



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

Macalester College  
Performance List

## Event 3 Women 200 Meter Dash

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Birgen Nelson	JR	Gustavus Adolphus	25.21		
2	Kate Carlson	SO	Gustavus Adolphus	25.65		
3	Sarah Stellmach	SO	Bethel (Minn.)	25.86		
4	Megan Geraets	SO	Gustavus Adolphus	26.06		
5	Kelsie Sealock	JR	Bethel (Minn.)	26.41		
6	Allison Hookom	FR	Augsburg	26.46		
7	Hadley Twichell	FR	Carleton	26.54		
8	Annie Paulson	FR	Bethel (Minn.)	26.94		
9	Ally Rakow	SO	Gustavus Adolphus	27.11		
10	Emily Rengo	FR	Concordia-Moorhead	27.19		
11	Emma Storbakken	SO	St. Olaf	27.27		
12	Tiana Johnson	JR	St. Benedict	27.28		
13	Karla Kroschel	JR	St. Olaf	27.45		
14	Jireh Babalola	JR	Bethel (Minn.)	27.46		
15	Lauren Rocheford	FR	Gustavus Adolphus	27.50		
16	Ava Fink	FR	St. Scholastica	27.51		
17	Ellie Logelin	JR	Hamline	27.57		
18	Morgan Dean	FR	Bethel (Minn.)	27.63		
19	Ququ Holman	JR	St. Olaf	27.80		
20	Zoe Matre	SO	St. Olaf	27.83		
21	Bianca Lott	FR	Carleton	27.88		
22	Abbie Swenson	SO	Bethel (Minn.)	27.90		
<del>23</del>	<del>Makenna Brown</del>	<del>JR</del>	<del>Bethel (Minn.)</del>	<del>27.92</del>		
24	Santrice Rodriguez	FR	Augsburg	27.93		
<u>25</u>	Hailey Johnson	SR	St. Benedict	27.99		
26	Myah Nelson	FR	St. Benedict	28.04		
27	Makayla Stinson	FR	St. Catherin	28.16		
28	Riley Roberts	SO	Carleton	28.21		
29	Hannah King	JR	Bethel (Minn.)	28.26		
30	CC Cesare	FR	Augsburg	28.38		
31	Penny Hunter	JR	Macalester	28.52		
32	Ally Stackhouse	SO	Bethel (Minn.)	28.61		
33	Allison Soule	FR	St. Olaf	28.66		
34	Emma Sahly	SO	St. Olaf	28.66		
35	Mirjana Ganley	JR	St. Benedict	28.73		
36	Jessie Smith	SO	Bethel (Minn.)	28.74		
37	Jensi Jensen	FR	Gustavus Adolphus	28.76		
38	Mya Bishop	JR	Augsburg	28.85		
39	Emerson Knapp	SO	St. Benedict	28.92		
40	Andreiana Aurelius	JR	Hamline	29.09		
41	Madi Pelowski	FR	Bethel (Minn.)	29.16		
42	Amanda Crewey	FR	Macalester	29.20		
43	Soniya Smith	FR	Bethel (Minn.)	29.27		
44	Olive Coburn	FR	St. Olaf	29.35		
45	Liana Woo	SO	Hamline	29.51		
46	Caley Wrzesien	SO	Bethel (Minn.)	29.71		
47	Caitlyn Wrzesien	SO	Bethel (Minn.)	29.80		
48	Emma Schuele	FR	St. Benedict	31.43		
49	Desseray Hoppe	FR	Concordia-Moorhead	32.48		

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**Event 3 ... (Women 200 Meter Dash)**

<b>Comp#</b>	<b>Name</b>	<b>Year</b>	<b>School</b>	<b>Seed Time</b>	<b>Finals</b>	<b>Place</b>
50	Isabelle Johnson	FR	Concordia-Moorhead	32.76	_____	_____

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## Event 5 Women 400 Meter Dash

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Allison Hookom	FR	Augsburg	58.92		
2	Mikayla Turek	JR	Bethel (Minn.)	59.26		
3	Megan Geraets	SO	Gustavus Adolphus	59.41		
4	Lauren Berg	FR	St. Benedict	59.47		
5	Hailey Gregg	SO	Bethel (Minn.)	1:00.95		
6	Grace Robinson	SO	Bethel (Minn.)	1:01.05		
7	Hadley Twichell	FR	Carleton	1:01.12		
8	Morgan Dean	FR	Bethel (Minn.)	1:01.55		
9	Lindsey Bernardy	SR	Hamline	1:01.68		
10	Emma Storbakken	SO	St. Olaf	1:01.75		
11	Makenna Brown	JR	Bethel (Minn.)	1:01.78		
12	Karla Kroschel	JR	St. Olaf	1:01.95		
13	Abbie Swenson	SO	Bethel (Minn.)	1:02.77		
14	Jessie Smith	<del>SO</del>	<del>Bethel (Minn.)</del>	1:03.05	Townsend	
15	Meg Shercliffe	JR	Concordia-Moorhead	1:03.52		
16	Lauren Rocheford	FR	Gustavus Adolphus	1:04.06		
17	Ruth Pfeiffer	FR	St. Olaf	1:04.08		
18	Madi Pelowski	<del>FR</del>	<del>Bethel (Minn.)</del>	1:04.26	Townsend	
19	Sidela Nyuga	JR	St. Benedict	1:04.33		
20	Ququ Holman	JR	St. Olaf	1:04.41		
21	Isabel Fynboh	FR	Gustavus Adolphus	1:04.44		
22	Mirjana Ganley	JR	St. Benedict	1:04.65		
23	Jaden Ellefson	FR	St. Scholastica	1:04.86		
24	Kayla Nelson	FR	St. Scholastica	1:04.96		
25	Aubrey Mair	SO	Gustavus Adolphus	1:05.47		
26	Caitlyn Wrzesien	SO	Bethel (Minn.)	1:05.78		
27	Anna Kiminiski	SO	St. Scholastica	1:05.78		
28	Grace Wagner	FR	Gustavus Adolphus	1:05.93		
29	Caley Wrzesien	SO	Bethel (Minn.)	1:06.37		
30	Kayla Sieck	FR	St. Olaf	1:06.73		
31	Mya Bishop	JR	Augsburg	1:07.64		
32	Ava Shirley	FR	St. Olaf	1:08.26		
33	Andreiana Aurelius	JR	Hamline	1:08.28		

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## Event 7 Women 600 Meter Run

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Alexandra Maddux	SR	Hamline	1:35.92		
2	Annessa Ihde	SO	Bethel (Minn.)	1:37.85		
3	Lauren Berg	FR	St. Benedict	1:38.91		
4	Grace Robinson	SO	Bethel (Minn.)	1:39.72		
5	Jocelyn Ferguson	SO	Carleton	1:40.07		
6	Lara Erickson	SO	Carleton	1:40.34		
7	Jules Fromm	SO	St. Olaf	1:40.77		
8	Celia Silverstein	FR	Carleton	1:41.08		
9	Mikayla Turek	JR	Bethel (Minn.)	1:41.11		
10	Drew Frolek	SO	Concordia-Moorhead	1:42.19		
11	Lindsey Bernardy	SR	Hamline	1:42.23		
12	Ellie Sholing	SR	St. Scholastica	1:42.92		
13	Ruby Gernandt	SO	Bethel (Minn.)	1:42.97		
14	Anna Cargill	FR	Bethel (Minn.)	1:43.58		
15	Kayla Sieck	FR	St. Olaf	1:43.85		
16	Isabel Wyatt	FR	St. Olaf	1:43.88		
17	Abbie Manhard	FR	St. Olaf	1:44.33		
18	Evie Hage	SO	Bethel (Minn.)	1:44.67		
19	Lucy Lyngen	JR	St. Benedict	1:44.78		
20	Sidela Nyuga	JR	St. Benedict	1:45.16		
21	Madeline Rodriguez	SR	Macalester	1:45.35		
22	Ruth Pfeiffer	FR	St. Olaf	1:45.39		
23	Riley Mauzer	JR	St. Olaf	1:45.56		
24	Karley Thurston	SO	Macalester	1:46.27		
25	Annabel Lantz	SO	Augsburg	1:47.17		
26	Alex Cook	SR	St. Benedict	1:48.22		
27	Isabel Fynboh	FR	Gustavus Adolphus	1:48.33		
28	Eden Smith	SO	Concordia-Moorhead	1:49.10		
29	Aubrey Mair	SO	Gustavus Adolphus	1:49.94		
30	Anna Warren	SO	Macalester	1:51.37		
31	Maranda Thier	SO	St. Benedict	1:52.34		
32	Ava Shirley	FR	St. Olaf	1:52.97		
33	Ella Krumm	SO	Macalester	1:54.45		
34	Olivia Flack	SR	St. Benedict	1:54.71		
35	Larissa Minshull	SO	Bethel (Minn.)	1:54.71		
36	Ava Juntunen-Novak	SO	St. Benedict	1:55.17		
37	Kaye Rysdahl	SO	Bethel (Minn.)	1:56.04		
38	Olivia Beck	FR	St. Benedict	1:58.30		

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## Event 9 Women 800 Meter Run

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Christine Albrecht	JR	St. Olaf	2:15.93	_____	_____
2	Annessa Ihde	SO	Bethel (Minn.)	2:16.30	_____	_____
3	Alexandra Maddux	SR	Hamline	2:18.52	_____	_____
4	Drew Frolek	SO	Concordia-Moorhead	2:22.36	_____	_____
5	Grace Moeller	FR	St. Olaf	2:22.72	_____	_____
6	Ellie Sholing	SR	St. Scholastica	2:23.24	_____	_____
7	Celia Silverstein	FR	Carleton	2:23.41	_____	_____
8	Kalli Smith	SO	St. Benedict	2:23.59	_____	_____
9	Alice Cutter	SO	Carleton	2:23.97	_____	_____
10	Anna Cargill	FR	Bethel (Minn.)	2:24.46	_____	_____
11	Jules Fromm	SO	St. Olaf	2:24.73	_____	_____
12	Kailyn Walukas	SO	Gustavus Adolphus	2:27.00	_____	_____
13	Karley Thurston	SO	Macalester	2:29.36	_____	_____
14	Esther Nelson	SO	Bethel (Minn.)	2:29.51	_____	_____
15	Riley Mauzer	JR	St. Olaf	2:30.05	_____	_____
16	Sadie Ray Smith	JR	Carleton	2:30.43	_____	_____
17	Madeline Rodriguez	SR	Macalester	2:30.52	_____	_____
18	Kate Ulrich	SO	Carleton	2:30.53	_____	_____
19	Ava Shirley	FR	St. Olaf	2:31.13	_____	_____
20	Lucy Lyngen	JR	St. Benedict	2:31.16	_____	_____
<u>21</u>	Natalie Zielsdorf	FR	St. Benedict	2:31.56	_____	_____
22	Brooklyn Conrad	FR	Augsburg	2:32.16	_____	_____
23	Isabel Wyatt	FR	St. Olaf	2:33.22	_____	_____
24	Brooke Verkinnes	FR	St. Benedict	2:33.81	_____	_____
25	Alex Cook	SR	St. Benedict	2:36.14	_____	_____
26	Ella Krumm	SO	Macalester	2:36.89	_____	_____
27	Ava Juntunen-Novak	SO	St. Benedict	2:36.92	_____	_____
28	Jalisa Mathews	SR	Hamline	2:37.44	_____	_____
29	Anna Warren	SO	Macalester	2:38.36	_____	_____
30	Maranda Thier	SO	St. Benedict	2:39.80	_____	_____
31	Meaghan McDonald	FR	St. Benedict	2:40.41	_____	_____
32	Olivia Beck	FR	St. Benedict	2:43.12	_____	_____
33	Ana Espeleta	JR	Macalester	2:44.10	_____	_____
34	Olivia Flack	SR	St. Benedict	2:44.85	_____	_____
35	Grace Lin	SR	Macalester	2:45.98	_____	_____
36	Abby Tapajna	FR	Hamline	2:46.69	_____	_____
37	Heather Long	SO	Bethel (Minn.)	2:49.79	_____	_____
38	Timea Vrabcova	SO	Concordia-Moorhead	2:51.85	_____	_____
39	Lily Hatrick	FR	Macalester	2:52.77	_____	_____
40	Karoline Curlo	FR	St. Benedict	2:53.43	_____	_____
41	Annabel Lantz	SO	Augsburg	3:02.31	_____	_____
42	Kjerstin Nelson	FR	Concordia-Moorhead	3:04.71	_____	_____
43	Grace Ivesdal	SR	Concordia-Moorhead	3:14.50	_____	_____

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## Event 11 Women 1000 Meter Run

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Mary Blanchard	SO	Carleton	2:56.95		
2	Christine Albrecht	JR	St. Olaf	2:57.73		
3	Maria Blaesing	JR	Macalester	3:02.67		
4	Grace Moeller	FR	St. Olaf	3:07.49		
5	Ella Landis	FR	St. Olaf	3:07.59		
6	Alice Cutter	SO	Carleton	3:08.62		
7	Nell Schafer	JR	Carleton	3:10.27		
8	Sophie Abernethy	SO	St. Olaf	3:10.38		
9	Keiley Maahs	JR	St. Benedict	3:11.31		
10	Sadie Ray Smith	JR	Carleton	3:11.36		
11	Kalli Smith	SO	St. Benedict	3:12.34		
12	Sophia Revoir	FR	Concordia-Moorhead	3:13.53		
13	Mara Pirone	FR	Macalester	3:13.82		
14	Kailyn Walukas	SO	Gustavus Adolphus	3:14.08		
15	Kate Ulrich	SO	Carleton	3:14.89		
16	Emily Rugloski	SR	Concordia-Moorhead	3:15.11		
17	Brooklyn Conrad	FR	Augsburg	3:16.63		
18	Morgan Dieschbourg	SO	Carleton	3:17.21		
19	<del>Alicia Maddux</del>	<del>FR</del>	<del>Hamline</del>	<del>3:18.80</del>		
20	Annie Jay	FR	Carleton	3:19.08		
21	Daniela Sanchez-Castillo	FR	Hamline	3:19.39		
22	Margo Lewis	SO	Carleton	3:19.99		
23	Sydney Hagen	SO	Gustavus Adolphus	3:20.28		
24	Natalie Zielsdorf	FR	St. Benedict	3:21.08		
25	Elsie Hatlevig	FR	Concordia-Moorhead	3:24.17		
26	Eden Smith	SO	Concordia-Moorhead	3:24.83		
27	Brooke Verkinnes	FR	St. Benedict	3:25.19		
28	Jenna Terrio	JR	St. Scholastica	3:26.12		
29	Ava Craven	SO	St. Olaf	3:28.56		
30	Ella Krumm	SO	Macalester	3:29.69		
31	Grace Lin	SR	Macalester	3:34.14		
32	Ana Espeleta	JR	Macalester	3:39.69		
33	Lily Hatrick	FR	Macalester	3:41.95		
34	Timea Vrabcova	SO	Concordia-Moorhead	3:48.19		
35	Kjerstin Nelson	FR	Concordia-Moorhead	3:54.92		
36	Isabel Kraabel	FR	St. Benedict	3:58.53		

papers 3k over 1h

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Event 13 Women 1 Mile Run

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Clara Mayfield	JR	Carleton	4:53.77		
2	Christine Albrecht	JR	St. Olaf	4:58.75		
3	Mary Blanchard	SO	Carleton	5:02.03		
4	Maria Blaesing	JR	Macalester	5:08.03		
5	Libby Rowland	SO	Carleton	5:10.70		
6	Grace Moeller	FR	St. Olaf	5:12.45		
7	Sophie Abernethy	SO	St. Olaf	5:19.05		
8	Nell Schafer	JR	Carleton	5:30.16		
<del>9</del>	<del>Emily Rugloski</del>	<del>SR</del>	<del>Concordia-Moorhead</del>	<del>5:32.31</del>	<del>probos SK over 1 mile</del>	
10	Alicia Maddux	FR	Hamline	5:36.43		
<del>11</del>	<del>Kate Ulrich</del>	<del>SO</del>	<del>Carleton</del>	<del>5:37.50</del>	<del>probos 800 over 1 mile</del>	
12	Morgan Dieschbourg	SO	Carleton	5:38.14		
13	Eva Creighton	FR	St. Benedict	5:39.00		
14	Anna Hay	FR	Bethel (Minn.)	5:40.55		
15	Molly Kate McCloskey	FR	St. Olaf	5:40.57		
<del>16</del>	<del>Amelia Landsverk</del>	<del>SR</del>	<del>Concordia-Moorhead</del>	<del>5:43.09</del>	<del>probos SK over 1 mile</del>	
17	Daniela Sanchez-Castillo	FR	Hamline	5:43.70		
18	Sylvia Coyle	SO	Macalester	5:43.99		
19	Madison Stackhouse	FR	Bethel (Minn.)	5:44.37		
20	Annie Jay	FR	Carleton	5:44.82		
21	Ava Craven	SO	St. Olaf	5:45.19		
22	Margo Lewis	SO	Carleton	5:46.13		
23	Jenna Terrio	JR	St. Scholastica	5:48.26		
24	Maggie Votruba	SO	Carleton	5:49.90	<del>probos SK over 1 mile</del>	
25	Abby Tapajna	FR	Hamline	5:50.13		
26	Simi Kaur	SO	Gustavus Adolphus	5:50.40		
<del>27</del>	<del>Libby Roberdeau</del>	<del>JR</del>	<del>Hamline</del>	<del>5:51.07</del>	<del>probos SK over 1 mile</del>	
28	Taina Koivisto	SO	Gustavus Adolphus	5:51.12		
<del>29</del>	<del>Lydia Gessner</del>	<del>SO</del>	<del>Bethel (Minn.)</del>	<del>5:52.22</del>		
<del>30</del>	<del>Tatum Leibke</del>	<del>FR</del>	<del>St. Benedict</del>	<del>5:52.93</del>		
<del>31</del>	<del>Elsie Hatlevig</del>	<del>FR</del>	<del>Concordia-Moorhead</del>	<del>5:57.72</del>		
32	Ellesa St. George	SO	Bethel (Minn.)	5:58.41		
33	Ayva Burshem	FR	St. Benedict	6:15.79		
34	Hailley Thompson	FR	St. Benedict	6:16.20		
35	Emily Tess	SO	St. Benedict	6:18.59		
36	Grace Ivesdal	SR	Concordia-Moorhead	6:21.41		



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## Event 15 Women 3000 Meter Run

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Fiona Smith	JR	St. Benedict	9:28.14		
2	Clara Mayfield	JR	Carleton	9:36.90		
3	Helen Cross	SO	Carleton	9:54.44		
4	Hannah Preisser	FR	Carleton	9:58.86		
5	Sofia Carlson	SO	St. Olaf	10:05.42		
6	Sophie McManus	SO	Carleton	10:06.19		
7	Libby Rowland	SO	Carleton	10:07.40		
8	Alison Bode	SO	St. Olaf	10:13.74		
9	Lauren Walda	FR	St. Olaf	10:42.29		
10	Josie Harms	SO	Bethel (Minn.)	10:43.82		
11	Rainey Tilley	JR	Carleton	10:45.21		
12	Annie Kiolbasa	JR	St. Benedict	10:45.42		
13	Gracie Johnson	FR	Augsburg	10:46.28		
14	Evelyn Villalobos	SO	Gustavus Adolphus	10:46.91		
15	Anna Decker	SO	Bethel (Minn.)	10:49.91		
16	Aliya Larsen	FR	Carleton	10:50.13		
17	Gracia Larsen-Schmidt	SO	St. Olaf	10:51.00		
18	Bridget Tetmeyer	JR	St. Benedict	10:52.81		
19	Emily DeMorett	SR	St. Benedict	10:59.43		
<del>20</del>	<del>Emily Rugloski</del>	<del>SR</del>	<del>Concordia-Moorhead</del>	<del>11:05.58</del>		
21	Julia Severson	SR	Gustavus Adolphus	11:06.44		
22	Erin Franke	SR	Macalester	11:06.76		
23	Marte Borgmann	JR	Carleton	11:07.06		
24	Mary Kenney	FR	St. Benedict	11:08.97		
25	Elise Yeager	JR	St. Benedict	11:09.36		
26	Alicia Maddux	FR	Hamline	11:10.56		
27	Amelia Landsverk	SR	Concordia-Moorhead	11:17.06		
28	Eva Creighton	FR	St. Benedict	11:19.91		
29	Madison Stackhouse	FR	Bethel (Minn.)	11:20.36		
30	Maggie Votruba	SO	Carleton	11:22.17		
31	Libby Roberdeau	JR	Hamline	11:24.47		
32	Sydney Hagen	SO	Gustavus Adolphus	11:26.35		
33	Airial Johnson	SO	Concordia-Moorhead	11:27.86		
34	Sylvia Coyle	SO	Macalester	11:37.44		
35	Laura Hardwick	SO	Bethel (Minn.)	11:38.14		
36	Lauren Bitner	JR	St. Olaf	11:40.64		
37	Abby Tapajna	FR	Hamline	11:48.16		
38	Rachel Olinger	FR	St. Benedict	11:48.71		
39	Tatum Leibke	FR	St. Benedict	11:50.07		
40	Charlotte Adams	SR	Hamline	11:58.47		
41	Grace Morningstar	SO	Bethel (Minn.)	12:04.50		
42	Hailley Thompson	FR	St. Benedict	12:24.51		
43	Grace Ivesdal	SR	Concordia-Moorhead	12:26.47		
44	Lauren Tillman	SO	Gustavus Adolphus	12:33.88		
45	Cate Gleason	SO	St. Olaf	12:41.18		
46	Ayva Bursheim	FR	St. Benedict	12:46.48		
47	Abby Rowekamp	SO	St. Olaf	12:58.75		

noted 1k over 3h

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## Event 17 Women 5000 Meter Run

Comp#	Name	Year	School	Seed Time	Finals	Place
1	Fiona Smith	JR	St. Benedict	16:36.54		
2	Sofia Carlson	SO	St. Olaf	17:05.94		
3	Alison Bode	SO	St. Olaf	17:18.09		
4	Hannah Preisser	FR	Carleton	17:22.77		
5	Sophie McManus	SO	Carleton	17:51.75		
6	Lauren Walda	FR	St. Olaf	18:18.70		
7	Annie Kiolbasa	JR	St. Benedict	18:23.86		
8	Evelyn Villalobos	SO	Gustavus Adolphus	18:34.70		
9	Josie Harms	SO	Bethel (Minn.)	18:42.49		
10	Gracia Larsen-Schmidt	SO	St. Olaf	19:01.17		
11	Mary Kenney	FR	St. Benedict	19:06.37		
12	Bridget Tetmeyer	JR	St. Benedict	19:06.69		
13	Emily DeMorett	SR	St. Benedict	19:11.61		
14	Marte Borgmann	JR	Carleton	19:19.28		
15	Emily Rugloski	SR	Concordia-Moorhead	19:30.07		
16	Amelia Landsverk	SR	Concordia-Moorhead	19:32.35		
17	Libby Roberdeau	JR	Hamline	19:32.88		
18	Gracie Johnson	FR	Augsburg	19:36.11		
19	Maggie Votruba	SO	Carleton	19:59.20		
20	Laura Hardwick	SO	Bethel (Minn.)	20:00.92		
21	Lauren Bitner	JR	St. Olaf	20:15.73		
22	Raina Moorjani	SO	Bethel (Minn.)	20:48.36		
23	Rachel Olinger	FR	St. Benedict	21:04.61		
24	Charlotte Adams	SR	Hamline	21:06.03		
25	Cate Gleason	SO	St. Olaf	21:32.77		
26	Abby Rowekamp	SO	St. Olaf	21:48.83		
27	Helen Cross	SO	Carleton	NT		

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

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## Event 19 Women 60 Meter Hurdles Prelims

Comp#	Name	Year	School	Seed Time	Prelim Time	Place
1	Birgen Nelson	JR	Gustavus Adolphus	8.35		
2	Kelsie Sealock	JR	Bethel (Minn.)	8.53		
3	Rebekah Salfer	SR	St. Olaf	9.12		
4	Nayeli Williams	SO	Carleton	9.21		
5	Danielle Miller	SO	Gustavus Adolphus	9.30		
6	Peyton Selle	JR	Concordia-Moorhead	9.32		
7	Ellie Hernes	FR	Bethel (Minn.)	9.38		
8	Lauren Dimler	FR	Gustavus Adolphus	9.41		
9	Justus Floren	SO	St. Benedict	9.42		
10	Daneyah Hughes	FR	Gustavus Adolphus	9.45		
11	Lauren Berg	FR	St. Benedict	9.46		
12	McKenzie Williams	JR	St. Scholastica	9.54		
13	Jenna Kalevik	SO	Concordia-Moorhead	9.65		
14	AnnaGrace Nelson	SO	Bethel (Minn.)	9.81		
15	Nicole Lilleberg	SR	Concordia-Moorhead	9.86		
16	Hannah King	JR	Bethel (Minn.)	9.87		
17	Burnices Barlue	SO	St. Catherin	9.92		
18	Ally Stackhouse	SO	Bethel (Minn.)	10.02		
19	Hailey Scholten	FR	Bethel (Minn.)	10.08		
20	Madi Josephson	FR	St. Benedict	10.10		
21	Jaeden Sims	FR	Macalester	10.15		
22	Sarah Beth Hobby	JR	Macalester	10.18		
23	Lily Johnson	SO	St. Olaf	10.25		
<u>24</u>	Emma Sahly	SO	St. Olaf	10.55		
25	Claire Keech	FR	St. Olaf	10.58		
26	Gabrielle Hannah	SO	Hamline	10.91		
27	Emma Schuele	FR	St. Benedict	10.91		
28	Lucy Farley	FR	St. Benedict	10.92		
29	Lauren Cappelmann	FR	Macalester	10.93		
30	Kyra Warner	FR	Bethel (Minn.)	11.06		
31	Desseray Hoppe	FR	Concordia-Moorhead	11.40		

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## Event 21 Women 4x200 Meter Relay

Event	Comp#	Team	Relay	Seed Time	Finals	Place
1		Gustavus Adolphus	A	1:46.97	_____	_____
	1)	Kate Carlson SO	2) Birgen Nelson JR	3) Ally Rakow SO	4) Megan Geracts SO	
2		Carleton	A	1:48.89	_____	_____
	1)	Hadley Twichell FR	2) Jocelyn Ferguson SO	3) Bianca Lott FR	4) Riley Roberts SO	
3		St. Benedict	A	1:51.52	_____	_____
4		Bethel (Minn.)	A	1:51.56	_____	_____
5		Macalester	A	1:51.60	_____	_____
6		Augsburg	A	1:52.55	_____	_____
	1)	Mya Bishop JR	2) CC Cesare FR	3) Santrice Rodriguez FR	4) Allison Hookom FR	
7		St. Scholastica	A	1:52.63	_____	_____
8		Concordia-Moorhead	A	1:52.81	_____	_____
	1)	Emily Rengo FR	2) Nicole Lilleberg SR	3) Meg Shercliffe JR	4) Mary Wunderlich SO	
9		St. Olaf	A	1:55.36	_____	_____
10		Hamline	A	1:56.11	_____	_____
	1)	Liana Woo SO	2) Andreiana Aurelius JR	3) Gabrielle Hannah SO	4) Mercedes Hamilton SO	
11		Saint Mary's (Minn.)	A	2:01.77	_____	_____
12		St. Catherine (Minn.)	A	NT	_____	_____
	1)	Erin Doyle JR	2) Makayla Stinson FR	3) Burnices Barlue SO	4) Katie Yoder FR	

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## Event 23 Women 4x400 Meter Relay

Comp#	Team	Relay	Seed Time	Finals	Place
1	Bethel (Minn.)	A	3:55.56		
2	Macalester	A	4:12.68		
3	Gustavus Adolphus	A	4:12.96		
	1) Makenna Huetten SO      2) Lauren Dimler FR	3) Danielle Miller SO	4) Lauren Rocheford FR		
4	St. Benedict	A	4:13.31		
5	Carleton	A	4:13.94		
	1) Hadley Twichell FR      2) Jocelyn Ferguson SO	3) Mary Blanchard SO	4) Nayeli Williams SO		
6	St. Olaf	A	4:15.46		
7	St. Scholastica	A	4:16.62		
8	Hamline	A	4:17.44		
	1) Ellie Logelin JR      2) Alexandra Maddux SR	3) Jalisa Mathews SR	4) Lindsey Bernardy SR		
9	Concordia-Moorhead	A	4:20.62		
	1) Mary Wunderlich SO      2) Peyton Selle JR	3) Meg Shercliffe JR	4) Drew Frolek SO		
10	Saint Mary's (Minn.)	A	4:34.87		
11	Augsburg	A	NT		
	1) Mya Bishop JR      2) Allison Hookom FR	3) CC Cesare FR	4) Santrice Rodriguez FR		
12	St. Catherine (Minn.)	A	NT		
	1) Makayla Stinson FR      2) Megan Perkins SR	3) Brenna Nelson JR	4) Anna Marsolek FR		

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**Performance List**

**Event 25 Women Distance Medley**

Comp#	Team	Relay	Seed Time	Finals	Place
1	Saint Mary's (Minn.)	A	14:51.22	_____	_____
2	St. Benedict	A	NT	_____	_____
3	Macalester	A	NT	_____	_____
4	St. Olaf	A	NT	_____	_____
5	St. Catherine (Minn.)	A	NT	_____	_____
	1) Brenna Nelson JR      2) Anna Marsolek FR	3) Megan Perkins SR	4) Brittany Breed FR		
6	Carleton	A	NT	_____	_____
	1) Rainey Tilley JR      2) Jocelyn Ferguson SO	3) Lara Erickson SO	4) Aliya Larsen FR		
7	Concordia-Moorhead	A	NT	_____	_____
	1) Aerial Johnson SO      2) Mary Wunderlich SO	3) Eden Smith SO	4) Sophia Revoir FR		
8	Bethel (Minn.)	A	NT	_____	_____
9	Hamline	A	NT	_____	_____
10	Gustavus Adolphus	A	NT	_____	_____
	1) Sydney Hagen SO      2) Makenna Huetten SO	3) Kailyn Walukas SO	4) Julia Severson SR		

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Performance List

## Event 27 Women High Jump

Comp#	Name	Year	School	Seed Mark	Finals	Place
1	Ally Rakow	SO	Gustavus Adolphus	1.58m	_____	_____
2	Glasha Hovey	FR	Bethel (Minn.)	1.54m	_____	_____
3	Ellie Selisker	JR	St. Benedict	1.53m	_____	_____
4	Peyton Selle	JR	Concordia-Moorhead	1.52m	_____	_____
5	Claire Nichols	SR	St. Catherin	1.50m	_____	_____
6	Jenna Kalevik	SO	Concordia-Moorhead	1.50m	_____	_____
7	Justus Floren	SO	St. Benedict	1.50m	_____	_____
8	Sofia Fischer	FR	St. Scholastica	1.50m	_____	_____
9	AnnaGrace Nelson	SO	Bethel (Minn.)	1.49m	_____	_____
10	Sarah Beth Hobby	JR	Macalester	1.46m	_____	_____
11	Hannah Moe	FR	Bethel (Minn.)	1.45m	_____	_____
12	Grace Blanchette	JR	Carleton	1.45m	_____	_____
13	Erin Beer	SO	Gustavus Adolphus	1.44m	_____	_____
14	Alli Joerger	SO	Gustavus Adolphus	1.43m	_____	_____
15	Rebekah Salfer	SR	St. Olaf	1.40m	_____	_____
16	Toria Strampe	SO	St. Scholastica	1.40m	_____	_____
17	Jensen Luehrs	SO	Gustavus Adolphus	1.40m	_____	_____
18	Lily Johnson	SO	St. Olaf	1.39m	_____	_____
19	Malori Burmeister	FR	Hamline	1.35m	_____	_____
20	Sydney Wgeishofski	FR	St. Scholastica	1.35m	_____	_____

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

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Performance List

## Event 29 Women Pole Vault

Comp#	Name	Year	School	Seed Mark	Finals	Place
1	Caroline Gearin	JR	Saint Mary's	3.44m	_____	_____
2	Jessica Lillard	JR	Bethel (Minn.)	3.42m	_____	_____
3	Melanie Roberts	JR	St. Olaf	3.20m	_____	_____
4	Emily Litton	JR	Carleton	3.11m	_____	_____
5	Caitlin Salfer	SR	St. Benedict	3.03m	_____	_____
6	Julia Cordes	SR	St. Olaf	2.90m	_____	_____
7	Grace Pierson	SR	Hamline	2.90m	_____	_____
8	Jenna Bunker	SO	Gustavus Adolphus	2.88m	_____	_____
9	Bria Luepke	FR	Hamline	2.85m	_____	_____
10	Lillian Selberg	SO	Gustavus Adolphus	2.54m	_____	_____
11	Roan Boyd	FR	Macalester	2.37m	_____	_____
12	Molly Nelson	FR	Bethel (Minn.)	2.36m	_____	_____
13	Mia Evans	FR	Bethel (Minn.)	2.30m	_____	_____



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Performance List

## Event 31 Women Long Jump

Comp#	Name	Year	School	Seed Mark	Finals	Place
1	Nayeli Williams	SO	Carleton	5.69m		
2	Megan Geraets	SO	Gustavus Adolphus	5.54m		
3	Annika Muller	SR	St. Olaf	5.45m		
4	Journey Amundson	SR	Macalester	5.28m		
5	Madi Kes	SO	Gustavus Adolphus	5.24m		
6	Maren Sundberg	FR	Gustavus Adolphus	5.22m		
7	Ellie Hernes	FR	Bethel (Minn.)	5.21m		
8	Sarra Lindner	FR	Gustavus Adolphus	5.20m		
9	Ainslee Parker	JR	St. Olaf	5.17m		
10	Grace Blanchette	JR	Carleton	5.14m		
11	Lauren Dimler	FR	Gustavus Adolphus	5.11m		
12	Justus Floren	SO	St. Benedict	5.02m		
13	Sara Gregor	SR	Macalester	4.98m		
14	Peyton Selle	JR	Concordia-Moorhead	4.94m		
15	AnnaGrace Nelson	SO	Bethel (Minn.)	4.93m		
16	Reilee Schepper	SR	St. Catherin	4.91m		
17	Ellie Selisker	JR	St. Benedict	4.87m		
18	Rebekah Salfer	SR	St. Olaf	4.87m		
19	Emily Rengo	FR	Concordia-Moorhead	4.86m		
20	Claire Nichols	SR	St. Catherin	4.82m		
21	Emelia Laryea	FR	Gustavus Adolphus	4.82m		
22	Eva McClelland	FR	Gustavus Adolphus	4.72m		
23	Izzy Christensen	FR	St. Benedict	4.71m		
24	Claire Keech	FR	St. Olaf	4.68m		
25	Lily Johnson	SO	St. Olaf	4.65m		
26	Jenna Kalevik	SO	Concordia-Moorhead	4.58m		
27	Jane Sikes	SO	St. Olaf	4.42m		

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Performance List

## Event 33 Women Triple Jump

Comp#	Name	Year	School	Seed Mark	Finals	Place
1	Journey Amundson	SR	Macalester	11.78m	_____	_____
2	Madi Kes	SO	Gustavus Adolphus	11.71m	_____	_____
3	Ellie Hernes	FR	Bethel (Minn.)	11.68m	Flight 1 - GO H	_____
4	Annika Muller	SR	St. Olaf	11.48m	_____	_____
5	Ainslee Parker	JR	St. Olaf	11.00m	_____	_____
6	Sarra Lindner	FR	Gustavus Adolphus	10.80m	_____	_____
7	Reilee Schepper	SR	St. Catherin	10.78m	_____	_____
8	AnnaGrace Nelson	SO	Bethel (Minn.)	10.72m	Flight 1 - GO H	_____
9	Jaeden Sims	FR	Macalester	10.53m	_____	_____
10	CC Cesare	FR	Augsburg	10.37m	_____	_____
11	Melanie Roberts	JR	St. Olaf	10.28m	_____	_____
12	Burnices Barlue	SO	St. Catherin	10.16m	_____	_____
13	Bryana Leverentz	SR	St. Catherin	10.00m	_____	_____
14	Nicole Lilleberg	SR	Concordia-Moorhead	9.99m	Flight 1 - GO H	_____
15	Mary Wunderlich	SO	Concordia-Moorhead	9.93m	_____	_____
16	Eva McClelland	FR	Gustavus Adolphus	9.79m	_____	_____
17	Kyra Nichols	SR	Concordia-Moorhead	9.68m	_____	_____
18	Danielle Anderson	JR	St. Benedict	9.61m	_____	_____
19	Emelia Laryea	FR	Gustavus Adolphus	9.48m	_____	_____
20	Lauren Cappelmann	FR	Macalester	9.47m	_____	_____
21	Jane Sikes	SO	St. Olaf	9.36m	_____	_____
22	Toria Strampe	SO	St. Scholastica	9.35m	_____	_____
23	Sydney Wgeishofski	FR	St. Scholastica	9.28m	_____	_____
24	Laura Fuller	SO	Concordia-Moorhead	8.85m	_____	_____

Flight preferences

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

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Performance List

## Event 35 Women Shot Put

Comp#	Name	Year	School	Seed Mark	Finals	Place
1	Annika Poe	SO	Gustavus Adolphus	14.55m	_____	_____
2	Emma Roethler	SO	Bethel (Minn.)	13.37m	_____	_____
3	Samantha Kubes	JR	Saint Mary's	12.97m	_____	_____
4	Allyson Kangas	SR	Concordia-Moorhead	12.80m	_____	_____
5	Aleah Keske	JR	St. Olaf	12.45m	_____	_____
6	Nora Wilhelm	FR	Bethel (Minn.)	12.45m	_____	_____
7	Kelley Brennan	FR	Gustavus Adolphus	11.95m	_____	_____
8	Lakesha Carter	FR	Gustavus Adolphus	11.72m	_____	_____
9	Grace Banse	FR	Gustavus Adolphus	11.61m	_____	_____
10	Ellie Biggins	SR	Hamline	11.44m	_____	_____
11	Sydney Jackman	SO	Saint Mary's	11.37m	_____	_____
12	Chando Horvath	JR	St. Catherin	11.15m	_____	_____
13	Haley Joos	JR	St. Benedict	11.08m	_____	_____
14	Morgan Wallendal	SO	Saint Mary's	11.08m	_____	_____
15	Desirae Dates	FR	Hamline	11.02m	_____	_____
16	Emma Johnson	SO	St. Olaf	11.02m	_____	_____
17	Maggie Beckmann	SR	St. Benedict	10.97m	_____	_____
18	Sarah Beth Hobby	JR	Macalester	10.81m	_____	_____
19	Peyton Irsfeld	JR	St. Olaf	10.64m	_____	_____
20	Nicole Nelson	SO	Gustavus Adolphus	10.51m	_____	_____
21	Jenna Kalevik	SO	Concordia-Moorhead	10.50m	_____	_____
22	Kendall Bechtold	SR	St. Benedict	10.27m	_____	_____
23	Alea Al-Juhari	SR	St. Olaf	10.21m	_____	_____
24	Alexis Torres	SO	St. Benedict	10.13m	_____	_____
25	Skyla Sampson	FR	St. Benedict	9.83m	_____	_____
26	Laura Fuller	SO	Concordia-Moorhead	9.54m	_____	_____
27	Brooke Kangas	SO	Concordia-Moorhead	9.42m	_____	_____
28	Anna Speratos	FR	Bethel (Minn.)	9.35m	_____	_____
29	Charlotte Dove	FR	Concordia-Moorhead	9.07m	_____	_____
30	Kaya Gendreau	FR	St. Olaf	9.05m	_____	_____
31	Cailey Schlosser	SO	Concordia-Moorhead	8.72m	_____	_____
32	Ella Boelter	FR	Bethel (Minn.)	8.05m	_____	_____

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

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Performance List

## Event 37 Women Weight Throw

Comp#	Name	Year	School	Seed	Mark	Finals	Place
1	Lily Beneke	JR	St. Scholastica		16.47m		
2	Allyson Kangas	SR	Concordia-Moorhead		16.28m		
3	Molly Lukenbill	JR	Bethel (Minn.)		15.49m		
4	Madison Reed	JR	Hamline		15.33m		
5	Maggie Beckmann	SR	St. Benedict		15.20m		
6	Kelley Brennan	FR	Gustavus Adolphus		14.48m		
7	Lexi Brainer	SO	Hamline		14.45m		
8	Samantha Kubes	JR	Saint Mary's		14.34m		
9	Chando Horvath	JR	St. Catherin		14.10m		
10	Emma Roethler	SO	Bethel (Minn.)		14.03m		
11	Lexi Ellinghuysen	JR	Bethel (Minn.)		13.83m		
12	Anna Becker	SO	Saint Mary's		13.80m		
13	Aleah Keske	JR	St. Olaf		13.56m		
14	Brooke Kangas	SO	Concordia-Moorhead		13.50m		
15	Kendall Bechtold	SR	St. Benedict		13.45m		
16	Morgan Wallendal	SO	Saint Mary's		13.32m		
17	Nora Wilhelm	FR	Bethel (Minn.)		13.31m		
18	Peyton Irsfeld	JR	St. Olaf		13.28m		
19	Emma Johnson	SO	St. Olaf		12.82m		
20	Jade Hunt	SO	Hamline		12.77m		
21	Haley Joos	JR	St. Benedict		12.57m		
22	Ella Engen	FR	St. Scholastica		12.25m		
23	Desirae Dates	FR	Hamline		12.11m		
24	Anna Speratos	FR	Bethel (Minn.)		12.10m		
25	Kaya Gendreau	FR	St. Olaf		11.89m		
26	Abby Althoff	SO	St. Catherin		11.58m		
27	Brooke Tracy	FR	Hamline		11.32m		
28	Romona-Shae Blake	FR	Hamline		11.03m		
29	Alexis Torres	SO	St. Benedict		10.99m		
30	Alea Al-Juhari	SR	St. Olaf		10.92m		
31	Skyla Sampson	FR	St. Benedict		10.87m		
32	Aries Mendez	FR	St. Olaf		10.74m		
33	Ella Boelter	FR	Bethel (Minn.)		10.47m		
34	Elise Aslanian	SO	St. Olaf		9.42m		

**2023 MIAC Indoor Championships - 2/24/2023 to 2/26/2023****Macalester College****Performance List****Event 39 Women Indoor Pentathlon**

<b>Comp#</b>	<b>Name</b>	<b>Year</b>	<b>School</b>	<b>Points</b>	<b>Finals</b>	<b>Place</b>
1	Peyton Selle	JR	Concordia-Moorhead	3072	_____	_____
2	Rebekah Salfer	SR	St. Olaf	2982	_____	_____
3	Sarah Beth Hobby	JR	Macalester	2638	_____	_____
4	Claire Keech	FR	St. Olaf	2347	_____	_____
5	Lily Johnson	SO	St. Olaf	2276	_____	_____
6	Justus Floren	SO	St. Benedict	NP	_____	_____
7	Hailey Scholten	FR	Bethel (Minn.)	NP	_____	_____
8	Grace Blanchette	JR	Carleton	NP	_____	_____
9	Jenna Kalevik	SO	Concordia-Moorhead	NP	_____	_____
10	Ellie Selisker	JR	St. Benedict	NP	_____	_____