

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

2023 MIAC Women's Outdoor Track Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Birgen Nelson	Gustavus	Sr.	Edina, Minn.	2022

2023 MIAC Women's Outdoor Field Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Journey Amundson	Macalester	Sr.	Iron River, Wis. Northwestern	--

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

Name	Institution	Class	Hometown High School
Nora Wilhelm	Bethel	Fy.	Maplewood, Minn. Concordia Academy

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

Name	Institution	Previous Selections
Aaron Lund	Gustavus	2022

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ALL-CONFERENCE INDIVIDUALS

100-Meter Dash

1. Birgen Nelson, GAC.....11.71
2. Jireh Babalola, BU.....11.93
3. Sarah Stellmach, BU.....11.94

200-Meter Dash

1. Sarah Stellmach, BU.....24.60
2. Kate Carlson, GAC.....24.93
3. Jireh Babalola, BU.....25.19

400-Meter Dash

1. Megan Geraets, GAC.....58.14
2. Allison Hookom, AUG.....58.48
3. Karla Kroschel, STO.....58.56

800-Meter Run

1. Alexandra Maddux, HU.....2:11.89
2. Mary Blanchard, CAR.....2:12.16
3. Annessa Ihde, BU.....2:15.58

1500-Meter Run

1. Fiona Smith, CSB.....4:34.40
2. Christine Albrecht, STO.....4:38.20
3. Mary Blanchard, CAR.....4:39.22

5000-Meter Run

1. Fiona Smith, CSB.....16:19.98
2. Clara Mayfield, CAR.....16:30.91
3. Alison Bode, STO.....17:07.99

10000-Meter Run

1. Fiona Smith, CSB.....34:31.92
2. Clara Mayfield, CAR.....34:35.64
3. Alison Bode, STO.....36:17.82

100-Meter Hurdles

1. Birgen Nelson, GAC.....13.37
2. Kelsie Sealock, BU.....13.61
3. Rebekah Salfer, STO.....14.83

400-Meter Hurdles

1. Birgen Nelson, GAC.....59.87
2. Lauren Berg, CSB.....1:03.52
3. Rebekah Salfer, STO.....1:04.04

3000-Meter Steeplechase

1. Christine Albrecht, STO.....10:37.35
2. Sophie McManus, CAR.....11:07.85
3. Josie Harms, BU.....11:16.80

High Jump

1. Glasha Hovey, BU.....1.59m
2. Ally Rakow, GAC.....1.56m
3. Ellie Selisker, CSB.....1.56m

Pole Vault

1. Julia Cordes, STO.....3.20m
2. Jessica Lilland, BU.....3.20m
3. Caitlin Salfer, CSB.....3.20m

Long Jump

1. Journey Amundson, MAC.....5.54m
2. Annika Muller, STO.....5.53m
3. Ellie Selisker, CSB.....5.50m

Triple Jump

1. Journey Amundson, MAC.....11.92m
2. Madi Kes, GAC.....11.88m
3. Ellie Hernes, BU.....11.39m

Shot Put

1. Annika Poe, GAC.....14.90m
2. Aleah Keske, STO.....12.70m
3. Kelley Brennan, GAC.....12.49m

Discus Throw

1. Nora Wilhelm, BU.....41.37m
2. Annika Poe, GAC.....40.61m
3. Madison Reed, HU.....39.68m

Hammer Throw

1. Lily Beneke, CSS.....55.16m
2. Allyson Kangas, CON.....49.73m
3. Samantha Kubes, SMU.....48.67m

Javelin Throw

1. Bryana Leverentz, SCU.....41.10m
2. Peyton Selle, CCM.....38.34m
3. Sarah Beth Hobby, MAC.....38.15m

Heptathlon

1. Justus Floren, CSB.....4409
2. Peyton Selle, CON.....4343
3. Rebekah Salfer, STO.....4329

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ALL-CONFERENCE RELAYS

4x100-Meter Relay

1. Gustavus47.15
 Danielle Miller
 Birken Nelson
 Megan Geraets
 Kate Carlson
2. Saint Benedict49.27
 Myah Nelson
 Tiana Johnson
 Hailey Johnson
 Kate Gallagher
3. Concordia49.36
 Maddie Guler
 Emily Rengo
 Kyla Nygaard
 Mary Wunderlich

4x400-Meter Relay

1. Saint Benedict3:57.18
 Sidela Nygua
 Lauren Berg
 Emerson Knapp
 Ella Young
2. Carleton.....3:58.19
 Lara Erickson
 Jocelyn Ferguson
 Mary Blanchard
 Hadley Twichell
3. Bethel3:58.47
 Makenna Brown
 Morgan Dean
 Abbie Swenson
 Hailey Gregg

4x800-Meter Relay

1. Hamline9:29.31
 Lucy Hoelscher
 Lindsey Bernardy
 Katie Danielzuk
 Alexandra Maddux
2. St. Olaf9:35.49
 Ella Landis
 Sophie Call
 Jules Fromm
 Sophie Abernethy
3. Carleton.....9:39.60
 Sadie Ray Smith
 Nell Schafer
 Libby Rowland
 Sophie McManus

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HONORABLE MENTION INDIVIDUALS

100-Meter Dash

4. Kate Carlson, GAC..... 12.05
5. Kate Gallagher, CSB..... 12.45
6. Makayla Stinson, SCU..... 12.48

200-Meter Dash

4. Megan Geraets, GAC..... 25.29
5. Emily Rengo, CCM..... 26.08
6. Karla Kroschel, STO..... 26.20

400-Meter Dash

4. Lindsey Bernardy, HU 59.01
5. Jocelyn Ferguson, CAR..... 59.14
6. Hailey Gregg, BU 59.35

800-Meter Run

4. Lara Erickson, CAR..... 2:17.32
5. Drew Frolek, CCM..... 2:17.87
6. Ellie Sholing, CSS 2:19.45

1500-Meter Run

4. Hannah Preisser, CAR..... 4:42.31
5. Annessa Ihde, BU 4:43.07
6. Ella Landis, STO 4:47.18

5000-Meter Run

4. Hannah Preisser, CAR..... 17:17.52
5. Sofia Carlson, STO 17:50.80
6. Phoebe Ward, CAR..... 17:52.84

10000-Meter Run

4. Sofia Carlson, STO 37:28.52
5. Lauren Walda, STO..... 38:11.40
6. Evelyn Villalobos, GAC..... 38:13.78

100-Meter Hurdles

4. Danielle Miller, GAC 15.03
5. Lauren Dimler, GAC 15.27
6. Gabby Bodin, SCU..... 15.29

400-Meter Hurdles

4. McKenzie Williams, CSS 1:04.87
5. Makenna Huetten, GAC 1:05.15
6. Lauren Rocheford, GAC 1:06.12

3000-Meter Steeplechase

4. Grace Moeller, STO 11:20.98
5. Keiley Maahs, CSB 11:29.32
6. Emily Rugloski, CCM..... 11:32.35

High Jump

4. Erin Beer, GAC 1.51m
5. Justus Floren, CSB 1.51m
6. Grace Blanchette, CAR 1.51m

Pole Vault

4. Melanie Roberts, STO 3.00m
5. Jenna Bunker, GAC 3.00m
6. Grace Pierson, HU 2.85m

Long Jump

4. Madi Kes, GAC 5.44m
5. Lili Guy, GAC 5.41m
6. Justus Floren, CSB 5.40m

Triple Jump

4. CC Cesare, AUG..... 11.31m
5. Annika Muller, STO 11.22m
6. Reilee Schepper, SCU 11.03m

Shot Put

4. Nora Wilhelm, BU..... 12.45m
5. Sydney Jackman, SMU 12.34m
6. Molly Meyers, HU 12.08m

Discus Throw

4. Aleah Keske, STO..... 38.53m
5. Maggie Beckmann, CSB..... 38.25m
6. Jade Hunt, HU..... 37.72m

Hammer Throw

4. Maggie Beckmann, CSB..... 46.46m
5. Lexi Brainer, HU..... 46.37m
6. Madison Reed, HU 45.60m

Javelin Throw

4. Justus Floren, CSB 36.75m
5. Regan Anderson, CCM 34.73m
6. Abbie Swenson, BU 34.62m

Heptathlon

4. Grace Blanchette, CAR 4192
5. Sarah Beth Hobby, MAC 3866
6. Ellie Selisker, CSB 3689

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HONORABLE MENTION RELAYS

4x100-Meter Relay

4. St. Catherine 49.67
 Claire Nichols
 Makayla Stinson
 Erin Doyle
 Reilee Schepper
5. St. Olaf..... 49.78
 Ruth Pfeiffer
 Zoe Matre
 Ququ Holman
 Karla Kroschel
6. Carleton 50.31
 Riley Roberts
 Jocelyn Feguson
 Bianca Lott
 Hadley Twichell

4x400-Meter Relay

4. Concordia..... 3:59.27
 Maddie Guler
 Meg Shercliffe
 Kyla Nygaard
 Drew Frolek
5. Hamline..... 4:00.93
 Lucy Hoelscher
 Alexandra Maddux
 Ashley Grabau
 Lindsey Bernardy
6. St. Olaf..... 4:02.46
 Ruth Pfeiffer
 Rebekah Salfer
 Olivia Edstrom
 Emma Storbakken

4x800-Meter Relay

4. Saint Benedict..... 9:43.64
 Lauren Berg
 Kalli Smith
 Brooke Verkinnes
 Ella Young
5. Bethel..... 9:47.21
 Evie Hage
 Anna Cargill
 Esther Nelson
 Ruby Gernandt
6. Macalester 9:49.58
 Hadley Wilkins
 Anna Warren
 Sky Theodosopolous
 Mara Pirone