

## 2000 MIAC Women's Outdoor Track and Field - Individual Results

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100 Meter Dash

Round 1, Heat 1

1	Jill Ylonen, Fr, St. Thomas	12.47Q
2	Emily Haley, Sr, St. Thomas	12.57q
3	Bree Wertz, So, St. Thomas	12.85q
4	Adina Bowe, Sr, Macalester	13.14
5	Lesley Albertson, So, Concordia	13.25
6	Christi Osborne, Sr, St. Thomas	13.29
7	Kari Rosenfeldt, Fr, Concordia	13.42
8	Christine Vandeyacht, Sr, Saint Mary's	13.44

Round 1, Heat 2

1	Amanda Olson, Sr, St. Olaf	12.40Q
2	Kari Pederson, Jr, Saint Mary's	12.90q
3	Kimberly Davis, Fr, Carleton	12.94
4	Jen Beltz, So, St. Catherine	13.19
5	Dashelle Purcell, Jr, Concordia	13.27
6	Ali Taylor, Fr, Hamline	13.32
7	Mara Anderson, Fr, St. Olaf	13.35
8	Carie Muntifering, So, St. Thomas	13.44

Round 1, Heat 3

1	Heidi Vogel, Fr, St. Thomas	12.43Q
2	Liz Durney, Fr, Macalester	12.73q
3	Ali Judkins, Fr, St. Benedict	12.83q
4	Kelli Tranby, So, Concordia	12.94
5	Megan Moen, Jr, St. Catherine	13.09
6	Erin Elling, Fr, Gustavus	13.54
	Jenny Ewertz, So, St. Benedict	DNF
	Sarah Peklo, Fr, Hamline	DQ

Final

1	Jill Ylonen, Fr, St. Thomas	12.23	
	NCAA Provisional Qualifier		
2	Amanda Olson, Sr, St. Olaf	12.27	
	NCAA Provisional Qualifier		
3	Emily Haley, Sr, St. Thomas	12.47	
4	Heidi Vogel, Fr, St. Thomas	12.57	
5	Bree Wertz, So, St. Thomas	12.70	
6	Liz Durney, Fr, Macalester	12.80	
7	Kari Pederson, Jr, Saint Mary's	12.90	
8	Ali Judkins, Fr, St. Benedict	13.09	

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200 Meter Dash

Round 1, Heat 1

1	Holly Harris, Sr, Macalester	25.67Q
2	Sandra Helquist, Sr, Carleton	25.75q
3	Bree Wertz, So, St. Thomas	26.77
4	Sarah Peklo, Fr, Hamline	26.94
5	Dashelle Purcell, Jr, Concordia	27.29
6	Christine Vandeyacht, Sr, Saint Mary's	28.16
7	Bretta Vrieze, Fr, Bethel	28.32

Round 1, Heat 2

1	Amanda Olson, Sr, St. Olaf	25.09Q	
	NCAA Automatic Qualifier		
	NCAA Provisional Qualifier		
2	Emily Haley, Sr, St. Thomas	25.75q	
3	Laura Carlson, Sr, Gustavus	26.05q	
4	Jenny Bruns, Fr, St. Benedict	26.29q	
5	Liz Durney, Fr, Macalester	26.44	
6	Jen Beltz, So, St. Catherine	27.34	
7	Kari Rosenfeldt, Fr, Concordia	27.39	
8	Erin Elling, Fr, Gustavus	28.32	

Round 1, Heat 3

1	Jill Ylonen, Fr, St. Thomas	25.67Q	
2	Heidi Vogel, Fr, St. Thomas	25.76q	
3	Katie Bestul, Jr, St. Thomas	26.34	
4	Lesley Albertson, So, Concordia	26.93	
5	Adina Bowe, Sr, Macalester	27.38	
6	Megan Moen, Jr, St. Catherine	27.56	
7	Mara Anderson, Fr, St. Olaf	27.71	

Final

1	Amanda Olson, Sr, St. Olaf	25.21
	NCAA Provisional Qualifier	
2	Sandra Helquist, Sr, Carleton	25.50
3	Jill Ylonen, Fr, St. Thomas	25.68
4	Emily Haley, Sr, St. Thomas	25.91
5	Heidi Vogel, Fr, St. Thomas	25.96
6	Laura Carlson, Sr, Gustavus	26.26
7	Jenny Bruns, Fr, St. Benedict	26.33
	Holly Harris, Sr, Macalester	DNC

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#### 400 Meter Dash

##### Round 1, Heat 1

1	Sandra Helquist, Sr, Carleton	58.09Q
2	Laura Carlson, Sr, Gustavus	58.42q
3	Emily Walker, Sr, St. Olaf	61.86
4	Erin Benson, So, St. Olaf	62.34
5	Carie Muntifering, So, St. Thomas	64.74
6	Karyn Lien, Sr, St. Olaf	64.78
7	Karen Larson, Jr, St. Olaf	65.06
	Taryn Weakly, Fr, St. Olaf	DQ

##### Round 1, Heat 2

1	Stacy Horner, So, Gustavus	57.85Q
2	Kara Hedin, Jr, St. Thomas	59.02q
3	Jamie Laurich, So, St. Benedict	61.69q
4	Jenny Davis, So, Hamline	62.46
5	Whitney Ostrem, Concordia	62.56
6	Sydney Larson, Jr, St. Catherine	63.12
7	Joanne Maki, Sr, Concordia	63.93
8	Sara Daymont, Jr, St. Olaf	65.81

##### Round 1, Heat 3

1	Holly Harris, Sr, Macalester	59.12Q
2	Kajsa Larson, Jr, Gustavus	60.07q
3	Jenny Bruns, Fr, St. Benedict	61.08q
4	Sommer Jalbert, Sr, Concordia	63.19
5	Lauren LaRoche, Fr, St. Olaf	63.62
6	Bretta Vrieze, Fr, Bethel	64.10
7	Sarah Vander Weyst, Sr, St. Olaf	65.21
8	Cora Monahan, So, Carleton	66.22

##### Final

1	Sandra Helquist, Sr, Carleton	58.33
2	Stacy Horner, So, Gustavus	59.13
3	Laura Carlson, Sr, Gustavus	59.37
4	Kajsa Larson, Jr, Gustavus	60.15
5	Kara Hedin, Jr, St. Thomas	60.44
6	Jenny Bruns, Fr, St. Benedict	61.52
7	Jamie Laurich, So, St. Benedict	62.95
	Holly Harris, Sr, Macalester	DNC

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#### 800 Meter Run

##### Round 1, Heat 1

1	Megan Daymont, Fr, St. Olaf	2:22.12Q
2	Denay Boyd, Fr, Bethel	2:22.23Q
3	Heidi Brenden, Jr, Concordia	2:22.88q
4	Chrissy Baune, So, Augsburg	2:25.69q
5	Dawn Mielke, Fr, St. Olaf	2:27.77
6	Kelly Shannon, Sr, Concordia	2:29.32
7	Lori Hokeness, Fr, St. Benedict	2:31.88
8	Taryn Weakly, Fr, St. Olaf	2:37.42

##### Round 1, Heat 2

1	Rachel Bjorklund, Jr, Bethel	2:22.77Q
2	Teresa Olsen, Jr, Hamline	2:23.73Q
3	Teresa Lewandowski, Jr, Augsburg	2:23.80q
4	Jenna Parish, Jr, Hamline	2:25.02q
5	Daisy Schmidt, Sr, Gustavus	2:29.20
6	Mia Peterson, So, St. Benedict	2:29.82
7	Heather Brenden, Jr, Concordia	2:30.09
8	Erica Litschke, Sr, St. Benedict	2:31.41

## Final

1	Megan Daymont, Fr, St. Olaf	2:19.32
2	Rachel Bjorklund, Jr, Bethel	2:20.70
3	Heidi Brenden, Jr, Concordia	2:21.57
4	Denay Boyd, Fr, Bethel	2:21.84
5	Teresa Olsen, Jr, Hamline	2:23.92
6	Teresa Lewandowski, Jr, Augsburg	2:28.63
7	Jenna Parish, Jr, Hamline	2:29.54
8	Chrissy Baune, So, Augsburg	2:33.23

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## 1500 Meter Run

## Round 1, Heat 1

1	Megan Daymont, Fr, St. Olaf	4:47.15Q
2	Heidi Brenden, Jr, Concordia	4:48.19Q
3	Laura Bloedorn, Fr, Carleton	4:49.09Q
4	Erin Ward, Sr, St. Thomas	4:51.67Q
5	Elizabeth Garrard, Sr, Carleton	4:52.98q
6	Megan Call, So, St. Olaf	4:54.26q
7	Cindy Carstens, Sr, Concordia	5:02.12
8	Abigail Okrent, So, Carleton	5:07.37
9	Ann Fletchall, Jr, Gustavus	5:12.73
10	Katie Fuhrman, So, St. Catherine	5:13.38
11	Lisa Cadmus, So, Carleton	5:13.90
12	Krista Borg, Jr, Bethel	5:14.35
13	Jennifer Hoffman, Sr, Bethel	5:15.60
14	Liz Sorenson, Fr, Concordia	5:16.93

## Round 1, Heat 2

1	Teresa Olsen, Jr, Hamline	4:53.19Q
2	Chrissy Baune, So, Augsburg	4:53.28Q
3	Yarrow Moench, Sr, Macalester	4:53.53Q
4	Heather Brenden, Jr, Concordia	4:57.93Q
5	Jenni Mooney, Sr, St. Thomas	4:58.32q
6	Anne Purushotham, Carleton	4:59.77q
7	Andrea Sternberg, Sr, Macalester	5:01.65
8	Nicole St. Clair, So, St. Benedict	5:02.62
9	Margaret Lee, So, Carleton	5:12.28
10	Katie Storlie, Jr, St. Olaf	5:14.25
11	Lea Howard, So, Gustavus	5:15.30
12	Marnie Christensen, Fr, Macalester	5:17.34
13	Marnee Bergenheier, Jr, Concordia	5:19.04
14	Beth Sexton, Fr, St. Benedict	5:19.09

## Final

1	Megan Daymont, Fr, St. Olaf	4:48.76
2	Yarrow Moench, Sr, Macalester	4:49.62
3	Teresa Olsen, Jr, Hamline	4:50.70
4	Heidi Brenden, Jr, Concordia	4:51.53
5	Laura Bloedorn, Fr, Carleton	4:54.97
6	Chrissy Baune, So, Augsburg	4:56.54
7	Elizabeth Garrard, Sr, Carleton	5:00.63
8	Erin Ward, Sr, St. Thomas	5:02.19
9	Megan Call, So, St. Olaf	5:04.06
10	Heather Brenden, Jr, Concordia	5:09.04
11	Jenni Mooney, Sr, St. Thomas	5:10.10
12	Anne Purushotham, Carleton	5:11.39

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## 3000 Meter Run

1	Liz Connors, Sr, Macalester	10:32.78
2	Carleen Andert, Sr, St. Thomas	10:38.19
3	Kelly Faris, Jr, St. Thomas	10:43.64
4	Laura Bloedorn, Fr, Carleton	10:45.50
5	Gail Teitzel, Sr, Carleton	10:47.25
6	Katie Martin, Fr, Concordia	10:50.62
7	Andrea Sternberg, Sr, Macalester	10:53.59
8	Christina Vetter, Sr, St. Olaf	10:54.22
9	Angela Wolkowski, So, Bethel	10:58.16
10	Elizabeth Garrard, Sr, Carleton	11:00.78
11	Cindy Carstens, Sr, Concordia	11:02.40

12 Beth Moen, Jr, Concordia	11:09.79
13 Megan Auger, Sr, Macalester	11:13.82
14 Amanda Beckman, Sr, Bethel	11:16.29
15 Nicole St. Clair, So, St. Benedict	11:18.77
16 Marnie Christensen, Fr, Macalester	11:21.58
17 Ann Fletchall, Jr, Gustavus	11:22.55
18 Laura Graen, Jr, Gustavus	11:23.77
19 Sarah Omann, Sr, St. Benedict	11:26.77
20 Mary Reid, Jr, St. Olaf	11:39.67
21 Heather Shulstad, Fr, Concordia	11:49.58

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5000 Meter Run

1 Liz Connors, Sr, Macalester	18:27.23
2 Kelly Faris, Jr, St. Thomas	18:31.00
3 Katie Martin, Fr, Concordia	18:38.56
4 Christina Vetter, Sr, St. Olaf	18:50.40
5 Laura Graen, Jr, Gustavus	19:13.53
6 Sarah Omann, Sr, St. Benedict	19:13.54
7 Mary Reid, Jr, St. Olaf	19:16.46
8 Stef Lenz, Jr, Gustavus	19:18.48
9 Abigail Okrent, So, Carleton	19:28.19
10 Mary Stein, So, St. Benedict	19:32.98
11 Brigid Franey, So, St. Olaf	19:34.93
12 Megan Kelly, Sr, Macalester	19:36.13
13 Lisa Cadmus, So, Carleton	19:56.60
14 Sarah Nelson, So, St. Benedict	19:57.37
15 Johanna Myers, So, St. Benedict	20:12.17
16 Heather Shulstad, Fr, Concordia	20:18.49
17 Liz Book, Fr, Concordia	20:33.39
18 Stacy DeRuiter, Sr, St. Olaf	20:44.88
19 Emily Taylor Page, Fr, Carleton	20:50.27
20 Amy Edelstein, Sr, Bethel	20:53.81
21 Katie Eiser, So, St. Thomas	21:51.63
22 Angie Clausen, Jr, St. Thomas	21:54.45
23 Tracy Grefsrud, So, Gustavus	22:18.65
24 Kari Senske, So, Concordia	22:32.41

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10000 Meter Run

1 Christina Vetter, Sr, St. Olaf	37:52.37
NCAA Provisional Qualifier	
2 Kelly Faris, Jr, St. Thomas	39:38.80
3 Stef Lenz, Jr, Gustavus	39:45.35
4 Emily Nelson, So, St. Benedict	40:20.22
5 Beth Moen, Jr, Concordia	40:41.80
6 Stacy DeRuiter, Sr, St. Olaf	41:21.83
7 Megan Kelly, Sr, Macalester	41:34.36
8 Brigid Franey, So, St. Olaf	41:57.98
9 Sarah Nelson, So, St. Benedict	42:29.08
10 Keren Schaalman, Carleton	43:11.65
11 Crissy Johnson, Jr, St. Benedict	43:40.63
12 Sarah Gradick, So, Carleton	44:32.08
13 Kari Senske, So, Concordia	47:02.42
14 Elen Halvorson, So, Concordia	47:03.15

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100 Meter Hurdles

Round 1, Heat 1

1 Sara Grineski, Jr, Concordia	14.55Q
Meet record	
NCAA Automatic Qualifier	
NCAA Provisional Qualifier	
2 Caroline Stuart, So, Carleton	14.81q
NCAA Provisional Qualifier	
3 Molly Miller, Fr, St. Benedict	15.27q
4 Heidi Fryer, So, Gustavus	16.09
5 Stacy Heiling, Fr, Hamline	16.19

6 Cori Quade, Fr, St. Catherine 17.31  
7 Kristen Haglund, Fr, Concordia 17.62

Round 1, Heat 2

1 Katie Bestul, Jr, St. Thomas 14.57Q  
    Bettters old Meet record  
    NCAA Automatic Qualifier  
    NCAA Provisional Qualifier  
2 Emily Menden, Jr, St. Thomas 14.77q  
    NCAA Provisional Qualifier  
3 Liz Hajek, So, Macalester 15.04q  
    NCAA Provisional Qualifier  
4 Nissa Stolp, Sr, Gustavus 15.68  
5 Angie Strom, Jr, Concordia 15.78  
6 Bryn LeVasseur, Fr, St. Olaf 17.33  
7 Clara Setzer, Jr, Saint Mary's 17.34

Round 1, Heat 3

1 Kelly Tan, Sr, Carleton 14.60Q  
    Bettters old Meet record  
    NCAA Automatic Qualifier  
    NCAA Provisional Qualifier  
2 Kara Hedin, Jr, St. Thomas 14.82q  
    NCAA Provisional Qualifier  
3 Marissa Lightbourne, So, Macalester 15.35  
4 Katie Arnes, Jr, St. Thomas 15.80  
5 Kim Hayes, Fr, St. Catherine 16.67  
6 Jenny Doty, Fr, St. Olaf 16.97  
7 Julia Gray, So, Macalester 18.39

Final

1 Sara Grineski, Jr, Concordia 14.27  
    Meet record  
    NCAA Automatic Qualifier  
    NCAA Provisional Qualifier  
2 Katie Bestul, Jr, St. Thomas 14.39  
    Bettters old Meet record  
    NCAA Automatic Qualifier  
    NCAA Provisional Qualifier  
3 Caroline Stuart, So, Carleton 14.55  
    Bettters old Meet record  
    NCAA Automatic Qualifier  
    NCAA Provisional Qualifier  
4 Kelly Tan, Sr, Carleton 14.64  
    Bettters old Meet record  
    NCAA Automatic Qualifier  
    NCAA Provisional Qualifier  
5 Emily Menden, Jr, St. Thomas 14.65  
    Bettters old Meet record  
    NCAA Automatic Qualifier  
    NCAA Provisional Qualifier  
6 Kara Hedin, Jr, St. Thomas 14.85  
    NCAA Provisional Qualifier  
7 Liz Hajek, So, Macalester 14.97  
    NCAA Provisional Qualifier  
8 Molly Miller, Fr, St. Benedict 15.34

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400 Meter Hurdles

Round 1, Heat 1

1 Tish Dusich, Fr, St. Thomas 66.52Q  
2 Emily Menden, Jr, St. Thomas 67.01q  
3 Kimberly Davis, Fr, Carleton 68.64q  
4 Marissa Lightbourne, So, Macalester 68.66  
5 Delinda Tamagni, Fr, St. Catherine 70.48  
6 Marni Gehrking, Fr, Gustavus 72.93  
7 Elizabeth Parke, Fr, Carleton 76.30

Round 1, Heat 2

1 Caroline Stuart, So, Carleton 64.16Q  
    NCAA Provisional Qualifier  
2 Julia Taylor, Sr, Bethel 64.38q  
    NCAA Provisional Qualifier  
3 Mary Pulling, So, St. Thomas 67.23q

4 Margaret Cropp, Jr, Concordia	68.69
5 Pam Mertens, Fr, Gustavus	71.51
6 Tamra Thayer, So, Carleton	72.41
7 Lisa Croker, Fr, St. Benedict	75.23
8 Jenny Doty, Fr, St. Olaf	81.57

Round 1, Heat 3

1 Sara Grineski, Jr, Concordia	66.71Q
2 Janet Hengel, Jr, St. Olaf	67.70q
3 Liz Hajek, So, Macalester	68.97
4 Natalie Scheidt, Fr, St. Benedict	71.29
5 Julia Gray, So, Macalester	72.50
6 Kate Krueger, Jr, Gustavus	73.62
7 Bonny Pastika, So, Hamline	76.44

Final

1 Caroline Stuart, So, Carleton	64.18
NCAA Provisional Qualifier	
2 Sara Grineski, Jr, Concordia	65.13
3 Julia Taylor, Sr, Bethel	65.40
4 Tish Dusich, Fr, St. Thomas	66.32
5 Emily Menden, Jr, St. Thomas	66.63
6 Janet Hengel, Jr, St. Olaf	66.92
7 Mary Pulling, So, St. Thomas	69.20
8 Kimberly Davis, Fr, Carleton	69.25

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4X100 Meter Relay

Round 1, Heat 1

1 St. Thomas (Katie Bestul, Heidi Vogel, Emily Haley, Jill Ylonen)	48.73Q
NCAA Provisional Qualifier	
2 St. Benedict (Ali Judkins, Jenny Ewertz, Jamie Laurich, Jenny Bruns)	50.01q
3 Gustavus (Stacy Horner, Laura Carlson, Kajsa Larson, Molly Nemes)	50.02q
4 St. Catherine (Delinda Tamagni, Sydney Larson, Megan Moen, Jen Beltz)	51.56q
5 Hamline (Bonny Pastika, Summer Barnes, Sarah Peklo, Ali Taylor)	57.54

Round 1, Heat 2

1 Macalester (Adina Bowe, Holly Harris, Liz Durney, Liz Hajek)	49.53Q
2 Carleton (Kelly Tan, Sandra Helquist, Kimberly Davis, Caroline Stuart)	49.71q
3 St. Olaf (Mara Anderson, Amanda Olson, Sara Daymont, Janet Hengel)	50.58q
4 Concordia (Sara Grineski, Margaret Cropp, Lesley Albertson, Dashedelle Purcell)	51.40q

Final

1 St. Thomas (Katie Bestul, Heidi Vogel, Emily Haley, Jill Ylonen)	49.16
NCAA Provisional Qualifier	
2 Carleton (Kelly Tan, Sandra Helquist, Kimberly Davis, Caroline Stuart)	50.14
3 St. Olaf (Mara Anderson, Amanda Olson, Sara Daymont, Janet Hengel)	50.64
4 Macalester (Adina Bowe, Holly Harris, Liz Durney, Liz Hajek)	50.88
5 St. Benedict (Ali Judkins, Molly Miller, Jamie Laurich, Jenny Bruns)	50.99
6 Concordia (Sara Grineski, Margaret Cropp, Lesley Albertson, Dashedelle Purcell)	51.38
7 St. Catherine (Delinda Tamagni, Sydney Larson, Megan Moen, Jen Beltz)	53.20
Gustavus (Stacy Horner, Laura Carlson, Kajsa Larson, Molly Nemes)	DQ

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4X400 Meter Relay

1 Gustavus (Kate Krueger, Laura Carlson,	
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	Kajsa Larson, Stacy Horner)	3:59.86 H2
2	St. Thomas (Heidi Vogel, Tish Dusich, Kara Hedin, Emily Haley)	4:00.61 H2
3	Bethel (Anne Habbena, Denay Boyd, Rachel Bjorklund, Julia Taylor)	4:03.45 H2
4	St. Olaf (Emily Walker, Janet Hengel, Erin Benson, Megan Daymont)	4:05.30 H2
5	Concordia (Margaret Cropp, Heidi Brenden, Angie Strom, Sara Grineski)	4:12.11 H2
6	Carleton (Caroline Stuart, Tamra Thayer, Kelly Tan, Sarah Paul)	4:12.87 H2
7	St. Benedict (Ali Judkins, Mia Peterson, Patty Herou, Jenny Bruns)	4:14.38 H2
8	Macalester (Adina Bowe, Julia Gray, Liz Durney, Liz Hajek)	4:15.16 H2
9	Hamline (Jenny Davis, Teresa Olsen, Jenna Parish, Stacy Heiling)	4:16.07 H1
10	St. Catherine (Sydney Larson, Jen Beltz, Katie Fuhrman, Megan Moen)	4:20.73 H1
11	Augsburg (Teresa Lewandowski, Kara Nelson, Tiffany Lynch, Chrissy Baune)	4:25.57 H1

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4X800 Meter Relay

1	Bethel (Angela Wolkowski, Denay Boyd, Julia Taylor, Rachel Bjorklund)	9:40.31
2	Macalester (Liz Connors, Andrea Sternberg, Megan Auger, Yarrow Moench)	9:46.79
3	Carleton (Anne Purushotham, Gail Teitzel, Elizabeth Garrard, Laura Bloedorn)	9:46.97
4	St. Thomas (Becky Mooney, Erin Ward, Crystal Dusich, Tish Dusich)	9:48.76
5	St. Olaf (Emily Walker, Katie Storlie, Erin Benson, Megan Call)	10:03.27
6	Concordia (Kelly Shannon, Marnee Bergenheier, Joanne Maki, Sommer Jalbert)	10:21.36
7	Gustavus (Daisy Schmidt, Kate Krueger, Lea Howard, Laura Graen)	10:27.21
8	St. Benedict (Erica Litschke, Lori Hokeness, Natalie Scheidt, Mia Peterson)	10:36.12
9	Hamline (Marie Clausen, Jenny Maxted, Thea Strand, Erica Gatzow)	11:07.84

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Long Jump

Round 1, Flight 1

1	Kara Hedin, Jr, St. Thomas	17-2 3/4	(5.25m)q
2	Kari Pederson, Jr, Saint Mary's	16-3 1/4	(4.96m)q
3	Emily Haley, Sr, St. Thomas	16-2 1/4	(4.93m)q
4	Colleen Mensing, Sr, St. Benedict	16-0 1/4	(4.88m)
5	Bree Wertz, So, St. Thomas	15-5	(4.70m)
6	Crystal Dusich, Jr, St. Thomas	15-4 1/4	(4.68m)
7	Kristen Haglund, Fr, Concordia	14-11 1/2	(4.56m)
8	Annie Knierim, Fr, Concordia	14-10 1/2	(4.53m)
	Christi Osborne, Sr, St. Thomas	ND	

Round 1, Flight 2

1	Anne Habbena, Jr, Bethel	17-5 1/4	(5.31m)q
2	Molly Nemes, Jr, Gustavus	17-2	(5.23m)q
3	Nissa Stolp, Sr, Gustavus	16-11 1/4	(5.16m)q
4	Heidi Vogel, Fr, St. Thomas	16-5 3/4	(5.02m)q
5	Sandra Helquist, Sr, Carleton	16-2 1/2	(4.94m)q
6	Kelly Tan, Sr, Carleton	15-11 3/4	(4.87m)
7	Caroline Stuart, So, Carleton	15-6 1/4	(4.73m)
8	BriAnne Erpelding, Sr, St. Benedict	15-5 1/2	(4.71m)
9	Julia Yoshimoto, Jr, Carleton	15-2 1/4	(4.63m)

Final

1	Anne Habbena, Jr, Bethel	17-5 1/4	(5.31m)
2	Kara Hedin, Jr, St. Thomas	17-4 1/4	(5.29m)
3	Molly Nemes, Jr, Gustavus	17-2	(5.23m)

4	Nissa Stolp, Sr, Gustavus	16-11 1/4	(5.16m)
5	Emily Haley, Sr, St. Thomas	16-6	(5.03m)
6	Heidi Vogel, Fr, St. Thomas	16-5 3/4	(5.02m)
7	Kari Pederson, Jr, Saint Mary's	16-3 1/4	(4.96m)
8	Sandra Helquist, Sr, Carleton	16-2 1/2	(4.94m)

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Triple Jump

Round 1, Flight 1

1	Kara Hedin, Jr, St. Thomas	37-1 1/4	(11.31m)q
	NCAA Provisional Qualifier		
2	Heidi Fryer, So, Gustavus	34-0	(10.36m)
3	Patty Herou, So, St. Benedict	33-9 1/2	(10.30m)
4	Bridget Schletty, So, St. Benedict	33-8 1/2	(10.27m)
5	Christi Osborne, Sr, St. Thomas	33-0 1/4	(10.06m)
6	Colleen Mensing, Sr, St. Benedict	31-4 1/2	(9.56m)
7	Bridgit Bergloff, Bethel	31-4 1/2	(9.56m)
8	Sarah Beggs, So, St. Olaf	31-1 3/4	(9.49m)

Round 1, Flight 2

1	Molly Nemes, Jr, Gustavus	35-10 3/4	(10.94m)q
2	Greta Schutte, So, Bethel	35-0 1/2	(10.68m)q
3	Julia Yoshimoto, Jr, Carleton	33-5 1/4	(10.19m)
4	Katherine Doherty, Sr, Carleton	32-10 1/2	(10.02m)
5	Kari Rosenfeldt, Fr, Concordia	32-0 3/4	(9.77m)
6	Marye deJong, Sr, Macalester	31-8	(9.65m)
7	Cori Quade, Fr, St. Catherine	31-2 1/2	(9.51m)
	Ellie Lewis, Fr, Macalester	ND	

Round 1, Flight 3

1	Anne Habbena, Jr, Bethel	35-0 1/2	(10.68m)q
2	BriAnne Erpelding, Sr, St. Benedict	34-10 1/4	(10.62m)q
3	Heidi Vogel, Fr, St. Thomas	34-9 3/4	(10.61m)q
4	Annie Knierim, Fr, Concordia	34-7 1/2	(10.55m)q
5	Crystal Dusich, Jr, St. Thomas	34-6 3/4	(10.53m)q
6	Kari Pederson, Jr, Saint Mary's	33-4	(10.16m)
7	Natalie St. Louis, So, Augsburg	31-6 1/2	(9.61m)

Final

1	Kara Hedin, Jr, St. Thomas	37-4	(11.38m)
	NCAA Provisional Qualifier		
2	Molly Nemes, Jr, Gustavus	36-0 3/4	(10.99m)
3	Heidi Vogel, Fr, St. Thomas	35-1	(10.69m)
4	Greta Schutte, So, Bethel	35-0 1/2	(10.68m)
5	Anne Habbena, Jr, Bethel	35-0 1/2	(10.68m)
6	BriAnne Erpelding, Sr, St. Benedict	34-10 1/4	(10.62m)
7	Annie Knierim, Fr, Concordia	34-7 1/2	(10.55m)
8	Crystal Dusich, Jr, St. Thomas	34-6 3/4	(10.53m)

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Shot Put

Round 1, Flight 1

1	Maria DeBoer, Sr, Concordia	41-1	(12.52m)q
2	Amy Buran, Jr, Gustavus	37-2 1/2	(11.34m)q
3	Rachel Aufforth, Jr, Concordia	36-9 1/2	(11.21m)q
4	Colleen O'Hearn, So, Saint Mary's	36-2	(11.02m)q
5	Nikki Berg, Sr, Concordia	34-10 1/2	(10.63m)
6	Emily Uzzell, Fr, St. Olaf	33-8 3/4	(10.28m)
7	Anne Poduska, Jr, Macalester	33-7 1/2	(10.25m)
8	Kirsten Gulbro, Fr, Augsburg	33-6 1/2	(10.22m)
9	Clara Setzer, Jr, Saint Mary's	32-11 1/4	(10.04m)

Round 1, Flight 2

1	April Felt, Sr, Hamline	43-7 3/4	(13.30m)q
	NCAA Automatic Qualifier		
	NCAA Provisional Qualifier		
2	Becky Martinson, Fr, Hamline	38-11 1/2	(11.87m)q
3	Ali Taylor, Fr, Hamline	38-5 1/2	(11.72m)q
4	Alicia Tull, Jr, Concordia	38-0 1/4	(11.59m)q
5	Alyssa Fredman, Fr, Bethel	34-1 1/4	(10.39m)
6	Jill Janikowski, Fr, St. Thomas	32-9 3/4	(10.00m)
7	Lisa Eidenschink, Fr, St. Olaf	32-9 1/2	(9.99m)
8	Kate Otremba, Fr, St. Benedict	32-5 3/4	(9.90m)

9 Angie Schneibel, Fr, Concordia 32-4 3/4 (9.87m)  
10 Jessie Miller, Fr, Concordia 31-9 1/4 (9.68m)

Final

1 April Felt, Sr, Hamline 43-7 3/4 (13.30m)  
NCAA Automatic Qualifier  
NCAA Provisional Qualifier  
2 Maria DeBoer, Sr, Concordia 42-9 1/2 (13.04m)  
NCAA Provisional Qualifier  
3 Ali Taylor, Fr, Hamline 39-5 (12.01m)  
4 Becky Martinson, Fr, Hamline 38-11 1/2 (11.87m)  
5 Alicia Tull, Jr, Concordia 38-0 1/4 (11.59m)  
6 Rachel Aufforth, Jr, Concordia 37-6 3/4 (11.45m)  
7 Amy Buran, Jr, Gustavus 37-2 1/2 (11.34m)  
8 Colleen O'Hearn, So, Saint Mary's 36-2 (11.02m)

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Discus Throw

Round 1, Flight 1

1 Maria DeBoer, Sr, Concordia 141-8 (43.18m)q  
NCAA Provisional Qualifier  
2 Lisa Eidenschink, Fr, St. Olaf 135-11 (41.44m)q  
3 Nikki Berg, Sr, Concordia 128-3 (39.10m)q  
4 Angie Schneibel, Fr, Concordia 126-6 (38.56m)  
5 Nicole Paquette, So, Concordia 113-9 (34.68m)  
6 Becky Martinson, Fr, Hamline 113-1 (34.46m)  
7 Becki Madvig, Fr, Bethel 111-9 (34.06m)  
8 Kate Otreмба, Fr, St. Benedict 105-8 (32.20m)  
Tara Wawrzynaik, Fr, St. Thomas DNC

Round 1, Flight 2

1 Mariah Mougey, Fr, Concordia 136-11 (41.74m)q  
NCAA Provisional Qualifier  
2 Charity Penn, Sr, Concordia 135-8 (41.36m)q  
3 Jessie Miller, Fr, Concordia 130-8 (39.82m)q  
4 April Felt, Sr, Hamline 127-11 (38.98m)q  
5 Kirsten Gulbro, Fr, Augsburg 126-10 (38.66m)q  
6 Colleen O'Hearn, So, Saint Mary's 110-6 (33.68m)  
7 Amy Buran, Jr, Gustavus 110-0 (33.52m)  
8 Emily Rankin, Jr, Concordia 109-4 (33.32m)  
9 Jill Janikowski, Fr, St. Thomas 90-5 (27.56m)

Final

1 April Felt, Sr, Hamline 144-8 (44.10m)  
NCAA Provisional Qualifier  
2 Lisa Eidenschink, Fr, St. Olaf 143-4 (43.68m)  
NCAA Provisional Qualifier  
3 Maria DeBoer, Sr, Concordia 141-8 (43.18m)  
NCAA Provisional Qualifier  
4 Mariah Mougey, Fr, Concordia 136-11 (41.74m)  
NCAA Provisional Qualifier  
5 Charity Penn, Sr, Concordia 135-8 (41.36m)  
6 Jessie Miller, Fr, Concordia 130-11 (39.90m)  
7 Kirsten Gulbro, Fr, Augsburg 129-1 (39.36m)  
8 Nikki Berg, Sr, Concordia 128-3 (39.10m)

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Hammer Throw

Round 1, Flight 1

1 April Felt, Sr, Hamline 159-11 (48.74m)q  
NCAA Automatic Qualifier  
NCAA Provisional Qualifier  
2 Carrie Lind, Sr, Augsburg 148-11 (45.38m)q  
NCAA Provisional Qualifier  
3 Karyn Senst, Sr, Concordia 138-9 (42.30m)q  
4 Misty Smoot, Sr, St. Benedict 138-4 (42.16m)q  
5 Mariah Mougey, Fr, Concordia 127-11 (39.00m)q  
6 Julie Mareck, Fr, St. Catherine 120-11 (36.86m)  
6 Amy Buran, Jr, Gustavus 120-11 (36.86m)  
8 Anne Poduska, Jr, Macalester 115-7 (35.24m)  
9 Ali Taylor, Fr, Hamline 113-10 (34.70m)

Round 1, Flight 2

1	Rachel Aufforth, Jr, Concordia	136-8	(41.66m)q
2	Maria DeBoer, Sr, Concordia	132-11	(40.52m)q
3	Becky Lacher, So, Concordia	131-5	(40.06m)q
4	Becky Martinson, Fr, Hamline	125-4	(38.20m)
5	Monica Fisk, So, Gustavus	117-1	(35.70m)
6	Angie Schneibel, Fr, Concordia	108-5	(33.04m)
6	Kirsten Gulbro, Fr, Augsburg	108-5	(33.04m)
8	Nancy Eichten, Jr, St. Catherine	108-0	(32.92m)
9	Becki Madvig, Fr, Bethel	105-9	(32.24m)

Final

1	April Felt, Sr, Hamline	159-11	(48.74m)
	NCAA Automatic Qualifier		
	NCAA Provisional Qualifier		
2	Carrie Lind, Sr, Augsburg	152-0	(46.32m)
	NCAA Provisional Qualifier		
3	Karyn Senst, Sr, Concordia	145-9	(44.42m)
4	Misty Smoot, Sr, St. Benedict	145-0	(44.20m)
5	Rachel Aufforth, Jr, Concordia	139-11	(42.66m)
6	Becky Lacher, So, Concordia	135-9	(41.38m)
7	Maria DeBoer, Sr, Concordia	135-4	(41.24m)
8	Mariah Mougey, Fr, Concordia	127-11	(39.00m)

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Javelin Throw

Round 1, Flight 1

1	Sara Diercks, So, St. Thomas	123-7	(37.66m)q
2	Angie Strom, Jr, Concordia	111-4	(33.94m)q
3	Kelly Seyfert, Jr, Concordia	109-4	(33.34m)q
4	Angie Schneibel, Fr, Concordia	106-0	(32.30m)q
5	Katie Cowles, Jr, Concordia	105-10	(32.26m)q
6	Monica Fisk, So, Gustavus	102-2	(31.14m)
7	Nancy Eichten, Jr, St. Catherine	100-11	(30.76m)
8	Leah Dvorak, Fr, St. Olaf	92-8	(28.26m)
9	Kelly Tan, Sr, Carleton	87-6	(26.68m)

Round 1, Flight 2

1	Margaret Cropp, Jr, Concordia	121-3	(36.96m)q
2	Alicia Tull, Jr, Concordia	105-6	(32.16m)q
3	Courtneay Penwell, Sr, Macalester	103-1	(31.42m)q
4	Jill Janikowski, Fr, St. Thomas	98-4	(29.98m)
5	Sarah Paul, So, Carleton	92-6	(28.20m)
6	Jenny Schmitt, Sr, St. Thomas	91-6	(27.88m)
7	Kerstin Blazina, So, Gustavus	90-8	(27.64m)
8	Alison Routledge, So, Concordia	88-1	(26.86m)
9	Mia Peterson, So, St. Benedict	86-0	(26.22m)

Final

1	Sara Diercks, So, St. Thomas	123-7	(37.66m)
2	Margaret Cropp, Jr, Concordia	121-3	(36.96m)
3	Angie Strom, Jr, Concordia	111-4	(33.94m)
4	Kelly Seyfert, Jr, Concordia	109-4	(33.34m)
5	Angie Schneibel, Fr, Concordia	106-0	(32.30m)
6	Katie Cowles, Jr, Concordia	105-10	(32.26m)
7	Alicia Tull, Jr, Concordia	105-6	(32.16m)
8	Courtneay Penwell, Sr, Macalester	103-1	(31.42m)

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High Jump

1	Katie Arnes, Jr, St. Thomas	5-5 3/4	(1.67m)
	NCAA Provisional Qualifier		
2	Bridget Schletty, So, St. Benedict	5-1 3/4	(1.57m)
3	Megan June, Sr, Macalester	5-1 3/4	(1.57m)
4	Nissa Stolp, Sr, Gustavus	5-1 3/4	(1.57m)
5	Angie Strom, Jr, Concordia	4-11 3/4	(1.52m)
6	Sarah Paul, So, Carleton	4-9 3/4	(1.47m)
6	Kimberly Davis, Fr, Carleton	4-9 3/4	(1.47m)
8	Katie Bestul, Jr, St. Thomas	4-9 3/4	(1.47m)
8	Ellie Lewis, Fr, Macalester	4-9 3/4	(1.47m)
10	Maria VonArx, Fr, Gustavus	4-9 3/4	(1.47m)
11	Anne Sikorra, Fr, St. Catherine	4-7 3/4	(1.42m)
11	Greta Schutte, So, Bethel	4-7 3/4	(1.42m)

13 Katherine Doherty, Sr, Carleton	4-7 3/4	(1.42m)
14 Kate Evon, Jr, St. Benedict	4-7 3/4	(1.42m)
Leah Dvorak, Fr, St. Olaf	NH	

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Pole Vault

1 Janet Hengel, Jr, St. Olaf	10-10	(3.30m)
	NCAA Provisional Qualifier	
2 Caroline Boatz, Jr, St. Benedict	10-6	(3.20m)
	NCAA Provisional Qualifier	
3 Jen Fettig, Jr, Concordia	10-6	(3.20m)
	NCAA Provisional Qualifier	
4 Tamra Thayer, So, Carleton	10-2	(3.10m)
	NCAA Provisional Qualifier	
5 Heidi Fryer, So, Gustavus	10-2	(3.10m)
	NCAA Provisional Qualifier	
6 Nikki Tuma, Jr, St. Benedict	10-2	(3.10m)
	NCAA Provisional Qualifier	
7 Katie Joyce, Fr, St. Thomas	9-10	(3.00m)
	NCAA Provisional Qualifier	
8 Patty Herou, So, St. Benedict	9-4 1/4	(2.85m)
9 Jenni Hurner, Fr, St. Olaf	9-4 1/4	(2.85m)
10 Jessica Loehr, Fr, St. Thomas	9-4 1/4	(2.85m)
11 Kara Nelson, Fr, Augsburg	8-10 1/4	(2.70m)
12 Heather Moor, So, Carleton	8-4 1/4	(2.55m)
13 Sarah Lenhardt, Fr, St. Benedict	7-10 1/2	(2.40m)
14 Emily Erickson, So, St. Olaf	7-10 1/2	(2.40m)
Lisa Hodapp, Jr, Concordia	DNC	
Anne Sikorra, Fr, St. Catherine	NH	

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Heptathlon

1 Sandra Helquist, Sr, Carleton	4365
	NCAA Automatic Qualifier
	NCAA Provisional Qualifier
2 Kelly Tan, Sr, Carleton	4284
	NCAA Automatic Qualifier
	NCAA Provisional Qualifier
3 Katie Arnes, Jr, St. Thomas	4069
	NCAA Provisional Qualifier
4 Caroline Stuart, So, Carleton	4035
5 Angie Strom, Jr, Concordia	4004
6 Margaret Cropp, Jr, Concordia	3961
7 Nissa Stolp, Sr, Gustavus	3830
8 Kimberly Davis, Fr, Carleton	3780
9 Mia Peterson, So, St. Benedict	3661
10 Kate Krueger, Jr, Gustavus	3629
11 Crystal Dusich, Jr, St. Thomas	3508
12 Clara Setzer, Jr, Saint Mary's	3448
13 Kristen Haglund, Fr, Concordia	3252
14 Sarah Paul, So, Carleton	3215
15 Bree Wertz, So, St. Thomas	3041
16 Anne Sikorra, Fr, St. Catherine	1862
17 Leah Dvorak, Fr, St. Olaf	870