



MIAC Indoor Performance List

60 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Liu, Landen	JR-3	Bethel (Minn.)	6.67	Jack Johnson Classic	Jan 24, 2025
2	Reis, Max	FR-1	St. John's (Minn.)	6.78	MIAC Indoor Championships	Feb 27, 2025
3	Yawson, Ricky Kwabena	FR-1	Hamline	6.82	MIAC Indoor Championships	Feb 27, 2025
4	Parent, Jacob	SR-4	Bethel (Minn.)	6.88	Warren Bowlus Open & Multi	Jan 31, 2025
5	McConnell, Cameron	SR-4	Bethel (Minn.)	6.90	MIAC Indoor Championships	Feb 27, 2025
6	Simon, Godsword	SR-4	Bethel (Minn.)	6.96	MIAC Indoor Championships	Feb 27, 2025
6	Cramer, Ryan	FR-1	Saint Mary's (Minn.)	6.96	MIAC Indoor Championships	Feb 27, 2025
8	Alfaro Diedrich, Sean	SR-4	St. Scholastica	7.01	MIAC Indoor Championships	Feb 27, 2025
9	Heitler, Arlo	SR-4	Macalester	7.02	M City Indoor Classsic	Dec 6, 2024
10	Bulwa, Chris	SR-4	Saint Mary's (Minn.)	7.04	Pat Healy Classic	Jan 25, 2025
11	Thomas, Reece	SR-4	Hamline	7.06	MIAC Indoor Championships	Feb 27, 2025
12	Anstine, Jade	SO-2	Gustavus Adolphus	7.07	M City Indoor Classsic	Dec 6, 2024
13	Escobar Pearson, Cristian	FR-1	St. Olaf	7.08	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
13	Murnan, Kieran	SO-2	St. John's (Minn.)	7.08	MIAC Indoor Championships	Feb 27, 2025
13	Pettis, Andrei	JR-3	Hamline	7.08	Luther Invitational	Feb 8, 2025
16	Schaffer, Dawson	JR-3	Hamline	7.09	Vanessa Seljeskog Classic	Jan 25, 2025
16	Travis, Brandon	FR-1	Augsburg	7.09	MIAC Indoor Championships	Feb 27, 2025
18	Schreiner, Tommy	FR-1	Concordia-Moorhead	7.11	MIAC Indoor Championships	Feb 27, 2025
19	Kritsberg, Ben	JR-3	Saint Mary's (Minn.)	7.12	Pat Healy Classic	Jan 25, 2025
19	Raitz, Sam	SO-2	Bethel (Minn.)	7.12	Warren Bowlus Open & Multi	Jan 31, 2025
21	Hansen, Matt	SO-2	St. John's (Minn.)	7.14	Maverick Invitational	Feb 21, 2025
22	Kyoore, Zechariah	SR-4	Gustavus Adolphus	7.15	MIAC Indoor Championships	Feb 27, 2025
23	Blake, Brennan	FR-1	St. John's (Minn.)	7.16	CSB/SJU Alumni Meet	Jan 25, 2025
24	Otis, Mickey	SO-2	Hamline	7.17	MIAC Indoor Championships	Feb 27, 2025
25	Albertson, Max	SO-2	St. Olaf	7.18	St. Olaf Ole Opener	Jan 18, 2025
25	Adamson, Oliver	SR-4	Saint Mary's (Minn.)	7.18	MIAC Indoor Championships	Feb 27, 2025
27	Vargas, Niko	FR-1	Gustavus Adolphus	7.19	MIAC Indoor Championships	Feb 27, 2025
27	Evans, Bailey	FR-1	St. John's (Minn.)	7.19	MIAC Indoor Championships	Feb 27, 2025
29	Morey, Aidan	SO-2	St. John's (Minn.)	7.20	Maverick Invitational	Feb 21, 2025
29	Morical, Nolan	JR-3	Concordia-Moorhead	7.20	Bison Open	Feb 7, 2025
31	Adams, D'Nari	FR-1	Hamline	7.21	MIAC Indoor Championships	Feb 27, 2025
32	Popoca, Emanuel	SR-4	St. John's (Minn.)	7.23	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
33	McCall, Ty	FR-1	Bethel (Minn.)	7.24	St Olaf Invitational and Multi-events	Jan 24, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
33	Henry, Duke	FR-1	Hamline	7.24	CSB / SJU Invitational	Feb 15, 2025
35	Moo, Eh Ler	SR-4	St. Olaf	7.25	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
36	Arnold, Dylan	SR-4	St. Olaf	7.26	St. Olaf Ole Opener	Jan 18, 2025
36	Sandmeyer, Logan	FR-1	Gustavus Adolphus	7.26	St. Olaf Ole Opener	Jan 18, 2025
36	Jung, Jinwoo	SO-2	Saint Mary's (Minn.)	7.26	UWRF Winter Classic	Feb 8, 2025
36	Petron, Jordan	SR-4	Concordia-Moorhead	7.26	UND Tune Up	Feb 21, 2025
36	Byron, Falens	FR-1	Augsburg	7.26	Gopher Classic	Feb 8, 2025
36	Kaster, Soren	SO-2	Carleton	7.26	MIAC Indoor Championships	Feb 27, 2025

200 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	Nelson, Grant	JR-3	Bethel (Minn.)	21.71	MIAC Indoor Championships	Feb 27, 2025	NWI
2	Parent, Jacob	SR-4	Bethel (Minn.)	21.79	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025	NWI
3	Bulwa, Chris	SR-4	Saint Mary's (Minn.)	22.09	Pat Healy Classic	Jan 25, 2025	NWI
4	Raitz, Sam	SO-2	Bethel (Minn.)	22.21	MIAC Indoor Championships	Feb 27, 2025	NWI
5	Heitler, Arlo	SR-4	Macalester	22.32	MIAC Indoor Championships	Feb 27, 2025	NWI
6	Reis, Max	FR-1	St. John's (Minn.)	22.36	MIAC Indoor Championships	Feb 27, 2025	NWI
7	Yawson, Ricky Kwabena	FR-1	Hamline	22.41	St. Olaf Tostrud Classic	Feb 21, 2025	NWI
8	Thomsen, Josh	SR-4	Bethel (Minn.)	22.47	MIAC Indoor Championships	Feb 27, 2025	NWI
8	McConnell, Cameron	SR-4	Bethel (Minn.)	22.47	MIAC Indoor Championships	Feb 27, 2025	NWI
10	Petron, Jordan	SR-4	Concordia-Moorhead	22.53	MIAC Indoor Championships	Feb 27, 2025	NWI
11	Adamson, Oliver	SR-4	Saint Mary's (Minn.)	22.66	Maverick Invitational	Feb 21, 2025	NWI
12	Schreiner, Tommy	FR-1	Concordia-Moorhead	22.72	MIAC Indoor Championships	Feb 27, 2025	NWI
13	Murnan, Kieran	SO-2	St. John's (Minn.)	22.75	MIAC Indoor Championships	Feb 27, 2025	NWI
14	Cramer, Ryan	FR-1	Saint Mary's (Minn.)	22.76	MIAC Indoor Championships	Feb 27, 2025	NWI
15	Escobar Pearson, Cristian	FR-1	St. Olaf	22.91	MIAC Indoor Championships	Feb 27, 2025	NWI
16	Anstine, Jade	SO-2	Gustavus Adolphus	22.98	M City Indoor Classsic	Dec 6, 2024	NWI
17	Myres, David	SR-4	Bethel (Minn.)	22.99	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025	NWI

Place	Athlete	Year	Team	Time	Meet	Meet Date	Wind
18	Hansen, Matt	SO-2	St. John's (Minn.)	23.01	Maverick Invitational	Feb 21, 2025	NWI
19	Sammons, Karson	FR-1	Macalester	23.02	Meet of the Hearts	Feb 8, 2025	NWI
20	Thomas, Reece	SR-4	Hamline	23.05	MIAC Indoor Championships	Feb 27, 2025	NWI
21	Martens, Conner	FR-1	Gustavus Adolphus	23.08	MIAC Indoor Championships	Feb 27, 2025	NWI
22	Albertson, Max	SO-2	St. Olaf	23.16	Gopher Classic	Feb 8, 2025	NWI
23	Schaffer, Dawson	JR-3	Hamline	23.21	Vanessa Seljeskog Classic	Jan 25, 2025	NWI
23	Witschen, Wyatt	SO-2	St. John's (Minn.)	23.21	Maverick Invitational	Feb 21, 2025	NWI
25	Vargas, Niko	FR-1	Gustavus Adolphus	23.22	MIAC Indoor Championships	Feb 27, 2025	NWI
26	Alfaro Diedrich, Sean	SR-4	St. Scholastica	23.23	Maday Classic	Feb 15, 2025	NWI
27	Sportel, Will	FR-1	Bethel (Minn.)	23.35	MIAC Indoor Championships	Feb 27, 2025	NWI
28	Johnson, Brady	SR-4	Saint Mary's (Minn.)	23.36	Maverick Invitational	Feb 21, 2025	NWI
29	Lippert, Simon	FR-1	Gustavus Adolphus	23.42	Meet of the Hearts	Feb 8, 2025	NWI
29	Kritsberg, Ben	JR-3	Saint Mary's (Minn.)	23.42	Maverick Invitational	Feb 21, 2025	NWI
31	Heil, Tyler	SO-2	Gustavus Adolphus	23.46	MIAC Indoor Championships	Feb 27, 2025	NWI
31	Hasbargen, Nick	FR-1	Concordia-Moorhead	23.46%	UND Tune Up	Feb 21, 2025	NWI
31	Tiongson, Trevor	JR-3	Concordia-Moorhead	23.46%	UND Tune Up	Feb 21, 2025	NWI
31	Stursa, Cohen	SO-2	Gustavus Adolphus	23.46	St Olaf Invitational and Multi-events	Jan 24, 2025	NWI
35	Kyoore, Zechariah	SR-4	Gustavus Adolphus	23.49	St Olaf Invitational and Multi-events	Jan 24, 2025	NWI
36	Haack, Tony	JR-3	Bethel (Minn.)	23.51	Stout Quad	Feb 14, 2025	NWI
37	Ketterling, Caleb	SO-2	Bethel (Minn.)	23.52	St Olaf Invitational and Multi-events	Jan 24, 2025	NWI
38	Morical, Nolan	JR-3	Concordia-Moorhead	23.58	CSB / SJU Invitational	Feb 15, 2025	NWI
39	Nathan, Asher	SO-2	Carleton	23.59	Maverick Premier #2	Feb 15, 2025	NWI
40	Carlson, Brayden	FR-1	Concordia-Moorhead	23.60	CSB / SJU Invitational	Feb 15, 2025	NWI

300 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Tiongson, Trevor	JR-3	Concordia-Moorhead	35.95	Bison Open	Feb 7, 2025
2	Stursa, Cohen	SO-2	Gustavus Adolphus	36.73	M City Indoor Classsic	Dec 6, 2024
3	Richardson, Ryan	FR-1	Concordia-Moorhead	37.21	Bison Open	Feb 7, 2025
4	Martens, Connor	FR-1	Gustavus Adolphus	37.22	Mark Schuck Open and Multi	Jan 31, 2025
5	Heil, Tyler	SO-2	Gustavus Adolphus	37.28	Mark Schuck Open and Multi	Jan 31, 2025
6	Fossen, Tennessee	SR-4	Gustavus Adolphus	37.44	Mark Schuck Open and Multi	Jan 31, 2025
7	Sammons, Karson	FR-1	Macalester	37.74	M City Indoor Classsic	Dec 6, 2024
8	Stageberg, Noah	SR-4	Gustavus Adolphus	37.85	Mark Schuck Open and Multi	Jan 31, 2025
9	Williams, Michael	FR-1	Hamline	38.11	Luther Invitational	Feb 8, 2025
10	Chuol, Makol	SO-2	Macalester	38.20	M City Indoor Classsic	Dec 6, 2024
11	Arneson, Cullen	SO-2	Gustavus Adolphus	38.23	Mark Schuck Open and Multi	Jan 31, 2025
12	Stursa, Tyler	SR-4	Gustavus Adolphus	39.70	Mark Schuck Open and Multi	Jan 31, 2025
13	Goyke, David	FR-1	Hamline	39.73	Luther Invitational	Feb 8, 2025
14	Alemayehu, EJ	FR-1	Hamline	41.82	Luther Invitational	Feb 8, 2025

400 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Nelson, Grant	JR-3	Bethel (Minn.)	47.66	NCAA Division III Indoor Track & Field Championships	Mar 14, 2025
2	Heitler, Arlo	SR-4	Macalester	48.53	Wartburg Qualifier	Mar 7, 2025
3	Parent , Jacob	SR-4	Bethel (Minn.)	48.67	Snowshoe Open	Feb 21, 2025
4	Kubicek, Noah	JR-3	St. Scholastica	49.98	CSS Opener	Dec 14, 2024
5	Raitz, Sam	SO-2	Bethel (Minn.)	50.54	MIAC Indoor Championships	Feb 27, 2025
6	Carlson, Brayden	FR-1	Concordia-Moorhead	50.59	Wartburg Qualifier	Mar 7, 2025
7	Ketterling, Caleb	SO-2	Bethel (Minn.)	50.63	Snowshoe Open	Feb 21, 2025
8	Witschen, Wyatt	SO-2	St. John's (Minn.)	50.66	MIAC Indoor Championships	Feb 27, 2025
9	Tiongson, Trevor	JR-3	Concordia-Moorhead	50.86	Wartburg Qualifier	Mar 7, 2025
10	Scheider, Daniel	JR-3	Carleton	50.92	MIAC Indoor Championships	Feb 27, 2025
11	Rudzitis, Taaron	SR-4	Bethel (Minn.)	51.27	MIAC Indoor Championships	Feb 27, 2025
12	Sammons, Karson	FR-1	Macalester	51.66	CSB / SJU Invitational	Feb 15, 2025
13	Palm, Alex	SO-2	Bethel (Minn.)	51.88	MIAC Indoor Championships	Feb 27, 2025
14	Smith, Cooper	SO-2	St. John's (Minn.)	51.93	CSB/SJU Alumni Meet	Jan 25, 2025
14	Montreuil, Owen	JR-3	St. John's (Minn.)	51.93	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
16	Fossen, Tennessee	SR-4	Gustavus Adolphus	51.96	MIAC Indoor Championships	Feb 27, 2025
17	Haack, Tony	JR-3	Bethel (Minn.)	52.08	Warren Bowlus Open & Multi	Jan 31, 2025
18	Stursa, Cohen	SO-2	Gustavus Adolphus	52.11	Maverick Invitational	Feb 21, 2025
19	Paton, Eddie	SO-2	Saint Mary's (Minn.)	52.13	MIAC Indoor Championships	Feb 27, 2025
20	Schulze, Sam	SR-4	Gustavus Adolphus	52.17	MIAC Indoor Championships	Feb 27, 2025
21	Swanson, Luc	SO-2	Bethel (Minn.)	52.25	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
22	Eenigenburg, Jakob	FR-1	St. Olaf	52.30	St. Olaf Ole Opener	Jan 18, 2025
23	Stageberg, Noah	SR-4	Gustavus Adolphus	52.31	Maverick Invitational	Feb 21, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
24	Richardson, Ryan	FR-1	Concordia-Moorhead	52.36%	UND Tune Up	Feb 21, 2025
25	Vogel, Gavin	FR-1	St. Olaf	52.43	Stout Quad	Feb 14, 2025
26	McInturff, Austin	FR-1	St. Olaf	52.58	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
27	Schonebaum, Henry	JR-3	Macalester	52.62	Meet of the Hearts	Feb 8, 2025
28	Nathan, Asher	SO-2	Carleton	52.66	St. Olaf Tostrud Classic	Feb 21, 2025
29	Alexander, James	FR-1	Carleton	52.71	Maverick Premier #2	Feb 15, 2025
30	Conzemius, Ryan	SR-4	St. John's (Minn.)	52.73	Maverick Invitational	Feb 21, 2025
30	Hansen, Matt	SO-2	St. John's (Minn.)	52.73	CSB / SJU Invitational	Feb 15, 2025
32	Douglas, Derek	SR-4	St. Scholastica	52.85%	UND Open and Multi	Jan 31, 2025
33	Heil, Tyler	SO-2	Gustavus Adolphus	52.94	CSB / SJU Invitational	Feb 15, 2025
34	Alfaro Diedrich, Sean	SR-4	St. Scholastica	53.11	CSB/SJU Alumni Meet	Jan 25, 2025
35	Johnson, Brady	SR-4	Saint Mary's (Minn.)	53.13	UWRF Winter Classic	Feb 8, 2025
36	O'Bey, Carter	SO-2	St. Scholastica	53.19%	UND Open and Multi	Jan 31, 2025
37	Mohr, Hunter	FR-1	St. John's (Minn.)	53.22	Maverick Invitational	Feb 21, 2025
38	Russell, Bode	FR-1	St. John's (Minn.)	53.24	Maverick Invitational	Feb 21, 2025
39	Lippert, Simon	FR-1	Gustavus Adolphus	53.25	CSB / SJU Invitational	Feb 15, 2025
40	Arneson, Cullen	SO-2	Gustavus Adolphus	53.33	Meet of the Hearts	Feb 8, 2025

600 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Ali, Kalid	SR-4	Macalester	1:21.68	MIAC Indoor Championships	Feb 27, 2025
2	Montreuil, Owen	JR-3	St. John's (Minn.)	1:21.88	MIAC Indoor Championships	Feb 27, 2025
3	Lelinga, Victor	SO-2	Bethel (Minn.)	1:21.91	St Olaf Invitational and Multi-events	Jan 24, 2025
4	Nemecek, Lance	JR-3	St. Olaf	1:21.96	MIAC Indoor Championships	Feb 27, 2025
5	Ihrke, John	FR-1	Macalester	1:22.02	MIAC Indoor Championships	Feb 27, 2025
6	Nelson, Grant	JR-3	Bethel (Minn.)	1:22.05	St Olaf Invitational and Multi-events	Jan 24, 2025
7	Kubicek, Noah	JR-3	St. Scholastica	1:22.47	St. Olaf Tostrud Classic	Feb 21, 2025
8	Scheider, Daniel	JR-3	Carleton	1:22.84	MIAC Indoor Championships	Feb 27, 2025
9	Meier, Josh	SR-4	Carleton	1:23.11	MIAC Indoor Championships	Feb 27, 2025
10	Bullock, Jackson	FR-1	St. Olaf	1:23.45	MIAC Indoor Championships	Feb 27, 2025
11	McInturff, Austin	FR-1	St. Olaf	1:23.63	MIAC Indoor Championships	Feb 27, 2025
12	Rupnow, Markus	SR-4	Gustavus Adolphus	1:23.70	St Olaf Invitational and Multi-events	Jan 24, 2025
13	Martin, Zach	SO-2	St. Olaf	1:23.96	St. Olaf Tostrud Classic	Feb 21, 2025
14	Rud, Mark	JR-3	Gustavus Adolphus	1:24.48	Maverick Invitational	Feb 21, 2025
15	Douglas, Derek	SR-4	St. Scholastica	1:24.65	St. Olaf Tostrud Classic	Feb 21, 2025
16	Allen, Tommy	JR-3	St. John's (Minn.)	1:24.67	CSB / SJU Invitational	Feb 15, 2025
17	Rudzitis, Taaron	SR-4	Bethel (Minn.)	1:24.80	Snowshoe Open	Feb 21, 2025
18	Stursa, Cohen	SO-2	Gustavus Adolphus	1:24.81	Meet of the Hearts	Feb 8, 2025
19	Carlson, Brayden	FR-1	Concordia-Moorhead	1:24.85	Bison Open	Feb 7, 2025
20	McCoy, Max	SO-2	St. John's (Minn.)	1:25.59	CSB / SJU Invitational	Feb 15, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
21	Kloss, Cade	SR-4	Saint Mary's (Minn.)	1:26.25	Maverick Invitational	Feb 21, 2025
22	Eenigenburg, Jakob	FR-1	St. Olaf	1:26.51	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
23	Langheim, Aiden	JR-3	St. John's (Minn.)	1:26.98	CSB / SJU Invitational	Feb 15, 2025
24	Schulze, Sam	SR-4	Gustavus Adolphus	1:27.03	St. Olaf Ole Opener	Jan 18, 2025
25	Reiter, Samuel	SO-2	Carleton	1:27.30	Meet of the Hearts	Feb 8, 2025
26	Schonebaum, Henry	JR-3	Macalester	1:27.38	Vanessa Seljeskog Classic	Jan 25, 2025
27	Schultz, Michael	FR-1	Bethel (Minn.)	1:28.00	Warren Bowlus Open & Multi	Jan 31, 2025
27	Olmschenk, Zander	FR-1	Saint Mary's (Minn.)	1:28.00	CSB / SJU Invitational	Feb 15, 2025
29	Schmidt, Otto	SR-4	St. Olaf	1:28.26	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
30	Malecha, Thomas	JR-3	Macalester	1:28.32	M City Indoor Classsic	Dec 6, 2024
31	Groshelle, Gavin	SR-4	Concordia-Moorhead	1:28.46	Bison Open	Feb 7, 2025
32	Stursa, Tyler	SR-4	Gustavus Adolphus	1:28.47	Meet of the Hearts	Feb 8, 2025
33	Ortiz, Raul	SR-4	Hamline	1:28.57	St. Olaf Tostrud Classic	Feb 21, 2025
34	Wang, Jeff	SR-4	Macalester	1:28.59	Mark Schuck Open and Multi	Jan 31, 2025
35	Arneson, Cullen	SO-2	Gustavus Adolphus	1:28.60	Mark Schuck Open and Multi	Jan 31, 2025
36	Maakestad, Harry	JR-3	St. Olaf	1:28.95	St. Olaf Tostrud Classic	Feb 21, 2025
37	Madrid, Thomas	FR-1	St. Olaf	1:29.10	St. Olaf Tostrud Classic	Feb 21, 2025
38	Hays, Logan	FR-1	Bethel (Minn.)	1:29.18	Warren Bowlus Open & Multi	Jan 31, 2025
39	Mohr, Hunter	FR-1	St. John's (Minn.)	1:30.10	CSB / SJU Invitational	Feb 15, 2025
40	Snesrud, Calvin	FR-1	Bethel (Minn.)	1:30.37	Warren Bowlus Open & Multi	Jan 31, 2025

800 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Ihrke, John	FR-1	Macalester	1:53.57	Wartburg Qualifier	Mar 7, 2025
2	Moore, Cullen	JR-3	St. Olaf	1:54.75	Chuck Petersen Open	Dec 7, 2024
3	Smith, Tyler	SR-4	Gustavus Adolphus	1:54.91	Wartburg Qualifier	Mar 7, 2025
4	Nemecek, Lance	JR-3	St. Olaf	1:55.40	MIAC Indoor Championships	Feb 27, 2025
5	Meier, Josh	SR-4	Carleton	1:55.75	Meet of the Hearts	Feb 8, 2025
6	Bullock, Jackson	FR-1	St. Olaf	1:56.02	St Olaf Invitational and Multi-events	Jan 24, 2025
7	Lelinga, Victor	SO-2	Bethel (Minn.)	1:56.11	Warren Bowlus Open & Multi	Jan 31, 2025
8	Boone, Calvin	SR-4	St. Scholastica	1:56.76	CSS Opener	Dec 14, 2024
9	Montreuil, Owen	JR-3	St. John's (Minn.)	1:56.84	Gopher Classic	Feb 8, 2025
10	Hartney, Sean	SR-4	St. Olaf	1:56.87	Stout Quad	Feb 14, 2025
11	St. Peter, Nick	JR-3	St. John's (Minn.)	1:57.05	Gopher Classic	Feb 8, 2025
12	Olsson, Tor	SR-4	Macalester	1:57.23	St. Olaf Tostrud Classic	Feb 21, 2025
13	McInturff, Austin	FR-1	St. Olaf	1:57.37	Stout Quad	Feb 14, 2025
13	Fells, Christian	SO-2	St. Olaf	1:57.37	St Olaf Invitational and Multi-events	Jan 24, 2025
15	Rupnow, Markus	SR-4	Gustavus Adolphus	1:57.94	Maverick Invitational	Feb 21, 2025
16	Scheider, Daniel	JR-3	Carleton	1:58.01	St. Olaf Tostrud Classic	Feb 21, 2025
17	Roehl, Carson	SR-4	Gustavus Adolphus	1:58.17	Meet of the Hearts	Feb 8, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
18	Ali, Kalid	SR-4	Macalester	1:58.31	Wartburg Qualifier	Mar 7, 2025
19	Coffey, Olaf	SR-4	St. Olaf	1:58.50	Stout Quad	Feb 14, 2025
20	Martin, Zach	SO-2	St. Olaf	1:58.54	MIAC Indoor Championships	Feb 27, 2025
21	Dewall, Lars	SR-4	St. Scholastica	1:58.91	CSS Opener	Dec 14, 2024
22	Cozine, Ethan	SO-2	St. Olaf	1:58.98	St. Olaf Tostrud Classic	Feb 21, 2025
23	Goss, Brady	SO-2	Concordia-Moorhead	1:59.17%	UND Tune Up	Feb 21, 2025
24	Kubicek, Noah	JR-3	St. Scholastica	1:59.20	CSB/SJU Alumni Meet	Jan 25, 2025
25	Douglas, Derek	SR-4	St. Scholastica	1:59.37	CSS Opener	Dec 14, 2024
26	Johnson, Henry	SO-2	St. Olaf	1:59.74	St. Olaf Tostrud Classic	Feb 21, 2025
27	Kuecker, Gabe	SR-4	Bethel (Minn.)	1:59.92	Snowshoe Open	Feb 21, 2025
28	Wiltse, Daniel	SO-2	Macalester	2:00.07	Vanessa Seljeskog Classic	Jan 25, 2025
29	Bittner, Alex	JR-3	St. Olaf	2:00.31	MIAC Indoor Championships	Feb 27, 2025
30	Neu, Nathan	SR-4	St. Scholastica	2:00.49	CSS Opener	Dec 14, 2024
31	Marsh, Jackson	SR-4	St. Olaf	2:00.50	St Olaf Invitational and Multi-events	Jan 24, 2025
32	Nelson, Clark	SR-4	Bethel (Minn.)	2:00.83	MIAC Indoor Championships	Feb 27, 2025
33	Groshelle, Gavin	SR-4	Concordia-Moorhead	2:00.98	Bison Open	Feb 7, 2025
34	McCoy, Max	SO-2	St. John's (Minn.)	2:01.02	Gopher Classic	Feb 8, 2025
35	Allen, Tommy	JR-3	St. John's (Minn.)	2:01.55	Gopher Classic	Feb 8, 2025
36	Ruei, Goi	FR-1	Saint Mary's (Minn.)	2:01.75	Pat Healy Classic	Jan 25, 2025
37	Schultz, Michael	FR-1	Bethel (Minn.)	2:01.95	Gene Glader Classic	Feb 22, 2025
38	Molenkamp, Lars	SO-2	St. John's (Minn.)	2:02.06	Maverick Invitational	Feb 21, 2025
39	Khalif, Abdikafi	FR-1	Augsburg	2:02.19	Gopher Classic	Feb 8, 2025
40	Niemi, Ashton	SO-2	St. Scholastica	2:02.21	CSB/SJU Alumni Meet	Jan 25, 2025

1000 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Smith, Tyler	SR-4	Gustavus Adolphus	2:28.59	MIAC Indoor Championships	Feb 27, 2025
2	Nichols, Gabe	JR-3	Carleton	2:28.91	Mark Schuck Open and Multi	Jan 31, 2025
3	Hartney, Sean	SR-4	St. Olaf	2:29.37	MIAC Indoor Championships	Feb 27, 2025
4	St. Peter, Nick	JR-3	St. John's (Minn.)	2:29.48	MIAC Indoor Championships	Feb 27, 2025
5	Stencel, Cole	FR-1	St. John's (Minn.)	2:31.11	MIAC Indoor Championships	Feb 27, 2025
6	Coffey, Olaf	SR-4	St. Olaf	2:31.18	St. Olaf Tostrud Classic	Feb 21, 2025
7	Allen, Tommy	JR-3	St. John's (Minn.)	2:31.78	MIAC Indoor Championships	Feb 27, 2025
8	Moore, Cullen	JR-3	St. Olaf	2:31.95	MIAC Indoor Championships	Feb 27, 2025
9	Fells, Christian	SO-2	St. Olaf	2:32.15	MIAC Indoor Championships	Feb 27, 2025
10	Brauer, Nicholas	SO-2	Gustavus Adolphus	2:32.17	MIAC Indoor Championships	Feb 27, 2025
11	Roehl, Carson	SR-4	Gustavus Adolphus	2:32.22	MIAC Indoor Championships	Feb 27, 2025
12	Montreuil, Owen	JR-3	St. John's (Minn.)	2:33.34	Maverick Invitational	Feb 21, 2025
13	Meier, Josh	SR-4	Carleton	2:33.70	St Olaf Invitational and Multi-events	Jan 24, 2025
14	Bullock, Jackson	FR-1	St. Olaf	2:33.98	St. Olaf Ole Opener	Jan 18, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
15	Neu, Nathan	SR-4	St. Scholastica	2:35.84%	UND Open and Multi	Jan 31, 2025
16	Kuecker, Gabe	SR-4	Bethel (Minn.)	2:36.61	MIAC Indoor Championships	Feb 27, 2025
17	Molenkamp, Lars	SO-2	St. John's (Minn.)	2:36.62	MIAC Indoor Championships	Feb 27, 2025
18	Bjork, Alex	SO-2	St. Olaf	2:36.71	St. Olaf Tostrud Classic	Feb 21, 2025
19	Nelson, Clark	SR-4	Bethel (Minn.)	2:37.01	Gene Glader Classic	Feb 22, 2025
20	Cozine, Ethan	SO-2	St. Olaf	2:37.17	St. Olaf Ole Opener	Jan 18, 2025
21	Drieslen, Jameson	FR-1	St. Olaf	2:37.31	MIAC Indoor Championships	Feb 27, 2025
22	Riley, Jack	FR-1	Macalester	2:37.44	MIAC Indoor Championships	Feb 27, 2025
23	Gathje, Joseph	SR-4	St. John's (Minn.)	2:37.48	MIAC Indoor Championships	Feb 27, 2025
24	Marsh, Jackson	SR-4	St. Olaf	2:37.58	MIAC Indoor Championships	Feb 27, 2025
25	Douglas, Derek	SR-4	St. Scholastica	2:38.05%	UND Open and Multi	Jan 31, 2025
26	Rupnow, Markus	SR-4	Gustavus Adolphus	2:38.21	St. Olaf Ole Opener	Jan 18, 2025
27	Olson, Lucas	FR-1	St. Olaf	2:38.58	St Olaf Invitational and Multi-events	Jan 24, 2025
28	Niemi, Ashton	SO-2	St. Scholastica	2:38.88	MIAC Indoor Championships	Feb 27, 2025
29	Hage, Hootie	FR-1	Bethel (Minn.)	2:38.98	St Olaf Invitational and Multi-events	Jan 24, 2025
30	Landsem, Henry	SO-2	Gustavus Adolphus	2:39.25	MIAC Indoor Championships	Feb 27, 2025
31	Martel, Ethan	SO-2	St. Olaf	2:39.32	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
32	Groshelle, Gavin	SR-4	Concordia-Moorhead	2:39.39	CSB / SJU Invitational	Feb 15, 2025
33	Lange, Emerson	JR-3	Carleton	2:39.70	St Olaf Invitational and Multi-events	Jan 24, 2025
34	Berg, Collin	FR-1	St. John's (Minn.)	2:39.94	MIAC Indoor Championships	Feb 27, 2025
35	Larsen-Schmidt, Micah	FR-1	St. Olaf	2:40.11	St Olaf Invitational and Multi-events	Jan 24, 2025
36	Johnson, Henry	SO-2	St. Olaf	2:40.61	St Olaf Invitational and Multi-events	Jan 24, 2025
37	Chamberlin, Owen	JR-3	St. Olaf	2:40.79	St. Olaf Tostrud Classic	Feb 21, 2025
38	Hinojos, Lucas	SR-4	Concordia-Moorhead	2:41.89	CSB / SJU Invitational	Feb 15, 2025
39	Taylor, Jack	FR-1	St. Olaf	2:42.01	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
40	Baatrup-Sabo, Jakob	SR-4	St. Olaf	2:44.16	St. Olaf Tostrud Classic	Feb 21, 2025

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Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Goss, Brady	SO-2	Concordia-Moorhead	4:10.20	Wartburg Qualifier	Mar 7, 2025
2	Boone, Calvin	SR-4	St. Scholastica	4:10.93	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
3	Dewall, Lars	SR-4	St. Scholastica	4:11.45	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
4	Hartney, Sean	SR-4	St. Olaf	4:11.65	Wartburg Qualifier	Mar 7, 2025
5	Turlington, Kevin	JR-3	St. Olaf	4:12.61	Wartburg Qualifier	Mar 7, 2025
6	Nichols, Gabe	JR-3	Carleton	4:13.01	MIAC Indoor Championships	Feb 27, 2025
7	Coffey, Olaf	SR-4	St. Olaf	4:15.59	Gopher Classic	Feb 8, 2025
8	McKee, Reece	SR-4	Macalester	4:16.43	Meet of the Hearts	Feb 8, 2025
9	Smith, Tyler	SR-4	Gustavus Adolphus	4:17.62	Meet of the Hearts	Feb 8, 2025
10	Edwards, Tyler	JR-3	Macalester	4:18.35	Meet of the Hearts	Feb 8, 2025
11	St. Peter, Nick	JR-3	St. John's (Minn.)	4:20.39	Snowshoe Open	Feb 21, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
12	Graber, Grant	SR-4	Bethel (Minn.)	4:20.75	Stout Quad	Feb 14, 2025
13	Max, Parker	JR-3	St. Olaf	4:20.95	St. Olaf Tostrud Classic	Feb 21, 2025
14	Bati, Mohammed	JR-3	Augsburg	4:21.56	CSB / SJU Invitational	Feb 15, 2025
15	Ihrke, Nick	SR-4	Macalester	4:22.16	St. Olaf Tostrud Classic	Feb 21, 2025
16	Bjork, Alex	SO-2	St. Olaf	4:24.30	M City Indoor Classic	Dec 6, 2024
17	Cote, Anders	SR-4	St. Olaf	4:24.64	M City Indoor Classic	Dec 6, 2024
18	Stencel, Cole	FR-1	St. John's (Minn.)	4:24.68	CSB / SJU Invitational	Feb 15, 2025
19	Olsson, Tor	SR-4	Macalester	4:25.02	Meet of the Hearts	Feb 8, 2025
20	Goss, Tyler	SO-2	Concordia-Moorhead	4:25.36	Bison Open	Feb 7, 2025
21	Meier, Josh	SR-4	Carleton	4:25.52	Mark Schuck Open and Multi	Jan 31, 2025
22	Marsh, Jackson	SR-4	St. Olaf	4:26.09	St Olaf Invitational and Multi-events	Jan 24, 2025
23	Hage, Hootie	FR-1	Bethel (Minn.)	4:26.25	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
24	LiaBraaten, Lucas	JR-3	Hamline	4:26.65	MIAC Indoor Championships	Feb 27, 2025
25	Martel, Ethan	SO-2	St. Olaf	4:26.88	MIAC Indoor Championships	Feb 27, 2025
26	Crotteau, Ben	SR-4	Macalester	4:26.90	Meet of the Hearts	Feb 8, 2025
27	Cavanaugh, Eamon	SR-4	St. John's (Minn.)	4:28.07	CSB / SJU Invitational	Feb 15, 2025
28	Riley, Jack	FR-1	Macalester	4:28.64	MIAC Indoor Championships	Feb 27, 2025
29	Neu, Nathan	SR-4	St. Scholastica	4:30.37	St. Olaf Tostrud Classic	Feb 21, 2025
30	Lafferty, Owen	SO-2	Macalester	4:30.65	St. Olaf Tostrud Classic	Feb 21, 2025
31	Hoisington, Quinn	SO-2	Macalester	4:30.89	St. Olaf Tostrud Classic	Feb 21, 2025
32	Kaluza, Vincent	SO-2	St. John's (Minn.)	4:31.22	CSB/SJU Alumni Meet	Jan 25, 2025
33	Ihrke, John	FR-1	Macalester	4:31.42	CSB / SJU Invitational	Feb 15, 2025
34	Molenkamp, Lars	SO-2	St. John's (Minn.)	4:31.63	CSB/SJU Alumni Meet	Jan 25, 2025
35	Brauer, Nicholas	SO-2	Gustavus Adolphus	4:31.74	CSB / SJU Invitational	Feb 15, 2025
36	Bernstein, Ryan	JR-3	Carleton	4:32.49	MIAC Indoor Championships	Feb 27, 2025
37	Westholm, Ben	FR-1	St. Scholastica	4:32.75	CSS Opener	Dec 14, 2024
38	Berg, Collin	FR-1	St. John's (Minn.)	4:32.90	Maverick Invitational	Feb 21, 2025
39	Gathje, Joseph	SR-4	St. John's (Minn.)	4:32.93	MIAC Indoor Championships	Feb 27, 2025
40	Brown, Travis	FR-1	Carleton	4:33.05	Mark Schuck Open and Multi	Jan 31, 2025

3000 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Dewall, Lars	SR-4	St. Scholastica	8:15.68	Wartburg Indoor Select Meet	Jan 31, 2025
2	Nichols, Gabe	JR-3	Carleton	8:18.19	Meet of the Hearts	Feb 8, 2025
3	Bati, Mohammed	JR-3	Augsburg	8:18.21	Jack Johnson Classic	Jan 24, 2025
4	Boone, Calvin	SR-4	St. Scholastica	8:24.13	Wartburg Indoor Select Meet	Jan 31, 2025
5	Turlington, Kevin	JR-3	St. Olaf	8:24.75	MIAC Indoor Championships	Feb 27, 2025
6	Fitzgerald, Ignatius	JR-3	St. Olaf	8:30.90	Chuck Petersen Open	Dec 7, 2024
7	Goss, Brady	SO-2	Concordia-Moorhead	8:30.95	MIAC Indoor Championships	Feb 27, 2025
8	Skemp, Andrew	SR-4	St. Olaf	8:33.00	MIAC Indoor Championships	Feb 27, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
9	Smith, Tyler	SR-4	Gustavus Adolphus	8:35.96	Chuck Petersen Open	Dec 7, 2024
10	Graber, Grant	SR-4	Bethel (Minn.)	8:36.00	MIAC Indoor Championships	Feb 27, 2025
11	McKee, Reece	SR-4	Macalester	8:39.26	MIAC Indoor Championships	Feb 27, 2025
12	Hartney, Sean	SR-4	St. Olaf	8:40.42	St. Olaf Ole Opener	Jan 18, 2025
13	Max, Parker	JR-3	St. Olaf	8:41.15	MIAC Indoor Championships	Feb 27, 2025
14	Manzur Strandlund, Gael	JR-3	St. Olaf	8:42.13	MIAC Indoor Championships	Feb 27, 2025
15	Cavanaugh, Eamon	SR-4	St. John's (Minn.)	8:42.69	Snowshoe Open	Feb 21, 2025
16	Edwards, Tyler	JR-3	Macalester	8:43.74	CSB / SJU Invitational	Feb 15, 2025
17	Olsson, Tor	SR-4	Macalester	8:44.34	MIAC Indoor Championships	Feb 27, 2025
18	Ihrke, Nick	SR-4	Macalester	8:45.55	MIAC Indoor Championships	Feb 27, 2025
19	Goss, Tyler	SO-2	Concordia-Moorhead	8:46.71	Bison Open	Feb 7, 2025
20	LiaBraaten, Lucas	JR-3	Hamline	8:47.51%	SDSU Indoor Classic	Feb 14, 2025
21	Hage, Hootie	FR-1	Bethel (Minn.)	8:48.44	Snowshoe Open	Feb 21, 2025
22	Doran, Eli	JR-3	St. Olaf	8:51.67	Chuck Petersen Open	Dec 7, 2024
23	McCabe, Quinn	SO-2	St. Olaf	8:51.76	Gopher Classic	Feb 8, 2025
24	Malecha, Jacob	SO-2	St. John's (Minn.)	8:55.83	MIAC Indoor Championships	Feb 27, 2025
25	Brown, Travis	FR-1	Carleton	8:56.04	MIAC Indoor Championships	Feb 27, 2025
26	Janzen, Will	SR-4	Gustavus Adolphus	8:56.61	MIAC Indoor Championships	Feb 27, 2025
27	Stencel, Cole	FR-1	St. John's (Minn.)	8:58.27	Gopher Classic	Feb 8, 2025
28	Kalsnes, Jonah	SR-4	Bethel (Minn.)	8:58.41	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
29	Kaye, Lex	SO-2	St. Olaf	8:59.44	St. Olaf Tostrud Classic	Feb 21, 2025
30	Torstenson, Torte	SO-2	Carleton	9:00.46	MIAC Indoor Championships	Feb 27, 2025
31	Pouliot, Evan	SO-2	Gustavus Adolphus	9:03.54	Maverick Invitational	Feb 21, 2025
32	Bernstein, Ryan	JR-3	Carleton	9:03.77	St. Olaf Tostrud Classic	Feb 21, 2025
33	Fitzgerald, Isaiah	SO-2	Saint Mary's (Minn.)	9:06.14	UWRF Winter Classic	Feb 8, 2025
34	Malchow, Nathaniel	SO-2	Carleton	9:06.39	MIAC Indoor Championships	Feb 27, 2025
35	Achar, Ravi	FR-1	Carleton	9:07.93	Meet of the Hearts	Feb 8, 2025
36	Crotteau, Ben	SR-4	Macalester	9:08.14	CSB / SJU Invitational	Feb 15, 2025
37	Jamison, Andrew	JR-3	Carleton	9:09.60	St. Olaf Tostrud Classic	Feb 21, 2025
38	Smyth, Sean	SO-2	Saint Mary's (Minn.)	9:11.29	Maverick Invitational	Feb 21, 2025
39	Price, David	SR-4	Bethel (Minn.)	9:13.04	Gene Glader Classic	Feb 22, 2025
40	Gathje, Joseph	SR-4	St. John's (Minn.)	9:15.24	CSB/SJU Alumni Meet	Jan 25, 2025

5000 Meters

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Bati, Mohammed	JR-3	Augsburg	14:15.33	St Olaf Invitational and Multi-events	Jan 24, 2025
2	Turlington, Kevin	JR-3	St. Olaf	14:23.16	St Olaf Invitational and Multi-events	Jan 24, 2025
3	Skemp, Andrew	SR-4	St. Olaf	14:37.25	St Olaf Invitational and Multi-events	Jan 24, 2025
4	Manzur Strandlund, Gael	JR-3	St. Olaf	14:52.11	Midwest ELITE Invitational	Feb 14, 2025
5	Max, Parker	JR-3	St. Olaf	14:58.91	St Olaf Invitational and Multi-events	Jan 24, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
6	McKee, Reece	SR-4	Macalester	15:06.43	Mark Schuck Open and Multi	Jan 31, 2025
7	Edwards, Tyler	JR-3	Macalester	15:07.30	Mark Schuck Open and Multi	Jan 31, 2025
8	Ihrke, Nick	SR-4	Macalester	15:08.21	MIAC Indoor Championships	Feb 27, 2025
9	Goss, Brady	SO-2	Concordia-Moorhead	15:12.35%	SDSU Indoor Classic	Feb 14, 2025
10	Goss, Tyler	SO-2	Concordia-Moorhead	15:14.85	Wartburg Qualifier	Mar 7, 2025
11	Deaver, Jack	JR-3	St. Olaf	15:18.65	M City Indoor Classsic	Dec 6, 2024
12	Graber, Grant	SR-4	Bethel (Minn.)	15:23.25	St Olaf Invitational and Multi-events	Jan 24, 2025
13	Cavanaugh, Eamon	SR-4	St. John's (Minn.)	15:24.71	MIAC Indoor Championships	Feb 27, 2025
14	Malecha, Jacob	SO-2	St. John's (Minn.)	15:28.05	MIAC Indoor Championships	Feb 27, 2025
15	McCabe, Quinn	SO-2	St. Olaf	15:28.33	MIAC Indoor Championships	Feb 27, 2025
16	Kaluza, Vincent	SO-2	St. John's (Minn.)	15:32.95	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
17	Janzen, Will	SR-4	Gustavus Adolphus	15:35.15	MIAC Indoor Championships	Feb 27, 2025
18	Pouliot, Evan	SO-2	Gustavus Adolphus	15:40.58	MIAC Indoor Championships	Feb 27, 2025
19	Kaye, Lex	SO-2	St. Olaf	15:48.99	St Olaf Invitational and Multi-events	Jan 24, 2025
20	Brown, Travis	FR-1	Carleton	15:50.31	St Olaf Invitational and Multi-events	Jan 24, 2025
21	Kalsnes, Jonah	SR-4	Bethel (Minn.)	15:59.18	St Olaf Invitational and Multi-events	Jan 24, 2025
22	Fitzgerald, Isaiah	SO-2	Saint Mary's (Minn.)	16:00.30	St Olaf Invitational and Multi-events	Jan 24, 2025
23	Torstenson, Torte	SO-2	Carleton	16:08.36	Mark Schuck Open and Multi	Jan 31, 2025
24	Gundersen, Cooper	FR-1	St. Olaf	16:12.02	St Olaf Invitational and Multi-events	Jan 24, 2025
25	Price, David	SR-4	Bethel (Minn.)	16:20.66	Stout Quad	Feb 14, 2025
26	Avra, Thomas	FR-1	Bethel (Minn.)	16:22.41	Stout Quad	Feb 14, 2025
27	McFetridge, Jack	JR-3	St. Olaf	16:24.31	Stout Quad	Feb 14, 2025
28	Jamison, Andrew	JR-3	Carleton	16:26.50	St Olaf Invitational and Multi-events	Jan 24, 2025
29	Crisp, Andrew	FR-1	St. Olaf	16:28.22	Stout Quad	Feb 14, 2025
30	Bernstein, Ryan	JR-3	Carleton	16:29.30	Mark Schuck Open and Multi	Jan 31, 2025
31	Ferber, Carter	JR-3	Concordia-Moorhead	16:33.02%	SDSU Indoor Classic	Feb 14, 2025
32	Harris, Grayson	SR-4	Augsburg	16:43.64	CSB / SJU Invitational	Feb 15, 2025
33	Pattie, Jonathan	SO-2	St. Olaf	16:47.05	St Olaf Invitational and Multi-events	Jan 24, 2025
34	Popp, Luke	FR-1	St. Scholastica	16:59.06	Maday Classic	Feb 15, 2025
35	Dallas, Evan	JR-3	Bethel (Minn.)	16:59.61	St Olaf Invitational and Multi-events	Jan 24, 2025
36	Sackreiter, Soren	SR-4	Gustavus Adolphus	17:05.58	St Olaf Invitational and Multi-events	Jan 24, 2025

60 Hurdles

Place	Athlete	Year	Team	Time	Meet	Meet Date
1	Ekiyor, Jayson	SR-4	Bethel (Minn.)	7.83	NCAA Division III Indoor Track & Field Championships	Mar 14, 2025
2	Thomsen, Josh	SR-4	Bethel (Minn.)	8.11	La Crosse Final Qualifier	Mar 8, 2025
3	Myres, David	SR-4	Bethel (Minn.)	8.18	Snowshoe Open	Feb 21, 2025
4	Ferrin, Pryce	JR-3	Bethel (Minn.)	8.31	MIAC Indoor Championships	Feb 27, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
5	Lightner, Jackson	SO-2	Hamline	8.42	MIAC Indoor Championships	Feb 27, 2025
6	Suah, Morris	SO-2	Hamline	8.43	MIAC Indoor Championships	Feb 27, 2025
7	Lelwica, Max	SR-4	St. John's (Minn.)	8.54	Wartburg Qualifier	Mar 7, 2025
7	Viesselman, Blake	SO-2	Bethel (Minn.)	8.54	MIAC Indoor Championships	Feb 27, 2025
9	Escobar Pearson, Cristian	FR-1	St. Olaf	8.55	St. Olaf Tostrud Classic	Feb 21, 2025
10	Lee, Josh	SR-4	Bethel (Minn.)	8.59	MIAC Indoor Championships	Feb 27, 2025
11	Sportel, Will	FR-1	Bethel (Minn.)	8.70	Gene Glader Classic	Feb 22, 2025
12	Clark, Logan	JR-3	Concordia-Moorhead	8.75	MIAC Indoor Championships	Feb 27, 2025
13	McCormick, Connor	JR-3	Gustavus Adolphus	8.76	CSB / SJU Invitational	Feb 15, 2025
14	Rudzitis, Joren	FR-1	Bethel (Minn.)	8.82	Warren Bowlus Open & Multi	Jan 31, 2025
15	Kaster, Soren	SO-2	Carleton	8.83	St. Olaf Tostrud Classic	Feb 21, 2025
16	Stefanowicz, Sebastian	JR-3	Macalester	8.84	St. Olaf Tostrud Classic	Feb 21, 2025
17	Thurk, Anthony	SR-4	St. John's (Minn.)	8.87	NCAA Division III Indoor Track & Field Championships	Mar 14, 2025
18	Molstre, Joey	SO-2	Concordia-Moorhead	8.96	MIAC Indoor Championships	Feb 27, 2025
19	Sterk, Jacob	FR-1	St. John's (Minn.)	8.98	Maverick Invitational	Feb 21, 2025
20	Hoelzel, Gavin	SO-2	St. Olaf	9.04	St. Olaf Tostrud Classic	Feb 21, 2025
21	Anderson, Reese	SO-2	Carleton	9.11	MIAC Indoor Championships	Feb 27, 2025
22	Evans, Bailey	FR-1	St. John's (Minn.)	9.13	CSB / SJU Invitational	Feb 15, 2025
23	Elseth, Aaron	JR-3	Bethel (Minn.)	9.23	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
24	Gilbertson, Landon	FR-1	Gustavus Adolphus	9.24	Maverick Invitational	Feb 21, 2025
25	Mahamud, Hamza	JR-3	Macalester	9.30	St. Olaf Tostrud Classic	Feb 21, 2025
26	Brandt, Isak	SO-2	St. John's (Minn.)	9.32	MIAC Indoor Championships	Feb 27, 2025
27	Manley, Cannon	SO-2	Saint Mary's (Minn.)	9.37	St. Olaf Ole Opener	Jan 18, 2025
28	Bassett, Jackson	SR-4	St. Olaf	9.38	St. Olaf Tostrud Classic	Feb 21, 2025
29	Lapinski, Will	SO-2	St. Olaf	9.41	MIAC Indoor Championships	Feb 27, 2025
30	Cogley, Andrew	SR-4	St. Olaf	9.44	St. Olaf Tostrud Classic	Feb 21, 2025
31	Powell, Danny	SO-2	Macalester	9.53	MIAC Indoor Championships	Feb 27, 2025
32	Besemann, Noah	SO-2	St. John's (Minn.)	9.75	MIAC Indoor Championships	Feb 27, 2025
33	Peterson, Josh	SO-2	Concordia-Moorhead	9.78	UND Tune Up	Feb 21, 2025

Place	Athlete	Year	Team	Time	Meet	Meet Date
34	Leafblad, Eli	SO-2	Bethel (Minn.)	9.97	MIAC Indoor Championships	Feb 27, 2025
35	Olson, Jesse	SO-2	St. Olaf	10.23	MIAC Indoor Championships	Feb 27, 2025
36	Rose, Noah	SO-2	St. John's (Minn.)	10.53	Maverick Invitational	Feb 21, 2025
37	Richards, Eric	FR-1	Gustavus Adolphus	10.58(55)	Meet of the Hearts	Feb 8, 2025
38	Kallstrom, Brandon	SR-4	Bethel (Minn.)	10.84	MIAC Indoor Championships	Feb 27, 2025
39	Alemayehu, EJ	FR-1	Hamline	11.42	St. Olaf Tostrud Classic	Feb 21, 2025

4 x 200 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	1:28.40	McConnell, Nelson, Myres, Parent	MIAC Indoor Championships	Feb 27, 2025
2	Concordia-Moorhead	1:28.98	Morical, Petron, Schreiner, Tionson	MIAC Indoor Championships	Feb 27, 2025
3	Hamline	1:30.66	Thomas, Williams, Schaffer, Yawson	MIAC Indoor Championships	Feb 27, 2025
4	St. John's (Minn.)	1:30.89	Hansen, Witschen, White, Eisele	MIAC Indoor Championships	Feb 27, 2025
5	Saint Mary's (Minn.)	1:30.93	Johnson, Jung, Cramer, Adamson	MIAC Indoor Championships	Feb 27, 2025
6	St. Olaf	1:31.94	Albertson, Vogel, Eenigenburg, Escobar Pearson	St Olaf Invitational and Multi-events	Jan 24, 2025
7	Gustavus Adolphus	1:32.66	Kyoore, Vargas, Anstine, Martens	St. Olaf Ole Opener	Jan 18, 2025
8	Macalester	1:34.35	Kogut, Schonebaum, Ali, Powell	MIAC Indoor Championships	Feb 27, 2025
9	Augsburg	1:38.40	Famuyide, Irby, Bitengo, Oniya	MIAC Indoor Championships	Feb 27, 2025

4 x 400 Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	Bethel (Minn.)	3:12.89	Parent, Thomsen, Lelinga, Nelson	NCAA Division III Indoor Track & Field Championships	Mar 14, 2025
2	Concordia-Moorhead	3:22.01	Carlson, Goss, Richardson, Tionson	Wartburg Qualifier	Mar 7, 2025
3	St. Olaf	3:26.03	Nemecek, Bullock, McInturff, Moore	MIAC Indoor Championships	Feb 27, 2025
4	Carleton	3:26.55	Nathan, Alexander, Meier, Scheider	MIAC Indoor Championships	Feb 27, 2025
5	St. John's (Minn.)	3:26.70	Hansen, Montreuil, St. Peter, Witschen	MIAC Indoor Championships	Feb 27, 2025
6	Gustavus Adolphus	3:27.16	Rupnow, Stursa, Schulze, Smith	MIAC Indoor Championships	Feb 27, 2025
7	St. Scholastica	3:27.79	Alfaro Diedrich, O'Bey, Douglas, Kubicek	MIAC Indoor Championships	Feb 27, 2025
8	Macalester	3:28.85	Schonebaum, Ihrke, Wiltse, Ali	MIAC Indoor Championships	Feb 27, 2025
9	Saint Mary's (Minn.)	3:32.57	Johnson, Paton, Kloss, Olmschenk	MIAC Indoor Championships	Feb 27, 2025
10	Hamline	3:33.51	Suah, Otis, Li, Williams	MIAC Indoor Championships	Feb 27, 2025

Distance Medley Relay

Place	Team	Time	Athletes	Meet	Meet Date
1	St. John's (Minn.)	10:04.89	St. Peter, Witschen, Montreuil, Stencel	Wartburg Qualifier	Mar 7, 2025
2	Macalester	10:18.41	Crotteau, Schonebaum, Ali, Olsson	MIAC Indoor Championships	Feb 27, 2025
3	Bethel (Minn.)	10:21.71	Hage, Ketterling, Kuecker, Graber	MIAC Indoor Championships	Feb 27, 2025
4	St. Olaf	10:22.95	Hartney, Vogel, Fells, Coffey	MIAC Indoor Championships	Feb 27, 2025
5	Gustavus Adolphus	10:29.80	Brauer, Heil, Rupnow, Roehl	MIAC Indoor Championships	Feb 27, 2025
6	Concordia-Moorhead	10:45.34	Goss, Richardson, Hagemeister, Goss	MIAC Indoor Championships	Feb 27, 2025
7	Carleton	10:48.71	Lange, Alexander, Reiter, Torstenson	MIAC Indoor Championships	Feb 27, 2025
8	St. Scholastica	10:50.65	Niemi, O'Bey, Douglas, Neu	MIAC Indoor Championships	Feb 27, 2025
9	Saint Mary's (Minn.)	10:51.36	Schneider, Kloss, Olmschenk, Smyth	MIAC Indoor Championships	Feb 27, 2025
10	Augsburg	11:38.10	Romero Rivera, Bitengo, Yang, Nelson	MIAC Indoor Championships	Feb 27, 2025
11	Hamline	12:06.64	Tuggle, Goyke, Li, Roetter Gresbac	MIAC Indoor Championships	Feb 27, 2025

High Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	McDowell, Jackson	SO-2	St. John's (Minn.)	2.14m	7' 0.25"	NCAA Division III Indoor Track & Field Championships	Mar 14, 2025
2	Johnsrud, Peyton	SR-4	Concordia-Moorhead	1.97m	6' 5.5"	MIAC Indoor Championships	Feb 27, 2025
2	Lelwica, Max	SR-4	St. John's (Minn.)	1.97m	6' 5.5"	MIAC Indoor Championships	Feb 27, 2025
2	Thurk, Anthony	SR-4	St. John's (Minn.)	1.97m	6' 5.5"	MIAC Indoor Championships	Feb 27, 2025
5	Matetich, Cole	SR-4	Gustavus Adolphus	1.93m	6' 4"	CSB / SJU Invitational	Feb 15, 2025
5	Carlson, Brendan	SR-4	Gustavus Adolphus	1.93m	6' 4"	CSB / SJU Invitational	Feb 15, 2025
7	Ungar, Alec	SR-4	St. John's (Minn.)	1.92m	6' 3.5"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
7	O'Brien, Connor	SO-2	St. John's (Minn.)	1.92m	6' 3.5"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
9	Kessel, Peyton	SR-4	Concordia-Moorhead	1.88m	6' 2"	Bison Open	Feb 7, 2025
9	Cogley, Andrew	SR-4	St. Olaf	1.88m	6' 2"	MIAC Indoor Championships	Feb 27, 2025
9	Marsh, Anthony	SR-4	Concordia-Moorhead	1.88m	6' 2"	Cobber Indoor Open	Jan 25, 2025
12	Suah, Morris	SO-2	Hamline	1.87m	6' 1.5"	St. Olaf Tostrud Classic	Feb 21, 2025
13	Bies, Danny	SR-4	Gustavus Adolphus	1.85m	6' 0.75"	St Olaf Invitational and Multi-events	Jan 24, 2025
14	Hegland, Eli	FR-1	Concordia-Moorhead	1.83m	6' 0"	CSB / SJU Invitational	Feb 15, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
15	Swanson, Luc	SO-2	Bethel (Minn.)	1.82m	5' 11.5"	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
16	Molstre, Joey	SO-2	Concordia-Moorhead	1.81m	5' 11.25"	Dakota Alumni Classic	Dec 13, 2024
17	Heldman, Lucas	FR-1	Carleton	1.80m	5' 10.75"	St. Olaf Ole Opener	Jan 18, 2025
17	Evans, Bailey	FR-1	St. John's (Minn.)	1.80m	5' 10.75"	CSB/SJU Alumni Meet	Jan 25, 2025
19	Gilbertson, Landon	FR-1	Gustavus Adolphus	1.78m	5' 10"	Maverick Invitational	Feb 21, 2025
19	Flunker, Kyler	FR-1	Gustavus Adolphus	1.78m	5' 10"	Meet of the Hearts	Feb 8, 2025
21	Gueye, Abdoul	FR-1	Hamline	1.77m	5' 9.75"	Luther Invitational	Feb 8, 2025
22	Lapinski, Will	SO-2	St. Olaf	1.76m	5' 9.25"	MIAC Indoor Championships	Feb 27, 2025
23	McCormick, Connor	JR-3	Gustavus Adolphus	1.73m	5' 8"	Meet of the Hearts	Feb 8, 2025
23	Olson, Jesse	SO-2	St. Olaf	1.73m	5' 8"	MIAC Indoor Championships	Feb 27, 2025
23	Besemann, Noah	SO-2	St. John's (Minn.)	1.73m	5' 8"	MIAC Indoor Championships	Feb 27, 2025
26	Eggleston, Colten	FR-1	Hamline	1.72m	5' 7.75"	Luther Invitational	Feb 8, 2025
26	Lee, Iain	JR-3	Hamline	1.72m	5' 7.75"	St. Olaf Tostrud Classic	Feb 21, 2025
28	Kaster, Soren	SO-2	Carleton	1.70m	5' 7"	MIAC Indoor Championships	Feb 27, 2025
29	Cline-Cole, Ethan	SR-4	Carleton	1.68m	5' 6"	Meet of the Hearts	Feb 8, 2025
30	Hoelzel, Gavin	SO-2	St. Olaf	1.67m	5' 5.75"	St Olaf Invitational and Multi-events	Jan 24, 2025
31	Leafblad, Eli	SO-2	Bethel (Minn.)	1.66m	5' 5.25"	Stout Quad	Feb 14, 2025
32	Elseth, Aaron	JR-3	Bethel (Minn.)	1.64m	5' 4.5"	St Olaf Invitational and Multi-events	Jan 24, 2025
32	Anderson, Reese	SO-2	Carleton	1.64m	5' 4.5"	MIAC Indoor Championships	Feb 27, 2025
34	Rose, Noah	SO-2	St. John's (Minn.)	1.60m	5' 3"	Gopher Classic	Feb 8, 2025
35	Kallstrom, Brandon	SR-4	Bethel (Minn.)	1.55m	5' 1"	St Olaf Invitational and Multi-events	Jan 24, 2025
35	Brandt, Isak	SO-2	St. John's (Minn.)	1.55m	5' 1"	MIAC Indoor Championships	Feb 27, 2025
37	Peterson, Josh	SO-2	Concordia-Moorhead	1.52m	4' 11.75"	UND Tune Up	Feb 21, 2025

Pole Vault

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Schloeder, Austin	SO-2	Hamline	4.90m	16' 0.75"	St. Olaf Tostrud Classic	Feb 21, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
2	Kaster, Soren	SO-2	Carleton	4.56m	14' 11.5"	MIAC Indoor Championships	Feb 27, 2025
3	Gates, James	FR-1	Carleton	4.45m	14' 7.25"	St. Olaf Tostrud Classic	Feb 21, 2025
4	Johnston, Josh	SO-2	St. John's (Minn.)	4.42m	14' 6"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
5	Guth, Kole	JR-3	St. John's (Minn.)	4.40m	14' 5.25"	CSB/SJU Alumni Meet	Jan 25, 2025
6	McCormick, Connor	JR-3	Gustavus Adolphus	4.30m	14' 1.25"	MIAC Indoor Championships	Feb 27, 2025
7	Withuski, Andrew	SO-2	St. John's (Minn.)	4.27m	14' 0"	Gopher Classic	Feb 8, 2025
8	Evans, Tyler	FR-1	Concordia-Moorhead	4.26m	13' 11.75"	MIAC Indoor Championships	Feb 27, 2025
9	Lelwica, Max	SR-4	St. John's (Minn.)	4.20m	13' 9.25"	NCAA Division III Indoor Track & Field Championships	Mar 14, 2025
9	Besemann, Noah	SO-2	St. John's (Minn.)	4.20m	13' 9.25"	MIAC Indoor Championships	Feb 27, 2025
9	Palmer, Alex	FR-1	Gustavus Adolphus	4.20m	13' 9.25"	St Olaf Invitational and Multi-events	Jan 24, 2025
12	Arnold, Dylan	SR-4	St. Olaf	4.18m	13' 8.5"	Chuck Petersen Open	Dec 7, 2024
13	Ream, Joe	JR-3	Gustavus Adolphus	4.16m	13' 7.75"	MIAC Indoor Championships	Feb 27, 2025
13	Graske, Joshua	SO-2	Bethel (Minn.)	4.16m	13' 7.75"	Stout Quad	Feb 14, 2025
13	Marzinske, Logan	SR-4	Gustavus Adolphus	4.16m	13' 7.75"	MIAC Indoor Championships	Feb 27, 2025
16	Hoelzel, Gavin	SO-2	St. Olaf	4.10m	13' 5.25"	MIAC Indoor Championships	Feb 27, 2025
16	Thurk, Anthony	SR-4	St. John's (Minn.)	4.10m	13' 5.25"	MIAC Indoor Championships	Feb 27, 2025
18	Gatz, Aidan	SR-4	Saint Mary's (Minn.)	4.05m	13' 3.5"	St Olaf Invitational and Multi-events	Jan 24, 2025
19	Anderson, Reese	SO-2	Carleton	4.00m	13' 1.5"	St. Olaf Tostrud Classic	Feb 21, 2025
20	Adams, Andrew	SR-4	St. John's (Minn.)	3.95m	12' 11.5"	CSB / SJU Invitational	Feb 15, 2025
21	Peterson, Trey	SO-2	St. Olaf	3.90m	12' 9.5"	St Olaf Invitational and Multi-events	Jan 24, 2025
22	Engstrom, Oliver	JR-3	Hamline	3.86m	12' 8"	MIAC Indoor Championships	Feb 27, 2025
22	Daenzer, Luke	JR-3	Bethel (Minn.)	3.86m	12' 8"	Warren Bowlus Open & Multi	Jan 31, 2025
24	Collins, Spencer	SO-2	St. Olaf	3.85m	12' 7.5"	St. Olaf Ole Opener	Jan 18, 2025
25	Peterson, Josh	SO-2	Concordia-Moorhead	3.76m	12' 4"	UND Tune Up	Feb 21, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
25	Thompson, Noah	SO-2	Concordia-Moorhead	3.76m	12' 4"	UND Tune Up	Feb 21, 2025
27	Adams, Tim	SR-4	Carleton	3.75m	12' 3.5"	St Olaf Invitational and Multi-events	Jan 24, 2025
28	Stone, Walker	FR-1	St. John's (Minn.)	3.67m	12' 0.5"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
29	Molstre, Joey	SO-2	Concordia-Moorhead	3.65m	11' 11.75"	Bison Open	Feb 7, 2025
29	Cran, Ian	FR-1	Hamline	3.65m	11' 11.75"	CSB / SJU Invitational	Feb 15, 2025
31	Cogley, Andrew	SR-4	St. Olaf	3.60m	11' 9.75"	MIAC Indoor Championships	Feb 27, 2025
32	Mikla, Aiden	SR-4	Gustavus Adolphus	3.45m	11' 3.75"	St Olaf Invitational and Multi-events	Jan 24, 2025
32	Wallace, Ansel	SO-2	Carleton	3.45m	11' 3.75"	St Olaf Invitational and Multi-events	Jan 24, 2025
34	Menter, Forest	JR-3	St. Olaf	3.40m	11' 1.75"	St. Olaf Ole Opener	Jan 18, 2025
34	Elseth, Aaron	JR-3	Bethel (Minn.)	3.40m	11' 1.75"	MIAC Indoor Championships	Feb 27, 2025
36	Frankel, Charlie	SO-2	Macalester	3.35m	10' 11.75"	Vanessa Seljeskog Classic	Jan 25, 2025
36	Leafblad, Eli	SO-2	Bethel (Minn.)	3.35m	10' 11.75"	Gene Glader Classic	Feb 22, 2025
38	Olson, Jesse	SO-2	St. Olaf	3.25m	10' 8"	St. Olaf Tostrud Classic	Feb 21, 2025
39	Evans, Bailey	FR-1	St. John's (Minn.)	3.20m	10' 6"	MIAC Indoor Championships	Feb 27, 2025
40	Brandt, Isak	SO-2	St. John's (Minn.)	3.00m	9' 10"	MIAC Indoor Championships	Feb 27, 2025

Long Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Albertson, Max	SO-2	St. Olaf	7.21m	23' 8"	MIAC Indoor Championships	Feb 27, 2025	NWI
1	Schaffer, Zach	JR-3	St. John's (Minn.)	7.21m	23' 8"	La Crosse Final Qualifier	Mar 8, 2025	NWI
3	Schreiner, Tommy	FR-1	Concordia-Moorhead	7.01m	23' 0"	CSB / SJU Invitational	Feb 15, 2025	NWI
4	Reis, Max	FR-1	St. John's (Minn.)	6.88m	22' 7"	Maverick Invitational	Feb 21, 2025	NWI
5	Mahowald, Anthony	FR-1	St. Scholastica	6.76m	22' 2.25"	Twin Ports Open	Jan 18, 2025	NWI
6	Bovitz, Nick	SO-2	Bethel (Minn.)	6.73m	22' 1"	MIAC Indoor Championships	Feb 27, 2025	NWI
7	Sletta, Anthony	FR-1	St. John's (Minn.)	6.72m	22' 0.75"	CSB / SJU Invitational	Feb 15, 2025	NWI

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
8	Watson, Isaiah	FR-1	Hamline	6.71m	22' 0.25"	MIAC Indoor Championships	Feb 27, 2025	NWI
9	Thurk, Anthony	SR-4	St. John's (Minn.)	6.68m	21' 11"	MIAC Indoor Championships	Feb 27, 2025	NWI
10	Hansen, Matt	SO-2	St. John's (Minn.)	6.65m	21' 10"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025	NWI
11	Timlin, Jarod	FR-1	Hamline	6.59m	21' 7.5"	University of St. Thomas Indoor Invitational	Jan 17, 2025	NWI
12	Hodin, Riley	SR-4	Macalester	6.55m	21' 6"	Meet of the Hearts	Feb 8, 2025	NWI
13	Subah, Isaiah	SR-4	Gustavus Adolphus	6.54m	21' 5.5"	CSB / SJU Invitational	Feb 15, 2025	NWI
14	Lelwica, Max	SR-4	St. John's (Minn.)	6.49m	21' 3.5"	MIAC Indoor Championships	Feb 27, 2025	NWI
14	Peterson, Ben	SR-4	Concordia-Moorhead	6.49m	21' 3.5"	MIAC Indoor Championships	Feb 27, 2025	NWI
16	Moo, Eh Ler	SR-4	St. Olaf	6.47m	21' 2.75"	MIAC Indoor Championships	Feb 27, 2025	NWI
17	Hasbargen, Nick	FR-1	Concordia-Moorhead	6.40m	21' 0"	UND Tune Up	Feb 21, 2025	NWI
17	Henry, Duke	FR-1	Hamline	6.40m	21' 0"	St. Olaf Tostrud Classic	Feb 21, 2025	NWI
19	Cisewski, Antonio	SR-4	Saint Mary's (Minn.)	6.39m	20' 11.75"	Warren Bowlus Open & Multi	Jan 31, 2025	NWI
19	Frommelt, Liam	FR-1	Gustavus Adolphus	6.39m	20' 11.75"	CSB / SJU Invitational	Feb 15, 2025	NWI
19	Budiman, Josiah	JR-3	Hamline	6.39m	20' 11.75"	CSB / SJU Invitational	Feb 15, 2025	NWI
22	Travis, Brandon	FR-1	Augsburg	6.37m	20' 10.75"	CSB / SJU Invitational	Feb 15, 2025	NWI
23	Cogley, Andrew	SR-4	St. Olaf	6.36m	20' 10.5"	MIAC Indoor Championships	Feb 27, 2025	NWI
23	Sandmeyer, Logan	FR-1	Gustavus Adolphus	6.36m	20' 10.5"	St. Olaf Ole Opener	Jan 18, 2025	NWI
23	Charlton, Josh	SR-4	St. Olaf	6.36m	20' 10.5"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025	NWI
26	Erickson, Matthew	SO-2	St. Scholastica	6.35m	20' 10"	St. Olaf Tostrud Classic	Feb 21, 2025	NWI
27	Cumps, Rik	FR-1	St. Olaf	6.34m	20' 9.75"	St. Olaf Tostrud Classic	Feb 21, 2025	NWI
28	Thompson, Gabe	SR-4	Concordia-Moorhead	6.24m	20' 5.75"	Bison Open	Feb 7, 2025	NWI
28	Rose, Noah	SO-2	St. John's (Minn.)	6.24m	20' 5.75"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025	NWI
30	Hermes, Nick	SR-4	Concordia-Moorhead	6.19m	20' 3.75"	UND Tune Up	Feb 21, 2025	NWI
31	Kaster, Soren	SO-2	Carleton	6.18m	20' 3.5"	MIAC Indoor Championships	Feb 27, 2025	NWI

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
32	Marsh, Anthony	SR-4	Concordia-Moorhead	6.14m	20' 1.75"	CSB / SJU Invitational	Feb 15, 2025	NWI
32	Molstre, Joey	SO-2	Concordia-Moorhead	6.14m	20' 1.75"	MIAC Indoor Championships	Feb 27, 2025	NWI
32	Evans, Bailey	FR-1	St. John's (Minn.)	6.14m	20' 1.75"	MIAC Indoor Championships	Feb 27, 2025	NWI
35	Wynia, Ben	SO-2	Gustavus Adolphus	6.09m	19' 11.75"	St. Olaf Ole Opener	Jan 18, 2025	NWI
36	Raab, Jaylin	FR-1	Gustavus Adolphus	6.08m	19' 11.5"	Mark Schuck Open and Multi	Jan 31, 2025	NWI
37	McCormick, Connor	JR-3	Gustavus Adolphus	6.07m	19' 11"	MIAC Indoor Championships	Feb 27, 2025	NWI
37	Kallstrom, Brandon	SR-4	Bethel (Minn.)	6.07m	19' 11"	St Olaf Invitational and Multi-events	Jan 24, 2025	NWI
39	Lightner, Jackson	SO-2	Hamline	6.06m	19' 10.75"	Luther Invitational	Feb 8, 2025	NWI
39	Wang, Kevin	JR-3	Macalester	6.06m	19' 10.75"	CSB / SJU Invitational	Feb 15, 2025	NWI

Triple Jump

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
1	Watson, Isaiah	FR-1	Hamline	14.27m	46' 10"	MIAC Indoor Championships	Feb 27, 2025	NWI
2	Frommelt, Liam	FR-1	Gustavus Adolphus	14.03m	46' 0.5"	MIAC Indoor Championships	Feb 27, 2025	NWI
3	Hodin, Riley	SR-4	Macalester	13.70m	44' 11.5"	M City Indoor Classsic	Dec 6, 2024	NWI
4	Albertson, Max	SO-2	St. Olaf	13.65m	44' 9.5"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025	NWI
5	Bovitz, Nick	SO-2	Bethel (Minn.)	13.59m	44' 7"	MIAC Indoor Championships	Feb 27, 2025	NWI
6	Mensah, Ataa	FR-1	Macalester	13.55m	44' 5.5"	MIAC Indoor Championships	Feb 27, 2025	NWI
7	Schaffer, Zach	JR-3	St. John's (Minn.)	13.48m	44' 2.75"	CSB/SJU Alumni Meet	Jan 25, 2025	NWI
8	Gueye, Abdoul	FR-1	Hamline	13.42m	44' 0.5"	CSB / SJU Invitational	Feb 15, 2025	NWI
8	Travis, Brandon	FR-1	Augsburg	13.42m	44' 0.5"	MIAC Indoor Championships	Feb 27, 2025	NWI
10	Thompson, Gabe	SR-4	Concordia-Moorhead	13.31m	43' 8"	MIAC Indoor Championships	Feb 27, 2025	NWI
11	Kaba, Bangaly	SO-2	St. John's (Minn.)	13.13m	43' 1"	MIAC Indoor Championships	Feb 27, 2025	NWI
12	Erickson, Matthew	SO-2	St. Scholastica	13.09m	42' 11.5"	MIAC Indoor Championships	Feb 27, 2025	NWI
13	Longfors, Nathan	FR-1	Saint Mary's (Minn.)	12.81m	42' 0.5"	UWRF Winter Classic	Feb 8, 2025	NWI
14	Cumps, Rik	FR-1	St. Olaf	12.62m	41' 5"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025	NWI
14	Hegland, Eli	FR-1	Concordia-Moorhead	12.62m	41' 5"	CSB / SJU Invitational	Feb 15, 2025	NWI
16	Cline-Cole, Ethan	SR-4	Carleton	12.45m	40' 10.25"	St. Olaf Ole Opener	Jan 18, 2025	NWI
17	Lee, Iain	JR-3	Hamline	12.09m	39' 8"	MIAC Indoor Championships	Feb 27, 2025	NWI
18	Pearson, Spencer	JR-3	Gustavus Adolphus	12.05m	39' 6.5"	CSB / SJU Invitational	Feb 15, 2025	NWI
19	Johnson, Brady	SR-4	Saint Mary's (Minn.)	12.00m	39' 4.5"	St. Olaf Ole Opener	Jan 18, 2025	NWI
20	Antwi, Stephen	SO-2	Bethel (Minn.)	11.87m	38' 11.5"	Gene Glader Classic	Feb 22, 2025	NWI
21	Wynia, Ben	SO-2	Gustavus Adolphus	11.83m	38' 9.75"	St Olaf Invitational and Multi-events	Jan 24, 2025	NWI
22	Thomas, Max	JR-3	St. Olaf	11.54m	37' 10.5"	St. Olaf Tostrud Classic	Feb 21, 2025	NWI

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date	Wind
23	Rohrer, Nate	FR-1	St. John's (Minn.)	11.46m	37' 7.25"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025	NWI
24	Nordeen, Bradyn	SO-2	Gustavus Adolphus	10.77m	35' 4"	Meet of the Hearts	Feb 8, 2025	NWI
25	Wilenbring, Roman	SO-2	Gustavus Adolphus	10.28m	33' 8.75"	St. Olaf Ole Opener	Jan 18, 2025	NWI

Shot Put

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Beseth, Trent	JR-3	St. Scholastica	18.30m	60' 0.5"	NCAA Division III Indoor Track & Field Championships	Mar 14, 2025
2	Folkestad, Cooper	JR-3	Concordia-Moorhead	17.86m	58' 7.25"	NCAA Division III Indoor Track & Field Championships	Mar 14, 2025
3	Monreal, Joshua	SO-2	St. Scholastica	15.40m	50' 6.25"	Twin Ports Open	Jan 18, 2025
4	Ball, Timmy	FR-1	Bethel (Minn.)	15.36m	50' 4.75"	St Olaf Invitational and Multi-events	Jan 24, 2025
5	Hokanson, Adam	JR-3	Bethel (Minn.)	15.33m	50' 3.5"	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
6	Kardonsky, Kale	FR-1	St. Olaf	15.32m	50' 3.25"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
7	Houska, Blake	SO-2	Concordia-Moorhead	15.07m	49' 5.5"	MIAC Indoor Championships	Feb 27, 2025
8	Larsen, Evan	SR-4	Bethel (Minn.)	14.98m	49' 1.75"	MIAC Indoor Championships	Feb 27, 2025
9	Hillstrom, Dominik	SR-4	Concordia-Moorhead	14.46m	47' 5.25"	MIAC Indoor Championships	Feb 27, 2025
10	Turqueza, Rylan	SO-2	St. John's (Minn.)	14.44m	47' 4.5"	CSB/SJU Alumni Meet	Jan 25, 2025
11	Minnerath, Grady	FR-1	St. John's (Minn.)	14.27m	46' 10"	Maverick Invitational	Feb 21, 2025
12	Edo-Ohanba, Esosa	SO-2	St. Olaf	13.88m	45' 6.5"	Chuck Petersen Open	Dec 7, 2024
13	Porto, Artur	FR-1	Macalester	13.62m	44' 8.25"	Vanessa Seljeskog Classic	Jan 25, 2025
14	Sjoblom, Brayden	FR-1	Concordia-Moorhead	13.53m	44' 4.75"	MIAC Indoor Championships	Feb 27, 2025
15	Ritz, Jonathan	FR-1	Bethel (Minn.)	13.43m	44' 0.75"	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
16	Massey, Harry	SO-2	Hamline	13.31m	43' 8"	St. Olaf Tostrud Classic	Feb 21, 2025
17	Hudspith, Wyatt	SO-2	Gustavus Adolphus	13.08m	42' 11"	Mark Schuck Open and Multi	Jan 31, 2025
18	Sundquist, Mason	FR-1	St. Scholastica	12.86m	42' 2.25"	MIAC Indoor Championships	Feb 27, 2025
19	Wimmer, Alex	FR-1	St. John's (Minn.)	12.74m	41' 9.75"	MIAC Indoor Championships	Feb 27, 2025
20	Mills, Austin	JR-3	Macalester	12.71m	41' 8.5"	St. Olaf Tostrud Classic	Feb 21, 2025
21	Graham, Jalen	FR-1	St. John's (Minn.)	12.64m	41' 5.75"	CSB / SJU Invitational	Feb 15, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
22	Lelwica, Max	SR-4	St. John's (Minn.)	12.49m	40' 11.75"	Mark Schuck Open and Multi	Jan 31, 2025
23	Thurk, Anthony	SR-4	St. John's (Minn.)	12.48m	40' 11.5"	NCAA Division III Indoor Track & Field Championships	Mar 14, 2025
24	Kovic, Noah	FR-1	Gustavus Adolphus	12.10m	39' 8.5"	St. Olaf Ole Opener	Jan 18, 2025
25	Herman, Eddie	FR-1	Hamline	11.89m	39' 0.25"	Luther Invitational	Feb 8, 2025
26	Menache, Max	SR-4	Macalester	11.79m	38' 8.25"	Vanessa Seljeskog Classic	Jan 25, 2025
27	Evans, Bailey	FR-1	St. John's (Minn.)	11.73m	38' 6"	MIAC Indoor Championships	Feb 27, 2025
28	Boudreaux, Beau	FR-1	St. John's (Minn.)	11.70m	38' 4.75"	CSB / SJU Invitational	Feb 15, 2025
29	Revenaugh, Silas	FR-1	Macalester	11.63m	38' 2"	Vanessa Seljeskog Classic	Jan 25, 2025
30	Cogley, Andrew	SR-4	St. Olaf	11.58m	38' 0"	M City Indoor Classsic	Dec 6, 2024
31	Kallstrom, Brandon	SR-4	Bethel (Minn.)	11.27m	36' 11.75"	Warren Bowlus Open & Multi	Jan 31, 2025
32	Brown, Jakob	SR-4	Concordia-Moorhead	11.12m	36' 5.75"	Bison Open	Feb 7, 2025
33	Lor, Joshua	FR-1	Augsburg	11.09m	36' 4.75"	Snowshoe Open	Feb 21, 2025
34	Elseth, Aaron	JR-3	Bethel (Minn.)	11.07m	36' 4"	St Olaf Invitational and Multi-events	Jan 24, 2025
35	Kaster, Soren	SO-2	Carleton	10.96m	35' 11.5"	MIAC Indoor Championships	Feb 27, 2025
36	Besemann, Noah	SO-2	St. John's (Minn.)	10.90m	35' 9.25"	MIAC Indoor Championships	Feb 27, 2025
37	Morris, Noah	SR-4	Carleton	10.85m	35' 7.25"	St. Olaf Tostrud Classic	Feb 21, 2025
38	Ewing, Jacob	FR-1	Hamline	10.79m	35' 5"	CSB / SJU Invitational	Feb 15, 2025
39	Koch, Leo	FR-1	Macalester	10.56m	34' 7.75"	M City Indoor Classsic	Dec 6, 2024
40	Rose, Noah	SO-2	St. John's (Minn.)	10.32m	33' 10.25"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025

Weight Throw

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	Hokanson, Adam	JR-3	Bethel (Minn.)	18.31m	60' 1"	La Crosse Final Qualifier	Mar 8, 2025
2	Beseth, Trent	JR-3	St. Scholastica	17.81m	58' 5.25"	MIAC Indoor Championships	Feb 27, 2025
3	Larsen, Evan	SR-4	Bethel (Minn.)	17.34m	56' 10.75"	La Crosse Final Qualifier	Mar 8, 2025
4	Monreal, Joshua	SO-2	St. Scholastica	17.20m	56' 5.25"	Maday Classic	Feb 15, 2025
5	Conant, Philip	SO-2	Bethel (Minn.)	16.36m	53' 8.25"	Stout Quad	Feb 14, 2025
6	Mills, Austin	JR-3	Macalester	16.04m	52' 7.5"	St. Olaf Tostrud Classic	Feb 21, 2025
7	Fritz, Casen	SR-4	Saint Mary's (Minn.)	15.85m	52' 0"	MIAC Indoor Championships	Feb 27, 2025

Place	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
8	Menache, Max	SR-4	Macalester	15.84m	51' 11.75"	MIAC Indoor Championships	Feb 27, 2025
9	Kardonsky, Kale	FR-1	St. Olaf	15.13m	49' 7.75"	MIAC Indoor Championships	Feb 27, 2025
10	Mensen, Joseph	SR-4	St. John's (Minn.)	15.06m	49' 5"	MIAC Indoor Championships	Feb 27, 2025
11	Sundquist, Mason	FR-1	St. Scholastica	14.50m	47' 7"	CSS Opener	Dec 14, 2024
12	Stordahl, Zack	SR-4	Gustavus Adolphus	14.31m	46' 11.5"	CSB / SJU Invitational	Feb 15, 2025
13	Turqueza, Rylan	SO-2	St. John's (Minn.)	14.24m	46' 8.75"	CSB/SJU Alumni Meet	Jan 25, 2025
14	Ball, Timmy	FR-1	Bethel (Minn.)	14.20m	46' 7.25"	Stout Quad	Feb 14, 2025
15	Minnerath, Grady	FR-1	St. John's (Minn.)	14.15m	46' 5.25"	MIAC Indoor Championships	Feb 27, 2025
16	Houska, Blake	SO-2	Concordia-Moorhead	14.01m	45' 11.75"	Bison Open	Feb 7, 2025
17	Massey, Harry	SO-2	Hamline	13.93m	45' 8.5"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
18	Ritz, Jonathan	FR-1	Bethel (Minn.)	13.72m	45' 0.25"	UW-La Crosse Mark Guthrie Legacy Invitational	Feb 8, 2025
19	Yang, Aiden	SR-4	Macalester	13.47m	44' 2.5"	CSB / SJU Invitational	Feb 15, 2025
20	Edo-Ohanba, Esosa	SO-2	St. Olaf	13.41m	44' 0"	St Olaf Invitational and Multi-events	Jan 24, 2025
21	McGlynn, Galen	JR-3	St. Olaf	13.34m	43' 9.25"	St. Olaf Ole Opener	Jan 18, 2025
22	Gill, Doug	SO-2	Hamline	12.54m	41' 1.75"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
23	Purvis, Connor	FR-1	Gustavus Adolphus	12.41m	40' 8.75"	Maverick Invitational	Feb 21, 2025
24	Ngonu, Joe Carlyn	FR-1	St. Scholastica	12.36m	40' 6.75"	St. Olaf Tostrud Classic	Feb 21, 2025
25	Porto, Artur	FR-1	Macalester	12.33m	40' 5.5"	St. Olaf Tostrud Classic	Feb 21, 2025
26	Revenaugh, Silas	FR-1	Macalester	12.01m	39' 5"	Vanessa Seljeskog Classic	Jan 25, 2025
27	Brynteson, Connor	SO-2	St. John's (Minn.)	12.00m	39' 4.5"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
28	Wimmer, Alex	FR-1	St. John's (Minn.)	11.56m	37' 11.25"	Maverick Invitational	Feb 21, 2025
29	Brown, Jakob	SR-4	Concordia-Moorhead	11.44m	37' 6.5"	Cobber Indoor Open	Jan 25, 2025
30	Herman, Eddie	FR-1	Hamline	11.43m	37' 6"	CSB / SJU Invitational	Feb 15, 2025
31	Sjoblom, Brayden	FR-1	Concordia-Moorhead	11.37m	37' 3.75"	UND Tune Up	Feb 21, 2025
32	Lundgren, Gabe	FR-1	Bethel (Minn.)	10.91m	35' 9.5"	Warren Bowlus Open & Multi	Jan 31, 2025
33	Ewing, Jacob	FR-1	Hamline	10.79m	35' 5"	CSB / SJU Invitational	Feb 15, 2025
34	Widdes, Jacob	FR-1	Gustavus Adolphus	10.65m	34' 11.25"	Maverick Invitational	Feb 21, 2025
35	Koch, Leo	FR-1	Macalester	10.07m	33' 0.5"	M City Indoor Classsic	Dec 6, 2024
36	Cromer, Michael	FR-1	Hamline	9.84m	32' 3.5"	CSB/SJU vs St. Olaf Dual	Jan 31, 2025
37	Boudreaux, Beau	FR-1	St. John's (Minn.)	9.70m	31' 10"	CSB / SJU Invitational	Feb 15, 2025
38	Perez, Lorenzo	FR-1	Hamline	9.63m	31' 7.25"	CSB / SJU Invitational	Feb 15, 2025

Heptathlon

Place	Athlete	Year	Team	Points	Meet	Meet Date
1	Lelwica, Max	SR-4	St. John's (Minn.)	5063	Wartburg Qualifier	Mar 7, 2025
2	Thurk, Anthony	SR-4	St. John's (Minn.)	4923	MIAC Indoor Championships	Feb 27, 2025
3	Kaster, Soren	SO-2	Carleton	4745	MIAC Indoor Championships	Feb 27, 2025
4	Cogley, Andrew	SR-4	St. Olaf	4558	MIAC Indoor Championships	Feb 27, 2025
5	McCormick, Connor	JR-3	Gustavus Adolphus	4503	MIAC Indoor Championships	Feb 27, 2025
6	Anderson, Reese	SO-2	Carleton	4380	MIAC Indoor Championships	Feb 27, 2025

Place	Athlete	Year	Team	Points	Meet	Meet Date
7	Molstre, Joey	SO-2	Concordia-Moorhead	4346	MIAC Indoor Championships	Feb 27, 2025
8	Besemann, Noah	SO-2	St. John's (Minn.)	4323	MIAC Indoor Championships	Feb 27, 2025
9	Evans, Bailey	FR-1	St. John's (Minn.)	4196	MIAC Indoor Championships	Feb 27, 2025
10	Hoelzel, Gavin	SO-2	St. Olaf	4157	MIAC Indoor Championships	Feb 27, 2025
11	Elseth, Aaron	JR-3	Bethel (Minn.)	3883	MIAC Indoor Championships	Feb 27, 2025
12	Leafblad, Eli	SO-2	Bethel (Minn.)	3807	MIAC Indoor Championships	Feb 27, 2025
13	Olson, Jesse	SO-2	St. Olaf	3726	MIAC Indoor Championships	Feb 27, 2025
14	Peterson, Josh	SO-2	Concordia-Moorhead	3629	MIAC Indoor Championships	Feb 27, 2025
15	Lapinski, Will	SO-2	St. Olaf	3581	MIAC Indoor Championships	Feb 27, 2025
16	Brandt, Isak	SO-2	St. John's (Minn.)	3474	MIAC Indoor Championships	Feb 27, 2025
17	Kallstrom, Brandon	SR-4	Bethel (Minn.)	3320	MIAC Indoor Championships	Feb 27, 2025