

MIAC WOMEN'S OUTDOOR HONOR ROLL

Hamline University, St. Paul

May 12-13, 2000

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100 METER DASH [24]

=====	N C A A Automatic	12.16
Jill Ylonen	St. Thomas	12.23
Amanda Olson	St. Olaf	12.27
Holly Harris	Macalester	12.29
Erica Stone	Gustavus	12.30
=====	N C A A Provisional	12.36
Heidi Vogel	St. Thomas	12.43
Emily Haley	St. Thomas	12.47
Jenny Ewertz	St. Benedict	12.65
Bree Wertz	St. Thomas	12.70
Liz Durney	Macalester	12.73
Ali Judkins	St. Benedict	12.83
10		
Kimberly Davis	Carleton	12.87
Kim Davis	Carleton	12.87
Kari Pederson	Saint Mary's	12.90
Sandra Helquist	Carleton	12.90
Kelli Tranby	Concordia	12.94
Megan Moen	St. Catherine	13.09
Adina Bowe	Macalester	13.14
Jen Beltz	St. Catherine	13.19
Christi Osborne	St. Thomas	13.22
Dashelle Purcell	Concordia	13.24
20		
Lesley Albertson	Concordia	13.25
Kajsa Larson	Gustavus	13.29
Kari Rosenfeldt	Concordia	13.30
Caroline Stuart	Carleton	13.30
Ali Taylor	Hamline	13.32
Katie Bestul	St. Thomas	13.33
Mara Anderson	St. Olaf	13.35
Margaret Cropp	Concordia	13.35
Chrisi Osborne	St. Thomas	13.41
Kelly Tan	Carleton	13.41
30		
Laura Carlson	Gustavus	13.42
Carie Muntifering	St. Thomas	13.44
Christine Vandeyacht	Saint Mary's	13.44
=====	M I A C Automatic	13.44
Sarah Peklo	Hamline	13.50
Sarah Pecklo	Hamline	13.50
Erin Elling	Gustavus	13.54
Molly Miller	St. Benedict	13.59
Lindsay Makarem	Gustavus	13.59
Colleen Mensing	St. Benedict	13.70
Tamra Thayer	Carleton	13.70
40		
Anne Habbena	Bethel	13.71

41 entrants

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200 METER DASH

Amanda Olson	St. Olaf	25.09
=====	N C A A Automatic	25.11
Erica Stone	Gustavus	25.27
Holly Harris	Macalester	25.36
=====	N C A A Provisional	25.37
Sandra Helquist	Carleton	25.50
Jill Ylonen	St. Thomas	25.67
Heidi Vogel	St. Thomas	25.73
Emily Haley	St. Thomas	25.75
Stacy Horner	Gustavus	25.94
Laura Carlson	Gustavus	26.05
Jenny Bruns	St. Benedict	26.29
10		
Katie Bestul	St. Thomas	26.34
Liz Durney	Macalester	26.44
Jenny Ewertz	St. Benedict	26.54
Caroline Stuart	Carleton	26.62
Bree Wertz	St. Thomas	26.77
Kim Davis	Carleton	26.79
Kajsa Larson	Gustavus	26.91
Lesley Albertson	Concordia	26.93
Sarah Peklo	Hamline	26.94
Margaret Cropp	Concordia	27.26
20		
Dashelle Purcell	Concordia	27.29
Jen Beltz	St. Catherine	27.34
Adina Bowe	Macalester	27.38
Kari Rosenfeldt	Concordia	27.39
=====	M I A C Automatic	27.44
Megan Moen	St. Catherine	27.56
Mara Anderson	St. Olaf	27.4
Kelly Tan	Carleton	27.64
Ali Judkins	St. Benedict	27.77
Nissa Stolp	Gustavus	28.04
Jamie Laurich	St. Benedict	28.10
30		
Christine Vandeyacht	Saint Mary's	28.13
Lindsey Makarem	Gustavus	28.14
Sarah Pecklo	Hamline	28.27
Katie Arnes	St. Thomas	28.28
Erin Elling	Gustavus	28.32
Bretta Vrieze	Bethel	28.32
Carie Muntifering	St. Thomas	28.38

37 entrants

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400 METER DASH

=====	N C A A Automatic	57.04
Holly Harris	Macalester	57.11
Sandra Helquist	Carleton	57.56
=====	N C A A Provisional	57.84
Stacy Horner	Gustavus	57.85
Laura Carlson	Gustavus	58.42
Kara Hedin	St. Thomas	58.54
Kajsa Larson	Gustavus	59.61
Jenny Bruns	St. Benedict	60.26
Emily Haley	St. Thomas	60.86
Emily Walker	St. Olaf	61.44
Jamie Laurich	St. Benedict	61.69
10		
Jenny Davis	Hamline	61.91
Erin Benson	St. Olaf	62.14
Megan Auger	Macalester	62.24

=====	M I A C Automatic	62.24
Lauren Laroche	St. Olaf	62.31
Whitney Ostrem	Concordia	62.56
Sommer Jalbert	Concordia	62.70
Karyn Lien	St. Olaf	62.76
Dawn Mielke	St. Olaf	62.95
Whitney Ostrem	Concordia	63.04
Sydney Larson	St. Catherine	63.12
20		
Karen Larson	St. Olaf	63.27
Teresa Lewandowski	Augsburg	63.46
Joanne Maki	Concordia	63.93
Bretta Vrieze	Bethel	63.94
Jenna Parish	Hamline	63.96
Sarah VanderWeyst	St. Olaf	64.05
Carie Muntifering	St. Thomas	64.24
Patty herou	St. Benedict	64.63
Sara Daymont	St. Olaf	64.75
Natalie Scheidt	St. Benedict	64.98
30		
Sarah Vander Weyst	St. Olaf	65.21
Sarah Paul	Carleton	65.45
Taryn Weakly	St. Olaf	65.48
Kelly Mattison	St. Olaf	65.82
Cora Monahan	Carleton	65.89
Mara Anderson	St. Olaf	65.90
Shannon Young	St. Olaf	66.00
Shanon Young	St. Olaf	66.00
Becca Anderson	Gustavus	66.33
Shari Keinhbaum	Gustavus	66.43
40		

40 entrants

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800 METER RUN

=====	N C A A Automatic	2:13.94
Megan Daymont	St. Olaf	2:14.13
=====	N C A A Provisional	2:15.84
Rachel Bjorklund	Bethel	2:17.03
Teresa Olsen	Hamline	2:18.79
Tish Dusich	St. Thomas	2:19.36
Julia Taylor	Bethel	2:19.54
Denay Boyd	Bethel	2:20.11
Heidi Brenden	Concordia	2:20.15
Teresa Lewandowski	Augsburg	2:20.33
Heather Brenden	Concordia	2:21.99
Lori Hokeness	St. Benedict	2:24.15
10		
Chrissy Baune	Augsburg	2:24.40
Jenna Parish	Hamline	2:24.48
=====	M I A C Automatic	2:24.64
Daisy Schmidt	Gustavus	2:25.23
Kelly Shannon	Concordia	2:25.36
Megan Call	St. Olaf	2:25.57
Yarrow Moench	Macalester	2:25.85
Dawn Mielke	St. Olaf	2:25.87
Naomi Hill	Concordia	2:25.91
Liz Connors	Macalester	2:26.08
Erica Litschke	St. Benedict	2:26.10
20		
Mia Peterson	St. Benedict	2:26.26
Libby Garrard	Carleton	2:26.38
Sommer Jalbert	Concordia	2:27.63

Angela Wolkowski	Bethel	2:27.66
Erin Benson	St. Olaf	2:27.74
Marnee Bergenheier	Concordia	2:27.82
Taryn Weakly	St. Olaf	2:37.42

27 entrants

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1500 METER RUN

Yarrow Moench	Macalester	4:36.70
=====	N C A A Automatic	4:38.74
Teresa Olsen	Hamline	4:40.51
Megan Daymont	St. Olaf	4:43.19
=====	N C A A Provisional	4:43.34
Heidi Brenden	Concordia	4:47.00
Laura Bloedorn	Carleton	4:49.09
Liz Connors	Macalester	4:51.61
Erin Ward	St. Thomas	4:51.67
Gail Teitzel	Carleton	4:52.26
Elizabeth Garrard	Carleton	4:52.98
Chrissy Baune	Augsburg	4:53.28

10

Jenni Mooney	St. Thomas	4:54.05
Megan Call	St. Olaf	4:54.26
Heather Brenden	Concordia	4:54.59
Kelly Faris	St. Thomas	4:54.64
Carleen Andert	St. Thomas	4:54.78
Libby Garrard	Carleton	4:54.91
Anne Purushotham	Carleton	4:57.75
=====	M I A C Automatic	4:58.24
Cindy Carstens	Concordia	5:00.88
Andrea Sternberg	Macalester	5:01.65
Nicole St. Clair	St. Benedict	5:02.62

20

Daisy Schmidt	Gustavus	5:03.27
Lea Howard	Gustavus	5:05.44
Krista Borg	Bethel	5:05.85
Abigail Okrent	Carleton	5:06.03
Abby Okrent	Carleton	5:06.03
Laura Graen	Gustavus	5:07.40
Katie Storlie	St. Olaf	5:08.68
Becky Mooney	St. Thomas	5:09.38
Liz Sorenson	Concordia	5:09.73
Erica Litschke	St. Benedict	5:11.41

30

Katie Fuhrman	St. Catherine	5:11.62
Margaret Lee	Carleton	5:12.28
Muggy Lee	Carleton	5:12.64
Ann Fletchall	Gustavus	5:12.73
Marnie Christensen	Macalester	5:12.86
Beth Moen	Concordia	5:12.88
Lisa Cadmus	Carleton	5:13.02
Angela Wolkowski	Bethel	5:13.05
Amanda Beckman	Bethel	5:14.78
Jennifer Hoffman	Bethel	5:15.60

40

Marnee Bergenheier	Concordia	5:15.4
Beth Sexton	St. Benedict	5:15.93
Heather Shulstad	Concordia	5:16.16
Megan Auger	Macalester	5:17.06
Bridget Brown	St. Benedict	5:18.05

45 entrants

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3000 METER RUN

Liz Connors	Macalester	10:06.83
=====	N C A A Automatic	10:08.54
Kelly Faris	St. Thomas	10:08.65
=====	N C A A Provisional	10:15.24
Christina Vetter	St. Olaf	10:17.48
Elizabeth Garrard	Carleton	10:27.25
Gail Teitzel	Carleton	10:27.78
Katie Martin	Concordia	10:32.05
Laura Bloedorn	Carleton	10:37.53
Carleen Andert	St. Thomas	10:38.19
Yarrow Moench	Macalester	10:41.22
Jenni Mooney	St. Thomas	10:41.56
10		
Chrissy Baune	Augsburg	10:43.60
Megan Auger	Macalester	10:48.79
Andrea Sternberg	Macalester	10:53.59
Sarah Omann	St. Benedict	10:55.64
Laura Graen	Gustavus	10:56.04
Beth Moen	Concordia	10:56.73
Angela Wolkowski	Bethel	10:57.88
Cindy Carstens	Concordia	11:02.40
Mary Reid	St. Olaf	11:03.52
=====	M I A C Automatic	11:03.64
Abby Okrent	Carleton	11:08.39
20		
Stacy DeRuiter	St. Olaf	11:08.68
Libby Garrard	Carleton	11:10.0
Nicole St. Clair	St. Benedict	11:11.62
Stef Lenz	Gustavus	11:12.89
Heather Shulstad	Concordia	11:13.44
Amanda Beckman	Bethel	11:16.29
Ann Fletchall	Gustavus	11:18.92
Marnie Christensen	Macalester	11:21.58
Mary Stein	St. Benedict	11:23.5
Liz Book	Concordia	11:32.36
30		
Lesley Benton	Macalester	11:36.98
Carly Heupel	Concordia	11:37.41
Sarah Nelson	St. Benedict	11:37.3
Krista Borg	Bethel	11:39.94
Jennifer Hoffman	Bethel	11:40.66
Jenny Maxted	Hamline	11:42.10
Tracy Grefsrud	Gustavus	11:44.97
Brigid Franey	St. Olaf	11:46.21
Lisa Cadmus	Carleton	11:53.99

39 entrants

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5000 METER RUN

=====	N C A A Automatic	17:37.54
Christina Vetter	St. Olaf	17:55.10
=====	N C A A Provisional	18:05.54
Katie Martin	Concordia	18:11.61
Kelly Faris	St. Thomas	18:22.12

Liz Connors	Macalester	18:27.23
Gail Teitzel	Carleton	18:44.08
Megan Kelly	Macalester	18:49.50
Stef Lenz	Gustavus	18:50.63
Stet Lenz	Gustavus	18:50.63
Sarah Omann	St. Benedict	18:55.88
Mary Reid	St. Olaf	18:56.29
10		
Megan Auger	Macalester	19:02.10
Yarrow Moench	Macalester	19:04.56
Libby Garrard	Carleton	19:08.04
Emily Nelson	St. Benedict	19:09.91
Laura Graen	Gustavus	19:13.53
Andrea Sternberg	Macalester	19:15.99
Sarah Nelson	St. Benedict	19:20.61
Brigid Franey	St. Olaf	19:21.11
Beth Moen	Concordia	19:26.5
Abigail Okrent	Carleton	19:28.19
20		
Mary Stein	St. Benedict	19:32.98
Abby Okrent	Carleton	19:38.29
Stacy DeRuiter	St. Olaf	19:38.78
Heather Shulstad	Concordia	19:39.33
Lisa Cadmus	Carleton	19:43.33
Cindy Carstens	Concordia	19:44.8
=====	M I A C Automatic	19:52.74
Tracy Grefsrud	Gustavus	20:03.00
Laura Bloedorn	Carleton	20:09.09
Johanna Myers	St. Benedict	20:12.17
Karen Schaalman	Carleton	20:17.43
30		
Crissy Johnson	St. Benedict	20:18.82
Carly Heupel	Concordia	20:21.88
Nicole St. Clair	St. Benedict	20:23.5
Emily Taylor Page	Carleton	20:25.11
Taylor Page	Carleton	20:25.11
Liz Book	Concordia	20:33.39
Amy Edelstein	Bethel	20:47.7
Krista Borg	Bethel	21:10.5
Nissa Larson	Saint Mary's	21:19.13
Kari Senske	Concordia	21:27.57
40		
Katie Eiser	St. Thomas	21:51.63
Angie Clausen	St. Thomas	21:54.45

42 entrants

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10000 METER RUN

Christina Vetter	St. Olaf	37:04.72
=====	N C A A Automatic	37:10.74
Kelly Faris	St. Thomas	37:47.46
=====	N C A A Provisional	38:07.44
Stef Lenz	Gustavus	39:09.60
Katie Martin	Concordia	39:46.0
Megan Kelly	Macalester	39:48.8
Emily Nelson	St. Benedict	40:20.22
Beth Moen	Concordia	40:41.80
Stacy DeRuiter	St. Olaf	41:21.83
Brigid Franey	St. Olaf	41:57.98
Sarah Nelson	St. Benedict	42:05.00
10		
Carly Heupel	Concordia	42:10.6
Crissy Johnson	St. Benedict	43:05.00

Keren Schaalman	Carleton	43:11.65
=====	M I A C Automatic	43:15.24
Sarah Gradick	Carleton	43:27.48
Kari Senske	Concordia	46:08.22
Elen Halvorson	Concordia	46:11.20

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100 METER HURDLES

Sara Grineski	Concordia	14.27
Katie Bestul	St. Thomas	14.39
Caroline Stuart	Carleton	14.55
Kelly Tan	Carleton	14.60
Emily Menden	St. Thomas	14.65
=====	N C A A Automatic	14.68
Kara Hedin	St. Thomas	14.77
Liz Hajek	Macalester	14.97
Molly Miller	St. Benedict	15.09
=====	N C A A Provisional	15.20
Marissa Lightbourne	Macalester	15.35
Katie Arnes	St. Thomas	15.64

10

Nissa Stolp	Gustavus	15.68
Angie Strom	Concordia	15.78
Sandra Helquist	Carleton	15.84
Kim Davis	Carleton	15.86
Marrisa Lightbourne	Macalester	15.96
Stacy Heiling	Hamline	16.05
Heidi Fryer	Gustavus	16.09
Margaret Cropp	Concordia	16.50
Kate Kruger	Gustavus	16.63
Bree Wertz	St. Thomas	16.65

20

Kim Hayes	St. Catherine	16.67
Jenny Doty	St. Olaf	16.97
Julia Yoshimoto	Carleton	17.26
Janet Hengel	St. Olaf	17.26
Bryn LeVasseur	St. Olaf	17.28
Cori Quade	St. Catherine	17.31
Clara Setzer	Saint Mary's	17.34
=====	M I A C Automatic	17.44
Kristen Haglund	Concordia	17.48
Marni Gehrking	Gustavus	17.66
bonny pastika	Hamline	17.86

30

Pam Mertens	Gustavus	18.08
Bryn LaVasseur	St. Olaf	18.08
Lisa Croker	St. Benedict	18.18
Julia Gray	Macalester	18.39
Anne Sikorra	St. Catherine	18.95
Bryn LeVassuer	St. Olaf	18.98
Sarah Paul	Carleton	19.19

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400 METER HURDLES

Caroline Stuart	Carleton	62.93
Sara Grineski	Concordia	63.21
=====	N C A A Automatic	63.34
Sandra Helquist	Carleton	63.43
Tish Dusich	St. Thomas	63.85
Julia Taylor	Bethel	64.38
Emily Menden	St. Thomas	64.84
=====	N C A A Provisional	64.84
Janet Hengel	St. Olaf	65.53
Liz Hajek	Macalester	66.30
Kimberly Davis	Carleton	67.10
Mary Pulling	St. Thomas	67.23
10		
Marissa Lightbourne	Macalester	68.66
Margaret Cropp	Concordia	68.69
Kate Kruger	Gustavus	69.72
Marrisa Lightbourne	Macalester	70.06
Natalie Scheidt	St. Benedict	70.17
Delinda Tamagni	St. Catherine	70.40
Pam Mertens	Gustavus	70.54
=====	M I A C Automatic	70.64
Tamra Thayer	Carleton	70.68
Marni Gehrking	Gustavus	71.14
Julia Gray	Macalester	71.60
20		
bonny pastika	Hamline	71.87
Elizabeth Parke	Carleton	72.84
Liz Parke	Carleton	72.84
Kate Krueger	Gustavus	73.62
Lisa Croker	St. Benedict	73.93
Sarah Paul	Carleton	75.30
Cheri Green	Concordia	75.59
Jenny Doty	St. Olaf	81.57
Bryn LeVasseur	St. Olaf	83.60

29 entrants

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4X100 METER RELAY

=====	N C A A Automatic	48.04
St. Thomas		48.57
=====	N C A A Provisional	49.24
Macalester		49.46
Carleton		49.52
Gustavus		49.62
St. Benedict		50.01
St. Olaf		50.58
Concordia		50.67
St. Catherine		51.56
Bethel		52.77
Hamline		53.57

10

10 entrants

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4X400 METER RELAY

Gustavus	3:52.57
===== N C A A Automatic	3:53.44
St. Thomas	3:54.80
===== N C A A Provisional	3:56.94
Bethel	4:00.92
St. Olaf	4:01.50
Concordia	4:04.88
St. Benedict	4:06.38
Macalester	4:08.22
Carleton	4:12.87
Hamline	4:15.01
Augsburg	4:19.89
10	
St. Catherine	4:20.67
Saint Mary's	4:44.42

12 entrants

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4X800 METER RELAY

Bethel	9:40.31
Carleton	9:45.82
Macalester	9:46.79
St. Thomas	9:48.76
St. Olaf	9:57.05
Concordia	10:13.60
St. Benedict	10:16.42
Gustavus	10:27.21
Hamline	11:07.84

9 entrants

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LONG JUMP

===== N C A A Automatic	5.68m (18-7 3/4)
Anne Habbena Bethel	5.63m (18-5 3/4)
===== N C A A Provisional	5.51m (18-1)
Molly Nemes Gustavus	5.37m (17-7 1/2)
Kara Hedin St. Thomas	5.29m (17-4 1/4)
Annie Knierim Concordia	5.29m (17-4 1/4)
BriAnne Erpelding St. Benedict	5.26m (17-3 1/4)
Kari Pederson Saint Mary's	5.19m (17-0 1/2)
Emily Haley St. Thomas	5.17m (16-11 1/2)
Nissa Stolp Gustavus	5.16m (16-11 1/4)
Christi Osborne St. Thomas	5.14m (16-10 1/2)
Bri Anne Erpelding St. Benedict	5.11m (16-9 1/4)
10	
Heidi Vogel St. Thomas	5.10m (16-8 3/4)
Kelly Tan Carleton	5.09m (16-8 1/2)
Crystal Dusich St. Thomas	4.99m (16-4 1/2)
Caroline Stuart Carleton	4.97m (16-3 3/4)
Sandra Helquist Carleton	4.94m (16-2 1/2)
Kate Kruger Gustavus	4.92m (16-1 3/4)
Colleen Mensing St. Benedict	4.90m (16-1)

Bree Wertz	St. Thomas	4.89m (16-0 1/2)
Amy Scoville	Concordia	4.89m (16-0 1/2)
Kristen Haglund	Concordia	4.86m (15-11 1/2)
20		
Helen Mrema	Macalester	4.78m (15-8 1/2)
Margaret Cropp	Concordia	4.77m (15-7 3/4)
Julia Yoshimoto	Carleton	4.73m (15-6 1/4)
Leah Dvorak	St. Olaf	4.73m (15-6 1/4)
=====	M I A C Automatic	4.73m (15-6 1/4)
Kim Davis	Carleton	4.72m (15-6)
Natalie St. Louis	Augsburg	4.71m (15-5 1/2)
Summer Barnes	Hamline	4.60m (15-1 1/4)
Mia Peterson	St. Benedict	4.60m (15-1 1/4)
Sarah Paul	Carleton	4.59m (15-0 3/4)

29 entrants

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TRIPLE JUMP

Kara Hedin	St. Thomas	11.67m (38-3 1/2)
=====	N C A A Automatic	11.63m (38-2)
=====	N C A A Provisional	11.25m (36-11)
Molly Nemes	Gustavus	11.00m (36-1 1/4)
Christi Osborne	St. Thomas	10.99m (36-0 3/4)
BriAnne Erpelding	St. Benedict	10.92m (35-10)
Annie Knierim	Concordia	10.83m (35-6 1/2)
Anne Habbena	Bethel	10.73m (35-2 1/2)
Crystal Dusich	St. Thomas	10.71m (35-1 3/4)
Heidi Vogel	St. Thomas	10.69m (35-1)
Greta Schutte	Bethel	10.68m (35-0 1/2)
Bridget Schletty	St. Benedict	10.64m (34-11)
10		
Ellie Lewis	Macalester	10.58m (34-8 1/2)
Heidi Fryer	Gustavus	10.48m (34-4 3/4)
Katherine Doherty	Carleton	10.36m (34-0)
Gretta Schutte	Bethel	10.36m (34-0)
Patty herou	St. Benedict	10.31m (33-10)
Kari Pederson	Saint Mary's	10.27m (33-8 1/2)
Julia Yoshimoto	Carleton	10.19m (33-5 1/4)
Colleen Mensing	St. Benedict	10.16m (33-4)
Kari Rosenfeldt	Concordia	10.15m (33-3 3/4)
Amy Scoville	Concordia	10.13m (33-3)
20		
Jen Fettig	Concordia	10.13m (33-3)
Sarah Beggs	St. Olaf	10.00m (32-9 3/4)
Natalie St. Louis	Augsburg	9.91m (32-6 1/4)
Marye DeJong	Macalester	9.88m (32-5)
Erika Barnhart	Concordia	9.78m (32-1)
Bridgit Bergloff	Bethel	9.61m (31-6 1/2)
Cori Quade	St. Catherine	9.60m (31-6)
=====	M I A C Automatic	9.54m (31-3 3/4)
Liz Durney	Macalester	9.45m (31-0)

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SHOT PUT

April Felt	Hamline	13.30m (43-7 3/4)
=====	N C A A Automatic	13.12m (43-0 1/2)
Maria DeBoer	Concordia	13.04m (42-9 1/2)
=====	N C A A Provisional	12.84m (42-1 1/2)
Ali Taylor	Hamline	12.26m (40-2 3/4)
Becky Martinson	Hamline	12.00m (39-4 1/2)
Rachel Aufforth	Concordia	11.90m (39-0 1/2)
Nikki Berg	Concordia	11.73m (38-6)
Amy Buran	Gustavus	11.70m (38-4 3/4)
Alicia Tull	Concordia	11.59m (38-0 1/4)
Anne Poduska	Macalester	11.50m (37-8 3/4)
Angie Schneibel	Concordia	11.22m (36-9 3/4)
10		
Colleen O'Hearn	Saint Mary's	11.02m (36-2)
=====	M I A C Automatic	10.99m (36-0 3/4)
Jill Janikowski	St. Thomas	10.90m (35-9 1/4)
Kirsten Gulbro	Augsburg	10.74m (35-3)
Alyssa Fredman	Bethel	10.71m (35-1 3/4)
Clara Setzer	Saint Mary's	10.62m (34-10 1/4)
Kate Otremba	St. Benedict	10.48m (34-4 3/4)
Tara Wawrzynaik	St. Thomas	10.41m (34-2)
Emily Uzzell	St. Olaf	10.33m (33-10 3/4)
Jessie Miller	Concordia	10.16m (33-4)
Lisa Eidenschink	St. Olaf	10.16m (33-4)
20		
Lisa Eidneschink	St. Olaf	10.16m (33-4)
Carrie Lind	Augsburg	10.14m (33-3 1/4)
Becky Madvig	Bethel	9.74m (31-11 1/2)
Becky Lacher	Concordia	9.68m (31-9 1/4)
Katie Cowles	Concordia	9.54m (31-3 3/4)
Angie Strom	Concordia	9.33m (30-7 1/2)
Sarah Paul	Carleton	9.15m (30-0 1/4)
Carrie Mathias	Saint Mary's	8.97m (29-5 1/4)
Margaret Cropp	Concordia	8.84m (29-0)

29 entrants

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DISCUS THROW

=====	N C A A Automatic	44.14m (144-10)
April Felt	Hamline	44.10m (144-8)
Lisa Eidenschink	St. Olaf	43.68m (143-4)
Maria DeBoer	Concordia	43.18m (141-8)
Mariah Mougey	Concordia	42.40m (139-1)
=====	N C A A Provisional	41.52m (136-3)
Charity Penn	Concordia	41.36m (135-8)
Jessie Miller	Concordia	39.90m (130-11)
Kirsten Gulbro	Augsburg	39.36m (129-1)
Nikki Berg	Concordia	39.10m (128-3)
Angie Schneibel	Concordia	39.02m (128-0)
Becky Martinson	Hamline	35.72m (117-2)
10		
Alicia Tull	Concordia	35.00m (114-10)
Colleen O'Hearn	Saint Mary's	34.84m (114-4)
Nicole Paquette	Concordia	34.68m (113-9)
Jill Janikowski	St. Thomas	34.20m (112-2)
Emily Rankin	Concordia	34.16m (112-1)
Becki Madvig	Bethel	34.06m (111-9)
Tara Wawrzynaik	St. Thomas	33.62m (110-4)
Amy Buran	Gustavus	33.52m (110-0)
=====	M I A C Automatic	33.28m (109-2)
Kate Otremba	St. Benedict	32.32m (106-0)

Clara Setzer 20	Saint Mary's	32.04m (105-1)
Jil Janikowski	St. Thomas	31.78m (104-3)
Becky Madvig	Bethel	30.98m (101-8)
Emily Uzzell	St. Olaf	29.82m (97-10)
Julie Mareck	St. Catherine	29.28m (96-1)
Emily Uzzel	St. Olaf	29.26m (96-0)
Alyssa Fredman	Bethel	29.24m (95-11)
Emily Uzell	St. Olaf	29.14m (95-7)
Marissa Sundquist	St. Olaf	27.38m (89-10)

28 entrants

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HAMMER THROW

April Felt	Hamline	52.82m (173-3)
=====	N C A A Automatic	47.76m (156-8)
Carrie Lind	Augsburg	47.72m (156-7)
Misty Smoot	St. Benedict	45.72m (150-0)
Karyn Senst	Concordia	45.48m (149-2)
=====	N C A A Provisional	44.60m (146-4)
Rachel Aufforth	Concordia	44.50m (146-0)
Mariah Mougey	Concordia	43.24m (141-10)
Becky Lacher	Concordia	41.38m (135-9)
Maria DeBoer	Concordia	41.24m (135-4)
Ali Taylor	Hamline	41.12m (134-11)
Julie Mareck	St. Catherine	39.14m (128-5)

10

Anne Poduska	Macalester	38.66m (126-10)
Becky Martinson	Hamline	38.20m (125-4)
Monica Fisk	Gustavus	37.55m (123-2)
Courtney Zinter	Concordia	37.34m (122-6)
Amy Buran	Gustavus	36.86m (120-11)
Nancy Eichten	St. Catherine	35.34m (115-11)
Kirsten Gulbro	Augsburg	34.38m (112-9)
Angie Schneibel	Concordia	34.04m (111-8)
=====	M I A C Automatic	34.00m (111-6)
Becki Madvig	Bethel	33.48m (109-10)
Cathrine Hoelstad	St. Olaf	32.62m (107-0)

20

Jennifer Eckman	Augsburg	31.76m (104-2)
Emily Rankin	Concordia	31.24m (102-6)
Tara Wawrzynaik	St. Thomas	30.80m (101-0)
Becky Madvig	Bethel	28.51m (93-6)
Emily Uzzell	St. Olaf	27.96m (91-9)
Emily Uzzel	St. Olaf	27.96m (91-9)
Katie Westby	Carleton	26.98m (88-6)
Amanda Jacobson	St. Olaf	26.32m (86-4)
Shelly Beman	St. Olaf	25.52m (83-9)
Shelley Beman	St. Olaf	25.52m (83-9)

30

Jill Janikowski	St. Thomas	25.00m (82-0)
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31 entrants

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JAVELIN THROW

=====	N C A A Automatic	42.90m (140-9)
=====	N C A A Provisional	39.02m (128-0)
Kelly Seyfert	Concordia	37.98m (124-7)
Margaret Cropp	Concordia	37.82m (124-1)
Sara Diercks	St. Thomas	37.66m (123-7)
Angie Strom	Concordia	34.28m (112-5)
Courtney Penwell	Macalester	34.10m (111-10)
Alicia Tull	Concordia	33.98m (111-6)
Kelly Tan	Carleton	33.26m (109-1)
Sarah Paul	Carleton	32.54m (106-9)
Angie Schneibel	Concordia	32.46m (106-6)
Katie Cowles	Concordia	32.26m (105-10)
10		
Nancy Eichten	St. Catherine	32.20m (105-8)
Alison Routledge	Concordia	32.06m (105-2)
Leah Dvorak	St. Olaf	31.82m (104-5)
Monica Fisk	Gustavus	31.30m (102-8)
Jill Janikowski	St. Thomas	30.60m (100-5)
Jenny Schmitt	St. Thomas	29.92m (98-2)
Kerstin Blazina	Gustavus	29.79m (97-9)
=====	M I A C Automatic	29.74m (97-7)
Mia Peterson	St. Benedict	29.12m (95-6)
Chaitra Raile	Concordia	29.00m (95-2)
Kirsten Gulbro	Augsburg	28.48m (93-5)
20		
Katie Reynolds	St. Thomas	28.40m (93-2)
Bridget Schletty	St. Benedict	28.32m (92-11)
Kim Davis	Carleton	28.20m (92-6)
Becki Madvig	Bethel	28.12m (92-3)
Jaime Kingsley	Augsburg	27.74m (91-0)
Clara Setzer	Saint Mary's	27.52m (90-3)
Jenny Ewertz	St. Benedict	27.04m (88-8)
Becky Madvig	Bethel	27.00m (88-7)
Nissa Stolp	Gustavus	25.84m (84-9)
Kristen Haglund	Concordia	25.68m (84-3)

30 entrants

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HIGH JUMP

=====	N C A A Automatic	1.69m (5-6 1/2)
Katie Arnes	St. Thomas	1.67m (5-5 3/4)
Megan June	Macalester	1.65m (5-5)
Angie Strom	Concordia	1.64m (5-4 1/2)
Bridget Schletty	St. Benedict	1.64m (5-4 1/2)
=====	N C A A Provisional	1.64m (5-4 1/2)
Ellie Lewis	Macalester	1.62m (5-3 3/4)
Leah Dvorak	St. Olaf	1.61m (5-3 1/4)
Sarah Paul	Carleton	1.58m (5-2 1/4)
Nissa Stolp	Gustavus	1.57m (5-1 3/4)
Kimberly Davis	Carleton	1.55m (5-1)
Sandra Helquist	Carleton	1.55m (5-1)
10		
Maria VonArx	Gustavus	1.52m (4-11 3/4)
Katherine Doherty	Carleton	1.52m (4-11 3/4)
Katie Bestul	St. Thomas	1.52m (4-11 3/4)
Kate Evon	St. Benedict	1.50m (4-11)
Anne Sikorra	St. Catherine	1.50m (4-11)
Greta Schutte	Bethel	1.50m (4-11)
=====	M I A C Automatic	1.50m (4-11)
Kate Krueger	Gustavus	1.48m (4-10 1/4)

Sarah Wishard	Hamline	1.45m (4-9)
Kelly Tan	Carleton	1.45m (4-9)
Kristen Haglund	Concordia	1.43m (4-8 1/4)
20		
Clara Setzer	Saint Mary's	1.42m (4-7 3/4)
Sara Rischmiller	St. Benedict	1.42m (4-7 3/4)
Carrie Staurt	Carleton	1.42m (4-7 3/4)
Katie Reynolds	St. Thomas	1.40m (4-7)
Erika Barnhart	Concordia	1.39m (4-6 3/4)
Margaret Cropp	Concordia	1.33m (4-4 1/4)

26 entrants

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POLE VAULT

Janet Hengel	St. Olaf	3.38m (11-1)
Caroline Boatz	St. Benedict	3.26m (10-8 1/4)
Nikki Tuma	St. Benedict	3.23m (10-7)
Jen Fettig	Concordia	3.20m (10-6)
Lisa Hodapp	Concordia	3.12m (10-2 3/4)
Heidi Fryer	Gustavus	3.10m (10-2)
Tamra Thayer	Carleton	3.10m (10-2)
Katie Joyce	St. Thomas	3.00m (9-10)
=====	N C A A Provisional	2.88m (9-5 1/4)
Jessica Loehr	St. Thomas	2.85m (9-4 1/4)
Jenni Hurner	St. Olaf	2.85m (9-4 1/4)
10		
Patty herou	St. Benedict	2.85m (9-4 1/4)
Heather Moor	Carleton	2.80m (9-2 1/4)
Anne Sikorra	St. Catherine	2.76m (9-0 1/2)
Kara Nelson	Augsburg	2.70m (8-10 1/4)
Emily Erickson	St. Olaf	2.60m (8-6 1/4)
Sarah Lenhardt	St. Benedict	2.60m (8-6 1/4)
Ashley Griffin	Carleton	2.53m (8-3 1/2)
Nora Connors	Macalester	2.53m (8-3 1/2)
Jenny Hurner	St. Olaf	2.50m (8-2 1/2)
Katie Langer	St. Benedict	2.46m (8-0 3/4)
20		
Elin Schoenfelder	St. Thomas	2.38m (7-9 3/4)
Marit Thorsgard	Augsburg	2.29m (7-6)
Kara Haroldson	Gustavus	2.29m (7-6)
Cerissa Chaney	Macalester	2.20m (7-2 1/2)

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HEPTATHLON

Sandra Helquist	Carleton	4544
Kelly Tan	Carleton	4301
=====	N C A A Automatic	4250
Katie Arnes	St. Thomas	4069
=====	N C A A Provisional	4050
Caroline Stuart	Carleton	4035
Angie Strom	Concordia	4004
Margaret Cropp	Concordia	3961
Nissa Stolp	Gustavus	3830

Kimberly Davis	Carleton	3780
Mia Peterson	St. Benedict	3661
Kate Krueger	Gustavus	3629
10		
Crystal Dusich	St. Thomas	3508
Clara Setzer	Saint Mary's	3448
Bridget Schletty	St. Benedict	3314
Kristen Haglund	Concordia	3252
Sarah Paul	Carleton	3215
Bree Wertz	St. Thomas	3109
Kate Kruger	Gustavus	2711
Erika Barnhart	Concordia	1956
Anne Sikorra	St. Catherine	1862
Leah Dvorak	St. Olaf	870
20		
20 entrants		

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