

## 2005 MIAC Women's Outdoor Track and Field - Individual Results

100 Meter Dash

Round 1, Heat 1

1	Bethany Keene, Jr, St. Benedict	12.68Q
2	Patti Clintsman, Jr, St. Benedict	12.70q
3	Autumn Adkins, Fr, Bethel	12.94q
4	Blythe Bittman, Jr, Gustavus	13.04q
5	Andretta Colley, Sr, St. Thomas	13.30
6	Tami Klenke, Fr, Hamline	13.54
7	Jenny Vuong, Fr, St. Benedict	13.81
8	Brianna Sanford, Fr, Bethel	13.90
9	Annie Clintsman, Fr, St. Benedict	14.22

Round 1, Heat 2

1	Tonnisha Bell, Jr, Augsburg	12.37Q
2	Sarah Nezworksi, Sr, St. Benedict	12.95q
3	Nkechi Alaike, Fr, St. Thomas	13.03q
4	Jennifer Dalhed, So, St. Benedict	13.08
5	Danielle St. Louis, Sr, Hamline	13.14
6	Megan Moran, So, Saint Mary's	13.36
7	Becky Baron, Fr, Saint Mary's	13.42
8	Tammy Hoese, Jr, St. Benedict	13.71
9	Becca Dole, So, Carleton	14.26

Round 1, Heat 3

1	Molly Bauman, Jr, St. Thomas	12.72Q
2	Kristal Grigsby, Jr, St. Thomas	12.84q
3	Melissa Mueller, Jr, St. Olaf	13.10
4	Jill Moller, So, Concordia	13.19
5	Kate Staat, Fr, St. Thomas	13.21
6	Selina Dehn, Fr, St. Thomas	13.34
7	Sarah Just, Fr, St. Thomas	13.53
8	Nyasha Kanganga, Fr, St. Catherine	13.61
9	Jessica Nordness, Fr, Augsburg	13.91

Final

1	Tonnisha Bell, Jr, Augsburg	12.34
	NCAA provisional	
2	Patti Clintsman, Jr, St. Benedict	12.59
3	Bethany Keene, Jr, St. Benedict	12.79
4	Molly Bauman, Jr, St. Thomas	12.90
5	Autumn Adkins, Fr, Bethel	12.98
6	Sarah Nezworksi, Sr, St. Benedict	12.99
7	Nkechi Alaike, Fr, St. Thomas	13.08
8	Kristal Grigsby, Jr, St. Thomas	13.28
9	Blythe Bittman, Jr, Gustavus	13.43

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200 Meter Dash

Round 1, Heat 1

1	Tonnisha Bell, Jr, Augsburg	24.96Q
	NCAA provisional	
2	Christina Chapman, So, St. Thomas	25.88q
3	Ashley Cronen, Jr, Gustavus	26.78
4	Melissa Mueller, Jr, St. Olaf	27.20
5	Kelly Tanke, Fr, Saint Mary's	27.36
6	Becky Baron, Fr, Saint Mary's	27.54
7	Jessica Nordness, Fr, Augsburg	28.24
8	Jenny Vuong, Fr, St. Benedict	28.34
9	Tammy Hoese, Jr, St. Benedict	28.42

Round 1, Heat 2

1	Patti Clintsman, Jr, St. Benedict	25.54Q
2	Bethany Keene, Jr, St. Benedict	25.96q
3	Kristal Grigsby, Jr, St. Thomas	26.33q
4	Nkechi Alaike, Fr, St. Thomas	26.68
5	Autumn Adkins, Fr, Bethel	26.98
6	Kate Staat, Fr, St. Thomas	27.34
7	Brianna Sanford, Fr, Bethel	28.17
8	Yena Phillips, So, Saint Mary's	28.74
9	Annie Clintsman, Fr, St. Benedict	29.29

Round 1, Heat 3

1	Sheri Netland, So, Bethel	25.78Q
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2	Blythe Bittman, Jr, Gustavus	25.98q
3	Jennifer Noelke, So, Macalester	26.46q
4	Emily Bartusek, Fr, Saint Mary's	26.48q
5	Vanessa Brown, So, Carleton	27.40
6	Sarah Just, Fr, St. Thomas	27.65
7	Melissa Botzet, Sr, St. Olaf	28.07
8	Tiffany Trost, Sr, St. Benedict	28.27
9	Sheryl West, Fr, St. Olaf	28.53

Final

1	Tonnisha Bell, Jr, Augsburg	25.08
	NCAA provisional	
2	Patti Clintsman, Jr, St. Benedict	25.59
3	Sheri Netland, So, Bethel	25.69
4	Christina Chapman, So, St. Thomas	26.10
5	Bethany Keene, Jr, St. Benedict	26.11
6	Kristal Grigsby, Jr, St. Thomas	26.52
7	Blythe Bittman, Jr, Gustavus	26.76
8	Jennifer Noelke, So, Macalester	26.99
9	Emily Bartusek, Fr, Saint Mary's	27.36

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400 Meter Dash

Round 1, Heat 1

1	Emily Stafford, Jr, Macalester	58.08Q
2	Alissa Bilden, So, Concordia	59.27q
3	Krista Cruse, So, Gustavus	59.40q
4	Adrienne Racek, Fr, St. Benedict	61.51
5	Anna Beich, Jr, Bethel	62.20
6	Vanessa Brown, So, Carleton	62.80
7	Cassie Maresh, Fr, Bethel	63.02
8	Christina Roberts, Fr, St. Olaf	63.95
9	Sheryl West, Fr, St. Olaf	65.27

Round 1, Heat 2

1	Sheri Netland, So, Bethel	57.72Q
2	Emily Bartusek, Fr, Saint Mary's	59.83q
3	Alicia Wolff, Sr, St. Thomas	61.17q
4	Kelly Olson, So, Concordia	61.87
5	Lindsay Saunders, Fr, St. Olaf	62.25
6	Melissa Botzet, Sr, St. Olaf	62.97
7	Beth Thicke, So, Gustavus	63.44
8	Katherine Vogel, Sr, Hamline	63.77
9	Elaine Reeves, Sr, St. Thomas	65.70

Round 1, Heat 3

1	Angie Pfeiffer, Jr, Concordia	59.16Q
2	Ashley Cronen, Jr, Gustavus	59.87q
3	Christina Chapman, So, St. Thomas	59.89q
4	Anne Redmon, So, St. Benedict	62.03
5	Amy Carlson, So, Bethel	62.58
6	Erin Lowe, Jr, St. Olaf	64.25
7	Marlee Nasset, Fr, Concordia	64.61
8	Yena Phillips, So, Saint Mary's	64.87
9	Laurie Thomas, Sr, St. Olaf	64.90

Final

1	Sheri Netland, So, Bethel	57.46
	NCAA provisional	
2	Christina Chapman, So, St. Thomas	58.55
3	Angie Pfeiffer, Jr, Concordia	58.82
4	Emily Stafford, Jr, Macalester	59.13
5	Ashley Cronen, Jr, Gustavus	59.21
6	Emily Bartusek, Fr, Saint Mary's	59.43
7	Alissa Bilden, So, Concordia	59.55
8	Alicia Wolff, Sr, St. Thomas	60.87
9	Krista Cruse, So, Gustavus	61.36

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800 Meter Run

Round 1, Heat 1

1	Natalie Hanson, Jr, Concordia	2:20.65Q
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2 Ellen Waldow, Jr, Augsburg	2:21.71Q
3 Andrea Gelle, So, St. Olaf	2:22.85q
4 Kaylee Rasmussen, Fr, St. Benedict	2:24.98
5 Julie Anderson, Fr, St. Thomas	2:29.04
6 Rachelle Peters, Jr, Bethel	2:31.68
7 Nicki Hanson, Fr, St. Thomas	2:32.84
8 Sarah Zweber, Fr, Saint Mary's	2:32.98
9 Larisa Nordstrom, Jr, St. Olaf	2:43.40

Round 1, Heat 2

1 Brigid Power, Sr, St. Thomas	2:23.70Q
2 Carrie Fransen, Sr, Concordia	2:24.02Q
3 Sara Burns, Fr, Hamline	2:24.60
4 Keri Drake, Sr, Saint Mary's	2:26.31
5 Laura Edlund, Fr, Gustavus	2:28.54
6 Holly Reinsmoen, Sr, St. Benedict	2:29.22
7 Jo Nice, Sr, Macalester	2:31.56
8 Caitlin Molsberry, Fr, St. Olaf	2:31.86
9 Megan Mayer, So, St. Thomas	2:32.58

Round 1, Heat 3

1 Maria Roche, So, Saint Mary's	2:20.29Q
2 Katherine Wingert, Fr, Carleton	2:21.20Q
3 Anna Shamey, So, Macalester	2:21.71q
4 Ashley Farbo, Sr, Gustavus	2:22.61q
5 Mary McKee, Sr, St. Thomas	2:25.22
6 Lauren Milne, Fr, Carleton	2:26.72
7 Clare O'Connor, Fr, Carleton	2:34.15
8 Karla Knudson, Sr, Carleton	2:35.74
9 Dedra Brey, Fr, St. Thomas	2:37.24

Final

1 Brigid Power, Sr, St. Thomas	2:17.79
2 Katherine Wingert, Fr, Carleton	2:19.94
3 Carrie Fransen, Sr, Concordia	2:20.02
4 Maria Roche, So, Saint Mary's	2:20.75
5 Natalie Hanson, Jr, Concordia	2:21.83
6 Ellen Waldow, Jr, Augsburg	2:22.81
7 Anna Shamey, So, Macalester	2:23.16
8 Ashley Farbo, Sr, Gustavus	2:25.96

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1500 Meter Run

Round 1, Heat 1

1 Hannah Dietrich, Sr, Augsburg	4:47.01Q
2 Ellen Koranda, Jr, Saint Mary's	4:50.35Q
3 Rachel Charpentier, So, Concordia	4:50.47Q
4 Koby Hagen, Jr, Macalester	4:50.79Q
5 Molly Lager, Jr, Gustavus	4:53.76q
6 Jen St. John, Sr, Concordia	4:55.04q
7 Jennie Hedberg, Fr, St. Olaf	4:55.58q
8 Ronni Hamilton, Jr, St. Thomas	4:59.53
9 Nikki Unhoefer, Fr, Bethel	5:10.74
10 Kim Koecheler, Fr, Saint Mary's	5:19.23
11 Rebecca Derby, Jr, St. Catherine	5:21.05
12 Rachel Dwyer, So, Concordia	5:21.55
13 Ali Parsons, Fr, Concordia	5:23.79
14 Casey Englund, Fr, St. Olaf	5:25.22

Round 1, Heat 2

1 Brigid Power, Sr, St. Thomas	4:53.85Q
2 Allison Woerpel, So, Macalester	4:53.93Q
3 Natalie Hanson, Jr, Concordia	4:53.98Q
4 Angie Bergeson, Jr, Augsburg	4:54.13Q
5 Callie PaStarr, So, Macalester	4:54.30q
6 Anna Gunderson, Sr, St. Benedict	4:56.37
7 Kalsey Larson, Fr, St. Thomas	4:57.26
8 Elizabeth Nelson, Fr, Macalester	

	4:58.41
9 Larisa Nordstrom, Jr, St. Olaf	5:09.67
10 Tracey McCubbin, So, St. Thomas	5:17.58
11 Kim Allmaras, Jr, St. Thomas	5:17.95
12 Kaylen James, Fr, St. Benedict	5:19.06
13 Amanda Foster, Jr, St. Olaf	5:26.78
14 Kristen Winchell, Sr, St. Thomas	
	5:32.32

Final

1 Brigid Power, Sr, St. Thomas	4:42.2
2 Hannah Dietrich, Sr, Augsburg	4:43.3
3 Natalie Hanson, Jr, Concordia	4:44.8
4 Angie Bergeson, Jr, Augsburg	4:47.8
5 Koby Hagen, Jr, Macalester	4:49.2
6 Rachel Charpentier, So, Concordia	
	4:49.5
7 Callie PaStarr, So, Macalester	4:51.5
8 Ellen Koranda, Jr, Saint Mary's	4:51.7
9 Jennie Hedberg, Fr, St. Olaf	4:55.2
10 Allison Woerpel, So, Macalester	4:56.2
11 Molly Lager, Jr, Gustavus	5:03.6
12 Jen St. John, Sr, Concordia	5:11.3

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5000 Meter Run

1 Keidra Anderson, Jr, Hamline	17:20.93
	NCAA provisional
2 Amy Lyons, So, Bethel	17:36.62
	NCAA provisional
3 Hailey Harren, So, Gustavus	18:02.29
4 Nichole Peterson, Sr, Gustavus	18:20.18
5 Erin Weier, So, St. Olaf	18:30.13
6 Leah Wurm, Jr, St. Benedict	18:42.38
7 Lindsay Boetcher, Jr, St. Olaf	18:45.18
8 Chelsea Guettinger, Jr, St. Thomas	
	18:49.62
9 Annie Mills, Jr, Carleton	18:56.31
10 Natalie Stork, Sr, St. Thomas	19:00.19
11 Nathalia Brashear, Jr, Macalester	
	19:04.11
12 Louise Miltich, Sr, Carleton	19:11.79
13 Kristin Haubrich, Fr, St. Benedict	
	19:21.67
14 Andrea Carlson, Sr, Augsburg	19:24.78
15 Emily Kushner, So, Macalester	19:25.24
16 Caroline Barnes, Jr, Macalester	
	19:25.29
17 Nora McIver-Sheridan, So, Carleton	
	19:27.58
18 Sara Warnke, Jr, Hamline	19:29.23
19 Ashley Bean, Sr, St. Benedict	19:31.23
20 Virginia Parrish, Fr, St. Olaf	19:32.19
21 Jenny Olin, So, St. Thomas	19:32.98
22 Erica Lundgren, So, Concordia	19:37.27
23 Havila Brisbois, Jr, St. Catherine	
	19:37.76
24 Tracey McCubbin, So, St. Thomas	
	19:49.89
25 April Graves, Sr, St. Olaf	19:53.96
26 Rose Spring, So, St. Benedict	19:56.13
27 Anne Balkany, Fr, St. Olaf	20:03.85
28 Trisha Coffee, Jr, St. Thomas	20:04.69
29 Emily Gerteis, Fr, Macalester	20:19.93
30 Lauren Ciechanowski, So, St. Olaf	
	20:26.70
31 Meagan Hansen, Fr, Concordia	20:34.29

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## 10000 Meter Run

1 Nichole Peterson, Sr, Gustavus	36:48.62
	NCAA provisional
2 Hailey Harren, So, Gustavus	36:54.45
	NCAA provisional
3 Leah Wurm, Jr, St. Benedict	38:03.89
4 Jenny Olin, So, St. Thomas	38:56.26
5 Chelsea Guettinger, Jr, St. Thomas	39:01.01
6 Annie Mills, Jr, Carleton	39:13.70
7 Tera Bollig, So, Saint Mary's	39:26.34
8 Louise Miltich, Sr, Carleton	39:43.62
9 Nathalia Brashear, Jr, Macalester	39:46.85
10 Caroline Barnes, Jr, Macalester	39:47.66
11 Natalie Stork, Sr, St. Thomas	39:55.12
12 Ashley Bean, Sr, St. Benedict	39:56.71
13 Kelsey Barale, So, Carleton	40:26.22
14 Nora McIver-Sheridan, So, Carleton	40:37.23
15 Sara Warnke, Jr, Hamline	40:45.87
16 April Graves, Sr, St. Olaf	41:15.65
17 Havila Brisbois, Jr, St. Catherine	41:46.48
18 Brittney Schwager, So, St. Olaf	42:21.54
19 Maureen Ringlein, Sr, St. Benedict	43:21.62
20 Jen Bremser, Sr, Concordia	43:53.83

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## 100 Meter Hurdles

## Round 1, Heat 1

1 Kirsten Fristad, Sr, Macalester	15.26Q
2 Nicole Plante, Sr, Concordia	15.68q
3 Emily Tollefson, Sr, Concordia	15.94q
4 Meghan Orgeman, Sr, St. Benedict	16.41
5 Katja Andresen, Fr, St. Olaf	17.09
6 Nikki Mammen, Fr, St. Thomas	17.85
7 Laura Olson, Fr, St. Olaf	17.97

## Round 1, Heat 2

1 Kaela Schramm, So, Macalester	15.05Q
	NCAA provisional
2 Molly Bauman, Jr, St. Thomas	15.52q
3 Kelsie Hansen, So, St. Benedict	15.78q
4 Emily Coborn, Fr, St. Benedict	16.44
5 Trish Steele, Sr, Bethel	16.69
6 Kaia Knutson, So, St. Olaf	17.57
7 Brooke Zachman, So, Saint Mary's	18.13

## Round 1, Heat 3

1 Autumn Valk, Jr, Saint Mary's	15.56Q
2 Jenny Folgers, Sr, Saint Mary's	15.82q
3 Dana Luiken, So, Hamline	16.13q
4 Jill Fancher, So, Concordia	16.26
5 Amber Schackman, So, Concordia	16.56
6 Leah Hegland, Jr, Concordia	17.36
7 Sara Heesen, Fr, St. Olaf	18.86

## Final

1 Kaela Schramm, So, Macalester	15.48
2 Molly Bauman, Jr, St. Thomas	15.49
3 Kirsten Fristad, Sr, Macalester	15.92
4 Nicole Plante, Sr, Concordia	15.98
5 Emily Tollefson, Sr, Concordia	16.23
6 Autumn Valk, Jr, Saint Mary's	16.43
7 Kelsie Hansen, So, St. Benedict	16.67
8 Dana Luiken, So, Hamline	16.77
9 Jenny Folgers, Sr, Saint Mary's	16.78

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400 Meter Hurdles

Round 1, Heat 1

1	Rebecca Trombly, Jr, St. Olaf	67.79Q
2	Jill Fancher, So, Concordia	68.01q
3	JoAna Cramblit, Fr, St. Benedict	69.42
4	Meghan Orgeman, Sr, St. Benedict	69.97
5	Katja Andresen, Fr, St. Olaf	72.53
6	Lisa Skildum, Fr, St. Olaf	74.64
7	Brooke Zachman, So, Saint Mary's	76.35
	Kari Koos, Jr, St. Olaf	DQ

Round 1, Heat 2

1	Molly Bauman, Jr, St. Thomas	63.78Q
	NCAA provisional	
2	Kirsten Fristad, Sr, Macalester	65.61q
3	Trish Steele, Sr, Bethel	68.50q
4	Lindsay Kuznia, Jr, Concordia	68.74
5	Kestrel Schwaiger, So, Carleton	70.42
6	Ashley Keefe, Fr, Bethel	70.96
7	Nicole Novak, Fr, St. Olaf	71.76
8	Leah Hegland, Jr, Concordia	76.41

Round 1, Heat 3

1	Allison Erlander, So, St. Olaf	64.00Q
	NCAA provisional	
2	Carlie Hanson, So, Gustavus	65.42q
3	Ali Cordie, Sr, Gustavus	65.74q
4	Melanie Priebe, Jr, St. Catherine	68.43q
5	Amber Schackman, So, Concordia	70.58
6	Tricia Lund, So, St. Benedict	72.87
7	Laura Olson, Fr, St. Olaf	73.54
8	Rebecca Derby, Jr, St. Catherine	77.24
9	Sara Heesen, Fr, St. Olaf	78.66

Final

1	Molly Bauman, Jr, St. Thomas	63.26
	NCAA provisional	
2	Allison Erlander, So, St. Olaf	63.81
	NCAA provisional	
3	Jill Fancher, So, Concordia	65.36
4	Carlie Hanson, So, Gustavus	65.89
5	Kirsten Fristad, Sr, Macalester	66.16
6	Rebecca Trombly, Jr, St. Olaf	66.49
7	Ali Cordie, Sr, Gustavus	67.12
8	Trish Steele, Sr, Bethel	68.52
9	Melanie Priebe, Jr, St. Catherine	69.53

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3000m Steeplechase

1	Kourtney Joyce, Jr, Gustavus	11:09.05
	NCAA provisional	
	Meet record	
	Was 11:11.89	
2	Val Berquam, So, Gustavus	11:24.48
3	Kezia Manlove, Jr, St. Olaf	11:33.07
4	Hannah Dietrich, Sr, Augsburg	11:36.72
5	Jen St. John, Sr, Concordia	11:36.84
6	Megan Rose, Sr, St. Benedict	11:43.28
7	Cassie Funke, Sr, Carleton	11:43.36
8	Julie Miller, Sr, Concordia	11:51.59
9	Heather Hoecker, Fr, Carleton	12:05.70
10	Beth Magnuson, Sr, St. Thomas	12:09.83
11	Lydia Davitt, Fr, Gustavus	12:10.42
12	Kelsey Barale, So, Carleton	12:10.79
13	Marit Swartout, Fr, St. Benedict	12:15.91
14	Meghan Miller, Fr, Carleton	12:20.56
15	Leah Pustovar, Jr, St. Benedict	12:21.64

16 Casey Baustian, Fr, St. Olaf 12:24.89  
17 Kristine Jensen, Sr, Concordia 12:31.96

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4x100 Meter Relay

Round 1, Heat 1

1 St. Benedict (Patti Clintsman, Kristina  
Granger, Jennifer Dalhed, Bethany Keene)  
48.45Q  
NCAA provisional  
2 Saint Mary's (Autumn Valk, Megan Moran,  
Maria Roche, Ashley Dingels) 49.75q  
3 Macalester (Johann Schreve, Kirsten  
Fristad, Jennifer Noelke, Kaela Schramm)  
49.82q  
4 Bethel (Brianna Sanford, Autumn Adkins,  
Kathleen Koval, Sheri Netland) 49.85q  
5 Carleton (Kara Veitenheimer, Vanessa  
Brown, Becca Dole, Kestrel Schwaiger)  
52.43q  
6 St. Catherine (Meghan Dirkes, Tiffany  
Scherber, Laura Karst, Nyasha Kanganga)  
54.51

Round 1, Heat 2

1 Gustavus (Ashley Cronen, Janna  
Castellano, Sari Lindeman,  
Blythe Bittman) 49.76Q  
2 Concordia (Alissa Bilden, Kelly Olson,  
Emily Tollefson, Jill Fancher) 50.01q  
3 Hamline (Tami Klenke, Danielle St.  
Louis, Katie Sethun, Dana Luiken) 50.89q  
4 St. Olaf (Melissa Botzet, Allison  
Erlander, Kaia Knutson, Melissa Mueller)  
50.96q

Final

1 St. Benedict (Patti Clintsman, Kristina  
Granger, Jennifer Dalhed, Bethany Keene)  
48.82  
NCAA provisional  
2 Gustavus (Ashley Cronen, Janna  
Castellano, Sari Lindeman,  
Blythe Bittman) 49.50  
3 Macalester (Johann Schreve, Kirsten  
Fristad, Jennifer Noelke, Kaela Schramm)  
49.80  
4 Bethel (Brianna Sanford, Autumn Adkins,  
Kathleen Koval, Sheri Netland) 50.38  
5 Saint Mary's (Autumn Valk, Megan Moran,  
Maria Roche, Ashley Dingels) 50.39  
6 Concordia (Alissa Bilden, Kelly Olson,  
Emily Tollefson, Nicole Plante) 50.54  
7 St. Olaf (Melissa Botzet, Allison  
Erlander, Kaia Knutson, Melissa Mueller)  
51.31  
8 Hamline (Tami Klenke, Danielle St.  
Louis, Katie Sethun, Dana Luiken) 51.81  
9 Carleton (Kara Veitenheimer, Vanessa  
Brown, Becca Dole, Kestrel Schwaiger)  
52.63

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4x400 Meter Relay

1 St. Thomas (Molly Bauman, Christina  
Chapman, Alicia Wolff, Kristal Grigsby)  
3:57.36 H2  
NCAA provisional  
2 Saint Mary's, Saint Mary's 4:01.11 H2  
3 Gustavus (Blythe Bittman, Krista Cruse,

	Ali Cordie, Ashley Cronen)	4:02.09	H2
4	St. Olaf (Rebecca Trombly, Lindsay Saunders, Melissa Botzet, Allison Erlander)	4:02.44	H2
5	Bethel (Trish Steele, Anna Beich, Amy Carlson, Sheri Netland)	4:03.02	H2
6	St. Benedict (Adrienne Racek, Bethany Keene, Anne Redmon, Patti Clintzman)	4:03.39	H2
7	Concordia (Jill Fancher, Meagan Hansen, Alissa Bilden, Angie Pfeiffer)	4:04.37	H2
8	Macalester (Jennifer Noelke, Kirsten Fristad, Koby Hagen, Emily Stafford)	4:07.82	H2
9	Carleton (Kestrel Schwaiger, Vanessa Brown, Lauren Milne, Katherine Wingert)	4:11.64	H1
10	Hamline (Danielle St. Louis, Dana Luiken, Keidra Anderson, Sara Burns)	4:13.19	H1
11	St. Catherine (Melanie Priebe, Nyasha Kanganga, Jenny Bronson, Nikki Burg)	4:19.01	H1
12	Augsburg (Andrea Carlson, Angie Bergeson, Hannah Dietrich, Ellen Waldow)	4:19.17	H2

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#### 4x800 Meter Relay

1	Macalester (Koby Hagen, Anna Shamey, Allison Woerpel, Emily Stafford)	9:19.62	
		Meet record	
	Was 9:20.11; Concordia (Prochnow, Bollingberg, Engh, Luedtke), 1997		
	Macalester Stadium record		
	Was 9:20.11; Concordia (Prochnow, Bollingberg, Engh, Luedtke), 1997		
2	Concordia (Rachel Charpentier, Alissa Bilden, Jen St. John, Carrie Fransen)	9:22.40	
3	Augsburg (Andrea Carlson, Angie Bergeson, Hannah Dietrich, Ellen Waldow)	9:28.68	
4	Hamline (Lacee Schrupp, Sara Burns, Melissa Francis, Keidra Anderson)	9:31.15	
5	Gustavus (Ashley Farbo, Krista Cruse, Heidi Bulfer, Ashley Cronen)	9:34.26	
6	St. Olaf (Karrin Pearson, Lindsay Saunders, Erin Weier, Kezia Manlove)	9:35.46	
7	Carleton (Lauren Milne, Meghan Miller, Heather Hoecker, Katherine Wingert)	9:39.85	
8	St. Benedict (Anna Gunderson, Megan Rose, Holly Reinsmoen, Kaylee Rasmussen)	9:44.52	
9	St. Thomas (Ronni Hamilton, Lindsey Willgots, Nicki Hanson, Kalsey Larson)	9:55.92	
10	St. Catherine (Melanie Priebe, Jenny Bronson, Nikki Burg, Emily Liddiard)	10:06.46	
11	Saint Mary's (Ashley Dingels, Keri Drake, Sarah Zweber, Ellen Koranda)	10:09.50	
12	Bethel (Cassie Maresh, Rachelle Peters, Nikki Unhoefer, Ashley Keefe)	10:25.15	

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Long Jump

Round 1, Flight 1

- 1 Kristal Grigsby, Jr, St. Thomas  
18-1 1/2 (5.52m)q  
NCAA provisional
- 2 Andretta Colley, Sr, St. Thomas  
17-10 3/4 (5.45m)q  
NCAA provisional
- 3 Patti Clintsman, Jr, St. Benedict  
17-4 3/4 (5.30m)q  
NCAA provisional
- 4 Kaela Schramm, So, Macalester 16-7 3/4 (5.07m)q
- 5 Susan Brown, So, Macalester 16-2 1/4 (4.93m)q
- 6 Tami Klenke, Fr, Hamline 16-0 1/4 (4.88m)
- 7 Nicole Plante, Sr, Concordia 15-8 1/4 (4.78m)
- 8 Emily Tollefson, Sr, Concordia 15-6 1/4 (4.73m)
- 9 Lindsay Kuznia, Jr, Concordia 15-2 (4.62m)

Round 1, Flight 2

- 1 Meghan Orgeman, Sr, St. Benedict  
16-7 1/4 (5.06m)q
- 2 Augusta Garberich, Fr, St. Benedict  
16-6 (5.03m)q
- 3 Nikki Mammen, Fr, St. Thomas 16-5 1/4 (5.01m)q
- 4 Selina Dehn, Fr, St. Thomas 16-4 1/2 (4.99m)q
- 5 Amber Schackman, So, Concordia 16-0 1/4 (4.88m)
- 6 Sari Lindeman, Fr, Gustavus 15-11 (4.85m)
- 7 Shanna Dawson, Fr, Gustavus 15-9 1/2 (4.81m)
- 8 Megan Seibel, Jr, St. Thomas 15-2 1/4 (4.63m)
- 9 Crystal Reeves, Sr, Concordia 14-11 1/2 (4.56m)

Final

- 1 Kristal Grigsby, Jr, St. Thomas  
19-5 1/4 (5.92m)  
(5.19, 5.29, 5.52)  
NCAA provisional  
Meet record

Was 18-5 3/4 (5.63m); Martha Anderson, St. Thomas,

1983 & Busola Akinwale, Carleton, 1997

NCAA automatic

Macalester Stadium record

Was 19-4 3/4 (5.91m); Julie

Hay, UM-Duluth, 1985

- 2 Andretta Colley, Sr, St. Thomas  
18-4 1/2 (5.60m)  
(5.23, 5.45, 5.30)  
NCAA provisional
- 3 Patti Clintsman, Jr, St. Benedict  
17-4 3/4 (5.30m)  
(5.30, 5.29, P)  
NCAA provisional
- 4 Kaela Schramm, So, Macalester 16-7 3/4 (5.07m)  
(F, F, 5.07)
- 5 Meghan Orgeman, Sr, St. Benedict  
16-7 1/4 (5.06m)
- 6 Susan Brown, So, Macalester 16-7 (5.05m)  
(F, 4.93, F)
- 7 Augusta Garberich, Fr, St. Benedict  
16-6 (5.03m)
- 8 Nikki Mammen, Fr, St. Thomas 16-5 1/4 (5.01m)
- 9 Selina Dehn, Fr, St. Thomas 16-4 1/2 (4.99m)

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Triple Jump

Round 1, Flight 1

- 1 Kristal Grigsby, Jr, St. Thomas  
38-0 1/4 (11.59m)q

NCAA provisional

Meet record

Was 37-11 1/2 (11.57m); BriAnne

Erpelding, St. Benedict, 1997

- 2 Andretta Colley, Sr, St. Thomas 36-8 1/2 (11.19m)q
- 3 Selina Dehn, Fr, St. Thomas 36-4 (11.07m)q
- 4 Susan Brown, So, Macalester 36-0 1/4 (10.98m)q
- 5 Crystal Reeves, Sr, Concordia 34-7 (10.54m)q
- 6 Robin Larson, So, Concordia 33-10 3/4 (10.33m)
- 7 Erin Lowe, Jr, St. Olaf 33-9 1/4 (10.29m)
- 8 Katie Hagen, Sr, St. Benedict 33-2 1/2 (10.12m)
- 9 Maika Leier, Fr, Gustavus 32-11 1/4 (10.04m)

Round 1, Flight 2

- 1 Kaela Schramm, So, Macalester 36-6 3/4 (11.14m)q
- 2 Sari Lindeman, Fr, Gustavus 35-6 3/4 (10.84m)q
- 3 Kristina Granger, Jr, St. Benedict 35-4 1/2 (10.78m)q
- 4 Jennifer Dalhed, So, St. Benedict 34-0 3/4 (10.38m)q
- 5 Jada Lewis, So, St. Thomas 33-6 3/4 (10.23m)
- 6 Augusta Garberich, Fr, St. Benedict 33-1 3/4 (10.10m)
- 7 Kalee Schrupp, Jr, Gustavus 33-0 1/2 (10.07m)
- 8 Meghan Johansen, So, Concordia 32-6 1/2 (9.92m)
- Shanna Dawson, Fr, Gustavus DNC

Final

- 1 Kristal Grigsby, Jr, St. Thomas 38-0 1/4 (11.59m)

NCAA provisional

Meet record

- 2 Andretta Colley, Sr, St. Thomas 36-9 1/2 (11.21m)
- 3 Susan Brown, So, Macalester 36-7 1/2 (11.16m)
- 4 Kaela Schramm, So, Macalester 36-6 3/4 (11.14m)
- 5 Selina Dehn, Fr, St. Thomas 36-4 (11.07m)
- 6 Sari Lindeman, Fr, Gustavus 35-6 3/4 (10.84m)
- 7 Kristina Granger, Jr, St. Benedict 35-4 1/2 (10.78m)
- 8 Crystal Reeves, Sr, Concordia 34-7 (10.54m)
- 9 Jennifer Dalhed, So, St. Benedict 34-0 3/4 (10.38m)

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Shot Put

Round 1, Flight 1

- 1 Amanda Weinmann, So, Saint Mary's 39-2 1/2 (11.95m)q
- 2 Rachel Sinclair, So, Carleton 39-1 3/4 (11.93m)q
- 3 Ashley Dingels, Sr, Saint Mary's 38-8 3/4 (11.80m)q
- 4 Jessica Latzke, Fr, Gustavus 36-4 3/4 (11.09m)q
- 5 Jennifer Hanson, Jr, St. Benedict 35-11 1/4 (10.95m)
- 6 Angela Mooney, So, Bethel 35-9 1/4 (10.90m)
- 7 Shara Guidry, Fr, St. Thomas 34-11 1/4 (10.65m)
- 8 Stacy Griffin, So, St. Olaf 34-6 1/4 (10.52m)
- 9 Lisa Ostenson, Jr, Macalester 34-5 3/4 (10.51m)

Round 1, Flight 2

- 1 Jenna Wendorff, Sr, St. Benedict 43-10 3/4 (13.38m)q

NCAA provisional

- 2 Vicky Peterson, Fr, St. Olaf 37-11 1/2 (11.57m)q
- 3 Carol Comp, Fr, St. Thomas 36-6 3/4 (11.14m)q
- 4 Heidi Gruenhagen, Jr, Gustavus 36-4 (11.07m)q
- 5 Beth Cleveland, Jr, Saint Mary's 36-2 3/4 (11.04m)q
- 6 Robin Regan, Fr, St. Catherine 35-6 (10.82m)
- 7 Jennifer Thelemann, Fr, Gustavus 35-1 (10.69m)

8 Becky Boorman, Fr, St. Catherine 34-11 (10.64m)  
9 Sarah Emmerling, Jr, St. Benedict 31-10 (9.70m)

Final

1 Jenna Wendorff, Sr, St. Benedict  
45-2 1/4 (13.77m)  
NCAA provisional  
2 Rachel Sinclair, So, Carleton 40-9 (12.42m)  
3 Amanda Weinmann, So, Saint Mary's  
40-7 1/2 (12.38m)  
4 Ashley Dingels, Sr, Saint Mary's  
38-8 3/4 (11.80m)  
5 Vicky Peterson, Fr, St. Olaf 37-11 1/2 (11.57m)  
6 Jessica Latzke, Fr, Gustavus 36-9 1/2 (11.21m)  
7 Heidi Gruenhagen, Jr, Gustavus 36-7 3/4 (11.17m)  
8 Carol Comp, Fr, St. Thomas 36-6 3/4 (11.14m)  
9 Beth Cleveland, Jr, Saint Mary's  
36-2 3/4 (11.04m)

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Discus Throw

Round 1, Flight 1

1 Lorna Wilson, Sr, St. Olaf 122-8 (37.40m)q  
2 Stacy Griffin, So, St. Olaf 116-5 (35.48m)q  
3 Jennifer Thelemann, Fr, Gustavus 114-6 (34.90m)q  
4 Sarah Sorvaag, Fr, Concordia 114-3 (34.82m)q  
5 Vicky Peterson, Fr, St. Olaf 112-6 (34.30m)  
6 Jenna Wendorff, Sr, St. Benedict 105-11 (32.29m)  
7 Heather Sublet, Jr, Hamline 98-11 (30.15m)  
8 Ashley Clemen, So, Gustavus 95-11 (29.24m)  
9 Melissa Stave, So, Concordia 91-7 (27.91m)

Round 1, Flight 2

1 Josie Thulien, Sr, Gustavus 116-8 (35.57m)q  
2 Carol Comp, Fr, St. Thomas 116-0 (35.36m)q  
3 Shara Guidry, Fr, St. Thomas 115-11 (35.34m)q  
4 Robin Regan, Fr, St. Catherine 114-4 (34.85m)q  
5 Beth Cleveland, Jr, Saint Mary's 114-0 (34.74m)q  
6 Jessica Latzke, Fr, Gustavus 107-9 (32.84m)  
7 Molly Christian, Fr, Carleton 97-1 (29.60m)  
8 Kate Sherlock, Jr, St. Catherine 84-9 (25.83m)  
Liz Kapsner, So, St. Thomas DNC

Final

1 Shara Guidry, Fr, St. Thomas 124-8 (38.01m)  
2 Lorna Wilson, Sr, St. Olaf 122-8 (37.40m)  
3 Stacy Griffin, So, St. Olaf 118-1 (35.99m)  
4 Josie Thulien, Sr, Gustavus 116-9 (35.59m)  
5 Sarah Sorvaag, Fr, Concordia 116-2 (35.42m)  
6 Carol Comp, Fr, St. Thomas 116-0 (35.36m)  
7 Jennifer Thelemann, Fr, Gustavus 114-6 (34.90m)  
8 Robin Regan, Fr, St. Catherine 114-4 (34.85m)  
9 Beth Cleveland, Jr, Saint Mary's 114-0 (34.74m)

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Hammer Throw

Round 1, Flight 1

1 Shannon Kane, So, St. Thomas 137-0 (41.77m)q  
2 Jennifer Hanson, Jr, St. Benedict 136-3 (41.54m)q  
3 Beth Cleveland, Jr, Saint Mary's 129-4 (39.42m)q  
4 Jen Brouwers, Sr, St. Catherine 129-0 (39.33m)q  
5 Kate Sherlock, Jr, St. Catherine 124-10 (38.04m)q  
6 Sarah Koziolk, Jr, St. Catherine 122-3 (37.26m)q  
7 Sarah Sorvaag, Fr, Concordia 121-1 (36.90m)  
8 Stacy Griffin, So, St. Olaf 111-11 (34.12m)  
9 Ashley Clemen, So, Gustavus 109-8 (33.43m)

Round 1, Flight 2

1 Liz Durham, So, Carleton 141-2 (43.04m)q  
2 Michelle Binn, So, St. Thomas 129-2 (39.37m)q  
3 Melissa Stave, So, Concordia 123-11 (37.78m)q

4	Josie Thulien, Sr, Gustavus	121-6	(37.03m)
5	Carol Comp, Fr, St. Thomas	118-4	(36.08m)
6	Jenna Wendorff, Sr, St. Benedict	118-0	(35.97m)
7	Lorna Wilson, Sr, St. Olaf	116-10	(35.62m)
8	Amanda Weinmann, So, Saint Mary's	113-4	(34.55m)
9	Lisa Ostenson, Jr, Macalester	108-5	(33.05m)

Final

1	Liz Durham, So, Carleton	141-2	(43.04m)	
	(F, 43.04, 36.67, F, F, F)			
2	Shannon Kane, So, St. Thomas	137-0	(41.77m)	
	(37.73, 38.30, 41.77, 38.75, 38.00, F)			
3	Jennifer Hanson, Jr, St. Benedict	136-3	(41.54m)	
	(40.74, 39.91, 41.54, 34.52, 38.49, 39.56)			
4	Michelle Binn, So, St. Thomas	134-2	(40.89m)	
	(39.37, 35.14, F, 40.89, F, 39.89)			
5	Kate Sherlock, Jr, St. Catherine	130-0	(39.63m)	
	(36.63, 38.04, 37.80, 38.36, 39.55, 39.63)			
6	Beth Cleveland, Jr, Saint Mary's	129-4	(39.42m)	
	(F, 39.42, F, 38.59, F, 38.46)			
7	Jen Brouwers, Sr, St. Catherine	129-0	(39.33m)	
	(33.71, 37.90, 39.33, 34.15, 36.87, 35.37)			
8	Melissa Stave, So, Concordia	123-11	(37.78m)	
	(36.82, 37.78, F, F, 35.95, 36.03)			
9	Sarah Koziolk, Jr, St. Catherine	122-3	(37.26m)	
	(37.26, 36.94, F, 34.12, 35.86, F)			

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Javelin Throw

Round 1, Flight 1

1	Erika Wetzal, Jr, St. Thomas	127-1	(38.74m)q
2	Dana Luiken, So, Hamline	109-4	(33.33m)q
3	Michelle Steadman, Sr, Gustavus	107-3	(32.69m)q
4	Angela Mooney, So, Bethel	104-8	(31.90m)q
5	Anna Cooley, Fr, Carleton	97-4	(29.66m)
6	Angie Asmus, Fr, Hamline	94-5	(28.78m)
7	Kelly Johnson, Sr, Bethel	90-10	(27.70m)
8	Hannah Meium, So, St. Thomas	87-5	(26.65m)
	Blythe Bittman, Jr, Gustavus	ND	

Round 1, Flight 2

1	Nicole Plante, Sr, Concordia	129-8	(39.53m)q
	NCAA provisional		
2	Jessica Braun, Sr, St. Benedict	112-4	(34.24m)q
3	Kestrel Schwaiger, So, Carleton	110-7	(33.72m)q
4	Lisa Ostenson, Jr, Macalester	107-3	(32.70m)q
5	Rachelle Dosch, So, St. Thomas	102-7	(31.26m)q
6	Angela Van Binsbergen, Sr, Augsburg	102-3	(31.17m)
7	Callie Peotter, Sr, St. Thomas	95-0	(28.96m)
8	Jaymee Spannring, So, St. Catherine	91-7	(27.92m)
9	Sarah Sorvaag, Fr, Concordia	83-7	(25.49m)

Final

1	Nicole Plante, Sr, Concordia	129-8	(39.53m)	
	NCAA provisional			
2	Erika Wetzal, Jr, St. Thomas	127-1	(38.74m)	
3	Lisa Ostenson, Jr, Macalester	112-11	(34.42m)	
4	Jessica Braun, Sr, St. Benedict	112-4	(34.24m)	
5	Kestrel Schwaiger, So, Carleton	110-7	(33.72m)	
6	Dana Luiken, So, Hamline	109-4	(33.33m)	
7	Angela Mooney, So, Bethel	108-9	(33.16m)	
8	Michelle Steadman, Sr, Gustavus	107-3	(32.69m)	
9	Rachelle Dosch, So, St. Thomas	102-7	(31.26m)	

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High Jump

1	Kristal Grigsby, Jr, St. Thomas	5-5 3/4	(1.67m)
	NCAA provisional		
2	Ashley Dingels, Sr, Saint Mary's		

		5-4 1/2 (1.64m)
	NCAA provisional	
3	Sheri Netland, So, Bethel	5-0 1/2 (1.54m)
3	Susan Brown, So, Macalester	5-0 1/2 (1.54m)
5	Danielle St. Louis, Sr, Hamline	5-0 1/2 (1.54m)
6	Kelsie Hansen, So, St. Benedict	5-0 1/2 (1.54m)
7	Dana Luiken, So, Hamline	5-0 1/2 (1.54m)
8	Nikki Mammen, Fr, St. Thomas	5-0 1/2 (1.54m)
9	Jada Lewis, So, St. Thomas	4-10 1/2 (1.49m)
9	Selina Dehn, Fr, St. Thomas	4-10 1/2 (1.49m)
9	Beth Ebert, Fr, St. Thomas	4-10 1/2 (1.49m)
9	Michelle Steadman, Sr, Gustavus	4-10 1/2 (1.49m)
13	Autumn Adkins, Fr, Bethel	4-10 1/2 (1.49m)
	Nicole Plante, Sr, Concordia	NH
	Julia Lippitt, Sr, Carleton	DNC

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Pole Vault

1	Janna Castellano, So, Gustavus	11-8 (3.56m)
	NCAA provisional	
2	Kristi Schneider, Sr, Gustavus	11-4 1/4 (3.46m)
	NCAA provisional	
3	Elizabeth Ghandour, Jr, St. Olaf	11-0 1/4 (3.36m)
	NCAA provisional	
4	Alicia Blomquist, Fr, Gustavus	11-0 1/4 (3.36m)
	NCAA provisional	
5	Marla Nelson, Jr, St. Olaf	11-0 1/4 (3.36m)
	NCAA provisional	
6	Lindsay Kuznia, Jr, Concordia	10-6 1/4 (3.21m)
7	Heather Berscheit, Sr, St. Benedict	10-6 1/4 (3.21m)
8	Natalie Hanson, Jr, Concordia	10-6 1/4 (3.21m)
9	Kristin Gussiaas, So, Concordia	9-6 1/2 (2.91m)
10	Kathleen Koval, So, Bethel	9-6 1/2 (2.91m)
11	Brooke Brakke, Fr, Bethel	8-6 3/4 (2.61m)
11	Christa von Behren, So, Macalester	8-6 3/4 (2.61m)
13	Robin Larson, So, Concordia	8-6 3/4 (2.61m)

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Heptathlon

1	Ashley Dingels, Sr, Saint Mary's	4668
	NCAA provisional	
	Meet record	
	Was 4641; Ashley Dingels, Saint Mary's, 2003	
	NCAA automatic	
2	Nicole Plante, Sr, Concordia	4462
	NCAA provisional	
3	Dana Luiken, So, Hamline	4271
	NCAA provisional	
4	Meghan Orgeman, Sr, St. Benedict	4132
	NCAA provisional	
5	Kirsten Fristad, Sr, Macalester	4002
6	Kestrel Schwaiger, So, Carleton	3853
7	Blythe Bittman, Jr, Gustavus	3709
8	Nikki Mammen, Fr, St. Thomas	3562
9	Amber Schackman, So, Concordia	3531
10	Kaia Knutson, So, St. Olaf	3412
11	Katja Andresen, Fr, St. Olaf	3317
12	Tiffany Trost, Sr, St. Benedict	3243
13	Beth Ebert, Fr, St. Thomas	3171
14	Angela Mooney, So, Bethel	3080
15	Melanie Priebe, Jr, St. Catherine	3014
16	Ashley Keefe, Fr, Bethel	2797
17	Kaaren Sowles, Bethel	2479

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