

# **2007 MIAC Women's Outdoor Honor Rolls**

## **Saint John's University, Collegeville**

**May 11-12, 2007**

Last updated May 23, 2007. Includes 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 the results. Use the Find option of your browser to find someone's name or team.

[Click here](#) for data on men

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

100 METER DASH

=====	NCAA Automatic	11.97	
=====	NCAA Provisional	12.32	
Sheena Porter	Fr St. Thomas	12.40	4/21 Manitou Classic
Vanessa Moore	So Bethel	12.45	5/5 Howard Wood Relays
Kaela Schramm	Sr Macalester	12.46	5/11-12 MIAC Championsh
Nikki Arola	Fr St. Thomas	12.61	5/11-12 MIAC Championsh
Sheri Netland	Sr Bethel	12.78	4/21 Manitou Classic
Shionna Evans	So St. Thomas	12.78	4/28 Mac Invite
Emily Matthews	Fr Macalester	12.87	4/28 Mac Women's Invite
Kate Staat	Jr St. Thomas	12.91	4/14 Blugold Open
Autumn Adkins	Jr Bethel	12.93	5/11-12 MIAC Championsh
Teri Heinzen	Fr Saint Mary's	12.94	4/20 Phil esten Challen
10			
Funto Okanla	Jr Gustavus	12.95	5/11-12 MIAC Championsh
Whitney Holman	Fr Augsburg	12.96	5/11-12 MIAC Championsh
Selina Dehn	Jr St. Thomas	13.01	5/2 Tommie Twilight
Kelsey Donald	Fr Carleton	13.04	5/2 Tommie Twilight
Megan Krumrie	So Augsburg	13.08	3/17 Northridge Invitat
Kelsey Becker	Sr Gustavus	13.20	5/11-12 MIAC Championsh
Elyse Cooper	Jr St. Benedict	13.22	5/11-12 MIAC Championsh
Annie Clintzman	Jr St. Benedict	13.29	5/2 Tommie Twilight
Tami Klenke	Jr Hamline	13.30	4/21 Manitou Classic
Nicole Brohmer	So Hamline	13.33	4/14 Lee Krough Invitat
20			
Kendra Monroe	So Bethel	13.34	5/11-12 MIAC Championsh
Jennae Palmer	Jr Bethel	13.41	5/5 Howard Wood Relays
Kristin Slette	Fr Concordia Moorhead	13.44	4/17 Cobber Twilight
Val Koch	Fr Saint Mary's	13.45	4/20 Phil esten Challen
Patty King	So St. Benedict	13.47	4/22 Manitou Classic
Megan Benbow	Fr Bethel	13.53	5/11-12 MIAC Championsh
Jessica Nordness	Jr Augsburg	13.54	5/11-12 MIAC Championsh
Michaela Otto	Fr Bethel	13.57	4/14 Blugold Open
Kelly Olson	Sr Concordia Moorhead	13.60	4/28 Al Cassell Relays
Kayla Sirmans	So Hamline	13.62	4/28 Macalester Invite
30			
Angela Lindekugel	Fr Hamline	13.73	4/14 Lee Krough Invitat
Kendra Mays	So Gustavus	13.77	4/6 Central College Inv
Amanda Bakken	Fr Concordia Moorhead	13.82	4/21 NDSU Bison Classic
Kristin Seifert	Fr St. Thomas	13.91	5/11-12 MIAC Championsh
Brittany Mrosak	Jr St. Thomas	13.99	5/11-12 MIAC Championsh
Bailey England	Fr Saint Mary's	14.01	4/28 Drake Alternative
Jessica Taylor	Jr St. Thomas	14.11	5/11-12 MIAC Championsh
=====	Last 2006 qualifier	14.11	
Arnolda Shiundu	Fr Concordia Moorhead	14.15	4/21 NDSU Bison Classic
Erin O'Keefe	So Saint Mary's	14.16	5/5 Wisconsin Twilight
Karen Wamsley	So Concordia Moorhead	14.17	4/17 Cobber Twilight
40			
Maggie Reisdorf	Sr St. Benedict	14.23	4/28 Macalester Inviati
Lindsey Madison	Fr Carleton	14.28	4/21 Manitou Classic
Kara Veitenheimer	Jr Carleton	14.35	4/21 Manitou Classic
Sarah Sorvaag	Jr Concordia Moorhead	14.46	4/14 Concordia Invite
Celeste Prince	Fr Macalester	14.52	4/14 Lee Krough
Kelsey Carver	Fr St. Thomas	14.59	5/2 Tommie Twilight
Sara Heesen	Jr St. Olaf	14.76	4/21 Manitou Classic
Jacque Murillo	Fr St. Benedict	14.97	4/22 Manitou Classic
Marlee Nasset	Jr Concordia Moorhead	14.99	4/17 Cobber Twilight
Vonnie Kiang	Jr Hamline	14.99	4/14 Lee Krough Invitat
50			
Daisy Nevarez	Fr St. Benedict	14.99	5/2 Tommie Twilight
Mackenzie Tappe	So St. Olaf	15.77	4/14 Lee Krough Invitat
52 entrants			

200 METER DASH

=====	NCAA Automatic	24.55	
=====	NCAA Provisional	25.29	
Sheena Porter	Fr St. Thomas	25.42	5/11-12 MIAC Championsh
Sheri Netland	Sr Bethel	25.44	5/5 Howard Wood Relays
Shionna Evans	So St. Thomas	25.62	5/11-12 MIAC Championsh
Vanessa Moore	So Bethel	25.69	5/11-12 MIAC Championsh
Kelsey Donald	Fr Carleton	26.20	4/14 Lee Krough Invitat
Linda Kanne	So Gustavus	26.34	4/28 Drake Alternative
Funto Okanla	Jr Gustavus	26.51	4/28 Drake Alternative
Nicole Brohmer	So Hamline	26.58	5/11-12 MIAC Championsh
Nikki Arola	Fr St. Thomas	26.60	3/17 Aztec Invitational
Emily Matthews	Fr Macalester	26.62	4/14 Lee Krough
10			
Kelly Olson	Sr Concordia Moorhead	26.63	5/11-12 MIAC Championsh
Sari Lindeman	Jr Gustavus	26.76	4/28 Drake Alternative
Megan Krumrie	So Augsburg	26.77	4/14 Lee Krough
Kelly Tanke	Jr Saint Mary's	26.81	5/11-12 MIAC Championsh
Jenna Palmer	Jr Bethel	26.84	5/5 Howard Wood Relays
Kristin Slette	Fr Concordia Moorhead	26.88	4/14 Concordia Invite
Emily Bartusek	Jr Saint Mary's	26.89	4/17 UMD Bulldog Open
Jennifer Noelke	Sr Macalester	26.92	4/21 Manitou Classic
Whitney Holman	Fr Augsburg	26.95	5/11-12 MIAC Championsh
Teri Heinzen	Fr Saint Mary's	26.95	4/20 Phil esten Challen
20			
Elyse Cooper	Jr St. Benedict	27.03	5/11-12 MIAC Championsh
Elizabeth Pringle	So Gustavus	27.08	5/11-12 MIAC Championsh
Autumn Adkins	Jr Bethel	27.14	5/5 Howard Wood Relays
Sarah Meissner	So St. Catherine	27.15	4/21 Manitou Classic
Kelsey Becker	Sr Gustavus	27.17	4/28 Drake Alternative
Selina Dehn	Jr St. Thomas	27.18	4/21 Manitou Classic
Aryn Bell	So Gustavus	27.28	5/11-12 MIAC Championsh
Anne Redmon	Sr St. Benedict	27.37	4/22 Manitou Classic
Alysa Salomone	So St. Thomas	27.42	4/28 Mac Invite
Kate Staat	Jr St. Thomas	27.43	5/5 St. Thomas Invitati
30			
Megan Benbow	Fr Bethel	27.44	5/5 Howard Wood Relays
Jessica Nordness	Jr Augsburg	27.72	4/28 Macalester Invite
Kayla Sirmans	So Hamline	27.74	4/28 Macalester Invite
Kestrel Schwaiger	Sr Carleton	27.79	4/28 Macalester Women's
Becca Bryson	Fr Gustavus	27.80	5/3 MIAC Heptathlon
=====	Last 2006 qualifier	27.82	
Val Koch	Fr Saint Mary's	27.87	4/20 Phil esten Challen
Patty King	So St. Benedict	27.92	4/14 Lee Krough Invitat
Alyssa Salomone	So St. Thomas	27.95	4/14 Blugold Open
Vanessa Brown	Sr Carleton	28.00	5/3 MIAC Heptathlon
Annie Clintsman	Jr St. Benedict	28.02	3/31 CSB/SJU INVITATION
40			
Celeste Prince	Fr Macalester	28.07	4/28 Mac Women's Invite
Kaelene Lundstrum	Fr Gustavus	28.09	4/28 Drake Alternative
Mary Schletty	So St. Benedict	28.10	5/3 MIAC Heptathlon
Dana Luiken	Sr Hamline	28.11	4/21 Bison Classic
Seana Graham	Fr St. Catherine	28.13	4/14 Lee Krough
Leah Kay	Fr Concordia Moorhead	28.13	5/4 MIAC Heptathlon
Belinda Allen	So Bethel	28.34	4/28 Macalester Invite
Katja Andresen	Jr St. Olaf	28.35	5/4 MIAC Heptathlon
Kathleen Pawlowski	Fr Saint Mary's	28.42	4/28 Drake Alternative
Malia Rasmussen	Fr Bethel	28.43	4/14 Blugold Open
50			
Jessica Taylor	Jr St. Thomas	28.52	4/28 Mac Invite
Erin O'Keefe	So Saint Mary's	28.63	5/5 Wisconsin Twilight
Kim Elson	Fr Carleton	28.64	4/28 Macalester Women's

Kristin Seifert	Fr St. Thomas	28.69	4/14 Blugold Open
Brittany Mrosak	Jr St. Thomas	28.74	4/28 Mac Invite
Anna Hankins	Fr Macalester	28.93	4/28 Mac Women's Invite
Abby Scheel	So Concordia Moorhead	28.97	4/16 CSB Heptathlon
Amy Elson	Fr Carleton	29.04	3/31 CSB/SJU Invitation
Katlin Anderson	So Concordia Moorhead	29.04	5/4 MIAC Heptathlon
Amber Schackman	Sr Concordia Moorhead	29.18	5/4 MIAC Heptathlon
60			
Katie Theisen	So St. Thomas	29.25	5/5 St. Thomas Invitati
Kristina Bruns	So Concordia Moorhead	29.28	3/31 CSB/SJU Invitation
Julia Kruchoski	Fr Gustavus	29.40	4/28 Drake Alternative
Karen Wamsley	So Concordia Moorhead	29.43	4/17 Cobber Twilight
Sheryl West	Jr St. Olaf	29.50	4/14 Lee Krough Invitat
Laura Graber	So St. Olaf	29.60	4/21 Manitou Classic
Becca Dole	Sr Carleton	29.83	3/31 CSB/SJU Invitation
Kara Veitenheimer	Jr Carleton	29.93	4/28 Macalester Women's
Kelsie Lungstrom	Fr Augsburg	29.94	4/14 Lee Krough
Lindsey Madison	Fr Carleton	30.06	4/28 Macalester Women's
70			
Joy Gerdes	So St. Benedict	30.25	4/22 Manitou Classic
Marlee Nasset	Jr Concordia Moorhead	30.63	4/17 Cobber Twilight
Sara Heesen	Jr St. Olaf	30.77	4/21 Manitou Classic
Heidi Zuehke	So St. Thomas	31.19	4/14 Blugold Open
Martina Link	So St. Olaf	31.49	5/2 Tommie Twilight
Vonnie Kiang	Jr Hamline	32.29	5/2 Tommie Twilite
Lacey Thompson	Fr Concordia Moorhead	33.91	3/31 CSB/SJU Invitation

77 entrants

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

=====	NCAA Automatic	55.90	
=====	NCAA Provisional	57.60	
Heather Schuster	Sr Concordia Moorhead	57.91	5/5 MSUM Masanz Invite
Sheri Netland	Sr Bethel	57.97	5/11-12 MIAC Championsh
Emily Bartusek	Jr Saint Mary's	58.76	5/5 Wisconsin Twilight
Shionna Evans	So St. Thomas	59.02	5/11-12 MIAC Championsh
Sarah Meissner	So St. Catherine	59.29	4/28 Macalester Invite
Kristin Slette	Fr Concordia Moorhead	59.62	5/11-12 MIAC Championsh
Kelly Olson	Sr Concordia Moorhead	59.73	4/28 Al Cassell Relays
Krista Cruse	Sr Gustavus	59.82	5/11-12 MIAC Championsh
Kelsey Donald	Fr Carleton	60.32	5/11-12 MIAC Championsh
Anne Redmon	Sr St. Benedict	60.33	4/7 Pomona-Pitzer Invit
10			
Elizabeth Pringle	So Gustavus	60.52	5/11-12 MIAC Championsh
Anna Hankins	Fr Macalester	60.69	4/28 Mac Women's Invite
Jennifer Noelke	Sr Macalester	60.92	4/21 Manitou Classic
Kelly Russ	Fr St. Thomas	60.96	5/5 St. Thomas Invitati
Alissa Bilden	Sr Concordia Moorhead	61.00	5/11-12 MIAC Championsh
Patty King	So St. Benedict	61.57	5/2 Tommie Twilight
Nikki Arola	Fr St. Thomas	61.65	3/17 Aztec Invitational
Alyx Chapman	Fr St. Benedict	61.66	5/2 Tommie Twilight
Betsy Hupp	Fr St. Thomas	62.33	4/21 Manitou Classic
Erin Sprangers	Fr St. Thomas	62.35	5/5 St. Thomas Invitati
20			
Belinda Allen	So Bethel	62.54	5/5 Howard Wood Relays
Kelly Tanke	Jr Saint Mary's	62.75	4/20 Phil esten Challen
Christina Chapman	Sr St. Thomas	62.75	5/2 Tommie Twilight
Kaelene Lundstrum	Fr Gustavus	62.88	4/28 Drake Alternative
Sam Madsen	So Gustavus	62.93	4/22 Manitou Classic
Seana Graham	Fr St. Catherine	63.01	4/28 Macalester Invite
Cathy Reeves	Fr St. Thomas	63.42	5/11-12 MIAC Championsh
Melissa Elverud	Fr St. Catherine	63.64	4/21 Manitou Classic
Lindsey Saunders	Jr St. Olaf	63.82	4/28 Macalester Invitat
Kate Sidlo	Fr Gustavus	64.20	4/14 Lee Krough Invitat

Greta Sieve	Fr St. Catherine	64.22	4/21 Manitou Classic
Sheryl West	Jr St. Olaf	64.41	4/21 Manitou Classic
Jessica Taylor	Jr St. Thomas	64.45	5/11-12 MIAC Championsh
Michelle Eberhard	Fr St. Benedict	64.63	4/22 Manitou Classic
Malia Rasmussen	Fr Bethel	64.64	5/5 Howard Wood Relays
Kathleen Pawlowski	Fr Saint Mary's	64.66	5/5 Wisconsin Twilight
=====	Last 2006 qualifier	64.93	
Jenni Burns	Fr Hamline	65.63	3/31 St John's
Lauren Milne	Jr Carleton	65.87	4/5 Carleton Triangular
Anna Valan	So Concordia Moorhead	66.28	3/31 CSB/SJU Invitation
Laura Graber	So St. Olaf	66.60	4/21 Manitou Classic

Joy Gerdes	So St. Benedict	66.97	4/28 Macalester Inviati
Nicole Novak	Jr St. Olaf	67.04	5/2 Tommie Twilight
Kelsie Lungstrom	Fr Augsburg	67.28	5/4 Meet of the Unsaint
Emily Ellingson	So St. Olaf	67.35	4/14 Lee Krough Invitat
Jeannie Coffin	Sr Macalester	67.50	4/28 Mac Women's Invite
Erin Murphy	Fr St. Olaf	67.56	4/28 Macalester Invitat
Ashley Acosta	Fr Saint Mary's	67.84	5/5 Wisconsin Twilight
Betsy Garritsen	Sr Hamline	68.32	4/28 Macalester Invite
Kristin Seifert	Fr St. Thomas	68.34	5/2 Tommie Twilight
Becca Dole	Sr Carleton	68.37	4/5 Carleton Triangular

Brittany Mrosak	Jr St. Thomas	68.51	4/21 Manitou Classic
Marlee Nasset	Jr Concordia Moorhead	69.00	4/14 Concordia Invite
Tara Girolamo	Fr Saint Mary's	69.26	4/17 UMD Bulldog Open
Karrin Pearson	Jr St. Olaf	69.31	4/28 Macalester Invitat
Lindsey Madison	Fr Carleton	71.26	4/5 Carleton Triangular
Kara Veitenheimer	Jr Carleton	73.93	4/5 Carleton Triangular
Sara Heesen	Jr St. Olaf	75.27	4/5 Carleton Triangular
Martina Link	So St. Olaf	76.14	4/21 Manitou Classic
Lacey Thompson	Fr Concordia Moorhead	79.23	3/31 CSB/SJU Invitation

59 entrants

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

## 800 METER RUN

Heather Schuster	Sr Concordia Moorhead	2:09.32	4/28 Drake Relays
=====	NCAA Automatic	2:11.80	
=====	NCAA Provisional	2:14.70	
Erin Sprangers	Fr St. Thomas	2:15.08	5/2 Tommie Twilight
Sara Burns	Jr Hamline	2:15.13	5/4 Unsaintly
Kelly Russ	Fr St. Thomas	2:15.43	5/2 Tommie Twilight
Andrea Gelle	Sr St. Olaf	2:16.28	4/28 Macalester Invitat
Katie Theisen	So St. Thomas	2:17.23	4/21 Manitou Classic
Katherine Wingert	Jr Carleton	2:18.30	5/2 Tommie Twilight
Jennifer Ranallo	So St. Benedict	2:19.22	5/11-12 MIAC Championsh
Laura Roach	Fr Carleton	2:20.29	5/4 Meet of the Unsaint
Meghan Mayer	Sr St. Thomas	2:20.94	4/14 Blugold Open

Lindsey Saunders	Jr St. Olaf	2:21.26	5/11-12 MIAC Championsh
Betsy Hupp	Fr St. Thomas	2:21.45	5/2 Tommie Twilight
Anna Hankins	Fr Macalester	2:21.51	5/2 Tommie Twilight
Sarah Forzley	Fr Carleton	2:21.70	5/4 Meet of the Unsaint
Ashley Keefe	Jr Bethel	2:21.83	4/19 Kansas Relays
Heather Jelen	So Bethel	2:22.14	4/28 Macalester Invite
Sam Madsen	So Gustavus	2:22.72	5/5 Meet of the Unsaint
Anna Valan	So Concordia Moorhead	2:23.03	5/4 Hamline Unsaintly
Abby Smith	Fr St. Olaf	2:23.21	5/2 Tommie Twilight
Maggie Donahue	So St. Benedict	2:23.41	4/22 Manitou Classic

Teagen Andrews	Sr St. Olaf	2:23.53	5/11-12 MIAC Championsh
Christina Roberts	Jr St. Olaf	2:23.60	4/28 Macalester Invitat
Trina PaStarr	Fr Macalester	2:23.77	5/2 Tommie Twilight

Lindsey Nietmann	So Carleton	2:23.90	5/2 Tommie Twilight
Krista Cruse	Sr Gustavus	2:24.01	5/5 Meet of the Unsaint
Rachel Charpentier	Sr Concordia Moorhead	2:24.02	4/17 Cobber Twilight
Kalsey Larson	Jr St. Thomas	2:24.52	4/14 Blugold Open
Nikki Burg	Sr St. Catherine	2:25.09	5/2 Tommie Twilight
Eva Luderowski	Fr Carleton	2:25.32	4/5 Carleton Triangular
Corey Hickner	Sr St. Benedict	2:25.77	3/31 CSB/SJU INVITATION

30

Allie Woerpel	Sr Macalester	2:25.94	5/2 Tommie Twilight
Leah Kay	Fr Concordia Moorhead	2:26.49	5/4 MIAC Heptathlon
Emma Hoaglund	So St. Benedict	2:26.83	4/7 Pomona-Pitzer Invit
Elizabeth Nelson	Jr Macalester	2:27.36	5/2 Tommie Twilight
Lauren Milne	Jr Carleton	2:27.47	4/28 Macalester Women's
Greta Sieve	Fr St. Catherine	2:27.76	4/28 Macalester Invite
Anna Hagen	Fr Concordia Moorhead	2:27.80	5/5 MSUM Masanz Invite
Kara Orwoll	Fr St. Benedict	2:27.90	4/7 Pomona-Pitzer Invit
Karrin Pearson	Jr St. Olaf	2:28.12	4/21 Manitou Classic
Heidi Bulfer	Sr Gustavus	2:28.19	5/5 Meet of the Unsaint

40

Alyx Chapman	Fr St. Benedict	2:28.28	4/7 Pomona-Pitzer Invit
Julie Anderson	Jr St. Thomas	2:28.58	5/5 St. Thomas Invitati
Marci Burg	Fr St. Catherine	2:29.06	5/2 Tommie Twilight
Hannah Carlson	Jr Bethel	2:29.11	5/11-12 MIAC Championsh
Sarah Meissner	So St. Catherine	2:29.17	4/18 CSB Hep
Cathy Reeves	Fr St. Thomas	2:29.29	4/21 Manitou Classic
Raychal Zupancich	Jr Gustavus	2:29.46	5/5 Meet of the Unsaint
Katlin Anderson	So Concordia Moorhead	2:29.66	3/31 CSB/SJU Invitation
Adrienne Chesser	Sr Carleton	2:30.00	5/2 Tommie Twilight
Kate Klenk	So Macalester	2:30.20	4/28 Mac Women's Invite

50

Erin Murphy	Fr St. Olaf	2:30.22	5/2 Tommie Twilight
Kristie Bronson	So St. Catherine	2:30.39	4/21 Manitou Classic
Alissa Bilden	Sr Concordia Moorhead	2:31.11	4/17 Cobber Twilight
Kim Koecheler	Jr Saint Mary's	2:31.47	3/31 Sherman - Lukoski
Kendra Bengtson	So Concordia Moorhead	2:31.90	4/14 Concordia Invite
Ali Parsons	Jr Concordia Moorhead	2:32.67	4/14 Concordia Invite
Amanda Manship	Fr St. Thomas	2:33.42	5/2 Tommie Twilight
Brittney Christianson	So Concordia Moorhead	2:33.49	3/31 CSB/SJU Invitation
Tera Bollig	Sr Saint Mary's	2:33.50	3/31 Sherman - Lukoski
Amanda Simon	Jr Concordia Moorhead	2:34.08	5/11-12 MIAC Championsh

60

Alicia Hartung	Sr Saint Mary's	2:34.25	4/17 UMD Bulldog Open
Mary Schletty	So St. Benedict	2:34.36	5/3 MIAC Heptathlon
Emily Schur	Fr Macalester	2:34.81	4/28 Mac Women's Invite
Emily Ellingson	So St. Olaf	2:35.47	4/28 Macalester Invitat
Christina Haggard	Fr Bethel	2:35.70	5/11-12 MIAC Championsh
Dana Luiken	Sr Hamline	2:36.20	4/21 Bison Classic
Emma Sando	So Carleton	2:36.29	4/21 Manitou Classic
Rachel Glissman	Fr Hamline	2:36.38	3/31 St John's
Kestrel Schwaiger	Sr Carleton	2:36.43	5/3 MIAC Heptathlon
Ashley Cooper	Fr Hamline	2:36.92	4/21 Manitou Classic

70

Alice Deden	So St. Olaf	2:37.16	5/2 Tommie Twilight
Jenna Carlson	So St. Olaf	2:37.24	4/5 Carleton Triangular
Kate Sidlo	Fr Gustavus	2:37.40	4/22 Manitou Classic
Vanessa Brown	Sr Carleton	2:37.56	4/21 Manitou Classic
Nikki Reich	Fr Carleton	2:37.68	4/21 Manitou Classic
=====	Last 2006 qualifier	2:38.20	
Kirsten Higdem	Jr St. Olaf	2:38.33	5/2 Tommie Twilight
Sarah Zweber	Jr Saint Mary's	2:38.56	4/20 Phil esten Challen
Ashley Acosta	Fr Saint Mary's	2:39.07	4/14 Blugold Open
Katja Andresen	Jr St. Olaf	2:39.13	5/4 MIAC Heptathlon
Erin Weier	Sr St. Olaf	2:39.21	4/5 Carleton Triangular

80

Kaylee Munson	Fr Gustavus	2:40.22	4/14 Lee Krough Invitat
Caroline Church	Jr Carleton	2:40.38	4/28 Macalester Women's
Kaelene Lundstrum	Fr Gustavus	2:40.43	5/3 MIAC Heptathlon
Casey Baustian	Jr St. Olaf	2:40.95	4/5 Carleton Triangular
Amy Leach	So St. Olaf	2:41.26	4/14 Lee Krough Invitat
Sarah Peloquin	Jr Augsburg	2:41.48	5/11-12 MIAC Championsh
Lindsey Jorgenson	Fr St. Olaf	2:41.71	4/21 Manitou Classic

Stephanie Block	Sr St. Olaf	2:42.49	4/5 Carleton Triangular
Emily Buck	Jr Gustavus	2:42.58	4/22 Manitou Classic
Lauren Zwolenski	Fr St. Benedict	2:44.14	5/2 Tommie Twilight
90			
Katie Duwell	So St. Olaf	2:44.30	4/21 Manitou Classic
Becca Bryson	Fr Gustavus	2:44.37	4/15 CSB Heptathlon
Elizabeth Leslie	Jr St. Olaf	2:44.84	5/2 Tommie Twilight
Kim Elson	Fr Carleton	2:45.13	5/3 MIAC Heptathlon
Betsy Garritsen	Sr Hamline	2:45.27	5/2 Tommie Twilite
Annie Knutson	So St. Olaf	2:46.55	4/5 Carleton Triangular
Samantha Salomone	Fr St. Thomas	2:46.69	4/28 Mac Invite
Elizabeth Whitt	Fr St. Olaf	2:46.89	4/21 Manitou Classic
Sarah VandenAkker	So St. Olaf	2:47.32	4/21 Manitou Classic
Lisa Skildum	Jr St. Olaf	2:47.64	4/5 Carleton Triangular
100			
Kayla Ricksham	So Gustavus	2:47.77	4/14 Lee Krough Invitat
Morgan Sours	So St. Olaf	2:47.77	4/28 Macalester Invitat
Abby Scheel	So Concordia Moorhead	2:48.40	4/16 CSB Heptathlon
Kelsie Lungstrom	Fr Augsburg	2:52.10	4/28 Macalester Invite
Davi Moeller	Fr St. Olaf	2:52.13	4/28 Macalester Invitat
Kaitie Eke	Fr St. Olaf	2:52.35	5/2 Tommie Twilight
Shannon Dinneen	Sr Saint Mary's	2:53.59	4/17 UMD Bulldog Open
Amy Berntson	Fr St. Olaf	2:54.18	4/5 Carleton Triangular
Kersten Magnuson	So St. Olaf	2:55.12	4/14 Lee Krough Invitat
MaryClaire Chao	Fr St. Olaf	2:55.18	4/14 Lee Krough Invitat
110			
Amber Schackman	Sr Concordia Moorhead	2:56.28	4/16 CSB Heptathlon
Karmini Sampath	So Carleton	2:57.31	3/31 CSB/SJU Invitation
Hannah Robinson	So Carleton	3:00.27	4/21 Manitou Classic

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

#### 1500 METER RUN

=====	NCAA Automatic	4:32.50	
Heather Schuster	Sr Concordia Moorhead	4:33.55	5/11-12 MIAC Championsh
Andrea Gelle	Sr St. Olaf	4:35.41	5/11-12 MIAC Championsh
Callie PaStarr	Sr Macalester	4:36.61	5/2 Tommie Twilight
=====	NCAA Provisional	4:40.20	
Heather Jelen	So Bethel	4:44.45	5/11-12 MIAC Championsh
Katherine Wingert	Jr Carleton	4:45.98	5/4 Meet of the Unsaint
Sarah Forzley	Fr Carleton	4:47.39	5/11-12 MIAC Championsh
Meghan Mayer	Sr St. Thomas	4:47.73	5/11-12 MIAC Championsh
Kalsey Larson	Jr St. Thomas	4:47.97	5/11-12 MIAC Championsh
Margot Branigan	Fr St. Benedict	4:48.20	4/14 Lee Krough Invitat
Nikki Umhoefer	Jr Bethel	4:48.89	4/28 Macalester Invite
10			
Sara Burns	Jr Hamline	4:49.09	4/21 Manitou Classic
Julie Anderson	Jr St. Thomas	4:49.83	4/21 Manitou Classic
Christina Roberts	Jr St. Olaf	4:50.68	5/2 Tommie Twilight
Laura Roach	Fr Carleton	4:50.70	4/14 Lee Krough Invitat
Kelly Russ	Fr St. Thomas	4:51.95	4/21 Manitou Classic
Jenna Carlson	So St. Olaf	4:52.24	4/28 Macalester Invitat
Kelsey Barale	Sr Carleton	4:52.26	4/5 Carleton Triangular
Rachel Charpentier	Sr Concordia Moorhead	4:52.27	5/11-12 MIAC Championsh
Maggie Donahue	So St. Benedict	4:52.80	4/14 Lee Krough Invitat
Abby Smith	Fr St. Olaf	4:53.42	5/11-12 MIAC Championsh
20			
Kristin Haubrich	Jr St. Benedict	4:55.70	5/2 Tommie Twilight
Corey Hickner	Sr St. Benedict	4:55.87	5/11-12 MIAC Championsh
Lacee Schrupp	Sr Hamline	4:57.09	5/4 Unsaintly
Karen Campbell	So Carleton	4:57.72	5/2 Tommie Twilight
Emma Miller	Fr St. Thomas	4:59.08	5/11-12 MIAC Championsh
Erin Weier	Sr St. Olaf	4:59.16	4/28 Macalester Invitat
Nikki Burg	Sr St. Catherine	4:59.89	4/21 Manitou Classic

Jennie Hedberg	Jr St. Olaf	5:01.44	5/11-12 MIAC Championsh
Kristie Bronson	So St. Catherine	5:01.97	5/11-12 MIAC Championsh
Elizabeth Nelson	Jr Macalester	5:02.2	4/14 Lee Krough
30			
Lauren Milne	Jr Carleton	5:02.65	5/2 Tommie Twilight
Allie Woerpel	Sr Macalester	5:03.9	4/14 Lee Krough
Nikki Reich	Fr Carleton	5:04.30	5/11-12 MIAC Championsh
Melissa Francis	Sr Hamline	5:04.35	5/4 Unsaintly
Lindsey Nietmann	So Carleton	5:04.52	4/28 Macalester Women's
Anna Hagen	Fr Concordia Moorhead	5:05.07	4/14 Concordia Invite
Heather Hoecker	Jr Carleton	5:05.40	4/28 Macalester Women's
Emma Sando	So Carleton	5:06.78	5/2 Tommie Twilight
Laura Edlund	Jr Gustavus	5:06.93	5/5 Meet of the Unsaint
Annie Knutson	So St. Olaf	5:07.55	5/2 Tommie Twilight
40			
Michaela McLaughlin	Fr St. Olaf	5:07.85	5/11-12 MIAC Championsh
Alicia Hartung	Sr Saint Mary's	5:07.86	4/14 Blugold Open
Marci Burg	Fr St. Catherine	5:08.37	4/28 Macalester Invite
Erin Lowrey	Fr Macalester	5:08.75	5/4 Meet of the Unsaint
Freya Fitzer	So Hamline	5:09.18	5/4 Unsaintly
Sarah Stergios	So St. Benedict	5:09.36	5/11-12 MIAC Championsh
Tera Bollig	Sr Saint Mary's	5:09.77	3/31 Sherman - Lukoski
Alice Deden	So St. Olaf	5:10.28	5/11-12 MIAC Championsh
Val Berquam	Sr Gustavus	5:10.35	5/5 Meet of the Unsaint
Casey Baustian	Jr St. Olaf	5:10.78	4/28 Macalester Invitat
50			
Laura Sofen	Fr Carleton	5:11.10	4/14 Lee Krough Invitat
Lindsey Saunders	Jr St. Olaf	5:12.93	4/5 Carleton Triangular
Ashley Cooper	Fr Hamline	5:13.48	5/11-12 MIAC Championsh
Teagen Andrews	Sr St. Olaf	5:14.02	4/28 Macalester Invitat
Christine Frandsen	So St. Thomas	5:14.76	5/2 Tommie Twilight
Sarah Zweber	Jr Saint Mary's	5:15.80	5/5 Wisconsin Twilight
Emily Dunn	So Macalester	5:16.06	5/2 Tommie Twilight
Emily Schur	Fr Macalester	5:16.2	4/14 Lee Krough
Linn Dale	Sr St. Olaf	5:16.51	5/11-12 MIAC Championsh
Ali Parsons	Jr Concordia Moorhead	5:17.24	5/2 Tommie Twilight
60			
Meagan Hansen	Jr Concordia Moorhead	5:17.0	5/5 MSUM Masanz Meet
Adrienne Chesser	Sr Carleton	5:17.50	4/14 Lee Krough Invitat
Maria Middleton	Jr Concordia Moorhead	5:18.28	4/17 Cobber Twilight
Tara Dewitt	Fr St. Benedict	5:18.37	4/22 Manitou Classic
Emily Ellingson	So St. Olaf	5:18.37	4/21 Manitou Track Clas
Cicely Miltich	Jr Carleton	5:18.58	4/28 Macalester Women's
Rose Spring	Sr St. Benedict	5:19.90	4/14 Lee Krough Invitat
Anna Valan	So Concordia Moorhead	5:21.12	4/17 Cobber Twilight
Caroline Church	Jr Carleton	5:21.90	4/14 Lee Krough Invitat
=====	Last 2006 qualifier	5:22.80	
Lena Sessions	Fr Macalester	5:23.03	5/2 Tommie Twilight
70			
Kate Alexander	Fr Carleton	5:23.11	5/2 Tommie Twilight
Meghan Miller	Jr Carleton	5:23.26	3/31 CSB/SJU Invitation
Irene Koplinka-Loehr	Fr Carleton	5:23.47	4/21 Manitou Classic
Tracy McCubbin	Sr St. Thomas	5:24.61	4/14 Blugold Open
Makenzie Wright	So St. Benedict	5:24.94	4/22 Manitou Classic
Rachel Simmer	Fr Hamline	5:25.27	5/4 Unsaintly
Amy Leach	So St. Olaf	5:25.65	5/2 Tommie Twilight
Lindsey Jorgenson	Fr St. Olaf	5:26.28	5/2 Tommie Twilight
Kirsten Higdem	Jr St. Olaf	5:26.32	4/28 Macalester Invitat
Lindsey Tucker	So St. Benedict	5:28.15	5/2 Tommie Twilight
80			
Molly Maxbauer	So St. Benedict	5:28.40	4/14 Lee Krough Invitat
Molly Malone	Sr St. Benedict	5:29.94	5/2 Tommie Twilight
Nellie Adams	Fr St. Olaf	5:32.41	5/2 Tommie Twilight
Sarah Cowles	So Gustavus	5:36.10	4/14 Lee Krough Invitat
Samantha Salomone	Fr St. Thomas	5:36.99	5/2 Tommie Twilight
Kerry Bauer	So St. Benedict	5:37.10	4/14 Lee Krough Invitat
Shannon Dinneen	Sr Saint Mary's	5:38.28	5/5 Wisconsin Twilight
Katie Duwell	So St. Olaf	5:38.3	4/14 Lee Krough Invitat
Amanda Manship	Fr St. Thomas	5:38.73	4/21 Manitou Classic
Kate Westlund	Fr St. Benedict	5:38.86	5/2 Tommie Twilight

Amanda Simon	Jr Concordia Moorhead	5:38.95	4/17 Cobber Twilight
Hannah Carlson	Jr Bethel	5:39.19	5/5 Howard Wood Relays
Cristina Sainati	Fr Carleton	5:39.76	3/31 CSB/SJU Invitation
Amy Berntson	Fr St. Olaf	5:40.2	4/14 Lee Krough
Kelsey Bratlie	Fr Concordia Moorhead	5:41.16	4/21 NDSU Bison Classic
Elissa Butler	Fr Macalester	5:41.34	5/2 Tommie Twilight
Sarah Peloquin	Jr Augsburg	5:42.26	3/16 Oxy Distance Festi
Morgan Sours	So St. Olaf	5:42.28	5/2 Tommie Twilight
Christina Haggard	Fr Bethel	5:42.43	5/5 Howard Wood Relays
Elizabeth Whitt	Fr St. Olaf	5:42.75	4/28 Macalester Invitat
100			
Katie Visco	Sr Carleton	5:43.82	4/28 Macalester Women's
Elizabeth Leslie	Jr St. Olaf	5:46.10	4/28 Macalester Invitat
Kristi Kobluk	Jr St. Olaf	5:46.2	4/14 Lee Krough Invitat
Kersten Magnuson	So St. Olaf	5:47.00	4/21 Manitou Classic
Dana Horgen	So St. Olaf	5:48.0	4/14 Lee Krough Invitat
Amy Jahnke	Fr Gustavus	5:52.20	4/14 Lee Krough Invitat
Sarah VandenAkker	So St. Olaf	5:53.1	4/14 Lee Krough Invitat
Brittany Olivieri	Jr Concordia Moorhead	5:57.39	4/17 Cobber Twilight
Malgorzata Paidosh	So Saint Mary's	6:02.26	3/31 Sherman - Lukoski
MaryClaire Chao	Fr St. Olaf	6:03.90	4/21 Manitou Classic
110			
Lauren Ciechanowski	Sr St. Olaf	6:07.27	5/2 Tommie Twilight
Martina King	Fr St. Olaf	6:07.1	4/14 Lee Krough Invitat
Kaitie Eke	Fr St. Olaf	6:09.44	4/5 Carleton Triangular
Sara Gottlieb	Fr Macalester	6:12.46	5/2 Tommie Twilight
Karmini Sampath	So Carleton	6:13.77	5/2 Tommie Twilight
Hannah Robinson	So Carleton	6:24.45	5/2 Tommie Twilight
Natalie Norberg	Fr Gustavus	7:03.44	4/6 Central College Inv
117 entrants			

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

#### MILE RUN\*

=====	NCAA Automatic	4:54.20
=====	NCAA Provisional	5:02.60

0 entrants

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

#### 3000 METER RUN

Julie Anderson	Jr St. Thomas	10:36.82	4/5 Carleton Triangular
Jenna Carlson	So St. Olaf	10:43.47	4/28 Macalester Invitat
Margot Branigan	Fr St. Benedict	10:46.15	4/28 Macalester Inviati
Brittney Schwager	Sr St. Olaf	10:47.39	4/28 Macalester Invitat
Jenny Olin	Sr St. Thomas	10:51.55	3/17 Aztec Invitational
Laura Roach	Fr Carleton	10:59.93	4/5 Carleton Triangular
Tera Bollig	Sr Saint Mary's	11:06.69	5/5 Wisconsin Twilight
Stephanie Block	Sr St. Olaf	11:14.49	4/5 Carleton Triangular
Annie Knutson	So St. Olaf	11:15.32	4/5 Carleton Triangular
Jackie Kelly	Jr St. Olaf	11:18.88	4/5 Carleton Triangular
10			
Emma Miller	Fr St. Thomas	11:19.97	4/28 Mac Invite
Nikki Reich	Fr Carleton	11:20.52	4/5 Carleton Triangular
Aileen Galatowitsch	Sr St. Benedict	11:21.36	4/28 Macalester Inviati
Casey Baustian	Jr St. Olaf	11:26.33	4/5 Carleton Triangular
Laura Melcher	Jr St. Olaf	11:30.79	4/28 Macalester Invitat
Lisa Skildum	Jr St. Olaf	11:31.70	4/5 Carleton Triangular

Meghan Miller	Jr Carleton	11:32.45	4/5 Carleton Triangular
Emma Sando	So Carleton	11:32.90	4/5 Carleton Triangular
Alexandra Johnson	Fr St. Thomas	11:41.51	4/5 Carleton Triangular
Laura Sofen	Fr Carleton	11:45.96	4/5 Carleton Triangular
20			
Tracy McCubbin	Sr St. Thomas	11:46.46	4/28 Mac Invite
Adelaide Pagano	So Macalester	12:02.44	4/28 Mac Women's Invite
Linn Dale	Sr St. Olaf	12:07.97	4/5 Carleton Triangular
Rachel Simmer	Fr Hamline	12:23.6	4/28 Macalester Invite
Dana Horgen	So St. Olaf	12:24.49	4/28 Macalester Invitat
Kate Alexander	Fr Carleton	12:25.49	4/28 Macalester Women's
Katie Visco	Sr Carleton	12:31.82	4/5 Carleton Triangular
Kristi Kobluk	Jr St. Olaf	12:37.39	4/28 Macalester Invitat
Amy Berntson	Fr St. Olaf	12:38.48	4/28 Macalester Invitat
Lauren Ciechanowski	Sr St. Olaf	12:39.77	4/5 Carleton Triangular
30			
Nellie Adams	Fr St. Olaf	12:59.88	4/28 Macalester Invitat
Martina King	Fr St. Olaf	13:35.51	4/28 Macalester Invitat
Brittany Olivieri	Jr Concordia Moorhead	13:38.70	4/21 NDSU Bison Classic
Elissa Butler	Fr Macalester	13:44.09	4/28 Mac Women's Invite

34 entrants

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

=====	NCAA Automatic	17:00.00	
=====	NCAA Provisional	17:40.00	
Nikki Umhoefer	Jr Bethel	17:44.07	4/19 Kansas Relays
Jenna Carlson	So St. Olaf	18:16.9	4/14 Lee Krough Invitat
Julie Anderson	Jr St. Thomas	18:18.66	5/2 Tommie Twilight
Karen Campbell	So Carleton	18:19.50	4/14 Lee Krough Invitat
Brittney Schwager	Sr St. Olaf	18:26.5	4/14 Lee Krough Invitat
Lacee Schrupp	Sr Hamline	18:28.43	5/11-12 MIAC Championsh
Margot Branigan	Fr St. Benedict	18:37.34	5/11-12 MIAC Championsh
Erin Lowrey	Fr Macalester	18:40.56	5/11-12 MIAC Championsh
Jill Fagerstrom	So Gustavus	18:42.80	5/5 Meet of the Unsaint
Kelsey Barale	Sr Carleton	18:46.80	3/31 CSB/SJU Invitation
10			
Laura Edlund	Jr Gustavus	18:49.02	4/14 Lee Krough Invitat
Erin Weier	Sr St. Olaf	18:49.96	5/11-12 MIAC Championsh
Heather Hoecker	Jr Carleton	18:53.00	4/14 Lee Krough Invitat
Nikki Burg	Sr St. Catherine	18:57.2	4/14 Lee Krough
Kristin Haubrich	Jr St. Benedict	19:00.81	4/22 Manitou Classic
Annie Knutson	So St. Olaf	19:03.1	4/14 Lee Krough Invitat
Aileen Galatowitsch	Sr St. Benedict	19:04.18	5/11-12 MIAC Championsh
Jackie Kelly	Jr St. Olaf	19:05.2	4/14 Lee Krough Invitat
Jenny Olin	Sr St. Thomas	19:18.89	5/2 Tommie Twilight
Rachel Charpentier	Sr Concordia Moorhead	19:21.73	4/14 Concordia Invite
20			
Stephanie Block	Sr St. Olaf	19:23.46	5/2 Tommie Twilight
Laura Melcher	Jr St. Olaf	19:26.56	5/2 Tommie Twilight
Emily Dunn	So Macalester	19:28.2	4/14 Lee Krough
Tera Bollig	Sr Saint Mary's	19:30.27	5/11-12 MIAC Championsh
Emma Miller	Fr St. Thomas	19:39.24	4/21 Manitou Classic
Michaela McLaughlin	Fr St. Olaf	19:41.5	4/14 Lee Krough Invitat
Tracy McCubbin	Sr St. Thomas	19:42.58	5/2 Tommie Twilight
Laura Sofen	Fr Carleton	19:43.55	5/11-12 MIAC Championsh
Katie Drinane	So Hamline	19:45.14	5/4 Unsaintly
=====	Last 2006 qualifier	19:46.60	
Jennie Hedberg	Jr St. Olaf	19:47.58	4/21 Manitou Classic
30			
Catie Drinane	So Hamline	19:48.20	4/14 Lee Krough Invitat
Emma Sando	So Carleton	19:50.92	5/11-12 MIAC Championsh
Meagan Hansen	Jr Concordia Moorhead	19:51.81	4/17 Cobber Twilight
Ashley Cooper	Fr Hamline	19:52.50	3/31 St John's

Cicely Miltich	Jr Carleton	19:54.53	5/2 Tommie Twilight
Maria Middleton	Jr Concordia Moorhead	20:05.84	4/28 Al Cassell Relays
Rose Spring	Sr St. Benedict	20:13.15	5/11-12 MIAC Championsh
Lisa Skildum	Jr St. Olaf	20:13.45	4/28 Macalester Invitat
Kira Spencer	Fr Macalester	20:14.74	4/21 Manitou Classic
Emily Deetz	Sr St. Catherine	20:15.65	5/2 Tommie Twilight
40			
Tara Dewitt	Fr St. Benedict	20:16.96	5/2 Tommie Twilight
Alice Deden	So St. Olaf	20:29.66	4/21 Manitou Classic
Adelaide Pagano	So Macalester	20:37.17	5/2 Tommie Twilight
Kate Boisjolie	Jr Saint Mary's	20:50.86	4/28 Drake Alternative
Kelsey Bratlie	Fr Concordia Moorhead	20:52.17	4/17 Cobber Twilight
Caroline Church	Jr Carleton	20:52.18	5/2 Tommie Twilight
Ashley Davis	Sr Saint Mary's	20:53.60	4/14 Blugold Open
Katie Visco	Sr Carleton	21:02.79	5/2 Tommie Twilight
Lauren Ciechanowski	Sr St. Olaf	21:19.4	4/14 Lee Krough
Dana Horgen	So St. Olaf	21:27.27	5/2 Tommie Twilight
50			
Concordia Moorhead	Concordia Moorhead	21:30.3	3/31 CSB/SJU Invitation
Ashley Stoffers	Jr Augsburg	21:37.14	5/4 Meet of the Unsaint
Molly Malone	Sr St. Benedict	21:49.21	4/7 Pomona-Pitzer Invit
Amy Jahnke	Fr Gustavus	21:54.41	4/22 Manitou Classic
Brittany Olivieri	Jr Concordia Moorhead	23:01.18	4/14 Concordia Invite

55 entrants

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

=====	NCAA Automatic	36:00.00	
Nikki Umhoefer	Jr Bethel	37:32.83	5/11-12 MIAC Championsh
=====	NCAA Provisional	37:40.00	
Karen Campbell	So Carleton	38:19.05	5/11-12 MIAC Championsh
Margot Branigan	Fr St. Benedict	38:26.29	5/11-12 MIAC Championsh
Jenna Carlson	So St. Olaf	38:27.94	5/11-12 MIAC Championsh
Jill Fagerstrom	So Gustavus	38:35.41	5/11-12 MIAC Championsh
Kelsey Barale	Sr Carleton	38:43.13	5/11-12 MIAC Championsh
Brittney Schwager	Sr St. Olaf	39:01.65	4/21 Manitou Classic
Jenny Olin	Sr St. Thomas	39:11.03	5/11-12 MIAC Championsh
Aileen Galatowitsch	Sr St. Benedict	39:31.47	5/11-12 MIAC Championsh
Maria Middleton	Jr Concordia Moorhead	39:49.96	5/11-12 MIAC Championsh

10

Kristin Haubrich	Jr St. Benedict	39:57.37	5/11-12 MIAC Championsh
Erin Lowrey	Fr Macalester	40:05.08	4/21 Manitou Classic
Jackie Kelly	Jr St. Olaf	41:13.41	4/21 Manitou Classic
Katie Drinane	So Hamline	41:14.11	5/11-12 MIAC Championsh
Cicely Miltich	Jr Carleton	41:39.22	5/11-12 MIAC Championsh
Laura Edlund	Jr Gustavus	41:40.11	4/22 Manitou Classic
Lindsey Tucker	So St. Benedict	42:00.03	5/11-12 MIAC Championsh
Meagan Hansen	Jr Concordia Moorhead	42:23.5	3/31 CSB/SJU Invitation
Emily Dunn	So Macalester	43:18.27	4/21 Manitou Classic
Jill Burgard	Sr St. Benedict	43:59.74	5/11-12 MIAC Championsh

20

Katie Visco	Sr Carleton	45:10.04	5/11-12 MIAC Championsh
Kelsey Bratlie	Fr Concordia Moorhead	45:19.35	4/28 Al Cassell Relays
Ashley Stoffers	Jr Augsburg	45:38.65	5/11-12 MIAC Championsh
Caroline Church	Jr Carleton	46:21.23	4/21 Manitou Classic

24 entrants

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

=====	NCAA Automatic	14.40	
Kaela Schramm	Sr Macalester	14.88	4/28 Mac Women's Invite
=====	NCAA Provisional	15.00	
Dana Luiken	Sr Hamline	15.16	4/21 Bison Classic
Sarah Meissner	So St. Catherine	15.52	5/11-12 MIAC Championsh
Laura Janas	Fr St. Thomas	15.63	3/17 Aztec Invitational
Michaela Otto	Fr Bethel	15.92	5/11-12 MIAC Championsh
Aryn Bell	So Gustavus	15.93	4/28 Drake Alternative
Kathryn Thompson	Fr St. Olaf	16.07	5/11-12 MIAC Championsh
Nikki Arola	Fr St. Thomas	16.16	4/28 Mac Invite
Katja Andresen	Jr St. Olaf	16.23	5/11-12 MIAC Championsh
Megann Koerner	Fr St. Benedict	16.53	4/14 Lee Krough Invitat
10			
Tara Ray	Fr Concordia Moorhead	16.61	5/11-12 MIAC Championsh
Mary Schletty	So St. Benedict	16.68	4/15 CSB Heptathlon
Kaelene Lundstrum	Fr Gustavus	16.83	5/3 MIAC Heptathlon
Amber Schackman	Sr Concordia Moorhead	16.84	5/11-12 MIAC Championsh
Katie Theisen	So St. Thomas	16.88	3/17 Aztec Invitational
Leah Kay	Fr Concordia Moorhead	17.00	5/4 MIAC Heptathlon
Anna Skauge	So Concordia Moorhead	17.11	5/5 MSUM Masanz Invite
Emily Amici	So Hamline	17.20	5/11-12 MIAC Championsh
Katlin Anderson	So Concordia Moorhead	17.39	5/4 MIAC Heptathlon
Becca Bryson	Fr Gustavus	17.40	5/3 MIAC Heptathlon
20			
Kestrel Schwaiger	Sr Carleton	17.48	5/3 MIAC Heptathlon
Danielle Braun	Jr Saint Mary's	17.68	5/11-12 MIAC Championsh
Brittney Opp	Fr Concordia Moorhead	18.00	4/14 Concordia Invite
Vanessa Brown	Sr Carleton	18.47	5/3 MIAC Heptathlon
Abby Scheel	So Concordia Moorhead	18.49	4/16 CSB Heptathlon
Martina Link	So St. Olaf	18.50	5/2 Tommie Twilight
Kayla Johnson	Fr St. Olaf	18.63	5/2 Tommie Twilight
Kristina Bruns	So Concordia Moorhead	18.95	4/21 NDSU Bison Classic
Sara Heesen	Jr St. Olaf	19.20	4/5 Carleton Triangular
Kim Elson	Fr Carleton	19.41	5/3 MIAC Heptathlon

30

30 entrants

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

=====	NCAA Automatic	62.00	
Katie Theisen	So St. Thomas	62.65	5/11-12 MIAC Championsh
Nikki Arola	Fr St. Thomas	63.60	5/11-12 MIAC Championsh
=====	NCAA Provisional	64.14	
Kathryn Thompson	Fr St. Olaf	64.61	5/11-12 MIAC Championsh
Eva Luderowski	Fr Carleton	64.73	5/11-12 MIAC Championsh
Crystal Rausch	Sr St. Benedict	65.48	4/28 Macalester Inviati
Ashley Keefe	Jr Bethel	67.08	4/28 Macalester Invite
Tara Ray	Fr Concordia Moorhead	67.10	5/11-12 MIAC Championsh
Katja Andresen	Jr St. Olaf	67.60	5/11-12 MIAC Championsh
Tricia Lund	Sr St. Benedict	68.69	4/22 Manitou Classic
Emily Amici	So Hamline	69.98	5/11-12 MIAC Championsh
10			
Laura Janas	Fr St. Thomas	70.27	5/11-12 MIAC Championsh
Jenni Burns	Fr Hamline	70.29	5/4 Unsaintly
Kelly McCann	So St. Benedict	70.79	4/14 Lee Krough Invitat
Amber Schackman	Sr Concordia Moorhead	71.44	5/11-12 MIAC Championsh
Anna Skauge	So Concordia Moorhead	71.96	5/11-12 MIAC Championsh
Becca Bryson	Fr Gustavus	73.53	4/28 Drake Alternative
Kayla Johnson	Fr St. Olaf	74.75	4/28 Macalester Invitat
Brittney Christianson	So Concordia Moorhead	74.77	5/5 MSUM Masanz Invite
Brittney Opp	Fr Concordia Moorhead	78.47	4/14 Concordia Invite
Danielle Braun	Jr Saint Mary's	78.48	4/17 UMD Bulldog Open

=====  
Last 2006 qualifier 81.73

20 entrants

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

3000M STEEPLECHASE

=====  
NCAA Automatic 10:48.00  
Kelsey Barale Sr Carleton 10:53.34 5/2 Tommie Twilight  
=====  
NCAA Provisional 11:16.50  
Heather Hoecker Jr Carleton 11:36.14 5/11-12 MIAC Championsh  
Anne Iddins Jr St. Thomas 11:44.44 5/11-12 MIAC Championsh  
Melissa Francis Sr Hamline 11:47.41 4/28 Macalester Invite  
Maggie Donahue So St. Benedict 11:50.57 5/11-12 MIAC Championsh  
Lisa Skildum Jr St. Olaf 11:50.76 5/11-12 MIAC Championsh  
Anna Hagen Fr Concordia Moorhead 11:51.07 5/2 Tommie Twilight  
Val Berquam Sr Gustavus 11:52.65 5/11-12 MIAC Championsh  
Irene Koplinka-Loehr Fr Carleton 12:01.86 5/2 Tommie Twilight  
Casey Baustian Jr St. Olaf 12:06.81 5/11-12 MIAC Championsh  
10  
Freya Fitzer So Hamline 12:08.74 5/11-12 MIAC Championsh  
Elizabeth Nelson Jr Macalester 12:16.16 5/11-12 MIAC Championsh  
Heather Jelen So Bethel 12:17.56 5/5 Howard Wood Relays  
Christine Frandsen So St. Thomas 12:23.12 5/5 St. Thomas Invitati  
Brittney Christianson So Concordia Moorhead 12:31.93 5/2 Tommie Twilight  
Meghan Miller Jr Carleton 12:35.68 5/2 Tommie Twilight  
Kendra Bengtson So Concordia Moorhead 12:37.34 5/11-12 MIAC Championsh  
=====  
Last 2006 qualifier 12:40.39  
Kym Koenig Jr St. Benedict 12:46.61 5/2 Tommie Twilight  
Katie Rehani Sr St. Benedict 12:47.94 5/2 Tommie Twilight  
Leslie Rau Sr St. Benedict 12:52.41 4/28 Macalester Inviati  
20  
Emma Miller Fr St. Thomas 12:55.58 5/2 Tommie Twilight  
Laura Connelly Fr St. Benedict 13:07.98 5/2 Tommie Twilight  
Makenzie Wright So St. Benedict 13:08.16 5/2 Tommie Twilight  
Linn Dale Sr St. Olaf 13:17.39 4/14 Lee Krough Invitat  
Kaelly Simpson So St. Benedict 13:18.51 4/22 Manitou Classic  
Kate Westlund Fr St. Benedict 13:34.5 3/31 CSB/SJU INVITATION  
Rachel Glissman Fr Hamline 13:41.36 4/14 Lee Krough Invitat  
Amy Jahnke Fr Gustavus 14:24.19 5/5 Meet of the Unsaint  
28 entrants

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

4X100 METER RELAY

=====  
NCAA Automatic 47.50  
St. Thomas St. Thomas 47.81 4/28 Mac Invite  
St. Thomas (Nikki Arola, Shionna Evans,  
Sheena Porter, Kate Staat) 47.94 5/11-12 MIAC Championsh  
Bethel Bethel 48.74 5/5 Howard Wood Relays  
=====  
NCAA Provisional 48.80  
Gustavus (Kelsey Becker, Aryn Bell, Sari  
Lindeman, Funto Okanla) 49.36 5/11-12 MIAC Championsh  
Gustavus Gustavus 49.60 4/28 Drake Alternative  
St. Benedict St. Benedict 49.71 5/2 Tommie Twilight  
Macalester (Emily Matthews, Maddie  
Mette, Jennifer Noelke, Kaela Schramm) 49.88 5/11-12 MIAC Championsh  
St. Benedict (Annie Clintsman, Elyse

Cooper, Crystal Rausch, Anne Redmon)	50.00	5/11-12 MIAC Championsh
Macalester (Emily Matthews, Maddie		
Mette, Celeste Prince, Kaela Schramm)	50.06	5/11-12 MIAC Championsh
Hamline (Jenni Burns, Tami Klenke,		
Angela Lindekugel, Kayla Sirmans)	50.18	5/11-12 MIAC Championsh
10		
Macalester	50.42	5/4 Meet of the Unsaint
Saint Mary's	50.45	5/5 Wisconsin Twilight
Hamline	50.61	5/4 Unsaintly
Saint Mary's (Emily Bartusek, Teri		
Heinzen, Val Koch, Kelly Tanke)	50.91	5/11-12 MIAC Championsh
Concordia Moorhead (Amanda Bakken, Kelly		
Olson, Tara Ray, Kristin Slette)	50.94	5/11-12 MIAC Championsh
Saint Mary's (Teri Heinzen, Val Koch,		
Erin O'Keefe, Kelly Tanke)	51.34	5/11-12 MIAC Championsh
Concordia Moorhead	51.86	4/21 Kansas Relays
Augsburg (Whitney Holman, Megan Krumrie,		
Kelsie Lungstrom, Jessica Nordness)	52.04	5/11-12 MIAC Championsh
St. Olaf (Katja Andresen, Amie Fillmore,		
Kathryn Thompson, Sheryl West)	52.29	5/11-12 MIAC Championsh
St. Olaf	52.84	4/28 Macalester Invitat
20		
Augsburg	53.48	3/17 Northridge Invitat
Bethel (Autumn Adkins, Vanessa Moore,		
Sheri Netland, Jennae Palmer)		5/11-12 MIAC Championsh
22 entrants		

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

#### 4X400 METER RELAY

=====	NCAA Automatic	3:49.60	
St. Thomas (Nikki Arola, Shionna Evans,			
Sheena Porter, Katie Theisen)	3:54.77	5/11-12 MIAC Championsh	
=====	NCAA Provisional	3:56.00	
St. Thomas	3:56.02	5/2 Tommie Twilight	
Concordia Moorhead	3:57.42	5/17 LaCrosse NCAA Qual	
Concordia Moorhead (Alissa Bilden, Kelly			
Olson, Heather Schuster, Kristin Slette)	4:00.93	5/11-12 MIAC Championsh	
St. Benedict (Alyx Chapman, Jennifer			
Ranallo, Crystal Rausch, Anne Redmon)	4:04.74	5/11-12 MIAC Championsh	
Macalester (Anna Hankins, Emily			
Matthews, Jennifer Noelke, Trina PaStarr)	4:04.94	5/11-12 MIAC Championsh	
St. Benedict	4:05.58	4/7 Pomona-Pitzer Invit	
St. Olaf	4:06.00	5/2 Tommie Twilight	
Carleton (Kelsey Donald, Eva Luderowski,			
Lindsey Nietmann, Kestrel Schwaiger)	4:06.13	5/11-12 MIAC Championsh	
Gustavus (Krista Cruse, Sam Madsen,			
Elizabeth Pringle, Kate Sidlo)	4:06.21	5/11-12 MIAC Championsh	
10			
Bethel (Belinda Allen, Ashley Keefe,			
Sheri Netland, Malia Rasmussen)	4:06.61	5/11-12 MIAC Championsh	
St. Olaf (Andrea Gelle, Lindsey			
Saunders, Abby Smith, Kathryn Thompson)	4:08.01	5/11-12 MIAC Championsh	
Saint Mary's	4:09.22	5/5 Wisconsin Twilight	
Hamline (Nicole Brohmer, Jenni Burns,			
Sara Burns, Dana Luiken)	4:10.92	5/11-12 MIAC Championsh	
Saint Mary's (Emily Bartusek, Teri			
Heinzen, Kathleen Pawlowski, Kelly Tanke)	4:11.82	5/11-12 MIAC Championsh	
St. Catherine (Melissa Elverud, Seana			
Graham, Sarah Meissner, Greta Sieve)	4:13.34	5/11-12 MIAC Championsh	
Bethel	4:13.38	4/28 Macalester Invite	
St. Catherine	4:14.02	4/28 Macalester Invite	
Carleton	4:16.50	3/31 CSB/SJU Invitation	
Macalester	4:16.74	4/14 Lee Krough	

Gustavus	Gustavus	4:16.92	4/28 Drake Alternative
Hamline	Hamline	4:17.16	4/14 Lee Krough Invitat

22 entrants

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

4X800 METER RELAY

St. Thomas (Betsy Hupp, Kelly Russ, Erin Sprangers, Katie Theisen)		9:17.39	5/11-12 MIAC Championsh
St. Olaf (Andrea Gelle, Christina Roberts, Lindsey Saunders, Abby Smith)		9:27.10	5/11-12 MIAC Championsh
Carleton (Sarah Forzley, Eva Luderowski, Lindsey Nietmann, Laura Roach)		9:28.57	5/11-12 MIAC Championsh
Macalester (Anna Hankins, Callie PaStarr, Trina PaStarr, Allie Woerpel)		9:28.99	5/11-12 MIAC Championsh
St. Benedict	St. Benedict	9:37.19	4/22 Manitou Classic
St. Olaf	St. Olaf	9:38.35	4/21 Manitou Classic
Concordia Moorhead (Rachel Charpentier, Anna Hagen, Heather Schuster, Anna Valan)		9:39.58	5/11-12 MIAC Championsh
St. Benedict (Melinda Dugas, Corey Hickner, Emma Hoaglund, Jennifer Ranallo)		9:40.60	5/11-12 MIAC Championsh
Gustavus (Heidi Bulfer, Krista Cruse, Sam Madsen, Raychal Zupancich)		9:42.40	5/11-12 MIAC Championsh
Hamline (Sara Burns, Freya Fitzer, Melissa Francis, Lacey Schrupp)		9:42.97	5/11-12 MIAC Championsh
10			
St. Thomas	St. Thomas	9:44.48	4/21 Manitou Classic
Concordia Moorhead	Concordia Moorhead	9:46.62	4/28 Drake Relays
Carleton	Carleton	9:47.79	4/14 Lee Krough Invitat
Bethel (Hannah Carlson, Christina Haggar, Heather Jelen, Ashley Keefe)		10:04.57	5/11-12 MIAC Championsh
St. Catherine	St. Catherine	10:15.25	4/21 Manitou Classic
Gustavus	Gustavus	10:16.13	4/22 Manitou Classic
Hamline	Hamline	10:18.39	4/21 Manitou Classic

17 entrants

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

LONG JUMP

=====	NCAA Automatic	5.80m (19-0 1/2)	
Selina Dehn	Jr St. Thomas	5.54m (18-2 1/4)	4/5 Carleton Triangular
=====	NCAA Provisional	5.52m (18-1 1/2)	
Sari Lindeman	Jr Gustavus	5.36m (17-7)	5/11-12 MIAC Championsh
Mary Schletty	So St. Benedict	5.33m (17-6)	4/28 Macalester Inviati
Katie Theisen	So St. Thomas	5.26m (17-3 1/4)	4/14 Blugold Open
Kaela Schramm	Sr Macalester	5.25m (17-2 3/4)	5/11-12 MIAC Championsh
Tami Klenke	Jr Hamline	5.22m (17-1 1/2)	3/31 St John's
Shionna Evans	So St. Thomas	5.10m (16-8 3/4)	4/14 Blugold Open
Becca Bryson	Fr Gustavus	5.10m (16-8 3/4)	4/22 Manitou Classic
Teri Heinzen	Fr Saint Mary's	5.06m (16-7 1/4)	4/14 Blugold Open
Megan Krumrie	So Augsburg	5.05m (16-7)	5/2 Tommie Twilight
10			
=====	Last 2006 qualifier	5.05m (16-7)	
Kendra Monroe	So Bethel	5.03m (16-6)	3/31 CSB Invitational
Dana Luiken	Sr Hamline	5.02m (16-5 3/4)	4/21 Bison Classic
Ali Galzki	Fr St. Benedict	4.98m (16-4 1/4)	4/22 Manitou Classic
Jenna Palmer	Jr Bethel	4.98m (16-4 1/4)	4/28 Macalester Invite
Maddie Mette	Fr Macalester	4.94m (16-2 1/2)	3/31 CSB Invite

Kestrel Schwaiger	Sr Carleton	4.93m (16-2 1/4)	5/11-12 MIAC Championsh
Alyssa Salomone	So St. Thomas	4.93m (16-2 1/4)	5/2 Tommie Twilight
Kendra Mays	So Gustavus	4.91m (16-1 1/2)	4/6 Central College Inv
Kaelene Lundstrum	Fr Gustavus	4.89m (16-0 1/2)	4/28 Drake Alternative
Tara Ray	Fr Concordia Moorhead	4.88m (16-0 1/4)	4/17 Cobber Twilight
20			
Katlin Anderson	So Concordia Moorhead	4.87m (15-11 3/4)	4/17 Cobber Twilight
Gustie Garberich	Jr St. Benedict	4.87m (15-11 3/4)	5/5 St. Thomas Invitati
Amanda Bakken	Fr Concordia Moorhead	4.79m (15-8 3/4)	5/5 MSUM Masanz Invite
Leah Kay	Fr Concordia Moorhead	4.78m (15-8 1/4)	4/21 NDSU Bison Classic
Amy Elson	Fr Carleton	4.72m (15-6)	3/31 CSB/SJU Invitation
Laura Lynch	So Gustavus	4.67m (15-4)	4/14 Lee Krough Invitat
Arnolda Shiundu	Fr Concordia Moorhead	4.67m (15-4)	5/5 MSUM Masanz Invite
Katja Andresen	Jr St. Olaf	4.65m (15-3 1/4)	4/21 Manitou Classic
Vanessa Brown	Sr Carleton	4.63m (15-2 1/4)	4/28 Macalester Women's
Kristina Bruns	So Concordia Moorhead	4.61m (15-1 1/2)	3/31 CSB/SJU Invitation
30			
Brittney Opp	Fr Concordia Moorhead	4.58m (15-0 1/2)	4/17 Cobber Twilight
Erin O'Keefe	So Saint Mary's	4.58m (15-0 1/2)	5/5 Wisconsin Twilight
Tricia Lund	Sr St. Benedict	4.56m (14-11 1/2)	4/14 Lee Krough Invitat
Abby Scheel	So Concordia Moorhead	4.55m (14-11 1/4)	4/21 NDSU Bison Classic
Meghann Southwick	Fr Concordia Moorhead	4.51m (14-9 3/4)	4/17 Cobber Twilight
Amber Schackman	Sr Concordia Moorhead	4.50m (14-9 1/4)	3/31 CSB/SJU Invitation
Natalie Robles	Sr Macalester	4.50m (14-9 1/4)	5/4 Meet of the Unsaint
Kelsey Carver	Fr St. Thomas	4.48m (14-8 1/2)	5/5 St. Thomas Invitati
Kim Elson	Fr Carleton	4.40m (14-5 1/4)	4/28 Macalester Women's
Meredith Halling	Fr Gustavus	4.37m (14-4)	4/28 Drake Alternative
40			
Julia Kruchoski	Fr Gustavus	4.36m (14-3 3/4)	4/28 Drake Alternative
Kara Veitenheimer	Jr Carleton	4.23m (13-10 1/2)	3/31 CSB/SJU Invitation
Brittani Matzke	Fr Gustavus	4.16m (13-7 3/4)	4/22 Manitou Classic
Shannon Johnson	So Gustavus	3.95m (12-11 1/2)	4/28 Drake Alternative
Eva Luderowski	Fr Carleton	3.94m (12-11 1/4)	3/31 CSB/SJU Invitation
Kristin Seifert	Fr St. Thomas	3.94m (12-11 1/4)	4/28 Mac Invite
Hadley Swaggert	So Saint Mary's	3.71m (12-2 1/4)	4/28 Drake Alternative
Fatima Flattir	So Gustavus	3.42m (11-2 3/4)	4/22 Manitou Classic

48 entrants

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

TRIPLE JUMP

=====	NCAA Automatic	12.00m (39-4 1/2)	
Selina Dehn	Jr St. Thomas	11.98m (39-3 3/4)	5/11-12 MIAC Championsh
Sari Lindeman	Jr Gustavus	11.48m (37-8)	5/11-12 MIAC Championsh
Katie Theisen	So St. Thomas	11.38m (37-4)	5/11-12 MIAC Championsh
=====	NCAA Provisional	11.35m (37-3)	
Mary Schletty	So St. Benedict	11.31m (37-1 1/4)	3/31 CSB/SJU INVITATION
Becca Bryson	Fr Gustavus	11.20m (36-9)	4/28 Drake Alternative
Kaela Schramm	Sr Macalester	11.09m (36-4 3/4)	5/11-12 MIAC Championsh
Jennae Palmer	Jr Bethel	10.98m (36-0 1/4)	4/28 Macalester Invite
Laura Lynch	So Gustavus	10.87m (35-8)	5/11-12 MIAC Championsh
Katja Andresen	Jr St. Olaf	10.72m (35-2)	4/5 Carleton Triangular
Gustie Garberich	Jr St. Benedict	10.67m (35-0 1/4)	5/11-12 MIAC Championsh
10			
Nikki Arola	Fr St. Thomas	10.47m (34-4 1/4)	5/11-12 MIAC Championsh
Ali Galzki	Fr St. Benedict	10.37m (34-0 1/4)	5/11-12 MIAC Championsh
Kristina Bruns	So Concordia Moorhead	10.22m (33-6 1/2)	4/21 NDSU Bison Classic
=====	Last 2006 qualifier	10.22m (33-6 1/2)	
Amy Elson	Fr Carleton	10.13m (33-3)	3/31 CSB/SJU Invitation
Hannah Oken-Berg	So Carleton	10.08m (33-1)	4/28 Macalester Women's
Kelly Olson	Sr Concordia Moorhead	9.89m (32-5 1/2)	4/17 Cobber Twilight
Kendra Monroe	So Bethel	9.82m (32-2 3/4)	4/28 Macalester Invite
Abby Scheel	So Concordia Moorhead	9.77m (32-0 3/4)	4/14 Concordia Invite
Angela Lindekugel	Fr Hamline	9.74m (31-11 1/2)	5/11-12 MIAC Championsh
Meredith Halling	Fr Gustavus	9.67m (31-8 3/4)	4/28 Drake Alternative

Amanda Bakken	Fr Concordia Moorhead	9.64m (31-7 1/2)	4/17 Cobber Twilight
Brittani Matzke	Fr Gustavus	9.61m (31-6 1/2)	4/28 Drake Alternative
Meghann Southwick	Fr Concordia Moorhead	9.60m (31-6)	4/17 Cobber Twilight
Leah Kay	Fr Concordia Moorhead	9.49m (31-1 3/4)	3/31 CSB/SJU Invitation
Lindsey TeBrake	So Gustavus	9.49m (31-1 3/4)	5/5 Meet of the Unsaint
Bailey England	Fr Saint Mary's	9.47m (31-1)	4/17 UMD Bulldog Open
Kathryn Thompson	Fr St. Olaf	9.40m (30-10 1/4)	4/5 Carleton Triangular
Julia Kruchoski	Fr Gustavus	9.25m (30-4 1/4)	5/5 Meet of the Unsaint
Shannon Johnson	So Gustavus	9.18m (30-1 1/2)	4/28 Drake Alternative
Kim Elson	Fr Carleton	9.05m (29-8 1/4)	3/31 CSB/SJU Invitation

Kelsey Carver	Fr St. Thomas	8.88m (29-1 3/4)	4/21 Manitou Classic
Natalie Robles	Sr Macalester	8.87m (29-1 1/4)	5/4 Meet of the Unsaint
Leah Fox	So Carleton	8.46m (27-9 1/4)	4/28 Macalester Women's

33 entrants

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

## SHOT PUT

=====	NCAA Automatic	14.20m (46-7 1/4)	
Amanda Weinmann	Sr Saint Mary's	13.72m (45-0 1/4)	4/14 Blugold Open
Ashley Luehmann	Sr Saint Mary's	13.40m (43-11 3/4)	4/14 Blugold Open
Rachel Sinclair	Sr Carleton	12.88m (42-3 1/4)	5/2 Tommie Twilight
=====	NCAA Provisional	12.80m (42-0)	
Lisa Brown	So Gustavus	12.79m (41-11 1/2)	5/11-12 MIAC Championsh
Shara Guidry	Jr St. Thomas	12.37m (40-7)	5/5 St. Thomas Invitati
Kaelene Lundstrum	Fr Gustavus	12.17m (39-11 1/4)	4/28 Drake Alternative
Emily Kuznar	So St. Thomas	12.09m (39-8)	4/14 Blugold Open
Carol Comp	Jr St. Thomas	11.79m (38-8 1/4)	4/5 Carleton Triangular
Steph Jurewicz	Jr Hamline	11.49m (37-8 1/2)	4/28 Macalester Invite
Anna Bauer	Fr Gustavus	11.38m (37-4)	4/22 Manitou Classic

Jenna Lewis	Fr St. Thomas	11.27m (36-11 3/4)	5/2 Tommie Twilight
Stacy Griffin	Sr St. Olaf	11.22m (36-9 3/4)	4/28 Macalester Invitat
Celestine Ventura	Fr St. Catherine	11.16m (36-7 1/2)	5/2 Tommie Twilight
Laura Rahman	Fr Concordia Moorhead	11.05m (36-3)	4/14 Concordia Invite
Dani Forsman-Earl	Fr Gustavus	10.95m (35-11 1/4)	4/28 Drake Alternative
Diane Moliva	So Concordia Moorhead	10.91m (35-9 1/2)	4/17 Cobber Twilight
=====	Last 2006 qualifier	10.90m (35-9 1/4)	
Diana Scott	Fr Gustavus	10.81m (35-5 3/4)	5/11-12 MIAC Championsh
Sara Sorbo	Fr Concordia Moorhead	10.58m (34-8 1/2)	4/28 Al Cassell Relays
Angie Mooney	Sr Bethel	10.51m (34-5 3/4)	5/11-12 MIAC Championsh
Shelby Hyllengren	Jr Hamline	10.34m (33-11 1/4)	4/28 Macalester Invite

Ashley Drake	So Hamline	10.22m (33-6 1/2)	3/31 St John's
Sami Larson	Fr St. Catherine	10.17m (33-4 1/2)	5/2 Tommie Twilight
Dana Luiken	Sr Hamline	10.11m (33-2)	4/14 Lee Krough Invitat
Becca Bryson	Fr Gustavus	10.11m (33-2)	5/3 MIAC Heptathlon
Mary Schletty	So St. Benedict	10.07m (33-0 1/2)	4/15 CSB Heptathlon
Heidi Golliet	Fr St. Benedict	10.02m (32-10 1/2)	4/22 Manitou Classic
Kerstin Johnson	So Carleton	9.97m (32-8 1/2)	4/5 Carleton Triangular
Vanessa Brown	Sr Carleton	9.81m (32-2 1/4)	4/5 Carleton Triangular
Anne Haws	So St. Benedict	9.73m (31-11 1/4)	3/31 CSB/SJU INVITATION
Katja Andresen	Jr St. Olaf	9.61m (31-6 1/2)	5/4 MIAC Heptathlon

Kim Kaminski	Fr Saint Mary's	9.56m (31-4 1/2)	4/14 Blugold Open
Lauren Wright	Fr St. Thomas	9.53m (31-3 1/4)	4/5 Carleton Triangular
Amber Schackman	Sr Concordia Moorhead	9.37m (30-9)	5/4 MIAC Heptathlon
Kestrel Schwaiger	Sr Carleton	9.33m (30-7 1/2)	5/3 MIAC Heptathlon
Alise Clarin	Fr St. Thomas	9.31m (30-6 1/2)	4/14 Blugold Open
Diana Chan	So Carleton	9.27m (30-5)	4/21 Manitou Classic
Leah Kay	Fr Concordia Moorhead	9.27m (30-5)	5/4 MIAC Heptathlon
Katlin Anderson	So Concordia Moorhead	9.02m (29-7 1/4)	5/4 MIAC Heptathlon
Kory Bonnell	So Concordia Moorhead	8.96m (29-4 3/4)	5/2 Tommie Twilight

Anne Dauphinais 40	Fr St. Catherine	8.94m (29-4)	4/21 Manitou Classic
Nicole Gertken	Jr Concordia Moorhead	8.93m (29-3 3/4)	4/14 Concordia Invite
Kayla Richards	Fr Macalester	8.70m (28-6 1/2)	5/2 Tommie Twilight
Joleen Sterner	Fr St. Catherine	8.39m (27-6 1/2)	4/21 Manitou Classic
Sarah Sorvaag	Jr Concordia Moorhead	8.26m (27-1 1/4)	4/14 Concordia Invite
Abby Scheel	So Concordia Moorhead	8.21m (26-11 1/4)	4/16 CSB Heptathlon
Andria Welsh	Fr St. Benedict	8.20m (26-11)	5/2 Tommie Twilight
Dawna Diamon	Fr Bethel	7.64m (25-0 3/4)	4/14 Blugold Open
Kim Elson	Fr Carleton	7.12m (23-4 1/2)	5/3 MIAC Heptathlon

48 entrants

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DISCUS THROW

=====	NCAA Automatic	46.38m (152-2)	
Ashley Clemen	Sr Gustavus	43.03m (141-2)	5/11-12 MIAC Championsh
Shara Guidry	Jr St. Thomas	42.65m (139-11)	5/2 Tommie Twilight
Ashley Luehmann	Sr Saint Mary's	42.38m (139-0)	5/11-12 MIAC Championsh
Carol Comp	Jr St. Thomas	41.90m (137-5)	4/21 Manitou Classic
=====	NCAA Provisional	41.50m (136-2)	
Molly Christian	Jr Carleton	41.46m (136-0)	4/14 Lee Krough Invitat
Amanda Jones	Sr Hamline	41.26m (135-4)	4/21 Manitou Classic
Lisa Brown	So Gustavus	40.51m (132-11)	4/6 Central College Inv
Anna Bauer	Fr Gustavus	40.48m (132-10)	4/14 Lee Krough Invitat
Jenna Lewis	Fr St. Thomas	40.10m (131-7)	4/14 Blugold Open
Stacy Griffin	Sr St. Olaf	38.34m (125-9)	4/5 Carleton Triangular

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Sarah Sorvaag	Jr Concordia Moorhead	37.91m (124-4)	4/17 Cobber Twilight
Laura Rahman	Fr Concordia Moorhead	37.43m (122-9)	4/28 Al Cassell Relays
Amanda Weinmann	Sr Saint Mary's	37.36m (122-7)	4/14 Blugold Open
Lindsey Hoye	So Gustavus	37.12m (121-9)	4/14 Lee Krough Invitat
Kerstin Johnson	So Carleton	36.72m (120-6)	4/14 Lee Krough Invitat
Megan Howard	Fr Carleton	36.24m (118-11)	4/14 Lee Krough Invitat
Celestine Ventura	Fr St. Catherine	35.28m (115-9)	5/2 Tommie Twilight
Lauren Wright	Fr St. Thomas	35.15m (115-4)	4/28 Mac Invite
Liz Kapsner	Sr St. Thomas	34.55m (113-4)	5/5 St. Thomas Invitati
Rachel Sinclair	Sr Carleton	34.30m (112-6)	4/28 Macalester Women's

20

=====	Last 2006 qualifier	34.22m (112-3)	
Shannon Kane	Sr St. Thomas	34.06m (111-9)	4/5 Carleton Triangular
Diana Scott	Fr Gustavus	34.00m (111-6)	4/6 Central College Inv
Melissa Fujan	Fr St. Benedict	33.79m (110-10)	4/22 Manitou Classic
Emily Kuznar	So St. Thomas	33.15m (108-9)	4/21 Manitou Classic
Diane Moliva	So Concordia Moorhead	32.20m (105-8)	4/17 Cobber Twilight
Kim Kaminski	Fr Saint Mary's	31.28m (102-7)	4/28 Drake Alternative
Melissa Stave	Sr Concordia Moorhead	30.94m (101-6)	5/5 MSUM Masanz Invite
Joleen Sterner	Fr St. Catherine	30.65m (100-6)	4/28 Macalester Invite
Bridget Gabel	Sr St. Catherine	30.59m (100-4)	3/24 Washington U Mini
Sara Sorbo	Fr Concordia Moorhead	30.31m (99-5)	4/28 Al Cassell Relays

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Heidi Golliet	Fr St. Benedict	29.06m (95-4)	4/14 Lee Krough Invitat
Angie Mooney	Sr Bethel	29.06m (95-4)	4/21 Manitou Classic
Brianne Wooldridge	Fr Carleton	26.85m (88-1)	4/21 Manitou Classic
Angie Johnson	Sr St. Catherine	26.10m (85-7)	4/28 Macalester Invite
Amanda Knutson	Fr St. Olaf	26.09m (85-7)	4/28 Macalester Invitat
Alise Clarin	Fr St. Thomas	25.96m (85-2)	4/5 Carleton Triangular
Dawna Diamon	Fr Bethel	25.04m (82-2)	4/28 Macalester Invite
Megan Honan	Fr St. Thomas	23.69m (77-8 3/4)	4/21 Manitou Classic
Nicole Gertken	Jr Concordia Moorhead	23.19m (76-1)	4/28 Al Cassell Relays
Diana Chan	So Carleton	22.66m (74-4 1/4)	4/5 Carleton Triangular

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40 entrants

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HAMMER THROW

=====	NCAA Automatic	52.60m (172-7)	
Amanda Jones	Sr Hamline	52.05m (170-9)	5/11-12 MIAC Championsh
Carol Comp	Jr St. Thomas	47.39m (155-5)	5/5 St. Thomas Invitati
=====	NCAA Provisional	46.00m (150-11)	
Shara Guidry	Jr St. Thomas	45.80m (150-3)	4/21 Manitou Classic
Molly Christian	Jr Carleton	44.90m (147-4)	4/21 Manitou Classic
Michelle Binn	Sr St. Thomas	44.42m (145-9)	5/5 St. Thomas Invitati
Amanda Weinmann	Sr Saint Mary's	44.13m (144-9)	5/11-12 MIAC Championsh
Shannon Kane	Sr St. Thomas	43.75m (143-6)	4/21 Manitou Classic
Diane Moliva	So Concordia Moorhead	43.57m (142-11)	4/17 Cobber Twilight
Emily Kuznar	So St. Thomas	43.51m (142-9)	5/5 St. Thomas Invitati
Stacy Griffin	Sr St. Olaf	43.49m (142-8)	5/2 Tommie Twilight
10			
Ashley Drake	So Hamline	43.42m (142-5)	5/11-12 MIAC Championsh
Anna Bauer	Fr Gustavus	42.50m (139-5)	4/14 Lee Krough Invitat
Sarah Sorvaag	Jr Concordia Moorhead	41.39m (135-9)	4/28 Al Cassell Relays
Megan Honan	Fr St. Thomas	40.37m (132-5)	5/2 Tommie Twilight
Kerstin Johnson	So Carleton	39.29m (128-11)	4/14 Lee Krough Invitat
Celestine Ventura	Fr St. Catherine	39.05m (128-1)	5/11-12 MIAC Championsh
Melissa Stave	Sr Concordia Moorhead	38.65m (126-9)	5/2 Tommie Twilight
Therese Owen	Jr Bethel	38.50m (126-4)	4/14 Blugold Open
Megan Howard	Fr Carleton	38.09m (124-11)	4/21 Manitou Classic
Diana Chan	So Carleton	37.64m (123-6)	5/2 Tommie Twilight
20			
=====	Last 2006 qualifier	37.04m (121-6)	
Jenna Lewis	Fr St. Thomas	36.36m (119-3)	4/21 Manitou Classic
Ashley Clemen	Sr Gustavus	36.00m (118-1)	5/5 Meet of the Unsaunt
Diana Scott	Fr Gustavus	35.76m (117-4)	4/28 Drake Alternative
Bridget Gabel	Sr St. Catherine	35.44m (116-3)	5/2 Tommie Twilight
Heidi Golliet	Fr St. Benedict	35.33m (115-11)	4/22 Manitou Classic
Kim Kaminski	Fr Saint Mary's	34.40m (112-10)	4/28 Drake Alternative
Lindsey Hoye	So Gustavus	33.31m (109-3)	4/22 Manitou Classic
Sami Larson	Fr St. Catherine	32.15m (105-5)	4/28 Macalester Invite
Amanda Knutson	Fr St. Olaf	31.84m (104-5)	4/28 Macalester Invitat
Kory Bonnell	So Concordia Moorhead	30.69m (100-8)	5/5 MSUM Masanz Invite
30			
Nicole Gertken	Jr Concordia Moorhead	30.65m (100-6)	5/5 MSUM Masanz Invite
Andria Welsh	Fr St. Benedict	30.58m (100-4)	4/7 Pomona-Pitzer Invit
Angie Johnson	Sr St. Catherine	29.53m (96-10)	5/2 Tommie Twilight
Dawna Diamon	Fr Bethel	28.13m (92-3)	4/28 Macalester Invite
Brianne Wooldridge	Fr Carleton	25.62m (84-1)	5/2 Tommie Twilight

35 entrants

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JAVELIN THROW

Lisa Brown	So Gustavus	45.64m (149-9)	5/5 Meet of the Unsaunt
=====	NCAA Automatic	44.20m (145-0)	
Ashley Luehmann	Sr Saint Mary's	43.78m (143-8)	5/11-12 MIAC Championsh
=====	NCAA Provisional	39.24m (128-9)	
Katlin Anderson	So Concordia Moorhead	36.94m (121-2)	4/14 Concordia Invite
Rachel Sinclair	Sr Carleton	35.52m (116-6)	4/28 Macalester Women's
Leah Kay	Fr Concordia Moorhead	35.19m (115-5)	5/11-12 MIAC Championsh
Sara Sorbo	Fr Concordia Moorhead	35.01m (114-10)	4/28 Al Cassell Relays
Angie Mooney	Sr Bethel	34.56m (113-5)	4/21 Manitou Classic
Kestrel Schwaiger	Sr Carleton	34.16m (112-1)	4/5 Carleton Triangular
Sami Larson	Fr St. Catherine	33.43m (109-8)	5/2 Tommie Twilight

Kaelene Lundstrum 10	Fr Gustavus	33.17m (108-10)	4/22 Manitou Classic
Sarah Meissner	So St. Catherine	32.63m (107-0)	4/18 CSB Hep
Kyley Crotty	Fr St. Thomas	31.95m (104-10)	5/11-12 MIAC Championsh
Erin Dodor	So Hamline	31.62m (103-9)	4/21 Manitou Classic
Shelby Hyllengren	Jr Hamline	31.38m (102-11)	4/28 Macalester Invite
Annie Haws	So St. Benedict	31.25m (102-6)	4/22 Manitou Classic
Dana Luiken	Sr Hamline	30.95m (101-6)	4/14 Lee Krough Invitat
Becca Bryson	Fr Gustavus	30.42m (99-10)	5/11-12 MIAC Championsh
Steph Jurewicz	Jr Hamline	28.64m (93-11)	5/2 Tommie Twilite
Stacy Griffin	Sr St. Olaf	28.35m (93-0)	4/5 Carleton Triangular
Katja Andresen	Jr St. Olaf	28.17m (92-5)	4/28 Macalester Invitat

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Lauren Wright	Fr St. Thomas	27.76m (91-1)	5/2 Tommie Twilight
Melinda Dugas	So St. Benedict	27.05m (88-9)	4/28 Macalester Inviati
=====	Last 2006 qualifier	27.04m (88-8)	
Mary Schletty	So St. Benedict	26.41m (86-7)	5/4 MIAC Heptathlon
Laura Rahman	Fr Concordia Moorhead	26.16m (85-10)	5/2 Tommie Twilight
Abby Scheel	So Concordia Moorhead	25.52m (83-9)	4/21 NDSU Bison Classic
Megan Howard	Fr Carleton	25.00m (82-0)	5/2 Tommie Twilight
Danielle Braun	Jr Saint Mary's	24.80m (81-4)	4/17 UMD Bulldog Open
Vanessa Brown	Sr Carleton	23.59m (77-4 3/4)	4/28 Macalester Women's
Lindsey TeBrake	So Gustavus	23.55m (77-3 1/4)	4/28 Drake Alternative
Dawna Diamon	Fr Bethel	23.32m (76-6 1/4)	5/5 Howard Wood Relays

30

Kendra Mays	So Gustavus	23.04m (75-7 1/4)	4/28 Drake Alternative
Leah Fox	So Carleton	23.01m (75-6)	4/21 Manitou Classic
Megan Honan	Fr St. Thomas	21.22m (69-7 1/2)	4/28 Mac Invite
Brittany Wells	Sr St. Thomas	21.09m (69-2 1/2)	4/21 Manitou Classic
Amanda Knutson	Fr St. Olaf	20.86m (68-5 1/4)	4/14 Lee Krough Invitat
Mackenzie Tappe	So St. Olaf	20.56m (67-5 1/2)	4/21 Manitou Classic
Amber Schackman	Sr Concordia Moorhead	20.26m (66-5 3/4)	4/16 CSB Heptathlon
Lindsey Nietmann	So Carleton	19.69m (64-7 1/4)	5/2 Tommie Twilight
Meghann Southwick	Fr Concordia Moorhead	19.07m (62-6 3/4)	4/21 NDSU Bison Classic
Kim Elson	Fr Carleton	14.09m (46-2 3/4)	5/3 MIAC Heptathlon

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Diana Chan	So Carleton	12.20m (40-0 1/2)	4/21 Manitou Classic
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41 entrants

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#### HIGH JUMP

=====	NCAA Automatic	1.71m (5-7 1/4)	
Vanessa Moore	So Bethel	1.67m (5-5 3/4)	3/31 CSB Invite
Mary Schletty	So St. Benedict	1.65m (5-5)	5/3 MIAC Heptathlon
=====	NCAA Provisional	1.65m (5-5)	
Katlin Anderson	So Concordia Moorhead	1.62m (5-3 3/4)	5/11-12 MIAC Championsh
Leah Kay	Fr Concordia Moorhead	1.62m (5-3 3/4)	5/11-12 MIAC Championsh
Selina Dehn	Jr St. Thomas	1.61m (5-3 1/4)	4/5 Carleton Triangular
Dana Luiken	Sr Hamline	1.61m (5-3 1/4)	4/21 Bison Classic
Alyssa Salomone	So St. Thomas	1.61m (5-3 1/4)	5/2 Tommie Twilight
Kaelene Lundstrum	Fr Gustavus	1.56m (5-1 1/4)	5/11-12 MIAC Championsh
Kestrel Schwaiger	Sr Carleton	1.55m (5-1)	4/28 Macalester Women's
=====	Last 2006 qualifier	1.53m (5-0 1/4)	
Lindsey TeBrake	So Gustavus	1.53m (5-0 1/4)	5/5 Meet of the Unsaint

10

=====	Last 2006 qualifier	1.53m (5-0 1/4)	
Katja Andresen	Jr St. Olaf	1.52m (4-11 3/4)	4/5 Carleton Triangular
Becca Bryson	Fr Gustavus	1.51m (4-11 1/2)	5/11-12 MIAC Championsh
Hannah Oken-Berg	So Carleton	1.51m (4-11 1/2)	5/11-12 MIAC Championsh
Autumn Adkins	Jr Bethel	1.51m (4-11 1/2)	4/21 Manitou Classic
Stacey Sellner	Fr Concordia Moorhead	1.51m (4-11 1/2)	5/2 Tommie Twilight
Liz Labatt	So Bethel	1.50m (4-11)	3/31 CSB Invite
Katie Schultz	Fr Saint Mary's	1.50m (4-11)	4/20 Phil esten Challen
Stephanie Leer	Jr Concordia Moorhead	1.47m (4-9 3/4)	4/21 NDSU Bison Classic

Vanessa Brown	Sr Carleton	1.47m (4-9 3/4)	5/3 MIAC Heptathlon
Seana Graham	Fr St. Catherine	1.46m (4-9 1/2)	4/21 Manitou Classic
20			
Megann Koerner	Fr St. Benedict	1.46m (4-9 1/2)	5/2 Tommie Twilight
Amy Gabrielson	Fr Concordia Moorhead	1.45m (4-9)	4/14 Concordia Invite
Leah Fox	So Carleton	1.42m (4-7 3/4)	4/5 Carleton Triangular
Abby Scheel	So Concordia Moorhead	1.37m (4-6)	4/21 NDSU Bison Classic
Becca Swanson	So Gustavus	1.36m (4-5 1/2)	4/22 Manitou Classic
Mackenzie Tappe	So St. Olaf	1.35m (4-5)	4/14 Lee Krough Invitat
Amber Schackman	Sr Concordia Moorhead	1.35m (4-5)	5/4 MIAC Heptathlon
Kim Elson	Fr Carleton	1.32m (4-4)	5/3 MIAC Heptathlon
Melinda Dugas	So St. Benedict	1.30m (4-3 1/4)	4/28 Macalester Inviati
29 entrants			

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#### POLE VAULT

=====	NCAA Automatic	3.80m (12-5 1/2)	
=====	NCAA Automatic	3.80m (12-5 1/2)	
Janna Castellano	Sr Gustavus	3.70m (12-1 1/2)	4/14 Lee Krough Invitat
=====	NCAA Provisional	3.50m (11-5 3/4)	
=====	NCAA Provisional	3.50m (11-5 3/4)	
Shanna Dawson	Jr Gustavus	3.37m (11-0 3/4)	5/5 Meet of the Unsaint
Amie Fillmore	Fr St. Olaf	3.36m (11-0 1/4)	4/21 Manitou Classic
Liz Labatt	So Bethel	3.20m (10-6)	5/11-12 MIAC Championsh
Meredith Halling	Fr Gustavus	3.20m (10-6)	5/11-12 MIAC Championsh
Katie Davis	Sr Hamline	3.06m (10-0 1/2)	4/28 Macalester Invite
Linda Kanne	So Gustavus	3.05m (10-0)	5/11-12 MIAC Championsh
Vanessa Moore	So Bethel	3.05m (10-0)	5/11-12 MIAC Championsh
Becca Swanson	So Gustavus	3.05m (10-0)	4/28 Drake Alternative
Amanda Shuck	So St. Olaf	2.86m (9-4 1/2)	5/2 Tommie Twilight
10			
Kristin Weniger	So Hamline	2.77m (9-1)	5/4 Unsaintly
Melissa Fujan	Fr St. Benedict	2.76m (9-0 1/2)	4/28 Macalester Inviati
Heidi Zuehlke	So St. Thomas	2.75m (9-0 1/4)	5/11-12 MIAC Championsh
Rebecca Mueller	So St. Benedict	2.71m (8-10 3/4)	5/2 Tommie Twilight
=====	Last 2006 qualifier	2.66m (8-8 3/4)	
=====	Last 2006 qualifier	2.66m (8-8 3/4)	
Serina Aubrecht	So St. Benedict	2.65m (8-8 1/4)	5/5 St. Thomas Invitati
Maggie Reisdorf	Sr St. Benedict	2.61m (8-6 3/4)	4/28 Macalester Inviati
Jeannie Coffin	Sr Macalester	2.46m (8-0 3/4)	4/28 Mac Women's Invite
Lindsey Waytashek	Fr St. Benedict	2.41m (7-10 3/4)	5/2 Tommie Twilight
Molly Conway	Jr Macalester	2.32m (7-7 1/4)	5/4 Meet of the Unsaint
Hadley Swaggert	So Saint Mary's	2.13m (7-0)	4/17 UMD Bulldog Open

20 entrants

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#### HEPTATHLON

=====	NCAA Automatic	4560	
=====	NCAA Automatic	4560	
Dana Luiken	Sr Hamline	4346	4/21 Bison Classic
Leah Kay	Fr Concordia Moorhead	4195	5/11-12 MIAC Championsh
Mary Schletty	So St. Benedict	4151	5/11-12 MIAC Championsh
Sarah Meissner	So St. Catherine	4131	5/11-12 MIAC Championsh
=====	NCAA Provisional	4100	
=====	NCAA Provisional	4100	

Katlin Anderson	So Concordia Moorhead	3992	5/11-12 MIAC Championsh
Kestrel Schwaiger	Sr Carleton	3882	5/11-12 MIAC Championsh
Katja Andresen	Jr St. Olaf	3792	5/11-12 MIAC Championsh
Becca Bryson	Fr Gustavus	3743	5/11-12 MIAC Championsh
Kaelene Lundstrum	Fr Gustavus	3426	5/11-12 MIAC Championsh
Amber Schackman	Sr Concordia Moorhead	2964	4/16 CSB Heptathlon
10			
Kim Elson	Fr Carleton	2759	5/11-12 MIAC Championsh
Abby Scheel	So Concordia Moorhead	2638	4/16 CSB Heptathlon
12 entrants			

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