

**Janis Rider Invitational
Macalester College
St. Paul, MN - 4/25/2015**

Results

Women 100 Meter Dash

Meet: 11.90 M 1988 Carol Ross
Stadium: 11.71 S 2002 Muffy Isreal

Name	Yr	School	Prelims
Preliminaries			
1	Shakeela Wells-Johnson	SO St. Catherin	12.66Q-2.8
2	Jillian Krier	SO Bethel (Minn)	12.81Q-3.0
3	Miriam Nordquist	FR Bethel (Minn)	12.83Q0.7
4	Abby Stets	FR St. Olaf	13.02Q-1.3
5	Madison VanWylen	JR St. Olaf	12.92q 0.7
6	Audrey Fricke	SR St. Benedict	13.34q -3.0
7	Kayla McKinsey	JR Carleton	13.39q -3.0
8	Suzi Adams	JR St. Benedict	13.39q -1.3
9	Erin Ortiz	SR Macalester	13.50q -2.8
10	Anik Regan	SO Macalester	13.58 -2.8
11	Elizabeth Hickey	FR Augsburg	13.59 -1.3
12	Masha Grizhebovska	FR St. Olaf	13.63 0.7
13	Jordan Stavedahl	FR St. Benedict	13.70 0.7
14	Hannah Steele	SO Bethel (Minn)	13.97 0.7
15	Ellie Henkemeyer	SO St. Thomas (13.99 -1.3
16	Georgia Korsah	SR Hamline	14.06 -2.8
17	Hayley Cermin	FR Bethel (Minn)	14.07 -3.0
18	Kristy Dellwo	FR Hamline	14.15 0.7
19	Jane Vezina	FR St. Olaf	14.21 -2.8
20	Courtney Miller	SO St. Olaf	14.22 0.7
21	Brianna Baker	JR Hamline	14.26 -3.0
22	Erin McHugh	JR St. Olaf	14.54 -1.3
23	Melanie Bartenstein	FR Hamline	14.99 -3.0
24	Clara Baumann	FR Macalester	15.26 -2.8
25	Becky Weingarten	FR St. Olaf	15.52 -3.0
26	Ellie Rowland	SO St. Thomas (15.52 -2.8
27	Annie Pumper	SO St. Olaf	15.73 -1.3

Women 100 Meter Dash

Meet: 11.90 M 1988 Carol Ross
Stadium: 11.71 S 2002 Muffy Isreal

Name	Yr	School	Finals
Finals			
1	Shakeela Wells-Johnson	SO St. Catherin	12.57 10
2	Jillian Krier	SO Bethel (Minn)	12.89 8
3	Madison VanWylen	JR St. Olaf	12.94 6
4	Miriam Nordquist	FR Bethel (Minn)	12.99 5
5	Erin Ortiz	SR Macalester	13.24 4
6	Suzi Adams	JR St. Benedict	13.42 3
7	Kayla McKinsey	JR Carleton	13.47 2
8	Audrey Fricke	SR St. Benedict	13.49 1

Women 200 Meter Dash

Meet: 24.84 M 2005 Tonnisha Bell
Stadium: 24.05 S 2002 Amber James

Name	Yr	School	Finals
Finals			
1	Hannah Sonsalla	FR Macalester	26.47 10
2	Emma Grisanzio	SO Carleton	26.75 8
3	Jillian Krier	SO Bethel (Minn)	26.98 6
4	Erin Ortiz	SR Macalester	27.32 5
5	Anik Regan	SO Macalester	27.42 4
6	Shakeela Wells-Johnson	SO St. Catherin	27.43 3
7	Kayla McKinsey	JR Carleton	27.64 2
8	Kristy Dellwo	FR Hamline	27.97 1
9	Megan Thoemke	FR St. Catherin	28.12 1.1
10	Summer Ellefson	JR St. Thomas (28.31 1.1
11	Masha Grizhebovska	FR St. Olaf	28.32 2.2
12	Kate Weyenberg	SO St. Thomas (28.58 1.1
13	Khadijah Pierce	FR Hamline	28.61 2.2
14	Emma Bassier	FR St. Thomas (28.63 -0.9
15	Ali Glassbrenner	FR St. Thomas (28.66 2.2
16	Hayley Schuchard	JR St. Thomas (28.75 2.2
17	Elizabeth Hickey	FR Augsburg	28.88 2.2
18	Natalie Kintop	SO St. Thomas (29.63 1.1
19	Megan Culp	SR Hamline	29.75 1.1
20	Naomi Hesse	JR St. Olaf	29.76 1.1
21	Erin McHugh	JR St. Olaf	29.88 1.1
22	Aimee Junget	JR St. Thomas (30.13 2.2
23	Lillie Meakim	FR St. Olaf	30.32 2.2
24	Brianna Baker	JR Hamline	30.41 2.2
25	Maddie Tait	FR St. Olaf	30.62 2.2

Women 400 Meter Dash

Meet: 56.53 M 2011 Megan Geyen
Stadium: 53.81 S 2002 Amber James

Name	Yr	School	Finals
Finals			
1	Abby Stets	FR St. Olaf	58.58 10
2	Emma Grisanzio	SO Carleton	59.79 8
3	Hannah Sonsalla	FR Macalester	59.81 6
4	Izzy Shafer	FR Hamline	1:00.33 5
5	Ingrid Greene	SR Macalester	1:00.90 4
6	Natalie Broome	FR Minnesota	1:01.27 3
7	Annie Haakenstad	FR Minnesota	1:01.45 2
8	Emma Russ	JR Carleton	1:01.66 1
9	Summer Ellefson	JR St. Thomas (1:01.74
10	Carmen Garson-Shumway	FR Macalester	1:02.07
11	Megan Thoemke	FR St. Catherin	1:02.15



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Results

Finals ... (Women 400 Meter Dash)

Name	Yr	School	Finals
12 Suzie Hoops	SO	St. Olaf	1:02.31
13 Ali Glassbrenner	FR	St. Thomas (1:02.57
14 Abbey Schnaith	JR	St. Olaf	1:03.39
15 Sarah Bransford	SR	St. Olaf	1:04.03
16 Natalie Kintop	SO	St. Thomas (1:04.81
17 Emma Bassier	FR	St. Thomas (1:05.16
18 Mercy Garriga	FR	St. Olaf	1:05.25
19 Grace Forcica	JR	St. Thomas (1:06.46
20 Emily Hohenshell	FR	St. Catherin	1:07.28
21 Jenna Thompson	SO	St. Catherin	1:08.28
22 Katherine Jensen	FR	St. Thomas (1:09.56
23 Maddie Tait	FR	St. Olaf	1:11.26
--- Bolade Jinadu	NA	Unat-Minneso	X59.16
--- Kate Bishop	NA	Unat-Minneso	X1:02.19

Women 800 Meter Run

Meet: 2:11.40 M 1987 Lisa Johnson
Stadium: 2:09.06 S 2002 Liz Woodworth

Name	Yr	School	Finals
Finals			
1 Allison Kosobud	SO	St. Benedict	2:15.91 10
2 Irene Gibson	SR	Macalester	2:16.22 8
3 Andie Zeman	JR	Minnesota	2:18.17 6
4 Ellie Wilson	SR	Carleton	2:19.02 5
5 Olivia Dengel	FR	St. Benedict	2:19.60 4
6 Tess Wasowicz	FR	Minnesota	2:19.71 3
7 Hannah Trasser	JR	Minnesota	2:22.94 2
8 Dorrian Jaffe	FR	Carleton	2:23.24 1
9 Reilly Simon	JR	Carleton	2:23.61
10 Chelsea Pettit	SR	Minnesota	2:24.00
11 Nicole Nipper	SO	Carleton	2:24.59
12 Ellen Brady	SR	Macalester	2:25.91
13 Julia Giefer	FR	St. Thomas (2:27.62
14 Caitlin Dillon	SO	Minnesota	2:27.70
15 Victoria Simones	SO	St. Thomas (2:28.16
16 Kathrene Garcia	FR	Macalester	2:28.64
17 Manon Gammon-Deering	SR	St. Benedict	2:28.85
18 Lily Rogers-Grant	SO	Macalester	2:28.85
19 Sophie Glassford	JR	Carleton	2:29.59
20 Gretchen Greene	SO	Macalester	2:29.98
21 Marie Morrier	FR	St. Catherin	2:34.37
22 Haley Lynch	SR	St. Benedict	2:37.55
23 Hanna Gribble	JR	St. Thomas (2:37.60
24 McKinzie Fettig	FR	Bethel (Minn	2:38.33
25 Siri Block	FR	St. Olaf	2:38.48
26 Lisa Bailey	JR	Minnesota	2:38.95

27 Ellie Cardinal	FR	St. Catherin	2:41.31
28 Jeanette Thornton	SO	St. Benedict	2:43.97
29 Choyang Yangkyi	SO	St. Olaf	2:45.74
30 Rachel Hooper	FR	St. Olaf	2:47.26
31 Maria Zahhos	FR	St. Thomas (2:47.45
32 Jerlie Jensen	JR	St. Olaf	2:52.75
33 Libby Lange	SO	St. Thomas (2:56.39
34 Marra Evans	JR	St. Olaf	2:59.90
35 Laura Eischens	FR	St. Thomas (3:03.85

Women 1500 Meter Run

Meet: 4:31.80 M 1985 Lisa Koelfgen
Stadium: 4:12.50 S 2003 Carrie Tollefson

Name	Yr	School	Finals
Finals			
1 Megan Holmes	SR	St. Olaf	4:46.80 10
2 Josephine Brekke	SO	St. Olaf	4:50.58 8
3 Kiley Green	JR	St. Benedict	4:51.74 6
4 Caroline Campbell	JR	Carleton	4:55.43 5
5 Mary Eide	SO	St. Olaf	4:58.25 4
6 Lorna Sherwood-Caballero	FR	Macalester	4:59.27 3
7 Karlyn Russell	SO	Macalester	5:00.52 2
8 Winona Rachel	SO	Carleton	5:01.69 1
9 Jena Moody	FR	St. Olaf	5:03.29
10 Courtney Kirkeide	SO	St. Catherin	5:03.78
11 Grace Wilson	SO	St. Olaf	5:04.66
12 Laura Comee	JR	St. Benedict	5:06.38
13 Emma Weber	SO	St. Benedict	5:06.57
14 Kathryn Keller-Miller	SR	St. Benedict	5:07.82
15 Aimee Junget	JR	St. Thomas (5:07.88
16 Natalie Prescott	SO	Macalester	5:08.20
17 Natalie Kessler	SO	Bethel (Minn	5:11.08
18 Eliza Ramsey	SO	Macalester	5:15.41
19 Maggie Weiss	JR	St. Olaf	5:17.53
20 Mariah Stout	FR	St. Catherin	5:17.68
21 Cathleen Gross	SO	St. Benedict	5:19.13
22 Violet Weibel	FR	Minnesota	5:19.19
23 Lindsay Johnson	FR	Bethel (Minn	5:19.51
24 Madeline Abbott	FR	Macalester	5:19.71
25 Halle Marr	SO	Bethel (Minn	5:19.97
26 Margaret Stelzner	FR	Macalester	5:21.82
27 Emily Kiolbasa	SO	St. Benedict	5:23.47
28 Melissa Quintanilla	SR	St. Benedict	5:24.04
29 Allison Pillar	SO	Macalester	5:25.95
30 Emily Phillips Longley	JR	Carleton	5:30.28
31 Alexa Botelho	FR	Carleton	5:30.34
32 Ellie Cardinal	FR	St. Catherin	5:34.08
33 Ashley Ancona	FR	Bethel (Minn	5:38.16



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Finals ... (Women 1500 Meter Run)

Name	Yr	School	Finals
34 Maija Johansen	JR	St. Olaf	5:38.25
35 Anna Wall	FR	St. Olaf	5:41.97
36 McKenzie Van Loh	FR	Bethel (Minn)	5:42.01
37 Rachel Ullrich	SR	St. Olaf	6:03.81
--- Delaney Sinnen	NA	Unat-Minneso	X4:46.27
--- Liz Miller	NA	Unat-Minneso	X4:56.53
--- Paige Peschel	NA	Unat-Minneso	X4:56.58

Women 3000 Meter Run

Meet: 9:50.50 M 1988 Jenny Larson
Stadium: 9:50.74 S 1988 Jenny Larson

Name	Yr	School	Finals
Finals			
1 Amy Waananen	SR	St. Olaf	10:21.77 10
2 Emily Kaegi	FR	Carleton	10:24.03 8
3 Morghen Philippi	JR	St. Olaf	10:28.82 6
4 Michaela Banz	SR	St. Olaf	10:31.69 5
5 Sarah Klecker	FR	Minnesota	10:36.87 4
6 Marnie Kinnaird	SR	Minnesota	10:38.22 3
7 Jenny Walz	FR	St. Thomas (10:46.37 2
8 Rebecca Rethwisch	JR	Minnesota	10:58.17 1
9 Morgan Richmond	JR	Carleton	11:07.78
10 Melissa Marsh	FR	St. Thomas (11:22.42
11 Rachel Hall	SO	St. Catherin	11:26.02
12 Megan Davitt	SO	Macalester	11:26.04
13 Kazia Mermel	SO	Carleton	11:27.84
14 Laura Gould	FR	Macalester	11:28.41
15 Emma Vinella-Brusher	JR	Carleton	11:37.06
16 Erin McIntosh	SO	St. Olaf	11:53.08
17 Shannon Dolan	FR	St. Thomas (11:54.31
18 Jen Tucker	SO	St. Olaf	11:58.73
19 Kaitlyn Lindaman	FR	Macalester	12:00.03
20 Maddie Gamble	SR	St. Olaf	12:04.05
21 Izzy Zeitz-Moskin	SR	Carleton	12:05.21
22 Ali Marks	SO	Macalester	12:17.22
23 Michelle Perri	FR	St. Catherin	12:22.06
24 Stella Arndorfer	JR	St. Olaf	12:34.32
--- Patty O'Brien	NA	Unat-Minneso	X10:09.33
--- Bailey Ness	NA	Unat-Minneso	X10:14.06
--- Emily Castanias	NA	Unat-Minneso	X10:17.56
--- Courtney Alama	NA	Unat-Minneso	X10:19.73
--- Molly Eastman	NA	Unat-Minneso	X10:36.90
--- Ellen Snyder	NA	Unat-Minneso	X11:06.94
--- Madeline Brighthouse Glueck	NA	Unat-Minneso	X11:14.33

Women 5000 Meter Run

Meet: 16:50.50 M 1987 Julia Kirtland
Stadium: 15:45.67 S 2005 Carrie Toleffson

Name	Yr	School	Finals
Finals			
1 Kelsey Coulter	SR	St. Olaf	18:49.80 10
2 Becky Honnold	SO	Macalester	19:16.37 8
3 Lea Davidson	FR	Macalester	19:44.35 6
4 Dayna Johnson	SR	St. Benedict	20:11.20 5
5 Rosie Cobb	FR	Macalester	20:16.48 4
6 Annie White	FR	St. Benedict	21:33.40 3

Women 10000 Meter Run

Meet: 35:22.00 M 1983 Sue Alm
Stadium: 34:20.63 S 2005 Samia Akbar

Name	Yr	School	Finals
Finals			
1 Brooke Rasmussen	FR	St. Benedict	38:19.51 10
2 Aurora Janes	SR	Carleton	40:40.81 8
3 Mattia Hendrickson	SO	St. Benedict	41:25.98 6
4 Esther Banaian	JR	St. Benedict	44:21.47 5

Women 100 Meter Hurdles

Meet: 14.40 M 2001 Katie Bestul
Stadium: 13.60 S 1998 Bridget Cochran

Name	Yr	School	Prelims
Preliminaries			
1 Amelia Campbell	JR	Carleton	15.14Q-0.6
2 Brooke Hunter	SO	Macalester	16.16Q-2.8
3 Dani Larson	SR	St. Olaf	16.29Q-2.7
4 Natalie Frier	FR	St. Benedict	16.06q-0.6
5 Kari Hoeft	FR	St. Benedict	16.18q-2.8
6 Carolyn Saulsberry	JR	Hamline	16.72q-2.7
7 Brittany Moore	JR	St. Catherin	17.22q-0.6
8 Sophia Salmanpour	SR	Hamline	17.46q-2.8
9 Samantha Petterson	SO	Bethel (Minn)	17.66q-2.7
10 Michelle Howe	SR	St. Benedict	17.82 -0.6
11 Karly Betterman	FR	St. Benedict	17.92 -2.8
12 Ashleigh Ackley	JR	St. Catherin	17.96 -2.8
13 Sarah Silbert	SO	Macalester	18.25 -2.7
14 Alex Peterson	FR	Hamline	18.74 -2.7
15 Cayman Bratcher	FR	Bethel (Minn)	18.84 -2.8
16 Tina Angok	SR	Augsburg	19.01 -0.6
17 Gaby Mele	SO	Hamline	22.44 -2.7
--- Simone Carpenter	SR	Macalester	DNF -2.7
--- Kimberly Golding	NA	Unat-Minneso	M X14.39 -2.8

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Women 100 Meter Hurdles

Meet: 14.40 M 2001 Katie Bestul
Stadium: 13.60 S 1998 Bridget Cochran

Name	Yr	School	Finals
Finals			
1 Carolyn Saulsberry	JR	Hamline	15.23 10
2 Natalie Frier	FR	St. Benedict	15.33 8
3 Dani Larson	SR	St. Olaf	15.35 6
4 Brooke Hunter	SO	Macalester	15.85 5
5 Brittany Moore	JR	St. Catherin	16.00 4
6 Kari Hoeft	FR	St. Benedict	16.11 3
7 Samantha Petterson	SO	Bethel (Minn)	17.38 2
8 Sophia Salmanpour	SR	Hamline	17.59 1

Women 400 Meter Hurdles

Meet: 1:01.91 M 1999 Sandy Heltquist
Stadium: 1:00.11 S 2002 Jessica Jensen

Name	Yr	School	Finals
Finals			
1 Brielle Bierman	FR	St. Thomas (1:06.34 10
2 Megan Sundstrom	FR	St. Benedict	1:06.59 8
3 Maria Kiminski	SO	St. Benedict	1:09.78 6
4 Keely Smith	FR	St. Thomas (1:09.94 5
5 Karly Betterman	FR	St. Benedict	1:11.82 4
6 Michelle Howe	SR	St. Benedict	1:11.99 3
7 Brooke Hunter	SO	Macalester	1:12.75 2
8 Renee Johnson	JR	Bethel (Minn	1:12.86 1
9 Hannah Steele	SO	Bethel (Minn	1:13.08
10 Lillie Meakim	FR	St. Olaf	1:14.80
11 Naomi Hesse	JR	St. Olaf	1:14.89
12 Hannah Helstad	FR	St. Thomas (1:16.49
13 Cayman Bratcher	FR	Bethel (Minn	1:19.13
14 Sabrina Hille	FR	St. Benedict	1:21.04
--- Lindsey Smits	NA	Unat-Minneso	X1:05.76

Women 3000 Meter Steeplechase

Meet: 11:13.14 M 2006 Kezia Manlove
Stadium: 9:49.68 S 2003 Briana Shook

Name	Yr	School	Finals
Finals			
1 Piper Bain	JR	St. Olaf	11:22.56 10
2 Jenna McElroy	SR	St. Catherin	11:46.00 8
3 Jenna O'Donnell	SR	St. Benedict	11:46.39 6
4 Elise Reid	SO	St. Benedict	11:52.05 5
5 Sarah Jo DeVore	SO	Macalester	11:55.40 4
6 Elena Torry-Schrag	SO	Macalester	12:03.34 3
7 Megan Gossfeld	FR	St. Thomas (12:13.65 2

8 Shannon Strickland	SO	St. Catherin	12:50.01 1
9 Blair Stewig	FR	Augsburg	12:53.72
10 Morgan Durbin	FR	St. Benedict	13:05.64
11 Nikki Betzler	JR	Bethel (Minn	13:22.32
12 Lauren Faust	JR	St. Benedict	13:27.69
13 Natalie Barclay	FR	St. Catherin	14:08.30

Women 4x100 Meter Relay

Meet: 48.17 M 2006 Minnesota
Stadium: 46.20 S 1998 Christopher Newport

Team	Relay	Finals
Finals		
1 Hamline	A	50.11 10
1) Khadijah Pierce FR	2) Danielle Zwiefelhofer FR	
3) Mikayla Hensch SO	4) Izzy Shafer FR	
2 St. Benedict	A	50.77 8
1) Samantha VanErp JR	2) Audrey Fricke SR	
3) Natalie Frier FR	4) Suzi Adams JR	
3 St. Catherine	A	51.17 6
1) Brittany Moore JR	2) Abby Palmer SO	
3) Ashleigh Ackley JR	4) Shakeela Wells-Johnson SO	
4 St. Thomas (Minn.)	A	51.61 5
1) Emma Bassier FR	2) Kate Weyenberg SO	
3) Hayley Schuchard JR	4) Ellie Henkemeyer SO	
5 St. Thomas (Minn.)	B	54.41 4
1) Hanna Gribble JR	2) Taylor Fahlander SO	
3) Olivia Khauv SR	4) Elizabeth Russell SO	
6 St. Catherine	C	58.29 3
1) Claire Vasilis FR	2) Alyssa Besch JR	
3) Megan Pohlmann SO	4) Courtney Kirkeide SO	
7 St. Thomas (Minn.)	C	59.16 2
1) Ellie Rowland SO	2) Tiana Molitor FR	
3) Grace Forcica JR	4) Claire Larson FR	
8 St. Catherine	B	1:01.25 1
1) Marie Morrier FR	2) Jenna Thompson SO	
3) Emily Hohenshell FR	4) Ellie Cardinal FR	

Women 4x400 Meter Relay

Meet: 3:56.60 M 1987 Minnesota
Stadium: 3:44.27 S 2002 Wheaton (Mass.)

Team	Relay	Finals
Finals		
1 St. Benedict	A	4:01.22 10
1) Maria Kiminski SO	2) Olivia Dengel FR	
3) Megan Sundstrom FR	4) Allison Kosobud SO	
2 Minnesota	A	4:05.08 8
1) Andie Zeman JR	2) Annie Haakenstad FR	
3) Tess Wasowicz FR	4) Chelsea Pettit SR	



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Finals ... (Women 4x400 Meter Relay)

Team	Relay	Finals
3 Macalester	A	4:06.98 6
1) Anik Regan SO	2) Hannah Sonsalla FR	
3) Erin Ortiz SR	4) Irene Gibson SR	
4 Minnesota	B	4:12.90 5
1) Paige Peschel NA	2) Liz Miller NA	
3) Kate Bishop NA	4) Delaney Sinnen NA	
5 Carleton	A	4:29.97 4
1) Dorrian Jaffe FR	2) Caroline Campbell JR	
3) Ruth Steinke JR	4) Kayla McKinsey JR	
6 St. Olaf	A	4:32.90 3
1) Piper Bain JR	2) Morghen Philippi JR	
3) Michaela Banz SR	4) Amy Waananen SR	

Women 4x800 Meter Relay

Meet: 9:25.40 M 1987

Minnesota

Stadium: 9:19.62 S 2005

Macalester

Team	Relay	Finals
Finals		
1 St. Olaf	A	9:44.06 10
1) Madison VanWylen JR	2) Abbey Schnaith JR	
3) Megan Holmes SR	4) Dani Larson SR	
2 St. Olaf	B	9:59.20 8
1) Sarah Bransford SR	2) Suzie Hoops SO	
3) Josephine Brekke SO	4) Jena Moody FR	
3 St. Benedict	A	10:08.37 6
1) Manon Gammon-Deering SR	2) Haley Lynch SR	
3) Emma Weber SO	4) Kiley Green JR	
4 Macalester	B	10:10.78 5
1) Karlyn Russell SO	2) Lorna Sherwood-Caballero FR	
3) Margaret Stelzner FR	4) Madeline Abbott FR	
5 Macalester	C	10:16.88 4
1) Lily Rogers-Grant SO	2) Kathrene Garcia FR	
3) Eliza Ramsey SO	4) Gretchen Greene SO	
6 St. Catherine	A	10:26.92 3
1) Emily Hohenshell FR	2) Courtney Kirkeide SO	
3) Jenna Thompson SO	4) Marie Morrier FR	

Women High Jump

Meet: 5-08 M 1989

Jodi Swenson

Stadium: 1.73m S 1988

Jodi Swenson

Name	Yr	School	Finals
Finals			
1 Dani Larson	SR	St. Olaf	1.59m 10
2 Madison VanWylen	JR	St. Olaf	1.54m 8
3 Katie Dillie	SO	Bethel (Minn)	1.49m 6
4 Alexis Good	JR	St. Benedict	J1.49m 4.5

4 Dani Balzer	SO	Bethel (Minn)	J1.49m 4.5
6 Alicia Evenson	JR	St. Benedict	J1.49m 3
7 Anna Wagner	JR	St. Benedict	J1.49m 2
8 Tiana Molitor	FR	St. Thomas (1.44m 0.5
8 Meghan Klapper	SO	Macalester	1.44m 0.5
10 Bridget Bednar	FR	Augsburg	J1.44m
10 Sarah Manning	SR	St. Catherin	J1.44m
12 Katie Murray	FR	St. Thomas (J1.44m
13 Makayla Skluzacek	SR	St. Catherin	1.39m
14 Tina Angok	SR	Augsburg	1.34m
14 Jerlie Jensen	JR	St. Olaf	1.34m
16 Izzy Ballet	SO	Macalester	J1.34m
17 Brooke Hunter	SO	Macalester	J1.34m
18 Sarah Silbert	SO	Macalester	1.29m
--- Hanna Gribble	JR	St. Thomas (NH

Women Pole Vault

Meet: 13-00.25 M 2004

Monica Sporns

Stadium: 3.82m S 2002

Kelly Bowen

Name	Yr	School	Finals
Finals			
1 London Stelten	SO	St. Benedict	3.35m 10
2 Olivia Khauv	SR	St. Thomas (3.20m 8
3 Emma Fulton	JR	St. Olaf	3.05m 6
4 KelliAnne O'Leary	JR	Bethel (Minn)	J3.05m 5
5 Samantha Kersten	SO	St. Olaf	2.75m 3.5
5 Anna Davis	FR	St. Benedict	2.75m 3.5
7 Anna Johnson	JR	St. Olaf	J2.75m 2
8 Katya Wendt	JR	St. Olaf	J2.75m 0.5
8 Katie Richards	SR	Carleton	J2.75m 0.5
10 Alex Khoury	FR	St. Benedict	2.60m
10 Sarah Forker	FR	Bethel (Minn)	2.60m
12 Christina Geiser	FR	St. Benedict	J2.60m
13 Mam Inthasone	FR	Augsburg	2.45m
14 Sam Waddell	FR	St. Olaf	J2.45m
15 Anik Regan	SO	Macalester	2.30m
16 Anna Macki	SO	St. Catherin	J2.30m
16 Kelsey Harmatta	SO	Macalester	J2.30m

Women Long Jump

Meet: 19-04.75 M 1985

Julie Hay

Stadium: 5.92m S 2005

Kristal Grigsby

Name	Yr	School	Finals
Finals			
1 Amelia Campbell	JR	Carleton	5.23m 10
2 Damali Britton	FR	Carleton	5.12m 8
3 Katie Dillie	SO	Bethel (Minn)	5.08m 6
4 Samantha VanErp	JR	St. Benedict	5.05m 5



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St. Paul, MN - 4/25/2015

Results

Finals ... (Women Long Jump)

Name	Yr	School	Finals
5	Brittany Moore	JR St. Catherin	4.89m 4
6	Zoe Peterson	SO Carleton	4.87m 3
7	Hayley Schuchard	JR St. Thomas (4.85m 2
8	Audrey Fricke	SR St. Benedict	4.83m 1
9	Laura Eischens	FR St. Thomas (4.81m 0.7
10	Marissa Eggerichs	FR St. Benedict	4.79m 1.2
11	Megan Sundstrom	FR St. Benedict	4.74m 0.6
12	Amanda Kaing	SO St. Olaf	4.44m 2.3
12	Jordan Stavedahl	FR St. Benedict	4.44m 1.4
14	Masha Grizhebovska	FR St. Olaf	4.43m 1.4
15	Libby Lange	SO St. Thomas (4.39m 2.4
16	Makayla Skluzacek	SR St. Catherin	4.38m 0.2
17	Karly Betterman	FR St. Benedict	4.30m 3.1
18	Abby Ludens	FR Bethel (Minn	4.17m +0.0
18	Samantha Petterson	SO Bethel (Minn	4.17m 2.0
18	Hayley Cermin	FR Bethel (Minn	4.17m +0.0
21	Maria Kiminski	SO St. Benedict	4.11m +0.0
22	Dory Johnson	JR St. Benedict	4.04m 0.1
23	Clara Baumann	FR Macalester	3.85m 3.3

Women Triple Jump

Meet: 37-11.50 M 2001		Kara Hedin	
Stadium: 12.66m S 1998		Monique Hacker	
Name	Yr	School	Finals
Finals			
1	Damali Britton	FR Carleton	10.96m 10
2	Carolyn Saulsberry	JR Hamline	10.94m 8
3	Anna Wagner	JR St. Benedict	10.88m 6
4	Zoe Peterson	SO Carleton	10.50m 5
5	Sara Nester	SR Hamline	10.48m 4
6	Abby Palmer	SO St. Catherin	10.31m 3
7	Olivia Khauv	SR St. Thomas (10.17m 2
8	Georgia Korsah	SR Hamline	10.15m 1
9	Kari Hoeft	FR St. Benedict	10.05m 2.0
10	Mikayla Hensch	SO Hamline	10.02m 1.7
11	Danielle Zwiefelhofer	FR Hamline	9.97m 0.6
12	Marissa Eggerichs	FR St. Benedict	9.82m -2.5
13	Sarah Silbert	SO Macalester	9.81m 5.1
14	Karly Betterman	FR St. Benedict	9.79m -0.6
15	Elizabeth Russell	SO St. Thomas (9.73m 2.3
16	Amanda Kaing	SO St. Olaf	9.15m 0.1
17	Abby Ludens	FR Bethel (Minn	9.11m 0.3
---	Simone Carpenter	SR Macalester	FOUL
---	Samantha VanErp	JR St. Benedict	FOUL

Women Shot Put

Meet: 46-09 M 2004		Liz Alabi	
Stadium: 15.52m S 2012		Tina DeLakis	
Name	Yr	School	Finals
Finals			
1	Amelia Campbell	JR Carleton	10.95m 10
2	Amanda Passaglia	FR Bethel (Minn	10.30m 8
3	Zexin Nai	JR Macalester	10.22m 6
4	Angela Charley	FR St. Benedict	10.22m 5
5	Kirsten Montray	SR St. Benedict	8.63m 4
6	Lauren Berg	FR St. Benedict	8.50m 3
7	Bailey Cook	JR St. Thomas (8.48m 2
8	Karissa Hildebrand	SO North Centra	7.90m 1

Women Discus Throw

Meet: 175-01 M 2000		Edie Boyer	
Stadium: 57.46m S 2004		Kris Kuehl	
Name	Yr	School	Finals
Finals			
1	Genevieve Gates	SO St. Thomas (39.37m 10
2	Alyssa Solberg	SR Bethel (Minn	37.78m 8
3	Amanda Passaglia	FR Bethel (Minn	36.29m 6
4	Annika Johnson	FR St. Olaf	35.64m 5
5	Nicole Szyszka	SO St. Catherin	31.81m 4
6	Angela Charley	FR St. Benedict	31.58m 3
7	Katie Hedrick	SO Augsburg	31.48m 2
8	Claire Vasilis	FR St. Catherin	31.36m 1
9	Lizzy Swanson	FR North Centra	29.63m
10	Anika Agerlie	SO Bethel (Minn	29.25m
11	Kali Kuusisto	SO Augsburg	28.60m
12	Lauren Berg	FR St. Benedict	27.49m
13	Risa Luther	JR Macalester	27.27m
14	Zexin Nai	JR Macalester	26.73m
15	Karissa Hildebrand	SO North Centra	26.68m
16	Rachel Brooker	FR Augsburg	25.56m
17	Lynn Zemaitis	SO Macalester	22.76m

Women Hammer Throw

Meet: 180-11 M 2001		Beth Howard	
Stadium: 54.52m S 2004		Melissa Norton	
Name	Yr	School	Finals
Finals			
1	Alyssa Solberg	SR Bethel (Minn	45.64m 10
2	Allison Mellin	SO St. Thomas (43.20m 8
3	Amanda Passaglia	FR Bethel (Minn	41.95m 6
4	Avery Johnson	SR Carleton	41.04m 5
5	Michaela Bolden	JR St. Olaf	39.01m 4

**Janis Rider Invitational
Macalester College
St. Paul, MN - 4/25/2015**

Results

Finals ... (Women Hammer Throw)

Name	Yr	School	Finals
6 Risa Luther	JR	Macalester	38.82m 3
7 Claire Vasilis	FR	St. Catherin	37.95m 2
8 Megan Pohlmann	SO	St. Catherin	37.47m 1
9 Katie Hedrick	SO	Augsburg	37.04m
10 Kirsten Montray	SR	St. Benedict	36.00m
11 Jordan Stavedahl	FR	St. Benedict	33.82m
12 Lynn Zemaitis	SO	Macalester	33.68m
13 Angela Charley	FR	St. Benedict	33.22m
14 Kali Kuusisto	SO	Augsburg	32.90m
15 Anika Agerlie	SO	Bethel (Minn)	30.66m
16 Kelsey Harmatta	SO	Macalester	29.84m
17 Lauren Berg	FR	St. Benedict	27.32m
18 Abby Genereau	FR	St. Benedict	20.31m
19 Zexin Nai	JR	Macalester	19.03m
--- Nicole Szyzka	SO	St. Catherin	FOUL
--- Temi Ogunrinde	NA	Unat-Minneso	X41.28m

Women Javelin Throw

Meet: 143-05 M 1997 Renee Erickson
Stadium: 51.70m S 2002 Christina Schwerin

Name	Yr	School	Finals
Finals			
1 Amelia Campbell	JR	Carleton	36.43m 10
2 Laura Eischens	FR	St. Thomas (34.50m 8
3 Taylor Fahnlander	SO	St. Thomas (31.38m 6
4 Megan Pohlmann	SO	St. Catherin	30.85m 5
5 Avery Johnson	SR	Carleton	30.74m 4
6 Kali Kuusisto	SO	Augsburg	30.59m 3
7 Nicole Nipper	SO	Carleton	30.29m 2
8 Maria Kiminski	SO	St. Benedict	30.08m 1
9 Danielle Breault	JR	St. Catherin	30.06m
10 Lexi Papke	JR	Carleton	28.08m
11 Abby Palmer	SO	St. Catherin	27.83m
12 Karly Betterman	FR	St. Benedict	26.92m
13 Alyssa Besch	JR	St. Catherin	26.05m
14 Sarah Bransford	SR	St. Olaf	26.02m
15 Courtney Kirkeide	SO	St. Catherin	26.01m
16 Libby Lange	SO	St. Thomas (25.27m
17 Anna Wagner	JR	St. Benedict	25.23m
18 Simone Carpenter	SR	Macalester	25.08m
19 Brooke Hunter	SO	Macalester	24.20m
20 Megan Sundstrom	FR	St. Benedict	23.73m
21 Alicia Evenson	JR	St. Benedict	23.33m
22 Niki Fokken	FR	St. Benedict	22.60m
23 Samantha Petterson	SO	Bethel (Minn)	21.88m
24 Anika Agerlie	SO	Bethel (Minn)	21.24m

25 Dani Larson	SR	St. Olaf	19.51m
26 Sarah Silbert	SO	Macalester	19.24m
27 Kirsten Montray	SR	St. Benedict	19.11m
28 Cayman Bratcher	FR	Bethel (Minn)	18.72m
29 Jane Vezina	FR	St. Olaf	17.70m
30 Annika Johnson	FR	St. Olaf	17.26m
31 Abby Genereau	FR	St. Benedict	17.07m
--- Lauren Berg	FR	St. Benedict	FOUL
--- Hanna Gribble	JR	St. Thomas (FOUL

Women - Team Rankings - 22 Events Scored

1) St. Benedict	171
2) St. Olaf	145
3) Carleton	120.5
4) Macalester	102.5
5) Bethel (Minn.)	81.5
6) St. Thomas (Minn.)	76.5
7) St. Catherine	59
8) Hamline	40
9) Minnesota	37
10) Augsburg	5
11) North Central (Minn.)	1