

2009 MIAC Women's Outdoor Honor Rolls

Final list posted June 1, 2009. Includes complete 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](#)
[STEER](#) | [4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#)
[HJ](#) | [PV](#) | [HEP](#) | [Top](#)

100 METER DASH

=====	NCAA Automatic	12.00	
Abby Neigebauer	So St. Benedict	12.24[+2.5w]	5/8-9 MIAC Championship
=====	NCAA Provisional	12.30	
Nikki Arola	Jr St. Thomas	12.47[+1.7w]	5/8-9 MIAC Championship
Teri Heinzen	Jr Saint Mary's	12.51[+2.5w]	5/8-9 MIAC Championship
Jenna Ewing	So St. Thomas	12.52[+0.7w]	5/8-9 MIAC Championship
Whitney Holman	Jr Augsburg	12.70[+0.7w]	5/8-9 MIAC Championship
Nicole Brohmer	Sr Hamline	12.77[+2.5w]	5/8-9 MIAC Championship
Shionna Evans	Sr St. Thomas	12.77	4/9 Carleton Quad
Linda Kanne	Sr Gustavus	12.78[+1.9w]	5/8-9 MIAC Championship
Tasha Harr	Fr St. Benedict	12.88	4/9 Trinity Alumni Meet
Sam Levercom	Fr St. Catherine	12.89[+1.7w]	5/8-9 MIAC Championship
10			
Katie Vrieze	So Augsburg	12.90[+1.9w]	5/8-9 MIAC Championship
Alexa Kleingartner	So Concordia Moorhead	12.94[+1.9w]	5/8-9 MIAC Championship
Leah Jackson	Sr Bethel	13.00[+2.5w]	5/8-9 MIAC Championship
Jillian Daleiden	So St. Benedict	13.00[+0.5w]	3/28 CSB/SJU Invitation
Clare Franco	Fr Carleton	13.03	4/9 Carleton Quadrangul
Ellie Jensen	Fr St. Thomas	13.14	4/9 Carleton Quad
Julia Thompson	So Gustavus	13.18[+1.7w]	5/8-9 MIAC Championship
Mari Mejia	So Macalester	13.19[+3.4w]	5/2 Unsaintly Meet
Allison Eckrich	Fr St. Benedict	13.22[+0.5w]	3/28 CSB/SJU Invitation
Steph Sturges	Fr Saint Mary's	13.25[+1.9w]	5/8-9 MIAC Championship
20			
Janie Briant	So Gustavus	13.28[+2.5w]	5/8-9 MIAC Championship
Danielle Serbus	So Gustavus	13.28[+2.5w]	5/8-9 MIAC Championship
Madelyn Mette	Jr Macalester	13.28[+3.4w]	5/2 Unsaintly Meet
Molly Demmer	Jr St. Thomas	13.38	4/18 Manitou Classic
Vanessa Moore	Sr Bethel	13.39[-0.3w]	4/10 Lee Krough Invitat
Kelsey Donald	Jr Carleton	13.42	4/29 Tommie Twilight
Lizzy Daugherty	So Saint Mary's	13.44[+1.7w]	5/8-9 MIAC Championship
Laura Farnam	Fr Concordia Moorhead	13.45[+1.7w]	5/8-9 MIAC Championship
Sam Frings	Fr Gustavus	13.45[+1.9w]	5/8-9 MIAC Championship
Jennifer Ampe	So St. Catherine	13.47[+2.5w]	5/8-9 MIAC Championship
30			
Katie Lawler	So St. Catherine	13.49[+1.7w]	5/8-9 MIAC Championship
Jill Merkle	Fr Carleton	13.49[+5.7w]	3/21 Walt Disney World
Celeste Prince	Jr Macalester	13.50[+2.5w]	5/8-9 MIAC Championship
Chrissy Boros	Fr Concordia Moorhead	13.56[+1.9w]	5/8-9 MIAC Championship
Becky Theisen	So St. Thomas	13.61	4/22 Hamline Twilight
Kristina Bruns	Sr Concordia Moorhead	13.62	5/2 MSUM Masanz Invite
Susan Kenzie	Fr St. Olaf	13.68[-2.6w]	4/25 Macalester Invitat
Lyntrell Wilson	So Gustavus	13.72[-2.3w]	4/18 Manitou Classic
Laura Janas	Jr St. Thomas	13.73	4/4 Wartburg Select Mee
=====	Last 2008 qualifier	13.73	
Marreya Bailey	Jr Hamline	13.74	4/4 Hamline Invitationa
40			
Bridget Coffou	So Saint Mary's	13.75	4/17 Phil Esten Challen
Patty King	Sr St. Benedict	13.75	4/25 Macalester Invitat
Melissa Kuebler	So St. Thomas	13.78	4/24 Simpson Twilight
Erin O'Keefe	Sr Saint Mary's	13.80	4/22 Hamline Twilight
Callie Knaeble	Fr St. Olaf	13.81[-3.3w]	4/25 Macalester Invitat
Kristine Nachbor	Fr Carleton	13.82[+4.4w]	3/21 Walt Disney World
Kyla Walter	So Carleton	13.93[+4.4w]	3/21 Walt Disney World
Lynn Robohm	Fr Hamline	13.94	4/4 Hamline Invitationa
Gia Puch	Fr Saint Mary's	13.97	4/4 Elmhurst Invitation
Amy Elson	Jr Carleton	13.99[+1.4w]	3/21 Walt Disney World
50			
Cassie D'Kae	Jr St. Thomas	14.07	4/25 Mac Invite
Allison Mills	Jr St. Olaf	14.08[+1.7w]	4/4 UWRP Falcon Invitat
Jordan Kling	Fr St. Olaf	14.10[-3.3w]	4/25 Macalester Invitat
Angela Lindekugel	Jr Hamline	14.11	4/4 Hamline Invitationa

Kaitlin Randolph	Fr Carleton	14.13	4/4 Hamline Invitationa
Laura Peterson	Jr St. Olaf	14.16[-1.8w]	4/18 Manitou Track Clas
Kaitlyn Boily	So Concordia Moorhead	14.18	4/18 UM-Morris Invite
Rachel Doherty	Jr St. Catherine	14.19	4/29 Tommie Twilight
Cierra Alston	Fr St. Thomas	14.23	4/9 Carleton Quad
Rose Betzer	Jr Macalester	14.26[-1.2w]	4/25 Macalester Invite
60			
Laura Deal	So St. Benedict	14.31	4/25 Macalester Invitat
Kelly Lovett	So Carleton	14.42[+5.7w]	3/21 Walt Disney World
Hanna Greimel	Fr St. Thomas	14.47	4/4 Wartburg Select Mee
Erin Hencley	So Concordia Moorhead	14.50	4/18 UM-Morris Invite
Amber Powers	Fr St. Catherine	14.59	4/9 Carleton Quad
Terra Skoglund	Fr Bethel	14.62	4/18 Manitou Classic
Rachel Campion	Fr Concordia Moorhead	14.77[-2.7w]	4/21 Cobber Twilight
Niki Tomita	Fr Carleton	14.78	4/9 Carleton Quadrangul
Megan Erlandson	Fr Carleton	14.87	4/4 Hamline Invitationa
Bekah Frank	So St. Thomas	14.89	4/18 Manitou Classic
70			
Megan Kaiser	Fr Augsburg	14.95	3/14 SCIAM Top 4 Meet
Alex Dunn	So Carleton	14.96	4/4 Hamline Invitationa
Stacie Freeborn	Jr Hamline	15.25	4/4 Hamline Invitationa
Jamie Mosel	Fr St. Olaf	15.37[-2.6w]	4/25 Macalester Invitat
Billye Nelson	Fr Hamline	15.50	4/22 Hamline Twilight
Pepsi Margoles	Sr Carleton	15.89[+2.3w]	3/21 Walt Disney World
Elise Vreede	Fr St. Olaf	15.90[-0.1w]	4/29 Tommie Twilight
Rachel Sudermann	So Concordia Moorhead	18.98[-2.4w]	4/10 Krough Invite

78 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

200 METER DASH

=====	NCAA Automatic	24.57	
Nikki Arola	Jr St. Thomas	25.03	4/4 Wartburg Select Mee
=====	NCAA Provisional	25.25	
Abby Neigebauer	So St. Benedict	25.76[+1.5w]	5/8-9 MIAC Championship
Teri Heinzen	Jr Saint Mary's	25.83[+1.5w]	5/8-9 MIAC Championship
Shionna Evans	Sr St. Thomas	25.84[+1.5w]	5/8-9 MIAC Championship
Clare Franco	Fr Carleton	25.96	4/30 MIAC Heptathlon
Vanessa Moore	Sr Bethel	26.31[+1.8w]	5/2 Dakota Relays
Emily Matthews	Jr Macalester	26.41[+2.4w]	5/2 Unsaintly Meet
Jillian Daleiden	So St. Benedict	26.42[+1.9w]	3/28 CSB/SJU Invitation
Jenna Ewing	So St. Thomas	26.45	5/8-9 MIAC Championship
Katie Vrieze	So Augsburg	26.47	5/2 Meet of the Unsaint
10			
Tasha Harr	Fr St. Benedict	26.51	4/9 Trinity Alumni Meet
Molly Demmer	Jr St. Thomas	26.56	5/8-9 MIAC Championship
Nicole Brohmer	Sr Hamline	26.57	5/2 Unsaintly
Elizabeth Pringle	Sr Gustavus	26.58[+2.4w]	5/2 Meet of the UnSaint
Whitney Holman	Jr Augsburg	26.61	5/2 Meet of the Unsaint
Allison Eckrich	Fr St. Benedict	26.68	4/9 Trinity Alumni Meet
Danielle Burgmeier	Fr Gustavus	26.71[+2.4w]	5/2 Meet of the UnSaint
Linda Kanne	Sr Gustavus	26.92[+2.4w]	5/2 Meet of the UnSaint
Ellie Jensen	Fr St. Thomas	26.93	4/4 Wartburg Select Mee
Kaelene Lundstrum	Jr Gustavus	26.99	5/23 NCAA D3 Nationals
20			
Kristin Slette	Jr Concordia Moorhead	27.06	4/21 Cobber Twilight
Leah Jackson	Sr Bethel	27.07[+0.2w]	5/2 Dakota Relays
Abby Karl	So Gustavus	27.10[+2.4w]	5/2 Meet of the UnSaint
Brittany Kuehn	So Saint Mary's	27.14	4/25 Drake Alternate
Gina Collings	Fr St. Olaf	27.15	4/30 MIAC Heptathlon
Kim Engel	So St. Catherine	27.16	4/4 Hamline Invite
Michaela Otto	Jr Bethel	27.20[+0.2w]	5/2 Dakota Relays
Becky Theisen	So St. Thomas	27.25	5/8-9 MIAC Championship
Leah Kay	Jr Concordia Moorhead	27.26	5/1 MIAC Heptathlon
Kelsey Donald	Jr Carleton	27.32	5/8-9 MIAC Championship

Janie Briant	So Gustavus	27.32[+3.2w]	5/2 Meet of the UnSaint
Julia Thompson	So Gustavus	27.34[+3.2w]	5/2 Meet of the UnSaint
Callie Knaeble	Fr St. Olaf	27.39	4/9 Carleton College Qu
Jill Merkle	Fr Carleton	27.59	4/30 MIAC Heptathlon
Steph Sturges	Fr Saint Mary's	27.59[+0.6w]	4/17 Phil Esten Challen
Aryn Bell	Jr Gustavus	27.63[-1.4w]	4/25 Drake Alternative
Celeste Prince	Jr Macalester	27.67[+0.6w]	5/8-9 MIAC Championship
Sam Levercom	Fr St. Catherine	27.71	4/4 Hamline Invite
Sydney Malanaphy	Fr St. Catherine	27.72	4/4 Hamline Invite
Amy Neubauer	So Bethel	27.73	3/21 PLNU Collegiate Op

40

Kameron Argiannis	So Hamline	27.78	4/29 Tommie Twilight
Laura Secor	So Gustavus	27.79	5/1 MIAC heptathlon
Janey Helland	So Gustavus	27.83	5/1 MIAC heptathlon
Susan Kenzie	Fr St. Olaf	27.84[+0.0w]	4/29 Tommie Twilight
Alexa Kleingartner	So Concordia Moorhead	27.84[+0.0w]	4/4 Hamline Invite
Danielle Serbus	So Gustavus	27.85[+3.2w]	5/2 Meet of the UnSaint
Cassie D'Kae	Jr St. Thomas	27.87	4/25 Mac Invite
Alyssa Salomone	Sr St. Thomas	27.90	4/18 Manitou Classic
Patty King	Sr St. Benedict	27.90[+2.2w]	3/28 CSB/SJU Invitation
Tara Ray	Jr Concordia Moorhead	27.95	4/25 Al Cassell Relays

50

Sarah Meissner	Sr St. Catherine	27.95	4/9 Carleton Quad
Mari Mejia	So Macalester	27.98	5/2 Unsaintly Meet
Steph Kortan	So St. Benedict	28.04	4/30 MIAC Heptathlon
Kayla Engel	So St. Catherine	28.04	4/4 Hamline Invite
Lizzy Daugherty	So Saint Mary's	28.05[+1.3w]	4/17 Phil Esten Challen
Kristine Nachbor	Fr Carleton	28.07[+2.2w]	3/21 Walt Disney World
=====	Last 2008 qualifier	28.11	
Tatijana Muller-Dahlber	Fr Concordia Moorhead	27.9	4/10 Northern St Invite
Lynn Robohm	Fr Hamline	28.15	4/10 Lee Krough Invite
Sam Frings	Fr Gustavus	28.20[+2.4w]	5/2 Meet of the UnSaint
Becca Neuger	So St. Olaf	28.21[+0.0w]	4/25 Macalester Invitat

60

Laura Deal	So St. Benedict	28.22[+2.2w]	3/28 CSB/SJU Invitation
Megan Lundgren	So Gustavus	28.25	4/4 Central College Inv
Laura Farnam	Fr Concordia Moorhead	28.27	4/21 Cobber Twilight
Jordan Kling	Fr St. Olaf	28.34[-2.0w]	4/25 Macalester Invitat
Amelia Schmidt	Fr Gustavus	28.38[+2.4w]	5/2 Meet of the UnSaint
Bekah Frank	So St. Thomas	28.39	4/25 Mac Invite
Amy Elson	Jr Carleton	28.40	4/30 MIAC Heptathlon
Julianna Gorder	So St. Thomas	28.41	4/18 Manitou Classic
Kyla Walter	So Carleton	28.44[+2.2w]	3/21 Walt Disney World
Jennifer Ampe	So St. Catherine	28.48	4/4 Hamline Invite

70

Marreya Bailey	Jr Hamline	28.58	5/2 Unsaintly
Kate Sidlo	Jr Gustavus	28.58[+2.4w]	5/2 Meet of the UnSaint
Madelyn Mette	Jr Macalester	28.58[+0.0w]	4/4 Hamline Invite
Gina Michaels	So St. Thomas	28.65	5/1 MIAC Heptathlon
Katie Lawler	So St. Catherine	28.70	4/29 Tommie Twilight
Chrissy Boros	Fr Concordia Moorhead	28.78	4/21 Cobber Twilight
Kaitlin Randolph	Fr Carleton	28.80	4/9 Carleton Quadrangul
Rachel Doherty	Jr St. Catherine	28.91[-2.1w]	4/24 Kip Janvrin
Rose Betzer	Jr Macalester	29.01[+0.0w]	4/25 Macalester Invite
Melissa Elverud	Jr St. Catherine	29.03[+0.1w]	4/18 Manitou Classic

80

Kaitlyn Frenchick	Fr Hamline	29.17	4/29 Tommie Twilight
Rachel Campion	Fr Concordia Moorhead	29.17	4/21 Cobber Twilight
Allison Mills	Jr St. Olaf	29.23[+2.4w]	4/4 UWRF Falcon Invitat
Kacie Bahr	Fr Augsburg	29.28	4/29 Tommie Twilight
Amie Fillmore	Jr St. Olaf	29.31[+0.1w]	4/18 Manitou Track Clas
Arlene Behling	So Hamline	29.49	4/22 Hamline Twilight
Kaitlyn Boily	So Concordia Moorhead	29.50	4/25 Al Cassell Relays
Niki Tomita	Fr Carleton	29.58	4/18 Manitou Classic
Emily Amici	Sr Hamline	29.59	4/4 Hamline Invitationa
Sadie Dietrich	Sr Augsburg	29.61	4/29 Tommie Twilight

90

Kathleen Stefely	Fr St. Olaf	29.78[-1.3w]	4/25 Macalester Invitat
Audrey Mills	Fr Macalester	29.79	4/18 Manitou Relays
Terra Skoglund	Fr Bethel	29.82[+0.2w]	5/2 Dakota Relays

Kate Lorsbach	Fr St. Olaf	29.89[+2.4w]	4/4 UWRP Falcon Invitat
Cierra Alston	Fr St. Thomas	29.96	4/9 Carleton Quad
Gia Puch	Fr Saint Mary's	30.00	4/4 Elmhurst Invitation
Jamie Mosel	Fr St. Olaf	30.02[+2.4w]	4/4 UWRP Falcon Invitat
Alex Dunn	So Carleton	30.15	4/18 Manitou Classic
Megan Erlandson	Fr Carleton	30.41	4/4 Hamline Invitationa
Kate Smith	Fr Bethel	30.51	3/21 PLNU Collegiate Op
100			
Erin Hencley	So Concordia Moorhead	30.57	4/18 UM-Morris Invite
Laura Peterson	Jr St. Olaf	30.83	4/9 Carleton College Qu
Lauren Harn	Fr St. Olaf	30.91[+2.4w]	4/4 UWRP Falcon Invitat
Stacie Freeborn	Jr Hamline	31.25	4/4 Hamline Invitationa
Amber Powers	Fr St. Catherine	31.28[+0.1w]	4/18 Manitou Classic
Megan Kaiser	Fr Augsburg	31.33	4/18 Manitou Classic
Nicole Reynard	Fr Saint Mary's	31.41	4/4 Falcon Invitational
Bridget Perkins	Fr St. Catherine	32.28	4/4 Hamline Invite
Elise Vreede	Fr St. Olaf	32.34[+0.0w]	4/29 Tommie Twilight
Pepsi Margoles	Sr Carleton	32.72[+2.2w]	3/21 Walt Disney World
110			
Rachel Sudermann	So Concordia Moorhead	38.67	4/10 Krough Invite
Rachel Kittaka	Fr Carleton	2:37.31	4/29 Tommie Twilight
112 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](#)

400 METER DASH

=====	NCAA Automatic	55.90	
Nikki Arola	Jr St. Thomas	56.91	4/18 Manitou Classic
Clare Franco	Fr Carleton	57.41	5/8-9 MIAC Championship
=====	NCAA Provisional	57.50	
Shionna Evans	Sr St. Thomas	57.60	5/8-9 MIAC Championship
Jillian Daleiden	So St. Benedict	57.99	5/8-9 MIAC Championship
Elizabeth Pringle	Sr Gustavus	58.76	5/8-9 MIAC Championship
Brittany Kuehn	So Saint Mary's	58.96	4/17 Phil Esten Challen
Kim Engel	So St. Catherine	59.46	5/8-9 MIAC Championship
Kristin Slette	Jr Concordia Moorhead	59.48	5/8-9 MIAC Championship
Allison Eckrich	Fr St. Benedict	59.70	4/25 Macalester Invitat
Danielle Burgmeier	Fr Gustavus	59.71	5/8-9 MIAC Championship
10			
Kayla Engel	So St. Catherine	59.74	4/18 Manitou Classic
Callie Knaeble	Fr St. Olaf	59.79	5/8-9 MIAC Championship
Molly Demmer	Jr St. Thomas	59.89	4/29 Tommie Twilight
Becca Neuger	So St. Olaf	60.01	5/8-9 MIAC Championship
Abby Karl	So Gustavus	60.12	5/8-9 MIAC Championship
Emily Matthews	Jr Macalester	60.40	4/25 Macalester Invite
Kameron Argiannis	So Hamline	60.59	4/10 Lee Krough Invite
Becky Theisen	So St. Thomas	60.73	5/8-9 MIAC Championship
Patty King	Sr St. Benedict	61.08	4/29 Tommie Twilight
Sarah Meissner	Sr St. Catherine	61.73	4/29 Tommie Twilight
20			
Kaitlyn Frenchick	Fr Hamline	62.21	5/14 UW Lacrosse Last C
Kelsey Donald	Jr Carleton	62.26	4/29 Tommie Twilight
Kaitlin Randolph	Fr Carleton	62.51	4/9 Carleton Quadrangul
Tara McCoy	So Macalester	62.52	5/2 Unsaintly Meet
Laura Secor	So Gustavus	62.62	4/18 Manitou Classic
Kim Eskuri	So St. Benedict	62.64	5/8-9 MIAC Championship
Bekah Frank	So St. Thomas	62.75	4/25 Mac Invite
Katie Vrieze	So Augsburg	62.77	4/18 Manitou Classic
Sydney Malanaphy	Fr St. Catherine	62.85	4/4 Hamline Invite
Amanda Manship	Jr St. Catherine	62.86	4/9 Carleton Quad
30			
Kacie Bahr	Fr Augsburg	63.03	4/10 Lee Krough Invitat
Kate Sidlo	Jr Gustavus	63.05	5/8-9 MIAC Championship
Brady Pennig	So St. Olaf	63.34	4/25 Macalester Invitat
Ruth Ranum	So Concordia Moorhead	63.37	5/8-9 MIAC Championship

Erica Roelofs	Fr Gustavus	63.58	4/10 Lee Krough Invitat
Sadie Dietrich	Sr Augsburg	63.61	4/29 Tommie Twilight
Jessica Kociscak	So Hamline	63.83	4/22 Hamline Twilight
Melissa Elverud	Jr St. Catherine	64.83	4/18 Manitou Classic
Laura Deal	So St. Benedict	64.91	3/28 CSB/SJU Invitation
Amelia Schmidt	Fr Gustavus	64.93	5/2 Meet of the UnSaint

40

=====	Last 2008 qualifier	64.96	
Lauren Baier	Fr Saint Mary's	65.21	4/17 Phil Esten Challen
Jordan Kling	Fr St. Olaf	65.28	4/10 Lee Krough Invitat
Amy Opsal	Fr Augsburg	65.60	3/14 SCIAC Top 4 Meet
Kristine Nachbor	Fr Carleton	65.62	4/4 Hamline Invitationa
Laura Farnam	Fr Concordia Moorhead	65.70	4/4 Hamline Invite
Ashley Acosta	Jr Saint Mary's	65.71	4/22 Hamline Twilight
Lizzie Phillips	Sr St. Olaf	65.88	4/25 Macalester Invitat
Kathleen Stefely	Fr St. Olaf	65.90	4/18 Manitou Track Clas
Kristiana Sather	Fr Concordia Moorhead	66.14	4/25 Al Cassell Relays
Jamie Mosel	Fr St. Olaf	66.17	4/18 Manitou Track Clas

50

Rose Betzer	Jr Macalester	66.22	5/2 Unsaintly Meet
Kyla Walter	So Carleton	66.40	3/21 Walt Disney World
Emma Swinford	Fr Macalester	66.42	5/2 Unsaintly Meet
Alex Dunn	So Carleton	66.51	4/25 Macalester Women's
Kristin Bunge	Fr Augsburg	67.33	3/14 SCIAC Top 4 Meet
Erin Murphy	Jr St. Olaf	67.62	4/9 Carleton College Qu
Kaitlyn Boily	So Concordia Moorhead	67.69	5/2 MSUM Masanz Invite
Kate Smith	Fr Bethel	67.75	4/4 Central Invitationa
Allison Mills	Jr St. Olaf	67.77	4/10 Lee Krough Invitat
Rachel Campion	Fr Concordia Moorhead	68.07	4/25 Al Cassell Relays

60

Jane Bieniek	Fr Hamline	68.96	4/4 Hamline Invitationa
Jane Bienek	Fr Hamline	69.45	4/18 Manitou Classic
Stacie Freeborn	Jr Hamline	70.64	4/10 Lee Krough Invite
Kelsie Lungstrom	Jr Augsburg	71.56	4/10 Lee Krough Invitat
Jessica Urban	Fr St. Thomas	72.72	4/29 Tommie Twilight
Megan Kaiser	Fr Augsburg	74.87	4/10 Lee Krough Invitat
Meghan Hudalla	Fr St. Thomas	77.27	4/25 Mac Invite
Rachel Sudermann	So Concordia Moorhead	89.13	4/25 Al Cassell Relays

68 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

Marie Borner	Jr Bethel	2:09.51	4/18 Manitou Classic
=====	NCAA Automatic	2:11.00	
Erin Sprangers	Jr St. Thomas	2:12.89	4/18 Manitou Classic
Kelly Russ	Jr St. Thomas	2:13.76	4/29 Tommie Twilight
Katie Theisen	Sr St. Thomas	2:13.77	3/21 UC Irvine Spring B
=====	NCAA Provisional	2:14.40	
Heather Jelen	Sr Bethel	2:15.34	5/2 Dakota Relays
Abby Smith	Jr St. Olaf	2:16.63	5/8-9 MIAC Championship
Kayla Engel	So St. Catherine	2:16.93	5/8-9 MIAC Championship
Clare Franco	Fr Carleton	2:17.92	5/1 MIAC Heptathlon
Raynee DeGrio	So St. Thomas	2:19.49	4/18 Manitou Classic
Tara McCoy	So Macalester	2:20.20	5/8-9 MIAC Championship

10

Megan Lundgren	So Gustavus	2:20.53	4/18 Manitou Classic
Brittney Christianson	Sr Concordia Moorhead	2:20.71	5/2 MSUM Masanz Invite
Danielle Burgmeier	Fr Gustavus	2:21.01	4/25 Drake Alternative
Larissa Peyton	Fr St. Thomas	2:21.20	4/29 Tommie Twilight
Jennifer Ranallo	Sr St. Benedict	2:21.30	4/29 Tommie Twilight
Laura Secor	So Gustavus	2:21.80	5/1 MIAC heptathlon
Abby Karl	So Gustavus	2:22.05	4/25 Drake Alternative
Heidi Sande	Fr St. Catherine	2:22.32	4/18 Manitou Classic
Amanda Manship	Jr St. Catherine	2:22.35	4/18 Manitou Classic

Alyx Chapman	Jr St. Benedict	2:22.82	4/25 Macalester Invitat
20			
Jessica Kociscak	So Hamline	2:22.97	5/2 Unsaintly
Leah Kay	Jr Concordia Moorhead	2:23.96	5/23 NCAA Championships
Maggie Donahue	Sr St. Benedict	2:24.35	4/25 Macalester Invitat
Michelle Benson	So Bethel	2:24.63	5/2 Dakota Relays
Kristin Slette	Jr Concordia Moorhead	2:25.23	4/18 Kansas Relays
Kendra Bengtson	Sr Concordia Moorhead	2:25.41	5/15 North Central
Kaitlin Randolph	Fr Carleton	2:25.50	4/25 Macalester Women's
Erica Roelofs	Fr Gustavus	2:26.00	5/2 Meet of the UnSaint
Emma Spoon	Fr St. Thomas	2:26.70	4/9 Carleton Quad
Joanna Pace	So Saint Mary's	2:26.81	4/22 Hamline Twilight
30			
Sara Holland	So Hamline	2:27.10	5/2 Unsaintly
Emma Swinford	Fr Macalester	2:27.24	4/4 Hamline Invite
Brady Pennig	So St. Olaf	2:27.57	5/2 Meet of UnSaintly
Laura Cook	So St. Olaf	2:27.58	4/29 Tommie Twilight
Gina Collings	Fr St. Olaf	2:27.79	4/30 MIAC Heptathlon
Rachel Glissmann	Jr Hamline	2:28.10	5/8-9 MIAC Championship
Kaelene Lundstrum	Jr Gustavus	2:28.38	5/1 MIAC heptathlon
Kelly Donahue	Fr St. Benedict	2:28.79	4/29 Tommie Twilight
Ashley Acosta	Jr Saint Mary's	2:29.05	4/17 Phil Esten Challen
Sarah Ziegenhorn	So Macalester	2:29.29	5/8-9 MIAC Championship
40			
Alice Deden	Sr St. Olaf	2:29.35	4/29 Tommie Twilight
Steph Kortan	So St. Benedict	2:29.54	4/30 MIAC Heptathlon
Rachel Mjones	Fr Concordia Moorhead	2:29.78	5/8-9 MIAC Championship
Janey Helland	So Gustavus	2:30.05	5/1 MIAC heptathlon
Bekah Frank	So St. Thomas	2:30.59	4/29 Tommie Twilight
Anna Hagen	Jr Concordia Moorhead	2:30.59	4/18 Kansas Relays
Nikki Schminski	Fr St. Thomas	2:30.66	4/29 Tommie Twilight
Sarah Forzley	Jr Carleton	2:30.76	4/29 Tommie Twilight
Jamie Mosel	Fr St. Olaf	2:31.13	4/29 Tommie Twilight
Erin Murphy	Jr St. Olaf	2:31.16	5/8-9 MIAC Championship
50			
Julia Brandes	So St. Thomas	2:31.82	4/9 Carleton Quad
Molly Noel	So St. Benedict	2:31.87	5/8-9 MIAC Championship
Kara Orwoll	Jr St. Benedict	2:32.18	5/8-9 MIAC Championship
Marci Burg	Jr St. Catherine	2:32.57	4/18 Manitou Classic
Kristiana Sather	Fr Concordia Moorhead	2:32.63	4/10 Krough Invite
Michelle Eberhard	Jr St. Benedict	2:32.67	5/8-9 MIAC Championship
Lauren Howe	So Hamline	2:32.69	4/10 Lee Krough Invite
Tara Ray	Jr Concordia Moorhead	2:32.99	5/1 MIAC Heptathlon
Kim Eskuri	So St. Benedict	2:33.20	4/9 Trinity Alumni Meet
Jane Bieniek	Fr Hamline	2:33.43	4/10 Lee Krough Invite
60			
Amy Elson	Jr Carleton	2:34.12	5/1 MIAC Heptathlon
Kacie Bahr	Fr Augsburg	2:34.18	4/4 Hamline Invitationa
Martha McCarthy	So St. Thomas	2:34.42	4/25 Mac Invite
Jennifer Pulscher	Fr Augsburg	2:34.96	5/2 Meet of the UnSaint
Lizzie Phillips	Sr St. Olaf	2:35.24	4/18 Manitou Track Clas
Charlotte Sivanich	Fr St. Olaf	2:35.94	4/29 Tommie Twilight
Britney Barnett	So Concordia Moorhead	2:36.33	5/2 MSUM Masanz Invite
Heather Dansingburg	Fr St. Olaf	2:36.40	4/25 Macalester Invitat
Laura Oliver	Sr St. Olaf	2:36.66	4/18 Manitou Track Clas
Skyler Larrimore	Fr Macalester	2:36.99	4/25 Macalester Invite
70			
Rachel Kittaka	Fr Carleton	2:37.14	4/9 Carleton Quadrangul
Melissa Elverud	Jr St. Catherine	2:37.23	4/29 Tommie Twilight
Niki Tomita	Fr Carleton	2:38.59	4/25 Macalester Women's
Kristie Bronson	Sr St. Catherine	2:39.29	4/4 Hamline Invite
=====	Last 2008 qualifier	2:39.35	
Cecilia Noecker	Fr St. Olaf	2:40.18	4/4 UWRF Falcon Invitat
Karyn Peterson	So Gustavus	2:40.77	4/4 Central College Inv
Gina Michaels	So St. Thomas	2:41.14	4/25 Mac Invite
Margaret Christner	So St. Olaf	2:41.43	4/18 Manitou Track Clas
Andrea Dittman	Fr St. Olaf	2:41.80	4/4 UWRF Falcon Invitat
Jill Merkle	Fr Carleton	2:41.89	5/1 MIAC Heptathlon
80			
Talia Goldenberg	Fr Carleton	2:42.64	4/9 Carleton Quadrangul
Christina Knudson	Sr Carleton	2:43.18	4/25 Macalester Women's

Bridget Perkins	Fr St. Catherine	2:43.37	4/29 Tommie Twilight
Deanna Tollefson	Jr St. Olaf	2:43.62	4/25 Macalester Invitat
Anna Bernard	Fr St. Olaf	2:44.36	4/18 Manitou Track Clas
Jackie Reich	Fr St. Olaf	2:44.59	4/29 Tommie Twilight
Kristy Singlestad	So Concordia Moorhead	2:47.15	4/10 Krough Invite
Kelsie Lungstrom	Jr Augsburg	2:47.37	4/29 Tommie Twilight
Amy Leach	Sr St. Olaf	2:48.03	4/9 Carleton College Qu
Robin Lange	Fr St. Olaf	2:48.69	4/29 Tommie Twilight

90

Arielle Johnson	Fr St. Olaf	2:50.24	4/29 Tommie Twilight
Rachel Darling	Fr St. Olaf	2:51.33	4/29 Tommie Twilight
Hannah Dennis	Fr St. Olaf	2:52.69	4/4 UWRP Falcon Invitat
Jamie Klein	Jr St. Olaf	2:54.36	4/29 Tommie Twilight
Davi Moeller	Jr St. Olaf	2:58.20	4/29 Tommie Twilight
Hannah Sinnwell	Jr St. Olaf	2:58.55	4/29 Tommie Twilight
Linnea Bicking	Fr St. Thomas	2:59.64	4/25 Mac Invite
Eydie Kramer	Fr Gustavus	3:00.78	4/10 Lee Krough Invitat
Anne Dutton	So St. Olaf	3:02.86	4/25 Macalester Invitat
Jocelyn Sullivan	Fr St. Benedict	13:10.55	4/29 Tommie Twilight

100

100 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

1500 METER RUN

Marie Borner	Jr Bethel	4:27.74	3/21 PLNU Collegiate Op
Heather Jelen	Sr Bethel	4:32.04	5/8-9 MIAC Championship
Kelly Russ	Jr St. Thomas	4:32.23	5/8-9 MIAC Championship
=====	NCAA Automatic	4:32.50	
Katie Theisen	Sr St. Thomas	4:33.59	3/21 UC Irvine Spring B
=====	NCAA Provisional	4:39.00	
Margot Branigan	Jr Hamline	4:40.23	4/18 Manitou Classic
Laura Roach	Jr Carleton	4:41.42	4/18 Manitou Classic
Abby Smith	Jr St. Olaf	4:45.69	4/29 Tommie Twilight
Greta Sieve	Jr St. Catherine	4:45.94	4/29 Tommie Twilight
Jessica Kociscak	So Hamline	4:50.46	5/14 UW Lacrosse Last C
Alyx Chapman	Jr St. Benedict	4:51.85	5/8-9 MIAC Championship

10

Katie Duwell	Sr St. Olaf	4:52.92	5/8-9 MIAC Championship
Emma Spoon	Fr St. Thomas	4:54.69	3/21 UC Irvine Spring B
Karen Campbell	Sr Carleton	4:55.24	4/9 Carleton Quadrangul
Taylor Ffitch	Fr Carleton	4:56.18	4/29 Tommie Twilight
Emma Swinford	Fr Macalester	4:57.02	4/25 Macalester Invite
Kaycee Knutson	Fr St. Benedict	4:57.99	4/25 Macalester Invitat
Alison Smyth	Fr Carleton	4:58.17	4/4 Hamline Invitationa
Brittney Christianson	Sr Concordia Moorhead	4:58.87	4/25 Al Cassell Relays
Emily Dee	So Saint Mary's	4:58.96	5/8-9 MIAC Championship
Laura Cook	So St. Olaf	4:59.02	5/8-9 MIAC Championship

20

Freya Fitzer	Sr Hamline	5:01.56	4/22 Hamline Twilight
Tara McCoy	So Macalester	5:01.69	4/29 Tommie Twilight
Laura Secor	So Gustavus	5:01.79	4/25 Drake Alternative
Sarah Forzley	Jr Carleton	5:02.52	4/18 Manitou Classic
Vanessa Jones	Jr Gustavus	5:02.58	5/2 Meet of the UnSaint
Hailey Brenden	So Concordia Moorhead	5:03.38	4/25 Al Cassell Relays
Maggie Donahue	Sr St. Benedict	5:03.80	4/10 Lee Krough Invite
Danielle Burgmeier	Fr Gustavus	5:04.24	4/10 Lee Krough Invitat
Julia Brandes	So St. Thomas	5:04.30	4/18 Manitou Classic
Michelle Benson	So Bethel	5:04.51	5/2 Dakota Relays

30

Abby Karl	So Gustavus	5:04.87	4/18 Manitou Classic
Maren Westby	Fr St. Olaf	5:06.39	4/9 Carleton College Qu
Katy Torchia	So St. Benedict	5:06.68	4/25 Macalester Invitat
Nikki Schminski	Fr St. Thomas	5:07.29	4/18 Manitou Classic
Sara Holland	So Hamline	5:08.31	4/10 Lee Krough Invite

Kelly Donahue	Fr St. Benedict	5:09.09	4/4 Hamline Invitationa
Britney Barnett	So Concordia Moorhead	5:09.17	5/2 MSUM Masanz Invite
Anne Bergstrand	Fr Gustavus	5:09.33	4/25 Drake Alternative
Alice Deden	Sr St. Olaf	5:10.54	4/18 Manitou Track Clas
Caroline McLaughlin	Fr Concordia Moorhead	5:11.24	5/8-9 MIAC Championship
40			
Megan Lundgren	So Gustavus	5:11.47	4/4 Central College Inv
Annie Knutson	Sr St. Olaf	5:11.51	4/4 UWRP Falcon Invisat
Erin Murphy	Jr St. Olaf	5:12.40	4/25 Macalester Invisat
Lauren Howe	So Hamline	5:12.97	4/22 Hamline Twilight
Caitlin Schnettler	So St. Benedict	5:13.18	4/4 Hamline Invitationa
Martha McCarthy	So St. Thomas	5:13.46	4/29 Tommie Twilight
Laura Sofen	Jr Carleton	5:14.06	4/29 Tommie Twilight
Kira Spencer	Jr Macalester	5:14.07	4/10 Lee Krough Invite
Kate Reins	So Gustavus	5:14.70	4/18 Manitou Classic
Katie Drinane	Sr Hamline	5:15.28	4/29 Tommie Twilight
50			
Cecilia Noecker	Fr St. Olaf	5:15.66	4/25 Macalester Invisat
Andrea Dittman	Fr St. Olaf	5:15.80	5/8-9 MIAC Championship
Marci Burg	Jr St. Catherine	5:15.93	4/29 Tommie Twilight
Shannon Mueller	Fr Carleton	5:16.01	4/29 Tommie Twilight
Rachel Mjones	Fr Concordia Moorhead	5:16.22	4/21 Cobber Twilight
Maria Altepeter	Fr St. Thomas	5:16.44	4/25 Mac Invite
Rachel Simmer	Jr Hamline	5:16.68	4/22 Hamline Twilight
Heidi Sande	Fr St. Catherine	5:16.82	4/24 Kip Janvrin
Emma Sando	Sr Carleton	5:17.15	4/29 Tommie Twilight
Nellie Adams	Jr St. Olaf	5:17.16	5/8-9 MIAC Championship
60			
Rachel Glissmann	Jr Hamline	5:17.19	4/18 Manitou Classic
Lauren Nelson	Fr Gustavus	5:17.21	5/2 Meet of the UnSaint
Carolyne Bocovich	Fr Hamline	5:17.59	4/22 Hamline Twilight
Kara Orwoll	Jr St. Benedict	5:17.73	4/4 Hamline Invitationa
Jennifer Pulscher	Fr Augsburg	5:19.39	5/8-9 MIAC Championship
Adelaide Pagano	Sr Macalester	5:20.07	4/29 Tommie Twilight
Kristie Bronson	Sr St. Catherine	5:20.42	4/4 Hamline Invite
Hannah Dennis	Fr St. Olaf	5:20.59	4/4 UWRP Falcon Invisat
Kelsey Daly	Jr St. Benedict	5:21.00	4/4 Hamline Invitationa
Laura Oliver	Sr St. Olaf	5:21.11	4/4 UWRP Falcon Invisat
70			
Christine Skopec	So St. Thomas	5:23.17	4/29 Tommie Twilight
Rachel Kittaka	Fr Carleton	5:23.46	4/4 Hamline Invitationa
Hannah Rael	So Hamline	5:24.07	4/22 Hamline Twilight
Lindsey Tucker	Sr St. Benedict	5:24.15	4/29 Tommie Twilight
Karyn Peterson	So Gustavus	5:25.78	5/2 Meet of the UnSaint
Kelsey Bratlie	Jr Concordia Moorhead	5:26.66	4/21 Cobber Twilight
Andi Eglinton	Fr Gustavus	5:27.35	4/18 Manitou Classic
Katrina Foris	So Bethel	5:27.67	4/10 Lee Krough Invisat
Jocelyn Sullivan	Fr St. Benedict	5:27.92	4/25 Macalester Invisat
Carolyn Triggs	Fr St. Benedict	5:28.62	4/4 Hamline Invitationa
80			
=====	Last 2008 qualifier	5:28.91	
Tamar Billiet	Fr St. Catherine	5:29.17	4/29 Tommie Twilight
Sarah Stergios	Sr St. Benedict	5:30.24	4/25 Macalester Invisat
Christina Knudson	Sr Carleton	5:31.27	4/29 Tommie Twilight
Anna Hagen	Jr Concordia Moorhead	5:31.6	4/10 Northern St Invite
Charlotte Sivanich	Fr St. Olaf	5:32.24	4/25 Macalester Invisat
Kristy Singlestad	So Concordia Moorhead	5:33.17	4/10 Krough Invite
Elissa Butler	Jr Macalester	5:36.09	4/25 Macalester Invite
Heather Dansingburg	Fr St. Olaf	5:36.66	4/18 Manitou Track Clas
Jackie Reich	Fr St. Olaf	5:37.93	4/25 Macalester Invisat
Margaret Christner	So St. Olaf	5:38.81	4/29 Tommie Twilight
90			
Deanna Tollefson	Jr St. Olaf	5:40.09	4/29 Tommie Twilight
Talia Goldenberg	Fr Carleton	5:41.76	4/25 Macalester Women's
Skyler Larrimore	Fr Macalester	5:42.30	4/10 Lee Krough Invite
Amy Leach	Sr St. Olaf	5:43.55	4/4 UWRP Falcon Invisat
Katie Sheldon	Fr Hamline	5:44.18	4/22 Hamline Twilight
Caitlin Hannahan	So Macalester	5:45.37	4/10 Lee Krough Invite
Kerry Bauer	Sr St. Benedict	5:45.77	3/28 CSB/SJU Invitation
Maria Zownirowycz	Fr St. Thomas	5:50.50	4/29 Tommie Twilight
Katee Rotty	Fr St. Benedict	5:51.81	3/28 CSB/SJU Invitation

Anna Bernard 100	Fr St. Olaf	5:52.93	4/4 UWRP Falcon Invitat
Mandy Burns	So Bethel	5:54.12	4/25 Macalester Invitat
Kate Hendrickson	So Concordia Moorhead	5:56.10	4/21 Cobber Twilight
Anne Dutton	So St. Olaf	5:56.88	4/29 Tommie Twilight
Robin Lange	Fr St. Olaf	6:02.85	4/18 Manitou Track Clas
Arielle Johnson	Fr St. Olaf	6:05.00	4/25 Macalester Invitat
Jamie Klein	Jr St. Olaf	6:18.12	4/18 Manitou Track Clas
Hannah Sinnwell	Jr St. Olaf	6:36.43	4/18 Manitou Track Clas

107 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	4:54.30
=====	NCAA Provisional	5:01.40

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

Allie Metzler	So St. Thomas	10:17.96	3/21 UC Irvine Spring B
Alyssa Rasset-Mehl	So St. Thomas	10:30.19	3/21 UC Irvine Spring B
Emma Spoon	Fr St. Thomas	10:42.63	3/21 UC Irvine Spring B
Annie Knutson	Sr St. Olaf	10:49.14	4/9 Carleton College Qu
Katie Duwell	Sr St. Olaf	11:00.98	4/9 Carleton College Qu
Nikki Schminski	Fr St. Thomas	11:05.67	4/9 Carleton Quad
Vanessa Jones	Jr Gustavus	11:20.80	4/18 Manitou Classic
Helen Shea	So St. Thomas	11:22.36	4/25 Mac Invite
Kira Spencer	Jr Macalester	11:25.91	4/25 Macalester Invite
Hannah Dennis	Fr St. Olaf	11:33.63	4/9 Carleton College Qu
10			
Adelaide Pagano	Sr Macalester	11:33.68	4/25 Macalester Invite
Kristie Bronson	Sr St. Catherine	11:37.26	4/18 Manitou Classic
Laura Sofen	Jr Carleton	11:38.20	4/9 Carleton Quadrangul
Andi Eglinton	Fr Gustavus	11:38.61	4/18 Manitou Classic
Nellie Adams	Jr St. Olaf	11:44.73	4/9 Carleton College Qu
Alicia Traut	So St. Thomas	11:46.51	4/25 Mac Invite
Katrina Foris	So Bethel	11:47.48	4/18 Manitou Classic
Cecilia Noecker	Fr St. Olaf	11:57.28	4/9 Carleton College Qu
Hannah Rael	So Hamline	12:01.64	4/18 Manitou Classic
Kim Rostvold	Fr Gustavus	12:41.48	4/18 Manitou Classic

20

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](#)

5000 METER RUN

=====	NCAA Automatic	16:55.00	
Simone Childs-Walker	Fr Carleton	17:17.06	4/29 Tommie Twilight
Marie Borner	Jr Bethel	17:22.35	4/4 Central Invitationa
=====	NCAA Provisional	17:35.00	

Margot Branigan	Jr Hamline	17:36.05	4/10 Lee Krough Invite
Laura Roach	Jr Carleton	17:49.17	4/4 Hamline Invitationa
Greta Sieve	Jr St. Catherine	17:49.89	4/4 Hamline Invite
Hailey Brenden	So Concordia Moorhead	18:00.99	5/8-9 MIAC Championship
Karen Campbell	Sr Carleton	18:02.84	5/8-9 MIAC Championship
Allie Metzler	So St. Thomas	18:03.13	5/8-9 MIAC Championship
Taylor Ffitch	Fr Carleton	18:13.09	5/8-9 MIAC Championship
Alyx Chapman	Jr St. Benedict	18:16.49	4/4 Hamline Invitationa

10

Brooke Beskau	So Gustavus	18:18.36	5/8-9 MIAC Championship
Annie Knutson	Sr St. Olaf	18:25.81	5/8-9 MIAC Championship
Alison Smyth	Fr Carleton	18:30.90	4/18 Manitou Classic
Katie Drinane	Sr Hamline	18:33.29	5/14 UW Lacrosse Last C
Vanessa Jones	Jr Gustavus	18:34.40	5/8-9 MIAC Championship
Kaycee Knutson	Fr St. Benedict	18:38.88	4/4 Hamline Invitationa
Jenna Carlson	Sr St. Olaf	18:42.90	5/8-9 MIAC Championship
Nikki Schminski	Fr St. Thomas	18:43.29	5/8-9 MIAC Championship
Jill Fagerstrom	Sr Gustavus	18:48.15	5/8-9 MIAC Championship
Maren Westby	Fr St. Olaf	18:48.39	5/8-9 MIAC Championship

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Katie Duwell	Sr St. Olaf	18:49.67	5/8-9 MIAC Championship
Emily Dee	So Saint Mary's	18:53.14	5/8-9 MIAC Championship
Alexandra Johnson	Jr St. Thomas	18:59.57	5/8-9 MIAC Championship
Brittney Christianson	Sr Concordia Moorhead	19:03.56	5/8-9 MIAC Championship
Alyssa Rasset-Mehl	So St. Thomas	19:04.12	4/4 Wartburg Select Mee
Caroline McLaughlin	Fr Concordia Moorhead	19:05.41	5/8-9 MIAC Championship
Katy Torchia	So St. Benedict	19:06.38	4/29 Tommie Twilight
Helen Shea	So St. Thomas	19:08.46	5/8-9 MIAC Championship
Shannon Mueller	Fr Carleton	19:12.34	5/8-9 MIAC Championship
Maria Altepeter	Fr St. Thomas	19:25.28	5/8-9 MIAC Championship

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Kira Spencer	Jr Macalester	19:25.44	4/18 Manitou Relays
Emma Sando	Sr Carleton	19:25.95	5/8-9 MIAC Championship
Carolyne Bocovich	Fr Hamline	19:28.23	5/8-9 MIAC Championship
Nellie Adams	Jr St. Olaf	19:30.18	5/8-9 MIAC Championship
Hannah Dennis	Fr St. Olaf	19:39.82	5/8-9 MIAC Championship
Kristie Bronson	Sr St. Catherine	19:42.22	4/29 Tommie Twilight
Adelaide Pagano	Sr Macalester	19:42.82	5/8-9 MIAC Championship
Kelsey Daly	Jr St. Benedict	20:05.11	3/28 CSB/SJU Invitation
=====	Last 2008 qualifier	20:14.55	
Christi Nowak	Jr St. Benedict	20:15.67	3/28 CSB/SJU Invitation
Andi Eglinton	Fr Gustavus	20:17.14	4/10 Lee Krough Invitat

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Andrea Dittman	Fr St. Olaf	20:24.35	4/10 Lee Krough Invitat
Britney Barnett	So Concordia Moorhead	20:28.1	4/10 Northern St Invite
Rachel Simmer	Jr Hamline	20:30.60	4/29 Tommie Twilight
Anne Bergstrand	Fr Gustavus	20:39.06	4/4 Central College Inv
Katrina Foris	So Bethel	20:41.99	4/25 Macalester Invitat
Kerry Bauer	Sr St. Benedict	20:44.71	4/4 Hamline Invitationa
Alicia Traut	So St. Thomas	20:50.44	4/29 Tommie Twilight
Laura Sofen	Jr Carleton	20:50.68	4/18 Manitou Classic
Kelsey Bratlie	Jr Concordia Moorhead	21:18.07	5/2 MSUM Masanz Invite
Kim Rostvold	Fr Gustavus	21:30.05	4/25 Drake Alternative

50

Kate Hendrickson	So Concordia Moorhead	21:36.92	5/2 MSUM Masanz Invite
Caitlin Hannahan	So Macalester	21:39.62	4/4 Hamline Invite
Hannah Rael	So Hamline	21:46.20	5/2 Unsaintly
Elissa Butler	Jr Macalester	22:28.70	4/4 Hamline Invite
Sara Hofflander	So Gustavus	23:30.06	4/25 Drake Alternative

55 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](#)

Simone Childs-Walker	Fr Carleton	35:52.17	5/8-9 MIAC Championship
Margot Branigan	Jr Hamline	36:13.43	5/8-9 MIAC Championship
Greta Sieve	Jr St. Catherine	37:04.42	5/8-9 MIAC Championship
Karen Campbell	Sr Carleton	37:09.04	5/8-9 MIAC Championship
=====	NCAA Provisional	37:25.00	
Allie Metzler	So St. Thomas	37:31.44	5/8-9 MIAC Championship
Taylor Ffitch	Fr Carleton	37:32.71	5/8-9 MIAC Championship
Hailey Brenden	So Concordia Moorhead	37:53.76	5/15 North Central
Brooke Beskau	So Gustavus	37:56.52	5/8-9 MIAC Championship
Jenna Carlson	Sr St. Olaf	39:04.14	5/8-9 MIAC Championship
Kaycee Knutson	Fr St. Benedict	39:16.23	5/8-9 MIAC Championship
10			
Jill Fagerstrom	Sr Gustavus	39:30.93	5/8-9 MIAC Championship
Katie Drinane	Sr Hamline	39:51.01	5/8-9 MIAC Championship
Brittney Christianson	Sr Concordia Moorhead	40:14.79	4/18 Kansas Relays
Katy Torchia	So St. Benedict	40:57.17	3/28 CSB/SJU Invitation
Caitlin Schnettler	So St. Benedict	42:16.60	4/18 UMD Invite
Lindsey Tucker	Sr St. Benedict	42:22.29	3/28 CSB/SJU Invitation
Kelsey Daly	Jr St. Benedict	42:31.00	4/18 UMD Invite
Alexandra Johnson	Jr St. Thomas	42:31.37	4/18 Manitou Classic
Caroline McLaughlin	Fr Concordia Moorhead	42:56.6	4/25 Al Cassell Relays
Kerry Bauer	Sr St. Benedict	43:17.71	5/8-9 MIAC Championship
20			
Kelsey Bratlie	Jr Concordia Moorhead	43:26.2	4/25 Al Cassell Relays
Kristy Singlestad	So Concordia Moorhead	44:09.17	4/18 Kansas Relays
Alicia Traut	So St. Thomas	44:14.51	5/8-9 MIAC Championship
Kate Hendrickson	So Concordia Moorhead	44:34.05	5/8-9 MIAC Championship
Katee Rotty	Fr St. Benedict	49:22.30	4/18 UMD Invite
25 entrants			

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100 METER HURDLES

=====	NCAA Automatic	14.35	
Aryn Bell	Sr Gustavus	14.94[+2.4w]	5/8-9 MIAC Championship
=====	NCAA Provisional	14.95	
Caroline Senungi	Fr Augsburg	15.29[+2.4w]	5/8-9 MIAC Championship
Melissa Kuebler	So St. Thomas	15.33[+2.4w]	5/8-9 MIAC Championship
Alexa Kleingartner	So Concordia Moorhead	15.39[+2.1w]	5/8-9 MIAC Championship
Kaelene Lundstrum	Jr Gustavus	15.47	5/23 NCAA D3 Nationals
Laura Janas	Jr St. Thomas	15.50[+2.4w]	5/8-9 MIAC Championship
Jill Merkle	Fr Carleton	15.76[+1.4w]	5/8-9 MIAC Championship
Laura Sjoberg	Fr Gustavus	15.80[+2.1w]	5/8-9 MIAC Championship
Julia Renner	Fr St. Benedict	15.83[+1.4w]	5/8-9 MIAC Championship
Lynn Robohm	Fr Hamline	15.88	5/2 Unsaintly
10			
Laura Secor	So Gustavus	16.02[+0.3w]	5/8-9 MIAC Championship
Leah Kay	Jr Concordia Moorhead	16.04	5/1 MIAC Heptathlon
Michaela Otto	Jr Bethel	16.21[+1.4w]	5/8-9 MIAC Championship
Kathryn Thompson	Jr St. Olaf	16.28[+0.3w]	5/8-9 MIAC Championship
Angela McGehee	So St. Thomas	16.44	4/4 Wartburg Select Mee
Emily Amici	Sr Hamline	16.52[+2.1w]	5/8-9 MIAC Championship
Rachel Meemken	So Hamline	16.64[+2.1w]	5/8-9 MIAC Championship
Tara Ray	Jr Concordia Moorhead	16.74[+1.4w]	5/8-9 MIAC Championship
Hanna Greimel	Fr St. Thomas	16.84[+1.4w]	5/8-9 MIAC Championship
Jenni Burns	Jr Hamline	16.91	5/2 Unsaintly
20			
Amy Neubauer	So Bethel	16.93	3/21 PLNU Collegiate Op
Brittney Kolstad	So Concordia Moorhead	16.95[+2.1w]	5/8-9 MIAC Championship
Janey Helland	So Gustavus	16.97	5/1 MIAC heptathlon
Caroline Haik	Fr St. Benedict	17.00[-1.6w]	4/29 Tommie Twilight
Gina Collings	Fr St. Olaf	17.06	4/30 MIAC Heptathlon
Gina Michaels	So St. Thomas	17.21	4/9 Carleton Quad
Traci Pastoors	Fr St. Thomas	17.39	3/21 UC Irvine Spring B
Bridget Coffou	So Saint Mary's	17.45	4/29 Tommie Twilight

Kameron Argiannis	So Hamline	17.53	4/4 Hamline Invitationa
Steph Kortan	So St. Benedict	17.54	4/30 MIAC Heptathlon
30			
Niki Tomita	Fr Carleton	17.57	4/9 Carleton Quadrangul
Macey Bentley	So Concordia Moorhead	17.62[+0.8w]	4/21 Cobber Twilight
Amy Elson	Jr Carleton	17.66	4/30 MIAC Heptathlon
Holly Hoffmann	Fr Gustavus	17.67	5/2 Meet of the UnSaint
Clare Franco	Fr Carleton	17.71	4/30 MIAC Heptathlon
Kaitlin Rattigan	So St. Thomas	18.83	4/29 Tommie Twilight
Terra Skoglund	Fr Bethel	19.18[-2.8w]	4/10 Lee Krough Invitat
Kayla Johnson	Jr St. Olaf	22.76[-1.6w]	4/29 Tommie Twilight
38 entrants			

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400 METER HURDLES

=====	NCAA Automatic	62.00	
=====	NCAA Provisional	64.00	
Kameron Argiannis	So Hamline	64.03	5/14 UW Lacrosse Last C
Laura Secor	So Gustavus	64.04	5/8-9 MIAC Championship
Katie Theisen	Sr St. Thomas	64.24	5/8-9 MIAC Championship
Melissa Kuebler	So St. Thomas	65.73	4/18 Manitou Classic
Janey Helland	So Gustavus	66.44	5/8-9 MIAC Championship
Clare Franco	Fr Carleton	66.55	4/9 Carleton Quadrangul
Kathryn Thompson	Jr St. Olaf	67.22	4/18 Manitou Track Clas
Amy Neubauer	So Bethel	67.81	5/2 Dakota Relays
Kaitlin Randolph	Fr Carleton	69.07	5/8-9 MIAC Championship
Tara Ray	Jr Concordia Moorhead	69.09	5/8-9 MIAC Championship
10			
Steph Kortan	So St. Benedict	69.19	5/8-9 MIAC Championship
Sydney Malanaphy	Fr St. Catherine	69.27	5/8-9 MIAC Championship
Brittney Kolstad	So Concordia Moorhead	69.56	5/8-9 MIAC Championship
Laura Janas	Jr St. Thomas	69.97	4/9 Carleton Quad
Jenni Burns	Jr Hamline	70.42	4/22 Hamline Twilight
Caroline Haik	Fr St. Benedict	70.57	5/8-9 MIAC Championship
Emily Amici	Sr Hamline	70.60	4/10 Lee Krough Invite
Laura Deal	So St. Benedict	70.80	4/29 Tommie Twilight
Jill Merkle	Fr Carleton	71.18	4/9 Carleton Quadrangul
Amy Opsal	Fr Augsburg	71.40	4/29 Tommie Twilight
20			
Caroline Senungi	Fr Augsburg	71.65	4/4 Hamline Invitationa
Amy Elson	Jr Carleton	71.99	5/8-9 MIAC Championship
Niki Tomita	Fr Carleton	72.17	5/8-9 MIAC Championship
Rachel Meemken	So Hamline	72.45	4/22 Hamline Twilight
Kaitlin Rattigan	So St. Thomas	73.11	4/18 Manitou Classic
Hanna Greimel	Fr St. Thomas	73.57	4/25 Mac Invite
Brittney Christianson	Sr Concordia Moorhead	73.4	4/10 Northern St Invite
Gina Michaels	So St. Thomas	73.65	4/18 Manitou Classic
Macey Bentley	So Concordia Moorhead	73.83	4/21 Cobber Twilight
Kayla Johnson	Jr St. Olaf	74.57	4/18 Manitou Track Clas
30			
Kyla Walter	So Carleton	74.71	4/9 Carleton Quadrangul
Jane Bieniek	Fr Hamline	79.01	4/29 Tommie Twilight
Terra Skoglund	Fr Bethel	80.10	4/4 Central Invitationa
33 entrants			

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3000M STEEPLECHASE

Katie Theisen	Sr St. Thomas	10:36.39	4/16 Mt. SAC Relays
=====	NCAA Automatic	10:44.00	
Greta Sieve	Jr St. Catherine	10:53.40	5/15 Gregory Invite
Laura Roach	Jr Carleton	10:55.84	5/8-9 MIAC Championship
=====	NCAA Provisional	11:13.00	
Raynee DeGrio	So St. Thomas	11:25.90	5/8-9 MIAC Championship
Maggie Donahue	Sr St. Benedict	11:28.93	4/29 Tommie Twilight
Annie Knutson	Sr St. Olaf	11:30.16	5/8-9 MIAC Championship
Brittney Christianson	Sr Concordia Moorhead	11:42.68	5/15 North Central
Freya Fitzer	Sr Hamline	11:45.15	5/8-9 MIAC Championship
Heather Jelen	Sr Bethel	11:50.00	4/4 Central Invitationa
Maren Westby	Fr St. Olaf	12:07.69	4/25 Macalester Invitat
10			
Kendra Bengtson	Sr Concordia Moorhead	12:11.19	5/8-9 MIAC Championship
Emma Wilson	Fr Gustavus	12:24.30	5/2 Meet of the UnSaint
Anna Hagen	Jr Concordia Moorhead	12:27.37	5/8-9 MIAC Championship
Becca Arnhalt	So St. Benedict	12:27.60	4/18 UMD Invite
Lauren Howe	So Hamline	12:28.63	4/18 Manitou Classic
Caitlin Schnettler	So St. Benedict	12:35.97	3/28 CSB/SJU Invitation
Jocelyn Sullivan	Fr St. Benedict	13:00.76	5/8-9 MIAC Championship
Sarah Stergios	Sr St. Benedict	13:10.85	5/8-9 MIAC Championship
=====	Last 2008 qualifier	13:30.61	
Jill Spitzmueller	Fr Saint Mary's	13:50.43	4/29 Tommie Twilight
Cassie Berning	Fr Saint Mary's	14:23.26	4/17 Phil Esten Challen
20			
20 entrants			

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4X100 METER RELAY

=====	NCAA Automatic	47.30	
St. Thomas	St. Thomas	48.26	4/18 Manitou Classic
=====	NCAA Provisional	48.65	
St. Benedict	St. Benedict	48.91	5/8-9 MIAC Championship
Bethel	Bethel	50.09	5/8-9 MIAC Championship
St. Olaf	St. Olaf	50.36	4/25 Macalester Invitat
Saint Mary's	Saint Mary's	50.70	5/8-9 MIAC Championship
Hamline	Hamline	50.92	5/8-9 MIAC Championship
Concordia Moorhead	Concordia Moorhead	51.00	5/8-9 MIAC Championship
Gustavus	Gustavus	51.00	4/25 Drake Alternative
St. Catherine	St. Catherine	51.03	5/8-9 MIAC Championship
Macalester	Macalester	51.08	5/8-9 MIAC Championship
10			
Carleton	Carleton	51.10	5/8-9 MIAC Championship
Carleton A	Carleton	52.15	3/21 Walt Disney World
12 entrants			

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4X400 METER RELAY

=====	NCAA Automatic	3:49.60	
Gustavus	Gustavus	3:50.65	5/23 NCAA D3 Nationals
St. Thomas	St. Thomas	3:51.56	5/8-9 MIAC Championship
=====	NCAA Provisional	3:56.60	
St. Catherine	St. Catherine	3:57.95	5/8-9 MIAC Championship
St. Olaf	St. Olaf	3:59.09	5/8-9 MIAC Championship

Bethel	Bethel	3:59.30	5/8-9 MIAC Championship
St. Benedict	St. Benedict	4:00.65	5/8-9 MIAC Championship
Hamline	Hamline	4:03.05	5/8-9 MIAC Championship
Concordia Moorhead	Concordia Moorhead	4:03.49	5/8-9 MIAC Championship
Carleton	Carleton	4:04.45	5/8-9 MIAC Championship
Augsburg	Augsburg	4:09.78	5/8-9 MIAC Championship
10			
Macalester	Macalester	4:12.08	4/18 Manitou Relays
Saint Mary's	Saint Mary's		5/8-9 MIAC Championship
12 entrants			

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4X800 METER RELAY

St. Thomas	St. Thomas	9:10.41	4/25 Drake Relays
Gustavus	Gustavus	9:30.57	5/8-9 MIAC Championship
Bethel	Bethel	9:38.18	5/8-9 MIAC Championship
Concordia Moorhead	Concordia Moorhead	9:40.58	5/8-9 MIAC Championship
St. Benedict	St. Benedict	9:55.27	5/8-9 MIAC Championship
St. Olaf	St. Olaf	9:56.81	4/18 Manitou Track Clas
St. Catherine	St. Catherine	9:57.21	5/8-9 MIAC Championship
Hamline	Hamline	10:01.48	5/8-9 MIAC Championship
Carleton A	Carleton	10:02.07	3/21 Walt Disney World
Carleton	Carleton	10:53.67	5/8-9 MIAC Championship
10			
10 entrants			

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LONG JUMP

=====	NCAA Automatic	5.80m (19-0 1/2)	
Janey Helland	So Gustavus	5.55m (18-2 1/2)[-1.4w]	5/8-9 MIAC Championship
=====	NCAA Provisional	5.47m (17-11 1/2)	
Julia Renner	Fr St. Benedict	5.32m (17-5 1/2)	5/8-9 MIAC Championship
Mary Schletty	Sr St. Benedict	5.28m (17-4)	4/9 Trinity Alumni Meet
Gina Collings	Fr St. Olaf	5.19m (17-0 1/2)[-0.4w]	5/8-9 MIAC Championship
Alyssa Salomone	Sr St. Thomas	5.18m (17-0)	3/21 UC Irvine Spring B
Megan Lundgren	So Gustavus	5.16m (16-11 1/4)[-1.0w]	4/18 Manitou Classic
Kaelene Lundstrum	Jr Gustavus	5.07m (16-7 3/4)[+0.0w]	4/10 Lee Krough Invitat
Jordan Kling	Fr St. Olaf	5.04m (16-6 1/2)[+1.0w]	5/8-9 MIAC Championship
Teri Heinzen	Jr Saint Mary's	5.04m (16-6 1/2)	5/1 Central Open
Kristina Bruns	Sr Concordia Moorhead	5.03m (16-6)	4/10 Coast Classic
10			
Becca Bryson	Jr Gustavus	5.02m (16-5 3/4)[+1.0w]	5/8-9 MIAC Championship
Madelyn Mette	Jr Macalester	5.02m (16-5 3/4)	4/4 Hamline Invite
Julianna Gorder	So St. Thomas	4.99m (16-4 1/2)	4/18 Manitou Classic
Katelyn Anderson	So Hamline	4.99m (16-4 1/2)	4/10 Lee Krough Invite
Amy Neubauer	So Bethel	4.99m (16-4 1/2)	3/21 PLNU Collegiate Op
Tara Ray	Jr Concordia Moorhead	4.97m (16-3 3/4)[+1.5w]	5/8-9 MIAC Championship
Susan Kenzie	Fr St. Olaf	4.87m (15-11 3/4)[-1.5w]	4/25 Macalester Invitat
Clare Franco	Fr Carleton	4.82m (15-9 3/4)	4/18 Manitou Classic
Leah Kay	Jr Concordia Moorhead	4.81m (15-9 1/2)	5/1 MIAC Heptathlon
Macey Bentley	So Concordia Moorhead	4.81m (15-9 1/2)[+3.5w]	4/21 Cobber Twilight
20			
Emily Klatt	Fr Gustavus	4.80m (15-9)[+1.1w]	4/25 Drake Alternative
=====	Last 2008 qualifier	4.78m (15-8 1/4)	
Michaela Otto	Jr Bethel	4.74m (15-6 3/4)	5/2 Dakota Relays
Ali Galzki	Jr St. Benedict	4.73m (15-6 1/4)	4/29 Tommie Twilight

Emily Amici	Sr Hamline	4.73m (15-6 1/4)	4/10 Lee Krough Invite
Jill Merkle	Fr Carleton	4.69m (15-4 3/4)[+3.9w]	3/21 Walt Disney World
Laura Lynch	Sr Gustavus	4.65m (15-3 1/4)[+2.0w]	4/10 Lee Krough Invitat
Amy Elson	Jr Carleton	4.61m (15-1 1/2)[+4.2w]	3/21 Walt Disney World
Kendra Mays	Sr Gustavus	4.59m (15-0 3/4)[+0.7w]	5/2 Meet of the UnSaint
Vanessa Moore	Sr Bethel	4.59m (15-0 3/4)	4/10 Lee Krough Invitat
Becky Theisen	So St. Thomas	4.59m (15-0 3/4)	4/9 Carleton Quad
30			
Kristin Bunge	Fr Augsburg	4.55m (14-11 1/4)	4/25 Macalester Invitat
Steph Kortan	So St. Benedict	4.48m (14-8 1/2)	4/30 MIAC Heptathlon
Nikki Ainsworth	So Gustavus	4.48m (14-8 1/2)[+1.7w]	4/10 Lee Krough Invitat
Gina Michaels	So St. Thomas	4.38m (14-4 1/2)	5/1 MIAC Heptathlon
Mary Beth Kowitz	Jr St. Catherine	4.36m (14-3 3/4)[-2.9w]	4/18 Manitou Classic
Kristine Nachbor	Fr Carleton	4.35m (14-3 1/4)[+3.9w]	3/21 Walt Disney World
Janie Briant	So Gustavus	4.33m (14-2 1/2)[+1.9w]	5/2 Meet of the UnSaint
Cassie D'Kae	Jr St. Thomas	4.33m (14-2 1/2)	4/9 Carleton Quad
Nicki Ainsworth	So Gustavus	4.30m (14-1 1/4)[+2.5w]	4/4 Central College Inv
Laura Secor	So Gustavus	4.27m (14-0 1/4)	5/1 MIAC heptathlon
40			
Lynn Robohm	Fr Hamline	4.21m (13-9 3/4)	4/22 Hamline Twilight
Alex Dunn	So Carleton	4.19m (13-9)	4/18 Manitou Classic
Ashley Whiting	Fr St. Catherine	4.18m (13-8 3/4)	4/24 Kip Janvrin
Kennitra Wilson	Fr Augsburg	4.14m (13-7)	4/25 Macalester Invitat
Niki Tomita	Fr Carleton	4.08m (13-4 3/4)	4/29 Tommie Twilight
Kate Smith	Fr Bethel	3.95m (12-11 1/2)	3/21 PLNU Collegiate Op
Janie Bryant	So Gustavus	3.60m (11-9 3/4)[-2.4w]	4/4 Central College Inv
47 entrants			

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TRIPLE JUMP

=====	NCAA Automatic	12.00m (39-4 1/2)	
=====	NCAA Provisional	11.30m (37-1)	
Mary Schletty	Sr St. Benedict	11.28m (37-0 1/4)	4/25 Macalester Invitat
Kristina Bruns	Sr Concordia Moorhead	11.09m (36-4 3/4)	5/2 MSUM Masanz Invite
Julia Renner	Fr St. Benedict	10.91m (35-9 1/2)	5/8-9 MIAC Championship
Laura Lynch	Sr Gustavus	10.90m (35-9 1/4)[+1.9w]	4/10 Lee Krough Invitat
Susan Kenzie	Fr St. Olaf	10.84m (35-6 3/4)	4/9 Carleton College Qu
Katelyn Anderson	So Hamline	10.72m (35-2)	4/18 Manitou Classic
Becca Bryson	Jr Gustavus	10.70m (35-1 1/4)[+1.5w]	5/8-9 MIAC Championship
Tatijana Muller-Dahlber	Fr Concordia Moorhead	10.68m (35-0 1/2)[+0.7w]	5/8-9 MIAC Championship
Ali Galzki	Jr St. Benedict	10.65m (34-11 1/4)[+1.2w]	5/8-9 MIAC Championship
Teri Heinzen	Jr Saint Mary's	10.52m (34-6 1/4)	4/25 Drake Alternate
10			
Traci Pastoors	Fr St. Thomas	10.40m (34-1 1/2)	4/9 Carleton Quad
Amy Elson	Jr Carleton	10.35m (33-11 1/2)[-4.2w]	3/21 Walt Disney World
Kaitlyn Frenchick	Fr Hamline	10.27m (33-8 1/2)	5/14 UW Lacrosse Last C
Madelyn Mette	Jr Macalester	10.24m (33-7 1/4)[-2.1w]	4/18 Manitou Relays
Emily Klatt	Fr Gustavus	10.12m (33-2 1/2)[+1.1w]	5/8-9 MIAC Championship
Macey Bentley	So Concordia Moorhead	10.01m (32-10 1/4)	4/21 Cobber Twilight
Laura Farnam	Fr Concordia Moorhead	9.97m (32-8 1/2)	4/21 Cobber Twilight
Lindsey TeBrake	Sr Gustavus	9.94m (32-7 1/2)[+1.6w]	5/2 Meet of the UnSaint
Laura Sjoberg	Fr Gustavus	9.87m (32-4 3/4)[+0.9w]	5/8-9 MIAC Championship
Alyssa Deutschmann	So Concordia Moorhead	9.87m (32-4 3/4)	4/18 UM-Morris Invite
20			
Mari Mejia	So Macalester	9.75m (32-0)	4/18 Manitou Relays
=====	Last 2008 qualifier	9.67m (31-8 3/4)	
Kaitlin Randolph	Fr Carleton	9.62m (31-6 3/4)	4/25 Macalester Women's
Meredith Halling	Jr Gustavus	9.61m (31-6 1/2)[+1.0w]	4/25 Drake Alternative
Kristin Bunge	Fr Augsburg	9.55m (31-4)	5/2 Meet of the UnSaint
Ashley Whiting	Fr St. Catherine	9.49m (31-1 3/4)	4/24 Kip Janvrin
Amelia Schmidt	Fr Gustavus	9.27m (30-5)[+3.2w]	4/10 Lee Krough Invitat
Shannon Johnson	Sr Gustavus	9.15m (30-0 1/4)[+2.2w]	4/25 Drake Alternative
Stacey Sellner	Jr Concordia Moorhead	9.07m (29-9 1/4)	5/2 MSUM Masanz Invite
Julianna Gorder	So St. Thomas	9.06m (29-8 3/4)	4/4 Wartburg Select Mee

Mary Beth Kowitz 30	Jr St. Catherine	8.79m (28-10 1/4)[-2.9w]	4/18 Manitou Classic
Erianna Reyelts 31 entrants	Fr Gustavus	8.73m (28-7 3/4)[+1.7w]	4/25 Drake Alternative

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SHOT PUT

=====	NCAA Automatic	14.20m (46-7 1/4)	
Sam Broderius	So Gustavus	13.81m (45-3 3/4)	4/18 Manitou Classic
Jenna Lewis	Jr St. Thomas	13.34m (43-9 1/4)	5/8-9 MIAC Championship
Lisa Brown	Sr Gustavus	13.22m (43-4 1/2)	4/4 Central College Inv
=====	NCAA Provisional	12.90m (42-4)	
Kaelene Lundstrum	Jr Gustavus	12.71m (41-8 1/2)	5/23 NCAA D3 Nationals
Sara Harstad	So Saint Mary's	12.23m (40-1 1/2)	4/22 Hamline Twilight
Sami Larson	Jr St. Catherine	12.18m (39-11 1/2)	5/8-9 MIAC Championship
Felisha Willaert	So St. Thomas	12.15m (39-10 1/2)	5/8-9 MIAC Championship
Robyn Wernberg	So Hamline	12.03m (39-5 3/4)	4/22 Hamline Twilight
Kristen Warren	So Concordia Moorhead	11.91m (39-1)	5/15 Augustana
Celestine Ventura 10	Jr St. Catherine	11.53m (37-10)	5/8-9 MIAC Championship
Karen Boidoku	Fr Gustavus	11.44m (37-6 1/2)	5/2 Meet of the UnSaint
Yevette Willaert	Fr St. Olaf	11.44m (37-6 1/2)	4/25 Macalester Invitat
Sarah Lemke	So St. Thomas	11.39m (37-4 1/2)	4/25 Mac Invite
Sam Nothem	So Gustavus	11.36m (37-3 1/4)	5/8-9 MIAC Championship
Kelly Lovett	So Carleton	11.00m (36-1 1/4)	3/21 Walt Disney World
Larissa Hansmeier	So Concordia Moorhead	10.97m (36-0)	4/10 Northern St Invite
Heidi Golliet	Jr St. Benedict	10.88m (35-8 1/2)	4/29 Tommie Twilight
Kierstin Nygaard	So Concordia Moorhead	10.86m (35-7 3/4)	5/8-9 MIAC Championship
Amy Maas	Fr St. Thomas	10.65m (34-11 1/4)	4/25 Mac Invite
Leah Kay 20	Jr Concordia Moorhead	10.58m (34-8 1/2)	5/23 NCAA Championships
=====	Last 2008 qualifier	10.57m (34-8 1/4)	
Laura Rahman	Jr Concordia Moorhead	10.40m (34-1 1/2)	5/2 MSUM Masanz Invite
Erin Leyden	So Augsburg	9.99m (32-9 1/2)	5/2 Meet of the UnSaint
Kassondra Burtis	Fr Saint Mary's	9.64m (31-7 1/2)	4/4 Falcon Invitational
Rebecca Zenefski	Sr St. Catherine	9.59m (31-5 3/4)	4/29 Tommie Twilight
Emily Amici	Sr Hamline	9.59m (31-5 3/4)	4/10 Lee Krough Invite
Ashley Whiting	Fr St. Catherine	9.50m (31-2)	4/18 Manitou Classic
Nicole Heitmann	So Saint Mary's	9.49m (31-1 3/4)	4/29 Tommie Twilight
Jenni Schubert	So Macalester	9.44m (30-11 3/4)	4/29 Tommie Twilight
Brenna Coyle	Fr Hamline	9.36m (30-8 1/2)	4/10 Lee Krough Invite
Allyson Klenke 30	Jr St. Benedict	9.30m (30-6 1/4)	4/29 Tommie Twilight
Becca Sawyer-Smith	Fr St. Olaf	9.23m (30-3 1/2)	4/9 Carleton College Qu
Traci Pastoors	Fr St. Thomas	9.09m (29-10)	4/18 Manitou Classic
Annie Haws	Sr St. Benedict	9.09m (29-10)	4/9 Trinity Alumni Meet
Maria Gans	So St. Benedict	8.98m (29-5 1/2)	3/28 CSB/SJU Invitation
Janey Helland	So Gustavus	8.93m (29-3 3/4)	5/1 MIAC heptathlon
Amanda Koehler	So St. Benedict	8.91m (29-2 3/4)	4/18 UMD Invite
Kaitlin Weis	So Concordia Moorhead	8.76m (28-9)	4/21 Cobber Twilight
Johnna Kimmel	Sr Concordia Moorhead	8.69m (28-6 1/4)	4/25 Al Cassell Relays
Clare Franco	Fr Carleton	8.37m (27-5 1/2)	4/30 MIAC Heptathlon
Tara Ray 40	Jr Concordia Moorhead	8.34m (27-4 1/2)	5/1 MIAC Heptathlon
Gina Michaels	So St. Thomas	8.23m (27-0)	4/22 Hamline Twilight
Gina Collings	Fr St. Olaf	8.17m (26-9 3/4)	4/4 UWRF Falcon Invitat
Laura Secor	So Gustavus	8.10m (26-7)	5/1 MIAC heptathlon
Steph Kortan	So St. Benedict	7.97m (26-1 3/4)	4/30 MIAC Heptathlon
Amy Elson	Jr Carleton	7.95m (26-1)	3/21 Walt Disney World
Brianne Thompson	Fr Concordia Moorhead	7.76m (25-5 1/2)	4/10 Krough Invite
Jill Merkle	Fr Carleton	7.67m (25-2)	4/30 MIAC Heptathlon
Karen Kiser	Fr Macalester	6.81m (22-4 1/4)	4/10 Lee Krough Invite
48 entrants			

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DISCUS THROW

=====	NCAA Automatic	47.00m (154-2)	
Sam Broderius	So Gustavus	45.19m (148-3)	5/8-9 MIAC Championship
Felisha Willaert	So St. Thomas	43.87m (143-11)	5/2 Hamline Unsaintly
=====	NCAA Provisional	42.50m (139-5)	
Lisa Brown	Sr Gustavus	41.14m (135-0)	5/2 Meet of the UnSaint
Emily Davis	So Concordia Moorhead	40.83m (133-11)	4/18 Kansas Relays
Sam Nothem	So Gustavus	39.41m (129-3)	5/2 Meet of the UnSaint
Allyson Hannemann	Fr Gustavus	38.97m (127-10)	5/2 Meet of the UnSaint
Anna Bauer	Jr Gustavus	38.95m (127-9)	5/2 Meet of the UnSaint
Megan Endresen	Fr Gustavus	38.75m (127-1)	5/2 Meet of the UnSaint
Robyn Wernberg	So Hamline	38.74m (127-1)	5/2 Unsaintly
Celestine Ventura	Jr St. Catherine	38.39m (125-11)	4/9 Carleton Quad
10			
Brenna Coyle	Fr Hamline	38.10m (125-0)	4/18 Manitou Classic
Yevette Willaert	Fr St. Olaf	37.71m (123-8)	5/2 Meet of UnSaintly
Larissa Hansmeier	So Concordia Moorhead	37.63m (123-5)	5/8-9 MIAC Championship
Jenna Lewis	Jr St. Thomas	37.50m (123-0)	5/8-9 MIAC Championship
Amy Maas	Fr St. Thomas	37.04m (121-6)	5/8-9 MIAC Championship
Kristen Warren	So Concordia Moorhead	36.41m (119-5)	5/2 MSUM Masanz Invite
Kjersten Karlsgodt	Fr Bethel	36.21m (118-9)	4/25 Macalester Invitat
Kelly Lovett	So Carleton	35.35m (115-11)	4/9 Carleton Quadrangul
Kierstin Nygaard	So Concordia Moorhead	34.99m (114-9)	5/2 MSUM Masanz Invite
Melissa Hendrickx	Sr St. Benedict	34.25m (112-4)	4/9 Trinity Alumni Meet
20			
Nicole Heitmann	So Saint Mary's	33.72m (110-7)	4/25 Drake Alternate
Lindsey Hoyer	Sr Gustavus	33.60m (110-3)	4/18 Manitou Classic
Karen Boidoku	Fr Gustavus	33.22m (109-0)	4/18 Manitou Classic
=====	Last 2008 qualifier	33.15m (108-9)	
Heidi Golliet	Jr St. Benedict	33.08m (108-6)	4/25 Macalester Invitat
Sara Harstad	So Saint Mary's	32.65m (107-1)	4/25 Drake Alternate
Laura Rahman	Jr Concordia Moorhead	32.60m (106-11)	4/25 Al Cassell Relays
Diana Scott	Jr Gustavus	32.43m (106-4)	4/4 Central College Inv
Johnna Kimmel	Sr Concordia Moorhead	31.77m (104-2)	4/25 Al Cassell Relays
Erica Holo	Fr Concordia Moorhead	31.30m (102-8)	4/18 UM-Morris Invite
Maria Gans	So St. Benedict	29.02m (95-2)	3/28 CSB/SJU Invitation
30			
Kassandra Burtis	Fr Saint Mary's	28.85m (94-8)	4/22 Hamline Twilight
Brianne Thompson	Fr Concordia Moorhead	27.84m (91-4)	4/21 Cobber Twilight
Erin Leyden	So Augsburg	26.90m (88-3)	4/4 Hamline Invitationa
Jenni Schubert	So Macalester	26.46m (86-10)	4/18 Manitou Relays
Kaitlin Weis	So Concordia Moorhead	26.37m (86-6)	4/21 Cobber Twilight
Allyson Klenke	Jr St. Benedict	23.80m (78-1)	4/25 Macalester Invitat
Amanda Koehler	So St. Benedict	19.60m (64-3 3/4)	3/28 CSB/SJU Invitation
Alysson Klenke	Jr St. Benedict	19.49m (63-11 1/2)	4/18 UMD Invite

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HAMMER THROW

=====	NCAA Automatic	52.60m (172-7)	
Megan Honan	Jr St. Thomas	49.44m (162-2)	4/25 Mac Invite
Jenna Lewis	Jr St. Thomas	47.31m (155-2)	5/8-9 MIAC Championship
=====	NCAA Provisional	46.50m (152-7)	
Emily Davis	So Concordia Moorhead	46.26m (151-9)	5/2 MSUM Masanz Invite

Sara Harstad	So Saint Mary's	45.08m (147-11)	5/8-9 MIAC Championship
Celestine Ventura	Jr St. Catherine	44.83m (147-1)	4/3 Falcon Invite
Anna Bauer	Jr Gustavus	44.48m (145-11)	4/25 Drake Alternative
Robyn Wernberg	So Hamline	44.45m (145-10)	5/8-9 MIAC Championship
Sam Broderius	So Gustavus	43.98m (144-3)	4/10 Lee Krough Invitat
Kierstin Nygaard	So Concordia Moorhead	43.96m (144-3)	4/21 Cobber Twilight
Diana Scott	Jr Gustavus	43.45m (142-6)	4/18 Manitou Classic
10			
Ashley Drake	Sr Hamline	43.04m (141-2)	5/2 Unsaintly
Sarah Lemke	So St. Thomas	42.99m (141-0)	5/8-9 MIAC Championship
Heidi Golliet	Jr St. Benedict	42.44m (139-3)	5/8-9 MIAC Championship
Sami Larson	Jr St. Catherine	41.80m (137-2)	4/29 Tommie Twilight
Brenna Coyle	Fr Hamline	40.60m (133-2)	5/8-9 MIAC Championship
Sam Nothem	So Gustavus	40.23m (132-0)	4/4 Central College Inv
Kassondra Burtis	Fr Saint Mary's	38.33m (125-9)	5/8-9 MIAC Championship
Lauren Wright	Jr St. Thomas	38.28m (125-7)	4/22 Hamline Twilight
=====	Last 2008 qualifier	37.00m (121-5)	
Kaitlin Weis	So Concordia Moorhead	36.31m (119-1)	5/2 MSUM Masanz Invite
Erin Leyden	So Augsburg	35.49m (116-5)	4/18 Manitou Classic
20			
Allyson Hannemann	Fr Gustavus	34.65m (113-8)	4/25 Drake Alternative
Maria Gans	So St. Benedict	34.60m (113-6)	3/28 CSB/SJU Invitation
Megan Endresen	Fr Gustavus	34.35m (112-8)	4/25 Drake Alternative
Yevette Willaert	Fr St. Olaf	33.85m (111-0)	4/18 Manitou Track Clas
Johnna Kimmel	Sr Concordia Moorhead	33.80m (110-11)	4/21 Cobber Twilight
Lindsey Hoyer	Sr Gustavus	33.77m (110-9)	4/18 Manitou Classic
Allyson Klenke	Jr St. Benedict	33.36m (109-5)	4/25 Macalester Invitat
Mackenzie Tappe	Sr St. Olaf	32.80m (107-7)	5/2 Meet of UnSaintly
Larissa Hansmeier	So Concordia Moorhead	32.62m (107-0)	5/2 MSUM Masanz Invite
Becca Sawyer-Smith	Fr St. Olaf	32.53m (106-8)	4/29 Tommie Twilight
30			
Amy Maas	Fr St. Thomas	32.23m (105-9)	4/18 Manitou Classic
Jenni Schubert	So Macalester	30.85m (101-2)	3/27 Emory Asics
Alysson Klenke	Jr St. Benedict	30.34m (99-6)	4/4 Hamline Invitationa
Amanda Koehler	So St. Benedict	27.91m (91-7)	4/18 UMD Invite
34 entrants			

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JAVELIN THROW

Lisa Brown	Sr Gustavus	49.08m (161-0)	4/24 Drake Relays
=====	NCAA Automatic	44.20m (145-0)	
Kelly Lovett	So Carleton	44.08m (144-7)	3/21 Walt Disney World
Kyley Crotty	Jr St. Thomas	41.80m (137-2)	4/3 Falcon Open
Leah Kay	Jr Concordia Moorhead	41.62m (136-6)	5/8-9 MIAC Championship
=====	NCAA Provisional	38.50m (126-4)	3/21 PLNU Collegiate Op
Kristen Warren	So Concordia Moorhead	36.97m (121-3)	4/25 Al Cassell Relays
Katherine Brott	So Concordia Moorhead	36.49m (119-8)	5/8-9 MIAC Championship
Sami Larson	Jr St. Catherine	33.81m (110-11)	4/3 Falcon Invite
Becca Bryson	Jr Gustavus	33.61m (110-3)	5/8-9 MIAC Championship
Rachel Borka	So St. Thomas	33.26m (109-1)	5/8-9 MIAC Championship
Sarah Peterson	So Concordia Moorhead	32.68m (107-3)	4/25 Al Cassell Relays
10			
Kaelene Lundstrum	Jr Gustavus	32.62m (107-0)	5/8-9 MIAC Championship
Erica Holo	Fr Concordia Moorhead	32.12m (105-4)	4/25 Al Cassell Relays
Melinda Dugas	Sr St. Benedict	31.51m (103-4)	3/28 CSB/SJU Invitation
Tara Ray	Jr Concordia Moorhead	30.86m (101-3)	4/25 Al Cassell Relays
Kjersten Karlsgodt	Fr Bethel	30.81m (101-1)	4/18 Manitou Classic
Tasha Schanz	So Concordia Moorhead	30.50m (100-1)	5/2 MSUM Masanz Invite
Annie Haws	Sr St. Benedict	30.10m (98-9)	4/9 Trinity Alumni Meet
Maria Gans	So St. Benedict	29.64m (97-3)	4/9 Trinity Alumni Meet
Liz Carlson	So Hamline	29.50m (96-9)	4/4 Hamline Invitationa
Traci Pastoors	Fr St. Thomas	28.46m (93-4)	4/9 Carleton Quad
20			
Jill Merkle	Fr Carleton	28.34m (93-0)	4/9 Carleton Quadrangul

Emily Driemeyer	So St. Catherine	27.85m (91-4)	4/3 Falcon Invite
=====	Last 2008 qualifier	27.60m (90-7)	
Lauren Wright	Jr St. Thomas	26.64m (87-5)	4/3 Falcon Open
Emily Amici	Sr Hamline	26.17m (85-10)	4/18 Manitou Classic
Heidi Golliet	Jr St. Benedict	26.11m (85-8)	4/9 Trinity Alumni Meet
Clare Franco	Fr Carleton	25.88m (84-11)	5/1 MIAC Heptathlon
Nicole Reynard	Fr Saint Mary's	25.75m (84-5)	5/1 Central Open
Kierstin Nygaard	So Concordia Moorhead	25.60m (84-0)	4/4 Hamline Invite
Laura Secor	So Gustavus	25.39m (83-3)	4/25 Drake Alternative
Janey Helland	So Gustavus	25.20m (82-8)	4/25 Drake Alternative
30			
Rebecca Zenefski	Sr St. Catherine	25.18m (82-7)	4/29 Tommie Twilight
Erin Dodor	Sr Hamline	24.02m (78-9 3/4)	4/4 Hamline Invitationa
Becca Sawyer-Smith	Fr St. Olaf	23.59m (77-4 3/4)	4/9 Carleton College Qu
Brianne Thompson	Fr Concordia Moorhead	23.42m (76-10)	5/2 MSUM Masanz Invite
Steph Kortan	So St. Benedict	23.37m (76-8 1/4)	4/30 MIAC Heptathlon
Yvette Willaert	Fr St. Olaf	22.93m (75-2 3/4)	4/9 Carleton College Qu
Katie Sheldon	Fr Hamline	22.89m (75-1 1/4)	4/4 Hamline Invitationa
Gina Collings	Fr St. Olaf	21.74m (71-4)	4/25 Macalester Invitat
Erin Hencley	So Concordia Moorhead	21.62m (70-11 1/4)	4/21 Cobber Twilight
Mackenzie Tappe	Sr St. Olaf	21.60m (70-10 1/2)	4/9 Carleton College Qu
40			
Amy Elson	Jr Carleton	20.28m (66-6 1/2)	4/25 Macalester Women's
Gina Michaels	So St. Thomas	19.80m (64-11 1/2)	5/1 MIAC Heptathlon
Karen Kiser	Fr Macalester	19.14m (62-9 1/2)	4/29 Tommie Twilight
Kameron Argiannis	So Hamline	17.31m (56-9 1/2)	4/22 Hamline Twilight
Pepsi Margoles	Sr Carleton	16.91m (55-5 3/4)	4/18 Manitou Classic
Allyson Klenke	Jr St. Benedict	14.92m (48-11 1/2)	4/9 Trinity Alumni Meet
Rachel Darling	Fr St. Olaf	12.71m (41-8 1/2)	4/25 Macalester Invitat
47 entrants			

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HIGH JUMP

=====	NCAA Automatic	1.71m (5-7 1/4)	
Kaelene Lundstrum	Jr Gustavus	1.70m (5-7)	5/23 NCAA D3 Nationals
Vanessa Moore	Sr Bethel	1.67m (5-5 3/4)	4/18 Manitou Classic
Alyssa Salomone	Sr St. Thomas	1.65m (5-5)	4/18 Manitou Classic
=====	NCAA Provisional	1.65m (5-5)	
Leah Kay	Jr Concordia Moorhead	1.62m (5-3 3/4)	5/1 MIAC Heptathlon
Mary Schletty	Sr St. Benedict	1.57m (5-1 3/4)	5/8-9 MIAC Championship
Alyssa Deutschmann	So Concordia Moorhead	1.57m (5-1 3/4)	4/21 Cobber Twilight
Lynn Robohm	Fr Hamline	1.55m (5-1)	4/22 Hamline Twilight
Becca Neuger	So St. Olaf	1.53m (5-0 1/4)	4/25 Macalester Invitat
Lindsey TeBrake	Sr Gustavus	1.50m (4-11)	4/25 Drake Alternative
Audrey Mills	Fr Macalester	1.50m (4-11)	4/18 Manitou Relays
10			
Julia Renner	Fr St. Benedict	1.50m (4-11)	4/4 Hamline Invitationa
Kyla Walter	So Carleton	1.49m (4-10 1/2)	4/9 Carleton Quadrangul
Amy Elson	Jr Carleton	1.47m (4-9 3/4)	4/30 MIAC Heptathlon
Gaby Hamerlinck	Jr Augsburg	1.46m (4-9 1/2)	4/10 Lee Krough Invitat
=====	Last 2008 qualifier	1.46m (4-9 1/2)	
Jill Merkle	Fr Carleton	1.45m (4-9)	4/18 Manitou Classic
Janey Helland	So Gustavus	1.45m (4-9)	4/18 Manitou Classic
Becca Bryson	Jr Gustavus	1.45m (4-9)	4/18 Manitou Classic
Kjersten Karlsgodt	Fr Bethel	1.45m (4-9)	4/4 Central Invitationa
Ali Vandercook	Fr St. Thomas	1.44m (4-8 3/4)	4/9 Carleton Quad
Gina Collings	Fr St. Olaf	1.44m (4-8 3/4)	4/4 UWRF Falcon Invitat
20			
Mackenzie Tappe	Sr St. Olaf	1.42m (4-7 3/4)	5/8-9 MIAC Championship
Billye Nelson	Fr Hamline	1.41m (4-7 1/2)	5/2 Unsaintly
Erica Holo	Fr Concordia Moorhead	1.41m (4-7 1/2)	4/10 Krough Invite
Laura Secor	So Gustavus	1.40m (4-7)	4/25 Drake Alternative
Tara Ray	Jr Concordia Moorhead	1.40m (4-7)	4/25 Al Cassell Relays
Emily Amici	Sr Hamline	1.40m (4-7)	4/22 Hamline Twilight

Melinda Dugas	Sr St. Benedict	1.40m (4-7)	4/9 Trinity Alumni Meet
Britney Daniel	So St. Thomas	1.40m (4-7)	3/21 UC Irvine Spring B
Stacey Sellner	Jr Concordia Moorhead	1.38m (4-6 1/4)	5/2 MSUM Masanz Invite
Gina Michaels	So St. Thomas	1.35m (4-5)	4/4 Wartburg Select Mee
30			
Clare Franco	Fr Carleton	1.34m (4-4 3/4)	4/9 Carleton Quadrangul
Steph Kortan	So St. Benedict	1.28m (4-2 1/4)	4/12 CSB Heptahlon
32 entrants			

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POLE VAULT

=====	NCAA Automatic	3.82m (12-6 1/4)	
Amie Fillmore	Jr St. Olaf	3.70m (12-1 1/2)	4/18 Manitou Track Clas
=====	NCAA Provisional	3.50m (11-5 3/4)	
Meredith Halling	Jr Gustavus	3.32m (10-10 3/4)	5/8-9 MIAC Championship
Britney Daniel	So St. Thomas	3.32m (10-10 3/4)	5/8-9 MIAC Championship
Angela McGehee	So St. Thomas	3.25m (10-8)	3/21 UC Irvine Spring B
Jennifer Ampe	So St. Catherine	3.22m (10-6 3/4)	5/8-9 MIAC Championship
Katelyn Anderson	So Hamline	3.22m (10-6 3/4)	5/8-9 MIAC Championship
Kelley Frost	So Bethel	3.22m (10-6 3/4)	5/8-9 MIAC Championship
Arlene Behling	So Hamline	3.15m (10-4)	4/22 Hamline Twilight
Megan Erlandson	Fr Carleton	3.10m (10-2)	4/29 Tommie Twilight
Kristina Popov	So St. Catherine	3.10m (10-2)	4/29 Tommie Twilight
10			
Lauren Harn	Fr St. Olaf	3.07m (10-0 3/4)	5/8-9 MIAC Championship
Kelly Nelson	Jr Gustavus	3.07m (10-0 3/4)	4/25 Drake Alternative
Jessica Norman	So St. Benedict	3.05m (10-0)	5/2 Ron Masanz Invitati
Serina Aubrecht	Sr St. Benedict	3.01m (9-10 1/2)	4/25 Macalester Invitat
Tessa Comstock	Fr Concordia Moorhead	2.97m (9-9)	4/21 Cobber Twilight
Joanna Pace	So Saint Mary's	2.92m (9-7)	4/25 Drake Alternate
Holly Hoffmann	Fr Gustavus	2.92m (9-7)	4/25 Drake Alternative
Linda Kanne	Sr Gustavus	2.92m (9-7)	4/25 Drake Alternative
Pepsi Margoles	Sr Carleton	2.80m (9-2 1/4)	4/18 Manitou Classic
Sarah Peterson	So Concordia Moorhead	2.77m (9-1)	4/18 UM-Morris Invite
20			
=====	Last 2008 qualifier	2.74m (8-11 3/4)	
Susan Kenzie	Fr St. Olaf	2.65m (8-8 1/4)	4/18 Manitou Track Clas
Kate Lorsbach	Fr St. Olaf	2.56m (8-4 3/4)	4/25 Macalester Invitat
Natasha Wright	Fr St. Thomas	2.55m (8-4 1/4)	4/22 Hamline Twilight
Tasha Schanz	So Concordia Moorhead	2.52m (8-3 1/4)	4/21 Cobber Twilight
Megan Johnson	Sr Gustavus	2.35m (7-8 1/2)	4/18 Manitou Classic
25 entrants			

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HEPTATHLON

Kaelene Lundstrum	Jr Gustavus	4624	5/23 NCAA D3 Nationals
=====	NCAA Automatic	4600	
Leah Kay	Jr Concordia Moorhead	4538	5/23 NCAA Championships
=====	NCAA Provisional	4100	
Janey Helland	So Gustavus	3944	5/8-9 MIAC Championship
Clare Franco	Fr Carleton	3893	5/8-9 MIAC Championship
Tara Ray	Jr Concordia Moorhead	3768	5/8-9 MIAC Championship
Gina Collings	Fr St. Olaf	3729	5/8-9 MIAC Championship
Laura Secor	So Gustavus	3686	5/8-9 MIAC Championship
Emily Amici	Sr Hamline	3666	5/8-9 MIAC Championship
Jill Merkle	Fr Carleton	3589	5/8-9 MIAC Championship

Steph Kortan 10	So St. Benedict	3465	5/8-9 MIAC Championship
Amy Elson	Jr Carleton	3399	5/8-9 MIAC Championship
Gina Michaels 12 entrants	So St. Thomas	3128	5/8-9 MIAC Championship

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