

UMAC Track and Field Outdoor Championships - 5/5/2023 to 5/6/2023**Univ. of Minnesota - Morris****Results****Women 100 Meter Dash**

	Name	Yr	School	Finals	Wind	Points
Finals						
1	Hambike, Grace	SO	Minnesota-Morris	13.35	0.6	10
2	Trucksess, Deanna	SO	Northwestern (Minn.)	13.37	0.6	8
3	Claude, Colleen	FR	Wis.-Superior	13.71	0.6	6
4	Lynch, MacKenzie	SR	Martin Luther	13.80	0.6	5
5	Luqman, Nibras	FR	Minnesota-Morris	13.85	0.6	4
6	Schmitz, Cora	FR	Wis.-Superior	13.86	0.6	3
7	Frias, Elizabeth	SO	Minnesota-Morris	13.87	0.6	2
8	Lanes, Serena	SO	North Central (Minn.)	13.89	0.6	1

Women 200 Meter Dash

	Name	Yr	School	Finals	Wind	H#	Points
Finals							
1	Trucksess, Deanna	SO	Northwestern (Minn.)	26.54	0.5	4	10
2	Claude, Colleen	FR	Wis.-Superior	26.70	0.5	4	8
3	Lanes, Serena	SO	North Central (Minn.)	26.90	0.5	4	6
4	Hambike, Grace	SO	Minnesota-Morris	27.30	+0.0	1	5
5	DeQuevedo, Alexxa	JR	Wis.-Superior	27.34	0.5	4	4
6	Witbrod, Stephanie	SO	Bethany Lutheran	27.73	+0.0	1	3
7	Neuhart, Triniti	FR	Minnesota-Morris	27.86	0.5	4	2
8	Brewster, Brycelyn	FR	North Central (Minn.)	27.93	1.3	3	1
9	Luqman, Nibras	FR	Minnesota-Morris	28.14	0.5	4	
10	Frias, Elizabeth	SO	Minnesota-Morris	28.18	1.3	3	
11	Lynch, MacKenzie	SR	Martin Luther	28.20	0.5	4	
12	Pankow, Maia	SO	Martin Luther	28.21	0.5	4	
13	Brueckner, Ruth	FR	Crown	28.38	0.6	2	
14	Schmitz, Cora	FR	Wis.-Superior	28.71	1.3	3	
15	Warden, Winona	FR	Northwestern (Minn.)	29.07	0.6	2	
16	Johnson, Esther	FR	North Central (Minn.)	29.10	1.3	3	
17	Hoppe, Cianna	JR	Bethany Lutheran	29.10	1.3	3	
18	Diekmann, Paige	FR	Minnesota-Morris	29.24	1.3	3	
19	Landwer, Maggie	SO	Minnesota-Morris	29.60	1.3	3	
20	Foley, Naomi	FR	Martin Luther	29.72	+0.0	1	
21	Widiker, Janae	FR	Wis.-Superior	31.32	0.6	2	
22	Anderson, Miriam	SO	North Central (Minn.)	32.53	0.6	2	
23	DeRosa, Kendra	SR	Minnesota-Morris	32.84	0.6	2	
24	Barrett, Laura	FR	Crown	36.73	0.6	2	

Women 400 Meter Dash

	Name	Yr	School	Finals	H#	Points
Finals						
1	Trucksess, Deanna	SO	Northwestern (Minn.)	1:01.24	3	10
2	Brewster, Brycelyn	FR	North Central (Minn.)	1:01.66	3	8
3	Lanes, Serena	SO	North Central (Minn.)	1:02.31	3	6
4	Brueckner, Ruth	FR	Crown	1:03.03	1	5
5	Claude, Colleen	FR	Wis.-Superior	1:03.55	3	4
6	Gabb, Margaret	SR	Martin Luther	1:04.61	2	3
7	Foley, Naomi	FR	Martin Luther	1:05.02	3	2
8	Hoppe, Cianna	JR	Bethany Lutheran	1:05.20	2	1

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	Name	Yr	School	Finals	H#	Points
9	Anderson Sanchez, Anna	JR	Crown	1:06.08	3	
10	Johnson, Esther	FR	North Central (Minn.)	1:06.22	3	
11	VanDenHeuvel, Macie	FR	Martin Luther	1:06.67	2	
12	Warden, Winona	FR	Northwestern (Minn.)	1:07.31	2	
13	Neuhart, Triniti	FR	Minnesota-Morris	1:07.64	3	
14	Zaccaria, Angela	SO	Bethany Lutheran	1:12.77	2	
15	Miller, Nakima	SO	North Central (Minn.)	1:16.64	1	
16	DeRosa, Kendra	SR	Minnesota-Morris	1:22.84	2	
17	Barrett, Laura	FR	Crown	1:25.41	1	

Women 800 Meter Run

	Name	Yr	School	Finals	H#	Points
Finals						
1	Brewster, Brycelyn	FR	North Central (Minn.)	2:23.21	2	10
2	Anderson Sanchez, Anna	JR	Crown	2:25.84	2	8
3	Brueckner, Ruth	FR	Crown	2:26.26	2	6
4	Foley, Naomi	FR	Martin Luther	2:27.51	2	5
5	Barker, Halle	SO	Wis.-Superior	2:30.77	2	4
6	Gabb, Margaret	SR	Martin Luther	2:31.07	2	3
7	Hoppe, Cianna	JR	Bethany Lutheran	2:31.18	2	2
8	Pausch, Abby	SR	Crown	2:33.82	2	1
9	Nelson, Abby	JR	Bethany Lutheran	2:36.22	1	
10	Hudella, Cora	FR	Wis.-Superior	2:37.12	1	
11	Zaccaria, Angela	SO	Bethany Lutheran	2:46.91	1	
12	Rethemeyer, Hannah	SO	Bethany Lutheran	2:52.59	1	
13	Lund, Amelia	SR	Minnesota-Morris	2:54.33	1	
14	Prieve, Taylor	SR	Minnesota-Morris	2:55.41	1	
15	Hachmeister, Abby	SO	Minnesota-Morris	2:59.47	1	
16	Montgomery, Callie	SO	Bethany Lutheran	3:04.50	1	

Women 1500 Meter Run

	Name	Yr	School	Finals	H#	Points
Finals						
1	Pausch, Abby	SR	Crown	5:10.10	2	10
2	Habben, Maya	JR	Martin Luther	5:16.51	2	8
3	Langerud, McKenna	SR	Minnesota-Morris	5:20.03	2	6
4	Mensching, Katelyn	SO	Martin Luther	5:27.24	2	5
5	Merwin, Jordan	JR	Bethany Lutheran	5:28.55	2	4
6	Tobin, Kayla	JR	Bethany Lutheran	5:30.67	2	3
7	Nelson, Abby	JR	Bethany Lutheran	5:31.55	2	2
8	Ringsmuth, Caroline	FR	Northwestern (Minn.)	5:33.21	2	1
9	Kuhlman, Chloe	JR	Bethany Lutheran	5:43.25	2	
10	Sovacool, Rachel	SO	Bethany Lutheran	5:56.47	2	
11	Hachmeister, Abby	SO	Minnesota-Morris	5:58.82	1	
12	Hyland, Kayley	SO	North Central (Minn.)	6:00.37	1	
13	Colvin, Samantha	JR	Martin Luther	6:01.04	2	
14	Rethemeyer, Hannah	SO	Bethany Lutheran	6:09.26	1	
15	Prieve, Taylor	SR	Minnesota-Morris	6:14.21	2	
16	Olson, Abbee	SO	Martin Luther	6:27.47	1	
17	Montgomery, Callie	SO	Bethany Lutheran	6:31.07	1	

UMAC Track and Field Outdoor Championships - 5/5/2023 to 5/6/2023

Univ. of Minnesota - Morris

Results

Finals ... (Women 1500 Meter Run)

Name	Yr	School	Finals	H#	Points
18 Trapp, Nicole	FR	Martin Luther	6:58.33	1	
--- Fox, Katie	FR	North Central (Minn.)	DNF	1	

Women 5000 Meter Run

Name	Yr	School	Finals	Points
Finals				
1 Barker, Halle	SO	Wis.-Superior	19:21.42	10
2 Tobin, Kayla	JR	Bethany Lutheran	20:01.43	8
3 Habben, Maya	JR	Martin Luther	20:06.29	6
4 Hoaglund, Zoe	SO	Minnesota-Morris	20:12.41	5
5 Kratz, Hannah	SR	Martin Luther	20:14.31	4
6 Hoaglund, Ilsa	SO	Minnesota-Morris	20:21.26	3
7 Hudella, Cora	FR	Wis.-Superior	20:31.79	2
8 Boerner, Tea	SO	Wis.-Superior	20:48.13	1
9 Mensching, Katelyn	SO	Martin Luther	20:50.14	
10 Merwin, Jordan	JR	Bethany Lutheran	21:49.50	
11 Sulzle, Hope	JR	Martin Luther	21:59.67	
12 Tomhave, Claire	JR	Martin Luther	22:26.27	
13 Sovacool, Rachel	SO	Bethany Lutheran	22:53.78	
14 Montgomery, Callie	SO	Bethany Lutheran	25:31.34	

Women 100 Meter Hurdles

Name	Yr	School	Finals	Wind	Points
Finals					
1 Witbrod, Stephanie	SO	Bethany Lutheran	15.79	1.7	10
2 DeQuevedo, Alexxa	JR	Wis.-Superior	16.00	1.7	8
3 Seim, Grace	SO	Martin Luther	17.97	1.7	6
4 McCue, Megan	JR	Bethany Lutheran	18.45	1.7	5
5 Anderson, Naomi	SO	Bethany Lutheran	18.80	1.7	4
6 Kreuzer, Kenzy	SO	Wis.-Superior	19.39	1.7	3
7 Hambike, Grace	SO	Minnesota-Morris	20.05	1.7	2
8 Newman, Jessica	JR	Wis.-Superior	20.12	1.7	1

Women 400 Meter Hurdles

Name	Yr	School	Finals	H#	Points
Finals					
1 DeQuevedo, Alexxa	JR	Wis.-Superior	1:11.18	2	10
2 Nelson, Emma	JR	Martin Luther	1:11.96	2	8
3 Anderson, Naomi	SO	Bethany Lutheran	1:13.73	2	6
4 Foxen, Alison	SO	Martin Luther	1:19.59	2	5
5 McCue, Megan	JR	Bethany Lutheran	1:21.00	2	4
6 Kuhlman, Chloe	JR	Bethany Lutheran	1:21.10	2	3
7 Wilson, Riley	FR	Wis.-Superior	1:21.39	2	2
8 Merwin, Jordan	JR	Bethany Lutheran	1:22.19	1	1
9 Newman, Jessica	JR	Wis.-Superior	1:24.17	1	
10 Kreuzer, Kenzy	SO	Wis.-Superior	1:28.14	2	
11 Lund, Amelia	SR	Minnesota-Morris	1:32.31	1	

UMAC Track and Field Outdoor Championships - 5/5/2023 to 5/6/2023**Univ. of Minnesota - Morris****Results****Women 3000 Meter Steeplechase**

Name	Yr	School	Finals	Points
Finals				
1 Pausch, Abby	SR	Crown	11:51.19	10
2 Habben, Maya	JR	Martin Luther	12:34.27	8
3 Ringsmuth, Caroline	FR	Northwestern (Minn.)	12:53.96	6
4 Kratz, Hannah	SR	Martin Luther	12:58.87	5
5 Merwin, Jordan	JR	Bethany Lutheran	13:11.25	4
6 Wilson, Riley	FR	Wis.-Superior	14:03.02	3
7 Colvin, Samantha	JR	Martin Luther	14:09.64	2

Women 4x100 Meter Relay

Team	Relay	Finals	Points
Finals			
1 Minnesota-Morris		52.29	10
1) Frias, Elizabeth SO	2) Peters, Kim SO	3) Diekmann, Paige FR	4) Luqman, Nibras FR
2 Wis.-Superior		52.92	8
1) DeQuevedo, Alexxa JR	2) Schmitz, Cora FR	3) Claude, Colleen FR	4) McPherson, Catie FR
3 Martin Luther		53.11	6
1) Lynch, MacKenzie SR	2) VanDenHeuvel, Macie FR	3) Foley, Naomi FR	4) Pankow, Maia SO
4 Bethany Lutheran		54.78	5
1) Anderson, Naomi SO	2) Hoppe, Cianna JR	3) McCue, Megan JR	4) Witbrod, Stephanie SO

Women 4x400 Meter Relay

Team	Relay	Finals	Points
Finals			
1 North Central (Minn.)		4:15.03	10
1) Johnson, Esther FR	2) Schroeder, Lydia FR	3) Lanes, Serena SO	4) Brewster, Brycelyn FR
2 Martin Luther		4:19.07	8
1) Gabb, Margaret SR	2) Pankow, Maia SO	3) Nelson, Emma JR	4) Foley, Naomi FR
3 Bethany Lutheran		4:26.98	6
1) Hoppe, Cianna JR	2) Anderson, Naomi SO	3) Nelson, Abby JR	4) Witbrod, Stephanie SO
4 Minnesota-Morris		4:33.70	5
1) Landwer, Maggie SO	2) Diekmann, Paige FR	3) Luqman, Nibras FR	4) Neuhart, Triniti FR
5 Wis.-Superior		4:36.85	4
1) Wilson, Riley FR	2) Barker, Halle SO	3) Schmitz, Cora FR	4) Claude, Colleen FR
6 Crown		4:41.96	3
1) Pausch, Abby SR	2) Barrett, Laura FR	3) Anderson Sanchez, Anna JR	4) Brueckner, Ruth FR
--- Northwestern (Minn.)		SCR	
1) Warden, Winona FR	2) Ringsmuth, Caroline FR	3) Wright, Priscilla FR	4) Trucksess, Deanna SO

Women 4x800 Meter Relay

Team	Relay	Finals	Points
Finals			
1 Bethany Lutheran		10:43.53	10
1) Nelson, Abby JR	2) Tobin, Kayla JR	3) Kuhlman, Chloe JR	4) Hoppe, Cianna JR
2 Martin Luther		10:48.68	8
1) Gabb, Margaret SR	2) Tomhave, Claire JR	3) Mensching, Katelyn SO	4) Nelson, Emma JR
3 Minnesota-Morris		11:02.18	6
1) Langerud, McKenna SR	2) Hoaglund, Zoe SO	3) Prieve, Taylor SR	4) Hoaglund, Ilsa SO
4 Wis.-Superior		11:20.63	5
1) Hudella, Cora FR	2) Boerner, Tea SO	3) Wilson, Riley FR	4) Barker, Halle SO

UMAC Track and Field Outdoor Championships - 5/5/2023 to 5/6/2023**Univ. of Minnesota - Morris****Results****Women High Jump**

	Name	Yr	School	Finals		Points
Finals						
1	Schlei, Ella	FR	Martin Luther	1.43m	4-08.25	10
2	Witbrod, Stephanie	SO	Bethany Lutheran	1.43m	4-08.25	8
3	Brauer, Elena	FR	Martin Luther	1.38m	4-06.25	5
3	Beckius, Ellen	SO	Minnesota-Morris	1.38m	4-06.25	5
3	Volk, Myla	FR	Wis.-Superior	1.38m	4-06.25	5
6	Bader, Sidney	FR	Wis.-Superior	1.38m	4-06.25	3
7	Seim, Grace	SO	Martin Luther	1.33m	4-04.25	2
8	McCue, Megan	JR	Bethany Lutheran	1.33m	4-04.25	1
9	McPherson, Catie	FR	Wis.-Superior	1.33m	4-04.25	
10	Foxen, Alison	SO	Martin Luther	1.28m	4-02.25	
11	James, Sheena	SO	Minnesota-Morris	1.23m	4-00.50	
---	DeQuevedo, Alexxa	JR	Wis.-Superior	NH		
---	Miller, Nakima	SO	North Central (Minn.)	NH		

Women Pole Vault

	Name	Yr	School	Finals		Points
Finals						
1	Platzer, Ally	SR	Martin Luther	2.75m	9-00.25	10
2	Petrich, Brooke	FR	Wis.-Superior	2.55m	8-04.25	8
3	Landwer, Maggie	SO	Minnesota-Morris	2.40m	7-10.50	6
4	Koehler, Jenna	SO	Martin Luther	2.25m	7-04.50	5
5	Kreuzer, Kenzy	SO	Wis.-Superior	2.25m	7-04.50	4
6	Foxen, Alison	SO	Martin Luther	2.25m	7-04.50	3
7	Overturf, Siri	FR	Minnesota-Morris	1.95m	6-04.75	2

Women Long Jump

	Name	Yr	School	Finals		Wind	H#	Points
Finals								
1	Witbrod, Stephanie	SO	Bethany Lutheran	5.16m	16-11.25	-0.3	2	10
2	Peters, Kim	SO	Minnesota-Morris	4.91m	16-01.50	0.1	2	8
3	Volk, Myla	FR	Wis.-Superior	4.43m	14-06.50	1.9	2	6
4	McCue, Megan	JR	Bethany Lutheran	4.38m	14-04.50	2.0	1	5
5	DeQuevedo, Alexxa	JR	Wis.-Superior	4.32m	14-02.25	0.2	2	4
6	Landwer, Maggie	SO	Minnesota-Morris	4.32m	14-02.25	-0.2	2	3
7	McPherson, Catie	FR	Wis.-Superior	4.24m	13-11.00	0.7	1	2
8	Schmitz, Cora	FR	Wis.-Superior	4.24m	13-11.00	-1.1	2	1
9	Claude, Colleen	FR	Wis.-Superior	4.12m	13-06.25	-1.8	2	
10	Lynch, MacKenzie	SR	Martin Luther	3.98m	13-00.75	1.2	2	
11	James, Sheena	SO	Minnesota-Morris	3.96m	13-00.00	-1.1	1	
12	Schroeder, Lydia	FR	North Central (Minn.)	3.91m	12-10.00	NWI	1	
13	DeRosa, Kendra	SR	Minnesota-Morris	3.56m	11-08.25	-0.2	1	
14	Carter, Cieyana	FR	Wis.-Superior	3.51m	11-06.25	-1.7	1	
15	Rader, Jordan	FR	Wis.-Superior	3.25m	10-08.00	-0.5	1	

Women Triple Jump

	Name	Yr	School	Finals		Wind	Points
Finals							
1	Witbrod, Stephanie	SO	Bethany Lutheran	10.82m	35-06.00	0.4	10
2	Peters, Kim	SO	Minnesota-Morris	10.33m	33-10.75	0.2	8

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Results

Finals ... (Women Triple Jump)

	Name	Yr	School	Finals		Wind	Points
3	Volk, Myla	FR	Wis.-Superior	9.41m	30-10.50	+0.0	6
4	McPherson, Catie	FR	Wis.-Superior	9.24m	30-03.75	+0.0	5
5	Nelson, Emma	JR	Martin Luther	9.10m	29-10.25	0.6	4
6	Newman, Jessica	JR	Wis.-Superior	8.91m	29-02.75	1.1	3
7	Anderson, Naomi	SO	Bethany Lutheran	8.68m	28-05.75	+0.0	2
8	VanDenHeuvel, Macie	FR	Martin Luther	8.59m	28-02.25	0.4	1
9	Brauer, Elena	FR	Martin Luther	8.45m	27-08.75	+0.0	
10	Seim, Grace	SO	Martin Luther	8.13m	26-08.25	1.0	
11	DeRosa, Kendra	SR	Minnesota-Morris	7.53m	24-08.50	+0.0	

Women Shot Put

	Name	Yr	School	Finals		H#	Points
Finals							
1	Witbrod, Stephanie	SO	Bethany Lutheran	11.39m	37-04.50	2	10
2	Nolte, Elise	FR	Martin Luther	11.09m	36-04.75	2	8
3	Romsdahl, Madelinn	FR	Martin Luther	10.43m	34-02.75	2	6
4	Nelson, Emma	JR	Martin Luther	10.07m	33-00.50	2	5
5	Hagedorn, Emmaline	SO	Martin Luther	9.98m	32-09.00	2	4
6	Hughlett, Kasha	JR	Wis.-Superior	9.89m	32-05.50	1	3
7	Jones, MiCayla	SR	North Central (Minn.)	9.80m	32-02.00	2	2
8	Schlei, Ella	FR	Martin Luther	9.49m	31-01.75	2	1
9	Gerdes, Alexis	FR	Minnesota-Morris	9.36m	30-08.50	1	
10	Bader, Sidney	FR	Wis.-Superior	9.15m	30-00.25	2	
11	Johnson, Meghan	FR	Martin Luther	9.12m	29-11.25	1	
12	Erickson, Emma	SO	Wis.-Superior	9.08m	29-09.50	2	
13	Steinbring, Jennifer	SO	Minnesota-Morris	8.77m	28-09.25	2	
14	Siedow, Kassidy	SO	Minnesota-Morris	8.77m	28-09.25	1	
15	Domke, Leah	FR	Martin Luther	8.62m	28-03.50	1	
16	Big Crow, Kianna	SO	Minnesota-Morris	8.59m	28-02.25	2	
17	Baker, Hannah	FR	Wis.-Superior	8.56m	28-01.00	1	
18	Ashton, Emily	FR	Northwestern (Minn.)	8.38m	27-06.00	1	
19	Parsons, Lauren	FR	Minnesota-Morris	7.89m	25-10.75	1	
20	Gerdes, Madison	FR	Minnesota-Morris	7.86m	25-09.50	1	
21	Cox, Sydney	FR	Wis.-Superior	7.82m	25-08.00	1	
22	knopp, Bethany	FR	Minnesota-Morris	7.39m	24-03.00	1	
23	Hoglund, Christina	FR	North Central (Minn.)	6.94m	22-09.25	1	
---	Briggs, Anna	SO	Minnesota-Morris	FOUL		2	

Women Discus Throw

	Name	Yr	School	Finals		H#	Points
Finals							
1	Romsdahl, Madelinn	FR	Martin Luther	33.45m	109-09	2	10
2	Nelson, Emma	JR	Martin Luther	33.05m	108-05	2	8
3	Hughlett, Kasha	JR	Wis.-Superior	32.12m	105-04	2	6
4	Erickson, Emma	SO	Wis.-Superior	31.49m	103-04	2	5
5	Baker, Hannah	FR	Wis.-Superior	31.46m	103-02	2	4
6	Steinbring, Jennifer	SO	Minnesota-Morris	29.52m	96-10	2	3
7	Nelson, Abby	JR	Bethany Lutheran	29.28m	96-01	2	2
8	Ashton, Emily	FR	Northwestern (Minn.)	29.05m	95-04	2	1
9	Nolte, Elise	FR	Martin Luther	28.62m	93-11	2	

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Finals ... (Women Discus Throw)

	Name	Yr	School	Finals		H#	Points
10	Hagedorn, Emmaline	SO	Martin Luther	27.19m	89-02	2	
11	Big Crow, Kianna	SO	Minnesota-Morris	26.74m	87-09	2	
12	Jones, MiCayla	SR	North Central (Minn.)	26.25m	86-01	1	
13	Overturf, Siri	FR	Minnesota-Morris	25.78m	84-07	1	
14	Faue, Jasmine	FR	Crown	25.63m	84-01	1	
15	Anderson, Miriam	SO	North Central (Minn.)	25.14m	82-06	1	
16	Johnson, Meghan	FR	Martin Luther	25.05m	82-02	1	
17	Gerdes, Madison	FR	Minnesota-Morris	24.66m	80-11	1	
18	Schlei, Ella	FR	Martin Luther	23.96m	78-07	2	
19	Siedow, Cassidy	SO	Minnesota-Morris	23.80m	78-01	1	
20	Parsons, Lauren	FR	Minnesota-Morris	23.40m	76-09	1	
21	Briggs, Anna	SO	Minnesota-Morris	23.17m	76-00	1	
22	Cox, Sydney	FR	Wis.-Superior	22.03m	72-03	1	
23	knopp, Bethany	FR	Minnesota-Morris	21.70m	71-02	1	
24	Domke, Leah	FR	Martin Luther	20.20m	66-03	1	

Women Hammer Throw

	Name	Yr	School	Finals		H#	Points
Finals							
1	Hughlett, Kasha	JR	Wis.-Superior	46.91m	153-11	2	10
2	Witbrod, Stephanie	SO	Bethany Lutheran	45.25m	148-05	2	8
3	Erickson, Emma	SO	Wis.-Superior	42.21m	138-06	2	6
4	Briggs, Anna	SO	Minnesota-Morris	38.23m	125-05	2	5
5	Big Crow, Kianna	SO	Minnesota-Morris	35.74m	117-03	2	4
6	Baker, Hannah	FR	Wis.-Superior	34.12m	111-11	2	3
7	Overturf, Siri	FR	Minnesota-Morris	32.76m	107-06	2	2
8	Bader, Sidney	FR	Wis.-Superior	32.46m	106-06	1	1
9	Steinbring, Jennifer	SO	Minnesota-Morris	32.44m	106-05	2	
10	Romsdahl, Madelinn	FR	Martin Luther	31.73m	104-01	1	
11	Schlei, Ella	FR	Martin Luther	31.45m	103-02	1	
12	Nolte, Elise	FR	Martin Luther	30.55m	100-03	2	
13	Gerdes, Madison	FR	Minnesota-Morris	30.05m	98-07	1	
14	McCue, Megan	JR	Bethany Lutheran	29.64m	97-03	2	
15	Siedow, Cassidy	SO	Minnesota-Morris	28.92m	94-10	1	
16	Jones, MiCayla	SR	North Central (Minn.)	27.39m	89-10	1	
17	Johnson, Meghan	FR	Martin Luther	24.74m	81-02	1	
18	Parsons, Lauren	FR	Minnesota-Morris	24.63m	80-10	2	
19	Gerdes, Alexis	FR	Minnesota-Morris	23.30m	76-05	1	
20	Domke, Leah	FR	Martin Luther	20.58m	67-06	1	
21	Cox, Sydney	FR	Wis.-Superior	20.19m	66-03	1	
22	Hoglund, Christina	FR	North Central (Minn.)	19.88m	65-03	1	
---	Hagedorn, Emmaline	SO	Martin Luther	FOUL		1	

Women Javelin Throw

	Name	Yr	School	Finals		H#	Points
Finals							
1	Ashton, Emily	FR	Northwestern (Minn.)	38.78m	127-03	2	10
2	Gosch, Erika	SR	Martin Luther	34.51m	113-03	2	8
3	Siedow, Cassidy	SO	Minnesota-Morris	33.26m	109-01	2	6
4	DeQuevedo, Alexxa	JR	Wis.-Superior	33.26m	109-01	2	5

UMAC Track and Field Outdoor Championships - 5/5/2023 to 5/6/2023**Univ. of Minnesota - Morris****Results****Finals ... (Women Javelin Throw)**

	Name	Yr	School	Finals		H#	Points
5	Witbrod, Stephanie	SO	Bethany Lutheran	31.92m	104-09	2	4
6	Bader, Sidney	FR	Wis.-Superior	31.66m	103-10	2	3
7	Parsons, Lauren	FR	Minnesota-Morris	31.12m	102-01	2	2
8	Porter, Nicole	SR	Martin Luther	29.46m	96-08	2	1
9	Romsdahl, Madelinn	FR	Martin Luther	27.57m	90-05	1	
10	Brauer, Elena	FR	Martin Luther	26.31m	86-04	2	
11	Lynch, MacKenzie	SR	Martin Luther	25.16m	82-06	1	
12	Nelson, Emma	JR	Martin Luther	24.15m	79-03	1	
13	Domke, Leah	FR	Martin Luther	24.10m	79-01	1	
14	Schmitz, Cora	FR	Wis.-Superior	23.52m	77-02	1	
15	Schlei, Ella	FR	Martin Luther	22.26m	73-00	2	
16	Anderson, Miriam	SO	North Central (Minn.)	18.58m	60-11	1	
17	Faue, Jasmine	FR	Crown	17.45m	57-03	1	
18	Gerdes, Alexis	FR	Minnesota-Morris	16.92m	55-06	1	
19	knopp, Bethany	FR	Minnesota-Morris	15.84m	52-00	1	
20	Gerdes, Madison	FR	Minnesota-Morris	14.41m	47-03	1	
21	Lund, Amelia	SR	Minnesota-Morris	13.93m	45-08	1	

Women - Team Rankings - 20 Events Scored

1) Martin Luther	188	2) Wis.-Superior	179
3) Bethany Lutheran	141	4) Minnesota-Morris	114
5) Northwestern (Minn.)	46	6) North Central (Minn.)	44
7) Crown	43		