

# **2003 MIAC WOMEN'S OUTDOOR PERFORMANCE LISTS**

**Concordia College, Moorhead**

**May 9-10, 2003**

Last updated June 10, 2003

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Entries also available for [men](#).

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100 METER DASH

Angie Pfeiffer	Fr Concordia	11.95	5/3 Masanz invitational
=====	N C A A Automatic	12.05	
Tonnisha Bell	Fr Augsburg	12.27	4/26 Gustavus Open
=====	N C A A Provisional	12.36	
Alana Carter	Fr Augsburg	12.39	4/26 Gustavus Open
Kelli Tranby	5 Concordia	12.48	5/3 Masanz invitational
Jill Ylonen	Sr St. Thomas	12.48	4/12 St. Thomas Invitat
Heidi Vogel	Sr St. Thomas	12.50	May 9-10 Miac Champions
Sarah Nezworksi	So St. Benedict	12.67	4/30 Tommie Twilight
Bethany Keene	Fr St. Benedict	12.70	4/26 Macalester Invitat
Blythe Bittman	Fr Gustavus Adolphus	12.75	4/26 Gustie Open
Kari Rosenfeldt	Sr Concordia	12.85	5/3 Masanz invitational
10			
Patti Clintsman	Fr St. Benedict	12.88	4/30 Tommie Twilight
Heidi Pearson	Fr St. Catherine	12.91	4/30 Tommie Twilight
Jenny Bruns	Sr St. Benedict	12.93	5/2 Macalester Bagpipe
Maggie Stolp	Jr Gustavus Adolphus	12.93	4/26 Gustie Open
Elizabeth Durney	Sr Macalester	13.00	5/2 Macalester Bagpipe
Rebecca Peterson	Jr St. Olaf	13.00	4/30 Tommie Twilight
Karolien Bastiaens	Jr St. Thomas	13.04	4/12 St. Thomas Invitat
Melissa Mueller	Fr St. Olaf	13.06	May 9-10 Miac Champions
Molly Bauman	Fr St. Thomas	13.08	5/2 Bagpipe Open
Kristal Grigsby	Fr St. Thomas	13.09	4/26 Mac Invite
20			
Annie Radabaugh	Sr St. Benedict	13.15	3/29 Csb/Sju Triangular
Shanelle Lee	Jr Bethel	13.19	4/12 Simpson College Op
Kristina Granger	Fr St. Benedict	13.31	May 9-10 Miac Champions
Kim Davis	Sr Carleton	13.33	4/5 Washington Universi
Delinda Tamagni	Sr St. Catherine	13.37	4/30 Tommie Twilight
Becky Asp	Sr Bethel	13.38	May 9-10 Miac Champions
Andretta Colley	So St. Thomas	13.40	May 9-10 Miac Champions
Emily Tollefson	So Concordia	13.41	4/29 Ndsu Invitational
Heidi Haagenson	Fr St. Benedict	13.42	4/26 Macalester Invitat
Sarah Saari	Fr St. Catherine	13.44	4/26 Macalester Invite
30			
Elizabeth Ghandour	Fr St. Olaf	13.49	5/2 Macalester Bagpipe
Kim Swanson	Jr Gustavus Adolphus	13.53	4/18 Manitou Classic
Ellen Graef	Jr Gustavus Adolphus	13.54	4/12 Lee Krough Invite
Ciara Legato	So Gustavus Adolphus	13.64	4/26 Gustie Open
Melissa Botzet	So St. Olaf	13.66	4/12 Wartburg Select
Anne Sikorra	Sr St. Catherine	13.72	4/12 Lee Krough Invite
Erin Ranta	Jr St. Thomas	13.73	4/30 Tommie Twilight
Stacy Heiling	Sr Hamline	13.75	5/2 macalester Bagpipe
Caitlin Groh	Fr St. Olaf	13.83	4/30 Tommie Twilight
Katie Young	Fr Concordia	13.85	4/9 Jimmie Invitational

40

40 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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200 METER DASH

=====	N C A A Automatic	24.55	
Tonnisha Bell	Fr Augsburg	25.14	4/26 Gustavus Open
Angie Pfeiffer	Fr Concordia	25.40	5/3 Masanz invitational
=====	N C A A Provisional	25.40	
Heidi Vogel	Sr St. Thomas	25.51	May 9-10 Miac Champions
Jenny Bruns	Sr St. Benedict	25.78	4/26 Macalester Invitat

Jill Ylonen	Sr St. Thomas	25.83	May 9-10 Miac Champions
Alana Carter	Fr Augsburg	25.92	3/21 Fsu Relays
Blythe Bittman	Fr Gustavus Adolphus	25.99	May 9-10 Miac Champions
Bethany Keene	Fr St. Benedict	26.06	4/26 Macalester Invitat
Kim Davis	Sr Carleton	26.11	4/26 Macalester Invite
Sarah Nezworski	So St. Benedict	26.24	4/26 Macalester Invitat
10			
Elizabeth Durney	Sr Macalester	26.31	May 9-10 Miac Champions
Patti Clintzman	Fr St. Benedict	26.31	4/26 Macalester Invitat
Kari Rosenfeldt	Sr Concordia	26.36	May 9-10 Miac Champions
Mollie Hupp	Fr St. Thomas	26.36	4/12 St. Thomas Invitat
Rebecca Peterson	Jr St. Olaf	26.43	5/2 Miac Heptathlon
Ashley Dingels	So Saint Mary's	26.61	5/2 Miac Hept
Maggie Stolp	Jr Gustavus Adolphus	26.68	4/26 Gustie Open
Alysia Wolff	So St. Thomas	26.70	4/26 Mac Invite
Kelli Tranby	5 Concordia	26.74	4/29 Ndsu Invitational
Kim Swanson	Jr Gustavus Adolphus	26.88	5/2 Macalester Bagpipe
20			
Ashley Cronen	Fr Gustavus Adolphus	26.88	4/12 Lee Krough Invite
Kristal Grigsby	Fr St. Thomas	26.93	3/22 Aztec Invitational
Anne Sikorra	Sr St. Catherine	26.94	5/2 Miac Heptathlon
Heidi Pearson	Fr St. Catherine	26.97	4/30 Tommie Twilight
Heidi Haagenson	Fr St. Benedict	27.01	4/30 Tommie Twilight
Melissa Mueller	Fr St. Olaf	27.14	May 9-10 Miac Champions
Teresa Smock	Jr St. Thomas	27.18	4/12 St. Thomas Invitat
Kristi Colbenson	So Carleton	27.21	5/2 Miac Heptathlon
Katie Joyce	Sr St. Thomas	27.32	4/30 Tommie Twilight
Ellen Graef	Jr Gustavus Adolphus	27.34	5/2 Macalester Bagpipe
30			
Nicole Plante	So Concordia	27.46	5/2 Miac Heptathlon
Meghan Orgeman	Fr St. Benedict	27.50	5/1 Miac Hept
Emily Tollefson	So Concordia	27.65	4/12 Csb/Sju Quad
Shanelle Lee	Jr Bethel	27.67	4/12 Simpson College Op
Tiffany Trost	So St. Benedict	27.75	5/1 Miac Hept
Kristina Justiniano	Sr Augsburg	27.81	5/2 Bagpipe Open
Delinda Tamagni	Sr St. Catherine	27.84	3/22 Ulv Invitational
Mary McKee	So St. Thomas	27.90	4/26 Mac Invite
Theresa Meath	Fr St. Thomas	28.01	4/12 St. Thomas Invitat
Ciara Legato	So Gustavus Adolphus	28.04	4/12 Lee Krough Invite
40			

40 entrants

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#### 400 METER DASH

=====	N C A A Automatic	56.10	
Mollie Hupp	Fr St. Thomas	57.38	4/12 St. Thomas Invitat
=====	N C A A Provisional	58.00	
Angie Pfeiffer	Fr Concordia	58.39	4/12 Csb/Sju Quad
Teresa Smock	Jr St. Thomas	58.61	4/12 St. Thomas Invitat
Alana Carter	Fr Augsburg	59.11	4/12 Csb/Sju Quad
Jenny Bruns	Sr St. Benedict	59.44	4/26 Macalester Invitat
Kim Swanson	Jr Gustavus Adolphus	59.50	May 9-10 Miac Champions
Ashley Dingels	So Saint Mary's	59.51	4/26 Drake Alternative
Ashley Cronen	Fr Gustavus Adolphus	59.52	4/12 Lee Krough Invite
Jill Ylonen	Sr St. Thomas	60.09	4/26 Mac Invite
Kari Rosenfeldt	Sr Concordia	60.28	May 9-10 Miac Champions
10			
Elizabeth Durney	Sr Macalester	60.31	4/12 Lee Krough
Alysia Wolff	So St. Thomas	60.83	4/12 St. Thomas Invitat
Emily Koller	Sr Macalester	60.85	5/2 Macalester Bagpipe
Laura Widen	Jr St. Catherine	61.02	3/22 Ulv Invitational
Annie Radabaugh	Sr St. Benedict	61.11	4/12 Csb/Sju Quadrangul
Anna Beich	Fr Bethel	61.12	4/12 Simpson College Op
Alicia Wakefield	Sr Bethel	61.43	4/18 Manitou Classic
Kristi Colbenson	So Carleton	61.43	4/5 Washington Universi

Kari Koos	Fr St. Olaf	61.44	4/18 Manitou Classic
Mary McKee	So St. Thomas	61.49	4/26 Mac Invite
20			
Hannah Dietrich	So Augsburg	61.58	4/30 Tommie Twilight
Kristina Justiniano	Sr Augsburg	61.58	3/21 Fsu Relays
Claire Shapleigh	Fr Carleton	61.63	4/18 Manitou Classic
Marit Gorud	Jr St. Olaf	61.70	4/30 Tommie Twilight
Trish Steele	So Bethel	61.73	4/30 Tommie Twilight
Emily Liddiard	So St. Catherine	61.85	5/2 Macalester Bagpipe
Theresa Meath	Fr St. Thomas	61.92	4/12 St. Thomas Invitat
Katie Joyce	Sr St. Thomas	62.04	4/12 St. Thomas Invitat
Corrin Hoffman	Jr Hamline	62.06	5/2 macalester Bagpipe
Melanie Priebe	Fr St. Catherine	62.09	4/18 Manitou Classic
30			
Kristin Herman	Fr Bethel	62.23	4/30 Tommie Twilight
Anne Sikorra	Sr St. Catherine	62.77	4/18 Manitou Classic
Elizabeth Cassel	Sr Carleton	62.97	4/26 Macalester Invite
Jamie Bacigalupo	So Gustavus Adolphus	63.01	4/26 Gustie Open
April Henderson	Jr St. Benedict	63.07	5/2 Macalester Bagpipe
Katherine Vogel	So Hamline	63.33	May 9-10 Miac Champions
Tiffany Trost	So St. Benedict	63.40	4/12 Csb/Sju Quadrangul
Danielle Slack	Jr Augsburg	63.59	May 9-10 Miac Champions
Ciara Legato	So Gustavus Adolphus	63.73	5/2 Macalester Bagpipe
Rebecca Schaumberg	Fr Carleton	63.87	4/18 Manitou Classic

40 entrants

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800 METER RUN

Megan Daymont	Sr St. Olaf	2:09.77	4/18 Manitou Classic
=====	N C A A Automatic	2:12.00	
Teresa Smock	Jr St. Thomas	2:12.39	4/18 ManitouTrack Class
Tish Dusich	Sr St. Thomas	2:14.69	3/22 Aztec Invitational
Mollie Hupp	Fr St. Thomas	2:15.37	4/18 ManitouTrack Class
=====	N C A A Provisional	2:16.20	
Emily Koller	Sr Macalester	2:18.61	3/22 Diii Spring Break
Kristi Colbenson	So Carleton	2:18.82	5/2 Miac Heptathlon
Corrin Hoffman	Jr Hamline	2:19.66	May 9-10 Miac Champions
Marit Gorud	Jr St. Olaf	2:19.78	May 9-10 Miac Champions
Katie Aubrecht	Fr St. Benedict	2:19.91	May 9-10 Miac Champions
Claire Shapleigh	Fr Carleton	2:19.96	May 9-10 Miac Champions
10			
Emily Liddiard	So St. Catherine	2:20.14	May 9-10 Miac Champions
Brigid Power	So St. Thomas	2:20.27	4/18 ManitouTrack Class
Laura Bloedorn	Sr Carleton	2:20.34	4/30 Tommie Twilight
Natalie Hanson	Fr Concordia	2:20.78	May 9-10 Miac Champions
Ellen Waldow	Fr Augsburg	2:21.62	4/26 Gustavus Open
Koby Hagen	Fr Macalester	2:21.64	4/18 Manitou Classic
Elizabeth Cassel	Sr Carleton	2:21.67	May 9-10 Miac Champions
Kari Koos	Fr St. Olaf	2:22.20	4/12 Wartburg Select
Carrie Fransen	So Concordia	2:22.21	May 9-10 Miac Champions
Larisa Nordstrom	Fr St. Olaf	2:22.69	4/26 Macalester Invitat
20			
Emily Stafford	Fr Macalester	2:22.98	4/12 Lee Krough
Hannah Dietrich	So Augsburg	2:23.25	4/26 Gustavus Open
Ashley Dingels	So Saint Mary's	2:23.33	5/2 Miac Hept
Melanie Priebe	Fr St. Catherine	2:23.35	5/2 Macalester Bagpipe
Jenna Barke	Fr St. Olaf	2:23.81	4/30 Tommie Twilight
Rachel Luhrs	Fr Bethel	2:24.26	4/30 Tommie Twilight
Alex Radulovic	So St. Benedict	2:24.80	4/30 Tommie Twilight
Ellen Koranda	Fr Saint Mary's	2:24.90	4/26 Drake Alternative
Jamie Bacigalupo	So Gustavus Adolphus	2:25.00	5/2 Macalester Bagpipe
Ashley Farbo	So Gustavus Adolphus	2:25.06	4/12 Lee Krough Invite
30			
Anna Gunderson	So St. Benedict	2:25.13	4/30 Tommie Twilight

Kristine Jensen	So Concordia	2:25.19	4/29 Ndsu Invitational
Rebecca Schaumberg	Fr Carleton	2:25.61	4/12 St Thomas Invite
Jen St. John	So Concordia	2:25.65	4/29 Ndsu Invitational
Angela Bergeson	Fr Augsburg	2:26.03	5/2 Bagpipe Open
Jill Ament	Jr St. Catherine	2:26.04	5/2 Miac Heptathlon
Mollie Lager	Fr Gustavus Adolphus	2:26.08	4/5 Washington U Invite
Keidra Anderson	Fr Hamline	2:26.17	5/2 Macalester Bagpipe
Anne Sikorra	Sr St. Catherine	2:26.28	5/2 Miac Heptathlon
Kelly Baustian	Fr St. Olaf	2:26.32	4/26 Macalester Invitat

40

40 entrants

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1500 METER RUN

Megan Daymont	Sr St. Olaf	4:34.43	4/26 Macalester Invitat
=====	N C A A Automatic	4:36.00	
Laura Bloedorn	Sr Carleton	4:38.35	4/30 Tommie Twilight
Emily Koller	Sr Macalester	4:40.10	4/30 Tommie Twilight
=====	N C A A Provisional	4:42.00	
Brigid Power	So St. Thomas	4:44.86	4/30 Tommie Twilight
Koby Hagen	Fr Macalester	4:50.52	May 9-10 Miac Champions
Lisa Owen	Jr Concordia	4:51.18	4/12 Csb/Sju Quad
Andrea Grunst	Jr Carleton	4:51.40	4/30 Tommie Twilight
Jen Skalko	Jr Gustavus Adolphus	4:51.53	5/2 Macalester Bagpipe
Kari Koos	Fr St. Olaf	4:51.72	4/30 Tommie Twilight
Cindy Blendermann	Jr St. Benedict	4:52.31	4/12 Csb/Sju Quadrangul

10

Angela Bergeson	Fr Augsburg	4:52.51	4/30 Tommie Twilight
Katie Aubrecht	Fr St. Benedict	4:52.60	4/12 Csb/Sju Quadrangul
Ellen Koranda	Fr Saint Mary's	4:52.74	4/30 Tommie Twilight
Larisa Nordstrom	Fr St. Olaf	4:52.86	4/30 Tommie Twilight
Keidra Anderson	Fr Hamline	4:52.96	4/30 Tommie Twilight
Ellen Waldow	Fr Augsburg	4:53.87	4/18 Manitou Classic
Carrie Fransen	So Concordia	4:54.12	May 9-10 Miac Champions
Anna Gunderson	So St. Benedict	4:54.22	May 9-10 Miac Champions
Melissa Grunst	Jr Carleton	4:54.63	4/30 Tommie Twilight
Emily Stafford	Fr Macalester	4:55.55	4/12 Lee Krough

20

Rachel Luhrs	Fr Bethel	4:55.65	May 9-10 Miac Champions
Corrin Hoffman	Jr Hamline	4:57.36	4/26 Macalester Women's
Liz Sorenson	Sr Concordia	4:57.95	4/29 Ndsu Invitational
Laura hudson	So Carleton	4:59.55	4/30 Tommie Twilight
Marit Grorud	Jr St. Olaf	5:00.42	4/26 Macalester Invitat
Alison Traffanstedt	Jr Carleton	5:00.78	4/30 Tommie Twilight
Tish Dusich	Sr St. Thomas	5:01.51	4/18 ManitouTrack Class
Kezia Manlove	Fr St. Olaf	5:01.83	4/30 Tommie Twilight
Anah Huggenvik	Jr Gustavus Adolphus	5:02.01	4/26 Gustie Open
Emily Page	Sr Carleton	5:02.88	4/26 Macalester Invite

30

Alaina Eckhoff	Jr Hamline	5:04.12	May 9-10 Miac Champions
Erin Bengtson	Fr St. Olaf	5:04.41	May 9-10 Miac Champions
Kristin O'Connell	Jr Carleton	5:05.52	4/30 Tommie Twilight
Jenny Borofka	So St. Thomas	5:05.56	4/30 Tommie Twilight
Stacie Bulfer	Jr Gustavus Adolphus	5:08.05	4/5 Washington U Invite
Kristine Hup	Sr St. Olaf	5:08.45	4/30 Tommie Twilight
Emily cook	Fr St. Benedict	5:08.94	4/30 Tommie Twilight
Kjersten Johnson	Jr St. Olaf	5:08.95	4/18 Manitou Classic
Louise Miltich	So Carleton	5:09.06	May 9-10 Miac Champions
Caroline Barnes	Fr Macalester	5:09.25	4/30 Tommie Twilight

40

40 entrants

MILE RUN\*

===== N C A A Automatic 4:58.00  
 ===== N C A A Provisional 5:04.50

0 entrants

5000 METER RUN

Laura Bloedorn Sr Carleton 17:05.23 4/5 Washington Universi  
 ===== N C A A Automatic 17:15.00  
 Nichole Petersen So Gustavus Adolphus 17:46.80 4/5 Washington U Invite  
 ===== N C A A Provisional 17:55.00  
 Leah Wurm Fr St. Benedict 18:23.80 4/30 Tommie Twilight  
 Lindsay Boetcher Fr St. Olaf 18:26.72 4/26 Macalester Invitat  
 Andrea Grunst Jr Carleton 18:28.84 4/5 Washington Universi  
 Melissa Grunst Jr Carleton 18:35.74 May 9-10 Miac Champions  
 Nancy Buselmeier So St. Benedict 18:37.07 4/12 Csb/Sju Quadrangul  
 Nicole Gurgel So St. Thomas 18:42.51 3/22 Aztec Invitational  
 Cindy Blendermann Jr St. Benedict 18:47.12 3/29 Csb/Sju Triangular  
 Chelsea Guettinger Fr St. Thomas 18:52.55 4/30 Tommie Twilight

10

Beth Magnuson So St. Thomas 18:56.84 May 9-10 Miac Champions  
 Keidra Anderson Fr Hamline 18:59.4 4/26 Macalester Women's  
 Francie Streich Fr Macalester 19:03.55 May 9-10 Miac Champions  
 Emily Page Sr Carleton 19:06.83 4/30 Tommie Twilight  
 Alison Traffanstedt Jr Carleton 19:08.00 May 9-10 Miac Champions  
 Liz Sorenson Sr Concordia 19:11.76 4/26 Macalester Invite  
 Caroline Barnes Fr Macalester 19:13.17 4/12 Lee Krough  
 Cassie Funke So Carleton 19:15.10 4/5 Washington Universi  
 Meredith Fahrner So St. Olaf 19:17.96 May 9-10 Miac Champions  
 Kristine Hup Sr St. Olaf 19:22.25 May 9-10 Miac Champions

20

Mo Mullikin Jr Macalester 19:24.36 May 9-10 Miac Champions  
 Marnie Christensen Sr Macalester 19:30.86 4/12 Lee Krough  
 Emily cook Fr St. Benedict 19:33.08 5/2 Macalester Bagpipe  
 Ashley Bean So St. Benedict 19:33.63 4/12 Csb/Sju Quadrangul  
 Maria Witham Fr St. Benedict 19:37.86 May 9-10 Miac Champions  
 Laura Grossman Jr Hamline 19:38.59 3/28 Stanford Invitatio  
 Ellen Koranda Fr Saint Mary's 19:39.02 4/12 St. Thomas  
 Theresa Miller Sr Saint Mary's 19:42.09 4/17 Kansas Relays  
 Stacy Decker So Gustavus Adolphus 19:45.16 4/18 Manitou Classic  
 Jen St. John So Concordia 19:45.56 4/12 Csb/Sju Quad

30

Tasha Pike So Gustavus Adolphus 19:48.60 4/12 Lee Krough Invite  
 Sarah Anderson Fr St. Olaf 19:52.12 May 9-10 Miac Champions  
 Erin Anderson So Concordia 20:02.45 4/22 Cobber Twilight  
 Julie Miller So Concordia 20:05.30 4/26 Macalester Invite  
 Maureen Ringlein So St. Benedict 20:06.79 4/12 Csb/Sju Quadrangul  
 Emily Judd Jr Concordia 20:16.15 4/12 Csb/Sju Quad  
 Jackie Brenberg Jr St. Thomas 20:22.34 May 9-10 Miac Champions  
 Mary Krusen Fr St. Olaf 20:28.21 May 9-10 Miac Champions  
 Abby Campbell Fr St. Benedict 20:30.24 May 9-10 Miac Champions  
 Jamie Watson Fr St. Benedict 20:30.41 May 9-10 Miac Champions

40

40 entrants

10000 METER RUN

Laura Bloedorn	Sr Carleton	35:40.73	4/24 Drake Relays
=====	N C A A Automatic	36:24.00	
Nichole Petersen	So Gustavus Adolphus	37:43.94	May 9-10 Miac Champions
=====	N C A A Provisional	37:50.00	
Melissa Grunst	Jr Carleton	38:43.37	May 9-10 Miac Champions
Andrea Grunst	Jr Carleton	38:43.62	May 9-10 Miac Champions
Nicole Gurgel	So St. Thomas	39:34.61	May 9-10 Miac Champions
Beth Magnuson	So St. Thomas	39:35.21	May 9-10 Miac Champions
Marnie Christensen	Sr Macalester	39:50.42	May 9-10 Miac Champions
Alison Traffanstedt	Jr Carleton	40:19.38	May 9-10 Miac Champions
Liz Sorenson	Sr Concordia	40:34.00	May 9-10 Miac Champions
Kristine Hup	Sr St. Olaf	40:42.84	May 9-10 Miac Champions
10			
Erin Anderson	So Concordia	40:46.93	May 9-10 Miac Champions
Ashley Bean	So St. Benedict	40:50.88	May 9-10 Miac Champions
Meredith Fahrner	So St. Olaf	40:53.78	May 9-10 Miac Champions
Maureen Ringlein	So St. Benedict	40:59.57	May 9-10 Miac Champions
Britt Carlson	Jr St. Olaf	41:26.03	May 9-10 Miac Champions
April Graves	So St. Olaf	41:27.08	May 9-10 Miac Champions
Emily Judd	Jr Concordia	41:28.35	May 9-10 Miac Champions
Stephanie Noonan	So St. Benedict	41:32.45	4/12 Csb/Sju Quadrangul
Natalie Stork	So St. Thomas	43:26.37	May 9-10 Miac Champions
Marian Studer	So St. Benedict	44:03.64	May 9-10 Miac Champions
20			
=====	Last qualifier	46:01.07	Field limit 20 + ties
Jen Bremser	So Concordia	46:20.22	4/12 Csb/Sju Quad
Patty Canik	So St. Benedict	47:27.52	4/26 Macalester Invite
Rachel Williams	So St. Benedict	47:53.18	4/26 Macalester Invite

23 entrants

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100 METER HURDLES

=====	N C A A Automatic	14.43	
Kim Davis	Sr Carleton	14.85	4/26 Macalester Invite
=====	N C A A Provisional	15.10	
Molly Miller	Sr St. Benedict	15.19	4/26 Macalester Invitat
Jenny Folgers	So Saint Mary's	15.22	May 9-10 Miac Champions
Rebecca Peterson	Jr St. Olaf	15.26	4/12 Wartburg Select
Kirsten Fristad	So Macalester	15.30	4/26 Macalester Invite
Ali Cordie	So Gustavus Adolphus	15.42	4/26 Gustie Open
Emily Tollefson	So Concordia	15.53	4/9 Jimmie Invitational
Stacy Heiling	Sr Hamline	15.66	4/26 Macalester Women's
Nicole Plante	So Concordia	15.87	May 9-10 Miac Champions
Ashley Dingels	So Saint Mary's	15.90	5/2 Miac Hept
10			
Renee Splichal	Jr Concordia	15.90	4/9 Jimmie Invitational
Anne Sikorra	Sr St. Catherine	15.99	4/30 Tommie Twilight
Molly Bauman	Fr St. Thomas	16.24	4/12 St. Thomas Invitat
Meghan Orgeman	Fr St. Benedict	16.27	5/1 Miac Hept
Autumn Valk	Fr Saint Mary's	16.27	4/26 Drake Alternative
Johanna Shreve	So Macalester	16.40	4/26 Macalester Invite
Tarah Maatz	Jr Concordia	16.49	5/3 Masanz invitational
Kristi Colbenson	So Carleton	16.49	5/2 Miac Heptathlon
Cori Quade	Sr St. Catherine	16.71	4/30 Tommie Twilight
Caitlin Coomes	So Carleton	16.71	4/12 St Thomas Invite
20			
Trish Steele	So Bethel	16.81	May 9-10 Miac Champions
Megan Mason	Fr Saint Mary's	16.86	May 9-10 Miac Champions
Leah Heglund	Fr Concordia	17.08	4/9 Jimmie Invitational
Jill Ament	Jr St. Catherine	17.17	4/26 Macalester Invite

Audrey Joslin	Fr Gustavus Adolphus	17.26	4/26 Gustie Open
Breanne Miller	Fr Hamline	17.58	4/12 Lee Krough Invitat
=====	Last qualifier	17.99	Field limit 24
Tiffany Trost	So St. Benedict	18.52	3/29 Csb/Sju Triangular
Ashley Luehmann	Fr Saint Mary's	18.73	4/12 St. Thomas
Juliet Nguyen	Fr St. Benedict	18.90	4/30 Tommie Twilight
Mahlia Nguyen	Fr St. Benedict	19.01	4/26 Macalester Invitat
30			
Erin Lowe	Fr St. Olaf	19.30	4/12 Wartburg Select
Heather Berscheit	So St. Benedict	19.52	3/29 Csb/Sju Triangular

32 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	62.40	
Kirsten Fristad	So Macalester	63.76	May 9-10 Miac Champions
=====	N C A A Provisional	64.70	
Molly Bauman	Fr St. Thomas	64.85	4/30 Tommie Twilight
Kit Neubauer	Sr St. Benedict	65.03	5/2 Macalester Bagpipe
Kristi Colbenson	So Carleton	65.41	May 9-10 Miac Champions
Jill Ament	Jr St. Catherine	66.48	May 9-10 Miac Champions
Becca Trombly	Fr St. Olaf	66.50	May 9-10 Miac Champions
Ali Cordie	So Gustavus Adolphus	66.53	May 9-10 Miac Champions
Alicia Wakefield	Sr Bethel	67.17	May 9-10 Miac Champions
Autumn Valk	Fr Saint Mary's	67.64	4/26 Drake Alternative
Jenny Folgers	So Saint Mary's	67.76	May 9-10 Miac Champions
10			
Kim Davis	Sr Carleton	67.96	4/18 Manitou Classic
Delinda Tamagni	Sr St. Catherine	68.76	4/26 Macalester Invite
Nicole Plante	So Concordia	69.10	4/22 Cobber Twilight
Caitlin Coomes	So Carleton	69.25	4/26 Macalester Invite
Jess Miller	So Bethel	69.44	4/26 macalester women's
Meghan Orgeman	Fr St. Benedict	69.85	4/18 Manitou Classic
Audrey Joslin	Fr Gustavus Adolphus	69.91	5/2 Macalester Bagpipe
Emily Ament	Jr Hamline	70.05	May 9-10 Miac Champions
Natalie Scheidt	Sr St. Benedict	70.69	4/12 Csb/Sju Quadrangul
Mary McKee	So St. Thomas	70.90	3/22 Aztec Invitational
20			
Erin Oberton	Fr St. Benedict	70.95	May 9-10 Miac Champions
Lisa Owen	Jr Concordia	71.57	4/26 Macalester Invite
Kristine Jensen	So Concordia	72.33	5/3 Masanz invitational
Erin Lowe	Fr St. Olaf	75.49	May 9-10 Miac Champions
=====	Last qualifier	75.84	Field limit 24
Amy Benz	Fr Saint Mary's	77.51	4/26 Drake Alternative

25 entrants

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

3000M STEEPLECHASE

=====	N C A A Provisional	11:30.00	
Megan Rose	So St. Benedict	11:31.96	4/12 Csb/Sju Quadrangul
Lisa Owen	Jr Concordia	11:38.17	4/29 Ndsu Invitational
Kezia Manlove	Fr St. Olaf	11:39.73	4/26 Macalester Invitat
Cassie Funke	So Carleton	11:44.77	May 9-10 Miac Champions
Renee Schaefer	Jr Macalester	11:45.80	4/12 Lee Krough
Liz Sorenson	Sr Concordia	11:50.51	May 9-10 Miac Champions
Julie Miller	So Concordia	11:50.65	4/22 Cobber Twilight
Nancy Buselmeier	So St. Benedict	11:52.60	4/30 Tommie Twilight
Jen St. John	So Concordia	11:56.31	4/22 Cobber Twilight

Tish Dusich 10	Sr St. Thomas	11:56.86	May 9-10 Miac Champions
Tasha Pike	So Gustavus Adolphus	11:57.84	4/26 Gustie Open
Alana Lucio	Jr St. Thomas	12:05.56	4/30 Tommie Twilight
Amy Lehmeier	So St. Benedict	12:11.30	4/30 Tommie Twilight
Britt Carlson	Jr St. Olaf	12:11.63	4/30 Tommie Twilight
Sarah Estill	Fr St. Olaf	12:20.11	4/30 Tommie Twilight
April Graves	So St. Olaf	12:20.87	4/30 Tommie Twilight
Rebecca Welle	So Augsburg	12:42.75	4/30 Tommie Twilight
Anne Blair	Fr Macalester	12:44.16	May 9-10 Miac Champions
=====	Last qualifier	12:44.68	Field limit 18 + ties
Rebecca Derby	Fr St. Catherine	12:53.92	4/30 Tommie Twilight
Havila Brisbois 20	Fr St. Catherine	13:20.70	4/30 Tommie Twilight
Sarah Hegg	So St. Benedict	13:20.90	5/2 Macalester Bagpipe
Jen Bremser	So Concordia	13:34.47	4/29 Ndsu Invitational
Brenna Greenfield	Fr St. Olaf	14:12.25	4/18 Manitou Classic

23 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	
St. Thomas		48.88	May 9-10 Miac Champions
Concordia		49.16	May 9-10 Miac Champions
=====	N C A A Provisional	49.20	
St. Benedict		49.28	4/30 Tommie Twilight
Gustavus Adolphus		49.50	4/26 Gustie Open
Macalester		50.58	4/26 Macalester Invite
Augsburg		50.67	4/30 Tommie Twilight
St. Catherine		50.84	4/26 Macalester Invite
Hamline		51.25	4/26 Macalester Women's
St. Olaf		51.54	May 9-10 Miac Champions
Saint Mary's		51.55	4/26 Drake Alternative
10			
Bethel		53.48	4/12 Simpson College Op

11 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	3:51.00	
St. Thomas		3:51.87	4/30 Tommie Twilight
St. Olaf		3:57.55	5/2 Macalester Bagpipe
=====	N C A A Provisional	3:58.00	
St. Benedict		4:02.39	5/2 Macalester Bagpipe
Gustavus Adolphus		4:02.66	4/12 Lee Krough Invite
Carleton		4:04.28	4/26 Macalester Invite
Bethel		4:04.50	4/26 macalester women's
Concordia		4:06.86	4/25 Drake Relays
St. Catherine		4:07.70	4/26 Macalester Invite
Macalester		4:09.24	May 9-10 Miac Champions
Augsburg		4:09.59	4/30 Tommie Twilight
10			
Saint Mary's		4:10.54	4/26 Drake Alternative
Hamline		4:15.03	4/26 Macalester Women's

12 entrants

4X800 METER RELAY

St. Thomas	9:05.66	4/26 Drake Relays
St. Olaf	9:30.14	May 9-10 Miac Champions
Gustavus Adolphus	9:37.07	May 9-10 Miac Champions
Carleton	9:39.01	May 9-10 Miac Champions
St. Catherine	9:41.59	May 9-10 Miac Champions
St. Benedict	9:41.84	May 9-10 Miac Champions
Macalester	9:44.66	May 9-10 Miac Champions
Augsburg	9:45.51	May 9-10 Miac Champions
Bethel	9:51.15	May 9-10 Miac Champions
Concordia	9:52.80	May 9-10 Miac Champions
10		
Hamline	10:14.27	May 9-10 Miac Champions

11 entrants

LONG JUMP

=====	N C A A Automatic	19-0 1/2 (5.80m)	
=====	N C A A Provisional	18-0 1/2 (5.50m)	
Kelli Tranby	5 Concordia	17-10 3/4 (5.45m)	4/29 Ndsu Invitational
Jill Ylonen	Sr St. Thomas	17-9 1/2 (5.42m)	4/18 ManitouTrack Class
Heidi Vogel	Sr St. Thomas	17-6 (5.33m)	4/18 ManitouTrack Class
Renee Splichal	Jr Concordia	17-2 1/4 (5.24m)	4/22 Cobber Twilight
Theresa Meath	Fr St. Thomas	17-2 (5.23m)	4/18 ManitouTrack Class
Kristal Grigsby	Fr St. Thomas	17-1 1/4 (5.21m)	4/26 Mac Invite
Annie Knierim	Sr Concordia	16-11 1/2 (5.17m)	4/22 Cobber Twilight
Patti Clintzman	Fr St. Benedict	16-10 3/4 (5.15m)	4/18 Manitou Classic
Tonnisha Bell	Fr Augsburg	16-10 (5.13m)	4/12 Csb/Sju Quad
Andretta Colley	So St. Thomas	16-9 3/4 (5.12m)	May 9-10 Miac Champions
10			
Christine Walsten	Jr Hamline	16-8 1/2 (5.09m)	4/18 Manitou Classic
Emily Tollefson	So Concordia	16-8 (5.08m)	4/29 Ndsu Invitational
Megan Seibel	Fr St. Thomas	16-5 1/4 (5.01m)	4/18 ManitouTrack Class
Nicole Plante	So Concordia	16-5 (5.00m)	4/22 Cobber Twilight
Ashley Luehmann	Fr Saint Mary's	16-4 1/2 (4.99m)	4/26 Drake Alternative
Erin Ranta	Jr St. Thomas	16-4 1/2 (4.99m)	4/12 St. Thomas Invitat
Kim Davis	Sr Carleton	16-3 1/4 (4.96m)	4/12 St. Benedict Hepta
Johanna Shreve	So Macalester	16-3 1/4 (4.96m)	4/12 Lee Krough
Karolien Bastiaens	Jr St. Thomas	16-3 1/4 (4.96m)	4/12 St. Thomas Invitat
Katie Joyce	Sr St. Thomas	16-3 (4.95m)	4/18 ManitouTrack Class
20			
Anne Sikorra	Sr St. Catherine	16-1 1/2 (4.91m)	5/2 Macalester Bagpipe
Lindsey Weis	Jr Gustavus Adolphus	16-0 1/2 (4.89m)	5/2 Macalester Bagpipe
Maggie Stolp	Jr Gustavus Adolphus	16-0 1/2 (4.89m)	4/12 Lee Krough Invite
Rebecca Peterson	Jr St. Olaf	15-9 3/4 (4.82m)	5/2 Miac Heptathlon
Heidi Pearson	Fr St. Catherine	15-9 (4.80m)	4/12 Lee Krough Invite
Ashley Dingels	So Saint Mary's	15-8 1/4 (4.78m)	5/2 Miac Hept
Kari Rosenfeldt	Sr Concordia	15-7 3/4 (4.77m)	5/3 Masanz invitational
Kristina Granger	Fr St. Benedict	15-7 (4.75m)	4/12 Csb/Sju Quadrangul
Katie Young	Fr Concordia	15-4 (4.67m)	5/3 Masanz invitational
Trish Steele	So Bethel	15-4 (4.67m)	4/26 macalester women's
30			
Kristi Colbenson	So Carleton	15-4 (4.67m)	4/12 St. Benedict Hepta
Caitlin Coomes	So Carleton	15-3 1/2 (4.66m)	4/12 St Thomas Invite
Cori Quade	Sr St. Catherine	15-3 1/4 (4.65m)	4/30 Tommie Twilight
Nicole Frost	Fr St. Catherine	15-2 3/4 (4.64m)	4/18 Manitou Classic
=====	Last qualifier	15-2 3/4 (4.64m)	Field limit 18 + ties
Jill Ament	Jr St. Catherine	15-2 1/4 (4.63m)	3/22 Ulv Invitational
Elizabeth Murray	Jr Gustavus Adolphus	15-2 (4.62m)	4/18 Manitou Classic

Oyeyinka Oyebanke	Fr Carleton	15-1 1/2 (4.61m)	4/5 Washington Universi
Caitlin Groh	Fr St. Olaf	15-1 1/4 (4.60m)	5/2 Macalester Bagpipe
Meghan Orgeman	Fr St. Benedict	15-1 1/4 (4.60m)	4/14 Csb/Sju Hept
Megan Mason	Fr Saint Mary's	15-0 1/2 (4.58m)	4/12 St. Thomas

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](#)

TRIPLE JUMP

=====	N C A A Automatic	39-2 1/2 (11.95m)	
=====	N C A A Provisional	36-11 (11.25m)	
Kristal Grigsby	Fr St. Thomas	36-6 1/4 (11.13m)	4/26 Mac Invite
Kristina Granger	Fr St. Benedict	36-3 (11.05m)	3/29 Csb/Sju Triangular
Annie Knierim	Sr Concordia	35-10 1/2 (10.93m)	May 9-10 Miac Champions
Lindsey Weis	Jr Gustavus Adolphus	35-4 (10.77m)	4/26 Gustie Open
Heidi Vogel	Sr St. Thomas	34-11 3/4 (10.66m)	4/30 Tommie Twilight
Emily Beyer	So St. Benedict	34-7 3/4 (10.56m)	4/12 Csb/Sju Quadrangul
Christine Walsten	Jr Hamline	34-6 1/4 (10.52m)	May 9-10 Miac Champions
Brandy Fouts	So St. Olaf	34-0 3/4 (10.38m)	4/18 Manitou Classic
Nicole Frost	Fr St. Catherine	33-10 3/4 (10.33m)	4/30 Tommie Twilight
Ellie Lewis	Sr Macalester	33-9 1/4 (10.29m)	4/26 Macalester Invite

10

Renee Splichal	Jr Concordia	33-6 3/4 (10.23m)	May 9-10 Miac Champions
Kari Rosenfeldt	Sr Concordia	33-6 3/4 (10.23m)	4/22 Cobber Twilight
Angela VanBinsbergen	So Augsburg	33-2 1/2 (10.12m)	4/26 Gustavus Open
Kalee Schrupp	Fr Gustavus Adolphus	33-0 1/4 (10.06m)	May 9-10 Miac Champions
Cori Quade	Sr St. Catherine	32-11 3/4 (10.05m)	4/30 Tommie Twilight
Marla Nelson	Fr St. Olaf	32-11 (10.03m)	4/12 Wartburg Select
Megan Seibel	Fr St. Thomas	32-7 3/4 (9.95m)	4/30 Tommie Twilight
Ellen Graef	Jr Gustavus Adolphus	32-6 1/4 (9.91m)	4/12 Lee Krough Invite
Audrey Joslin	Fr Gustavus Adolphus	32-2 3/4 (9.82m)	4/26 Gustie Open
Sonja Moe	So St. Olaf	32-2 1/4 (9.81m)	4/30 Tommie Twilight

20

Catherine Hagen	So St. Benedict	32-0 1/4 (9.76m)	3/2 Csb/Roanoke Dual
Elizabeth Murray	Jr Gustavus Adolphus	31-11 1/2 (9.74m)	4/12 Lee Krough Invite
Erin Lowe	Fr St. Olaf	31-5 3/4 (9.59m)	4/30 Tommie Twilight
Erin Ranta	Jr St. Thomas	31-2 (9.50m)	5/2 Bagpipe Open
=====	Last qualifier	31-2 (9.50m)	Field limit 18 + ties
Jennifer Levenhagen	Jr St. Olaf	31-1 1/4 (9.48m)	4/18 Manitou Classic
Sarah Margoles	Jr Carleton	30-8 1/2 (9.36m)	4/26 Macalester Invite
Kay Yien	Fr St. Olaf	28-10 1/2 (8.80m)	4/18 Manitou Classic

27 entrants

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

SHOT PUT

Jackie Luehmann	Jr Gustavus Adolphus	46-10 (14.27m)	5/2 Macalester Bagpipe
=====	N C A A Automatic	44-11 1/2 (13.70m)	
Jenna Wendorff	Fr St. Benedict	44-0 1/2 (13.42m)	4/26 Macalester Invitat
=====	N C A A Provisional	41-3 (12.57m)	
Ashley Luehmann	Fr Saint Mary's	40-2 (12.24m)	4/30 Tommie Twilight
Kristin Petersen	Jr Gustavus Adolphus	39-8 (12.09m)	5/2 Macalester Bagpipe
Ashley Dingels	So Saint Mary's	39-5 1/4 (12.02m)	4/26 Drake Alternative
Laura Turner	Fr Bethel	38-5 1/2 (11.72m)	4/30 Tommie Twilight
Katie Christenson	Jr Macalester	38-4 3/4 (11.70m)	3/22 Diii Spring Break
Ali Taylor	Sr Hamline	38-1 1/2 (11.62m)	May 9-10 Miac Champions
Melissa Logan	Jr Carleton	37-10 1/2 (11.54m)	May 9-10 Miac Champions
Heidi Gruenhagen	Fr Gustavus Adolphus	37-10 (11.53m)	4/5 Washington U Invite

10

Heather Seiben	So Gustavus Adolphus	37-8 (11.48m)	4/26 Gustie Open
Ellen Crow	So St. Thomas	37-7 3/4 (11.47m)	4/26 Mac Invite
Crystal Baloun	Jr St. Thomas	37-5 3/4 (11.42m)	4/30 Tommie Twilight
Erica Eastley	So Concordia	36-4 3/4 (11.09m)	May 9-10 Miac Champions
Jennifer Hanson	Fr St. Benedict	36-4 (11.07m)	4/26 Macalester Invitat
Elizabeth Cleveland	Fr Saint Mary's	36-3 1/2 (11.06m)	4/26 Drake Alternative
Allison Clark	Sr St. Benedict	35-7 1/4 (10.85m)	4/12 Csb/Sju Quadrangul
Becky Martinson	Sr Hamline	35-5 (10.79m)	4/26 Macalester Women's
Jess Braun	So St. Benedict	35-3 3/4 (10.76m)	4/12 Csb/Sju Quadrangul
Mary Beth Hart	So St. Benedict	35-1 3/4 (10.71m)	4/12 Csb/Sju Quadrangul

20

=====	Last qualifier	34-10 1/2 (10.63m)	Field limit 18 + ties
Rebekah Hoback	Jr Concordia	34-9 3/4 (10.61m)	4/9 Jimmie Invitational
Emily Uzzell	Sr St. Olaf	34-7 1/2 (10.55m)	5/2 Macalester Bagpipe
Cheryl Fricke	Fr Carleton	34-3 1/2 (10.45m)	4/26 Macalester Invite
Sarah Koziolok	Fr St. Catherine	34-2 3/4 (10.43m)	4/26 Macalester Invite
Jennifer Levenhagen	Jr St. Olaf	33-10 3/4 (10.33m)	4/30 Tommie Twilight
Sara Vargason	Fr Saint Mary's	33-6 3/4 (10.23m)	4/12 St. Thomas
Kim Davis	Sr Carleton	33-2 (10.11m)	5/2 Miac Heptathlon
Brtia Carlson	Fr Macalester	32-10 1/4 (10.01m)	4/12 Lee Krough
Jodie Tappella	Fr St. Benedict	32-8 1/4 (9.96m)	5/2 Macalester Bagpipe
Lorna Wilson	So St. Olaf	32-6 1/2 (9.92m)	4/26 Macalester Invitat

30

Kristi Colbenson	So Carleton	32-3 (9.83m)	5/2 Miac Heptathlon
Renee Splichal	Jr Concordia	32-2 3/4 (9.82m)	4/14 Csb/Sju Heptathlon
Lisa Eidenschink	Sr St. Olaf	32-2 1/4 (9.81m)	4/26 Macalester Invitat
Andrea Price	Fr Hamline	32-2 (9.80m)	4/30 Tommie Twilight
Rebecca Peterson	Jr St. Olaf	31-8 1/2 (9.66m)	4/30 Tommie Twilight
Rachel Fink	Jr Saint Mary's	31-4 3/4 (9.57m)	4/18 St. Olaf College
Anna Noren	Jr Carleton	31-3 1/4 (9.53m)	4/12 St Thomas Invite
Nicole Plante	So Concordia	31-2 1/2 (9.51m)	4/14 Csb/Sju Heptathlon
Mary Ann Becker	Jr St. Benedict	31-2 (9.50m)	3/29 Csb/Sju Triangular
Nicole Irvin	So Concordia	30-11 1/4 (9.43m)	3/29 Sju/Csb Quad

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

DISCUS THROW

=====	N C A A Automatic	152-7 (46.50m)	
Kristin Petersen	Jr Gustavus Adolphus	145-1 (44.22m)	May 9-10 Miac Champions
Mariah Mougey	Sr Concordia	139-10 (42.63m)	5/3 Masanz invitational
=====	N C A A Provisional	136-2 (41.50m)	
Jennifer Levenhagen	Jr St. Olaf	135-1 (41.18m)	4/26 Macalester Invitat
Jackie Luehmann	Jr Gustavus Adolphus	133-3 (40.61m)	May 9-10 Miac Champions
Melissa Logan	Jr Carleton	123-5 (37.63m)	4/30 Tommie Twilight
Lorna Wilson	So St. Olaf	122-10 (37.45m)	4/30 Tommie Twilight
Crystal Baloun	Jr St. Thomas	122-9 (37.41m)	4/26 Mac Invite
Erica Eastley	So Concordia	120-4 (36.69m)	4/26 Macalester Invite
Ashley Luehmann	Fr Saint Mary's	118-0 (35.96m)	4/26 Drake Alternative
Karla Solum	Fr Concordia	117-7 (35.85m)	5/3 Masanz invitational

10

Jenna Wendorff	Fr St. Benedict	116-4 (35.45m)	3/29 Csb/Sju Triangular
Becki Madvig	Sr Bethel	115-4 (35.15m)	4/12 Simpson College Op
Nicole Irvin	So Concordia	113-8 (34.64m)	4/22 Cobber Twilight
Lisa Eidenschink	Sr St. Olaf	113-2 (34.50m)	May 9-10 Miac Champions
Becky Martinson	Sr Hamline	111-11 (34.11m)	4/12 Lee Krough Invitat
Kirsten Gulbro	Sr Augsburg	110-9 (33.76m)	4/26 Gustavus Open
Laura Turner	Fr Bethel	110-0 (33.52m)	4/26 macalester women's
=====	Last qualifier	109-4 (33.34m)	Field limit 18 + ties
Cheryl Fricke	Fr Carleton	108-9 (33.16m)	4/5 Washington Universi
Emily Uzzell	Sr St. Olaf	108-9 (33.14m)	4/26 Macalester Invitat
Anna Noren	Jr Carleton	107-4 (32.73m)	5/2 Macalester Bagpipe

20

Ellen Crow	So St. Thomas	107-3 (32.70m)	4/30 Tommie Twilight
Rebekah Hoback	Jr Concordia	107-2 (32.67m)	5/3 Masanz invitational

Mary Beth Hart	So St. Benedict	107-2 (32.67m)	3/29 Csb/Sju Triangular
Kate Otremba	Sr St. Benedict	106-10 (32.56m)	5/2 Macalester Bagpipe
Lizzy Erickson	So Carleton	103-10 (31.65m)	5/2 Macalester Bagpipe
Elizabeth Cleveland	Fr Saint Mary's	102-4 (31.20m)	4/30 Tommie Twilight
Jess Braun	So St. Benedict	100-11 (30.77m)	4/12 Csb/Sju Quadrangul
Jennifer Hanson	Fr St. Benedict	100-4 (30.58m)	3/29 Csb/Sju Triangular
Jen Brouwers	So St. Catherine	99-8 (30.38m)	4/12 Lee Krough Invite
Kelly Christopherson	Jr St. Thomas	98-5 (30.01m)	4/26 Mac Invite
30			
Katie Kuenzi	So St. Catherine	89-3 (27.20m)	4/26 Macalester Invite
Cassandra Carlson	Fr St. Catherine	86-10 (26.48m)	4/26 Macalester Invite
Sarah Koziolk	Fr St. Catherine	86-7 (26.39m)	4/26 Macalester Invite
Sara Vargason	Fr Saint Mary's	81-9 (24.92m)	4/26 Drake Alternative
Andrea Price	Fr Hamline	81-2 (24.75m)	5/2 macalester Bagpipe
Sofia Rosengren	Fr Bethel	80-1 1/2 (24.42m)	4/26 macalester women's
Katie Connor	Jr St. Benedict	76-0 1/4 (23.17m)	3/29 Csb/Sju Triangular

37 entrants

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HAMMER THROW

=====	N C A A Automatic	168-11 (51.50m)	
Mariah Mougey	Sr Concordia	164-7 (50.18m)	5/3 Masanz invitational
Ali Taylor	Sr Hamline	152-0 (46.32m)	4/18 Manitou Classic
=====	N C A A Provisional	147-8 (45.00m)	
Julie Mareck	Sr St. Catherine	145-10 (44.45m)	4/26 Macalester Invite
Crystal Baloun	Jr St. Thomas	145-9 (44.44m)	4/26 Mac Invite
Jackie Luehmann	Jr Gustavus Adolphus	145-6 (44.34m)	5/2 Macalester Bagpipe
Heather Seiben	So Gustavus Adolphus	144-2 (43.95m)	4/12 Lee Krough Invite
Becky Martinson	Sr Hamline	143-0 (43.58m)	5/2 macalester Bagpipe
Kate Otremba	Sr St. Benedict	137-0 (41.75m)	4/26 Macalester Invitat
Nicole Irvin	So Concordia	130-2 (39.67m)	4/22 Cobber Twilight
Kirsten Gulbro	Sr Augsburg	129-1 (39.34m)	4/12 Csb/Sju Quad
10			
Melissa Logan	Jr Carleton	128-2 (39.06m)	4/26 Macalester Invite
Erica Eastley	So Concordia	126-6 (38.55m)	5/3 Masanz invitational
Emily Uzzell	Sr St. Olaf	126-2 (38.46m)	4/26 Macalester Invitat
Becki Madvig	Sr Bethel	123-2 (37.54m)	4/26 macalester women's
Jenna Wendorff	Fr St. Benedict	122-0 (37.20m)	4/26 Macalester Invitat
Elizabeth Cleveland	Fr Saint Mary's	121-5 (37.00m)	4/30 Tommie Twilight
Kristin Petersen	Jr Gustavus Adolphus	121-4 (36.98m)	5/2 Macalester Bagpipe
Lorna Wilson	So St. Olaf	120-7 (36.76m)	4/26 Macalester Invitat
=====	Last qualifier	119-9 (36.51m)	Field limit 18 + ties
Cheryl Fricke	Fr Carleton	119-2 (36.32m)	4/30 Tommie Twilight
Allison Clark	Sr St. Benedict	118-7 (36.14m)	5/2 Macalester Bagpipe
20			
Jen Brouwers	So St. Catherine	117-11 (35.95m)	4/12 Lee Krough Invite
Mary Beth Hart	So St. Benedict	116-11 (35.64m)	4/18 Manitou Classic
Alexis Surratt	So Carleton	115-3 (35.12m)	5/2 Macalester Bagpipe
Brtia Carlson	Fr Macalester	112-9 (34.38m)	4/12 Lee Krough
Rachel Fink	Jr Saint Mary's	112-9 (34.36m)	4/18 St. Olaf College
Anna Noren	Jr Carleton	112-3 (34.21m)	4/30 Tommie Twilight
Jennifer Hanson	Fr St. Benedict	112-0 (34.14m)	4/30 Tommie Twilight
Ellen Crow	So St. Thomas	111-4 (33.93m)	4/12 St. Thomas Invitat
Rebekah Hoback	Jr Concordia	111-1 (33.87m)	5/3 Masanz invitational
Colleen Schroht	Fr Gustavus Adolphus	110-5 (33.67m)	5/2 Macalester Bagpipe
30			
Sara Vargason	Fr Saint Mary's	109-1 (33.26m)	4/12 St. Thomas
Jodie Tappella	Fr St. Benedict	108-11 (33.20m)	4/26 Macalester Invitat
Sarah Koziolk	Fr St. Catherine	104-10 (31.96m)	4/26 Macalester Invite
Laura Fulton	Fr St. Catherine	98-9 (30.10m)	4/26 Macalester Invite
Mary Ann Becker	Jr St. Benedict	97-2 (29.63m)	5/2 Macalester Bagpipe
Tennie McCabe	Jr Saint Mary's	96-4 (29.36m)	4/12 St. Thomas
Kelly Christopherson	Jr St. Thomas	83-5 (25.43m)	4/12 St. Thomas Invitat
Jaclyn Tews	So Hamline	82-4 (25.10m)	4/18 Manitou Classic
Michelle Ashleson	Sr Bethel	33-4 (10.16m)	4/18 Manitou Classic

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## JAVELIN THROW

=====	N C A A Automatic	137-9 (42.00m)	
Kristi Colbenson	So Carleton	133-9 (40.78m)	4/18 Manitou Classic
Nicole Plante	So Concordia	129-0 (39.32m)	5/2 Miac Heptathlon
=====	N C A A Provisional	126-4 (38.50m)	
Erica Eastley	So Concordia	123-11 (37.78m)	4/22 Cobber Twilight
Erika Wetzel	Fr St. Thomas	116-2 (35.40m)	4/30 Tommie Twilight
Ashley Luehmann	Fr Saint Mary's	115-8 (35.25m)	4/12 St. Thomas
Lizzy Erickson	So Carleton	115-0 (35.05m)	5/2 Macalester Bagpipe
Lisa Ostenson	Fr Macalester	114-10 (35.00m)	5/2 Macalester Bagpipe
Katie Reynolds	Sr St. Thomas	110-3 (33.61m)	May 9-10 Miac Champions
Rhiannon Grimm	So Concordia	108-6 (33.08m)	4/26 Macalester Invite
Jennifer Levenhagen	Jr St. Olaf	108-1 (32.94m)	4/26 Macalester Invitat
10			
Stacy Heiling	Sr Hamline	108-0 (32.93m)	May 9-10 Miac Champions
Ashley Dingels	So Saint Mary's	106-4 (32.41m)	4/26 Drake Alternative
Kim Davis	Sr Carleton	106-1 (32.34m)	4/26 Macalester Invite
Katie Christenson	Jr Macalester	105-10 (32.26m)	3/22 Diii Spring Break
Calli Peotter	So St. Thomas	104-10 (31.96m)	4/26 Mac Invite
Becky Martinson	Sr Hamline	104-5 (31.83m)	4/12 Lee Krough Invitat
Meghan Orgeman	Fr St. Benedict	102-1 (31.11m)	4/12 Csb/Sju Quadrangul
Lindsay Kuznia	Fr Concordia	101-1 (30.82m)	3/29 Sju/Csb Quad
Jess Braun	So St. Benedict	100-4 (30.58m)	4/30 Tommie Twilight
Becki Madvig	Sr Bethel	99-7 (30.35m)	4/26 macalester women's
20			
Angela VanBinsbergen	So Augsburg	99-4 (30.28m)	4/26 Gustavus Open
Erica Layer	Fr St. Benedict	98-6 (30.02m)	4/26 Macalester Invitat
Amanda Guralski	Jr St. Thomas	97-8 (29.76m)	4/30 Tommie Twilight
=====	Last qualifier	96-9 (29.48m)	Field limit 18 + ties
Heather Seiben	So Gustavus Adolphus	96-3 (29.33m)	5/2 Macalester Bagpipe
Heather Berscheit	So St. Benedict	94-6 (28.80m)	4/14 Csb/Sju Hept
Joan Bennett	So Macalester	94-2 (28.70m)	4/26 Macalester Invite
Colleen Schroht	Fr Gustavus Adolphus	89-0 (27.13m)	4/26 Gustie Open
Renee Splichal	Jr Concordia	86-6 (26.36m)	5/2 Miac Heptathlon
Rachel Fink	Jr Saint Mary's	86-3 (26.28m)	4/10 Norse Relays
Caitlin Coomes	So Carleton	84-8 (25.82m)	3/29 Csb/Sju Triangular
30			
Leah Dvorak	Sr St. Olaf	83-9 (25.52m)	4/30 Tommie Twilight
Rebekah Hoback	Jr Concordia	83-0 (25.29m)	4/9 Jimmie Invitational
Karla Solum	Fr Concordia	78-5 (23.90m)	5/3 Masanz invitational
Rebecca Peterson	Jr St. Olaf	77-5 1/4 (23.60m)	4/26 Macalester Invitat
Brtia Carlson	Fr Macalester	77-1 1/4 (23.50m)	4/12 Lee Krough
Kaaren Sowles	So Bethel	75-4 3/4 (22.98m)	4/26 macalester women's
Heidi Gruenhagen	Fr Gustavus Adolphus	71-9 (21.87m)	4/12 Lee Krough Invite
Julia Lippit	So Carleton	68-10 3/4 (21.00m)	4/18 Manitou Classic
Tiffany Trost	So St. Benedict	66-8 (20.32m)	4/12 Csb/Sju Quadrangul
Annie Mills	Fr Carleton	63-2 3/4 (19.27m)	4/12 St Thomas Invite

## 40 entrants

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## HIGH JUMP

=====	N C A A Automatic	5-7 3/4 (1.72m)	
Danille St. Louis	So Hamline	5-5 3/4 (1.67m)	4/30 Tommie Twilight
Ashley Dingels	So Saint Mary's	5-5 1/4 (1.66m)	5/2 Miac Hept

=====	N C A A Provisional	5-4 1/2 (1.64m)	
Lindsey Weis	Jr Gustavus Adolphus	5-3 3/4 (1.62m)	May 9-10 Miac Champions
Kim Davis	Sr Carleton	5-3 (1.60m)	5/2 Miac Heptathlon
Ellie Lewis	Sr Macalester	5-2 1/4 (1.58m)	4/26 Macalester Invite
Julia Lippit	So Carleton	5-1 3/4 (1.57m)	May 9-10 Miac Champions
Erika Jerme	So Macalester	5-1 3/4 (1.57m)	3/22 Diii Spring Break
Jenna Martin	Fr St. Catherine	5-1 (1.55m)	4/30 Tommie Twilight
Anne Sikorra	Sr St. Catherine	5-0 1/2 (1.54m)	5/2 Miac Heptathlon
Breanne Miller	Fr Hamline	5-0 1/2 (1.54m)	5/2 macalester Bagpipe
10			
Krista Mateffy	Fr St. Benedict	5-0 1/2 (1.54m)	5/2 Macalester Bagpipe
Trish Steele	So Bethel	5-0 (1.52m)	4/12 Simpson College Op
Kristal Grigsby	Fr St. Thomas	4-11 3/4 (1.52m)	May 9-10 Miac Champions
Michelle Steadman	So Gustavus Adolphus	4-11 3/4 (1.52m)	4/26 Gustie Open
Meghan Orgeman	Fr St. Benedict	4-11 1/2 (1.51m)	5/1 Miac Hept
Rebecca Peterson	Jr St. Olaf	4-10 1/4 (1.48m)	5/2 Miac Heptathlon
Megan Mason	Fr Saint Mary's	4-10 1/4 (1.48m)	5/2 Miac Hept
Heather Berscheit	So St. Benedict	4-10 1/4 (1.48m)	4/13 Csb/Sju Hept
=====	Last qualifier	4-10 1/4 (1.48m)	Field limit 15 + ties
Olivia Jewett	Fr St. Benedict	4-9 3/4 (1.47m)	4/12 Csb/Sju Quadrangul
Caitlin Coomes	So Carleton	4-9 (1.45m)	5/2 Miac Heptathlon
20			
Kristi Colbenson	So Carleton	4-9 (1.45m)	5/2 Miac Heptathlon
Leah Dvorak	Sr St. Olaf	4-9 (1.45m)	4/12 Wartburg Select
Christie Thames	Jr St. Thomas	4-9 (1.45m)	4/12 St. Thomas Invitat
Sara Entgelmeier	Jr Macalester	4-8 3/4 (1.44m)	5/2 Macalester Bagpipe
Tiffany Trost	So St. Benedict	4-8 1/4 (1.43m)	4/26 Macalester Invitat
Renee Splichal	Jr Concordia	4-7 3/4 (1.42m)	4/14 Csb/Sju Heptathlon
Nicole Plante	So Concordia	4-7 3/4 (1.42m)	4/14 Csb/Sju Heptathlon

27 entrants

100 | 200 | 400 | 800 | 1500 | 5000 | 10000 | 100H | 400H | STEEP  
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POLE VAULT

Karolien Bastiaens	Jr St. Thomas	12-5 1/4 (3.79m)	May 9-10 Miac Champions
=====	N C A A Automatic	12-0 3/4 (3.68m)	
Anne Sikorra	Sr St. Catherine	11-4 1/4 (3.46m)	May 9-10 Miac Champions
Shannon Martin	Jr Gustavus Adolphus	11-0 1/4 (3.36m)	May 9-10 Miac Champions
Lindsay Kuznia	Fr Concordia	10-11 3/4 (3.35m)	5/3 Masanz invitational
Kristi Schneider	So Gustavus Adolphus	10-10 (3.30m)	4/12 Lee Krough Invite
=====	N C A A Provisional	10-10 (3.30m)	
Christie Thames	Jr St. Thomas	10-8 1/4 (3.26m)	May 9-10 Miac Champions
Renee Splichal	Jr Concordia	10-6 1/4 (3.21m)	4/29 Ndsu Invitational
Heather Berscheit	So St. Benedict	10-4 1/4 (3.16m)	May 9-10 Miac Champions
Maria Wilkes	Fr St. Benedict	10-4 1/4 (3.16m)	May 9-10 Miac Champions
Elizabeth Ghandour	Fr St. Olaf	10-4 1/4 (3.16m)	May 9-10 Miac Champions
10			
Megan Mason	Fr Saint Mary's	10-4 1/4 (3.16m)	May 9-10 Miac Champions
Marla Nelson	Fr St. Olaf	10-4 1/4 (3.16m)	May 9-10 Miac Champions
Natalie Hanson	Fr Concordia	10-4 (3.15m)	4/12 Csb/Sju Quad
Sarah Lenhardt	Sr St. Benedict	10-2 (3.10m)	5/2 Macalester Bagpipe
Sarah Margoles	Jr Carleton	10-0 1/2 (3.06m)	May 9-10 Miac Champions
Emily Hall	So Concordia	9-8 (2.95m)	3/29 Sju/Csb Quad
Karla Solum	Fr Concordia	9-4 1/2 (2.86m)	4/26 Macalester Invite
Beth Schiller	Fr St. Benedict	9-4 1/4 (2.85m)	4/12 Csb/Sju Quadrangul
Jamie Neumann	Fr St. Benedict	9-2 1/4 (2.80m)	5/2 Macalester Bagpipe
Erica Layer	Fr St. Benedict	9-2 1/4 (2.80m)	3/29 Csb/Sju Triangular
20			
Nicole Maasjo	Fr Concordia	8-10 3/4 (2.71m)	4/26 Macalester Invite
Melanie Roberts	So Macalester	8-10 3/4 (2.71m)	4/26 Macalester Invite
=====	Last qualifier	8-10 1/4 (2.70m)	Field limit 15 + ties
Kelly Havig	So Concordia	8-9 3/4 (2.69m)	4/22 Cobber Twilight
Emily Ament	Jr Hamline	8-8 1/4 (2.65m)	5/2 macalester Bagpipe
Jess Rosenblatt	Jr Carleton	8-4 (2.54m)	4/30 Tommie Twilight
Caitlin Groh	Fr St. Olaf	7-10 (2.39m)	4/30 Tommie Twilight

26 entrants

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HEPTATHLON

Ashley Dingels	So Saint Mary's	4641	May 1-2 Miac Champions
Kim Davis	Sr Carleton	4523	May 1-2 Miac Champions
=====	N C A A Automatic	4500	
Kristi Colbenson	So Carleton	4375	May 1-2 Miac Champions
Nicole Plante	So Concordia	4250	May 1-2 Miac Champions
Anne Sikorra	Sr St. Catherine	4212	May 1-2 Miac Champions
Rebecca Peterson	Jr St. Olaf	4139	May 1-2 Miac Champions
=====	N C A A Provisional	4100	
Meghan Orgeman	Fr St. Benedict	4030	May 1-2 Miac Champions
Jill Ament	Jr St. Catherine	3792	May 1-2 Miac Champions
Renee Splichal	Jr Concordia	3764	May 1-2 Miac Champions
Trish Steele	So Bethel	3631	May 1-2 Miac Champions
10			
Caitlin Coomes	So Carleton	3570	May 1-2 Miac Champions
Tiffany Trost	So St. Benedict	3351	May 1-2 Miac Champions
Heather Berscheit	So St. Benedict	3012	May 1-2 Miac Champions
Megan Mason	Fr Saint Mary's	2897	May 1-2 Miac Champions

14 entrants

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3000 METER RUN\*

Laura Bloedorn	Sr Carleton	10:09.23	4/18 Manitou Classic
Nichole Petersen	So Gustavus Adolphus	10:24.16	5/2 Macalester Bagpipe
Lindsay Boetcher	Fr St. Olaf	10:39.37	4/18 Manitou Classic
Tasha Pike	So Gustavus Adolphus	11:00.53	5/2 Macalester Bagpipe
Jen St. John	So Concordia	11:26.36	4/26 Macalester Invite
Stacy Decker	So Gustavus Adolphus	11:30.75	5/2 Macalester Bagpipe
Erin Anderson	So Concordia	11:35.64	4/29 Ndsu Invitational
Mary Krusen	Fr St. Olaf	11:41.13	4/18 Manitou Classic
Emily Judd	Jr Concordia	11:49.51	4/29 Ndsu Invitational
Vicki Patrek	Sr St. Olaf	11:52.83	4/18 Manitou Classic
10			
Sarah Anderson	Fr St. Olaf	11:55.19	4/18 Manitou Classic
Kaitlin Cutter	Jr St. Olaf	12:28.58	4/18 Manitou Classic
Erin Boulay	Fr St. Olaf	12:43.58	4/18 Manitou Classic
Carrie Kern	So St. Olaf	12:52.70	4/18 Manitou Classic
Mary Coffey	Fr St. Olaf	13:27.94	4/18 Manitou Classic

15 entrants

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