

MIAC Championships - 2/22/2024 to 2/24/2024
Tostrud Center, St. Olaf College
Meet Program - Friday Running Events

Event 3 Men 60 Meter Hurdles

Friday 2/23/2024 - 4:15 PM				
Champ. Rec.:		8.01	2020	Taylor Rooney
Facility Rec:		7.88	2024	Devon Montgomery
Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
1	Nissen, Matthew	JR	St. Olaf	8.95
2	Manley, Cannon	FR	Saint Mary's	9.17
3	Ekiyor, Jayson	JR	Bethel (Minn	7.96
4	Lightner, Jackson	FR	Hamline	8.46
5	Suah, Morris	FR	Hamline	8.58
6	Stefanowicz, Sebastian	SO	Macalester	8.89
7	Brandt, Isak	FR	St. John's (	9.16
8	Molstre, Joey	FR	Concordia-Mo	9.73
Heat 2 of 3 Prelims				
1	Powell, Danny	FR	Macalester	9.66
2	Smith, Cooper	FR	St. John's (	9.12
3	Blaeser, Aiden	SO	St. John's (	9.35
4	Mahamud, Hamza	SO	Macalester	8.99
5	Viesselman, Blake	FR	Bethel (Minn	8.81
6	Sampson, Josh	JR	Bethel (Minn	8.09
7	Lee, Josh	JR	Bethel (Minn	8.63
8	Lord, Demetri	JR	St. Olaf	8.44
Heat 3 of 3 Prelims				
1	Hennen, Logan	SO	St. John's (	9.02
2	Schmidt, Cole	FR	Gustavus Ado	8.69
3	Thomsen, Josh	JR	Bethel (Minn	8.22
4	Elseth, Aaron	SO	Bethel (Minn	9.06
5	Myres, David	JR	Bethel (Minn	8.16
6	Magu, Dan	SO	Bethel (Minn	9.59
7	Bassett, Jackson	JR	St. Olaf	9.50
8	Clark, Logan	SO	Concordia-Mo	8.64

Event 41 Men 5000 Meter Run

Friday 2/23/2024 - 4:55 PM				
Top 12 seeds in Row 1. All others in Row 2.				
Athletes will wear Timing Chips; please check in 30 mins. prior				
Champ. Rec.:		14:26.70	1983	Nick Manciu(*ht)
Facility Rec:		14:15.93	2005	Andrew Carlson
Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
19	McCullough, Logan	SR	Gustavus Ado	15:17.12
20	Deaver, Jack	SO	St. Olaf	15:07.62
21	Kelly, Will	JR	St. Olaf	14:20.51
22	Manzur Strandlund, Gael	SO	St. Olaf	15:09.79
23	Cote, Anders	JR	St. Olaf	15:13.21
24	McKee, Reece	JR	Macalester	15:14.19
25	Lynn, David	JR	St. Olaf	15:17.41
26	Skemp, Andrew	JR	St. Olaf	15:23.74
27	Bati, Mohammed	SO	Augsburg	14:38.95
28	Edwards, Tyler	SO	Macalester	15:18.14
29	Graber, Grant	JR	Bethel (Minn	15:24.34
30	Ihrke, Nick	JR	Macalester	15:38.26
31	Fiataruolo, Angelo	SO	St. Olaf	15:40.19
32	Thompson, Reese	SR	Bethel (Minn	15:42.32
33	Kaye, Lex	FR	St. Olaf	16:38.02
34	Dallas, Evan	SO	Bethel (Minn	17:04.87
35	Harris, Grayson	JR	Augsburg	17:06.52
36	Pouliot, Evan	FR	Gustavus Ado	16:20.97

Event 5 Men 60 Meter Dash

Friday 2/23/2024 - 5:25 PM				
Champ. Rec.:		6.76	2023	Landen Liu
Facility Rec:		6.83	2012	Garfield Powell
Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
1	Arthur, Kevin	SR	St. John's (	6.78
2	Hansen, Matt	FR	St. John's (	7.27
3	Schaffer, Dawson	SR	Concordia-Mo	7.04
4	Fochtman, Jack	SO	St. Olaf	7.37
5	Dahl, Mason	FR	Concordia-Mo	7.20
6	Zong-Naba, Sylvain	JR	Macalester	7.21
7	McConnell, Cameron	JR	Bethel (Minn	7.06
8	Kyoore, Zechariah	JR	Gustavus Ado	7.27
Heat 2 of 3 Prelims				
1	Anstine, Jade	FR	Gustavus Ado	7.00
2	Skelly, Matthew	SR	Gustavus Ado	7.04
3	Thomas, Reece	JR	Hamline	7.22
4	Otis, Mickey	FR	Hamline	7.26
5	Morey, Aidan	FR	St. John's (	7.28
6	Petron, Jordan	JR	Concordia-Mo	7.37
7	Alfaro Diedrich, Sean	JR	St. Scholast	7.18
8	Raitz, Sam	FR	Bethel (Minn	7.15

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Heat 3 of 3 Prelims...(Event 5 Men 60 Meter Dash)				
1	Popoca, Emanuel	JR	St. John's (	7.16
2	Fisher, Charlie	FR	St. Olaf	7.30
3	Le, Nathan	JR	Gustavus Ado	7.17
4	Sesay, Abdul	FR	St. John's (	7.23
5	Kritsberg, Ben	SO	Saint Mary's	7.25
6	Simon, Godsword	JR	Bethel (Minn	7.01
7	Moberg, Joey	FR	St. John's (	7.36
8	Bulwa, Chris	JR	Saint Mary's	7.02

Event 10 Men 1 Mile Run				
Friday 2/23/2024 - 6:00 PM				
Timed Finals; Waterfall Start				
Champ. Rec.: 4:11.94 2014		Grant Wintheiser		
Facility Rec: 4:08.46 2017		Joe Coffey		
Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
1	Landsem, Henry	FR	Gustavus Ado	4:35.46
2	Martinek, Peyton	FR	St. John's (	4:37.46
3	Kalsnes, Jonah	FR	Bethel (Minn	4:34.86
4	Chamberlin, Owen	SO	St. Olaf	4:35.70
5	Thompson, Gabe	FR	Macalester	4:39.23
6	Gathje, Joseph	JR	St. John's (	4:37.63
7	Malecha, Jacob	FR	St. John's (	4:34.63
8	Leonard, Ethan	SO	St. John's (	4:36.24
9	Hanley, Brett	JR	Carleton	4:38.72
Section 2 of 3 Finals				
1	LiaBraaten, Lucas	SO	Hamline	4:28.92
2	Lange, Emerson	SO	Carleton	4:30.84
3	Hartney, Sean	JR	St. Olaf	4:25.85
4	Galloway, Jordan	SO	Macalester	4:28.81
5	Fendig, Alex	SR	Macalester	4:32.43
6	Peterson, Luke	SR	Bethel (Minn	4:34.26
7	Doran, Eli	SO	St. Olaf	4:27.53
8	Nowacki, Cole	SR	Concordia-Mo	4:34.15
9	Moresi, Kelvin	FR	Macalester	4:28.42
Section 3 of 3 Finals				
1	Llewellyn, Roy	SO	Carleton	4:16.11
2	Nichols, Gabe	SO	Carleton	4:15.31
3	DeWall, Lars	SR	St. Scholast	4:16.61
4	Boone, Calvin	SO	St. Scholast	4:10.90
5	Lyness, Indy	SO	Carleton	4:19.40
6	Turlington, Kevin	SO	St. Olaf	4:14.86
7	Curtis, Ian	JR	St. Olaf	4:19.21
8	Goss, Brady	FR	Concordia-Mo	4:19.39
9	St. Peter, Nick	SO	St. John's (	4:18.74

Event 12 Men 400 Meter Dash				
Friday 2/23/2024 - 6:55 PM				
5 Section Timed Final; pref. lanes 5-6-4-3				
2 Turn Stager				
Champ. Rec.: 48.78 2004		Matt Shannon		
Facility Rec: 48.04 2006		Nate Olson		
Lane	Name	Yr	School	Seed Time
Section 1 of 5 Finals				
3	Deutschlander, Pierre	SR	St. John's (	54.44
4	Blondin, Reese	FR	Gustavus Ado	54.16
5	Iyegha, Charlie	FR	St. Olaf	53.72
6	Chilala, Tembo	JR	Concordia-Mo	53.89
Section 2 of 5 Finals				
3	Clement, Emmanuel	FR	Augsburg	53.56
4	Heil, Tyler	FR	Gustavus Ado	53.39
5	Ortiz, Raul	JR	Hamline	53.18
6	Gunderson, Tyler	JR	St. Olaf	53.27
Section 3 of 5 Finals				
3	Palm, Alex	FR	Bethel (Minn	52.56
4	Stageberg, Noah	JR	Gustavus Ado	51.96
5	Witschen, Wyatt	FR	St. John's (	51.61
6	Haack, Tony	SO	Bethel (Minn	51.70
Section 4 of 5 Finals				
3	Rudzitis, Taaron	JR	Bethel (Minn	51.43
4	Douglas, Derek	JR	St. Scholast	51.36
5	Kubicek, Noah	SO	St. Scholast	50.44
6	Stursa, Cohen	FR	Gustavus Ado	51.12
Section 5 of 5 Finals				
3	Tiongson, Trevor	JR	Concordia-Mo	50.16
4	Heitler, Arlo	JR	Macalester	49.53
5	Nelson, Grant	SO	Bethel (Minn	48.37
6	Parent, Jacob	JR	Bethel (Minn	48.47

Event 16 Men 800 Meter Run				
Friday 2/23/2024 - 7:25 PM				
3 Alleys. 3-2-2				
2 Turn Stagger				
Champ. Rec.: 1:52.54 2010		Max Hanson		
Facility Rec: 1:52.53 2006		Jeff Zodda		
Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
1	Pierce, Charlie	FR	Macalester	2:01.16
2	Kloepfner, Daniel	JR	St. John's (	2:01.12
3	Rud, Mark	SO	Gustavus Ado	1:59.88
4	Baatrup-Sabo, Jakob	SO	St. Olaf	2:01.15
5	Malecha, Thomas	SO	Macalester	2:01.36
6	Bjork, Alex	FR	St. Olaf	1:58.89
7	Oty, Shareef	FR	Augsburg	2:02.05

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1	Ash, Ethan	SR	Carleton	1:57.99
2	Cozine, Ethan	FR	St. Olaf	1:58.80
3	Asfaw, Getinat	JR	Augsburg	1:57.53
4	Nemecek, Lance	SO	St. Olaf	1:58.05
5	Getty, Drew	SR	Macalester	1:57.63
6	Wallin, Tucker	SR	St. Scholast	1:57.54
7	Groshelle, Gavin	SO	Concordia-Mo	1:58.10

Section 3 of 3 Finals

1	Brauer, Nicholas	FR	Gustavus Ado	1:56.76
2	Moore, Cullen	SO	St. Olaf	1:57.09
3	Allen, Tommy	SO	St. John's (	1:56.36
4	Smith, Tyler	JR	Gustavus Ado	1:55.55
5	Pattison, Alistair	SR	Carleton	1:57.04
6	Boone, Calvin	SO	St. Scholast	1:56.47
7	Lellinga, Victor	FR	Bethel (Minn	1:57.36

Event 45 Men Distance Medley**Friday 2/23/2024 - 8:10 PM****Waterfall start****Champ. Rec.: 10:15.58 2017 Carleton****Edstrom, Hicks, Sikes, Cook-Gallardo****Facility Rec: 9:59.09 2017 St. Olaf****Bjork, Pugh, Lonergan, J. Coffey**

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	St. Scholast	A	10:09.90
2	Augsburg	A	NT
3	Gustavus Ado	A	NT
4	Concordia-Mo	A	NT
5	St. Olaf	A	NT
6	Carleton	A	NT
7	Bethel (Minn	A	NT
8	Saint Mary's	A	NT
9	Macalester	A	NT
10	St. John's (	A	NT

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Meet Program - Friday Field Events

Event 26 Men Weight Throw

Friday 2/23/2024 - 2:30 PM				
Top 9 to Final				
Champ. Rec.: 19.68m 2011		Andrew Brueggen		
Facility Rec: 20.82m 2006		Kevin Becker		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Turqueza, Rylan	FR	St. John's (	12.93m
2	Yang, Aiden	SO	Macalester	12.42m
3	White, Ron	FR	Saint Mary's	13.51m
4	Willier, Anthony	FR	St. John's (	12.85m
5	DeWall, Kaleb	JR	St. John's (	13.60m
6	Brown, Jakob	JR	Concordia-Mo	12.86m
7	Conant, Philip	FR	Bethel (Minn	14.48m
8	Stordahl, Zach	JR	Gustavus Ado	13.35m
9	Houska, Blake	FR	Concordia-Mo	12.46m
10	Spurgeon, Eli	SO	Gustavus Ado	12.42m
11	Dioszeghy, Sam	FR	Concordia-Mo	13.00m
Flight 2 of 2 Finals				
1	Monreal, Joshua	FR	St. Scholast	16.44m
2	Mills, Austin	SO	Macalester	14.91m
3	Beseth, Trent	SO	St. Scholast	16.77m
4	Ramirez, Ricky	JR	Concordia-Mo	14.59m
5	Frost, Jaeden	SR	St. John's (	15.77m
6	Hokanson, Adam	SO	Bethel (Minn	16.63m
7	Fritz, Casen	JR	Saint Mary's	14.94m
8	Larsen, Evan	JR	Bethel (Minn	17.11m
9	Mensen, Joseph	JR	St. John's (	15.34m
10	Steger, Grant	SR	St. Scholast	16.25m

Event 36 Men Pole Vault

Friday 2/23/2024 - 4:00 PM				
Progression: 3.90,4.05,4.20,4.35,4.45,4.55,4.65, +10cm.				
Champ. Rec.: 5.00m 2020		Drew Dokendorf		
Facility Rec: 5.52m 2016		Jeff Coover		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Hoelzel, Gavin	FR	St. Olaf	3.75m
2	Adams, Tim	JR	Carleton	3.80m
3	Ream, Joe	SO	Gustavus Ado	3.86m
4	Collins, Spencer	FR	St. Olaf	4.02m
5	Doom, Max	JR	St. John's (	4.05m
6	Engstrom, Oliver	SO	Hamline	4.10m
7	Withuski, Andrew	FR	St. John's (	4.20m
8	Rhonemus, Wade	SR	Concordia-Mo	4.20m
9	Graske, Joshua	FR	Bethel (Minn	4.20m
10	Menter, Forest	SO	St. Olaf	3.56m
11	Eickhoff, Daniel	JR	St. John's (	4.26m
12	Charles, Aidan	FR	Gustavus Ado	4.26m
13	Marzinske, Logan	JR	Gustavus Ado	4.31m
14	Arnold, Dylan	JR	St. Olaf	4.45m
15	Schloeder, Austin	FR	Hamline	4.45m
16	Guth, Kole	SO	St. John's (	4.46m
17	Gardeen, Samuel	JR	Bethel (Minn	4.55m
18	Charbonneau, Joseph	JR	St. John's (	4.65m

Event 30 Men Long Jump

Friday 2/23/2024 - 5:00 PM				
Top 9 to Final				
Champ. Rec.: 7.56m 2020		Kyle Lichttenegger		
Facility Rec: 7.53m 2006		Greg Tyson		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Cooper, Dan	SR	Saint Mary's	6.12m
2	Molstre, Joey	FR	Concordia-Mo	5.72m
3	Wang, Kevin	SO	Macalester	5.82m
4	Swenson, Simon	SO	Bethel (Minn	6.29m
5	Rikkers, Sam	JR	St. Olaf	5.72m
6	Bovitz, Nick	FR	Bethel (Minn	6.08m
7	Hansen, Matt	FR	St. John's (	6.15m
8	Wynia, Ben	FR	Gustavus Ado	6.12m
9	Peterson, Ben	JR	Concordia-Mo	5.92m
10	LePard, Ben	FR	Concordia-Mo	5.91m
Flight 2 of 2 Finals				
1	Albertson, Max	FR	St. Olaf	6.46m
2	Subah, Isaiah	SR	Gustavus Ado	6.80m
3	Schaffer, Zach	SO	St. John's (	6.93m
4	Smith, Kameron	FR	Augsburg	6.40m
5	Marsh, Anthony	JR	Concordia-Mo	6.41m
6	Erickson, Matthew	FR	St. Scholast	6.45m
7	Charlton, Josh	JR	St. Olaf	6.32m
8	Cisewski, Antonio	JR	Saint Mary's	6.37m
9	Moo, Eh Ler	JR	St. Olaf	6.71m
10	Thurk, Anthony	JR	St. John's (	6.38m

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Event 43 Men 4x200 Meter Relay			
Saturday 2/24/2024 - 1:15 PM			
Timed Finals			
Champ. Rec.: 1:27.87 2000		St. Thomas	
Stahly, Hall, Heckman, Cress			
Facility Rec: 1:28.88 2004		St. Thomas	
Schwietz, Hart, Car. Glad, Cas. Glad			
Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
4	Augsburg	A	NT
5	Concordia-Mo	A	1:33.30
6	St. Olaf	A	1:33.41
Section 2 of 3 Finals			
3	St. Scholast	A	NT
4	Hamline	A	1:37.20
5	St. John's (	A	1:31.49
6	Saint Mary's	A	1:32.80
Section 3 of 3 Finals			
4	Macalester	A	1:33.50
5	Bethel (Minn	A	1:30.20
6	Gustavus Ado	A	1:31.41

Event 22 Men 3000 Meter Run			
Saturday 2/24/2024 - 1:45 PM			
2nd Section at 3:55 p.m.			
Top 12 seeds in Row 1. All others in Row 2.			
Timing Chips will be used. Please check in 30 minutes prior			
Champ. Rec.: 8:11.52 2020		Matt Wilkinson	
Facility Rec: 8:13.99 2015		Grant Wintheiser	
Lane	Name	Yr School	Seed Time
Section 1 of 2 Finals			
31	Galloway, Jordan	SO Macalester	8:58.84
32	Kalsnes, Jonah	FR Bethel (Minn	9:06.21
33	Graber, Grant	JR Bethel (Minn	8:56.70
34	Ihrke, Nick	JR Macalester	8:50.99
35	Goss, Brady	FR Concordia-Mo	8:49.93
36	Deaver, Jack	SO St. Olaf	8:50.19
37	Fendig, Alex	SR Macalester	9:02.46
38	LiaBraaten, Lucas	SO Hamline	9:00.54
39	Kaluza, Vincent	FR St. John's (	8:51.01
40	Madell, Joe	JR Macalester	9:01.17
41	McCullough, Logan	SR Gustavus Ado	9:00.44
42	Thompson, Reese	SR Bethel (Minn	9:08.13
43	Olson, Tanner	SR Concordia-Mo	9:10.73
44	Cavanaugh, Eamon	JR St. John's (	9:15.56
45	Meissner, Noah	FR Bethel (Minn	9:11.84

Section 2 of 2 Finals			
46	McKee, Reece	JR Macalester	8:32.30
47	DeWall, Lars	SR St. Scholast	8:28.23
48	Boone, Calvin	SO St. Scholast	8:25.62
49	Curtis, Ian	JR St. Olaf	8:38.71
50	Kelly, Will	JR St. Olaf	8:18.79
51	Bati, Mohammed	SO Augsburg	8:24.31
52	Max, Parker	SO St. Olaf	8:36.71
53	Crotteau, Ben	JR Macalester	8:36.58
54	Llewellyn, Roy	SO Carleton	8:39.54
55	Hartney, Sean	JR St. Olaf	8:39.67
56	Nichols, Gabe	SO Carleton	8:38.85
57	Edwards, Tyler	SO Macalester	8:39.31
58	Turlington, Kevin	SO St. Olaf	8:40.92
59	Lynn, David	JR St. Olaf	8:45.60
60	Skemp, Andrew	JR St. Olaf	8:47.64

Event 14 Men 600 Meter Run			
Saturday 2/24/2024 - 2:15 PM			
Timed Finals; 2 Turn Stagger			
Champ. Rec.: 1:20.19 2017		Carl Klamm	
Facility Rec: 1:20.36 2019		Karl Klamm	
Lane	Name	Yr School	Seed Time
Section 1 of 3 Finals			
1	Schmitz, Drew	FR Bethel (Minn	1:25.89
2	Ali, Kalid	JR Macalester	1:25.22
3	Schonebaum, Henry	SO Macalester	1:25.11
4	Stursa, Cohen	FR Gustavus Ado	1:25.15
5	Asfaw, Getinat	JR Augsburg	1:25.19
6	Cozine, Ethan	FR St. Olaf	1:25.34
Section 2 of 3 Finals			
1	Rud, Mark	SO Gustavus Ado	1:25.08
2	Nemecek, Lance	SO St. Olaf	1:24.38
3	Douglas, Derek	JR St. Scholast	1:23.58
4	Montreuil, Owen	SO St. John's (	1:24.09
5	Moore, Cullen	SO St. Olaf	1:24.29
6	Fuller, Blake	JR Gustavus Ado	1:25.00
Section 3 of 3 Finals			
1	Rudzitis, Taaron	JR Bethel (Minn	1:23.48
2	Ash, Ethan	SR Carleton	1:23.18
3	Nelson, Grant	SO Bethel (Minn	1:21.20
4	Lelinga, Victor	FR Bethel (Minn	1:21.55
5	Kubicek, Noah	SO St. Scholast	1:23.09
6	Pattison, Alistair	SR Carleton	1:23.36

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Event 18 Men 1000 Meter Run

Saturday 2/24/2024 - 2:45 PM

3 Alleys.3-3-2

2 Turn Stagger

Champ. Rec.: 2:26.02 2017 Donson Cook-Gallardo
Facility Rec: 2:27.61 2016 Paul Escher

Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
1	Kloepfner, Daniel	JR	St. John's (	2:36.27
2	Nelson, Clark	SR	Bethel (Minn	2:36.90
3	Chamberlin, Owen	SO	St. Olaf	2:37.67
4	Lange, Emerson	SO	Carleton	2:37.59
5	Baatrup-Sabo, Jakob	SO	St. Olaf	2:36.58
6	Bjork, Alex	FR	St. Olaf	2:37.32
7	Neu, Nathan	JR	St. Scholast	2:36.79
8	Olsson, Tor	JR	Macalester	2:36.66

Section 2 of 3 Finals

1	Groshelle, Gavin	SO	Concordia-Mo	2:34.76
2	Marsh, Jackson	JR	St. Olaf	2:33.27
3	Lyness, Indy	SO	Carleton	2:33.55
4	Doran, Eli	SO	St. Olaf	2:35.81
5	Roehl, Carson	JR	Gustavus Ado	2:33.13
6	Wallin, Tucker	SR	St. Scholast	2:35.55
7	McCoy, Max	FR	St. John's (	2:34.75
8	Wiltse, Daniel	FR	Macalester	2:35.62

Section 3 of 3 Finals

1	Fitzgerald, Ignatius	SO	St. Olaf	2:30.47
2	DeWall, Lars	SR	St. Scholast	2:29.97
3	St. Peter, Nick	SO	St. John's (	2:32.41
4	Boone, Calvin	SO	St. Scholast	2:29.55
5	Smith, Tyler	JR	Gustavus Ado	2:30.92
6	Allen, Tommy	SO	St. John's (	2:30.10
7	Brauer, Nicholas	FR	Gustavus Ado	2:31.95
8	Getty, Drew	SR	Macalester	2:32.70

Event 20 Men 200 Meter Dash

Saturday 2/24/2024 - 3:20 PM

6 section timed finals; Pref. Lanes 5-6-4-3

Champ. Rec.: 21.96 2009 Joe Defrance
Facility Rec: 21.98 2024 C. Glad, G. Nelson

Lane	Name	Yr	School	Seed Time
Section 1 of 6 Finals				
3	Moberg, Joey	FR	St. John's (	23.88
4	McNearney, Devin	JR	St. Olaf	23.73
5	Fochtman, Jack	SO	St. Olaf	23.49
6	Popoca, Emanuel	JR	St. John's (	23.52
Section 2 of 6 Finals				
3	Kyoore, Zechariah	JR	Gustavus Ado	23.47
4	Kessel, Peyton	JR	Concordia-Mo	23.43
5	Petron, Jordan	JR	Concordia-Mo	23.35
6	Stageberg, Noah	JR	Gustavus Ado	23.42

Section 3 of 6 Finals

3	Haack, Tony	SO	Bethel (Minn	23.32
4	Le, Nathan	JR	Gustavus Ado	23.28
5	McConnell, Cameron	JR	Bethel (Minn	23.23
6	Nathan, Asher	FR	Carleton	23.26

Section 4 of 6 Finals

3	Lee, Josh	JR	Bethel (Minn	23.18
4	Thomas, Reece	JR	Hamline	23.18
5	Schaffer, Dawson	SR	Concordia-Mo	23.13
6	Adamson, Oliver	JR	Saint Mary's	23.18

Section 5 of 6 Finals

3	Myres, David	JR	Bethel (Minn	22.95
4	Raitz, Sam	FR	Bethel (Minn	22.90
5	Anstine, Jade	FR	Gustavus Ado	22.58
6	Heitler, Arlo	JR	Macalester	22.64

Section 6 of 6 Finals

3	Bulwa, Chris	JR	Saint Mary's	22.42
4	Arthur, Kevin	SR	St. John's (	22.08
5	Parent, Jacob	JR	Bethel (Minn	21.74
6	Liu, Landen	SO	Bethel (Minn	22.07

Event 24 Men 4x400 Meter Relay

Saturday 2/24/2024 - 4:25 PM

Timed Finals

Champ. Rec.: 3:18.99 2010 Bethel
Ferda, LeMay, Schlegel, Rhode
Facility Rec: 3:16.36 2006 UW La Crosse
Marcinek, Olson, Doble, Deterville

Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
4	Carleton	A	3:44.15
5	Augsburg	A	3:32.26
6	Hamline	A	3:33.33
Section 2 of 3 Finals			
3	Saint Mary's	A	3:32.06
4	Macalester	A	3:31.60
5	Concordia-Mo	A	3:28.94
6	Gustavus Ado	A	3:30.28
Section 3 of 3 Finals			
3	St. Olaf	A	3:28.01
4	St. John's (	A	3:27.27
5	Bethel (Minn	A	3:15.48
6	St. Scholast	A	3:27.11

MIAC Championships - 2/22/2024 to 2/24/2024
Tostrud Center, St. Olaf College
Meet Program - Saturday Field Events

Event 28 Men Shot Put				
Saturday 2/24/2024 - 11:00 AM				
Top 9 to Final				
Champ. Rec.: 17.60m 1996		Aaron Banks		
Facility Rec: 17.77m 2006		Uzoma Orji		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Spurgeon, Eli	SO	Gustavus Ado	12.96m
2	Mills, Austin	SO	Macalester	12.09m
3	Hudspith, Wyatt	FR	Gustavus Ado	12.58m
4	Dioszeghy, Sam	FR	Concordia-Mo	13.45m
5	Massey, Harry	FR	Hamline	12.65m
6	Turqueza, Rylan	FR	St. John's (	12.92m
7	Willier, Anthony	FR	St. John's (	12.21m
8	Wellman, Trevor	JR	Bethel (Minn	12.93m
9	Carroll, Nathan	FR	St. John's (	12.23m
10	DeWall, Kaleb	JR	St. John's (	13.41m
Flight 2 of 2 Finals				
1	Conant, Philip	FR	Bethel (Minn	13.80m
2	Frost, Jaeden	SR	St. John's (	14.76m
3	Steger, Grant	SR	St. Scholast	13.78m
4	Houska, Blake	FR	Concordia-Mo	14.24m
5	Folkestad, Cooper	JR	Concordia-Mo	16.72m
6	Hokanson, Adam	SO	Bethel (Minn	15.07m
7	Larsen, Evan	JR	Bethel (Minn	15.13m
8	Monreal, Joshua	FR	St. Scholast	15.36m
9	Beseth, Trent	SO	St. Scholast	16.83m
10	Hillstrom, Dominik	JR	Concordia-Mo	14.07m

Event 34 Men High Jump				
Saturday 2/24/2024 - 11:00 AM				
Progression: 1.72, 1.77,1.82,1.87,1.90,1.93,1.96, +3cm				
Champ. Rec.: 2.17m 1995		Kenneth Hoffman		
Facility Rec: 2.11m 2006		Andy Stoecken		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Lincoln, Ethen	FR	Gustavus Ado	1.77m
2	Carlson, Brendan	FR	Gustavus Ado	1.78m
3	Swanson, Luc	FR	Bethel (Minn	1.78m
4	Seiler, Alex	JR	St. John's (	1.79m
5	Cline-Cole, Ethan	SO	Carleton	1.80m
6	Lapinski, Will	FR	St. Olaf	1.83m
7	Lelwica, Max	JR	St. John's (	1.84m
8	Lord, Demetri	JR	St. Olaf	1.86m
9	Erickson, Matthew	FR	St. Scholast	1.86m
10	Cogley, Andrew	JR	St. Olaf	1.86m
11	Suah, Morris	FR	Hamline	1.88m
12	Braun, Michael	JR	Hamline	1.88m
13	Thurk, Anthony	JR	St. John's (	1.89m
14	Marsh, Anthony	JR	Concordia-Mo	1.90m
15	Bies, Danny	SR	Gustavus Ado	1.90m
16	Johnsrud, Peyton	JR	Concordia-Mo	1.90m
17	McDowell, Jackson	FR	St. John's (	1.92m
18	Matetich, Cole	JR	Gustavus Ado	1.93m

Event 32 Men Triple Jump				
Saturday 2/24/2024 - 1:30 PM				
Top 9 to Final				
Champ. Rec.: 15.26m 1993		Leonard Jones		
Facility Rec: 14.61m 2006		Tony Gregory		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Thompson, Gabe	JR	Concordia-Mo	12.23m
2	Wang, Kevin	SO	Macalester	11.72m
3	Swenson, Simon	SO	Bethel (Minn	12.56m
4	Cogley, Andrew	JR	St. Olaf	11.94m
5	Kaba, Bangaly	FR	St. John's (	12.09m
6	Strube, Reese	FR	Concordia-Mo	12.07m
7	Wynia, Ben	FR	Gustavus Ado	11.85m
8	Cline-Cole, Ethan	SO	Carleton	12.51m
9	Wade, Elijah	SR	St. John's (	12.55m
10	Moo, Eh Ler	JR	St. Olaf	11.48m
Flight 2 of 2 Finals				
1	Johnson, Brady	JR	Saint Mary's	12.85m
2	Albertson, Max	FR	St. Olaf	12.96m
3	Braun, Michael	JR	Hamline	13.32m
4	Smith, Kameron	FR	Augsburg	12.94m
5	Hodin, Riley	JR	Macalester	13.38m
6	Erickson, Matthew	FR	St. Scholast	12.97m
7	Bovitz, Nick	FR	Bethel (Minn	13.15m
8	Veimau, Justin	SR	Macalester	12.66m
9	Schaffer, Zach	SO	St. John's (	13.23m
10	Thurk, Anthony	JR	St. John's (	12.87m