

Hamster Invitational
Leonard Center - Macalester College
St. Paul, MN - 2/5/2016

Results

Women 60 Meter Dash

Name	Yr	School	Prelims
Preliminaries			
1 Izzy Shafer	SO	Hamline	8.45q
2 Anik Regan	JR	Macalester	8.69q
3 Katrina Diaz	FR	Hamline	8.70q
4 Abby Genereau	SO	St. Benedict	8.77q
5 Jordan Stavedahl	SO	St. Benedict	8.80q
6 Sydney Robinson	FR	St. Benedict	8.97q
7 Rebecca Dykhoff	SO	St. Benedict	9.12q

Women 60 Meter Dash

Name	Yr	School	Finals
Finals			
1 Izzy Shafer	SO	Hamline	8.41 5
2 Jordan Stavedahl	SO	St. Benedict	8.69 3
3 Anik Regan	JR	Macalester	8.70 2
4 Abby Genereau	SO	St. Benedict	8.71 1
5 Katrina Diaz	FR	Hamline	8.72
6 Sydney Robinson	FR	St. Benedict	8.94
7 Rebecca Dykhoff	SO	St. Benedict	8.96

Women 200 Meter Dash

Name	Yr	School	Finals
Finals			
1 Izzy Shafer	SO	Hamline	27.84 5
2 Gabrielle Brown	FR	Hamline	28.03 3
3 Natalie Frier	SO	St. Benedict	28.26 2
4 Anik Regan	JR	Macalester	28.70 1
5 Taylor Hedin	JR	St. Benedict	28.86
6 Mikayla Hensch	SO	Hamline	28.92
7 Abby Genereau	SO	St. Benedict	29.16
8 Lexi Kodet	FR	Hamline	29.51
9 Katrina Diaz	FR	Hamline	29.54
10 Rebecca Dykhoff	SO	St. Benedict	29.64
11 Sydney Robinson	FR	St. Benedict	31.00
12 Rebecca Rosario	SO	Hamline	31.26

Women 400 Meter Dash

Name	Yr	School	Finals
Finals			
1 Hannah Sonsalla	SO	Macalester	1:00.29 5
2 Kristy Dellwo	SO	Hamline	1:02.00 3
3 Molly McGrane	FR	St. Benedict	1:02.96 2
4 Brianna Baker	SR	Hamline	1:04.42 1
5 Erin Porter	SR	Macalester	1:04.57
6 Carmen Garson-Shumway	SO	Macalester	1:07.46

Women 600 Meter Run

Name	Yr	School	Finals
Finals			
1 Marissa Fiecke	FR	Hamline	1:41.11 5
2 Allison Kosobud	JR	St. Benedict	1:42.02 3
3 Phoebe Aguiar	FR	Macalester	1:43.91 2
4 Nadia Mezcic	FR	Macalester	1:48.27 1
5 Brooke Hunter	JR	Macalester	1:52.42
6 Corrinne Seehusen	FR	St. Benedict	1:56.58

Women 800 Meter Run

Name	Yr	School	Finals
Finals			
1 Kelly Dills	FR	St. Benedict	2:33.13 5
2 Alyssa Nash	SO	Hamline	2:33.95 3
3 Kathrene Garcia	SO	Macalester	2:40.82 2
4 Ellen Arnold	FR	St. Benedict	2:41.58 1
5 Peggy Renier	SR	St. Benedict	2:48.42
6 Mattie Daub	FR	Macalester	3:02.14

Women 1000 Meter Run

Name	Yr	School	Finals
Finals			
1 Olivia Dengel	SO	St. Benedict	3:12.73 5
2 Holly Hankins	SO	Hamline	3:13.29 3
3 Sam Womeldorf	SR	St. Benedict	3:13.82 2
4 Brenna Kennedy	SR	Hamline	3:13.90 1
5 Sara Whiteman	FR	St. Benedict	3:14.31
6 Anne Gathje	SR	St. Benedict	3:18.25
7 Meg Griffin	FR	Hamline	3:22.63
8 Abby Cyr	SR	Hamline	3:24.81
9 Augie Witkowski	FR	St. Benedict	3:30.97

Women 1 Mile Run

Name	Yr	School	Finals
Finals			
1 Mariah Gallagher	SO	Hamline	5:36.55 5
2 Lorna Sherwood-Caballero	SO	Macalester	5:38.90 3
3 Morgan Pierce	FR	St. Benedict	5:39.40 2
4 Sarissa Falk	JR	Hamline	5:41.35 1
5 Madeline Dopp	FR	Hamline	5:45.51
6 Kathleen Miles	FR	Hamline	5:47.84
7 Margaret Stelzner	SO	Macalester	5:53.55
8 Laura Gould	SO	Macalester	5:56.81
9 Madeline Abbott	SO	Macalester	5:57.76
10 Kaci McCoy	SR	St. Benedict	5:58.99
11 Kyla Porter	FR	St. Benedict	6:04.48
12 Annie White	SO	St. Benedict	6:08.43
13 Hallie Kircher-Henning	FR	Macalester	6:10.75
14 Betsy Schein	FR	Macalester	6:22.70

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Women 3000 Meter Run

Name	Yr	School	Finals
Finals			
1 Kiley Green	SR	St. Benedict	10:32.11 5
2 Sarah Jonathan	SR	Macalester	10:43.07 3
3 Laura Comee	SR	St. Benedict	11:00.67 2
4 Cathleen Gross	SR	St. Benedict	11:08.03 1
5 Lea Davidson	SO	Macalester	11:26.63
6 Rachel Nelson	FR	St. Benedict	11:27.69
7 Amy Pelz	FR	Macalester	11:31.72
8 Lauren Schoenbauer	SR	St. Benedict	11:37.50
9 Lauren Faust	SR	St. Benedict	12:11.61
10 Esther Banaian	SR	St. Benedict	12:23.52

Women 60 Meter Hurdles

Name	Yr	School	Prelims
Preliminaries			
1 Carolyn Saulsberry	SR	Hamline	9.14q
2 Gabrielle Brown	FR	Hamline	9.41q
3 Natalie Frier	SO	St. Benedict	9.62q
4 Brooke Hunter	JR	Macalester	9.68q
5 Gabby Koel	JR	Hamline	9.71q
6 Megan Sundstrom	SO	St. Benedict	9.74q
7 Jenna Degen	FR	St. Benedict	9.83q
8 Leah Koll	FR	St. Benedict	10.07q
9 Micayla Westendorf	SR	St. Benedict	10.12
10 Josi Hendrickson	SO	Hamline	10.16
11 Gabby Ivy	FR	Macalester	10.17
12 Renae Otto	SO	St. Benedict	10.28
13 Rebecca Rosario	SO	Hamline	10.81
14 Karly Betterman	SO	St. Benedict	10.99

Women 60 Meter Hurdles

Name	Yr	School	Finals
Finals			
1 Carolyn Saulsberry	SR	Hamline	8.93 5
2 Gabrielle Brown	FR	Hamline	9.20 3
3 Natalie Frier	SO	St. Benedict	9.53 2
4 Megan Sundstrom	SO	St. Benedict	9.60 1
5 Brooke Hunter	JR	Macalester	9.64
6 Jenna Degen	FR	St. Benedict	9.93
7 Leah Koll	FR	St. Benedict	10.08

Women 4x200 Meter Relay

Team	Relay	Finals
Finals		
1 Macalester		1:49.51 5
1) Erin Porter SR	2) Phoebe Aguiar FR	
3) Hannah Pollard-Garber SR	4) Hannah Sonsalla SO	

2 Hamline		1:51.18 3
1) Mikayla Hensch SO	2) Danielle Zwiefelhofer SO	
3) Lexi Kodet FR	4) Marissa Fiecke FR	
3 Macalester	B	x1:55.34
1) Gabby Ivy FR	2) Anik Regan JR	
3) Alia Benedict FR	4) Carmen Garson-Shumway SO	

Women 4x400 Meter Relay

Team	Relay	Finals
Finals		
1 Hamline		4:12.69 5
1) Kristy Dellwo SO	2) Carolyn Saulsberry SR	
3) Jordan Walls FR	4) Marissa Fiecke FR	
2 St. Benedict		4:19.65 3
1) Molly McGrane FR	2) Allison Kosobud JR	
3) Olivia Dengel SO	4) Sara Whiteman FR	
3 Macalester		4:33.39
1) Phoebe Aguiar FR	2) Alia Benedict FR	
3) Carmen Garson-Shumway SO	4) Hannah Sonsalla SO	
4 St. Benedict	C	x4:44.57
1) Peggy Renier SR	2) Ellen Arnold FR	
3) Kyla Porter FR	4) Corrinne Seehusen FR	
5 St. Benedict	B	x4:51.89
1) Augie Witkowski FR	2) Sam Womeldorf SR	
3) Morgan Pierce FR	4) Anne Gathje SR	

Women High Jump

Name	Yr	School	Finals
Finals			
1 Alicia Evenson	SR	St. Benedict	1.55m 5
2 Alexis Good	SR	St. Benedict	1.50m 3
3 Taylor Hedin	JR	St. Benedict	J1.50m 2
4 Halla Dontje Lindell	FR	Macalester	1.45m 1
5 Brooke Hunter	JR	Macalester	1.35m

Women Pole Vault

Name	Yr	School	Finals
Finals			
1 Anna Davis	SO	St. Benedict	3.10m 5
2 London Stelten	JR	St. Benedict	J3.10m 2.5
2 Piper Murray	SR	St. Benedict	J3.10m 2.5
4 Jordan Walls	FR	Hamline	2.95m 1
5 Estee Sieben	FR	St. Benedict	J2.95m
6 Audrey Seligman	JR	Macalester	2.80m
7 Anik Regan	JR	Macalester	2.65m
8 Nikki Bennington	FR	Macalester	2.50m

Women Long Jump

Name	Yr	School	Finals
Finals			
1 Danielle Zwiefelhofer	SO	Hamline	5.01m 5

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Finals ... (Women Long Jump)

	Name	Yr	School	Finals
2	Samantha VanErp	SR	St. Benedict	4.98m 3
3	Alicia Evenson	SR	St. Benedict	4.81m 2
4	Mary Gaytko	FR	St. Benedict	4.63m 1
5	Jordan Stavedahl	SO	St. Benedict	4.61m
6	Josi Hendrickson	SO	Hamline	4.42m
7	Sydney Robinson	FR	St. Benedict	3.77m

1) Hamline	84
2) St. John's (Minn.)	60
3) Macalester	33

Women Triple Jump

	Name	Yr	School	Finals
Finals				
1	Carolyn Saulsberry	SR	Hamline	10.89m 5
2	Anna Wagner	SR	St. Benedict	10.53m 3
3	Leah Koll	FR	St. Benedict	10.49m 2
4	Halla Dontje Lindell	FR	Macalester	10.33m 1
5	Samantha VanErp	SR	St. Benedict	10.31m
6	Mary Gaytko	FR	St. Benedict	10.10m
7	Mikayla Hensch	SO	Hamline	9.99m

Women Shot Put

	Name	Yr	School	Finals
Finals				
1	Gabby Koel	JR	Hamline	11.28m 5
2	Haley Anderson	FR	St. Benedict	11.19m 3
3	Claire Baker	FR	St. Benedict	10.26m 2
4	Karly Betterman	SO	St. Benedict	9.11m 1
5	Micayla Westendorf	SR	St. Benedict	9.09m
6	Megan Sundstrom	SO	St. Benedict	8.93m
7	Jenna Degen	FR	St. Benedict	7.99m

Women Weight Throw

	Name	Yr	School	Finals
Finals				
1	Allyson Opps	JR	Hamline	13.20m 5
2	Kiana Verdugo	SO	Hamline	12.58m 3
3	Risa Luther	SR	Macalester	12.08m 2
4	Haley Anderson	FR	St. Benedict	11.08m 1
5	Lauren Berg	SO	St. Benedict	8.31m

Women - Team Rankings - 17 Events Scored

1) St. Benedict	78
2) Hamline	75
3) Macalester	28

Men - Team Rankings - 17 Events Scored