

Hamster Invitational
Leonard Center - Macalester College
St. Paul, MN - 2/3/2017
Results

Women 60 Meter Dash
Top 8 Advance by Time

Name	Year	School	Prelims	H#
Preliminaries				
1 Kara Komoto		Macalester	8.11q	2
2 Anna Donkhong		Hamline	8.29q	1
3 Anik Regan		Macalester	8.39q	1
4 Leah Koll		St. Benedict	8.42q	1
5 Molly McGrane		St. Benedict	8.57q	2
6 Maya Michon		Macalester	8.69q	1
7 Renae Otto		St. Benedict	8.76q	2
8 Katrina Diaz		Hamline	8.94q	1
9 SunAh Shim		St. Benedict	8.98	2

Women 60 Meter Dash

Name	Year	School	Finals	Points
Finals				
1 Kara Komoto		Macalester	8.09	10
2 Anna Donkhong		Hamline	8.33	8
3 Leah Koll		St. Benedict	8.37	6
4 Anik Regan		Macalester	8.41	4
5 Maya Michon		Macalester	8.61	2
6 Molly McGrane		St. Benedict	8.62	1
7 Katrina Diaz		Hamline	8.85	

Women 200 Meter Dash

Name	Year	School	Finals	H#	Points
1 Briana Berninghaus		Hamline	26.70	5	10
2 Izzy Shafer		Hamline	27.04	5	8
3 Leah Koll		St. Benedict	27.26	5	6
4 Anna Donkhong		Hamline	28.05	4	4
5 Molly McGrane		St. Benedict	28.52	2	2
6 Mikayla Hensch		Hamline	28.71	4	1
7 Maya Michon		Macalester	29.23	3	
8 Jordan Walls		Hamline	29.51	3	
9 Katrina Diaz		Hamline	29.67	2	
10 Emily Lincoln		Hamline	29.93	1	
11 Leah Huss		Unat-Hamline	X30.24	3	
12 SunAh Shim		St. Benedict	31.75	1	
13 Mellissa Clarke		Hamline	32.38	2	

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Women 400 Meter Dash

Name	Year	School	Finals	H#	Points
1 Hannah Sonsalla		Macalester	1:00.04	2	10
2 Kristy Dellwo		Hamline	1:01.56	2	8
3 Marisa Fiecke		Hamline	1:01.62	2	6
4 Olivia Dengel		St. Benedict	1:05.94	2	4
5 Lily Schlieman		Macalester	1:06.03	1	2
6 Nadia Mezic		Macalester	1:08.18	1	1
7 Leah Huss		Unat-Hamline	X1:09.96	1	

Women 600 Meter Run

Name	Year	School	Finals	H#	Points
1 Victoria Casarrubias		Macalester	1:41.27	2	10
2 Natalie Prescott		Macalester	1:43.75	2	8
3 Aubrey Shepard		St. Benedict	1:47.76	2	6
4 Carmen Garson-Shumway		Macalester	1:50.69	1	4
5 Nadine Thoemke		Hamline	1:50.74	1	2
6 Ashley Flores		St. Benedict	1:52.91	2	1
7 Izzy Ballet		Macalester	1:56.54	1	

Women 800 Meter Run

Name	Year	School	Finals	Points
1 Allison Pillar		Macalester	2:28.26	10
2 Alyssa Nash		Hamline	2:31.56	8
3 Brooke Hunter		Macalester	2:37.50	6
4 Halla Dontje Lindell		Macalester	2:45.13	4
5 Veronica Zapata		Macalester	2:57.40	2
6 Annie White		St. Benedict	3:14.70	1

Women 1000 Meter Run

Name	Year	School	Finals	Points
1 Allison Kosobud		St. Benedict	2:59.49	10
2 Holly Hankins		Hamline	3:05.78	8
3 Taylor Loth		St. Benedict	3:09.77	6
4 Holly Ellingson		Macalester	3:13.97	4
5 Elena Smith		Macalester	3:14.19	2
6 Emma Maxtutis		Macalester	3:18.83	1
7 Sarissa Falk		Hamline	3:21.20	
8 Betsy Schein		Macalester	3:32.80	
9 Hollie Hennagir		St. Benedict	3:57.77	
10 Kaylee Egbers		St. Benedict	4:00.14	

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Women 1 Mile Run

Name	Year School	Finals	H#	Points
1 Kimber Meyer	Macalester	5:16.19	2	10
2 Emma Weber	St. Benedict	5:19.47	2	8
3 Eliza Ramsey	Macalester	5:29.03	2	6
4 Madeline Dopp	Hamline	5:29.28	2	4
5 Rachel Nelson	St. Benedict	5:32.12	2	2
6 Abigail Borgmeier	St. Benedict	5:35.56	2	1
7 Lydia Simpson	Macalester	5:42.89	2	
8 Amy Pelz	Macalester	5:44.09	2	
9 Molly Adams	Macalester	5:44.20	1	
10 Anya Ptacek	Macalester	5:49.82	1	
11 Hallie Kircher-Henning	Macalester	6:01.50	1	
12 Emma Higgins	Macalester	6:17.36	1	
13 Bernadette Hayden	Hamline	6:24.20	1	

Women 3000 Meter Run

Name	Year School	Finals	Points
1 Elise Reid	St. Benedict	11:05.85	10
2 Megan Davitt	Macalester	11:12.63	8
3 Marlee Yost-Wolff	Macalester	11:25.46	6
4 Emily Kiolbasa	St. Benedict	11:33.25	4
5 Karlyn Russell	Macalester	11:37.24	2
6 Anya Wolterman	Macalester	11:57.35	1
7 Kayla Hostetler	Macalester	12:18.51	
8 Sarah Furth	Macalester	12:34.88	
9 Augie Witkowski	St. Benedict	12:54.23	
10 Caroline Osborne	St. Benedict	12:59.24	

Women 60 Meter Hurdles**Top 8 Advance by Time**

Name	Year School	Prelims	H#
Preliminaries			
1 Gabrielle Brown	Hamline	9.39q	2
2 Abigail Van Goethem	Hamline	9.47q	1
3 Brooke Hunter	Macalester	9.56q	1
4 Natalie Frier	St. Benedict	9.57q	1
5 Josi Hendrickson	Hamline	10.01q	2
6 Renae Otto	St. Benedict	10.18q	1
7 Mellissa Clarke	Hamline	10.48q	1
8 Halla Dontje Lindell	Macalester	10.53q	2
9 Emily Lincoln	Hamline	10.84	2

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Women 60 Meter Hurdles

Name	Year School	Finals	Points
Finals			
1 Gabrielle Brown	Hamline	9.32	10
2 Abigail Van Goethem	Hamline	9.40	8
3 Brooke Hunter	Macalester	9.43	6
4 Josi Hendrickson	Hamline	10.01	4
5 Renae Otto	St. Benedict	10.31	2
6 Halla Dontje Lindell	Macalester	10.60	1
7 Mellissa Clarke	Hamline	10.70	
8 Natalie Frier	St. Benedict	11.32	

Women 4x200 Meter Relay

School	Finals	Points
1 Macalester	1:48.11	10
1) Kara Komoto	2) Hannah Detlaff	
3) Anik Regan	4) Hannah Sonsalla	
2 Hamline	1:48.27	8
1) Gabrielle Brown	2) Izzy Shafer	
3) Mikayla Hensch	4) Briana Berninghaus	

Women 4x400 Meter Relay

School	Finals	Points
1 Macalester	4:06.32	10
1) Victoria Casarrubias	2) Natalie Prescott	
3) Anik Regan	4) Hannah Sonsalla	
2 Hamline	4:08.21	8
1) Kristy Dellwo	2) Holly Hankins	
3) Marissa Fiecke	4) Izzy Shafer	
3 St. Benedict	4:17.81	6
1) Molly McGrane	2) Olivia Dengel	
3) Natalie Frier	4) Allison Kosobud	
4 Macalester 'C'	x4:39.03	
1) Maya Michon	2) Holly Ellingson	
3) Betsy Schein	4) Nadia Mezc	
5 Macalester 'B'	x4:39.35	
1) Lily Schlieman	2) Carmen Garson-Shumway	
3) Allison Pillar	4) Elena Smith	
-- Hamline 'B'	DNF	
1) Alyssa Nash	2) Abigail Van Goethem	
3) Emily Lincoln	4) Lexi Kodet	

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Women High Jump

Name	Year	School	Finals	Points					
1 Meghan Klapper		Macalester	1.54m	5-00.50 10					
	1.29	1.34	1.39	1.44	1.49	1.54	1.58		
	P	P	P	O	O	XO	XXX		
2 Suntina Spehar		St. Benedict	1.49m	4-10.50 8					
	1.29	1.34	1.39	1.44	1.49	1.54			
	P	P	O	O	XXO	XXX			
3 Anna Lewis-Workman		Macalester	1.44m	4-08.75 6					
	1.29	1.34	1.39	1.44	1.49				
	P	P	O	O	XXX				
4 Madison Jones		St. Benedict	J1.44m	4-08.75 4					
	1.29	1.34	1.39	1.44	1.49				
	O	O	XXO	XO	XXX				
5 Nadia Mezcic		Macalester	1.29m	4-02.75 2					
	1.29	1.34							
	O	XXX							

Women Pole Vault

Name	Year	School	Finals	Points							
1 London Stelten		St. Benedict	3.71m	12-02.00 10 School Record							
	2.56	2.71	2.86	3.01	3.16	3.31	3.46	3.61	3.66	3.71	3.76
	P	P	P	P	O	P	O	O	XXO	O	XXX
2 Lee Stelten		St. Benedict	3.01m	9-10.50 8							
	2.56	2.71	2.86	3.01	3.16						
	O	O	O	XXO	XXX						
3 Anik Regan		Macalester	2.86m	9-04.50 6							
	2.56	2.71	2.86	3.01							
	O	O	O	XXX							
4 Christina Geiser		St. Benedict	2.71m	8-10.75 4							
	2.56	2.71	2.86								
	XO	XO	XXX								
-- Jordan Walls		Hamline	NH								
	2.56	2.71	2.86								
	P	P	XXX								

Women Long Jump

Name	Year	School	Finals	Points		
1 Abigail Van Goethem		Hamline	5.28m	17-04.00 10		
	4.83m	4.98m	5.09m	5.28m	PASS	PASS
2 Danielle Zwiefelhofer		Hamline	5.16m	16-11.25 8		
	4.81m	4.90m	5.15m	4.75m	5.16m	FOUL
3 Anna Donkhong		Hamline	4.89m	16-00.50 6		
	4.85m	4.89m	FOUL	PASS	PASS	PASS

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....Women Long Jump

4 Sarah Silbert		Macalester	4.82m	15-09.75	4
	4.43m 4.82m 4.69m 4.55m 4.77m 4.69m				
5 Leah Koll		St. Benedict	4.71m	15-05.50	2
	4.69m 4.63m 4.71m 4.61m 4.10m 4.59m				
6 Briana Berninghaus		Hamline	4.69m	15-04.75	1
	4.58m 4.69m 4.69m PASS PASS PASS				
7 Josi Hendrickson		Hamline	4.51m	14-09.75	
	4.26m 4.51m 4.49m PASS PASS PASS				
8 Halla Dontje Lindell		Macalester	4.44m	14-07.00	
	4.39m 4.44m 4.13m 4.35m 4.21m 4.40m				
9 Brooke Hunter		Macalester	4.43m	14-06.50	
	4.16m 4.37m 4.43m 4.32m 4.36m FOUL				
10 Emily Christian		St. Benedict	4.40m	14-05.25	
	4.23m 4.40m 4.31m				
11 Mellissa Clarke		Hamline	4.35m	14-03.25	
	FOUL FOUL 4.35m				
12 Suntina Spehar		St. Benedict	4.16m	13-07.75	
	FOUL 4.16m 3.88m				

Women Triple Jump

Name	Year	School	Finals	Points
1 Abigail Van Goethem		Hamline	10.76m	35-03.75 10
	FOUL 10.76m 10.49m	PASS PASS PASS		
2 Danielle Zwiefelhofer		Hamline	10.16m	33-04.00 8
	9.96m 9.90m 10.16m	PASS PASS PASS		
3 Mikayla Hensch		Hamline	10.04m	32-11.25 6
	FOUL 10.01m FOUL 9.65m 10.04m FOUL			
4 Sarah Silbert		Macalester	9.87m	32-04.75 4
	9.35m 9.55m FOUL 9.58m 9.70m 9.87m			
5 Emily Christian		St. Benedict	9.64m	31-07.50 2
	9.32m 9.32m 9.64m 9.03m 9.33m FOUL			
6 Hannah Detlaff		Macalester	9.59m	31-05.75 1
	9.25m 9.39m 9.42m 9.27m FOUL 9.59m			
7 Mellissa Clarke		Hamline	9.13m	29-11.50
	FOUL FOUL FOUL 9.13m FOUL PASS			
8 Remington Deyak		St. Benedict	8.78m	28-09.75
	8.68m 8.56m 8.60m 8.39m 8.78m 8.06m			

Women Shot Put

Name	Year	School	Finals	Points
1 Gabby Koel		Hamline	12.13m	39-09.75 10
	11.11m 11.90m FOUL 11.81m 11.30m 12.13m			
2 Libbie Lange		St. Thomas	12.11m	39-08.75 8
	FOUL 11.10m 12.11m 11.30m 11.02m 11.78m			

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....Women Shot Put

3 Sarah Gigstad	St. Benedict	11.28m	37-00.25	6
11.01m 11.21m 10.96m 10.90m 11.25m 11.28m				
4 Haley Anderson	St. Benedict	11.20m	36-09.00	4
11.20m PASS PASS PASS PASS PASS				
5 Jessie Juenemann	Hamline	10.84m	35-06.75	2
9.49m 10.84m 10.47m 10.32m 10.23m 10.59m				
6 Miranda Janssen	Hamline	10.28m	33-08.75	1
10.09m 10.11m 9.65m 10.28m 10.06m 10.09m				
7 Claire Baker	St. Benedict	10.08m	33-01.00	
9.83m 10.05m 10.01m 9.78m 9.83m 10.08m				
8 Lynn Zemaitis	Macalester	8.48m	27-10.00	
7.89m 6.76m 8.48m 8.02m FOUL 8.31m				

Women Weight Throw

Name	Year School	Finals	Points
1 Allison Mellin	St. Thomas	15.40m	50-06.25 10
14.96m 14.79m 15.00m FOUL FOUL 15.40m			
2 Olivia Graham	St. Thomas	15.04m	49-04.25 8
14.56m 15.04m 14.23m 14.77m FOUL 14.08m			
3 Kiana Verdugo	Hamline	13.86m	45-05.75 6
13.86m 12.83m 13.46m FOUL 13.34m 13.48m			
4 Libbie Lange	St. Thomas	13.81m	45-03.75 4
12.23m 13.61m 13.08m 11.85m 13.81m FOUL			
5 Gabby Koel	Hamline	13.19m	43-03.25 2
FOUL 10.95m 13.02m 13.19m 12.73m FOUL			
6 Lynn Zemaitis	Macalester	12.65m	41-06.00 1
11.67m 12.65m 12.00m 12.18m FOUL FOUL			
7 Allyson Opps	Hamline	12.64m	41-05.75
12.36m 11.93m 11.67m 12.64m 12.07m FOUL			
8 Haley Anderson	St. Benedict	12.35m	40-06.25
11.96m 12.35m FOUL 11.38m PASS PASS			
9 Sarah Gigstad	St. Benedict	11.62m	38-01.50
10.34m 11.05m 11.62m 8.96m FOUL 9.66m			
10 Miranda Janssen	Hamline	10.52m	34-06.25
10.17m 10.52m 9.74m			
11 Remington Deyak	St. Benedict	10.32m	33-10.25
10.13m FOUL 10.32m			
12 Claire Baker	St. Benedict	10.19m	33-05.25
7.79m 10.19m FOUL			
13 Kelsey Harmatta	Macalester	9.56m	31-04.50
9.56m FOUL 9.37m			
14 Lauren Berg	St. Benedict	9.00m	29-06.50
8.97m 9.00m FOUL			
15 Savanna Keiser	Hamline	8.96m	29-04.75
FOUL 8.79m 8.96m			
16 Aaisha Abdullahi	Hamline	8.22m	26-11.75
6.32m 7.74m 8.22m			

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....Women Weight Throw

17	Jessie Juenemann	Hamline	8.02m	26-03.75
	FOUL 8.02m FOUL			
18	Nora Melting	Hamline	6.66m	21-10.25
	6.20m 6.66m 6.28m			
--	Makenzie Fiedler	Hamline	FOUL	
	FOUL FOUL FOUL			

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Women - Team Rankings - 17 Events Scored

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1) Hamline	175	2) Macalester	174
3) St. Benedict	124	4) St. Thomas	30

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Men - Team Rankings - 17 Events Scored

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1) St. John's	200	2) Hamline	134
3) Macalester	118	4) St. Thomas	26