

MIAC Championships - 2/26/2026 to 2/28/2026

Carleton Rec. Center

Meet Program - Friday Running Events

Event 3 Men 55 Meter Hurdles**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Friday 2/27/2026 - 4:45 PM**

Seed Times are 60m. Hurdles

Per MIAC Book: Advance top 2 per heat and next 2 fastest

Champ. Rec.: 7.59 2009 Tyler Geyen

Facility Rec: 7.63 2006 PJ Theisen

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Elseth, Aaron	SR	Bethel (Minn)	9.07
2	Checcho de Souza, Anthony	FR	Bethel (Minn)	9.64
3	Suah, Morris	JR	Hamline	8.40
4	Hauf, Hayden	FR	Concordia-Mo	8.76
5	Clark, Logan	SR	Concordia-Mo	8.67
6	Stroh, Spencer	FR	St. Scholast	8.37
7	Lapinski, Will	JR	St. Olaf	9.43
8	Gilbertson, Landon	SO	Gustavus Ado	9.05

Heat 2 of 3 Prelims

1	Mahamud, Hamza	SR	Macalester	8.92
2	Aki, Jacob	FR	Hamline	9.41
3	Ferrin, Pryce	SO	Bethel (Minn)	8.29
4	Headlee, Trae	FR	St. John's (8.63
5	Molstre, Joey	JR	Concordia-Mo	8.76
6	Viesselman, Blake	JR	Bethel (Minn)	8.43
7	Horton, Jamir	FR	Augsburg	9.16
8	Kirch, James	FR	Concordia-Mo	9.83

Heat 3 of 3 Prelims

1	Tchounbia, Kenan	SO	St. Olaf	9.33
2	Amoud, Bashir	JR	St. John's (8.51
3	McCormick, Connor	SR	Gustavus Ado	8.77
4	Swanson, Logan	FR	Bethel (Minn)	8.21
5	Stundahl, Trevor	FR	Bethel (Minn)	8.78
6	Stefanowicz, Sebastian	SR	Macalester	8.51
7	Richards, Eric	SO	Gustavus Ado	9.23

Event 5 Men 55 Meter Dash**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Friday 2/27/2026 - 5:10 PM**

Seed Times are 60m. Dash

Per MIAC Book: Advance top 2 per heat and next 2 fastest

Champ. Rec.: 6.20 2000 Roman Cress

Facility Rec: 6.36 2003 Tyrone Minnor

Lane	Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Terway, Frank	SO	Gustavus Ado	7.14
2	Stefanowicz, Sebastian	SR	Macalester	7.13
3	Morical, Nolan	SR	Concordia-Mo	7.07
4	Murnan, Kieran	JR	St. John's (6.95
5	Anstine, Jade	JR	Gustavus Ado	6.98
6	Escobar Pearson, Cristian	SO	St. Olaf	7.05
7	O'Bey, Carter	JR	St. Scholast	7.17
8	Lebrija, Ethan	JR	Concordia-Mo	7.17

Heat 2 of 3 Prelims

1	Alexander, Jaden	FR	St. John's (7.12
2	Bien-Aime, Woody	JR	St. John's (7.17
3	Blake, Brennan	JR	St. John's (7.07
4	Cramer, Ryan	SO	Saint Mary's	6.88
5	Jones, Aiden	FR	St. John's (6.99
6	Blackshere, Jukari	FR	Hamline	7.02
7	Sesay, Abdul	JR	St. John's (7.14
8	Budiman, Josiah	SR	Hamline	7.18

Heat 3 of 3 Prelims

1	Ferrante, Anthony	SO	St. John's (7.16
2	Hatch, Gage	FR	Saint Mary's	7.15
3	Raitz, Sam	JR	Bethel (Minn)	7.09
4	Pettis, Andrei	SR	Hamline	7.01
5	Feig, Stephen	FR	Bethel (Minn)	7.02
6	Liu, Landen	SR	Bethel (Minn)	6.81
7	Morral, Drew	FR	Macalester	7.10
8	Byron, Falens	SO	Augsburg	7.22

Event 10 Men 1 Mile Run**Friday 2/27/2026 - 5:45 PM**

Timed Finals; Waterfall Start

Champ. Rec.: 4:11.94 2014

Grant Wintheiser

Facility Rec: 4:08.55 2020

Matt Wilkenson

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Martinek, Peyton	JR	St. John's (4:37.92
2	Hansen, Gavin	SO	Bethel (Minn)	4:32.97
3	Nelson, Henry	SR	Augsburg	4:39.23
4	Dallas, Evan	SR	Bethel (Minn)	4:37.94
5	Galloway, Jordan	SR	Macalester	4:33.85
6	Walton-Scott, Ben	FR	Macalester	4:36.03
7	Koehler, Jonathan	FR	Macalester	4:38.22
8	Thompson, Kyle	SO	Carleton	4:35.12
9	Carl, Gavin	FR	Concordia-Mo	4:38.34

Section 2 of 3 Finals

1	Olson, Lucas	SO	St. Olaf	4:26.47
2	Westholm, Ben	SO	St. Scholast	4:32.68
3	Lange, Emerson	SR	Carleton	4:26.44
4	Cozine, Ethan	JR	St. Olaf	4:29.81
5	Schafer, Gus	FR	Carleton	4:30.50
6	Chamberlin, Owen	SR	St. Olaf	4:23.42
7	Hatlevig, Caleb	SO	Macalester	4:32.94
8	Martel, Ethan	JR	St. Olaf	4:27.13
9	Chambers-Trubatch, Simoi	JR	Carleton	4:31.41

Section 3 of 3 Finals

1	Bjork, Alex	JR	St. Olaf	4:20.75
2	Stencel, Cole	SO	St. John's (4:10.42
3	Coyier, Dashiell	FR	Carleton	4:22.53
4	Larsen-Schmidt, Micah	SO	St. Olaf	4:22.87
5	Brauer, Nicholas	JR	Gustavus Ado	4:19.35
6	Doran, Eli	SR	St. Olaf	4:23.04
7	Bullock, Jackson	SO	St. Olaf	4:16.98
8	Nichols, Gabe	SR	Carleton	4:13.09
9	Lyness, Indy	SR	Carleton	4:20.68

MIAC Championships - 2/26/2026 to 2/28/2026

Carleton Rec. Center

Meet Program - Friday Running Events

Event 12 Men 400 Meter Dash**Friday 2/27/2026 - 6:15 PM****5 Section Timed Final; pref. lanes 5-6-4-3****2 Turn Stager****Champ. Rec.: 48.58 2024 Jacob Parent****Facility Rec: 48.99 2025 Arlo Heiter**

Lane	Name	Yr	School	Seed Time
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Section 1 of 5 Finals

3	Stursa, Cohen	JR	Gustavus Ado	52.67
4	Vogel, Gavin	SO	St. Olaf	51.87
5	Haack, Tony	SR	Bethel (Minn)	51.03
6	Scheel, Luke	FR	Gustavus Ado	51.21

Section 2 of 5 Finals

3	Eskeli, Finn	FR	St. Scholast	52.59
4	Scheider, Daniel	SR	Carleton	51.66
5	McInturff, Austin	SO	St. Olaf	50.69
6	Smith, Cooper	JR	St. John's (50.71

Section 3 of 5 Finals

3	Richardson, Ryan	SO	Concordia-Mo	52.06
4	Heil, Tyler	JR	Gustavus Ado	51.64
5	Ketterling, Caleb	JR	Bethel (Minn)	50.23
6	Martens, Conner	SO	Gustavus Ado	50.30

Section 4 of 5 Finals

3	Larson, Anikan	FR	Gustavus Ado	51.95
4	Arneson, Cullen	JR	Gustavus Ado	51.51
5	Kent, Elliot	FR	Bethel (Minn)	49.86
6	Carlson, Brayden	SO	Concordia-Mo	49.98

Section 5 of 5 Finals

3	Schelhaas, Brody	FR	Bethel (Minn)	51.89
4	Witschen, Wyatt	JR	St. John's (51.38
5	Nelson, Grant	SR	Bethel (Minn)	48.08
6	Kubicek, Noah	SR	St. Scholast	49.37

Event 16 Men 800 Meter Run**Friday 2/27/2026 - 6:40 PM****3 Alleys. 3-2-2****2 Turn Stagger****Champ. Rec.: 1:52.54 2010 Max Hanson****Facility Rec: 1:52.54 2010 Max Hanson**

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Rodefelf, Finnegan	FR	Gustavus Ado	2:05.61
2	Bouley, Joel	SO	St. Scholast	2:04.42
3	Talle, Colin	FR	Gustavus Ado	2:06.97
4	Olmschenk, Zander	SO	St. John's (2:02.66
5	Malecha, Thomas	SR	Macalester	2:04.03
6	Moresi, Kelvin	JR	Macalester	2:03.45
7	Lebakken, Jay	SR	Macalester	2:03.67

Section 2 of 3 Finals

1	Silberman, Ronen	SO	Carleton	2:01.05
2	Lelinga, Victor	JR	Bethel (Minn)	1:57.40
3	Drieslein, Jameson	SO	St. Olaf	2:01.14
4	Johnson, Henry	JR	St. Olaf	2:02.53
5	Ruei, Goi	SO	Saint Mary's	2:00.15
6	Ruesink, Aaron	SO	St. Olaf	2:00.09
7	Pfeilsticker, Nolan	FR	St. John's (2:01.69

Section 3 of 3 Finals

1	Myers, Paxon	FR	St. Olaf	1:53.59
2	Ihrke, John	SO	Macalester	1:52.48
3	Fells, Christian	JR	St. Olaf	1:54.28
4	Moore, Cullen	SR	St. Olaf	1:52.77
5	Nemecek, Lance	SR	St. Olaf	1:53.73
6	Montreuil, Owen	SR	St. John's (1:55.02
7	Heimdal, Trigg	FR	St. Olaf	1:56.91

Event 41 Men 5000 Meter Run**Friday 2/27/2026 - 7:20 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.: 14:27.70 1983****Nick Manciu (HT)****Facility Rec: 14:28.00 2016****Hart Horner**

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Edwards, Tyler	SR	Macalester	15:17.61
2	DuVivier, Noah	FR	St. Olaf	15:31.70
3	Llewellyn, Roy	SR	Carleton	15:13.24
4	Turlington, Kevin	SR	St. Olaf	14:20.28
5	Goss, Tyler	JR	Concordia-Mo	15:24.33
6	Brown, Travis	SO	Carleton	15:23.74
7	Manzur Strandlund, Gael	SR	St. Olaf	15:11.58
8	Torstenson, Torte	JR	Carleton	15:27.06
9	Janzen, Will	SR	Gustavus Ado	15:21.39
10	Hitchcock, Connor	FR	St. Olaf	15:30.35
11	Deaver, Jack	SR	St. Olaf	15:31.66
12	Pattie, Jonathan	SR	St. Olaf	15:27.10
13	Fitzgerald, Isaiah	JR	Saint Mary's	15:35.96
14	LiaBraaten, Lucas	SR	Hamline	15:34.92
15	Sackreiter, Soren	SR	Gustavus Ado	15:45.69
16	Fiataruolo, Angelo	SR	St. Olaf	15:37.66
17	McCabe, Quinn	JR	St. Olaf	15:36.70
18	Malecha, Jacob	JR	St. John's (15:46.07

MIAC Championships - 2/26/2026 to 2/28/2026**Carleton Rec. Center****Meet Program - Friday Running Events****Event 43 Men 4x200 Meter Relay****Friday 2/27/2026 - 8:00 PM****Timed Finals****Champ. Rec.: 1:27.87 2000 St. Thomas****Stahly, Hall, Heckman, Cress****Facility Rec: 1:29.47 2022 Concordia Moorhead****Wright, Tiongson, Kern, Schuller**

Lane	Team	Relay	Seed Time
Section 4 of 6 Finals...(Event 43 Men 4x200 Meter Relay)			
4	Macalester	A	1:34.39
5	Carleton	A	1:32.54
6	Hamline	A	1:32.58
Section 5 of 6 Finals			
3	St. Scholast	A	NT
4	Saint Mary's	A	1:34.15
5	Gustavus Ado	A	1:31.14
6	St. Olaf	A	1:32.29
Section 6 of 6 Finals			
3	Augsburg	A	1:34.89
4	Concordia-Mo	A	1:33.56
5	Bethel (Minn	A	1:29.28
6	St. John's (A	1:29.89

Event 45 Men Distance Medley**Friday 2/27/2026 - 8:30 PM****Waterfall start****Champ. Rec.: 10:14.89 2024 St. Olaf****Marsh, Fisher, Estrada, Fitzgerald****Facility Rec: 10:16.26 2010 Gustavus****Kennedy, Leeb, C. Smith, Max Hanson**

Lane	Team	Relay	Seed Time
Section 1 of 1 Finals			
1	Bethel (Minn	A	NT
2	Hamline	A	NT
3	St. John's (A	NT
4	Macalester	A	NT
5	St. Olaf	A	NT
6	Saint Mary's	A	NT
7	Carleton	A	NT
8	St. Scholast	A	NT
9	Concordia-Mo	A	NT
10	Augsburg	A	NT
11	Gustavus Ado	A	NT

MIAC Championships - 2/26/2026 to 2/28/2026

Carleton Rec. Center

Meet Program - Friday Field Events

Event 26 Men Weight Throw

Friday 2/27/2026 - 4:00 PM

Top 9 to Final

Champ. Rec.: 19.68m 1996 Andrew Brueggen

Facility Rec: 19.57m 2005 Andy Tilstra

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Graham, Jalen	SO	St. John's (13.72m
2	Thurston, Dillon	FR	Hamline		14.21m
3	Turqueza, Rylan	JR	St. John's (13.99m
4	White, Ron	JR	Saint Mary's		14.75m
5	Will, Carter	FR	Gustavus Ado		13.69m
6	Ramirez, Ricky	SR	Concordia-Mo		13.94m
7	Edo-Ohanba, Esosa	JR	St. Olaf		14.12m
8	Vu, Davian	FR	Hamline		13.79m
9	Sween, Rowan	FR	Saint Mary's		13.72m
10	Herman, Eddie	SO	Hamline		13.90m

Flight 2 of 2 Finals

1	Minnerath, Grady	SO	St. John's (15.03m
2	Houska, Blake	JR	Concordia-Mo		15.35m
3	Monreal, Joshua	JR	St. Scholast		18.48m
4	Ritz, Jonathan	SO	Bethel (Minn		15.64m
5	Gill, Doug	JR	Hamline		15.18m
6	Hokanson, Adam	SR	Bethel (Minn		17.39m
7	Sundquist, Mason	SO	St. Scholast		15.44m
8	Conant, Philip	JR	Bethel (Minn		17.50m
9	Mills, Austin	SR	Macalester		17.25m
10	Ball, Timmy	SO	Bethel (Minn		16.71m

Event 34 Men High Jump

Friday 2/27/2026 - 4:00 PM

Champ. Rec.: 2.17m 1995 Kenneth Hoffman

Facility Rec: 2.12m 2005 J. Albert, K. Netzer

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Tchounbia, Kenan	SO	St. Olaf		1.65m
2	Leafblad, Eli	JR	Bethel (Minn		1.71m
3	Kirch, James	FR	Concordia-Mo		1.72m
4	Eggleston, Colten	SO	Hamline		1.75m
5	Heldman, Lucas	SO	Carleton		1.75m
6	LePard, Ben	JR	Concordia-Mo		1.78m
7	Swanson, Luc	JR	Bethel (Minn		1.80m
8	Olson, Jesse	JR	St. Olaf		1.82m
9	O'Brien, Connor	JR	St. John's (1.82m
10	Erickson, Matthew	JR	St. Scholast		1.83m
11	Gilbertson, Landon	SO	Gustavus Ado		1.83m
12	Mensah, Ataa	SO	Macalester		1.85m
13	Reade, Jackson	FR	Carleton		1.85m
14	Turner, Trevor	FR	St. Scholast		1.86m
15	Evans, Bailey	SO	St. John's (1.88m
16	Huberty, Shawn	FR	Augsburg		1.90m
17	Hegland, Eli	SO	Concordia-Mo		1.91m
18	Flunker, Kyler	SO	Gustavus Ado		1.95m

Event 30 Men Long Jump

Friday 2/27/2026 - 6:15 PM

Top 9 to Final

Champ. Rec.: 7.56m 2020 Kyle Lichttenegger

Facility Rec: 7.70m 2003 Tyrone Minor

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Verdier, Chris	FR	Concordia-Mo		6.45m
2	Waldron, Brayden	FR	Bethel (Minn		6.43m
3	Wynia, Ben	JR	Gustavus Ado		6.11m
4	Palmer, Alex	SO	Gustavus Ado		6.21m
5	Erickson, Matthew	JR	St. Scholast		6.43m
6	Pittman, Miquel	FR	Hamline		6.15m
7	Fadden, Jace	FR	Bethel (Minn		6.12m
8	Pretasky, Josh	FR	St. John's (6.13m
9	Zulu, Rufus	FR	Hamline		6.38m
10	Hasbargen, Nick	SO	Concordia-Mo		6.39m
11	Lee, Iain	SR	Hamline		6.11m

Flight 2 of 2 Finals

1	Sletta, Anthony	SO	St. John's (6.54m
2	Frommelt, Liam	SO	Gustavus Ado		6.50m
3	Cumps, Rik	SO	St. Olaf		6.69m
4	Watson, Isaiah	SO	Hamline		6.60m
5	Bovitz, Nick	JR	Bethel (Minn		6.98m
6	Mahowald, Anthony	SO	St. Scholast		6.71m
7	Bolivar, Vicente	FR	Augsburg		6.56m
8	Schreiner, Tommy	SO	Concordia-Mo		6.88m
9	Albertson, Max	JR	St. Olaf		6.96m
10	Budiman, Josiah	SR	Hamline		6.81m

MIAC Championships - 2/26/2026 to 2/28/2026

Carleton Rec. Center

Meet Program - Saturday Running Events

Event 14 Men 600 Meter Run**Saturday 2/28/2026 - 1:50 PM****Timed Finals; 2 Turn Stagger****Champ. Rec.: 1:20.19 2017 Carl Klamm****Facility Rec: 1:20.31 2022 Tommy Kern**

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Olmschenk, Zander	SO	St. John's (1:26.86
2	Andrews, Brady	SO	Concordia-Mo	1:25.21
3	Lelinga, Victor	JR	Bethel (Minn	1:22.22
4	Jandro, Logan	FR	Gustavus Ado	1:23.25
5	Ketterling, Caleb	JR	Bethel (Minn	1:23.79
6	Ruei, Goi	SO	Saint Mary's	1:25.82

Section 2 of 3 Finals

1	Bartsch, Zachary	SO	St. Scholast	1:26.59
2	Ruesink, Aaron	SO	St. Olaf	1:23.91
3	Myers, Paxon	FR	St. Olaf	1:21.83
4	Montreuil, Owen	SR	St. John's (1:22.12
5	Scheider, Daniel	SR	Carleton	1:24.73
6	Johnson, Henry	JR	St. Olaf	1:25.75

Section 3 of 3 Finals

1	Kayfes, Jeffrey	SR	St. Scholast	1:26.40
2	McInturff, Austin	SO	St. Olaf	1:23.40
3	Kubicek, Noah	SR	St. Scholast	1:21.36
4	Nemecek, Lance	SR	St. Olaf	1:21.55
5	Eenigenburg, Jakob	SO	St. Olaf	1:23.39
6	Alexander, James	SO	Carleton	1:25.30

Event 18 Men 1000 Meter Run**Saturday 2/28/2026 - 2:20 PM****3 Section Timed finals 3 Alleys.3-3-2****2 Turn Stagger****Champ. Rec.: 2:26.02 2017 Donson Cook Gallardo****Facility Rec: 2:27.43 2026 John Ihrke**

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Schultz, Michael	SO	Bethel (Minn	2:36.07
2	McCoy, Max	JR	St. John's (2:38.00
3	Connole, Donovan	FR	Macalester	2:35.21
4	Lange, Emerson	SR	Carleton	2:35.47
5	Jenneke, Luke	JR	Gustavus Ado	2:39.29
6	Strubbe, TJ	SO	Bethel (Minn	2:36.65
7	Niemi, Ashton	JR	St. Scholast	2:37.50
8	Silberman, Ronen	SO	Carleton	2:37.44

Section 2 of 3 Finals

1	Chamberlin, Owen	SR	St. Olaf	2:35.10
2	Larsen-Schmidt, Micah	SO	St. Olaf	2:35.03
3	Feldt, Connor	FR	St. Scholast	2:33.45
4	Olson, Lucas	SO	St. Olaf	2:35.14
5	Molenkamp, Lars	JR	St. John's (2:33.57
6	Seppanen, Garrett	SO	St. Olaf	2:34.27
7	Heimdal, Trigg	FR	St. Olaf	2:33.53
8	Hopkins, Jacob	FR	Carleton	2:34.07

Section 3 of 3 Finals

1	Stencel, Cole	SO	St. John's (2:28.88
2	Ihrke, John	SO	Macalester	2:27.43
3	Moore, Cullen	SR	St. Olaf	2:31.78
4	Bullock, Jackson	SO	St. Olaf	2:29.16
5	Fells, Christian	JR	St. Olaf	2:32.81
6	Brauer, Nicholas	JR	Gustavus Ado	2:31.71
7	Lyness, Indy	SR	Carleton	2:32.99
8	St. Peter, Nick	SR	St. John's (2:32.18

Event 20 Men 200 Meter Dash**Saturday 2/28/2026 - 2:55 PM****6 section timed finals; Pref. Lanes 5-6-4-3****Champ. Rec.: 21.71 2025 Grant Nelson****Facility Rec: 22.24 2002 Jerry Washington**

Lane	Name	Yr	School	Seed Time
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Section 1 of 6 Finals

3	Guth, Derek	FR	St. John's (23.36
4	O'Bey, Carter	JR	St. Scholast	23.15
5	Nathan, Asher	JR	Carleton	22.94
6	Morical, Nolan	SR	Concordia-Mo	22.97

Section 2 of 6 Finals

3	Kent, Elliot	FR	Bethel (Minn	23.31
4	Blackshere, Jukari	FR	Hamline	23.12
5	Cramer, Ryan	SO	Saint Mary's	22.83
6	Sportel, Will	SO	Bethel (Minn	22.88

Section 3 of 6 Finals

3	White, Andy	SO	St. John's (23.31
4	Hatch, Gage	FR	Saint Mary's	23.12
5	Jones, Aiden	FR	St. John's (22.72
6	Raitz, Sam	JR	Bethel (Minn	22.74

Section 4 of 6 Finals

3	Swanson, Logan	FR	Bethel (Minn	23.29
4	McCall, Ty	SO	Bethel (Minn	23.10
5	Martens, Conner	SO	Gustavus Ado	22.59
6	Smith, Cooper	JR	St. John's (22.67

Section 5 of 6 Finals

3	Larson, Anikan	FR	Gustavus Ado	23.21
4	Ali, Oche	FR	St. Olaf	23.00
5	Murnan, Kieran	JR	St. John's (22.46
6	Anstine, Jade	JR	Gustavus Ado	22.55

Section 6 of 6 Finals

3	Viesselman, Blake	JR	Bethel (Minn	23.19
4	Stundahl, Trevor	FR	Bethel (Minn	22.99
5	Nelson, Grant	SR	Bethel (Minn	21.79
6	Kubicek, Noah	SR	St. Scholast	22.39

MIAC Championships - 2/26/2026 to 2/28/2026

Carleton Rec. Center

Meet Program - Saturday Running Events

Event 22 Men 3000 Meter Run

Saturday 2/28/2026 - 3:45 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: 8:18.19 2025 Gabe Nichols

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

46	Moshfeghi, Martin	FR	Carleton	8:58.68
47	Malecha, Jacob	JR	St. John's (9:02.90
48	Pouliot, Evan	JR	Gustavus Ado	9:07.59
49	Kaluza, Vincent	JR	St. John's (9:00.51
50	Hatlevig, Caleb	SO	Macalester	9:06.25
51	Guasco, Ian	FR	St. Olaf	9:02.26
52	Goddard, Evan	FR	St. Olaf	8:58.75
53	Brown, Travis	SO	Carleton	8:53.56
54	Deaver, Jack	SR	St. Olaf	8:53.48
55	Chambers-Trubatch, Simon	JR	Carleton	8:58.74
56	Wiltse, Daniel	JR	Macalester	8:57.17
57	Jamison, Andrew	SR	Carleton	9:06.82
58	Sackreiter, Soren	SR	Gustavus Ado	9:10.89
59	Galloway, Jordan	SR	Macalester	9:08.30
60	Catton, Weston	JR	Bethel (Minn	9:07.97

Section 2 of 2 Finals

31	Hage, Hootie	SO	Bethel (Minn	8:45.22
32	McCabe, Quinn	JR	St. Olaf	8:50.27
33	Bjork, Alex	JR	St. Olaf	8:43.77
34	Turlington, Kevin	SR	St. Olaf	8:17.52
35	Manzur Strandlund, Gael	SR	St. Olaf	8:50.06
36	Goss, Tyler	JR	Concordia-Mo	8:45.06
37	Janzen, Will	SR	Gustavus Ado	8:47.66
38	Hoisington, Quinn	JR	Macalester	8:46.73
39	Coyier, Dashiell	FR	Carleton	8:45.22
40	Nichols, Gabe	SR	Carleton	8:24.96
41	Edwards, Tyler	SR	Macalester	8:46.64
42	Llewellyn, Roy	SR	Carleton	8:48.97
43	Max, Parker	SR	St. Olaf	8:50.98
44	Fitzgerald, Isaiah	JR	Saint Mary's	8:51.53
45	Torstenson, Torte	JR	Carleton	8:51.37

Event 24 Men 4x400 Meter Relay

Saturday 2/28/2026 - 4:30 PM

Timed Finals

Champ. Rec.: 3:18.99 2010 Bethel

Ferda, LeMay, Schlegal, Rhode

Facility Rec: 3:18.99 2010 Bethel

Ferda, Lemay, Schlegel, Rhode

Lane	Team	Relay	Seed Time
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Section 1 of 3 Finals

4	Saint Mary's	A	3:47.31
5	Hamline	A	3:36.98
6	Augsburg	A	3:43.56

Section 2 of 3 Finals

3	Macalester	A	3:36.56
4	St. Scholast	A	3:33.61
5	Gustavus Ado	A	3:28.22
6	Carleton	A	3:28.32

Section 3 of 3 Finals

3	St. John's (A	3:26.84
4	Concordia-Mo	A	3:26.64
5	Bethel (Minn	A	3:17.12
6	St. Olaf	A	3:21.77

MIAC Championships - 2/26/2026 to 2/28/2026

Carleton Rec. Center

Meet Program - Saturday Field Events

Event 28 Men Shot Put**Saturday 2/28/2026 - 11:45 AM****Top 9 to Final****Champ. Rec.: 17.60m 1996 Aaron Banks****Facility Rec: 16.79m 2006 Peter Cathcart**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	White, Ron	JR	Saint Mary's		13.02m
2	Vu, Davian	FR	Hamline		13.17m
3	Sween, Rowan	FR	Saint Mary's		13.03m
4	Ruprecht, Sam	FR	St. John's (12.76m
5	Thurston, Dillon	FR	Hamline		12.77m
6	Herman, Eddie	SO	Hamline		13.66m
7	Malmberg, Erik	FR	St. Scholast		12.70m
8	Peters, Alex	FR	Macalester		12.65m
9	Porto, Artur	SO	Macalester		13.79m
10	Turqueza, Rylan	JR	St. John's (13.54m

Flight 2 of 2 Finals

1	Monreal, Joshua	JR	St. Scholast		13.81m
2	Ritz, Jonathan	SO	Bethel (Minn		13.97m
3	Folkestad, Cooper	SR	Concordia-Mo		18.57m
4	Hokanson, Adam	SR	Bethel (Minn		15.08m
5	Sundquist, Mason	SO	St. Scholast		13.90m
6	Will, Carter	FR	Gustavus Ado		14.17m
7	Houska, Blake	JR	Concordia-Mo		15.02m
8	Hageman, Dylan	FR	Bethel (Minn		14.43m
9	Ball, Timmy	SO	Bethel (Minn		16.16m
10	Minnerath, Grady	SO	St. John's (15.87m

Event 32 Men Triple Jump**Saturday 2/28/2026 - 11:45 AM****Top 9 to Final****Champ. Rec.: 15.26m 1993 Leonard Jones****Facility Rec: 14.60m 2010 Eyp Ekpo**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Jamieson, R.E	FR	St. Olaf		12.61m
2	Wynia, Ben	JR	Gustavus Ado		11.94m
3	Lenz, Lucas	FR	Carleton		12.18m
4	Hegland, Eli	SO	Concordia-Mo		12.75m
5	Perkins, Jackson	FR	Saint Mary's		11.70m
6	Anderson, Amos	FR	Gustavus Ado		12.64m
7	Erickson, Matthew	JR	St. Scholast		12.72m
8	Young, Taylor	FR	Gustavus Ado		12.06m
9	Longfors, Nathan	SO	Concordia-Mo		12.79m
10	Miyagawa, Garner	FR	Macalester		12.84m

Flight 2 of 2 Finals

1	Bolivar, Vicente	FR	Augsburg		13.05m
2	McElroy, D'Vante	FR	Augsburg		13.28m
3	Cumps, Rik	SO	St. Olaf		13.39m
4	Kaba, Bangaly	JR	St. John's (13.35m
5	Mensah, Ataa	SO	Macalester		14.19m
6	Bovitz, Nick	JR	Bethel (Minn		13.57m
7	Watson, Isaiah	SO	Hamline		14.49m
8	Verdier, Chris	FR	Concordia-Mo		13.92m
9	Frommelt, Liam	SO	Gustavus Ado		13.43m
10	Albertson, Max	JR	St. Olaf		13.66m

Event 36 Men Pole Vault**Saturday 2/28/2026 - 12:30 PM****Champ. Rec.: 5.00m 2020 Drew Dockendorf****Facility Rec: 4.79m 2005 Steve White**

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Gates, James	SO	Carleton		4.05m
2	Peterson, Trey	JR	St. Olaf		4.05m
3	Hoelzel, Gavin	JR	St. Olaf		4.06m
4	Ream, Joe	SR	Gustavus Ado		4.08m
5	Besemann, Noah	JR	St. John's (4.12m
6	Graske, Joshua	JR	Bethel (Minn		4.21m
7	Frank, Lucas	FR	Bethel (Minn		4.21m
8	Johnston, Josh	SR	St. John's (4.23m
9	McCormick, Connor	SR	Gustavus Ado		4.23m
10	Palmer, Alex	SO	Gustavus Ado		4.23m
11	White, Reed	FR	Carleton		4.25m
12	Mohr, Austin	FR	St. John's (4.30m
13	Guth, Kole	SR	St. John's (4.30m
14	Chirhart, Alex	FR	St. John's (4.38m
15	Kaster, Soren	JR	Carleton		4.45m
16	Feig, Stephen	FR	Bethel (Minn		4.63m
17	Evans, Tyler	SO	Concordia-Mo		4.64m
18	Schloeder, Austin	SR	Hamline		4.71m

MIAC Championships - 2/26/2026 to 2/28/2026

Carleton Rec. Center

Meet Program - Friday Running Events

Event 2 Women 55 Meter Hurdles**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Friday 2/27/2026 - 4:30 PM**

Seed Times are 60m. Hurdles

Per MIAC Book: Advance top 2 per heat and next 2 fastest

Champ. Rec.: 7.96 2022 Kelsie Sealock

Facility Rec.: 7.96 2022 Kelsie Sealock

Lane Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Kajer, Kayla	SO	Gustavus Ado	9.64
2	Adelgren, Anya	JR	St. Benedict	9.76
3	Zenz, Michaela	FR	Bethel (Minn)	9.10
4	Hernes, Ellie	SR	Bethel (Minn)	9.47
5	Abreu, Eva	FR	Macalester	9.23
6	Pearson, Lauren	FR	Concordia-Mo	9.47
7	Hanlin, Morgan	FR	St. Benedict	9.78
8	Vogel, Sophia	FR	Gustavus Ado	9.65

Heat 2 of 3 Prelims

1	Loftness, Ava	FR	Gustavus Ado	9.74
2	Thauvin, Laura	SO	Gustavus Ado	9.62
3	Chea, Juslene	FR	St. Benedict	9.06
4	Frantzich, Svea	FR	St. Olaf	9.43
5	Robran, Aliyah	SR	Hamline	9.54
6	Bingham, Hannah	SO	Bethel (Minn)	9.28
7	Tyvoll, Ally	JR	Bethel (Minn)	9.99
8	Klein, Aubree	JR	St. Olaf	9.72

Heat 3 of 3 Prelims

1	Evans, Kayla	SO	Bethel (Minn)	10.09
2	O'Konek, Rylee	FR	Saint Mary's	9.59
3	Malvey, Kaili	FR	Concordia-Mo	9.58
4	Walsh, Annika	FR	St. Olaf	9.42
5	Hexum, Brianna	FR	Bethel (Minn)	9.41
6	Stein, Claire	FR	St. Olaf	9.05
7	Rappana, Lucy	FR	St. Scholast	9.73
8	Podulke, Emily	SO	Gustavus Ado	9.73

Event 4 Women 55 Meter Dash**8 Advance: Top 2 Each Heat plus Next 2 Best Times****Friday 2/27/2026 - 5:00 PM**

Seed Times are 60m. Dash

Per MIAC Book: Advance top 2 per heat and next 2 fastest

Champ. Rec.: 7.12 2003 Tonisha Bell

Facility Rec.: 7.13 2006 Tonnisha Bell

Lane Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Munson, McKenzie	SR	Saint Mary's	8.18
2	Maki, Autumn	SO	Bethel (Minn)	8.04
3	Paulson, Ella	SO	Bethel (Minn)	7.95
4	Rogahn-Press, Ariella	SO	Macalester	7.79
5	Rengo, Emily	SR	Concordia-Mo	7.85
6	Stacy, Allison	SO	Gustavus Ado	7.96
7	Schneider, Alexi	SO	Hamline	8.04
8	Badejo, Mabel	FR	Hamline	8.22

Heat 2 of 3 Prelims

1	Griffin, Nacia	SO	Augsburg	8.14
2	Jore, Ashlyn	SR	St. Olaf	8.02
3	Siems, Claire	SO	Hamline	7.95
4	Young, Zari	SO	Saint Mary's	7.77
5	Munson, Samantha	SR	Saint Mary's	7.88
6	Sandman, Andie	JR	Concordia-Mo	8.00
7	Thauvin, Laura	SO	Gustavus Ado	8.22
8	Kaping, Raina	JR	Bethel (Minn)	8.04

Heat 3 of 3 Prelims

1	Sappington, Evangeline	FR	St. Olaf	8.05
2	Buntrock, Grace	JR	St. Benedict	8.23
3	Lund, Gabriella	JR	St. Benedict	8.00
4	Fynboh, Lydia	JR	Concordia-Mo	7.94
5	Abreu, Eva	FR	Macalester	7.93
6	Olson-Skog, Alethia	FR	Bethel (Minn)	7.70
7	Mensah, Terri	FR	Carleton	8.10
8	Beckley, Claire	SO	Macalester	8.01

Event 9 Women 1 Mile Run**Friday 2/27/2026 - 5:20 PM**

Timed Finals; Waterfall Start

Champ. Rec.: 4:50.20 2023

Clara Mayfield

Facility Rec.: 4:52.70 2022

Clara Mayfield

Lane Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	Blaich, Anna	FR	Carleton	5:40.02
2	Gould, Anna	FR	Gustavus Ado	5:39.21
3	Zielsdorf, Natalie	SR	St. Benedict	5:35.06
4	Cargill, Anna	SR	Bethel (Minn)	5:29.65
5	Holland, Emery	FR	Concordia-Mo	5:37.21
6	Cavanaugh, Brylee	FR	Bethel (Minn)	5:30.17
7	Ait Ali, Safiya	SO	St. Olaf	5:38.46
8	Babineau, Julia	JR	St. Benedict	5:34.20
9	Cherniavsky, Sierra	FR	Carleton	5:38.21

Section 2 of 3 Finals

1	Maddux, Alicia	SR	Hamline	5:23.02
2	Anderson, Siiri	FR	Gustavus Ado	5:27.48
3	Lewis-Mussa, Shemsy	SO	Carleton	5:25.61
4	Dickinson, Lilly	FR	Concordia-Mo	5:29.49
5	Sunnarborg, Laura	JR	Gustavus Ado	5:27.62
6	Peterson, Nina	FR	Carleton	5:17.59
7	Leiner, Willemijn	SO	St. Olaf	5:28.81
8	Helmer, Anna-Britta	FR	St. Olaf	5:19.33
9	Reckmeyer, Madeleine	SO	Carleton	5:25.22

Section 3 of 3 Finals

1	Lindquist, Abigale	SO	St. Olaf	5:14.83
2	Henry-Perlich, Kelyn	SO	Concordia-Mo	5:15.95
3	Tittel, Lauren	FR	Carleton	5:05.86
4	Campbell, Amelia	FR	Carleton	5:12.12
5	Vukovics, Claire	FR	Carleton	5:05.83
6	Fox, Kate	SO	Macalester	5:03.18
7	Niemi, Regan	JR	St. Scholast	5:13.30
8	Timmerman, Megan	SR	St. Olaf	5:15.19
9	Slavin, Mya	SO	Saint Mary's	5:09.41

MIAC Championships - 2/26/2026 to 2/28/2026

Carleton Rec. Center

Meet Program - Friday Running Events

Event 11 Women 400 Meter Dash**Friday 2/27/2026 - 6:05 PM****5 Section Timed Final; pref. lanes 5-6-4-3****2 Turn Stager****Champ. Rec.: 56.80 2017 Alexa Feeney****Facility Rec: 57.01 2006 Angie Pfeiffer**

Lane	Name	Yr	School	Seed Time
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Section 1 of 5 Finals

3	Piechowski, Macy	FR	St. Benedict	1:02.98
4	Ellefson, Adelyn	SO	Bethel (Minn)	1:02.03
5	Fynboh, Isabel	SR	Gustavus Ado	1:00.71
6	Gerbig, Adyson	FR	Bethel (Minn)	1:01.00

Section 2 of 5 Finals

3	Kienitz, Ella	SO	Gustavus Ado	1:02.97
4	Dean, Morgan	SR	Bethel (Minn)	1:01.62
5	Semple, Ellie	FR	St. Olaf	59.56
6	Slaybaugh, Ashley	FR	Bethel (Minn)	59.62

Section 3 of 5 Finals

3	Rocheford, Lauren	SR	Gustavus Ado	1:02.31
4	Zaharieva, Deni	FR	Saint Mary's	1:01.61
5	Brown, Josie	FR	Concordia-Mo	59.11
6	Pelowski, Madi	SR	Bethel (Minn)	59.21

Section 4 of 5 Finals

3	Dean, Taylor	FR	St. Benedict	1:02.22
4	Rydberg, Arissa	SO	Bethel (Minn)	1:01.54
5	Hookom, Allison	SR	Augsburg	57.50
6	Jaekle, Izzi	SO	St. Olaf	58.10

Section 5 of 5 Finals

3	Nelson, Kayla	SR	St. Scholast	1:02.13
4	Norton, Emma	FR	Concordia-Mo	1:01.09
5	Rogahn-Press, Ariella	SO	Macalester	55.33
6	Sulungaine, Shalom	JR	Bethel (Minn)	56.58

Event 15 Women 800 Meter Run**Friday 2/27/2026 - 6:25 PM****3 Alleys. 3-2-2****2 Turn Stagger****Champ. Rec.: 2:12.67 2019 Phoebe Aguiar****Facility Rec: 2:14.07 2022 Alexandra Maddux**

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

1	McDonald, Meaghan	SR	St. Benedict	2:31.86
2	Hahn, Aftyn	FR	Concordia-Mo	2:31.21
3	Nelson, Estle	FR	Bethel (Minn)	2:29.41
4	Verkinnes, Brooke	SR	St. Benedict	2:29.75
5	Peterson, Kaitlyn	JR	St. Catherin	2:31.35
6	Link, Bailey	JR	St. Benedict	2:30.21
7	Soli, Ellyn	FR	Gustavus Ado	2:29.24

Section 2 of 3 Finals

1	Dahl, Addie	SO	Concordia-Mo	2:27.48
2	Witschen, Anabella	JR	St. Benedict	2:23.59
3	Baumann, Brooke	JR	Hamline	2:25.19
4	Manhard, Abbie	SR	St. Olaf	2:23.00
5	Radaich, Taylor	JR	St. Benedict	2:23.58
6	Kusch, Charlotte	SO	Carleton	2:21.66
7	DiNardo, Molly	JR	St. Olaf	2:23.30

Section 3 of 3 Finals

1	Berg, Lauren	SR	St. Benedict	2:17.32
2	Ames, Londyn	JR	Concordia-Mo	2:18.46
3	Bradley, Anabel	JR	Hamline	2:17.89
4	Nygaard, Kyla	JR	Concordia-Mo	2:14.52
5	Nemet, Pamina	FR	Carleton	2:18.50
6	Wyatt, Isabel	SR	St. Olaf	2:15.65
7	DenHartog, Cora	FR	St. Olaf	2:16.79

Event 40 Women 5000 Meter Run**Friday 2/27/2026 - 6:55 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.: 16:40.72 2024 Fiona Smith****Facility Rec: 17:14.68 2019 Simone Childs-Walker**

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Wood, Abby	SO	St. Scholast	19:00.85
2	Walda, Lauren	SR	St. Olaf	17:27.59
3	Preisser, Hannah	SR	Carleton	17:35.50
4	Larsen, Aliya	SR	Carleton	17:54.10
5	England, Arabella	SO	St. Olaf	18:50.00
6	Hart, Brooklyn	SO	Concordia-Mo	19:06.54
7	Ellis, Samantha	JR	Macalester	18:41.26
8	Liston, Molly	SR	Gustavus Ado	17:11.07
9	Kenney, Mary	SR	St. Benedict	18:54.00
10	Nelson, Ashley	SO	Concordia-Mo	18:03.57
11	Lindeman, Eleanor	FR	St. Catherin	18:40.38
12	Forbord, Anna	FR	Gustavus Ado	19:07.57
13	Madden, Kathleen	JR	St. Olaf	19:12.16
14	McCloskey, Molly Kate	SR	St. Olaf	19:14.64
15	Ping, Mollie	SO	St. Benedict	19:46.81
16	Giles, Addy	FR	St. Benedict	19:48.84
17	Feldhahn, Lydia	FR	St. Catherin	19:29.07
18	Nibbelink, Ava	SO	Bethel (Minn)	19:23.09

MIAC Championships - 2/26/2026 to 2/28/2026**Carleton Rec. Center****Meet Program - Friday Running Events****Event 42 Women 4x200 Meter Relay****Friday 2/27/2026 - 7:45 PM****Timed Finals****Champ. Rec.: 1:42.50 2011 Augsberg****Telphia, Carney, Flowers, Vrieze****Facility Rec: 1:44.70 2006 Bethel****Chapman, Staat, Bauman, Evans**

Lane	Team	Relay	Seed Time
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Section 1 of 3 Finals

3	Carleton	A	NT
4	St. Scholast	A	NT
5	Macalester	A	1:47.97
6	Gustavus Ado	A	1:49.30

Section 2 of 3 Finals

3	St. Catherin	A	NT
4	St. Benedict	A	1:52.05
5	Bethel (Minn)	A	1:47.04
6	Concordia-Mo	A	1:47.43

Section 3 of 3 Finals

3	Augsburg	A	NT
4	Hamline	A	1:49.60
5	St. Olaf	A	1:43.97
6	Saint Mary's	A	1:46.01

Event 44 Women Distance Medley**Friday 2/27/2026 - 8:15 PM****Waterfall start****Champ. Rec.: 12:22.44 2022 Carleton****Rowland, Cordova, Kropp, Mayfield****Facility Rec: 12:22.44 2022 Carleton****Rowland, Cordova, Kropp, Mayfield**

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

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

MIAC Championships - 2/26/2026 to 2/28/2026

Carleton Rec. Center

Meet Program - Friday Field Events

Event 25 Women Weight Throw

Friday 2/27/2026 - 6:15 PM

Top 9 to Final

Champ. Rec.: 17.66m 2000 April Felt

Facility Rec: 18.65m 2006 April Phillips

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Schei, Isabella	JR	Saint Mary's		13.54m
2	Tracy, Brooke	SR	Hamline		14.15m
3	Dooley, Cecilia	SO	Hamline		13.39m
4	Endreson, Kaycee	FR	Concordia-Mo		13.39m
5	Harris, Yonna	FR	Gustavus Ado		13.45m
6	Hoffman, Rebecca	JR	Gustavus Ado		13.73m
7	Boelter, Ella	SR	Bethel (Minn		13.52m
8	Smith, Christian	JR	St. Benedict		13.83m
9	Sampy, Lena	SO	Hamline		13.52m
10	Owens, Magenta	SO	Hamline		13.50m

Flight 2 of 2 Finals

1	Larsen, Nora	SR	Bethel (Minn		15.42m
2	Paulsen, Logan	SO	St. Olaf		15.42m
3	Lin, Jessica	JR	Macalester		14.22m
4	Stritesky, Ella	SR	St. Scholast		16.54m
5	Engen, Ella	SR	St. Scholast		14.41m
6	Speratos, Anna	SR	Bethel (Minn		17.98m
7	Brainer, Lexi	SR	Hamline		17.71m
8	Dabout, Genevieve	FR	Concordia-Mo		14.73m
9	Gallagher, Gracie	FR	Concordia-Mo		15.32m
10	Heins, Ella	SO	St. Scholast		14.27m

Event 31 Women Triple Jump

Friday 2/27/2026 - 4:00 PM

Top 9 to Final

Champ. Rec.: 11.83m 2017 Emma Peterson

Facility Rec: 11.51m 2023 Journey Amundson

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Mensah, Terri	FR	Carleton		10.45m
2	Scharnberg, Hannah	FR	St. Benedict		10.18m
3	Swenson, Peyton	FR	Bethel (Minn		10.22m
4	Vogel, Sophia	FR	Gustavus Ado		10.68m
5	Loftness, Ava	FR	Gustavus Ado		11.01m
6	Schritz, Elli	JR	St. Scholast		10.30m
7	Machayya, Ellie	SO	Concordia-Mo		10.17m
8	Pankratz, Julia	FR	Bethel (Minn		10.27m
9	Kajer, Kayla	SO	Gustavus Ado		10.59m
10	Houston, Keityshia	FR	Hamline		10.23m

Flight 2 of 2 Finals

1	Hawks, Kaylee	FR	Gustavus Ado		10.89m
2	Fink, Allison	FR	St. Scholast		10.48m
3	Dostal, Ameryn	SO	Saint Mary's		10.68m
4	Osborne, Piper	JR	Concordia-Mo		10.83m
5	Gries, Anna	SO	St. Benedict		10.66m
6	Malvey, Kaili	FR	Concordia-Mo		11.27m
7	Stanislawski, Jordan	JR	Bethel (Minn		10.45m
8	Chea, Juslene	FR	St. Benedict		10.92m
9	Hernes, Ellie	SR	Bethel (Minn		11.28m
10	Farquharson, Sabriya	JR	St. Benedict		11.30m

Event 35 Women Pole Vault

Friday 2/27/2026 - 5:00 PM

Champ. Rec.: 3.83m 2017 London Stelten

Facility Rec: 3.66m 2010 Annie Fillmore

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Wilson, Seneca	JR	Macalester		2.85m
2	Luepke, Bria	SR	Hamline		2.85m
3	Boyd, Roen	SR	Macalester		2.85m
4	Brosam, Ava	FR	Carleton		3.00m
5	Nelson, AnnaGrace	SR	Bethel (Minn		3.00m
6	Nelson, Molly	SR	Bethel (Minn		3.05m
7	Pearson, Emily	JR	Bethel (Minn		3.07m
8	Nesseth, Erika	SO	St. Olaf		3.07m
9	Stamp, Elly	FR	Bethel (Minn		3.08m
10	Syverson, Sophie	FR	Carleton		3.10m
11	Coleman, Brynley	SO	Concordia-Mo		3.18m
12	Lee, Maddox	SR	Gustavus Ado		3.20m
13	Brown, Savannah	JR	Hamline		3.20m
14	Finney, Camille	JR	Gustavus Ado		3.25m
15	Raidt, LiLi	JR	St. Benedict		3.30m
16	Gin, Xara	SO	Saint Mary's		3.35m
17	Flinn, McKenna	SO	St. Benedict		3.38m
18	Frei, Abigail	FR	St. Olaf		3.40m
19	Kaping, Raina	JR	Bethel (Minn		3.45m
20	Ahlberg, Jaylyn	SR	St. Benedict		3.45m

MIAC Championships - 2/26/2026 to 2/28/2026

Carleton Rec. Center

Meet Program - Saturday Running Events

Event 13 Women 600 Meter Run**Saturday 2/28/2026 - 1:35 PM****Timed Finals; 2 Turn Stagger****Champ. Rec.: 1:31.68 2019 Phoebe Aguiar****Facility Rec: 1:34.72 2022 Elizabth Donnelly**

Lane	Name	Yr	School	Seed	Time
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Section 1 of 3 Finals

1	Dauner, Emma	JR	St. Olaf		1:44.19
2	Manhard, Abbie	SR	St. Olaf		1:41.59
3	Nemet, Pamina	FR	Carleton		1:38.52
4	Bradley, Anabel	JR	Hamline		1:39.48
5	Brown, Josie	FR	Concordia-Mo		1:40.60
6	Norton, Emma	FR	Concordia-Mo		1:42.17

Section 2 of 3 Finals

1	Kienitz, Ella	SO	Gustavus Ado		1:44.00
2	Mickelson, Nora	JR	St. Olaf		1:41.16
3	Hookom, Allison	SR	Augsburg		1:37.45
4	Berg, Lauren	SR	St. Benedict		1:38.46
5	DiNardo, Molly	JR	St. Olaf		1:40.40
6	Dean, Taylor	FR	St. Benedict		1:41.97

Section 3 of 3 Finals

1	Wagner-Hemstad, Alice	SO	St. Olaf		1:43.72
2	Kusch, Charlotte	SO	Carleton		1:41.01
3	Nygaard, Kyla	JR	Concordia-Mo		1:34.52
4	Sulungaine, Shalom	JR	Bethel (Minn)		1:36.04
5	Pelowski, Madi	SR	Bethel (Minn)		1:40.15
6	Wallin, Katja	FR	Gustavus Ado		1:41.82

Event 17 Women 1000 Meter Run**Saturday 2/28/2026 - 2:05 PM****3 Section Timed finals 3 Alleys.3-3-2****2 Turn Stagger****Champ. Rec.: 2:51.48 2016 Emily Gapinski****Facility Rec: 2:51.48 2016 Emily Gapinski**

Lane	Name	Yr	School	Seed	Time
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Section 1 of 3 Finals

1	Lamarre, Louisa	SO	St. Olaf		3:11.40
2	Reckmeyer, Madeleine	SO	Carleton		3:10.73
3	Mullen, Emerson	FR	Bethel (Minn)		3:11.22
4	Link, Bailey	JR	St. Benedict		3:14.28
5	Iverson, Tilia	SO	Macalester		3:09.47
6	Morris, Kyra	SO	Macalester		3:14.36
7	Gentz, Kiara	JR	Bethel (Minn)		3:14.53
8	Radaich, Taylor	JR	St. Benedict		3:08.74

Section 2 of 3 Finals

1	Enfield, Addison	FR	Gustavus Ado		3:05.79
2	Moeller, Grace	SR	St. Olaf		3:08.15
3	Witschen, Anabella	JR	St. Benedict		3:08.73
4	Peterson, Nina	FR	Carleton		3:04.61
5	Niemi, Regan	JR	St. Scholast		3:04.77
6	Jensen, Aubrey	FR	Macalester		3:07.79
7	Helmer, Anna-Britta	FR	St. Olaf		3:06.73
8	Maddux, Alicia	SR	Hamline		3:08.51

Section 3 of 3 Finals

1	Henry-Perlich, Kelyn	SO	Concordia-Mo		3:04.30
2	Wyatt, Isabel	SR	St. Olaf		2:56.52
3	Ames, Londyn	JR	Concordia-Mo		3:01.59
4	Slavin, Mya	SO	Saint Mary's		2:58.84
5	Landis, Ella	SR	St. Olaf		3:03.21
6	DenHartog, Cora	FR	St. Olaf		2:56.91
7	Tittel, Lauren	FR	Carleton		3:00.27
8	Fox, Kate	SO	Macalester		3:02.40

Event 19 Women 200 Meter Dash**Saturday 2/28/2026 - 2:35 PM****6 section timed finals; Pref. Lanes 5-6-4-3****Champ. Rec.: 25.16 2024 Megan Geraets****Facility Rec: 25.25 2010 Shanek Telpia**

Lane	Name	Yr	School	Seed	Time
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Section 1 of 6 Finals

3	Robran, Aliyah	SR	Hamline		27.53
4	Osborne, Piper	JR	Concordia-Mo		27.22
5	Kaping, Raina	JR	Bethel (Minn)		26.91
6	Siems, Claire	SO	Hamline		26.96

Section 2 of 6 Finals

3	Turnbaugh, Jaz	FR	Hamline		27.48
4	Maki, Autumn	SO	Bethel (Minn)		27.18
5	Stacy, Allison	SO	Gustavus Ado		26.62
6	Young, Zari	SO	Saint Mary's		26.69

Section 3 of 6 Finals

3	Gerbig, Adyson	FR	Bethel (Minn)		27.47
4	Schneider, Alexi	SO	Hamline		27.12
5	Sandman, Andie	JR	Concordia-Mo		26.41
6	Sappington, Evangeline	FR	St. Olaf		26.57

Section 4 of 6 Finals

3	Ellefson, Adelyn	SO	Bethel (Minn)		27.42
4	Olson-Skog, Alethia	FR	Bethel (Minn)		27.02
5	Semple, Ellie	FR	St. Olaf		26.29
6	Warner, Emma	SO	Concordia-Mo		26.41

Section 5 of 6 Finals

3	Rydberg, Arissa	SO	Bethel (Minn)		27.34
4	Loftness, Ava	FR	Gustavus Ado		27.01
5	Munson, Samantha	SR	Saint Mary's		25.86
6	Rengo, Emily	SR	Concordia-Mo		25.91

Section 6 of 6 Finals

3	Torres, Melissa	SO	Saint Mary's		27.28
4	Feldman, Allee	SO	St. Benedict		27.01
5	Rogahn-Press, Ariella	SO	Macalester		25.15
6	Jaekle, Izzi	SO	St. Olaf		25.75

MIAC Championships - 2/26/2026 to 2/28/2026

Carleton Rec. Center

Meet Program - Saturday Running Events

Event 21 Women 3000 Meter Run**Saturday 2/28/2026 - 3:15 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: 9:34.60 2022 Fiona Smith**

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

16	Hay, Anna	SR	Bethel (Minn)	10:50.89
17	Anderson, Siiri	FR	Gustavus Ado	10:52.66
18	Madden, Kathleen	JR	St. Olaf	11:10.16
19	Upton, Lucy	FR	Bethel (Minn)	10:56.72
20	England, Arabella	SO	St. Olaf	10:54.15
21	Grobstein, Daphne	FR	St. Benedict	10:55.70
22	Cavanaugh, Brylee	FR	Bethel (Minn)	11:04.25
23	Sunnarborg, Laura	JR	Gustavus Ado	11:02.77
24	Babineau, Julia	JR	St. Benedict	11:02.33
25	Dickinson, Lilly	FR	Concordia-Mo	11:07.61
26	Murphy, Mackenzie	JR	Gustavus Ado	11:08.74
27	Cargill, Anna	SR	Bethel (Minn)	10:56.21
28	Cherniavsky, Sierra	FR	Carleton	11:10.75
29	McCormick, Grace	JR	St. Scholast	11:12.65
30	Feldhahn, Lydia	FR	St. Catherin	11:13.19

Section 2 of 2 Finals

1	Larsen, Aliya	SR	Carleton	10:26.26
2	Campbell, Amelia	FR	Carleton	10:13.73
3	Preisser, Hannah	SR	Carleton	10:06.00
4	Timmerman, Megan	SR	St. Olaf	10:31.40
5	Walda, Lauren	SR	St. Olaf	10:16.01
6	Lindquist, Abigale	SO	St. Olaf	10:23.41
7	Nelson, Ashley	SO	Concordia-Mo	10:24.69
8	Vukovics, Claire	FR	Carleton	10:05.91
9	Peterson, Nicole	FR	Carleton	10:30.40
10	Kennedy, Mary	SR	St. Benedict	10:41.46
11	Ellis, Samantha	JR	Macalester	10:33.15
12	Liston, Molly	SR	Gustavus Ado	10:06.88
13	McCloskey, Molly Kate	SR	St. Olaf	10:47.62
14	Ruzanic, Louise	FR	Carleton	10:39.40
15	Lindeman, Eleanor	FR	St. Catherin	10:38.92

Event 23 Women 4x400 Meter Relay**Saturday 2/28/2026 - 4:15 PM****Tmed Finals****Champ. Rec.: 3:55.37 2020 Bethel****Sankey, McKinstrey, Turek, Labatt****Facility Rec: 3:55.68 2022 Bethel****Sankey, Nordberg, Turek, Sealock**

Lane	Team	Relay	Seed Time
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Section 1 of 3 Finals

3	St. Catherin	A	NT
4	Augsburg	A	NT
5	Saint Mary's	A	4:20.79
6	St. Scholast	A	4:28.70

Section 2 of 3 Finals

3	Hamline	A	4:20.01
4	Gustavus Ado	A	4:15.69
5	Carleton	A	4:13.72
6	St. Benedict	A	4:15.25

Section 3 of 3 Finals

3	Macalester	A	4:07.82
4	St. Olaf	A	4:03.05
5	Concordia-Mo	A	3:53.33
6	Bethel (Minn)	A	3:56.25

MIAC Championships - 2/26/2026 to 2/28/2026

Carleton Rec. Center

Meet Program - Saturday Field Events

Event 27 Women Shot Put

Saturday 2/28/2026 - 2:00 PM

Top 9 to Final

Champ. Rec.: 14.58m 2014 Cherae Reeves

Facility Rec: 13.80m 2022 Annika Poe

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Owens, Magenta	SO	Hamline		11.04m
2	Dooley, Cecilia	SO	Hamline		11.11m
3	Dabout, Genevieve	FR	Concordia-Mo		11.94m
4	Endreson, Kaycee	FR	Concordia-Mo		11.89m
5	Sampy, Lena	SO	Hamline		11.05m
6	Wehrman, Rachel	SO	Bethel (Minn)		11.59m
7	Henrikson, Jada	FR	Bethel (Minn)		11.37m
8	Banse, Grace	SR	Gustavus Ado		11.28m
9	Smith, Christian	JR	St. Benedict		11.20m
10	Hartl, Gracie	SO	Concordia-Mo		11.19m

Flight 2 of 2 Finals

1	Travis, Miranda	SR	Concordia-Mo		12.38m
2	Gallagher, Gracie	FR	Concordia-Mo		12.46m
3	Harris, Yonna	FR	Gustavus Ado		11.95m
4	Mueffelmann, Chloe	SO	Concordia-Mo		12.81m
5	Larsen, Nora	SR	Bethel (Minn)		12.93m
6	Banse, Allison	SO	St. Benedict		12.19m
7	Paulsen, Logan	SO	St. Olaf		12.86m
8	Brainer, Lexi	SR	Hamline		13.57m
9	Myatt, Tessa	JR	Macalester		12.48m
10	Akason, Morgan	FR	Gustavus Ado		11.95m

Event 33 Women High Jump

Saturday 2/28/2026 - 11:45 AM

Champ. Rec.: 1.72m 2017 Emma Peterson

Facility Rec: 1.68m 2010 Kaelene Lundstrom

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Wgeishofski, Sydney	SR	St. Scholast		1.47m
2	King, Molly	FR	St. Scholast		1.47m
3	Witham, Frankie	JR	Hamline		1.48m
4	Gin, Xara	SO	Saint Mary's		1.50m
5	Kemp, Anna	JR	St. Benedict		1.50m
6	Chavarria, Andrea	FR	St. Olaf		1.50m
7	Myatt, Tessa	JR	Macalester		1.52m
8	Stommes, Kiera	SO	St. Benedict		1.52m
9	Kelleher, Caroline	SO	Carleton		1.53m
10	Norton, Emma	FR	Concordia-Mo		1.54m
11	Hawks, Kaylee	FR	Gustavus Ado		1.55m
12	Laposky, Reese	FR	St. Benedict		1.55m
13	Lovelace, Abby	JR	Concordia-Mo		1.55m
14	Terwedo, Drea	JR	St. Benedict		1.58m
15	Pearson, Lauren	FR	Concordia-Mo		1.59m
16	Malvey, Kaili	FR	Concordia-Mo		1.61m
17	Selle, Lauren	FR	Concordia-Mo		1.61m
18	Walsh, Annika	FR	St. Olaf		1.62m
19	Kajer, Kayla	SO	Gustavus Ado		1.62m

Event 29 Women Long Jump

Saturday 2/28/2026 - 2:00 PM

Top 9 to Final

Champ. Rec.: 5.79m 2005 Kristal Grigsby

Facility Rec: 5.74m 2006 Kristal Grigsby

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Walsh, Annika	FR	St. Olaf		5.01m
2	Hawks, Kaylee	FR	Gustavus Ado		5.03m
3	Christenson, Taylor	SO	Concordia-Mo		5.06m
4	Vogel, Sophia	FR	Gustavus Ado		5.07m
5	Mensah, Terri	FR	Carleton		5.08m
6	Gries, Anna	SO	St. Benedict		5.10m
7	Hanlin, Morgan	FR	St. Benedict		5.17m
8	Malvey, Kaili	FR	Concordia-Mo		5.19m
9	Fink, Allison	FR	St. Scholast		5.19m
10	Tomety, Harmony-Keli	JR	Macalester		5.20m

Flight 2 of 2 Finals

1	Wick, Shayna	SO	St. Scholast		5.20m
2	Stanislawski, Jordan	JR	Bethel (Minn)		5.25m
3	Chea, Juslene	FR	St. Benedict		5.26m
4	Badejo, Mabel	FR	Hamline		5.29m
5	Pearson, Lauren	FR	Concordia-Mo		5.29m
6	Hernes, Ellie	SR	Bethel (Minn)		5.41m
7	Stein, Claire	FR	St. Olaf		5.44m
8	Farquharson, Sabriya	JR	St. Benedict		5.48m
9	Frantzich, Svea	FR	St. Olaf		5.57m
10	Jore, Ashlyn	SR	St. Olaf		5.63m