

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	Year School	Finals	Wind	H#	Points
1 Blanchette, Grace	Carleton	15.25	2.6	5	809
2 Salfer, Rebekah	St. Olaf	15.32	2.6	5	800
3 Selle, Peyton	Concordia-Mo	15.66	2.6	5	756
4 Floren, Justus	St. Benedict	16.01	2.3	4	713
5 Hobby, Sarah Beth	Macalester	16.72	2.4	3	628
6 Scholten, Hailey	Bethel (Minn	16.93	2.3	4	604
7 Johnson, Lily	St. Olaf	16.95	2.4	3	602
8 Joerger, Alli	Gustavus Ado	17.28	2.3	4	565
9 Selisker, Ellie	St. Benedict	17.44	2.4	3	548
10 Keech, Claire	St. Olaf	17.52	3.4	2	539
11 Kaeppe, Summer	Gustavus Ado	18.51	3.4	2	437
12 Greeder, Caylee	Gustavus Ado	18.83	1.8	1	406
13 Moe, Hannah	Bethel (Minn	20.24	1.8	1	283

Heptathlon: #2 Women High Jump Heptathlon

Name	Year School	Finals	Points
1 Selisker, Ellie	St. Benedict	1.54m	666
1.24 1.27 1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57			
P P P P P P O O O O XO XXX			
1 Blanchette, Grace	Carleton	1.54m	666
1.24 1.27 1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51 1.54 1.57			
P P P P O P O O XXO O XO XXX			
3 Hobby, Sarah Beth	Macalester	1.51m	632
1.24 1.27 1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51 1.54			
P P P P P O O O O XO XXX			
3 Floren, Justus	St. Benedict	1.51m	632
1.24 1.27 1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51 1.54			
P P P P P P P O O O O XXX			
5 Joerger, Alli	Gustavus Ado	1.42m	534
1.24 1.27 1.30 1.33 1.36 1.39 1.42 1.45			
P P P P P P O XXX			
5 Selle, Peyton	Concordia-Mo	1.42m	534
1.24 1.27 1.30 1.33 1.36 1.39 1.42 1.45			
P P P P P P O XXX			
7 Johnson, Lily	St. Olaf	1.39m	502
1.24 1.27 1.30 1.33 1.36 1.39 1.42			
P P XXO O O O XXX			
8 Scholten, Hailey	Bethel (Minn	1.36m	470
1.24 1.27 1.30 1.33 1.36 1.39			
P P O P O XXX			
8 Moe, Hannah	Bethel (Minn	1.36m	470
1.24 1.27 1.30 1.33 1.36 1.39			
P P O P O XXX			
8 Kaeppe, Summer	Gustavus Ado	1.36m	470
1.24 1.27 1.30 1.33 1.36 1.39			
P P XO XO XXX			
11 Salfer, Rebekah	St. Olaf	1.33m	439
1.24 1.27 1.30 1.33 1.36			
P P P XXO XXX			
11 Greeder, Caylee	Gustavus Ado	1.33m	439
1.24 1.27 1.30 1.33 1.36			
O P XO XO XXX			
13 Keech, Claire	St. Olaf	1.30m	409
1.24 1.27 1.30 1.33			
O O O XXX			

Heptathlon: #3 Women Shot Put Heptathlon

Name	Year School	Finals	Points
1 Salfer, Rebekah	St. Olaf	11.07m	600
2 Hobby, Sarah Beth	Macalester	10.80m	582
3 Floren, Justus	St. Benedict	10.79m	581
4 Selle, Peyton	Concordia-Mo	9.91m	524
5 Keech, Claire	St. Olaf	9.56m	501
6 Joerger, Alli	Gustavus Ado	8.85m	454
7 Blanchette, Grace	Carleton	8.81m	452
8 Scholten, Hailey	Bethel (Minn	8.24m	415
9 Selisker, Ellie	St. Benedict	7.75m	383
10 Johnson, Lily	St. Olaf	7.50m	367
11 Greeder, Caylee	Gustavus Ado	7.47m	365
12 Moe, Hannah	Bethel (Minn	7.43m	363
13 Kaeppe, Summer	Gustavus Ado	7.12m	343

Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	Year School	Finals	Wind H#	Points
Finals				
1 Salfer, Rebekah	St. Olaf	26.60	-0.2 3	745
2 Selle, Peyton	Concordia-Mo	27.01	-0.2 3	711
3 Floren, Justus	St. Benedict	27.26	+0.0 1	690
4 Blanchette, Grace	Carleton	27.49	-0.2 3	672
5 Selisker, Ellie	St. Benedict	27.61	-0.2 3	662
6 Keech, Claire	St. Olaf	28.07	+0.0 2	625
7 Johnson, Lily	St. Olaf	28.24	+0.0 2	612
8 Joerger, Alli	Gustavus Ado	28.39	-0.2 3	600
9 Moe, Hannah	Bethel (Minn	28.40	+0.0 2	600
10 Greeder, Caylee	Gustavus Ado	28.53	+0.0 2	590
11 Hobby, Sarah Beth	Macalester	28.89	+0.0 1	562
12 Kaeppe, Summer	Gustavus Ado	29.53	+0.0 1	515
13 Scholten, Hailey	Bethel (Minn	29.73	+0.0 1	501

Women Heptathlon

Name	Year School	Finals	H#	Points
1 Floren, Justus	St. Benedict	2616		
2 Blanchette, Grace	Carleton	2599		
3 Salfer, Rebekah	St. Olaf	2584		
4 Selle, Peyton	Concordia-Mo	2525		
5 Hobby, Sarah Beth	Macalester	2404		
6 Selisker, Ellie	St. Benedict	2259		
7 Joerger, Alli	Gustavus Ado	2153		
8 Johnson, Lily	St. Olaf	2083		
9 Keech, Claire	St. Olaf	2074		
10 Scholten, Hailey	Bethel (Minn	1990		
11 Greeder, Caylee	Gustavus Ado	1800		
12 Kaeppe, Summer	Gustavus Ado	1765		
13 Moe, Hannah	Bethel (Minn	1716		

Decathlon: #1 Men 100 Meter Dash Decathlon

Name	Year School	Finals	Wind	H#	Points
1 Lord, Demetri	St. Olaf	10.97	1.1	3	867
2 Schegel, Abe	Bethel (Minn	11.17	1.1	3	823
3 Rhonemus, Wade	Concordia-Mo	11.49	1.1	3	755
4 Thurk, Anthony	St. John's (	11.64	1.1	3	723
5 Kallstrom, Brandon	Bethel (Minn	11.67	-1.0	2	717
6 Anderson, Reese	Carleton	11.76	-1.0	2	699
7 Schulze, Sam	Gustavus Ado	11.83	1.1	3	685
8 Smith, Micah	Bethel (Minn	11.84	1.1	3	683
9 Wellman, Trevor	Bethel (Minn	11.90	-1.0	2	671
10 Lelwica, Max	St. John's (	11.91	-1.0	2	669
11 Ramirez, Gael	Bethel (Minn	11.97	-1.0	2	657
12 Cogley, Andrew	St. Olaf	12.16	-1.0	2	620
13 McCormick, Connor	Gustavus Ado	12.31	-2.0	1	591
14 Kienholz, Carter	Hamline	12.54	-2.0	1	549
15 Carlson, Kirk	Gustavus Ado	12.69	-2.0	1	522
16 Schmidt, Joe	Gustavus Ado	12.87	-2.0	1	490
17 Elseth, Aaron	Bethel (Minn	12.96	-2.0	1	475

Decathlon: #2 Men Long Jump Decathlon

Name	Year School	Finals	Wind	Points
1 Rhonemus, Wade	Concordia-Mo	6.45m	0.5	686
6.19m(0.5) 6.31m(0.7) 6.45m(0.5)				
2 Thurk, Anthony	St. John's (	6.41m	1.5	677
6.41m(1.5) 6.26m(1.8) 6.21m(0.1)				
3 Lord, Demetri	St. Olaf	6.23m	1.6	637
6.23m(1.6) 6.21m(2.0) 6.21m(1.4)				
4 Schegel, Abe	Bethel (Minn	6.14m	1.8	617
FOUL 5.86m(2.5) 6.14m(1.8)				
5 Cogley, Andrew	St. Olaf	6.06m	1.1	600
5.92m(2.0) 6.06m(1.1) 5.72m(1.8)				
6 Lelwica, Max	St. John's (	6.03m	0.6	593
5.90m(0.9) FOUL 6.03m(0.6)				
7 McCormick, Connor	Gustavus Ado	5.82m	+0.0	548
5.35m(0.6) FOUL 5.82m(+0.0)				
8 Schulze, Sam	Gustavus Ado	5.81m	1.6	546
5.81m(1.6) 5.73m(2.5) FOUL				
9 Smith, Micah	Bethel (Minn	5.78m	+0.0	540
FOUL FOUL 5.78m(+0.0)				
10 Carlson, Kirk	Gustavus Ado	5.61m	2.0	504
5.09m(2.0) 5.07m(0.5) 5.07m(0.3)				
11 Anderson, Reese	Carleton	5.50m	+0.0	481
5.42m(0.9) 5.50m(+0.0) FOUL				
12 Kienholz, Carter	Hamline	5.39m	1.8	459
5.06m(1.2) 5.39m(1.8) 5.26m(0.3)				
13 Wellman, Trevor	Bethel (Minn	5.35m	2.6	451
5.03m(1.0) 5.35m(2.6) 4.99m(0.7)				
14 Elseth, Aaron	Bethel (Minn	5.12m	1.0	405
5.12m(1.0) FOUL 4.86m(+0.0)				
15 Ramirez, Gael	Bethel (Minn	5.09m	2.3	400
5.09m(2.3) 5.07m(+0.0) 5.07m(0.8)				
16 Kallstrom, Brandon	Bethel (Minn	4.71m	0.1	328
FOUL FOUL 4.71m(0.1)				
17 Schmidt, Joe	Gustavus Ado	4.68m	3.1	323
4.55m(2.5) 4.43m(2.5) 4.68m(3.1)				

Decathlon: #3 Men Shot Put Decathlon

Name	Year School	Finals	Points
1 Wellman, Trevor	Bethel (Minn	12.64m	645
FOUL 12.54m 12.64m			
2 Lord, Demetri	St. Olaf	11.52m	577
9.97m 11.52m 10.82m			
3 Kienholz, Carter	Hamline	11.47m	574

	FOUL	11.21m	11.47m			
4	Lelwica, Max			St. John's (	11.32m	565
	10.33m	11.32m	FOUL			
5	Smith, Micah			Bethel (Minn	11.20m	558
	10.90m	11.20m	10.95m			
6	Schegel, Abe			Bethel (Minn	10.64m	524
	10.16m	10.02m	10.64m			
7	Cogley, Andrew			St. Olaf	10.48m	515
	10.48m	9.98m	9.91m			
8	Thurk, Anthony			St. John's (	10.16m	495
	10.16m	10.02m	9.61m			
9	Rhonemus, Wade			Concordia-Mo	9.76m	471
	8.98m	9.76m	9.25m			
10	Elseth, Aaron			Bethel (Minn	9.74m	470
	8.73m	9.03m	9.74m			
11	McCormick, Connor			Gustavus Ado	9.32m	445
	9.09m	9.32m	9.28m			
12	Kallstrom, Brandon			Bethel (Minn	8.56m	400
	8.52m	8.56m	8.11m			
13	Carlson, Kirk			Gustavus Ado	8.41m	391
	8.13m	8.41m	7.98m			
14	Schulze, Sam			Gustavus Ado	8.12m	373
	8.12m	7.57m	8.04m			
15	Anderson, Reese			Carleton	8.11m	373
	7.64m	7.40m	8.11m			
16	Ramirez, Gael			Bethel (Minn	8.02m	367
	8.02m	6.70m	6.08m			
17	Schmidt, Joe			Gustavus Ado	7.85m	357
	7.58m	7.85m	6.30m			

Decathlon: #4 Men High Jump Decathlon

Name	Year School	Finals	Points
1 Lelwica, Max	St. John's (	1.83m	653
1 Thurk, Anthony	St. John's (	1.83m	653
1 Lord, Demetri	St. Olaf	1.83m	653
4 Cogley, Andrew	St. Olaf	1.80m	627
5 Schulze, Sam	Gustavus Ado	1.71m	552
6 Schegel, Abe	Bethel (Minn	1.68m	528
7 Rhonemus, Wade	Concordia-Mo	1.65m	504
7 Smith, Micah	Bethel (Minn	1.65m	504
9 Wellman, Trevor	Bethel (Minn	1.62m	480
10 Carlson, Kirk	Gustavus Ado	1.59m	457
10 Anderson, Reese	Carleton	1.59m	457
10 McCormick, Connor	Gustavus Ado	1.59m	457
13 Ramirez, Gael	Bethel (Minn	1.56m	434
14 Kallstrom, Brandon	Bethel (Minn	1.53m	411
14 Elseth, Aaron	Bethel (Minn	1.53m	411
14 Kienholz, Carter	Hamline	1.53m	411
17 Schmidt, Joe	Gustavus Ado	1.41m	324

Decathlon: #5 Men 400 Meter Dash Decathlon

Name	Year School	Finals	H#	Points
1 Anderson, Reese	Carleton	49.87	3	821
2 Rhonemus, Wade	Concordia-Mo	50.93	3	772
3 Schegel, Abe	Bethel (Minn	51.07	3	766
4 Lord, Demetri	St. Olaf	51.38	3	752
5 Smith, Micah	Bethel (Minn	51.79	3	734
6 Lelwica, Max	St. John's (	52.97	2	683
7 Cogley, Andrew	St. Olaf	53.65	3	654
8 McCormick, Connor	Gustavus Ado	53.73	2	651
9 Schulze, Sam	Gustavus Ado	53.74	2	650
10 Thurk, Anthony	St. John's (	54.33	2	626
11 Wellman, Trevor	Bethel (Minn	54.58	2	616
12 Kallstrom, Brandon	Bethel (Minn	54.90	2	603
13 Ramirez, Gael	Bethel (Minn	55.88	1	564
14 Carlson, Kirk	Gustavus Ado	57.22	1	513

15	Elseth, Aaron	Bethel (Minn	58.30	1	473
16	Schmidt, Joe	Gustavus Ado	58.67	1	460
17	Kienholz, Carter	Hamline	58.90	1	451

Men Decathlon

Name	Year School	Finals	H#	Points
1 Lord, Demetri	St. Olaf	3486		
2 Schegel, Abe	Bethel (Minn	3258		
3 Rhonemus, Wade	Concordia-Mo	3188		
4 Thurk, Anthony	St. John's (	3174		
5 Lelwica, Max	St. John's (	3163		
6 Smith, Micah	Bethel (Minn	3019		
7 Cogley, Andrew	St. Olaf	3016		
8 Wellman, Trevor	Bethel (Minn	2863		
9 Anderson, Reese	Carleton	2831		
10 Schulze, Sam	Gustavus Ado	2806		
11 McCormick, Connor	Gustavus Ado	2692		
12 Kallstrom, Brandon	Bethel (Minn	2459		
13 Kienholz, Carter	Hamline	2444		
14 Ramirez, Gael	Bethel (Minn	2422		
15 Carlson, Kirk	Gustavus Ado	2387		
16 Elseth, Aaron	Bethel (Minn	2234		
17 Schmidt, Joe	Gustavus Ado	1954		