

MINNESOTA INTERCOLLEGIATE ATHLETIC CONFERENCE
2025 Men's Outdoor Track & Field Championships
Friday-Saturday, May 9-10 • St. Paul, Minnesota

2025 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 2024

2025 MIAC Men's Outdoor Field Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Timmy Ball	Bethel	Fy.	Hugo, Minn. Centennial	--

2025 MIAC Men's Outdoor Track & Field Rookie of the Year

Name	Institution	Class	Hometown High School
Timmy Ball	Bethel	Fy.	Hugo, Minn. Centennial

2025 MIAC Men's Outdoor Track & Field Coach of the Year

Name	Institution	Previous Selections
Andrew Rock	Bethel	2024

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ALL-CONFERENCE INDIVIDUALS

100-Meter Dash

1. Kevin Arthur, SJU 10.19
2. Landen Liu, BU 10.41
3. Max Reis, SJU 10.49

200-Meter Dash

1. Kevin Arthur, SJU 20.81
2. Grant Nelson, BU 21.14
3. Jacob Parent, BU 21.16

400-Meter Dash

1. Grant Nelson, BU 46.20
2. Jacob Parent, BU 46.33
3. Arlo Heitler, MAC 47.41

800-Meter Run

1. Lance Nemecek, STO 1:51.32
2. Victor Leling, BU 1:51.61
3. John Ihrke, MAC 1:51.97

1500-Meter Run

1. Brady Goss, CON 3:49.78
2. Ignatius Fitzgerald, STO 3:50.97
3. Cole Stencil, SJU 3:52.99

5000-Meter Run

1. Gabe Nichols, CAR 15:03.56
2. Lars Dewall, CSS 15:08.02
3. Grant Graber, BU 15:12.97

10000-Meter Run

1. Andrew Skemp, STO 31:19.19
2. Kevin Turlington, STO 31:19.66
3. Grant Graber, BU 31:35.53

110-Meter Hurdles

1. Jayson Ekiyor, BU 14.04
2. David Myres, BU 14.65
3. Josh Thomsen, BU 14.68

400-Meter Hurdles

1. Jayson Ekiyor, BU 51.57
2. Josh Thomsen, BU 52.39
3. David Myres, BU 53.03

3000-Meter Steeplechase

1. Brady Goss, CON 8:46.29
2. Ignatius Fitzgerald, STO 8:52.30
3. Jack Deaver, STO 9:10.33

High Jump

1. Jackson McDowell, SJU 2.07m
2. Brendan Carlson, GAC 2.01m
- T3. Peyton Johnsrud, CON 1.92m
- T3. Cole Matetich, GAC 1.92m

Pole Vault

1. Kole Guth, SJU 4.57m
2. Austin Schloeder, HU 4.57m
3. Andrew Withuski, SJU 4.47m

Long Jump

1. Max Reis, SJU 7.33m
2. Tommy Schreiner, CON 7.13m
3. Anthony Sletta, SJU 6.92m

Triple Jump

1. Isaiah Watson, HU 14.81m
2. Liam Frommelt, GAC 13.99m
3. Riley Hodin, MAC 13.83m

Shot Put

1. Timmy Ball, BU 15.80m
2. Blake Houska, CON 15.33m
3. Joshua Monreal, CSS 15.12m

Discus Throw

1. Timmy Ball, BU 51.25m
2. Philip Conant, BU 48.18m
3. Cooper Folkestad, CON 47.99m

Hammer Throw

1. Joshua Monreal, CSS 54.23m
2. Adam Hokanson, BU 53.78m
3. Evan Larsen, BU 50.75m

Javelin Throw

1. Mitchell Degen, SJU 58.46m
2. Jackson McDowell, SJU 58.21m
3. Eli Hayes, CON 56.07m

Decathlon

1. Max Lelwica, SJU 6905
2. Andrew Cogley, STO 6414
3. Anthony Thurk, SJU 6378

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ALL-CONFERENCE RELAYS

4x100-Meter Relay

1. Saint John's 40.29
Matt Hansen
Kevin Arthur
Aidan Morey
Max Reis
2. Bethel..... 40.55
Cameron McConnell
Grant Nelson
Sam Raitz
Jacob Parent
3. Saint Mary's 41.80
Ben Kritsberg
Ryan Cramer
Jinwoo Jung
Oliver Adamson

4x400-Meter Relay

1. Bethel..... 3:15.19
Caleb Ketterling
Victor Leling
Taaron Rudzitis
Grant Nelson
2. Saint John's 3:16.51
Wyatt Witschen
Cooper Smith
Hunter Mohr
Ryan Conzemius
3. Macalester 3:18.36
Karson Sammons
Kalid Ali
Jeff Wang
John Ihrke

4x800-Meter Relay

1. St. Olaf..... 7:41.52
Jackson Bullock
Sean Hartney
Zach Martin
Austin McInturff
2. Saint John's 7:42.96
Owen Montreuil
Lars Molenkamp
Nick St. Peter
Max McCoy
3. Gustavus..... 7:46.87
Tyler Smith
Cohen Stursa
Carson Roehl
Nick Brauer

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HONORABLE MENTION INDIVIDUALS

100-Meter Dash

- 4. Ricky Yawson, HU 10.51
- 5. Kieran Murnan, SJU 10.74
- 6. Cameron McConnell, BU 10.75

200-Meter Dash

- 4. Ricky Yawson, HU 21.65
- 5. Cameron McConnell, BU 21.88
- 6. Tommy Schreiner, CON 22.03

400-Meter Dash

- 4. Noah Kubicek, CSS 48.40
- 5. Caleb Ketterling, BU 48.56
- 6. Sam Raitz, BU 49.13

800-Meter Run

- 4. Tommy Allen, SJU 1:52.47
- 5. Christian Fells, STO 1:53.38
- 6. Owen Montreuil, SJU 1:53.66

1500-Meter Run

- 4. Lars Dewall, CSS 3:53.27
- 5. Calvin Boone, CSS 3:53.77
- 6. Gabe Nichols, CAR 3:55.04

5000-Meter Run

- 4. Andrew Skemp, STO 15:13.04
- 5. Kevin Turlington, STO 15:13.13
- 6. Cole Stencel, SJU 15:15.11

10000-Meter Run

- 4. Gael Manzur Strandlund, STO 31:47.42
- 5. Eamon Cavanaugh, SJU 31:58.68
- 6. Vincent kaluza, SJU 32:10.77

110-Meter Hurdles

- 4. Max Lelwica, SJU 15:13
- 5. Blake Viesselman, BU 15.33
- 6. Connor McCormick, GAC 15.45

400-Meter Hurdles

- 4. Cooper Smith, SJU 53.87
- 5. Ryan Richardson, CON 55.05
- 6. Morris, Suah, HU 55.20

3000-Meter Steeplechase

- 4. Tyle Goss, CON 9:19.85
- 5. Lex Kaye, STO 9:34.52
- 6. Jacob Malecha, SJU 9:34.61

High Jump

- T5. Turner Thompson, GAC 1.87m
- T5. Alec Ungar, SJU 1.87m

Pole Vault

- 4. James Gates, CAR 4.37m
- 5. Tyler Evans, CON 4.37m
- 6. Noah Besemann, SJU 4.37m

Long Jump

- 4. Zach Schaffer, SJU 6.87m
- 5. Max Albertson, STO 6.86m
- 6. Isaiah Subah, GAC 6.80m

Triple Jump

- 4. Max Albertson, STO 13.68m
- 5. Zach Schaffer, SJU 13.59m
- 6. Brandon Travis, AUG 13.51m

Shot Put

- 4. Kale Kardonsky, STO 15.09m
- 5. Sam Dioszeghy, CON 14.94m
- 6. Evan Larsen, BU 14.82m

Discus Throw

- 4. Wyatt Hudspith, GAC 46.46m
- 5. Evan Larsen, BU 46.13m
- 6. Sam Dioszeghy, CON 44.22m

Hammer Throw

- 4. Jaeden Frost, SJU 50.17m
- 5. Blake Houska, CON 49.95m
- 6. Joseph Menen, SJU 49.24m

Javelin Throw

- 4. Jacob Pipho, CON 55.58m
- 5. Andrew Cogley, STO 53.70m
- 6. Aiden Yang, MAC 52.48m

Decathlon

- 4. Soren Kaster, CAR 6121
- 5. Reese Anderson, CAR 5993
- 6. Connor McCormick, GAC 5795

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HONORABLE MENTION RELAYS

4x100-Meter Relay

4. Hamline..... 42.62
Reece Thomas
Ricky Yason
Dawson Schaffer
Mickey Otis
5. St. Scholastica 42.65
Carter O'Bey
Sean Alfaro Diedrich
Derek Douglas
Noah Kubicek
6. St. Olaf..... 42.78
Eh Ler Moo
Gavin Vogel
Luke Jones
Jakob Eenigenburg

4x400-Meter Relay

4. Carleton 3:18.78
James Alexander
Josh Meier
Asher Nathan
Daniel Scheider
5. St. Scholastica 3:19.08
Sean Alfaro Diedrich
Derek Douglas
Zachary Bartsch
Noah Kubicek
6. Concordia 3:19.51
Brayden Carlson
Ryan Richardson
Peyton Kessel
Tommy Schreiner

4x800-Meter Relay

4. Carleton 7:51.68
Samuel Reiter
Pranav Khadkikar
Josh Meier
Gabe Nichols
5. Bethel..... 7:52.64
Eli Berg
Michael Schultz
Gabe Kuecker
Clark Nelson
6. Macalester 7:53.02
Kalid Ali
Daniel Wiltse
Jack Riley
Jay Lebakken