

**MINNESOTA INTERCOLLEGIATE ATHLETIC CONFERENCE
2023 Men's Outdoor Track & Field Championships
Friday-Saturday, May 12-13 • Arden Hills, Minnesota**

2023 MIAC Men's Outdoor Track Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Kevin Arthur	Saint John's	Sr.	Champlin, Minn. Champlin Park	2022

2023 MIAC Men's Outdoor Field Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Lucas Kramarczuk	St. Olaf	Sr.	Bloomington, Minn. Jefferson	--

2023 MIAC Men's Outdoor Track & Field Rookie of the Year

Name	Institution	Class	Hometown High School
Adam Hokanson	Bethel	Fy.	Shakopee, Minn.

2023 MIAC Men's Outdoor Track & Field Coach of the Year

Name	Institution	Previous Selections
Jeremy Karger-Gatzow	Saint John's	2016 2019 2022

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ALL-CONFERENCE INDIVIDUALS

100-Meter Dash

1. Kevin Arthur, SJU 10.46
2. Samuel Eben Ebai, CSS 10.57
3. Cameron McConnell, BU 10.76

200-Meter Dash

1. Kevin Arthur, SJU 21.20
2. Samuel Eben Ebai, CSS 21.45
3. Arlo Heitler, MAC 21.90

400-Meter Dash

1. Jacob Parent, BU 46.76
2. Cal Wright, CCM 46.95
3. Arlo Heitler, MAC 47.91

800-Meter Run

1. Nathan Clausing, SJU 1:54.80
2. Josh Meier, CAR 1:54.84
3. Ethan Ash, CAR 1:54.99

1500-Meter Run

1. Tor Olsson, MAC 3:54.00
2. Gabe Nichols, CAR 3:55.45
3. Lloyd Young, SJU 3:56.24

5000-Meter Run

1. Logan Bocovich, STO 14:35.04
2. Lloyd Young, SJU 14:44.13
3. Gabe Nichols, CAR 14:44.53

10000-Meter Run

1. Logan Bocovich, STO 30:52.84
2. Andrew Skemp, STO 31:00.48
3. Henry Bowman, CAR 31:23.52

110-Meter Hurdles

1. Josh Sampson, BU 14.38
2. Lucas Kramarczuk, STO 14.49
3. David Myres, BU 14.72

400-Meter Hurdles

1. Joel Smith, BU 52.01
2. Brady Labine, SJU 54.06
3. Josh Thomsen, HU 54.66

3000-Meter Steeplechase

1. Will Kelly, STO 8:56.03
2. Carter Grove, SJU 8:59.39
3. Anders Cote, STO 9:07.83

High Jump

1. Michael Braun, HU 1.92m
2. Alex Seiler, SJU 1.91m
3. Danny Bies, GAC 1.91m

Pole Vault

1. Joseph Charbonneau, SJU 4.60m
2. Samuel Gardeen, BU 4.50m
3. Daniel Eickhoff, SJU 4.40m

Long Jump

1. Zach Schaffer, SJU 6.98m
2. Lucas Kramarczuk, STO 6.76m
3. Anthony Thurk, SJU 6.68m

Triple Jump

1. Lucas Kramarczuk, STO 14.34m
2. Elijah Wade, SJU 14.01m
3. Caleb Williams, MAC 13.64m

Shot Put

1. Adam Hokanson, BU 15.06m
2. Cade Feist, STO 14.74m
3. Jaeden Frost, SJU 14.70m

Discus Throw

1. Trent Beseth, CSS 49.39m
2. Ryan Edelman, STO 44.81m
3. Jaeden Frost, SJU 43.34m

Hammer Throw

1. Joshua Beiswanger, GAC 55.84m
2. Jaeden Frost, SJU 51.78m
3. Max Menache, MAC 49.59m

Javelin Throw

1. Brett Hague, SJU 64.14m
2. Ian Mortensen, CAR 57.04m
3. Logan Hennen, SJU 51.49m

Decathlon

1. Demetri Lord, STO 6315
2. Wade Rhonemus, CCM 6189
3. Max Lelwica, SJU 5942

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ALL-CONFERENCE RELAYS

4x100-Meter Relay

1. Saint John's.....41.30
Emanuel Popoca
Kevin Arthur
Brady Labine
Caden Wheeler
2. Bethel.....41.45
Collin Asplin
Grant Nelson
Cameron McConnell
Jacob Parent
3. St. Olaf.....42.25
Devin McNearney
Lucas Kramarczuk
Henry Fisher
Demetri Lord

4x400-Meter Relay

1. Bethel.....3:14.39
Joel Smith
Grant Nelson
Josh Sampson
Jacob Parent
2. Concordia.....3:20.41
Trevor Tiongson
Wade Rhonemus
Gavin Groshelle
Hayden Gagnon
3. St. Scholastica.....3:20.52
Jericho Peterson
Samuel Eben Ebai
Derek Douglas
Noah Kubicek

4x800-Meter Relay

1. Saint John's.....7:48.82
Riley Berg
Nick St. Peter
Carter Grove
Owen Montreuil
2. St. Scholastica.....7:52.22
John Schwinghamer
Joe Lynch
Derek Douglas
Noah Kubicek
3. St. Olaf.....7:53.00
Cullen Moore
Olaf Coffey
Otto Schmidt
Gabe Estrada

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HONORABLE MENTION INDIVIDUALS

100-Meter Dash

- 4. Varney Conneh, AUG..... 11.01
- 5. Chris Bulwa, SMU 11.01
- 6. Andrei Pettis, HU..... 11.06

200-Meter Dash

- 4. Cameron McConnell, BU 21.94
- 5. Chris Bulwa, SMU 22.11
- 6. Wyatt Quiring, GAC..... 22.18

400-Meter Dash

- 4. Grant Nelson, BU 49.05
- 5. Hayden Gagnon, CCM 49.17
- 6. Wyatt Quiring, GAC 49.25

800-Meter Run

- 4. Getinat Asfaw, AUG 1:55.02
- 5. Dillon Diekmann, SJU..... 1:55.04
- 6. Will Mattock, SJU 1:55.84

1500-Meter Run

- 4. Roy Llewellyn, CAR..... 3:57.29
- 5. Lars DeWall, CSS 3:57.39
- 6. Kevin Turlington, STO 3:57.91

5000-Meter Run

- 4. Henry Bowman, CAR 14:49.69
- 5. Ben Crotteau, MAC 14:52.47
- 6. Will Kelly, STO 14:54.93

10000-Meter Run

- 4. David Lynn, STO..... 31:50.32
- 5. Kevin Montresor, STO 32:17.30
- 6. Logan McCullough, GAC..... 32:22.70

110-Meter Hurdles

- 4. Demetri Lord, STO 15.30
- 5. Pryce Ferrin, BU 15.55
- 6. Micah Smith, BU 15.68

400-Meter Hurdles

- 4. David Myres, BU 55.15
- 5. Jeff Wang, MAC 55.52
- 6. Trokon Karngar, BU 55.87

3000-Meter Steeplechase

- 4. Reece McKee, MAC..... 9:23.67
- 5. Jack Deaver, STO 9:31.05
- 6. Reese Thompson, BU 9:31.44

High Jump

- 4. Alec Braun, BU..... 1.91m
- 5. Alec Ungar, SJU..... 1.86m
- 6. Hayden Gagnon, CCM 1.86m

Pole Vault

- 4. Kole Guth, SJU 4.25m
- 5. Dylan Arnold, STO 4.25m
- 6. Max Doom, SJU 4.10m

Long Jump

- 4. Eh Ler Moo, STO 6.65m
- 5. Simon Swenson, BU..... 6.64m
- 6. Caleb Williams, MAC..... 6.63m

Triple Jump

- 4. Michael Braun, HU 13.34m
- 5. Riley Hodin, MAC..... 13.33m
- 6. Alex Crnkovich, SJU..... 13.32m

Shot Put

- 4. Andrew Mollison, STO..... 14.66m
- 5. Trent Beseth, CSS 14.65m
- 6. Arnauld Dedry, STO 13.97m

Discus Throw

- 4. Victor Wright, MAC..... 41.87m
- 5. Ricky Ramirez, CCM 40.67m
- 6. Zach Stordahl, GAC 40.29m

Hammer Throw

- 4. Eli Mollet, SJU..... 48.71m
- 5. Grant Steger, CSS 46.13m
- 6. Cade Feist, STO 45.99m

Javelin Throw

- 4. Layton Borst, STO..... 49.54m
- 5. Carter McEachern, SJU..... 49.13m
- 6. Noah Eckersley-Ray, CAR 49.05m

Decathlon

- 4. Anthony Thurk, SJU 5886
- 5. Micah Smith, BU 5803
- 6. Abe Schegel, BU..... 5767

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HONORABLE MENTION RELAYS

4x100-Meter Relay

4. St. Scholastica 42.33
Sean Alfaro Diedrich
Jericho Peterson
Kaedyn Redig
Samuel Eben Ebai
5. Saint Mary's 42.58
Ben Kritsberg
Chris Bulwa
Brady Johnson
Oliver Adamson
6. Gustavus..... 43.02
Matthew Skelly
Wyatt Quiring
Seth Zeitchick
Isaiah Subah

4x400-Meter Relay

4. St. Olaf..... 3:20.54
Alex Bittner
Devin McNearney
Henry Fisher
Sebastian Loder
5. Saint John's 3:20.89
Ryan Conzemius
Owen Montreuil
Nick St. Peter
Brady Labine
6. Gustavus..... 3:22.18
Seth Zeitchik
Wyatt Quiring
Markus Rupnow
Noah Stageberg

4x800-Meter Relay

4. Macalester 7:55.45
Tor Olsson
Ben Crotteau
Kalid Ali
Jay Lebakken
5. Bethel..... 7:55.51
Gabe Kuecker
Luke Peterson
Tad Stewart
Clark Nelson
6. Concordia..... 7:58.35
Tanner Olson
Gavin Groshelle
David Birkeland
Solomon Johnson