

MINNESOTA INTERCOLLEGIATE ATHLETIC CONFERENCE
2024 Men's Indoor Track & Field Championships
Thursday-Saturday, Feb. 22-24 • Northfield, Minnesota

ALL-CONFERENCE INDIVIDUALS

60-Meter Dash

1. Kevin Arthur, SJU6.79
2. Cameron McConnell, BU6.97
3. Jade Anstine, Gustavus7.00

200-Meter Dash

1. Jacob Parent, BU.....21.80
2. Kevin Arthur, SJU22.13
3. Chris Bulwa, SMU.....22.37

400-Meter Dash

1. Jacob Parent, BU.....48.58
2. Grant Nelson, BU.....48.85
3. Noah Kubicek, CSS49.58

600-Meter Run

1. Victor Leling, BU1:20.57
2. Grant Nelson, BU.....1:22.21
3. Noah Kubicek, CSS1:22.17

800-Meter Run

1. Tommy Allen, SJU1:55.33
2. Cullen Moore, STO1:55.78
3. Tucker Wallin, CSS.....1:55.80

1000-Meter Run

1. Tommy Allen, SJU2:30.25
2. Calvin Boone, CSS2:30.35
3. Ignatius Fitzgerald, STO2:31.39

Mile Run

1. Calvin Boone, CSS4:12.23
2. Gabe Nichols, CAR.....4:13.92
3. Roy Llewellyn, CAR4:16.28

3000-Meter Run

1. Will Kelly, STO.....8:20.32
2. Kevin Turlington, STO.....8:31.97
3. Roy Llewellyn, CAR8:32.49

5000-Meter Run

1. Will Kelly, STO.....14:28.40
2. Mohammed Bati, AUG14:37.67
3. Reece McKee, MAC14:59.01

60-Meter Hurdles

1. Jayson Ekiyor, BU8.04
2. Josh Sampson, BU8.07
3. David Myres, BU.....8.23

High Jump

1. Peyton Johnsrud, CC 1.96m
2. Jackson McDowell, SJU J1.96m
3. Danny Bies, GAC 1.93m

Pole Vault

1. Joseph Charbonneau, SJU..... 4.65m
2. Samuel Gardeen, BU 4.55m
3. Austin Schloeder, HU J4.55m

Long Jump

1. Zach Schaffer, SJU 6.94m
2. Isaiah Subah, GAC..... 6.88m
3. Eh Ler Moo, STO 6.65m

Triple Jump

1. Riley Hodin, MAC 13.72m
2. Elijah Wade, SJU 13.71m
3. Zach Schaffer, SJU 13.57m

Shot Put

1. Cooper Folkestad, CC 15.98m
2. Trent Beseth, CSS 15.56m
3. Jaeden Frost, SJU..... 15.16m

Weight Throw

1. Adam Hokanson, BU 17.41m
2. Grant Steger, CSS 17.12m
3. Jaeden Frost, SJU..... 16.78m

Heptathlon

1. Wade Rhonemus, CC..... 4967
2. Demetri Lord, STO 4897
3. Max Lelwica, SJU..... 4634

MIAC Men's Track Athlete of the Year

Jacob Parent, BU

MIAC Men's Field Athlete of the Year

Wade Rhonemus, CC

MIAC Men's Rookie of the Year

Victor Leling, BU

MIAC Men's Coach of the Year

Andrew Rock, BU

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ALL-CONFERENCE RELAYS

4x200-Meter Relay

1. Bethel 1:28.80
Cameron McConnell
David Myres
Josh Thomsen
Sam Raitz
2. Saint John's 1:29.89
Emanuel Popoca
Wyatt Witschen
Cooper Smith
Kevin Arthur
3. Gustavus 1:30.16
Isaiah Subah
Jade Anstine
Nathan Le
Noah Stageberg

4x400-Meter Relay

1. Bethel 3:22.97
Josh Thomsen
Josh Sampson
Grant Nelson
Jacob Parent
2. St. Scholastica 3:24.47
Sean Alfaro Diedrich
Derek Douglas
Tucker Wallin
Noah Kubicek
3. Carleton 3:25.59
Asher Nathan
Indy Lyness
Alistair Pattison
Ethan Ash

Distance Medley Relay

1. St. Olaf 10:14.89
Jackson Marsh
Henry Fisher
Gabe Estrada
Ignatius Fitzgerald
2. Macalester 10:17.61
Ben Crotteau
Kalid Ali
Daniel Wiltse
Tor Olsson
3. Carleton 10:18.51
Roy Llewellyn
Asher Nathan
Indy Lyness
Gabe Nichols

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HONORABLE MENTION INDIVIDUALS

60-Meter Dash

- 4. Chris Bulwa, SMU 7.02
- 5. Godsword Simon, BU 7.10
- 6. Dawson Schaffer, CC 7.12

200-Meter Dash

- 4. Jade Anstine, GAC 22.41
- 5. Arlo Heitler, MAC 22.57
- 6. Dawson Schaffer, CC 22.96

400-Meter Dash

- 4. Arlo Heitler, MAC 49.63
- 5. Trevor Tiongson, CC 50.69
- 6. Taaron Rudzitis, BU 51.10

600-Meter Run

- 4. Derek Douglas, CSS 1:22.26
- 5. Ethan Ash, CAR 1:22.58
- 6. Taaron Rudzitis, BU 1:22.90

800-Meter Run

- 4. Tyler Smith, GAC 1:57.05
- 5. Victor Lelinga, BU 1:57.05
- 6. Gavin Groshelle, CC 1:57.09

1000-Meter Run

- 4. Nicholas Brauer, GAC 2:31.51
- 5. Nick St. Peter, SJU 2:31.69
- 6. Indy Lyness, CAR 2:32.01

Mile

- 4. Lars DeWall, CSS 4:17.61
- 5. Indy Lyness, CAR 4:17.69
- 6. Kevin Turlington, STO 4:17.89

3000-Meter Run

- 4. Gabe Nichols, CAR 8:32.93
- 5. Ian Curtis, STO 8:33.02
- 6. David Lynn, STO 8:34.58

5000-Meter Run

- 4. Tyler Edwards, MAC 15:02.42
- 5. Anders Cote, STO 15:04.04
- 6. Logan McCullough, GAC 15:04.57

60-Meter Hurdles

- 4. Josh Thomsen, BU 8.38
- 5. Jackson Lightner, HU 8.62
- 6. Logan Clark, CC 8.65

High Jump

- 4. Cole Matetich, GAC 1.90m
- 5. Andrew Cogley, STO 1.87m
- 6. Michael Braun, HU J1.87m

Pole Vault

- 4. Dylan Arnold, STO 4.45m
- 5. Kole Guth, SJU J4.45m
- 6. Daniel Eickhoff, SJU J4.45m

Long Jump

- 4. Max Albertson, STO 6.55m
- 5. Matthew Erickson, CSS 6.41m
- 6. Kameron Smith, AUG 6.40m

Triple Jump

- 4. Nick Bovitz, BU 13.35m
- 5. Michael Braun, HU 13.32m
- 6. Kameron Smith, AUG 13.19m

Shot Put

- 4. Joshua Monreal, CSS 14.95m
- 5. Evan Larsen, BU 15.13m
- 6. Adam Hokanson, BU 14.66m

Weight Throw

- 4. Evan Larsen, BU 15.93m
- 5. Trent Beseth, CSS 15.48m
- 6. Casen Fritz, SMU 15.37m

Heptathlon

- 4. Anthony Thurk, SJU 4587
- 5. Connor McCormick, GAC 4568
- 6. Andrew Cogley, STO 4478

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HONORABLE MENTION RELAYS

4x200-Meter Relay

4. Saint Mary's 1:31.79
 Oliver Adamson
 Eddie Paton
 Brady Johnson
 Chris Bulwa
5. St. Scholastica 1:32.79
 Sean Alfaro Diedrich
 Kaedyn Redig
 Matthew Erickson
 Noah Kubicek
6. Hamline..... 1:33.80
 David Couper
 Mickey Otis
 Raul Ortiz
 Michael Lakte

Distance Medley Relay

4. Saint John's 10:25.66
 Max McCoy
 Ryan Conzemius
 Owen Montreuil
 Vincent Kaluza
5. St. Scholastica 10:26.57
 Nathan Neu
 Noah Kubicek
 Derek Douglas
 Lars DeWall
6. Bethel..... 10:39.31
 Clark Nelson
 Caleb Ketterling
 Drew Schmitz
 Eli Berg

4x400-Meter Relay

4. Saint John's 3:26.94
 Wyatt Witschen
 Owen Montreuil
 Ryan Conzemius
 Cooper Smith
5. Macalester 3:27.10
 Henry Schonebaum
 Kalid Ali
 Thomas Malecha
 Arlo Heitler
6. Gustavus..... 3:27.78
 Noah Stageberg
 Agro Gushwa
 Nicholas Brauer
 Cohen Stursa