

2009 MIAC Women's Outdoor Championships

Carleton College

May 8-9, 2009

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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 = +1.9 m/s

1 Jenna Ewing, So, St. Thomas	12.55Q
2 Linda Kanne, Sr, Gustavus	12.78q
3 Katie Vrieze, So, Augsburg	12.90
4 Alexa Kleingartner, So, Concordia Moorhead	12.94
5 Steph Sturges, Fr, Saint Mary's	13.25
6 Mari Mejia, So, Macalester	13.34
7 Sam Frings, Fr, Gustavus	13.45
8 Chrissy Boros, Fr, Concordia Moorhead	13.56

Round 1, Heat 2

Wind = +1.7 m/s

1 Nikki Arola, Jr, St. Thomas	12.47Q
2 Whitney Holman, Jr, Augsburg	12.72q
3 Sam Levercom, Fr, St. Catherine	12.89q
4 Tasha Harr, Fr, St. Benedict	13.10
5 Julia Thompson, So, Gustavus	13.18
6 Lizzy Daugherty, So, Saint Mary's	13.44
7 Laura Farnam, Fr, Concordia Moorhead	13.45
8 Katie Lawler, So, St. Catherine	13.49

Round 1, Heat 3

Wind = +2.5 m/s (aided)

1 Abby Neigebauer, So, St. Benedict	12.24wQ
2 Teri Heinzen, Jr, Saint Mary's	12.51wq
3 Nicole Brohmer, 12, Hamline	12.77wq
4 Leah Jackson, Sr, Bethel	13.00w
5 Danielle Serbus, So, Gustavus	13.28w
6 Janie Briant, So, Gustavus	13.28w
7 Jennifer Ampe, So, St. Catherine	13.47w
8 Celeste Prince, Jr, Macalester	13.50w

Final

Wind = +0.7 m/s

1 Abby Neigebauer, So, St. Benedict	12.26	
		NCAA provisional
2 Jenna Ewing, So, St. Thomas	12.52	
3 Teri Heinzen, Jr, Saint Mary's	12.65	
4 Whitney Holman, Jr, Augsburg	12.70	
5 Sam Levercom, Fr, St. Catherine	12.92	
6 Linda Kanne, Sr, Gustavus	13.02	
7 Nicole Brohmer, 12, Hamline	13.07	
8 Nikki Arola, Jr, St. Thomas	13.50	

100 | 200 | 400 | 800 | 1500 | 5000 | 10000 | 100H | 400H | STEEP
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PV | HEP | Top | Scores

200 Meter Dash

Round 1, Heat 1

Wind = +0.0 m/s

1 Nikki Arola, Jr, St. Thomas	25.36Q
2 Emily Matthews, Jr, Macalester	26.42q
3 Vanessa Moore, Sr, Bethel	26.49q
4 Whitney Holman, Jr, Augsburg	26.88
5 Elizabeth Pringle, Sr, Gustavus	27.18
6 Kelsey Donald, Jr, Carleton	27.32
7 Julia Thompson, So, Gustavus	27.64
8 Cassie D'Kae, Jr, St. Thomas	27.93

Round 1, Heat 2

Wind = +0.0 m/s

1 Shionna Evans, Sr, St. Thomas	25.85Q
2 Teri Heinzen, Jr, Saint Mary's	26.06q
3 Jenna Ewing, So, St. Thomas	26.45q
4 Molly Demmer, Jr, St. Thomas	26.56
5 Katie Vrieze, So, Augsburg	27.02
6 Linda Kanne, Sr, Gustavus	27.08
7 Becky Theisen, So, St. Thomas	27.25
8 Leah Jackson, Sr, Bethel	27.26

Round 1, Heat 3

Wind = +0.6 m/s

1 Abby Neigebauer, So, St. Benedict	25.86Q
2 Clare Franco, Fr, Carleton	26.36q
3 Jillian Daleiden, So, St. Benedict	26.53
4 Nicole Brohmer, 12, Hamline	26.65
5 Allison Eckrich, Fr, St. Benedict	27.08
6 Celeste Prince, Jr, Macalester	27.67
7 Janie Briant, So, Gustavus	27.96
8 Steph Sturges, Fr, Saint Mary's	28.08

Final

Wind = +1.5 m/s

1 Nikki Arola, Jr, St. Thomas	25.60
2 Abby Neigebauer, So, St. Benedict	25.76
3 Teri Heinzen, Jr, Saint Mary's	25.83
4 Shionna Evans, Sr, St. Thomas	25.84
5 Vanessa Moore, Sr, Bethel	26.32
6 Jenna Ewing, So, St. Thomas	26.71
7 Clare Franco, Fr, Carleton	26.78
8 Emily Matthews, Jr, Macalester	26.91

100 | 200 | 400 | 800 | 1500 | 5000 | 10000 | 100H | 400H | STEEP
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400 Meter Dash

Round 1, Heat 1

1 Shionna Evans, Sr, St. Thomas	57.60Q
2 Jillian Daleiden, So, St. Benedict	58.69q
3 Danielle Burgmeier, Fr, Gustavus	59.71q
4 Molly Demmer, Jr, St. Thomas	60.32
5 Becky Theisen, So, St. Thomas	60.73
6 Patty King, Sr, St. Benedict	61.13
7 Kacie Bahr, Fr, Augsburg	63.49
8 Sadie Dietrich, Sr, Augsburg	63.86

Round 1, Heat 2

1 Nikki Arola, Jr, St. Thomas	58.02Q
2 Elizabeth Pringle, Sr, Gustavus	58.76q
3 Kim Engel, So, St. Catherine	59.48q
4 Callie Knaeble, Fr, St. Olaf	59.79
5 Becca Neuger, So, St. Olaf	60.01
6 Kaitlyn Frenchick, Fr, Hamline	62.58
7 Kim Eskuri, So, St. Benedict	62.64
8 Kate Sidlo, Jr, Gustavus	63.05

Round 1, Heat 3

1 Clare Franco, Fr, Carleton	59.01Q
2 Kristin Slette, Jr, Concordia Moorhead	59.60q
3 Brittany Kuehn, So, Saint Mary's	59.76
4 Abby Karl, So, Gustavus	60.12
5 Allison Eckrich, Fr, St. Benedict	60.50
6 Kelsey Donald, Jr, Carleton	63.16
7 Ruth Ranum, So, Concordia Moorhead	63.37
8 Bekah Frank, So, St. Thomas	63.60

Final

1 Nikki Arola, Jr, St. Thomas	57.32
2 Clare Franco, Fr, Carleton	57.41

NCAA provisional

NCAA provisional

3	Shionna Evans, Sr, St. Thomas	57.94
4	Jillian Daleiden, So, St. Benedict	57.99
5	Elizabeth Pringle, Sr, Gustavus	59.10
6	Kim Engel, So, St. Catherine	59.46
7	Kristin Slette, Jr, Concordia Moorhead	59.48
8	Danielle Burgmeier, Fr, Gustavus	60.15

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

Round 1, Heat 1

1	Kayla Engel, So, St. Catherine	2:21.86Q
2	Abby Smith, Jr, St. Olaf	2:22.22Q
3	Heidi Sande, Fr, St. Catherine	2:23.64
4	Amanda Manship, Jr, St. Catherine	2:24.18
5	Rachel Glissmann, Jr, Hamline	2:28.10
6	Bekah Frank, So, St. Thomas	2:31.91
7	Michelle Eberhard, Jr, St. Benedict	2:32.67
8	Jane Bieniek, Fr, Hamline	2:36.62

Round 1, Heat 2

1	Erin Sprangers, Jr, St. Thomas	2:21.35Q
2	Larissa Peyton, Fr, St. Thomas	2:22.25Q
3	Brittney Christianson, Sr, Concordia Moorhead	2:23.03q
4	Kelly Donahue, Fr, St. Benedict	2:28.87
5	Sarah Ziegenhorn, So, Macalester	2:29.29
6	Rachel Mjones, Fr, Concordia Moorhead	2:29.78
7	Erin Murphy, Jr, St. Olaf	2:31.16
8	Joanna Pace, So, Saint Mary's	2:32.16

Round 1, Heat 3

1	Kelly Russ, Jr, St. Thomas	2:20.78Q
2	Megan Lundgren, So, Gustavus	2:20.84Q
3	Tara McCoy, So, Macalester	2:21.77q
4	Erica Roelofs, Fr, Gustavus	2:26.24
5	Ashley Acosta, Jr, Saint Mary's	2:31.34
6	Jamie Mosel, Fr, St. Olaf	2:31.71
7	Molly Noel, So, St. Benedict	2:31.87
8	Kara Orwoll, Jr, St. Benedict	2:32.18

Final

1	Erin Sprangers, Jr, St. Thomas	2:14.19
	NCAA provisional	
2	Kelly Russ, Jr, St. Thomas	2:15.63
3	Abby Smith, Jr, St. Olaf	2:16.63
4	Kayla Engel, So, St. Catherine	2:16.93
5	Tara McCoy, So, Macalester	2:20.20
6	Megan Lundgren, So, Gustavus	2:22.95
7	Brittney Christianson, Sr, Concordia Moorhead	2:32.01
	Larissa Peyton, Fr, St. Thomas	DQ

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1500 Meter Run

Round 1, Heat 1

1	Alyx Chapman, Jr, St. Benedict	4:55.86Q
2	Heather Jelen, Sr, Bethel	4:56.19Q
3	Kelly Russ, Jr, St. Thomas	4:56.88Q
4	Jessica Kociscak, So, Hamline	4:56.99Q
5	Katie Duwell, Sr, St. Olaf	5:01.18q

6	Laura Cook, So, St. Olaf	5:01.30q
7	Sarah Forzley, Jr, Carleton	5:03.55q
8	Laura Sofen, Jr, Carleton	5:14.76
9	Anne Bergstrand, Fr, Gustavus	5:15.72
10	Andrea Dittman, Fr, St. Olaf	5:15.80
11	Rachel Simmer, Jr, Hamline	5:18.60
12	Jennifer Pulscher, Fr, Augsburg	5:19.39
13	Carolyn Bocovich, Fr, Hamline	5:19.39
14	Kate Reins, So, Gustavus	5:25.66

Round 1, Heat 2

1	Marie Borner, Jr, Bethel	4:56.60Q
2	Emily Dee, So, Saint Mary's	4:58.96Q
3	Abby Smith, Jr, St. Olaf	4:59.30Q
4	Emma Spoon, Fr, St. Thomas	5:00.10Q
5	Emma Swinford, Fr, Macalester	5:02.96q
6	Michelle Benson, So, Bethel	5:06.96
7	Caroline McLaughlin, Fr, Concordia Moorhead	5:11.24
8	Julia Brandes, So, St. Thomas	5:11.76
9	Nellie Adams, Jr, St. Olaf	5:17.16
10	Martha McCarthy, So, St. Thomas	5:18.91
11	Lauren Nelson, Fr, Gustavus	5:22.01
12	Cecilia Noecker, Fr, St. Olaf	5:24.21
13	Rachel Mjones, Fr, Concordia Moorhead	5:25.46
14	Laura Oliver, Sr, St. Olaf	5:37.78

Final

1	Marie Borner, Jr, Bethel	4:29.20
	NCAA provisional	
	Meet record	
	Was 4:32.49; Marie Borner, Bethel, 2008	
	NCAA automatic	
2	Heather Jelen, Sr, Bethel	4:32.04
	NCAA provisional	
	Meet record	
	NCAA automatic	
3	Kelly Russ, Jr, St. Thomas	4:32.23
	NCAA provisional	
	Meet record	
	NCAA automatic	
4	Abby Smith, Jr, St. Olaf	4:46.19
5	Alyx Chapman, Jr, St. Benedict	4:51.85
6	Katie Duwell, Sr, St. Olaf	4:52.92
7	Emma Spoon, Fr, St. Thomas	4:55.30
8	Jessica Kociscak, So, Hamline	4:55.94
9	Laura Cook, So, St. Olaf	4:59.02
10	Emma Swinford, Fr, Macalester	5:00.74
11	Sarah Forzley, Jr, Carleton	5:04.61
12	Emily Dee, So, Saint Mary's	5:09.64

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5000 Meter Run

1	Simone Childs-Walker, Fr, Carleton	17:22.23
	NCAA provisional	
2	Margot Branigan, Jr, Hamline	17:39.88
3	Hailey Brenden, So, Concordia Moorhead	18:00.99
4	Karen Campbell, Sr, Carleton	18:02.84
5	Allie Metzler, So, St. Thomas	18:03.13
6	Taylor Ffitch, Fr, Carleton	18:13.09
7	Brooke Beskau, So, Gustavus	18:18.36
8	Annie Knutson, Sr, St. Olaf	18:25.81
9	Vanessa Jones, Jr, Gustavus	18:34.40
10	Alyx Chapman, Jr, St. Benedict	18:36.08
11	Katie Drinane, Sr, Hamline	18:37.68
12	Kaycee Knutson, Fr, St. Benedict	18:41.16
13	Jenna Carlson, Sr, St. Olaf	18:42.90

14	Nikki Schminski, Fr, St. Thomas	18:43.29
15	Jill Fagerstrom, Sr, Gustavus	18:48.15
16	Maren Westby, Fr, St. Olaf	18:48.39
17	Katie Duwell, Sr, St. Olaf	18:49.67
18	Emily Dee, So, Saint Mary's	18:53.14
19	Alexandra Johnson, Jr, St. Thomas	18:59.57
20	Brittney Christianson, Sr, Concordia Moorhead	19:03.56
21	Caroline McLaughlin, Fr, Concordia Moorhead	19:05.41
22	Helen Shea, So, St. Thomas	19:08.46
23	Katy Torchia, So, St. Benedict	19:08.47
24	Shannon Mueller, Fr, Carleton	19:12.34
25	Maria Altepeter, Fr, St. Thomas	19:25.28
26	Emma Sando, Sr, Carleton	19:25.95
27	Carolyne Bocovich, Fr, Hamline	19:28.23
28	Nellie Adams, Jr, St. Olaf	19:30.18
29	Hannah Dennis, Fr, St. Olaf	19:39.82
30	Adelaide Pagano, Sr, Macalester	19:42.82
31	Kristie Bronson, Sr, St. Catherine	19:54.57
32	Kira Spencer, Jr, Macalester	20:12.07

[100](#) | [200](#) | [400](#) | [800](#) | [1500](#) | [5000](#) | [10000](#) | [100H](#) | [400H](#) | [STEEP](#)
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[PV](#) | [HEP](#) | [Top](#) | [Scores](#)

10000 Meter Run

1	Simone Childs-Walker, Fr, Carleton	35:52.17	
			NCAA provisional
2	Margot Branigan, Jr, Hamline	36:03.43	
			NCAA provisional
3	Greta Sieve, Jr, St. Catherine	37:04.42	
			NCAA provisional
4	Karen Campbell, Sr, Carleton	37:09.04	
			NCAA provisional
5	Allie Metzler, So, St. Thomas	37:31.44	
6	Taylor Ffitch, Fr, Carleton	37:32.71	
7	Hailey Brenden, So, Concordia Moorhead	37:55.11	
8	Brooke Beskau, So, Gustavus	37:56.52	
9	Jenna Carlson, Sr, St. Olaf	39:04.14	
10	Kaycee Knutson, Fr, St. Benedict	39:16.23	
11	Jill Fagerstrom, Sr, Gustavus	39:30.93	
12	Katie Drinane, Sr, Hamline	39:51.01	
13	Katy Torchia, So, St. Benedict	41:18.94	
14	Lindsey Tucker, Sr, St. Benedict	42:31.99	
15	Kelsey Daly, Jr, St. Benedict	42:42.85	
16	Kerry Bauer, Sr, St. Benedict	43:17.71	
17	Alicia Traut, So, St. Thomas	44:14.51	
18	Kate Hendrickson, So, Concordia Moorhead	44:34.05	
	Kelsey Bratlie, Jr, Concordia Moorhead		DNC

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100 Meter Hurdles

Round 1, Heat 1

Wind = +0.3 m/s

1	Laura Janas, Jr, St. Thomas	15.56Q
2	Caroline Senungi, Fr, Augsburg	15.56q
3	Laura Secor, So, Gustavus	16.02
4	Kathryn Thompson, Jr, St. Olaf	16.28
5	Leah Kay, Fr, Concordia Moorhead	16.84
6	Angela McGehee, So, St. Thomas	16.87

7 Bridget Coffou, So, Saint Mary's	17.88
8 Caroline Haik, Fr, St. Benedict	19.22

Round 1, Heat 2

Wind = +1.4 m/s

1 Aryn Bell, Sr, Gustavus	15.19Q
2 Jill Merkle, Fr, Carleton	15.76q
3 Julia Renner, Fr, St. Benedict	15.83
4 Michaela Otto, Jr, Bethel	16.21
5 Lynn Robohm, Fr, Hamline	16.35
6 Tara Ray, Fr, Concordia Moorhead	16.74
7 Hanna Greimel, Fr, St. Thomas	16.84
8 Jenni Burns, Jr, Hamline	17.15

Round 1, Heat 3

Wind = +2.1 m/s (aided)

1 Melissa Kuebler, So, St. Thomas	15.35wQ
2 Alexa Kleingartner, So, Concordia Moorhead	15.39wq
3 Kaelene Lundstrum, Jr, Gustavus	15.61wq
4 Laura Sjoberg, Fr, Gustavus	15.80wq
5 Emily Amici, Sr, Hamline	16.52w
6 Rachel Meemken, So, Hamline	16.64w
7 Brittney Kolstad, So, Concordia Moorhead	16.95w
8 Gina Michaels, So, St. Thomas	17.45w

Final

Wind = +2.4 m/s (aided)

1 Aryn Bell, Sr, Gustavus	14.94w
2 Caroline Senungi, Fr, Augsburg	15.29w
3 Melissa Kuebler, So, St. Thomas	15.33w
4 Laura Janas, Jr, St. Thomas	15.50w
5 Alexa Kleingartner, So, Concordia Moorhead	15.52w
6 Kaelene Lundstrum, Jr, Gustavus	15.69w
7 Laura Sjoberg, Fr, Gustavus	15.82w
8 Jill Merkle, Fr, Carleton	16.00w

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[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)
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400 Meter Hurdles

Round 1, Heat 1

1 Katie Theisen, Sr, St. Thomas	65.19Q
2 Kathryn Thompson, Jr, St. Olaf	67.41q
3 Kaitlin Randolph, Fr, Carleton	69.07q
4 Sydney Malanaphy, Fr, St. Catherine	69.27
5 Caroline Haik, Fr, St. Benedict	70.57
6 Laura Janas, Jr, St. Thomas	71.06
7 Amy Elson, Jr, Carleton	71.99
8 Rachel Meemken, So, Hamline	74.43

Round 1, Heat 2

1 Laura Secor, So, Gustavus	65.08Q
2 Melissa Kuebler, So, St. Thomas	67.10q
3 Tara Ray, Fr, Concordia Moorhead	69.09
4 Steph Kortan, So, St. Benedict	69.19
5 Brittney Kolstad, So, Concordia Moorhead	69.56
6 Laura Deal, So, St. Benedict	71.98
7 Niki Tomita, Fr, Carleton	72.17
8 Kaitlin Rattigan, So, St. Thomas	75.00

Round 1, Heat 3

1 Kameron Argiannis, So, Hamline	66.37Q
2 Janey Helland, So, Gustavus	67.30q
3 Amy Neubauer, So, Bethel	67.83q
4 Jenni Burns, Jr, Hamline	70.59
5 Emily Amici, Sr, Hamline	70.63
6 Amy Opsal, Fr, Augsburg	73.15
7 Hanna Greimel, Fr, St. Thomas	74.12
8 Jill Merkle, Fr, Carleton	75.02

Final

1 Laura Secor, So, Gustavus	64.04
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2 Katie Theisen, Sr, St. Thomas	64.24
3 Janey Helland, So, Gustavus	66.44
4 Kathryn Thompson, Jr, St. Olaf	67.23
5 Amy Neubauer, So, Bethel	68.34
6 Kaitlin Randolph, Fr, Carleton	69.15
7 Melissa Kuebler, So, St. Thomas	69.91
Kameron Argiannis, So, Hamline	DNF

100 | 200 | 400 | 800 | 1500 | 5000 | 10000 | 100H | 400H | STEEP
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3000m Steeplechase

1 Katie Theisen, Sr, St. Thomas	10:50.48
	NCAA provisional
	Meet record
	Was 10:52.87; Kourtney Joyce, Gustavus, 2006
	Laird Stadium record
	Was 11:16.15; Laura Roach, Carleton, 2009
2 Laura Roach, Jr, Carleton	10:55.84
	NCAA provisional
3 Greta Sieve, Jr, St. Catherine	11:08.26
	NCAA provisional
4 Raynee DeGrio, So, St. Thomas	11:25.90
5 Annie Knutson, Sr, St. Olaf	11:30.16
6 Maggie Donahue, Sr, St. Benedict	11:38.14
7 Brittney Christianson, Sr, Concordia Moorhead	11:42.98
8 Freya Fitzer, Sr, Hamline	11:45.15
9 Kendra Bengtson, Sr, Concordia Moorhead	12:11.19
10 Maren Westby, Fr, St. Olaf	12:16.57
11 Anna Hagen, Jr, Concordia Moorhead	12:27.37
12 Becca Arnhalt, So, St. Benedict	12:30.68
13 Lauren Howe, So, Hamline	12:34.93
14 Caitlin Schnettler, So, St. Benedict	12:38.71
15 Emma Wilson, Fr, Gustavus	12:46.10
16 Jocelyn Sullivan, Fr, St. Benedict	13:00.76
17 Sarah Stergios, Sr, St. Benedict	13:10.85

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 St. Thomas (Shionna Evans, Nikki Arola, Molly Demmer, Jenna Ewing)	48.31Q
	NCAA provisional
2 Bethel (Amy Neubauer, Vanessa Moore, Michaela Otto, Leah Jackson)	50.09q
3 Saint Mary's (Bridget Coffou, Teri Heinzen, Lizzy Daugherty, Steph Sturges)	50.70q
4 Concordia Moorhead (Alexa Kleingartner, Kristin Slette, Laura Farnam, Kristina Bruns)	51.00q
5 Carleton (Kelsey Donald, Jill Merkle, Amy Elson, Clare Franco)	51.10

Round 1, Heat 2

1 St. Benedict (Allison Eckrich, Patty King, Jillian Daleiden, Abby Neigebauer)	49.71Q
2 Hamline (Marreya Bailey, Jenni Burns, Kameron Argiannis, Nicole Brohmer)	50.92q
3 St. Catherine (Jennifer Ampe, Sam Levercom, Sydney Malanaphy, Katie Lawler)	51.03q

4 Macalester (Celeste Prince, Emily Matthews, Mari
Mejia, Madelyn Mette) 51.08q
St. Olaf DQ
Gustavus DNF

Final

1 St. Thomas (Shionna Evans, Nikki Arola, Molly Demmer,
Jenna Ewing) 48.57
NCAA provisional
2 St. Benedict (Allison Eckrich, Patty King, Jillian
Daleiden, Abby Neigebauer) 48.91
3 Bethel (Amy Neubauer, Vanessa Moore, Michaela Otto,
Leah Jackson) 50.41
4 Saint Mary's (Bridget Coffou, Teri Heinzen, Lizzy
Daugherty, Steph Sturges) 51.18
5 Concordia Moorhead (Alexa Kleingartner, Kristin
Slette, Laura Farnam, Kristina Bruns) 51.19
6 St. Catherine (Jennifer Ampe, Sam Levercom, Sydney
Malanaphy, Katie Lawler) 51.24
7 Hamline (Marreya Bailey, Jenni Burns, Kameron
Argiannis, Nicole Brohmer) 51.33
8 Macalester (Celeste Prince, Emily Matthews, Mari
Mejia, Madelyn Mette) 52.01

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[PV](#) | [HEP](#) | [Top](#) | [Scores](#)

4x400 Meter Relay

1 St. Thomas (Molly Demmer, Shionna Evans, Katie
Theisen, Nikki Arola) 3:51.56 H2
NCAA provisional
Meet record
Was 3:53.25; Concordia (Bilden, Ravenhorst,
Olson, Pfeiffer), 2004
Laird Stadium record
Was 3:53.92; Trenton State, 1984
2 Gustavus (Danielle Burgmeier, Abby Karl, Elizabeth
Pringle, Kaelene Lundstrum) 3:53.16 H2
NCAA provisional
Better old Meet record
3 St. Catherine (Kayla Engel, Kim Engel, Amanda ManSHIP,
Sarah Meissner) 3:57.95 H2
4 St. Olaf (Callie Knaeble, Kathryn Thompson, Abby
Smith, Becca Neuger) 3:59.09 H2
5 Bethel (Amy Neubauer, Vanessa Moore, Heather Jelen,
Marie Borner) 3:59.30 H2
6 St. Benedict (Allison Eckrich, Kim Eskuri, Patty King,
Jillian Daleiden) 4:00.65 H2
7 Hamline (Kameron Argiannis, Nicole Brohmer, Jessica
Kociscak, Kaitlyn Frenchick) 4:03.05 H2
8 Concordia Moorhead (Leah Kay, Ruth Ranum, Brittney
Kolstad, Kristin Slette) 4:03.49 H2
9 Carleton (Kaitlin Randolph, Laura Roach, Kelsey
Donald, Clare Franco) 4:04.45 H1
10 Augsburg (Katie Vrieze, Amy Opsal, Sadie Dietrich,
Kacie Bahr) 4:09.78 H1
11 Macalester (Tara McCoy, Celeste Prince, Mari Menjia,
Rose Betzer) 4:14.56 H1
Saint Mary's DNC H1

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[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)
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4x800 Meter Relay

1	St. Thomas (Larissa Peyton, Raynee DeGrio, Erin Sprangers, Katie Theisen)	9:19.32
2	Gustavus (Laura Secor, Abby Karl, Danielle Burgmeier, Megan Lundgren)	9:30.57
3	Bethel (Heather Jelen, Michelle Benson, Amy Neubauer, Marie Borner)	9:38.18
4	Concordia Moorhead (Brittney Christianson, Anna Hagen, Kendra Bengtson, Kristin Slette)	9:40.58
5	St. Benedict (Jenn Ranallo, Becca Arnhalt, Steph Kortan, Kelly Donahue)	9:55.27
6	St. Catherine (Heidi Sande, Amanda Manship, Marci Burg, Kristie Bronson)	9:57.21
7	St. Olaf (Laura Cook, Gina Collings, Alice Deden, Brady Pennig)	9:59.49
8	Hamline (Sara Holland, Kaitlyn Frenchick, Freya Fitzer, Jessica Kociscak)	10:01.48
9	Carleton (Christina Knudson, Niki Tomita, Rachel Kittaka, Talia Goldenberg)	10:53.67

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Long Jump

Round 1, Flight 1

1	Janey Helland, So, Gustavus	18-2 1/2 (5.55m)q
		NCAA provisional
2	Julia Renner, Fr, St. Benedict	17-5 1/2 (5.32m)q
3	Alyssa Salomone, Sr, St. Thomas	16-3 (4.95m)q
4	Teri Heinzen, Jr, Saint Mary's	16-2 1/4 (4.93m)
5	Megan Lundgren, So, Gustavus	15-11 (4.85m)
6	Amy Neubauer, So, Bethel	15-10 1/4 (4.83m)
7	Julianna Gorder, So, St. Thomas	15-9 1/2[+1.3w] (4.81m)
8	Katelyn Anderson, So, Hamline	15-6 1/4 (4.73m)
9	Macey Bentley, So, Concordia Moorhead	14-8 1/2[+1.3w] (4.48m)

Round 1, Flight 2

1	Gina Collings, Fr, St. Olaf	17-0 1/2[-0.4w] (5.19m)q
2	Mary Schletty, Sr, St. Benedict	16-7[+2.0w] (5.05m)q
3	Jordan Kling, Fr, St. Olaf	16-6 1/2[+1.0w] (5.04m)q
4	Becca Bryson, Jr, Gustavus	16-5 3/4[+1.0w] (5.02m)q
5	Kaelene Lundstrum, Jr, Gustavus	16-5 1/4[+0.9w] (5.01m)q
6	Tara Ray, Fr, Concordia Moorhead	16-3 3/4[+1.5w] (4.97m)q
7	Kristina Bruns, Sr, Concordia Moorhead	16-1 1/2[+1.7w] (4.91m)
8	Madelyn Mette, Jr, Macalester	15-10 1/2[-1.1w] (4.84m)
9	Leah Kay, Fr, Concordia Moorhead	15-7 3/4[+1.3w] (4.77m)
	Susan Kenzie, Fr, St. Olaf	DNC

Final

1	Janey Helland, So, Gustavus	18-2 1/2[-1.4w] (5.55m)
		(5.42, 5.55, 5.50, 5.55, F, 5.43)
		NCAA provisional
2	Julia Renner, Fr, St. Benedict	17-5 1/2 (5.32m)
		(5.32, 5.20, 5.27, 5.13, 5.19, 5.24)
3	Mary Schletty, Sr, St. Benedict	17-2 1/4[-1.4w] (5.24m)
		(F, F, 5.05, 5.22, 5.24, F)
4	Gina Collings, Fr, St. Olaf	17-0 1/2[-0.4w] (5.19m)
		(5.13, 4.33, 5.19, 4.07, F, 4.93)
5	Jordan Kling, Fr, St. Olaf	16-6 1/2[+1.0w] (5.04m)
		(5.02, F, 5.04, F, 4.87, 4.72)
6	Becca Bryson, Jr, Gustavus	16-5 3/4[+1.0w] (5.02m)
		(F, F, 5.02, 4.91, 4.89, F)
7	Kaelene Lundstrum, Jr, Gustavus	16-5 1/4[+0.9w] (5.01m)
		(4.86, F, 5.01, 4.96, 4.49, 4.97)
8	Alyssa Salomone, Sr, St. Thomas	16-3 3/4[+0.4w] (4.97m)
		(4.74, 4.95, 4.84, 4.91, F, 4.97)
9	Tara Ray, Fr, Concordia Moorhead	16-3 3/4[+1.5w] (4.97m)

(4.75, 4.97, F, F, 4.79, 4.66)

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	Mary Schletty, Sr, St. Benedict	36-2[+1.9w]	(11.02m)q
2	Becca Bryson, Jr, Gustavus	35-1 1/4[+1.5w]	(10.70m)q
3	Katelyn Anderson, So, Hamline	34-11 1/4[+1.8w]	(10.65m)q
4	Amy Elson, Jr, Carleton	33-3 3/4[+1.8w]	(10.15m)q
5	Laura Farnam, Fr, Concordia Moorhead	32-2w[+5.0w]	(9.80m)
6	Kaitlin Randolph, Fr, Carleton	31-6 1/2[+0.8w]	(9.61m)
	Lindsey TeBrake, Sr, Gustavus		ND
	Kristina Bruns, Sr, Concordia Moorhead		ND
	Susan Kenzie, Fr, St. Olaf		DNC

Round 1, Flight 2

1	Julia Renner, Fr, St. Benedict	35-9 3/4	(10.91m)q
2	Tatijana Muller-Dahlber, Fr, Concordia Moorhead	35-0 1/2[+0.7w]	(10.68m)q
3	Laura Lynch, Sr, Gustavus	34-11 3/4w[+2.2w]	(10.66m)q
4	Ali Galzki, Jr, St. Benedict	34-11 1/4[+1.2w]	(10.65m)q
5	Emily Klatt, Fr, Gustavus	32-11 1/4[+1.5w]	(10.04m)q
6	Macey Bentley, So, Concordia Moorhead	32-4 3/4	(9.87m)
7	Laura Sjoberg, Fr, Gustavus	32-4 3/4[+0.9w]	(9.87m)
	Teri Heinzen, Jr, Saint Mary's		ND
	Traci Pastoors, Fr, St. Thomas		DNC

Final

1	Mary Schletty, Sr, St. Benedict	36-2[+1.9w]	(11.02m)	(11.02, 10.73, F, 10.82, F, 11.01)
2	Julia Renner, Fr, St. Benedict	35-9 1/2	(10.91m)	(10.91, 10.11, 10.58, 10.28, F, 10.80)
3	Becca Bryson, Jr, Gustavus	35-1 1/4[+1.5w]	(10.70m)	(10.59, 10.70, 10.42, 10.56, 10.65, 10.67)
4	Tatijana Muller-Dahlber, Fr, Concordia Moorhead	35-0 1/2[+0.7w]	(10.68m)	(10.31, 10.68, 10.43, F, 10.47, 10.38)
5	Laura Lynch, Sr, Gustavus	34-11 3/4w[+2.2w]	(10.66m)	(10.44, 10.32, 10.66, 10.16, F, F)
6	Katelyn Anderson, So, Hamline	34-11 1/4[+1.8w]	(10.65m)	(10.65, 10.65, 10.53, F, F, F)
7	Ali Galzki, Jr, St. Benedict	34-11 1/4[+1.2w]	(10.65m)	(F, 10.65, 10.15, F, 10.52, F)
8	Amy Elson, Jr, Carleton	33-3 3/4[+1.8w]	(10.15m)	(F, 10.07, 10.15, F, F, F)
9	Emily Klatt, Fr, Gustavus	33-2 1/2[+1.1w]	(10.12m)	(10.00, 10.04, 9.56, 9.89, 10.12, 9.37)

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	Sam Broderius, So, Gustavus	44-8 3/4	(13.63m)q	NCAA provisional
2	Kaelene Lundstrum, Jr, Gustavus	40-6 1/4	(12.35m)q	
3	Jenna Lewis, Jr, St. Thomas	40-4	(12.29m)q	
4	Kristen Warren, So, Concordia Moorhead	38-7	(11.76m)q	
5	Yevette Willaert, Fr, St. Olaf	36-4 3/4	(11.09m)	
6	Robyn Wernberg, So, Hamline	36-3 1/2	(11.06m)	

7 Karen Boidoku, Fr, Gustavus	35-8 (10.87m)
8 Kelly Lovett, So, Carleton	33-9 1/2 (10.30m)
Heidi Golliet, Jr, St. Benedict	ND

Round 1, Flight 2

1 Lisa Brown, Sr, Gustavus	41-0 1/4 (12.50m)q
2 Sami Larson, Jr, St. Catherine	39-11 1/2 (12.18m)q
3 Felisha Willaert, So, St. Thomas	39-10 1/2 (12.15m)q
4 Sara Harstad, So, Saint Mary's	38-4 (11.68m)q
5 Celestine Ventura, Jr, St. Catherine	37-10 (11.53m)q
6 Sam Nothem, So, Gustavus	37-3 1/4 (11.36m)
7 Kierstin Nygaard, So, Concordia Moorhead	35-7 3/4 (10.86m)
8 Larissa Hansmeier, So, Concordia Moorhead	35-2 1/2 (10.73m)
9 Sarah Lemke, So, St. Thomas	34-5 (10.49m)

Final

1 Sam Broderius, So, Gustavus	44-8 3/4 (13.63m)
(13.63, F, 13.35, 12.88, 12.81, 13.24)	
	NCAA provisional
2 Jenna Lewis, Jr, St. Thomas	43-9 1/4 (13.34m)
(11.82, 12.29, 11.73, 12.04, 12.88, 13.34)	
	NCAA provisional
3 Lisa Brown, Sr, Gustavus	41-2 1/4 (12.55m)
(12.50, 12.09, 11.93, 11.34, 12.51, 12.55)	
4 Kaelene Lundstrum, Jr, Gustavus	40-6 1/4 (12.35m)
(12.16, 12.35, 11.79, F, 12.29, 11.74)	
5 Sami Larson, Jr, St. Catherine	39-11 1/2 (12.18m)
(11.86, 12.18, F, 11.08, 11.35, 11.95)	
6 Felisha Willaert, So, St. Thomas	39-10 1/2 (12.15m)
(11.88, 12.15, F, 11.10, 11.97, 11.45)	
7 Sara Harstad, So, Saint Mary's	39-8 1/2 (12.10m)
(11.59, 11.68, 11.56, 11.04, 11.79, 12.10)	
8 Kristen Warren, So, Concordia Moorhead	38-7 (11.76m)
(10.85, 11.76, 11.32, F, 10.77, 10.86)	
9 Celestine Ventura, Jr, St. Catherine	37-10 (11.53m)
(11.53, 11.15, F, 11.09, 11.19, 10.76)	

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Discus Throw

Round 1, Flight 1

1 Felisha Willaert, So, St. Thomas	143-8 (43.78m)q
	NCAA provisional
2 Emily Davis, So, Concordia Moorhead	131-1 (39.96m)q
3 Lisa Brown, Sr, Gustavus	124-10 (38.04m)q
4 Robyn Wernberg, So, Hamline	123-0 (37.50m)q
5 Celestine Ventura, Jr, St. Catherine	122-8 (37.38m)q
6 Amy Maas, Fr, St. Thomas	121-6 (37.04m)
7 Sam Nothem, So, Gustavus	121-1 (36.92m)
8 Yvette Willaert, Fr, St. Olaf	118-6 (36.13m)
9 Megan Endresen, Fr, Gustavus	107-7 (32.81m)

Round 1, Flight 2

1 Sam Broderius, So, Gustavus	144-5 (44.02m)q
	NCAA provisional
2 Anna Bauer, Jr, Gustavus	124-5 (37.92m)q
3 Jenna Lewis, Jr, St. Thomas	123-0 (37.50m)q
4 Larissa Hansmeier, So, Concordia Moorhead	122-1 (37.22m)q
5 Kristen Warren, So, Concordia Moorhead	118-10 (36.22m)
6 Allyson Hannemann, Fr, Gustavus	117-11 (35.95m)
7 Brenna Coyle, Fr, Hamline	116-6 (35.51m)
8 Kjersten Karlsgodt, Fr, Bethel	113-5 (34.57m)
Kelly Lovett, So, Carleton	ND

Final

1 Sam Broderius, So, Gustavus	148-3 (45.19m)
(44.02, 41.72, 43.00, 42.84, 45.19, 42.70)	
	NCAA provisional
2 Felisha Willaert, So, St. Thomas	143-8 (43.78m)

(F, 43.20, 43.78, 33.67, F, F)

NCAA provisional

3	Emily Davis, So, Concordia Moorhead	131-1	(39.96m)
	(36.53, 35.34, 39.96, 39.69, 39.78, F)		
4	Lisa Brown, Sr, Gustavus	129-3	(39.40m)
	(F, 38.04, 34.69, 39.11, 39.40, 36.40)		
5	Anna Bauer, Jr, Gustavus	124-5	(37.92m)
	(26.63, 37.92, 34.94, 36.24, F, 36.45)		
6	Celestine Ventura, Jr, St. Catherine	124-0	(37.81m)
	(F, 28.58, 37.38, 37.21, 29.80, 37.81)		
7	Robyn Wernberg, So, Hamline	123-8	(37.69m)
	(F, F, 37.50, F, F, 37.69)		
8	Larissa Hansmeier, So, Concordia Moorhead	123-5	(37.63m)
	(36.35, 37.22, 35.67, 37.63, 35.97, 36.46)		
9	Jenna Lewis, Jr, St. Thomas	123-0	(37.50m)
	(36.01, 36.31, 37.50, 35.18, F, 35.96)		

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	Jenna Lewis, Jr, St. Thomas	155-2	(47.31m)q
	NCAA provisional		
2	Megan Honan, Jr, St. Thomas	149-8	(45.63m)q
3	Sara Harstad, So, Saint Mary's	143-7	(43.76m)q
4	Celestine Ventura, Jr, St. Catherine	141-3	(43.07m)q
5	Sarah Lemke, So, St. Thomas	141-0	(42.99m)q
6	Heidi Golliet, Jr, St. Benedict	139-3	(42.44m)q
7	Sam Broderius, So, Gustavus	134-9	(41.08m)
8	Brenna Coyle, Fr, Hamline	133-2	(40.60m)
	Sam Nothem, So, Gustavus	ND	

Round 1, Flight 2

1	Emily Davis, So, Concordia Moorhead	146-10	(44.76m)q
2	Robyn Wernberg, So, Hamline	145-10	(44.45m)q
3	Anna Bauer, Jr, Gustavus	139-5	(42.50m)q
4	Ashley Drake, Sr, Hamline	137-6	(41.92m)
5	Sami Larson, Jr, St. Catherine	131-0	(39.94m)
6	Kassondra Burtis, Fr, Saint Mary's	125-9	(38.33m)
7	Diana Scott, Jr, Gustavus	124-11	(38.09m)
8	Lauren Wright, Jr, St. Thomas	122-7	(37.36m)
9	Kierstin Nygaard, So, Concordia Moorhead	119-0	(36.27m)

Final

1	Jenna Lewis, Jr, St. Thomas	155-2	(47.31m)
	(42.54, 47.31, F, 42.10, 43.65, F)		
	NCAA provisional		
2	Megan Honan, Jr, St. Thomas	149-8	(45.63m)
	(43.43, F, 45.63, 45.29, F, 45.15)		
3	Sara Harstad, So, Saint Mary's	147-11	(45.08m)
	(F, 43.76, F, F, 45.08, F)		
4	Emily Davis, So, Concordia Moorhead	146-10	(44.76m)
	(43.28, 43.82, 44.76, F, 41.78, 42.06)		
5	Robyn Wernberg, So, Hamline	145-10	(44.45m)
	(F, 43.95, 44.45, 43.59, 43.65, 43.15)		
6	Anna Bauer, Jr, Gustavus	143-1	(43.63m)
	(F, F, 42.50, 43.63, 40.52, F)		
7	Celestine Ventura, Jr, St. Catherine	141-3	(43.07m)
	(39.95, 43.07, 39.76, 39.95, 40.84, 41.20)		
8	Sarah Lemke, So, St. Thomas	141-0	(42.99m)
	(41.10, F, 42.99, F, 42.10, 41.22)		
9	Heidi Golliet, Jr, St. Benedict	139-3	(42.44m)
	(42.44, F, 37.90, F, 39.15, 40.57)		

Javelin Throw

Round 1, Flight 1

1	Lisa Brown, Sr, Gustavus	153-2 (46.70m)q
	NCAA provisional	
	NCAA automatic	
2	Leah Kay, Fr, Concordia Moorhead	125-4 (38.20m)q
3	Becca Bryson, Jr, Gustavus	110-3 (33.61m)q
4	Kaelene Lundstrum, Jr, Gustavus	102-3 (31.18m)q
5	Rachel Borke, So, St. Thomas	99-11 (30.45m)q
6	Melinda Dugas, Sr, St. Benedict	96-5 (29.39m)
7	Maria Gans, So, St. Benedict	84-8 (25.80m)
8	Kjersten Karlsgodt, Fr, Bethel	77-6 3/4 (23.64m)
	Tara Ray, Fr, Concordia Moorhead	ND

Round 1, Flight 2

1	Kelly Lovett, So, Carleton	122-11 (37.47m)q
2	Katherine Brott, So, Concordia Moorhead	119-8 (36.49m)q
3	Kyley Crotty, Jr, St. Thomas	112-0 (34.15m)q
4	Kristen Warren, So, Concordia Moorhead	110-0 (33.52m)q
5	Sarah Peterson, So, Concordia Moorhead	91-9 (27.96m)
6	Erica Holo, Fr, Concordia Moorhead	85-7 (26.10m)
7	Annie Haws, Sr, St. Benedict	84-8 (25.81m)
8	Sami Larson, Jr, St. Catherine	83-9 (25.52m)
9	Liz Carlson, So, Hamline	69-6 3/4 (21.20m)

Final

1	Lisa Brown, Sr, Gustavus	157-10 (48.10m)
	(46.70, 42.82, 46.04, 41.45, 48.10, 45.80)	
	NCAA provisional	
	NCAA automatic	
2	Leah Kay, Fr, Concordia Moorhead	136-6 (41.62m)
	(38.20, F, 35.58, 41.62, F, 38.41)	
	NCAA provisional	
3	Kyley Crotty, Jr, St. Thomas	135-6 (41.30m)
	(F, 32.21, 34.15, 41.30, 35.17, 38.85)	
	NCAA provisional	
4	Kelly Lovett, So, Carleton	127-0 (38.71m)
	(37.47, 35.77, 34.52, 37.30, 38.71, 33.67)	
	NCAA provisional	
5	Katherine Brott, So, Concordia Moorhead	119-8 (36.49m)
	(34.47, 36.49, 34.43, 35.91, 34.55, 33.71)	
6	Kristen Warren, So, Concordia Moorhead	115-10 (35.32m)
	(33.52, F, 33.46, 33.40, F, 35.32)	
7	Becca Bryson, Jr, Gustavus	110-3 (33.61m)
	(28.81, 31.93, 33.61, F, 29.43, 31.68)	
8	Rachel Borke, So, St. Thomas	109-1 (33.26m)
	(28.19, 29.29, 30.45, 31.38, 32.14, 33.26)	
9	Kaelene Lundstrum, Jr, Gustavus	107-0 (32.62m)
	(31.18, 29.51, F, F, F, 32.62)	

High Jump

1	Alyssa Salomone, Sr, St. Thomas	5-4 1/4 (1.63m)
	(1.52, 1.57, 1.60, 1.63)	
2	Kaelene Lundstrum, Jr, Gustavus	5-4 1/4 (1.63m)
	(1.47, 1.52, 1.57, 1.60[2], 1.63)	
3	Vanessa Moore, Sr, Bethel	5-3 (1.60m)
	(1.52, 1.57, 1.60)	
4	Mary Schletty, Sr, St. Benedict	5-1 3/4 (1.57m)
	(1.52, 1.57[2])	

5 Leah Kay, Fr, Concordia Moorhead	4-11 3/4 (1.52m)
	(1.52)
6 Lynn Robohm, Fr, Hamline	4-11 3/4 (1.52m)
	(1.42, 1.47[2], 1.52[3])
7 Becca Neuger, So, St. Olaf	4-9 3/4 (1.47m)
	(1.42, 1.47)
7 Kyla Walter, So, Carleton	4-9 3/4 (1.47m)
	(1.42, 1.47)
9 Julia Renner, Fr, St. Benedict	4-9 3/4 (1.47m)
	(1.42, 1.47[2])
9 Lindsey TeBrake, Sr, Gustavus	4-9 3/4 (1.47m)
	(1.42, 1.47[2])
11 Audrey Mills, Fr, Macalester	4-9 3/4 (1.47m)
	(1.42[3], 1.47[3])
12 Amy Elson, Jr, Carleton	4-7 3/4 (1.42m)
	(1.42[2])
12 Mackenzie Tappe, Sr, St. Olaf	4-7 3/4 (1.42m)
	(1.42[2])
Erica Holo, Fr, Concordia Moorhead	NH
Billye Nelson, Fr, Hamline	NH

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Pole Vault

1 Amie Fillmore, Jr, St. Olaf	11-9 1/4 (3.59m)
	(3.42, 3.59)
	NCAA provisional
2 Britney Daniel, So, St. Thomas	10-10 3/4 (3.32m)
	(2.92, 3.07, 3.22, 3.32[2])
3 Meredith Halling, Jr, Gustavus	10-10 3/4 (3.32m)
	(2.92, 3.07, 3.22[2], 3.32[3])
4 Kelley Frost, So, Bethel	10-6 3/4 (3.22m)
	(2.77, 2.92, 3.07, 3.22)
4 Katelyn Anderson, So, Hamline	10-6 3/4 (3.22m)
	(2.92, 3.07, 3.22)
6 Jennifer Ampe, So, St. Catherine	10-6 3/4 (3.22m)
	(2.77[2], 2.92[3], 3.07, 3.22[2])
7 Megan Erlandson, Fr, Carleton	10-0 3/4 (3.07m)
	(2.77, 2.92, 3.07)
8 Lauren Harn, Fr, St. Olaf	10-0 3/4 (3.07m)
	(2.77, 2.92[3], 3.07[3])
9 Kristina Popov, So, St. Catherine	9-7 (2.92m)
	(2.77, 2.92[2])
10 Tessa Comstock, Fr, Concordia Moorhead	9-7 (2.92m)
	(2.77[2], 2.92[2])
11 Angela McGehee, So, St. Thomas	9-7 (2.92m)
	(2.92[3])
12 Serina Aubrecht, Sr, St. Benedict	9-7 (2.92m)
	(2.77[2], 2.92[3])
12 Jessica Norman, So, St. Benedict	9-7 (2.92m)
	(2.77[2], 2.92[3])
Arlene Behling, So, Hamline	NH
Kelly Nelson, Jr, Gustavus	NH

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[4X100](#) | [4X400](#) | [4X800](#) | [LJ](#) | [TJ](#) | [SP](#) | [DT](#) | [HT](#) | [JT](#) | [HJ](#)
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Heptathlon

1 Kaelene Lundstrum, Jr, Gustavus	4550
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	(1.62, 11.95, 4.81, 28.30, 2:28.38)	
	NCAA provisional	
2 Leah Kay, Fr, Concordia Moorhead	4489	
	(1.62, 10.13, 4.81, 34.03, 2:26.95)	
	NCAA provisional	
3 Janey Helland, So, Gustavus	3944	
	(1.44, 8.93, 5.29, 23.43, 2:30.05)	
4 Clare Franco, Fr, Carleton	3893	
	(1.29, 8.37, 4.78, 25.88, 2:17.92)	
5 Tara Ray, Fr, Concordia Moorhead	3768	
	(1.38, 8.34, 4.88, 28.79, 2:32.99)	
6 Gina Collings, Fr, St. Olaf	3729	
	(1.41, 7.47, 5.04, 18.52, 2:27.79)	
7 Laura Secor, So, Gustavus	3686	
	(1.38, 8.10, 4.27, 22.33, 2:21.80)	
8 Emily Amici, Sr, Hamline	3666	
	(1.41, 8.98, 4.63, 27.52, 2:35.58)	
9 Jill Merkle, Fr, Carleton	3589	
	(1.35, 7.67, 4.78, 23.06, 2:41.49)	
10 Steph Kortan, So, St. Benedict	3465	
	(1.32, 7.97, 4.48, 23.37, 2:29.54)	
11 Amy Elson, Jr, Carleton	3399	
	(1.47, 7.69, 4.59, 15.99, 2:34.12)	
12 Gina Michaels, So, St. Thomas	3128	
	(1.32, 8.16, 4.38, 19.80, 2:47.82)	
Traci Pastoors, Fr, St. Thomas	ND	

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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	207.0
2	Gustavus	173.0
3	St. Benedict	84.0
4	Concordia Moorhead	77.0
5	Carleton	72.5
6	St. Olaf	55.5
7	Bethel	52.5
8	St. Catherine	48.0
9	Hamline	42.5
10	Saint Mary's	25.0
11	Augsburg	13.0
12	Macalester	6.0

[Click here](#) for data on men

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