

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 Augsburg****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