



MIAC Indoor Performance List

60 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Liu, Landen	SO-2	Bethel (Minn.)	6.73	Mark Guthrie Legacy Invite	Feb 3, 2024
2	Arthur, Kevin	SR-4	St. John's (Minn.)	6.78	Maverick Invitational	Feb 16, 2024
3	Parent , Jacob	JR-3	Bethel (Minn.)	6.80	M City Indoor Classic	Dec 8, 2023
4	McConnell, Cameron	JR-3	Bethel (Minn.)	6.97	MIAC Indoor Championships	Feb 22, 2024
5	Anstine, Jade	FR-1	Gustavus Adolphus	7.00	M City Indoor Classic	Dec 8, 2023
6	Simon, Godsword	JR-3	Bethel (Minn.)	7.01	Gene Glader Classic	Feb 17, 2024
7	Skelly, Matthew	SR-4	Gustavus Adolphus	7.02	UWL Final Qualifier	Mar 2, 2024
7	Bulwa, Chris	JR-3	Saint Mary's (Minn.)	7.02	St. Olaf Invitational and Multi Events	Jan 26, 2024
9	Heitler, Arlo	JR-3	Macalester	7.03	Vanessa Seljeskog Classic	Jan 20, 2024
10	Schaffer, Dawson	SR-4	Concordia-Moorhead	7.04	UND Tune-Up	Feb 17, 2024
11	Pettis, Andrei	SO-2	Hamline	7.05	University of St. Thomas Opener	Jan 12, 2024
12	Lord, Demetri	JR-3	St. Olaf	7.10	MIAC Indoor Championships	Feb 22, 2024
13	Le, Nathan	JR-3	Gustavus Adolphus	7.12	MIAC Indoor Championships	Feb 22, 2024
14	Zong-Naba, Sylvain	JR-3	Macalester	7.13	MIAC Indoor Championships	Feb 22, 2024
14	Subah, Isaiah	SR-4	Gustavus Adolphus	7.13	CSB / SJU Invitational	Feb 10, 2024
16	Raitz, Sam	FR-1	Bethel (Minn.)	7.15	Mark Guthrie Legacy Invite	Feb 3, 2024
17	Popoca, Emanuel	JR-3	St. John's (Minn.)	7.16	Maverick Invitational	Feb 16, 2024
18	Alfaro Diedrich, Sean	JR-3	St. Scholastica	7.17	MIAC Indoor Championships	Feb 22, 2024
19	Thomas, Reece	JR-3	Hamline	7.18	MIAC Indoor Championships	Feb 22, 2024
19	Schaffer, Zach	SO-2	St. John's (Minn.)	7.18	CSB/SJU Alumni Meet	Jan 27, 2024
21	Dahl, Mason	FR-1	Concordia-Moorhead	7.20	Dakota Alumni Classic	Dec 8, 2023
21	Sesay, Abdul	FR-1	St. John's (Minn.)	7.20	MIAC Indoor Championships	Feb 22, 2024
21	Jerde, Jackson	FR-1	Gustavus Adolphus	7.20(55)	Black & Gold Showcase	Jan 13, 2024
24	Kritsberg, Ben	SO-2	Saint Mary's (Minn.)	7.22	MIAC Indoor Championships	Feb 22, 2024
25	Lee, Josh	JR-3	Bethel (Minn.)	7.23	Mark Guthrie Legacy Invite	Feb 3, 2024
25	Murnan, Kieran	FR-1	St. John's (Minn.)	7.23	CSB/SJU Alumni Meet	Jan 27, 2024
25	Moo, Eh Ler	JR-3	St. Olaf	7.23	Bearson-Gathje Classic	Jan 12, 2024
28	Albertson, Max	FR-1	St. Olaf	7.24	Gopher Classic	Feb 3, 2024
28	Morey, Aidan	FR-1	St. John's (Minn.)	7.24	MIAC Indoor Championships	Feb 22, 2024
30	Otis, Mickey	FR-1	Hamline	7.26	Luther Invitational	Feb 3, 2024
31	Hansen, Matt	FR-1	St. John's (Minn.)	7.27	CSB/SJU Alumni Meet	Jan 27, 2024
31	Kyoore, Zechariah	JR-3	Gustavus Adolphus	7.27	Maverick Invitational	Feb 16, 2024
33	Fisher, Charlie	FR-1	St. Olaf	7.29	MIAC Indoor Championships	Feb 22, 2024
34	Fochtman, Jack	SO-2	St. Olaf	7.30	MIAC Indoor Championships	Feb 22, 2024
35	Fisher, Henry	JR-3	St. Olaf	7.33	Bearson-Gathje Classic	Jan 12, 2024
36	Smith, Kameron	FR-1	Augsburg	7.35(55)	Carleton Meet of Hearts	Feb 10, 2024
37	Rhonemus, Wade	SR-4	Concordia-Moorhead	7.36	MIAC Indoor Championships	Feb 22, 2024
37	Bourne, Creton	FR-1	Gustavus Adolphus	7.36(55)	Black & Gold Showcase	Jan 13, 2024
37	Jung, Jinwoo	FR-1	Saint Mary's (Minn.)	7.36	Luther Invitational	Feb 3, 2024
37	Moberg, Joey	FR-1	St. John's (Minn.)	7.36	CSB / SJU Invitational	Feb 10, 2024

200 Meters

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Parent , Jacob	JR-3	Bethel (Minn.)	21.74	Snowshoe Open	Feb 16, 2024	NWI
2	Nelson, Grant	SO-2	Bethel (Minn.)	21.98	St. Olaf Invitational and Multi Events	Jan 26, 2024	NWI
3	Liu, Landen	SO-2	Bethel (Minn.)	22.07	St. Olaf Invitational and Multi Events	Jan 26, 2024	NWI
4	Arthur, Kevin	SR-4	St. John's (Minn.)	22.08	Maverick Invitational	Feb 16, 2024	NWI
5	Bulwa, Chris	JR-3	Saint Mary's (Minn.)	22.13	UWL Final Qualifier	Mar 2, 2024	NWI
6	Anstine, Jade	FR-1	Gustavus Adolphus	22.34	UWL Final Qualifier	Mar 2, 2024	NWI
7	Heitler, Arlo	JR-3	Macalester	22.57	MIAC Indoor Championships	Feb 22, 2024	NWI
8	Raitz, Sam	FR-1	Bethel (Minn.)	22.90	Mark Guthrie Legacy Invite	Feb 3, 2024	NWI
9	Myres, David	JR-3	Bethel (Minn.)	22.95	Mark Guthrie Legacy Invite	Feb 3, 2024	NWI
10	Schaffer, Dawson	SR-4	Concordia-Moorhead	22.96	MIAC Indoor Championships	Feb 22, 2024	NWI
11	Fisher, Henry	JR-3	St. Olaf	23.08	Gopher Classic	Feb 3, 2024	NWI
12	Murnan, Kieran	FR-1	St. John's (Minn.)	23.10	CSB / SJU Invitational	Feb 10, 2024	NWI
13	Smith, Cooper	FR-1	St. John's (Minn.)	23.11	CSB / SJU Invitational	Feb 10, 2024	NWI
14	Adamson, Oliver	JR-3	Saint Mary's (Minn.)	23.14	MIAC Indoor Championships	Feb 22, 2024	NWI
15	Albertson, Max	FR-1	St. Olaf	23.16	Gopher Classic	Feb 3, 2024	NWI
16	Thomas, Reece	JR-3	Hamline	23.18	CSB / SJU Invitational	Feb 10, 2024	NWI

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
16	Lee, Josh	JR-3	Bethel (Minn.)	23.18	Gene Glader Classic	Feb 17, 2024	NWI
18	McConnell, Cameron	JR-3	Bethel (Minn.)	23.23%	SDSU Indoor Classic	Feb 9, 2024	NWI
19	Popoca, Emanuel	JR-3	St. John's (Minn.)	23.26	MIAC Indoor Championships	Feb 22, 2024	NWI
19	Nathan, Asher	FR-1	Carleton	23.26	Carleton Meet of Hearts	Feb 10, 2024	NWI
21	Le, Nathan	JR-3	Gustavus Adolphus	23.28	Maverick Invitational	Feb 16, 2024	NWI
22	Haack, Tony	SO-2	Bethel (Minn.)	23.29	MIAC Indoor Championships	Feb 22, 2024	NWI
23	Tiongson, Trevor	JR-3	Concordia-Moorhead	23.32	CSB / SJU Invitational	Feb 10, 2024	NWI
24	Petron, Jordan	JR-3	Concordia-Moorhead	23.35	CSB / SJU Invitational	Feb 10, 2024	NWI
25	Stageberg, Noah	JR-3	Gustavus Adolphus	23.42	Maverick Invitational	Feb 16, 2024	NWI
26	Kessel, Peyton	JR-3	Concordia-Moorhead	23.43	Dakota Alumni Classic	Dec 8, 2023	NWI
27	Kyooré, Zechariah	JR-3	Gustavus Adolphus	23.47	Maverick Invitational	Feb 16, 2024	NWI
28	Rudzitis, Taaron	JR-3	Bethel (Minn.)	23.48	Vanessa Seljeskog Classic	Jan 20, 2024	NWI
29	Fochtman, Jack	SO-2	St. Olaf	23.49	St Olaf Tostrud Classic	Feb 17, 2024	NWI
30	Alfaro Diedrich, Sean	JR-3	St. Scholastica	23.51	Maverick Invitational	Feb 16, 2024	NWI
31	Johnson, Brady	JR-3	Saint Mary's (Minn.)	23.58	Maverick Invitational	Feb 16, 2024	NWI
32	Lord, Demetri	JR-3	St. Olaf	23.59	Bearson-Gathje Classic	Jan 12, 2024	NWI
33	Witschen, Wyatt	FR-1	St. John's (Minn.)	23.68	Gopher Classic	Feb 3, 2024	NWI
34	McNearmy, Devin	JR-3	St. Olaf	23.69	MIAC Indoor Championships	Feb 22, 2024	NWI
35	Demetriades, Theo	SO-2	Carleton	23.76	Carleton Meet of Hearts	Feb 10, 2024	NWI
36	Moberg, Joey	FR-1	St. John's (Minn.)	23.87	MIAC Indoor Championships	Feb 22, 2024	NWI
37	Otis, Mickey	FR-1	Hamline	23.89	CSB / SJU Invitational	Feb 10, 2024	NWI
38	Meyer, Isaac	SO-2	Gustavus Adolphus	23.90	CSB / SJU Invitational	Feb 10, 2024	NWI
39	Heil, Tyler	FR-1	Gustavus Adolphus	23.91	CSB / SJU Invitational	Feb 10, 2024	NWI
40	Palm, Alex	FR-1	Bethel (Minn.)	23.94	Gene Glader Classic	Feb 17, 2024	NWI

400 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Parent, Jacob	JR-3	Bethel (Minn.)	48.20%	NCAA Division III Indoor Track & Field Championships	Mar 8, 2024
2	Nelson, Grant	SO-2	Bethel (Minn.)	48.35%	NCAA Division III Indoor Track & Field Championships	Mar 8, 2024
3	Heitler, Ario	JR-3	Macalester	49.41	Wartburg Qualifier	Mar 1, 2024
4	Kubicek, Noah	SO-2	St. Scholastica	49.58	MIAC Indoor Championships	Feb 22, 2024
5	Tiongson, Trevor	JR-3	Concordia-Moorhead	50.16%	UND Tune-Up	Feb 17, 2024
6	Stageberg, Noah	JR-3	Gustavus Adolphus	51.08	UWL Final Qualifier	Mar 2, 2024
7	Rudzitis, Taaron	JR-3	Bethel (Minn.)	51.10	MIAC Indoor Championships	Feb 22, 2024
8	Stursa, Cohen	FR-1	Gustavus Adolphus	51.12	CSB / SJU Invitational	Feb 10, 2024
9	Ash, Ethan	SR-4	Carleton	51.16	St Olaf Tostrud Classic	Feb 17, 2024
10	Douglas, Derek	JR-3	St. Scholastica	51.36	CSS Opener 2023	Dec 9, 2023
11	Haack, Tony	SO-2	Bethel (Minn.)	51.42	MIAC Indoor Championships	Feb 22, 2024
12	Witschen, Wyatt	FR-1	St. John's (Minn.)	51.55	MIAC Indoor Championships	Feb 22, 2024
13	Nathan, Asher	FR-1	Carleton	51.80	Ted Nelson Classic	Feb 3, 2024
14	Arthur, Kevin	SR-4	St. John's (Minn.)	51.94	CSB/SJU Alumni Meet	Jan 27, 2024
15	Albertson, Max	FR-1	St. Olaf	51.98	Bearson-Gathje Classic	Jan 12, 2024
16	Montreuil, Owen	SO-2	St. John's (Minn.)	52.00	CSB / SJU Invitational	Feb 10, 2024
17	Fisher, Henry	JR-3	St. Olaf	52.09	Stout Open	Feb 9, 2024
18	Raitz, Sam	FR-1	Bethel (Minn.)	52.16	Stout Open	Feb 9, 2024
19	O'Bey, Carter	FR-1	St. Scholastica	52.19	St. Olaf Invitational and Multi Events	Jan 26, 2024
20	Gushwa, Agro	SR-4	Gustavus Adolphus	52.21	CSB / SJU Invitational	Feb 10, 2024
21	Palm, Alex	FR-1	Bethel (Minn.)	52.29	MIAC Indoor Championships	Feb 22, 2024
22	Ketterling, Caleb	FR-1	Bethel (Minn.)	52.35	Gene Glader Classic	Feb 17, 2024
23	Ortiz, Raul	JR-3	Hamline	52.53	MIAC Indoor Championships	Feb 22, 2024
24	Conzemius, Ryan	JR-3	St. John's (Minn.)	52.64	Maverick Invitational	Feb 16, 2024
25	Smith, Cooper	FR-1	St. John's (Minn.)	52.73	Maverick Invitational	Feb 16, 2024
26	Heil, Tyler	FR-1	Gustavus Adolphus	52.81	MIAC Indoor Championships	Feb 22, 2024
27	Gunderson, Tyler	JR-3	St. Olaf	53.27	Stout Open	Feb 9, 2024
28	Paton, Eddie	FR-1	Saint Mary's (Minn.)	53.39	Luther Invitational	Feb 3, 2024
29	Anderson, Tyler	JR-3	St. Scholastica	53.45	Twin Ports Invite	Jan 20, 2024
30	Clement, Emmanuel	FR-1	Augsburg	53.56	Snowshoe Open	Feb 16, 2024
31	Iyegha, Charlie	FR-1	St. Olaf	53.72	St. Olaf Invitational and Multi Events	Jan 26, 2024
32	Johnson, Brady	JR-3	Saint Mary's (Minn.)	53.73	Luther Invitational	Feb 3, 2024
33	Schulze, Sam	JR-3	Gustavus Adolphus	53.85	M City Indoor Classic	Dec 8, 2023
34	Chilala, Tembo	JR-3	Concordia-Moorhead	53.89%	UND Tune-Up	Feb 17, 2024
35	Blondin, Reese	FR-1	Gustavus Adolphus	54.16	Maverick Invitational	Feb 16, 2024
36	Langheim, Aiden	SO-2	St. John's (Minn.)	54.27	CSB/SJU Alumni Meet	Jan 27, 2024
37	Kloss, Cade	JR-3	Saint Mary's (Minn.)	54.39	UW-Platteville Invitational	Feb 10, 2024
38	Deutschlander, Pierre	SR-4	St. John's (Minn.)	54.44	Maverick Invitational	Feb 16, 2024

	Athlete	Year	Team	Time	Meet	Meet Date
39	Lange, Henrik	SO-2	St. Olaf	54.48	St Olaf Tostrud Classic	Feb 17, 2024
40	Jensrud, Jacob	FR-1	St. Scholastica	54.56	Maday Classic	Feb 10, 2024

600 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Lelinga, Victor	FR-1	Bethel (Minn.)	1:20.57	MIAC Indoor Championships	Feb 22, 2024
2	Nelson, Grant	SO-2	Bethel (Minn.)	1:21.20	Vanessa Seljeskog Classic	Jan 20, 2024
3	Kubicek, Noah	SO-2	St. Scholastica	1:22.17	MIAC Indoor Championships	Feb 22, 2024
4	Douglas, Derek	JR-3	St. Scholastica	1:22.26	MIAC Indoor Championships	Feb 22, 2024
5	Ash, Ethan	SR-4	Carleton	1:22.58	MIAC Indoor Championships	Feb 22, 2024
6	Rudzitis, Taaron	JR-3	Bethel (Minn.)	1:22.90	MIAC Indoor Championships	Feb 22, 2024
7	Pattison, Alistair	SR-4	Carleton	1:22.97	MIAC Indoor Championships	Feb 22, 2024
8	Montreuil, Owen	SO-2	St. John's (Minn.)	1:23.47	MIAC Indoor Championships	Feb 22, 2024
9	Nemecek, Lance	SO-2	St. Olaf	1:23.68	MIAC Indoor Championships	Feb 22, 2024
10	Asfaw, Getinat	JR-3	Augsburg	1:23.82	MIAC Indoor Championships	Feb 22, 2024
11	Bittner, Alex	SO-2	St. Olaf	1:23.90	St Olaf Ole Opener	Jan 20, 2024
12	Allen, Tommy	SO-2	St. John's (Minn.)	1:24.00	Gopher Classic	Feb 3, 2024
13	Rud, Mark	SO-2	Gustavus Adolphus	1:24.13	MIAC Indoor Championships	Feb 22, 2024
14	Moore, Cullen	SO-2	St. Olaf	1:24.29	St Olaf Ole Opener	Jan 20, 2024
15	Rupnow, Markus	JR-3	Gustavus Adolphus	1:24.59	CSB / SJU Invitational	Feb 10, 2024
16	Schonebaum, Henry	SO-2	Macalester	1:24.92	MIAC Indoor Championships	Feb 22, 2024
17	Fuller, Blake	JR-3	Gustavus Adolphus	1:25.00	CSB / SJU Invitational	Feb 10, 2024
18	Stursa, Cohen	FR-1	Gustavus Adolphus	1:25.14	MIAC Indoor Championships	Feb 22, 2024
19	Ali, Kalid	JR-3	Macalester	1:25.22	Gopher Classic	Feb 3, 2024
20	Kaster, Soren	FR-1	Carleton	1:25.23	Maverick Invitational	Feb 16, 2024
21	Cozine, Ethan	FR-1	St. Olaf	1:25.31	MIAC Indoor Championships	Feb 22, 2024
22	Schmitz, Drew	FR-1	Bethel (Minn.)	1:25.38	MIAC Indoor Championships	Feb 22, 2024
23	Heitler, Arlo	JR-3	Macalester	1:25.40	M City Indoor Classic	Dec 8, 2023
24	Malecha, Thomas	SO-2	Macalester	1:25.91	Carleton Meet of Hearts	Feb 10, 2024
25	Schmidt, Otto	JR-3	St. Olaf	1:26.17	St. Olaf Invitational and Multi Events	Jan 26, 2024
26	Gushwa, Agro	SR-4	Gustavus Adolphus	1:26.22	Gopher Classic	Feb 3, 2024
27	Langheim, Aiden	SO-2	St. John's (Minn.)	1:26.69	CSB / SJU Invitational	Feb 10, 2024
28	Pierce, Charlie	FR-1	Macalester	1:26.93	St. Olaf Invitational and Multi Events	Jan 26, 2024
29	Lebakken, Jay	SO-2	Macalester	1:27.89	Carleton Meet of Hearts	Feb 10, 2024
30	Ortiz, Raul	JR-3	Hamline	1:27.97	St. Olaf Invitational and Multi Events	Jan 26, 2024
31	Baatrup-Sabo, Jakob	SO-2	St. Olaf	1:28.20	Gopher Classic	Feb 3, 2024
32	Stursa, Tyler	JR-3	Gustavus Adolphus	1:28.38	Maverick Invitational	Feb 16, 2024
33	Anderson, Reese	SO-2	Carleton	1:28.40	St Olaf Ole Opener	Jan 20, 2024
34	Andrews, Brady	FR-1	Concordia-Moorhead	1:29.01	CSB / SJU Invitational	Feb 10, 2024
35	Kloss, Cade	JR-3	Saint Mary's (Minn.)	1:29.18	UWL-La Crosse - Pat Healy Classic	Jan 20, 2024
36	Johnston, David	JR-3	Concordia-Moorhead	1:30.14	2024 Bison Open	Feb 2, 2024
37	Gallmeier, Zander	SO-2	Concordia-Moorhead	1:30.43	2024 Bison Open	Feb 2, 2024
38	Niemi, Ashton	FR-1	St. Scholastica	1:30.57	CSS Opener 2023	Dec 9, 2023
39	Oty, Shareef	FR-1	Augsburg	1:30.67	Snowshoe Open	Feb 16, 2024
40	Clement, Emmanuel	FR-1	Augsburg	1:30.71	Snowshoe Open	Feb 16, 2024

800 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Allen, Tommy	SO-2	St. John's (Minn.)	1:54.56	UWL Final Qualifier	Mar 2, 2024
2	Lelinga, Victor	FR-1	Bethel (Minn.)	1:54.59	UWL Final Qualifier	Mar 2, 2024
3	Smith, Tyler	JR-3	Gustavus Adolphus	1:55.55	Gopher Classic	Feb 3, 2024
4	Moore, Cullen	SO-2	St. Olaf	1:55.78	MIAC Indoor Championships	Feb 22, 2024
5	Wallin, Tucker	SR-4	St. Scholastica	1:55.80	MIAC Indoor Championships	Feb 22, 2024
6	Boone, Calvin	SO-2	St. Scholastica	1:56.47	CSS Opener 2023	Dec 9, 2023
7	Lyness, Indy	SO-2	Carleton	1:56.66	St Olaf Tostrud Classic	Feb 17, 2024
8	Brauer, Nicholas	FR-1	Gustavus Adolphus	1:56.76	Gopher Classic	Feb 3, 2024
9	St. Peter, Nick	SO-2	St. John's (Minn.)	1:56.83	UWL Final Qualifier	Mar 2, 2024
10	Pattison, Alistair	SR-4	Carleton	1:57.04	Mark Schuck Open and Multi	Jan 26, 2024
11	Bittner, Alex	SO-2	St. Olaf	1:57.08	St. Olaf Invitational and Multi Events	Jan 26, 2024
12	Groshelle, Gavin	SO-2	Concordia-Moorhead	1:57.09	MIAC Indoor Championships	Feb 22, 2024
13	Getty, Drew	SR-4	Macalester	1:57.38	MIAC Indoor Championships	Feb 22, 2024
14	Asfaw, Getinat	JR-3	Augsburg	1:57.40	Wartburg Qualifier	Mar 1, 2024
15	Douglas, Derek	JR-3	St. Scholastica	1:57.86	St. Olaf Invitational and Multi Events	Jan 26, 2024
16	Nemecek, Lance	SO-2	St. Olaf	1:57.87	MIAC Indoor Championships	Feb 22, 2024
17	Ash, Ethan	SR-4	Carleton	1:57.99	Maverick Invitational	Feb 16, 2024
18	DeWall, Lars	SR-4	St. Scholastica	1:58.16	CSS Opener 2023	Dec 9, 2023

	Athlete	Year	Team	Time	Meet	Meet Date
19	Estrada, Gabe	JR-3	St. Olaf	1:58.40	St Olaf Tostrud Classic	Feb 17, 2024
20	Wiltse, Daniel	FR-1	Macalester	1:58.63	Gopher Classic	Feb 3, 2024
21	Rupnow, Markus	JR-3	Gustavus Adolphus	1:58.68	Gopher Classic	Feb 3, 2024
22	Cozine, Ethan	FR-1	St. Olaf	1:58.69	MIAC Indoor Championships	Feb 22, 2024
23	Olsson, Tor	JR-3	Macalester	1:58.88	St Olaf Tostrud Classic	Feb 17, 2024
24	Bjork, Alex	FR-1	St. Olaf	1:58.89	St Olaf Tostrud Classic	Feb 17, 2024
25	Roehl, Carson	JR-3	Gustavus Adolphus	1:59.71	Maverick Invitational	Feb 16, 2024
26	Goss, Brady	FR-1	Concordia-Moorhead	1:59.79%	UND Tune-Up	Feb 17, 2024
27	Rud, Mark	SO-2	Gustavus Adolphus	1:59.88	Maverick Invitational	Feb 16, 2024
28	Montreuil, Owen	SO-2	St. John's (Minn.)	1:59.90	Maverick Invitational	Feb 16, 2024
29	Fuller, Blake	JR-3	Gustavus Adolphus	1:59.98	Gopher Classic	Feb 3, 2024
30	McCoy, Max	FR-1	St. John's (Minn.)	2:00.02	Maverick Invitational	Feb 16, 2024
31	Neu, Nathan	JR-3	St. Scholastica	2:00.07	Maday Classic	Feb 10, 2024
32	Kloppner, Daniel	JR-3	St. John's (Minn.)	2:00.42	MIAC Indoor Championships	Feb 22, 2024
33	Berg, Eli	FR-1	Bethel (Minn.)	2:00.49	Stout Open	Feb 9, 2024
34	Schmitz, Drew	FR-1	Bethel (Minn.)	2:01.08	Stout Open	Feb 9, 2024
35	Pierce, Charlie	FR-1	Macalester	2:01.11	MIAC Indoor Championships	Feb 22, 2024
36	Malecha, Thomas	SO-2	Macalester	2:01.13	MIAC Indoor Championships	Feb 22, 2024
37	Baatrup-Sabo, Jakob	SO-2	St. Olaf	2:01.15	St Olaf Ole Opener	Jan 20, 2024
38	Moresi, Kelvin	FR-1	Macalester	2:01.26	Carleton Meet of Hearts	Feb 10, 2024
39	Schonebaum, Henry	SO-2	Macalester	2:01.54	St Olaf Tostrud Classic	Feb 17, 2024
40	Oty, Shareef	FR-1	Augsburg	2:02.05	Carleton Meet of Hearts	Feb 10, 2024

1000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Boone, Calvin	SO-2	St. Scholastica	2:29.55	Lake Superior Challenge	Feb 3, 2024
2	DeWall, Lars	SR-4	St. Scholastica	2:29.97	Lake Superior Challenge	Feb 3, 2024
3	Allen, Tommy	SO-2	St. John's (Minn.)	2:30.10	CSB / SJU Invitational	Feb 10, 2024
4	Fitzgerald, Ignatius	SO-2	St. Olaf	2:30.47	St Olaf Tostrud Classic	Feb 17, 2024
5	Smith, Tyler	JR-3	Gustavus Adolphus	2:30.92	CSB / SJU Invitational	Feb 10, 2024
6	Brauer, Nicholas	FR-1	Gustavus Adolphus	2:31.51	MIAC Indoor Championships	Feb 22, 2024
7	St. Peter, Nick	SO-2	St. John's (Minn.)	2:31.69	MIAC Indoor Championships	Feb 22, 2024
8	Lyness, Indy	SO-2	Carleton	2:32.01	MIAC Indoor Championships	Feb 22, 2024
9	Wallin, Tucker	SR-4	St. Scholastica	2:32.50	MIAC Indoor Championships	Feb 22, 2024
10	Getty, Drew	SR-4	Macalester	2:32.70	St Olaf Tostrud Classic	Feb 17, 2024
11	Roehl, Carson	JR-3	Gustavus Adolphus	2:33.13	CSB / SJU Invitational	Feb 10, 2024
12	Marsh, Jackson	JR-3	St. Olaf	2:33.27	St Olaf Tostrud Classic	Feb 17, 2024
13	Curtis, Ian	JR-3	St. Olaf	2:34.12	St Olaf Tostrud Classic	Feb 17, 2024
14	Nichols, Gabe	SO-2	Carleton	2:34.18	Maverick Invitational	Feb 16, 2024
15	Groschelle, Gavin	SO-2	Concordia-Moorhead	2:34.27	MIAC Indoor Championships	Feb 22, 2024
16	McCoy, Max	FR-1	St. John's (Minn.)	2:34.33	MIAC Indoor Championships	Feb 22, 2024
17	Goss, Brady	FR-1	Concordia-Moorhead	2:34.61	2024 Bison Open	Feb 2, 2024
18	Bati, Mohammed	SO-2	Augsburg	2:34.71	Carleton Meet of Hearts	Feb 10, 2024
19	Douglas, Derek	JR-3	St. Scholastica	2:34.80	Twin Ports Invite	Jan 20, 2024
20	Llewellyn, Roy	SO-2	Carleton	2:35.27	Maverick Invitational	Feb 16, 2024
21	Wiltse, Daniel	FR-1	Macalester	2:35.62	St Olaf Tostrud Classic	Feb 17, 2024
22	Bjork, Alex	FR-1	St. Olaf	2:35.69	MIAC Indoor Championships	Feb 22, 2024
23	Doran, Eli	SO-2	St. Olaf	2:35.81	St Olaf Tostrud Classic	Feb 17, 2024
24	Kloppner, Daniel	JR-3	St. John's (Minn.)	2:36.27	CSB / SJU Invitational	Feb 10, 2024
25	Asfaw, Getinat	JR-3	Augsburg	2:36.28	Carleton Meet of Hearts	Feb 10, 2024
26	Baatrup-Sabo, Jakob	SO-2	St. Olaf	2:36.58	St. Olaf Invitational and Multi Events	Jan 26, 2024
27	Olsson, Tor	JR-3	Macalester	2:36.66	Carleton Meet of Hearts	Feb 10, 2024
28	Neu, Nathan	JR-3	St. Scholastica	2:36.79	Twin Ports Invite	Jan 20, 2024
29	Lange, Emerson	SO-2	Carleton	2:36.80	MIAC Indoor Championships	Feb 22, 2024
30	Ash, Ethan	SR-4	Carleton	2:36.87	Bearson-Gathje Classic	Jan 12, 2024
31	Nelson, Clark	SR-4	Bethel (Minn.)	2:36.90	Gene Glader Classic	Feb 17, 2024
32	Chamberlin, Owen	SO-2	St. Olaf	2:37.67	St Olaf Tostrud Classic	Feb 17, 2024
33	Berg, Eli	FR-1	Bethel (Minn.)	2:38.08	St. Olaf Invitational and Multi Events	Jan 26, 2024
34	Fells, Christian	FR-1	St. Olaf	2:38.16	St Olaf Tostrud Classic	Feb 17, 2024
35	Hensel, Alexei	SR-4	St. John's (Minn.)	2:38.28	CSB / SJU Invitational	Feb 10, 2024
36	Nowacki, Cole	SR-4	Concordia-Moorhead	2:38.57	2024 Bison Open	Feb 2, 2024
37	Fuller, Blake	JR-3	Gustavus Adolphus	2:39.46	St. Olaf Invitational and Multi Events	Jan 26, 2024
38	Estrada, Gabe	JR-3	St. Olaf	2:39.52	Bearson-Gathje Classic	Jan 12, 2024
39	Kaluza, Vincent	FR-1	St. John's (Minn.)	2:39.86	CSB / SJU Invitational	Feb 10, 2024
40	Wielgos, Jake	SR-4	Gustavus Adolphus	2:40.05	CSB / SJU Invitational	Feb 10, 2024

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	Athlete	Year	Team	Time	Meet	Meet Date
1	Boone, Calvin	SO-2	St. Scholastica	4:10.90	Stout Open	Feb 9, 2024
2	Nichols, Gabe	SO-2	Carleton	4:13.92	MIAC Indoor Championships	Feb 22, 2024
3	Turlington, Kevin	SO-2	St. Olaf	4:14.86	St Olaf Tostrud Classic	Feb 17, 2024
4	Bati, Mohammed	SO-2	Augsburg	4:15.20	Snowshoe Open	Feb 16, 2024
5	Llewellyn, Roy	SO-2	Carleton	4:16.11	Carleton Meet of Hearts	Feb 10, 2024
6	DeWall, Lars	SR-4	St. Scholastica	4:16.61	Stout Open	Feb 9, 2024
7	Lyness, Indy	SO-2	Carleton	4:17.69	MIAC Indoor Championships	Feb 22, 2024
8	Curtis, Ian	JR-3	St. Olaf	4:18.02	MIAC Indoor Championships	Feb 22, 2024
9	Goss, Brady	FR-1	Concordia-Moorhead	4:18.42	Wartburg Qualifier	Mar 1, 2024
10	McKee, Reece	JR-3	Macalester	4:18.54	St Olaf Tostrud Classic	Feb 17, 2024
11	St. Peter, Nick	SO-2	St. John's (Minn.)	4:18.74	Snowshoe Open	Feb 16, 2024
12	Crotteau, Ben	JR-3	Macalester	4:19.98	St Olaf Tostrud Classic	Feb 17, 2024
13	Brauer, Nicholas	FR-1	Gustavus Adolphus	4:20.21	Maverick Premier #1	Feb 9, 2024
14	Fitzgerald, Ignatius	SO-2	St. Olaf	4:20.58	Stout Open	Feb 9, 2024
15	Hartney, Sean	JR-3	St. Olaf	4:22.42	MIAC Indoor Championships	Feb 22, 2024
16	Olsson, Tor	JR-3	Macalester	4:23.31	Gopher Classic	Feb 3, 2024
17	Smith, Tyler	JR-3	Gustavus Adolphus	4:23.48	Vanessa Seljeskog Classic	Jan 20, 2024
18	Max, Parker	SO-2	St. Olaf	4:24.09	St Olaf Ole Opener	Jan 20, 2024
19	Getty, Drew	SR-4	Macalester	4:24.16	Vanessa Seljeskog Classic	Jan 20, 2024
20	Marsh, Jackson	JR-3	St. Olaf	4:24.87	Gopher Classic	Feb 3, 2024
21	Edwards, Tyler	SO-2	Macalester	4:24.97	St Olaf Tostrud Classic	Feb 17, 2024
22	Madell, Joe	JR-3	Macalester	4:25.12	Gopher Classic	Feb 3, 2024
23	Lange, Emerson	SO-2	Carleton	4:25.58	MIAC Indoor Championships	Feb 22, 2024
24	Doran, Eli	SO-2	St. Olaf	4:25.78	MIAC Indoor Championships	Feb 22, 2024
25	Nowacki, Cole	SR-4	Concordia-Moorhead	4:26.90	MIAC Indoor Championships	Feb 22, 2024
25	Cote, Anders	JR-3	St. Olaf	4:26.90	Stout Open	Feb 9, 2024
27	Galloway, Jordan	SO-2	Macalester	4:27.55	MIAC Indoor Championships	Feb 22, 2024
28	Allen, Tommy	SO-2	St. John's (Minn.)	4:27.60	CSB/SJU Alumni Meet	Jan 27, 2024
29	Neu, Nathan	JR-3	St. Scholastica	4:27.64	Lake Superior Challenge	Feb 3, 2024
30	LiaBraaten, Lucas	SO-2	Hamline	4:28.09	MIAC Indoor Championships	Feb 22, 2024
31	Moresi, Kelvin	FR-1	Macalester	4:28.42	St. Olaf Invitational and Multi Events	Jan 26, 2024
32	Ihrke, Nick	JR-3	Macalester	4:29.34	St Olaf Tostrud Classic	Feb 17, 2024
33	Roehl, Carson	JR-3	Gustavus Adolphus	4:29.42	Gopher Classic	Feb 3, 2024
34	McCoy, Max	FR-1	St. John's (Minn.)	4:29.50	CSB/SJU Alumni Meet	Jan 27, 2024
35	Olson, Tanner	SR-4	Concordia-Moorhead	4:29.55%	UND Tune-Up	Feb 17, 2024
36	Bjork, Alex	FR-1	St. Olaf	4:30.16	Gopher Classic	Feb 3, 2024
37	Fendig, Alex	SR-4	Macalester	4:30.79	MIAC Indoor Championships	Feb 22, 2024
38	Peterson, Luke	SR-4	Bethel (Minn.)	4:31.23	MIAC Indoor Championships	Feb 22, 2024
39	Kloepfner, Daniel	JR-3	St. John's (Minn.)	4:31.38	Gopher Classic	Feb 3, 2024
40	Kaluza, Vincent	FR-1	St. John's (Minn.)	4:32.17	CSB/SJU Alumni Meet	Jan 27, 2024

3000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Kelly, Will	JR-3	St. Olaf	8:18.79%	Boston University David Hemery Valentine Invitational	Feb 9, 2024
2	Bati, Mohammed	SO-2	Augsburg	8:24.31	Snowshoe Open	Feb 16, 2024
3	Boone, Calvin	SO-2	St. Scholastica	8:25.62	Twin Ports Invite	Jan 20, 2024
4	DeWall, Lars	SR-4	St. Scholastica	8:28.23	Twin Ports Invite	Jan 20, 2024
5	Turlington, Kevin	SO-2	St. Olaf	8:31.97	MIAC Indoor Championships	Feb 22, 2024
6	McKee, Reece	JR-3	Macalester	8:32.30	Carleton Meet of Hearts	Feb 10, 2024
7	Llewellyn, Roy	SO-2	Carleton	8:32.49	MIAC Indoor Championships	Feb 22, 2024
8	Nichols, Gabe	SO-2	Carleton	8:32.93	MIAC Indoor Championships	Feb 22, 2024
9	Curtis, Ian	JR-3	St. Olaf	8:33.02	MIAC Indoor Championships	Feb 22, 2024
10	Lynn, David	JR-3	St. Olaf	8:34.58	MIAC Indoor Championships	Feb 22, 2024
11	Crotteau, Ben	JR-3	Macalester	8:36.58	Carleton Meet of Hearts	Feb 10, 2024
12	Max, Parker	SO-2	St. Olaf	8:36.71	St Olaf Tostrud Classic	Feb 17, 2024
13	Edwards, Tyler	SO-2	Macalester	8:39.31	Carleton Meet of Hearts	Feb 10, 2024
14	Hartney, Sean	JR-3	St. Olaf	8:39.67	Chuck Peterson Open	Dec 2, 2023
15	Fitzgerald, Ignatius	SO-2	St. Olaf	8:42.95	St Olaf Ole Opener	Jan 20, 2024
16	Coffey, Olaf	JR-3	St. Olaf	8:43.57	Chuck Peterson Open	Dec 2, 2023
17	Goss, Brady	FR-1	Concordia-Moorhead	8:46.19	MIAC Indoor Championships	Feb 22, 2024
18	Skemp, Andrew	JR-3	St. Olaf	8:47.64	St Olaf Tostrud Classic	Feb 17, 2024
19	Deaver, Jack	SO-2	St. Olaf	8:48.64	MIAC Indoor Championships	Feb 22, 2024
20	LiaBraaten, Lucas	SO-2	Hamline	8:49.79	MIAC Indoor Championships	Feb 22, 2024
21	Ihrke, Nick	JR-3	Macalester	8:49.86	MIAC Indoor Championships	Feb 22, 2024

	Athlete	Year	Team	Time	Meet	Meet Date
22	Manzur Strandlund, Gael	SO-2	St. Olaf	8:50.40	Chuck Peterson Open	Dec 2, 2023
23	Kaluza, Vincent	FR-1	St. John's (Minn.)	8:51.01	Snowshoe Open	Feb 16, 2024
24	Graber, Grant	JR-3	Bethel (Minn.)	8:51.09	MIAC Indoor Championships	Feb 22, 2024
25	McCullough, Logan	SR-4	Gustavus Adolphus	8:51.77	MIAC Indoor Championships	Feb 22, 2024
26	Cote, Anders	JR-3	St. Olaf	8:52.64	St Olaf Tostrud Classic	Feb 17, 2024
27	Olson, Tanner	SR-4	Concordia-Moorhead	8:55.35	MIAC Indoor Championships	Feb 22, 2024
28	Olsson, Tor	JR-3	Macalester	8:56.38	St. Olaf Invitational and Multi Events	Jan 26, 2024
29	Galloway, Jordan	SO-2	Macalester	8:57.57	MIAC Indoor Championships	Feb 22, 2024
30	Madell, Joe	JR-3	Macalester	9:01.17	St. Olaf Invitational and Multi Events	Jan 26, 2024
31	Fendig, Alex	SR-4	Macalester	9:02.37	MIAC Indoor Championships	Feb 22, 2024
32	Cavanaugh, Eamon	JR-3	St. John's (Minn.)	9:02.96	MIAC Indoor Championships	Feb 22, 2024
33	Thompson, Reese	SR-4	Bethel (Minn.)	9:03.34	MIAC Indoor Championships	Feb 22, 2024
34	Getty, Drew	SR-4	Macalester	9:05.99	Gopher Classic	Feb 3, 2024
35	Kalsnes, Jonah	FR-1	Bethel (Minn.)	9:06.21	Snowshoe Open	Feb 16, 2024
36	Meissner, Noah	FR-1	Bethel (Minn.)	9:11.84	Snowshoe Open	Feb 16, 2024
37	Malecha, Jacob	FR-1	St. John's (Minn.)	9:13.19	CSB / SJU Invitational	Feb 10, 2024
38	Pouliot, Evan	FR-1	Gustavus Adolphus	9:15.70	CSB / SJU Invitational	Feb 10, 2024
39	Bernstein, Ryan	SO-2	Carleton	9:16.76	Ted Nelson Classic	Feb 3, 2024
40	Lange, Emerson	SO-2	Carleton	9:17.68	Ted Nelson Classic	Feb 3, 2024

5000 Meters

	Athlete	Year	Team	Time	Meet	Meet Date
1	Kelly, Will	JR-3	St. Olaf	14:20.51	St. Olaf Invitational and Multi Events	Jan 26, 2024
2	Boone, Calvin	SO-2	St. Scholastica	14:35.43	St. Olaf Invitational and Multi Events	Jan 26, 2024
3	Bati, Mohammed	SO-2	Augsburg	14:37.67	MIAC Indoor Championships	Feb 22, 2024
4	Turlington, Kevin	SO-2	St. Olaf	14:38.56	St. Olaf Invitational and Multi Events	Jan 26, 2024
5	DeWall, Lars	SR-4	St. Scholastica	14:44.16	St. Olaf Invitational and Multi Events	Jan 26, 2024
6	McKee, Reece	JR-3	Macalester	14:59.01	MIAC Indoor Championships	Feb 22, 2024
7	Edwards, Tyler	SO-2	Macalester	15:02.42	MIAC Indoor Championships	Feb 22, 2024
8	Cote, Anders	JR-3	St. Olaf	15:04.04	MIAC Indoor Championships	Feb 22, 2024
9	McCullough, Logan	SR-4	Gustavus Adolphus	15:04.57	MIAC Indoor Championships	Feb 22, 2024
10	Deaver, Jack	SO-2	St. Olaf	15:04.89	MIAC Indoor Championships	Feb 22, 2024
11	Manzur Strandlund, Gael	SO-2	St. Olaf	15:05.21	MIAC Indoor Championships	Feb 22, 2024
12	Lynn, David	JR-3	St. Olaf	15:09.49	MIAC Indoor Championships	Feb 22, 2024
13	Skemp, Andrew	JR-3	St. Olaf	15:23.74	Stout Open	Feb 9, 2024
14	Graber, Grant	JR-3	Bethel (Minn.)	15:24.34	Stout Open	Feb 9, 2024
15	Max, Parker	SO-2	St. Olaf	15:29.72	St. Olaf Invitational and Multi Events	Jan 26, 2024
16	Fiataruolo, Angelo	SO-2	St. Olaf	15:38.24	MIAC Indoor Championships	Feb 22, 2024
17	Thompson, Reese	SR-4	Bethel (Minn.)	15:42.32	St. Olaf Invitational and Multi Events	Jan 26, 2024
18	Ihrke, Nick	JR-3	Macalester	15:48.04	MIAC Indoor Championships	Feb 22, 2024
19	Pouliot, Evan	FR-1	Gustavus Adolphus	15:49.53	MIAC Indoor Championships	Feb 22, 2024
20	Smyth, Sean	FR-1	Saint Mary's (Minn.)	16:19.70	St. Olaf Invitational and Multi Events	Jan 26, 2024
21	Fitzgerald, Isaiah	FR-1	Saint Mary's (Minn.)	16:28.68	St. Olaf Invitational and Multi Events	Jan 26, 2024
22	Kaye, Lex	FR-1	St. Olaf	16:33.71	MIAC Indoor Championships	Feb 22, 2024
23	McCabe, Quinn	FR-1	St. Olaf	16:49.41	St. Olaf Invitational and Multi Events	Jan 26, 2024
24	Lindner, Sam	FR-1	St. Olaf	16:50.17	St. Olaf Invitational and Multi Events	Jan 26, 2024
25	Dallas, Evan	SO-2	Bethel (Minn.)	16:52.55	MIAC Indoor Championships	Feb 22, 2024
26	Simcox, Luke	JR-3	St. Olaf	16:54.66	St. Olaf Invitational and Multi Events	Jan 26, 2024
27	Marker, Braeden	FR-1	St. Olaf	17:00.87	Stout Open	Feb 9, 2024
28	McFetridge, Jack	SO-2	St. Olaf	17:01.03	Stout Open	Feb 9, 2024
29	Saari, William	JR-3	Hamline	17:01.83%	SDSU Indoor Classic	Feb 9, 2024
29	Morris, Sam	JR-3	Saint Mary's (Minn.)	17:01.83	St. Olaf Invitational and Multi Events	Jan 26, 2024
31	Harris, Grayson	JR-3	Augsburg	17:06.52	St. Olaf Invitational and Multi Events	Jan 26, 2024
32	St. George, Kedran	SO-2	Bethel (Minn.)	19:28.46	St. Olaf Invitational and Multi Events	Jan 26, 2024

60 Hurdles

	Athlete	Year	Team	Time	Meet	Meet Date
1	Ekiyor, Jayson	JR-3	Bethel (Minn.)	7.92	NCAA Division III Indoor Track & Field Championships	Mar 8, 2024
2	Sampson, Josh	JR-3	Bethel (Minn.)	8.06	UWL Final Qualifier	Mar 2, 2024
3	Myres, David	JR-3	Bethel (Minn.)	8.16	Snowshoe Open	Feb 16, 2024
4	Thomsen, Josh	JR-3	Bethel (Minn.)	8.22	St. Olaf Invitational and Multi Events	Jan 26, 2024
5	Lord, Demetri	JR-3	St. Olaf	8.44	Maverick Premier #2	Feb 10, 2024
6	Lightner, Jackson	FR-1	Hamline	8.46	St Olaf Tostrud Classic	Feb 17, 2024
7	Suah, Morris	FR-1	Hamline	8.58	St Olaf Tostrud Classic	Feb 17, 2024
8	McCormick, Connor	SO-2	Gustavus Adolphus	8.62	UWL Final Qualifier	Mar 2, 2024
9	Lee, Josh	JR-3	Bethel (Minn.)	8.63	Stout Open	Feb 9, 2024

	Athlete	Year	Team	Time	Meet	Meet Date
10	Clark, Logan	SO-2	Concordia-Moorhead	8.64	Dakota Alumni Classic	Dec 8, 2023
11	Viesselman, Blake	FR-1	Bethel (Minn.)	8.68	MIAC Indoor Championships	Feb 22, 2024
12	Schmidt, Cole	FR-1	Gustavus Adolphus	8.69	Maverick Invitational	Feb 16, 2024
13	Rhonemus, Wade	SR-4	Concordia-Moorhead	8.74	MIAC Indoor Championships	Feb 22, 2024
14	Stefanowicz, Sebastian	SO-2	Macalester	8.87	MIAC Indoor Championships	Feb 22, 2024
14	Lelwica, Max	JR-3	St. John's (Minn.)	8.87	MIAC Indoor Championships	Feb 22, 2024
16	Thurk, Anthony	JR-3	St. John's (Minn.)	8.92	MIAC Indoor Championships	Feb 22, 2024
17	Nissen, Matthew	JR-3	St. Olaf	8.95	St Olaf Tostrud Classic	Feb 17, 2024
18	Schulze, Sam	JR-3	Gustavus Adolphus	8.97	MIAC Indoor Championships	Feb 22, 2024
19	Mahamud, Hamza	SO-2	Macalester	8.99	St Olaf Tostrud Classic	Feb 17, 2024
20	Hennen, Logan	SO-2	St. John's (Minn.)	9.02	CSB/SJU Alumni Meet	Jan 27, 2024
21	Mortensen, Ian	SR-4	Carleton	9.03	St Olaf Ole Opener	Jan 20, 2024
22	Elseth, Aaron	SO-2	Bethel (Minn.)	9.05	MIAC Indoor Championships	Feb 22, 2024
23	Kaster, Soren	FR-1	Carleton	9.08(55)	Carleton Meet of Hearts	Feb 10, 2024
24	Smith, Cooper	FR-1	St. John's (Minn.)	9.12	CSB / SJU Invitational	Feb 10, 2024
24	Brandt, Isak	FR-1	St. John's (Minn.)	9.12	MIAC Indoor Championships	Feb 22, 2024
26	Manley, Cannon	FR-1	Saint Mary's (Minn.)	9.15	MIAC Indoor Championships	Feb 22, 2024
27	Borst, Layton	JR-3	St. Olaf	9.21	St Olaf Ole Opener	Jan 20, 2024
28	Cogley, Andrew	JR-3	St. Olaf	9.33	St Olaf Tostrud Classic	Feb 17, 2024
29	Blaeser, Aiden	SO-2	St. John's (Minn.)	9.35	Maverick Invitational	Feb 16, 2024
30	Demetriades, Theo	SO-2	Carleton	9.43	St Olaf Ole Opener	Jan 20, 2024
31	Bassett, Jackson	JR-3	St. Olaf	9.50	St Olaf Tostrud Classic	Feb 17, 2024
32	Powell, Danny	FR-1	Macalester	9.53	MIAC Indoor Championships	Feb 22, 2024
33	Magu, Dan	SO-2	Bethel (Minn.)	9.59	St. Olaf Invitational and Multi Events	Jan 26, 2024
34	Hoelzel, Gavin	FR-1	St. Olaf	9.64	Stout Open	Feb 9, 2024
35	Wellman, Trevor	JR-3	Bethel (Minn.)	9.70	MIAC Indoor Championships	Feb 22, 2024
36	Molstre, Joey	FR-1	Concordia-Moorhead	9.73	CSB / SJU Invitational	Feb 10, 2024
37	Lapinski, Will	FR-1	St. Olaf	9.76	MIAC Indoor Championships	Feb 22, 2024
37	Charles, Aidan	FR-1	Gustavus Adolphus	9.76	Maverick Invitational	Feb 16, 2024
39	Kienholz, Carter	JR-3	Hamline	9.77	MIAC Indoor Championships	Feb 22, 2024
40	Werner, Tison	SO-2	Gustavus Adolphus	9.78(55)	Black & Gold Showcase	Jan 13, 2024

4 x 200 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	1:28.80	McConnell, Myres, Thomsen, Raitz	MIAC Indoor Championships	Feb 22, 2024
2	St. John's (Minn.)	1:29.89	Popoca, Witschen, Smith, Arthur	MIAC Indoor Championships	Feb 22, 2024
3	Gustavus Adolphus	1:30.16	Subah, Anstine, Le, Stageberg	MIAC Indoor Championships	Feb 22, 2024
4	Saint Mary's (Minn.)	1:31.79	Adamson, Paton, Johnson, Bulwa	MIAC Indoor Championships	Feb 22, 2024
5	St. Scholastica	1:32.79	Alfaro Diedrich, Redig, Erickson, Kubicek	MIAC Indoor Championships	Feb 22, 2024
6	Concordia-Moorhead	1:33.30	Dahl, Tionsong, Petron, Schaffer	Cobber Indoor Open	Jan 20, 2024
7	St. Olaf	1:33.41	McNearny, Fisher, Moo, Albertson	St. Olaf Invitational and Multi Events	Jan 26, 2024
8	Macalester	1:33.50	Kogut, Heitler, Wang, Lieberman	Vanessa Seljeskog Classic	Jan 20, 2024
9	Hamline	1:33.80	Couper, Otis, Ortiz, Lakte	MIAC Indoor Championships	Feb 22, 2024

4 x 400 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	3:15.48	Nelson, Thomsen, Sampson, Parent	Mark Guthrie Legacy Invite	Feb 3, 2024
2	St. Scholastica	3:24.47	Alfaro Diedrich, Douglas, Wallin, Kubicek	MIAC Indoor Championships	Feb 22, 2024
3	Carleton	3:25.59	Nathan, Lyness, Pattison, Ash	MIAC Indoor Championships	Feb 22, 2024
4	St. John's (Minn.)	3:26.94	Witschen, Montreuil, Conzemius, Smith	MIAC Indoor Championships	Feb 22, 2024
5	Macalester	3:27.10	Schonebaum, Ali, Malecha, Heitler	MIAC Indoor Championships	Feb 22, 2024
6	Gustavus Adolphus	3:27.78	Stageberg, Gushwa, Brauer, Stursa	MIAC Indoor Championships	Feb 22, 2024
7	St. Olaf	3:28.01	Fisher, Moore, Estrada, Lapinski	St Olaf Tostrud Classic	Feb 17, 2024
8	Concordia-Moorhead	3:28.69	Tionsong, Groshelle, Gallmeier, Schaffer	MIAC Indoor Championships	Feb 22, 2024
9	Saint Mary's (Minn.)	3:32.06	Adamson, Bulwa, Johnson, Paton	UW-Platteville Invitational	Feb 10, 2024
10	Augsburg	3:32.26	Clement, Oty, Wondimu, Asfaw	Carleton Meet of Hearts	Feb 10, 2024
11	Hamline	3:33.33	Ortiz, Suah, Lightner, Couper	CSB / SJU Invitational	Feb 10, 2024

Distance Medley Relay

	Team	Time	Athletes	Meet	Meet Date
1	St. Scholastica	9:52.24	DeWall, Kubicek, Wallin, Boone	Wartburg Qualifier	Mar 1, 2024
2	St. Olaf	10:10.58	Fitzgerald, Fisher, Moore, Turlington	Wartburg Qualifier	Mar 1, 2024
3	Concordia-Moorhead	10:12.35	Olson, Schaffer, Groshelle, Goss	Wartburg Qualifier	Mar 1, 2024
4	Macalester	10:15.86	Crotteau, Heitler, Getty, McKee	Wartburg Qualifier	Mar 1, 2024
5	Carleton	10:18.51	Llewellyn, Nathan, Lyness, Nichols	MIAC Indoor Championships	Feb 22, 2024
6	St. John's (Minn.)	10:25.66	McCoy, Conzemius, Montreuil, Kaluza	MIAC Indoor Championships	Feb 22, 2024

	Team	Time	Athletes	Meet	Meet Date
7	Bethel (Minn.)	10:39.31	Nelson, Ketterling, Schmitz, Berg	MIAC Indoor Championships	Feb 22, 2024
8	Gustavus Adolphus	10:51.38	Fuller, Gushwa, Rupnow, Roehl	MIAC Indoor Championships	Feb 22, 2024
9	Saint Mary's (Minn.)	10:51.49	Schneider, Paton, Kloss, Smyth	MIAC Indoor Championships	Feb 22, 2024
10	Augsburg	11:06.19	Engstrom, Oty, Wondimu, Bati	MIAC Indoor Championships	Feb 22, 2024

High Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	McDowell, Jackson	FR-1	St. John's (Minn.)	1.96m	6' 5"	MIAC Indoor Championships	Feb 22, 2024
1	Johnsrud, Peyton	JR-3	Concordia-Moorhead	1.96m	6' 5"	MIAC Indoor Championships	Feb 22, 2024
3	Bies, Danny	SR-4	Gustavus Adolphus	1.93m	6' 4"	MIAC Indoor Championships	Feb 22, 2024
3	Matetich, Cole	JR-3	Gustavus Adolphus	1.93m	6' 4"	M City Indoor Classic	Dec 8, 2023
5	Marsh, Anthony	JR-3	Concordia-Moorhead	1.90m	6' 2.75"	UND Open	Jan 26, 2024
6	Thurk, Anthony	JR-3	St. John's (Minn.)	1.89m	6' 2.25"	Gopher Classic	Feb 3, 2024
7	Braun, Michael	JR-3	Hamline	1.88m	6' 2"	SDSU Indoor Classic	Feb 9, 2024
7	Suah, Morris	FR-1	Hamline	1.88m	6' 2"	St Olaf Tostrud Classic	Feb 17, 2024
9	Lincoln, Ethen	FR-1	Gustavus Adolphus	1.87m	6' 1.5"	MIAC Indoor Championships	Feb 22, 2024
9	Cogley, Andrew	JR-3	St. Olaf	1.87m	6' 1.5"	MIAC Indoor Championships	Feb 22, 2024
11	Lord, Demetri	JR-3	St. Olaf	1.86m	6' 1.25"	M City Indoor Classic	Dec 8, 2023
11	Erickson, Matthew	FR-1	St. Scholastica	1.86m	6' 1.25"	Lake Superior Challenge	Feb 3, 2024
13	Lelwica, Max	JR-3	St. John's (Minn.)	1.84m	6' 0.5"	Gopher Classic	Feb 3, 2024
13	Rhonemus, Wade	SR-4	Concordia-Moorhead	1.84m	6' 0.5"	2024 Bison Open	Feb 2, 2024
15	Lapinski, Will	FR-1	St. Olaf	1.83m	6' 0"	St Olaf Tostrud Classic	Feb 17, 2024
16	Swanson, Luc	FR-1	Bethel (Minn.)	1.82m	5' 11.5"	MIAC Indoor Championships	Feb 22, 2024
17	Cline-Cole, Ethan	SO-2	Carleton	1.80m	5' 10.75"	St Olaf Ole Opener	Jan 20, 2024
18	Seiler, Alex	JR-3	St. John's (Minn.)	1.79m	5' 10.5"	Gopher Classic	Feb 3, 2024
19	Carlson, Brendan	FR-1	Gustavus Adolphus	1.78m	5' 10"	Vanessa Seljeskog Classic	Jan 20, 2024
19	McCormick, Connor	SO-2	Gustavus Adolphus	1.78m	5' 10"	MIAC Indoor Championships	Feb 22, 2024
21	Peterson, Ben	JR-3	Concordia-Moorhead	1.75m	5' 8.75"	2024 Bison Open	Feb 2, 2024
21	Swenson, Simon	SO-2	Bethel (Minn.)	1.75m	5' 8.75"	St. Olaf Invitational and Multi Events	Jan 26, 2024
21	Olson, Jesse	FR-1	St. Olaf	1.75m	5' 8.75"	MIAC Indoor Championships	Feb 22, 2024
24	Lee, Iain	SO-2	Hamline	1.74m	5' 8.5"	St. Olaf Invitational and Multi Events	Jan 26, 2024
25	O'Brien, Connor	FR-1	St. John's (Minn.)	1.72m	5' 7.75"	Maverick Invitational	Feb 16, 2024
25	LePard, Ben	FR-1	Concordia-Moorhead	1.72m	5' 7.75"	Cobber Indoor Open	Jan 20, 2024
27	Demetriades, Theo	SO-2	Carleton	1.71m	5' 7.25"	St. Olaf Invitational and Multi Events	Jan 26, 2024
28	Hennen, Logan	SO-2	St. John's (Minn.)	1.70m	5' 7"	CSB/SJU Alumni Meet	Jan 27, 2024
29	Molstre, Joey	FR-1	Concordia-Moorhead	1.69m	5' 6.5"	MIAC Indoor Championships	Feb 22, 2024
29	Wellman, Trevor	JR-3	Bethel (Minn.)	1.69m	5' 6.5"	MIAC Indoor Championships	Feb 22, 2024
31	Albertson, Max	FR-1	St. Olaf	1.67m	5' 5.75"	Stout Open	Feb 9, 2024
32	Schulze, Sam	JR-3	Gustavus Adolphus	1.65m	5' 5"	CSB / SJU Invitational	Feb 10, 2024
33	Kiel, Logan	FR-1	St. John's (Minn.)	1.64m	5' 4.5"	Gopher Classic	Feb 3, 2024
34	Elseth, Aaron	SO-2	Bethel (Minn.)	1.63m	5' 4.25"	MIAC Indoor Championships	Feb 22, 2024
34	Kienholz, Carter	JR-3	Hamline	1.63m	5' 4.25"	MIAC Indoor Championships	Feb 22, 2024
36	Borst, Layton	JR-3	St. Olaf	1.59m	5' 2.5"	St. Olaf Invitational and Multi Events	Jan 26, 2024
37	Kaster, Soren	FR-1	Carleton	1.55m	5' 1"	St Olaf Ole Opener	Jan 20, 2024
37	Hoelzel, Gavin	FR-1	St. Olaf	1.55m	5' 1"	St Olaf Ole Opener	Jan 20, 2024
39	Ramirez, Gael	JR-3	Bethel (Minn.)	1.52m	4' 11.75"	Stout Open	Feb 9, 2024
40	Leafblad, Eli	FR-1	Bethel (Minn.)	1.47m	4' 9.75"	Stout Open	Feb 9, 2024

Pole Vault

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Charbonneau, Joseph	JR-3	St. John's (Minn.)	4.65m	15' 3"	CSB / SJU Invitational	Feb 10, 2024
2	Gardeen, Samuel	JR-3	Bethel (Minn.)	4.58m	15' 0.25"	UWL Final Qualifier	Mar 2, 2024
3	Schloeder, Austin	FR-1	Hamline	4.55m	14' 11"	MIAC Indoor Championships	Feb 22, 2024
4	Guth, Kole	SO-2	St. John's (Minn.)	4.46m	14' 7.5"	Maverick Invitational	Feb 16, 2024
5	Arnold, Dylan	JR-3	St. Olaf	4.45m	14' 7.25"	St. Olaf Invitational and Multi Events	Jan 26, 2024
5	Eickhoff, Daniel	JR-3	St. John's (Minn.)	4.45m	14' 7.25"	MIAC Indoor Championships	Feb 22, 2024
7	Rhonemus, Wade	SR-4	Concordia-Moorhead	4.40m	14' 5.25"	MIAC Indoor Championships	Feb 22, 2024
8	Marzinske, Logan	JR-3	Gustavus Adolphus	4.31m	14' 1.75"	Maverick Invitational	Feb 16, 2024
9	Charles, Aidan	FR-1	Gustavus Adolphus	4.26m	13' 11.75"	Gopher Classic	Feb 3, 2024
10	Kaster, Soren	FR-1	Carleton	4.25m	13' 11.25"	St Olaf Tostrud Classic	Feb 17, 2024
11	Withuski, Andrew	FR-1	St. John's (Minn.)	4.20m	13' 9.25"	CSB / SJU Invitational	Feb 10, 2024
11	Engstrom, Oliver	SO-2	Hamline	4.20m	13' 9.25"	MIAC Indoor Championships	Feb 22, 2024
11	Graske, Joshua	FR-1	Bethel (Minn.)	4.20m	13' 9.25"	St. Olaf Invitational and Multi Events	Jan 26, 2024
14	Borst, Layton	JR-3	St. Olaf	4.10m	13' 5.25"	St Olaf Ole Opener	Jan 20, 2024
15	McCormick, Connor	SO-2	Gustavus Adolphus	4.05m	13' 3.5"	St. Olaf Invitational and Multi Events	Jan 26, 2024
15	Doom, Max	JR-3	St. John's (Minn.)	4.05m	13' 3.5"	CSB / SJU Invitational	Feb 10, 2024

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
17	Collins, Spencer	FR-1	St. Olaf	4.02m	13' 2.25"	Stout Open	Feb 9, 2024
18	Lelwica, Max	JR-3	St. John's (Minn.)	4.00m	13' 1.5"	MIAC Indoor Championships	Feb 22, 2024
19	Mortensen, Ian	SR-4	Carleton	3.95m	12' 11.5"	St Olaf Ole Opener	Jan 20, 2024
20	Ream, Joe	SO-2	Gustavus Adolphus	3.90m	12' 9.5"	MIAC Indoor Championships	Feb 22, 2024
21	Adams, Tim	JR-3	Carleton	3.80m	12' 5.5"	St Olaf Tostrud Classic	Feb 17, 2024
22	Hoetzel, Gavin	FR-1	St. Olaf	3.75m	12' 3.5"	St. Olaf Invitational and Multi Events	Jan 26, 2024
23	Kiel, Logan	FR-1	St. John's (Minn.)	3.71m	12' 2"	Maverick Invitational	Feb 16, 2024
24	Hennen, Logan	SO-2	St. John's (Minn.)	3.70m	12' 1.5"	MIAC Indoor Championships	Feb 22, 2024
24	Adams, Andrew	JR-3	St. John's (Minn.)	3.70m	12' 1.5"	CSB/SJU Alumni Meet	Jan 27, 2024
26	Lord, Demetri	JR-3	St. Olaf	3.65m	11' 11.75"	NCAA Division III Indoor Track & Field Championships	Mar 8, 2024
27	Thurk, Anthony	JR-3	St. John's (Minn.)	3.60m	11' 9.75"	MIAC Indoor Championships	Feb 22, 2024
28	Menter, Forest	SO-2	St. Olaf	3.56m	11' 8"	Gopher Classic	Feb 3, 2024
28	Schulze, Sam	JR-3	Gustavus Adolphus	3.56m	11' 8"	Maverick Invitational	Feb 16, 2024
30	Kienholz, Carter	JR-3	Hamline	3.50m	11' 5.75"	MIAC Indoor Championships	Feb 22, 2024
30	Cogley, Andrew	JR-3	St. Olaf	3.50m	11' 5.75"	MIAC Indoor Championships	Feb 22, 2024
32	Elahi, Rayan	JR-3	St. Olaf	3.46m	11' 4.25"	Chuck Peterson Open	Dec 2, 2023
33	Molstre, Joey	FR-1	Concordia-Moorhead	3.45m	11' 3.75"	Cobber Indoor Open	Jan 20, 2024
33	Walker, Zoe	JR-3	Gustavus Adolphus	3.45m	11' 3.75"	St. Olaf Invitational and Multi Events	Jan 26, 2024
35	Peterson, Trey	FR-1	St. Olaf	3.42m	11' 2.5"	Stout Open	Feb 9, 2024
36	Hansen, Matt	FR-1	St. John's (Minn.)	3.40m	11' 1.75"	CSB/SJU Alumni Meet	Jan 27, 2024
36	Peterson, Josh	FR-1	Concordia-Moorhead	3.40m	11' 1.75"	2024 Bison Open	Feb 2, 2024
36	Besemann, Noah	FR-1	St. John's (Minn.)	3.40m	11' 1.75"	CSB/SJU Alumni Meet	Jan 27, 2024
39	Daenzer, Luke	SO-2	Bethel (Minn.)	3.36m	11' 0.25"	Gene Glader Classic	Feb 17, 2024
39	Schmidt, Joe	JR-3	Gustavus Adolphus	3.36m	11' 0.25"	Gopher Classic	Feb 3, 2024

Long Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Schaffer, Zach	SO-2	St. John's (Minn.)	7.02m	23' 0.5'	UWL Final Qualifier	Mar 2, 2024	NW
2	Subah, Isaiah	SR-4	Gustavus Adolphus	6.88m	22' 7"	MIAC Indoor Championships	Feb 22, 2024	NW
3	Moo, Eh Ler	JR-3	St. Olaf	6.71m	22' 0.25"	Bearson-Gathje Classic	Jan 12, 2024	NW
4	Albertson, Max	FR-1	St. Olaf	6.55m	21' 6"	MIAC Indoor Championships	Feb 22, 2024	NW
5	Rhonemus, Wade	SR-4	Concordia-Moorhead	6.47m	21' 2.75"	MIAC Indoor Championships	Feb 22, 2024	NW
6	Erickson, Matthew	FR-1	St. Scholastica	6.45m	21' 2"	Maverick Invitational	Feb 16, 2024	NW
7	Marsh, Anthony	JR-3	Concordia-Moorhead	6.41m	21' 0.5"	CSB / SJU Invitational	Feb 10, 2024	NW
8	Smith, Kameron	FR-1	Augsburg	6.40m	21' 0"	Snowshoe Open	Feb 16, 2024	NW
9	Thurk, Anthony	JR-3	St. John's (Minn.)	6.38m	20' 11.25"	M City Indoor Classsic	Dec 8, 2023	NW
10	Cisewski, Antonio	JR-3	Saint Mary's (Minn.)	6.37m	20' 10.75"	University of St. Thomas Opener	Jan 12, 2024	NW
11	Lord, Demetri	JR-3	St. Olaf	6.36m	20' 10.5"	St Olaf Ole Opener	Jan 20, 2024	NW
12	Charlton, Josh	JR-3	St. Olaf	6.32m	20' 9"	St Olaf Ole Opener	Jan 20, 2024	NW
13	Swenson, Simon	SO-2	Bethel (Minn.)	6.31m	20' 8.5"	MIAC Indoor Championships	Feb 22, 2024	NW
14	Hansen, Matt	FR-1	St. John's (Minn.)	6.27m	20' 7"	MIAC Indoor Championships	Feb 22, 2024	NW
15	Cogley, Andrew	JR-3	St. Olaf	6.24m	20' 5.75"	MIAC Indoor Championships	Feb 22, 2024	NW
16	Bovitz, Nick	FR-1	Bethel (Minn.)	6.20m	20' 4.25"	MIAC Indoor Championships	Feb 22, 2024	NW
17	Le, Nathan	JR-3	Gustavus Adolphus	6.18m	20' 3.5"	St. Olaf Invitational and Multi Events	Jan 26, 2024	NW
18	Wynia, Ben	FR-1	Gustavus Adolphus	6.12m	20' 1"	Gopher Classic	Feb 3, 2024	NW
18	Cooper, Dan	SR-4	Saint Mary's (Minn.)	6.12m	20' 1"	St. Olaf Invitational and Multi Events	Jan 26, 2024	NW
20	Lee, Iain	SO-2	Hamline	6.09m	19' 11.75"	St. Olaf Invitational and Multi Events	Jan 26, 2024	NW
21	Lelwica, Max	JR-3	St. John's (Minn.)	6.01m	19' 8.75"	MIAC Indoor Championships	Feb 22, 2024	NW
22	Schulze, Sam	JR-3	Gustavus Adolphus	6.00m	19' 8.25"	Maverick Invitational	Feb 16, 2024	NW
23	Hodin, Riley	JR-3	Macalester	5.99m	19' 8"	Gopher Classic	Feb 3, 2024	NW
24	McCormick, Connor	SO-2	Gustavus Adolphus	5.97m	19' 7"	MIAC Indoor Championships	Feb 22, 2024	NW
24	Hennen, Logan	SO-2	St. John's (Minn.)	5.97m	19' 7"	MIAC Indoor Championships	Feb 22, 2024	NW
26	Peterson, Ben	JR-3	Concordia-Moorhead	5.92m	19' 5.25"	UND Tune-Up	Feb 17, 2024	NW
27	LePard, Ben	FR-1	Concordia-Moorhead	5.91m	19' 4.75"	UND Tune-Up	Feb 17, 2024	NW
28	Demetriades, Theo	SO-2	Carleton	5.88m	19' 3.5"	St Olaf Ole Opener	Jan 20, 2024	NW
29	Veimau, Justin	SR-4	Macalester	5.83m	19' 1.5"	Vanessa Seljeskog Classic	Jan 20, 2024	NW
30	Molstre, Joey	FR-1	Concordia-Moorhead	5.82m	19' 1.25"	MIAC Indoor Championships	Feb 22, 2024	NW
30	Wang, Kevin	SO-2	Macalester	5.82m	19' 1.25"	St Olaf Tostrud Classic	Feb 17, 2024	NW
32	Rose, Noah	FR-1	St. John's (Minn.)	5.78m	18' 11.75"	Gopher Classic	Feb 3, 2024	NW
33	Kiel, Logan	FR-1	St. John's (Minn.)	5.75m	18' 10.5"	M City Indoor Classsic	Dec 8, 2023	NW
34	Rikkers, Sam	JR-3	St. Olaf	5.72m	18' 9.25"	Bearson-Gathje Classic	Jan 12, 2024	NW
35	Strube, Reese	FR-1	Concordia-Moorhead	5.68m	18' 7.75"	UND Open	Jan 26, 2024	NW
36	Hoetzel, Gavin	FR-1	St. Olaf	5.67m	18' 7.25"	MIAC Indoor Championships	Feb 22, 2024	NW
37	Kaster, Soren	FR-1	Carleton	5.65m	18' 6.5"	St Olaf Tostrud Classic	Feb 17, 2024	NW
38	Hermes, Nick	JR-3	Concordia-Moorhead	5.62m	18' 5.25"	CSB / SJU Invitational	Feb 10, 2024	NW

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
38	Elseth, Aaron	SO-2	Bethel (Minn.)	5.62m	18' 5.25"	St. Olaf Invitational and Multi Events	Jan 26, 2024	NWI
40	Leafblad, Eli	FR-1	Bethel (Minn.)	5.61m	18' 5"	St. Olaf Invitational and Multi Events	Jan 26, 2024	NWI

Triple Jump

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Hodin, Riley	JR-3	Macalester	13.72m	45' 0.25"	MIAC Indoor Championships	Feb 22, 2024	NWI
2	Wade, Elijah	SR-4	St. John's (Minn.)	13.71m	44' 11.75"	MIAC Indoor Championships	Feb 22, 2024	NWI
3	Schaffer, Zach	SO-2	St. John's (Minn.)	13.57m	44' 6.25"	MIAC Indoor Championships	Feb 22, 2024	NWI
4	Bovitz, Nick	FR-1	Bethel (Minn.)	13.35m	43' 9.75"	MIAC Indoor Championships	Feb 22, 2024	NWI
5	Braun, Michael	JR-3	Hamline	13.32m	43' 8.5"	MIAC Indoor Championships	Feb 22, 2024	NWI
6	Smith, Kameron	FR-1	Augsburg	13.19m	43' 3.25"	MIAC Indoor Championships	Feb 22, 2024	NWI
7	Erickson, Matthew	FR-1	St. Scholastica	12.97m	42' 6.75"	Maverick Invitational	Feb 16, 2024	NWI
8	Albertson, Max	FR-1	St. Olaf	12.96m	42' 6.25"	Chuck Peterson Open	Dec 2, 2023	NWI
9	Thurk, Anthony	JR-3	St. John's (Minn.)	12.94m	42' 5.5"	MIAC Indoor Championships	Feb 22, 2024	NWI
10	Cline-Cole, Ethan	SO-2	Carleton	12.93m	42' 5.25"	MIAC Indoor Championships	Feb 22, 2024	NWI
11	Johnson, Brady	JR-3	Saint Mary's (Minn.)	12.87m	42' 2.75"	MIAC Indoor Championships	Feb 22, 2024	NWI
12	Veimau, Justin	SR-4	Macalester	12.66m	41' 6.5"	Gopher Classic	Feb 3, 2024	NWI
13	Swenson, Simon	SO-2	Bethel (Minn.)	12.56m	41' 2.5"	Stout Open	Feb 9, 2024	NWI
14	Kaba, Bangaly	FR-1	St. John's (Minn.)	12.46m	40' 10.5"	MIAC Indoor Championships	Feb 22, 2024	NWI
14	Thompson, Gabe	JR-3	Concordia-Moorhead	12.46m	40' 10.5"	MIAC Indoor Championships	Feb 22, 2024	NWI
16	Strube, Reese	FR-1	Concordia-Moorhead	12.07m	39' 7.25"	UND Open	Jan 26, 2024	NWI
17	Cogley, Andrew	JR-3	St. Olaf	11.94m	39' 2.25"	St Olaf Tostrud Classic	Feb 17, 2024	NWI
18	Wynia, Ben	FR-1	Gustavus Adolphus	11.85m	38' 10.5"	Black & Gold Showcase	Jan 13, 2024	NWI
19	Wang, Kevin	SO-2	Macalester	11.84m	38' 10.25"	MIAC Indoor Championships	Feb 22, 2024	NWI
20	Rose, Noah	FR-1	St. John's (Minn.)	11.66m	38' 3.25"	M City Indoor Classic	Dec 8, 2023	NWI
21	Montreuil, Owen	SO-2	St. John's (Minn.)	11.61m	38' 1.25"	Maverick Invitational	Feb 16, 2024	NWI
22	Wilenbring, Roman	FR-1	Gustavus Adolphus	11.49m	37' 8.5"	Vanessa Seljeskog Classic	Jan 20, 2024	NWI
23	Moo, Eh Ler	JR-3	St. Olaf	11.48m	37' 8"	St Olaf Tostrud Classic	Feb 17, 2024	NWI
24	Rikkers, Sam	JR-3	St. Olaf	10.99m	36' 0.75"	St Olaf Tostrud Classic	Feb 17, 2024	NWI
25	Antwi, Stephen	FR-1	Bethel (Minn.)	10.70m	35' 1.25"	Gene Glader Classic	Feb 17, 2024	NWI

Shot Put

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Beseth, Trent	SO-2	St. Scholastica	16.83m	55' 2.75"	Maday Classic	Feb 10, 2024
2	Folkestad, Cooper	JR-3	Concordia-Moorhead	16.72m	54' 10.25"	CSB / SJU Invitational	Feb 10, 2024
3	Monreal, Joshua	FR-1	St. Scholastica	15.36m	50' 4.75"	Maverick Invitational	Feb 16, 2024
4	Frost, Jaeden	SR-4	St. John's (Minn.)	15.16m	49' 9"	MIAC Indoor Championships	Feb 22, 2024
5	Larsen, Evan	JR-3	Bethel (Minn.)	15.13m	49' 7.75"	Stout Open	Feb 9, 2024
6	Hokanson, Adam	SO-2	Bethel (Minn.)	15.07m	49' 5.5"	St. Olaf Invitational and Multi Events	Jan 26, 2024
7	Hillstrom, Dominik	JR-3	Concordia-Moorhead	14.74m	48' 4.5"	Wartburg Qualifier	Mar 1, 2024
8	Houska, Blake	FR-1	Concordia-Moorhead	14.24m	46' 8.75"	UND Tune-Up	Feb 17, 2024
9	Dioszeghy, Sam	FR-1	Concordia-Moorhead	14.08m	46' 2.5"	MIAC Indoor Championships	Feb 22, 2024
10	Conant, Philip	FR-1	Bethel (Minn.)	13.80m	45' 3.5"	Gene Glader Classic	Feb 17, 2024
11	Steger, Grant	SR-4	St. Scholastica	13.78m	45' 2.5"	Twin Ports Invite	Jan 20, 2024
12	DeWall, Kaleb	JR-3	St. John's (Minn.)	13.68m	44' 10.75"	MIAC Indoor Championships	Feb 22, 2024
13	Carroll, Nathan	FR-1	St. John's (Minn.)	13.13m	43' 1"	MIAC Indoor Championships	Feb 22, 2024
14	Spurgeon, Eli	SO-2	Gustavus Adolphus	13.09m	42' 11.5"	MIAC Indoor Championships	Feb 22, 2024
15	Wellman, Trevor	JR-3	Bethel (Minn.)	12.93m	42' 5.25"	St. Olaf Invitational and Multi Events	Jan 26, 2024
16	Turqueza, Rylan	FR-1	St. John's (Minn.)	12.92m	42' 4.75"	Gopher Classic	Feb 3, 2024
17	Massey, Harry	FR-1	Hamline	12.65m	41' 6"	St Olaf Tostrud Classic	Feb 17, 2024
18	Nathan, Carroll	FR-1	St. John's (Minn.)	12.62m	41' 5"	CSB / SJU Invitational	Feb 10, 2024
19	Hudspith, Wyatt	FR-1	Gustavus Adolphus	12.58m	41' 3.25"	Maverick Invitational	Feb 16, 2024
20	Willier, Anthony	FR-1	St. John's (Minn.)	12.21m	40' 0.75"	CSB/SJU Alumni Meet	Jan 27, 2024
21	Lord, Demetri	JR-3	St. Olaf	12.14m	39' 10"	MIAC Indoor Championships	Feb 22, 2024
22	Mills, Austin	SO-2	Macalester	12.09m	39' 8"	Carleton Meet of Hearts	Feb 10, 2024
23	Thurk, Anthony	JR-3	St. John's (Minn.)	12.00m	39' 4.5"	CSB / SJU Invitational	Feb 10, 2024
24	White, Ron	FR-1	Saint Mary's (Minn.)	11.98m	39' 3.75"	Luther Invitational	Feb 3, 2024
25	Brown, Jakob	JR-3	Concordia-Moorhead	11.88m	38' 11.75"	UND Tune-Up	Feb 17, 2024
25	Kiel, Logan	FR-1	St. John's (Minn.)	11.88m	38' 11.75"	CSB / SJU Invitational	Feb 10, 2024
27	Lelwica, Max	JR-3	St. John's (Minn.)	11.87m	38' 11.5"	CSB / SJU Invitational	Feb 10, 2024
27	Kienholz, Carter	JR-3	Hamline	11.87m	38' 11.5"	University of St. Thomas Opener	Jan 12, 2024
29	Edo-Ohanba, Esosa	FR-1	St. Olaf	11.78m	38' 7.75"	St Olaf Tostrud Classic	Feb 17, 2024
30	Borst, Layton	JR-3	St. Olaf	11.67m	38' 3.5"	Gopher Classic	Feb 3, 2024
31	Hennen, Logan	SO-2	St. John's (Minn.)	11.39m	37' 4.5"	MIAC Indoor Championships	Feb 22, 2024
32	Johnson, Josh	FR-1	St. Olaf	11.27m	36' 11.75"	Bearson-Gathje Classic	Jan 12, 2024
33	DeLoach, Corey	FR-1	Augsburg	11.23m	36' 10.25"	St. Olaf Invitational and Multi Events	Jan 26, 2024

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
34	Kallstrom, Brandon	JR-3	Bethel (Minn.)	11.17m	36' 7.75"	Mark Guthrie Legacy Invite	Feb 3, 2024
35	Yang, Aiden	SO-2	Macalester	11.10m	36' 5"	St Olaf Tostrud Classic	Feb 17, 2024
36	Rhonemus, Wade	SR-4	Concordia-Moorhead	11.07m	36' 4"	MIAC Indoor Championships	Feb 22, 2024
37	Turqueza, Keenan	SO-2	St. John's (Minn.)	10.96m	35' 11.5"	CSB / SJU Invitational	Feb 10, 2024
38	Elseth, Aaron	SO-2	Bethel (Minn.)	10.86m	35' 7.75"	Gene Glader Classic	Feb 17, 2024
39	Cogley, Andrew	JR-3	St. Olaf	10.75m	35' 3.25"	St. Olaf Invitational and Multi Events	Jan 26, 2024
40	Morris, Noah	FR-1	Carleton	10.69m	35' 1"	St Olaf Ole Opener	Jan 20, 2024

Weight Throw

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Hokanson, Adam	SO-2	Bethel (Minn.)	17.41m	57' 1.5"	MIAC Indoor Championships	Feb 22, 2024
2	Steger, Grant	SR-4	St. Scholastica	17.37m	57' 0"	UWL Final Qualifier	Mar 2, 2024
3	Larsen, Evan	JR-3	Bethel (Minn.)	17.11m	56' 1.75"	Gene Glader Classic	Feb 17, 2024
4	Frost, Jaeden	SR-4	St. John's (Minn.)	16.78m	55' 0.75"	MIAC Indoor Championships	Feb 22, 2024
5	Beseth, Trent	SO-2	St. Scholastica	16.77m	55' 0.25"	Lake Superior Challenge	Feb 3, 2024
6	Monreal, Joshua	FR-1	St. Scholastica	16.44m	53' 11.25"	Maverick Invitational	Feb 16, 2024
7	Fritz, Casen	JR-3	Saint Mary's (Minn.)	15.37m	50' 5.25"	MIAC Indoor Championships	Feb 22, 2024
8	Mensen, Joseph	JR-3	St. John's (Minn.)	15.34m	50' 4"	Maverick Invitational	Feb 16, 2024
9	Mills, Austin	SO-2	Macalester	14.91m	48' 11"	St Olaf Tostrud Classic	Feb 17, 2024
10	DeWall, Kaleb	JR-3	St. John's (Minn.)	14.82m	48' 7.5"	MIAC Indoor Championships	Feb 22, 2024
11	Ramirez, Ricky	JR-3	Concordia-Moorhead	14.59m	47' 10.5"	UND Open	Jan 26, 2024
12	Conant, Philip	FR-1	Bethel (Minn.)	14.57m	47' 9.75"	MIAC Indoor Championships	Feb 22, 2024
13	Menache, Max	JR-3	Macalester	14.18m	46' 6.25"	M City Indoor Classsic	Dec 8, 2023
14	Folkestad, Cooper	JR-3	Concordia-Moorhead	13.81m	45' 3.75"	CSB / SJU Invitational	Feb 10, 2024
15	White, Ron	FR-1	Saint Mary's (Minn.)	13.51m	44' 4"	Maverick Invitational	Feb 16, 2024
16	McGlynn, Galen	SO-2	St. Olaf	13.50m	44' 3.5"	Bearson-Gathje Classic	Jan 12, 2024
17	Dioszeghy, Sam	FR-1	Concordia-Moorhead	13.35m	43' 9.75"	MIAC Indoor Championships	Feb 22, 2024
17	Stordahl, Zach	JR-3	Gustavus Adolphus	13.35m	43' 9.75"	CSB / SJU Invitational	Feb 10, 2024
19	Willier, Anthony	FR-1	St. John's (Minn.)	13.12m	43' 0.5"	MIAC Indoor Championships	Feb 22, 2024
20	Turqueza, Rylan	FR-1	St. John's (Minn.)	12.93m	42' 5.25"	CSB/SJU Alumni Meet	Jan 27, 2024
21	Brown, Jakob	JR-3	Concordia-Moorhead	12.86m	42' 2.25"	UND Tune-Up	Feb 17, 2024
22	Houska, Blake	FR-1	Concordia-Moorhead	12.46m	40' 10.5"	CSB / SJU Invitational	Feb 10, 2024
23	Yang, Aiden	SO-2	Macalester	12.45m	40' 10.25"	MIAC Indoor Championships	Feb 22, 2024
24	Spurgeon, Eli	SO-2	Gustavus Adolphus	12.42m	40' 9"	Black & Gold Showcase	Jan 13, 2024
25	Nathan, Carroll	FR-1	St. John's (Minn.)	12.01m	39' 5"	CSB / SJU Invitational	Feb 10, 2024
26	Carroll, Nathan	FR-1	St. John's (Minn.)	11.77m	38' 7.5"	Maverick Invitational	Feb 16, 2024
27	Hillstrom, Dominik	JR-3	Concordia-Moorhead	11.61m	38' 1.25"	CSB / SJU Invitational	Feb 10, 2024
28	Oachs, Jacob	JR-3	Bethel (Minn.)	11.22m	36' 9.75"	Gene Glader Classic	Feb 17, 2024
29	Frankel, Charlie	FR-1	Macalester	10.93m	35' 10.5"	M City Indoor Classsic	Dec 8, 2023
30	Morris, Noah	FR-1	Carleton	10.92m	35' 10"	St Olaf Tostrud Classic	Feb 17, 2024
31	Edo-Ohanba, Esosa	FR-1	St. Olaf	10.65m	34' 11.25"	St Olaf Tostrud Classic	Feb 17, 2024
32	Turqueza, Keenan	SO-2	St. John's (Minn.)	10.61m	34' 9.75"	Maverick Invitational	Feb 16, 2024
33	Gathje, Henry	SO-2	Saint Mary's (Minn.)	10.51m	34' 5.75"	Luther Invitational	Feb 3, 2024
34	Johnson, Josh	FR-1	St. Olaf	10.32m	33' 10.25"	St. Olaf Invitational and Multi Events	Jan 26, 2024
35	Bigman, TaShawn	FR-1	Hamline	10.29m	33' 9.25"	Luther Invitational	Feb 3, 2024
36	Massey, Harry	FR-1	Hamline	10.17m	33' 4.5"	St Olaf Tostrud Classic	Feb 17, 2024
37	Brynteson, Connor	FR-1	St. John's (Minn.)	9.76m	32' 0.25"	CSB / SJU Invitational	Feb 10, 2024
38	Sullivan, Liam	FR-1	Carleton	8.92m	29' 3.25"	St Olaf Tostrud Classic	Feb 17, 2024
39	Henke, Martin	FR-1	Concordia-Moorhead	8.66m	28' 5"	CSB / SJU Invitational	Feb 10, 2024

Heptathlon

	Athlete	Year	Team	Points	Meet	Meet Date
1	Rhonemus, Wade	SR-4	Concordia-Moorhead	4967	MIAC Indoor Championships	Feb 22, 2024
2	Lord, Demetri	JR-3	St. Olaf	4897	MIAC Indoor Championships	Feb 22, 2024
3	Lelwica, Max	JR-3	St. John's (Minn.)	4634	MIAC Indoor Championships	Feb 22, 2024
4	Thurk, Anthony	JR-3	St. John's (Minn.)	4587	MIAC Indoor Championships	Feb 22, 2024
5	McCormick, Connor	SO-2	Gustavus Adolphus	4568	MIAC Indoor Championships	Feb 22, 2024
6	Cogley, Andrew	JR-3	St. Olaf	4478	MIAC Indoor Championships	Feb 22, 2024
7	Hennen, Logan	SO-2	St. John's (Minn.)	4135	MIAC Indoor Championships	Feb 22, 2024
8	Schulze, Sam	JR-3	Gustavus Adolphus	3985	MIAC Indoor Championships	Feb 22, 2024
9	Borst, Layton	JR-3	St. Olaf	3975	St. Olaf Invitational and Multi Events	Jan 26, 2024
10	Wellman, Trevor	JR-3	Bethel (Minn.)	3957	MIAC Indoor Championships	Feb 22, 2024
11	Olson, Jesse	FR-1	St. Olaf	3899	MIAC Indoor Championships	Feb 22, 2024
12	Demetriades, Theo	SO-2	Carleton	3829	St. Olaf Invitational and Multi Events	Jan 26, 2024
13	Molstre, Joey	FR-1	Concordia-Moorhead	3827	MIAC Indoor Championships	Feb 22, 2024
14	Elseth, Aaron	SO-2	Bethel (Minn.)	3748	St. Olaf Invitational and Multi Events	Jan 26, 2024

	Athlete	Year	Team	Points	Meet	Meet Date
15	Kiel, Logan	FR-1	St. John's (Minn.)	3738	MIAC Indoor Championships	Feb 22, 2024
16	Hoelzel, Gavin	FR-1	St. Olaf	3662	MIAC Indoor Championships	Feb 22, 2024
17	Kienholz, Carter	JR-3	Hamline	3647	MIAC Indoor Championships	Feb 22, 2024
18	Lapinski, Will	FR-1	St. Olaf	3557	MIAC Indoor Championships	Feb 22, 2024
19	Leafblad, Eli	FR-1	Bethel (Minn.)	2902	St. Olaf Invitational and Multi Events	Jan 26, 2024
20	Ramirez, Gael	JR-3	Bethel (Minn.)	2702	St. Olaf Invitational and Multi Events	Jan 26, 2024
21	Kallstrom, Brandon	JR-3	Bethel (Minn.)	2688	St. Olaf Invitational and Multi Events	Jan 26, 2024
22	Lee, Iain	SO-2	Hamline	2679	St. Olaf Invitational and Multi Events	Jan 26, 2024
23	Peterson, Josh	FR-1	Concordia-Moorhead	2594	2024 Bison Open	Feb 2, 2024
24	Schmidt, Joe	JR-3	Gustavus Adolphus	2572	St. Olaf Invitational and Multi Events	Jan 26, 2024