

MIAC 2002 OUTDOOR WOMEN'S HONOR ROLL

Gustavus Adolphus College, St. Peter

May 10-11, 2001

Last updated May 16, 2002, with results of MIAC Championships.

Click on the "event" links to move about through the entry list. Use the Find option of your Web Browser to find a specific individual or team.

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100 METER DASH

=====	N C A A Automatic	12.08	
Kelli Tranby	Sr Concordia	12.36	4/22 Ndsu Open
=====	N C A A Provisional	12.44	
Jill Ylonen	Jr St. Thomas	12.48	5/10-11 Miac Championsh
Jenny Ewertz	Sr St. Benedict	12.48	4/20 Manitou Classic
Elizabeth Durney	Jr Macalester	12.69	5/3 Macalester Bagpipe
Maggie Stolp	So Gustavus Adolphus	12.80	5/10-11 Miac Championsh
Sara Nezworski	Fr St. Benedict	12.95	5/10-11 Miac Championsh
Ellen Graef	So Gustavus Adolphus	13.01	4/13 Lee Krough Invitat
Amber Liss	Sr Saint Mary's	13.09	5/1 Tommie Twilight
Ashley Dingels	Fr Saint Mary's	13.10	4/20 Manitou Classic
Delinda Tamagni	Jr St. Catherine	13.11	5/10-11 Miac Championsh
10			
Assumpta Mbele	Fr Saint Mary's	13.18	5/1 Tommie Twilight
Kim Swanson	So Gustavus Adolphus	13.22	4/13 Lee Krough Invitat
Kari Rosenfeldt	Jr Concordia	13.29	5/10-11 Miac Championsh
Kristina Isaacson	So Bethel	13.29	5/10-11 Miac Championsh
Jessica Rosenblatt	So Carleton	13.31	5/10-11 Miac Championsh
Melissa Botzet	Fr St. Olaf	13.32	5/10-11 Miac Championsh
Laura Widen	So St. Catherine	13.38	5/1 Tommie Twilight
Heidi Fryer	Sr Gustavus Adolphus	13.43	04/06 Northwest Missour
Heidi Vogel	Jr St. Thomas	13.44	4/13 Uw-Rf co-ed outdoo
Karolien Bastiaens	So St. Thomas	13.45	5/1 Tommie Twilight
20			
Ciara Legato	Fr Gustavus Adolphus	13.47	4/13 Lee Krough Invitat
Erin Ranta	So St. Thomas	13.48	5/1 Tommie Twilight
Tamra Thayer	Sr Carleton	13.50	4/13 Lee Krough Invite
Annie Radabaugh	Jr St. Benedict	13.56	5/1 Tommie Twilight
Emily Tollefson	Fr Concordia	13.56	4/22 Ndsu Open
Johanna Shreve	Fr Macalester	13.56	3/23 Emory Division III
Marissa Lightbourne	Sr Macalester	13.57	4/13 Lee Krough Invite
Sarah Lenhardt	Jr St. Benedict	13.58	5/1 Tommie Twilight
Becky Asp	Jr Bethel	13.59	5/10-11 Miac Championsh
Kristine Isaacson	So Bethel	13.61	4/20 Manitou Track and
30			
Ashley Farbo	Fr Gustavus Adolphus	13.65	4/13 Lee Krough Invitat
Bonny Pastika	Sr Hamline	13.68	04/13 Lee Krough Invita
Kristy Gloe	So St. Olaf	13.73	5/10-11 Miac Championsh
Anne Sikorra	Jr St. Catherine	13.75	4/20 Manitou Classic
Lesley Albertson	Sr Concordia	13.79	4/13 Csb/Sju Quint
Kelly Spitzley	So St. Olaf	13.82	4/20 Manitou Track Clas
=====	Last 2001 qualifier	13.84	Field limit 27
Chaia Herrgott	Fr Hamline	13.86	4/20 Manitou Classic
Leslie Litfin	So St. Benedict	13.90	4/20 Manitou Classic
Heather Moor	Sr Carleton	14.01	4/6 Hamline Invitationa
Cori Quade	Jr St. Catherine	14.02	4/20 Manitou Classic
40			
40 entrants			

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200 METER DASH

=====	N C A A Automatic	24.70	
Jill Ylonen	Jr St. Thomas	25.38	5/10-11 Miac Championsh
=====	N C A A Provisional	25.46	
Heidi Vogel	Jr St. Thomas	25.48	5/10-11 Miac Championsh
Jenny Ewertz	Sr St. Benedict	25.60	5/10-11 Miac Championsh

Kelli Tranby	Sr Concordia	25.64	5/10-11 Miac Championsh
Elizabeth Durney	Jr Macalester	25.76	5/10-11 Miac Championsh
Becky Peterson	So St. Olaf	25.86	5/10-11 Miac Championsh
Amber Liss	Sr Saint Mary's	26.16	5/10-11 Miac Championsh
Ashley Dingels	Fr Saint Mary's	26.17	5/10-11 Miac Championsh
Assumpta Mbele	Fr Saint Mary's	26.46	5/10-11 Miac Championsh
Kim Swanson	So Gustavus Adolphus	26.49	5/10-11 Miac Championsh

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Kimberly Davis	Jr Carleton	26.82	5/10-11 Miac Championsh
Sara Nezworski	Fr St. Benedict	26.83	5/10-11 Miac Championsh
Anne Sikorra	Jr St. Catherine	26.84	5/10-11 Miac Championsh
Kristina Justiniano	Sr Augsburg	27.12	5/10-11 Miac Championsh
Caroline Stuart	Sr Carleton	27.12	5/1-2 Miac - Heptathlon
Kristen Wasser	So Augsburg	27.14	5/10-11 Miac Championsh
Maggie Stolp	So Gustavus Adolphus	27.15	5/10-11 Miac Championsh
Kari Rosenfeldt	Jr Concordia	27.15	5/10-11 Miac Championsh
Katie Joyce	Jr St. Thomas	27.17	5/10-11 Miac Championsh
Tiffany Trost	Fr St. Benedict	27.35	5/10-11 Miac Championsh

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Ciara Legato	Fr Gustavus Adolphus	27.42	5/10-11 Miac Championsh
Nicole Plante	Fr Concordia	27.42	5/3 Miac Hept.
Katie Christenson	So Macalester	27.42	3/23 Emory Division III
Lesley Albertson	Sr Concordia	27.47	5/4 Moorhead State
Melissa Botzet	Fr St. Olaf	27.58	5/10-11 Miac Championsh
Kristy Gloe	So St. Olaf	27.69	5/10-11 Miac Championsh
Kristina Isaacson	So Bethel	27.85	5/10-11 Miac Championsh
Ashley Farbo	Fr Gustavus Adolphus	27.88	5/10-11 Miac Championsh
Mia Peterson	Sr St. Benedict	27.97	5/2 Miac Heptathlon
Tarah Maatz	So Concordia	27.99	5/10-11 Miac Championsh

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Stacy Heiling	Jr Hamline	28.05	5/1 Tommie Twilight
Petra Velandar	Sr Augsburg	28.14	5/10-11 Miac Championsh
Tamra Thayer	Sr Carleton	28.20	3/23 Point Loma Invitat
Crystal Thomason	Fr Hamline	28.27	5/1 Tommie Twilight
=====	Last 2001 qualifier	28.29	Field limit 27s
Johanna Shreve	Fr Macalester	28.40	5/3 Macalester Bagpipe
Jean Johnson	Fr Augsburg	28.53	3/23 Emory Invitational
Danielle St. Louis	Fr Hamline	28.56	4/20 Manitou Classic
Kristine Isaacson	So Bethel	28.60	4/13 Lee Krough Invitat
Laura Widen	So St. Catherine	28.64	3/23 U of LaVerne Invit
Sarah Paul	Sr Carleton	28.65	3/21-22 Point Loma Hept

40

40 entrants

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[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)
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400 METER DASH

=====	N C A A Automatic	56.50	
=====	N C A A Provisional	58.30	
Ashley Dingels	Fr Saint Mary's	58.68	5/10-11 Miac Championsh
Amber Liss	Sr Saint Mary's	58.75	5/10-11 Miac Championsh
Heidi Vogel	Jr St. Thomas	59.27	5/10-11 Miac Championsh
Elizabeth Durney	Jr Macalester	59.70	5/10-11 Miac Championsh
Kim Swanson	So Gustavus Adolphus	60.23	5/10-11 Miac Championsh
Annie Radabaugh	Jr St. Benedict	60.37	5/10-11 Miac Championsh
Alicia Wakefield	Jr Bethel	60.63	5/10-11 Miac Championsh
Mary McKee	Fr St. Thomas	60.76	5/10-11 Miac Championsh
Jill Ament	So St. Catherine	60.84	5/10-11 Miac Championsh
Teresa Smock	So St. Thomas	60.91	5/4 Minnesota Open

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April Henderson	So St. Benedict	61.03	5/10-11 Miac Championsh
Lesley Albertson	Sr Concordia	61.22	5/10-11 Miac Championsh
Jamie Bacigalupo	Fr Gustavus Adolphus	61.46	5/10-11 Miac Championsh
Kristen Wasser	So Augsburg	61.62	5/10-11 Miac Championsh
Marit Grorud	So St. Olaf	62.08	4/20 Manitou Track Clas
Tiffany Trost	Fr St. Benedict	62.20	5/10-11 Miac Championsh

Emily Liddiard	Fr St. Catherine	62.28	4/13 Lee Krough Invite
Laura Widen	So St. Catherine	62.35	5/10-11 Miac Championsh
Assumpta Mbele	Fr Saint Mary's	62.38	4/9 St. Thomas
Ciara Legato	Fr Gustavus Adolphus	62.68	5/10-11 Miac Championsh
20			
Liz Cassel	Jr Carleton	62.89	5/10-11 Miac Championsh
Katie Christenson	So Macalester	62.94	4/20 Manitou Classic
Kristina Justiniano	Sr Augsburg	62.95	5/4 Minnesota Open
Liz Hajek	Sr Macalester	63.19	3/23 Emory Division III
Abby Love	So St. Olaf	63.60	5/10-11 Miac Championsh
Katie Fuhrman	Sr St. Catherine	63.91	4/20 Manitou Classic
Sari Jam	Fr St. Benedict	64.35	3/23 Csb/Sju Tri
Kristina Justiano	Sr Augsburg	64.41	4/20 Manitou Classic
Kristy Gloe	So St. Olaf	64.45	4/13 Wartburg Select
Jean Johnson	Fr Augsburg	64.50	5/10-11 Miac Championsh
30			
Sheena Berg	Fr Concordia	64.80	4/22 Ndsu Open
Kelly Spitzley	So St. Olaf	65.04	5/10-11 Miac Championsh
Taryn Weakly	Jr St. Olaf	65.15	5/10-11 Miac Championsh
Amy Mackner	So Augsburg	65.55	5/10-11 Miac Championsh
Danielle Slack	So Augsburg	66.02	4/20 Manitou Classic
Jessica Rosenblatt	So Carleton	66.56	5/1 Tommie Twilight
Katie Eichten	So St. Catherine	67.14	5/1 Tommie Twilight
Kristine Jensen	Fr Concordia	67.33	4/23 Cobber Twilight
=====	Last 2001 qualifier	67.43	Field limit 27
Katharine Vogel	Fr Hamline	67.61	04/13 Lee Krough Invita
Allison Gelvin	Sr St. Olaf	67.75	4/20 Manitou Track Clas

40
40 entrants

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800 METER RUN

Megan Daymont	Jr St. Olaf	2:11.86	5/1 Tommie Twilight
=====	N C A A Automatic	2:13.20	
Tish Dusich	Jr St. Thomas	2:16.15	5/4 Minnesota Open
=====	N C A A Provisional	2:16.60	
Margaret Lee	Sr Carleton	2:17.35	4/13 Lee Krough Invite
Caroline Stuart	Sr Carleton	2:18.54	5/1-2 Miac - Heptathlon
Teresa Smock	So St. Thomas	2:18.64	5/10-11 Miac Championsh
Emily Koller	Jr Macalester	2:18.64	4/20 Manitou Classic
Emily Liddiard	Fr St. Catherine	2:19.45	5/1 Tommie Twilight
Carrie Franson	Fr Concordia	2:19.86	5/10-11 Miac Championsh
Corrin Hoffman	So Hamline	2:20.14	5/1 Tommie Twilight
Amber Liss	Sr Saint Mary's	2:20.63	3/30 Millikan
10			
Katie Fuhrman	Sr St. Catherine	2:20.78	4/13 Lee Krough Invite
Kristi Colbenson	Fr Carleton	2:21.08	5/10-11 Miac Championsh
Ashley Dingels	Fr Saint Mary's	2:21.24	5/2-3 Miac Heptathlon
Marit Grorud	So St. Olaf	2:21.69	5/1 Tommie Twilight
Brigid Power	Fr St. Thomas	2:21.70	5/4 Minnesota Open
Jessica Deutsch	So Carleton	2:21.90	4/13 Lee Krough Invite
Chrissy Baune	Sr Augsburg	2:22.48	4/6 Uwec Snow Open
Amber Converse	So Macalester	2:23.20	5/10-11 Miac Championsh
Mary Pulling	Sr St. Thomas	2:23.20	5/4 Minnesota Open
Hannah Dietrich	Fr Augsburg	2:23.43	5/10-11 Miac Championsh
20			
Aleksandra Radulovic	Fr St. Benedict	2:23.70	4/13 csb/sju quint
Becky Peterson	So St. Olaf	2:23.8	5/2-3 Miac Heptathlon
Cali Smith	Fr St. Thomas	2:24.26	5/1 Tommie Twilight
Kat Palinski	Sr Macalester	2:25.00	4/13 Lee Krough Invite
Laura Hudson	Fr Carleton	2:25.02	4/13 Lee Krough Invite
Jamie Bacigalupo	Fr Gustavus Adolphus	2:25.50	3/27 csb-sju invite
Jill Ament	So St. Catherine	2:25.57	3/23 U of LaVerne Invit
Cindy Blendermann	So St. Benedict	2:25.79	4/20 Manitou Classic
Sarah Paul	Sr Carleton	2:25.90	3/21-22 Point Loma Hept

Megan Rose	Fr St. Benedict	2:26.14	5/3 Macalester Meet
30			
Kristen Winchell	Fr St. Thomas	2:26.67	5/10-11 Miac Championsh
Kendra Lee	Jr Concordia	2:26.89	5/10-11 Miac Championsh
Alaina Eckhoff	So Hamline	2:26.96	5/1 Tommie Twilight
Kristin O'Connell	So Carleton	2:27.26	5/1 Tommie Twilight
Jen Davis	Sr Hamline	2:27.43	5/1 Tommie Twilight
Andrea Carlson	Fr Augsburg	2:27.86	5/1 Tommie Twilight
=====	Last 2001 qualifier	2:27.90	Field limit 18
Mia Peterson	Sr St. Benedict	2:28.14	5/2 Miac Heptathlon
Sarah Bird	Fr St. Thomas	2:28.37	4/13 Uw-Rf co-ed outdoo
Thea Strand	Sr Hamline	2:28.58	5/1 Tommie Twilight
Liz Cassel	Jr Carleton	2:28.87	4/20 Manitou Classic

40 entrants

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[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)
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1500 METER RUN

=====	N C A A Automatic	4:37.50	
Megan Daymont	Jr St. Olaf	4:37.88	4/13 Wartburg Select
Tish Dusich	Jr St. Thomas	4:42.78	5/1 Tommie Twilight
Margaret Lee	Sr Carleton	4:43.91	5/1 Tommie Twilight
Emily Koller	Jr Macalester	4:44.30	3/23 Emory Division III
=====	N C A A Provisional	4:44.30	
Angela Wolkowski	Sr Bethel	4:49.91	5/10-11 Miac Championsh
Jessica Deutsch	So Carleton	4:53.00	3/23 Point Loma Invitat
Brigid Power	Fr St. Thomas	4:53.07	5/1 Tommie Twilight
Chrissy Baune	Sr Augsburg	4:53.46	4/13 Csb/Sju Quint
Cindy Blendermann	So St. Benedict	4:54.45	5/10-11 Miac Championsh
Lisa Owen	So Concordia	4:54.66	5/10-11 Miac Championsh

10

Melissa Grunst	So Carleton	4:54.67	3/23 Point Loma Invitat
Andrea Grunst	So Carleton	4:54.68	3/23 Point Loma Invitat
Laura Hudson	Fr Carleton	4:54.89	5/1 Tommie Twilight
Kristi Colbenson	Fr Carleton	4:54.99	5/1 Tommie Twilight
Liz Sorenson	Jr Concordia	4:56.20	5/10-11 Miac Championsh
Corrin Hoffman	So Hamline	4:57.78	4/20 Manitou Classic
Megan Rose	Fr St. Benedict	5:00.37	5/10-11 Miac Championsh
Nichole Petersen	Fr Gustavus Adolphus	5:00.37	03/23 Csb/Csj Invite
Alaina Eckhoff	So Hamline	5:00.43	5/1 Tommie Twilight
Kristin O'Connell	So Carleton	5:02.47	5/10-11 Miac Championsh

20

Alana Lucio	So St. Thomas	5:02.88	5/4 Minnesota Open
Abigail Okrent	Sr Carleton	5:03.49	4/20 Manitou Classic
Stacie Bulfer	So Gustavus Adolphus	5:04.47	5/10-11 Miac Championsh
Beth Moen	Sr Concordia	5:05.21	4/23 Cobber Twilight
Emily Scotton	Sr Carleton	5:05.78	3/23 Point Loma Invitat
Megan Call	Sr St. Olaf	5:06.34	4/13 Wartburg Select
Stephanie Noonan	Fr St. Benedict	5:06.42	3/23 Csb/Sju Tri
Alison Traffanstedt	So Carleton	5:07.40	5/1 Tommie Twilight
Ashley Bean	Fr St. Benedict	5:08.00	5/1 Tommie Twilight
Taylor Page	Jr Carleton	5:09.03	5/1 Tommie Twilight

30

Kjersten Johnson	So St. Olaf	5:09.55	5/10-11 Miac Championsh
Mary Pulling	Sr St. Thomas	5:09.66	4/13 Uw-Rf co-ed outdoo
Sara Kittelson	Sr St. Thomas	5:10.14	4/9 St Thomas Invitatio
Laura Grossmann	So Hamline	5:10.65	04/13 Lee Krough Invita
Theresa Miller	Jr Saint Mary's	5:10.85	4/13 Lee Krough
Thea Strand	Sr Hamline	5:10.93	04/13 Lee Krough Invita
Jamie Bacigalupo	Fr Gustavus Adolphus	5:12.10	4/20 Manitou Classic
Keri Drake	Fr Saint Mary's	5:13.57	5/1 Tommie Twilight
Katie Fuhrman	Sr St. Catherine	5:14.02	4/20 Manitou Classic
Nicole St. Clair	Sr St. Benedict	5:14.32	3/23 Csb/Sju Tri

40

40 entrants

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

3000 METER RUN*

Andrea Grunst	So Carleton	10:37.20	3/23 Point Loma Invitat
Melissa Grunst	So Carleton	10:37.22	3/23 Point Loma Invitat
Emily Scotton	Sr Carleton	10:37.79	3/23 Point Loma Invitat
Nichole Petersen	Fr Gustavus Adolphus	10:44.24	05/03 Macalester
Laura Grossmann	So Hamline	11:15.35	05/03 macalester Bagpip
Thea Strand	Sr Hamline	11:21.91	05/03 macalester Bagpip
Alana Lucio	So St. Thomas	11:23.22	4/13 Uw-Rf co-ed outdoo
Natalie Stork	Fr St. Thomas	11:45.31	4/13 Uw-Rf co-ed outdoo
Sara Conrad	Sr St. Thomas	12:09.90	4/13 Uw-Rf co-ed outdoo
Colleen Bourque	Sr Saint Mary's	12:31.50	3/30 Millikan

10

10 entrants

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

5000 METER RUN

=====	N C A A Automatic	17:29.00	
Laura Bloedorn	Jr Carleton	18:04.29	5/1 Tommie Twilight
=====	N C A A Provisional	18:05.00	
Emily Scotton	Sr Carleton	18:13.0	4/13 Lee Krough Invite
Melissa Grunst	So Carleton	18:27.7	4/6 Hamline Invitationa
Andrea Grunst	So Carleton	18:27.7	4/6 Hamline Invitationa
Nichole Petersen	Fr Gustavus Adolphus	18:29.00	04/06 Northwest Missouri
Brigid Franey	Sr St. Olaf	18:37.0	4/06 Hamline Invite
Beth Moen	Sr Concordia	18:44.20	3/23 Csb/Sju Triangular
Abigail Okrent	Sr Carleton	18:47.0	4/13 Lee Krough Invite
Nicole Gurgel	Fr St. Thomas	18:47.51	4/9 St Thomas Invitatio
Nancy Buselmeier	Fr St. Benedict	19:02.21	3/23 Csb/Sju Tri
10			
Stephanie Noonan	Fr St. Benedict	19:04.97	4/20 Manitou Classic
Cassie Funke	Fr Carleton	19:08.77	5/1 Tommie Twilight
Laura Hudson	Fr Carleton	19:19.18	4/20 Manitou Classic
Alison Traffanstedt	So Carleton	19:22.12	4/20 Manitou Classic
Ashley Bean	Fr St. Benedict	19:22.32	4/20 Manitou Classic
Keren Schaalman	Jr Carleton	19:25.4	4/13 Lee Krough Invite
Laura Grossmann	So Hamline	19:25.98	4/20 Manitou Classic
Lisa Owen	So Concordia	19:31.13	3/23 Csb/Sju Triangular
Thea Strand	Sr Hamline	19:31.46	5/10-11 Miac Championsh
Sarah Gradick	Sr Carleton	19:43.70	5/1 Tommie Twilight
20			
Kate Sandvig	So Gustavus Adolphus	19:44.31	5/10-11 Miac Championsh
Theresa Miller	Jr Saint Mary's	19:45.96	5/10-11 Miac Championsh
Renee Schaefer	So Macalester	19:47.64	4/20 Manitou Classic
Jillian Koch	Jr St. Benedict	19:55.81	4/20 Manitou Classic
Johanna Myers	Sr St. Benedict	19:56.19	3/23 Csb/Sju Tri
Emma Stefansson	Fr Gustavus Adolphus	19:56.26	5/10-11 Miac Championsh
Laura Grossman	So Hamline	19:57.3	4/6 hamline invitationa
Erica Clausen	So St. Olaf	19:59.00	5/1 Tommie Twilight
Natalie Stork	Fr St. Thomas	20:03.11	5/1 Tommie Twilight
Beth Sexton	Sr St. Benedict	20:04.79	4/6 Norse Relays
30			
Mary Stein	Sr St. Benedict	20:06.01	4/20 Manitou Classic
Taylor Page	Jr Carleton	20:11.15	4/20 Manitou Classic
Erin Anderson	Fr Concordia	20:11.63	5/4 Moorhead State
April Graves	Fr St. Olaf	20:11.9	4/06 Hamline Invite

Mo Mullikin	So Macalester	20:12.31	5/10-11 Miac Championsh
Sara Conrad	Sr St. Thomas	20:17.14	5/10-11 Miac Championsh
Maren Flynn	Sr St. Olaf	20:24.73	5/10-11 Miac Championsh
Samantha Frey	Fr Macalester	20:29.28	5/10-11 Miac Championsh
Tracy Grefsrud	Sr Gustavus Adolphus	20:35.16	4/20 Manitou Classic
Joan Bennett	Fr Macalester	20:44.02	4/20 Manitou Classic

40 entrants

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[PV](#) | [HEP](#) | [Top](#)

10000 METER RUN

Laura Bloedorn	Jr Carleton	36:50.16	5/10-11 Miac Championsh
=====	N C A A Automatic	37:00.00	
Andrea Grunst	So Carleton	37:48.0	4/20 Manitou Classic
Melissa Grunst	So Carleton	37:48.1	4/20 Manitou Classic
=====	N C A A Provisional	38:13.00	
Beth Moen	Sr Concordia	38:55.96	5/10-11 Miac Championsh
Nicole Gurgel	Fr St. Thomas	39:11.03	5/10-11 Miac Championsh
Brigid Franey	Sr St. Olaf	39:39.94	5/10-11 Miac Championsh
Johanna Myers	Sr St. Benedict	40:15.99	4/6 Norse Relays
Natalie Stork	Fr St. Thomas	40:34.14	5/10-11 Miac Championsh
Ashley Bean	Fr St. Benedict	40:37.50	5/10-11 Miac Championsh
=====	Last 2001 qualifier	41:45.78	Field limit 20 + ties
Mary Stein	Sr St. Benedict	41:47.58	5/10-11 Miac Championsh
10			
Sarah Gradick	Sr Carleton	41:52.6	4/20 Manitou Classic
Erica Clausen	So St. Olaf	42:04.36	5/10-11 Miac Championsh
Erin Anderson	Fr Concordia	43:52.26	5/10-11 Miac Championsh
Maureen Ringlein	Fr St. Benedict	44:06.63	5/10-11 Miac Championsh

14 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)
[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)
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100 METER HURDLES

=====	N C A A Automatic	14.43	
Liz Hajek	Sr Macalester	14.70	5/3 Macalester Bagpipe
Becky Peterson	So St. Olaf	14.97	5/1 Tommie Twilight
Caroline Stuart	Sr Carleton	14.99	4/20 Manitou Classic
Molly Miller	Jr St. Benedict	15.09	5/1 Tommie Twilight
=====	N C A A Provisional	15.20	
Jenny Folgers	Fr Saint Mary's	15.29	5/10-11 Miac Championsh
Ali Cordie	Fr Gustavus Adolphus	15.41	05/03 Macalester
Kristina Hall	So Concordia	15.63	5/10-11 Miac Championsh
Kimberly Davis	Jr Carleton	15.69	5/10-11 Miac Championsh
Heidi Fryer	Sr Gustavus Adolphus	15.70	05/03 Macalester
Nicole Plante	Fr Concordia	15.73	5/10-11 Miac Championsh
10			
Marissa Lightbourne	Sr Macalester	15.73	5/3 Macalester Bagpipe
Kirsten Fristad	Fr Macalester	15.91	5/3 Macalester Bagpipe
Anne Sikorra	Jr St. Catherine	15.93	5/10-11 Miac Championsh
Kim Davis	Carleton	16.20	4/6 Hamline Invitationa
Renee Splichal	So Concordia	16.43	4/22 Ndsu Open
Emily Tollefson	Fr Concordia	16.48	4/22 Ndsu Open
Meghan Orgeman	Fr St. Benedict	16.53	5/10-11 Miac Championsh
Stacy Heiling	Jr Hamline	16.53	5/10-11 Miac Championsh
Crystal Thomason	Fr Hamline	16.57	5/10-11 Miac Championsh
Tarah Maatz	So Concordia	16.74	5/4 Moorhead State
20			
Ashleigh Penrod	Fr Gustavus Adolphus	16.75	5/10-11 Miac Championsh
Cori Quade	Jr St. Catherine	16.77	5/1 Tommie Twilight

Johanna Shreve	Fr Macalester	16.99	5/10-11 Miac Championsh
Angela Lau	Fr St. Olaf	17.06	5/10-11 Miac Championsh
Jill Ament	So St. Catherine	17.24	4/20 Manitou Classic
Kim Hayes	Jr St. Catherine	17.37	4/13 Lee Krough Invite
Kristine Jensen	Fr Concordia	17.38	5/10-11 Miac Championsh
Elizabeth Murray	So Gustavus Adolphus	17.50	5/10-11 Miac Championsh
Julia Gray	Sr Macalester	17.54	5/10-11 Miac Championsh
Kitty Torrison	Fr St. Olaf	17.67	4/13 Wartburg Select
30			
Emily Ament	So Hamline	17.82	5/10-11 Miac Championsh
Ashley Dingels	Fr Saint Mary's	17.84	5/2-3 Miac Heptathlon
Mary McKee	Fr St. Thomas	18.13	4/9 St Thomas Invitatio
Sarah Paul	Sr Carleton	18.60	3/21-22 Point Loma Hept
=====	Last 2001 qualifier	18.65	Field limit 27
Kristy Hubel	So Bethel	18.96	5/1 tommieTwilight
Nicole Kriha	Fr St. Benedict	19.41	4/13 Csb/Sju Quint
Petra Velander	Sr Augsburg	20.64	4/13 Csb/Sju Quint

37 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)
[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)
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400 METER HURDLES

=====	N C A A Automatic	62.60	
Caroline Stuart	Sr Carleton	62.76	5/10-11 Miac Championsh
=====	N C A A Provisional	64.90	
Kristina Hall	So Concordia	65.32	5/10-11 Miac Championsh
Kit Neubauer	Jr St. Benedict	65.53	5/10-11 Miac Championsh
Ali Cordie	Fr Gustavus Adolphus	66.47	5/10-11 Miac Championsh
Kirsten Fristad	Fr Macalester	66.50	5/10-11 Miac Championsh
Jenny Folgers	Fr Saint Mary's	66.71	4/20 Manitou Classic
Bonny Pastika	Sr Hamline	67.36	5/10-11 Miac Championsh
Alicia Wakefield	Jr Bethel	67.49	5/10-11 Miac Championsh
Julia Gray	Sr Macalester	67.53	5/3 Macalester Bagpipe
Delinda Tamagni	Jr St. Catherine	67.60	5/10-11 Miac Championsh
10			
Nicole Plante	Fr Concordia	68.00	5/10-11 Miac Championsh
Marissa Lightbourne	Sr Macalester	68.40	5/10-11 Miac Championsh
Jill Ament	So St. Catherine	68.42	4/20 Manitou Classic
Lola Awoyinka	Sr St. Benedict	69.18	5/3 Macalester Meet
Sheena Berg	Fr Concordia	69.35	5/10-11 Miac Championsh
Natalie Scheidt	Jr St. Benedict	69.94	5/1 Tommie Twilight
Angela Lau	Fr St. Olaf	70.16	5/10-11 Miac Championsh
Meghan Orgeman	Fr St. Benedict	70.32	5/1 Tommie Twilight
Jess Miller	Fr Bethel	70.82	5/1 tommietwilight
Becky Peterson	So St. Olaf	71.43	4/06 Hamline Invite
20			
Mary McKee	Fr St. Thomas	72.60	4/20 Manitou Classic
Jessica Miller	Fr Bethel	72.94	4/9 St. Thomas invite
=====	Last 2001 qualifier	74.11	Field limit 27
Renee Splichal	So Concordia	74.4	3/30 Battleground Relay
Kitty Torrison	Fr St. Olaf	75.59	5/10-11 Miac Championsh
Nicole Kriha	Fr St. Benedict	78.90	4/6 Norse Relays

25 entrants

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

Chrissy Baune	Sr Augsburg	11:23.06	4/20 Manitou Classic
Angela Wolkowski	Sr Bethel	11:29.29	5/10-11 Miac Championsh
Cassie Funke	Fr Carleton	11:42.26	4/20 Manitou Classic

Mary Pulling	Sr St. Thomas	11:44.54	5/10-11 Miac Championsh
Beth Moen	Sr Concordia	11:45.0	5/4 Moorhead State
Alana Lucio	So St. Thomas	11:50.34	5/10-11 Miac Championsh
Lisa Owen	So Concordia	11:59.0	5/10-11 Miac Championsh
=====	N C A A Provisional	12:00.00	
Liz Sorenson	Jr Concordia	12:02.20	4/23 Cobber Twilight
Julie Miller	Fr Concordia	12:06.0	5/4 Moorhead State
Becky Mooney	Sr St. Thomas	12:08.77	5/10-11 Miac Championsh
10			
Johanna Myers	Sr St. Benedict	12:10.24	5/10-11 Miac Championsh
Renee Schaefer	So Macalester	12:10.44	5/10-11 Miac Championsh
Sara Kittelson	Sr St. Thomas	12:11.86	4/20 Manitou Classic
April Graves	Fr St. Olaf	12:19.0	5/10-11 Miac Championsh
Keren Schaalman	Jr Carleton	12:21.63	4/20 Manitou Classic
Nancy Buselmeier	Fr St. Benedict	12:33.50	4/6 Norse Relays
Beth Sexton	Sr St. Benedict	12:34.13	4/13 Csb/Sju Quint
Missy Mollick	Jr Saint Mary's	12:38.74	5/10-11 Miac Championsh
Jenny Maxted	Sr Hamline	12:39.25	4/6 hamline invitationa
Mary Stein	Sr St. Benedict	12:40.75	4/13 Csb/Sju Quint
20			
Stephanie Noonan	Fr St. Benedict	12:43.20	5/1 Tommie Twilight
Maren Flynn	Sr St. Olaf	12:46.23	4/20 Manitou Track Clas
Rachel Schwingler	So Gustavus Adolphus	12:51.08	4/20 Manitou Classic
Jillian Koch	Jr St. Benedict	12:51.82	4/13 Csb/Sju Quint
Amy Lehmeier	Fr St. Benedict	12:52.39	4/6 Norse Relays
Sarah Bird	Fr St. Thomas	12:56.06	4/20 Manitou Classic
Rebecca Welle	Fr Augsburg	13:01.93	4/20 Manitou Classic
=====	Last 2001 qualifier	13:09.10	Field limit 18 + ties
Joan Bennett	Fr Macalester	13:15.0	4/13 Lee Krough Invite
Sonja Bostrom	Sr St. Olaf	13:17.47	5/1 Tommie Twilight
Keri Drake	Fr Saint Mary's	13:24.10	4/27 Gustavus
30			
Tricia Steele	Fr Bethel	13:32.81	4/20 Manitou Track and
Jen Bremser	Fr Concordia	13:45.0	5/4 Moorhead State
Emery Paige	Fr Bethel	14:01.57	4/20 Manitou Track and
Colleen Bourque	Sr Saint Mary's	14:28.70	4/27 Gustavus
Casey Margotto	Fr St. Benedict	15:23.50	4/6 Norse Relays

35 entrants

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

=====	N C A A Automatic	47.70	
=====	N C A A Provisional	49.40	
St. Thomas		49.60	5/10-11 Miac Championsh
St. Benedict		49.95	5/10-11 Miac Championsh
Saint Mary's		50.05	5/10-11 Miac Championsh
Gustavus Adolphus		50.06	5/10-11 Miac Championsh
Macalester		50.20	5/10-11 Miac Championsh
Concordia		50.57	5/4 Moorhead State
Hamline		50.70	5/10-11 Miac Championsh
St. Catherine		50.71	5/10-11 Miac Championsh
Carleton		50.75	5/10-11 Miac Championsh
St. Olaf		51.77	5/10-11 Miac Championsh
10			
Augsburg		51.99	5/10-11 Miac Championsh
Bethel		53.30	5/1 tommieTwilight

12 entrants

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

=====	N C A A Automatic	3:52.00	
=====	N C A A Provisional	3:59.10	
Saint Mary's		4:02.20	4/26 Drake Relays
St. Thomas		4:03.07	4/26 Drake Relays
St. Olaf		4:04.35	5/10-11 Miac Championsh
Macalester		4:06.17	5/10-11 Miac Championsh
Carleton		4:07.26	5/10-11 Miac Championsh
St. Catherine		4:07.40	5/10-11 Miac Championsh
St. Benedict		4:08.06	5/3 Macalester Meet
Gustavus Adolphus		4:08.99	5/10-11 Miac Championsh
Concordia		4:10.11	4/20 Kansas Relays
Hamline		4:12.54	5/10-11 Miac Championsh
10			
Augsburg		4:15.01	5/10-11 Miac Championsh
Bethel		4:20.45	5/10-11 Miac Championsh

12 entrants

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

St. Thomas		9:26.41	5/10-11 Miac Championsh
St. Olaf		9:31.46	5/10-11 Miac Championsh
Hamline		9:36.66	5/10-11 Miac Championsh
Carleton		9:44.18	5/10-11 Miac Championsh
Macalester		9:45.88	5/10-11 Miac Championsh
St. Benedict		9:55.76	5/10-11 Miac Championsh
Concordia		9:56.63	5/10-11 Miac Championsh
Augsburg		9:57.48	5/10-11 Miac Championsh
Saint Mary's		10:17.08	5/10-11 Miac Championsh
Bethel		DNC	5/10-11 Miac Championsh
10			

10 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)
[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)
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LONG JUMP

=====	N C A A Automatic	19-0 1/2 (5.80m)	
Kelli Tranby	Sr Concordia	18-6 (5.64m)	4/28 Ndsu Open
=====	N C A A Provisional	18-1 1/2 (5.52m)	
Jill Ylonen	Jr St. Thomas	17-8 1/4 (5.39m)	5/10-11 Miac Championsh
Annie Knierim	Jr Concordia	17-6 (5.33m)	5/10-11 Miac Championsh
Heidi Vogel	Jr St. Thomas	17-4 (5.28m)	5/10-11 Miac Championsh
Caroline Stuart	Sr Carleton	17-1 1/2 (5.22m)	5/10-11 Miac Championsh
Renee Splichal	So Concordia	16-8 1/2 (5.09m)	4/22 Ndsu Open
Erin Ranta	So St. Thomas	16-8 (5.08m)	5/10-11 Miac Championsh
Karolien Bastiaens	So St. Thomas	16-5 (5.00m)	4/13 Uw-Rf co-ed outdoo
Katie Christenson	So Macalester	16-4 1/4 (4.98m)	5/10-11 Miac Championsh
Sarah Paul	Sr Carleton	16-2 1/2 (4.94m)	5/10-11 Miac Championsh
10			
Viet Hanh Nguyen	Fr St. Thomas	16-1 3/4 (4.92m)	5/4 Minnesota Open
Patty Herou	Sr St. Benedict	15-11 1/2 (4.86m)	5/10-11 Miac Championsh
Anne Sikorra	Jr St. Catherine	15-11 1/2 (4.86m)	5/1 Tommie Twilight
Kristine Jensen	Fr Concordia	15-10 1/4 (4.83m)	5/10-11 Miac Championsh
Johanna Shreve	Fr Macalester	15-9 1/2 (4.81m)	5/3 Macalester Bagpipe
Ashley Dingels	Fr Saint Mary's	15-9 1/2 (4.81m)	3/30 Millikan
=====	Last 2001 qualifier	15-6 1/4 (4.73m)	Field limit 18 + ties
Maggie Stolp	So Gustavus Adolphus	15-5 (4.70m)	5/10-11 Miac Championsh
Nicole Plante	Fr Concordia	15-4 (4.67m)	5/3 Miac Hept.

Becky Peterson	So St. Olaf	15-4 (4.67m)	5/2-3 Miac Heptathlon
Petra Velander	Sr Augsburg	15-2 3/4 (4.64m)	5/2 Miac Heptathlon Cha
20			
Sarah Beggs	Sr St. Olaf	15-2 3/4 (4.64m)	5/3 Mac Bag Pipe
Tarah Maatz	So Concordia	15-2 3/4 (4.64m)	4/22 Ndsu Open
Leah Dvorak	Jr St. Olaf	15-0 3/4 (4.59m)	4/13 Wartburg Select
Jill Ament	So St. Catherine	15-0 1/2 (4.58m)	4/6 Hamline Invite
Mia Peterson	Sr St. Benedict	14-11 1/4 (4.55m)	5/2 Miac Heptathlon
Lyndi Bell	Fr Concordia	14-9 3/4 (4.51m)	3/23 Csb/Sju Triangular
Kimberly Davis	Jr Carleton	14-9 1/4 (4.50m)	3/21-22 Point Loma Hept
Ashleigh Penrod	Fr Gustavus Adolphus	14-7 1/4 (4.45m)	05/03 Macalester
Kerby Carlson	So St. Thomas	14-3 3/4 (4.36m)	5/4 Minnesota Open
Jenn Matz	Fr Concordia	14-3 (4.34m)	3/23 Csb/Sju Triangular
30			
Nicole Kubicek	Fr St. Thomas	13-9 (4.19m)	5/4 Minnesota Open
Lauren Topel	Jr St. Olaf	13-6 3/4 (4.13m)	4/20 Manitou Track Clas
Angela Van Binsbergen	Fr Augsburg	13-6 (4.11m)	5/2 Miac Heptathlon Cha
Allison Gelvin	Sr St. Olaf	12-10 (3.91m)	4/27 Macalester Invite

34 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)
[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)
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TRIPLE JUMP

=====	N C A A Automatic	38-8 3/4 (11.80m)	
=====	N C A A Provisional	36-9 (11.20m)	
Heidi Vogel	Jr St. Thomas	36-6 1/4 (11.13m)	5/10-11 Miac Championsh
Annie Knierim	Jr Concordia	36-5 3/4 (11.12m)	5/10-11 Miac Championsh
Lindsey Weis	So Gustavus Adolphus	36-0 3/4 (10.99m)	05/03 Macalester
Greta Schutte	Sr Bethel	34-8 1/2 (10.58m)	5/10-11 Miac Championsh
Emily Beyer	Fr St. Benedict	34-3 1/2 (10.45m)	5/10-11 Miac Championsh
Amber Mensen	So St. Benedict	34-3 1/2 (10.45m)	5/10-11 Miac Championsh
Patty Herou	Sr St. Benedict	34-0 (10.36m)	5/3 Macalester Meet
Kari Rosenfeldt	Jr Concordia	33-10 3/4 (10.33m)	4/13 Csb/Sju Quint
Andrea Kleven	So Gustavus Adolphus	33-5 3/4 (10.20m)	04/06 Northwest Missouri
Petra Velander	Sr Augsburg	33-4 (10.16m)	5/10-11 Miac Championsh
10			
Viet Hanh Nguyen	Fr St. Thomas	33-3 1/4 (10.14m)	5/10-11 Miac Championsh
Sarah Beggs	Sr St. Olaf	33-1 3/4 (10.10m)	4/06 Hamline Invite
Cori Quade	Jr St. Catherine	33-1 (10.08m)	5/10-11 Miac Championsh
Sonja Moe	Fr St. Olaf	32-11 3/4 (10.05m)	4/13 Wartburg Select
Jenn Matz	Fr Concordia	32-9 1/2 (9.99m)	4/13 Csb/Sju Quint
Elizabeth Murray	So Gustavus Adolphus	32-7 3/4 (9.95m)	5/10-11 Miac Championsh
=====	Last 2001 qualifier	32-5 (9.88m)	Field limit 18 + ties
Jennifer Levenhagen	So St. Olaf	31-10 (9.70m)	4/20 Manitou Track Clas
Angela Van Binsbergen	Fr Augsburg	31-9 1/2 (9.69m)	3/23 Emory Invitational
Sarah Margoles	So Carleton	31-3 1/4 (9.53m)	4/13 Lee Krough Invite
Kerby Carlson	So St. Thomas	31-2 (9.50m)	4/20 Manitou Classic
20			
Crystal Reeves	Fr Concordia	30-10 1/4 (9.40m)	4/13 Csb/Sju Quint
Catherine Hagen	Fr St. Benedict	30-8 1/2 (9.36m)	5/3 Macalester Meet

22 entrants

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

Jackie Luehmann	So Gustavus Adolphus	44-7 (13.59m)	5/10-11 Miac Championsh
=====	N C A A Automatic	44-5 1/2 (13.55m)	
Kristin Petersen	So Gustavus Adolphus	41-5 (12.62m)	04/06 Northwest Missouri
Jasmine Lund	Sr Bethel	41-5 (12.62m)	5/1 tommieTwilight
=====	N C A A Provisional	41-1 3/4 (12.54m)	

Kirsten Gulbro	Jr Augsburg	38-11 (11.86m)	3/23 Emory Invitational
Erica Eastley	Fr Concordia	38-4 3/4 (11.70m)	4/23 Cobber Twilight
Ashley Dingels	Fr Saint Mary's	37-10 1/2 (11.54m)	4/6 Luther
Allison Clark	Jr St. Benedict	37-7 1/4 (11.46m)	5/10-11 Miac Championsh
Colleen O'Hearn	Sr Saint Mary's	36-9 3/4 (11.22m)	4/6 Luther
Katie Christenson	So Macalester	36-9 1/2 (11.21m)	5/10-11 Miac Championsh
Ellen Crow	Fr St. Thomas	36-7 3/4 (11.17m)	4/13 Uw-Rf co-ed outdoo
10			
Jennifer Levenhagen	So St. Olaf	36-6 3/4 (11.14m)	5/1 Tommie Twilight
Crystal Baloun	So St. Thomas	36-5 (11.10m)	4/13 Uw-Rf co-ed outdoo
Becky Martinson	Jr Hamline	36-4 (11.07m)	5/10-11 Miac Championsh
Melissa Logan	So Carleton	36-3 (11.05m)	5/10-11 Miac Championsh
Emily Uzzell	Jr St. Olaf	35-10 1/2 (10.93m)	4/06 Hamline Invite
Ali Taylor	Jr Hamline	35-9 1/2 (10.91m)	5/1 Tommie Twilight
Nicole Irvin	Fr Concordia	35-5 3/4 (10.81m)	3/23 Csb/Sju Triangular
=====	Last 2001 qualifier	34-11 (10.64m)	Field limit 18 + ties
Jessica Braun	Fr St. Benedict	34-10 1/2 (10.63m)	4/6 Norse Relays
Heather Sieben	Fr Gustavus Adolphus	34-7 3/4 (10.56m)	4/13 Lee Krough Invitat
Robin Schuette	Sr Hamline	34-6 3/4 (10.53m)	5/1 Tommie Twilight
20			
Rebekah Hoback	So Concordia	34-4 1/4 (10.47m)	4/13 Csb/Sju Quint
Lorna Wilson	Fr St. Olaf	33-10 1/4 (10.32m)	4/06 Hamline Invite
Jen Dowzak	Sr St. Catherine	33-6 1/2 (10.22m)	4/6 Hamline Invite
Kate Otremba	Jr St. Benedict	33-4 3/4 (10.18m)	4/20 Manitou Classic
Jessica Prody	Fr Gustavus Adolphus	33-2 1/2 (10.12m)	4/27 Gustie Invitationa
Jill Ament	So St. Catherine	33-0 1/4 (10.06m)	4/6 Hamline Invite
Katherine Moran	So St. Catherine	32-5 1/2 (9.89m)	4/6 Hamline Invite
Sarah Paul	Sr Carleton	32-2 3/4 (9.82m)	3/21-22 Point Loma Hept
Kimberly Davis	Jr Carleton	32-1 (9.78m)	3/21-22 Point Loma Hept
Mary Anne Becker	So St. Benedict	32-0 3/4 (9.77m)	4/13 Csb/Sju Quint
30			
Jen Brouwers	Fr St. Catherine	32-0 1/4 (9.76m)	4/6 Hamline Invite
Marghet Hager	Fr St. Olaf	31-10 3/4 (9.72m)	4/13 Wartburg Select
Anne Sikorra	Jr St. Catherine	31-0 1/2 (9.46m)	4/6 Hamline Invite
Renee Splichal	So Concordia	31-0 (9.45m)	5/3 Miac Hept.
Carmen Leger	Fr Gustavus Adolphus	30-9 3/4 (9.39m)	4/27 Gustie Invitationa
Eva Miller	Fr Gustavus Adolphus	30-2 3/4 (9.21m)	4/20 Manitou Classic
Amy Conboy	Fr Bethel	29-7 1/4 (9.02m)	4/20 Manitou Track and
Reina Dee	Sr St. Thomas	29-0 1/2 (8.85m)	4/9 St Thomas Invitatio
Becky Lacher	Sr Concordia	28-2 1/4 (8.59m)	3/30 Battleground Relay
Nicole Plante	Fr Concordia	28-1 1/2 (8.57m)	5/3 Miac Hept.
40			
Katie Connor	So St. Benedict	28-1 1/2 (8.57m)	3/23 Csb/Sju Tri

41 entrants

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

DISCUS THROW

=====	N C A A Automatic	147-8 (45.00m)	
Kristin Petersen	So Gustavus Adolphus	142-3 (43.36m)	5/10-11 Miac Championsh
Erica Eastley	Fr Concordia	135-4 (41.26m)	4/23 Cobber Twilight
Jackie Luehmann	So Gustavus Adolphus	135-4 (41.25m)	5/10-11 Miac Championsh
Jennifer Levenhagen	So St. Olaf	135-2 (41.20m)	5/10-11 Miac Championsh
=====	N C A A Provisional	135-2 (41.19m)	
Carmen Leger	Fr Gustavus Adolphus	134-3 (40.92m)	5/10-11 Miac Championsh
Robin Schuette	Sr Hamline	130-6 (39.78m)	4/20 Manitou Classic
Crystal Baloun	So St. Thomas	128-8 (39.22m)	5/4 Minnesota Open
Miriah Mougey	Jr Concordia	127-2 (38.76m)	5/10-11 Miac Championsh
Colleen O'Hearn	Sr Saint Mary's	125-4 (38.20m)	5/10-11 Miac Championsh
Kirsten Gulbro	Jr Augsburg	119-7 (36.45m)	5/10-11 Miac Championsh
10			
Melissa Logan	So Carleton	117-10 (35.93m)	5/3 Mac Bagpipe
Lorna Wilson	Fr St. Olaf	115-10 (35.32m)	5/1 Tommie Twilight
Eva Miller	Fr Gustavus Adolphus	115-6 (35.20m)	5/10-11 Miac Championsh
Emily Uzzell	Jr St. Olaf	114-11 (35.04m)	4/20 Manitou Track Clas
Katherine Moran	So St. Catherine	114-2 (34.81m)	3/23 U of LaVerne Invit

Becky Madvig	Jr Bethel	113-6 (34.59m)	5/10-11 Miac Championsh
Kate Otremba	Jr St. Benedict	111-10 (34.10m)	4/20 Manitou Classic
Joquel Rudningen	So St. Benedict	111-10 (34.09m)	5/10-11 Miac Championsh
=====	Last 2001 qualifier	110-11 (33.80m)	Field limit 18 + ties
Jen Brouwers	Fr St. Catherine	110-6 (33.68m)	3/23 U of LaVerne Invit
Katie Hoeschen	So Gustavus Adolphus	107-10 (32.86m)	4/20 Manitou Classic
20			
Nicole Irvin	Fr Concordia	106-10 (32.57m)	4/22 Ndsu Open
Ellen Crow	Fr St. Thomas	105-4 (32.10m)	4/20 Manitou Classic
Rebekah Hoback	So Concordia	102-1 (31.13m)	5/4 Moorhead State
Marghet Hager	Fr St. Olaf	101-10 (31.04m)	4/20 Manitou Track Clas
Becky Martinson	Jr Hamline	101-2 (30.84m)	4/20 Manitou Classic
Jessica Braun	Fr St. Benedict	99-9 (30.40m)	4/6 Norse Relays
Allison Clark	Jr St. Benedict	98-9 (30.10m)	5/1 Tommie Twilight
Reina Dee	Sr St. Thomas	97-11 (29.84m)	5/4 Minnesota Open
Kelly Christopherson	So St. Thomas	97-5 (29.70m)	5/4 Minnesota Open
Katie Kuenzi	Fr St. Catherine	94-1 (28.68m)	3/23 U of LaVerne Invit
30			
Stefanie Lamagusa	Fr Saint Mary's	89-7 (27.30m)	4/20 Manitou Classic
Jessica Prody	Fr Gustavus Adolphus	89-5 (27.26m)	05/03 Macalester
Becky Lacher	Sr Concordia	83-11 (25.58m)	3/30 Battleground Relay
Lizzy Erickson	So Carleton	83-6 (25.46m)	5/3 Mac Bagpipe
Sara Folstad	So Hamline	83-2 (25.34m)	4/6 hamline invitationa
Katie Christenson	So Macalester	82-3 (25.07m)	5/3 Macalester Bagpipe
Amy Conboy	Fr Bethel	80-5 3/4 (24.53m)	4/20 Manitou Track and
Melissa Janish	Jr Saint Mary's	75-9 1/2 (23.10m)	4/20 Manitou Classic
Katie Connor	So St. Benedict	74-5 3/4 (22.70m)	4/20 Manitou Classic
Rachel Fink	Fr Saint Mary's	71-10 (21.89m)	4/20 Manitou Classic
40			

40 entrants

100 | 200 | 400 | 800 | 1500 | 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	164-0 (50.00m)	
Miriah Mougey	Jr Concordia	153-2 (46.70m)	4/13 Csb/Sju Quint
=====	N C A A Provisional	146-3 (44.59m)	
Julie Mareck	Jr St. Catherine	141-9 (43.21m)	5/10-11 Miac Championsh
Becky Lacher	Sr Concordia	139-3 (42.44m)	4/23 Cobber Twilight
Nicole Irvin	Fr Concordia	138-10 (42.33m)	4/22 Ndsu Open
Kirsten Gulbro	Jr Augsburg	138-7 (42.25m)	5/4 Minnesota Open
Jackie Luehmann	So Gustavus Adolphus	135-11 (41.42m)	05/03 Macalester
Allison Clark	Jr St. Benedict	132-4 (40.34m)	5/3 Macalester Meet
Kate Otremba	Jr St. Benedict	132-3 (40.32m)	4/20 Manitou Classic
Heather Sieben	Fr Gustavus Adolphus	132-0 (40.24m)	05/03 Macalester
Ali Taylor	Jr Hamline	129-9 (39.55m)	4/20 Manitou Classic
10			
Becky Martinson	Jr Hamline	128-1 (39.04m)	5/1 Tommie Twilight
Crystal Baloun	So St. Thomas	128-0 (39.02m)	4/27 Mac Invite
Joquel Rudningen	So St. Benedict	127-5 (38.84m)	5/10-11 Miac Championsh
Robin Schuette	Sr Hamline	126-0 (38.40m)	5/10-11 Miac Championsh
Reina Dee	Sr St. Thomas	123-11 (37.77m)	4/13 Uw-Rf co-ed outdo
Ellen Crow	Fr St. Thomas	122-2 (37.24m)	5/4 Minnesota Open
Becky Madvig	Jr Bethel	120-0 (36.58m)	5/1 tommieTwilight
Melissa Logan	So Carleton	119-9 (36.51m)	5/3 Mac Bagpipe
Jasmine Lund	Sr Bethel	118-1 (36.00m)	4/20 Manitou Track and
Erica Eastley	Fr Concordia	115-8 (35.27m)	4/27 Bsu Beaver Relays
20			
Lorna Wilson	Fr St. Olaf	112-10 (34.40m)	5/3 Mac Bag Pipe
=====	Last 2001 qualifier	111-6 (34.00m)	Field limit 18 + ties
Jen Brouwers	Fr St. Catherine	110-0 (33.54m)	4/20 Manitou Classic
Colleen O'Hearn	Sr Saint Mary's	109-2 (33.28m)	5/1 Tommie Twilight
Emily Uzzell	Jr St. Olaf	108-2 (32.97m)	5/1 Tommie Twilight
Rebekah Hoback	So Concordia	107-1 (32.65m)	4/27 Bsu Beaver Relays
Mary Anne Becker	So St. Benedict	101-5 (30.91m)	5/3 Macalester Meet
Sara Folstad	So Hamline	100-5 (30.62m)	04/27 Macalester Women'

Kristin Petersen	So Gustavus Adolphus	98-4 (29.98m)	4/20 Manitou Classic
Amanda Jacobson	Sr St. Olaf	98-3 (29.94m)	5/1 Tommie Twilight
Marghet Hager	Fr St. Olaf	93-4 (28.46m)	4/13 Wartburg Select
30			
Mandy Mensink	Fr Gustavus Adolphus	92-8 (28.25m)	05/03 Macalester
Rachel Fink	Fr Saint Mary's	89-10 (27.38m)	4/6 Luther
Melissa Janish	Jr Saint Mary's	88-7 (27.00m)	4/20 Manitou Classic
Stefanie Lamagusa	Fr Saint Mary's	86-8 (26.41m)	4/9 St. Thomas
Jessica Braun	Fr St. Benedict	59-0 1/4 (17.99m)	4/6 Norse Relays

35 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [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	134-6 (41.00m)	
Erica Eastley	Fr Concordia	129-7 (39.50m)	4/13 Csb/Sju Quint
Sara Diercks	Sr St. Thomas	126-1 (38.44m)	4/20 Manitou Classic
=====	N C A A Provisional	125-9 (38.33m)	
Nicole Plante	Fr Concordia	125-0 (38.11m)	4/28 Ndsu Open
Sarah Paul	Sr Carleton	114-8 (34.95m)	3/21-22 Point Loma Hept
Alison Routledge	Sr Concordia	113-5 (34.57m)	5/10-11 Miac Championsh
Jen Dowzak	Sr St. Catherine	112-0 (34.15m)	4/13 Lee Krough Invite
Kristi Colbenson	Fr Carleton	111-4 (33.93m)	5/10-11 Miac Championsh
Jennifer Levenhagen	So St. Olaf	108-10 (33.17m)	5/10-11 Miac Championsh
Mia Peterson	Sr St. Benedict	107-7 (32.80m)	4/13 Csb/Sju Quint
Stacy Heiling	Jr Hamline	105-8 (32.21m)	5/10-11 Miac Championsh

10

Katie Reynolds	Jr St. Thomas	105-7 (32.18m)	4/20 Manitou Classic
Katie Hoeschen	So Gustavus Adolphus	104-9 (31.93m)	5/10-11 Miac Championsh
Amanda Guralski	So St. Thomas	104-6 (31.85m)	5/4 Minnesota Open
Kimberly Davis	Jr Carleton	103-8 (31.60m)	5/1-2 Miac - Heptathlon
Chaitra Raile	Jr Concordia	102-2 (31.15m)	5/4 Moorhead State
Danielle Soncrant	So St. Benedict	100-3 (30.56m)	4/6 Norse Relays
Colleen O'Hearn	Sr Saint Mary's	99-5 (30.30m)	5/1 Tommie Twilight
Lizzy Erickson	So Carleton	98-6 (30.02m)	5/3 Mac Bagpipe
Kim Davis	Carleton	97-6 (29.71m)	3/16 Long Beach Classic
Eva Miller	Fr Gustavus Adolphus	97-2 (29.62m)	4/27 Gustie Invite

20

Angela Van Binsbergen	Fr Augsburg	96-7 (29.44m)	5/2 Miac Heptathlon Cha
Katie Christenson	So Macalester	96-0 (29.26m)	5/3 Macalester Bagpipe
=====	Last 2001 qualifier	94-3 (28.74m)	Field limit 18 + ties
Calli Peotter	Fr St. Thomas	93-4 (28.46m)	5/4 Minnesota Open
Renee Splichal	So Concordia	90-5 (27.56m)	3/30 Battleground Relay
Joan Bennett	Fr Macalester	90-4 (27.54m)	5/3 Macalester Bagpipe
Nicole Irvin	Fr Concordia	89-5 (27.25m)	4/23 Cobber Twilight
Ashley Dingels	Fr Saint Mary's	89-4 (27.22m)	5/2-3 Miac Heptathlon
Leah Dvorak	Jr St. Olaf	89-3 (27.20m)	4/13 Wartburg Select
Kirsten Gulbro	Jr Augsburg	87-11 (26.81m)	3/23 Emory Invitational
Caitlin Coomes	Fr Carleton	87-1 (26.54m)	4/20 Manitou Classic

30

Stefanie Lamagusa	Fr Saint Mary's	86-3 (26.30m)	4/27 Gustavus
Becky Madvig	Jr Bethel	85-4 (26.02m)	4/9 St. Thomas invite
Rachel Fink	Fr Saint Mary's	84-8 (25.82m)	4/13 Lee Krough
Rebekah Hoback	So Concordia	81-0 (24.70m)	4/13 Csb/Sju Quint
Melissa Janish	Jr Saint Mary's	80-6 1/2 (24.55m)	4/13 Lee Krough
Kim Erickson	Jr St. Benedict	76-9 3/4 (23.41m)	4/20 Manitou Classic
Sarah Beggs	Sr St. Olaf	75-3 1/2 (22.95m)	5/1 Tommie Twilight
Becky Martinson	Jr Hamline	72-10 1/2 (22.21m)	4/20 Manitou Classic
Sarah Bach	So St. Thomas	71-11 (21.92m)	5/1 Tommie Twilight
Julia Lippitt	Fr Carleton	70-9 3/4 (21.58m)	4/20 Manitou Classic

40

40 entrants

HIGH JUMP

=====	N C A A Automatic	5-7 (1.70m)	
=====	N C A A Provisional	5-4 1/2 (1.64m)	
Lindsey Weis	So Gustavus Adolphus	5-3 3/4 (1.62m)	4/13 Lee Krough Invitat
Ashley Dingels	Fr Saint Mary's	5-2 1/2 (1.59m)	5/10-11 Miac Championsh
Danielle St. Louis	Fr Hamline	5-2 1/2 (1.59m)	5/10-11 Miac Championsh
Sarah Paul	Sr Carleton	5-2 1/4 (1.58m)	5/1-2 Miac - Heptathlon
Michelle Steadman	Fr Gustavus Adolphus	5-1 (1.55m)	3/27 csb-sju invite
Lisa Juth	Fr St. Catherine	5-1 (1.55m)	4/6 Hamline Invite
Leah Dvorak	Jr St. Olaf	5-1 (1.55m)	4/06 Hamline Invite
Kimberly Davis	Jr Carleton	5-0 1/2 (1.54m)	3/21-22 Point Loma Hept
Anne Sikorra	Jr St. Catherine	5-0 1/4 (1.53m)	3/23 U of LaVerne Invit
Andrea Kleven	So Gustavus Adolphus	4-11 3/4 (1.52m)	4/13 Lee Krough Invitat
10			
Melissa Redig	So Saint Mary's	4-11 (1.50m)	4/27 Gustavus
Tricia Steele	Fr Bethel	4-11 (1.50m)	4/20 Manitou Track and
Greta Schutte	Sr Bethel	4-11 (1.50m)	4/20 Manitou Track and
Caroline Stuart	Sr Carleton	4-10 1/2 (1.49m)	5/1-2 Miac - Heptathlon
Becky Peterson	So St. Olaf	4-10 1/2 (1.49m)	5/2-3 Miac Heptathlon
Julia Lippitt	Fr Carleton	4-10 1/2 (1.49m)	5/10-11 Miac Championsh
Amber Mensen	So St. Benedict	4-10 1/2 (1.49m)	5/10-11 Miac Championsh
Sara Entgelmeier	Fr Macalester	4-10 1/4 (1.48m)	5/3 Macalester Bagpipe
Mia Peterson	Sr St. Benedict	4-10 1/4 (1.48m)	4/13 Csb/Sju Quint
Elizabeth McHugo	Fr St. Thomas	4-9 3/4 (1.47m)	5/4 Minnesota Open
20			
Ellie Lewis	Jr Macalester	4-9 3/4 (1.47m)	3/23 Emory Division III
=====	Last 2001 qualifier	4-9 3/4 (1.47m)	Field limit 15 + ties
Heather Berscheidt	Fr St. Benedict	4-9 (1.45m)	5/1 Tommie Twilight
Nicole Kubicek	Fr St. Thomas	4-7 3/4 (1.42m)	5/4 Minnesota Open
Renee Splichal	So Concordia	4-7 3/4 (1.42m)	3/30 Battleground Relay
Nicole Plante	Fr Concordia	4-7 (1.40m)	5/3 Miac Hept.
Lauren Topel	Jr St. Olaf	4-7 (1.40m)	5/1 Tommie Twilight
Karolien Bastiaens	So St. Thomas	4-7 (1.40m)	4/13 Uw-Rf co-ed outdoo
Sarah Wishard	Sr Hamline	4-7 (1.40m)	4/6 hamline invitationa
Kelly Quaal	Jr Concordia	4-7 (1.40m)	3/23 Csb/Sju Triangular
Kristine Jensen	Fr Concordia	4-6 3/4 (1.39m)	4/15 St. John's Heptath
30			
Christie Thames	So St. Thomas	4-6 (1.37m)	4/9 St Thomas Invitatio
Sonja Moe	Fr St. Olaf	4-3 1/4 (1.30m)	4/20 Manitou Track Clas

32 entrants

POLE VAULT

=====	N C A A Automatic	12-0 (3.66m)	
Karolien Bastiaens	So St. Thomas	11-6 1/4 (3.51m)	5/10-11 Miac Championsh
Heidi Fryer	Sr Gustavus Adolphus	11-0 (3.35m)	4/13 Lee Krough Invitat
Anne Sikorra	Jr St. Catherine	10-10 1/4 (3.31m)	5/10-11 Miac Championsh
Kristi Schneider	Fr Gustavus Adolphus	10-10 1/4 (3.31m)	5/10-11 Miac Championsh
Shannon Martin	So Gustavus Adolphus	10-7 (3.23m)	4/20 Manitou Classic
=====	N C A A Provisional	10-6 (3.20m)	
Tamra Thayer	Sr Carleton	10-4 1/4 (3.16m)	5/10-11 Miac Championsh
Sarah Lenhardt	Jr St. Benedict	9-10 (3.00m)	5/1 Tommie Twilight
Heather Moor	Sr Carleton	9-10 (3.00m)	4/6 Hamline Invitationa
Renee Splichal	So Concordia	9-9 (2.97m)	4/22 Ndsu Open
Sarah Margoles	So Carleton	9-6 1/4 (2.90m)	4/13 Lee Krough Invite
10			
Theresa Lonsky	So St. Benedict	9-5 (2.87m)	5/3 Macalester Meet
Heather Berscheidt	Fr St. Benedict	9-5 (2.87m)	5/3 Macalester Meet
Elizabeth McHugo	Fr St. Thomas	9-4 1/2 (2.86m)	5/10-11 Miac Championsh

Katie Joyce	Jr St. Thomas	9-4 1/2 (2.86m)	5/10-11 Miac Championsh
Patty Herou	Sr St. Benedict	9-4 1/2 (2.86m)	5/10-11 Miac Championsh
=====	Last 2001 qualifier	9-0 1/4 (2.75m)	Field limit 15 + ties
Jessica Rosenblatt	So Carleton	8-10 3/4 (2.71m)	5/10-11 Miac Championsh
Christie Thames	So St. Thomas	8-9 3/4 (2.69m)	4/13 Uw-Rf co-ed outdoo
Emily Ament	So Hamline	8-4 1/4 (2.55m)	05/03 macalester Bagpip
Katie Langer	Sr St. Benedict	8-4 1/4 (2.55m)	5/1 Tommie Twilight
Kelly Havig	Fr Concordia	8-4 (2.54m)	3/23 Csb/Sju Triangular
20			
Emily Liddiard	Fr St. Catherine	8-2 1/2 (2.50m)	4/13 Lee Krough Invite
Nicole Plante	Fr Concordia	8-0 (2.44m)	3/23 Csb/Sju Triangular
Melanie Roberts	Fr Macalester	7-10 1/2 (2.40m)	5/3 Macalester Bagpipe
Cerissa Chaney	Sr Macalester	7-10 1/2 (2.40m)	5/3 Macalester Bagpipe
Keri Drake	Fr Saint Mary's	7-9 3/4 (2.38m)	4/20 Manitou Classic
Kim Erickson	Jr St. Benedict	7-7 (2.31m)	4/13 Csb/Sju Quint
Crystal Reeves	Fr Concordia	7-7 (2.31m)	4/13 Csb/Sju Quint
Liz Fitzgerald	Fr Macalester	7-4 1/2 (2.25m)	5/3 Macalester Bagpipe

28 entrants

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

HEPTATHLON

=====	N C A A Automatic	4350	
Anne Sikorra	Jr St. Catherine	4314	5/10-11 Miac Championsh
Caroline Stuart	Sr Carleton	4289	5/10-11 Miac Championsh
Ashley Dingels	Fr Saint Mary's	4268	5/10-11 Miac Championsh
Becky Peterson	So St. Olaf	4250	5/10-11 Miac Championsh
Nicole Plante	Fr Concordia	4132	5/10-11 Miac Championsh
Sarah Paul	Sr Carleton	4096	5/10-11 Miac Championsh
=====	N C A A Provisional	4000	
Kimberly Davis	Jr Carleton	3977	3/21-22 Point Loma Hept
Kim Davis	Carleton	3977	3/21-22 Point Loma Hept
Mia Peterson	Sr St. Benedict	3819	5/10-11 Miac Championsh
Renee Splichel	Concordia	3591	5/10-11 Miac Championsh
10			
Renee Splichal	So Concordia	3591	5/3 Miac Hept.
Kristine Jensen	Fr Concordia	3298	5/10-11 Miac Championsh
Petra Velandar	Sr Augsburg	2942	5/10-11 Miac Championsh
Angela Van Binsbergen	Fr Augsburg	2365	5/10-11 Miac Championsh

14 entrants

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