

2010 MIAC Women's Outdoor Honor Rolls

As of June 4, 2010

"*" indicates event not run at 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 METER DASH

=====	NCAA Automatic	12.00	
Nikki Arola	Sr St. Thomas	12.22[+3.8w]	5/1 Hamline Capitol Cit
=====	NCAA Provisional	12.30	
Jenna Ewing	Jr St. Thomas	12.37[+3.8w]	5/1 Hamline Capitol Cit
Shanek Telphia	Fr Augsburg	12.37[+1.0w]	4/17 Manitou Classic
Whitney Holman	Sr Augsburg	12.39[+0.8w]	4/29 Tommie Twilight
Abby Neigebauer	Jr St. Benedict	12.43[+0.9w]	5/14-15 MIAC Championsh
Teri Heinzen	Sr Saint Mary's	12.48[+1.0w]	5/14-15 MIAC Championsh
Samantha Zopfi	Fr St. Olaf	12.50[+3.4w]	5/1 Gustie Invitational
Sam Levercom	So St. Catherine	12.59[+3.8w]	5/1 Hamline Capitol Cit
Ashley Carney	Fr Augsburg	12.63[+1.0w]	5/14-15 MIAC Championsh
Christina Walker	Fr Hamline	12.67[+0.9w]	5/14-15 MIAC Championsh
10			
Krista McCright	Fr Bethel	12.68[+1.3w]	5/14-15 MIAC Championsh
Katie Vrieze	Jr Augsburg	12.71[+0.9w]	5/14-15 MIAC Championsh
Clare Murn	Fr St. Benedict	12.82[+1.9w]	5/1 Masanz Invitational
Diane Beckius	Fr St. Benedict	12.84[+1.9w]	5/1 Masanz Invitational
Tasha Harr	Fr St. Benedict	12.86[+4.5w]	5/1 Masanz Invitational
Julia Thompson	Jr Gustavus	12.91[+3.4w]	5/1 Gustie Invitational
Madelyn Mette	Sr Macalester	12.94[+3.8w]	5/1 Hamline Capitol Cit
Molly Demmer	Sr St. Thomas	12.95[+2.1w]	4/29 Tommie Twilight
Susan Kenzie	So St. Olaf	13.00[+1.3w]	4/29 Tommie Twilight
Carly Braun	Fr Hamline	13.01[+3.8w]	5/1 Hamline Capitol Cit
20			
Shasta Webb	Fr Macalester	13.03[+3.8w]	5/1 Hamline Capitol Cit
Kari Ludwig	Fr Concordia Moorhead	13.05[+4.5w]	5/1 Masanz Invitational
Ellie Jensen	Jr St. Thomas	13.10[+0.9w]	5/14-15 MIAC Championsh
Edith Kowouto	Fr Hamline	13.10[+1.3w]	4/10 Hamline Invitation
Chelsey Rice	So Augsburg	13.17[+1.8w]	4/10 Hamline Invitation
Jillian Daleiden	Jr St. Benedict	13.17	3/27 CSB Invitational
Hayley Schnell	Fr St. Thomas	13.19[+3.7w]	5/1 Hamline Capitol Cit
Kameron Argiannis	Jr Hamline	13.22[+3.8w]	5/1 Hamline Capitol Cit
Allison Eckrich	So St. Benedict	13.24	3/27 CSB Invitational
Laura Janas	Sr St. Thomas	13.24	3/27 Point Loma Nazaren
30			
Natalie Decker	Fr Concordia Moorhead	13.26[+4.9w]	4/24 Al Cassell Relays
Alexa Kleingartner	Jr Concordia Moorhead	13.28[+4.5w]	5/1 Masanz Invitational
Kelsey Donald	Sr Carleton	13.30[+3.4w]	5/1 Gustie Invitational
Erin Sand	Fr St. Benedict	13.37	3/27 CSB Invitational
Liz Spielman	So Hamline	13.38[+3.7w]	5/1 Hamline Capitol Cit
Steph Sturges	So Saint Mary's	13.38[+2.0w]	5/1 Warrior Open
Danielle Busch	Fr St. Benedict	13.44[+0.1w]	3/27 CSB Invitational
Brittney Herbst	Fr Bethel	13.46[-0.9w]	4/24 Macalester Women's
Sara Parsons	Fr Concordia Moorhead	13.46[+4.9w]	4/24 Al Cassell Relays
Jennifer Ampe	Jr St. Catherine	13.49[+3.7w]	5/1 Hamline Capitol Cit
40			
Mari Mejia	Jr Macalester	13.49[+1.8w]	4/10 Hamline Invitation
Angela Lindekugel	Sr Hamline	13.50[+3.7w]	5/1 Hamline Capitol Cit
Katie Corey	Fr Hamline	13.51[+3.7w]	5/1 Hamline Capitol Cit
Kate Stephens	Fr St. Benedict	13.52	3/27 CSB Invitational
Lauren Rothschiller	Fr Gustavus	13.53[+5.8w]	5/1 Gustie Invitational
Julianna Gorder	Jr St. Thomas	13.54[+1.3w]	4/10 Hamline Invitation
Brooke Granowski	Fr Carleton	13.56[+3.4w]	5/1 Gustie Invitational
Jordan Kling	So St. Olaf	13.57[+3.4w]	5/1 Gustie Invitational
Kim Engel	Jr St. Catherine	13.58[-1.4w]	4/21 Hamline Women's Tw
Emily Seller	Fr Concordia Moorhead	13.59[-1.0w]	4/17 Manitou Classic
50			
Janie Briant	Jr Gustavus	13.62[-0.9w]	4/24 2010 Gac Drake Alt
Kelsie Hansen	Fr St. Catherine	13.66[+0.8w]	4/29 Tommie Twilight
Jamie Kelly	So St. Catherine	13.66[+1.0w]	4/21 Hamline Women's Tw
Laura Farnam	So Concordia Moorhead	13.67[+4.8w]	4/24 Al Cassell Relays
Katrina Gerzema	Fr Concordia Moorhead	13.75[+0.7w]	5/1 Masanz Invitational

Stephanie Jenkins	Fr Hamline	13.76[+1.6w]	4/10 Hamline Invitation
Dani Serbus	Jr Gustavus	13.82[+3.4w]	5/1 Gustie Invitational
Kayla Engel	Jr St. Catherine	13.82[+1.0w]	4/21 Hamline Women's Tw
Kaitlin Randolph	So Carleton	13.85[+1.8w]	4/10 Hamline Invitation
Haley Schnell	Fr St. Thomas	13.89[-0.9w]	4/24 Macalester Women's
60			
Jackie Skoviak	Fr Hamline	13.92[+3.7w]	5/1 Hamline Capitol Cit
Mayo Sonko	Fr Macalester	13.93[+0.3w]	5/7 Meet of the UnSaint
Kristie Miller	Fr St. Thomas	13.93[+1.6w]	4/10 Hamline Invitation
Becky Theisen	Jr St. Thomas	13.96[-0.3w]	4/17 Manitou Classic
Ellen Bina	So Saint Mary's	14.01[+2.6w]	5/1 Warrior Open
=====	Last 2009 qualifier	14.02	
Jasmin Hardin	Fr St. Catherine	14.07[+1.3w]	4/29 Tommie Twilight
Megan Erlandson	So Carleton	14.07[-0.6w]	4/17 Manitou Classic
Arlene Behling	Jr Hamline	14.16[+2.4w]	4/10 Hamline Invitation
Celeste Prince	Sr Macalester	14.17[+4.6w]	5/1 Hamline Capitol Cit
Ellen Sackrison	Fr Hamline	14.18[-1.7w]	4/28 Holst Invitational
70			
Jill Merkle	So Carleton	14.20[-2.1w]	4/17 Manitou Classic
Katie Ryan	Fr St. Thomas	14.25	4/28 Holst Invitational
Kyla Walter	Jr Carleton	14.30[-0.6w]	4/17 Manitou Classic
Kristine Nachbor	So Carleton	14.34[-0.9w]	4/24 St. Mary's Invite
Kaitlyn Boily	Jr Concordia Moorhead	14.35[+2.2w]	4/10 NDSU Bison Open
Lyntrell Wilson	Jr Gustavus	14.36[-2.1w]	4/17 Manitou Classic
Bridget Coffou	Jr Saint Mary's	14.39	3/18 Winona Dual
Jenny Mammen	So St. Thomas	14.45[+4.6w]	5/1 Hamline Capitol Cit
Jennifer Anang	Sr Bethel	14.57[-1.4w]	5/1 Howard Wood Dakota
Kristina Popov	Jr St. Catherine	14.57[+1.8w]	4/17 Manitou Classic
80			
Leah Burch	So Concordia Moorhead	14.58[+4.8w]	4/24 Al Cassell Relays
Megan Kaiser	So Augsburg	14.78[-1.0w]	4/17 Manitou Classic
Sarah Johnson	Fr Concordia Moorhead	14.90[+4.8w]	4/24 Al Cassell Relays
Kristell Caballero-Sauc	Fr St. Olaf	14.93[+1.0w]	4/9 Falcon Invitational
Kelsey Jensen	Fr Gustavus	14.96[-2.4w]	4/10 Gustavus Adolphus
Alex Dunn	Jr Carleton	15.12[-0.3w]	4/17 Manitou Classic
Amanda Bertrand	Fr Concordia Moorhead	15.22[+2.2w]	4/10 NDSU Bison Open
Elise Vreede	So St. Olaf	15.38[+1.8w]	4/17 Manitou Classic
Marie O'Neil	Fr St. Catherine	15.47[-2.1w]	4/17 Manitou Classic
Mafer Rojas	Fr St. Catherine	16.12[+2.1w]	4/29 Tommie Twilight
90			
90 entrants			

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200 METER DASH

=====	NCAA Automatic	24.57	
=====	NCAA Provisional	25.25	
Nikki Arola	Sr St. Thomas	25.29	5/14-15 MIAC Championsh
Shanek Telpia	Fr Augsburg	25.36[+0.4w]	4/10 Hamline Invitation
Abby Neigebauer	Jr St. Benedict	25.69[-1.6w]	5/14-15 MIAC Championsh
Katie Vrieze	Jr Augsburg	25.69	5/7 Meet of the UnSaint
Molly Demmer	Sr St. Thomas	25.77[+1.6w]	4/29 Tommie Twilight
Teri Heinzen	Sr Saint Mary's	25.80	5/14-15 MIAC Championsh
Whitney Holman	Sr Augsburg	25.85	5/14-15 MIAC Championsh
Diane Beckius	Fr St. Benedict	25.99[-1.6w]	5/14-15 MIAC Championsh
Christina Walker	Fr Hamline	26.01[+0.4w]	4/10 Hamline Invitation
Katie Borner	Fr Bethel	26.08	5/14-15 MIAC Championsh
10			
Jillian Daleiden	Jr St. Benedict	26.21[-2.0w]	5/14-15 MIAC Championsh
Susan Kenzie	So St. Olaf	26.23[+6.9w]	5/1 Gustie Invitational
Allison Eckrich	So St. Benedict	26.30	5/14-15 MIAC Championsh
Jenna Ewing	Jr St. Thomas	26.30[+3.5w]	5/1 Hamline Capitol Cit
Sarah Baker	Fr Gustavus	26.35[+6.9w]	5/1 Gustie Invitational
Kim Engel	Jr St. Catherine	26.36[+3.5w]	5/1 Hamline Capitol Cit
Sam Levercom	So St. Catherine	26.46[+3.5w]	5/1 Hamline Capitol Cit

Emily Matthews	Sr Macalester	26.47[+0.4w]	4/10 Hamline Invitation
Julia Thompson	Jr Gustavus	26.48[+6.1w]	5/1 Gustie Invitational
Krista McCright	Fr Bethel	26.50[-2.0w]	5/14-15 MIAC Championsh
20			
Clare Murn	Fr St. Benedict	26.52	5/6-7 MIAC Heptathlon
Ashley Carney	Fr Augsburg	26.53[-1.7w]	4/17 Manitou Classic
Kelsey Donald	Sr Carleton	26.54[+6.9w]	5/1 Gustie Invitational
Tasha Harr	Fr St. Benedict	26.62[-1.6w]	5/14-15 MIAC Championsh
Erin Sand	Fr St. Benedict	26.62	5/14-15 MIAC Championsh
Janie Briant	Jr Gustavus	26.62[+6.9w]	5/1 Gustie Invitational
Leah Kay	Sr Concordia Moorhead	26.72[+1.5w]	5/27-28 NCAA Heptathlon
Abby Karl	Jr Gustavus	26.73[+1.1w]	4/10 Gustavus Adolphus
Callie Knaeble	So St. Olaf	26.78[+6.9w]	5/1 Gustie Invitational
Kyanna Jones	Fr Macalester	26.82	5/14-15 MIAC Championsh
30			
Kaari Jensen	Fr Concordia Moorhead	26.82	5/6-7 MIAC Heptathlon
Kristin Slette	Sr Concordia Moorhead	26.83[-0.3w]	4/10 NDSU Bison Open
Shasta Webb	Fr Macalester	26.87[-1.6w]	5/14-15 MIAC Championsh
Chelsey Rice	So Augsburg	26.91[+1.7w]	5/7 Meet of the UnSaint
Janey Helland	Jr Gustavus	26.98	5/6-7 MIAC Heptathlon
Alexa Simpson	Fr Macalester	27.02[-0.8w]	4/24 Macalester Women's
Erin Coughlin	Fr St. Catherine	27.03[+0.6w]	4/29 Tommie Twilight
Tara Ray	Sr Concordia Moorhead	27.05	5/6-7 MIAC Heptathlon
Kayla Engel	Jr St. Catherine	27.14[+3.5w]	5/1 Hamline Capitol Cit
Brooke Granowski	Fr Carleton	27.15[+6.1w]	5/1 Gustie Invitational
40			
Danielle Busch	Fr St. Benedict	27.18[-3.4w]	4/17 Manitou Classic
Becky Theisen	Jr St. Thomas	27.19[+3.5w]	5/1 Hamline Capitol Cit
Steph Sturges	So Saint Mary's	27.20[+3.8w]	5/1 Warrior Open
Carly Braun	Fr Hamline	27.21	3/27 PLNU Collegiate Sc
Michaela Otto	Sr Bethel	27.24[+0.7w]	5/1 Howard Wood Dakota
Traci Pastoors	So St. Thomas	27.26[+3.7w]	5/1 Hamline Capitol Cit
Becca Neuger	Jr St. Olaf	27.28	4/21 Hamline Women's Tw
Kari Ludwig	Fr Concordia Moorhead	27.30[+1.6w]	4/29 Tommie Twilight
Kaelene Lundstrum	Sr Gustavus	27.32	5/6-7 MIAC Heptathlon
Steph Kortan	Jr St. Benedict	27.36	5/6-7 MIAC Heptathlon
50			
Edith Kowouto	Fr Hamline	27.36[+0.7w]	4/10 Hamline Invitation
Laura Janas	Sr St. Thomas	27.38[+3.5w]	5/1 Hamline Capitol Cit
Amanda Manship	Sr St. Catherine	27.47[+3.5w]	5/1 Hamline Capitol Cit
Sara Parsons	Fr Concordia Moorhead	27.53[+3.5w]	4/24 Al Cassell Relays
Ellie Jensen	Jr St. Thomas	27.55	4/10 Hamline Invitation
Kameron Argiannis	Jr Hamline	27.65[+3.5w]	5/1 Hamline Capitol Cit
Julianna Gorder	Jr St. Thomas	27.69	3/27 Point Loma Nazares
Alison Millis	Jr St. Olaf	27.71[+1.4w]	4/29 Tommie Twilight
Jamie Kelly	So St. Catherine	27.73[+1.6w]	4/29 Tommie Twilight
=====	Last 2009 qualifier	27.87	
Jordan Kling	So St. Olaf	27.99[+6.1w]	5/1 Gustie Invitational
60			
Amelia Schmidt	So Gustavus	28.00[+6.1w]	5/1 Gustie Invitational
Mari Mejia	Jr Macalester	28.03[+1.7w]	5/7 Meet of the UnSaint
Kelsie Hansen	Fr St. Catherine	28.03[+3.7w]	5/1 Hamline Capitol Cit
Kathleen Pawlowski	Sr Saint Mary's	28.05[+1.9w]	4/24 St. Mary's Invite
Jill Merkle	So Carleton	28.07[+2.1w]	4/24 St. Mary's Invite
Brittney Herbst	Fr Bethel	28.08[-1.6w]	4/17 Manitou Classic
Macey Bentley	Jr Concordia Moorhead	28.17	5/6-7 MIAC Heptathlon
Miracle Vansiea	Fr St. Thomas	28.23[+3.7w]	5/1 Hamline Capitol Cit
Erica Roelofs	So Gustavus	28.28[+1.1w]	4/10 Gustavus Adolphus
Ellen Sackrison	Fr Hamline	28.29	4/10 Hamline Invitation
70			
Madelyn Mette	Sr Macalester	28.34[+4.4w]	5/1 Hamline Capitol Cit
Hayley Schnell	Fr St. Thomas	28.36[+1.4w]	4/29 Tommie Twilight
Ruth Ranum	Jr Concordia Moorhead	28.42	4/20 Cobber Twilight
Kathleen Stefely	So St. Olaf	28.43[+6.1w]	5/1 Gustie Invitational
Katie Corey	Fr Hamline	28.43[+0.7w]	4/10 Hamline Invitation
Angela Lindekugel	Sr Hamline	28.45[+1.7w]	5/7 Meet of the UnSaint
Mayo Sonko	Fr Macalester	28.47[+1.7w]	5/7 Meet of the UnSaint
Kyla Walter	Jr Carleton	28.51[+6.1w]	5/1 Gustie Invitational
Amy Elson	Sr Carleton	28.51[+0.6w]	4/24 St. Mary's Invite
Gina Michaels	Jr St. Thomas	28.56	5/6-7 MIAC Heptathlon

Lauren Baier	So Saint Mary's	28.59	3/18 Winona Dual
Ashley Acosta	Sr Saint Mary's	28.61[+1.8w]	5/1 Warrior Open
Lynn Robohm	So Hamline	28.63[+4.4w]	5/1 Hamline Capitol Cit
Joanna Pace	Jr Saint Mary's	28.64[+1.8w]	5/1 Warrior Open
Jamie Mosel	So St. Olaf	28.73[+4.1w]	5/1 Gustie Invitational
Haley Johnson	Fr Carleton	28.73[+4.1w]	5/1 Gustie Invitational
Emily Wilson	Fr St. Thomas	28.74[+1.4w]	4/29 Tommie Twilight
Liz Spielman	So Hamline	28.77	5/7 Meet of the UnSaint
Celeste Prince	Sr Macalester	28.80[+1.0w]	4/17 Manitou Classic
Jasmin Hardin	Fr St. Catherine	28.86[+1.4w]	4/29 Tommie Twilight
90			
Kacie Bahr	So Augsburg	28.86[-2.9w]	4/21 Hamline Women's Tw
Katie Ryan	Fr St. Thomas	28.91[+4.4w]	5/1 Hamline Capitol Cit
Kristine Nachbor	So Carleton	29.03[+0.6w]	4/24 St. Mary's Invite
Laura Secor	Jr Gustavus	29.10[+4.1w]	5/1 Gustie Invitational
Dani Serbus	Jr Gustavus	29.12[+1.1w]	4/10 Gustavus Adolphus
Adrienne Young	Fr Augsburg	29.18	5/7 Meet of the UnSaint
Sabrina Larson-Bushlack	Fr Saint Mary's	29.22[+4.2w]	5/1 Warrior Open
Amie Fillmore	Sr St. Olaf	29.23[-3.2w]	4/17 Manitou Classic
Megan Lundgren	Jr Gustavus	29.27[-1.6w]	4/17 Manitou Classic
Emily Swenson	Fr St. Benedict	29.34	5/6-7 MIAC Heptathlon
100			
Laura Farnam	So Concordia Moorhead	29.36[-0.3w]	4/10 NDSU Bison Open
Becca Bryson	Sr Gustavus	29.39	5/6-7 MIAC Heptathlon
Bridget Coffou	Jr Saint Mary's	29.40	3/18 Winona Dual
Ellen Bina	So Saint Mary's	29.42[+1.3w]	4/29 Tommie Twilight
Kate Rochat	Fr Macalester	29.44[-0.9w]	4/24 Macalester Women's
Kristie Miller	Fr St. Thomas	29.53[+1.0w]	4/17 Manitou Classic
Ellen Hawley	Fr St. Olaf	29.60[+1.4w]	4/29 Tommie Twilight
Rachel Meemken	So Bethel	29.67	5/7 Meet of the UnSaint
Kelsey Jensen	Fr Gustavus	29.71[+1.1w]	4/10 Gustavus Adolphus
Alex Dunn	Jr Carleton	29.76[-0.1w]	4/10 Hamline Invitation
110			
Kathryn Geskerman	Fr St. Olaf	29.81[+4.1w]	5/1 Gustie Invitational
Sabrina Buslack-Larsen	Fr Saint Mary's	29.84	5/6-7 MIAC Heptathlon
Jackie Skoviak	Fr Hamline	29.99[+4.4w]	5/1 Hamline Capitol Cit
Kaitlyn Boily	Jr Concordia Moorhead	30.00[+2.6w]	4/24 Al Cassell Relays
Anna Hankins	Sr Macalester	30.07	4/10 Hamline Invitation
Kaitlyn Lorsbach	So St. Olaf	30.34	4/17 Manitou Track and
Hannah Prosocki	Fr St. Benedict	30.35[+1.3w]	4/17 Manitou Classic
Jennifer Anang	Sr Bethel	30.38	5/7 Meet of the UnSaint
Jenny Mammen	So St. Thomas	30.40[+1.3w]	4/29 Tommie Twilight
Megan Kaiser	So Augsburg	30.44[+1.3w]	4/29 Tommie Twilight
120			
Claire Karban	Fr Carleton	30.46[+4.1w]	5/1 Gustie Invitational
Nicole Reynard	So Saint Mary's	30.48[+4.2w]	5/1 Warrior Open
Elise Vreede	So St. Olaf	31.19	5/7 Meet of the UnSaint
Jasmine Ball	Fr Macalester	31.20[-0.9w]	4/24 Macalester Women's
Sarah Johnson	Fr Concordia Moorhead	31.45	4/20 Cobber Twilight
Leah Burch	So Concordia Moorhead	31.57[+1.3w]	4/29 Tommie Twilight
Kristell Caballero-Sauc	Fr St. Olaf	31.75[+0.4w]	4/9 Falcon Invitational
127 entrants			

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

400 METER DASH

=====	NCAA Automatic	55.70	
Nikki Arola	Sr St. Thomas	55.98	5/14-15 MIAC Championsh
Jillian Daleiden	Jr St. Benedict	57.29	5/14-15 MIAC Championsh
=====	NCAA Provisional	57.30	
Kristin Slette	Sr Concordia Moorhead	57.45	5/14-15 MIAC Championsh
Danielle Burgmeier	So Gustavus	57.46	5/14-15 MIAC Championsh
Kim Engel	Jr St. Catherine	57.79	5/14-15 MIAC Championsh
Katie Borner	Fr Bethel	58.15	5/14-15 MIAC Championsh
Molly Demmer	Sr St. Thomas	58.23	5/14-15 MIAC Championsh

Becca Neuger	Jr St. Olaf	58.30	5/14-15 MIAC Championsh
Allison Eckrich	So St. Benedict	58.71	5/14-15 MIAC Championsh
Clare Franco	So Carleton	58.99	5/20 North Central Coll
10			
Kayla Engel	Jr St. Catherine	59.32	3/27 PLNU Collegiate Sc
Brooke Granowski	Fr Carleton	59.40	5/14-15 MIAC Championsh
Amanda Iverson	Fr Gustavus	59.42	4/24 2010 Gac Drake Alt
Abby Karl	Jr Gustavus	59.47	4/24 2010 Gac Drake Alt
Callie Knaeble	So St. Olaf	59.83	5/14-15 MIAC Championsh
Emily Matthews	Sr Macalester	60.15	4/10 Hamline Invitation
Alison Millis	Jr St. Olaf	60.18	4/29 Tommie Twilight
Megan Hoffman	Fr Concordia Moorhead	60.18	5/1 Masanz Invitational
Erin Sand	Fr St. Benedict	60.25	5/14-15 MIAC Championsh
Erin Coughlin	Fr St. Catherine	60.43	5/14-15 MIAC Championsh
20			
Amanda Manship	Sr St. Catherine	60.75	5/1 Hamline Capitol Cit
Becky Theisen	Jr St. Thomas	60.77	5/1 Hamline Capitol Cit
Kelsey Donald	Sr Carleton	60.81	4/24 St. Mary's Invite
Ruth Ranum	Jr Concordia Moorhead	60.99	5/14-15 MIAC Championsh
Kirsti Klaverkamp	Fr St. Benedict	61.02	5/14-15 MIAC Championsh
Christina Walker	Fr Hamline	61.51	5/7 Meet of the UnSaint
Edith Kowouto	Fr Hamline	61.51	3/27 PLNU Collegiate Sc
Janie Briant	Jr Gustavus	61.65	5/7 Meet of the UnSaint
Kyanna Jones	Fr Macalester	61.95	4/10 Hamline Invitation
Alexa Simpson	Fr Macalester	62.09	4/10 Hamline Invitation
30			
Kathleen Stefely	So St. Olaf	62.21	5/14-15 MIAC Championsh
Abby Smith	Sr St. Olaf	62.44	4/24 Macalester Women's
Kaitlyn Frenchick	So Hamline	62.48	5/14-15 MIAC Championsh
Cathy Reeves	Sr St. Thomas	62.59	5/1 Hamline Capitol Cit
Amelia Schmidt	So Gustavus	62.86	4/10 Gustavus Adolphus
Jamie Mosel	So St. Olaf	62.90	4/21 Hamline Women's Tw
Erica Roelofs	So Gustavus	62.95	4/24 2010 Gac Drake Alt
Kathleen Pawlowski	Sr Saint Mary's	63.08	5/14-15 MIAC Championsh
Amy Opsal	So Augsburg	63.20	5/7 Meet of the UnSaint
Megan Lundgren	Jr Gustavus	63.21	4/17 Manitou Classic
40			
Ellen Hawley	Fr St. Olaf	63.23	5/14-15 MIAC Championsh
Brady Pennig	Jr St. Olaf	63.32	4/24 Macalester Women's
Joanna Pace	Jr Saint Mary's	63.41	4/24 St. Mary's Invite
Katie Corey	Fr Hamline	63.46	4/21 Hamline Women's Tw
Kacie Bahr	So Augsburg	63.56	4/10 Hamline Invitation
Haley Johnson	Fr Carleton	64.07	4/10 Hamline Invitation
Lauren Baier	So Saint Mary's	64.31	5/14-15 MIAC Championsh
Miracle Vansiea	Fr St. Thomas	64.61	5/1 Hamline Capitol Cit
=====	Last 2009 qualifier	64.64	
Claire Karban	Fr Carleton	64.95	4/17 Manitou Classic
Anna Hankins	Sr Macalester	64.95	4/10 Hamline Invitation
50			
Regina Quandt	So Saint Mary's	65.28	5/1 Warrior Open
Alex Dunn	Jr Carleton	65.30	4/10 Hamline Invitation
Ashley Acosta	Sr Saint Mary's	65.38	5/1 Warrior Open
Kristiana Sather	So Concordia Moorhead	65.47	4/20 Cobber Twilight
Kelsey Jensen	Fr Gustavus	65.99	5/7 Meet of the UnSaint
Adrienne Young	Fr Augsburg	66.01	5/7 Meet of the UnSaint
Emily Wilson	Fr St. Thomas	66.05	4/10 Hamline Invitation
Kelsey Eder	Fr St. Catherine	67.31	4/21 Hamline Women's Tw
Kaitlyn Boily	Jr Concordia Moorhead	67.74	4/17 Manitou Classic
Hannah Proski	Fr St. Benedict	70.04	4/29 Tommie Twilight
60			
Elise Vreede	So St. Olaf	72.86	4/24 Macalester Women's
Annie Garrigan	So Saint Mary's	73.12	3/18 Winona Dual
Claire Scott	Fr St. Olaf	80.88	4/17 Manitou Classic
63 entrants			

800 METER RUN

Marie Borner	Sr Bethel	2:06.87	5/27-29 NCAA Championsh
Kelly Russ	Sr St. Thomas	2:10.78	4/29 Tommie Twilight
=====	NCAA Automatic	2:11.00	
Erin Sprangers	Sr St. Thomas	2:12.20	5/27-29 NCAA Championsh
=====	NCAA Provisional	2:15.00	
Kayla Engel	Jr St. Catherine	2:15.88	5/14-15 MIAC Championsh
Kaitlin Randolph	So Carleton	2:16.03	5/14-15 MIAC Championsh
Larissa Peyton	So St. Thomas	2:16.32	5/14-15 MIAC Championsh
Abby Smith	Sr St. Olaf	2:16.68	5/14-15 MIAC Championsh
Anna Williams	Fr St. Benedict	2:16.86	4/24 Macalester Women's
Megan Lundgren	Jr Gustavus	2:16.87	5/7 Meet of the UnSaint
Clare Franco	So Carleton	2:17.04	4/10 Hamline Invitation
10			
Cathy Reeves	Sr St. Thomas	2:17.36	4/10 Hamline Invitation
Alison Millis	Jr St. Olaf	2:17.57	5/14-15 MIAC Championsh
Taylor Berg	Fr St. Thomas	2:18.57	3/27 Point Loma Nazaren
Margot Branigan	Sr Hamline	2:18.91	4/10 Hamline Invitation
Jessica Kociscak	Jr Hamline	2:20.14	4/21 Hamline Women's Tw
Anna Hankins	Sr Macalester	2:20.95	4/24 Macalester Women's
Abby Karl	Jr Gustavus	2:21.24	4/17 Manitou Classic
Amanda Manship	Sr St. Catherine	2:21.72	5/14-15 MIAC Championsh
Laura Secor	Jr Gustavus	2:22.05	5/6-7 MIAC Heptathlon
Jamie Mosel	So St. Olaf	2:22.32	4/24 Macalester Women's
20			
Sara Holland	Jr Hamline	2:22.76	5/7 Meet of the UnSaint
Laura Cook	Jr St. Olaf	2:23.05	4/17 Manitou Classic
Greta Sieve	Sr St. Catherine	2:23.54	4/17 Manitou Classic
Kristin Slette	Sr Concordia Moorhead	2:23.68	4/17 Manitou Classic
Janey Helland	Jr Gustavus	2:23.86	5/6-7 MIAC Heptathlon
Betsy Hupp	Sr St. Thomas	2:24.18	4/29 Tommie Twilight
Megan Hoffman	Fr Concordia Moorhead	2:24.36	5/14-15 MIAC Championsh
Leah Kay	Sr Concordia Moorhead	2:24.38	5/27-28 NCAA Heptathlon
Alex Potter	Jr Bethel	2:24.43	4/17 Manitou Classic
Emilie Schur	Sr Macalester	2:24.51	4/10 Hamline Invitation
30			
Kim Engel	Jr St. Catherine	2:24.54	3/27 PLNU Collegiate Sc
Kayla Jelen	Jr Bethel	2:24.70	4/24 Macalester Women's
Haley Johnson	Fr Carleton	2:25.32	4/24 St. Mary's Invite
Raynee DeGrio	Jr St. Thomas	2:25.35	4/17 Manitou Classic
Alyx Chapman	Sr St. Benedict	2:25.39	4/24 Macalester Women's
Emily Dee	Jr Saint Mary's	2:25.68	5/1 Warrior Open
Natalie Ristau	Fr Gustavus	2:25.69	4/10 Gustavus Adolphus
Kirsti Klaverkamp	Fr St. Benedict	2:25.81	4/24 Macalester Women's
Megan Smith	Fr St. Benedict	2:25.87	4/29 Tommie Twilight
Joanna Pace	Jr Saint Mary's	2:26.05	5/14-15 MIAC Championsh
40			
Anna Hagen	Sr Concordia Moorhead	2:26.14	5/20 North Central Coll
Michelle Eberhard	Sr St. Benedict	2:26.26	4/24 Macalester Women's
Kaitlyn Frenchick	So Hamline	2:26.45	5/7 Meet of the UnSaint
Erica Roelofs	So Gustavus	2:26.59	5/14-15 MIAC Championsh
Ashley Acosta	Sr Saint Mary's	2:26.59	4/24 St. Mary's Invite
Jenny Hendricks	Fr Gustavus	2:26.79	4/24 2010 Gac Drake Alt
Caitlin Schnettler	Jr St. Benedict	2:26.80	5/1 Masanz Invitational
Brady Pennig	Jr St. Olaf	2:26.82	4/29 Tommie Twilight
Claire Karban	Fr Carleton	2:27.01	4/24 St. Mary's Invite
Kaycee Knutson	So St. Benedict	2:27.17	5/1 Masanz Invitational
50			
Kristiana Sather	So Concordia Moorhead	2:28.12	4/29 Tommie Twilight
Erin Coughlin	Fr St. Catherine	2:28.51	4/21 Hamline Women's Tw
Regina Quandt	So Saint Mary's	2:28.66	4/29 Tommie Twilight
Rachel Glissman	Sr Hamline	2:28.77	5/7 Meet of the UnSaint
Steph Kortan	Jr St. Benedict	2:28.90	5/6-7 MIAC Heptathlon
Amber Hoban	Jr Hamline	2:29.06	5/7 Meet of the UnSaint
Tara Ray	Sr Concordia Moorhead	2:29.42	5/6-7 MIAC Heptathlon
Maggie Bryant	So St. Thomas	2:29.42	4/29 Tommie Twilight
Mary-Michael Vance	Jr Concordia Moorhead	2:29.43	4/29 Tommie Twilight
Kaelene Lundstrum	Sr Gustavus	2:29.72	5/6-7 MIAC Heptathlon

Emma Ranum	Fr Concordia Moorhead	2:29.92	5/1 Masanz Invitational
Kelly Donahue	So St. Benedict	2:30.43	4/17 Manitou Classic
Erin Murphy	Sr St. Olaf	2:32.25	5/14-15 MIAC Championsh
Kira Spencer	Sr Macalester	2:32.45	4/29 Tommie Twilight
Kaari Jensen	Fr Concordia Moorhead	2:33.39	5/6-7 MIAC Heptathlon
Jennifer Pulscher	So Augsburg	2:33.44	4/10 Hamline Invitation
Emma Swinford	So Macalester	2:33.82	4/29 Tommie Twilight
Amy Elson	Sr Carleton	2:33.87	4/10 Hamline Invitation
Georgia Greene	Fr St. Olaf	2:34.78	4/24 Macalester Women's
=====	Last 2009 qualifier	2:34.78	
Emily Matthews	Sr Macalester	2:34.84	4/29 Tommie Twilight
70			
Clare Murn	Fr St. Benedict	2:34.97	5/6-7 MIAC Heptathlon
Jill Merkle	So Carleton	2:35.02	4/17 Manitou Classic
Erica Borden	So St. Thomas	2:35.06	4/24 Macalester Women's
Macey Bentley	Jr Concordia Moorhead	2:36.13	5/6-7 MIAC Heptathlon
Carrie Harshbarger	Fr Carleton	2:37.16	4/24 St. Mary's Invite
Kristie Mueller	Fr St. Benedict	2:37.17	4/29 Tommie Twilight
Gina Michaels	Jr St. Thomas	2:37.22	4/24 Macalester Women's
Andrea Dittman	So St. Olaf	2:37.93	4/24 Macalester Women's
Vanessa Jones	Sr Gustavus	2:38.33	5/1 Gustie Invitational
Laura Zwilling	So Bethel	2:39.45	5/1 Howard Wood Dakota
80			
Kristen Tengwall	Jr Bethel	2:40.46	5/14-15 MIAC Championsh
Sally Cole	Fr St. Olaf	2:40.75	5/1 Gustie Invitational
Breann MacFadyen	Fr St. Thomas	2:41.15	5/1 Hamline Capitol Cit
Rachel Darling	Jr St. Olaf	2:41.19	4/29 Tommie Twilight
Melissa Elverud	Sr St. Catherine	2:41.25	4/24 Macalester Women's
Markie DeGrio	Fr St. Thomas	2:41.43	4/24 Macalester Women's
Kelly Cargos	Fr Macalester	2:42.76	4/29 Tommie Twilight
Charlotte Sivanich	So St. Olaf	2:42.94	4/9 Falcon Invitational
Maddie Covington	Fr Concordia Moorhead	2:43.37	4/24 Al Cassell Relays
Anna Bernard	So St. Olaf	2:43.40	5/14-15 MIAC Championsh
90			
Cecilia Noecker	So St. Olaf	2:44.18	4/9 Falcon Invitational
Skyler Larrimore	So Macalester	2:44.62	4/10 Hamline Invitation
Sabrina Larson-Bushlack	Fr Saint Mary's	2:44.94	4/21 Hamline Women's Tw
Sabrina Buslack-Larsen	Fr Saint Mary's	2:45.04	5/6-7 MIAC Heptathlon
Nicole Flack	Fr St. Thomas	2:45.59	4/10 Hamline Invitation
Kristen Nelson	Fr St. Benedict	2:45.76	5/1 Masanz Invitational
Jill Kraemer	Fr St. Benedict	2:45.82	4/17 Manitou Classic
Emily Swenson	Fr St. Benedict	2:47.29	5/6-7 MIAC Heptathlon
Rachel Gunsalus	Fr Macalester	2:48.16	4/17 Manitou Classic
Jamie Stefely	Fr Saint Mary's	2:48.98	4/21 Hamline Women's Tw
100			
Lara Silverman	Jr Carleton	2:49.35	5/1 Gustie Invitational
Kelsey Eder	Fr St. Catherine	2:49.74	4/17 Manitou Classic
Danielle Miller	Jr Saint Mary's	2:50.51	4/10 Gustavus Adolphus
Rebecca Bronson	Sr Bethel	2:52.52	5/7 Meet of the UnSaint
Grace Robia	So St. Olaf	2:55.02	4/29 Tommie Twilight
Libby Magnuson	Fr St. Olaf	2:58.39	4/29 Tommie Twilight
Jennifer Jones	Fr St. Olaf	2:58.75	4/24 Macalester Women's
Hannah Sinnwell	Sr St. Olaf	2:59.90	5/7 Meet of the UnSaint
Becca Bryson	Sr Gustavus	3:05.93	5/6-7 MIAC Heptathlon
Claire Scott	Fr St. Olaf	3:22.54	4/24 Macalester Women's
110			
110 entrants			

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

1500 METER RUN

Marie Borner	Sr Bethel	4:23.85	5/27-29 NCAA Championsh
Kelly Russ	Sr St. Thomas	4:28.55	5/27-29 NCAA Championsh
=====	NCAA Automatic	4:31.00	
Margot Branigan	Sr Hamline	4:38.24	5/20 UWL National Quail

=====	NCAA Provisional	4:38.50	
Laura Roach	Sr Carleton	4:40.70	4/29 Tommie Twilight
Abby Smith	Sr St. Olaf	4:43.74	4/17 Manitou Classic
Simone Childs-Walker	So Carleton	4:44.54	4/29 Tommie Twilight
Greta Sieve	Sr St. Catherine	4:46.90	4/17 Manitou Classic
Laura Secor	Jr Gustavus	4:49.17	4/10 Gustavus Adolphus
Taylor Berg	Fr St. Thomas	4:49.74	4/29 Tommie Twilight
Jessica Kociscak	Jr Hamline	4:51.1	3/27 PLNU Collegiate Sc
10			
Allie Metzler	Jr St. Thomas	4:51.48	4/29 Tommie Twilight
Maren Westby	So St. Olaf	4:53.81	4/10 Jim Duncan Invitat
Sara Holland	Jr Hamline	4:54.17	5/14-15 MIAC Championsh
Kaycee Knutson	So St. Benedict	4:54.89	4/17 Manitou Classic
Katie Schwarz	Jr St. Benedict	4:55.63	4/24 Macalester Women's
Anna Williams	Fr St. Benedict	4:56.29	3/27 CSB Invitational
Kristin Mork	Jr Bethel	4:56.32	4/24 Macalester Women's
Laura Cook	Jr St. Olaf	4:56.59	5/14-15 MIAC Championsh
Alison Smyth	So Carleton	4:56.90	4/17 Manitou Classic
Alyx Chapman	Sr St. Benedict	4:57.88	5/14-15 MIAC Championsh
20			
Taylor ffitich	So Carleton	4:58.13	4/17 Manitou Classic
Anna Hankins	Sr Macalester	4:58.56	4/17 Manitou Classic
Megan Smith	Fr St. Benedict	5:01.37	5/14-15 MIAC Championsh
Natalie Ristau	Fr Gustavus	5:01.52	5/14-15 MIAC Championsh
Emily Dee	Jr Saint Mary's	5:01.59	5/14-15 MIAC Championsh
Danielle Burgmeier	So Gustavus	5:01.72	4/10 Gustavus Adolphus
Kaitlin Randolph	So Carleton	5:01.81	5/1 Gustie Invitational
Hailey Brenden	Jr Concordia Moorhead	5:02.06	5/20 North Central Coll
Joanna Pace	Jr Saint Mary's	5:03.53	4/28 Holst Invitational
Kayla Jelen	Jr Bethel	5:04.22	4/17 Manitou Classic
30			
Emilie Schur	Sr Macalester	5:04.23	4/29 Tommie Twilight
Kelly Donahue	So St. Benedict	5:04.89	5/14-15 MIAC Championsh
Caitlin Schnettler	Jr St. Benedict	5:05.23	4/17 Manitou Classic
Julia Brandes	Jr St. Thomas	5:06.22	4/17 Manitou Classic
Rachel Folan	So Saint Mary's	5:06.23	3/18 Winona Dual
Elisabeth Hanson	Fr Concordia Moorhead	5:06.28	5/1 Masanz Invitational
Lauren Carlson	Fr St. Olaf	5:06.73	4/24 Macalester Invitat
Sophie Pietrick	Fr St. Olaf	5:06.92	4/10 Jim Duncan Invitat
Katy Torchia	Jr St. Benedict	5:07.55	4/29 Tommie Twilight
Lauren Howe	Jr Hamline	5:07.67	5/7 Meet of the UnSaint
40			
Brooke Beskau	Jr Gustavus	5:07.86	5/7 Meet of the UnSaint
Amanda Manship	Sr St. Catherine	5:08.81	4/17 Manitou Classic
Ann Bergstrand	So Gustavus	5:09.15	5/7 Meet of the UnSaint
Vanessa Jones	Sr Gustavus	5:11.10	4/3 Central Invatationa
Alex Potter	Jr Bethel	5:11.48	4/9 Falcon Invitational
Jamie Mosel	So St. Olaf	5:11.70	4/17 Manitou Classic
Kristie Mueller	Fr St. Benedict	5:11.87	5/14-15 MIAC Championsh
Michaela McLaughlin	Sr St. Olaf	5:12.05	4/29 Tommie Twilight
Erin Lowrey	Sr Macalester	5:12.73	5/1 Hamline Capitol Cit
Andrea Dittman	So St. Olaf	5:12.97	5/14-15 MIAC Championsh
50			
Christine Skopec	Jr St. Thomas	5:13.00	4/10 Hamline Invitation
Nellie Adams	Sr St. Olaf	5:13.04	4/10 Jim Duncan Invitat
Rachel Simmer	Sr Hamline	5:13.27	4/21 Hamline Women's Tw
Amber Hoban	Jr Hamline	5:13.54	4/21 Hamline Women's Tw
Laura Zwilling	So Bethel	5:14.12	4/24 Macalester Women's
Maddie Covington	Fr Concordia Moorhead	5:14.50	4/20 Cobber Twilight
Kim Rostvold	So Gustavus	5:14.75	5/7 Meet of the UnSaint
Nikki Reich	Sr Carleton	5:14.76	4/29 Tommie Twilight
Carley Tess	Fr Macalester	5:14.82	4/10 Hamline Invitation
Kristy Singlestad	So Concordia Moorhead	5:16.12	5/1 Masanz Invitational
60			
Rachel Glissman	Sr Hamline	5:16.28	5/1 Hamline Capitol Cit
Georgia Greene	Fr St. Olaf	5:16.29	4/29 Tommie Twilight
Tess Carley	Fr Macalester	5:16.89	5/1 Hamline Capitol Cit
Jennifer Pulscher	So Augsburg	5:17.36	4/21 Hamline Women's Tw
Sameena Ahmed	So Carleton	5:18.66	4/10 Hamline Invitation
Caroline McLaughlin	So Concordia Moorhead	5:18.81	5/1 Masanz Invitational
Jessie Zwanziger	Fr St. Thomas	5:19.65	5/14-15 MIAC Championsh

Karyn Peterson	Jr Gustavus	5:19.65	4/17 Manitou Classic
Allison Brandt	Fr St. Olaf	5:19.99	5/14-15 MIAC Championsh
Laurel Ohm	So St. Olaf	5:20.23	4/24 Macalester Women's
70			
Cecilia Noecker	So St. Olaf	5:20.72	4/24 Macalester Women's
Erin Murphy	Sr St. Olaf	5:20.73	4/21 Hamline Women's Tw
Kelsey Torchia	Fr St. Benedict	5:20.99	5/1 Masanz Invitational
=====	Last 2009 qualifier	5:21.11	
Carrie Harshbarger	Fr Carleton	5:21.62	4/17 Manitou Classic
Sally Cole	Fr St. Olaf	5:22.25	5/14-15 MIAC Championsh
Alexandra Johnson	Sr St. Thomas	5:22.70	4/29 Tommie Twilight
Andrea Eglinton	So Gustavus	5:23.50	4/17 Manitou Classic
Lauren Nelson	So Gustavus	5:23.95	4/17 Manitou Classic
Kristen Nelson	Fr St. Benedict	5:24.02	4/24 Macalester Women's
Julie Besenbruch	Fr Carleton	5:24.09	4/10 Hamline Invitation
80			
Kira Spencer	Sr Macalester	5:24.11	4/10 Hamline Invitation
Shannon Mueller	So Carleton	5:24.97	4/17 Manitou Classic
Emma Swinford	So Macalester	5:25.55	4/24 Macalester Women's
Breann MacFadyen	Fr St. Thomas	5:25.67	4/29 Tommie Twilight
Megan Geraghty	Fr St. Thomas	5:25.95	4/17 Manitou Classic
Ashley Acosta	Sr Saint Mary's	5:26.19	3/18 Winona Dual
Eliza Leahy	Fr Macalester	5:27.44	4/17 Manitou Classic
Rachel Mjones	So Concordia Moorhead	5:27.84	4/20 Cobber Twilight
Danielle Miller	Jr Saint Mary's	5:28.26	4/10 Gustavus Adolphus
Carolyne Bocovich	So Hamline	5:29.13	3/27 PLNU Collegiate Sc
90			
Renee Crepeau	Fr St. Catherine	5:29.71	5/1 Hamline Capitol Cit
Kelly Hennessey	Fr St. Olaf	5:30.42	4/29 Tommie Twilight
Mary Beth Kowitz	Sr St. Catherine	5:30.51	5/14-15 MIAC Championsh
Kelly Cargos	Fr Macalester	5:30.82	4/17 Manitou Classic
Hannah Fishman	Fr Macalester	5:33.10	4/17 Manitou Classic
Kelsey Bean	Fr St. Olaf	5:33.45	5/1 Gustie Invitational
Rachel Darling	Jr St. Olaf	5:33.50	5/7 Meet of the UnSaint
Charlotte Sivanich	So St. Olaf	5:34.08	4/24 Macalester Women's
Erica Borden	So St. Thomas	5:34.09	5/1 Hamline Capitol Cit
Tara Dewitt	Sr St. Benedict	5:36.18	5/1 Masanz Invitational
100			
Nara Nelson	Fr St. Thomas	5:36.86	4/29 Tommie Twilight
Katherine Sheldon	Sr Hamline	5:37.55	4/10 Hamline Invitation
Kathryn Ofstad	Fr Gustavus	5:38.18	4/10 Gustavus Adolphus
Hanna Helwig	Fr St. Olaf	5:38.94	4/24 Macalester Women's
Lara Silverman	Jr Carleton	5:41.32	4/17 Manitou Classic
Laurel Orr	Fr Carleton	5:42.00	4/24 St. Mary's Invite
Rachel Anderson	So Hamline	5:42.20	5/7 Meet of the UnSaint
Maria Zownirowycz	So St. Thomas	5:42.71	4/17 Manitou Classic
Heather Dansingburg	So St. Olaf	5:44.75	4/17 Manitou Classic
Rachel Gunsalus	Fr Macalester	5:45.20	4/10 Hamline Invitation
110			
Kristen Tengwall	Jr Bethel	5:45.96	5/1 Howard Wood Dakota
Anna Bernard	So St. Olaf	5:48.45	4/17 Manitou Classic
Sara Gottlieb	Sr Macalester	5:51.95	5/1 Hamline Capitol Cit
Grace Robia	So St. Olaf	5:53.04	4/17 Manitou Classic
Maren Fitzer	Fr Hamline	5:55.08	4/10 Hamline Invitation
Skyler Larrimore	So Macalester	5:58.24	4/24 Macalester Women's
Jill Spitzmueller	So Saint Mary's	6:00.37	3/18 Winona Dual
Cassie Berning	So Saint Mary's	6:00.39	3/18 Winona Dual
Jennifer Jones	Fr St. Olaf	6:18.76	5/1 Gustie Invitational
Libby Magnuson	Fr St. Olaf	6:22.23	4/17 Manitou Classic
120			
Jill Kraemer	Fr St. Benedict	6:26.71	3/27 CSB Invitational
Hannah Sinnwell	Sr St. Olaf	6:36.66	4/17 Manitou Classic
122 entrants			

MILE RUN*

===== NCAA Automatic 4:52.60
 ===== NCAA Provisional 5:00.70

0 entrants

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

3000 METER RUN*

Kristin Mork	Jr Bethel	10:29.47	5/1 Howard Wood Dakota
Emma Lee	Fr St. Olaf	10:46.91c (10:46.91)	4/24 Macalester Women's
Rachel Dean	Fr St. Olaf	11:00.82c (11:00.82)	4/24 Macalester Women's
Tess Carley	Fr Macalester	11:06.59c (11:06.59)	4/24 Macalester Women's
Nellie Adams	Sr St. Olaf	11:13.16c (11:13.16)	4/24 Macalester Women's
Hailey Brenden	Jr Concordia Moorhead	11:13.17	4/10 NDSU Bison Open
Katy Torchia	Jr St. Benedict	11:14.70c (11:14.70)	4/24 Macalester Women's
Kim Rostvold	So Gustavus	11:15.86	4/17 Manitou Classic
Alexandra Johnson	Sr St. Thomas	11:19.72	4/17 Manitou Classic
Maria Altepeter	So St. Thomas	11:31.81	4/17 Manitou Classic

10

Allison Brandt	Fr St. Olaf	11:32.75	4/17 Manitou Classic
Alicia Traut	Jr St. Thomas	11:38.01	4/17 Manitou Classic
Renee Crepeau	Fr St. Catherine	11:41.23	4/17 Manitou Classic
Jessie Zwanziger	Fr St. Thomas	11:41.69	4/17 Manitou Classic
Lauren Nelson	So Gustavus	11:41.93	4/17 Manitou Classic
Maddie Covington	Fr Concordia Moorhead	11:49.19	4/10 NDSU Bison Open
Kelly Hennessey	Fr St. Olaf	11:49.42c (11:49.42)	4/24 Macalester Women's
Jessica Rogers	Fr St. Catherine	11:51.32	4/17 Manitou Classic
Nikki Reed	Sr St. Benedict	11:55.69c (11:55.69)	4/24 Macalester Women's
Andrea Eglinton	So Gustavus	11:59.46	4/17 Manitou Classic

20

Megan Geraghty	Fr St. Thomas	11:59.77c (11:59.77)	4/24 Macalester Women's
Rachel Mjones	So Concordia Moorhead	12:04.02	4/10 NDSU Bison Open
Maggie Smith	Fr St. Benedict	12:12.61c (12:12.61)	4/24 Macalester Women's
Jenna Diercks	Fr Bethel	12:13.96c (12:13.96)	4/24 Macalester Women's
Meredith Bache-Wiig	Fr Gustavus	12:16.44	4/17 Manitou Classic
Sara Gottlieb	Sr Macalester	12:30.00c (12:30.00)	4/24 Macalester Women's
Sarah Hofflander	Jr Gustavus	12:54.50	4/17 Manitou Classic

27 entrants

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

5000 METER RUN

===== NCAA Automatic 16:55.00

Greta Sieve	Sr St. Catherine	16:57.98	4/30 Oregon Relays
Simone Childs-Walker	So Carleton	17:01.75	5/27-29 NCAA Championsh
Marie Borner	Sr Bethel	17:27.76	4/9 Falcon Invitational
Laura Roach	Sr Carleton	17:28.61	4/10 Hamline Invitation
Margot Branigan	Sr Hamline	17:34.5	3/27 PLNU Collegiate Sc

===== NCAA Provisional 17:35.00

Allie Metzler	Jr St. Thomas	17:44.8	3/27 Point Loma Nazaren
Kristin Mork	Jr Bethel	18:02.53	5/7 Meet of the UnSaint
Alison Smyth	So Carleton	18:11.12	4/24 St. Mary's Invite
Erin Lowrey	Sr Macalester	18:11.97	4/10 Hamline Invitation
Maren Westby	So St. Olaf	18:17.32	4/10 Jim Duncan Invitat

10

Taylor ffitich	So Carleton	18:17.56	4/10 Hamline Invitation
Emma Lee	Fr St. Olaf	18:22.72	5/14-15 MIAC Championsh

Vanessa Jones	Sr Gustavus	18:23.63	5/7 Meet of the UnSaint
Beth Hauer	Fr Gustavus	18:28.61	5/14-15 MIAC Championsh
Michaela McLaughlin	Sr St. Olaf	18:29.26	5/14-15 MIAC Championsh
Rachel Dean	Fr St. Olaf	18:32.32	4/29 Tommie Twilight
Alyx Chapman	Sr St. Benedict	18:37.08	3/27 CSB Invitational
Brooke Beskau	Jr Gustavus	18:37.28	4/24 2010 Gac Drake Alt
Katie Schwarz	Jr St. Benedict	18:45.78	4/17 Manitou Classic
Hailey Brenden	Jr Concordia Moorhead	18:46.70	5/1 Masanz Invitational
20			
Kim Rostvold	So Gustavus	18:57.29	4/24 2010 Gac Drake Alt
Alexandra Johnson	Sr St. Thomas	19:01.75	4/10 Hamline Invitation
Katy Torchia	Jr St. Benedict	19:02.92	5/14-15 MIAC Championsh
Sophie Pietrick	Fr St. Olaf	19:05.12	4/17 Manitou Classic
Rachel Glissman	Sr Hamline	19:06.88	4/10 Hamline Invitation
Rebecca Bevans	Fr St. Olaf	19:09.39	5/14-15 MIAC Championsh
Hannah Dennis	So St. Olaf	19:09.60	5/14-15 MIAC Championsh
Kristy Singlestad	So Concordia Moorhead	19:15.74	5/20 North Central Coll
Lauren Carlson	Fr St. Olaf	19:21.35	4/17 Manitou Classic
Nikki Reich	Sr Carleton	19:22.21	4/10 Hamline Invitation
30			
Elisabeth Hanson	Fr Concordia Moorhead	19:25.43	3/27 CSB Invitational
Tess Carley	Fr Macalester	19:27.13	4/17 Manitou Classic
Christine Skopec	Jr St. Thomas	19:30.42	5/14-15 MIAC Championsh
Nellie Adams	Sr St. Olaf	19:34.47	4/17 Manitou Classic
Laurel Ohm	So St. Olaf	19:34.64	4/29 Tommie Twilight
Lauren Nelson	So Gustavus	19:36.10	5/14-15 MIAC Championsh
Alicia Traut	Jr St. Thomas	19:39.51	5/14-15 MIAC Championsh
Nikki Reed	Sr St. Benedict	19:40.05	4/17 Manitou Classic
Anna Hagen	Sr Concordia Moorhead	19:46.74	3/27 CSB Invitational
Rachel Simmer	Sr Hamline	19:51.39	5/14-15 MIAC Championsh
40			
Carolyne Bocovich	So Hamline	19:53.23	4/29 Tommie Twilight
Lauren Howe	Jr Hamline	19:54.42	4/17 Manitou Classic
Allison Brandt	Fr St. Olaf	19:55.98	4/24 Macalester Women's
Eliza Leahy	Fr Macalester	19:57.77	5/7 Meet of the UnSaint
=====	Last 2009 qualifier	19:58.43	
Renee Crepeau	Fr St. Catherine	20:01.57	4/29 Tommie Twilight
Julie Besenbruch	Fr Carleton	20:03.25	4/17 Manitou Classic
Shannon Mueller	So Carleton	20:04.28	4/10 Hamline Invitation
Meredith Bache-Wiig	Fr Gustavus	20:06.69	5/7 Meet of the UnSaint
Ann Bergstrand	So Gustavus	20:07.71	4/24 2010 Gac Drake Alt
Maddie Covington	Fr Concordia Moorhead	20:20.55	4/17 Manitou Classic
50			
Maria Altepeter	So St. Thomas	20:23.07	4/23 Kip Janvrin Invita
Caroline McLaughlin	So Concordia Moorhead	20:25.65	4/24 Al Cassell Relays
Rachel Mjones	So Concordia Moorhead	20:27.40	3/27 CSB Invitational
Jessica Rogers	Fr St. Catherine	20:27.67	4/29 Tommie Twilight
Danielle Miller	Jr Saint Mary's	20:35.90	4/29 Tommie Twilight
Kelsey Bean	Fr St. Olaf	20:43.09	4/17 Manitou Classic
Andrea Eglinton	So Gustavus	20:43.38	5/7 Meet of the UnSaint
Laurel Orr	Fr Carleton	20:54.62	4/29 Tommie Twilight
Kelly Hennessey	Fr St. Olaf	21:01.42	4/17 Manitou Classic
Maggie Smith	Fr St. Benedict	21:03.30	4/29 Tommie Twilight
60			
Katherine Sheldon	Sr Hamline	21:12.93	4/17 Manitou Classic
Sara Gottlieb	Sr Macalester	21:14.43	4/29 Tommie Twilight
Jenna Diercks	Fr Bethel	21:18.41	5/7 Meet of the UnSaint
Jennie Olson	St. Benedict	21:32.59	3/27 CSB Invitational
Sarah Hofflander	Jr Gustavus	21:52.24	5/7 Meet of the UnSaint
Lauren Harden	Fr Gustavus	23:03.56	5/7 Meet of the UnSaint
66 entrants			

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=====	NCAA Automatic	35:48.00	
Simone Childs-Walker	So Carleton	35:51.46	5/27-29 NCAA Championsh
Margot Branigan	Sr Hamline	37:11.08	4/22 Drake Relays
Allie Metzler	Jr St. Thomas	37:14.19	5/14-15 MIAC Championsh
=====	NCAA Provisional	37:30.00	
Kristin Mork	Jr Bethel	37:46.92	4/16 Augie Women's Invi
Taylor ffitch	So Carleton	38:17.55	5/14-15 MIAC Championsh
Erin Lowrey	Sr Macalester	38:35.32	4/17 Manitou Classic
Greta Sieve	Sr St. Catherine	38:37.35	5/14-15 MIAC Championsh
Beth Hauer	Fr Gustavus	38:38.28	5/14-15 MIAC Championsh
Emma Lee	Fr St. Olaf	38:46.74	5/14-15 MIAC Championsh
Katie Schwarz	Jr St. Benedict	39:04.93	3/27 CSB Invitational
10			
Maren Westby	So St. Olaf	39:06.04	4/17 Manitou Classic
Brooke Beskau	Jr Gustavus	39:12.91	4/17 Manitou Classic
Rachel Dean	Fr St. Olaf	39:46.82	5/14-15 MIAC Championsh
Hailey Brenden	Jr Concordia Moorhead	40:02.51	3/27 CSB Invitational
Michaela McLaughlin	Sr St. Olaf	40:11.14	4/17 Manitou Classic
Katy Torchia	Jr St. Benedict	40:19.07	4/17 Manitou Classic
Kristy Singlestad	So Concordia Moorhead	40:47.43	3/27 CSB Invitational
Caroline McLaughlin	So Concordia Moorhead	41:11.72	3/27 CSB Invitational
Carolyn Bocovich	So Hamline	41:33.48	4/17 Manitou Classic
Hannah Dennis	So St. Olaf	42:04.79	4/17 Manitou Classic
20			
Lauren Carlson	Fr St. Olaf	42:06.42	4/9 Falcon Invitational
Laurel Ohm	So St. Olaf	42:07.48	5/14-15 MIAC Championsh
Nikki Reed	Sr St. Benedict	42:18.73	3/27 CSB Invitational
Danielle Miller	Jr Saint Mary's	42:49.33	4/16 Phil Esten Challen
24 entrants			

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[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)
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100 METER HURDLES

=====	NCAA Automatic	14.30	
=====	NCAA Provisional	14.99	
Laura Janas	Sr St. Thomas	15.06[+5.1w]	5/1 Hamline Capitol Cit
Michaela Otto	Sr Bethel	15.26[+0.8w]	5/14-15 MIAC Championsh
Alexa Kleingartner	Jr Concordia Moorhead	15.31[+0.8w]	5/14-15 MIAC Championsh
Tara Ray	Sr Concordia Moorhead	15.38[+0.9w]	5/20 North Central Coll
Abby Furlong	Fr Bethel	15.43[+0.8w]	5/14-15 MIAC Championsh
Julia Renner	So St. Benedict	15.56[+0.8w]	5/14-15 MIAC Championsh
Kaelene Lundstrum	Sr Gustavus	15.56[+0.8w]	5/14-15 MIAC Championsh
Lynn Robohm	So Hamline	15.59[+5.1w]	5/1 Hamline Capitol Cit
Caroline Senungi	So Augsburg	15.62[-0.7w]	4/17 Manitou Classic
Leah Kay	Sr Concordia Moorhead	15.84[+0.8w]	5/27-28 NCAA Heptathlon
10			
Katie Ryan	Fr St. Thomas	15.98[+5.1w]	5/1 Hamline Capitol Cit
Kaari Jensen	Fr Concordia Moorhead	15.99[+4.9w]	4/24 Al Cassell Relays
Janey Helland	Jr Gustavus	16.07	5/6-7 MIAC Heptathlon
Traci Pastors	So St. Thomas	16.14[+3.8w]	5/1 Hamline Capitol Cit
Kathryn Thompson	Sr St. Olaf	16.17[+4.7w]	5/1 Gustie Invitational
Sarah Schmitt	Fr St. Benedict	16.29[+3.4w]	5/1 Masanz Invitational
Laura Sjoberg	So Gustavus	16.30[+4.3w]	4/3 Central Invatationa
Kameron Argiannis	Jr Hamline	16.51	4/10 Hamline Invitation
Ellen Sackrison	Fr Hamline	16.52[+3.8w]	5/1 Hamline Capitol Cit
Michelle Brunik	Jr St. Benedict	16.68[+3.4w]	5/1 Masanz Invitational
20			
Mary Peterson	So Hamline	16.69[+2.1w]	5/7 Meet of the UnSaint
Caroline Haik	So St. Benedict	16.71[+3.4w]	5/1 Masanz Invitational
Clare Murn	Fr St. Benedict	16.73	4/24 Macalester Women's
Emily Swenson	Fr St. Benedict	17.17	5/6-7 MIAC Heptathlon
Rachel Meemken	So Bethel	17.18[+2.1w]	5/7 Meet of the UnSaint
Gina Michaels	Jr St. Thomas	17.25[+3.8w]	5/1 Hamline Capitol Cit
Steph Kortan	Jr St. Benedict	17.32	5/6-7 MIAC Heptathlon
Macey Bentley	Jr Concordia Moorhead	17.32	5/6-7 MIAC Heptathlon

Lindsey Keskey	So St. Benedict	17.36[-1.9w]	5/14-15 MIAC Championsh
Emily Seller	Fr Concordia Moorhead	17.39[-2.3w]	4/17 Manitou Classic
30			
=====	Last 2009 qualifier	17.53	
Chey Reglin	Fr St. Benedict	17.54[-4.6w]	4/10 Norse Relays
Laura Secor	Jr Gustavus	17.79	5/6-7 MIAC Heptathlon
Becca Bryson	Sr Gustavus	17.88	5/6-7 MIAC Heptathlon
Kathryn Geskerman	Fr St. Olaf	17.94[+2.9w]	4/29 Tommie Twilight
Bridget Coffou	Jr Saint Mary's	18.08[+5.0w]	5/1 Warrior Open
Jasmine Ball	Fr Macalester	18.22	4/24 Macalester Women's
Kayla Johnson	Sr St. Olaf	18.31[+3.9w]	5/1 Gustie Invitational
Amy Elson	Sr Carleton	18.48	5/6-7 MIAC Heptathlon
Sabrina Larson-Bushlack	Fr Saint Mary's	18.59[+5.0w]	5/1 Warrior Open
Sabrina Buslack-Larsen	Fr Saint Mary's	18.74	5/6-7 MIAC Heptathlon
40			
Britty Wicklund	Fr St. Catherine	19.03[+3.8w]	5/1 Hamline Capitol Cit
Megan Ternquist	Fr Concordia Moorhead	19.17[+2.9w]	4/29 Tommie Twilight
Kristell Caballero-Sauc	Fr St. Olaf	19.24[+3.9w]	5/1 Gustie Invitational
Jamie Stefely	Fr Saint Mary's	19.72[-0.6w]	4/24 St. Mary's Invite
44 entrants			

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400 METER HURDLES

=====	NCAA Automatic	62.00	
Nikki Arola	Sr St. Thomas	63.20	4/17 Manitou Classic
Janey Helland	Jr Gustavus	63.90	5/14-15 MIAC Championsh
=====	NCAA Provisional	64.20	
Abby Furlong	Fr Bethel	64.21	5/14-15 MIAC Championsh
Kameron Argiannis	Jr Hamline	64.24	5/14-15 MIAC Championsh
Kathryn Thompson	Sr St. Olaf	65.02	5/14-15 MIAC Championsh
Tara Ray	Sr Concordia Moorhead	65.36	5/14-15 MIAC Championsh
Becky Theisen	Jr St. Thomas	65.43	5/14-15 MIAC Championsh
Steph Kortan	Jr St. Benedict	65.97	5/14-15 MIAC Championsh
Kaari Jensen	Fr Concordia Moorhead	66.13	5/14-15 MIAC Championsh
Laura Secor	Jr Gustavus	66.21	5/14-15 MIAC Championsh
10			
Danielle Burgmeier	So Gustavus	66.21	5/7 Meet of the UnSaint
Kaitlin Randolph	So Carleton	66.71	4/24 St. Mary's Invite
Leah Kay	Sr Concordia Moorhead	68.05	4/17 University of Mont
Emily Matthews	Sr Macalester	68.13	5/7 Meet of the UnSaint
Jillian Daleiden	Jr St. Benedict	68.13	4/10 Norse Relays
Megan Hoffman	Fr Concordia Moorhead	69.32	3/27 CSB Invitational
Michelle Brunik	Jr St. Benedict	69.39	5/14-15 MIAC Championsh
Caroline Haik	So St. Benedict	69.81	4/17 Manitou Classic
Julianna Gorder	Jr St. Thomas	70.08	4/10 Hamline Invitation
Macey Bentley	Jr Concordia Moorhead	70.41	4/20 Cobber Twilight
20			
Chey Reglin	Fr St. Benedict	70.87	4/10 Norse Relays
Carissa Bodette	Fr Bethel	71.09	5/14-15 MIAC Championsh
Amy Opsal	So Augsburg	71.48	5/14-15 MIAC Championsh
Laura Janas	Sr St. Thomas	72.64	4/10 Hamline Invitation
Emma Ranum	Fr Concordia Moorhead	72.73	4/29 Tommie Twilight
Ellen Sackrison	Fr Hamline	72.93	5/14-15 MIAC Championsh
Kayla Johnson	Sr St. Olaf	73.17	5/14-15 MIAC Championsh
Gina Michaels	Jr St. Thomas	73.43	4/17 Manitou Classic
Kelsey Eder	Fr St. Catherine	73.45	5/14-15 MIAC Championsh
Sarah Schmitt	Fr St. Benedict	73.50	4/24 Macalester Women's
30			
=====	Last 2009 qualifier	73.57	
Kristell Caballero-Sauc	Fr St. Olaf	74.17	5/14-15 MIAC Championsh
Mary Peterson	So Hamline	75.32	5/14-15 MIAC Championsh
Maggie Bryant	So St. Thomas	77.79	5/1 Hamline Capitol Cit
Amanda Bertrand	Fr Concordia Moorhead	78.40	4/10 NDSU Bison Open
Katie Ryan	Fr St. Thomas	78.44	4/24 Macalester Invitat

35 entrants

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

3000M STEEPLECHASE

Greta Sieve	Sr St. Catherine	10:34.91	4/22 Drake Relays
=====	NCAA Automatic	10:39.00	
Laura Roach	Sr Carleton	10:56.82	4/22 Drake Relays
=====	NCAA Provisional	11:13.00	
Raynee DeGrio	Jr St. Thomas	11:31.24	5/14-15 MIAC Championsh
Lauren Howe	Jr Hamline	11:38.75	5/14-15 MIAC Championsh
Kaycee Knutson	So St. Benedict	11:42.20	5/14-15 MIAC Championsh
Caitlin Schnettler	Jr St. Benedict	11:48.78	4/24 Macalester Women's
Vanessa Jones	Sr Gustavus	11:52.28	4/10 Gustavus Adolphus
Julia Brandes	Jr St. Thomas	12:01.47	5/14-15 MIAC Championsh
Elisabeth Hanson	Fr Concordia Moorhead	12:01.66	5/14-15 MIAC Championsh
Kayla Jelen	Jr Bethel	12:05.52	5/14-15 MIAC Championsh
10			
Sameena Ahmed	So Carleton	12:05.58	5/14-15 MIAC Championsh
Sophie Pietrick	Fr St. Olaf	12:07.41	4/24 Macalester Women's
Caroline McLaughlin	So Concordia Moorhead	12:12.72	4/29 Tommie Twilight
Lauren Carlson	Fr St. Olaf	12:14.29	5/14-15 MIAC Championsh
Nicola Franta	Fr St. Benedict	12:15.29	5/14-15 MIAC Championsh
Kelsey Torchia	Fr St. Benedict	12:17.57	5/14-15 MIAC Championsh
Anna Hagen	Sr Concordia Moorhead	12:23.24	4/29 Tommie Twilight
Nellie Adams	Sr St. Olaf	12:26.27	4/29 Tommie Twilight
Gina Luke	Fr St. Benedict	12:35.58	4/10 Norse Relays
Kelsey Bean	Fr St. Olaf	12:39.12	4/29 Tommie Twilight
20			
Kristy Singlestad	So Concordia Moorhead	12:48.23	4/10 NDSU Bison Open
Carissa Bodette	Fr Bethel	12:59.61	4/24 Macalester Women's
Jill Spitzmueller	So Saint Mary's	13:00.52	4/29 Tommie Twilight
Cassie Berning	So Saint Mary's	13:12.72	4/29 Tommie Twilight
Tara Dewitt	Sr St. Benedict	13:17.18	4/10 Norse Relays
Jill Kraemer	Fr St. Benedict	13:19.11	4/29 Tommie Twilight
Jocelyn Sullivan	So St. Benedict	13:26.93	4/29 Tommie Twilight
Kayla Johnson	Sr St. Olaf	14:09.62	4/17 Manitou Classic

28 entrants

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

4X100 METER RELAY

=====	NCAA Automatic	47.15	
Augsburg	Augsburg	47.88	5/14-15 MIAC Championsh
St. Thomas	St. Thomas	47.90	5/14-15 MIAC Championsh
St. Benedict	St. Benedict	48.32	5/14-15 MIAC Championsh
=====	NCAA Provisional	48.65	
Bethel	Bethel	49.43	5/14-15 MIAC Championsh
Concordia Moorhead	Concordia Moorhead	49.60	5/14-15 MIAC Championsh
St. Catherine	St. Catherine	49.72	5/14-15 MIAC Championsh
St. Olaf	St. Olaf	49.84	5/14-15 MIAC Championsh
Gustavus	Gustavus	50.00	5/14-15 MIAC Championsh
Macalester	Macalester	50.04	5/14-15 MIAC Championsh
Hamline A	Hamline	51.24	4/17 Manitou Classic
10			
Carleton	Carleton	51.37	5/14-15 MIAC Championsh

11 entrants

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

St. Thomas	St. Thomas	3:48.26	5/27-29 NCAA Championsh
=====	NCAA Automatic	3:50.10	
St. Olaf	St. Olaf	3:52.06	5/14-15 MIAC Championsh
Gustavus	Gustavus	3:52.43	5/14-15 MIAC Championsh
St. Catherine	St. Catherine	3:54.67	5/14-15 MIAC Championsh
St. Benedict	St. Benedict	3:55.08	5/14-15 MIAC Championsh
Concordia Moorhead	Concordia Moorhead	3:56.44	5/14-15 MIAC Championsh
=====	NCAA Provisional	3:56.60	
Carleton	Carleton	4:00.63	5/14-15 MIAC Championsh
Hamline	Hamline	4:01.73	5/14-15 MIAC Championsh
Bethel	Bethel	4:02.97	5/14-15 MIAC Championsh
Macalester	Macalester	4:06.66	5/14-15 MIAC Championsh
10			
Augsburg	Augsburg	4:08.27	4/17 Manitou Classic
Saint Mary's	Saint Mary's	4:10.57	5/14-15 MIAC Championsh
12 entrants			

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

St. Thomas	St. Thomas	9:03.58	4/24 Drake Relays
Gustavus	Gustavus	9:22.34	5/14-15 MIAC Championsh
St. Olaf	St. Olaf	9:22.37	5/14-15 MIAC Championsh
St. Catherine	St. Catherine	9:31.68	5/14-15 MIAC Championsh
Hamline	Hamline	9:31.91	5/14-15 MIAC Championsh
St. Benedict	St. Benedict	9:36.53	5/14-15 MIAC Championsh
Saint Mary's	Saint Mary's	9:44.68	5/14-15 MIAC Championsh
Concordia Moorhead	Concordia Moorhead	9:45.18	4/24 Drake Relays
Macalester	Macalester	9:46.83	5/14-15 MIAC Championsh
Carleton	Carleton	9:50.25	5/14-15 MIAC Championsh
10			
Bethel	Bethel	9:58.96	5/14-15 MIAC Championsh
11 entrants			

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

=====	NCAA Automatic	5.83m (19-1 1/2)	
Julia Renner	So St. Benedict	5.57m (18-3 1/4)[+0.3w]	5/14-15 MIAC Championsh
Janey Helland	Jr Gustavus	5.55m (18-2 1/2)[+1.9w]	4/24 2010 Gac Drake Alt
=====	NCAA Provisional	5.55m (18-2 1/2)	
Shanek Telphia	Fr Augsburg	5.44m (17-10 1/4)[+2.0w]	4/28 Holst Invitational
Sarah Baker	Fr Gustavus	5.29m (17-4 1/4)[+2.7w]	4/17 Manitou Classic
Sara Parsons	Fr Concordia Moorhead	5.28m (17-4)[+5.2w]	4/24 Al Cassell Relays
Teri Heinzen	Sr Saint Mary's	5.26m (17-3 1/4)[-1.9w]	4/29 Tommie Twilight
Becca Bryson	Sr Gustavus	5.21m (17-1 1/4)[+2.0w]	4/17 Manitou Classic
Traci Pastoors	So St. Thomas	5.20m (17-0 3/4)	5/8 Meet of the Unsaint
Tara Ray	Sr Concordia Moorhead	5.18m (17-0)[+1.5w]	5/20 North Central Coll

Julianna Gorder	Jr St. Thomas	5.16m (16-11 1/4)[-0.4w]	4/29 Tommie Twilight
10			
Clare Murn	Fr St. Benedict	5.13m (16-10)	5/14-15 MIAC Championsh
Kaari Jensen	Fr Concordia Moorhead	5.10m (16-8 3/4)[+3.0w]	4/17 Manitou Classic
Madelyn Mette	Sr Macalester	5.10m (16-8 3/4)[+1.1w]	4/10 Hamline Invitation
Katrina Gerzema	Fr Concordia Moorhead	5.08m (16-8)[+0.1w]	4/10 NDSU Bison Open
Becky Theisen	Jr St. Thomas	5.07m (16-7 3/4)	5/8 Meet of Unsaintly
Ali Galzki	Sr St. Benedict	5.03m (16-6)[+1.6w]	3/27 CSB Invitational
Sarah Schmitt	Fr St. Benedict	5.02m (16-5 3/4)[+3.4w]	4/17 Manitou Classic
Kaelene Lundstrum	Sr Gustavus	5.02m (16-5 3/4)[+1.2w]	4/10 Gustavus Adolphus
Lauren Rothschiller	Fr Gustavus	4.96m (16-3 1/4)[+1.0w]	5/7 Meet of the UnSaint
Jill Merkle	So Carleton	4.95m (16-3)[-4.6w]	4/29 Tommie Twilight
20			
Emily Klatt	So Gustavus	4.94m (16-2 1/2)[+1.6w]	4/24 2010 Gac Drake Alt
Leah Kay	Sr Concordia Moorhead	4.89m (16-0 1/2)[+4.4w]	4/10 NDSU Bison Open
Jordan Kling	So St. Olaf	4.88m (16-0 1/4)[-3.5w]	4/29 Tommie Twilight
Steph Kortan	Jr St. Benedict	4.87m (15-11 3/4)	5/6-7 MIAC Heptathlon
Michaela Otto	Sr Bethel	4.81m (15-9 1/2)[+2.5w]	4/24 Macalester Women's
=====	Last 2009 qualifier	4.81m (15-9 1/2)	
Lauren TeBrake	Fr Gustavus	4.77m (15-7 3/4)[-0.3w]	5/1 Gustie Invitational
Macey Bentley	Jr Concordia Moorhead	4.75m (15-7)	5/1 Masanz Invitational
Laura Farnam	So Concordia Moorhead	4.66m (15-3 1/2)	4/20 Cobber Twilight
Amy Elson	Sr Carleton	4.60m (15-1 1/4)	5/6-7 MIAC Heptathlon
Gina Michaels	Jr St. Thomas	4.60m (15-1 1/4)[+1.4w]	4/21 Hamline Women's Tw
30			
Erica Roelofs	So Gustavus	4.59m (15-0 3/4)[+1.5w]	4/17 Manitou Classic
Hayley Schnell	Fr St. Thomas	4.55m (14-11 1/4)[+2.2w]	4/28 Holst Invitational
Nicole Ainsworth	Jr Gustavus	4.55m (14-11 1/4)[+0.1w]	4/24 2010 Gac Drake Alt
Jasmin Hardin	Fr St. Catherine	4.51m (14-9 3/4)[+1.6w]	4/17 Manitou Classic
Erin Sherman	Fr Gustavus	4.51m (14-9 3/4)[+0.2w]	4/10 Gustavus Adolphus
Laura Sjoberg	So Gustavus	4.47m (14-8)[+1.8w]	5/1 Gustie Invitational
Emily Swenson	Fr St. Benedict	4.46m (14-7 3/4)	5/6-7 MIAC Heptathlon
Haley Schnell	Fr St. Thomas	4.42m (14-6)[-0.4w]	4/24 Macalester Women's
Laura Secor	Jr Gustavus	4.38m (14-4 1/2)	5/6-7 MIAC Heptathlon
Megan Lundgren	Jr Gustavus	4.33m (14-2 1/2)	4/17 Manitou Classic
40			
Janie Briant	Jr Gustavus	4.33m (14-2 1/2)	4/3 Central Invatationa
Jamie Stefely	Fr Saint Mary's	4.29m (14-1)[+0.7w]	4/28 Holst Invitational
Megan Ternquist	Fr Concordia Moorhead	4.26m (13-11 3/4)	5/1 Masanz Invitational
Kiersten Hansen	Jr Bethel	4.22m (13-10 1/4)[-1.7w]	5/7 Meet of the UnSaint
Lisa Beacher	Fr Gustavus	4.13m (13-6 3/4)[+0.5w]	4/10 Gustavus Adolphus
Brittany Roper	Fr Hamline	4.03m (13-2 3/4)[-0.6w]	4/29 Tommie Twilight
Emily Hansen	Fr Gustavus	4.00m (13-1 1/2)[+2.2w]	4/24 2010 Gac Drake Alt
Sabrina Buslack-Larsen	Fr Saint Mary's	3.94m (12-11 1/4)	5/6-7 MIAC Heptathlon
Sabrina Larson-Bushlack	Fr Saint Mary's	3.85m (12-7 3/4)[+2.1w]	4/21 Hamline Women's Tw

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TRIPLE JUMP

=====	NCAA Automatic	12.00m (39-4 1/2)	
=====	NCAA Provisional	11.36m (37-3 1/4)	
Susan Kenzie	So St. Olaf	11.30m (37-1)	5/14-15 MIAC Championsh
Julia Renner	So St. Benedict	11.25m (36-11)	5/14-15 MIAC Championsh
Tatijana MullerDahlberg	So Concordia Moorhead	11.21m (36-9 1/2)[+1.4w]	4/17 Manitou Classic
Traci Pastoors	So St. Thomas	11.09m (36-4 3/4)[+5.7w]	5/1 Hamline Capitol Cit
Abby Furlong	Fr Bethel	11.02m (36-2)[+0.9w]	5/14-15 MIAC Championsh
Kaari Jensen	Fr Concordia Moorhead	11.02m (36-2)[+4.3w]	4/24 Al Cassell Relays
Lauren Rothschiller	Fr Gustavus	10.94m (35-10 3/4)	5/14-15 MIAC Championsh
Kate Rochat	Fr Macalester	10.82m (35-6)	5/14-15 MIAC Championsh
Ali Galzki	Sr St. Benedict	10.71m (35-1 3/4)[+0.6w]	3/27 CSB Invitational
Leah Kay	Sr Concordia Moorhead	10.63m (34-10 1/2)[+1.9w]	5/14-15 MIAC Championsh
10			
Becca Bryson	Sr Gustavus	10.60m (34-9 1/2)[+6.0w]	5/1 Gustie Invitational
Amy Elson	Sr Carleton	10.41m (34-2)	5/14-15 MIAC Championsh

Alyssa Deutschmann	Jr Concordia Moorhead	10.34m (33-11 1/4)[+0.5w]	4/29 Tommie Twilight
Emily Klatt	So Gustavus	10.30m (33-9 1/2)[+1.2w]	5/14-15 MIAC Championsh
Richelle Johnson	Fr Macalester	10.30m (33-9 1/2)[+2.2w]	4/17 Manitou Classic
Natalie Decker	Fr Concordia Moorhead	10.19m (33-5 1/4)	4/20 Cobber Twilight
Laura Farnam	So Concordia Moorhead	10.08m (33-1)[+3.2w]	5/1 Masanz Invitational
Laura Sjoberg	So Gustavus	10.00m (32-9 3/4)	4/3 Central Invatationa
Macey Bentley	Jr Concordia Moorhead	9.99m (32-9 1/2)	4/20 Cobber Twilight
Ashley Carney	Fr Augsburg	9.99m (32-9 1/2)[-1.0w]	3/20 Emory Invitational
20			
Sarah Schmitt	Fr St. Benedict	9.90m (32-5 3/4)[-1.1w]	4/17 Manitou Classic
Kate Stephens	Fr St. Benedict	9.89m (32-5 1/2)[+1.5w]	4/10 Norse Relays
Kelsey Jensen	Fr Gustavus	9.81m (32-2 1/4)	4/24 2010 Gac Drake Alt
Caroline Haik	So St. Benedict	9.74m (31-11 1/2)[+2.9w]	4/10 Norse Relays
Katelyn Anderson	Jr Hamline	9.66m (31-8 1/2)[+2.3w]	5/1 Hamline Capitol Cit
Marie O'Neil	Fr St. Catherine	9.65m (31-8)[-0.9w]	4/29 Tommie Twilight
=====	Last 2009 qualifier	9.62m (31-6 3/4)	
Megan Ternquist	Fr Concordia Moorhead	9.61m (31-6 1/2)[+2.2w]	5/1 Masanz Invitational
Erin Sherman	Fr Gustavus	9.55m (31-4)	4/10 Gustavus Adolphus
Lauren TeBrake	Fr Gustavus	9.50m (31-2)[+1.5w]	4/24 2010 Gac Drake Alt
Amelia Schmidt	So Gustavus	9.37m (30-9)[+1.9w]	4/24 2010 Gac Drake Alt
30			
Stacey Sellner	Sr Concordia Moorhead	9.31m (30-6 1/2)[+5.3w]	4/24 Al Cassell Relays
Lisa Beacher	Fr Gustavus	8.95m (29-4 1/2)	4/3 Central Invatationa
32 entrants			

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SHOT PUT

=====	NCAA Automatic	14.20m (46-7 1/4)	
Sam Broderius	Jr Gustavus	13.67m (44-10 1/4)	5/27-29 NCAA Championsh
Sami Larson	Sr St. Catherine	13.11m (43-0 1/4)	5/14-15 MIAC Championsh
=====	NCAA Provisional	12.90m (42-4)	
Becky Culp	Fr Hamline	12.47m (40-11)	5/14-15 MIAC Championsh
Socorro Booker	Fr Saint Mary's	12.41m (40-8 3/4)	5/1 Warrior Open
Nicole Flackey	Fr St. Thomas	12.40m (40-8 1/4)	4/10 Hamline Invitation
Kaelene Lundstrum	Sr Gustavus	12.38m (40-7 1/2)	5/14-15 MIAC Championsh
Coco Booker	Fr Saint Mary's	12.29m (40-4)	4/28 Holst Invitational
Jenna Lewis	Sr St. Thomas	12.22m (40-1 1/4)	5/14-15 MIAC Championsh
Celestine Ventura	Sr St. Catherine	12.19m (40-0)	4/9 Falcon Invitational
Kristen Warren	Jr Concordia Moorhead	12.17m (39-11 1/4)	5/14-15 MIAC Championsh
10			
Robyn Wernberg	Jr Hamline	12.16m (39-10 3/4)	5/14-15 MIAC Championsh
Sarah Lemke	Jr St. Thomas	11.91m (39-1)	4/10 Hamline Invitation
Jamie Kelly	So St. Catherine	11.76m (38-7)	5/14-15 MIAC Championsh
Felisha Willaert	Jr St. Thomas	11.76m (38-7)	4/21 Hamline Women's Tw
Amy Maas	So St. Thomas	11.76m (38-7)	4/17 Manitou Classic
Diana Scott	Sr Gustavus	11.70m (38-4 3/4)	5/14-15 MIAC Championsh
Megan Endresen	So Gustavus	11.46m (37-7 1/4)	5/7 Meet of the UnSaint
Larissa Hansmeier	Jr Concordia Moorhead	11.16m (36-7 1/2)	3/27 CSB Invitational
Liz Winkelman	Fr Hamline	11.07m (36-4)	5/14-15 MIAC Championsh
Leah Kay	Sr Concordia Moorhead	10.81m (35-5 3/4)	5/27-28 NCAA Heptathlon
20			
=====	Last 2009 qualifier	10.68m (35-0 1/2)	
Kierstin Nygaard	Jr Concordia Moorhead	10.67m (35-0 1/4)	4/10 NDSU Bison Open
Laura Rahman	Sr Concordia Moorhead	10.62m (34-10 1/4)	5/1 Masanz Invitational
Heidi Golliet	Sr St. Benedict	10.45m (34-3 1/2)	3/27 CSB Invitational
Erin Leyden	Jr Augsburg	10.39m (34-1 1/4)	5/7 Meet of the UnSaint
Elissa Walter	Fr Carleton	10.15m (33-3 3/4)	4/29 Tommie Twilight
Sabrina Larson-Bushlack	Fr Saint Mary's	9.99m (32-9 1/2)	4/28 Holst Invitational
Rebecca Zenefski	Sr St. Catherine	9.89m (32-5 1/2)	4/24 Macalester Women's
Averyl LaSalle	Fr St. Catherine	9.66m (31-8 1/2)	4/9 Falcon Invitational
Jocelyn Norman	Fr St. Benedict	9.59m (31-5 3/4)	4/10 Norse Relays
Rachel Gottesman	Fr Carleton	9.54m (31-3 3/4)	4/24 St. Mary's Invite
30			
Maya Keith	Fr Augsburg	9.54m (31-3 3/4)	4/10 Hamline Invitation

Jess Ptachick	Jr St. Olaf	9.52m (31-2 3/4)	4/24 Macalester Women's
Janey Helland	Jr Gustavus	9.51m (31-2 1/2)	4/3 Central Invatationa
Allyson Hannemann	So Gustavus	9.50m (31-2)	5/7 Meet of the UnSaint
Becca Bryson	Sr Gustavus	9.50m (31-2)	4/17 Manitou Classic
Sabrina Buslack-Larsen	Fr Saint Mary's	9.31m (30-6 1/2)	5/6-7 MIAC Heptathlon
Tara Ray	Sr Concordia Moorhead	9.11m (29-10 3/4)	5/6-7 MIAC Heptathlon
Clare Murn	Fr St. Benedict	9.02m (29-7 1/4)	5/6-7 MIAC Heptathlon
Amy Wenzel	Fr Augsburg	8.99m (29-6)	4/28 Holst Invitational
Jamie Stefely	Fr Saint Mary's	8.85m (29-0 1/2)	4/10 Gustavus Adolphus
40			
Amanda Koehler	Jr St. Benedict	8.82m (28-11 1/4)	4/10 Norse Relays
Laura Gonshorowski	Fr Concordia Moorhead	8.74m (28-8 1/4)	3/27 CSB Invitational
Steph Kortan	Jr St. Benedict	8.58m (28-1 3/4)	5/6-7 MIAC Heptathlon
Gina Michaels	Jr St. Thomas	8.58m (28-1 3/4)	5/6-7 MIAC Heptathlon
Lynn Robohm	So Hamline	8.47m (27-9 1/2)	4/28 Holst Invitational
Laura Secor	Jr Gustavus	8.36m (27-5 1/4)	4/24 2010 Gac Drake Alt
Clare Franco	So Carleton	8.20m (26-11)	4/10 Hamline Invitation
Andria Welsh	Sr St. Benedict	8.03m (26-4 1/4)	4/29 Tommie Twilight
Amy Elson	Sr Carleton	7.85m (25-9 1/4)	4/10 Hamline Invitation
Kaari Jensen	Fr Concordia Moorhead	7.84m (25-8 3/4)	5/6-7 MIAC Heptathlon
50			
Jessa Youso	Fr Carleton	7.74m (25-4 3/4)	4/10 Hamline Invitation
Katie Scepaniak	So St. Benedict	7.51m (24-7 3/4)	4/29 Tommie Twilight
Macey Bentley	Jr Concordia Moorhead	7.25m (23-9 1/2)	5/6-7 MIAC Heptathlon
Emily Swenson	Fr St. Benedict	7.12m (23-4 1/2)	5/6-7 MIAC Heptathlon
Mary-Michael Vance	Jr Concordia Moorhead	7.12m (23-4 1/2)	3/27 CSB Invitational
Karen Kiser	So Macalester	6.94m (22-9 1/4)	5/1 Hamline Capitol Cit

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DISCUS THROW

=====	NCAA Automatic	47.00m (154-2)	
Sam Broderius	Jr Gustavus	44.95m (147-5)	5/1 Gustie Invitational
Becky Culp	Fr Hamline	43.92m (144-1)	5/1 Hamline Capitol Cit
Robyn Wernberg	Jr Hamline	43.79m (143-8)	5/20 UWL National Quail
Felisha Willaert	Jr St. Thomas	43.26m (141-11)	4/17 Manitou Classic
Amy Maas	So St. Thomas	41.77m (137-0)	5/7 Meet of the UnSaint
=====	NCAA Provisional	41.50m (136-2)	
Nicole Heitmann	Jr Saint Mary's	40.46m (132-9)	5/7 Central Open
Emily Davis	Jr Concordia Moorhead	40.42m (132-7)	4/17 Manitou Classic
Megan Endresen	So Gustavus	40.37m (132-5)	5/1 Gustie Invitational
Kierstin Nygaard	Jr Concordia Moorhead	39.37m (129-2)	4/24 Al Cassell Relays
Allyson Hannemann	So Gustavus	39.25m (128-9)	5/1 Gustie Invitational
10			
Celestine Ventura	Sr St. Catherine	38.74m (127-1)	3/27 PLNU Collegiate Sc
Brenna Coyle	So Hamline	37.42m (122-9)	5/1 Hamline Capitol Cit
Anna Bauer	Sr Gustavus	36.99m (121-4)	4/24 2010 Gac Drake Alt
Jenna Lewis	Sr St. Thomas	36.39m (119-4)	5/1 Hamline Capitol Cit
Laura Rahman	Sr Concordia Moorhead	36.39m (119-4)	4/17 Manitou Classic
Kristen Warren	Jr Concordia Moorhead	36.30m (119-1)	4/29 Tommie Twilight
Kelly Lovett	Jr Carleton	36.05m (118-3)	4/24 St. Mary's Invite
Jamie Kelly	So St. Catherine	35.99m (118-1)	5/1 Hamline Capitol Cit
Larissa Hansmeier	Jr Concordia Moorhead	35.49m (116-5)	4/24 Al Cassell Relays
=====	Last 2009 qualifier	35.25m (115-7)	
Averyl LaSalle	Fr St. Catherine	35.07m (115-0)	5/1 Hamline Capitol Cit
20			
Nicole Flackey	Fr St. Thomas	33.91m (111-3)	4/10 Hamline Invitation
Kjersten Karlsgodt	Jr Bethel	33.56m (110-1)	5/7 Meet of the UnSaint
Jocelyn Norman	Fr St. Benedict	32.00m (105-0)	4/10 Norse Relays
Maria Gans	Jr St. Benedict	31.55m (103-6)	3/27 CSB Invitational
AnnMarie Eliason	Fr St. Olaf	30.91m (101-5)	5/1 Gustie Invitational
Jessa Youso	Fr Carleton	30.82m (101-1)	5/1 Gustie Invitational
Laura Gonshorowski	Fr Concordia Moorhead	30.58m (100-4)	4/24 Al Cassell Relays
Heidi Golliet	Sr St. Benedict	30.25m (99-3)	4/29 Tommie Twilight

Joleen Sterner	Jr St. Catherine	29.94m (98-3)	4/29 Tommie Twilight
Maya Keith	Fr Augsburg	29.49m (96-9)	4/21 Hamline Women's Tw
30			
Brianne Thompson	So Concordia Moorhead	27.90m (91-6)	4/29 Tommie Twilight
Amy Wenzel	Fr Augsburg	26.35m (86-5)	4/17 Manitou Classic
Erica Holo	So Concordia Moorhead	25.65m (84-2)	3/27 CSB Invitational
Carmen Dischinger	Fr Bethel	25.46m (83-6)	5/1 Howard Wood Dakota
Amanda Koehler	Jr St. Benedict	25.24m (82-10)	4/10 Norse Relays
Andria Welsh	Sr St. Benedict	17.46m (57-3 1/2)	3/27 CSB Invitational

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HAMMER THROW

=====	NCAA Automatic	53.00m (173-11)	
Jenna Lewis	Sr St. Thomas	50.02m (164-1)	5/7 Meet of the UnSaint
Megan Honan	Sr St. Thomas	48.66m (159-8)	4/10 Hamline Invitation
Sara Harstad	Jr Saint Mary's	47.14m (154-8)	5/14-15 MIAC Championsh
Robyn Wernberg	Jr Hamline	47.13m (154-7)	4/21 Hamline Women's Tw
=====	NCAA Provisional	46.92m (153-11)	
Nicole Flackey	Fr St. Thomas	45.91m (150-7)	5/1 Hamline Capitol Cit
Sarah Lemke	Jr St. Thomas	45.88m (150-6)	4/10 Hamline Invitation
Diana Scott	Sr Gustavus	45.51m (149-3)	5/14-15 MIAC Championsh
Emily Davis	Jr Concordia Moorhead	45.22m (148-4)	5/1 Masanz Invitational
Brenna Coyle	So Hamline	45.19m (148-3)	5/14-15 MIAC Championsh
Anna Bauer	Sr Gustavus	44.95m (147-5)	5/1 Gustie Invitational

10

Celestine Ventura	Sr St. Catherine	43.75m (143-6)	4/24 Macalester Women's
Heidi Golliet	Sr St. Benedict	43.07m (141-3)	5/14-15 MIAC Championsh
Erin Leyden	Jr Augsburg	42.71m (140-1)	5/7 Meet of the UnSaint
Sam Broderius	Jr Gustavus	41.91m (137-6)	5/14-15 MIAC Championsh
Kierstin Nygaard	Jr Concordia Moorhead	41.64m (136-7)	4/20 Cobber Twilight
Kassondra Burtis	So Saint Mary's	41.02m (134-7)	5/1 Warrior Open
Sami Larson	Sr St. Catherine	40.80m (133-10)	4/9 Falcon Invitational
Megan Endresen	So Gustavus	40.47m (132-9)	5/7 Meet of the UnSaint
Becky Culp	Fr Hamline	39.18m (128-6)	5/7 Meet of the UnSaint
Laura Gonshorowski	Fr Concordia Moorhead	38.46m (126-2)	5/1 Masanz Invitational

20

Maria Gans	Jr St. Benedict	38.13m (125-1)	4/17 Manitou Classic
Allyson Hannemann	So Gustavus	38.04m (124-10)	5/7 Meet of the UnSaint
Averyl LaSalle	Fr St. Catherine	37.71m (123-8)	4/29 Tommie Twilight
=====	Last 2009 qualifier	37.49m (123-0)	
Larissa Hansmeier	Jr Concordia Moorhead	36.59m (120-0)	5/1 Masanz Invitational
Becca Sawyer-Smith	So St. Olaf	35.43m (116-3)	4/29 Tommie Twilight
Jocelyn Norman	Fr St. Benedict	35.32m (115-10)	4/24 Macalester Women's
Liz Winkelman	Fr Hamline	34.58m (113-5)	5/1 Hamline Capitol Cit
Amanda Koehler	Jr St. Benedict	33.37m (109-5)	5/1 Masanz Invitational
Coco Booker	Fr Saint Mary's	31.97m (104-10)	4/21 Hamline Women's Tw
Kaisha Gomez	Fr Bethel	31.14m (102-2)	5/7 Meet of the UnSaint

30

Carmen Dischinger	Fr Bethel	30.58m (100-4)	5/1 Howard Wood Dakota
Andria Welsh	Sr St. Benedict	30.58m (100-4)	3/27 CSB Invitational
Maya Keith	Fr Augsburg	29.38m (96-5)	5/7 Meet of the UnSaint
Chase Davidson	So Saint Mary's	28.28m (92-9)	4/24 St. Mary's Invite
Kim McClintick	Sr St. Olaf	26.04m (85-5)	4/29 Tommie Twilight
Amy Wenzel	Fr Augsburg	25.13m (82-5)	4/28 Holst Invitational
Katie Scepaniak	So St. Benedict	17.32m (56-10)	4/24 Macalester Women's

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JAVELIN THROW

Kyley Crotty	Sr St. Thomas	45.72m (150-0)	5/27-29 NCAA Championsh
Leah Kay	Sr Concordia Moorhead	44.70m (146-8)	5/27-28 NCAA Heptathlon
=====	NCAA Automatic	44.20m (145-0)	
Kelly Lovett	Jr Carleton	44.19m (144-11)	5/27-29 NCAA Championsh
Katherine Brott	Jr Concordia Moorhead	39.00m (127-11)	4/20 Cobber Twilight
=====	NCAA Provisional	39.00m (127-11)	
Becca Bryson	Sr Gustavus	35.96m (118-0)	5/14-15 MIAC Championsh
Kristen Warren	Jr Concordia Moorhead	35.12m (115-3)	5/14-15 MIAC Championsh
Tara Ray	Sr Concordia Moorhead	34.94m (114-7)	4/10 NDSU Heptathlon
Rachel Borka	Jr St. Thomas	34.53m (113-3)	4/10 Hamline Invitation
Janey Helland	Jr Gustavus	34.02m (111-7)	5/14-15 MIAC Championsh
Sami Larson	Sr St. Catherine	33.74m (110-8)	4/24 Macalester Women's
10			
Kaelene Lundstrum	Sr Gustavus	31.71m (104-0)	4/10 Gustavus Adolphus
Kaari Jensen	Fr Concordia Moorhead	31.59m (103-7)	5/14-15 MIAC Championsh
Maria Gans	Jr St. Benedict	31.47m (103-3)	5/14-15 MIAC Championsh
Sarah Peterson	Jr Concordia Moorhead	31.42m (103-1)	4/10 NDSU Bison OPEN
Erica Holo	So Concordia Moorhead	30.65m (100-6)	3/27 CSB Invitational
Jill Merkle	So Carleton	30.45m (99-11)	4/29 Tommie Twilight
Brianne Thompson	So Concordia Moorhead	29.98m (98-4)	5/14-15 MIAC Championsh
Mary-Michael Vance	Jr Concordia Moorhead	29.71m (97-5)	5/14-15 MIAC Championsh
=====	Last 2009 qualifier	29.50m (96-9)	
Rachel Gottesman	Fr Carleton	28.64m (93-11)	4/24 St. Mary's Invite
Laura Secor	Jr Gustavus	28.40m (93-2)	5/6-7 MIAC Heptathlon
20			
Kjersten Karlsgodt	Jr Bethel	28.10m (92-2)	4/9 Falcon Invitational
Caroline Haik	So St. Benedict	27.84m (91-4)	3/27 CSB Invitational
Rebecca Zenefski	Sr St. Catherine	27.62m (90-7)	4/24 Macalester Women's
Steph Kortan	Jr St. Benedict	27.61m (90-7)	5/6-7 MIAC Heptathlon
Megan Schefter	Concordia Moorhead	27.34m (89-8)	3/27 CSB Invitational
Nicole Ainsworth	Jr Gustavus	26.64m (87-5)	4/24 2010 Gac Drake Alt
Sabrina Larson-Bushlack	Fr Saint Mary's	26.60m (87-3)	5/1 Warrior Open
Amy Maas	So St. Thomas	26.29m (86-3)	4/21 Hamline Women's Tw
Kaitlyn Lorsbach	So St. Olaf	25.85m (84-9)	5/1 Gustie Invitational
Elissa Walter	Fr Carleton	25.56m (83-10)	4/24 St. Mary's Invite
30			
Jessa Youso	Fr Carleton	25.24m (82-10)	5/1 Gustie Invitational
Becca Sawyer-Smith	So St. Olaf	24.73m (81-1)	5/1 Gustie Invitational
Clare Franco	So Carleton	24.10m (79-1)	4/10 Hamline Invitation
Nicole Reynard	So Saint Mary's	24.00m (78-9)	3/18 Winona Dual
Sara Harstad	Jr Saint Mary's	23.66m (77-7 1/2)	4/21 Hamline Women's Tw
Kate Stephens	Fr St. Benedict	23.13m (75-10 3/4)	4/29 Tommie Twilight
Carmen Dischinger	Fr Bethel	23.11m (75-10)	4/17 Manitou Classic
Jamie Stefely	Fr Saint Mary's	22.86m (75-0)	4/24 St. Mary's Invite
Sabrina Buslack-Larsen	Fr Saint Mary's	22.68m (74-5)	5/6-7 MIAC Heptathlon
Macey Bentley	Jr Concordia Moorhead	22.48m (73-9)	4/10 NDSU Heptathlon
40			
Christina Lidberg	Fr Hamline	22.34m (73-3 1/2)	5/7 Meet of the UnSaint
Andria Welsh	Sr St. Benedict	21.62m (70-11 1/4)	4/29 Tommie Twilight
Becky Theisen	Jr St. Thomas	21.51m (70-7)	4/17 Manitou Classic
Karen Kiser	So Macalester	21.29m (69-10 1/4)	5/1 Hamline Capitol Cit
Callie Knaeble	So St. Olaf	20.77m (68-1 3/4)	4/29 Tommie Twilight
Clare Murn	Fr St. Benedict	20.32m (66-8)	4/17 Manitou Classic
Jocelyn Norman	Fr St. Benedict	20.07m (65-10 1/4)	4/10 Norse Relays
Kim McClintick	Sr St. Olaf	19.82m (65-0 1/2)	4/29 Tommie Twilight
Kaisha Gomez	Fr Bethel	19.70m (64-7 3/4)	4/9 Falcon Invitational
Amy Elson	Sr Carleton	19.25m (63-2)	4/24 St. Mary's Invite
50			
Tasha Harr	Fr St. Benedict	18.48m (60-7 3/4)	4/10 Norse Relays
Gina Michaels	Jr St. Thomas	17.88m (58-8)	5/6-7 MIAC Heptathlon
Emily Swenson	Fr St. Benedict	16.82m (55-2 1/4)	4/17 Manitou Classic
Rachel Darling	Jr St. Olaf	16.70m (54-9 1/2)	4/29 Tommie Twilight
Kassondra Burtis	So Saint Mary's	16.60m (54-5 1/2)	3/18 Winona Dual
Chase Davidson	So Saint Mary's	14.53m (47-8)	4/24 St. Mary's Invite

56 entrants

HIGH JUMP

=====	NCAA Automatic	1.71m (5-7 1/4)	
Leah Kay	Sr Concordia Moorhead	1.65m (5-5)	5/14-15 MIAC Championsh
=====	NCAA Provisional	1.65m (5-5)	
Julia Renner	So St. Benedict	1.62m (5-3 3/4)	5/27-29 NCAA Championsh
Kaelene Lundstrum	Sr Gustavus	1.62m (5-3 3/4)	5/27-29 NCAA Championsh
Janey Helland	Jr Gustavus	1.61m (5-3 1/4)	5/6-7 MIAC Heptathlon
Alyssa Deutschmann	Jr Concordia Moorhead	1.60m (5-3)	4/29 Tommie Twilight
Lynn Robohm	So Hamline	1.60m (5-3)	4/17 Manitou Classic
Sarah Baker	Fr Gustavus	1.60m (5-3)	4/10 Gustavus Adolphus
Kari Whitney	Fr Bethel	1.56m (5-1 1/4)	5/14-15 MIAC Championsh
Holly Schiederemayer	So Macalester	1.55m (5-1)	5/1 Hamline Capitol Cit
Audrey Mills	So Macalester	1.53m (5-0 1/4)	4/17 Manitou Classic
10			
Becca Bryson	Sr Gustavus	1.52m (4-11 3/4)	5/6-7 MIAC Heptathlon
Tara Ray	Sr Concordia Moorhead	1.52m (4-11 3/4)	4/10 NDSU Heptathlon
Tatijana MullerDahlberg	So Concordia Moorhead	1.51m (4-11 1/2)	5/14-15 MIAC Championsh
Kyla Walter	Jr Carleton	1.51m (4-11 1/2)	5/14-15 MIAC Championsh
Lauren West	Fr Bethel	1.50m (4-11)	4/24 Macalester Women's
Ellen Hawley	Fr St. Olaf	1.50m (4-11)	4/29 Tommie Twilight
Kaari Jensen	Fr Concordia Moorhead	1.49m (4-10 1/2)	4/10 NDSU Heptathlon
Abby Karl	Jr Gustavus	1.47m (4-9 3/4)	4/3 Central Invatationa
Sabrina Larson-Bushlack	Fr Saint Mary's	1.47m (4-9 3/4)	3/18 Winona Dual
Sabrina Buslack-Larsen	Fr Saint Mary's	1.46m (4-9 1/2)	5/6-7 MIAC Heptathlon
20			
Macey Bentley	Jr Concordia Moorhead	1.46m (4-9 1/2)	5/6-7 MIAC Heptathlon
Amy Elson	Sr Carleton	1.46m (4-9 1/2)	5/6-7 MIAC Heptathlon
Emily Swenson	Fr St. Benedict	1.46m (4-9 1/2)	5/6-7 MIAC Heptathlon
Becca Neuger	Jr St. Olaf	1.45m (4-9)	4/24 Macalester Women's
Kjersten Karlsgodt	Jr Bethel	1.45m (4-9)	5/7 Meet of the UnSaint
Katelyn Anderson	Jr Hamline	1.45m (4-9)	4/29 Tommie Twilight
Britney Daniel	Jr St. Thomas	1.45m (4-9)	5/1 Hamline Capitol Cit
Emily Hansen	Fr Gustavus	1.45m (4-9)	5/1 Gustie Invitational
Erica Bullert	Fr Bethel	1.45m (4-9)	4/9 Falcon Invitational
Kathryn Geskerman	Fr St. Olaf	1.45m (4-9)	4/9 Falcon Invitational
30			
Michelle Brunik	Jr St. Benedict	1.45m (4-9)	3/27 CSB Invitational
Billye Nelson	So Hamline	1.43m (4-8 1/4)	4/17 Manitou Classic
Clare Murn	Fr St. Benedict	1.42m (4-7 3/4)	4/11 CSB Heptathlon
Erica Holo	So Concordia Moorhead	1.42m (4-7 3/4)	4/10 NDSU Bison Open
=====	Last 2009 qualifier	1.41m (4-7 1/2)	
Chanda Cheung	Fr Macalester	1.40m (4-7)	5/7 Meet of the UnSaint
Stacey Sellner	Sr Concordia Moorhead	1.40m (4-7)	5/1 Masanz Invitational
Jamie Stefely	Fr Saint Mary's	1.40m (4-7)	4/21 Hamline Women's Tw
Gina Michaels	Jr St. Thomas	1.40m (4-7)	3/27 Point Loma Nazaren
Laura Secor	Jr Gustavus	1.37m (4-6)	5/6-7 MIAC Heptathlon
Marie O'Neil	Fr St. Catherine	1.35m (4-5)	4/24 Macalester Women's
40			
Steph Kortan	Jr St. Benedict	1.35m (4-5)	5/1 Masanz Invitational
41 entrants			

POLE VAULT

=====	NCAA Automatic	3.86m (12-8)	
Danielle Busch	Fr St. Benedict	3.68m (12-0 3/4)	5/14-15 MIAC Championsh
Amie Fillmore	Sr St. Olaf	3.60m (11-9 3/4)	4/21 Hamline Women's Tw
=====	NCAA Provisional	3.55m (11-7 3/4)	
Allyson Voss	Fr Gustavus	3.42m (11-2 1/2)	4/24 2010 Gac Drake Alt

Britney Daniel	Jr St. Thomas	3.30m (10-10)	4/21 Hamline Women's Tw
Brittany Tuberg	Fr Augsburg	3.30m (10-10)	4/21 Hamline Women's Tw
Jennifer Ampe	Jr St. Catherine	3.28m (10-9)	5/14-15 MIAC Championsh
Megan Erlandson	So Carleton	3.26m (10-8 1/4)	4/24 St. Mary's Invite
Kristina Popov	Jr St. Catherine	3.25m (10-8)	4/9 Falcon Invitational
Stephanie Jenkins	Fr Hamline	3.21m (10-6 1/4)	5/7 Meet of the UnSaint
Angela McGehee	Jr St. Thomas	3.21m (10-6 1/4)	4/29 Tommie Twilight
10			
Arlene Behling	Jr Hamline	3.15m (10-4)	5/1 Hamline Capitol Cit
Katelyn Anderson	Jr Hamline	3.13m (10-3 1/4)	5/14-15 MIAC Championsh
Holly Hoffman	So Gustavus	3.13m (10-3 1/4)	5/14-15 MIAC Championsh
Kelley Frost	Jr Bethel	3.13m (10-3 1/4)	5/14-15 MIAC Championsh
Carly Braun	Fr Hamline	3.10m (10-2)	4/17 Manitou Classic
Tessa Comstock	So Concordia Moorhead	3.05m (10-0)	4/20 Cobber Twilight
Chey Reglin	Fr St. Benedict	2.95m (9-8)	4/17 Manitou Classic
=====	Last 2009 qualifier	2.95m (9-8)	
Kaitlyn Lorsbach	So St. Olaf	2.91m (9-6 1/2)	4/24 Macalester Women's
Sarah Peterson	Jr Concordia Moorhead	2.65m (8-8 1/4)	4/17 Manitou Classic
Rhiannon LeGarde	Fr St. Benedict	2.61m (8-6 3/4)	4/24 Macalester Women's
20			
Kate Stephens	Fr St. Benedict	2.46m (8-0 3/4)	4/29 Tommie Twilight
Katrina Gerzema	Fr Concordia Moorhead	2.45m (8-0 1/2)	4/24 Al Cassell Relays
Natasha Wright	So St. Thomas	2.30m (7-6 1/2)	4/10 Hamline Invitation
Katie Scepaniak	So St. Benedict	1.98m (6-6)	4/10 Norse Relays
24 entrants			

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

HEPTATHLON

Leah Kay	Sr Concordia Moorhead	4812	5/27-28 NCAA Heptathlon
Janey Helland	Jr Gustavus	4722	5/27-29 NCAA Championsh
=====	NCAA Automatic	4575	
Kaelene Lundstrum	Sr Gustavus	4457	5/14-15 MIAC Championsh
Tara Ray	Sr Concordia Moorhead	4249	5/14-15 MIAC Championsh
=====	NCAA Provisional	4100	
Kaari Jensen	Fr Concordia Moorhead	3962	5/14-15 MIAC Championsh
Steph Kortan	Jr St. Benedict	3791	5/14-15 MIAC Championsh
Clare Murn	Fr St. Benedict	3790	5/14-15 MIAC Championsh
Laura Secor	Jr Gustavus	3560	5/14-15 MIAC Championsh
Macey Bentley	Jr Concordia Moorhead	3487	5/14-15 MIAC Championsh
Becca Bryson	Sr Gustavus	3455	5/14-15 MIAC Championsh
10			
Amy Elson	Sr Carleton	3321	5/14-15 MIAC Championsh
Gina Michaels	Jr St. Thomas	3261	5/14-15 MIAC Championsh
Emily Swenson	Fr St. Benedict	3127	5/14-15 MIAC Championsh
Sabrina Buslack-Larsen	Fr Saint Mary's	3118	5/14-15 MIAC Championsh
14 entrants			

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