

MIAC CHAMPIONSHIPS

May 7 & 8, Carleton College

Women's Results

Heptathlon

1	Beth Stone, So, Conc	3980
2	Jill Hageman, Sr, UST	3768
3	Julie Igel, Sr, UST	3688
4	Julie Andrews, Sr, StOl	3641
5	Colleen Landwehr, So, UST	3565
6	Jill Wolverton, Fr, UST	3482
7	Jessica O'Connor, Jr, Gus	2987
8	Carrie Goffin, Fr, StOl	2946
9	Joelle Bichelmeyer, Sr, StBn	2866
10	Toni Moe, So, Carl	2828

Javelin

Round 1, Flight 1

1	Doreen Dumonceaux, Sr, StOl	92-6
2	Sherry Corrington, Sr, Ham	89-0
3	Julie Andrews, Sr, StOl	88-6
4	Amy Tartaglia, So, Gus	77-6 3/4
5	Jeanette Stai, So, UST	73-3 1/2
6	Joelle Bichelmeyer, Sr, StBn	68-10

Round 1, Flight 2

1	Megan Foster, Fr, Carl	106-2
2	Eryn Anderson, Jr, Conc	96-3
3	Lisa McCall, Sr, Ham	85-7
4	Heather Herron, Sr, StBn	83-11
5	Julie Igel, Sr, UST	83-9
6	Pattie Peterson, So, Gus	81-5

Round 1, Flight 3

1	M L. Rutherford, So, Conc	120-8
2	Michelle Eisenreich, Fr, Carl	102-4
3	Amanda Novak, Fr, UST	102-3
4	Jill Hageman, Sr, UST	99-9
5	Joan Clark, Jr, StCt	79-10 1/4
6	Stacy Evers, Gus	74-3

Final

1	M L. Rutherford, So, Conc	120-8
2	Michelle Eisenreich, Fr, Carl	108-6
3	Megan Foster, Fr, Carl	106-2
4	Amanda Novak, Fr, UST	102-9
5	Doreen Dumonceaux, Sr, StOl	99-10
6	Jill Hageman, Sr, UST	99-9
7	Eryn Anderson, Jr, Conc	96-3
8	Sherry Corrington, Sr, Ham	91-3

Long Jump

Round 1, Flight 1

1	Julie Igel, Sr, UST	16-0 1/4	
2	Colleen Landwehr, So, UST		15-8 3/4
3	Heather Dols, Fr, StBn	15-7 3/4	
4	Jill Hageman, Sr, UST	15-7	
5	Cami Longstreet, Sr, StBn	15-0 3/4	

6	Nancy Flury, Sr, Ham	14-4 1/2
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Round 1, Flight 2

1	Beth Stone, So, Conc	16-7 1/4
2	Lydia Kabaka, Jr, Conc	16-6 1/2
3	Tina Liimatta, Fr, StOl	16-0 1/2
4	Jill Holbrook, So, StBn	15-7 3/4
5	Tracy Berntsen, So, Conc	15-3 1/2
6	Sam Pogson, Sr, StBn	14-10

Round 1, Flight 3

1	Kristin Charbonneau, Fr, Ham	16-1 3/4
2	Julie Andrews, Sr, StOl	16-1
3	Jill Wolverton, Fr, UST	15-8 3/4
4	Kerry Lynch, Fr, StBn	15-3 1/4
5	Deb Quanbeck, Sr, Carl	14-9 1/4
6	Erin Miller, So, StOl	13-1 1/4

Final

1	Beth Stone, So, Conc	17-5 1/2
2	Lydia Kabaka, Jr, Conc	16-7
3	Kristin Charbonneau, Fr, Ham	16-6 1/2
4	Tina Liimatta, Fr, StOl	16-5 1/4
5	Colleen Landwehr, So, UST	16-2 1/4
6	Julie Andrews, Sr, StOl	16-1
7	Julie Igel, Sr, UST	16-0 1/4
8	Jill Wolverton, Fr, UST	15-9

Shot

Round 1, Flight 1

1	Julia Musolf, Fr, StOl	39-9 3/4
2	Doreen Dumonceaux, Sr, StOl	38-5 1/2
3	Jeanette Stai, So, UST	35-9 1/4
4	Jessi Kingston, Mac	33-5 3/4
5	Joan Clark, Jr, StCt	33-3 1/4
6	Susan Posch, So, StBn	31-7 1/4
7	Chanel Melin, So, StOl	28-10 1/4
8	Toni Moe, So, Carl	27-9 1/2

Round 1, Flight 2

1	Joan Bowes, Sr, Gus	38-11
2	Michelle Eisenreich, Fr, Carl	38-3 1/4
3	Kelly Schmitt, Sr, StBn	35-11 1/4
4	Eryn Anderson, Jr, Conc	34-10 1/2
5	Heather Herron, Sr, StBn	33-9 1/4
6	Becky Bliley, So, StBn	33-6 1/2
7	Monique Oliver, Jr, Carl	32-3
8	DeAnne Doty, Jr, Ham	31-7 1/2

Final

1	Julia Musolf, Fr, StOl	41-3 1/4
NCAA provisional qualifier		
2	Joan Bowes, Sr, Gus	38-11
3	Doreen Dumonceaux, Sr, StOl	38-5 1/2
4	Michelle Eisenreich, Fr, Carl	38-3 1/4
5	Kelly Schmitt, Sr, StBn	36-8 1/2
6	Jeanette Stai, So, UST	35-9 1/4
7	Eryn Anderson, Jr, Conc	34-11

8	Heather Herron, Sr, StBn	33-9 1/4
400 Meter Relay		
Round 1, Heat 1		
1	UST (Steph Schmitt, Heidi Teske, Sara Gorder, Anita Paulino)	50.05
2	Carl (Aminah Ricks, Emily Beardsley, Jolene Beitz, Eithne Barton)	51.19
3	StOl (Jenny Shrum, Renae Brown, Tarah Mattson, Stephanie Johnson)	51.29
4	Gus (Jessica O'Connor, Julie Fitzke, Kara Bloomquist, Ellen Kussow)	54.08
5	Mac (Rebecca McCarrier, Bridget Anderson, Alyne Delaney, Jenny Carnell)	54.57
Round 1, Heat 2		
1	Bth (Jackie Moe, Laura LaFrombois, Rachel Beebe, Sara Will)	50.11
2	StBn (Mary Thomas, Lisa Worden, Deedee Cich, Alexis Brunner)	50.47
3	Concordia	52.14
4	Ham (Sherry Corrington, Kaylene Peterson, Carolyn Walske, Regina Seabrook)	52.18
Final		
1	UST (Steph Schmitt, Heidi Teske, Sara Gorder, Anita Paulino)	49.35
NCAA provisional qualifier		
2	Bth (Jackie Moe, Laura LaFrombois, Rachel Beebe, Sara Will)	49.67
NCAA provisional qualifier		
3	StBn (Mary Thomas, Lisa Worden, Deedee Cich, Alexis Brunner)	50.48
4	StOl (Jenny Shrum, Renae Brown, Tarah Mattson, Stephanie Johnson)	50.80
5	Carl (Aminah Ricks, Emily Beardsley, Jolene Beitz, Eithne Barton)	51.67
6	Ham (Sherry Corrington, Kaylene Peterson, Carolyn Walske, Regina Seabrook)	51.87
7	Concordia	52.08
8	Gus (Jessica O'Connor, Julie Fitzke, Kara Bloomquist, Ellen Kussow)	54.43
1500 Meters		
Round 1, Heat 1		
1	Tarah Mattson, Jr, StOl	4:53.94
2	Karen Kreul, Mac	4:54.14
3	Tara Schneider, So, UST	4:54.24
4	Rebecca McCarrier, Mac	4:57.34
5	Meg Hoyt, Fr, Carl	5:06.44
6	Jenny Carnell, Mac	5:07.54
7	Andi Mathieu, So, Aug	5:10.04
8	Wendy Rose, So, StOl	5:13.74
Round 1, Heat 2		
1	Renae Brown, So, StOl	4:56.14
2	Jennifer Keeley, Fr, Carl	4:58.44
3	Katy Deignan, Sr, StBn	4:59.84
4	Stacie Collins, Jr, StOl	5:03.74
5	Alyne Delaney, Mac	5:04.14
6	Michelle Mencke, Jr, StBn	5:08.94

7	Melanie Orme, Jr, Bth	5:13.34
Round 1, Heat 3		
1	Lisa Scott, So, Carl	4:56.44
2	Sarah Roth, Jr, Carl	4:56.64
3	Melanie Dubay, Sr, UST	4:57.34
4	Julie Haas, Sr, Conc	4:58.94
5	Stacia Shiffler, Sr, StOl	5:03.84
6	Lara Brewer, Fr, StOl	5:13.84
7	Kirsten Trandem, Fr, StOl	5:18.64
8	Shelly Loecken, StBn	5:19.24
Final		
1	Karen Kreul, Mac	4:47.81
2	Renae Brown, So, StOl	4:48.25
3	Katy Deignan, Sr, StBn	4:48.80
4	Tara Schneider, So, UST	4:49.23
5	Melanie Dubay, Sr, UST	4:50.31
6	Lisa Scott, So, Carl	4:53.31
7	Jennifer Keeley, Fr, Carl	4:56.09
8	Sarah Roth, Jr, Carl	4:56.38
9	Tarah Mattson, Jr, StOl	4:58.72
10	Rebecca McCarrier, Mac	5:03.80
11	Julie Haas, Sr, Conc	5:09.61
12	Stacie Collins, Jr, StOl	5:13.28
100 M. High Hurdles		
Round 1, Heat 1		
1	Heidi Teske, Sr, UST	14.74
NCAA automatic qualifier		
2	Julie Andrews, Sr, StOl	16.34
3	Jolene Beitz, Fr, Carl	16.44
4	Nancy Flury, Sr, Ham	17.24
5	Lisa Smith, So, Bth	18.54
Round 1, Heat 2		
1	Alysia Zielski, Fr, UST	16.64
2	Rhonda Gorseth, Sr, Gus	16.74
3	Colleen Landwehr, So, UST	17.04
4	Carrie Goffin, Fr, StOl	17.94
5	Lisa McCall, Sr, Ham	18.54
6	Miriam Barrick, So, Gus	20.34
7	Gretchen Spader, Mac	21.84
Round 1, Heat 3		
1	Lydia Kabaka, Jr, Conc	15.74
2	Jill Hageman, Sr, UST	16.14
3	Molly Staeheli, So, StOl	16.84
4	Joani Chalman, Fr, StOl	17.34
4	Kari Gillespie, So, Gus	17.34
6	Joelle Bichelmeyer, Sr, StBn	17.94
7	Toni Moe, So, Carl	18.84
Final		
1	Heidi Teske, Sr, UST	14.74
NCAA automatic qualifier		
2	Lydia Kabaka, Jr, Conc	15.57
3	Jill Hageman, Sr, UST	16.07
4	Alysia Zielski, Fr, UST	16.27
5	Jolene Beitz, Fr, Carl	16.40
6	Julie Andrews, Sr, StOl	16.54
7	Rhonda Gorseth, Sr, Gus	16.59

8 Molly Staeheli, So, StOl 16.71
400 Meters

Round 1, Heat 1

1 Anita Paulino, So, UST 1:00.21
2 Taria Heinen, Jr, Conc 1:00.52
3 Marisa Nivatvongs, Fr, StOl 1:02.38
4 Claudia Allison, Jr, UST 1:03.09
5 Karna Anderson, So, StOl 1:04.94
6 Jessica O'Connor, Jr, Gus 1:05.18
7 Mary Thomas, So, StBn 1:05.88
8 Theresa Ledermann, Fr, StBn 1:12.62

Round 1, Heat 2

1 Steph Schmitt, Jr, UST 1:00.62
2 Sara Gorder, Sr, UST 1:00.74
3 Deb Quanbeck, Sr, Carl 1:03.30
4 Sherry Corrington, Sr, Ham 1:03.47
5 Emily Beardsley, So, Carl 1:03.72
6 Rachel Beebe, Fr, Bth 1:04.28
7 Deedee Cich, Fr, StBn 1:04.47
8 Julie Fitzke, So, Gus 1:05.38

Round 1, Heat 3

1 Alexis Brunner, Fr, StBn 59.05
2 Beth Stone, So, Conc 59.56
3 Sara Will, So, Bth 1:00.66
4 Maria Schilling, So, StOl 1:03.02
5 Ronda Elnes, Sr, Conc 1:03.25
6 Jenny Shrum, Fr, StOl 1:03.62
7 Tracy Johnson, Fr, Conc 1:05.13
8 Jennifer Smith, Jr, StOl 1:10.69

Final

1 Anita Paulino, So, UST 58.37
NCAA provisional qualifier
2 Alexis Brunner, Fr, StBn 58.69
NCAA provisional qualifier
3 Beth Stone, So, Conc 58.83
4 Sara Gorder, Sr, UST 59.83
5 Steph Schmitt, Jr, UST 60.22
6 Sara Will, So, Bth 60.57
7 Taria Heinen, Jr, Conc 61.29
8 Marisa Nivatvongs, Fr, StOl 61.74

100 Meters

Round 1, Heat 1

1 Laura LaFrombois, Fr, Bth 12.85
2 Heather Dols, Fr, StBn 12.91
3 Bridget Anderson, Mac 13.51
4 Kari Schroeder, Fr, Conc 13.58
5 Emily Risch, Fr, Ham 13.92
6 Stacy Gustafson, Fr, Ham 13.94
7 Karen Febey, Fr, StOl 15.15

Round 1, Heat 2

1 Aminah Ricks, Jr, Carl 12.52
NCAA provisional qualifier
2 Sara Ramquist, Fr, StOl 13.21
3 Sara Lindquist, Fr, StBn 13.38
4 Lisa Guckenberger, Sr, Carl 13.64
5 Trisha Thurmond, Mac 13.72

6 Tina Liimatta, Fr, StOl 14.31
7 Marquita Demaras, So, StCt 14.72

Round 1, Heat 3

1 Jackie Moe, Sr, Bth 12.43
NCAA provisional qualifier
2 Megan Wilson, Jr, StOl 12.92
3 Kaylene Peterson, Sr, Ham 13.24
4 Nicole Miley, So, StOl 13.39
5 Deb Thomas, Sr, Gus 13.77
6 Carolyn Walske, So, Ham 14.03
7 Erin Miller, So, StOl 14.21

Final

1 Aminah Ricks, Jr, Carl 12.24
NCAA automatic qualifier
2 Jackie Moe, Sr, Bth 12.30
NCAA automatic qualifier
3 Laura LaFrombois, Fr, Bth 12.74
4 Megan Wilson, Jr, StOl 12.85
5 Heather Dols, Fr, StBn 12.90
6 Sara Ramquist, Fr, StOl 13.06
7 Kaylene Peterson, Sr, Ham 13.27
8 Sara Lindquist, Fr, StBn 13.48

800 Meters

Round 1, Heat 1

1 Renae Brown, So, StOl 2:21.04
2 Kate Ainsworth, Fr, Carl 2:21.61
3 Kara Bloomquist, Fr, Gus 2:23.78
4 Jeannie Stangler, Jr, StBn 2:25.89
5 Beth Radel, Fr, StBn 2:27.12
6 Maria Schilling, So, StOl 2:28.99
7 Vickie Estrellado, Fr, Bth 2:33.94
8 Wendy Rose, So, StOl 2:35.65

Round 1, Heat 2

1 Stephanie Johnson, So, StOl 2:22.86
2 Melanie Dubay, Sr, UST 2:22.95
3 Tarah Mattson, Jr, StOl 2:23.89
4 Margaret King, Jr, StOl 2:29.10
5 Julie Haas, Sr, Conc 2:29.51
6 Patty Colvin, Fr, UST 2:29.84
7 Nicole Hines, So, UST 2:35.26
8 Gina Stender, Sr, StBn 2:36.05

Round 1, Heat 3

1 Katy Deignan, Sr, StBn 2:21.89
2 Amy Thornquist, So, UST 2:22.38
3 Julie Igel, Sr, UST 2:22.56
4 Ellen Kussow, Jr, Gus 2:25.74
5 Eithne Barton, Sr, Carl 2:25.83
6 Regina Seabrook, Fr, Ham 2:29.19
7 Stacia Shiffler, Sr, StOl 2:30.22
8 Rachel Traver, Fr, Ham 2:50.93

Final

1 Katy Deignan, Sr, StBn 2:18.05
2 Melanie Dubay, Sr, UST 2:18.56
3 Stephanie Johnson, So, StOl 2:18.63
4 Kate Ainsworth, Fr, Carl 2:20.31
5 Renae Brown, So, StOl 2:20.33

6	Amy Thornquist, So, UST	2:21.12
7	Julie Igel, Sr, UST	2:24.21
8	Kara Bloomquist, Fr, Gus	2:26.40
400 M. Intermediate Hu		
Round 1, Heat 1		
1	Tracy Berntsen, So, Conc	1:05.71
2	Jill Hageman, Sr, UST	1:07.61
3	Julie Andrews, Sr, StOl	1:08.43
4	Amy Doherty, Fr, UST	1:08.80
5	Alysia Zielski, Fr, UST	1:10.65
6	Joani Chalman, Fr, StOl	1:11.28
7	Ayen Caaren, So, Conc	1:12.56
Round 1, Heat 2		
1	Heidi Teske, Sr, UST	1:07.36
2	Melanie Orme, Jr, Bth	1:09.43
3	Jennifer Hartz, So, StOl	1:09.69
4	Sam Pogson, Sr, StBn	1:10.64
5	Lisa Smith, So, Bth	1:12.71
6	Miriam Barrick, So, Gus	1:15.72
Final		
1	Heidi Teske, Sr, UST	63.47
NCAA provisional qualifier		
2	Tracy Berntsen, So, Conc	63.89
NCAA provisional qualifier		
3	Jill Hageman, Sr, UST	68.31
4	Amy Doherty, Fr, UST	68.96
5	Julie Andrews, Sr, StOl	69.60
6	Jennifer Hartz, So, StOl	69.97
7	Melanie Orme, Jr, Bth	70.07
8	Sam Pogson, Sr, StBn	75.48
200 Meters		
Round 1, Heat 1		
1	Aminah Ricks, Jr, Carl	26.40
2	Sara Ramquist, Fr, StOl	27.48
3	Marisa Nivatvongs, Fr, StOl	27.84
4	Kari Schroeder, Fr, Conc	28.72
5	Kerry Lynch, Fr, StBn	29.08
6	Trisha Thurmond, Mac	29.57
7	Stacy Gustafson, Fr, Ham	29.68
Round 1, Heat 2		
1	Anita Paulino, So, UST	26.60
2	Taria Heinen, Jr, Conc	27.20
3	Jill Holbrook, So, StBn	27.67
4	Kaylene Peterson, Sr, Ham	27.97
5	Tracy Johnson, Fr, Conc	28.69
6	Claudia Allison, Jr, UST	28.97
7	Erin Miller, So, StOl	30.04
8	Karen Febey, Fr, StOl	31.61
Round 1, Heat 3		
1	Beth Stone, So, Conc	26.18
2	Sara Gorder, Sr, UST	26.73
3	Sherry Corringtron, Sr, Ham	28.30
4	Sara Lindquist, Fr, StBn	28.32
5	Bridget Anderson, Mac	28.95
6	Toni Moe, So, Carl	29.08
7	Emily Risch, Fr, Ham	29.36

8	Gretchen Spader, Mac	29.63
Round 1, Heat 4		
1	Jackie Moe, Sr, Bth	26.11
2	Megan Wilson, Jr, StOl	27.05
3	Laura LaFrombois, Fr, Bth	27.54
4	Nicole Miley, So, StOl	27.95
5	Deb Thomas, Sr, Gus	29.24
6	Lisa Guckenberger, Sr, Carl	29.36
7	Theresa Ledermann, Fr, StBn	30.00
8	Marquita Demaras, So, StCt	30.80
Final		
1	Aminah Ricks, Jr, Carl	25.79
NCAA provisional qualifier		
2	Jackie Moe, Sr, Bth	25.89
NCAA provisional qualifier		
3	Anita Paulino, So, UST	26.18
4	Beth Stone, So, Conc	26.39
5	Sara Gorder, Sr, UST	26.90
6	Megan Wilson, Jr, StOl	27.27
7	Sara Ramquist, Fr, StOl	27.45
8	Taria Heinen, Jr, Conc	27.67
10,000 Meters		
1	Kelly Copps, So, UST	38:24.74
NCAA provisional qualifier		
2	Suzy Burba, Jr, Bth	39:46.06
3	Carisa Blair, Sr, Conc	39:59.26
4	Renee Tomasula, Sr, UST	40:04.84
5	Michelle Stauffacher, Jr, StBn	40:32.59
6	Aleta Gilbertson, Jr, Gus	41:20.23
7	Tammy Betzing, Sr, Gus	41:36.16
8	Jennifer Brietholtz, Sr, StOl	42:34.96
9	Erica Johnson, So, UST	44:54.00
Triple Jump		
Round 1, Flight 1		
1	Jill Hageman, Sr, UST	35-8 3/4
2	Ayen Caaren, So, Conc	32-3 1/2
3	Cami Longstreet, Sr, StBn	31-8 1/2
4	Tracy Johnson, Fr, Conc	31-6 3/4
5	Heidi Schillinger, Fr, StOl	31-0
Round 1, Flight 2		
1	Nina Grossman, Fr, UST	32-0 3/4
2	Angela Borland, Sr, Gus	31-11 1/2
3	Carrie Mathias, Fr, UST	30-6 1/4
4	Eithne Barton, Sr, Carl	30-5
5	Carolyn Walske, So, Ham	30-3 1/2
6	Missy Herbst, Jr, StBn	30-0 1/4
Round 1, Flight 3		
1	Lydia Kabaka, Jr, Conc	36-0 3/4
2	Molly Staeheli, So, StOl	33-1
3	Jill Wolverton, Fr, UST	32-6 1/2
4	Emily Beardsley, So, Carl	31-9 1/2
5	Katrin Maehle, Jr, StOl	29-11 1/2
Final		
1	Lydia Kabaka, Jr, Conc	36-0 3/4
2	Jill Hageman, Sr, UST	35-8 3/4
3	Molly Staeheli, So, StOl	33-1

4	Jill Wolverton, Fr, UST	32-6 1/2
5	Angela Borland, Sr, Gus	32-6 1/4
6	Ayen Caaren, So, Conc	32-3 1/2
7	Nina Grossman, Fr, UST	32-0 3/4
8	Emily Beardsley, So, Carl	31-9 1/2
High Jump		
1	Karen Felger, So, Gus	5-6
NCAA automatic qualifier		
2	Nina Grossman, Fr, UST	5-4 1/4
3	Kellie Johnson, Jr, Gus	5-4 1/4
4	Anne Taylor, Mac	5-2 1/4
5	Heidi Schillinger, Fr, StOl	5-0 1/4
6	Colleen Landwehr, So, UST	5-0 1/4
6	Amy Tartaglia, So, Gus	5-0 1/4
8	Carrie Mathias, Fr, UST	4-10 1/4
8	Rhonda Gorseth, Sr, Gus	4-10 1/4
8	Sara Spohr, Fr, Conc	4-10 1/4
11	Carrie Goffin, Fr, StOl	4-8 1/4
12	Kim Carlson, So, Bth	4-8 1/4
12	Anita Sadler, UST	4-8 1/4
12	Stacy Evers, Gus	4-8 1/4
15	Julie Andrews, Sr, StOl	4-6 1/4
1600 Meter Relay		
1	UST (Steph Schmitt, Heidi Teske, Sara Gorder, Anita Paulino)	4:02.96
2	Concordia	4:03.49
3	StOl (Jenny Shrum, Renae Brown, Tarah Mattson, Stephanie Johnson)	4:06.59
4	Bth (Jackie Moe, Laura LaFrombois, Rachel Beebe, Sara Will)	4:10.81
5	Carl (Aminah Ricks, Emily Beardsley, Jolene Beitz, Eithne Barton)	4:11.80
6	StBn (Mary Thomas, Lisa Worden, Deedee Cich, Alexis Brunner)	4:12.00
7	Ham (Sherry Corrington, Kaylene Peterson, Carolyn Walske, Regina Seabrook)	4:15.76
8	Mac (Rebecca McCarrier, Bridget Anderson, Alyne Delaney, Jenny Carnell)	4:25.99
5,000 Meters		
1	Kelly Copps, So, UST	18:19.17
2	Jennifer Tonkin, Mac	18:38.88
3	Jodi Divinski, Sr, Aug	18:51.94
4	Sara Rohde, Mac	19:24.06
5	Betsy Zender, Sr, UST	19:24.40
6	Suzy Burba, Jr, Bth	19:27.82
7	Michelle Stauffacher, Jr, StBn	19:34.69
8	Tina Shirek, Sr, StBn	19:38.79
9	Krissy Wendlandt, Fr, StBn	19:45.46
10	Renee Tomasula, Sr, UST	19:46.35
11	Sarah Meyer, So, Conc	19:47.29
12	Laura Sloan, So, Bth	20:05.41
13	Molly Cooper, Fr, StBn	20:07.06
14	Jennifer Brietholtz, Sr, StOl	20:20.52
15	Tammy Betzing, Sr, Gus	20:26.49
16	Gail Peters, Sr, StBn	20:34.82
17	Paula Foreman, Sr, StCt	23:00.09

3,000 Meters		
1	Tara Schneider, So, UST	10:28.78
2	Karen Kreul, Mac	10:29.02
3	Christine Quimby, So, Carl	10:33.51
4	Jennifer Tonkin, Mac	10:43.96
5	Andrea Ekerholm, So, StOl	10:52.74
6	Laura Sloan, So, Bth	10:59.32
7	Dana Peterson, Gus	11:05.87
8	Aleta Gilbertson, Jr, Gus	11:07.20

Discus		
Round 1, Flight 1		
1	Eryn Anderson, Jr, Conc	120-9
2	Amy Stelling, So, Gus	100-0
3	DeAnne Doty, Jr, Ham	89-1
4	Theresa Ledermann, Fr, StBn	83-6
5	Monique Oliver, Jr, Carl	80-9 1/4

Round 1, Flight 2		
1	Doreen Dumonceaux, Sr, StOl	113-9
2	Amanda Novak, Fr, UST	113-4
3	Tina Tomaszewski, So, StMa	112-2
4	Jeanette Stai, So, UST	106-2
5	Heather Herron, Sr, StBn	100-2
6	Rhonda Elliot, Fr, Bth	78-4 1/4

Round 1, Flight 3		
1	Julia Musolf, Fr, StOl	120-3
2	Michelle Eisenreich, Fr, Carl	120-2
3	Kelly Schmitt, Sr, StBn	115-10
4	Joan Bowes, Sr, Gus	105-9
5	Joan Clark, Jr, StCt	96-9
6	Becky Bliley, So, StBn	96-5

Final		
1	Julia Musolf, Fr, StOl	124-11
2	Eryn Anderson, Jr, Conc	121-1
3	Michelle Eisenreich, Fr, Carl	120-9
4	Kelly Schmitt, Sr, StBn	115-10
5	Doreen Dumonceaux, Sr, StOl	114-7
6	Amanda Novak, Fr, UST	113-4
7	Tina Tomaszewski, So, StMa	112-2
8	Jeanette Stai, So, UST	106-8

TEAM SCORES		
1	St. Thomas	220.8
2	St. Olaf	117.0
3	Concordia	109.3
4	Carleton	75.0
5	St. Benedict	56.0
6	Bethel	54.0
7	Gustavus	44.8
8	Macalester	42.0
9	Hamline	14.0
10	Augsburg	6.0
11	St. Mary's	2.0

Men's Results

Decathlon

1	Erik Rosenkranz, So, UST	6637
	NCAA automatic qualifier	
2	Emry McAlear, Jr, Conc	6035
	NCAA provisional qualifier	
3	Bryan Bass, So, StOl	5758
4	Dan Besemann, Fr, StJn	5736
5	David Bogie, Fr, UST	5390
6	Jason Gallagher, Jr, StOl	5249
7	Chris Palmer, Sr, UST	4964
8	Carl Mueller, So, Carl	4654
9	Brad Anderson, Fr, StJn	4517

Long Jump

Round 1, Flight 1

1	Dietric Williams, Jr, Ham	21-6
2	Heath Rasmussen, Sr, StOl	21-4 3/4
3	Erik Rosenkranz, So, UST	20-11 1/4
4	James Lehnhoff, Jr, Conc	20-9 1/4
5	Chris Palmer, Sr, UST	19-11

Round 1, Flight 2

1	Dan Lynch, Sr, UST	20-11 3/4
2	Brian Schrader, Fr, Bth	20-10
3	Josh Vandeberg, So, StJn	20-5
4	David Bogie, Fr, UST	20-1
5	Bryan Bass, So, StOl	19-4 3/4
6	Brad Anderson, Fr, StJn	16-8 1/2

Round 1, Flight 3

1	Leonard Jones, Jr, UST	25-0
	NCAA automatic qualifier	
2	Brian Tri, Jr, StOl	22-4 1/4
3	Aaron Minor, Jr, Mac	21-1 1/4
4	Dan Besemann, Fr, StJn	21-0 3/4
5	Brian Erola, Jr, Gus	20-6 1/2

Final

1	Leonard Jones, Jr, UST	25-0
	NCAA automatic qualifier	
2	Brian Tri, Jr, StOl	22-4 1/4
3	Dietric Williams, Jr, Ham	22-4 1/4
4	Dan Lynch, Sr, UST	22-0 3/4
5	Erik Rosenkranz, So, UST	21-8 3/4
6	Heath Rasmussen, Sr, StOl	21-4 3/4
7	Dan Besemann, Fr, StJn	21-2
8	Aaron Minor, Jr, Mac	21-1 1/4

Discus

Round 1, Flight 1

1	Brett Gross, Fr, Gus	138-5
2	Doug Barland, Sr, UST	127-3
3	Mike Anderson, Fr, StJn	120-11
4	Paul Kewitsch, Sr, Gus	119-5
5	Tait Christiansen, So, Conc	116-5

Round 1, Flight 2

1	Patrick Ahern, Sr, UST	173-3
	NCAA automatic qualifier	
2	Joel Langel, So, UST	145-6

3	David Berg, So, Gus	141-10
4	Matt Walson, So, Gus	127-11
5	Sam Preston, So, StJn	125-2
6	Jerod Reiter, Fr, StJn	121-9

Round 1, Flight 3

1	Erik Sorenson, Jr, StJn	146-11
2	Amos Casey, Fr, UST	145-9
3	Jason Mekelburg, Jr, Bth	142-8
4	Gary Haugo, Sr, Conc	140-8
5	Matt Paar, Sr, UST	138-10
6	Aaron Crandall, Fr, Ham	115-7

Final

1	Patrick Ahern, Sr, UST	182-10
	NCAA automatic qualifier	
2	Erik Sorenson, Jr, StJn	153-2
3	Amos Casey, Fr, UST	145-9
4	Joel Langel, So, UST	145-6
5	David Berg, So, Gus	144-10
6	Jason Mekelburg, Jr, Bth	142-8
7	Matt Paar, Sr, UST	141-11
8	Gary Haugo, Sr, Conc	140-8

Pole Vault

1	Cory Brown, So, Ham	14-11
2	David Jeffers, Sr, Gus	14-11
3	Brian Oppeneer, Sr, StOl	13-11 1/4
4	John Butler, Sr, StJn	13-7 1/4
5	Jamie Stahle, So, Ham	13-3 1/2
6	Mike Carlson, Fr, Gus	12-7 1/2
7	Levi Vangorden, Fr, StOl	11-7 3/4

Hammer

Round 1, Flight 1

1	Anthony Moore, So, Carl	149-10
2	Eric Klein, Sr, Carl	146-4
3	Michael Fossum, Jr, StOl	140-1
4	Dean Nielson, Fr, Conc	124-6
5	Greg Gredvig, Fr, Ham	95-6

Round 1, Flight 2

1	Patrick Ahern, Sr, UST	163-5
2	Mike Lovestrand, Jr, Bth	154-3
3	Doug Barland, Sr, UST	148-0
4	Mike Anderson, Fr, StJn	137-5
5	Jerome Blumhoefer, So, Carl	131-9
6	Jon Andrews, Jr, Mac	113-9

Round 1, Flight 3

1	Erik Sorenson, Jr, StJn	163-0
2	Sean Anderson, Jr, Carl	152-7
3	Jess Quam, Jr, UST	142-8
4	Dan Jost, So, StJn	142-3
5	Allen Schulte, Jr, StOl	136-7
6	Jason Schleep, Sr, Conc	132-1

Final

1	Patrick Ahern, Sr, UST	184-2
	NCAA automatic qualifier	
2	Erik Sorenson, Jr, StJn	163-0
3	Eric Klein, Sr, Carl	161-2
4	Sean Anderson, Jr, Carl	154-9

5	Mike Lovestrand, Jr, Bth	154-3
6	Doug Barland, Sr, UST	152-10
7	Anthony Moore, So, Carl	149-10
8	Jess Quam, Jr, UST	144-4
400 Meter Relay		
1	St. Thomas	42.18
NCAA provisional qualifier		
2	St Johns	42.66
3	Bethel	42.78
4	Hamline	42.86
5	St Olaf	43.36
6	Macalester	44.05
7	Gustavus	44.44
8	Carleton	47.13
1500 Meters		
Round 1, Heat 1		
1	Mark Flaherty, Jr, Carl	4:08.44
2	Tim Bollom, Jr, UST	4:08.54
3	Mickey Meckna, Fr, StJn	4:09.04
4	Aric Katterhagen , So, StJn	4:09.84
5	Chris Borgmeier, So, StJn	4:18.24
Round 1, Heat 2		
1	Jim Miklausich, Jr, UST	4:12.74
2	Joel Kram, So, StJn	4:13.54
3	Chris Babcock, Jr, UST	4:14.34
4	Colby Linneman, Fr, UST	4:15.04
5	Erik Brooks, Jr, Carl	4:18.04
6	Erich Zumbrunnen, Fr, Conc	4:21.34
7	Randall Niemiec, Jr, Carl	4:22.44
8	Ben Hadden, Fr, Gus	4:22.64
Round 1, Heat 3		
1	Philip Dunn, Sr, Carl	4:09.54
1	Joel Wegener, Fr, Carl	4:09.54
3	Kevin Theissen, Fr, Carl	4:09.94
4	Erik Dahl, Jr, StOl	4:10.04
5	Brian Grove, So, Conc	4:12.34
6	Malcolm Dunn, Sr, Carl	4:14.94
7	Kent Anderson, Fr, Ham	4:17.14
8	Tony Sommars, Fr, Bth	4:19.14
Final		
1	Jim Miklausich, Jr, UST	4:02.18
2	Joel Kram, So, StJn	4:03.58
3	Tim Bollom, Jr, UST	4:04.48
4	Aric Katterhagen , So, StJn	4:05.32
5	Mark Flaherty, Jr, Carl	4:06.47
6	Philip Dunn, Sr, Carl	4:06.50
7	Chris Babcock, Jr, UST	4:06.68
8	Kevin Theissen, Fr, Carl	4:11.46
9	Erik Dahl, Jr, StOl	4:13.50
10	Brian Grove, So, Conc	4:15.08
11	Mickey Meckna, Fr, StJn	4:15.52
110 M. High Hurdles		
Round 1, Heat 1		
1	Matt Arbeiter, Sr, StJn	15.24
2	Michael Lutz, Jr, UST	15.54
3	Brian Schrader, Fr, Bth	15.64

3	Brian Walsh, Fr, StOl	15.64
5	Mike Ludwig, So, StJn	16.94
Round 1, Heat 2		
1	Mike Cihlar, So, StJn	15.24
2	David Bogie, Fr, UST	15.64
3	Jon Munson, Jr, UST	16.14
4	Jason Gallagher, Jr, StOl	16.64
5	Mark Ohlmann, Fr, Gus	16.74
6	Andrew Miltich, Fr, UST	17.74
Round 1, Heat 3		
1	Erik Rosenkranz, So, UST	15.24
2	Jason Boatman, Fr, Bth	15.34
3	Chris Schmidt, Jr, StOl	15.74
4	Ryan Steffenhagen, Jr, Gus	15.84
5	Jamie Lanigan, So, UST	16.34
6	Emry McAlear, Jr, Conc	18.64
Final		
1	Erik Rosenkranz, So, UST	14.82
NCAA provisional qualifier		
2	Matt Arbeiter, Sr, StJn	14.90
NCAA provisional qualifier		
3	Jason Boatman, Fr, Bth	15.03
4	Mike Cihlar, So, StJn	15.05
5	Brian Schrader, Fr, Bth	15.21
6	Michael Lutz, Jr, UST	15.23
7	David Bogie, Fr, UST	15.56
8	Brian Walsh, Fr, StOl	15.63
400 Meters		
Round 1, Heat 1		
1	Jason Boatman, Fr, Bth	48.77
NCAA provisional qualifier		
2	Jon Crowson, Sr, Ham	50.06
3	Brian Gullickson, Sr, Ham	51.01
4	Chris Link, So, Mac	51.35
5	David Pagel, Sr, Ham	52.22
6	Paul Anderson, Fr, Mac	53.91
7	Rob Olsen, Jr, Gus	54.05
Round 1, Heat 2		
1	Ryan Murray, Jr, StJn	49.38
2	Owen King, Jr, Ham	50.13
3	Robert Early, So, Carl	51.47
4	Jason Dahlberg, Jr, Bth	52.67
5	Erik Johnson, Jr, Mac	53.07
6	Dan Fleming, Fr, Mac	53.93
	Ben Danielson, So, StOl	DQ
Round 1, Heat 3		
1	Mike Malmgren, Fr, Ham	49.69
2	Shawn Ellingson, Sr, UST	50.21
3	John Strukel, Sr, StJn	50.36
4	Christoph Welsh, Jr, StOl	50.48
5	Eddie West, So, Mac	52.46
5	Kyle Oderman, Fr, Conc	52.46
7	Steve Carey, Fr, StJn	53.52
8	Brad Anderson, Fr, StJn	55.67

Final			4	Mike Nordberg, Sr, Gus	32:36.90
1	Vincent Paduano , Sr, UST	53.92	5	Dan Deuhs, Jr, StJn	32:40.49
	NCAA provisional qualifier		6	Peter Gerenz, Jr, UST	32:47.87
2	Chris Schmidt, Jr, StOl	54.78	7	Mark Nordberg, Sr, Gus	32:58.24
3	Ryan Beil, Jr, Conc	55.32	8	Bob Simmons, Sr, StJn	33:11.96
4	John Holland, So, StOl	55.63	9	Justin Simon, Fr, Mac	33:42.36
5	Jon Boyken, Fr, UST	55.83	10	Dan Bergan, Jr, UST	33:56.56
6	Chris Palmer, Sr, UST	57.79	11	Kelsey Anderson, Sr, Carl	34:03.32
7	Jason Gallagher, Jr, StOl	58.08	12	Kevin Brenner, Jr, StJn	34:30.37
8	Mark Ohlmann, Fr, Gus	58.41	13	Matt Flory, Fr, StOl	34:37.21
200 Meters			14	Jeff Corey, Sr, StJn	35:07.60
Round 1, Heat 1			15	Peter Nichol, So, Carl	36:39.03
1	Ryan Murray, Jr, StJn	22.02	High Jump		
2	Christoph Welsh, Jr, StOl	22.79	1	Leonard Jones, Jr, UST	7-2 1/4
3	Jeff Deidrich, Sr, Ham	22.85		NCAA automatic qualifier	
4	Rob Gag, Sr, StJn	23.74	2	Kenneth Hoffmann, So, StOl	7-0 1/4
5	Jim Lamm, Jr, StJn	24.04		NCAA automatic qualifier	
6	Andy Childs, Fr, Conc	24.34	3	Mike Zender, So, StJn	6-6 1/4
7	Vincent Brydon, Jr, StOl	25.23	4	Mike Cihlar, So, StJn	6-6 1/4
Round 1, Heat 2			5	Michael Lutz, Jr, UST	6-4 1/4
1	Darrick Cornelius, Jr, UST	22.64	6	Mike Criswell, Fr, StJn	6-4 1/4
2	Glenn Stewart, Fr, Bth	22.76	7	Aaron Oliver, So, UST	6-4 1/4
3	Steve Rittgers, So, Bth	23.10	8	Bryan Bass, So, StOl	6-4 1/4
4	Josh Arneson, So, Ham	23.90	9	Jim Huseby, So, Ham	6-2 1/4
5	Ryan Callahan, Fr, UST	24.16	10	Eric Woller, Jr, Ham	6-2 1/4
6	Christian Millington, Fr, Aug	24.23	11	Jason Gallagher, Jr, StOl	6-2 1/4
7	Scott Fitchet, Jr, Ham	24.98	12	Emry McAlear, Jr, Conc	6-0 1/2
Round 1, Heat 3			Javelin		
1	Rob Glover, So, StOl	22.27	Round 1, Flight 1		
2	Jason Boatman, Fr, Bth	22.40	1	Erik Sorenson, Jr, StJn	176-2
3	Richmond Sarpong, So, Mac	22.59	2	Erik Rosenkranz, So, UST	168-11
4	Chris Link, So, Mac	23.29	3	Travis Paul, So, Conc	161-6
5	Scott Colbert, So, Gus	24.32	4	Kirk Carlson, So, Gus	161-4
6	Carl Swan, Fr, UST	24.63	5	Alex Siskos, Sr, Mac	142-6
7	Rob Knight, Sr, Aug	24.78	6	Erik Rehwaldt, Jr, Conc	135-11
Round 1, Heat 4			Round 1, Flight 2		
1	Shawn Ellingson, Sr, UST	22.77	1	James Lehnhoff, Jr, Conc	190-8
2	Brian Schrader, Fr, Bth	23.34		NCAA provisional qualifier	
3	Brian Jones, Jr, UST	24.39	2	Dan Besemann, Fr, StJn	177-3
4	Steve Carey, Fr, StJn	24.40	3	Gabe Berntson, Jr, UST	163-9
5	Kyle Oderman, Fr, Conc	24.54	4	Paul Meyer, Fr, UST	156-0
6	Paul Anderson, Fr, Mac	24.84	5	Mark Moeller, Sr, Gus	146-1
7	Matt Conrad, Jr, Bth	25.42	6	Craig Dietrich, So, Carl	119-9
Final			Round 1, Flight 3		
1	Jason Boatman, Fr, Bth	22.21	1	Jess Quam, Jr, UST	162-11
2	Ryan Murray, Jr, StJn	22.23	2	Phil Esten, Fr, UST	157-3
3	Shawn Ellingson, Sr, UST	22.44	3	Chad Peterson, Fr, Ham	155-10
4	Rob Glover, So, StOl	22.47	4	Jerod Reiter, Fr, StJn	149-8
5	Richmond Sarpong, So, Mac	22.48	5	David Bogie, Fr, UST	144-0
6	Glenn Stewart, Fr, Bth	23.17	6	Eric Starkweather, Fr, Mac	118-8
7	Christoph Welsh, Jr, StOl	24.43	Final		
8	Darrick Cornelius, Jr, UST	30.23	1	James Lehnhoff, Jr, Conc	190-8
10,000 Meters				NCAA provisional qualifier	
1	Bob Klindworth, Sr, Gus	31:56.89	2	Erik Rosenkranz, So, UST	181-0
2	Derek Phillips, So, StOl	32:16.17	3	Dan Besemann, Fr, StJn	177-3
3	Chris Schutz, Sr, Ham	32:30.98	4	Erik Sorenson, Jr, StJn	176-2

5	Kirk Carlson, So, Gus	168-7
6	Gabe Berntson, Jr, UST	165-10
7	Jess Quam, Jr, UST	162-11
8	Travis Paul, So, Conc	161-6

Triple Jump

Round 1, Flight 1

1	Leonard Jones, Jr, UST	48-9
	NCAA automatic qualifier	
2	Dan Lynch, Sr, UST	44-10 1/4
3	James Frye, Sr, StOl	43-4 1/2
4	Dan Besemann, Fr, StJn	40-8 1/4
5	Ryan Else, Fr, Gus	40-2
6	Rob Kubat, Sr, StJn	39-11 1/4

Round 1, Flight 2

1	Aaron Minor, Jr, Mac	42-4 1/4
2	Josh Vandeberg, So, StJn	41-11 1/2
3	Shannon Roepke, So, Ham	41-11 1/4
4	Michael Lutz, Jr, UST	41-8 3/4
5	Brian Tri, Jr, StOl	41-5 1/4
6	Mark Shah, Fr, Ham	41-4 1/4
7	Ian Lawrow-Svedvik, Fr, Ham	40-4 3/4
8	Brian Erola, Jr, Gus	39-2 1/2

Final

1	Leonard Jones, Jr, UST	48-9
	NCAA automatic qualifier	
2	Dan Lynch, Sr, UST	47-5 1/4
	NCAA provisional qualifier	
3	James Frye, Sr, StOl	44-6 3/4
4	Michael Lutz, Jr, UST	43-6
5	Shannon Roepke, So, Ham	42-11
6	Aaron Minor, Jr, Mac	42-10 3/4
7	Josh Vandeberg, So, StJn	42-0 3/4
8	Brian Tri, Jr, StOl	41-5 1/4

Shot

Round 1, Flight 1

1	Neil Volker, Sr, Carl	47-4 1/2
2	Erik Sorenson, Jr, StJn	45-8
3	David Berg, So, Gus	45-6 1/2
4	Joshua Augst, Fr, Carl	45-3 3/4
5	Dan Jost , So, StJn	44-5 1/4
6	Mike Anderson, Fr, StJn	44-4 3/4
7	Gary Haugo, Sr, Conc	43-4 1/4

Round 1, Flight 2

1	Patrick Ahern, Sr, UST	52-0
	NCAA provisional qualifier	
2	Brett Gross, Fr, Gus	49-7
3	Eric Klein, Sr, Carl	45-3 3/4
4	Tait Christiansen, So, Conc	43-9
5	Aaron Crandall, Fr, Ham	43-8
6	Dean Nielson, Fr, Conc	40-11 1/2
7	Amos Casey, Fr, UST	38-6 1/4

Final

1	Patrick Ahern, Sr, UST	53-3 1/2
	NCAA automatic qualifier	
2	Brett Gross, Fr, Gus	49-11
3	David Berg, So, Gus	49-6 1/4

4	Neil Volker, Sr, Carl	47-11 3/4
5	Dan Jost , So, StJn	46-8 3/4
6	Erik Sorenson, Jr, StJn	45-8
7	Eric Klein, Sr, Carl	45-3 3/4
8	Joshua Augst, Fr, Carl	45-3 3/4

Steeplechase

1	Jason Trichler, Sr, Conc	9:27.87
2	William Kemper, Sr, Carl	9:44.48
3	Jason Day, Sr, Conc	9:49.16
4	Ryan Hagan, Sr, StJn	9:57.51
5	Steve Kramer, Jr, StOl	10:00.77
6	Dimitri Drekonja, Fr, Gus	10:05.21
7	J. McClelland, Jr, Gus	10:10.36
8	Kris Jungels, Sr, StJn	10:14.26
9	Jasper Simon, Fr, Mac	10:14.50
10	Aaron Drevlow, So, UST	10:20.26
11	Ben Tri, Fr, UST	10:21.66
12	Bobby Anderson, Sr, StJn	10:24.41
13	Mark Schoenfelder, Sr, UST	10:31.61
14	Brett Kurtsman, So, StOl	10:46.39
15	David Pipho, Jr, Conc	10:47.11

1600 Meter Relay

1	StOl (Ben Danielson, Paul Thornton, Chris Schmidt, Rob Glover)	3:18.17
	NCAA provisional qualifier	
2	Hamline	3:18.74
	NCAA provisional qualifier	
3	UST (Eric Paumen, Eric Hudson, Shawn Ellingson, Vincent Paduano)	3:19.89
4	StJn (Max Larson, Pat Foley, John Strukel, Ryan Murray)	3:21.24
5	Conc (Emry McAlear, Kyle Johnson, Collin Beachy, Ryan Beil)	3:24.82
6	Bth (Brian Schrader, Steve Rittgers, Jason Boatman, Jason Dahlberg)	3:26.60
7	Mac (Eddie West, Arturo Martinez, Chris Link, Dan Fleming)	3:28.49
8	Carleton	3:29.92
9	Gustavus	3:31.49

TEAM SCORES

1	St. Thomas	247.0
2	St. John's	136.5
3	St. Olaf	101.0
4	Hamline	63.0
5	Gustavus	58.0
6	Concordia	57.0
7	Bethel	54.5
8	Carleton	40.0
9	Macalester	21.0