

Event 1 Women 60 Meter Dash

Championship: C	7.62	2014	Mallory Burnham, St. Thomas		
Facility: F	7.62	2014	Mallory Burnham, St. Thomas		
Name	Year	School	Prelims	H#	
Preliminaries					
1 Zari Young		FR Saint Mary's	7.76Q	3	
2 Kate Carlson		SR Gustavus Ado	7.78Q	2	
3 Emily Rengo		JR Concordia-Mo	7.91Q	1	7.901
4 Andie Sandman		SO Concordia-Mo	7.91Q	2	7.905
5 Allison Stacy		FR Gustavus Ado	8.00Q	1	
6 Piper Osborne		SO Concordia-Mo	8.03Q	3	
7 Claire Beckley		FR Macalester	8.04q	1	
8 Ella Paulson		FR Bethel (Minn	8.06q	3	
9 Justus Floren		SR St. Benedict	8.07	2	
10 Bianca Lott		JR Carleton	8.09	3	
11 Ava Fink		JR St. Scholast	8.12	1	8.111
11 Samantha Munson		JR Saint Mary's	8.12	3	8.111
13 Lydia Fynboh		SO Concordia-Mo	8.13	1	
14 Claire Siems		FR Hamline	8.15	2	
15 Grace Buntrock		SO St. Benedict	8.16	2	8.151
16 Autumn Maki		FR Bethel (Minn	8.16	2	8.155
17 Melissa Torres		FR Saint Mary's	8.25	3	
18 Sophie Herweijer		FR St. Olaf	8.29	1	
19 Emma Storbakken		SR St. Olaf	8.31	1	
20 Emma Cunningham		FR Macalester	8.35	2	
21 Nacia Griffin		FR Augsburg	8.42	3	
22 McKenzie Munson		JR Saint Mary's	8.45	2	
23 Andreiana Aurelius		SR Hamline	8.50	3	

Event 1 Women 60 Meter Dash

Championship: C	7.62	2014	Mallory Burnham, St. Thomas		
Facility: F	7.62	2014	Mallory Burnham, St. Thomas		
Name	Year	School	Finals		
Finals					
1 Zari Young		FR Saint Mary's	7.70		
2 Kate Carlson		SR Gustavus Ado	7.74		
3 Emily Rengo		JR Concordia-Mo	7.85		
4 Andie Sandman		SO Concordia-Mo	7.91		
5 Allison Stacy		FR Gustavus Ado	7.97		
6 Claire Beckley		FR Macalester	7.98		
7 Piper Osborne		SO Concordia-Mo	8.05		
8 Ella Paulson		FR Bethel (Minn	8.15		

Event 2 Men 60 Meter Dash

Championship: C	6.76	2/25/2023	Landen Liu, Bethel (Minn		
Facility: F	6.66	2000	Roman Cress, St. Thomas		
Name	Year	School	Prelims	H#	
Preliminaries					
1 Landen Liu		JR Bethel (Minn	6.82Q	3	
2 Max Reis		FR St. John's (	6.85Q	1	
3 Ricky Kwabena Yawson		FR Hamline	6.88Q	2	
4 Godsword Simon		SR Bethel (Minn	6.96Q	1	

5	Cameron McConnell	SR Bethel (Minn	6.97Q	2	
6	Ryan Cramer	FR Saint Mary's	7.00Q	3	
7	Sean Alfaro Diedrich	SR St. Scholast	7.01q	3	
8	Reece Thomas	SR Hamline	7.07q	1	
9	Kieran Murnan	SO St. John's (	7.08	2	
10	Brandon Travis	FR Augsburg	7.09	1	
11	Tommy Schreiner	FR Concordia-Mo	7.11	2	
12	Dawson Schaffer	JR Hamline	7.15	1	7.146
13	Zechariah Kyoore	SR Gustavus Ado	7.15	2	7.148
14	Mickey Otis	SO Hamline	7.17	1	
15	Oliver Adamson	SR Saint Mary's	7.18	3	
16	Niko Vargas	FR Gustavus Ado	7.19	1	7.181
17	Brennan Blake	FR St. John's (	7.19	3	7.188
18	Ben Kritsberg	JR Saint Mary's	7.20	2	
19	D'Nari Adams	FR Hamline	7.21	2	
20	Aidan Morey	SO St. John's (	7.22	3	
21	Nolan Morical	JR Concordia-Mo	7.24	3	
22	Duke Henry	FR Hamline	7.26	1	
23	Ty McCall	FR Bethel (Minn	7.28	2	
24	Andrei Pettis	JR Hamline	7.42	3	

Event 2 Men 60 Meter Dash

Championship: C 6.76 2/25/2023 Landen Liu, Bethel (Minn

Facility: F 6.66 2000 Roman Cress, St. Thomas

Name	Year	School	Finals
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Finals

1	Landen Liu	JR Bethel (Minn	6.74C
2	Max Reis	FR St. John's (	6.78
3	Ricky Kwabena Yawson	FR Hamline	6.82
4	Cameron McConnell	SR Bethel (Minn	6.90
5	Ryan Cramer	FR Saint Mary's	6.96
6	Sean Alfaro Diedrich	SR St. Scholast	7.02
7	Godsword Simon	SR Bethel (Minn	7.05
8	Reece Thomas	SR Hamline	7.06

Event 3 Women 200 Meter Dash

Championship: C 25.16 2024 Megan Geraets, Gustavus Adolphus

Facility: F 25.42 2008 Nikki Arola, St. Thomas

Name	Year	School	Finals	H#
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1	Megan Geraets	SR Gustavus Ado	25.10C	6
2	Ariella Rogahn-Press	FR Macalester	25.22F	6
3	Kate Carlson	SR Gustavus Ado	25.36F	5
4	Sarah Stellmach	JR Bethel (Minn	25.55	5
5	Andie Sandman	SO Concordia-Mo	25.97	4
6	Emily Rengo	JR Concordia-Mo	26.07	4
7	Allison Hookom	JR Augsburg	26.30	3
8	Zari Young	FR Saint Mary's	26.55	2
9	Piper Osborne	SO Concordia-Mo	26.93	2
10	Bianca Lott	JR Carleton	26.95	1
11	Samantha Munson	JR Saint Mary's	26.97	3
12	Allison Stacy	FR Gustavus Ado	27.03	2
13	Claire Siems	FR Hamline	27.10	1
14	Ava Fink	JR St. Scholast	27.13	1
15	Allee Feldman	FR St. Benedict	27.38	3
16	Grace Buntrock	SO St. Benedict	27.50	3
17	Melissa Torres	FR Saint Mary's	27.82	4
18	Sophie Herweijer	FR St. Olaf	27.96	6
19	Andreiana Aurelius	SR Hamline	28.00	5
20	Zoe Matre	SR St. Olaf	28.10	5
21	Kebeh Temeh	SO Hamline	28.20	4
22	Addyson Barrett	FR Hamline	28.31	6

23 Rachael Kubichka SO Saint Mary's 28.63 2

Event 4 Men 200 Meter Dash

Championship: C 21.80 2024		Jacob Parent, Bethel	
Facility: F 22.03 2000		Roman Cress, St. Thomas	
Name	Year	School	Finals H#
1 Grant Nelson	JR	Bethel (Minn	21.71C 6
2 Jacob Parent	SR	Bethel (Minn	21.96F 6
3 Sam Raitz	SO	Bethel (Minn	22.21 5
4 Arlo Heitler	SR	Macalester	22.32 5
5 Max Reis	FR	St. John's (	22.36 1
6 Cameron McConnell	SR	Bethel (Minn	22.47 3 22.462
7 Josh Thomsen	SR	Bethel (Minn	22.47 4 22.463
8 Jordan Petron	SR	Concordia-Mo	22.53 3
9 Oliver Adamson	SR	Saint Mary's	22.70 3
10 Tommy Schreiner	FR	Concordia-Mo	22.72 1
11 Kieran Murnan	SO	St. John's (	22.75 2
12 Ryan Cramer	FR	Saint Mary's	22.76 2
13 Ricky Kwabena Yawson	FR	Hamline	22.83 4
14 Cristian Escobar Pearson	FR	St. Olaf	22.91 6
15 Reece Thomas	SR	Hamline	23.05 5
16 Conner Martens	FR	Gustavus Ado	23.08 1
17 Niko Vargas	FR	Gustavus Ado	23.22 1
18 Sean Alfaro Diedrich	SR	St. Scholast	23.34 4
19 Will Sportel	FR	Bethel (Minn	23.35 6
20 Tyler Heil	SO	Gustavus Ado	23.46 2
21 Dawson Schaffer	JR	Hamline	23.48 4
22 Simon Lippert	FR	Gustavus Ado	23.54 5
23 Zechariah Kyoore	SR	Gustavus Ado	23.64 3

Event 5 Women 400 Meter Dash

Championship: C 56.80 2017		Alexa Feeney, Carleton	
Facility: F 57.29 2/28/2020		Delia Labatt, Bethel (Minn.)	
Name	Year	School	Finals H#
1 Allison Hookom	JR	Augsburg	57.01F 4
2 Megan Geraets	SR	Gustavus Ado	57.07F 5
3 Kyla Nygaard	JR	Concordia-Mo	57.48 4
4 Ariella Rogahn-Press	FR	Macalester	57.75 5
5 Sarah Stellmach	JR	Bethel (Minn	58.59 3
6 Hailey Gregg	SR	Bethel (Minn	59.32 3
7 Abbie Swenson	SR	Bethel (Minn	59.83 2
8 Ava Revoir	FR	St. Benedict	59.90 1
9 Hannah Kvant	SO	Bethel (Minn	59.98 2
10 Izzi Jaeckle	FR	St. Olaf	1:00.53 1
11 Arissa Rydberg	FR	Bethel (Minn	1:01.06 2
12 Madi Pelowski	SO	Bethel (Minn	1:01.42 4
13 Emma Warner	FR	Concordia-Mo	1:01.95 5
14 Emma Dauner	SO	St. Olaf	1:02.13 1
15 Emerson Knapp	SR	St. Benedict	1:02.24 3
16 Morgan Dean	JR	Bethel (Minn	1:02.35 5
17 Kayla Nelson	JR	St. Scholast	1:02.41 4
18 Alice Wagner-Hemstad	FR	St. Olaf	1:02.65 3
19 Larissa Minshull	SR	Bethel (Minn	1:04.75 1
20 Lauren Rocheford	JR	Gustavus Ado	1:05.12 2

Event 6 Men 400 Meter Dash

Championship: C 48.58 2024		Jacob Parent, Bethel	
Facility: F 48.78 2004		Matthew Shannon, Augsburg	
Name	Year	School	Finals H#

1	Grant Nelson	JR Bethel (Minn	48.29C	5
2	Jacob Parent	SR Bethel (Minn	48.67F	5
3	Arlo Heitler	SR Macalester	49.05	4
4	Noah Kubicek	JR St. Scholast	50.04	4
5	Sam Raitz	SO Bethel (Minn	50.54	3
6	Wyatt Witschen	SO St. John's (	50.66	1
7	Caleb Ketterling	SO Bethel (Minn	50.80	3
8	Daniel Scheider	JR Carleton	50.92	1
9	Taaron Rudzitis	SR Bethel (Minn	51.27	5
10	Trevor Tiongson	JR Concordia-Mo	51.31	2
11	Brayden Carlson	FR Concordia-Mo	51.57	2
12	Alex Palm	SO Bethel (Minn	51.88	4
13	Tennessee Fossen	SR Gustavus Ado	51.96	5
14	Eddie Paton	SO Saint Mary's	52.13	2
15	Cohen Stursa	SO Gustavus Ado	52.14	2
16	Sam Schulze	SR Gustavus Ado	52.17	4
17	Tony Haack	JR Bethel (Minn	52.45	3
18	Noah Stageberg	SR Gustavus Ado	52.62	1
19	Asher Nathan	SO Carleton	52.91	3
20	Hunter Mohr	FR St. John's (	53.23	1

Event 7 Women 600 Meter Run

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Championship: C 1:31.68 2019 Pheobe Aguiar, Macalester				
Facility: F 1:34.68 2008 Marie Borner, Bethel				
Name	Year	School	Finals	H#
=====				
1	Allison Hookom	JR Augsburg	1:35.46	3
2	Kyla Nygaard	JR Concordia-Mo	1:35.73	3
3	Shalom Sulungaine	SO Bethel (Minn	1:36.64	2
4	Lauren Berg	JR St. Benedict	1:36.98	2
5	Molly DiNardo	SO St. Olaf	1:40.16	2
6	Ava Revoir	FR St. Benedict	1:40.36	1
7	Meg Shercliffe	SR Concordia-Mo	1:40.79	1
8	Jules Fromm	SR St. Olaf	1:40.91	1
9	Nora Mickelson	SO St. Olaf	1:41.04	2
10	Emma Dauner	SO St. Olaf	1:43.46	3
11	Erin O'Connor	FR St. Benedict	1:44.51	2
12	Aubrey Mair	SR Gustavus Ado	1:44.59	1
13	Isabel Fynboh	JR Gustavus Ado	1:44.61	3
14	Joel Makem Ratzinger	SO St. Benedict	1:44.65	1
15	Adelyn McCorison	FR St. Scholast	1:46.21	1
16	Larissa Minshull	SR Bethel (Minn	1:47.72	3
17	Anna Warren	SR Macalester	1:48.12	2
--	Kayla Sieck	JR St. Olaf	DNF	3

Event 8 Men 600 Meter Run

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Championship: C 1:20.19 2017 Carl Klamm, Bethel				
Facility: F 1:20.41 2/29/2020 Jesse Middendorf, Concordia-Moorhe				
Name	Year	School	Finals	H#
=====				
1	Kalid Ali	SR Macalester	1:21.68	2
2	Owen Montreuil	JR St. John's (	1:21.88	2
3	Lance Nemecek	JR St. Olaf	1:21.96	2
4	John Ihrke	FR Macalester	1:22.02	1
5	Noah Kubicek	JR St. Scholast	1:22.52	3
6	Victor Lelinga	SO Bethel (Minn	1:22.57	3
7	Daniel Scheider	JR Carleton	1:22.84	1
8	Josh Meier	SR Carleton	1:23.11	1
9	Jackson Bullock	FR St. Olaf	1:23.45	1
10	Austin McInturff	FR St. Olaf	1:23.63	2
11	Markus Rupnow	SR Gustavus Ado	1:24.09	3
12	Zach Martin	SO St. Olaf	1:24.52	3
13	Derek Douglas	SR St. Scholast	1:24.70	2

14	Mark Rud	JR	Gustavus Ado	1:25.05	3
15	Brayden Carlson	FR	Concordia-Mo	1:25.44	3
16	Max McCoy	SO	St. John's (	1:25.82	2
17	Taaron Rudzitis	SR	Bethel (Minn	1:27.17	1
18	Cade Kloss	SR	Saint Mary's	1:27.44	1

Event 9 Women 800 Meter Run

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Championship: C 2:12.67		2019	Phoebe Aguiar, Macalester		
Facility: F 2:13.19		2008	Liz Palkie, Minnesota Duluth		
Name	Year	School	Finals	H#	
=====					
1	Isabel Wyatt	JR	St. Olaf	2:14.63	3
2	Lauren Berg	JR	St. Benedict	2:17.65	3
3	Lara Erickson	SR	Carleton	2:18.42	3
4	Shalom Sulungaine	SO	Bethel (Minn	2:19.02	3
5	Taylor Radaich	SO	St. Benedict	2:20.00	2
6	Regan DeWitt	SO	St. Scholast	2:20.62	3
7	Anabel Bradley	SO	Hamline	2:20.75	2
8	Jules Fromm	SR	St. Olaf	2:22.39	3
9	Nora Mickelson	SO	St. Olaf	2:23.23	2
10	Brooke Verkinnes	JR	St. Benedict	2:28.20	2
11	Alwena Brix	FR	Augsburg	2:28.77	2
12	Karcyn Dose	FR	St. Benedict	2:30.16	2
13	Meaghan McDonald	JR	St. Benedict	2:31.40	1
14	Maranda Thier	SR	St. Benedict	2:32.02	1
15	Addie Dahl	FR	Concordia-Mo	2:32.19	2
16	Sophia Fan	FR	Macalester	2:32.79	1
17	Madeline Hartley	SO	St. Scholast	2:33.43	1
18	Ella Krumm	SR	Macalester	2:33.52	1
19	Anna Warren	SR	Macalester	2:35.70	1
20	Emily Koch	SO	St. Benedict	2:36.76	1
21	Kayla Sieck	JR	St. Olaf	2:41.30	3

Event 10 Men 800 Meter Run

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Championship: C 1:52.54		2010	Max Hanson, Gustavus Adolphus		
Facility: F 1:53.91		2008	Jared Clementson, Minnesota Duluth		
Name	Year	School	Finals	H#	
=====					
1	John Ihrke	FR	Macalester	1:54.53	3
2	Tyler Smith	SR	Gustavus Ado	1:55.12	3
3	Lance Nemecek	JR	St. Olaf	1:55.40	3
4	Victor Lelinga	SO	Bethel (Minn	1:56.86	3
5	Cullen Moore	JR	St. Olaf	1:57.08	3
6	Jackson Bullock	FR	St. Olaf	1:57.45	3
7	Owen Montreuil	JR	St. John's (	1:57.48	2
8	Nick St. Peter	JR	St. John's (	1:57.61	2
9	Josh Meier	SR	Carleton	1:57.79	3
10	Austin McInturff	FR	St. Olaf	1:58.41	2
11	Zach Martin	SO	St. Olaf	1:58.54	2
12	Alex Bittner	JR	St. Olaf	2:00.31	1
13	Henry Johnson	SO	St. Olaf	2:00.74	2
14	Ethan Cozine	SO	St. Olaf	2:00.81	2
15	Clark Nelson	SR	Bethel (Minn	2:00.83	1 2:00.827
16	Daniel Wiltse	SO	Macalester	2:00.83	2 2:00.830
17	Max McCoy	SO	St. John's (	2:02.09	1
18	Michael Schultz	FR	Bethel (Minn	2:02.56	1
19	Jay Lebakken	JR	Macalester	2:02.93	1
20	Logan Hays	FR	Bethel (Minn	2:03.60	1

Event 11 Women 1000 Meter Run

=====					
Championship: C 2:51.48		2016	Emily Gapinski, St. Thomas		
Facility: F 2:55.45		2011	Erin Sprangers, St. Thomas		

Name	Year	School	Finals	H#
=====				
1 Isabel Wyatt	JR	St. Olaf	2:51.13C	3
2 Lara Erickson	SR	Carleton	3:01.40	3
3 Regan DeWitt	SO	St. Scholast	3:01.48	3
4 Sophie Abernethy	SR	St. Olaf	3:02.49	3
5 Taylor Radaich	SO	St. Benedict	3:03.09	3
6 Kate Fox	FR	Macalester	3:03.24	2
7 Kalli Smith	SR	St. Benedict	3:03.83	2
8 Siri Erickson	SO	St. Olaf	3:04.51	2
9 Mya Slavin	FR	Saint Mary's	3:04.51	3
10 Ruby Gernandt	SR	Bethel (Minn	3:05.94	2
11 Kelyn Henry-Perlich	FR	Concordia-Mo	3:07.17	2
12 Celia Silverstein	JR	Carleton	3:07.20	3
13 Kayla Marx	FR	Carleton	3:08.13	2
14 Kailyn Walukas	SR	Gustavus Ado	3:08.33	1
15 Drew Frolek	SR	Concordia-Mo	3:08.35	3
16 Grace Moeller	JR	St. Olaf	3:08.61	2
17 Madeleine Reckmeyer	FR	Carleton	3:09.76	1
18 Anna Cargill	SR	Bethel (Minn	3:10.33	1
19 Anabella Witschen	SO	St. Benedict	3:11.31	1
20 Brooke Verkinnes	JR	St. Benedict	3:14.50	1
21 Willemijn Leiner	FR	St. Olaf	3:16.71	2
22 Natalie Zielsdorf	JR	St. Benedict	3:17.14	1
23 Sophia Fan	FR	Macalester	3:19.74	1
24 Ava Shirley	JR	St. Olaf	3:27.30	1

Event 12 Men 1000 Meter Run

Championship: C 2:26.02 2017 Donson-Cook Gallardo, Carleton
Facility: F 2:29.24 2015 Tommy Feichtinger, St. John's

Name	Year	School	Finals	H#
=====				
1 Tyler Smith	SR	Gustavus Ado	2:28.59F	3
2 Sean Hartney	SR	St. Olaf	2:29.37	3
3 Nick St. Peter	JR	St. John's (	2:29.48	3
4 Cole Stencel	FR	St. John's (	2:31.11	3
5 Tommy Allen	JR	St. John's (	2:31.78	3
6 Cullen Moore	JR	St. Olaf	2:31.95	3
7 Christian Fells	SO	St. Olaf	2:32.15	3
8 Nicholas Brauer	SO	Gustavus Ado	2:32.17	2
9 Carson Roehl	SR	Gustavus Ado	2:32.22	2
10 Olaf Coffey	SR	St. Olaf	2:33.23	3
11 Gabe Kuecker	SR	Bethel (Minn	2:36.61	2
12 Lars Molenkamp	SO	St. John's (	2:36.62	2
13 Clark Nelson	SR	Bethel (Minn	2:37.04	2
14 Nathan Neu	SR	St. Scholast	2:37.11	2
15 Jameson Drieslen	FR	St. Olaf	2:37.31	1
16 Jack Riley	FR	Macalester	2:37.44	1
17 Joseph Gathje	SR	St. John's (	2:37.48	1
18 Jackson Marsh	SR	St. Olaf	2:37.58	1
19 Alex Bjork	SO	St. Olaf	2:37.96	2
20 Ashton Niemi	SO	St. Scholast	2:38.88	1
21 Henry Landsem	SO	Gustavus Ado	2:39.25	1
22 Collin Berg	FR	St. John's (	2:39.94	1
23 Emerson Lange	JR	Carleton	2:40.80	1
24 Ethan Cozine	SO	St. Olaf	2:41.18	2

Event 13 Women 1 Mile Run

Championship: C 4:50.20 2/25/2023 Clara Mayfield, Carleton
Facility: F 4:54.49 2008 Marie Borner, Bethel

Name	Year	School	Finals	H#
=====				
1 Sophie McManus	SR	Carleton	5:07.73	3

2	Sophie Abernethy	SR	St. Olaf	5:09.48	3
3	Sofia Carlson	SR	St. Olaf	5:10.54	3
4	Aliya Larsen	JR	Carleton	5:12.88	3
5	Libby Rowland	SR	Carleton	5:15.59	3
6	Kate Fox	FR	Macalester	5:15.67	3
7	Kelyn Henry-Perlich	FR	Concordia-Mo	5:17.01	2
8	Mya Slavin	FR	Saint Mary's	5:18.25	3
9	Grace Moeller	JR	St. Olaf	5:20.02	2
10	Lucy Lyngen	SR	St. Benedict	5:23.62	3
11	Siri Erickson	SO	St. Olaf	5:23.80	2
12	Timna Nevo	SO	Macalester	5:27.63	2
13	Nora Daley	SO	Carleton	5:27.99	3
14	Drew Frolek	SR	Concordia-Mo	5:28.18	2
15	Natalie Zielsdorf	JR	St. Benedict	5:32.09	2
16	Molly Kate McCloskey	JR	St. Olaf	5:33.15	1
17	Ava Shirley	JR	St. Olaf	5:33.68	1
18	Eileen O'Connor	FR	St. Benedict	5:35.03	2
19	Samantha Ellis	SO	Macalester	5:35.64	2
20	Destiny Osemwengie	SO	Macalester	5:35.66	1
21	Eva Creighton	JR	St. Benedict	5:36.23	1
22	Londyn Ames	SO	Concordia-Mo	5:36.87	1
23	Anna Hay	SR	Bethel (Minn	5:39.21	1
24	Julia Babineau	SO	St. Benedict	5:39.34	2
25	Sylvia Coyle	SR	Macalester	5:42.46	1
26	Mia Ransavage	FR	St. Olaf	5:47.62	1
27	Kyra Morris	FR	Macalester	6:12.64	1

Event 14 Men 1 Mile Run

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Championship: C 4:11.94		2014	Grant Wintheiser, St. Olaf		
Facility: F 4:11.94		2014	Grant Wintheiser, St. Olaf		
Name	Year	School	Finals	H#	
=====					
1	Sean Hartney	SR	St. Olaf	4:12.52	3
2	Gabe Nichols	JR	Carleton	4:13.01	3
3	Brady Goss	SO	Concordia-Mo	4:14.01	3
4	Lars Dewall	SR	St. Scholast	4:15.49	3
5	Lucas LiaBraaten	JR	Hamline	4:26.65	3
6	Ethan Martel	SO	St. Olaf	4:26.88	3
7	Jack Riley	FR	Macalester	4:28.64	2
8	Jackson Marsh	SR	St. Olaf	4:30.42	3
9	Quinn Hoisington	SO	Macalester	4:32.10	2
10	Ryan Bernstein	JR	Carleton	4:32.49	2
11	Joseph Gathje	SR	St. John's (	4:32.93	2
12	Collin Berg	FR	St. John's (	4:33.01	2
13	Alex Bjork	SO	St. Olaf	4:33.11	3
14	Travis Brown	FR	Carleton	4:34.00	2
15	Ethan Leonard	SR	St. John's (	4:36.37	2
16	Owen Chamberlin	JR	St. Olaf	4:37.33	1
17	Henry Landsem	SO	Gustavus Ado	4:37.94	1
18	Andrew Jamison	JR	Carleton	4:38.06	1
19	TJ Strubbe	FR	Bethel (Minn	4:38.77	2
20	Jack McFetridge	JR	St. Olaf	4:39.59	1
21	Kyle Thompson	FR	Carleton	4:39.97	1
22	Ben Mazor	SR	Carleton	4:40.21	1
23	Peyton Martinek	SO	St. John's (	4:40.36	1
24	Gabe Thompson	SO	Macalester	4:40.61	1
25	Owen Lafferty	SO	Macalester	4:40.72	2
26	Caleb Hatlevig	FR	Macalester	4:42.61	1

Event 15 Women 3000 Meter Run

=====					
Championship: C 9:32.07		2/26/2023	Fiona Smith, St. Benedict		
Facility: F 9:53.33		2014	Kimber Meyer, Macalester		
Name	Year	School	Finals	H#	

1	Hannah Preisser	JR Carleton	9:54.60	2
2	Alison Bode	SR St. Olaf	9:57.99	2
3	Sophie McManus	SR Carleton	9:59.92	2
4	Aliya Larsen	JR Carleton	10:02.86	2
5	Sofia Carlson	SR St. Olaf	10:13.50	2
6	Lauren Walda	JR St. Olaf	10:18.45	2
7	Libby Rowland	SR Carleton	10:33.35	2
8	Lucy Lyngen	SR St. Benedict	10:33.49	2
9	Sydney Hagen	SR Gustavus Ado	10:33.71	2
10	Molly Liston	JR Gustavus Ado	10:37.72	2
11	Ashley Nelson	FR Concordia-Mo	10:37.82	2
12	Ingrid Norquist	SO Macalester	10:38.17	2
13	Mary Kenney	JR St. Benedict	10:40.29	2
14	Ivy Coldren	SO Macalester	10:40.76	1
15	Grace McCormick	SO St. Scholast	10:45.77	1
16	Abigale Lindquist	FR St. Olaf	10:51.51	2
17	Gracia Larsen-Schmidt	SR St. Olaf	10:56.30	1
18	Abby Bufkin	SO St. Benedict	11:00.10	1
19	Brooklyn Hart	FR Concordia-Mo	11:00.86	1
20	Julia Babineau	SO St. Benedict	11:03.01	1
21	Samantha Ellis	SO Macalester	11:04.70	1
22	Timna Nevo	SO Macalester	11:07.22	1
23	Destiny Osemwengie	SO Macalester	11:09.96	1
24	Molly Kate McCloskey	JR St. Olaf	11:12.62	1
25	Mackenzie Murphy	SO Gustavus Ado	11:20.19	1
26	Safiya Ait Ali	FR St. Olaf	11:27.50	1
27	Abby Tapajna	JR Hamline	11:34.86	1
28	Mollykate Hagen	SO St. Scholast	11:58.71	1

Event 16 Men 3000 Meter Run

Championship: C 8:11.52	2/29/2020	Matthew Wilkinson, Carleton		
Facility: F 8:11.52	2/29/2020	Matthew Wilkinson, Carleton		
Name	Year	School	Finals	H#
1	Lars Dewall	SR St. Scholast	8:22.86	2
2	Mohammed Bati	JR Augsburg	8:23.52	2
3	Kevin Turlington	JR St. Olaf	8:24.75	2
4	Brady Goss	SO Concordia-Mo	8:30.95	2
5	Andrew Skemp	SR St. Olaf	8:33.00	2
6	Grant Graber	SR Bethel (Minn)	8:36.00	2
7	Gabe Nichols	JR Carleton	8:36.04	2
8	Reece McKee	SR Macalester	8:39.26	2
9	Parker Max	JR St. Olaf	8:41.15	2
10	Gael Manzur Strandlund	JR St. Olaf	8:42.13	2
11	Tor Olsson	SR Macalester	8:44.34	2
12	Nick Ihrke	SR Macalester	8:45.55	1
13	Ignatius Fitzgerald	JR St. Olaf	8:49.91	2
14	Eamon Cavanaugh	SR St. John's (	8:50.27	2
15	Hootie Hage	FR Bethel (Minn)	8:52.29	1
16	Quinn McCabe	SO St. Olaf	8:52.86	1
17	Tyler Goss	SO Concordia-Mo	8:54.11	1
18	Jacob Malecha	SO St. John's (	8:55.83	1
19	Travis Brown	FR Carleton	8:56.04	1
20	Will Janzen	SR Gustavus Ado	8:56.61	1
21	Torte Torstenson	SO Carleton	9:00.46	1
22	Nathaniel Malchow	SO Carleton	9:06.39	1
23	Evan Pouliot	SO Gustavus Ado	9:08.92	1
24	Ryan Bernstein	JR Carleton	9:10.11	1
25	Lucas LiaBraaten	JR Hamline	9:13.36	1
26	Lex Kaye	SO St. Olaf	9:14.84	1

Event 17 Women 5000 Meter Run

Championship: C 16:40.72 2024 Fiona Smith, St. Benedict
 Facility: F 17:16.38 2/28/2020 Clara Mayfield, Carleton
 Name Year School Finals

1	Hannah Preisser	JR Carleton	17:21.48
2	Alison Bode	SR St. Olaf	17:41.55
3	Lauren Walda	JR St. Olaf	18:02.85
4	Sydney Hagen	SR Gustavus Ado	18:23.54
5	Ashley Nelson	FR Concordia-Mo	18:23.80
6	Ingrid Norquist	SO Macalester	18:25.50
7	Mary Kenney	JR St. Benedict	18:35.67
8	Molly Liston	JR Gustavus Ado	18:40.62
9	Kathleen Madden	SO St. Olaf	19:03.75
10	Brooklyn Hart	FR Concordia-Mo	19:07.85
11	Arabella England	FR St. Olaf	19:10.68
12	Abby Bufkin	SO St. Benedict	19:19.24
13	Gracia Larsen-Schmidt	SR St. Olaf	19:28.04
14	Abby Tapajna	JR Hamline	19:41.71
15	Cate Gleason	SR St. Olaf	19:58.00
16	Kendra Klobe	SR Saint Mary's	20:02.99
17	Maggie Votruba	SR Carleton	20:27.86
18	Lily Harvey	SR St. Catherin	20:57.89

Event 18 Men 5000 Meter Run

Championship: C 14:26.94 1983 Nick Manciu, St. Thomas
 Facility: F 14:31.02 2008 Chris Erichsen, St. John's
 Name Year School Finals

1	Mohammed Bati	JR Augsburg	14:38.06
2	Kevin Turlington	JR St. Olaf	14:48.07
3	Gael Manzur Strandlund	JR St. Olaf	14:59.11
4	Andrew Skemp	SR St. Olaf	14:59.72
5	Reece McKee	SR Macalester	15:07.19
6	Nick Ihrke	SR Macalester	15:08.21
7	Parker Max	JR St. Olaf	15:11.48
8	Tyler Edwards	JR Macalester	15:22.55
9	Eamon Cavanaugh	SR St. John's (	15:24.71
10	Jacob Malecha	SO St. John's (	15:28.05
11	Quinn McCabe	SO St. Olaf	15:28.33
12	Tyler Goss	SO Concordia-Mo	15:29.57
13	Will Janzen	SR Gustavus Ado	15:35.15
14	Evan Pouliot	SO Gustavus Ado	15:40.58
15	Jack Deaver	JR St. Olaf	16:02.88
16	Lex Kaye	SO St. Olaf	16:17.45
17	Isaiah Fitzgerald	SO Saint Mary's	16:32.93

Event 19 Women 60 Meter Hurdles

Championship: C 8.52 2024 Kelsie Sealock, Bethel
 Facility: F 8.66 2014 Mallory Burnham, St. Thomas
 Name Year School Prelims H#

Preliminaries

1	Jenna Kalevik	SR Concordia-Mo	9.06Q	3	
2	Elle Thorson	SR Bethel (Minn	9.29Q	2	9.283
3	Hannah Bingham	FR Bethel (Minn	9.29Q	1	9.287
4	Justus Floren	SR St. Benedict	9.33Q	2	
5	Laura Thauvin	FR Gustavus Ado	9.39Q	3	
6	Ellie Hernes	JR Bethel (Minn	9.44Q	1	
7	Emily Podulke	FR Gustavus Ado	9.50q	2	
8	Anyia Adelgren	SO St. Benedict	9.52q	3	
9	Chelsea Stahl	SO Gustavus Ado	9.66	1	
10	Gabby Bodin	SR St. Catherin	9.73	2	
11	Haley Wolsky	SO Concordia-Mo	9.87	3	

12	Chloe Ostrem	SO	St. Benedict	9.98	3
13	Kayla Kajer	FR	Gustavus Ado	10.02	2
14	Tessa Myatt	SO	Macalester	10.06	1
15	Lucy Askegaard	FR	St. Olaf	10.14	1
16	Hailey Scholten	JR	Bethel (Minn	10.31	2
17	Claire Keech	JR	St. Olaf	10.36	2
18	Emma Sahly	SR	St. Olaf	10.47	3
19	Kayla Evans	FR	Bethel (Minn	10.49	3
20	Anna Kemp	SO	St. Benedict	10.51	2
21	Emma Schuele	JR	St. Benedict	10.69	3
22	Aubree Klein	SO	St. Olaf	10.80	1
23	Elise Harriman	SO	St. Olaf	12.42	1
24	Maisy Komastu	FR	St. Benedict	13.27	1

Event 19 Women 60 Meter Hurdles

Championship: C 8.52 2024 Kelsie Sealock, Bethel
 Facility: F 8.66 2014 Mallory Burnham, St. Thomas
 Name Year School Finals

Finals

1	Jenna Kalevik	SR	Concordia-Mo	8.98
2	Justus Floren	SR	St. Benedict	9.19
3	Hannah Bingham	FR	Bethel (Minn	9.21
4	Elle Thorson	SR	Bethel (Minn	9.23
5	Laura Thauvin	FR	Gustavus Ado	9.41
6	Ellie Hernes	JR	Bethel (Minn	9.48
7	Emily Podulke	FR	Gustavus Ado	9.59
8	Anyadelgren	SO	St. Benedict	9.89

Event 20 Men 60 Meter Hurdles

Championship: C 8.01 2/28/2020 Taylor Rooney, Gustavus Adolphu
 Facility: F 7.89 3/6/2021 Taylor Rooney, Gustavus Adolphu
 Name Year School Prelims H#

Preliminaries

1	Jayson Ekiyor	SR	Bethel (Minn	C 7.94Q	3
2	Josh Thomsen	SR	Bethel (Minn	8.20Q	1
3	David Myres	SR	Bethel (Minn	8.24Q	2
4	Pryce Ferrin	JR	Bethel (Minn	8.38Q	1
5	Morris Suah	SO	Hamline	8.51Q	3
6	Jackson Lightner	SO	Hamline	8.52Q	2
7	Josh Lee	SR	Bethel (Minn	8.59q	2
8	Blake Viesselman	SO	Bethel (Minn	8.60q	1
9	Logan Clark	JR	Concordia-Mo	8.75	3 8.741
10	Cristian Escobar Pearson	FR	St. Olaf	8.75	3 8.743
11	Max Lelwica	SR	St. John's (	8.77	2
12	Joren Rudzitis	FR	Bethel (Minn	8.96	3 8.951
13	Joey Molstre	SO	Concordia-Mo	8.96	1 8.952
14	Sebastian Stefanowicz	JR	Macalester	8.96	2 8.956
15	Will Sportel	FR	Bethel (Minn	9.00	1
16	Jacob Sterk	FR	St. John's (	9.08	1
17	Landon Gilbertson	FR	Gustavus Ado	9.39	2
18	Will Lapinski	SO	St. Olaf	9.41	1
19	Hamza Mahamud	JR	Macalester	9.44	3
20	Jackson Bassett	SR	St. Olaf	9.48	3
21	Danny Powell	SO	Macalester	9.53	2

Event 20 Men 60 Meter Hurdles

Championship: C 8.01 2/28/2020 Taylor Rooney, Gustavus Adolphu
 Facility: F 7.89 3/6/2021 Taylor Rooney, Gustavus Adolphu
 Name Year School Finals

Finals

1	Jayson Ekiyor	SR Bethel (Minn	7.97C
2	Josh Thomsen	SR Bethel (Minn	8.14
3	David Myres	SR Bethel (Minn	8.19
4	Pryce Ferrin	JR Bethel (Minn	8.31
5	Jackson Lightner	SO Hamline	8.42
6	Morris Suah	SO Hamline	8.43
7	Blake Viesselman	SO Bethel (Minn	8.54
8	Josh Lee	SR Bethel (Minn	8.76

Event 21 Women 4x200 Meter Relay

Championship: C 1:42.50 2011 Augsburg, Augsburg
S Telphia, A Carney, D Flowers, K Vrieze
Facility: F 1:33.10 2000 St. Cloud State, St. Cloud State
School Finals H#

1	Concordia-Moorhead 'A'	1:43.56	3
1)	Emily Rengo JR	2)	Andie Sandman SO
3)	Piper Osborne SO	4)	Kyla Nygaard JR
2	Gustavus Adolphus 'A'	1:44.11	3
1)	Kate Carlson SR	2)	Allison Stacy FR
3)	Sarrah Lindner JR	4)	Megan Geraets SR
3	Bethel (Minn.) 'A'	1:46.60	2
1)	Abbie Swenson SR	2)	Hannah Kvant SO
3)	Raina Kaping SO	4)	Hailey Gregg SR
4	St. Scholastica 'A'	1:47.17	2
1)	Jaden Ellefson JR	2)	Ava Fink JR
3)	Kayla Nelson JR	4)	Shayna Wick FR
5	Saint Mary's (Minn.) 'A'	1:47.39	1
1)	Xara Gin FR	2)	Zari Young FR
3)	Melissa Torres FR	4)	Samantha Munson JR
6	Macalester 'A'	1:47.55	1
1)	Claire Beckley FR	2)	Hadley Wilkins JR
3)	Seneca Wilson SO	4)	Ariella Rogahn-Press FR
7	St. Olaf 'A'	1:47.68	2
1)	Sophie Herweijer FR	2)	Izzi Jaeckle FR
3)	Zoe Matre SR	4)	Emma Storbakken SR
8	Carleton 'A'	1:47.83	1
1)	Charlotte Kusch FR	2)	Hadley Twichell SO
3)	Bianca Lott JR	4)	Alice Islam FR
9	St. Benedict 'A'	1:49.08	3
1)	Grace Buntrock SO	2)	Anna Gries FR
3)	Anya Adelgren SO	4)	Allee Feldman FR
--	Hamline 'A'	DQ	2 15-9c
1)	Kebeh Temeh SO	2)	Claire Siems FR
3)	Grace Hoffmann FR	4)	Alexi Schneider FR

Event 22 Men 4x200 Meter Relay

Championship: C 1:27.87 2000 St. Thomas, St. Thomas
N Stahly, J Hall, J Heckman, R Cress
Facility: F 1:27.87 2000 St. Thomas, St. Thomas
Stahly, Hall, Heckman, Cress
School Finals H#

1	Bethel (Minn.) 'A'	1:28.40	3
1)	Cameron McConnell SR	2)	Grant Nelson JR
3)	David Myres SR	4)	Jacob Parent SR
2	Concordia-Moorhead 'A'	1:28.98	3
1)	Nolan Morical JR	2)	Jordan Petron SR
3)	Tommy Schreiner FR	4)	Trevor Tionson JR
3	Hamline 'A'	1:30.66	2
1)	Reece Thomas SR	2)	Michael Williams FR
3)	Dawson Schaffer JR	4)	Ricky Kwabena Yawson FR

4	St. John's (Minn.) 'A'	1:30.89	3	
	1) Matt Hansen SO	2) Wyatt Witschen SO		
	3) Andy White FR	4) Logan Eisele FR		
5	Saint Mary's (Minn.) 'A'	1:30.93	1	
	1) Brady Johnson SR	2) Jinwoo Jung SO		
	3) Ryan Cramer FR	4) Oliver Adamson SR		
6	St. Olaf 'A'	1:32.76	2	
	1) Cristian Escobar Pearson FR	2) Tyler Gunderson SR		
	3) Luke Jones FR	4) Gavin Vogel FR		
7	Macalester 'A'	1:34.35	2	
	1) Jacob Kogut SR	2) Henry Schonebaum JR		
	3) Kalid Ali SR	4) Danny Powell SO		
8	Augsburg 'A'	1:38.40	3	
	1) Success Famuyide JR	2) Cornelius Irby FR		
	3) Evan Bitengo FR	4) Carlton Oniya FR		
--	St. Scholastica 'A'	DQ	2	15-9c
	1) Sean Alfaro Diedrich SR	2) Carter O'Bey SO		
	3) Derek Douglas SR	4) Noah Kubicek JR		
--	Gustavus Adolphus 'A'	DQ	1	15-5-2b
	1) Niko Vargas FR	2) Noah Stageberg SR		
	3) Simon Lippert FR	4) Conner Martens FR		

Event 23 Women 4x400 Meter Relay

Championship: C	3:55.37	2/29/2020	Bethel (Minn.), Bethel (Minn.)
			H Sankey, C McKinstrey, M Turek, D Labatt
Facility: F	3:55.37	2/29/2020	Bethel (Minn.), Bethel (Minn.)
			H Sankey, C McKinstrey, M Turek, D Labatt
School			Finals H#
1	Bethel (Minn.) 'A'	3:56.83	2
	1) Sarah Stellmach JR	2) Abbie Swenson SR	
	3) Hailey Gregg SR	4) Shalom Sulungaine SO	
2	Concordia-Moorhead 'A'	3:59.50	2
	1) Emily Rengo JR	2) Emma Warner FR	
	3) Meg Shercliffe SR	4) Kyla Nygaard JR	
3	St. Olaf 'A'	4:02.21	2
	1) Izzi Jaeckle FR	2) Rachael Wilson SO	
	3) Emma Storbakken SR	4) Isabel Wyatt JR	
4	St. Benedict 'A'	4:07.38	2
	1) Emerson Knapp SR	2) Ava Revoir FR	
	3) Kalli Smith SR	4) Lauren Berg JR	
5	Macalester 'A'	4:08.46	1
	1) Claire Beckley FR	2) Hadley Wilkins JR	
	3) Kate Fox FR	4) Ariella Rogahn-Press FR	
6	Carleton 'A'	4:11.68	1
	1) Lara Erickson SR	2) Hadley Twichell SO	
	3) Celia Silverstein JR	4) Charlotte Kusch FR	
7	St. Scholastica 'A'	4:12.70	1
	1) Jaden Ellefson JR	2) Ava Fink JR	
	3) Regan DeWitt SO	4) Kayla Nelson JR	
8	Gustavus Adolphus 'A'	4:13.63	1
	1) Allison Stacy FR	2) Aubrey Mair SR	
	3) Isabel Fynboh JR	4) McKenzie Luetmer SO	
9	Hamline 'A'	4:17.87	1
	1) Anabel Bradley SO	2) Andreiana Aurelius SR	
	3) Wren Anderson SO	4) Adrienne Karpen JR	

Event 24 Men 4x400 Meter Relay

Championship: C	3:18.99	2010	Bethel, Bethel
			T Ferda, R LeMay, Z Schlegel, E Rhode
Facility: F	3:20.79	2001	St. Thomas, St. Thomas
			Hilliard, Heckman, Hart Hall
School			Finals H#

=====			
1	Bethel (Minn.) 'A'	3:21.75	3
	1) Caleb Ketterling SO		
	3) Josh Thomsen SR		
2	Concordia-Moorhead 'A'	3:25.19	3
	1) Brayden Carlson FR		
	3) Nick Hasbargen FR		
3	St. Olaf 'A'	3:26.03	3
	1) Lance Nemecek JR		
	3) Austin McInturff FR		
4	Carleton 'A'	3:26.55	2
	1) Asher Nathan SO		
	3) Josh Meier SR		
5	St. John's (Minn.) 'A'	3:26.70	2
	1) Matt Hansen SO		
	3) Nick St. Peter JR		
6	Gustavus Adolphus 'A'	3:27.16	2
	1) Markus Rupnow SR		
	3) Sam Schulze SR		
7	St. Scholastica 'A'	3:27.79	3
	1) Sean Alfaro Diedrich SR		
	3) Derek Douglas SR		
8	Macalester 'A'	3:28.85	2
	1) Henry Schonebaum JR		
	3) Daniel Wiltse SO		
9	Saint Mary's (Minn.) 'A'	3:32.57	1
	1) Brady Johnson SR		
	3) Cade Kloss SR		
10	Hamline 'A'	3:33.51	1
	1) Morris Suah SO		
	3) Brandon Li FR		
	2) Sam Raitz SO		
	4) Victor Lelinga SO		
	2) Ryan Richardson FR		
	4) Trevor Tiongson JR		
	2) Jackson Bullock FR		
	4) Cullen Moore JR		
	2) James Alexander FR		
	4) Daniel Scheider JR		
	2) Owen Montreuil JR		
	4) Wyatt Witschen SO		
	2) Cohen Stursa SO		
	4) Tyler Smith SR		
	2) Carter O'Bey SO		
	4) Noah Kubicek JR		
	2) John Ihrke FR		
	4) Kalid Ali SR		
	2) Eddie Paton SO		
	4) Zander Olmschenk FR		
	2) Mickey Otis SO		
	4) Michael Williams FR		

Event 25 Women Distance Medley

=====			
Championship:	C 12:23.37	2012	St. Olaf, St. Olaf
			M Novacinski, E Stets, J Mosel, M Westby
Facility:	F 12:27.15	2008	Bethel, Bethel
			M Borner, A Keefe, K Jelen, H Jelen
School			Finals

=====			
1	St. Olaf 'A'	12:30.19	
	1) Megan Timmerman JR		
	3) Molly DiNardo SO		
2	Carleton 'A'	12:31.06	
	1) Libby Rowland SR		
	3) Celia Silverstein JR		
3	Macalester 'A'	12:46.83	
	1) Ivy Coldren SO		
	3) Hadley Wilkins JR		
4	St. Benedict 'A'	12:49.46	
	1) Lucy Lyngen SR		
	3) Anabella Witschen SO		
5	Concordia-Moorhead 'A'	12:58.78	
	1) Airial Johnson SR		
	3) Drew Frolek SR		
6	Bethel (Minn.) 'A'	13:00.83	
	1) Ruby Gernandt SR		
	3) Kiara Gentz SO		
7	Gustavus Adolphus 'A'	13:06.66	
	1) Kailyn Walukas SR		
	3) Aubrey Mair SR		
8	St. Scholastica 'A'	13:20.09	
	1) Mollykate Hagen SO		
	3) Adelyn McCorison FR		
9	Hamline 'A'	13:39.77	
	2) Emma Storbakken SR		
	4) Sophie Abernethy SR		
	2) Hadley Twichell SO		
	4) Kayla Marx FR		
	2) Claire Beckley FR		
	4) Sophia Fan FR		
	2) Emerson Knapp SR		
	4) Kalli Smith SR		
	2) Meg Shercliffe SR		
	4) Kelyn Henry-Perlich FR		
	2) Arissa Rydberg FR		
	4) Anna Cargill SR		
	2) McKenzie Luetmer SO		
	4) Mackenzie Murphy SO		
	2) Jaden Ellefson JR		
	4) Grace McCormick SO		

1) Alicia Maddux JR	2) Andreiana Aurelius SR
3) Anabel Bradley SO	4) Brooke Baumann JR
10 Saint Mary's (Minn.) 'A'	14:10.98
1) Abbie Meyer JR	2) Katherine Goergen FR
3) Megan Frosch JR	4) Kendra Klobe SR
11 St. Catherine (Minn.) 'A'	14:19.16
1) Catherine Sit FR	2) Kaitlyn Peterson SO
3) Lauren Kennedy FR	4) Lily Harvey SR

Event 26 Men Distance Medley

Championship: C 10:14.89	2024	St. Olaf, St. Olaf
Facility: F 10:20.56	2008	St. Olaf, St. Olaf
		T Drahn, T Marti, D Varley, D Ruon
School		Finals
1 St. John's (Minn.) 'A'		10:17.48F
1) Tommy Allen JR	2) Ryan Conzemius SR	
3) Lars Molenkamp SO	4) Cole Stencel FR	
2 Macalester 'A'		10:18.41F
1) Ben Crotteau SR	2) Henry Schonebaum JR	
3) Kalid Ali SR	4) Tor Olsson SR	
3 Bethel (Minn.) 'A'		10:21.71
1) Hootie Hage FR	2) Caleb Ketterling SO	
3) Gabe Kuecker SR	4) Grant Graber SR	
4 St. Olaf 'A'		10:22.95
1) Sean Hartney SR	2) Gavin Vogel FR	
3) Christian Fells SO	4) Olaf Coffey SR	
5 Gustavus Adolphus 'A'		10:29.80
1) Nicholas Brauer SO	2) Tyler Heil SO	
3) Markus Rupnow SR	4) Carson Roehl SR	
6 Concordia-Moorhead 'A'		10:45.34
1) Tyler Goss SO	2) Ryan Richardson FR	
3) Jonas Hagemeister FR	4) Brady Goss SO	
7 Carleton 'A'		10:48.71
1) Emerson Lange JR	2) James Alexander FR	
3) Samuel Reiter SO	4) Torte Torstenson SO	
8 St. Scholastica 'A'		10:50.65
1) Ashton Niemi SO	2) Carter O'Bey SO	
3) Derek Douglas SR	4) Nathan Neu SR	
9 Saint Mary's (Minn.) 'A'		10:51.36
1) Grant Schneider JR	2) Cade Kloss SR	
3) Zander Olmschenk FR	4) Sean Smyth SO	
10 Augsburg 'A'		11:38.10
1) Kevin Romero Rivera FR	2) Evan Bitengo FR	
3) Paul Yang FR	4) Henry Nelson JR	
11 Hamline 'A'		12:06.64
1) Wade Tuggle FR	2) David Goyke FR	
3) Brandon Li FR	4) Jasper Roetterd Gresback SO	

Event 27 Women High Jump

Championship: C 1.72m	2017	Emma Peterson, Concordia
Facility: F 1.68m	2014	Amelia Campbell, Carleton
Facility: F 1.68m	2014	Danie Larson, St. Olaf
Name	Year School	Finals
1 Kayla Kajer	FR Gustavus Ado	1.63m 5-04.25
2 Mara Larson	SO St. Olaf	1.60m 5-03.00
3 Elle Thorson	SR Bethel (Minn)	1.60m 5-03.00
4 Frankie Witham	SO Hamline	1.54m 5-00.50
5 Jenna Kalevik	SR Concordia-Mo	1.51m 4-11.50
6 Erin Beer	SR Gustavus Ado	1.51m 4-11.50
7 Sam Brown	SO St. Benedict	1.51m 4-11.50
8 Hailey Scholten	JR Bethel (Minn)	1.46m 4-09.50

8	Ashlyn Jore	JR	St. Olaf	1.46m	4-09.50
8	Alice Islam	FR	Carleton	1.46m	4-09.50
8	Kiera Stommes	FR	St. Benedict	1.46m	4-09.50
12	Juliet Reichardt	FR	Macalester	1.46m	4-09.50
13	Emily Podulke	FR	Gustavus Ado	1.46m	4-09.50
14	Drea Terwedo	SO	St. Benedict	1.46m	4-09.50
15	Ally Tyvoll	SO	Bethel (Minn	1.41m	4-07.50
15	Anna Kemp	SO	St. Benedict	1.41m	4-07.50
17	Hannah Moe	JR	Bethel (Minn	1.41m	4-07.50
--	Claire Keech	JR	St. Olaf	NH	

Event 28 Men High Jump

Championship: C 2.17m		1995	Kenneth Hoffmann, St. Olaf		
Facility: F 2.09m		2004	Nick Welshons, St. John's		
Name		Year	School	Finals	
=====					
1	Jackson McDowell	SO	St. John's (	2.11mF	6-11.00
2	Peyton Johnsrud	SR	Concordia-Mo	1.97m	6-05.50
3	Brendan Carlson	SR	Gustavus Ado	1.91m	6-03.25
4	Cole Matetich	SR	Gustavus Ado	1.91m	6-03.25
5	Peyton Kessel	SR	Concordia-Mo	1.86m	6-01.25
5	Alec Ungar	SR	St. John's (	1.86m	6-01.25
7	Morris Suah	SO	Hamline	1.86m	6-01.25
8	Anthony Marsh	SR	Concordia-Mo	1.86m	6-01.25
9	Danny Bies	SR	Gustavus Ado	1.81m	5-11.25
10	Landon Gilbertson	FR	Gustavus Ado	1.76m	5-09.25
10	Connor O'Brien	SO	St. John's (	1.76m	5-09.25
10	Kyler Flunker	FR	Gustavus Ado	1.76m	5-09.25
13	Lucas Heldman	FR	Carleton	1.76m	5-09.25
14	Eli Hegland	FR	Concordia-Mo	1.76m	5-09.25
14	Luc Swanson	SO	Bethel (Minn	1.76m	5-09.25
16	Iain Lee	JR	Hamline	1.71m	5-07.25
16	Colten Eggleston	FR	Hamline	1.71m	5-07.25
18	Abdoul Gueye	FR	Hamline	1.71m	5-07.25
--	Andrew Cogley	SR	St. Olaf	NH	

Event 29 Women Pole Vault

Championship: C 3.83m		2017	London Stelton, Saint Benedict		
Facility: F 3.68m		2004	Karolien Bustiaens, St. Thomas		
Name		Year	School	Finals	
=====					
1	Jaylyn Ahlberg	JR	St. Benedict	3.56m	11-08.00
2	Emily Pearson	SO	Bethel (Minn	3.46m	11-04.25
3	Raina Kaping	SO	Bethel (Minn	3.46m	11-04.25
4	Alli Graff	SR	Gustavus Ado	3.36m	11-00.25
5	LiLi Raidt	SO	St. Benedict	3.26m	10-08.25
6	Xara Gin	FR	Saint Mary's	3.16m	10-04.25
6	Camille Finney	SO	Gustavus Ado	3.16m	10-04.25
8	Erika Nesseth	FR	St. Olaf	3.16m	10-04.25
9	McKenna Flinn	FR	St. Benedict	3.16m	10-04.25
10	Brynley Coleman	FR	Concordia-Mo	3.16m	10-04.25
11	Seneca Wilson	SO	Macalester	3.06m	10-00.50
12	Savannah Brown	SO	Hamline	2.91m	9-06.50
13	Jenna Bunker	SR	Gustavus Ado	2.91m	9-06.50
13	Molly Nelson	JR	Bethel (Minn	2.91m	9-06.50
15	Bria Luepke	JR	Hamline	2.76m	9-00.50
16	Lillian Selberg	SR	Gustavus Ado	2.76m	9-00.50
--	Tahlia Craft	SO	Bethel (Minn	NH	
--	Anna Gardeen	SO	Bethel (Minn	NH	

Event 30 Men Pole Vault

=====

Championship: C 5.00m 2/28/2020 Drew Dockendorf, St. John's (Minn

Facility: F 5.00m 2019 Tristan Zawadski, Sioux Falls
 Facility: F 5.00m 2/28/2020 Drew Dockendorf, St. John's (Minn)

Name	Year	School	Finals	
1 Austin Schloeder	SO	Hamline	4.66m	15-03.50
2 Soren Kaster	SO	Carleton	4.56m	14-11.50
3 James Gates	FR	Carleton	4.36m	14-03.50
4 Tyler Evans	FR	Concordia-Mo	4.26m	13-11.75
5 Joe Ream	JR	Gustavus Ado	4.16m	13-07.75
5 Andew Withuski	SO	St. John's (	4.16m	13-07.75
7 Kole Guth	JR	St. John's (	4.16m	13-07.75
8 Logan Marzinske	SR	Gustavus Ado	4.16m	13-07.75
9 Noah Besemann	SO	St. John's (	4.16m	13-07.75
10 Josh Johnston	SO	St. John's (	4.01m	13-01.75
11 Oliver Engstrom	JR	Hamline	3.86m	12-08.00
12 Andrew Adams	SR	St. John's (	3.86m	12-08.00
13 Reese Anderson	SO	Carleton	3.71m	12-02.00
13 Gavin Hoelzel	SO	St. Olaf	3.71m	12-02.00
13 Luke Daenzer	JR	Bethel (Minn	3.71m	12-02.00
13 Aidan Gatz	SR	Saint Mary's	3.71m	12-02.00
13 Alex Palmer	FR	Gustavus Ado	3.71m	12-02.00
18 Spencer Collins	SO	St. Olaf	3.71m	12-02.00

Event 31 Women Long Jump

Championship: C 5.79m 2005		Kristal Grigsby, St. Thomas			
Facility: F 5.73m 2/28/2020		Steph Kretlow, St. Thomas (Minn			
Name	Year	School	Finals		H#
=====					
1 Megan Geraets	SR	Gustavus Ado	5.64m	18-06.00	1
2 Jenna Kalevik	SR	Concordia-Mo	5.31m	17-05.25	2
3 Ellie Hernes	JR	Bethel (Minn	5.27m	17-03.50	2
4 Ashlyn Jore	JR	St. Olaf	5.18m	17-00.00	2
5 Jordan Stanisloski	SO	Bethel (Minn	5.16m	16-11.25	2
6 Elle Thorson	SR	Bethel (Minn	5.16m	16-11.25	2
7 Addyson Barrett	FR	Hamline	5.13m	16-10.00	2
8 Sabriya Farquharson	SO	St. Benedict	5.13m	16-10.00	2
9 Sami Solheid	SO	St. Benedict	5.08m	16-08.00	1
10 Sarrah Lindner	JR	Gustavus Ado	5.05m	16-07.00	2
11 Justus Floren	SR	St. Benedict	5.01m	16-05.25	2
12 Shayna Wick	FR	St. Scholast	5.00m	16-05.00	2
13 Laura Thauvin	FR	Gustavus Ado	4.92m	16-01.75	1
14 Anna Gries	FR	St. Benedict	4.89m	16-00.50	1
15 Katie Petersen	SR	Gustavus Ado	4.82m	15-09.75	1
16 Tessa Myatt	SO	Macalester	4.81m	15-09.50	1
17 Claire Beckley	FR	Macalester	4.67m	15-04.00	1
18 Elli Schritz	SO	St. Scholast	4.60m	15-01.25	1
19 Marissa Albers	SO	Hamline	4.49m	14-08.75	1
-- Maggie McCabe	FR	St. Benedict	FOUL		1

Event 32 Men Long Jump

Championship: C 7.56m		2/28/2020	Kyle Lichttenegger, Saint Mary's (Mi		
Facility: F 7.56m		2/28/2020	Kyle Lichttenegger, Saint Mary's (Mi		
Name		Year	School	Finals	H#
=====					
1	Max Albertson	SO	St. Olaf	7.21m	23-08.00 2
2	Zach Schaffer	JR	St. John's (	6.96m	22-10.00 2
3	Tommy Schreiner	FR	Concordia-Mo	6.96m	22-10.00 2
4	Max Reis	FR	St. John's (	6.83m	22-05.00 2
5	Nick Bovitz	SO	Bethel (Minn	6.73m	22-01.00 1
6	Isaiah Watson	FR	Hamline	6.71m	22-00.25 2
7	Matt Hansen	SO	St. John's (	6.64m	21-09.50 2
8	Ben Peterson	SR	Concordia-Mo	6.49m	21-03.50 1
9	Eh Ler Moo	SR	St. Olaf	6.47m	21-02.75 2

10	Isaiah Subah	SR	Gustavus Ado	6.41m	21-00.50	2
11	Nick Hasbargen	FR	Concordia-Mo	6.35m	20-10.00	1
12	Brandon Travis	FR	Augsburg	6.30m	20-08.00	1
13	Antonio Cisewski	SR	Saint Mary's	6.30m	20-08.00	1
14	Josh Charlton	SR	St. Olaf	6.29m	20-07.75	1
15	Josiah Budiman	JR	Hamline	6.22m	20-05.00	1
16	Liam Frommelt	FR	Gustavus Ado	6.22m	20-05.00	1
17	Riley Hodin	SR	Macalester	6.18m	20-03.50	2
18	Logan Sandmeyer	FR	Gustavus Ado	5.96m	19-06.75	1
19	Duke Henry	FR	Hamline	5.93m	19-05.50	1
--	Jarod Timlin	FR	Hamline	FOUL		2

Event 33 Women Triple Jump

Championship: C 11.83m		2017	Emma Peterson, Concordia			
Facility: F 11.75m		2014	Hilary Thompson, Concordia Moorhead			
Name		Year	School	Finals		H#
=====						
1	Sabriya Farquharson	SO	St. Benedict	11.40m	37-05.00	2
2	Ellie Hernes	JR	Bethel (Minn	11.23m	36-10.25	2
3	Sarraah Lindner	JR	Gustavus Ado	10.76m	35-03.75	2
4	Piper Osborne	SO	Concordia-Mo	10.74m	35-03.00	1
5	Anna Gries	FR	St. Benedict	10.49m	34-05.00	2
6	Jordan Stanisloski	SO	Bethel (Minn	10.35m	33-11.50	2
7	Maggie McCabe	FR	St. Benedict	10.28m	33-08.75	2
8	Sami Solheid	SO	St. Benedict	10.23m	33-06.75	2
9	Elli Schritz	SO	St. Scholast	10.01m	32-10.25	1
10	Jillian Bilben	FR	St. Scholast	9.94m	32-07.50	1
11	Sydnie Wgeishofski	JR	St. Scholast	9.82m	32-02.75	1
12	Ameryn Dostal	FR	Saint Mary's	9.72m	31-10.75	2
13	Addyson Barrett	FR	Hamline	9.69m	31-09.50	1
14	Blanche Dennis	FR	Concordia-Mo	9.60m	31-06.00	1
15	Parker Collins	FR	Carleton	9.49m	31-01.75	1
16	Jane Sikes	SR	St. Olaf	9.21m	30-02.75	1
17	Claire Mivoshi	FR	Carleton	9.10m	29-10.25	1

Event 34 Men Triple Jump

Championship: C 15.26m		1993	Leonard Jones, St. Thomas			
Facility: F 14.75m		2007	Brian Schletty, SJU Alumni			
Name		Year	School	Finals		H#
=====						
1	Isaiah Watson	FR	Hamline	14.27m	46-10.00	2
2	Liam Frommelt	FR	Gustavus Ado	14.03m	46-00.50	2
3	Nick Bovitz	SO	Bethel (Minn	13.59m	44-07.00	2
4	Ataa Mensah	FR	Macalester	13.55m	44-05.50	2
5	Brandon Travis	FR	Augsburg	13.42m	44-00.50	2
6	Max Albertson	SO	St. Olaf	13.41m	44-00.00	2
7	Gabe Thompson	SR	Concordia-Mo	13.31m	43-08.00	2
8	Riley Hodin	SR	Macalester	13.21m	43-04.25	2
9	Bangaly Kaba	SO	St. John's (	13.13m	43-01.00	1
10	Matthew Erickson	SO	St. Scholast	13.09m	42-11.50	1
11	Zach Schaffer	JR	St. John's (	12.88m	42-03.25	2
12	Abdoul Gueye	FR	Hamline	12.51m	41-00.50	2
13	Ethan Cline-Cole	SR	Carleton	12.35m	40-06.25	1
14	Eli Hegland	FR	Concordia-Mo	12.21m	40-00.75	1
15	Rik Cumps	FR	St. Olaf	12.18m	39-11.50	1
16	Iain Lee	JR	Hamline	12.09m	39-08.00	1
17	Nathan Longfors	FR	Saint Mary's	12.00m	39-04.50	1
18	Spencer Pearson	JR	Gustavus Ado	11.95m	39-02.50	1
19	Ben Wynia	SO	Gustavus Ado	11.65m	38-02.75	1
20	Stephen Antwi	SO	Bethel (Minn	11.09m	36-04.75	1

Event 35 Women Shot Put

=====

Championship: C 14.58m 2014 Cherae Reeves, Concordia
 Facility: F 14.58m 2014 Cherae Reeves, Concordia Moorhead

Name	Year	School	Finals	H#
1 Tessa Myatt	SO	Macalester	13.17m 43-02.50	2
2 Nora Wilhelm	JR	Bethel (Minn	12.72m 41-08.75	2
3 Sydney Jackman	SR	Saint Mary's	12.46m 40-10.50	2
4 Desirae Dates	JR	Hamline	12.38m 40-07.50	2
5 Lexi Brainer	SR	Hamline	12.23m 40-01.50	2
6 Allison Banse	FR	St. Benedict	11.77m 38-07.50	2
7 Miranda Travis	SO	Concordia-Mo	11.76m 38-07.00	2
8 Ella Engen	JR	St. Scholast	11.71m 38-05.00	1
9 Morgan Wallendal	SR	Saint Mary's	11.51m 37-09.25	2
10 Chloe Mueffelmann	FR	Concordia-Mo	11.50m 37-08.75	2
11 Keira McCord	FR	Gustavus Ado	11.35m 37-03.00	1
12 Emma Johnson	SR	St. Olaf	11.27m 36-11.75	1
13 Rebecca Hoffman	SO	Gustavus Ado	10.75m 35-03.25	1
14 Rachel Wehrman	FR	Bethel (Minn	10.46m 34-04.00	1
15 Malonna Wilson	FR	Bethel (Minn	10.23m 33-06.75	1
16 Lena Sampy	FR	Hamline	9.98m 32-09.00	2
17 Justus Floren	SR	St. Benedict	9.85m 32-03.75	2
18 Ava Russell	FR	Macalester	9.54m 31-03.75	1
19 Cecelia Dooley	FR	Hamline	8.74m 28-08.25	1
-- Elise Harriman	SO	St. Olaf	FOUL	1

Event 36 Men Shot Put

Championship: C 17.60m 1996 Aaron Banks, Concordia
 Facility: F 17.32m 2/29/2020 Joe Martin, Hamline

Name	Year	School	Finals	H#
1 Trent Beseth	JR	St. Scholast	17.48mF 57-04.25	2
2 Cooper Folkestad	JR	Concordia-Mo	16.96m 55-07.75	2
3 Blake Houska	SO	Concordia-Mo	15.07m 49-05.50	2
4 Kale Kardonsky	FR	St. Olaf	15.05m 49-04.50	2
5 Evan Larsen	SR	Bethel (Minn	14.98m 49-01.75	2
6 Joshua Monreal	SO	St. Scholast	14.83m 48-08.00	2
7 Timmy Ball	FR	Bethel (Minn	14.61m 47-11.25	2
8 Dominik Hillstrom	SR	Concordia-Mo	14.46m 47-05.25	1
9 Rylan Turqueza	SO	St. John's (	14.38m 47-02.25	2
10 Adam Hokanson	JR	Bethel (Minn	13.98m 45-10.50	2
11 Grady Minnerath	FR	St. John's (	13.53m 44-04.75	2
12 Brayden Sjoblom	FR	Concordia-Mo	13.53m 44-04.75	1
13 Jonathan Ritz	FR	Bethel (Minn	13.15m 43-01.75	1
14 Harry Massey	SO	Hamline	13.05m 42-09.75	1
15 Mason Sundquist	FR	St. Scholast	12.86m 42-02.25	1
16 Alex Wimmer	FR	St. John's (	12.74m 41-09.75	1
17 Esosa Edo-Ohanba	SO	St. Olaf	12.57m 41-03.00	1
18 Artur Porto	FR	Macalester	12.36m 40-06.75	1
19 Eddie Herman	FR	Hamline	11.76m 38-07.00	1
20 Jalen Graham	FR	St. John's (	10.30m 33-09.50	1

Event 37 Women Weight Throw

Championship: C 17.66m 2000 Hamline, April Felt
 Facility: F 19.59m 2/7/2021 Rebecca Manteuffel, SW Minnesota St.

Name	Year	School	Finals	H#
1 Lexi Brainer	SR	Hamline	17.11m 56-01.75	2
2 Anna Speratos	JR	Bethel (Minn	16.81m 55-02.00	2
3 Ella Stritesky	JR	St. Scholast	15.00m 49-02.50	2
4 Morgan Wallendal	SR	Saint Mary's	14.88m 48-10.00	2
5 Brooke Kangas	SR	Concordia-Mo	14.87m 48-09.50	1
6 Anna Becker	SR	Saint Mary's	14.74m 48-04.50	2
7 Brooke Tracy	JR	Hamline	14.37m 47-01.75	2

8	Ella Engen	JR St. Scholast	14.20m	46-07.25	2
9	Jade Hunt	SR Hamline	14.10m	46-03.25	2
10	Nora Wilhelm	JR Bethel (Minn	13.55m	44-05.50	2
11	Jessica Lin	SO Macalester	13.33m	43-09.00	1
12	Emma Johnson	SR St. Olaf	13.25m	43-05.75	1
13	Ella Boelter	JR Bethel (Minn	13.14m	43-01.50	1
14	Ella Heins	SO St. Scholast	12.83m	42-01.25	1
15	Rebecca Hoffman	SO Gustavus Ado	12.46m	40-10.50	1
16	Christian Smith	SO St. Benedict	12.40m	40-08.25	2
17	Rachel Wehrman	FR Bethel (Minn	12.37m	40-07.00	1
18	Ava Russell	FR Macalester	12.29m	40-04.00	1
19	Magenta Owens	FR Hamline	11.88m	38-11.75	1
20	Malonna Wilson	FR Bethel (Minn	11.67m	38-03.50	1

Event 38 Men Weight Throw

Championship: C 19.68m 2011		Andrwe Brueggen, Saint Mary's			
Facility: F 18.42m 2019		Michael Hensch, Gustavus Adolphus			
Name	Year	School	Finals	H#	
=====					
1 Trent Beseth	JR	St. Scholast	17.81m	58-05.25	2
2 Adam Hokanson	JR	Bethel (Minn	17.47m	57-03.75	2
3 Joshua Monreal	SO	St. Scholast	17.00m	55-09.25	2
4 Evan Larsen	SR	Bethel (Minn	16.23m	53-03.00	2
5 Austin Mills	JR	Macalester	15.90m	52-02.00	2
6 Casen Fritz	SR	Saint Mary's	15.85m	52-00.00	2
7 Max Menache	SR	Macalester	15.84m	51-11.75	2
8 Philip Conant	SO	Bethel (Minn	15.48m	50-09.50	2
9 Kale Kardonsky	FR	St. Olaf	15.13m	49-07.75	1
10 Joseph Mensen	SR	St. John's (	15.06m	49-05.00	2
11 Mason Sundquist	FR	St. Scholast	14.24m	46-08.75	2
12 Grady Minnerath	FR	St. John's (	14.15m	46-05.25	1
13 Timmy Ball	FR	Bethel (Minn	13.54m	44-05.25	1
14 Aiden Yang	SR	Macalester	13.44m	44-01.25	1
15 Rylan Turqueza	SO	St. John's (	12.87m	42-02.75	1
16 Esosa Edo-Ohanba	SO	St. Olaf	12.80m	42-00.00	1
17 Harry Massey	SO	Hamline	12.76m	41-10.50	1
18 Blake Houska	SO	Concordia-Mo	12.30m	40-04.25	1
19 Galen McGlynn	JR	St. Olaf	12.15m	39-10.50	1
-- Jonathan Ritz	FR	Bethel (Minn	FOUL		1

Event 39 Women Indoor Pentathlon

Championship: C 3914 2014			Amelia Campbell, Carleton		
Facility: F 3914 2014			Ameila Campbell, Carleton		
Name		Year	School	Finals	H#
=====					
1	Elle Thorson	SR	Bethel (Minn	3387	
2	Justus Floren	SR	St. Benedict	3281	
3	Jenna Kalevik	SR	Concordia-Mo	3224	
4	Ellie Hernes	JR	Bethel (Minn	3213	
5	Tessa Myatt	SO	Macalester	2881	
6	Ally Tyvoll	SO	Bethel (Minn	2664	
7	Hailey Scholten	JR	Bethel (Minn	2648	
8	Hannah Moe	JR	Bethel (Minn	2565	
9	Claire Keech	JR	St. Olaf	2552	
10	Maisy Komastu	FR	St. Benedict	2497	
11	Taylor Christenson	FR	Concordia-Mo	2380	
12	Emily Koch	SO	St. Benedict	2286	
13	Marissa Albers	SO	Hamline	2228	
14	Hope Iverson	SO	Bethel (Minn	2093	
15	Grace Banse	JR	Gustavus Ado	2014	
16	Aubree Klein	SO	St. Olaf	1718	

Event 39 Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Year School	Finals	H#	Points
1 Jenna Kalevik	SR Concordia-Mo	9.06	6	897
2 Elle Thorson	SR Bethel (Minn	9.31	6	846
3 Justus Floren	SR St. Benedict	9.43	5	822
4 Ellie Hernes	JR Bethel (Minn	9.47	6	814
5 Tessa Myatt	SO Macalester	10.00	5	712
6 Ally Tyvoll	SO Bethel (Minn	10.05	4	703
7 Hailey Scholten	JR Bethel (Minn	10.13	5	688
8 Claire Keech	JR St. Olaf	10.23	4	670
9 Maisy Komastu	FR St. Benedict	10.33	4	652
10 Hannah Moe	JR Bethel (Minn	10.39	3	641
11 Aubree Klein	SO St. Olaf	10.70	3	587
12 Emily Koch	SO St. Benedict	11.18	3	507
13 Taylor Christenson	FR Concordia-Mo	11.52	1	454
14 Marissa Albers	SO Hamline	11.56	2	448
15 Grace Banse	JR Gustavus Ado	11.86	1	404
16 Hope Iverson	SO Bethel (Minn	12.16	2	362

Event 39 Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Year School	Finals	Points
1 Elle Thorson	SR Bethel (Minn	1.61m 5-03.25	747
2 Jenna Kalevik	SR Concordia-Mo	1.55m 5-01.00	678
2 Ellie Hernes	JR Bethel (Minn	1.55m 5-01.00	678
4 Hailey Scholten	JR Bethel (Minn	1.49m 4-10.50	610
4 Hannah Moe	JR Bethel (Minn	1.49m 4-10.50	610
6 Ally Tyvoll	SO Bethel (Minn	1.46m 4-09.50	577
7 Justus Floren	SR St. Benedict	1.43m 4-08.25	544
8 Tessa Myatt	SO Macalester	1.34m 4-04.75	449
8 Taylor Christenson	FR Concordia-Mo	1.34m 4-04.75	449
10 Emily Koch	SO St. Benedict	1.31m 4-03.50	419
10 Claire Keech	JR St. Olaf	1.31m 4-03.50	419
10 Maisy Komastu	FR St. Benedict	1.31m 4-03.50	419
13 Hope Iverson	SO Bethel (Minn	1.28m 4-02.25	389
13 Grace Banse	JR Gustavus Ado	1.28m 4-02.25	389
13 Marissa Albers	SO Hamline	1.28m 4-02.25	389
16 Aubree Klein	SO St. Olaf	1.19m 3-10.75	302

Event 39 Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Year School	Finals	Points
1 Tessa Myatt	SO Macalester	12.46m 40-10.50	692
2 Elle Thorson	SR Bethel (Minn	11.17m 36-07.75	606
3 Justus Floren	SR St. Benedict	10.82m 35-06.00	583
4 Jenna Kalevik	SR Concordia-Mo	10.77m 35-04.00	580
5 Claire Keech	JR St. Olaf	9.99m 32-09.50	529
6 Grace Banse	JR Gustavus Ado	9.93m 32-07.00	525
7 Hope Iverson	SO Bethel (Minn	9.41m 30-10.50	491
8 Hannah Moe	JR Bethel (Minn	9.15m 30-00.25	474
9 Ellie Hernes	JR Bethel (Minn	9.07m 29-09.25	469
10 Hailey Scholten	JR Bethel (Minn	9.00m 29-06.50	464
11 Marissa Albers	SO Hamline	8.94m 29-04.00	460
12 Taylor Christenson	FR Concordia-Mo	8.89m 29-02.00	457
13 Maisy Komastu	FR St. Benedict	8.32m 27-03.75	420
14 Emily Koch	SO St. Benedict	7.48m 24-06.50	366
15 Ally Tyvoll	SO Bethel (Minn	7.14m 23-05.25	344
16 Aubree Klein	SO St. Olaf	7.14m 23-05.25	344

Event 39 Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Year School	Finals	Points
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1	Justus Floren	SR	St. Benedict	5.52m	18-01.50	706
2	Ellie Hernes	JR	Bethel (Minn	5.28m	17-04.00	637
3	Elle Thorson	SR	Bethel (Minn	5.07m	16-07.75	578
4	Jenna Kalevik	SR	Concordia-Mo	5.05m	16-07.00	573
5	Tessa Myatt	SO	Macalester	4.85m	15-11.00	519
6	Ally Tyvoll	SO	Bethel (Minn	4.83m	15-10.25	514
6	Maisy Komastu	FR	St. Benedict	4.83m	15-10.25	514
8	Hannah Moe	JR	Bethel (Minn	4.80m	15-09.00	506
8	Marissa Albers	SO	Hamline	4.80m	15-09.00	506
10	Claire Keech	JR	St. Olaf	4.71m	15-05.50	482
11	Taylor Christenson	FR	Concordia-Mo	4.57m	15-00.00	446
12	Hope Iverson	SO	Bethel (Minn	4.53m	14-10.50	436
13	Emily Koch	SO	St. Benedict	4.27m	14-00.25	371
14	Grace Banse	JR	Gustavus Ado	4.17m	13-08.25	347
14	Hailey Scholten	JR	Bethel (Minn	4.17m	13-08.25	347
--	Aubree Klein	SO	St. Olaf	FOUL		

Event 39 Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

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Name		Year	School	Finals	Points
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1	Justus Floren	SR	St. Benedict	2:35.50	626
2	Emily Koch	SO	St. Benedict	2:35.71	623
3	Ellie Hernes	JR	Bethel (Minn	2:36.37	615
4	Elle Thorson	SR	Bethel (Minn	2:36.79	610
5	Taylor Christenson	FR	Concordia-Mo	2:39.86	574
6	Hailey Scholten	JR	Bethel (Minn	2:43.00	539
7	Ally Tyvoll	SO	Bethel (Minn	2:44.19	526
8	Tessa Myatt	SO	Macalester	2:45.70	509
9	Jenna Kalevik	SR	Concordia-Mo	2:46.97	496
10	Maisy Komastu	FR	St. Benedict	2:47.27	492
11	Aubree Klein	SO	St. Olaf	2:47.92	485
12	Claire Keech	JR	St. Olaf	2:51.11	452
13	Marissa Albers	SO	Hamline	2:53.80	425
14	Hope Iverson	SO	Bethel (Minn	2:54.81	415
15	Grace Banse	JR	Gustavus Ado	3:01.78	349
16	Hannah Moe	JR	Bethel (Minn	3:03.42	334

Event 40 Men Heptathlon

Championship: C 5088 2014 Cameron Clause, Gustavus Adolphus
Facility: F 5088 2014 Cameron Clause, Gustavus Adolphus

Name		Year	School	Finals	H#
=====					
1	Anthony Thurk	SR	St. John's (	4923	
2	Soren Kaster	SO	Carleton	4745	
3	Andrew Cogley	SR	St. Olaf	4558	
4	Connor McCormick	JR	Gustavus Ado	4503	
5	Max Lelwica	SR	St. John's (	4421	
6	Reese Anderson	SO	Carleton	4380	
7	Joey Molstre	SO	Concordia-Mo	4346	
8	Noah Besemann	SO	St. John's (	4323	
9	Bailey Evans	FR	St. John's (	4196	
10	Gavin Hoelzel	SO	St. Olaf	4157	
11	Aaron Elseth	JR	Bethel (Minn	3883	
12	Eli Leafblad	SO	Bethel (Minn	3807	
13	Jesse Olson	SO	St. Olaf	3726	
14	Josh Peterson	SO	Concordia-Mo	3629	
15	Will Lapinski	SO	St. Olaf	3581	
16	Isak Brandt	SO	St. John's (	3474	
17	Brandon Kallstrom	SR	Bethel (Minn	3320	

Event 40 Heptathlon: #1 Men 60 Meter Dash Heptathlon

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Name	Year School	Finals	H#	Points
1 Bailey Evans	FR St. John's (	7.19	3	816
2 Soren Kaster	SO Carleton	7.26	3	792
3 Anthony Thurk	SR St. John's (	7.29	3	782
4 Max Lelwica	SR St. John's (	7.33	2	769
5 Joey Molstre	SO Concordia-Mo	7.37	3	755
6 Eli Leafblad	SO Bethel (Minn	7.40	3	745
7 Reese Anderson	SO Carleton	7.44	2	732
8 Gavin Hoelzel	SO St. Olaf	7.46	3	726 7.451
9 Connor McCormick	JR Gustavus Ado	7.46	2	726 7.456
10 Noah Besemann	SO St. John's (	7.51	2	710
11 Brandon Kallstrom	SR Bethel (Minn	7.53	1	703
12 Josh Peterson	SO Concordia-Mo	7.57	1	690
13 Andrew Cogley	SR St. Olaf	7.59	1	684
14 Aaron Elseth	JR Bethel (Minn	7.64	2	668
15 Jesse Olson	SO St. Olaf	7.71	1	646
16 Will Lapinski	SO St. Olaf	7.72	1	643
17 Isak Brandt	SO St. John's (	7.77	1	628
18 Noah Rose	SO St. John's (	14.54	2	

Event 40 Heptathlon: #2 Men Long Jump Heptathlon

Name	Year School	Finals	Points
1 Anthony Thurk	SR St. John's (	6.68m 21-11.00	739
2 Max Lelwica	SR St. John's (	6.49m 21-03.50	695
3 Andrew Cogley	SR St. Olaf	6.36m 20-10.50	666
4 Soren Kaster	SO Carleton	6.18m 20-03.50	626
5 Joey Molstre	SO Concordia-Mo	6.14m 20-01.75	617
5 Bailey Evans	FR St. John's (	6.14m 20-01.75	617
7 Connor McCormick	JR Gustavus Ado	6.07m 19-11.00	602
8 Noah Besemann	SO St. John's (	6.03m 19-09.50	593
9 Reese Anderson	SO Carleton	5.97m 19-07.00	580
10 Gavin Hoelzel	SO St. Olaf	5.89m 19-04.00	563
11 Jesse Olson	SO St. Olaf	5.73m 18-09.75	529
12 Eli Leafblad	SO Bethel (Minn	5.64m 18-06.00	510
13 Will Lapinski	SO St. Olaf	5.60m 18-04.50	502
14 Aaron Elseth	JR Bethel (Minn	5.56m 18-03.00	494
15 Brandon Kallstrom	SR Bethel (Minn	5.51m 18-01.00	483
16 Josh Peterson	SO Concordia-Mo	5.31m 17-05.25	443
17 Isak Brandt	SO St. John's (	4.93m 16-02.25	369

Event 40 Heptathlon: #3 Men Shot Put Heptathlon

Name	Year School	Finals	Points
1 Max Lelwica	SR St. John's (	11.95m 39-02.50	603
2 Anthony Thurk	SR St. John's (	11.73m 38-06.00	590
2 Bailey Evans	FR St. John's (	11.73m 38-06.00	590
4 Andrew Cogley	SR St. Olaf	11.26m 36-11.50	562
5 Soren Kaster	SO Carleton	10.96m 35-11.50	543
6 Noah Besemann	SO St. John's (	10.90m 35-09.25	540
7 Aaron Elseth	JR Bethel (Minn	10.75m 35-03.25	531
8 Brandon Kallstrom	SR Bethel (Minn	10.68m 35-00.50	527
9 Reese Anderson	SO Carleton	9.94m 32-07.50	482
10 Isak Brandt	SO St. John's (	9.73m 31-11.25	469
11 Eli Leafblad	SO Bethel (Minn	9.51m 31-02.50	456
12 Gavin Hoelzel	SO St. Olaf	9.46m 31-00.50	453
13 Jesse Olson	SO St. Olaf	9.14m 30-00.00	434
14 Josh Peterson	SO Concordia-Mo	9.08m 29-09.50	431
15 Connor McCormick	JR Gustavus Ado	8.97m 29-05.25	424
16 Will Lapinski	SO St. Olaf	8.80m 28-10.50	414
17 Joey Molstre	SO Concordia-Mo	8.79m 28-10.25	413

Event 40 Heptathlon: #4 Men High Jump Heptathlon

Name	Year School	Finals	Points
1 Anthony Thurk	SR St. John's (	1.97m 6-05.50	776
1 Max Lelwica	SR St. John's (	1.97m 6-05.50	776
3 Andrew Cogley	SR St. Olaf	1.88m 6-02.00	696
4 Joey Molstre	SO Concordia-Mo	1.79m 5-10.50	619
5 Will Lapinski	SO St. Olaf	1.76m 5-09.25	593
6 Bailey Evans	FR St. John's (	1.73m 5-08.00	569
6 Jesse Olson	SO St. Olaf	1.73m 5-08.00	569
6 Noah Besemann	SO St. John's (	1.73m 5-08.00	569
6 Connor McCormick	JR Gustavus Ado	1.73m 5-08.00	569
10 Soren Kaster	SO Carleton	1.70m 5-07.00	544
11 Eli Leafblad	SO Bethel (Minn	1.64m 5-04.50	496
11 Gavin Hoelzel	SO St. Olaf	1.64m 5-04.50	496
11 Reese Anderson	SO Carleton	1.64m 5-04.50	496
11 Aaron Elseth	JR Bethel (Minn	1.64m 5-04.50	496
15 Isak Brandt	SO St. John's (	1.55m 5-01.00	426
16 Brandon Kallstrom	SR Bethel (Minn	1.52m 4-11.75	404
16 Josh Peterson	SO Concordia-Mo	1.52m 4-11.75	404

Event 40 Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Name	Year School	Finals	H#	Points
1 Max Lelwica	SR St. John's (	8.64	6	827
2 Connor McCormick	JR Gustavus Ado	8.86	6	777
3 Soren Kaster	SO Carleton	8.93	6	761
4 Anthony Thurk	SR St. John's (	8.95	5	757
5 Reese Anderson	SO Carleton	9.11	4	722
6 Joey Molstre	SO Concordia-Mo	9.13	5	717
7 Aaron Elseth	JR Bethel (Minn	9.26	4	690
8 Isak Brandt	SO St. John's (	9.32	3	677
9 Bailey Evans	FR St. John's (	9.38	4	664
10 Gavin Hoelzel	SO St. Olaf	9.39	5	662
11 Andrew Cogley	SR St. Olaf	9.50	3	639
12 Will Lapinski	SO St. Olaf	9.72	3	595
13 Noah Besemann	SO St. John's (	9.75	2	589
14 Josh Peterson	SO Concordia-Mo	9.93	2	554
15 Eli Leafblad	SO Bethel (Minn	9.97	1	547
16 Jesse Olson	SO St. Olaf	10.23	2	498
17 Brandon Kallstrom	SR Bethel (Minn	10.84	1	393

Event 40 Heptathlon: #6 Men Pole Vault Heptathlon

Name	Year School	Finals	Points
1 Soren Kaster	SO Carleton	4.40m 14-05.25	731
2 Connor McCormick	JR Gustavus Ado	4.30m 14-01.25	702
3 Noah Besemann	SO St. John's (	4.20m 13-09.25	673
4 Gavin Hoelzel	SO St. Olaf	4.10m 13-05.25	645
4 Anthony Thurk	SR St. John's (	4.10m 13-05.25	645
6 Reese Anderson	SO Carleton	3.90m 12-09.50	590
7 Josh Peterson	SO Concordia-Mo	3.70m 12-01.50	535
8 Andrew Cogley	SR St. Olaf	3.60m 11-09.75	509
8 Joey Molstre	SO Concordia-Mo	3.60m 11-09.75	509
10 Aaron Elseth	JR Bethel (Minn	3.40m 11-01.75	457
11 Eli Leafblad	SO Bethel (Minn	3.30m 10-10.00	431
12 Bailey Evans	FR St. John's (	3.20m 10-06.00	406
13 Jesse Olson	SO St. Olaf	3.10m 10-02.00	381
14 Isak Brandt	SO St. John's (	3.00m 9-10.00	357
15 Brandon Kallstrom	SR Bethel (Minn	2.70m 8-10.25	286
15 Will Lapinski	SO St. Olaf	2.70m 8-10.25	286
-- Max Lelwica	SR St. John's (	NH	

Event 40 Heptathlon: #7 Men 1000 Meter Run Heptathlon

Name	Year School	Finals	Points
1 Andrew Cogley	SR St. Olaf	2:46.52	802
2 Reese Anderson	SO Carleton	2:48.81	778
3 Max Lelwica	SR St. John's (	2:51.44	751
4 Soren Kaster	SO Carleton	2:51.65	748
5 Joey Molstre	SO Concordia-Mo	2:54.82	716
6 Connor McCormick	JR Gustavus Ado	2:56.14	703
7 Jesse Olson	SO St. Olaf	2:59.51	669
8 Noah Besemann	SO St. John's (	3:01.54	649
9 Anthony Thurk	SR St. John's (	3:03.08	634
10 Eli Leafblad	SO Bethel (Minn	3:04.42	622
11 Gavin Hoelzel	SO St. Olaf	3:05.43	612
12 Josh Peterson	SO Concordia-Mo	3:09.77	572
13 Will Lapinski	SO St. Olaf	3:12.33	548
14 Isak Brandt	SO St. John's (	3:12.41	548
15 Aaron Elseth	JR Bethel (Minn	3:12.55	547
16 Bailey Evans	FR St. John's (	3:13.99	534
17 Brandon Kallstrom	SR Bethel (Minn	3:15.06	524

Women - Team Rankings - 20 Events Scored

1) Bethel (Minn.)	140.25	2) St. Olaf	107.25
3) Concordia-Moorhead	103	4) Gustavus Adolphus	95.50
5) St. Benedict	94.25	6) Carleton	78.25
7) Macalester	52	8) Saint Mary's (Minn.)	32.50
9) Hamline	30	10) St. Scholastica	25
11) Augsburg	22		

Men - Team Rankings - 20 Events Scored

1) Bethel (Minn.)	169	2) St. Olaf	115
3) St. John's (Minn.)	109	4) Concordia-Moorhead	74.50
5) Macalester	70	6) St. Scholastica	59
7) Gustavus Adolphus	54.50	8) Hamline	49
9) Carleton	46	10) Augsburg	23
11) Saint Mary's (Minn.)	11		