

2007 MIAC Women's Outdoor Track and Field Championship Individual Results

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100 Meter Dash

Round 1, Heat 1

1 Kaela Schramm, Sr, Macalester	12.46Q
2 Autumn Adkins, Jr, Bethel	12.93q
3 Funto Okanla, Jr, Gustavus	12.95q
4 Kate Staat, Jr, St. Thomas	12.96q
5 Kendra Monroe, So, Bethel	13.34
6 Val Koch, Fr, Saint Mary's	13.47
7 Brittany Mrosak, Jr, St. Thomas	13.99
8 Jessica Taylor, Jr, St. Thomas	14.11

Round 1, Heat 2

1 Vanessa Moore, So, Bethel	12.56Q
2 Nikki Arola, Fr, St. Thomas	12.61q
3 Selina Dehn, Jr, St. Thomas	13.12
4 Kelsey Becker, Sr, Gustavus	13.20
5 Elyse Cooper, Jr, St. Benedict	13.22
6 Jessica Nordness, Jr, Augsburg	13.54
7 Kristin Seifert, Fr, St. Thomas	13.91
8 Arnolda Shiundu, Fr, Concordia Moorhead	14.62

Round 1, Heat 3

1 Sheena Porter, Fr, St. Thomas	12.48Q
2 Whitney Holman, Fr, Augsburg	12.96q
3 Teri Heinzen, Fr, Saint Mary's	13.16
4 Annie Clintzman, Jr, St. Benedict	13.33
5 Tami Klenke, Jr, Hamline	13.34
6 Megan Benbow, Fr, Bethel	13.53
7 Amanda Bakken, Fr, Concordia Moorhead	13.91
8 Erin O'Keefe, So, Saint Mary's	14.31

Final

1 Sheena Porter, Fr, St. Thomas	12.57
2 Kaela Schramm, Sr, Macalester	12.71
3 Vanessa Moore, So, Bethel	12.72
4 Nikki Arola, Fr, St. Thomas	12.74
5 Kate Staat, Jr, St. Thomas	13.07
6 Funto Okanla, Jr, Gustavus	13.10
7 Whitney Holman, Fr, Augsburg	13.12
8 Autumn Adkins, Jr, Bethel	13.18

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200 Meter Dash

Round 1, Heat 1

1 Sheri Netland, Sr, Bethel	25.53Q
2 Nicole Brohmer, So, Hamline	26.68q
3 Emily Matthews, Fr, Macalester	26.76q
4 Kelly Tanke, Jr, Saint Mary's	26.81
5 Linda Kanne, So, Gustavus	26.88
6 Teri Heinzen, Fr, Saint Mary's	27.43
7 Megan Benbow, Fr, Bethel	27.93
8 Kayla Sirmans, So, Hamline	28.02

Round 1, Heat 2

1 Sheena Porter, Fr, St. Thomas	25.42Q
2 Shionna Evans, So, St. Thomas	25.62q
3 Megan Krumrie, So, Augsburg	26.95
4 Whitney Holman, Fr, Augsburg	26.95
5 Elyse Cooper, Jr, St. Benedict	27.03
6 Elizabeth Pringle, So, Gustavus	27.08
7 Emily Bartusek, Jr, Saint Mary's	27.21
8 Alysa Salomone, So, St. Thomas	27.56

Round 1, Heat 3

1 Vanessa Moore, So, Bethel	25.79Q
2 Kelsey Donald, Fr, Carleton	26.48q
3 Kelly Olson, Sr, Concordia Moorhead	26.63q
4 Jennifer Noelke, Sr, Macalester	27.03
5 Aryn Bell, So, Gustavus	27.28
6 Kate Staat, Jr, St. Thomas	27.46
7 Jessica Nordness, Jr, Augsburg	27.88
7 Autumn Adkins, Jr, Bethel	27.88

Final

1 Sheena Porter, Fr, St. Thomas	25.47
2 Sheri Netland, Sr, Bethel	25.48
3 Vanessa Moore, So, Bethel	25.69

4 Shionna Evans, So, St. Thomas	26.25
5 Kelsey Donald, Fr, Carleton	26.53
6 Nicole Brohmer, So, Hamline	26.58
7 Kelly Olson, Sr, Concordia Moorhead	26.64
8 Emily Matthews, Fr, Macalester	26.68

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400 Meter Dash

Round 1, Heat 1

1 Krista Cruse, Sr, Gustavus	59.82Q
2 Kelly Olson, Sr, Concordia Moorhead	60.69q
3 Sarah Meissner, So, St. Catherine	60.82
4 Anna Hankins, Fr, Macalester	60.90
5 Christina Chapman, Sr, St. Thomas	62.95
6 Belinda Allen, So, Bethel	63.46
7 Malia Rasmussen, Fr, Bethel	64.70
8 Kathleen Pawlowski, Fr, Saint Mary's	67.32

Round 1, Heat 2

1 Shionna Evans, So, St. Thomas	59.02Q
2 Kristin Slette, Fr, Concordia Moorhead	59.65q
3 Kelsey Donald, Fr, Carleton	60.66q
4 Alissa Bilden, Sr, Concordia Moorhead	61.00
5 Emily Bartusek, Jr, Saint Mary's	61.03
6 Cathy Reeves, Fr, St. Thomas	63.42
7 Jessica Taylor, Jr, St. Thomas	64.45
8 Michelle Eberhard, Fr, St. Benedict	66.01

Round 1, Heat 3

1 Sheri Netland, Sr, Bethel	59.23Q
2 Anne Redmon, Sr, St. Benedict	60.51q
3 Elizabeth Pringle, So, Gustavus	60.52q
4 Alyx Chapman, Fr, St. Benedict	61.81
5 Patty King, So, St. Benedict	62.91
6 Kate Sidlo, Fr, Gustavus	64.81
7 Sheryl West, Jr, St. Olaf	65.50
8 Laura Graber, So, St. Olaf	67.12

Final

1 Sheri Netland, Sr, Bethel	57.97
2 Shionna Evans, So, St. Thomas	59.06
3 Kristin Slette, Fr, Concordia Moorhead	59.62
4 Krista Cruse, Sr, Gustavus	60.16
5 Kelsey Donald, Fr, Carleton	60.32
6 Kelly Olson, Sr, Concordia Moorhead	60.35
7 Anne Redmon, Sr, St. Benedict	60.41
8 Elizabeth Pringle, So, Gustavus	60.63

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800 Meter Run

Round 1, Heat 1

1 Sara Burns, Jr, Hamline	2:19.65Q
2 Kelly Russ, Fr, St. Thomas	2:19.83Q
3 Lindsey Saunders, Jr, St. Olaf	2:21.26
4 Sam Madsen, So, Gustavus	2:24.25
5 Hannah Carlson, Jr, Bethel	2:29.11
6 Adrienne Chesser, Sr, Carleton	2:30.16
7 Christina Hagggar, Fr, Bethel	2:35.70
8 Sarah Peloquin, Jr, Augsburg	2:41.48

Round 1, Heat 2

1 Heather Schuster, Sr, Concordia Moorhead	2:20.19Q
2 Katherine Wingert, Jr, Carleton	2:20.86Q
3 Laura Roach, Fr, Carleton	2:21.06q
4 Teagen Andrews, Sr, St. Olaf	2:23.53
5 Lauren Milne, Jr, Carleton	2:29.38
6 Amanda Manship, Fr, St. Thomas	2:33.53
7 Amanda Simon, Jr, Concordia Moorhead	2:34.08
8 Elizabeth Leslie, Jr, St. Olaf	2:46.49

Round 1, Heat 3

1 Andrea Gelle, Sr, St. Olaf	2:19.24Q
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2	Erin Sprangers, Fr, St. Thomas	2:19.32Q
3	Jennifer Ranallo, So, St. Benedict	2:19.87q
4	Anna Valan, So, Concordia Moorhead	2:28.03
5	Greta Sieve, Fr, St. Catherine	2:29.09
6	Erin Murphy, Fr, St. Olaf	2:31.14
7	Rachel Glissman, Fr, Hamline	2:36.98
8	Lauren Zwolenski, Fr, St. Benedict	2:45.84

Final

1	Heather Schuster, Sr, Concordia Moorhead	2:15.76
2	Kelly Russ, Fr, St. Thomas	2:16.79
3	Erin Sprangers, Fr, St. Thomas	2:16.93
4	Sara Burns, Jr, Hamline	2:17.12
5	Andrea Gelle, Sr, St. Olaf	2:17.18
6	Jennifer Ranallo, So, St. Benedict	2:19.22
7	Katherine Wingert, Jr, Carleton	2:21.16
8	Laura Roach, Fr, Carleton	2:23.23

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1500 Meter Run

Round 1, Heat 1

1	Heather Schuster, Sr, Concordia Moorhead	4:55.06Q
2	Katherine Wingert, Jr, Carleton	4:55.38Q
3	Meghan Mayer, Sr, St. Thomas	4:55.42Q
4	Christina Roberts, Jr, St. Olaf	4:55.76Q
5	Abby Smith, Fr, St. Olaf	4:55.98q
6	Corey Hickner, Sr, St. Benedict	4:57.29q
7	Emma Miller, Fr, St. Thomas	4:59.08q
8	Nikki Reich, Fr, Carleton	5:04.30
9	Michaela McLaughlin, Fr, St. Olaf	5:07.85
10	Sarah Stergios, So, St. Benedict	5:09.36
11	Alice Deden, So, St. Olaf	5:10.28
12	Ashley Cooper, Fr, Hamline	5:13.48
13	Ali Parsons, Jr, Concordia Moorhead	5:18.94
14	Rose Spring, Sr, St. Benedict	5:21.60

Round 1, Heat 2

1	Andrea Gelle, Sr, St. Olaf	4:58.27Q
2	Heather Jelen, So, Bethel	4:58.40Q
3	Kalsey Larson, Jr, St. Thomas	4:58.51Q
4	Sarah Forzley, Fr, Carleton	4:58.79Q
5	Rachel Charpentier, Sr, Concordia Moorhead	4:59.39q
6	Jennie Hedberg, Jr, St. Olaf	5:01.44
7	Kristie Bronson, So, St. Catherine	5:01.97
8	Lauren Milne, Jr, Carleton	5:06.93
9	Marci Burg, Fr, St. Catherine	5:12.28
10	Linn Dale, Sr, St. Olaf	5:16.51
11	Sarah Zweber, Jr, Saint Mary's	5:17.66
12	Meagan Hansen, Jr, Concordia Moorhead	5:19.45
13	Emily Ellingson, So, St. Olaf	5:21.20
14	Tara Dewitt, Fr, St. Benedict	5:33.95

Final

1	Heather Schuster, Sr, Concordia Moorhead	4:33.55
	NCAA provisional	
	Clements Stadium record	
	Was 4:39.94; Jayna Mathieu, St. Olaf, 1999	
2	Andrea Gelle, Sr, St. Olaf	4:35.41
	NCAA provisional	
3	Heather Jelen, So, Bethel	4:44.45
4	Katherine Wingert, Jr, Carleton	4:46.03
5	Sarah Forzley, Fr, Carleton	4:47.39
6	Meghan Mayer, Sr, St. Thomas	4:47.73
7	Kalsey Larson, Jr, St. Thomas	4:47.97
8	Rachel Charpentier, Sr, Concordia Moorhead	4:52.27
9	Abby Smith, Fr, St. Olaf	4:53.42
10	Christina Roberts, Jr, St. Olaf	4:54.51
11	Corey Hickner, Sr, St. Benedict	4:55.87
12	Emma Miller, Fr, St. Thomas	5:10.41

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5000 Meter Run

1	Nikki Umhoefer, Jr, Bethel	18:20.25
2	Julie Anderson, Jr, St. Thomas	18:24.94
3	Lacee Schrupp, Sr, Hamline	18:28.43
4	Karen Campbell, So, Carleton	18:31.76
5	Margot Branigan, Fr, St. Benedict	18:37.34
6	Erin Lowrey, Fr, Macalester	18:40.56
7	Brittney Schwager, Sr, St. Olaf	18:45.64
8	Erin Weier, Sr, St. Olaf	18:49.96
9	Jenna Carlson, So, St. Olaf	18:56.32
10	Jill Fagerstrom, So, Gustavus	18:57.55
11	Laura Edlund, Jr, Gustavus	18:57.86
12	Kristin Haubrich, Jr, St. Benedict	19:03.40
13	Aileen Galatowitsch, Sr, St. Benedict	19:04.18
14	Tera Bollig, Sr, Saint Mary's	19:30.27
15	Annie Knutson, So, St. Olaf	19:42.01
16	Laura Sofen, Fr, Carleton	19:43.55
17	Nikki Burg, Sr, St. Catherine	19:44.47
18	Emily Dunn, So, Macalester	19:44.54
19	Laura Melcher, Jr, St. Olaf	19:46.40
20	Tracy McCubbin, Sr, St. Thomas	19:50.17
21	Emma Sando, So, Carleton	19:50.92
22	Stephanie Block, Sr, St. Olaf	19:54.48
23	Katie Drinane, So, Hamline	19:54.79
24	Michaela McLaughlin, Fr, St. Olaf	20:02.93
25	Meagan Hansen, Jr, Concordia Moorhead	20:09.03
26	Rose Spring, Sr, St. Benedict	20:13.15
27	Ashley Cooper, Fr, Hamline	20:42.75
28	Tara Dewitt, Fr, St. Benedict	20:48.80
29	Kelsey Bratlie, Fr, Concordia Moorhead	20:54.70
30	Jackie Kelly, Jr, St. Olaf	20:57.81
31	Emily Deetz, Sr, St. Catherine	21:01.54

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10000 Meter Run

1	Nikki Umhoefer, Jr, Bethel	37:32.83
	NCAA provisional	
	Clements Stadium record	
	Was 37:46.74; Leah Wurm, College of St. Benedict, 2005	
2	Karen Campbell, So, Carleton	38:19.05
3	Margot Branigan, Fr, St. Benedict	38:26.29
4	Jenna Carlson, So, St. Olaf	38:27.94
5	Jill Fagerstrom, So, Gustavus	38:35.41
6	Kelsey Barale, Sr, Carleton	38:43.13
7	Brittney Schwager, Sr, St. Olaf	39:04.48
8	Jenny Olin, Sr, St. Thomas	39:11.03
9	Aileen Galatowitsch, Sr, St. Benedict	39:31.47
10	Maria Middleton, Jr, Concordia Moorhead	39:49.96
11	Kristin Haubrich, Jr, St. Benedict	39:57.37
12	Katie Drinane, So, Hamline	41:14.11
13	Cicely Miltich, Jr, Carleton	41:39.22
14	Lindsey Tucker, So, St. Benedict	42:00.03
15	Jill Burgard, Sr, St. Benedict	43:59.74
16	Katie Visco, Sr, Carleton	45:10.04
17	Ashley Stoffers, Jr, Augsburg	45:38.65

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100 Meter Hurdles

Round 1, Heat 1

1	Sarah Meissner, So, St. Catherine	15.52Q
2	Laura Janas, Fr, St. Thomas	16.09q
3	Katja Andresen, Jr, St. Olaf	16.23q
4	Tara Ray, Fr, Concordia Moorhead	16.61
5	Danielle Braun, Jr, Saint Mary's	17.68
6	Martina Link, So, St. Olaf	18.75

Round 1, Heat 2

1	Kaela Schramm, Sr, Macalester	14.96Q
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NCAA provisional

2	Aryn Bell, So, Gustavus	15.98q
3	Kathryn Thompson, Fr, St. Olaf	16.39q
4	Amber Schackman, Sr, Concordia Moorhead	16.84
5	Anna Skauge, So, Concordia Moorhead	17.48
6	Sara Heesen, Jr, St. Olaf	19.34

Round 1, Heat 3

1	Dana Luiken, Sr, Hamline	15.47Q
2	Michaela Otto, Fr, Bethel	15.95q
3	Megann Koerner, Fr, St. Benedict	16.92
4	Kaelene Lundstrum, Fr, Gustavus	17.14
5	Emily Amici, So, Hamline	17.20
6	Kayla Johnson, Fr, St. Olaf	18.78

Final

1	Kaela Schramm, Sr, Macalester	15.07
2	Dana Luiken, Sr, Hamline	15.50
3	Michaela Otto, Fr, Bethel	15.92
4	Sarah Meissner, So, St. Catherine	15.96
5	Kathryn Thompson, Fr, St. Olaf	16.07
6	Laura Janas, Fr, St. Thomas	16.08
7	Aryn Bell, So, Gustavus	16.45
8	Katja Andresen, Jr, St. Olaf	16.81

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400 Meter Hurdles

Round 1, Heat 1

1	Katie Theisen, So, St. Thomas	62.74Q
		NCAA provisional
2	Tara Ray, Fr, Concordia Moorhead	67.10q
3	Katja Andresen, Jr, St. Olaf	67.60q
4	Ashley Keefe, Jr, Bethel	68.32q
5	Kelly McCann, So, St. Benedict	72.11

Round 1, Heat 2

1	Eva Luderowski, Fr, Carleton	65.51Q
2	Crystal Rausch, Sr, St. Benedict	68.19q
3	Tricia Lund, Sr, St. Benedict	68.90
4	Laura Janas, Fr, St. Thomas	70.27
5	Amber Schackman, Sr, Concordia Moorhead	71.44
6	Brittney Christianson, So, Concordia Moorhead	76.57

Round 1, Heat 3

1	Nikki Arola, Fr, St. Thomas	64.31Q
2	Kathryn Thompson, Fr, St. Olaf	66.18q
3	Emily Amici, So, Hamline	69.98
4	Anna Skauge, So, Concordia Moorhead	71.96
5	Jenni Burns, Fr, Hamline	72.53
6	Kayla Johnson, Fr, St. Olaf	76.05

Final

1	Katie Theisen, So, St. Thomas	62.65
		NCAA provisional
2	Nikki Arola, Fr, St. Thomas	63.60
		NCAA provisional
3	Kathryn Thompson, Fr, St. Olaf	64.61
4	Eva Luderowski, Fr, Carleton	64.73
5	Tara Ray, Fr, Concordia Moorhead	67.53
6	Ashley Keefe, Jr, Bethel	67.69
7	Katja Andresen, Jr, St. Olaf	69.13

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3000m Steeplechase

1	Kelsey Barale, Sr, Carleton	11:14.37
		NCAA provisional
		Clements Stadium record
		Was 11:28.57; Rachel Stangler, Augustana, 2005
2	Heather Hoecker, Jr, Carleton	11:36.14
3	Anne Iddins, Jr, St. Thomas	11:44.44
4	Melissa Francis, Sr, Hamline	11:50.56
5	Maggie Donahue, So, St. Benedict	11:50.57
6	Lisa Skildum, Jr, St. Olaf	11:50.76

7	Val Berquam, Sr, Gustavus	11:52.65
8	Anna Hagen, Fr, Concordia Moorhead	12:01.45
9	Casey Baustian, Jr, St. Olaf	12:06.81
10	Freya Fitzer, So, Hamline	12:08.74
11	Irene Koplinka-Loehr, Fr, Carleton	12:14.48
12	Elizabeth Nelson, Jr, Macalester	12:16.16
13	Christine Frandsen, So, St. Thomas	12:35.38
14	Kendra Bengtson, So, Concordia Moorhead	12:37.34
15	Brittney Christianson, So, Concordia Moorhead	12:44.18
16	Meghan Miller, Jr, Carleton	12:48.85
17	Kym Koenig, Jr, St. Benedict	12:56.14
18	Katie Rehani, Sr, St. Benedict	12:58.37

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4x100 Meter Relay

Round 1, Heat 1

1	St. Thomas (Nikki Arola, Sheena Porter, Kate Staat, Shionna Evans)	48.05Q
	NCAA provisional	
	Meet record	
	Was 48.17; St. Thomas (Chapman, , Grigsby, Wolff, Bauman), 2004	
	Clements Stadium record	
	Was 48.57; Gustavus Adolphus (Bland, Carlson, Pekel, Stone), 2005	
2	Macalester (Kaela Schramm, Jennifer Noelke, Maddie Mette, Emily Matthews)	49.88q
3	St. Benedict (Annie Clintsman, Elyse Cooper, Anne Redmon, Crystal Rausch)	50.00q
4	Concordia Moorhead (Kristin Slette, Kelly Olson, Amanda Bakken, Tara Ray)	51.47q
5	St. Olaf (Katja Andresen, Kathryn Thompson, Amie Fillmore, Sheryl West)	52.29

Round 1, Heat 2

1	Hamline (Tami Klenke, Kayla Sirmans, Angela Lindekugel, Jenni Burns)	50.49Q
2	Gustavus (Kelsey Becker, Funto Okanla, Sari Lindeman, Aryn Bell)	50.75q
3	Saint Mary's (Erin O'Keefe, Kelly Tanke, Val Koch, Teri Heinzen)	51.34q
4	Augsburg (Jessica Nordness, Megan Krumrie, Kelsie Lungstrom, Whitney Holman)	52.04q
	Bethel (Autumn Adkins, Vanessa Moore, Jennae Palmer, Sheri Netland)	DQ

Final

1	St. Thomas (Nikki Arola, Sheena Porter, Kate Staat, Shionna Evans)	47.94
	NCAA provisional	
	Meet record	
	Clements Stadium record	
2	Gustavus (Kelsey Becker, Funto Okanla, Sari Lindeman, Aryn Bell)	49.36
3	Macalester (Celeste Prince, Kaela Schramm, Maddie Mette, Emily Matthews)	50.06
4	Hamline (Tami Klenke, Kayla Sirmans, Angela Lindekugel, Jenni Burns)	50.18
5	Saint Mary's (Emily Bartusek, Kelly Tanke, Val Koch, Teri Heinzen)	50.91
6	Concordia Moorhead (Kristin Slette, Kelly Olson, Amanda Bakken, Tara Ray)	50.94
7	Augsburg (Jessica Nordness, Megan Krumrie, Kelsie Lungstrom, Whitney Holman)	52.32
8	St. Benedict (Annie Clintsman, Elyse Cooper, Anne Redmon, Crystal Rausch)	55.40

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4x400 Meter Relay

1	St. Thomas (Katie Theisen, Shionna Evans, Sheena	
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Porter, Nikki Arola)	3:54.77	H2
NCAA provisional		
Clements Stadium record		
Was 3:56.64; Gustavus Adolphus (Bland, Larson, Carlson, Stone), 1999		
2 Concordia Moorhead (Kristin Slette, Kelly Olson, Alissa Bilden, Heather Schuster)	4:00.93	H2
3 St. Benedict (Anne Redmon, Alyx Chapman, Crystal Rausch, Jennifer Ranallo)	4:04.74	H2
4 Macalester (Anna Hankins, Jennifer Noelke, Trina PaStarr, Emily Matthews)	4:04.94	H1
5 Carleton (Kestrel Schwaiger, Lindsey Nietmann, Eva Luderowski, Kelsey Donald)	4:06.13	H2
6 Gustavus (Krista Cruse, Elizabeth Pringle, Kate Sidlo, Sam Madsen)	4:06.21	H1
7 Bethel (Belinda Allen, Sheri Netland, Ashley Keefe, Malia Rasmussen)	4:06.61	H2
8 St. Olaf (Kathryn Thompson, Lindsey Saunders, Abby Smith, Andrea Gelle)	4:08.01	H2
9 Hamline (Sara Burns, Nicole Brohmer, Jenni Burns, Dana Luiken)	4:10.92	H1
10 Saint Mary's (Kelly Tanke, Teri Heinzen, Kathleen Pawlowski, Emily Bartusek)	4:11.82	H2
11 St. Catherine (Melissa Elverud, Greta Sieve, Seana Graham, Sarah Meissner)	4:13.34	H2

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4x800 Meter Relay

1 St. Thomas (Erin Sprangers, Betsy Hupp, Kelly Russ, Katie Theisen)	9:17.39
Meet record	
Was 9:19.62; Macalester (Hagen, Shamey, Woerpel, Stafford), 2005	
Clements Stadium record	
Was 9:29.94; St. Olaf (McRauth, Storlie, Thompson, Mathieu), 1999	
2 St. Olaf (Christina Roberts, Lindsey Saunders, Abby Smith, Andrea Gelle)	9:27.10
3 Carleton (Lindsey Nietmann, Sarah Forzley, Laura Roach, Eva Luderowski)	9:28.57
4 Macalester (Trina PaStarr, Allie Woerpel, Anna Hankins, Callie PaStarr)	9:28.99
5 Concordia Moorhead (Rachel Charpentier, Anna Valan, Anna Hagen, Heather Schuster)	9:39.58
6 St. Benedict (Jennifer Ranallo, Corey Hickner, Emma Hoaglund, Melinda Dugas)	9:40.60
7 Gustavus (Krista Cruse, Heidi Bulfer, Raychal Zupancich, Sam Madsen)	9:42.40
8 Hamline (Lacee Schrupp, Sara Burns, Freya Fitzer, Melissa Francis)	9:42.97
9 Bethel (Heather Jelen, Ashley Keefe, Hannah Carlson, Christina Haggar)	10:04.57

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Long Jump

Round 1, Flight 1

1 Selina Dehn, Jr, St. Thomas	16-8 3/4 (5.10m)q
2 Megan Krumrie, So, Augsburg	16-4 1/4 (4.98m)q
3 Shionna Evans, So, St. Thomas	15-11 1/2 (4.86m)
4 Becca Bryson, Fr, Gustavus	15-10 1/4 (4.83m)
5 Alyssa Salomone, So, St. Thomas	15-9 1/2 (4.81m)
5 Ali Galzki, Fr, St. Benedict	15-9 1/2 (4.81m)
7 Teri Heinzen, Fr, Saint Mary's	15-9 (4.80m)
8 Amanda Bakken, Fr, Concordia Moorhead	14-6 1/2 (4.43m)
Tara Ray, Fr, Concordia Moorhead	DNC

Round 1, Flight 2

1 Sari Lindeman, Jr, Gustavus	17-6 3/4 (5.35m)q
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2	Mary Schletty, So, St. Benedict	17-3 1/4	(5.26m)q
3	Kaela Schramm, Sr, Macalester	17-2 3/4	(5.25m)q
4	Tami Klenke, Jr, Hamline	16-10 1/2	(5.14m)q
5	Katie Theisen, So, St. Thomas	16-7 3/4	(5.07m)q
6	Kendra Monroe, So, Bethel	16-4 1/4	(4.98m)q
7	Jennae Palmer, Jr, Bethel	16-2 1/2	(4.94m)
8	Kestrel Schwaiger, Sr, Carleton	16-2 1/4	(4.93m)
9	Gustie Garberich, Jr, St. Benedict	15-6 1/4	(4.73m)

Final

1	Sari Lindeman, Jr, Gustavus	17-7	(5.36m)
2	Selina Dehn, Jr, St. Thomas	17-4 3/4	(5.30m)
3	Mary Schletty, So, St. Benedict	17-3 1/4	(5.26m)
4	Kaela Schramm, Sr, Macalester	17-2 3/4	(5.25m)
5	Tami Klenke, Jr, Hamline	16-10 1/2	(5.14m)
6	Katie Theisen, So, St. Thomas	16-7 3/4	(5.07m)
7	Megan Krumrie, So, Augsburg	16-4 1/4	(4.98m)
8	Kendra Monroe, So, Bethel	16-4 1/4	(4.98m)

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Triple Jump

Round 1, Flight 1

1	Katie Theisen, So, St. Thomas	36-5 1/2	(11.11m)q
2	Mary Schletty, So, St. Benedict	35-8	(10.87m)q
3	Jennae Palmer, Jr, Bethel	35-1	(10.69m)q
4	Gustie Garberich, Jr, St. Benedict	35-0 1/4	(10.67m)q
5	Nikki Arola, Fr, St. Thomas	34-4 1/4	(10.47m)
6	Hannah Oken-Berg, So, Carleton	31-6 3/4	(9.62m)
7	Amanda Bakken, Fr, Concordia Moorhead	30-4 1/4	(9.25m)
	Kelsey Carver, Fr, St. Thomas	ND	

Round 1, Flight 2

1	Selina Dehn, Jr, St. Thomas	36-7	(11.15m)q
2	Sari Lindeman, Jr, Gustavus	36-5 3/4	(11.12m)q
3	Kaela Schramm, Sr, Macalester	36-1 1/4	(11.00m)q
4	Laura Lynch, So, Gustavus	35-8	(10.87m)q
5	Ali Galzki, Fr, St. Benedict	34-0 1/4	(10.37m)
6	Becca Bryson, Fr, Gustavus	34-0	(10.36m)
7	Katja Andresen, Jr, St. Olaf	33-8 3/4	(10.28m)
8	Angela Lindekugel, Fr, Hamline	31-11 1/2	(9.74m)
9	Kendra Monroe, So, Bethel	30-4 3/4	(9.26m)

Final

1	Selina Dehn, Jr, St. Thomas	39-3 3/4	(11.98m)
		NCAA provisional	
		Meet record	
	Was 38-0 1/4 (11.59m); Kristal Grigsby, St. Thomas, 2005		
		Clements Stadium record	
	Was 37-0 1/2 (11.29m); BriAnne Erpelding,		
		College of St. Benedict, 1999	
2	Sari Lindeman, Jr, Gustavus	37-8	(11.48m)
		NCAA provisional	
3	Katie Theisen, So, St. Thomas	37-4	(11.38m)
		NCAA provisional	
4	Kaela Schramm, Sr, Macalester	36-4 3/4	(11.09m)
5	Laura Lynch, So, Gustavus	35-8	(10.87m)
6	Jennae Palmer, Jr, Bethel	35-8	(10.87m)
7	Mary Schletty, So, St. Benedict	35-8	(10.87m)
8	Gustie Garberich, Jr, St. Benedict	35-0 1/4	(10.67m)

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Shot Put

Round 1, Flight 1

1	Shara Guidry, Jr, St. Thomas	38-6 3/4	(11.75m)q
2	Emily Kuznar, So, St. Thomas	38-2	(11.63m)q
3	Jenna Lewis, Fr, St. Thomas	36-10 1/2	(11.24m)q
4	Dani Forsman-Earl, Fr, Gustavus	35-2	(10.72m)
5	Angie Mooney, Sr, Bethel	34-5 3/4	(10.51m)
6	Laura Rahman, Fr, Concordia Moorhead	34-3	(10.44m)
7	Celestine Ventura, Fr, St. Catherine	34-2 1/4	(10.42m)

8 Stacy Griffin, Sr, St. Olaf 33-3 3/4 (10.15m)
9 Anna Bauer, Fr, Gustavus 33-2 (10.11m)

Round 1, Flight 2

1 Amanda Weinmann, Sr, Saint Mary's 44-3 1/2 (13.50m)q
NCAA provisional
Clements Stadium record
Was 43-10 1/2 (13.37m); Jenna Wendorff,
College of St. Benedict, 2004
2 Lisa Brown, So, Gustavus 41-11 1/2 (12.79m)q
3 Rachel Sinclair, Sr, Carleton 41-6 (12.65m)q
4 Ashley Luehmann, Sr, Saint Mary's 41-5 (12.62m)q
5 Carol Comp, Jr, St. Thomas 38-3 1/4 (11.66m)q
6 Kaelene Lundstrum, Fr, Gustavus 35-7 1/4 (10.85m)
7 Diana Scott, Fr, Gustavus 35-5 3/4 (10.81m)
8 Sara Sorbo, Fr, Concordia Moorhead 34-5 3/4 (10.51m)
9 Steph Jurewicz, Jr, Hamline 33-9 1/2 (10.30m)

Final

1 Amanda Weinmann, Sr, Saint Mary's 44-3 1/2 (13.50m)
NCAA provisional
Clements Stadium record
2 Ashley Luehmann, Sr, Saint Mary's 42-0 (12.80m)
NCAA provisional
3 Lisa Brown, So, Gustavus 41-11 1/2 (12.79m)
4 Rachel Sinclair, Sr, Carleton 41-6 1/2 (12.66m)
5 Emily Kuznar, So, St. Thomas 39-5 3/4 (12.03m)
6 Shara Guidry, Jr, St. Thomas 38-7 3/4 (11.78m)
7 Carol Comp, Jr, St. Thomas 38-3 1/4 (11.66m)
8 Jenna Lewis, Fr, St. Thomas 36-10 1/2 (11.24m)

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Discus Throw

Round 1, Flight 1

1 Shara Guidry, Jr, St. Thomas 139-3 (42.44m)q
NCAA provisional
Clements Stadium record
Was 138-9 (42.30m); Maria DeBoer, Concordia, 1999
2 Ashley Clemen, Sr, Gustavus 131-8 (40.14m)q
3 Lindsey Hoyer, So, Gustavus 116-3 (35.44m)
4 Sarah Sorvaag, Jr, Concordia Moorhead 114-11 (35.04m)
5 Laura Rahman, Fr, Concordia Moorhead 114-10 (35.00m)
6 Celestine Ventura, Fr, St. Catherine 112-1 (34.16m)
7 Rachel Sinclair, Sr, Carleton 111-4 (33.94m)
8 Amanda Weinmann, Sr, Saint Mary's 107-4 (32.73m)
9 Lauren Wright, Fr, St. Thomas 106-4 (32.43m)

Round 1, Flight 2

1 Ashley Luehmann, Sr, Saint Mary's 139-0 (42.38m)q
NCAA provisional
2 Carol Comp, Jr, St. Thomas 129-11 (39.60m)q
3 Anna Bauer, Fr, Gustavus 122-10 (37.44m)q
4 Stacy Griffin, Sr, St. Olaf 122-1 (37.21m)q
5 Molly Christian, Jr, Carleton 121-7 (37.07m)q
6 Jenna Lewis, Fr, St. Thomas 119-9 (36.51m)q
7 Lisa Brown, So, Gustavus 111-3 (33.90m)
8 Megan Howard, Fr, Carleton 105-5 (32.15m)
Amanda Jones, Sr, Hamline ND

Final

1 Ashley Clemen, Sr, Gustavus 141-2 (43.03m)
(34.98, 40.14, 39.46, 40.83, 43.03, F)
NCAA provisional
Clements Stadium record
2 Shara Guidry, Jr, St. Thomas 139-3 (42.44m)
(F, 42.44, F, F, 40.94, F)
NCAA provisional
3 Ashley Luehmann, Sr, Saint Mary's 139-0 (42.38m)
(42.38, F, F, 35.55, 40.85, F)
NCAA provisional
4 Carol Comp, Jr, St. Thomas 134-4 (40.95m)
(39.60, F, 38.40, F, 40.88, 40.95)
5 Molly Christian, Jr, Carleton 123-11 (37.76m)

	(36.70, F, 37.07, 37.76, F, F)	
6 Anna Bauer, Fr, Gustavus	122-10	(37.44m)
	(35.97, 37.44, 34.34, F, 32.22, 36.58)	
7 Stacy Griffin, Sr, St. Olaf	122-1	(37.21m)
	(32.64, 33.69, 37.21, 34.53, 33.88, 35.03)	
8 Jenna Lewis, Fr, St. Thomas	119-9	(36.51m)
	(F, 30.45, 36.51, 35.72, F, F)	

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Hammer Throw

Round 1, Flight 1

1 Amanda Jones, Sr, Hamline	161-9	(49.30m)q
	NCAA provisional	
	Meet record	
	Was 160-2 (48.82m); April Felt, Gustavus, 1999	
	Clements Stadium record	
	Was 160-2 (48.82m); April Felt, Gustavus, 1999	
2 Ashley Drake, So, Hamline	142-5	(43.42m)q
3 Molly Christian, Jr, Carleton	140-9	(42.90m)q
4 Shannon Kane, Sr, St. Thomas	136-5	(41.59m)q
5 Anna Bauer, Fr, Gustavus	131-0	(39.92m)
6 Celestine Ventura, Fr, St. Catherine	128-1	(39.05m)
7 Diana Chan, So, Carleton	114-10	(35.01m)
8 Megan Howard, Fr, Carleton	111-9	(34.06m)
9 Therese Owen, Jr, Bethel	106-7	(32.49m)

Round 1, Flight 2

1 Carol Comp, Jr, St. Thomas	152-7	(46.52m)q
	NCAA provisional	
2 Emily Kuznar, So, St. Thomas	140-4	(42.79m)q
3 Amanda Weinmann, Sr, Saint Mary's	139-8	(42.59m)q
4 Michelle Binn, Sr, St. Thomas	134-2	(40.90m)q
5 Diane Moliva, So, Concordia Moorhead	132-3	(40.31m)
6 Stacy Griffin, Sr, St. Olaf	132-0	(40.25m)
7 Melissa Stave, Sr, Concordia Moorhead	126-1	(38.45m)
8 Sarah Sorvaag, Jr, Concordia Moorhead	126-1	(38.43m)
9 Shara Guidry, Jr, St. Thomas	123-11	(37.78m)
10 Megan Honan, Fr, St. Thomas	122-2	(37.25m)

Final

1 Amanda Jones, Sr, Hamline	170-9	(52.05m)
	(47.92, 49.30, F, F, 52.05, 47.77)	
	NCAA provisional	
	Meet record	
	Clements Stadium record	
2 Carol Comp, Jr, St. Thomas	153-9	(46.86m)
	(46.21, 43.03, 46.52, 44.64, 46.86, 46.82)	
	NCAA provisional	
3 Amanda Weinmann, Sr, Saint Mary's	144-9	(44.13m)
	(F, F, 42.59, 44.13, 43.23, 42.79)	
4 Ashley Drake, So, Hamline	142-5	(43.42m)
	(43.42, F, 43.24, 39.61, F, 42.96)	
5 Molly Christian, Jr, Carleton	140-9	(42.90m)
	(42.12, 42.90, 42.21, F, F, 40.76)	
6 Emily Kuznar, So, St. Thomas	140-4	(42.79m)
	(41.61, 42.34, 42.79, P, P, P)	
7 Michelle Binn, Sr, St. Thomas	140-4	(42.79m)
	(F, 40.90, 40.39, 42.79, 37.81, F)	
8 Shannon Kane, Sr, St. Thomas	137-6	(41.93m)
	(38.16, 40.90, 41.59, 41.93, 41.70, 39.73)	

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Javelin Throw

Round 1, Flight 1

1 Leah Kay, Fr, Concordia Moorhead	115-5	(35.19m)q
2 Sara Sorbo, Fr, Concordia Moorhead	105-9	(32.25m)q
3 Katlin Anderson, So, Concordia Moorhead	104-1	(31.72m)
4 Becca Bryson, Fr, Gustavus	99-10	(30.42m)
5 Annie Haws, So, St. Benedict	99-5	(30.31m)
6 Kaelene Lundstrum, Fr, Gustavus	99-2	(30.23m)

7 Erin Dodor, So, Hamline 96-11 (29.55m)
8 Sarah Meissner, So, St. Catherine 73-0 3/4 (22.27m)
Shelby Hyllengren, Jr, Hamline ND

Round 1, Flight 2

1 Ashley Luehmann, Sr, Saint Mary's 143-8 (43.78m)q
NCAA provisional
Meet record
Was 136-11 (41.74m); Lisa Brown, Gustavus, 2006
Clements Stadium record
Was 129-7 (39.50m); Erica Eastly, Concordia-Moorhead, 2002
2 Lisa Brown, So, Gustavus 137-5 (41.90m)q
NCAA provisional
Betters old Meet record
3 Rachel Sinclair, Sr, Carleton 111-6 (33.98m)q
4 Kestrel Schwaiger, Sr, Carleton 110-11 (33.81m)q
5 Angie Mooney, Sr, Bethel 108-2 (32.98m)q
6 Kyley Crotty, Fr, St. Thomas 104-10 (31.95m)q
7 Sami Larson, Fr, St. Catherine 100-10 (30.75m)
8 Steph Jurewicz, Jr, Hamline 90-10 (27.69m)
9 Stacy Griffin, Sr, St. Olaf 73-7 1/4 (22.43m)

Final

1 Lisa Brown, So, Gustavus 145-9 (44.42m)
NCAA provisional
Meet record
NCAA automatic
Clements Stadium record
2 Ashley Luehmann, Sr, Saint Mary's 143-8 (43.78m)
NCAA provisional
Betters old Meet record
3 Leah Kay, Fr, Concordia Moorhead 115-5 (35.19m)
4 Rachel Sinclair, Sr, Carleton 112-0 (34.14m)
5 Sara Sorbo, Fr, Concordia Moorhead 111-0 (33.85m)
6 Kestrel Schwaiger, Sr, Carleton 110-11 (33.81m)
7 Angie Mooney, Sr, Bethel 108-2 (32.98m)
8 Kyley Crotty, Fr, St. Thomas 104-10 (31.95m)

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High Jump

1 Vanessa Moore, So, Bethel 5-5 (1.65m)
(1.56, 1.59[3], 1.62[2], 1.65[2])
NCAA provisional
2 Leah Kay, Fr, Concordia Moorhead 5-3 3/4 (1.62m)
(1.46, 1.51, 1.56, 1.59, 1.62[2])
3 Katlin Anderson, So, Concordia Moorhead 5-3 3/4 (1.62m)
(1.46, 1.51, 1.56, 1.59[2], 1.62[3])
4 Mary Schletty, So, St. Benedict 5-2 1/2 (1.59m)
(1.46, 1.51, 1.56[2], 1.59)
4 Alyssa Salomone, So, St. Thomas 5-2 1/2 (1.59m)
(1.46, 1.51[2], 1.56, 1.59)
6 Selina Dehn, Jr, St. Thomas 5-2 1/2 (1.59m)
(1.56[2], 1.59[3])
7 Dana Luiken, Sr, Hamline 5-1 1/4 (1.56m)
(1.46, 1.51, 1.56)
8 Kaelene Lundstrum, Fr, Gustavus 5-1 1/4 (1.56m)
(1.46, 1.51[2], 1.56)
9 Hannah Oken-Berg, So, Carleton 4-11 1/2 (1.51m)
(1.46, 1.51[2])
10 Becca Bryson, Fr, Gustavus 4-11 1/2 (1.51m)
(1.46[2], 1.51[2])
11 Lindsey TeBrake, So, Gustavus 4-11 1/2 (1.51m)
(1.46, 1.51[3])
12 Liz Labatt, So, Bethel 4-9 1/2 (1.46m)
(1.46)
12 Katie Schultz, Fr, Saint Mary's 4-9 1/2 (1.46m)
(1.46)
14 Autumn Adkins, Jr, Bethel 4-9 1/2 (1.46m)
(1.46[2])
14 Stacey Sellner, Fr, Concordia Moorhead 4-9 1/2 (1.46m)
(1.46[2])

Katja Andresen, Jr, St. Olaf
Kestrel Schwaiger, Sr, Carleton

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NH

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Pole Vault

1 Janna Castellano, Sr, Gustavus	11-9 3/4 (3.60m)
	NCAA provisional
2 Amie Fillmore, Fr, St. Olaf	10-10 (3.30m)
3 Meredith Halling, Fr, Gustavus	10-6 (3.20m)
4 Liz Labatt, So, Bethel	10-6 (3.20m)
5 Vanessa Moore, So, Bethel	10-0 (3.05m)
6 Shanna Dawson, Jr, Gustavus	10-0 (3.05m)
7 Linda Kanne, So, Gustavus	10-0 (3.05m)
8 Katie Davis, Sr, Hamline	9-6 1/4 (2.90m)
9 Becca Swanson, So, Gustavus	9-0 1/4 (2.75m)
10 Heidi Zuehlke, So, St. Thomas	9-0 1/4 (2.75m)
11 Melissa Fujan, Fr, St. Benedict	9-0 1/4 (2.75m)
12 Amanda Shuck, So, St. Olaf	8-6 1/4 (2.60m)
12 Serina Aubrecht, So, St. Benedict	8-6 1/4 (2.60m)
14 Rebecca Mueller, So, St. Benedict	8-6 1/4 (2.60m)
Kristin Weniger, So, Hamline	NH

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Heptathlon

1 Dana Luiken, Sr, Hamline	4254
(15.62, 1.59, 10.48, 28.54, 4.87, 28.45, 2:33.69)	
	NCAA provisional
2 Leah Kay, Fr, Concordia Moorhead	4195
(17.00, 1.62, 9.27, 28.13, 4.72, 31.93, 2:26.49)	
	NCAA provisional
3 Mary Schletty, So, St. Benedict	4151
(16.98, 1.65, 9.75, 28.10, 5.05, 26.41, 2:34.36)	
	NCAA provisional
4 Sarah Meissner, So, St. Catherine	4131
(15.61, 1.41, 8.81, 27.00, 4.93, 26.08, 2:26.43)	
	NCAA provisional
5 Katlin Anderson, So, Concordia Moorhead	3992
(17.39, 1.59, 9.02, 29.04, 4.59, 33.87, 2:29.74)	
6 Kestrel Schwaiger, Sr, Carleton	3882
(17.48, 1.47, 9.33, 28.13, 4.85, 31.77, 2:36.43)	
7 Katja Andresen, Jr, St. Olaf	3792
(16.94, 1.50, 9.61, 28.35, 4.65, 26.49, 2:39.13)	
8 Becca Bryson, Fr, Gustavus	3743
(17.40, 1.41, 10.11, 27.80, 4.73, 29.79, 2:44.44)	
9 Kaelene Lundstrum, Fr, Gustavus	3426
(16.83, 1.53, NM, 28.25, 4.78, 29.92, 2:40.43)	
10 Kim Elson, Fr, Carleton	2759
(19.41, 1.32, 7.12, 28.93, 4.30, 14.09, 2:45.13)	
11 Amber Schackman, Sr, Concordia Moorhead	2569
(16.89, 1.35, 9.37, 29.18, NM, 17.48, 3:16.21)	
Vanessa Brown, Sr, Carleton	ND
(18.47, 1.47, 8.84, 28.00, DNC, DNC, DNC)	