

St. Olaf Invitational - 1/27/2023 to 1/28/2023

Tostrud Center, St. Olaf College

Results

Women 60 Meter Dash

Facility Rec: 7.67 F 2014 Mallory Burnham

Name	Yr	School	Prelims
Preliminaries			
1	Nelson, Birgen	JR Gustavus	7.83Q
2	Babalola, Jireh	JR Bethel	8.09Q
3	Carlson, Kate	SO Gustavus	8.19Q
4	Rakow, Ally	SO Gustavus	8.40Q
5	Lindner, Sarrah	FR Gustavus	8.55Q
6	Amundson, Journey	SR Macalester	8.30q
7	Laryea, Emelia	FR Gustavus	8.54q
8	Storbakken, Emma	SO St. Olaf	8.57q
9	Jensen, Jensi	FR Gustavus	8.65
10	Sundberg, Maren	FR Gustavus	8.65
11	Nelsen, Rachel	JR St. Olaf	8.66
12	Hunter, Penny	JR Macalester	8.68
13	Munson, Samantha	FR Saint Marys	8.72
14	Coburn, Olive	FR St. Olaf	8.73
15	Bishop, Mya	JR Augsburg	8.76
16	Roberts, Melanie	JR St. Olaf	8.84
17	Klauser, Sydney	Unattached	8.87
18	Crewey, Amanda	FR Macalester	8.90
19	Petersen, Katie	SO Gustavus	8.98
20	McClelland, Eva	FR Gustavus	8.99
21	Smith, Soniya	FR Bethel	9.00
22	Cesare, CC	FR Augsburg	9.03
22	Carver, Zoe	FR Macalester	9.03
24	Evans, Mia	FR Bethel	9.34
25	Smith, Savannah	JR Augsburg	9.41
26	Ilunga, Danielle	FR Saint Marys	9.57
27	Iteghete, Caron	JR Augsburg	9.61
28	Raghunath, Sabreena	FR Augsburg	9.89

Women 60 Meter Dash

Facility Rec: 7.67 F 2014 Mallory Burnham

Name	Yr	School	Finals
Finals			
1	Nelson, Birgen	JR Gustavus	7.68
2	Babalola, Jireh	JR Bethel	8.03
3	Carlson, Kate	SO Gustavus	8.12
4	Amundson, Journey	SR Macalester	8.32
5	Rakow, Ally	SO Gustavus	8.45
6	Laryea, Emelia	FR Gustavus	8.47
7	Lindner, Sarrah	FR Gustavus	8.48

Women 200 Meter Dash

Facility Rec: 25.51 F 2019 Briana Berninghaus

Name	Yr	School	Finals
Finals			
1	Nelson, Birgen	JR Gustavus	25.61
2	Geraets, Megan	SO Gustavus	26.22
3	Carlson, Kate	SO Gustavus	26.73
4	Hookom, Allison	FR Augsburg	26.80
5	Rochefford, Lauren	FR Gustavus	27.50
6	Babalola, Jireh	JR Bethel	27.60

7	Rakow, Ally	SO Gustavus	27.72
8	Paulson, Annie	FR Bethel	27.80
9	Dimler, Lauren	FR Gustavus	27.91
10	Gregor, Sara	SR Macalester	27.96
11	Lindner, Sarrah	FR Gustavus	28.15
12	King, Hannah	JR Bethel	28.31
13	Matre, Zoe	SO St. Olaf	28.42
14	Swenson, Abbie	SO Bethel	28.48
15	Gearin, Caroline	JR Saint Marys	28.54
16	Moe, Hannah	FR Bethel	28.67
17	Stackhouse, Ally	SO Bethel	28.93
18	Sahly, Emma	SO St. Olaf	28.96
19	Cesare, CC	FR Augsburg	29.00
20	Soule, Allison	FR St. Olaf	29.03
21	Jensen, Jensi	FR Gustavus	29.04
22	Bishop, Mya	JR Augsburg	29.09
23	Utgaard, Abrianna	SR Saint Marys	29.10
24	Hunter, Penny	JR Macalester	29.22
25	Coburn, Olive	FR St. Olaf	29.35
26	Smith, Soniya	FR Bethel	29.39
27	Pelowski, Madi	FR Bethel	29.58
28	Laryea, Emelia	FR Gustavus	29.58
29	Selberg, Lillian	SO Gustavus	29.73
30	Wrzesien, Caley	SO Bethel	29.78
31	Wrzesien, Caitlyn	SO Bethel	29.91
32	Klauser, Sydney	Unattached	30.69
33	Smith, Savannah	JR Augsburg	32.54
34	Heller, Madisyn	SO Saint Marys	32.79
35	Ilunga, Danielle	FR Saint Marys	33.41
36	Iteghete, Caron	JR Augsburg	33.44

Women 400 Meter Dash

Facility Rec: 56.35 F 2006 Rachel Anderson

Name	Yr	School	Finals
Finals			
1	Hookom, Allison	FR Augsburg	58.92
2	Geraets, Megan	SO Gustavus	1:00.19
3	Preston, Adisa	SO Macalester	1:02.11
4	Dean, Morgan	FR Bethel	1:03.32
5	Paulson, Annie	FR Bethel	1:03.95
6	Rochefford, Lauren	FR Gustavus	1:04.06
7	Fynboh, Isabel	FR Gustavus	1:05.47
8	Wrzesien, Caitlyn	SO Bethel	1:06.04
9	Wrzesien, Caley	SO Bethel	1:06.37
10	Mair, Aubrey	SO Gustavus	1:08.10
11	Lantz, Annabel	SO Augsburg	1:14.90

Women 600 Meter Run

Facility Rec: 1:31.68 F 2019 Phoebe Aguilar

Name	Yr	School	Finals
Finals			
1	Robinson, Grace	SO Bethel	1:39.72
2	Turek, Mikayla	JR Bethel	1:41.11
3	Hage, Evie	SO Bethel	1:44.67
4	Fromm, Jules	SO St. Olaf	1:45.00
5	Manhard, Abbie	FR St. Olaf	1:45.02

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Results

Finals ... (Women 600 Meter Run)

Name	Yr	School	Finals
6 Rodriguez, Madeline	SR	Macalester	1:45.35
7 Wilkins, Hadley	FR	Macalester	1:45.81
8 Nelson, Esther	SO	Bethel	1:49.84
9 Warren, Anna	SO	Macalester	1:52.59
10 Thurston, Karley	SO	Macalester	1:53.89
11 Krumm, Ella	SO	Macalester	1:54.45
12 Minshull, Larissa	SO	Bethel	1:55.71
13 Ramirez, Ingri	JR	Augsburg	2:21.29

Women 800 Meter Run

Facility Rec: 2:11.95 F 2003 Megan Daymont

Name	Yr	School	Finals
1 Gebert, Katie	JR	St. Olaf	2:24.50
2 Cargill, Anna	FR	Bethel	2:26.70
3 Gernandt, Ruby	SO	Bethel	2:28.85
4 Conrad, Brooklyn	FR	Augsburg	2:39.27
5 Meyer, Abbie	FR	Saint Marys	2:40.53
6 McMahon, Caeli	FR	Saint Marys	2:41.37
7 Gessner, Lydia	SO	Bethel	2:43.68
8 Kaur, Simi	SO	Gustavus	2:45.18
9 Lin, Grace	SR	Macalester	2:47.38
10 Espeleta, Ana	JR	Macalester	2:48.18
11 Scholten, Hailey	FR	Bethel	2:51.91
12 Hatrick, Lily	FR	Macalester	2:56.65
13 Long, Heather	SO	Bethel	3:03.68

Women 1000 Meter Run

Facility Rec: 2:52.37 F 2013 Taylor Berg

Name	Yr	School	Finals
1 Decker, Anna	SO	Bethel	3:17.40
2 Walukas, Kailyn	SO	Gustavus	3:19.73
3 Severson, Julia	SR	Gustavus	3:23.95
4 Weberg, Molly	SO	Gustavus	3:31.19

Women 1 Mile Run

Facility Rec: 4:55.60 F 2013 Taylor Berg

Name	Yr	School	Finals
1 Blaesing, Maria	JR	Macalester	5:14.69
2 Decker, Anna	SO	Bethel	5:29.12
3 Walukas, Kailyn	SO	Gustavus	5:38.27
4 Severson, Julia	SR	Gustavus	5:45.01
5 Hay, Anna	FR	Bethel	5:48.97
6 Conrad, Brooklyn	FR	Augsburg	5:52.49
7 Kaur, Simi	SO	Gustavus	5:56.24
8 Frosch, Megan	FR	Saint Marys	6:11.14
9 Castellano, Julia	FR	Macalester	6:14.95
10 Omdal, Anna	SO	Gustavus	6:37.17

Women 3000 Meter Run

Facility Rec: 9:49.01 F 2006 Annie Bersagel

Name	Yr	School	Finals
1 Stackhouse, Madison	FR	Bethel	11:20.36
2 Franke, Erin	SR	Macalester	11:20.97
3 Moorjani, Raina	SO	Bethel	11:26.98
4 Newman, Julia	JR	St. Olaf	11:27.87
5 Bitner, Lauren	JR	St. Olaf	11:40.64
6 St. George, Ellesa	SO	Bethel	12:30.78
7 Tuvey, Amanda	JR	Saint Marys	12:42.74
8 English, Nadia	SO	Gustavus	13:45.52

Women 5000 Meter Run

Facility Rec: 16:44.57 F 2006 Caroline Cretti

Name	Yr	School	Finals
1 Kern, Emily	SR	Saint Marys	18:55.48
2 Johnson, Gracie	FR	Augsburg	19:36.11
3 Colnes, Jesse	SR	Macalester	20:45.84
4 Hardwick, Laura	SO	Bethel	20:48.22

Women 60 Meter Hurdles

Facility Rec: 8.82 F 2014 Mallory Burnham

Name	Yr	School	Prelims
1 Miller, Danielle	SO	Gustavus	9.55Q
2 Dimler, Lauren	FR	Gustavus	9.65Q
3 Stackhouse, Ally	SO	Bethel	10.07q
4 Poore, Riki	JR	St. Olaf	10.08q
5 King, Hannah	JR	Bethel	10.14q
6 Hobby, Sarah Beth	JR	Macalester	10.51q
7 Sims, Jaeden	FR	Macalester	10.67q
8 Johnson, Lily	SO	St. Olaf	10.71q
9 Cappelmann, Lauren	FR	Macalester	11.05
10 Sahly, Emma	SO	St. Olaf	11.30

Women 60 Meter Hurdles

Facility Rec: 8.82 F 2014 Mallory Burnham

Name	Yr	School	Finals
1 Miller, Danielle	SO	Gustavus	9.41
2 Dimler, Lauren	FR	Gustavus	9.61
3 King, Hannah	JR	Bethel	9.98
4 Stackhouse, Ally	SO	Bethel	10.13
5 Sims, Jaeden	FR	Macalester	10.15
6 Poore, Riki	JR	St. Olaf	10.18
7 Hobby, Sarah Beth	JR	Macalester	10.40
8 Johnson, Lily	SO	St. Olaf	10.70

St. Olaf Invitational - 1/27/2023 to 1/28/2023

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Results

Women 4x200 Meter Relay

Facility Rec: 1:43.18 F 2019 St. Thomas

McFerson, Smith, Chell, Marciniak

Team	Relay	Finals
Finals		
1 Augsburg	A	14.52F
1) Bishop, Mya JR	2) Cesare, CC FR	
3) Rodriguez, Santrice FR	4) Hookom, Allison FR	

Women 4x400 Meter Relay

Facility Rec: 3:51.08 F 2006 Lincoln University

Richardson, Parker, Sabb, Mathews

Team	Relay	Finals
Finals		
1 St. Olaf	A	4:15.46
1) Poore, Riki JR	2) Manhard, Abbie FR	
3) Holman, Ququ JR	4) Storbakken, Emma SO	
2 Gustavus	A	4:17.87
1) Miller, Danielle SO	2) Fynboh, Isabel FR	
3) Dimler, Lauren FR	4) Rocheford, Lauren FR	
3 Macalester	A	4:18.40
1) Wilkins, Hadley FR	2) Rodriguez, Madeline SR	
3) Preston, Adisa SO	4) Blaesing, Maria JR	
4 Bethel	B	4:25.34
1) Cargill, Anna FR	2) Hay, Anna FR	
3) Gernandt, Ruby SO	4) Hage, Evie SO	
5 Bethel	C	4:45.74
1) Rysdahl, Kaye SO	2) Minshull, Larissa SO	
3) Nelson, Esther SO	4) Gessner, Lydia SO	
6 Saint Marys	A	4:46.07
1) Munson, Samantha FR	2) McMahon, Caeli FR	
3) Frosch, Megan FR	4) Meyer, Abbie FR	
7 Gustavus	B	4:57.08
1) Mair, Aubrey SO	2) Omdal, Anna SO	
3) Weberg, Molly SO	4) Kaur, Simi SO	

Women High Jump

Facility Rec: 1.72m F 2006 Jennifer Harlow

Name	Yr	School	Finals
Finals			
1 Rakow, Ally	SO	Gustavus	1.50m
2 Moe, Hannah	FR	Bethel	1.45m
3 Luehrs, Jensen	SO	Gustavus	1.35m

Women Pole Vault

Facility Rec: 4.39m F 2016 Leslie Boost

Name	Yr	School	Finals
Finals			
1 Litton, Emily	JR	Carleton	2.90m
2 Gearin, Caroline	JR	Saint Marys	J2.90m
3 Roberts, Melanie	JR	St. Olaf	2.75m
4 Bunker, Jenna	SO	Gustavus	J2.75m
5 Selberg, Lillian	SO	Gustavus	2.45m
6 Evans, Mia	FR	Bethel	2.30m
7 Nelson, Molly	FR	Bethel	2.15m

--- Falkowski, Caitlin SO Macalester NH

Women Long Jump

Facility Rec: 5.74m F 2005 Kristal Grigsby

Name	Yr	School	Finals
Finals			
1 Amundson, Journey	SR	Macalester	5.28m
2 Hernes, Ellie	FR	Bethel	5.21m
3 Lindner, Sarrah	FR	Gustavus	5.09m
4 Kes, Madi	SO	Gustavus	5.08m
5 Sundberg, Maren	FR	Gustavus	4.97m
6 Gregor, Sara	SR	Macalester	4.88m
7 Laryea, Emelia	FR	Gustavus	4.65m
8 Poore, Riki	JR	St. Olaf	4.63m
9 McClelland, Eva	FR	Gustavus	4.62m
10 Johnson, Lily	SO	St. Olaf	4.61m
11 Sikes, Jane	SO	St. Olaf	4.42m
12 Luehrs, Jensen	SO	Gustavus	4.40m
13 Petersen, Katie	SO	Gustavus	4.39m
14 Scholten, Hailey	FR	Bethel	4.08m

Women Triple Jump

Facility Rec: 11.98m F 2006 Alecia Watson

Name	Yr	School	Finals
Finals			
1 Muller, Annika	SR	St. Olaf	11.48m
2 Hernes, Ellie	FR	Bethel	11.39m
3 Kes, Madi	SO	Gustavus	11.25m
4 McClelland, Eva	FR	Gustavus	9.74m
5 Cappelmann, Lauren	FR	Macalester	9.30m
--- Sims, Jaeden	FR	Macalester	FOUL

Women Shot Put

Facility Rec: 17.05m F 2006 Robyn Jarocki

Name	Yr	School	Finals
Finals			
1 Poe, Annika	SO	Gustavus	14.38m
2 Roethler, Emma	SO	Bethel	13.28m
3 Kubes, Samantha	JR	Saint Marys	12.97m
4 Keske, Aleah	JR	St. Olaf	12.45m
5 Brennan, Kelley	FR	Gustavus	11.62m
6 Wilhelm, Nora	FR	Bethel	11.51m
7 Jackman, Sydney	SO	Saint Marys	11.37m
8 Banse, Grace	FR	Gustavus	11.36m
9 Irsfeld, Peyton	JR	St. Olaf	10.64m
10 Wallendal, Morgan	SO	Saint Marys	10.40m
11 Johnson, Emma	SO	St. Olaf	10.13m
12 Hughes, Daniyah	FR	Gustavus	9.92m
13 Speratos, Anna	FR	Bethel	8.95m
14 Boelter, Ella	FR	Bethel	8.05m
15 Scholten, Hailey	FR	Bethel	7.95m

St. Olaf Invitational - 1/27/2023 to 1/28/2023

Tostrud Center, St. Olaf College

Results

Women Weight Throw

Facility Rec: 20.98m F 2006 Robyn Jarocki

Name	Yr	School	Finals
Finals			
1 Kubes, Samantha	JR	Saint Marys	14.21m
2 Roethler, Emma	SO	Bethel	14.03m
3 Bosman, Neenah	SO	Carleton	13.95m
4 Keske, Aleah	JR	St. Olaf	13.56m
5 Ellinghuysen, Lexi	JR	Bethel	13.44m
6 Wallendal, Morgan	SO	Saint Marys	13.13m
7 Becker, Anna	SO	Saint Marys	13.06m
8 Irsfeld, Peyton	JR	St. Olaf	12.87m
9 Johnson, Emma	SO	St. Olaf	12.68m
10 Brennan, Kelley	FR	Gustavus	11.12m
11 Speratos, Anna	FR	Bethel	10.98m
12 Banse, Grace	FR	Gustavus	10.61m
13 Wilhelm, Nora	FR	Bethel	10.17m
14 Mendez, Aries	FR	St. Olaf	9.98m
14 Jackman, Sydney	SO	Saint Marys	9.98m
16 Boelter, Ella	FR	Bethel	9.69m
--- Lukenbill, Molly	JR	Bethel	FOUL

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Hobby, Sarah Beth	JR	Macalester	2:54.82 415
2 Keech, Claire	FR	St. Olaf	2:55.29 410
3 Joerger, Alli	SO	Gustavus	3:02.63 341
4 Kaeppe, Summer	FR	Gustavus	3:03.95 329

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Keech, Claire	FR	St. Olaf	10.58 607
2 Hobby, Sarah Beth	JR	Macalester	10.66 594
3 Kaeppe, Summer	FR	Gustavus	11.13 515
4 Joerger, Alli	SO	Gustavus	11.57 447

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Hobby, Sarah Beth	JR	Macalester	1.46m 577
2 Joerger, Alli	SO	Gustavus	1.43m 544
3 Kaeppe, Summer	FR	Gustavus	1.31m 419
4 Keech, Claire	FR	St. Olaf	1.28m 389

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Keech, Claire	FR	St. Olaf	4.68m 474
2 Hobby, Sarah Beth	JR	Macalester	4.66m 469
3 Joerger, Alli	SO	Gustavus	4.35m 391
4 Kaeppe, Summer	FR	Gustavus	3.99m 306

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Yr	School	Finals
Finals			
1 Hobby, Sarah Beth	JR	Macalester	10.81m 583
2 Keech, Claire	FR	St. Olaf	9.04m 467
3 Joerger, Alli	SO	Gustavus	7.02m 336
4 Kaeppe, Summer	FR	Gustavus	6.01m 272

Women Indoor Pentathlon

Facility Rec: 3425 F 2019 Mackenzie Schoustra

Name	Yr	School	Finals
Finals			
1 Hobby, Sarah Beth	JR	Macalester	2638
2 Keech, Claire	FR	St. Olaf	2347
3 Joerger, Alli	SO	Gustavus	2059
4 Kaeppe, Summer	FR	Gustavus	1841

Men 60 Meter Dash

Facility Rec: 6.83 F 2012 Garfield Powell

Name	Yr	School	Prelims
Preliminaries			
1 Le, Nathan	SO	Gustavus	6.99Q
2 Heitler, Arlo	SO	Macalester	7.11Q
3 Conneh, Varney	SR	Augsburg	7.16Q
4 McConnell, Cameron	SO	Bethel	7.26Q
5 Skelly, Matthew	SO	Gustavus	7.00q
6 Smith, Kpeweh	SR	Augsburg	7.32q
7 Smith, Albert	SR	Bethel	7.33q
8 Kritsberg, Ben	FR	Saint Marys	7.39q
9 Zong-Naba, Sylvain	SO	Macalester	7.44
9 Bies, Danny	SO	Gustavus	7.44
11 Haack, Tony	FR	Bethel	7.45
12 Kogut, Jacob	SO	Macalester	7.46
13 Smith, Micah	SR	Bethel	7.51
14 Charlton, Josh	SO	St. Olaf	7.58
15 Moo, Eh Ler	FR	St. Olaf	7.59
16 Hodin, Riley	SO	Macalester	7.61
17 Simon, Godsword	SO	Bethel	7.73
18 Thomas, Max	FR	St. Olaf	7.77
19 Wang, Kevin	FR	Macalester	7.77
20 Gardeen, Samuel	SO	Bethel	7.84
21 Famuyide, Success	FR	Augsburg	7.85
22 Quast, Jaden	FR	Bethel	7.88
23 Diaz, John	SO	Gustavus	7.97
24 Daenzer, Luke	FR	Bethel	8.10
25 Menter, Forest	FR	St. Olaf	8.16
26 Moeller, Calvin	SO	Gustavus	8.19
27 Garcia, Daniel	FR	Augsburg	8.23

Men 60 Meter Dash

Facility Rec: 6.83 F 2012 Garfield Powell

Name	Yr	School	Finals
Finals			
1 Conneh, Varney	SR	Augsburg	7.15
2 Smith, Kpeweh	SR	Augsburg	7.27

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Results

Finals ... (Men 60 Meter Dash)

Name	Yr	School	Finals
3 Kritsberg, Ben	FR	Saint Marys	7.29
4 Skelly, Matthew	SO	Gustavus	7.30
5 Smith, Albert	SR	Bethel	7.31

Men 200 Meter Dash

Facility Rec: 21.98 F 2005 Carson Glad

Name	Yr	School	Finals
Finals			
1 Liu, Landen	FR	Bethel	22.02
2 Parent, Jacob	SO	Bethel	22.13
3 Quiring, Wyatt	SR	Gustavus	22.68
4 Conneh, Varney	SR	Augsburg	23.17
5 Myres, David	JR	Bethel	23.34
6 Fisher, Henry	SO	St. Olaf	23.52
7 Zeitchick, Seth	JR	Gustavus	23.58
8 McNearney, Devin	SO	St. Olaf	23.68
9 Karngar, Trokon	SR	Bethel	23.74
10 Smith, Albert	SR	Bethel	23.77
11 Haack, Tony	FR	Bethel	23.80
12 Johnson, Brady	SO	Saint Marys	23.91
13 Adamson, Oliver	SO	Saint Marys	23.96
14 Gushwa, Agro	SO	Gustavus	24.15
15 Lee, Josh	SO	Bethel	24.26
16 Skelly, Matthew	SO	Gustavus	24.28
17 Oviguiian, Peter	JR	Gustavus	24.35
18 Bies, Danny	SO	Gustavus	24.41
19 Gilbert-Binder, Ben	FR	St. Olaf	24.89
20 Baker, Grant	SO	Gustavus	24.92
21 Broad, Michael	SO	Gustavus	25.13
22 Famuyide, Success	FR	Augsburg	25.31
23 Witt, Lachlan	SR	Macalester	25.42
24 Clayton, Trajen	FR	Augsburg	25.53
25 Matetich, Cole	SO	Gustavus	25.62
26 Thomas, Max	FR	St. Olaf	25.88
27 Ridders, Sam	SO	St. Olaf	25.96
28 Sullivan, Logan	SO	Gustavus	26.06
29 Moeller, Calvin	SO	Gustavus	26.08
30 Diaz, John	SO	Gustavus	26.12
31 Garcia, Daniel	FR	Augsburg	26.79

Men 400 Meter Dash

Facility Rec: 48.18 F 2006 Bobby Young

Name	Yr	School	Finals
Finals			
1 Smith, Joel	SR	Bethel	49.57
2 Sampson, Josh	JR	Bethel	50.70
3 Nelson, Grant	FR	Bethel	50.82
4 Quiring, Wyatt	SR	Gustavus	51.11
5 Zeitchick, Seth	JR	Gustavus	52.50
6 Schonebaum, Henry	FR	Macalester	52.68
7 Gushwa, Agro	SO	Gustavus	52.71
8 Landherr, Fritz	SR	Augsburg	53.75
9 Oviguiian, Peter	JR	Gustavus	54.30
10 Brindamour, Isaiah	JR	Saint Marys	54.37

11 Karngar, Trokon	SR	Bethel	54.55
12 Braun, Alec	SO	Bethel	54.63
13 Gilbert-Binder, Ben	FR	St. Olaf	54.77
14 Clayton, Trajen	FR	Augsburg	54.96
15 Stageberg, Noah	SO	Gustavus	55.03
16 Asplin, Collin	FR	Bethel	55.09
17 Broad, Michael	SO	Gustavus	55.23
18 Bosley, Mason	SR	Macalester	55.79
19 Bashir, Yahya	SO	Gustavus	55.88
20 Kloss, Cade	FR	Saint Marys	56.87

Men 600 Meter Run

Facility Rec: 1:20.36 F 2019 Karl Klamm

Name	Yr	School	Finals
Finals			
1 Rupnow, Markus	SO	Gustavus	1:25.98
2 Ali, Kalid	SO	Macalester	1:27.57
3 Witt, Lachlan	SR	Macalester	1:29.46
4 Malecha, Thomas	FR	Macalester	1:29.48
5 Diercks, Korrihan	SO	Gustavus	1:30.30

Men 800 Meter Run

Facility Rec: 1:52.53 F 2006 Jeff Zodda

Name	Yr	School	Finals
Finals			
1 Asfaw, Getinat	JR	Augsburg	1:59.11
2 Martin, Zach	FR	St. Olaf	1:59.50
3 Wallin, Tucker	JR	Gustavus	1:59.92
4 Roehl, Carson	SO	Gustavus	2:00.25
5 Gonzalez-Ramirez, Jose	JR	St. Olaf	2:01.08
6 Nelson, Clark	SO	Bethel	2:01.15
7 Munoz, Julian	JR	St. Olaf	2:01.61
8 LaVigne, Trevor	SO	Gustavus	2:05.71
9 Lebakken, Jay	FR	Macalester	2:06.53
10 Otier, Austin	SO	Bethel	2:06.56
11 Hansen, Marcus	JR	Gustavus	2:07.46
12 Marble, Sam	JR	Gustavus	2:08.37
13 Wondimu, Bereket	JR	Augsburg	2:09.00
14 Morefield, Colin	SR	Macalester	2:15.12
15 Kubly, Joseph	FR	Augsburg	2:18.17
--- Gilbertson, Henrik		Unattached	DNF

Men 1000 Meter Run

Facility Rec: 2:27.61 F 2016 Paul Escher

Name	Yr	School	Finals
Finals			
1 Smith, Tyler	SO	Gustavus	2:35.26
2 Marsh, Jackson	SO	St. Olaf	2:36.60
3 Stewart, Tad	JR	Bethel	2:38.74
4 Peterson, Luke	SO	Bethel	2:43.82
5 Estrada, Gabe	SO	St. Olaf	2:43.86
6 Doran, Eli	FR	St. Olaf	2:43.99
7 Useche, Mateo	JR	Macalester	2:45.32
8 Chamberlin, Owen	FR	St. Olaf	2:47.23
9 Kalsnes, Jonah	SO	Gustavus	2:48.82
10 Hinchcliffe, Henry	SO	Gustavus	2:50.02

St. Olaf Invitational - 1/27/2023 to 1/28/2023

Tostrud Center, St. Olaf College

Results

Finals ... (Men 1000 Meter Run)

Name	Yr	School	Finals
11 Smith, Micah	SR	Bethel	2:51.35
12 Schegel, Abe	SR	Bethel	3:01.38
13 Ramirez, Gael	SO	Bethel	3:13.20
14 Elseth, Aaron	FR	Bethel	3:16.03

Men 1 Mile Run

Facility Rec: 4:08.46 F 2017 Joe Coffey

Name	Yr	School	Finals
Finals			
1 Warning, Isaiah		Unattached	4:22.78
2 Olsson, Tor	SO	Macalester	4:22.98
3 Crotteau, Ben	SO	Macalester	4:23.34
4 Gilbertson, Henrik		Unattached	4:24.06
5 Roehl, Carson	SO	Gustavus	4:28.25
6 Wielgos, Jake	SO	Gustavus	4:31.35
7 Schneider, Grant	FR	Saint Marys	4:31.82
8 LaVigne, Trevor	SO	Gustavus	4:33.10
9 Peterson, Luke	SO	Bethel	4:36.25
10 Hinchcliff, Henry	SO	Gustavus	4:37.92
11 McCullough, Logan	SO	Gustavus	4:38.16
12 Kalsnes, Jonah	SO	Gustavus	4:40.33
13 Estrada, Gabe	SO	St. Olaf	4:40.85
14 Hussien, Sakariya	SR	Augsburg	4:43.93
15 Rud, Mark	FR	Gustavus	4:45.31
16 Adams, Brock	SO	Macalester	4:46.10
17 Hage, Daniel	SR	Bethel	4:46.95
18 Sackreiter, Soren	FR	Gustavus	4:48.39
19 Max, Parker	FR	St. Olaf	4:48.59
20 Laurel, Sam	FR	St. Olaf	4:49.24
21 Johnson, Jonah	SO	Gustavus	4:50.09
22 Kuecker, Gabe	SO	Bethel	4:52.53
23 Price, David	SO	Bethel	4:59.66
24 Morris, Sam	JR	Saint Marys	5:02.67
25 Hatlevig, Ike	SO	Macalester	5:03.00
26 Puent, Aaron	SR	Augsburg	5:17.58
27 Brenner, Sam	FR	Gustavus	5:17.62

Men 3000 Meter Run

Facility Rec: 8:13.99 F 2015 Grant Wintheiser

Name	Yr	School	Finals
Finals			
1 Bati, Mohammed	FR	Augsburg	8:57.29
2 Warning, Isaiah		Unattached	8:59.70
3 Thompson, Reese	SO	Bethel	9:03.57
4 Graber, Grant	SO	Bethel	9:12.56
5 Appel, Aidan	SO	Macalester	9:14.73
6 Edwards, Tyler	FR	Macalester	9:27.01
7 Fendig, Alex	JR	Macalester	9:30.39
8 Pattie, Jonathan	FR	St. Olaf	9:35.62
9 Abide, Habetamu	FR	Bethel	9:53.16
10 Dallas, Evan	FR	Bethel	10:44.21
11 St. George, Kedran	FR	Bethel	10:45.09

Men 5000 Meter Run

Facility Rec: 14:15.93 F 2005 Andrew Carlson

Name	Yr	School	Finals
Finals			
1 Bati, Mohammed	FR	Augsburg	14:55.68
2 Ihrke, Nick	SO	Macalester	15:23.78
3 McKee, Reece	SO	Macalester	15:39.43
4 Deaver, Jack	SO	St. Olaf	15:55.52
5 St George, Aidan	JR	Bethel	16:06.21
6 Kurts, Waylon	FR	St. Olaf	16:10.51
7 Manzur Strandlund, Gael	FR	St. Olaf	16:32.16
8 Harris, Grayson	SO	Augsburg	16:45.67
9 Ali, Pollei	FR	Augsburg	18:39.35

Men 60 Meter Hurdles

Facility Rec: 8.03 F 2020 Taylor Rooney

Name	Yr	School	Prelims
Preliminaries			
1 Kramarczuk, Lucas	JR	St. Olaf	8.41Q
2 Myres, David	JR	Bethel	8.61Q
3 Mahamud, Hamza	FR	Macalester	9.12q
4 Elseth, Aaron	FR	Bethel	9.34q
5 Lee, Josh	SO	Bethel	9.36q
6 Stefanowicz, Sebastian	FR	Macalester	9.46q
7 Bassett, Jackson	SO	St. Olaf	9.69q
8 Matetich, Cole	SO	Gustavus	9.78q
9 Wada, Aki	FR	Macalester	9.86
10 Skemp, Will	FR	St. Olaf	9.87
11 Baker, Grant	SO	Gustavus	10.15
12 Moeller, Calvin	SO	Gustavus	10.45

Men 60 Meter Hurdles

Facility Rec: 8.03 F 2020 Taylor Rooney

Name	Yr	School	Finals
Finals			
1 Kramarczuk, Lucas	JR	St. Olaf	8.35
2 Myres, David	JR	Bethel	8.41
3 Mahamud, Hamza	FR	Macalester	9.20
4 Elseth, Aaron	FR	Bethel	9.25
5 Lee, Josh	SO	Bethel	9.27
6 Bassett, Jackson	SO	St. Olaf	9.62
7 Matetich, Cole	SO	Gustavus	9.76

Men 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 St. Olaf	A	1:33.34
1) Arnold, Dylan SO	2) Fisher, Henry SO	
3) McNearny, Devin SO	4) Townsend, Miles FR	
2 Saint Marys	A	1:35.04
1) Kritsberg, Ben FR	2) Cisewski, Antonio SO	
3) Bulwa, Chris SO	4) Adamson, Oliver SO	

St. Olaf Invitational - 1/27/2023 to 1/28/2023

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Results

Men 4x400 Meter Relay

Facility Rec: 3:16.36 F 2006 UW La Crosse

Marcinek, Olson, Doble, Deterville

Team	Relay	Finals
Finals		
1 Gustavus	A	3:30.53
1) Bashir, Yahya SO	2) Quiring, Wyatt SR	
3) Smith, Tyler SO	4) Wallin, Tucker JR	
2 Augsburg	A	3:33.99
1) Asfaw, Getinat JR	2) Hussien, Sakariya SR	
3) Landherr, Fritz SR	4) Wondimu, Bereket JR	
3 Macalester	A	3:34.99
1) Kinnucan, Ryan SR	2) Schonebaum, Henry FR	
3) Malecha, Thomas FR	4) Ali, Kalid SO	
4 Bethel	A	3:40.12
1) Stewart, Tad JR	2) Nelson, Clark SO	
3) Price, David SO	4) Hage, Daniel SR	
5 Gustavus	B	3:44.43
1) Stageberg, Noah SO	2) Diercks, Korrigan SO	
3) Stursa, Tyler SO	4) Rud, Mark FR	
6 Gustavus	C	3:45.44
1) Marble, Sam JR	2) Moeller, Calvin SO	
3) Hansen, Marcus JR	4) LaVigne, Trevor SO	
7 Saint Marys	A	3:50.42
1) Schneider, Grant FR	2) Morris, Sam JR	
3) Brindamour, Isaiah JR	4) Kloss, Cade FR	
8 St. Olaf	B	3:51.01
1) Bassett, Jackson SO	2) Skemp, Andrew SO	
3) Doran, Eli FR	4) Laurel, Sam FR	
9 Gustavus	D	3:55.21
1) Hinchcliffe, Henry SO	2) Wielgos, Jake SO	
3) Sackreiter, Soren FR	4) Kalsnes, Jonah SO	

Men High Jump

Facility Rec: 2.11m F 2006 Andy Stoecken

Name	Yr	School	Finals
Finals			
1 Bies, Danny	SO	Gustavus	1.85m
2 Braun, Alec	SO	Bethel	1.75m
3 Sullivan, Logan	SO	Gustavus	1.65m

Men Pole Vault

Facility Rec: 5.52m F 2016 Jeff Coover

Name	Yr	School	Finals
Finals			
1 Gardeen, Samuel	SO	Bethel	4.40m
2 Arnold, Dylan	SO	St. Olaf	4.25m
3 Gatz, Aidan	SO	Saint Marys	3.95m
4 Ream, Joe	FR	Gustavus	3.35m
5 Marzinske, Logan	SO	Gustavus	J3.35m
6 Menter, Forest	FR	St. Olaf	3.20m
7 Smith, Micah	SR	Bethel	J3.20m
8 Daenzer, Luke	FR	Bethel	3.05m
9 Ramirez, Gael	SO	Bethel	J3.05m
10 Schegel, Abe	SR	Bethel	2.90m

---	Elahi, Rayan	SO	St. Olaf	NH
---	Elseth, Aaron	FR	Bethel	NH
---	Adams, Tim	SO	Carleton	NH

Men Long Jump

Facility Rec: 7.53m F 2006 Greg Tyson

Name	Yr	School	Finals
Finals			
1 Swenson, Simon	FR	Bethel	6.52m
2 Charlton, Josh	SO	St. Olaf	6.49m
3 Nelson, Grant	FR	Bethel	6.44m
4 Moo, Eh Ler	FR	St. Olaf	6.12m
5 Schegel, Abe	SR	Bethel	6.00m
6 Bulwa, Chris	SO	Saint Marys	5.96m
6 Cisewski, Antonio	SO	Saint Marys	5.96m
8 Cooper, Dan	JR	Saint Marys	5.71m
9 Quast, Jaden	FR	Bethel	5.67m
10 Simon, Godsword	SO	Bethel	5.59m
11 Rikkers, Sam	SO	St. Olaf	5.54m
12 Skemp, Will	FR	St. Olaf	5.35m
13 Ramirez, Gael	SO	Bethel	4.89m

Men Triple Jump

Facility Rec: 14.61m F 2006 Tony Gregory

Name	Yr	School	Finals	
Finals				
1 Kramarczuk, Lucas	JR	St. Olaf	13.75m	
2 Souksavath, Sean	JR	St. Olaf	12.61m	
3 Hodin, Riley	SO	Macalester	12.53m	
4 Johnson, Brady	SO	Saint Marys	12.02m	
---	Cooper, Dan	JR	Saint Marys	FOUL
---	Stefanowicz, Sebastian	FR	Macalester	FOUL

Men Shot Put

Facility Rec: 17.77m F 2006 Uzoma Orji

Name	Yr	School	Finals	
Finals				
1 Feist, Cade	SO	St. Olaf	14.97m	
2 Larsen, Evan	SO	Bethel	14.09m	
3 Hokanson, Adam	FR	Bethel	14.07m	
4 Dedry, Arnauld	SR	St. Olaf	12.93m	
5 Mills, Austin	FR	Macalester	11.74m	
6 Menache, Max	SO	Macalester	11.44m	
7 Edelman, Ryan	FR	St. Olaf	10.46m	
8 Fritz, Casen	SO	Saint Marys	9.72m	
9 Kallstrom, Brandon	SO	Bethel	9.34m	
10 Delaske, Dylan	SO	Bethel	7.14m	
11 Hailu, Alazar	SO	Macalester	7.06m	
---	Yang, Aiden	SO	Macalester	FOUL

Men Weight Throw

Facility Rec: 20.82m F 2006 Kevin Becker

Name	Yr	School	Finals
Finals			
1 Beiswanger, Joshua	JR	Gustavus	16.43m
2 Menache, Max	SO	Macalester	15.33m

St. Olaf Invitational - 1/27/2023 to 1/28/2023

Tostrud Center, St. Olaf College

Results

Finals ... (Men Weight Throw)

Name	Yr	School	Finals
3 Wright, Victor	SR	Macalester	14.76m
4 Larsen, Evan	SO	Bethel	14.15m
5 Dedry, Arnauld	SR	St. Olaf	13.72m
6 Edelman, Ryan	FR	St. Olaf	13.66m
7 Feist, Cade	SO	St. Olaf	13.34m
8 Hokanson, Adam	FR	Bethel	12.79m
9 Fritz, Casen	SO	Saint Marys	12.54m
10 McGlynn, Galen	FR	St. Olaf	12.07m

Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Yr	School	Finals
Finals			
1 Mortensen, Ian	JR	Carleton	7.42 739
2 Borst, Layton	SO	St. Olaf	7.51 710
3 McCormick, Connor	FR	Gustavus	7.69 653
4 Cogley, Andrew	SO	St. Olaf	7.75 634

Heptathlon: #7 Men 1000 Meter Dash Heptathlon

Name	Yr	School	Finals
Finals			
1 Cogley, Andrew	SO	St. Olaf	2:46.23 805
2 Mortensen, Ian	JR	Carleton	3:04.29 623
3 McCormick, Connor	FR	Gustavus	3:05.62 610
4 Borst, Layton	SO	St. Olaf	3:14.07 533

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Name	Yr	School	Finals
Finals			
1 Mortensen, Ian	JR	Carleton	9.17 709
2 McCormick, Connor	FR	Gustavus	9.25 692
3 Borst, Layton	SO	St. Olaf	9.45 650
4 Cogley, Andrew	SO	St. Olaf	10.11 520

Heptathlon: #4 Men High Jump Heptathlon

Name	Yr	School	Finals
Finals			
1 Cogley, Andrew	SO	St. Olaf	1.75m 585
1 Mortensen, Ian	JR	Carleton	1.75m 585
3 Borst, Layton	SO	St. Olaf	1.60m 464
4 McCormick, Connor	FR	Gustavus	1.51m 396

Heptathlon: #6 Men Pole Vault Heptathlon

Name	Yr	School	Finals
Finals			
1 Borst, Layton	SO	St. Olaf	3.90m 590
2 Mortensen, Ian	JR	Carleton	3.50m 482
3 McCormick, Connor	FR	Gustavus	3.20m 406
4 Cogley, Andrew	SO	St. Olaf	3.10m 381

Heptathlon: #2 Men Long Jump Heptathlon

Name	Yr	School	Finals
Finals			
1 Mortensen, Ian	JR	Carleton	6.22m 635
2 Cogley, Andrew	SO	St. Olaf	6.07m 602
3 Borst, Layton	SO	St. Olaf	5.47m 475

4 McCormick, Connor FR Gustavus 5.20m 421

Heptathlon: #3 Men Shot Put Heptathlon

Name	Yr	School	Finals
Finals			
1 Borst, Layton	SO	St. Olaf	12.19m 618
2 Mortensen, Ian	JR	Carleton	11.85m 597
3 Cogley, Andrew	SO	St. Olaf	9.65m 465
4 McCormick, Connor	FR	Gustavus	7.95m 363

Men Heptathlon

Facility Rec:	4959 F 2022	Keaten Wood	
Name	Yr	School	Finals
Finals			
1 Mortensen, Ian	JR	Carleton	4370
2 Borst, Layton	SO	St. Olaf	4040
3 Cogley, Andrew	SO	St. Olaf	3992
4 McCormick, Connor	FR	Gustavus	3541