

## 2004 MIAC Women's Outdoor Track and Field - Individual Results

---

100 Meter Dash

Round 1, Heat 1

1	Alanna Carter, So, Augsburg	12.39Q
2	Patti Clintzman, So, St. Benedict	12.43q
3	Blythe Bittman, So, Gustavus Adolphus	12.99
4	Sheri Netland, Fr, Bethel	13.06
5	Sarah Nezworski, Jr, St. Benedict	13.23
6	Katie McIntire, Fr, Saint Mary's	13.26
7	Erin Ranta, Sr, St. Thomas	13.64
8	Ashley Dennis, Fr, St. Olaf	13.68
9	Liz Ghandour, So, St. Olaf	13.74

Round 1, Heat 2

1	Angie Pfeiffer, So, Concordia	12.27Q
	NCAA provisional	
2	Kristal Grigsby, So, St. Thomas	12.59q
3	Christine Walsten, Sr, Hamline	12.69q
4	Maggie Stolp, Sr, Gustavus Adolphus	12.93
5	Norma Reynolds, Fr, St. Olaf	12.93
6	Kelsey Becker, Fr, Gustavus Adolphus	12.95
7	Jess Rosenblatt, Sr, Carleton	13.39
8	Kari Buckingham, Fr, St. Thomas	13.48
9	Angie Krebsbach, So, Hamline	13.88

Round 1, Heat 3

1	Tonnisha Bell, So, Augsburg	12.32Q
	NCAA provisional	
2	Molly Bauman, So, St. Thomas	12.49q
3	Melissa Mueller, So, St. Olaf	12.76q
4	Danielle St. Louis, Jr, Hamline	12.82q
5	Heidi Pearson, So, St. Catherine	13.01
6	Jill Moller, Fr, Concordia	13.15
7	Melissa Botzet, Jr, St. Olaf	13.44
8	Tami Hoesse, So, St. Benedict	13.61
9	Meghan Dirkes, Fr, St. Catherine	14.06

Final

1	Alanna Carter, So, Augsburg	12.28
	NCAA provisional	
2	Tonnisha Bell, So, Augsburg	12.33
	NCAA provisional	
3	Kristal Grigsby, So, St. Thomas	12.53
4	Patti Clintzman, So, St. Benedict	12.54
5	Molly Bauman, So, St. Thomas	12.57
6	Melissa Mueller, So, St. Olaf	12.76
7	Angie Pfeiffer, So, Concordia	12.80
8	Christine Walsten, Sr, Hamline	12.84
9	Danielle St. Louis, Jr, Hamline	12.85

<hr>

200 Meter Dash

Round 1, Heat 1

1	Alanna Carter, So, Augsburg	25.40Q
2	Blythe Bittman, So, Gustavus Adolphus	25.98q
3	Alissa Bilden, Fr, Concordia	26.14q
4	Kim Swanson, Sr, Gustavus Adolphus	26.47
5	Maggie Stolp, Sr, Gustavus Adolphus	26.95
6	Melissa Mueller, So, St. Olaf	27.18
7	Vanessa Brown, Fr, Carleton	27.77
8	Melissa Botzet, Jr, St. Olaf	27.92
9	Elaine Reeves, Jr, St. Thomas	28.82

Round 1, Heat 2

1	Angie Pfeiffer, So, Concordia	25.46Q
2	Bethany Keene, So, St. Benedict	26.13q
3	Ashley Cronen, So, Gustavus Adolphus	26.23q
4	Christina Chapman, Fr, St. Thomas	26.40
5	Sheri Netland, Fr, Bethel	26.66
6	Heidi Pearson, So, St. Catherine	27.43
7	Katie McIntire, Fr, Saint Mary's	27.69
8	Kaia Knutson, Fr, St. Olaf	28.02
9	Kari Buckingham, Fr, St. Thomas	28.05

Round 1, Heat 3

1	Patti Clintzman, So, St. Benedict	25.56Q
---	-----------------------------------	--------

2	Kristal Grigsby, So, St. Thomas	26.24q
3	Becky Peterson, Sr, St. Olaf	26.30q
4	Norma Reynolds, Fr, St. Olaf	26.38
5	Kelsey Becker, Fr, Gustavus Adolphus	26.91
6	Jennifer Noelke, Fr, Macalester	27.65
7	Tiffany Trost, Jr, St. Benedict	27.80
8	Amy Carlson, Fr, Bethel	28.45
9	Tami Hoesse, So, St. Benedict	28.79

Final

1	Angie Pfeiffer, So, Concordia	25.14
	NCAA provisional	
2	Alanna Carter, So, Augsburg	25.25
	NCAA provisional	
3	Kristal Grigsby, So, St. Thomas	25.79
4	Patti Clintzman, So, St. Benedict	25.80
5	Blythe Bittman, So, Gustavus Adolphus	25.96
6	Alissa Bilden, Fr, Concordia	26.09
7	Becky Peterson, Sr, St. Olaf	26.24
8	Bethany Keene, So, St. Benedict	26.37
9	Ashley Cronen, So, Gustavus Adolphus	26.40

<hr>

400 Meter Dash

Round 1, Heat 1

1	Angie Pfeiffer, So, Concordia	57.76Q
2	Bethany Keene, So, St. Benedict	60.56
3	Christina Chapman, Fr, St. Thomas	60.66
4	Maria Roche, Fr, Saint Mary's	61.47
5	Anna Beich, So, Bethel	61.69
6	Melanie Priebe, Jr, St. Catherine	62.67
7	Andrea Gelle, Fr, St. Olaf	63.53
8	Kristy Gloe, Fr, St. Olaf	67.18
9	Haden Bowie, Fr, Hamline	67.65

Round 1, Heat 2

1	Ashley Cronen, So, Gustavus Adolphus	58.13Q
2	Alicia Wolff, Jr, St. Thomas	58.16q
3	Krista Cruse, Fr, Gustavus Adolphus	58.32q
4	Amy Ravenhorst, Fr, Concordia	59.59q
5	Anne Redmon, Fr, St. Benedict	59.87q
6	Ashley Dingels, Jr, Saint Mary's	59.99
7	Melissa Botzet, Jr, St. Olaf	62.44
8	Christy Pose, Fr, St. Catherine	65.37
9	Liesl Genelin, Fr, St. Benedict	65.98

Round 1, Heat 3

1	Kim Swanson, Sr, Gustavus Adolphus	58.26Q
2	Alissa Bilden, Fr, Concordia	58.77q
3	Kelly Olson, Fr, Concordia	59.97q
4	Mary McKee, Jr, St. Thomas	60.23
5	Allison Erlander, Fr, St. Olaf	60.34
6	Danille Slack, Sr, Augsburg	63.46
7	Amy Carlson, Fr, Bethel	64.03
8	Elaine Reeves, Jr, St. Thomas	67.17
9	Katie Brown, So, St. Olaf	67.38

Final

1	Angie Pfeiffer, So, Concordia	56.32
	Meet record	
	Was 56.46; Pam Olsgaard, Concordia, 1986	
	NCAA provisional	
2	Alissa Bilden, Fr, Concordia	57.71
3	Ashley Cronen, So, Gustavus Adolphus	58.40
4	Alicia Wolff, Jr, St. Thomas	58.68
5	Kim Swanson, Sr, Gustavus Adolphus	59.10
6	Amy Ravenhorst, Fr, Concordia	59.20
7	Krista Cruse, Fr, Gustavus Adolphus	59.48
8	Kelly Olson, Fr, Concordia	59.91
9	Anne Redmon, Fr, St. Benedict	61.37

<hr>

800 Meter Run

Round 1, Heat 1

1 Ellen Waldow, So, Augsburg	2:17.63Q
2 Emily Liddiard, Jr, St. Catherine	2:20.72Q
3 Jessica Deutsch, Sr, Carleton	2:22.41q
4 Anna Shamey, Fr, Macalester	2:23.04q
5 Erin Bengtson, So, St. Olaf	2:23.93
6 Kristin O'Connell, Sr, Carleton	2:24.95
7 Larisa Nordstrom, So, St. Olaf	2:32.54
8 Kjersten Johnson, Sr, St. Olaf	2:32.83
9 Diana Ostrowski, So, St. Olaf	2:36.58

Round 1, Heat 2

1 Corrin Hoffman, Sr, Hamline	2:19.50Q
2 Natalie Hanson, So, Concordia	2:19.66Q
3 Marit Grorud, Sr, St. Olaf	2:20.03q
4 Koby Hagen, So, Macalester	2:20.09q
5 Jenna Barke, So, St. Olaf	2:22.06q
6 Martha Langarer, Fr, St. Olaf	2:23.08
7 Heidi Bulfer, Fr, Gustavus Adolphus	2:28.12
8 Kelsy Watt, Fr, St. Olaf	2:29.15
9 Amber Beck, Sr, St. Thomas	2:30.84

Final

1 Ellen Waldow, So, Augsburg	2:16.36
2 Emily Liddiard, Jr, St. Catherine	2:17.52
3 Natalie Hanson, So, Concordia	2:18.46
4 Corrin Hoffman, Sr, Hamline	2:19.52
5 Koby Hagen, So, Macalester	2:21.33
6 Marit Grorud, Sr, St. Olaf	2:21.49
7 Anna Shamey, Fr, Macalester	2:22.04
8 Jenna Barke, So, St. Olaf	2:22.60
9 Jessica Deutsch, Sr, Carleton	2:26.72

<hr>

1500 Meter Run

Round 1, Heat 1

1 Carrie Fransen, Jr, Concordia	4:53.01Q
2 Koby Hagen, So, Macalester	4:53.08Q
3 Erin Bengtson, So, St. Olaf	4:53.08Q
4 Mollie Lager, So, Gustavus Adolphus	4:56.01Q
5 Kelsy Watt, Fr, St. Olaf	4:59.88q
6 Tera Bollig, Fr, Saint Mary's	5:02.99
7 Rachel Charpentier, Fr, Concordia	5:05.71
8 Emily Trapp, Fr, Gustavus Adolphus	5:07.61
9 Kjersten Johnson, Sr, St. Olaf	5:09.90
10 Diana Ostrowski, So, St. Olaf	5:11.00
11 Stacie Bulfer, Sr, Gustavus Adolphus	5:15.37
12 Emily Hagen, Sr, St. Olaf	5:21.48
13 Monica Moreland, Fr, Hamline	5:27.74
14 Tracy McCubbin, Fr, St. Thomas	5:29.06

Round 1, Heat 2

1 Kate Aubrecht, So, St. Benedict	4:54.8Q
2 Lisa Owen, Sr, Concordia	4:55.1Q
3 Angela Bergeson, So, Augsburg	4:55.5Q
4 Ronni Hamilton, So, St. Thomas	4:55.9Q
5 Jenny Ingebritsen, So, St. Olaf	4:56.8q
6 Lacey Schrupp, Fr, Hamline	4:57.0q
7 Larisa Nordstrom, So, St. Olaf	5:02.0q
8 Sarah Sobie, So, St. Thomas	5:05.3
9 Kristen Winchell, Jr, St. Thomas	5:08.1
10 Lindsay Conrad, Sr, Hamline	5:12.2
11 Melissa Francis, Fr, Hamline	5:15.8
12 Molly Bowen, Fr, Macalester	5:19.8
13 Rachel Dwyer, Fr, Concordia	5:20.3
14 Katie Brown, So, St. Olaf	5:22.2

Final

1 Koby Hagen, So, Macalester	4:43.82
2 Erin Bengtson, So, St. Olaf	4:45.89
3 Angela Bergeson, So, Augsburg	4:48.17
4 Lisa Owen, Sr, Concordia	4:49.51
5 Carrie Fransen, Jr, Concordia	4:50.53

6	Kate Aubrecht, So, St. Benedict	4:51.79
7	Jenny Ingebritsen, So, St. Olaf	4:55.50
8	Lacee Schrupp, Fr, Hamline	4:57.97
9	Mollie Lager, So, Gustavus Adolphus	4:59.48
10	Larisa Nordstrom, So, St. Olaf	5:00.44
11	Ronni Hamilton, So, St. Thomas	5:03.13
12	Kelsy Watt, Fr, St. Olaf	5:03.88

<hr>

5000 Meter Run

1	Ellen Koranda, So, Saint Mary's	18:09.53
2	Keidra Anderson, So, Hamline	18:11.28
3	Erin Weier, Fr, St. Olaf	18:16.03
4	Francie Streich, So, Macalester	18:29.86
5	Tasha Pike, Jr, Gustavus Adolphus	18:32.58
6	Melissa Grunst, Sr, Carleton	18:43.56
7	Anna Gordon, So, Macalester	18:49.86
8	Chelsea Guettinger, So, St. Thomas	19:14.88
9	Mo Mullikin, Sr, Macalester	19:17.56
10	Laura Hudson, Jr, Carleton	19:26.92
11	Meredith Fahrner, Jr, St. Olaf	19:28.08
12	Nancy Buselmeier, Jr, St. Benedict	19:48.71
13	Hailey Harren, Fr, Gustavus Adolphus	19:49.25
14	Erica Clausen, Sr, St. Olaf	19:50.73
15	Andrea Carlson, Jr, Augsburg	19:52.04
16	Jenny Olin, Fr, St. Thomas	19:59.35
17	Beth Zirbes, So, Gustavus Adolphus	20:07.54
18	Nikki Burg, Fr, St. Catherine	20:17.91
19	Jackie Brenberg, Sr, St. Thomas	20:19.80
20	Jen Bremser, Jr, Concordia	20:31.34
21	Natalie Stork, Jr, St. Thomas	20:35.93
22	Nathalia Brashear, So, Macalester	20:45.44
23	Elizibeth White, Jr, St. Olaf	20:45.99
24	Lauren Ciechanowski, Fr, St. Olaf	20:54.30
25	Sam Frey, Jr, Macalester	21:06.77
26	Sara Warnke, So, Hamline	21:10.52
27	Leah Pustovar, So, St. Benedict	21:11.48
28	Rachel Peterson, Jr, Bethel	21:25.49
29	Katie Gruner, Sr, St. Olaf	21:31.37
30	Marian Studer, Jr, St. Benedict	21:35.47

<hr>

10000 Meter Run

1	Cassie Funke, Jr, Carleton	37:56.03
2	Leah Wurm, So, St. Benedict	38:11.65
3	Melissa Grunst, Sr, Carleton	39:32.01
4	Chelsea Guettinger, So, St. Thomas	39:52.42
5	Cindy Blendermann, Sr, St. Benedict	40:05.13
6	Caroline Barnes, So, Macalester	40:12.67
7	April Graves, Jr, St. Olaf	40:21.92
8	Erica Clausen, Sr, St. Olaf	40:53.11
9	Kelsey Barale, Fr, Carleton	40:56.13
10	Britt Carlson, Sr, St. Olaf	40:56.92
11	Jenny Olin, Fr, St. Thomas	41:12.12
12	Meredith Fahrner, Jr, St. Olaf	41:22.21
13	Alison Traffanstedt, Sr, Carleton	42:03.33
14	Havila Brisbois, Jr, St. Catherine	42:09.28
15	Mo Ringlein, Jr, St. Benedict	42:11.40
16	Beth Magnuson, Jr, St. Thomas	42:11.43
17	Natalie Stork, Jr, St. Thomas	42:33.67
18	Marian Studer, Jr, St. Benedict	44:13.65
19	Lauren Ciechanowski, Fr, St. Olaf	44:16.57
20	Jen Bremser, Jr, Concordia	45:35.88

<hr>

100 Meter Hurdles

Round 1, Heat 1

1	Kirsten Fristad, Jr, Macalester	15.02Q
---	---------------------------------	--------

## NCAA provisional

2	Rachelle Dosch, Fr, St. Thomas	15.71q
3	Kelsie Hansen, Fr, St. Benedict	15.87q
4	Renee Splichal, Sr, Concordia	16.15
5	Jill Fancher, Fr, Concordia	16.59
6	Kaia Knutson, Fr, St. Olaf	16.63
7	Shannon Calvert, Fr, Saint Mary's	16.65
8	Amber Schackman, Fr, Concordia	17.34

## Round 1, Heat 2

1	Jenny Folgers, Jr, Saint Mary's	15.04Q
---	---------------------------------	--------

## NCAA provisional

2	Colleen Schramm, Fr, Macalester	15.50q
3	Johanna Shreve, Jr, Macalester	15.92q
4	Dana Luiken, Fr, Hamline	16.03
5	Autumn Valk, So, Saint Mary's	16.18
6	Trish Steele, Jr, Bethel	16.62
7	Breanne Miller, So, Hamline	16.87
8	Rachel McGuigan, Fr, St. Catherine	17.75
9	Mahlia Nguyen, So, St. Benedict	19.21

## Round 1, Heat 3

1	Becky Peterson, Sr, St. Olaf	15.10Q
---	------------------------------	--------

## Ties NCAA provisional

2	Molly Bauman, So, St. Thomas	15.66q
3	Nicole Plante, Jr, Concordia	15.71q
4	Ali Cordie, Jr, Gustavus Adolphus	15.94
5	Leah Hegland, So, Concordia	16.26
6	Tarah Maatz, Sr, Concordia	17.66
7	Erin Lowe, So, St. Olaf	18.22
8	Juliet Nguyen, So, St. Benedict	18.94
	Amanda Enzler, Fr, St. Benedict	DQ

## Final

1	Jenny Folgers, Jr, Saint Mary's	14.86
---	---------------------------------	-------

## NCAA provisional

2	Kirsten Fristad, Jr, Macalester	15.02
---	---------------------------------	-------

## NCAA provisional

3	Becky Peterson, Sr, St. Olaf	15.02
---	------------------------------	-------

## NCAA provisional

4	Colleen Schramm, Fr, Macalester	15.13
5	Molly Bauman, So, St. Thomas	15.58
6	Nicole Plante, Jr, Concordia	15.62
7	Rachelle Dosch, Fr, St. Thomas	15.67
8	Kelsie Hansen, Fr, St. Benedict	15.92
	Johanna Shreve, Jr, Macalester	DNF

&lt;hr&gt;

## 400 Meter Hurdles

## Round 1, Heat 1

1	Kirsten Fristad, Jr, Macalester	64.71Q
2	Jill Fancher, Fr, Concordia	65.25q
3	Jenny Folgers, Jr, Saint Mary's	66.46q
4	Jill Ament, Sr, St. Catherine	66.72q
5	Meghan Orgeman, Jr, St. Benedict	68.38
6	Amber Schackman, Fr, Concordia	69.26
7	Tricia Lund, Fr, St. Benedict	71.23
8	Rachel McGuigan, Fr, St. Catherine	79.01

## Round 1, Heat 2

1	Molly Bauman, So, St. Thomas	65.12Q
2	Charlie Hanson, Fr, Gustavus Adolphus	66.99
3	Crystal Rausch, Fr, St. Benedict	67.04
4	Autumn Valk, So, Saint Mary's	69.21
5	Corey Monteith, Fr, Macalester	71.68
6	Breanne Miller, So, Hamline	71.74
7	Brooke Zachman, So, Saint Mary's	72.24
8	Leah Hegland, So, Concordia	72.63

## Round 1, Heat 3

1	Kristi Colbenson, Jr, Carleton	64.17Q
---	--------------------------------	--------

## NCAA provisional

2	Ali Cordie, Jr, Gustavus Adolphus	65.99q
3	Emily Ament, Sr, Hamline	66.12q
4	Becca Trombly, So, St. Olaf	66.17q

5	Kestrel Schwaiger, Fr, Carleton	69.49
6	Erin Lowe, So, St. Olaf	72.72
7	Adrienne Chesser, Fr, Carleton	76.04
8	Katie Souder, So, St. Olaf	78.37

Final

1	Kirsten Fristad, Jr, Macalester	62.76
	NCAA provisional	
2	Kristi Colbenson, Jr, Carleton	63.11
	NCAA provisional	
3	Ali Cordie, Jr, Gustavus Adolphus	64.76
4	Jill Fancher, Fr, Concordia	65.12
5	Becca Trombly, So, St. Olaf	65.38
6	Jill Ament, Sr, St. Catherine	65.91
7	Emily Ament, Sr, Hamline	66.02
8	Molly Bauman, So, St. Thomas	66.97
9	Jenny Folgers, Jr, Saint Mary's	67.27

<hr>

3000M Steeplechase

1	Cassie Funke, Jr, Carleton	11:11.89
	Meet record	
	Was 11:24.25; Heather Brenden, Concordia, 2001	
	NCAA provisional	
2	Lisa Owen, Sr, Concordia	11:28.15
3	Alana Lucio, Sr, St. Thomas	11:38.43
4	Hannah Dietrich, Jr, Augsburg	11:43.97
5	Kezia Manlove, So, St. Olaf	11:44.41
6	Jen St. John, Jr, Concordia	11:48.36
7	Julie Miller, Jr, Concordia	11:55.88
8	Renee Schaefer, Sr, Macalester	12:06.17
9	Annie Mills, So, Carleton	12:09.77
10	Britt Carlson, Sr, St. Olaf	12:12.83
11	Sarah Estill, So, St. Olaf	12:14.06
12	Alicia Hartung, Fr, Saint Mary's	12:16.83
13	April Graves, Jr, St. Olaf	12:22.10
14	Brittany Dusich, So, St. Thomas	12:23.94
15	Val Berquam, Fr, Gustavus Adolphus	12:25.39
16	Rebecca Welle, Jr, Augsburg	12:34.11
17	Anne Blair, So, Macalester	13:07.80
18	Nicole Mauriello, Sr, Carleton	13:13.01

<hr>

4X100 Meter Relay

Round 1, Heat 1

1	St. Thomas (Christina Chapman, Kristal Grigsby, Alicia Wolff, Molly Bauman)	48.17Q
	Meet record	
	Was 48.36; St. Thomas (Campo, Pfeiffer, Parker, Budig), 1996	
	NCAA provisional	
2	Macalester (Johanna Shreve, Kirsten Fristad, Jennifer Noelke, Colleen Schramm)	49.32q
3	St. Olaf (Norma Reynolds, Allison Erlander, Melissa Mueller, Becky Peterson)	49.93q
4	Saint Mary's (Autumn Valk, Jenny Folgers, Maria Roche, Megan Moran)	50.20q
5	St. Catherine (Rachel McGuigan, Heidi Pearson, Meghan Dirkes, Jamie Schoenbauer)	51.57q

Round 1, Heat 2

1	St. Benedict (Patti Clintsman, Sarah Nezworski, Kristina Granger, Bethany Keene)	49.28Q
2	Gustavus Adolphus (Ashley Cronen, Kim Swanson, Kelsey Becker, Blythe Bittman)	49.62q
3	Concordia (Alissa Bilden, Kelly Olson, Jill Fancher, Jill Moller)	50.32q
4	Hamline (Breanne Miller, Danielle St. Louis, Amy Klein, Christine Walsten)	50.60q

5	Carleton	52.71
Final		
1	St. Benedict (Patti Clintsman, Sarah Nezworski, Kristina Granger, Bethany Keene)	48.85
	NCAA provisional	
2	Gustavus Adolphus (Kelsey Becker, Kim Swanson, Maggie Stolp, Blythe Bittman)	49.03
	NCAA provisional	
3	St. Thomas (Christina Chapman, Kristal Grigsby, Alicia Wolff, Molly Bauman)	49.18
4	Concordia (Alissa Bilden, Kelly Olson, Nicole Plante, Angie Pfeiffer)	49.47
5	St. Olaf (Norma Reynolds, Allison Erlander, Melissa Mueller, Becky Peterson)	49.68
6	Macalester (Johanna Shreve, Kirsten Fristad, Jennifer Noelke, Colleen Schramm)	49.87
7	Saint Mary's (Autumn Valk, Jenny Folgers, Maria Roche, Megan Moran)	50.51
8	Hamline (Breanne Miller, Danielle St. Louis, Amy Klein, Christine Walsten)	50.58
9	St. Catherine (Rachel McGuigan, Heidi Pearson, Meghan Dirkes, Jamie Schoenbauer)	52.37

<hr>

4X400 Meter Relay

1	Concordia (Alissa Bilden, Amy Ravenhorst, Kelly Olson, Angie Pfeiffer)	3:53.25 H2
	Meet record	
Was 3:54.84; St. Thomas (May, Haley, Hill, Lubitz), 1997		
	NCAA provisional	
2	St. Thomas (Alicia Wolff, Christina Chapman, Kristal Grigsby, Molly Bauman)	3:54.38 H2
	Bettters old Meet record	
	NCAA provisional	
3	Gustavus Adolphus (Kim Swanson, Ali Cordie, Krista Cruse, Ashley Cronen)	3:55.06 H2
	NCAA provisional	
4	St. Olaf (Norma Reynolds, Marit Grorud, Allison Erlander, Becca Trombly)	4:00.54 H2
5	Bethel (Kathleen Koval, Sheri Netland, Amy Carlson, Anna Beich)	4:02.58 H1
6	Augsburg (Angela Bergeson, Ellen Waldow, Danille Slack, Alanna Carter)	4:03.01 H2
7	St. Benedict (Bethany Keene, Kate Aubrecht, Patti Clintsman, Anne Redmon)	4:04.26 H2
8	Saint Mary's (Autumn Valk, Maria Roche, Megan Moran, Ashley Dingels)	4:05.34 H2
9	Hamline (Corrin Hoffman, Danielle St. Louis, Emily Ament, Christine Walsten)	4:06.04 H2
10	Macalester (Koby Hagen, Jennifer Noelke, Anna Shamey, Kirsten Fristad)	4:06.56 H2
11	Carleton (Kestrel Schwaiger, Jessica Deutsch, Kristin O'Connell, Kristi Colbenson)	4:07.60 H1
12	St. Catherine (Jill Ament, Emily Liddiard, Melanie Priebe, Jamie Schoenbauer)	4:09.94 H1

<hr>

4X800 Meter Relay

1	Augsburg (Amy Mackner, Ellen Waldow, Angela Bergeson, Hannah Dietrich)	9:21.51
2	Concordia (Carrie Fransen, Natalie Hanson, Amy Ravenhorst, Lisa Owen)	9:22.32
3	St. Olaf (Andrea Gelle, Jenna Barke, Erin Weier, Marit Grorud)	9:30.42
4	Hamline (Keidra Anderson, Lacey Schrupp, Emily Ament, Corrin Hoffman)	9:33.43

5	Macalester (Emily Stafford, Anna Shamey, Mo Mullikin, Callie Pastarr)	9:38.09
6	Gustavus Adolphus (Krista Cruse, Mollie Lager, Heidi Bulfer, Ashley Farbo)	9:40.10
7	St. Benedict (Anne Redmon, Erin Oberton, Meghan Orgeman, Kate Aubrecht)	9:45.89
8	Saint Mary's (Alicia Hartung, Tera Bollig, Maria Roche, Ellen Koranda)	9:48.11
9	St. Catherine (Emily Liddiard, Jill Ament, Melanie Priebe, Jenny Bronson)	9:51.55
10	St. Thomas (Mary McKee, Alana Lucio, Lindsay Willgoh, Ronni Hamilton)	9:54.51
11	Carleton (Jessica Deutsch, Kristin O'Connell, Louise Miltich, Laura Hudson)	9:54.54

<hr>

Long Jump

Round 1, Flight 1

1	Kristal Grigsby, So, St. Thomas	17-10 3/4	(5.45m)q
2	Patti Clintzman, So, St. Benedict	16-10 3/4	(5.15m)q
2	Becky Peterson, Sr, St. Olaf	16-10 3/4	(5.15m)q
4	Nicole Plante, Jr, Concordia	16-2 1/4	(4.93m)q
5	Erin Ranta, Sr, St. Thomas	16-0 1/4	(4.88m)
6	Blythe Bittman, So, Gustavus Adolphus	15-9 1/2	(4.81m)
7	Heidi Pearson, So, St. Catherine	15-7 1/2	(4.76m)
8	Kaia Knutson, Fr, St. Olaf	15-4	(4.67m)
9	Jada Lewis, Fr, St. Thomas	15-0	(4.57m)

Round 1, Flight 2

1	Andretta Colley, Jr, St. Thomas	18-3 1/4	(5.57m)q
	NCAA provisional		
2	Christine Walsten, Sr, Hamline	17-6	(5.33m)q
3	Renee Splichal, Sr, Concordia	16-3	(4.95m)q
4	Megan Seibel, So, St. Thomas	16-2 1/2	(4.94m)q
5	Kristi Colbenson, Jr, Carleton	16-1	(4.90m)q
6	Amanda Enzler, Fr, St. Benedict	15-8 1/4	(4.78m)
7	Kristina Granger, So, St. Benedict	15-2 1/4	(4.63m)
7	Maggie Stolp, Sr, Gustavus Adolphus	15-2 1/4	(4.63m)
9	Ashley Luehmann, So, Saint Mary's	15-2	(4.62m)

Final

1	Andretta Colley, Jr, St. Thomas	18-3 1/4	(5.57m)
	NCAA provisional		
2	Kristal Grigsby, So, St. Thomas	18-2 1/4	(5.54m)
	NCAA provisional		
3	Christine Walsten, Sr, Hamline	17-6	(5.33m)
4	Becky Peterson, Sr, St. Olaf	16-10 3/4	(5.15m)
5	Patti Clintzman, So, St. Benedict	16-10 3/4	(5.15m)
6	Megan Seibel, So, St. Thomas	16-5 3/4	(5.02m)
7	Kristi Colbenson, Jr, Carleton	16-3 3/4	(4.97m)
8	Renee Splichal, Sr, Concordia	16-3	(4.95m)
9	Nicole Plante, Jr, Concordia	16-2 1/4	(4.93m)

<hr>

Triple Jump

Round 1, Flight 1

1	Kristal Grigsby, So, St. Thomas	37-3 1/4	(11.36m)q
	NCAA provisional		
2	Christine Walsten, Sr, Hamline	36-8 1/4	(11.18m)q
3	Amanda Enzler, Fr, St. Benedict	34-2	(10.41m)q
4	Renee Splichal, Sr, Concordia	33-8 3/4	(10.28m)q
5	Kalee Schrupp, So, Gustavus Adolphus	33-2	(10.11m)
6	Megan Seibel, So, St. Thomas	32-3 1/2	(9.84m)
	Kristina Granger, So, St. Benedict	ND	
	Erin Lowe, So, St. Olaf	DNC	
	Crystal Reeves, Jr, Concordia	ND	

Round 1, Flight 2

1	Susan Brown, Fr, Macalester	36-11 3/4	(11.27m)q
	NCAA provisional		
2	Colleen Schramm, Fr, Macalester	35-10	(10.92m)q
3	Andretta Colley, Jr, St. Thomas	35-2	(10.72m)q

4	Jamie Schoenbauer, Fr, St. Catherine	34-9 1/2	(10.60m)q
5	Lindsey Weis, Sr, Gustavus Adolphus	34-0	(10.36m)q
6	Jada Lewis, Fr, St. Thomas	33-6 1/2	(10.22m)
7	Dana Luiken, Fr, Hamline	33-1 3/4	(10.10m)
8	Angela Van Binsbergen, Jr, Augsburg	32-11 3/4	(10.05m)
9	Kaia Knutson, Fr, St. Olaf	32-4 1/4	(9.86m)

Final

1	Kristal Grigsby, So, St. Thomas	37-3 1/4	(11.36m)
	NCAA provisional		
2	Susan Brown, Fr, Macalester	36-11 3/4	(11.27m)
	NCAA provisional		
3	Christine Walsten, Sr, Hamline	36-8 1/4	(11.18m)
4	Colleen Schramm, Fr, Macalester	35-10	(10.92m)
5	Andretta Colley, Jr, St. Thomas	35-5 1/4	(10.80m)
6	Amanda Enzler, Fr, St. Benedict	34-11 3/4	(10.66m)
7	Lindsey Weis, Sr, Gustavus Adolphus	34-9 3/4	(10.61m)
8	Jamie Schoenbauer, Fr, St. Catherine	34-9 1/2	(10.60m)
9	Renee Splichal, Sr, Concordia	33-9 1/2	(10.30m)

<hr>

Shot Put

Round 1, Flight 1

1	Jenna Wendorff, So, St. Benedict	44-0	(13.41m)q
	NCAA provisional		
2	Ashley Luehmann, So, Saint Mary's	40-3 1/4	(12.27m)q
3	Amanda Weinmann, So, Saint Mary's	39-7 1/4	(12.07m)q
4	Rachel Sinclair, Fr, Carleton	38-8 3/4	(11.80m)q
5	Melissa Logan, Sr, Carleton	37-7 3/4	(11.47m)q
6	Heidi Gruenhagen, So, Gustavus Adolphus	36-7 1/2	(11.16m)q
6	Jennifer Levenhagen, Sr, St. Olaf	36-7 1/2	(11.16m)q
8	Heather Sublet, So, Hamline	36-0 1/4	(10.98m)
9	Michelle Binn, Fr, St. Thomas	32-3 3/4	(9.85m)

Round 1, Flight 2

1	Jackie Luehmann, Sr, Gustavus Adolphus	45-7 3/4	(13.91m)q
	NCAA provisional		
2	Kristin Petersen, Sr, Gustavus Adolphus	40-3 1/2	(12.28m)q
3	Jennifer Hanson, So, St. Benedict	37-2 1/2	(11.34m)q
4	Beth Cleveland, So, Saint Mary's	36-0 1/4	(10.98m)
5	Lisa Ostenson, So, Macalester	33-8 3/4	(10.28m)
6	Erica Abfalter, Fr, Saint Mary's	32-11 3/4	(10.05m)
7	Melissa Stave, Fr, Concordia	31-7 1/2	(9.64m)
8	Stacy Griffin, Fr, St. Olaf	30-9 1/4	(9.38m)
	Lorna Wilson, So, St. Olaf	ND	

Final

1	Jackie Luehmann, Sr, Gustavus Adolphus	45-9	(13.94m)
	NCAA provisional		
2	Jenna Wendorff, So, St. Benedict	44-5 1/2	(13.55m)
	NCAA provisional		
3	Ashley Luehmann, So, Saint Mary's	41-10 3/4	(12.77m)
4	Kristin Petersen, Sr, Gustavus Adolphus	40-3 1/2	(12.28m)
5	Amanda Weinmann, So, Saint Mary's	39-7 1/4	(12.07m)
6	Rachel Sinclair, Fr, Carleton	38-9 3/4	(11.83m)
7	Melissa Logan, Sr, Carleton	37-7 3/4	(11.47m)
8	Jennifer Hanson, So, St. Benedict	37-2 1/2	(11.34m)
9	Heidi Gruenhagen, So, Gustavus Adolphus	36-7 1/2	(11.16m)
10	Jennifer Levenhagen, Sr, St. Olaf	36-7 1/2	(11.16m)

<hr>

Discus Throw

Round 1, Flight 1

1	Kristin Petersen, Sr, Gustavus Adolphus	144-10	(44.14m)q
	NCAA provisional		
2	Jennifer Levenhagen, Sr, St. Olaf	136-7	(41.63m)q
	NCAA provisional		

3	Stacy Griffin, Fr, St. Olaf	128-8 (39.22m)q
4	Jackie Luehmann, Sr, Gustavus Adolphus	125-3 (38.18m)q
5	Kate Sherlock, Fr, St. Catherine	113-6 (34.61m)q
6	Grace Awangtang, So, Macalester	112-0 (34.13m)q
7	Jennifer Hanson, So, St. Benedict	95-0 (28.95m)
8	Ashley Clemen, Fr, Gustavus Adolphus	92-0 (28.05m)
	Lorna Wilson, So, St. Olaf	ND

Round 1, Flight 2

1	Melissa Logan, Sr, Carleton	125-1 (38.13m)q
2	Cheryl Fricke, So, Carleton	119-10 (36.54m)q
3	Anna Noren, So, Carleton	117-6 (35.82m)q
4	Jenna Wendorff, So, St. Benedict	111-7 (34.01m)
5	Josie Thulien, Jr, Gustavus Adolphus	109-3 (33.31m)
6	Jen Brouwers, Jr, St. Catherine	105-8 (32.22m)
7	Sarah Koziolk, So, St. Catherine	103-4 (31.49m)
	Heather Sublet, So, Hamline	ND
	Amanda Jones, Fr, Hamline	ND

Final

1	Kristin Petersen, Sr, Gustavus Adolphus	156-1 (47.58m)
	NCAA automatic	
	NCAA provisional	
2	Jennifer Levenhagen, Sr, St. Olaf	136-7 (41.63m)
	NCAA provisional	
3	Jackie Luehmann, Sr, Gustavus Adolphus	132-4 (40.33m)
4	Stacy Griffin, Fr, St. Olaf	128-8 (39.22m)
5	Melissa Logan, Sr, Carleton	125-1 (38.13m)
6	Kate Sherlock, Fr, St. Catherine	124-11 (38.07m)
7	Cheryl Fricke, So, Carleton	123-11 (37.76m)
8	Anna Noren, So, Carleton	117-6 (35.82m)
9	Grace Awangtang, So, Macalester	112-0 (34.13m)

<hr>

Hammer Throw

Round 1, Flight 1

1	Heather Sieben, Jr, Gustavus Adolphus	136-7 (41.64m)q
2	Anna Noren, So, Carleton	127-0 (38.72m)q
3	Kate Sherlock, Fr, St. Catherine	125-10 (38.35m)q
4	Cheryl Fricke, So, Carleton	113-9 (34.67m)
5	Josie Thulien, Jr, Gustavus Adolphus	113-8 (34.65m)
6	Jenna Wendorff, So, St. Benedict	113-6 (34.60m)
7	Alexis Surratt, So, Carleton	112-9 (34.36m)
8	Jackie Luehmann, Sr, Gustavus Adolphus	109-7 (33.40m)
9	Sarah Koziolk, So, St. Catherine	108-3 (32.99m)

Round 1, Flight 2

1	Elizabeth Durham, Fr, Carleton	141-9 (43.20m)q
2	Beth Cleveland, So, Saint Mary's	130-5 (39.76m)q
3	Kristin Petersen, Sr, Gustavus Adolphus	128-11 (39.29m)q
4	Melissa Logan, Sr, Carleton	126-3 (38.49m)q
5	Heather Sublet, So, Hamline	124-5 (37.92m)q
6	Stacy Griffin, Fr, St. Olaf	120-6 (36.72m)q
7	Colleen Schroht, So, Gustavus Adolphus	120-3 (36.65m)
8	Jen Brouwers, Jr, St. Catherine	117-5 (35.79m)
9	Amanda Jones, Fr, Hamline	117-0 (35.67m)

Final

1	Elizabeth Durham, Fr, Carleton	141-9 (43.20m)
2	Kristin Petersen, Sr, Gustavus Adolphus	137-4 (41.87m)
3	Kate Sherlock, Fr, St. Catherine	136-8 (41.67m)
4	Heather Sieben, Jr, Gustavus Adolphus	136-7 (41.64m)
5	Beth Cleveland, So, Saint Mary's	130-5 (39.76m)
6	Melissa Logan, Sr, Carleton	127-4 (38.82m)
7	Anna Noren, So, Carleton	127-0 (38.72m)
8	Heather Sublet, So, Hamline	124-5 (37.92m)
9	Stacy Griffin, Fr, St. Olaf	120-6 (36.72m)

<hr>

Javelin Throw

Round 1, Flight 1

1	Erika Wetzal, So, St. Thomas	129-10 (39.57m)q
	Meet record	

Was 128-5 (39.14m); Margaret Cropp, Concordia, 2001

NCAA provisional

2	Jennifer Levenhagen, Sr, St. Olaf	117-2	(35.72m)q
3	Jessica Braun, Jr, St. Benedict	113-3	(34.53m)q
4	Renee Splichal, Sr, Concordia	107-2	(32.67m)q
5	Callie Peotter, Jr, St. Thomas	107-0	(32.61m)q
6	Ashley Dingels, Jr, Saint Mary's	102-11	(31.38m)
7	Amy Klein, So, Hamline	95-1	(28.99m)
8	Becky Peterson, Sr, St. Olaf	93-4	(28.44m)
9	Jaymee Spannring, Fr, St. Catherine	83-5	(25.44m)

Round 1, Flight 2

1	Nicole Plante, Jr, Concordia	133-5	(40.68m)q
---	------------------------------	-------	-----------

Meet record

NCAA provisional

2	Ashley Luehmann, So, Saint Mary's	129-1	(39.35m)q
---	-----------------------------------	-------	-----------

Bettters old Meet record

NCAA provisional

3	Lizzy Erickson, Sr, Carleton	121-10	(37.13m)q
4	Kristi Colbenson, Jr, Carleton	120-0	(36.57m)q
5	Lisa Ostenson, So, Macalester	106-3	(32.40m)
6	Kestrel Schwaiger, Fr, Carleton	103-7	(31.57m)
7	Michelle Steadman, Jr, Gustavus Adolphus	100-7	(30.65m)
8	Colleen Schroht, So, Gustavus Adolphus	87-8	(26.73m)
9	Tiffany Trost, Jr, St. Benedict	80-11 1/4	(24.67m)

Final

1	Nicole Plante, Jr, Concordia	133-5	(40.68m)
---	------------------------------	-------	----------

Meet record

NCAA provisional

2	Ashley Luehmann, So, Saint Mary's	131-1	(39.95m)
---	-----------------------------------	-------	----------

Bettters old Meet record

NCAA provisional

3	Erika Wetzal, So, St. Thomas	129-10	(39.57m)
---	------------------------------	--------	----------

Bettters old Meet record

NCAA provisional

4	Lizzy Erickson, Sr, Carleton	121-10	(37.13m)
5	Kristi Colbenson, Jr, Carleton	120-0	(36.57m)
6	Jennifer Levenhagen, Sr, St. Olaf	117-2	(35.72m)
7	Jessica Braun, Jr, St. Benedict	113-3	(34.53m)
8	Renee Splichal, Sr, Concordia	107-2	(32.67m)
9	Callie Peotter, Jr, St. Thomas	107-0	(32.61m)

<hr>

High Jump

1	Kristal Grigsby, So, St. Thomas	5-8	(1.73m)
---	---------------------------------	-----	---------

Ties Meet record

Was 5-8 (1.73m); Holly Broadmarkle, Gustavus, 1987

Ties NCAA automatic

NCAA provisional

2	Danielle St. Louis, Jr, Hamline	5-4 1/4	(1.63m)
3	Ashley Dingels, Jr, Saint Mary's	5-4 1/4	(1.63m)
4	Megan Mason, So, Saint Mary's	5-2 1/4	(1.58m)
4	Sheri Netland, Fr, Bethel	5-2 1/4	(1.58m)
6	Breanne Miller, So, Hamline	5-2 1/4	(1.58m)
7	Lindsey Weis, Sr, Gustavus Adolphus	5-2 1/4	(1.58m)
8	Susan Brown, Fr, Macalester	5-2 1/4	(1.58m)
9	Jada Lewis, Fr, St. Thomas	5-0 1/4	(1.53m)
9	Trish Steele, Jr, Bethel	5-0 1/4	(1.53m)
11	Michelle Steadman, Jr, Gustavus Adolphus	5-0 1/4	(1.53m)
12	Kelsie Hansen, Fr, St. Benedict	4-10 1/4	(1.48m)
13	Dana Luiken, Fr, Hamline	4-10 1/4	(1.48m)
	Sara Entgelmeier, Jr, Macalester	NH	
	Cristina Aarestad, Fr, Concordia	NH	
	Haden Bowie, Fr, Hamline	NH	

<hr>

Pole Vault

1	Karolien Bastiaens, Sr, St. Thomas	11-10 1/2	(3.62m)
---	------------------------------------	-----------	---------

NCAA provisional

2	Kristi Schneider, Jr, Gustavus Adolphus	10-10 3/4	(3.32m)
		NCAA provisional	
3	Shannon Martin, Sr, Gustavus Adolphus	10-10 3/4	(3.32m)
		NCAA provisional	
4	Liz Ghandour, So, St. Olaf	10-10 3/4	(3.32m)
		NCAA provisional	
4	Marla Nelson, So, St. Olaf	10-10 3/4	(3.32m)
		NCAA provisional	
6	Megan Mason, So, Saint Mary's	10-4 3/4	(3.17m)
7	Maria Wilkes, Jr, St. Benedict	10-4 3/4	(3.17m)
8	Sarah Margoles, Sr, Carleton	9-10 3/4	(3.02m)
8	Renee Splichal, Sr, Concordia	9-10 3/4	(3.02m)
8	Natalie Hanson, So, Concordia	9-10 3/4	(3.02m)
11	Lindsay Kuznia, So, Concordia	9-10 3/4	(3.02m)
12	Ashley Poirier, Fr, St. Benedict	9-5	(2.87m)
12	Beth Thicke, Fr, Gustavus Adolphus	9-5	(2.87m)
12	Christa Von Behren, Fr, Macalester	9-5	(2.87m)
15	Angie Krebsbach, So, Hamline	9-5	(2.87m)
15	Kathleen Koval, Fr, Bethel	9-5	(2.87m)

<hr>

#### Heptathlon

1	Kristi Colbenson, Jr, Carleton	4499
		NCAA provisional
2	Becky Peterson, Sr, St. Olaf	4486
		NCAA provisional
3	Nicole Plante, Jr, Concordia	4367
		NCAA provisional
4	Renee Splichal, Sr, Concordia	3891
5	Meghan Orgeman, Jr, St. Benedict	3781
6	Trish Steele, Jr, Bethel	3692
7	Kestrel Schwaiger, Fr, Carleton	3685
8	Dana Luiken, Fr, Hamline	3636
9	Kaia Knutson, Fr, St. Olaf	3603
10	Tiffany Trost, Jr, St. Benedict	3541
11	Amber Schackman, Fr, Concordia	3116

<hr>