

# MIAC Indoor Performance List

## 60 Meters MIAC 8.51

	Athlete	Year	Team	Time	Meet	Meet Date
1 +	Wells-Johnson, Shakeela	SR-4	St. Catherine	7.85	MIAC Indoor Championships	Feb 23, 2017
2 +	Stowell, McKayla	SO-2	Gustavus Adolphus	7.87	MIAC Indoor Championships	Feb 23, 2017
2 +	Berninghaus, Briana	FR-1	Hamline	7.87	MIAC Indoor Championships	Feb 23, 2017
4 +	Labatt, Delia	FR-1	Bethel (Minn.)	7.93	Bethel Gene Glader Invitational	Feb 4, 2017
4 +	Krier, Jillian	SR-4	Bethel (Minn.)	7.93	MIAC Indoor Championships	Feb 23, 2017
6 +	Jones, Callie	SR-4	Augsburg	7.95	MIAC Indoor Championships	Feb 23, 2017
6 +	Peebles, Annalise	FR-1	Carleton	7.95	Ted Nelson Classic	Feb 4, 2017
8 +	Komoto, Kara	SR-4	Macalester	7.96	MIAC Indoor Championships	Feb 23, 2017
9 +	Feeney, Alexa	JR-3	Carleton	8.01	Carleton Triangular	Jan 20, 2017
10 +	Dup, Becca	SO-2	Saint Mary's (Minn.)	8.03	MIAC Indoor Championships	Feb 23, 2017
11 +	Murray, Katie	JR-3	St. Thomas (Minn.)	8.05	MIAC Indoor Championships	Feb 23, 2017
12 +	Gray, Adonya	FR-1	Gustavus Adolphus	8.09	Minnesota State University - Birdman Open	Feb 17, 2017
13 +	Frekot, Hanna	SO-2	Bethel (Minn.)	8.10	2017 Darren Young Classic	Feb 11, 2017
14 +	Kirkova, Liliya	FR-1	St. Catherine	8.13	St. Olaf Ole Women's Invite	Feb 17, 2017
15 +	Lundstrom, Hannah	JR-3	Concordia-Moorhead	8.15	Cobber Double Duals	Jan 28, 2017
16 +	Johnson, AddieKay	SO-2	Bethel (Minn.)	8.16	Bethel Gene Glader Invitational	Feb 4, 2017
17 +	Stets, Abby	JR-3	St. Olaf	8.18	Ted Nelson Classic	Feb 4, 2017
18 +	Smith, Anna	FR-1	St. Thomas (Minn.)	8.24	St. Olaf Quad	Jan 27, 2017
19 +	Donkhong, Anna	FR-1	Hamline	8.25	Carleton Meet of Hearts	Feb 11, 2017
20 +	Kretlow, Steph	FR-1	St. Thomas (Minn.)	8.27	The Opener	Jan 13, 2017
21 +	Francis, Mollie	FR-1	Concordia-Moorhead	8.29	MIAC Indoor Championships	Feb 23, 2017
22 +	Grisanzio, Emma	SR-4	Carleton	8.30	Carleton Triangular	Jan 20, 2017
22 +	Bierman, Brielle	JR-3	St. Thomas (Minn.)	8.30	The Showcase	Feb 10, 2017
24 +	Regan, Anik	SR-4	Macalester	8.31	Parents Day Open	Feb 18, 2017
25 +	Shafer, Izzy	JR-3	Hamline	8.32	Carleton Triangular	Jan 20, 2017
26 +	Koll, Leah	SO-2	St. Benedict	8.33	CSB-SJU February Invite	Feb 11, 2017
26 +	Zwiefelhofer, Danielle	JR-3	Hamline	8.33	Parents Day Open	Feb 18, 2017
28 +	Meakim, Lillie	JR-3	St. Olaf	8.34	St. Olaf Quad	Jan 27, 2017
28 +	Hensch, Mikayla	SR-4	Hamline	8.34	Parents Day Open	Feb 18, 2017

	Athlete	Year	Team	Time	Meet	Meet Date
30	 Marciniak, Katelyn	SO-2	St. Thomas (Minn.)	8.35	MIAC Indoor Championships	Feb 23, 2017
30	 Brown, Gabrielle	SO-2	Hamline	8.35	St. Olaf Final Qualifying Meet	Mar 3, 2017
32	 Michener, Maura	SO-2	Saint Mary's (Minn.)	8.41	MIAC Indoor Championships	Feb 23, 2017
32	 Futterer, Anna	SO-2	Hamline	8.41	St. Olaf Final Qualifying Meet	Mar 3, 2017
34	 Schmidt, Lindsey	FR-1	Gustavus Adolphus	8.42	Carleton Meet of Hearts	Feb 11, 2017
35	 Ellefson, Mackenzie	FR-1	Saint Mary's (Minn.)	8.43	Yellowjacket Open	Feb 11, 2017
35	 Eischens, Laura	JR-3	St. Thomas (Minn.)	8.43	Parents Day Open	Feb 18, 2017
37	 Leja, Liza	FR-1	St. Catherine	8.47	Bethel Gene Glader Invitational	Feb 4, 2017
38	 Mensah, Portia	SO-2	Saint Mary's (Minn.)	8.48	Big Dog Invitational	Feb 18, 2017
38	 Anderson, Jalia	SO-2	St. Thomas (Minn.)	8.48	Parents Day Open	Feb 18, 2017
40	 Santl, Lauren	SO-2	Concordia-Moorhead	8.49	MIAC Indoor Championships	Feb 23, 2017
40	 Mayo, Karly	FR-1	Concordia-Moorhead	8.49	Bison Open	Feb 3, 2017
40	 Dahl, Emily	FR-1	Bethel (Minn.)	8.49	Bethel Gene Glader Invitational	Feb 4, 2017

## 200 Meters












MIAC 27.98







	Athlete	Year	Team	Time	Meet	Meet Date	Wind
1	 Feeney, Alexa	JR-3	Carleton	25.44	MIAC Indoor Championships	Feb 23, 2017	+0.0
2	 Sonsalla, Hannah	JR-3	Macalester	25.66	MIAC Indoor Championships	Feb 23, 2017	+0.0
3	 Labatt, Delia	FR-1	Bethel (Minn.)	25.72	Pointer Final Qualifier	Mar 4, 2017	+0.0
4	 Berninghaus, Briana	FR-1	Hamline	26.01	MIAC Indoor Championships	Feb 23, 2017	+0.0
5	 Stets, Abby	JR-3	St. Olaf	26.18	MIAC Indoor Championships	Feb 23, 2017	+0.0
6	 Komoto, Kara	SR-4	Macalester	26.28	MIAC Indoor Championships	Feb 23, 2017	+0.0
7	 Sundstrom, Megan	JR-3	St. Benedict	26.29	MIAC Indoor Championships	Feb 23, 2017	+0.0
8	 Lundstrom, Hannah	JR-3	Concordia-Moorhead	26.39	Bison Open	Feb 3, 2017	+0.0
9	 Murray, Katie	JR-3	St. Thomas (Minn.)	26.46	Pointer Final Qualifier	Mar 4, 2017	+0.0
10	 Peebles, Annalise	FR-1	Carleton	26.47	Warren Bowlus Multi & Open	Jan 27, 2017	+0.0
11	 Krier, Jillian	SR-4	Bethel (Minn.)	26.53	MIAC Indoor Championships	Feb 23, 2017	+0.0
12	 Dup, Becca	SO-2	Saint Mary's (Minn.)	26.67	MIAC Indoor Championships	Feb 23, 2017	+0.0
13	 Kirkova, Liliya	FR-1	St. Catherine	26.69	MIAC Indoor Championships	Feb 23, 2017	+0.0
14	 Kretlow, Steph	FR-1	St. Thomas (Minn.)	26.75	Parents Day Open	Feb 18, 2017	+0.0
15	 Marciniak, Katelyn	SO-2	St. Thomas (Minn.)	26.90	Parents Day Open	Feb 18, 2017	+0.0
16	 Johnson, AddieKay	SO-2	Bethel (Minn.)	26.93	MIAC Indoor Championships	Feb 23, 2017	+0.0
17	 Shafer, Izzy	JR-3	Hamline	26.97	Carleton Meet of Hearts	Feb 11, 2017	+0.0
18	 Woody, Nikaylah	JR-3	Augsburg	27.04	Parents Day Open	Feb 18, 2017	+0.0
19	 Bierman, Brielle	JR-3	St. Thomas (Minn.)	27.06	The Showcase	Feb 10, 2017	+0.0

	Athlete	Year	Team	Time	Meet	Meet Date	Wind
20	 Grisanzio, Emma	SR-4	Carleton	27.13	Carleton Meet of Hearts	Feb 11, 2017	+0.0
21	 Stowell, McKayla	SO-2	Gustavus Adolphus	27.23	Ted Nelson Classic	Feb 4, 2017	+0.0
22	 Koll, Leah	SO-2	St. Benedict	27.26	Hamster Invitational	Feb 3, 2017	+0.0
23	 Zwiefelhofer, Danielle	JR-3	Hamline	27.27	Parents Day Open	Feb 18, 2017	+0.0
24	 Regan, Anik	SR-4	Macalester	27.29	The Showcase	Feb 10, 2017	+0.0
25	 Anderson, Lily	FR-1	Gustavus Adolphus	27.30	Minnesota State University - Birdman Open	Feb 17, 2017	+0.0
26	 Wells-Johnson, Shakeela	SR-4	St. Catherine	27.35	Carleton Meet of Hearts	Feb 11, 2017	+0.0
27	 Gray, Adonya	FR-1	Gustavus Adolphus	27.45	Ted Nelson Classic	Feb 4, 2017	+0.0
28	 Jones, Callie	SR-4	Augsburg	27.55	CSB-SJU February Invite	Feb 11, 2017	+0.0
29	 Brown, Gabrielle	SO-2	Hamline	27.64	The Opener	Jan 13, 2017	+0.0
30	 Smith, Anna	FR-1	St. Thomas (Minn.)	27.66	The Showcase	Feb 10, 2017	+0.0
31	 Wegner, Sara	FR-1	Bethel (Minn.)	27.67	Bethel Gene Glader Invitational	Feb 4, 2017	+0.0
32	 Van Goethem, Abigail	FR-1	Hamline	27.69	Carleton Triangular	Jan 20, 2017	+0.0
33	 Meakim, Lillie	JR-3	St. Olaf	27.77	St. Olaf Ole Women's Invite	Feb 17, 2017	+0.0
33	 Schoustra, Mackenzie	FR-1	St. Olaf	27.77	The Opener	Jan 13, 2017	+0.0
35	 Donkhong, Anna	FR-1	Hamline	27.79	Parents Day Open	Feb 18, 2017	+0.0
36	 Bassier, Emma	JR-3	St. Thomas (Minn.)	27.92	Parents Day Open	Feb 18, 2017	+0.0
36	 Schmidt, Lindsey	FR-1	Gustavus Adolphus	27.92	Carleton Meet of Hearts	Feb 11, 2017	+0.0
38	 Anderson, Jalia	SO-2	St. Thomas (Minn.)	27.96	Parents Day Open	Feb 18, 2017	+0.0
39	Santl, Lauren	SO-2	Concordia-Moorhead	28.19	CSB-SJU February Invite	Feb 11, 2017	+0.0
40	Francis, Mollie	FR-1	Concordia-Moorhead	28.24	Bison Open	Feb 3, 2017	+0.0

## 400 Meters

MIAC 1:03.31

	Athlete	Year	Team	Time	Meet	Meet Date
1	 Feeney, Alexa	JR-3	Carleton	56.26	NCAA Division III Indoor Track & Field Championships	Mar 10, 2017
2	 Labatt, Delia	FR-1	Bethel (Minn.)	56.95	NCAA Division III Indoor Track & Field Championships	Mar 10, 2017
3	 Stets, Abby	JR-3	St. Olaf	58.20	MIAC Indoor Championships	Feb 23, 2017
4	 Sonsalla, Hannah	JR-3	Macalester	58.66	Parents Day Open	Feb 18, 2017
5	 Peebles, Annalise	FR-1	Carleton	59.26	Carleton Meet of Hearts	Feb 11, 2017
6	 Johnson, AddieKay	SO-2	Bethel (Minn.)	59.72	MIAC Indoor Championships	Feb 23, 2017
7	 Shafer, Izzy	JR-3	Hamline	59.73	Parents Day Open	Feb 18, 2017
8	 Casarrubias, Victoria	FR-1	Macalester	59.95	MIAC Indoor Championships	Feb 23, 2017
9	 Dellwo, Kristy	JR-3	Hamline	1:00.37	MIAC Indoor Championships	Feb 23, 2017
10	 Sundstrom, Megan	JR-3	St. Benedict	1:00.47	CSB-SJU Alumni + Macalester	Jan 28, 2017
11	 Bierman, Brielle	JR-3	St. Thomas (Minn.)	1:00.96	Parents Day Open	Feb 18, 2017

	Athlete	Year	Team	Time	Meet	Meet Date
12	 Adamson, Mallory	SO-2	St. Thomas (Minn.)	1:01.08	Pointer Final Qualifier	Mar 4, 2017
13	 Fiecke, Marisa	SO-2	Hamline	1:01.22	MIAC Indoor Championships	Feb 23, 2017
14	 Grisanzio, Emma	SR-4	Carleton	1:01.52	Carleton Meet of Hearts	Feb 11, 2017
15	 Wegner, Sara	FR-1	Bethel (Minn.)	1:01.74	2017 Darren Young Classic	Feb 11, 2017
16	 Anderson, Lily	FR-1	Gustavus Adolphus	1:01.84	Minnesota State University - Birdman Open	Feb 17, 2017
17	 Smith, Anna	FR-1	St. Thomas (Minn.)	1:02.11	Parents Day Open	Feb 18, 2017
18	 Kirkova, Liliya	FR-1	St. Catherine	1:02.50	Bethel Gene Glader Invitational	Feb 4, 2017
19	 Balzer, Nicole	SR-4	Bethel (Minn.)	1:02.60	Bethel Gene Glader Invitational	Feb 4, 2017
20	 Thoemke, Megan	JR-3	St. Catherine	1:02.76	Carleton Meet of Hearts	Feb 11, 2017
21	 Barton, Carly	SR-4	St. Thomas (Minn.)	1:03.10	The Opener	Jan 13, 2017
22	Schlieman, Lily	FR-1	Macalester	1:03.59	Parents Day Open	Feb 18, 2017
23	Dammann, Morgan	SO-2	St. Thomas (Minn.)	1:03.64	The Opener	Jan 13, 2017
23	Herath, Lydia	SO-2	Bethel (Minn.)	1:03.64	Bethel Gene Glader Invitational	Feb 4, 2017
25	Kintop, Natalie	SR-4	St. Thomas (Minn.)	1:04.29	The Opener	Jan 13, 2017
26	Balzer, Mara	FR-1	Bethel (Minn.)	1:04.31	Bethel Gene Glader Invitational	Feb 4, 2017
27	Smith, Keely	JR-3	St. Thomas (Minn.)	1:04.33	Wartburg Indoor Select	Feb 3, 2017
28	Hill, Megan	FR-1	Gustavus Adolphus	1:04.44	Carleton Meet of Hearts	Feb 11, 2017
29	Woody, Nikaylah	JR-3	Augsburg	1:04.53	CSB-SJU February Invite	Feb 11, 2017
30	McGrane, Molly	SO-2	St. Benedict	1:04.56	CSB-SJU Alumni + Macalester	Jan 28, 2017
31	Hegedus, Catherine	SO-2	St. Thomas (Minn.)	1:04.60	MIAC Indoor Championships	Feb 23, 2017
32	Gelinske, Shelby	SO-2	Concordia-Moorhead	1:05.26	Bison Open	Feb 3, 2017
33	Ivy, Gabby	SO-2	Macalester	1:05.90	MIAC Indoor Championships	Feb 23, 2017
34	Dengel, Olivia	JR-3	St. Benedict	1:05.94	Hamster Invitational	Feb 3, 2017
35	Pantzke, Shawna	FR-1	Concordia-Moorhead	1:06.18	CSB-SJU February Invite	Feb 11, 2017
36	Rohlf, Christine	SO-2	St. Thomas (Minn.)	1:06.36	Wartburg Indoor Select	Feb 3, 2017
37	Duevel, Abby	SO-2	Bethel (Minn.)	1:06.68	St. Olaf Quad	Jan 27, 2017
38	Gueningsman, Madison	FR-1	Saint Mary's (Minn.)	1:06.89	Luther Alumni Meet	Feb 4, 2017
39	Abraham, Molly	JR-3	Saint Mary's (Minn.)	1:07.42	Saint Mary's Early Birdinal	Jan 14, 2017
40	Marquette, Hayli	SO-2	St. Olaf	1:07.59	St. Olaf Ole Women's Invite	Feb 17, 2017

## 600 Meters

MIAC 1:45.06

	Athlete	Year	Team	Time	Meet	Meet Date
1	 Janto, Kayla	SR-4	St. Thomas (Minn.)	1:36.45	MIAC Indoor Championships	Feb 23, 2017
2	 Barton, Carly	SR-4	St. Thomas (Minn.)	1:38.39	MIAC Indoor Championships	Feb 23, 2017
3	 Wegner, Sara	FR-1	Bethel (Minn.)	1:38.57	MIAC Indoor Championships	Feb 23, 2017

	Athlete	Year	Team	Time	Meet	Meet Date	
4	+	Casarrubias, Victoria	FR-1	Macalester	1:38.72	MIAC Indoor Championships	Feb 23, 2017
5	+	Andriessen, Isabel	FR-1	Concordia-Moorhead	1:39.01	MIAC Indoor Championships	Feb 23, 2017
5	+	Moody, Jena	JR-3	St. Olaf	1:39.01	MIAC Indoor Championships	Feb 23, 2017
7	+	Adamson, Mallory	SO-2	St. Thomas (Minn.)	1:39.24	MIAC Indoor Championships	Feb 23, 2017
8	+	Dengel, Olivia	JR-3	St. Benedict	1:39.31	MIAC Indoor Championships	Feb 23, 2017
9	+	Balzer, Nicole	SR-4	Bethel (Minn.)	1:39.64	MIAC Indoor Championships	Feb 23, 2017
10	+	Kintop, Natalie	SR-4	St. Thomas (Minn.)	1:39.69	MIAC Indoor Championships	Feb 23, 2017
11	+	Lutz, Jordan	JR-3	St. Olaf	1:39.71	MIAC Indoor Championships	Feb 23, 2017
12	+	Fiecke, Marisa	SO-2	Hamline	1:40.71	MIAC Indoor Championships	Feb 23, 2017
13	+	Dammann, Morgan	FR-1	St. Thomas (Minn.)	1:40.72	MIAC Indoor Championships	Feb 23, 2017
14	+	Feeney, Alexa	JR-3	Carleton	1:41.03	Carleton Meet of Hearts	Feb 11, 2017
15	+	Dellwo, Kristy	JR-3	Hamline	1:41.15	MIAC Indoor Championships	Feb 23, 2017
16	+	Schnabel, Abigail	SO-2	Gustavus Adolphus	1:41.41	MIAC Indoor Championships	Feb 23, 2017
17	+	Forness, Mikayla	JR-3	Concordia-Moorhead	1:41.91	MIAC Indoor Championships	Feb 23, 2017
18	+	Hoops, Suzie	SR-4	St. Olaf	1:42.40	MIAC Indoor Championships	Feb 23, 2017
19	+	Fisher, Lisa	FR-1	St. Olaf	1:42.46	MIAC Indoor Championships	Feb 23, 2017
20	+	Prescott, Natalie	SR-4	Macalester	1:43.75	Hamster Invitational	Feb 3, 2017
21	+	Pillar, Allison	SR-4	Macalester	1:44.21	Parents Day Open	Feb 18, 2017
22	+	Sharer, Abby	JR-3	Carleton	1:44.95	St. Olaf Ole Women's Invite	Feb 17, 2017
23	+	Kemp, Lindsey	JR-3	St. Olaf	1:45.00	St. Olaf Ole Women's Invite	Feb 17, 2017
24	+	Trezona, Allison	SR-4	St. Olaf	1:45.06	The Opener	Jan 13, 2017
25		Rohlf, Christine	SO-2	St. Thomas (Minn.)	1:45.13	Parents Day Open	Feb 18, 2017
26		Tekippe, Nicole	FR-1	St. Thomas (Minn.)	1:45.66	The Showcase	Feb 10, 2017
27		Smith, Keely	JR-3	St. Thomas (Minn.)	1:45.69	The Showcase	Feb 10, 2017
28		Bentley, Jessica	JR-3	St. Olaf	1:46.80	Carleton Meet of Hearts	Feb 11, 2017
29		Trachtenberg, Sarah	SR-4	Carleton	1:47.16	Carleton Meet of Hearts	Feb 11, 2017
30		Downs, Lydia	SO-2	St. Olaf	1:47.25	St. Olaf Ole Women's Invite	Feb 17, 2017
31		Shepard, Aubrey	FR-1	St. Benedict	1:47.76	Hamster Invitational	Feb 3, 2017
32		Olson, Erica	FR-1	St. Thomas (Minn.)	1:48.05	St. Thomas Invite	Jan 20, 2017
33		Ellingson, Holly	SO-2	Macalester	1:48.30	Kilt Classic	Jan 20, 2017
34		Strickland, Shannon	SR-4	St. Catherine	1:48.48	Carleton Meet of Hearts	Feb 11, 2017
35		Hegedus, Catherine	SO-2	St. Thomas (Minn.)	1:48.97	Wartburg Indoor Select	Feb 3, 2017
36		Anderson, Haley	FR-1	Gustavus Adolphus	1:49.94	Minnesota State University - Birdman Open	Feb 17, 2017
37		Garson-Shumway, Carmen	JR-3	Macalester	1:50.69	Hamster Invitational	Feb 3, 2017
38		Thoemke, Nadine	FR-1	Hamline	1:50.74	Hamster Invitational	Feb 3, 2017

	Athlete	Year	Team	Time	Meet	Meet Date
39	Holten, Anna	SR-4	St. Olaf	1:50.79	Carleton Meet of Hearts	Feb 11, 2017
40	Vought, Elizabeth	SO-2	Concordia-Moorhead	1:51.35	Bison Open	Feb 3, 2017

## 800 Meters

MIAC 2:39.22


	Athlete	Year	Team	Time	Meet	Meet Date
1 +	Kosobud, Allison	SR-4	St. Benedict	2:13.80	Wartburg Qualifier	Mar 3, 2017
2 +	Janto, Kayla	SR-4	St. Thomas (Minn.)	2:15.40	Parents Day Open	Feb 18, 2017
3 +	Mathison, Meg	FR-1	Carleton	2:17.68	MIAC Indoor Championships	Feb 23, 2017
4 +	Glassbrenner, Ali	JR-3	St. Thomas (Minn.)	2:17.94	MIAC Indoor Championships	Feb 23, 2017
5 +	Moody, Jena	JR-3	St. Olaf	2:19.42	MIAC Indoor Championships	Feb 23, 2017
5 +	Barton, Carly	SR-4	St. Thomas (Minn.)	2:19.42	MIAC Indoor Championships	Feb 23, 2017
7 +	Lutz, Jordan	JR-3	St. Olaf	2:19.59	MIAC Indoor Championships	Feb 23, 2017
8 +	Balzer, Nicole	SR-4	Bethel (Minn.)	2:19.86	MIAC Indoor Championships	Feb 23, 2017
9 +	Dengel, Olivia	JR-3	St. Benedict	2:21.00	St. Olaf Ole Women's Invite	Feb 17, 2017
10 +	Kintop, Natalie	SR-4	St. Thomas (Minn.)	2:21.17	MIAC Indoor Championships	Feb 23, 2017
11 +	Wegner, Sara	FR-1	Bethel (Minn.)	2:21.43	Pointer Final Qualifier	Mar 4, 2017
12 +	West, Maria	SO-2	Concordia-Moorhead	2:22.29	MIAC Indoor Championships	Feb 23, 2017
13 +	Sundstrom, Megan	JR-3	St. Benedict	2:23.05	Wartburg Qualifier	Mar 3, 2017
14 +	Dammann, Morgan	FR-1	St. Thomas (Minn.)	2:23.64	The Showcase	Feb 10, 2017
15 +	Trezona, Allison	SR-4	St. Olaf	2:24.12	Carleton Meet of Hearts	Feb 11, 2017
16 +	Schnabel, Abigail	SO-2	Gustavus Adolphus	2:24.45	Minnesota State University - Birdman Open	Feb 17, 2017
17 +	Prescott, Natalie	SR-4	Macalester	2:25.44	The Showcase	Feb 10, 2017
18 +	Ellingson, Holly	SO-2	Macalester	2:25.65	MIAC Indoor Championships	Feb 23, 2017
19 +	Naas, Mary	SO-2	St. Olaf	2:26.10	St. Olaf Quad	Jan 27, 2017
20 +	Sonsalla, Hannah	JR-3	Macalester	2:26.70	CSB-SJU Alumni + Macalester	Jan 28, 2017
21 +	Hoops, Suzie	SR-4	St. Olaf	2:26.74	Carleton Meet of Hearts	Feb 11, 2017
22 +	Andriessen, Isabel	FR-1	Concordia-Moorhead	2:26.83	Bison Open	Feb 3, 2017
23 +	Rachel, Winona	SR-4	Carleton	2:27.21	Parents Day Open	Feb 18, 2017
24 +	Brekke, Josephine	SR-4	St. Olaf	2:27.47	Carleton Meet of Hearts	Feb 11, 2017
25 +	Sharer, Abby	JR-3	Carleton	2:28.03	Ted Nelson Classic	Feb 4, 2017
26 +	Lundgren, Claudia	FR-1	St. Thomas (Minn.)	2:28.04	MIAC Indoor Championships	Feb 23, 2017
27 +	Garson-Shumway, Carmen	JR-3	Macalester	2:28.10	MIAC Indoor Championships	Feb 23, 2017
28 +	Herath, Lydia	SO-2	Bethel (Minn.)	2:28.16	2017 Darren Young Classic	Feb 11, 2017
29 +	Pillar, Allison	SR-4	Macalester	2:28.26	Hamster Invitational	Feb 3, 2017
30 +	Fisher, Lisa	FR-1	St. Olaf	2:28.43	St. Olaf Quad	Jan 27, 2017

	Athlete	Year	Team	Time	Meet	Meet Date
31	Giefer, Julia	JR-3	St. Thomas (Minn.)	2:28.45	The Showcase	Feb 10, 2017
32	Anderson, Haley	FR-1	Gustavus Adolphus	2:28.78	MIAC Indoor Championships	Feb 23, 2017
33	Degen, Jenna	SO-2	St. Benedict	2:28.91	NCAA Division III Indoor Track & Field Championships	Mar 10, 2017
34	Chase, Callie	FR-1	Bethel (Minn.)	2:29.24	St. Olaf Quad	Jan 27, 2017
35	Trachtenberg, Sarah	SR-4	Carleton	2:29.59	MIAC Indoor Championships	Feb 23, 2017
36	Shepard, Aubrey	FR-1	St. Benedict	2:29.93	MIAC Indoor Championships	Feb 23, 2017
37	Boyd, Ruthie	FR-1	Carleton	2:30.20	Warren Bowlus Multi & Open	Jan 27, 2017
38	Forness, Mikayla	JR-3	Concordia-Moorhead	2:30.84	MIAC Indoor Championships	Feb 23, 2017
39	Strickland, Shannon	SR-4	St. Catherine	2:30.88	Parents Day Open	Feb 18, 2017
40	Smith, Elena	SO-2	Macalester	2:31.08	CSB-SJU Alumni + Macalester	Jan 28, 2017

## 1000 Meters

MIAC 3:16.18

	Athlete	Year	Team	Time	Meet	Meet Date
1	Kosobud, Allison	SR-4	St. Benedict	2:57.78	MIAC Indoor Championships	Feb 23, 2017
2	Halverson, Annika	JR-3	Bethel (Minn.)	2:59.26	MIAC Indoor Championships	Feb 23, 2017
3	Glassbrenner, Ali	JR-3	St. Thomas (Minn.)	2:59.80	MIAC Indoor Championships	Feb 23, 2017
4	Walz, Jenny	JR-3	St. Thomas (Minn.)	3:01.00	MIAC Indoor Championships	Feb 23, 2017
5	Mathison, Meg	FR-1	Carleton	3:01.04	MIAC Indoor Championships	Feb 23, 2017
6	Hankins, Holly	JR-3	Hamline	3:01.89	MIAC Indoor Championships	Feb 23, 2017
7	Janto, Kayla	SR-4	St. Thomas (Minn.)	3:02.01	St. Olaf Quad	Jan 27, 2017
8	West, Maria	SO-2	Concordia-Moorhead	3:05.79	MIAC Indoor Championships	Feb 23, 2017
9	Prescott, Natalie	SR-4	Macalester	3:06.22	MIAC Indoor Championships	Feb 23, 2017
10	Brekke, Josephine	SR-4	St. Olaf	3:06.37	St. Olaf Ole Women's Invite	Feb 17, 2017
11	Lutz, Jordan	JR-3	St. Olaf	3:06.52	Carleton Triangular	Jan 20, 2017
12	Novak-Klug, Sadie	JR-3	Gustavus Adolphus	3:06.93	St. Olaf Quad	Jan 27, 2017
13	Bentley, Jessica	JR-3	St. Olaf	3:07.75	MIAC Indoor Championships	Feb 23, 2017
14	Loth, Taylor	FR-1	St. Benedict	3:07.85	St. Olaf Ole Women's Invite	Feb 17, 2017
15	Herath, Lydia	SO-2	Bethel (Minn.)	3:07.90	MIAC Indoor Championships	Feb 23, 2017
16	Trezona, Allison	SR-4	St. Olaf	3:08.20	St. Olaf Ole Women's Invite	Feb 17, 2017
17	Hayes, Lydia	JR-3	Gustavus Adolphus	3:08.22	Carleton Meet of Hearts	Feb 11, 2017
18	Geist, Marietta	FR-1	Carleton	3:09.14	Ted Nelson Classic	Feb 4, 2017
19	Ryan, Caitie	SO-2	St. Thomas (Minn.)	3:09.37	MIAC Indoor Championships	Feb 23, 2017
20	Smith, Elena	SO-2	Macalester	3:09.54	MIAC Indoor Championships	Feb 23, 2017
21	Schuda, Helen	FR-1	Carleton	3:09.65	MIAC Indoor Championships	Feb 23, 2017
22	Mermel, Kazia	SR-4	Carleton	3:09.94	MIAC Indoor Championships	Feb 23, 2017

	Athlete	Year	Team	Time	Meet	Meet Date
23	 Nash, Alyssa	JR-3	Hamline	3:10.01	Carleton Meet of Hearts	Feb 11, 2017
24	 Walker, Abigail	SO-2	Carleton	3:10.35	St. Olaf Ole Women's Invite	Feb 17, 2017
25	 Schnabel, Abigail	SO-2	Gustavus Adolphus	3:10.38	Carleton Meet of Hearts	Feb 11, 2017
26	 Boyd, Ruthie	FR-1	Carleton	3:10.55	Carleton Meet of Hearts	Feb 11, 2017
27	 Chase, Callie	FR-1	Bethel (Minn.)	3:10.58	MIAC Indoor Championships	Feb 23, 2017
28	 Kirkeide, Courtney	SR-4	St. Catherine	3:10.85	St. Olaf Ole Women's Invite	Feb 17, 2017
29	 Andersen, Kara	FR-1	Concordia-Moorhead	3:11.39	CSB-SJU February Invite	Feb 11, 2017
30	 Fisher, Lisa	FR-1	St. Olaf	3:12.53	Ted Nelson Classic	Feb 4, 2017
31	 Sweet, Molly	FR-1	Saint Mary's (Minn.)	3:13.61	Yellowjacket Open	Feb 11, 2017
32	 Ellingson, Holly	SO-2	Macalester	3:13.97	Hamster Invitational	Feb 3, 2017
33	 Moore, Meredith	FR-1	St. Olaf	3:14.00	St. Olaf Ole Women's Invite	Feb 17, 2017
34	 Sharer, Abby	JR-3	Carleton	3:14.18	Carleton Meet of Hearts	Feb 11, 2017
35	 Reimer, Amy	SO-2	Bethel (Minn.)	3:14.83	Bethel Gene Glader Invitational	Feb 4, 2017
36	 Lundgren, Claudia	FR-1	St. Thomas (Minn.)	3:15.02	The Showcase	Feb 10, 2017
37	 Simones, Victoria	SR-4	St. Thomas (Minn.)	3:15.65	St. Olaf Quad	Jan 27, 2017
38	Strickland, Shannon	SR-4	St. Catherine	3:16.28	The Showcase	Feb 10, 2017
39	Giefer, Julia	JR-3	St. Thomas (Minn.)	3:16.94	St. Olaf Quad	Jan 27, 2017
40	Anderson, Haley	FR-1	Gustavus Adolphus	3:17.11	Ted Nelson Classic	Feb 4, 2017

## Mile

MIAC 5:45.98

	Athlete	Year	Team	Time	Meet	Meet Date
1	 Halverson, Annika	JR-3	Bethel (Minn.)	5:03.62	Pointer Final Qualifier	Mar 4, 2017
2	 Fossum, Alex	SR-4	St. Thomas (Minn.)	5:05.24	Parents Day Open	Feb 18, 2017
3	 Kosobud, Allison	SR-4	St. Benedict	5:08.91	St. Olaf Ole Women's Invite	Feb 17, 2017
4	 Walz, Jenny	JR-3	St. Thomas (Minn.)	5:10.32	MIAC Indoor Championships	Feb 23, 2017
5	 Janto, Kayla	SR-4	St. Thomas (Minn.)	5:10.54	The Showcase	Feb 10, 2017
6	 Mathison, Meg	FR-1	Carleton	5:12.10	Carleton Meet of Hearts	Feb 11, 2017
7	 Naas, Mary	SO-2	St. Olaf	5:12.96	St. Olaf Ole Women's Invite	Feb 17, 2017
8	 Hankins, Holly	JR-3	Hamline	5:13.60	Carleton Meet of Hearts	Feb 11, 2017
9	 Nipper, Nicole	SR-4	Carleton	5:13.78	Parents Day Open	Feb 18, 2017
10	 Ness, Sara	FR-1	St. Thomas (Minn.)	5:15.08	MIAC Indoor Championships	Feb 23, 2017
11	 Trujillo, Claire	SR-4	Carleton	5:15.09	Parents Day Open	Feb 18, 2017
12	 Brekke, Josephine	SR-4	St. Olaf	5:15.62	MIAC Indoor Championships	Feb 23, 2017
13	 Meyer, Kimber	SR-4	Macalester	5:16.19	Hamster Invitational	Feb 3, 2017
14	 Loth, Taylor	FR-1	St. Benedict	5:17.49	MIAC Indoor Championships	Feb 23, 2017






	Athlete	Year	Team	Time	Meet	Meet Date
15	 Kaegi, Emily	JR-3	Carleton	5:17.64	Carleton Meet of Hearts	Feb 11, 2017
16	 Marsh, Melissa	JR-3	St. Thomas (Minn.)	5:19.24	Parents Day Open	Feb 18, 2017
17	 Weber, Emma	SR-4	St. Benedict	5:19.47	Hamster Invitational	Feb 3, 2017
18	 Novak-Klug, Sadie	JR-3	Gustavus Adolphus	5:19.52	Carleton Meet of Hearts	Feb 11, 2017
19	 Davitt, Megan	SR-4	Macalester	5:20.58	Parents Day Open	Feb 18, 2017
20	 Geist, Marietta	FR-1	Carleton	5:21.37	MIAC Indoor Championships	Feb 23, 2017
21	 Ramsey, Eliza	SR-4	Macalester	5:22.43	Parents Day Open	Feb 18, 2017
22	 Gossfeld, Megan	JR-3	St. Thomas (Minn.)	5:22.94	St. Olaf Quad	Jan 27, 2017
23	 Fisher, Lisa	FR-1	St. Olaf	5:23.11	St. Olaf Ole Women's Invite	Feb 17, 2017
24	 Borgmeier, Abigail	SO-2	St. Benedict	5:23.23	MIAC Indoor Championships	Feb 23, 2017
25	 Hoornaert, Jamie	SR-4	St. Olaf	5:23.32	St. Olaf Ole Women's Invite	Feb 17, 2017
26	 Schuda, Helen	FR-1	Carleton	5:23.43	St. Olaf Ole Women's Invite	Feb 17, 2017
27	 Reid, Elise	SR-4	St. Benedict	5:24.00	St. Olaf Ole Women's Invite	Feb 17, 2017
28	 Simones, Victoria	SR-4	St. Thomas (Minn.)	5:24.29	Parents Day Open	Feb 18, 2017
29	 Glassbrenner, Ali	JR-3	St. Thomas (Minn.)	5:25.03	St. Thomas Invite	Jan 20, 2017
30	 Breuckman, Katie	FR-1	St. Thomas (Minn.)	5:25.56	MIAC Indoor Championships	Feb 23, 2017
31	 Mermel, Kazia	SR-4	Carleton	5:25.81	Carleton Meet of Hearts	Feb 11, 2017
32	 Moore, Meredith	FR-1	St. Olaf	5:26.17	Carleton Meet of Hearts	Feb 11, 2017
33	 Reimer, Amy	SO-2	Bethel (Minn.)	5:26.55	2017 Darren Young Classic	Feb 11, 2017
34	 Griffin, Meg	SO-2	Hamline	5:26.77	Carleton Triangular	Jan 20, 2017
35	 Chase, Callie	FR-1	Bethel (Minn.)	5:26.82	2017 Darren Young Classic	Feb 11, 2017
36	 Boyd, Ruthie	FR-1	Carleton	5:26.96	Ted Nelson Classic	Feb 4, 2017
37	 Schmitt, Bridget	SO-2	St. Thomas (Minn.)	5:27.00	The Showcase	Feb 10, 2017
38	 Nazarino, Sarah	SO-2	Carleton	5:27.38	St. Olaf Ole Women's Invite	Feb 17, 2017
39	 Dopp, Madeline	SO-2	Hamline	5:29.28	Hamster Invitational	Feb 3, 2017
40	 Sweet, Molly	FR-1	Saint Mary's (Minn.)	5:29.35	MIAC Indoor Championships	Feb 23, 2017

## 3000 Meters



















MIAC 11:09.57

	Athlete	Year	Team	Time	Meet	Meet Date
1	 Fossum, Alex	SR-4	St. Thomas (Minn.)	10:05.16	MIAC Indoor Championships	Feb 23, 2017
2	 Meyer, Kimber	SR-4	Macalester	10:05.46	MIAC Indoor Championships	Feb 23, 2017
3	 Naas, Mary	SO-2	St. Olaf	10:07.12	MIAC Indoor Championships	Feb 23, 2017
4	 Trujillo, Claire	SR-4	Carleton	10:27.86	MIAC Indoor Championships	Feb 23, 2017
5	 McGivern, Bridget	SR-4	St. Thomas (Minn.)	10:29.56	Wartburg Indoor Select	Feb 3, 2017
6	 Walz, Jenny	JR-3	St. Thomas (Minn.)	10:30.20	Wartburg Indoor Select	Feb 3, 2017

	Athlete	Year	Team	Time	Meet	Meet Date	
7		Kaegi, Emily	JR-3	Carleton	10:31.79	Ted Nelson Classic	Feb 4, 2017
8		Nipper, Nicole	SR-4	Carleton	10:32.03	Carleton Meet of Hearts	Feb 11, 2017
9		Ness, Sara	FR-1	St. Thomas (Minn.)	10:32.85	Wartburg Indoor Select	Feb 3, 2017
10		Weber, Emma	SR-4	St. Benedict	10:32.96	MIAC Indoor Championships	Feb 23, 2017
11		Marsh, Melissa	JR-3	St. Thomas (Minn.)	10:33.35	Wartburg Indoor Select	Feb 3, 2017
12		Schnirring, Samantha	SO-2	Carleton	10:33.96	MIAC Indoor Championships	Feb 23, 2017
13		Hornaert, Jamie	SR-4	St. Olaf	10:39.63	MIAC Indoor Championships	Feb 23, 2017
14		Brekke, Josephine	SR-4	St. Olaf	10:40.75	Ted Nelson Classic	Feb 4, 2017
15		Davitt, Megan	SR-4	Macalester	10:41.73	MIAC Indoor Championships	Feb 23, 2017
16		DeVore, Sarah Jo	SR-4	Macalester	10:43.76	MIAC Indoor Championships	Feb 23, 2017
17		Gossfeld, Megan	JR-3	St. Thomas (Minn.)	10:44.64	MIAC Indoor Championships	Feb 23, 2017
18		Geist, Marietta	FR-1	Carleton	10:45.07	MIAC Indoor Championships	Feb 23, 2017
19		Dopp, Madeline	SO-2	Hamline	10:48.46	Carleton Meet of Hearts	Feb 11, 2017
20		Schmitt, Bridget	SO-2	St. Thomas (Minn.)	10:48.82	MIAC Indoor Championships	Feb 23, 2017
21		Kosobud, Allison	SR-4	St. Benedict	10:50.77	Pointer Alumni Open	Jan 14, 2017
22		Schuda, Helen	FR-1	Carleton	10:51.06	St. Olaf Final Qualifying Meet	Mar 3, 2017
23		Ramsey, Eliza	SR-4	Macalester	10:51.21	The Showcase	Feb 10, 2017
24		Ahlstrom, Leighlin	FR-1	St. Catherine	10:51.44	The Showcase	Feb 10, 2017
25		Griffin, Meg	SO-2	Hamline	10:51.97	Carleton Meet of Hearts	Feb 11, 2017
26		Andersen, Kara	FR-1	Concordia-Moorhead	10:52.13	MIAC Indoor Championships	Feb 23, 2017
27		Moore, Meredith	FR-1	St. Olaf	10:52.86	MIAC Indoor Championships	Feb 23, 2017
28		Silverman, Pombie	SR-4	Carleton	10:53.91	Carleton Meet of Hearts	Feb 11, 2017
29		Nazarino, Sarah	SO-2	Carleton	10:54.60	Ted Nelson Classic	Feb 4, 2017
30		Reid, Elise	SR-4	St. Benedict	10:56.03	MIAC Indoor Championships	Feb 23, 2017
31		Rosenow, Olivia	JR-3	Gustavus Adolphus	10:56.33	MIAC Indoor Championships	Feb 23, 2017
32		Hawgood, Bryony	FR-1	St. Olaf	10:56.49	Carleton Meet of Hearts	Feb 11, 2017
33		Sands, Emily	SR-4	Gustavus Adolphus	10:56.96	Carleton Meet of Hearts	Feb 11, 2017
34		Passmore, Gabriela	FR-1	Gustavus Adolphus	10:57.12	Carleton Meet of Hearts	Feb 11, 2017
35		Breuckman, Katie	FR-1	St. Thomas (Minn.)	10:59.68	Parents Day Open	Feb 18, 2017
36		Launder, Jenny	SO-2	St. Thomas (Minn.)	11:00.19	The Showcase	Feb 10, 2017
37		Bentley, Jessica	JR-3	St. Olaf	11:02.88	St. Olaf Quad	Jan 27, 2017
38		Matzoll, Amber	SO-2	St. Thomas (Minn.)	11:02.92	The Showcase	Feb 10, 2017
39		Schifsky, Lotus	SO-2	Gustavus Adolphus	11:02.98	MIAC Indoor Championships	Feb 23, 2017
40		Clarke, Molly	FR-1	St. Thomas (Minn.)	11:04.37	The Showcase	Feb 10, 2017

# 5000 Meters

MIAC 19:19.23

	Athlete	Year	Team	Time	Meet	Meet Date
1	 Fossum, Alex	SR-4	St. Thomas (Minn.)	17:12.49	NCAA Division III Indoor Track & Field Championships	Mar 10, 2017
2	 Naas, Mary	SO-2	St. Olaf	17:21.54	MIAC Indoor Championships	Feb 23, 2017
3	 Meyer, Kimber	SR-4	Macalester	17:24.14	MIAC Indoor Championships	Feb 23, 2017
4	 Trujillo, Claire	SR-4	Carleton	18:02.44	MIAC Indoor Championships	Feb 23, 2017
5	 Schnirring, Samantha	SO-2	Carleton	18:06.02	MIAC Indoor Championships	Feb 23, 2017
6	 Weber, Emma	SR-4	St. Benedict	18:13.53	MIAC Indoor Championships	Feb 23, 2017
7	 McGivern, Bridget	SR-4	St. Thomas (Minn.)	18:14.62	MIAC Indoor Championships	Feb 23, 2017
8	 Hoornaert, Jamie	SR-4	St. Olaf	18:19.68	MIAC Indoor Championships	Feb 23, 2017
9	 Marsh, Melissa	JR-3	St. Thomas (Minn.)	18:24.81	MIAC Indoor Championships	Feb 23, 2017
10	 Hawgood, Bryony	FR-1	St. Olaf	18:26.36	MIAC Indoor Championships	Feb 23, 2017
11	 Miles, Kathleen	SO-2	Hamline	18:31.71	MIAC Indoor Championships	Feb 23, 2017
12	 DeVore, Sarah Jo	SR-4	Macalester	18:38.83	MIAC Indoor Championships	Feb 23, 2017
13	 Ahlstrom, Leighlin	FR-1	St. Catherine	18:39.83	MIAC Indoor Championships	Feb 23, 2017
14	 Nazarino, Sarah	SO-2	Carleton	18:44.16	MIAC Indoor Championships	Feb 23, 2017
15	 Irving, Taybri	SR-4	Augsburg	18:45.17	Parents Day Open	Feb 18, 2017
16	 Rosenow, Olivia	JR-3	Gustavus Adolphus	18:46.71	MIAC Indoor Championships	Feb 23, 2017
17	 Sands, Emily	SR-4	Gustavus Adolphus	19:01.02	MIAC Indoor Championships	Feb 23, 2017
18	 Clarke, Molly	FR-1	St. Thomas (Minn.)	19:18.87	MIAC Indoor Championships	Feb 23, 2017
19	Launder, Jenny	SO-2	St. Thomas (Minn.)	19:23.12	Parents Day Open	Feb 18, 2017
20	Cramer, Madeline	SO-2	Bethel (Minn.)	19:31.37	2017 Darren Young Classic	Feb 11, 2017
21	Borgmeier, Abigail	SO-2	St. Benedict	19:32.11	CSB-SJU February Invite	Feb 11, 2017
22	Matzoll, Amber	SO-2	St. Thomas (Minn.)	19:35.49	Parents Day Open	Feb 18, 2017
23	Anderson, Sarah	FR-1	Gustavus Adolphus	19:37.98	St. Olaf Quad	Jan 27, 2017
24	Schmitt, Bridget	SO-2	St. Thomas (Minn.)	19:40.14	Parents Day Open	Feb 18, 2017
25	Honnold, Becky	SR-4	Macalester	19:46.10	The Showcase	Feb 10, 2017
26	Waage, Bryana	SO-2	St. Catherine	19:52.80	The Showcase	Feb 10, 2017
27	Nelson, Rachel	SO-2	St. Benedict	19:59.35	CSB-SJU February Invite	Feb 11, 2017
28	Brine-Doyle, Jackie	SO-2	St. Catherine	20:21.32	The Showcase	Feb 10, 2017
29	Larsen, Malena	SO-2	Augsburg	20:27.58	CSB-SJU February Invite	Feb 11, 2017
30	Lynn, Lizzy	SO-2	Carleton	20:36.83	Carleton Meet of Hearts	Feb 11, 2017
31	Nelsen, Tarja	SO-2	Concordia-Moorhead	20:49.57	CSB-SJU February Invite	Feb 11, 2017
32	Torstenson, Martha	JR-3	Carleton	20:55.20	Carleton Meet of Hearts	Feb 11, 2017
33	Oliphant, Jordah	FR-1	Concordia-Moorhead	23:08.33	Cobber Double Duals	Jan 28, 2017

# 60 Hurdles

MIAC 10.45

	Athlete	Year	Team	Time	Meet	Meet Date
1 +	Wells-Johnson, Shakeela	SR-4	St. Catherine	8.97	St. Olaf Final Qualifying Meet	Mar 3, 2017
2 +	Brown, Gabrielle	SO-2	Hamline	9.01	MIAC Indoor Championships	Feb 23, 2017
3 +	Bierman, Brielle	JR-3	St. Thomas (Minn.)	9.10	MIAC Indoor Championships	Feb 23, 2017
4 +	Eischens, Laura	JR-3	St. Thomas (Minn.)	9.13	MIAC Indoor Championships	Feb 23, 2017
5 +	Sundstrom, Megan	JR-3	St. Benedict	9.15	MIAC Indoor Championships	Feb 23, 2017
6 +	Degen, Jenna	SO-2	St. Benedict	9.25	NCAA Division III Indoor Track & Field Championships	Mar 10, 2017
7 +	Hunter, Brooke	SR-4	Macalester	9.39	The Showcase	Feb 10, 2017
8 +	Van Goethem, Abigail	FR-1	Hamline	9.40	Hamster Invitational	Feb 3, 2017
8 +	Futterer, Anna	SO-2	Hamline	9.40	St. Olaf Final Qualifying Meet	Mar 3, 2017
10 +	Schoustra, Mackenzie	FR-1	St. Olaf	9.41	Carleton Meet of Hearts	Feb 11, 2017
11 +	Frier, Natalie	JR-3	St. Benedict	9.57	Hamster Invitational	Feb 3, 2017
12 +	Otto, Renae	JR-3	St. Benedict	9.61	MIAC Indoor Championships	Feb 23, 2017
12 +	Terpstra, Allie	SO-2	Bethel (Minn.)	9.61	Bethel Gene Glader Invitational	Feb 4, 2017
14 +	Piergies, Tonya	SO-2	Carleton	9.63	MIAC Indoor Championships	Feb 23, 2017
15 +	McKinstrey, Corin	FR-1	Bethel (Minn.)	9.67	MIAC Indoor Championships	Feb 23, 2017
16 +	Forness, Mikayla	JR-3	Concordia-Moorhead	9.77	MIAC Indoor Championships	Feb 23, 2017
17 +	Grizhebovskaya, Masha	JR-3	St. Olaf	9.78	St. Olaf Quad	Jan 27, 2017
18 +	Woody, Nikaylah	JR-3	Augsburg	9.83	MIAC Indoor Championships	Feb 23, 2017
19 +	Keelin, Abby	FR-1	Bethel (Minn.)	9.90	The Showcase	Feb 10, 2017
20 +	Koll, Leah	SO-2	St. Benedict	9.92	CSB-SJU Alumni + Macalester	Jan 28, 2017
21 +	Sifferle, Jordan	FR-1	St. Thomas (Minn.)	9.95	Parents Day Open	Feb 18, 2017
22 +	Hendrickson, Josi	JR-3	Hamline	10.01	Hamster Invitational	Feb 3, 2017
23 +	Andersen, Marissa	JR-3	Concordia-Moorhead	10.06	MIAC Indoor Championships	Feb 23, 2017
24 +	Rieth, Jenna	FR-1	Gustavus Adolphus	10.09	Minnesota State University - Birdman Open	Feb 17, 2017
25 +	Meakim, Lillie	JR-3	St. Olaf	10.10	St. Olaf Ole Women's Invite	Feb 17, 2017
26 +	Anderson, Alexandra	FR-1	Gustavus Adolphus	10.25	Minnesota State University - Birdman Open	Feb 17, 2017
26 +	Smedsrud, Kynzie	SO-2	Saint Mary's (Minn.)	10.25	MIAC Indoor Championships	Feb 23, 2017
26 +	Stilwell, Jenna	SO-2	Concordia-Moorhead	10.25	North Dakota Indoor Tune-Up	Feb 18, 2017
29 +	Bohlig, Emily	FR-1	St. Olaf	10.27	Ted Nelson Classic	Feb 4, 2017
30 +	Petterson, Samantha	SR-4	Bethel (Minn.)	10.28	MIAC Indoor Championships	Feb 23, 2017
30 +	Betterman, Karly	JR-3	St. Benedict	10.28	MIAC Indoor Championships	Feb 23, 2017
32 +	Dontje Lindell, Halla	SO-2	Macalester	10.36	Kilt Classic	Jan 20, 2017
33 +	Lautt, McKenzie	FR-1	Concordia-Moorhead	10.42	North Dakota Indoor Tune-Up	Feb 18, 2017
34 +	Kammer, Laura	FR-1	St. Olaf	10.44	St. Olaf Final Qualifying Meet	Mar 3, 2017

	Athlete	Year	Team	Time	Meet	Meet Date
35	Clarke, Mellissa	FR-1	Hamline	10.48	Hamster Invitational	Feb 3, 2017
36	Lincoln, Emily	FR-1	Hamline	10.49	Carleton Triangular	Jan 20, 2017
37	Joens, Bailey	FR-1	Saint Mary's (Minn.)	10.63	MIAC Indoor Championships	Feb 23, 2017
38	Schwakopf, Jordan	SO-2	Gustavus Adolphus	10.70	St. Olaf Quad	Jan 27, 2017
39	Balzer, Mara	FR-1	Bethel (Minn.)	10.74	2017 Darren Young Classic	Feb 11, 2017
40	Kiminski, Maria	SR-4	St. Benedict	10.75	Pointer Alumni Open	Jan 14, 2017

## 4 x 200 Relay

	Team	Time	Athletes	Meet	Meet Date
1	St. Thomas (Minn.)	1:45.50	Kretlow, Bierman, Marciniak, Murray	MIAC Indoor Championships	Feb 23, 2017
2	Bethel (Minn.)	1:46.02	Labatt, Johnson, Krier, Frekot	Bethel Gene Glader Invitational	Feb 4, 2017
3	Carleton	1:46.06	Feeney, Grisanzio, Piergies, Peebles	MIAC Indoor Championships	Feb 23, 2017
4	St. Olaf	1:46.92	Stets, Schoustra, Meakim, Glaaser	MIAC Indoor Championships	Feb 23, 2017
5	Macalester	1:46.97	Regan, Sonsalla, Schlieman, Komoto	MIAC Indoor Championships	Feb 23, 2017
6	Hamline	1:47.33	Brown, Shafer, Hensch, Berninghaus	MIAC Indoor Championships	Feb 23, 2017
7	St. Benedict	1:47.71	Sundstrom, Kiminski, McGrane, Kosobud	MIAC Indoor Championships	Feb 23, 2017
8	St. Catherine	1:48.12	Kirkova, Thoemke, Leja, Wells-Johnson	St. Olaf Ole Women's Invite	Feb 17, 2017
9	Gustavus Adolphus	1:48.55	Gray, Stowell, Schmidt, Anderson	Carleton Meet of Hearts	Feb 11, 2017
10	Saint Mary's (Minn.)	1:52.71	Dup, Mensah, Michener, Smedsrud	Luther Alumni Meet	Feb 4, 2017
11	Concordia-Moorhead	1:53.45	Lautt, Francis, Santl, Gelinske	CSB-SJU February Invite	Feb 11, 2017

## 4 x 400 Relay

	Team	Time	Athletes	Meet	Meet Date
1	Macalester	4:00.97	Casarrubias, Aguiar, Regan, Sonsalla	The Showcase	Feb 10, 2017
2	Bethel (Minn.)	4:01.47	Johnson, Wegner, Balzer, Labatt	MIAC Indoor Championships	Feb 23, 2017
3	Carleton	4:01.61	Feeney, Mathison, Grisanzio, Peebles	Parents Day Open	Feb 18, 2017
4	St. Thomas (Minn.)	4:02.74	Bierman, Janto, Barton, Adamson	Wartburg Indoor Select	Feb 3, 2017
5	St. Olaf	4:03.23	Stets, Glaaser, Moody, Lutz	MIAC Indoor Championships	Feb 23, 2017
6	St. Benedict	4:07.32	Kosobud, Dengel, Kiminski, Sundstrom	MIAC Indoor Championships	Feb 23, 2017
7	Hamline	4:07.40	Shafer, Dellwo, Van Goethem, Fiecke	MIAC Indoor Championships	Feb 23, 2017
8	Concordia-Moorhead	4:13.07	Gelinske, Andriessen, West, Forness	MIAC Indoor Championships	Feb 23, 2017
9	Gustavus Adolphus	4:13.65	Anderson, Schnabel, Hayes, Schmidt	MIAC Indoor Championships	Feb 23, 2017
10	St. Catherine	4:20.66	Thoemke, Tretter, Strickland, Kirkova	MIAC Indoor Championships	Feb 23, 2017
11	Augsburg	4:30.70	Woody, Blom, Stewig, Olson	MIAC Indoor Championships	Feb 23, 2017
12	Saint Mary's (Minn.)	4:38.70		Saint Mary's Early Birdinal	Jan 14, 2017

## Distance Medley Relay

	Team	Time	Athletes	Meet	Meet Date
1	St. Thomas (Minn.)	12:00.55	Glassbrenner, Barton, Janto, Fossum	Pointer Final Qualifier	Mar 4, 2017
2	St. Olaf	12:02.45	Moody, Stets, Lutz, Naas	St. Olaf Final Qualifying Meet	Mar 3, 2017
3	St. Benedict	12:05.70	Weber, Kiminski, Loth, Kosobud	St. Olaf Final Qualifying Meet	Mar 3, 2017
4	Macalester	12:12.62	Prescott, Sonsalla, Casarrubias, Meyer	St. Olaf Final Qualifying Meet	Mar 3, 2017
5	Carleton	12:16.08	Nipper, Peebles, Mathison, Trujillo	St. Olaf Final Qualifying Meet	Mar 3, 2017
6	Bethel (Minn.)	12:44.73	Chase, Wegner, Herath, Reimer	MIAC Indoor Championships	Feb 23, 2017
7	Concordia-Moorhead	12:53.76	West, Andriessen, Whiteman, Andersen	MIAC Indoor Championships	Feb 23, 2017
8	St. Catherine	13:00.44	Kirkeide, Thoemke, Strickland, Ahlstrom	MIAC Indoor Championships	Feb 23, 2017
9	Hamline	13:16.46	Dopp, Hankins, Nash, Griffin	MIAC Indoor Championships	Feb 23, 2017
10	Gustavus Adolphus	13:16.49	Hayes, Hill, Passmore, Schnabel	MIAC Indoor Championships	Feb 23, 2017
11	Augsburg	14:06.09	Stewig, Olson, Blom, Larsen	MIAC Indoor Championships	Feb 23, 2017


## High Jump











MIAC 1.51m

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	 Peterson, Emma	SR-4	Concordia-Moorhead	1.72m	5' 7.75"	MIAC Indoor Championships	Feb 23, 2017
2	 Bordson, Grace	SO-2	St. Thomas (Minn.)	1.63m	5' 4.25"	St. Thomas Invite	Jan 20, 2017
2	 Degen, Jenna	SO-2	St. Benedict	1.63m	5' 4.25"	NCAA Division III Indoor Track & Field Championships	Mar 10, 2017
4	 Terhaar, Mariah	FR-1	St. Thomas (Minn.)	1.56m	5' 1.25"	MIAC Indoor Championships	Feb 23, 2017
4	 Fokken, Niki	JR-3	St. Benedict	1.56m	5' 1.25"	MIAC Indoor Championships	Feb 23, 2017
4	 Joens, Bailey	FR-1	Saint Mary's (Minn.)	1.56m	5' 1.25"	Yellowjacket Open	Feb 11, 2017
4	 Dahl, Emily	FR-1	Bethel (Minn.)	1.56m	5' 1.25"	MIAC Indoor Championships	Feb 23, 2017
4	 Spehar, Suntina	FR-1	St. Benedict	1.56m	5' 1.25"	MIAC Indoor Championships	Feb 23, 2017
9	 Klapper, Meghan	SR-4	Macalester	1.55m	5' 1"	The Showcase	Feb 10, 2017
9	 McFerson, Matilda	FR-1	St. Thomas (Minn.)	1.55m	5' 1"	The Showcase	Feb 10, 2017
9	 Severson, Sidney	SO-2	St. Thomas (Minn.)	1.55m	5' 1"	St. Thomas Invite	Jan 20, 2017
9	 Stilwell, Jenna	SO-2	Concordia-Moorhead	1.55m	5' 1"	North Dakota Indoor Tune-Up	Feb 18, 2017
9	 Johnson, Vanessa	JR-3	Concordia-Moorhead	1.55m	5' 1"	North Dakota Indoor Tune-Up	Feb 18, 2017
14	 Andersen, Margaret	SO-2	St. Olaf	1.52m	4' 11.75"	St. Olaf Quad	Jan 27, 2017
14	 Engen, Tierza	FR-1	Concordia-Moorhead	1.52m	4' 11.75"	Bison Open	Feb 3, 2017
14	 Eischens, Laura	JR-3	St. Thomas (Minn.)	1.52m	4' 11.75"	MIAC Indoor Championships	Feb 23, 2017
17	 Radke, Johna	SO-2	St. Catherine	1.51m	4' 11.5"	St. Olaf Ole Women's Invite	Feb 17, 2017
17	 Gerovac, Kelsie	FR-1	St. Olaf	1.51m	4' 11.5"	St. Olaf Ole Women's Invite	Feb 17, 2017
17	 Steele, Hannah	SR-4	Bethel (Minn.)	1.51m	4' 11.5"	MIAC Indoor Championships	Feb 23, 2017
20	Andersen, Marissa	JR-3	Concordia-Moorhead	1.50m	4' 11"	North Dakota Indoor Tune-Up	Feb 18, 2017

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
20	Forness, Mikayla	JR-3	Concordia-Moorhead	1.50m	4' 11"	North Dakota Indoor Tune-Up	Feb 18, 2017
20	Kiminski, Maria	SR-4	St. Benedict	1.50m	4' 11"	Pointer Alumni Open	Jan 14, 2017
20	Grisanzio, Emma	SR-4	Carleton	1.50m	4' 11"	Carleton Triangular	Jan 20, 2017
24	Murray, Katie	JR-3	St. Thomas (Minn.)	1.49m	4' 10.5"	Wartburg Indoor Select	Feb 3, 2017
24	Hendrickson, Josi	JR-3	Hamline	1.49m	4' 10.5"	MIAC Indoor Championships	Feb 23, 2017
26	Lewis-Workman, Anna	FR-1	Macalester	1.47m	4' 9.75"	Kilt Classic	Jan 20, 2017
27	Sundstrom, Megan	JR-3	St. Benedict	1.46m	4' 9.5"	Wartburg Qualifier	Mar 3, 2017
27	Dontje Lindell, Halla	SO-2	Macalester	1.46m	4' 9.5"	MIAC Indoor Championships	Feb 23, 2017
29	Hedlund, Kate	SO-2	St. Thomas (Minn.)	1.45m	4' 9"	The Showcase	Feb 10, 2017
29	Schoustra, Mackenzie	FR-1	St. Olaf	1.45m	4' 9"	Carleton Meet of Hearts	Feb 11, 2017
31	Jones, Madison	FR-1	St. Benedict	1.44m	4' 8.75"	Hamster Invitational	Feb 3, 2017
32	Piergies, Tonya	SO-2	Carleton	1.43m	4' 8.25"	MIAC Indoor Championships	Feb 23, 2017
32	Hunter, Brooke	SR-4	Macalester	1.43m	4' 8.25"	MIAC Indoor Championships	Feb 23, 2017
32	Bohlig, Emily	FR-1	St. Olaf	1.43m	4' 8.25"	MIAC Indoor Championships	Feb 23, 2017
35	Hlavka, Courtney	SO-2	Bethel (Minn.)	1.42m	4' 7.75"	Kilt Classic	Jan 20, 2017
35	Jensen, Jerlie	SR-4	St. Olaf	1.42m	4' 7.75"	St. Olaf Quad	Jan 27, 2017
35	Novak, Kendall	SO-2	St. Thomas (Minn.)	1.42m	4' 7.75"	Parents Day Open	Feb 18, 2017
35	Ballet, Izzy	SR-4	Macalester	1.42m	4' 7.75"	Parents Day Open	Feb 18, 2017
39	Bond, Sarah	SO-2	St. Olaf	1.41m	4' 7.5"	St. Olaf Ole Women's Invite	Feb 17, 2017
40	Mathison, Meg	FR-1	Carleton	1.40m	4' 7"	Carleton Triangular	Jan 20, 2017


## Pole Vault MIAC 2.55m

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1 	Stelten, London	SR-4	St. Benedict	3.83m	12' 6.75"	MIAC Indoor Championships	Feb 23, 2017
2 	Anderson, Jalia	SO-2	St. Thomas (Minn.)	3.48m	11' 5"	MIAC Indoor Championships	Feb 23, 2017
3 	Novak, Kendall	SO-2	St. Thomas (Minn.)	3.41m	11' 2.25"	Pointer Final Qualifier	Mar 4, 2017
4 	Missurelli, Maria	JR-3	Saint Mary's (Minn.)	3.23m	10' 7"	MIAC Indoor Championships	Feb 23, 2017
4 	Stelten, Lee	FR-1	St. Benedict	3.23m	10' 7"	MIAC Indoor Championships	Feb 23, 2017
6 	Terhaar, Mariah	FR-1	St. Thomas (Minn.)	3.22m	10' 6.75"	The Showcase	Feb 10, 2017
7 	Walls, Jordan	SO-2	Hamline	3.11m	10' 2.5"	Parents Day Open	Feb 18, 2017
7 	Regan, Anik	SR-4	Macalester	3.11m	10' 2.5"	Parents Day Open	Feb 18, 2017
9 	Sifferle, Jordan	FR-1	St. Thomas (Minn.)	3.08m	10' 1.25"	MIAC Indoor Championships	Feb 23, 2017
10 	Davis, Anna	JR-3	St. Benedict	3.04m	9' 11.75"	St. Olaf Ole Women's Invite	Feb 17, 2017
11 	Hillerud, Erin	FR-1	Concordia-Moorhead	2.93m	9' 7.25"	MIAC Indoor Championships	Feb 23, 2017
11 	Brown Ton, Corinna	FR-1	St. Olaf	2.93m	9' 7.25"	MIAC Indoor Championships	Feb 23, 2017

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
13	 Prine, Avery	FR-1	St. Olaf	2.83m	9' 3.25"	St. Olaf Quad	Jan 27, 2017
13	 Singh, Prabhjot	SO-2	Gustavus Adolphus	2.83m	9' 3.25"	St. Olaf Quad	Jan 27, 2017
13	 Rieth, Jenna	FR-1	Gustavus Adolphus	2.83m	9' 3.25"	St. Olaf Quad	Jan 27, 2017
13	 Forker, Sarah	JR-3	Bethel (Minn.)	2.83m	9' 3.25"	St. Olaf Quad	Jan 27, 2017
17	 Geiser, Christina	JR-3	St. Benedict	2.78m	9' 1.5"	MIAC Indoor Championships	Feb 23, 2017
17	 Watry, Kate	SO-2	St. Thomas (Minn.)	2.78m	9' 1.5"	MIAC Indoor Championships	Feb 23, 2017
19	 Mitchell, Alyssa	SO-2	Bethel (Minn.)	2.66m	8' 8.75"	Parents Day Open	Feb 18, 2017
20	 Andriessen, Isabel	FR-1	Concordia-Moorhead	2.65m	8' 8.25"	North Dakota Indoor Tune-Up	Feb 18, 2017
21	 Murdock, Cara	FR-1	St. Thomas (Minn.)	2.62m	8' 7"	The Showcase	Feb 10, 2017
22	 Ramos, Rebekah	FR-1	Saint Mary's (Minn.)	2.59m	8' 6"	UW-Stout Open	Jan 21, 2017
23	Waddell, Sam	JR-3	St. Olaf	2.50m	8' 2.5"	Carleton Meet of Hearts	Feb 11, 2017
24	Duffy, Lily	FR-1	St. Thomas (Minn.)	2.47m	8' 1.25"	The Showcase	Feb 10, 2017
25	Watson, Annika	SO-2	Bethel (Minn.)	2.35m	7' 8.5"	2017 Darren Young Classic	Feb 11, 2017
25	Fulton, Maria	JR-3	St. Olaf	2.35m	7' 8.5"	Carleton Meet of Hearts	Feb 11, 2017

## Long Jump

MIAC 4.70m

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1	 Dup, Becca	SO-2	Saint Mary's (Minn.)	5.53m	18' 1.75"	Yellowjacket Open	Feb 11, 2017
2	 Thompson, Tori	SO-2	St. Catherine	5.45m	17' 10.75"	St. Olaf Final Qualifying Meet	Mar 3, 2017
3	 Eischens, Laura	JR-3	St. Thomas (Minn.)	5.37m	17' 7.5"	Pointer Final Qualifier	Mar 4, 2017
4	 Degen, Jenna	SO-2	St. Benedict	5.29m	17' 4.25"	MIAC Indoor Championships	Feb 23, 2017
5	 Frekot, Hanna	SO-2	Bethel (Minn.)	5.28m	17' 4"	MIAC Indoor Championships	Feb 23, 2017
5	 Van Goethem, Abigail	FR-1	Hamline	5.28m	17' 4"	Hamster Invitational	Feb 3, 2017
7	 Schoustra, Mackenzie	FR-1	St. Olaf	5.24m	17' 2.25"	MIAC Indoor Championships	Feb 23, 2017
8	 Francis, Mollie	FR-1	Concordia-Moorhead	5.20m	17' 0.75"	MIAC Indoor Championships	Feb 23, 2017
9	 Jones, Callie	SR-4	Augsburg	5.18m	17' 0"	Kilt Classic	Jan 20, 2017
9	 Britton, Damali	JR-3	Carleton	5.18m	17' 0"	MIAC Indoor Championships	Feb 23, 2017
11	 Zwiefelhofer, Danielle	JR-3	Hamline	5.16m	16' 11.25"	Hamster Invitational	Feb 3, 2017
12	 Piergies, Tonya	SO-2	Carleton	5.10m	16' 8.75"	St. Olaf Ole Women's Invite	Feb 17, 2017
13	 Sundstrom, Megan	JR-3	St. Benedict	5.09m	16' 8.5"	NCAA Division III Indoor Track & Field Championships	Mar 10, 2017



	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
14 +	Berninghaus, Briana	FR-1	Hamline	5.02m	16' 5.75"	The Opener	Jan 13, 2017
15 +	Murray, Katie	JR-3	St. Thomas (Minn.)	4.99m	16' 4.5"	MIAC Indoor Championships	Feb 23, 2017
16 +	Donkhong, Anna	FR-1	Hamline	4.96m	16' 3.25"	MIAC Indoor Championships	Feb 23, 2017
17 +	Silbert, Sarah	SR-4	Macalester	4.91m	16' 1.5"	MIAC Indoor Championships	Feb 23, 2017
18 +	Sifferle, Jordan	FR-1	St. Thomas (Minn.)	4.88m	16' 0.25"	St. Thomas Invite	Jan 20, 2017
19 +	Stilwell, Jenna	SO-2	Concordia-Moorhead	4.80m	15' 9"	North Dakota Indoor Tune-Up	Feb 18, 2017
19 +	Hendrickson, Josi	JR-3	Hamline	4.80m	15' 9"	The Opener	Jan 13, 2017
21 +	Koll, Leah	SO-2	St. Benedict	4.73m	15' 6.25"	MIAC Indoor Championships	Feb 23, 2017
21 +	Marquette, Hayli	SO-2	St. Olaf	4.73m	15' 6.25"	St. Olaf Ole Women's Invite	Feb 17, 2017
23	Forness, Mikayla	JR-3	Concordia-Moorhead	4.69m	15' 4.75"	CSB-SJU February Invite	Feb 11, 2017
24	Bohlig, Emily	FR-1	St. Olaf	4.67m	15' 4"	St. Olaf Final Qualifying Meet	Mar 3, 2017
24	Quandt, Taylor	SO-2	St. Thomas (Minn.)	4.67m	15' 4"	St. Olaf Quad	Jan 27, 2017
26	Russell, Elizabeth	SR-4	St. Thomas (Minn.)	4.66m	15' 3.5"	St. Olaf Quad	Jan 27, 2017
26	Joens, Bailey	FR-1	Saint Mary's (Minn.)	4.66m	15' 3.5"	Yellowjacket Open	Feb 11, 2017
28	Thomley, Emma	FR-1	Carleton	4.60m	15' 1.25"	Carleton Triangular	Jan 20, 2017
29	Christian, Emily	SO-2	St. Benedict	4.58m	15' 0.5"	St. Olaf Ole Women's Invite	Feb 17, 2017
29	Grizhebovskaia, Masha	JR-3	St. Olaf	4.58m	15' 0.5"	Carleton Triangular	Jan 20, 2017
31	Bruess, Sarah	SO-2	St. Thomas (Minn.)	4.56m	14' 11.5"	St. Olaf Quad	Jan 27, 2017
32	Andersen, Marissa	JR-3	Concordia-Moorhead	4.54m	14' 10.75"	MIAC Indoor Championships	Feb 23, 2017
33	Kirkova, Liliya	FR-1	St. Catherine	4.49m	14' 8.75"	Bethel Gene Glader Invitational	Feb 4, 2017
34	Keelin, Abby	FR-1	Bethel (Minn.)	4.47m	14' 8"	MIAC Indoor Championships	Feb 23, 2017
35	Cermin, Hayley	JR-3	Bethel (Minn.)	4.46m	14' 7.75"	2017 Darren Young Classic	Feb 11, 2017
36	Dontje Lindell, Halla	SO-2	Macalester	4.44m	14' 7"	Hamster Invitational	Feb 3, 2017
37	Clarke, Melissa	FR-1	Hamline	4.43m	14' 6.5"	The Opener	Jan 13, 2017
37	Hunter, Brooke	SR-4	Macalester	4.43m	14' 6.5"	Hamster Invitational	Feb 3, 2017
39	Kaing, Amanda	SR-4	St. Olaf	4.40m	14' 5.25"	Carleton Meet of Hearts	Feb 11, 2017

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
40	Hlavka, Courtney	SO-2	Bethel (Minn.)	4.37m	14' 4"	St. Olaf Quad	Jan 27, 2017

## Triple Jump

MIAC 9.71m

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1 +	Peterson, Emma	SR-4	Concordia-Moorhead	11.83m	38' 9.75"	MIAC Indoor Championships	Feb 23, 2017
2 +	Britton, Damali	JR-3	Carleton	11.29m	37' 0.5"	MIAC Indoor Championships	Feb 23, 2017
3 +	Koll, Leah	SO-2	St. Benedict	11.18m	36' 8.25"	St. Olaf Final Qualifying Meet	Mar 3, 2017
4 +	Sundstrom, Megan	JR-3	St. Benedict	11.11m	36' 5.5"	MIAC Indoor Championships	Feb 23, 2017
5 +	Van Goethem, Abigail	FR-1	Hamline	10.95m	35' 11.25"	MIAC Indoor Championships	Feb 23, 2017
6 +	Gelinske, Shelby	SO-2	Concordia-Moorhead	10.85m	35' 7.25"	Bison Open	Feb 3, 2017
7 +	Russell, Elizabeth	SR-4	St. Thomas (Minn.)	10.67m	35' 0.25"	MIAC Indoor Championships	Feb 23, 2017
8 +	Zwiefelhofer, Danielle	JR-3	Hamline	10.49m	34' 5"	MIAC Indoor Championships	Feb 23, 2017
9 +	Quandt, Taylor	SO-2	St. Thomas (Minn.)	10.39m	34' 1.25"	MIAC Indoor Championships	Feb 23, 2017
10 +	Silbert, Sarah	SR-4	Macalester	10.30m	33' 9.5"	MIAC Indoor Championships	Feb 23, 2017
11 +	Hensch, Mikayla	SR-4	Hamline	10.21m	33' 6"	MIAC Indoor Championships	Feb 23, 2017
12 +	Sifferle, Jordan	FR-1	St. Thomas (Minn.)	10.07m	33' 0.5"	MIAC Indoor Championships	Feb 23, 2017
12 +	Engen, Tierza	FR-1	Concordia-Moorhead	10.07m	33' 0.5"	MIAC Indoor Championships	Feb 23, 2017
14 +	Neeser, Anna	SO-2	Gustavus Adolphus	10.04m	32' 11.25"	Minnesota State University - Birdman Open	Feb 17, 2017
14 +	Dontje Lindell, Halla	SO-2	Macalester	10.04m	32' 11.25"	The Showcase	Feb 10, 2017
16 +	Grizhebovskaia, Masha	JR-3	St. Olaf	9.93m	32' 7"	St. Olaf Quad	Jan 27, 2017
17 +	Christian, Emily	SO-2	St. Benedict	9.90m	32' 5.75"	St. Olaf Ole Women's Invite	Feb 17, 2017
18 +	Steiger, Lindsay	FR-1	Hamline	9.83m	32' 3"	Parents Day Open	Feb 18, 2017
19 +	Bruess, Sarah	SO-2	St. Thomas (Minn.)	9.72m	31' 10.75"	Parents Day Open	Feb 18, 2017
20	Detlaff, Hannah	FR-1	Macalester	9.59m	31' 5.75"	Hamster Invitational	Feb 3, 2017
21	Betterman, Karly	JR-3	St. Benedict	9.55m	31' 4"	Pointer Alumni Open	Jan 14, 2017
22	Kaing, Amanda	SR-4	St. Olaf	9.35m	30' 8.25"	Ted Nelson Classic	Feb 4, 2017
22	Hlavka, Courtney	SO-2	Bethel (Minn.)	9.35m	30' 8.25"	Parents Day Open	Feb 18, 2017
24	Clarke, Mellissa	FR-1	Hamline	9.26m	30' 4.75"	Carleton Meet of Hearts	Feb 11, 2017
25	Hillerud, Erin	FR-1	Concordia-Moorhead	9.12m	29' 11.25"	Cobber Double Duals	Jan 28, 2017
26	Deyak, Remington	SO-2	St. Benedict	9.06m	29' 8.75"	Pointer Alumni Open	Jan 14, 2017
27	Pendergast, Anna	FR-1	St. Olaf	8.79m	28' 10.25"	The Opener	Jan 13, 2017
28	Larson, Kiah	FR-1	Augsburg	8.37m	27' 5.5"	Parents Day Open	Feb 18, 2017

## Shot Put

MIAC 9.32m

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
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	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1 +	Mercil, Mandy	SR-4	Concordia-Moorhead	13.17m	43' 2.5"	St. Olaf Final Qualifying Meet	Mar 3, 2017
2 +	Lange, Libbie	SR-4	St. Thomas (Minn.)	12.64m	41' 5.75"	St. Thomas Invite	Jan 20, 2017
3 +	Koel, Gabby	SR-4	Hamline	12.50m	41' 0.25"	St. Olaf Ole Women's Invite	Feb 17, 2017
4 +	Anderson, Haley	SO-2	St. Benedict	11.95m	39' 2.5"	CSB-SJU February Invite	Feb 11, 2017
5 +	Gigstad, Sarah	FR-1	St. Benedict	11.83m	38' 9.75"	MIAC Indoor Championships	Feb 23, 2017
6 +	Byers-Carter, Katelyn	SO-2	St. Catherine	11.75m	38' 6.75"	Carleton Meet of Hearts	Feb 11, 2017
7 +	Olson, Siri	FR-1	Gustavus Adolphus	11.73m	38' 6"	Minnesota State University - Birdman Open	Feb 17, 2017
8 +	Juenemann, Jessie	FR-1	Hamline	11.58m	38' 0"	MIAC Indoor Championships	Feb 23, 2017
9 +	Reuter, Tresa	SO-2	Concordia-Moorhead	11.51m	37' 9.25"	CSB-SJU February Invite	Feb 11, 2017
10 +	Eischens, Laura	JR-3	St. Thomas (Minn.)	11.13m	36' 6.25"	MIAC Indoor Championships	Feb 23, 2017
11 +	Janssen, Miranda	FR-1	Hamline	11.05m	36' 3"	MIAC Indoor Championships	Feb 23, 2017
12 +	Bentley, Jessica	JR-3	St. Olaf	10.94m	35' 10.75"	MIAC Indoor Championships	Feb 23, 2017
13 +	Rajewsky, Kelsey	FR-1	Concordia-Moorhead	10.84m	35' 6.75"	North Dakota Indoor Tune-Up	Feb 18, 2017
14 +	Keiser, Savanna	FR-1	Hamline	10.81m	35' 5.75"	Carleton Meet of Hearts	Feb 11, 2017
15 +	Baker, Claire	SO-2	St. Benedict	10.66m	34' 11.75"	St. Olaf Final Qualifying Meet	Mar 3, 2017
16 +	Forness, Mikayla	JR-3	Concordia-Moorhead	10.64m	34' 11"	MIAC Indoor Championships	Feb 23, 2017
17 +	Albers, Emily	JR-3	Concordia-Moorhead	10.63m	34' 10.5"	MIAC Indoor Championships	Feb 23, 2017
18 +	Passaglia, Amanda	SR-4	Bethel (Minn.)	10.61m	34' 9.75"	2017 Darren Young Classic	Feb 11, 2017
19 +	Stilwell, Jenna	SO-2	Concordia-Moorhead	10.52m	34' 6.25"	MIAC Indoor Championships	Feb 23, 2017
20 +	Diederichs, Kristen	FR-1	St. Olaf	10.49m	34' 5"	St. Olaf Ole Women's Invite	Feb 17, 2017
21 +	Keelin, Katie	FR-1	Gustavus Adolphus	10.33m	33' 10.75"	Kilt Classic	Jan 20, 2017
22 +	Van Den Heuvel, Bailey	SO-2	Gustavus Adolphus	10.31m	33' 10"	Minnesota State University - Birdman Open	Feb 17, 2017
23 +	Hlavka, Courtney	SO-2	Bethel (Minn.)	10.24m	33' 7.25"	Parents Day Open	Feb 18, 2017
24 +	Hovland, Bailey	JR-3	Concordia-Moorhead	10.13m	33' 3"	North Dakota Indoor Tune-Up	Feb 18, 2017

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
25 +	Cassady, Anna	SO-2	Concordia-Moorhead	9.99m	32' 9.5"	North Dakota Indoor Tune-Up	Feb 18, 2017
26 +	Nordby, Hannah	SO-2	St. Olaf	9.98m	32' 9"	St. Olaf Ole Women's Invite	Feb 17, 2017
27 +	Betterman, Karly	JR-3	St. Benedict	9.78m	32' 1"	CSB-SJU Alumni + Macalester	Jan 28, 2017
28 +	Degen, Jenna	SO-2	St. Benedict	9.76m	32' 0.25"	MIAC Indoor Championships	Feb 23, 2017
30 +	Sundstrom, Megan	JR-3	St. Benedict	9.61m	31' 6.5"	NCAA Division III Indoor Track & Field Championships	Mar 10, 2017
31 +	Dontje Lindell, Halla	SO-2	Macalester	9.43m	30' 11.25"	Parents Day Open	Feb 18, 2017
32 +	Sifferle, Jordan	FR-1	St. Thomas (Minn.)	9.39m	30' 9.75"	Warren Bowlus Multi & Open	Jan 27, 2017
32 +	Joens, Bailey	FR-1	Saint Mary's (Minn.)	9.39m	30' 9.75"	MIAC Indoor Championships	Feb 23, 2017
34	DeVos, Ellie	FR-1	Concordia-Moorhead	9.28m	30' 5.5"	CSB-SJU February Invite	Feb 11, 2017
35	Hunter, Brooke	SR-4	Macalester	9.16m	30' 0.75"	MIAC Indoor Championships	Feb 23, 2017
36	Hendrickson, Josi	JR-3	Hamline	9.15m	30' 0.25"	MIAC Indoor Championships	Feb 23, 2017
37	Agerlie, Anika	SR-4	Bethel (Minn.)	9.12m	29' 11.25"	Bethel Gene Glader Invitational	Feb 4, 2017
38	Carlson, Madison	FR-1	Gustavus Adolphus	9.05m	29' 8.25"	Ted Nelson Classic	Feb 4, 2017
39	Neamonitaki, Myrto	FR-1	St. Olaf	8.94m	29' 4"	Carleton Triangular	Jan 20, 2017
40	LeClair, Katherine	JR-3	St. Olaf	8.57m	28' 1.5"	St. Olaf Final Qualifying Meet	Mar 3, 2017





## Weight Throw

MIAC 11.16m

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
1 +	Mellin, Allison	SR-4	St. Thomas (Minn.)	15.93m	52' 3.25"	The Showcase	Feb 10, 2017
2 +	Graham, Olivia	SR-4	St. Thomas (Minn.)	15.25m	50' 0.5"	MIAC Indoor Championships	Feb 23, 2017
3 +	Mercil, Mandy	SR-4	Concordia-Moorhead	15.13m	49' 7.75"	MIAC Indoor Championships	Feb 23, 2017
4 +	Verdugo, Kiana	JR-3	Hamline	14.98m	49' 1.75"	MIAC Indoor Championships	Feb 23, 2017
5 +	Kuusisto, Kali	SR-4	Augsburg	14.92m	48' 11.5"	CSB-SJU February Invite	Feb 11, 2017
6 +	Passaglia, Amanda	SR-4	Bethel (Minn.)	14.66m	48' 1.25"	MIAC Indoor Championships	Feb 23, 2017
7 +	Pohlmann, Megan	SR-4	St. Catherine	14.47m	47' 5.75"	Falcon Winter Classic	Jan 28, 2017
8 +	King, Natalie	JR-3	Saint Mary's (Minn.)	14.36m	47' 1.5"	Luther Alumni Meet	Feb 4, 2017
9 +	Lange, Libbie	SR-4	St. Thomas (Minn.)	14.16m	46' 5.5"	The Showcase	Feb 10, 2017
10 +	Koel, Gabby	SR-4	Hamline	13.98m	45' 10.5"	St. Olaf Ole Women's Invite	Feb 17, 2017
11 +	Hovland, Bailey	JR-3	Concordia-Moorhead	13.60m	44' 7.5"	CSB-SJU February Invite	Feb 11, 2017

	Athlete	Year	Team	Mark	Conv	Meet	Meet Date
12	 Byers-Carter, Katelyn	SO-2	St. Catherine	13.33m	43' 9"	MIAC Indoor Championships	Feb 23, 2017
13	 Van Den Heuvel, Bailey	SO-2	Gustavus Adolphus	13.29m	43' 7.25"	MIAC Indoor Championships	Feb 23, 2017
14	 Reuter, Tresa	SO-2	Concordia-Moorhead	13.24m	43' 5.25"	CSB-SJU February Invite	Feb 11, 2017
15	 Opps, Allyson	SR-4	Hamline	13.19m	43' 3.25"	MIAC Indoor Championships	Feb 23, 2017
16	 Keelin, Katie	FR-1	Gustavus Adolphus	13.13m	43' 1"	Ted Nelson Classic	Feb 4, 2017
17	 Anderson, Haley	SO-2	St. Benedict	13.09m	42' 11.5"	CSB-SJU February Invite	Feb 11, 2017
18	 Hoenigschmidt, Kaylea	SO-2	St. Catherine	12.96m	42' 6.25"	St. Olaf Ole Women's Invite	Feb 17, 2017
19	 Baker, Claire	SO-2	St. Benedict	12.91m	42' 4.25"	St. Olaf Ole Women's Invite	Feb 17, 2017
20	 Cassady, Anna	SO-2	Concordia-Moorhead	12.89m	42' 3.5"	CSB-SJU February Invite	Feb 11, 2017
21	 Zemaitis, Lynn	SR-4	Macalester	12.65m	41' 6"	Hamster Invitational	Feb 3, 2017
22	 Nordby, Hannah	SO-2	St. Olaf	12.63m	41' 5.25"	MIAC Indoor Championships	Feb 23, 2017
23	 Gigstad, Sarah	FR-1	St. Benedict	12.56m	41' 2.5"	CSB-SJU February Invite	Feb 11, 2017
24	 Agerlie, Anika	SR-4	Bethel (Minn.)	11.86m	38' 11"	Kilt Classic	Jan 20, 2017
25	 Erickson, Courtney	FR-1	Gustavus Adolphus	11.19m	36' 8.5"	Ted Nelson Classic	Feb 4, 2017
27	Janssen, Miranda	FR-1	Hamline	11.09m	36' 4.75"	St. Olaf Ole Women's Invite	Feb 17, 2017
28	Deyak, Remington	SO-2	St. Benedict	10.90m	35' 9.25"	MIAC Indoor Championships	Feb 23, 2017
29	Diederichs, Kristen	FR-1	St. Olaf	10.84m	35' 6.75"	St. Olaf Ole Women's Invite	Feb 17, 2017
30	Keiser, Savanna	FR-1	Hamline	10.74m	35' 3"	St. Olaf Ole Women's Invite	Feb 17, 2017
31	DeVos, Ellie	FR-1	Concordia-Moorhead	10.56m	34' 7.75"	CSB-SJU February Invite	Feb 11, 2017
32	Carlson, Madison	FR-1	Gustavus Adolphus	10.55m	34' 7.5"	Carleton Meet of Hearts	Feb 11, 2017
33	LeClair, Katherine	JR-3	St. Olaf	10.48m	34' 4.75"	St. Olaf Ole Women's Invite	Feb 17, 2017
34	Rajewsky, Kelsey	FR-1	Concordia-Moorhead	10.41m	34' 2"	CSB-SJU February Invite	Feb 11, 2017
35	Albers, Emily	JR-3	Concordia-Moorhead	10.40m	34' 1.5"	Bison Open	Feb 3, 2017
36	Juenemann, Jessie	FR-1	Hamline	10.34m	33' 11.25"	St. Olaf Ole Women's Invite	Feb 17, 2017
36	Harmatta, Kelsey	SR-4	Macalester	10.34m	33' 11.25"	Kilt Classic	Jan 20, 2017
38	Gjesdahl, Emma	SO-2	Concordia-Moorhead	10.02m	32' 10.5"	Cobber Double Duals	Jan 28, 2017
38	Johnson, Olivia	SO-2	Bethel (Minn.)	10.02m	32' 10.5"	St. Olaf Quad	Jan 27, 2017
40	Berg, Lauren	JR-3	St. Benedict	9.99m	32' 9.5"	CSB-SJU February Invite	Feb 11, 2017

## Pentathlon MIAC 2067

	Athlete	Year	Team	Points	Meet	Meet Date
1	 Degen, Jenna	SO-2	St. Benedict	3367	NCAA Division III Indoor Track & Field Championships	Mar 10, 2017
2	 Sundstrom, Megan	JR-3	St. Benedict	3262	NCAA Division III Indoor Track & Field Championships	Mar 10, 2017
3	 Eischens, Laura	JR-3	St. Thomas (Minn.)	3230	MIAC Indoor Championships	Feb 23, 2017
4	 Forness, Mikayla	JR-3	Concordia-Moorhead	2993	MIAC Indoor Championships	Feb 23, 2017

	Athlete	Year	Team	Points	Meet	Meet Date
5	 Piergies, Tonya	SO-2	Carleton	2868	MIAC Indoor Championships	Feb 23, 2017
6	 Schoustra, Mackenzie	FR-1	St. Olaf	2864	MIAC Indoor Championships	Feb 23, 2017
7	 Hunter, Brooke	SR-4	Macalester	2825	MIAC Indoor Championships	Feb 23, 2017
8	 Stilwell, Jenna	SO-2	Concordia-Moorhead	2803	MIAC Indoor Championships	Feb 23, 2017
9	 Andersen, Marissa	JR-3	Concordia-Moorhead	2690	MIAC Indoor Championships	Feb 23, 2017
10	 Hendrickson, Josi	JR-3	Hamline	2657	MIAC Indoor Championships	Feb 23, 2017
11	 Dontje Lindell, Halla	SO-2	Macalester	2597	MIAC Indoor Championships	Feb 23, 2017
12	 Sifferle, Jordan	FR-1	St. Thomas (Minn.)	2570	MIAC Indoor Championships	Feb 23, 2017
13	 Joens, Bailey	FR-1	Saint Mary's (Minn.)	2555	MIAC Indoor Championships	Feb 23, 2017
14	 Betterman, Karly	JR-3	St. Benedict	2469	MIAC Indoor Championships	Feb 23, 2017
15	 Bohlig, Emily	FR-1	St. Olaf	2464	MIAC Indoor Championships	Feb 23, 2017
16	 Keelin, Abby	FR-1	Bethel (Minn.)	2246	MIAC Indoor Championships	Feb 23, 2017
17	Hlavka, Courtney	SO-2	Bethel (Minn.)	2031	MIAC Indoor Championships	Feb 23, 2017
18	Bond, Sarah	SO-2	St. Olaf	1704	MIAC Indoor Championships	Feb 23, 2017