

MIAC Outdoor Championship

📍 Saint Olaf College 🏠 Thu, Apr 30 - Sat, May 9, 2026



Results

Women's Heptathlon Collegiate Finals

Ⓞ MIAC	5,132 pts	Amelia Campbell, CARLETON	2014
Ⓞ Venue	4,602 pts	Emilee Booker, UW-EAU CLAIRE	2024

	Athlete	Yr	Team	Finals	Pts
1	Claire Stein	FR	ST. OLAF	4,604 pts	10
2	Lauren Pearson	FR	CONCORDIA M...	4,511 pts	8
3	Kaili Malvey	FR	CONCORDIA M...	4,502 pts	6
4	Lauren Selle	FR	CONCORDIA M...	4,441 pts	5
5	Ellie Hernes	SR	BETHEL (MINN.)	4,440 pts	4
6	Tessa Myatt	JR	MACALESTER	4,304 pts	3
7	Abby Lovelace	JR	CONCORDIA M...	4,062 pts	2
8	Maddox Lee	SR	GUSTAVUS AD...	3,986 pts	1
9	Svea Frantzich	FR	ST. OLAF	3,939 pts	
10	Emily Podulke	SO	GUSTAVUS AD...	3,935 pts	
11	Caroline Kelleher	SO	CARLETON	3,854 pts	
12	Morgan Hanlin	FR	SAINT BENEDICT	3,816 pts	
13	Claire Keech	SR	ST. OLAF	3,712 pts	
14	Taylor Christenson	SO	CONCORDIA M...	3,709 pts	
15	Annika Walsh	FR	ST. OLAF	3,694 pts	
16	Ally Tyvoll	JR	BETHEL (MINN.)	3,567 pts	
17	Reese Laposky	FR	SAINT BENEDICT	3,565 pts	
18	Brooke Baumann	SR	HAMLIN	3,264 pts	

Women's 1500 Meters Collegiate Finals

Ⓞ MIAC	4:28.55	Fiona Smith, SAINT BENEDICT	2024
Ⓞ Venue	4:29.56	Marie Borner, BETHEL (MINN.)	2010

	Athlete	Yr	Team	Finals	Pts
1	Lauren Tittel	FR	CARLETON	4:35.46	10
2	Kate Fox	SO	MACALESTER	4:38.43	8
3	Mya Slavin	SO	SAINT MARY'S ...	4:38.86	6
4	Ella Landis	SR	ST. OLAF	4:39.20	5
5	Londyn Ames	JR	CONCORDIA M...	4:44.00	4
6	Megan Timmerman	SR	ST. OLAF	4:47.08	3
7	Amelia Campbell	FR	CARLETON	4:49.17	2
8	Abigale Lindquist	SO	ST. OLAF	4:49.91	1
9	Madeleine Reckmeyer	SO	CARLETON	4:51.59	
10	Louisa Lamarre	SO	ST. OLAF	4:51.90	
11	Regan Niemi	JR	ST. SCHOLASTI...	4:54.87	
12	Addison Enfield	FR	GUSTAVUS AD...	4:56.23	
13	Anna Cargill	SR	BETHEL (MINN.)	4:57.00	
14	Willemijn Leiner	SO	ST. OLAF	4:58.12	
15	Anna-Britta Helmer	FR	ST. OLAF	5:01.05	
16	Grace McCormick	JR	ST. SCHOLASTI...	5:02.03	
17	Daphne Grobstein	FR	SAINT BENEDICT	5:03.41	
18	Julia Babineau	JR	SAINT BENEDICT	5:04.01	
19	Siiri Anderson	FR	GUSTAVUS AD...	5:06.21	
20	Ruby Gifford	FR	SAINT BENEDICT	5:07.54	
21	Ava Shirley	SR	ST. OLAF	5:11.55	
22	Laura Sunnarborg	JR	GUSTAVUS AD...	5:12.11	
23	Eva Creighton	SR	SAINT BENEDICT	5:14.32	
24	Madeline Hartley	JR	ST. SCHOLASTI...	5:18.29	
25	Sierra Cherniavsky	FR	CARLETON	5:18.31	
26	Kaitlyn Peterson	JR	ST. CATHERINE...	5:19.08	
27	Emery Holland	FR	CONCORDIA M...	5:28.05	
--	Lilly Dickinson	FR	CONCORDIA M...	DNF	

Men's Decathlon Collegiate Finals

Ⓞ MIAC	7,198 pts	Erik Rosenkranz, ST. THOMAS	1995
Ⓞ Venue	6,588 pts	Jacob Balcome, UW-RIVER FALLS	2024

	Athlete	Yr	Team	Finals	Pts
1	Bailey Evans	SO	SAINT JOHN'S ...	6,592 pts	10
2	Connor McCormick	SR	GUSTAVUS AD...	6,519 pts	8
3	Soren Kaster	JR	CARLETON	6,351 pts	6
4	Amos Anderson	FR	GUSTAVUS AD...	5,940 pts	5
5	Reese Anderson	SR	CARLETON	5,684 pts	4
6	Timothy Hubers	FR	BETHEL (MINN.)	5,507 pts	3
7	Jesse Olson	JR	ST. OLAF	5,488 pts	2
8	Aaron Elseth	SR	BETHEL (MINN.)	5,427 pts	1
9	Michael Crowder	FR	CONCORDIA M...	5,409 pts	
10	Alex Palmer	SO	GUSTAVUS AD...	5,321 pts	
11	Alan Haglin	SO	HAMLIN	5,137 pts	
12	Eli Leafblad	JR	BETHEL (MINN.)	4,925 pts	
13	Charles VanGrinsven	FR	SAINT JOHN'S ...	4,524 pts	
14	Josh Pretasky	FR	SAINT JOHN'S ...	4,360 pts	
15	Josh Peterson	JR	CONCORDIA M...	4,295 pts	
16	Brendan Steinhofer	FR	ST. OLAF	3,634 pts	
--	Joey Molstre	JR	CONCORDIA M...		
--	Reed White	FR	CARLETON	DNF	

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Results

Men's 1500 Meters Collegiate Finals

© MIAC 3:49.39 Joe Coffey, ST. OLAF 2017
 © Venue 3:45.38 Joe Coffey, ST. OLAF 2017

	Athlete	Yr Team	Finals	Pts
1	Cole Stencel	JR SAINT JOHN'S ...	3:51.31	10
2	Hootie Hage	SO BETHEL (MINN.)	3:53.44	8
3	Nicholas Brauer	JR GUSTAVUS AD...	3:53.62	6
4	Gabe Nichols	SR CARLETON	3:54.39	5
5	Nick St. Peter	SR SAINT JOHN'S ...	3:54.48	4
6	Garrett Seppanen	SO ST. OLAF	3:55.04	3
7	Quinn Hoisington	JR MACALESTER	3:55.97	2
8	Jackson Bullock	SO ST. OLAF	3:56.84	1
9	Alex Bjork	JR ST. OLAF	3:57.33	
10	Dashiell Coyier	FR CARLETON	3:59.96	
11	Lars Molenkamp	JR SAINT JOHN'S ...	4:02.30	
12	Ethan Martel	JR ST. OLAF	4:03.26	
13	Owen Chamberlin	SR ST. OLAF	4:03.31	
14	Ben Westholm	SO ST. SCHOLASTI...	4:04.64	
15	Eli Doran	SR ST. OLAF	4:04.92	
16	Micah Larsen-Schmidt	SO ST. OLAF	4:06.98	
17	Gavin Hansen	SO BETHEL (MINN.)	4:09.27	
18	Gavin Carl	FR CONCORDIA M...	4:09.86	
19	Ignatius Fitzgerald	SR ST. OLAF	4:10.36	
20	Hogan Smith	SR GUSTAVUS AD...	4:15.33	
21	Max Whalen	FR CARLETON	4:16.21	
22	Henry Nelson	SR AUGSBURG	4:16.66	
23	Emerson Lange	SR CARLETON	4:18.65	
24	Luke Jenneke	JR GUSTAVUS AD...	4:20.04	
25	Max Mortensen	FR MACALESTER	4:22.83	
26	Ravi Achar	SO CARLETON	4:23.82	
27	Weston Rolf	SO BETHEL (MINN.)	4:24.03	
28	Kyle Thompson	SO CARLETON	4:31.50	

Women's 100m Hurdles Collegiate Prelims

© MIAC 13.80 Birgen Nelson, GUSTAVUS 2022
 ADOLPHUS
 © Venue 14.13 Mallory Burnham, ST. THOMAS 2014

	Athlete	Yr Team	Prelims	Wind
1	Michaela Zenz	FR BETHEL (MINN.)	14.55 Q	+1.6
2	Juslene Chea	FR SAINT BENEDICT	14.80 q	+1.6
3	Lauren Pearson	FR CONCORDIA M...	14.87 Q	+0.3
4	Claire Stein	FR ST. OLAF	14.97 q	+0.3 (14.963)
5	Ellie Hernes	SR BETHEL (MINN.)	14.97 Q	-0.6 (14.967)
6	Emily Podulke	SO GUSTAVUS AD...	14.99 q	-0.6 (14.989)
7	Hannah Bingham	SO BETHEL (MINN.)	14.99 q	+1.6 (14.990)
8	Kaili Malvey	FR CONCORDIA M...	15.06 q	-0.6
9	Sophia Vogel	FR GUSTAVUS AD...	15.30 q	-0.6
10	Annika Walsh	FR ST. OLAF	15.34	+1.6
11	Svea Frantzich	FR ST. OLAF	15.51	-0.6
12	Brianna Hexum	FR BETHEL (MINN.)	15.62	+0.3
13	Anya Adelgren	JR SAINT BENEDICT	15.71	-0.6
14	Aliyah Robran	SR HAMLINE	15.93	+0.3
15	Kayla Kajer	SO GUSTAVUS AD...	16.01	+1.6
16	Chelsea Stahl	JR GUSTAVUS AD...	16.21	+0.3
17	Chloe Ostrem	JR SAINT BENEDICT	16.41	+0.3
18	Caroline Kelleher	SO CARLETON	16.46	+0.3
19	Lucy Rappana	FR ST. SCHOLASTI...	16.47	+1.6
20	Kayla Evans	SO BETHEL (MINN.)	16.48	-0.6
21	Ally Tyvoll	JR BETHEL (MINN.)	16.53	+1.6
22	Selah Greenquist	FR BETHEL (MINN.)	16.81	-0.6
23	Emma Schuele	SR SAINT BENEDICT	16.93	-0.6
24	Annalise Gerlach	FR CONCORDIA M...	17.22	+0.3
25	Jillian Muglia	FR CARLETON	17.25	+1.6
--	Claire Keech	SR ST. OLAF	DNS	
--	Laura Thauvin	SO GUSTAVUS AD...	DNF	

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Men's 110m Hurdles Collegiate Prelims

🕒 MIAC	13.83	Taylor Rooney, GUSTAVUS ADOLPHUS	2021
🕒 Venue	14.47	Rami Gharsali, LAKEHEAD (ONT.)	2024

	Athlete	Yr Team	Prelims	Wind
1	Logan Swanson	FR BETHEL (MINN.)	14.61 Q	+2.4
2	Pryce Ferrin	SO BETHEL (MINN.)	14.89 Q	+2.4
3	Connor McCormick	SR GUSTAVUS AD...	15.01 q	+2.4
4	Bashir Amoud	JR SAINT JOHN'S ...	15.02 q	+2.4
5	Blake Viesselman	JR BETHEL (MINN.)	15.22 Q	-1.3
6	Trae Headlee	FR SAINT JOHN'S ...	15.31 q	+2.4
7	Hayden Hauf	FR CONCORDIA M...	15.41 q	+2.4
8	Morris Suah	JR HAMLIN	15.65 q	-1.3
9	Michael Crowder	FR CONCORDIA M...	15.72 q	+2.4
10	Logan Clark	SR CONCORDIA M...	15.75	-1.3
11	Sebastian Stefanowicz	SR MACALESTER	15.85	-1.3
12	Eric Richards	SO GUSTAVUS AD...	16.10	+2.4
13	Hamza Mahamud	SR MACALESTER	16.23	+2.4
14	Aaron Elseth	SR BETHEL (MINN.)	16.33	+2.4
15	Will Lapinski	JR ST. OLAF	16.57	+2.4
16	Alan Haglin	SO HAMLIN	16.59	+2.4
17	Isak Brandt	JR SAINT JOHN'S ...	16.75	+2.4
18	Trevor Stundahl	FR BETHEL (MINN.)	17.02	-1.3
19	Jesse Olson	JR ST. OLAF	17.20	+2.4
20	Jacob Aki	FR HAMLIN	17.21	+2.4
21	Micah Miller	FR BETHEL (MINN.)	17.50	-1.3
22	Eli Leafblad	JR BETHEL (MINN.)	19.52	-1.3
23	Timothy Hubers	FR BETHEL (MINN.)	20.05	-1.3
--	Gavin Hoelzel	JR ST. OLAF	DNS	
--	James Kirch	FR CONCORDIA M...	DNS	
--	Kenan Tchounbia	SO ST. OLAF	DNS	

Women's 400 Meters Collegiate Prelims

🕒 MIAC	53.87	Megan Geraets, GUSTAVUS ADOLPHUS	2025
🕒 Venue	55.56	Jennifer Higgins, ST. CLOUD STATE	1999

	Athlete	Yr Team	Prelims
1	Madi Pelowski	SR BETHEL (MINN.)	55.99 Q
2	Shalom Sulungaine	JR BETHEL (MINN.)	56.80 Q
3	Ellie Semple	FR ST. OLAF	57.60 q
4	Izzi Jaeckle	SO ST. OLAF	57.79 Q
5	Allison Hookom	SR AUGSBURG	58.01 q
6	Emma Warner	SO CONCORDIA M...	58.18 q
7	Ashley Slaybaugh	FR BETHEL (MINN.)	58.47 q
8	Emma Norton	FR CONCORDIA M...	58.62 q
9	Deni Zaharieva	FR SAINT MARY'S (...)	58.67 q
10	Anna Schottler	FR SAINT BENEDICT	58.94
11	Haley Zelen	SO SAINT BENEDICT	59.30
12	Isabel Fynboh	SR GUSTAVUS ADO...	59.66
13	Adelyn Ellefson	SO BETHEL (MINN.)	59.85
14	Kayla Nelson	SR ST. SCHOLASTICA	1:00.03
15	Taylor Dean	FR SAINT BENEDICT	1:00.46
16	Morgan Dean	SR BETHEL (MINN.)	1:00.89
17	Grace Bailey	FR GUSTAVUS ADO...	1:01.11
18	Erin Schauer	FR ST. OLAF	1:01.63
19	Alice Wagner-Hemstad	SO ST. OLAF	1:02.06
20	Teagan Stark	SO GUSTAVUS ADO...	1:02.44
21	Paxyn Rendahl	FR ST. SCHOLASTICA	1:03.28
22	Aunika Reynolds	FR CONCORDIA M...	1:03.81
23	Adrienne Karpen	SR HAMLIN	1:03.82
24	Kettly Brushaber	JR BETHEL (MINN.)	1:04.20
25	Tiffany Dean	FR SAINT BENEDICT	1:04.48
26	Kayla Sieck	SR ST. OLAF	1:06.05
27	Nathalie Hain	SO AUGSBURG	1:08.97

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Men's 400 Meters Collegiate Prelims

Ⓞ MIAC	46.20	Grant Nelson, BETHEL (MINN.)	2025
Ⓞ Venue	47.15	Carson Glad, ST. THOMAS (MINN.)	2004

	Athlete	Yr	Team	Prelims	
1	Noah Kubicek	SR	ST. SCHOLASTICA	48.53	Q
2	Elliott Kent	FR	BETHEL (MINN.)	48.56	Q
3	Grant Nelson	SR	BETHEL (MINN.)	48.63	Q
4	Caleb Ketterling	JR	BETHEL (MINN.)	48.98	q
5	Brody Schelhaas	FR	BETHEL (MINN.)	49.82	q (49.815)
6	Henry Schonebaum	SR	MACALESTER	49.82	q (49.818)
7	Manny Poscher	SO	HAMLIN	49.86	q
8	Tony Haack	SR	BETHEL (MINN.)	49.95	q
9	Will Sportel	SO	BETHEL (MINN.)	50.01	q
10	Austin McInturff	SO	ST. OLAF	50.33	
11	Luke Scheel	FR	GUSTAVUS ADO...	50.45	
12	Gavin Vogel	SO	ST. OLAF	50.52	
13	Cohen Stursa	JR	GUSTAVUS ADO...	50.60	
14	Cullen Arneson	JR	GUSTAVUS ADO...	50.61	
15	Jakob Eenigenburg	SO	ST. OLAF	50.93	
16	James Alexander	SO	CARLETON	51.07	
17	Anikan Larson	FR	GUSTAVUS ADO...	51.18	
18	Logan Jandro	FR	GUSTAVUS ADO...	51.20	
19	Tyler Heil	JR	GUSTAVUS ADO...	51.22	
20	Finn Eskeli	FR	ST. SCHOLASTICA	51.61	
21	Zachary Bartsch	SO	ST. SCHOLASTICA	51.78	
22	Reese Blondin	JR	GUSTAVUS ADO...	52.24	
23	Luke Jones	SO	ST. OLAF	52.44	
24	Ryan Becker	FR	SAINT JOHN'S (...)	52.46	
25	Andrew Lamb	FR	MACALESTER	52.51	
26	Timothy Hubers	FR	BETHEL (MINN.)	52.61	
27	Justin Kucala	FR	BETHEL (MINN.)	54.36	

Women's 100 Meters Collegiate Prelims

Ⓞ MIAC	11.80	Birgen Nelson, GUSTAVUS ADOLPHUS	2023
Ⓞ Venue	12.04	Brittany Henderson, MINNESOTA STATE	2007

	Athlete	Yr	Team	Prelims	Wind
1	Zari Young	SO	SAINT MARY'S ...	12.15	Q +0.6
2	Emily Rengo	SR	CONCORDIA M...	12.26	Q +0.7
3	Gabriella Lund	JR	SAINT BENEDICT	12.38	q +0.6
4	Alethia Olson-Skog	FR	BETHEL (MINN.)	12.40	Q -0.8
5	Samantha Munson	SR	SAINT MARY'S ...	12.41	q -0.8
6	Autumn Maki	SO	BETHEL (MINN.)	12.43	q -0.8
7	Ella Paulson	SO	BETHEL (MINN.)	12.45	q +0.6
8	Jaz Turnbaugh	FR	HAMLIN	12.49	q -0.8 (12.482)
9	Evangeline Sappington	FR	ST. OLAF	12.49	q +0.7 (12.489)
10	Claire Siems	SO	HAMLIN	12.50	+0.7
11	Allison Stacy	SO	GUSTAVUS AD...	12.54	+0.6
12	Raina Kaping	JR	BETHEL (MINN.)	12.56	-0.8
13	Lydia Fynboh	SO	CONCORDIA M...	12.60	+0.7
14	Andie Sandman	JR	CONCORDIA M...	12.61	+0.6
15	Claire Beckley	SO	MACALESTER	12.67	-0.8
16	Alexi Schneider	SO	HAMLIN	12.75	+0.7
17	Grace Hoffmann	SO	HAMLIN	12.82	-0.8
18	Grace Buntrock	JR	SAINT BENEDICT	12.84	+0.7
19	Terri Mensah	FR	CARLETON	12.87	+0.6
20	Kate Clairmont	FR	GUSTAVUS AD...	12.92	+0.7
21	Sinnea Brown	FR	HAMLIN	12.94	+0.7
22	Abby Groen	FR	GUSTAVUS AD...	12.97	+0.6
23	Alice Islam	SO	CARLETON	12.99	-0.8
24	Mabel Badejo	FR	HAMLIN	13.00	+0.7 (12.997)
25	Jayda Boutchee	FR	HAMLIN	13.00	-0.8 (12.998)
26	Bianca Lott	SR	CARLETON	13.08	+0.6 (13.074)
27	McKenzie Munson	SR	SAINT MARY'S ...	13.08	+0.6 (13.075)

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Men's 100 Meters Collegiate Prelims

Ⓞ MIAC	10.31	Kevin Arthur, SAINT JOHN'S (MINN.)	2024
Ⓞ Venue	10.41	Renward Wells, HEARTLAND SELECT	2002

	Athlete	Yr	Team	Prelims	Wind
1	Jade Anstine	JR	GUSTAVUS AD...	10.49 Q	+4.0
2	Aiden Jones	FR	SAINT JOHN'S ...	10.60 q	+4.0
3	Andrei Pettis	SR	HAMLIN	10.72 q	+4.0
4	Cameron McConnell	SR	BETHEL (MINN.)	10.74 Q	+1.1
5	Kieran Murnan	JR	SAINT JOHN'S ...	10.77 q	+1.1
6	Ryan Cramer	SO	SAINT MARY'S ...	10.80 q	+1.1
7	Landen Liu	SR	BETHEL (MINN.)	10.90 Q	+0.7
8	Max Albertson	JR	ST. OLAF	10.95 q	+1.1
9	Gage Hatch	FR	SAINT MARY'S ...	10.96 q	+0.7
10	Ty McCall	SO	BETHEL (MINN.)	10.98	+4.0
11	Jaden Alexander	FR	SAINT JOHN'S ...	10.99	+1.1
12	Ethan Lebrija	SO	CONCORDIA M...	11.00	+0.7
13	Jukari Blackshere	FR	HAMLIN	11.06	+4.0
14	Bailey Evans	SO	SAINT JOHN'S ...	11.07	+0.7 (11.063)
15	Alex Palmer	SO	GUSTAVUS AD...	11.07	+4.0 (11.066)
16	Anthony Ferrante	SO	SAINT JOHN'S ...	11.08	+0.7
17	Abe Polzien	FR	ST. OLAF	11.09	+4.0
18	Drew Morral	FR	MACALESTER	11.10	+1.1
19	Falens Byron	SO	AUGSBURG	11.17	+4.0
20	Frank Terway	SO	GUSTAVUS AD...	11.18	+0.7
21	Nolan Jacene	FR	BETHEL (MINN.)	11.27	+4.0
22	Sebastian Stefanowicz	SR	MACALESTER	11.29	+0.7
23	Andy White	SO	SAINT JOHN'S ...	11.32	+1.1
24	Nolan Morical	SR	CONCORDIA M...	11.33	+1.1
25	Jinwoo Jung	JR	SAINT MARY'S ...	11.39	+1.1 (11.381)
26	Oche Ali	FR	ST. OLAF	11.39	+0.7 (11.388)
27	Ben Kritsberg	SR	SAINT MARY'S ...	11.41	+0.7

Women's 800 Meters Collegiate Prelims

Ⓞ MIAC	2:07.36	Phoebe Aguiar, MACALESTER	2019
Ⓞ Venue	2:09.51	Marie Borner, BETHEL (MINN.)	2009

	Athlete	Yr	Team	Prelims
1	Kyla Nygaard	SR	CONCORDIA M...	2:14.10 Q
2	Isabel Wyatt	SR	ST. OLAF	2:14.20 Q
3	Cora DenHartog	FR	ST. OLAF	2:14.84 Q
4	Mya Slavin	SO	SAINT MARY'S (...)	2:15.79 Q
5	Lauren Tittel	FR	CARLETON	2:16.23 Q
6	Charlotte Kusch	SO	CARLETON	2:16.58 Q
7	Taylor Radaich	JR	SAINT BENEDICT	2:17.22 q
8	Molly DiNardo	JR	ST. OLAF	2:17.59 q
9	Abbie Manhard	SR	ST. OLAF	2:18.79 q
10	Anabel Bradley	JR	HAMLIN	2:19.43
11	Katja Wallin	FR	GUSTAVUS ADO...	2:21.24
12	Nora Mickelson	JR	ST. OLAF	2:23.28
13	Sydney Mielcarski	FR	CARLETON	2:26.91
14	Natalie Zielsdorf	SR	SAINT BENEDICT	2:27.61
15	Alicia Maddux	SR	HAMLIN	2:27.69
16	Madeline Daugherty	SO	ST. OLAF	2:28.21
17	Genevieve Agati	SO	CARLETON	2:28.72
18	Addie Dahl	SO	CONCORDIA M...	2:28.74
19	Meaghan McDonald	SR	SAINT BENEDICT	2:29.30
20	Ellen Stumbo	SO	CARLETON	2:29.42
21	Macy Piechowski	FR	SAINT BENEDICT	2:30.03
22	Kaitlyn Peterson	JR	ST. CATHERINE (...)	2:30.40
23	Madeline Hartley	JR	ST. SCHOLASTICA	2:32.64
24	Brooke Viner	FR	GUSTAVUS ADO...	2:32.72
25	Piper Gushwa	FR	GUSTAVUS ADO...	2:35.15
26	Erin O'Connor	SO	SAINT BENEDICT	2:36.75
27	Brooke Verkinnes	SR	SAINT BENEDICT	2:39.38

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Men's 800 Meters Collegiate Prelims

Ⓞ MIAC	1:49.88	Donson Cook-Gallardo, CARLETON	2017
Ⓞ Venue	1:51.59	Terrance Woldbaum, NDSU	2004

	Athlete	Yr	Team	Prelims
1	Lance Nemecek	SR	ST. OLAF	1:53.18 Q
2	Paxon Myers	FR	ST. OLAF	1:53.83 Q
3	Cullen Moore	SR	ST. OLAF	1:54.71 Q
4	Owen Montreuil	SR	SAINT JOHN'S (...)	1:55.94 Q
5	Max McCoy	JR	SAINT JOHN'S (...)	1:56.24 q
6	Goi Ruei	SO	SAINT MARY'S (...)	1:56.90 q
7	Christian Fells	JR	ST. OLAF	1:57.48 Q
8	Jameson Drieslein	SO	ST. OLAF	1:57.52 Q
9	Trigg Heimdal	FR	ST. OLAF	1:57.63 q
10	Henry Johnson	JR	ST. OLAF	1:57.83
11	Connor Feldt	FR	ST. SCHOLASTICA	1:58.30
12	Zander Olmschenk	SO	SAINT JOHN'S (...)	1:58.90
13	Lucas Olson	SO	ST. OLAF	1:59.35
14	Jeffrey Kayfes	SR	ST. SCHOLASTICA	1:59.95
15	Brady Andrews	JR	CONCORDIA M...	2:00.71
16	Ashton Niemi	JR	ST. SCHOLASTICA	2:00.87
17	Thomas Malecha	SR	MACALESTER	2:01.33
18	Aiden Langheim	SR	SAINT JOHN'S (...)	2:01.59
19	Joel Bouley	SO	ST. SCHOLASTICA	2:03.24
20	Logan Hays	SO	BETHEL (MINN.)	2:03.92
21	Odin Foote	FR	GUSTAVUS ADO...	2:04.14
22	Evan Grover	SR	CONCORDIA M...	2:04.49
23	Nolan Pfeilsticker	FR	SAINT JOHN'S (...)	2:05.24
24	Paul Yang	SO	AUGSBURG	2:06.84
25	Isaiah Damico	FR	CONCORDIA M...	2:06.97
26	Ian Berube	FR	ST. SCHOLASTICA	2:09.79
27	Kelvin Moresi	JR	MACALESTER	2:10.97
--	John Ihrke	SO	MACALESTER	DNS

Women's 400m Hurdles Collegiate Prelims

Ⓞ MIAC	59.87	Birgen Nelson, GUSTAVUS ADOLPHUS	2023
Ⓞ Venue	1:01.77	Kendra Mooberry, MSU MOORHEAD	2010

	Athlete	Yr	Team	Prelims
1	Lauren Berg	SR	SAINT BENEDICT	1:02.36 Q
2	Claire Stein	FR	ST. OLAF	1:02.40 q
3	Hannah Bingham	SO	BETHEL (MINN.)	1:02.97 Q
4	Josie Brown	FR	CONCORDIA M...	1:03.08 Q
5	Sophia Vogel	FR	GUSTAVUS ADO...	1:05.31 q
6	Brianna Hexum	FR	BETHEL (MINN.)	1:05.53 q
7	Ava Loftness	FR	GUSTAVUS ADO...	1:05.59 q
8	Adyson Gerbig	FR	BETHEL (MINN.)	1:05.79 q
9	Abby Lovelace	JR	CONCORDIA M...	1:05.80 q
10	Michaela Zenz	FR	BETHEL (MINN.)	1:06.38
11	Lauren Rocheford	SR	GUSTAVUS ADO...	1:07.28
12	Caroline Kelleher	SO	CARLETON	1:07.47
13	Emily Podulke	SO	GUSTAVUS ADO...	1:07.70
14	Allison Hookom	SR	AUGSBURG	1:07.97
15	Aliyah Robran	SR	HAMLIN	1:08.26
16	Mariah Brooks	SO	SAINT BENEDICT	1:09.55
17	Chloe Ostrem	JR	SAINT BENEDICT	1:10.11
18	Anya Adelgren	JR	SAINT BENEDICT	1:10.16
19	Adelyn Kennedy	SO	GUSTAVUS ADO...	1:10.59
20	Sophie Syverson	FR	CARLETON	1:11.00
21	Joel Makem Ratzinger	JR	SAINT BENEDICT	1:11.67
22	Lucy Rappana	FR	ST. SCHOLASTICA	1:12.46
23	Kayla Evans	SO	BETHEL (MINN.)	1:13.28
24	Mae Robinson	FR	ST. OLAF	1:13.93
25	Samantha Richardson	JR	SAINT BENEDICT	1:13.98
26	Megan Worry	SO	MACALESTER	1:15.01
27	Brooke Baumann	SR	HAMLIN	1:15.98

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Results

Men's 400m Hurdles Collegiate Prelims

© MIAC 51.38 Joel Smith, BETHEL (MINN.) 2024
 © Venue 52.81 P.J. Theisen, ST. THOMAS (MINN.) 2004

	Athlete	Yr	Team	Prelims
1	Cooper Smith	JR	SAINT JOHN'S (...)	54.18 Q
2	Blake Viesselman	JR	BETHEL (MINN.)	55.16 Q
3	Aidan McKeever	FR	ST. OLAF	55.72 q
4	Connor McCormick	SR	GUSTAVUS ADO...	55.92 q
5	Ryan Richardson	SO	CONCORDIA M...	56.13 q
6	Cristian Escobar Pearson	SO	ST. OLAF	56.19 q
7	Eric Richards	SO	GUSTAVUS ADO...	56.33 q
8	Trevor Stundahl	FR	BETHEL (MINN.)	56.48 q
9	Morris Suah	JR	HAMLIN	56.96 Q
10	Logan Swanson	FR	BETHEL (MINN.)	57.21
11	Landon Gilbertson	SO	GUSTAVUS ADO...	57.48
12	Soren Kaster	JR	CARLETON	57.63
13	Ty Swanson	SO	GUSTAVUS ADO...	58.22
14	Will Lapinski	JR	ST. OLAF	59.04
15	Jamir Horton	SO	AUGSBURG	59.12
16	Tyler Anderson	FR	AUGSBURG	59.46
17	Edward Gregorin	FR	HAMLIN	1:00.03
18	R.E Jamieson	FR	ST. OLAF	1:00.24
19	Aiden Blaeser	SR	SAINT JOHN'S (...)	1:01.12
20	Anthony Checco de Souza	FR	BETHEL (MINN.)	1:01.26
21	Keaton Miller	FR	SAINT MARY'S (...)	1:02.01
22	Jacob Aki	FR	HAMLIN	1:02.71
23	Maddox Moses	SO	HAMLIN	1:03.41
24	Hamza Mahamud	SR	MACALESTER	1:04.19
25	Daniel Araoz	FR	SAINT MARY'S (...)	1:06.31

Women's 200 Meters Collegiate Prelims

© MIAC 23.97 Megan Geraets, GUSTAVUS ADOLPHUS 2024
 © Venue 23.96 Megan Geraets, GUSTAVUS ADOLPHUS 2025

	Athlete	Yr	Team	Prelims	Wind
1	Izzi Jaeckle	SO	ST. OLAF	25.06 Q	+3.5
2	Shalom Sulungaine	JR	BETHEL (MINN.)	25.21 Q	+3.1
3	Samantha Munson	SR	SAINT MARY'S ...	25.24 Q	+2.4 (25.232)
4	Zari Young	SO	SAINT MARY'S ...	25.24 q	+3.1 (25.234)
5	Emily Rengo	SR	CONCORDIA M...	25.29 q	+3.5
6	Claire Siems	SO	HAMLIN	25.49 q	+3.5
7	Gabriella Lund	JR	SAINT BENEDICT	25.62 q	+2.4
8	Jaz Turnbaugh	FR	HAMLIN	25.72 q	+3.1
9	Allison Stacy	SO	GUSTAVUS AD...	25.80 q	+3.5
10	Evangeline Sappington	FR	ST. OLAF	25.83	+2.4
11	Andie Sandman	JR	CONCORDIA M...	26.14	+3.1
12	Claire Beckley	SO	MACALESTER	26.27	+3.5
13	Grace Bailey	FR	GUSTAVUS AD...	26.32	+2.4
14	Morgan Hanlin	FR	SAINT BENEDICT	26.35	+2.4
15	Allee Feldman	SO	SAINT BENEDICT	26.43	+3.1
16	Adelyn Ellefson	SO	BETHEL (MINN.)	26.54	+3.5
17	Alice Islam	SO	CARLETON	26.61	+3.5
18	Kate Clairmont	FR	GUSTAVUS AD...	26.65	+3.1
19	Brynley Coleman	SO	CONCORDIA M...	26.76	+3.5
20	Alexi Schneider	SO	HAMLIN	26.86	+3.1
21	Andrea Chavarria	FR	ST. OLAF	26.89	+3.1
22	Arisa Rydberg	SO	BETHEL (MINN.)	26.90	+2.4
23	Bianca Lott	SR	CARLETON	27.03	+2.4
24	Sinnea Brown	FR	HAMLIN	27.23	+2.4
25	Myah Nelson	SR	SAINT BENEDICT	27.29	+3.1
26	Amanda Crewey	SR	MACALESTER	27.40	+3.5
27	Mabel Badejo	FR	HAMLIN	28.79	+2.4

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Men's 200 Meters Collegiate Prelims

© MIAC	20.68	Kevin Arthur, SAINT JOHN'S (MINN.)	2024
© Venue	21.06	Renward Wells, HEARTLAND SELECT	2002

Athlete	Yr	Team	Prelims	Wind
1 Grant Nelson	SR	BETHEL (MINN.)	21.16 Q	+1.5
2 Jade Anstine	JR	GUSTAVUS AD...	21.40 Q	+2.2
3 Kieran Murnan	JR	SAINT JOHN'S ...	21.52 q	+2.2
4 Cameron McConnell	SR	BETHEL (MINN.)	21.58 Q	-0.3
5 Gage Hatch	FR	SAINT MARY'S ...	21.85 q	+2.2
6 Ethan Lebrija	SO	CONCORDIA M...	21.86 q	-0.3
7 Elliott Kent	FR	BETHEL (MINN.)	21.89 q	-0.3
8 Stephen Feig	FR	BETHEL (MINN.)	21.97 q	-0.3
9 Derek Guth	FR	SAINT JOHN'S ...	22.07 q	+2.2
10 Ty McCall	SO	BETHEL (MINN.)	22.10	+2.2
11 Jaden Alexander	FR	SAINT JOHN'S ...	22.12	+2.2
12 Conner Martens	SO	GUSTAVUS AD...	22.26	+1.5
13 Andrei Pettis	SR	HAMLIN	22.31	-0.3
14 Woody Bien-Aime	JR	SAINT JOHN'S ...	22.40	+1.5
15 Anikan Larson	FR	GUSTAVUS AD...	22.42	+2.2
16 Asher Nathan	JR	CARLETON	22.47	+1.5 (22.464)
17 Trevor Tiongson	SR	CONCORDIA M...	22.47	+2.2 (22.467)
18 Will Sportel	SO	BETHEL (MINN.)	22.47	+2.2 (22.469)
19 Andy White	SO	SAINT JOHN'S ...	22.56	+1.5
20 Tyler Heil	JR	GUSTAVUS AD...	22.64	-0.3
21 Abe Polzien	FR	ST. OLAF	22.70	+1.5
22 Jukari Blackshere	FR	HAMLIN	22.83	+1.5
23 Nolan Morical	SR	CONCORDIA M...	22.85	+1.5
24 Oche Ali	FR	ST. OLAF	22.92	-0.3
25 Anthony Ferrante	SO	SAINT JOHN'S ...	23.05	-0.3
26 Falens Byron	SO	AUGSBURG	23.11	-0.3
27 Cullen Arneson	JR	GUSTAVUS AD...	23.22	+1.5

Women's 4x800 Relay Collegiate Finals

© MIAC	9:08.67	KATIE THEISEN) (R. Team)	2008
© Venue	9:10.61	CARLETON (R. Team)	2014

Team	Relay	Finals	Pts
1 CONCORDIA MOORHEAD 'A'		9:21.47	10
1) Londyn Ames Jr		2) Kelyn Henry-Perlich So	
3) Abby Lovelace Jr		4) Kyla Nygaard Sr	
2 MACALESTER 'A'		9:23.38	8
1) Tilia Iverson So		2) Aubrey Jensen Fr	
3) Kyra Morris So		4) Kate Fox So	
3 SAINT BENEDICT 'A'		9:28.87	6
1) Taylor Radaich Jr		2) Anabella Witschen Jr	
3) Bailey Link Jr		4) Taylor Dean Fr	
4 ST. OLAF 'A'		9:39.27	5
1) Louisa Lamarre So		2) Ella Landis Sr	
3) Anna Peikert Fr		4) Cora DenHartog Fr	
5 GUSTAVUS ADOLPHUS 'A'		9:41.88	4
1) Ellyn Soli Fr		2) Ella Kienitz So	
3) Katja Wallin Fr		4) Addison Enfield Fr	
6 CARLETON 'A'		9:46.74	3
1) Louise Ruzanic Fr		2) Nina Peterson Fr	
3) Nicole Peterson Fr		4) Madeleine Reckmeyer So	
7 BETHEL (MINN.) 'A'		9:48.33	2
1) Chloe Erickson So		2) Kiara Gentz Jr	
3) Estle Nelson So		4) Emerson Mullen Fr	
8 HAMLIN 'A'		9:56.77	1
1) Anabel Bradley Jr		2) Alicia Maddux Sr	
3) Briyanna Burkhardt So		4) Tessa Meyers So	
9 ST. SCHOLASTICA 'A'		10:09.14	
1) Regan Niemi Jr		2) Liliana Hoard Fr	
3) Madeline Hartley Jr		4) Grace McCormick Jr	
10 SAINT MARY'S (MINN.) 'A'		10:34.83	
1) Susan Bergeman Fr		2) Addison Burckhardt Fr	
3) Megan Frosch Sr		4) Katherine Goergen So	
11 ST. CATHERINE (MINN.) 'A'		10:45.16	
1) Mist Sit So		2) Kaitlyn Peterson Jr	
3) Lauren Kennedy So		4) Felicity Lamb Jr	

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Men's 4x800 Relay Collegiate Finals

🕒 MIAC	7:33.39	ST. OLAF (R. Team)	2017
🕒 Venue	7:44.88	ST. THOMAS (W. Versen, K. Rossow, R. Burgler, T. Feichtinger)	2014

	Team	Relay	Finals	Pts
1	ST. OLAF	'A'	7:40.85	10
	1) Jackson Bullock So		2) Aaron Ruesink So	
	3) Zach Martin Jr		4) Austin McInturff So	
2	BETHEL (MINN.)	'A'	7:41.88	8
	1) Michael Schultz So		2) Hootie Hage So	
	3) TJ Strubbe So		4) Victor Lelinga Jr	
3	SAINT JOHN'S (MINN.)	'A'	7:51.42	6
	1) Owen Montreuil Sr		2) Lars Molenkamp Jr	
	3) Max McCoy Jr		4) Nick St. Peter Sr	
4	CARLETON	'A'	7:55.53	5
	1) Ronen Silberman Jr		2) Indy Lyness Sr	
	3) Jacob Hopkins Fr		4) Gabe Nichols Sr	
5	MACALESTER	'A'	7:57.36	4
	1) Henry Schonebaum Sr		2) Donovan Connole Fr	
	3) Daniel Wiltse Jr		4) Jay Lebakken Sr	
6	GUSTAVUS ADOLPHUS	'A'	8:03.42	3
	1) Logan Jandro Fr		2) Colin Talle Fr	
	3) Camden Cilek Jr		4) Nicholas Brauer Jr	
7	ST. SCHOLASTICA	'A'	8:12.17	2
	1) Jeffrey Kayfes Sr		2) Ben Westholm So	
	3) Ashton Niemi Jr		4) Connor Feldt Fr	
8	CONCORDIA MOORHEAD	'A'	8:19.62	1
	1) Brady Andrews Jr		2) Jonas Hagemeister So	
	3) Stetson Gisselbeck Fr		4) Weston Mahar Fr	
9	HAMLIN	'A'	8:39.99	
	1) Dre Dunkins Fr		2) Jayden Rentz Fr	
	3) Brandon Li So		4) Wade Tuggle So	
10	AUGSBURG	'A'	8:58.30	
	1) Paul Yang So		2) Henry Nelson Sr	
	3) Tyler Anderson Fr		4) Tanner Rouillard-Horne So	

Women's 10,000 Meters Collegiate Finals

🕒 MIAC	34:15.01	Fiona Smith, SAINT BENEDICT	2024
🕒 Venue	35:52.14	Emma Lee, UNATTACHED	2016

	Athlete	Yr	Team	Finals	Pts
1	Hannah Preisser	SR	CARLETON	35:30.60	10
2	Molly Liston	SR	GUSTAVUS AD...	36:39.86	8
3	Aliya Larsen	SR	CARLETON	38:40.88	6
4	Samantha Ellis	JR	MACALESTER	38:55.08	5
5	Ashley Nelson	SO	CONCORDIA M...	39:04.64	4
6	Arabella England	SO	ST. OLAF	39:15.06	3
7	Kathleen Madden	JR	ST. OLAF	39:49.64	2
8	Abby Wood	SO	ST. SCHOLASTI...	39:58.56	1
9	Anna Gould	FR	GUSTAVUS AD...	40:03.04	
10	Megan Wainwright	SR	ST. OLAF	40:14.87	
11	Elizabeth Weider	SO	ST. OLAF	40:28.86	
12	MollyKate Hagen	JR	ST. SCHOLASTI...	40:31.95	
13	Abby Bufkin	JR	SAINT BENEDICT	40:33.94	
14	Brooklyn Hart	SO	CONCORDIA M...	40:52.57	
15	Molly Kate McCloskey	SR	ST. OLAF	41:00.98	
16	Safiya Ait Ali	SO	ST. OLAF	41:48.15	
17	Anna Lendrum Fort	FR	MACALESTER	42:04.11	
18	Madelyn Tung-Mabry	JR	ST. OLAF	42:33.16	
19	Rachel Olinger	SR	SAINT BENEDICT	43:19.65	
--	Ava Nibbelink	SO	BETHEL (MINN.)	DNF	

Men's 10,000 Meters Collegiate Finals

🕒 MIAC	29:46.75	Lucas Mueller, CARLETON	2021
🕒 Venue	31:02.37	Jeff Renlund, ST. THOMAS (MINN.)	1994

	Athlete	Yr	Team	Finals	Pts
1	Kevin Turlington	SR	ST. OLAF	30:59.28	10
2	Gael Manzur Strandlund	SR	ST. OLAF	31:00.45	8
3	Tyler Edwards	SR	MACALESTER	31:34.51	6
4	Tyler Goss	JR	CONCORDIA M...	31:50.03	5
5	Roy Llewellyn	SR	CARLETON	31:51.19	4
6	Travis Brown	SO	CARLETON	31:51.58	3
7	Cooper Gundersen	SO	ST. OLAF	32:17.43	2
8	Evan Goddard	FR	ST. OLAF	32:31.65	1
9	Connor Hitchcock	FR	ST. OLAF	32:51.51	
10	Isaiah Fitzgerald	JR	SAINT MARY'S ...	32:55.81	
11	Lucas LiaBraaten	SR	HAMLIN	33:25.42	
12	Quinn McCabe	JR	ST. OLAF	33:30.34	
13	Angelo Fiataruolo	SR	ST. OLAF	33:39.30	
14	Soren Sackreiter	SR	GUSTAVUS AD...	33:40.77	
15	Owen Marsh	FR	ST. OLAF	33:47.67	
16	Simon Chambers-Trubatch	JR	CARLETON	34:01.03	
17	Andrew Jamison	SR	CARLETON	34:04.04	
18	Carter Ferber	SR	CONCORDIA M...	34:11.10	
19	Evan Pouliot	JR	GUSTAVUS AD...	34:14.97	
20	Evan Dallas	SR	BETHEL (MINN.)	34:48.97	

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Women's 4x100 Relay Collegiate Finals

Ⓞ MIAC	47.05	ST. THOMAS (M. Burnham, E. Heel, C. Rozeske, A. Tipp)	2012
Ⓞ Venue	47.48	MINNESOTA STATE (R. Team)	2006

	Team	Relay	Finals	Pts
1	BETHEL (MINN.)	'A'	47.38	10
	1) <i>Ella Paulson So</i>		2) <i>Autumn Maki So</i>	
	3) <i>Raina Kaping Jr</i>		4) <i>Alethia Olson-Skog Fr</i>	
2	SAINT MARY'S (MINN.)	'A'	47.43	8
	1) <i>Zari Young So</i>		2) <i>McKenzie Munson Sr</i>	
	3) <i>Joscelyn Saamanen Fr</i>		4) <i>Samantha Munson Sr</i>	
3	CONCORDIA MOORHEAD	'A'	48.22	6
	1) <i>Lydia Fynboh So</i>		2) <i>Emily Rengo Sr</i>	
	3) <i>Piper Osborne Jr</i>		4) <i>Andie Sandman Jr</i>	
4	GUSTAVUS ADOLPHUS	'A'	48.40	5
	1) <i>Allison Stacy So</i>		2) <i>Laura Thauvin So</i>	
	3) <i>Sophia Vogel Fr</i>		4) <i>Ava Loftness Fr</i>	
5	HAMLIN	'A'	48.61	4
	1) <i>Grace Hoffmann So</i>		2) <i>Jaz Turnbaugh Fr</i>	
	3) <i>Alexi Schneider So</i>		4) <i>Claire Siems So</i>	
6	ST. OLAF	'A'	49.26	3
	1) <i>Ashlyn Jore Jr</i>		2) <i>Evangelina Sappington Fr</i>	
	3) <i>Sophie Herweijer So</i>		4) <i>Svea Frantzich Fr</i>	
7	SAINT BENEDICT	'A'	49.54	2
	1) <i>Grace Buntrock Jr</i>		2) <i>Anna Gries So</i>	
	3) <i>Myah Nelson Sr</i>		4) <i>Gabriella Lund Jr</i>	
8	CARLETON	'A'	49.82	1
	1) <i>Alice Islam So</i>		2) <i>Jillian Muglia Fr</i>	
	3) <i>Bianca Lott Sr</i>		4) <i>Terri Mensah Fr</i>	
9	ST. SCHOLASTICA	'A'	51.77	
	1) <i>Andrea Petroske Fr</i>		2) <i>Kayla Nelson Sr</i>	
	3) <i>Paxyn Rendahl Fr</i>		4) <i>Allison Fink Fr</i>	
--	MACALESTER	'A'	DQ	(Exchange 3-4)
	1) <i>Claire Beckley So</i>		2) <i>Amanda Crewsey Sr</i>	
	3) <i>Seneca Wilson Jr</i>		4) <i>Roen Boyd Sr</i>	

Men's 4x100 Relay Collegiate Finals

Ⓞ MIAC	40.29	SAINT JOHN'S (MINN.) (M. Hansen, K. Arthur, A. Morey, M. Reis)	2025
Ⓞ Venue	41.10	NDSU (M. Johnson, A. Burrell, J. Essler, R. Vega)	2004

	Team	Relay	Finals	Pts
1	BETHEL (MINN.)	'A'	40.74	10
	1) <i>Landen Liu Sr</i>		2) <i>Grant Nelson Sr</i>	
	3) <i>Stephen Feig Fr</i>		4) <i>Cameron McConnell Sr</i>	
2	SAINT JOHN'S (MINN.)	'A'	41.31	8
	1) <i>Jaden Alexander Fr</i>		2) <i>Anthony Ferrante So</i>	
	3) <i>Derek Guth Fr</i>		4) <i>Kieran Murnan Jr</i>	
3	GUSTAVUS ADOLPHUS	'A'	41.98	6
	1) <i>Tyler Heil Jr</i>		2) <i>Frank Terway So</i>	
	3) <i>Conner Martens So</i>		4) <i>Jade Anstine Jr</i>	
4	ST. OLAF	'A'	42.64	5
	1) <i>Oche Ali Fr</i>		2) <i>Cristian Escobar Pearson So</i>	
	3) <i>Abe Polzien Fr</i>		4) <i>Max Albertson Jr</i>	
5	SAINT MARY'S (MINN.)	'A'	42.68	4
	1) <i>Ben Kritsberg Sr</i>		2) <i>Gage Hatch Fr</i>	
	3) <i>Jinwoo Jung Jr</i>		4) <i>Curtis Schupp So</i>	
6	HAMLIN	'A'	42.91	3
	1) <i>Manny Poscher So</i>		2) <i>Rufus Zulu Fr</i>	
	3) <i>Andrei Pettis Sr</i>		4) <i>Jukari Blackshere Fr</i>	
7	CONCORDIA MOORHEAD	'A'	43.00	2
	1) <i>Nolan Morical Sr</i>		2) <i>Ethan Lebrija So</i>	
	3) <i>Michael Crowder Fr</i>		4) <i>Trevor Tionson Sr</i>	
8	AUGSBURG	'A'	43.45	1
	1) <i>Falens Byron So</i>		2) <i>Foster Mulvehill Fr</i>	
	3) <i>Jamir Horton So</i>		4) <i>Vicente Bolivar Fr</i>	
9	CARLETON	'A'	43.51	
	1) <i>Isaac Robertson Fr</i>		2) <i>James Alexander So</i>	
	3) <i>Jackson Reade Fr</i>		4) <i>Asher Nathan Jr</i>	
10	MACALESTER	'A'	44.28	
	1) <i>Sebastian Stefanowicz Sr</i>		2) <i>Danny Powell Jr</i>	
	3) <i>Drew Morral Fr</i>		4) <i>Mike Zhao Fr</i>	



Results

Women's 3000m Steeplechase Collegiate Finals

Ⓞ MIAC 10:37.35 Christine Albrecht, ST. OLAF 2023
 Ⓞ Venue 10:58.87 Ruth Steinke, CARLETON 2014

	Athlete	Yr	Team	Finals	Pts
1	Mary Kenney	SR	SAINT BENEDICT	10:56.27	10
2	Abigale Lindquist	SO	ST. OLAF	11:08.01	8
3	Kelyn Henry-Perlich	SO	CONCORDIA M...	11:13.68	6
4	Amelia Campbell	FR	CARLETON	11:17.68	5
5	Daphne Grobstein	FR	SAINT BENEDICT	11:30.91	4
6	Julia Babineau	JR	SAINT BENEDICT	11:32.67	3
7	Nina Peterson	FR	CARLETON	11:35.68	2
8	Willemijn Leiner	SO	ST. OLAF	11:38.91	1
9	Anabella Witschen	JR	SAINT BENEDICT	11:50.32	
10	Anna Hay	SR	BETHEL (MINN.)	11:55.47	
11	Siiri Anderson	FR	GUSTAVUS AD...	11:59.48	
12	Grace Moeller	SR	ST. OLAF	12:04.90	
13	Eleanor Lindeman	FR	ST. CATHERINE...	12:10.37	
14	Katherine Goergen	SO	SAINT MARY'S ...	12:31.73	
15	Mallory DeVries	FR	CONCORDIA M...	12:34.71	
16	Alayna Neu	FR	CONCORDIA M...	12:36.38	
17	Lauren Masica	FR	SAINT BENEDICT	12:47.85	
18	Piper Gushwa	FR	GUSTAVUS AD...	13:11.16	

Men's 3000m Steeplechase Collegiate Finals

Ⓞ MIAC 8:44.01 Matthew Wilkinson, CARLETON 2021
 Ⓞ Venue 9:05.49 Rob Winterfield, MINNESOTA 2004
 DULUTH

	Athlete	Yr	Team	Finals	Pts
1	Tyler Goss	JR	CONCORDIA M...	9:13.01	10
2	Jack Deaver	SR	ST. OLAF	9:27.75	8
3	Jacob Malecha	JR	SAINT JOHN'S ...	9:34.78	6
4	Lex Kaye	JR	ST. OLAF	9:39.16	5
5	Ethan Martel	JR	ST. OLAF	9:39.23	4
6	Ignatius Fitzgerald	SR	ST. OLAF	9:46.73	3
7	Micah Larsen-Schmidt	SO	ST. OLAF	9:52.25	2
8	Will Janzen	SR	GUSTAVUS AD...	9:53.12	1
9	Gus Schafer	FR	CARLETON	10:03.40	
10	Jameson Drieslein	SO	ST. OLAF	10:15.33	
11	Camden Cilek	JR	GUSTAVUS AD...	10:15.92	
12	Ian Guasco	FR	ST. OLAF	10:16.36	
13	Caleb Hatlevig	SO	MACALESTER	10:17.24	
14	Caden Riga	FR	GUSTAVUS AD...	10:17.41	
15	Matthew Berge	SO	GUSTAVUS AD...	10:17.98	
16	Jack Montgomery	SO	SAINT JOHN'S ...	10:27.98	
17	Connor Dow	SO	SAINT JOHN'S ...	10:59.69	
--	Torte Torstenson	JR	CARLETON	DNF	

Women's 100m Hurdles Collegiate Finals

Ⓞ MIAC 13.80 Birgen Nelson, GUSTAVUS 2022
 ADOLPHUS
 Ⓞ Venue 14.13 Mallory Burnham, ST. THOMAS 2014

	Athlete	Yr	Team	Finals	WindPts
1	Michaela Zenz	FR	BETHEL (MINN.)	14.76	+0.3 10
2	Claire Stein	FR	ST. OLAF	14.77	+0.3 8
3	Lauren Pearson	FR	CONCORDIA M...	14.86	+0.3 6
4	Juslene Chea	FR	SAINT BENEDICT	15.12	+0.3 5
5	Sophia Vogel	FR	GUSTAVUS AD...	15.19	+0.3 4
6	Ellie Hernes	SR	BETHEL (MINN.)	15.23	+0.3 3
7	Kaili Malvey	FR	CONCORDIA M...	15.34	+0.3 2
8	Emily Podulke	SO	GUSTAVUS AD...	15.37	+0.3 1
9	Hannah Bingham	SO	BETHEL (MINN.)	15.49	+0.3

Men's 110m Hurdles Collegiate Finals

Ⓞ MIAC 13.83 Taylor Rooney, GUSTAVUS 2021
 ADOLPHUS
 Ⓞ Venue 14.47 Rami Gharsali, LAKEHEAD (ONT.) 2024

	Athlete	Yr	Team	Finals	WindPts
1	Logan Swanson	FR	BETHEL (MINN.)	14.64	+1.3 10
2	Pryce Ferrin	SO	BETHEL (MINN.)	14.68	+1.3 8
3	Bashir Amoud	JR	SAINT JOHN'S ...	14.75	+1.3 6
4	Connor McCormick	SR	GUSTAVUS AD...	15.04	+1.3 5
5	Blake Viesselman	JR	BETHEL (MINN.)	15.07	+1.3 4
6	Morris Suah	JR	HAMLIN	15.41	+1.3 3 (15)
7	Trae Headlee	FR	SAINT JOHN'S ...	15.41	+1.3 2 (15)
8	Hayden Hauf	FR	CONCORDIA M...	15.48	+1.3 1
9	Michael Crowder	FR	CONCORDIA M...	15.95	+1.3

Women's 400 Meters Collegiate Finals

Ⓞ MIAC 53.87 Megan Geraets, GUSTAVUS 2025
 ADOLPHUS
 Ⓞ Venue 55.56 Jennifer Higgins, ST. CLOUD 1999
 STATE

	Athlete	Yr	Team	Finals	Pts
1	Shalom Sulungaine	JR	BETHEL (MINN.)	55.28	10
2	Madi Pelowski	SR	BETHEL (MINN.)	55.67	8
3	Izzi Jaekle	SO	ST. OLAF	56.53	6
4	Emma Warner	SO	CONCORDIA M...	57.57	5
5	Ellie Semple	FR	ST. OLAF	57.64	4
6	Ashley Slaybaugh	FR	BETHEL (MINN.)	57.76	3
7	Deni Zaharieva	FR	SAINT MARY'S ...	58.42	2
8	Allison Hookom	SR	AUGSBURG	58.74	1
9	Emma Norton	FR	CONCORDIA M...	59.27	

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Men's 400 Meters Collegiate Finals

Ⓞ MIAC	46.20	Grant Nelson, BETHEL (MINN.)	2025
Ⓞ Venue	47.15	Carson Glad, ST. THOMAS (MINN.)	2004

	Athlete	Yr Team	Finals	Pts
1	Grant Nelson	SR BETHEL (MINN.)	46.06	10
2	Elliott Kent	FR BETHEL (MINN.)	47.37	8
3	Noah Kubicek	SR ST. SCHOLASTI...	48.29	6
4	Caleb Ketterling	JR BETHEL (MINN.)	48.93	5
5	Manny Poscher	SO HAMLIN	49.63	4
6	Brody Schelhaas	FR BETHEL (MINN.)	49.69	3
7	Tony Haack	SR BETHEL (MINN.)	49.80	2
8	Will Sportel	SO BETHEL (MINN.)	49.94	1
9	Henry Schonebaum	SR MACALESTER	50.39	

Women's 100 Meters Collegiate Finals

Ⓞ MIAC	11.80	Birgen Nelson, GUSTAVUS ADOLPHUS	2023
Ⓞ Venue	12.04	Brittany Henderson, MINNESOTA STATE	2007

	Athlete	Yr Team	Finals	WindPts
1	Zari Young	SO SAINT MARY'S ...	11.93	+4.2 10
2	Samantha Munson	SR SAINT MARY'S ...	12.11	+4.2 8
3	Emily Rengo	SR CONCORDIA M...	12.12	+4.2 6
4	Gabriella Lund	JR SAINT BENEDICT	12.17	+4.2 5
5	Alethia Olson-Skog	FR BETHEL (MINN.)	12.31	+4.2 4
6	Autumn Maki	SO BETHEL (MINN.)	12.32	+4.2 3
7	Evangeline Sappington	FR ST. OLAF	12.35	+4.2 2
8	Ella Paulson	SO BETHEL (MINN.)	12.37	+4.2 1
9	Jaz Turnbaugh	FR HAMLIN	12.45	+4.2

Men's 100 Meters Collegiate Finals

Ⓞ MIAC	10.31	Kevin Arthur, SAINT JOHN'S (MINN.)	2024
Ⓞ Venue	10.41	Renward Wells, HEARTLAND SELECT	2002

	Athlete	Yr Team	Finals	WindPts
1	Landen Liu	SR BETHEL (MINN.)	10.35	+4.0 10
2	Cameron McConnell	SR BETHEL (MINN.)	10.47	+4.0 8
3	Jade Anstine	JR GUSTAVUS AD...	10.55	+4.0 6
4	Andrei Pettis	SR HAMLIN	10.65	+4.0 5 (10.647)
5	Kieran Murnan	JR SAINT JOHN'S ...	10.65	+4.0 4 (10.649)
6	Ryan Cramer	SO SAINT MARY'S ...	10.68	+4.0 3
7	Aiden Jones	FR SAINT JOHN'S ...	10.79	+4.0 2
8	Gage Hatch	FR SAINT MARY'S ...	10.80	+4.0 1
9	Max Albertson	JR ST. OLAF	10.88	+4.0

Women's 800 Meters Collegiate Finals

Ⓞ MIAC	2:07.36	Phoebe Aguiar, MACALESTER	2019
Ⓞ Venue	2:09.51	Marie Borner, BETHEL (MINN.)	2009

	Athlete	Yr Team	Finals	Pts
1	Mya Slavin	SO SAINT MARY'S ...	2:10.85	10
2	Lauren Tittel	FR CARLETON	2:12.40	8
3	Kyla Nygaard	SR CONCORDIA M...	2:12.59	6
4	Isabel Wyatt	SR ST. OLAF	2:12.82	5
5	Cora DenHartog	FR ST. OLAF	2:16.31	4
6	Taylor Radaich	JR SAINT BENEDICT	2:16.85	3
7	Molly DiNardo	JR ST. OLAF	2:16.88	2
8	Abbie Manhard	SR ST. OLAF	2:17.28	1
9	Charlotte Kusch	SO CARLETON	2:18.42	

Men's 800 Meters Collegiate Finals

Ⓞ MIAC	1:49.88	Donson Cook-Gallardo, CARLETON	2017
Ⓞ Venue	1:51.59	Terrance Woldbaum, NDSU	2004

	Athlete	Yr Team	Finals	Pts
1	Paxon Myers	FR ST. OLAF	1:52.01	10
2	Cullen Moore	SR ST. OLAF	1:52.08	8
3	Christian Fells	JR ST. OLAF	1:53.79	6
4	Lance Nemecek	SR ST. OLAF	1:54.79	5
5	Owen Montreuil	SR SAINT JOHN'S ...	1:55.28	4
6	Max McCoy	JR SAINT JOHN'S ...	1:56.56	3
7	Trigg Heimdal	FR ST. OLAF	1:56.79	2
8	Goi Ruei	SO SAINT MARY'S ...	1:57.57	1
9	Jameson Drieslein	SO ST. OLAF	2:11.70	

Women's 400m Hurdles Collegiate Finals

Ⓞ MIAC	59.87	Birgen Nelson, GUSTAVUS ADOLPHUS	2023
Ⓞ Venue	1:01.77	Kendra Mooberry, MSU MOORHEAD	2010

	Athlete	Yr Team	Finals	Pts
1	Claire Stein	FR ST. OLAF	1:01.45	10
2	Lauren Berg	SR SAINT BENEDICT	1:01.49	8
3	Josie Brown	FR CONCORDIA M...	1:01.84	6
4	Hannah Bingham	SO BETHEL (MINN.)	1:03.36	5
5	Sophia Vogel	FR GUSTAVUS AD...	1:04.65	4
6	Brianna Hexum	FR BETHEL (MINN.)	1:04.82	3
7	Adyson Gerbig	FR BETHEL (MINN.)	1:04.91	2
8	Ava Loftness	FR GUSTAVUS AD...	1:05.46	1
9	Abby Lovelace	JR CONCORDIA M...	1:06.04	

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Men's 400m Hurdles Collegiate Finals

Ⓞ MIAC	51.38	Joel Smith, BETHEL (MINN.)	2024
Ⓞ Venue	52.81	P.J. Theisen, ST. THOMAS (MINN.)	2004

	Athlete	Yr Team	Finals	Pts
1	Cooper Smith	JR SAINT JOHN'S ...	52.75	10
2	Blake Viesselman	JR BETHEL (MINN.)	54.51	8
3	Cristian Escobar Pearson	SO ST. OLAF	54.53	6
4	Aidan McKeever	FR ST. OLAF	55.27	5
5	Trevor Stundahl	FR BETHEL (MINN.)	55.36	4
6	Ryan Richardson	SO CONCORDIA M...	55.46	3
7	Connor McCormick	SR GUSTAVUS AD...	55.95	2
8	Eric Richards	SO GUSTAVUS AD...	56.28	1
9	Morris Suah	JR HAMLIN	56.62	

Women's 5000 Meters Collegiate Finals

Ⓞ MIAC	16:19.98	Fiona Smith, SAINT BENEDICT	2023
Ⓞ Venue	16:59.19	Kimber Meyer, MACALESTER	2014

	Athlete	Yr Team	Finals	Pts
1	Hannah Preisser	SR CARLETON	17:22.10	10
2	Molly Liston	SR GUSTAVUS AD...	17:29.69	8
3	Kate Fox	SO MACALESTER	17:42.43	6
4	Mary Kenney	SR SAINT BENEDICT	18:07.60	5
5	Lucy Upton	FR BETHEL (MINN.)	18:16.24	4
6	Samantha Ellis	JR MACALESTER	18:19.47	3
7	Megan Timmerman	SR ST. OLAF	18:22.64	2
8	Nicole Peterson	FR CARLETON	18:26.88	1
9	Eleanor Lindeman	FR ST. CATHERINE...	18:33.40	
10	Ashley Nelson	SO CONCORDIA M...	18:34.49	
11	Anna Cargill	SR BETHEL (MINN.)	18:42.33	
12	Arabella England	SO ST. OLAF	18:46.24	
13	Anna Forbord	FR GUSTAVUS AD...	18:46.35	
14	Louise Ruzanic	FR CARLETON	18:47.77	
15	Aliya Larsen	SR CARLETON	18:47.91	
16	Abby Wood	SO ST. SCHOLASTI...	18:56.86	
17	Molly Kate McCloskey	SR ST. OLAF	19:02.19	
18	Brylee Cavanaugh	FR BETHEL (MINN.)	19:03.90	
19	Grace McCormick	JR ST. SCHOLASTI...	19:05.16	
20	Mollie Ping	SO SAINT BENEDICT	19:06.10	
21	MollyKate Hagen	JR ST. SCHOLASTI...	19:09.01	
22	Anna Gould	FR GUSTAVUS AD...	19:12.95	
23	Megan Wainwright	SR ST. OLAF	19:13.77	
24	Elizabeth Weider	SO ST. OLAF	19:21.58	
25	Lydia Feldhahn	FR ST. CATHERINE...	19:27.58	
26	Abby Bufkin	JR SAINT BENEDICT	19:31.88	
27	Cate Stacy	JR MACALESTER	19:32.94	
28	Natalie Zielsdorf	SR SAINT BENEDICT	19:37.91	
29	Kyra Morris	SO MACALESTER	19:46.64	
30	Addy Giles	FR SAINT BENEDICT	19:51.55	
--	Brooklyn Hart	SO CONCORDIA M...	DNS	
--	Kathleen Madden	JR ST. OLAF	DNS	

Women's 200 Meters Collegiate Finals

Ⓞ MIAC	23.97	Megan Geraets, GUSTAVUS ADOLPHUS	2024
Ⓞ Venue	23.96	Megan Geraets, GUSTAVUS ADOLPHUS	2025

	Athlete	Yr Team	Finals	WindPts
1	Samantha Munson	SR SAINT MARY'S ...	25.22	-0.8 10
2	Izzi Jaeckle	SO ST. OLAF	25.30	-0.8 8
3	Shalom Sulungaine	JR BETHEL (MINN.)	25.35	-0.8 6
4	Emily Rengo	SR CONCORDIA M...	25.43	-0.8 5
5	Zari Young	SO SAINT MARY'S ...	25.50	-0.8 4
6	Allison Stacy	SO GUSTAVUS AD...	25.88	-0.8 3
7	Claire Siems	SO HAMLIN	25.89	-0.8 2
8	Gabriella Lund	JR SAINT BENEDICT	26.07	-0.8 1
9	Jaz Turnbaugh	FR HAMLIN	26.22	-0.8

Men's 200 Meters Collegiate Finals

Ⓞ MIAC	20.68	Kevin Arthur, SAINT JOHN'S (MINN.)	2024
Ⓞ Venue	21.06	Renward Wells, HEARTLAND SELECT	2002

	Athlete	Yr Team	Finals	WindPts
1	Grant Nelson	SR BETHEL (MINN.)	21.11	+0.3 10
2	Cameron McConnell	SR BETHEL (MINN.)	21.48	+0.3 8
3	Elliott Kent	FR BETHEL (MINN.)	21.80	+0.3 6 (21.797)
4	Ethan Lebrija	SO CONCORDIA M...	21.80	+0.3 5 (21.798)
5	Stephen Feig	FR BETHEL (MINN.)	21.83	+0.3 4
6	Jade Anstine	JR GUSTAVUS AD...	21.92	+0.3 3
7	Kieran Murnan	JR SAINT JOHN'S ...	21.95	+0.3 2
8	Gage Hatch	FR SAINT MARY'S ...	21.98	+0.3 1
9	Derek Guth	FR SAINT JOHN'S ...	22.62	+0.3

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Men's 5000 Meters Collegiate Finals

© MIAC 14:22.67 Lucas Mueller, CARLETON 2019
 © Venue 14:41.72 Darik Hoff, NDSU 2004

	Athlete	Yr	Team	Finals	Pts
1	Cole Stencel	JR	SAINT JOHN'S ...	14:27.19	10
2	Kevin Turlington	SR	ST. OLAF	14:31.95	8
3	Garrett Seppanen	SO	ST. OLAF	14:40.87	6
4	Gabe Nichols	SR	CARLETON	14:55.15	5
5	Hootie Hage	SO	BETHEL (MINN.)	15:06.42	4
6	Noah DuVivier	FR	ST. OLAF	15:11.07	3
7	Gael Manzur Strandlund	SR	ST. OLAF	15:13.53	2
8	Quinn Hoisington	JR	MACALESTER	15:16.10	1
9	Tyler Edwards	SR	MACALESTER	15:17.17	
10	Travis Brown	SO	CARLETON	15:21.22	
11	Nick St. Peter	SR	SAINT JOHN'S ...	15:26.95	
12	Dashiell Coyier	FR	CARLETON	15:28.58	
13	Will Janzen	SR	GUSTAVUS AD...	15:31.56	
14	Roy Llewellyn	SR	CARLETON	15:33.07	
15	Simon Chambers-Trubatch	JR	CARLETON	15:33.90	
16	Eli Doran	SR	ST. OLAF	15:35.36	
17	Alex Bjork	JR	ST. OLAF	15:36.74	
18	Vincent Kaluza	JR	SAINT JOHN'S ...	15:41.11	
19	Martin Moshfeghi	FR	CARLETON	15:43.45	
20	Jordan Galloway	SR	MACALESTER	15:43.96	
21	Weston Catton	JR	BETHEL (MINN.)	15:48.06	
22	Parker Max	SR	ST. OLAF	15:53.07	
23	Jack Deaver	SR	ST. OLAF	15:56.35	
24	Lars Molenkamp	JR	SAINT JOHN'S ...	15:58.85	
25	Isaiah Fitzgerald	JR	SAINT MARY'S ...	16:00.08	
26	Soren Sackreiter	SR	GUSTAVUS AD...	16:04.84	
27	Evan Bumgardner	FR	ST. SCHOLASTI...	16:04.95	
28	Evan Pouliot	JR	GUSTAVUS AD...	16:05.78	
29	TJ Strubbe	SO	BETHEL (MINN.)	16:15.21	
30	Daniel Wiltse	JR	MACALESTER	16:21.96	
31	Nikolas Stoufis	FR	ST. SCHOLASTI...	16:25.55	
32	Lucas LiaBraaten	SR	HAMLIN	16:52.12	

Women's 4x400 Relay Collegiate Finals

© MIAC 3:49.64 BETHEL (MINN.) (M. Pelowski, A. Swenson, H. Gregg, S. Sulungaine) 2025
 © Venue 3:53.38 MSU MOORHEAD (R. Team) 2010

	Team	Relay	Finals	Pts
1	BETHEL (MINN.)	'A'	3:49.34	10
	1) Madi Pelowski Sr		2) Ashley Slaybaugh Fr	
	3) Hannah Bingham So		4) Shalom Sulungaine Jr	
2	CONCORDIA MOORHEAD 'A'		3:50.55	8
	1) Emily Rengo Sr		2) Josie Brown Fr	
	3) Emma Warner So		4) Kyla Nygaard Sr	
3	ST. OLAF	'A'	3:56.04	6
	1) Izzi Jaeckle So		2) Nora Mickelson Jr	
	3) Molly DiNardo Fr		4) Ellie Semple Fr	
4	SAINT BENEDICT	'A'	4:01.53	5
	1) Haley Zelen So		2) Anna Schottler Fr	
	3) Taylor Dean Fr		4) Lauren Berg Sr	
5	GUSTAVUS ADOLPHUS	'A'	4:03.91	4
	1) Katja Wallin Fr		2) Ella Kienitz So	
	3) Adi Bye Fr		4) Isabel Fynboh Sr	
6	HAMLIN	'A'	4:04.27	3
	1) Anabel Bradley Jr		2) Aliyah Robran Sr	
	3) Alicia Maddux Sr		4) Claire Siems So	
7	MACALESTER	'A'	4:06.79	2
	1) Claire Beckley So		2) Hadley Wilkins Sr	
	3) Tilia Iverson So		4) Tessa Myatt Jr	
8	CARLETON	'A'	4:08.01	1
	1) Bianca Lott Sr		2) Willa Bishop So	
	3) Charlotte Kusch So		4) Lauren Tittel Fr	
9	SAINT MARY'S (MINN.)	'A'	4:10.21	
	1) Deni Zaharieva Fr		2) Mya Slavin So	
	3) Susan Bergeman Fr		4) Addison Burckhardt Fr	
10	ST. SCHOLASTICA	'A'	4:12.37	
	1) Paxyn Rendahl Fr		2) Regan Niemi Jr	
	3) Lilianna Hoard Fr		4) Kayla Nelson Sr	
11	AUGSBURG	'A'	4:25.08	
	1) Emaire Greene Fr		2) Allison Hookom Sr	
	3) Nathalie Hain So		4) Alwena Brix So	



Results

Men's 4x400 Relay Collegiate Finals

Ⓞ MIAC	3:13.02	ST. THOMAS (MINN.) (R. Team)	2009
Ⓞ Venue	3:14.75	ST. THOMAS (C. Glad, J. Hall, A. Hilliard, J. Schwietz)	2002

Team	Relay	Finals	Pts
1	GUSTAVUS ADOLPHUS	'A' 3:18.76	10
	1) <i>Cohen Stursa Jr</i>	2) <i>Conner Martens So</i>	
	3) <i>Luke Scheel Fr</i>	4) <i>Nicholas Brauer Jr</i>	
2	ST. OLAF	'A' 3:19.17	8
	1) <i>Aidan McKeever Fr</i>	2) <i>Lance Nemecek Sr</i>	
	3) <i>Paxon Myers Fr</i>	4) <i>Austin McInturff So</i>	
3	BETHEL (MINN.)	'A' 3:19.57	6
	1) <i>Tony Haack Sr</i>	2) <i>Caleb Ketterling Jr</i>	
	3) <i>Brody Schelhaas Fr</i>	4) <i>Victor Lelinga Jr</i>	
4	ST. SCHOLASTICA	'A' 3:20.88	5
	1) <i>Finn Eskeli Fr</i>	2) <i>Jeffrey Kayfes Sr</i>	
	3) <i>Zachary Bartsch So</i>	4) <i>Noah Kubicek Sr</i>	
5	CONCORDIA MOORHEAD	'A' 3:21.15	4
	1) <i>Ryan Richardson So</i>	2) <i>Trevor Tjongson Sr</i>	
	3) <i>Brady Andrews Jr</i>	4) <i>Michael Crowder Fr</i>	
6	SAINT JOHN'S (MINN.)	'A' 3:23.51	3
	1) <i>Derek Guth Fr</i>	2) <i>Zander Olmschenk So</i>	
	3) <i>Ryan Becker Fr</i>	4) <i>Cooper Smith Jr</i>	
7	CARLETON	'A' 3:23.55	2
	1) <i>Isaac Robertson Fr</i>	2) <i>James Alexander So</i>	
	3) <i>Reed White Fr</i>	4) <i>Asher Nathan Jr</i>	
8	MACALESTER	'A' 3:28.46	1
	1) <i>Drew Morral Fr</i>	2) <i>Andrew Lamb Fr</i>	
	3) <i>Thomas Malecha Sr</i>	4) <i>Henry Schonebaum Sr</i>	
9	HAMLIN	'A' 3:28.53	
	1) <i>Manny Poscher So</i>	2) <i>Michael Williams So</i>	
	3) <i>Alan Haglin So</i>	4) <i>Edward Gregorin Fr</i>	
10	AUGSBURG	'A' 3:28.71	
	1) <i>Jamir Horton So</i>	2) <i>Foster Mulvehill Fr</i>	
	3) <i>Tyler Anderson Fr</i>	4) <i>Falens Byron So</i>	
11	SAINT MARY'S (MINN.)	'A' 3:34.09	
	1) <i>Gage Hatch Fr</i>	2) <i>Goi Ruei So</i>	
	3) <i>Keaton Miller Fr</i>	4) <i>Daniel Araoz Fr</i>	

Women's Javelin Collegiate Finals

Ⓞ MIAC	48.28m	Lisa Brown, GUSTAVUS ADOLPHUS	2008
Ⓞ Venue	46.45m	Renee Erickson, CONCORDIA-MOORHEAD	1995

Athlete	Yr	Team	Finals	Pts
1	Genevieve Gruba	JR CONCORDIA M...	39.16m	10
2	Isabella Schei	JR SAINT MARY'S ...	37.55m	8
3	Kaia Gack	SO CONCORDIA M...	35.35m	6
4	Grace Ciarrochi	JR CONCORDIA M...	35.32m	5
5	Brooke Boroughs	JR MACALESTER	34.93m	4
6	Kaili Malvey	FR CONCORDIA M...	33.87m	3
7	Kennison Azure	FR CONCORDIA M...	32.82m	2
8	Claire Keech	SR ST. OLAF	32.27m	1
9	Parker Pollis	SO SAINT BENEDICT	32.11m	
10	Taylor Christenson	SO CONCORDIA M...	31.95m	
11	Willa Bishop	SO CARLETON	31.65m	
12	Emily Koch	JR SAINT BENEDICT	31.53m	
13	Anna Lacy	JR GUSTAVUS AD...	31.09m	
14	Alina Siodlarz	FR MACALESTER	30.50m	
15	Allison Banse	SO SAINT BENEDICT	30.23m	
16	Lauren Selle	FR CONCORDIA M...	30.11m	
17	Reese Laposky	FR SAINT BENEDICT	29.05m	
18	Emily McCarthy	SO CONCORDIA M...	27.73m	
19	Logan Paulsen	SO ST. OLAF	27.61m	
20	Rylee Kimmes	FR GUSTAVUS AD...	27.14m	
21	Ella Heins	SO ST. SCHOLASTI...	22.04m	

Men's Discus Collegiate Finals

Ⓞ MIAC	60.29m	Mike Manders, HAMLIN	1983
Ⓞ Venue	51.58m	Derek Marks, ST. THOMAS (MINN.)	2007

Athlete	Yr	Team	Finals	Pts
1	Timmy Ball	SO BETHEL (MINN.)	52.56m	10
2	Trent Beseth	SR ST. SCHOLASTI...	52.48m	8
3	Grady Minnerath	SO SAINT JOHN'S ...	48.25m	6
4	Philip Conant	JR BETHEL (MINN.)	48.21m	5
5	Cooper Folkestad	SR CONCORDIA M...	47.85m	4
6	Wyatt Hudspith	JR GUSTAVUS AD...	46.68m	3
7	Eddie Herman	SO HAMLIN	42.64m	2
8	Dillon Thurston	FR HAMLIN	41.12m	1
9	Sam Ruprecht	FR SAINT JOHN'S ...	40.92m	
10	Tom Kuriscak	SR SAINT JOHN'S ...	40.09m	
11	Dylan Hageman	FR BETHEL (MINN.)	39.98m	
12	Sam Dioszeghy	JR CONCORDIA M...	39.89m	
13	Ricky Ramirez	SR CONCORDIA M...	39.84m	
14	Esosa Edo-Ohanba	JR ST. OLAF	39.37m	
15	Austin Mills	SR MACALESTER	38.53m	
16	Mason Sundquist	SO ST. SCHOLASTI...	38.24m	
17	Artur Porto	SO MACALESTER	37.87m	
18	Ron White	JR SAINT MARY'S ...	35.87m	
19	Laklen Vogel	FR SAINT JOHN'S ...	34.40m	
--	Erik Malmberg	FR ST. SCHOLASTI...	ND	



Results

Women's Long Jump Collegiate Finals

Ⓞ MIAC	5.73m	Megan Geraets, GUSTAVUS ADOLPHUS	2025
Ⓞ Venue	5.82m	Megan Geraets, GUSTAVUS ADOLPHUS	2025

	Athlete	Yr	Team	Finals	Wind	Pts
1	Ellie Hernes	SR	BETHEL (MINN.)	5.62m	+1.6	10
2	Ashlyn Jore	JR	ST. OLAF	5.60m	+2.4	8
3	Kaili Malvey	FR	CONCORDIA M...	5.54m	+2.0	6
4	Svea Frantzich	FR	ST. OLAF	5.52m	+1.7	5
5	Claire Stein	FR	ST. OLAF	5.50m	+3.2	4
6	Mabel Badejo	FR	HAMLIN	5.47m	+0.8	3
7	Juslene Chea	FR	SAINT BENEDICT	5.45m	+2.3	2
8	Allison Fink	FR	ST. SCHOLASTI...	5.42m	+1.0	1
9	Anna Gries	SO	SAINT BENEDICT	5.29m	0.0	
10	Lauren Pearson	FR	CONCORDIA M...	5.27m	0.0	
11	Jordan Stanislawski	JR	BETHEL (MINN.)	5.25m	+1.6	
12	Lauren Selle	FR	CONCORDIA M...	5.25m	+3.2	
13	Sabriya Farquharson	JR	SAINT BENEDICT	5.24m	0.0	
14	Terri Mensah	FR	CARLETON	5.20m	+0.9	
15	Morgan Hanlin	FR	SAINT BENEDICT	5.19m	-0.7	
16	Emily Rengo	SR	CONCORDIA M...	5.13m	+2.0	
17	Aubree Klein	JR	ST. OLAF	5.13m	0.0	
18	Kaylee Hawks	FR	GUSTAVUS AD...	5.04m	+2.2	
19	Maddie Sather	FR	CONCORDIA M...	4.90m	+1.3	
--	Harmony-Keli Tomety	JR	MACALESTER ND			

Men's Javelin Collegiate Finals

Ⓞ MIAC	64.14m	Brett Hague, SAINT JOHN'S (MINN.)	2023
Ⓞ Venue	59.44m	Travis Zorn, ST. OLAF	1995

	Athlete	Yr	Team	Finals	Pts
1	Mitchell Degen	SR	SAINT JOHN'S ...	65.87m	10
2	Eli Hayes	JR	CONCORDIA M...	55.07m	8
3	Logan Day	FR	GUSTAVUS AD...	54.14m	6
4	Reese Anderson	SR	CARLETON	52.80m	5
5	Dash Schwab Jr.	SO	CARLETON	49.78m	4
6	Kole Guth	SR	SAINT JOHN'S ...	49.13m	3
7	Max Thomas	SR	ST. OLAF	47.15m	2
8	Jesse Olson	JR	ST. OLAF	47.13m	1
9	Brady Nordeen	JR	GUSTAVUS AD...	45.20m	
10	Holden Dvorak	FR	SAINT JOHN'S ...	45.07m	
11	Thomas Cass	SO	SAINT JOHN'S ...	44.76m	
12	Josh Peterson	JR	CONCORDIA M...	43.73m	
13	Wes Myers	FR	BETHEL (MINN.)	42.58m	
14	Micah Volner	FR	CONCORDIA M...	42.30m	
15	Bailey Evans	SO	SAINT JOHN'S ...	40.73m	
16	Aaron Elseth	SR	BETHEL (MINN.)	36.23m	
17	Luc Swanson	JR	BETHEL (MINN.)	35.83m	
18	Nick Norman	FR	AUGSBURG	35.67m	
19	Alex Palm	JR	BETHEL (MINN.)	35.22m	
20	Josh Pretasky	FR	SAINT JOHN'S ...	34.90m	

Men's Pole Vault Collegiate Finals

Ⓞ MIAC	5.09m	Connor O'Neill, ST. THOMAS (MINN.)	2017
Ⓞ Venue	5.20m	Noah Zastrow, UNATTACHED	2024

	Athlete	Yr	Team	Finals	Pts
1	Tyler Evans	SO	CONCORDIA M...	4.70m	10
2	Austin Schloeder	JR	HAMLIN	4.60m	8
3	James Gates	SO	CARLETON	4.50m	6
4	Alex Chirhart	FR	SAINT JOHN'S ...	4.50m	4.5
4	Stephen Feig	FR	BETHEL (MINN.)	4.50m	4.5
6	Soren Kaster	JR	CARLETON	4.40m	3
7	Kole Guth	SR	SAINT JOHN'S ...	4.30m	2
8	Austin Mohr	FR	SAINT JOHN'S ...	4.30m	0.5
8	Reese Anderson	SR	CARLETON	4.30m	0.5
10	Gavin Hoelzel	JR	ST. OLAF	4.30m	
11	Alex Palmer	SO	GUSTAVUS AD...	4.20m	
12	Joe Ream	SR	GUSTAVUS AD...	4.20m	
12	Amos Anderson	FR	GUSTAVUS AD...	4.20m	
14	Reed White	FR	CARLETON	4.20m	
15	Josh Johnston	SR	SAINT JOHN'S ...	4.20m	
16	Connor McCormick	SR	GUSTAVUS AD...	4.05m	
17	Trey Petersen	JR	ST. OLAF	4.05m	
18	Joshua Graske	JR	BETHEL (MINN.)	3.90m	

Women's Discus Collegiate Finals

Ⓞ MIAC	54.08m	Kris Kuehl, CONCORDIA	1992
Ⓞ Venue	52.45m	Nicole Chimko, UNIVERSITY OF MINNESOTA	1999

	Athlete	Yr	Team	Finals	Pts
1	Otelia Lighthill	JR	ST. OLAF	42.80m	10
2	Genevieve Dabout	FR	CONCORDIA M...	42.69m	8
3	Keira McCord	SO	GUSTAVUS AD...	42.18m	6
4	Olivia Duncan	JR	GUSTAVUS AD...	41.81m	5
5	Magenta Owens	SO	HAMLIN	41.46m	4
6	Arabella Sutich	SO	GUSTAVUS AD...	40.97m	3
7	Yonna Harris	FR	GUSTAVUS AD...	40.71m	2
8	Rachel Wehrman	SO	BETHEL (MINN.)	39.23m	1
9	Ava Halvorson	FR	ST. SCHOLASTI...	38.55m	
10	Elise Harriman	JR	ST. OLAF	38.44m	
11	Ellie Welch	SO	CONCORDIA M...	37.73m	
12	Nora Larsen	SR	BETHEL (MINN.)	37.66m	
13	Jada Henrikson	FR	BETHEL (MINN.)	36.80m	
14	Willa Bishop	SO	CARLETON	36.25m	
15	Allison Banse	SO	SAINT BENEDICT	36.03m	
16	Rylee Kimmes	FR	GUSTAVUS AD...	35.38m	
17	Chloe Mueffelmann	SO	CONCORDIA M...	34.63m	
18	Morgan Akason	FR	GUSTAVUS AD...	34.45m	
19	Logan Paulsen	SO	ST. OLAF	34.04m	
20	Ella Heins	SO	ST. SCHOLASTI...	32.26m	
--	Ella Engen	SR	ST. SCHOLASTI...	ND	

MIAC Outdoor Championship

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Results

Men's Long Jump Collegiate Finals

Ⓞ MIAC 7.30m Erik Diley, SAINT JOHN'S (MINN.) 2008
 Ⓞ Venue 7.32m Cory Dingels, ST. OLAF 2002

	Athlete	Yr Team	Finals	Wind	Pts
1	Max Albertson	JR ST. OLAF	7.28m	-1.3	10
2	Anthony Sletta	SO SAINT JOHN'S ...	6.95m	+1.1	8
3	Anthony Mahowald	JR ST. SCHOLASTI...	6.86m	+0.9	6
4	Brayden Waldron	FR BETHEL (MINN.)	6.80m	+1.8	5
5	Josiah Budiman	SR HAMLIN	6.79m	+1.1	4
6	Isaiah Watson	SO HAMLIN	6.76m	-1.0	3
7	Nick Bovitz	JR BETHEL (MINN.)	6.65m	+0.2	2
8	Liam Frommelt	SO GUSTAVUS AD...	6.54m	+1.1	1
9	Amos Anderson	FR GUSTAVUS AD...	6.47m	0.0	
10	Matthew Erickson	JR ST. SCHOLASTI...	6.38m	+0.7	
11	Eli Hegland	SO CONCORDIA M...	6.36m	0.0	
12	Miquel Pittman	FR HAMLIN	6.19m	0.0	
13	Eli Leafblad	JR BETHEL (MINN.)	6.13m	+2.2	
14	Ben Wynia	JR GUSTAVUS AD...	6.10m	+3.8	
15	Tyler Evans	SO CONCORDIA M...	5.98m	+2.0	
16	Jaylin Raab	SO GUSTAVUS AD...	5.94m	+1.2	
17	Nathan Longfors	SO CONCORDIA M...	5.94m	+1.9	
--	Vicente Bolivar	FR AUGSBURG	DQ		
--	Rik Cumps	SO ST. OLAF	ND		
--	Rufus Zulu	FR HAMLIN	ND		

Men's High Jump Collegiate Finals

Ⓞ MIAC 2.19m Leonard Jones, ST. THOMAS 1993
 Ⓞ Venue 2.12m Travis Joseph, UNATTACHED 2025

	Athlete	Yr Team	Finals	Pts
1	Kyler Flunker	SO GUSTAVUS AD...	1.94m	10
2	Ataa Mensah	SO MACALESTER	1.94m	8
3	Trevor Turner	FR ST. SCHOLASTI...	1.94m	6
4	Eli Hegland	SO CONCORDIA M...	1.91m	5
5	Bailey Evans	SO SAINT JOHN'S ...	1.91m	4
6	Connor O'Brien	JR SAINT JOHN'S ...	1.88m	3
7	Jackson Reade	FR CARLETON	1.85m	2
8	Landon Gilbertson	SO GUSTAVUS AD...	1.85m	1
9	Cole Matetich	SR GUSTAVUS AD...	1.82m	
10	Luc Swanson	JR BETHEL (MINN.)	1.77m	
11	Lucas Heldman	SO CARLETON	1.72m	
12	Colten Eggleston	SO HAMLIN	1.72m	
13	Matthew Erickson	JR ST. SCHOLASTI...	1.72m	
14	Jesse Olson	JR ST. OLAF	1.72m	
15	Eli Leafblad	JR BETHEL (MINN.)	1.72m	
16	Aaron Elseth	SR BETHEL (MINN.)	1.67m	
--	Logan Sandmeyer	SO GUSTAVUS AD...	NH	
--	Ben LePard	JR CONCORDIA M...	NH	

Women's High Jump Collegiate Finals

Ⓞ MIAC 1.73m Holly Broadmarkle, GUSTAVUS ADOLPHUS 1987
 1.73m Kristal Grigsby, ST. THOMAS 2004
 Ⓞ Venue 1.70m Nina Grossman, ST. THOMAS 1995

	Athlete	Yr Team	Finals	Pts
1	Lauren Selle	FR CONCORDIA M...	1.67m	10
2	Lauren Pearson	FR CONCORDIA M...	1.64m	8
3	Tessa Myatt	JR MACALESTER	1.61m	6
4	Kaili Malvey	FR CONCORDIA M...	1.61m	5
5	Kayla Kajer	SO GUSTAVUS AD...	1.58m	4
6	Emma Norton	FR CONCORDIA M...	1.58m	3
7	Reese Laposky	FR SAINT BENEDICT	1.58m	2
8	Annika Walsh	FR ST. OLAF	1.58m	1
9	Ari Maurer	FR SAINT BENEDICT	1.55m	
10	Kaylee Hawks	FR GUSTAVUS AD...	1.55m	
11	Kaia Gack	SO CONCORDIA M...	1.52m	
11	Drea Terwedo	JR SAINT BENEDICT	1.52m	
13	Kiera Stommes	SO SAINT BENEDICT	1.47m	
13	Abby Lovelace	JR CONCORDIA M...	1.47m	
15	Frankie Witham	JR HAMLIN	1.47m	
16	Marissa Albers	JR HAMLIN	1.42m	
17	Maddox Lee	SR GUSTAVUS AD...	1.42m	
--	Ali Simonson	FR HAMLIN	NH	
--	Alina Siodlarz	FR MACALESTER	NH	

Women's Hammer Collegiate Finals

Ⓞ MIAC 56.90m Lily Beneke, ST. SCHOLASTICA 2024
 Ⓞ Venue 58.82m April Phillips, UNATTACHED 2007

	Athlete	Yr Team	Finals	Pts
1	Anna Speratos	SR BETHEL (MINN.)	55.12m	10
2	Ella Stritesky	SR ST. SCHOLASTI...	53.83m	8
3	Jessica Lin	JR MACALESTER	48.85m	6
4	Nora Larsen	SR BETHEL (MINN.)	48.22m	5
5	Kyra Hovis	SO ST. SCHOLASTI...	47.42m	4
6	Rachel Wehrman	SO BETHEL (MINN.)	47.20m	3
7	Ella Engen	SR ST. SCHOLASTI...	46.92m	2
8	Magenta Owens	SO HAMLIN	46.58m	1
9	Ella Boelter	SR BETHEL (MINN.)	43.29m	
10	Rebecca Hoffman	JR GUSTAVUS AD...	43.00m	
11	Ava Halvorson	FR ST. SCHOLASTI...	42.08m	
12	McKinley Folland	FR CONCORDIA M...	42.00m	
13	Brooke Tracy	SR HAMLIN	41.93m	
14	Isabella Schei	JR SAINT MARY'S ...	40.08m	
15	Logan Paulsen	SO ST. OLAF	40.06m	
16	Kaycee Endreson	FR CONCORDIA M...	39.79m	
17	Maggie Lewandowski	JR ST. CATHERINE...	39.09m	
18	Jai Lara	FR ST. OLAF	38.62m	
19	Genevieve Dabout	FR CONCORDIA M...	37.48m	
20	Alaina Voss	JR CONCORDIA M...	36.63m	

MIAC Outdoor Championship

📍 Saint Olaf College 🏠 Thu, Apr 30 - Sat, May 9, 2026



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Men's Shot Put Collegiate Finals

🕒 MIAC	18.89m	Mike Manders, HAMLIN	1983
🕒 Venue	17.36m	Darwin Dumonceaux, SAINT JOHN'S	1999

	Athlete	Yr	Team	Finals	Pts
1	Cooper Folkestad	SR	CONCORDIA M...	18.23m	10
2	Trent Beseth	SR	ST. SCHOLASTI...	17.05m	8
3	Timmy Ball	SO	BETHEL (MINN.)	16.08m	6
4	Blake Houska	JR	CONCORDIA M...	15.37m	5
5	Joshua Monreal	JR	ST. SCHOLASTI...	14.96m	4
6	Adam Hokanson	SR	BETHEL (MINN.)	14.88m	3
7	Artur Porto	SO	MACALESTER	14.86m	2
8	Sam Dioszeghy	JR	CONCORDIA M...	14.83m	1
9	Grady Minnerath	SO	SAINT JOHN'S ...	14.69m	
10	Jonathan Ritz	SO	BETHEL (MINN.)	13.46m	
11	Mason Sundquist	SO	ST. SCHOLASTI...	13.41m	
12	Dylan Hageman	FR	BETHEL (MINN.)	13.30m	
13	Jalen Graham	SO	SAINT JOHN'S ...	13.16m	
14	Nick Norman	FR	AUGSBURG	12.84m	
15	Rylan Turqueza	JR	SAINT JOHN'S ...	12.73m	
16	Dillon Thurston	FR	HAMLIN	12.51m	
17	Sam Ruprecht	FR	SAINT JOHN'S ...	12.18m	
18	Eddie Herman	SO	HAMLIN	12.00m	
19	Erik Malmberg	FR	ST. SCHOLASTI...	10.43m	
--	Davian Vu	FR	HAMLIN	ND	
--	Brayden Sjoblom	SO	CONCORDIA M...	ND	

Women's Triple Jump Collegiate Finals

🕒 MIAC	11.92m	Journey Amundson, MACALESTER	2023
🕒 Venue	11.81m	Hilary Thompson, CONCORDIA-MOORHEAD	2014

	Athlete	Yr	Team	Finals	Wind	Pts
1	Ellie Hernes	SR	BETHEL (MINN.)	12.04m	-0.7	10
2	Kaylee Hawks	FR	GUSTAVUS AD...	11.74m	+4.2	8
3	Ava Loftness	FR	GUSTAVUS AD...	11.52m	-0.1	6
4	Sabriya Farquharson	JR	SAINT BENEDICT	11.47m	-1.1	5
5	Kaili Malvey	FR	CONCORDIA M...	11.34m	-1.6	4
6	Svea Frantzich	FR	ST. OLAF	11.30m	+1.5	3
7	Juslene Chea	FR	SAINT BENEDICT	11.27m	+0.8	2
8	AnnaGrace Nelson	SR	BETHEL (MINN.)	11.08m	+2.4	1
9	Anna Gries	SO	SAINT BENEDICT	11.03m	+1.7	
10	Sophia Vogel	FR	GUSTAVUS AD...	10.91m	+0.3	
11	Jordan Stanislowski	JR	BETHEL (MINN.)	10.64m	+2.1	
12	Sarah Lindner	SR	GUSTAVUS AD...	10.64m	+0.8	
13	Julia Pankratz	FR	BETHEL (MINN.)	10.60m	+1.3	
14	Ameryn Dostal	SO	SAINT MARY'S ...	10.58m	+0.7	
15	Piper Osborne	JR	CONCORDIA M...	10.57m	+2.0	
16	Allison Fink	FR	ST. SCHOLASTI...	10.53m	+1.5	
17	Adi Bye	FR	GUSTAVUS AD...	10.39m	-2.3	
18	Hannah Scharnberg	FR	SAINT BENEDICT	10.33m	+1.5	
19	Emma Norton	FR	CONCORDIA M...	9.92m	-0.3	
20	Peyton Swenson	FR	BETHEL (MINN.)	9.91m	-0.7	

Women's Pole Vault Collegiate Finals

🕒 MIAC	3.82m	London Stelten, SAINT BENEDICT	2017
🕒 Venue	3.97m	Katelin Rains, MINNESOTA STATE	2008

	Athlete	Yr	Team	Finals	Pts
1	AnnaGrace Nelson	SR	BETHEL (MINN.)	3.63m	10
2	Abigail Frei	FR	ST. OLAF	3.63m	8
3	Jaylyn Ahlberg	SR	SAINT BENEDICT	3.53m	6
4	Xara Gin	SO	SAINT MARY'S ...	3.53m	5
5	Raina Kaping	JR	BETHEL (MINN.)	3.43m	4
6	Maddox Lee	SR	GUSTAVUS AD...	3.33m	3
7	Emily Pearson	JR	BETHEL (MINN.)	3.33m	2
8	McKenna Flinn	SO	SAINT BENEDICT	3.33m	1
9	LiLi Raidt	JR	SAINT BENEDICT	3.23m	
10	Camille Finney	JR	GUSTAVUS AD...	3.23m	
11	Brynley Coleman	SO	CONCORDIA M...	3.23m	
11	Ava Brosam	FR	CARLETON	3.23m	
13	Kate Clairmont	FR	GUSTAVUS AD...	3.23m	
14	Seneca Wilson	JR	MACALESTER	3.08m	
14	Autumn Schmidt	SO	GUSTAVUS AD...	3.08m	
14	Elly Stamp	FR	BETHEL (MINN.)	3.08m	
17	Savannah Brown	JR	HAMLIN	3.08m	
--	Erika Nesseth	SO	ST. OLAF	NH	

Men's Hammer Collegiate Finals

🕒 MIAC	61.13m	Michael Hensch, GUSTAVUS ADOLPHUS	2019
🕒 Venue	59.94m	Dan Baemmert, UW EAU CLAIRE	2004

	Athlete	Yr	Team	Finals	Pts
1	Joshua Monreal	JR	ST. SCHOLASTI...	57.44m	10
2	Adam Hokanson	SR	BETHEL (MINN.)	57.27m	8
3	Trent Beseth	SR	ST. SCHOLASTI...	54.53m	6
4	Blake Houska	JR	CONCORDIA M...	51.52m	5
5	Timmy Ball	SO	BETHEL (MINN.)	51.24m	4
6	Jonathan Ritz	SO	BETHEL (MINN.)	50.26m	3
7	Dillon Thurston	FR	HAMLIN	49.59m	2
8	Ron White	JR	SAINT MARY'S ...	47.55m	1
9	Davian Vu	FR	HAMLIN	46.52m	
10	Rylan Turqueza	JR	SAINT JOHN'S ...	45.46m	
11	Philip Conant	JR	BETHEL (MINN.)	45.25m	
12	Doug Gill	JR	HAMLIN	44.84m	
13	Connor Brynteson	JR	SAINT JOHN'S ...	44.76m	
14	Austin Mills	SR	MACALESTER	43.93m	
15	Carter Will	FR	GUSTAVUS AD...	43.86m	
16	Tom Kuriscak	SR	SAINT JOHN'S ...	43.82m	
17	Mason Sundquist	SO	ST. SCHOLASTI...	42.95m	
18	Eddie Herman	SO	HAMLIN	42.54m	
19	Esosa Edo-Ohanba	JR	ST. OLAF	42.34m	
20	Dylan Hageman	FR	BETHEL (MINN.)	35.14m	

MIAC Outdoor Championship

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Women's Shot Put Collegiate Finals

🕒 MIAC	14.90m	Annika Poe, GUSTAVUS ADOLPHUS	2023
🕒 Venue	15.70m	Aubrey Schmitt, UNATTACHED	2000

	Athlete	Yr	Team	Finals	Pts
1	Arabella Sutch	SO	GUSTAVUS AD...	13.52m	10
2	Tessa Myatt	JR	MACALESTER	13.36m	8
3	Chloe Mueffelmann	SO	CONCORDIA M...	13.35m	6
4	Nora Larsen	SR	BETHEL (MINN.)	13.32m	5
5	Yonna Harris	FR	GUSTAVUS AD...	12.84m	4
6	Allison Banse	SO	SAINT BENEDICT	12.55m	3
7	Rachel Wehrman	SO	BETHEL (MINN.)	12.31m	2
8	Genevieve Dabout	FR	CONCORDIA M...	12.03m	1
9	Gracie Hartl	SO	CONCORDIA M...	11.95m	
10	Kaycee Endreson	FR	CONCORDIA M...	11.79m	
11	Morgan Akason	FR	GUSTAVUS AD...	11.77m	
12	Jada Henrikson	FR	BETHEL (MINN.)	11.74m	
13	Miranda Travis	SR	CONCORDIA M...	11.71m	
14	Ella Engen	SR	ST. SCHOLASTI...	11.65m	
15	Keira McCord	SO	GUSTAVUS AD...	11.61m	
16	Logan Paulsen	SO	ST. OLAF	11.32m	
17	Ellie Welch	SO	CONCORDIA M...	11.27m	
18	McKinley Folland	FR	CONCORDIA M...	11.06m	
19	Abby Lovelace	JR	CONCORDIA M...	10.73m	
--	Elise Harriman	JR	ST. OLAF	ND	

Men's Triple Jump Collegiate Finals

🕒 MIAC	14.81m	Isaiah Watson, HAMLIN	2025
🕒 Venue	14.63m	David Bergstrom, CLASSIC LAKE TC1	2000

	Athlete	Yr	Team	Finals	WindPts
1	Isaiah Watson	SO	HAMLIN	15.32m	+0.8 10
2	D'Vante McElroy	FR	AUGSBURG	14.46m	+2.3 8
3	Ataa Mensah	SO	MACALESTER	14.24m	-1.7 6
4	Matthew Erickson	JR	ST. SCHOLASTI...	14.07m	+1.2 5
5	Vicente Bolivar	FR	AUGSBURG	13.74m	+3.0 4
6	Nick Bovitz	JR	BETHEL (MINN.)	13.60m	+1.3 3
7	Liam Frommelt	SO	GUSTAVUS AD...	13.56m	+2.1 2
8	Rufus Zulu	FR	HAMLIN	13.56m	+0.6 1
9	Rik Cumps	SO	ST. OLAF	13.24m	+1.9
10	R.E Jamieson	FR	ST. OLAF	13.12m	+0.4
11	Spencer Pearson	SR	GUSTAVUS AD...	12.65m	+1.0
12	Nathan Longfors	SO	CONCORDIA M...	12.65m	-2.8
13	Anthony Sletta	SO	SAINT JOHN'S ...	12.47m	-0.2
14	Lucas Lenz	FR	CARLETON	12.33m	0.0
15	Garner Miyagawa	FR	MACALESTER	12.16m	0.0
16	Taylor Young	FR	GUSTAVUS AD...	12.02m	+1.0
17	Ben Wynia	JR	GUSTAVUS AD...	11.90m	-2.9
--	Eli Hegland	SO	CONCORDIA M...	ND	
--	Max Albertson	JR	ST. OLAF	ND	



Team Scores

Collegiate

Men (22 of 22 events completed)

1	Bethel (Minn.)	202.5
2	St. Olaf	146
3	Saint John's (Minn.)	131
4	Concordia Moorhead	79
4	Gustavus Adolphus	79
6	St. Scholastica	66
7	Carleton	54.5
8	Hamline	46
9	Macalester	30
10	Augsburg	13
11	Saint Mary's (Minn.)	11

Women (22 of 22 events completed)

1	Concordia Moorhead	172
2	Bethel (Minn.)	151
3	St. Olaf	139
4	Gustavus Adolphus	94
5	Saint Benedict	78
6	Saint Mary's (Minn.)	71
7	Carleton	59
7	Macalester	59
9	Hamline	18
10	St. Scholastica	16
11	Augsburg	1