

# MIAC INDOOR TRACK & FIELD CHAMPIONSHIPS

## March 5-6, National Sports Center, Blaine

Men			7	Max Larson, StJo	6.81
55 Meter Dash			8	Dennis Williams, Ham	6.81
Round 1, Heat 1			300 Meter Dash		
1	Rob Glover, StOl	6.68	1	Darrick Cornelius, StTh	35.45
2	Richmond Sarpong, Mac	6.74	2	Rob Glover, StOl	35.75
3	Dennis Williams, Ham	6.75	3	Gerard Cote, Carl	35.98
4	Brian Tri, StOl	6.78	4	William Kugel, StOl	36.04
5	Ryan Murray, StJo	6.79	5	Ryan Murray, StJo	36.09
6	Scott Fitchet, Ham	7.06	6	James Strait, Beth	36.25
7	Joe Gaugler, Gus	7.08	7	Chris Link, Mac	36.39
8	Aaron Knopf, Carl	7.10	8	Glen Stewart, Beth	36.80
Round 1, Heat 2			9	William Craig, Carl	36.89
1	Darrick Cornelius, StTh	6.49	10	Shawn Ellingson, StTh	36.92
		MIAC record	11	Steve Rittgers, Beth	36.96
		NCAA provisional qualifier	12	David Pagel, Ham	37.06
2	Stan McClure, StTh	6.78	13	Stan McClure, StTh	37.17
3	John Devney, StJo	6.81	14	Eddie West, Mac	37.31
4	Roger Taylor, Ham	6.85	15	Christoph Welsh, StOl	37.68
5	Ryan Steffenhagen, Gus	6.91	16	Brian Schrader, Beth	37.87
6	Rob Knight, Augs	6.97	17	Erik Remus, StJo	38.67
7	Matt Conrad, Beth	7.11	18	Christian Millington, Augs	39.15
8	Scott Colbert, Gus	7.19	18	Joe Gaugler, Gus	39.15
Round 1, Heat 3			20	Michael Albert, StOl	39.23
1	Leonard Jones, StTh	6.47	21	Carl Swan, StTh	39.31
		MIAC record	22	Brian Walsh, StOl	40.09
		NCAA provisional qualifier	400 Meter Dash		
2	James Strait, Beth	6.77	1	Mike Malmgren, Ham	50.64
3	Matt Bugni, StJo	6.80	2	Vincent Paduano, StTh	50.74
4	Steve Rittgers, Beth	6.82	3	Jason Boatman, Beth	51.25
5	Glen Stewart, Beth	6.85	4	Shawn Ellingson, StTh	51.81
6	Nana Kyei, StOl	7.01	5	John Holland, StOl	51.85
7	Ryan Callahan, StTh	7.09	6	Christoph Welsh, StOl	51.90
Round 1, Heat 4			7	David Pagel, Ham	52.01
1	Jon Munson, StTh	6.65	8	Jon Crowson, Ham	52.39
2	Max Larson, StJo	6.74	9	Brian Gullickson, Ham	52.42
3	James Lehnhoff, Conc	6.75	10	Jon Boyken, StTh	52.43
4	Jeff Deidrich, Ham	6.81	11	William Kugel, StOl	52.47
5	Rob Gag, StJo	6.92	12	Chris Link, Mac	52.81
6	Brian Joens, StTh	7.05	13	William Craig, Carl	52.84
7	Christian Millington, Augs	7.07	14	Mark Ohlmann, Gus	53.0
8	Mike Carlson, Gus	7.33	15	Dan Nelson, Beth	53.16
Final			16	Kyle Odermann, Conc	53.4
1	Leonard Jones, StTh	6.44	17	Eddie West, Mac	53.69
		MIAC record	600 Yard Dash		
		NCAA automatic qualifier	1	Eric Hudson, StTh	1:13.31
2	Darrick Cornelius, StTh	6.56	2	Kyle Johnson, Conc	1:13.74
3	Richmond Sarpong, Mac	6.63	3	Eric Paumen, StTh	1:13.96
4	Rob Glover, StOl	6.65	4	Collin Beachy, Conc	1:13.99
5	Jon Munson, StTh	6.75	5	Paul Thornton, StOl	1:14.31
6	James Lehnhoff, Conc	6.79	6	Chris Allen, Ham	1:14.86
			7	Jay Lawton, StTh	1:15.79

8	Ben Danielson, StOl	1:16.62	2	Philip Dunn, Carl	4:00.75
9	Andrew Smith, StTh	1:16.83	3	Kent Anderson, Ham	4:01.16
10	Aaron Mysliwicz, Carl	1:16.90	4	Tim Bollom, StTh	4:01.66
11	Ryan Beil, Conc	1:16.99	5	Jason Trichler, Conc	4:01.79
12	Tony Silva, StJo	1:18.44	6	Chris Babcock, StTh	4:09.09
13	Tom Auger, StTh	1:18.45	7	John Renneke, Conc	4:11.23
14	Mike Recker, StOl	1:18.94	8	Jasper Simon, Mac	4:11.39
15	Chris Palmer, StTh	1:18.98	9	Eric Newhouse, StTh	4:12.22
16	Pat Foley, StJo	1:21.08	10	J McClelland, Gus	4:12.63
17	Jason Botten, Conc	1:22.92	11	Mark Flaherty, Carl	4:13.25
800 Meter Run					
1	Kyle Johnson, Conc	1:54.56	12	Brian Grove, Conc	4:13.94
	NCAA provisional qualifier		13	Ryan Hagan, StJo	4:14.49
2	Eric Hudson, StTh	1:54.97	14	Alec Walker, Gus	4:15.12
3	Eric Paumen, StTh	1:55.15	15	Jason Day, Conc	4:16.32
4	Mike Mason, Gus	1:56.80	16	Erich Zumbrunnen, Conc	4:16.98
5	Kent Anderson, Ham	1:58.67	17	Joel Kram, StJo	4:18.30
6	Thomas Cram, StOl	1:59.16	18	Randall Niemiec, Carl	4:18.63
7	Aaron Mysliwicz, Carl	1:59.84	19	Matt Drewitz, Gus	4:18.71
8	Andy Jensen, StOl	1:59.99	20	Dan Bucknam, StOl	4:21.19
9	Chris Allen, Ham	2:00.08	21	Chad Bell, StTh	4:22.03
10	John Renneke, Conc	2:00.75	22	Tim Jacobson, StJo	4:22.92
11	Matt Drewitz, Gus	2:01.10	23	Erik Dahl, StOl	4:23.12
12	Mickey Meckna, StJo	2:01.87	24	Chris Borgmeier, StJo	4:23.79
13	Bryan Carlson, StMa	2:03.24	25	Joel Wegener, Carl	4:26.26
14	Eric Wogen, StOl	2:03.56	26	Kevin Brenner, StJo	4:33.10
15	Alec Walker, Gus	2:03.9	Two Mile Run		
16	Corey Heikkla, Ham	2:03.98	1	Jeff Renlund, StTh	9:19.17
17	Jason Cochran, StTh	2:04.21	2	Jason Trichler, Conc	9:26.37
18	Louie Francisco, StTh	2:05.0	3	Philip Dunn, Carl	9:31.18
19	Tony Silva, StJo	2:06.3	4	Derek Phillips, StOl	9:35.25
1000 Meter Run					
1	Paul Thornton, StOl	2:32.05	5	Mark Nordberg, Gus	9:38.07
1	Jay Lawton, StTh	2:32.05	6	Dan Deuhs, StJo	9:38.72
3	Collin Beachy, Conc	2:32.40	7	Mike Nordberg, Gus	9:40.79
4	Aric Katterhagen, StJo	2:32.99	8	Eric Newhouse, StTh	9:42.56
5	Jason Day, Conc	2:33.76	9	Kevin Thiessen, Carl	9:45.61
6	Chris Babcock, StTh	2:33.81	10	Justin Simon, Mac	9:47.0
7	Mark Flaherty, Carl	2:37.13	11	S Daniel Kusch, Carl	9:47.42
8	Brian Grove, Conc	2:38.09	12	Ryan Hagan, StJo	9:54.65
9	Jasper Simon, Mac	2:38.54	13	Doug Cowles, Gus	9:56.42
10	Erich Zumbrunnen, Conc	2:39.57	14	Colby Linneman, StTh	9:57.12
11	Aaron Matzke, Beth	2:42.21	15	Kelsey Anderson, Carl	9:59.99
12	Dan Bucknam, StOl	2:42.56	16	Dan Bergan, StTh	10:01.74
13	Matt Ogle, StJo	2:42.88	17	Tim Cotts, StOl	10:02.89
14	Kaare Festvog, StTh	2:43.46	18	Kevin Brenner, StJo	10:06.70
15	Matt Wickman, Beth	2:44.4	19	Aaron Drevlow, StTh	10:08.2
16	Brad Anderson, StJo	2:45.67	20	Brian Jazdzewski, StTh	10:13.08
17	Ben Hadden, Gus	2:46.16	21	Matt Sullivan, StOl	10:18.2
18	Matt Etzell, StJo	2:47.28	22	Tony Sommars, Beth	10:20.21
19	Bobby Anderson, StJo	2:47.92	23	Paul Wiley, StJo	10:40.0
20	Tim Chase, Beth	2:52.62	24	David Piphoo, Conc	10:52.3
21	Jim Lauinger, StJo	2:52.64	25	Matt Flory, StOl	11:00.0
1500 Meter Run					
1	Jeff Renlund, StTh	3:59.47	5000 Meter Run		
			1	Bob Klindworth, Gus	14:53.31
				NCAA provisional qualifier	
			2	Derek Phillips, StOl	15:28.57
			3	Dan Deuhs, StJo	15:35.8

4	Chris Schutz, Ham	15:37.9
5	Justin Simon, Mac	15:42.9
6	Dan Bergan, StTh	15:56.72
7	Kelsey Anderson, Carl	15:59.69
8	Bobby Kuehl, StOl	16:00.85
9	Aaron Drevlow, StTh	16:10.44
10	Paul Wiley, StJo	16:20.98

55M High Hurdles

Round 1, Heat 1

1	Brian Schrader, Beth	8.12
2	David Bogie, StTh	8.12
3	Erik Rosenkranz, StTh	8.13
4	Matt Arbeiter, StJo	8.14
5	Brett Lommel, StJo	8.32
6	John Kerns, Gus	8.95

Round 1, Heat 2

1	Mark Ohlmann, Gus	8.39
2	Jason Boatman, Beth	8.40
3	Brian Walsh, StOl	8.41
4	Andrew Miltich, StTh	8.42
5	Chris Schmidt, StOl	8.53
6	Jason Gallagher, StOl	8.58
7	Ian Lawrow-Svedvik, Ham	10.77

Round 1, Heat 3

1	Jon Munson, StTh	7.86
2	Michael Lutz, StTh	8.10
3	Ryan Steffenhagen, Gus	8.11
4	Mike Cihlar, StJo	8.26
5	Shannon Roepke, Ham	8.39
6	Eric Woller, Ham	8.47
7	Ben Ramaker, Beth	9.39

Final

1	Ryan Steffenhagen, Gus	7.7
2	Jon Munson, StTh	7.7
3	Matt Arbeiter, StJo	7.8
4	Jason Boatman, Beth	7.8
5	Erik Rosenkranz, StTh	7.9
6	Michael Lutz, StTh	7.9
7	Brian Schrader, Beth	8.0
8	David Bogie, StTh	8.0
9	Mark Ohlmann, Gus	8.0

4X200 Meter Relay

1	Ham (Jeff Deidrich, Mike Malmgren, Roger Taylor, Dennis Williams)	1:31.54
2	Beth (Steve Rittgers, Brian Schrader, Jason Boatman, James Strait)	1:31.79
3	StJo (Rob Gag, Matt Arbeiter, John Devney, Max Larson)	1:33.01
4	StOl (Christoph Welsh, Heath Rasmussen, Chris Schmidt, John Holland)	1:33.06
5	StTh (David Bogie, Jon Boyken, Dan Lynch, Vincent Paduano)	1:34.12
6	Conc (Kyle Odermann, Andy Childs, Jason Botten, Ryan Beil)	1:35.69
7	Carl (Robert Early, Aaron Knopf, Paul Dosh, Eric Lonsdorf)	1:35.81

8	Mac (Eddie West, Chris Link, John Yankey, Dan Fleming)	1:36.94
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4X400 Meter Relay

1	StTh (Erik Rosenkranz, Vincent Paduano, Eric Hudson, Darrick Cornelius)	3:21.14
		NCAA provisional qualifier
2	StOl (Ben Danielson, Rob Glover, Paul Thornton, William Kugel)	3:22.48
		NCAA provisional qualifier

3	Ham (Mike Malmgren, Jeff Deidrich, David Pagel, Jon Crowson)	3:23.62
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4	Carl (Robert Early, Gerard Cote, William Craig, Eric Lonsdorf)	3:26.96
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5	Beth (Brian Schrader, James Strait, Dan Nelson, Jason Boatman)	3:29.02
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6	Gus (Ryan Steffenhagen, Mark Ohlmann, David Jeffers, Mike Mason)	3:29.09
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7	StJo (Max Larson, Ryan Murray, John Strukel, Tony Silva)	3:29.28
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8	Conc (Emry McAlear, Ryan Beil, Kyle Odermann, Andy Childs)	3:33.78
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4X800 Meter Relay

1	Conc (John Renneke, Kyle Johnson, Collin Beachy, Jason Day)	7:58.21
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2	StTh (Jay Lawton, Andrew Smith, James Kilibarda, Tim Bollom)	8:03.4
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3	StOl (Kirk Swanson, Thomas Cram, Erik Dahl, Andy Jensen)	8:10.10
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4	StJo (Mickey Meckna, Chris Borgmeier, Aric Katterhagen, Matt Ogle)	8:14.08
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5	Carl (Aaron Mysliwicz, Joel Wegener, Stephen Ambroe, Mark Flaherty)	8:18.11
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6	Beth (Aaron Matzke, Matt Wickman, Chad Whipple, Tim Chase)	8:42.97
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7	Mac (Jasper Simon, Peter Bayard, Justin Simon, Jon Witthuhn)	8:44.6
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8	StMa (Don Lorr, Bryan Carlson, Nate Daubner, John Heille)	8:45.62
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Long Jump

Round 1, Flight 1

1	Eric Lonsdorf, Carl	21-3 1/4
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2	Dietric Williams, Ham	21-0 3/4
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3	Brian Schrader, Beth	20-11 1/4
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4	Bryan Bass, StOl	19-2 1/2
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5	Jon Riedel, StJo	17-5 1/2
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6	Paul Youngstrand, StJo	17-1 1/2
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Round 1, Flight 2

1	Leonard Jones, StTh	24-1 3/4
		Ties MIAC record
		NCAA automatic qualifier

2	Brian Tri, StOl	21-10 1/4
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3	Dan Lynch, StTh	21-0 3/4
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4	Heath Rasmussen, StOl	21-0 1/2
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5	Brian Erola, Gus	20-4 1/4
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6	James Lehnhoff, Conc	20-1 3/4
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7	Josh Vande Berg, StJo	19-10 1/4
Final		
1	Leonard Jones, StTh	24-1 3/4
		Ties MIAC record
		NCAA automatic qualifier
2	Brian Tri, StOl	22-1 1/2
3	Eric Lonsdorf, Carl	21-5 1/2
4	Heath Rasmussen, StOl	21-2
5	Dan Lynch, StTh	21-0 3/4
6	Dietric Williams, Ham	21-0 3/4
7	Brian Schrader, Beth	20-11 1/4
8	Brian Erola, Gus	20-4 1/4
Triple Jump		
Round 1, Flight 1		
1	Leonard Jones, StTh	48-2
		NCAA automatic qualifier
2	Bob Drobinski, Conc	43-2 1/4
3	Owen King, Ham	42-9
4	Mark Shah, Ham	40-7 1/2
5	Brian Tri, StOl	40-3 1/4
6	Ian Lawrow-Svedvik, Ham	39-7 1/4
7	Andrew Miltich, StTh	37-3
	Rob Kubat, StJo	ND
Round 1, Flight 2		
1	Dietric Williams, Ham	45-6 1/4
2	Eric Lonsdorf, Carl	43-4 1/4
3	Dan Lynch, StTh	42-8
4	Josh Vande Berg, StJo	41-9 1/4
5	Shannon Roepke, Ham	41-1 1/2
6	James Frye, StOl	40-3 1/2
7	Brian Erola, Gus	38-5
8	Dan Besemann, StJo	37-10
Final		
1	Leonard Jones, StTh	50-0 3/4
		MIAC record
		NCAA automatic qualifier
2	Dietric Williams, Ham	45-6 1/4
3	Eric Lonsdorf, Carl	43-4 1/4
4	Bob Drobinski, Conc	43-2 1/4
5	Dan Lynch, StTh	43-2 1/4
6	Shannon Roepke, Ham	43-0 1/4
7	Owen King, Ham	42-9
8	Josh Vande Berg, StJo	42-0 3/4
Shot Put		
Round 1, Flight 1		
1	Patrick Ahern, StTh	51-8 1/2
		NCAA provisional qualifier
2	David Berg, Gus	49-7
3	Neil Volker, Carl	45-10 1/2
4	Eric Klein, Carl	45-1 1/2
5	Joshua Augst, Carl	40-8 3/4
6	Gary Haugo, Conc	40-3 1/2
7	Jason Schlepp, Conc	39-5 1/4
8	Quincy Williams, StTh	38-4 3/4
Round 1, Flight 2		
1	Mike Anderson, StJo	46-2 1/2

2	Aaron Crandall, Ham	45-1 1/2
3	Brett Gross, Gus	44-10 3/4
4	Dan Jost, StJo	44-3 1/4
5	Erik Sorenson, StJo	43-11 1/4
6	James Lehnhoff, Conc	38-7 3/4
7	Eric Starkweather, Mac	32-5 1/2
Final		
1	Patrick Ahern, StTh	51-8 1/2
		NCAA provisional qualifier
2	David Berg, Gus	49-7
3	Neil Volker, Carl	46-5 1/4
4	Eric Klein, Carl	46-2 3/4
5	Mike Anderson, StJo	46-2 1/2
6	Brett Gross, Gus	45-9 3/4
7	Aaron Crandall, Ham	45-1 1/2
8	Dan Jost, StJo	44-3 1/4
High Jump		
1	Kenneth Hoffmann, StOl	6-10 3/4
		NCAA automatic qualifier
2	Leonard Jones, StTh	6-8 3/4
		NCAA provisional qualifier
3	Mike Zender, StJo	6-6 3/4
3	Michael Lutz, StTh	6-6 3/4
5	Steve Carlson, StTh	6-6 3/4
6	Aaron Oliver, StTh	6-6 3/4
7	Bryan Bass, StOl	6-4 3/4
8	Mike Cihlar, StJo	6-2 3/4
9	Jason Gallagher, StOl	6-0 3/4
10	Matt Sweetman, StJo	6-0 3/4
11	Emry McAlear, Conc	6-0 3/4
12	Eric Woller, Ham	6-0 3/4
13	Mike Criswell, StJo	5-10 3/4
	Josh Behl, Conc	NH
	Ryan Else, Gus	NH
Pole Vault		
1	Brian Oppeneer, StOl	15-7
		NCAA automatic qualifier
2	Cory Brown, Ham	15-1
		NCAA provisional qualifier
3	David Jeffers, Gus	15-1
		NCAA provisional qualifier
4	Andy Ronayne, Ham	13-9 1/4
5	Mike Carlson, Gus	13-9 1/4
6	John Butler, StJo	13-1 1/2
7	Emry McAlear, Conc	12-5 1/2
8	Steve Kjar, Ham	11-1 3/4
9	Stephen Ambroe, Carl	11-1 3/4
	Steve Mix, Gus	NH
35 Pound Weight Throw		
Round 1, Flight 1		
1	Joel Langel, StTh	47-5 1/4
2	Doug Barland, StTh	47-4 1/4
3	Allen Schulte, StOl	43-1 3/4
4	Michael Fossum, StOl	42-9
5	Chad Worden, Conc	41-1
Round 1, Flight 2		

1	Amos Casey, StTh	46-5 1/4
2	Erik Sorenson, StJo	45-11 1/4
3	Jess Quam, StTh	45-10 3/4
4	Mike Lovestrand, Beth	40-9
5	Mike Anderson, StJo	40-6
6	Sean Anderson, Carl	39-4
Round 1, Flight 3		
1	Patrick Ahern, StTh	59-6 1/4
	NCAA automatic qualifier	
2	Dan Jost, StJo	46-7 1/2
3	Eric Klein, Carl	45-6 1/4
4	Anthony Moore, Carl	42-6 3/4
5	Gary Haugo, Conc	41-5 3/4
6	Jason Schlepp, Conc	39-9 1/4
Final		
1	Patrick Ahern, StTh	62-3
	MIAC record	
	NCAA automatic qualifier	
2	Dan Jost, StJo	52-8 3/4
	NCAA provisional qualifier	
3	Eric Klein, Carl	52-2 3/4
	NCAA provisional qualifier	
4	Erik Sorenson, StJo	48-6 3/4
5	Joel Langel, StTh	47-5 1/4
6	Doug Barland, StTh	47-4 1/4
7	Amos Casey, StTh	46-5 1/4
8	Jess Quam, StTh	45-10 3/4
Pentathlon		
1	Erik Rosenkranz, StTh	3713
	MIAC record	
2	Emry McAlear, Conc	3351
3	Bryan Bass, StOl	3244
4	Jason Gallagher, StOl	3166
5	Keith Barnes, Carl	3157
6	Shannon Roepke, Ham	3062
7	Ben Ramaker, Beth	2969
8	Eric Woller, Ham	2964
9	Andrew Miltich, StTh	2955
10	David Bogie, StTh	2924
11	Chris Palmer, StTh	2917
12	Dan Besemann, StJo	2916
13	Josh Kaeppe, Augs	2752
14	Rob Kubat, StJo	2659
15	Carl Mueller, Carl	2596
Team Scores		
1	St. Thomas	247.5
2	St. Olaf	122.0
3	Hamline	84.0
4	Concordia	80.0
5	Carleton	70.0
6	Saint John'S	67.5
7	Gustavus	56.0
8	Bethel	36.0
9	Macalester	16.0
10	St. Mary'S	1.0

## Women

### 55 Meter Dash

#### Round 1, Heat 1

1	Laura LaFrombois, Beth	7.63
2	Sara Gorder, StTh	7.69
3	Elizabeth Guckenberger, Carl	7.92
4	Sara Lindquist, StBen	8.05
5	Stacy Gustafson, Ham	8.18
6	Kari Schroeder, Conc	8.26

#### Round 1, Heat 2

1	Jackie Moe, Beth	7.48
	NCAA provisional qualifier	
2	Heather Dols, StBen	7.77
3	Rachel Beebee, Beth	7.92
4	Kaylene Peterson, Ham	7.98
5	Melissa Stevens, Gus	8.29
6	Cassie Dendurent, Mac	8.73

#### Round 1, Heat 3

1	Anita Paulino, StTh	7.60
2	Erin Beilin, Beth	7.71
3	Sara Ramquist, StOl	7.75
4	Sherry Corrington, Ham	7.94
5	Deb Thomas, Gus	8.11
6	Heidi Mueller, Mac	8.30

#### Round 1, Heat 4

1	Aminah Ricks, Carl	7.43
	NCAA provisional qualifier	
2	Megan Wilson, StOl	7.62
3	Holly Larsen, Beth	7.80
4	Nicole Miley, StOl	7.96
5	Bridget Anderson, Mac	8.01
6	Erin Miller, StOl	8.30
7	Tina Liimatta, StOl	8.39

#### Final

1	Aminah Ricks, Carl	7.36
	NCAA provisional qualifier	
2	Jackie Moe, Beth	7.44
	NCAA provisional qualifier	
3	Laura LaFrombois, Beth	7.57
4	Megan Wilson, StOl	7.60
5	Anita Paulino, StTh	7.66
6	Erin Beilin, Beth	7.70
7	Sara Gorder, StTh	7.73
8	Sara Ramquist, StOl	7.80

### 300 Meter Dash

1	Anita Paulino, StTh	42.14
2	Alexis Brunner, StBen	42.89
3	Sara Gorder, StTh	43.37
4	Amy Doherty, StTh	43.49
5	Megan Wilson, StOl	44.12
6	Rachel Beebee, Beth	44.13
7	Nicole Miley, StOl	44.69
8	Tracy Johnson, Conc	46.17
9	Caaren Ayen, Conc	46.18

10	Claudia Allison, StTh	46.57	7	Amy Thornquist, StTh	2:24.92
11	Kristin Charbonneau, Ham	47.15	8	Tarah Mattson, StOl	2:24.97
12	Kari Schroeder, Conc	47.34	9	Kathryn Ainsworth, Carl	2:27.80
13	Lisa Smith, Beth	48.15	10	Julie Igel, StTh	2:29.38
14	Stacy Gustafson, Ham	48.35	11	Jennifer Carnell, Mac	2:29.5
15	Joani Chalman, StOl	48.40	12	Margaret King, StOl	2:30.0
16	Erin Miller, StOl	48.52	13	Sara Wishart, Beth	2:30.0
17	Miriam Barrick, Gus	49.47	14	Alysia Zielske, StTh	2:33.4
18	Theresa Ledermann, StBen	49.53	15	Debra Quanbeck, Carl	2:34.86
19	Tina Liimatta, StOl	50.0	16	Pam Parent, StBen	2:37.31
400 Meter Dash					
1	Anita Paulino, StTh	59.41	17	Rachel Traver, Ham	2:37.5
	NCAA provisional qualifier		18	Shannon Reddy, StTh	2:38.36
2	Alexis Brunner, StBen	60.09	19	Kirsten Tranden, StOl	2:39.60
	NCAA provisional qualifier		20	Corry Assink, StOl	2:41.4
1000 Meter Run					
3	Sara Gorder, StTh	60.86	1	Rena Brown, StOl	3:01.10
4	Steph Schmilt, StTh	61.89	2	Lisa Scott, Carl	3:03.10
5	Taria Heinen, Conc	62.17	3	Ellen Kussow, Gus	3:03.11
6	Sara Will, Beth	62.28	4	Sarah Roth, Carl	3:05.7
7	Nancee Yaggie, Conc	62.34	5	Julie Haas, Conc	3:05.8
8	Jessica O'Connor, Gus	62.45	6	Rebecca McCarrier, Mac	3:07.8
9	Jolene Sobiech, Ham	62.82	7	Andrea Ekerholm, StOl	3:09.7
10	Marisa Nivatvongs, StOl	62.88	8	Melanie Orme, Beth	3:09.86
11	Tracy Berntsen, Conc	63.19	9	Jeannie Stangler, StBen	3:11.4
12	Emily Beardsley, Carl	63.23	10	Mora Cervenka, StTh	3:13.9
13	Amy Doherty, StTh	63.46	11	Lara Brewer, StOl	3:15.6
14	Tracy Johnson, Conc	63.93	12	Alyne Delaney, Mac	3:17.2
15	Ronda Elnes, Conc	63.95	13	Andi Mathieu, Augs	3:17.50
16	Sherry Corrington, Ham	64.95	14	Wendy Rose, StOl	3:20.4
17	Claudia Allison, StTh	64.99	15	Gina Stender, StBen	3:22.71
600 Yard Dash					
1	Stephanie Johnson, StOl	1:30.51	16	Becky Pulju, StTh	3:23.3
2	Heidi Teske, StTh	1:31.97	17	Sunshine Garber, Carl	3:23.59
3	Tarah Mattson, StOl	1:32.02	18	Rachel Free, Carl	3:24.2
4	Amy Thornquist, StTh	1:32.15	19	Hanne Stadtler, Conc	3:28.19
5	Patty Colvin, StTh	1:33.86	20	Kristie Ellickson, Ham	3:29.00
6	Kathryn Ainsworth, Carl	1:33.95	21	Sara Manthei, StOl	3:31.20
7	Jennifer Hartz, StOl	1:35.40	22	Annamarie Monkmeier, Beth	3:40.0
8	Karna Anderson, StOl	1:35.54	1500 Meter Run		
9	Wendy Rose, StOl	1:35.60	1	Rena Brown, StOl	4:45.76
10	Beth Radel, StBen	1:35.63		NCAA provisional qualifier	
11	Eithne Barton, Carl	1:35.93	2	Tara Schneider, StTh	4:46.21
12	Regina Seabrook, Ham	1:35.95		NCAA provisional qualifier	
13	Alysia Zielske, StTh	1:36.33	3	Katy Deignan, StBen	4:47.83
14	Caaren Ayen, Conc	1:37.05		NCAA provisional qualifier	
15	Debra Quanbeck, Carl	1:37.22	4	Karen Kreul, Mac	4:48.33
16	Lisa Worden, StBen	1:37.92		NCAA provisional qualifier	
17	Rachel Traver, Ham	1:39.57	5	Sarah Roth, Carl	4:50.49
18	Kari Barsness, StOl	1:40.38		NCAA provisional qualifier	
800 Meter Run					
1	Katy Deignan, StBen	2:21.25	6	Andrea Ekerholm, StOl	4:55.05
2	Karen Kreul, Mac	2:22.13	7	Bee Schlotec, StBen	4:55.64
3	Melanie Dubay, StTh	2:22.88	8	Jennifer Keeley, Carl	4:57.49
4	Stephanie Johnson, StOl	2:24.33	9	Julie Haas, Conc	4:57.50
5	Kara Bloomquist, Gus	2:24.39	10	Rebecca McCarrier, Mac	5:02.1
6	Bee Schlotec, StBen	2:24.44	11	Lisa Scott, Carl	5:02.1
			12	Laura Sloan, Beth	5:05.89
			13	Jodi Divinski, Augs	5:07.93

14	Andi Mathieu, Augs	5:09.67
15	Lara Brewer, StOl	5:12.45
16	Jennifer Carnell, Mac	5:15.75
17	Kirsten Tranden, StOl	5:16.55
18	Michelle Mencke, StBen	5:20.27
19	Jenae Tharaldson, StBen	5:24.19
20	Rachel Free, Carl	5:25.12
21	Hanne Stadtler, Conc	5:28.00
22	Sunshine Garber, Carl	5:28.59
23	Kirsten Maue, Gus	5:29.16
24	Corry Assink, StOl	5:29.24
25	Betsy Dobbins, StTh	6:00.3

3000 Meter Run

1	Tara Schneider, StTh	10:17.00
2	Kelly Copps, StTh	10:17.09
3	Renae Brown, StOl	10:41.99
4	Carissa Blair, Conc	10:43.98
5	Jennifer Tonkin, Mac	10:50.3
6	Betsy Zender, StTh	10:52.3
7	Sheila Eldred, StBen	10:55.90
8	Tina Shirek, StBen	10:59.36
9	Laura Sloan, Beth	11:04.49
10	Sara Rohde, Mac	11:06.0
11	Krissy Wendlandt, StBen	11:09.40
12	Suzy Burba, Beth	11:11.4
13	Andrea Ekerholm, StOl	11:20.4
14	Molly Cooper, StBen	11:24.3
15	Lisa Ferber, Gus	11:27.61
16	Jennifer Brietholtz, StOl	11:28.8
17	Tammy Betzing, Gus	11:38.12
18	Michelle Stauffacher, StBen	11:38.16
19	Sam Reck-Peterson, Carl	11:38.20
20	Renee Tomasula, StTh	11:38.5
21	Sara Yoder, Mac	11:39.3
22	Gail Peters, StBen	11:39.6
23	Rachel Anderson, Conc	11:52.50
24	Laura Turrittin, StOl	12:13.3
25	Liza Anderson, Conc	12:21.81
26	Jennifer Lineer, StOl	12:22.60
27	Renee Wruck, Carl	12:28.5
28	Hannah Wise, Carl	13:20.5

5000 Meter Run

1	Kelly Copps, StTh	18:00.19
		MIAC record
2	Sarah Edmonds, Gus	18:21.56
3	Betsy Zender, StTh	19:00.78
4	Jennifer Tonkin, Mac	19:08.25
5	Renee Tomasula, StTh	19:08.55
6	Krissy Wendlandt, StBen	19:10.99
7	Suzy Burba, Beth	19:30.10
8	Sam Reck-Peterson, Carl	19:30.6
9	Aleta Gilertson, Gus	19:37.21
10	Jennifer Brietholtz, StOl	20:07.79
11	Michelle Stauffacher, StBen	20:07.94
12	Patty Shannon, StBen	21:02.74

55M High Hurdles

Round 1, Heat 1

1	Jolene Beitz, Carl	8.89
2	Molly Staeheli, StOl	9.40
3	Gretchen Spader, Mac	10.07
4	Deb Winters, Gus	10.23
5	Miriam Barrick, Gus	10.94

Round 1, Heat 2

1	Nicole Mahoney, Ham	9.12
2	Lydia Kabaka, Conc	9.13
3	Joelle Bichelmeyer, StBen	10.09
4	Joani Chalman, StOl	10.12
5	Sara Spohr, Conc	10.75
6	Jennifer Smith, StOl	11.42

Round 1, Heat 3

1	Heidi Teske, StTh	8.65
		NCAA provisional qualifier
2	Amy Doherty, StTh	9.28
3	Carrie Goffin, StOl	10.05
4	Jennifer Hartz, StOl	10.12
5	Lisa Smith, Beth	10.32

Final

1	Heidi Teske, StTh	8.74
		NCAA provisional qualifier
2	Lydia Kabaka, Conc	9.02
3	Jolene Beitz, Carl	9.14
4	Nicole Mahoney, Ham	9.15
5	Amy Doherty, StTh	9.25
6	Molly Staeheli, StOl	9.40
7	Carrie Goffin, StOl	9.70
8	Gretchen Spader, Mac	9.83

Sprint Medley Relay

1	StOl (Sara Ramquist, Megan Wilson, Marisa Nivatvongs, Stephanie Johnson)	1:55.30
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2	Carl (Elizabeth Guckenberger, Aminah Ricks, Jolene Beitz, Emily Beardsley)	1:55.62
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3	Conc (Nancee Yaggie, Taria Heinen, Beth Stone, Ronda Elnes)	1:57.40
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4	Ham (Kaylene Peterson, Sherry Corrington, Amanda Shobe, Jolene Sobiech)	1:57.90
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5	Beth (Laura LaFrombois, Holly Larsen, Rachel Beebee, Sara Will)	1:58.04
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6	StBen (Sara Lindquist, Heather Dols, Dee Dee Cich, Mary Thomas)	1:59.98
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7	Gus (Deb Thomas, Melissa Stevens, Julie Fitzke, Deb Winters)	2:05.45
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4X400 Meter Relay

1	StTh (Sara Gorder, Heidi Teske, Amy Doherty, Anita Paulino)	4:04.87
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		NCAA provisional qualifier
2	Beth (Holly Larsen, Rachel Beebee, Sara Will, Jackie Moe)	4:04.92

NCAA provisional qualifier

3	Conc (Tracy Berntsen, Nancee Yaggie, Taria Heinen, Beth Stone)	4:08.59
4	StOl (Marisa Nivatvongs, Jenny Shrum, Nicole Miley, Megan Wilson)	4:10.69
5	Carl (Emily Beardsley, Eithne Barton, Jolene Beitz, Aminah Ricks)	4:17.74
6	StBen (Lisa Worden, Dee Dee Cich, Mary Thomas, Bee Schlotec)	4:21.25
7	Ham (Jolene Sobiech, Sherry Corrrington, Kristin Charbonneau, Kaylene Peterson)	4:22.55
8	Mac (Jennifer Carnell, Alyne Delaney, Sara Yoder, Bridget Anderson)	4:41.59
4X800 Meter Relay		
1	Gus (Ellen Kussow, Aleta Gilertson, Kara Bloomquist, Sarah Edmonds)	9:40.55
2	Carl (Sarah Roth, Jennifer Keeley, Kathryn Ainsworth, Lisa Scott)	9:42.1
3	StTh (Julie Igel, Amy Thornquist, Patty Colvin, Melanie Dubay)	9:48.4
4	Mac (Karen Kreul, Rebecca McCarrier, Sara Rohde, Jennifer Tonkin)	9:53.99
5	StOl (Tarah Mattson, Margaret King, Lara Brewer, Stephanie Johnson)	10:00.3
6	StBen (Jeannie Stangler, Beth Radel, Jenae Tharaldson, Michelle Mencke)	10:12.3
7	Beth (Melanie Orme, Sara Wishart, Suzy Burba, Laura Sloan)	10:25.25
8	Ham (Rachel Traver, Regina Seabrook, Brenda Bushie, Kristie Ellickson)	10:49.4
Long Jump		
Round 1, Flight 1		
1	Beth Stone, Conc	17-5 1/4
2	Jill Hageman, StTh	16-0 1/2
3	Jill Holbrook, StBen	15-11
4	Kaylene Peterson, Ham	14-11 1/4
5	Cami Longstreet, StBen	14-6
6	Kerry Lynch, StBen	14-1
7	Laura LaFrombois, Beth	14-0 1/2
8	Katrin Maehle, StOl	13-10 1/2
	Jill Wolverton, StTh	ND
Round 1, Flight 2		
1	Heather Dols, StBen	16-1 3/4
2	Lydia Kabaka, Conc	16-1
3	Kristin Charbonneau, Ham	15-7 3/4
4	Holly Larsen, Beth	15-7 3/4
5	Sam Pogson, StBen	15-0
6	Tina Liimatta, StOl	14-10 1/2
7	Julie Igel, StTh	14-9 3/4
8	Debra Quanbeck, Carl	12-3 1/4
	Patti Peterson, Gus	ND

Final

1	Beth Stone, Conc	17-8
		MIAC record
NCAA provisional qualifier		
2	Lydia Kabaka, Conc	16-3
3	Jill Hageman, StTh	16-2 1/2
4	Heather Dols, StBen	16-1 3/4
5	Jill Holbrook, StBen	16-1 3/4
6	Kristin Charbonneau, Ham	15-9 1/2
7	Holly Larsen, Beth	15-7 3/4
8	Sam Pogson, StBen	15-0
Triple Jump		
Round 1, Flight 1		
1	Tracy Johnson, Conc	31-10
1	Heidi Mueller, Mac	31-10
3	Cami Longstreet, StBen	31-3
4	Angela Borland, Gus	31-1
5	Emily Beardsley, Carl	30-7 3/4
6	Eithne Barton, Carl	30-7 1/2
7	Heidi Schillinger, StOl	30-5
8	Missy Herbst, StBen	29-1 3/4
Round 1, Flight 2		
1	Lydia Kabaka, Conc	35-6 1/2
2	Jill Hageman, StTh	33-7 1/4
3	Nina Grossman, StTh	32-8 1/4
4	Molly Staeheli, StOl	31-5 3/4
5	Caaren Ayen, Conc	31-4
6	Jill Wolverton, StTh	31-1
7	Abi Watras, StOl	30-0 3/4
8	Katrin Maehle, StOl	29-9 1/4
Final		
1	Lydia Kabaka, Conc	35-6 1/2
2	Jill Hageman, StTh	33-7 1/4
3	Nina Grossman, StTh	32-8 1/4
4	Heidi Mueller, Mac	31-10
5	Tracy Johnson, Conc	31-10
6	Molly Staeheli, StOl	31-5 3/4
7	Caaren Ayen, Conc	31-4
8	Cami Longstreet, StBen	31-3
Shot Put		
Round 1, Flight 1		
1	Doreen Dumonceaux, StOl	36-9 3/4
2	Becky Bliley, StBen	35-0 1/4
3	Merri Stebbins, Conc	34-0 1/4
4	Susan Posch, StBen	32-2 1/4
5	Monique Oliver, Carl	29-11 1/2
6	Amanda Novak, StTh	26-11 3/4
Round 1, Flight 2		
1	Eryn Anderson, Conc	39-1
2	Jeanette Stai, StTh	36-8 1/4
3	Heather Herron, StBen	36-7 1/2
4	Emily Robb, Carl	35-0 1/2
5	Jessica Kingston, Mac	32-7
6	Tonja Larson, StOl	31-4 3/4



### Round 1, Flight 3

1	Julia Musolf, StOl	40-6 3/4
	NCAA provisional qualifier	
2	Kelly Schmitt, StBen	38-3 1/4
3	Michelle Eisenrich, Carl	36-7 1/2
4	Joan Bowes, Gus	34-5 1/2
5	Monica Coffey, Conc	31-6 1/2
6	DeAnne Doty, Ham	30-3 1/2

### Final

1	Julia Musolf, StOl	40-11 1/2
	NCAA provisional qualifier	
2	Doreen Dumonceaux, StOl	40-9 1/2
	NCAA provisional qualifier	
3	Eryn Anderson, Conc	39-1
4	Kelly Schmitt, StBen	38-3 1/4
5	Jeanette Stai, StTh	36-11
6	Michelle Eisenrich, Carl	36-7 1/2
7	Heather Herron, StBen	36-7 1/2
8	Emily Robb, Carl	35-0 1/2

### High Jump

1	Anne Taylor, Mac	5-3
2	Kellie Johnson, Gus	5-3
3	Karen Felger, Gus	5-3
4	Nina Grossman, StTh	5-1
5	Colleen Landwehr, StTh	5-1
6	Amy Tartaglia, Gus	5-1
6	Heidi Schillinger, StOl	5-1
8	Sara Spohr, Conc	4-9
9	Carrie Goffin, StOl	4-9
10	Carrie Mathias, StTh	4-7
11	Kristin Charbonneau, Ham	4-5
11	Mary Thomas, StBen	4-5
	Katrin Maehle, StOl	NH

### Pentathlon

1	Beth Stone, Conc	2826
2	Tracy Berntsen, Conc	2593
3	Molly Staeheli, StOl	2505
4	Lydia Kabaka, Conc	2499
5	Julie Igel, StTh	2409
6	Colleen Landwehr, StTh	2343
7	Carrie Goffin, StOl	2278
8	Jessica O'Connor, Gus	2193
9	Joelle Bichelmeyer, StBen	2017
10	Katrin Maehle, StOl	1942
11	Toni Moe, Carl	1733
12	Lisa McCall, Ham	1606

### Team Scores

1	St. Thomas	192.0
2	St. Olaf	123.5
3	Concordia	100.0
4	St. Benedict	70.0
5	Carleton	62.0
6	Gustavus	48.5
7	Macalester	47.0
8	Bethel	42.0
9	Hamline	16.0