



MIAC Outdoor Performance Lists Women

As of May 30, 2016

Last updated May 30, 2016 10:56 AM

"*" 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

=====	2015 NCAA qualifier	12.09	
Shakeela Wells-Johnson	Jr St. Catherine	12.18[+4.0w]	4/16 Holst Invitational
Callie Jones	Jr Augsburg	12.32[+3.2w]	5/19 Ncaa Qualifier @ Uw
Katie Murray	So St. Thomas	12.46[+4.0w]	4/16 Holst Invitational
Amelia Campbell	Sr Carleton	12.46[+3.7w]	4/16 Holst Invitational
Hannah Lundstrom	So Concordia Moorhead	12.47[+4.6w]	4/16 Lee Krough Invitat
Kara Komoto	Jr Macalester	12.49[+2.3w]	May 13, MIAC Outdoor Ch
Jillian Krier	Jr Bethel	12.49[+3.4w]	5/7 Meet of the UnSaint
McKayla Stowell	Fr Gustavus	12.56[+3.4w]	5/7 Meet of the UnSaint
Megan Maki	Jr St. Thomas	12.59[+1.9w]	5/4 Tommie Twilight
Hannah Pollard-Garber	Sr Macalester	12.61[+3.3w]	4/16 Holst Invitational
10			
Hannah Sonsalla	So Macalester	12.64[+3.4w]	5/7 Meet of the UnSaint
Abby Stets	So St. Olaf	12.65[+2.7w]	4/16 Holst Invitational
Katelyn Marciniak	Fr St. Thomas	12.74[+3.3w]	4/16 Holst Invitational
Lillie Meakim	So St. Olaf	12.76[+2.8w]	4/16 Holst Invitational
Becca Dup	Fr Saint Mary's	12.78[+3.1w]	4/16 Lee Krough Invitat
Gift Ben-Bernard	Fr Concordia Moorhead	12.80[+1.5w]	5/4 Tommie Twilight
Carolyn Saulsberry	Sr Hamline	12.80[+2.4w]	4/11 Hamline Invitation
Brittany Moore	Sr St. Catherine	12.81[+3.7w]	4/16 Holst Invitational
Kaitlin Bembenek	Sr Gustavus	12.86[+1.8w]	4/30 14th Annual Drake
Danielle Peterson	Fr Bethel	12.88[+2.5w]	May 13, MIAC Outdoor Ch
20			
Mikayla Hensch	Jr Hamline	12.91[+3.4w]	5/7 Meet of the UnSaint
Mallory Butchko	Fr Gustavus	12.91[+3.4w]	5/7 Meet of the UnSaint
Valerie Clintsman	Sr St. Benedict	12.92[+2.5w]	April 10, CSB-SJU Outdo
Emma Russ	Sr Carleton	12.96[+1.7w]	April 23, Carleton Rela
Gabrielle Brown	Fr Hamline	12.97[+2.4w]	4/11 Hamline Invitation
Izzy Shafer	So Hamline	13.01[+3.0w]	5/4 Tommie Twilight
Reilly Simon	Sr Carleton	13.02[+2.4w]	4/11 Hamline Invitation
Marissa Fiecke	Fr Hamline	13.03[+2.6w]	4/16 Holst Invitational
Chelsey Petrich	So Concordia Moorhead	13.04[+3.5w]	May 13, MIAC Outdoor Ch
Gabby Koel	Jr Hamline	13.05[+1.9w]	4/11 Hamline Invitation
30			
Emma Grisanzio	Jr Carleton	13.06[+3.3w]	4/16 Holst Invitational
Bailey Cook	Sr St. Thomas	13.07	4/15 Bryan Clay Invitat
Tori Thompson	Fr St. Catherine	13.10[+2.7w]	4/16 Holst Invitational
Paige McCullough	Fr Concordia Moorhead	13.11	5/7 MSUM Masanz Invite
Emma Bassier	So St. Thomas	13.14[+3.8w]	4/16 Holst Invitational
Elsa Sandeno	Fr Carleton	13.14[+3.3w]	4/16 Holst Invitational
Jalia Anderson	Fr Gustavus	13.15[+3.3w]	April 23, Carleton Rela
Kayla McKinsey	Sr Carleton	13.15[+2.6w]	4/16 Holst Invitational
Ashley Waalen	Jr Augsburg	13.15[+3.7w]	4/16 Holst Invitational
Suzi Adams	Sr St. Benedict	13.17[+2.7w]	5/4 Tommie Twilight
40			
Jane Vezina	So St. Olaf	13.21[+2.6w]	4/16 Holst Invitational
Hayley Schuchard	Sr St. Thomas	13.22[+3.7w]	4/16 Holst Invitational
Elizabeth Hickey	So Augsburg	13.23[+3.7w]	4/16 Holst Invitational
Emily Payne	Fr Concordia Moorhead	13.25	5/7 MSUM Masanz Invite
Maddison Ackiss	Fr Gustavus	13.26[+3.2w]	4/30 14th Annual Drake
Samantha VanErp	Sr St. Benedict	13.29[+0.5w]	4/22 Manitou Track and
Nikaylah Woody	So Augsburg	13.30[+0.7w]	4/30 St. Mary's Open
Jordan Stavedahl	So St. Benedict	13.30[+1.1w]	4/22 Manitou Track and
Laura Eischens	So St. Thomas	13.31[+2.5w]	4/30 Macalester Janis R
Mara Jungels	Fr Concordia Moorhead	13.34[+3.8w]	4/3 Vance Butler Memori
50			
Hanna Gribble	Sr St. Thomas	13.38[+2.4w]	April 10, CSB-SJU Outdo
Tess Olinger	Fr Gustavus	13.41[+3.9w]	4/16 Lee Krough Invitat
Leah Koll	Fr St. Benedict	13.47[+1.1w]	4/22 Manitou Track and
Abby Genereau	So St. Benedict	13.51[+3.0w]	5/4 Tommie Twilight
Anik Regan	Jr Macalester	13.52[+2.4w]	4/11 Hamline Invitation
Portia Mensah	Fr Saint Mary's	13.53[+4.1w]	4/16 Lee Krough Invitat

Anna Futterer	Fr Hamline	13.54[+2.6w]	4/11 Hamline Invitation
Katrina Diaz	Fr Hamline	13.63[+2.5w]	5/7 Meet of the UnSaint
Kate Weyenberg	Sr St. Thomas	13.66[+3.7w]	4/16 Holst Invitational
=====	2015 MIAC qualifier	13.66	
Grace Cooper	Jr Bethel	13.69[+3.3w]	April 23, Carleton Rela
60			
Sydia Reeves	Fr St. Catherine	13.69[+3.8w]	4/16 Holst Invitational
Ellie Henkemeyer	Jr St. Thomas	13.71[+1.2w]	5/7 Meet of the UnSaint
Hayley Cermin	So Bethel	13.73[+3.3w]	April 23, Carleton Rela
Hannah Steele	Jr Bethel	13.77[+2.9w]	4/30 Macalester Janis R
Rena Otto	So St. Benedict	13.79[+3.9w]	4/16 Lee Krough Invitat
Lauren Santl	Fr Concordia Moorhead	13.79[+3.5w]	April 10, CSB-SJU Outdo
Tonya Piergies	Fr Carleton	13.82[+2.4w]	4/11 Hamline Invitation
Olivia Kessler	Fr Hamline	13.86[+2.5w]	5/7 Meet of the UnSaint
Marie Morrier	So St. Catherine	13.87[+3.3w]	4/16 Holst Invitational
Lexi Kodet	Fr Hamline	13.88[+3.3w]	April 23, Carleton Rela
70			
Prabhjot Singh	Fr Gustavus	13.88[+3.3w]	April 23, Carleton Rela
Courtney Miller	Jr St. Olaf	13.90[+3.7w]	4/16 Holst Invitational
Ashleigh Ackley	Sr St. Catherine	14.05[+1.4w]	3/19 2016 Ross & Sharon
Becky Weingarten	So St. Olaf	14.22[+3.0w]	5/4 Tommie Twilight
Sarah Bruess	Fr St. Thomas	14.24[+1.1w]	4/11 Hamline Invitation
Ellie Rowland	Jr St. Thomas	14.63[+2.5w]	5/7 Meet of the UnSaint
Maita Lee	Fr St. Catherine	14.78[+2.7w]	5/4 Tommie Twilight
Samantha Petterson	Jr Bethel	15.01[+1.1w]	4/11 Hamline Invitation
Molly Abraham	So Saint Mary's	15.12[+0.1w]	4/21 Phil Esten Challen
Christin Williams	So St. Benedict	15.46[+1.1w]	4/11 Hamline Invitation
80			
Ici Kelley	Fr St. Catherine	15.62[+1.2w]	5/4 Tommie Twilight
81 entrants			

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200 METER DASH

=====	2015 NCAA qualifier	24.96	
Hannah Lundstrom	So Concordia Moorhead	25.22[+2.1w]	3/26 2016 Plnu Invitati
Abby Stets	So St. Olaf	25.39[+3.3w]	May 13, MIAC Outdoor Ch
Hannah Sonsalla	So Macalester	25.49[+2.3w]	May 13, MIAC Outdoor Ch
AddieKay Johnson	Fr Bethel	25.66[+3.3w]	May 13, MIAC Outdoor Ch
Madison VanWylen	Sr St. Olaf	25.77[+3.4w]	4/16 Holst Invitational
Kaitlin Bembenek	Sr Gustavus	25.83[+0.6w]	5/4 Minnesota State Twi
Reilly Simon	Sr Carleton	25.84[+3.4w]	4/16 Holst Invitational
Jillian Krier	Jr Bethel	25.88	May 13, MIAC Outdoor Ch
Amelia Campbell	Sr Carleton	25.93[+0.4w]	May 26-27, NCAA Divisio
Katie Murray	So St. Thomas	25.96[+3.3w]	May 13, MIAC Outdoor Ch
10			
Becca Dup	Fr Saint Mary's	26.26[+2.3w]	May 13, MIAC Outdoor Ch
Shakeela Wells-Johnson	Jr St. Catherine	26.28[+4.2w]	4/16 Holst Invitational
Katelyn Marciniak	Fr St. Thomas	26.32[+4.2w]	4/16 Holst Invitational
Callie Jones	Jr Augsburg	26.35[+0.9w]	5/7 Meet of the UnSaint
Hannah Pollard-Garber	Sr Macalester	26.36[+0.9w]	5/7 Meet of the UnSaint
Gift Ben-Bernard	Fr Concordia Moorhead	26.38	5/7 MSUM Masanz Invite
McKayla Stowell	Fr Gustavus	26.54[+0.9w]	5/7 Meet of the UnSaint
Izzy Shafer	So Hamline	26.54[+0.9w]	4/11 Hamline Invitation
Megan Maki	Jr St. Thomas	26.55	May 13, MIAC Outdoor Ch
Megan Sundstrom	So St. Benedict	26.55[-0.2w]	4/22 Manitou Track and
20			
Mallory Butchko	Fr Gustavus	26.68	May 13, MIAC Outdoor Ch
Anik Regan	Jr Macalester	26.75[+0.9w]	5/7 Meet of the UnSaint
Mikayla Forness	Jr Concordia Moorhead	26.77[+0.7w]	May 26-27, NCAA Divisio
Kayla McKinsey	Sr Carleton	26.85[+4.2w]	4/16 Holst Invitational
Masha Grizhebovska	So St. Olaf	26.86[+3.7w]	4/16 Holst Invitational
Nikaylah Woody	So Augsburg	27.06[-1.8w]	April 23, Carleton Rela
Suzi Adams	Sr St. Benedict	27.07	May 13, MIAC Outdoor Ch
Marissa Fiecke	Fr Hamline	27.07[+0.4w]	3/19 2016 Ross & Sharon

Lillie Meakim	So St. Olaf	27.08[+2.3w]	May 13, MIAC Outdoor Ch
Emma Grisanzio	Jr Carleton	27.16	May 13, MIAC Outdoor Ch
30			
Mikayla Hensch	Jr Hamline	27.17[+0.9w]	5/7 Meet of the UnSaint
Hayley Schuchard	Sr St. Thomas	27.19[+2.9w]	4/16 Holst Invitational
Paige McCullough	Fr Concordia Moorhead	27.23	5/7 MSUM Masanz Invite
Jalia Anderson	Fr Gustavus	27.31	5/7 Meet of the UnSaint
Bailey Cook	Sr St. Thomas	27.34	4/15 Bryan Clay Invitat
Anna Skow-Anderson	Sr Concordia Moorhead	27.35	4/22 2016 Lyle Hokanson
Chelsey Petrich	So Concordia Moorhead	27.36[+3.8w]	4/28 Al Cassell Relays
Valerie Clintsman	Sr St. Benedict	27.42[+4.1w]	April 10, CSB-SJU Outdo
Gabrielle Brown	Fr Hamline	27.43[+0.5w]	3/19 2016 Ross & Sharon
Laura Eischens	So St. Thomas	27.49[-2.1w]	May 5-6, MIAC Multieven
40			
Hanna Gribble	Sr St. Thomas	27.49[-0.2w]	4/22 Manitou Track and
Emily Payne	Fr Concordia Moorhead	27.51	5/7 MSUM Masanz Invite
Ellie Henkemeyer	Jr St. Thomas	27.53	5/7 Meet of the UnSaint
Danielle Peterson	Fr Bethel	27.55[+4.0w]	4/16 Don Church Twilight
Mara Jungels	Fr Concordia Moorhead	27.55[+3.9w]	4/3 Vance Butler Memori
Emma Russ	Sr Carleton	27.55[+1.1w]	4/11 Hamline Invitation
=====	2015 MIAC qualifier	27.55	
Tonya Piergies	Fr Carleton	27.58[+2.6w]	4/16 Holst Invitational
Emma Bassier	So St. Thomas	27.61[+2.6w]	4/16 Holst Invitational
Jordan Walls	Fr Hamline	27.63[+2.9w]	4/16 Holst Invitational
Danielle Zwiefelhofer	So Hamline	27.67[+1.2w]	3/19 2016 Ross & Sharon
50			
Brittany Moore	Sr St. Catherine	27.74	4/22 Manitou Track and
Kristy Dellwo	So Hamline	27.77[+1.6w]	5/4 Tommie Twilight
Abby Genereau	So St. Benedict	27.83[+1.6w]	5/4 Tommie Twilight
Tori Thompson	Fr St. Catherine	27.85[+2.4w]	April 10, CSB-SJU Outdo
Maddison Ackiss	Fr Gustavus	27.87[+2.6w]	4/30 14th Annual Drake
Megan Thoemke	So St. Catherine	27.89[+1.1w]	4/11 Hamline Invitation
Elizabeth Hickey	So Augsburg	27.94	5/7 Meet of the UnSaint
Madeline Davis	So St. Thomas	28.00	4/22 Manitou Track and
Elsa Sandeno	Fr Carleton	28.08[+0.4w]	4/11 Hamline Invitation
Halla Dontje Lindell	Fr Macalester	28.08[+0.2w]	4/11 Hamline Invitation
60			
Tess Olinger	Fr Gustavus	28.09[+2.6w]	4/30 14th Annual Drake
Hayli Marquette	Fr St. Olaf	28.09[+2.9w]	4/16 Holst Invitational
Brooke Hunter	Jr Macalester	28.12[+0.2w]	4/11 Hamline Invitation
Prabhjot Singh	Fr Gustavus	28.16[+1.0w]	5/4 Minnesota State Twi
Kate Weyenberg	Sr St. Thomas	28.17[+2.6w]	4/16 Holst Invitational
Mallory Adamsen	Fr St. Thomas	28.25[+2.4w]	April 10, CSB-SJU Outdo
Shelby Gelinske	Fr Concordia Moorhead	28.29[+0.3w]	4/26 Cobber Twilight
Abby Duevel	Fr Bethel	28.32[+4.0w]	4/16 Don Church Twilight
Brianna Baker	Sr Hamline	28.33	3/19 2016 Ross & Sharon
Jane Vezina	So St. Olaf	28.36[+1.6w]	5/4 Tommie Twilight
70			
Alia Benedict	Fr Macalester	28.36[-4.7w]	April 23, Carleton Rela
Kynzie Smedsrud	Fr Saint Mary's	28.39[+1.3w]	4/21 Phil Esten Challen
Katrina Diaz	Fr Hamline	28.56	5/7 Meet of the UnSaint
Portia Mensah	Fr Saint Mary's	28.65[+3.2w]	4/16 Lee Krough Invitat
Hayley Cermin	So Bethel	28.66[+2.8w]	4/16 Don Church Twilight
Grace Cooper	Jr Bethel	28.89	5/7 Meet of the UnSaint
Lexi Kodet	Fr Hamline	28.94	5/7 Meet of the UnSaint
Sydia Reeves	Fr St. Catherine	28.94[+0.5w]	5/4 Tommie Twilight
Carly Barton	Jr St. Thomas	29.00[-3.4w]	4/30 Macalester Janis R
Jenna Stilwell	Fr Concordia Moorhead	29.06[+1.5w]	3/24 Ucr Spring Classic
80			
Megan Eckberg	So Gustavus	29.15[+2.8w]	4/30 14th Annual Drake
Clare Siska	Sr Saint Mary's	29.19[+1.3w]	4/21 Phil Esten Challen
Ashleigh Ackley	Sr St. Catherine	29.23[+1.1w]	3/19 2016 Ross & Sharon
Karly Betterman	So St. Benedict	29.32[+1.7w]	April 10, CSB-SJU Outdo
Mikaela Algren	Jr Gustavus	29.33[+2.6w]	4/30 14th Annual Drake
Lauren Santl	Fr Concordia Moorhead	29.41[+1.6w]	5/4 Tommie Twilight
Peggy Renier	Sr St. Benedict	29.44	4/22 Manitou Track and
Sarah Bond	Fr St. Olaf	29.45[+2.6w]	4/16 Holst Invitational
Corrinne Seehusen	Fr St. Benedict	29.61[+0.5w]	5/4 Tommie Twilight
Maddie Tait	So St. Olaf	29.66[-2.6w]	4/9 Ashton May Invitati
90			
Alaina Quaranta	Fr Augsburg	29.78[-1.2w]	April 23, Carleton Rela

Keely Smith	So St. Thomas	29.78	4/22 Manitou Track and
Becky Weingarten	So St. Olaf	29.89[+1.4w]	5/4 Tommie Twilight
Ellie Rowland	Jr St. Thomas	29.97[+3.5w]	5/7 Meet of the UnSaint
Renae Otto	So St. Benedict	30.11	4/22 Manitou Track and
Melanie Bartenstein	So Hamline	30.21	April 23, Carleton Rela
Olivia Kessler	Fr Hamline	30.25[+3.5w]	5/7 Meet of the UnSaint
Grace Forciea	Sr St. Thomas	30.25[-2.0w]	4/11 Hamline Invitation
Meg Etzell	Fr St. Catherine	30.34[+0.4w]	4/11 Hamline Invitation
Molly Abraham	So Saint Mary's	30.61[+1.4w]	4/3 Dingels Brueggen Op
100			
Lori Erlandson	Fr St. Olaf	30.67	4/22 Manitou Track and
Jenna Degen	Fr St. Benedict	30.73	4/22 Manitou Track and
Samantha Petterson	Jr Bethel	31.50[-1.2w]	April 23, Carleton Rela
Maita Lee	Fr St. Catherine	31.56	4/22 Manitou Track and
Ici Kelley	Fr St. Catherine	32.96[+1.4w]	5/4 Tommie Twilight
Christin Williams	So St. Benedict	32.98[-2.0w]	4/11 Hamline Invitation

106 entrants

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400 METER DASH

Reilly Simon	Sr Carleton	55.21	5/19 Ncaa Qualfier @ Uw
=====	2015 NCAA qualifier	56.22	
Abby Stets	So St. Olaf	57.03	5/7 Meet of the UnSaint
Hannah Sonsalla	So Macalester	57.91	4/30 Macalester Janis R
Hannah Lundstrom	So Concordia Moorhead	57.99	3/26 2016 Plnu Invitati
AddieKay Johnson	Fr Bethel	58.25	5/7 Meet of the UnSaint
Hannah Pollard-Garber	Sr Macalester	59.04	April 23, Carleton Rela
Kaitlin Bembenek	Sr Gustavus	59.37	5/7 Meet of the UnSaint
Marissa Fiecke	Fr Hamline	59.46	5/7 Meet of the UnSaint
Rachel Hall	Jr St. Catherine	59.79	4/22 Manitou Track and
Izzy Shafer	So Hamline	60.07	5/7 Meet of the UnSaint
10			
Kayla McKinsey	Sr Carleton	60.15	April 23, Carleton Rela
Mallory Adamson	Fr St. Thomas	60.20	May 13, MIAC Outdoor Ch
Carly Barton	Jr St. Thomas	60.24	5/19 Ncaa Qualfier @ Uw
Hannah Helstad	So St. Thomas	60.24	4/16 Beach Invitational
Megan Thoemke	So St. Catherine	60.37	5/4 Tommie Twilight
Kristy Dellwo	So Hamline	60.48	5/7 Meet of the UnSaint
Emma Russ	Sr Carleton	60.99	4/30 Macalester Janis R
Molly McGrane	Fr St. Benedict	61.00	5/4 Tommie Twilight
Megan Maki	Jr St. Thomas	61.06	4/16 Beach Invitational
Erin Alpers	So Bethel	61.09	4/11 Hamline Invitation
20			
Elsa Sandeno	Fr Carleton	61.14	5/4 Tommie Twilight
Phoebe Aguiar	Fr Macalester	61.21	5/4 Tommie Twilight
Erin Porter	Sr Macalester	61.46	5/7 Meet of the UnSaint
Abby Duevel	Fr Bethel	61.60	5/7 Meet of the UnSaint
Suzie Hoops	Jr St. Olaf	61.61	4/30 Macalester Janis R
Brianna Baker	Sr Hamline	61.75	April 23, Carleton Rela
Emma Grisanzio	Jr Carleton	61.81	5/4 Tommie Twilight
Nicole Balzer	Jr Bethel	62.57	4/11 Hamline Invitation
Natalie Kintop	Jr St. Thomas	62.66	5/7 Meet of the UnSaint
Ali Glassbrenner	So St. Thomas	63.01	4/11 Hamline Invitation
30			
Emily Payne	Fr Concordia Moorhead	63.02	5/4 Tommie Twilight
Alia Benedict	Fr Macalester	63.05	4/11 Hamline Invitation
Mary Cornelius	Jr Augsburg	63.07	3/17-18 Bulls Invitatio
Mikaela Algren	Jr Gustavus	63.27	5/4 Minnesota State Twi
Shelby Gelinske	Fr Concordia Moorhead	63.39	5/7 MSUM Masanz Invite
Christine Rohlf	Fr St. Thomas	63.40	4/22 Manitou Track and
Hanna Gribble	Sr St. Thomas	63.75	5/7 Meet of the UnSaint
Catherine Hegedus	Fr St. Thomas	63.77	5/7 Meet of the UnSaint
Lexi Kodet	Fr Hamline	63.88	5/4 Tommie Twilight
Tess Olinger	Fr Gustavus	64.31	5/7 Meet of the UnSaint

40

Olivia Dengel	So St. Benedict	64.32	3/23 Trinity Triangular
Keely Smith	So St. Thomas	64.42	4/16 Holst Invitational
Kate Weyenberg	Sr St. Thomas	64.54	5/7 Meet of the UnSaint
Hayli Marquette	Fr St. Olaf	64.56	5/4 Tommie Twilight
Hayley Schuchard	Sr St. Thomas	64.82	5/7 Meet of the UnSaint
Hannah Steele	Jr Bethel	65.31	4/11 Hamline Invitation
Anna Futterer	Fr Hamline	66.03	4/16 Holst Invitational
Suzi Adams	Sr St. Benedict	66.20	4/16 Lee Krough Invitat
Nadia Mezcic	Fr Macalester	66.42	5/4 Tommie Twilight
Maddie Tait	So St. Olaf	66.77	4/16 Holst Invitational

50

Lexi Friesen	Fr Bethel	66.90	4/30 Macalester Janis R
Marie Morrier	So St. Catherine	67.24	4/30 Macalester Janis R
Corrinne Seehusen	Fr St. Benedict	67.34	5/4 Tommie Twilight
Molly Abraham	So Saint Mary's	67.53	4/30 St. Mary's Open
Grace Forciea	Sr St. Thomas	67.73	5/4 Tommie Twilight
Carmen Garson-Shumway	So Macalester	69.07	4/16 Holst Invitational
Meg Etzell	Fr St. Catherine	69.49	4/16 Holst Invitational
Kathrene Garcia	So Macalester	70.27	4/16 Holst Invitational
Peggy Renier	Sr St. Benedict	70.41	4/16 Lee Krough Invitat
Melanie Bartenstein	So Hamline	71.96	4/11 Hamline Invitation

60

Ellen Arnold	Fr St. Benedict	72.48	4/22 Manitou Track and
Sierra Kolle	Fr Concordia Moorhead	72.84	4/26 Cobber Twilight
Alaina Albert	Fr St. Catherine	74.01	5/4 Tommie Twilight
Lori Erlandson	Fr St. Olaf	74.66	4/30 Macalester Janis R

64 entrants

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

Emily Gapinski	Sr St. Thomas	2:08.28	5/19 Ncaa Qualfier @ Uw
Hannah Helstad	So St. Thomas	2:10.63	5/19 Ncaa Qualfier @ Uw
=====	2015 NCAA qualifier	2:11.99	
Allison Kosobud	Jr St. Benedict	2:12.33	5/19 Ncaa Qualfier @ Uw
Kayla Janto	Jr St. Thomas	2:13.72	5/19 Ncaa Qualfier @ Uw
Aimee Junget	Sr St. Thomas	2:13.79	4/15 Bryan Clay Invitat
Summer Ellefson	Sr St. Thomas	2:16.49	4/22 Manitou Track and
Megan Terukina	Sr St. Thomas	2:16.79	4/11 Hamline Invitation
Rachel Hall	Jr St. Catherine	2:16.87	May 13, MIAC Outdoor Ch
Erin Alpers	So Bethel	2:17.00	April 23, Carleton Rela
Ali Glassbrenner	So St. Thomas	2:17.03	5/19 Ncaa Qualfier @ Uw

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Olivia Dengel	So St. Benedict	2:17.51	4/22 Manitou Track and
Amelia Campbell	Sr Carleton	2:18.41	May 5-6, MIAC Multieven
Suzie Hoops	Jr St. Olaf	2:18.58	4/16 Holst Invitational
Mikaela Algren	Jr Gustavus	2:19.44	5/7 Meet of the UnSaint
Holly Hankins	So Hamline	2:19.46	5/7 Meet of the UnSaint
Lydia Hayes	So Gustavus	2:19.56	4/30 14th Annual Drake
Abbey Schnaith	Sr St. Olaf	2:19.71	4/16 Holst Invitational
Ruth Steinke	Sr Carleton	2:19.82	April 23, Carleton Rela
Phoebe Aguiar	Fr Macalester	2:20.29	4/30 Macalester Janis R
Annika Halverson	So Bethel	2:20.47	4/11 Hamline Invitation

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Christine Rohlf	Fr St. Thomas	2:21.23	5/7 Meet of the UnSaint
Mikayla Forness	Jr Concordia Moorhead	2:21.28	May 5-6, MIAC Multieven
Josephine Brekke	Jr St. Olaf	2:21.57	4/30 Macalester Janis R
Madison VanWylen	Sr St. Olaf	2:21.90	May 5-6, MIAC Multieven
Julia Giefer	So St. Thomas	2:22.65	5/7 Meet of the UnSaint
Jenny Walz	So St. Thomas	2:22.88	4/11 Hamline Invitation
Mary Cornelius	Jr Augsburg	2:23.06	April 23, Carleton Rela
Allison McGraw	Fr St. Benedict	2:23.06	4/22 Manitou Track and
Dorrian Jaffe	So Carleton	2:23.08	April 23, Carleton Rela
Maria West	Fr Concordia Moorhead	2:23.26	4/26 Cobber Twilight

Abigail Schnabel	Fr Gustavus	2:23.74	5/4 Minnesota State Twi
Megan Sundstrom	So St. Benedict	2:23.84	May 5-6, MIAC Multieven
Carly Barton	Jr St. Thomas	2:24.02	5/7 Meet of the UnSaint
Nicole Nipper	Jr Carleton	2:24.17	4/30 Macalester Janis R
Sophie Glassford	Sr Carleton	2:24.23	5/4 Tommie Twilight
Mallory Adamson	Fr St. Thomas	2:25.34	4/30 Macalester Janis R
Caitie Ryan	Fr St. Thomas	2:25.48	5/7 Meet of the UnSaint
Brianna Baker	Sr Hamline	2:25.95	5/7 Meet of the UnSaint
Jena Moody	So St. Olaf	2:26.37	5/4 Tommie Twilight
Amy Reimer	Fr Bethel	2:26.57	5/4 Tommie Twilight

Elena Smith	Fr Macalester	2:26.80	5/4 Tommie Twilight
Melissa Uhrich	Sr Concordia Moorhead	2:26.97	4/26 Cobber Twilight
Courtney Branch	Sr Gustavus	2:26.99	5/4 Minnesota State Twi
Sara Whiteman	Fr St. Benedict	2:27.15	4/11 Hamline Invitation
Lydia Herath	Fr Bethel	2:27.17	5/4 Tommie Twilight
Brenna Kennedy	Sr Hamline	2:27.21	5/7 Meet of the UnSaint
Elsa Sandeno	Fr Carleton	2:27.27	April 23, Carleton Rela
Winona Rachel	Jr Carleton	2:27.63	4/30 Macalester Janis R
Shannon Strickland	Jr St. Catherine	2:27.83	5/4 Tommie Twilight
Emma Vinella-Brusher	Sr Carleton	2:27.92	5/4 Tommie Twilight

Courtney Kirkeide	Jr St. Catherine	2:27.96	5/4 Tommie Twilight
Victoria Simones	Jr St. Thomas	2:28.03	4/30 Macalester Janis R
Meg Griffin	Fr Hamline	2:28.08	5/4 Tommie Twilight
Abby Sharer	So Carleton	2:28.12	May 13, MIAC Outdoor Ch
Carmen Garson-Shumway	So Macalester	2:28.17	5/4 Tommie Twilight
=====	2015 MIAC qualifier	2:28.19	
Alyssa Nash	So Hamline	2:28.26	5/7 Meet of the UnSaint
Natalie Kintop	Jr St. Thomas	2:28.34	4/22 Manitou Track and
Emma Blom	Jr Augsburg	2:28.39	4/30 St. Mary's Open
Madeline Abbott	So Macalester	2:28.76	5/7 Meet of the UnSaint
Stacey Wherley	Fr St. Catherine	2:28.99	4/16 Holst Invitational

Briana Paulson	Fr St. Olaf	2:29.05	4/30 Macalester Janis R
Sierra Kolle	Fr Concordia Moorhead	2:29.28	5/4 Tommie Twilight
Rose Doda	Fr St. Olaf	2:29.39	5/4 Tommie Twilight
Lindsey Chavez	So Carleton	2:29.62	4/11 Hamline Invitation
Katrin O'Grady	Fr Macalester	2:29.87	5/4 Tommie Twilight
Marie Morrier	So St. Catherine	2:30.08	5/4 Tommie Twilight
Sadie Novak-Klug	So Gustavus	2:30.22	April 23, Carleton Rela
Elizabeth Vought	Fr Concordia Moorhead	2:30.33	5/7 MSUM Masanz Invite
Marissa Fiecke	Fr Hamline	2:30.61	April 10, CSB-SJU Outdo
Holly Ellingson	Fr Macalester	2:30.66	4/30 Macalester Janis R

Abigail Walker	Fr Carleton	2:30.81	4/16 Holst Invitational
Alicia Berkenes	So Saint Mary's	2:31.12	5/7 Winona State Warri
Catherine Hegedus	Fr St. Thomas	2:31.13	4/22 Manitou Track and
Kristy Dellwo	So Hamline	2:31.32	4/16 Holst Invitational
Lorna SherwoodCaballero	So Macalester	2:31.42	April 23, Carleton Rela
Marit Sonnesyn	Sr Gustavus	2:31.72	4/30 14th Annual Drake
Madeline Dopp	Fr Hamline	2:32.10	5/7 Meet of the UnSaint
Anna Holten	Jr St. Olaf	2:32.40	4/16 Holst Invitational
Katie Rosenfeldt	Jr Concordia Moorhead	2:32.64	5/7 MSUM Masanz Invite
Allie Thiel	Sr Saint Mary's	2:33.09	4/30 St. Mary's Open

Allison Trezona	Jr St. Olaf	2:33.11	5/4 Tommie Twilight
Lexi Friesen	Fr Bethel	2:33.33	April 23, Carleton Rela
Sara Lind	Fr St. Olaf	2:33.78	4/22 Manitou Track and
Abby Cyr	Sr Hamline	2:34.31	5/4 Tommie Twilight
Emily Adrian	So St. Thomas	2:34.42	5/4 Tommie Twilight
Colleen Vought	Fr Concordia Moorhead	2:34.76	5/7 MSUM Masanz Invite
Erin Roth	Sr Carleton	2:34.95	5/4 Tommie Twilight
Caitlin Olson	Fr Augsburg	2:34.95	3/17-18 Bulls Informatio
Sam Womeldorf	Sr St. Benedict	2:35.10	5/4 Tommie Twilight
Laura Nakasaka	Jr Carleton	2:35.34	4/9 Ashton May Informati

Madeline Egan	Fr Carleton	2:35.35	5/4 Tommie Twilight
Laura Luttio	Fr Bethel	2:35.65	5/4 Tommie Twilight
Brooke Hunter	Jr Macalester	2:35.76	May 5-6, MIAC Multieven

Laura Rafferty	So Carleton	2:36.39	April 23, Carleton Rela
Katie Spray	Fr St. Olaf	2:36.48	4/22 Manitou Track and
Lotus Schifsky	Fr Gustavus	2:36.63	4/30 14th Annual Drake
Amy Pelz	Fr Macalester	2:36.92	4/11 Hamline Invitation
Choyang Yangkyi	So St. Olaf	2:37.03	5/4 Tommie Twilight
Tonya Piergies	Fr Carleton	2:37.10	May 5-6, MIAC Multieven
Rosie Cobb	So Macalester	2:37.31	April 23, Carleton Rela
100			
McKinzie Fettig	So Bethel	2:37.60	4/30 Macalester Janis R
Sarissa Falk	Jr Hamline	2:37.84	5/7 Meet of the UnSaint
Augie Witkowski	Fr St. Benedict	2:38.01	April 10, CSB-SJU Outdo
Sarah Trachtenberg	Jr Carleton	2:38.02	5/4 Tommie Twilight
Jenna Thompson	Jr St. Catherine	2:38.04	4/11 Hamline Invitation
Sarah Curran	So Concordia Moorhead	2:38.19	4/3 Vance Butler Memori
Anna Skow-Anderson	Sr Concordia Moorhead	2:38.63	May 5-6, MIAC Multieven
Anna Pape	So Bethel	2:39.54	5/7 Meet of the UnSaint
Tali Bissing	So St. Thomas	2:39.66	April 10, CSB-SJU Outdo
Ellen Arnold	Fr St. Benedict	2:39.85	April 10, CSB-SJU Outdo
110			
Laura Kisner	Fr Concordia Moorhead	2:40.04	4/16 Lee Krough Invitat
Maria Friedges	Sr St. Benedict	2:40.27	4/22 Manitou Track and
Martha Torstenson	So Carleton	2:40.60	4/9 Ashton May Invitati
Michelle Perri	So St. Catherine	2:40.78	4/16 Holst Invitational
Jenna Stilwell	Fr Concordia Moorhead	2:40.81	3/24 Ucr Spring Classic
Anna Wall	So St. Olaf	2:40.98	4/22 Manitou Track and
Halla Dontje Lindell	Fr Macalester	2:42.21	May 5-6, MIAC Multieven
Rachel Hoober	So St. Olaf	2:42.22	4/16 Holst Invitational
Ellie Cardinal	So St. Catherine	2:42.50	3/19 2016 Ross & Sharon
Kaitlin Preusser	Jr Concordia Moorhead	2:43.10	April 10, CSB-SJU Outdo
120			
Jerlie Jensen	Jr St. Olaf	2:43.73	5/4 Tommie Twilight
Karly Betterman	So St. Benedict	2:44.22	May 5-6, MIAC Multieven
Bailey Cook	Sr St. Thomas	2:46.21	May 5-6, MIAC Multieven
Michelle Wise	Fr St. Thomas	2:47.52	5/4 Tommie Twilight
Sarah Bond	Fr St. Olaf	2:47.74	4/22 Manitou Track and
Sam Witmer	Fr St. Catherine	2:50.44	4/11 Hamline Invitation
Laura Eischens	So St. Thomas	2:50.89	May 5-6, MIAC Multieven
Libby Liu	Sr Macalester	2:51.21	April 23, Carleton Rela
Mattie Daub	Fr Macalester	2:51.76	4/16 Holst Invitational
Kathrene Garcia	So Macalester	2:51.83	4/11 Hamline Invitation
130			
Veronica Zapata	Fr Macalester	2:52.86	4/16 Holst Invitational
Betsy Schein	Fr Macalester	2:53.02	5/7 Meet of the UnSaint
Emily Ortiz	Fr Saint Mary's	2:59.31	4/16 Lee Krough Invitat
Silvia Cha	Fr Augsburg	2:59.64	5/7 Meet of the UnSaint
Juweria Hassan	Fr Augsburg	3:02.91	5/7 Meet of the UnSaint
135 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			
Emily Gapinski	Sr St. Thomas	4:23.25	4/15 Mt. SAC Relays
=====	2015 NCAA qualifier	4:33.77	
Ruth Steinke	Sr Carleton	4:33.78	5/4 Tommie Twilight
Aimee Junget	Sr St. Thomas	4:33.91	5/4 Tommie Twilight
Allison Kosobud	Jr St. Benedict	4:34.17	5/4 Tommie Twilight
Sarah Jonathan	Sr Macalester	4:38.11	5/19 Ncaa Qualfier @ Uw
Kayla Janto	Jr St. Thomas	4:40.73	5/4 Tommie Twilight
Megan Terukina	Sr St. Thomas	4:42.33	5/19 Ncaa Qualfier @ Uw
Kiley Green	Sr St. Benedict	4:43.57	4/16 Lee Krough Invitat
Annika Halverson	So Bethel	4:46.34	May 13, MIAC Outdoor Ch
Rachel Hall	Jr St. Catherine	4:48.37	5/19 Ncaa Qualfier @ Uw
10			
Josephine Brekke	Jr St. Olaf	4:49.60	5/4 Tommie Twilight
Emily Kaegi	So Carleton	4:51.14	4/9 Ashton May Invitati

Sally Donovan	Sr Carleton	4:51.37	5/4 Tommie Twilight
Kimber Meyer	Jr Macalester	4:51.56	5/7 Meet of the UnSaint
Jenny Walz	So St. Thomas	4:52.62	May 13, MIAC Outdoor Ch
Sam Womeldorf	Sr St. Benedict	4:52.66	4/22 Manitou Track and
Abbey Schnaith	Sr St. Olaf	4:52.80	4/22 Manitou Track and
Lydia Hayes	So Gustavus	4:53.34	5/7 Meet of the UnSaint
Ali Glassbrenner	So St. Thomas	4:53.38	5/7 Meet of the UnSaint
Mary Cornelius	Jr Augsburg	4:53.49	4/11 Hamline Invitation

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Marit Sonnesyn	Sr Gustavus	4:53.63	4/30 14th Annual Drake
Nicole Nipper	Jr Carleton	4:54.09	April 23, Carleton Rela
Abigail Schnabel	Fr Gustavus	4:54.51	4/30 14th Annual Drake
Laura Comee	Sr St. Benedict	4:55.84	4/16 Lee Krough Invitat
Morgan Richmond	Sr Carleton	4:56.04	4/16 Holst Invitational
Natalie Kessler	Jr Bethel	4:56.25	4/11 Hamline Invitation
Mikaela Algren	Jr Gustavus	4:56.77	5/4 Minnesota State Twi
Claire Trujillo	Jr Carleton	4:56.78	4/16 Holst Invitational
Caitie Ryan	Fr St. Thomas	4:57.34	5/4 Tommie Twilight
Morghen Philippi	Sr St. Olaf	4:58.21	4/30 Macalester Janis R

30

Sadie Novak-Klug	So Gustavus	4:58.28	5/7 Meet of the UnSaint
Dorrian Jaffe	So Carleton	4:58.39	4/11 Hamline Invitation
Sophie Glassford	Sr Carleton	4:58.55	4/30 Macalester Janis R
Taybri Irving	Jr Augsburg	4:59.32	4/11 Hamline Invitation
Victoria Simones	Jr St. Thomas	4:59.70	4/22 Manitou Track and
Laura Bailly	Sr St. Benedict	4:59.76	5/4 Tommie Twilight
Julia Giefer	So St. Thomas	4:59.80	5/4 Tommie Twilight
Brenna Kennedy	Sr Hamline	4:59.86	5/4 Tommie Twilight
Alyssa Nash	So Hamline	5:00.62	5/4 Tommie Twilight
Courtney Kirkeide	Jr St. Catherine	5:00.82	4/16 Holst Invitational

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Lorna SherwoodCaballero	So Macalester	5:01.12	5/4 Tommie Twilight
Pombie Silverman	Jr Carleton	5:02.32	May 13, MIAC Outdoor Ch
Courtney Branch	Sr Gustavus	5:03.82	5/7 Meet of the UnSaint
Winona Rachel	Jr Carleton	5:04.17	April 23, Carleton Rela
Malena Larsen	Fr Augsburg	5:04.47	4/11 Hamline Invitation
Madeline Dopp	Fr Hamline	5:04.58	April 23, Carleton Rela
Mata Agre	Sr Gustavus	5:04.67	April 23, Carleton Rela
Bridget Schmitt	Fr St. Thomas	5:05.00	4/11 Hamline Invitation
Lindsey Chavez	So Carleton	5:05.35	4/11 Hamline Invitation
Holly Hankins	So Hamline	5:05.67	April 10, CSB-SJU Outdo

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Briana Paulson	Fr St. Olaf	5:05.93	4/22 Manitou Track and
Abigail Walker	Fr Carleton	5:06.14	5/4 Tommie Twilight
=====	2015 MIAC qualifier	5:06.38	
Madeline Abbott	So Macalester	5:07.49	5/4 Tommie Twilight
Alex Fossum	Jr St. Thomas	5:07.60	4/16 Holst Invitational
Elena Smith	Fr Macalester	5:07.93	4/16 Holst Invitational
Mariah Gallagher	So Hamline	5:08.09	5/4 Tommie Twilight
Emma Vinella-Brusher	Sr Carleton	5:08.19	4/9 Ashton May Invitati
Samantha Schnirring	Fr Carleton	5:08.39	4/9 Ashton May Invitati
Cathleen Gross	Sr St. Benedict	5:09.02	5/4 Tommie Twilight
Laura Nakasaka	Jr Carleton	5:09.21	4/11 Hamline Invitation

60

Anne Gathje	Sr St. Benedict	5:09.50	4/22 Manitou Track and
Sarissa Falk	Jr Hamline	5:09.58	5/4 Tommie Twilight
Melissa Marsh	So St. Thomas	5:09.67	4/16 Holst Invitational
Maria West	Fr Concordia Moorhead	5:09.85	4/28 Al Cassell Relays
Mary Eide	Jr St. Olaf	5:10.09	4/30 Macalester Janis R
Katie Spray	Fr St. Olaf	5:10.35	5/7 Meet of the UnSaint
Amy Reimer	Fr Bethel	5:10.63	April 23, Carleton Rela
Diane Hubbell	Sr St. Thomas	5:10.93	April 10, CSB-SJU Outdo
Lauren Shurson	Sr Gustavus	5:11.37	April 23, Carleton Rela
Bridget McGivern	Jr St. Thomas	5:11.45	4/16 Holst Invitational

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Emma Blom	Jr Augsburg	5:11.71	5/7 Meet of the UnSaint
Brianna Gruenberg	Fr Concordia Moorhead	5:12.00	4/28 Al Cassell Relays
Shannon Strickland	Jr St. Catherine	5:12.02	3/19 2016 Ross & Sharon
Sarah Curran	So Concordia Moorhead	5:12.10	4/28 Al Cassell Relays
Lydia Herath	Fr Bethel	5:12.14	April 23, Carleton Rela
Rebecca Walton	Fr St. Olaf	5:12.49	4/9 Ashton May Invitati

Alicia Berkenes	So Saint Mary's	5:12.58	4/21 Phil Esten Challen
Maggie Weiss	Sr St. Olaf	5:12.69	4/30 Macalester Janis R
Amber Matzoll	Fr St. Thomas	5:13.01	5/4 Tommie Twilight
Abby Sharer	So Carleton	5:13.36	4/16 Holst Invitational
80			
Allie Thiel	Sr Saint Mary's	5:13.72	4/21 Phil Esten Challen
Megan Gossfeld	Jr St. Thomas	5:14.24	4/16 Holst Invitational
Rachel Nelson	Fr St. Benedict	5:14.27	5/4 Tommie Twilight
Sierra Kolle	Fr Concordia Moorhead	5:14.36	4/26 Cobber Twilight
Laura Gould	So Macalester	5:15.27	5/4 Tommie Twilight
Jenny Launder	Fr St. Thomas	5:17.03	4/11 Hamline Invitation
Allison McGraw	Fr St. Benedict	5:17.05	April 10, CSB-SJU Outdo
Kyla Porter	Fr St. Benedict	5:17.40	4/22 Manitou Track and
Sara Lind	Fr St. Olaf	5:17.73	5/4 Tommie Twilight
Margaret Stelzner	So Macalester	5:17.85	5/4 Tommie Twilight
90			
Olivia Rosenow	So Gustavus	5:17.86	5/4 Minnesota State Twi
Mattia Hendrickson	Jr St. Benedict	5:18.53	4/16 Lee Krough Invitat
Sarah Kuball	Fr Concordia Moorhead	5:19.31	5/4 Tommie Twilight
Anna Wall	So St. Olaf	5:19.48	5/4 Tommie Twilight
Melissa Uhrich	Sr Concordia Moorhead	5:19.56	4/22 2016 Lyle Hokanson
Rosie Cobb	So Macalester	5:20.42	5/4 Tommie Twilight
Carmen Garson-Shumway	So Macalester	5:21.45	4/30 Macalester Janis R
Morgan Pierce	Fr St. Benedict	5:21.90	4/11 Hamline Invitation
Holly Ellingson	Fr Macalester	5:22.32	April 23, Carleton Rela
Blair Stewig	So Augsburg	5:22.78	5/7 Meet of the UnSaint
100			
MaKena Hofer	Sr Gustavus	5:22.97	4/30 14th Annual Drake
Dasha Terenteva	Jr Gustavus	5:23.17	5/4 Minnesota State Twi
Choyang Yangkyi	So St. Olaf	5:23.45	4/22 Manitou Track and
Kara Huyett	So St. Thomas	5:24.49	5/4 Tommie Twilight
Siri Block	So St. Olaf	5:24.51	4/22 Manitou Track and
Bekah Schulte	Fr Bethel	5:24.75	4/11 Hamline Invitation
Helen Roach	Fr St. Thomas	5:25.42	4/22 Manitou Track and
Halle Marr	Sr Bethel	5:25.65	April 23, Carleton Rela
Lauren Schoenbauer	Sr St. Benedict	5:25.79	4/30 Macalester Janis R
Rose Doda	Fr St. Olaf	5:26.02	4/9 Ashton May Invitati
110			
Megan Weaver	Fr Gustavus	5:26.23	4/16 Lee Krough Invitat
Mikayla Forness	Jr Concordia Moorhead	5:26.23	4/3 Vance Butler Memori
Lotus Schifsky	Fr Gustavus	5:26.27	5/7 Meet of the UnSaint
Michelle Perri	So St. Catherine	5:27.09	4/16 Holst Invitational
Abby Cyr	Sr Hamline	5:27.38	4/11 Hamline Invitation
Tarja Nelsen	Fr Concordia Moorhead	5:27.47	4/22 2016 Lyle Hokanson
Kelly Segura	Fr Bethel	5:27.90	4/30 Macalester Janis R
Laura Kisner	Fr Concordia Moorhead	5:28.25	5/4 Tommie Twilight
Katrin O'Grady	Fr Macalester	5:28.35	4/16 Holst Invitational
Martha Torstenson	So Carleton	5:28.41	4/11 Hamline Invitation
120			
Madeline Egan	Fr Carleton	5:29.23	4/16 Holst Invitational
Erica Thiel	Fr Saint Mary's	5:29.67	4/3 Dingels Brueggen Op
Kaci McCoy	Sr St. Benedict	5:29.95	4/11 Hamline Invitation
Olivia Crocker	Jr Gustavus	5:30.01	April 23, Carleton Rela
Elizabeth Vought	Fr Concordia Moorhead	5:30.43	4/22 2016 Lyle Hokanson
Kathrene Garcia	So Macalester	5:30.63	5/4 Tommie Twilight
Hallie Kircher-Henning	Fr Macalester	5:30.75	5/4 Tommie Twilight
Ellie Cardinal	So St. Catherine	5:31.22	3/19 2016 Ross & Sharon
Kaley Hedberg	So Concordia Moorhead	5:31.78	4/22 2016 Lyle Hokanson
Laura Rafferty	So Carleton	5:32.75	4/11 Hamline Invitation
130			
Rachel Frantz	Fr Augsburg	5:33.19	4/16 Holst Invitational
Catherine Degen	Fr St. Catherine	5:33.30	4/22 Manitou Track and
Erin Roth	Sr Carleton	5:33.32	April 23, Carleton Rela
Sara Whiteman	Fr St. Benedict	5:33.55	April 10, CSB-SJU Outdo
Jocelyn Moreno	Sr Saint Mary's	5:33.79	4/9 Ashton May Invitati
Rachel Hooper	So St. Olaf	5:34.02	4/22 Manitou Track and
McKenzie Van Loh	So Bethel	5:34.38	4/16 Don Church Twiligh
Sara Stanton	Jr Concordia Moorhead	5:34.61	4/22 2016 Lyle Hokanson
Augie Witkowski	Fr St. Benedict	5:34.69	4/22 Manitou Track and
Rebecka Palmquist	Sr St. Benedict	5:35.44	4/16 Lee Krough Invitat

Esther Banaian	Sr St. Benedict	5:35.72	4/30 Macalester Janis R
Anna Pape	So Bethel	5:36.19	April 23, Carleton Rela
Sofie Wicklund	Fr Gustavus	5:37.08	4/30 14th Annual Drake
Colleen Vought	Fr Concordia Moorhead	5:37.40	4/22 2016 Lyle Hokanson
Annie White	So St. Benedict	5:38.23	5/4 Tommie Twilight
Nikki Betzler	Jr Bethel	5:38.68	April 23, Carleton Rela
Lauren Herland	Fr St. Olaf	5:39.01	4/9 Ashton May Invitati
Lauren Faust	So St. Benedict	5:39.19	4/16 Lee Krough Invitat
Rebecca Schoenfelder	Fr St. Thomas	5:39.35	4/22 Manitou Track and
Jenna Thompson	Jr St. Catherine	5:39.59	5/4 Tommie Twilight
150			
Susan Drache	Sr Concordia Moorhead	5:41.30	4/3 Vance Butler Memori
Caitlin Olson	Fr Augsburg	5:42.39	April 23, Carleton Rela
Rachel Mohr	Sr Gustavus	5:44.62	April 23, Carleton Rela
Sam Witmer	Fr St. Catherine	5:47.15	4/11 Hamline Invitation
Jerlie Jensen	Jr St. Olaf	5:48.89	4/30 Macalester Janis R
Shelby Kline	Fr Concordia Moorhead	5:50.07	5/7 MSUM Masanz Invite
Rachael Bentley	Fr St. Olaf	5:51.39	5/4 Tommie Twilight
Emily Ortiz	Fr Saint Mary's	5:52.06	4/21 Phil Esten Challen
Stacey Wherley	Fr St. Catherine	5:52.67	3/19 2016 Ross & Sharon
Paige Scherneck	Jr Saint Mary's	5:58.13	4/3 Dingels Brueggen Op
160			
Bridget Kruschke	Jr St. Benedict	5:59.97	April 10, CSB-SJU Outdo
Betsy Schein	Fr Macalester	6:00.30	4/30 Macalester Janis R
Ellyn Sheehy	Jr Gustavus	6:03.20	5/4 Minnesota State Twi
Andrea Schmitt	Fr Concordia Moorhead	6:04.53	4/16 Lee Krough Invitat
Kathryn York	Fr St. Olaf	6:23.53	5/4 Tommie Twilight
Nicky Crane	So Concordia Moorhead	6:24.20	April 10, CSB-SJU Outdo
Jodi Middendorf	Fr Concordia Moorhead	6:33.33	April 10, CSB-SJU Outdo

167 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*

Kiley Green	Sr St. Benedict	10:10.76c (10:10.76)	4/30 Macalester Janis R
Kimber Meyer	Jr Macalester	10:22.57c (10:22.57)	4/30 Macalester Janis R
Samantha Schnirring	Fr Carleton	10:35.72c (10:35.72)	4/30 Macalester Janis R
Morgan Richmond	Sr Carleton	10:36.46c (10:36.46)	4/30 Macalester Janis R
Claire Trujillo	Jr Carleton	10:38.11c (10:38.11)	4/30 Macalester Janis R
Laura Comee	Sr St. Benedict	10:46.24	3/23 Trinity Triangular
Courtney Kirkeide	Jr St. Catherine	10:52.78c (10:52.78)	4/30 Macalester Janis R
Emily Kaegi	So Carleton	10:55.10c (10:55.10)	4/30 Macalester Janis R
Kathleen Miles	Fr Hamline	10:57.60c (10:57.60)	4/30 Macalester Janis R
Cathleen Gross	Sr St. Benedict	10:58.02c (10:58.02)	4/30 Macalester Janis R
10			
Megan Gossfeld	Jr St. Thomas	11:06.20c (11:06.20)	4/30 Macalester Janis R
Pombie Silverman	Jr Carleton	11:11.34c (11:11.34)	4/30 Macalester Janis R
Mattia Hendrickson	Jr St. Benedict	11:13.78c (11:13.78)	4/30 Macalester Janis R
Amber Matzoll	Fr St. Thomas	11:14.78c (11:14.78)	4/30 Macalester Janis R
Abigail Walker	Fr Carleton	11:17.78c (11:17.78)	4/30 Macalester Janis R
Jenny Launder	Fr St. Thomas	11:30.78c (11:30.78)	4/30 Macalester Janis R
Sarah Curran	So Concordia Moorhead	11:38.05c (11:38.05)	4/3 Vance Butler Memori
Catherine Degen	Fr St. Catherine	11:40.86c (11:40.86)	4/30 Macalester Janis R
Brianna Gruenberg	Fr Concordia Moorhead	11:42.13c (11:42.13)	4/3 Vance Butler Memori
Kara Huyett	So St. Thomas	11:45.77c (11:45.77)	4/30 Macalester Janis R
20			
Martha Torstenson	So Carleton	11:47.65c (11:47.65)	4/30 Macalester Janis R
Michelle Perri	So St. Catherine	11:51.77c (11:51.77)	4/30 Macalester Janis R
Madeleine Wagner Sherer	So St. Olaf	11:56.83c (11:56.83)	4/30 Macalester Janis R
Sarah Kuball	Fr Concordia Moorhead	11:57.82c (11:57.82)	4/3 Vance Butler Memori
Rachel Hooper	So St. Olaf	12:05.66	4/30 Janis Rider Invite
Rebecca Schoenfelder	Fr St. Thomas	12:07.56c (12:07.56)	4/30 Macalester Janis R
Halle Marr	Sr Bethel	12:10.58c (12:10.58)	4/16 Don Church Twiligh
Rebecka Palmquist	Sr St. Benedict	12:12.08	3/23 Trinity Triangular
Sam Witmer	Fr St. Catherine	12:12.67c (12:12.67)	4/30 Macalester Janis R

Tarja Nelsen 30	Fr Concordia Moorhead	12:15.54c (12:15.54)	4/3 Vance Butler Memori
Helen Roach	Fr St. Thomas	12:22.91c (12:22.91)	4/30 Macalester Janis R
Sara Stanton	Jr Concordia Moorhead	12:36.88c (12:36.88)	4/3 Vance Butler Memori
Susan Drache	Sr Concordia Moorhead	12:38.68c (12:38.68)	4/3 Vance Butler Memori
Andrea Schmitt	Fr Concordia Moorhead	13:27.62c (13:27.62)	4/3 Vance Butler Memori
Shelby Kline	Fr Concordia Moorhead	13:34.42c (13:34.42)	4/3 Vance Butler Memori

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5000 METER RUN

Ruth Steinke	Sr Carleton	16:49.17	4/15 UW Plattville
=====	2015 NCAA qualifier	17:14.48	
Taybri Irving	Jr Augsburg	17:29.46	4/14 Bryan Clay Invitat
Morghen Philippi	Sr St. Olaf	17:52.72	5/4 Tommie Twilight
Kiley Green	Sr St. Benedict	17:55.40	4/11 Hamline Invitation
Alex Fossum	Jr St. Thomas	17:56.98	5/4 Tommie Twilight
Marit Sonnesyn	Sr Gustavus	18:05.00	May 13, MIAC Outdoor Ch
Mollie Gillberg	Sr Bethel	18:06.11	May 13, MIAC Outdoor Ch
Sally Donovan	Sr Carleton	18:13.71	May 13, MIAC Outdoor Ch
Kimber Meyer	Jr Macalester	18:14.56	4/16 Holst Invitational
Emily Kaegi	So Carleton	18:20.02	4/11 Hamline Invitation
10			
Samantha Schnirring	Fr Carleton	18:34.44	4/11 Hamline Invitation
Morgan Richmond	Sr Carleton	18:35.02	4/11 Hamline Invitation
Laura Comee	Sr St. Benedict	18:37.88	4/22 Manitou Track and
Lauren Shurson	Sr Gustavus	18:38.99	4/30 14th Annual Drake
Jenny Walz	So St. Thomas	18:43.82	4/22 Manitou Track and
Cathleen Gross	Sr St. Benedict	18:47.40	4/11 Hamline Invitation
Bridget McGivern	Jr St. Thomas	18:48.30	5/4 Tommie Twilight
Courtney Kirkeide	Jr St. Catherine	18:53.25	4/22 Manitou Track and
Melissa Marsh	So St. Thomas	18:53.56	5/7 Meet of the UnSaint
Mata Agre	Sr Gustavus	18:57.72	5/4 Minnesota State Twi
20			
Megan Gossfeld	Jr St. Thomas	19:05.37	May 13, MIAC Outdoor Ch
Diane Hubbell	Sr St. Thomas	19:08.13	4/22 Manitou Track and
Kathleen Miles	Fr Hamline	19:08.73	April 10, CSB-SJU Outdo
Sarah Curran	So Concordia Moorhead	19:10.74	5/4 Tommie Twilight
Lorna SherwoodCaballero	So Macalester	19:11.05	4/30 Macalester Janis R
Lauren Schoenbauer	Sr St. Benedict	19:12.84	4/22 Manitou Track and
Emily Sands	Jr Gustavus	19:13.69	5/7 Meet of the UnSaint
Bridget Schmitt	Fr St. Thomas	19:15.66	4/22 Manitou Track and
Brianna Gruenberg	Fr Concordia Moorhead	19:21.34	5/4 Tommie Twilight
Mattia Hendrickson	Jr St. Benedict	19:21.39	5/4 Tommie Twilight
30			
Malena Larsen	Fr Augsburg	19:22.81	4/30 St. Mary's Open
Stella Arndorfer	Sr St. Olaf	19:24.81	5/4 Tommie Twilight
Maggie Weiss	Sr St. Olaf	19:26.47	5/4 Tommie Twilight
Elena Smith	Fr Macalester	19:26.50	May 13, MIAC Outdoor Ch
Claire Trujillo	Jr Carleton	19:29.30	4/11 Hamline Invitation
Mary Cornelius	Jr Augsburg	19:37.19	5/19 Ncaa Qualfier @ Uw
Bekah Schulte	Fr Bethel	19:41.00	4/16 Don Church Twiligh
Rachel Nelson	Fr St. Benedict	19:43.71	4/22 Manitou Track and
Amber Matzoll	Fr St. Thomas	19:46.12	May 13, MIAC Outdoor Ch
Mariah Gallagher	So Hamline	19:47.46	4/11 Hamline Invitation
40			
Sarissa Falk	Jr Hamline	19:48.65	4/11 Hamline Invitation
Erica Thiel	Fr Saint Mary's	19:50.49	5/4 Minnesota State Twi
Lea Davidson	So Macalester	19:50.61	5/4 Tommie Twilight
Mary Eide	Jr St. Olaf	19:51.99	4/9 Ashton May Invitati
Catherine Degen	Fr St. Catherine	19:56.05	5/4 Tommie Twilight
Kaci McCoy	Sr St. Benedict	19:58.35	5/4 Tommie Twilight
Natalie Kessler	Jr Bethel	20:00.35	April 23, Carleton Rela
Bryana Waage	Fr St. Catherine	20:01.51	4/16 Holst Invitational
Bridget Kruschke	Jr St. Benedict	20:02.79	4/11 Hamline Invitation
Amy Reimer	Fr Bethel	20:06.20	5/7 Meet of the UnSaint

50

Morgan Pierce	Fr St. Benedict	20:06.70	April 10, CSB-SJU Outdo
Jenny Launder	Fr St. Thomas	20:09.98	5/4 Tommie Twilight
Tarja Nelsen	Fr Concordia Moorhead	20:10.52	5/4 Tommie Twilight
Jackie Brine-Doyle	Fr St. Catherine	20:11.78	4/22 Manitou Track and
=====	2015 MIAC qualifier	20:14.46	
Ellie Cardinal	So St. Catherine	20:16.84	5/4 Tommie Twilight
Martha Torstenson	So Carleton	20:23.80	5/4 Tommie Twilight
Rebecca Walton	Fr St. Olaf	20:28.82	4/16 Holst Invitational
Sara Stanton	Jr Concordia Moorhead	20:32.03	4/26 Cobber Twilight
MaKena Hofer	Sr Gustavus	20:32.60	5/7 Meet of the UnSaint
Michelle Perri	So St. Catherine	20:35.63	5/4 Tommie Twilight

60

Anna Wall	So St. Olaf	20:35.88	5/7 Meet of the UnSaint
Sarah Kuball	Fr Concordia Moorhead	20:36.34	April 10, CSB-SJU Outdo
Esther Banaian	Sr St. Benedict	20:46.60	5/4 Tommie Twilight
Megan Weaver	Fr Gustavus	20:46.89	4/30 14th Annual Drake
Kelly Segura	Fr Bethel	20:51.94	4/16 Don Church Twiligh
Kaley Hedberg	So Concordia Moorhead	21:01.11	5/4 Tommie Twilight
Paige Scherneck	Jr Saint Mary's	21:01.65	4/21 Phil Esten Challen
Madeleine Wagner Sherer	So St. Olaf	21:04.14	4/9 Ashton May Invitati
Laura Kisner	Fr Concordia Moorhead	21:04.44	4/26 Cobber Twilight
Halle Marr	Sr Bethel	21:06.19	5/7 Meet of the UnSaint

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Nikki Betzler	Jr Bethel	21:11.05	5/7 Meet of the UnSaint
Siri Block	So St. Olaf	21:11.91	4/30 Macalester Janis R
Susan Drache	Sr Concordia Moorhead	21:13.45	5/4 Tommie Twilight
Sam Witmer	Fr St. Catherine	21:26.24	4/22 Manitou Track and
Lindsay Johnson	So Bethel	21:28.40	5/7 Meet of the UnSaint
Annie White	So St. Benedict	21:33.28	April 10, CSB-SJU Outdo
Shelby Kline	Fr Concordia Moorhead	22:09.48	4/26 Cobber Twilight

77 entrants

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10000 METER RUN

Marit Sonnesyn	Sr Gustavus	36:10.38	4/21 Phil Esten Challen
=====	2015 NCAA qualifier	36:25.66	
Taybri Irving	Jr Augsburg	36:44.70	4/21 Phil Esten Challen
Kiley Green	Sr St. Benedict	37:04.75	4/22 Manitou Track and
Mollie Gillberg	Sr Bethel	37:35.35	4/28 Drake Relays
Alex Fossum	Jr St. Thomas	37:43.48	May 13, MIAC Outdoor Ch
Samantha Schnirring	Fr Carleton	37:51.16	May 13, MIAC Outdoor Ch
Morghen Philipp	Sr St. Olaf	37:55.33	4/22 Manitou Track and
Lauren Shurson	Sr Gustavus	38:45.64	May 13, MIAC Outdoor Ch
Cathleen Gross	Sr St. Benedict	38:54.93	May 13, MIAC Outdoor Ch
Kathleen Miles	Fr Hamline	38:57.97	May 13, MIAC Outdoor Ch

10

Claire Trujillo	Jr Carleton	39:04.91	May 13, MIAC Outdoor Ch
Melissa Marsh	So St. Thomas	39:13.45	May 13, MIAC Outdoor Ch
Sarah Curran	So Concordia Moorhead	39:41.29	May 13, MIAC Outdoor Ch
Bridget McGivern	Jr St. Thomas	39:44.76	4/22 Manitou Track and
Mattia Hendrickson	Jr St. Benedict	40:55.73	May 13, MIAC Outdoor Ch
Stella Arndorfer	Sr St. Olaf	41:06.53	May 13, MIAC Outdoor Ch
Rachel Frantz	Fr Augsburg	41:44.00	April 23, Carleton Rela
Malena Larsen	Fr Augsburg	42:02.56	4/16 Holst Invitational
Lea Davidson	So Macalester	42:11.39	April 23, Carleton Rela
Jackie Brine-Doyle	Fr St. Catherine	42:41.57	May 13, MIAC Outdoor Ch

20

Rebecka Palmquist	Sr St. Benedict	42:50.50	4/22 Manitou Track and
Tarja Nelsen	Fr Concordia Moorhead	43:13.67	4/26 Cobber Twilight
Kaley Hedberg	So Concordia Moorhead	44:20.33	4/26 Cobber Twilight
Annie White	So St. Benedict	44:48.22	4/30 Macalester Janis R
Esther Banaian	Sr St. Benedict	45:32.19	4/22 Manitou Track and
Paige Scherneck	Jr Saint Mary's	45:39.71	4/30 St. Mary's Open

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100 METER HURDLES

Carolyn Saulsberry	Sr Hamline	14.16[+4.6w]	May 13, MIAC Outdoor Ch
Amelia Campbell	Sr Carleton	14.42[+4.6w]	May 13, MIAC Outdoor Ch
Brielle Bierman	So St. Thomas	14.59[+4.6w]	May 13, MIAC Outdoor Ch
=====	2015 NCAA qualifier	14.59	
Gabrielle Brown	Fr Hamline	14.76[+3.4w]	4/16 Holst Invitational
Laura Eischens	So St. Thomas	14.81[+4.6w]	May 13, MIAC Outdoor Ch
Shakeela Wells-Johnson	Jr St. Catherine	14.95[+4.6w]	May 13, MIAC Outdoor Ch
Bailey Cook	Sr St. Thomas	15.21[+3.7w]	April 23, Carleton Rela
Natalie Frier	So St. Benedict	15.34[+3.7w]	4/16 Lee Krough Invitat
Brooke Hunter	Jr Macalester	15.37[+2.0w]	May 5-6, MIAC Multieven
Anna Futterer	Fr Hamline	15.38[+2.6w]	5/4 Tommie Twilight

10

Madison VanWylen	Sr St. Olaf	15.40[+2.0w]	May 5-6, MIAC Multieven
Micayla Westendorf	Sr St. Benedict	15.58[+1.9w]	May 13, MIAC Outdoor Ch
Tonya Piergies	Fr Carleton	15.59[+2.4w]	4/16 Holst Invitational
Madeline Davis	So St. Thomas	15.61[+3.4w]	4/16 Holst Invitational
Megan Sundstrom	So St. Benedict	15.71[+2.6w]	May 5-6, MIAC Multieven
Megan Eckberg	So Gustavus	15.75[+2.9w]	4/16 Lee Krough Invitat
Brittany Moore	Sr St. Catherine	15.76[+1.2w]	3/19 2016 Ross & Sharon
Jenna Stilwell	Fr Concordia Moorhead	15.90[+4.8w]	4/16 Lee Krough Invitat
Josi Hendrickson	So Hamline	15.93[+3.5w]	April 23, Carleton Rela
Gabby Koel	Jr Hamline	16.03[+2.2w]	4/11 Hamline Invitation

20

Mikayla Forness	Jr Concordia Moorhead	16.28[+1.4w]	May 5-6, MIAC Multieven
Jordan Walls	Fr Hamline	16.36[+0.4w]	4/11 Hamline Invitation
Halla Dontje Lindell	Fr Macalester	16.42[+2.0w]	May 5-6, MIAC Multieven
Leah Koll	Fr St. Benedict	16.42	3/23 Trinity Triangular
Renaee Otto	So St. Benedict	16.44[+2.6w]	5/4 Tommie Twilight
Jenna Degen	Fr St. Benedict	16.64	3/23 Trinity Triangular
Masha Grizhebovskaaya	So St. Olaf	16.86[+1.8w]	4/30 Macalester Janis R
Alaina Quaranta	Fr Augsburg	16.92[-0.1w]	5/7 Meet of the UnSaint
Gabby Ivy	Fr Macalester	16.93[+3.1w]	4/16 Holst Invitational
Ashleigh Ackley	Sr St. Catherine	16.98[+1.2w]	May 13, MIAC Outdoor Ch

30

Marissa Andersen	So Concordia Moorhead	17.01[+2.8w]	4/28 Al Cassell Relays
Kynzie Smedsrud	Fr Saint Mary's	17.01[+2.0w]	4/3 Dingels Brueggen Op
Jordan Schwakopf	Fr Gustavus	17.15[+2.9w]	4/16 Lee Krough Invitat
Heather Kilber	Fr St. Thomas	17.39[+3.6w]	May 13, MIAC Outdoor Ch
Karly Betterman	So St. Benedict	17.46[+1.9w]	April 10, CSB-SJU Outdo
=====	2015 MIAC qualifier	17.57	
Hanna Gribble	Sr St. Thomas	17.62[+0.8w]	4/11 Hamline Invitation
Samantha Petterson	Jr Bethel	17.63[+2.8w]	5/7 Meet of the UnSaint
Rebecca Rosario	So Hamline	17.65[+2.4w]	April 10, CSB-SJU Outdo
Hannah Steele	Jr Bethel	18.33[-1.8w]	5/7 Meet of the UnSaint
Anna Skow-Anderson	Sr Concordia Moorhead	18.39[+0.1w]	3/24 Ucr Spring Classic

40

Sarah Bond	Fr St. Olaf	18.61[+4.9w]	4/16 Holst Invitational
Mariah Ortega-Flowers	Fr Hamline	18.88[+0.4w]	4/11 Hamline Invitation
Lori Erlandson	Fr St. Olaf	19.22[+1.8w]	4/30 Macalester Janis R

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400 METER HURDLES

=====	2015 NCAA qualifier	62.82	
Brielle Bierman	So St. Thomas	64.31	5/7 Meet of the UnSaint
Summer Ellefson	Sr St. Thomas	64.34	5/19 Ncaa Qualfier @ Uw
Emma Peterson	Jr Concordia Moorhead	64.46	4/16 Lee Krough Invitat
Hannah Helstad	So St. Thomas	64.61	5/7 Meet of the UnSaint
Madison VanWylen	Sr St. Olaf	64.84	4/9 Ashton May Invitati
Megan Sundstrom	So St. Benedict	65.21	May 13, MIAC Outdoor Ch
Emma Russ	Sr Carleton	65.32	April 23, Carleton Rela
Mikayla Forness	Jr Concordia Moorhead	65.34	4/16 Lee Krough Invitat
Natalie Frier	So St. Benedict	66.66	3/23 Trinity Triangular
Nikaylah Woody	So Augsburg	67.87	4/16 Holst Invitational
10			
Hanna Gribble	Sr St. Thomas	67.93	5/4 Tommie Twilight
Jordan Walls	Fr Hamline	67.96	4/16 Holst Invitational
Christine Rohlf	Fr St. Thomas	68.44	4/30 Macalester Janis R
Gabrielle Brown	Fr Hamline	68.77	5/7 Meet of the UnSaint
Gabby Ivy	Fr Macalester	69.34	April 23, Carleton Rela
Nicole Balzer	Jr Bethel	69.51	5/4 Tommie Twilight
Micayla Westendorf	Sr St. Benedict	70.24	4/11 Hamline Invitation
Hayli Marquette	Fr St. Olaf	71.41	May 13, MIAC Outdoor Ch
Hannah Steele	Jr Bethel	71.48	April 23, Carleton Rela
Keely Smith	So St. Thomas	71.54	5/4 Tommie Twilight
20			
Lillie Meakim	So St. Olaf	71.82	5/4 Tommie Twilight
Amy Pelz	Fr Macalester	71.82	4/30 Macalester Janis R
Clare Siska	Sr Saint Mary's	72.32	4/21 Phil Esten Challen
Karly Betterman	So St. Benedict	74.12	3/23 Trinity Triangular
Kynzie Smedsrud	Fr Saint Mary's	74.30	5/7 Winona State Warri
Leah Koll	Fr St. Benedict	74.45	3/23 Trinity Triangular
=====	2015 MIAC qualifier	74.92	
Masha Grizhebovska	So St. Olaf	74.97	5/4 Tommie Twilight
Heather Kilber	Fr St. Thomas	75.35	4/22 Manitou Track and
Marie Morrier	So St. Catherine	76.03	4/16 Holst Invitational
Jordan Schwakopf	Fr Gustavus	76.30	4/16 Lee Krough Invitat
30			
Rebecca Rosario	So Hamline	76.53	5/7 Meet of the UnSaint
Alaina Quaranta	Fr Augsburg	77.42	4/9 Ashton May Invitati
Lori Erlandson	Fr St. Olaf	78.20	5/4 Tommie Twilight
Stacey Wherley	Fr St. Catherine	78.28	4/22 Manitou Track and
Rena Otto	So St. Benedict	79.28	3/23 Trinity Triangular
Renee Johnson	Sr Bethel	79.86	April 23, Carleton Rela
Melanie Bartenstein	So Hamline	80.16	April 10, CSB-SJU Outdo
Mariah Ortega-Flowers	Fr Hamline	81.78	4/11 Hamline Invitation

38 entrants

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3000M STEEPLECHASE

Ruth Steinke	Sr Carleton	10:46.31	4/30 Drake Relays
Sarah Jonathan	Sr Macalester	10:49.66	May 13, MIAC Outdoor Ch
=====	2015 NCAA qualifier	10:56.68	
Mata Agre	Sr Gustavus	11:38.58	May 13, MIAC Outdoor Ch
Sam Womeldorf	Sr St. Benedict	11:41.34	4/30 Macalester Janis R
Rebecca Walton	Fr St. Olaf	11:52.25	5/4 Tommie Twilight
Bridget Schmitt	Fr St. Thomas	11:53.50	May 13, MIAC Outdoor Ch
Emily Sands	Jr Gustavus	11:54.49	4/30 14th Annual Drake
Maria West	Fr Concordia Moorhead	11:54.79	May 13, MIAC Outdoor Ch
Summer Ellefson	Sr St. Thomas	11:55.60	5/7 Meet of the UnSaint
Madeline Dopp	Fr Hamline	11:58.55	May 13, MIAC Outdoor Ch
10			
Anne Gathje	Sr St. Benedict	12:17.44	4/30 Janis Rider Invite
Olivia Rosenow	So Gustavus	12:18.22	May 13, MIAC Outdoor Ch
Mary Eide	Jr St. Olaf	12:19.62	5/4 Tommie Twilight

Mariah Gallagher	So Hamline	12:24.65	5/7 Meet of the UnSaint
Rachel Nelson	Fr St. Benedict	12:26.21	4/30 Macalester Janis R
Bailey Meyer	Fr Bethel	12:29.92	May 13, MIAC Outdoor Ch
Blair Stewig	So Augsburg	12:30.00	4/30 St. Mary's Open
Sara Whiteman	Fr St. Benedict	12:30.25	4/30 Macalester Janis R
Laura Gould	So Macalester	12:33.02	May 13, MIAC Outdoor Ch
Marie Morrier	So St. Catherine	12:34.86	4/11 Hamline Invitation
20			
Amy Pelz	Fr Macalester	12:37.26	5/4 Tommie Twilight
Jackie Brine-Doyle	Fr St. Catherine	12:48.74	5/4 Tommie Twilight
Kaitlyn Lindaman	So Macalester	12:49.78	5/7 Meet of the UnSaint
Lauren Faust	So St. Benedict	12:55.25	4/30 Macalester Janis R
=====	2015 MIAC qualifier	12:57.76	
Olivia Dengel	So St. Benedict	13:05.33	4/11 Hamline Invitation
Morgan Pierce	Fr St. Benedict	13:13.50	4/16 Lee Krough Invitat
Rebecca Schoenfelder	Fr St. Thomas	13:14.29	5/4 Tommie Twilight
Rachel Mohr	Sr Gustavus	13:15.40	5/7 Meet of the UnSaint
Sam Witmer	Fr St. Catherine	13:28.17	5/4 Tommie Twilight
Nikki Betzler	Jr Bethel	13:32.71	5/7 Meet of the UnSaint
30			
Laura Bailly	Sr St. Benedict	13:36.52	4/16 Lee Krough Invitat
Jenna Thompson	Jr St. Catherine	13:47.63	4/30 Macalester Janis R
Ellie Cardinal	So St. Catherine	13:56.73	4/16 Holst Invitational
Renee Johnson	Sr Bethel	14:08.51	5/7 Meet of the UnSaint

34 entrants

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4X100 METER RELAY

=====	2015 NCAA qualifier	47.65	
Bethel	Bethel	48.64	May 13, MIAC Outdoor Ch
St. Thomas	St. Thomas	49.23	5/4 Tommie Twilight
Macalester	Macalester	49.43	April 23, Carleton Rela
Carleton	Carleton	49.71	April 23, Carleton Rela
Hamline	Hamline	49.91	5/4 Tommie Twilight
Gustavus	Gustavus	49.92	4/30 14th Annual Drake
St. Olaf	St. Olaf	50.08	4/22 Manitou Track and
Concordia Moorhead	Concordia Moorhead	50.27	May 13, MIAC Outdoor Ch
St. Benedict	St. Benedict	50.41	3/23 Trinity Triangular
St. Catherine	St. Catherine	51.39	4/30 Macalester Janis R
10			
Saint Mary's	Saint Mary's	51.66	4/21 Phil Esten Challen
Augsburg	Augsburg	52.05	5/7 Meet of the UnSaint

12 entrants

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)
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4X400 METER RELAY

=====	2015 NCAA qualifier	3:49.81	
St. Thomas	St. Thomas	3:55.49	5/19 Ncaa Qualfier @ Uw
Carleton	Carleton	3:56.86	May 13, MIAC Outdoor Ch
St. Olaf	St. Olaf	3:59.86	4/16 Holst Invitational
Hamline	Hamline	4:01.21	April 23, Carleton Rela
St. Benedict	St. Benedict	4:03.09	4/30 Macalester Janis R
Macalester	Macalester	4:04.00	April 23, Carleton Rela
Concordia Moorhead	Concordia Moorhead	4:05.56	4/26 Cobber Twilight
Bethel	Bethel	4:06.60	4/16 Don Church Twilight
Gustavus	Gustavus	4:06.71	May 13, MIAC Outdoor Ch

St. Catherine 10	St. Catherine	4:14.32	May 13, MIAC Outdoor Ch
Augsburg 11 entrants	Augsburg	4:23.97	May 13, MIAC Outdoor Ch

[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	9:03.40	4/30 Drake Relays
Bethel	Bethel	9:33.39	May 13, MIAC Outdoor Ch
Gustavus	Gustavus	9:34.15	May 13, MIAC Outdoor Ch
Carleton	Carleton	9:35.61	May 13, MIAC Outdoor Ch
St. Olaf	St. Olaf	9:35.91	May 13, MIAC Outdoor Ch
St. Benedict	St. Benedict	9:45.86	May 13, MIAC Outdoor Ch
Hamline	Hamline	9:55.19	May 13, MIAC Outdoor Ch
Concordia Moorhead	Concordia Moorhead	10:00.75	May 13, MIAC Outdoor Ch
St. Catherine	St. Catherine	10:07.63	May 13, MIAC Outdoor Ch
Macalester 10	Macalester	10:18.26	May 13, MIAC Outdoor Ch

10 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

=====	2015 NCAA qualifier	5.64m (18-6)	
Tori Thompson	Fr St. Catherine	5.63m (18-5 3/4)[+4.7w]	May 13, MIAC Outdoor Ch
Callie Jones	Jr Augsburg	5.56m (18-3)[+0.2w]	May 13, MIAC Outdoor Ch
Amelia Campbell	Sr Carleton	5.48m (17-11 3/4)[+1.5w]	May 13, MIAC Outdoor Ch
Carolyn Saulsberry	Sr Hamline	5.46m (17-11)[+2.9w]	May 13, MIAC Outdoor Ch
Bailey Cook	Sr St. Thomas	5.37m (17-7 1/2)[+1.9w]	May 13, MIAC Outdoor Ch
Becca Dup	Fr Saint Mary's	5.33m (17-6)[+3.3w]	5/7 Winona State Warri
Hanna Frekot	Fr Bethel	5.32m (17-5 1/2)[+2.5w]	May 13, MIAC Outdoor Ch
Laura Eischens	So St. Thomas	5.29m (17-4 1/4)[+4.2w]	4/16 Holst Invitational
Alicia Evenson	Sr St. Benedict	5.29m (17-4 1/4)	3/23 Trinity Triangular
Katie Dillie	Jr Bethel	5.26m (17-3 1/4)[+2.0w]	5/7 Meet of the UnSaint
10			
Katie Murray	So St. Thomas	5.25m (17-2 3/4)	5/4 Tommie Twilight
Emma Peterson	Jr Concordia Moorhead	5.18m (17-0)[+4.4w]	May 13, MIAC Outdoor Ch
Madison VanWynen	Sr St. Olaf	5.16m (16-11 1/4)[+2.3w]	May 13, MIAC Outdoor Ch
Jenna Stilwell	Fr Concordia Moorhead	5.12m (16-9 3/4)[+2.6w]	4/22 2016 Lyle Hokanson
Megan Eckberg	So Gustavus	5.06m (16-7 1/4)[+2.4w]	5/4 Minnesota State Twi
Jordan Stavedahl	So St. Benedict	5.03m (16-6)[+1.1w]	May 13, MIAC Outdoor Ch
Samantha VanErp	Sr St. Benedict	5.02m (16-5 3/4)[-2.2w]	4/16 Lee Krough Invitat
Anna Skow-Anderson	Sr Concordia Moorhead	5.02m (16-5 3/4)[+0.1w]	3/24 Ucr Spring Classic
Leah Koll	Fr St. Benedict	5.00m (16-5)[-0.1w]	5/4 Tommie Twilight
Elizabeth Russell	Jr St. Thomas	4.99m (16-4 1/2)[+2.5w]	4/30 Macalester Janis R
20			
Josi Hendrickson	So Hamline	4.97m (16-3 3/4)[+1.2w]	4/16 Holst Invitational
Anna Neeser	Fr Gustavus	4.96m (16-3 1/4)[+2.8w]	5/4 Minnesota State Twi
Ashley Waalen	Jr Augsburg	4.90m (16-1)[+2.0w]	5/7 Meet of the UnSaint
Hayley Cermin	So Bethel	4.82m (15-9 3/4)	April 23, Carleton Rela
Masha Grizhebovska	So St. Olaf	4.82m (15-9 3/4)	4/9 Ashton May Invitati
Tonya Piergies	Fr Carleton	4.81m (15-9 1/2)[+1.9w]	May 5-6, MIAC Multieven
Hanna Gribble	Sr St. Thomas	4.81m (15-9 1/2)[+2.4w]	5/7 Meet of the UnSaint
=====	2015 MIAC qualifier	4.80m (15-9)	
Grace Forciea	Sr St. Thomas	4.79m (15-8 3/4)[+1.2w]	5/7 Meet of the UnSaint
Marissa Eggerichs	So St. Benedict	4.79m (15-8 3/4)[+1.0w]	5/4 Tommie Twilight
Marissa Andersen	So Concordia Moorhead	4.79m (15-8 3/4)[-1.4w]	5/4 Tommie Twilight

Mikayla Forness	Jr Concordia Moorhead	4.78m (15-8 1/4)[+1.4w]	4/22 2016 Lyle Hokanson
Taylor Quandt	Fr St. Thomas	4.71m (15-5 1/2)[+2.5w]	5/4 Tommie Twilight
Danielle Zwiefelhofer	So Hamline	4.71m (15-5 1/2)[+0.9w]	3/19 2016 Ross & Sharon
Courtney Hlavka	Fr Bethel	4.68m (15-4 1/4)[+2.1w]	5/7 Meet of the UnSaint
Megan Sundstrom	So St. Benedict	4.65m (15-3 1/4)[+0.1w]	May 5-6, MIAC Multieven
Mary Gaytko	Fr St. Benedict	4.63m (15-2 1/4)[+3.2w]	4/22 Manitou Track and
Hayley Schuchard	Sr St. Thomas	4.59m (15-0 3/4)[+3.1w]	4/22 Manitou Track and
Jordan Walls	Fr Hamline	4.57m (15-0)[+0.2w]	4/16 Holst Invitational
Brooke Hunter	Jr Macalester	4.56m (14-11 1/2)[+0.2w]	May 5-6, MIAC Multieven
Hayli Marquette	Fr St. Olaf	4.54m (14-10 3/4)[+0.3w]	4/30 Macalester Janis R

40

Amanda Kaing	Jr St. Olaf	4.51m (14-9 3/4)[+0.7w]	4/30 Macalester Janis R
Halla Dontje Lindell	Fr Macalester	4.50m (14-9 1/4)[+2.5w]	April 23, Carleton Rela
Jenna Degen	Fr St. Benedict	4.49m (14-8 3/4)	3/23 Trinity Triangular
Mikayla Hensch	Jr Hamline	4.47m (14-8)[+1.0w]	5/4 Tommie Twilight
Sarah Bruess	Fr St. Thomas	4.41m (14-5 3/4)[+3.2w]	5/7 Meet of the UnSaint
Emma Gjesdahl	Fr Concordia Moorhead	4.30m (14-1 1/4)	5/7 MSUM Masanz Invite
Brittany Moore	Sr St. Catherine	4.28m (14-0 1/2)	4/11 Hamline Invitation
Sarah Bond	Fr St. Olaf	4.26m (13-11 3/4)[+0.4w]	May 5-6, MIAC Multieven
Jaime Hathaway	Fr Hamline	4.13m (13-6 3/4)[-0.2w]	5/4 Tommie Twilight
Abby Genereau	So St. Benedict	4.10m (13-5 1/2)[-0.1w]	5/4 Tommie Twilight

50

Karly Betterman	So St. Benedict	4.08m (13-4 3/4)[+1.2w]	May 5-6, MIAC Multieven
Allie Simpson	Fr Bethel	3.51m (11-6 1/4)[+0.5w]	4/11 Hamline Invitation

52 entrants

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TRIPLE JUMP

=====	2015 NCAA qualifier	11.73m (38-6)	
Carolyn Saulsberry	Sr Hamline	11.52m (37-9 1/2)[+2.2w]	5/19 Ncaa Qualfier @ Uw
Anna Wagner	Sr St. Benedict	11.22m (36-9 3/4)[+0.2w]	May 13, MIAC Outdoor Ch
Leah Koll	Fr St. Benedict	11.03m (36-2 1/4)	4/16 Lee Krough Invitat
Elizabeth Russell	Jr St. Thomas	10.93m (35-10 1/2)[+0.5w]	5/4 Tommie Twilight
Megan Sundstrom	So St. Benedict	10.83m (35-6 1/2)[+2.1w]	May 13, MIAC Outdoor Ch
Bailey Cook	Sr St. Thomas	10.68m (35-0 1/2)[+0.5w]	May 13, MIAC Outdoor Ch
Jenna Stilwell	Fr Concordia Moorhead	10.67m (35-0 1/4)	4/3 Vance Butler Memori
Anna Neeser	Fr Gustavus	10.65m (34-11 1/4)[+0.6w]	May 13, MIAC Outdoor Ch
Samantha VanErp	Sr St. Benedict	10.59m (34-9)[+2.6w]	4/16 Lee Krough Invitat
Halla Dontje Lindell	Fr Macalester	10.58m (34-8 1/2)[+2.9w]	May 13, MIAC Outdoor Ch

10

Emma Peterson	Jr Concordia Moorhead	10.53m (34-6 3/4)[-0.1w]	5/4 Tommie Twilight
Masha Grizhebovska	So St. Olaf	10.51m (34-5 3/4)[-0.1w]	May 13, MIAC Outdoor Ch
Mary Gaytko	Fr St. Benedict	10.46m (34-4)	3/23 Trinity Triangular
Taylor Quandt	Fr St. Thomas	10.40m (34-1 1/2)[+2.3w]	May 13, MIAC Outdoor Ch
Mikayla Hensch	Jr Hamline	10.37m (34-0 1/4)	May 13, MIAC Outdoor Ch
Shelby Gelinske	Fr Concordia Moorhead	10.34m (33-11 1/4)[+3.0w]	May 13, MIAC Outdoor Ch
Marissa Eggerichs	So St. Benedict	10.26m (33-8)[-1.1w]	5/4 Tommie Twilight
Sarah Bruess	Fr St. Thomas	10.16m (33-4)[+4.3w]	April 10, CSB-SJU Outdo
Amanda Kaing	Jr St. Olaf	10.00m (32-9 3/4)[+0.8w]	5/4 Tommie Twilight

===== 2015 MIAC qualifier

Courtney Hlavka	Fr Bethel	9.97m (32-8 1/2)	
		9.88m (32-5)[+2.0w]	5/7 Meet of the UnSaint

20

Danielle Zwiefelhofer	So Hamline	9.68m (31-9 1/4)[+0.9w]	3/19 2016 Ross & Sharon
Johna Radke	Fr St. Catherine	9.42m (30-11)[+1.5w]	4/16 Holst Invitational
Karin Canakes	Fr Bethel	9.26m (30-4 3/4)[+1.4w]	4/30 Macalester Janis R
Kelsey Harms	Sr Gustavus	8.76m (28-9)[+1.6w]	5/7 Meet of the UnSaint

24 entrants

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

Olivia Johnson	Sr Concordia Moorhead	14.19m (46-6 3/4)	May 13, MIAC Outdoor Ch
Sarah Swanson	Sr Gustavus	13.62m (44-8 1/4)	3/26 2016 Plnu Invitati
=====	2015 NCAA qualifier	13.39m (43-11 1/4)	
Libby Lange	Jr St. Thomas	12.69m (41-7 3/4)	May 13, MIAC Outdoor Ch
Hayley Solheim	Jr Gustavus	12.41m (40-8 3/4)	5/4 Minnesota State Twi
Mandy Mercil	Jr Concordia Moorhead	12.36m (40-6 3/4)	5/7 MSUM Masanz Invite
Kara Helgeson	Jr Gustavus	12.21m (40-0 3/4)	April 23, Carleton Rela
Ashley Thompson	Sr Concordia Moorhead	12.06m (39-6 3/4)	May 13, MIAC Outdoor Ch
Ivannie Robertson	So Hamline	11.91m (39-1)	4/30 Macalester Janis R
Gabby Koel	Jr Hamline	11.86m (38-11)	5/7 Meet of the UnSaint
Anna Skow-Anderson	Sr Concordia Moorhead	11.65m (38-2 3/4)	4/22 2016 Lyle Hokanson
10			
Haley Anderson	Fr St. Benedict	11.54m (37-10 1/2)	4/22 Manitou Track and
Kristin Drechsel	So Concordia Moorhead	11.51m (37-9 1/4)	April 10, CSB-SJU Outdo
Casie Carlson	Fr Gustavus	11.50m (37-8 3/4)	April 23, Carleton Rela
Katelyn Byers-Carter	Fr St. Catherine	11.37m (37-3 3/4)	May 13, MIAC Outdoor Ch
Tresa Reuter	Fr Concordia Moorhead	11.24m (36-10 1/2)	May 13, MIAC Outdoor Ch
Amelia Campbell	Sr Carleton	11.20m (36-9)	4/28 Drake Relays
Laura Eischens	So St. Thomas	10.81m (35-5 3/4)	May 5-6, MIAC Multieven
Bailey Van Den Heuvel	Fr Gustavus	10.76m (35-3 3/4)	4/16 Lee Krough Invitat
Angela Charley	So St. Benedict	10.75m (35-3 1/4)	May 13, MIAC Outdoor Ch
Mikayla Forness	Jr Concordia Moorhead	10.43m (34-2 3/4)	May 5-6, MIAC Multieven
20			
=====	2015 MIAC qualifier	10.35m (33-11 1/2)	
Bailey Hovland	So Concordia Moorhead	10.16m (33-4)	May 13, MIAC Outdoor Ch
Kendra Johnson	Fr Concordia Moorhead	10.07m (33-0 1/2)	April 10, CSB-SJU Outdo
Madaline Eichers	So Saint Mary's	10.04m (32-11 1/4)	4/21 Phil Esten Challen
Madeline Hoffert	Fr Bethel	10.01m (32-10 1/4)	4/11 Hamline Invitation
Jenna Stilwell	Fr Concordia Moorhead	9.83m (32-3)	4/22 2016 Lyle Hokanson
Anna Cassady	Fr Concordia Moorhead	9.68m (31-9 1/4)	May 13, MIAC Outdoor Ch
Emily Albers	So Concordia Moorhead	9.65m (31-8)	4/16 Lee Krough Invitat
Kierra Walske	Fr Saint Mary's	9.36m (30-8 1/2)	4/9 Ashton May Invitati
Megan Sundstrom	So St. Benedict	9.36m (30-8 1/2)	April 10, CSB-SJU Outdo
Brooke Hunter	Jr Macalester	9.06m (29-8 3/4)	May 5-6, MIAC Multieven
30			
Karly Betterman	So St. Benedict	9.01m (29-6 3/4)	May 5-6, MIAC Multieven
Bailey Cook	Sr St. Thomas	8.97m (29-5 1/4)	4/22 Manitou Track and
Katherine LeClair	So St. Olaf	8.77m (28-9 1/4)	4/22 Manitou Track and
Josi Hendrickson	So Hamline	8.67m (28-5 1/2)	April 10, CSB-SJU Outdo
Sarah Bond	Fr St. Olaf	8.66m (28-5)	4/16 Holst Invitational
Halla Dontje Lindell	Fr Macalester	8.63m (28-3 3/4)	May 5-6, MIAC Multieven
Hannah Nordby	Fr St. Olaf	8.57m (28-1 1/2)	4/16 Holst Invitational
Jenna Degen	Fr St. Benedict	8.42m (27-7 1/2)	4/16 Lee Krough Invitat
Madison VanWylen	Sr St. Olaf	8.17m (26-9 3/4)	4/22 Manitou Track and
Tonya Piergies	Fr Carleton	8.09m (26-6 1/2)	May 5-6, MIAC Multieven
40			
Olivia. Johnson	Fr Bethel	8.07m (26-5 3/4)	4/11 Hamline Invitation
Olivia Kostueck	Fr Saint Mary's	8.03m (26-4 1/4)	4/3 Dingels Brueggen Op
Emma Gjesdahl	Fr Concordia Moorhead	7.66m (25-1 3/4)	5/4 Tommie Twilight
Missy Smith	Fr Concordia Moorhead	7.51m (24-7 3/4)	5/7 MSUM Masanz Invite

44 entrants

DISCUS THROW

Gabby Koel	Jr Hamline	46.42m (152-3)	5/7 Meet of the UnSaint
=====	2015 NCAA qualifier	43.81m (143-8)	
Ashley Thompson	Sr Concordia Moorhead	41.40m (135-10)	4/26 Cobber Twilight
Bailey Hovland	So Concordia Moorhead	39.63m (130-0)	4/26 Cobber Twilight
Kristin Drechsel	So Concordia Moorhead	39.34m (129-1)	4/26 Cobber Twilight

Genevieve Gates	So St. Thomas	39.20m (128-7)	5/7 Meet of the UnSaint
Olivia Johnson	Sr Concordia Moorhead	38.73m (127-0)	4/28 Al Cassell Relays
Casie Carlson	Fr Gustavus	38.66m (126-10)	5/4 Minnesota State Twi
Tresa Reuter	Fr Concordia Moorhead	38.33m (125-9)	May 13, MIAC Outdoor Ch
Tori Thompson	Fr St. Catherine	38.25m (125-6)	4/22 Manitou Track and
Sarah Swanson	Sr Gustavus	37.58m (123-3)	3/26 2016 Plnu Invitati
10			
Olivia Graham	Jr St. Thomas	37.34m (122-6)	5/7 Meet of the UnSaint
Haley Anderson	Fr St. Benedict	37.07m (121-7)	4/22 Manitou Track and
Ivannie Robertson	So Hamline	36.22m (118-10)	May 13, MIAC Outdoor Ch
Kiana Verdugo	So Hamline	36.01m (118-1)	4/11 Hamline Invitation
Anna Skow-Anderson	Sr Concordia Moorhead	36.00m (118-1)	4/3 Vance Butler Memori
Annika Johnson	So St. Olaf	35.25m (115-7)	4/30 Macalester Janis R
Risa Luther	Sr Macalester	34.99m (114-9)	4/30 Macalester Janis R
Hayley Solheim	Jr Gustavus	34.94m (114-7)	April 23, Carleton Rela
Kara Helgeson	Jr Gustavus	34.79m (114-1)	May 13, MIAC Outdoor Ch
Katherine Hoglin	Fr Gustavus	34.59m (113-6)	5/4 Minnesota State Twi
20			
Madaline Eichers	So Saint Mary's	34.17m (112-1)	4/21 Phil Esten Challen
Amanda Passaglia	Jr Bethel	34.05m (111-8)	April 23, Carleton Rela
Mandy Mercil	Jr Concordia Moorhead	34.03m (111-7)	5/4 Tommie Twilight
Angela Charley	So St. Benedict	33.10m (108-7)	4/22 Manitou Track and
Kali Kuusisto	Jr Augsburg	32.76m (107-6)	5/7 Meet of the UnSaint
=====	2015 MIAC qualifier	32.29m (105-11)	
Kaylea Hoenigschmidt	Fr St. Catherine	31.34m (102-10)	4/22 Manitou Track and
Kierra Walske	Fr Saint Mary's	30.21m (99-1)	4/16 Lee Krough Invitat
Katherine Meier	Sr Macalester	29.66m (97-4)	5/7 Meet of the UnSaint
Bailey Van Den Heuvel	Fr Gustavus	28.56m (93-8)	4/30 14th Annual Drake
Katie Hedrick	Jr Augsburg	27.82m (91-3)	3/17-18 Bulls Invitatio
30			
Lauren Berg	So St. Benedict	27.48m (90-2)	5/4 Tommie Twilight
Anna Cassidy	Fr Concordia Moorhead	26.67m (87-6)	5/4 Tommie Twilight
Madeline Hoffert	Fr Bethel	24.93m (81-9)	April 23, Carleton Rela
Kendra Johnson	Fr Concordia Moorhead	24.91m (81-8)	April 10, CSB-SJU Outdo
Olivia Kostueck	Fr Saint Mary's	24.02m (78-9 3/4)	4/3 Dingels Brueggen Op
Missy Smith	Fr Concordia Moorhead	23.78m (78-0 1/4)	5/7 MSUM Masanz Invite
Rachel Brooker	So Augsburg	23.24m (76-3)	4/16 Holst Invitational
Olivia. Johnson	Fr Bethel	23.10m (75-9 1/2)	5/7 Meet of the UnSaint
Hailey Bruns	Fr Concordia Moorhead	23.05m (75-7 1/2)	5/4 Tommie Twilight

39 entrants

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HAMMER THROW

=====	2015 NCAA qualifier	51.03m (167-5)	
Olivia Johnson	Sr Concordia Moorhead	47.31m (155-2)	4/16 Lee Krough Invitat
Olivia Graham	Jr St. Thomas	46.87m (153-9)	5/7 Meet of the UnSaint
Michaela Bolden	Sr St. Olaf	46.01m (150-11)	4/22 Manitou Track and
Sarah Swanson	Sr Gustavus	45.62m (149-8)	3/26 2016 Plnu Invitati
Amanda Passaglia	Jr Bethel	45.01m (147-8)	April 23, Carleton Rela
Allison Mellin	Jr St. Thomas	44.63m (146-5)	4/22 Manitou Track and
Risa Luther	Sr Macalester	44.23m (145-1)	5/4 Tommie Twilight
Kiana Verdugo	So Hamline	43.53m (142-9)	5/7 Meet of the UnSaint
Madaline Eichers	So Saint Mary's	42.81m (140-5)	4/30 St. Mary's Open
Kristin Drechsel	So Concordia Moorhead	42.28m (138-8)	4/26 Cobber Twilight
10			
Bailey Van Den Heuvel	Fr Gustavus	41.59m (136-5)	5/4 Minnesota State Twi
Bailey Hovland	So Concordia Moorhead	41.47m (136-0)	5/4 Tommie Twilight
Megan Pohlmann	Jr St. Catherine	39.86m (130-9)	4/16 Holst Invitational
Kali Kuusisto	Jr Augsburg	39.75m (130-5)	5/7 Meet of the UnSaint
Allyson Opps	Jr Hamline	39.28m (128-10)	4/30 Macalester Janis R
Kaylea Hoenigschmidt	Fr St. Catherine	39.03m (128-0)	4/22 Manitou Track and
Hannah Nordby	Fr St. Olaf	38.10m (125-0)	5/7 Meet of the UnSaint
Natalie King	So Saint Mary's	38.10m (125-0)	5/4 Minnesota State Twi
Mandy Mercil	Jr Concordia Moorhead	37.99m (124-7)	4/26 Cobber Twilight

=====	2015 MIAC qualifier	36.79m (120-8)	
Angela Charley	So St. Benedict	34.91m (114-6)	4/22 Manitou Track and
20			
Jordan Stavedahl	So St. Benedict	33.82m (110-11)	4/22 Manitou Track and
Haley Anderson	Fr St. Benedict	33.80m (110-11)	4/11 Hamline Invitation
Libby Lange	Jr St. Thomas	33.19m (108-10)	April 10, CSB-SJU Outdo
Ashley Thompson	Sr Concordia Moorhead	32.86m (107-10)	3/26 2016 Plnu Invitati
Missy Smith	Fr Concordia Moorhead	31.98m (104-11)	4/28 Al Cassell Relays
Tresa Reuter	Fr Concordia Moorhead	31.76m (104-2)	5/7 MSUM Masanz Invite
Lauren Berg	So St. Benedict	31.34m (102-10)	3/23 Trinity Triangular
Katherine LeClair	So St. Olaf	30.99m (101-8)	5/7 Meet of the UnSaint
Olivia Kostueck	Fr Saint Mary's	30.81m (101-1)	5/4 Minnesota State Twi
Katie Hedrick	Jr Augsburg	30.24m (99-2)	3/17-18 Bulls Invitatio
30			
Karly Betterman	So St. Benedict	29.75m (97-7)	April 10, CSB-SJU Outdo
Madeline Hoffert	Fr Bethel	28.77m (94-4)	5/7 Meet of the UnSaint
Remington Deyak	Fr St. Benedict	28.16m (92-5)	4/30 Macalester Janis R
Olivia. Johnson	Fr Bethel	28.13m (92-3)	April 23, Carleton Rela
Emily Albers	So Concordia Moorhead	27.85m (91-4)	April 10, CSB-SJU Outdo
Emma Gjesdahl	Fr Concordia Moorhead	27.56m (90-5)	4/26 Cobber Twilight
Kendra Johnson	Fr Concordia Moorhead	25.93m (85-1)	4/22 2016 Lyle Hokanson
Rachel Brooker	So Augsburg	25.78m (84-7)	4/16 Holst Invitational
Anna Cassidy	Fr Concordia Moorhead	25.05m (82-2)	4/16 Lee Krough Invitat
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JAVELIN THROW

Mikayla Forness	Jr Concordia Moorhead	46.56m (152-9)	May 13, MIAC Outdoor Ch
Megan Pohlmann	Jr St. Catherine	43.84m (143-10)	5/19 Ncaa Qualfier @ Uw
Alyssa Besch	Sr St. Catherine	43.49m (142-8)	May 26-28, NCAA Divisio
Trish Hare	So Carleton	42.91m (140-9)	4/30 Macalester Janis R
=====	2015 NCAA qualifier	41.72m (136-10)	
Olivia Johnson	Sr Concordia Moorhead	41.25m (135-4)	4/16 Lee Krough Invitat
Jenna Stilwell	Fr Concordia Moorhead	40.13m (131-8)	3/26 2016 Plnu Invitati
Danielle Breault	Sr St. Catherine	39.54m (129-9)	5/19 Ncaa Qualfier @ Uw
Laura Eischens	So St. Thomas	39.46m (129-5)	May 5-6, MIAC Multieven
Valerie Clintsman	Sr St. Benedict	39.28m (128-10)	5/19 Ncaa Qualfier @ Uw
Kelsey Weed	Fr St. Olaf	37.97m (124-7)	5/4 Tommie Twilight
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Amelia Campbell	Sr Carleton	37.49m (123-0)	4/28 Drake Relays
Clara Baumann	So Macalester	36.67m (120-3)	May 13, MIAC Outdoor Ch
Marisa Morgan	So Gustavus	36.36m (119-3)	May 13, MIAC Outdoor Ch
Niki Fokken	So St. Benedict	36.19m (118-8)	5/19 Ncaa Qualfier @ Uw
Karin Canakes	Fr Bethel	33.75m (110-8)	4/16 Don Church Twiligh
Olivia Graham	Jr St. Thomas	33.32m (109-4)	5/7 Meet of the UnSaint
Abby Grove	So Concordia Moorhead	32.37m (106-2)	4/22 2016 Lyle Hokanson
Karly Betterman	So St. Benedict	32.04m (105-1)	4/16 Lee Krough Invitat
Anna Skow-Anderson	Sr Concordia Moorhead	31.82m (104-5)	3/26 2016 Plnu Invitati
Brooke Hunter	Jr Macalester	30.75m (100-10)	April 23, Carleton Rela
20			
=====	2015 MIAC qualifier	30.70m (100-9)	
Courtney Kirkeide	Jr St. Catherine	30.54m (100-2)	4/30 Macalester Janis R
Bailey Van Den Heuvel	Fr Gustavus	29.33m (96-2)	5/4 Minnesota State Twi
Tresa Reuter	Fr Concordia Moorhead	29.19m (95-9)	4/26 Cobber Twilight
Kendall Novak	Fr St. Thomas	29.08m (95-5)	4/11 Hamline Invitation
Kendra Johnson	Fr Concordia Moorhead	29.07m (95-4)	April 10, CSB-SJU Outdo
Katherine Meier	Sr Macalester	28.91m (94-10)	5/7 Meet of the UnSaint
Kali Kuusisto	Jr Augsburg	28.28m (92-9)	3/17-18 Bulls Invitatio
Anna Wagner	Sr St. Benedict	27.85m (91-4)	4/11 Hamline Invitation
Grace Cooper	Jr Bethel	27.82m (91-3)	5/7 Meet of the UnSaint
Libby Lange	Jr St. Thomas	27.33m (89-8)	4/30 Macalester Janis R
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Bailey Cook	Sr St. Thomas	27.18m (89-2)	May 5-6, MIAC Multieven
Nicole Nipper	Jr Carleton	26.89m (88-2)	4/11 Hamline Invitation

Anna Cassidy	Fr Concordia Moorhead	26.69m (87-6)	5/4 Tommie Twilight
Marissa Andersen	So Concordia Moorhead	26.55m (87-1)	5/7 MSUM Masanz Invite
Tonya Piergies	Fr Carleton	25.36m (83-2)	May 5-6, MIAC Multieven
Angela Charley	So St. Benedict	25.34m (83-2)	4/16 Lee Krough Invitat
Halla Dontje Lindell	Fr Macalester	25.32m (83-1)	April 23, Carleton Rela
Calli Sizer	Fr Gustavus	24.68m (80-11 3/4)	4/16 Lee Krough Invitat
Alicia Evenson	Sr St. Benedict	24.17m (79-3 3/4)	4/16 Lee Krough Invitat
Jane Vezina	So St. Olaf	23.57m (77-4)	4/16 Holst Invitational

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Megan Sundstrom	So St. Benedict	23.51m (77-1 3/4)	4/30 Macalester Janis R
Jenna Degen	Fr St. Benedict	22.74m (74-7 1/4)	4/22 Manitou Track and
Madeline Hoffert	Fr Bethel	21.73m (71-3 1/2)	April 23, Carleton Rela
Marissa Eggerichs	So St. Benedict	21.35m (70-0 1/2)	3/23 Trinity Triangular
Hailey Bruns	Fr Concordia Moorhead	20.88m (68-6)	4/28 Al Cassell Relays
Kynzie Smedsrud	Fr Saint Mary's	20.39m (66-10 3/4)	4/16 Lee Krough Invitat
Olivia. Johnson	Fr Bethel	20.13m (66-0 1/2)	5/7 Meet of the UnSaint
Samantha Petterson	Jr Bethel	20.12m (66-0 1/4)	5/7 Meet of the UnSaint
Madison VanWylen	Sr St. Olaf	19.58m (64-3)	4/22 Manitou Track and
Sarah Bond	Fr St. Olaf	19.26m (63-2 1/4)	4/22 Manitou Track and

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Estee Sieben	Fr St. Benedict	17.28m (56-8 1/2)	April 10, CSB-SJU Outdo
Portia Mensah	Fr Saint Mary's	15.50m (50-10 1/4)	4/16 Lee Krough Invitat
Lauren Berg	So St. Benedict	14.49m (47-6 1/2)	3/23 Trinity Triangular
Mary Gaytko	Fr St. Benedict	13.22m (43-4 1/2)	3/23 Trinity Triangular

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HIGH JUMP

Emma Peterson	Jr Concordia Moorhead	1.71m (5-7 1/4)	4/16 Lee Krough Invitat
=====	2015 NCAA qualifier	1.68m (5-6)	
Vanessa Johnson	So Concordia Moorhead	1.66m (5-5 1/4)	4/16 Lee Krough Invitat
Amelia Campbell	Sr Carleton	1.63m (5-4 1/4)	May 26-27, NCAA Divisio
Bailey Cook	Sr St. Thomas	1.63m (5-4 1/4)	May 13, MIAC Outdoor Ch
Anna Skow-Anderson	Sr Concordia Moorhead	1.61m (5-3 1/4)	4/22 2016 Lyle Hokanson
Grace Bordson	Fr St. Thomas	1.60m (5-3)	May 13, MIAC Outdoor Ch
Niki Fokken	So St. Benedict	1.60m (5-3)	3/23 Trinity Triangular
Madison VanWylen	Sr St. Olaf	1.58m (5-2 1/4)	May 5-6, MIAC Multieven
Katie Dillie	Jr Bethel	1.58m (5-2 1/4)	4/30 Macalester Janis R
Alicia Evenson	Sr St. Benedict	1.58m (5-2 1/4)	4/30 Macalester Janis R

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Alexis Good	Sr St. Benedict	1.56m (5-1 1/4)	4/16 Lee Krough Invitat
Katie Murray	So St. Thomas	1.55m (5-1)	4/16 Holst Invitational
Jenna Stilwell	Fr Concordia Moorhead	1.55m (5-1)	4/22 2016 Lyle Hokanson
Mikayla Forness	Jr Concordia Moorhead	1.54m (5-0 1/2)	May 26-27, NCAA Divisio
Sidney Severson	Fr St. Thomas	1.53m (5-0 1/4)	4/22 Manitou Track and
Margaret Andersen	Fr St. Olaf	1.53m (5-0 1/4)	4/22 Manitou Track and
Johna Radke	Fr St. Catherine	1.51m (4-11 1/2)	5/7 Meet of the UnSaint
Josi Hendrickson	So Hamline	1.51m (4-11 1/2)	5/7 Meet of the UnSaint
Anna Wagner	Sr St. Benedict	1.50m (4-11)	May 13, MIAC Outdoor Ch
Jenna Degen	Fr St. Benedict	1.50m (4-11)	May 13, MIAC Outdoor Ch

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Marissa Andersen	So Concordia Moorhead	1.50m (4-11)	5/4 Tommie Twilight
Madeline Davis	So St. Thomas	1.50m (4-11)	4/16 Holst Invitational
=====	2015 MIAC qualifier	1.50m (4-11)	
Halla Dontje Lindell	Fr Macalester	1.48m (4-10 1/4)	April 23, Carleton Rela
Karin Canakes	Fr Bethel	1.47m (4-9 3/4)	4/16 Don Church Twiligh
Megan Sundstrom	So St. Benedict	1.46m (4-9 1/2)	May 5-6, MIAC Multieven
Laura Eischens	So St. Thomas	1.46m (4-9 1/2)	May 5-6, MIAC Multieven
Courtney Hlavka	Fr Bethel	1.46m (4-9 1/2)	5/7 Meet of the UnSaint
Anna Neeser	Fr Gustavus	1.46m (4-9 1/2)	4/16 Lee Krough Invitat
Kendall Novak	Fr St. Thomas	1.45m (4-9)	4/16 Holst Invitational
Courtney Miller	Jr St. Olaf	1.45m (4-9)	4/16 Holst Invitational

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Mary Stimson	So Augsburg	1.45m (4-9)	4/16 Holst Invitational
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Brooke Hunter	Jr Macalester	1.43m (4-8 1/4)	May 5-6, MIAC Multieven
Tonya Piergies	Fr Carleton	1.43m (4-8 1/4)	May 5-6, MIAC Multieven
Sarah Bond	Fr St. Olaf	1.43m (4-8 1/4)	May 5-6, MIAC Multieven
Karly Betterman	So St. Benedict	1.25m (4-1 1/4)	May 5-6, MIAC Multieven

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POLE VAULT

=====	2015 NCAA qualifier	3.70m (12-1 1/2)	
London Stelten	Jr St. Benedict	3.57m (11-8 1/2)	5/4 Tommie Twilight
Maria Missurelli	So Saint Mary's	3.49m (11-5 1/4)	4/16 Lee Krough Invitat
Mallory Butchko	Fr Gustavus	3.45m (11-3 3/4)	5/4 Minnesota State Twi
Kelsey Harms	Sr Gustavus	3.30m (10-10)	5/4 Minnesota State Twi
Kendall Novak	Fr St. Thomas	3.25m (10-8)	5/7 Meet of the UnSaint
Emma Fulton	Sr St. Olaf	3.25m (10-8)	5/7 Meet of the UnSaint
Jordan Walls	Fr Hamline	3.19m (10-5 1/2)	3/19 2016 Ross & Sharon
Shelbie Walsh	Sr Gustavus	3.15m (10-4)	May 13, MIAC Outdoor Ch
Jalia Anderson	Fr Gustavus	3.15m (10-4)	5/4 Minnesota State Twi
Estee Sieben	Fr St. Benedict	3.13m (10-3 1/4)	4/22 Manitou Track and
10			
Piper Murray	Sr St. Benedict	3.13m (10-3 1/4)	4/22 Manitou Track and
Anna Davis	So St. Benedict	3.05m (10-0)	April 10, CSB-SJU Outdo
Prabhjot Singh	Fr Gustavus	3.00m (9-10)	5/4 Minnesota State Twi
Christina Geiser	So St. Benedict	2.97m (9-9)	5/4 Tommie Twilight
Audrey Seligman	Jr Macalester	2.97m (9-9)	5/4 Tommie Twilight
Anik Regan	Jr Macalester	2.97m (9-9)	5/4 Tommie Twilight
Katya Wendt	Sr St. Olaf	2.83m (9-3 1/4)	4/22 Manitou Track and
Kate Watry	Fr St. Thomas	2.80m (9-2 1/4)	5/7 Meet of the UnSaint
=====	2015 MIAC qualifier	2.75m (9-0 1/4)	
Anna Johnson	Sr St. Olaf	2.70m (8-10 1/4)	May 13, MIAC Outdoor Ch
Solvei Stenslie	So Concordia Moorhead	2.70m (8-10 1/4)	5/7 MSUM Masanz Invite
20			
Nikki Bennington	Fr Macalester	2.67m (8-9)	5/4 Tommie Twilight
Rachel Nornes	Fr Concordia Moorhead	2.67m (8-9)	5/4 Tommie Twilight
Alyssa Mitchell	Fr Bethel	2.65m (8-8 1/4)	5/7 Meet of the UnSaint
Clare Craigan	Fr Bethel	2.35m (7-8 1/2)	4/16 Don Church Twiligh
Annika Watson	Fr Bethel	2.35m (7-8 1/2)	4/16 Don Church Twiligh

25 entrants

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HEPTATHLON

Amelia Campbell	Sr Carleton	5108	May 26-28, NCAA Divisio
Mikayla Forness	Jr Concordia Moorhead	4580	May 13, MIAC Outdoor Ch
Madison VanWylen	Sr St. Olaf	4329	May 13, MIAC Outdoor Ch
Laura Eischens	So St. Thomas	4285	May 13, MIAC Outdoor Ch
Bailey Cook	Sr St. Thomas	4208	May 13, MIAC Outdoor Ch
Megan Sundstrom	So St. Benedict	4057	May 13, MIAC Outdoor Ch
Brooke Hunter	Jr Macalester	3907	May 13, MIAC Outdoor Ch
Jenna Stilwell	Fr Concordia Moorhead	3857	3/24 Ucr Spring Classic
Tonya Piergies	Fr Carleton	3804	May 13, MIAC Outdoor Ch
Anna Skow-Anderson	Sr Concordia Moorhead	3785	3/24 Ucr Spring Classic
10			
Halla Dontje Lindell	Fr Macalester	3572	May 13, MIAC Outdoor Ch
Karly Betterman	So St. Benedict	3140	May 13, MIAC Outdoor Ch
Sarah Bond	Fr St. Olaf	2727	May 13, MIAC Outdoor Ch

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