

2022 NSIC Outdoor Track & Field Championship - 5/12/2022 to 5/14/2022

Timing and Results by Hero's Timing

Northern State University

Meet Program - Saturday

Event 33 Women 4x100 Meter Relay

NSIC Record: 45.24 5/15/2021 Minnesota State, Minnesota St

M Jackson, J Simmons, G Hartman, D Cartwright

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
2	St. Cloud State	A	49.82
3	Wayne State (Neb.)	A	49.23
4	Augustana (S.D.)	A	48.70
5	Minnesota-Duluth	A	49.21
6	SW Minnesota St.	A	49.73
Section 2 of 2 Timed Finals			
1	Sioux Falls	A	48.52
2	Northern State	A	48.13
3	Bemidji State	A	47.23
4	Minnesota State	A	44.65
5	Winona State	A	46.63
6	U-Mary	A	47.28
7	Upper Iowa	A	48.34
8	Concordia-St. Paul	A	48.66

Event 34 Men 4x100 Meter Relay

NSIC Record: 40.63 1998

Minnesota Duluth, Minnesota Duluth

E Hanson, E Farnum, J Nerison, J Hanson

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
3	SW Minnesota St.	A	44.71
4	Upper Iowa	A	43.94
5	Minot State	A	44.02
Section 2 of 2 Timed Finals			
1	Wayne State (Neb.)	A	42.64
2	U-Mary	A	41.78
3	Augustana (S.D.)	A	41.71
4	Minnesota State	A	40.64
5	Msu-Moorhead	A	41.29
6	Northern State	A	41.72
7	Concordia-St. Paul	A	41.87
8	Minnesota-Duluth	A	43.44

2022 NSIC Outdoor Track & Field Championship - 5/12/2022 to 5/14/2022**Timing and Results by Hero's Timing****Northern State University****Meet Program - Saturday****Event 13 Women 1500 Meter Run**

NSIC Record: 4:21.48 2017

Emi Trost, Minnesota Duluth

Lane	Name	Year	School	Prelims
Section 1 of 1 Finals				
1	Schmidt, Nicolette	JR	Augustana (S.D.)	4:42.68
2	Ceglowski, Taryn	SR	U-Mary	4:42.71
3	Schenk, Meagan	SR	Augustana (S.D.)	4:45.55
4	Shiland, Reid	SR	U-Mary	4:46.68
5	English, PJ	JR	Augustana (S.D.)	4:42.64
6	Juac, Khot	SO	Sioux Falls	4:43.96
7	Beyer, Kaylee	SO	Winona State	4:45.31
8	Melton, Taylor	FR	Augustana (S.D.)	4:48.43
9	Gehl, Morgan	FR	Sioux Falls	4:44.90
10	Radel, Morgan	JR	Minnesota-Duluth	4:52.60
11	Thurston, MaKenna	SO	Minnesota State	4:47.46
12	Hestekin, Taylor	SR	U-Mary	4:45.90

Event 14 Men 1500 Meter Run

NSIC Record: 3:50.12 5/11/2014

Henrik Hansson, Augustana

Lane	Name	Year	School	Prelims
Section 1 of 1 Finals				
1	Hanna, Jakob	JR	Sioux Falls	4:02.40
2	Maier, Tanner	SO	Minnesota State	4:02.49
3	Mundorf, Brandon	SO	Wayne State (Neb.)	4:04.66
4	Dickenson, Owen	SO	Minnesota-Duluth	4:00.45
5	Rivera, Caleb	FR	Sioux Falls	4:03.64
6	Helser, Matthew	SO	Concordia-St. Paul	4:02.28
7	Miller, Austin	SR	Augustana (S.D.)	4:02.55
8	Brand, Colten	SO	Augustana (S.D.)	4:00.46
9	Fregoso, Guillermo	SO	U-Mary	4:03.42
10	Faltsek, Emmett	FR	Concordia-St. Paul	4:03.48
11	Steiger, Matt	JR	Augustana (S.D.)	4:00.12
12	Johnson, Evan	SR	Augustana (S.D.)	4:00.05

Event 15 Women 100 Meter Hurdles

NSIC Record: 13.40 5/11/2019

Danielle Kohlwey, Minnesota-Du

Lane	Name	Year	School	Prelims
Section 1 of 1 Finals				
1	Leum, Xana	SO	Winona State	14.43
2	Mulcahy, Christabelle	SR	Concordia-St. Paul	14.20
3	Burrell, Shanice	SR	Northern State	13.93
4	Cartwright, Denisha	SO	Minnesota State	13.75
5	Bolibruch, Terezia	JR	U-Mary	13.82
6	Malone, Kynnedi	FR	Minnesota State	14.12
7	Lewis, Dynia	FR	Bemidji State	14.38
8	Shirek, Isatu	SO	SW Minnesota St.	14.43

2022 NSIC Outdoor Track & Field Championship - 5/12/2022 to 5/14/2022**Timing and Results by Hero's Timing****Northern State University****Meet Program - Saturday****Event 16 Men 110 Meter Hurdles**NSIC Record: **13.80 2015****Myles Hunter, Minnesota State**

Lane	Name	Year	School	Prelims
Section 1 of 1 Finals				
1	Adams, Justus	JR	Minnesota State	15.21
2	Palmquist, Ben	SR	Minnesota-Duluth	14.72
3	Pierre, Renald	SO	SW Minnesota St.	14.59
4	Lokonobei, Lawrence	SO	Augustana (S.D.)	14.41
5	Durnin, Nick	JR	Minnesota State	14.56
6	Schroeder, Luke	FR	Northern State	15.02
7	Martens, Andrew	FR	Augustana (S.D.)	14.79
8	Kubitz, Zak	FR	SW Minnesota St.	15.64

Event 17 Women 400 Meter DashNSIC Record: **54.40 2017****Megan Seidl, Winona State**

Lane	Name	Year	School	Prelims
Section 1 of 1 Finals				
1	Heinitz, Ella	FR	Augustana (S.D.)	58.97
2	Cramer, Rose	SO	Minnesota State	58.20
3	Stevens, Maddie	FR	Upper Iowa	57.45
4	Vallabouy, Shereen	JR	Winona State	54.73
5	Rolle-Curry, Robynn	SO	Msu-Moorhead	56.79
6	Grimm, Ava	SO	U-Mary	58.56
7	Gaye, Rose	JR	Minnesota State	58.28
8	Clifford, Sierra	FR	SW Minnesota St.	59.01

Event 18 Men 400 Meter DashNSIC Record: **47.24 5/11/2000****Erik Hanson, Minnesota Duluth**

Lane	Name	Year	School	Prelims
Section 1 of 1 Finals				
1	Toms, Kameron	FR	Minot State	49.65
2	MacLennan, Elliott	FR	Msu-Moorhead	49.15
3	Huntington, Isaac	SO	U-Mary	48.81
4	Oduong, Ibrahim	SO	Msu-Moorhead	48.13
5	Dawkins, Ty	JR	Msu-Moorhead	48.41
6	DePrenger, Max	SO	Minnesota State	49.07
7	Howell, Akil	FR	U-Mary	49.34
8	Domier, Chase	SO	Northern State	49.67

Event 19 Women 100 Meter DashNSIC Record: **11.51 1983****Jeri Domes, Mankato State**

Lane	Name	Year	School	Prelims
Section 1 of 1 Finals				
1	Henderson, Kanya	JR	Sioux Falls	12.20
2	Passeri, Arianna	JR	U-Mary	12.04
3	Simmons, Ja'Cey	SO	Minnesota State	11.93
4	Jackson, Makayla	SO	Minnesota State	11.57
5	Cartwright, Denisha	SO	Minnesota State	11.69
6	Pryor, Michaela	JR	Winona State	11.91
7	Hall, Alaina	SO	Bemidji State	12.06
8	Pietz, Maddy	JR	Winona State	12.25

2022 NSIC Outdoor Track & Field Championship - 5/12/2022 to 5/14/2022**Timing and Results by Hero's Timing****Northern State University****Meet Program - Saturday****Event 20 Men 100 Meter Dash**NSIC Record: **10.19 5/11/2015 Emmanuel Matadi, Minnesota State**

Lane	Name	Year	School	Prelims
Section 1 of 1 Finals				
1	Sharma, Nicholas	SO	Minnesota State	10.65
2	Marks, Steven	FR	Minnesota State	10.73
3	Nti, Prince	SO	Minnesota State	10.76
4	Hickman, Shaheed	JR	Minnesota State	10.57
5	Attoh, Daniel	SO	Minnesota State	10.69
6	Donahue, Joe	FR	Sioux Falls	10.62
7	Dietel, Thomas	SO	Concordia-St. Paul	10.85
8	Clark, Ezekiel	FR	Minnesota State	10.76

Event 21 Women 800 Meter RunNSIC Record: **2:04.62 5/11/2017 Emi Trost, Minnesota Duluth**

Lane	Name	Year	School	Prelims
Section 1 of 1 Finals				
1	Dembrowski, Courtney	JR	U-Mary	2:16.50
2	Beyer, Kaylee	SO	Winona State	2:16.15
3	Streff, Cami	SO	Augustana (S.D.)	2:17.63
4	Brezinka, Isabelle	SR	Minnesota-Duluth	2:12.85
5	Acheson, Elizabeth	SO	U-Mary	2:15.16
6	Schley, Savannah	FR	Minnesota-Duluth	2:14.52
7	Reindl, Haleigh	JR	Minnesota-Duluth	2:17.93
8	O'Meara, Cassidy	SO	Sioux Falls	2:18.23

Event 22 Men 800 Meter RunNSIC Record: **1:50.27 5/14/2021 Tanner Maier, Minnesota St**

Lane	Name	Year	School	Prelims
Section 1 of 1 Finals				
1	Schauerman, Thomas	SR	Concordia-St. Paul	1:54.81
2	Miller, Austin	SR	Augustana (S.D.)	1:54.62
3	Maier, Tanner	SO	Minnesota State	1:56.56
4	Bruer, Braxton	SO	Msu-Moorhead	1:53.74
5	Schmied, Ben	JR	Minnesota State	1:54.09
6	Fechner, Cole	SR	Minnesota-Duluth	1:54.51
7	Cotterill, Lewis	SO	Minot State	1:56.82
8	Leonard, Christian	SR	Minnesota-Duluth	1:55.08

Event 23 Women 400 Meter HurdlesNSIC Record: **58.83 2017 Hanneke Oosterwegel, Northern State**

Lane	Name	Year	School	Prelims
Section 1 of 1 Finals				
1	Borowicz, Emma	FR	Minnesota State	1:04.68
2	Becker, Kylee	FR	Winona State	1:03.77
3	Hertz, Morgan	SO	U-Mary	1:04.09
4	Schyvinck, Brooklyn	JR	Winona State	1:02.36
5	Marteau, Noa	FR	Augustana (S.D.)	1:03.20
6	Zeman, Kendall	JR	Winona State	1:04.29
7	Brock, Danalee	FR	U-Mary	1:04.58
8	Schaefer, Elizabeth	SO	Augustana (S.D.)	1:04.68

2022 NSIC Outdoor Track & Field Championship - 5/12/2022 to 5/14/2022**Timing and Results by Hero's Timing****Northern State University****Meet Program - Saturday****Event 24 Men 400 Meter Hurdles**

NSIC Record: 51.91 5/13/2018 Sydne Davis, Minnesota State

Lane	Name	Year	School	Prelims
Section 1 of 1 Finals				
1	Durnin, Nick	JR	Minnesota State	55.63
2	Fritsch, Luke	JR	Augustana (S.D.)	55.75
3	Lewison, Drew	JR	Minnesota State	56.57
4	Schroeder, Luke	FR	Northern State	55.02
5	Palmquist, Ben	SR	Minnesota-Duluth	55.51
6	Martens, Andrew	FR	Augustana (S.D.)	55.43
7	Revere, JeremiaH	SO	Minnesota State	57.28
8	Lokonobei, Lawrence	SO	Augustana (S.D.)	55.82

Event 25 Women 200 Meter Dash

NSIC Record: 23.98 5/11/2010 Brittany Henderson, Minnesota State

Lane	Name	Year	School	Prelims
Section 1 of 1 Finals				
1	Rolle-Curry, Robynn	SO	Msu-Moorhead	24.72
2	Cramer, Rose	SO	Minnesota State	24.37
3	Simmons, Ja'Cey	SO	Minnesota State	24.32
4	Cartwright, Denisha	SO	Minnesota State	23.70
5	Jackson, Makayla	SO	Minnesota State	23.96
6	Pryor, Michaela	JR	Winona State	24.23
7	Kur, Nyanas	FR	Augustana (S.D.)	24.82
8	Shirek, Isatu	SO	SW Minnesota St.	25.01

Event 26 Men 200 Meter Dash

NSIC Record: 20.49 2013 Jerrell Hancock, Minnesota State

Lane	Name	Year	School	Prelims
Section 1 of 1 Finals				
1	Marks, Steven	FR	Minnesota State	21.61
2	MacLennan, Elliott	FR	Msu-Moorhead	21.42
3	Nesvold, Carter	SO	Minnesota State	21.60
4	Atubel, Kenry	JR	Minnesota State	21.39
5	Dawkins, Ty	JR	Msu-Moorhead	21.40
6	Phelps, Josh	SR	Minnesota State	21.75
7	Donahue, Joe	FR	Sioux Falls	21.50
8	Nti, Prince	SO	Minnesota State	21.64

2022 NSIC Outdoor Track & Field Championship - 5/12/2022 to 5/14/2022**Timing and Results by Hero's Timing****Northern State University****Meet Program - Saturday****Event 37 Women 5000 Meter Run**

NSIC Record: 16:34.35 5/13/2018 Alexis Zeis, U-Mary

Lane	Name	Year	School	Seed Time
Section 1 of 1 Timed Finals				
1	Rairdon, Rachel	SR	Augustana (S.D.)	17:44.69
2	Waterfall, Haylee	JR	Augustana (S.D.)	18:04.30
3	Whipps, Kayleigh	JR	Sioux Falls	18:36.55
4	Surage, Aubrey	FR	Augustana (S.D.)	17:52.59
5	Schmidt, Nicolette	JR	Augustana (S.D.)	16:54.38
6	Lutmer, Jessica	FR	Sioux Falls	18:18.99
7	Dominguez, Paulette	FR	Minot State	18:11.94
8	Lane, Payton	SO	Msu-Moorhead	NT
9	Hendrickson, Alli	JR	Winona State	18:00.84
10	Becker, Alyssa	FR	U-Mary	17:01.52
11	Means, Megan	JR	Augustana (S.D.)	16:41.51
12	English, PJ	JR	Augustana (S.D.)	16:35.87
13	Haight, Mariah	SR	Augustana (S.D.)	17:52.77
14	Bouley, Cheresa	JR	St. Cloud State	17:50.80
15	McCabe, Ana	SO	Augustana (S.D.)	18:06.64
16	Boersma, Claire	SR	Augustana (S.D.)	17:57.20
17	Nielsen, Julia	SO	Minnesota-Duluth	17:19.14
18	Jones, Abigail	SR	U-Mary	18:11.94
19	Bakken, Ella	FR	Augustana (S.D.)	17:48.71
20	Rairdon, Rebekah	SR	Augustana (S.D.)	17:35.01
21	Mooberry, Megan	JR	Northern State	17:34.03
22	Juac, Khot	SO	Sioux Falls	17:20.86
23	Hall, Mackenzie	SR	Minnesota-Duluth	17:22.35
24	Robran, Alexandra	SR	Minnesota-Duluth	18:13.35
25	Simmons, Karlee	SO	Sioux Falls	18:10.69
26	Montplaisir, Amanda	JR	Minnesota State	NT
27	Bragg, Skylar	SO	Minnesota State	17:41.48
28	Fundak, Andrijana	FR	U-Mary	18:11.59
29	Costa, Starlynn	SR	U-Mary	NT
30	Feist, Lacey	SR	U-Mary	18:00.81
31	Gehl, Morgan	FR	Sioux Falls	17:44.85
32	Pickering, Megan	SO	Northern State	17:57.28
33	Taylor, McKenna	SO	Winona State	17:32.93
34	Savey, Cait	SR	Augustana (S.D.)	17:07.69
35	Melton, Taylor	FR	Augustana (S.D.)	17:31.02

2022 NSIC Outdoor Track & Field Championship - 5/12/2022 to 5/14/2022**Timing and Results by Hero's Timing****Northern State University****Meet Program - Saturday****Event 38 Men 5000 Meter Run**

NSIC Record: 14:19.51 5/15/2021 Nadir Yusuf, MSU-Moorhead

Lane	Name	Year	School	Seed Time
Section 1 of 1 Timed Finals				
1	Klitzke, Henry	JR	Augustana (S.D.)	14:25.35
2	Yokom, Caleb	FR	U-Mary	15:21.71
3	Stueven, Adnew	SO	Msu-Moorhead	NT
4	Shumway, Micade	FR	Sioux Falls	15:06.15
5	Voigt, Aaron	JR	Sioux Falls	14:50.50
6	Antony, Austin	SO	Minnesota-Duluth	15:40.44
7	Street, Daniel	FR	Augustana (S.D.)	14:55.10
8	Krummel, Matthew	FR	Concordia-St. Paul	15:50.99
9	Trutna, Matthew	SR	Minnesota-Duluth	14:56.31
10	Strom, Dawson	SO	U-Mary	15:20.93
11	Hartman, Ryan	FR	Augustana (S.D.)	13:59.04
12	Jensen, Jacob	SO	Minot State	15:23.98
13	Anderson, Isaac	FR	U-Mary	16:08.72
14	Person, Kray	JR	Augustana (S.D.)	14:40.26
15	Erickson, Owen	FR	Concordia-St. Paul	15:46.06
16	Kaas, Jesse	JR	U-Mary	14:56.07
17	Johnson, Evan	SR	Augustana (S.D.)	NT
18	Harrison, Jackson	JR	Northern State	14:38.63
19	Ecker, David	JR	Sioux Falls	14:27.24
20	Lietz, Christian	SO	Sioux Falls	15:39.29
21	Holiday, Trent	FR	Minot State	15:17.23
22	Fregoso, Guillermo	SO	U-Mary	15:26.93
23	Merillana, Nicholas	JR	Minot State	14:54.42
24	Steiger, Matt	JR	Augustana (S.D.)	14:30.10
25	Ure, Ray	SO	Minnesota State	NT
26	Brand, Colten	SO	Augustana (S.D.)	14:26.33
27	VanKempen, Jack	SO	Minnesota-Duluth	15:27.29
28	Dickenson, Owen	SO	Minnesota-Duluth	15:29.43
29	Haberman, Ben	FR	Augustana (S.D.)	15:25.00
30	Valentin, William	JR	Minnesota State	15:19.00
31	Yusuf, Nadir	SR	Msu-Moorhead	14:12.70
32	Alto, Nathan	FR	Northern State	15:36.92
33	Schmanski, Nikolai	SO	Minnesota State	15:36.44
34	Larson, Nick	SO	Augustana (S.D.)	15:26.45
35	Helser, Matthew	SO	Concordia-St. Paul	15:31.71

Event 39 Women 4x400 Meter Relay

NSIC Record: 3:41.18 2017

University of Mary, University of Mary

J Hammerschmidt, N Richards, M Rodriguez, N Brown

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
2	Msu-Moorhead	A	4:13.01
3	Concordia-St. Paul	A	4:08.54
4	Sioux Falls	A	4:01.92
5	SW Minnesota St.	A	4:05.76
6	Wayne State (Neb.)	A	4:10.82
7	Upper Iowa	A	4:19.59

2022 NSIC Outdoor Track & Field Championship - 5/12/2022 to 5/14/2022**Timing and Results by Hero's Timing****Northern State University****Meet Program - Saturday****Section 2 of 2 Timed Finals...(Event 39 Women 4x400 Meter Relay)**

1	St. Cloud State	A	3:59.97
2	U-Mary	A	3:55.67
3	Augustana (S.D.)	A	3:52.01
4	Winona State	A	3:43.71
5	Minnesota State	A	3:48.50
6	Bemidji State	A	3:55.55
7	Minnesota-Duluth	A	3:59.60
8	Northern State	A	4:01.30

Event 40 Men 4x400 Meter RelayNSIC Record: **3:13.09** 2017

Minnesota State, Minnesota State

J Schuster, J Suber, I Pitchford, M Dennis

Lane	Team	Relay	Seed Time
Section 1 of 2 Timed Finals			
3	Sioux Falls	A	3:33.45
4	Concordia-St. Paul	A	3:25.91
5	SW Minnesota St.	A	3:29.23
6	Upper Iowa	A	3:37.93
Section 2 of 2 Timed Finals			
1	U-Mary	A	3:22.85
2	Northern State	A	3:22.62
3	Augustana (S.D.)	A	3:20.77
4	Msu-Moorhead	A	3:11.93
5	Minnesota State	A	3:14.50
6	Minot State	A	3:21.36
7	Minnesota-Duluth	A	3:22.65
8	Wayne State (Neb.)	A	3:25.71

Event 28 Men Discus ThrowNSIC Record: **56.26m** 5/15/2021

Marcus Gustaveson, Concordia-St

Pos	Name	Year	School	Seed Mark
Flight 1 of 3 Finals				
1	Rasmussen, Brendon	FR	SW Minnesota St.	42.27m
2	Kucera, Tommy	SO	Minnesota State	39.81m
3	Kemp, Joshua	JR	SW Minnesota St.	40.74m
4	Bicek, Eli	SO	Minnesota-Duluth	42.27m
5	Clark, Hunter	SO	Minot State	41.85m
6	Hardy, Paul	FR	Minot State	40.03m
7	Harris, Corbin	SO	Minot State	42.68m
8	Anderson, McCaden	FR	Northern State	40.02m
9	Hausmann, Carson	JR	Sioux Falls	39.41m
10	Oie, Ben	JR	Msu-Moorhead	42.11m

2022 NSIC Outdoor Track & Field Championship - 5/12/2022 to 5/14/2022**Timing and Results by Hero's Timing****Northern State University****Meet Program - Saturday****Flight 2 of 3 Finals...(Event 28 Men Discus Throw)**

1	Nolan, Jordan	SO	Msu-Moorhead	43.82m
2	Fritsch, Grant	JR	Wayne State (Neb.)	44.97m
3	Rex, Marek	SO	Sioux Falls	42.86m
4	Olson, Nick	SO	Northern State	43.29m
5	Nebelung, Tyler	FR	SW Minnesota St.	43.60m
6	Mundfrom, Eben	JR	Concordia-St. Paul	45.50m
7	Larson, Keegan	JR	Concordia-St. Paul	44.68m
8	Holt, Austin	FR	Northern State	44.69m
9	Wolkow, Jaymeson	JR	Sioux Falls	45.21m
10	Quinn, Hunter	SR	Concordia-St. Paul	44.87m

Flight 3 of 3 Finals

1	Berg, Tanner	SR	Northern State	49.36m
2	Kostynick, Colton	SO	Minnesota-Duluth	49.74m
3	Hagan, Patrick	SR	Sioux Falls	45.74m
4	Anderson, Oliver	FR	Minnesota State	45.51m
5	Anvid, Deekon	FR	SW Minnesota St.	46.40m
6	Nelson, Leif	SO	Minot State	46.07m
7	Aguilera, Carter	SO	Minnesota State	54.71m
8	Picazo, CJ	SO	Concordia-St. Paul	48.15m
9	Naba, Bedale	SR	Minnesota State	48.11m
10	Hiatt, Tyler	FR	Sioux Falls	53.85m

Event 29 Women Triple JumpNSIC Record: **12.60m 2015****Danylle Kurywchak, U-Mary**

Pos	Name	Year	School	Seed Mark
Flight 1 of 3 Finals				
1	Kahl, Molly	FR	Minnesota State	10.95m
2	Sweeney, Sierra	FR	Northern State	11.00m
3	Jones, Emily	FR	Minnesota-Duluth	10.98m
4	Kellum, Kenzy	FR	Minot State	9.95m
5	Patnode, Kaylee	SO	Winona State	10.96m
6	Bartunek, Avery	SO	Sioux Falls	10.51m
7	Passeri, Arianna	JR	U-Mary	10.99m
8	Keffeler, Makayla	FR	Sioux Falls	10.57m
9	Stanton, Sierra	FR	Sioux Falls	10.03m
Flight 2 of 3 Finals				
1	Rizner, Madison	JR	Winona State	11.66m
2	Weidner, Taylor	SO	U-Mary	11.22m
3	Newman, Jaci	FR	Minnesota State	11.07m
4	Sundby, Sammi	FR	Augustana (S.D.)	11.10m
5	Reichenberger, Hanna	FR	Winona State	11.66m
6	Fabre, Analise	SR	Bemidji State	11.79m
7	Lockington, Ashlie	SO	Winona State	11.45m
8	Sambo, Keyla	JR	Wayne State (Neb.)	11.51m
9	Smollen, Emily	SO	Wayne State (Neb.)	11.58m

2022 NSIC Outdoor Track & Field Championship - 5/12/2022 to 5/14/2022**Timing and Results by Hero's Timing****Northern State University****Meet Program - Saturday****Flight 3 of 3 Finals...(Event 29 Women Triple Jump)**

1	Buske, Parker	JR	St. Cloud State	12.32m
2	Leum, Xana	SO	Winona State	11.87m
3	Salemonsens, Kaja	FR	Augustana (S.D.)	12.11m
4	Morris, D'Andra	SR	U-Mary	13.17m
5	Gracia, Flore	SO	Minnesota State	12.57m
6	Neophytou, Stella	FR	Minnesota State	12.34m
7	Modglin, Cali	SR	U-Mary	12.08m
8	Banks, Kaly	JR	Augustana (S.D.)	12.46m
9	Taylor, Maya	SR	St. Cloud State	11.89m

Event 31 Women Discus ThrowNSIC Record: **53.90m** 2015**Alissa Rausch, Winona State**

Pos	Name	Year	School	Seed	Mark
Flight 1 of 3 Finals					
1	Baker, Hailey	FR	Wayne State (Neb.)	37.85m	
2	Eacker, Rebecca	FR	Minot State	40.43m	
3	Maghanoy, Kiana	SO	Upper Iowa	39.91m	
4	Heeren, Nicole	JR	Wayne State (Neb.)	35.65m	
5	Hughes, Morgan	SO	SW Minnesota St.	34.66m	
6	Klun, Madeline	JR	Minnesota-Duluth	32.84m	
7	Hardy, Jenna	FR	Minot State	40.07m	
8	VanOsdel, Kayla	FR	Sioux Falls	35.91m	
9	Schroeder, Kaitlyn	FR	Minnesota State	41.77m	
Flight 2 of 3 Finals					
1	Guthmiller, Rachel	JR	Northern State	45.01m	
2	Battaforyen, Kate	SO	SW Minnesota St.	43.62m	
3	Larsen, Steena	SO	Msu-Moorhead	42.69m	
4	Glynn, Madison	SO	Minnesota State	42.85m	
5	Doss, Tierra	JR	Bemidji State	45.09m	
6	Bengtson, MacKenzie	JR	Sioux Falls	44.12m	
7	Rath, Mack	SO	Minnesota State	42.22m	
8	Menken, Jordan	SR	Northern State	43.16m	
9	Gunderson, Chloe	SO	Minot State	42.08m	
Flight 3 of 3 Finals					
1	Nagel, Kori	FR	Minot State	47.42m	
2	Fretag, Madeline	SO	Minnesota State	45.94m	
3	Paasch, Kendra	JR	Wayne State (Neb.)	45.67m	
4	Donlan, Tia	SR	Concordia-St. Paul	46.43m	
5	Lindsey, Kamry	FR	Sioux Falls	45.92m	
6	Taylor, Katie	SR	Minnesota State	46.93m	
7	Hertz, Emma	SR	Sioux Falls	54.52m	
8	Young, Reilly	FR	Wayne State (Neb.)	45.13m	

2022 NSIC Outdoor Track & Field Championship - 5/12/2022 to 5/14/2022**Timing and Results by Hero's Timing****Northern State University****Meet Program - Saturday****Event 32 Men Triple Jump****NSIC Record: 15.95m 2017****Michael Sandle, Minnesota State**

Pos	Name	Year	School	Seed	Mark
Flight 1 of 2 Finals					
1	Hunt, Avery	SR	Minnesota-Duluth		13.06m
2	Brown, Alex	FR	U-Mary		12.45m
3	Richards, Isaiah	JR	U-Mary		13.68m
4	Rogers, Cody	SO	Wayne State (Neb.)		13.61m
5	Larson, Kade	FR	Msu-Moorhead		12.79m
6	Hood, Darrian	SO	Northern State		13.25m
7	Cook, Chris	SR	Msu-Moorhead		13.33m
8	Woelber, Tyl	JR	Augustana (S.D.)		ND
9	Davis, Astley	SO	U-Mary		13.71m
10	Von Wald, Hayden	SO	U-Mary		12.31m
11	Hatler, Jesse	SR	U-Mary		13.34m

Flight 2 of 2 Finals

1	Moeller, Logan	FR	Wayne State (Neb.)		14.82m
2	Kemp, Shyrone	JR	Msu-Moorhead		15.75m
3	Ukaobasi, Onyekachi	SO	Minnesota State		15.08m
4	Davis, Aaron	JR	U-Mary		14.53m
5	Hobson, Jaylen	JR	Upper Iowa		13.78m
6	Nelson, Isaiah	SR	SW Minnesota St.		14.41m
7	Bateman, Kaitano	FR	Upper Iowa		14.05m
8	Caines, Mathew	JR	Minnesota-Duluth		13.82m
9	Mhende, Sean	FR	Northern State		14.18m
10	Clayton, Connor	SO	Augustana (S.D.)		13.91m
11	Ayobamidele, Stephen	JR	Minnesota State		14.23m

Event 1 Men Javelin Throw**NSIC Record: 65.86m 5/11/1992****Jim Anderson, MSU Moorhead**

Pos	Name	Year	School	Seed	Mark
Flight 1 of 2 Finals					
1	Lilly, Noah	SR	Wayne State (Neb.)		40.59m
2	Gallegos, Diego	FR	Northern State		40.24m
3	Lear, Nathan	FR	SW Minnesota St.		42.01m
4	Westphal, Nicholas	FR	Minnesota-Duluth		43.51m
5	Holt, Austin	FR	Northern State		42.46m
6	Nelson, Isaiah	SR	SW Minnesota St.		44.04m
7	Hausmann, Carson	JR	Sioux Falls		39.49m
8	Decker, Denver	FR	Sioux Falls		41.39m
9	Rex, Marek	SO	Sioux Falls		40.85m
10	Hunt, Avery	SR	Minnesota-Duluth		45.02m
11	Feist, Cullen	SO	Concordia-St. Paul		44.00m

2022 NSIC Outdoor Track & Field Championship - 5/12/2022 to 5/14/2022**Timing and Results by Hero's Timing****Northern State University****Meet Program - Saturday****Flight 2 of 2 Finals...(Event 1 Men Javelin Throw)**

1	Conrad, Macklin	SR	Upper Iowa	49.10m
2	Nelson, Leif	SO	Minot State	64.04m
3	Woelber, Tyl	JR	Augustana (S.D.)	63.80m
4	Wu, Kevin	SR	Minnesota State	60.18m
5	Tordsen, Jakob	SR	Concordia-St. Paul	58.11m
6	Kovash, Dillan	JR	U-Mary	51.51m
7	Durnin, Nick	JR	Minnesota State	48.39m
8	Bittenbender, Austin	SR	Upper Iowa	52.50m
9	Davis, Aaron	JR	U-Mary	49.07m
10	Erick, Calder	FR	Concordia-St. Paul	48.29m
11	Brandt, Alex	FR	Wayne State (Neb.)	49.62m

Event 6 Women Javelin ThrowNSIC Record: **46.74m 1982****Kelly Owen, MSU Moorhead**

Pos	Name	Year	School	Seed	Mark
Flight 1 of 3 Finals					
1	Comstock, McKenna	SO	Sioux Falls		28.20m
2	Martin, Jade	JR	Upper Iowa		30.49m
3	Coenraad, Shawney	SO	Northern State		29.39m
4	Rae, Jacqi	SO	Minnesota-Duluth		28.12m
5	McCartney, Annie	SO	Wayne State (Neb.)		29.21m
6	Welch, Ally	SR	Sioux Falls		28.34m
7	Gough, Cassidy	SO	Northern State		31.90m
8	Rath, Mack	SO	Minnesota State		31.59m
9	Sallee, Kylee	FR	Augustana (S.D.)		31.60m
Flight 2 of 3 Finals					
1	Glaser, Josie	SO	Msu-Moorhead		36.16m
2	Curtice, Emily	SO	Bemidji State		35.03m
3	Paaverud, Ella	JR	Concordia-St. Paul		33.64m
4	Mlejnek, Jasmine	SO	Minnesota State		32.84m
5	Larsen, Steena	SO	Msu-Moorhead		34.83m
6	Hawk, Kennedy	FR	Minnesota-Duluth		34.84m
7	Patrin, Mikenna	FR	Bemidji State		32.05m
8	Judge, Megan	SO	Bemidji State		32.43m
Flight 3 of 3 Finals					
1	Baumberger, Olivia	FR	Sioux Falls		37.12m
2	Nygaard, Tori	SO	Minot State		37.20m
3	Arason, Hannah	SR	St. Cloud State		42.91m
4	Sunnarborg, Samantha	SO	Minnesota State		42.53m
5	Kramchynsky, Nicole	SO	U-Mary		36.71m
6	Guthmiller, Rachel	JR	Northern State		43.19m
7	Patnode, Kaylee	SO	Winona State		38.19m
8	Parish, Kasey	SO	St. Cloud State		38.27m

2022 NSIC Outdoor Track & Field Championship - 5/12/2022 to 5/14/2022**Timing and Results by Hero's Timing****Northern State University****Meet Program - Saturday****Event 3 Men Pole Vault**

NSIC Record: 5.17m 5/11/2016 Scott Greenman, Sioux Falls

Pos	Name	Year	School	Seed Mark
Flight 1 of 1 Finals				
1	Cole, Nicholas	FR	Sioux Falls	3.50m
2	Alam, Basheer	SO	Concordia-St. Paul	3.65m
3	Grannes, Luke	FR	SW Minnesota St.	3.72m
4	McPherson, Mark	JR	Minnesota State	4.00m
5	Olson, Samuel	FR	Sioux Falls	4.02m
6	Imus, Rico	FR	Northern State	4.12m
7	Kucera, Kyle	SO	Minnesota-Duluth	4.15m
8	Alto, Shea	SR	Minnesota-Duluth	4.35m
9	Person, Jake	SR	Sioux Falls	4.37m
10	Kovash, Dillan	JR	U-Mary	4.43m
11	Johnson, Kyle	SR	Minnesota State	4.47m
12	Watson, Isaac	FR	U-Mary	4.47m
13	Smith, Hunter	SO	SW Minnesota St.	4.47m
14	Tremelling, Sam	FR	Northern State	4.68m
15	Berg, Alex	SO	Minnesota State	4.75m
16	Lindsey, Thomas	SO	Minnesota State	4.92m
17	Quayle, Glen	FR	Northern State	5.03m
18	Dittel, Carson	SO	Minnesota State	5.07m