

Holst Invitational - 4/22/2023
Concordia University, St. Paul
Results - Track

Women 100 Meter Dash

Meet Record: **11.93 ! 4/22/2017 Danielle Kohlwey, Minnesota-Du**
 11.54 AUTO
 11.95 PROV

	Name	School	Finals	Wind	H#	Points
Finals						
1	Babalola, Jireh	Bethel (Minn.)	12.43	2.0	1	
2	Stinson, Makayla	St. Catherine (Minn.)	12.62	2.0	1	
3	Lavato, Katie	St. Cloud State	12.74	2.0	1	
4	Trucksess, Deanna	Northwestern (Minn.)	12.82	2.0	1	
5	Olson, Olivia	Bemidji State	12.83	2.0	1	
6	Hookom, Allison	Augsburg	12.93	2.0	1	
7	Logelin, Ellie	Hamline	13.33	1.9	2	
8	Evans, Chloey	Minnesota-Duluth	13.33	2.0	1	
9	King, Hannah	Bethel (Minn.)	13.34	1.9	2	
10	Matre, Zoe	St. Olaf	13.38	1.9	2	
11	Disbrow, Abbie	Bemidji State	13.56	1.9	2	
12	Schmitz, Cora	Wis.-Superior	13.69	1.0	3	
13	Pelowski, Madi	Bethel (Minn.)	13.74	3.4	5	
14	White, Andrea	St. Thomas (Minn.)	13.77	-0.3	4	
15	Thompson, Carly	Northwestern (Minn.)	13.84	3.4	5	
16	Schmitz, Kate	Minnesota-Duluth	13.88	1.0	3	
17	Smith, Soniya	Bethel (Minn.)	13.88	-0.3	4	
18	Wilmanns, Ava	St. Cloud State	14.01	1.0	3	
19	Stackhouse, Ally	Bethel (Minn.)	14.05	1.0	3	
20	Rustad, Sydney	St. Cloud State	14.10	-0.3	4	
21	Coburn, Olive	St. Olaf	14.13	-0.3	4	
22	Yoder, Katie	St. Catherine (Minn.)	14.17	-0.3	4	
23	Woo, Liana	Hamline	14.19	1.0	3	
24	Randazzo, Allie	Bethel (Minn.)	14.20	-0.3	4	
25	Williams, Samdi	North Central (Minn.)	14.45	-0.3	4	
26	Stewart, Elisa	Bethel (Minn.)	14.69	3.4	5	
27	Kreuzer, Kenzy	Wis.-Superior	15.05	3.4	5	
28	Widiker, Janae	Wis.-Superior	15.10	3.4	5	

Women 200 Meter Dash

Meet Record: **23.53 ! 4/23/2022 Makayla Jackson, Minnesota St**
 23.78 AUTO
 24.55 PROV

	Name	School	Finals	Wind	H#	Points
Finals						
1	Trucksess, Deanna	Northwestern (Minn.)	26.77	2.0	1	
2	Lavato, Katie	St. Cloud State	26.79	2.0	1	
3	Gregg, Hailey	Bethel (Minn.)	27.12	3.2	2	
4	Babalola, Jireh	Bethel (Minn.)	27.13	2.0	1	
5	Syverson, Abby	Bemidji State	27.15	2.0	1	
6	Fultz, Natalie	Bemidji State	27.23	2.0	1	
7	Stinson, Makayla	St. Catherine (Minn.)	27.29	2.0	1	
8	Brown, Makenna	Bethel (Minn.)	27.38	2.0	1	
9	Lehman, Adalyn	Minnesota-Duluth	27.97	3.2	2	
10	Dean, Morgan	Bethel (Minn.)	28.06	3.2	2	

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Finals ... (Women 200 Meter Dash)

	Name	School	Finals	Wind	H#	Points
11	Logelin, Ellie	Hamline	28.12	3.2	2	
12	Evans, Chloe	Minnesota-Duluth	28.13	2.0	1	
13	Lanes, Serena	North Central (Minn.)	28.17	2.7	3	
14	McCabe, Cora	Minnesota-Duluth	28.19	3.2	2	
15	Neuerburg-Chapman, Audrey	Minnesota-Duluth	28.53	3.2	2	
16	Pelowski, Madi	Bethel (Minn.)	28.97	2.7	3	
17	Smith, Soniya	Bethel (Minn.)	29.30	3.2	2	
18	Strock, Elizabeth	Minnesota Running Club	29.46	2.7	3	
19	Wilmanns, Ava	St. Cloud State	29.57	2.7	3	
20	Reintsma, Callie	Concordia-St. Paul	29.68	2.7	3	
21	Yoder, Katie	St. Catherine (Minn.)	29.70	0.5	4	
22	Wrzesien, Caley	Bethel (Minn.)	29.70	2.7	3	
23	Woo, Liana	Hamline	29.72	2.7	3	
24	Johnson, Esther	North Central (Minn.)	29.82	2.7	3	
25	Randazzo, Allie	Bethel (Minn.)	29.94	0.5	4	
26	Williams, Samdi	North Central (Minn.)	30.25	0.5	4	
27	Wrzesien, Caitlyn	Bethel (Minn.)	30.30	0.5	4	
28	Miller, Nakima	North Central (Minn.)	31.12	3.7	5	
29	Stewart, Elisa	Bethel (Minn.)	31.12	3.7	5	
30	Warden, Winona	Northwestern (Minn.)	31.13	0.5	4	
31	Schroeder, Lydia	North Central (Minn.)	31.18	0.5	4	
32	Widiker, Janae	Wis.-Superior	32.90	3.7	5	
33	Hamilton, Mercedes	Hamline	34.13	0.5	4	
34	Deichert, Anna	North Central (Minn.)	34.69	3.7	5	
35	Kramer, Daisy	North Central (Minn.)	38.72	3.7	5	
---	Carter, Ceyana	Wis.-Superior	SCR			
---	Satsangi, Nandini	Minnesota Running Club	SCR			
---	Claude, Colleen	Wis.-Superior	SCR			
---	Elvrum, Anika	St. Thomas (Minn.)	SCR			
---	Schmitz, Cora	Wis.-Superior	SCR			
---	Petrich, Brooke	Wis.-Superior	SCR			
---	Schramm, Erica	Minnesota Running Club	SCR			
---	Timme, Anna	Minnesota Running Club	SCR			
---	Cizek, Makayla	Minnesota Running Club	SCR			
---	Mattingly, Destiny	Concordia-St. Paul	SCR			
---	Zimmerman, Karlina	Concordia-St. Paul	SCR			
---	Osuoha, Chidera	Concordia-St. Paul	SCR			
---	Rodriguez, Santrice	Augsburg	SCR			
---	Bishop, Mya	Augsburg	SCR			
---	Taylor, Ajah	Hamline	SCR			
---	Soule, Allison	St. Olaf	SCR			
---	Holman, Ququ	St. Olaf	SCR			
---	Matre, Zoe	St. Olaf	SCR			
---	Romig, Shelby	St. Cloud State	SCR			
---	O'Connor, Amanda	Unattached	SCR			

Holst Invitational - 4/22/2023
Concordia University, St. Paul
Results - Track

Women 400 Meter Dash

Meet Record: **53.79 ! 4/22/2017 Titania Markland, UNAT-Minneso**
54.64 AUTO
56.30 PROV

Name	School	Finals	H#	Points
Finals				
1 Fultz, Natalie	Bemidji State	1:00.85	1	
2 Syverson, Abby	Bemidji State	1:00.90	2	
3 Brown, Makenna	Bethel (Minn.)	1:01.73	1	
4 Kroschel, Karla	St. Olaf	1:01.94	1	
5 Wilson, Rachael	St. Olaf	1:02.87	2	
6 Smith, Jessie	Bethel (Minn.)	1:03.13	3	
7 Neuerburg-Chapman, Audrey	Minnesota-Duluth	1:03.37	3	
8 Turek, Mikayla	Bethel (Minn.)	1:03.56	1	
9 Swenson, Abbie	Bethel (Minn.)	1:03.68	2	
10 Pfeiffer, Ruth	St. Olaf	1:03.87	2	
11 Steele, Alaina	Minnesota-Duluth	1:03.95	3	
12 Zimmerman, Karlina	Concordia-St. Paul	1:04.10	2	
13 Hage, Evie	Bethel (Minn.)	1:04.64	3	
14 Grabau, Ashley	Hamline	1:04.68	3	
15 Edstrom, Olivia	St. Olaf	1:04.74	2	
16 Doyle, Erin	St. Catherine (Minn.)	1:05.75	3	
17 Brewster, Brycelyn	North Central (Minn.)	1:05.83	5	
18 Nelson, Emme	Hamline	1:06.02	4	
19 Soule, Allison	St. Olaf	1:06.28	4	
20 Hartlage, Hannah	Concordia-St. Paul	1:08.36	4	
21 Johnson, Esther	North Central (Minn.)	1:08.66	4	
22 Marsolek, Anna	St. Catherine (Minn.)	1:09.29	5	
23 Strock, Elizabeth	Minnesota Running Club	1:10.72	4	
24 Smith, Ann	North Central (Minn.)	1:10.88	5	
25 Warden, Winona	Northwestern (Minn.)	1:11.31	5	
26 Hamilton, Mercedes	Hamline	1:14.03	5	

Women 800 Meter Run

Meet Record: **2:13.75 ! 4/22/2017 Annie Haakenstad, Minnesota**
2:09.36 AUTO
2:14.00 PROV

Name	School	Finals	H#	Points
Finals				
1 Boelke, Rachel	Minnesota-Duluth	2:21.54	1	
2 Erickson, Alexis	Bemidji State	2:23.88	1	
3 Fromm, Jules	St. Olaf	2:24.09	1	
4 Bouley, Cheresa	St. Cloud State	2:24.64	1	
5 Hartinger, Michaella	Concordia-St. Paul	2:26.99	1	
6 Gernandt, Ruby	Bethel (Minn.)	2:27.53	1	
7 Wyatt, Isabel	St. Olaf	2:29.63	1	
8 Bernardy, Lindsey	Hamline	2:31.53	2	
9 Nelson, Esther	Bethel (Minn.)	2:32.84	2	
10 Wyland, Lucia	St. Olaf	2:32.93	1	
11 Christenson, Makaylin	St. Cloud State	2:34.31	1	
12 Chan, Nyadio	Concordia-St. Paul	2:38.01	1	

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Results - Track

Finals ... (Women 800 Meter Run)

	Name	School	Finals	H#	Points
13	Mauzer, Riley	St. Olaf	2:39.19	2	
14	Medina, Jaileen	St. Cloud State	2:40.47	2	
15	McNaughton, Mara	St. Thomas (Minn.)	2:40.72	2	
16	Danielzuk, Katie	Hamline	2:41.97	3	
17	Harmer, Makayla	Concordia-St. Paul	2:42.48	2	
18	Liebl, Josie	St. Thomas (Minn.)	2:42.51	3	
19	Perkins, Megan	St. Catherine (Minn.)	2:43.11	2	
20	Mathews, Jalisa	Hamline	2:43.90	2	
21	Cole, Olivia	Concordia-St. Paul	2:44.97	2	
22	Ringsmuth, Caroline	Northwestern (Minn.)	2:45.69	3	
23	Minshull, Larissa	Bethel (Minn.)	2:46.72	2	
24	Sieck, Kayla	St. Olaf	2:47.02	2	
25	Long, Heather	Bethel (Minn.)	2:56.31	3	
26	Larsson, Thea	St. Olaf	2:58.56	3	
27	Moe, Hannah	Bethel (Minn.)	3:00.83	3	
28	Rey, Sarah	Bethel (Minn.)	3:06.05	3	

Women 1500 Meter Run

Meet Record: 4:25.06 ! 4/16/2016 Madeline Strandemo, Minnesota
4:27.70 AUTO
4:36.00 PROV

	Name	School	Finals	H#	Points
Finals					
1	Ihde, Annessa	Bethel (Minn.)	4:46.36	1	
2	Seidel, Francine	Minnesota-Duluth	4:49.07	1	
3	Abernethy, Sophie	St. Olaf	4:49.62	1	
4	Landis, Ella	St. Olaf	4:50.66	1	
5	Goodwin, Mary	Bemidji State	4:52.68	1	
6	Bouley, Cheresa	St. Cloud State	4:55.93	1	
7	Call, Sophie	St. Olaf	4:58.42	1	
8	Reindl, Haleigh	Minnesota-Duluth	4:58.93	1	
9	Welhouse, Clara	St. Cloud State	5:02.28	1	
10	VanLoon, Elizabeth	Minnesota-Duluth	5:08.33	2	
11	Bond, Josie	Minnesota-Duluth	5:08.99	1	
12	Harms, Josie	Bethel (Minn.)	5:10.11	1	
13	McCloskey, Molly Kate	St. Olaf	5:10.59	2	
14	Gonsalez, Nicole	St. Olaf	5:12.11	2	
15	Miller, Carol	Bemidji State	5:14.76	2	
16	Barker, Halle	Wis.-Superior	5:17.36	2	
17	Hay, Anna	Bethel (Minn.)	5:20.41	2	
18	Bragg, Alexandra	Minnesota-Duluth	5:24.24	2	
19	McMahon, Tessa	Minnesota-Duluth	5:26.23	2	
20	Edidin, Rachel	Minnesota Running Club	5:27.11	2	
21	Stackhouse, Madison	Bethel (Minn.)	5:27.21	2	
22	Kelly, Audrey	Minnesota Running Club	5:27.43	3	
23	Ringsmuth, Caroline	Northwestern (Minn.)	5:27.91	3	
24	Scott, Carolina	Concordia-St. Paul	5:28.72	2	
25	Hudella, Cora	Wis.-Superior	5:31.87	3	
26	Gessner, Lydia	Bethel (Minn.)	5:33.78	3	
27	Rysdahl, Kaye	Bethel (Minn.)	5:39.72	3	

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Finals ... (Women 1500 Meter Run)

Name	School	Finals	H#	Points
28 Morningstar, Grace	Bethel (Minn.)	5:40.31	3	
29 Balch, Molly	Minnesota Running Club	5:45.96	3	
30 Gillian-Daniel, Hannah	Minnesota Running Club	5:52.18	3	
31 Tapajna, Abby	Hamline	5:52.75	3	
32 Meiners, Kristina	Minnesota Running Club	5:55.37	3	
33 Lantz, Annabel	Augsburg	6:28.13	3	
34 Hyland, Kayley	North Central (Minn.)	6:34.30	3	
35 Schneider, Teagan	St. Catherine (Minn.)	7:42.13	3	

Women 5000 Meter Run

Meet Record: 17:19.71 ! 4/21/2012 Liz Berkholtz, Unattached
 16:20.00 AUTO
 17:20.00 PROV

Name	School	Finals	Points
Finals			
1 Johnson, Gracie	Augsburg	19:42.10	
2 Almsberger, Kira	Minnesota-Duluth	19:47.80	
3 McConkey, Katie	Minnesota-Duluth	20:41.94	
4 Houglum, Tess	Concordia-St. Paul	20:46.82	
5 Nelson, Brenna	St. Catherine (Minn.)	20:56.52	
6 Boerner, Tea	Wis.-Superior	21:00.49	
7 Millett, Camilla	Minnesota-Duluth	21:19.64	
8 Harvey, Lily	St. Catherine (Minn.)	22:14.94	
9 Wild, Josephine	Minnesota Running Club	22:35.99	

Women 10000 Meter Run

Meet Record: 37:41.37 ! 4/17/2021 Lily Paul, Minnesota State

Name	School	Finals	Points
Finals			
1 Anderson, Eve	Minnesota-Duluth	38:35.63	
2 Palodichuk, Anna	Minnesota-Duluth	40:00.63	
3 Butler, Delaney	Concordia-St. Paul	45:42.89	

Women 100 Meter Hurdles

Meet Record: 13.81 ! 4/18/2015 Kimberly Golding, Unattached
 13.61 AUTO
 14.40 PROV

Name	School	Prelims	Wind	H#
Preliminaries				
1 Romig, Shelby	St. Cloud State	15.96 Q	2.3	2
2 King, Hannah	Bethel (Minn.)	16.81 Q	1.3	1
3 Barlue, Burnices	St. Catherine (Minn.)	16.80 Q	2.3	2
4 Toquero, Ainhoa	St. Cloud State	16.91 Q	1.3	1
5 Stackhouse, Ally	Bethel (Minn.)	16.96 q	2.3	2
6 Hannah, Gabrielle	Hamline	17.71 q	1.3	1
7 Johnson, Lily	St. Olaf	17.80 q	2.3	2
8 Keech, Claire	St. Olaf	18.25 q	2.3	2
9 Thompson, Carly	Northwestern (Minn.)	19.73	2.3	2
10 Moe, Hannah	Bethel (Minn.)	20.81	1.3	1

Holst Invitational - 4/22/2023
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Women 100 Meter Hurdles

Meet Record: **13.81 ! 4/18/2015** **Kimberly Golding, Unattached**
13.61 AUTO
14.40 PROV

Name	School	Finals	Wind	Points
Finals				
1 Romig, Shelby	St. Cloud State	15.54	1.5	
2 King, Hannah	Bethel (Minn.)	16.64	1.5	
3 Stackhouse, Ally	Bethel (Minn.)	16.91	1.5	
4 Toquero, Ainhoa	St. Cloud State	17.30	1.5	
5 Hannah, Gabrielle	Hamline	17.67	1.5	
6 Johnson, Lily	St. Olaf	17.69	1.5	
7 Keech, Claire	St. Olaf	18.44	1.5	
--- Barlue, Burnices	St. Catherine (Minn.)	DNF	1.5	

Women 400 Meter Hurdles

Meet Record: **1:00.85 ! 4/17/2021** **Kalley Harris, Winona State**
59.72 AUTO
1:02.50 PROV

Name	School	Finals	Points
Finals			
1 Brouse, Brooklyn	St. Cloud State	1:05.57	
2 Perry, Jaid	Concordia-St. Paul	1:11.29	
3 Scholten, Hailey	Bethel (Minn.)	1:14.70	
4 Manhard, Abbie	St. Olaf	1:16.44	
5 Mensah, Courtney	Concordia-St. Paul	1:17.64	
6 Shirley, Ava	St. Olaf	1:17.99	
7 Aurelius, Andreiana	Hamline	1:20.08	
8 Kreuzer, Kenzy	Wis.-Superior	1:26.68	

Women 3000 Meter Steeplechase

Meet Record: **11:14.67 ! 4/17/2021** **Kara Lindberg, Concordia-St. Pa**

Name	School	Finals	Points
Finals			
1 Renier, Lauryn	Minnesota-Duluth	11:32.47	
2 Moeller, Grace	St. Olaf	11:40.05	
3 Craven, Ava	St. Olaf	12:33.56	
4 McCarthy, Maggie	Bemidji State	12:37.61	
5 Conrad, Erica	St. Cloud State	12:38.20	
6 Vaughn, Nadia	Bemidji State	12:47.38	
7 Sajdak, Anna	Concordia-St. Paul	12:57.81	
8 Plechaty, Zoe	St. Olaf	13:04.14	
9 Conrad, Brooklyn	Augsburg	13:15.45	
10 Wilson, Riley	Wis.-Superior	13:43.30	
11 Scanlon, Jeanna	Wis.-Superior	13:44.48	
12 Brandt, Morgan	St. Catherine (Minn.)	14:12.23	

Holst Invitational - 4/22/2023
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Results - Track

Women 4x100 Meter Relay

Meet Record: 47.77 ! 4/22/2017 Concordia-St. Paul, Concordia-St
 G Williams, E Shady, E Young, K Burney
 45.69 AUTO
 47.20 PROV

Team	Relay	Finals	Points
Finals			
1 Bemidji State	A	51.12	
1) Olson, Olivia	2) Disbrow, Abbie	3) Fultz, Natalie	4) Syverson, Abby
2 St. Catherine (Minn.)	A	52.08	
1) Doyle, Erin	2) Schepper, Reilee	3) Nichols, Claire	4) Stinson, Makayla
3 St. Olaf	A	53.16	
1) Nelsen, Rachel	2) Matre, Zoe	3) Holman, Ququ	4) Kroschel, Karla
4 Csp Alumni	A	1:01.94	

Women 4x400 Meter Relay

Meet Record: 3:52.10 ! 4/22/2017 Minnesota, Minnesota
 M Biermaier, V Larson, M Gourley, T Markland
 3:42.30 AUTO
 3:50.00 PROV

Team	Relay	Finals	Points
Finals			
1 Concordia-St. Paul	A	4:13.53	
1) Zimmerman, Karlina	2) Perry, Jaid	3) Hartinger, Michaela	4) Jackson, Sydney
2 Hamline	A	4:25.93	
1) Bernardy, Lindsey	2) Grabau, Ashley	3) Nelson, Emme	4) Aurelius, Andreiana
3 Concordia-St. Paul	B	4:28.36	
1) Mattingly, Destiny	2) Samuel, Lauryn	3) Osuoha, Chidera	4) Hartlage, Hannah
4 North Central (Minn.)	A	4:33.40	
1) Schroeder, Lydia	2) Brewster, Brycelyn	3) Lanes, Serena	4) Johnson, Esther

Men 100 Meter Dash

Meet Record: 10.60 ! 4/22/2017 Seth Boomsma, Brooks
 10.34 AUTO
 10.60 PROV

Name	School	Finals	Wind	H#	Points
Finals					
1 Fredrickson, Erik	Unat-Minnesota	11.05	2.2	1	
2 Simon, Godsword	Bethel (Minn.)	11.19	2.2	1	
3 Carlin, Nate	St. Thomas (Minn.)	11.22	3.5	2	
4 Schorr, Will	Wis.-Superior	11.28	2.2	1	
5 Conneh, Varney	Augsburg	11.34	2.2	1	
6 Shevchuk, John	Northwestern (Minn.)	11.36	3.5	2	
7 Robinson, Ozzie	Hamline	11.40	1.6	3	
8 Thomas, Reece	Hamline	11.40	3.5	2	
9 Pearson, Steven	Wis.-Superior	11.46	3.9	4	
10 Bowe, Ethan	Wis.-Superior	11.47	1.6	3	
11 Korum, Levi	Bethel (Minn.)	11.56	3.5	2	
12 Westimayer, Ethan	Wis.-Superior	11.59	2.2	1	
13 Dittrich, Isaac	Minnesota Running Club	11.62	1.6	3	
14 Anguita-Smith, Carlos	Minnesota Running Club	11.67	3.5	2	
15 Smith, Albert	Bethel (Minn.)	11.67	2.2	1	

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Name	School	Finals	Wind	H#	Points
16 Omeja, Jackson	North Central (Minn.)	11.72	1.6	3	
17 Smith, Micah	Bethel (Minn.)	11.79	3.9	4	
18 Gwin, Samuel	St. Olaf	11.80	1.6	3	
19 Borst, Layton	St. Olaf	11.83	3.9	4	
20 Fochtman, Jack	St. Olaf	11.85	1.6	3	
21 Juaire, Nehemiah	North Central (Minn.)	11.89	3.9	4	
22 Kallstrom, Brandon	Bethel (Minn.)	12.02	3.2	6	
23 Ramirez, Gael	Bethel (Minn.)	12.03	3.2	6	
24 Wellman, Trevor	Bethel (Minn.)	12.06	1.6	3	
25 Thomas, Max	St. Olaf	12.07	3.9	4	
26 Lange, Erik	North Central (Minn.)	12.08	3.7	5	
27 Cogley, Andrew	St. Olaf	12.18	3.7	5	
28 Gare, Keegan	North Central (Minn.)	12.49	3.7	5	
29 Lundt, Caleb	North Central (Minn.)	12.58	3.7	5	
30 Hanson, Isaac	Wis.-Superior	12.71	3.2	6	
31 Spitzer-Resnick, Josh	Minnesota Running Club	13.00	3.7	5	
32 Hagen, Connell	Minnesota Running Club	13.02	3.9	4	
33 Johnson, D'Artagnan	Northwestern (Minn.)	13.98	3.2	6	

Men 200 Meter Dash

Meet Record: **21.98 ! 2010**
 20.87 AUTO
 21.45 PROV

Nick Trisko, St. Cloud St

Name	School	Finals	Wind	H#	Points
Finals					
1 Parent, Jacob	Bethel (Minn.)	21.83 !	-0.7	1	
2 David, Tarnue	Concordia-St. Paul	22.37	-0.7	1	
3 Nelson, Grant	Bethel (Minn.)	22.38	-0.7	1	
4 Asplin, Collin	Bethel (Minn.)	23.15	-0.7	1	
5 Haack, Tony	Bethel (Minn.)	23.40	-0.7	1	
6 Thomas, Reece	Hamline	23.75	-0.7	1	
7 Segura, Nate	Concordia-St. Paul	23.91	-0.7	1	
8 Omeja, Jackson	North Central (Minn.)	23.97	0.6	2	
9 Burgin, Derek	North Central (Minn.)	24.15	0.6	2	
10 Robinson, Ozzie	Hamline	24.37	0.6	2	
11 Klocow, Jackson	Concordia-St. Paul	24.61	-0.7	1	
12 Beaudette, Joseph	Bethel (Minn.)	25.43	0.6	2	
13 Holstad, Matthew	North Central (Minn.)	25.75	0.6	2	
14 Gaye, Carlos	Hamline	25.95	-0.8	3	
15 Hanson, Isaac	Wis.-Superior	26.71	-0.8	3	
16 Spitzer-Resnick, Josh	Minnesota Running Club	27.17	-0.8	3	
17 Van Camp, Cody	Wis.-Superior	27.51	-0.8	3	
18 Johnson, D'Artagnan	Northwestern (Minn.)	29.91	-0.8	3	
--- Bowe, Ethan	Wis.-Superior	SCR			
--- Piehl, Mitchell	St. Thomas (Minn.)	SCR			
--- DeFoe, Ethan	Wis.-Superior	SCR			
--- Westimayer, Ethan	Wis.-Superior	SCR			
--- Hennen, Zack	Minnesota Running Club	SCR			
--- Gunhus-Dansdill, Beirgen	Minnesota Running Club	SCR			
--- Dittrich, Isaac	Minnesota Running Club	SCR			

Holst Invitational - 4/22/2023
Concordia University, St. Paul
Results - Track

Finals ... (Men 200 Meter Dash)

Name	School	Finals	Wind	H#	Points
--- Hagen, Connell	Minnesota Running Club	SCR			
--- Moua, Bobby	Minnesota Running Club	SCR			
--- Anguita-Smith, Carlos	Minnesota Running Club	SCR			
--- Fredrickson, Erik	Unat-Minnesota	SCR			
--- Conneh, Varney	Augsburg	SCR			
--- Shariff, Nasiruddin	Augsburg	SCR			
--- Lange, Erik	North Central (Minn.)	SCR			
--- Landherr, Fritz	Augsburg	SCR			
--- Brisbois, Cole	Minnesota-Duluth	SCR			
--- Boakye-Ansah, Brian	Minnesota	SCR			
--- Smith, Albert	Bethel (Minn.)	SCR			
--- McNearny, Devin	St. Olaf	SCR			
--- Fochtman, Jack	St. Olaf	SCR			
--- Loder, Sebastian	St. Olaf	SCR			
--- Brown, Ashton	Unattached	SCR			
--- Shevchuk, John	Northwestern (Minn.)	SCR			
--- Gwin, Samuel	St. Olaf	SCR			

Men 400 Meter Dash

Meet Record: **48.09 ! 4/16/2016** **Manni Egbujor, Augsburg**
46.46 AUTO
48.00 PROV

Name	School	Finals	H#	Points
Finals				
1 Loder, Sebastian	St. Olaf	50.93	1	
2 Bream, Calvin	St. Thomas (Minn.)	51.74	1	
3 Warmington, Mitchell	St. Thomas (Minn.)	51.94	1	
4 Boakye-Ansah, Brian	Minnesota	52.38	1	
5 Haack, Tony	Bethel (Minn.)	52.40	2	
6 Asplin, Collin	Bethel (Minn.)	52.70	2	
7 Rudzitis, Taaron	Concordia-St. Paul	52.75	1	
8 Braun, Alec	Bethel (Minn.)	53.11	3	
9 Meecker, Caleb	Bethel (Minn.)	53.43	3	
10 Howard, James	Concordia-St. Paul	53.43	1	
11 Peterson, Payton	Concordia-St. Paul	53.79	2	
12 Landherr, Fritz	Augsburg	53.97	2	
13 Burgin, Derek	North Central (Minn.)	55.74	2	
14 Pfenning-Wendt, Eric	Hamline	57.11	2	
15 Beaudette, Joseph	Bethel (Minn.)	57.13	3	
16 Spitzer-Resnick, Josh	Minnesota Running Club	59.79	3	
17 Doyamo, Elijah	Minnesota Running Club	1:02.27	3	

Men 800 Meter Run

Meet Record: **1:50.42 ! 4/22/2017** **Chris Trotter, UNAT-Minneso**
1:49.89 AUTO
1:52.55 PROV

Name	School	Finals	H#	Points
Finals				
1 Helser, Matthew	Concordia-St. Paul	1:58.89	1	
2 Youberg, Finn	Minnesota-Duluth	1:59.68	1	

Holst Invitational - 4/22/2023
Concordia University, St. Paul
Results - Track

Finals ... (Men 800 Meter Run)

	Name	School	Finals	H#	Points
3	Dickenson, Owen	Minnesota-Duluth	2:00.39	1	
4	Moore, Cullen	St. Olaf	2:00.88	1	
5	Bittner, Alex	St. Olaf	2:00.88	2	
6	Amundson, Brennan	Minnesota-Duluth	2:00.90	1	
7	Hartney, Sean	St. Olaf	2:02.15	2	
8	Marsh, Jackson	St. Olaf	2:02.47	1	
9	Estrada, Gabe	St. Olaf	2:02.68	1	
10	Kvaal, Mikey	Minnesota-Duluth	2:02.82	1	
11	Peterson, Luke	Bethel (Minn.)	2:02.93	2	
12	Schmidt, Otto	St. Olaf	2:02.94	2	
13	Hussien, Sakariya	Augsburg	2:03.11	1	
14	Doherty, Aidan	Wis.-Superior	2:03.63	1	
15	Mackie, Aidan	St. Olaf	2:03.96	2	
16	Doran, Eli	St. Olaf	2:04.42	1	
17	Graber, Grant	Bethel (Minn.)	2:05.33	2	
18	Otier, Austin	Bethel (Minn.)	2:05.47	2	
19	Leitner, Christian	Unattached	2:07.37	2	
20	Rudd, Blake	Minnesota Running Club	2:07.66	2	
21	Nemecek, Lance	St. Olaf	2:07.67	2	
22	Wondimu, Bereket	Augsburg	2:08.82	2	
23	Sims, Josh	Concordia-St. Paul	2:09.62	2	
24	Collins, David	Wis.-Superior	2:09.72	2	
25	Suda, Zach	Minnesota Running Club	2:12.73	2	
26	Muhumed, Khadar	Hamline	2:13.39	2	
27	Rapp, Nathan	Minnesota Running Club	2:14.07	3	
28	Christopherson, Hans	Augsburg	2:16.93	3	
29	Price, David	Bethel (Minn.)	2:18.12	3	
30	Dieterle, Evan	Minnesota Running Club	2:18.57	3	
31	Herr-Zielke, Michael	North Central (Minn.)	2:20.86	3	
32	Holstad, Matthew	North Central (Minn.)	2:22.75	3	
33	Jacobson, Max	Augsburg	2:23.26	3	
34	Dieterle, Alex	Minnesota Running Club	2:23.98	3	
35	Puent, Aaron	Augsburg	2:25.66	3	
36	Salonek, Eli	North Central (Minn.)	2:29.56	3	
37	Regan, Cameron	Hamline	2:30.69	3	

Men 1500 Meter Run

Meet Record: 3:52.44 ! 4/12/2014 Tom Scott, Running2Win

3:45.30 AUTO

3:52.50 PROV

	Name	School	Finals	H#	Points
Finals					
1	Falteseck, Emmett	Concordia-St. Paul	4:02.38	1	
2	Dickenson, Owen	Minnesota-Duluth	4:03.58	1	
3	Wormuth, Alek	Minnesota Running Club	4:04.02	1	
4	Antony, Austin	Minnesota-Duluth	4:04.36	1	
5	Gruenes, Jordan	Minnesota-Duluth	4:08.95	1	
6	Thompson, Reese	Bethel (Minn.)	4:15.24	1	
7	Sagedahl, Penn	St. Olaf	4:16.52	1	
8	Stewart, Tad	Bethel (Minn.)	4:16.85	1	

Holst Invitational - 4/22/2023
Concordia University, St. Paul
Results - Track

Finals ... (Men 1500 Meter Run)

Name	School	Finals	H#	Points
9 Nelson, Clark	Bethel (Minn.)	4:18.47	1	
10 Lawhead, Brock	St. Olaf	4:19.63	1	
11 Kuecker, Gabe	Bethel (Minn.)	4:19.93	2	
12 Anderson, Zack	Minnesota-Duluth	4:20.90	1	
13 Nevarez-Ramirez, Jose	Concordia-St. Paul	4:25.74	2	
14 Laurel, Sam	St. Olaf	4:25.91	2	
15 LiaBraaten, Lucas	Hamline	4:26.02	1	
16 Chamberlin, Owen	St. Olaf	4:27.90	1	
17 Olson, Jack	Minnesota Running Club	4:28.85	2	
18 Brandt, Nathaniel	Minnesota-Duluth	4:29.17	1	
19 Dieterle, Evan	Minnesota Running Club	4:33.10	2	
20 Nelson, Henry	Augsburg	4:34.88	2	
21 Ernst, Charlie	Minnesota Running Club	4:35.33	2	
22 Abide, Habetamu	Bethel (Minn.)	4:35.40	2	
23 Muhumed, Khadar	Hamline	4:36.73	2	
24 Kubly, Joseph	Augsburg	4:40.52	2	
25 Pattie, Jonathan	St. Olaf	4:41.50	1	
26 Hage, Daniel	Bethel (Minn.)	4:43.59	2	
27 Dieterle, Alex	Minnesota Running Club	4:48.77	2	
28 Dallas, Evan	Bethel (Minn.)	4:54.93	2	
29 Murphy, Kallen	Minnesota Running Club	4:59.15	2	
30 Converse, Garrett	North Central (Minn.)	5:08.83	2	
31 Azeltine, Ryan	North Central (Minn.)	5:32.49	2	

Men 5000 Meter Run

Meet Record: 15:10.23 ! 4/18/2015 Chris Lawson, St. Scholast
 14:00.30 AUTO
 14:35.00 PROV

Name	School	Finals	Points
Finals			
1 Gokemeijer, Willem	Minnesota Running Club	15:43.07	
2 Selman, Lucas	Minnesota-Duluth	16:08.94	
3 Oehler, Matt	Minnesota Running Club	16:24.92	
4 Hegenbarth, Arlan	Minnesota Running Club	16:29.61	
5 Saari, William	Hamline	16:52.16	
6 Johnson, Kieran	Wis.-Superior	16:52.42	
7 Olson, Jack	Minnesota Running Club	16:52.71	
8 Kaslewicz, Jake	Minnesota Running Club	16:56.49	
9 Collins, David	Wis.-Superior	17:14.05	
10 Justin, Adam	Minnesota Running Club	18:32.84	
11 Finger, Tyler	Lake Effect	18:41.07	
12 Hufziger, Kevin	Wis.-Superior	18:41.47	
13 St. George, Kedran	Bethel (Minn.)	19:05.61	

Men 10000 Meter Run

Meet Record: 32:17.01 ! 4/17/2021 Sam Ringger, Minnesota-Duluth

Name	School	Finals	Points
Finals			
1 Bati, Mohammed	Augsburg	31:45.52 !	
2 Nogle, David	Minnesota Running Club	32:30.72	

Holst Invitational - 4/22/2023
Concordia University, St. Paul
Results - Track

Finals ... (Men 10000 Meter Run)

Name	School	Finals	Points
3 Gulati, Rishi	Minnesota Running Club	32:38.32	
4 Erickson, Owen	Concordia-St. Paul	32:46.21	
5 Blischke, Ethan	Concordia-St. Paul	33:03.34	
6 Gathje, Jacob	St. John's (Minn.)	34:49.01	
7 Maruyama, Isaac	Minnesota Running Club	34:57.60	
8 Sackreiter, Soren	Gustavus Adolphus	34:57.73	
9 Okamoto, Kei	Wis.-Superior	35:14.54	
10 Frigstad, James	Concordia-St. Paul	36:37.51	
11 Nogle, Lucas	Minnesota Running Club	37:16.85	
12 Smith, Zander	Minnesota Running Club	39:29.66	

Men 110 Meter Hurdles

Meet Record: 14.40 ! 4/17/2021 **Kornelius Klah, Minnesota State**
14.12 AUTO
14.65 PROV

Name	School	Prelims	Wind	H#
Preliminaries				
1 Maack, Carter	St. Thomas (Minn.)	15.07 Q	-0.8	2
2 Smith, Micah	Bethel (Minn.)	16.83 Q	0.4	1
3 Ferrin, Pryce	Bethel (Minn.)	16.02 Q	-0.8	2
4 Enders, Peyton	Concordia-St. Paul	16.89 Q	0.4	1
5 Lee, Josh	Bethel (Minn.)	17.08 q	0.4	1
6 Clayton, Trajen	Augsburg	17.08 q	-0.8	2
7 Skemp, Will	St. Olaf	17.10 q	0.4	1
8 Bassett, Jackson	St. Olaf	18.01 q	-0.8	2
9 Schegel, Abe	Bethel (Minn.)	18.41	-0.8	2
10 Wellman, Trevor	Bethel (Minn.)	18.55	0.4	1
11 Kallstrom, Brandon	Bethel (Minn.)	20.81	0.4	1
12 Ramirez, Gael	Bethel (Minn.)	22.65	-0.8	2

Men 110 Meter Hurdles

Meet Record: 14.40 ! 4/17/2021 **Kornelius Klah, Minnesota State**
14.12 AUTO
14.65 PROV

Name	School	Finals	Wind	Points
Finals				
1 Ferrin, Pryce	Bethel (Minn.)	15.89	2.2	
2 Lee, Josh	Bethel (Minn.)	16.62	2.2	
3 Enders, Peyton	Concordia-St. Paul	16.67	2.2	
4 Clayton, Trajen	Augsburg	16.94	2.2	
5 Skemp, Will	St. Olaf	17.16	2.2	
6 Bassett, Jackson	St. Olaf	17.69	2.2	

Men 400 Meter Hurdles

Meet Record: 53.20 ! 4/23/2022 **Joel Smith, Bethel (Minn)**
51.82 AUTO
53.60 PROV

Name	School	Finals	H#	Points
Finals				
1 Myres, David	Bethel (Minn.)	56.32	1	

Holst Invitational - 4/22/2023
Concordia University, St. Paul
Results - Track

Finals ... (Men 400 Meter Hurdles)

Name	School	Finals	H#	Points
2 Cogley, Andrew	St. Olaf	1:02.67	1	
3 Pettis, Andrei	Hamline	1:03.70	2	
4 Ortiz, Raul	Hamline	1:04.80	2	
5 Matheson, Iain	Wis.-Superior	1:06.68	1	
6 Kroells, Garrett	Wis.-Superior	1:07.43	2	
7 Spitzer-Resnick, Josh	Minnesota Running Club	1:09.64	2	
8 Herr-Zielke, Michael	North Central (Minn.)	1:09.92	2	

Men 3000 Meter Steeplechase

Meet Record: **9:33.57 ! 4/23/2022** **Will Kelly, St. Olaf**

Name	School	Finals	Points
Finals			
1 VanKempen, Jack	Minnesota-Duluth	9:24.67 !	
2 Krummel, Matthew	Concordia-St. Paul	10:03.83	
3 Butterfield, Michael	Wis.-Superior	10:41.50	
4 Puent, Aaron	Augsburg	11:48.79	
5 Ali, Pollei	Augsburg	13:02.93	

Men 4x100 Meter Relay

Meet Record: **41.67 ! 4/23/2022** **MSU-Moorhead, MSU-Moorhead**
S Higgs, T Dawkins, E MacLennan, S Kemp

40.18 AUTO
41.20 PROV

Team	Relay	Finals	Points
Finals			
1 Wis.-Superior	A	45.50	
1) DeFoe, Ethan	2) Westimayer, Ethan	3) Bowe, Ethan	4) Schorr, Will
2 Minnesota Running Club	A	46.31	
1) Dittrich, Isaac	2) Priemueller, Lucas	3) Doyamo, Elijah	4) Anguita-Smith, Carlos

Men 4x400 Meter Relay

Meet Record: **3:16.31 ! 4/16/2016** **Minnesota State, Minnesota St**
R Diamond, J Brice, J Schuster, T Ogren

3:09.00 AUTO
3:15.00 PROV

Team	Relay	Finals	Points
Finals			
1 Concordia-St. Paul	A	3:26.98	
1) Erick, Calder	2) Howard, James	3) David, Tarnue	4) Rudzitis, Taaron
2 Csp Alumni	A	3:30.90	
3 Concordia-St. Paul	B	3:38.86	
1) Nevarez-Ramirez, Jose	2) Faltsek, Emmett	3) Enders, Peyton	4) Peterson, Payton
4 North Central (Minn.)	A	3:41.52	
1) Burgin, Derek	2) Lange, Erik	3) Omeja, Jackson	4) Juair, Nehemiah
5 Csp Alumni	C	3:42.49	
6 Wis.-Superior	A	3:56.78	
1) Okamoto, Kei	2) Doherty, Aidan	3) Johnson, Kieran	4) Collins, David
--- Concordia-St. Paul	C	SCR	
	2) Sims, Josh	3) Alexander, Andrew	4) Feist, Cullen
--- Minnesota Running Club	B	SCR	
1) Ernst, Charlie	2) Spitzer-Resnick, Josh	3) Rapp, Nathan	4) Wagener, Zach

Holst Invitational - 4/22/2023
Concordia University, St. Paul
Results - Track

Finals ... (Men 4x400 Meter Relay)

Team	Relay	Finals	Points
--- Csp Alumni	B	SCR	
--- Hamline	A	SCR	
1) Ortiz, Raul	2) Pettis, Andrei	3) Pfenning-Wendt, Eric	4) Thomsen, Josh
--- Minnesota-Duluth	A	SCR	
1) Amundson, Brennan	2) Kvaal, Mikey	3) Gruenes, Jordan	4) Kucera, Kyle
--- Minnesota Running Club	A	SCR	
1) Dieterle, Alex	2) Dieterle, Evan	3) Hegenbarth, Arlan	4) Suda, Zach

Holst Invitational - 4/22/2023
Concordia University, St. Paul
Results - Field

Women High Jump

Meet Record: 1.73m ! 4/22/2017 Ashley Ramacher, UNAT-Minneso
 1.75m AUTO
 1.68m PROV

Name	School	Finals	Points
Finals			
1 Rowles, Julia	St. Cloud State	1.60m	5-03.00
2 Fleek, Brianna	St. Thomas (Minn.)	1.55m	5-01.00
3 Anderson, Caroline	St. Thomas (Minn.)	1.55m	5-01.00
4 Gross, Kate	St. Thomas (Minn.)	1.55m	5-01.00
5 Erickson, Alexis	Bemidji State	1.50m	4-11.00
5 Moore, Rylee	St. Thomas (Minn.)	1.50m	4-11.00
7 Schoenfelder, Alaina	St. Thomas (Minn.)	1.50m	4-11.00
8 Jones, Emily	Minnesota-Duluth	1.50m	4-11.00
9 Fultz, Natalie	Bemidji State	1.50m	4-11.00
10 Shaptala, Rachel	Unattached	1.45m	4-09.00
10 Toquero, Ainhoa	St. Cloud State	1.45m	4-09.00
12 Nichols, Claire	St. Catherine (Minn.)	1.45m	4-09.00
13 McCabe, Cora	Minnesota-Duluth	1.40m	4-07.00
14 Johnson, Lily	St. Olaf	1.35m	4-05.00
15 Hannah, Gabrielle	Hamline	1.30m	4-03.25

Women Pole Vault

Meet Record: 4.25m ! 4/16/2016 Leslie Brost, Twin Cities
 3.96m AUTO
 3.55m PROV

Name	School	Finals	Points
Finals			
1 Berger, Alexys	Unat-Minnesota	4.00m	13-01.50
2 Lilland, Jessica	Bethel (Minn.)	3.55m	11-07.75
3 Nollette, Katie	St. Thomas (Minn.)	3.55m	11-07.75
4 Klein, Anastasia	Bemidji State	3.25m	10-08.00
5 Passeri, Olivia	St. Thomas (Minn.)	3.25m	10-08.00
6 Lommel, Libby	Minnesota-Duluth	3.25m	10-08.00
7 Dodge, Sofia	Concordia-St. Paul	3.10m	10-02.00
7 Cordes, Julia	St. Olaf	3.10m	10-02.00
7 Reintsma, Callie	Concordia-St. Paul	3.10m	10-02.00
7 Segar, Sabrina	Minnesota-Duluth	3.10m	10-02.00
7 Olson, Olivia	Bemidji State	3.10m	10-02.00
12 Green, Lizzie	Hamline	2.95m	9-08.00
13 Roberts, Melanie	St. Olaf	2.80m	9-02.25
14 Petrich, Brooke	Wis.-Superior	2.50m	8-02.50
15 Luepke, Bria	Hamline	2.50m	8-02.50
15 Nelson, Molly	Bethel (Minn.)	2.50m	8-02.50
17 Abernethy, Sophie	St. Olaf	2.50m	8-02.50
18 Ramsdell, Lily	Hamline	2.20m	7-02.50
19 Kreuzer, Kenzy	Wis.-Superior	2.20m	7-02.50
--- Evans, Mia	Bethel (Minn.)	NH	

Holst Invitational - 4/22/2023
Concordia University, St. Paul
Results - Field

Women Long Jump

Meet Record: 5.79m ! 4/17/2021 Makayla Jackson, Minnesota State
6.01m AUTO
5.65m PROV

Name	School	Finals	Wind	H#	Points
Finals					
1 Rowles, Julia	St. Cloud State	5.27m	17-03.50	3.6	2
2 Hernes, Ellie	Bethel (Minn.)	5.22m	17-01.50	1.5	2
3 Schepper, Reilee	St. Catherine (Minn.)	5.08m	16-08.00	3.8	2
4 Carson, Maya	St. Thomas (Minn.)	5.07m	16-07.75	1.5	2
5 Nichols, Claire	St. Catherine (Minn.)	5.01m	16-05.25	2.4	1
6 Nelson, AnnaGrace	Bethel (Minn.)	4.99m	16-04.50	2.5	2
7 Baughmann, Destiny	St. Cloud State	4.82m	15-09.75	2.2	2
8 Lehman, Adalyn	Minnesota-Duluth	4.82m	15-09.75	3.7	2
9 Wilber, Ava	St. Thomas (Minn.)	4.70m	15-05.00	1.0	2
10 Barlue, Burnices	St. Catherine (Minn.)	4.52m	14-10.00	3.0	1
11 Wilmanns, Ava	St. Cloud State	4.41m	14-05.75	3.7	1
12 Claude, Colleen	Wis.-Superior	4.31m	14-01.75	2.5	1
13 Valley, Biz	Hamline	3.56m	11-08.25	3.0	1
14 Carter, Cieyana	Wis.-Superior	3.15m	10-04.00	1.3	1
15 Rader, Jordan	Wis.-Superior	2.90m	9-06.25	2.1	1

Women Triple Jump

Meet Record: 12.09m ! 4/16/2016 Patience Yalartai, St. Cloud St
12.42m AUTO
11.65m PROV

Name	School	Finals	Wind	Points
Finals				
1 Lehrer, Mariana	St. Thomas (Minn.)	10.97m	36-00.00	1.6
2 Baughmann, Destiny	St. Cloud State	10.92m	35-10.00	2.0
3 Schepper, Reilee	St. Catherine (Minn.)	10.71m	35-01.75	2.2
4 Fabry, Sophia	St. Thomas (Minn.)	10.27m	33-08.50	1.0
5 Disbrow, Abbie	Bemidji State	9.91m	32-06.25	2.0
6 Barlue, Burnices	St. Catherine (Minn.)	9.58m	31-05.25	0.9
--- Newman, Jessica	Wis.-Superior	FOUL		
--- Roberts, Melanie	St. Olaf	SCR	NWI	

Women Shot Put

Meet Record: 14.48m ! 4/21/2012 Tina DeLakis, Minnesota
14.83m AUTO
13.40m PROV

Name	School	Finals	H#	Points
Finals				
1 Streit, Hadley	Unat-Minnesota	13.54m	44-05.25	3
2 Doss, Tierra	Bemidji State	13.42m	44-00.50	3
3 Nabwe, Annie	Unat-Minnesota	12.98m	42-07.00	3
4 Wilhelm, Nora	Bethel (Minn.)	12.80m	42-00.00	3
5 Potratz, Emma	St. Thomas (Minn.)	11.88m	38-11.75	3
6 Biggins, Ellie	Hamline	11.87m	38-11.50	2
7 Zimmerman, Dacoda	St. Cloud State	11.70m	38-04.75	3
8 Meyers, Molly	Hamline	11.64m	38-02.25	3

Holst Invitational - 4/22/2023
Concordia University, St. Paul
Results - Field

Finals ... (Women Shot Put)

Name	School	Finals		H#	Points
9 Dates, Desirae	Hamline	11.55m	37-10.75	3	
10 Shimon, Hailey	St. Thomas (Minn.)	11.13m	36-06.25	2	
11 Priebe, Zayda	Bemidji State	10.82m	35-06.00	3	
12 Segar, Sabrina	Minnesota-Duluth	10.73m	35-02.50	3	
13 Thompson, Adrienne	Minnesota-Duluth	10.63m	34-10.50	2	
14 Al-Juhari, Alea	St. Olaf	10.50m	34-05.50	2	
15 Bader, Sidney	Wis.-Superior	10.35m	33-11.50	2	
16 Smestad, Svea	Minnesota-Duluth	10.24m	33-07.25	2	
17 Mccauley, Haley	Minnesota-Duluth	10.24m	33-07.25	2	
18 Horvath, Chando	St. Catherine (Minn.)	9.96m	32-08.25	2	
19 Hill, Alyssa	Bemidji State	9.83m	32-03.00	2	
20 Mohlin, Alexis	St. Thomas (Minn.)	9.49m	31-01.75	2	
21 Althoff, Abby	St. Catherine (Minn.)	9.37m	30-09.00	1	
22 Schmidt, Cassidy	Bemidji State	9.27m	30-05.00	1	
23 Jones, MiCayla	North Central (Minn.)	9.05m	29-08.25	1	
24 Blake, Romona-Shae	Hamline	9.05m	29-08.25	1	
25 Speratos, Anna	Bethel (Minn.)	8.97m	29-05.25	1	
26 Erickson, Emma	Wis.-Superior	8.79m	28-10.25	1	
27 Wehrspann, Lydia	St. Catherine (Minn.)	8.46m	27-09.25	1	
28 Baker, Hannah	Wis.-Superior	8.13m	26-08.25	1	
29 Boelter, Ella	Bethel (Minn.)	7.86m	25-09.50	1	
30 Kordus, Grace	St. Catherine (Minn.)	7.64m	25-00.75	1	
31 Anderson, Miriam	North Central (Minn.)	6.95m	22-09.75	1	

Women Discus Throw

Meet Record: 47.13m ! 2010
 48.86m AUTO
 43.30m PROV

Liz Podominick, Unattached

Name	School	Finals		H#	Points
Finals					
1 Anderson, Amanda	Unattached	50.03m !	164-02	3	
2 Shimon, Hailey	St. Thomas (Minn.)	43.79m	143-08	3	
3 Doss, Tierra	Bemidji State	41.15m	135-00	3	
4 Keske, Aleah	St. Olaf	41.07m	134-09	3	
5 Donlan, Tia	Unattached	40.30m	132-03	3	
6 Wilhelm, Nora	Bethel (Minn.)	38.17m	125-03	2	
7 Priebe, Zayda	Bemidji State	36.35m	119-03	3	
8 Pavlovich, Ella	Unat-Minnesota	36.06m	118-04	3	
9 Hill, Alyssa	Bemidji State	35.36m	116-00	3	
10 Hunt, Jade	Hamline	33.38m	109-06	3	
11 Lukenbill, Molly	Bethel (Minn.)	31.91m	104-08	1	
12 Johnson, Emma	St. Olaf	31.34m	102-10	2	
13 Klun, Madeline	Minnesota-Duluth	31.23m	102-05	2	
14 Argiro, Colette	St. Thomas (Minn.)	31.19m	102-04	1	
15 Mendez, Aries	St. Olaf	30.80m	101-00	1	
16 Ellinghuysen, Lexi	Bethel (Minn.)	30.77m	100-11	1	
17 Horvath, Chando	St. Catherine (Minn.)	30.72m	100-09	2	
18 Erickson, Emma	Wis.-Superior	30.70m	100-09	2	
19 Hawk, Kennedy	Minnesota-Duluth	30.28m	99-04	2	
20 Irsfeld, Peyton	St. Olaf	30.06m	98-07	1	

Holst Invitational - 4/22/2023
Concordia University, St. Paul
Results - Field

Finals ... (Women Discus Throw)

	Name	School	Finals		H#	Points
21	Baker, Hannah	Wis.-Superior	29.58m	97-00	2	
22	Morris, Jenna	Concordia-St. Paul	29.48m	96-09	1	
23	Schmidt, Cassidy	Bemidji State	29.28m	96-01	3	
24	Carsrud, Justine	Unattached	28.95m	95-00	2	
25	Gendreau, Kaya	St. Olaf	28.19m	92-06	1	
26	Hughlett, Kasha	Wis.-Superior	28.13m	92-03	2	
27	Speratos, Anna	Bethel (Minn.)	27.85m	91-04	1	
28	Jones, MiCayla	North Central (Minn.)	27.78m	91-02	1	
29	Ashton, Emily	Northwestern (Minn.)	27.77m	91-01	1	
30	Lavendusky, Maya	Concordia-St. Paul	27.23m	89-04	2	
31	Thompson, Adrienne	Minnesota-Duluth	27.16m	89-01	1	
32	Gehrig, Alexis	Bemidji State	26.82m	88-00	2	
33	Mccauley, Haley	Minnesota-Duluth	26.31m	86-04	1	
34	Allison, Ashlyn	Concordia-St. Paul	26.31m	86-04	2	
35	Smestad, Svea	Minnesota-Duluth	26.02m	85-04	1	
36	Jeppesen, Sarah	Concordia-St. Paul	24.66m	80-11	1	
37	Schmidt, Anna	Hamline	22.55m	74-00	1	
---	Boelter, Ella	Bethel (Minn.)	FOUL		1	

Women Hammer Throw

Meet Record: **57.05m ! 4/23/2022 Brea Perron, Minnesota St**
56.20m AUTO
49.50m PROV

	Name	School	Finals		H#	Points
Finals						
1	Streit, Hadley	Unat-Minnesota	48.32m	158-06	4	
2	Paaverud, Ella	Concordia-St. Paul	46.34m	152-00	4	
3	Lukenbill, Molly	Bethel (Minn.)	45.78m	150-02	4	
4	Argiro, Colette	St. Thomas (Minn.)	45.07m	147-10	4	
5	Gielski, Kayce	Minnesota-Duluth	44.29m	145-04	4	
6	Mohlin, Alexis	St. Thomas (Minn.)	44.09m	144-08	3	
7	Horvath, Chando	St. Catherine (Minn.)	43.07m	141-04	4	
8	Potratz, Emma	St. Thomas (Minn.)	42.63m	139-10	3	
9	Klun, Madeline	Minnesota-Duluth	42.19m	138-05	2	
10	Keske, Aleah	St. Olaf	42.10m	138-01	3	
11	Hughlett, Kasha	Wis.-Superior	41.85m	137-04	4	
12	Patrin, Mikenna	Bemidji State	41.71m	136-10	4	
13	Jeppesen, Sarah	Concordia-St. Paul	41.55m	136-04	3	
14	Pavlovich, Ella	Unat-Minnesota	40.99m	134-06	3	
15	Zimmerman, Dacoda	St. Cloud State	39.90m	130-11	4	
16	Gehrig, Alexis	Bemidji State	39.43m	129-04	2	
17	Shimon, Hailey	St. Thomas (Minn.)	38.91m	127-08	3	
18	Ellinghuysen, Lexi	Bethel (Minn.)	38.04m	124-10	3	
19	Morris, Jenna	Concordia-St. Paul	37.94m	124-06	3	
20	Irsfeld, Peyton	St. Olaf	37.78m	123-11	2	
21	Johnson, Emma	St. Olaf	37.12m	121-09	2	
22	Baker, Hannah	Wis.-Superior	36.69m	120-04	1	
23	Erickson, Emma	Wis.-Superior	36.38m	119-04	2	
24	Hunt, Jade	Hamline	35.79m	117-05	3	
25	Speratos, Anna	Bethel (Minn.)	34.50m	113-02	2	

Holst Invitational - 4/22/2023
Concordia University, St. Paul
Results - Field

Finals ... (Women Hammer Throw)

	Name	School	Finals	H#	Points
26	Tracy, Brooke	Hamline	34.49m	113-02	2
27	Hawk, Kennedy	Minnesota-Duluth	33.14m	108-09	2
28	Gendreau, Kaya	St. Olaf	32.93m	108-00	1
29	Dates, Desirae	Hamline	32.44m	106-05	2
30	Wilhelm, Nora	Bethel (Minn.)	32.44m	106-05	3
31	Al-Juhari, Alea	St. Olaf	31.59m	103-08	1
32	Aslanian, Elise	St. Olaf	31.44m	103-02	1
33	Carsrud, Justine	Unattached	31.39m	103-00	1
34	Smestad, Svea	Minnesota-Duluth	31.27m	102-07	1
35	Althoff, Abby	St. Catherine (Minn.)	29.31m	96-02	1
36	Boelter, Ella	Bethel (Minn.)	29.31m	96-02	1
37	Jones, MiCayla	North Central (Minn.)	28.51m	93-06	1
38	Wehrspann, Lydia	St. Catherine (Minn.)	27.93m	91-08	1
39	Schmidt, Cassidy	Bemidji State	27.12m	89-00	1
40	Bader, Sidney	Wis.-Superior	25.51m	83-08	1
41	Kordus, Grace	St. Catherine (Minn.)	23.83m	78-02	1
42	Schmidt, Anna	Hamline	22.31m	73-02	1
---	Blake, Romona-Shae	Hamline	FOUL		1
---	Nabwe, Annie	Unat-Minnesota	FOUL		4
---	Lavendusky, Maya	Concordia-St. Paul	FOUL		2

Women Javelin Throw

Meet Record: 41.46m ! 4/16/2016 Trish Hare, Carleton
45.73m AUTO
40.00m PROV

	Name	School	Finals	H#	Points
Finals					
1	Swanson, Anna	St. Thomas (Minn.)	40.01m	131-03	3
2	Ashton, Emily	Northwestern (Minn.)	36.21m	118-09	3
3	Sealock, Kelsie	Bethel (Minn.)	33.76m	110-09	3
4	Swenson, Abbie	Bethel (Minn.)	33.26m	109-01	3
5	Parish, Kasey	St. Cloud State	32.23m	105-09	3
6	Schoenrock, Brianna	St. Thomas (Minn.)	31.26m	102-07	3
7	Patrin, Mikenna	Bemidji State	30.80m	101-00	3
8	Staub, Chloe	St. Thomas (Minn.)	30.64m	100-06	3
9	Allison, Ashlyn	Concordia-St. Paul	29.12m	95-06	2
10	Mendez, Aries	St. Olaf	27.61m	90-07	2
11	Hawk, Kennedy	Minnesota-Duluth	27.57m	90-05	3
12	Smestad, Svea	Minnesota-Duluth	27.50m	90-03	2
13	Keech, Claire	St. Olaf	26.25m	86-01	1
14	Bader, Sidney	Wis.-Superior	24.85m	81-06	2
15	Schmitz, Cora	Wis.-Superior	24.32m	79-09	2
16	Smith, Amanda	Bemidji State	24.25m	79-07	2
17	Carsrud, Justine	Unattached	23.53m	77-02	1
18	McNaughton, Mara	St. Thomas (Minn.)	21.72m	71-03	1
19	Gehrig, Alexis	Bemidji State	21.57m	70-09	2
20	Aslanian, Elise	St. Olaf	21.34m	70-00	2
21	Gendreau, Kaya	St. Olaf	20.70m	67-11	2
22	Moe, Hannah	Bethel (Minn.)	20.04m	65-09	1
23	Scholten, Hailey	Bethel (Minn.)	19.84m	65-01	1

Holst Invitational - 4/22/2023
Concordia University, St. Paul
Results - Field

Finals ... (Women Javelin Throw)

	Name	School	Finals		H#	Points
24	Burmeister, Malori	Hamline	17.57m	57-08	1	
25	Schmitz, Kate	Minnesota-Duluth	17.51m	57-05	1	
26	Anderson, Miriam	North Central (Minn.)	16.45m	54-00	1	
27	Toquero, Ainhoa	St. Cloud State	16.38m	53-09	1	
28	Johnson, Lily	St. Olaf	12.79m	41-11	1	
---	Nelson, Molly	Bethel (Minn.)	ND		2	
---	Salfer, Rebekah	St. Olaf	SCR			

Men High Jump

Meet Record: **2.05m ! 2022** Ferguson/Cowles, UNAT/Minn. State
2.16m AUTO
2.05m PROV

	Name	School	Finals		Points
Finals					
1	Johnson, Jaden	Minnesota-Duluth	1.95m	6-04.75	
2	Braun, Michael	Hamline	1.85m	6-00.75	
3	Weiers, Isaac	North Central (Minn.)	1.85m	6-00.75	
4	Oberleitner, Luke	Minnesota-Duluth	1.85m	6-00.75	
5	Juaire, Nehemiah	North Central (Minn.)	1.75m	5-08.75	
6	Erick, Calder	Concordia-St. Paul	1.75m	5-08.75	
6	Heydt, Will	Minnesota-Duluth	1.75m	5-08.75	
8	Sund, Kayden	North Central (Minn.)	1.75m	5-08.75	
9	Kucera, Kyle	Minnesota-Duluth	1.70m	5-07.00	

Men Pole Vault

Meet Record: **5.35m ! 4/16/2016** Zach Siegmeier, TCTC / NRR
5.13m AUTO
4.80m PROV

	Name	School	Finals		Points
Finals					
1	Schloeder, Austin	Fleigle's Flyers	4.70m	15-05.00	
2	Arnold, Dylan	St. Olaf	4.25m	13-11.25	
3	Schulz, Cameron	St. Thomas (Minn.)	4.10m	13-05.25	
4	Borst, Layton	St. Olaf	3.95m	12-11.50	
4	Kucera, Kyle	Minnesota-Duluth	3.95m	12-11.50	
6	Engstrom, Oliver	Hamline	3.80m	12-05.50	
6	Bastian, Baden	Minnesota-Duluth	3.80m	12-05.50	
8	Alam, Basheer	Concordia-St. Paul	3.65m	11-11.75	
9	Menter, Forest	St. Olaf	3.50m	11-05.75	
10	Elahi, Rayan	St. Olaf	3.50m	11-05.75	
11	Enders, Peyton	Concordia-St. Paul	3.35m	10-11.75	
12	Daenzer, Luke	Bethel (Minn.)	3.35m	10-11.75	
13	Hanson, Isaac	Wis.-Superior	3.05m	10-00.00	
---	Van Camp, Cody	Wis.-Superior	NH		
---	Johnson, Kieran	Wis.-Superior	NH		
---	Knighton-Johnson, Boston	Fleigle's Flyers	NH		
---	Erick, Calder	Concordia-St. Paul	NH		
---	Bew, Bryan	Fleigle's Flyers	NH		

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Results - Field

Men Long Jump

Meet Record: 7.24m ! 4/22/2017 Mason Roomes, UNAT-Minneso
 7.54m AUTO
 7.15m PROV

Name	School	Finals	Wind	Points
Finals				
1 Vazquez, Isaac	HopSquad	7.27m	23-10.25	2.6
2 Ford, Hakeem	Unat-Minnesota	6.58m	21-07.25	2.8
3 Braun, Michael	Hamline	6.23m	20-05.25	2.2
4 Schorr, Will	Wis.-Superior	5.97m	19-07.00	2.9
5 DeFoe, Ethan	Wis.-Superior	5.59m	18-04.25	2.6
6 Watson, Teris	Hamline	5.46m	17-11.00	2.2
7 Collins, Joe	Hamline	5.21m	17-01.25	0.6
8 Abbajebel, Amir	Hamline	4.45m	14-07.25	2.0

Men Triple Jump

Meet Record: 14.94m ! 4/22/2017 Elijah Calderon-Pitchford, Minnesota St
 15.65m AUTO
 14.50m PROV

Name	School	Finals	Wind	Points
Finals				
1 Pearson, Steven	Wis.-Superior	12.21m	40-00.75	1.8
2 Carey, Ted	Concordia-St. Paul	11.98m	39-03.75	1.7

Men Shot Put

Meet Record: 17.69m ! 4/16/2016 Luke Johnson, Minnesota
 17.91m AUTO
 16.10m PROV

Name	School	Finals	H#	Points
Finals				
1 Kostynick, Colton	Minnesota-Duluth	15.30m	50-02.50	2
2 Picazo, CJ	Concordia-St. Paul	14.90m	48-10.75	2
3 Weston, Jackson	Minnesota-Duluth	14.74m	48-04.50	2
4 Ohman, Nate	Wis.-Superior	14.20m	46-07.25	2
5 Bicek, Eli	Minnesota-Duluth	14.07m	46-02.00	2
6 Hokanson, Adam	Bethel (Minn.)	13.25m	43-05.75	2
7 Aberg, Shane	St. Thomas (Minn.)	12.88m	42-03.25	1
8 Kostynick, Connor	Minnesota-Duluth	12.86m	42-02.25	1
9 Larsen, Evan	Bethel (Minn.)	12.85m	42-02.00	2
10 Heng, Gideon	North Central (Minn.)	12.76m	41-10.50	2
11 Mollison, Andrew	St. Olaf	12.58m	41-03.25	2
12 Burn, Walter	Unattached	12.09m	39-08.00	1
13 Raddatz, Nate	St. Thomas (Minn.)	11.04m	36-02.75	1
14 Middleton, Q	Northwestern (Minn.)	10.12m	33-02.50	1
15 Wegner, Cameron	Wis.-Superior	9.51m	31-02.50	1
16 Owata, Ethan	Northwestern (Minn.)	9.30m	30-06.25	1
17 Oachs, Jacob	Bethel (Minn.)	9.17m	30-01.00	1
18 Abuhaikal, Baraa	Hamline	9.11m	29-10.75	1

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Results - Field

Men Discus Throw

Meet Record: 55.55m ! 4/23/2022 Gabe Irons, Bethel (Minn)
55.10m AUTO
49.50m PROV

Name	School	Finals	H#	Points
Finals				
1 Picazo, CJ	Concordia-St. Paul	49.20m	161-05	3
2 Kostynick, Colton	Minnesota-Duluth	48.68m	159-08	3
3 Otto, Dan	Concordia-St. Paul	47.20m	154-10	3
4 Mundfrom, Eben	Concordia-St. Paul	45.47m	149-02	3
5 Weston, Jackson	Minnesota-Duluth	44.64m	146-05	3
6 Larsen, Evan	Bethel (Minn.)	43.67m	143-03	3
7 Aberg, Shane	St. Thomas (Minn.)	43.23m	141-10	3
8 Raddatz, Nate	St. Thomas (Minn.)	42.65m	139-11	3
9 Pettis, Keyshawn	Concordia-St. Paul	40.70m	133-06	3
10 Dedry, Arnauld	St. Olaf	40.63m	133-04	2
11 Bicek, Eli	Minnesota-Duluth	39.95m	131-01	3
12 Kostynick, Connor	Minnesota-Duluth	37.82m	124-01	2
13 Heng, Gideon	North Central (Minn.)	36.70m	120-05	1
14 McGlynn, Galen	St. Olaf	34.81m	114-02	2
15 Ohman, Nate	Wis.-Superior	33.75m	110-09	2
16 Krummen, Carter	Concordia-St. Paul	33.31m	109-03	2
17 Owata, Ethan	Northwestern (Minn.)	32.56m	106-10	2
18 Feist, Cullen	Concordia-St. Paul	31.84m	104-05	2
19 Middleton, Q	Northwestern (Minn.)	31.17m	102-03	2
20 Wellman, Trevor	Bethel (Minn.)	30.86m	101-03	2
21 Bueckers, Robert	North Central (Minn.)	30.07m	98-08	1
22 Smith, Micah	Bethel (Minn.)	29.15m	95-08	1
23 Lord, Demetri	St. Olaf	28.75m	94-04	1
24 Kallstrom, Brandon	Bethel (Minn.)	28.73m	94-03	1
25 Schegel, Abe	Bethel (Minn.)	28.25m	92-08	1
26 Hokanson, Adam	Bethel (Minn.)	26.94m	88-05	2
27 Oachs, Jacob	Bethel (Minn.)	25.95m	85-02	1
28 Abuhaikal, Baraa	Hamline	23.12m	75-10	1
29 Wegner, Cameron	Wis.-Superior	22.77m	74-08	1
30 Ramirez, Gael	Bethel (Minn.)	20.51m	67-03	1
31 Elseth, Aaron	Bethel (Minn.)	20.12m	66-00	1
--- Gare, Keegan	North Central (Minn.)	ND		1
--- Edelman, Ryan	St. Olaf	FOUL		3
--- Anderson, Joshua	North Central (Minn.)	FOUL		2

Men Hammer Throw

Meet Record: 64.40m ! 4/16/2011 Bryan Tolcsar, Unattached
62.98m AUTO
55.50m PROV

Name	School	Finals	H#	Points
Finals				
1 Mundfrom, Eben	Concordia-St. Paul	59.21m	194-03	2
2 Beiswanger, Joshua	Gustavus Adolphus	55.28m	181-04	2
3 Kostynick, Colton	Minnesota-Duluth	50.46m	165-07	2
4 Bicek, Eli	Minnesota-Duluth	49.25m	161-07	2

Holst Invitational - 4/22/2023
Concordia University, St. Paul
Results - Field

Finals ... (Men Hammer Throw)

Name	School	Finals	H#	Points
5 Larsen, Evan	Bethel (Minn.)	49.15m	161-03	2
6 Weston, Jackson	Minnesota-Duluth	44.35m	145-06	2
7 Hokanson, Adam	Bethel (Minn.)	43.71m	143-05	1
8 Ohman, Nate	Wis.-Superior	42.62m	139-10	2
9 Otto, Dan	Concordia-St. Paul	42.04m	137-11	2
10 Burn, Walter	Unattached	40.48m	132-10	1
11 Kostynick, Connor	Minnesota-Duluth	39.92m	131-00	1
12 Aberg, Shane	St. Thomas (Minn.)	39.78m	130-06	1
13 Pettis, Keyshawn	Concordia-St. Paul	39.01m	128-00	2
14 McGlynn, Galen	St. Olaf	38.94m	127-09	1
15 Heng, Gideon	North Central (Minn.)	37.02m	121-05	1
16 Krummen, Carter	Concordia-St. Paul	34.64m	113-08	1
17 Dedry, Arnauld	St. Olaf	33.82m	110-11	1
18 Oachs, Jacob	Bethel (Minn.)	31.27m	102-07	1
19 Wegner, Cameron	Wis.-Superior	30.19m	99-00	1
20 Anderson, Joshua	North Central (Minn.)	29.15m	95-08	1
21 Middleton, Q	Northwestern (Minn.)	28.20m	92-06	1
--- Edelman, Ryan	St. Olaf	FOUL		2

Men Javelin Throw

Meet Record: **52.41m ! 4/17/2021** **Evan Bergemann, Augsburg**
65.02m AUTO
59.00m PROV

Name	School	Finals	H#	Points
Finals				
1 Raddatz, Nate	St. Thomas (Minn.)	45.87m	150-06	2
2 Klecker, James	St. Thomas (Minn.)	45.64m	149-09	2
3 Feist, Cullen	Concordia-St. Paul	43.53m	142-10	2
4 Kienholz, Carter	Hamline	41.31m	135-06	1
5 Kostynick, Connor	Minnesota-Duluth	40.22m	131-11	1
6 Schegel, Abe	Bethel (Minn.)	39.65m	130-01	2
7 Nichols, Cooper	Minnesota-Duluth	38.66m	126-10	1
8 Meeker, Caleb	Bethel (Minn.)	37.42m	122-09	2
9 Westphal, Nicholas	Minnesota-Duluth	37.30m	122-04	2
10 Cruel, Alijah	St. Olaf	36.67m	120-04	2
11 Schulz, Cameron	St. Thomas (Minn.)	34.81m	114-02	1
12 Bueckers, Robert	North Central (Minn.)	33.59m	110-02	2
13 Weiers, Isaac	North Central (Minn.)	33.38m	109-06	1
14 Gare, Keegan	North Central (Minn.)	32.48m	106-07	2
15 Lord, Demetri	St. Olaf	31.96m	104-10	2
16 Krummen, Carter	Concordia-St. Paul	31.58m	103-07	1
17 Lundt, Caleb	North Central (Minn.)	31.57m	103-07	1
18 Anderson, Joshua	North Central (Minn.)	30.03m	98-06	1
19 Thomas, Max	St. Olaf	29.26m	96-00	1
20 Elseth, Aaron	Bethel (Minn.)	25.00m	82-00	1
21 Lee, Iain	Hamline	18.35m	60-02	1