

MIAC Multi Event Championships - 5/2/2024 to 5/3/2024**Carleton College
Results - Heptathlon****Women Heptathlon**

	Points	100H	HJ	SP	200	Day1	LJ	JT	800
1 Nelson, AnnaGrace Bethel (Minn.) Team Points: 10	4264	15.23 w: 4.4 (811)	1.55m (678)	9.11m (471)	27.82 w: +0.0 (645)	2605	4.82m NWI (511)	31.88m (512)	2:34.61 (636)
2 Floren, Justus St. Benedict Team Points: 8	4172	16.00 w: 2.9 (714)	1.43m (544)	10.01m (530)	27.79 w: 0.8 (647)	2435	4.75m NWI (492)	37.59m (621)	2:35.61 (624)
3 Hobby, Sarah Beth Macalester Team Points: 6	4003	16.99 w: 3.3 (598)	1.46m (577)	11.22m (610)	29.13 w: 0.9 (545)	2330	4.95m NWI (546)	39.30m (654)	2:49.11 (473)
4 Kalevik, Jenna Concordia-Moorhead Team Points: 5	3987	15.07 w: 4.4 (832)	1.58m (712)	9.48m (495)	27.11 w: 0.9 (703)	2742	4.87m NWI (524)	19.50m (280)	2:52.19 (441)
5 Salfer, Rebekah St. Olaf Team Points: 4	3920	15.43 w: 4.4 (786)	1.31m (419)	10.04m (532)	27.36 w: +0.0 (682)	2419	4.63m NWI (461)	23.10m (347)	2:29.96 (693)
6 Hernes, Ellie Bethel (Minn.) Team Points: 3	3815	15.39 w: 2.9 (791)	1.46m (577)	7.93m (395)	28.09 w: +0.0 (624)	2387	4.96m NWI (548)	19.49m (279)	2:37.54 (601)
7 Scholten, Hailey Bethel (Minn.) Team Points: 2	3660	16.39 w: 2.9 (667)	1.37m (481)	9.24m (480)	28.78 w: 0.8 (571)	2199	4.45m NWI (416)	27.84m (436)	2:36.86 (609)
8 Selisker, Ellie St. Benedict Team Points: 1	3623	17.38 w: 3.3 (554)	1.55m (678)	7.16m (345)	27.77 w: 0.8 (649)	2226	5.25m NWI (628)	20.27m (294)	2:48.95 (475)
9 Ciarrochi, Grace Concordia-Moorhead	3413	17.67 w: 2.9 (523)	1.28m (389)	9.51m (497)	28.81 w: 0.9 (568)	1977	4.61m NWI (456)	31.72m (509)	2:49.33 (471)
10 Hannah, Gabrielle Hamline	3212	16.68 w: 3.3 (633)	1.37m (481)	7.63m (375)	28.51 w: 0.8 (591)	2080	4.79m NWI (503)	18.85m (268)	3:00.42 (361)
11 Klein, Aubree St. Olaf	3210	17.71 w: 2.8 (519)	1.25m (359)	8.92m (459)	28.16 w: +0.0 (618)	1955	4.37m NWI (396)	18.28m (257)	2:37.48 (602)
12 Moe, Hannah Bethel (Minn.)	3177	18.79 w: 2.8 (410)	1.46m (577)	8.30m (419)	28.28 w: 0.8 (609)	2015	4.24m NWI (364)	20.67m (301)	2:46.86 (497)
13 Terwedo, Drea St. Benedict	3123	18.26 w: 2.9 (462)	1.37m (481)	7.85m (390)	28.47 w: +0.0 (594)	1927	4.23m NWI (362)	26.19m (405)	2:53.39 (429)
14 Trojan, Emma Carleton	2957	17.71 w: 2.9 (519)	1.37m (481)	7.29m (354)	29.17 w: 0.9 (542)	1896	3.97m NWI (301)	15.19m (200)	2:41.12 (560)

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15 Witham, Frankie Hamline	18.51 w: 2.6	1.43m (544)	9.03m (466)	29.93 w: 0.9	3.94m NWI	22.31m (332)	3:15.09 (238)
	2798			1934	(294)		
16 Kaeppe, Summer Gustavus Adolphus	18.98 w: 2.6	1.31m (419)	8.44m (428)	30.20 w: 0.9	4.03m NWI	19.98m (289)	3:06.32 (309)
	2620			1707	(315)		
17 Makem Ratzinger, Jo St. Benedict	18.09 w: 2.8	NH (0)	8.65m (441)	28.36 w: 0.8	4.08m NWI	19.02m (271)	2:47.46 (490)
	2610			1523	(326)		
18 Iverson, Hope Bethel (Minn.)	21.10 w: 2.6	NH (0)	8.24m (415)	29.16 w: +0.0	3.79m NWI	15.30m (202)	2:50.46 (459)
	2096			1174	(261)		

MIAC Multi Event Championships - 5/2/2024 to 5/3/2024

Carleton College

Results - Women's Heptathlon

Heptathlon: #4 Women 200 Meter Dash Heptathlon

Name	School	Finals
Finals		
1 Kalevik, Jenna	Concordia-Mo	27.11 703
2 Salfer, Rebekah	St. Olaf	27.36 682
3 Selisker, Ellie	St. Benedict	27.77 649
4 Floren, Justus	St. Benedict	27.79 647
5 Nelson, AnnaGrace	Bethel (Minn)	27.82 645
6 Hernes, Ellie	Bethel (Minn)	28.09 624
7 Klein, Aubree	St. Olaf	28.16 618
8 Moe, Hannah	Bethel (Minn)	28.28 609
9 Makem Ratzinger, Joel	St. Benedict	28.36 603
10 Terwedo, Drea	St. Benedict	28.47 594
11 Hannah, Gabrielle	Hamline	28.51 591
12 Scholten, Hailey	Bethel (Minn)	28.78 571
13 Ciarrochi, Grace	Concordia-Mo	28.81 568
14 Hobby, Sarah Beth	Macalester	29.13 545
15 Iverson, Hope	Bethel (Minn)	29.16 542
16 Trojan, Emma	Carleton	29.17 542
17 Witham, Frankie	Hamline	29.93 487
18 Kaeppe, Summer	Gustavus Ado	30.20 468

Heptathlon: #7 Women 800 Meter Run Heptathlon

Name	School	Finals
Finals		
1 Salfer, Rebekah	St. Olaf	2:29.96 693
2 Nelson, AnnaGrace	Bethel (Minn)	2:34.61 636
3 Floren, Justus	St. Benedict	2:35.61 624
4 Scholten, Hailey	Bethel (Minn)	2:36.86 609
5 Klein, Aubree	St. Olaf	2:37.48 602
6 Hernes, Ellie	Bethel (Minn)	2:37.54 601
7 Trojan, Emma	Carleton	2:41.12 560
8 Moe, Hannah	Bethel (Minn)	2:46.86 497
9 Makem Ratzinger, Joel	St. Benedict	2:47.46 490
10 Selisker, Ellie	St. Benedict	2:48.95 475
11 Hobby, Sarah Beth	Macalester	2:49.11 473
12 Ciarrochi, Grace	Concordia-Mo	2:49.33 471
13 Iverson, Hope	Bethel (Minn)	2:50.46 459
14 Kalevik, Jenna	Concordia-Mo	2:52.19 441
15 Terwedo, Drea	St. Benedict	2:53.39 429
16 Hannah, Gabrielle	Hamline	3:00.42 361
17 Kaeppe, Summer	Gustavus Ado	3:06.32 309
18 Witham, Frankie	Hamline	3:15.09 238

Heptathlon: #1 Women 100 Meter Hurdles Heptathlon

Name	School	Finals
Finals		
1 Kalevik, Jenna	Concordia-Mo	15.07 832
2 Nelson, AnnaGrace	Bethel (Minn)	15.23 811
3 Hernes, Ellie	Bethel (Minn)	15.39 791
4 Salfer, Rebekah	St. Olaf	15.43 786
5 Floren, Justus	St. Benedict	16.00 714
6 Scholten, Hailey	Bethel (Minn)	16.39 667
7 Hannah, Gabrielle	Hamline	16.68 633
8 Hobby, Sarah Beth	Macalester	16.99 598

9 Selisker, Ellie	St. Benedict	17.38 554
10 Ciarrochi, Grace	Concordia-Mo	17.67 523
11 Trojan, Emma	Carleton	17.71 519
11 Klein, Aubree	St. Olaf	17.71 519
13 Makem Ratzinger, Joel	St. Benedict	18.09 479
14 Terwedo, Drea	St. Benedict	18.26 462
15 Witham, Frankie	Hamline	18.51 437
16 Moe, Hannah	Bethel (Minn)	18.79 410
17 Kaeppe, Summer	Gustavus Ado	18.98 392
18 Iverson, Hope	Bethel (Minn)	21.10 217

Heptathlon: #2 Women High Jump Heptathlon

Name	School	Finals
Finals		
1 Kalevik, Jenna	Concordia-Mo	1.58m 712
2 Nelson, AnnaGrace	Bethel (Minn)	1.55m 678
2 Selisker, Ellie	St. Benedict	1.55m 678
4 Hobby, Sarah Beth	Macalester	1.46m 577
4 Moe, Hannah	Bethel (Minn)	1.46m 577
4 Hernes, Ellie	Bethel (Minn)	1.46m 577
7 Floren, Justus	St. Benedict	1.43m 544
7 Witham, Frankie	Hamline	1.43m 544
9 Hannah, Gabrielle	Hamline	1.37m 481
9 Trojan, Emma	Carleton	1.37m 481
9 Terwedo, Drea	St. Benedict	1.37m 481
9 Scholten, Hailey	Bethel (Minn)	1.37m 481
13 Salfer, Rebekah	St. Olaf	1.31m 419
13 Kaeppe, Summer	Gustavus Ado	1.31m 419
15 Ciarrochi, Grace	Concordia-Mo	1.28m 389
16 Klein, Aubree	St. Olaf	1.25m 359
--- Makem Ratzinger, Joel	St. Benedict	NH
--- Iverson, Hope	Bethel (Minn)	NH

Heptathlon: #5 Women Long Jump Heptathlon

Name	School	Finals
Finals		
1 Selisker, Ellie	St. Benedict	5.25m 628
2 Hernes, Ellie	Bethel (Minn)	4.96m 548
3 Hobby, Sarah Beth	Macalester	4.95m 546
4 Kalevik, Jenna	Concordia-Mo	4.87m 524
5 Nelson, AnnaGrace	Bethel (Minn)	4.82m 511
6 Hannah, Gabrielle	Hamline	4.79m 503
7 Floren, Justus	St. Benedict	4.75m 492
8 Salfer, Rebekah	St. Olaf	4.63m 461
9 Ciarrochi, Grace	Concordia-Mo	4.61m 456
10 Scholten, Hailey	Bethel (Minn)	4.45m 416
11 Klein, Aubree	St. Olaf	4.37m 396
12 Moe, Hannah	Bethel (Minn)	4.24m 364
13 Terwedo, Drea	St. Benedict	4.23m 362
14 Makem Ratzinger, Joel	St. Benedict	4.08m 326
15 Kaeppe, Summer	Gustavus Ado	4.03m 315
16 Trojan, Emma	Carleton	3.97m 301
17 Witham, Frankie	Hamline	3.94m 294
18 Iverson, Hope	Bethel (Minn)	3.79m 261

MIAC Multi Event Championships - 5/2/2024 to 5/3/2024**Carleton College****Results - Women's Heptathlon****Heptathlon: #3 Women Shot Put Heptathlon**

	Name	School	Finals	
Finals				
1	Hobby, Sarah Beth	Macalester	11.22m	610
2	Salfer, Rebekah	St. Olaf	10.04m	532
3	Floren, Justus	St. Benedict	10.01m	530
4	Ciarrochi, Grace	Concordia-Mo	9.51m	497
5	Kalevik, Jenna	Concordia-Mo	9.48m	495
6	Scholten, Hailey	Bethel (Minn	9.24m	480
7	Nelson, AnnaGrace	Bethel (Minn	9.11m	471
8	Witham, Frankie	Hamline	9.03m	466
9	Klein, Aubree	St. Olaf	8.92m	459
10	Makem Ratzinger, Joel	St. Benedict	8.65m	441
11	Kaeppe, Summer	Gustavus Ado	8.44m	428
12	Moe, Hannah	Bethel (Minn	8.30m	419
13	Iverson, Hope	Bethel (Minn	8.24m	415
14	Hernes, Ellie	Bethel (Minn	7.93m	395
15	Terwedo, Drea	St. Benedict	7.85m	390
16	Hannah, Gabrielle	Hamline	7.63m	375
17	Trojan, Emma	Carleton	7.29m	354
18	Selisker, Ellie	St. Benedict	7.16m	345

Heptathlon: #6 Women Javelin Throw Heptathlon

	Name	School	Finals	
Finals				
1	Hobby, Sarah Beth	Macalester	39.30m	654
2	Floren, Justus	St. Benedict	37.59m	621
3	Nelson, AnnaGrace	Bethel (Minn	31.88m	512
4	Ciarrochi, Grace	Concordia-Mo	31.72m	509
5	Scholten, Hailey	Bethel (Minn	27.84m	436
6	Terwedo, Drea	St. Benedict	26.19m	405
7	Salfer, Rebekah	St. Olaf	23.10m	347
8	Witham, Frankie	Hamline	22.31m	332
9	Moe, Hannah	Bethel (Minn	20.67m	301
10	Selisker, Ellie	St. Benedict	20.27m	294
11	Kaeppe, Summer	Gustavus Ado	19.98m	289
12	Kalevik, Jenna	Concordia-Mo	19.50m	280
13	Hernes, Ellie	Bethel (Minn	19.49m	279
14	Makem Ratzinger, Joel	St. Benedict	19.02m	271
15	Hannah, Gabrielle	Hamline	18.85m	268
16	Klein, Aubree	St. Olaf	18.28m	257
17	Iverson, Hope	Bethel (Minn	15.30m	202
18	Trojan, Emma	Carleton	15.19m	200