

MIAC OUTDOOR CHAMPIONSHIP
May 9-10, Macalester College

Men					
100 Meter Dash			4	Chris Seifert, So, StJn	22.88
Round 1, Heat 1			5	Chad Jackson, Sr, Augs	23.02
1	Thanh Tran, So, StJn	10.91Q	6	Chris Kubacki, Fr, Gust	23.25
2	Shanti Rainey, Jr, UST	10.99q	7	Dan Kuehl, So, StOl	23.32
3	Harrison Perry, So, UST	11.05q	8	Steve Lynch, Fr, Carl	23.38
4	Kyle Skiermont, Jr, Gust	11.08	9	Josh Bear Stephens, So, Mac	23.47
5	Ayikai Quaye, Fr, Mac	11.22	Round 1, Heat 2		
6	Aaron Golden, Fr, Carl	11.23	1	Thanh Tran, So, StJn	22.65Q
7	Dennis Foo Kune, Fr, Mac	11.28	2	Shanti Rainey, Jr, UST	22.66q
8	Paul Minkler, So, StOl	11.47	3	Todd Veroeven, Fr, Ham	22.78q
9	Lance Ahlers, Jr, Gust	11.57	4	Jerome Krolak, Jr, UST	23.01
Round 1, Heat 2			5	Matt Raml, Fr, Conc	23.05
1	Shannon Rainey, Jr, UST	10.82Q	6	Scott Lundhagen, Jr, StOl	23.06
	NCAA Provisional		7	Ben Kvamme, Fr, Ham	23.19
2	Pat Cotter, Jr, UST	11.02q	8	Chris Nzigamasabo, Fr, Ham	23.84
3	Nate Chiappa, Sr, Carl	11.09	9	Pat Cotter, Jr, UST	24.59
4	Steve Grove, Fr, Carl	11.10	Round 1, Heat 3		
5	Chad Jackson, Sr, Augs	11.18	1	Steve Leonard, Sr, Beth	21.88Q
6	Josh Bear Stephens, So, Mac	11.33		NCAA Provisional	
7	Chris Kubacki, Fr, Gust	11.45	2	Shannon Rainey, Jr, UST	22.58q
8	Jeremy Goebel, Fr, StJn	11.48	3	Harrison Perry, So, UST	22.66q
Round 1, Heat 3			4	Jeremy Karger, Fr, Ham	22.96
1	Steve Leonard, Sr, Beth	10.68Q	5	Matt Hall, Fr, UST	23.12
	NCAA Automatic		6	Kyle Skiermont, Jr, Gust	23.31
2	Christian Johnson, Sr, Beth	10.77q	7	Ayikai Quaye, Fr, Mac	23.32
	NCAA Provisional		8	Rob Nick, So, Conc	23.58
3	Jerome Krolak, Jr, UST	11.01q	9	Karl Leitz, Fr, Carl	24.07
4	Adam Kress, Fr, StOl	11.04q	Final		
5	Rob Nick, So, Conc	11.16	1	Steve Leonard, Sr, Beth	22.04
6	Matt Hall, Fr, UST	11.20	2	Zach Jones, Jr, Carl	22.23
7	Jeremy Karger, Fr, Ham	11.22	3	Christian Johnson, Sr, Beth	22.27
8	Steve Lynch, Fr, Carl	11.32	4	Shannon Rainey, Jr, UST	22.50
9	Ryan Britz, Fr, Gust	11.54	5	Harrison Perry, So, UST	22.52
Final			6	Shanti Rainey, Jr, UST	22.53
1	Christian Johnson, Sr, Beth	10.81	7	Todd Veroeven, Fr, Ham	22.55
	NCAA Provisional		8	Will Gibson, Fr, StJn	22.77
2	Steve Leonard, Sr, Beth	10.84	9	Thanh Tran, So, StJn	22.83
	NCAA Provisional		400 Meter Dash		
3	Shannon Rainey, Jr, UST	10.88	Round 1, Heat 1		
4	Harrison Perry, So, UST	10.98	1	Jeremy Blake, So, Conc	50.06Q
5	Adam Kress, Fr, StOl	11.05	2	Scott Lundhagen, Jr, StOl	50.72q
6	Jerome Krolak, Jr, UST	11.08	3	Dan Ryan, Fr, StJn	51.36
7	Shanti Rainey, Jr, UST	11.12	4	Jason Exley, Jr, Augs	51.44
8	Pat Cotter, Jr, UST	11.18	5	Andy Cerio, Fr, UST	52.64
9	Thanh Tran, So, StJn	11.24	6	John McDonald, Fr, StMa	53.68
200 Meter Dash			7	Doug Thompson, So, StJn	53.80
Round 1, Heat 1			8	Jerrad Hammer, Fr, Mac	54.15
1	Zach Jones, Jr, Carl	22.24Q	9	Jeremy Vize, So, Mac	54.23
2	Christian Johnson, Sr, Beth	22.34q	Round 1, Heat 2		
3	Will Gibson, Fr, StJn	22.79q	1	Zach Jones, Jr, Carl	48.57Q
				NCAA Provisional	
			2	Chris Bergren, Jr, UST	50.53q

3	Ryan Holt, Jr, Gust	50.54q
4	Jeff Meyers, So, Beth	51.14q
5	Blaine Soderholm, So, Beth	52.29
6	Pete Littlewood, Sr, Carl	52.71
7	Jarred Sampson, Fr, Ham	53.25
8	Dan Schofer, Fr, Carl	54.42
9	David Croom, Fr, StOl	54.87

Round 1, Heat 3

1	Dave Harrison, So, StJn	49.86Q
2	Matt Raml, Fr, Conc	50.62q
3	Dan Kuehl, So, StOl	50.77q
4	Jeremy Hahn, Fr, Gust	51.82
5	Mike Clauson, Jr, Ham	52.05
6	Troy Sunde, Fr, StOl	52.51
7	Frank Crowson, So, Ham	53.38
8	Shawn Groth, So, StOl	54.13
9	Alex Fischer, So, StJn	54.38

Final

1	Zach Jones, Jr, Carl	48.46
NCAA Provisional		
2	Dave Harrison, So, StJn	49.50
3	Jeremy Blake, So, Conc	50.44
4	Dan Kuehl, So, StOl	50.64
5	Matt Raml, Fr, Conc	50.66
6	Chris Bergren, Jr, UST	50.72
7	Scott Lundhagen, Jr, StOl	50.83
8	Ryan Holt, Jr, Gust	50.97
9	Jeff Meyers, So, Beth	52.29

800 Meter Run

Round 1, Heat 1

1	Bill Keating, Sr, Conc	1:54.71Q
2	Rob Edwards, Fr, StMa	1:54.75Q
3	Eric Schmeckpeper, Fr, Ham	1:54.76q
4	Steve Doherty, Sr, Ham	1:54.92q
5	Vaughan O'Brien, Sr, StJn	1:55.26q
6	Andres Leza, So, Mac	1:55.41q
7	Andy Gilbertson, Sr, StJn	1:59.27
8	Ahmar Alshash, Fr, StOl	2:02.60
9	Jeff Clairmont, Sr, Conc	2:02.61

Round 1, Heat 2

1	Dan Virnig, Sr, Carl	1:52.09Q
NCAA Provisional		
2	Tony Foss, Fr, StJn	1:56.21Q
3	Rasheed Harris, So, UST	1:56.76q
4	Dave Manning, So, StJn	1:57.08
5	Bob Elsinger, Sr, Mac	1:57.28
6	Nick Andrea, Sr, StJn	1:59.16
7	Brian Knutson, Jr, StJn	2:02.24
8	Jamie Kirkpatrick, So, StOl	2:02.43
9	Greg Grothe, Fr, StOl	2:05.22

Final

1	Dan Virnig, Sr, Carl	1:52.79
NCAA Provisional		
2	Bill Keating, Sr, Conc	1:54.32
3	Vaughan O'Brien, Sr, StJn	1:55.32
4	Tony Foss, Fr, StJn	1:55.43

5	Steve Doherty, Sr, Ham	1:55.61
6	Eric Schmeckpeper, Fr, Ham	1:55.90
7	Rob Edwards, Fr, StMa	1:56.04
8	Andres Leza, So, Mac	1:56.57
9	Rasheed Harris, So, UST	1:56.72

1500 Meter Run

Round 1, Heat 1

1	Josh Kath, So, UST	4:04.15Q
2	Dan Virnig, Sr, Carl	4:04.28Q
3	Brad Bauer, Sr, StJn	4:04.69Q
4	Rauha Rahkola, Sr, Gust	4:05.27Q
5	Alex Schutz, Fr, Carl	4:07.48q
6	Toby Selix, Sr, Ham	4:07.94q
7	Willy Arend, Jr, StJn	4:09.92q
8	Don Dittmer, So, Gust	4:11.27
9	Morgan Davidsen, Fr, Augs	4:11.33
10	Peter Morse, Fr, StOl	4:12.41
11	Jesse Murray, Jr, StMa	4:13.38
12	Tim Pavlish, Fr, Mac	4:16.61
13	Nate Foss, Fr, Gust	4:17.88
14	Mark Schroeder, Fr, Carl	4:19.21

Round 1, Heat 2

1	Rob Edwards, Fr, StMa	4:05.36Q
2	Eric Bergman, So, StOl	4:08.91Q
3	Phil Potvin, So, StJn	4:08.94Q
4	Don Bahls, Sr, StOl	4:10.68Q
5	Randy Frels, So, StMa	4:10.82q
6	Ryan Bickler, Fr, StMa	4:11.11
7	Greg Grothe, Fr, StOl	4:11.65
8	Josh Feinberg, Sr, Carl	4:13.77
9	Steve Henderson, Fr, UST	4:14.11
10	Carl Wallin, Fr, StMa	4:14.54
11	Jim Solger, So, Gust	4:19.94
12	Benji Uffenbeck, Fr, StOl	4:21.18
13	Tim Santine, So, UST	4:23.10
14	Kris Glesener, Fr, StJn	4:24.10

Final

1	Dan Virnig, Sr, Carl	3:57.59
2	Josh Kath, So, UST	3:57.80
3	Rob Edwards, Fr, StMa	3:59.86
4	Brad Bauer, Sr, StJn	4:00.91
5	Rauha Rahkola, Sr, Gust	4:03.06
6	Eric Bergman, So, StOl	4:06.33
7	Phil Potvin, So, StJn	4:06.91
8	Toby Selix, Sr, Ham	4:08.13
9	Alex Schutz, Fr, Carl	4:09.70
10	Don Bahls, Sr, StOl	4:11.97
11	Willy Arend, Jr, StJn	4:13.84
12	Randy Frels, So, StMa	4:14.92

5000 Meter Run

1	Josh Kath, So, UST	15:30.89
2	Brad Bauer, Sr, StJn	15:31.69
3	Steve Pasche, Sr, StJn	15:36.30
4	Jeb Myers, Sr, StJn	15:40.06
5	John Krueger, Fr, StJn	15:42.97
6	Eric Bergman, So, StOl	15:44.43

7	Dan Simmons, Jr, StJn	15:44.73
8	Tom Goeltl, Sr, Ham	15:45.26
9	Jon Koch, Sr, StJn	15:47.16
10	Ryan Steines, Sr, StJn	15:50.67
11	Jacob Hallen, So, UST	15:53.77
12	Ryan Bickler, Fr, StMa	15:53.79
13	Jens Strand, Jr, Carl	15:58.95
14	Steffan Freeman, Fr, Gust	16:00.38
15	Bill Martin, Jr, Carl	16:00.54
16	Bryce Wandrey, So, StOl	16:08.84
17	Mark Bolster, Fr, StMa	16:10.01
18	Rauha Rahkola, Sr, Gust	16:10.28
19	Matt Harvieux, Fr, UST	16:13.76
20	Rob Nachtwey, Fr, Mac	16:15.09
21	LeRoy Popowski, Sr, StJn	16:20.15
22	Pete Johnson, So, Gust	16:21.24
23	Chad Millner, So, Gust	16:26.27
24	Toby Selix, Sr, Ham	16:27.41
25	Martin Stensing, So, StMa	16:32.54
26	Jon Bougie, Sr, Carl	16:35.49
27	Nick Knuth, Jr, UST	16:37.49
28	Dan Dahl, Sr, StOl	16:38.04
29	Kevin Shively, Fr, Mac	16:38.63
30	Josh Davis, Fr, Gust	16:39.57
31	Chris Hassing, Jr, Ham	16:44.48
32	Randy Frels, So, StMa	16:46.22
10000 Meter Run		
1	Ryan Steines, Sr, StJn	32:04.59
2	Jeb Myers, Sr, StJn	32:36.40
3	Steve Pasche, Sr, StJn	32:36.47
4	Dan Simmons, Jr, StJn	32:37.76
5	Zach Handler, Fr, Carl	32:39.48
6	Sedge Freeman, Jr, Gust	32:41.21
7	John Guertin, So, StJn	32:53.51
8	John Krueger, Fr, StJn	33:06.86
9	Jacob Hallen, So, UST	33:17.89
10	LeRoy Popowski, Sr, StJn	33:34.11
11	Bryce Wandrey, So, StOl	33:34.12
12	Mark Janikula, So, StJn	33:54.50
13	Chad Millner, So, Gust	34:17.52
14	Josh Hoyle, Jr, Carl	34:20.28
15	Dan Dahl, Sr, StOl	34:30.52
16	Sam Schoenfelder, So, UST	34:40.50
17	Brendan Hanley, Jr, StMa	34:54.30
18	Ken Mueller, So, UST	35:37.63
19	Benji Uffenbeck, Fr, StOl	35:58.86
110 Meter Hurdles		
Round 1, Heat 1		
1	Ryan Quinn, Fr, UST	15.46Q
2	Brent Zwiers, Sr, StOl	15.49q
3	Sam Rico, So, Beth	15.65q
4	Keith Moran, UST	15.77q
5	Mike Sonsteng, Sr, StOl	16.77
6	Mark Ochenrider, So, Conc	17.36
7	Olaf Siverson, Fr, StOl	17.90
8	Scott Thorn, Sr, Conc	20.79

Round 1, Heat 2		
1	Mike Sabers, Sr, StJn	15.32Q
2	John Shepard, Fr, Mac	15.80q
3	Peter Imle, Sr, Carl	15.98q
4	Dan Buchholz, So, Conc	16.20q
5	Matt Benoit, Fr, Carl	16.34q
6	David Farris, Fr, Mac	17.95
7	Matt Drewes, Jr, Conc	18.50
8	Scott Harman, So, Gust	20.30
9	Nels Paulson, Fr, Conc	23.44
Final		
1	Mike Sabers, Sr, StJn	15.21
2	Keith Moran, UST	15.67
3	Brent Zwiers, Sr, StOl	15.72
4	Sam Rico, So, Beth	15.73
5	John Shepard, Fr, Mac	15.78
6	Peter Imle, Sr, Carl	16.00
7	Dan Buchholz, So, Conc	16.24
8	Matt Benoit, Fr, Carl	16.63
	Ryan Quinn, Fr, UST	DQ
400 Meter Hurdles		
Round 1, Heat 1		
1	Adam Kress, Fr, StOl	55.25Q
2	Peter Imle, Sr, Carl	55.50q
3	Sam Rico, So, Beth	56.68q
4	Kevin Voss, Jr, StJn	57.24
5	Joel Ward, Fr, StOl	57.93
6	Brent Zwiers, Sr, StOl	60.34
7	David Farris, Fr, Mac	60.90
8	Ryan Laginess, So, StOl	61.06
Round 1, Heat 2		
1	Mark Warder, So, UST	53.82Q
		NCAA Provisional
2	Mike Christopherson, Fr, Gust	56.25q
3	Mike Sabers, Sr, StJn	56.58q
4	Nate Hedtke, Fr, Mac	57.89
5	Chris Dardis, Sr, StJn	58.74
6	Tom Soltys, So, StJn	59.03
7	Mark Ochenrider, So, Conc	63.98
8	Olaf Siverson, Fr, StOl	65.90
Round 1, Heat 3		
1	Peter Benson, Sr, Conc	55.52Q
2	Steve Grove, Fr, Carl	56.35q
3	Bryan Chang, Jr, Carl	56.93q
4	Jeff Eckstein, Fr, StJn	57.21
5	Atsushi Tanaka, Sr, Mac	58.50
6	Dan Buchholz, So, Conc	60.06
7	Toby Hatlevig, Sr, Gust	61.62
8	Darren McKigney, Fr, Conc	61.84
Final		
1	Peter Benson, Sr, Conc	53.60
		NCAA Provisional
2	Mark Warder, So, UST	54.08
		NCAA Provisional
3	Adam Kress, Fr, StOl	54.15
		NCAA Provisional

4	Steve Grove, Fr, Carl	55.70
5	Mike Christopherson, Fr, Gust	55.72
6	Mike Sabers, Sr, StJn	56.36
7	Peter Imle, Sr, Carl	56.79
8	Bryan Chang, Jr, Carl	56.82
9	Sam Rico, So, Beth	57.32

3000M Steeplechase

1	Jeb Myers, Sr, StJn	9:26.84
2	Scott Major, Fr, StOl	9:37.29
3	Sedge Freeman, Jr, Gust	9:37.40
4	Lee Hodin, Fr, StJn	9:40.24
5	Tony Kinzley, Sr, StJn	9:40.82
6	Nick Knuth, Jr, UST	9:41.57
7	Tom Goeltl, Sr, Ham	9:44.40
8	Peter Morse, Fr, StOl	9:44.51
9	Jon Koch, Sr, StJn	9:45.95
10	Eric Barrett, So, UST	9:45.96
11	Brandon Guthrie, Fr, Mac	9:47.77
12	Zach Handler, Fr, Carl	9:51.57
13	Chet Boom, So, StJn	9:55.20
14	Frank Bendewald, So, StJn	9:55.24
15	Kevin Koch, Sr, StOl	10:04.62

4X100 Meter Relay

Round 1, Heat 1

1	Bethel (Jeff Meyers, Sam Rico, Steve Leonard, Christian Johnson)	41.69Q
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NCAA Automatic

2	Carleton (Nate Chiappa, Zach Handler, Steve Grove, Aaron Golden)	42.34q
3	Macalester (Ayikai Quaye, Bengo Mrema, Josh Bear Stephens, Larry Griffin)	43.32q
4	Concordia (Micah Benson, Rob Nick, Matt Raml, Peter Benson)	43.44q
5	Augsburg (Keith Allen, Matt Reller, Charlie Cracraft, Kris Froyum)	45.02q

Round 1, Heat 2

1	St. Thomas (Pat Cotter, Harrison Perry, Shanti Rainey, Shannon Rainey)	42.17Q
2	Saint John's (Chris Seifert, Will Gibson, Kyle Perreault, Thanh Tran)	43.04q
3	St. Olaf (Paul Minkler, Dan Kuehl, Scott Lundhagen, Adam Kress)	43.66q
4	Gustavus (Mike Christopherson, Lance Ahlers, Ryan Britz, Kyle Skiermont)	43.80q
	Hamline, Ham	DQ

Final

1	Bethel (Jeff Meyers, Sam Rico, Steve Leonard, Christian Johnson)	41.84
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NCAA Provisional

2	St. Thomas (Pat Cotter, Harrison Perry, Shanti Rainey, Shannon Rainey)	41.86
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NCAA Provisional

3	Carleton (Nate Chiappa, Zach Handler, Steve Grove, Aaron Golden)	42.20
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4	Saint John's (Chris Seifert, Will Gibson, Kyle Perreault, Thanh Tran)	42.66
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5	St. Olaf (Paul Minkler, Dan Kuehl, Scott Lundhagen, Adam Kress)	43.28
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6	Concordia (Micah Benson, Rob Nick, Matt Raml, Peter Benson)	43.40
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7	Macalester (Ayikai Quaye, Bengo Mrema, Josh Bear Stephens, Larry Griffin)	43.42
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8	Gustavus (Mike Christopherson, Lance Ahlers, Ryan Britz, Kyle Skiermont)	43.57
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9	Augsburg (Keith Allen, Matt Reller, Charlie Cracraft, Kris Froyum)	45.15
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4X400 Meter Relay

1	Carleton (Peter Imle, Dan Virnig, Steve Grove, Zach Jones)	3:17.45
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NCAA Provisional

2	Hamline (Brad Trost, Eric Schmeckpeper, Todd Veroeven, Steve Doherty)	3:19.29
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3	St. Olaf (Scott Lundhagen, Adam Kress, Ahmar Alshash, Dan Kuehl)	3:20.02
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4	Concordia (Micah Benson, Rob Nick, Matt Raml, Peter Benson)	3:21.24
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5	St. Thomas (Chris Bergren, Shanti Rainey, Rasheed Harris, Mark Warder)	3:21.56
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6	Saint John's (Steve Kimble, Tony Foss, Eric Brown, Dave Harrison)	3:21.82
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7	Gustavus (Ryan Holt, Lance Ahlers, Jeremy Hahn, Mike Christopherson)	3:24.38
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8	Macalester (Anthony Agadzi, Andres Leza, Michael Lens, Bob Elsinger)	3:25.74
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9	Saint John's "B", StJn	3:27.39
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10	Hamline (Jeremy Karger, Jarred Sampson, Doron Clark, Mike Clauson)	3:27.43
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11	Augsburg (Jason Exley, Chad Jackson, Matt Reller, Charlie Cracraft)	3:30.23
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12	Saint Mary's (John McDonald, Joe Guenther, Rob Edwards, Carl Wallin)	3:30.33
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13	Concordia (Darren McKigney, Jason Clairmont, Jeff Clairmont, Bill Keating)	3:31.48
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4X800 Meter Relay

1	St. Olaf (John McMurray, Mike Berkland, Scott Major, Eric Bergman)	7:48.53
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2	Hamline (Tom Goeltl, Doron Clark, Toby Selix, Steve Doherty)	7:50.73
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3	Saint John's (Eric Brown, Kyle Nelson, Ryan Olson, Nick Andrea)	7:51.02
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4	Macalester (Bob Elsinger, Tim Pavlish, John Anderson, Brandon Guthrie)	7:58.54
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5	St. Thomas (Aaron Zeuli, Eric Barrett, Kevin Cummisford, Rasheed Harris)	7:59.27
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6	Carleton (Dan Feiveson, Alex Schutz, Bryan Chang, Bill Martin)	8:01.07
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7	Saint Mary's, StMa	8:12.88
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8	Concordia (Josh Lowman, Jason Clairmont, Jeff Clairmont, Bill Keating)	8:18.70
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Long Jump		
Round 1, Flight 1		
1	Jeff Schmidt, Fr, UST	23-1 1/4q
2	Aaron Golden, Fr, Carl	22-6 1/2q
3	Cam Stottler, Fr, UST	20-10 3/4q
4	Dan Buchholz, So, Conc	20-6 1/2
5	Paul Minkler, So, StOl	19-9
6	Jon Lundberg, Fr, Beth	19-8 1/4
7	Chris Dzik, Fr, Ham	19-0
8	Adam Johnson, Sr, UST	15-9 3/4
	Phil Wishart, Jr, Conc	ND

Round 1, Flight 2		
1	Brad Trost, Sr, Ham	22-0 3/4q
2	Nate Chiappa, Sr, Carl	21-6 1/4q
3	Micah Benson, Fr, Conc	21-2 3/4q
4	Larry Griffin, So, Mac	21-2 1/2q
5	Steve Wenzel, Jr, UST	20-11 1/4q
6	Will Gibson, Fr, StJn	20-8q
7	Steve Lynch, Fr, Carl	20-0 1/2
8	Thomas Cruz, Fr, UST	18-8 1/2
9	Torrey Quella, Jr, UST	18-2 1/4

Final		
1	Jeff Schmidt, Fr, UST	23-6 3/4
	NCAA Provisional	
2	Brad Trost, Sr, Ham	22-7
3	Aaron Golden, Fr, Carl	22-6 1/2
4	Nate Chiappa, Sr, Carl	21-9 1/2
5	Micah Benson, Fr, Conc	21-9 1/2
6	Cam Stottler, Fr, UST	21-5 1/4
7	Steve Wenzel, Jr, UST	21-3 1/4
8	Larry Griffin, So, Mac	21-2 1/2
9	Will Gibson, Fr, StJn	21-0

Triple Jump		
Round 1, Flight 1		
1	Alex Krivobok, Sr, Conc	43-10 3/4q
2	Steve Wenzel, Jr, UST	43-5 3/4q
3	Adam Johnson, Sr, UST	42-11 3/4q
4	Greg North, Fr, Conc	41-8 3/4q
5	Brady Hahn, So, Gust	40-11q
6	Mike Morris, Sr, StOl	40-6 1/4
7	Doug Paulson, Fr, Conc	40-6 1/4
8	Dan Buchholz, So, Conc	40-4 3/4
9	Chris Dzik, Fr, Ham	39-4

Round 1, Flight 2		
1	Jeff Schmidt, Fr, UST	44-11 1/2q
2	Bengo Mrema, Fr, Mac	44-4q
3	Cam Stottler, Fr, UST	43-6q
4	Ryan Britz, Fr, Gust	42-6q
5	Jon Lundberg, Fr, Beth	40-11q
6	Greg Juelke, So, UST	40-2 1/4
7	Andy Kinzley, So, StJn	40-1 1/4
8	Phil Wishart, Jr, Conc	38-8 1/4
	Brian Berntsen, So, StJn	ND

Final		
1	Jeff Schmidt, Fr, UST	45-10 1/2
2	Adam Johnson, Sr, UST	44-11 3/4

3	Bengo Mrema, Fr, Mac	44-4
4	Alex Krivobok, Sr, Conc	43-10 3/4
5	Ryan Britz, Fr, Gust	43-6 1/2
6	Cam Stottler, Fr, UST	43-6
7	Steve Wenzel, Jr, UST	43-5 3/4
8	Brady Hahn, So, Gust	42-2
9	Greg North, Fr, Conc	41-10 1/2
10	Jon Lundberg, Fr, Beth	40-11

Shot Put		
Round 1, Flight 1		
1	Aaron Smith, So, Gust	51-5 3/4q
	NCAA Provisional	
2	Heber Kennedy, So, Ham	44-0 1/2q
3	Ben Bauer, Fr, Augs	43-7q
4	Robert Rosenthal, Jr, Mac	42-5 1/2
5	Jason Skramstad, Jr, StJn	41-10 3/4
6	Aaron Harper, Sr, UST	41-5 1/4
7	Mark Reiland, Fr, Augs	40-11 1/2
8	Paul Archambeault, So, StMa	40-5
9	Josh Rife, Fr, StOl	38-11

Round 1, Flight 2		
1	Darwin Dumonceaux, So, StJn	51-3q
	NCAA Provisional	
2	Mike Paone, Sr, UST	48-9q
3	Eric Jensen, Sr, Carl	46-0 3/4q
4	Mike Lewis, Jr, Carl	44-6 3/4q
5	Chuck Van Nostrand, So, Carl	42-10 1/4q
6	Josh LaClair, UST	42-9 3/4q
7	Chuck Klepperich, Fr, Gust	41-10
8	Dan Duncan, Fr, Gust	40-7 1/2
9	Steve Berg, Jr, Gust	38-2

Final		
1	Aaron Smith, So, Gust	53-3 3/4
	NCAA Automatic	
2	Darwin Dumonceaux, So, StJn	51-6 1/2
	NCAA Provisional	
3	Eric Jensen, Sr, Carl	48-11
4	Mike Paone, Sr, UST	48-9
5	Mike Lewis, Jr, Carl	44-6 3/4
6	Heber Kennedy, So, Ham	44-0 1/2
7	Ben Bauer, Fr, Augs	44-0
8	Chuck Van Nostrand, So, Carl	42-10 1/4
9	Josh LaClair, UST	42-9 3/4

Discus Throw		
Round 1, Flight 1		
1	Jeremy Rondorf, Sr, StJn	153-2q
2	Dan Duncan, Fr, Gust	138-4q
3	Darwin Dumonceaux, So, StJn	136-3q
4	Aaron Harper, Sr, UST	134-8q
5	Corey Truebenback, Fr, Gust	130-2q
6	Mike Reed, Sr, Gust	128-6
7	Tom Krebsbach, So, Gust	123-1
8	Mark Reiland, Fr, Augs	112-3
9	John Fiedler, So, UST	100-3

Round 1, Flight 2			2	Phil Barry, Fr, StJn	159-5q
1	John Powers, Sr, Gust	158-1q	3	Jon Young, Jr, Ham	159-4q
		NCAA Provisional	4	Erik Riesterer, Fr, StOl	155-2q
2	Shawn Growe, Jr, Ham	142-11q	5	Kyle Irestone, Jr, UST	153-6
3	Steve Kimble, So, StJn	140-8q	6	Mike Reed, Sr, Gust	143-10
4	Aaron Smith, So, Gust	137-5q	7	Tom Rydland, Jr, Gust	127-0
5	Steve Berg, Jr, Gust	128-5	8	Steve Kimble, So, StJn	120-3
6	Tom Rydland, Jr, Gust	118-4	9	Tom Krebsbach, So, Gust	108-3
7	Mike Paone, Sr, UST	118-2	Round 1, Flight 2		
8	Mike Otten, Fr, UST	115-10	1	Mike Johnson, Jr, Gust	185-3q
9	Ricardo Santa Cruz, Sr, Carl	114-1	2	Joe Warren, Jr, UST	178-2q
Final			3	Scott Holthusen, Fr, Conc	170-4q
1	John Powers, Sr, Gust	158-1	4	Nate Holmes, So, Carl	158-7q
		NCAA Provisional	5	Nate Schneeberger, Fr, Ham	156-10q
2	Jeremy Rondorf, Sr, StJn	153-2	6	Jonas Funk, Sr, Carl	154-8
3	Shawn Growe, Jr, Ham	146-8	7	Chuck Klepperich, Fr, Gust	142-5
4	Darwin Dumonceaux, So, StJn	141-6	8	Steve Berg, Jr, Gust	126-8
5	Steve Kimble, So, StJn	140-8	9	Dan Buchholz, So, Conc	125-1
6	Aaron Smith, So, Gust	140-5	Final		
7	Aaron Harper, Sr, UST	140-4	1	Joe Warren, Jr, UST	186-5
8	Dan Duncan, Fr, Gust	138-4	2	Mike Johnson, Jr, Gust	185-3
9	Corey Trueebenback, Fr, Gust	130-2	3	Eric Fenstad, Jr, StJn	182-3
Hammer Throw			4	Phil Barry, Fr, StJn	175-3
Round 1, Flight 1			5	Scott Holthusen, Fr, Conc	170-4
1	Aaron Smith, So, Gust	161-9q	6	Erik Riesterer, Fr, StOl	167-5
2	Aaron Harper, Sr, UST	155-10q	7	Nate Holmes, So, Carl	160-7
3	Jason Johnson, So, Ham	144-6q	8	Jon Young, Jr, Ham	159-4
4	Chuck Van Nostrand, So, Carl	140-9q	9	Nate Schneeberger, Fr, Ham	156-10
5	Jason Skramstad, Jr, StJn	134-3q	High Jump		
6	Eric Jensen, Sr, Carl	130-4q	1	Brian Berntsen, So, StJn	6-5 1/2
7	Mike Lewis, Jr, Carl	121-1	2	Eric Peterson, Jr, StOl	6-5 1/2
8	Josh Rife, Fr, StOl	102-7	2	John Shepard, Fr, Mac	6-5 1/2
	Joel Olejnicak, Jr, StMa	ND	4	Jeff Schmidt, Fr, UST	6-5 1/2
Round 1, Flight 2			5	Jeff Ayer, Sr, StJn	6-4 1/4
1	Shawn Growe, Jr, Ham	146-5q	6	David Jacobson, Sr, Conc	6-4 1/4
2	Mark Aslakson, Jr, Conc	136-10q	7	Peter Benson, Sr, Conc	6-4 1/4
3	Mike Paone, Sr, UST	122-4q	8	Tom Bauer, Fr, Carl	6-4 1/4
4	Nate Schutta, Jr, StJn	118-1	9	Micah Benson, Fr, Conc	6-3 1/4
5	John Fiedler, So, UST	117-2	10	Chris Vickers, Fr, Ham	6-2
6	Scott Holthusen, Fr, Conc	108-1	11	Joab Rico, Fr, Beth	6-0 3/4
7	Dave Palm, Jr, Ham	100-11	12	Aaron Lakanen, So, Beth	6-0 3/4
8	Josh LaClair, UST	96-4	13	Matt Benoit, Fr, Carl	6-0 3/4
9	Heber Kennedy, So, Ham	95-1	14	Carl Wallin, Fr, StMa	5-11 1/2
Final			15	Dan Buchholz, So, Conc	5-10 1/2
1	Aaron Smith, So, Gust	161-9	16	Adam Johnson, Sr, UST	5-10 1/2
2	Aaron Harper, Sr, UST	161-7	Pole Vault		
3	Shawn Growe, Jr, Ham	153-2	1	Ben Sieben, Fr, StJn	14-5 1/4
4	Chuck Van Nostrand, So, Carl	145-0	2	Andy Stark, So, StOl	13-11 1/4
5	Jason Johnson, So, Ham	144-6	2	Jon Nickle, Jr, UST	13-11 1/4
6	Mark Aslakson, Jr, Conc	136-10	4	Ryan Kane, Fr, UST	13-7 1/4
7	Jason Skramstad, Jr, StJn	134-3	5	Phil Barry, Fr, StJn	12-11 1/2
8	Eric Jensen, Sr, Carl	132-4	6	Jeff Kreofsky, Fr, UST	12-11 1/2
9	Mike Paone, Sr, UST	126-11	7	Joey Gonzales, So, StJn	12-11 1/2
Javelin Throw			8	Noah Heaney, Fr, UST	12-7 1/2
Round 1, Flight 1			9	Steve Kimble, So, StJn	11-7 3/4
1	Eric Fenstad, Jr, StJn	182-3q	10	Bill Fogarty, Fr, StJn	11-7 3/4

	Torrey Quella, Jr, UST	NH
	Joel Ward, Fr, StOl	NH
	Ryan Bromenschenkel, So, StJn	NH
	Nels Paulson, Fr, Conc	NH

Decathlon		
1	Ryan Williams, Sr, Conc	6162
		NCAA Provisional
2	Steve Kimble, So, StJn	5993
3	Dan Buchholz, So, Conc	5606
4	Phil Barry, Fr, StJn	5428
5	Joel Ward, Fr, StOl	5411
6	Torrey Quella, Jr, UST	5333
7	Steve Grove, Fr, Carl	5156
8	Nate Holmes, So, Carl	5054
9	Matt Drewes, Jr, Conc	4950
10	Adam Johnson, Sr, UST	4925
11	Matt Benoit, Fr, Carl	4877
12	Nels Paulson, Fr, Conc	4747
13	Scott Thorn, Sr, Conc	4063

TEAM SCORES		
1	Saint John's	211.0
2	St. Thomas	172.0
3	Carleton	107.0
4	St. Olaf	79.0
5	Concordia	76.0
6	Gustavus	68.0
7	Hamline	57.0
8	Bethel	49.0
9	Macalester	27.0
10	Saint Mary's	10.0
11	Augsburg	2.0

Women

100 Meter Dash		
Round 1, Heat 1		
1	Andrea Budig, Sr, UST	12.07Q
		Meet record
		NCAA Automatic
2	Amanda Olson, Fr, StOl	12.64q
3	Anne Fiechtner, Sr, Carl	12.92q
4	Laurie Spangle, Sr, StKa	12.94
5	Stacey Poulter, Fr, CSB	13.03
6	Hilary MacLennan, So, StOl	13.75
7	Shelly Gregorich, Jr, StOl	14.06
8	Amber Kidder, So, StOl	22.31

Round 1, Heat 2		
1	Celeste Campo, Sr, UST	12.33Q
		NCAA Provisional
2	Holly Harris, Fr, Mac	12.54q
3	Karen Remmele, So, Gust	12.81q
4	Jenny Nelson, So, StKa	12.98
5	Karin McGregor, Fr, Conc	13.10
6	Erin Quinn, So, Carl	13.39
7	Sheridan Voracek, Fr, StMa	13.43
8	Michelle Puppe, Jr, StOl	13.64

9	Anica Bowe, Fr, Mac	13.69
Round 1, Heat 3		
1	Astrid Larssen, Sr, Augs	12.31Q
		NCAA Provisional
2	Megan Pfeiffer, Sr, UST	12.51q
3	Erica Stone, Fr, Gust	12.60q
4	Alexis Phillips, Jr, Mac	13.03
5	Colleen Mensing, Fr, CSB	13.23
6	Jenny Hurd, Fr, Beth	13.37
7	Mandy Magadan, Jr, Beth	13.47
8	Kelly Gunter, So, Ham	13.63

Final		
1	Andrea Budig, Sr, UST	12.06
		Meet record
		NCAA Automatic
2	Astrid Larssen, Sr, Augs	12.35
		NCAA Provisional
3	Celeste Campo, Sr, UST	12.38
		NCAA Provisional
4	Holly Harris, Fr, Mac	12.56
5	Erica Stone, Fr, Gust	12.63
6	Amanda Olson, Fr, StOl	12.66
7	Megan Pfeiffer, Sr, UST	12.86
8	Karen Remmele, So, Gust	12.92
9	Anne Fiechtner, Sr, Carl	13.40

200 Meter Dash		
Round 1, Heat 1		
1	Jamie Lubitz, Jr, UST	25.84Q
2	Celeste Campo, Sr, UST	26.02q
3	Laura Carlson, Fr, Gust	26.28q
4	Laurie Spangle, Sr, StKa	27.01
5	Alexis Phillips, Jr, Mac	27.54
6	Jamie McRaith, So, StOl	27.68
7	Hilary MacLennan, So, StOl	28.62
8	Mandy Magadan, Jr, Beth	29.65

Round 1, Heat 2		
1	Andrea Budig, Sr, UST	24.99Q
		Meet record
		NCAA Automatic
2	Gail Peterson, Jr, Beth	26.32q
3	Kris Hansen, Sr, StOl	26.46q
4	Karen Remmele, So, Gust	26.46
5	Emily Haley, Fr, UST	26.86
6	Jenny Nelson, So, StKa	27.40
7	Stacey Poulter, Fr, CSB	27.64
8	Katie Hagen, Jr, CSB	27.83
9	Jenny Hurd, Fr, Beth	28.25

Round 1, Heat 3		
1	Astrid Larssen, Sr, Augs	25.89Q
2	Megan Mullins, So, Gust	26.19q
3	Holly Harris, Fr, Mac	26.30q
4	Amanda Olson, Fr, StOl	26.64
5	Anne Fiechtner, Sr, Carl	27.01
6	Colleen Mensing, Fr, CSB	27.74
7	Tina Gremel, Fr, StOl	28.12
8	Shelly Gregorich, Jr, StOl	28.33

9	Michelle Puppe, Jr, StOl	28.55
Final		
1	Andrea Budig, Sr, UST	24.96
	Meet record	
	NCAA Automatic	
2	Celeste Campo, Sr, UST	25.64
	NCAA Provisional	
3	Astrid Larssen, Sr, Augs	25.80
4	Holly Harris, Fr, Mac	25.95
5	Gail Peterson, Jr, Beth	26.14
6	Jamie Lubitz, Jr, UST	26.15
7	Megan Mullins, So, Gust	26.28
8	Laura Carlson, Fr, Gust	26.40
9	Kris Hansen, Sr, StOl	26.51

400 Meter Dash

Round 1, Heat 1

1	Michele Haugen, Sr, Conc	59.06Q
2	Kris Hansen, Sr, StOl	59.14q
3	Sara Ridge, Jr, Gust	60.89q
4	Sara Leadholm, So, Gust	60.95q
5	Sally Skurdahl, So, StOl	61.42
6	Malia Ireland, Sr, Carl	62.00
7	Stacy Boatman, Jr, Beth	62.90
8	Kristi Berger, Sr, Conc	65.41

Round 1, Heat 2

1	Megan Mullins, So, Gust	58.59Q
	NCAA Provisional	
2	Margo Boyle, So, StKa	60.78q
3	Alison Bachman, Fr, StOl	61.00
4	Emily Haley, Fr, UST	61.07
5	Jackie Wendlandt, So, CSB	61.84
6	Tina Gremel, Fr, StOl	62.17
7	Kathryn Holthus, So, StKa	63.16
8	Jenny Paul, So, StMa	64.01
9	Sara Schachtner, Fr, StMa	64.41

Round 1, Heat 3

1	Jamie Lubitz, Jr, UST	57.39Q
	NCAA Automatic	
2	Laura Carlson, Fr, Gust	59.39q
3	Jamie McRaith, So, StOl	60.67q
4	Emily Walker, Fr, StOl	62.05
5	Amy Fideldy, So, CSB	62.18
6	Ann Totzke, Jr, StKa	62.27
7	Chantay Ruhland, Fr, CSB	62.28
8	Kyla Hayford, Fr, Mac	64.22
9	Michelle Beare, So, Conc	67.25

Final

1	Jamie Lubitz, Jr, UST	57.52
	NCAA Automatic	
2	Megan Mullins, So, Gust	57.55
	NCAA Automatic	
3	Kris Hansen, Sr, StOl	58.70
4	Michele Haugen, Sr, Conc	58.75
5	Laura Carlson, Fr, Gust	59.47
6	Margo Boyle, So, StKa	59.74
7	Jamie McRaith, So, StOl	60.86

8	Sara Ridge, Jr, Gust	61.32
9	Sara Leadholm, So, Gust	67.44

800 Meter Run

Round 1, Heat 1

1	Jayna Mathieu, So, StOl	2:21.90Q
2	Julie Engh, So, Conc	2:22.08Q
3	Alberta Anderson, Sr, StOl	2:22.26q
4	Sheila Schonrock, Sr, Gust	2:22.41q
5	Katie Vanselow, Jr, CSB	2:23.82q
6	Kelly Shannon, Fr, Conc	2:25.28
7	Steph Spong, Jr, Gust	2:27.12
8	Amy Hemstad, So, Ham	2:30.28
9	Danielle Schiff, Fr, Augs	2:34.54

Round 1, Heat 2

1	Mollee Ludtke, Jr, Conc	2:20.30Q
2	Lizzy May, So, UST	2:20.36Q
3	Leta Prochnow, So, Conc	2:23.06q
4	Jen Hodges, Fr, Mac	2:23.85q
5	Carla Fredrick, So, CSB	2:24.03
6	Molly Herald, Jr, StOl	2:25.70
7	Lauron Persha, Sr, Carl	2:33.02
8	Emily Hughes, So, StOl	2:33.50
9	Megan Auger, So, Mac	2:33.70

Final

1	Jayna Mathieu, So, StOl	2:15.64
	NCAA Provisional	
2	Mollee Ludtke, Jr, Conc	2:15.90
	NCAA Provisional	
3	Lizzy May, So, UST	2:16.90
	NCAA Provisional	
4	Alberta Anderson, Sr, StOl	2:20.34
5	Sheila Schonrock, Sr, Gust	2:20.89
6	Jen Hodges, Fr, Mac	2:21.47
7	Katie Vanselow, Jr, CSB	2:23.07
8	Leta Prochnow, So, Conc	2:23.35
9	Julie Engh, So, Conc	2:23.54

1500 Meter Run

Round 1, Heat 1

1	Heidi Sickler, Sr, Carl	4:52.21Q
2	Alberta Anderson, Sr, StOl	4:53.70Q
3	Becca Wold, Jr, Gust	4:53.91Q
4	Megan Mackie, So, StOl	4:56.62Q
5	Liz Connors, Fr, Mac	4:57.50q
6	Amanda Pischke, Fr, Mac	5:00.14q
7	Jill Hurst, Fr, CSB	5:03.00
8	Angie Voight, So, Beth	5:04.06
9	Amanda Beckman, Fr, Beth	5:06.78
10	Andrea Sternberg, Fr, Mac	5:07.49
11	Ann Melchert, So, Gust	5:12.75
12	Emma Sandberg, So, Carl	5:22.63
13	Tanya Delisle, So, Ham	5:24.20
14	Shannon Stroschein, Sr, Carl	5:27.06

Round 1, Heat 2

1	Jayna Mathieu, So, StOl	4:57.70Q
2	Sherri Lien, So, StMa	4:57.80Q
3	Erin Ward, Fr, UST	4:58.30Q

4	Moriya McGovern, So, CSB	4:58.50Q	9	Keri Gunderson, So, Ham	19:27.49
5	Barb Breidenbach, So, Conc	5:00.80q	10	K C Williams, Fr, Mac	19:36.04
6	Cassie Thoen, So, StOI	5:02.00q	11	Lynette Drexler, So, StKa	19:41.32
7	Daisy Schmidt, Fr, Gust	5:03.70	12	Katie Reif, So, UST	19:52.65
8	Shannon Solvie, So, Beth	5:04.10	13	Stacy DeRuiter, Fr, StOI	19:52.93
9	Teresa LeMire, Fr, StKa	5:09.80	14	Julia Larson, Jr, Carl	19:59.99
10	Sarah Porter, So, StKa	5:14.90	15	Jess Stoltenberg, Jr, Conc	20:05.99
11	Sarah Sjolholm, Jr, Carl	5:20.10	16	Chris St Hilaire, Jr, Gust	20:08.28
12	Carrie Forsland-Sund, Fr, Ham	5:21.50	17	Aidan Gromoll, Fr, Carl	20:08.62
13	Cindy Carstens, Fr, Conc	5:43.00	18	Libby Garrard, Fr, Carl	20:15.04
Final			19	Dawn Dahlke, Jr, Gust	20:17.56
1	Heidi Sickler, Sr, Carl	4:42.63	20	Sarah Roeder, Jr, CSB	20:25.54
	NCAA Provisional		21	Laura Olson, Jr, StOI	20:28.72
2	Jayna Mathieu, So, StOI	4:44.06	22	Melissa Schultz, Jr, StOI	20:35.81
	NCAA Provisional		23	Carrie Milbrett, UST	20:40.28
3	Moriya McGovern, So, CSB	4:45.53	10000 Meter Run		
4	Becca Wold, Jr, Gust	4:47.79	1	Missy Petersen, Jr, CSB	37:41.06
5	Erin Ward, Fr, UST	4:48.90		NCAA Provisional	
6	Alberta Anderson, Sr, StOI	4:50.66	2	Stephanie Simones, Jr, Augs	37:48.01
7	Barb Breidenbach, So, Conc	4:55.65		NCAA Provisional	
8	Sherri Lien, So, StMa	4:56.72	3	Jamie Zentner, Sr, StOI	39:25.29
9	Liz Connors, Fr, Mac	4:58.68	4	Paula Elstrom, Fr, UST	39:44.88
10	Cassie Thoen, So, StOI	5:05.25	5	Julia Larson, Jr, Carl	39:53.54
11	Amanda Pischke, Fr, Mac	5:06.62	6	Nicole Millner, Fr, Gust	40:11.68
12	Megan Mackie, So, StOI	5:12.44	7	Ami Kuisle, So, StMa	40:36.69
3000 Meter Run			8	Sarah Janson, Sr, StMa	40:42.16
1	Heidi Sickler, Sr, Carl	10:27.63	9	Jordan Aitchison, Sr, Carl	40:50.83
2	Moriya McGovern, So, CSB	10:47.45	10	Katy Borgerding, Jr, CSB	40:56.16
3	Marie Keller, Jr, UST	10:50.53	11	Trish Valusek, Sr, CSB	41:50.09
4	Erin Ward, Fr, UST	10:52.59	12	Laura Olson, Jr, StOI	41:58.44
5	Sherri Lien, So, StMa	10:56.24	13	Beth Vasecka, So, StOI	42:02.91
6	Keri Gunderson, So, Ham	10:59.75	14	Daniella Garth, So, Carl	42:27.07
7	Liz Connors, Fr, Mac	11:00.69	15	Nissa Larson, Fr, StMa	42:37.60
8	Jenna Boren, So, StOI	11:01.26	16	Laura Richards, Jr, Beth	42:39.96
9	Andrea Mosher, So, Carl	11:02.38	17	Kara Bancroft, Sr, StMa	43:23.04
10	Erika Huber, Fr, StMa	11:02.69	18	Gina Stine, Jr, Ham	43:23.84
11	Gail Teitzel, Fr, Carl	11:09.25	19	Courtney Lando, Sr, StOI	43:37.97
12	Shannon Solvie, So, Beth	11:11.05	20	Tracey Andrus, Fr, UST	46:29.42
13	Barb Breidenbach, So, Conc	11:12.99	100 Meter Hurdles		
14	Elizabeth Painter, Sr, StOI	11:15.53	Round 1, Heat 1		
15	Carleen Andert, Fr, UST	11:16.38	1	Nissa Stolp, Fr, Gust	15.29Q
16	Megan Mackie, So, StOI	11:16.57	2	Adina Miller, Jr, Gust	15.67q
17	Sarah Janson, Sr, StMa	11:16.95	3	Rhonda Swanson, So, CSB	15.96q
18	LaDawn Osmundson, Jr, Gust	11:21.25	4	Kelly Tan, Fr, Carl	16.15
19	Danielle Barry, So, Beth	11:26.98	5	Emily Bratt, Sr, StOI	16.42
20	Megan Kelly, Fr, Mac	11:28.05	6	Charlotte Moore, So, CSB	16.73
21	Jordan Aitchison, Sr, Carl	11:33.12	7	Katie McCarvel, Fr, Conc	16.99
5000 Meter Run			8	Karmyn Tuma, So, CSB	17.62
1	Stephanie Simones, Jr, Augs	18:39.57	Round 1, Heat 2		
2	Melissa Schuch, Jr, UST	18:55.77	1	Melonie Hill, Sr, UST	15.34Q
3	Valerie Graeve, Jr, UST	19:08.55	2	Busola Akinwale, Jr, Carl	15.53q
4	Missy Petersen, Jr, CSB	19:09.03	3	Julia Taylor, Fr, Beth	15.62q
5	Nicole Millner, Fr, Gust	19:11.52	4	Betsy Iverson, Fr, Ham	15.80q
6	Sarah Omann, Fr, CSB	19:17.31	5	Kate Bednarczyk, Jr, UST	15.90q
7	LaDawn Osmundson, Jr, Gust	19:17.54	6	Lindsay Beck, Jr, Beth	16.56
8	Elizabeth Painter, Sr, StOI	19:18.88	7	Lori Garlock, Jr, CSB	17.21

8	Susanna Wilson, Jr, Ham	17.44
Round 1, Heat 3		
1	Charlita Williamson, UST	15.48Q
2	Sarah Severson, Jr, Conc	16.01
3	Tonika Garibaldi, Fr, StOl	16.09
4	Doreen Bechtold, Jr, UST	16.12
5	Christie Martin, Fr, Carl	16.22
6	Tonya Ashfeld, Fr, CSB	16.22
7	Angie Sprunger, So, StOl	16.9
8	Melinda Goodwin, So, Mac	17.0

Final

1	Nissa Stolp, Fr, Gust	15.25
2	Melonie Hill, Sr, UST	15.34
3	Julia Taylor, Fr, Beth	15.74
4	Adina Miller, Jr, Gust	15.76
5	Busola Akinwale, Jr, Carl	15.78
6	Kate Bednarczyk, Jr, UST	15.79
7	Betsy Iverson, Fr, Ham	16.21
	Charlita Williamson, UST	DNF
	Rhonda Swanson, So, CSB	DQ

400 Meter Hurdles

Round 1, Heat 1

1	Tonya Ashfeld, Fr, CSB	66.30Q
2	Erin Quinn, So, Carl	67.12q
3	Andrea Thompson, Jr, StOl	67.86q
4	Betsy Iverson, Fr, Ham	68.35q
5	Andrea Tietmeyer, Fr, Mac	69.56
6	Clara Zamarano, Fr, Carl	70.59
7	Hanni Megaw, So, CSB	71.30
8	Angie Sprunger, So, StOl	74.99

Round 1, Heat 2

1	Julia Taylor, Fr, Beth	66.45Q
2	Sarah Severson, Jr, Conc	67.03q
3	Kristi Mechelke, So, Gust	68.66
4	Rhonda Swanson, So, CSB	69.30
5	Lori Garlock, Jr, CSB	70.70
6	Shannon Ready, Sr, StOl	70.76
7	Hope Phillips, Fr, CSB	72.43
8	Alissa Haller, Jr, CSB	75.99

Round 1, Heat 3

1	Melonie Hill, Sr, UST	66.06Q
2	Susanna Wilson, Jr, Ham	66.96q
3	Lindsay Beck, Jr, Beth	68.45q
4	Katie McCarvel, Fr, Conc	69.28
5	Kate Bednarczyk, Jr, UST	69.46
6	Jenny Paul, So, StMa	72.43
7	Sara Schachtner, Fr, StMa	72.47

Final

1	Melonie Hill, Sr, UST	65.04
	NCAA Provisional	
2	Tonya Ashfeld, Fr, CSB	66.26
3	Julia Taylor, Fr, Beth	66.60
4	Andrea Thompson, Jr, StOl	67.32
5	Susanna Wilson, Jr, Ham	67.37
6	Erin Quinn, So, Carl	67.46
7	Sarah Severson, Jr, Conc	68.25

8	Lindsay Beck, Jr, Beth	70.53
9	Betsy Iverson, Fr, Ham	72.11
4X100 Meter Relay		

1	St. Thomas (Celeste Campo, Megan Pfeiffer, Emily Haley, Andrea Budig)	48.74
	NCAA Automatic	

2	Gustavus (Karen Remmele, Megan Mullins, Erica Stone, Laura Carlson)	49.44
	NCAA Provisional	

3	St. Olaf (Alison Bachman, Amanda Olson, Shelly Gregorich, Kris Hansen)	49.78
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4	Carleton (Kelly Tan, Anne Fiechtner, Malia Ireland, Busola Akinwale)	50.72
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5	Bethel (Stacy Boatman, Jenny Hurd, Julia Taylor, Gail Peterson)	50.73
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6	Macalester (Melinda Goodwin, Holly Harris, Andrea Tietmeyer, Alexis Phillips)	50.91
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7	St. Benedict (Tonya Ashfeld, Colleen Mensing, Jackie Wendlandt, Hanni Megaw)	51.50
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8	Concordia (Karin McGregor, Katie McCarvel, Kristi Berger, Michele Haugen)	51.77
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9	Hamline (Betsy Iverson, Kelly Gunter, Nora Aaneson, Susanna Wilson)	53.39
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4X400 Meter Relay

1	St. Thomas (Lizzy May, Emily Haley, Melonie Hill, Jamie Lubitz)	3:54.84
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Meet record

NCAA Automatic

2	Gustavus (Laura Carlson, Karen Remmele, Sara Ridge, Megan Mullins)	3:59.09
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NCAA Provisional

3	St Olaf, StOl	3:59.76
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4	Concordia (Leta Prochnow, Julie Engh, Mollee Ludtke, Michele Haugen)	4:02.91
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5	St. Catherine (Ann Totzke, Laurie Spangle, Kathryn Holthus, Margo Boyle)	4:04.55
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6	Bethel (Stacy Boatman, Julia Taylor, Melissa Odegard, Gail Peterson)	4:05.20
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7	Macalester (Jen Hodges, Holly Harris, Kyla Hayford, Andrea Tietmeyer)	4:06.35
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8	St. Benedict (Carla Fredrick, Chantay Ruhland, Jackie Wendlandt, Amy Fideldy)	4:06.76
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9	Carleton (Malia Ireland, Anne Fiechtner, Laurie Peterson, Erin Quinn)	4:09.41
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10	Hamline (Betsy Iverson, Susanna Wilson, Becky Karnes, Amy Hemstad)	4:21.13
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11	Saint Mary's (Jenny Paul, Sara Schachtner, Rebecca Sallee, Kara Bancroft)	4:22.37
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4X800 Meter Relay

1	Concordia (Leta Prochnow, Kristen Bollingberg, Julie Engh, Mollee Ludtke)	9:20.11
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Meet record

2	St. Olaf (Megan Mackie, Jessica House, Cassie Thoen, Jayna Mathieu)	9:22.97
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Meet record

3	Gustavus (Sheila Schonrock, Steph Spong, Sara Leadholm, Becca Wold)	9:23.36	Meet record
4	St. Benedict (Katie Vanselow, Jill Hurst, Jen Eisenzimmer, Carla Fredrick)	9:40.10	
5	Macalester, Mac	9:41.88	
6	Bethel, Beth	9:42.02	
7	St Thomas, UST	9:43.75	
8	Saint Mary's, StMa	10:02.55	
9	St. Catherine (Kathryn Holthus, Teresa LeMire, Lynette Drexler, Sarah Porter)	10:03.94	
10	Carleton, Carl	10:07.61	
11	Hamline (Amy Hemstad, Carrie Forsland-Sund, Becky Karnes, Tanya Delisle)	10:09.75	
Long Jump			
Round 1, Flight 1			
1	Sarah Severson, Jr, Conc	17-8 3/4q	
2	Nissa Stolp, Fr, Gust	17-2 3/4q	
3	Doreen Bechtold, Jr, UST	17-1 1/2q	
4	Angie Norton, Sr, StOl	16-1 1/2	
5	Kristin Overskei, Jr, UST	15-11	
6	Mara Hobday, Fr, UST	15-4	
7	Jenny Hurd, Fr, Beth	15-3 1/4	
8	Lana Pierson, UST	15-2 3/4	
9	Christi Osborne, Fr, UST	14-10 3/4	
Round 1, Flight 2			
1	Busola Akinwale, Jr, Carl	18-1 1/2q	NCAA Provisional
2	BriAnne Erpelding, Fr, CSB	17-4q	
3	Megan Pfeiffer, Sr, UST	17-3 1/2q	
4	Karin McGregor, Fr, Conc	16-7q	
5	Kelly Klecker, So, CSB	16-5 3/4q	
6	Rhonda Swanson, So, CSB	16-2 1/4q	
7	Karen Jolivette, So, StOl	15-8 1/4	
8	Martha Sarpong, Sr, Mac	15-6	
9	Kirsten Bland, So, Gust	15-3 1/4	
10	Christa Lawler, Jr, UST	15-0 3/4	
Final			
1	Busola Akinwale, Jr, Carl	18-5 3/4	Ties Meet record NCAA Automatic
2	Megan Pfeiffer, Sr, UST	17-9 1/2	
3	Sarah Severson, Jr, Conc	17-8 3/4	
4	BriAnne Erpelding, Fr, CSB	17-8	
5	Nissa Stolp, Fr, Gust	17-6 1/4	
6	Doreen Bechtold, Jr, UST	17-5 1/2	
7	Rhonda Swanson, So, CSB	17-0 1/2	
8	Karin McGregor, Fr, Conc	16-7	
9	Kelly Klecker, So, CSB	16-5 3/4	
Triple Jump			
Round 1, Flight 1			
1	Adina Miller, Jr, Gust	35-11 1/2q	
2	Martha Sarpong, Sr, Mac	35-0 1/2q	
3	Diane Licata, Fr, Mac	34-8 1/2q	
4	Sally Skurdahl, So, StOl	33-7 1/4	
5	Lana Pierson, UST	31-3 1/4	

6	Christi Osborne, Fr, UST	30-10 1/4	
7	Nancy Ptacek, Fr, StMa	29-11 1/4	
Round 1, Flight 2			
1	BriAnne Erpelding, Fr, CSB	36-7 3/4q	NCAA Provisional
2	Charlotte Moore, So, CSB	34-11 3/4q	
3	Kelly Klecker, So, CSB	34-5 3/4	
4	Marye deJong, Fr, Mac	33-11 1/4	
5	Julia Taylor, Fr, Beth	33-4 1/2	
6	Karin McGregor, Fr, Conc	33-1 3/4	
7	Melissa Kasper, Fr, Beth	31-9 1/2	
Round 1, Flight 3			
1	Megan Pfeiffer, Sr, UST	36-4 3/4q	
2	Kristin Overskei, Jr, UST	35-9 1/2q	
3	Kirsten Bland, So, Gust	35-5q	
4	Sarah Severson, Jr, Conc	35-4q	
5	Christa Lawler, Jr, UST	33-4	
6	Laurie Peterson, Fr, Carl	32-7 3/4	
7	Kari Twedt, So, Gust	31-0	
Final			
1	BriAnne Erpelding, Fr, CSB	37-11 1/2	Meet record NCAA Automatic
2	Megan Pfeiffer, Sr, UST	37-0 1/4	NCAA Provisional
3	Adina Miller, Jr, Gust	35-11 1/2	
4	Kristin Overskei, Jr, UST	35-9 1/2	
5	Kirsten Bland, So, Gust	35-5	
6	Sarah Severson, Jr, Conc	35-4	
7	Martha Sarpong, Sr, Mac	35-0 1/2	
8	Charlotte Moore, So, CSB	34-11 3/4	
9	Diane Licata, Fr, Mac	34-8 1/2	
Shot Put			
Round 1, Flight 1			
1	Brenda Magoba, Sr, Gust	41-9 3/4q	NCAA Provisional
2	Melissa Ring, So, Gust	39-7 3/4q	
3	Janna Powell, Sr, Beth	38-5 1/2q	
4	Andi Christenson, Sr, Ham	37-8q	
5	Kara Wickman, So, Beth	34-11 1/4	
6	Amy Staeben, So, StKa	33-1	
7	Jamie Wilson, Jr, StMa	33-0 1/4	
	Charity Penn, Fr, Conc	ND	
Round 1, Flight 2			
1	Misty Bahr, Jr, Ham	47-8 1/2q	Meet record NCAA Automatic
2	Maria DeBoer, Fr, Conc	38-2 1/4q	
3	Chanteil Walter, Fr, Ham	38-1 1/4q	
4	Lisa Jilek, Fr, Ham	37-9 1/4q	
5	Chris Mitchell, Fr, CSB	36-8 1/2q	
6	Jessica Waldeck, Sr, Gust	36-5 3/4	
7	Becky Kearns, Jr, Conc	35-4	
8	Nikki Berg, Fr, Conc	34-0 3/4	
9	Amanda Glas, So, Conc	34-0 1/4	

Final		
1	Misty Bahr, Jr, Ham	47-10
		Meet record
		NCAA Automatic
2	Brenda Magoba, Sr, Gust	42-3 1/2
		NCAA Provisional
3	Melissa Ring, So, Gust	40-11 1/2
		NCAA Provisional
4	Andi Christenson, Sr, Ham	39-3
5	Janna Powell, Sr, Beth	38-5 1/2
6	Maria DeBoer, Fr, Conc	38-2 1/4
7	Chanteil Walter, Fr, Ham	38-1 1/4
8	Lisa Jilek, Fr, Ham	37-9 1/4
9	Chris Mitchell, Fr, CSB	36-8 1/2
Discus Throw		
Round 1, Flight 1		
1	Misty Bahr, Jr, Ham	142-2q
		NCAA Provisional
2	Brenda Magoba, Sr, Gust	128-2q
3	Jeanna Spannring, Fr, StKa	128-1q
4	Becky Kearns, Jr, Conc	125-11q
5	Nikki Berg, Fr, Conc	112-4
6	Charity Penn, Fr, Conc	111-8
7	Jamie Wilson, Jr, StMa	101-3
Round 1, Flight 2		
1	Laura Utke, So, Conc	129-10q
2	April Felt, Fr, Gust	126-0q
3	Amanda Glas, So, Conc	122-10q
4	Chris Mitchell, Fr, CSB	117-3
5	Amanda Kasper, So, Beth	111-5
6	Sonia Lipker, Fr, Augs	109-10
7	Melissa Ring, So, Gust	109-8
Round 1, Flight 3		
1	Maria DeBoer, Fr, Conc	129-7q
2	Chanteil Walter, Fr, Ham	126-3q
3	Jill Redebaugh, Fr, Gust	122-8
4	Jessica Waldeck, Sr, Gust	117-11
5	Lisa Jilek, Fr, Ham	115-9
6	Renee Erickson, Sr, Conc	111-10
7	Amy Staeben, So, StKa	100-3
Final		
1	Misty Bahr, Jr, Ham	147-1
		NCAA Automatic
2	April Felt, Fr, Gust	138-8
		NCAA Provisional
3	Becky Kearns, Jr, Conc	133-2
4	Brenda Magoba, Sr, Gust	130-8
5	Laura Utke, So, Conc	129-10
6	Maria DeBoer, Fr, Conc	129-7
7	Jeanna Spannring, Fr, StKa	128-3
8	Chanteil Walter, Fr, Ham	126-3
9	Amanda Glas, So, Conc	122-10
Hammer Throw		
Round 1, Flight 1		
1	Misty Bahr, Jr, Ham	153-6q
		NCAA Provisional

2	Becky Kearns, Jr, Conc	136-7q
3	Amanda Glas, So, Conc	135-2q
4	Shannon Manders, Sr, Conc	122-2q
5	Maria DeBoer, Fr, Conc	118-6q
6	Chris Mitchell, Fr, CSB	103-9
7	Chanteil Walter, Fr, Ham	103-5
8	Angie Norton, Sr, StOl	99-6
	Amanda Marotz, Sr, Gust	ND
Round 1, Flight 2		
1	Jen Mull, Sr, Gust	152-0q
		NCAA Provisional
2	April Felt, Fr, Gust	141-2q
		NCAA Provisional
3	Laura Utke, So, Conc	139-1q
4	Sam Kapphahn, So, Conc	121-1q
5	Bretta Norton, So, Carl	118-5
6	Andi Christenson, Sr, Ham	116-6
7	Lindsay Grier, Fr, StMa	108-10
8	Misty Smoot, Fr, CSB	107-11
9	Elizabeth Norgaard, So, UST	106-3
Final		
1	Jen Mull, Sr, Gust	157-0
		Meet record
		NCAA Automatic
2	Misty Bahr, Jr, Ham	153-6
		NCAA Provisional
3	Becky Kearns, Jr, Conc	146-6
		NCAA Provisional
4	April Felt, Fr, Gust	141-2
		NCAA Provisional
5	Laura Utke, So, Conc	139-1
6	Amanda Glas, So, Conc	135-2
7	Shannon Manders, Sr, Conc	122-2
8	Sam Kapphahn, So, Conc	121-1
9	Maria DeBoer, Fr, Conc	118-6
Javelin Throw		
Round 1, Flight 1		
1	Renee Erickson, Sr, Conc	140-3q
		NCAA Automatic
2	Laura Utke, So, Conc	106-7q
3	Karmyn Tuma, So, CSB	101-4q
4	Jill Peterson, So, Gust	99-10
5	Laura Schaeffer, Jr, Ham	97-0
6	Lisa Harms, Beth	95-6
7	Karen Jolivette, So, StOl	94-10
	Kristin Overskei, Jr, UST	ND
	Jill Redebaugh, Fr, Gust	ND
Round 1, Flight 2		
1	Amanda Glas, So, Conc	114-4q
2	Erin Donald, Sr, Mac	112-0q
3	Tessa Johnson, Jr, CSB	109-0q
4	Tonsha McPherson, Sr, Gust	107-5q
5	Courtney Penwell, Fr, Mac	105-10q
6	Becky Kearns, Jr, Conc	103-10q
7	Jamie Wilson, Jr, StMa	92-8
8	Shannon Ready, Sr, StOl	86-0

9	Carla Fredrick, So, CSB	69-4 1/4
Final		
1	Renee Erickson, Sr, Conc	140-3
	NCAA Automatic	
2	Amanda Glas, So, Conc	114-8
3	Erin Donald, Sr, Mac	112-0
4	Tessa Johnson, Jr, CSB	109-1
5	Tonsha McPherson, Sr, Gust	107-5
6	Laura Utke, So, Conc	106-7
7	Courtney Penwell, Fr, Mac	105-10
8	Becky Kearns, Jr, Conc	105-0
9	Karmyn Tuma, So, CSB	101-4

High Jump

1	Kirsten Bland, So, Gust	5-3 1/4
2	Megan June, Fr, Mac	5-3 1/4
3	Becky Johnson, Sr, Gust	5-3 1/4
4	Clare Wysocki, So, UST	5-1 3/4
5	Kate Bednarczyk, Jr, UST	5-1 3/4
6	Carrie Rutland, Fr, Beth	5-0 1/4
7	Karen Jolivette, So, StOl	5-0 1/4
7	Karla Lorence, Sr, StOl	5-0 1/4
9	Jackie Wendlandt, So, CSB	4-10 1/2
9	Charlita Williamson, UST	4-10 1/2
9	Colleen Shellum, Fr, Augs	4-10 1/2
12	Doreen Bechtold, Jr, UST	4-10 1/2
13	Sarah Severson, Jr, Conc	4-9
14	Stacey Poulter, Fr, CSB	4-7 1/2
14	Christie Martin, Fr, Carl	4-7 1/2

Heptathlon

1	Sarah Severson, Jr, Conc	4170
	NCAA Provisional	
2	Kate Bednarczyk, Jr, UST	3960
3	Doreen Bechtold, Jr, UST	3945
4	Christie Martin, Fr, Carl	3615
5	Busola Akinwale, Jr, Carl	3519
6	Charlotte Moore, So, CSB	3436
7	Kelly Tan, Fr, Carl	3420
8	Karmyn Tuma, So, CSB	3412
9	Shannon Ready, Sr, StOl	3397
10	Karen Jolivette, So, StOl	3368
11	Sandy Helquist, Fr, Carl	3079
12	Emily Zins, Fr, CSB	2771
13	Katherine Doherty, Fr, Carl	2618

TEAM SCORES

1	St. Thomas	179.0
2	Gustavus	152.0
3	Concordia	108.0
4	St. Benedict	77.0
5	St. Olaf	73.0
6	Carleton	57.0
7	Hamline	46.0
8	Macalester	42.0
9	Bethel	34.0
10	Augsburg	32.0
11T	Saint Mary's	9.0
11T	St. Catherine	9.0