

1998 MIAC WOMEN'S OUTDOOR PERFORMANCES

April 29, 1998

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100 METER DASH

=====	N C A A Automatic	12.24
Erica Stone	Gustavus	12.36
=====	N C A A Provisional	12.44
Astrid Larssen	Augsburg	12.47
Holly Harris	Macalester	12.51
Alexs Phillips	Macalester	12.54
Amanda Olson	St. Olaf	12.62
Sonya Smith	Concordia	12.80
Gail Peterson	Bethel	12.92
Miranda Jopp	St. Thomas	12.96
Kirstin Bland	Gustavus	12.98
Amber Kidder	St. Olaf	12.99
10		
Noel Green	Bethel	13.02
Anne Habbena	Bethel	13.08
Emily Haley	St. Thomas	13.09
Alison Bachman	St. Olaf	13.22
Kirsten Bland	Gustavus	13.23
Katie Hagen	St. Benedict	13.25
Margo Boyle	St. Catherine	13.26
Molly Nemes	Gustavus	13.29
Kajsa Larson	Gustavus	13.30
Amber Liss	St. Mary's	13.31
20		
Kari Pederson	St. Mary's	13.31
Karin McGregor	Concordia	13.42
=====	M I A C Automatic	13.44
Amy Mcdonald	Carleton	13.45
Jamie McRaith	St. Olaf	13.47
Janet Hengel	St. Olaf	13.52
Shelly Gregorich	St. Olaf	13.58
Tonika Garabaldi	St. Olaf	13.65
Kristin Overskei	St. Thomas	13.66
Angie Sprunger	St. Olaf	13.71
Helen Mrema	Macalester	13.75
30		
Amy Macdonald	Carleton	13.75
Laura Caldwell	St. Benedict	13.80
Shannon Hill	St. Catherine	13.82
Clara Zamorano	Carleton	13.83
Sally Skurdahl	St. Olaf	13.85

35 entrants

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200 METER DASH

=====	N C A A Automatic	25.16
=====	N C A A Provisional	25.46
Amanda Olson	St. Olaf	25.52
Astrid Larssen	Augsburg	25.62
Erica Stone	Gustavus	25.63
Llaura Carlson	Gustavus	25.72
Holly Harris	Macalester	26.03
Alex Phillips	Macalester	26.08
Sonya Smith	Concordia	26.14
Angie Lange	Bethel	26.47
Amber Kidder	St. Olaf	26.55

Megan Mullins	Gustavus	26.63
10		
Alexs Phillips	Macalester	26.77
Sandy Helquist	Carleton	26.79
Emily Thomas	St. Thomas	26.96
Miranda Jopp	St. Thomas	27.06
Busola Akinwale	Carleton	27.15
Gail Peterson	Bethel	27.19
Katie Hagen	St. Benedict	27.20
Sandra Helquist	Carleton	27.31
Jamie McRaith	St. Olaf	27.33
Anne Habbena	Bethel	27.36
20		
Margo Boyle	St. Catherine	27.42
Kari Pederson	St. Mary's	27.42
=====	M I A C Automatic	27.44
Amber Liss	St. Mary's	27.46
Noel Green	Bethel	27.48
Kelly Tan	Carleton	27.50
Kajsa Larson	Gustavus	27.51
Sarah Severson	Concordia	27.54
Kirstin Bland	Gustavus	27.60
Amanda Cue	Macalester	27.75
Emily Walker	St. Olaf	27.77
30		
Doreen Bechtold	St. Thomas	27.83
Sara Grineski	Concordia	27.84
Angie Sprunger	St. Olaf	27.84
Sally Skurdahl	St. Olaf	27.94
Hanni Megaw	St. Benedict	28.01

35 entrants

100 | 200 | 400 | 800 | 1500 | 3000 | 5000 | 10000 | 100H | 400H
4X100 | 4X400 | 4X800 | LJ | TJ | SP | DT | HT | JT | HJ
PV | HEP | STEEP | Top

400 METER DASH

=====	N C A A Automatic	57.34
=====	N C A A Provisional	58.24
Laura Carlson	Gustavus	58.26
Holly Harris	Macalester	58.42
Llaura Carlson	Gustavus	58.45
Megan Mullins	Gustavus	58.49
Erica Stone	Gustavus	58.53
Sandy Helquist	Carleton	59.08
Angie Lange	Bethel	59.22
Jamie McRaith	St. Olaf	59.86
Gail Peterson	Bethel	59.94
Alison Bachman	St. Olaf	60.21
10		
Janet Hengel	St. Olaf	60.58
Jamie Lubitz	St. Thomas	60.71
Margo Boyle	St. Catherine	60.71
Emily Walker	St. Olaf	61.14
Lizzy May	St. Thomas	61.39
Mollee Ludtke	Concordia	61.73
Emily Haley	St. Thomas	61.81
Sally Skurdahl	St. Olaf	61.89
Amanda Cue	Macalester	62.14
Liv Bjork	Bethel	62.22
20		
=====	M I A C Automatic	62.24
Karyn Lien	St. Olaf	62.25
Jen Hodges	Macalester	62.41
Joanne Maki	Concordia	62.63
Sommer Jalbert	Concordia	62.85
Julie Engh	Concordia	62.93
Rachel Bjorklund	Bethel	63.01

Sara Ridge	Gustavus	63.30
Katie Vanselow	St. Benedict	63.65
Hanni Megaw	St. Benedict	63.75
Kelly Shannon	Concordia	63.88
30		
Jamie Kelly	Carleton	65.18
Kelly Mattison	St. Olaf	65.40
Jenni Bates	St. Benedict	65.52
Sarah Rustad	Concordia	65.54
Karen Larson	St. Olaf	65.71
Atty Gray	St. Thomas	65.75

36 entrants

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800 METER RUN

=====	N C A A Automatic	2:14.64
Jayna Mathieu	St. Olaf	2:15.73
=====	N C A A Provisional	2:16.64
Liv Bjork	Bethel	2:20.16
Teresa Wilson	Hamline	2:21.25
Mollee Ludtke	Concordia	2:22.25
Katie Vanselow	St. Benedict	2:22.45
Sherri Lien	St. Mary's	2:22.48
Aurora Hartwick	St. Mary's	2:23.06
Jen Hodges	Macalester	2:23.13
Erin Ward	St. Thomas	2:23.44
Megan Auger	Macalester	2:23.79

10

Marnee Bergenheier	Concordia	2:24.27
Amanda Pischke	Macalester	2:24.43
=====	M I A C Automatic	2:24.64
Teresa Olsen	Hamline	2:24.82
Karyn Lien	St. Olaf	2:24.82
Daisy Schmidt	Gustavus	2:24.93
Emily Walker	St. Olaf	2:25.02
Nicolle Smith	St. Olaf	2:25.58
Barb Breidenbach	Concordia	2:25.74
Kristen Baker	St. Thomas	2:26.15
Steph Spong	Gustavus	2:26.28

20

Molly Herald	St. Olaf	2:26.56
Sara Daymont	St. Olaf	2:26.70
Libby Garrard	Carleton	2:27.09
Becca Wold	Gustavus	2:27.09
Kelly Shannon	Concordia	2:27.15
Leta Prochnow	Concordia	2:27.74
Jaime Kingsley	Augsburg	2:27.94
Erin Quinn	Carleton	2:28.03
Kristine Larsen	St. Olaf	2:28.40
Amber Friberg	Augsburg	2:28.47

30

Rachel Bjorklund	Bethel	2:28.79
Heidi Brenden	Concordia	2:28.84
Carrie Quill	Carleton	2:29.56
Teresa Lewandowski	Augsburg	2:30.00
Amanda Beckman	Bethel	2:30.01
Laura Peterson	Carleton	2:30.09
Abby Forster	Carleton	2:30.10

37 entrants

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1500 METER RUN

=====	N C A A Automatic	4:39.44
Jayna Mathieu	St. Olaf	4:40.96
=====	N C A A Provisional	4:45.14
Megan Auger	Macalester	4:46.81
Amanda Pischke	Macalester	4:49.71
Jenni Mooney	St. Thomas	4:50.59
Heidi Brenden	Concordia	4:51.70
Nicolle Smith	St. Olaf	4:52.24
Erin Ward	St. Thomas	4:52.81
Liv Bjork	Bethel	4:54.99
Daisy Schmidt	Gustavus	4:55.47
Katie Vanselow	St. Benedict	4:56.44
10		
Libby Garrard	Carleton	4:56.84
Becca Wold	Gustavus	4:56.93
Carleen Andert	St. Thomas	4:57.48
Keri Gunderson	Hamline	4:58.08
=====	M I A C Automatic	4:58.24
Marie Keller	St. Thomas	4:58.32
Amanda Beckman	Bethel	4:58.33
Shannon Solvie	Bethel	4:58.92
Sherri Lien	St. Mary's	4:59.04
Molly Herald	St. Olaf	4:59.47
Barb Breidenbach	Concordia	4:59.58
20		
Annie Sateren	St. Olaf	5:00.64
Andrea Kolar	St. Catherine	5:00.83
Gail Teitzel	Carleton	5:03.06
Abby Forster	Carleton	5:03.33
Sara Frykman	Gustavus	5:04.52
Liz Connors	Macalester	5:05.38
Melissa Kremers	St. Benedict	5:06.46
Angie Voight	Bethel	5:06.46
Connie Gross	St. Benedict	5:09.07
Sara Daymont	St. Olaf	5:10.71
30		
Danielle Barry	Bethel	5:11.37
Teresa LeMire	St. Catherine	5:11.46
Emma Sandberg	Carleton	5:11.94
Missy Petersen	St. Benedict	5:12.00
Teresa Lewandowski	Augsburg	5:12.10
Ambee Friberg	Augsburg	5:12.12

36 entrants

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3000 METER RUN

=====	N C A A Automatic	10:08.74
=====	N C A A Provisional	10:20.74
Megan Auger	Macalester	10:34.10
Jayna Mathieu	St. Olaf	10:36.73
Keri Gunderson	Hamline	10:38.10
Sara Frykman	Gustavus	10:38.98
Jenni Mooney	St. Thomas	10:41.60
Kelly Faris	St. Thomas	10:42.80
Katie Jorgenson	St. Catherine	10:44.10
Heather Phillips	St. Thomas	10:45.27
Connie Gross	St. Benedict	10:45.77
Amands Pischke	Macalester	10:47.01
10		
Annie Sateren	St. Olaf	10:48.42
Marie Keller	St. Thomas	10:48.69
Melissa Schuch	St. Thomas	10:53.68

Angie Voight	Bethel	10:53.69
Kate Kingery	Carleton	10:54.14
Barb Breidenbach	Concordia	10:54.46
Gail Titzel	Carleton	10:55.98
Christina Vetter	St. Olaf	10:56.27
Carleen Andert	St. Thomas	10:57.75
Lynette Drexler	St. Catherine	10:59.11
20		
Heidi Brenden	Concordia	11:00.54
Libby Garrard	Carleton	11:00.82
Andrea Kolar	St. Catherine	11:01.47
Megan Kelly	Macalester	11:03.56
=====	M I A C Automatic	11:03.64
Danielle Barry	Bethel	11:05.28
Carrie Quill	Carleton	11:06.76
Laura Graen	Gustavus	11:08.16
Ami Kuisle	St. Mary's	11:08.86
Shannon Solvie	Bethel	11:11.20
Sherri Lien	St. Mary's	11:11.78
30		
Stephanie Simones	Augsburg	11:11.90
Melissa Kremers	St. Benedict	11:12.03
Liz Connors	Macalester	11:16.07
Jenna Boren	St. Olaf	11:17.86
Alice McPherson	Carleton	11:18.45

35 entrants

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5000 METER RUN

Carrie Fry	Hamline	21.00
=====	N C A A Automatic	17:39.04
=====	N C A A Provisional	18:05.54
Megan Auger	Macalester	18:27.78
Kelly Faris	St. Thomas	18:28.52
Melissa Schuch	St. Thomas	18:29.98
Emilie Miller	Macalester	18:43.83
Missy Petersen	St. Benedict	18:49.77
Christina Vetter	St. Olaf	18:50.20
Sara Frykman	Gustavus	18:51.40
Sarah Omann	St. Benedict	18:53.54
Annie Sateren	St. Olaf	18:57.11
10		
Kate Kingery	Carleton	18:58.52
Gail Teitzel	Carleton	18:59.18
Megan Kelly	Macalester	19:08.78
Sherri Lien	St. Mary's	19:13.90
Stephanie Simones	Augsburg	19:15.30
Suzanne DePaulo	St. Olaf	19:16.24
Carrie Quill	Carleton	19:29.18
Lauren Hafner	Carleton	19:32.56
Katie Sherman	St. Benedict	19:33.54
Colleen Gross	St. Benedict	19:40.24
20		
Heather Phillips	St. Thomas	19:42.39
Ami Kuisle	St. Mary's	19:45.08
Sarah Roeder	St. Benedict	19:45.39
Christine St. Hilaire	Gustavus	19:46.28
Julia Larson	Carleton	19:48.73
Heidi Krause	Macalester	19:49.12
Megan Magnall	St. Olaf	19:51.39
=====	M I A C Automatic	19:52.74
Birgitta Hessler	St. Thomas	19:56.70
Julie Larson	Carleton	19:57.93
Katie Reif	St. Thomas	20:01.02

30

Stacy DeRuiter	St. Olaf	20:01.66
Danielle Barry	Bethel	20:07.81
Erika Huber	St. Mary's	20:12.34
Mary Reid	St. Olaf	20:17.62
Tiffany Jensen	St. Thomas	20:18.59

35 entrants

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10000 METER RUN

=====	N C A A Automatic	37:10.74
=====	N C A A Provisional	38:25.24
Katie Jorgenson	St. Catherine	38:26.15
Emilie Miller	Macalester	38:45.04
Kelly Faris	St. Thomas	39:00.88
Stephanie Simones	Augsburg	39:12.21
Melissa Schuch	St. Thomas	39:16.01
Lynette Drexler	St. Catherine	39:54.19
Missy Petersen	St. Benedict	40:02.68
Christina Vetter	St. Olaf	40:12.31
Ami Kuisle	St. Mary's	40:17.80
Sarah Omann	St. Benedict	40:59.36

10

Carrie Quill	Carleton	41:03.46
Julia Larson	Carleton	41:08.31
Lauren Hafner	Carleton	41:12.73
Sarah Roeder	St. Benedict	42:05.63
Katie Sherman	St. Benedict	42:08.74
Christine St. Hilaire	Gustavus	42:35.82
Amy Dettbarn	St. Thomas	43:00.02
Gina Stine	Hamline	43:14.32
=====	M I A C Automatic	43:15.34
Tiffany Jensen	St. Thomas	43:21.50
Stacy DeRuiter	St. Olaf	43:40.28

20

Michelle Marck	Carleton	44:04.72
Lisa Price	St. Thomas	44:57.52
Katie Vandenberg	St. Mary's	45:04.80

23 entrants

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100 METER HURDLES

=====	N C A A Automatic	14.70
Emily Menden	St. Thomas	14.72
Katie Bestul	St. Thomas	14.84
Kara Hedin	St. Thomas	14.99
=====	N C A A Provisional	15.20
Sara Grineski	Concordia	15.32
Kelly Tan	Carleton	15.33
Julia Taylor	Bethel	15.57
Nissa Stolp	Gustavus	15.75
Susanna Wilson	Hamline	15.99
Lori Garlock	St. Benedict	16.23
Sarah Severson	Concordia	16.44

10

Doreen Bechtold	St. Thomas	16.44
Kate Bernaczyk	St. Thomas	16.46
Angie Strom	Concordia	16.54
Andrea Tietmeyer	Macalester	16.64

Kate Bednarczyk	St. Thomas	16.81
Margaret Cropp	Concordia	16.84
Janet Hengel	St. Olaf	16.95
Sarah Parker	St. Thomas	17.18
Lindsay Beck	Bethel	17.19
Rhonda Swanson	St. Benedict	17.26
20		
Jen Sather	Gustavus	17.26
Angie Sprunger	St. Olaf	17.41
Janine Waitschies	Bethel	17.43
=====	M I A C Automatic	17.44
Julia Yoshimoto	Carleton	17.45
Angie Lange	Bethel	17.55
Sandy Helquist	Carleton	17.66
Clara Setzer	St. Mary's	18.01
Andrea Thompson	St. Olaf	18.13
Julie Yoshimoto	Carleton	18.14
Rachel Flenner	St. Thomas	18.16
30		
Kristine Lamm	Macalester	18.37
Kelly Mattison	St. Olaf	18.41
Emily Haley	St. Thomas	19.30
Busola Akinwale	Carleton	19.35
Amber Liss	St. Mary's	19.74

35 entrants

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400 METER HURDLES

=====	N C A A Automatic	63.54
=====	N C A A Provisional	65.14
Sandy Helquist	Carleton	65.56
Emily Menden	St. Thomas	65.60
Susanna Wilson	Hamline	65.67
Jamie Lubitz	St. Thomas	66.32
Janet Hengel	St. Olaf	66.34
Katie Bestul	St. Thomas	66.50
Sara Grineski	Concordia	66.90
Andrea Thompson	St. Olaf	67.55
Andrea Tietmeyer	Macalester	67.65
Lori Garlock	St. Benedict	68.18
10		
Julia Taylor	Bethel	68.33
Clara Zamorano	Carleton	68.87
Erin Quinn	Carleton	69.34
Kate Kruger	Gustavus	70.36
=====	M I A C Automatic	70.64
Kristy Mechelke	Gustavus	71.25
Shannon Hill	St. Catherine	71.48
Kelly Mattison	St. Olaf	71.87
Lindsay Beck	Bethel	72.32
Sommer Jalbert	Concordia	72.34
Kristine Lamm	Macalester	72.98
20		
Kelly Shannon	Concordia	73.14
Sarah Parker	St. Thomas	74.08
Joanne Maki	Concordia	74.75
Janine Waitschies	Bethel	77.60

24 entrants

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4X100 METER RELAY

=====	N C A A Automatic	48.54
Gac	Gustavus	49.02
=====	N C A A Provisional	49.51
St. Olaf (Alison Bachman, Amber Kidder, Jamie McRaith, Amanda Olson)		49.59
Mac	Macalester	49.96
Bethel (Noel Green, Anne Habbena, Angie Lange, Julia Taylor)		50.17
Tommies	St. Thomas	50.50
Macalester	Macalester	50.51
St. Olaf (Jamie McRaith, Amber Kidder, Meghan Holton, Amanda Olson)		50.58
Carleton	Carleton	50.97
Cobbers	Concordia	51.44
Csb	St. Benedict	52.01
10		
Carls	Carleton	52.08
St. Olaf (Shelly Gregorich, Janet Hengel, Sally Skurdahl, Alison Bachman)		52.56
St Benedict	St. Benedict	52.58

13 entrants

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4X400 METER RELAY

=====	N C A A Automatic	3:55.64
Gac	Gustavus	3:58.34
=====	N C A A Provisional	3:59.54
St. Olaf (Alison Bachman, Jayna Mathieu, Jamie McRaith, Emily Walker)		4:00.09
Tommies	St. Thomas	4:03.65
Bethel (Liv Bjork, Rachel Bjorklund, Angie Lange, Julia Taylor)		4:03.76
St. Olaf (Jamie McRaith, Meghan Holton, Emily Walker, Alison Bachman)		4:06.24
Mac	Macalester	4:07.82
Fighting Scots	Macalester	4:10.05
Macalester	Macalester	4:12.54
Cobbers	Concordia	4:12.86
Blazers	St. Benedict	4:17.98
10		
Carleton	Carleton	4:18.34
Car	Carleton	4:18.61
Auggies	Augsburg	4:19.33
Cardinals	St. Mary's	4:22.79
Csc	St. Catherine	4:24.28
Hamline	Hamline	4:24.56
St Benedict	St. Benedict	4:26.04
St. Mary's (Kari Pederson, Amber Liss, Mary Fossum, Aurora Hartwick)		4:27.15
Carls	Carleton	4:29.32
Augsburg	Augsburg	4:34.98

20

20 entrants

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4X800 METER RELAY

Tommies	St. Thomas	9:44.81
Pipers	Hamline	9:49.94
Bethel (Liv Bjork, Rachel Bjorklund, Shannon Solvie, Angie Voight)		9:50.81
Cobbers	Concordia	9:57.17
Gac	Gustavus	9:58.77
St. Catherine	St. Catherine	9:59.00
Fighting Scots	Macalester	10:05.73
St. Olaf (Molly Herald, Kristine Larsen, Karyn Lien, Nicolle Smith)		10:06.01
Carls	Carleton	10:06.26
St Benedict 10	St. Benedict	10:11.25
Macalester	Macalester	10:14.77
St. Olaf (Nicolle Smith, Wibke Punke, Kristine Larsen, Molly Herald)		10:16.16
Blazers	St. Benedict	10:26.96
St. Olaf (Kristine Larsen, Megan Magnall, Annie Sateren, Christina Vetter)		10:27.40
Carleton	Carleton	10:27.44
Car	Carleton	10:46.42

16 entrants

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LONG JUMP

=====	N C A A Automatic	18-6 1/2 (5.65m)
=====	N C A A Provisional	18-0 1/2 (5.50m)
Sarah Severson	Concordia	17-10 3/4 (5.45m)
Busola Akinwale	Carleton	17-8 (5.38m)
Molly Nemes	Gustavus	17-7 (5.36m)
Kristin Overskei	St. Thomas	16-11 1/2 (5.17m)
Kari Pederson	St. Mary's	16-11 1/4 (5.16m)
Kate Bednarczyk	St. Thomas	16-5 3/4 (5.02m)
Alison Bachman	St. Olaf	16-5 (5.00m)
BriAnne Erpelding	St. Benedict	16-3 1/4 (4.96m)
Anne Habbena	Bethel	16-3 (4.95m)
Rhonda Swanson 10	St. Benedict	16-2 1/2 (4.94m)
Emily Haley	St. Thomas	16-1 (4.90m)
Karin McGregor	Concordia	16-0 (4.88m)
Sarah Rustad	Concordia	15-9 (4.80m)
Sonya Smith	Concordia	15-7 3/4 (4.77m)
Christi Osborne	St. Thomas	15-7 3/4 (4.77m)
Kelly Tan	Carleton	15-6 3/4 (4.74m)
=====	M I A C Automatic	15-6 1/4 (4.73m)
Nissa Stolp	Gustavus	15-6 1/4 (4.73m)
Laura Burley	Gustavus	15-5 (4.70m)
Sally Skurdahl	St. Olaf	15-4 (4.67m)
Karin Jolivette 20	St. Olaf	15-3 1/2 (4.66m)
Stacia Fey	Concordia	15-0 (4.57m)
Helen Mrema	Macalester	14-11 1/2 (4.56m)
Kelly Klecker	St. Benedict	14-11 1/4 (4.55m)
Crystal Dusich	St. Thomas	14-9 3/4 (4.51m)
Melissa Kasper	Bethel	14-7 (4.45m)
Margaret Cropp	Concordia	14-7 (4.45m)
Clara Setzer	St. Mary's	14-5 1/4 (4.40m)
Kristin Lamm	Macalester	14-5 (4.39m)
Marye de Jong	Macalester	14-3 1/4 (4.35m)
Julie Yoshimoto 30	Carleton	14-3 1/4 (4.35m)
Lisa Hodapp	Concordia	14-3 (4.34m)
Karmyn Tuma	St. Benedict	14-1 (4.29m)
Julia Yoshimoto	Carleton	14-0 1/2 (4.28m)
Emily Rankin	Concordia	13-6 1/4 (4.12m)

Sandy Helquist Carleton 13-3 1/2 (4.05m)
35 entrants

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TRIPLE JUMP

=====
===== N C A A Automatic 37-9 1/2 (11.52m)
===== N C A A Provisional 36-9 (11.20m)
BriAnne Erpelding St. Benedict 36-3 (11.05m)
Sarah Severson Concordia 35-8 (10.87m)
Kara Hedin St. Thomas 35-8 (10.87m)
Kristin Overskei St. Thomas 35-4 1/2 (10.78m)
Diane Licata Macalester 35-3 3/4 (10.76m)
Anne Habbena Bethel 34-10 1/4 (10.62m)
Kirstin Bland Gustavus 34-9 (10.59m)
Kari Pederson St. Mary's 34-5 1/2 (10.50m)
Sally Skurdahl St. Olaf 33-7 1/2 (10.25m)
Crystal Dusich St. Thomas 33-7 1/4 (10.24m)
10
kelly Klecker St. Benedict 33-5 3/4 (10.20m)
Amy Scoville Concordia 33-4 3/4 (10.18m)
Karin McGregor Concordia 33-3 3/4 (10.15m)
Laura Burley Gustavus 32-11 1/4 (10.04m)
Sarah Rustad Concordia 32-4 3/4 (9.87m)
Marye de Jong Macalester 32-3 1/2 (9.84m)
Katherine Doherty Carleton 32-2 (9.80m)
Julia Yoshimoto Carleton 32-0 1/4 (9.76m)
Christi Osborne St. Thomas 31-8 1/2 (9.66m)
Kari Twedt Gustavus 31-7 1/4 (9.63m)
20
=====
===== M I A C Automatic 31-3 3/4 (9.54m)
Kelly Mattison St. Olaf 31-3 1/4 (9.53m)
Jen Sather Gustavus 31-0 (9.45m)
Melissa Kasper Bethel 30-9 1/4 (9.38m)
Stacia Fey Concordia 30-9 (9.37m)
Helen Mrema Macalester 30-6 1/2 (9.31m)
Julie Yoshimoto Carleton 30-6 1/4 (9.30m)
Lisa Hodapp Concordia 30-0 (9.14m)
27 entrants

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SHOT PUT

Misty Bahr Hamline 44-9 (13.64m)
=====
===== N C A A Automatic 43-1 3/4 (13.15m)
Melissa Ring Gustavus 41-7 (12.67m)
=====
===== N C A A Provisional 41-4 1/4 (12.60m)
Erin Dana Gustavus 39-0 1/2 (11.90m)
Maria DeBoer Concordia 38-7 3/4 (11.78m)
Becky Kearns Concordia 38-5 (11.71m)
Jeanna Spannring St. Catherine 37-2 1/4 (11.33m)
Megan Beck Gustavus 36-5 (11.10m)
=====
===== M I A C Automatic 36-0 3/4 (10.99m)
Nikki Berg Concordia 36-0 (10.97m)
Amy Buran Gustavus 35-5 1/4 (10.80m)
Anne Poduska Macalester 35-5 1/4 (10.80m)
10
Laura Utke Concordia 34-11 3/4 (10.66m)
Nancy Eichten St. Catherine 34-7 1/2 (10.55m)
Misty Smoot St. Benedict 34-3 (10.44m)

Jamie Wilson	St. Mary's	33-9 1/2 (10.30m)
Charity Penn	Concordia	33-7 1/2 (10.25m)
Clara Setzer	St. Mary's	33-3 3/4 (10.15m)
Lisa Harms	Bethel	33-1 (10.08m)
Amanda Kasper	Bethel	32-9 1/2 (9.99m)
Rachel Aufforth	Concordia	32-7 (9.93m)
Emily Menden	St. Thomas	32-6 1/2 (9.92m)
20		
Lindsay Grier	St. Mary's	32-2 1/4 (9.81m)
Sonia Lipker	Augsburg	32-2 (9.80m)
Linda Morrison	Carleton	31-11 1/4 (9.73m)
Emily Rankin	Concordia	31-11 (9.73m)
Amy Brendel	St. Olaf	31-10 1/4 (9.71m)
Karyn Senst	Concordia	31-8 1/2 (9.66m)
Doreen Bechtold	St. Thomas	30-0 3/4 (9.16m)
Christie Martin	Carleton	28-0 1/4 (8.54m)
Claire Pettersen	Carleton	27-11 1/2 (8.52m)
Kelly Tan	Carleton	27-5 1/4 (8.36m)
30		
Bretta Norton	Carleton	27-2 3/4 (8.30m)
Sandy Helquist	Carleton	26-0 3/4 (7.94m)
Jennifer Eckman	Augsburg	25-11 (7.90m)
Cathrine Holestad	St. Olaf	25-8 3/4 (7.84m)
Kristin Lamm	Macalester	24-3 (7.39m)

35 entrants

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DISCUS THROW

Maria DeBoer	Concordia	147-4 (44.90m)
Becky Kearns	Concordia	144-7 (44.06m)
=====	N C A A Automatic	143-8 (43.80m)
Misty Bahr	Hamline	142-2 (43.34m)
Jeanna Spannring	St. Catherine	137-2 (41.80m)
April Felt	Gustavus	136-8 (41.66m)
=====	N C A A Provisional	136-0 (41.46m)
Kristina Huisinger	Bethel	134-1 (40.86m)
Jill Redebaugh	Gustavus	131-11 (40.22m)
Melissa Ring	Gustavus	129-10 (39.58m)
Laura Utke	Concordia	126-1 (38.42m)
Charity Penn	Concordia	124-6 (37.96m)
10		
Heidi Larson	Concordia	123-10 (37.74m)
Alicia Tull	Concordia	123-8 (37.70m)
Emily Rankin	Concordia	120-11 (36.86m)
Sonia Lipker	Augsburg	118-0 (35.96m)
Erin Dana	Gustavus	114-4 (34.86m)
Amanda Glas	Concordia	112-3 (34.22m)
Nikki Berg	Concordia	112-2 (34.18m)
Jamie Wilson	St. Mary's	112-0 (34.14m)
Amanda Kasper	Bethel	110-3 (33.60m)
=====	M I A C Automatic	109-2 (33.28m)
Rachel Aufforth	Concordia	105-10 (32.26m)
20		
Amy Buran	Gustavus	103-8 (31.60m)
Linda Morrison	Carleton	101-0 (30.78m)
Clara Setzer	St. Mary's	98-11 (30.14m)
Karyn Senst	Concordia	98-2 (29.93m)
Nancy Eichten	St. Catherine	88-6 (26.99m)
Amy Brendel	St. Olaf	88-5 (26.94m)
Nelly Nehring	Bethel	86-3 (26.30m)
Stephanie Weeks	Macalester	85-8 (26.11m)
Lindsay Grier	St. Mary's	85-2 (25.96m)
Krista Knepel	St. Mary's	72-2 1/4 (22.00m)
30		
Jennifer Eckman	Augsburg	65-6 3/4 (19.98m)

31 entrants

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HAMMER THROW

Misty Bahr	Hamline	162-7 (49.56m)
=====	N C A A Automatic	156-8 (47.74m)
Becky Kearns	Concordia	154-9 (47.18m)
April Felt	Gustavus	151-4 (46.12m)
Laura Utke	Concordia	149-1 (45.44m)
Misty Smoot	St. Benedict	148-11 (45.40m)
=====	N C A A Provisional	146-4 (44.60m)
Karyn Senst	Concordia	136-8 (41.66m)
Erika Lilley	Macalester	131-5 (40.04m)
Maria DeBoers	Concordia	128-7 (39.20m)
Sonia Lipker	Augsburg	127-1 (38.74m)
Erin Dana	Gustavus	126-9 (38.64m)
10		
Sam Kapphahn	Concordia	124-6 (37.96m)
Amanda Glas	Concordia	122-4 (37.30m)
Amanda Marotz	Gustavus	117-3 (35.72m)
Heidi Larson	Concordia	116-6 (35.50m)
Amy Buran	Gustavus	115-2 (35.10m)
Lindsay Grier	St. Mary's	113-3 (34.52m)
Rachel Aufforth	Concordia	113-0 (34.44m)
Erica Bodin	Concordia	112-5 (34.26m)
Lisa Harms	Bethel	112-2 (34.18m)
Bretta Norton	Carleton	112-0 (34.14m)
20		
Anne Poduska	Macalester	106-1 (32.32m)
Melissa Kasper	Bethel	98-2 (29.92m)
Krista Knepel	St. Mary's	96-6 (29.42m)
Nancy Eichten	St. Catherine	91-1 (27.76m)
Charity Penn	Concordia	90-8 (27.63m)
Amy Brendel	St. Olaf	73-9 (22.48m)
Cathrine Hoelstad	St. Olaf	72-2 1/4 (22.00m)
Cathrine Hoelstad	Olaf Unattached	57-9 3/4 (17.62m)

28 entrants

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JAVELIN THROW

=====	N C A A Automatic	136-2 (41.50m)
=====	N C A A Provisional	129-7 (39.50m)
Amanda Glas	Concordia	127-11 (38.98m)
Kelly Seyfert	Concordia	123-7 (37.66m)
Jill Peterson	Gustavus	119-3 (36.36m)
Margaret Cropp	Concordia	116-5 (35.48m)
Jessica Edwards	Concordia	116-3 (35.42m)
Megan Beck	Gustavus	116-0 (35.36m)
Alicia Tull	Concordia	115-3 (35.12m)
Lisa Harms	Bethel	114-10 (35.00m)
Laura Utke	Concordia	110-9 (33.76m)
Courtnaey Penwell	Macalester	107-11 (32.90m)
10		
Courtneay Penwell	Macalester	103-10 (31.64m)
Courtney Penwell	Macalester	102-5 (31.22m)
Alyce Yoakam	Concordia	99-11 (30.44m)
Karin Jolivet	St. Olaf	98-11 (30.16m)
Doreen Bechtold	St. Thomas	98-6 (30.02m)

=====	M I A C Automatic	97-7 (29.74m)
Lucy Goldstein	Macalester	97-2 (29.62m)
Jamie Wilson	St. Mary's	95-8 (29.16m)
Linda Morrison	Carleton	94-9 (28.88m)
Kelly Gunter	Hamline	90-6 (27.58m)
Jill Redebaugh	Gustavus	90-5 (27.56m)
20		
Sarah Severson	Concordia	88-10 (27.08m)
Kristin Overskei	St. Thomas	84-1 (25.63m)
Karmyn Tuma	St. Benedict	81-4 (24.80m)
Clara Setzer	St. Mary's	77-10 3/4 (23.74m)
Kelly Tan	Carleton	75-7 1/4 (23.04m)
Christie Martin	Carleton	72-11 3/4 (22.24m)
Monica Thilges	Carleton	71-4 3/4 (21.76m)
Jennifer Hoffman	Bethel	70-4 (21.44m)
Claire Pettersen	Carleton	70-0 1/4 (21.34m)
Nelly Nehring	Bethel	69-0 (21.03m)
30		
Wibke Punke	St. Olaf	67-4 (20.52m)
Sally Skurdahl	St. Olaf	63-6 1/4 (19.36m)
Cathrine Hoelstad	St. Olaf	61-2 (18.64m)
Shelly Gregorich	St. Olaf	60-6 3/4 (18.46m)
Joy Kauffman	Bethel	58-3 (17.75m)

35 entrants

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HIGH JUMP

=====	N C A A Automatic	5-6 1/2 (1.69m)
=====	N C A A Provisional	5-4 1/2 (1.64m)
Kirstin Bland	Gustavus	5-2 1/2 (1.59m)
Megan June	Macalester	5-2 1/4 (1.58m)
Kate Bernarczyk	St. Thomas	5-1 1/4 (1.56m)
Kate Bednarczyk	St. Thomas	5-0 1/2 (1.54m)
Joelle Farelle	Macalester	5-0 1/2 (1.54m)
Angie Strom	Concordia	4-11 1/2 (1.51m)
Carrie Ritland	Bethel	4-11 1/2 (1.51m)
Katherine Doherty	Carleton	4-11 1/2 (1.51m)
Sandy Helquist	Carleton	4-11 1/2 (1.51m)
=====	M I A C Automatic	4-11 (1.50m)
Doreen Bechtold	St. Thomas	4-10 1/2 (1.49m)
10		
Sarah Severson	Concordia	4-9 3/4 (1.47m)
Rachel Halverson	Concordia	4-9 3/4 (1.47m)
Katie Bestul	St. Thomas	4-9 1/2 (1.46m)
Karin Jolivette	St. Olaf	4-8 3/4 (1.44m)
Amy Scoville	Concordia	4-8 1/2 (1.44m)
Emily Rankin	Concordia	4-7 (1.40m)
Chris Kolbinger	St. Benedict	4-6 3/4 (1.39m)
Andrea Thompson	St. Olaf	4-6 3/4 (1.39m)
Clara Setzer	St. Mary's	4-5 (1.35m)
Sandra Helquist	Carleton	4-4 3/4 (1.34m)
20		
Kelly Tan	Carleton	4-2 3/4 (1.29m)

21 entrants

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POLE VAULT

Rhonda Swanson	St. Benedict	9-6 1/4 (2.90m)
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Nikki Tuma	St. Benedict	8-11 1/2 (2.73m)
Caroline Boatz	St. Benedict	8-5 1/2 (2.58m)
Sarah Severson	Concordia	8-2 3/4 (2.51m)
Michele Ross	St. Thomas	8-0 (2.44m)
Lisa Hodapp	Concordia	7-6 (2.29m)
Amber Novotny	Concordia	7-6 (2.29m)
Karin Jolivette	St. Olaf	7-0 1/4 (2.14m)
Melinda Laine	Carleton	7-0 1/4 (2.14m)
Jen Fettig	Concordia	7-0 1/4 (2.14m)

10

Jessica Anderson	Concordia	7-0 1/4 (2.14m)
Amy Macdonald	Carleton	7-0 (2.13m)
Kate Ihle	Carleton	7-0 (2.13m)
Sally Skurdahl	St. Olaf	6-11 3/4 (2.13m)
Kate Krueger	Gustavus	6-11 3/4 (2.13m)
Lauren Hafner	Carleton	6-6 (1.98m)
Pua Mench	Carleton	6-6 (1.98m)
Emily Haley	St. Thomas	6-6 (1.98m)
Amber Kidder	St. Olaf	6-6 (1.98m)
Elin Schoenfelder	St. Thomas	6-6 (1.98m)

20

Janet Hengel	St. Olaf	6-6 (1.98m)
Jen Sather	Gustavus	6-6 (1.98m)
Kim McMichael	Gustavus	6-0 (1.83m)

23 entrants

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HEPTATHLON

=====	N C A A Automatic	4350
=====	N C A A Provisional	4100
Sarah Severson	Concordia	3784
Margaret Cropp	Concordia	3085
Emily Rankin	Concordia	2793

3 entrants

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2000M STEEPLECHASE

Andrea Thompson	St. Olaf	7:57.40
Abby Forster	Carleton	7:58.97
Kate Kingery	Carleton	8:12.38
Carrie Quill	Carleton	8:16.25
Lauren Hafner	Carleton	8:22.06
Kate Ihle	Carleton	8:26.40

6 entrants

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