



MIAC Indoor Performance List

60 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Liu, Landen	FR-1	Bethel (Minn.)	6.76	MIAC Indoor Multi Championships	Feb 23, 2023
2	Eben Ebai, Samuel	SR-4	St. Scholastica	6.84	The CSS Opener	Dec 10, 2022
3	Arthur, Kevin	JR-3	St. John's (Minn.)	6.91	MIAC Indoor Multi Championships	Feb 23, 2023
4	Le, Nathan	SO-2	Gustavus Adolphus	6.99	St. Olaf Invitational	Jan 28, 2023
5	Skelly, Matthew	SO-2	Gustavus Adolphus	7.00	St. Olaf Invitational	Jan 28, 2023
6	Conneh, Varney	SR-4	Augsburg	7.04	Vanessa Seljeskog Classic	Jan 21, 2023
7	Heitler, Arlo	SO-2	Macalester	7.05	Vanessa Seljeskog Classic	Jan 21, 2023
8	Simon, Godsword	SO-2	Bethel (Minn.)	7.08	MIAC Indoor Multi Championships	Feb 23, 2023
9	McConnell, Cameron	SO-2	Bethel (Minn.)	7.10	Stout Quad	Feb 10, 2023
10	Morical, Nolan	SO-2	Concordia-Moorhead	7.11	UND Tune-Up	Feb 18, 2023
11	Lord, Demetri	SO-2	St. Olaf	7.13	Wartburg Qualifier	Mar 3, 2023
12	Wheeler, Caden	FR-1	St. John's (Minn.)	7.17	Gopher Classic	Feb 4, 2023
13	Asplin, Collin	FR-1	Bethel (Minn.)	7.21	MIAC Indoor Multi Championships	Feb 23, 2023
13	Alfaro Diedrich, Sean	SO-2	St. Scholastica	7.21	St Olaf Tostrud Classic	Feb 18, 2023
15	Schaffer, Dawson	JR-3	Concordia-Moorhead	7.23	Bison Open	Feb 3, 2023
15	Arnold, Dylan	SO-2	St. Olaf	7.23	MIAC Indoor Multi Championships	Feb 23, 2023
17	Zong-Naba, Sylvain	SO-2	Macalester	7.24	MIAC Indoor Multi Championships	Feb 23, 2023
17	Smith, Albert	SR-4	Bethel (Minn.)	7.24	Vanessa Seljeskog Classic	Jan 21, 2023
19	Kritsberg, Ben	FR-1	Saint Mary's (Minn.)	7.26	MIAC Indoor Multi Championships	Feb 23, 2023
19	Popoca, Emanuel	SO-2	St. John's (Minn.)	7.26	MIAC Indoor Multi Championships	Feb 23, 2023
19	Schegel, Abe	SR-4	Bethel (Minn.)	7.26	MIAC Indoor Multi Championships	Feb 23, 2023
22	Smith, Kpeweh	SR-4	Augsburg	7.27	St. Olaf Invitational	Jan 28, 2023
23	Pettis, Andrei	FR-1	Hamline	7.28	MIAC Indoor Multi Championships	Feb 23, 2023
23	Thomas, Reece	SO-2	Hamline	7.28	Gopher Classic	Feb 4, 2023
25	Korum, Levi	SO-2	Bethel (Minn.)	7.29	Gene Glader Classic	Feb 18, 2023
26	Conteh, Colin	JR-3	Concordia-Moorhead	7.30	Bison Open	Feb 3, 2023
27	McNearney, Devin	SO-2	St. Olaf	7.31	Gopher Classic	Feb 4, 2023
27	Thomsen, Josh	SO-2	Hamline	7.31	St. Thomas Indoor Invitational	Jan 13, 2023
29	Haack, Tony	FR-1	Bethel (Minn.)	7.35	MIAC Indoor Multi Championships	Feb 23, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
29	Schaffer, Zach	FR-1	St. John's (Minn.)	7.35	Gopher Classic	Feb 4, 2023
31	Townsend, Miles	FR-1	St. Olaf	7.36	St. Olaf Ole Opener	Jan 13, 2023
32	Moo, Eh Ler	FR-1	St. Olaf	7.37	St. Olaf Ole Opener	Jan 13, 2023
32	Weber, Rylan	FR-1	Concordia-Moorhead	7.37	2022 Dakota Classic indoor	Dec 2, 2022
34	Petron, Jordan	SO-2	Concordia-Moorhead	7.38	UND Tune-Up	Feb 18, 2023
34	Sletta, Josh	JR-3	St. John's (Minn.)	7.38	CSB/SJU Alumni Meet	Jan 28, 2023
36	Ungar, Alec	SO-2	St. John's (Minn.)	7.39	CSB/SJU Alumni Meet	Jan 28, 2023
36	Bies, Danny	SO-2	Gustavus Adolphus	7.39	CSB / SJU Invitational	Feb 11, 2023
38	Gwin, Samuel	FR-1	St. Olaf	7.41	St Olaf Tostrud Classic	Feb 18, 2023
39	Fisher, Henry	SO-2	St. Olaf	7.42	Chuck Petersen Open	Dec 3, 2022
39	Mortensen, Ian	JR-3	Carleton	7.42	St. Olaf Invitational	Jan 28, 2023

200 Meters

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Liu, Landen	FR-1	Bethel (Minn.)	21.58	Mark Guthrie Legacy Invitational	Feb 4, 2023	NWI
2	Parent , Jacob	SO-2	Bethel (Minn.)	22.10	Vanessa Seljeskog Classic	Jan 21, 2023	NWI
3	Heitler, Arlo	SO-2	Macalester	22.35	St Olaf Tostrud Classic	Feb 18, 2023	NWI
4	Wright, Cal	SR-4	Concordia-Moorhead	22.37	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
5	Eben Ebai, Samuel	SR-4	St. Scholastica	22.44	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
6	Arthur, Kevin	JR-3	St. John's (Minn.)	22.46	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
7	Quiring, Wyatt	SR-4	Gustavus Adolphus	22.52	Wartburg Qualifier	Mar 3, 2023	NWI
8	Bulwa, Chris	SO-2	Saint Mary's (Minn.)	22.55	Maverick Invitational	Feb 17, 2023	NWI
9	Nelson, Grant	FR-1	Bethel (Minn.)	22.58	Stout Quad	Feb 10, 2023	NWI
10	Ekiyor, Jayson	SO-2	Bethel (Minn.)	22.65	Mark Guthrie Legacy Invitational	Feb 4, 2023	NWI
11	McConnell, Cameron	SO-2	Bethel (Minn.)	22.77	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
12	Braun, Alec	SO-2	Bethel (Minn.)	23.16	Gene Glader Classic	Feb 18, 2023	NWI
13	Conneh, Varney	SR-4	Augsburg	23.17	St. Olaf Invitational	Jan 28, 2023	NWI
14	Morical, Nolan	SO-2	Concordia-Moorhead	23.23%	UND Tune-Up	Feb 18, 2023	NWI
15	Thomsen, Josh	SO-2	Hamline	23.24	Vanessa Seljeskog Classic	Jan 21, 2023	NWI
15	Wheeler, Caden	FR-1	St. John's (Minn.)	23.24	Gopher Classic	Feb 4, 2023	NWI
17	Myres, David	JR-3	Bethel (Minn.)	23.34	St. Olaf Invitational	Jan 28, 2023	NWI
18	Alfaro Diedrich, Sean	SO-2	St. Scholastica	23.42	Lake Superior Challenge - College of St. Scholastica	Feb 4, 2023	NWI
18	Fisher, Henry	SO-2	St. Olaf	23.42	Gopher Classic	Feb 4, 2023	NWI
20	Peterson, Jericho	JR-3	St. Scholastica	23.43	St Olaf Tostrud Classic	Feb 18, 2023	NWI
21	Skelly, Matthew	SO-2	Gustavus Adolphus	23.47	Maverick Invitational	Feb 17, 2023	NWI

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
22	Schaffer, Dawson	JR-3	Concordia-Moorhead	23.48	2022 Dakota Classic indoor	Dec 2, 2022	NWI
23	Haack, Tony	FR-1	Bethel (Minn.)	23.49	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
24	Karngar, Trokon	SR-4	Bethel (Minn.)	23.55	Gene Glader Classic	Feb 18, 2023	NWI
24	Le, Nathan	SO-2	Gustavus Adolphus	23.55	Ted Nelson Classic	Feb 4, 2023	NWI
26	Zeitchick, Seth	JR-3	Gustavus Adolphus	23.58	St. Olaf Invitational	Jan 28, 2023	NWI
27	Popoca, Emanuel	SO-2	St. John's (Minn.)	23.60	Maverick Invitational	Feb 17, 2023	NWI
28	McNearney, Devin	SO-2	St. Olaf	23.61	Gopher Classic	Feb 4, 2023	NWI
29	Wang, Jeff	SO-2	Macalester	23.63	Gopher Classic	Feb 4, 2023	NWI
30	Kogut, Jacob	SO-2	Macalester	23.65	Gopher Classic	Feb 4, 2023	NWI
30	Jackson, Garrett	SR-4	Saint Mary's (Minn.)	23.65	Maverick Invitational	Feb 17, 2023	NWI
32	Asplin, Collin	FR-1	Bethel (Minn.)	23.66	Gene Glader Classic	Feb 18, 2023	NWI
33	Couper, David	SO-2	Hamline	23.68	St Olaf Tostrud Classic	Feb 18, 2023	NWI
34	Conzemius, Ryan	SO-2	St. John's (Minn.)	23.71	CSB/SJU Alumni Meet	Jan 28, 2023	NWI
35	Smith, Albert	SR-4	Bethel (Minn.)	23.77	St. Olaf Invitational	Jan 28, 2023	NWI
36	Bies, Danny	SO-2	Gustavus Adolphus	23.78	CSB / SJU Invitational	Feb 11, 2023	NWI
37	Petron, Jordan	SO-2	Concordia-Moorhead	23.80%	UND Tune-Up	Feb 18, 2023	NWI
38	Kubicek, Noah	FR-1	St. Scholastica	23.90	Warren Bowlus Multi & Open	Jan 27, 2023	NWI
39	Johnson, Brady	SO-2	Saint Mary's (Minn.)	23.91	St. Olaf Invitational	Jan 28, 2023	NWI
39	Cisewski, Antonio	SO-2	Saint Mary's (Minn.)	23.91	Maverick Invitational	Feb 17, 2023	NWI

400 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Parent , Jacob	SO-2	Bethel (Minn.)	48.30	UWL Indoor Eagle Open	Feb 17, 2023
2	Smith, Joel	SR-4	Bethel (Minn.)	48.93	Wartburg Qualifier	Mar 3, 2023
3	Gagnon, Hayden	SR-4	Concordia-Moorhead	48.98	Wartburg Qualifier	Mar 3, 2023
4	Wright, Cal	SR-4	Concordia-Moorhead	49.23	CSB / SJU Invitational	Feb 11, 2023
5	Heitler, Arlo	SO-2	Macalester	49.67	Carleton Meet of the Hearts	Feb 11, 2023
6	Quiring, Wyatt	SR-4	Gustavus Adolphus	49.84	Maverick Invitational	Feb 17, 2023
7	Nelson, Grant	FR-1	Bethel (Minn.)	50.11	UWL Indoor Eagle Open	Feb 17, 2023
8	Sampson, Josh	JR-3	Bethel (Minn.)	50.42	UWL Indoor Eagle Open	Feb 17, 2023
9	Labine, Brady	SR-4	St. John's (Minn.)	50.48	MIAC Indoor Multi Championships	Feb 23, 2023
10	Bulwa, Chris	SO-2	Saint Mary's (Minn.)	50.80	Minnesota State Massive Meet #1	Feb 10, 2023
11	Wheeler, Caden	FR-1	St. John's (Minn.)	51.31	Maverick Invitational	Feb 17, 2023
12	Wang, Jeff	SO-2	Macalester	51.67	St Olaf Tostrud Classic	Feb 18, 2023
13	Tiongson, Trevor	SO-2	Concordia-Moorhead	51.75	Bison Open	Feb 3, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
14	Eben Ebai, Samuel	SR-4	St. Scholastica	51.85	Twin Ports Invite	Jan 21, 2023
15	Kubicek, Noah	FR-1	St. Scholastica	51.86	Lake Superior Challenge - College of St. Scholastica	Feb 4, 2023
16	Zeitchick, Seth	JR-3	Gustavus Adolphus	51.89	Maverick Invitational	Feb 17, 2023
17	Peterson, Jericho	JR-3	St. Scholastica	51.96	St Olaf Tostrud Classic	Feb 18, 2023
18	Zahrbock, Simon	SR-4	Concordia-Moorhead	52.06	Bison Open	Feb 3, 2023
19	Douglas, Derek	SO-2	St. Scholastica	52.30	Lake Superior Challenge - College of St. Scholastica	Feb 4, 2023
20	Schegel, Abe	SR-4	Bethel (Minn.)	52.32	Mark Guthrie Legacy Invitational	Feb 4, 2023
21	Anderson, Tyler	SO-2	St. Scholastica	52.44	St Olaf Tostrud Classic	Feb 18, 2023
22	Kennedy, Liam	JR-3	Carleton	52.47	Carleton Meet of the Hearts	Feb 11, 2023
23	Anderson, Reese	FR-1	Carleton	52.55	Ted Nelson Classic	Feb 4, 2023
23	Gushwa, Agro	SO-2	Gustavus Adolphus	52.55	Maverick Invitational	Feb 17, 2023
25	Schonebaum, Henry	FR-1	Macalester	52.68	St. Olaf Invitational	Jan 28, 2023
26	Montreuil, Owen	FR-1	St. John's (Minn.)	52.96	Maverick Invitational	Feb 17, 2023
27	Asfaw, Getinat	JR-3	Augsburg	53.00	Vanessa Seljeskog Classic	Jan 21, 2023
28	Haack, Tony	FR-1	Bethel (Minn.)	53.03	Mark Guthrie Legacy Invitational	Feb 4, 2023
29	Oviguian, Peter	JR-3	Gustavus Adolphus	53.14	CSB / SJU Invitational	Feb 11, 2023
30	Langheim, Aiden	FR-1	St. John's (Minn.)	53.18	Maverick Invitational	Feb 17, 2023
31	Conzemius, Ryan	SO-2	St. John's (Minn.)	53.20	CSB / SJU Invitational	Feb 11, 2023
32	Alfaro Diedrich, Sean	SO-2	St. Scholastica	53.24	Twin Ports Invite	Jan 21, 2023
33	Landherr, Fritz	SR-4	Augsburg	53.25	Snowshoe Open	Feb 17, 2023
34	Karngar, Trokon	SR-4	Bethel (Minn.)	53.38	Gene Glader Classic	Feb 18, 2023
35	Karg, Caleb	FR-1	Concordia-Moorhead	53.46	Bison Open	Feb 3, 2023
35	Myres, David	JR-3	Bethel (Minn.)	53.46	Stout Quad	Feb 10, 2023
37	Kessel, Peyton	SO-2	Concordia-Moorhead	53.54	Cobber Indoor Open	Jan 21, 2023
38	Ali, Kalid	SO-2	Macalester	53.60	Carleton Meet of the Hearts	Feb 11, 2023
39	Gilbert-Binder, Ben	FR-1	St. Olaf	53.66	St Olaf Tostrud Classic	Feb 18, 2023
40	Asplin, Collin	FR-1	Bethel (Minn.)	53.67	Stout Quad	Feb 10, 2023

600 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Joel	SR-4	Bethel (Minn.)	1:20.64	Vanessa Seljeskog Classic	Jan 21, 2023
2	Meier, Josh	SO-2	Carleton	1:22.26	MIAC Indoor Multi Championships	Feb 23, 2023
3	Anderson, Reese	FR-1	Carleton	1:22.66	St Olaf Tostrud Classic	Feb 18, 2023
4	Fong, Jeremy	SR-4	Carleton	1:23.05	St Olaf Tostrud Classic	Feb 18, 2023
5	Smith, Tyler	SO-2	Gustavus Adolphus	1:23.36	MIAC Indoor Multi Championships	Feb 23, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
6	Pattison, Alistair	JR-3	Carleton	1:23.48	Carleton Meet of the Hearts	Feb 11, 2023
7	Gagnon, Hayden	SR-4	Concordia-Moorhead	1:23.69	MIAC Indoor Multi Championships	Feb 23, 2023
8	Kubicek, Noah	FR-1	St. Scholastica	1:23.83	St Olaf Tostrud Classic	Feb 18, 2023
9	Bittner, Alex	FR-1	St. Olaf	1:24.11	St Olaf Tostrud Classic	Feb 18, 2023
10	Douglas, Derek	SO-2	St. Scholastica	1:24.63	Twin Ports Invite	Jan 21, 2023
11	Schonebaum, Henry	FR-1	Macalester	1:24.68	Carleton Meet of the Hearts	Feb 11, 2023
12	Labine, Brady	SR-4	St. John's (Minn.)	1:24.81	Maverick Invitational	Feb 17, 2023
13	Asfaw, Getinat	JR-3	Augsburg	1:25.00	Gopher Classic	Feb 4, 2023
14	Rupnow, Markus	SO-2	Gustavus Adolphus	1:25.04	CSB / SJU Invitational	Feb 11, 2023
15	Smith , Nathan	SO-2	Bethel (Minn.)	1:25.38	Vanessa Seljeskog Classic	Jan 21, 2023
16	Estrada, Gabe	SO-2	St. Olaf	1:25.58	Gopher Classic	Feb 4, 2023
17	Nemecek, Lance	FR-1	St. Olaf	1:25.78	St Olaf Tostrud Classic	Feb 18, 2023
18	Montreuil, Owen	FR-1	St. John's (Minn.)	1:25.88	MIAC Indoor Multi Championships	Feb 23, 2023
18	Hensel, Alexei	JR-3	St. John's (Minn.)	1:25.88	Gopher Classic	Feb 4, 2023
20	Mattock, Will	JR-3	St. John's (Minn.)	1:25.98	Gopher Classic	Feb 4, 2023
21	Martin, Zach	FR-1	St. Olaf	1:26.02	St. Olaf Ole Opener	Jan 13, 2023
22	Nelson, Clark	SO-2	Bethel (Minn.)	1:26.03	MIAC Indoor Multi Championships	Feb 23, 2023
23	Oviguian, Peter	JR-3	Gustavus Adolphus	1:26.11	Maverick Invitational	Feb 17, 2023
24	Zahrbock, Simon	SR-4	Concordia-Moorhead	1:26.12%	UND Open	Jan 27, 2023
25	Hussien, Sakariya	SR-4	Augsburg	1:26.26	Gopher Classic	Feb 4, 2023
26	Marble, Jack	JR-3	Gustavus Adolphus	1:26.65	Maverick Invitational	Feb 17, 2023
27	Johnson, Solomon	SR-4	Concordia-Moorhead	1:26.83	Bison Open	Feb 3, 2023
28	Gonzalez-Ramirez, Jose	JR-3	St. Olaf	1:26.88	Gopher Classic	Feb 4, 2023
29	Langheim, Aiden	FR-1	St. John's (Minn.)	1:26.93	CSB / SJU Invitational	Feb 11, 2023
30	Berg, Riley	JR-3	St. John's (Minn.)	1:27.09	Gopher Classic	Feb 4, 2023
31	Ali, Kalid	SO-2	Macalester	1:27.15	St Olaf Tostrud Classic	Feb 18, 2023
32	Gushwa, Agro	SO-2	Gustavus Adolphus	1:27.37	CSB / SJU Invitational	Feb 11, 2023
33	Stewart, Tad	JR-3	Bethel (Minn.)	1:27.43	Vanessa Seljeskog Classic	Jan 21, 2023
34	Rud, Mark	FR-1	Gustavus Adolphus	1:27.87	CSB / SJU Invitational	Feb 11, 2023
35	Gallmeier, Zander	FR-1	Concordia-Moorhead	1:28.11	CSB / SJU Invitational	Feb 11, 2023
36	Marble, Sam	JR-3	Gustavus Adolphus	1:28.65	Maverick Invitational	Feb 17, 2023
37	Cogley, Andrew	SO-2	St. Olaf	1:28.67	Gopher Classic	Feb 4, 2023
38	Witt, Lachlan	SR-4	Macalester	1:28.87	Gopher Classic	Feb 4, 2023
39	Lebakken, Jay	FR-1	Macalester	1:29.13	Gopher Classic	Feb 4, 2023
40	Bosley, Mason	SR-4	Macalester	1:29.33	Carleton Meet of the Hearts	Feb 11, 2023

800 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Asfaw, Getinat	JR-3	Augsburg	1:55.78	Wartburg Qualifier	Mar 3, 2023
2	Smith, Tyler	SO-2	Gustavus Adolphus	1:56.40	Maverick Invitational	Feb 17, 2023
3	Meier, Josh	SO-2	Carleton	1:56.44	MIAC Indoor Multi Championships	Feb 23, 2023
4	Lyness, Indy	FR-1	Carleton	1:57.28	St Olaf Tostrud Classic	Feb 18, 2023
5	Fong, Jeremy	SR-4	Carleton	1:57.70	MIAC Indoor Multi Championships	Feb 23, 2023
6	Pattison, Alistair	JR-3	Carleton	1:57.75	MIAC Indoor Multi Championships	Feb 23, 2023
7	Martin, Zach	FR-1	St. Olaf	1:58.05	MIAC Indoor Multi Championships	Feb 23, 2023
8	Clausing, Nathan	JR-3	St. John's (Minn.)	1:58.66	Maverick Invitational	Feb 17, 2023
9	Rupnow, Markus	SO-2	Gustavus Adolphus	1:58.74	Maverick Invitational	Feb 17, 2023
10	Douglas, Derek	SO-2	St. Scholastica	1:59.09	St Olaf Tostrud Classic	Feb 18, 2023
11	Gonzalez-Ramirez, Jose	JR-3	St. Olaf	1:59.18	MIAC Indoor Multi Championships	Feb 23, 2023
12	Olsson, Tor	SO-2	Macalester	1:59.35	Gopher Classic	Feb 4, 2023
13	Schneider, Grant	FR-1	Saint Mary's (Minn.)	1:59.57	Maverick Invitational	Feb 17, 2023
14	Diekmann, Dillon	SR-4	St. John's (Minn.)	1:59.62	Maverick Invitational	Feb 17, 2023
15	Rud, Mark	FR-1	Gustavus Adolphus	1:59.88	Maverick Invitational	Feb 17, 2023
16	Wallin, Tucker	JR-3	Gustavus Adolphus	1:59.92	St. Olaf Invitational	Jan 28, 2023
17	Johnson, Solomon	SR-4	Concordia-Moorhead	2:00.12	Bison Open	Feb 3, 2023
18	Nichols, Gabe	FR-1	Carleton	2:00.14	Mark Schuck Open and Multi	Jan 27, 2023
19	Roehl, Carson	SO-2	Gustavus Adolphus	2:00.25	St. Olaf Invitational	Jan 28, 2023
20	Hensel, Alexei	JR-3	St. John's (Minn.)	2:00.33	MIAC Indoor Multi Championships	Feb 23, 2023
21	Hussien, Sakariya	SR-4	Augsburg	2:00.41	MIAC Indoor Multi Championships	Feb 23, 2023
22	Rengo, Samuel	JR-3	St. John's (Minn.)	2:00.56	MIAC Indoor Multi Championships	Feb 23, 2023
22	Marsh, Jackson	SO-2	St. Olaf	2:00.56	Stout Quad	Feb 10, 2023
24	Nelson, Clark	SO-2	Bethel (Minn.)	2:00.83	MIAC Indoor Multi Championships	Feb 23, 2023
25	St. Peter, Nick	FR-1	St. John's (Minn.)	2:00.90	Maverick Invitational	Feb 17, 2023
26	Kuecker, Gabe	SO-2	Bethel (Minn.)	2:00.97	Mark Guthrie Legacy Invitational	Feb 4, 2023
27	Mattock, Will	JR-3	St. John's (Minn.)	2:01.00	Maverick Invitational	Feb 17, 2023
28	Berg, Riley	JR-3	St. John's (Minn.)	2:01.06	Maverick Invitational	Feb 17, 2023
29	Stewart, Tad	JR-3	Bethel (Minn.)	2:01.16	Stout Quad	Feb 10, 2023
30	Munoz, Julian	JR-3	St. Olaf	2:01.61	St. Olaf Invitational	Jan 28, 2023
31	Schonebaum, Henry	FR-1	Macalester	2:02.04	St Olaf Tostrud Classic	Feb 18, 2023
32	Bittner, Alex	FR-1	St. Olaf	2:02.56	Vanessa Seljeskog Classic	Jan 21, 2023
33	Peterson, Luke	SO-2	Bethel (Minn.)	2:02.58	Stout Quad	Feb 10, 2023
34	Sagedahl, Penn	JR-3	St. Olaf	2:02.76	Stout Quad	Feb 10, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
35	Lebakken, Jay	FR-1	Macalester	2:03.79	St Olaf Tostrud Classic	Feb 18, 2023
36	Estrada, Gabe	SO-2	St. Olaf	2:04.11	Stout Quad	Feb 10, 2023
37	Hage, Daniel	SR-4	Bethel (Minn.)	2:04.29	MIAC Indoor Multi Championships	Feb 23, 2023
38	Smith , Nathan	SO-2	Bethel (Minn.)	2:04.71	Stout Quad	Feb 10, 2023
39	Wondimu, Bereket	JR-3	Augsburg	2:04.72	Snowshoe Open	Feb 17, 2023
40	Otier, Austin	SO-2	Bethel (Minn.)	2:04.82	Gene Glader Classic	Feb 18, 2023

1000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Nichols, Gabe	FR-1	Carleton	2:30.83	St Olaf Tostrud Classic	Feb 18, 2023
2	Wallin, Tucker	JR-3	Gustavus Adolphus	2:31.32	MIAC Indoor Multi Championships	Feb 23, 2023
3	Coffey, Olaf	SO-2	St. Olaf	2:31.56	MIAC Indoor Multi Championships	Feb 23, 2023
4	Fong, Jeremy	SR-4	Carleton	2:32.43	MIAC Indoor Multi Championships	Feb 23, 2023
5	Asfaw, Getinat	JR-3	Augsburg	2:32.79	MIAC Indoor Multi Championships	Feb 23, 2023
6	Lyness, Indy	FR-1	Carleton	2:32.87	MIAC Indoor Multi Championships	Feb 23, 2023
7	Hussien, Sakariya	SR-4	Augsburg	2:33.29	MIAC Indoor Multi Championships	Feb 23, 2023
8	Llewellyn, Roy	FR-1	Carleton	2:34.09	St Olaf Tostrud Classic	Feb 18, 2023
9	Diekmann, Dillon	SR-4	St. John's (Minn.)	2:34.45	MIAC Indoor Multi Championships	Feb 23, 2023
10	Schneider, Grant	FR-1	Saint Mary's (Minn.)	2:34.79	MIAC Indoor Multi Championships	Feb 23, 2023
11	Neu, Nathan	SO-2	St. Scholastica	2:34.87	Lake Superior Challenge - College of St. Scholastica	Feb 4, 2023
12	Smith, Tyler	SO-2	Gustavus Adolphus	2:35.26	St. Olaf Invitational	Jan 28, 2023
12	Meier, Josh	SO-2	Carleton	2:35.26	Ted Nelson Classic	Feb 4, 2023
14	Olsson, Tor	SO-2	Macalester	2:35.55	Carleton Meet of the Hearts	Feb 11, 2023
15	Roehl, Carson	SO-2	Gustavus Adolphus	2:35.74	Maverick Invitational	Feb 17, 2023
16	Marsh, Jackson	SO-2	St. Olaf	2:36.60	St. Olaf Invitational	Jan 28, 2023
17	Jones, Elijah	SR-4	Carleton	2:36.70	St Olaf Tostrud Classic	Feb 18, 2023
18	St. Peter, Nick	FR-1	St. John's (Minn.)	2:36.82	MIAC Indoor Multi Championships	Feb 23, 2023
19	Rengo, Samuel	JR-3	St. John's (Minn.)	2:37.05	MIAC Indoor Multi Championships	Feb 23, 2023
20	Clausing, Nathan	JR-3	St. John's (Minn.)	2:38.19	CSB / SJU Invitational	Feb 11, 2023
21	Mattock, Will	JR-3	St. John's (Minn.)	2:38.34	CSB / SJU Invitational	Feb 11, 2023
22	Berg, Riley	JR-3	St. John's (Minn.)	2:38.73	MIAC Indoor Multi Championships	Feb 23, 2023
23	Stewart, Tad	JR-3	Bethel (Minn.)	2:38.74	St. Olaf Invitational	Jan 28, 2023
23	Olson, Tanner	SR-4	Concordia-Moorhead	2:38.74	CSB / SJU Invitational	Feb 11, 2023
25	Pattison, Alistair	JR-3	Carleton	2:38.87	St Olaf Tostrud Classic	Feb 18, 2023
26	Sagedahl, Penn	JR-3	St. Olaf	2:38.94	St Olaf Tostrud Classic	Feb 18, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
27	Groshelle, Gavin	SO-2	Concordia-Moorhead	2:39.28	MIAC Indoor Multi Championships	Feb 23, 2023
28	Adams, Brock	SO-2	Macalester	2:39.88	Carleton Meet of the Hearts	Feb 11, 2023
29	Estrada, Gabe	SO-2	St. Olaf	2:40.03	St Olaf Tostrud Classic	Feb 18, 2023
30	Hensel, Alexei	JR-3	St. John's (Minn.)	2:40.79	CSB / SJU Invitational	Feb 11, 2023
31	Kloepfner, Daniel	JR-3	St. John's (Minn.)	2:41.18	CSB / SJU Invitational	Feb 11, 2023
32	Chao, Ben	SR-4	Carleton	2:41.21	MIAC Indoor Multi Championships	Feb 23, 2023
33	Useche, Mateo	JR-3	Macalester	2:42.25	Carleton Meet of the Hearts	Feb 11, 2023
34	Krueger, Jonathan	FR-1	Concordia-Moorhead	2:42.35	CSB / SJU Invitational	Feb 11, 2023
35	Nowacki, Cole	JR-3	Concordia-Moorhead	2:43.13	CSB / SJU Invitational	Feb 11, 2023
36	Doran, Eli	FR-1	St. Olaf	2:43.17	Vanessa Seljeskog Classic	Jan 21, 2023
37	LiaBraaten, Lucas	FR-1	Hamline	2:43.31	St Olaf Tostrud Classic	Feb 18, 2023
37	Hanley, Brett	SO-2	Carleton	2:43.31	Carleton Meet of the Hearts	Feb 11, 2023
39	Thomas, Aidan	SO-2	St. John's (Minn.)	2:43.50	CSB / SJU Invitational	Feb 11, 2023
40	Gathje, Joseph	SO-2	St. John's (Minn.)	2:43.53	CSB / SJU Invitational	Feb 11, 2023

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	Athlete	Year	Team	Time	Meet	Meet Date
1	Nichols, Gabe	FR-1	Carleton	4:09.45	Wartburg Qualifier	Mar 3, 2023
2	Grand, Mitchell	JR-3	St. John's (Minn.)	4:15.43	MIAC Indoor Multi Championships	Feb 23, 2023
3	Wallin, Tucker	JR-3	Gustavus Adolphus	4:16.48	MIAC Indoor Multi Championships	Feb 23, 2023
4	Llewellyn, Roy	FR-1	Carleton	4:16.93	MIAC Indoor Multi Championships	Feb 23, 2023
5	Young, Lloyd	JR-3	St. John's (Minn.)	4:18.30	MIAC Indoor Multi Championships	Feb 23, 2023
6	Melville, Chris	JR-3	Carleton	4:20.17	St Olaf Tostrud Classic	Feb 18, 2023
7	Lyness, Indy	FR-1	Carleton	4:20.80	Mark Schuck Open and Multi	Jan 27, 2023
8	Coffey, Olaf	SO-2	St. Olaf	4:21.40	Stout Quad	Feb 10, 2023
9	Jones, Elijah	SR-4	Carleton	4:21.42	Mark Schuck Open and Multi	Jan 27, 2023
10	Crotteau, Ben	SO-2	Macalester	4:21.48	St Olaf Tostrud Classic	Feb 18, 2023
11	Olsson, Tor	SO-2	Macalester	4:22.98	St. Olaf Invitational	Jan 28, 2023
12	Grove, Carter	SO-2	St. John's (Minn.)	4:23.74	CSB / SJU Invitational	Feb 11, 2023
13	Neu, Nathan	SO-2	St. Scholastica	4:23.79	MIAC Indoor Multi Championships	Feb 23, 2023
14	Ihrke, Nick	SO-2	Macalester	4:23.81	Gopher Classic	Feb 4, 2023
15	Cote, Anders	SO-2	St. Olaf	4:23.82	Vanessa Seljeskog Classic	Jan 21, 2023
16	Bati, Mohammed	FR-1	Augsburg	4:24.13	Vanessa Seljeskog Classic	Jan 21, 2023
17	Smith, Tyler	SO-2	Gustavus Adolphus	4:25.94	Vanessa Seljeskog Classic	Jan 21, 2023
18	Diekmann, Dillon	SR-4	St. John's (Minn.)	4:27.29	Gopher Classic	Feb 4, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
19	Turlington, Kevin	FR-1	St. Olaf	4:27.66	Vanessa Seljeskog Classic	Jan 21, 2023
20	Cavanaugh, Eamon	SO-2	St. John's (Minn.)	4:27.74	CSB / SJU Invitational	Feb 11, 2023
21	Munoz, Julian	JR-3	St. Olaf	4:28.14	Vanessa Seljeskog Classic	Jan 21, 2023
22	Roehl, Carson	SO-2	Gustavus Adolphus	4:28.25	St. Olaf Invitational	Jan 28, 2023
23	Fong, Jeremy	SR-4	Carleton	4:28.32	Mark Schuck Open and Multi	Jan 27, 2023
24	Doran, Eli	FR-1	St. Olaf	4:28.81	St Olaf Tostrud Classic	Feb 18, 2023
25	Brodie, Aric	SR-4	Hamline	4:29.49	St Olaf Tostrud Classic	Feb 18, 2023
26	Hussien, Sakariya	SR-4	Augsburg	4:29.56	Snowshoe Open	Feb 17, 2023
27	McKee, Reece	SO-2	Macalester	4:29.61	Gopher Classic	Feb 4, 2023
28	Asfaw, Getinat	JR-3	Augsburg	4:29.78	Gopher Classic	Feb 4, 2023
29	Hanley, Brett	SO-2	Carleton	4:29.82	MIAC Indoor Multi Championships	Feb 23, 2023
30	Marsh, Jackson	SO-2	St. Olaf	4:29.88	Gopher Classic	Feb 4, 2023
31	Meier, Josh	SO-2	Carleton	4:29.91	Mark Schuck Open and Multi	Jan 27, 2023
32	Clausing, Nathan	JR-3	St. John's (Minn.)	4:30.66	Gopher Classic	Feb 4, 2023
33	Lee, Joe	SO-2	Concordia-Moorhead	4:30.68%	UND Tune-Up	Feb 18, 2023
34	Schneider, Grant	FR-1	Saint Mary's (Minn.)	4:30.87	Minnesota State Massive Meet #1	Feb 10, 2023
35	Sagedahl, Penn	JR-3	St. Olaf	4:30.94	Chuck Petersen Open	Dec 3, 2022
36	Lange, Emerson	FR-1	Carleton	4:31.04	MIAC Indoor Multi Championships	Feb 23, 2023
37	Adams, Brock	SO-2	Macalester	4:31.30	MIAC Indoor Multi Championships	Feb 23, 2023
38	Wielgos, Jake	SO-2	Gustavus Adolphus	4:31.35	St. Olaf Invitational	Jan 28, 2023
39	Thompson, Reese	SO-2	Bethel (Minn.)	4:32.08	Mark Guthrie Legacy Invitational	Feb 4, 2023
40	Madell, Joe	SO-2	Macalester	4:32.09	MIAC Indoor Multi Championships	Feb 23, 2023

3000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Nichols, Gabe	FR-1	Carleton	8:23.01	Ted Nelson Classic	Feb 4, 2023
2	Young, Lloyd	JR-3	St. John's (Minn.)	8:23.15	Snowshoe Open	Feb 17, 2023
3	Bowman, Henry	SR-4	Carleton	8:27.59	Carleton Meet of the Hearts	Feb 11, 2023
4	Kelly, Will	SO-2	St. Olaf	8:28.65	MIAC Indoor Multi Championships	Feb 23, 2023
5	Llewellyn, Roy	FR-1	Carleton	8:33.73	Ted Nelson Classic	Feb 4, 2023
6	Melville, Chris	JR-3	Carleton	8:33.86	MIAC Indoor Multi Championships	Feb 23, 2023
7	Olsson, Tor	SO-2	Macalester	8:36.26	MIAC Indoor Multi Championships	Feb 23, 2023
8	Cote, Anders	SO-2	St. Olaf	8:37.69	MIAC Indoor Multi Championships	Feb 23, 2023
9	Crotteau, Ben	SO-2	Macalester	8:38.47	MIAC Indoor Multi Championships	Feb 23, 2023
10	Grove, Carter	SO-2	St. John's (Minn.)	8:38.94	Gopher Classic	Feb 4, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
11	Bati, Mohammed	FR-1	Augsburg	8:39.40	Snowshoe Open	Feb 17, 2023
12	Jones, Elijah	SR-4	Carleton	8:40.44	Ted Nelson Classic	Feb 4, 2023
13	McKee, Reece	SO-2	Macalester	8:42.03	MIAC Indoor Multi Championships	Feb 23, 2023
14	Ihrke, Nick	SO-2	Macalester	8:45.30	Carleton Meet of the Hearts	Feb 11, 2023
15	Munoz, Julian	JR-3	St. Olaf	8:46.36	MIAC Indoor Multi Championships	Feb 23, 2023
16	Coffey, Olaf	SO-2	St. Olaf	8:47.47	Gopher Classic	Feb 4, 2023
17	Cavanaugh, Eamon	SO-2	St. John's (Minn.)	8:49.59	Snowshoe Open	Feb 17, 2023
18	Lyford, Derk	JR-3	St. Olaf	8:49.84	MIAC Indoor Multi Championships	Feb 23, 2023
19	Lyness, Indy	FR-1	Carleton	8:50.62	Ted Nelson Classic	Feb 4, 2023
20	Lee, Joe	SO-2	Concordia-Moorhead	8:51.28	Bison Open	Feb 3, 2023
21	Thompson, Reese	SO-2	Bethel (Minn.)	8:52.23	Gene Glader Classic	Feb 18, 2023
22	Turlington, Kevin	FR-1	St. Olaf	8:53.16	MIAC Indoor Multi Championships	Feb 23, 2023
23	Montresor, Kevin	JR-3	St. Olaf	8:55.18	Gopher Classic	Feb 4, 2023
24	Smith, Leo	SR-4	Concordia-Moorhead	8:57.97	MIAC Indoor Multi Championships	Feb 23, 2023
25	Neu, Nathan	SO-2	St. Scholastica	8:59.12	Warren Bowlus Multi & Open	Jan 27, 2023
26	Graber, Grant	SO-2	Bethel (Minn.)	8:59.21	Gene Glader Classic	Feb 18, 2023
27	Wielgos, Jake	SO-2	Gustavus Adolphus	9:00.18	Ted Nelson Classic	Feb 4, 2023
28	LaVigne, Trevor	SO-2	Gustavus Adolphus	9:01.26	Maverick Invitational	Feb 17, 2023
29	Hinchcliffe, Henry	SO-2	Gustavus Adolphus	9:02.98	Maverick Invitational	Feb 17, 2023
30	Aoki-Sherwood, Ben	SR-4	Carleton	9:04.13	Carleton Meet of the Hearts	Feb 11, 2023
31	Brodie, Aric	SR-4	Hamline	9:04.74	MIAC Indoor Multi Championships	Feb 23, 2023
32	McCullough, Logan	SO-2	Gustavus Adolphus	9:06.20	MIAC Indoor Multi Championships	Feb 23, 2023
33	St George, Aidan	JR-3	Bethel (Minn.)	9:07.24	Gene Glader Classic	Feb 18, 2023
34	Kurts, Waylon	FR-1	St. Olaf	9:07.40	St Olaf Tostrud Classic	Feb 18, 2023
35	Schneider, Grant	FR-1	Saint Mary's (Minn.)	9:08.68	Pat Healy Classic	Jan 21, 2023
36	Appel, Aidan	SO-2	Macalester	9:08.90	St Olaf Tostrud Classic	Feb 18, 2023
37	Max, Parker	FR-1	St. Olaf	9:10.58	St Olaf Tostrud Classic	Feb 18, 2023
38	Edwards, Tyler	FR-1	Macalester	9:10.68	Carleton Meet of the Hearts	Feb 11, 2023
39	Manzur Strandlund, Gael	FR-1	St. Olaf	9:11.28	St Olaf Tostrud Classic	Feb 18, 2023
40	Kalsnes, Jonah	SO-2	Gustavus Adolphus	9:15.40	CSB / SJU Invitational	Feb 11, 2023

5000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Bocovich, Logan	JR-3	St. Olaf	14:26.94	Chuck Petersen Open	Dec 3, 2022
2	Bati, Mohammed	FR-1	Augsburg	14:37.77	Wartburg Qualifier	Mar 3, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
3	Young, Lloyd	JR-3	St. John's (Minn.)	14:45.09%	SDSU Indoor Classic	Feb 10, 2023
4	Kelly, Will	SO-2	St. Olaf	14:50.74	MIAC Indoor Multi Championships	Feb 23, 2023
5	Bowman, Henry	SR-4	Carleton	14:55.52	Mark Schuck Open and Multi	Jan 27, 2023
6	Grove, Carter	SO-2	St. John's (Minn.)	14:59.90	MIAC Indoor Multi Championships	Feb 23, 2023
7	Cote, Anders	SO-2	St. Olaf	15:07.93	MIAC Indoor Multi Championships	Feb 23, 2023
8	Melville, Chris	JR-3	Carleton	15:12.09	MIAC Indoor Multi Championships	Feb 23, 2023
9	Ihrke, Nick	SO-2	Macalester	15:14.20	MIAC Indoor Multi Championships	Feb 23, 2023
10	Munoz, Julian	JR-3	St. Olaf	15:15.45	MIAC Indoor Multi Championships	Feb 23, 2023
11	Turlington, Kevin	FR-1	St. Olaf	15:17.54	MIAC Indoor Multi Championships	Feb 23, 2023
12	Lyford, Derk	JR-3	St. Olaf	15:18.77	MIAC Indoor Multi Championships	Feb 23, 2023
13	Cavanaugh, Eamon	SO-2	St. John's (Minn.)	15:19.45	MIAC Indoor Multi Championships	Feb 23, 2023
14	Montresor, Kevin	JR-3	St. Olaf	15:28.93	MIAC Indoor Multi Championships	Feb 23, 2023
15	McCullough, Logan	SO-2	Gustavus Adolphus	15:32.04	MIAC Indoor Multi Championships	Feb 23, 2023
16	Smith, Leo	SR-4	Concordia-Moorhead	15:32.77	MIAC Indoor Multi Championships	Feb 23, 2023
17	McKee, Reece	SO-2	Macalester	15:35.05	MIAC Indoor Multi Championships	Feb 23, 2023
18	Lee, Joe	SO-2	Concordia-Moorhead	15:39.44	MIAC Indoor Multi Championships	Feb 23, 2023
19	Thompson, Reese	SO-2	Bethel (Minn.)	15:41.36	Stout Quad	Feb 10, 2023
20	Aoki-Sherwood, Ben	SR-4	Carleton	15:51.09	Mark Schuck Open and Multi	Jan 27, 2023
21	St George, Aidan	JR-3	Bethel (Minn.)	15:52.14	Stout Quad	Feb 10, 2023
22	Deaver, Jack	SO-2	St. Olaf	15:55.52	St. Olaf Invitational	Jan 28, 2023
23	Kurts, Waylon	FR-1	St. Olaf	16:10.51	St. Olaf Invitational	Jan 28, 2023
24	Max, Parker	FR-1	St. Olaf	16:10.92	Stout Quad	Feb 10, 2023
25	Manzur Strandlund, Gael	FR-1	St. Olaf	16:13.81	Stout Quad	Feb 10, 2023
26	Fiataruolo, Angelo	FR-1	St. Olaf	16:15.45	Stout Quad	Feb 10, 2023
27	Herzog, Kojo	SR-4	St. Olaf	16:24.27	Chuck Petersen Open	Dec 3, 2022
28	Pattie, Jonathan	FR-1	St. Olaf	16:30.54	Stout Quad	Feb 10, 2023
29	Harris, Grayson	SO-2	Augsburg	16:45.67	St. Olaf Invitational	Jan 28, 2023
30	Sackreiter, Soren	FR-1	Gustavus Adolphus	16:50.60	Ted Nelson Classic	Feb 4, 2023
31	McFetridge, Jack	FR-1	St. Olaf	17:00.53	Stout Quad	Feb 10, 2023
32	Ali, Pollei	FR-1	Augsburg	18:39.35	St. Olaf Invitational	Jan 28, 2023

60 Hurdles

	Athlete	Year	Team	Time	Meet	Meet Date
1	Ekiyor, Jayson	SO-2	Bethel (Minn.)	8.00	NCAA Division III Indoor Track & Field Championships	Mar 10, 2023
2	Kramarczuk, Lucas	JR-3	St. Olaf	8.10	MIAC Indoor Multi Championships	Feb 23, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
3	Sampson, Josh	JR-3	Bethel (Minn.)	8.15	NCAA Division III Indoor Track & Field Championships	Mar 10, 2023
4	Thomsen, Josh	SO-2	Hamline	8.17	Vanessa Seljeskog Classic	Jan 21, 2023
5	Myres, David	JR-3	Bethel (Minn.)	8.34	Mark Guthrie Legacy Invitational	Feb 4, 2023
6	Lord, Demetri	SO-2	St. Olaf	8.53	Minnesota State Massive Meet #2	Feb 11, 2023
7	Rhonemus, Wade	SR-4	Concordia-Moorhead	8.80	2022 Dakota Classic indoor	Dec 2, 2022
8	Clark, Logan	FR-1	Concordia-Moorhead	8.83	MIAC Indoor Multi Championships	Feb 23, 2023
9	Mahamud, Hamza	FR-1	Macalester	8.93	MIAC Indoor Multi Championships	Feb 23, 2023
10	Nissen, Matthew	SO-2	St. Olaf	8.94	Chuck Petersen Open	Dec 3, 2022
11	Lelwica, Max	SO-2	St. John's (Minn.)	8.95	MIAC Indoor Multi Championships	Feb 23, 2023
12	Smith, Micah	SR-4	Bethel (Minn.)	8.99	Mark Guthrie Legacy Invitational	Feb 4, 2023
13	Stefanowicz, Sebastian	FR-1	Macalester	9.08	MIAC Indoor Multi Championships	Feb 23, 2023
14	McCormick, Connor	FR-1	Gustavus Adolphus	9.09	Ted Nelson Classic	Feb 4, 2023
15	Mortensen, Ian	JR-3	Carleton	9.11	St Olaf Tostrud Classic	Feb 18, 2023
16	Lee, Josh	SO-2	Bethel (Minn.)	9.12	MIAC Indoor Multi Championships	Feb 23, 2023
17	Borst, Layton	SO-2	St. Olaf	9.16	St Olaf Tostrud Classic	Feb 18, 2023
18	Schulze, Sam	SO-2	Gustavus Adolphus	9.23	Ice Breaker Open & Multi	Dec 9, 2022
19	Elseth, Aaron	FR-1	Bethel (Minn.)	9.25	St. Olaf Invitational	Jan 28, 2023
20	Thurk, Anthony	SO-2	St. John's (Minn.)	9.30	MIAC Indoor Multi Championships	Feb 23, 2023
21	Clayton, Trajen	FR-1	Augsburg	9.32(55)	Carleton Meet of the Hearts	Feb 11, 2023
22	Bottema, Ryan	FR-1	Concordia-Moorhead	9.35	2022 Dakota Classic indoor	Dec 2, 2022
23	Matetich, Cole	SO-2	Gustavus Adolphus	9.36	Vanessa Seljeskog Classic	Jan 21, 2023
24	Skemp, Will	FR-1	St. Olaf	9.44	St Olaf Tostrud Classic	Feb 18, 2023
25	Buxell, Riley	FR-1	St. John's (Minn.)	9.45	MIAC Indoor Multi Championships	Feb 23, 2023
26	Bassett, Jackson	SO-2	St. Olaf	9.47	St Olaf Tostrud Classic	Feb 18, 2023
27	Schegel, Abe	SR-4	Bethel (Minn.)	9.48	MIAC Indoor Multi Championships	Feb 23, 2023
28	Wada, Aki	FR-1	Macalester	9.60(55)	Carleton Meet of the Hearts	Feb 11, 2023
29	Blaeser, Aiden	FR-1	St. John's (Minn.)	9.74	Maverick Invitational	Feb 17, 2023
30	Cogley, Andrew	SO-2	St. Olaf	9.80	Vanessa Seljeskog Classic	Jan 21, 2023
31	Wellman , Trevor	SO-2	Bethel (Minn.)	10.07	MIAC Indoor Multi Championships	Feb 23, 2023
32	Baker, Grant	SO-2	Gustavus Adolphus	10.12	MIAC Indoor Multi Championships	Feb 23, 2023
33	Kienholz, Carter	SO-2	Hamline	10.20	MIAC Indoor Multi Championships	Feb 23, 2023
34	Moeller, Calvin	SO-2	Gustavus Adolphus	10.40	MIAC Indoor Multi Championships	Feb 23, 2023
35	Kallstrom, Brandon	SO-2	Bethel (Minn.)	10.55	MIAC Indoor Multi Championships	Feb 23, 2023
36	Suchomel, Nick	SO-2	Macalester	10.62	Vanessa Seljeskog Classic	Jan 21, 2023
37	Schmidt, Joe	SO-2	Gustavus Adolphus	11.14	MIAC Indoor Multi Championships	Feb 23, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
38	Ramirez, Gael	SO-2	Bethel (Minn.)	12.65	MIAC Indoor Multi Championships	Feb 23, 2023

4 x 200 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Concordia-Moorhead	1:29.31	Morical, Wright, Tiongson, Gagnon	MIAC Indoor Multi Championships	Feb 23, 2023
2	Bethel (Minn.)	1:29.79	Ekiyor, Nelson, Braun, Sampson	MIAC Indoor Multi Championships	Feb 23, 2023
3	St. John's (Minn.)	1:29.80	Popoca, Labine, Wheeler, Arthur	MIAC Indoor Multi Championships	Feb 23, 2023
4	Gustavus Adolphus	1:30.94	Skelly, Quiring, Zeitchick, Le	MIAC Indoor Multi Championships	Feb 23, 2023
5	St. Olaf	1:32.25	McNearny, Fisher, Moo, Gwin	MIAC Indoor Multi Championships	Feb 23, 2023
6	St. Scholastica	1:32.34	Anderson, Peterson, Redig, Eben Ebai	MIAC Indoor Multi Championships	Feb 23, 2023
7	Macalester	1:32.39	Kinnucan, Wang, Schonebaum, Kogut	MIAC Indoor Multi Championships	Feb 23, 2023
8	Saint Mary's (Minn.)	1:33.68	Kritsberg, Jackson, Adamson, Johnson	MIAC Indoor Multi Championships	Feb 23, 2023
9	Hamline	1:34.60	Pettis, Thomas, Pfenning-Wendt, Robinson	MIAC Indoor Multi Championships	Feb 23, 2023
10	Carleton	1:35.57	Demetriades, Shanno, Subramanian, Adams	St Olaf Tostrud Classic	Feb 18, 2023
11	Augsburg	1:37.88	Clayton, Conneh, Landherr, Smith	Vanessa Seljeskog Classic	Jan 21, 2023

4 x 400 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	3:15.61%	Smith, Nelson, Sampson, Parent	NCAA Division III Indoor Track & Field Championships	Mar 10, 2023
2	Concordia-Moorhead	3:24.17%	Tiongson, Gagnon, Zahrbock, Wright	2023 Nebraska Tune-Up	Feb 17, 2023
3	Gustavus Adolphus	3:27.37	Zeitchick, Quiring, Gushwa, Smith	MIAC Indoor Multi Championships	Feb 23, 2023
4	Macalester	3:27.56	Schonebaum, Wang, Kinnucan, Heitler	St Olaf Tostrud Classic	Feb 18, 2023
5	Carleton	3:28.10	Anderson, Lyness, Fong, Meier	MIAC Indoor Multi Championships	Feb 23, 2023
6	St. Olaf	3:28.27	Fisher, Bittner, McNearny, Martin	St Olaf Tostrud Classic	Feb 18, 2023
7	St. Scholastica	3:30.69	Alfaro Diedrich, Peterson, Kubicek, Douglas	The CSS Opener	Dec 10, 2022
8	St. John's (Minn.)	3:31.00	Wheeler, Mattock, Montreuil, St. Peter	MIAC Indoor Multi Championships	Feb 23, 2023
9	Saint Mary's (Minn.)	3:32.72	Johnson, Brindamour, Bulwa, Adamson	Luther Invitational	Feb 4, 2023
10	Augsburg	3:33.36	Landherr, Hussien, Wondimu, Asfaw	Carleton Meet of the Hearts	Feb 11, 2023
11	Hamline	3:41.44	Thomsen, Pfenning-Wendt, Ortiz, Couper	Vanessa Seljeskog Classic	Jan 21, 2023

Distance Medley Relay

	Team	Time	Athletes	Meet	Meet Date
1	Gustavus Adolphus	10:16.01	Smith, Quiring, Rupnow, Wallin	Minnesota State Massive Meet #1	Feb 10, 2023
2	Carleton	10:23.80	Llewellyn, Anderson, Lyness, Nichols	MIAC Indoor Multi Championships	Feb 23, 2023
3	Macalester	10:34.51	Olsson, Kinnucan, Schonebaum, Crotteau	MIAC Indoor Multi Championships	Feb 23, 2023
4	St. John's (Minn.)	10:37.65	St. Peter, Berg, Mattock, Diekmann	MIAC Indoor Multi Championships	Feb 23, 2023

	Team	Time	Athletes	Meet	Meet Date
5	St. Olaf	10:37.71	Marsh, Fisher, Bittner, Doran	MIAC Indoor Multi Championships	Feb 23, 2023
6	Bethel (Minn.)	10:43.27	Graber, Haack, Stewart, Peterson	MIAC Indoor Multi Championships	Feb 23, 2023
7	Concordia-Moorhead	10:46.44	Groshelle, Karg, Gallmeier, Olson	MIAC Indoor Multi Championships	Feb 23, 2023
8	Hamline	12:27.11	LiaBraaten, Pfenning-Wendt, Ortiz, Brodie	MIAC Indoor Multi Championships	Feb 23, 2023

High Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Ungar, Alec	SO-2	St. John's (Minn.)	1.93m	6' 4"	CSB / SJU Invitational	Feb 11, 2023
2	Bies, Danny	SO-2	Gustavus Adolphus	1.92m	6' 3.5"	Maverick Invitational	Feb 17, 2023
2	Marsh, Anthony	SO-2	Concordia-Moorhead	1.92m	6' 3.5"	MIAC Indoor Multi Championships	Feb 23, 2023
2	Braun, Michael	SO-2	Hamline	1.92m	6' 3.5"	St. Thomas Indoor Invitational	Jan 13, 2023
5	Matetich, Cole	SO-2	Gustavus Adolphus	1.90m	6' 2.75"	Vanessa Seljeskog Classic	Jan 21, 2023
5	Braun, Alec	SO-2	Bethel (Minn.)	1.90m	6' 2.75"	Stout Quad	Feb 10, 2023
7	Seiler, Alex	SO-2	St. John's (Minn.)	1.87m	6' 1.5"	Maverick Invitational	Feb 17, 2023
8	Thurk, Anthony	SO-2	St. John's (Minn.)	1.86m	6' 1.25"	MIAC Indoor Multi Championships	Feb 23, 2023
9	Swenson, Simon	FR-1	Bethel (Minn.)	1.85m	6' 0.75"	Vanessa Seljeskog Classic	Jan 21, 2023
10	Cogley, Andrew	SO-2	St. Olaf	1.80m	5' 10.75"	MIAC Indoor Multi Championships	Feb 23, 2023
10	Rhonemus, Wade	SR-4	Concordia-Moorhead	1.80m	5' 10.75"	Bison Open	Feb 3, 2023
12	Lord, Demetri	SO-2	St. Olaf	1.79m	5' 10.5"	Wartburg Qualifier	Mar 3, 2023
13	Lelwica, Max	SO-2	St. John's (Minn.)	1.77m	5' 9.75"	MIAC Indoor Multi Championships	Feb 23, 2023
14	Mortensen, Ian	JR-3	Carleton	1.75m	5' 8.75"	St. Olaf Invitational	Jan 28, 2023
14	Lee, Iain	FR-1	Hamline	1.75m	5' 8.75"	Vanessa Seljeskog Classic	Jan 21, 2023
16	Sullivan, Logan	SO-2	Gustavus Adolphus	1.72m	5' 7.75"	Maverick Invitational	Feb 17, 2023
17	Rian, Woody	SO-2	St. Olaf	1.70m	5' 7"	Chuck Petersen Open	Dec 3, 2022
17	Subramanian, Aravindh	SR-4	Carleton	1.70m	5' 7"	St Olaf Tostrud Classic	Feb 18, 2023
19	Wellman , Trevor	SO-2	Bethel (Minn.)	1.68m	5' 6"	MIAC Indoor Multi Championships	Feb 23, 2023
20	Schulze, Sam	SO-2	Gustavus Adolphus	1.63m	5' 4.25"	CSB / SJU Invitational	Feb 11, 2023
20	Smith, Micah	SR-4	Bethel (Minn.)	1.63m	5' 4.25"	Gene Glader Classic	Feb 18, 2023
22	Schegel, Abe	SR-4	Bethel (Minn.)	1.62m	5' 3.75"	MIAC Indoor Multi Championships	Feb 23, 2023
23	Borst, Layton	SO-2	St. Olaf	1.60m	5' 3"	St. Olaf Invitational	Jan 28, 2023
23	Elseth, Aaron	FR-1	Bethel (Minn.)	1.60m	5' 3"	Stout Quad	Feb 10, 2023
25	Kallstrom, Brandon	SO-2	Bethel (Minn.)	1.59m	5' 2.5"	MIAC Indoor Multi Championships	Feb 23, 2023
26	Kienholz, Carter	SO-2	Hamline	1.58m	5' 2.25"	Mark Schuck Open and Multi	Jan 27, 2023
27	Skemp, Will	FR-1	St. Olaf	1.55m	5' 1"	Stout Quad	Feb 10, 2023
28	Ramirez, Gael	SO-2	Bethel (Minn.)	1.53m	5' 0.25"	Gene Glader Classic	Feb 18, 2023

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
28	McCormick, Connor	FR-1	Gustavus Adolphus	1.53m	5' 0.25"	CSB / SJU Invitational	Feb 11, 2023
30	Schmidt, Joe	SO-2	Gustavus Adolphus	1.44m	4' 8.75"	MIAC Indoor Multi Championships	Feb 23, 2023

Pole Vault

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Charbonneau, Joseph	SO-2	St. John's (Minn.)	4.91m	16' 1.25"	MIAC Indoor Multi Championships	Feb 23, 2023
2	Gardeen, Samuel	SO-2	Bethel (Minn.)	4.47m	14' 8"	Gene Glader Classic	Feb 18, 2023
3	Arnold, Dylan	SO-2	St. Olaf	4.43m	14' 6.25"	Stout Quad	Feb 10, 2023
4	Guth, Kole	FR-1	St. John's (Minn.)	4.42m	14' 6"	Maverick Invitational	Feb 17, 2023
5	Gatz, Aidan	SO-2	Saint Mary's (Minn.)	4.37m	14' 4"	MIAC Indoor Multi Championships	Feb 23, 2023
6	Rhonemus, Wade	SR-4	Concordia-Moorhead	4.31m	14' 1.75"	UND Tune-Up	Feb 18, 2023
7	Eickhoff, Daniel	SO-2	St. John's (Minn.)	4.27m	14' 0"	MIAC Indoor Multi Championships	Feb 23, 2023
8	Mortensen, Ian	JR-3	Carleton	4.17m	13' 8.25"	Carleton Meet of the Hearts	Feb 11, 2023
8	DeGross, Mason	JR-3	St. John's (Minn.)	4.17m	13' 8.25"	MIAC Indoor Multi Championships	Feb 23, 2023
10	Borst, Layton	SO-2	St. Olaf	4.10m	13' 5.25"	Vanessa Seljeskog Classic	Jan 21, 2023
11	Askegaard, Lars	JR-3	St. Olaf	4.02m	13' 2.25"	MIAC Indoor Multi Championships	Feb 23, 2023
12	Doom, Max	SO-2	St. John's (Minn.)	4.01m	13' 1.75"	Gopher Classic	Feb 4, 2023
13	Walker, Erik	SO-2	Gustavus Adolphus	3.92m	12' 10.25"	Maverick Invitational	Feb 17, 2023
13	Johnston, Josh	FR-1	St. John's (Minn.)	3.92m	12' 10.25"	Maverick Invitational	Feb 17, 2023
15	Ream, Joe	FR-1	Gustavus Adolphus	3.90m	12' 9.5"	CSB / SJU Invitational	Feb 11, 2023
16	Adams, Tim	SO-2	Carleton	3.88m	12' 8.75"	Ted Nelson Classic	Feb 4, 2023
17	Engstrom, Oliver	FR-1	Hamline	3.87m	12' 8.25"	MIAC Indoor Multi Championships	Feb 23, 2023
18	Lord, Demetri	SO-2	St. Olaf	3.80m	12' 5.5"	MIAC Indoor Multi Championships	Feb 23, 2023
19	Adams, Andrew	SO-2	St. John's (Minn.)	3.75m	12' 3.5"	CSB / SJU Invitational	Feb 11, 2023
20	Schegel, Abe	SR-4	Bethel (Minn.)	3.70m	12' 1.5"	MIAC Indoor Multi Championships	Feb 23, 2023
21	McCormick, Connor	FR-1	Gustavus Adolphus	3.60m	11' 9.75"	MIAC Indoor Multi Championships	Feb 23, 2023
22	Elahi, Rayan	SO-2	St. Olaf	3.53m	11' 7"	Stout Quad	Feb 10, 2023
23	Marzinske, Logan	SO-2	Gustavus Adolphus	3.52m	11' 6.5"	Maverick Invitational	Feb 17, 2023
24	Lelwica, Max	SO-2	St. John's (Minn.)	3.50m	11' 5.75"	CSB/SJU Alumni Meet	Jan 28, 2023
25	Menter, Forest	FR-1	St. Olaf	3.41m	11' 2.25"	St Olaf Tostrud Classic	Feb 18, 2023
26	Thurk, Anthony	SO-2	St. John's (Minn.)	3.40m	11' 1.75"	MIAC Indoor Multi Championships	Feb 23, 2023
27	Ramirez, Gael	SO-2	Bethel (Minn.)	3.30m	10' 10"	MIAC Indoor Multi Championships	Feb 23, 2023
27	Schulze, Sam	SO-2	Gustavus Adolphus	3.30m	10' 10"	MIAC Indoor Multi Championships	Feb 23, 2023
27	Mikla, Aiden	SO-2	Gustavus Adolphus	3.30m	10' 10"	CSB / SJU Invitational	Feb 11, 2023
30	Cogley, Andrew	SO-2	St. Olaf	3.26m	10' 8.25"	St Olaf Tostrud Classic	Feb 18, 2023

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
31	Kienholz, Carter	SO-2	Hamline	3.21m	10' 6.25"	Mark Schuck Open and Multi	Jan 27, 2023
32	Smith, Micah	SR-4	Bethel (Minn.)	3.20m	10' 6"	St. Olaf Invitational	Jan 28, 2023
33	Daenzer, Luke	FR-1	Bethel (Minn.)	3.12m	10' 2.75"	Gene Glader Classic	Feb 18, 2023
34	Schmidt, Joe	SO-2	Gustavus Adolphus	3.00m	9' 10"	MIAC Indoor Multi Championships	Feb 23, 2023
35	Wellman , Trevor	SO-2	Bethel (Minn.)	2.82m	9' 3"	Gene Glader Classic	Feb 18, 2023
36	Kallstrom, Brandon	SO-2	Bethel (Minn.)	2.52m	8' 3.25"	Gene Glader Classic	Feb 18, 2023
37	Elseth, Aaron	FR-1	Bethel (Minn.)	2.50m	8' 2.5"	MIAC Indoor Multi Championships	Feb 23, 2023

Long Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Schaffer, Zach	FR-1	St. John's (Minn.)	6.88m	22' 7"	Maverick Invitational	Feb 17, 2023	NWI
2	Cisewski, Antonio	SO-2	Saint Mary's (Minn.)	6.60m	21' 8"	Maverick Invitational	Feb 17, 2023	NWI
3	Kramarczuk, Lucas	JR-3	St. Olaf	6.55m	21' 6"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
4	Charlton, Josh	SO-2	St. Olaf	6.53m	21' 5.25"	Chuck Petersen Open	Dec 3, 2022	NWI
5	Swenson, Simon	FR-1	Bethel (Minn.)	6.52m	21' 4.75"	St. Olaf Invitational	Jan 28, 2023	NWI
6	Braun, Michael	SO-2	Hamline	6.50m	21' 4"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
7	Nelson, Grant	FR-1	Bethel (Minn.)	6.49m	21' 3.5"	Vanessa Seljeskog Classic	Jan 21, 2023	NWI
8	Rhonemus, Wade	SR-4	Concordia-Moorhead	6.43m	21' 1.25"	Wartburg Qualifier	Mar 3, 2023	NWI
9	Lord, Demetri	SO-2	St. Olaf	6.42m	21' 0.75"	Wartburg Qualifier	Mar 3, 2023	NWI
10	Moo, Eh Ler	FR-1	St. Olaf	6.39m	20' 11.75"	St Olaf Tostrud Classic	Feb 18, 2023	NWI
11	Marsh, Anthony	SO-2	Concordia-Moorhead	6.35m	20' 10"	Bison Open	Feb 3, 2023	NWI
12	Ungar, Alec	SO-2	St. John's (Minn.)	6.33m	20' 9.25"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
13	Subah, Isaiah	SO-2	Gustavus Adolphus	6.29m	20' 7.75"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
14	Schegel, Abe	SR-4	Bethel (Minn.)	6.26m	20' 6.5"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
15	Mortensen, Ian	JR-3	Carleton	6.22m	20' 5"	St. Olaf Invitational	Jan 28, 2023	NWI
16	Hodin, Riley	SO-2	Macalester	6.14m	20' 1.75"	Carleton Meet of the Hearts	Feb 11, 2023	NWI
17	Stroschein, Weston	SO-2	St. Scholastica	6.13m	20' 1.5"	St Olaf Tostrud Classic	Feb 18, 2023	NWI
18	Watson, Teris	FR-1	Hamline	6.10m	20' 0.25"	St Olaf Tostrud Classic	Feb 18, 2023	NWI
18	Wang, Kevin	FR-1	Macalester	6.10m	20' 0.25"	Gopher Classic	Feb 4, 2023	NWI
20	Thurk, Anthony	SO-2	St. John's (Minn.)	6.08m	19' 11.5"	Gopher Classic	Feb 4, 2023	NWI
21	Cogley, Andrew	SO-2	St. Olaf	6.07m	19' 11"	St. Olaf Invitational	Jan 28, 2023	NWI
22	Bulwa, Chris	SO-2	Saint Mary's (Minn.)	6.06m	19' 10.75"	Luther Invitational	Feb 4, 2023	NWI
23	Lelwica, Max	SO-2	St. John's (Minn.)	5.99m	19' 8"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
24	Simon, Godsword	SO-2	Bethel (Minn.)	5.96m	19' 6.75"	Gene Glader Classic	Feb 18, 2023	NWI
25	Petron, Jordan	SO-2	Concordia-Moorhead	5.91m	19' 4.75"	Cobber Indoor Open	Jan 21, 2023	NWI

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
26	Schulze, Sam	SO-2	Gustavus Adolphus	5.90m	19' 4.25"	Ice Breaker Open & Multi	Dec 9, 2022	NWI
27	Hermes, Nick	SO-2	Concordia-Moorhead	5.88m	19' 3.5"	2022 Dakota Classic indoor	Dec 2, 2022	NWI
28	Lee, Iain	FR-1	Hamline	5.86m	19' 2.75"	St Olaf Tostrud Classic	Feb 18, 2023	NWI
28	Smith, Micah	SR-4	Bethel (Minn.)	5.86m	19' 2.75"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
30	Skemp, Will	FR-1	St. Olaf	5.77m	18' 11.25"	St. Olaf Ole Opener	Jan 13, 2023	NWI
31	LaMott, Gavin	SO-2	St. John's (Minn.)	5.75m	18' 10.5"	Maverick Invitational	Feb 17, 2023	NWI
32	Cooper, Dan	JR-3	Saint Mary's (Minn.)	5.71m	18' 9"	St. Olaf Invitational	Jan 28, 2023	NWI
32	Demetriades, Theo	FR-1	Carleton	5.71m	18' 9"	St Olaf Tostrud Classic	Feb 18, 2023	NWI
34	Le, Nathan	SO-2	Gustavus Adolphus	5.70m	18' 8.5"	CSB / SJU Invitational	Feb 11, 2023	NWI
35	Quast, Jaden	FR-1	Bethel (Minn.)	5.67m	18' 7.25"	St. Olaf Invitational	Jan 28, 2023	NWI
36	Thompson, Gabe	SO-2	Concordia-Moorhead	5.65m	18' 6.5"	2022 Dakota Classic indoor	Dec 2, 2022	NWI
36	Bottema, Ryan	FR-1	Concordia-Moorhead	5.65m	18' 6.5"	2022 Dakota Classic indoor	Dec 2, 2022	NWI
38	Kallstrom, Brandon	SO-2	Bethel (Minn.)	5.60m	18' 4.5"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
38	Sotiropoulos, Simon	SO-2	St. Scholastica	5.60m	18' 4.5"	The CSS Opener	Dec 10, 2022	NWI
40	Ridders, Sam	SO-2	St. Olaf	5.54m	18' 2.25"	St. Olaf Invitational	Jan 28, 2023	NWI

Triple Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Kramarczuk, Lucas	JR-3	St. Olaf	14.37m	47' 1.75"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
2	Wade, Elijah	JR-3	St. John's (Minn.)	14.08m	46' 2.5"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
3	Braun, Michael	SO-2	Hamline	13.65m	44' 9.5"	Mark Schuck Open and Multi	Jan 27, 2023	NWI
4	Souksavath, Sean	JR-3	St. Olaf	13.30m	43' 7.75"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
5	Hodin, Riley	SO-2	Macalester	13.12m	43' 0.5"	Carleton Meet of the Hearts	Feb 11, 2023	NWI
6	Crnkovich, Alex	JR-3	St. John's (Minn.)	13.03m	42' 9"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
7	Schaffer, Zach	FR-1	St. John's (Minn.)	13.02m	42' 8.75"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
8	Thurk, Anthony	SO-2	St. John's (Minn.)	13.01m	42' 8.25"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
9	Johnson, Brady	SO-2	Saint Mary's (Minn.)	12.74m	41' 9.75"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
10	Lelwica, Max	SO-2	St. John's (Minn.)	12.56m	41' 2.5"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
11	Swenson, Simon	FR-1	Bethel (Minn.)	12.46m	40' 10.5"	Gene Glader Classic	Feb 18, 2023	NWI
12	Cogley, Andrew	SO-2	St. Olaf	12.43m	40' 9.5"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
13	Thompson, Gabe	SO-2	Concordia-Moorhead	12.35m	40' 6.25"	UND Open	Jan 27, 2023	NWI
14	Wang, Kevin	FR-1	Macalester	12.26m	40' 2.75"	Carleton Meet of the Hearts	Feb 11, 2023	NWI
15	Stefanowicz, Sebastian	FR-1	Macalester	12.24m	40' 2"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
16	Ungar, Alec	SO-2	St. John's (Minn.)	12.11m	39' 8.75"	Maverick Invitational	Feb 17, 2023	NWI
17	McEachern, Carter	FR-1	St. John's (Minn.)	11.78m	38' 7.75"	Maverick Invitational	Feb 17, 2023	NWI

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
18	Veimau, Justin	JR-3	Macalester	11.76m	38' 7"	MIAC Indoor Multi Championships	Feb 23, 2023	NWI
19	Bosley, Mason	SR-4	Macalester	11.67m	38' 3.5"	St Olaf Tostrud Classic	Feb 18, 2023	NWI
20	Lee, Iain	FR-1	Hamline	11.61m	38' 1.25"	St Olaf Tostrud Classic	Feb 18, 2023	NWI
21	Quast, Jaden	FR-1	Bethel (Minn.)	11.58m	38' 0"	Vanessa Seljeskog Classic	Jan 21, 2023	NWI
22	Somsacksy, TJ	FR-1	Hamline	10.46m	34' 4"	St Olaf Tostrud Classic	Feb 18, 2023	NWI

Shot Put

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Feist, Cade	SO-2	St. Olaf	15.63m	51' 3.5"	MIAC Indoor Multi Championships	Feb 23, 2023
2	Frost, Jaeden	JR-3	St. John's (Minn.)	15.02m	49' 3.5"	CSB / SJU Invitational	Feb 11, 2023
3	Mollison, Andrew	SO-2	St. Olaf	14.98m	49' 1.75"	MIAC Indoor Multi Championships	Feb 23, 2023
4	Beseth, Trent	SO-2	St. Scholastica	14.62m	47' 11.75"	MIAC Indoor Multi Championships	Feb 23, 2023
5	Larsen, Evan	SO-2	Bethel (Minn.)	14.54m	47' 8.5"	MIAC Indoor Multi Championships	Feb 23, 2023
6	Hokanson, Adam	FR-1	Bethel (Minn.)	14.08m	46' 2.5"	Mark Guthrie Legacy Invitational	Feb 4, 2023
7	Steger, Grant	JR-3	St. Scholastica	14.00m	45' 11.25"	Maday Classic	Feb 11, 2023
8	Hague, Brett	JR-3	St. John's (Minn.)	13.16m	43' 2.25"	MIAC Indoor Multi Championships	Feb 23, 2023
9	Dedry, Arnauld	SR-4	St. Olaf	12.93m	42' 5.25"	St. Olaf Invitational	Jan 28, 2023
10	Mills, Austin	FR-1	Macalester	12.84m	42' 1.5"	Carleton Meet of the Hearts	Feb 11, 2023
11	Mollet, Eli	SR-4	St. John's (Minn.)	12.71m	41' 8.5"	MIAC Indoor Multi Championships	Feb 23, 2023
12	Hillstrom, Dominik	JR-3	Concordia-Moorhead	12.60m	41' 4.25"	UND Tune-Up	Feb 18, 2023
13	DeWall, Kaleb	SO-2	St. John's (Minn.)	12.54m	41' 1.75"	CSB / SJU Invitational	Feb 11, 2023
14	Borst, Layton	SO-2	St. Olaf	12.40m	40' 8.25"	St. Olaf Ole Opener	Jan 13, 2023
15	Edelman, Ryan	FR-1	St. Olaf	12.39m	40' 7.75"	MIAC Indoor Multi Championships	Feb 23, 2023
16	Menache, Max	SO-2	Macalester	12.36m	40' 6.75"	St Olaf Tostrud Classic	Feb 18, 2023
17	Spurgeon, Eli	FR-1	Gustavus Adolphus	12.31m	40' 4.75"	MIAC Indoor Multi Championships	Feb 23, 2023
18	Wellman , Trevor	SO-2	Bethel (Minn.)	12.21m	40' 0.75"	Gene Glader Classic	Feb 18, 2023
19	Lelwica, Max	SO-2	St. John's (Minn.)	12.17m	39' 11.25"	CSB / SJU Invitational	Feb 11, 2023
20	Brown, Jakob	SO-2	Concordia-Moorhead	11.98m	39' 3.75"	UND Tune-Up	Feb 18, 2023
21	Mortensen, Ian	JR-3	Carleton	11.85m	38' 10.5"	St. Olaf Invitational	Jan 28, 2023
22	Lord, Demetri	SO-2	St. Olaf	11.64m	38' 2.25"	MIAC Indoor Multi Championships	Feb 23, 2023
23	Fritz, Casen	SO-2	Saint Mary's (Minn.)	11.17m	36' 7.75"	Maverick Invitational	Feb 17, 2023
24	Kienholz, Carter	SO-2	Hamline	11.15m	36' 7"	MIAC Indoor Multi Championships	Feb 23, 2023
25	Rhonemus, Wade	SR-4	Concordia-Moorhead	10.97m	36' 0"	UND Tune-Up	Feb 18, 2023
26	Thurk, Anthony	SO-2	St. John's (Minn.)	10.93m	35' 10.5"	CSB / SJU Invitational	Feb 11, 2023
27	Schegel, Abe	SR-4	Bethel (Minn.)	10.87m	35' 8"	Vanessa Seljeskog Classic	Jan 21, 2023

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
28	Fahnbulleh, Arthur	FR-1	Concordia-Moorhead	10.71m	35' 1.75"	2022 Dakota Classic indoor	Dec 2, 2022
29	Smith, Micah	SR-4	Bethel (Minn.)	10.69m	35' 1"	Stout Quad	Feb 10, 2023
29	Davis, Jon	FR-1	St. John's (Minn.)	10.69m	35' 1"	Maverick Invitational	Feb 17, 2023
31	Yang, Aiden	SO-2	Macalester	10.43m	34' 2.75"	Carleton Meet of the Hearts	Feb 11, 2023
32	Rian, Woody	SO-2	St. Olaf	10.12m	33' 2.5"	Chuck Petersen Open	Dec 3, 2022
33	Oachs, Jacob	SO-2	Bethel (Minn.)	9.80m	32' 2"	Gene Glader Classic	Feb 18, 2023
34	Cogley, Andrew	SO-2	St. Olaf	9.71m	31' 10.25"	MIAC Indoor Multi Championships	Feb 23, 2023
35	Kallstrom, Brandon	SO-2	Bethel (Minn.)	9.34m	30' 7.75"	St. Olaf Invitational	Jan 28, 2023
36	McCormick, Connor	FR-1	Gustavus Adolphus	9.21m	30' 2.75"	MIAC Indoor Multi Championships	Feb 23, 2023
37	Turqueza, Keenan	FR-1	St. John's (Minn.)	8.85m	29' 0.5"	CSB/SJU Alumni Meet	Jan 28, 2023
38	Elseth, Aaron	FR-1	Bethel (Minn.)	8.54m	28' 0.25"	Gene Glader Classic	Feb 18, 2023
38	McGlynn, Galen	FR-1	St. Olaf	8.54m	28' 0.25"	Chuck Petersen Open	Dec 3, 2022
38	Wanda, Vinny	FR-1	St. John's (Minn.)	8.54m	28' 0.25"	CSB / SJU Invitational	Feb 11, 2023

Weight Throw

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Beiswanger, Joshua	JR-3	Gustavus Adolphus	17.18m	56' 4.5"	MIAC Indoor Multi Championships	Feb 23, 2023
2	Frost, Jaeden	JR-3	St. John's (Minn.)	16.31m	53' 6.25"	MIAC Indoor Multi Championships	Feb 23, 2023
3	Steger, Grant	JR-3	St. Scholastica	15.69m	51' 5.75"	MIAC Indoor Multi Championships	Feb 23, 2023
4	Larsen, Evan	SO-2	Bethel (Minn.)	15.66m	51' 4.5"	Gene Glader Classic	Feb 18, 2023
5	Menache, Max	SO-2	Macalester	15.33m	50' 3.5"	St. Olaf Invitational	Jan 28, 2023
6	Mollet, Eli	SR-4	St. John's (Minn.)	15.14m	49' 8.25"	CSB/SJU Alumni Meet	Jan 28, 2023
7	Wright, Victor	SR-4	Macalester	14.86m	48' 9"	Carleton Meet of the Hearts	Feb 11, 2023
8	Hague, Brett	JR-3	St. John's (Minn.)	14.82m	48' 7.5"	CSB / SJU Invitational	Feb 11, 2023
9	Edelman, Ryan	FR-1	St. Olaf	14.46m	47' 5.25"	St Olaf Tostrud Classic	Feb 18, 2023
9	Hokanson, Adam	FR-1	Bethel (Minn.)	14.46m	47' 5.25"	MIAC Indoor Multi Championships	Feb 23, 2023
11	Feist, Cade	SO-2	St. Olaf	14.36m	47' 1.5"	MIAC Indoor Multi Championships	Feb 23, 2023
12	Mensen, Joseph	SO-2	St. John's (Minn.)	14.31m	46' 11.5"	Maverick Invitational	Feb 17, 2023
13	Dedry, Arnauld	SR-4	St. Olaf	13.72m	45' 0.25"	St. Olaf Invitational	Jan 28, 2023
14	Beseth, Trent	SO-2	St. Scholastica	13.64m	44' 9"	Lake Superior Challenge - College of St. Scholastica	Feb 4, 2023
15	Ramirez, Ricky	SO-2	Concordia-Moorhead	13.63m	44' 8.75"	CSB / SJU Invitational	Feb 11, 2023
16	Fritz, Casen	SO-2	Saint Mary's (Minn.)	13.62m	44' 8.25"	MIAC Indoor Multi Championships	Feb 23, 2023
17	Stordahl, Zach	SO-2	Gustavus Adolphus	13.50m	44' 3.5"	MIAC Indoor Multi Championships	Feb 23, 2023
18	Mills, Austin	FR-1	Macalester	13.23m	43' 5"	MIAC Indoor Multi Championships	Feb 23, 2023
19	McGlynn, Galen	FR-1	St. Olaf	12.66m	41' 6.5"	Stout Quad	Feb 10, 2023

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
20	Davis, Jon	FR-1	St. John's (Minn.)	12.56m	41' 2.5"	MIAC Indoor Multi Championships	Feb 23, 2023
21	DeWall, Kaleb	SO-2	St. John's (Minn.)	12.16m	39' 10.75"	Maverick Invitational	Feb 17, 2023
22	Turqueza, Keenan	FR-1	St. John's (Minn.)	11.71m	38' 5"	Maverick Invitational	Feb 17, 2023
23	Lutkauskas, Niko	FR-1	St. Scholastica	11.41m	37' 5.25"	St Olaf Tostrud Classic	Feb 18, 2023
24	Brown, Jakob	SO-2	Concordia-Moorhead	11.28m	37' 0.25"	2022 Dakota Classic indoor	Dec 2, 2022
25	Hillstrom, Dominik	JR-3	Concordia-Moorhead	11.23m	36' 10.25"	2022 Dakota Classic indoor	Dec 2, 2022
26	Oachs, Jacob	SO-2	Bethel (Minn.)	10.72m	35' 2"	Gene Glader Classic	Feb 18, 2023
27	Yang, Aiden	SO-2	Macalester	10.19m	33' 5.25"	St Olaf Tostrud Classic	Feb 18, 2023
28	Wanda, Vinny	FR-1	St. John's (Minn.)	10.02m	32' 10.5"	CSB / SJU Invitational	Feb 11, 2023
29	Fahnbulleh, Arthur	FR-1	Concordia-Moorhead	9.68m	31' 9.25"	CSB / SJU Invitational	Feb 11, 2023
30	Mollet, Sam	FR-1	St. John's (Minn.)	9.43m	30' 11.25"	CSB/SJU Alumni Meet	Jan 28, 2023

Heptathlon

	Athlete	Year	Team	Points	Meet	Meet Date
1	Lord, Demetri	SO-2	St. Olaf	4784	Wartburg Qualifier	Mar 3, 2023
2	Rhonemus, Wade	SR-4	Concordia-Moorhead	4599	Bison Open	Feb 3, 2023
3	Mortensen, Ian	JR-3	Carleton	4370	St. Olaf Invitational	Jan 28, 2023
4	Lelwica, Max	SO-2	St. John's (Minn.)	4333	MIAC Indoor Multi Championships	Feb 23, 2023
5	Schegel, Abe	SR-4	Bethel (Minn.)	4280	MIAC Indoor Multi Championships	Feb 23, 2023
6	Thurk, Anthony	SO-2	St. John's (Minn.)	4247	MIAC Indoor Multi Championships	Feb 23, 2023
7	Cogley, Andrew	SO-2	St. Olaf	4075	MIAC Indoor Multi Championships	Feb 23, 2023
8	Borst, Layton	SO-2	St. Olaf	4040	St. Olaf Invitational	Jan 28, 2023
9	Smith, Micah	SR-4	Bethel (Minn.)	4039	MIAC Indoor Multi Championships	Feb 23, 2023
10	Schulze, Sam	SO-2	Gustavus Adolphus	3849	Ice Breaker Open & Multi	Dec 9, 2022
11	McCormick, Connor	FR-1	Gustavus Adolphus	3802	MIAC Indoor Multi Championships	Feb 23, 2023
12	Wellman , Trevor	SO-2	Bethel (Minn.)	3694	MIAC Indoor Multi Championships	Feb 23, 2023
13	Kienholz, Carter	SO-2	Hamline	3511	MIAC Indoor Multi Championships	Feb 23, 2023
14	Elseth, Aaron	FR-1	Bethel (Minn.)	3241	MIAC Indoor Multi Championships	Feb 23, 2023
15	Kallstrom, Brandon	SO-2	Bethel (Minn.)	3099	MIAC Indoor Multi Championships	Feb 23, 2023
16	Ramirez, Gael	SO-2	Bethel (Minn.)	2938	MIAC Indoor Multi Championships	Feb 23, 2023
17	Schmidt, Joe	SO-2	Gustavus Adolphus	2630	MIAC Indoor Multi Championships	Feb 23, 2023

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