

Holst Invitational - 4/18/2015**Concordia St. Paul****Results - Invitational****Event 2 Men 4x100 Meter Relay****Meet Records: 42.08 ! 2010****Concordia St Paul, Conc. St. Paul****J Pimental, D Zeon, R Spence, D Gilmer****Facility Rec: 42.08 \$ 4/28/2010****Concordia St Paul, Conc. St. Paul****J Pimental, D Zeon, R Spence, D Gilmer**

Team	Relay	Finals
Finals		
1 Augsburg		43.47
2 Minnesota-Duluth		43.59
3 U of Northwestern Saint Paul		45.69
4 Wis.-Superior		45.84
5 Wis.-Superior	B	46.35

Event 3 Women 4x100 Meter Relay**Meet Records: 48.09 ! 2010****St. Thomas, St. Thomas****Facility Rec: 48.09 \$ 4/28/2010****St. Thomas, St. Thomas**

Team	Relay	Finals
Finals		
1 Concordia-St. Paul		49.46
2 St. Scholastica		50.48
3 Wis.-Superior		52.21
4 Bemidji State		52.72
5 U of Northwestern Saint Paul		52.98
6 St. Catherine		53.47

Event 1 Men 3000 Meter Steeplechase**Meet Records: 9:31.09 ! 4/18/2015****Jackson Lindquist, Wis.-Superio****Facility Rec: 9:31.09 \$ 4/18/2015****Jackson Lindquist, Wis.-Superio**

Name	School	Finals
Finals		
1 Lindquist, Jackson	Wis.-Superior	9:31.09 !
2 Nielsen, Dan	Minnesota-Duluth	9:34.74
3 Johnson, Drew	Minnesota-Duluth	9:40.74
4 Fisher, Mitch	Minnesota-Duluth	10:04.15
5 Sedbrook, Cody	Minnesota-Duluth	10:10.33
6 Handorff, Aaron	Minnesota-Duluth	10:19.22
7 Tiberg, Cam	Wis.-Superior	10:28.05
8 Smith, Josh	Concordia-St. Paul	10:41.17
9 Wallenta, Adam	St. Scholastica	10:50.21
10 Naughton, Alex	Minnesota-Duluth	11:06.74
11 Pilon, Victor	St. Scholastica	11:14.09
12 Barr, Vincent	Unattached	12:32.82

Event 4 Women 3000 Meter Steeplechase**Meet Records: 11:13.10 ! 2010****Danielle Thompson, Mn St Moorhead****Facility Rec: 11:13.10 \$ 4/28/2010****Danielle Thompson, Mn St Moorhead**

Name	School	Finals
Finals		
1 Sinnen, Delaney	Unattached	11:38.51
2 Weibel, Violet	Minnesota	12:00.28
3 Dillon, Caitlin	Minnesota	12:10.06
4 Hovland, Casey	St. Scholastica	12:15.08

Holst Invitational - 4/18/2015**Concordia St. Paul****Results - Invitational****Finals ... (Event 4 Women 3000 Meter Steeplechase)**

Name	School	Finals
5 Brighthouse Glueck, Madeline	Unattached	12:35.29
6 Barclay, Natalie	St. Catherine	14:03.15
7 Greenslade, Lisa	U of Northwestern Saint Paul	14:10.91

Event 7 Men 110 Meter Hurdles

Meet Records: 14.80 ! 2010 Laquone Robinson, Mn St Moorhead
 Facility Rec: 14.66 \$ 5/2/2012 Alex Migit, Minnesota

Name	School	Prelims	Wind
Preliminaries			
1 Ryan, James	Minnesota-Duluth	15.03 q	-0.9
2 Naumowicz, Tyler	Concordia-St. Paul	15.12 q	-0.9
3 Witcher, Myles	St. Cloud State	16.05 q	-0.9
4 Rubeck, Logan	Minnesota-Duluth	16.72 q	-0.9
5 Wohlenhaus, Connor	U of Northwestern Saint Paul	16.76 q	-0.9
6 Egelkraut, Aaron	St. Scholastica	16.88 q	-0.9
7 Zamzow, Brooks	Minnesota-Duluth	17.10 q	-0.9

Event 8 Women 100 Meter Hurdles

Meet Records: 13.81 ! 4/18/2015 Kimberly Golding, Unattached
 Facility Rec: 13.81 \$ 4/18/2015 Kimberly Golding, Unattached

Name	School	Prelims	Wind	H#
Preliminaries				
1 Golding, Kimberly	Unattached	13.91 q	+0.0	1
2 Miller-Koch, Heather	Unattached	14.38 q	0.7	2
3 Burney, Kalle	Concordia-St. Paul	16.35 q	+0.0	1
4 Miller, Chloe	Bemidji State	16.43 q	+0.0	1
5 Fentem, Hailey	St. Scholastica	16.44 q	+0.0	1
6 Klug, Lindsey	St. Cloud State	16.46 q	0.7	2
7 Ighovojah, Wakpor	Concordia-St. Paul	16.61 q	0.7	2
8 Ruehl, Svenja	Wis.-Superior	16.86 q	+0.0	1
9 Young, Erica	Unattached	17.34	0.7	2
10 Moore, Brittany	St. Catherine	17.62	+0.0	1
11 Angok, Tina	Augsburg	18.14	+0.0	1
12 Ackley, Ashleigh	St. Catherine	18.62	0.7	2
13 Gottschalk, Natalie	St. Cloud State	20.99	0.7	2

Event 11 Men 100 Meter Dash

Meet Records: 10.61 ! 4/18/2015 Derek Bredy, Unattached
 Facility Rec: 10.44 \$ 5/2/2012 Sean King, Minnesota

Name	School	Prelims	Wind	H#
Preliminaries				
1 Bredy, Derek	Unattached	! 10.61 q	1.7	1
2 Taylor, Marquavius	Concordia-St. Paul	11.00 q	-0.1	2
3 Butler, JT	St. Cloud State	11.05 q	-0.3	4
4 Beattie, Nick	Minnesota-Duluth	11.11 q	1.7	1
5 Smith-Brewer, Undre	Augsburg	11.23 q	0.1	3
6 Kolpin, Joey	Minnesota-Duluth	11.27 q	1.7	1
7 Johnson, Keante	Concordia-St. Paul	11.32 q	-0.1	2
8 Olson, Holden	Minnesota-Duluth	11.41 q	0.1	3
9 Tranel, Ted	St. Cloud State	11.50	1.7	1

Holst Invitational - 4/18/2015**Concordia St. Paul****Results - Invitational****Preliminaries ... (Event 11 Men 100 Meter Dash)**

Name	School	Prelims	Wind	H#
10 Nelson, Jake	Minnesota-Duluth	11.51	-0.3	4
11 Berman, Andrew	Unattached	11.55	-0.1	2
12 Sims, Isiah	Augsburg	11.55	-0.1	2
13 Malone, LeRoy	U of Northwestern Saint Paul	11.74	0.1	3
14 Wilkerson, Kyle	Wis.-Superior	11.82	1.7	1
15 Lamin, Festus	Augsburg	11.84	-0.3	4
16 Olinger, Joseph	Wis.-Superior	12.04	-0.1	2
17 Jones, Howard	Concordia-St. Paul	12.06	0.1	3
18 Hiner, Mitchel	Wis.-Superior	12.08	1.7	1
19 Lee, Pong	Augsburg	12.12	1.7	1
20 Spahr, Jordan	U of Northwestern Saint Paul	12.14	0.1	3
21 Christensen, Drew	St. Scholastica	12.29	-0.1	2
22 Fettig, Jacob	U of Northwestern Saint Paul	12.31	0.1	3
22 Witcher, Myles	St. Cloud State	12.31	-0.3	4
24 Motyka, Daniel	Wis.-Superior	12.52	-0.1	2
25 Kuether, Josh	Augsburg	12.83	-0.3	4
26 Friederichs, Andrew	U of Northwestern Saint Paul	14.46	1.7	1

Event 12 Women 100 Meter Dash

Meet Records: 12.28 ! 4/18/2015 **Becky Schmidt, St. Cloud St**

Facility Rec: 12.28 \$ 4/18/2015 **Becky Schmidt, St. Cloud St**

Name	School	Prelims	Wind	H#
Preliminaries				
1 Schmidt, Becky	St. Cloud State	! 12.28 q	1.4	1
2 Jones, Callie	Augsburg	12.53 q	0.8	3
3 Wells-Johnson, Shakeela	St. Catherine	12.56 q	0.3	2
4 Williams, Gloria	Concordia-St. Paul	12.71 q	1.8	4
5 Broome, Natalie	Minnesota	12.82 q	1.4	1
6 Dube, Michelle	St. Scholastica	12.88 q	1.4	1
7 Maher, Amelia	Minnesota-Duluth	12.90 q	0.3	2
8 Doebler, Amber	U of Northwestern Saint Paul	13.03 q	0.8	3
9 Wendt, Kristen	St. Cloud State	13.09	0.8	3
10 Evans, Alicia	St. Cloud State	13.11	1.8	4
11 Skarin, Jordan	U of Northwestern Saint Paul	13.17	1.8	4
12 Cornelious, GaBrina	St. Cloud State	13.28	1.8	4
13 Urman, Madelyn	St. Scholastica	13.29	0.3	2
14 Hickey, Elizabeth	Augsburg	13.31	0.3	2
15 Thompson, Sydney	Wis.-Superior	13.35	1.4	1
16 Woody, Nikaylah	Augsburg	13.42	1.4	1
17 Kotajarvi, Lauren	Minnesota-Duluth	13.43	0.3	2
18 Yeager, Emily	St. Cloud State	13.44	0.3	2
19 Rudolph, LaKeya	Concordia-St. Paul	13.50	1.4	1
20 Sila, Jodi	St. Scholastica	13.54	1.4	1
21 Moses, Jocelyn	U of Northwestern Saint Paul	13.62	0.8	3
22 Angok, Tina	Augsburg	13.97	1.8	4
23 Koss, Brittany	Bemidji State	14.04	0.8	3
24 Larson, Torri	Wis.-Superior	14.16	1.8	4
25 Inthasone, Mam	Augsburg	14.18	1.4	1
26 Perkins, Morgan	Concordia-St. Paul	14.54	0.8	3

Holst Invitational - 4/18/2015**Concordia St. Paul****Results - Invitational****Event 5 Men 1500 Meter Run****Meet Records: 3:52.44 ! 4/12/2014 Tom Scott, Running2Win****Facility Rec: 3:52.34 \$ 5/2/2012 Matt Volz, Minnesota**

Name	School	Finals
Finals		
1 Peterson, Josh	Minnesota-Duluth	4:04.69
2 Caron, Chris	St. Cloud State	4:06.55
3 Maki, Wil	U of Northwestern Saint Paul	4:07.02
4 Erickson, Joey	Minnesota-Duluth	4:07.59
5 Mohamed, Mohamed	Augsburg	4:07.88
6 Rudolph, Nic	Concordia-St. Paul	4:12.31
7 Nur, Ahmed	Augsburg	4:19.93
8 Hare, Seth	Minnesota-Duluth	4:20.15
9 Howell, Jack	St. Cloud State	4:22.72
10 Avenson, Jake	Minnesota-Duluth	4:23.60
11 Lubben, Nick	U of Northwestern Saint Paul	4:27.82
12 Guttormson, Jake	North Central (Minn.)	4:30.82
13 Prescott, Quinn	U of Northwestern Saint Paul	5:06.81

Event 6 Women 1500 Meter Run**Meet Records: 4:33.00 ! 4/12/2014 Kelli Budd, Unattached****Facility Rec: 4:33.00 \$ 4/12/2014 Kelli Budd, Unattached**

Name	School	Finals	H#
Finals			
1 Mikkalson, Taylor	Minnesota	4:41.31	1
2 O'Brien, Patty	Unattached	4:43.88	1
3 Wasowicz, Tess	Minnesota	4:45.08	1
4 Ness, Bailey	Unattached	4:45.38	1
5 Alama, Courtney	Unattached	4:46.96	1
6 Trasser, Hannah	Minnesota	4:49.62	1
7 Castanias, Emily	Unattached	4:50.66	1
8 Bailey, Megan	Minnesota	4:51.50	1
9 Roberge, Kayla	Augsburg	4:52.95	1
10 Crummy, Nicole	Bemidji State	4:54.45	2
11 Klecker, Sarah	Minnesota	4:54.61	2
12 Pettit, Chelsea	Minnesota	4:55.33	1
13 Heitzman, Nicole	Minnesota	4:56.70	2
14 Eastman, Molly	Unattached	4:56.87	1
15 Kinnaird, Marnie	Minnesota	4:57.91	1
16 Strickland, Shannon	St. Catherine	4:59.06	2
17 McElroy, Jenna	St. Catherine	4:59.45	2
18 Cornelius, Mary	Augsburg	5:03.02	2
19 Marcus, Maggie	Concordia-St. Paul	5:06.77	2
20 D'Heilly, Paige	Minnesota	5:07.95	1
21 Turner, Emily	Bemidji State	5:14.00	2
22 Morrier, Marie	St. Catherine	5:16.97	3
23 Hall, Rachel	St. Catherine	5:19.46	2
24 White, Danica	U of Northwestern Saint Paul	5:25.65	2
25 Cardinal, Ellie	St. Catherine	5:27.11	3
26 Stewig, Blair	Augsburg	5:32.64	3
27 Weyenberg, Kate	Wis.-Superior	5:34.42	3

Holst Invitational - 4/18/2015**Concordia St. Paul****Results - Invitational****Finals ... (Event 6 Women 1500 Meter Run)**

Name	School	Finals	H#
28 Hohenshell, Emily	St. Catherine	5:41.32	3
29 Paquin, Emily	Bemidji State	5:41.38	3
30 Thaemert, Rachel	Concordia-St. Paul	5:46.06	3
31 Anderson, Amanda	Bemidji State	5:55.43	3
32 Schield, Anna	Unattached	5:57.94	3
33 Schield, Sara	Wis.-Superior	5:57.99	3
34 Walters, Selina	Wis.-Superior	6:18.28	3
35 Wedin, Charissa	U of Northwestern Saint Paul	6:28.45	3
36 Ward, Dominique	U of Northwestern Saint Paul	6:37.93	3

Event 9 Men 400 Meter Dash

Meet Records: 48.15 ! 2010 Domonique Gilmer, Conc. St. Paul

Facility Rec: 48.15 \$ 4/28/2010 Domonique Gilmer, Conc. St. Paul

Name	School	Finals	H#
Finals			
1 Egbuyor, Manni	Unattached	48.25	1
2 Stanley, David	Concordia-St. Paul	49.32	1
3 Melton, Vantwon	Concordia-St. Paul	49.35	1
4 Behm, Connor	Minnesota-Duluth	49.53	1
5 Hausken, Adam	Concordia-St. Paul	50.62	2
6 Tellez, Darrison	North Central (Minn.)	50.63	2
7 Jackson, Darrick	Minnesota-Duluth	51.41	1
8 Steel, Spencer	U of Northwestern Saint Paul	51.57	2
9 Carlson, Austin	Minnesota-Duluth	51.79	2
10 McKenzie, Luke	St. Scholastica	51.94	1
11 Dubbe, Fabien	Augsburg	51.98	2
12 Comer, Nathan	Minnesota-Duluth	52.63	3
13 Moga, Tony	St. Scholastica	53.49	3
14 Baumann, Trevor	St. Cloud State	53.50	3
15 Musabyimana, Wilson	Augsburg	53.65	3
16 Friedman, Teddy	U of Northwestern Saint Paul	55.08	2
17 Olinger, Joseph	Wis.-Superior	56.42	3
18 Soto, Ernesto	Wis.-Superior	1:01.92	3

Event 10 Women 400 Meter Dash

Meet Records: 56.28 ! 2010 Nikki Arola, St. Thomas

Facility Rec: 56.28 \$ 4/28/2010 Nikki Arola, St. Thomas

Name	School	Finals	H#
Finals			
1 Shelerud, Kate	Minnesota	59.08	1
2 Jinadu, Bolade	Unattached	59.71	1
3 Thoemke, Megan	St. Catherine	1:01.94	1
4 Melom, Sara	Bemidji State	1:02.29	1
5 Pieper, Sarah	Concordia-St. Paul	1:02.51	2
6 Gray, America	Unattached	1:03.66	2
7 Erickson, Jacquelyn	Wis.-Superior	1:04.02	1
8 Roberge, Kayla	Augsburg	1:04.24	1
9 Cornelius, Mary	Augsburg	1:04.54	2
10 Amundson, Leah	Concordia-St. Paul	1:05.48	1
11 Thompson, Jenna	St. Catherine	1:09.45	2

Holst Invitational - 4/18/2015**Concordia St. Paul****Results - Invitational****Event 11 Men 100 Meter Dash****Meet Records: 10.61 ! 4/18/2015 Derek Bredy, Unattached****Facility Rec: 10.44 \$ 5/2/2012 Sean King, Minnesota**

Name	School	Finals	Wind
Finals			
1 Taylor, Marquavius	Concordia-St. Paul	10.79	0.8
2 Butler, JT	St. Cloud State	10.89	0.8
3 Smith-Brewer, Undre	Augsburg	11.17	0.8
4 Beattie, Nick	Minnesota-Duluth	11.26	0.8
5 Johnson, Keante	Concordia-St. Paul	11.35	0.8
6 Kolpin, Joey	Minnesota-Duluth	11.38	0.8
7 Olson, Holden	Minnesota-Duluth	11.40	0.8

Event 12 Women 100 Meter Dash**Meet Records: 12.28 ! 4/18/2015 Becky Schmidt, St. Cloud St****Facility Rec: 12.28 \$ 4/18/2015 Becky Schmidt, St. Cloud St**

Name	School	Finals	Wind
Finals			
1 Schmidt, Becky	St. Cloud State	12.07	3.2
2 Wells-Johnson, Shakeela	St. Catherine	12.15	3.2
3 Williams, Gloria	Concordia-St. Paul	12.28	3.2
4 Jones, Callie	Augsburg	12.36	3.2
5 Broome, Natalie	Minnesota	12.65	3.2
6 Maher, Amelia	Minnesota-Duluth	12.78	3.2
7 Doebler, Amber	U of Northwestern Saint Paul	12.79	3.2
8 Dube, Michelle	St. Scholastica	12.86	3.2

Event 8 Women 100 Meter Hurdles**Meet Records: 13.81 ! 4/18/2015 Kimberly Golding, Unattached****Facility Rec: 13.81 \$ 4/18/2015 Kimberly Golding, Unattached**

Name	School	Finals	Wind
Finals			
1 Golding, Kimberly	Unattached	13.81 !	0.6
2 Miller-Koch, Heather	Unattached	13.91	0.6
3 Fentem, Hailey	St. Scholastica	16.27	0.6
4 Miller, Chloe	Bemidji State	16.82	0.6
5 Burney, Kalle	Concordia-St. Paul	16.99	0.6
6 Ighovojah, Wakpor	Concordia-St. Paul	19.44	0.6

Event 7 Men 110 Meter Hurdles**Meet Records: 14.80 ! 2010 Laquone Robinson, Mn St Moorhead****Facility Rec: 14.66 \$ 5/2/2012 Alex Migit, Minnesota**

Name	School	Finals	Wind
Finals			
1 Ryan, James	Minnesota-Duluth	15.21	0.5
2 Naumowicz, Tyler	Concordia-St. Paul	15.33	0.5
3 Witcher, Myles	St. Cloud State	16.45	0.5
4 Rubeck, Logan	Minnesota-Duluth	16.82	0.5
5 Zamzow, Brooks	Minnesota-Duluth	17.45	0.5

Holst Invitational - 4/18/2015**Concordia St. Paul****Results - Invitational****Event 13 Men 800 Meter Run**

Meet Records: 1:53.49 ! 4/21/2012 Zach Haskins, Bethel
Facility Rec: 1:51.13 \$ 5/2/2012 Alex Brend, Unattached

Name	School	Finals	H#
Finals			
1 Benz, Garrett	Minnesota-Duluth	1:56.90	1
2 Braack, Boston	Minnesota-Duluth	1:59.60	1
3 Sowada, Sebastian	St. Cloud State	2:00.03	1
4 Malim, Mohamed	Unattached	2:01.13	1
5 Greenwood, Paul	St. Cloud State	2:01.29	1
5 Litecky, Paul	Wis.-Superior	2:01.29	2
7 Peterson, Aaron	Wis.-Superior	2:02.45	2
8 Erickson, Luke	Augsburg	2:02.55	1
9 Rudolph, Nic	Concordia-St. Paul	2:03.16	2
10 Massmann, Mathew	St. Cloud State	2:03.32	1
11 Mohamed, Mohamed	Augsburg	2:05.96	1
12 Hanson, Ben	Minnesota-Duluth	2:06.45	1
13 Erickson, Joey	Minnesota-Duluth	2:06.99	2
14 Caron, Chris	St. Cloud State	2:07.19	2
15 Peterson, Josh	Minnesota-Duluth	2:07.22	2
16 Kifle, Tedros	Augsburg	2:07.68	3
17 Baridon, Steve	U of Northwestern Saint Paul	2:09.15	2
18 Walkow, Hunter	Wis.-Superior	2:09.50	3
19 Hare, Seth	Minnesota-Duluth	2:10.04	3
20 Salan, Abdullahi	Augsburg	2:12.73	3
21 Avenson, Jake	Minnesota-Duluth	2:13.71	3
22 Guttormson, Jake	North Central (Minn.)	2:16.84	3

Event 14 Women 800 Meter Run

Meet Records: 2:14.63 ! 4/21/2012 Cassy Opitz, Minnesota
Facility Rec: 2:14.63 \$ 4/21/2012 Cassy Opitz, Minnesota

Name	School	Finals	H#
Finals			
1 Buske, Brianna	St. Scholastica	2:17.53	1
2 Peschel, Paige	Unattached	2:18.84	1
3 Haakenstad, Annie	Minnesota	2:19.08	1
4 Miller, Liz	Unattached	2:20.81	1
5 Mogren, Andrea	St. Scholastica	2:24.00	1
6 Sakry, Rachel	St. Cloud State	2:24.77	1
7 Bishop, Kate	Unattached	2:25.32	2
8 Lundgren, Emily	St. Scholastica	2:25.35	1
9 Hauer, Maria	St. Cloud State	2:25.57	1
10 Gibson, Taylor	St. Scholastica	2:26.55	1
11 Kirkeide, Courtney	St. Catherine	2:29.06	2
12 Strickland, Shannon	St. Catherine	2:31.86	2
13 Klassen, Whitney	U of Northwestern Saint Paul	2:32.98	2
14 McElroy, Jenna	St. Catherine	2:34.99	2
15 Crummy, Nicole	Bemidji State	2:35.95	1
16 Werking, Laura	Minnesota	2:36.32	2
17 Turner, Emily	Bemidji State	2:38.17	2
18 Hohenshell, Emily	St. Catherine	2:41.08	3

Holst Invitational - 4/18/2015**Concordia St. Paul****Results - Invitational****Finals ... (Event 14 Women 800 Meter Run)**

Name	School	Finals	H#
19 Beattie, Morgan	Bemidji State	2:42.59	2
20 Cardinal, Ellie	St. Catherine	2:44.79	3
21 White, Danica	U of Northwestern Saint Paul	2:45.52	3
22 Weyenberg, Kate	Wis.-Superior	2:50.11	3
23 Schield, Sara	Wis.-Superior	2:56.80	3
24 Rupp, Andrea	Bemidji State	2:57.42	3
25 Walters, Selina	Wis.-Superior	3:05.19	3
26 Hills, Rachel	Wis.-Superior	3:14.00	3

Event 15 Men 400 Meter Hurdles

Meet Records: 54.57 ! 2010 Rife Gooden, Unattached

Facility Rec: 53.07 \$ 5/2/2012 Alex Migit, Minnesota

Name	School	Finals
Finals		
1 Naumowicz, Tyler	Concordia-St. Paul	55.08
2 Naumann, Michael	St. Scholastica	56.53
3 Egelkraut, Aaron	St. Scholastica	57.09
4 Fathie, Alexander	Wis.-Superior	57.50
5 Rubeck, Logan	Minnesota-Duluth	58.64
6 Donahue, Nicholas	Wis.-Superior	1:02.12
7 Webb, Devon	Wis.-Superior	1:04.40

Event 16 Women 400 Meter Hurdles

Meet Records: 1:03.80 ! 2010 Kendra Mooberry, Mn St Moorhead

Facility Rec: 1:03.80 \$ 4/28/2010 Kendra Mooberry, Mn St Moorhead

Name	School	Finals	H#
Finals			
1 Campbell, Amy	St. Scholastica	1:04.46	1
2 Smits, Lindsey	Unattached	1:06.87	1
3 Woody, Nikaylah	Augsburg	1:12.07	2
4 Bialka, Katie	Concordia-St. Paul	1:12.78	1
5 Boyhtari, Alissa	Wis.-Superior	1:13.61	1
6 Morrier, Marie	St. Catherine	1:14.41	1
7 Wyrick, Johannah	St. Catherine	1:14.46	2
8 Schwint, Carly	Bemidji State	1:16.65	2
9 Couwenhoven, Sarah	U of Northwestern Saint Paul	1:19.89	1

Event 17 Men 200 Meter Dash

Meet Records: 21.98 ! 2010 Nick Trisko, St. Cloud St

Facility Rec: 21.85 \$ 5/2/2012 Diahn Zeon, Conc. St. Paul

Name	School	Finals	Wind	H#
Finals				
1 Egbuyor, Manni	Unattached	22.07	0.1	1
2 Taylor, Marquavius	Concordia-St. Paul	22.09	0.1	1
3 Behm, Connor	Minnesota-Duluth	22.26	0.1	1
4 Beattie, Nick	Minnesota-Duluth	22.73	0.1	1
5 Nelson, Jake	Minnesota-Duluth	22.80	0.1	1
6 Berman, Andrew	Unattached	23.04	0.1	1
7 Kolpin, Joey	Minnesota-Duluth	23.13	0.1	1
8 Tellez, Darrison	North Central (Minn.)	23.21	1.2	2

Holst Invitational - 4/18/2015**Concordia St. Paul
Results - Invitational****Finals ... (Event 17 Men 200 Meter Dash)**

Name	School	Finals	Wind	H#
9 Smith-Brewer, Undre	Augsburg	23.46	1.2	2
10 Malone, LeRoy	U of Northwestern Saint Paul	23.51	0.3	4
11 Steel, Spencer	U of Northwestern Saint Paul	23.66	0.3	3
12 Blake, Preston	Augsburg	23.70	1.2	2
13 Lamin, Festus	Augsburg	23.89	0.3	3
14 Tranel, Ted	St. Cloud State	23.91	1.2	2
14 Dubbe, Fabien	Augsburg	23.91	1.2	2
16 Olson, Holden	Minnesota-Duluth	23.96	1.2	2
17 Sims, Isiah	Augsburg	24.13	1.2	2
18 Comer, Nathan	Minnesota-Duluth	24.20	0.3	4
19 Moga, Tony	St. Scholastica	24.21	0.3	3
20 Wilkerson, Kyle	Wis.-Superior	24.25	0.3	3
21 Musabyimana, Wilson	Augsburg	24.48	0.3	3
22 Haberman, Henry	Wis.-Superior	24.64	0.3	4
23 Kuether, Josh	Augsburg	24.70	0.3	4
24 Spahr, Jordan	U of Northwestern Saint Paul	24.71	0.3	3
25 Foster-Bolton, Walter	Augsburg	25.15	0.3	3
26 Lee, Pong	Augsburg	25.51	0.3	3
27 Friederichs, Andrew	U of Northwestern Saint Paul	30.56	0.3	4

Event 18 Women 200 Meter Dash

Meet Records: 25.64 ! 4/12/2014 Alyssa Christianson, Concordia-St

Facility Rec: 25.64 \$ 4/12/2014 Alyssa Christianson, Concordia-St

Name	School	Finals	Wind	H#
Finals				
1 Golding, Kimberly	Unattached	25.80	0.3	2
2 Yalartai, Patience	St. Cloud State	25.91	+0.0	1
3 Argir, Sammi	St. Scholastica	25.96	+0.0	1
4 Schmidt, Becky	St. Cloud State	26.00	+0.0	1
5 Broome, Natalie	Minnesota	26.04	+0.0	1
6 Jones, Callie	Augsburg	26.18	+0.0	1
7 Shofner, Breanna	St. Scholastica	26.44	+0.0	1
8 Evans, Alicia	St. Cloud State	26.45	+0.0	1
9 Wendt, Kristen	St. Cloud State	27.01	+0.0	1
10 Skarin, Jordan	U of Northwestern Saint Paul	27.17	0.3	2
11 Yeager, Emily	St. Cloud State	27.46	0.3	2
12 Gray, America	Unattached	27.88	0.3	2
13 Hickey, Elizabeth	Augsburg	28.03	NWI	3
14 Rudolph, LaKeya	Concordia-St. Paul	28.08	0.3	2
14 Sila, Jodi	St. Scholastica	28.08	0.3	2
16 Moses, Jocelyn	U of Northwestern Saint Paul	28.67	NWI	3
17 Perkins, Morgan	Concordia-St. Paul	30.21	NWI	3

Event 19 Men 5000 Meter Run

Meet Records: 15:10.23 ! 4/18/2015 Chris Lawson, St. Scholast

Facility Rec: 15:10.23 \$ 4/18/2015 Chris Lawson, St. Scholast

Name	School	Finals
Finals		
1 Lawson, Chris	St. Scholastica	15:10.23 !
2 Nielsen, Dan	Minnesota-Duluth	15:16.07

Holst Invitational - 4/18/2015**Concordia St. Paul****Results - Invitational****Finals ... (Event 19 Men 5000 Meter Run)**

Name	School	Finals
3 Corbett, Charles	Wis.-Superior	15:54.39
4 Barqadle, Ibrahim	Augsburg	16:24.36
5 Mountain, Tom	St. Cloud State	16:34.37
6 Johnson, Sam	Minnesota-Duluth	16:48.87
7 Simila, John	St. Cloud State	16:50.93
8 Martin, Edward	Wis.-Superior	17:02.27
9 Anderson, Sam	Concordia-St. Paul	17:14.26
10 Karl, Tyler	Concordia-St. Paul	17:27.73
11 Haling, Brandon	Wis.-Superior	17:42.74
12 Gilhart, Andrew	Concordia-St. Paul	18:05.32
13 Brikis, Mieszko	Wis.-Superior	18:19.00
14 Erber, Jonathan	Unattached	18:55.98
15 Nemec, Nicholas	Wis.-Superior	19:45.71

Event 20 Women 5000 Meter Run

Meet Records: 17:19.71 ! 4/21/2012 Liz Berkholtz, Unattached

Facility Rec: 17:19.71 \$ 4/21/2012 Liz Berkholtz, Unattached

Name	School	Finals
Finals		
1 Sunstrom, Sam	St. Cloud State	18:21.36
2 Johnson, Jordan	St. Scholastica	19:20.72
3 Matti, Zia	St. Cloud State	19:49.34
4 Burgstahler, Molly	St. Scholastica	20:27.97
5 Denman, Jolynne	Bemidji State	20:48.92
6 Hubley, Jessie	St. Cloud State	20:55.96
7 Thomforde, Jenna	St. Scholastica	22:03.10
8 Perri, Michelle	St. Catherine	22:22.99

Event 21 Men 4x400 Meter Relay

**Meet Records: 3:20.21 ! 4/18/2015 Concordia-St. Paul, Concordia-St
V Melton, T Naumowicz, A Hausken, D Stanley**

**Facility Rec: 3:20.21 \$ 4/18/2015 Concordia-St. Paul, Concordia-St
V Melton, T Naumowicz, A Hausken, D Stanley**

Team	Relay	Finals	H#
Finals			
1 Concordia-St. Paul		3:20.21 !	1
2 Minnesota-Duluth		3:30.48	1
3 Wis.-Superior		3:32.63	1
4 Wis.-Superior	B	3:32.91	1
5 Augsburg		3:34.39	1
6 St. Cloud State		3:36.33	2
7 U of Northwestern Saint Paul		3:37.39	1
8 U of Northwestern Saint Paul	B	3:47.46	2

Holst Invitational - 4/18/2015**Concordia St. Paul****Results - Invitational****Event 22 Women 4x400 Meter Relay****Meet Records: 4:03.64 ! 4/18/2015****St. Scholastica, St. Scholast****B Buske, E Lundgren, A Mogren, A Campbell****Facility Rec: 4:03.64 \$ 4/18/2015****St. Scholastica, St. Scholast****B Buske, E Lundgren, A Mogren, A Campbell**

Team	Relay	Finals	H#
Finals			
1 St. Scholastica		4:03.64 !	1
2 Concordia-St. Paul		4:07.18	1
3 Unattached		4:16.56	1
4 St. Cloud State		4:16.79	1
5 Unattached	B	4:23.62	2
6 St. Catherine		4:31.04	2
7 U of Northwestern Saint Paul		4:31.64	2
8 Bemidji State	B	4:53.44	2

Event 28 Women Hammer Throw**Meet Records: 52.23m ! 4/16/2011****Megan Stroh, Minn Duluth****Facility Rec: 52.23m \$ 4/16/2011****Megan Stroh, Minn Duluth**

Name	School	Finals		
Finals				
1 Hitchcock, Jennifer	Minnesota-Duluth	49.47m	162-04	2
2 Heifort, Allie	Minnesota	48.33m	158-07	2
3 Federici, Mandy	Unattached	47.47m	155-09	1
4 Ogunrinde, Temi	Unattached	46.96m	154-01	2
5 Ritter, Ashley	St. Cloud State	46.40m	152-03	1
6 Vinokur, Victoria	Wis.-Superior	45.62m	149-08	2
7 Sabin, Kiley	Unattached	45.60m	149-07	2
8 Ware, Martina	Concordia-St. Paul	45.02m	147-08	2
9 Kingsley, Lydia	Minnesota-Duluth	43.15m	141-07	2
10 Swanson, Ellen	Minnesota-Duluth	41.40m	135-10	2
11 Waletzko, Stephanie	St. Cloud State	40.86m	134-01	2
12 Hegg, Denna	Bemidji State	40.83m	133-11	2
13 Vasilis, Claire	St. Catherine	39.92m	131-00	1
14 Hoffman, Mariah	Concordia-St. Paul	38.92m	127-08	1
15 Clankie, Heather	St. Cloud State	38.59m	126-07	1
16 Pohlmann, Megan	St. Catherine	38.57m	126-06	1
17 Bonasera, Jady	St. Scholastica	38.31m	125-08	1
18 Brewster, Ciara	Bemidji State	37.29m	122-04	2
19 Velde, Samantha	Bemidji State	37.11m	121-09	1
20 Hedrick, Katie	Augsburg	34.10m	111-10	2
21 Szyszka, Nicole	St. Catherine	33.07m	108-06	1
22 Nisley, Sarah	U of Northwestern Saint Paul	30.34m	99-06	1
23 Kuusisto, Kali	Augsburg	26.20m	85-11	1
--- Ludwig, Brittany	St. Scholastica	FOUL		1

Holst Invitational - 4/18/2015**Concordia St. Paul****Results - Invitational****Event 27 Men Hammer Throw****Meet Records: 64.40m ! 4/16/2011 Bryan Tolcser, Unattached****Facility Rec: 64.40m \$ 4/16/2011 Bryan Tolcser, Unattached**

Name	School	Finals		
Finals				
1 Peterson, Jeremy	St. Scholastica	57.48m	188-07	2
2 Moran, Nick	Minnesota-Duluth	56.81m	186-05	2
3 Johnson, Ryan	St. Cloud State	53.33m	175-00	2
4 Murphy, Ryan	St. Scholastica	50.22m	164-09	2
5 Cullen, Mike	Concordia-St. Paul	48.51m	159-02	2
6 Udenberg, Thomas	Wis.-Superior	47.12m	154-07	2
7 Pineda, Brendon	Minnesota-Duluth	46.69m	153-02	2
8 Wilson, Kern	Minnesota-Duluth	45.83m	150-04	1
9 Anderson, Quinn	St. Cloud State	44.17m	144-11	1
10 Kuusisto, Jesse	Augsburg	43.60m	143-00	2
11 Treichel, Clinton	Minnesota-Duluth	42.82m	140-06	2
12 Kantor, Michael	Augsburg	40.51m	132-11	1
13 Fleming, Thomas	Wis.-Superior	39.72m	130-04	1
14 Buege, Danny	Augsburg	39.24m	128-09	1
15 Johnson, Eric	St. Cloud State	36.46m	119-07	1
16 Fischer, Baruch	U of Northwestern Saint Paul	32.15m	105-06	1
17 Alexandrou, Elias	Wis.-Superior	31.94m	104-09	1
18 Sowers, Devin	Minnesota-Duluth	31.53m	103-05	1
19 Larson, Hayden	U of Northwestern Saint Paul	30.61m	100-05	1
20 Evans, Curtwan	St. Cloud State	25.43m	83-05	1

Event 23 Men Javelin Throw**Meet Records: 50.84m ! 4/16/2011 Josh Ming, Minot State****Facility Rec: 50.84m \$ 4/16/2011 Josh Ming, Minot State**

Name	School	Finals		
Finals				
1 Zamzow, Brooks	Minnesota-Duluth	47.61m	156-02	2
2 Potratz, Noah	Wis.-Superior	43.81m	143-09	1
3 Kantor, Michael	Augsburg	43.62m	143-01	2
4 Zielke, Gabe	Wis.-Superior	43.49m	142-08	2
5 Ryan, James	Minnesota-Duluth	40.48m	132-10	2
6 Baga, Daniel	Wis.-Superior	40.42m	132-07	2
7 Hohensee, Caleb	Wis.-Superior	40.32m	132-03	2
8 Rubeck, Logan	Minnesota-Duluth	40.20m	131-11	1
9 Niebuhr, Micah	Concordia-St. Paul	37.16m	121-11	1
10 Naumann, Michael	St. Scholastica	37.00m	121-05	1
11 Kuusisto, Jesse	Augsburg	35.43m	116-03	2
12 Kolpin, Joey	Minnesota-Duluth	32.68m	107-03	1
13 Owens, Joe	Concordia-St. Paul	32.41m	106-04	1
14 Olinger, Joseph	Wis.-Superior	32.01m	105-00	1
15 Buege, Danny	Augsburg	30.15m	98-11	1

Holst Invitational - 4/18/2015**Concordia St. Paul****Results - Invitational****Event 24 Women Javelin Throw****Meet Records: 35.44m ! 4/18/2015 Megan Pohlmann, St. Catherin****Facility Rec: 35.44m \$ 4/18/2015 Megan Pohlmann, St. Catherin**

Name	School	Finals	
Finals			
1 Pohlmann, Megan	St. Catherine	35.44m !	116-03
2 Besch, Alyssa	St. Catherine	32.71m	107-04
3 Breault, Danielle	St. Catherine	31.10m	102-00
4 Palmer, Abby	St. Catherine	29.40m	96-05
5 Velde, Samantha	Bemidji State	29.07m	95-04
6 Beattie, Morgan	Bemidji State	27.43m	90-00
7 Kuusisto, Kali	Augsburg	25.51m	83-08
8 Swanson, Ellen	Minnesota-Duluth	24.98m	81-11
9 Krejcarek, Olivia	St. Scholastica	23.38m	76-08
10 Larson, Torri	Wis.-Superior	17.97m	58-11
11 Kirkeide, Courtney	St. Catherine	17.42m	57-02

Event 35 Men Pole Vault**Meet Records: 4.80m ! 4/16/2011 Jason Beutz, Minn Duluth****Facility Rec: 5.10m \$ 5/2/2012 Jack Szmanda, Minnesota**

Name	School	Finals	
Finals			
1 Szmanda, Jack	Twin Cities Track Club	4.65m	15-03.00
2 Welk, Marcus	St. Cloud State	4.50m	14-09.00
3 Elyea-Wheeler, Bryan	Concordia-St. Paul	4.35m	14-03.25
4 Heuer, Deontae	Augsburg	4.35m	14-03.25
5 Hohensee, Caleb	Wis.-Superior	4.20m	13-09.25
7 Petersen, Jess	Minnesota-Duluth	3.90m	12-09.50
8 Van Watermeulen, Nick	Minnesota-Duluth	3.90m	12-09.50
--- Olson, Kevin	Wis.-Superior	NH	
--- Joppru, Aaron	Concordia-St. Paul	NH	
--- Kelner, Joe	Minnesota-Duluth	NH	

Event 36 Women Pole Vault**Meet Records: 4.20m ! 4/18/2015 Samantha Sonnenberg, Unattached****Facility Rec: 4.20m \$ 4/18/2015 Samantha Sonnenberg, Unattached**

Name	School	Finals	
Finals			
1 Brost, Leslie	Twin Cities Track Club	4.20m !	13-09.25
1 Sonnenberg, Samantha	Unattached	4.20m !	13-09.25
3 Narr, Macy	Unattached	3.45m	11-03.75
4 Funk, Allie	Minnesota	3.45m	11-03.75
5 Horob, Hailey	Bemidji State	3.30m	10-10.00
6 Kramer, Marianna	Concordia-St. Paul	3.15m	10-04.00
6 Krejcarek, Olivia	St. Scholastica	3.15m	10-04.00
8 Feilen, Gretchen	Concordia-St. Paul	3.00m	9-10.00
9 Pieper, Sarah	Concordia-St. Paul	3.00m	9-10.00
10 Eng, Austyn	Bemidji State	2.70m	8-10.25
11 Inthasone, Mam	Augsburg	2.55m	8-04.25
12 Quast, Caitlyn	Bemidji State	2.40m	7-10.50
13 Macki, Anna	St. Catherine	2.25m	7-04.50

Holst Invitational - 4/18/2015**Concordia St. Paul
Results - Invitational****Finals ... (Event 36 Women Pole Vault)**

Name	School	Finals
--- Jandrich, Esther	Concordia-St. Paul	NH
--- Hughes, Anna	Concordia-St. Paul	NH

Event 34 Women Long Jump

Meet Records: 5.58m ! 4/12/2014 Heather Miller Koch, CPTC New Bal

Facility Rec: 5.58m \$ 4/12/2014 Heather Miller Koch, CPTC New Bal

Name	School	Finals	Wind
Finals			
1 Schmidt, Becky	St. Cloud State	5.46m	17-11.00 0.4 2
2 Yalartai, Patience	St. Cloud State	5.43m	17-09.75 +0.0 2
3 Flynn, Kelly	Minnesota	5.38m	17-08.00 1.3 2
4 Gottschalk, Natalie	St. Cloud State	5.21m	17-01.25 0.4 2
5 Hawkinson, Katie	Minnesota-Duluth	4.89m	16-00.50 1.7 2
6 Burney, Kalle	Concordia-St. Paul	4.87m	15-11.75 +0.0 2
7 Dickson, Danielle	St. Scholastica	4.74m	15-06.75 +0.0 2
8 Doebler, Amber	U of Northwestern Saint Paul	4.69m	15-04.75 +0.0 1
9 Thompson, Sydney	Wis.-Superior	4.61m	15-01.50 1.1 2
10 Kotajarvi, Lauren	Minnesota-Duluth	4.52m	14-10.00 1.8 1
11 Palmer, Abby	St. Catherine	4.48m	14-08.50 -1.0 1
12 Roetering, Katharine	St. Scholastica	4.47m	14-08.00 +0.0 1
13 Skluzacek, Makayla	St. Catherine	4.45m	14-07.25 1.9 1
14 Dube, Michelle	St. Scholastica	3.87m	12-08.50 -0.6 1

Event 33 Men Long Jump

Meet Records: 7.00m ! 2010 Diahn Zeon, Conc. St. Paul

Facility Rec: 7.28m \$ 5/2/2012 Oladipo Fagbemi, Minnesota

Name	School	Finals	Wind
Finals			
1 Davis, Keyshawn	St. Cloud State	6.93m	22-09.00 +0.0 2
2 Yira, Jordan	St. Cloud State	6.35m	20-10.00 -0.9 2
3 McGee, Kenny	Wis.-Superior	6.31m	20-08.50 0.3 2
4 Ryan, James	Minnesota-Duluth	6.22m	20-05.00 -0.4 2
5 Gibbs, John	Concordia-St. Paul	6.14m	20-01.75 -1.3 2
6 Vieau, Zachary	Wis.-Superior	6.11m	20-00.50 0.1 2
7 Anderson, Corey	St. Scholastica	6.09m	19-11.75 +0.0 2
8 Christman, Brandyn	Minnesota-Duluth	5.99m	19-08.00 -0.9 1
9 Foster-Bolton, Walter	Augsburg	5.66m	18-07.00 +0.0 1
10 Zamzow, Brooks	Minnesota-Duluth	5.63m	18-05.75 -1.1 1
11 Jones, Howard	Concordia-St. Paul	5.62m	18-05.25 0.2 1
12 Myran, Zachary	Wis.-Superior	5.23m	17-02.00 +0.0 1
13 Sims, Isiah	Augsburg	4.86m	15-11.50 +0.0 1

Event 37 Men High Jump

Meet Records: 2.00m ! 4/21/2014 Eric Atherton/Danny Schiller, Unattached/Minnesota

Facility Rec: 2.06m \$ 5/2/2012 Dustin McColley, St. Cloud State

Name	School	Finals
Finals		
1 Johanson, Josh	Concordia-St. Paul	1.92m 6-03.50
2 Anderson, Corey	St. Scholastica	1.87m 6-01.50
3 Haberman, Henry	Wis.-Superior	1.78m 5-10.00

Holst Invitational - 4/18/2015**Concordia St. Paul
Results - Invitational****Finals ... (Event 37 Men High Jump)**

Name	School	Finals
--- Izaki, Keishin	Wis.-Superior	NH
--- Welty, Nathan	Wis.-Superior	NH
--- Anderson, Jared	Wis.-Superior	NH
--- Walkow, Hunter	Wis.-Superior	NH

Event 38 Women High Jump**Meet Records: 1.68m ! 4/18/2015 Heta Tuuri, Minnesota****Facility Rec: 1.68m \$ 4/18/2015 Heta Tuuri, Minnesota**

Name	School	Finals
Finals		
1 Tuuri, Heta	Minnesota	1.68m ! 5-06.00
2 Christianson, Nicole	St. Scholastica	1.67m 5-05.75
3 Maher, Amelia	Minnesota-Duluth	1.67m 5-05.75
4 Gasteratou, Katerina	Minnesota	1.57m 5-01.75
4 Feilen, Gretchen	Concordia-St. Paul	1.57m 5-01.75
6 Blair, Alex	St. Scholastica	1.52m 4-11.75
7 Manning, Sarah	St. Catherine	1.47m 4-09.75
8 Gibson-Treptow, Emily	Wis.-Superior	1.42m 4-07.75
8 Skluzacek, Makayla	St. Catherine	1.42m 4-07.75
8 Krejcarek, Olivia	St. Scholastica	1.42m 4-07.75
8 Kramer, Marianna	Concordia-St. Paul	1.42m 4-07.75
12 Bednar, Bridget	Augsburg	1.42m 4-07.75
13 Angok, Tina	Augsburg	1.37m 4-06.00
14 Hale, Samantha	Wis.-Superior	1.37m 4-06.00
15 Young, Erica	Unattached	1.37m 4-06.00
--- Friedenfels, Stefani	Minnesota-Duluth	NH
--- Rieffer, Amanda	St. Scholastica	NH

Event 26 Women Shot Put**Meet Records: 14.48m ! 4/21/2012 Tina DeLakis, Minnesota****Facility Rec: 14.48m \$ 4/21/2012 Tina DeLakis, Minnesota**

Name	School	Finals
Finals		
1 Sabin, Kiley	Unattached	14.43m 47-04.25 2
2 Ware, Martina	Concordia-St. Paul	13.47m 44-02.50 2
3 Heifort, Allie	Minnesota	12.89m 42-03.50 2
4 Vinokur, Victoria	Wis.-Superior	12.56m 41-02.50 2
5 Cardinal, Cassandra	St. Cloud State	12.25m 40-02.25 2
6 Brewster, Ciara	Bemidji State	12.08m 39-07.75 2
7 Clankie, Heather	St. Cloud State	11.15m 36-07.00 1
8 Kingsley, Lydia	Minnesota-Duluth	9.82m 32-02.75 1
9 Nisley, Sarah	U of Northwestern Saint Paul	7.34m 24-01.00 1
--- Bonasera, Jady	St. Scholastica	FOUL 2

Event 25 Men Shot Put**Meet Records: 16.14m ! 4/18/2015 Thomas Udenberg, Wis.-Superio****Facility Rec: 16.31m \$ 5/2/2012 Brennan McKeag, Minnesota**

Name	School	Finals
Finals		
1 Udenberg, Thomas	Wis.-Superior	16.14m ! 52-11.50 3

Holst Invitational - 4/18/2015**Concordia St. Paul****Results - Invitational****Finals ... (Event 25 Men Shot Put)**

Name	School	Finals		
2 Cullen, Mike	Concordia-St. Paul	15.46m	50-08.75	3
3 Pineda, Brendon	Minnesota-Duluth	14.99m	49-02.25	2
4 Saez, Rafael	St. Cloud State	14.78m	48-06.00	3
5 Treichel, Clinton	Minnesota-Duluth	14.60m	47-11.00	2
6 Peterson, Jeremy	St. Scholastica	14.55m	47-09.00	3
7 Anderson, Quinn	St. Cloud State	14.31m	46-11.50	2
8 Gabrielson, John	Concordia-St. Paul	14.27m	46-10.00	3
9 Sowers, Devin	Minnesota-Duluth	14.00m	45-11.25	3
10 Evans, Curtwan	St. Cloud State	13.12m	43-00.50	2
11 Moran, Nick	Minnesota-Duluth	12.92m	42-04.75	3
12 Fischer, Baruch	U of Northwestern Saint Paul	12.58m	41-03.25	2
13 Kuusisto, Jesse	Augsburg	12.34m	40-06.00	2
14 Kantor, Michael	Augsburg	12.23m	40-01.50	2
15 Karnwie-Tuah, Aveir	U of Northwestern Saint Paul	11.88m	38-11.75	1
16 Wilson, Kern	Minnesota-Duluth	11.79m	38-08.25	1
17 Buege, Danny	Augsburg	11.73m	38-06.00	1
18 Johnson, Eric	St. Cloud State	10.95m	35-11.25	1
19 Alexandrou, Elias	Wis.-Superior	10.69m	35-01.00	1
20 Gil-Reyes, Miguel	North Central (Minn.)	10.39m	34-01.25	1
21 Fleming, Thomas	Wis.-Superior	9.07m	29-09.25	1

Event 32 Women Triple Jump

Meet Records: 11.58m ! 4/16/2011 Rachel Miller, St. Scholast

Facility Rec: 11.58m \$ 4/16/2011 Rachel Miller, St. Scholast

Name	School	Finals		Wind
Finals				
1 Hawkinson, Katie	Minnesota-Duluth	10.78m	35-04.50	0.7
2 Friedenfels, Stefani	Minnesota-Duluth	10.70m	35-01.25	-0.2
3 Roetering, Katharine	St. Scholastica	9.76m	32-00.25	-0.8
4 Kronholm, Kelsey	Concordia-St. Paul	9.10m	29-10.25	-1.9
5 Rieffer, Amanda	St. Scholastica	8.98m	29-05.50	1.6

Event 31 Men Triple Jump

Meet Records: 13.67m ! 2010 Shane Pantila, Augsburg

Facility Rec: 14.67m \$ 5/2/2012 Oladipo Fagbemi, Minnesota

Name	School	Finals		Wind
Finals				
1 Odera, Antony	Concordia-St. Paul	13.66m	44-09.75	0.4
2 Yira, Jordan	St. Cloud State	12.60m	41-04.25	1.0
3 Vieau, Zachary	Wis.-Superior	12.26m	40-02.75	0.9
4 Christman, Brandyn	Minnesota-Duluth	11.94m	39-02.25	0.2
5 Fettig, Jacob	U of Northwestern Saint Paul	11.75m	38-06.75	-0.9
6 Myran, Zachary	Wis.-Superior	10.43m	34-02.75	-0.3

Event 30 Women Discus Throw

Meet Records: 47.13m ! 2010 Liz Podominick, Unattached

Facility Rec: 47.13m \$ 4/28/2010 Liz Podominick, Unattached

Name	School	Finals		
Finals				
1 Sabin, Kiley	Unattached	45.59m	149-07	2

Holst Invitational - 4/18/2015**Concordia St. Paul****Results - Invitational****Finals ... (Event 30 Women Discus Throw)**

	Name	School	Finals		
2	Vinokur, Victoria	Wis.-Superior	41.09m	134-10	2
3	Clankie, Heather	St. Cloud State	40.96m	134-04	2
4	Heifort, Allie	Minnesota	40.54m	133-00	2
5	Cardinal, Cassandra	St. Cloud State	40.54m	133-00	2
6	Ludwig, Brittany	St. Scholastica	39.89m	130-10	2
7	Bonasera, Jady	St. Scholastica	36.65m	120-03	2
8	Velde, Samantha	Bemidji State	35.78m	117-05	1
9	Swanson, Ellen	Minnesota-Duluth	32.75m	107-05	1
10	Hoffman, Mariah	Concordia-St. Paul	31.01m	101-09	1
11	Szyszk, Nicole	St. Catherine	30.87m	101-03	2
12	Kingsley, Lydia	Minnesota-Duluth	30.56m	100-03	1
13	Vasilis, Claire	St. Catherine	29.99m	98-05	1
14	Brewster, Ciara	Bemidji State	29.98m	98-04	1
15	Hedrick, Katie	Augsburg	29.41m	96-06	1
16	Kuusisto, Kali	Augsburg	28.38m	93-01	1
17	Brooker, Rachel	Augsburg	25.38m	83-03	1
18	Nisley, Sarah	U of Northwestern Saint Paul	20.88m	68-06	1

Event 29 Men Discus Throw

Meet Records: 52.59m ! 4/12/2014 Grant Luer, Unattached

Facility Rec: 52.59m \$ 4/12/2014 Grant Luer, Unattached

	Name	School	Finals		
Finals					
1	Anderson, Quinn	St. Cloud State	48.07m	157-08	3
2	Johnson, Ryan	St. Cloud State	47.46m	155-08	3
3	Peterson, Jeremy	St. Scholastica	47.40m	155-06	3
4	Saez, Rafael	St. Cloud State	46.80m	153-06	3
5	Cullen, Mike	Concordia-St. Paul	42.84m	140-07	2
6	Udenberg, Thomas	Wis.-Superior	42.37m	139-00	2
7	Gabrielson, John	Concordia-St. Paul	41.70m	136-10	3
8	Murphy, Ryan	St. Scholastica	40.65m	133-04	2
9	Kantor, Michael	Augsburg	38.71m	127-00	2
10	Kuusisto, Jesse	Augsburg	38.04m	124-10	2
11	Johnson, Eric	St. Cloud State	37.02m	121-05	2
12	Treichel, Clinton	Minnesota-Duluth	36.70m	120-05	2
13	Fischer, Baruch	U of Northwestern Saint Paul	34.58m	113-05	1
14	Lee, Brian	Minnesota-Duluth	34.51m	113-03	1
15	Karnwie-Tuah, Ayeir	U of Northwestern Saint Paul	32.67m	107-02	1
16	Zamzow, Brooks	Minnesota-Duluth	32.47m	106-06	2
17	Ryan, James	Minnesota-Duluth	31.80m	104-04	1
18	Wilson, Kern	Minnesota-Duluth	30.83m	101-02	1
19	Alexandrou, Elias	Wis.-Superior	30.56m	100-03	1
20	Evans, Curtwan	St. Cloud State	28.02m	91-11	1
21	Larson, Hayden	U of Northwestern Saint Paul	26.52m	87-00	1
22	Fleming, Thomas	Wis.-Superior	26.29m	86-03	1
23	Gil-Reyes, Miguel	North Central (Minn.)	25.51m	83-08	1
---	Moran, Nick	Minnesota-Duluth	FOUL		3
---	Sowers, Devin	Minnesota-Duluth	FOUL		3
---	Compton, Chris	U of Northwestern Saint Paul	FOUL		2