 METER HURDLES

=====	N C A A Automatic	14.53	
Liz Hajek	Jr Macalester College	14.56	4/28 Macalester Invite
Katie Bestul	Sr Univ of St. Thomas	14.64	4/28 Macalester Invitat
Molly Miller	So St. Benedict	14.81	Miac Championships
Kara Hedin	Sr Univ of St. Thomas	14.89	4/7 St. Thomas Invitati
Carrie Stuart	Jr Carleton College	14.90	4/12 St. Olaf Triangula
=====	N C A A Provisional	15.20	
Emily Menden	Sr Univ of St. Thomas	15.25	4/28 Macalester Invitat
Katie Arnes	Sr Univ of St. Thomas	15.28	4/28 Macalester Invitat
Sara Grineski	Sr Concordia Moorhead	15.42	5/18 Uw-La Crosse
Rebecca Peterson	Fr St. Olaf College	15.51	4/28 Macalester Invitat
Kim Davis	So Carleton College	15.80	4/28 Macalester
10			
Becky Peterson	Fr St. Olaf College	15.85	Miac Championships
Heidi Fryer	Jr Gustavus Adolphus	15.93	03/31 Claremont Mudd Sc
Anne Sikorra	So St. Catherine	16.13	Miac Championships
Margaret Cropp	Sr Concordia Moorhead	16.21	5/4 Miac Heptathlon
Kristina Hall	Fr Concordia Moorhead	16.23	Miac Championships
Stacy Heiling	So Hamline University	16.56	Miac Championships
Ellen Graef	Fr Gustavus Adolphus	16.58	03/31 Claremont Mudd Sc
Angela Strom	Sr Concordia Moorhead	16.74	4/21 Kansas Relays

Cori Quade	So St. Catherine	16.82	Miac Championships
Marrisa Lightbourne	Jr Macalester College	16.90	4/7 Hamline Invite
20			
Andrea Barnett	So St. Benedict	16.95	5/2 Tommie Twilight
Tarah Maatz	Fr Concordia Moorhead	16.97	Miac Championships
Jill Ament	Fr St. Catherine	17.04	4/28 Macalester Invite
Kim Hayes	So St. Catherine	17.07	Miac Championships
Crystal Dusich	Sr Univ of St. Thomas	17.14	4/28 Macalester Invitat
Renee Splichal	Fr Concordia Moorhead	17.21	5/4 Miac Heptathlon
Katie Reynolds	So Univ of St. Thomas	17.27	4/7 St. Thomas Invitati
=====	M I A C Automatic	17.44	
Clara Setzer	Sr St. Mary's (Minn)	17.55	Miac Championships
Liz Murray	Fr Gustavus Adolphus	17.71	Miac Championships
Kristen Haglund	So Concordia Moorhead	17.75	4/25 Concordia
30			
Katie Eichten	Fr St. Catherine	18.27	4/7 Uw-River Falls
Julia Gray	Jr Macalester College	18.40	Miac Championships
Katie Christensen	Fr Macalester College	18.68	4/21 Manitou Classic
Sarah Paul	Jr Carleton College	18.90	4/21 Manitou Classic

34 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [MILE *](#) | [3000](#) | [5000](#) | [10000](#) | [100H](#)
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400 METER HURDLES

Carrie Stuart	Jr Carleton College	61.81	Ncaa Championships
=====	N C A A Automatic	62.97	
Sara Grineski	Sr Concordia Moorhead	64.54	Miac Championships
Katie Arnes	Sr Univ of St. Thomas	64.72	5/2 Tommie Twilite
=====	N C A A Provisional	64.84	
Kit Neubauer	So St. Benedict	65.18	Miac Championships
Katie Bestul	Sr Univ of St. Thomas	65.24	3/17 Long Beach Track C
Liz Hajek	Jr Macalester College	65.91	3/17 Glendale Knights o
Emily Menden	Sr Univ of St. Thomas	66.40	4/21 Manitou Track Clas
Ellen Graef	Fr Gustavus Adolphus	66.90	03/31 Claremont Mudd Sc
Kristina Hall	Fr Concordia Moorhead	66.95	Miac Championships
Janet Hengel	Sr St. Olaf College	67.69	4/12 St. Olaf Triangula
10			
Margaret Cropp	Sr Concordia Moorhead	67.84	5/16 St Thomas
Delinda Tamagni	So St. Catherine	68.04	Miac Championships
Julia Gray	Jr Macalester College	68.87	Miac Championships
Natalie Scheidt	So St. Benedict	68.97	Miac Championships
Rebecca Peterson	Fr St. Olaf College	69.70	4/21 Manitou Classic
Kim Davis	So Carleton College	70.20	Miac Championships
Tamra Thayer	Jr Carleton College	70.55	4/21 Manitou Classic
=====	M I A C Automatic	70.64	
Pam Mertens	So Gustavus Adolphus	71.40	Miac Championships
Christy Oishi	Fr Gustavus Adolphus	71.83	4/13 Gustie Invite
Bonny Pastika	Jr Hamline University	72.50	05/02 tommie twilight
20			
Andrea Barnett	So St. Benedict	74.11	4/21 Maniou Classic
Lauren Topel	So St. Olaf College	77.20	4/21 Manitou Classic

22 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [MILE *](#) | [3000](#) | [5000](#) | [10000](#) | [100H](#)
[400H](#) | [STEEP](#) | [4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#)
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3000M STEEPLECHASE

Heather Brenden	Sr Concordia Moorhead	11:24.25	Miac Championships
Stef Lenz	Sr Gustavus Adolphus	11:38.61	Miac Championships
Becky Mooney	Jr Univ of St. Thomas	11:51.61	Miac Championships
Mary Pulling	Jr Univ of St. Thomas	11:54.36	Miac Championships

Laura Graen	Sr Gustavus Adolphus	11:54.45	Miac Championships
Beth Sexton	Jr St. Benedict	11:58.62	Miac Championships
Lea Howard	Gustavus Adolphus	12:01.90	Miac Championships
Lisa Owen	Fr Concordia Moorhead	12:04.66	Miac Championships
Sara Kittelson	Jr Univ of St. Thomas	12:06.99	Miac Championships
Alana Lucio	Fr Univ of St. Thomas	12:18.55	5/4 Minnesota Open
10			
Mary Reid	Sr St. Olaf College	12:23.3	4/28 Macalester Invitat
Renee Schaefer	Fr Macalester College	12:30.79	Miac Championships
Nicole Mauriello	Fr Carleton College	12:36.08	Miac Championships
Megan Magnall	Sr St. Olaf College	12:41.36	Miac Championships
Jill McKiernan	Fr Carleton College	12:42.37	Miac Championships
Elizabeth Sorenson	So Concordia Moorhead	12:52.1	4/13 Gustavus
Jenny Maxted	Jr Hamline University	12:58.25	Miac Championships
Elen Halvorson	Jr Concordia Moorhead	13:01.7	4/28 Macalester
Britt Carlson	Fr St. Olaf College	13:05.9	4/28 Macalester Invitat
Liz Sorenson	So Concordia Moorhead	13:23.92	Miac Championships
20			
Cindy Goodwin	Fr St. Benedict	13:27.00	4/28 Gustie Invite
Abby Okrent	Jr Carleton College	13:41.50	4/28 Macalester
Kari Senske	Jr Concordia Moorhead	13:47.9	4/28 Macalester
Maren Flynn	Jr St. Olaf College	13:51.2	4/28 Macalester Invitat
Missy Mollick	So St. Mary's (Minn)	13:54.60	4/28 Gustie Invite
Emily Hauke	So St. Benedict	14:02.00	4/28 Gustie Invite
Kim Koch	Fr Concordia Moorhead	14:15.5	5/5 Minnesota State - M

27 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [MILE *](#) | [3000](#) | [5000](#) | [10000](#) | [100H](#)
[400H](#) | [STEEP](#) | [4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#)
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4X100 METER RELAY

=====	N C A A Automatic	48.14	
Univ of St. Thomas		48.74	5/4 Minnesota Open
St. Thomas	Univ of St. Thomas	48.80	Miac Championships
=====	N C A A Provisional	49.24	
Gustavus	Gustavus Adolphus	49.27	Miac Championships
Concordia	Concordia Moorhead	49.81	Miac Championships
St. Benedict		49.88	Miac Championships
Gustavus Adolphus		50.21	04/21 Manitou Track Cla
Concordia Moorhead		50.39	4/21 Kansas Relays
St. Catherine		50.67	Miac Championships
St. Olaf	St. Olaf College	50.76	Miac Championships
Macalester College		50.6	4/28 Macalester Invite
10			
Macalester	Macalester College	51.04	Miac Championships
Saint Mary's	St. Mary's (Minn)	51.24	Miac Championships
St. Mary's (Minn)		51.37	4/21 Manitou Classic
Carleton College		51.44	4/21 Manitou Classic
Carleton	Carleton College	51.56	Miac Championships
St. Olaf College		51.56	4/21 Manitou Classic
Hamline	Hamline University	52.07	Miac Championships
Hamline University		52.64	04/21 manitou classic
Bethel	Bethel College	53.65	Miac Championships
Augsburg College		57.31	4/21 Manitou

20 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [MILE *](#) | [3000](#) | [5000](#) | [10000](#) | [100H](#)
[400H](#) | [STEEP](#) | [4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#)
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4X400 METER RELAY

=====	N C A A Automatic	3:52.36	
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=====	N C A A Provisional	3:56.94	
Gustavus	Gustavus Adolphus	3:57.12	Miac Championships
Univ of St. Thomas		3:58.68	5/2 Tommie Twilite
St. Thomas	Univ of St. Thomas	3:58.98	Miac Championships
Concordia	Concordia Moorhead	4:01.52	Miac Championships
St. Benedict		4:02.00	Miac Championships
Macalester	Macalester College	4:04.08	Miac Championships
Gustavus Adolphus		4:04.28	04/21 Manitou Track Cla
St. Olaf College		4:05.09	5/2 Tommie Twilight
Carleton	Carleton College	4:05.97	Miac Championships
Carleton College		4:07.63	4/12 St. Olaf Triangula
10			
Concordia Moorhead		4:07.67	4/27 Drake Relays
St. Catherine		4:09.19	Miac Championships
Hamline	Hamline University	4:09.34	Miac Championships
St. Olaf	St. Olaf College	4:09.85	Miac Championships
Macalester College		4:11.57	4/28 Macalester Invite
Saint Mary's	St. Mary's (Minn)	4:12.11	Miac Championships
St. Mary's (Minn)		4:12.40	4/21 Manitou Classic
Hamline University		4:14.07	05/02 tommie twilight
Bethel	Bethel College	4:20.75	Miac Championships

19 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [MILE *](#) | [3000](#) | [5000](#) | [10000](#) | [100H](#)
[400H](#) | [STEEP](#) | [4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#)
[HT](#) | [JT](#) | [HJ](#) | [PV](#) | [HEP](#) | [Top](#)

4X800 METER RELAY

Hamline	Hamline University	9:31.00	Miac Championships
St. Thomas	Univ of St. Thomas	9:35.58	Miac Championships
St. Olaf	St. Olaf College	9:36.79	Miac Championships
Concordia	Concordia Moorhead	9:40.77	Miac Championships
Gustavus	Gustavus Adolphus	9:45.74	Miac Championships
Hamline University		9:48.66	04/21 manitou classic
Bethel	Bethel College	9:50.86	Miac Championships
Carleton	Carleton College	9:52.08	Miac Championships
Concordia Moorhead		9:59.05	4/21 Kansas Relays
St. Benedict		10:01.71	Miac Championships
10			
St. Olaf College		10:03.69	3/31 Carleton Invite
Augsburg	Augsburg College	10:06.03	Miac Championships
Augsburg College		10:09.11	4/21 Manitou
Bethel College		10:11.0	4/21 Manitou Classic
Univ of St. Thomas		10:13.67	3/31 Carleton Invitatio
Macalester	Macalester College	10:14.26	Miac Championships
Carleton College		10:22.47	4/21 Manitou Classic
Macalester College		10:32.35	4/21 Manitou Classic

18 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [MILE *](#) | [3000](#) | [5000](#) | [10000](#) | [100H](#)
[400H](#) | [STEEP](#) | [4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#)
[HT](#) | [JT](#) | [HJ](#) | [PV](#) | [HEP](#) | [Top](#)

LONG JUMP

Heather Adams	Jr St. Benedict	31-11 1/2 (9.74m)	4/28 Blugold Invitation
Petra Velander	Jr Augsburg College	31-1 1/4 (9.48m)	4/28 Gustavus Invitatio
Kristy Gloe	Fr St. Olaf College	29-1 1/4 (8.87m)	4/12 St. Olaf Triangula
=====	N C A A Automatic	18-6 1/2 (5.65m)	
Kelli Tranby	Jr Concordia Moorhead	18-1 3/4 (5.53m)	Miac Championships
=====	N C A A Provisional	18-1 (5.51m)	
Kara Hedin	Sr Univ of St. Thomas	17-10 3/4 (5.45m)	Miac Championships
Molly Nemes	Sr Gustavus Adolphus	17-5 1/2 (5.32m)	Miac Championships
Kari Pederson	Sr St. Mary's (Minn)	17-2 3/4 (5.25m)	4/28 Gustie Invite
Nicole Meidl	Fr Univ of St. Thomas	17-2 1/4 (5.24m)	4/28 Macalester Invitat

Annie Knierim	So Concordia Moorhead	17-0 3/4 (5.20m)	Miac Championships
Carrie Stuart	Jr Carleton College	17-0 (5.18m)	5/3-4 Miac Heptathlon
10			
Katie Patterson	Fr Univ of St. Thomas	16-11 1/2 (5.17m)	4/7 St. Thomas Invitati
Sarah Paul	Jr Carleton College	16-5 1/4 (5.01m)	3/31 Carleton
Anne Sikorra	So St. Catherine	16-5 (5.00m)	Miac Championships
Linnea Engel	Fr Carleton College	16-5 (5.00m)	4/28 Macalester
Heidi Vogel	So Univ of St. Thomas	16-3 3/4 (4.97m)	5/2 Tommie Twilite
Crystal Dusich	Sr Univ of St. Thomas	16-0 1/2 (4.89m)	4/12 St. Olaf Triangula
Christine Walsten	Fr Hamline University	15-11 3/4 (4.87m)	04/28 macalester women'
Rebecca Peterson	Fr St. Olaf College	15-11 3/4 (4.87m)	4/7 Augustana All Luthe
Margaret Cropp	Sr Concordia Moorhead	15-9 1/2 (4.81m)	5/4 Miac Heptathlon
Kim Davis	So Carleton College	15-8 3/4 (4.79m)	3/31 Carleton
20			
Erin Davidson	Fr St. Olaf College	15-7 (4.75m)	4/28 Macalester Invitat
Angela Strom	Sr Concordia Moorhead	15-6 3/4 (4.74m)	4/13 Gustavus
Jill Ament	Fr St. Catherine	15-6 1/4 (4.73m)	4/28 Macalester Invite
Kerby Carlson	Fr Univ of St. Thomas	15-6 1/4 (4.73m)	4/7 St. Thomas Invitati
=====	M I A C Automatic	15-6 1/4 (4.73m)	
Renee Splichal	Fr Concordia Moorhead	15-4 (4.67m)	4/25 Concordia
Becky Peterson	Fr St. Olaf College	15-1 1/2 (4.61m)	Miac Championships
Summer Barnes	Sr Hamline University	15-1 1/4 (4.60m)	04/28 macalester women'
Leah Dvorak	So St. Olaf College	15-0 3/4 (4.59m)	4/28 Macalester Invitat
Sarah Beggs	Jr St. Olaf College	15-0 3/4 (4.59m)	4/28 Macalester Invitat
Tarah Maatz	Fr Concordia Moorhead	15-0 1/2 (4.58m)	5/1 Msu-Moorhead
30			
Kristen Haglund	So Concordia Moorhead	15-0 (4.57m)	4/28 Macalester
Emily Erickson	Jr St. Olaf College	14-9 1/4 (4.50m)	4/28 Macalester Invitat

32 entrants

100 | 200 | 400 | 800 | 1500 | MILE * | 3000 | 5000 | 10000 | 100H
400H | STEEP | 4X100 | 4X400 | 4X800 | LJ | TJ | SP | DT
HT | JT | HJ | PV | HEP | Top

TRIPLE JUMP

Kara Hedin	Sr Univ of St. Thomas	37-11 1/2 (11.57m)	4/28 Macalester Invitat
=====	N C A A Automatic	37-11 1/2 (11.57m)	
=====	N C A A Provisional	36-11 (11.25m)	
Crystal Dusich	Sr Univ of St. Thomas	36-0 (10.97m)	Miac Championships
Gretta Schutte	Jr Bethel College	35-11 1/4 (10.95m)	4/21 Manitou Classic
Lindsey Weis	Fr Gustavus Adolphus	35-10 1/2 (10.93m)	Miac Championships
Linnea Engel	Fr Carleton College	35-8 3/4 (10.89m)	4/28 Macalester
Annie Knierim	So Concordia Moorhead	35-8 (10.87m)	4/28 Macalester
Molly Nemes	Sr Gustavus Adolphus	35-1 3/4 (10.71m)	Miac Championships
Heidi Vogel	So Univ of St. Thomas	34-7 3/4 (10.56m)	4/28 Macalester Invitat
Ellen Graef	Fr Gustavus Adolphus	34-2 (10.41m)	4/13 Gustie Invite
Katie Christensen	Fr Macalester College	34-0 (10.36m)	4/28 Macalester Invite
10			
Heidi Fryer	Jr Gustavus Adolphus	33-10 1/2 (10.33m)	04/07 Augustana (Sf)
Kerby Carlson	Fr Univ of St. Thomas	33-7 1/4 (10.24m)	Miac Championships
Andrea Kleven	Fr Gustavus Adolphus	33-6 3/4 (10.23m)	4/13 Gustie Invite
=====	M I A C Automatic	33-6 (10.21m)	
Katie Christenson	Fr Macalester College	33-1 3/4 (10.10m)	Miac Championships
Sarah Beggs	Jr St. Olaf College	33-0 1/2 (10.07m)	4/28 Macalester Invitat
Amber Mensen	Fr St. Benedict	33-0 1/4 (10.06m)	4/11 Savannah State mee
Katie Patterson	Fr Univ of St. Thomas	33-0 1/4 (10.06m)	4/7 St. Thomas Invitati
Kari Rosenfeldt	So Concordia Moorhead	32-10 1/4 (10.01m)	3/31 Jamestown Duals
Renee Splichal	Fr Concordia Moorhead	32-6 1/4 (9.91m)	4/25 Concordia
Cori Quade	So St. Catherine	32-4 1/4 (9.86m)	5/4 Macalester Bagpipe
20			
Ellie Lewis	So Macalester College	32-1 (9.78m)	4/28 Macalester Invite
Jennifer Levenhagen	Fr St. Olaf College	31-11 1/4 (9.73m)	3/31 Carleton Invite
Heather Adams	Jr St. Benedict	31-10 3/4 (9.72m)	4/11 Savannah State mee
Elizabeth Murray	Fr Gustavus Adolphus	31-8 3/4 (9.67m)	4/13 Gustie Invite
Summer Barnes	Sr Hamline University	31-4 3/4 (9.57m)	4/07 Hu Invite
Liz Murray	Fr Gustavus Adolphus	31-4 1/2 (9.56m)	Miac Championships
Sarah Wishard	Jr Hamline University	30-11 1/4 (9.43m)	4/07 Hu Invite
Lara O'keefe Stanislaw	So St. Catherine	30-11 (9.42m)	4/28 Macalester Invite

Sarah Margoles	Fr Carleton College	30-8 1/2 (9.36m)	4/12 St. Olaf Triangula
Liz Durney	So Macalester College	30-5 1/2 (9.28m)	4/28 Macalester Invite
30			
Erika Barnhart	So Concordia Moorhead	30-2 1/4 (9.20m)	3/31 Jamestown Duals
Christine Walsten	Fr Hamline University	29-9 1/2 (9.08m)	05/02 tommie twilight
Petra Velander	Jr Augsburg College	28-4 1/2 (8.65m)	4/13 Lee Krough Invitat

33 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [MILE *](#) | [3000](#) | [5000](#) | [10000](#) | [100H](#)
[400H](#) | [STEEP](#) | [4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#)
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SHOT PUT

Jackie Luehmann	Fr Gustavus Adolphus	44-8 (13.61m)	
=====	N C A A Automatic	43-10 3/4 (13.38m)	
Tona Schmidtke	Fr Gustavus Adolphus	42-6 3/4 (12.97m)	Miac Championships
=====	N C A A Provisional	42-0 (12.80m)	
Kristin Petersen	Fr Gustavus Adolphus	41-4 1/2 (12.61m)	Miac Championships
Jeanna Spannring	Sr St. Catherine	40-10 1/4 (12.45m)	Miac Championships
Al Kern	Sr St. Benedict	40-6 1/4 (12.35m)	Miac Championships
Ali Kern	Sr St. Benedict	39-5 3/4 (12.03m)	5/2 Tommie Twilight
Becky Martinson	So Hamline University	39-3 (11.96m)	Miac Championships
Ali Taylor	So Hamline University	38-10 1/4 (11.84m)	4/07 Hu Invite
Jasmine Lund	Jr Bethel College	38-9 3/4 (11.83m)	4/7 St. Thomas Invite
Amy Buran	Sr Gustavus Adolphus	38-3 1/2 (11.67m)	Miac Championships

10

Alicia Tull	Sr Concordia Moorhead	37-8 (11.48m)	4/7 Augustana
Allison Clark	So St. Benedict	37-3 3/4 (11.37m)	5/2 Tommie Twilight
Colleen O'Hearn	Jr St. Mary's (Minn)	36-11 1/2 (11.26m)	4/7 Norse Relays
Melissa Logan	Fr Carleton College	36-10 1/4 (11.23m)	Miac Championships
Crystal Baloun	Fr Univ of St. Thomas	36-1 1/2 (11.01m)	5/2 Tommie Twilite
=====	M I A C Automatic	36-0 3/4 (10.99m)	
Anne Poduska	Sr Macalester College	35-5 (10.79m)	Miac Championships
Emily Uzzell	So St. Olaf College	34-11 (10.64m)	5/2 Tommie Twilight
Robin Schutte	Jr Hamline University	34-8 1/4 (10.57m)	04/21 manitou classic
Robin Schuette	Jr Hamline University	34-2 (10.41m)	Miac Championships
Jennifer Levenhagen	Fr St. Olaf College	33-9 1/4 (10.29m)	4/21 Manitou Classic

20

Mary Anne Becker	Fr St. Benedict	33-7 1/2 (10.25m)	3/31 Csb/Sju Quintangul
Colleen Wiley	Fr St. Catherine	32-11 1/4 (10.04m)	Miac Championships
Clara Setzer	Sr St. Mary's (Minn)	32-5 3/4 (9.90m)	4/13 Lee Krough
Rebekah Hoback	Fr Concordia Moorhead	31-10 (9.70m)	4/28 Macalester
Margaret Cropp	Sr Concordia Moorhead	31-7 1/2 (9.64m)	4/21 Kansas Relays
Kate Otremba	So St. Benedict	31-7 1/4 (9.63m)	3/31 Csb/Sju Quintangul
Kristen Haglund	So Concordia Moorhead	31-5 3/4 (9.59m)	4/9 St. John's Hept.
Reina Dee	Jr Univ of St. Thomas	31-3 (9.52m)	3/31 Carleton Invitatio
Mariah Mougey	So Concordia Moorhead	31-0 (9.45m)	4/7 Augustana
Rebecca Peterson	Fr St. Olaf College	30-10 1/2 (9.41m)	4/28 Macalester Invitat

30

Emily Rankin	Sr Concordia Moorhead	30-10 1/4 (9.40m)	2/24 Carl Rossi Relays
Kim Davis	So Carleton College	30-6 1/4 (9.30m)	5/3-4 Miac Heptathlon

32 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [MILE *](#) | [3000](#) | [5000](#) | [10000](#) | [100H](#)
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DISCUS THROW

=====	N C A A Automatic	145-8 (44.40m)	
Alicia Tull	Sr Concordia Moorhead	144-2 (43.94m)	4/7 Augustana
Jeanna Spannring	Sr St. Catherine	144-0 (43.89m)	Miac Championships
Mariah Mougey	So Concordia Moorhead	138-0 (42.06m)	4/7 Augustana
=====	N C A A Provisional	135-7 (41.34m)	
Jennifer Levenhagen	Fr St. Olaf College	133-4 (40.64m)	4/7 Augustana All Luthe

Kristin Petersen	Fr Gustavus Adolphus	130-7 (39.80m)	Miac Championships
Lisa Eidenschink	So St. Olaf College	129-1 (39.35m)	Miac Championships
Jackie Luehmann	Fr Gustavus Adolphus	126-9 (38.63m)	Miac Championships
Robin Schuette	Jr Hamline University	126-8 (38.60m)	Miac Championships
Joquel Rudningen	Fr St. Benedict	122-1 (37.22m)	4/28 Blugold Invitation
Katie Hoeschen	Fr Gustavus Adolphus	122-1 (37.21m)	03/31 Claremont Mudd Sc
10			
Crystal Baloun	Fr Univ of St. Thomas	121-1 (36.90m)	4/12 St. Olaf Triangula
Emily Rankin	Sr Concordia Moorhead	118-1 (36.00m)	4/7 Augustana
Colleen O'Hearn	Jr St. Mary's (Minn)	117-7 (35.85m)	Miac Championships
Robin Schutte	Jr Hamline University	115-3 (35.12m)	05/02 tommie twilight
Colleen Wiley	Fr St. Catherine	114-11 (35.04m)	5/4 Macalester Bagpipe
Collen Wiley	Fr St. Catherine	114-11 (35.02m)	Miac Championships
Kate Otremba	So St. Benedict	114-6 (34.89m)	Miac Championships
Becky Martinson	So Hamline University	114-1 (34.77m)	Miac Championships
Tona Schmidtke	Fr Gustavus Adolphus	112-5 (34.26m)	03/31 Claremont Mudd Sc
=====	M I A C Automatic	112-0 (34.14m)	
Allison Clark	So St. Benedict	105-6 (32.16m)	5/2 Tommie Twilight
20			
Christine Heine	Gustavus Adolphus	105-4 (32.10m)	Miac Championships
Reina Dee	Jr Univ of St. Thomas	105-4 (32.10m)	4/12 St. Olaf Triangula
Melissa Logan	Fr Carleton College	105-0 (32.00m)	5/4 Macalester Bagpipe
Jennifer Eckman	Sr Augsburg College	104-11 (31.97m)	4/28 Gustavus Invitatio
Rebekah Hoback	Fr Concordia Moorhead	103-6 (31.54m)	4/28 Macalester
Emily Uzzell	So St. Olaf College	103-3 (31.48m)	4/21 Manitou Classic
Jill Johnson	Fr St. Olaf College	98-1 (29.91m)	5/2 Tommie Twilight
Jasmine Lund	Jr Bethel College	98-1 (29.90m)	4/21 Manitou Classic
Sara Folsted	Fr Hamline University	91-9 (27.98m)	4/07 Hu Invite
Clara Setzer	Sr St. Mary's (Minn)	90-10 (27.70m)	4/28 Gustie Invite
30			
Kateri Roessler	Fr St. Benedict	86-7 (26.39m)	5/2 Tommie Twilight
Katie Conner	Fr St. Benedict	85-8 (26.11m)	4/28 Blugold Invitation

32 entrants

100 | 200 | 400 | 800 | 1500 | MILE * | 3000 | 5000 | 10000 | 100H
400H | STEEP | 4X100 | 4X400 | 4X800 | LJ | TJ | SP | DT
HT | JT | HJ | PV | HEP | Top

HAMMER THROW

=====	N C A A Automatic	162-6 (49.54m)	
Becky Lacher	Jr Concordia Moorhead	149-4 (45.52m)	5/18 Uw-La Crosse
Tona Schmidtke	Fr Gustavus Adolphus	147-6 (44.95m)	Miac Championships
=====	N C A A Provisional	146-4 (44.60m)	
Julie Mareck	So St. Catherine	145-2 (44.24m)	Miac Championships
Mariah Mougey	So Concordia Moorhead	144-4 (44.00m)	Miac Championships
Carrie Lind	Sr Augsburg College	141-6 (43.13m)	Miac Championships
Ali Taylor	So Hamline University	134-5 (40.98m)	04/21 manitou classic
Crystal Baloun	Fr Univ of St. Thomas	129-3 (39.40m)	4/28 Macalester Invitat
Anne Poduska	Sr Macalester College	129-1 (39.36m)	4/28 Macalester Invite
Jennifer Eckman	Sr Augsburg College	128-11 (39.30m)	4/28 Gustavus Invitatio
Kate Otremba	So St. Benedict	127-7 (38.88m)	Miac Championships
10			
Becky Martinson	So Hamline University	127-4 (38.82m)	04/28 macalester women'
Joquel Rudningen	Fr St. Benedict	126-4 (38.50m)	Miac Championships
Amy Buran	Sr Gustavus Adolphus	125-11 (38.38m)	Miac Championships
Jasmine Lund	Jr Bethel College	123-8 (37.70m)	Miac Championships
Nancy Eichten	Sr St. Catherine	123-6 (37.65m)	Miac Championships
Emily Rankin	Sr Concordia Moorhead	122-10 (37.44m)	4/28 Macalester
Reina Dee	Jr Univ of St. Thomas	121-4 (36.98m)	Miac Championships
Sara Diercks	Jr Univ of St. Thomas	118-9 (36.20m)	5/4 Minnesota Open
Robin Schutte	Jr Hamline University	117-7 (35.85m)	05/02 tommie twilight
Robin Schuette	Jr Hamline University	111-7 (34.02m)	Miac Championships
20			
=====	M I A C Automatic	111-6 (34.00m)	
Allison Clark	So St. Benedict	108-9 (33.15m)	4/28 Blugold Invitation
Monica Fisk	Jr Gustavus Adolphus	105-5 (32.13m)	03/31 Claremont Mudd Sc
Sara Folsted	Fr Hamline University	104-5 (31.82m)	04/28 macalester women'
Rebekah Hoback	Fr Concordia Moorhead	103-10 (31.65m)	5/1 Msu-Moorhead

Amanda Jacobson	Jr St. Olaf College	99-6 (30.34m)	4/21 Manitou Classic
Colleen Wiley	Fr St. Catherine	96-8 (29.46m)	4/28 Macalester Invite
Emily Uzzell	So St. Olaf College	96-6 (29.42m)	4/28 Macalester Invitat
Becky Madvig	So Bethel College	96-6 (29.42m)	4/7 St. Thomas Invite
Mary Anne Becker	Fr St. Benedict	95-5 (29.09m)	5/2 Tommie Twilight
Kathryn Jaros	Fr Bethel College	93-1 (28.38m)	4/28 Macalester
30			
Colleen O'Hearn	Jr St. Mary's (Minn)	91-4 (27.84m)	4/13 Lee Krough

31 entrants

100 | 200 | 400 | 800 | 1500 | MILE * | 3000 | 5000 | 10000 | 100H
400H | STEEP | 4X100 | 4X400 | 4X800 | LJ | TJ | SP | DT
HT | JT | HJ | PV | HEP | Top

JAVELIN THROW

=====	N C A A Automatic	133-2 (40.60m)	
Margaret Cropp	Sr Concordia Moorhead	128-5 (39.14m)	Miac Championships
=====	N C A A Provisional	128-0 (39.02m)	
Angela Strom	Sr Concordia Moorhead	121-9 (37.10m)	4/13 Gustavus
Alicia Tull	Sr Concordia Moorhead	120-9 (36.80m)	4/28 Macalester
Jen Dowzak	Jr St. Catherine	115-5 (35.18m)	5/4 Macalester Bagpipe
Angie Strom	Sr Concordia Moorhead	113-10 (34.69m)	Miac Championships
Sara Diercks	Jr Univ of St. Thomas	113-8 (34.66m)	4/21 Manitou Track Clas
Nancy Eichten	Sr St. Catherine	111-5 (33.97m)	Miac Championships
Katie Cowles	Sr Concordia Moorhead	111-1 (33.86m)	4/28 Macalester
Danielle Soncrant	Fr St. Benedict	106-11 (32.58m)	4/7 Hamline Invite
Leah Dvorak	So St. Olaf College	105-10 (32.27m)	5/2 Tommie Twilight

10

Stacy Heiling	So Hamline University	105-4 (32.11m)	Miac Championships
Katie Reynolds	So Univ of St. Thomas	104-0 (31.70m)	Miac Championships
Alison Routledge	Jr Concordia Moorhead	103-6 (31.55m)	4/25 Concordia
Colleen O'Hearn	Jr St. Mary's (Minn)	102-3 (31.18m)	4/21 Manitou Classic
Sarah Paul	Jr Carleton College	99-9 (30.40m)	4/21 Manitou Classic
Chaitra Raile	Jr Concordia Moorhead	98-7 (30.05m)	5/1 Msu-Moorhead
=====	M I A C Automatic	97-7 (29.74m)	
Katie Hoeschen	Fr Gustavus Adolphus	97-4 (29.67m)	03/31 Claremont Mudd Sc
Jackie Luehmann	Fr Gustavus Adolphus	96-3 (29.34m)	Miac Championships
Joquel Rudningen	Fr St. Benedict	93-10 (28.61m)	4/28 Blugold Invitation
Lizzy Erickson	Fr Carleton College	93-6 (28.50m)	5/4 Macalester Bagpipe

20

Kim Davis	So Carleton College	89-11 (27.40m)	5/3-4 Miac Heptathlon
Clara Setzer	Sr St. Mary's (Minn)	89-1 (27.16m)	4/21 Manitou Classic
Kertin Blazina	Jr Gustavus Adolphus	88-5 (26.95m)	Miac Championships
Becky Madvig	So Bethel College	87-1 (26.54m)	4/7 St. Thomas Invite
Kristen Haglund	So Concordia Moorhead	86-7 (26.40m)	4/9 St. John's Hept.
Katie Christensen	Fr Macalester College	86-6 (26.36m)	4/28 Macalester Invite
Renee Splichal	Fr Concordia Moorhead	84-8 (25.80m)	4/9 St. John's Hept.
Anne Poduska	Sr Macalester College	83-5 (25.44m)	4/7 Hamline Invite
Crystal Dusich	Sr Univ of St. Thomas	77-10 3/4 (23.74m)	4/12 St. Olaf Triangula
Rebekah Hoback	Fr Concordia Moorhead	70-9 3/4 (21.58m)	4/25 Concordia

30

Kathryn Jaros	Fr Bethel College	70-9 (21.56m)	4/28 Macalester
Erin Peiffer	Fr Carleton College	66-7 1/4 (20.30m)	5/4 Macalester Bagpipe
Kate Kubler	Fr Carleton College	62-4 (19.00m)	5/4 Macalester Bagpipe
Carrie Stuart	Jr Carleton College	60-0 1/2 (18.30m)	5/3-4 Miac Heptathlon

34 entrants

100 | 200 | 400 | 800 | 1500 | MILE * | 3000 | 5000 | 10000 | 100H
400H | STEEP | 4X100 | 4X400 | 4X800 | LJ | TJ | SP | DT
HT | JT | HJ | PV | HEP | Top

HIGH JUMP

Katie Arnes	Sr Univ of St. Thomas	5-6 (1.68m)	4/7 St. Thomas Invitati
=====	N C A A Automatic	5-6 (1.68m)	

=====	N C A A Provisional	5-4 1/2 (1.64m)	
Lindsey Weis	Fr Gustavus Adolphus	5-2 1/4 (1.58m)	Miac Championships
Angela Strom	Sr Concordia Moorhead	5-1 3/4 (1.57m)	4/21 Kansas Relays
Melissa Redig	Fr St. Mary's (Minn)	5-1 (1.55m)	3/31 Uw Plateville
Angie Strom	Sr Concordia Moorhead	5-0 1/4 (1.53m)	Miac Championships
Leah Dvorak	So St. Olaf College	5-0 1/4 (1.53m)	Miac Championships
Andrea Kleven	Fr Gustavus Adolphus	5-0 1/4 (1.53m)	Miac Championships
Ellie Lewis	So Macalester College	5-0 1/4 (1.53m)	3/17 Glendale Knights o
Kim Davis	So Carleton College	4-11 3/4 (1.52m)	5/3-4 Miac Heptathlon
Kelly Quaal	So Concordia Moorhead	4-11 3/4 (1.52m)	4/25 Concordia

10

=====	M I A C Automatic	4-11 (1.50m)	
Carrie Stuart	Jr Carleton College	4-10 1/2 (1.49m)	5/3-4 Miac Heptathlon
Kate Krueger	Sr Gustavus Adolphus	4-10 1/4 (1.48m)	Miac Championships
Sarah Wishard	Jr Hamline University	4-10 1/4 (1.48m)	Miac Championships
Clara Setzer	Sr St. Mary's (Minn)	4-10 1/4 (1.48m)	Miac Championships
Anne Sikorra	So St. Catherine	4-10 1/4 (1.48m)	Miac Championships
Erika Barnhart	So Concordia Moorhead	4-9 (1.45m)	3/31 Jamestown Duals
Amber Mensen	Fr St. Benedict	4-8 3/4 (1.44m)	4/7 Hamline Invite
Katie Bestul	Sr Univ of St. Thomas	4-8 1/4 (1.43m)	Miac Championships
Lauren Topel	So St. Olaf College	4-8 1/4 (1.43m)	Miac Championships
Christie Thames	Fr Univ of St. Thomas	4-8 1/4 (1.43m)	4/28 Macalester Invitat

20

Sarah Paul	Jr Carleton College	4-8 1/4 (1.43m)	4/21 Manitou Classic
Margaret Cropp	Sr Concordia Moorhead	4-7 (1.40m)	3/31 Jamestown Duals
Katie Reynolds	So Univ of St. Thomas	4-6 1/4 (1.38m)	4/28 Macalester Invitat
Kristen Haglund	So Concordia Moorhead	4-6 1/4 (1.38m)	4/28 Macalester
Renee Splichal	Fr Concordia Moorhead	4-6 (1.37m)	4/25 Concordia
Kateri Roessler	Fr St. Benedict	4-6 (1.37m)	4/28 Blugold Invitation
Katie Halberg	Fr St. Olaf College	4-6 (1.37m)	4/12 St. Olaf Triangula
Rebecca Peterson	Fr St. Olaf College	4-6 (1.37m)	4/12 St. Olaf Triangula

28 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [MILE *](#) | [3000](#) | [5000](#) | [10000](#) | [100H](#)
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POLE VAULT

Janet Hengel	Sr St. Olaf College	11-6 1/2 (3.52m)	4/28 Macalester Invitat
=====	N C A A Automatic	11-6 1/2 (3.52m)	
Caroline Boatz	Sr St. Benedict	11-2 1/2 (3.42m)	Miac Championships
Nikki Tuma	Sr St. Benedict	11-0 3/4 (3.37m)	5/2 Tommie Twilight
Nicole Meidl	Fr Univ of St. Thomas	10-9 (3.28m)	3/31 Carleton Invitatio
Karolien Bastiaens	Fr Univ of St. Thomas	10-6 (3.20m)	5/4 Minnesota Open
=====	N C A A Provisional	10-4 1/4 (3.16m)	
Shannon Martin	Fr Gustavus Adolphus	10-4 1/4 (3.16m)	03/31 Claremont Mudd Sc
Lisa Tracy	Fr Univ of St. Thomas	10-2 (3.10m)	3/17 Long Beach Track C
Lisa Kuechle	Sr St. Benedict	10-0 3/4 (3.07m)	5/2 Tommie Twilight
Tamra Thayer	Jr Carleton College	10-0 1/2 (3.06m)	4/7 Hamline
Katie Joyce	So Univ of St. Thomas	9-10 3/4 (3.02m)	Miac Championships

10

Heidi Fryer	Jr Gustavus Adolphus	9-10 1/2 (3.01m)	03/31 Claremont Mudd Sc
Theresa Lonsky	Fr St. Benedict	9-7 (2.92m)	5/2 Tommie Twilight
Anne Sikorra	So St. Catherine	9-7 (2.92m)	4/28 Macalester Invite
Tera Kazek	So Bethel College	9-7 (2.92m)	4/28 Macalester
Christie Thames	Fr Univ of St. Thomas	9-4 1/2 (2.86m)	4/7 St. Thomas Invitati
Jennifer Fettig	Sr Concordia Moorhead	9-3 (2.82m)	4/25 Concordia
Sarah Margoles	Fr Carleton College	9-1 (2.77m)	4/28 Macalester
Heather Moor	Jr Carleton College	9-0 1/4 (2.75m)	5/2 Tommie Twilight
Tara Robillard	Fr Univ of St. Thomas	9-0 1/4 (2.75m)	5/2 Tommie Twilite
Sarah Lenhardt	So St. Benedict	9-0 1/4 (2.75m)	3/31 Csb/Sju Quintangul

20

=====	M I A C Automatic	9-0 1/4 (2.75m)	
Holly McMichael	Fr Univ of St. Thomas	8-11 3/4 (2.74m)	4/12 St. Olaf Triangula
Renee Splichal	Fr Concordia Moorhead	8-9 (2.67m)	5/1 Msu-Moorhead
Cerissa Chaney	Jr Macalester College	8-7 (2.62m)	4/28 Macalester Invite
Katie Langer	Jr St. Benedict	8-6 3/4 (2.61m)	4/7 Hamline Invite
Jessica Rosenblatt	Fr Carleton College	8-6 1/4 (2.60m)	5/4 Macalester Bagpipe

Jen Fettig	Sr Concordia Moorhead	8-5 1/4 (2.57m)	Miac Championships
Susan Johnson	Fr Bethel College	8-4 3/4 (2.56m)	4/7 St. Thomas Invite

27 entrants

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HEPTATHLON

=====	N C A A Automatic	4328	
Carrie Stuart	Jr Carleton College	4306	Miac Championships
Anne Sikorra	So St. Catherine	4171	Miac Championships
Katie Christenson	Fr Macalester College	4129	Miac Championships
Margaret Cropp	Sr Concordia Moorhead	4104	Miac Championships
=====	N C A A Provisional	4050	
Kim Davis	So Carleton College	3967	Miac Championships
Becky Peterson	Fr St. Olaf College	3851	Miac Championships
Kari Pederson	Sr St. Mary's (Minn)	3836	Miac Championships
Angela Strom	Sr Concordia Moorhead	3789	4/21 Kansas Relays
Jill Ament	Fr St. Catherine	3782	Miac Championships
Clara Setzer	Sr St. Mary's (Minn)	3762	Miac Championships
10			
Crystal Dusich	Sr Univ of St. Thomas	3691	Miac Championships
Katie Reynolds	So Univ of St. Thomas	3430	Miac Championships
Jennifer Levenhagen	Fr St. Olaf College	3319	Miac Championships
Lauren Topel	So St. Olaf College	3120	Miac Championships
Renee Splichal	Fr Concordia Moorhead	3032	Miac Championships
Kristen Haglund	So Concordia Moorhead	2831	Miac Championships

16 entrants

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