

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

2025 MIAC Women's Outdoor Track Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Megan Geraets	Gustavus	Sr.	Mankato, Minn. East	--

2025 MIAC Women's Outdoor Field Athlete of the Year

Name	Institution	Class	Hometown High School	Previous Selections
Kelley Brennan	Gustavus	Sr.	Shakopee, Minn.	2024

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

Name	Institution	Class	Hometown High School
Ariella Rogahn-Press	Macalester	Fy.	Albuquerque, N.M. Bosque School

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

Name	Institution	Previous Selections
Aaron Lund	Gustavus	2022 2023

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ALL-CONFERENCE INDIVIDUALS

100-Meter Dash

1. Zari Young, SMU 11.88
2. Jireh Babalola, BU 11.92
3. Kate Carlson, GAC 11.96

200-Meter Dash

1. Megan Geraets, GAC 24.40
2. Ariella Rogahn-Press, MAC 24.62
3. Kate Carlson, GAC 24.80

400-Meter Dash

1. Megan Geraets, GAC 53.87
2. Ariella Rogahn-Press, MAC 53.89
3. Shalom Sulungaine, BU 54.95

800-Meter Run

1. Isabel Wyatt, STO 2:09.44
2. Kyla Nygaard, CON 2:11.38
3. Lara Erickson, CAR 2:13.13

1500-Meter Run

1. Sophie Abernethy, STO 4:38.09
2. Sophie McManus, CAR 4:44.11
3. Ella Landis, STO 4:46.12

5000-Meter Run

1. Alison Bode, STO 17:14.72
2. Aliya Larsen, CAR 17:23.16
3. Lauren Walda, STO 17:33.13

10000-Meter Run

1. Alison Bode, STO 35:35.82
2. Molly Liston, GAC 39:08.61
3. Arabella England, STO 39:39.82

100-Meter Hurdles

1. Kelsie Sealock, BU 14.35
2. Jenna Kalevik, CON 14.55
3. Peyton Selle, CON 15.41

400-Meter Hurdles

1. Kelsie Sealock, BU 1:00.80
2. Lauren Berg, CSB 1:02.18
3. Allison Hookom, AUG 1:03.54

3000-Meter Steeplechase

1. Sophie McManus, CAR 10:45.19
2. Nora Daley, CAR 11:07.39
3. Mary Kenney, CSB 11:17.98

High Jump

1. Kayla Kajer, GAC 1.57m
2. Mara Larson, STO 1.57m
3. Kaia Gack, CON 1.57m

Pole Vault

1. Jaylyn Ahlberg, CSB 3.58m
2. LiLi Raidt, CSB 3.58m
3. Emily Pearson, BU 3.38m

Long Jump

1. Megan Geraets, GAC 5.73m
2. Harmony-Keli Tomety, MAC 5.48m
3. Jordan Stanisloski, BU 5.44m

Triple Jump

1. Sabriya Farquharson, CSB 11.76m
2. Lili Guy, GAC 11.59m
3. Ellie Hernes, BU 11.21m

Shot Put

1. Nora Wilhelm, BU 13.30m
2. Kelley Brennan, GAC 12.97m
3. Tessa Myatt, MAC 12.78m

Discus Throw

1. Kelley Brennan, GAC 42.61m
2. Olivia Duncan, GAC 42.06m
3. Keira McCord, GAC 40.76m

Hammer Throw

1. Anna Speratos, BU 53.45m
2. Ella Stritesky, CSS 50.92m
3. Kelley Brennan, GAC 50.70m

Javelin Throw

1. Kaia Gack, CON 38.99m
2. Genevieve Gruba, CON 37.88m
3. Regan Anderson, CON 36.08m

Heptathlon

1. Jenna Kalevik, CON 4489
2. Justus Floren, CSB 4451
3. Peyton Selle, CON 4442

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ALL-CONFERENCE RELAYS

4x100-Meter Relay

1. Bethel..... 47.40
Jireh Bablola
Raina Kaping
Autumn Maki
Abbie Swenson
2. Gustavus..... 47.52
Allison Stacy
Megan Geraets
Laura Thauvin
Kate Carlson
3. Concordia 47.81
Andie Sandman
Emily Rengo
Piper Osborne
Kyla Nygaard

4x400-Meter Relay

1. Bethel..... 3:49.64
Madi Pelowski
Abbie Swenson
Hailey Gregg
Shalom Sulungaine
2. Concordia 3:51.02
Emily Rengo
Meg Shercliffe
Emma Warner
Kyla Nygaard
3. St. Olaf..... 3:59.14
Izzi Jaeckle
Jules Fromm
Rachael Wilson
Emma Storbakken

4x800-Meter Relay

1. St. Olaf..... 9:17.96
Siri Erickson
Jules Fromm
Ella Landis
Sophie Abernethy
2. Concordia 9:25.89
Drew Frolek
Kelyn Henry-Perlich
Meg Shercliffe
Kyla Nygaard
3. Carleton 9:30.57
Charlotte Kusch
Nora Daley
Libby Rowland
Lara Erickson

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HONORABLE MENTION INDIVIDUALS

100-Meter Dash

- 4. Emily Rengo, CON 12.10
- 5. Andie Sandman, CON 12.28
- 6. Samantha Munson, SMU..... 12.29

200-Meter Dash

- 4. Emily Rengo, CON 25.41
- 5. Jireh Bablola, BU 25:42
- 6. Andie Sandman, CON 25.51

400-Meter Dash

- 4. Allison Hookom, AUG 56.41
- 5. Hailey Gregg, BU 58.13
- 6. Madi Pelowski, BU 48.19

800-Meter Run

- 4. Anabel Bradley, HU 2:17.34
- 5. Taylor Radaich, CSB 2:19.39
- 6. Molly DiNardo, STO 2:19.40

1500-Meter Run

- 4. Lauren Walda, STO 4:47.47
- 5. Jules Fromm, STO 4:47.84
- 6. Mya Slavin, SMU 4:48.63

5000-Meter Run

- 4. Molly Liston, GAC 17:53.61
- 5. Ivy Coldren, MAC..... 18:26.96
- 6. Lucy Lyngen, CSB 18:30.50

10000-Meter Run

- 4. Brooklyn Hart, CON 39:46.21
- 5. Abby Bufkin, CSB 39:52.30
- 6. Ashley Nelson, CON 39:57.63

100-Meter Hurdles

- 4. Emily Podulke, GAC 15.46
- 5. Hannah Bingham, BU 15.51
- 6. Laura Thauvin, GAC 15.68

400-Meter Hurdles

- 4. Hannah Bingham, BU 1:03.95
- 5. Meg Shercliffe, CON 1:06.49
- 6. Lauren Rocheford, GAC 1:07.13

3000-Meter Steeplechase

- 4. Grace Moeller, STO 11:20.68
- 5. Libby Rowland, CAR 11.21.67
- 6. Kalli Smith, CSB 11:23.77

High Jump

- 4. Peyton Selle, CON 1.57m
- T5. Kiera Stommes, CSB 1.49m
- T5. Toria Strampe, CSS 1.49m

Pole Vault

- T4. Raina Kaping, BU 3.28m
- T4. Alli Graff, GAC 3.28m
- 6. Xara Gin, SMU 3.28m

Long Jump

- 4. Ashlyn Jore, STO 5.36m
- 5. Lili Guy, GAC 5.35m
- 6. Jenna Kalevik, CON 5.35m

Triple Jump

- 4. Sarrah Lindner, GAC..... 10.97m
- 5. Anna Gries, CSB 10.82m
- 6. Maggie McCabe, CSB 10.74m

Shot Put

- 4. Morgan Wallendal, SMU 12.30m
- 5. Allison Banse, CSB 12.23m
- 6. Arabella Sutch, GAC 12.16m

Discus Throw

- 4. Allison Banse, CSB 39.82m
- 5. Otelia Lighthill, STO 39.75m
- 6. Lexi Brainer, HU 39.69m

Hammer Throw

- 4. Morgan Wallendal, SMU 49.83m
- 5. Jessica Lin, MAC 47.00m
- 6. Ella Engen, CSS 46.54m

Javelin Throw

- 4. Catherine Ganley, CSB 35.37m
- 5. Peyton Selle, CON 35.19m
- 6. Anna Lacy, GAC 33.95m

Heptathlon

- 4. Tessa Myatt, MAC 3955
- 5. Hailey Scholten, BU 3893
- 6. Claire Keech, STO 3704

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HONORABLE MENTION RELAYS

4x100-Meter Relay

4. Saint Mary's 48.09
 Zari Young
 McKenzie Munson
 Melissa Torres
 Samantha Munson
5. Macalester 48.90
 Ariella Rogahn-Press
 Claire Beckley
 Seneca Wilson
 Emma Cunningham
6. Saint Benedict..... 49.32
 Grace Buntrock
 Anna Gries
 Myah Nelson
 Justus Floren

4x400-Meter Relay

4. Macalester 3:59.23
 Claire Beckley
 Hadley Wilkins
 Tessa Myatt
 Ariella Rogahn-Press
5. Gustavus..... 4:00.82
 Allison Stacy
 Kate Carlson
 Aubrey Mair
 McKenzie Luetmer
6. Saint Benedict..... 4:02.10
 Emerson Knapp
 Ava Revoir
 Kalli Smith
 Lauren Berg

4x800-Meter Relay

4. Macalester 9:35.70
 Hadley Wilkins
 Ivy Coldren
 Timna Nevo
 Kate Fox
5. Saint Benedict..... 9:38.19
 Kalli Smith
 Mariah Brooks
 Brooke Verkinnes
 Taylor Radaich
6. Gustavus..... 9:53.33
 Kailyn Walukas
 Teagan Stark
 Anna Omdal
 Isabel Fynboh