

MINNESOTA INTERCOLLEGIATE ATHLETIC CONFERENCE
2025 Men's Indoor Track & Field Championships
Thursday-Saturday, Feb. 27 – Mar. 1 • Collegeville, Minnesota

ALL-CONFERENCE INDIVIDUALS

60-Meter Dash

1. Landen Liu, BU 6.74
2. Max Reis, SJU 6.78
3. Ricky Kwabena Yawson, HU 6.82

200-Meter Dash

1. Grant Nelson, BU 21.71
2. Jacob Parent, BU 21.96
3. Sam Raitz, BU 22.21

400-Meter Dash

1. Grant Nelson, BU 48.29
2. Jacob Parent, BU 48.67
3. Arlo Heitler, MAC 49.05

600-Meter Run

1. Kalid Ali, MAC 1:21.68
2. Owen Montreuil, SJU 1:21.88
3. Lance Nemecek, STO 1:21.96

800-Meter Run

1. John Ihrke, MAC 1:54.53
2. Tyler Smith, GAC 1:55.12
3. Lance Nemecek, STO 1:55.40

1000-Meter Run

1. Tyler Smith, GAC 2:28.59
2. Sean Hartney, STO 2:29.37
3. Nick St. Peter, SJU 2:29.48

Mile Run

1. Sean Hartney, STO 4:12.52
2. Gabe Nichols, CAR 4:13.01
3. Brady Goss, CON 4:14.01

3000-Meter Run

1. Lars Dewall, CSS 8:22.86
2. Mohammed Bati, AUG 8:23.52
3. Kevin Turlington, STO 8:24.75

5000-Meter Run

1. Mohammed Bati, AUG 14:38.06
2. Kevin Turlington, STO 14:48.07
3. Gael Manzur Strandlund, STO 14:59.11

60-Meter Hurdles

1. Jayson Ekiyor, BU 7.97
2. Josh Thomsen, BU 8.14
3. David Myres, BU 8.19

High Jump

1. Jackson McDowell, SJU 2.11m
2. Peyton Johnsrud, CON 1.97m
3. Brendan Carlson, GAC 1.91m

Pole Vault

1. Austin Schloeder, HU 4.66m
2. Soren Kaster, CAR 4.56m
3. James Gates, CAR 4.36m

Long Jump

1. Max Albertson, STO 7.21m
2. Zach Schaffer, SJU 6.96m
3. Tommy Schreiner, CON 6.96m

Triple Jump

1. Isaiah Watson, HU 14.27m
2. Liam Frommelt, GAC 14.03m
3. Nick Bovitz, BU 13.59m

Shot Put

1. Trent Beseth, CSS 17.48m
2. Cooper Folkestad, CON 16.96m
3. Blake Houska, CON 15.07m

Weight Throw

1. Trent Beseth, CSS 17.81m
2. Adam Hokanson, BU 17.47m
3. Joshua Monreal, CSS 17.00m

Heptathlon

1. Anthony Thurk, SJU 4923
2. Soren Kaster, CAR 4745
3. Andrew Cogley, STO 4558

MIAC Men's Track Athlete of the Year

Grant Nelson, BU

MIAC Men's Field Athlete of the Year

Trent Beseth, CSS

MIAC Men's Rookie of the Year

John Ihrke, MAC

MIAC Men's Coach of the Year

Andrew Rock, BU

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ALL-CONFERENCE RELAYS

4x200-Meter Relay

1. Bethel..... 1:28.40
Cameron McConnell
Grant Nelson
David Myres
Jacob Parent
2. Concordia 1:28.98
Nolan Morical
Jordan Petron
Tommy Schreiner
Trevor Tionson
3. Hamline..... 1:30.66
Reece Thomas
Michael Williams
Dawson Schaffer
Ricky Kwaben Yawson

4x400-Meter Relay

1. Bethel..... 3:21.75
Caleb Ketterling
Sam Raitz
Josh Thomsen
Victor Lelinga
2. Concordia 3:25.19
Brayden Carlson
Ryan Richardson
Nick Hasbargen
Trevor Tionson
3. St. Olaf..... 3:26.03
Lance Nemecek
Jackson Bullock
Austin McInturff
Cullen Moore

Distance Medley Relay

1. Saint John's..... 10:17.48
Tommy Allen
Ryan Conzemius
Lars Molenkamp
Cole Stencil
2. Macalester..... 10:18.41
Ben Crotteau
Henry Schonebaum
Kalid Ali
Tor Olsson
3. Bethel 10:21.71
Hootie Hage
Caleb Ketterling
Gabe Kuecker
Grant Graber

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HONORABLE MENTION INDIVIDUALS

60-Meter Dash

- 4. Cameron McConnell, BU 6.90
- 5. Ryan Cramer, SMU 6.96
- 6. Sean Alfaro Diedrich, CSS 7.02

200-Meter Dash

- 4. Arlo Heitler, MAC 22.32
- 5. Max Reis, SJU 22.36
- 6. Cameron McConnell, BU 22.47

400-Meter Dash

- 4. Noah Kubicek, CSS 50.04
- 5. Sam Raitz, BU 50.54
- 6. Wyatt Witschen, SJU 50.66

600-Meter Run

- 4. John Ihrke, MAC 1:22.02
- 5. Noah Kubicek, CSS 1:22.52
- 6. Victor Leling, BU 1:22.57

800-Meter Run

- 4. Victor Leling, BU 1:56.86
- 5. Cullen Moore, STO 1:57.08
- 6. Jackson Bullock, STO 1:57.45

1000-Meter Run

- 4. Cole Stencel, SJU 2:31.11
- 5. Tommy Allen, SJU 2:31.78
- 6. Cullen Moore, STO 2:31.95

Mile

- 4. Lars DeWall, CSS 4:15.49
- 5. Lucas LiaBraaten, HU 4:26.65
- 6. Ethan Martel, STO 4:26.88

3000-Meter Run

- 4. Brady Goss, CON 8:30.95
- 5. Andrew Skemp, STO 8:33.00
- 6. Grant Graber, BU 8:36.00

5000-Meter Run

- 4. Andrew Skemp, STO 14:59.72
- 5. Reece McKee, MAC 15:07.19
- 6. Nick Ihrke, MAC 15:08.21

60-Meter Hurdles

- 4. Pryce Ferrin, BU 8.31
- 5. Jackson Lightner, HU 8.42
- 6. Morris Suah, HU 8.43

High Jump

- 4. Cole Matetich, GAC 1.91m
- T5. Alec Ungar, SJU 1.86m
- T5. Peyton Kessel, CON 1.86

Pole Vault

- 4. Tyler Evans, CON 4.26m
- T5. Andrew Withuski, SJU 4.16m
- T5. Joe Ream, GAC 4.16

Long Jump

- 4. Max Reis, SJU 6.83m
- 5. Nick Bovitz, BU 6.73m
- 6. Isaiah Watson, HU 6.71m

Triple Jump

- 4. Ataa Mensah, MAC 13.55m
- 5. Brandon Travis, AUG 13.42m
- 6. Max Albertson, STO 13.41m

Shot Put

- 4. Kale Kardonsky, STO 15.05m
- 5. Evan Larsen, BU 14.98m
- 6. Joshua Monreal, CSS 14.83m

Weight Throw

- 4. Evan Larsen, BU 16.23m
- 5. Austin Mills, MAC 15.90m
- 6. Casen Fritz, SMU 15.85m

Heptathlon

- 4. Connor McCormick, GAC 4503
- 5. Max Lelwica, SJU 4421
- 6. Reese Anderson, CAR 4380

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HONORABLE MENTION RELAYS

4x200-Meter Relay

4. Saint John's 1:39.89
Matt Hansen
Wyatt Witschen
Andy White
Logan Eisele
5. Saint Mary's 1:30.98
Brady Johnson
Jinwoo Jung
Ryan Cramer
Oliver Adamson
6. St. Olaf 1:32.76
Cristian Escobar Pearson
Tyler Gunderson
Luke Jones
Gavin Vogel

4x400-Meter Relay

4. Carleton 3:26.55
Asher Nathan
James Alexander
Josh Meier
Daniel Scheider
5. Saint John's 3:26.70
Matt Hansen
Owen Montreuil
Nick St. Peter
Wyatt Witschen
6. Gustavus 3:27.16
Markus Rupnow
Cohen Stursa
Sam Schulze
Tyler Smith

Distance Medley Relay

4. St. Olaf 10:22.95
Sean Hartney
Gavin Vogel
Christian Fells
Olaf Coffey
5. Gustavus 10:29.80
Nicholas Brauer
Tyler Heil
Markus Rupnow
Carson Roehl
6. Concordia 10:45.34
Tyler Goss
Ryan Richardson
Jonas Hagemeister
Brady Goss