

# **2010 MIAC Women's Outdoor Championships**

**Saint Mary's University, Winona**

**May 14-15, 2010**

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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 = +0.9 m/s

1 Abby Neigebauer, Jr, St. Benedict	12.43Q
2 Whitney Holman, Sr, Augsburg	12.57q
3 Christina Walker, Fr, Hamline	12.67q
4 Katie Vrieze, Jr, Augsburg	12.71q
5 Susan Kenzie, So, St. Olaf	13.04
6 Ellie Jensen, So, St. Thomas	13.10
7 Julia Thompson, Jr, Gustavus	13.25
8 Hayley Schnell, Fr, St. Thomas	13.29
9 Mari Mejia, Jr, Macalester	13.55

Round 1, Heat 2

Wind = +1.3 m/s

1 Shanek Telphia, Fr, Augsburg	12.54Q
2 Ashley Carney, Fr, Augsburg	12.67q
3 Krista McCright, Fr, Bethel	12.68q
4 Samantha Zopfi, Fr, St. Olaf	12.70q
5 Tasha Harr, So, St. Benedict	13.06
6 Chelsey Rice, So, Augsburg	13.18
7 Carly Braun, Fr, Hamline	13.20
8 Natalie Decker, Fr, Concordia Moorhead	13.29
9 Brittney Herbst, Fr, Bethel	13.63

Round 1, Heat 3

Wind = -1.4 m/s

1 Teri Heinzen, Sr, Saint Mary's	12.74Q
2 Clare Murn, Fr, St. Benedict	12.87
3 Diane Beckius, Fr, St. Benedict	12.91
4 Sam Levercom, So, St. Catherine	12.96
5 Jenna Ewing, Jr, St. Thomas	13.03
6 Kari Ludwig, Fr, Concordia Moorhead	13.31
7 Shasta Webb, Fr, Macalester	13.31
8 Steph Sturges, So, Saint Mary's	13.61
9 Liz Spielman, So, Hamline	13.93

Final

Wind = +1.0 m/s

1 Shanek Telphia, Fr, Augsburg	12.44
2 Whitney Holman, Sr, Augsburg	12.47
3 Teri Heinzen, Sr, Saint Mary's	12.48
4 Abby Neigebauer, Jr, St. Benedict	12.53
5 Ashley Carney, Fr, Augsburg	12.63
6 Samantha Zopfi, Fr, St. Olaf	12.66
7 Krista McCright, Fr, Bethel	12.69
8 Christina Walker, Fr, Hamline	12.75
9 Katie Vrieze, Jr, Augsburg	12.78

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200 Meter Dash

Round 1, Heat 1

Wind = -2.0 m/s

1 Shanek Telphia, Fr, Augsburg	25.48Q
2 Teri Heinzen, Sr, Saint Mary's	25.80q
3 Jillian Daleiden, Jr, St. Benedict	26.21
4 Christina Walker, Fr, Hamline	26.23
5 Krista McCright, Fr, Bethel	26.50

6 Ashley Carney, Fr, Augsburg	26.85
7 Chelsey Rice, So, Augsburg	27.03
8 Callie Knaeble, So, St. Olaf	27.07
9 Sarah Baker, Fr, Gustavus	27.23

Round 1, Heat 2

Wind = +0.0 m/s

1 Whitney Holman, Sr, Augsburg	25.85Q
2 Molly Demmer, Sr, St. Thomas	25.86q
3 Katie Vrieze, Jr, Augsburg	25.86q
4 Katie Borner, Fr, Bethel	26.08q
5 Allison Eckrich, So, St. Benedict	26.30
6 Erin Sand, Fr, St. Benedict	26.62
7 Kyanna Jones, Fr, Macalester	26.82
8 Janie Briant, Jr, Gustavus	26.91
9 Sam Levercom, So, St. Catherine	27.33

Round 1, Heat 3

Wind = -1.6 m/s

1 Nikki Arola, Sr, St. Thomas	25.38Q
2 Abby Neigebauer, Jr, St. Benedict	25.69q
3 Diane Beckius, Fr, St. Benedict	25.99q
4 Susan Kenzie, So, St. Olaf	26.36
5 Kelsey Donald, Sr, Carleton	26.58
6 Tasha Harr, So, St. Benedict	26.62
7 Jenna Ewing, Jr, St. Thomas	26.72
8 Shasta Webb, Fr, Macalester	26.87
9 Julia Thompson, Jr, Gustavus	27.16

Final

1 Nikki Arola, Sr, St. Thomas	25.29
2 Shanek Telphia, Fr, Augsburg	25.54
3 Teri Heinzen, Sr, Saint Mary's	25.80
4 Abby Neigebauer, Jr, St. Benedict	26.14
5 Whitney Holman, Sr, Augsburg	26.37
6 Diane Beckius, Fr, St. Benedict	26.39
7 Molly Demmer, Sr, St. Thomas	26.40
8 Katie Vrieze, Jr, Augsburg	26.52
9 Katie Borner, Fr, Bethel	26.86

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400 Meter Dash

Round 1, Heat 1

1 Kristin Slette, Sr, Concordia Moorhead	58.01Q
2 Molly Demmer, Sr, St. Thomas	58.70q
3 Allison Eckrich, So, St. Benedict	58.98q
4 Abby Karl, Jr, Gustavus	59.54
5 Erin Coughlin, Fr, St. Catherine	60.43
6 Kelsey Donald, Sr, Carleton	61.89
7 Kathleen Pawlowski, Sr, Saint Mary's	63.08
8 Amelia Schmidt, So, Gustavus	63.76
9 Lauren Baier, So, Saint Mary's	64.31

Round 1, Heat 2

1 Danielle Burgmeier, So, Gustavus	58.05Q
2 Jillian Daleiden, Jr, St. Benedict	58.14q
3 Becca Neuger, Jr, St. Olaf	58.72q
4 Katie Borner, Fr, Bethel	58.91q
5 Erin Sand, Fr, St. Benedict	60.25
6 Ruth Ranum, Jr, Concordia Moorhead	60.99
7 Kaitlyn Frenchick, So, Hamline	62.48
8 Ellen Hawley, Fr, St. Olaf	63.23
9 Katie Corey, Fr, Hamline	64.50

Round 1, Heat 3

1 Nikki Arola, Sr, St. Thomas	56.80Q
2 Kim Engel, Jr, St. Catherine	58.11q
3 Brooke Granowski, Fr, Carleton	59.40

NCAA provisional

4	Amanda Iverson, Fr, Gustavus	59.59
5	Callie Knaeble, So, St. Olaf	59.83
6	Kirsti Klaverkamp, Fr, St. Benedict	61.02
7	Janie Briant, Jr, Gustavus	61.81
8	Kathleen Stefely, So, St. Olaf	62.21
9	Kacie Bahr, So, Augsburg	63.78

Final

1	Nikki Arola, Sr, St. Thomas	55.98
	NCAA provisional	
	Meet record	
	Was 56.26; Angie Pfeiffer, Concordia, 2006	
	Stadium record	
	Was 56.54; Adrienne Thomas, Minnesota, 4/17/2009	
2	Jillian Daleiden, Jr, St. Benedict	57.29
	NCAA provisional	
3	Kristin Slette, Sr, Concordia Moorhead	57.45
4	Danielle Burgmeier, So, Gustavus	57.46
5	Kim Engel, Jr, St. Catherine	57.79
6	Katie Borner, Fr, Bethel	58.15
7	Molly Demmer, Sr, St. Thomas	58.23
8	Becca Neuger, Jr, St. Olaf	58.30
9	Allison Eckrich, So, St. Benedict	58.71

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800 Meter Run

Round 1, Heat 1

1	Larissa Peyton, So, St. Thomas	2:16.32Q
2	Kelly Russ, Sr, St. Thomas	2:17.16Q
3	Clare Franco, So, Carleton	2:17.20q
4	Alison Millis, Jr, St. Olaf	2:17.57q
5	Joanna Pace, Jr, Saint Mary's	2:26.05
6	Alex Potter, Jr, Bethel	2:26.67
7	Ashley Acosta, Sr, Saint Mary's	2:32.06
8	Mary-Michael Vance, Jr, Concordia Moorhead	2:34.79
9	Kristen Tengwall, Jr, Bethel	2:40.46

Round 1, Heat 2

1	Erin Sprangers, Sr, St. Thomas	2:15.74Q
2	Kayla Engel, Jr, St. Catherine	2:15.88Q
3	Kaitlin Randolph, So, Carleton	2:16.03q
4	Cathy Reeves, Sr, St. Thomas	2:18.71
5	Megan Hoffman, Fr, Concordia Moorhead	2:24.36
6	Erica Roelofs, So, Gustavus	2:26.59
7	Michelle Eberhard, Sr, St. Benedict	2:29.25
8	Maggie Bryant, So, St. Thomas	2:31.32
9	Melissa Elverud, Sr, St. Catherine	2:49.75

Round 1, Heat 3

1	Marie Borner, Sr, Bethel	2:16.04Q
2	Abby Smith, Sr, St. Olaf	2:16.68Q
3	Megan Lundgren, Jr, Gustavus	2:17.85
4	Anna Williams, Fr, St. Benedict	2:19.83
5	Amanda Manship, Sr, St. Catherine	2:21.72
6	Brady Pennig, Jr, St. Olaf	2:26.87
7	Jenny Hendricks, Fr, Gustavus	2:31.88
8	Erin Murphy, Sr, St. Olaf	2:32.25
9	Anna Bernard, So, St. Olaf	2:43.40

Final

1	Marie Borner, Sr, Bethel	2:07.84
	NCAA provisional	
	Meet record	
	Was 2:11.66; Erin Sprangers, St. Thomas, 2008	
	NCAA automatic	
	Stadium record	
	Was 2:13.78; Megan Smith, Minnesota, 4/17/2009	
2	Erin Sprangers, Sr, St. Thomas	2:12.82

## NCAA provisional

3 Kelly Russ, Sr, St. Thomas	2:16.64
4 Larissa Peyton, So, St. Thomas	2:16.77
5 Kaitlin Randolph, So, Carleton	2:17.24
6 Kayla Engel, Jr, St. Catherine	2:18.74
7 Alison Millis, Jr, St. Olaf	2:19.34
8 Clare Franco, So, Carleton	2:20.04
9 Abby Smith, Sr, St. Olaf	2:20.19

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## 1500 Meter Run

## Round 1, Heat 1

1 Marie Borner, Sr, Bethel	4:56.70Q
2 Taylor Berg, Fr, St. Thomas	4:57.21Q
3 Jessica Kociscak, Jr, Hamline	4:57.37Q
4 Alyx Chapman, Sr, St. Benedict	4:58.54Q
5 Megan Smith, Fr, St. Benedict	5:02.29q
6 Kelly Donahue, So, St. Benedict	5:06.65q
7 Emily Dee, Jr, Saint Mary's	5:11.81q
8 Kristie Mueller, Fr, St. Benedict	5:11.87
9 Andrea Dittman, So, St. Olaf	5:12.97
10 Allison Brandt, Fr, St. Olaf	5:19.99
11 Sally Cole, Fr, St. Olaf	5:22.25
12 Megan Geraghty, Fr, St. Thomas	5:26.54
13 Laurel Orr, Fr, Carleton	5:44.73
Laura Zwilling, So, Bethel	DNC

## Round 1, Heat 2

1 Kelly Russ, Sr, St. Thomas	5:01.75Q
2 Sara Holland, Jr, Hamline	5:01.79Q
3 Abby Smith, Sr, St. Olaf	5:01.82Q
4 Laura Cook, Jr, St. Olaf	5:01.83Q
5 Natalie Ristau, Fr, Gustavus	5:02.03q
6 Anne Bergstrand, So, Gustavus	5:12.96
7 Rachel Simmer, Sr, Hamline	5:15.07
8 Amber Hoban, Jr, Hamline	5:15.12
9 Jennifer Pulscher, So, Augsburg	5:18.44
10 Jessie Zwanziger, Fr, St. Thomas	5:19.65
11 Georgia Greene, Fr, St. Olaf	5:21.90
12 Cecilia Noecker, So, St. Olaf	5:22.81
13 Mary Beth Kowitz, Sr, St. Catherine	5:30.51
14 Tara Dewitt, Sr, St. Benedict	5:45.05

## Final

1 Marie Borner, Sr, Bethel	4:30.84
	NCAA provisional
	NCAA automatic
	Stadium record
	Was 4:43.86; Allyson Seigrist, Minnesota, 4/17/2009
2 Kelly Russ, Sr, St. Thomas	4:33.51
	NCAA provisional
3 Abby Smith, Sr, St. Olaf	4:46.37
4 Taylor Berg, Fr, St. Thomas	4:51.13
5 Jessica Kociscak, Jr, Hamline	4:51.65
6 Sara Holland, Jr, Hamline	4:54.17
7 Laura Cook, Jr, St. Olaf	4:56.59
8 Alyx Chapman, Sr, St. Benedict	4:57.88
9 Megan Smith, Fr, St. Benedict	5:01.37
10 Natalie Ristau, Fr, Gustavus	5:01.52
11 Emily Dee, Jr, Saint Mary's	5:01.59
12 Kelly Donahue, So, St. Benedict	5:04.89

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5000 Meter Run

1	Simone Childs-Walker, So, Carleton	17:38.52
2	Allie Metzler, Jr, St. Thomas	17:50.80
3	Margot Branigan, Sr, Hamline	17:53.82
4	Taylor ffitch, So, Carleton	18:20.74
5	Emma Lee, Fr, St. Olaf	18:22.72
6	Kristin Mork, Jr, Bethel	18:26.00
7	Alison Smyth, So, Carleton	18:26.82
8	Beth Hauer, Fr, Gustavus	18:28.61
9	Michaela McLaughlin, Sr, St. Olaf	18:29.26
10	Maren Westby, So, St. Olaf	18:31.41
11	Rachel Dean, Fr, St. Olaf	18:40.07
12	Brooke Beskau, Jr, Gustavus	18:53.68
13	Katie Schwarz, Jr, St. Benedict	18:59.48
14	Kim Rostvold, So, Gustavus	19:01.52
15	Katy Torchia, Jr, St. Benedict	19:02.92
16	Alyx Chapman, Sr, St. Benedict	19:08.60
17	Rebecca Bevans, Fr, St. Olaf	19:09.39
18	Hannah Dennis, So, St. Olaf	19:09.60
19	Alexandra Johnson, Sr, St. Thomas	19:16.85
20	Kristy Singlestad, Jr, Concordia Moorhead	19:17.61
21	Rachel Glissman, Sr, Hamline	19:19.79
22	Hailey Brenden, Jr, Concordia Moorhead	19:20.32
23	Nikki Reich, Sr, Carleton	19:26.10
24	Christine Skopec, Jr, St. Thomas	19:30.42
25	Lauren Nelson, So, Gustavus	19:36.10
26	Alicia Traut, Jr, St. Thomas	19:39.51
27	Rachel Simmer, Sr, Hamline	19:51.39
28	Shannon Mueller, So, Carleton	20:15.98
29	Anna Hagen, Sr, Concordia Moorhead	20:36.64
30	Eliza Leahy, So, Macalester	20:39.99
31	Julie Besenbruch, Fr, Carleton	20:48.91
	Vanessa Jones, Sr, Gustavus	DNF

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10000 Meter Run

1	Simone Childs-Walker, So, Carleton	36:38.09
	NCAA provisional	
	Stadium record	
	Was 40:13.96; Kayla Gudmundson, Winona State, 4/24/2010	
2	Allie Metzler, Jr, St. Thomas	37:14.19
	NCAA provisional	
3	Margot Branigan, Sr, Hamline	37:47.88
4	Kristin Mork, Jr, Bethel	38:11.35
5	Taylor ffitch, So, Carleton	38:17.55
6	Greta Sieve, Sr, St. Catherine	38:37.35
7	Beth Hauer, Fr, Gustavus	38:38.28
8	Emma Lee, Fr, St. Olaf	38:46.74
9	Maren Westby, So, St. Olaf	39:35.82
10	Rachel Dean, Fr, St. Olaf	39:46.82
11	Brooke Beskau, Jr, Gustavus	40:10.20
12	Katy Torchia, Jr, St. Benedict	41:46.39
13	Carolyne Bocovich, So, Hamline	41:48.37
14	Kristy Singlestad, Jr, Concordia Moorhead	41:49.28
15	Laurel Ohm, So, St. Olaf	42:07.48
16	Danielle Miller, So, Saint Mary's	44:34.73
17	Nikki Reed, Sr, St. Benedict	45:00.22
	Erin Lowrey, Sr, Macalester	DNF

Katie Schwarz, Jr, St. Benedict DNF  
Renee Crepeau, Fr, St. Catherine DNF

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100 Meter Hurdles

Round 1, Heat 1

Wind = -1.9 m/s

1	Kaelene Lundstrum, Sr, Gustavus	15.56Q
2	Laura Janas, Sr, St. Thomas	15.66q
3	Caroline Senungi, So, Augsburg	15.87q
4	Kathryn Thompson, Sr, St. Olaf	16.41
5	Mary Peterson, So, Hamline	16.72
6	Caroline Haik, So, St. Benedict	17.07
7	Traci Pastoors, So, St. Thomas	17.10
8	Lindsey Keskey, So, St. Benedict	17.36
9	Bridget Coffou, Jr, Saint Mary's	18.14

Round 1, Heat 2

Wind = -0.2 m/s

1	Michaela Otto, Sr, Bethel	15.66Q
2	Julia Renner, So, St. Benedict	15.79q
3	Tara Ray, Sr, Concordia Moorhead	15.87q
4	Katie Ryan, Fr, St. Thomas	16.72
5	Ellen Sackrison, Fr, Hamline	17.30
6	Gina Michaels, Jr, St. Thomas	17.53
7	Rachel Meemken, So, Bethel	17.83
8	Kristell Caballero-Sauc, Fr, St. Olaf	20.37
	Laura Sjoberg, So, Gustavus	DNF

Round 1, Heat 3

Wind = -1.8 m/s

1	Abby Furlong, Fr, Bethel	15.68Q
2	Alexa Kleingartner, Jr, Concordia Moorhead	15.86q
3	Lynn Robohm, So, Hamline	16.33q
4	Kaari Jensen, Fr, Concordia Moorhead	16.44
5	Sarah Schmitt, Fr, St. Benedict	16.60
6	Michelle Brunik, Jr, St. Benedict	17.09
7	Macy Bentley, Jr, Concordia Moorhead	17.40
8	Emily Swenson, Fr, St. Benedict	17.68
9	Kayla Johnson, Sr, St. Olaf	18.89

Final

Wind = +0.8 m/s

1	Laura Janas, Sr, St. Thomas	15.14
2	Michaela Otto, Sr, Bethel	15.26
3	Alexa Kleingartner, Jr, Concordia Moorhead	15.31
4	Abby Furlong, Fr, Bethel	15.43
5	Tara Ray, Sr, Concordia Moorhead	15.45
6	Kaelene Lundstrum, Sr, Gustavus	15.56
7	Julia Renner, So, St. Benedict	15.56
8	Caroline Senungi, So, Augsburg	15.68
9	Lynn Robohm, So, Hamline	15.97

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

400 Meter Hurdles

Round 1, Heat 1

1	Kameron Argiannis, Jr, Hamline	65.24Q
2	Kathryn Thompson, Sr, St. Olaf	67.26q
3	Leah Kay, Sr, Concordia Moorhead	69.55

4	Macy Bentley, Jr, Concordia Moorhead	71.07
5	Chey Reglin, Fr, St. Benedict	71.71
6	Kelsey Eder, Fr, St. Catherine	73.45
7	Gina Michaels, Jr, St. Thomas	74.01

Round 1, Heat 2

1	Tara Ray, Sr, Concordia Moorhead	65.52Q
2	Steph Kortan, So, St. Benedict	65.97q
3	Laura Secor, Jr, Gustavus	66.21q
4	Kaari Jensen, Fr, Concordia Moorhead	67.22q
5	Carissa Bodette, Fr, Bethel	71.09
6	Amy Opsal, So, Augsburg	71.48
7	Kristell Caballero-Sauc, Fr, St. Olaf	74.17
8	Mary Peterson, So, Hamline	75.32

Round 1, Heat 3

1	Janey Helland, Jr, Gustavus	65.04Q
2	Abby Furlong, Fr, Bethel	65.52q
3	Becky Theisen, Jr, St. Thomas	65.73q
4	Michelle Brunik, Jr, St. Benedict	69.39
5	Caroline Haik, So, St. Benedict	70.56
6	Ellen Sackrison, Fr, Hamline	72.93
7	Kayla Johnson, Sr, St. Olaf	73.17

Final

1	Janey Helland, Jr, Gustavus	63.90
	NCAA provisional	
2	Abby Furlong, Fr, Bethel	64.21
3	Kameron Argiannis, Jr, Hamline	64.24
4	Kathryn Thompson, Sr, St. Olaf	65.02
5	Tara Ray, Sr, Concordia Moorhead	65.36
6	Becky Theisen, Jr, St. Thomas	65.43
7	Kaari Jensen, Fr, Concordia Moorhead	66.13
8	Laura Secor, Jr, Gustavus	67.24
	Steph Kortan, So, St. Benedict	DQ

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3000m Steeplechase

1	Greta Sieve, Sr, St. Catherine	10:46.23
	NCAA provisional	
	Meet record	
	Was 10:50.48; Katie Theisen, St. Thomas, 2009	
	Stadium record	
	Was 11:17.70; Stephanie Price, Unattached, 4/17/2009	
2	Laura Roach, Sr, Carleton	11:00.17
	NCAA provisional	
3	Raynee DeGrio, Jr, St. Thomas	11:31.24
4	Lauren Howe, Jr, Hamline	11:38.75
5	Kaycee Knutson, So, St. Benedict	11:42.20
6	Caitlin Schnettler, Jr, St. Benedict	11:49.82
7	Vanessa Jones, Sr, Gustavus	11:55.72
8	Julia Brandes, Jr, St. Thomas	12:01.47
9	Elisabeth Hanson, Fr, Concordia Moorhead	12:01.66
10	Kayla Jelen, Jr, Bethel	12:05.52
11	Sameena Ahmed, So, Carleton	12:05.58
12	Sophie Pietrick, Fr, St. Olaf	12:09.89
13	Lauren Carlson, Fr, St. Olaf	12:14.29
14	Nicola Franta, Fr, St. Benedict	12:15.29
15	Kelsey Torchia, Fr, St. Benedict	12:17.57
16	Caroline McLaughlin, So, Concordia Moorhead	12:36.78
17	Nellie Adams, Sr, St. Olaf	12:38.34
18	Anna Hagen, Sr, Concordia Moorhead	12:52.80

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4x100 Meter Relay

Round 1, Heat 1

- 1 Augsburg (Whitney Holman, Ashley Carney, Katie Vrieze, Shanek Telphia) 48.0Q
- 2 St. Benedict (Diane Beckius, Tasha Harr, Clare Murn, Abby Neigebauer) 48.39q  
NCAA provisional
- 3 Concordia Moorhead (Alexa Kleingartner, Tatijana MullerDahlberg, Kari Ludwig, Kristin Slette) 49.86q
- 4 St. Olaf (Callie Knaeble, Samantha Zopfi, Kathryn Thompson, Susan Kenzie) 50.12q
- 5 Carleton (Kelsey Donald, Jill Merkle, Kyla Walter, Brooke Granowski) 51.37
- 6 Hamline (Angela Lindekugel, Liz Spielman, Katelyn Anderson, Carly Braun) 51.52

Round 1, Heat 2

- 1 St. Thomas (Laura Janas, Becky Theisen, Molly Demmer, Jenna Ewing) 49.72Q
- 2 Macalester (Kyanna Jones, Emily Matthews, Madelyn Mette, Alexa Simpson) 50.04q
- 3 St. Catherine (Jennifer Ampe, Kim Engel, Jamie Kelly, Sam Levercom) 50.30q
- 4 Bethel (Katie Borner, Brittney Herbst, Michaela Otto, Krista McCright) 50.45q
- 5 Gustavus (Janie Briant, Julia Thompson, Sarah Brown, Amanda Iverson) 50.79q

Final

- 1 Augsburg (Whitney Holman, Ashley Carney, Katie Vrieze, Shanek Telphia) 47.88  
NCAA provisional  
Stadium record  
Was 49.02; Winona State, Winona State, 4/17/2009
- 2 St. Thomas (Laura Janas, Nikki Arola, Molly Demmer, Jenna Ewing) 47.90  
NCAA provisional
- 3 St. Benedict (Diane Beckius, Tasha Harr, Clare Murn, Abby Neigebauer) 48.32  
NCAA provisional
- 4 Bethel (Katie Borner, Brittney Herbst, Michaela Otto, Krista McCright) 49.43
- 5 Concordia Moorhead (Alexa Kleingartner, Tatijana MullerDahlberg, Kari Ludwig, Kristin Slette) 49.60
- 6 St. Catherine (Jennifer Ampe, Kim Engel, Jamie Kelly, Sam Levercom) 49.72
- 7 St. Olaf (Callie Knaeble, Samantha Zopfi, Kathryn Thompson, Susan Kenzie) 49.84
- 8 Gustavus (Janie Briant, Julia Thompson, Sarah Brown, Amanda Iverson) 50.00
- 9 Macalester (Kyanna Jones, Emily Matthews, Madelyn Mette, Alexa Simpson) 50.18

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. Olaf (Callie Knaeble, Kathryn Thompson, Alison Millis, Becca Neuger) 3:52.06 H2  
NCAA provisional  
Stadium record  
Was 4:00.39; Winona State, Winona State, 4/17/2009

2	Gustavus (Danielle Burgmeier, Abby Karl, Amanda Iverson, Kaelene Lundstrum)	3:52.43	H2
	NCAA provisional		
3	St. Thomas (Molly Demmer, Erin Sprangers, Kelly Russ, Nikki Arola)	3:52.86	H2
	NCAA provisional		
4	St. Catherine (Kayla Engel, Kim Engel, Amanda Manship, Erin Coughlin)	3:54.67	H2
	NCAA provisional		
5	St. Benedict (Allison Eckrich, Erin Sand, Anna Williams, Jillian Daleiden)	3:55.08	H2
	NCAA provisional		
6	Concordia Moorhead (Megan Hoffman, Ruth Ranum, Leah Kay, Kristin Slette)	3:56.44	H2
	NCAA provisional		
7	Carleton	4:00.63	H1
8	Hamline (Kameron Argiannis, Kaitlyn Frenchick, Katie Corey, Christina Walker)	4:01.73	H2
9	Bethel	4:02.97	H2
10	Macalester (Shasta Webb, Alexa Simpson, Kyanna Jones, Mari Mejia)	4:06.66	H1
11	Augsburg (Katie Vrieze, Amy Opsal, Kacie Bahr, Ashley Carney)	4:08.37	H2
12	Saint Mary's (Ashley Acosta, Teri Heinzen, Kathleen Pawlowski, Joanna Pace)	4:10.57	H1

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

#### 4x800 Meter Relay

1	St. Thomas (Cathy Reeves, Larissa Peyton, Betsy Hupp, Erin Sprangers)	9:14.90
2	Gustavus (Danielle Burgmeier, Abby Karl, Laura Secor, Megan Lundgren)	9:22.34
3	St. Olaf (Abby Smith, Jamie Mosel, Brady Pennig, Alison Millis)	9:22.37
4	St. Catherine (Kim Engel, Erin Coughlin, Amanda Manship, Kayla Engel)	9:31.68
5	Hamline (Sara Halland, Kaitlyn Frenchick, Rachel Glissman, Jessica Kociscak)	9:31.91
6	St. Benedict (Alyx Chapman, Kirsti Klaverkamp, Megan Smith, Anna Williams)	9:36.53
7	Saint Mary's (Ashley Acosta, Joanna Pace, Regina Quandt, Emily Dee)	9:44.68
8	Macalester (Emily Matthews, Emilie Schur, Kila Spencer, Anna Hankins)	9:46.83
9	Concordia Moorhead (Elisabeth Hanson, Emma Ranum, Ana Sather, Megan Hoffman)	9:49.41
10	Carleton	9:50.25
11	Bethel (Kayla Jelen, Alex Potter, Kristen Tengwall, Carissa Bodette)	9:58.96

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

#### Long Jump

##### Round 1, Flight 1

1	Julia Renner, So, St. Benedict	18'3.5"[+0.3w] (5.57m)q
	NCAA provisional	
	Stadium record	

Was 18-2 1/4 (5.54m); Jenny Aronson,  
UW-River Falls, 4/17/2009

2 Janey Helland, Jr, Gustavus 17'7.5"[-2.0w] (5.37m)q  
3 Katrina Gerzema, Fr, Concordia Moorhead 16'7.25"[-1.9w] (5.06m)q  
4 Sarah Schmitt, Fr, St. Benedict 16'2.5"[-0.3w] (4.94m)q  
5 Traci Pastoors, So, St. Thomas 15'8.25"[+0.6w] (4.78m)  
6 Madelyn Mette, Sr, Macalester 15'2.75"[-1.2w] (4.64m)  
7 Sara Parsons, Fr, Concordia Moorhead 15'0.75"[-2.0w] (4.59m)  
8 Becky Theisen, Jr, St. Thomas 15'0"[-2.4w] (4.57m)  
Teri Heinzen, Sr, Saint Mary's ND

Round 1, Flight 2

1 Shanek Telphia, Fr, Augsburg 17'1.5" (5.22m)q  
2 Sarah Baker, Fr, Gustavus 17'0.5"[-1.6w] (5.19m)q  
3 Tara Ray, Sr, Concordia Moorhead 16'9.75" (5.12m)q  
4 Julianna Gorder, Jr, St. Thomas 16'5.25"[-0.2w] (5.01m)q  
5 Kaari Jensen, Fr, Concordia Moorhead 16'4.25"[+0.9w] (4.98m)q  
6 Clare Murn, Fr, St. Benedict 16'2.5"[-1.9w] (4.94m)q  
7 Lauren Rothschiller, Fr, Gustavus 15'5"[-0.4w] (4.70m)  
8 Ali Galzki, Sr, St. Benedict 14'10.5" (4.53m)  
9 Becca Bryson, Sr, Gustavus 14'5.25"[-1.5w] (4.40m)

Final

1 Julia Renner, So, St. Benedict 18'3.25"[+0.3w] (5.57m)  
(5.57, 5.18, F, 5.35, 5.30, 5.45)  
NCAA provisional  
2 Janey Helland, Jr, Gustavus 17'10.25" (5.44m)  
(4.51, 5.37, F, 5.41, F, 5.44)  
3 Shanek Telphia, Fr, Augsburg 17'1.5" (5.22m)  
(F, 5.22, 4.97, 5.11, F, 5.08)  
4 Sarah Baker, Fr, Gustavus 17'0.75" (5.20m)  
(5.06, 5.18, 5.19, 4.47, F, 5.20)  
5 Clare Murn, Fr, St. Benedict 16'10" (5.13m)  
(F, 4.94, 4.81, 4.89, 5.13, 5.08)  
6 Tara Ray, Sr, Concordia Moorhead 16'9.75" (5.12m)  
(4.99, 5.12, 5.07, F, 4.87, 5.07)  
7 Katrina Gerzema, Fr, Concordia Moorhead 16'7.25"[-1.9w] (5.06m)  
(5.06, F, F, 4.92, F, 4.90)  
8 Julianna Gorder, Jr, St. Thomas 16'5.25"[-0.2w] (5.01m)  
(4.90, 4.91, 5.01, 4.89, 4.98, 4.99)  
9 Kaari Jensen, Fr, Concordia Moorhead 16'4.25"[+0.9w] (4.98m)  
(F, 4.85, 4.98, 4.71, 4.76, F)  
10 Sarah Schmitt, Fr, St. Benedict 16'2.5"[-0.3w] (4.94m)  
(4.86, 4.91, 4.94, 4.78, 4.86, 4.80)

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 Abby Furlong, Fr, Bethel 36'2"[+0.9w] (11.02m)q  
2 Lauren Rothschiller, Fr, Gustavus 35'5"w[+2.2w] (10.79m)q  
3 Kaari Jensen, Fr, Concordia Moorhead 34'11.75" (10.66m)q  
4 Leah Kay, Sr, Concordia Moorhead 34'10.5"[+1.9w] (10.63m)q  
5 Tatijana MullerDahlberg, So, Concordia Moorhead 34'9.5"[+1.2w] (10.60m)q  
6 Susan Kenzie, So, St. Olaf 34'5" (10.49m)q  
7 Ali Galzki, Sr, St. Benedict 34'3.5"[+1.3w] (10.45m)  
8 Emily Klatt, So, Gustavus 33'9.5"[+1.2w] (10.30m)  
Laura Sjoberg, So, Gustavus ND

Round 1, Flight 2

1 Julia Renner, So, St. Benedict 36'8.75"[-1.6w] (11.19m)q  
2 Traci Pastoors, So, St. Thomas 35'9.25"[+1.6w] (10.90m)q  
3 Kate RoCHAT, Fr, Macalester 35'1.75"[-0.5w] (10.71m)q  
4 Becca Bryson, Sr, Gustavus 34'3.5"[-0.1w] (10.45m)  
5 Amy Elson, Sr, Carleton 34'2" (10.41m)

6 Alyssa Deutschmann, Jr, Concordia Moorhead	33'9.25"[+0.6w]	(10.29m)
7 Natalie Decker, Fr, Concordia Moorhead	33'4"[-0.6w]	(10.16m)
8 Richelle Johnson, Fr, Macalester	32'11"	(10.03m)
9 Laura Farnam, So, Concordia Moorhead	31'11.5"[-0.1w]	(9.74m)

Final

1 Susan Kenzie, So, St. Olaf	37'1"	(11.30m)
	(10.49, F, F, 10.95, 11.30, F)	
2 Julia Renner, So, St. Benedict	36'11"	(11.25m)
	(11.16, 11.19, 11.04, 11.14, F, 11.25)	
3 Abby Furlong, Fr, Bethel	36'2"[+0.9w]	(11.02m)
	(10.47, F, 11.02, 10.47, 10.15, F)	
4 Lauren Rothschiller, Fr, Gustavus	35'10.75"	(10.94m)
	(10.44, 10.79, F, 10.47, 10.94, 10.32)	
5 Tatijana MullerDahlberg, So, Concordia Moorhead	35'10.5"	(10.93m)
	(F, 10.60, F, 10.72, 10.93, 10.81)	
6 Traci Pastoors, So, St. Thomas	35'9.25"[+1.6w]	(10.90m)
	(10.81, 10.90, 10.89, 10.21, F, F)	
7 Kate Rochat, Fr, Macalester	35'6"	(10.82m)
	(10.19, 10.63, 10.71, 10.73, 10.82, 10.51)	
8 Kaari Jensen, Fr, Concordia Moorhead	35'4.75"[+1.0w]	(10.79m)
	(10.66, 10.48, 10.49, 10.21, 10.79, 10.77)	
9 Leah Kay, Sr, Concordia Moorhead	34'10.5"[+1.9w]	(10.63m)
	(10.62, 10.63, 10.51, 10.39, 10.41, 10.44)	

[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 Becky Culp, Fr, Hamline	40'11"	(12.47m)q
2 Jamie Kelly, So, St. Catherine	38'7"	(11.76m)q
3 Kristen Warren, Jr, Concordia Moorhead	38'6.25"	(11.74m)q
4 Nicole Flackey, Fr, St. Thomas	36'11"	(11.25m)
5 Amy Maas, So, St. Thomas	36'9"	(11.20m)
6 Megan Endresen, So, Gustavus	36'5.75"	(11.12m)
7 Liz Winkelman, Fr, Hamline	36'4"	(11.07m)
8 Larissa Hansmeier, Jr, Concordia Moorhead	35'1.25"	(10.70m)
9 Celestine Ventura, Sr, St. Catherine	33'5.25"	(10.19m)

Round 1, Flight 2

1 Sam Broderius, Jr, Gustavus	43'9.25"	(13.34m)q
	NCAA provisional	
2 Sami Larson, Sr, St. Catherine	42'2.75"	(12.87m)q
3 Kaelene Lundstrum, Sr, Gustavus	40'7.5"	(12.38m)q
4 Jenna Lewis, Sr, St. Thomas	40'1.25"	(12.22m)q
5 Robyn Wernberg, Jr, Hamline	39'10.75"	(12.16m)q
6 Diana Scott, Sr, Gustavus	37'11.25"	(11.56m)q
7 Sarah Lemke, Jr, St. Thomas	37'5.75"	(11.42m)
8 Socorro Booker, Fr, Saint Mary's	36'10.5"	(11.24m)
9 Felisha Willaert, Jr, St. Thomas	36'2.75"	(11.04m)

Final

1 Sam Broderius, Jr, Gustavus	43'10.75"	(13.38m)
	(12.24, 12.95, 13.34, 12.83, F, 13.38)	
	NCAA provisional	
2 Sami Larson, Sr, St. Catherine	43'0.25"	(13.11m)
	(12.70, 12.87, 12.44, 12.67, 12.30, 13.11)	
	NCAA provisional	
3 Becky Culp, Fr, Hamline	40'11"	(12.47m)
	(11.56, 11.60, 12.47, 11.13, 11.37, 11.26)	
4 Kaelene Lundstrum, Sr, Gustavus	40'7.5"	(12.38m)
	(12.38, 12.18, 11.67, 11.96, 12.14, 11.53)	
5 Jenna Lewis, Sr, St. Thomas	40'1.25"	(12.22m)
	(11.44, 12.22, F, F, 10.69, 11.65)	
6 Kristen Warren, Jr, Concordia Moorhead	39'11.25"	(12.17m)
	(11.27, F, 11.74, 11.59, 11.37, 12.17)	

7	Robyn Wernberg, Jr, Hamline	39'10.75" (12.16m)
	(11.62, 11.68, 12.16, 11.62, 11.76, F)	
8	Jamie Kelly, So, St. Catherine	38'7" (11.76m)
	(11.32, 11.76, 10.69, 11.54, 11.42, 11.21)	
9	Diana Scott, Sr, Gustavus	38'4.75" (11.70m)
	(11.47, 11.56, 11.32, F, 11.70, 11.48)	

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

1	Becky Culp, Fr, Hamline	134'8" (41.04m)q
2	Sam Broderius, Jr, Gustavus	134'2" (40.89m)q
3	Robyn Wernberg, Jr, Hamline	131'3" (40.01m)q
4	Kristen Warren, Jr, Concordia Moorhead	117'8" (35.88m)q
5	Nicole Heitmann, Jr, Saint Mary's	117'0" (35.66m)q
6	Jenna Lewis, Sr, St. Thomas	116'7" (35.53m)
7	Megan Endresen, So, Gustavus	112'7" (34.32m)
8	Laura Rahman, Sr, Concordia Moorhead	110'8" (33.75m)
9	Kierstin Nygaard, Jr, Concordia Moorhead	106'10" (32.56m)

Round 1, Flight 2

1	Felisha Willaert, Jr, St. Thomas	135'1" (41.17m)q
2	Amy Maas, So, St. Thomas	129'4" (39.42m)q
3	Allyson Hannemann, So, Gustavus	118'9" (36.21m)q
4	Anna Bauer, Sr, Gustavus	117'11" (35.94m)q
5	Brenna Coyle, So, Hamline	116'3" (35.43m)
6	Emily Davis, Jr, Concordia Moorhead	115'9" (35.29m)
7	Jamie Kelly, So, St. Catherine	111'11" (34.13m)
8	Kelly Lovett, Jr, Carleton	108'1" (32.94m)
	Celestine Ventura, Sr, St. Catherine	ND

Final

1	Felisha Willaert, Jr, St. Thomas	138'0" (42.06m)
	(39.00, 41.17, 37.06, 38.57, 40.44, 42.06)	
	NCAA provisional	
2	Becky Culp, Fr, Hamline	137'8" (41.97m)
	(39.32, 41.04, 38.68, 40.97, 40.69, 41.97)	
	NCAA provisional	
3	Sam Broderius, Jr, Gustavus	134'2" (40.89m)
	(38.76, 40.36, 40.89, 36.97, 38.45, 39.97)	
4	Robyn Wernberg, Jr, Hamline	134'1" (40.86m)
	(40.01, 36.56, 38.43, 40.86, F, F)	
5	Amy Maas, So, St. Thomas	129'4" (39.42m)
	(39.42, F, 37.07, F, 38.81, F)	
6	Allyson Hannemann, So, Gustavus	118'9" (36.21m)
	(36.21, 33.36, F, F, F, F)	
7	Anna Bauer, Sr, Gustavus	117'11" (35.94m)
	(35.94, 34.44, 33.04, 31.26, 35.71, 35.86)	
8	Kristen Warren, Jr, Concordia Moorhead	117'8" (35.88m)
	(31.84, 35.88, 32.60, 32.63, 34.89, 35.08)	
9	Nicole Heitmann, Jr, Saint Mary's	117'0" (35.66m)
	(35.23, F, 35.66, F, F, 31.06)	

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, Sr, St. Thomas	158'11" (48.45m)q
	NCAA provisional	

2 Sara Harstad, Jr, Saint Mary's	149'10"	(45.68m)q
3 Brenna Coyle, So, Hamline	148'3"	(45.19m)q
4 Emily Davis, Jr, Concordia Moorhead	141'10"	(43.25m)q
5 Robyn Wernberg, Jr, Hamline	141'5"	(43.11m)q
6 Celestine Ventura, Sr, St. Catherine	141'3"	(43.05m)q
7 Sarah Lemke, Jr, St. Thomas	140'0"	(42.69m)
8 Megan Endresen, So, Gustavus	130'8"	(39.84m)
Nicole Flackey, Fr, St. Thomas	ND	

Round 1, Flight 2

1 Megan Honan, Sr, St. Thomas	150'5"	(45.84m)q
2 Diana Scott, Sr, Gustavus	148'3"	(45.20m)q
3 Heidi Golliet, Sr, St. Benedict	141'3"	(43.07m)q
4 Anna Bauer, Sr, Gustavus	138'3"	(42.14m)
5 Sam Broderius, Jr, Gustavus	137'6"	(41.91m)
6 Erin Leyden, Jr, Augsburg	133'1"	(40.57m)
7 Kassondra Burtis, So, Saint Mary's	127'3"	(38.78m)
8 Sami Larson, Sr, St. Catherine	125'1"	(38.14m)
9 Kierstin Nygaard, Jr, Concordia Moorhead	124'9"	(38.02m)

Final

1 Jenna Lewis, Sr, St. Thomas	158'11"	(48.45m)
(F, 42.75, 48.45, 47.86, 45.48, 48.19)		
NCAA provisional		
2 Sara Harstad, Jr, Saint Mary's	154'8"	(47.14m)
(F, 43.13, 45.68, 44.83, F, 47.14)		
NCAA provisional		
3 Megan Honan, Sr, St. Thomas	150'5"	(45.84m)
(43.42, 45.84, F, F, 43.81, F)		
4 Diana Scott, Sr, Gustavus	149'3"	(45.51m)
(F, 45.20, F, F, 45.51, F)		
5 Brenna Coyle, So, Hamline	148'3"	(45.19m)
(45.19, 42.74, 43.71, 41.08, 43.80, 31.45)		
6 Robyn Wernberg, Jr, Hamline	143'9"	(43.83m)
(43.11, F, 42.38, 43.83, 43.21, F)		
7 Emily Davis, Jr, Concordia Moorhead	143'0"	(43.58m)
(43.25, F, 40.24, 43.58, 42.37, 43.24)		
8 Heidi Golliet, Sr, St. Benedict	141'3"	(43.07m)
(41.91, 42.42, 43.07, F, 33.61, 42.21)		
9 Celestine Ventura, Sr, St. Catherine	141'3"	(43.05m)
(43.05, 42.68, 41.43, F, 38.90, 39.69)		

[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 Katherine Brott, Jr, Concordia Moorhead	127'2"	(38.76m)q
Stadium record		
Was 125-1 (38.13m); Ashley Luehmann, Unattached, 4/17/2009		
2 Leah Kay, Sr, Concordia Moorhead	118'0"	(35.98m)q
3 Janey Helland, Jr, Gustavus	111'7"	(34.02m)q
4 Sami Larson, Sr, St. Catherine	106'11"	(32.58m)q
5 Becca Bryson, Sr, Gustavus	106'8"	(32.51m)q
6 Sarah Peterson, Jr, Concordia Moorhead	101'1"	(30.83m)
7 Brianne Thompson, Concordia Moorhead	98'4"	(29.98m)
8 Mary-Michael Vance, Jr, Concordia Moorhead	97'5"	(29.71m)
9 Kaelene Lundstrum, Sr, Gustavus	94'7"	(28.82m)

Round 1, Flight 2

1 Kelly Lovett, Jr, Carleton	135'10"	(41.41m)q
NCAA provisional		
Stadium record		
2 Kyley Crotty, Sr, St. Thomas	126'3"	(38.49m)q
3 Tara Ray, Sr, Concordia Moorhead	113'3"	(34.52m)q
4 Kristen Warren, Jr, Concordia Moorhead	112'9"	(34.38m)q
5 Kaari Jensen, Fr, Concordia Moorhead	103'7"	(31.59m)
6 Maria Gans, Jr, St. Benedict	103'3"	(31.47m)
7 Jill Merkle, So, Carleton	91'3"	(27.82m)

8 Rachel Gottesman, Fr, Carleton 82'11" (25.27m)  
 9 Laura Secor, Jr, Gustavus 70'11.25" (21.62m)

Final

1 Kyley Crotty, Sr, St. Thomas 145'7" (44.38m)  
 (38.49, 37.40, 36.30, 44.38, 39.77, 43.83)  
 NCAA provisional  
 NCAA automatic  
 Stadium record

2 Kelly Lovett, Jr, Carleton 135'10" (41.41m)  
 (40.37, 39.33, 41.41, 36.90, 40.57, 35.58)  
 NCAA provisional

3 Katherine Brott, Jr, Concordia Moorhead 127'2" (38.76m)  
 (38.35, 38.76, 35.80, 37.10, 35.04, 35.02)

4 Leah Kay, Sr, Concordia Moorhead 118'0" (35.98m)  
 (29.61, 31.48, 35.98, 35.97, 32.79, P)

5 Becca Bryson, Sr, Gustavus 118'0" (35.96m)  
 (32.51, 30.53, 30.23, 32.95, 35.96, 34.66)

6 Kristen Warren, Jr, Concordia Moorhead 115'3" (35.12m)  
 (34.38, 34.23, 31.86, F, 35.12, F)

7 Tara Ray, Sr, Concordia Moorhead 113'3" (34.52m)  
 (34.52, F, 28.05, 27.86, 27.19, 31.01)

8 Janey Helland, Jr, Gustavus 111'7" (34.02m)  
 (32.43, 27.42, 34.02, 29.87, 31.77, P)

9 Sami Larson, Sr, St. Catherine 107'3" (32.71m)  
 (28.52, 32.58, F, 32.71, F, F)

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

1 Leah Kay, Sr, Concordia Moorhead 5'5" (1.65m)  
 (1.51[2], 1.56, 1.59, 1.65[3])  
 NCAA provisional  
 Stadium record  
 Was 5-3 (1.60m); Julia Baranek, UW-Eau Claire, 4/17/2009

2 Julia Renner, So, St. Benedict 5'3.75" (1.62m)  
 (1.46, 1.51, 1.56, 1.59, 1.62[2])

2 Kaelene Lundstrum, Sr, Gustavus 5'3.75" (1.62m)  
 (1.46, 1.51, 1.56, 1.59, 1.62[2])

4 Janey Helland, Jr, Gustavus 5'2.5" (1.59m)

5 Kari Whitney, Fr, Bethel 5'1.25" (1.56m)  
 (1.46, 1.51, 1.56)

5 Lynn Robohm, So, Hamline 5'1.25" (1.56m)  
 (1.46, 1.51, 1.56)

7 Alyssa Deutschmann, Jr, Concordia Moorhead 5'1.25" (1.56m)  
 (1.46, 1.51[2], 1.56[2])

8 Sarah Baker, Fr, Gustavus 5'1.25" (1.56m)  
 (1.41, 1.46, 1.51, 1.56[3])

9 Kyla Walter, Jr, Carleton 4'11.5" (1.51m)  
 (1.46, 1.51)

10 Tatijana MullerDahlberg, So, Concordia Moorhead 4'11.5" (1.51m)  
 (1.41, 1.46, 1.51[2])

10 Holly Schiedermayer, So, Macalester 4'11.5" (1.51m)  
 (1.41, 1.46, 1.51[2])

12 Audrey Mills, So, Macalester 4'11.5" (1.51m)  
 (1.41, 1.46, 1.51[3])

13 Lauren West, Fr, Bethel 4'9.5" (1.46m)  
 (1.46)

14 Ellen Hawley, Fr, St. Olaf 4'9.5" (1.46m)  
 (1.41, 1.46[2])

15 Becca Bryson, Sr, Gustavus 4'9.5" (1.46m)  
 (1.46[3])

Pole Vault

1	Danielle Busch, Fr, St. Benedict	12'0.75" (3.68m)
	(3.13, 3.28[2], 3.38, 3.48, 3.58[2], 3.68[2])	
	NCAA provisional	
2	Amie Fillmore, Sr, St. Olaf	11'9" (3.58m)
	(3.28, 3.38[2], 3.48, 3.58)	
3	Allyson Voss, Fr, Gustavus	10'9" (3.28m)
	(2.98[2], 3.13, 3.28[2])	
3	Jennifer Ampe, Jr, St. Catherine	10'9" (3.28m)
	(2.83, 2.98, 3.13[2], 3.28[2])	
5	Britney Daniel, Jr, St. Thomas	10'9" (3.28m)
	(2.98[3], 3.13[2], 3.28[2])	
6	Kelley Frost, Jr, Bethel	10'3.25" (3.13m)
	(2.83, 2.98, 3.13)	
6	Arlene Behling, Jr, Hamline	10'3.25" (3.13m)
	(2.83, 2.98, 3.13)	
8	Kristina Popov, Jr, St. Catherine	10'3.25" (3.13m)
	(2.83, 2.98[2], 3.13)	
9	Megan Erlandson, So, Carleton	10'3.25" (3.13m)
	(2.83, 2.98, 3.13[2])	
10	Holly Hoffman, So, Gustavus	10'3.25" (3.13m)
	(2.83, 2.98[2], 3.13[2])	
10	Angela McGehee, Jr, St. Thomas	10'3.25" (3.13m)
	(2.83, 2.98[2], 3.13[2])	
12	Katelyn Anderson, Jr, Hamline	10'3.25" (3.13m)
	(2.83, 2.98, 3.13[3])	
	Stephanie Jenkins, Fr, Hamline	NH
	Brittany Tuberg, Fr, Augsburg	NH
	Carly Braun, Fr, Hamline	NH

Heptathlon

1	Janey Helland, Jr, Gustavus	4508
	(16.07, 1.61, 9.43, 26.98, 5.36, 26.89, 2:23.86)	
	NCAA provisional	
2	Kaelene Lundstrum, Sr, Gustavus	4457
	(15.69, 1.58, 11.83, 27.32, 4.88, 27.72, 2:29.72)	
	NCAA provisional	
3	Leah Kay, Sr, Concordia Moorhead	4391
	(16.96, 1.61, 10.40, 27.10, 4.75, 34.18, 2:26.67)	
	NCAA provisional	
4	Tara Ray, Sr, Concordia Moorhead	4249
	(15.71, 1.49, 9.11, 27.05, 4.91, 29.89, 2:29.42)	
	NCAA provisional	
5	Kaari Jensen, Fr, Concordia Moorhead	3962
	(16.41, 1.46, 7.84, 26.82, 4.86, 27.59, 2:33.39)	
6	Steph Kortan, So, St. Benedict	3791
	(17.32, 1.34, 8.58, 27.36, 4.87, 27.61, 2:28.90)	
7	Clare Murn, Fr, St. Benedict	3790
	(17.14, 1.37, 9.02, 26.52, 5.13, 19.74, 2:34.97)	
8	Laura Secor, Jr, Gustavus	3560
	(17.79, 1.37, 7.89, 29.23, 4.38, 28.40, 2:22.05)	
9	Macy Bentley, Jr, Concordia Moorhead	3487
	(17.32, 1.46, 7.25, 28.17, 4.64, 20.54, 2:36.13)	
10	Becca Bryson, Sr, Gustavus	3455
	(17.88, 1.52, 9.15, 29.39, 4.83, 30.40, 3:05.93)	
11	Amy Elson, Sr, Carleton	3321
	(18.48, 1.46, 7.66, 28.56, 4.60, 18.44, 2:35.48)	

12	Gina Michaels, Jr, St. Thomas	3261
	(17.37, 1.37, 8.58, 28.56, 4.39, 17.88, 2:41.99)	
13	Emily Swenson, Fr, St. Benedict	3127
	(17.17, 1.46, 7.12, 29.34, 4.46, 14.68, 2:47.29)	
14	Sabrina Buslack-Larsen, Fr, Saint Mary's	3118
	(18.74, 1.46, 9.31, 29.84, 3.94, 22.68, 2:45.04)	

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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	168.0
2	Gustavus	132.5
3	St. Benedict	89.0
4	Concordia Moorhead	88.0
5	Bethel	71.0
6	Hamline	70.0
7	St. Olaf	60.0
8	Carleton	54.0
9	Augsburg	52.0
10	St. Catherine	48.5
11	Saint Mary's	22.0
12	Macalester	3.0

[Click here](#) for data on men  
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