

# 2005 MIAC Women's Outdoor Performance Lists

Last updated May 17, 2005

"\*" 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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[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)

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100 METER DASH

Tonnisha Bell	Jr Augsburg	12.01	4/2 Missouri Relays
=====	NCAA Automatic	12.01	
=====	NCAA Provisional	12.34	
Patti Clintsman	Jr St. Benedict	12.37	5/4 Tommie Twilight
Angie Pfeiffer	Jr Concordia	12.45	4/23 Kansas Relays
Molly Bauman	Jr St. Thomas	12.57	5/4 Tommie Twilight
Kristal Grigsby	Jr St. Thomas	12.59	5/7 St. Thomas Invitati
Sheri Netland	So Bethel	12.60	5/6 Meet of the Unsaint
Bethany Keene	Jr St. Benedict	12.68	May 13-14, Miac Champio
Nkechi Alaike	Fr St. Thomas	12.78	5/7 St. Thomas Invitati
Sarah Nezworski	Sr St. Benedict	12.78	4/23 Manitou Classic
Andretta Colley	Sr St. Thomas	12.83	5/4 Tommie Twilight
10			
Kate Staat	Fr St. Thomas	12.85	5/7 St. Thomas Invitati
Jennifer Dalhed	So St. Benedict	12.93	5/4 Tommie Twilight
Blythe Bittman	Jr Gustavus	12.93	4/16 Lee Krough Invite
Jill Moller	So Concordia	12.93	4/8 Ndsu Open
Autumn Adkins	Fr Bethel	12.94	May 13-14, Miac Champio
Danielle St. Louis	Sr Hamline	12.95	3/4 Tommie Twilight
Tami Klenke	Fr Hamline	12.97	5/7 Unsaintly
Melissa Mueller	Jr St. Olaf	12.99	5/4 Tommie Twilight
Carla Smith	Fr Gustavus	13.06	4/16 Lee Krough Invite
Selina Dehn	Fr St. Thomas	13.08	5/4 Tommie Twilight
20			
Alissa Bilden	So Concordia	13.13	4/8 Ndsu Open
Megan Moran	So Saint Mary's	13.20	5/7 Wisconsin twilight
Janna Castellano	So Gustavus	13.24	4/9 Washington Universi
Jennifer Noelke	So Macalester	13.30	5/6 Meet of the Unsaint
Johanna Shreve	Sr Macalester	13.30	3/19 Vandy Spring Class
Vanessa Brown	So Carleton	13.34	4/9 Hamline Invitationa
Alicia Wolff	Sr St. Thomas	13.35	5/7 St. Thomas Invitati
Kelsey Becker	So Gustavus	13.36	4/30 Drake Alternative
Becky Baron	Fr Saint Mary's	13.42	May 13-14, Miac Champio
Funto Okanla	Fr Gustavus	13.43	4/30 Drake Alternative
30			
Jenny Vuong	Fr St. Benedict	13.46	5/6 Meet of the Unsaint
Jessica Nordness	Fr Augsburg	13.47	5/4 Tommie Twilight
Sarah Just	Fr St. Thomas	13.52	5/7 St. Thomas Invitati
Sarah Sorvaag	Fr Concordia	13.53	4/8 Ndsu Open
Melissa Botzet	Sr St. Olaf	13.55	5/4 Tommie Twilight
Christina Chapman	So St. Thomas	13.58	4/23 Manitou Classic
Annie Clintsman	Fr St. Benedict	13.60	4/2 Csb/Sju Invitationa
Nyasha Kanganga	Fr St. Catherine	13.61	May 13-14, Miac Champio
Becca Dole	So Carleton	13.61	4/9 Hamline Invitationa
Brianna Sanford	Fr Bethel	13.62	5/6 Meet of the Unsaint
40			
Tammy Hoese	Jr St. Benedict	13.62	5/4 Tommie Twilight
Kelly Tanke	Fr Saint Mary's	13.74	5/7 Wisconsin twilight
Megan Seibel	Jr St. Thomas	13.85	5/7 St. Thomas Invitati
Adrienne Racek	Fr St. Benedict	13.90	4/16 Bluegold Open
Katie Selthun	Fr Hamline	13.91	4/30 Macalester Invite
Kara Veitenheimer	Fr Carleton	13.94	5/6 Meet of Unsaintly
Kathleen Koval	So Bethel	14.00	4/30 Macalester Invitat
Elizabeth Ghandour	Jr St. Olaf	14.01	4/30 Macalester Invitat
=====	Last 2004 qualifier	14.07	
Katy Magnuson	So Bethel	14.20	5/6 Meet of the Unsaint
Dana Ketcher	Fr Hamline	14.28	4/9 Hamline Invitationa
50			
CeCe Sowemimo	So Gustavus	14.29	4/9 Washington Universi
Meghan Dirkes	So St. Catherine	14.33	4/16 Lee Krough
Shanna Waterman	So Carleton	14.48	4/23 St. Olaf Manitou C

Sheryl West	Fr St. Olaf	14.61	4/9 Falcon Invitational
Katie Hagen	Fr St. Olaf	14.70	4/16 Lee Krough Invitat
Marlee Nasset	Fr Concordia	14.78	5/6 Simpson Invite
Sara Heesen	Fr St. Olaf	15.03	4/23 Manitou Track Clas
Chelsea Gordon	Fr St. Olaf	15.07	4/23 Manitou Track Clas
Marla Nelson	Jr St. Olaf	15.07	4/9 Falcon Invitational
Molly Conway	Fr Macalester	15.23	4/30 Macalester Invitat
60			
Megan Bearman	Fr St. Olaf	15.83	4/23 Manitou Track Clas

61 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

=====	NCAA Automatic	24.50	
Tonnisha Bell	Jr Augsburg	24.84	4/30 Macalester Invitat
=====	NCAA Provisional	25.40	
Patti Clintzman	Jr St. Benedict	25.51	5/4 Tommie Twilight
Blythe Bittman	Jr Gustavus	25.54	5/6 Miac Heptathlon
Sheri Netland	So Bethel	25.69	May 13-14, Miac Champio
Christina Chapman	So St. Thomas	25.88	May 13-14, Miac Champio
Bethany Keene	Jr St. Benedict	25.96	May 13-14, Miac Champio
Carla Smith	Fr Gustavus	26.06	4/30 Drake Alternative
Kirsten Fristad	Sr Macalester	26.18	5/5 Miac Heptathlon
Ashley Cronen	Jr Gustavus	26.26	4/30 Drake Alternative
Kristal Grigsby	Jr St. Thomas	26.31	5/4 Tommie Twilight
10			
Molly Bauman	Jr St. Thomas	26.38	5/7 St. Thomas Invitati
Emily Bartusek	Fr Saint Mary's	26.40	4/9 Wartburg Select
Jennifer Noelke	So Macalester	26.46	May 13-14, Miac Champio
Meghan Orgeman	Sr St. Benedict	26.46	5/5 Miac Hept
Ashley Dingels	Sr Saint Mary's	26.49	5/6 Miac Heptahlon
Angie Pfeiffer	Jr Concordia	26.58	4/30 Ron Masanz Invite
Nicole Plante	Sr Concordia	26.65	5/6 Miac Heptathlon
Nkechi Alaike	Fr St. Thomas	26.68	May 13-14, Miac Champio
Allison Erlander	So St. Olaf	26.81	5/7 St. Thomas Invitati
Sarah Nezworksi	Sr St. Benedict	26.81	4/2 Csb/Sju Invitationa
20			
Danielle St. Louis	Sr Hamline	26.88	3/4 Tommie Twilight
Alissa Bilden	So Concordia	26.94	4/8 Ndsu Open
Autumn Adkins	Fr Bethel	26.98	May 13-14, Miac Champio
Kaela Schramm	So Macalester	27.08	4/16 Lee Krough Invite
Andretta Colley	Sr St. Thomas	27.15	5/7 St. Thomas Invitati
Melissa Mueller	Jr St. Olaf	27.20	May 13-14, Miac Champio
Kelsey Becker	So Gustavus	27.20	4/30 Drake Alternative
Jill Fancher	So Concordia	27.29	4/30 Ron Masanz Invite
Kate Staat	Fr St. Thomas	27.34	May 13-14, Miac Champio
Kelly Tanke	Fr Saint Mary's	27.36	May 13-14, Miac Champio
30			
Alicia Wolff	Sr St. Thomas	27.39	5/4 Tommie Twilight
Vanessa Brown	So Carleton	27.40	May 13-14, Miac Champio
Rebecca Trombly	Jr St. Olaf	27.40	5/7 St. Thomas Invitati
Becky Baron	Fr Saint Mary's	27.40	4/9 Wartburg Select
Kelly Olson	So Concordia	27.42	4/16 Al Cassel Relays
Autumn Valk	Jr Saint Mary's	27.54	5/4 Tommie Twilight
Sarah Just	Fr St. Thomas	27.65	May 13-14, Miac Champio
Kestrel Schwaiger	So Carleton	27.67	5/6 Miac Heptathlon
Melissa Botzet	Sr St. Olaf	27.67	4/30 Macalester Invitat
Jenny Vuong	Fr St. Benedict	27.85	5/4 Tommie Twilight
40			
Melanie Priebe	Jr St. Catherine	27.87	5/5 Miac Heptathlon
Kaia Knutson	So St. Olaf	27.88	5/5 Miac Heptathlon
Selina Dehn	Fr St. Thomas	27.92	5/7 St. Thomas Invitati
Jessica Nordness	Fr Augsburg	27.96	5/4 Tommie Twilight

Yena Phillips	So Saint Mary's	28.01	4/27 Bulldog Open
Jill Moller	So Concordia	28.05	4/16 Al Cassel Relays
Emily Tollefson	Sr Concordia	28.06	4/2 Csb/Sju Invite
Tiffany Trost	Sr St. Benedict	28.08	5/5 Miac Hept
Brianna Sanford	Fr Bethel	28.11	4/30 Macalester Invitat
Amber Schackman	So Concordia	28.14	5/6 Miac Heptathlon
50			
Adrienne Racek	Fr St. Benedict	28.18	4/9 Falcon Invitational
Dana Luiken	So Hamline	28.23	5/5 Miac Hept
Johanna Shreve	Sr Macalester	28.32	4/16 Lee Krough Invite
Nikki Mammen	Fr St. Thomas	28.35	5/5 Miac Heptathlon
Tammy Hoese	Jr St. Benedict	28.42	May 13-14, Miac Champio
Sheryl West	Fr St. Olaf	28.53	May 13-14, Miac Champio
Becca Dole	So Carleton	28.56	4/30 Macalester Invite
Katja Andresen	Fr St. Olaf	28.69	5/5 Miac Heptathlon
Annie Clintsman	Fr St. Benedict	28.74	4/2 Csb/Sju Inviational
Katie Selthun	Fr Hamline	28.83	3/4 Tommie Twilight
60			
Laurie Thomas	Sr St. Olaf	28.86	5/7 St. Thomas Invitati
Cassie Maresh	Fr Bethel	28.86	5/4 Tommie Twilight
Elaine Reeves	Sr St. Thomas	29.24	4/16 Blugold Open
Marlee Nasset	Fr Concordia	29.32	5/6 Simpson Invite
Kari Koos	Jr St. Olaf	29.32	4/30 Macalester Invitat
=====	Last 2004 qualifier	29.32	
Erin Lowe	Jr St. Olaf	29.41	5/4 Tommie Twilight
Beth Ebert	Fr St. Thomas	29.44	5/5 Miac Heptathlon
Dana Ketcher	Fr Hamline	29.64	3/4 Tommie Twilight
Katie Hagen	Fr St. Olaf	29.66	4/9 Falcon Invitational
Nyasha Kanganga	Fr St. Catherine	29.69	4/2 Viking Classic
70			
Katherine Vogel	Sr Hamline	29.70	3/4 Tommie Twilight
CeCe Sowemimo	So Gustavus	29.80	4/9 Washington Universi
Meghan Dirkes	So St. Catherine	29.84	4/9 Hamline
Emily Liddiard	Sr St. Catherine	29.86	4/30 Macalester Invite
Jessica Taylor	Fr St. Thomas	29.93	5/7 St. Thomas Invitati
Jada Lewis	So St. Thomas	29.95	4/9 Falcon Invitational
Nicole Novak	Fr St. Olaf	30.34	4/9 Falcon Invitational
Angie Asmus	Fr Hamline	30.38	3/23 Wartburg
Aryn Arnold	So Hamline	30.38	3/23 Wartburg
Katrina Enderle	Fr Concordia	30.56	4/16 Al Cassel Relays
80			
Natalie Robles	So Macalester	30.57	4/23 Manitou Classic
Christa von Behren	So Macalester	30.61	4/30 Macalester Invitat
Maika Leier	Fr Gustavus	30.61	4/9 Washington Universi
Chelsea Gordon	Fr St. Olaf	30.62	5/4 Tommie Twilight
Kaaren Sowles	Sr Bethel	30.95	4/9 Hamline Invitationa
Shanna Waterman	So Carleton	31.04	4/16 Lee Krough Invite
Berit Christensen	Fr Concordia	31.49	3/26 Emory Invite
Katie Stanton	Fr St. Thomas	31.70	4/9 Falcon Invitational
Megan Bearman	Fr St. Olaf	32.11	5/4 Tommie Twilight
Nicole Bohn	So Saint Mary's	32.12	4/2 Red Hawk Invite - R
90			
Darcy Swagger	Fr Concordia	32.36	4/2 Csb/Sju Invite
Tiffany Scherber	So St. Catherine	32.79	4/2 Viking Classic
Sophie Gray	Fr Augsburg	33.88	3/19 Csun Invitational
Nicole Haffely	So St. Catherine	35.20	4/9 Hamline

94 entrants

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400 METER DASH

=====	NCAA Automatic	55.90	
Sheri Netland	So Bethel	57.46	May 13-14, Miac Champio
=====	NCAA Provisional	57.60	

Emily Stafford	Jr Macalester	58.08	May 13-14, Miac Champio
Angie Pfeiffer	Jr Concordia	58.36	4/16 Al Cassel Relays
Christina Chapman	So St. Thomas	58.55	May 13-14, Miac Champio
Emily Bartusek	Fr Saint Mary's	58.89	4/9 Wartburg Select
Alissa Bilden	So Concordia	59.02	5/6 Simpson Invite
Ashley Cronen	Jr Gustavus	59.21	May 13-14, Miac Champio
Allison Erlander	So St. Olaf	59.26	5/7 St. Thomas Invitati
Krista Cruse	So Gustavus	59.40	May 13-14, Miac Champio
Bethany Keene	Jr St. Benedict	59.46	5/4 Tommie Twilight
10			
Maria Roche	So Saint Mary's	60.00	4/9 Wartburg Select
Kelly Olson	So Concordia	60.72	5/6 Simpson Invite
Alicia Wolff	Sr St. Thomas	60.87	May 13-14, Miac Champio
Natalie Hanson	Jr Concordia	61.30	4/19 Cobber Twilight
Carlie Hanson	So Gustavus	61.36	4/23 Manitou Classic
Adrienne Racek	Fr St. Benedict	61.41	4/30 Macalester Invite
Sara Burns	Fr Hamline	61.47	5/7 Unsaintly
Anne Redmon	So St. Benedict	61.56	5/4 Tommie Twilight
Jennifer Noelke	So Macalester	61.62	4/16 Lee Krough Invite
Rebecca Trombly	Jr St. Olaf	61.67	5/7 St. Thomas Invitati
20			
Ellen Waldow	Jr Augsburg	61.80	4/9 Hamilne Invitationa
Ashley Dingels	Sr Saint Mary's	61.81	4/23 Manitou Classic
Amy Carlson	So Bethel	61.99	5/4 Tommie Twilight
Andrea Gelle	So St. Olaf	62.01	4/30 Macalester Invitat
Anna Beich	Jr Bethel	62.20	May 13-14, Miac Champio
Lindsay Saunders	Fr St. Olaf	62.25	May 13-14, Miac Champio
Trish Steele	Sr Bethel	62.41	3/19 2005 Aztec Classic
Melissa Botzet	Sr St. Olaf	62.79	5/4 Tommie Twilight
Vanessa Brown	So Carleton	62.80	May 13-14, Miac Champio
Cassie Maresh	Fr Bethel	63.02	May 13-14, Miac Champio
30			
Yena Phillips	So Saint Mary's	63.33	5/7 Wisconsin twilight
Amy Ravenhorst	So Concordia	63.40	4/16 Al Cassel Relays
Beth Thicke	So Gustavus	63.44	May 13-14, Miac Champio
Laurie Thomas	Sr St. Olaf	63.52	5/7 St. Thomas Invitati
Melanie Priebe	Jr St. Catherine	63.76	4/2 Viking Classic
Katherine Vogel	Sr Hamline	63.77	May 13-14, Miac Champio
Kari Koos	Jr St. Olaf	63.92	4/30 Macalester Invitat
Danielle St. Louis	Sr Hamline	63.92	4/2 St. Bens Invite
Christina Roberts	Fr St. Olaf	63.95	May 13-14, Miac Champio
Erin Lowe	Jr St. Olaf	64.25	May 13-14, Miac Champio
40			
Kristi Schneider	Sr Gustavus	64.49	4/23 Manitou Classic
Marlee Nasset	Fr Concordia	64.61	May 13-14, Miac Champio
Lindsay Kuznia	Jr Concordia	64.83	4/2 Csb/Sju Invite
Sheryl West	Fr St. Olaf	65.27	May 13-14, Miac Champio
Elaine Reeves	Sr St. Thomas	65.70	May 13-14, Miac Champio
Nicole Novak	Fr St. Olaf	65.90	4/9 Falcon Invitational
Larisa Nordstrom	Jr St. Olaf	66.01	4/9 Falcon Invitational
Jessica Taylor	Fr St. Thomas	66.20	5/7 St. Thomas Invitati
Chelsea Gordon	Fr St. Olaf	67.48	4/9 Falcon Invitational
Jackie Wurst	Sr Hamline	67.61	4/30 Macalester Invite
50			
Kaia Knutson	So St. Olaf	67.69	4/30 Macalester Invitat
Tiffany Scherber	So St. Catherine	67.70	4/30 Macalester Invite
=====	Last 2004 qualifier	67.80	
Jenny Bronson	Sr St. Catherine	68.09	4/2 Viking Classic
Nicki Brusven	So Concordia	68.80	4/30 Ron Masanz Invite
Michelle Singlestad	Sr Concordia	68.84	4/16 Al Cassel Relays
Jenna Barke	Jr St. Olaf	69.52	4/9 Falcon Invitational
Jessica Nordness	Fr Augsburg	70.82	4/16 Lee Krough Invitat
Megan Bearman	Fr St. Olaf	70.84	4/16 Lee Krough Invitat
Katrina Enderle	Fr Concordia	70.94	4/8 Ndsu Open
Darcy Swagger	Fr Concordia	74.70	4/19 Cobber Twilight
60			
Nicole Haffely	So St. Catherine	79.79	4/2 Viking Classic

61 entrants

800 METER RUN

=====	NCAA Automatic	2:12.00	
Brigid Power	Sr St. Thomas	2:14.45	4/23 Manitou Classic
Ellen Waldow	Jr Augsburg	2:14.64	5/6 Meet of the Unsaint
Hannah Dietrich	Sr Augsburg	2:15.60	4/16 Lee Krough Invitat
=====	NCAA Provisional	2:15.80	
Ashley Cronen	Jr Gustavus	2:17.21	5/6 Meet of the Unsaint
Maria Roche	So Saint Mary's	2:17.25	4/23 Manitou Classic
Angie Bergeson	Jr Augsburg	2:17.49	5/4 Tommie Twilight
Katherine Wingert	Fr Carleton	2:17.90	4/16 Lee Krough Invitat
Natalie Hanson	Jr Concordia	2:17.91	4/23 Kansas Relays
Ellen Koranda	Jr Saint Mary's	2:19.01	5/4 Tommie Twilight
Sara Burns	Fr Hamline	2:19.52	4/23 Manitou Classic
10			
Carrie Fransen	Sr Concordia	2:19.56	5/6 Simpson Invite
Rachel Charpentier	So Concordia	2:20.03	5/6 Simpson Invite
Andrea Gelle	So St. Olaf	2:20.5	4/16 Lee Krough Invitat
Allison Woerpel	So Macalester	2:20.95	5/4 Tommie Twilight
Emily Stafford	Jr Macalester	2:21.43	5/4 Tommie Twilight
Anna Shamey	So Macalester	2:21.71	May 13-14, Miac Champio
Ashley Farbo	Sr Gustavus	2:22.07	5/6 Meet of the Unsaint
Kaylee Rasmussen	Fr St. Benedict	2:22.98	4/16 Bluegold Open
Anna Gunderson	Sr St. Benedict	2:23.06	5/4 Tommie Twilight
Krista Cruse	So Gustavus	2:23.29	4/23 Manitou Classic
20			
Heidi Bulfer	So Gustavus	2:23.84	5/6 Meet of the Unsaint
Koby Hagen	Jr Macalester	2:24.14	4/23 Manitou Classic
Lindsay Saunders	Fr St. Olaf	2:24.18	4/30 Macalester Invitat
Keri Drake	Sr Saint Mary's	2:24.26	5/7 Wisconsin twilight
Jen St. John	Sr Concordia	2:24.38	4/19 Cobber Twilight
Holly Reinsmoen	Sr St. Benedict	2:24.45	5/4 Tommie Twilight
Nicki Hanson	Fr St. Thomas	2:24.67	5/4 Tommie Twilight
Mary McKee	Sr St. Thomas	2:24.92	5/4 Tommie Twilight
Erin Weier	So St. Olaf	2:24.94	5/4 Tommie Twilight
Kezia Manlove	Jr St. Olaf	2:25.00	5/7 St. Thomas Invitati
30			
Ashley Dingels	Sr Saint Mary's	2:25.28	5/6 Miac Heptathlon
Lauren Milne	Fr Carleton	2:25.52	5/4 Tommie Twilight
Callie PaStarr	So Macalester	2:25.70	4/9 Hamline Invite
Rachel Lindor	So St. Benedict	2:25.80	4/2 Csb/Sju Invitationa
Elizabeth Nelson	Fr Macalester	2:25.88	5/4 Tommie Twilight
Karrin Pearson	Fr St. Olaf	2:25.89	5/4 Tommie Twilight
Lacee Schrupp	So Hamline	2:26.19	4/16 Gustavus Invite
Melissa Francis	So Hamline	2:26.57	4/2 St. Bens Invite
Amy Lyons	So Bethel	2:26.64	4/23 Manitou Classic
Larisa Nordstrom	Jr St. Olaf	2:26.67	5/4 Tommie Twilight
40			
Ronni Hamilton	Jr St. Thomas	2:27.11	5/7 St. Thomas Invitati
Laura Edlund	Fr Gustavus	2:27.20	4/16 Lee Krough Invite
Jo Nice	Sr Macalester	2:27.24	4/30 Macalester Invitat
Kalsey Larson	Fr St. Thomas	2:27.34	5/7 St. Thomas Invitati
Emily Liddiard	Sr St. Catherine	2:27.46	5/4 Tommie Twilight
Molly Lager	Jr Gustavus	2:27.49	4/9 Washington Universi
Nicole Plante	Sr Concordia	2:27.55	5/6 Miac Heptathlon
Meghan Miller	Fr Carleton	2:27.60	5/4 Tommie Twilight
Melanie Priebe	Jr St. Catherine	2:27.77	5/5 Miac Heptathlon
Meghan Orgeman	Sr St. Benedict	2:27.85	5/5 Miac Hept
50			
Jennie Hedberg	Fr St. Olaf	2:27.90	4/30 Macalester Invitat
Heather Hoecker	Fr Carleton	2:27.98	5/4 Tommie Twilight
Dana Luiken	So Hamline	2:28.82	5/5 Miac Hept
Julie Anderson	Fr St. Thomas	2:29.04	May 13-14, Miac Champio
Andrea Carlson	Sr Augsburg	2:29.39	5/4 Tommie Twilight

Chelsea Martens	Fr Concordia	2:29.79	5/6 Simpson Invite
Julie Miller	Sr Concordia	2:29.97	5/6 Simpson Invite
Lindsay Willgohs	So St. Thomas	2:30.29	5/7 St. Thomas Invitati
Nicole Novak	Fr St. Olaf	2:30.43	5/4 Tommie Twilight
Nikki Burg	So St. Catherine	2:30.66	4/30 Macalester Invite
60			
Dedra Brey	Fr St. Thomas	2:30.96	5/4 Tommie Twilight
Clare O'Connor	Fr Carleton	2:31.11	5/4 Tommie Twilight
Sarah Zweber	Fr Saint Mary's	2:31.43	4/23 Manitou Classic
Rachelle Peters	Jr Bethel	2:31.68	May 13-14, Miac Champio
=====	Last 2004 qualifier	2:31.68	
Kelsey Watt	So St. Olaf	2:31.83	5/4 Tommie Twilight
Caitlin Molsberry	Fr St. Olaf	2:31.86	May 13-14, Miac Champio
Megan Mayer	So St. Thomas	2:31.93	5/4 Tommie Twilight
Christina Roberts	Fr St. Olaf	2:32.16	4/30 Macalester Invitat
Jenny Bronson	Sr St. Catherine	2:32.28	5/4 Tommie Twilight
Karla Knudson	Sr Carleton	2:33.15	5/4 Tommie Twilight
70			
Val Berquam	So Gustavus	2:33.91	4/2 Central Invitationa
Nikki Unhoefer	Fr Bethel	2:34.59	4/2 Csb/Sju invitationa
Katja Andresen	Fr St. Olaf	2:35.23	5/6 Miac Heptathlon
Nicki Brusven	So Concordia	2:35.29	4/2 Csb/Sju Invite
Kestrel Schwaiger	So Carleton	2:35.44	5/6 Miac Heptathlon
Ali Parsons	Fr Concordia	2:35.89	4/16 Al Cassel Relays
Casey Englund	Fr St. Olaf	2:35.90	5/4 Tommie Twilight
Rachel Dwyer	So Concordia	2:35.91	4/19 Cobber Twilight
Jessica Salvatore	Jr Carleton	2:36.15	4/30 Macalester Invite
Amanda Foster	Jr St. Olaf	2:36.29	4/9 Falcon Invitational
80			
Ashley Keefe	Fr Bethel	2:36.31	4/30 Macalester Invitat
Cassie Maresh	Fr Bethel	2:36.63	4/2 Csb/Sju invitationa
Chloe Tuseth	Fr Saint Mary's	2:36.77	4/23 Manitou Classic
Joan Bennett	Sr Macalester	2:37.00	4/2 Csb/Sju Invite
Sarah Beisser	Jr St. Olaf	2:37.42	5/4 Tommie Twilight
Kim Koecheler	Fr Saint Mary's	2:37.45	4/23 Manitou Classic
Marlee Nasset	Fr Concordia	2:37.66	4/16 Al Cassel Relays
Kristen Winchell	Sr St. Thomas	2:38.13	4/23 Manitou Classic
Katie Rehani	So St. Benedict	2:38.36	5/4 Tommie Twilight
Nicole Pardo	Jr Macalester	2:38.77	4/16 Lee Krough Invite
90			
Kaia Knutson	So St. Olaf	2:38.80	5/6 Miac Heptathlon
Sonja Ellingson	So St. Olaf	2:38.89	4/16 Lee Krough Invitat
Brittney Schwager	So St. Olaf	2:39.18	4/16 Lee Krough Invitat
Jenna Barke	Jr St. Olaf	2:39.19	4/9 Falcon Invitational
Emily Gerteis	Fr Macalester	2:39.32	5/4 Tommie Twilight
Virginia Parrish	Fr St. Olaf	2:39.45	4/16 Lee Krough Invitat
Marit Swartout	Fr St. Benedict	2:39.67	4/9 Falcon Invitational
Hannah Carlson	So Bethel	2:39.84	5/4 Tommie Twilight
Sarah Peloquin	Fr Augsburg	2:40.36	5/4 Tommie Twilight
Anna Johnson	Fr Concordia	2:40.38	3/26 Emory Invite
100			
Meagan Hansen	Fr Concordia	2:40.59	3/26 Emory Invite
Amber Schackman	So Concordia	2:40.66	5/6 Miac Heptathlon
Tiffany Scherber	So St. Catherine	2:41.57	4/9 Hamline
Rebecca Derby	Jr St. Catherine	2:42.12	4/2 Viking Classic
Jesse Hasken	Jr Macalester	2:42.58	4/16 Lee Krough Invite
Kristin St. John	Fr Concordia	2:42.62	4/19 Cobber Twilight
Christy Pose	So St. Catherine	2:43.55	4/23 Manitou Classic
Laura Melcher	Fr St. Olaf	2:44.11	4/16 Lee Krough Invitat
Jackie Wurst	Sr Hamline	2:45.11	4/16 Gustavus Invite
Elizabeth Leslie	Fr St. Olaf	2:46.03	5/4 Tommie Twilight
110			
Linn Dale	So St. Olaf	2:46.33	4/9 Falcon Invitational
Maria Schirmer	Fr Macalester	2:46.66	4/23 Manitou Classic
Zoe Schirmer	Sr Carleton	2:48.05	4/30 Macalester Invite
Raeleen Rasmussen	Fr St. Benedict	2:48.47	5/4 Tommie Twilight
Beth Friedman	Fr Carleton	2:48.69	4/16 Lee Krough Invitat
Elise Guimont	Fr St. Benedict	2:48.94	4/2 Csb/Sju Invitationa
Tina Koechler	Fr Saint Mary's	2:49.60	4/16 Blugold Open - Uwe
Emily Clark	So St. Olaf	2:51.44	4/9 Falcon Invitational
Kristi Kobluk	Fr St. Olaf	2:51.44	4/9 Falcon Invitational

Brenna Ress 120	So Gustavus	2:51.96	4/23 Manitou Classic
Nikki Mammen	Fr St. Thomas	2:52.96	4/30 Mac Invite
Kim Anderson	Fr St. Benedict	2:53.01	4/30 Macalester Invite
Julie Haimann	Fr St. Benedict	2:54.17	4/2 Csb/Sju Invitationa
Beth Ebert	Fr St. Thomas	2:55.75	4/30 Mac Invite
Nicole Haffely	So St. Catherine	3:04.28	5/4 Tommie Twilight
Susie Mead	Fr Macalester	3:04.53	4/9 Hamline Invite
Darcy Swagger	Fr Concordia	3:04.55	4/16 Al Cassel Relays
Shannon Dineen	So Saint Mary's	3:05.12	4/2 Red Hawk Invite - R

128 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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### 1500 METER RUN

=====	NCAA Automatic	4:34.00	
Brigid Power	Sr St. Thomas	4:36.12	4/8 Duke Invitational
Hannah Dietrich	Sr Augsburg	4:38.38	5/6 Meet of the Un saint
=====	NCAA Provisional	4:41.00	
Ellen Koranda	Jr Saint Mary's	4:41.53	5/7 Wisconsin twilight
Angie Bergeson	Jr Augsburg	4:43.00	5/6 Meet of the Un saint
Natalie Hanson	Jr Concordia	4:43.85	5/6 Simpson Invite
Keidra Anderson	Jr Hamline	4:44.44	4/23 Manitou Classic
Koby Hagen	Jr Macalester	4:46.3	4/23 Manitou Classic
Amy Lyons	So Bethel	4:47.64	4/23 Manitou Classic
Katherine Wingert	Fr Carleton	4:49.00	4/23 St. Olaf Manitou C
Rachel Charpentier	So Concordia	4:49.5	May 13-14, Miac Champio
10			
Callie PaStarr	So Macalester	4:50.5	4/16 Lee Krough Invite
Carrie Franses	Sr Concordia	4:50.83	4/19 Cobber Twilight
Allison Woerpel	So Macalester	4:50.93	4/30 Macalester Invitat
Jen St. John	Sr Concordia	4:50.98	3/26 Emory Invite
Molly Lager	Jr Gustavus	4:53.76	May 13-14, Miac Champio
Ellen Waldow	Jr Augsburg	4:53.77	4/23 Manitou Classic
Corey Hickner	So St. Benedict	4:54.39	4/2 Csb/Sju Invitationa
Cassie Funke	Sr Carleton	4:54.60	5/4 Tommie Twilight
Anna Shamey	So Macalester	4:54.4	4/16 Lee Krough Invite
Jennie Hedberg	Fr St. Olaf	4:55.02	5/4 Tommie Twilight
20			
Anna Gunderson	Sr St. Benedict	4:55.70	4/30 Macalester Invite
Sara Burns	Fr Hamline	4:56.15	3/23 Wartburg
Kalsey Larson	Fr St. Thomas	4:56.28	5/4 Tommie Twilight
Kezia Manlove	Jr St. Olaf	4:56.42	4/23 Manitou Track Clas
Andrea Gelle	So St. Olaf	4:57.20	4/23 Manitou Track Clas
Ronni Hamilton	Jr St. Thomas	4:57.97	5/4 Tommie Twilight
Elizabeth Nelson	Fr Macalester	4:58.41	May 13-14, Miac Champio
Emily Stafford	Jr Macalester	4:59.89	4/2 Csb/Sju Invite
Melissa Francis	So Hamline	5:01.95	4/23 Manitou Classic
Lauren Milne	Fr Carleton	5:02.64	4/23 St. Olaf Manitou C
30			
Tera Bollig	So Saint Mary's	5:02.97	5/7 Wisconsin twilight
Val Berquam	So Gustavus	5:03.25	4/9 Washington Universi
Jenny Olin	So St. Thomas	5:03.36	5/7 St. Thomas Invitati
Lindsay Boetcher	Jr St. Olaf	5:03.57	5/4 Tommie Twilight
Lacee Schrupp	So Hamline	5:04.49	4/2 St. Bens Invite
Kristin Haubrich	Fr St. Benedict	5:05.92	5/4 Tommie Twilight
Caroline Barnes	Jr Macalester	5:06.35	5/4 Tommie Twilight
Erin Weier	So St. Olaf	5:07.4	4/16 Lee Krough Invitat
Meghan Miller	Fr Carleton	5:08.07	4/23 St. Olaf Manitou C
Nathalia Brashear	Jr Macalester	5:08.70	5/4 Tommie Twilight
40			
Lydia Davitt	Fr Gustavus	5:09.61	4/23 Manitou Classic
Larisa Nordstrom	Jr St. Olaf	5:09.67	May 13-14, Miac Champio
Nikki Unhoefer	Fr Bethel	5:09.84	5/4 Tommie Twilight

Megan Rose	Sr St. Benedict	5:11.00	4/9 Falcon Invitational
Laura Edlund	Fr Gustavus	5:11.13	5/6 Meet of the Unsaint
Havila Brisbois	Jr St. Catherine	5:11.52	4/9 Hamline
Rachel Dwyer	So Concordia	5:11.73	4/30 Ron Masanz Invite
Kate Walker	Fr Gustavus	5:12.15	4/23 Manitou Classic
Lisa Skildum	Fr St. Olaf	5:13.19	5/4 Tommie Twilight
Sarah Zweber	Fr Saint Mary's	5:13.83	4/16 Blugold Open - Uwe
50			
Tracey McCubbin	So St. Thomas	5:13.95	5/7 St. Thomas Invitati
Kim Allmaras	Jr St. Thomas	5:14.84	5/4 Tommie Twilight
Meagan Hansen	Fr Concordia	5:14.88	4/23 Bemidji State Beav
Kelsey Watt	So St. Olaf	5:16.22	4/30 Macalester Invitat
Kim Koecheler	Fr Saint Mary's	5:16.31	4/16 Blugold Open - Uwe
Virginia Parrish	Fr St. Olaf	5:16.7	4/16 Lee Krough Invitat
Sarah Bernhardson	Fr Gustavus	5:17.46	4/9 Washington Universi
Sara Warnke	Jr Hamline	5:17.47	4/2 St. Bens Invite
Kaylen James	Fr St. Benedict	5:17.55	5/4 Tommie Twilight
Amanda Foster	Jr St. Olaf	5:18.07	5/7 St. Thomas Invitati
60			
Rebecca Derby	Jr St. Catherine	5:18.0	4/16 Lee Krough
Marit Swartout	Fr St. Benedict	5:18.47	4/9 Falcon Invitational
Ali Parsons	Fr Concordia	5:18.93	5/6 Simpson Invite
Heather Hoecker	Fr Carleton	5:18.93	4/23 St. Olaf Manitou C
Kristen Winchell	Sr St. Thomas	5:19.44	5/7 St. Thomas Invitati
Leah Pustovar	Jr St. Benedict	5:19.48	5/4 Tommie Twilight
April Graves	Sr St. Olaf	5:19.4	4/16 Lee Krough Invitat
Rose Spring	So St. Benedict	5:19.84	4/23 Manitou Classic
Casey Englund	Fr St. Olaf	5:20.41	4/9 Falcon Invitational
Casey Baustian	Fr St. Olaf	5:20.45	4/9 Falcon Invitational
70			
Kate Boisjolie	Fr Saint Mary's	5:20.55	4/27 Bulldog Open
Andrea Carlson	Sr Augsburg	5:20.78	4/2 Missouri Relays
Joan Bennett	Sr Macalester	5:21.2	4/16 Lee Krough Invite
Jessica Salvatore	Jr Carleton	5:21.75	5/4 Tommie Twilight
Ashley Bean	Sr St. Benedict	5:21.78	4/2 Csb/Sju Invitationa
Karla Knudson	Sr Carleton	5:22.59	5/6 Meet of Unsaintly
Jo Nice	Sr Macalester	5:22.97	4/23 Manitou Classic
Clare O'Connor	Fr Carleton	5:23.06	4/23 St. Olaf Manitou C
Anne Balkany	Fr St. Olaf	5:23.30	4/23 Manitou Track Clas
Nikki Burg	So St. Catherine	5:23.4	4/16 Lee Krough
80			
Chelsea Martens	Fr Concordia	5:24.14	4/19 Cobber Twilight
Caitlin Molsberry	Fr St. Olaf	5:24.87	4/9 Falcon Invitational
Alicia Hartung	So Saint Mary's	5:25.67	4/9 Wartburg Select
Anne Iddins	Fr St. Thomas	5:25.96	4/9 Falcon Invitational
Brittney Seaberg	Jr St. Thomas	5:26.01	4/9 Falcon Invitational
Nicki Brusven	So Concordia	5:27.25	4/16 Al Cassel Relays
=====	Last 2004 qualifier	5:27.61	
Christal LaFavre	Jr St. Thomas	5:27.92	4/9 Falcon Invitational
Jen Bremser	Sr Concordia	5:28.05	4/16 Al Cassel Relays
Nicole Pardo	Jr Macalester	5:28.12	5/4 Tommie Twilight
Laura Murphy	Fr St. Benedict	5:28.84	5/4 Tommie Twilight
90			
Elise Guimont	Fr St. Benedict	5:29.87	5/4 Tommie Twilight
Linn Dale	So St. Olaf	5:29.90	4/30 Macalester Invitat
Kristin St. John	Fr Concordia	5:30.55	4/16 Al Cassel Relays
Sonja Ellingson	So St. Olaf	5:31.17	4/30 Macalester Invitat
Stephanie Heniff	So St. Thomas	5:32.74	4/16 Blugold Open
Laura Melcher	Fr St. Olaf	5:34.13	5/4 Tommie Twilight
Emily Gerteis	Fr Macalester	5:34.29	4/23 Manitou Classic
Trisha Coffee	Jr St. Thomas	5:36.03	5/7 St. Thomas Invitati
Sarah Peloquin	Fr Augsburg	5:36.41	5/6 Meet of the Unsaint
Jenny Bronson	Sr St. Catherine	5:36.2	4/2 Viking Classic
100			
Emily Deetz	So St. Catherine	5:38.37	4/30 Macalester Invite
Zoe Schirmer	Sr Carleton	5:38.55	5/4 Tommie Twilight
Katie Rehani	So St. Benedict	5:42.24	4/2 Csb/Sju Invitationa
Katie Visco	So Carleton	5:42.87	5/4 Tommie Twilight
Rachel Wippert	Fr Concordia	5:43.23	4/16 Al Cassel Relays
Molly Bowen	So Macalester	5:44.80	4/9 Hamline Invite
Jesse Hasken	Jr Macalester	5:45.74	5/4 Tommie Twilight

Sammi Frey	Sr Macalester	5:45.85	4/9 Hamline Invite
Megan Fetterolf	Fr Macalester	5:45.89	4/23 Manitou Classic
Anna Johnson	Fr Concordia	5:46.29	5/6 Simpson Invite
110			
Maria Schirmer	Fr Macalester	5:46.86	5/4 Tommie Twilight
Elizabeth Leslie	Fr St. Olaf	5:48.06	4/23 Manitou Track Clas
Christy Pose	So St. Catherine	5:49.2	4/2 Viking Classic
Emily Clark	So St. Olaf	5:49.75	4/30 Macalester Invitat
Brenna Ress	So Gustavus	5:51.35	4/30 Drake Alternative
Marian Studer	Sr St. Benedict	5:54.0	4/9 Falcon Invitational
Mary Coffey	Jr St. Olaf	5:56.0	4/9 Falcon Invitational
Beth Friedman	Fr Carleton	6:00.88	4/23 St. Olaf Manitou C
Tina Koechler	Fr Saint Mary's	6:05.35	4/27 Bulldog Open
Rachel Williams	Sr St. Benedict	6:06.98	5/4 Tommie Twilight
120			
Shannon Dineen	So Saint Mary's	6:07.99	4/16 Blugold Open - Uwe
Jo Anna Martinez	So Saint Mary's	6:12.34	4/16 Blugold Open - Uwe

122 entrants

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[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)  
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MILE RUN\*

=====	NCAA Automatic	4:55.90
=====	NCAA Provisional	5:03.40

0 entrants

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3000 METER RUN\*

Amy Lyons	So Bethel	10:08.12	5/6 Meet of the Unsaint
Nichole Peterson	Sr Gustavus	10:12.67	5/6 Meet of the Unsaint
Hailey Harren	So Gustavus	10:21.26	5/6 Meet of the Unsaint
Lindsay Boetcher	Jr St. Olaf	10:43.29	4/30 Macalester Invitat
Nora McIver-Sheridan	So Carleton	11:04.89	4/30 Macalester Invite
Carrie Fransen	Sr Concordia	11:24.0	4/8 Ndsu Open
Tracey McCubbin	So St. Thomas	11:27.52	4/30 Mac Invite
Jen Bremser	Sr Concordia	11:32.93	4/23 Bemidji State Beav
Kristine Jensen	Sr Concordia	11:49.2	4/8 Ndsu Open
Sarah Bernhardson	Fr Gustavus	11:50.50	5/6 Meet of the Unsaint
10			
Trisha Coffee	Jr St. Thomas	11:52.32	4/30 Mac Invite
Meagan Hansen	Fr Concordia	11:59.3	4/8 Ndsu Open
Ashley Davis	So Saint Mary's	12:22.38	4/27 Bulldog Open
Kristin St. John	Fr Concordia	12:22.7	4/8 Ndsu Open
Stephanie Heniff	So St. Thomas	12:32.04	4/30 Mac Invite
Kim Meyer	So Concordia	13:04.4	4/8 Ndsu Open

16 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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## 5000 METER RUN

=====	NCAA Automatic	17:00.00	
Amy Lyons	So Bethel	17:14.98	4/30 Macalester Invitat
Keidra Anderson	Jr Hamline	17:20.93	May 13-14, Miac Champio
=====	NCAA Provisional	17:46.00	
Hailey Harren	So Gustavus	18:02.29	May 13-14, Miac Champio
Nichole Peterson	Sr Gustavus	18:16.20	4/16 Lee Krough
Kourtney Joyce	Jr Gustavus	18:21.69	4/9 Washington Universi
Leah Wurm	Jr St. Benedict	18:25.90	4/23 Manitou Classic
Erin Weier	So St. Olaf	18:30.13	May 13-14, Miac Champio
Chelsea Guettinger	Jr St. Thomas	18:34.27	4/8 Duke Invitational
Koby Hagen	Jr Macalester	18:40.68	3/19 Vandy Spring Class
Jenny Olin	So St. Thomas	18:43.00	5/4 Tommie Twilight
10			
Lindsay Boetcher	Jr St. Olaf	18:45.18	May 13-14, Miac Champio
Annie Mills	Jr Carleton	18:47.70	4/16 Lee Krough Invitat
Tasha Pike	Sr Gustavus	18:56.74	4/16 Lee Krough Invite
Nathalia Brashear	Jr Macalester	18:56.89	4/30 Macalester Invitat
Natalie Stork	Sr St. Thomas	19:00.19	May 13-14, Miac Champio
Ellen Koranda	Jr Saint Mary's	19:07.44	4/2 Red Hawk Invite - R
Ashley Bean	Sr St. Benedict	19:08.19	4/30 Macalester Invite
Corey Hickner	So St. Benedict	19:09.9	3/19 Aztec Invitational
Louise Miltich	Sr Carleton	19:11.30	4/16 Lee Krough Invitat
Caroline Barnes	Jr Macalester	19:12.21	4/30 Macalester Invitat
20			
Havila Brisbois	Jr St. Catherine	19:15.2	4/16 Lee Krough
Kelsey Barale	So Carleton	19:20.49	4/30 Macalester Invite
Kristin Haubrich	Fr St. Benedict	19:21.67	May 13-14, Miac Champio
Tera Bollig	So Saint Mary's	19:22.88	4/2 Red Hawk Invite - R
Nora McIver-Sheridan	So Carleton	19:24.00	4/16 Lee Krough Invitat
Andrea Carlson	Sr Augsburg	19:24.78	May 13-14, Miac Champio
Emily Kushner	So Macalester	19:25.24	May 13-14, Miac Champio
Sarah Bernhardson	Fr Gustavus	19:27.8	4/16 Lee Krough Invite
Sara Warnke	Jr Hamline	19:29.23	May 13-14, Miac Champio
Virginia Parrish	Fr St. Olaf	19:32.19	May 13-14, Miac Champio
30			
Rose Spring	So St. Benedict	19:32.40	4/30 Macalester Invite
Casey Baustian	Fr St. Olaf	19:33.6	4/16 Lee Krough Invitat
Erica Lundgren	So Concordia	19:37.27	May 13-14, Miac Champio
April Graves	Sr St. Olaf	19:39.05	4/30 Macalester Invitat
Anne Iddins	Fr St. Thomas	19:39.09	4/16 Blugold Open
Julie Miller	Sr Concordia	19:40.34	4/19 Cobber Twilight
Anne Balkany	Fr St. Olaf	19:44.3	4/16 Lee Krough Invitat
Tracey McCubbin	So St. Thomas	19:49.89	May 13-14, Miac Champio
Brittney Schwager	So St. Olaf	19:51.80	4/30 Macalester Invitat
Meagan Hansen	Fr Concordia	19:57.81	4/30 Ron Masanz Invite
40			
Trisha Coffee	Jr St. Thomas	20:04.69	May 13-14, Miac Champio
Lauren Ciechanowski	So St. Olaf	20:10.08	5/4 Tommie Twilight
Emily Gerteis	Fr Macalester	20:11.5	4/16 Lee Krough Invite
Andretta Colley	Sr St. Thomas	20:16.45	4/23 Manitou Classic
Kate Boisjolie	Fr Saint Mary's	20:23.79	4/2 Red Hawk Invite - R
Kristin St. John	Fr Concordia	20:24.24	4/23 Bemidji State Beav
Leah Pustovar	Jr St. Benedict	20:27.0	4/9 Falcon Invitational
Katie Visco	So Carleton	20:32.60	4/30 Macalester Invite
Meredith Fahrner	Sr St. Olaf	20:39.36	5/4 Tommie Twilight
Amanda Foster	Jr St. Olaf	20:40.6	4/16 Lee Krough Invitat
50			
Cicely Miltich	Fr Carleton	20:41.80	4/16 Lee Krough Invitat
Jen Bremser	Sr Concordia	20:43.57	4/30 Ron Masanz Invite
Ashley Davis	So Saint Mary's	20:49.45	4/16 Blugold Open - Uwe
Erin Anderson	Sr Concordia	20:51.87	4/30 Ron Masanz Invite
Haden Bowie	So Hamline	21:00.94	4/9 Hamline Invitationa
Sammi Frey	Sr Macalester	21:12.24	4/30 Macalester Invitat
Marian Studer	Sr St. Benedict	21:18.53	4/16 Bluegold Open
Rebecca Hochstein	Jr St. Olaf	21:24.89	4/9 Falcon Invitational
Anna Curtis	Sr Saint Mary's	21:27.51	4/23 Manitou Classic
Megan Fetterolf	Fr Macalester	21:32.52	5/4 Tommie Twilight
60			
Emily Deetz	So St. Catherine	21:46.05	5/4 Tommie Twilight

=====	Last 2004 qualifier	21:52.9	
Stephanie Heniff	So St. Thomas	21:53.28	4/23 Manitou Classic
Mo Ringlein	Sr St. Benedict	22:14.0	4/9 Falcon Invitational
Maureen Ringlein	Sr St. Benedict	22:14.85	4/9 Falcon Invitational

64 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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10000 METER RUN

=====	NCAA Automatic	36:00.00	
Keidra Anderson	Jr Hamline	36:36.86	4/28 Drake Relays
Nichole Peterson	Sr Gustavus	36:48.62	May 13-14, Miac Champio
Hailey Harren	So Gustavus	36:54.45	May 13-14, Miac Champio
Leah Wurm	Jr St. Benedict	37:46.74	4/2 Csb/Sju Invitationa
=====	NCAA Provisional	37:50.00	
Jenny Olin	So St. Thomas	38:56.26	May 13-14, Miac Champio
Chelsea Guettinger	Jr St. Thomas	39:01.01	May 13-14, Miac Champio
Annie Mills	Jr Carleton	39:11.86	4/23 St. Olaf Manitou C
Tera Bollig	So Saint Mary's	39:26.34	May 13-14, Miac Champio
Louise Miltich	Sr Carleton	39:43.62	May 13-14, Miac Champio
Nathalia Brashear	Jr Macalester	39:46.85	May 13-14, Miac Champio
10			
Caroline Barnes	Jr Macalester	39:47.66	May 13-14, Miac Champio
Natalie Stork	Sr St. Thomas	39:55.12	May 13-14, Miac Champio
Ashley Bean	Sr St. Benedict	39:56.71	May 13-14, Miac Champio
Sara Warnke	Jr Hamline	40:10.79	4/23 Manitou Classic
Kelsey Barale	So Carleton	40:26.22	May 13-14, Miac Champio
Nora McIver-Sheridan	So Carleton	40:37.23	May 13-14, Miac Champio
Brittney Schwager	So St. Olaf	41:00.82	4/23 Manitou Track Clas
April Graves	Sr St. Olaf	41:15.65	May 13-14, Miac Champio
Havila Brisbois	Jr St. Catherine	41:46.48	May 13-14, Miac Champio
Corey Hickner	So St. Benedict	42:04.16	4/23 Manitou Classic
20			
Andrea Carlson	Sr Augsburg	42:16.0	3/18 Oxy Distance Carni
Jen Bremser	Sr Concordia	42:32.42	4/2 Csb/Sju Invite
Maureen Ringlein	Sr St. Benedict	43:21.62	May 13-14, Miac Champio
Kristin St. John	Fr Concordia	43:38.47	4/2 Csb/Sju Invite
Marian Studer	Sr St. Benedict	43:49.71	4/30 Macalester Invite
=====	Last 2004 qualifier	44:32.75	
Ashley Stoffers	Fr Augsburg	44:34.0	3/18 Oxy Distance Carni
Katie Visco	So Carleton	44:44.17	4/23 St. Olaf Manitou C
Andrea Schuster	Fr Augsburg	46:37.0	3/18 Oxy Distance Carni

28 entrants

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100 METER HURDLES

=====	NCAA Automatic	14.43	
Kirsten Fristad	Sr Macalester	14.94	4/9 Hamline Invite
Kaela Schramm	So Macalester	15.05	May 13-14, Miac Champio
Jenny Folgers	Sr Saint Mary's	15.06	4/27 Bulldog Open
=====	NCAA Provisional	15.10	
Autumn Valk	Jr Saint Mary's	15.13	5/7 Wisconsin twilight
Molly Bauman	Jr St. Thomas	15.41	5/7 St. Thomas Invitati
Nicole Plante	Sr Concordia	15.44	5/6 Miac Heptathlon
Meghan Orgeman	Sr St. Benedict	15.77	5/5 Miac Hept

Kelsie Hansen	So St. Benedict	15.78	May 13-14, Miac Champio
Emily Tollefson	Sr Concordia	15.94	May 13-14, Miac Champio
Dana Luiken	So Hamline	16.01	5/5 Miac Hept
10			
Jill Fancher	So Concordia	16.06	4/30 Ron Masanz Invite
Trish Steele	Sr Bethel	16.07	4/9 Hamline Invitationa
Nikki Mammen	Fr St. Thomas	16.10	5/4 Tommie Twilight
Ashley Dingels	Sr Saint Mary's	16.21	5/6 Miac Heptathlon
Emily Coborn	Fr St. Benedict	16.37	3/19 Aztec Invitational
Johanna Shreve	Sr Macalester	16.37	3/19 Vandy Spring Class
Amber Schackman	So Concordia	16.49	5/6 Miac Heptathlon
Leah Hegland	Jr Concordia	16.62	4/23 Kansas Relays
Kaia Knutson	So St. Olaf	16.71	5/5 Miac Heptathlon
Katja Andresen	Fr St. Olaf	16.98	5/5 Miac Heptathlon
20			
Kestrel Schwaiger	So Carleton	17.18	5/6 Miac Heptathlon
Berit Christensen	Fr Concordia	17.62	4/30 Ron Masanz Invite
Laura Olson	Fr St. Olaf	17.97	May 13-14, Miac Champio
Brooke Zachman	So Saint Mary's	18.13	May 13-14, Miac Champio
Angie Asmus	Fr Hamline	18.14	4/2 St. Bens Invite
Alicia Blomquist	Fr Gustavus	18.17	4/9 Washington Universi
=====	Last 2004 qualifier	18.83	
Sara Heesen	Fr St. Olaf	18.86	May 13-14, Miac Champio
Katie Stanton	Fr St. Thomas	18.89	4/9 Falcon Invitational
Melanie Priebe	Jr St. Catherine	19.77	5/5 Miac Heptathlon
Sophie Gray	Fr Augsburg	20.09	4/9 Hamline Invitationa
30			
Beth Ebert	Fr St. Thomas	20.65	4/16 Blugold Open

31 entrants

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#### 400 METER HURDLES

=====	NCAA Automatic	61.90	
Molly Bauman	Jr St. Thomas	63.26	May 13-14, Miac Champio
Allison Erlander	So St. Olaf	63.81	May 13-14, Miac Champio
Jill Fancher	So Concordia	64.28	4/19 Cobber Twilight
=====	NCAA Provisional	64.30	
Carlie Hanson	So Gustavus	65.42	May 13-14, Miac Champio
Kirsten Fristad	Sr Macalester	65.43	4/9 Hamline Invite
Meghan Orgeman	Sr St. Benedict	65.62	4/9 Falcon Invitational
Ali Cordie	Sr Gustavus	65.74	May 13-14, Miac Champio
Rebecca Trombly	Jr St. Olaf	66.49	May 13-14, Miac Champio
Trish Steele	Sr Bethel	68.30	4/2 Csb/Sju invitationa
Melanie Priebe	Jr St. Catherine	68.43	May 13-14, Miac Champio
10			
Lindsay Kuznia	Jr Concordia	68.60	4/19 Cobber Twilight
JoAna Cramblit	Fr St. Benedict	68.72	4/30 Macalester Invite
Kestrel Schwaiger	So Carleton	70.42	May 13-14, Miac Champio
Amber Schackman	So Concordia	70.58	May 13-14, Miac Champio
Ashley Keefe	Fr Bethel	70.96	May 13-14, Miac Champio
Kari Koos	Jr St. Olaf	71.54	5/7 St. Thomas Invitati
Nicole Novak	Fr St. Olaf	71.74	5/7 St. Thomas Invitati
Katja Andresen	Fr St. Olaf	71.87	4/16 Lee Krough Invitat
Tricia Lund	So St. Benedict	72.13	4/30 Macalester Invite
Laura Olson	Fr St. Olaf	72.27	5/4 Tommie Twilight
20			
Brooke Zachman	So Saint Mary's	72.73	5/7 Wisconsin twilight
Jenny Folgers	Sr Saint Mary's	73.50	4/16 Blugold Open - Uwe
Leah Hegland	Jr Concordia	74.13	5/6 Simpson Invite
Lisa Skildum	Fr St. Olaf	74.64	May 13-14, Miac Champio
Karrin Pearson	Fr St. Olaf	74.77	4/30 Macalester Invitat
Rebecca Derby	Jr St. Catherine	77.24	May 13-14, Miac Champio
Sara Heesen	Fr St. Olaf	78.66	May 13-14, Miac Champio

Jenny Bronson	Sr St. Catherine	79.47	4/9 Hamline
Brenna Ress	So Gustavus	81.25	4/9 Washington Universi
=====	Last 2004 qualifier	83.84	
Sophie Gray	Fr Augsburg	84.36	5/6 Meet of the Unsaint
30			
Mary Coffey	Jr St. Olaf	89.42	4/9 Falcon Invitational

31 entrants

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3000M STEEPLECHASE

=====	NCAA Automatic	10:44.00	
Kourtney Joyce	Jr Gustavus	11:09.05	May 13-14, Miac Champio
Jen St. John	Sr Concordia	11:19.4	4/30 Ron Masanz Invite
=====	NCAA Provisional	11:21.00	
Val Berquam	So Gustavus	11:24.48	May 13-14, Miac Champio
Hannah Dietrich	Sr Augsburg	11:31.1	4/2 Missouri Relays
Megan Rose	Sr St. Benedict	11:31.77	4/30 Macalester Invitat
Kezia Manlove	Jr St. Olaf	11:33.07	May 13-14, Miac Champio
Cassie Funke	Sr Carleton	11:43.36	May 13-14, Miac Champio
Julie Miller	Sr Concordia	11:45.86	4/23 Bemidji State Beav
Annie Mills	Jr Carleton	11:48.63	4/8 Wartburg Select
Heather Hoecker	Fr Carleton	12:05.70	May 13-14, Miac Champio
10			
Kelsey Barale	So Carleton	12:09.35	5/4 Tommie Twilight
Beth Magnuson	Sr St. Thomas	12:09.83	May 13-14, Miac Champio
Lydia Davitt	Fr Gustavus	12:10.42	May 13-14, Miac Champio
Anne Iddins	Fr St. Thomas	12:10.92	5/4 Tommie Twilight
Casey Baustian	Fr St. Olaf	12:14.41	5/4 Tommie Twilight
Marit Swartout	Fr St. Benedict	12:15.91	May 13-14, Miac Champio
Meghan Miller	Fr Carleton	12:16.31	4/30 Macalester Invite
Leah Pustovar	Jr St. Benedict	12:17.06	5/4 Tommie Twilight
Kelly Baustian	Jr St. Olaf	12:26.02	4/23 Manitou Track Clas
Kristine Jensen	Sr Concordia	12:31.96	May 13-14, Miac Champio
20			
Lisa Skildum	Fr St. Olaf	12:33.47	5/7 St. Thomas Invitati
Kate Boisjolie	Fr Saint Mary's	12:37.50	5/7 Wisconsin twilight
Alicia Hartung	So Saint Mary's	12:48.11	4/27 Bulldog Open
Linn Dale	So St. Olaf	12:50.86	5/4 Tommie Twilight
Rebecca Derby	Jr St. Catherine	12:52.45	4/30 Macalester Invite
Rebecca Hochstein	Jr St. Olaf	12:56.01	5/4 Tommie Twilight
=====	Last 2004 qualifier	12:56.66	
Christal LaFavre	Jr St. Thomas	13:00.58	5/4 Tommie Twilight
Christy Pose	So St. Catherine	13:06.96	5/4 Tommie Twilight
Kaylen James	Fr St. Benedict	13:21.74	5/6 Meet of the Unsaint
Autumn Durfey	So St. Benedict	13:37.78	4/23 Manitou Classic
30			
Kim Allmaras	Jr St. Thomas	13:37.99	4/23 Manitou Classic
Mary Coffey	Jr St. Olaf	13:38.38	4/23 Manitou Track Clas
Andrea Schuster	Fr Augsburg	13:43.70	4/16 Lee Krough Invitat
Jenny Bronson	Sr St. Catherine	13:46.70	4/30 Macalester Invite
Cicely Miltich	Fr Carleton	13:57.24	4/9 Hamline Invitationa
Anna Johnson	Fr Concordia	14:45.11	4/23 Bemidji State Beav

36 entrants

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## 4X100 METER RELAY

=====	NCAA Automatic	47.50	
St. Thomas		47.92	5/7 St. Thomas Invitati
St. Benedict		48.17	4/30 Macalester Invite
=====	NCAA Provisional	49.00	
Gustavus		49.50	May 13-14, Miac Champio
Saint Mary's		49.75	May 13-14, Miac Champio
Macalester		49.80	May 13-14, Miac Champio
Bethel		49.85	May 13-14, Miac Champio
Concordia		50.01	May 13-14, Miac Champio
Hamline		50.89	May 13-14, Miac Champio
St. Olaf		50.96	May 13-14, Miac Champio
Carleton		52.43	May 13-14, Miac Champio
10			
St. Catherine		54.51	May 13-14, Miac Champio

11 entrants

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## MILE RELAY\*

=====	NCAA Automatic	3:49.20
=====	NCAA Provisional	3:59.40

0 entrants

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## 4X400 METER RELAY

=====	NCAA Automatic	3:49.20	
St. Thomas		3:55.06	5/7 St. Thomas Invitati
=====	NCAA Provisional	3:58.00	
Concordia		4:00.29	5/6 Simpson Invite
Saint Mary's		4:00.30	5/7 Wisconsin twilight
Bethel		4:01.01	5/6 Meet of the Unsaint
Gustavus		4:02.09	May 13-14, Miac Champio
St. Olaf		4:02.44	May 13-14, Miac Champio
St. Benedict		4:03.39	May 13-14, Miac Champio
Macalester		4:07.82	May 13-14, Miac Champio
Augsburg		4:09.38	5/6 Meet of the Unsaint
Carleton		4:11.64	May 13-14, Miac Champio
10			
Hamline		4:12.13	5/7 Unsaintly
St. Catherine		4:19.01	May 13-14, Miac Champio

12 entrants

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## 4X800 METER RELAY

Macalester		9:19.62	May 13-14, Miac Champio
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Concordia	9:22.40	May 13-14, Miac Champio
Augsburg	9:28.68	May 13-14, Miac Champio
Hamline	9:31.15	May 13-14, Miac Champio
Gustavus	9:34.26	May 13-14, Miac Champio
St. Olaf	9:35.46	May 13-14, Miac Champio
Carleton	9:39.85	May 13-14, Miac Champio
St. Benedict	9:44.52	May 13-14, Miac Champio
St. Thomas	9:53.69	4/23 Manitou Classic
Saint Mary's	10:00.53	4/9 Wartburg Select
10		
St. Catherine	10:06.46	May 13-14, Miac Champio
Bethel	10:14.03	4/30 Macalester Invitat

12 entrants

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LONG JUMP

Kristal Grigsby	Jr St. Thomas	5.92m (19-5 1/4)	May 13-14, Miac Champio
Andretta Colley	Sr St. Thomas	5.80m (19-0 1/2)	5/7 St. Thomas Invitati
=====	NCAA Automatic	5.80m (19-0 1/2)	
=====	NCAA Provisional	5.50m (18-0 1/2)	
Patti Clintzman	Jr St. Benedict	5.49m (18-0 1/4)	5/4 Tommie Twilight
Augusta Garberich	Fr St. Benedict	5.39m (17-8 1/4)	4/9 Falcon Invitational
Kaela Schramm	So Macalester	5.27m (17-3 1/2)	4/2 Csb/Sju Invite
Susan Brown	So Macalester	5.24m (17-2 1/4)	5/6 Meet of the Unsaint
Nikki Mammen	Fr St. Thomas	5.24m (17-2 1/4)	5/4 Tommie Twilight
Tami Klenke	Fr Hamline	5.22m (17-1 1/2)	5/7 Unsaintly
Molly Bauman	Jr St. Thomas	5.20m (17-0 3/4)	5/4 Tommie Twilight
Selina Dehn	Fr St. Thomas	5.14m (16-10 1/2)	5/4 Tommie Twilight

10

Shanna Dawson	Fr Gustavus	5.14m (16-10 1/2)	4/16 Lee Krough Invite
Megan Seibel	Jr St. Thomas	5.13m (16-10)	5/4 Tommie Twilight
Meghan Orgeman	Sr St. Benedict	5.10m (16-8 3/4)	4/10 Csb/Sju Hept
Nicole Plante	Sr Concordia	5.08m (16-8)	4/16 Al Cassel Relays
Amber Schackman	So Concordia	5.04m (16-6 1/2)	4/19 Cobber Twilight
Sari Lindeman	Fr Gustavus	5.03m (16-6)	4/30 Drake Alternative
Lindsay Kuznia	Jr Concordia	5.02m (16-5 3/4)	4/8 Ndsu Open
Emily Tollefson	Sr Concordia	5.01m (16-5 1/4)	5/6 Simpson Invite
Crystal Reeves	Sr Concordia	5.00m (16-5)	4/8 Ndsu Open
Robin Larson	So Concordia	4.91m (16-1 1/2)	4/8 Ndsu Open

20

Blythe Bittman	Jr Gustavus	4.91m (16-1 1/2)	4/9 Washington Universi
Ashley Dingels	Sr Saint Mary's	4.86m (15-11 1/2)	5/6 Miac Heptathlon
Jada Lewis	So St. Thomas	4.85m (15-11)	4/9 Falcon Invitational
=====	Last 2004 qualifier	4.85m (15-11)	
Johanna Shreve	Sr Macalester	4.83m (15-10 1/4)	3/19 Vandy Spring Class
Kalee Schrupp	Jr Gustavus	4.81m (15-9 1/2)	5/6 Meet of the Unsaint
Stephanie Leer	Fr Concordia	4.81m (15-9 1/2)	4/8 Ndsu Open
Tricia Lund	So St. Benedict	4.79m (15-8 3/4)	4/30 Macalester Invitat
Jenna Palmer	Fr Bethel	4.72m (15-6)	5/4 Tommie Twilight
Kaia Knutson	So St. Olaf	4.72m (15-6)	4/16 Lee Krough Invitat
Kestrel Schwaiger	So Carleton	4.71m (15-5 1/2)	5/6 Miac Heptathlon

30

Meghan Dirkes	So St. Catherine	4.68m (15-4 1/4)	4/30 Macalester Invite
Kara Veitenheimer	Fr Carleton	4.65m (15-3 1/4)	4/30 Macalester Invite
Nyasha Kanganga	Fr St. Catherine	4.63m (15-2 1/4)	4/2 Viking Classic
Kristina Granger	Jr St. Benedict	4.60m (15-1 1/4)	4/30 Macalester Invite
Beth Ebert	Fr St. Thomas	4.58m (15-0 1/2)	4/30 Mac Invite
Meghan Johansen	So Concordia	4.56m (14-11 1/2)	5/6 Simpson Invite
Maika Leier	Fr Gustavus	4.55m (14-11 1/4)	4/9 Washington Universi
Lisa Raetz	So Gustavus	4.50m (14-9 1/4)	4/23 Manitou Classic
Kate Staat	Fr St. Thomas	4.46m (14-7 3/4)	4/30 Mac Invite
Dana Luiken	So Hamline	4.46m (14-7 3/4)	3/23 Wartburg

40

Katja Andresen	Fr St. Olaf	4.45m (14-7 1/4)	4/23 Manitou Track Clas
Angela Mooney	So Bethel	4.42m (14-6)	5/6 Meet of the Unsaint
Katy Magnuson	So Bethel	4.41m (14-5 3/4)	5/4 Tommie Twilight
Katie Hagen	Sr St. Benedict	4.39m (14-5)	4/2 Csb/Sju Invitationa
Natalie Robles	So Macalester	4.34m (14-3)	5/6 Meet of the Unsaint
Christa von Behren	So Macalester	4.32m (14-2 1/4)	4/2 Csb/Sju Invite
Melanie Priebe	Jr St. Catherine	4.19m (13-9)	4/2 Viking Classic
Katie Hagen	Fr St. Olaf	4.14m (13-7)	4/9 Falcon Invitational
Kirsten Fristad	Sr Macalester	3.99m (13-1 1/4)	4/30 Macalester Invitat
Angie Asmus	Fr Hamline	3.76m (12-4)	4/2 St. Bens Invite
50			
Tiffany Scherber	So St. Catherine	3.66m (12-0 1/4)	4/2 Viking Classic

51 entrants

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TRIPLE JUMP

=====	NCAA Automatic	12.00m (39-4 1/2)	
Kristal Grigsby	Jr St. Thomas	11.91m (39-1)	5/7 St. Thomas Invitati
Andretta Colley	Sr St. Thomas	11.55m (37-10 3/4)	5/4 Tommie Twilight
Selina Dehn	Fr St. Thomas	11.31m (37-1 1/4)	5/4 Tommie Twilight
Susan Brown	So Macalester	11.25m (36-11)	5/6 Meet of the Unsaint
=====	NCAA Provisional	11.25m (36-11)	
Kaela Schramm	So Macalester	11.22m (36-9 3/4)	4/9 Hamline Invite
Shanna Dawson	Fr Gustavus	11.01m (36-1 1/2)	4/23 Manitou Classic
Sari Lindeman	Fr Gustavus	10.95m (35-11 1/4)	4/30 Drake Alternative
Kristina Granger	Jr St. Benedict	10.93m (35-10 1/2)	4/30 Macalester Invite
Crystal Reeves	Sr Concordia	10.85m (35-7 1/4)	4/8 Ndsu Open
Robin Larson	So Concordia	10.57m (34-8 1/4)	4/8 Ndsu Open
10			
Katie Hagen	Sr St. Benedict	10.53m (34-6 3/4)	4/23 Manitou Classic
Kalee Schrupp	Jr Gustavus	10.45m (34-3 1/2)	5/6 Meet of the Unsaint
Jennifer Dalhed	So St. Benedict	10.38m (34-0 3/4)	May 13-14, Miac Champio
Erin Lowe	Jr St. Olaf	10.29m (33-9 1/4)	May 13-14, Miac Champio
Maika Leier	Fr Gustavus	10.29m (33-9 1/4)	5/6 Meet of the Unsaint
Augusta Garberich	Fr St. Benedict	10.25m (33-7 1/2)	4/30 Macalester Invite
Jada Lewis	So St. Thomas	10.25m (33-7 1/2)	4/9 Falcon Invitational
Meghan Johansen	So Concordia	10.17m (33-4 1/2)	4/8 Ndsu Open
Angela Van Binsbergen	Sr Augsburg	10.16m (33-4)	5/6 Meet of the Unsaint
Jenna Palmer	Fr Bethel	10.15m (33-3 3/4)	5/4 Tommie Twilight
20			
Megan Seibel	Jr St. Thomas	10.15m (33-3 3/4)	4/9 Falcon Invitational
Nikki Mammen	Fr St. Thomas	10.07m (33-0 1/2)	4/23 Manitou Classic
Vanessa Brown	So Carleton	10.03m (32-11)	4/16 Lee Krough Invitat
Johanna Shreve	Sr Macalester	9.95m (32-7 3/4)	3/19 Vandy Spring Class
=====	Last 2004 qualifier	9.92m (32-6 1/2)	
Katja Andresen	Fr St. Olaf	9.84m (32-3 1/2)	4/23 Manitou Track Clas
Marla Nelson	Jr St. Olaf	9.59m (31-5 3/4)	4/16 Lee Krough Invitat
Meghan Dirkes	So St. Catherine	9.51m (31-2 1/2)	5/4 Tommie Twilight
Kelly Tanke	Fr Saint Mary's	9.24m (30-3 3/4)	4/2 Red Hawk Invite - R
Taylor Ross	Fr Carleton	9.07m (29-9 1/4)	4/23 St. Olaf Manitou C
Angela Mooney	So Bethel	9.01m (29-6 3/4)	5/4 Tommie Twilight
30			
Katie Hagen	Fr St. Olaf	8.66m (28-5)	4/23 Manitou Track Clas

31 entrants

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## SHOT PUT

=====	NCAA Automatic	14.28m (46-10 1/4)	
Jenna Wendorff	Sr St. Benedict	13.77m (45-2 1/4)	May 13-14, Miac Champio
=====	NCAA Provisional	12.90m (42-4)	
Rachel Sinclair	So Carleton	12.42m (40-9)	May 13-14, Miac Champio
Amanda Weinmann	So Saint Mary's	12.38m (40-7 1/2)	May 13-14, Miac Champio
Beth Cleveland	Jr Saint Mary's	12.02m (39-5 1/4)	4/23 Manitou Classic
Ashley Dingels	Sr Saint Mary's	12.02m (39-5 1/4)	4/11 Sju Hept / Dec
Shara Guidry	Fr St. Thomas	11.63m (38-2)	5/4 Tommie Twilight
Vicky Peterson	Fr St. Olaf	11.57m (37-11 1/2)	May 13-14, Miac Champio
Robin Regan	Fr St. Catherine	11.45m (37-6 3/4)	5/4 Tommie Twilight
Carol Comp	Fr St. Thomas	11.35m (37-3)	5/7 St. Thomas Invitati
Jennifer Hanson	Jr St. Benedict	11.32m (37-1 3/4)	4/9 Falcon Invitational
10			
Stacy Griffin	So St. Olaf	11.30m (37-1)	4/23 Manitou Track Clas
Jessica Latzke	Fr Gustavus	11.29m (37-0 1/2)	5/6 Meet of the Unsaint
Becky Boorman	Fr St. Catherine	11.28m (37-0 1/4)	5/4 Tommie Twilight
Heidi Gruenhagen	Jr Gustavus	11.17m (36-7 3/4)	May 13-14, Miac Champio
Angela Mooney	So Bethel	11.04m (36-2 3/4)	5/5 Miac Heptathlon
Jennifer Thelemann	Fr Gustavus	10.69m (35-1)	May 13-14, Miac Champio
Sarah Emmerling	Jr St. Benedict	10.67m (35-0 1/4)	5/4 Tommie Twilight
Lisa Ostenson	Jr Macalester	10.66m (34-11 3/4)	5/6 Meet of the Unsaint
Molly Christian	Fr Carleton	10.46m (34-4)	4/23 St. Olaf Manitou C
Sarah Koziolok	Jr St. Catherine	10.45m (34-3 1/2)	5/4 Tommie Twilight
20			
Nicole Plante	Sr Concordia	10.38m (34-0 3/4)	5/6 Miac Heptathlon
=====	Last 2004 qualifier	10.31m (33-10)	
Dana Luiken	So Hamline	10.28m (33-8 3/4)	5/5 Miac Hept
Sarah Sorvaag	Fr Concordia	10.04m (32-11 1/4)	4/19 Cobber Twilight
Stephanie Jurewicz	Fr Hamline	10.00m (32-9 3/4)	3/4 Tommie Twilight
Jaymee Spannring	So St. Catherine	9.98m (32-9)	5/4 Tommie Twilight
Lorna Wilson	Sr St. Olaf	9.98m (32-9)	4/9 Falcon Invitational
Michelle Binn	So St. Thomas	9.57m (31-4 3/4)	4/9 Falcon Invitational
Angie Asmus	Fr Hamline	9.38m (30-9 1/4)	4/23 Manitou Classic
Jen Brouwers	Sr St. Catherine	9.36m (30-8 1/2)	4/9 Hamline
Melissa Stave	So Concordia	9.33m (30-7 1/2)	4/19 Cobber Twilight
30			
Amber Schackman	So Concordia	9.32m (30-7)	5/6 Miac Heptathlon
Beth Kalekmiarian	So Bethel	9.30m (30-6 1/4)	5/4 Tommie Twilight
Kate Sherlock	Jr St. Catherine	9.29m (30-5 3/4)	4/9 Hamline
Katie Kuenzi	Sr St. Catherine	9.15m (30-0 1/4)	4/23 Manitou Classic
Blythe Bittman	Jr Gustavus	9.04m (29-8)	4/23 Manitou Classic
Liz Kapsner	So St. Thomas	8.98m (29-5 1/2)	4/9 Falcon Invitational
Beth Ebert	Fr St. Thomas	8.82m (28-11 1/4)	5/4 Tommie Twilight
Nicole Gertken	Fr Concordia	8.81m (28-11)	4/19 Cobber Twilight
Bridget Gabel	So St. Catherine	8.66m (28-5)	5/4 Tommie Twilight
Kestrel Schwaiger	So Carleton	8.61m (28-3)	5/6 Miac Heptathlon
40			
Raven Parsons	Fr Macalester	8.61m (28-3)	4/2 Csb/Sju Invite
Danielle St. Louis	Sr Hamline	8.47m (27-9 1/2)	4/9 Hamline Invitationa
Kirsten Fristad	Sr Macalester	8.22m (26-11 3/4)	4/9 Hamline Invite
Tonya Mulvaney	Fr Concordia	8.10m (26-7)	4/23 Bemidji State Beav
Katja Andresen	Fr St. Olaf	8.10m (26-7)	5/5 Miac Heptathlon
Nikki Mammen	Fr St. Thomas	8.06m (26-5 1/2)	5/4 Tommie Twilight
Angela F. Johnson	So St. Catherine	7.91m (25-11 1/2)	5/4 Tommie Twilight
Elizabeth Hinz	Jr St. Olaf	7.54m (24-9)	5/4 Tommie Twilight
Raven Lopez	Fr St. Catherine	7.33m (24-0 3/4)	4/23 Manitou Classic
Kaia Knutson	So St. Olaf	6.98m (22-10 3/4)	5/5 Miac Heptathlon
50			
Melanie Priebe	Jr St. Catherine	6.87m (22-6 1/2)	5/5 Miac Heptathlon
Berit Christensen	Fr Concordia	6.85m (22-6)	4/30 Ron Masanz Invite

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## DISCUS THROW

=====	NCAA Automatic	46.50m (152-7)	
=====	NCAA Provisional	41.50m (136-2)	
Stacy Griffin	So St. Olaf	39.78m (130-6)	4/9 Falcon Invitational
Shara Guidry	Fr St. Thomas	38.01m (124-8)	May 13-14, Miac Champio
Lorna Wilson	Sr St. Olaf	37.40m (122-8)	May 13-14, Miac Champio
Molly Christian	Fr Carleton	36.88m (121-0)	4/9 Hamline Invitationa
Sarah Sorvaag	Fr Concordia	36.66m (120-3)	5/6 Simpson Invite
Josie Thulien	Sr Gustavus	35.59m (116-9)	May 13-14, Miac Champio
Carol Comp	Fr St. Thomas	35.36m (116-0)	May 13-14, Miac Champio
Amanda Jones	So Hamline	35.16m (115-4)	4/9 Hamline Invitationa
Liz Kapsner	So St. Thomas	34.95m (114-8)	5/7 St. Thomas Invitati
Jennifer Thelemann	Fr Gustavus	34.90m (114-6)	May 13-14, Miac Champio

10

Robin Regan	Fr St. Catherine	34.85m (114-4)	May 13-14, Miac Champio
Beth Cleveland	Jr Saint Mary's	34.74m (114-0)	May 13-14, Miac Champio
Vicky Peterson	Fr St. Olaf	34.30m (112-6)	May 13-14, Miac Champio
Heather Sublet	Jr Hamline	34.21m (112-3)	5/7 Unsaintly

=====	Last 2004 qualifier	34.15m (112-0)	
Jenna Wendorff	Sr St. Benedict	34.14m (112-0)	4/9 Falcon Invitational
Jessica Latzke	Fr Gustavus	34.08m (111-10)	5/6 Meet of the Unsaint
Kate Sherlock	Jr St. Catherine	33.27m (109-2)	5/4 Tommie Twilight
Melissa Stave	So Concordia	33.06m (108-5)	4/19 Cobber Twilight
Ashley Clemens	So Gustavus	32.94m (108-1)	5/6 Meet of the Unsaint
Ashley Cronen	Jr Gustavus	32.94m (108-1)	5/6 Meet of the Unsaint

20

Cheryl Fricke	Jr Carleton	32.90m (107-11)	4/9 Hamline Invitationa
Jen Brouwers	Sr St. Catherine	32.63m (107-0)	5/4 Tommie Twilight
Michelle Binn	So St. Thomas	32.18m (105-7)	5/4 Tommie Twilight
Rachel Sinclair	So Carleton	32.00m (105-0)	4/30 Macalester Invite
Amanda Weinmann	So Saint Mary's	31.84m (104-5)	5/7 Wisconsin twilight
Shannon Kane	So St. Thomas	31.84m (104-5)	4/30 Mac Invite
Sarah Koziolk	Jr St. Catherine	30.62m (100-5)	4/9 Hamline
Jaymee Spannring	So St. Catherine	29.33m (96-2)	4/30 Macalester Invite
Raven Parsons	Fr Macalester	29.16m (95-8)	4/9 Hamline Invite
Becky Boorman	Fr St. Catherine	28.42m (93-3)	4/2 Viking Classic

30

Bridget Gabel	So St. Catherine	27.26m (89-5)	4/9 Hamline
Therese Owen	Fr Bethel	26.82m (88-0)	4/2 Csb/Sju invitationa
Katie Kuenzi	Sr St. Catherine	26.45m (86-9)	4/30 Macalester Invite
Angela F. Johnson	So St. Catherine	26.06m (85-6)	5/4 Tommie Twilight
Sarah Emmerling	Jr St. Benedict	25.60m (84-0)	4/9 Falcon Invitational
Lisa Ostenson	Jr Macalester	23.73m (77-10 1/4)	5/4 Tommie Twilight
Tonya Mulvaney	Fr Concordia	22.71m (74-6 1/4)	4/8 Ndsu Open
Nicole Gertken	Fr Concordia	22.22m (72-11)	4/16 Al Cassel Relays
Raven Lopez	Fr St. Catherine	19.00m (62-4)	4/23 Manitou Classic

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## HAMMER THROW

=====	NCAA Automatic	52.60m (172-7)	
=====	NCAA Provisional	46.00m (150-11)	
Beth Cleveland	Jr Saint Mary's	44.84m (147-1)	5/4 Tommie Twilight
Liz Durham	So Carleton	44.72m (146-9)	4/30 Macalester Invite
Shannon Kane	So St. Thomas	41.77m (137-0)	May 13-14, Miac Champio
Kate Sherlock	Jr St. Catherine	41.62m (136-6)	4/23 Manitou Classic
Jennifer Hanson	Jr St. Benedict	41.54m (136-3)	May 13-14, Miac Champio
Michelle Binn	So St. Thomas	41.31m (135-6)	5/4 Tommie Twilight
Lorna Wilson	Sr St. Olaf	40.34m (132-4)	4/30 Macalester Invitat
Sarah Sorvaag	Fr Concordia	39.64m (130-1)	4/19 Cobber Twilight
Melissa Stave	So Concordia	39.50m (129-7)	4/19 Cobber Twilight

Jen Brouwers 10	Sr St. Catherine	39.33m (129-0)	May 13-14, Miac Champio
Josie Thulien	Sr Gustavus	38.95m (127-9)	4/23 Manitou Classic
Stacy Griffin	So St. Olaf	38.56m (126-6)	4/16 Lee Krough Invitat
Carol Comp	Fr St. Thomas	38.06m (124-10)	5/7 St. Thomas Invitati
Cheryl Fricke	Jr Carleton	37.93m (124-5)	4/9 Hamline Invitationa
Sarah Koziolok	Jr St. Catherine	37.26m (122-3)	May 13-14, Miac Champio
Amanda Weinmann	So Saint Mary's	37.07m (121-7)	4/23 Manitou Classic
=====	Last 2004 qualifier	37.00m (121-5)	
Ashley Clemen	So Gustavus	36.67m (120-3)	4/9 Washington Universi
Jenna Wendorff	Sr St. Benedict	36.34m (119-3)	5/4 Tommie Twilight
Lisa Ostenson	Jr Macalester	36.25m (118-11)	5/4 Tommie Twilight
Heather Sublet 20	Jr Hamline	35.94m (117-11)	4/30 Macalester Invite
Kelly Johnson	Sr Bethel	35.24m (115-7)	5/4 Tommie Twilight
Molly Christian	Fr Carleton	34.20m (112-2)	4/30 Macalester Invite
Raven Parsons	Fr Macalester	34.01m (111-7)	5/4 Tommie Twilight
Amanda Jones	So Hamline	33.94m (111-4)	4/16 Gustavus Invite
Jennifer Thelemann	Fr Gustavus	32.62m (107-0)	5/6 Meet of the Unsaint
Sarah Emmerling	Jr St. Benedict	32.36m (106-2)	5/4 Tommie Twilight
Bridget Gabel	So St. Catherine	32.32m (106-0)	4/30 Macalester Invite
Robin Regan	Fr St. Catherine	30.42m (99-10)	5/4 Tommie Twilight
Therese Owen	Fr Bethel	29.56m (97-0)	4/30 Macalester Invitat
Angela F. Johnson 30	So St. Catherine	28.04m (92-0)	5/4 Tommie Twilight
Becky Boorman	Fr St. Catherine	27.00m (88-7)	4/9 Hamline
Nicole Gertken	Fr Concordia	26.83m (88-0)	5/6 Simpson Invite
Elizabeth Hinz	Jr St. Olaf	24.60m (80-8 1/2)	4/30 Macalester Invitat

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#### JAVELIN THROW

Nicole Plante	Sr Concordia	44.02m (144-5)	4/16 Al Cassel Relays
=====	NCAA Automatic	43.40m (142-5)	
=====	NCAA Provisional	38.90m (127-7)	
Erika Wetzel	Jr St. Thomas	38.74m (127-1)	May 13-14, Miac Champio
Jessica Braun	Sr St. Benedict	35.30m (115-10)	4/2 Csb/Sju Invitationa
Lisa Ostenson	Jr Macalester	35.10m (115-2)	4/9 Hamline Invite
Kestrel Schwaiger	So Carleton	34.24m (112-4)	4/30 Macalester Invite
Dana Luiken	So Hamline	33.33m (109-4)	May 13-14, Miac Champio
Blythe Bittman	Jr Gustavus	33.23m (109-0)	4/16 Lee Krough Invite
Angela Mooney	So Bethel	33.16m (108-9)	May 13-14, Miac Champio
Michelle Steadman	Sr Gustavus	32.69m (107-3)	May 13-14, Miac Champio
Rachelle Dosch 10	So St. Thomas	31.26m (102-7)	May 13-14, Miac Champio
Angela Van Binsbergen	Sr Augsburg	31.17m (102-3)	May 13-14, Miac Champio
Anna Cooley	Fr Carleton	31.05m (101-10)	4/23 St. Olaf Manitou C
Angie Asmus	Fr Hamline	29.92m (98-2)	5/7 Unsaintly
Ashley Dingels	Sr Saint Mary's	29.33m (96-2)	5/6 Miac Heptahlon
Sarah Sorvaag	Fr Concordia	28.97m (95-0)	5/6 Simpson Invite
Callie Peotter	Sr St. Thomas	28.96m (95-0)	May 13-14, Miac Champio
=====	Last 2004 qualifier	28.89m (94-9)	
Jaymee Spanning	So St. Catherine	28.88m (94-9)	5/4 Tommie Twilight
Hannah Meium	So St. Thomas	28.65m (94-0)	5/4 Tommie Twilight
Kelly Johnson	Sr Bethel	27.76m (91-1)	5/4 Tommie Twilight
Ashley Davis 20	So Saint Mary's	27.63m (90-7)	5/7 Wisconsin twilight
Meghan Orgeman	Sr St. Benedict	27.48m (90-2)	4/16 Bluegold Open
Lorna Wilson	Sr St. Olaf	26.96m (88-5)	5/7 St. Thomas Invitati
Tiffany Trost	Sr St. Benedict	26.41m (86-7)	4/16 Bluegold Open
Beth Ebert	Fr St. Thomas	26.34m (86-5)	5/7 St. Thomas Invitati
Rachel Sinclair	So Carleton	26.00m (85-4)	4/23 St. Olaf Manitou C
Robin Regan	Fr St. Catherine	25.39m (83-3)	4/23 Manitou Classic

Joan Bennett	Sr Macalester	25.09m (82-3)	4/9 Hamline Invite
Kaaren Sowles	Sr Bethel	24.98m (81-11)	5/5 Miac Heptathlon
Katja Andresen	Fr St. Olaf	24.55m (80-6 1/2)	4/23 Manitou Track Clas
Jennifer Dalhed	So St. Benedict	24.09m (79-0 1/2)	4/23 Manitou Classic
30			
Shara Guidry	Fr St. Thomas	23.79m (78-0 3/4)	4/9 Falcon Invitational
Katherine Vogel	Sr Hamline	23.20m (76-1 1/2)	3/4 Tommie Twilight
Stephanie Jurewicz	Fr Hamline	22.57m (74-0 3/4)	3/4 Tommie Twilight
Melissa Stave	So Concordia	21.94m (72-0)	4/30 Ron Masanz Invite
Jill Moller	So Concordia	21.93m (71-11 1/2)	4/8 Ndsu Open
Melanie Priebe	Jr St. Catherine	21.77m (71-5 1/4)	5/4 Tommie Twilight
Amber Schackman	So Concordia	20.21m (66-3 3/4)	4/11 Csb/Sju Heptathlon
Raven Parsons	Fr Macalester	20.15m (66-1 1/2)	5/6 Meet of the Unsaint
Molly Christian	Fr Carleton	19.31m (63-4 1/4)	4/16 Lee Krough Invitat
Nikki Mammen	Fr St. Thomas	19.15m (62-10)	5/6 Miac Heptathlon
40			
Kirsten Fristad	Sr Macalester	18.85m (61-10 1/4)	4/2 Csb/Sju Invite
Danielle St. Louis	Sr Hamline	18.09m (59-4 1/4)	3/23 Wartburg
Kaia Knutson	So St. Olaf	17.95m (58-10 3/4)	4/9 Falcon Invitational
Elizabeth Hinz	Jr St. Olaf	14.94m (49-0 1/4)	4/30 Macalester Invitat

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#### HIGH JUMP

Kristal Grigsby	Jr St. Thomas	1.71m (5-7 1/4)	5/7 St. Thomas Invitati
Ashley Dingels	Sr Saint Mary's	1.71m (5-7 1/4)	4/11 Sju Hept / Dec
=====	NCAA Automatic	1.71m (5-7 1/4)	
=====	NCAA Provisional	1.64m (5-4 1/2)	
Julia Lippitt	Sr Carleton	1.63m (5-4 1/4)	4/16 Lee Krough Invitat
Dana Luiken	So Hamline	1.59m (5-2 1/2)	5/5 Miac Hept
Nikki Mammen	Fr St. Thomas	1.59m (5-2 1/2)	5/5 Miac Heptathlon
Sheri Netland	So Bethel	1.59m (5-2 1/2)	4/30 Macalester Invitat
Danielle St. Louis	Sr Hamline	1.59m (5-2 1/2)	4/30 Macalester Invite
Susan Brown	So Macalester	1.59m (5-2 1/2)	4/30 Macalester Invitat
Nicole Plante	Sr Concordia	1.59m (5-2 1/2)	4/11 Csb/Sju Heptathlon
Erika Jerme	Sr Macalester	1.58m (5-2 1/4)	4/16 Lee Krough Invite
10			
Autumn Adkins	Fr Bethel	1.58m (5-2 1/4)	4/9 Hamline Invitationa
Jada Lewis	So St. Thomas	1.57m (5-1 3/4)	5/4 Tommie Twilight
Selina Dehn	Fr St. Thomas	1.56m (5-1 1/4)	5/7 St. Thomas Invitati
Beth Ebert	Fr St. Thomas	1.56m (5-1 1/4)	5/5 Miac Heptathlon
Meghan Orgeman	Sr St. Benedict	1.56m (5-1 1/4)	4/10 Csb/Sju Hept
Michelle Steadman	Sr Gustavus	1.55m (5-1)	4/23 Manitou Classic
Kelsie Hansen	So St. Benedict	1.55m (5-1)	4/23 Manitou Classic
Shanna Dawson	Fr Gustavus	1.53m (5-0 1/4)	4/16 Lee Krough Invite
Naomi Terlow	Fr Bethel	1.53m (5-0 1/4)	4/9 Hamline Invitationa
Trish Steele	Sr Bethel	1.53m (5-0 1/4)	4/9 Hamline Invitationa
20			
Stephanie Leer	Fr Concordia	1.52m (5-0)	4/30 Ron Masanz Invite
Robin Larson	So Concordia	1.52m (4-11 3/4)	4/8 Ndsu Open
=====	Last 2004 qualifier	1.49m (4-10 1/2)	
Blythe Bittman	Jr Gustavus	1.48m (4-10 1/4)	4/16 Lee Krough Invite
Kirsten Fristad	Sr Macalester	1.48m (4-10 1/4)	4/16 Lee Krough Invite
Kestrel Schwaiger	So Carleton	1.48m (4-10 1/4)	4/16 Lee Krough Invitat
Katie Stanton	Fr St. Thomas	1.46m (4-9 1/2)	5/7 St. Thomas Invitati
Amber Schackman	So Concordia	1.44m (4-8 3/4)	4/11 Csb/Sju Heptathlon
Angie Asmus	Fr Hamline	1.42m (4-7 3/4)	3/4 Tommie Twilight
Kaia Knutson	So St. Olaf	1.41m (4-7 1/2)	5/5 Miac Heptathlon
Katja Andresen	Fr St. Olaf	1.40m (4-7)	4/9 Falcon Invitational
30			
Emily Liddiard	Sr St. Catherine	1.39m (4-6 3/4)	4/30 Macalester Invite
Tiffany Scherber	So St. Catherine	1.30m (4-3 1/4)	4/23 Manitou Classic
Melanie Priebe	Jr St. Catherine	1.26m (4-1 1/2)	5/5 Miac Heptathlon

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## POLE VAULT

=====	NCAA Automatic	3.71m (12-2)	
Janna Castellano	So Gustavus	3.56m (11-8)	May 13-14, Miac Champio
Kristi Schneider	Sr Gustavus	3.50m (11-5 3/4)	4/16 Lee Krough Invite
Shanna Dawson	Fr Gustavus	3.45m (11-3 3/4)	4/30 Drake Alternative
Lindsay Kuznia	Jr Concordia	3.37m (11-0 3/4)	4/19 Cobber Twilight
Natalie Hanson	Jr Concordia	3.37m (11-0 3/4)	4/19 Cobber Twilight
Marla Nelson	Jr St. Olaf	3.36m (11-0 1/4)	May 13-14, Miac Champio
Alicia Blomquist	Fr Gustavus	3.36m (11-0 1/4)	May 13-14, Miac Champio
Elizabeth Ghandour	Jr St. Olaf	3.36m (11-0 1/4)	May 13-14, Miac Champio
Heather Berscheit	Sr St. Benedict	3.35m (10-11 3/4)	5/6 Meet of the Unsaint
=====	NCAA Provisional	3.35m (10-11 3/4)	
Kristin Gussiaas	So Concordia	3.05m (10-0)	4/8 Ndsu Open
10			
=====	Last 2004 qualifier	2.94m (9-7 3/4)	
Maria Wilkes	Sr St. Benedict	2.93m (9-7 1/4)	4/9 Falcon Invitational
Kathleen Koval	So Bethel	2.91m (9-6 1/2)	May 13-14, Miac Champio
Robin Larson	So Concordia	2.61m (8-6 3/4)	May 13-14, Miac Champio
Christa von Behren	So Macalester	2.61m (8-6 3/4)	May 13-14, Miac Champio
Brooke Brakke	Fr Bethel	2.61m (8-6 3/4)	May 13-14, Miac Champio
Jeannie Coffin	So Macalester	2.46m (8-0 3/4)	4/30 Macalester Invitat
Taylor Ross	Fr Carleton	2.31m (7-7)	4/30 Macalester Invite
Angela Krebsbach	So Hamline	2.31m (7-7)	4/30 Macalester Invite
Molly Conway	Fr Macalester	2.31m (7-7)	4/30 Macalester Invitat
Kestrel Schwaiger	So Carleton	2.30m (7-6 1/2)	5/6 Meet of Unsaintly
20			
Laura Olson	Fr St. Olaf	2.00m (6-6 3/4)	4/16 Lee Krough Invitat
Megan Seibel	Jr St. Thomas	1.90m (6-2 3/4)	5/4 Tommie Twilight
Stephanie Heniff	So St. Thomas	1.90m (6-2 3/4)	5/4 Tommie Twilight

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## HEPTATHLON

Ashley Dingels	Sr Saint Mary's	4668	May 13-14, Miac Champio
Nicole Plante	Sr Concordia	4576	4/11 Csb/Sju Heptathlon
=====	NCAA Automatic	4560	
Dana Luiken	So Hamline	4271	May 13-14, Miac Champio
Meghan Orgeman	Sr St. Benedict	4165	4/10 Csb/Sju Hept
=====	NCAA Provisional	4100	
Kirsten Fristad	Sr Macalester	4002	May 13-14, Miac Champio
Kestrel Schwaiger	So Carleton	3853	May 13-14, Miac Champio
Blythe Bittman	Jr Gustavus	3709	May 13-14, Miac Champio
Nikki Mammen	Fr St. Thomas	3562	May 13-14, Miac Champio
Amber Schackman	So Concordia	3531	May 13-14, Miac Champio
Kaia Knutson	So St. Olaf	3412	May 13-14, Miac Champio
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Katja Andresen	Fr St. Olaf	3317	May 13-14, Miac Champio
Tiffany Trost	Sr St. Benedict	3243	May 13-14, Miac Champio
Beth Ebert	Fr St. Thomas	3171	May 13-14, Miac Champio
Angela Mooney	So Bethel	3080	May 13-14, Miac Champio
Melanie Priebe	Jr St. Catherine	3014	May 13-14, Miac Champio

Ashley Keefe	Fr Bethel	2797	May 13-14, Miac Champio
Kaaren Sowles	Sr Bethel	2479	May 13-14, Miac Champio

17 entrants

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