

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College
Performance List

Event 2 Men 60 Meter Dash Prelims

Comp#	Name	Year	School	Seed Time	Prelim Time	Place
1	Landen Liu	FR	Bethel (Minn.)	6.77		
2	Samuel Eben Ebai	SR	St. Scholastica	6.84		
3	Kevin Arthur	JR	St. John's (Minn.)	6.92		
4	Nathan Le	SO	Gustavus Adolphus	6.99		
5	Matthew Skelly	SO	Gustavus Adolphus	7.00		
6	Varney Conneh	SR	Augsburg	7.04		
7	Cameron McConnell	SO	Bethel (Minn.)	7.10		
8	Nolan Morical	SO	Concordia-Moorhead	7.11		
9	Caden Wheeler	FR	St. John's (Minn.)	7.17		
10	Sean Alfaro Diedrich	SO	St. Scholastica	7.21		
11	Dylan Arnold	SO	St. Olaf	7.24		
12	Albert Smith	SR	Bethel (Minn.)	7.24		
13	Reece Thomas	SO	Hamline	7.28		
14	Godsword Simon	SO	Bethel (Minn.)	7.28		
15	Levi Korum	SO	Bethel (Minn.)	7.29		
16	Ben Kritsberg	FR	Saint Mary's	7.29		
17	Colin Conteh	JR	Concordia-Moorhead	7.30		
18	Collin Asplin	FR	Bethel (Minn.)	7.30		
19	Emanuel Popoca	SO	St. John's (Minn.)	7.31		
20	Devin McNearny	SO	St. Olaf	7.31		
21	Andrei Pettis	FR	Hamline	7.32		
22	Sylvain Zong-Naba	SO	Macalester	7.36		
23	Tony Haack	FR	Bethel (Minn.)	7.37		
24	Josh Sletta	JR	St. John's (Minn.)	7.38		
<u>25</u>	Jordan Petron	SO	Concordia-Moorhead	7.38		
26	Samuel Gwin	FR	St. Olaf	7.41		
27	Jacob Kogut	SO	Macalester	7.43		
28	Pierre Deutschlander	JR	St. John's (Minn.)	7.47		
29	Zechariah Kyoore	FR	Gustavus Adolphus	7.53		
30	Dominic Flentje	JR	Gustavus Adolphus	7.56		
31	Jacob Becker	FR	St. John's (Minn.)	7.59		
32	Adam Collins	SO	St. John's (Minn.)	7.60		
33	Henry Truebenbach	SO	St. John's (Minn.)	7.61		
34	Tembo Chilala	SO	Concordia-Moorhead	7.65		

7.86 if didn't make 400
 wrong make it pr. As you over 60
 with gain flip
 us. > cash flip

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2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College

Performance List

Event 4 Men 200 Meter Dash

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Landen Liu	FR	Bethel (Minn.)	21.58		
2	Jacob Parent	SO	Bethel (Minn.)	22.10		
3	Arlo Heitler	SO	Macalester	22.35		
4	Cal Wright	SR	Concordia-Moorhead	22.40		
5	Samuel Eben Ebai	SR	St. Scholastica	22.45		
6	Kevin Arthur	JR	St. John's (Minn.)	22.49		
7	Chris Bulwa	SO	Saint Mary's	22.55		
8	Wyatt Quiring	SR	Gustavus Adolphus	22.58		
9	Alec Braun	SO	Bethel (Minn.)	23.16		
10	Varney Conneh	SR	Augsburg	23.17		
11	Nolan Morical	SO	Concordia-Moorhead	23.23		
12	Sean Alfaro Diedrich	SO	St. Scholastica	23.42		
13	Matthew Skelly	SO	Gustavus Adolphus	23.47		
14	Cameron McConnell	SO	Bethel (Minn.)	23.49		
15	Tony Haack	FR	Bethel (Minn.)	23.50		
16	Nathan Le	SO	Gustavus Adolphus	23.55		
17	Trokon Karngar	SR	Bethel (Minn.)	23.55		
18	Emanuel Popoca	SO	St. John's (Minn.)	23.60		
19	Jacob Kogut	SO	Macalester	23.65		
20	Collin Asplin	FR	Bethel (Minn.)	23.66		
21	David Couper	SO	Hamline	23.68		
22	Albert Smith	SR	Bethel (Minn.)	23.77		
23	Jordan Petron	SO	Concordia-Moorhead	23.80		
24	Levi Korum	SO	Bethel (Minn.)	23.92 <i>← 9</i>		
25	Josh Lee	SO	Bethel (Minn.)	23.95 <i>← 10</i>		
26	Peyton Kessel	SO	Concordia-Moorhead	24.04		
27	Dominic Flentje	JR	Gustavus Adolphus	24.32		
28	Josh Sletta	JR	St. John's (Minn.)	24.32		
29	Henry Truebenbach	SO	St. John's (Minn.)	24.43		
30	Gabe Thompson	SO	Concordia-Moorhead	24.59		
31	Caleb Karg	FR	Concordia-Moorhead	24.64		
32	Pierre Deutschlander	JR	St. John's (Minn.)	24.65		
33	Caleb Meeker	SO	Bethel (Minn.)	24.69		
34	Adam Collins	SO	St. John's (Minn.)	24.70		
35	Logan Clark	FR	Concordia-Moorhead	24.72		
36	William Selinger	FR	Bethel (Minn.)	24.72		
37	Tembo Chilala	SO	Concordia-Moorhead	24.79		
38	Colin Conteh	JR	Concordia-Moorhead	24.82		
39	Ben Gilbert-Binder	FR	St. Olaf	24.89		
40	Lachlan Witt	SR	Macalester	25.42		
41	Joseph Beaudette	SO	Bethel (Minn.)	25.85		

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College
Performance List

Event 6 Men 400 Meter Dash

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Jacob Parent	SO	Bethel (Minn.)	48.30		
2	Cal Wright	SR	Concordia-Moorhead	49.23		
3	Joel Smith	SR	Bethel (Minn.)	49.33		
4	Arlo Heitler	SO	Macalester	49.67		
5	Wyatt Quiring	SR	Gustavus Adolphus	49.84		
6	Hayden Gagnon	SR	Concordia-Moorhead	49.98		
7	Grant Nelson	FR	Bethel (Minn.)	50.11		
8	Brady Labine	SR	St. John's (Minn.)	50.67		
9	Chris Bulwa	SO	Saint Mary's	50.80		
10	Jeff Wang	SO	Macalester	51.67		
11	Trevor Tiongson	SO	Concordia-Moorhead	51.75		
12	Noah Kubicek	FR	St. Scholastica	51.86		
13	Seth Zeitchick	JR	Gustavus Adolphus	51.89		
14	Jericho Peterson	JR	St. Scholastica	51.96		
15	Simon Zahrbock	SR	Concordia-Moorhead	52.06		
16	Tyler Anderson	SO	St. Scholastica	52.44		
17	Liam Kennedy	JR	Carleton	52.47		
18	Agro Gushwa	SO	Gustavus Adolphus	52.55		
19	Owen Montreuil	FR	St. John's (Minn.)	52.96		
20	Tony Haack	FR	Bethel (Minn.)	53.03		
21	Peter Oviguan	JR	Gustavus Adolphus	53.14		
22	Fritz Landherr	SR	Augsburg	53.25		
23	Trokon Karngar	SR	Bethel (Minn.)	53.38		
24	Caleb Karg	FR	Concordia-Moorhead	53.46		
25	Peyton Kessel	SO	Concordia-Moorhead	53.54		
26	Kalid Ali	SO	Macalester	53.60		
27	Ben Gilbert-Binder	FR	St. Olaf	53.66		
28	Collin Asplin	FR	Bethel (Minn.)	53.67		
29	Jorge Hernandez	SO	St. John's (Minn.)	53.80		
30	Pierre Deutschlander	JR	St. John's (Minn.)	54.16		
31	Noah Stageberg	SO	Gustavus Adolphus	54.18		
32	Trajen Clayton	FR	Augsburg	54.59		
33	Caleb Meeker	SO	Bethel (Minn.)	54.73		
34	Charles Ellis	JR	St. John's (Minn.)	54.84		
35	Michael Broad	SO	Gustavus Adolphus	55.23		
36	Riley Buxell	FR	St. John's (Minn.)	55.52		
37	Mason Bosley	SR	Macalester	55.79		
38	Aiden Blaeser	FR	St. John's (Minn.)	56.42		

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College
Performance List

Event 8 Men 600 Meter Run

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Joel Smith	SR	Bethel (Minn.)	1:20.64		
2	Reese Anderson	FR	Carleton	1:22.66		
3	Josh Meier	SO	Carleton	1:22.86		
4	Tyler Smith	SO	Gustavus Adolphus	1:23.47		
5	Alistair Pattison	JR	Carleton	1:23.48		
6	Noah Kubicek	FR	St. Scholastica	1:23.83		
7	Hayden Gagnon	SR	Concordia-Moorhead	1:23.88		
8	Alex Bittner	FR	St. Olaf	1:24.11		
9	Derek Douglas	SO	St. Scholastica	1:24.63		
10	Brady Labine	SR	St. John's (Minn.)	1:24.81		
11	Markus Rupnow	SO	Gustavus Adolphus	1:25.04		
12	Nathan Smith	SO	Bethel (Minn.)	1:25.38		
13	Gabe Estrada	SO	St. Olaf	1:25.58		
14	Lance Nemecek	FR	St. Olaf	1:25.78		
15	Alexei Hensel	JR	St. John's (Minn.)	1:25.88		
16	Will Mattock	JR	St. John's (Minn.)	1:25.98		
17	Peter Oviguiian	JR	Gustavus Adolphus	1:26.11		
18	Clark Nelson	SO	Bethel (Minn.)	1:26.12		
19	Owen Montreuil	FR	St. John's (Minn.)	1:26.64		
20	Jack Marble	JR	Gustavus Adolphus	1:26.65		
21	Solomon Johnson	SR	Concordia-Moorhead	1:26.83		
22	Jose Gonzalez-Ramirez	JR	St. Olaf	1:26.88		
23	Aiden Langheim	FR	St. John's (Minn.)	1:26.93		
24	Kalid Ali	SO	Macalester	1:27.15		
25	Zander Gallmeier	FR	Concordia-Moorhead	1:28.11		
26	Sam Marble	JR	Gustavus Adolphus	1:28.65		
27	Lachlan Witt	SR	Macalester	1:28.87		
28	Jay Lebakken	FR	Macalester	1:29.13		
29	Mason Bosley	SR	Macalester	1:29.33		
30	Korrigan Diercks	SO	Gustavus Adolphus	1:29.42		
31	Thomas Malecha	FR	Macalester	1:29.48		
32	Jonathan Krueger	FR	Concordia-Moorhead	1:29.54		
33	Tanner Olson	SR	Concordia-Moorhead	1:30.16		
34	Maxwell Rogers	FR	St. Scholastica	1:31.26		
35	Bereket Wondimu	JR	Augsburg	1:31.28		
36	Lucas Hinojos	JR	Concordia-Moorhead	1:31.35		
37	Justin Kringler	SR	Concordia-Moorhead	1:31.64		
38	Austin Otier	SO	Bethel (Minn.)	1:33.02		
39	Parker Koland	FR	St. John's (Minn.)	1:34.39		
40	Evan Grover	FR	Concordia-Moorhead	1:36.03		
41	Trygve Rux	FR	St. Scholastica	1:39.87		

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College
Performance List

Event 10 Men 800 Meter Run

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Tyler Smith	SO	Gustavus Adolphus	1:56.40		
2	Josh Meier	SO	Carleton	1:57.26		
3	Getinat Asfaw	JR	Augsburg	1:57.42		
4	Jeremy Fong	SR	Carleton	1:58.16		
5	Nathan Clausing	JR	St. John's (Minn.)	1:58.66		
6	Markus Rupnow	SO	Gustavus Adolphus	1:58.74		
7	Derek Douglas	SO	St. Scholastica	1:59.09		
8	Zach Martin	FR	St. Olaf	1:59.50		
9	Grant Schneider	FR	Saint Mary's	1:59.57		
10	Mark Rud	FR	Gustavus Adolphus	1:59.88		
11	Alistair Pattison	JR	Carleton	1:59.94		
12	Solomon Johnson	SR	Concordia-Moorhead	2:00.12		
13	Gabe Kuecker	SO	Bethel (Minn.)	2:00.97		
14	Jose Gonzalez-Ramirez	JR	St. Olaf	2:01.08		
15	Clark Nelson	SO	Bethel (Minn.)	2:01.15		
16	Alexei Hensel	JR	St. John's (Minn.)	2:01.20		
17	Sakariya Hussien	SR	Augsburg	2:02.09		
18	Jay Lebakken	FR	Macalester	2:03.79		
19	Samuel Rengo	JR	St. John's (Minn.)	2:04.15		
20	Bereket Wondimu	JR	Augsburg	2:04.72		
21	Daniel Hage	SR	Bethel (Minn.)	2:04.79		
22	Austin Otier	SO	Bethel (Minn.)	2:04.82		
23	Thomas Malecha	FR	Macalester	2:04.91		
24	Lance Nemecek	FR	St. Olaf	2:04.98		
25	Jacob Lipke	JR	St. John's (Minn.)	2:05.10		
26	Jonathan Krueger	FR	Concordia-Moorhead	2:05.10		
27	Brock Adams	SO	Macalester	2:05.31		
28	Kalid Ali	SO	Macalester	2:05.50		
29	Aidan Thomas	SO	St. John's (Minn.)	2:05.51		
30	Otto Schmidt	SO	St. Olaf	2:05.86		
31	Ben Mazor	SO	Carleton	2:07.23		
32	Jackson Miest	SO	Gustavus Adolphus	2:07.24		
33	Joseph Gathje	SO	St. John's (Minn.)	2:08.60		
34	Thomas Nemanich	JR	St. John's (Minn.)	2:08.63		
35	Parker Koland	FR	St. John's (Minn.)	2:09.98		
36	Colin Morefield	SR	Macalester	2:10.08		
37	Lucas Hinojos	JR	Concordia-Moorhead	2:11.71		
38	Justin Kringler	SR	Concordia-Moorhead	2:11.86		
39	Evan Grover	FR	Concordia-Moorhead	2:12.98		
40	Nick Trzynka	SO	Concordia-Moorhead	2:16.66		
41	Alex Lerum	SO	Concordia-Moorhead	2:19.57		
42	Joseph Coffey	FR	St. John's (Minn.)	2:21.29		
43	Cameron Regan	SR	Hamline	2:32.51		

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College

Performance List

Event 12 Men 1000 Meter Run

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Tucker Wallin	JR	Gustavus Adolphus	2:31.36		
2	Olaf Coffey	SO	St. Olaf	2:33.44		
3	Jeremy Fong	SR	Carleton	2:33.64		
4	Indy Lyness	FR	Carleton	2:34.36		
5	Getinat Asfaw	JR	Augsburg	2:34.52		
6	Nathan Neu	SO	St. Scholastica	2:34.87		
7	Sakariya Hussien	SR	Augsburg	2:34.96		
8	Carson Roehl	SO	Gustavus Adolphus	2:35.74		
9	Dillon Diekmann	SR	St. John's (Minn.)	2:35.96		
10	Jackson Marsh	SO	St. Olaf	2:36.60		
11	Nathan Clausing	JR	St. John's (Minn.)	2:38.19		
12	Samuel Rengo	JR	St. John's (Minn.)	2:38.47		
13	Grant Schneider	FR	Saint Mary's	2:38.48		
14	Nick St. Peter	FR	St. John's (Minn.)	2:38.60		
15	Tanner Olson	SR	Concordia-Moorhead	2:38.74		
16	Tad Stewart	JR	Bethel (Minn.)	2:38.74		
17	Penn Sagedahl	JR	St. Olaf	2:38.94		
18	Brock Adams	SO	Macalester	2:39.88		
19	Riley Berg	JR	St. John's (Minn.)	2:40.39		
20	Gavin Groshelle	SO	Concordia-Moorhead	2:40.66		
21	Alexei Hensel	JR	St. John's (Minn.)	2:40.79		
22	Daniel Kloepfner	JR	St. John's (Minn.)	2:41.18		
23	Ben Chao	SR	Carleton	2:41.34		
24	Jonathan Krueger	FR	Concordia-Moorhead	2:42.35		
25	Eli Doran	FR	St. Olaf	2:43.17		
26	Lucas LiaBraaten	FR	Hamline	2:43.31		
27	Aidan Thomas	SO	St. John's (Minn.)	2:43.50		
28	Joseph Gathje	SO	St. John's (Minn.)	2:43.53		
29	Luke Peterson	SO	Bethel (Minn.)	2:43.82		
30	Solomon Johnson	SR	Concordia-Moorhead	2:44.58		
31	Owen Chamberlin	FR	St. Olaf	2:44.99		
32	Jeffrey Kayfes	FR	St. Scholastica	2:46.73		
33	Nicholas Merickel	SO	St. John's (Minn.)	2:47.30		
34	Gabe Kuecker	SO	Bethel (Minn.)	2:47.78		
35	Khadar Muhumed	FR	Hamline	2:48.81		
36	Zander Gallmeier	FR	Concordia-Moorhead	2:51.43		
37	Ike Hatlevig	SO	Macalester	2:52.29		
38	Parker Koland	FR	St. John's (Minn.)	2:52.84		
39	Evan Grover	FR	Concordia-Moorhead	3:00.13		

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College
Performance List

Event 14 Men 1 Mile Run

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Gabe Nichols	FR	Carleton	4:12.26		
2	Roy Llewellyn	FR	Carleton	4:17.30		
3	Mitchell Grand	JR	St. John's (Minn.)	4:17.59		
4	Lloyd Young	JR	St. John's (Minn.)	4:19.45		
5	Indy Lyness	FR	Carleton	4:20.80		
6	Olaf Coffey	SO	St. Olaf	4:21.40		
7	Elijah Jones	SR	Carleton	4:21.42		
8	Tucker Wallin	JR	Gustavus Adolphus	4:21.98		
9	Nathan Neu	SO	St. Scholastica	4:27.66		
10	Carson Roehl	SO	Gustavus Adolphus	4:28.25		
11	Aric Brodie	SR	Hamline	4:29.49		
12	Sakariya Hussien	SR	Augsburg	4:29.56		
13	Reece McKee	SO	Macalester	4:29.61		
14	Penn Sagedahl	JR	St. Olaf	4:30.94		
15	Trevor LaVigne	SO	Gustavus Adolphus	4:33.10		
16	Joe Madell	SO	Macalester	4:35.55		
17	Brock Adams	SO	Macalester	4:35.55		
18	Emerson Lange	FR	Carleton	4:35.58		
19	Ryan Bernstein	FR	Carleton	4:35.84		
20	Brett Hanley	SO	Carleton	4:35.90		
21	Daniel Kloepfner	JR	St. John's (Minn.)	4:36.63		
22	Cole Peske	SR	Macalester	4:36.98		
23	Alex Fendig	JR	Macalester	4:37.10		
24	Jonah Kalsnes	SO	Gustavus Adolphus	4:37.24		
25	Angelo Fiataruolo	FR	St. Olaf	4:37.64		
26	Ben Chao	SR	Carleton	4:38.82		
<u>27</u>	Aiden Chalmers	FR	St. John's (Minn.)	4:39.14		
<u>28</u>	Aidan Appel	SO	Macalester	4:39.19		
<u>29</u>	Lucas LiaBraaten	FR	Hamline	4:39.31		
30	Jordan Galloway	FR	Macalester	4:40.23		
31	Ethan Leonard	SO	St. John's (Minn.)	4:40.49		
32	Samuel Rengo	JR	St. John's (Minn.)	4:42.27		
33	Tyler Edwards	FR	Macalester	4:43.55		
34	Aidan Thomas	SO	St. John's (Minn.)	4:44.65		
35	Joseph Gathje	SO	St. John's (Minn.)	4:44.70		
36	Jacob Malecha	FR	St. John's (Minn.)	4:47.02		
37	Nicholas Merickel	SO	St. John's (Minn.)	4:47.41		
38	Nick Trzynka	SO	Concordia-Moorhead	4:49.74		
39	Joseph Kubly	FR	Augsburg	4:51.51		
40	Aaron Puent	SR	Augsburg	4:55.49		
41	Liam Sheeley	SO	St. John's (Minn.)	4:55.73		
42	Ike Hatlevig	SO	Macalester	4:56.16		
43	David Price	SO	Bethel (Minn.)	4:57.61		
44	Carter Ferber	FR	Concordia-Moorhead	4:58.08		
45	Khadar Muhumed	FR	Hamline	4:58.21		
46	Alex Lerum	SO	Concordia-Moorhead	5:03.97		
47	Alex Skinner	SO	St. John's (Minn.)	5:20.39		
48	Joseph Coffey	FR	St. John's (Minn.)	5:21.92		

200 0.5 Mile
5/1 0.5 Mile

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College

Performance List

Event 16 Men 3000 Meter Run

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Gabe Nichols	FR	Carleton	8:23.01		
2	Lloyd Young	JR	St. John's (Minn.)	8:23.15		
3	Henry Bowman	SR	Carleton	8:27.59		
4	Roy Llewellyn	FR	Carleton	8:33.73		
5	Will Kelly	SO	St. Olaf	8:34.60		
6	Mohammed Bati	FR	Augsburg	8:39.40		
7	Elijah Jones	SR	Carleton	8:40.44		
8	Ben Crotteau	SO	Macalester	8:41.00		
9	Chris Melville	JR	Carleton	8:42.04		
10	Tor Olsson	SO	Macalester	8:42.46		
11	Anders Cote	SO	St. Olaf	8:44.84		
12	Nick Ihrke	SO	Macalester	8:45.30		
13	Reece McKee	SO	Macalester	8:47.35		
14	Julian Munoz	JR	St. Olaf	8:47.81		
15	Eamon Cavanaugh	SO	St. John's (Minn.)	8:49.59		
16	Joe Lee	SO	Concordia-Moorhead	8:51.28		
17	Reese Thompson	SO	Bethel (Minn.)	8:52.23		
18	Kevin Turlington	FR	St. Olaf	8:53.52		
19	Kevin Montresor	JR	St. Olaf	8:55.18		
20	Leo Smith	SR	Concordia-Moorhead	8:58.80		
21	Grant Graber	SO	Bethel (Minn.)	8:59.21		
22	Trevor LaVigne	SO	Gustavus Adolphus	9:01.26		
23	Henry Hinchcliffe	SO	Gustavus Adolphus	9:02.98		
24	Ben Aoki-Sherwood	SR	Carleton	9:04.13		
25	Derk Lyford	JR	St. Olaf	9:04.26		
26	Aidan St George	JR	Bethel (Minn.)	9:07.24		
27	Waylon Kurts	FR	St. Olaf	9:07.40		
28	Logan McCullough	SO	Gustavus Adolphus	9:07.61		
29	Aidan Appel	SO	Macalester	9:08.90		
30	Aric Brodie	SR	Hamline	9:10.56		
31	Parker Max	FR	St. Olaf	9:10.58		
32	Tyler Edwards	FR	Macalester	9:10.68		
33	Gael Manzur Strandlund	FR	St. Olaf	9:11.28		
34	Jonah Kalsnes	SO	Gustavus Adolphus	9:15.40		
35	Cole Peske	SR	Macalester	9:18.73		
36	Lucas LiaBraaten	FR	Hamline	9:20.35		
37	Aiden Chalmers	FR	St. John's (Minn.)	9:23.88		
38	Brock Adams	SO	Macalester	9:25.09		
39	Alex Fendig	JR	Macalester	9:30.39		
40	Ethan Leonard	SO	St. John's (Minn.)	9:34.29		
41	Nick Trzynka	SO	Concordia-Moorhead	9:40.42		
42	Habetamu Abide	FR	Bethel (Minn.)	9:41.98		
43	Carter Ferber	FR	Concordia-Moorhead	9:44.36		
44	William Saari	SO	Hamline	9:50.97		
45	Grayson Harris	SO	Augsburg	9:54.14		
46	Evan Dallas	FR	Bethel (Minn.)	10:44.21		
47	Kedran St. George	FR	Bethel (Minn.)	10:45.09		
48	Joseph Coffey	FR	St. John's (Minn.)	11:08.83		

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College

Performance List

Event 18 Men 5000 Meter Run

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Logan Bocovich	JR	St. Olaf	14:26.94	_____	_____
2	Henry Bowman	SR	Carleton	14:55.52	_____	_____
3	Mohammed Bati	FR	Augsburg	14:55.68	_____	_____
4	Will Kelly	SO	St. Olaf	14:56.04	_____	_____
5	Anders Cote	SO	St. Olaf	15:13.34	_____	_____
6	Chris Melville	JR	Carleton	15:15.92	_____	_____
7	Julian Munoz	JR	St. Olaf	15:23.27	_____	_____
8	Nick Ihrke	SO	Macalester	15:23.78	_____	_____
9	Kevin Turlington	FR	St. Olaf	15:26.71	_____	_____
10	Derk Lyford	JR	St. Olaf	15:28.29	_____	_____
11	Logan McCullough	SO	Gustavus Adolphus	15:34.54	_____	_____
12	Leo Smith	SR	Concordia-Moorhead	15:34.78	_____	_____
13	Reece McKee	SO	Macalester	15:39.43	_____	_____
14	Kevin Montresor	JR	St. Olaf	15:41.12	_____	_____
15	Reese Thompson	SO	Bethel (Minn.)	15:41.36	_____	_____
16	Joe Lee	SO	Concordia-Moorhead	15:49.02	_____	_____
17	Ben Aoki-Sherwood	SR	Carleton	15:51.09	_____	_____
18	Aidan St George	JR	Bethel (Minn.)	15:52.14	_____	_____
19	Jack Deaver	SO	St. Olaf	15:55.52	_____	_____
20	Waylon Kurts	FR	St. Olaf	16:10.51	_____	_____
21	Parker Max	FR	St. Olaf	16:10.92	_____	_____
22	Grayson Harris	SO	Augsburg	16:45.67	_____	_____
23	Eamon Cavanaugh	SO	St. John's (Minn.)	NT	_____	_____
24	Carter Grove	SO	St. John's (Minn.)	NT	_____	_____

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College

Performance List

Event 20 Men 60 Meter Hurdles Prelims

Comp#	Name	Year	School	Seed Time	Prelim Time	Place
1	Jayson Ekiyor	SO	Bethel (Minn.)	8.09	_____	_____
2	Josh Sampson	JR	Bethel (Minn.)	8.17	_____	_____
3	Josh Thomsen	SO	Hamline	8.17	_____	_____
4	Lucas Kramarczuk	JR	St. Olaf	8.22	_____	_____
5	David Myres	JR	Bethel (Minn.)	8.34	_____	_____
6	Demetri Lord	SO	St. Olaf	8.53	_____	_____
7	Wade Rhonemus	SR	Concordia-Moorhead	8.80	_____	_____
8	Logan Clark	FR	Concordia-Moorhead	8.90	_____	_____
9	Matthew Nissen	SO	St. Olaf	8.94	_____	_____
10	Micah Smith	SR	Bethel (Minn.)	8.99	_____	_____
11	Hamza Mahamud	FR	Macalester	9.00	_____	_____
12	Max Lelwica	SO	St. John's (Minn.)	9.01	_____	_____
13	Connor McCormick	FR	Gustavus Adolphus	9.09	_____	_____
14	Layton Borst	SO	St. Olaf	9.16	_____	_____
15	Josh Lee	SO	Bethel (Minn.)	9.20	_____	_____
16	Aaron Elseth	FR	Bethel (Minn.)	9.25	_____	_____
17	Sebastian Stefanowicz	FR	Macalester	9.27	_____	_____
18	Trajen Clayton	FR	Augsburg	9.32	_____	_____
19	Will Skemp	FR	St. Olaf	9.44	_____	_____
20	Riley Buxell	FR	St. John's (Minn.)	9.53	_____	_____
21	Aki Wada	FR	Macalester	9.60	_____	_____
22	Aiden Blaeser	FR	St. John's (Minn.)	9.74	_____	_____
23	Grant Baker	SO	Gustavus Adolphus	10.15	_____	_____
24	Calvin Moeller	SO	Gustavus Adolphus	10.45	_____	_____

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College

Performance List

Event 22 Men 4x200 Meter Relay

Event	Comp#	Team	Relay	Seed Time	Finals	Place
1		Concordia-Moorhead	A	1:30.11	_____	_____
2		Gustavus Adolphus	A	1:31.20	_____	_____
	1) Matthew Skelly SO	2) Wyatt Quiring SR	3) Seth Zeitchick JR	4) Nathan Le SO		
3		St. Olaf	A	1:33.11	_____	_____
4		Bethel (Minn.)	A	1:33.32	_____	_____
5		Macalester	A	1:33.40	_____	_____
6		St. John's (Minn.)	A	1:35.01	_____	_____
7		Saint Mary's (Minn.)	A	1:35.04	_____	_____
8		Carleton	A	1:35.57	_____	_____
	1) Theo Demetriades FR	2) Liam Kennedy JR	3) Hugh Shanno SO	4) Chrinovic Kabelu FR		
9		Augsburg	A	1:37.88	_____	_____
	1) Trajen Clayton FR	2) Varney Conneh SR	3) Fritz Landherr SR	4) Success Famuyide FR		
10		Hamline	A	1:41.68	_____	_____
	1) Andrei Pettis FR	2) Reece Thomas SO	3) Eric Pfenning-Wendt FR	4) Ozzie Robinson FR		
11		St. Scholastica	A	NT	_____	_____

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College
Performance List

Event 24 Men 4x400 Meter Relay

Comp#	Team	Relay	Seed Time	Finals	Place
1	Bethel (Minn.)	A	3:16.87	_____	_____
2	Concordia-Moorhead	A	3:24.17	_____	_____
3	Macalester	A	3:27.56	_____	_____
4	St. Olaf	A	3:28.27	_____	_____
5	Carleton	A	3:28.40	_____	_____
6	Gustavus Adolphus	A	3:30.53	_____	_____
	1) Seth Zeitchick JR 2) Wyatt Quiring SR	3) Agro Gushwa SO	4) Tyler Smith SO		
7	St. Scholastica	A	3:30.69	_____	_____
8	St. John's (Minn.)	A	3:31.80	_____	_____
9	Saint Mary's (Minn.)	A	3:32.72	_____	_____
10	Augsburg	A	3:33.36	_____	_____
	1) Getinat Asfaw JR 2) Sakariya Hussien SR	3) Fritz Landherr SR	4) Bereket Wondimu JR		
11	Hamline	A	3:41.44	_____	_____
	1) Andrei Pettis FR 2) Raul Ortiz SO	3) Eric Pfenning-Wendt FR	4) David Couper SO		

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College
Performance List

Event 26 Men Distance Medley

Comp#	Team	Relay	Seed Time	Finals	Place
1	Gustavus Adolphus	A	10:16.01	_____	_____
	1) Carson Roehl SO 2) Agro Gushwa SO	3) Markus Rupnow SO	4) Tucker Wallin JR		
2	Macalester	A	NT	_____	_____
3	Hamline	A	NT	_____	_____
4	St. Olaf	A	NT	_____	_____
5	St. John's (Minn.)	A	NT	_____	_____
6	Carleton	A	NT	_____	_____
7	Bethel (Minn.)	A	NT	_____	_____
8	Augsburg	A	NT	_____	_____
	1) Getinat Asfaw JR 2) Mohammed Bati FR	3) Sakariya Hussien SR	4) Fritz Landherr SR		
9	Concordia-Moorhead	A	NT	_____	_____

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College
Performance List

Event 28 Men High Jump

Comp#	Name	Year	School	Seed Mark	Finals	Place
1	Alec Ungar	SO	St. John's (Minn.)	1.93m	_____	_____
2	Danny Bies	SO	Gustavus Adolphus	1.92m	_____	_____
3	Michael Braun	SO	Hamline	1.92m	_____	_____
4	Anthony Marsh	SO	Concordia-Moorhead	1.91m	_____	_____
5	Cole Matetich	SO	Gustavus Adolphus	1.90m	_____	_____
6	Alec Braun	SO	Bethel (Minn.)	1.90m	_____	_____
7	Alex Seiler	SO	St. John's (Minn.)	1.87m	_____	_____
8	Simon Swenson	FR	Bethel (Minn.)	1.85m	_____	_____
9	Anthony Thurk	SO	St. John's (Minn.)	1.82m	_____	_____
10	Andrew Cogley	SO	St. Olaf	1.75m	_____	_____
11	Iain Lee	FR	Hamline	1.75m	_____	_____
12	Logan Sullivan	SO	Gustavus Adolphus	1.72m	_____	_____
13	Aravindh Subramanian	SR	Carleton	1.70m	_____	_____

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College
Performance List

Event 30 Men Pole Vault

Comp#	Name	Year	School	Seed Mark	Finals	Place
1	Joseph Charbonneau	SO	St. John's (Minn.)	4.65m	_____	_____
2	Samuel Gardeen	SO	Bethel (Minn.)	4.47m	_____	_____
3	Dylan Arnold	SO	St. Olaf	4.43m	_____	_____
4	Kole Guth	FR	St. John's (Minn.)	4.42m	_____	_____
5	Aidan Gatz	SO	Saint Mary's	4.35m	_____	_____
6	Wade Rhonemus	SR	Concordia-Moorhead	4.31m	_____	_____
7	Daniel Eickhoff	SO	St. John's (Minn.)	4.20m	_____	_____
8	Mason DeGross	JR	St. John's (Minn.)	4.12m	_____	_____
9	Max Doom	SO	St. John's (Minn.)	4.01m	_____	_____
10	Josh Johnston	FR	St. John's (Minn.)	3.92m	_____	_____
11	Erik Walker	SO	Gustavus Adolphus	3.92m	_____	_____
12	Joe Ream	FR	Gustavus Adolphus	3.90m	_____	_____
13	Tim Adams	SO	Carleton	3.88m	_____	_____
14	Lars Askegaard	JR	St. Olaf	3.86m	_____	_____
15	Oliver Engstrom	FR	Hamline	3.85m	_____	_____
16	Andrew Adams	SO	St. John's (Minn.)	3.75m	_____	_____
17	Abe Schegel	SR	Bethel (Minn.)	3.57m	_____	_____
18	Rayan Elahi	SO	St. Olaf	3.53m	_____	_____
19	Logan Marzinske	SO	Gustavus Adolphus	3.52m	_____	_____
20	Forest Menter	FR	St. Olaf	3.41m	_____	_____
21	Aiden Mikla	SO	Gustavus Adolphus	3.30m	_____	_____
22	Luke Daenzer	FR	Bethel (Minn.)	3.12m	_____	_____

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College
Performance List

Event 32 Men Long Jump

Comp#	Name	Year	School	Seed Mark	Finals	Place
1	Zach Schaffer	FR	St. John's (Minn.)	6.88m	_____	_____
2	Antonio Cisewski	SO	Saint Mary's	6.60m	_____	_____
3	Lucas Kramarczuk	JR	St. Olaf	6.54m	_____	_____
4	Josh Charlton	SO	St. Olaf	6.53m	_____	_____
5	Simon Swenson	FR	Bethel (Minn.)	6.52m	_____	_____
6	Grant Nelson	FR	Bethel (Minn.)	6.49m	_____	_____
7	Michael Braun	SO	Hamline	6.47m	_____	_____
8	Eh Ler Moo	FR	St. Olaf	6.39m	_____	_____
9	Anthony Marsh	SO	Concordia-Moorhead	6.35m	_____	_____
10	Alec Ungar	SO	St. John's (Minn.)	6.23m	_____	_____
11	Isaiah Subah	SO	Gustavus Adolphus	6.22m	_____	_____
12	Demetri Lord	SO	St. Olaf	6.16m	_____	_____
13	Weston Stroschein	SO	St. Scholastica	6.13m	_____	_____
14	Teris Watson	FR	Hamline	6.10m	_____	_____
15	Kevin Wang	FR	Macalester	6.10m	_____	_____
16	Godsword Simon	SO	Bethel (Minn.)	5.96m	_____	_____
17	Jordan Petron	SO	Concordia-Moorhead	5.91m	_____	_____
18	Sam Schulze	SO	Gustavus Adolphus	5.90m	_____	_____
19	Iain Lee	FR	Hamline	5.86m	_____	_____
<u>20</u>	Will Skemp	FR	St. Olaf	5.77m	_____	_____
21	Gavin LaMott	SO	St. John's (Minn.)	5.75m	_____	_____
22	Tucker Nelson	JR	Concordia-Moorhead	5.19m	_____	_____

- 2nd flight course 60

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College
Performance List

Event 34 Men Triple Jump

Comp#	Name	Year	School	Seed Mark	Finals	Place
1	Lucas Kramarczuk	JR	St. Olaf	13.97m	_____	_____
2	Michael Braun	SO	Hamline	13.65m	_____	_____
3	Elijah Wade	JR	St. John's (Minn.)	13.56m	_____	_____
4	Riley Hodin	SO	Macalester	13.12m	_____	_____
5	Alex Crnkovich	JR	St. John's (Minn.)	13.03m	_____	_____
6	Sean Souksavath	JR	St. Olaf	12.97m	_____	_____
7	Anthony Thurk	SO	St. John's (Minn.)	12.78m	_____	_____
8	Brady Johnson	SO	Saint Mary's	12.68m	_____	_____
9	Zach Schaffer	FR	St. John's (Minn.)	12.57m	_____	_____
10	Simon Swenson	FR	Bethel (Minn.)	12.46m	_____	_____
11	Gabe Thompson	SO	Concordia-Moorhead	12.35m	_____	_____
12	Max Lelwica	SO	St. John's (Minn.)	12.27m	_____	_____
13	Kevin Wang	FR	Macalester	12.26m	_____	_____
14	Andrew Cogley	SO	St. Olaf	12.20m	_____	_____
15	Sebastian Stefanowicz	FR	Macalester	12.02m	_____	_____
16	Carter McEachern	FR	St. John's (Minn.)	11.78m	_____	_____
17	Mason Bosley	SR	Macalester	11.67m	_____	_____
18	Iain Lee	FR	Hamline	11.61m	_____	_____
19	Justin Veimau	JR	Macalester	11.30m	_____	_____
20	TJ Somsacksy	FR	Hamline	10.46m	_____	_____

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College
Performance List

Event 36 Men Shot Put

Comp#	Name	Year	School	Seed	Mark	Finals	Place
1	Cade Feist	SO	St. Olaf		15.13m		
2	Jaeden Frost	JR	St. John's (Minn.)		15.02m		
3	Andrew Mollison	SO	St. Olaf		14.32m		
4	Evan Larsen	SO	Bethel (Minn.)		14.09m		
5	Adam Hokanson	FR	Bethel (Minn.)		14.08m		
6	Grant Steger	JR	St. Scholastica		14.00m		
7	Trent Beseth	SO	St. Scholastica		13.95m		
8	Brett Hague	JR	St. John's (Minn.)		12.93m		
9	Arnauld Dedry	SR	St. Olaf		12.93m		
10	Austin Mills	FR	Macalester		12.84m		
11	Dominik Hillstrom	JR	Concordia-Moorhead		12.60m		
12	Kaleb DeWall	SO	St. John's (Minn.)		12.54m		
13	Layton Borst	SO	St. Olaf		12.40m		
14	Max Menache	SO	Macalester		12.36m		
15	Eli Mollet	SR	St. John's (Minn.)		12.28m		
16	Trevor Wellman	SO	Bethel (Minn.)		12.21m		
17	Jakob Brown	SO	Concordia-Moorhead		11.98m		
18	Ryan Edelman	FR	St. Olaf		11.96m		
19	Eli Spurgeon	FR	Gustavus Adolphus		11.92m		
20	Casen Fritz	SO	Saint Mary's		11.17m		
21	Arthur Fahnbulleh	FR	Concordia-Moorhead		10.71m		
22	Jon Davis	FR	St. John's (Minn.)		10.69m		
23	Aiden Yang	SO	Macalester		10.43m		
24	Jacob Oachs	SO	Bethel (Minn.)		9.80m		
25	Alazar Hailu	SO	Macalester		8.31m		
26	Dylan Delaske	SO	Bethel (Minn.)		7.30m		

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

Macalester College
Performance List

Event 38 Men Weight Throw

Comp#	Name	Year	School	Seed Mark	Finals	Place
1	Joshua Beiswanger	JR	Gustavus Adolphus	16.72m	_____	_____
2	Jaeden Frost	JR	St. John's (Minn.)	16.10m	_____	_____
3	Evan Larsen	SO	Bethel (Minn.)	15.66m	_____	_____
4	Max Menache	SO	Macalester	15.33m	_____	_____
5	Eli Mollet	SR	St. John's (Minn.)	15.14m	_____	_____
6	Grant Steger	JR	St. Scholastica	15.00m	_____	_____
7	Victor Wright	SR	Macalester	14.86m	_____	_____
8	Brett Hague	JR	St. John's (Minn.)	14.82m	_____	_____
9	Ryan Edelman	FR	St. Olaf	14.46m	_____	_____
10	Joseph Mensen	SO	St. John's (Minn.)	14.31m	_____	_____
11	Arnauld Dedry	SR	St. Olaf	13.72m	_____	_____
12	Ricky Ramirez	SO	Concordia-Moorhead	13.63m	_____	_____
13	Cade Feist	SO	St. Olaf	13.50m	_____	_____
14	Adam Hokanson	FR	Bethel (Minn.)	13.48m	_____	_____
15	Zach Stordahl	SO	Gustavus Adolphus	13.32m	_____	_____
16	Casen Fritz	SO	Saint Mary's	13.26m	_____	_____
17	Austin Mills	FR	Macalester	13.19m	_____	_____
18	Galen McGlynn	FR	St. Olaf	12.66m	_____	_____
19	Kaleb DeWall	SO	St. John's (Minn.)	12.16m	_____	_____
20	Jon Davis	FR	St. John's (Minn.)	12.08m	_____	_____
21	Keenan Turqueza	FR	St. John's (Minn.)	11.71m	_____	_____
22	Niko Lutkauskas	FR	St. Scholastica	11.41m	_____	_____
23	Jacob Oachs	SO	Bethel (Minn.)	10.72m	_____	_____
24	Aiden Yang	SO	Macalester	10.19m	_____	_____
25	Arthur Fahnbulleh	FR	Concordia-Moorhead	9.68m	_____	_____

2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023

**Macalester College
Performance List**

Event 40 Men Heptathlon

Comp#	Name	Year	School	Points	Finals	Place
1	Wade Rhonemus	SR	Concordia-Moorhead	4599	_____	_____
2	Layton Borst	SO	St. Olaf	4040	_____	_____
3	Andrew Cogley	SO	St. Olaf	3992	_____	_____
4	Sam Schulze	SO	Gustavus Adolphus	3849	_____	_____
5	Connor McCormick	FR	Gustavus Adolphus	3541	_____	_____
6	Carter Kienholz	SO	Hamline	3361	_____	_____
7	Demetri Lord	SO	St. Olaf	NP	_____	_____
8	Gael Ramirez	SO	Bethel (Minn.)	NP	_____	_____
9	Brandon Kallstrom	SO	Bethel (Minn.)	NP	_____	_____
10	Trevor Wellman	SO	Bethel (Minn.)	NP	_____	_____
11	Micah Smith	SR	Bethel (Minn.)	NP	_____	_____
12	Aaron Elseth	FR	Bethel (Minn.)	NP	_____	_____
13	Joe Schmidt	SO	Gustavus Adolphus	NP	_____	_____
14	Abe Schegel	SR	Bethel (Minn.)	NP	_____	_____