

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

Event 2 Women 60 Meter Hurdles

Friday 2/23/2024 - 4:00 PM				
Champ. Rec.:		8.53	2023	Birgen Nelson
Facility Rec:		8.75	2024	Kelsie Sealock
Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
1	Wolsky, Haley	FR	Concordia-Mo	10.33
2	Johnson, Lily	JR	St. Olaf	10.22
3	Harriman, Elise	FR	St. Olaf	9.79
4	Sealock, Kelsie	JR	Bethel (Minn	8.51
5	Myatt, Tessa	FR	Macalester	9.97
6	Selle, Peyton	JR	Concordia-Mo	9.44
7	Haugestuen, Logan	FR	St. Olaf	10.57
8	Adelgren, Anya	FR	St. Benedict	9.43
Heat 2 of 3 Prelims				
1	Hernes, Ellie	SO	Bethel (Minn	9.21
2	Sahly, Emma	JR	St. Olaf	10.55
3	Poore, Riki	SR	St. Olaf	9.54
4	Kemp, Anna	FR	St. Benedict	10.15
5	Hannah, Gabrielle	JR	Hamline	10.40
6	Stahl, Chelsea	FR	Gustavus Ado	9.98
7	Berg, Lauren	SO	St. Benedict	9.78
8	Miller, Danielle	SR	Gustavus Ado	9.40
Heat 3 of 3 Prelims				
1	Nelson, AnnaGrace	JR	Bethel (Minn	9.24
2	Huetten, Makenna	JR	Gustavus Ado	9.63
3	Stackhouse, Ally	JR	Bethel (Minn	10.15
4	Askegaard, Linnea	FR	St. Olaf	10.46
5	Floren, Justus	JR	St. Benedict	10.05
6	Kalevik, Jenna	JR	Concordia-Mo	9.33
7	Hobby, Sarah Beth	SR	Macalester	9.69
8	Schuele, Emma	SO	St. Benedict	10.49

Event 40 Women 5000 Meter Run

Friday 2/23/2024 - 4:30 PM				
Top 12 seeds in Row 1. All others in Row 2.				
Timing Chips will be used. Please check in 30 minutes prior				
Champ. Rec.:		16:49.69	2023	Fiona Smith
Facility Rec:		16:44.57	2006	Caroline Cretti
Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Preisser, Hannah	SO	Carleton	17:36.73
2	Ward, Phoebe	JR	Carleton	17:11.58
3	Johnson, Gracie	SO	Augsburg	18:56.25
4	Smith, Fiona	SR	St. Benedict	15:57.80
5	Walda, Lauren	SO	St. Olaf	17:24.46
6	Hirsche, Katie	FR	Carleton	18:26.92
7	Hendrickson, Allison	SR	St. Scholast	17:47.42
8	Hardwick, Laura	SR	Bethel (Minn	18:53.92
9	McManus, Sophie	JR	Carleton	17:12.58
10	Villalobos, Evelyn	SR	Gustavus Ado	18:46.39
11	Cross, Helen	JR	Carleton	17:22.22
12	Bode, Alison	JR	St. Olaf	18:41.20
13	Kenney, Mary	SO	St. Benedict	19:35.30
14	Roberdeau, Libby	SR	Hamline	19:09.86
15	Votruba, Maggie	JR	Carleton	19:46.85
16	Gleason, Cate	JR	St. Olaf	19:43.19
17	Tetmeyer, Bridget	SR	St. Benedict	19:07.03
18	Larsen-Schmidt, Gracia	JR	St. Olaf	19:45.66

Event 4 Women 60 Meter Dash

Friday 2/23/2024 - 5:15 PM				
Winners plus 5 advance				
Champ. Rec.:		7.62	2014	Mallory Burnham
Facility Rec:		7.67	2014	Mallory Burnham
Lane	Name	Yr	School	Seed Time
Heat 1 of 3 Prelims				
1	Kaping, Raina	FR	Bethel (Minn	8.01
2	Jensen, Jensi	SO	Gustavus Ado	8.53
3	Carver, Zoe	SO	Macalester	8.41
4	Osborne, Piper	FR	Concordia-Mo	8.20
5	Chatham, Diarra	FR	Macalester	7.68
6	Nelson, Myah	SO	St. Benedict	8.33
7	McMahon, Terra	SO	Hamline	8.07
8	Johnson, Tiana	SR	St. Benedict	8.19
Heat 2 of 3 Prelims				
1	Pray, Kaylen	FR	Saint Mary's	8.30
2	Sandman, Andie	FR	Concordia-Mo	8.13
3	Holman, Ququ	SR	St. Olaf	8.42
4	Matre, Zoe	JR	St. Olaf	8.51
5	Fynboh, Lydia	FR	Concordia-Mo	8.09
6	Rengo, Emily	SO	Concordia-Mo	7.95
7	Munson, Samantha	SO	Saint Mary's	8.23
8	Babalola, Jireh	SR	Bethel (Minn	7.78

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Heat 3 of 3 Prelims...(Event 4 Women 60 Meter Dash)				
1	Kroschel, Karla	SR	St. Olaf	8.12
2	Buntrock, Grace	FR	St. Benedict	8.11
3	Carlson, Kate	JR	Gustavus Ado	7.81
4	Fink, Ava	SO	St. Scholast	8.28
5	Roberts, Riley	JR	Carleton	8.42
6	Gallagher, Kate	SR	St. Benedict	7.88
7	Hunter, Penny	SR	Macalester	8.24
8	Lott, Bianca	SO	Carleton	8.47

Event 9 Women 1 Mile Run				
Friday 2/23/2024 - 5:35 PM				
Timed Finals; Waterfall Start				
Champ. Rec.: 4:50.20 2023		Clara Mayfield		
Facility Rec: 4:55.60 2013		Taylor Berg		
Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
1	Stacy, Cate	FR	Macalester	5:50.79
2	Gessner, Lydia	SR	Bethel (Minn)	5:51.82
3	Castellano, Julia	SO	Macalester	5:55.43
4	Ellis, Samantha	FR	Macalester	5:51.29
5	Moorjani, Raina	SR	Bethel (Minn)	5:53.85
6	Olinger, Rachel	SO	St. Benedict	5:56.08
7	Loeffler-Kemp, Mariah	SR	Macalester	5:57.27
8	Hatrick, Lily	SO	Macalester	5:52.09
9	Korey, Adrienne	SR	Macalester	5:57.58
Section 2 of 3 Finals				
1	Johnson, Aerial	JR	Concordia-Mo	5:33.52
2	Schoenfield, Claire	SR	Gustavus Ado	5:37.89
3	Liston, Molly	SO	Gustavus Ado	5:25.86
4	Tung-Mabry, Madelyn	FR	St. Olaf	5:43.95
5	Erickson, Siri	FR	St. Olaf	5:20.80
6	Lyngen, Lucy	SR	St. Benedict	5:20.19
7	Hay, Anna	JR	Bethel (Minn)	5:44.39
8	McCloskey, Molly Kate	SO	St. Olaf	5:28.08
9	Leibke, Tatum	SO	St. Benedict	5:46.65
Section 3 of 3 Finals				
1	Moeller, Grace	SO	St. Olaf	5:18.70
2	Call, Sophie	SR	St. Olaf	5:15.84
3	Gebert, Katie	SR	St. Olaf	5:14.51
4	Daley, Nora	FR	Carleton	5:15.74
5	Blanchard, Mary	JR	Carleton	5:07.36
6	Smith, Fiona	SR	St. Benedict	4:53.08
7	Rowland, Libby	JR	Carleton	5:17.97
8	Call, Bella	SR	St. Olaf	5:15.03
9	Larsen, Aliya	SO	Carleton	5:14.26

Event 11 Women 400 Meter Dash				
Friday 2/23/2024 - 6:40 PM				
5 Section Timed Final; pref. lanes 5-6-4-3				
2 Turn Stager				
Champ. Rec.: 56.80 2017		Alexa Feeney		
Facility Rec: 56.35 2006		Rachel Anderson		
Lane	Name	Yr	School	Seed Time
Section 1 of 5 Finals				
3	Sahly, Emma	JR	St. Olaf	1:04.35
4	Soule, Allison	SO	Bethel (Minn)	1:03.88
5	Poore, Riki	SR	St. Olaf	1:03.27
6	Pfeiffer, Ruth	SR	St. Olaf	1:03.31
Section 2 of 5 Finals				
3	Ellefson, Jaden	SO	St. Scholast	1:03.23
4	Holman, Ququ	SR	St. Olaf	1:03.19
5	Ganley, Mirijana	SR	St. Benedict	1:02.70
6	Aurelius, Andreiana	SR	Hamline	1:03.10
Section 3 of 5 Finals				
3	Nyuga, Sidela	SR	St. Benedict	1:02.13
4	Shercliffe, Meg	JR	Concordia-Mo	1:01.94
5	Kvant, Hannah	FR	Bethel (Minn)	1:01.46
6	Berg, Lauren	SO	St. Benedict	1:01.64
Section 4 of 5 Finals				
3	Smith, Jessie	JR	Bethel (Minn)	1:01.27
4	Swenson, Abbie	SR	Bethel (Minn)	1:00.56
5	Luetmer, McKenzie	FR	Gustavus Ado	1:00.40
6	Gregg, Hailey	JR	Bethel (Minn)	1:00.51
Section 5 of 5 Finals				
3	Kroschel, Karla	SR	St. Olaf	1:00.10
4	Nygaard, Kyla	SO	Concordia-Mo	59.21
5	Hookom, Allison	SO	Augsburg	57.94
6	Geraets, Megan	JR	Gustavus Ado	57.95

Event 15 Women 800 Meter Run				
Friday 2/23/2024 - 7:10 PM				
3 Alleys. 3-2-2				
2 Turn Stagger				
Champ. Rec.: 2:12.67 2019		Phoebe Aguiar		
Facility Rec: 2:11.95 2003		Megan Daymont		
Lane	Name	Yr	School	Seed Time
Section 1 of 3 Finals				
1	Neria, Deliah	FR	Hamline	2:37.05
2	Verkinnes, Brooke	SO	St. Benedict	2:30.46
3	Koch, Emily	FR	St. Benedict	2:37.42
4	Murphy, Mackenzie	FR	Gustavus Ado	2:36.90
5	Witschen, Anabella	FR	St. Benedict	2:30.02
6	Dehn, Emily	FR	Gustavus Ado	2:38.13
7	Taszarek, Leah	FR	St. Benedict	2:37.35

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1	Cutter, Alice	JR	Carleton	2:25.06
2	Frolek, Drew	JR	Concordia-Mo	2:24.42
3	Wilson, Rachael	FR	St. Olaf	2:28.36
4	DiNardo, Molly	FR	St. Olaf	2:25.59
5	Mickelson, Nora	FR	St. Olaf	2:28.14
6	Smith, Kalli	JR	St. Benedict	2:23.34
7	Manhard, Abbie	SO	St. Olaf	2:29.95

Section 3 of 3 Finals

1	Wyatt, Isabel	SO	St. Olaf	2:21.03
2	Erickson, Lara	JR	Carleton	2:22.30
3	Ihde, Annessa	JR	Bethel (Minn	2:15.24
4	Sulungaine, Shalom	FR	Bethel (Minn	2:20.14
5	Blanchard, Mary	JR	Carleton	2:16.59
6	Cruz, Reanna	FR	Bethel (Minn	2:21.29
7	DeWitt, Regan	FR	St. Scholast	2:21.44

Event 44 Women Distance Medley**Friday 2/23/2024 - 7:50 PM****Waterfall start****Champ. Rec.: 12:22.44 2022 Carleton****Rowland, Cordova, Kropp, Mayfield****Facility Rec: 11:56.75 2006 Keene State****Adams, Miller, Gavin, Lucey**

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

1	St. Benedict	A	12:14.16
2	Carleton	A	NT
3	Bethel (Minn	A	NT
4	Gustavus Ado	A	NT
5	St. Scholast	A	NT
6	Hamline	A	NT
7	Saint Mary's	A	NT
8	Concordia-Mo	A	NT
9	Augsburg	A	NT
10	St. Olaf	A	NT
11	St. Catherin	A	NT
12	Macalester	A	NT

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Event 29 Women Long Jump

Friday 2/23/2024 - 2:30 PM				
Top 9 to Final				
Champ. Rec.: 5.79m 2005		Kristal Grigsby		
Facility Rec: 5.74m 2005		Kristal Grigsby		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Petersen, Katie	JR	Gustavus Ado	4.74m
2	Albers, Marissa	FR	Hamline	4.73m
3	Osborne, Piper	FR	Concordia-Mo	4.86m
4	Johnson, Lily	JR	St. Olaf	4.76m
5	Klein, Aubree	FR	St. Olaf	4.59m
6	Stanisloski, Jordan	FR	Bethel (Minn	4.85m
7	Hernes, Ellie	SO	Bethel (Minn	4.97m
8	Kalevik, Jenna	JR	Concordia-Mo	4.95m
9	Floren, Justus	JR	St. Benedict	4.90m
10	Solheid, Sami	FR	St. Benedict	4.84m
Flight 2 of 2 Finals				
1	Selle, Peyton	JR	Concordia-Mo	5.19m
2	Geraets, Megan	JR	Gustavus Ado	5.65m
3	Kes, Madi	SR	Gustavus Ado	5.18m
4	Jore, Ashlyn	FR	St. Olaf	5.43m
5	Parker, Ainslee	SR	St. Olaf	5.07m
6	McMahon, Terra	SO	Hamline	5.23m
7	Selisker, Ellie	SR	St. Benedict	5.27m
8	Lindner, Sarrah	SO	Gustavus Ado	5.19m
9	Farquharson, Sabriya	FR	St. Benedict	5.33m
10	Sundberg, Maren	SO	Gustavus Ado	5.13m
Event 25 Women Weight Throw				
Friday 2/23/2024 - 5:00 PM				
Top 9 to Final				
Champ. Rec.: 17.66m 2000		April Felt		
Facility Rec: 20.98m 2006		Robyn Jarocki		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 2 Finals				
1	Engen, Ella	SO	St. Scholast	13.64m
2	Nelson, Nicole	SR	Gustavus Ado	12.90m
3	Bosman, Neenah	JR	Carleton	13.62m
4	Kangas, Brooke	JR	Concordia-Mo	13.87m
5	Tracy, Brooke	SO	Hamline	13.60m
6	Irsfeld, Peyton	SR	St. Olaf	13.56m
7	Hunt, Jade	JR	Hamline	12.48m
8	Wallendal, Morgan	JR	Saint Mary's	13.53m
9	Lin, Jessica	FR	Macalester	13.31m
10	Joos, Haley	SR	St. Benedict	13.50m

Flight 2 of 2 Finals

1	Wilhelm, Nora	SO	Bethel (Minn	14.56m
2	Becker, Anna	JR	Saint Mary's	14.48m
3	Beneke, Lily	SR	St. Scholast	16.95m
4	Reed, Madison	SR	Hamline	16.13m
5	Stritesky, Ella	SO	St. Scholast	14.60m
6	Speratos, Anna	SO	Bethel (Minn	16.11m
7	Brainer, Lexi	JR	Hamline	15.89m
8	Kubes, Samantha	SR	Saint Mary's	15.94m
9	Horvath, Chando	SR	St. Catherin	13.93m
10	Brennan, Kelley	SO	Gustavus Ado	15.23m

Event 33 Women High Jump

Friday 2/23/2024 - 5:00 PM				
Progression: 1.39,1.44,1.49,1.54,1.57, 1.60,163, +3cm				
Champ. Rec.: 1.72m 2017		Emma Peterson		
Facility Rec: 1.72m 2006		Jennifer Harlow		
Pos	Name	Yr	School	Seed Mark
Flight 1 of 1 Finals				
1	Johnson, Lily	JR	St. Olaf	1.40m
2	Beer, Erin	SR	Gustavus Ado	1.43m
3	Tyvoll, Ally	FR	Bethel (Minn	1.43m
4	Scholten, Hailey	SO	Bethel (Minn	1.43m
5	Perry, Aiyana	FR	St. Olaf	1.44m
6	Barnd, Nevaeh	FR	Hamline	1.44m
7	Floren, Justus	JR	St. Benedict	1.45m
8	Pfeiffer, Ruth	SR	St. Olaf	1.45m
9	Moe, Hannah	SO	Bethel (Minn	1.48m
10	Strom, Hanna	FR	Saint Mary's	1.48m
11	Luehrs, Jensen	SR	Gustavus Ado	1.48m
12	Strampe, Toria	JR	St. Scholast	1.50m
13	Hobby, Sarah Beth	SR	Macalester	1.56m
14	Selle, Peyton	JR	Concordia-Mo	1.56m
15	Larson, Mara	FR	St. Olaf	1.56m
16	Kalevik, Jenna	JR	Concordia-Mo	1.57m
17	Witham, Frankie	FR	Hamline	1.57m
18	Selisker, Ellie	SR	St. Benedict	1.57m
19	Nelson, AnnaGrace	JR	Bethel (Minn	1.59m
20	Rakow, Ally	SR	Gustavus Ado	1.59m

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Event 42 Women 4x200 Meter Relay

Saturday 2/24/2024 - 1:00 PM			
Timed Finals			
Champ. Rec.: 1:42.50 2011		Augsburg	
Telphia, Carney, Flowers, Vrieze			
Facility Rec: 1:43.18 2019		St. Thomas	
McFerson, Smith, Chell, Marciniak			
Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
4	Augsburg	A	NT
5	Macalester	A	1:53.09
6	Concordia-Mo	A	1:50.38
Section 2 of 3 Finals			
3	Saint Mary's	A	NT
4	Hamline	A	1:58.82
5	St. Olaf	A	1:50.33
6	St. Benedict	A	1:49.77
Section 3 of 3 Finals			
3	St. Scholast	A	NT
4	Carleton	A	1:55.04
5	Gustavus Ado	A	1:45.32
6	Bethel (Minn	A	1:46.28

Event 21 Women 3000 Meter Run

Saturday 2/24/2024 - 1:30 PM			
2nd Section at 3:40 pm			
Top 12 seeds in Row 1. All others in Row 2.			
Timing Chips will be used. Please check in 30 minutes prior			
Champ. Rec.: 9:32.07 2023		Fiona Smith	
Facility Rec: 9:49.01 2006		Annie Bersagel	
Lane	Name	Yr School	Seed Time
Section 1 of 2 Finals			
1	Kenney, Mary	SO St. Benedict	10:43.17
2	Johnson, Gracie	SO Augsburg	10:43.88
3	Hardwick, Laura	SR Bethel (Minn	11:12.90
4	Roberdeau, Libby	SR Hamline	11:08.04
5	Tetmeyer, Bridget	SR St. Benedict	10:43.66
6	Maddux, Alicia	SO Hamline	10:58.39
7	McCloskey, Molly Kate	SO St. Olaf	10:54.74
8	Villalobos, Evelyn	SR Gustavus Ado	11:01.70
9	Tapajna, Abby	SO Hamline	11:15.34
10	Nevo, Timna	FR Macalester	11:15.35
11	Hatlevig, Elsie	SR Concordia-Mo	11:19.05
12	Larsen-Schmidt, Gracia	JR St. Olaf	11:20.82
13	Osemwengie, Destiny	FR Macalester	11:20.88
14	Votruba, Maggie	JR Carleton	11:21.78
15	Johnson, Airial	JR Concordia-Mo	11:23.05

Section 2 of 2 Finals

16	McManus, Sophie	JR Carleton	9:57.16
17	Cross, Helen	JR Carleton	9:48.85
18	Walda, Lauren	SO St. Olaf	10:08.50
19	Larsen, Aliya	SO Carleton	10:17.52
20	Smith, Fiona	SR St. Benedict	9:28.25
21	Call, Bella	SR St. Olaf	10:07.01
22	Ward, Phoebe	JR Carleton	9:55.21
23	Liston, Molly	SO Gustavus Ado	10:35.70
24	Hendrickson, Allison	SR St. Scholast	10:25.83
25	Bode, Alison	JR St. Olaf	10:26.59
26	Preisser, Hannah	SO Carleton	9:55.68
27	Coldren, Ivy	FR Macalester	10:30.94
28	Hagen, Sydney	JR Gustavus Ado	10:37.80
29	Hirsche, Katie	FR Carleton	10:39.82
30	Harms, Josie	SR Bethel (Minn	10:40.18

Event 13 Women 600 Meter Run

Saturday 2/24/2024 - 2:00 PM			
Timed Finals; 2 Turn Stagger			
Champ. Rec.: 1:31.68 2019		Phoebe Aguiar	
Facility Rec: 1:31.68 2019		Phoebe Aguilar	
Lane	Name	Yr School	Seed Time
Section 1 of 3 Finals			
1	Dauner, Emma	FR St. Olaf	1:48.34
2	Mair, Aubrey	JR Gustavus Ado	1:46.48
3	Robinson, Grace	JR Bethel (Minn	1:44.31
4	Smith, Jessie	JR Bethel (Minn	1:45.10
5	Witschen, Anabella	FR St. Benedict	1:45.84
6	Wilson, Rachael	FR St. Olaf	1:47.73
Section 2 of 3 Finals			
1	Anderson, Wren	FR Hamline	1:44.26
2	Cutter, Alice	JR Carleton	1:42.44
3	Erickson, Lara	JR Carleton	1:40.28
4	Luetmer, McKenzie	FR Gustavus Ado	1:41.06
5	Shercliffe, Meg	JR Concordia-Mo	1:41.69
6	Fynboh, Isabel	SO Gustavus Ado	1:43.94
Section 3 of 3 Finals			
1	Berg, Lauren	SO St. Benedict	1:39.99
2	Sulungaine, Shalom	FR Bethel (Minn	1:38.83
3	Hookom, Allison	SO Augsburg	1:37.73
4	Wyatt, Isabel	SO St. Olaf	1:38.08
5	Ihde, Annessa	JR Bethel (Minn	1:38.44
6	Cruz, Reanna	FR Bethel (Minn	1:39.34

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Meet Program - Saturday Running Events

Event 17 Women 1000 Meter Run

Saturday 2/24/2024 - 2:30 PM

3 Alleys.3-3-2

2 Turn Stagger

Champ. Rec.: 2:51.48 2016 Emily Gapinski
Facility Rec: 2:52.37 2013 Taylor Berg

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Rowley, Amelia	FR	Concordia-Mo	3:20.49
2	Hrabik, Grace	FR	St. Scholast	3:22.98
3	Hartley, Madeline	FR	St. Scholast	3:22.48
4	Verkinnes, Brooke	SO	St. Benedict	3:21.39
5	Pirone, Mara	SO	Macalester	3:21.94
6	Sanchez-Castillo, Daniela	SO	Hamline	3:16.76
7	Mickelson, Nora	FR	St. Olaf	3:19.43
8	Hagen, Mollykate	FR	St. Scholast	3:23.33

Section 2 of 3 Finals

1	Frolek, Drew	JR	Concordia-Mo	3:09.02
2	Daley, Nora	FR	Carleton	3:08.11
3	Bradley, Anabel	FR	Hamline	3:13.86
4	Radaich, Taylor	FR	St. Benedict	3:09.71
5	Gernandt, Ruby	SR	Bethel (Minn	3:09.98
6	DeWitt, Regan	FR	St. Scholast	3:07.95
7	Walukas, Kailyn	JR	Gustavus Ado	3:13.23
8	Cargill, Anna	JR	Bethel (Minn	3:10.33

Section 3 of 3 Finals

1	Call, Sophie	SR	St. Olaf	3:06.35
2	Lyngen, Lucy	SR	St. Benedict	3:06.49
3	Moeller, Grace	SO	St. Olaf	3:04.77
4	Rowland, Libby	JR	Carleton	3:06.49
5	Blanchard, Mary	JR	Carleton	2:56.82
6	Erickson, Siri	FR	St. Olaf	3:03.50
7	Smith, Kalli	JR	St. Benedict	3:06.63
8	DiNardo, Molly	FR	St. Olaf	3:07.20

Event 19 Women 200 Meter Dash

Saturday 2/24/2024 - 3:00 PM

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

Champ. Rec.: 25.25 2010 Shanek Telfhia
Facility Rec: 25.41 2024 Megan Geraets

Lane	Name	Yr	School	Seed Time
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Section 1 of 6 Finals

3	Roberts, Riley	JR	Carleton	27.86
4	Matre, Zoe	JR	St. Olaf	27.78
5	Lindner, Sarrah	SO	Gustavus Ado	27.68
6	Munson, Samantha	SO	Saint Mary's	27.74

Section 2 of 6 Finals

3	Nyuga, Sidela	SR	St. Benedict	27.58
4	Aurelius, Andreiana	SR	Hamline	27.44
5	Hunter, Penny	SR	Macalester	27.36
6	Fink, Ava	SO	St. Scholast	27.41

Section 3 of 6 Finals

3	Buntrock, Grace	FR	St. Benedict	27.34
4	Kvant, Hannah	FR	Bethel (Minn	27.20
5	Nygaard, Kyla	SO	Concordia-Mo	27.11
6	Edison, Elise	FR	Macalester	27.19

Section 4 of 6 Finals

3	Sandman, Andie	FR	Concordia-Mo	27.08
4	Johnson, Tiana	SR	St. Benedict	27.06
5	Babalola, Jireh	SR	Bethel (Minn	27.00
6	McMahon, Terra	SO	Hamline	27.06

Section 5 of 6 Finals

3	Kaping, Raina	FR	Bethel (Minn	26.99
4	Rakow, Ally	SR	Gustavus Ado	26.86
5	Rengo, Emily	SO	Concordia-Mo	26.47
6	Chatham, Diarra	FR	Macalester	26.56

Section 6 of 6 Finals

3	Sealock, Kelsie	JR	Bethel (Minn	26.36
4	Kroschel, Karla	SR	St. Olaf	26.20
5	Geraets, Megan	JR	Gustavus Ado	25.32
6	Carlson, Kate	JR	Gustavus Ado	25.44

Event 23 Women 4x400 Meter Relay

Saturday 2/24/2024 - 4:10 PM

Tmed Finals

Champ. Rec.: 3:55.37 2020 Bethel
Sankey, McKinstrey, Turek, Labatt
Facility Rec: 3:51.08 2006 Lincoln University
Richardson, Parker, Sabb, Mathews

Lane	Team	Relay	Seed Time
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Section 1 of 3 Finals

4	Augsburg	A	NT
5	Macalester	A	4:24.17
6	Saint Mary's	A	4:43.41

Section 2 of 3 Finals

3	St. Scholast	A	4:21.26
4	Gustavus Ado	A	4:15.44
5	Hamline	A	4:18.69
6	Carleton	A	4:18.79

Section 3 of 3 Finals

3	St. Olaf	A	4:14.24
4	St. Benedict	A	4:11.87
5	Bethel (Minn	A	3:55.45
6	Concordia-Mo	A	4:04.84

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

Event 31 Women Triple Jump

Saturday 2/24/2024 - 11:00 AM

Top 9 to Final

Champ. Rec.:	11.83m	2017	Emma Peterson
Facility Rec:	11.98m	2006	Alecia Watson

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Strampe, Toria	JR	St. Scholast		9.94m
2	Sikes, Jane	JR	St. Olaf		9.35m
3	Stanisloski, Jordan	FR	Bethel (Minn		10.07m
4	Anderson, Danielle	SR	St. Benedict		9.56m
5	Kalevik, Jenna	JR	Concordia-Mo		10.39m
6	Schritz, Elli	FR	St. Scholast		9.48m
7	Selisker, Ellie	SR	St. Benedict		10.39m
8	Ciarrochi, Grace	FR	Concordia-Mo		9.51m
9	Tyvoll, Ally	FR	Bethel (Minn		10.29m

Flight 2 of 2 Finals

1	Parker, Ainslee	SR	St. Olaf		10.47m
2	Kes, Madi	SR	Gustavus Ado		11.50m
3	Nelson, AnnaGrace	JR	Bethel (Minn		11.36m
4	Osborne, Piper	FR	Concordia-Mo		10.57m
5	Hernes, Ellie	SO	Bethel (Minn		11.87m
6	Jore, Ashlyn	FR	St. Olaf		10.55m
7	Farquharson, Sabriya	FR	St. Benedict		11.11m
8	Lindner, Sarrah	SO	Gustavus Ado		10.98m
9	Selle, Peyton	JR	Concordia-Mo		11.01m

Event 35 Women Pole Vault

Saturday 2/24/2024 - 12:00 PM

Progression: 2.40,2.55,2.70,2.85,3.00, 3.15,3.25,3.35, +10cm

Champ. Rec.:	3.83m	2017	London Stelten
Facility Rec:	4.39m	2016	Leslie Brost

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Wolsky, Haley	FR	Concordia-Mo		2.61m
2	Evans, Mia	SO	Bethel (Minn		2.61m
3	Ehlers, Lucy	FR	Hamline		2.65m
4	Askegaard, Linnea	FR	St. Olaf		2.65m
5	Wilson, Seneca	FR	Macalester		2.65m
6	Hatcher, Grace	JR	Hamline		2.65m
7	Craft, Tahlia	FR	Bethel (Minn		2.67m
8	Harris, Signe	JR	Concordia-Mo		2.76m
9	Gardeen, Anna	FR	Bethel (Minn		2.80m
10	Luepke, Bria	SO	Hamline		2.80m
11	Roberts, Melanie	SR	St. Olaf		2.89m
12	Bunker, Jenna	JR	Gustavus Ado		2.92m
13	Graff, Alli	JR	Gustavus Ado		3.03m
14	Finney, Camille	FR	Gustavus Ado		3.20m
15	Raidt, LiLi	FR	St. Benedict		3.25m
16	Kaping, Raina	FR	Bethel (Minn		3.42m
17	Pearson, Emily	FR	Bethel (Minn		3.57m
18	Ahlberg, Jaylyn	SO	St. Benedict		3.63m

Event 27 Women Shot Put

Saturday 2/24/2024 - 1:30 PM

Top 9 to Final

Champ. Rec.:	14.58m	2014	Cherae Reeves
Facility Rec:	17.05m	2006	Robyn Jarocki

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Joos, Haley	SR	St. Benedict		11.45m
2	Hobby, Sarah Beth	SR	Macalester		11.36m
3	Brainer, Lexi	JR	Hamline		11.12m
4	Burmeister, Malori	SO	Hamline		10.62m
5	Horvath, Chando	SR	St. Catherin		10.93m
6	Banse, Grace	SO	Gustavus Ado		11.00m
7	Nelson, Nicole	SR	Gustavus Ado		10.82m
8	Duncan, Olivia	FR	Gustavus Ado		10.73m
9	Smith, Christian	FR	St. Benedict		10.65m
10	Travis, Miranda	FR	Concordia-Mo		11.02m

Flight 2 of 2 Finals

1	Wallendal, Morgan	JR	Saint Mary's		11.96m
2	Brennan, Kelley	SO	Gustavus Ado		11.75m
3	Engen, Ella	SO	St. Scholast		11.85m
4	Kubes, Samantha	SR	Saint Mary's		12.14m
5	Myatt, Tessa	FR	Macalester		12.00m
6	Meyers, Molly	SR	Hamline		13.27m
7	Jackman, Sydney	JR	Saint Mary's		12.14m
8	Dates, Desirae	SO	Hamline		12.47m
9	Wilhelm, Nora	SO	Bethel (Minn		12.72m
10	Lin, Jessica	FR	Macalester		11.64m