

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

ALL-CONFERENCE INDIVIDUALS

60-Meter Dash

1. Zari Young, SMU 7.70
2. Kate Carlson, GAC 7.74
3. Emily Rengo, CON..... 7.85

200-Meter Dash

1. Megan Geraets, GAC 25.10
2. Ariella Rogahn-Press, MAC 25.22
3. Kate Carlson, GAC 25.36

400-Meter Dash

1. Allison Hookom, AUG 57.01
2. Megan Geraets, GAC 57.07
3. Kyla Nygaard, CON 57.48

600-Meter Run

1. Allison Hookom, AUG 1:35.46
2. Kyla Nygaard, CON 1:35.73
3. Shalom Sulungaine, BU..... 1:36.64

800-Meter Run

1. Isabel Wyatt, STO..... 2:14.63
2. Lauren Berg, CSB..... 2:17.65
3. Lara Erickson, CAR 2:18.42

1000-Meter Run

1. Isabel Wyatt, STO..... 2:51.13
2. Lara Erickson, CAR 3:01.40
3. Regan DeWitt, CSS 3:01.48

Mile Run

1. Sophie McManus, CAR 5:07.73
2. Sophie Abernethy, STO 5:09.48
3. Sofia Carlson, STO 5:10.54

3000-Meter Run

1. Hannah Preisser, CAR 9:54.60
2. Alison Bode, STO 9:57.99
3. Sophie McManus, CAR 9:59.92

5000-Meter Run

1. Hannah Preisser, CAR 17:21.48
2. Alison Bode, STO 17:41.55
3. Lauren Walda, STO 18:02.85

60-Meter Hurdles

1. Jenna Kalevik, CON 8.98
2. Justus Floren, CSB..... 9.19
3. Hannah Bingham, BU 9.21

High Jump

1. Kayla Kajer, GAC 1.63m
2. Mara Larson, STO..... 1.60m
3. Elle Thorson, BU 1.60m

Pole Vault

1. Jaylyn Ahlberg, CSB 3.56m
2. Emily Pearson, BU 3.46m
3. Raina Kaping, BU..... 3.46m

Long Jump

1. Megan Geraets, GAC..... 5.64m
2. Jenna Kalevik, CON 5.31m
3. Ellie Hernes, BU 5.27m

Triple Jump

1. Sabriya Farquharson, CSB 11.40m
2. Ellie Hernes, BU 11.23m
3. Sarrah Lindner, GAC..... 10.76m

Shot Put

1. Tessa Myatt, MAC..... 13.17m
2. Nora Wilhelm, BU..... 12.72m
3. Sydney Jackman, SMU 12.46m

Weight Throw

1. Lexi Brainer, HU 17.11m
2. Anna Speratos, BU 16.81m
3. Ella Stritesky, CSS 15.00m

Pentathlon

1. Elle Thorson, BU 3387
2. Justus Floren, CSB 3281
3. Jenna Kalevik, CON..... 3224

MIAC Women's Track Co-Athletes of the Year

Allison Hookom, AUG
Isabel Wyatt, STO

MIAC Women's Field Athlete of the Year

Elle Thorson, BU

MIAC Women's Rookie of the Year

Ariella Rogahn-Press, MAC

MIAC Women's Coach of the Year

Andrew Rock, BU

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ALL-CONFERENCE RELAYS

4x200-Meter Relay

1. Concordia 1:43.56
Emily Rengo
Andie Sandman
Piper Osborne
Kyla Nygaard
2. Gustavus 1:44.11
Kate Carlson
Allison Stacy
Sarrah Lindner
Megan Geraets
3. Bethel 1:46.60
Abbie Swenson
Hannah Kvant
Raina Kaping
Hailey Gregg

4x400-Meter Relay

1. Bethel 3:56.83
Sarah Stellmach
Abbie Swenson
Hailey Gregg
Shalom Sulungaine
2. Concordia 3:59.50
Emily Rengo
Emma Warner
Meg Shercliffe
Kyla Nygaard
3. St. Olaf 4:02.21
Izzi Jaeckle
Rachael Wilson
Emma Storbakken
Isabel Wyatt

Distance Medley Relay

1. St. Olaf 12:30.19
Megan Timmerman
Emma Storbakken
Molly DiNardo
Sohie Abernethy
2. Carleton 12:31.06
Libby Rowland
Hadley Twichell
Celia Silverstein
Kayla Marx
3. Macalester 12:46.83
Ivy Coldren
Claire Beckley
Hadley Wilkins
Kate Fox

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HONORABLE MENTION INDIVIDUALS

60-Meter Dash

- 4. Andie Sandman, CON 7.91
- 5. Allison Stacy, GAC 7.97
- 6. Claire Beckley, MAC 7.98

200-Meter Dash

- 4. Sarah Stellmach, BU 25.55
- 5. Andie Sandman, CON 25.97
- 6. Emily Rengo, CON 26.07

400-Meter Dash

- 4. Ariella Rogahn-Press, MAC 57.75
- 5. Sarah Stellmach, BU 58.59
- 6. Hailey Gregg, BU 59.32

600-Meter Run

- 4. Lauren Berg, CSB 1:36.98
- 5. Molly DiNardo, STO 1:40.16
- 6. Ava Revoir, CSB 1:40.36

800-Meter Run

- 4. Shalom Sulungaine, BU 2:19.02
- 5. Taylor Radaich, CSB 2:20.00
- 6. Regan DeWitt, CSS 2:20.62

1000-Meter Run

- 4. Sophie Abernethy, STO 3:02.49
- 5. Taylor Radaich, CSB 3:03.09
- 6. Kate Fox, MAC 3:03.24

Mile

- 4. Aliya Larsen, CAR 5:12.88
- 5. Libby Rowland, CAR 5:15.59
- 6. Kate Fox, MAC 5:15.67

3000-Meter Run

- 4. Aliya Larsen, CAR 10:02.86
- 5. Sofia Carlson, STO 10:13.50
- 6. Lauren Walda, STO 10:18.45

5000-Meter Run

- 4. Sydney Hagen, GAC 18:23.54
- 5. Ashley Nelson, CON 18:23.80
- 6. Ingrid Norquist, MAC 18:25.50

60-Meter Hurdles

- 4. Elle Thorson, BU 9.23
- 5. Laura Thauvin, Gustavus 9.41
- 6. Ellie Hernes, BU 9.48

High Jump

- 4. Frankie Witham, HU 1.54m
- 5. Jenna Kalevik, CON 1.51m
- 6. Erin Beer, GAC 1.51m

Pole Vault

- 4. Alli Graff, GAC 3.36m
- 5. Lili Raidt, CSB 3.26m
- T6. Camille Finney, GAC 3.16m
- T6. Xara Gin, SMU 3.16m

Long Jump

- 4. Ashlyn Jore, STO 5.18m
- 5. Jordan Stanisloski, BU 5.16m
- 6. Elle Thorson, BU 5.16m

Triple Jump

- 4. Piper Osborne, CC 10.74m
- 5. Anna Gries, CSB 10.49m
- 6. Jordan Stanisloski, BU 10.35m

Shot Put

- 4. Desirae Dates, HU 12.38m
- 5. Lexi Brainer, HU 12.23m
- 6. Allison Banse, CSB 11.77m

Weight Throw

- 4. Morgan Wallendal, SMU 14.88m
- 5. Brooke Kangas, CON 14.87m
- 6. Anna Becker, SMU 14.74m

Pentathlon

- 4. Ellie Hernes, BU 3213
- 5. Tessa Myatt, MAC 2881
- 6. Ally Tyvoll, BU 2664

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HONORABLE MENTION RELAYS

4x200-Meter Relay

4. St. Scholastica 1:47.17
 Jaden Ellefson
 Ava Fink
 Kayla Nelson
 Shayna Wick
5. Saint Mary's 1:47.39
 Xara Gin
 Zari Young
 Melissa Torres
 Samantha Munson
6. Macalester 1:47.55
 Claire Beckley
 Hadley Wilkins
 Seneca Wilson
 Ariella Rogahn-Press

Distance Medley Relay

4. Saint Benedict 12:49.46
 Lucy Lyngen
 Emerson Knapp
 Anabella Witschen
 Kalli Smith
5. Concordia 12:58.78
 Aerial Johnson
 Meg Shercliffe
 Drew Frolek
 Kelyn Henry-Perlich
6. Bethel 13:00.83
 Ruby Gernandt
 Ariana Rydberg
 Kiara Gentz
 Anna Cargill

4x400-Meter Relay

4. Saint Benedict 4:07.38
 Emerson Knapp
 Ava Revoir
 Kalli Smith
 Lauren Berg
5. Macalester 4:08.46
 Claire Beckley
 Hadley Wilkins
 Kate Fox
 Ariella Rogahn-Press
6. Carleton 4:11.68
 Lara Erickson
 Hadley Twichell
 Celia Silverstein
 Charlotte Kusch