

Event 39 Indoor Pentathlon: #1 Women 60 Meter Hurdles

Thursday 2/27/2025 - 2:00 PM

Name	Year School	Seed	Finals
Section 1 Timed Finals			
2 Grace Banse	JR Gustavus Ado	12.48	
4 Taylor Christenson	FR Concordia-Mo	12.09	
Section 2 Timed Finals			
4 Marissa Albers	SO Hamline	11.58	
6 Hope Iverson	SO Bethel (Minn	11.82	
Section 3 Timed Finals			
2 Aubree Klein	SO St. Olaf	10.48	
4 Emily Koch	SO St. Benedict	11.17	
6 Hannah Moe	JR Bethel (Minn	10.70	
Section 4 Timed Finals			
2 Ally Tyvoll	SO Bethel (Minn	10.28	
4 Maisy Komastu	FR St. Benedict	10.41	
6 Claire Keech	JR St. Olaf	10.38	
Section 5 Timed Finals			
2 Hailey Scholten	JR Bethel (Minn	10.24	
4 Justus Floren	SR St. Benedict	9.49	
6 Tessa Myatt	SO Macalester	9.70	
Section 6 Timed Finals			
2 Jenna Kalevik	SR Concordia-Mo	8.98	
4 Ellie Hernes	JR Bethel (Minn	9.42	
6 Elle Thorson	SR Bethel (Minn	9.30	

Event 39 Indoor Pentathlon: #2 Women High Jump

Thursday 2/27/2025 - 2:00 PM

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1 Aubree Klein	SO St. Olaf	NH	
2 Marissa Albers	SO Hamline	1.24m	
3 Hope Iverson	SO Bethel (Minn	1.26m	
4 Taylor Christenson	FR Concordia-Mo	1.28m	
5 Grace Banse	JR Gustavus Ado	1.28m	
6 Maisy Komastu	FR St. Benedict	1.32m	
7 Emily Koch	SO St. Benedict	1.33m	
8 Tessa Myatt	SO Macalester	1.35m	
9 Claire Keech	JR St. Olaf	1.40m	
10 Ellie Hernes	JR Bethel (Minn	1.44m	
11 Hailey Scholten	JR Bethel (Minn	1.44m	
12 Justus Floren	SR St. Benedict	1.45m	
13 Ally Tyvoll	SO Bethel (Minn	1.45m	
14 Hannah Moe	JR Bethel (Minn	1.49m	
15 Jenna Kalevik	SR Concordia-Mo	1.52m	
16 Elle Thorson	SR Bethel (Minn	1.60m	

Event 39 Indoor Pentathlon: #3 Women Shot Put

Thursday 2/27/2025 - 2:00 PM

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1 Ally Tyvoll	SO Bethel (Minn	7.26m	

2	Emily Koch	SO St. Benedict	7.40m
3	Aubree Klein	SO St. Olaf	7.95m
4	Maisy Komastu	FR St. Benedict	8.12m
5	Taylor Christenson	FR Concordia-Mo	8.67m
6	Hannah Moe	JR Bethel (Minn	8.74m
7	Ellie Hernes	JR Bethel (Minn	8.75m
8	Hope Iverson	SO Bethel (Minn	9.03m
9	Hailey Scholten	JR Bethel (Minn	9.15m
10	Marissa Albers	SO Hamline	9.16m
11	Jenna Kalevik	SR Concordia-Mo	9.72m
12	Grace Banse	JR Gustavus Ado	10.29m
13	Claire Keech	JR St. Olaf	10.45m
14	Elle Thorson	SR Bethel (Minn	10.94m
15	Justus Floren	SR St. Benedict	11.32m
16	Tessa Myatt	SO Macalester	12.66m

Event 39 Indoor Pentathlon: #4 Women Long Jump

Thursday 2/27/2025 - 2:00 PM

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1	Grace Banse	JR Gustavus Ado	4.00m
2	Emily Koch	SO St. Benedict	4.02m
3	Hope Iverson	SO Bethel (Minn	4.25m
4	Hailey Scholten	JR Bethel (Minn	4.40m
5	Hannah Moe	JR Bethel (Minn	4.52m
6	Aubree Klein	SO St. Olaf	4.55m
7	Claire Keech	JR St. Olaf	4.58m
8	Taylor Christenson	FR Concordia-Mo	4.60m
9	Maisy Komastu	FR St. Benedict	4.64m
10	Marissa Albers	SO Hamline	4.69m
11	Ally Tyvoll	SO Bethel (Minn	4.72m
12	Justus Floren	SR St. Benedict	4.98m
13	Tessa Myatt	SO Macalester	4.99m
14	Jenna Kalevik	SR Concordia-Mo	5.06m
15	Ellie Hernes	JR Bethel (Minn	5.20m
16	Elle Thorson	SR Bethel (Minn	5.26m

Event 40 Heptathlon: #1 Men 60 Meter Dash

Thursday 2/27/2025 - 2:20 PM

Name	Year School	Seed	Finals
Section 1 Timed Finals			
1	Isak Brandt	SO St. John's (	7.95
2	Will Lapinski	SO St. Olaf	7.76
3	Jesse Olson	SO St. Olaf	7.85
4	Brandon Kallstrom	SR Bethel (Minn	7.60
5	Andrew Cogley	SR St. Olaf	7.74
6	Josh Peterson	SO Concordia-Mo	7.67
Section 2 Timed Finals			
2	Noah Besemann	SO St. John's (	7.57
3	Max Lelwica	SR St. John's (	7.50
4	Connor McCormick	JR Gustavus Ado	7.55
5	Noah Rose	SO St. John's (	7.50
6	Reese Anderson	SO Carleton	7.53
7	Aaron Elseth	JR Bethel (Minn	7.60
Section 3 Timed Finals			
3	Soren Kaster	SO Carleton	7.46
4	Joey Molstre	SO Concordia-Mo	7.42
5	Gavin Hoelzel	SO St. Olaf	7.43
6	Anthony Thurk	SR St. John's (	7.44
7	Bailey Evans	FR St. John's (	7.25
8	Eli Leafblad	SO Bethel (Minn	7.40

Event 40 Heptathlon: #2 Men Long Jump

Thursday 2/27/2025 - 2:20 PM

Name	Year	School	Seed	Mark	Finals
Flight 1 Finals					
1 Isak Brandt	SO	St. John's (		5.13m	
2 Josh Peterson	SO	Concordia-Mo		5.14m	
3 Jesse Olson	SO	St. Olaf		5.26m	
4 Aaron Elseth	JR	Bethel (Minn		5.41m	
5 Will Lapinski	SO	St. Olaf		5.52m	
6 Eli Leafblad	SO	Bethel (Minn		5.57m	
7 Noah Besemann	SO	St. John's (		5.81m	
8 Andrew Cogley	SR	St. Olaf		5.89m	
9 Bailey Evans	FR	St. John's (		5.90m	
10 Connor McCormick	JR	Gustavus Ado		6.00m	
11 Joey Molstre	SO	Concordia-Mo		6.02m	
12 Reese Anderson	SO	Carleton		6.03m	
13 Gavin Hoelzel	SO	St. Olaf		6.04m	
14 Brandon Kallstrom	SR	Bethel (Minn		6.07m	
15 Soren Kaster	SO	Carleton		6.12m	
16 Noah Rose	SO	St. John's (		6.24m	
17 Anthony Thurk	SR	St. John's (		6.38m	
18 Max Lelwica	SR	St. John's (		6.47m	

Event 40 Heptathlon: #3 Men Shot Put

Thursday 2/27/2025 - 2:20 PM

Name	Year	School	Seed	Mark	Finals
Flight 1 Finals					
1 Gavin Hoelzel	SO	St. Olaf		8.50m	
2 Jesse Olson	SO	St. Olaf		8.68m	
3 Connor McCormick	JR	Gustavus Ado		8.81m	
4 Will Lapinski	SO	St. Olaf		9.15m	
5 Joey Molstre	SO	Concordia-Mo		9.57m	
6 Eli Leafblad	SO	Bethel (Minn		9.73m	
7 Reese Anderson	SO	Carleton		9.74m	
8 Isak Brandt	SO	St. John's (		9.83m	
9 Josh Peterson	SO	Concordia-Mo		9.89m	
10 Noah Rose	SO	St. John's (		10.32m	
11 Noah Besemann	SO	St. John's (		10.57m	
12 Soren Kaster	SO	Carleton		10.80m	
13 Aaron Elseth	JR	Bethel (Minn		11.07m	
14 Brandon Kallstrom	SR	Bethel (Minn		11.27m	
15 Bailey Evans	FR	St. John's (		11.51m	
16 Anthony Thurk	SR	St. John's (		11.52m	
17 Andrew Cogley	SR	St. Olaf		11.58m	
18 Max Lelwica	SR	St. John's (		12.49m	

Event 40 Heptathlon: #4 Men High Jump

Thursday 2/27/2025 - 2:20 PM

Name	Year	School	Seed	Mark	Finals
Flight 1 Finals					
1 Isak Brandt	SO	St. John's (		1.48m	
2 Josh Peterson	SO	Concordia-Mo		1.52m	
3 Reese Anderson	SO	Carleton		1.53m	
4 Brandon Kallstrom	SR	Bethel (Minn		1.55m	
5 Aaron Elseth	JR	Bethel (Minn		1.60m	
6 Noah Rose	SO	St. John's (		1.60m	
7 Noah Besemann	SO	St. John's (		1.65m	
8 Eli Leafblad	SO	Bethel (Minn		1.66m	

9	Gavin Hoelzel	SO St. Olaf	1.67m
10	Soren Kaster	SO Carleton	1.68m
11	Will Lapinski	SO St. Olaf	1.71m
12	Jesse Olson	SO St. Olaf	1.71m
13	Connor McCormick	JR Gustavus Ado	1.73m
14	Bailey Evans	FR St. John's (	1.80m
15	Joey Molstre	SO Concordia-Mo	1.81m
16	Andrew Cogley	SR St. Olaf	1.86m
17	Anthony Thurk	SR St. John's (	1.90m
18	Max Lelwica	SR St. John's (	1.92m

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HY-TEK's Meet Manager 2/26/2025 03:07 PM

2025 MIAC Indoor Championships - 2/27/2025 to 3/1/2025

St. John's University

Meet Program

Event 40 Heptathlon: #5 Men 60 Meter Hurdles

Friday 2/28/2025 - 10:00 AM

Name	Year School	Seed	Finals
Section 1 Timed Finals			
2 Brandon Kallstrom	SR Bethel (Minn	10.86	
4 Noah Rose	SO St. John's (	10.53	
6 Eli Leafblad	SO Bethel (Minn	10.71	
Section 2 Timed Finals			
2 Josh Peterson	SO Concordia-Mo	9.78	
4 Jesse Olson	SO St. Olaf	10.33	
6 Noah Besemann	SO St. John's (	9.80	
Section 3 Timed Finals			
2 Andrew Cogley	SR St. Olaf	9.44	
4 Will Lapinski	SO St. Olaf	9.64	
6 Isak Brandt	SO St. John's (	9.60	
Section 4 Timed Finals			
2 Reese Anderson	SO Carleton	9.12	
4 Aaron Elseth	JR Bethel (Minn	9.23	
6 Bailey Evans	FR St. John's (	9.13	
Section 5 Timed Finals			
2 Anthony Thurk	SR St. John's (	9.01	
4 Joey Molstre	SO Concordia-Mo	9.12	
6 Gavin Hoelzel	SO St. Olaf	9.04	
Section 6 Timed Finals			
2 Max Lelwica	SR St. John's (	8.60	
4 Soren Kaster	SO Carleton	8.83	
6 Connor McCormick	JR Gustavus Ado	8.76	

Event 40 Heptathlon: #6 Men Pole Vault

Friday 2/28/2025 - 10:00 AM

Name	Year School	Seed Mark	Finals
Flight 1 Finals			
1 Brandon Kallstrom	SR Bethel (Minn	2.45m	
2 Isak Brandt	SO St. John's (	2.45m	
3 Will Lapinski	SO St. Olaf	2.50m	
4 Andrew Cogley	SR St. Olaf	3.52m	
5 Noah Rose	SO St. John's (	2.75m	
6 Aaron Elseth	JR Bethel (Minn	2.90m	
7 Bailey Evans	FR St. John's (	3.05m	
8 Jesse Olson	SO St. Olaf	3.25m	
9 Eli Leafblad	SO Bethel (Minn	3.55m	
10 Joey Molstre	SO Concordia-Mo	3.65m	
11 Josh Peterson	SO Concordia-Mo	3.76m	
12 Connor McCormick	JR Gustavus Ado	3.80m	

13	Anthony Thurk	SR St. John's (	3.95m
14	Gavin Hoelzel	SO St. Olaf	4.00m
15	Reese Anderson	SO Carleton	4.00m
16	Noah Besemann	SO St. John's (	4.05m
17	Max Lelwica	SR St. John's (	4.10m
18	Soren Kaster	SO Carleton	4.50m

Event 20 Men 60 Meter Hurdles

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Friday 2/28/2025 - 4:30 PM

Championship: 8.01 2/28/2020 Taylor Rooney, Gustavus Adolphu

Facility: 7.89 3/6/2021 Taylor Rooney, Gustavus Adolphu

Name	Year	School	Seed relim Time
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Heat 1 Prelims

1	Joey Molstre	SO Concordia-Mo	9.12
2	Will Lapinski	SO St. Olaf	9.64
3	Josh Thomsen	SR Bethel (Minn	8.22
4	Blake Viesselman	SO Bethel (Minn	8.62
5	Will Sportel	FR Bethel (Minn	8.70
6	Pryce Ferrin	JR Bethel (Minn	8.42
7	Jacob Sterk	FR St. John's (	8.98

Heat 2 Prelims

1	Landon Gilbertson	FR Gustavus Ado	9.24
2	Sebastian Stefanowicz	JR Macalester	8.84
3	Josh Lee	SR Bethel (Minn	8.76
4	Max Lelwica	SR St. John's (	8.60
5	Jackson Lightner	SO Hamline	8.49
6	David Myres	SR Bethel (Minn	8.18
7	Danny Powell	SO Macalester	9.62

Heat 3 Prelims

2	Hamza Mahamud	JR Macalester	9.30
3	Morris Suah	SO Hamline	8.56
4	Joren Rudzitis	FR Bethel (Minn	8.82
5	Cristian Escobar Pearson	FR St. Olaf	8.55
6	Jayson Ekiyor	SR Bethel (Minn	7.93
7	Logan Clark	JR Concordia-Mo	8.83
8	Jackson Bassett	SR St. Olaf	9.38

Event 19 Women 60 Meter Hurdles

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Friday 2/28/2025 - 4:45 PM

Championship: 8.52 2024 Kelsie Sealock, Bethel

Facility: 8.66 2014 Mallory Burnham, St. Thomas

Name	Year	School	Seed relim Time
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Heat 1 Prelims

1	Lucy Askegaard	FR St. Olaf	10.21
2	Elise Harriman	SO St. Olaf	10.20
3	Tessa Myatt	SO Macalester	9.70
4	Ellie Hernes	JR Bethel (Minn	9.42
5	Hannah Bingham	FR Bethel (Minn	9.39
6	Chelsea Stahl	SO Gustavus Ado	9.67
7	Maisy Komastu	FR St. Benedict	10.41
8	Aubree Klein	SO St. Olaf	10.48

Heat 2 Prelims

1	Gabby Bodin	SR St. Catherin	9.89
2	Claire Keech	JR St. Olaf	10.38
3	Kayla Kajer	FR Gustavus Ado	9.83
4	Justus Floren	SR St. Benedict	9.49
5	Elle Thorson	SR Bethel (Minn	9.30
6	Emily Podulke	FR Gustavus Ado	9.65
7	Hailey Scholten	JR Bethel (Minn	10.24

8	Anna Kemp	SO St. Benedict	10.48
Heat 3 Prelims			
1	Emma Sahly	SR St. Olaf	10.27
2	Emma Schuele	JR St. Benedict	10.58
3	Jenna Kalevik	SR Concordia-Mo	8.98
4	Haley Wolsky	SO Concordia-Mo	9.84
5	Laura Thauvin	FR Gustavus Ado	9.51
6	Anyia Adelgren	SO St. Benedict	9.64
7	Chloe Ostrem	SO St. Benedict	9.87
8	Kayla Evans	FR Bethel (Minn	10.31

Event 18 Men 5000 Meter Run

Friday 2/28/2025 - 5:00 PM

Championship: 14:26.94 1983

Nick Manciu, St. Thomas

Facility: 14:31.02 2008

Chris Erichsen, St. John's

Name	Year	School	Seed	Finals
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Section 1 Timed Finals

1	Nick Ihrke	SR Macalester	15:27.20
2	Kevin Turlington	JR St. Olaf	14:23.16
3	Tyler Edwards	JR Macalester	15:07.30
4	Mohammed Bati	JR Augsburg	14:15.33
5	Gael Manzur Strandlund	JR St. Olaf	14:52.11
6	Reece McKee	SR Macalester	15:06.43
7	Eamon Cavanaugh	SR St. John's (	15:33.88
8	Andrew Skemp	SR St. Olaf	14:37.25
9	Parker Max	JR St. Olaf	14:58.91
10	Tyler Goss	SO Concordia-Mo	15:31.51
11	Quinn McCabe	SO St. Olaf	15:32.55
12	Jack Deaver	JR St. Olaf	15:18.65
13	Evan Pouliot	SO Gustavus Ado	15:57.17
14	Isaiah Fitzgerald	SO Saint Mary's	16:00.30
15	Jonah Kalsnes	SR Bethel (Minn	15:59.18
16	Jacob Malecha	SO St. John's (	15:34.17
17	Lex Kaye	SO St. Olaf	15:48.99
18	Will Janzen	SR Gustavus Ado	15:41.97

Event 17 Women 5000 Meter Run

Friday 2/28/2025 - 5:20 PM

Championship: 16:40.72 2024

Fiona Smith, St. Benedict

Facility: 17:16.38 2/28/2020

Clara Mayfield, Carleton

Name	Year	School	Seed	Finals
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Section 1 Timed Finals

1	Ashley Nelson	FR Concordia-Mo	18:37.09
2	Hannah Preisser	JR Carleton	17:00.01
3	Ingrid Norquist	SO Macalester	18:39.07
4	Alison Bode	SR St. Olaf	17:31.89
5	Kendra Klobe	SR Saint Mary's	19:26.39
6	Molly Liston	JR Gustavus Ado	18:30.63
7	Lauren Walda	JR St. Olaf	17:34.25
8	Brooklyn Hart	FR Concordia-Mo	19:01.93
9	Sydney Hagen	SR Gustavus Ado	18:53.46
10	Mary Kenney	JR St. Benedict	18:42.49
11	Abby Bufkin	SO St. Benedict	19:25.71
12	Kathleen Madden	SO St. Olaf	18:36.01
13	Abby Tapajna	JR Hamline	19:34.51
14	Arabella England	FR St. Olaf	19:26.66
15	Gracia Larsen-Schmidt	SR St. Olaf	19:30.21
16	Maggie Votruba	SR Carleton	20:00.79
17	Cate Gleason	SR St. Olaf	19:41.80
18	Lily Harvey	SR St. Catherin	20:41.69

Event 2 Men 60 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Friday 2/28/2025 - 5:45 PM

Championship: 6.76 2/25/2023 Landen Liu, Bethel (Minn

Facility: 6.66 2000 Roman Cress, St. Thomas

Name Year School Seed relim Time

Heat 1 Prelims

1	Niko Vargas	FR Gustavus Ado	7.23
2	Mickey Otis	SO Hamline	7.19
3	Reece Thomas	SR Hamline	7.10
4	Godsword Simon	SR Bethel (Minn	6.98
5	Dawson Schaffer	JR Hamline	7.09
6	Max Reis	FR St. John's (	6.92
7	Duke Henry	FR Hamline	7.24
8	Brandon Travis	FR Augsburg	7.20

Heat 2 Prelims

1	D'Nari Adams	FR Hamline	7.23
2	Zechariah Kyoore	SR Gustavus Ado	7.20
3	Ben Kritsberg	JR Saint Mary's	7.12
4	Kieran Murnan	SO St. John's (	7.09
5	Cameron McConnell	SR Bethel (Minn	6.99
6	Ricky Kwabena Yawson	FR Hamline	6.91
7	Ty McCall	FR Bethel (Minn	7.24
8	Tommy Schreiner	FR Concordia-Mo	7.17

Heat 3 Prelims

1	Oliver Adamson	SR Saint Mary's	7.25
2	Brennan Blake	FR St. John's (	7.16
3	Sean Alfaro Diedrich	SR St. Scholast	7.15
4	Ryan Cramer	FR Saint Mary's	7.01
5	Landen Liu	JR Bethel (Minn	6.67
6	Andrei Pettis	JR Hamline	7.08
7	Nolan Morical	JR Concordia-Mo	7.20
8	Aidan Morey	SO St. John's (	7.20

Event 1 Women 60 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Friday 2/28/2025 - 5:55 PM

Championship: 7.62 2014 Mallory Burnham, St. Thomas

Facility: 7.62 2014 Mallory Burnham, St. Thomas

Name Year School Seed relim Time

Heat 1 Prelims

1	Lydia Fynboh	SO Concordia-Mo	8.20
2	Ava Fink	JR St. Scholast	8.20
3	Allison Stacy	FR Gustavus Ado	8.14
4	Diarra Chatham	SO Macalester	7.89
5	Claire Beckley	FR Macalester	8.13
6	Emily Rengo	JR Concordia-Mo	7.89
7	Emma Storbakken	SR St. Olaf	8.33
8	Sophie Herweijer	FR St. Olaf	8.37

Heat 2 Prelims

1	Emma Cunningham	FR Macalester	8.33
2	McKenzie Munson	JR Saint Mary's	8.38
3	Autumn Maki	FR Bethel (Minn	8.14
4	Kate Carlson	SR Gustavus Ado	7.82
5	Andie Sandman	SO Concordia-Mo	7.94
6	Justus Floren	SR St. Benedict	8.10
7	Claire Siems	FR Hamline	8.20
8	Grace Buntrock	SO St. Benedict	8.18

Heat 3 Prelims

1	Melissa Torres	FR Saint Mary's	8.31
2	Bianca Lott	JR Carleton	8.17

3	Piper Osborne	SO Concordia-Mo	8.04
4	Ella Paulson	FR Bethel (Minn	8.15
5	Samantha Munson	JR Saint Mary's	8.07
6	Zari Young	FR Saint Mary's	7.69
7	Andreiana Aurelius	SR Hamline	8.30
8	Nacia Griffin	FR Augsburg	8.39

Event 14 Men 1 Mile Run

Friday 2/28/2025 - 6:05 PM

Championship: 4:11.94 2014 Grant Wintheiser, St. Olaf

Facility: 4:11.94 2014 Grant Wintheiser, St. Olaf

Name	Year	School	Seed	Finals
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Section 1 Timed Finals

1	Jack McPetridge	JR St. Olaf	4:38.72
2	Caleb Hatlevig	FR Macalester	4:35.19
3	Henry Landsem	SO Gustavus Ado	4:36.71
4	Owen Chamberlin	JR St. Olaf	4:38.66
5	Peyton Martinek	SO St. John's (	4:35.20
6	Kyle Thompson	FR Carleton	4:38.02
7	Andrew Jamison	JR Carleton	4:37.16
8	Lucas Olson	FR St. Olaf	4:38.67
9	Gabe Thompson	SO Macalester	4:38.75

Section 2 Timed Finals

1	Travis Brown	FR Carleton	4:33.05
2	Joseph Gathje	SR St. John's (	4:34.78
3	TJ Strubbe	FR Bethel (Minn	4:34.81
4	Owen Lafferty	SO Macalester	4:30.65
5	Ethan Leonard	SR St. John's (	4:35.05
6	Quinn Hoisington	SO Macalester	4:30.89
7	Jack Riley	FR Macalester	4:30.63
8	Collin Berg	FR St. John's (	4:32.90
9	Ryan Bernstein	JR Carleton	4:33.78

Section 3 Timed Finals

1	Lucas LiaBraaten	JR Hamline	4:29.40
2	Sean Hartney	SR St. Olaf	4:13.66
3	Ethan Martel	SO St. Olaf	4:29.85
4	Lars Dewall	SR St. Scholast	4:11.45
5	Calvin Boone	SR St. Scholast	4:10.93
6	Alex Bjork	SO St. Olaf	4:24.30
7	Gabe Nichols	JR Carleton	4:14.15
8	Jackson Marsh	SR St. Olaf	4:26.09
9	Brady Goss	SO Concordia-Mo	4:12.38

Event 13 Women 1 Mile Run

Friday 2/28/2025 - 6:25 PM

Championship: 4:50.20 2/25/2023 Clara Mayfield, Carleton

Facility: 4:54.49 2008 Marie Borner, Bethel

Name	Year	School	Seed	Finals
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Section 1 Timed Finals

1	Anna Hay	SR Bethel (Minn	5:35.92
2	Mia Ransavage	FR St. Olaf	5:45.88
3	Londyn Ames	SO Concordia-Mo	5:40.29
4	Ava Shirley	JR St. Olaf	5:46.35
5	Eva Creighton	JR St. Benedict	5:36.61
6	Molly Kate McCloskey	JR St. Olaf	5:33.07
7	Kyra Morris	FR Macalester	5:40.12
8	Destiny Osemwengie	SO Macalester	5:40.90
9	Sylvia Coyle	SR Macalester	5:35.88

Section 2 Timed Finals

1	Samantha Ellis	SO Macalester	5:29.62
2	Drew Frolek	SR Concordia-Mo	5:19.68

3	Natalie Zielsdorf	JR St. Benedict	5:27.19
4	Julia Babineau	SO St. Benedict	5:32.48
5	Eileen O'Connor	FR St. Benedict	5:30.13
6	Grace Moeller	JR St. Olaf	5:20.30
7	Siri Erickson	SO St. Olaf	5:19.17
8	Timna Nevo	SO Macalester	5:28.41
9	Kelyn Henry-Perlich	FR Concordia-Mo	5:21.61

Section 3 Timed Finals

1	Aliya Larsen	JR Carleton	5:12.36
2	Kate Fox	FR Macalester	5:18.45
3	Nora Daley	SO Carleton	5:16.78
4	Libby Rowland	SR Carleton	5:11.27
5	Sofia Carlson	SR St. Olaf	5:12.39
6	Sophie Abernethy	SR St. Olaf	5:14.68
7	Sophie McManus	SR Carleton	5:05.93
8	Mya Slavin	FR Saint Mary's	5:18.62
9	Lucy Lyngen	SR St. Benedict	5:17.05

Event 6 Men 400 Meter Dash

Friday 2/28/2025 - 7:05 PM

Championship: 48.58 2024

Facility: 48.78 2004

Jacob Parent, Bethel

Matthew Shannon, Augsburg

Name	Year School	Seed	Finals
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Section 1 Timed Finals

3	Tennessee Fossen	SR Gustavus Ado	52.55
4	Taaron Rudzitis	SR Bethel (Minn	51.83
5	Wyatt Witschen	SO St. John's (	51.31
6	Daniel Scheider	JR Carleton	51.44

Section 2 Timed Finals

3	Sam Schulze	SR Gustavus Ado	52.61
4	Alex Palm	SO Bethel (Minn	52.02
5	Trevor Tiongson	JR Concordia-Mo	51.08
6	Brayden Carlson	FR Concordia-Mo	51.14

Section 3 Timed Finals

3	Asher Nathan	SO Carleton	52.66
4	Tony Haack	JR Bethel (Minn	52.08
5	Caleb Ketterling	SO Bethel (Minn	50.63
6	Sam Raitz	SO Bethel (Minn	50.65

Section 4 Timed Finals

3	Eddie Paton	SO Saint Mary's	53.07
4	Cohen Stursa	SO Gustavus Ado	52.11
5	Arlo Heitler	SR Macalester	48.99
6	Noah Kubicek	JR St. Scholast	49.98

Section 5 Timed Finals

3	Hunter Mohr	FR St. John's (	53.22
4	Noah Stageberg	SR Gustavus Ado	52.31
5	Grant Nelson	JR Bethel (Minn	48.25
6	Jacob Parent	SR Bethel (Minn	48.67

Event 5 Women 400 Meter Dash

Friday 2/28/2025 - 7:20 PM

Championship: 56.80 2017

Facility: 57.29 2/28/2020

Alexa Feeney, Carleton

Delia Labatt, Bethel (Minn.)

Name	Year School	Seed	Finals
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Section 1 Timed Finals

3	Morgan Dean	JR Bethel (Minn	1:02.78
4	Emma Warner	FR Concordia-Mo	1:00.78
5	Ava Revoir	FR St. Benedict	59.92
6	Izzi Jaeckle	FR St. Olaf	1:00.69

Section 2 Timed Finals

3	Kayla Nelson	JR St. Scholast	1:03.58
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4	Madi Pelowski	SO Bethel (Minn	1:01.98
5	Abbie Swenson	SR Bethel (Minn	59.87
6	Hannah Kvant	SO Bethel (Minn	59.88

Section 3 Timed Finals

3	Alice Wagner-Hemstad	FR St. Olaf	1:03.76
4	Emerson Knapp	SR St. Benedict	1:02.06
5	Sarah Stellmach	JR Bethel (Minn	58.34
6	Hailey Gregg	SR Bethel (Minn	59.70

Section 4 Timed Finals

3	Lauren Rocheford	JR Gustavus Ado	1:03.86
4	Ariッサ Rydberg	FR Bethel (Minn	1:02.12
5	Allison Hookom	JR Augsburg	57.49
6	Kyla Nygaard	JR Concordia-Mo	57.84

Section 5 Timed Finals

3	Larissa Minshull	SR Bethel (Minn	1:04.53
4	Emma Dauner	SO St. Olaf	1:02.24
5	Ariella Rogahn-Press	FR Macalester	56.22
6	Megan Geraets	SR Gustavus Ado	56.76

Event 10 Men 800 Meter Run

Friday 2/28/2025 - 7:35 PM

Championship: 1:52.54 2010

Facility: 1:53.91 2008

Max Hanson, Gustavus Adolphus

Jared Clementson, Minnesota Duluth

Name	Year	School	Seed	Finals
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Section 1 Timed Finals

1	Abdikafi Khalif	FR Augsburg	2:02.19
2	Michael Schultz	FR Bethel (Minn	2:01.95
3	Logan Hays	FR Bethel (Minn	2:03.65
4	Clark Nelson	SR Bethel (Minn	2:01.00
5	Max McCoy	SO St. John's (	2:01.02
6	Alex Bittner	JR St. Olaf	2:01.02
7	Jay Lebakken	JR Macalester	2:04.00

Section 2 Timed Finals

1	Henry Johnson	SO St. Olaf	1:59.74
2	Owen Montreuil	JR St. John's (	1:56.84
3	Zach Martin	SO St. Olaf	2:00.06
4	Austin McInturff	FR St. Olaf	1:57.37
5	Nick St. Peter	JR St. John's (	1:57.05
6	Daniel Wiltse	SO Macalester	2:00.07
7	Ethan Cozine	SO St. Olaf	1:58.98

Section 3 Timed Finals

1	Victor Lelinga	SO Bethel (Minn	1:56.11
2	Jackson Bullock	FR St. Olaf	1:56.02
3	Tyler Smith	SR Gustavus Ado	1:55.21
4	John Ihrke	FR Macalester	1:54.85
5	Josh Meier	SR Carleton	1:55.75
6	Lance Nemecek	JR St. Olaf	1:56.40
7	Cullen Moore	JR St. Olaf	1:54.75

Event 9 Women 800 Meter Run

Friday 2/28/2025 - 7:50 PM

Championship: 2:12.67 2019

Facility: 2:13.19 2008

Phoebe Aguiar, Macalester

Liz Palkie, Minnesota Duluth

Name	Year	School	Seed	Finals
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Section 1 Timed Finals

1	Emily Koch	SO St. Benedict	2:36.46
2	Meaghan McDonald	JR St. Benedict	2:34.27
3	Sophia Fan	FR Macalester	2:35.14
4	Maranda Thier	SR St. Benedict	2:33.06
5	Madeline Hartley	SO St. Scholast	2:34.79
6	Anna Warren	SR Macalester	2:35.71

7	Ella Krumm	SR Macalester	2:36.59
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Section 2 Timed Finals

1	Taylor Radaich	SO St. Benedict	2:22.87
2	Alwena Brix	FR Augsburg	2:28.86
3	Addie Dahl	FR Concordia-Mo	2:31.91
4	Brooke Verkinnes	JR St. Benedict	2:28.46
5	Karcyn Dose	FR St. Benedict	2:29.93
6	Nora Mickelson	SO St. Olaf	2:24.99
7	Anabel Bradley	SO Hamline	2:22.83

Section 3 Timed Finals

1	Shalom Sulungaine	SO Bethel (Minn)	2:18.31
2	Regan DeWitt	SO St. Scholast	2:20.89
3	Kayla Sieck	JR St. Olaf	2:22.55
4	Lara Erickson	SR Carleton	2:19.97
5	Jules Fromm	SR St. Olaf	2:19.29
6	Lauren Berg	JR St. Benedict	2:19.90
7	Isabel Wyatt	JR St. Olaf	2:12.03

Event 26 Men Distance Medley

Friday 2/28/2025 - 8:15 PM

Championship: 10:14.89 2024 St. Olaf, St. Olaf
 Facility: 10:20.56 2008 St. Olaf, St. Olaf
 T Drahn, T Marti, D Varley, D Ruon

School	Seed	Finals
Section 1 Timed Finals		
1 St. John's (Minn.) 'A'	NT	
2 Macalester 'A'	NT	
3 St. Olaf 'A'	NT	
4 Augsburg 'A'	NT	
5 St. Scholastica 'A'	NT	
6 Saint Mary's (Minn.) 'A'	NT	
7 Gustavus Adolphus 'A'	NT	
8 Carleton 'A'	NT	
9 Concordia-Moorhead 'A'	NT	
10 Hamline 'A'	NT	
11 Bethel (Minn.) 'A'	NT	

Event 25 Women Distance Medley

Friday 2/28/2025 - 8:30 PM

Championship: 12:23.37 2012 St. Olaf, St. Olaf
 M Novacinski, E Stets, J Mosel, M Westby
 Facility: 12:27.15 2008 Bethel, Bethel
 M Borner, A Keefe, K Jelen, H Jelen

School	Seed	Finals
Section 1 Timed Finals		
1 Gustavus Adolphus 'A'	13:05.96	
2 St. Benedict 'A'	NT	
3 Macalester 'A'	NT	
4 Concordia-Moorhead 'A'	NT	
5 Bethel (Minn.) 'A'	NT	
6 Augsburg 'A'	NT	
7 St. Catherine (Minn.) 'A'	NT	
8 St. Scholastica 'A'	NT	
9 St. Olaf 'A'	NT	
10 Carleton 'A'	NT	
11 Saint Mary's (Minn.) 'A'	NT	
12 Hamline 'A'	NT	

Event 32 Men Long Jump

Friday 2/28/2025 - 4:00 PM

Championship: 7.56m 2/28/2020 Kyle Lichttenegger, Saint Mary's (Mi
 Facility: 7.56m 2/28/2020 Kyle Lichttenegger, Saint Mary's (Mi
 Name Year School Seed Mark Finals

Flight 1 Finals

1	Josiah Budiman	JR Hamline	6.39m
2	Josh Charlton	SR St. Olaf	6.36m
3	Ben Peterson	SR Concordia-Mo	6.41m
4	Liam Frommelt	FR Gustavus Ado	6.39m
5	Duke Henry	FR Hamline	6.40m
6	Brandon Travis	FR Augsburg	6.37m
7	Logan Sandmeyer	FR Gustavus Ado	6.36m
8	Nick Hasbargen	FR Concordia-Mo	6.40m
9	Nick Bovitz	SO Bethel (Minn	6.42m
10	Antonio Cisewski	SR Saint Mary's	6.39m

Flight 2 Finals

1	Riley Hodin	SR Macalester	6.55m
2	Tommy Schreiner	FR Concordia-Mo	7.01m
3	Matt Hansen	SO St. John's (	6.65m
4	Isaiah Watson	FR Hamline	6.61m
5	Isaiah Subah	SR Gustavus Ado	6.54m
6	Zach Schaffer	JR St. John's (	7.06m
7	Eh Ler Moo	SR St. Olaf	6.46m
8	Max Reis	FR St. John's (	6.88m
9	Jarod Timlin	FR Hamline	6.59m
10	Max Albertson	SO St. Olaf	7.08m

Event 37 Women Weight Throw

Friday 2/28/2025 - 4:00 PM

Championship: 17.66m 2000 Hamline, April Felt
 Facility: 19.59m 2/7/2021 Rebecca Manteuffel, SW Minnesota St.
 Name Year School Seed Mark Finals

Flight 1 Finals

1	Jessica Lin	SO Macalester	13.70m
2	Ella Boelter	JR Bethel (Minn	12.65m
3	Rachel Wehrman	FR Bethel (Minn	13.01m
4	Ella Heins	SO St. Scholast	12.77m
5	Ava Russell	FR Macalester	12.88m
6	Magenta Owens	FR Hamline	12.88m
7	Brooke Kangas	SR Concordia-Mo	13.93m
8	Malonna Wilson	FR Bethel (Minn	12.65m
9	Emma Johnson	SR St. Olaf	12.55m
10	Rebecca Hoffman	SO Gustavus Ado	13.67m

Flight 2 Finals

1	Morgan Wallendal	SR Saint Mary's	15.05m
2	Lexi Brainer	SR Hamline	16.83m
3	Brooke Tracy	JR Hamline	14.29m
4	Ella Stritesky	JR St. Scholast	14.98m
5	Ella Engen	JR St. Scholast	14.51m
6	Anna Becker	SR Saint Mary's	15.48m
7	Jade Hunt	SR Hamline	14.01m
8	Anna Speratos	JR Bethel (Minn	17.31m
9	Christian Smith	SO St. Benedict	13.98m
10	Nora Wilhelm	JR Bethel (Minn	15.62m

Event 29 Women Pole Vault

Friday 2/28/2025 - 5:00 PM

2.61, 2.76, 2.91, 3.06, 3.16, 3.26, 3.36, 3.46
 Championship: 3.83m 2017 London Stelton, Saint Benedict
 Facility: 3.68m 2004 Karolien Bustiaens, St. Thomas
 Name Year School Seed Mark Finals

Flight 1 Finals

1	Anna Gardeen	SO Bethel (Minn)	2.73m
2	Bria Luepke	JR Hamline	2.75m
3	Tahlia Craft	SO Bethel (Minn)	2.75m
4	Molly Nelson	JR Bethel (Minn)	2.90m
5	Lillian Selberg	SR Gustavus Ado	2.90m
6	Jenna Bunker	SR Gustavus Ado	2.90m
7	Savannah Brown	SO Hamline	2.93m
8	McKenna Flinn	FR St. Benedict	2.93m
9	LiLi Raidt	SO St. Benedict	3.05m
10	Erika Nesseth	FR St. Olaf	3.07m
11	Xara Gin	FR Saint Mary's	3.07m
12	Seneca Wilson	SO Macalester	3.11m
13	Camille Finney	SO Gustavus Ado	3.22m
14	Brynley Coleman	FR Concordia-Mo	3.27m
15	Raina Kaping	SO Bethel (Minn)	3.33m
16	Emily Pearson	SO Bethel (Minn)	3.44m
17	Alli Graff	SR Gustavus Ado	3.47m
18	Jaylyn Ahlberg	JR St. Benedict	3.50m

Event 31 Women Long Jump

Friday 2/28/2025 - 6:30 PM

Championship: 5.79m 2005 Kristal Grigsby, St. Thomas

Facility: 5.73m 2/28/2020 Steph Kretlow, St. Thomas (Minn)

Name	Year	School	Seed	Mark	Finals
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Flight 1 Finals

1	Elli Schritz	SO St. Scholast	4.77m
2	Tessa Myatt	SO Macalester	4.99m
3	Megan Geraets	SR Gustavus Ado	5.67m
4	Laura Thauvin	FR Gustavus Ado	4.87m
5	Marissa Albers	SO Hamline	4.69m
6	Sami Solheid	SO St. Benedict	4.97m
7	Katie Petersen	SR Gustavus Ado	4.76m
8	Anna Gries	FR St. Benedict	4.95m
9	Claire Beckley	FR Macalester	5.03m
10	Maggie McCabe	FR St. Benedict	4.82m

Flight 2 Finals

1	Justus Floren	SR St. Benedict	4.98m
2	Sabriya Farquharson	SO St. Benedict	5.53m
3	Addyson Barrett	FR Hamline	5.06m
4	Ellie Hernes	JR Bethel (Minn)	5.20m
5	Ashlyn Jore	JR St. Olaf	5.21m
6	Jenna Kalevik	SR Concordia-Mo	5.06m
7	Sarraah Lindner	JR Gustavus Ado	5.08m
8	Elle Thorson	SR Bethel (Minn)	5.26m
9	Jordan Stanisloski	SO Bethel (Minn)	5.23m
10	Shayna Wick	FR St. Scholast	5.13m

Event 28 Men High Jump

Friday 2/28/2025 - 6:30 PM

1.71, 1.76, 1.81, 1.86, 1.91, 1.94, 1.97, 2.00

Championship: 2.17m 1995 Kenneth Hoffmann, St. Olaf

Facility: 2.09m 2004 Nick Welshons, St. John's

Name	Year	School	Seed	Mark	Finals
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Flight 1 Finals

1	Colten Eggleston	FR Hamline	1.72m
2	Iain Lee	JR Hamline	1.72m
3	Abdoul Gueye	FR Hamline	1.77m
4	Kyler Flunker	FR Gustavus Ado	1.78m
5	Landon Gilbertson	FR Gustavus Ado	1.78m
6	Lucas Heldman	FR Carleton	1.80m

7	Luc Swanson	SO Bethel (Minn	1.82m
8	Eli Hegland	FR Concordia-Mo	1.83m
9	Danny Bies	SR Gustavus Ado	1.85m
10	Andrew Cogley	SR St. Olaf	1.86m
11	Morris Suah	SO Hamline	1.87m
12	Peyton Kessel	SR Concordia-Mo	1.88m
13	Anthony Marsh	SR Concordia-Mo	1.88m
14	Connor O'Brien	SO St. John's (	1.92m
15	Alec Ungar	SR St. John's (	1.92m
16	Cole Matetich	SR Gustavus Ado	1.93m
17	Peyton Johnsrud	SR Concordia-Mo	1.93m
18	Brendan Carlson	SR Gustavus Ado	1.93m
19	Jackson McDowell	SO St. John's (	2.06m

Event 38 Men Weight Throw

Friday 2/28/2025 - 6:30 PM

Championship: 19.68m 2011

Facility: 18.42m 2019

Andrwe Brueggen, Saint Mary's

Michael Hensch, Gustavus Adolphus

Name	Year School	Seed Mark	Finals
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Flight 1 Finals

1	Galen McGlynn	JR St. Olaf	13.34m
2	Timmy Ball	FR Bethel (Minn	14.20m
3	Esosa Edo-Ohanba	SO St. Olaf	13.41m
4	Rylan Turqueza	SO St. John's (	14.24m
5	Kale Kardonsky	FR St. Olaf	14.33m
6	Aiden Yang	SR Macalester	13.47m
7	Harry Massey	SO Hamline	13.93m
8	Jonathan Ritz	FR Bethel (Minn	13.72m
9	Grady Minnerath	FR St. John's (	12.69m
10	Blake Houska	SO Concordia-Mo	14.01m

Flight 2 Finals

1	Joshua Monreal	SO St. Scholast	17.20m
2	Mason Sundquist	FR St. Scholast	14.50m
3	Max Menache	SR Macalester	15.74m
4	Casen Fritz	SR Saint Mary's	15.82m
5	Joseph Mensen	SR St. John's (	14.95m
6	Philip Conant	SO Bethel (Minn	16.36m
7	Adam Hokanson	JR Bethel (Minn	18.05m
8	Austin Mills	JR Macalester	16.04m
9	Evan Larsen	SR Bethel (Minn	17.26m
10	Trent Beseth	JR St. Scholast	17.34m

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HY-TEK's Meet Manager 2/26/2025 03:07 PM

2025 MIAC Indoor Championships - 2/27/2025 to 3/1/2025

St. John's University

Meet Program

Event 22 Men 4x200 Meter Relay

Saturday 3/1/2025 - 1:00 PM

Championship: 1:27.87 2000

St. Thomas, St. Thomas

N Stahly, J Hall, J Heckman, R Cress

Facility: 1:27.87 2000

St. Thomas, St. Thomas

Stahly, Hall, Heckman, Cress

School	Seed	Finals
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Section 1 Timed Finals

4	Carleton 'A'	NT
5	Saint Mary's (Minn.) 'A'	1:32.24
6	Gustavus Adolphus 'A'	1:32.66

Section 2 Timed Finals

3	St. Scholastica 'A'	NT
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4	Macalester 'A'	1:35.14
5	Hamline 'A'	1:31.58
6	St. Olaf 'A'	1:31.94
Section 3 Timed Finals		
3	Augsburg 'A'	NT
4	St. John's (Minn.) 'A'	1:32.71
5	Concordia-Moorhead 'A'	1:29.81
6	Bethel (Minn.) 'A'	1:30.60

Event 21 Women 4x200 Meter Relay

Saturday 3/1/2025 - 1:15 PM

Championship:	1:42.50	2011	Augsburg, Augsburg
			S Telphia, A Carney, D Flowers, K Vrieze
Facility:	1:33.10	2000	St. Cloud State, St. Cloud State
School			Seed Finals

Section 1 Timed Finals

3	St. Catherine (Minn.) 'A'	NT
4	Saint Mary's (Minn.) 'A'	1:48.77
5	Carleton 'A'	1:48.00
6	Macalester 'A'	1:48.07

Section 2 Timed Finals

3	St. Scholastica 'A'	NT
4	Hamline 'A'	1:49.83
5	Bethel (Minn.) 'A'	1:47.36
6	St. Olaf 'A'	1:47.57

Section 3 Timed Finals

3	Augsburg 'A'	NT
4	St. Benedict 'A'	1:51.04
5	Gustavus Adolphus 'A'	1:44.54
6	Concordia-Moorhead 'A'	1:45.35

Event 16 Men 3000 Meter Run

Saturday 3/1/2025 - 1:30 PM

Championship:	8:11.52	2/29/2020	Matthew Wilkinson, Carleton
Facility:	8:11.52	2/29/2020	Matthew Wilkinson, Carleton
Name		Year School	Seed Finals

Section 1 Timed Finals

1	Will Janzen	SR Gustavus Ado	8:59.97
2	Lucas LiaBraaten	JR Hamline	8:47.51
3	Evan Pouliot	SO Gustavus Ado	9:03.54
4	Tyler Goss	SO Concordia-Mo	8:46.71
5	Quinn McCabe	SO St. Olaf	8:51.76
6	Jonah Kalsnes	SR Bethel (Minn	8:58.41
7	Jacob Malecha	SO St. John's (	8:57.47
8	Torte Torstenson	SO Carleton	9:01.67
9	Nick Ihrke	SR Macalester	8:48.69
10	Lex Kaye	SO St. Olaf	8:59.44
11	Travis Brown	FR Carleton	9:02.96
12	Hootie Hage	FR Bethel (Minn	8:48.44
13	Ryan Bernstein	JR Carleton	9:03.77
14	Nathaniel Malchow	SO Carleton	9:06.63
15	Isaiah Fitzgerald	SO Saint Mary's	9:06.14

Section 2 Timed Finals

1	Lars Dewall	SR St. Scholast	8:15.68
2	Andrew Skemp	SR St. Olaf	8:37.98
3	Eamon Cavanaugh	SR St. John's (	8:42.69
4	Calvin Boone	SR St. Scholast	8:24.13
5	Kevin Turlington	JR St. Olaf	8:25.90
6	Ignatius Fitzgerald	JR St. Olaf	8:30.90
7	Gabe Nichols	JR Carleton	8:18.19
8	Grant Graber	SR Bethel (Minn	8:40.71

9	Reece McKee	SR Macalester	8:43.74
10	Parker Max	JR St. Olaf	8:42.45
11	Mohammed Bati	JR Augsburg	8:18.21
12	Brady Goss	SO Concordia-Mo	8:36.44
13	Tyler Edwards	JR Macalester	8:43.74
14	Gael Manzur Strandlund	JR St. Olaf	8:46.62
15	Tor Olsson	SR Macalester	8:46.57

Event 15 Women 3000 Meter Run

Saturday 3/1/2025 - 1:45 PM

Championship: 9:32.07 2/26/2023 Fiona Smith, St. Benedict

Facility: 9:53.33 2014 Kimber Meyer, Macalester

Name	Year	School	Seed	Finals
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Section 1 Timed Finals

1	Molly Kate McCloskey	JR St. Olaf	11:04.50
2	Samantha Ellis	SO Macalester	10:56.26
3	Safiya Ait Ali	FR St. Olaf	11:07.65
4	Gracia Larsen-Schmidt	SR St. Olaf	11:01.49
5	Brooklyn Hart	FR Concordia-Mo	10:51.10
6	Kathleen Madden	SO St. Olaf	10:54.21
7	Abby Bufkin	SO St. Benedict	11:01.31
8	Ivy Coldren	SO Macalester	10:56.68
9	Mollykate Hagen	SO St. Scholast	11:01.93
10	Timna Nevo	SO Macalester	10:55.99
11	Mackenzie Murphy	SO Gustavus Ado	11:04.67
12	Grace McCormick	SO St. Scholast	10:48.56
13	Destiny Osemwengie	SO Macalester	11:07.78
14	Abby Tapajna	JR Hamline	11:08.50
15	Julia Babineau	SO St. Benedict	11:09.14

Section 2 Timed Finals

1	Libby Rowland	SR Carleton	10:28.48
2	Aliya Larsen	JR Carleton	9:59.84
3	Abigale Lindquist	FR St. Olaf	10:37.56
4	Ashley Nelson	FR Concordia-Mo	10:40.89
5	Hannah Preisser	JR Carleton	9:57.56
6	Nora Daley	SO Carleton	10:24.96
7	Lauren Walda	JR St. Olaf	10:23.22
8	Sophie McManus	SR Carleton	10:08.87
9	Sydney Hagen	SR Gustavus Ado	10:38.27
10	Alison Bode	SR St. Olaf	10:29.37
11	Lucy Lyngen	SR St. Benedict	10:39.39
12	Sofia Carlson	SR St. Olaf	10:16.61
13	Ingrid Norquist	SO Macalester	10:41.04
14	Molly Liston	JR Gustavus Ado	10:42.27
15	Mary Kenney	JR St. Benedict	10:43.79

Event 8 Men 600 Meter Run

Saturday 3/1/2025 - 2:00 PM

Championship: 1:20.19 2017 Carl Klamm, Bethel

Facility: 1:20.41 2/29/2020 Jesse Middendorf, Concordia-Moorhe

Name	Year	School	Seed	Finals
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Section 1 Timed Finals

1	Brayden Carlson	FR Concordia-Mo	1:24.85
2	Mark Rud	JR Gustavus Ado	1:24.48
3	Zach Martin	SO St. Olaf	1:23.96
4	Markus Rupnow	SR Gustavus Ado	1:23.70
5	John Ihrke	FR Macalester	1:23.31
6	Jackson Bullock	FR St. Olaf	1:23.58

Section 2 Timed Finals

1	Max McCoy	SO St. John's (	1:25.59
2	Derek Douglas	SR St. Scholast	1:24.65

3	Kalid Ali	SR Macalester	1:24.02
4	Austin McInturff	FR St. Olaf	1:23.85
5	Lance Nemecek	JR St. Olaf	1:22.66
6	Owen Montreuil	JR St. John's (	1:22.70

Section 3 Timed Finals

1	Cade Kloss	SR Saint Mary's	1:26.25
2	Taaron Rudzitis	SR Bethel (Minn	1:24.80
3	Josh Meier	SR Carleton	1:24.25
4	Daniel Scheider	JR Carleton	1:23.88
5	Victor Lelinga	SO Bethel (Minn	1:21.91
6	Noah Kubicek	JR St. Scholast	1:22.47

Event 7 Women 600 Meter Run

Saturday 3/1/2025 - 2:10 PM

Championship: 1:31.68 2019

Facility: 1:34.68 2008

Pheobe Aguiar, Macalester

Marie Borner, Bethel

Name	Year School	Seed	Finals
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Section 1 Timed Finals

1	Larissa Minshull	SR Bethel (Minn	1:47.98
2	Isabel Fynboh	JR Gustavus Ado	1:44.43
3	Emma Dauner	SO St. Olaf	1:42.93
4	Kayla Sieck	JR St. Olaf	1:39.74
5	Ava Revoir	FR St. Benedict	1:38.67
6	Jules Fromm	SR St. Olaf	1:39.22

Section 2 Timed Finals

1	Anna Warren	SR Macalester	1:48.39
2	Erin O'Connor	FR St. Benedict	1:46.68
3	Nora Mickelson	SO St. Olaf	1:43.26
4	Molly DiNardo	SO St. Olaf	1:40.05
5	Shalom Sulungaine	SO Bethel (Minn	1:37.48
6	Lauren Berg	JR St. Benedict	1:38.65

Section 3 Timed Finals

1	Adelyn McCorison	FR St. Scholast	1:48.39
2	Joel Makem Ratzinger	SO St. Benedict	1:47.86
3	Meg Shercliffe	SR Concordia-Mo	1:43.48
4	Aubrey Mair	SR Gustavus Ado	1:42.80
5	Allison Hookom	JR Augsburg	1:34.94
6	Kyla Nygaard	JR Concordia-Mo	1:35.48

Event 12 Men 1000 Meter Run

Saturday 3/1/2025 - 2:25 PM

Championship: 2:26.02 2017

Facility: 2:29.24 2015

Donson-Cook Gallardo, Carleton

Tommy Feichtinger, St. John's

Name	Year School	Seed	Finals
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Section 1 Timed Finals

1	Lucas Olson	FR St. Olaf	2:38.58
2	Henry Landsem	SO Gustavus Ado	2:41.80
3	Emerson Lange	JR Carleton	2:39.70
4	Collin Berg	FR St. John's (	2:41.40
5	Joseph Gathje	SR St. John's (	2:39.07
6	Jackson Marsh	SR St. Olaf	2:38.22
7	Jack Riley	FR Macalester	2:40.50
8	Ashton Niemi	SO St. Scholast	2:38.95

Section 2 Timed Finals

1	Nicholas Brauer	SO Gustavus Ado	2:34.93
2	Ethan Cozine	SO St. Olaf	2:37.17
3	Nathan Neu	SR St. Scholast	2:35.84
4	Carson Roehl	SR Gustavus Ado	2:35.03
5	Gabe Kuecker	SR Bethel (Minn	2:36.96
6	Lars Molenkamp	SO St. John's (	2:37.00
7	Alex Bjork	SO St. Olaf	2:36.71

8	Clark Nelson	SR Bethel (Minn	2:37.01
Section 3 Timed Finals			
1	Tyler Smith	SR Gustavus Ado	2:30.56
2	Olaf Coffey	SR St. Olaf	2:31.18
3	Cole Stencel	FR St. John's (	2:32.97
4	Christian Fells	SO St. Olaf	2:34.24
5	Sean Hartney	SR St. Olaf	2:29.76
6	Tommy Allen	JR St. John's (	2:32.72
7	Cullen Moore	JR St. Olaf	2:32.09
8	Nick St. Peter	JR St. John's (	2:31.99

Event 11 Women 1000 Meter Run

Saturday 3/1/2025 - 2:40 PM

Championship: 2:51.48 2016

Facility: 2:55.45 2011

Emily Gapinski, St. Thomas

Erin Sprangers, St. Thomas

Name	Year School	Seed	Finals
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Section 1 Timed Finals

1	Madeleine Reckmeyer	FR Carleton	3:13.29
2	Anabella Witschen	SO St. Benedict	3:11.97
3	Sophia Fan	FR Macalester	3:18.38
4	Natalie Zielsdorf	JR St. Benedict	3:17.30
5	Brooke Verkinnes	JR St. Benedict	3:13.61
6	Anna Cargill	SR Bethel (Minn	3:11.58
7	Kailyn Walukas	SR Gustavus Ado	3:10.00
8	Ava Shirley	JR St. Olaf	3:19.51

Section 2 Timed Finals

1	Kate Fox	FR Macalester	3:05.14
2	Siri Erickson	SO St. Olaf	3:04.71
3	Kayla Marx	FR Carleton	3:05.82
4	Kalli Smith	SR St. Benedict	3:04.47
5	Grace Moeller	JR St. Olaf	3:05.80
6	Willemijn Leiner	FR St. Olaf	3:05.60
7	Kelyn Henry-Perlich	FR Concordia-Mo	3:06.66
8	Ruby Gernandt	SR Bethel (Minn	3:07.78

Section 3 Timed Finals

1	Drew Frolek	SR Concordia-Mo	3:02.95
2	Celia Silverstein	JR Carleton	3:01.96
3	Mya Slavin	FR Saint Mary's	3:01.92
4	Regan DeWitt	SO St. Scholast	3:03.59
5	Taylor Radaich	SO St. Benedict	3:03.19
6	Isabel Wyatt	JR St. Olaf	2:56.20
7	Lara Erickson	SR Carleton	3:01.52
8	Sophie Abernethy	SR St. Olaf	3:03.88

Event 4 Men 200 Meter Dash

Saturday 3/1/2025 - 2:55 PM

Championship: 21.80 2024

Facility: 22.03 2000

Jacob Parent, Bethel

Roman Cress, St. Thomas

Name	Year School	Seed	Finals
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Section 1 Timed Finals

3	Will Sportel	FR Bethel (Minn	23.39
4	Cristian Escobar Pearson	FR St. Olaf	23.03
5	Tommy Schreiner	FR Concordia-Mo	22.87
6	Max Reis	FR St. John's (	22.99

Section 2 Timed Finals

3	Simon Lippert	FR Gustavus Ado	23.42
4	Reece Thomas	SR Hamline	23.13
5	Kieran Murnan	SO St. John's (	22.77
6	Ryan Cramer	FR Saint Mary's	22.79

Section 3 Timed Finals

3	Ben Kritsberg	JR Saint Mary's	23.42
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4	Dawson Schaffer	JR Hamline	23.21
5	Oliver Adamson	SR Saint Mary's	22.66
6	Jordan Petron	SR Concordia-Mo	22.72
Section 4 Timed Finals			
3	Zechariah Kyoore	SR Gustavus Ado	23.49
4	Cameron McConnell	SR Bethel (Minn	23.22
5	Ricky Kwabena Yawson	FR Hamline	22.41
6	Josh Thomsen	SR Bethel (Minn	22.63
Section 5 Timed Finals			
3	Tyler Heil	SO Gustavus Ado	23.50
4	Sean Alfaro Diedrich	SR St. Scholast	23.23
5	Arlo Heitler	SR Macalester	22.34
6	Sam Raitz	SO Bethel (Minn	22.41
Section 6 Timed Finals			
3	Niko Vargas	FR Gustavus Ado	23.52
4	Conner Martens	FR Gustavus Ado	23.39
5	Jacob Parent	SR Bethel (Minn	21.79
6	Grant Nelson	JR Bethel (Minn	21.92

Event 3 Women 200 Meter Dash

Saturday 3/1/2025 - 3:10 PM

Championship: 25.16 2024

Facility: 25.42 2008

Megan Geraets, Gustavus Adolphus

Nikki Arola, St. Thomas

Name	Year School	Seed	Finals
Section 1 Timed Finals			
3 Diarra Chatham	SO Macalester	27.85	
4 Bianca Lott	JR Carleton	27.35	
5 Ava Fink	JR St. Scholast	27.04	
6 Claire Siems	FR Hamline	27.30	
Section 2 Timed Finals			
3 Rachael Kubichka	SO Saint Mary's	27.89	
4 Allison Stacy	FR Gustavus Ado	27.44	
5 Zari Young	FR Saint Mary's	26.85	
6 Piper Osborne	SO Concordia-Mo	26.87	
Section 3 Timed Finals			
3 Grace Buntrock	SO St. Benedict	27.90	
4 Allee Feldman	FR St. Benedict	27.55	
5 Allison Hookom	JR Augsburg	26.47	
6 Samantha Munson	JR Saint Mary's	26.49	
Section 4 Timed Finals			
3 Kebeh Temeh	SO Hamline	27.97	
4 Melissa Torres	FR Saint Mary's	27.62	
5 Emily Rengo	JR Concordia-Mo	25.90	
6 Andie Sandman	SO Concordia-Mo	26.23	
Section 5 Timed Finals			
3 Zoe Matre	SR St. Olaf	28.08	
4 Andreiana Aurelius	SR Hamline	27.66	
5 Kate Carlson	SR Gustavus Ado	25.44	
6 Sarah Stellmach	JR Bethel (Minn	25.84	
Section 6 Timed Finals			
3 Sophie Herweijer	FR St. Olaf	28.11	
4 Addyson Barrett	FR Hamline	27.83	
5 Megan Geraets	SR Gustavus Ado	25.09	
6 Ariella Rogahn-Press	FR Macalester	25.23	

Event 24 Men 4x400 Meter Relay

Saturday 3/1/2025 - 3:55 PM

Championship: 3:18.99 2010

T Ferda, R LeMay, Z Schlegel, E Rhode

Facility: 3:20.79 2001 St. Thomas, St. Thomas

Hilliard, Heckman, Hart Hall

School Seed Finals

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Section 1 Timed Finals

4	Augsburg 'A'	NT
5	Saint Mary's (Minn.) 'A'	3:36.39
6	Hamline 'A'	3:37.24

Section 2 Timed Finals

3	Gustavus Adolphus 'A'	3:31.93
4	Macalester 'A'	3:30.89
5	St. John's (Minn.) 'A'	3:29.17
6	Carleton 'A'	3:29.79

Section 3 Timed Finals

3	St. Scholastica 'A'	3:28.69
4	Concordia-Moorhead 'A'	3:27.53
5	Bethel (Minn.) 'A'	3:16.26
6	St. Olaf 'A'	3:26.82

Event 23 Women 4x400 Meter Relay

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Saturday 3/1/2025 - 4:10 PM

Championship: 3:55.37 2/29/2020 Bethel (Minn.), Bethel (Minn.)
H Sankey, C McKinstrey, M Turek, D Labatt
Facility: 3:55.37 2/29/2020 Bethel (Minn.), Bethel (Minn.)
H Sankey, C McKinstrey, M Turek, D Labatt

School	Seed	Finals
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Section 1 Timed Finals

3	St. Catherine (Minn.) 'A'	NT
4	Augsburg 'A'	NT
5	Gustavus Adolphus 'A'	4:18.91
6	Saint Mary's (Minn.) 'A'	4:33.29

Section 2 Timed Finals

3	Hamline 'A'	4:18.79
4	St. Scholastica 'A'	4:14.29
5	Carleton 'A'	4:08.71
6	Macalester 'A'	4:10.68

Section 3 Timed Finals

3	St. Olaf 'A'	4:07.63
4	St. Benedict 'A'	4:07.20
5	Bethel (Minn.) 'A'	3:54.27
6	Concordia-Moorhead 'A'	4:04.06

Event 34 Men Triple Jump

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Saturday 3/1/2025 - 12:00 PM

Championship: 15.26m 1993 Leonard Jones, St. Thomas
Facility: 14.75m 2007 Brian Schletty, SJU Alumni

Name	Year School	Seed Mark	Finals
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Flight 1 Finals

1	Nathan Longfors	FR Saint Mary's	12.81m
2	Stephen Antwi	SO Bethel (Minn)	11.87m
3	Ben Wynia	SO Gustavus Ado	11.83m
4	Eli Hegland	FR Concordia-Mo	12.62m
5	Bangaly Kaba	SO St. John's (	12.97m
6	Iain Lee	JR Hamline	11.92m
7	Spencer Pearson	JR Gustavus Ado	12.05m
8	Rik Cumps	FR St. Olaf	12.62m
9	Ethan Cline-Cole	SR Carleton	12.45m
10	Matthew Erickson	SO St. Scholast	12.61m

Flight 2 Finals

1	Nick Bovitz	SO Bethel (Minn)	13.33m
2	Riley Hodin	SR Macalester	13.70m
3	Abdoul Gueye	FR Hamline	13.42m
4	Max Albertson	SO St. Olaf	13.65m
5	Zach Schaffer	JR St. John's (	13.48m

6	Brandon Travis	FR Augsburg	13.00m
7	Isaiah Watson	FR Hamline	13.76m
8	Ataa Mensah	FR Macalester	13.21m
9	Liam Frommelt	FR Gustavus Ado	13.30m
10	Gabe Thompson	SR Concordia-Mo	13.20m

Event 35 Women Shot Put

Saturday 3/1/2025 - 12:00 PM

Championship: 14.58m 2014 Cherae Reeves, Concordia
 Facility: 14.58m 2014 Cherae Reeves, Concordia Moorhead

Name	Year	School	Seed	Mark	Finals
Flight 1 Finals					
1	Jessica Lin	SO Macalester		11.17m	
2	Emma Johnson	SR St. Olaf		11.16m	
3	Ella Engen	JR St. Scholast		11.26m	
4	Malonna Wilson	FR Bethel (Minn		10.87m	
5	Cecelia Dooley	FR Hamline		11.01m	
6	Keira McCord	FR Gustavus Ado		11.15m	
7	Ava Russell	FR Macalester		11.18m	
8	Rachel Wehrman	FR Bethel (Minn		10.97m	
9	Elise Harriman	SO St. Olaf		10.93m	
10	Rebecca Hoffman	SO Gustavus Ado		10.87m	
Flight 2 Finals					
1	Morgan Wallendal	SR Saint Mary's		12.02m	
2	Nora Wilhelm	JR Bethel (Minn		12.74m	
3	Sydney Jackman	SR Saint Mary's		12.44m	
4	Allison Banse	FR St. Benedict		11.60m	
5	Lena Sampy	FR Hamline		11.32m	
6	Justus Floren	SR St. Benedict		11.32m	
7	Miranda Travis	SO Concordia-Mo		12.12m	
8	Chloe Mueffelmann	FR Concordia-Mo		11.38m	
9	Tessa Myatt	SO Macalester		12.66m	
10	Desirae Dates	JR Hamline		12.11m	
11	Lexi Brainer	SR Hamline		12.45m	

Event 27 Women High Jump

Saturday 3/1/2025 - 12:00 PM

1.36, 1.41, 1.46, 1.51, 1.54, 1.57, 1.60, 1.63

Championship: 1.72m 2017 Emma Peterson, Concordia
 Facility: 1.68m 2014 Amelia Campbell, Carleton
 Facility: 1.68m 2014 Danie Larson, St. Olaf

Name	Year	School	Seed	Mark	Finals
Flight 1 Finals					
1	Claire Keech	JR St. Olaf		1.40m	
2	Hailey Scholten	JR Bethel (Minn		1.44m	
3	Ally Tyvoll	SO Bethel (Minn		1.45m	
4	Drea Terwedo	SO St. Benedict		1.45m	
5	Kiera Stommes	FR St. Benedict		1.45m	
6	Emily Podulke	FR Gustavus Ado		1.46m	
7	Anna Kemp	SO St. Benedict		1.47m	
8	Erin Beer	SR Gustavus Ado		1.47m	
9	Hannah Moe	JR Bethel (Minn		1.49m	
10	Juliet Reichardt	FR Macalester		1.50m	
11	Mara Larson	SO St. Olaf		1.50m	
12	Sam Brown	SO St. Benedict		1.50m	
13	Alice Islam	FR Carleton		1.51m	
14	Jenna Kalevik	SR Concordia-Mo		1.52m	
15	Frankie Witham	SO Hamline		1.54m	
16	Ashlyn Jore	JR St. Olaf		1.55m	
17	Elle Thorson	SR Bethel (Minn		1.60m	
18	Kayla Kajer	FR Gustavus Ado		1.63m	

Event 30 Men Pole Vault

Saturday 3/1/2025 - 1:00 PM

3.71, 3.86, 4.01, 4.16, 4.26, 4.36, 4.46, 4.56

Championship: 5.00m 2/28/2020 Drew Dockendorf, St. John's (Minn

Facility: 5.00m 2019 Tristan Zawadski, Sioux Falls

Facility: 5.00m 2/28/2020 Drew Dockendorf, St. John's (Minn

Name	Year	School	Seed	Mark	Finals
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Flight 1 Finals

1	Oliver Engstrom	JR	Hamline	3.85m	
2	Spencer Collins	SO	St. Olaf	3.85m	
3	Luke Daenzer	JR	Bethel (Minn	3.86m	
4	Andrew Adams	SR	St. John's (	3.95m	
5	Gavin Hoelzel	SO	St. Olaf	4.00m	
6	Reese Anderson	SO	Carleton	4.00m	
7	Logan Marzinske	SR	Gustavus Ado	4.00m	
8	Aidan Gatz	SR	Saint Mary's	4.05m	
9	Noah Besemann	SO	St. John's (	4.05m	
10	Joe Ream	JR	Gustavus Ado	4.15m	
11	Alex Palmer	FR	Gustavus Ado	4.20m	
12	Tyler Evans	FR	Concordia-Mo	4.25m	
13	Andrew Withuski	SO	St. John's (	4.27m	
14	Kole Guth	JR	St. John's (	4.40m	
15	Josh Johnston	SO	St. John's (	4.42m	
16	James Gates	FR	Carleton	4.45m	
17	Soren Kaster	SO	Carleton	4.50m	
18	Austin Schloeder	SO	Hamline	4.90m	

Event 33 Women Triple Jump

Saturday 3/1/2025 - 2:30 PM

Championship: 11.83m 2017 Emma Peterson, Concordia

Facility: 11.75m 2014 Hilary Thompson, Concordia Moorhead

Name	Year	School	Seed	Mark	Finals
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Flight 1 Finals

1	Claire Miyoshi	FR	Carleton	9.79m	
2	Parker Collins	FR	Carleton	9.45m	
3	Jane Sikes	SR	St. Olaf	9.20m	
4	Blanche Dennis	FR	Concordia-Mo	9.72m	
5	Elli Schritz	SO	St. Scholast	10.01m	
6	Jillian Bilben	FR	St. Scholast	9.67m	
7	Addyson Barrett	FR	Hamline	9.62m	
8	Sydney Wgeishofski	JR	St. Scholast	9.72m	
9	Piper Osborne	SO	Concordia-Mo	10.97m	

Flight 2 Finals

2	Sabriya Farquharson	SO	St. Benedict	11.14m	
3	Sami Solheid	SO	St. Benedict	10.05m	
4	Ameryn Dostal	FR	Saint Mary's	10.43m	
5	Jordan Stanisloski	SO	Bethel (Minn	10.17m	
6	Maggie McCabe	FR	St. Benedict	10.35m	
7	Anna Gries	FR	St. Benedict	10.70m	
8	Sarrah Lindner	JR	Gustavus Ado	10.74m	
9	Ellie Hernes	JR	Bethel (Minn	11.48m	

Event 36 Men Shot Put

Saturday 3/1/2025 - 2:30 PM

Championship: 17.60m 1996 Aaron Banks, Concordia

Facility: 17.32m 2/29/2020 Joe Martin, Hamline

Name	Year	School	Seed	Mark	Finals
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Flight 1 Finals

1	Jonathan Ritz	FR Bethel (Minn	13.43m
2	Harry Massey	SO Hamline	13.31m
3	Alex Wimmer	FR St. John's (	12.59m
4	Jalen Graham	FR St. John's (	12.64m
5	Brayden Sjoblom	FR Concordia-Mo	12.61m
6	Mason Sundquist	FR St. Scholast	12.65m
7	Dominik Hillstrom	SR Concordia-Mo	13.63m
8	Artur Porto	FR Macalester	13.62m
9	Esosa Edo-Ohanba	SO St. Olaf	13.88m
10	Eddie Herman	FR Hamline	11.89m
Flight 2 Finals			
1	Adam Hokanson	JR Bethel (Minn	15.33m
2	Grady Minnerath	FR St. John's (	14.27m
3	Blake Houska	SO Concordia-Mo	14.90m
4	Rylan Turqueza	SO St. John's (	14.44m
5	Cooper Folkestad	JR Concordia-Mo	16.45m
6	Evan Larsen	SR Bethel (Minn	14.90m
7	Trent Beseth	JR St. Scholast	18.29m
8	Timmy Ball	FR Bethel (Minn	15.36m
9	Joshua Monreal	SO St. Scholast	15.40m
10	Kale Kardonsky	FR St. Olaf	15.32m