

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****Men 60 Meter Dash**

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 Champ. Rec.: # 6.76 2023 Landen Liu, Bethel
 Facility Rec: F 6.83 2012 Garfield Powell, Iowa Central
 Name Year School Seed Prelims H#
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Preliminaries

1	Arthur, Kevin	SR	St. John's (Minn.)	6.78	6.84Q	1	
2	Anstine, Jade	FR	Gustavus Adolphus	7.00	7.03Q	2	
3	Simon, Godsword	JR	Bethel (Minn.)	7.01	7.09Q	3	7.085
4	McConnell, Cameron	JR	Bethel (Minn.)	7.06	6.98q	1	
5	Skelly, Matthew	SR	Gustavus Adolphus	7.04	7.06q	2	
6	Schaffer, Dawson	SR	Concordia-Moorhead	7.04	7.09q	1	7.081
7	Bulwa, Chris	JR	Saint Mary's	7.02	7.09q	3	7.088
8	Le, Nathan	JR	Gustavus Adolphus	7.17	7.12q	3	
9	Zong-Naba, Sylvain	JR	Macalester	7.21	7.13	1	
10	Raitz, Sam	FR	Bethel (Minn.)	7.15	7.16	2	7.152
11	Popoca, Emanuel	JR	St. John's (Minn.)	7.16	7.16	3	7.158
12	Alfaro Diedrich, Sean	JR	St. Scholastica	7.18	7.17	2	
13	Thomas, Reece	JR	Hamline	7.22	7.18	2	
14	Sesay, Abdul	FR	St. John's (Minn.)	7.23	7.20	3	
15	Kritsberg, Ben	SO	Saint Mary's	7.25	7.22	3	
16	Morey, Aidan	FR	St. John's (Minn.)	7.28	7.24	2	
17	Kyoore, Zechariah	JR	Gustavus Adolphus	7.27	7.28	1	
18	Fisher, Charlie	FR	St. Olaf	7.30	7.29	3	
19	Fochtman, Jack	SO	St. Olaf	7.37	7.30	1	
20	Dahl, Mason	FR	Concordia-Moorhead	7.20	7.31	1	7.307
21	Otis, Mickey	FR	Hamline	7.26	7.31	2	7.308
22	Hansen, Matt	FR	St. John's (Minn.)	7.27	7.33	1	
23	Petron, Jordan	JR	Concordia-Moorhead	7.37	7.37	2	
24	Moberg, Joey	FR	St. John's (Minn.)	7.36	7.39	3	

Men 60 Meter Dash

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 Champ. Rec.: # 6.76 2023 Landen Liu, Bethel
 Facility Rec: F 6.83 2012 Garfield Powell, Iowa Central
 Name Year School Prelims Finals Points
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Finals

1	Arthur, Kevin	SR	St. John's (Minn.)	6.84	6.79F	10
2	McConnell, Cameron	JR	Bethel (Minn.)	6.98	6.97	8
3	Anstine, Jade	FR	Gustavus Adolphus	7.03	7.00	6
4	Bulwa, Chris	JR	Saint Mary's	7.09	7.02	5
5	Simon, Godsword	JR	Bethel (Minn.)	7.09	7.10	4
6	Schaffer, Dawson	SR	Concordia-Moorhead	7.09	7.12	3
7	Le, Nathan	JR	Gustavus Adolphus	7.12	7.14	2
8	Skelly, Matthew	SR	Gustavus Adolphus	7.06	7.21	1

Men 200 Meter Dash

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 Champ. Rec.: # 21.96 2009 Joe Defrance, St. Thomas
 Facility Rec: F 21.98 2024 C. Glad, G. Nelson, Bethel
 Name Year School Seed Finals H# Points
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1	Parent, Jacob	JR	Bethel (Minn.)	21.74	21.80#	6	10
2	Arthur, Kevin	SR	St. John's (Minn.)	22.08	22.13	6	8
3	Bulwa, Chris	JR	Saint Mary's	22.42	22.37	6	6

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men 200 Meter Dash**

4	Anstine, Jade	FR Gustavus Adolphus	22.58	22.41	5	5	
5	Heitler, Arlo	JR Macalester	22.64	22.57	5	4	
6	Schaffer, Dawson	SR Concordia-Moorhead	23.13	22.96	4	3	
7	Raitz, Sam	FR Bethel (Minn.)	22.90	22.97	5	2	
8	Liu, Landen	SO Bethel (Minn.)	22.07	23.04	6	1	
9	Myres, David	JR Bethel (Minn.)	22.95	23.10	5		
10	Adamson, Oliver	JR Saint Mary's	23.18	23.14	4		
11	Thomas, Reece	JR Hamline	23.18	23.22	4		
12	Lee, Josh	JR Bethel (Minn.)	23.18	23.26	4		23.257
13	Popoca, Emanuel	JR St. John's (Minn.)	23.52	23.26	1		23.260
14	Haack, Tony	SO Bethel (Minn.)	23.32	23.29	3		
15	Nathan, Asher	FR Carleton	23.26	23.41	3		
16	Fochtman, Jack	SO St. Olaf	23.49	23.51	1		
17	McNearney, Devin	JR St. Olaf	23.73	23.69	1		
18	Kyore, Zechariah	JR Gustavus Adolphus	23.47	23.73	2		
19	Stageberg, Noah	JR Gustavus Adolphus	23.42	23.76	2		
20	Kessel, Peyton	JR Concordia-Moorhead	23.43	23.78	2		
21	Moberg, Joey	FR St. John's (Minn.)	23.88	23.87	1		
--	Petron, Jordan	JR Concordia-Moorhead	23.35	DQ	2		

Men 400 Meter Dash

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Champ. Rec.: # 48.78 2004		Matt Shannon, Augsburg					
Facility Rec: F 48.04 2006		Nate Olson, UW Lacrosse					
Name	Year	School	Seed	Finals	H#	Points	
=====							
1 Parent, Jacob		JR Bethel (Minn.)	48.47	48.58#	5	10	
22.847 (22.847)		48.578 (25.732)					
2 Nelson, Grant		SO Bethel (Minn.)	48.37	48.85	5	8	
22.771 (22.771)		48.846 (26.075)					
3 Kubicek, Noah		SO St. Scholastica	50.44	49.58	4	6	
23.668 (23.668)		49.578 (25.910)					
4 Heitler, Arlo		JR Macalester	49.53	49.63	5	5	
23.406 (23.406)		49.627 (26.221)					
5 Tiongson, Trevor		JR Concordia-Moorhead	50.16	50.69	5	4	
24.373 (24.373)		50.686 (26.313)					
6 Rudzitis, Taaron		JR Bethel (Minn.)	51.43	51.10	4	3	
24.150 (24.150)		51.098 (26.949)					
7 Stursa, Cohen		FR Gustavus Adolphus	51.12	51.16	4	2	
23.907 (23.907)		51.151 (27.244)					
8 Haack, Tony		SO Bethel (Minn.)	51.70	51.42	3	1	
24.208 (24.208)		51.411 (27.203)					
9 Douglas, Derek		JR St. Scholastica	51.36	51.44	4		
24.720 (24.720)		51.432 (26.712)					
10 Stageberg, Noah		JR Gustavus Adolphus	51.96	51.54	3		
24.410 (24.410)		51.536 (27.126)					
11 Witschen, Wyatt		FR St. John's (Minn.)	51.61	51.55	3		
24.450 (24.450)		51.543 (27.094)					
12 Palm, Alex		FR Bethel (Minn.)	52.56	52.29	3		
24.706 (24.706)		52.288 (27.582)					
13 Ortiz, Raul		JR Hamline	53.18	52.53	2		
24.483 (24.483)		52.530 (28.047)					
14 Heil, Tyler		FR Gustavus Adolphus	53.39	52.81	2		
24.684 (24.684)		52.809 (28.125)					

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men 400 Meter Dash**

15 Gunderson, Tyler	JR St. Olaf	53.27	53.66	2
24.761 (24.761)	53.652 (28.892)			
16 Iyegha, Charlie	FR St. Olaf	53.72	53.94	1
24.947 (24.947)	53.938 (28.992)			
17 Blondin, Reese	FR Gustavus Adolphus	54.16	54.24	1
25.451 (25.451)	54.234 (28.784)			
18 Deutschlander, Pierre	SR St. John's (Minn.)	54.44	54.84	1
26.616 (26.616)	54.833 (28.218)			
19 Chilala, Tembo	JR Concordia-Moorhead	53.89	55.42	1
24.613 (24.613)	55.413 (30.800)			
20 Clement, Emmanuel	FR Augsburg	53.56	1:04.09	2
24.871 (24.871)	1:04.085 (39.214)			

Men 600 Meter Run

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Champ. Rec.: # 1:20.19	2017	Carl Klamm, Bethel (Minn)				
Facility Rec: F 1:20.36	2019	Karl Klamm, Bethel				
Name	Year School	Seed	Finals	H#	Points	
=====						
1 Lelinga, Victor	FR Bethel (Minn.)	1:21.55	1:20.57	3	10	
25.742 (25.742)	52.737 (26.996)	1:20.569 (27.832)				
2 Nelson, Grant	SO Bethel (Minn.)	1:21.20	1:22.11	3	8	
25.516 (25.516)	52.958 (27.442)	1:22.103 (29.145)				
3 Kubicek, Noah	SO St. Scholastica	1:23.09	1:22.17	3	6	
25.990 (25.990)	53.362 (27.372)	1:22.167 (28.806)				
4 Douglas, Derek	JR St. Scholastica	1:23.58	1:22.26	2	5	
25.057 (25.057)	51.927 (26.871)	1:22.258 (30.331)				
5 Ash, Ethan	SR Carleton	1:23.18	1:22.58	3	4	
26.284 (26.284)	54.038 (27.754)	1:22.572 (28.534)				
6 Rudzitis, Taaron	JR Bethel (Minn.)	1:23.48	1:22.90	3	3	
26.167 (26.167)	53.756 (27.589)	1:22.898 (29.143)				
7 Pattison, Alistair	SR Carleton	1:23.36	1:22.97	3	2	
26.598 (26.598)	53.840 (27.242)	1:22.970 (29.130)				
8 Montreuil, Owen	SO St. John's (Minn.)	1:24.09	1:23.47	2	1	
25.888 (25.888)	53.507 (27.619)	1:23.462 (29.956)				
9 Nemecek, Lance	SO St. Olaf	1:24.38	1:23.68	2		
26.157 (26.157)	53.839 (27.682)	1:23.673 (29.835)				
10 Asfaw, Getinat	JR Augsburg	1:25.19	1:23.82	1		
26.532 (26.532)	54.393 (27.862)	1:23.815 (29.422)				
11 Rud, Mark	SO Gustavus Adolphus	1:25.08	1:24.13	2		
26.818 (26.818)	54.562 (27.744)	1:24.121 (29.559)				
12 Moore, Cullen	SO St. Olaf	1:24.29	1:24.67	2		
25.665 (25.665)	53.178 (27.513)	1:24.669 (31.491)				
13 Schonebaum, Henry	SO Macalester	1:25.11	1:24.92	1		
25.558 (25.558)	53.877 (28.319)	1:24.916 (31.040)				
14 Stursa, Cohen	FR Gustavus Adolphus	1:25.15	1:25.14	1		
26.319 (26.319)	54.702 (28.384)	1:25.140 (30.438)				
15 Fuller, Blake	JR Gustavus Adolphus	1:25.00	1:25.27	2		
26.630 (26.630)	54.766 (28.136)	1:25.267 (30.502)				
16 Cozine, Ethan	FR St. Olaf	1:25.34	1:25.31	1		
26.445 (26.445)	54.144 (27.699)	1:25.303 (31.159)				
17 Schmitz, Drew	FR Bethel (Minn.)	1:25.89	1:25.38	1		
25.803 (25.803)	54.189 (28.386)	1:25.371 (31.182)				
18 Ali, Kalid	JR Macalester	1:25.22	1:25.89	1		
25.387 (25.387)	53.666 (28.279)	1:25.885 (32.220)				

Results

Champ. Rec.: # 1:52.54		2010	Max Hanson, Gustavus				
Facility Rec: F 1:52.53		2006	Jeff Zodda, Col. of New Jersey				
Name		Year	School	Seed	Finals	H#	Points
1	Allen, Tommy		SO St. John's (Minn.)	1:56.36	1:55.33	3	10
	28.195 (28.195)		56.883 (28.689)	1:26.124 (29.241)	1:55.329 (29.206)		
2	Moore, Cullen		SO St. Olaf	1:57.09	1:55.78	3	8
	28.352 (28.352)		57.091 (28.740)	1:26.651 (29.560)	1:55.779 (29.128)		
3	Wallin, Tucker		SR St. Scholastica	1:57.54	1:55.80	2	6
	28.393 (28.393)		57.932 (29.540)	1:26.951 (29.019)	1:55.797 (28.847)		
4	Smith, Tyler		JR Gustavus Adolphus	1:55.55	1:57.05	3	5
	28.272 (28.272)		57.001 (28.729)	1:26.451 (29.450)	1:57.041 (30.590)		1:57.041
5	Lelinga, Victor		FR Bethel (Minn.)	1:57.36	1:57.05	3	4
	30.067 (30.067)		59.126 (29.060)	1:28.911 (29.786)	1:57.043 (28.132)		1:57.043
6	Groshelle, Gavin		SO Concordia-Moorhead	1:58.10	1:57.09	2	3
	28.591 (28.591)		58.061 (29.470)	1:27.337 (29.276)	1:57.088 (29.751)		
7	Brauer, Nicholas		FR Gustavus Adolphus	1:56.76	1:57.27	3	2
	28.360 (28.360)		57.158 (28.798)	1:26.794 (29.636)	1:57.261 (30.467)		
8	Getty, Drew		SR Macalester	1:57.63	1:57.38	2	1
	28.941 (28.941)		58.423 (29.483)	1:27.733 (29.310)	1:57.371 (29.638)		
9	Nemecek, Lance		SO St. Olaf	1:58.05	1:57.87	2	
	28.846 (28.846)		58.525 (29.679)	1:28.170 (29.646)	1:57.869 (29.700)		
10	Cozine, Ethan		FR St. Olaf	1:58.80	1:58.69	2	
	29.093 (29.093)		58.767 (29.675)	1:28.717 (29.950)	1:58.684 (29.967)		
11	Asfaw, Getinat		JR Augsburg	1:57.53	1:58.88	2	
	29.103 (29.103)		58.605 (29.502)	1:28.067 (29.463)	1:58.877 (30.810)		
12	Ash, Ethan		SR Carleton	1:57.99	1:59.67	2	
	28.622 (28.622)		58.293 (29.671)	1:28.295 (30.003)	1:59.663 (31.368)		
13	Bjork, Alex		FR St. Olaf	1:58.89	2:00.16	1	
	28.546 (28.546)		58.543 (29.997)	1:29.031 (30.488)	2:00.153 (31.122)		
14	Rud, Mark		SO Gustavus Adolphus	1:59.88	2:00.19	1	
	28.778 (28.778)		58.720 (29.942)	1:29.198 (30.478)	2:00.186 (30.988)		
15	Kloeppepner, Daniel		JR St. John's (Minn.)	2:01.12	2:00.42	1	
	29.025 (29.025)		59.044 (30.020)	1:29.508 (30.464)	2:00.412 (30.904)		
16	Boone, Calvin		SO St. Scholastica	1:56.47	2:00.50	3	
	29.797 (29.797)		58.895 (29.098)	1:29.209 (30.314)	2:00.498 (31.289)		
17	Pierce, Charlie		FR Macalester	2:01.16	2:01.11	1	
	28.894 (28.894)		58.958 (30.064)	1:29.796 (30.838)	2:01.102 (31.306)		
18	Malecha, Thomas		SO Macalester	2:01.36	2:01.13	1	
	28.561 (28.561)		58.832 (30.272)	1:29.668 (30.836)	2:01.124 (31.456)		
19	Baatrup-Sabo, Jakob		SO St. Olaf	2:01.15	2:03.72	1	
	28.877 (28.877)		59.119 (30.242)	1:30.942 (31.824)	2:03.716 (32.774)		
20	Pattison, Alistair		SR Carleton	1:57.04	2:03.85	3	
	28.728 (28.728)		57.577 (28.850)	1:28.168 (30.591)	2:03.844 (35.676)		
21	Oty, Shareef		FR Augsburg	2:02.05	2:04.25	1	
	28.364 (28.364)		58.703 (30.340)	1:30.359 (31.656)	2:04.247 (33.888)		

Champ. Rec.: #	2:26.02	2017	Donson Cook-Gallardo, Carleton				
Facility Rec: F	2:27.61	2016	Paul Escher, St. Olaf				
Name		Year	School	Seed	Finals	H#	Points

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men 1000 Meter Run**

1 Allen, Tommy	SO St. John's (Minn.)	2:30.10	2:30.25	3	10
29.003 (29.003)	1:01.401 (32.399)	1:32.335 (30.934)	2:01.982 (29.647)		
2:30.249 (28.267)					
2 Boone, Calvin	SO St. Scholastica	2:29.55	2:30.35	3	8
30.767 (30.767)	1:01.389 (30.623)	1:31.543 (30.154)	2:01.196 (29.653)		
2:30.347 (29.152)					
3 Fitzgerald, Ignatius	SO St. Olaf	2:30.47	2:31.39	3	6
30.422 (30.422)	1:01.668 (31.246)	1:32.591 (30.924)	2:02.119 (29.528)		
2:31.389 (29.270)					
4 Brauer, Nicholas	FR Gustavus Adolphus	2:31.95	2:31.51	3	5
29.168 (29.168)	1:01.007 (31.839)	1:31.889 (30.883)	2:01.649 (29.760)		
2:31.510 (29.862)					
5 St. Peter, Nick	SO St. John's (Minn.)	2:32.41	2:31.69	3	4
31.149 (31.149)	1:01.851 (30.702)	1:32.889 (31.039)	2:02.831 (29.942)		
2:31.683 (28.852)					
6 Lyness, Indy	SO Carleton	2:33.55	2:32.01	2	3
30.288 (30.288)	1:01.141 (30.853)	1:31.890 (30.749)	2:02.500 (30.610)		
2:32.008 (29.508)					
7 Wallin, Tucker	SR St. Scholastica	2:35.55	2:32.50	2	2
29.747 (29.747)	1:00.405 (30.658)	1:31.106 (30.702)	2:01.714 (30.608)		
2:32.493 (30.779)					
8 Getty, Drew	SR Macalester	2:32.70	2:33.00	3	1
29.239 (29.239)	1:01.184 (31.946)	1:32.095 (30.911)	2:32.995 (1:00.901)		
9 Smith, Tyler	JR Gustavus Adolphus	2:30.92	2:33.99	3	
30.481 (30.481)	1:01.060 (30.580)	1:31.764 (30.704)	2:01.376 (29.612)		
2:33.990 (32.614)					
10 Groshelle, Gavin	SO Concordia-Moorhead	2:34.76	2:34.27	2	
30.518 (30.518)	1:01.489 (30.972)	1:32.272 (30.784)	2:03.250 (30.978)		
2:34.262 (31.013)					
11 McCoy, Max	FR St. John's (Minn.)	2:34.75	2:34.33	2	
29.995 (29.995)	1:00.648 (30.653)	1:31.378 (30.731)	2:02.890 (31.512)		
2:34.330 (31.440)					
12 Bjork, Alex	FR St. Olaf	2:37.32	2:35.69	1	
31.246 (31.246)	1:02.868 (31.622)	1:34.043 (31.176)	2:05.139 (31.096)		
2:35.688 (30.549)					
13 Wiltse, Daniel	FR Macalester	2:35.62	2:35.80	2	
30.039 (30.039)	1:00.892 (30.853)	1:32.322 (31.430)	2:04.090 (31.768)		
2:35.793 (31.704)					
14 DeWall, Lars	SR St. Scholastica	2:29.97	2:36.28	3	
30.964 (30.964)	1:01.652 (30.688)	1:32.371 (30.720)	2:02.977 (30.606)		
2:36.271 (33.294)					
15 Marsh, Jackson	JR St. Olaf	2:33.27	2:36.28	2	
30.346 (30.346)	1:00.846 (30.501)	1:31.650 (30.804)	2:03.592 (31.943)		
2:36.277 (32.685)					
16 Lange, Emerson	SO Carleton	2:37.59	2:36.80	1	
33.255 (33.255)	1:03.878 (30.623)	1:35.222 (31.344)	2:06.353 (31.132)		
2:36.798 (30.446)					
17 Neu, Nathan	JR St. Scholastica	2:36.79	2:36.87	1	
31.034 (31.034)	1:02.597 (31.563)	1:34.492 (31.895)	2:06.065 (31.574)		
2:36.861 (30.796)					
18 Kloeppner, Daniel	JR St. John's (Minn.)	2:36.27	2:37.28	1	
32.662 (32.662)	1:03.183 (30.522)	1:34.664 (31.481)	2:05.482 (30.818)		
2:37.278 (31.797)					
19 Roehl, Carson	JR Gustavus Adolphus	2:33.13	2:38.23	2	
30.390 (30.390)	1:01.604 (31.214)	1:33.174 (31.570)	2:05.510 (32.337)		
2:38.224 (32.714)					

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men 1000 Meter Run**

20 Chamberlin, Owen	SO St. Olaf	2:37.67	2:39.03	1
32.728 (32.728)	1:03.627 (30.899)	1:35.359 (31.732)	2:07.826 (32.468)	
2:39.025 (31.199)				
21 Doran, Eli	SO St. Olaf	2:35.81	2:39.68	2
30.655 (30.655)	1:01.312 (30.657)	1:32.820 (31.508)	2:05.366 (32.547)	
2:39.679 (34.313)				
22 Nelson, Clark	SR Bethel (Minn.)	2:36.90	2:40.69	1
32.695 (32.695)	1:03.422 (30.727)	1:35.628 (32.207)	2:08.254 (32.626)	
2:40.690 (32.437)				
23 Baatrup-Sabo, Jakob	SO St. Olaf	2:36.58	2:43.16	1
32.471 (32.471)	1:03.086 (30.615)	1:35.459 (32.374)	2:09.474 (34.015)	
2:43.160 (33.686)				

Men 1 Mile Run

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Champ. Rec.: # 4:11.94	2014	Grant Wintheiser, St. Olaf				
Facility Rec: F 4:08.46	2017	Joe Coffey, St. Olaf				
Name	Year	School	Seed	Finals	H#	Points
=====						
1 Boone, Calvin		SO St. Scholastica	4:10.90	4:12.23	3	10
32.250 (32.250)		1:03.354 (31.104)	1:34.668 (31.314)	2:05.898 (31.230)		
2:37.259 (31.362)		3:09.235 (31.976)	3:41.000 (31.765)	4:12.230 (31.231)		
2 Nichols, Gabe		SO Carleton	4:15.31	4:13.92	3	8
32.440 (32.440)		1:03.574 (31.135)	1:34.893 (31.319)	2:06.132 (31.240)		
2:37.518 (31.386)		3:09.540 (32.022)	3:41.722 (32.182)	4:13.914 (32.192)		
3 Llewellyn, Roy		SO Carleton	4:16.11	4:16.28	3	6
33.514 (33.514)		1:04.583 (31.069)	1:36.128 (31.545)	2:08.042 (31.915)		
2:40.780 (32.738)		3:13.652 (32.873)	3:45.952 (32.300)	4:16.279 (30.328)		
4 DeWall, Lars		SR St. Scholastica	4:16.61	4:17.61	3	5
32.719 (32.719)		1:03.796 (31.077)	1:35.210 (31.415)	2:06.482 (31.272)		
2:37.817 (31.336)		3:10.066 (32.250)	3:43.501 (33.435)	4:17.608 (34.108)		
5 Lyness, Indy		SO Carleton	4:19.40	4:17.69	3	4
33.806 (33.806)		1:05.702 (31.897)	1:37.707 (32.005)	2:09.884 (32.178)		
2:42.740 (32.856)		3:15.375 (32.636)	3:47.487 (32.112)	4:17.686 (30.199)		
6 Turlington, Kevin		SO St. Olaf	4:14.86	4:17.89	3	3
32.847 (32.847)		1:04.084 (31.237)	1:35.504 (31.420)	2:07.147 (31.644)		
2:39.134 (31.988)		3:11.800 (32.666)	3:45.587 (33.787)	4:17.888 (32.301)		
7 Curtis, Ian		JR St. Olaf	4:19.21	4:18.02	3	2
33.007 (33.007)		1:04.352 (31.346)	1:35.852 (31.500)	2:07.634 (31.782)		
2:40.055 (32.422)		3:12.630 (32.576)	3:46.193 (33.563)	4:18.016 (31.823)		
8 Goss, Brady		FR Concordia-Moorhead	4:19.39	4:20.30	3	1
33.317 (33.317)		1:05.146 (31.829)	1:37.266 (32.121)	2:10.265 (32.999)		
2:43.517 (33.252)		3:16.739 (33.222)	3:49.746 (33.008)	4:20.292 (30.546)		
9 St. Peter, Nick		SO St. John's (Minn.)	4:18.74	4:20.41	3	
33.489 (33.489)		1:05.371 (31.882)	1:37.221 (31.850)	2:10.468 (33.247)		
2:43.744 (33.276)		3:16.977 (33.234)	3:49.966 (32.990)	4:20.406 (30.440)		
10 Hartney, Sean		JR St. Olaf	4:25.85	4:22.42	2	
32.048 (32.048)		1:03.838 (31.790)	1:36.528 (32.691)	2:09.780 (33.252)		
2:42.922 (33.143)		3:16.326 (33.404)	3:49.226 (32.901)	4:22.414 (33.188)		
11 Lange, Emerson		SO Carleton	4:30.84	4:25.58	2	
34.216 (34.216)		1:07.421 (33.206)	1:41.286 (33.865)	2:14.951 (33.666)		
2:48.270 (33.319)		3:21.518 (33.248)	3:54.282 (32.765)	4:25.576 (31.294)		
12 Doran, Eli		SO St. Olaf	4:27.53	4:25.78	2	
32.400 (32.400)		1:04.179 (31.780)	1:36.917 (32.738)	2:10.325 (33.408)		
2:43.478 (33.154)		3:17.488 (34.010)	3:51.724 (34.237)	4:25.772 (34.048)		

MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

Results

....Men 1 Mile Run

13	Nowacki, Cole	SR	Concordia-Moorhead	4:34.15	4:26.90	2
	33.799 (33.799)		1:04.990 (31.191)	1:38.013 (33.024)	2:11.411 (33.398)	
	2:46.540 (35.129)		3:21.280 (34.741)	3:55.082 (33.802)	4:26.899 (31.817)	
14	Galloway, Jordan	SO	Macalester	4:28.81	4:27.55	2
	33.224 (33.224)		1:05.299 (32.076)	1:38.624 (33.326)	2:13.464 (34.840)	
	2:48.648 (35.185)		3:23.456 (34.808)	3:56.784 (33.328)	4:27.542 (30.758)	
15	LiaBraaten, Lucas	SO	Hamline	4:28.92	4:28.09	2
	33.166 (33.166)		1:05.027 (31.861)	1:37.760 (32.733)	2:10.913 (33.154)	
	2:45.304 (34.391)		3:20.064 (34.761)	3:54.591 (34.527)	4:28.082 (33.492)	
16	Moresi, Kelvin	FR	Macalester	4:28.42	4:29.83	2
	32.704 (32.704)		1:04.486 (31.782)	1:37.272 (32.787)	2:11.081 (33.809)	
	2:46.299 (35.218)		3:22.058 (35.760)	3:55.973 (33.915)	4:29.825 (33.852)	
17	Fendig, Alex	SR	Macalester	4:32.43	4:30.79	2
	33.594 (33.594)		1:06.058 (32.464)	1:40.312 (34.254)	2:15.236 (34.925)	
	2:49.846 (34.610)		3:24.602 (34.756)	3:57.958 (33.356)	4:30.789 (32.832)	
18	Peterson, Luke	SR	Bethel (Minn.)	4:34.26	4:31.23	2
	33.430 (33.430)		1:05.575 (32.146)	1:38.889 (33.314)	2:13.214 (34.325)	
	2:48.432 (35.219)		3:23.608 (35.176)	3:58.196 (34.588)	4:31.226 (33.030)	
19	Malecha, Jacob	FR	St. John's (Minn.)	4:34.63	4:33.00	1
	38.513 (38.513)		1:13.258 (34.745)	1:47.356 (34.098)	2:21.432 (34.076)	
	2:55.232 (33.801)		3:28.927 (33.695)	4:02.284 (33.357)	4:32.995 (30.712)	
20	Kalsnes, Jonah	FR	Bethel (Minn.)	4:34.86	4:33.63	1
	38.029 (38.029)		1:12.553 (34.524)	1:46.388 (33.836)	2:20.457 (34.069)	
	2:53.850 (33.393)		3:27.461 (33.612)	4:01.083 (33.622)	4:33.623 (32.540)	
21	Chamberlin, Owen	SO	St. Olaf	4:35.70	4:35.28	1
	38.352 (38.352)		1:12.754 (34.403)	1:46.630 (33.876)	2:20.661 (34.032)	
	2:54.253 (33.592)		3:28.954 (34.701)	4:03.559 (34.606)	4:35.274 (31.715)	
22	Landsem, Henry	FR	Gustavus Adolphus	4:35.46	4:35.84	1
	38.162 (38.162)		1:13.004 (34.842)	1:47.042 (34.038)	2:20.889 (33.848)	
	2:54.798 (33.909)		3:28.673 (33.876)	4:03.023 (34.350)	4:35.836 (32.814)	
23	Thompson, Gabe	FR	Macalester	4:39.23	4:36.57	1
	38.789 (38.789)		1:13.744 (34.956)	1:48.058 (34.314)	2:22.149 (34.092)	
	2:56.168 (34.019)		3:29.330 (33.163)	4:03.214 (33.884)	4:36.570 (33.356)	
24	Gathje, Joseph	JR	St. John's (Minn.)	4:37.63	4:37.12	1
	39.425 (39.425)		1:14.254 (34.830)	1:48.336 (34.082)	2:22.082 (33.746)	
	2:56.862 (34.780)		3:30.719 (33.857)	4:05.356 (34.637)	4:37.115 (31.760)	
25	Hanley, Brett	JR	Carleton	4:38.72	4:39.00	1
	38.672 (38.672)		1:13.490 (34.818)	1:47.730 (34.241)	2:21.932 (34.202)	
	2:56.401 (34.470)		3:30.670 (34.269)	4:05.124 (34.454)	4:38.994 (33.871)	
26	Leonard, Ethan	SO	St. John's (Minn.)	4:36.24	4:40.27	1
	38.976 (38.976)		1:14.000 (35.024)	1:48.616 (34.617)	2:22.519 (33.903)	
	2:56.585 (34.066)		3:31.099 (34.514)	4:06.002 (34.904)	4:40.270 (34.268)	
27	Martinek, Peyton	FR	St. John's (Minn.)	4:37.46	4:49.67	1
	39.237 (39.237)		1:14.530 (35.294)	1:49.189 (34.659)	2:23.509 (34.320)	
	2:58.500 (34.991)		3:34.515 (36.016)	4:11.913 (37.398)	4:49.662 (37.749)	

Men 3000 Meter Run

Champ. Rec.: #	8:11.52	2020	Matt Wilkinson, Carleton			
Facility Rec: F	8:13.99	2015	Grant Wintheiser, St. Olaf			
Name		Year	School	Seed	Finals	H# Points

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men 3000 Meter Run**

1 Kelly, Will	JR St. Olaf	8:18.79	8:20.32	2	10
32.27 (32.27)	1:05.57 (33.30)	1:38.82 (33.25)	2:12.36 (33.54)		
2:45.85 (33.49)	3:19.41 (33.56)	3:53.12 (33.71)	4:26.67 (33.55)		
4:59.49 (32.82)	5:33.09 (33.60)	6:06.95 (33.86)	6:40.79 (33.84)		
7:13.86 (33.07)	7:46.64 (32.78)	8:20.312 (33.68)			
2 Turlington, Kevin	SO St. Olaf	8:40.92	8:31.97	2	8
34.74 (34.74)	1:08.77 (34.03)	1:43.15 (34.38)	2:18.245 (35.10)		
2:53.480 (35.236)	3:28.327 (34.847)	4:02.97 (34.65)	5:12.001 (1:09.04)		
5:45.587 (33.586)	6:18.761 (33.175)	6:52.819 (34.058)	7:26.76 (33.95)		
7:59.821 (33.07)	8:31.969 (32.148)	12:04.84 (3:32.88)			
3 Llewellyn, Roy	SO Carleton	8:39.54	8:32.49	2	6
33.22 (33.22)	1:07.30 (34.08)	1:42.14 (34.84)	2:17.41 (35.27)		
2:52.71 (35.30)	3:28.15 (35.44)	4:03.22 (35.07)	4:37.83 (34.61)		
5:12.11 (34.28)	5:46.13 (34.02)	6:19.85 (33.72)	6:53.80 (33.95)		
7:28.36 (34.56)	8:02.26 (33.90)	8:32.485 (30.23)			
4 Nichols, Gabe	SO Carleton	8:38.85	8:32.93	2	5
33.87 (33.87)	1:08.14 (34.27)	1:42.81 (34.67)	2:17.42 (34.61)		
2:52.22 (34.80)	3:27.54 (35.32)	4:02.53 (34.99)	4:36.99 (34.46)		
5:11.18 (34.19)	5:45.79 (34.61)	6:19.51 (33.72)	6:53.50 (33.99)		
7:28.06 (34.56)	8:01.92 (33.86)	8:32.929 (31.01)			
5 Curtis, Ian	JR St. Olaf	8:38.71	8:33.02	2	4
32.59 (32.59)	1:06.52 (33.93)	1:40.90 (34.38)	2:16.39 (35.49)		
2:51.93 (35.54)	3:27.21 (35.28)	4:02.21 (35.00)	4:37.27 (35.06)		
5:11.50 (34.23)	5:45.56 (34.06)	6:19.03 (33.47)	6:52.90 (33.87)		
7:26.69 (33.79)	8:00.49 (33.80)	8:33.013 (32.53)			
6 Lynn, David	JR St. Olaf	8:45.60	8:34.58	2	3
34.88 (34.88)	1:09.05 (34.17)	1:43.23 (34.18)	2:18.23 (35.00)		
2:53.60 (35.37)	3:28.70 (35.10)	4:03.79 (35.09)	4:38.44 (34.65)		
5:12.24 (33.80)	5:46.59 (34.35)	6:20.51 (33.92)	6:53.86 (33.35)		
7:27.53 (33.67)	7:59.78 (32.25)	8:34.577 (34.80)			
7 Boone, Calvin	SO St. Scholastica	8:25.62	8:34.64	2	2
33.71 (33.71)	1:07.97 (34.26)	1:42.60 (34.63)	2:17.78 (35.18)		
2:52.91 (35.13)	3:28.20 (35.29)	4:02.74 (34.54)	4:37.53 (34.79)		
5:11.84 (34.31)	5:46.32 (34.48)	6:20.10 (33.78)	6:54.53 (34.43)		
7:29.10 (34.57)	8:03.91 (34.81)	8:34.639 (30.73)			
8 Crotteau, Ben	JR Macalester	8:36.58	8:37.61	2	1
34.10 (34.10)	1:07.40 (33.30)	1:42.28 (34.88)	2:17.53 (35.25)		
2:52.85 (35.32)	3:28.27 (35.42)	4:03.34 (35.07)	4:37.83 (34.49)		
5:11.89 (34.06)	5:46.00 (34.11)	6:19.35 (33.35)	6:53.17 (33.82)		
7:27.84 (34.67)	8:02.62 (34.78)	8:37.604 (34.99)			
9 Max, Parker	SO St. Olaf	8:36.71	8:39.21	2	
34.53 (34.53)	1:08.76 (34.23)	1:42.39 (33.63)	2:16.74 (34.35)		
2:52.21 (35.47)	3:27.75 (35.54)	4:02.92 (35.17)	4:37.52 (34.60)		
5:11.66 (34.14)	5:45.40 (33.74)	6:18.65 (33.25)	6:52.61 (33.96)		
7:27.21 (34.60)	8:03.17 (35.96)	8:39.205 (36.04)			
10 McKee, Reece	JR Macalester	8:32.30	8:40.53	2	
34.66 (34.66)	1:08.69 (34.03)	1:43.08 (34.39)	2:17.86 (34.78)		
2:53.18 (35.32)	3:28.54 (35.36)	4:03.66 (35.12)	4:38.17 (34.51)		
5:12.58 (34.41)	5:47.08 (34.50)	6:21.12 (34.04)	6:56.12 (35.00)		
7:31.59 (35.47)	8:06.71 (35.12)	8:40.527 (33.82)			
11 Hartney, Sean	JR St. Olaf	8:39.67	8:42.97	2	
34.29 (34.29)	1:08.41 (34.12)	1:42.95 (34.54)	2:18.05 (35.10)		
2:53.32 (35.27)	3:28.70 (35.38)	4:03.99 (35.29)	4:38.80 (34.81)		
5:13.00 (34.20)	5:47.74 (34.74)	6:22.22 (34.48)	6:57.67 (35.45)		
7:33.55 (35.88)	8:08.45 (34.90)	8:42.961 (34.52)			

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men 3000 Meter Run**

12 Bati, Mohammed	SO Augsburg	8:24.31	8:43.46	2
33.39 (33.39)	1:06.47 (33.08)	1:39.66 (33.19)	2:12.97 (33.31)	
2:47.71 (34.74)	3:21.90 (34.19)	3:56.97 (35.07)	4:32.21 (35.24)	
5:08.01 (35.80)	5:45.20 (37.19)	6:20.20 (35.00)	6:55.98 (35.78)	
7:32.12 (36.14)	8:07.52 (35.40)	8:43.453 (35.94)		
13 Edwards, Tyler	SO Macalester	8:39.31	8:44.51	2
34.60 (34.60)	1:08.52 (33.92)	1:42.88 (34.36)	2:17.67 (34.79)	
2:52.66 (34.99)	3:28.20 (35.54)	4:03.59 (35.39)	4:38.22 (34.63)	
5:12.81 (34.59)	5:47.35 (34.54)	6:21.82 (34.47)	6:57.24 (35.42)	
7:33.18 (35.94)	8:09.01 (35.83)	8:44.507 (35.50)		
14 Goss, Brady	FR Concordia-Moorhead	8:49.93	8:46.19	1
33.95 (33.95)	1:08.05 (34.10)	1:43.46 (35.41)	2:19.86 (36.40)	
2:56.02 (36.16)	3:31.52 (35.50)	4:06.82 (35.30)	4:43.16 (36.34)	
5:19.05 (35.89)	5:55.07 (36.02)	6:30.45 (35.38)	7:05.91 (35.46)	
7:40.99 (35.08)	8:15.25 (34.26)	8:46.189 (30.95)		
15 Deaver, Jack	SO St. Olaf	8:50.19	8:48.64	1
33.67 (33.67)	1:07.42 (33.75)	1:42.92 (35.50)	2:19.27 (36.35)	
2:55.23 (35.96)	3:30.88 (35.65)	4:06.34 (35.46)	4:42.71 (36.37)	
5:19.16 (36.45)	5:55.45 (36.29)	6:30.41 (34.96)	7:06.19 (35.78)	
7:41.50 (35.31)	8:16.09 (34.59)	8:48.633 (32.55)		
16 LiaBraaten, Lucas	SO Hamline	9:00.54	8:49.79	1
34.51 (34.51)	1:08.87 (34.36)	1:44.27 (35.40)	2:20.46 (36.19)	
2:56.68 (36.22)	3:32.19 (35.51)	4:07.60 (35.41)	4:43.60 (36.00)	
5:19.81 (36.21)	5:56.13 (36.32)	6:31.63 (35.50)	7:07.30 (35.67)	
7:42.55 (35.25)	8:18.60 (36.05)	8:49.785 (31.19)		
17 Ihrke, Nick	JR Macalester	8:50.99	8:49.86	1
34.97 (34.97)	1:09.35 (34.38)	1:44.33 (34.98)	2:20.03 (35.70)	
2:56.02 (35.99)	3:31.48 (35.46)	4:07.41 (35.93)	4:43.99 (36.58)	
5:19.73 (35.74)	5:54.76 (35.03)	6:30.62 (35.86)	7:06.72 (36.10)	
7:42.11 (35.39)	8:17.63 (35.52)	8:49.860 (32.24)		
18 Graber, Grant	JR Bethel (Minn.)	8:56.70	8:51.09	1
35.25 (35.25)	1:09.55 (34.30)	1:43.91 (34.36)	2:20.21 (36.30)	
2:56.46 (36.25)	3:31.81 (35.35)	4:07.34 (35.53)	4:43.72 (36.38)	
5:19.93 (36.21)	5:55.63 (35.70)	6:30.56 (34.93)	7:06.45 (35.89)	
7:42.75 (36.30)	8:18.65 (35.90)	8:51.087 (32.45)		
19 Kaluza, Vincent	FR St. John's (Minn.)	8:51.01	8:51.67	1
34.85 (34.85)	1:08.32 (33.47)	1:43.51 (35.19)	2:19.91 (36.40)	
2:56.20 (36.29)	3:31.66 (35.46)	4:07.04 (35.38)	4:43.17 (36.13)	
5:19.60 (36.43)	5:55.45 (35.85)	6:30.91 (35.46)	7:07.08 (36.17)	
7:42.93 (35.85)	8:18.95 (36.02)	8:51.667 (32.73)		
20 McCullough, Logan	SR Gustavus Adolphus	9:00.44	8:51.77	1
35.33 (35.33)	1:09.92 (34.59)	1:44.89 (34.97)	2:20.74 (35.85)	
2:56.87 (36.13)	3:32.54 (35.67)	4:07.88 (35.34)	4:44.04 (36.16)	
5:20.17 (36.13)	5:56.31 (36.14)	6:31.94 (35.63)	7:07.48 (35.54)	
7:42.98 (35.50)	8:18.25 (35.27)	8:51.767 (33.53)		
21 Olson, Tanner	SR Concordia-Moorhead	9:10.73	8:55.35	1
35.81 (35.81)	1:10.69 (34.88)	1:45.08 (34.39)	2:20.92 (35.84)	
2:56.37 (35.45)	3:31.11 (34.74)	4:06.12 (35.01)	4:42.72 (36.60)	
5:19.37 (36.65)	5:55.79 (36.42)	6:31.74 (35.95)	7:07.83 (36.09)	
7:44.24 (36.41)	8:20.39 (36.15)	8:55.348 (34.97)		
22 Skemp, Andrew	JR St. Olaf	8:47.64	8:57.54	2
35.31 (35.31)	1:09.63 (34.32)	1:43.91 (34.28)	2:18.75 (34.84)	
2:54.34 (35.59)	3:29.24 (34.90)	4:04.78 (35.54)	4:40.36 (35.58)	
5:17.24 (36.88)	5:54.15 (36.91)	6:31.10 (36.95)	7:08.87 (37.77)	
7:45.47 (36.60)	8:21.95 (36.48)	8:57.532 (35.59)		

MIAC Championships - 2/22/2024 to 2/24/2024
Tostrud Center, St. Olaf College
Results

....Men 3000 Meter Run

23 Galloway, Jordan	SO Macalester	8:58.84	8:57.57	1
33.99 (33.99)	1:07.73 (33.74)	1:43.19 (35.46)	2:19.41 (36.22)	
2:55.50 (36.09)	3:31.11 (35.61)	4:06.49 (35.38)	4:42.38 (35.89)	
5:18.92 (36.54)	5:56.30 (37.38)	6:33.12 (36.82)	7:10.36 (37.24)	
7:47.62 (37.26)	8:24.08 (36.46)	8:57.563 (33.49)		
24 Fendig, Alex	SR Macalester	9:02.46	9:02.37	1
34.68 (34.68)	1:09.08 (34.40)	1:44.03 (34.95)	2:20.45 (36.42)	
2:56.46 (36.01)	3:33.02 (36.56)	4:08.63 (35.61)	4:45.24 (36.61)	
5:21.82 (36.58)	5:59.17 (37.35)	6:36.92 (37.75)	7:14.89 (37.97)	
7:52.80 (37.91)	8:28.82 (36.02)	9:02.361 (33.55)		
25 Cavanaugh, Eamon	JR St. John's (Minn.)	9:15.56	9:02.96	1
35.46 (35.46)	1:10.81 (35.35)	1:46.33 (35.52)	2:22.17 (35.84)	
2:57.95 (35.78)	3:33.73 (35.78)	4:09.47 (35.74)	4:46.23 (36.76)	
5:22.92 (36.69)	6:00.03 (37.11)	6:37.51 (37.48)	7:15.03 (37.52)	
7:52.94 (37.91)	8:29.72 (36.78)	9:02.956 (33.24)		
26 Thompson, Reese	SR Bethel (Minn.)	9:08.13	9:03.34	1
35.17 (35.17)	1:10.31 (35.14)	1:45.91 (35.60)	2:21.70 (35.79)	
2:57.43 (35.73)	3:33.13 (35.70)	4:08.93 (35.80)	4:45.60 (36.67)	
5:22.29 (36.69)	5:59.40 (37.11)	6:36.21 (36.81)	7:12.92 (36.71)	
7:50.68 (37.76)	8:28.07 (37.39)	9:03.331 (35.27)		
27 Kalsnes, Jonah	FR Bethel (Minn.)	9:06.21	9:06.70	1
35.68 (35.68)	1:10.63 (34.95)	1:46.23 (35.60)	2:22.02 (35.79)	
2:57.79 (35.77)	3:33.52 (35.73)	4:09.30 (35.78)	4:46.06 (36.76)	
5:22.64 (36.58)	5:59.86 (37.22)	6:37.26 (37.40)	7:15.21 (37.95)	
7:53.66 (38.45)	8:31.73 (38.07)	9:06.700 (34.98)		
28 Meissner, Noah	FR Bethel (Minn.)	9:11.84	9:12.54	1
35.97 (35.97)	1:11.04 (35.07)	1:46.68 (35.64)	2:22.62 (35.94)	
2:58.34 (35.72)	3:34.03 (35.69)	4:09.88 (35.85)	4:46.81 (36.93)	
5:24.17 (37.36)	6:02.17 (38.00)	6:40.66 (38.49)	7:19.33 (38.67)	
7:58.01 (38.68)	8:36.37 (38.36)	9:12.531 (36.17)		
-- Madell, Joe	JR Macalester	9:01.17	DNF	1
34.67 (34.67)	1:08.97 (34.30)	1:44.51 (35.54)	2:20.24 (35.73)	
2:55.80 (35.56)	3:31.36 (35.56)	4:06.92 (35.56)	4:43.11 (36.19)	

Men 5000 Meter Run

Champ. Rec.: # 14:26.70	1983	Nick Manciu(*ht), St. Thomas		
Facility Rec: F 14:15.93	2005	Andrew Carlson, Univ. of Minn.		
Name	Year School	Seed	Finals	Points
1 Kelly, Will	JR St. Olaf	14:20.51	14:28.40	10
33.02 (33.02)	1:07.11 (34.09)	1:42.07 (34.96)	2:16.60 (34.53)	
2:51.34 (34.74)	3:25.79 (34.45)	4:00.16 (34.37)	4:34.91 (34.75)	
5:12.95 (38.04)	5:52.72 (39.77)	6:30.84 (38.12)	7:05.14 (34.30)	
7:38.92 (33.78)	8:12.54 (33.62)	8:50.45 (37.91)	9:25.16 (34.71)	
9:59.33 (34.17)	10:33.35 (34.02)	11:07.23 (33.88)	11:41.50 (34.27)	
12:15.93 (34.43)	12:49.90 (33.97)	13:24.17 (34.27)	13:56.68 (32.51)	
14:28.392 (31.72)				

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men 5000 Meter Run**

2 Bati, Mohammed	SO Augsburg	14:38.95	14:37.67	8
33.35 (33.35)	1:07.52 (34.17)	1:42.44 (34.92)	2:16.88 (34.44)	
2:51.62 (34.74)	3:26.05 (34.43)	4:00.47 (34.42)	4:35.19 (34.72)	
5:12.85 (37.66)	5:52.58 (39.73)	6:30.61 (38.03)	7:05.48 (34.87)	
7:39.24 (33.76)	8:12.84 (33.60)	8:50.81 (37.97)	9:25.58 (34.77)	
9:59.68 (34.10)	10:33.64 (33.96)	11:07.51 (33.87)	11:41.78 (34.27)	
12:16.28 (34.50)	12:50.26 (33.98)	13:24.54 (34.28)	13:58.25 (33.71)	
14:37.666 (39.43)				
3 McKee, Reece	JR Macalester	15:14.19	14:59.01	6
34.47 (34.47)	1:09.61 (35.14)	1:45.34 (35.73)	2:21.50 (36.16)	
2:58.07 (36.57)	3:34.26 (36.19)	4:11.07 (36.81)	4:47.68 (36.61)	
5:24.19 (36.51)	6:00.74 (36.55)	6:37.62 (36.88)	7:13.59 (35.97)	
7:50.52 (36.93)	8:27.76 (37.24)	9:04.90 (37.14)	9:40.04 (35.14)	
10:15.24 (35.20)	10:51.14 (35.90)	11:27.25 (36.11)	12:03.47 (36.22)	
12:39.33 (35.86)	13:15.30 (35.97)	13:50.42 (35.12)	14:24.97 (34.55)	
14:59.003 (34.05)				
4 Edwards, Tyler	SO Macalester	15:18.14	15:02.42	5
35.13 (35.13)	1:09.94 (34.81)	1:45.71 (35.77)	2:21.81 (36.10)	
2:58.37 (36.56)	3:34.55 (36.18)	4:11.36 (36.81)	4:47.95 (36.59)	
5:24.61 (36.66)	6:01.11 (36.50)	6:38.02 (36.91)	7:14.04 (36.02)	
7:50.72 (36.68)	8:28.37 (37.65)	9:05.36 (36.99)	9:40.26 (34.90)	
10:15.86 (35.60)	10:51.85 (35.99)	11:28.07 (36.22)	12:04.27 (36.20)	
12:40.17 (35.90)	13:16.22 (36.05)	13:52.70 (36.48)	14:28.62 (35.92)	
15:02.417 (33.81)				
5 Cote, Anders	JR St. Olaf	15:13.21	15:04.04	4
34.07 (34.07)	1:09.25 (35.18)	1:45.03 (35.78)	2:21.37 (36.34)	
2:58.03 (36.66)	3:34.41 (36.38)	4:11.11 (36.70)	4:47.69 (36.58)	
5:24.41 (36.72)	6:00.98 (36.57)	6:38.45 (37.47)	7:14.21 (35.76)	
7:51.19 (36.98)	8:28.29 (37.10)	9:05.90 (37.61)	9:41.96 (36.06)	
10:17.94 (35.98)	10:54.49 (36.55)	11:31.29 (36.80)	12:07.92 (36.63)	
12:44.25 (36.33)	13:19.65 (35.40)	13:55.08 (35.43)	14:31.05 (35.97)	
15:04.037 (33.00)				
6 McCullough, Logan	SR Gustavus Adolphus	15:17.12	15:04.57	3
35.25 (35.25)	1:10.86 (35.61)	1:46.40 (35.54)	2:22.34 (35.94)	
2:59.02 (36.68)	3:35.37 (36.35)	4:11.79 (36.42)	4:48.42 (36.63)	
5:25.02 (36.60)	6:01.39 (36.37)	6:38.72 (37.33)	7:14.91 (36.19)	
7:51.39 (36.48)	8:28.44 (37.05)	9:06.06 (37.62)	9:42.22 (36.16)	
10:18.24 (36.02)	10:54.61 (36.37)	11:31.18 (36.57)	12:07.81 (36.63)	
12:44.19 (36.38)	13:19.98 (35.79)	13:55.39 (35.41)	14:30.68 (35.29)	
15:04.565 (33.90)				
7 Deaver, Jack	SO St. Olaf	15:07.62	15:04.89	2
34.12 (34.12)	1:09.61 (35.49)	1:45.29 (35.68)	2:21.50 (36.21)	
2:57.89 (36.39)	3:34.44 (36.55)	4:10.98 (36.54)	4:47.73 (36.75)	
5:24.30 (36.57)	6:00.98 (36.68)	6:38.43 (37.45)	7:14.32 (35.89)	
7:51.07 (36.75)	8:28.18 (37.11)	9:05.30 (37.12)	9:41.75 (36.45)	
10:17.76 (36.01)	10:54.39 (36.63)	11:30.72 (36.33)	12:07.60 (36.88)	
12:43.88 (36.28)	13:20.81 (36.93)	13:56.14 (35.33)	14:31.42 (35.28)	
15:04.886 (33.48)				

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men 5000 Meter Run**

8 Manzur Strandlund, Gael	SO St. Olaf	15:09.79	15:05.21	1
35.48 (35.48)	1:10.63 (35.15)	1:46.14 (35.51)	2:22.54 (36.40)	
2:59.09 (36.55)	3:35.11 (36.02)	4:11.63 (36.52)	4:48.02 (36.39)	
5:24.28 (36.26)	6:00.50 (36.22)	6:38.20 (37.70)	7:14.50 (36.30)	
7:51.60 (37.10)	8:28.17 (36.57)	9:05.18 (37.01)	9:41.62 (36.44)	
10:18.39 (36.77)	10:54.03 (35.64)	11:30.77 (36.74)	12:07.23 (36.46)	
12:43.83 (36.60)	13:20.51 (36.68)	13:55.31 (34.80)	14:30.78 (35.47)	
15:05.205 (34.44)				
9 Lynn, David	JR St. Olaf	15:17.41	15:09.49	
34.92 (34.92)	1:10.40 (35.48)	1:46.00 (35.60)	2:22.22 (36.22)	
2:58.71 (36.49)	3:34.98 (36.27)	4:12.00 (37.02)	4:48.36 (36.36)	
5:24.61 (36.25)	6:01.31 (36.70)	6:38.81 (37.50)	7:14.98 (36.17)	
7:50.88 (35.90)	8:28.16 (37.28)	9:05.81 (37.65)	9:40.89 (35.08)	
10:16.02 (35.13)	10:51.59 (35.57)	11:27.76 (36.17)	12:03.90 (36.14)	
12:39.97 (36.07)	13:16.84 (36.87)	13:54.98 (38.14)	14:31.99 (37.01)	
15:09.482 (37.50)				
10 Graber, Grant	JR Bethel (Minn.)	15:24.34	15:24.39	
35.86 (35.86)	1:11.84 (35.98)	1:49.05 (37.21)	2:25.89 (36.84)	
3:02.58 (36.69)	3:39.34 (36.76)	4:16.55 (37.21)	4:54.14 (37.59)	
5:31.65 (37.51)	6:09.24 (37.59)	6:46.73 (37.49)	7:24.13 (37.40)	
8:01.25 (37.12)	8:38.12 (36.87)	9:15.09 (36.97)	9:51.77 (36.68)	
10:28.64 (36.87)	11:05.71 (37.07)	11:42.82 (37.11)	12:19.82 (37.00)	
12:57.41 (37.59)	13:34.86 (37.45)	14:12.70 (37.84)	14:49.76 (37.06)	
15:24.381 (34.63)				
11 Skemp, Andrew	JR St. Olaf	15:23.74	15:31.37	
36.55 (36.55)	1:11.59 (35.04)	1:47.76 (36.17)	2:23.70 (35.94)	
2:59.41 (35.71)	3:35.61 (36.20)	4:12.18 (36.57)	4:48.64 (36.46)	
5:24.94 (36.30)	6:01.43 (36.49)	6:37.63 (36.20)	7:13.55 (35.92)	
7:50.42 (36.87)	8:28.03 (37.61)	9:05.61 (37.58)	9:43.07 (37.46)	
10:20.67 (37.60)	10:59.33 (38.66)	11:37.37 (38.04)	12:15.99 (38.62)	
12:55.07 (39.08)	13:34.77 (39.70)	14:14.04 (39.27)	14:52.81 (38.77)	
15:31.363 (38.57)				
12 Fiataruolo, Angelo	SO St. Olaf	15:40.19	15:38.24	
37.33 (37.33)	1:13.13 (35.80)	1:50.21 (37.08)	2:28.24 (38.03)	
3:06.63 (38.39)	3:44.39 (37.76)	4:22.04 (37.65)	4:59.79 (37.75)	
5:38.05 (38.26)	6:16.17 (38.12)	6:54.12 (37.95)	7:32.41 (38.29)	
8:10.54 (38.13)	8:48.63 (38.09)	9:27.03 (38.40)	10:05.29 (38.26)	
10:43.64 (38.35)	11:21.30 (37.66)	11:59.78 (38.48)	12:38.35 (38.57)	
13:15.99 (37.64)	13:54.42 (38.43)	14:31.20 (36.78)	15:04.54 (33.34)	
15:38.239 (33.71)				
13 Ihrke, Nick	JR Macalester	15:38.26	15:48.04	
36.25 (36.25)	1:11.43 (35.18)	1:48.69 (37.26)	2:25.40 (36.71)	
3:02.16 (36.76)	3:39.02 (36.86)	4:16.55 (37.53)	4:54.04 (37.49)	
5:31.39 (37.35)	6:09.23 (37.84)	6:46.31 (37.08)	7:23.90 (37.59)	
8:01.62 (37.72)	8:39.16 (37.54)	9:17.59 (38.43)	9:56.16 (38.57)	
10:35.35 (39.19)	11:14.62 (39.27)	11:54.04 (39.42)	12:33.34 (39.30)	
13:13.39 (40.05)	13:53.62 (40.23)	14:34.07 (40.45)	15:13.19 (39.12)	
15:48.033 (34.86)				

MIAC Championships - 2/22/2024 to 2/24/2024
Tostrud Center, St. Olaf College
Results

....Men 5000 Meter Run				
14 Thompson, Reese	SR Bethel (Minn.)	15:42.32	15:48.46	
37.51 (37.51)	1:13.35 (35.84)	1:50.44 (37.09)	2:28.24 (37.80)	
3:06.64 (38.40)	3:44.52 (37.88)	4:22.09 (37.57)	4:59.84 (37.75)	
5:38.14 (38.30)	6:16.30 (38.16)	6:54.26 (37.96)	7:32.46 (38.20)	
8:10.63 (38.17)	8:48.69 (38.06)	9:27.04 (38.35)	10:05.25 (38.21)	
10:43.78 (38.53)	11:21.40 (37.62)	11:59.87 (38.47)	12:38.44 (38.57)	
13:15.62 (37.18)	13:54.09 (38.47)	14:33.46 (39.37)	15:12.27 (38.81)	
15:48.451 (36.19)				
15 Pouliot, Evan	FR Gustavus Adolphus	16:20.97	15:49.53	
38.36 (38.36)	1:15.31 (36.95)	1:53.73 (38.42)	2:32.18 (38.45)	
3:10.37 (38.19)	3:49.21 (38.84)	4:28.15 (38.94)	5:06.27 (38.12)	
5:44.72 (38.45)	6:23.24 (38.52)	7:01.78 (38.54)	7:40.30 (38.52)	
8:18.70 (38.40)	8:56.82 (38.12)	9:35.12 (38.30)	10:13.33 (38.21)	
10:51.69 (38.36)	11:29.75 (38.06)	12:08.15 (38.40)	12:45.89 (37.74)	
13:23.24 (37.35)	14:00.20 (36.96)	14:37.28 (37.08)	15:13.57 (36.29)	
15:49.525 (35.97)				
16 Kaye, Lex	FR St. Olaf	16:38.02	16:33.71	
38.46 (38.46)	1:15.63 (37.17)	1:54.06 (38.43)	2:32.51 (38.45)	
3:10.83 (38.32)	3:49.48 (38.65)	4:28.47 (38.99)	5:06.68 (38.21)	
5:45.04 (38.36)	6:23.61 (38.57)	7:02.24 (38.63)	7:40.63 (38.39)	
8:19.12 (38.49)	8:58.33 (39.21)	9:38.23 (39.90)	10:19.30 (41.07)	
11:01.51 (42.21)	11:43.67 (42.16)	12:25.50 (41.83)	13:07.51 (42.01)	
13:48.28 (40.77)	14:30.59 (42.31)	15:12.82 (42.23)	15:54.15 (41.33)	
16:33.709 (39.57)				
17 Dallas, Evan	SO Bethel (Minn.)	17:04.87	16:52.55	
38.87 (38.87)	1:16.01 (37.14)	1:54.88 (38.87)	2:33.82 (38.94)	
3:13.69 (39.87)	3:53.71 (40.02)	4:33.09 (39.38)	5:12.57 (39.48)	
5:53.55 (40.98)	6:35.08 (41.53)	7:15.79 (40.71)	7:57.63 (41.84)	
8:38.89 (41.26)	9:20.91 (42.02)	10:02.47 (41.56)	10:43.78 (41.31)	
11:25.16 (41.38)	12:06.63 (41.47)	12:49.44 (42.81)	13:32.64 (43.20)	
14:15.06 (42.42)	14:56.42 (41.36)	15:37.37 (40.95)	15:38.239 (0.88)	
16:52.547 (1:14.308)				
18 Harris, Grayson	JR Augsburg	17:06.52	17:34.43	
39.46 (39.46)	1:19.96 (40.50)	2:02.00 (42.04)	2:40.26 (38.26)	
3:20.52 (40.26)	4:00.58 (40.06)	4:41.51 (40.93)	5:21.16 (39.65)	
6:02.43 (41.27)	6:43.57 (41.14)	7:25.90 (42.33)	8:07.78 (41.88)	
8:50.55 (42.77)	9:32.59 (42.04)	10:15.49 (42.90)	10:57.93 (42.44)	
11:42.13 (44.20)	12:25.64 (43.51)	13:08.02 (42.38)	13:53.36 (45.34)	
14:38.26 (44.90)	15:24.09 (45.83)	16:10.06 (45.97)	16:52.03 (41.97)	
17:34.423 (42.41)				

Men 60 Meter Hurdles

=====				
Champ. Rec.: #	8.01	2020	Taylor Rooney, Gustavus	
Facility Rec: F	7.88	2024	Devon Montgomery, Unattached	
Name	Year	School	Seed	Prelims H#
=====				
Preliminaries				
1 Ekiyor, Jayson		JR Bethel (Minn.)	7.96	# 7.96Q 1
2 Sampson, Josh		JR Bethel (Minn.)	8.09	8.18Q 2
3 Myres, David		JR Bethel (Minn.)	8.16	8.26Q 3
4 Thomsen, Josh		JR Bethel (Minn.)	8.22	8.37q 3
5 Lord, Demetri		JR St. Olaf	8.44	8.56q 2
6 Lightner, Jackson		FR Hamline	8.46	8.66q 1
7 Viesselman, Blake		FR Bethel (Minn.)	8.81	8.68q 2

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men 60 Meter Hurdles**

8 Clark, Logan	SO Concordia-Moorhead	8.64	8.70q	3
9 Lee, Josh	JR Bethel (Minn.)	8.63	8.71	2
10 Suah, Morris	FR Hamline	8.58	8.78	1
11 Schmidt, Cole	FR Gustavus Adolphus	8.69	8.84	3
12 Stefanowicz, Sebastian	SO Macalester	8.89	8.87	1
13 Nissen, Matthew	JR St. Olaf	8.95	8.97	1
14 Brandt, Isak	FR St. John's (Minn.)	9.16	9.12	1
15 Mahamud, Hamza	SO Macalester	8.99	9.15	2 9.141
16 Manley, Cannon	FR Saint Mary's	9.17	9.15	1 9.145
17 Smith, Cooper	FR St. John's (Minn.)	9.12	9.26	2
18 Elseth, Aaron	SO Bethel (Minn.)	9.06	9.29	3
19 Blaeser, Aiden	SO St. John's (Minn.)	9.35	9.48	2
20 Powell, Danny	FR Macalester	9.66	9.53	2
21 Bassett, Jackson	JR St. Olaf	9.50	9.54	3
22 Magu, Dan	SO Bethel (Minn.)	9.59	9.63	3
23 Molstre, Joey	FR Concordia-Moorhead	9.73	9.97	1

Men 60 Meter Hurdles

Champ. Rec.: #	8.01	2020	Taylor Rooney, Gustavus		
Facility Rec: F	7.88	2024	Devon Montgomery, Unattached		
Name	Year	School	Prelims	Finals	Points

Finals

1 Ekiyor, Jayson	JR Bethel (Minn.)	7.96	8.04	10
2 Sampson, Josh	JR Bethel (Minn.)	8.18	8.07	8
3 Myres, David	JR Bethel (Minn.)	8.26	8.23	6
4 Thomsen, Josh	JR Bethel (Minn.)	8.37	8.38	5
5 Lightner, Jackson	FR Hamline	8.66	8.62	4
6 Clark, Logan	SO Concordia-Moorhead	8.70	8.65	3
7 Lord, Demetri	JR St. Olaf	8.56	8.70	2
8 Viesselman, Blake	FR Bethel (Minn.)	8.68	8.86	1

Men 4x200 Meter Relay

Champ. Rec.: # 1:27.87	2000	St. Thomas			
		Stahly, Hall, Heckman, Cress			
Facility Rec: F 1:28.88	2004	St. Thomas			
		Schwietz, Hart, Car. Glad, Cas. Glad			
School		Seed	Finals	H#	Points
=====					
1 Bethel (Minn.) 'A'		1:30.20	1:28.80F	3	10
1) McConnell, Cameron JR					
3) Thomsen, Josh JR					
2 St. John's (Minn.) 'A'		1:31.49	1:29.89	2	8
1) Popoca, Emanuel JR					
3) Smith, Cooper FR					
3 Gustavus Adolphus 'A'		1:31.41	1:30.16	3	6
1) Subah, Isaiah SR					
3) Le, Nathan JR					
4 Saint Mary's (Minn.) 'A'		1:32.80	1:31.79	2	5
1) Adamson, Oliver JR					
3) Johnson, Brady JR					
5 St. Scholastica 'A'			1:32.79	2	4
1) Alfaro Diedrich, Sean JR					
2) Rediq, Kaedyn JR					

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3) Erickson, Matthew FR	4) Kubicek, Noah SO				
6 Hamline 'A'	1:37.20	1:33.80	2	3	
1) Couper, David JR	2) Otis, Mickey FR				
3) Ortiz, Raul JR	4) Lakte, Michael FR				
7 Macalester 'A'	1:33.50	1:36.12	3	2	
1) Stefanowicz, Sebastian SO	2) Sanchez, Peter SO				
3) Powell, Danny FR	4) Chuol, Makol FR				
8 St. Olaf 'A'	1:33.41	1:36.92	1	1	
1) McNearney, Devin JR	2) Fisher, Henry JR				
3) Fochtman, Jack SO	4) Albertson, Max FR				
-- Concordia-Moorhead 'A'	1:33.30	DQ	1		Rule 7-5-2a
1) Dahl, Mason FR	2) Tiongson, Trevor JR				
3) Petron, Jordan JR	4) Schaffer, Dawson SR				

Men 4x400 Meter Relay

=====					
Champ. Rec.: # 3:18.99	2010	Bethel			
		Ferda, LeMay, Schlegal, Rhode			
Facility Rec: F 3:16.36	2006	UW La Crosse			
		Marcinek, Olson, Doble, Deterville			
School	Seed	Finals	H#	Points	
=====					
1 Bethel (Minn.) 'A'	3:15.48	3:22.97	3	10	
1) Thomsen, Josh JR	2) Sampson, Josh JR				
3) Nelson, Grant SO	4) Parent, Jacob JR				
2 St. Scholastica 'A'	3:27.11	3:24.47	3	8	
1) Alfaro Diedrich, Sean JR	2) Douglas, Derek JR				
3) Wallin, Tucker SR	4) Kubicek, Noah SO				
3 Carleton 'A'	3:44.15	3:25.59	1	6	
1) Nathan, Asher FR	2) Lyness, Indy SO				
3) Pattison, Alistair SR	4) Ash, Ethan SR				
4 St. John's (Minn.) 'A'	3:27.27	3:26.94	3	5	
1) Witschen, Wyatt FR	2) Montreuil, Owen SO				
3) Conzemius, Ryan JR	4) Smith, Cooper FR				
5 Macalester 'A'	3:31.60	3:27.10	2	4	
1) Schonebaum, Henry SO	2) Ali, Kalid JR				
3) Malecha, Thomas SO	4) Heitler, Arlo JR				
6 Gustavus Adolphus 'A'	3:30.28	3:27.78	2	3	
1) Stageberg, Noah JR	2) Gushwa, Agro SR				
3) Brauer, Nicholas FR	4) Stursa, Cohen FR				
7 St. Olaf 'A'	3:28.01	3:28.45	3	2	
1) Fisher, Henry JR	2) Moore, Cullen SO				
3) Estrada, Gabe JR	4) Albertson, Max FR				
8 Concordia-Moorhead 'A'	3:28.94	3:28.69	2	1	
9 Saint Mary's (Minn.) 'A'	3:32.06	3:32.61	2		
1) Adamson, Oliver JR	2) Bulwa, Chris JR				
3) Johnson, Brady JR	4) Paton, Eddie FR				
10 Hamline 'A'	3:33.33	3:40.53	1		
1) Couper, David JR	2) Suah, Morris FR				
3) Otis, Mickey FR	4) Thomas, Reece JR				
11 Augsburg 'A'	3:32.26	3:41.52	1		
1) Wondimu, Bereket JR	2) Oty, Shareef FR				
3) Clement, Emmanuel FR	4) Asfaw, Getinat JR				

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****Men Distance Medley**

=====				
Champ. Rec.: #	10:15.58	2017	Carleton	
Edstrom, Hicks, Sikes, Cook-Gallardo				
Facility Rec: F	9:59.09	2017	St. Olaf	
Bjork, Pugh, Lonergan, J. Coffey				
School		Seed	Finals	Points
=====				
1 St. Olaf 'A'			10:14.89#	10
1) Marsh, Jackson JR		2) Fisher, Henry JR		
3) Estrada, Gabe JR		4) Fitzgerald, Ignatius SO		
2 Macalester 'A'			10:17.61	8
1) Crotteau, Ben JR		2) Ali, Kalid JR		
3) Wiltse, Daniel FR		4) Olsson, Tor JR		
3 Carleton 'A'			10:18.51	6
1) Llewellyn, Roy SO		2) Nathan, Asher FR		
3) Lyness, Indy SO		4) Nichols, Gabe SO		
4 St. John's (Minn.) 'A'			10:25.66	5
1) McCoy, Max FR		2) Conzemius, Ryan JR		
3) Montreuil, Owen SO		4) Kaluza, Vincent FR		
5 St. Scholastica 'A'		10:09.90	10:26.57	4
1) Neu, Nathan JR		2) Kubicek, Noah SO		
3) Douglas, Derek JR		4) DeWall, Lars SR		
6 Bethel (Minn.) 'A'			10:39.31	3
1) Nelson, Clark SR		2) Ketterling, Caleb FR		
3) Schmitz, Drew FR		4) Berg, Eli FR		
7 Concordia-Moorhead 'A'			10:46.23	2
1) Olson, Tanner SR		2) Gallmeier, Zander SO		
3) Andrews, Brady FR		4) Goss, Tyler FR		
8 Gustavus Adolphus 'A'			10:51.38	1
1) Fuller, Blake JR		2) Gushwa, Agro SR		
3) Rupnow, Markus JR		4) Roehl, Carson JR		
9 Saint Mary's (Minn.) 'A'			10:51.49	
1) Schneider, Grant SO		2) Paton, Eddie FR		
3) Kloss, Cade JR		4) Smyth, Sean FR		
10 Augsburg 'A'			11:06.19	
1) Engstrom, Zinabu FR		2) Oty, Shareef FR		
3) Wondimu, Bereket JR		4) Bati, Mohammed SO		

Men High Jump

=====							
Champ. Rec.: #	2.17m	1995	Kenneth Hoffman, St. Olaf				
Facility Rec: F	2.11m	2006	Andy Stoecken, Loras				
Name		Year School	Seed	Finals		Points	
=====							
1 Johnsrud, Peyton		JR Concordia-Moorhead	1.90m	1.96m	6-05.00	10	
1.72 1.77 1.82 1.87 1.90 1.93 1.96 1.99							
O O O O O XO XO XXX							
2 McDowell, Jackson		FR St. John's (Minn.)	1.92m	J1.96m	6-05.00	8	
1.72 1.77 1.82 1.87 1.90 1.93 1.96 1.99							
PPP O O O XXO O XO XXX							
3 Bies, Danny		SR Gustavus Adolphus	1.90m	1.93m	6-04.00	6	
1.72 1.77 1.82 1.87 1.90 1.93 1.96							
PPP O O O O O XXX							
4 Matetich, Cole		JR Gustavus Adolphus	1.93m	1.90m	6-02.75	5	
1.72 1.77 1.82 1.87 1.90 1.93							
PPP PPP XXO O XXO XXX							

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....Men High Jump

5	Cogley, Andrew	JR St. Olaf	1.86m	1.87m	6-01.50	4
	1.72 1.77 1.82 1.87 1.90					
	PPP XO O O XXX					
6	Braun, Michael	JR Hamline	1.88m	J1.87m	6-01.50	3
	1.72 1.77 1.82 1.87 1.90					
	PPP O O XO XXX					
7	Lincoln, Ethen	FR Gustavus Adolphus	1.77m	J1.87m	6-01.50	2
	1.72 1.77 1.82 1.87 1.90					
	O XXO O XXO XXX					
8	Swanson, Luc	FR Bethel (Minn.)	1.78m	1.82m	5-11.50	1
	1.72 1.77 1.82 1.87					
	O O XO XXX					
9	Suah, Morris	FR Hamline	1.88m	J1.82m	5-11.50	
	1.72 1.77 1.82 1.87					
	XXO XO XXO XXX					
10	Erickson, Matthew	FR St. Scholastica	1.86m	1.77m	5-09.75	
	1.72 1.77 1.82					
	O O XXX					
11	Lelwica, Max	JR St. John's (Minn.)	1.84m	J1.77m	5-09.75	
	1.72 1.77 1.82					
	XO O XXX					
12	Thurk, Anthony	JR St. John's (Minn.)	1.89m	J1.77m	5-09.75	
	1.72 1.77 1.82					
	PPP XO XXX					
12	Marsh, Anthony	JR Concordia-Moorhead	1.90m	J1.77m	5-09.75	
	1.72 1.77 1.82					
	PPP XO XXX					
14	Lapinski, Will	FR St. Olaf	1.83m	J1.77m	5-09.75	
	1.72 1.77 1.82					
	O XXO XXX					
14	Carlson, Brendan	FR Gustavus Adolphus	1.78m	J1.77m	5-09.75	
	1.72 1.77 1.82					
	O XXO XXX					
16	Seiler, Alex	JR St. John's (Minn.)	1.79m	1.72m	5-07.75	
	1.72 1.77					
	XO XXX					
--	Cline-Cole, Ethan	SO Carleton	1.80m	NH		
	1.72					
	XXX					
--	Lord, Demetri	JR St. Olaf	1.86m	NH		
	1.72 1.77 1.82					
	PPP PPP XXX					

Men Pole Vault

Champ. Rec.: # 5.00m 2020 Drew Dokendorf, St. Johns											
Facility Rec: F 5.52m 2016 Jeff Coover, Unattached											
Name		Year		School		Seed		Finals		Points	
=====											
1	Charbonneau, Joseph			JR		St. John's (Minn.)		4.65m	4.65m	15-03.00	10
	3.90	4.05	4.20	4.35	4.45	4.55	4.65	4.75			
	PPP	PPP	PPP	O	O	O	XXO	XXX			
2	Gardeen, Samuel			JR		Bethel (Minn.)		4.55m	4.55m	14-11.00	8
	3.90	4.05	4.20	4.35	4.45	4.55	4.65				
	PPP	PPP	PPP	O	O	O	XXX				

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3	Schloeder, Austin	FR Hamline	4.45m	J4.55m	14-11.00	6
	3.90 4.05 4.20 4.35 4.45 4.55 4.65					
	PPP PPP PPP PPP XXO O XXX					
4	Arnold, Dylan	JR St. Olaf	4.45m	4.45m	14-07.25	5
	3.90 4.05 4.20 4.35 4.45 4.55					
	PPP O XO XO O XXX					
5	Guth, Kole	SO St. John's (Minn.)	4.46m	J4.45m	14-07.25	4
	3.90 4.05 4.20 4.35 4.45 4.55					
	PPP PPP O O XO XXX					
6	Eickhoff, Daniel	JR St. John's (Minn.)	4.26m	J4.45m	14-07.25	3
	3.90 4.05 4.20 4.35 4.45 4.55					
	O O XO O XXO XXX					
7	Withuski, Andrew	FR St. John's (Minn.)	4.20m	4.20m	13-09.25	2
	3.90 4.05 4.20 4.35					
	O O O XXX					
8	Graske, Joshua	FR Bethel (Minn.)	4.20m	J4.20m	13-09.25	1
	3.90 4.05 4.20 4.35					
	XO O XO XXX					
9	Engstrom, Oliver	SO Hamline	4.10m	J4.20m	13-09.25	
	3.90 4.05 4.20 4.35					
	PPP PPP XXO XXX					
9	Rhonemus, Wade	SR Concordia-Moorhead	4.20m	J4.20m	13-09.25	
	3.90 4.05 4.20 4.35					
	PPP PPP XXO XXX					
11	Marzinske, Logan	JR Gustavus Adolphus	4.31m	4.05m	13-03.50	
	3.90 4.05 4.20					
	PPP O XXX					
12	Doom, Max	JR St. John's (Minn.)	4.05m	J4.05m	13-03.50	
	3.90 4.05 4.20					
	O XO XXX					
13	Ream, Joe	SO Gustavus Adolphus	3.86m	3.90m	12-09.50	
	3.90 4.05					
	XO XXX					
14	Charles, Aidan	FR Gustavus Adolphus	4.26m	J3.90m	12-09.50	
	3.90 4.05					
	XXO XXX					
--	Hoelzel, Gavin	FR St. Olaf	3.75m	NH		
	3.90					
	XXX					
--	Menter, Forest	SO St. Olaf	3.56m	NH		
	3.90					
	XXX					
--	Collins, Spencer	FR St. Olaf	4.02m	NH		
	3.90					
	XXX					
--	Adams, Tim	JR Carleton	3.80m	NH		
	3.90					
	XXX					

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****Men Long Jump**

Champ. Rec.: # 7.56m 2020		Kyle Lichttenegger, St. Marys					
Facility Rec: F 7.53m 2006		Greg Tyson, Heidelberg					
Name	Year	School	Seed	Finals	H#	Points	
1 Schaffer, Zach	SO	St. John's (Minn.)	6.93m	6.94m	22-09.25	2	10
6.67m FOUL 6.93m 6.40m 6.59m 6.94m							
2 Subah, Isaiah	SR	Gustavus Adolphus	6.80m	6.88m	22-07.00	2	8
6.79m 6.88m 6.60m 6.83m 6.72m FOUL							
3 Moo, Eh Ler	JR	St. Olaf	6.71m	6.65m	21-10.00	2	6
6.65m FOUL FOUL 3.98m FOUL 6.45m							
4 Albertson, Max	FR	St. Olaf	6.46m	6.55m	21-06.00	2	5
FOUL 6.11m 6.46m 6.46m FOUL 6.55m							
5 Erickson, Matthew	FR	St. Scholastica	6.45m	6.41m	21-00.50	2	4
6.12m 5.92m 6.33m 6.41m 4.55m 6.33m							
6 Smith, Kameron	FR	Augsburg	6.40m	6.40m	21-00.00	2	3
6.19m 6.28m 6.24m 6.19m 6.40m 6.24m							
7 Swenson, Simon	SO	Bethel (Minn.)	6.29m	6.31m	20-08.50	1	2
6.29m FOUL 6.13m 6.13m 6.18m 6.31m							
8 Hansen, Matt	FR	St. John's (Minn.)	6.15m	6.27m	20-07.00	1	1
6.27m 6.05m 5.81m 6.12m 6.06m 6.18m							
9 Marsh, Anthony	JR	Concordia-Moorhead	6.41m	6.24m	20-05.75	2	
6.24m 5.98m 6.06m 5.32m 2.97m 5.81m							
10 Bovitz, Nick	FR	Bethel (Minn.)	6.08m	6.20m	20-04.25	1	
FOUL 6.20m 6.04m							
11 Thurf, Anthony	JR	St. John's (Minn.)	6.38m	5.98m	19-07.50	2	
5.98m 5.62m 4.38m							
12 Cooper, Dan	SR	Saint Mary's	6.12m	5.90m	19-04.25	1	
5.79m 5.88m 5.90m							
13 Charlton, Josh	JR	St. Olaf	6.32m	5.86m	19-02.75	2	
FOUL FOUL 5.86m							
13 LePard, Ben	FR	Concordia-Moorhead	5.91m	5.86m	19-02.75	1	
5.37m 5.86m 5.67m							
15 Wynia, Ben	FR	Gustavus Adolphus	6.12m	5.82m	19-01.25	1	
5.67m 5.82m 5.70m							
16 Ridders, Sam	JR	St. Olaf	5.72m	5.62m	18-05.25	1	
5.62m FOUL FOUL							
17 Molstre, Joey	FR	Concordia-Moorhead	5.72m	5.44m	17-10.25	1	
5.44m 5.34m 5.35m							
18 Peterson, Ben	JR	Concordia-Moorhead	5.92m	5.34m	17-06.25	1	
4.39m 4.89m 5.34m							
-- Cisewski, Antonio	JR	Saint Mary's	6.37m	FOUL		2	
FOUL PASS PASS							
-- Wang, Kevin	SO	Macalester	5.82m	FOUL		1	
FOUL FOUL FOUL							

Men Triple Jump

Champ. Rec.: # 15.26m 1993		Leonard Jones, St. Thomas					
Facility Rec: F 14.61m 2006		Tony Gregory, Cabrini					
Name	Year	School	Seed	Finals	H#	Points	
1 Hodin, Riley	JR	Macalester	13.38m	13.72m	45-00.25	2	10
13.18m FOUL 13.37m 13.72m 13.36m FOUL							
2 Wade, Elijah	SR	St. John's (Minn.)	12.55m	13.71m	44-11.75	1	8
12.82m 13.15m 13.39m 13.43m 13.38m 13.71m							

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....Men Triple Jump

3	Schaffer, Zach	SO St. John's (Minn.)	13.23m	13.57m	44-06.25	2	6
	13.02m 13.34m 13.05m 13.03m 12.66m 13.57m						
4	Bovitz, Nick	FR Bethel (Minn.)	13.15m	13.35m	43-09.75	2	5
	13.35m 12.53m FOUL FOUL 13.05m 13.19m						
5	Braun, Michael	JR Hamline	13.32m	13.32m	43-08.50	2	4
	12.57m 13.32m 13.15m 13.28m FOUL 13.21m						
6	Smith, Kameron	FR Augsburg	12.94m	13.19m	43-03.25	2	3
	12.77m 13.19m 12.08m 12.70m 12.58m FOUL						
7	Thurk, Anthony	JR St. John's (Minn.)	12.87m	12.94m	42-05.50	2	2
	12.80m FOUL 12.57m FOUL 12.51m 12.94m						
8	Cline-Cole, Ethan	SO Carleton	12.51m	12.93m	42-05.25	1	1
	FOUL 12.83m 12.83m 12.22m FOUL 12.93m						
9	Johnson, Brady	JR Saint Mary's	12.85m	12.87m	42-02.75	2	
	FOUL 12.87m 12.70m FOUL 12.67m 12.87m						
10	Albertson, Max	FR St. Olaf	12.96m	12.66m	41-06.50	2	
	FOUL 12.66m FOUL						
11	Erickson, Matthew	FR St. Scholastica	12.97m	12.57m	41-03.00	2	
	12.57m 12.47m 12.44m						
12	Thompson, Gabe	JR Concordia-Moorhead	12.23m	12.46m	40-10.50	1	
	12.46m 12.44m FOUL						
13	Kaba, Bangaly	FR St. John's (Minn.)	12.09m	J12.46m	40-10.50	1	
	12.46m FOUL 11.92m						
14	Swenson, Simon	SO Bethel (Minn.)	12.56m	12.40m	40-08.25	1	
	12.27m FOUL 12.40m						
15	Veimau, Justin	SR Macalester	12.66m	12.28m	40-03.50	2	
	12.28m FOUL PASS						
16	Strube, Reese	FR Concordia-Moorhead	12.07m	11.97m	39-03.25	1	
	11.88m 11.90m 11.97m						
17	Wang, Kevin	SO Macalester	11.72m	11.84m	38-10.25	1	
	11.84m FOUL FOUL						
18	Cogley, Andrew	JR St. Olaf	11.94m	11.81m	38-09.00	1	
	11.58m 11.81m PASS						
19	Wynia, Ben	FR Gustavus Adolphus	11.85m	11.52m	37-09.50	1	
	11.46m FOUL 11.52m						
20	Moo, Eh Ler	JR St. Olaf	11.48m	11.46m	37-07.25	1	
	11.46m 10.35m 11.29m						

Men Shot Put

=====
Champ. Rec.: # 17.60m 1996 Aaron Banks, Concordia-Mo
Facility Rec: F 17.77m 2006 Uzoma Orji, Mass. Inst. of Tech.
=====

Name	Year	School	Seed	Finals	H#	Points
=====						
1 Folkestad, Cooper		JR Concordia-Moorhead	16.72m	15.98m	52-05.25	2 10
	15.92m FOUL 15.98m 15.79m FOUL FOUL					
2 Beseth, Trent		SO St. Scholastica	16.83m	15.56m	51-00.75	2 8
	14.35m FOUL 15.56m FOUL 15.51m FOUL					
3 Frost, Jaeden		SR St. John's (Minn.)	14.76m	15.16m	49-09.00	2 6
	15.16m FOUL FOUL 14.89m FOUL FOUL					
4 Monreal, Joshua		FR St. Scholastica	15.36m	14.95m	49-00.75	2 5
	14.16m 14.95m FOUL FOUL FOUL FOUL					
5 Larsen, Evan		JR Bethel (Minn.)	15.13m	14.87m	48-09.50	2 4
	14.33m 14.73m FOUL 14.87m 14.55m FOUL					
6 Hokanson, Adam		SO Bethel (Minn.)	15.07m	14.66m	48-01.25	2 3
	14.66m 13.64m 14.06m FOUL FOUL FOUL					

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....Men Shot Put									
7	Hillstrom, Dominik	JR Concordia-Moorhead	14.07m	14.60m	47-11.00	2	2		
	13.54m 14.14m 14.16m	13.99m 14.60m FOUL							
8	Dioszeghy, Sam	FR Concordia-Moorhead	13.45m	14.08m	46-02.50	1	1		
	13.97m 14.08m 14.08m	FOUL FOUL FOUL							
9	Houska, Blake	FR Concordia-Moorhead	14.24m	14.06m	46-01.50	2			
	13.14m 13.52m 14.06m	FOUL FOUL FOUL							
10	DeWall, Kaleb	JR St. John's (Minn.)	13.41m	13.68m	44-10.75	1			
	12.89m 13.46m 13.68m								
11	Steger, Grant	SR St. Scholastica	13.78m	13.15m	43-01.75	2			
	13.15m FOUL FOUL								
12	Carroll, Nathan	FR St. John's (Minn.)	12.23m	13.13m	43-01.00	1			
	11.44m 12.47m 13.13m								
13	Spurgeon, Eli	SO Gustavus Adolphus	12.96m	13.09m	42-11.50	1			
	12.38m 13.09m 13.08m								
14	Turqueza, Rylan	FR St. John's (Minn.)	12.92m	12.70m	41-08.00	1			
	11.91m 12.62m 12.70m								
15	Wellman, Trevor	JR Bethel (Minn.)	12.93m	12.40m	40-08.25	1			
	FOUL 12.00m 12.40m								
16	Hudspith, Wyatt	FR Gustavus Adolphus	12.58m	12.39m	40-07.75	1			
	11.36m 12.39m 12.18m								
17	Mills, Austin	SO Macalester	12.09m	11.84m	38-10.25	1			
	FOUL 11.84m 11.57m								
18	Massey, Harry	FR Hamline	12.65m	11.70m	38-04.75	1			
	11.70m FOUL FOUL								
19	Willier, Anthony	FR St. John's (Minn.)	12.21m	11.27m	36-11.75	1			
	FOUL FOUL 11.27m								
--	Conant, Philip	FR Bethel (Minn.)	13.80m	FOUL		2			
	FOUL FOUL FOUL								

Men Weight Throw

=====									
Champ. Rec.: # 19.68m 2011		Andrew Brueggen, Saint Mary's							
Facility Rec: F 20.82m 2006		Kevin Becker, UW La Crosse							
Name	Year	School	Seed	Finals		H#	Points		
=====									
1	Hokanson, Adam	SO Bethel (Minn.)	16.63m	17.41m	57-01.50	2	10		
	FOUL 17.41m FOUL 16.20m	FOUL 15.20m							
2	Steger, Grant	SR St. Scholastica	16.25m	17.12m	56-02.00	2	8		
	15.33m 16.97m FOUL 17.12m	FOUL 16.96m							
3	Frost, Jaeden	SR St. John's (Minn.)	15.77m	16.78m	55-00.75	2	6		
	FOUL 16.78m FOUL FOUL FOUL	FOUL 16.58m							
4	Larsen, Evan	JR Bethel (Minn.)	17.11m	15.93m	52-03.25	2	5		
	15.78m FOUL 15.93m 15.85m	FOUL FOUL							
5	Beseth, Trent	SO St. Scholastica	16.77m	15.48m	50-09.50	2	4		
	14.66m 15.48m FOUL FOUL FOUL	FOUL							
6	Fritz, Casen	JR Saint Mary's	14.94m	15.37m	50-05.25	2	3		
	15.37m 14.90m 14.79m	14.87m FOUL FOUL							
7	Mensen, Joseph	JR St. John's (Minn.)	15.34m	15.02m	49-03.50	2	2		
	14.88m 14.89m 15.02m	14.71m FOUL 14.83m							
8	DeWall, Kaleb	JR St. John's (Minn.)	13.60m	14.82m	48-07.50	1	1		
	13.35m 14.06m 14.82m	FOUL 13.25m FOUL							
9	Conant, Philip	FR Bethel (Minn.)	14.48m	14.57m	47-09.75	1			
	14.18m 13.44m 14.57m	FOUL 14.12m FOUL							
10	Mills, Austin	SO Macalester	14.91m	13.68m	44-10.75	2			
	FOUL 13.68m FOUL								

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Results

....Men Weight Throw

11	Ramirez, Ricky	JR	Concordia-Moorhead	14.59m	13.40m	43-11.75	2
	13.34m FOUL 13.40m						
12	Dioszeghy, Sam	FR	Concordia-Moorhead	13.00m	13.35m	43-09.75	1
	FOUL FOUL 13.35m						
13	Willier, Anthony	FR	St. John's (Minn.)	12.85m	13.12m	43-00.50	1
	FOUL 11.94m 13.12m						
14	Monreal, Joshua	FR	St. Scholastica	16.44m	12.64m	41-05.75	2
	FOUL FOUL 12.64m						
15	Yang, Aiden	SO	Macalester	12.42m	12.45m	40-10.25	1
	FOUL 12.45m FOUL						
16	Turqueza, Rylan	FR	St. John's (Minn.)	12.93m	12.33m	40-05.50	1
	12.33m FOUL 11.72m						
17	Houska, Blake	FR	Concordia-Moorhead	12.46m	11.93m	39-01.75	1
	FOUL 11.93m FOUL						
18	Stordahl, Zach	JR	Gustavus Adolphus	13.35m	11.92m	39-01.25	1
	FOUL 11.92m FOUL						
19	Spurgeon, Eli	SO	Gustavus Adolphus	12.42m	10.69m	35-01.00	1
	10.11m FOUL 10.69m						
20	Brown, Jakob	JR	Concordia-Moorhead	12.86m	10.54m	34-07.00	1
	10.22m 10.54m FOUL						

Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Year	School	Finals	H#	Points
1 Lord, Demetri	JR	St. Olaf	7.10	3	847
2 Rhonemus, Wade	SR	Concordia-Moorhead	7.36	3	759
3 Wellman, Trevor	JR	Bethel (Minn.)	7.41	3	742
4 McCormick, Connor	SO	Gustavus Adolphus	7.41	3	742
5 Demetriades, Theo	SO	Carleton	7.42	2	739
6 Thurk, Anthony	JR	St. John's (Minn.)	7.46	3	726
7 Molstre, Joey	FR	Concordia-Moorhead	7.54	2	700
8 Hennen, Logan	SO	St. John's (Minn.)	7.54	1	700
9 Cogley, Andrew	JR	St. Olaf	7.55	1	697
10 Lelwica, Max	JR	St. John's (Minn.)	7.55	1	697
11 Schulze, Sam	JR	Gustavus Adolphus	7.56	2	694
12 Kiel, Logan	FR	St. John's (Minn.)	7.59	2	684
13 Olson, Jesse	FR	St. Olaf	7.59	2	684
14 Hoelzel, Gavin	FR	St. Olaf	7.60	2	681
15 Elseth, Aaron	SO	Bethel (Minn.)	7.66	1	662
16 Lapinski, Will	FR	St. Olaf	7.72	1	643
17 Kienholz, Carter	JR	Hamline	7.77	1	628

Heptathlon: #7 Men 1000 Meter Run Heptathlon

Name	Year	School	Finals	Points
1 Cogley, Andrew	JR	St. Olaf	2:41.79	854
	28.492 (28.492)	1:00.201 (31.710)	1:33.723 (33.522)	2:08.340 (34.618)
	2:41.790 (33.450)			
2 McCormick, Connor	SO	Gustavus Adolphus	2:44.85	820
	30.289 (30.289)	1:03.744 (33.456)	1:37.414 (33.670)	2:11.432 (34.018)
	2:44.850 (33.418)			

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Heptathlon: #7 Men 1000 Meter Run Heptathlon**

3 Lord, Demetri	JR St. Olaf	2:45.98	808
29.605 (29.605)	1:02.175 (32.570)	1:36.641 (34.466)	2:11.726 (35.085)
2:45.972 (34.246)			
4 Rhonemus, Wade	SR Concordia-Moorhead	2:47.15	796
30.438 (30.438)	1:04.015 (33.577)	1:37.834 (33.819)	2:12.198 (34.365)
2:47.148 (34.950)			
5 Olson, Jesse	FR St. Olaf	2:50.50	760
29.900 (29.900)	1:04.128 (34.228)	1:39.653 (35.525)	2:15.950 (36.297)
2:50.495 (34.546)			
6 Lelwica, Max	JR St. John's (Minn.)	2:52.40	741
31.725 (31.725)	1:05.758 (34.033)	1:42.011 (36.254)	2:18.742 (36.731)
2:52.397 (33.656)			
7 Schulze, Sam	JR Gustavus Adolphus	2:53.84	726
32.210 (32.210)	1:06.620 (34.410)	1:43.011 (36.392)	2:19.765 (36.754)
2:53.836 (34.072)			
8 Thurk, Anthony	JR St. John's (Minn.)	2:55.34	711
31.411 (31.411)	1:05.221 (33.810)	1:40.808 (35.587)	2:18.371 (37.564)
2:55.340 (36.970)			
9 Wellman, Trevor	JR Bethel (Minn.)	2:56.51	699
32.780 (32.780)	1:07.818 (35.039)	1:43.505 (35.687)	2:20.350 (36.845)
2:56.510 (36.160)			
10 Molstre, Joey	FR Concordia-Moorhead	3:01.74	647
33.710 (33.710)	1:08.960 (35.250)	1:46.858 (37.899)	2:27.440 (40.582)
3:01.736 (34.296)			
11 Lapinski, Will	FR St. Olaf	3:02.11	644
1:08.348 (1:08.348)	1:46.336 (37.988)	2:26.945 (40.609)	3:02.107 (35.162)
12 Hoelzel, Gavin	FR St. Olaf	3:04.21	624
34.142 (34.142)	1:09.337 (35.195)	1:47.084 (37.747)	2:27.786 (40.703)
3:04.207 (36.421)			
13 Kiel, Logan	FR St. John's (Minn.)	3:09.87	571
34.880 (34.880)	1:09.887 (35.007)	1:48.114 (38.228)	2:30.864 (42.750)
3:09.864 (39.000)			
14 Hennen, Logan	SO St. John's (Minn.)	3:13.51	538
32.698 (32.698)	1:07.183 (34.485)	1:46.507 (39.324)	2:30.432 (43.926)
3:13.510 (43.078)			
15 Elseth, Aaron	SO Bethel (Minn.)	3:15.42	521
36.266 (36.266)	1:15.954 (39.688)	1:55.803 (39.850)	2:36.270 (40.468)
3:15.420 (39.150)			
16 Kienholz, Carter	JR Hamline	3:23.81	450
35.758 (35.758)	1:12.832 (37.074)	1:53.837 (41.006)	2:37.806 (43.970)
3:23.802 (45.996)			

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Name	Year School	Finals	H#	Points
1 Lord, Demetri	JR St. Olaf	8.53	5	853
2 McCormick, Connor	SO Gustavus Adolphus	8.63	5	829
3 Rhonemus, Wade	SR Concordia-Moorhead	8.74	5	804
4 Lelwica, Max	JR St. John's (Minn.)	8.87	5	775
5 Thurk, Anthony	JR St. John's (Minn.)	8.92	4	764
6 Schulze, Sam	JR Gustavus Adolphus	8.97	3	752
7 Elseth, Aaron	SO Bethel (Minn.)	9.05	4	735
8 Hennen, Logan	SO St. John's (Minn.)	9.32	4	677
9 Cogley, Andrew	JR St. Olaf	9.56	3	627

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10	Wellman, Trevor	JR Bethel (Minn.)	9.70	2	599
11	Demetriades, Theo	SO Carleton	9.74	3	591
12	Hoelzel, Gavin	FR St. Olaf	9.75	3	589
13	Lapinski, Will	FR St. Olaf	9.76	1	587
14	Kienholz, Carter	JR Hamline	9.77	2	585
15	Olson, Jesse	FR St. Olaf	9.93	1	554
16	Molstre, Joey	FR Concordia-Moorhead	10.04	2	533
17	Kiel, Logan	FR St. John's (Minn.)	10.10	1	522

Heptathlon: #4 Men High Jump Heptathlon

Name	Year	School	Finals	H#	Points
1 Thurk, Anthony	JR	St. John's (Minn.)	1.87m	6-01.50	2 687
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87 1.90	P P P P P	P P O O XO XXO O XXX			
2 Cogley, Andrew	JR	St. Olaf	1.84m	6-00.50	2 661
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84 1.87	P P P P P	O P O XXO XO XO XXX			
3 Lelwica, Max	JR	St. John's (Minn.)	1.81m	5-11.25	2 636
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84	P P P P O	P O O XO XXO XXX			
3 Rhonemus, Wade	SR	Concordia-Moorhead	1.81m	5-11.25	2 636
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84	P P P P P	O XO O XXO O XXX			
5 Lapinski, Will	FR	St. Olaf	1.78m	5-10.00	2 610
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81	P P P P O	P XO O XO XXX			
5 Lord, Demetri	JR	St. Olaf	1.78m	5-10.00	2 610
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81	P P P P P	O P XO XO XXX			
5 McCormick, Connor	SO	Gustavus Adolphus	1.78m	5-10.00	1 610
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81	P P P P P	XO O O O O XXO XO XXX			
8 Olson, Jesse	FR	St. Olaf	1.75m	5-08.75	2 585
1.54 1.57 1.60 1.63 1.66 1.69 1.72 1.75 1.78	P P P O O	O XO XXO XXX			
9 Wellman, Trevor	JR	Bethel (Minn.)	1.69m	5-06.50	1 536
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72	P P P O O	O O O XO XXX			
9 Molstre, Joey	FR	Concordia-Moorhead	1.69m	5-06.50	1 536
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66 1.69 1.72	P P O P O	O XXO XXO O XXX			
9 Hennen, Logan	SO	St. John's (Minn.)	1.69m	5-06.50	2 536
1.54 1.57 1.60 1.63 1.66 1.69 1.72	P P O O O	XO XXX			
12 Elseth, Aaron	SO	Bethel (Minn.)	1.63m	5-04.25	1 488
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66	P O O O O	O O O XXX			
12 Kienholz, Carter	JR	Hamline	1.63m	5-04.25	1 488
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66	P P O O O	O XO XXX			
12 Schulze, Sam	JR	Gustavus Adolphus	1.63m	5-04.25	1 488
1.45 1.48 1.51 1.54 1.57 1.60 1.63 1.66	P P O P O	XO O XXX			

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15	Kiel, Logan	FR St. John's (Minn.)	1.57m	5-01.75	1	441
	1.45 1.48 1.51 1.54 1.57 1.60					
	O O O XO O XXX					
16	Hoelzel, Gavin	FR St. Olaf	1.51m	4-11.50	1	396
	1.45 1.48 1.51 1.54					
	O XXO XXO XXX					
--	Demetriades, Theo	SO Carleton	NH		2	
	1.54					
	XXX					

Heptathlon: #6 Men Pole Vault Heptathlon

Name	Year	School	Finals	Points
1 Rhonemus, Wade	SR	Concordia-Moorhead	4.40m 14-05.25	731
2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10 4.20 4.30 4.40 4.50				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O O O XO O XXX				
2 Ielwica, Max	JR	St. John's (Minn.)	4.00m 13-01.50	617
2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O XO O XO XXO XO XXX				
3 McCormick, Connor	SO	Gustavus Adolphus	3.90m 12-09.50	590
2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O O XXO XXX				
4 Hennen, Logan	SO	St. John's (Minn.)	3.70m 12-01.50	535
2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80				
PPP PPP PPP PPP PPP PPP PPP PPP PPP O PPP O O O O O XXX				
5 Lord, Demetri	JR	St. Olaf	3.60m 11-09.75	509
2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O O XO O O XXX				
5 Hoelzel, Gavin	FR	St. Olaf	3.60m 11-09.75	509
2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP XO XXO O XXO XXX				
5 Thurk, Anthony	JR	St. John's (Minn.)	3.60m 11-09.75	509
2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O O O O XXX				
8 Kienholz, Carter	JR	Hamline	3.50m 11-05.75	482
2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60				
PPP PPP PPP PPP PPP PPP PPP PPP O PPP O O XO O XXX				
8 Kiel, Logan	FR	St. John's (Minn.)	3.50m 11-05.75	482
2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60				
PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O O O XO XXX				
8 Cogley, Andrew	JR	St. Olaf	3.50m 11-05.75	482
2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60				
PPP PPP PPP PPP PPP PPP PPP O PPP O O XO XO XO XXX				
11 Molstre, Joey	FR	Concordia-Moorhead	3.30m 10-10.00	431
2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40				
PPP PPP PPP PPP PPP PPP PPP XO O O O O XXX				
11 Olson, Jesse	FR	St. Olaf	3.30m 10-10.00	431
2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40				
PPP PPP PPP PPP O O O O O XO XXO XXX				
11 Schulze, Sam	JR	Gustavus Adolphus	3.30m 10-10.00	431
2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30 3.40				
PPP PPP PPP PPP PPP PPP PPP XO PPP XO XXO XXO XXX				

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Heptathlon: #6 Men Pole Vault Heptathlon**

14	Demetriades, Theo	SO Carleton	3.20m	10-06.00	406
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10 3.20 3.30				
	O O O O PPP O O XO O XO XXX				
15	Wellman, Trevor	JR Bethel (Minn.)	3.00m	9-10.00	357
	2.30 2.40 2.50 2.60 2.70 2.80 2.90 3.00 3.10				
	PPP PPP PPP PPP O O XO XO XXX				
16	Elseth, Aaron	SO Bethel (Minn.)	2.80m	9-02.25	309
	2.30 2.40 2.50 2.60 2.70 2.80 2.90				
	XO O O XXO O XXO XXX				
17	Lapinski, Will	FR St. Olaf	2.70m	8-10.25	286
	2.30 2.40 2.50 2.60 2.70 2.80				
	O XO O O XO XXX				

Heptathlon: #2 Men Long Jump Heptathlon

Name	Year School	Finals	Points
1 Rhonemus, Wade	SR Concordia-Moorhead	6.47m 21-02.75	691
6.31m 6.09m 6.47m			
2 Lord, Demetri	JR St. Olaf	6.31m 20-08.50	655
6.29m 6.31m 6.06m			
3 Cogley, Andrew	JR St. Olaf	6.24m 20-05.75	639
6.24m 6.04m 6.03m			
4 Thurk, Anthony	JR St. John's (Minn.)	6.18m 20-03.50	626
FOUL FOUL 6.18m			
5 Demetriades, Theo	SO Carleton	6.07m 19-11.00	602
6.07m PASS PASS			
6 Lelwica, Max	JR St. John's (Minn.)	6.01m 19-08.75	589
5.94m 5.87m 6.01m			
7 McCormick, Connor	SO Gustavus Adolphus	5.97m 19-07.00	580
FOUL 5.97m 5.96m			
7 Hennen, Logan	SO St. John's (Minn.)	5.97m 19-07.00	580
5.82m 5.26m 5.97m			
9 Schulze, Sam	JR Gustavus Adolphus	5.84m 19-02.00	552
5.84m 5.62m 5.72m			
10 Molstre, Joey	FR Concordia-Moorhead	5.82m 19-01.25	548
5.35m 5.19m 5.82m			
11 Hoelzel, Gavin	FR St. Olaf	5.67m 18-07.25	516
5.65m 5.67m 5.52m			
12 Kienholz, Carter	JR Hamline	5.59m 18-04.25	500
5.59m FOUL FOUL			
13 Olson, Jesse	FR St. Olaf	5.57m 18-03.25	496
5.53m 5.57m 5.52m			
14 Wellman, Trevor	JR Bethel (Minn.)	5.38m 17-08.00	457
5.38m 5.26m 5.31m			
15 Kiel, Logan	FR St. John's (Minn.)	5.31m 17-05.25	443
5.31m 5.19m FOUL			
16 Elseth, Aaron	SO Bethel (Minn.)	5.24m 17-02.25	429
FOUL FOUL 5.24m			
17 Lapinski, Will	FR St. Olaf	5.20m 17-00.75	421
4.99m 5.20m 5.05m			

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****Heptathlon: #3 Men Shot Put Heptathlon**

Name	Year	School	Finals	Points	
1 Lord, Demetri	JR	St. Olaf	12.14m	39-10.00	615
11.61m 11.39m 12.14m					
2 Kiel, Logan	FR	St. John's (Minn.)	11.82m	38-09.50	595
11.46m 11.82m 11.66m					
3 Lelwica, Max	JR	St. John's (Minn.)	11.55m	37-10.75	579
10.75m 11.42m 11.55m					
4 Hennen, Logan	SO	St. John's (Minn.)	11.39m	37-04.50	569
11.39m FOUL 11.12m					
5 Wellman, Trevor	JR	Bethel (Minn.)	11.35m	37-03.00	567
11.35m 11.14m FOUL					
6 Thurk, Anthony	JR	St. John's (Minn.)	11.30m	37-01.00	564
11.30m FOUL 11.13m					
7 Rhonemus, Wade	SR	Concordia-Moorhead	11.07m	36-04.00	550
10.71m 9.92m 11.07m					
8 Cogley, Andrew	JR	St. Olaf	10.53m	34-06.75	518
10.41m 10.27m 10.53m					
9 Kienholz, Carter	JR	Hamline	10.47m	34-04.25	514
FOUL 10.47m 9.90m					
10 Elseth, Aaron	SO	Bethel (Minn.)	10.23m	33-06.75	499
10.23m 9.61m 9.81m					
11 Demetriades, Theo	SO	Carleton	9.19m	30-02.00	437
9.19m 8.86m 8.11m					
12 Molstre, Joey	FR	Concordia-Moorhead	9.10m	29-10.25	432
8.45m 9.10m FOUL					
13 McCormick, Connor	SO	Gustavus Adolphus	8.51m	27-11.00	397
6.57m 8.51m 8.40m					
14 Olson, Jesse	FR	St. Olaf	8.38m	27-06.00	389
8.07m 7.98m 8.38m					
15 Lapinski, Will	FR	St. Olaf	8.00m	26-03.00	366
7.77m 8.00m 7.88m					
16 Hoelzel, Gavin	FR	St. Olaf	7.67m	25-02.00	347
7.10m 7.67m 7.53m					
17 Schulze, Sam	JR	Gustavus Adolphus	7.59m	24-11.00	342
7.16m 7.02m 7.59m					

Men Heptathlon

Champ. Rec.: #	5118	2022	Maguire Petersen, St. Johns			
Facility Rec: F	4959	2022	Keaten Wood, Linfield			
Name	Year	School	Seed	Finals	H#	Points
1 Rhonemus, Wade		SR Concordia-Moorhead		4967F		10
2 Lord, Demetri		JR St. Olaf		4897		8
3 Lelwica, Max		JR St. John's (Minn.)		4634		6
4 Thurk, Anthony		JR St. John's (Minn.)		4587		5
5 McCormick, Connor		SO Gustavus Adolphus		4568		4
6 Cogley, Andrew		JR St. Olaf		4478		3
7 Hennen, Logan		SO St. John's (Minn.)		4135		2
8 Schulze, Sam		JR Gustavus Adolphus		3985		1
9 Wellman, Trevor		JR Bethel (Minn.)		3957		
10 Olson, Jesse		FR St. Olaf		3899		
11 Molstre, Joey		FR Concordia-Moorhead		3827		
12 Kiel, Logan		FR St. John's (Minn.)		3738		

MIAC Championships - 2/22/2024 to 2/24/2024**Tostrud Center, St. Olaf College****Results****....Men Heptathlon**

13 Hoelzel, Gavin	FR St. Olaf	3662
14 Kienholz, Carter	JR Hamline	3647
15 Elseth, Aaron	SO Bethel (Minn.)	3643
16 Lapinski, Will	FR St. Olaf	3557

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Men - Team Rankings - 20 Events Scored

1) Bethel (Minn.)	164	2) St. John's (Minn.)	143
3) St. Olaf	107	4) St. Scholastica	95
5) Gustavus Adolphus	67	6) Concordia-Moorhead	53
7) Carleton	51	8) Macalester	47
9) Hamline	20	10) Saint Mary's (Minn.)	19
11) Augsburg	14		