

**MINNESOTA INTERCOLLEGIATE ATHLETIC CONFERENCE
2026 Women's Indoor Track & Field Championships
Thursday-Saturday, Feb. 26-28 • Northfield, Minnesota**

ALL-CONFERENCE INDIVIDUALS

55-Meter Dash

1. Zari Young, SMU	7.14
2. Alethia Olson-Skog, BU	7.18
3. Ariella Rogahn-Press, MAC	7.32

200-Meter Dash

1. Samantha Munson, SMU	25.42
2. Ariella Rogahn-Press, MAC	25.44
3. Emily Rengo, CON	25.93

400-Meter Dash

1. Ariella Rogahn-Press, MAC	55.79
2. Shalom Sulungaine, BU	55.94
3. Allison Hookom, AUG	57.66

600-Meter Run

1. Shalom Sulungaine, BU	1:34.61
2. Kyla Nygaard, CON	1:35.66
3. Allison Hookom, AUG	1:35.73

800-Meter Run

1. Isabel Wyatt, STO	2:13.96
2. Kyla Nygaard, CON	2:14.83
3. Cora DenHartog, STO	2:16.46

1000-Meter Run

1. Lauren Tittel, CAR	2:57.67
2. Isabel Wyatt, STO	2:57.68
3. Mya Slavin, SMU	2:57.79

Mile Run

1. Mya Slavin, SMU	5:00.60
2. Lauren Tittel, CAR	5:02.81
3. Kate Fox, MAC	5:05.07

3000-Meter Run

1. Hannah Preisser, CAR	10:06.23
2. Molly Liston, GAC	10:08.68
3. Claire Vukovics, CAR	10:08.94

5000-Meter Run

1. Molly Liston, GAC	17:13.28
2. Hannah Preisser, CAR	17:14.38
3. Lauren Walda, STO	17:27.94

55-Meter Hurdles

1. Michaela Zenz, BU	8.43
2. Juslene Chea, CSB	8.45
3. Claire Stein, STO	8.53

High Jump

1. Lauren Pearson, CON	1.60m
T2. Emma Norton, CON	1.57m
T2. Lauren Selle, CON	1.57m
T2. Kiera Stommes, CSB	1.57m

Pole Vault

1. Jaylyn Ahlberg, CSB	3.53m
T2. LiLi Raidt, CSB	3.43m
T2. Xara Gin, SMU	3.43m

Long Jump

1. Ashlyn Jore, STO	5.57m
2. Ellie Hernes, BU	5.46m
3. Sabriya Farquharson, CSB	5.43m

Triple Jump

1. Ellie Hernes, BU	11.45m
2. Sabriya Farquharson, CSB	11.29m
3. Ava Loftness, GAC	11.25m

Shot Put

1. Tessa Myatt, MAC	13.22m
2. Nora Larsen, BU	13.06m
3. Allison Banse, CSB	12.68m

Weight Throw

1. Anna Speratos, BU	17.45m
2. Lexi Brainer, HU	17.37m
3. Ella Stritesky, CSS	16.10m

Pentathlon

1. Lauren Pearson, CON	3,472
2. Claire Stein, STO	3,426
3. Ellie Hernes, BU	3,226

MIAC Women's Track Athlete of the Year
Ariella Rogahn-Press, MAC

MIAC Women's Field Athlete of the Year
Ellie Hernes, BU

MIAC Women's Rookie of the Year
Lauren Pearson, CON

MIAC Women's Coach of the Year
Marv Roeske, CON

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ALL-CONFERENCE RELAYS

4x200-Meter Relay

1. St. Olaf	1:43.42
Claire Stein	
Izzi Jaeckle	
Ellie Semple	
Evangeline Sappington	
2. Concordia	1:45.01
Emma Warner	
Emily Rengo	
Piper Osborne	
Andie Sandman	
3. Bethel	1:45.51
Ashley Slaybaugh	
Raina Kaping	
Autumn Maki	
Arisa Rydberg	

Distance Medley Relay

1. Concordia	12:27.98
Londyn Ames	
Josie Brown	
Kyla Nygaard	
Kelyn Henry-Perlich	
2. Macalester	12:30.35
Aubrey Jensen	
Hadley Wilkins	
Kyra Morris	
Kate Fox	
3. St. Olaf	12:32.36
Grace Moeller	
Alice Wagner-Hemstad	
Nora Mickelson	
Ella Landis	

4x400-Meter Relay

1. Bethel	3:54.90
Madi Pelowski	
Ashley Slaybaugh	
Hannah Bingham	
Shalom Sulungaine	
2. Concordia	3:55.28
Josie Brown	
Emily Rengo	
Emma Warner	
Kyla Nygaard	
3. St. Olaf	4:01.53
Izzi Jaeckle	
Abbie Manhard	
Molly DiNardo	
Ellie Semple	

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HONORABLE MENTION INDIVIDUALS

55-Meter Dash

4. Emily Rengo, CON	7.34
5. Ella Paulson, BU	7.39
6. Samantha Munson, SMU	7.41

200-Meter Dash

4. Andie Sandman, CON	26.09
5. Izzi Jaeckle, STO	26.19
6. Allison Stacy, GAC	26.51

400-Meter Dash

4. Ellie Semple, STO	58.66
5. Madi Pelowski, BU	58.76
6. Izzi Jaeckle, STO	58.79

600-Meter Run

4. Lauren Berg, CSB	1:36.80
5. Josie Brown, CON	1:37.09
6. Madi Pelowski, BU	1:37.60

800-Meter Run

4. Pamina Nemet, CAR	2:17.29
5. Lauren Berg, CSB	2:17.84
6. Charlotte Kusch, CAR	2:21.45

1000-Meter Run

4. Londyn AMes, CON	3:00.57
5. Kate Fox, MAC	3:01.40
6. Ella Landis, STO	3:02.36

Mile

4. Claire Vukovics, CAR	5:13.34
5. Amelia Campbell, CAR	5:13.37
6. Abigale Lindquist, STO	5:13.59

3000-Meter Run

4. Lauren Walda, STO	10:11.90
5. Amelia Campbell, CAR	10:22.19
6. Aliya Larsen, CAR	10:23.16

5000-Meter Run

4. Aliya Larsen, CAR	18:02.96
5. Ashley Nelson, CON	18:28.54
6. Eleanor Lindeman, SCU	18:39.72

55-Meter Hurdles

4. Laura Thauvin, GAC	8.64
5. Svea Frantzich, STO	8.66
6. Hannah Bingham, BU	8.69

High Jump

4. Kiera Stommes, CSB	J.157m
5. Annika Walsh, STO	1.54m
T6. Kaili Malvey, CON	J1.54m
T6. Kaylee Hawks, GAC	J1.54m

Pole Vault

4. Raina Kaping, BU	3.33m
T5. Brynley Coleman, CON	3.23m
T5. McKenna Flinn, CSB	3.23m

Long Jump

4. Svea Frantzich, STO	5.31m
5. Mabel Badejo, HU	5.26m
6. Allison Fink, CSS	5.25m

Triple Jump

4. Kaylee Hawks, GAC	10.92m
5. Allison Fink, CSS	10.79m
6. Juslene Chea, CSB	10.75m

Shot Put

4. Lexi Brainer, HU	12.23m
5. Chloe Mueffelmann, CON	12.13m
6. Logan Paulsen, STO	12.11m

Weight Throw

4. Gracie Gallagher, CON	15.73m
5. Nora Larsen, BU	15.41m
6. Genevieve Dabout, CON	14.65m

Pentathlon

4. Abby Lovelace, CON	3,150
5. Svea Frantzich, STO	3,091
6. Annika Walsh, STO	3,073

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HONORABLE MENTION RELAYS

4x200-Meter Relay

4. Saint Mary's	1:45.66
Joscelyn Saamanen	
Zari Young	
Melissa Torres	
Samantha Munson	
5. Hamline	1:46.45
Alexi Schneider	
Jaz Turnbaugh	
Claire Siems	
Aliyah Robran	
6. Gustavus	1:47.41
Allison Stacy	
Sophia Vogel	
Ava Loftness	
Isabel Fynboh	

Distance Medley Relay

4. Carleton	12:34.57
Nicole Peterson	
Charlotte Kusch	
Amelia Campbell	
Louise Ruzanic	
5. Bethel	12:46.97
Emerson Mullen	
Adyson Gerbig	
Kiara Gentz	
Anna Hay	
6. Saint Benedict	12:57.76
Taylor Radaich	
Taylor Dean	
Daphne Grobstein	
Anabella Witschen	

4x400-Meter Relay

4. Macalester	4:01.82
Claire Beckley	
Tessa Myatt	
Hadley Wilkins	
Ariella Rogahn-Press	
5. Saint Benedict	4:06.24
Taylor Dean	
Lauren Berg	
Taylor Radaich	
Mary Piechowski	
6. Gustavus	4:06.89
Lauren Rocheford	
Teagan Stark	
Katja Wallin	
Isabel Fynboh	