

# **2008 MIAC Women's Outdoor Championships**

**Hamline University, St. Paul**

**May 9-10, 2008**

Click on the "event" links to move about the results. Use the Find option of your browser to find someone's name or team.  
[Click here](#) for data on men

100 | 200 | 400 | 800 | 1500 | 5000 | 10000 | 100H | 400H | STEEP  
4X100 | 4X400 | 4X800 | LJ | TJ | SP | DT | HT | JT | HJ  
PV | HEP | Top | Scores

100 Meter Dash

Round 1, Heat 1

Wind = -1.3 m/s

1 Jenna Ewing, Fr, St. Thomas	12.90Q
2 Whitney Holman, So, Augsburg	13.04q
3 Tami Klenke, Sr, Hamline	13.17q
4 Chi Chi Obi, Jr, St. Catherine	13.37
5 Lizzy Daugherty, Fr, Saint Mary's	13.54
6 Jessica Nordness, Sr, Augsburg	13.55
7 Leah Jackson, Jr, Bethel	13.58
8 Angela Lindekugel, So, Hamline	13.61
9 Anna Toombs, Jr, Bethel	13.76

Round 1, Heat 2

Wind = +0.5 m/s

1 Nicole Brohmer, Jr, Hamline	12.75Q
2 Teri Heinzen, So, Saint Mary's	12.81q
3 Vanessa Moore, Jr, Bethel	12.95q
4 Linda Kanne, Jr, Gustavus	13.03q
5 Val Koch, So, Saint Mary's	13.37
6 Mari Mejia, Fr, Macalester	13.39
7 Madelyn Mette, So, Macalester	13.43
8 Kristina Bruns, Jr, Concordia Moorhead	13.70
9 Celeste Prince, So, Macalester	13.73

Round 1, Heat 3

Wind = +0.0 m/s

1 Kate Staat, Sr, St. Thomas	12.83Q
2 Abby Neigebauer, Fr, St. Benedict	13.06q
3 Autumn Adkins, Sr, Bethel	13.20
4 Annie Clintzman, Sr, St. Benedict	13.42
5 Danielle Serbus, Fr, Gustavus	13.56
6 Bridget Coffou, Fr, Saint Mary's	13.64
7 Janie Briant, Fr, Gustavus	13.75
8 Julia Thompson, Fr, Gustavus	13.80
9 Doryne Tunanukye, Sr, St. Thomas	13.88

Final

Wind = +0.0 m/s

1 Kate Staat, Sr, St. Thomas	12.73
2 Jenna Ewing, Fr, St. Thomas	12.75
3 Nicole Brohmer, Jr, Hamline	12.91
4 Teri Heinzen, So, Saint Mary's	13.00
5 Linda Kanne, Jr, Gustavus	13.04
6 Abby Neigebauer, Fr, St. Benedict	13.07
7 Whitney Holman, So, Augsburg	13.15
8 Vanessa Moore, Jr, Bethel	13.18
9 Tami Klenke, Sr, Hamline	13.26

100 | 200 | 400 | 800 | 1500 | 5000 | 10000 | 100H | 400H | STEEP  
4X100 | 4X400 | 4X800 | LJ | TJ | SP | DT | HT | JT | HJ  
PV | HEP | Top | Scores

200 Meter Dash

Round 1, Heat 1

Wind = +0.7 m/s

1 Nikki Arola, So, St. Thomas	24.85Q	
		NCAA provisional MIAC season's best
2 Shionna Evans, Jr, St. Thomas	26.19q	
3 Jamie Wenzel, Fr, St. Catherine	26.42q	

4 Molly Demmer, So, St. Thomas	26.86
5 Jennae Palmer, Sr, Bethel	26.95
6 Becky Theisen, Fr, St. Thomas	27.02
7 Kim Engel, Fr, St. Catherine	27.04
8 Julianna Gordner, Fr, St. Thomas	27.16
9 Janie Briant, Fr, Gustavus	27.95

Round 1, Heat 2

Wind = +0.0 m/s

1 Nicole Brohmer, Jr, Hamline	25.57Q
2 Kate Staat, Sr, St. Thomas	25.95q
3 Jenna Ewing, Fr, St. Thomas	26.55q
4 Kelsey Donald, So, Carleton	26.57q
5 Val Koch, So, Saint Mary's	26.90
6 Laura Deal, Fr, St. Benedict	27.01
7 Lizzy Daugherty, Fr, Saint Mary's	27.55
8 Autumn Adkins, Sr, Bethel	27.83
9 Kathleen Pawlowski, So, Saint Mary's	28.40

Round 1, Heat 3

Wind = +0.0 m/s

1 Teri Heinzen, So, Saint Mary's	26.11Q
2 Vanessa Moore, Jr, Bethel	26.43q
3 Linda Kanne, Jr, Gustavus	26.62
4 Abby Neigebauer, Fr, St. Benedict	26.78
5 Cassie D'Kae, So, St. Thomas	27.13
6 Megan Krumrie, Jr, Augsburg	27.17
7 Jamie Kelly, Fr, Hamline	27.43
8 Jessica Nordness, Sr, Augsburg	27.52
9 Julia Thompson, Fr, Gustavus	27.95

Final

Wind = -1.9 m/s

1 Nikki Arola, So, St. Thomas	25.91
2 Kate Staat, Sr, St. Thomas	26.25
3 Nicole Brohmer, Jr, Hamline	26.31
4 Teri Heinzen, So, Saint Mary's	26.73
5 Vanessa Moore, Jr, Bethel	26.89
6 Jamie Wenzel, Fr, St. Catherine	27.03
7 Kelsey Donald, So, Carleton	27.10
8 Shionna Evans, Jr, St. Thomas	27.55
9 Jenna Ewing, Fr, St. Thomas	27.69

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400 Meter Dash

Round 1, Heat 1

1 Jamie Wenzel, Fr, St. Catherine	59.00Q
2 Kristin Slette, So, Concordia Moorhead	59.74q
3 Patty King, Jr, St. Benedict	59.96q
4 Kim Engel, Fr, St. Catherine	60.17
5 Kelsey Donald, So, Carleton	61.04
6 Alyx Chapman, So, St. Benedict	61.06
7 Belinda Allen, Jr, Bethel	62.99
8 Cassie D'Kae, So, St. Thomas	63.71
9 Kim Eskuri, Fr, St. Benedict	72.02

Round 1, Heat 2

1 Jillian Daleidan, Fr, St. Benedict	58.28Q
2 Chelsea Craven, So, Gustavus	59.32q
3 Shionna Evans, Jr, St. Thomas	59.93q
4 Brittany Kuehn, Fr, Saint Mary's	60.38
5 Alison Millis, Fr, St. Olaf	60.52
6 Megan Krumrie, Jr, Augsburg	60.89
7 Sarah Meissner, Jr, St. Catherine	61.31
8 Cathy Reeves, So, St. Thomas	62.40
9 Nicole Novak, Sr, St. Olaf	62.79

Round 1, Heat 3

1 Nikki Arola, So, St. Thomas	56.81Q
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NCAA provisional  
MIAC season's best

2 Elizabeth Pringle, Jr, Gustavus	59.00q
3 Abby Karl, Fr, Gustavus	60.10q
4 Molly Demmer, So, St. Thomas	60.71
5 Becca Neuger, Fr, St. Olaf	60.97
6 Bekah Frank, Fr, St. Thomas	62.44
7 Laura Deal, Fr, St. Benedict	62.46
8 Sheryl West, Sr, St. Olaf	63.50
9 Kathleen Pawlowski, So, Saint Mary's	64.56

Final

1 Nikki Arola, So, St. Thomas	57.29
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NCAA provisional

2 Jillian Daleidan, Fr, St. Benedict	58.90
3 Chelsea Craven, So, Gustavus	59.52
4 Jamie Wenzel, Fr, St. Catherine	59.59
5 Elizabeth Pringle, Jr, Gustavus	59.67
6 Patty King, Jr, St. Benedict	60.34
7 Shionna Evans, Jr, St. Thomas	60.38
8 Kristin Slette, So, Concordia Moorhead	60.49
9 Abby Karl, Fr, Gustavus	60.68

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800 Meter Run

Round 1, Heat 1

1 Raynee DeGrio, Fr, St. Thomas	2:18.91Q
2 Alex Potter, Fr, Bethel	2:19.50Q
3 Tara McCoy, Fr, Macalester	2:21.66q
4 Lindsey Saunders, Sr, St. Olaf	2:22.48q
5 Erin Murphy, So, St. Olaf	2:27.70
6 Kim Carlson, Fr, Augsburg	2:31.58
7 Michelle Benson, Fr, Bethel	2:32.47
8 Kim Hest, Fr, Concordia Moorhead	2:35.19
9 Joanna Pace, Fr, Saint Mary's	2:36.88

Round 1, Heat 2

1 Kaylee Rasmussen, Sr, St. Benedict	2:18.39Q
2 Megan Lundgren, Fr, Gustavus	2:19.76Q
3 Brady Pennig, Fr, St. Olaf	2:25.43
4 Anna Hankins, So, Macalester	2:26.28
5 Steph Kortan, Fr, St. Benedict	2:29.52
6 Marci Burg, So, St. Catherine	2:30.24
7 Hannah Carlson, Sr, Bethel	2:31.22
8 Kara Orwoll, So, St. Benedict	2:33.47
9 Caitlin Molsberry, Sr, St. Olaf	2:34.75

Round 1, Heat 3

1 Erin Sprangers, So, St. Thomas	2:19.28Q
2 Laura Cook, Fr, St. Olaf	2:20.75Q
3 Molly Noel, Fr, St. Benedict	2:22.35q
4 Amanda Manship, So, St. Catherine	2:24.86
5 Amanda Simon, Sr, Concordia Moorhead	2:26.26
6 Michelle Eberhard, So, St. Benedict	2:30.81
7 Raychal Zupancich, Sr, Gustavus	2:32.17
8 Rachel Glissman, So, Hamline	2:33.81
9 Anna Sandquist, Jr, St. Benedict	2:34.80

Final

1 Erin Sprangers, So, St. Thomas	2:11.66
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NCAA provisional

Meet record

Was 2:12.40; Betsy Hanson, Hamline, 1991

MIAC season's best

2 Raynee DeGrio, Fr, St. Thomas	2:15.56
3 Alex Potter, Fr, Bethel	2:18.41
4 Megan Lundgren, Fr, Gustavus	2:19.34
5 Kaylee Rasmussen, Sr, St. Benedict	2:19.82

6	Laura Cook, Fr, St. Olaf	2:20.04
7	Molly Noel, Fr, St. Benedict	2:21.85
8	Tara McCoy, Fr, Macalester	2:23.10
9	Lindsey Saunders, Sr, St. Olaf	2:23.90

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1500 Meter Run

Round 1, Heat 1

1	Sara Burns, Sr, Hamline	4:54.68Q
2	Heather Jelen, Jr, Bethel	4:55.19Q
3	Katherine Wingert, Sr, Carleton	4:55.29Q
4	Laura Roach, So, Carleton	4:55.34Q
5	Jess Kociasak, Fr, Hamline	4:57.63
6	Christina Roberts, Sr, St. Olaf	4:57.80
7	Sarah Forzley, So, Carleton	5:05.57
8	Tina Koecheler, Sr, Saint Mary's	5:06.32
9	Kim Koecheler, Sr, Saint Mary's	5:06.36
10	Marci Burg, So, St. Catherine	5:09.16
11	Angie Mumbleau, Sr, Bethel	5:12.12
12	Hannah Carlson, Sr, Bethel	5:12.70
13	Katie Duwell, Jr, St. Olaf	5:12.75
14	Kelly Brandon, Fr, St. Benedict	5:28.80

Round 1, Heat 2

1	Marie Borner, So, Bethel	4:32.49Q
	NCAA provisional	
	Meet record	
	Was 4:33.45; Diane Loughlin, St. Thomas, 1988	
	NCAA automatic	
	MIAC season's best	
2	Kristin Haubrich, Sr, St. Benedict	4:49.51Q
3	Abby Smith, So, St. Olaf	4:49.71Q
4	Kelly Russ, So, St. Thomas	4:49.96Q
5	Lauren Milne, Sr, Carleton	4:53.86q
6	Kalsey Larson, Sr, St. Thomas	4:55.89q
7	Kayla Jelen, Fr, Bethel	4:57.39q
8	Katy Torchia, Fr, St. Benedict	4:57.54q
9	Britney Barnett, Fr, Concordia Moorhead	4:57.65
10	Anastasia Begej, Fr, Macalester	5:08.53
11	Alice Deden, Jr, St. Olaf	5:09.38
12	Callie Thuma, So, Macalester	5:21.06
13	Chelsea Martens, Sr, Concordia Moorhead	5:26.62
14	Emily Kanten, Fr, Concordia Moorhead	5:27.69

Final

1	Marie Borner, So, Bethel	4:39.10
	NCAA provisional	
2	Kelly Russ, So, St. Thomas	4:40.55
3	Katherine Wingert, Sr, Carleton	4:42.54
4	Heather Jelen, Jr, Bethel	4:46.47
5	Sara Burns, Sr, Hamline	4:47.41
6	Abby Smith, So, St. Olaf	4:49.78
7	Laura Roach, So, Carleton	4:50.05
8	Kristin Haubrich, Sr, St. Benedict	4:51.09
9	Lauren Milne, Sr, Carleton	4:53.10
10	Kayla Jelen, Fr, Bethel	5:03.29
11	Kalsey Larson, Sr, St. Thomas	5:04.84
12	Katy Torchia, Fr, St. Benedict	5:08.36

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)  
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## 5000 Meter Run

1 Margot Branigan, So, St. Benedict	17:56.21
	MIAC season's best
2 Laura Edlund, Sr, Gustavus	17:57.56
	MIAC season's best
3 Julie Anderson, Sr, St. Thomas	18:00.67
	MIAC season's best
4 Hailey Brenden, Fr, Concordia Moorhead	18:05.48
	MIAC season's best
5 Kristin Haubrich, Sr, St. Benedict	18:17.58
6 Allie Metzler, Fr, St. Thomas	18:20.74
7 Jenna Carlson, Jr, St. Olaf	18:21.72
8 Karen Campbell, Jr, Carleton	18:29.84
9 Vanessa Jones, So, Gustavus	18:43.37
10 Maria Middleton, Sr, Concordia Moorhead	18:45.01
11 Greta Sieve, So, St. Catherine	18:45.45
12 Annie Knutson, Jr, St. Olaf	18:47.63
13 Nikki Reich, So, Carleton	18:47.90
14 Libby Tollefson, Fr, Macalester	18:55.16
15 Michaela McLaughlin, So, St. Olaf	18:57.04
16 Britney Barnett, Fr, Concordia Moorhead	19:12.90
17 Katie Drinane, Jr, Hamline	19:14.29
18 Angie Mumbleau, Sr, Bethel	19:28.81
19 Meagan Hansen, Sr, Concordia Moorhead	19:30.92
20 Laura Melcher, So, St. Olaf	19:52.47
21 Laura Sofen, So, Carleton	19:55.58
22 Christi Nowak, So, St. Benedict	20:00.65
23 Rachel Pedersen, Fr, Concordia Moorhead	20:04.43

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)  
[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)  
[PV](#) | [HEP](#) | [Top](#) | [Scores](#)

## 10000 Meter Run

1 Margot Branigan, So, St. Benedict	37:20.01
	NCAA provisional
	MIAC season's best
2 Hailey Brenden, Fr, Concordia Moorhead	37:32.03
	NCAA provisional
	MIAC season's best
3 Karen Campbell, Jr, Carleton	38:08.77
	MIAC season's best
4 Jenna Carlson, Jr, St. Olaf	38:36.39
5 Maria Middleton, Sr, Concordia Moorhead	39:21.75
6 Katie Drinane, Jr, Hamline	40:01.87
7 Jackie Kelly, Sr, St. Olaf	40:36.85
8 Meagan Hansen, Sr, Concordia Moorhead	40:49.38
9 Laura Sofen, So, Carleton	40:51.40
10 Jill Fagerstrom, Jr, Gustavus	41:10.61
11 Rachel Pedersen, Fr, Concordia Moorhead	42:14.87
12 Laura Murphy, Sr, St. Benedict	42:33.03
13 Lindsay Smith, Fr, St. Benedict	43:21.04
14 Ashley Stoffers, Sr, Augsburg	43:41.32
Rachel Morrissey, Jr, Bethel	DNC

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## 100 Meter Hurdles

Round 1, Heat 1

Wind = +1.1 m/s

1	Laura Janas, So, St. Thomas	15.40Q
2	Michaela Otto, So, Bethel	15.72q
3	Amy Neubauer, Fr, Bethel	16.48q
4	Emily Amici, Jr, Hamline	16.85q
5	Leah Kay, So, Concordia Moorhead	17.00
6	Bridget Coffou, Fr, Saint Mary's	17.36
7	Rachel Meemken, Fr, Hamline	17.67
8	Kaitlin Rattigan, Fr, St. Thomas	17.70

Round 1, Heat 2

Wind = -1.7 m/s

1	Chi Chi Obi, Jr, St. Catherine	15.82Q
2	Aryn Bell, Jr, Gustavus	16.01q
3	Tara Ray, So, Concordia Moorhead	16.94q
4	Katie Brown, Fr, St. Benedict	17.65
5	Brittney Kolstad, Fr, Concordia Moorhead	17.75
6	Gina Michaels, Fr, St. Thomas	18.09
7	Ashley Aggen, Fr, St. Benedict	18.25
8	Macey Bentley, Fr, Concordia Moorhead	18.80

Round 1, Heat 3

Wind = -1.5 m/s

1	Melissa Kuebler, Fr, St. Thomas	15.77Q
2	Kaelene Lundstrum, So, Gustavus	15.93q
3	Kathryn Thompson, So, St. Olaf	16.99
4	Angela McGehee, Fr, St. Thomas	17.13
5	Beth Anderson, Fr, St. Benedict	18.06
6	Alesha Green, Fr, St. Olaf	18.37
7	Jhanelle Latore, Fr, Macalester	18.41
8	Kayla Johnson, So, St. Olaf	18.62
9	Alexa Kleingartner, Fr, Concordia Moorhead	19.42

Final

Wind = +2.8 m/s (aided)

1	Laura Janas, So, St. Thomas	15.00w
2	Melissa Kuebler, Fr, St. Thomas	15.19w
3	Aryn Bell, Jr, Gustavus	15.35w
4	Chi Chi Obi, Jr, St. Catherine	15.49w
5	Michaela Otto, So, Bethel	15.72w
6	Kaelene Lundstrum, So, Gustavus	15.87w
7	Amy Neubauer, Fr, Bethel	16.11w
8	Emily Amici, Jr, Hamline	16.69w
9	Tara Ray, So, Concordia Moorhead	16.88w

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400 Meter Hurdles

Round 1, Heat 1

1	Kameron Argiannis, Fr, Hamline	65.02Q
2	Amy Neubauer, Fr, Bethel	69.06
3	Tara Ray, So, Concordia Moorhead	69.29
4	Brittney Kolstad, Fr, Concordia Moorhead	70.61
5	Gina Michaels, Fr, St. Thomas	71.84
6	Rachel Meemken, Fr, Hamline	73.40
7	Beth Anderson, Fr, St. Benedict	77.82

Round 1, Heat 2

1	Katie Theisen, Jr, St. Thomas	63.34Q
	NCAA provisional MIAC season's best	
2	Laura Secor, Fr, Gustavus	66.48q
3	Ashley Keefe, Sr, Bethel	67.80q
4	Kayla Engel, Fr, St. Catherine	67.83q
5	Kaitlin Rattigan, Fr, St. Thomas	70.78
6	Casey Baustian, Sr, St. Olaf	72.90
7	Kayla Johnson, So, St. Olaf	74.82

Round 1, Heat 3

1	Melissa Kuebler, Fr, St. Thomas	65.31Q
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2 Kathryn Thompson, So, St. Olaf	66.43q
3 Janey Helland, Fr, Gustavus	68.31q
4 Laura Janas, So, St. Thomas	68.82q
5 Emily Amici, Jr, Hamline	69.03
6 Ashley Aggen, Fr, St. Benedict	71.95
7 Jessica Wicks, Fr, Gustavus	73.26
8 Anne Krueger, Fr, Gustavus	82.85

Final

1 Kameron Argiannis, Fr, Hamline	63.82
	NCAA provisional
	MIAC season's best
2 Katie Theisen, Jr, St. Thomas	64.65
3 Kathryn Thompson, So, St. Olaf	65.06
4 Melissa Kuebler, Fr, St. Thomas	65.07
5 Laura Secor, Fr, Gustavus	66.15
6 Janey Helland, Fr, Gustavus	68.01
7 Ashley Keefe, Sr, Bethel	68.10
8 Kayla Engel, Fr, St. Catherine	68.34
9 Laura Janas, So, St. Thomas	69.32

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3000m Steeplechase

1 Katie Theisen, Jr, St. Thomas	11:07.84
	NCAA provisional
2 Anne Iddins, Sr, St. Thomas	11:14.72
3 Lisa Skildum, Sr, St. Olaf	11:27.10
4 Ashley Irons, Fr, St. Benedict	11:29.76
5 Casey Baustian, Sr, St. Olaf	11:30.62
6 Freya Fitzer, Jr, Hamline	11:34.90
7 Irene Koplinka-Loehr, So, Carleton	11:41.97
8 Greta Sieve, So, St. Catherine	11:46.75
9 Marit Swartout, Sr, St. Benedict	12:02.24
10 Anna Hagen, So, Concordia Moorhead	12:17.03
11 Sarah Stergios, Jr, St. Benedict	12:25.05
12 Brittney Christianson, Jr, Concordia Moorhead	12:30.91
13 Kendra Bengtson, Jr, Concordia Moorhead	12:47.27
14 Sarah Willis, Sr, Gustavus	12:49.89
15 Becca Arnhalt, Fr, St. Benedict	13:00.80
16 Caitlin Schnettler, Fr, St. Benedict	13:17.14
17 Tara Dewitt, So, St. Benedict	13:49.39
Andrea Swentik, Sr, St. Benedict	DNC

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)  
[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)  
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4x100 Meter Relay

Round 1, Heat 1

1 Gustavus (Lyntrell Wilson, Danielle Serbus, Sari Lindeman, Aryn Bell)	50.62Q
2 Hamline (Tami Klenke, Nicole Brohmer, Angela Lindekugel, Rosa Gauthier-Culnane)	50.79q
3 St. Benedict (Annie Clintsman, Patty King, Abby Neigebauer, Jillian Daleidan)	51.20q
4 Macalester (Celeste Prince, Madelyn Mette, Mari Mejia, Emily Matthews)	51.87q
5 St. Olaf (Sheryl West, Kathryn Thompson, Allison Mills, Becca Neuger)	51.95q
6 Concordia Moorhead (Alexa Kleingartner, Ruth Ranum,	

Tara Ray, Kristina Bruns) 52.03q  
 Round 1, Heat 2  
 1 St. Thomas (Shionna Evans, Nikki Arola, Kate Staat,  
 Jenna Ewing) 47.84Q  
 NCAA provisional  
 Meet record  
 Was 47.94; St. Thomas (Arola, Porter, Staat, Evans), 2007  
 MIAC season's best  
 2 Bethel (Autumn Adkins, Vanessa Moore, Jennae Palmer,  
 Michaela Otto) 49.44q  
 3 St. Catherine (Kim Engel, Jamie Wenzel, Kayla Engel,  
 Chi Chi Obi) 50.66q

Final

1 St. Thomas (Shionna Evans, Nikki Arola, Kate Staat,  
 Jenna Ewing) 48.47  
 NCAA provisional  
 2 Hamline (Tami Klenke, Nicole Brohmer, Angela  
 Lindekugel, Rosa Gauthier-Culnane) 50.28  
 3 St. Benedict (Annie Clintsman, Patty King, Abby  
 Neigebauer, Jillian Daleidan) 50.38  
 4 Gustavus (Lyntrell Wilson, Danielle Serbus, Sari  
 Lindeman, Aryn Bell) 50.87  
 5 St. Catherine (Kim Engel, Jamie Wenzel, Kayla Engel,  
 Chi Chi Obi) 51.25  
 6 St. Olaf (Sheryl West, Kathryn Thompson, Allison  
 Mills, Becca Neuger) 52.34  
 7 Concordia Moorhead (Alexa Kleingartner, Ruth Ranum,  
 Tara Ray, Kristina Bruns) 52.35  
 8 Macalester (Celeste Prince, Madelyn Mette, Mari Mejia,  
 Jhanelle Latore) 53.28  
 Bethel (Autumn Adkins, Vanessa Moore, Jennae Palmer,  
 Michaela Otto) DNF

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)  
[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)  
[PV](#) | [HEP](#) | [Top](#) | [Scores](#)

4x400 Meter Relay

1 St. Thomas (Raynee DeGrio, Shionna Evans, Katie  
 Theisen, Nikki Arola) 3:55.24 H2  
 NCAA provisional  
 2 St. Benedict (Alyx Chapman, Patty King, Ashley Irons,  
 Jillian Daleidan) 3:58.56 H2  
 3 Hamline (Kameron Argiannis, Nicole Brohmer, Rosa  
 Gauthier-Culnane, Sara Burns) 3:59.38 H2  
 4 Gustavus (Chelsea Craven, Elizabeth Pringle, Abby  
 Karl, Megan Lundgren) 4:01.18 H2  
 5 St. Catherine (Jamie Wenzel, Amanda Manship, Kayla  
 Engel, Kim Engel) 4:02.50 H2  
 6 St. Olaf (Alison Millis, Becca Neuger, Brady Pennig,  
 Kathryn Thompson) 4:03.77 H2  
 7 Bethel (Marie Borner, Ashley Keefe, Heather Jelen,  
 Belinda Allen) 4:07.76 H2  
 8 Carleton (Kelsey Donald, Lauren Milne, Laura Roach,  
 Katherine Wingert) 4:13.13 H2  
 9 Saint Mary's (Brittany Kuehn, Kathleen Pawlowski,  
 Joanna Pace, Kim Koecheler) 4:14.71 H1  
 10 Macalester (Anna Hankins, Tara McCoy, Robin Major,  
 Maddie Mette) 4:15.14 H1  
 11 Concordia Moorhead (Leah Kay, Tara Ray, Brittney  
 Kolstad, Nicole Gertken) 5:16.41 H2

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)  
[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)

4x800 Meter Relay

1	St. Thomas (Betsy Hupp, Kelly Russ, Erin Sprangers, Katie Theisen)	9:08.67
		Meet record
	Was 9:17.39; St. Thomas (Sprangers, Hupp, Russ, Theisen), 2007	
		MIAC season's best
2	Bethel (Heather Jelen, Kayla Jelen, Alex Potter, Marie Borner)	9:24.39
3	St. Benedict (Ashley Irons, Alyx Chapman, Molly Noel, Kaylee Rasmussen)	9:28.92
4	Gustavus (Laura Secor, Sam Madsen, Abby Karl, Megan Lundgren)	9:29.65
5	St. Olaf (Abby Smith, Alison Millis, Christina Roberts, Laura Cook)	9:31.27
6	Carleton (Sarah Forzley, Lauren Milne, Laura Roach, Katherine Wingert)	9:35.47
7	Hamline (Jess Kociasak, Sara Burns, Sara Holland, Freya Fitzer)	9:42.66
8	Concordia Moorhead (Anna Hagen, Amanda Simon, Brittney Christianson, Ali Parsons)	9:45.89
9	Macalester (Anna Hankins, Libby Tollefson, Tara McCoy, Robin Major)	9:50.90
10	Augsburg (Kim Carlson, Brianna McLuen, Sarah Peloquin, Kelsie Lungstrom)	10:51.12

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)  
[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)  
[PV](#) | [HEP](#) | [Top](#) | [Scores](#)

Long Jump

Round 1, Flight 1

1	Sari Lindeman, Sr, Gustavus	17-1 1/4[+1.6w]	(5.21m)q
2	Janey Helland, Fr, Gustavus	16-8 1/2[+0.3w]	(5.09m)q
3	Megan Krumrie, Jr, Augsburg	16-8w[+2.2w]	(5.08m)q
4	Julianna Gorder, Fr, St. Thomas	16-6[+0.9w]	(5.03m)q
5	Ali Galzki, So, St. Benedict	16-3[-0.5w]	(4.95m)q
6	Leah Kay, So, Concordia Moorhead	16-1 1/2[+2.0w]	(4.91m)
7	Amy Neubauer, Fr, Bethel	15-7 1/2[+0.3w]	(4.76m)
8	Megan Lundgren, Fr, Gustavus	15-6 1/4[+1.8w]	(4.73m)
9	Amanda Bakken, So, Concordia Moorhead	15-4 1/4	(4.68m)

Round 1, Flight 2

1	Selina Dehn, Sr, St. Thomas	17-8 1/4w[+2.3w]	(5.39m)q
2	Rosa Gauthier-Culnane, Fr, Hamline	17-4[+1.9w]	(5.28m)q
3	Tami Klenke, Sr, Hamline	16-10	(5.13m)q
4	Katelyn Anderson, Fr, Hamline	16-6 1/2[+1.7w]	(5.04m)q
5	Chi Chi Obi, Jr, St. Catherine	16-1 3/4[+1.8w]	(4.92m)
6	Michaela Otto, So, Bethel	15-11[+1.4w]	(4.85m)
7	Tara Ray, So, Concordia Moorhead	15-8 3/4[+0.6w]	(4.79m)
8	Kristina Bruns, Jr, Concordia Moorhead	15-8 1/4[+0.6w]	(4.78m)
9	Becky Theisen, Fr, St. Thomas	15-4 3/4[+0.4w]	(4.69m)

Final

1	Selina Dehn, Sr, St. Thomas	17-8 1/4w[+2.3w]	(5.39m)
		(5.10, 5.10, 5.39, 4.96, 5.24, 5.29)	
2	Janey Helland, Fr, Gustavus	17-5 1/2[+1.6w]	(5.32m)
		(5.09, F, F, 5.06, F, 5.32)	
3	Rosa Gauthier-Culnane, Fr, Hamline	17-4 1/4[+1.2w]	(5.29m)
		(5.28, 5.11, F, 4.77, 5.22, 5.29)	
4	Sari Lindeman, Sr, Gustavus	17-1 1/4[+1.6w]	(5.21m)
		(4.20, 5.21, F, 5.08, F, F)	
5	Tami Klenke, Sr, Hamline	16-10	(5.13m)
		(4.91, 5.13, 4.93, 5.00, F, P)	
6	Megan Krumrie, Jr, Augsburg	16-8w[+2.2w]	(5.08m)

	(4.91, 5.08, 5.00, P, 4.64, 4.96)	
7 Katelyn Anderson, Fr, Hamline	16-6 1/2[+1.7w]	(5.04m)
	(4.35, 4.87, 5.04, 5.00, 4.76, 4.73)	
8 Julianna Gorder, Fr, St. Thomas	16-6[+0.9w]	(5.03m)
	(4.95, 4.89, 5.03, 4.66, 4.99, 4.94)	
9 Ali Galzki, So, St. Benedict	16-3 1/4[-1.1w]	(4.96m)
	(4.70, 4.92, 4.95, 4.96, 4.87, 4.87)	

100 | 200 | 400 | 800 | 1500 | 5000 | 10000 | 100H | 400H | STEEP  
4X100 | 4X400 | 4X800 | LJ | TJ | SP | DT | HT | JT | HJ  
PV | HEP | Top | Scores

Triple Jump

Round 1, Flight 1

1 Valerie Glynn, Fr, Concordia Moorhead	35-5 1/4w[+2.3w]	(10.80m)q
2 Katie Theisen, Jr, St. Thomas	35-3 1/4w[+2.1w]	(10.75m)q
3 Annie Eckhoff, So, Carleton	34-5w[+2.3w]	(10.49m)q
4 Ali Galzki, So, St. Benedict	34-1 1/4[+1.6w]	(10.39m)q
5 Katelyn Anderson, Fr, Hamline	33-8 1/2[+1.8w]	(10.27m)
6 Kristina Bruns, Jr, Concordia Moorhead	33-5 1/4[+2.0w]	(10.19m)
7 Meredith Halling, So, Gustavus	31-3 3/4[+1.5w]	(9.54m)
8 Becca Neuger, Fr, St. Olaf	31-3 1/4	(9.53m)
9 Alyssa Deutschmann, Fr, Concordia Moorhead	29-10 1/4[+1.3w]	(9.10m)

Round 1, Flight 2

1 Selina Dehn, Sr, St. Thomas	38-6 3/4[+1.4w]	(11.75m)q
	NCAA provisional	
	MIAC season's best	
2 Sari Lindeman, Sr, Gustavus	37-6 1/2[+1.3w]	(11.44m)q
	NCAA provisional	
3 Jennae Palmer, Sr, Bethel	34-11 1/4[+1.2w]	(10.65m)q
4 Laura Lynch, Jr, Gustavus	34-9 3/4[+1.6w]	(10.61m)q
5 Gustie Garberich, Sr, St. Benedict	33-11 1/4[+1.3w]	(10.34m)q
6 Rachel Borka, Fr, St. Thomas	33-8[+1.3w]	(10.26m)
7 Julianna Gorder, Fr, St. Thomas	33-5 3/4[+1.5w]	(10.20m)
8 Amanda Bakken, So, Concordia Moorhead	32-9 3/4[+0.1w]	(10.00m)
9 Lindsey TeBrake, Jr, Gustavus	31-4 3/4[+1.2w]	(9.57m)

Final

1 Selina Dehn, Sr, St. Thomas	38-6 3/4[+1.4w]	(11.75m)
	(10.69, 11.75, F, F, 11.14, 11.09)	
	NCAA provisional	
	MIAC season's best	
2 Sari Lindeman, Sr, Gustavus	37-6 1/2[+1.3w]	(11.44m)
	(11.20, 11.44, 11.37, 10.92, 11.23, 11.08)	
	NCAA provisional	
3 Valerie Glynn, Fr, Concordia Moorhead	35-5 1/4w[+2.3w]	(10.80m)
	(10.29, 10.57, 10.80, F, F, 10.07)	
4 Katie Theisen, Jr, St. Thomas	35-3 1/4w[+2.1w]	(10.75m)
	(10.75, F, 10.52, 9.92, F, 9.84)	
5 Jennae Palmer, Sr, Bethel	34-11 1/4[+1.2w]	(10.65m)
	(10.54, 10.52, 10.65, 10.30, 10.35, 10.53)	
6 Laura Lynch, Jr, Gustavus	34-9 3/4[+1.6w]	(10.61m)
	(10.35, F, 10.61, F, 10.36, 10.46)	
7 Ali Galzki, So, St. Benedict	34-9 3/4[+1.2w]	(10.61m)
	(10.39, 10.24, 10.20, 10.20, 10.61, 10.35)	
8 Annie Eckhoff, So, Carleton	34-5w[+2.3w]	(10.49m)
	(F, 10.49, 10.23, F, 9.60, 10.20)	
9 Gustie Garberich, Sr, St. Benedict	33-11 1/2[+1.0w]	(10.35m)
	(10.14, F, 10.34, F, 10.09, 10.35)	

100 | 200 | 400 | 800 | 1500 | 5000 | 10000 | 100H | 400H | STEEP  
4X100 | 4X400 | 4X800 | LJ | TJ | SP | DT | HT | JT | HJ  
PV | HEP | Top | Scores

Shot Put

Round 1, Flight 1

1 Shara Guidry, Sr, St. Thomas	40-5 (12.32m)q
2 Sam Nothem, Fr, Gustavus	36-3 1/2 (11.06m)q
3 Lisa Brown, Jr, Gustavus	35-11 1/4 (10.95m)
4 Jenna Lewis, So, St. Thomas	35-10 (10.92m)
5 Kristen Warren, Fr, Concordia Moorhead	35-2 (10.72m)
6 Sami Larson, So, St. Catherine	35-0 1/4 (10.67m)
7 Steph Jurewicz, Sr, Hamline	34-5 1/2 (10.50m)
8 Sara Sorbo, So, Concordia Moorhead	33-5 3/4 (10.20m)
9 Robyn Wernberg, Fr, Hamline	32-3 3/4 (9.85m)

Round 1, Flight 2

1 Sam Broderius, Fr, Gustavus	39-2 1/4 (11.94m)q
2 Jamie Kelly, Fr, Hamline	39-1 1/4 (11.92m)q
3 Sara Harstad, Fr, Saint Mary's	38-6 1/4 (11.74m)q
4 Carol Comp, Sr, St. Thomas	38-2 1/4 (11.64m)q
5 Felisha Willaert, Fr, St. Thomas	37-9 1/4 (11.51m)q
6 Kierstin Nygaard, Fr, Concordia Moorhead	36-8 1/4 (11.18m)q
7 Kaelene Lundstrum, So, Gustavus	36-0 3/4 (10.99m)q
8 Larissa Hansmeier, Fr, Concordia Moorhead	33-2 1/2 (10.12m)
9 Celestine Ventura, So, St. Catherine	32-8 1/4 (9.96m)

Final

1 Shara Guidry, Sr, St. Thomas	40-7 (12.37m)	(12.32, 11.68, 11.24, 12.37, 12.24, 12.19)
2 Jamie Kelly, Fr, Hamline	39-2 1/4 (11.94m)	(11.54, 11.77, 11.92, 11.94, 11.61, 11.09)
3 Sam Broderius, Fr, Gustavus	39-2 1/4 (11.94m)	(11.94, F, 11.90, 11.17, 11.73, 11.79)
4 Sara Harstad, Fr, Saint Mary's	38-6 1/4 (11.74m)	(11.74, F, F, F, 11.68, F)
5 Felisha Willaert, Fr, St. Thomas	38-3 1/2 (11.67m)	(11.16, 11.24, 11.51, 11.60, 11.67, 11.55)
6 Carol Comp, Sr, St. Thomas	38-2 1/4 (11.64m)	(F, 11.64, F, F, F, F)
7 Kaelene Lundstrum, So, Gustavus	37-10 1/2 (11.54m)	(10.95, 10.58, 10.99, 11.54, 10.77, F)
8 Kierstin Nygaard, Fr, Concordia Moorhead	36-8 1/4 (11.18m)	(10.72, 11.18, 10.46, 10.51, 10.98, 11.16)
9 Sam Nothem, Fr, Gustavus	36-3 1/2 (11.06m)	(11.06, 10.27, 11.02, 10.77, 10.34, 10.50)

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)  
[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)  
[PV](#) | [HEP](#) | [Top](#) | [Scores](#)

Discus Throw

Round 1, Flight 1

3 Sam Broderius, Fr, Gustavus	131-8 (40.14m)q
4 Molly Christian, Sr, Carleton	131-8 (40.14m)q
5 Sam Nothem, Fr, Gustavus	130-2 (39.67m)q
6 Jenna Lewis, So, St. Thomas	129-6 (39.46m)q
6 Nicole Heitmann, Fr, Saint Mary's	116-3 (35.43m)
7 Felisha Willaert, Fr, St. Thomas	111-2 (33.88m)
8 Celestine Ventura, So, St. Catherine	125-5 (38.22m)q
8 Lindsey Hoye, Jr, Gustavus	109-3 (33.31m)
9 Kierstin Nygaard, Fr, Concordia Moorhead	100-3 (30.57m)

Round 1, Flight 2

1 Shara Guidry, Sr, St. Thomas	134-2 (40.90m)q
2 Emily Davis, Fr, Concordia Moorhead	132-5 (40.37m)q
5 Anna Bauer, So, Gustavus	118-4 (36.08m)
6 Carol Comp, Sr, St. Thomas	118-4 (36.06m)
7 Sarah Sorvaag, Sr, Concordia Moorhead	125-8 (38.31m)q
7 Melissa Hendrickx, Jr, St. Benedict	111-9 (34.06m)
8 Larissa Hansmeier, Fr, Concordia Moorhead	106-1 (32.33m)
9 Robyn Wernberg, Fr, Hamline	120-7 (36.75m)q
9 Lisa Brown, Jr, Gustavus	102-8 (31.31m)

## Final

1	Shara Guidry, Sr, St. Thomas	142-11 (43.56m)
	(F, 40.90, F, F, 41.90, 43.56)	
	NCAA provisional	
2	Sam Broderius, Fr, Gustavus	137-9 (41.99m)
	(39.71, 39.20, 40.14, 39.65, 41.99, 39.07)	
	NCAA provisional	
3	Emily Davis, Fr, Concordia Moorhead	132-5 (40.37m)
	(38.54, 39.28, 40.37, 39.54, F, 38.21)	
4	Molly Christian, Sr, Carleton	131-8 (40.14m)
	(38.34, 39.53, 40.14, 36.29, 39.27, F)	
5	Sam Nothem, Fr, Gustavus	130-2 (39.67m)
	(39.67, F, 38.31, 39.09, F, 38.65)	
6	Jenna Lewis, So, St. Thomas	129-5 (39.46m)
	(33.58, 33.76, 39.46, 33.58, 38.38, 38.61)	
7	Celestine Ventura, So, St. Catherine	126-9 (38.63m)
	(38.22, 37.04, F, 37.99, 37.71, 38.63)	
8	Sarah Sorvaag, Sr, Concordia Moorhead	125-8 (38.31m)
	(38.31, 33.17, 35.65, 35.46, 35.97, 34.72)	
9	Robyn Wernberg, Fr, Hamline	120-7 (36.76m)
	(36.75, 30.85, 30.12, 35.58, 32.82, 36.76)	

100 | 200 | 400 | 800 | 1500 | 5000 | 10000 | 100H | 400H | STEEP  
4X100 | 4X400 | 4X800 | LJ | TJ | SP | DT | HT | JT | HJ  
PV | HEP | Top | Scores

## Hammer Throw

## Round 1, Flight 1

1	Shara Guidry, Sr, St. Thomas	152-11 (46.62m)q
	NCAA provisional	
2	Sarah Sorvaag, Sr, Concordia Moorhead	145-0 (44.21m)q
3	Anna Bauer, So, Gustavus	140-10 (42.92m)q
4	Raven Parsons, Sr, Macalester	130-4 (39.72m)q
5	Molly Christian, Sr, Carleton	128-9 (39.24m)q
6	Ashley Drake, Jr, Hamline	127-4 (38.81m)q
7	Kaitlin Weis, Fr, Concordia Moorhead	119-2 (36.33m)
8	Megan Honan, So, St. Thomas	116-9 (35.60m)
9	Kierstin Nygaard, Fr, Concordia Moorhead	116-8 (35.57m)

## Round 1, Flight 2

1	Carol Comp, Sr, St. Thomas	160-6 (48.92m)q
	NCAA provisional	
2	Celestine Ventura, So, St. Catherine	134-5 (40.99m)q
3	Jenna Lewis, So, St. Thomas	131-7 (40.11m)q
4	Sara Harstad, Fr, Saint Mary's	122-8 (37.40m)
5	Lindsey Hoye, Jr, Gustavus	122-5 (37.32m)
6	Kory Bonnell, Jr, Concordia Moorhead	122-2 (37.25m)
7	Heidi Golliet, So, St. Benedict	121-8 (37.09m)
8	Sarah Lemke, Fr, St. Thomas	120-11 (36.86m)
	Diana Scott, So, Gustavus	ND

## Final

1	Carol Comp, Sr, St. Thomas	160-6 (48.92m)
	(48.92, F, F, F, F, F)	
	NCAA provisional	
2	Shara Guidry, Sr, St. Thomas	152-11 (46.62m)
	(44.09, F, 46.62, F, F, 44.90)	
	NCAA provisional	
3	Sarah Sorvaag, Sr, Concordia Moorhead	148-3 (45.20m)
	(44.21, 42.90, 41.71, 44.44, 45.20, 44.76)	
4	Anna Bauer, So, Gustavus	143-4 (43.68m)
	(F, 39.34, 42.92, F, 41.72, 43.68)	
5	Celestine Ventura, So, St. Catherine	141-9 (43.22m)
	(F, 39.69, 40.99, 43.22, 42.97, 43.18)	
6	Molly Christian, Sr, Carleton	137-0 (41.77m)
	(38.97, F, 39.24, 41.06, 37.51, 41.77)	
7	Jenna Lewis, So, St. Thomas	131-8 (40.15m)
	(40.11, F, 39.88, 39.04, 39.60, 40.15)	
8	Raven Parsons, Sr, Macalester	130-4 (39.72m)

(38.04, 39.72, 36.36, 35.58, 36.25, 36.36)

9 Ashley Drake, Jr, Hamline 127-4 (38.81m)

(38.81, F, F, F, 38.64, 35.28)

100 | 200 | 400 | 800 | 1500 | 5000 | 10000 | 100H | 400H | STEEP  
4X100 | 4X400 | 4X800 | LJ | TJ | SP | DT | HT | JT | HJ  
PV | HEP | Top | Scores

Javelin Throw

Round 1, Flight 1

1 Kelly Lovett, Fr, Carleton 127-9 (38.95m)q

NCAA provisional

2 Leah Kay, So, Concordia Moorhead 114-4 (34.86m)q

3 Kyley Crotty, So, St. Thomas 111-10 (34.10m)q

4 Sara Sorbo, So, Concordia Moorhead 111-10 (34.08m)q

5 Yusi He, Jr, Carleton 102-4 (31.20m)q

6 Tasha Schanz, Fr, Concordia Moorhead 98-5 (30.00m)

7 Kaelene Lundstrum, So, Gustavus 97-11 (29.86m)

8 Tara Ray, So, Concordia Moorhead 91-10 (28.01m)

9 Shelby Hyllengren, Sr, Hamline 89-8 (27.33m)

Round 1, Flight 2

1 Lisa Brown, Jr, Gustavus 158-5 (48.29m)q

NCAA provisional

Meet record

Was 145-9 (44.42m); Lisa Brown, Gustavus, 2007

NCAA automatic

MIAC season's best

2 Katherine Brott, Fr, Concordia Moorhead 125-0 (38.10m)q

3 Kristen Warren, Fr, Concordia Moorhead 112-8 (34.35m)q

4 Sami Larson, So, St. Catherine 106-0 (32.30m)q

5 Erin Dodor, Jr, Hamline 99-6 (30.34m)

6 Sarah Peterson, Fr, Concordia Moorhead 99-4 (30.28m)

7 Annie Eckhoff, So, Carleton 87-10 (26.78m)

8 Emily Driemeyer, Fr, St. Catherine 84-11 (25.89m)

9 Melinda Dugas, Jr, St. Benedict 81-5 (24.82m)

Final

1 Lisa Brown, Jr, Gustavus 158-5 (48.29m)

(44.90, 48.29, F, 44.88, 45.86, 46.15)

NCAA provisional

Meet record

NCAA automatic

MIAC season's best

2 Kelly Lovett, Fr, Carleton 127-9 (38.95m)

(38.95, 37.74, 32.67, 33.08, 35.69, 36.76)

NCAA provisional

3 Katherine Brott, Fr, Concordia Moorhead 125-0 (38.10m)

(38.10, 38.00, F, 36.82, 36.50, 32.63)

4 Leah Kay, So, Concordia Moorhead 114-4 (34.86m)

(33.28, 34.86, 33.58, 33.31, 32.73, 34.57)

5 Kristen Warren, Fr, Concordia Moorhead 112-8 (34.35m)

(30.02, 33.63, 34.35, 34.05, 30.04, 30.47)

6 Sara Sorbo, So, Concordia Moorhead 112-4 (34.25m)

(34.08, 33.61, 31.63, 31.36, 34.25, 31.47)

7 Kyley Crotty, So, St. Thomas 111-10 (34.10m)

(29.39, 30.64, 34.10, 30.21, 30.70, 30.48)

8 Sami Larson, So, St. Catherine 106-0 (32.30m)

(24.93, 32.30, 30.30, 30.33, 31.00, 30.68)

9 Yusi He, Jr, Carleton 102-4 (31.20m)

(31.20, 28.53, F, 26.29, 27.33, F)

100 | 200 | 400 | 800 | 1500 | 5000 | 10000 | 100H | 400H | STEEP  
4X100 | 4X400 | 4X800 | LJ | TJ | SP | DT | HT | JT | HJ  
PV | HEP | Top | Scores

High Jump

1	Kaelene Lundstrum, So, Gustavus	5-3 (1.60m)
2	Alyssa Salomone, Jr, St. Thomas	5-3 (1.60m)
3	Vanessa Moore, Jr, Bethel	5-3 (1.60m)
4	Selina Dehn, Sr, St. Thomas	5-1 3/4 (1.57m)
5	Leah Kay, So, Concordia Moorhead	5-1 3/4 (1.57m)
6	Valerie Glynn, Fr, Concordia Moorhead	4-11 3/4 (1.52m)
6	Rosa Gauthier-Culnane, Fr, Hamline	4-11 3/4 (1.52m)
8	Alyssa Deutschmann, Fr, Concordia Moorhead	4-11 3/4 (1.52m)
9	Rachel Borka, Fr, St. Thomas	4-11 3/4 (1.52m)
10	Mikaela Fisher, Fr, Hamline	4-11 3/4 (1.52m)
11	Becca Neuger, Fr, St. Olaf	4-9 3/4 (1.47m)
12	Stephanie Leer, Sr, Concordia Moorhead	4-9 3/4 (1.47m)
13	Autumn Adkins, Sr, Bethel	4-9 3/4 (1.47m)
13	Emily Amici, Jr, Hamline	4-9 3/4 (1.47m)
15	Lindsey TeBrake, Jr, Gustavus	4-9 3/4 (1.47m)
16	Stacey Sellner, So, Concordia Moorhead	4-7 3/4 (1.42m)

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)  
[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)  
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Pole Vault

1	Shanna Dawson, Sr, Gustavus	12-0 (3.66m)
	(3.36, 3.46[2], 3.56, 3.66[3])	
	NCAA provisional	
2	Amie Fillmore, So, St. Olaf	11-4 1/4 (3.46m)
	(3.11, 3.26, 3.36, 3.46)	
3	Kelly Nelson, So, Gustavus	10-8 1/4 (3.26m)
	(2.81, 2.96[2], 3.11, 3.26)	
4	Angela McGehee, Fr, St. Thomas	10-8 1/4 (3.26m)
	(2.66, 2.81, 2.96, 3.11, 3.26[2])	
5	Meredith Halling, So, Gustavus	10-8 1/4 (3.26m)
	(2.81, 2.96, 3.11[2], 3.26[3])	
6	Britney Daniel, Fr, St. Thomas	10-2 1/2 (3.11m)
	(2.81, 2.96, 3.11)	
7	Katelyn Anderson, Fr, Hamline	10-2 1/2 (3.11m)
	(2.81[2], 2.96, 3.11)	
8	Serina Aubrecht, Jr, St. Benedict	10-2 1/2 (3.11m)
	(2.66, 2.81, 2.96[2], 3.11[3])	
8	Linda Kanne, Jr, Gustavus	10-2 1/2 (3.11m)
	(2.66[2], 2.81, 2.96[2], 3.11[3])	
10	Melissa Fujan, So, St. Benedict	9-8 1/2 (2.96m)
	(2.66, 2.81, 2.96[3])	
11	Sarah Meissner, Jr, St. Catherine	9-2 1/2 (2.81m)
	(2.66, 2.81)	
11	Kristina Popov, Fr, St. Catherine	9-2 1/2 (2.81m)
	(2.66, 2.81)	
11	Sarah Peterson, Fr, Concordia Moorhead	9-2 1/2 (2.81m)
	(2.66, 2.81)	
14	Kelley Frost, Fr, Hamline	9-2 1/2 (2.81m)
	(2.81[3])	
15	Rebecca Mueller, Jr, St. Benedict	8-8 3/4 (2.66m)
	(2.66)	
16	Amanda Shuck, Jr, St. Olaf	8-2 3/4 (2.51m)

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

1 Leah Kay, So, Concordia Moorhead	4550
(1.64, 9.17, 27.04, 5.08, 36.15, 2:25.90)	
	NCAA provisional
2 Kaelene Lundstrum, So, Gustavus	4430
(1.61, 11.88, 27.10, 4.76, 31.06, 2:33.73)	
	NCAA provisional
3 Tara Ray, So, Concordia Moorhead	3836
(1.37, 8.05, 27.41, 4.88, 31.98, 2:40.79)	
4 Jamie Kelly, Fr, Hamline	3665
(1.40, 12.08, 27.32, 4.36, 24.41, 2:44.25)	
5 Emily Amici, Jr, Hamline	3527
(1.46, 8.88, 29.22, 4.61, 19.55, 2:33.80)	
6 Ashley Aggen, Fr, St. Benedict	2957
(1.22, 8.16, 28.91, 3.77, 21.97, 2:44.84)	

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)  
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#### TEAM SCORES

Scored 10-8-6-5-4-3-2-1

100 Meter Dash, 200 Meter Dash, 400 Meter Dash, 800 Meter Run,  
1500 Meter Run, 5000 Meter Run, 10000 Meter Run, 100 Meter Hurdles,  
400 Meter Hurdles, 3000m Steeplechase, 4x100 Meter Relay, 4x400 Meter Relay,  
4x800 Meter Relay, Long Jump, Triple Jump, Shot Put, Discus Throw,  
Hammer Throw, Javelin Throw, High Jump, Pole Vault, Heptathlon

1 St. Thomas	262.0
2 Gustavus	155.5
3 Concordia Moorhead	83.5
4 Hamline	82.5
5 St. Benedict	75.5
6 Bethel	54.0
7 St. Olaf	49.0
8 Carleton	40.0
9 St. Catherine	30.0
10 Saint Mary's	15.0
11 Augsburg	5.0
12 Macalester	3.0

[Click here](#) for data on men  
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