

Janis Rider Invitational
Macalester College
St. Paul, Minnesota - 4/28/2018
Results

Women 100 Meter Dash**9 Advance: Top 1 Each Heat plus Next 6 Best Times**

| Meet: M 11.90 1988 | | Carol Ross, Augsburg | | | |
|------------------------|------|------------------------|---------|------|----------|
| Stadium: S 11.71 2002 | | Muffy Isreal, Carthage | | | |
| Name | Year | School | Prelims | Wind | H# |
| Preliminaries | | | | | |
| -- Christina Stathakis | SR | Minnesota Ru | X14.10 | -3.1 | 2 |
| -- Chella Maltese | SR | Minnesota Ru | X14.67 | -3.1 | 2 |
| -- Lindsey Januszyk | SR | Minnesota Ru | X14.76 | -1.3 | 1 |
| -- Alexandra Smith | | Minnesota Ru | X16.84 | -1.3 | 1 |
| 1 Sidney Holder | FR | Carleton | 13.09Q | -1.3 | 1 |
| 2 Anna Smith | SO | St. Thomas (Minn.) | 13.43Q | -3.1 | 2 |
| 3 Liliya Kirkova | SO | St. Catherine | 13.50Q | -1.4 | 3 |
| 4 Lillie Meakim | SR | St. Olaf | 13.61q | -1.4 | 3 |
| 5 Madison Brown | FR | St. Benedict | 13.62q | -3.1 | 2 |
| 6 Elizabeth Muench | JR | St. Thomas (Minn.) | 13.73q | -1.4 | 3 |
| 7 Jalia Anderson | JR | St. Thomas (Minn.) | 13.77q | -1.3 | 1 |
| 8 Karissa Gregory | FR | St. Thomas (Minn.) | 13.83q | -1.3 | 1 13.823 |
| 9 Morgan Holthaus | FR | St. Benedict | 13.83q | -1.3 | 1 13.830 |
| 10 Emma Bassier | SR | St. Thomas (Minn.) | 13.87 | -1.4 | 3 |
| 11 Quinn O'Connor | FR | St. Thomas (Minn.) | 13.92 | -1.4 | 3 |
| 12 Shakhila Islam | FR | St. Catherine | 13.96 | -1.4 | 3 |
| 13 Abby Fuchs | SO | St. Thomas (Minn.) | 14.01 | -3.1 | 2 |
| 14 Maya Michon | SO | Macalester | 14.13 | -1.3 | 1 |
| 15 Samantha Mellin | SO | St. Thomas (Minn.) | 14.31 | -3.1 | 2 |
| 16 Steph Kretlow | SO | St. Thomas (Minn.) | 14.36 | -3.1 | 2 |
| 17 Katrina Diaz | JR | Hamline | 14.85 | -3.1 | 2 |
| 18 Maggy Osha | FR | Carleton | 14.96 | -1.4 | 3 |
| 19 Ici Kelley | JR | St. Catherine | 15.05 | -1.4 | 3 |
| 20 Victoria Vote | FR | North Centra | 19.36 | -1.3 | 1 |

Women 100 Meter Dash

| Meet: M 11.90 1988 | | Carol Ross, Augsburg | | | |
|-----------------------|------|------------------------|--------|------|--------|
| Stadium: S 11.71 2002 | | Muffy Isreal, Carthage | | | |
| Name | Year | School | Finals | Wind | Points |
| Finals | | | | | |
| 1 Sidney Holder | FR | Carleton | 12.71 | +0.0 | 10 |
| 2 Anna Smith | SO | St. Thomas (Minn.) | 13.08 | +0.0 | 8 |
| 3 Liliya Kirkova | SO | St. Catherine | 13.22 | +0.0 | 6 |
| 4 Elizabeth Muench | JR | St. Thomas (Minn.) | 13.25 | +0.0 | 5 |
| 5 Madison Brown | FR | St. Benedict | 13.40 | +0.0 | 4 |
| 6 Jalia Anderson | JR | St. Thomas (Minn.) | 13.44 | +0.0 | 3 |
| 7 Karissa Gregory | FR | St. Thomas (Minn.) | 13.53 | +0.0 | 2 |
| 8 Morgan Holthaus | FR | St. Benedict | 13.74 | +0.0 | 1 |

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St. Paul, Minnesota - 4/28/2018
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Women 200 Meter Dash

| Meet: M 24.84 2005 | | Tonnisha Bell, Augsburg | | | | | |
|-----------------------|----------------------|------------------------------|--------|------|----|--------|--|
| Stadium: S 24.05 2002 | | Amber James, Wheaton (Mass.) | | | | | |
| Name | Year | School | Finals | Wind | H# | Points | |
| 1 | Sophia Anderson | SO Minnesota | 25.30 | -2.2 | 1 | 10 | |
| 2 | Allie Dugan | SO Minnesota | 25.69 | -2.2 | 1 | 8 | |
| 3 | Hannah Sonsalla | SR Macalester | 25.81 | -2.2 | 1 | 6 | |
| 4 | Abby Stets | SR St. Olaf | 25.90 | -2.2 | 1 | 5 | |
| 5 | Katie Elstad | FR St. Olaf | 26.43 | -2.5 | 2 | 4 | |
| 6 | Briana Berninghaus | SO Hamline | 26.47 | -2.2 | 1 | 3 | |
| 7 | Johanna Glaaser | SO St. Olaf | 26.78 | -2.2 | 1 | 2 | |
| 8 | Kelly Klingelhutz | FR St. Benedict | 27.00 | -2.5 | 2 | 1 | |
| 9 | Lily Schlieman | SO Macalester | 27.15 | -2.5 | 2 | | |
| 10 | Allison Gerads | NA Unat-Minnesota | X27.20 | -2.2 | 1 | | |
| 11 | Anna Smith | SO St. Thomas (Minn.) | 27.21 | -2.5 | 2 | | |
| 12 | Karissa Gregory | FR St. Thomas (Minn.) | 27.61 | -2.5 | 2 | | |
| 13 | Mackenzie Schoustra | SO St. Olaf | 27.81 | -3.6 | 3 | | |
| 14 | Emma Bassier | SR St. Thomas (Minn.) | 28.04 | -2.5 | 2 | | |
| 15 | Anna Futterer | SR Hamline | 28.08 | -2.2 | 1 | | |
| 16 | Samantha Mellin | SO St. Thomas (Minn.) | 28.36 | -3.6 | 3 | | |
| 17 | Nadia Mezic | JR Macalester | 28.57 | -3.6 | 4 | | |
| 18 | Elizabeth Muench | JR St. Thomas (Minn.) | 28.58 | -3.6 | 3 | | |
| 19 | Shakhila Islam | FR St. Catherine | 28.60 | -3.6 | 3 | | |
| 20 | Christine Tsai | SR Minnesota Ru | X28.77 | -3.6 | 4 | | |
| 21 | Abby Fuchs | SO St. Thomas (Minn.) | 28.80 | -3.6 | 4 | | |
| 22 | Jen Koudelka | FR St. Catherine | 28.82 | -3.6 | 3 | 28.817 | |
| 23 | Sydia Reeves | JR St. Catherine | 28.82 | -1.4 | 5 | 28.818 | |
| 24 | Hannah Detlaff | SO Macalester | 29.02 | -3.6 | 4 | | |
| 25 | Maya Michon | SO Macalester | 29.14 | -3.6 | 3 | | |
| 26 | Halla Dontje Lindell | JR Macalester | 29.49 | -3.6 | 4 | | |
| 27 | Christina Stathakis | SR Minnesota Ru | X29.51 | -3.6 | 3 | | |
| 28 | Katrina Diaz | JR Hamline | 29.67 | -1.4 | 5 | | |
| 29 | Quinn O'Connor | FR St. Thomas (Minn.) | 29.72 | -3.6 | 3 | | |
| 30 | Lindsey Januszyk | SR Minnesota Ru | X30.21 | -3.6 | 4 | | |
| 31 | Alexa Montesinos | SO Macalester | 30.33 | -1.4 | 5 | | |
| 32 | Ici Kelley | JR St. Catherine | 30.53 | -0.3 | 6 | | |
| 33 | Shanoah Harren | FR Hamline | 30.55 | -1.4 | 5 | | |
| 34 | Jordan Sifferle | SO St. Thomas (Minn.) | 30.58 | -2.5 | 2 | | |
| 35 | Margaret Stelzner | SR Macalester | 30.85 | -1.4 | 5 | | |
| 36 | Lori Erlandson | JR St. Olaf | 30.88 | -3.6 | 4 | | |
| 37 | Madeline Abbott | SR Macalester | 31.09 | -1.4 | 5 | | |
| 38 | Maggy Osha | FR Carleton | 31.19 | -1.4 | 5 | | |
| 39 | Alexandra Smith | Minnesota Ru | X35.33 | -0.3 | 6 | | |
| 40 | Victoria Vote | FR North Centra | 41.63 | -0.3 | 6 | | |

Janis Rider Invitational
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Women 400 Meter Dash

| Meet: M 56.53 2011 | | Megan Geyen, Minnesota | | | | | |
|-----------------------|-----------|------------------------------|-----------------------|----------|--------|----|----------|
| Stadium: S 53.81 2002 | | Amber James, Wheaton (Mass.) | | | | | |
| Name | Year | School | Finals | H# | Points | | |
| 1 | Sophia | Anderson | SO Minnesota | 55.67M | 1 | 10 | |
| 2 | Hannah | Sonsalla | SR Macalester | 56.56 | 1 | 8 | |
| 3 | Allie | Dugan | SO Minnesota | 57.33 | 1 | 6 | |
| 4 | Abby | Stets | SR St. Olaf | 57.58 | 1 | 5 | |
| 5 | Johanna | Glaaser | SO St. Olaf | 59.24 | 1 | 4 | |
| 6 | Matilda | McFerson | SO St. Thomas (Minn.) | 1:01.45 | 1 | 3 | |
| 7 | Nadia | Mezic | JR Macalester | 1:02.15 | 1 | 2 | 1:02.142 |
| 8 | Kristy | Dellwo | SR Hamline | 1:02.15 | 1 | 1 | 1:02.150 |
| 9 | Elizabeth | Axberg | FR St. Catherine | 1:02.80 | 2 | | 1:02.795 |
| 10 | Emma | Thomley | SO Carleton | 1:02.80 | 1 | | 1:02.800 |
| 11 | Christine | Tsai | SR Minnesota Ru | X1:03.56 | 2 | | |
| 12 | Lindsay | Steiger | SO Hamline | 1:03.64 | 2 | | |
| 13 | Erica | Meyers | FR St. Olaf | 1:06.31 | 2 | | |
| 14 | Michaela | Howk | JR St. Thomas (Minn.) | 1:06.97 | 2 | | |

Women 800 Meter Run

| Meet: M 2:11.40 1987 | | Lisa Johnson, Minnesota | | | | | |
|-------------------------|-----------|---------------------------|-----------------------|----------|--------|----|--|
| Stadium: S 2:09.06 2002 | | Liz Woodworth, UW-Oshkosh | | | | | |
| Name | Year | School | Finals | H# | Points | | |
| 1 | Phoebe | Aguiar | JR Macalester | 2:11.53 | 1 | 10 | |
| 2 | Delaney | FitzPatrick | SR Minnesota | 2:14.47 | 1 | 8 | |
| 3 | Jordan | Lutz | SR St. Olaf | 2:16.03 | 1 | 6 | |
| 4 | Anastasia | Korzenowski | NA Unat-Minnesota | X2:16.49 | 1 | | |
| 5 | Kelsey | Sather | SO Minnesota | 2:17.42 | 1 | 5 | |
| 6 | Carmen | Garson-Shumway | SR Macalester | 2:19.03 | 1 | 4 | |
| 7 | Kayla | Baker | NA Unat-Minnesota | X2:20.27 | 1 | | |
| 8 | Helen | Dolan | FR Hamline | 2:20.77 | 2 | 3 | |
| 9 | Olivia | Dengel | SR St. Benedict | 2:22.04 | 1 | 2 | |
| 10 | Abby | Lange | SO Minnesota | 2:22.16 | 1 | 1 | |
| 11 | Fiona | Casey | FR Carleton | 2:22.44 | 2 | | |
| 12 | Jenna | Conzemius | NA Unat-Minnesota | X2:23.45 | 1 | | |
| 13 | Holly | Hankins | SR Hamline | 2:23.65 | 1 | | |
| 14 | Claudia | Lundgren | SO St. Thomas (Minn.) | 2:23.70 | 2 | | |
| 15 | Natalie | Marsh | FR Carleton | 2:23.78 | 2 | | |
| 16 | Anna | Kroll | FR St. Thomas (Minn.) | 2:24.00 | 2 | | |
| 17 | Paige | Cater | FR St. Thomas (Minn.) | 2:24.06 | 2 | | |
| 18 | Carly | Scheuerman | FR St. Thomas (Minn.) | 2:24.54 | 2 | | |
| 19 | Morgan | Dammann | SO St. Thomas (Minn.) | 2:25.06 | 2 | | |
| 20 | Kathrene | Garcia | SR Macalester | 2:25.48 | 2 | | |
| 21 | Briana | Paulsen | SR St. Olaf | 2:26.02 | 2 | | |
| 22 | Althea | Gutzmann | FR St. Benedict | 2:26.82 | 1 | | |
| 23 | Stephanie | Balas | FR St. Olaf | 2:27.04 | 2 | | |
| 24 | Sammi | Baer | NA Unat-Minnesota | X2:27.47 | 2 | | |

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....Women 800 Meter Run

| | | | | |
|----|-------------------|-----------------------|----------|---|
| 25 | Sophie Schmitz | NA Unat-Minnesota | X2:27.55 | 2 |
| 26 | Brooke Hoppe | FR Macalester | 2:29.75 | 3 |
| 27 | Alyssa Nash | SR Hamline | 2:30.38 | 3 |
| 28 | Maddy Kennard | FR Macalester | 2:30.65 | 3 |
| 29 | Sarah Lembke | Minnesota Ru | X2:30.96 | 3 |
| 30 | Carolyn Carpenter | FR St. Olaf | 2:31.59 | 3 |
| 31 | Julia Giefer | SR St. Thomas (Minn.) | 2:31.65 | 3 |
| 32 | Lily Jenssen | FR Macalester | 2:32.30 | 3 |
| 33 | Ciara Williams | FR Macalester | 2:34.05 | 3 |
| 34 | Lauren Herland | JR St. Olaf | 2:35.89 | 3 |
| 35 | Kathryn York | JR St. Olaf | 2:39.76 | 4 |
| 36 | Sarah Hoffman | FR St. Thomas (Minn.) | 2:41.45 | 3 |
| 37 | Claire Stafford | FR Macalester | 2:43.16 | 4 |
| 38 | Laura Votava | JR St. Olaf | 2:43.65 | 4 |
| 39 | Olivia Damron | SO St. Catherine | 2:44.12 | 4 |
| 40 | Karin Oberreiter | FR Hamline | 2:44.78 | 4 |
| 41 | Mariah Terhaar | SO St. Thomas (Minn.) | 2:47.18 | 3 |
| 42 | Maddie West | FR Macalester | 2:47.46 | 4 |
| 43 | Taryn Osthoff | FR St. Benedict | 2:50.54 | 4 |
| 44 | Raen Barcelon | SO North Centra | 2:56.70 | 4 |
| 45 | Amy Requa | FR St. Olaf | 2:58.72 | 4 |
| 46 | Rachael Bentley | JR St. Olaf | 2:58.74 | 4 |
| 47 | Brianna Griffin | JR North Centra | 3:14.07 | 4 |
| 48 | Annie White | SR St. Benedict | 3:25.86 | 4 |
| 49 | Sarah Carney | FR St. Benedict | 3:27.04 | 4 |

Women 1500 Meter Run

| | | | | | |
|----------|--------------------------|------------------|---------------------------|----|----------|
| ===== | | | | | |
| Meet: | M 4:31.80 | 1985 | Lisa Koelfgen, St. Thomas | | |
| Stadium: | S 4:12.50 | 2003 | Carrie Tollefson, Adidas | | |
| Name | Year | School | Finals | H# | Points |
| ===== | | | | | |
| 1 | Sarah Klecker | SR Minnesota | 4:46.35 | 1 | 10 |
| 2 | Lindsey Greenlund | FR Minnesota | 4:51.13 | 1 | 8 |
| 3 | Kelli Schmidt | FR Minnesota | 4:53.06 | 1 | 6 |
| 4 | Rachel Wians | SO Minnesota | 4:54.97 | 1 | 5 |
| 5 | Meg Griffin | SR Hamline | 4:55.25 | 1 | 4 |
| 6 | Lisa Fisher | SO St. Olaf | 4:56.70 | 1 | 3 |
| 7 | Jena Hauch | FR St. Olaf | 4:59.81 | 1 | 2 |
| 8 | Morgan Pierce | JR St. Benedict | 5:00.47 | 1 | 1 |
| 9 | Madeline Dopp | JR Hamline | 5:00.83 | 1 | |
| 10 | Maya Hilty | FR Carleton | 5:01.02 | 1 | |
| 11 | Rosie Cobb | SR Macalester | 5:07.14 | 2 | 5:07.131 |
| 12 | Marie Morrier | JR St. Catherine | 5:07.14 | 1 | 5:07.139 |
| 13 | Mariah Gallagher | SR Hamline | 5:08.18 | 1 | |
| 14 | Lorna Sherwood-Caballero | SR Macalester | 5:08.50 | 1 | |
| 15 | Anya Ptacek | SO Macalester | 5:09.15 | 1 | |
| 16 | Lauren Markowski | FR St. Olaf | 5:09.67 | 2 | |
| 17 | Margaret Stelzner | SR Macalester | 5:10.61 | 1 | |

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....Women 1500 Meter Run

| | | | | | |
|----|--------------------------|----|---------------|----------|---|
| 18 | Michelle Perri | SR | St. Catherine | 5:11.00 | 2 |
| 19 | Rebecca Walton | JR | St. Olaf | 5:11.53 | 2 |
| 20 | Megan Rossman | SO | St. Olaf | 5:13.28 | 2 |
| 21 | Taylor Paulsen | FR | St. Olaf | 5:14.37 | 2 |
| 22 | Madeline Abbott | SR | Macalester | 5:14.67 | 2 |
| 23 | Ashley Flores | SO | St. Benedict | 5:15.29 | 2 |
| 24 | Abbey Whiting | SO | St. Benedict | 5:21.25 | 2 |
| 25 | Ellen Kemp | FR | St. Olaf | 5:23.00 | 2 |
| 26 | Olivia Damron | SO | St. Catherine | 5:23.84 | 2 |
| 27 | Daisy Richmond | JR | St. Olaf | 5:24.74 | 2 |
| 28 | Emilee Fulton | SO | Carleton | 5:25.79 | 2 |
| 29 | Elissa Krause | SO | St. Olaf | 5:26.91 | 2 |
| 30 | Emma Higgins | SO | Macalester | 5:31.08 | 2 |
| 31 | Siri Block | SR | St. Olaf | 5:31.81 | 3 |
| 32 | Kyla Porter | JR | St. Benedict | 5:34.64 | 3 |
| 33 | Sara Wall | FR | St. Benedict | 5:35.78 | 3 |
| 34 | Yamuna Satsangi | SR | Minnesota Ru | X5:46.60 | 3 |
| 35 | Margaret Brown | SR | Minnesota Ru | X5:48.29 | 3 |
| 36 | Katie Murney | JR | St. Olaf | 5:49.59 | 3 |
| 37 | Caroline Osborne | SO | St. Benedict | 5:53.00 | 3 |
| 38 | Megan Dieberger | SR | St. Benedict | 5:55.48 | 3 |
| 39 | Rebekah Crail | FR | St. Olaf | 5:56.59 | 3 |
| 40 | Leah McClintock-Sharpio | FR | Carleton | 6:02.59 | 3 |
| 41 | Lindsey Schaffer | FR | St. Benedict | 6:05.03 | 3 |
| 42 | Raen Barcelon | SO | North Centra | 6:05.32 | 3 |
| 43 | Adelaide Gaughran-Bedell | FR | Macalester | 6:14.61 | 3 |
| 44 | Brianna Griffin | JR | North Centra | 6:36.05 | 3 |

Women 3000 Meter Run

| | | | | | |
|----------|---------------------|---------|----------------|------------------------|--------|
| ===== | | | | | |
| Meet: | M | 9:50.50 | 1988 | Jenny Larson, St. Olaf | |
| Stadium: | S | 9:50.74 | 1988 | Jenny Larson, St. Olaf | |
| Name | | Year | School | Finals | Points |
| ===== | | | | | |
| 1 | Maria Eastman | NA | Unat-Minnesota | X10:07.71 | |
| 2 | Amanda Mosborg | FR | Carleton | 10:13.55 | 10 |
| 3 | Haley Rasmussen | NA | Unat-Minnesota | X10:16.74 | |
| 4 | Emily Betz | NA | Unat-Minnesota | X10:18.59 | |
| 5 | Ally Smith | NA | Unat-Minnesota | X10:23.62 | |
| 6 | Emma Greenlee | FR | Carleton | 10:26.49 | 8 |
| 7 | Helen Schuda | SO | Carleton | 10:29.38 | 6 |
| 8 | Samantha Schnirring | JR | Carleton | 10:29.41 | 5 |
| 9 | Abby Kargol | NA | Unat-Minnesota | X10:38.01 | |
| 10 | Sarah Werking | NA | Unat-Minnesota | X10:49.13 | |
| 11 | Elizabeth Zimmerman | FR | Carleton | 10:58.53 | 4 |
| 12 | Sarah Allaben | FR | Carleton | 11:06.19 | 3 |
| 13 | Lizzy Lynn | JR | Carleton | 11:06.77 | 2 |
| 14 | Ruthie Boyd | SO | Carleton | 11:07.50 | 1 |
| 15 | Grace Leslie | FR | Carleton | 11:09.47 | |

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....Women 3000 Meter Run

| | | |
|----------------------|-----------------------|----------|
| 16 Leighlin Ahlstrom | SO St. Catherine | 11:17.61 |
| 17 Julia Clark | FR St. Catherine | 11:23.84 |
| 18 Jessalyn Ayars | FR Carleton | 11:32.14 |
| 19 Sara Miller | FR St. Thomas (Minn.) | 11:37.97 |

Women 5000 Meter Run

| | | |
|---------------------|-----------------|---------------------------------|
| Meet: M 16:50.50 | 1987 | Julia Kirtland, Macalester |
| Stadium: S 15:45.67 | 2005 | Carrie Toleffson, Team USA Minn |
| Name | Year School | Finals Points |
| 1 Lea Davidson | SR Macalester | 18:52.59 10 |
| 2 Marietta Geist | SO Carleton | 19:02.34 8 |
| 3 Martha Hubbell | Unattached | X19:24.14 |
| 4 Sarah Nazarino | JR Carleton | 19:31.72 6 |
| 5 Holly Gordon | FR St. Olaf | 19:58.34 5 |
| 6 Cristy Carretero | SO Carleton | 20:30.14 4 |
| 7 Jena Wachowiak | FR St. Benedict | 20:35.69 3 |
| 8 Kyra Anderson | Minnesota Ru | X20:38.18 |
| 9 Kayla Hostetler | SO Macalester | 20:47.12 2 |
| 10 Anna Truong | Minnesota Ru | X22:55.75 |

Women 10000 Meter Run

| | | |
|---------------------|-----------------------|-------------------------|
| Meet: M 35:22.00 | 1983 | Sue Alm, Minnesota |
| Stadium: S 34:20.63 | 2005 | Samia Akbar, Unattached |
| Name | Year School | Finals Points |
| 1 Amber Matzoll | JR St. Thomas (Minn.) | 39:31.73 10 |
| 2 Molly Clarke | SO St. Thomas (Minn.) | 40:07.64 8 |
| 3 Martha Torstenson | SR Carleton | 41:56.65 6 |
| 4 Anya Wolterman | SO Macalester | 42:48.25 5 |
| 5 Sarah Aldama | SR Macalester | 46:44.22 4 |

Women 100 Meter Hurdles

9 Advance: Top 1 Each Heat plus Next 7 Best Times

| | | |
|-----------------------|-----------------------|--------------------------------------|
| Meet: M 14.40 | 2001 | Katie Bestul, St. Thomas |
| Stadium: S 13.60 | 1998 | Bridget Cochran, Christopher Newport |
| Name | Year School | Prelims Wind H# |
| Preliminaries | | |
| -- Allison Gerads | NA Unat-Minnesota | X16.26 -0.7 2 |
| 1 Gabrielle Brown | JR Hamline | 14.89Q -0.9 1 |
| 2 Anna Futterer | SR Hamline | 15.21Q -0.7 2 |
| 3 Mackenzie Schoustra | SO St. Olaf | 16.02q -0.9 1 |
| 4 Jasmine Loving | FR Macalester | 16.22q -0.7 2 |
| 5 Ashley Shimek | FR St. Thomas (Minn.) | 16.51q -0.7 2 |
| 6 Tonya Piergies | JR Carleton | 16.75q -0.9 1 |

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| | | | | | | |
|----|----------------------|----|--------------------|--------|------|---|
| 7 | Gabby Mele | SR | Hamline | 17.19q | -0.9 | 1 |
| 8 | Nia Ford | FR | Hamline | 17.49q | -0.9 | 1 |
| 9 | Halla Dontje Lindell | JR | Macalester | 17.56q | -0.9 | 1 |
| 10 | Laura Kammer | SO | St. Olaf | 17.67 | -0.7 | 2 |
| 11 | Lori Erlandson | JR | St. Olaf | 17.72 | -0.7 | 2 |
| 12 | Mellissa Clarke | SO | Hamline | 17.96 | -0.9 | 1 |
| 13 | Beth Parlin | FR | Hamline | 17.98 | -0.9 | 1 |
| 14 | Erica Meyers | FR | St. Olaf | 18.06 | -0.7 | 2 |
| 15 | Emily Lincoln | SO | Hamline | 18.14 | -0.7 | 2 |
| 16 | Mariah Terhaar | SO | St. Thomas (Minn.) | 18.99 | -0.7 | 2 |
| 17 | Kirsten Nelson | SO | St. Thomas (Minn.) | 19.24 | -0.9 | 1 |

Women 100 Meter Hurdles

| | | | | | | |
|----------|----------------------|--------|--------------------------------------|-------|--------|----|
| ===== | | | | | | |
| Meet: | M 14.40 | 2001 | Katie Bestul, St. Thomas | | | |
| Stadium: | S 13.60 | 1998 | Bridget Cochran, Christopher Newport | | | |
| Name | Year | School | Finals | Wind | Points | |
| ===== | | | | | | |
| Finals | | | | | | |
| 1 | Gabrielle Brown | JR | Hamline | 14.72 | +0.0 | 10 |
| 2 | Anna Futterer | SR | Hamline | 15.09 | +0.0 | 8 |
| 3 | Mackenzie Schoustra | SO | St. Olaf | 15.83 | +0.0 | 6 |
| 4 | Tonya Piergies | JR | Carleton | 16.62 | +0.0 | 5 |
| 5 | Jasmine Loving | FR | Macalester | 17.22 | +0.0 | 4 |
| 6 | Gabby Mele | SR | Hamline | 17.34 | +0.0 | 3 |
| 7 | Halla Dontje Lindell | JR | Macalester | 17.59 | +0.0 | 2 |
| 8 | Nia Ford | FR | Hamline | 19.05 | +0.0 | 1 |
| 9 | Ashley Shimek | FR | St. Thomas (Minn.) | 20.12 | +0.0 | |

Women 400 Meter Hurdles

| | | | | | | |
|----------|---------------------|--------|-----------------------------|---------|--------|----|
| ===== | | | | | | |
| Meet: | M 1:01.91 | 1999 | Sandy Heltquist, Carleton | | | |
| Stadium: | S 1:00.11 | 2002 | Jessica Jensen, Buena Vista | | | |
| Name | Year | School | Finals | H# | Points | |
| ===== | | | | | | |
| 1 | Megan Sundstrom | SR | St. Benedict | 1:04.99 | 1 | 10 |
| 2 | Keely Smith | SR | St. Thomas (Minn.) | 1:06.51 | 1 | 8 |
| 3 | Elsa Sandeno | JR | Carleton | 1:07.74 | 1 | 6 |
| 4 | Abigail Van Goethem | SO | Hamline | 1:09.91 | 1 | 5 |
| 5 | Christine Rohlf | JR | St. Thomas (Minn.) | 1:10.13 | 1 | 4 |
| 6 | Jordan Walls | JR | Hamline | 1:10.78 | 1 | 3 |
| 7 | Lillie Meakim | SR | St. Olaf | 1:11.78 | 1 | 2 |
| 8 | Gabby Mele | SR | Hamline | 1:12.53 | 2 | 1 |
| 9 | Gabby Ivy | JR | Macalester | 1:12.75 | 2 | |
| 10 | Emily Lincoln | SO | Hamline | 1:12.92 | 1 | |
| 11 | Maddy Prentiss | FR | Macalester | 1:14.68 | 2 | |
| 12 | Haley Smith | SO | St. Benedict | 1:14.78 | 2 | |
| 13 | Eryn Hauch | FR | St. Benedict | 1:16.32 | 2 | |
| 14 | Teagan Tretter | SO | St. Catherine | 1:17.57 | 2 | |

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| | | | |
|----------------|------------|---------|---|
| 15 Beth Parlin | FR Hamline | 1:17.78 | 2 |
| 16 Nia Ford | FR Hamline | 1:24.25 | 2 |

Women 3000 Meter Steeplechase

| ===== | | | | |
|-----------------------|------|--------------------|--------------------------|--------|
| Meet: M 11:13.14 | | 2006 | Kezia Manlove, St. Olaf | |
| Stadium: S 9:49.68 | | 2003 | Briana Shook, Unattached | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 Carissa Dock | FR | Minnesota | 10:54.18M | 10 |
| 2 Olivia Hummel | NA | Unat-Minnesota | X11:01.76M | |
| 3 Jaycie Thomsen | NA | Unat-Minnesota | X11:37.40 | |
| 4 Becca Wilkin | SO | St. Thomas (Minn.) | 11:43.37 | 8 |
| 5 Lindsey Kemp | SR | St. Olaf | 11:49.08 | 6 |
| 6 Laura Gould | SR | Macalester | 11:51.82 | 5 |
| 7 Alli Ruprecht | SO | St. Benedict | 11:54.84 | 4 |
| 8 Bit Klecker | NA | Unat-Minnesota | X11:55.23 | |
| 9 Lydia Simpson | SO | Macalester | 11:57.35 | 3 |
| 10 Morgan Durbin | SR | St. Benedict | 12:11.31 | 2 |
| 11 Katie Breuckman | SO | St. Thomas (Minn.) | 12:18.06 | 1 |
| 12 Bridget Schmitt | JR | St. Thomas (Minn.) | 12:24.48 | |
| 13 Emma Maxtutis | SO | Macalester | 12:29.83 | |
| 14 Molly Roach | NA | Unat-Minnesota | X12:46.20 | |
| 15 Jackie Brine-Doyle | JR | St. Catherine | 13:13.11 | |
| 16 Augie Witkowski | SR | St. Benedict | 13:14.81 | |
| 17 Sam Witmer | JR | St. Catherine | 13:18.98 | |
| 18 Emma Verges | FR | Macalester | 13:52.15 | |
| 19 Rachel Hooper | SR | St. Olaf | 13:57.36 | |

Women 4x100 Meter Relay

| ===== | | | | |
|--------------------------|------|-----------------------|---------------------|--------|
| Meet: M 48.17 | | 2006 | Minnesota | |
| Stadium: S 46.20 | | 1998 | Christopher Newport | |
| School | Year | School | Finals | Points |
| ===== | | | | |
| 1 Hamline 'A' | | | 49.02 | 10 |
| 1) Abigail Van Goethem | SO | 2) Anna Futterer | SR | |
| 3) Gabrielle Brown | JR | 4) Briana Berninghaus | SO | |
| 2 Carleton 'A' | | | 50.35 | 8 |
| 1) Tonya Piergies | JR | 2) Damali Britton | SR | |
| 3) Emma Thomley | SO | 4) Sidney Holder | FR | |
| 3 St. Thomas (Minn.) 'B' | | | 50.95 | 6 |
| 1) Steph Kretlow | SO | 2) Karissa Gregory | FR | |
| 3) Jalia Anderson | JR | 4) Samantha Mellin | SO | |
| 4 St. Thomas (Minn.) 'A' | | | 51.09 | 5 |
| 1) Emma Bassier | SR | 2) Anna Smith | SO | |
| 3) Abby Fuchs | SO | 4) Elizabeth Muench | JR | |
| 5 St. Catherine 'A' | | | 51.15 | 4 |
| 1) Shakhila Islam | FR | 2) Jen Koudelka | FR | |

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....Women 4x100 Meter Relay

| | | | |
|------------------------------|---------------------------|---|--|
| 3) Elsie Lundquist FR | 4) Liliya Kirkova SO | | |
| 6 St. Benedict 'A' | 51.38 | 3 | |
| 1) Jenna Degen JR | 2) Madison Brown FR | | |
| 3) Morgan Holthaus FR | 4) Kelly Klingelhutz FR | | |
| 7 Macalester 'A' | 52.42 | 2 | |
| 1) Maya Michon SO | 2) Hannah Detlaff SO | | |
| 3) Gabby Ivy JR | 4) Lily Schlieman SO | | |
| 8 Minnesota Running Club 'A' | X54.08 | | |
| 1) Christine Tsai SR | 2) Christina Stathakis SR | | |
| 3) Lindsey Januszyk SR | 4) Chella Maltese SR | | |
| 9 St. Kate's Alumni 'A' | X55.91 | | |

Women 4x400 Meter Relay

| Meet: | M 3:56.60 | 1987 | Minnesota | | | |
|---------------------------|-----------|------|-----------------------------|----------|----|--------|
| Stadium: | S 3:44.27 | 2002 | Wheaton (Mass.) | | | |
| School | | | | Finals | H# | Points |
| 1 Minnesota 'A' | | | | 4:01.62 | 2 | 10 |
| 1) Kelli Schmidt FR | | | 2) Rachel Wians SO | | | |
| 3) Delaney FitzPatrick SR | | | 4) Kelsey Sather SO | | | |
| 2 Macalester 'A' | | | | 4:05.32 | 1 | 8 |
| 1) Hannah Sonsalla SR | | | 2) Phoebe Aguiar JR | | | |
| 3) Lily Schlieman SO | | | 4) Carmen Garson-Shumway SR | | | |
| 3 St. Thomas (Minn.) 'A' | | | | 4:09.15 | 1 | 6 |
| 1) Carly Scheuerman FR | | | 2) Matilda McFerson SO | | | |
| 3) Keely Smith SR | | | 4) Morgan Dammann SO | | | |
| 4 Unat-Minnesota 'A' | | | | X4:09.30 | 2 | |
| 1) Jenna Conzemius NA | | | 2) Sammi Baer NA | | | |
| 3) Kayla Baker NA | | | 4) Anastasia Korzenowski NA | | | |
| 5 St. Benedict 'A' | | | | 4:09.91 | 1 | 5 |
| 1) Althea Gutzmann FR | | | 2) Kelly Klingelhutz FR | | | |
| 3) Olivia Dengel SR | | | 4) Megan Sundstrom SR | | | |
| 6 Hamline 'A' | | | | 4:14.70 | 1 | 4 |
| 1) Abigail Van Goethem SO | | | 2) Helen Dolan FR | | | |
| 3) Jordan Walls JR | | | 4) Holly Hankins SR | | | |
| 7 St. Thomas (Minn.) 'B' | | | | 4:15.76 | 1 | 3 |
| 1) Christine Rohlf JR | | | 2) Anna Kroll FR | | | |
| 3) Claudia Lundgren SO | | | 4) Paige Cater FR | | | |
| 8 St. Olaf 'A' | | | | 4:25.73 | 1 | 2 |
| 1) Erin Bianco FR | | | 2) Carolyn Carpenter FR | | | |
| 3) Tayler Paulsen FR | | | 4) Stephanie Balas FR | | | |
| 9 St. Thomas (Minn.) 'C' | | | | 4:31.01 | 2 | 1 |
| 1) Quinn O'Connor FR | | | 2) Michaela Howk JR | | | |
| 3) Sarah Hoffman FR | | | 4) Julia Giefer SR | | | |
| 10 St. Benedict 'B' | | | | 4:31.06 | 2 | |
| 1) Jenna Degen JR | | | 2) Taylor Loth SO | | | |
| 3) Ashley Flores SO | | | 4) Abbey Whiting SO | | | |
| 11 Hamline 'B' | | | | 4:34.86 | 1 | |

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....Women 4x400 Meter Relay

| | |
|-------------------------------|-----------------------|
| 1) Kristy Dellwo SR | 2) Emily Lincoln SO |
| 3) Alyssa Nash SR | 4) Gabrielle Brown JR |
| 12 Minnesota Running Club 'A' | X4:38.63 2 |
| 1) Maria Gilbert SR | 2) Margaret Brown SR |
| 3) Christine Tsai SR | 4) Yamuna Satsangi SR |

Women 4x800 Meter Relay

| | | | | |
|--------------------------------|---------------------------|------------|----------|--------|
| Meet: M 9:25.40 1987 | | Minnesota | | |
| Stadium: S 9:19.62 2005 | | Macalester | | |
| School | | | Finals | Points |
| ===== | | | | |
| 1 St. Catherine 'A' | | | 10:11.25 | 10 |
| 1) Marie Morrier JR | 2) Elizabeth Axberg FR | | | |
| 3) Lexi Erickson FR | 4) Michelle Perri SR | | | |
| 2 Macalester 'A' | | | 10:19.47 | 8 |
| 1) Brooke Hoppe FR | 2) Kathrene Garcia SR | | | |
| 3) Maddy Kennard FR | 4) Lily Jenssen FR | | | |
| 3 Macalester 'B' | | | 10:45.40 | 6 |
| 1) Margaret Stelzner SR | 2) Madeline Abbott SR | | | |
| 3) Laura Gould SR | 4) Kaitlyn Lindaman SR | | | |
| 4 Macalester 'C' | | | 10:46.80 | 5 |
| 1) Lorna Sherwood-Caballero SR | 2) Emma Maxtutis SO | | | |
| 3) Emma Higgins SO | 4) Lydia Simpson SO | | | |
| 5 Macalester 'D' | | | 11:15.07 | 4 |
| 1) Nadia Mezc JR | 2) Kathryn Fleddermann SO | | | |
| 3) Anjali Mani SO | 4) Ciara Williams FR | | | |

Women High Jump

| | | | | |
|-----------------------|------|-------------------------|--------|------------|
| Meet: M 5-08 1989 | | Jodi Swenson, Um Duluth | | |
| Stadium: S 1.73m 1988 | | Jodi Swenson, UM-Duluth | | |
| Name | Year | School | Finals | Points |
| ===== | | | | |
| 1 Sidney Severson | | JR St. Thomas (Minn.) | 1.58m | 5-02.25 10 |
| 1.48 1.53 1.58 1.63 | | | | |
| XO O XXO XXX | | | | |
| 1 Allison Gerads | | NA Unat-Minnesota | X1.58m | 5-02.25 |
| 1.48 1.53 1.58 1.63 | | | | |
| O O O XXX | | | | |
| 3 Elizabeth Peterson | | FR Hamline | 1.53m | 5-00.25 7 |
| 1.48 1.53 1.58 | | | | |
| O O XXX | | | | |
| 3 Niki Fokken | | SR St. Benedict | 1.53m | 5-00.25 7 |
| 1.48 1.53 1.58 | | | | |
| O XO XXX | | | | |
| 4 Margaret Andersen | | JR St. Olaf | J1.53m | 5-00.25 5 |
| 1.48 1.53 1.58 | | | | |
| XO XO XXX | | | | |

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....Women High Jump

| | | | | |
|--------------------------|-----------------------|--------|---------|------|
| 5 Jenna Degen | JR St. Benedict | J1.53m | 5-00.25 | 4 |
| 1.48 1.53 1.58 | | | | |
| XXO XXO XXX | | | | |
| 7 Johna Radke | JR St. Catherine | 1.48m | 4-10.25 | 2.50 |
| 1.48 1.53 | | | | |
| O XXX | | | | |
| 7 Jasmine Loving | FR Macalester | 1.48m | 4-10.25 | 2.50 |
| 1.33 1.38 1.43 1.48 1.53 | | | | |
| O XO PPP O XXX | | | | |
| 8 Lexi Erickson | FR St. Catherine | J1.48m | 4-10.25 | 0.50 |
| 1.48 1.53 | | | | |
| XO XXX | | | | |
| 8 Matilda McFerson | SO St. Thomas (Minn.) | J1.48m | 4-10.25 | 0.50 |
| 1.48 1.53 | | | | |
| XO XXX | | | | |
| 10 Suntina Spehar | SO St. Benedict | J1.48m | 4-10.25 | |
| 1.48 1.53 | | | | |
| XXO XXX | | | | |
| 12 Margaret Brown | SR Minnesota Ru | X1.38m | 4-06.25 | |
| 1.38 1.43 1.48 | | | | |
| O PPP XXX | | | | |
| 12 Laura Eischens | SR St. Thomas (Minn.) | 1.38m | 4-06.25 | |
| 1.38 1.43 | | | | |
| O XXX | | | | |
| 12 Kaitlyn Struemke | FR St. Catherine | 1.38m | 4-06.25 | |
| 1.38 1.43 1.48 | | | | |
| O PPP XXX | | | | |

Women Pole Vault

| ===== | | | | | |
|-----------------------|------------|--------------------|----------------|-------------------|--------|
| Meet: | M 13-00.25 | 2004 | Monica Sporns, | Minnesota | |
| Stadium: | S 3.82m | 2002 | Kelly Bowen, | Nebraska Wesleyan | |
| Name | Year | School | Finals | | Points |
| ===== | | | | | |
| 1 Jalia Anderson | JR | St. Thomas (Minn.) | 3.27m | 10-08.75 | 10 |
| 3.12 3.27 3.42 | | | | | |
| XO XXO XXX | | | | | |
| 2 Jordan Walls | JR | Hamline | 3.12m | 10-02.75 | 8 |
| 3.12 3.27 | | | | | |
| XXO XXX | | | | | |
| 2 Christina Stathakis | SR | Minnesota Ru | X3.12m | 10-02.75 | |
| 2.97 3.12 3.27 | | | | | |
| O XO XXX | | | | | |
| 4 Christina Geiser | SR | St. Benedict | 2.97m | 9-09.00 | 5.50 |
| 2.82 2.97 3.12 | | | | | |
| O XO XXX | | | | | |
| 4 Chelsea Schaffer | FR | St. Benedict | 2.97m | 9-09.00 | 5.50 |
| 2.82 2.97 3.12 | | | | | |
| O XO XXX | | | | | |

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....Women Pole Vault

| | | | | |
|----------------------|-----------------------|--------|---------|------|
| 5 Anna Davis | SR St. Benedict | J2.97m | 9-09.00 | 4 |
| 2.82 2.97 3.12 | | | | |
| XO XO XXX | | | | |
| 7 Corinna Brown Ton | SO St. Olaf | 2.82m | 9-03.00 | 2.50 |
| 2.52 2.67 2.82 2.97 | | | | |
| XO O XO XXX | | | | |
| 7 Elizabeth Peterson | FR Hamline | 2.82m | 9-03.00 | 2.50 |
| 2.52 2.67 2.82 2.97 | | | | |
| XXO XO XO XXX | | | | |
| 9 Kirsten Nelson | SO St. Thomas (Minn.) | 2.52m | 8-03.25 | 1 |
| 2.37 2.52 2.67 | | | | |
| O XO XXX | | | | |
| 10 Sam Waddell | SR St. Olaf | 2.37m | 7-09.25 | |
| 2.37 2.52 | | | | |
| O XXX | | | | |
| 11 Shanoah Harren | FR Hamline | 2.22m | 7-03.25 | |
| 2.07 2.22 2.37 | | | | |
| XO XO XXX | | | | |
| 12 Anya Ptacek | SO Macalester | 2.07m | 6-09.50 | |
| 2.07 2.22 | | | | |
| XXO XXX | | | | |
| -- Andrea Nelson | FR Hamline | NH | | |
| 2.97 | | | | |
| XXX | | | | |
| -- Olivia Kressler | SR Hamline | NH | | |
| 3.12 | | | | |
| XXX | | | | |

Women Long Jump

| ===== | | | | | | | |
|-------------------|-------------|-----------------------|-----------------------------|-------------|------------|--------|--|
| Meet: | M 19-04.75 | 1985 | Julie Hay, UM-Duluth | | | | |
| Stadium: | S 5.92m | 2005 | Kristal Grigsby, St. Thomas | | | | |
| Name | Year | School | Finals | Wind | | Points | |
| ===== | | | | | | | |
| 1 Tori Thompson | | JR St. Catherine | 5.56m | +0.0 | 18-03.00 | 10 | |
| 5.36m(-0.4) | 5.55m(1.2) | 5.49m(+0.0) | 5.56m(+0.0) | FOUL | FOUL | | |
| 2 Allison Gerads | | NA Unat-Minnesota | X5.32m | 3.1 | 17-05.50 | | |
| FOUL | 5.32m(3.1) | 5.16m(-1.0) | | | | | |
| 3 Megan Sundstrom | | SR St. Benedict | 5.09m | -0.5 | 16-08.50 | 8 | |
| 5.09m(-0.5) | FOUL | FOUL FOUL | 5.05m(-0.2) | FOUL | | | |
| 4 Sidney Holder | | FR Carleton | 5.06m | 0.6 | 16-07.25 | 6 | |
| 4.73m(-2.0) | FOUL | 4.94m(0.3) | 5.06m(0.6) | 4.89m(+0.0) | 4.88m(0.8) | | |
| 5 Elsie Lundquist | | FR St. Catherine | 5.03m | 2.6 | 16-06.00 | 5 | |
| 4.67m(0.9) | 4.86m(-2.2) | FOUL | 5.03m(2.6) | 4.71m(+0.0) | 4.27m(0.6) | | |
| 6 Steph Kretlow | | SO St. Thomas (Minn.) | 4.99m | -0.4 | 16-04.50 | 4 | |
| FOUL | 4.95m(2.2) | 4.92m(0.3) | FOUL | 4.99m(-0.4) | 4.86m(2.0) | | |
| 7 Paige Woldt | | FR St. Olaf | 4.89m | 2.1 | 16-00.50 | 3 | |
| 4.48m(-0.3) | 4.60m(1.7) | 4.89m(2.1) | 4.40m(-0.1) | 4.62m(-0.8) | 4.34m(1.7) | | |

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...Women Long Jump

| | | | | | | |
|----|--|-----------------------|--------|------|----------|---|
| 8 | Tonya Piergies | JR Carleton | 4.88m | 2.0 | 16-00.25 | 2 |
| | 4.88m(2.0) 4.69m(1.1) 4.86m(1.0) 4.61m(0.4) 4.62m(-0.1) 4.76m(1.5) | | | | | |
| 9 | Laura Eischens | SR St. Thomas (Minn.) | 4.76m | 2.8 | 15-07.50 | 1 |
| | FOUL FOUL 4.69m(0.2) 4.76m(2.8) 4.47m(+0.0) FOUL | | | | | |
| 10 | Jenna Degen | JR St. Benedict | 4.69m | 1.8 | 15-04.75 | |
| | 4.69m(1.8) FOUL FOUL FOUL 4.64m(+0.0) FOUL | | | | | |
| 11 | Megan Zurbay | FR St. Thomas (Minn.) | 4.62m | -0.3 | 15-02.00 | |
| | 4.55m(1.8) 4.54m(0.9) 4.62m(-0.3) | | | | | |
| 12 | Emma Thomley | SO Carleton | 4.50m | 1.2 | 14-09.25 | |
| | 4.50m(1.2) FOUL FOUL | | | | | |
| 13 | Taylor Quandt | JR St. Thomas (Minn.) | 4.44m | 1.3 | 14-07.00 | |
| | FOUL FOUL 4.44m(1.3) | | | | | |
| 14 | Gabrielle Brown | JR Hamline | 4.33m | 2.1 | 14-02.50 | |
| | 4.20m(1.1) FOUL 4.33m(2.1) | | | | | |
| 15 | Chella Maltese | SR Minnesota Ru | X4.11m | 2.5 | 13-06.00 | |
| | 4.02m(+0.0) FOUL 4.11m(2.5) | | | | | |
| 16 | Jasmine Loving | FR Macalester | 4.08m | +0.0 | 13-04.75 | |
| | FOUL FOUL 4.08m(+0.0) | | | | | |
| 17 | Veronica Jordan | Minnesota Ru | X3.75m | 2.2 | 12-03.75 | |
| | FOUL 3.69m(2.1) 3.75m(2.2) | | | | | |
| 18 | Jordan Sifferle | SO St. Thomas (Minn.) | 3.47m | 1.9 | 11-04.75 | |
| | 3.47m(1.9) FOUL FOUL | | | | | |
| -- | Hannah Detlaff | SO Macalester | FOUL | | | |
| | FOUL FOUL FOUL | | | | | |

Women Triple Jump

| | | | | | | | |
|----------|--|-----------------------|----------------------------------|------|----------|--------|--|
| ===== | | | | | | | |
| Meet: | M 37-11.50 | 2001 | Kara Hedin, St. Thomas | | | | |
| Stadium: | S 12.66m | 1998 | Monique Hacker, SYNY Binghampton | | | | |
| Name | Year | School | Finals | Wind | | Points | |
| ===== | | | | | | | |
| 1 | Megan Sundstrom | SR St. Benedict | 10.93m | 1.1 | 35-10.50 | 10 | |
| | 10.90m(0.2) 10.74m(-1.9) 10.93m(1.1) FOUL FOUL FOUL | | | | | | |
| 2 | Abigail Van Goethem | SO Hamline | 10.75m | 1.5 | 35-03.25 | 8 | |
| | FOUL 10.35m(0.6) 10.09m(+0.0) FOUL 10.75m(1.5) FOUL | | | | | | |
| 3 | Paige Woldt | FR St. Olaf | 10.62m | +0.0 | 34-10.25 | 6 | |
| | FOUL 10.35m(2.4) 10.36m(1.5) FOUL 10.46m(1.3) 10.62m(+0.0) | | | | | | |
| 4 | Halla Dontje Lindell | JR Macalester | 10.40m | 0.9 | 34-01.50 | 5 | |
| | 10.40m(0.9) 10.05m(+0.0) 9.25m(1.4) 10.15m(0.2) 10.17m(0.9) 10.07m(+0.0) | | | | | | |
| 5 | Taylor Quandt | JR St. Thomas (Minn.) | 10.30m | 1.8 | 33-09.50 | 4 | |
| | 10.18m(1.2) FOUL 10.30m(1.8) 10.16m(1.0) 10.24m(+0.0) 9.89m(2.8) | | | | | | |
| 6 | Megan Zurbay | FR St. Thomas (Minn.) | 9.85m | 1.3 | 32-03.75 | 3 | |
| | 9.78m(0.8) 9.75m(0.4) FOUL 9.85m(1.3) 9.73m(-0.2) 9.23m(3.1) | | | | | | |
| 7 | Mellissa Clarke | SO Hamline | 9.48m | 3.0 | 31-01.25 | 2 | |
| | FOUL 8.76m(-1.7) 9.08m(1.4) 9.21m(0.7) 8.83m(1.4) 9.48m(3.0) | | | | | | |
| -- | Courtney Siebenahler | FR St. Benedict | FOUL | | | | |
| | FOUL PASS PASS PASS PASS | | | | | | |
| -- | Veronica Jordan | Minnesota Ru | XFOUL | NWI | | | |
| | FOUL FOUL FOUL | | | | | | |



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Women Shot Put

| Meet: M 46-09 2004 | | Liz Alabi, Minnesota | |
|---|-----------------------|-------------------------|-------------|
| Stadium: S 15.52m 2012 | | Tina DeLakis, Minnesota | |
| Name | Year School | Finals | Points |
| 1 Tess Keyzers | NA Unat-Minnesota | X13.29m | 43-07.25 |
| FOUL FOUL 13.29m | | | |
| 2 Savanna Keiser | SO Hamline | 11.96m | 39-03.00 10 |
| 10.87m FOUL FOUL 10.96m 11.80m 11.96m | | | |
| 3 Erin Dunning | NA Unat-Minnesota | X11.88m | 38-11.75 |
| FOUL 11.88m 11.79m | | | |
| 4 Jessie Juenemann | SO Hamline | 11.72m | 38-05.50 8 |
| 11.53m 11.49m 11.43m 11.34m 11.26m 11.72m | | | |
| 5 Haley Anderson | JR St. Benedict | 11.59m | 38-00.25 6 |
| 9.60m 10.11m FOUL 9.92m 9.41m 11.59m | | | |
| 6 Jessica Bentley | SR St. Olaf | 11.40m | 37-05.00 5 |
| 11.40m 11.07m 11.00m 10.95m FOUL FOUL | | | |
| 7 Claire Baker | JR St. Benedict | 10.96m | 35-11.50 4 |
| FOUL 10.31m 10.75m 10.63m 10.66m 10.96m | | | |
| 8 Sarah Gigstad | SO St. Benedict | 10.63m | 34-10.50 3 |
| 9.87m 8.90m 9.43m 9.76m FOUL 10.63m | | | |
| 9 Jayda Bagstad | FR Hamline | 10.57m | 34-08.25 2 |
| 9.87m 10.17m 10.50m 9.64m 10.57m 10.18m | | | |
| 10 Berit Borstad | FR St. Thomas (Minn.) | 10.16m | 33-04.00 1 |
| 9.52m FOUL 10.16m FOUL FOUL FOUL | | | |
| 11 Skye Juneau | FR St. Catherine | 9.98m | 32-09.00 |
| 9.65m 9.13m 9.80m 9.98m FOUL 9.53m | | | |
| 12 Monica Monson | FR St. Benedict | 9.65m | 31-08.00 |
| 9.08m 9.55m 9.65m | | | |
| 13 Kristen Diederichs | SO St. Olaf | 9.59m | 31-05.75 |
| 9.56m 8.97m 9.59m | | | |
| 14 Katherine LeClair | SR St. Olaf | 8.94m | 29-04.00 |
| 7.19m FOUL 8.94m | | | |
| 15 Natasha George | SR North Centra | 7.33m | 24-00.75 |
| 7.27m FOUL 7.33m | | | |
| 16 Mariah Terhaar | SO St. Thomas (Minn.) | 7.21m | 23-08.00 |
| 7.15m 7.12m 7.21m | | | |
| 17 Myrto Neamonitaki | SO St. Olaf | 6.79m | 22-03.50 |
| 6.74m 6.79m FOUL | | | |

Women Discus Throw

| Meet: M 175-01 2000 | | Edie Boyer, Unattached | |
|---|-------------|------------------------|-----------|
| Stadium: S 57.46m 2004 | | Kris Kuehl, Nike | |
| Name | Year School | Finals | Points |
| 1 Jessie Juenemann | SO Hamline | 46.48m | 152-06 10 |
| 41.58m 41.26m FOUL 46.48m FOUL FOUL | | | |
| 2 Jessica Bentley | SR St. Olaf | 41.23m | 135-03 8 |
| 39.70m 34.83m 41.23m FOUL 38.80m 39.04m | | | |

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....Women Discus Throw

| | | | | | |
|----|---|-----------------------|---------|--------|---|
| 3 | Savanna Keiser | SO Hamline | 40.16m | 131-09 | 6 |
| | FOUL FOUL 40.16m 38.42m 38.04m FOUL | | | | |
| 4 | Erin Dunning | NA Unat-Minnesota | X40.01m | 131-03 | |
| | 40.01m FOUL 37.97m | | | | |
| 5 | Nyjah Willis | FR Hamline | 37.61m | 123-05 | 5 |
| | FOUL 37.61m FOUL FOUL FOUL 32.96m | | | | |
| 6 | Berit Borstad | FR St. Thomas (Minn.) | 37.56m | 123-03 | 4 |
| | FOUL 37.56m FOUL 35.70m 36.52m 29.68m | | | | |
| 7 | Tori Thompson | JR St. Catherine | 37.40m | 122-08 | 3 |
| | 33.68m FOUL 35.13m 36.26m 37.40m 36.23m | | | | |
| 8 | Haley Anderson | JR St. Benedict | 36.69m | 120-04 | 2 |
| | 33.26m 32.55m 27.25m 36.19m 36.69m 35.91m | | | | |
| 9 | Claire Baker | JR St. Benedict | 34.56m | 113-05 | 1 |
| | 28.34m 31.99m 32.11m 33.03m 34.56m 28.98m | | | | |
| 10 | Jayda Bagstad | FR Hamline | 32.75m | 107-05 | |
| | 29.63m 29.80m 32.75m 28.77m 31.90m 30.34m | | | | |
| 11 | Sarah Gigstad | SO St. Benedict | 32.01m | 105-00 | |
| | FOUL 32.01m 31.49m | | | | |
| 12 | Kendra Anderson | Minnesota Ru | X28.69m | 94-01 | |
| | 27.79m 27.11m 28.69m | | | | |
| 13 | Rachel Beckman | SO North Centra | 28.18m | 92-05 | |
| | FOUL 28.18m FOUL | | | | |
| 14 | Kristen Diederichs | SO St. Olaf | 28.17m | 92-05 | |
| | 28.17m 23.39m 27.72m | | | | |
| 15 | Lauren Berg | SR St. Benedict | 27.71m | 90-11 | |
| | 26.04m 27.71m 23.14m | | | | |
| 16 | Elizabeth Walter | SO St. Benedict | 27.21m | 89-03 | |
| | 21.48m 27.21m FOUL | | | | |
| 17 | Monica Monson | FR St. Benedict | 25.17m | 82-07 | |
| | 25.17m FOUL FOUL | | | | |
| 18 | Jasmine Sales | FR North Centra | 25.08m | 82-03 | |
| | 21.66m 25.08m 18.80m | | | | |
| 19 | Sarah Carney | FR St. Benedict | 20.66m | 67-09 | |
| | 20.54m FOUL 20.66m | | | | |
| 20 | Natasha George | SR North Centra | 20.36m | 66-09 | |
| | FOUL 19.66m 20.36m | | | | |

Women Hammer Throw

| | | | |
|------------------------|---------------------------------------|-------------------------------|-----------|
| Meet: M 180-11 2001 | | Beth Howard, Unattached | |
| Stadium: S 54.52m 2004 | | Melissa Norton, Throw Farther | |
| Name | Year School | Finals | Points |
| 1 Kaitlyn Long | NA Unat-Minnesota | X55.09mS | 180-09 |
| | 51.71m 55.09m 54.57m | | |
| 2 Kiana Verdugo | SR Hamline | 44.31m | 145-04 10 |
| | 42.88m FOUL 44.31m 41.10m 44.22m FOUL | | |
| 3 Tess Keyzers | NA Unat-Minnesota | X43.24m | 141-10 |
| | FOUL 43.00m 43.24m | | |

Janis Rider Invitational
Macalester College
St. Paul, Minnesota - 4/28/2018
Results

....Women Hammer Throw

| | | | | | | |
|----|---|----|--------------------|---------|--------|---|
| 4 | Claire Baker | JR | St. Benedict | 42.80m | 140-05 | 8 |
| | 42.80m 41.89m FOUL FOUL 40.58m 39.28m | | | | | |
| 5 | Kaylea Hoenigschmidt | JR | St. Catherine | 42.64m | 139-11 | 6 |
| | FOUL 39.36m 41.00m FOUL 42.64m 41.10m | | | | | |
| 6 | Erin Dunning | NA | Unat-Minnesota | X41.61m | 136-06 | |
| | FOUL FOUL 41.61m | | | | | |
| 7 | Berit Borstad | FR | St. Thomas (Minn.) | 39.05m | 128-01 | 5 |
| | 39.05m FOUL 35.72m 35.52m FOUL 38.34m | | | | | |
| 8 | Haley Anderson | JR | St. Benedict | 38.54m | 126-05 | 4 |
| | 38.00m 38.54m 33.16m 37.69m 38.26m 37.86m | | | | | |
| 9 | Remington Deyak | SR | St. Benedict | 38.14m | 125-01 | 3 |
| | 32.41m 33.33m 38.14m FOUL 33.39m 35.60m | | | | | |
| 10 | Nyjah Willis | FR | Hamline | 37.60m | 123-04 | 2 |
| | FOUL FOUL 36.26m 36.52m FOUL 37.60m | | | | | |
| 11 | Sarah Gigstad | SO | St. Benedict | 36.94m | 121-02 | 1 |
| | 35.17m 33.48m 33.91m FOUL 34.34m 36.94m | | | | | |
| 12 | Skye Juneau | FR | St. Catherine | 36.18m | 118-08 | |
| | 33.15m 36.18m FOUL FOUL 34.21m 32.60m | | | | | |
| 13 | Monica Monson | FR | St. Benedict | 34.34m | 112-08 | |
| | 34.34m 34.01m FOUL | | | | | |
| 14 | Katherine LeClair | SR | St. Olaf | 34.06m | 111-09 | |
| | 34.06m FOUL 33.64m | | | | | |
| 15 | Lauren Berg | SR | St. Benedict | 32.92m | 108-00 | |
| | 29.81m 32.92m 31.61m | | | | | |
| 16 | Nora Melting | JR | Hamline | 31.75m | 104-02 | |
| | FOUL 29.73m 31.75m | | | | | |
| 17 | Denise Lund | | Unattached | X28.62m | 93-11 | |
| | FOUL 28.62m 27.06m | | | | | |
| 18 | Elizabeth Walter | SO | St. Benedict | 28.60m | 93-10 | |
| | FOUL 28.60m FOUL | | | | | |
| 19 | Allison Thomas | FR | St. Catherine | 28.25m | 92-08 | |
| | 26.91m 28.25m 26.80m | | | | | |
| 20 | Rachel Beckman | SO | North Centra | 28.19m | 92-06 | |
| | 24.31m 28.19m 26.04m | | | | | |
| 21 | Myrto Neamonitaki | SO | St. Olaf | 27.64m | 90-08 | |
| | FOUL 27.64m FOUL | | | | | |
| 22 | Courtney Siebenahler | FR | St. Benedict | 22.68m | 74-05 | |
| | 21.49m 22.68m FOUL | | | | | |
| 23 | Cathy van der Schans | | Unattached | X18.10m | 59-04 | |
| | 11.75m 18.10m 17.83m | | | | | |
| -- | Makenzie Fiedler | SO | Hamline | FOUL | | |
| | FOUL FOUL FOUL | | | | | |

**Janis Rider Invitational
Macalester College
St. Paul, Minnesota - 4/28/2018
Results**

Women Javelin Throw

| Meet: M 143-05 1997 | | Renee Erickson, Concordia | |
|-------------------------|-----------------------|------------------------------|-----------|
| Stadium: S 51.70m 2002 | | Christina Schwerin, Moravian | |
| Name | Year School | Finals | Points |
| 1 Laura Eischens | SR St. Thomas (Minn.) | 39.88m | 130-10 10 |
| 32.60m 37.45m FOUL | 33.57m 39.88m FOUL | | |
| 2 Wilsonique Delson | SO Minnesota | 37.26m | 122-03 8 |
| 32.42m 31.33m FOUL | 37.26m 36.98m 36.76m | | |
| 3 Clara Baumann | SR Macalester | 35.31m | 115-10 6 |
| 35.31m 34.00m FOUL | 30.10m 29.63m 32.74m | | |
| 4 Kelsey Weed | JR St. Olaf | 32.94m | 108-01 5 |
| 32.94m 31.05m 27.05m | 29.68m FOUL 29.53m | | |
| 5 Hanna Degen | FR St. Benedict | 27.90m | 91-06 4 |
| 27.46m 27.90m 27.20m | 22.40m 20.50m 23.17m | | |
| 6 Megan Zurbay | FR St. Thomas (Minn.) | 27.67m | 90-09 3 |
| 24.09m FOUL 26.67m | 27.61m 27.67m 23.45m | | |
| 7 Jasmine Loving | FR Macalester | 26.77m | 87-10 2 |
| 25.23m 23.38m 26.77m | PASS PASS PASS | | |
| 8 Mackenzie Schoustra | SO St. Olaf | 26.38m | 86-06 1 |
| 26.38m 25.91m FOUL | PASS FOUL 25.37m | | |
| 9 Mariah Terhaar | SO St. Thomas (Minn.) | 26.33m | 86-05 |
| FOUL FOUL 26.33m | PASS FOUL 24.48m | | |
| 10 Sidney Severson | JR St. Thomas (Minn.) | 23.80m | 78-01 |
| FOUL 23.80m FOUL | | | |
| 11 Suntina Spehar | SO St. Benedict | 23.34m | 76-07 |
| FOUL FOUL 23.34m | | | |
| 12 Morgan Holthaus | FR St. Benedict | 22.12m | 72-07 |
| 20.19m 22.12m 21.45m | | | |
| 13 Elsie Lundquist | FR St. Catherine | 20.80m | 68-03 |
| 20.80m FOUL FOUL | | | |
| 14 Halla Dontje Lindell | JR Macalester | 20.33m | 66-08 |
| 18.00m 20.33m 19.45m | | | |
| 15 Samantha Mellin | SO St. Thomas (Minn.) | 19.06m | 62-06 |
| 15.93m 17.77m 19.06m | | | |
| -- Haley Anderson | JR St. Benedict | FOUL | |
| FOUL FOUL FOUL | | | |

Women - Team Rankings - 22 Events Scored

| | | | |
|-----------------------|--------|------------------|--------|
| 1) St. Thomas (Minn.) | 137.50 | 2) Hamline | 136.50 |
| 3) St. Benedict | 116 | 4) Macalester | 113.50 |
| 5) Minnesota | 105 | 6) Carleton | 100 |
| 7) St. Olaf | 87.50 | 8) St. Catherine | 47 |