

MIAC Women's Outdoor Honor Roll

St. Olaf College, Northfield

May 7-8, 2004

Last updated May 11, 2004, with results of MIAC Championships

"*" indicates event not run at MIAC Championships, but which can qualify an athlete. "C" indicates Converted time. Original times also listed.

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.

Entries also available for [men](#).

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100 METER DASH

=====
NCAA Automatic 11.95
Alanna Carter So Augsburg 12.11 4/28 Tommie Twilight
Tonnisha Bell So Augsburg 12.12 4/28 Tommie Twilight
Angie Pfeiffer So Concordia 12.21 4/17 Kansas Relays
=====
NCAA Provisional 12.34
Patti Clintsman So St. Benedict 12.43 5/7-8 Miac Championship
Molly Bauman So St. Thomas 12.49 5/7-8 Miac Championship
Kristal Grigsby So St. Thomas 12.53 5/7-8 Miac Championship
Bethany Keene So St. Benedict 12.60 4/24 Macalester Invitat
Blythe Bittman So Gustavus Adolphus 12.62 3/27 Wartburg Open
Christine Walsten Sr Hamline 12.69 5/7-8 Miac Championship
Melissa Mueller So St. Olaf 12.71 4/28 Tommie Twilight

10

Norma Reynolds Fr St. Olaf 12.76 4/28 Tommie Twilight
Danielle St. Louis Jr Hamline 12.82 5/7-8 Miac Championship
Sheri Netland Fr Bethel 12.87 4/28 Tommie Twilight
Sarah Nezworski Jr St. Benedict 12.92 4/28 Tommie Twilight
Maggie Stolp Sr Gustavus Adolphus 12.93 5/7-8 Miac Championship
Kelsey Becker Fr Gustavus Adolphus 12.95 5/7-8 Miac Championship
Andretta Colley Jr St. Thomas 12.97 4/28 Tommie Twilight
Heidi Pearson So St. Catherine 13.01 5/7-8 Miac Championship
Kristina Granger So St. Benedict 13.02 4/28 Tommie Twilight
Jill Moller Fr Concordia 13.15 5/7-8 Miac Championship

20

Alissa Bilden Fr Concordia 13.16 4/14 Ndsu Open
Megan Moran Fr Saint Mary's 13.16 4/2 South Florida Bull
Karolien Bastiaens Sr St. Thomas 13.23 4/28 Tommie Twilight
Allison Erlander Fr St. Olaf 13.24 4/28 Tommie Twilight
Katie McIntire Fr Saint Mary's 13.26 5/7-8 Miac Championship
Becky Peterson Sr St. Olaf 13.27 4/17 Manitou Classic
Jess Rosenblatt Sr Carleton 13.39 5/7-8 Miac Championship
Melissa Botzet Jr St. Olaf 13.44 5/7-8 Miac Championship
Erin Ranta Sr St. Thomas 13.47 4/28 Tommie Twilight
Kari Buckingham Fr St. Thomas 13.48 5/7-8 Miac Championship

30

Kestrel Schwaiger Fr Carleton 13.49 4/24 Macalester Women's
Rachelle Dosch Fr St. Thomas 13.52 4/3 Wash U Invitational
Ashley Cronen So Gustavus Adolphus 13.56 4/30 Macalester Bagpipe
Tami Hoesse So St. Benedict 13.61 5/7-8 Miac Championship
Meghan Dirkes Fr St. Catherine 13.61 4/28 Tommie Twilight
=====
Last 2003 qualifier 13.64
Ashley Dennis Fr St. Olaf 13.68 5/7-8 Miac Championship
Janna Castellano Fr Gustavus Adolphus 13.68 4/24 Drake Alternative
Liz Ghandour So St. Olaf 13.74 5/7-8 Miac Championship
Jamie Schoenbauer Fr St. Catherine 13.75 4/28 Tommie Twilight
Jill Ament Sr St. Catherine 13.75 4/28 Tommie Twilight

40

40 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)

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200 METER DASH

=====
NCAA Automatic 24.48

Angie Pfeiffer	So Concordia	25.14	5/7-8 Miac Championship
Alanna Carter	So Augsburg	25.25	5/7-8 Miac Championship
=====	NCAA Provisional	25.34	
Patti Clintsman	So St. Benedict	25.56	5/7-8 Miac Championship
Kristal Grigsby	So St. Thomas	25.79	5/7-8 Miac Championship
Blythe Bittman	So Gustavus Adolphus	25.96	5/7-8 Miac Championship
Alissa Bilden	Fr Concordia	26.09	5/7-8 Miac Championship
Bethany Keene	So St. Benedict	26.13	5/7-8 Miac Championship
Ashley Cronen	So Gustavus Adolphus	26.23	5/7-8 Miac Championship
Becky Peterson	Sr St. Olaf	26.24	5/7-8 Miac Championship
Norma Reynolds	Fr St. Olaf	26.38	5/7-8 Miac Championship
10			
Christina Chapman	Fr St. Thomas	26.40	5/7-8 Miac Championship
Kim Swanson	Sr Gustavus Adolphus	26.47	5/7-8 Miac Championship
Sheri Netland	Fr Bethel	26.66	5/7-8 Miac Championship
Kelsey Becker	Fr Gustavus Adolphus	26.91	5/7-8 Miac Championship
Maggie Stolp	Sr Gustavus Adolphus	26.95	5/7-8 Miac Championship
Melissa Mueller	So St. Olaf	27.13	4/28 Tommie Twilight
Heidi Pearson	So St. Catherine	27.43	5/7-8 Miac Championship
Rachelle Dosch	Fr St. Thomas	27.51	4/3 Wash U Invite
Megan Moran	Fr Saint Mary's	27.56	4/2 South Florida Bull
Kestrel Schwaiger	Fr Carleton	27.57	4/9 Miac Heptathlon
20			
Jennifer Noelke	Fr Macalester	27.59	4/24 Mac Women's Invite
Andretta Colley	Jr St. Thomas	27.59	4/3 Wash U Invite
Kaia Knutson	Fr St. Olaf	27.64	4/30 Miac Heptathlon
Kelly Olson	Fr Concordia	27.4	3/27 Csb/Sju Invitation
Sarah Nezworski	Jr St. Benedict	27.66	4/28 Tommie Twilight
=====	Last 2003 qualifier	27.67	
Katie McIntire	Fr Saint Mary's	27.69	5/7-8 Miac Championship
Kristi Colbenson	Jr Carleton	27.71	4/29 Miac Heptathlon
Vanessa Brown	Fr Carleton	27.77	5/7-8 Miac Championship
Amy Ravenhorst	Fr Concordia	27.78	4/20 Cobber Twilight @M
Meghan Orgeman	Jr St. Benedict	27.79	4/29 Miac Hept
30			
Tiffany Trost	Jr St. Benedict	27.80	5/7-8 Miac Championship
Renee Splichal	Sr Concordia	27.82	4/30 Miac Heptathlon
Nicole Plante	Jr Concordia	27.84	4/30 Miac Heptathlon
Melissa Botzet	Jr St. Olaf	27.92	5/7-8 Miac Championship
Johanna Shreve	Jr Macalester	27.94	4/9 Lee Krough Invite
Kari Buckingham	Fr St. Thomas	28.05	5/7-8 Miac Championship
Molly Bauman	So St. Thomas	28.06	4/24 Mac Invite
Alicia Wolff	Jr St. Thomas	28.18	4/7 Carleton Invitation
Mary McKee	Jr St. Thomas	28.30	4/24 Mac Invite
Amy Carlson	Fr Bethel	28.36	4/28 Tommie Twilight

40 entrants

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400 METER DASH

=====	NCAA Automatic	55.70	
Angie Pfeiffer	So Concordia	56.32	5/7-8 Miac Championship
=====	NCAA Provisional	57.60	
Alissa Bilden	Fr Concordia	57.71	5/7-8 Miac Championship
Ashley Cronen	So Gustavus Adolphus	58.13	5/7-8 Miac Championship
Alicia Wolff	Jr St. Thomas	58.16	5/7-8 Miac Championship
Kim Swanson	Sr Gustavus Adolphus	58.26	5/7-8 Miac Championship
Krista Cruse	Fr Gustavus Adolphus	58.32	5/7-8 Miac Championship
Amy Ravenhorst	Fr Concordia	59.20	5/7-8 Miac Championship
Bethany Keene	So St. Benedict	59.52	4/28 Tommie Twilight
Christina Chapman	Fr St. Thomas	59.63	4/17 Manitou Classic
Kristal Grigsby	So St. Thomas	59.83	5/1 St. Thomas Invitati

10

Anne Redmon	Fr St. Benedict	59.87	5/7-8 Miac Championship
Kelly Olson	Fr Concordia	59.91	5/7-8 Miac Championship
Ashley Dingels	Jr Saint Mary's	59.99	5/7-8 Miac Championship
Allison Erlander	Fr St. Olaf	60.12	4/28 Tommie Twilight
Mary McKee	Jr St. Thomas	60.23	5/7-8 Miac Championship
Kristi Colbenson	Jr Carleton	60.51	4/7 Carleton Women's In
Maria Roche	Fr Saint Mary's	60.64	3/27 Wartburg Open
Anna Beich	So Bethel	60.78	4/30 Bagpipe Invite
Jill Ament	Sr St. Catherine	61.13	4/24 Mac Women's Invite
Danille Slack	Sr Augsburg	61.32	4/28 Tommie Twilight
20			
Marit Grorud	Sr St. Olaf	61.57	4/17 Manitou Classic
Andrea Gelle	Fr St. Olaf	61.90	4/28 Tommie Twilight
Emily Ament	Sr Hamline	61.96	4/17 Manitou Classic
Ellen Waldow	So Augsburg	62.06	4/9 Lee Krough Invite
Danielle St. Louis	Jr Hamline	62.19	4/9 Lee Krough
Megan Moran	Fr Saint Mary's	62.31	4/30 Wiac Qualifier
Koby Hagen	So Macalester	62.33	4/30 Macalester Bagpipe
Melissa Botzet	Jr St. Olaf	62.44	5/7-8 Miac Championship
Jennifer Noelke	Fr Macalester	62.59	4/9 Lee Krough Invite
Melanie Priebe	Jr St. Catherine	62.67	5/7-8 Miac Championship
30			
Jessica Deutsch	Sr Carleton	62.85	4/28 Tommie Twilight
Hannah Dietrich	Jr Augsburg	62.86	4/9 Lee Krough Invite
Martha Langarer	Fr St. Olaf	62.99	4/28 Tommie Twilight
Crystal Rausch	Fr St. Benedict	63.27	4/24 Macalester Invitat
Ashley Farbo	Jr Gustavus Adolphus	63.88	4/9 Lee Krough Invite
Amy Carlson	Fr Bethel	64.03	5/7-8 Miac Championship
Heidi Bulfer	Fr Gustavus Adolphus	64.20	3/27 Wartburg Open
Anna Shamey	Fr Macalester	64.31	4/30 Macalester Bagpipe
Ciara Legato	Jr Gustavus Adolphus	64.36	4/24 Drake Alternative
Callie PaStarr	Fr Macalester	64.40	4/30 Macalester Bagpipe
40			

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800 METER RUN

=====	NCAA Automatic	2:12.00	
Brigid Power	Jr St. Thomas	2:14.37	4/17 Manitou Classic
=====	NCAA Provisional	2:15.90	
Ellen Waldow	So Augsburg	2:16.36	5/7-8 Miac Championship
Emily Liddiard	Jr St. Catherine	2:17.52	5/7-8 Miac Championship
Angela Bergeson	So Augsburg	2:17.94	4/9 Lee Krough Invite
Natalie Hanson	So Concordia	2:18.46	5/7-8 Miac Championship
Marit Grorud	Sr St. Olaf	2:18.56	4/28 Tommie Twilight
Corrin Hoffman	Sr Hamline	2:18.60	4/17 Indy Relays
Erin Bengtson	So St. Olaf	2:18.85	4/17 Manitou Classic
Koby Hagen	So Macalester	2:19.45	4/28 Tommie Twilight
Kate Aubrecht	So St. Benedict	2:20.30	4/24 Macalester Invitat
10			
Carrie Fransen	Jr Concordia	2:20.92	4/20 Cobber Twilight @M
Erin Weier	Fr St. Olaf	2:21.51	4/28 Tommie Twilight
Hannah Dietrich	Jr Augsburg	2:21.91	4/17 Kansas Relays
Anna Shamey	Fr Macalester	2:22.04	5/7-8 Miac Championship
Jenna Barke	So St. Olaf	2:22.06	5/7-8 Miac Championship
Kristi Colbenson	Jr Carleton	2:22.08	4/29 Miac Heptathlon
Jessica Deutsch	Sr Carleton	2:22.41	5/7-8 Miac Championship
Krista Cruse	Fr Gustavus Adolphus	2:22.97	4/24 Drake Alternative
Jenny Ingebritsen	So St. Olaf	2:23.03	4/7 Carleton Women's In
Kristin O'Connell	Sr Carleton	2:23.06	4/17 Manitou Classic
20			
Martha Langarer	Fr St. Olaf	2:23.08	5/7-8 Miac Championship
Callie PaStarr	Fr Macalester	2:23.36	4/17 Manitou Classic

Becky Peterson	Sr St. Olaf	2:23.63	4/30 Miac Hepthathlon
Lacee Schrupp	Fr Hamline	2:23.75	4/28 Tommie Twilight
=====	Last 2003 qualifier	2:24.26	
Anne Redmon	Fr St. Benedict	2:24.33	4/28 Tommie Twilight
Maria Roche	Fr Saint Mary's	2:24.35	4/17 Uwec Open
Mary McKee	Jr St. Thomas	2:24.91	5/1 St. Thomas Invitati
Andrea Gelle	Fr St. Olaf	2:25.03	4/24 Macalester Women's
Larisa Nordstrom	So St. Olaf	2:25.34	4/17 Manitou Classic
Emily Stafford	So Macalester	2:25.63	4/30 Macalester Bagpipe
30			
Amy Ravenhorst	Fr Concordia	2:25.85	4/3 Jimmie Invitational
Kelsy Watt	Fr St. Olaf	2:25.97	4/24 Macalester Women's
Mollie Lager	So Gustavus Adolphus	2:27.43	4/17 Manitou Classic
Alana Lucio	Sr St. Thomas	2:27.78	4/28 Tommie Twilight
Allison Woerpel	Fr Macalester	2:27.6	3/27 Csb/Sju Invite
Melanie Priebe	Jr St. Catherine	2:28.00	4/28 Tommie Twilight
Jen St. John	Jr Concordia	2:28.09	4/14 Ndsu Open
Ashley Farbo	Jr Gustavus Adolphus	2:28.10	4/17 Manitou Classic
Heidi Bulfer	Fr Gustavus Adolphus	2:28.12	5/7-8 Miac Championship
Nicole Plante	Jr Concordia	2:28.49	4/30 Miac Heptathlon
40			

40 entrants

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1500 METER RUN

=====	NCAA Automatic	4:34.00	
Brigid Power	Jr St. Thomas	4:38.26	5/1 St. Thomas Invitati
Ellen Koranda	So Saint Mary's	4:41.13	4/30 Wiac Qualifier
=====	NCAA Provisional	4:42.00	
Koby Hagen	So Macalester	4:43.82	5/7-8 Miac Championship
Erin Bengtson	So St. Olaf	4:45.89	5/7-8 Miac Championship
Angela Bergeson	So Augsburg	4:46.30	4/24 Drake Alternative
Lisa Owen	Sr Concordia	4:48.66	4/20 Cobber Twilight @M
Carrie Fransen	Jr Concordia	4:50.53	5/7-8 Miac Championship
Ellen Waldow	So Augsburg	4:50.97	4/30 Macalester Bagpipe
Keidra Anderson	So Hamline	4:51.11	4/17 Manitou Classic
Kate Aubrecht	So St. Benedict	4:51.60	4/28 Tommie Twilight
10			
Melissa Grunst	Sr Carleton	4:52.5	3/20 Point Loma Invite
Andrea Grunst	Sr Carleton	4:52.5	3/20 Point Loma Invite
Corrin Hoffman	Sr Hamline	4:53.72	4/9 Lee Krough
Jenny Ingebritsen	So St. Olaf	4:55.50	5/7-8 Miac Championship
Mollie Lager	So Gustavus Adolphus	4:56.01	5/7-8 Miac Championship
Ronni Hamilton	So St. Thomas	4:55.9	5/7-8 Miac Championship
Emily Liddiard	Jr St. Catherine	4:56.99	4/9 Lee Krough Invitati
Erin Weier	Fr St. Olaf	4:57.04	4/7 Carleton Women's In
Lacee Schrupp	Fr Hamline	4:57.0	5/7-8 Miac Championship
Marit Grorud	Sr St. Olaf	4:57.28	4/7 Carleton Women's In
20			
Cassie Funke	Jr Carleton	4:57.29	4/3 Hamline Coed Invite
Callie PaStarr	Fr Macalester	4:57.34	4/9 Lee Krough Invite
Cindy Blendermann	Sr St. Benedict	4:58.62	4/24 Macalester Invitat
Kelsy Watt	Fr St. Olaf	4:59.88	5/7-8 Miac Championship
Francie Streich	So Macalester	5:00.06	4/17 Manitou Classic
Kezia Manlove	So St. Olaf	5:00.12	4/24 Macalester Women's
Tera Bollig	Fr Saint Mary's	5:00.17	4/17 Uwec Open
Larisa Nordstrom	So St. Olaf	5:00.44	5/7-8 Miac Championship
Jenna Barke	So St. Olaf	5:02.69	4/28 Tommie Twilight
Jenny Olin	Fr St. Thomas	5:03.75	4/7 Carleton Invitation
30			
Jen St. John	Jr Concordia	5:05.48	4/3 Jimmie Invitational
Sarah Sobie	So St. Thomas	5:05.3	5/7-8 Miac Championship
Rachel Charpentier	Fr Concordia	5:05.71	5/7-8 Miac Championship

Emily Cook	So St. Benedict	5:05.5	3/27 Csb/Sju Invitation
Mo Mullikin	Sr Macalester	5:06.38	4/17 Manitou Classic
Julie Miller	Jr Concordia	5:07.18	4/20 Cobber Twilight @M
Emily Trapp	Fr Gustavus Adolphus	5:07.61	5/7-8 Miac Championship
Laura Hudson	Jr Carleton	5:07.81	4/28 Tommie Twilight
Kristin O'Connell	Sr Carleton	5:08.11	4/24 Macalester Women's
Val Berquam	Fr Gustavus Adolphus	5:08.25	4/17 Manitou Classic

40

40 entrants

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MILE RUN*

=====	NCAA Automatic	4:55.90
=====	NCAA Provisional	5:04.50

0 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)

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3000 METER RUN*

Anna Gordon	So Macalester	10:50.47	4/3 Hamline Coed
Cindy Blendermann	Sr St. Benedict	10:52.48	4/30 Macalester Bagpipe
Tasha Pike	Jr Gustavus Adolphus	10:54.43	4/30 Macalester Bagpipe
Mo Mullikin	Sr Macalester	11:04.58	4/3 Hamline Coed
Kezia Manlove	So St. Olaf	11:09.82	4/3 Hamline Coed Invite
Laura Hudson	Jr Carleton	11:11.14	4/3 Hamline Coed Invite
Alison Traffanstedt	Sr Carleton	11:12.84	4/3 Hamline Coed Invite
Kelsey Barale	Fr Carleton	11:21.20	4/24 Macalester Women's
Annie Mills	So Carleton	11:22.54	4/3 Hamline Coed Invite
Beth Zirbes	So Gustavus Adolphus	11:22.89	4/30 Macalester Bagpipe
10			
Meredith Fahrner	Jr St. Olaf	11:24.61	4/24 Macalester Women's
Nathalia Brashear	So Macalester	11:24.85	4/30 Macalester Bagpipe
Hailey Harren	Fr Gustavus Adolphus	11:33.61	4/30 Macalester Bagpipe
Elizibeth White	Jr St. Olaf	11:47.75	4/24 Macalester Women's
Emily Judd	Sr Concordia	11:48.63	4/14 Ndsu Open
Lauren Ciechanowski	Fr St. Olaf	11:53.16	4/24 Macalester Women's
Erica Lundgren	Fr Concordia	12:07.04	4/7 Marauder Invite
Tracy McCubbin	Fr St. Thomas	12:18.25	4/24 Mac Invite
Louise Miltich	Jr Carleton	12:23.25	4/3 Hamline Coed Invite
Becky Hochstein	Fr St. Olaf	12:40.53	4/3 Hamline Coed Invite
20			
Sam Frey	Jr Macalester	12:47.75	4/24 Mac Women's Invite
Katie Visco	Fr Carleton	12:55.20	4/3 Hamline Coed Invite
Molly Malone	Fr St. Benedict	12:58.07	4/24 Macalester Invitat

23 entrants

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5000 METER RUN

=====	NCAA Automatic	17:00.00	
=====	NCAA Provisional	17:48.00	
Ellen Koranda	So Saint Mary's	18:09.53	5/7-8 Miac Championship
Keidra Anderson	So Hamline	18:11.28	5/7-8 Miac Championship
Erin Weier	Fr St. Olaf	18:16.03	5/7-8 Miac Championship
Francie Streich	So Macalester	18:29.86	5/7-8 Miac Championship
Melissa Grunst	Sr Carleton	18:31.32	4/3 Hamline Coed Invite
Tasha Pike	Jr Gustavus Adolphus	18:31.51	4/9 Lee Krough Invite
Leah Wurm	So St. Benedict	18:37.5	3/27 Csb/Sju Invitation
Brigid Power	Jr St. Thomas	18:47.23	4/7 Carleton Invitation
Anna Gordon	So Macalester	18:47.31	4/9 Lee Krough Invite
Chelsea Guettinger	So St. Thomas	18:56.10	4/3 Wash U Invitational
10			
Mo Mullikin	Sr Macalester	19:05.24	4/9 Lee Krough Invite
Cassie Funke	Jr Carleton	19:13.02	4/28 Tommie Twilight
Beth Magnuson	Jr St. Thomas	19:23.75	4/3 Wash U Invitational
Laura Hudson	Jr Carleton	19:24.86	4/17 Manitou Classic
Meredith Fahrner	Jr St. Olaf	19:28.08	5/7-8 Miac Championship
Jenny Olin	Fr St. Thomas	19:35.57	5/1 St. Thomas Invitati
Caroline Barnes	So Macalester	19:36.24	4/9 Lee Krough Invite
Alison Traffanstedt	Sr Carleton	19:36.40	4/17 Manitou Classic
Sarah Estill	So St. Olaf	19:36.78	4/17 Manitou Classic
Jackie Brenberg	Sr St. Thomas	19:36.87	5/1 St. Thomas Invitati
20			
Annie Mills	So Carleton	19:40.58	4/17 Manitou Classic
Cindy Blendermann	Sr St. Benedict	19:40.4	3/27 Csb/Sju Invitation
April Graves	Jr St. Olaf	19:42.02	4/3 Hamline Invite
Jen St. John	Jr Concordia	19:43.24	4/24 Al Cassell Relays
Brittney Schwager	Fr St. Olaf	19:45.19	4/10 Wartburg Select
Erica Clausen	Sr St. Olaf	19:45.22	4/24 Macalester Women's
Hailey Harren	Fr Gustavus Adolphus	19:46.34	4/9 Lee Krough Invite
Nathalia Brashear	So Macalester	19:47.07	4/24 Mac Women's Invite
Nancy Buselmeier	Jr St. Benedict	19:48.71	5/7-8 Miac Championship
Tera Bollig	Fr Saint Mary's	19:48.88	4/3 Norse Relays
30			
Andrea Carlson	Jr Augsburg	19:51.10	4/30 Macalester Bagpipe
Julie Miller	Jr Concordia	19:52.78	4/24 Al Cassell Relays
Leah Pustovar	So St. Benedict	20:02.94	4/30 Macalester Bagpipe
Kelsey Barale	Fr Carleton	20:05.50	4/7 Carleton Women's In
Beth Zirbes	So Gustavus Adolphus	20:07.54	5/7-8 Miac Championship
Havila Brisbois	Jr St. Catherine	20:07.71	4/3 Hamline Coed Invite
Emily Judd	Sr Concordia	20:10.97	5/1 Masanz @Msum
Rebecca Welle	Jr Augsburg	20:17.57	4/3 Hamline Invite
Nikki Burg	Fr St. Catherine	20:17.91	5/7-8 Miac Championship
Britt Carlson	Sr St. Olaf	20:22.66	4/3 Hamline Coed Invite
40			

40 entrants

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10000 METER RUN

=====	NCAA Automatic	36:00.00	
=====	NCAA Provisional	37:50.00	
Cassie Funke	Jr Carleton	37:56.03	5/7-8 Miac Championship
Leah Wurm	So St. Benedict	38:11.65	5/7-8 Miac Championship
Melissa Grunst	Sr Carleton	39:32.01	5/7-8 Miac Championship
Beth Magnuson	Jr St. Thomas	39:39.58	4/24 Mac Invite
Chelsea Guettinger	So St. Thomas	39:52.42	5/7-8 Miac Championship
Cindy Blendermann	Sr St. Benedict	40:05.13	5/7-8 Miac Championship
Caroline Barnes	So Macalester	40:12.67	5/7-8 Miac Championship
April Graves	Jr St. Olaf	40:21.92	5/7-8 Miac Championship
Erica Clausen	Sr St. Olaf	40:53.11	5/7-8 Miac Championship

Kelsey Barale 10	Fr Carleton	40:56.13	5/7-8 Miac Championship
Britt Carlson	Sr St. Olaf	40:56.92	5/7-8 Miac Championship
Jenny Olin	Fr St. Thomas	41:12.12	5/7-8 Miac Championship
Meredith Fahrner	Jr St. Olaf	41:22.21	5/7-8 Miac Championship
Alison Traffanstedt	Sr Carleton	42:03.33	5/7-8 Miac Championship
Havila Brisbois	Jr St. Catherine	42:09.28	5/7-8 Miac Championship
Mo Ringlein	Jr St. Benedict	42:11.40	5/7-8 Miac Championship
Natalie Stork	Jr St. Thomas	42:31.11	4/17 Manitou Classic
Emily Judd	Sr Concordia	42:38.39	4/24 Al Cassell Relays
Jackie Brenberg	Sr St. Thomas	42:46.48	4/17 Manitou Classic
Stephanie Raill 20	Fr Macalester	43:13.97	4/24 Mac Women's Invite
Lauren Ciechanowski	Fr St. Olaf	43:28.23	4/17 Manitou Classic
Jen Bremser	Jr Concordia	44:01.22	4/24 Al Cassell Relays
Andrea Carlson	Jr Augsburg	44:12.24	4/24 Drake Alternative
Marian Studer	Jr St. Benedict	44:13.65	5/7-8 Miac Championship
Elizibeth White	Jr St. Olaf	44:17.00	4/17 Manitou Classic
=====	Last 2003 qualifier	45:46.11	
Katie Gruner	Sr St. Olaf	46:04.84	4/17 Manitou Classic
Patty Canik	Jr St. Benedict	47:16.30	4/18 Manitou Classic
Rachel Williams	Jr St. Benedict	48:18.77	4/24 Macalester Invitat
Brittney Schwager	Fr St. Olaf	48:41.91	4/17 Manitou Classic

29 entrants

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100 METER HURDLES

=====	NCAA Automatic	14.43	
Jenny Folgers	Jr Saint Mary's	14.86	5/7-8 Miac Championship
Becky Peterson	Sr St. Olaf	14.94	4/28 Tommie Twilight
Kirsten Fristad	Jr Macalester	15.02	5/7-8 Miac Championship
=====	NCAA Provisional	15.10	
Colleen Schramm	Fr Macalester	15.13	5/7-8 Miac Championship
Rachelle Dosch	Fr St. Thomas	15.17	4/28 Tommie Twilight
Molly Bauman	So St. Thomas	15.30	4/28 Tommie Twilight
Autumn Valk	So Saint Mary's	15.44	4/17 Uwec Open
Nicole Plante	Jr Concordia	15.50	4/30 Miac Heptathlon
Kelsie Hansen	Fr St. Benedict	15.70	4/28 Tommie Twilight
Johanna Shreve 10	Jr Macalester	15.92	5/7-8 Miac Championship
Renee Splichal	Sr Concordia	15.93	4/30 Miac Heptathlon
Amanda Enzler	Fr St. Benedict	15.93	4/24 Macalester Invitat
Ali Cordie	Jr Gustavus Adolphus	15.94	5/7-8 Miac Championship
Dana Luiken	Fr Hamline	16.03	5/7-8 Miac Championship
Leah Hegland	So Concordia	16.26	5/7-8 Miac Championship
Breanne Miller	So Hamline	16.35	4/28 Tommie Twilight
Kristi Colbenson	Jr Carleton	16.40	4/29 Miac Heptathlon
Meghan Orgeman	Jr St. Benedict	16.44	4/4 Csb/Sju Hept
Kaia Knutson	Fr St. Olaf	16.45	4/30 Miac Heptathlon
Jill Fancher	Fr Concordia	16.48	5/1 Masanz @Msum
20			
Trish Steele	Jr Bethel	16.62	5/7-8 Miac Championship
Shannon Calvert	Fr Saint Mary's	16.65	5/7-8 Miac Championship
Tarah Maatz	Sr Concordia	16.93	4/3 Jimmie Invitational
Amber Schackman	Fr Concordia	16.95	4/30 Miac Heptathlon
Kestrel Schwaiger	Fr Carleton	17.43	4/24 Macalester Women's
Rachel McGuigan	Fr St. Catherine	17.75	5/7-8 Miac Championship
Erin Lowe	So St. Olaf	17.76	4/28 Tommie Twilight
Tiffany Trost	Jr St. Benedict	17.81	4/29 Miac Hept
Mahlia Nguyen	So St. Benedict	18.32	4/28 Tommie Twilight
Becca Trombly	So St. Olaf	18.77	4/24 Macalester Women's
30			
Juliet Nguyen	So St. Benedict	18.83	4/28 Tommie Twilight

=====	Last 2003 qualifier	19.01	
Allison Erlander	Fr St. Olaf	19.19	4/3 Hamline Invite
Katie Souder	So St. Olaf	20.41	4/24 Macalester Women's

33 entrants

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400 METER HURDLES

=====	NCAA Automatic	61.90	
Kirsten Fristad	Jr Macalester	62.76	5/7-8 Miac Championship
Kristi Colbenson	Jr Carleton	63.11	5/7-8 Miac Championship
=====	NCAA Provisional	64.30	
Ali Cordie	Jr Gustavus Adolphus	64.76	5/7-8 Miac Championship
Jill Fancher	Fr Concordia	65.12	5/7-8 Miac Championship
Molly Bauman	So St. Thomas	65.12	5/7-8 Miac Championship
Becca Trombly	So St. Olaf	65.38	5/7-8 Miac Championship
Autumn Valk	So Saint Mary's	65.60	4/17 Uwec Open
Jill Ament	Sr St. Catherine	65.91	5/7-8 Miac Championship
Emily Ament	Sr Hamline	66.02	5/7-8 Miac Championship
Jenny Folgers	Jr Saint Mary's	66.46	5/7-8 Miac Championship
10			
Meghan Orgeman	Jr St. Benedict	66.94	4/3 Norse Relays
Carlie Hanson	Fr Gustavus Adolphus	66.99	5/7-8 Miac Championship
Crystal Rausch	Fr St. Benedict	67.04	5/7-8 Miac Championship
Allison Erlander	Fr St. Olaf	68.87	4/7 Carleton Women's In
Amber Schackman	Fr Concordia	69.26	5/7-8 Miac Championship
Kestrel Schwaiger	Fr Carleton	69.49	5/7-8 Miac Championship
Tricia Lund	Fr St. Benedict	71.23	5/7-8 Miac Championship
Corey Monteith	Fr Macalester	71.68	5/7-8 Miac Championship
Breanne Miller	So Hamline	71.68	4/3 Hamline Invite
Brooke Zachman	So Saint Mary's	72.24	5/7-8 Miac Championship
20			
Katie Souder	So St. Olaf	72.52	4/24 Macalester Women's
Leah Hegland	So Concordia	72.63	5/7-8 Miac Championship
Erin Lowe	So St. Olaf	72.72	5/7-8 Miac Championship
Renee Splichal	Sr Concordia	72.5	3/27 Csb/Sju Invitation
Lisa Owen	Sr Concordia	74.43	4/7 Marauder Invite
Adrienne Chesser	Fr Carleton	76.04	5/7-8 Miac Championship
=====	Last 2003 qualifier	78.10	
Tarah Maatz	Sr Concordia	78.6	3/27 Csb/Sju Invitation
Rachel McGuigan	Fr St. Catherine	79.01	5/7-8 Miac Championship

28 entrants

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3000M STEEPLECHASE

=====	NCAA Automatic	10:44.00	
Cassie Funke	Jr Carleton	11:11.89	5/7-8 Miac Championship
=====	NCAA Provisional	11:23.00	
Lisa Owen	Sr Concordia	11:28.15	5/7-8 Miac Championship
Alana Lucio	Sr St. Thomas	11:38.43	5/7-8 Miac Championship
Hannah Dietrich	Jr Augsburg	11:43.97	5/7-8 Miac Championship
Kezia Manlove	So St. Olaf	11:44.41	5/7-8 Miac Championship
Jen St. John	Jr Concordia	11:48.36	5/7-8 Miac Championship
Julie Miller	Jr Concordia	11:55.88	5/7-8 Miac Championship
Renee Schaefer	Sr Macalester	12:06.17	5/7-8 Miac Championship

Annie Mills	So Carleton	12:09.77	5/7-8 Miac Championship
Sarah Estill	So St. Olaf	12:10.14	5/1 Ust Invite
10			
Britt Carlson	Sr St. Olaf	12:12.83	5/7-8 Miac Championship
Val Berquam	Fr Gustavus Adolphus	12:15.22	4/30 Macalester Bagpipe
Alicia Hartung	Fr Saint Mary's	12:16.83	5/7-8 Miac Championship
April Graves	Jr St. Olaf	12:22.10	5/7-8 Miac Championship
Brittany Dusch	So St. Thomas	12:23.94	5/7-8 Miac Championship
Rebecca Welle	Jr Augsburg	12:34.11	5/7-8 Miac Championship
Anne Blair	So Macalester	12:46.2	4/9 Lee Krough Invite
=====	Last 2003 qualifier	12:47.18	
Ashley Farbo	Jr Gustavus Adolphus	12:51.9	4/24 Drake Alternative
Rebecca Derby	So St. Catherine	12:56.2	4/9 Lee Krough Invitati
Nicole Mauriello	Sr Carleton	12:56.66	4/17 Manitou Classic
20			
Nancy Buselmeier	Jr St. Benedict	12:57.4	3/27 Csb/Sju Invitation
Ronni Hamilton	So St. Thomas	13:01.53	4/24 Mac Invite
Christy Pose	Fr St. Catherine	13:12.49	4/30 Mac Bagpipe
Kelly Baustian	So St. Olaf	13:34.42	4/17 Manitou Classic
Amy Lehmeier	Jr St. Benedict	13:36.05	4/24 Macalester Invitat
Katie Gruner	Sr St. Olaf	13:53.10	4/24 Macalester Women's
Becky Hochstein	Fr St. Olaf	13:58.28	4/17 Manitou Classic
Mary Coffey	So St. Olaf	14:00.24	4/24 Macalester Women's
Sarah Litchy	So St. Benedict	14:10.4	3/27 Csb/Sju Invitation
Kaaren Sowles	Jr Bethel	14:30.0	4/30 Bagpipe Invite

30 entrants

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4X100 METER RELAY

=====	NCAA Automatic	47.30	
St. Thomas		48.17	5/7-8 Miac Championship
St. Benedict		48.85	5/7-8 Miac Championship
Gustavus Adolphus		49.03	5/7-8 Miac Championship
=====	NCAA Provisional	49.10	
Macalester		49.32	5/7-8 Miac Championship
Concordia		49.47	5/7-8 Miac Championship
St. Olaf		49.68	5/7-8 Miac Championship
Saint Mary's		50.20	5/7-8 Miac Championship
Hamline		50.58	5/7-8 Miac Championship
Bethel		51.39	4/3 Hamline Coed Invite
St. Catherine		51.57	5/7-8 Miac Championship
10			
Carleton		52.71	5/7-8 Miac Championship

11 entrants

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4X400 METER RELAY

=====	NCAA Automatic	3:49.20	
Concordia		3:53.25	5/7-8 Miac Championship
St. Thomas		3:54.38	5/7-8 Miac Championship
Gustavus Adolphus		3:55.06	5/7-8 Miac Championship
=====	NCAA Provisional	3:58.00	
St. Olaf		4:00.54	5/7-8 Miac Championship

Bethel	4:02.58	5/7-8 Miac Championship
Augsburg	4:03.01	5/7-8 Miac Championship
St. Benedict	4:04.26	5/7-8 Miac Championship
Saint Mary's	4:05.34	5/7-8 Miac Championship
Hamline	4:06.04	5/7-8 Miac Championship
Macalester	4:06.56	5/7-8 Miac Championship
10		
Carleton	4:07.60	5/7-8 Miac Championship
St. Catherine	4:09.94	5/7-8 Miac Championship

12 entrants

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4X800 METER RELAY

Augsburg	9:21.51	5/7-8 Miac Championship
Concordia	9:22.32	5/7-8 Miac Championship
St. Olaf	9:30.42	5/7-8 Miac Championship
Hamline	9:33.43	5/7-8 Miac Championship
Macalester	9:38.09	5/7-8 Miac Championship
Gustavus Adolphus	9:40.10	5/7-8 Miac Championship
St. Benedict	9:45.89	5/7-8 Miac Championship
Saint Mary's	9:48.11	5/7-8 Miac Championship
Carleton	9:51.52	4/7 Carleton Women's In
St. Catherine	9:51.55	5/7-8 Miac Championship
10		
St. Thomas	9:54.51	5/7-8 Miac Championship

11 entrants

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LONG JUMP

Kristal Grigsby	So St. Thomas	19-1 1/4 (5.82m)	4/28 Tommie Twilight
=====	NCAA Automatic	19-0 1/2 (5.80m)	
Andretta Colley	Jr St. Thomas	18-4 1/2 (5.60m)	4/28 Tommie Twilight
=====	NCAA Provisional	18-0 1/2 (5.50m)	
Renee Splichal	Sr Concordia	17-7 (5.36m)	4/14 Ndsu Open
Christine Walsten	Sr Hamline	17-6 (5.33m)	5/7-8 Miac Championship
Patti Clintzman	So St. Benedict	17-5 1/4 (5.31m)	4/3 Norse Relays
Becky Peterson	Sr St. Olaf	16-10 3/4 (5.15m)	5/7-8 Miac Championship
Jada Lewis	Fr St. Thomas	16-10 1/2 (5.14m)	5/1 St. Thomas Invitati
Kristi Colbenson	Jr Carleton	16-9 3/4 (5.12m)	4/9 Miac Heptathlon
Megan Seibel	So St. Thomas	16-7 3/4 (5.07m)	4/3 Wash U Invitational
Heidi Pearson	So St. Catherine	16-6 1/2 (5.04m)	4/28 Tommie Twilight
10			
Kristina Granger	So St. Benedict	16-6 1/2 (5.04m)	4/3 Norse Relays
Blythe Bittman	So Gustavus Adolphus	16-5 1/4 (5.01m)	3/27 Wartburg Open
Nicole Plante	Jr Concordia	16-5 (5.00m)	4/30 Miac Heptathlon
Erin Ranta	Sr St. Thomas	16-3 3/4 (4.97m)	5/1 St. Thomas Invitati
Amanda Enzler	Fr St. Benedict	16-3 3/4 (4.97m)	4/3 Norse Relays
=====	Last 2003 qualifier	16-1 1/2 (4.91m)	
Ashley Luehmann	So Saint Mary's	15-11 1/2 (4.86m)	4/24 La Crosse Classic
Kaia Knutson	Fr St. Olaf	15-11 1/2 (4.86m)	4/17 Manitou Classic
Colleen Schramm	Fr Macalester	15-11 (4.85m)	3/27 Csb/Sju Invite
Maggie Stolp	Sr Gustavus Adolphus	15-11 (4.85m)	3/27 Wartburg Open
Johanna Shreve	Jr Macalester	15-10 1/2 (4.84m)	4/30 Macalester Bagpipe

Molly Bauman	So St. Thomas	15-9 3/4 (4.82m)	5/1 St. Thomas Invitati
Kalee Schrupp	So Gustavus Adolphus	15-8 3/4 (4.79m)	4/24 Drake Alternative
Rena Stinar	So Hamline	15-7 3/4 (4.77m)	4/17 Manitou Classic
Karolien Bastiaens	Sr St. Thomas	15-7 1/2 (4.76m)	4/3 Wash U Invitational
Kestrel Schwaiger	Fr Carleton	15-7 (4.75m)	4/24 Macalester Women's
Vanessa Brown	Fr Carleton	15-6 (4.72m)	4/28 Tommie Twilight
Lisa Raetz	Fr Gustavus Adolphus	15-6 (4.72m)	4/24 Drake Alternative
Amber Schackman	Fr Concordia	15-0 3/4 (4.59m)	4/20 Cobber Twilight @M
Elizabeth Murray	Sr Gustavus Adolphus	15-0 (4.57m)	4/24 Drake Alternative
Tricia Lund	Fr St. Benedict	14-11 1/2 (4.56m)	4/30 Macalester Bagpipe
30			
Crystal Reeves	Jr Concordia	14-10 (4.52m)	4/7 Marauder Invite
Christa Von Behren	Fr Macalester	14-8 1/2 (4.48m)	4/3 Hamline Coed
Dana Luiken	Fr Hamline	14-7 3/4 (4.46m)	4/17 Manitou Classic
Haden Bowie	Fr Hamline	14-7 1/4 (4.45m)	3/20 Oxy Invite
Tiffany Trost	Jr St. Benedict	14-5 3/4 (4.41m)	3/27 Csb/Sju Invitation
Melanie Roberts	Jr Macalester	13-10 1/2 (4.23m)	4/30 Macalester Bagpipe
Tarah Maatz	Sr Concordia	13-9 (4.19m)	3/27 Csb/Sju Invitation
Cristina Aarestad	Fr Concordia	13-4 3/4 (4.08m)	3/27 Csb/Sju Invitation
Beth Schiller	So St. Benedict	13-3 1/4 (4.04m)	4/3 Norse Relays

39 entrants

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TRIPLE JUMP

=====	NCAA Automatic	39-8 1/2 (12.10m)	
Christine Walsten	Sr Hamline	37-6 (11.43m)	4/17 Manitou Classic
Kristal Grigsby	So St. Thomas	37-3 1/4 (11.36m)	5/7-8 Miac Championship
Susan Brown	Fr Macalester	36-11 3/4 (11.27m)	5/7-8 Miac Championship
=====	NCAA Provisional	36-11 (11.25m)	
Colleen Schramm	Fr Macalester	35-10 (10.92m)	5/7-8 Miac Championship
Andretta Colley	Jr St. Thomas	35-10 (10.92m)	5/1 St. Thomas Invitati
Amanda Enzler	Fr St. Benedict	35-5 3/4 (10.81m)	4/3 Norse Relays
Lindsey Weis	Sr Gustavus Adolphus	35-2 (10.72m)	4/30 Macalester Bagpipe
Jamie Schoenbauer	Fr St. Catherine	34-10 1/2 (10.63m)	4/3 Hamline Coed Invite
Kristina Granger	So St. Benedict	34-10 1/4 (10.62m)	4/3 Norse Relays
Kalee Schrupp	So Gustavus Adolphus	33-10 3/4 (10.33m)	4/30 Macalester Bagpipe
10			
Megan Seibel	So St. Thomas	33-10 1/4 (10.32m)	4/28 Tommie Twilight
Jada Lewis	Fr St. Thomas	33-10 1/4 (10.32m)	4/24 Mac Invite
Renee Splichal	Sr Concordia	33-9 1/2 (10.30m)	5/7-8 Miac Championship
Crystal Reeves	Jr Concordia	33-9 1/4 (10.29m)	4/14 Ndsu Open
Ellen Waldow	So Augsburg	33-6 (10.21m)	4/9 Lee Krough Invite
Kaia Knutson	Fr St. Olaf	33-6 (10.21m)	4/17 Manitou Classic
Amanda Jones	Fr Hamline	33-5 1/4 (10.19m)	3/20 Oxy Invite
Dana Luiken	Fr Hamline	33-1 3/4 (10.10m)	5/7-8 Miac Championship
Angela Van Binsbergen	Jr Augsburg	32-11 3/4 (10.05m)	5/7-8 Miac Championship
Erin Lowe	So St. Olaf	32-6 1/2 (9.92m)	4/28 Tommie Twilight
20			
=====	Last 2003 qualifier	32-6 1/4 (9.91m)	
Elizabeth Murray	Sr Gustavus Adolphus	32-5 3/4 (9.90m)	4/30 Macalester Bagpipe
Sarah Margoles	Sr Carleton	32-4 1/4 (9.86m)	4/28 Tommie Twilight
Amber Mensen	Sr St. Benedict	32-2 1/4 (9.81m)	4/28 Tommie Twilight
Marla Nelson	So St. Olaf	32-1 1/2 (9.79m)	4/28 Tommie Twilight
Cristina Aarestad	Fr Concordia	31-7 1/4 (9.63m)	4/20 Cobber Twilight @M
Rachel McGuigan	Fr St. Catherine	30-3 1/2 (9.23m)	4/17 Manitou Classic
Kay Yien	So St. Olaf	29-2 3/4 (8.91m)	4/28 Tommie Twilight

27 entrants

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SHOT PUT

=====	NCAA Automatic	46-10 1/4 (14.28m)	
Jackie Luehmann	Sr Gustavus Adolphus	46-1 1/2 (14.06m)	3/27 Wartburg Open
Jenna Wendorff	So St. Benedict	45-4 1/2 (13.83m)	4/28 Tommie Twilight
=====	NCAA Provisional	42-2 1/4 (12.86m)	
Ashley Luehmann	So Saint Mary's	41-10 3/4 (12.77m)	5/7-8 Miac Championship
Kristin Petersen	Sr Gustavus Adolphus	40-3 1/2 (12.28m)	5/7-8 Miac Championship
Amanda Weinmann	So Saint Mary's	39-9 1/4 (12.12m)	4/24 La Crosse Classic
Rachel Sinclair	Fr Carleton	39-6 1/2 (12.05m)	4/7 Carleton Women's In
Melissa Logan	Sr Carleton	37-7 3/4 (11.47m)	5/7-8 Miac Championship
Jennifer Hanson	So St. Benedict	37-6 3/4 (11.45m)	4/30 Macalester Bagpipe
Heather Sublet	So Hamline	37-1 3/4 (11.32m)	4/17 Manitou Classic
Heidi Gruenhagen	So Gustavus Adolphus	36-8 1/4 (11.18m)	4/24 Drake Alternative
10			
Jennifer Levenhagen	Sr St. Olaf	36-7 1/2 (11.16m)	5/7-8 Miac Championship
Lorna Wilson	So St. Olaf	36-2 3/4 (11.04m)	4/10 Wartburg Select
Kristi Colbenson	Jr Carleton	36-2 1/4 (11.03m)	4/9 Miac Heptathlon
Beth Cleveland	So Saint Mary's	36-0 1/4 (10.98m)	5/7-8 Miac Championship
Erica Abfalter	Fr Saint Mary's	35-11 1/2 (10.96m)	4/17 Uwec Open
Stacy Griffin	Fr St. Olaf	35-10 1/2 (10.93m)	4/24 Macalester Women's
=====	Last 2003 qualifier	35-3 3/4 (10.76m)	
Lisa Ostenson	So Macalester	35-1 1/4 (10.70m)	4/30 Macalester Bagpipe
Melissa Stave	Fr Concordia	34-5 3/4 (10.51m)	4/3 Jimmie Invitational
Michelle Binn	Fr St. Thomas	33-10 (10.31m)	4/28 Tommie Twilight
Jessica Braun	Jr St. Benedict	33-9 1/2 (10.30m)	4/18 Manitou Classic
20			
Sarah Koziolk	So St. Catherine	33-8 3/4 (10.28m)	4/3 Hamline Coed Invite
Josie Thulien	Jr Gustavus Adolphus	33-4 (10.16m)	3/27 Wartburg Open
Liz Kapsner	Fr St. Thomas	33-3 3/4 (10.15m)	5/1 St. Thomas Invitati
Cheryl Fricke	So Carleton	33-2 1/2 (10.12m)	3/20 Point Loma Invite
Brita Carlson	So Macalester	32-2 1/4 (9.81m)	3/27 Csb/Sju Invite
Rebekah Hoback	Sr Concordia	32-1 1/2 (9.79m)	5/1 Masanz @ Msum
Becky Peterson	Sr St. Olaf	32-0 1/4 (9.76m)	4/30 Miac Hephthatlon
Kate Sherlock	Fr St. Catherine	32-0 1/4 (9.76m)	4/3 Hamline Coed Invite
Mary Ann Becker	Sr St. Benedict	31-8 3/4 (9.67m)	4/30 Macalester Bagpipe
Renee Splichal	Sr Concordia	31-8 1/2 (9.66m)	4/5 St. Benedict Heptat
30			
Nicole Plante	Jr Concordia	31-6 1/2 (9.61m)	4/30 Miac Heptathlon
Jen Brouwers	Jr St. Catherine	30-0 3/4 (9.16m)	4/3 Hamline Coed Invite
Kestrel Schwaiger	Fr Carleton	29-9 1/4 (9.07m)	4/9 Miac Heptathlon
Grace Awangtang	So Macalester	29-7 1/4 (9.02m)	3/27 Csb/Sju Invite
Jill Ament	Sr St. Catherine	29-6 (8.99m)	4/9 Lee Krough Invitati
Jaymee Spannring	Fr St. Catherine	29-4 (8.94m)	4/3 Hamline Coed Invite
Stephanie Weimar	So St. Benedict	29-4 (8.94m)	3/27 Csb/Sju Invitation
Amber Schackman	Fr Concordia	28-9 1/4 (8.77m)	4/30 Miac Heptathlon
Bridget Gabel	Fr St. Catherine	27-2 (8.28m)	4/3 Hamline Coed Invite
Sarah Johnson	So St. Olaf	26-1 1/2 (7.96m)	4/24 Macalester Women's

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40 entrants

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DISCUS THROW

Kristin Petersen	Sr Gustavus Adolphus	156-1 (47.58m)	5/7-8 Miac Championship
=====	NCAA Automatic	152-7 (46.50m)	
Jennifer Levenhagen	Sr St. Olaf	143-2 (43.63m)	4/10 Wartburg Select
Amanda Jones	Fr Hamline	140-3 (42.76m)	4/30 Mackester Twilight
=====	NCAA Provisional	136-2 (41.50m)	
Jackie Luehmann	Sr Gustavus Adolphus	132-4 (40.33m)	5/7-8 Miac Championship

Stacy Griffin	Fr St. Olaf	128-8 (39.22m)	5/7-8 Miac Championship
Cheryl Fricke	So Carleton	125-8 (38.31m)	4/7 Carleton Women's In
Melissa Logan	Sr Carleton	125-1 (38.13m)	5/7-8 Miac Championship
Kate Sherlock	Fr St. Catherine	124-11 (38.07m)	5/7-8 Miac Championship
Heather Sublet	So Hamline	118-10 (36.22m)	3/20 Oxy Invite
Lorna Wilson	So St. Olaf	118-0 (35.97m)	4/30 Bagpipe Invite
10			
Jennifer Hanson	So St. Benedict	117-8 (35.86m)	4/30 Macalester Bagpipe
Anna Noren	So Carleton	117-6 (35.82m)	5/7-8 Miac Championship
Jenna Wendorff	So St. Benedict	116-5 (35.49m)	4/30 Macalester Bagpipe
Josie Thulien	Jr Gustavus Adolphus	115-4 (35.16m)	4/30 Macalester Bagpipe
Ashley Clemen	Fr Gustavus Adolphus	114-10 (35.01m)	4/30 Macalester Bagpipe
Sarah Koziolk	So St. Catherine	114-1 (34.77m)	4/30 Mac Bagpipe
Jen Brouwers	Jr St. Catherine	112-8 (34.35m)	4/30 Mac Bagpipe
Grace Awangtang	So Macalester	112-0 (34.15m)	4/30 Macalester Bagpipe
Ashley Luehmann	So Saint Mary's	111-7 (34.01m)	4/2 South Florida Bull
Melissa Stave	Fr Concordia	109-10 (33.49m)	4/24 Al Cassell Relays
20			
=====	Last 2003 qualifier	109-3 (33.29m)	
Rebekah Hoback	Sr Concordia	107-1 (32.63m)	4/24 Al Cassell Relays
Rachel Sinclair	Fr Carleton	106-7 (32.50m)	4/30 Macalester Bagpipe
Shannon Kane	Fr St. Thomas	106-0 (32.32m)	4/28 Tommie Twilight
Amanda Weinmann	So Saint Mary's	103-8 (31.60m)	4/9 Lee Krough Invite
Beth Cleveland	So Saint Mary's	102-10 (31.34m)	4/17 Uwec Open
Michelle Binn	Fr St. Thomas	100-11 (30.75m)	5/1 St. Thomas Invitati
Heidi Gruenhagen	So Gustavus Adolphus	99-11 (30.45m)	4/9 Lee Krough Invite
Liz Kapsner	Fr St. Thomas	95-0 (28.97m)	4/28 Tommie Twilight
Lizzy Erickson	Sr Carleton	94-9 (28.87m)	4/7 Carleton Women's In
Erica Abfalter	Fr Saint Mary's	94-2 (28.71m)	4/30 Wiac Qualifier
30			
Bridget Gabel	Fr St. Catherine	89-11 (27.42m)	4/24 Mac Women's Invite
Jessica Braun	Jr St. Benedict	86-4 (26.32m)	4/18 Manitou Classic
Jaymee Spannring	Fr St. Catherine	85-0 (25.91m)	4/17 Manitou
Angela Johnson	Fr St. Catherine	81-3 (24.78m)	4/24 Mac Women's Invite
Jenny Mosier	So St. Thomas	61-11 3/4 (18.89m)	5/1 St. Thomas Invitati
Stephanie Weimar	So St. Benedict	59-9 (18.21m)	4/3 Norse Relays

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HAMMER THROW

=====	NCAA Automatic	171-11 (52.40m)	
Elizabeth Durham	Fr Carleton	149-11 (45.71m)	3/19 Aztec Invite
=====	NCAA Provisional	149-11 (45.70m)	
Jackie Luehmann	Sr Gustavus Adolphus	148-0 (45.12m)	4/24 Drake Alternative
Melissa Logan	Sr Carleton	138-6 (42.23m)	4/7 Carleton Women's In
Kristin Petersen	Sr Gustavus Adolphus	137-4 (41.87m)	5/7-8 Miac Championship
Kate Sherlock	Fr St. Catherine	136-8 (41.67m)	5/7-8 Miac Championship
Heather Sieben	Jr Gustavus Adolphus	136-7 (41.64m)	5/7-8 Miac Championship
Beth Cleveland	So Saint Mary's	130-5 (39.76m)	5/7-8 Miac Championship
Anna Noren	So Carleton	130-5 (39.75m)	4/7 Carleton Women's In
Alexis Surratt	So Carleton	128-2 (39.08m)	4/7 Carleton Women's In
Jen Brouwers	Jr St. Catherine	126-7 (38.58m)	4/24 Mac Women's Invite
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Sarah Koziolk	So St. Catherine	125-7 (38.27m)	4/17 Manitou Classic
Heather Sublet	So Hamline	124-5 (37.92m)	5/7-8 Miac Championship
Josie Thulien	Jr Gustavus Adolphus	124-5 (37.92m)	4/17 Manitou Classic
Stacy Griffin	Fr St. Olaf	123-9 (37.73m)	4/24 Macalester Women's
Brita Carlson	So Macalester	123-9 (37.71m)	4/9 Lee Krough Invite
Amanda Jones	Fr Hamline	122-4 (37.28m)	4/24 Macalester Invite
Jenna Wendorff	So St. Benedict	122-3 (37.27m)	4/24 Macalester Invitat
Cheryl Fricke	So Carleton	121-9 (37.10m)	4/7 Carleton Women's In
Colleen Schrodt	So Gustavus Adolphus	121-5 (37.00m)	4/24 Drake Alternative
=====	Last 2003 qualifier	120-7 (36.76m)	

Shannon Kane 20	Fr St. Thomas	120-5 (36.71m)	5/1 St. Thomas Invitati
Lorna Wilson	So St. Olaf	119-10 (36.52m)	4/24 Macalester Women's
Rachel Sinclair	Fr Carleton	117-4 (35.76m)	4/28 Tommie Twilight
Grace Awangtang	So Macalester	112-3 (34.22m)	4/24 Macalester Invite
Jennifer Hanson	So St. Benedict	112-2 (34.18m)	4/3 Norse Relays
Rebekah Hoback	Sr Concordia	112-1 (34.17m)	4/24 Al Cassell Relays
Jennifer Levenhagen	Sr St. Olaf	111-10 (34.08m)	4/7 Carleton Women's In
Lisa Ostenson	So Macalester	111-5 (33.97m)	4/30 Macalester Bagpipe
Amanda Weinmann	So Saint Mary's	106-5 (32.44m)	4/17 Uwec Open
Melissa Stave	Fr Concordia	105-8 (32.22m)	4/24 Al Cassell Relays
Michelle Binn	Fr St. Thomas	104-9 (31.93m)	5/1 St. Thomas Invitati

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Mary Ann Becker	Sr St. Benedict	102-2 (31.14m)	4/24 Macalester Invitat
Sarah Johnson	So St. Olaf	100-10 (30.73m)	4/24 Macalester Women's
Ashley Clemens	Fr Gustavus Adolphus	99-11 (30.45m)	4/9 Lee Krough Invite
Cher'i O'Leary	So Saint Mary's	98-7 (30.05m)	4/24 La Crosse Classic
Angela Johnson	Fr St. Catherine	84-11 (25.89m)	4/28 Tommie Twilight
Lisa Hinz	So St. Olaf	77-6 3/4 (23.64m)	4/24 Macalester Women's
Liz Kapsner	Fr St. Thomas	77-0 3/4 (23.49m)	4/7 Carleton Invitation
Stephanie Weimar	So St. Benedict	65-9 1/2 (20.05m)	4/3 Norse Relays

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JAVELIN THROW

=====	NCAA Automatic	142-5 (43.40m)	
Nicole Plante	Jr Concordia	141-8 (43.18m)	4/5 St. Benedict Heptat
Ashley Luehmann	So Saint Mary's	131-1 (39.95m)	5/7-8 Miac Championship
Erika Wetzel	So St. Thomas	129-10 (39.57m)	5/7-8 Miac Championship
=====	NCAA Provisional	126-4 (38.50m)	
Lizzy Erickson	Sr Carleton	122-7 (37.36m)	4/7 Carleton Women's In
Kristi Colbenson	Jr Carleton	120-0 (36.57m)	5/7-8 Miac Championship
Jennifer Levenhagen	Sr St. Olaf	117-2 (35.72m)	5/7-8 Miac Championship
Jessica Braun	Jr St. Benedict	113-3 (34.53m)	5/7-8 Miac Championship
Lisa Ostenson	So Macalester	109-6 (33.39m)	4/9 Lee Krough Invite
Renee Splichal	Sr Concordia	107-2 (32.67m)	5/7-8 Miac Championship
Callie Peotter	Jr St. Thomas	107-0 (32.61m)	5/7-8 Miac Championship

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Kestrel Schwaiger	Fr Carleton	104-7 (31.88m)	4/17 Manitou Classic
Ashley Dingels	Jr Saint Mary's	102-11 (31.38m)	5/7-8 Miac Championship
Michelle Steadman	Jr Gustavus Adolphus	100-7 (30.65m)	5/7-8 Miac Championship
=====	Last 2003 qualifier	100-4 (30.58m)	
Tiffany Trost	Jr St. Benedict	99-8 (30.38m)	4/30 Miac Hept
Colleen Schrodt	So Gustavus Adolphus	97-11 (29.86m)	4/30 Macalester Bagpipe
Amy Klein	So Hamline	97-4 (29.68m)	4/30 Mackester Twilight
Becky Peterson	Sr St. Olaf	95-11 (29.24m)	4/24 Macalester Women's
Jaymee Spanning	Fr St. Catherine	94-9 (28.89m)	4/9 Lee Krough Invitati
Angela Van Binsbergen	Jr Augsburg	90-6 (27.59m)	4/24 Drake Alternative
Rachelle Dosch	Fr St. Thomas	89-11 (27.41m)	5/1 St. Thomas Invitati

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Beth Schiller	So St. Benedict	89-7 (27.30m)	4/28 Tommie Twilight
Meghan Orgeman	Jr St. Benedict	89-6 (27.28m)	4/30 Miac Hept
Josie Thulien	Jr Gustavus Adolphus	89-2 (27.18m)	4/30 Macalester Bagpipe
Christa Roessler	Fr St. Benedict	89-1 (27.16m)	4/28 Tommie Twilight
Ashley Davis	Fr Saint Mary's	88-10 (27.08m)	4/24 La Crosse Classic
Dana Luiken	Fr Hamline	88-0 (26.82m)	3/20 Oxy Invite
Hannah Meium	Fr St. Thomas	87-0 (26.52m)	4/17 Manitou Classic
Amber Mensen	Sr St. Benedict	86-3 (26.30m)	4/24 Macalester Invitati
Stacy Griffin	Fr St. Olaf	85-10 (26.16m)	4/24 Macalester Women's
Elizabeth Durham	Fr Carleton	84-11 (25.88m)	4/17 Manitou Classic

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Lorna Wilson	So St. Olaf	82-11 (25.27m)	4/17 Manitou Classic
Heather Sieben	Jr Gustavus Adolphus	82-3 (25.07m)	3/27 Wartburg Open

Lindsay Kuznia	So Concordia	81-10 (24.94m)	4/3 Jimmie Invitational
Jill Moller	Fr Concordia	81-8 (24.89m)	4/3 Jimmie Invitational
Patty Canik	Jr St. Benedict	80-3 3/4 (24.48m)	4/28 Tommie Twilight
Amber Schackman	Fr Concordia	79-4 (24.18m)	4/7 Marauder Invite
Erica Abfalter	Fr Saint Mary's	78-0 1/4 (23.78m)	4/24 La Crosse Classic
Deni Batchvarova	So Macalester	76-3 3/4 (23.26m)	4/24 Macalester Invite
Amy Frost	Sr Bethel	75-3 1/4 (22.94m)	4/28 Tommie Twilight
Haden Bowie	Fr Hamline	73-1 1/4 (22.28m)	4/24 Macalester Invite

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HIGH JUMP

Kristal Grigsby	So St. Thomas	5-8 (1.73m)	5/7-8 Miac Championship
=====	NCAA Automatic	5-8 (1.73m)	
Danielle St. Louis	Jr Hamline	5-5 3/4 (1.67m)	3/20 Oxy Invite
Sheri Netland	Fr Bethel	5-4 1/2 (1.64m)	4/30 Bagpipe Invite
=====	NCAA Provisional	5-4 1/2 (1.64m)	
Ashley Dingels	Jr Saint Mary's	5-4 1/4 (1.63m)	5/7-8 Miac Championship
Megan Mason	So Saint Mary's	5-3 3/4 (1.62m)	4/17 Uwec Open
Susan Brown	Fr Macalester	5-2 1/2 (1.59m)	4/30 Macalester Bagpipe
Lindsey Weis	Sr Gustavus Adolphus	5-2 1/2 (1.59m)	3/27 Wartburg Open
Breanne Miller	So Hamline	5-2 1/4 (1.58m)	5/7-8 Miac Championship
Jada Lewis	Fr St. Thomas	5-1 1/4 (1.56m)	4/28 Tommie Twilight
Michelle Steadman	Jr Gustavus Adolphus	5-0 1/2 (1.54m)	4/30 Macalester Bagpipe

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Trish Steele	Jr Bethel	5-0 1/4 (1.53m)	5/7-8 Miac Championship
Kelsie Hansen	Fr St. Benedict	5-0 1/4 (1.53m)	4/18 Manitou Classic
Dana Luiken	Fr Hamline	4-11 3/4 (1.52m)	4/24 Macalester Invite
Becky Peterson	Sr St. Olaf	4-11 (1.50m)	4/7 Carleton Women's In
Kristi Colbenson	Jr Carleton	4-10 1/2 (1.49m)	4/9 Miac Heptathlon
Haden Bowie	Fr Hamline	4-10 1/2 (1.49m)	4/30 Mackester Twilight
Sara Entgelmeier	Jr Macalester	4-10 1/2 (1.49m)	4/30 Macalester Bagpipe
Renee Splichal	Sr Concordia	4-10 1/2 (1.49m)	4/5 St. Benedict Heptat
Cristina Aarestad	Fr Concordia	4-10 1/2 (1.49m)	3/27 Csb/Sju Invitation
Krista Mateffy	So St. Benedict	4-10 1/2 (1.49m)	3/27 Csb/Sju Invitation

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=====	Last 2003 qualifier	4-10 1/4 (1.48m)	
Vanessa Brown	Fr Carleton	4-9 (1.45m)	4/7 Carleton Women's In
Kaia Knutson	Fr St. Olaf	4-8 1/4 (1.43m)	4/30 Miac Heptathlon
Nicole Plante	Jr Concordia	4-8 1/4 (1.43m)	4/30 Miac Heptathlon
Tiffany Trost	Jr St. Benedict	4-8 1/4 (1.43m)	4/4 Csb/Sju Hept
Amber Mensen	Sr St. Benedict	4-8 1/4 (1.43m)	4/3 Norse Relays
Gwen Mitchell	Fr St. Catherine	4-7 1/2 (1.41m)	4/28 Tommie Twilight
Amy Ravenhorst	Fr Concordia	4-7 (1.40m)	3/27 Csb/Sju Invitation
Kestrel Schwaiger	Fr Carleton	4-6 (1.37m)	4/9 Miac Heptathlon
Amber Schackman	Fr Concordia	4-2 1/4 (1.28m)	4/30 Miac Heptathlon

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POLE VAULT

Karolien Bastiaens	Sr St. Thomas	12-5 1/2 (3.80m)	5/1 St. Thomas Invitati
=====	NCAA Automatic	12-4 (3.76m)	
Kristi Schneider	Jr Gustavus Adolphus	11-3 (3.43m)	4/24 Drake Alternative

Renee Splichal	Sr Concordia	11-1 3/4 (3.40m)	3/27 Csb/Sju Invitation
Shannon Martin	Sr Gustavus Adolphus	11-1 (3.38m)	3/27 Wartburg Open
Marla Nelson	So St. Olaf	10-10 3/4 (3.32m)	5/7-8 Miac Championship
Liz Ghandour	So St. Olaf	10-10 3/4 (3.32m)	5/7-8 Miac Championship
=====	NCAA Provisional	10-10 (3.30m)	
Maria Wilkes	Jr St. Benedict	10-4 3/4 (3.17m)	5/7-8 Miac Championship
Megan Mason	So Saint Mary's	10-4 3/4 (3.17m)	5/7-8 Miac Championship
Sarah Margoles	Sr Carleton	10-3 1/4 (3.13m)	4/28 Tommie Twilight
Natalie Hanson	So Concordia	10-1 1/4 (3.08m)	5/1 Masanz @ Msum
10			
Lindsay Kuznia	So Concordia	10-1 1/4 (3.08m)	5/1 Masanz @ Msum
Beth Thicke	Fr Gustavus Adolphus	10-0 (3.05m)	4/17 Manitou Classic
Kathleen Koval	Fr Bethel	9-9 3/4 (2.99m)	4/30 Bagpipe Invite
Angie Krebsbach	So Hamline	9-9 1/4 (2.98m)	4/28 Tommie Twilight
Christa Von Behren	Fr Macalester	9-7 3/4 (2.94m)	3/27 Csb/Sju Invite
Ashley Poirier	Fr St. Benedict	9-7 3/4 (2.94m)	3/27 Csb/Sju Invitation
=====	Last 2003 qualifier	9-4 1/2 (2.86m)	
Beth Schiller	So St. Benedict	9-3 3/4 (2.84m)	4/30 Macalester Bagpipe
Jess Rosenblatt	Sr Carleton	9-3 1/4 (2.83m)	4/28 Tommie Twilight
Maggie Reisdorf	Fr St. Benedict	8-9 3/4 (2.69m)	4/30 Macalester Bagpipe
Christa Roessler	Fr St. Benedict	8-9 3/4 (2.69m)	4/30 Macalester Bagpipe
20			
Ashley Dennis	Fr St. Olaf	8-9 1/2 (2.68m)	4/28 Tommie Twilight
Aryn Arnold	Fr Hamline	8-9 1/2 (2.68m)	4/9 Lee Krough
Breanna Quamme	Fr Concordia	8-6 (2.59m)	4/20 Cobber Twilight @M
Melanie Roberts	Jr Macalester	8-0 1/2 (2.45m)	4/3 Hamline Coed
Jeane Coffin	Fr Macalester	7-4 1/4 (2.24m)	4/30 Macalester Bagpipe

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HEPTATHLON

=====	NCAA Automatic	4560	
Kristi Colbenson	Jr Carleton	4499	5/7-8 Miac Championship
Becky Peterson	Sr St. Olaf	4486	5/7-8 Miac Championship
Nicole Plante	Jr Concordia	4367	5/7-8 Miac Championship
=====	NCAA Provisional	4100	
Renee Splichal	Sr Concordia	3944	4/5 St. Benedict Heptat
Meghan Orgeman	Jr St. Benedict	3781	5/7-8 Miac Championship
Trish Steele	Jr Bethel	3692	5/7-8 Miac Championship
Kestrel Schwaiger	Fr Carleton	3685	5/7-8 Miac Championship
Dana Luiken	Fr Hamline	3636	5/7-8 Miac Championship
Kaia Knutson	Fr St. Olaf	3603	5/7-8 Miac Championship
Tiffany Trost	Jr St. Benedict	3541	5/7-8 Miac Championship
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Amber Schackman	Fr Concordia	3116	5/7-8 Miac Championship

11 entrants

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