

**Holst Invitational - 4/16/2016
Concordia St. Paul
Results - Invitational**

Event 39 Women 10000 Meter Run

=====
 Meet Records: ! 38:54.50 4/16/2016 Hannah Palmeter, SW Minnes
 Facility Rec: \$ 38:54.50 4/16/2016 Hannah Palmeter, SW Minnes
 Name Year School Finals
 =====

Finals
 1 Palmeter, Hannah SW Minnesota St. 38:54.50!
 2 Arends, Alyssa Northwestern 40:41.65
 3 Larsen, Malena Augsburg 42:02.56
 4 Keohen, Jen SW Minnesota St. 47:02.50

Event 40 Men 10000 Meter Run

=====
 Meet Records: ! 33:07.67 4/16/2016 Blake Anderson, Minnesota-
 Facility Rec: \$ 33:07.67 4/16/2016 Blake Anderson, Minnesota-
 Name Year School Finals
 =====

1 Anderson, Blake Minnesota-Duluth 33:07.67!
 2 Sedbrook, Cody Minnesota-Duluth 33:19.92
 3 Burke, Caleb Minnesota State 33:23.05
 4 Lawson, Nick Minnesota-Duluth 33:56.77
 5 Longen, Matthew Minnesota State 34:37.01
 6 Troe, Caleb Concordia-St. Paul 35:32.97
 7 Peterson, Jackson Northwestern 35:34.99
 8 Broze, Ben SW Minnesota St. 36:09.33
 9 Huss, Chris Augsburg 36:21.37
 10 Martin, Edward Wis.-Superior 36:35.53
 11 Moore, Ryan Augsburg 38:35.09

Event 2 Men 4x100 Meter Relay

=====
 Meet Records: ! 42.08 2010 Concordia St Paul, Conc. St.
 J Pimental, D Zeon, R Spence, D Gilmer
 Facility Rec: \$ 42.08 4/28/2010 Concordia St Paul, Conc. St.
 J Pimental, D Zeon, R Spence, D Gilmer
 School Finals
 =====

1 St. Thomas (Minn.) 42.74
 2 Concordia-St. Paul 42.79
 3 St. John's (Minn.) 43.19
 4 Minnesota-Duluth 43.47
 5 Hamline 43.67
 6 Macalester 44.10
 7 St. Olaf 44.43
 8 Northwestern (Minn.) 45.58

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
 School Finals
 =====

1 Concordia-St. Paul 49.34
 2 Bemidji State 49.72
 3 Macalester 50.07
 4 St. Thomas (Minn.) 50.70

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

...Event 3 Women 4x100 Meter Relay

5 Concordia-St. Paul 'B'	51.22
6 Hamline	51.76
7 St. Catherine	52.93

Event 1 Men 3000 Meter Steeplechase

=====
 Meet Records: ! 9:31.09 4/18/2015 Jackson Lindquist, Wis.-Sup
 Facility Rec: \$ 9:31.09 4/18/2015 Jackson Lindquist, Wis.-Sup
 Name Year School Finals

1 Baker, AJ	Twin Cities	9:35.71
2 Cruz, Derek	Minnesota State	9:53.56
3 Koski, Jordan	Wis.-Superior	9:55.52
4 Burgstahler, Matthew	St. John's (Minn.)	9:56.78
5 Hoff, Michael	Minnesota State	9:57.28
6 Franta, Brandon	St. John's (Minn.)	10:10.91
7 Fisher, Mitch	Minnesota-Duluth	10:11.53
8 Schiltz, Thomas	Unattached	10:12.40
9 Boes, Alec	Wis.-Stout	10:17.32
10 Fitzsimmons, Kelly	SW Minnesota St.	10:19.95
11 Lick, Austin	St. John's (Minn.)	10:24.33
12 Dodge, Tris	Carleton	10:25.37
13 Wittman, Luke	St. John's (Minn.)	10:26.31
14 Hansen, Andrew	St. John's (Minn.)	10:37.83
15 Grant, Spencer	Macalester	10:40.50
16 Karl, Tyler	Concordia-St. Paul	10:43.18
17 Allen, Dan	St. John's (Minn.)	10:43.43
18 Polania-Gonzalez, Ernest	Carleton	10:43.45
19 Schwechler, Reid	Wis.-River Falls	10:46.87
20 Hare, Seth	Minnesota-Duluth	10:54.55
21 Richmond, Sam	Macalester	11:03.41
22 Hoffert, Michael	Carleton	11:04.13
23 Mazurek, Zachary	Wis.-Superior	11:11.31
24 Collins, Michael	St. John's (Minn.)	11:20.79
-- Wooten, Blake	SW Minnesota St.	DNF

Event 4 Women 3000 Meter Steeplechase

=====
 Meet Records: ! 11:13.10 2010 Danielle Thompson, Mn St M
 Facility Rec: \$ 11:13.10 4/28/2010 Danielle Thompson, Mn St M
 Name Year School Finals

1 Flanagan, Megan	Unattached	11:36.29
2 Dillon, Caitlin	Minnesota	11:48.65
3 Stuart, Megan	Minnesota-Duluth	11:58.23
4 Seidenkranz, Erica	Minnesota-Duluth	12:01.21
5 Brighthouse Glueck, Madeli	Minnesota	12:09.65
6 Richard, Caitlan	Minnesota-Duluth	12:17.49
7 Bacon, Phillie	Bemidji State	12:18.83
8 McElroy, Jenna	Unattached	12:25.67
9 Weibel, Violet	Minnesota	12:26.44
10 Borowski, Meghan	Minnesota-Duluth	12:29.78
11 Ramirez, Savannah	SW Minnesota St.	12:34.38
12 Cahoon-Draus, Deanna	Wis.-River Falls	12:50.60
13 Matti, Zia	St. Cloud State	12:53.56

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

...Event 4 Women 3000 Meter Steeplechase

14	Manthey, Alaina	Wis.-Superior	13:10.56
15	Gould, Laura	Macalester	13:12.81
16	Pelz, Amy	Macalester	13:17.51
17	Brine-Doyle, Jackie	St. Catherine	13:18.55
18	Lindaman, Kaitlyn	Macalester	13:45.13
19	Cardinal, Ellie	St. Catherine	13:56.73
20	Witmer, Sam	St. Catherine	14:19.70
21	Greenslade, Lisa	Northwestern	14:21.68
22	Thompson, Jenna	St. Catherine	14:37.37

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	Year	School	Prelims	Wind	H#
Preliminaries					
1		Walker, Eric	Unattached	14.68q	4.3 3
2		Holcomb, Ben	Minnesota	14.86q	4.4 2
3		Witcher, Myles	St. Cloud State	15.22q	4.4 2
4		Naumowicz, Tyler	Concordia-St. Paul	15.24q	4.3 3
5		Olson, Dylan	Hamline	15.38q	4.3 3
6		Schoen, Ethen	Wis.-Stout	15.43q	4.4 2
7		White, Shane	Wis.-River Falls	15.48q	3.2 1
8		Baker, Matthew	Unattached	15.53q	3.5 4
9		Martin, Max	St. John's (Minn.)	15.55	3.2 1
10		Bristol, Logan	Minnesota State	15.81	4.3 3
11		Hasler, Nick	St. Thomas (Minn.)	15.82	3.2 1
12		Leonard, Josh	Wis.-River Falls	15.85	4.4 2
13		Dahl, Duncan	St. Thomas (Minn.)	15.91	3.5 4
14		Gredvig, Jacob	St. Thomas (Minn.)	16.20	4.4 2
15		Peck, Mitch	St. John's (Minn.)	16.54	4.3 3
16		Erskin, Antonio	St. Thomas (Minn.)	16.67	3.5 4
17		Knutson, Eli	St. Olaf	16.69	3.5 4
18		Johanson, Josh	Concordia-St. Paul	16.73	3.5 4
19		Lind, Andrew	Minnesota-Duluth	16.75	4.4 2
20		Zamzow, Brooks	Minnesota-Duluth	17.05	3.2 1
21		Bates, Peter	St. Cloud State	17.09	3.2 1
22		Adams, Sean	Augsburg	17.11	3.5 4
23		Gould, Rex	Hamline	17.20	4.3 3
24		Voss, Anders	Macalester	17.74	4.3 3
25		Buckner, Jack	Carleton	17.90	3.2 1
26		Frick, Chris	St. Olaf	18.28	4.3 3
27		Rea, Tyler	Augsburg	18.52	4.4 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	Year	School	Prelims	Wind	H#
1		Schow, Rachel	Unattached	13.92q	4.9 1
2		Saulsberry, Carolyn	Hamline	14.73q	3.8 2
3		Brown, Gabrielle	Hamline	14.76q	3.4 5
4		Saulsberry, Marolyn	Unattached	14.97q	3.1 3

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

....Event 8 Women 100 Meter Hurdles

5	Bierman, Brielle	St. Thomas (Minn.)	15.15q	3.8	2
6	Eischens, Laura	St. Thomas (Minn.)	15.42q	2.4	4
7	Sevila, Emeline	Bemidji State	15.43q	3.4	5
8	Gottschalk, Natalie	St. Cloud State	15.58q	4.3	6
9	Piergies, Tonya	Carleton	15.59	2.4	4
10	Futterer, Anna	Hamline	15.60	4.9	1
10	Hunter, Brooke	Macalester	15.60	3.8	2
12	Davis, Madeline	St. Thomas (Minn.)	15.61	3.4	5
13	Anderson, Nikki	Bemidji State	15.63	4.9	1
14	Linkert, Sherahlynn	Wis.-River Falls	15.70	2.4	4
15	Miller, Chloe	Bemidji State	15.81	4.3	6
16	Hendrickson, Josi	Hamline	16.10	3.8	2
17	Meyer, Lorna	Minnesota-Duluth	16.11	4.9	1
18	VanWyllen, Madison	St. Olaf	16.15	3.1	3
19	Benson, Christa	Bemidji State	16.26	3.1	3
19	Klug, Lindsey	St. Cloud State	16.26	3.8	2
21	Ighovojah, Wakpor	Concordia-St. Paul	16.30	2.4	4
21	Murphy, Faith	Minnesota-Duluth	16.30	4.3	6
23	Stendahl, Jessica	Concordia-St. Paul	16.56	4.3	6
24	Ivy, Gabby	Macalester	16.93	3.1	3
25	Nelson, Kayla	Unattached	17.05	3.8	2
26	Dontje Lindell, Halla	Macalester	17.07	3.4	5
27	Rowe, Valerie	Wis.-Superior	17.30	2.4	4
28	Kilber, Heather	St. Thomas (Minn.)	17.39	4.3	6
29	Quaranta, Alaina	Augsburg	17.45	4.3	6
30	Ackley, Ashleigh	St. Catherine	17.50	3.1	3
31	Morgenstern, Marissa	Bemidji State	18.31	3.1	3
32	Smith, Callie	Minnesota-Duluth	18.32	2.4	4
33	Bond, Sarah	St. Olaf	18.61	4.9	1
34	Miller, Bronwyn	Upper Iowa	18.72	3.8	2
35	Erlandson, Lori	St. Olaf	19.23	4.9	1

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	Year	School	Prelims	Wind	H#
1	Stewart, Kyran	Unattached	10.24q	4.1	1
2	Bredy, Derek	Saiyan Racers	10.53q	3.1	2
3	Paynotta, David	Unattached	10.60q	2.8	3
4	Demus, Jonathan	Unattached	10.62q	3.5	6
5	Smith-Brewer, Undre	Augsburg	10.71q	2.6	9
6	Diamond, Reid	Minnesota State	10.73q	3.5	6
7	Gourley, Jake	Unattached	10.74q	2.8	4
7	Hickman, Shaahede	Unattached	10.74q	4.1	1
9	Webb, Jonathan	Unattached	10.75	2.6	9
10	Lane, Carmono	Unattached	10.78	1.8	7
11	hancock, jerrell	Unattached	10.82	1.9	5
12	Immeker, Ryan	Minnesota State	10.83	2.4	8
13	Barnes, Vance	St. Cloud State	10.86	2.4	10
13	Coleman, Quinton	Minnesota	10.86	2.4	8
15	Larson, Tom	Hamline	10.88	1.9	5
16	Dorosoz, Kyle	Wis.-River Falls	10.93	2.6	9
16	McFarlin, James	St. Olaf	10.93	2.8	3

Holst Invitational - 4/16/2016**Concordia St. Paul****Results - Invitational****...Event 11 Men 100 Meter Dash**

18 Rabon, Justin	Minnesota	10.95	3.5	6
19 Ryan, Ben	SW Minnesota St.	10.99	3.1	2
20 Carr, Richard	St. Cloud State	11.00	2.8	4
21 Clarke, Anthony	St. John's (Minn.)	11.01	4.1	1
22 Clark, Evan	St. John's (Minn.)	11.06	1.9	5
22 Ekholm, Anthony	St. Thomas (Minn.)	11.06	3.1	2
24 Taylor, Marquavius	Unattached	11.11	2.4	10
25 Brice, Javontee	Minnesota State	11.12	2.8	3
26 Schultenover, Jack	Macalester	11.15	2.4	10
27 Baeza, Joel	St. John's (Minn.)	11.16	2.8	4
28 Finley, Dallin	SW Minnesota St.	11.24	2.4	8
29 Marrin, Matthew	Concordia-St. Paul	11.25	2.6	9
30 Weiss, Logan	St. Olaf	11.28	1.9	5
30 Huss, Nathan	Hamline	11.28	3.1	2
30 Arnold, Charles	Concordia-St. Paul	11.28	1.8	7
33 Schuster, John	Minnesota State	11.32	3.1	2
34 Howard, Evan	Carleton	11.33	4.1	1
34 Reeves, Casey	Minnesota-Duluth	11.33	2.4	8
36 Reed, Joseph	St. Thomas (Minn.)	11.37	4.1	1
37 Hennen, Aidan	Macalester	11.38	2.8	3
38 Kabanuk, Kyle	Minnesota-Duluth	11.40	1.8	7
39 Jevne, Scott	St. Thomas (Minn.)	11.43	2.6	9
39 Kelvington, Luke	St. John's (Minn.)	11.43	4.1	1
41 Murphy, Sean	St. Thomas (Minn.)	11.45	2.8	3
41 Davis, Logan	St. John's (Minn.)	11.45	2.8	4
43 Witschen, Michael	St. Thomas (Minn.)	11.48	2.6	9
44 Emlaw, Mark	Minnesota-Duluth	11.50	1.9	5
45 Dzikonksi, Alex	Wis.-Superior	11.51	1.8	7
46 Yankey, Sam	Hamline	11.52	2.4	8
46 Anderson, Parker	St. John's (Minn.)	11.52	2.8	3
48 Janisch, Jordan	SW Minnesota St.	11.60	2.8	4
49 Mischke, Jacob	St. Thomas (Minn.)	11.61	2.4	10
49 Malone, LeRoy	Northwestern	11.61	2.4	8
51 Barnes, Justin	Wis.-River Falls	11.63	3.5	6
52 Beaman, Garrett	St. Olaf	11.70	4.1	1
53 Botten, Joshua	St. Thomas (Minn.)	11.72	1.8	7
54 Hodgell, Elijah	Northwestern	11.75	4.1	1
54 Cin-Walker, Andrew	Hamline	11.75	2.8	4
56 Baumbach, Cody	Wis.-Stout	11.76	2.8	3
56 Moholon, Adam	Northwestern	11.76	2.8	4
58 Blake, Preston	Augsburg	11.78	1.8	7
59 Vongsavanh, Jason	Wis.-Stout	11.83	3.1	2
60 Rixmann, Tim	Wis.-River Falls	11.87	1.9	5
61 Hohensee, Caleb	Wis.-Superior	11.88	3.5	6
62 Gaubert, Andre	St. Thomas (Minn.)	11.94	3.1	2
63 Adams, Sean	Augsburg	12.05	2.4	8
64 Tabla, Sam	SW Minnesota St.	12.06	2.8	4
65 Danielson, Albert	Hamline	12.09	1.9	5
66 Jacobson, Riley	Wis.-River Falls	12.15	3.5	6
67 Gutierrez, Joseph	Northwestern	12.31	2.4	10
68 Falk, Josh	SW Minnesota St.	12.53	2.4	10
69 Lyons, Eric	Hamline	12.59	1.8	7
-- Schoenborn, Sam	Wis.-Stout	DNF	2.4	10

Holst Invitational - 4/16/2016**Concordia St. Paul****Results - Invitational****Event 12 Women 100 Meter Dash**

=====					
Meet Records: ! 12.07 4/18/2015 Becky Schmidt, St. Cloud St					
Facility Rec: \$ 12.07 4/18/2015 Becky Schmidt, St. Cloud St					
Name	Year	School	Prelims	Wind	H#
=====					
1	Morpurgo, Nicole	St. Cloud State	11.98q	3.3	1
2	Kesseh, Erica	Minnesota-Duluth	12.15q	2.8	3
3	Shabino, Kim	SW Minnesota St.	12.31q	3.8	4
4	Campbell, Amelia	Carleton	12.46q	3.7	8
5	Murray, Katie	St. Thomas (Minn.)	12.52q	3.7	6
6	Jones, Callie	Augsburg	12.56q	3.3	7
7	Wells-Johnson, Shakeela	St. Catherine	12.57q	2.7	9
8	Rice, Jada	St. Cloud State	12.58q	3.7	6
9	Pollard-Garber, Hannah	Macalester	12.61	3.3	7
10	Stets, Abby	St. Olaf	12.65	2.7	9
11	Curran, Grace	Wis.-River Falls	12.72	2.6	5
12	Komoto, Kara	Macalester	12.74	3.7	8
12	Marciniak, Katelyn	St. Thomas (Minn.)	12.74	3.3	1
14	Meakim, Lillie	St. Olaf	12.76	2.8	3
15	Kotajarvi, Lauren	Minnesota-Duluth	12.77	2.6	2
16	Monpas, Kendra	Minnesota-Duluth	12.79	2.8	3
17	Moore, Brittany	St. Catherine	12.81	3.7	8
18	Hensch, Mikayla	Hamline	12.91	2.6	5
19	Rudolph, LaKeya	Concordia-St. Paul	12.97	3.8	4
20	Fiecke, Marissa	Hamline	13.03	2.6	5
20	Simon, Reilly	Carleton	13.03	3.3	7
22	Grisanzio, Emma	Carleton	13.06	3.3	1
23	Willett, Sarah	Wis.-Stout	13.10	2.6	5
23	Thompson, Tori	St. Catherine	13.10	2.7	9
25	Russ, Emma	Carleton	13.12	2.7	9
26	Armstrong, Rylee	SW Minnesota St.	13.13	3.3	1
27	Bassier, Emma	St. Thomas (Minn.)	13.14	3.8	4
27	Sandeno, Elsa	Carleton	13.14	3.3	7
29	Waaen, Ashley	Augsburg	13.15	3.7	8
29	McKinsey, Kayla	Carleton	13.15	2.6	2
31	Vezina, Jane	St. Olaf	13.21	2.6	2
31	McNeel, Sam	SW Minnesota St.	13.21	3.7	6
33	Schuchard, Hayley	St. Thomas (Minn.)	13.22	3.7	8
34	Hickey, Elizabeth	Augsburg	13.23	3.7	6
35	Zais, Claire	Wis.-Stout	13.39	2.6	2
36	Nordgren, Calisha	SW Minnesota St.	13.43	2.6	5
36	Knutson, Kaitlyn	Wis.-Superior	13.43	3.7	8
38	John, Silene	Wis.-Superior	13.47	3.8	4
39	Tume, Clarice	Wis.-Stout	13.53	2.7	9
40	Kelly, Erica	Upper Iowa	13.63	2.7	9
41	Anderson, Rachael	Wis.-Stout	13.65	2.6	5
42	Weyenberg, Kate	St. Thomas (Minn.)	13.66	3.7	6
43	Kruger, Kelly	Wis.-Superior	13.68	3.3	1
44	Reeves, Sydia	St. Catherine	13.69	3.8	4
45	Benn, Aryn	Wis.-Stout	13.71	2.6	2
46	Henkemeyer, Ellie	St. Thomas (Minn.)	13.72	2.8	3
47	Thomas, Bria	Wis.-Stout	13.73	2.7	9
47	Diaz, Katrina	Hamline	13.73	3.3	7
49	Morrier, Marie	St. Catherine	13.87	3.3	1
50	Miller, Courtney	St. Olaf	13.90	3.7	8
51	Kodet, Lexi	Hamline	13.92	2.8	3

Holst Invitational - 4/16/2016**Concordia St. Paul****Results - Invitational****...Event 12 Women 100 Meter Dash**

52	Staurseth, Sarina	North Centra	13.96	2.6	5
53	Kessler, Olivia	Hamline	13.98	2.8	3
54	DeBrova, Denitsa	SW Minnesota St.	14.07	3.7	6
55	Shelquist, Liza	Wis.-Superior	14.25	3.3	7
56	Funnell, Caitlin	North Centra	14.46	3.7	6
57	Crowley, Sarah	Wis.-Stout	14.56	3.7	6
58	Jeseritz, Tori	SW Minnesota St.	14.57	3.3	7
59	Weingarten, Becky	St. Olaf	14.63	2.7	9
60	Carr, Jasmine	North Centra	14.72	3.3	7
61	Rowland, Ellie	St. Thomas (Minn.)	14.80	3.7	8
62	Lee, Maita	St. Catherine	14.95	2.6	5
63	Kelley, Ici	St. Catherine	15.67	3.8	4
64	Drazkowski, Emma	Northwestern	15.76	2.8	3
65	Dambi, Undra	Wis.-Superior	16.02	3.3	1
66	Bernard, BreAnna	Northwestern	17.15	2.6	2

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	Year	School	Finals	H#
------	------	--------	--------	----

=====

Finals

1	Peterson, Jonathan	Team Usa MN	3:55.93	1
2	Stocker, Matthew	Minnesota State	3:59.62	1
3	Corbett, Charles	Wis.-Superior	4:02.77	1
4	Pulver, Grant	Minnesota-Duluth	4:03.79	1
5	Jessen, Henry	Minnesota-Duluth	4:03.81	1
6	Schoneberger, Alexander	Minnesota State	4:07.19	1
7	Maki, Wil	Northwestern	4:07.59	1
8	Knowlton, Austin	St. Thomas (Minn.)	4:08.21	1
9	Lindquist, Jackson	Wis.-Superior	4:09.14	1
10	Erredge, Steven	Minnesota State	4:10.90	2
11	Mohamed, Abdirahman	Concordia-St. Paul	4:11.10	2
12	Shaw, Jackson	Wis.-River Falls	4:12.47	2
13	Suttie, Grant	St. Thomas (Minn.)	4:12.72	2
14	Doherty, James	Macalester	4:12.85	3
15	Naughton, Alex	Minnesota-Duluth	4:13.72	2
16	Halbmaier, Casey	St. Thomas (Minn.)	4:14.45	1
17	Jackson, Nicholas	St. Thomas (Minn.)	4:15.10	2
18	Wipf, Brent	Northwestern	4:15.49	3
19	Zoltek, Daniel	St. John's (Minn.)	4:15.58	2
20	Ropes, Alexander	Macalester	4:15.70	3
21	Madsen, Mike	Unattached	4:17.22	2
22	Hess, Johnathan	St. Cloud State	4:17.42	3
23	Plumb, Andrew	St. Olaf	4:18.67	3
24	Erickson, Joey	Minnesota-Duluth	4:18.92	1
25	Furcich, Justin	St. Olaf	4:19.56	2
26	Ressler, Dan	Wis.-Stout	4:21.41	2
27	Kirtley, Alec	St. Olaf	4:21.65	4
28	Engberg, Ethan	Macalester	4:23.26	3
29	Solheim, Alex	SW Minnesota St.	4:23.95	3
30	Konczal, Cole	Hamline	4:24.02	3
31	Becker, Kyle	St. John's (Minn.)	4:24.31	3
32	Getzloff, Liam	St. Olaf	4:24.43	3

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

...Event 5 Men 1500 Meter Run

33	DeBlieck, Derek	St. Olaf	4:24.86	4
34	Etteldorf, Andrew	Carleton	4:25.35	4
35	Rusco, Tommy	Hamline	4:25.57	3
36	Metzdorff, Peter	St. John's (Minn.)	4:26.09	4
37	Miller, Mitchell	St. Olaf	4:27.48	3
38	Seichter, Sean	Wis.-River Falls	4:30.09	4
39	Klein, Brian	St. Olaf	4:30.35	3
40	Chmelik, Joey	St. Olaf	4:32.56	4
41	Melendez, Eric	Northwestern	4:33.41	4
42	Jones, Charlie	St. Thomas (Minn.)	4:35.16	1
43	Walfridsson, Marinell	Wis.-Superior	4:35.18	4
44	Kirk-Davidoff, Paul	Carleton	4:36.27	4
45	Sabinash, Andy	Wis.-Stout	4:36.46	2
46	Gais, Joey	Carleton	4:37.51	4
47	Fry, Peter	Hamline	5:06.33	4

Event 6 Women 1500 Meter Run

=====				
Meet Records:	!	4:25.06	4/16/2016	Madeline Strandemo, Minnesota
Facility Rec:	\$	4:25.06	4/16/2016	Madeline Strandemo, Minnesota
Name		Year	School	Finals H#
=====				
1	Strandemo, Madeline		Minnesota	4:25.06! 1
2	Prouty, Sam		Unattached	4:46.18 1
3	Wians, Rachel		Unattached	4:47.44 1
4	Smith, Ally		Unattached	4:48.34 1
5	Brekke, Josephine		St. Olaf	4:52.33 1
6	Ollila, Naomi		Minnesota	4:53.42 1
7	Marcus, Maggie		Concordia-St. Paul	4:53.64 1
8	Nipper, Nicole		Carleton	4:54.46 1
9	Richmond, Morgan		Carleton	4:56.04 1
10	Trujillo, Claire		Carleton	4:56.78 1
11	Seidenkranz, Amber		Minnesota-Duluth	4:57.80 1
12	Walz, Jenny		St. Thomas (Minn.)	4:57.84 1
13	Kirkeide, Courtney		St. Catherine	5:00.82 1
14	Lange, Abby		Unattached	5:01.69 1
15	Gray, Jordan		Concordia-St. Paul	5:03.13 1
16	Schmitt, Bridget		St. Thomas (Minn.)	5:06.87 2
17	Fossum, Alex		St. Thomas (Minn.)	5:07.60 2
18	Smith, Elena		Macalester	5:07.93 2
19	Rachel, Winona		Carleton	5:08.04 2
20	Schnirring, Samantha		Carleton	5:08.64 2
21	Giefer, Julia		St. Thomas (Minn.)	5:09.03 2
22	Marsh, Melissa		St. Thomas (Minn.)	5:09.67 2
23	Simones, Victoria		St. Thomas (Minn.)	5:10.84 2
24	Eide, Mary		St. Olaf	5:11.22 2
25	McGivern, Bridget		St. Thomas (Minn.)	5:11.45 2
26	Werking, Laura		Minnesota	5:12.67 3
27	Sharer, Abby		Carleton	5:13.36 3
28	Paulson, Briana		St. Olaf	5:13.57 3
29	Fouts, Abigail		Wis.-River Falls	5:14.12 2
30	Gossfeld, Megan		St. Thomas (Minn.)	5:14.24 3
31	Falk, Sarissa		Hamline	5:16.85 2
32	Lind, Sara		St. Olaf	5:19.11 4
33	Spray, Katie		St. Olaf	5:19.28 3

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

...Event 6 Women 1500 Meter Run

34	Abbott, Madeline	Macalester	5:19.63	3
35	Hammerstrom, Christina	Unattached	5:19.72	3
36	Stelzner, Margaret	Macalester	5:19.78	4
37	Stauber, Natalie	Minnesota-Duluth	5:20.04	5
37	Nakasaka, Laura	Carleton	5:20.04	2
39	Tolkkinen, Linsey	Wis.-River Falls	5:20.06	3
40	Jacobsen, Bethani	Upper Iowa	5:21.66	5
41	Wall, Anna	St. Olaf	5:23.94	4
42	Matzoll, Amber	St. Thomas (Minn.)	5:25.91	4
43	Perri, Michelle	St. Catherine	5:27.09	3
44	Yangkyi, Choyang	St. Olaf	5:27.12	4
45	Doda, Rose	St. Olaf	5:28.18	3
46	O'Grady, Katrin	Macalester	5:28.35	5
47	Roach, Helen	St. Thomas (Minn.)	5:28.83	5
48	Egan, Madeline	Carleton	5:29.23	4
49	Launder, Jenny	St. Thomas (Minn.)	5:29.63	3
50	Strickland, Shannon	St. Catherine	5:29.66	2
51	Weber, Alyssa	Upper Iowa	5:29.84	4
52	Rafferty, Laura	Carleton	5:32.84	4
53	White, Danica	Northwestern	5:32.89	4
54	Frantz, Rachel	Augsburg	5:33.19	3
55	Paulzine, Sarone	Bemidji State	5:33.81	3
56	Cobb, Rosie	Macalester	5:34.44	3
57	Coldren, Emily	SW Minnesota St.	5:39.96	4
58	Jensen, Maria	Bemidji State	5:42.21	4
59	Schoenfelder, Rebecca	St. Thomas (Minn.)	5:47.18	5
60	Huju, Autumn	Bemidji State	5:50.90	5
61	Schild, Sara	Wis.-Superior	5:59.09	5
62	Schein, Betsy	Macalester	6:04.89	5
63	Bentley, Rachael	St. Olaf	6:07.85	5
64	Ward, Dominique	Northwestern	6:31.73	5

Event 9 Men 400 Meter Dash

Meet Records: ! 48.09 4/16/2016 Manni Egbujor, Augsburg

Facility Rec: \$ 48.09 4/16/2016 Manni Egbujor, Augsburg

Name	Year	School	Finals	H#
1	Egbujor, Manni	Augsburg	48.09!	1
2	Diamond, Reid	Minnesota State	48.94	2
3	Pitchford, Isaiah	St. Cloud State	49.14	1
4	Schuster, John	Minnesota State	49.46	1
5	Krause, Isaac	Hamline	49.57	2
6	Stanley, David	Concordia-St. Paul	49.66	1
7	Kordah, Barinedum	Augsburg	49.72	1
8	Ogren, Tanner	Minnesota State	49.84	4
9	Dixon, Emmanuel	Minnesota State	50.25	3
10	Welk, Marcus	St. Cloud State	50.38	2
11	Jensen, Tyler	Wis.-River Falls	50.52	3
12	Behm, Connor	Minnesota-Duluth	50.56	2
13	Holcomb, Ben	Minnesota	50.67	4
14	Widmer, Thane	Hamline	50.69	2
15	Deluca, Frank	Minnesota-Duluth	50.70	1
16	Melton, Vantwon	Concordia-St. Paul	50.73	1
17	Skidmore, James	St. Thomas (Minn.)	50.74	2

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

....Event 9 Men 400 Meter Dash

18	Hicks, Maurice	Carleton	50.79	3
19	Pechacek, Matt	Wis.-River Falls	50.86	4
20	Withbroe, Ben	Carleton	50.92	6
21	Pugh, Joey	St. Olaf	51.10	3
22	Konrad, Matt	SW Minnesota St.	51.20	6
23	Anenson, Kyle	Northwestern	51.41	4
24	Wimmer, Clay	Hamline	51.44	3
25	Zurn, Nick	St. John's (Minn.)	51.49	5
26	Pederson, Josh	Unattached	51.56	4
27	Turner, Wezley	St. Cloud State	51.62	3
28	Queenan, Ryan	St. Thomas (Minn.)	51.74	1
29	Johnson, Bolu	Carleton	51.79	5
30	Grieves, Zach	St. John's (Minn.)	51.83	5
31	Jones, Zach	SW Minnesota St.	51.95	3
32	Sharif, Mohamed	Augsburg	52.45	5
33	LaFollette, Austin	Unattached	52.47	6
34	Hausken, Adam	Concordia-St. Paul	52.49	6
35	Jacobson, Nathaniel	Hamline	52.53	5
36	Frederickson, Ben	St. John's (Minn.)	52.53	5
37	Eisner, Brian	Macalester	52.59	6
38	Bjork, Sean	St. Olaf	52.80	4
39	Carlson, Austin	Minnesota-Duluth	52.86	4
40	Fathie, Alexander	Wis.-Superior	52.99	9
41	Kleinschmidt, Dante	Wis.-Stout	53.10	4
42	Marmol, Rodrigo	St. Thomas (Minn.)	53.51	3
43	Thibault, Jimmy	St. John's (Minn.)	53.64	7
44	Fritz, Jacob	St. John's (Minn.)	53.68	6
45	Spence, Frank	Carleton	53.84	7
46	Reece, Jack	Macalester	54.27	7
47	Larsen, Aidan	Carleton	54.70	7
48	Barnes, Chi-Cori	Concordia-St. Paul	55.62	8
49	Dorumsgaard, Steven	St. Thomas (Minn.)	55.85	7
50	Bestul, Cody	St. Thomas (Minn.)	56.13	8
51	Haglund, Tory	Hamline	56.25	8
52	Peterson, Christopher	St. Thomas (Minn.)	56.60	8
53	Wooten, Blake	SW Minnesota St.	57.16	7
54	Summer, Damon	Augsburg	57.17	8
55	Webb, Devon	Wis.-Superior	58.34	9
56	Adams, Sean	Augsburg	59.25	8
57	Steele, Matt	Macalester	1:00.37	9
58	Soto, Ernesto	Wis.-Superior	1:04.44	9
--	Umoh, Israel	Wis.-River Falls	DNF	9

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 Year School Finals H#
 =====

1	Jinadu, Bolade	Minnesota	56.58	1
2	Anderson, Sophia	Unattached	56.66	1
3	Oden, Eisha	SW Minnesota St.	58.30	1
4	Grant, Jasmine	St. Cloud State	59.62	1
5	Melom, Sara	Bemidji State	59.70	1
6	Peschel, Paige	Minnesota	59.90	1

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

...Event 10 Women 400 Meter Dash

7	Kammer, Maddy	Unattached	1:00.58	2
8	Dugan, Allie	Unattached	1:00.80	3
9	Shafer, Izzy	Hamline	1:01.14	2
10	Buom, Nya	SW Minnesota St.	1:01.18	2
11	Wendt, Kristen	St. Cloud State	1:01.19	2
12	Fiecke, Marissa	Hamline	1:01.33	1
13	Gray, America	Concordia-St. Paul	1:01.50	2
14	Kunshier, Maddy	Concordia-St. Paul	1:01.76	3
15	Adamson, Mallory	St. Thomas (Minn.)	1:01.81	2
16	Amundson, Leah	Concordia-St. Paul	1:01.98	3
17	Amundson, Taylor	Minnesota-Duluth	1:02.77	2
18	Porter, Erin	Macalester	1:02.79	3
19	Stalboerger, Allie	Minnesota-Duluth	1:02.84	4
20	Thoenke, Megan	St. Catherine	1:03.21	2
21	Violett, Macy	SW Minnesota St.	1:03.56	3
22	Benedict, Alia	Macalester	1:04.09	3
23	Smith, Keely	St. Thomas (Minn.)	1:04.42	4
24	Kodet, Lexi	Hamline	1:04.62	4
25	Erickson, Jacquelyn	Wis.-Superior	1:04.80	6
26	Kintop, Natalie	St. Thomas (Minn.)	1:04.92	4
27	Marquette, Hayli	St. Olaf	1:05.46	3
28	Hebel, Breanna	Minnesota-Duluth	1:05.77	4
29	Futterer, Anna	Hamline	1:06.03	5
30	Tait, Maddie	St. Olaf	1:06.77	5
31	Collins, Alex	Minnesota-Duluth	1:08.64	4
32	Forcica, Grace	St. Thomas (Minn.)	1:08.83	5
33	Arndt, Danielle	Minnesota-Duluth	1:09.04	5
34	Garson-Shumway, Carmen	Macalester	1:09.07	5
35	Etzell, Meg	St. Catherine	1:09.49	5
36	Joyal, Taylor	Wis.-Superior	1:09.67	6
37	Garcia, Kathrene	Macalester	1:10.27	5
38	Fields, Caitlin	Upper Iowa	1:15.46	5
--	Mayfield, Sarah	SW Minnesota St.	FS	1

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	Year	School	Finals	Wind
1	Stewart, Kyran	Unattached	10.21	3.8
2	Paynotta, David	Unattached	10.53	3.8
3	Demus, Jonathan	Unattached	10.55	3.8
4	Gourley, Jake	Unattached	10.60	3.8
5	Bredy, Derek	Saiyan Racers	10.63	3.8
6	Diamond, Reid	Minnesota State	10.65	3.8
7	Smith-Brewer, Undre	Augsburg	10.80	3.8
8	Webb, Jonathan	Unattached	10.85	3.8

Holst Invitational - 4/16/2016**Concordia St. Paul****Results - Invitational****Event 12 Women 100 Meter Dash**

Name	Year	School	Finals	Wind
Meet Records: ! 12.07 4/18/2015 Becky Schmidt, St. Cloud St				
Facility Rec: \$ 12.07 4/18/2015 Becky Schmidt, St. Cloud St				
1		Morpurgo, Nicole	12.02	4.0
2		Kesseh, Erica	12.17	4.0
3		Wells-Johnson, Shakeela	12.18	4.0
4		Shabino, Kim	12.32	4.0
5		Rice, Jada	12.36	4.0
6		Murray, Katie	12.46	4.0
7		Jones, Callie	12.47	4.0

Event 8 Women 100 Meter Hurdles

Name	Year	School	Finals	Wind
Meet Records: ! 13.81 4/18/2015 Kimberly Golding, Unattached				
Facility Rec: \$ 13.81 4/18/2015 Kimberly Golding, Unattached				
1		Schow, Rachel	14.12	3.6
2		Saulsberry, Carolyn	14.50	3.6
3		Saulsberry, Marolyn	14.50	3.6
4		Brown, Gabrielle	15.04	3.6
5		Bierman, Brielle	15.05	3.6
6		Eischens, Laura	15.34	3.6
7		Gottschalk, Natalie	15.69	3.6

Event 7 Men 110 Meter Hurdles

Name	Year	School	Finals	Wind
Meet Records: ! 14.80 2010 Laquone Robinson, Mn St Moorhead				
Facility Rec: \$ 14.66 5/2/2012 Alex Migit, Minnesota				
1		Walker, Eric	14.47	4.1
2		Olson, Dylan	14.97	4.1
3		Witcher, Myles	15.07	4.1
4		White, Shane	15.28	4.1
5		Naumowicz, Tyler	15.49	4.1
6		Baker, Matthew	15.74	4.1

Event 13 Men 800 Meter Run

Name	Year	School	Finals	H#
Meet Records: ! 1:51.31 4/16/2016 Nate Roese, Minnesota				
Facility Rec: \$ 1:51.13 5/2/2012 Alex Brend, Unattached				
1		Roese, Nate	1:51.31!	1
2		Rosen, Matt	1:52.36	1
3		Tracy, Josh	1:52.95	1
4		Greenwalt, Dakota	1:54.11	1
5		Feichtinger, Thomas	1:56.14	1
6		Mohamed, Abdirahman	1:57.01	2
7		Eggers, Jacob	1:57.62	1
8		Gessner, Brendan	1:57.89	1
9		Comer, Nathan	1:58.26	2
10		Jackson, Darrick	1:58.46	1

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

...Event 13 Men 800 Meter Run

11 McLeod, Jacob	Wis.-River Falls	1:58.60	2
11 Gilles, Alex	Wis.-River Falls	1:58.60	1
13 Trapp, Ryan	St. Thomas (Minn.)	1:58.63	1
14 Malim, Mohamed	Concordia-St. Paul	1:59.09	2
15 Sikes, Camden	Carleton	1:59.80	2
16 Kveseth, Chris	SW Minnesota St.	1:59.91	3
17 van Mechelen, Ryan	St. Olaf	2:00.34	4
18 Burbach, Allen-Michael	St. Thomas (Minn.)	2:00.36	1
19 Books, Brandon	Wis.-Stout	2:00.89	3
20 Gilles, Andrew	Wis.-Stout	2:01.00	2
21 Sabinash, Casey	Wis.-Stout	2:01.40	3
22 Palyan, Jess	St. Thomas (Minn.)	2:02.03	2
23 Mueller, Chris	St. Thomas (Minn.)	2:02.19	3
24 Zimmerman, Will	St. John's (Minn.)	2:02.25	3
25 Karlson, Samuel	St. Thomas (Minn.)	2:02.29	4
26 Fifield, Mike	Wis.-Stout	2:02.39	3
27 Charbonneau, Alex	St. John's (Minn.)	2:02.81	3
28 LaChance, Bailey	St. Thomas (Minn.)	2:03.39	4
29 Lenz, Jonathon	St. Olaf	2:03.81	4
30 Armbruster, Adam	Minnesota-Duluth	2:04.38	2
31 Bieri, Rand	Wis.-Superior	2:04.47	5
32 Knickerbocker, Cal	St. Olaf	2:04.78	3
33 Longenbach, Sam	St. Olaf	2:04.95	3
34 Tollefson, Andrew	St. Thomas (Minn.)	2:05.63	3
35 Garrett, Ryan	St. Thomas (Minn.)	2:05.78	4
36 Guden, Kody	Wis.-River Falls	2:05.88	5
37 Bach, Sam	Wis.-Stout	2:06.09	4
38 Elliott, Lance	Unattached	2:06.29	4
39 Rethemeier, Nick	St. John's (Minn.)	2:06.36	5
40 Musabyimana, Wilson	Augsburg	2:07.14	4
41 Staat, Isaac	Wis.-Superior	2:07.37	4
42 Graff, Chase	St. Thomas (Minn.)	2:07.83	3
43 Erickson, Joey	Minnesota-Duluth	2:08.42	5
44 Fitzsimmons, Kelly	SW Minnesota St.	2:08.63	5
45 Castillo, Spencer	St. Olaf	2:08.68	5
46 Bramstedt, Ian	St. Thomas (Minn.)	2:08.78	4
47 Heen, Kai	Macalester	2:10.78	4
48 Huntoon, Hunter	St. John's (Minn.)	2:16.80	5
49 Klein, Brendan	St. John's (Minn.)	2:16.81	5

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 Year School Finals H#
 =====

1 Wasowicz, Tess	Minnesota	2:16.23	1
2 Praska, Kelli	Wis.-Superior	2:17.26	1
3 Hall, Rachel	St. Catherine	2:17.45	2
4 Miller, Liz	Minnesota	2:18.25	1
5 Hoops, Suzie	St. Olaf	2:18.58	1
6 Glassbrenner, Ali	St. Thomas (Minn.)	2:19.01	2
7 Schnaith, Abbey	St. Olaf	2:19.71	2
8 Sakry, Rachel	St. Cloud State	2:20.24	2
9 Bishop, Kate	Minnesota	2:20.44	2

Holst Invitational - 4/16/2016**Concordia St. Paul****Results - Invitational****...Event 14 Women 800 Meter Run**

10 Wesley, Rebecca	Unattached	2:21.13	1
11 Burney, Kalle	Concordia-St. Paul	2:23.57	2
12 Sather, Kelsey	Minnesota	2:23.85	2
13 Glassford, Sophie	Carleton	2:25.75	3
14 Baker, Brianna	Hamline	2:26.27	3
15 Crummy, Nicole	Bemidji State	2:26.93	1
16 Ryan, Caitie	St. Thomas (Minn.)	2:26.99	3
17 Jaffe, Dorrian	Carleton	2:27.95	2
18 Sandeno, Elsa	Carleton	2:28.11	4
19 Haakenstad, Annie	Minnesota	2:28.28	1
20 Wherley, Stacey	St. Catherine	2:28.99	3
21 Platt, Brittany	Minnesota-Duluth	2:29.15	2
22 Vinella-Brusher, Emma	Carleton	2:29.63	3
23 Kirkeide, Courtney	St. Catherine	2:30.67	2
24 Walker, Abigail	Carleton	2:30.81	3
25 Dellwo, Kristy	Hamline	2:31.32	4
26 Nipper, Nicole	Carleton	2:31.59	3
27 Spatenka, Erin	Concordia-St. Paul	2:32.28	3
28 Hayes, Emma	Wis.-River Falls	2:32.36	3
29 Holten, Anna	St. Olaf	2:32.40	4
30 Roelike, Kaylee	St. Cloud State	2:33.04	2
31 Stairs, Rachel	Wis.-River Falls	2:33.53	2
32 Klatt, Emily	Wis.-River Falls	2:34.23	4
33 Ruhman, Michaela	Wis.-Superior	2:34.72	6
34 Stepaniak, Eleanor	Minnesota-Duluth	2:35.34	4
35 Ellingson, Holly	Macalester	2:36.02	4
36 Young, Christine	Minnesota-Duluth	2:37.26	3
37 Barton, Carly	St. Thomas (Minn.)	2:37.35	3
38 Haen, Hailey	Wis.-Stout	2:38.78	5
39 Bestor, Jeannie	Wis.-River Falls	2:38.86	4
40 Johnson, Hannah	Wis.-Stout	2:38.90	4
41 Suhorepetz, Kalya	Wis.-River Falls	2:40.22	4
42 Perri, Michelle	St. Catherine	2:40.78	5
43 Roth, Erin	Carleton	2:41.55	5
44 Grant, Alanna	Wis.-River Falls	2:41.61	4
45 Trachtenberg, Sarah	Carleton	2:42.11	4
46 Hooper, Rachel	St. Olaf	2:42.22	5
47 Anderson, Amanda	Bemidji State	2:43.97	5
48 Thaemert, Rachel	Concordia-St. Paul	2:44.28	5
49 Wilkie, Kalley	Wis.-Superior	2:45.12	6
50 Smith, Courtney	Wis.-Stout	2:47.11	5
51 Ploeger, Alex	Wis.-Stout	2:47.40	5
52 Wise, Michelle	St. Thomas (Minn.)	2:50.48	6
53 Hackl, Katie	Wis.-Stout	2:51.50	6
54 Daub, Mattie	Macalester	2:51.76	5
55 Zapata, Veronica	Macalester	2:52.86	6
56 Walters, Selina	Wis.-Superior	2:55.77	6
57 Kloncz, Allisen	Wis.-Superior	3:02.09	6
58 Ward, Dominique	Northwestern	3:15.22	6

Holst Invitational - 4/16/2016**Concordia St. Paul****Results - Invitational****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	Year	School	Finals	H#
=====				
1	Lundquist, Sam	Unattached	54.73	1
2	Naumowicz, Tyler	Concordia-St. Paul	55.65	1
3	Martin, Max	St. John's (Minn.)	57.27	1
4	Martinson, Kevin	Minnesota State	57.38	3
5	Anenson, Kyle	Northwestern	57.40	1
6	O'Reilly, Jordan	St. Thomas (Minn.)	57.45	1
7	Gatton, Sam	Hamline	57.59	2
8	Dahl, Duncan	St. Thomas (Minn.)	57.68	3
9	Olson, Dylan	Hamline	58.35	3
10	Peck, Mitch	St. John's (Minn.)	58.79	2
11	Gredvig, Jacob	St. Thomas (Minn.)	58.89	1
12	Holmes, Robbie	St. Olaf	59.11	2
13	Janisch, Jordan	SW Minnesota St.	59.34	3
14	Tolkinen, Ryan	Minnesota-Duluth	59.39	2
15	White, Shane	Wis.-River Falls	59.66	2
16	Leonard, Josh	Wis.-River Falls	1:00.37	3
17	Bakken-Heck, Lucas	Hamline	1:02.53	3
18	Kasper, Adam	Wis.-River Falls	1:02.62	2
19	Atkinson, Levi	Carleton	1:03.17	3
20	Webb, Devon	Wis.-Superior	1:04.10	4
21	Dzikonksi, Alex	Wis.-Superior	1:05.08	4
22	Voss, Anders	Macalester	1:05.75	4
23	Soto, Ernesto	Wis.-Superior	1:15.15	4

Event 16 Women 400 Meter Hurdles

=====				
Meet Records: ! 1:01.00 4/16/2016 Erin Huls, Unattached				
Facility Rec: \$ 1:01.00 4/16/2016 Erin Huls, Unattached				
Name	Year	School	Finals	H#
=====				
1	Huls, Erin	Unattached	1:01.00!	1
2	Schow, Rachel	Unattached	1:01.43	1
3	Linkert, Sherahlynn	Wis.-River Falls	1:06.24	1
4	Saulsberry, Marolyn	Unattached	1:06.75	1
5	Russ, Emma	Carleton	1:07.20	2
6	Bierman, Brielle	St. Thomas (Minn.)	1:07.76	2
7	Woody, Nikaylah	Augsburg	1:07.87	1
8	Walls, Jordan	Hamline	1:07.96	1
9	Benson, Christa	Bemidji State	1:09.11	2
10	Meyer, Lorna	Minnesota-Duluth	1:10.52	3
11	Ivy, Gabby	Macalester	1:10.63	2
12	Rohlf, Christine	St. Thomas (Minn.)	1:10.84	2
13	Rowe, Valerie	Wis.-Superior	1:11.88	2
14	Boyhtari, Alissa	Wis.-Superior	1:13.11	1
15	Meakim, Lillie	St. Olaf	1:13.41	3
16	Gribble, Hanna	St. Thomas (Minn.)	1:13.42	3
17	Kilber, Heather	St. Thomas (Minn.)	1:15.82	4
18	Morrier, Marie	St. Catherine	1:16.03	3
19	Shearer, Morgan	Upper Iowa	1:16.51	4
20	Stauber, Natalie	Minnesota-Duluth	1:17.74	3
21	Quaranta, Alaina	Augsburg	1:17.91	3

Holst Invitational - 4/16/2016**Concordia St. Paul****Results - Invitational****...Event 16 Women 400 Meter Hurdles**

22	Rosario, Rebecca	Hamline	1:18.38	4
23	Joyal, Taylor	Wis.-Superior	1:19.96	4
24	Bartenstein, Melanie	Hamline	1:23.72	4
--	Brown, Gabrielle	Hamline	DQ	2

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	Year	School	Finals	Wind	H#
=====					
1	Stewart, Kyran	Unattached	20.98	3.3	1
2	Bredy, Derek	Saiyan Racers	21.42	3.3	1
3	Egbujor, Manni	Augsburg	21.50	3.3	1
4	Paynotta, David	Unattached	21.62	3.3	1
5	Demus, Jonathan	Unattached	21.64	3.3	1
6	hancock, jerrell	Unattached	21.65	3.3	1
7	Webb, Jonathan	Unattached	21.88	2.3	2
8	Schoenbauer, Drew	St. John's (Minn.)	21.94	2.3	2
9	Brice, Javontee	Minnesota State	22.04	2.5	3 22.035
10	Dixon, Emmanuel	Minnesota State	22.04	3.3	1 22.038
11	Immeker, Ryan	Minnesota State	22.20	2.3	2
12	Rabon, Justin	Minnesota	22.24	3.3	1
13	McFarlin, James	St. Olaf	22.35	2.5	3
14	Ogren, Tanner	Minnesota State	22.38	2.3	2
15	Clarke, Anthony	St. John's (Minn.)	22.41	2.7	4
16	Smith-Brewer, Undre	Augsburg	22.49	2.3	2
17	Dorosoz, Kyle	Wis.-River Falls	22.52	2.3	2
18	Behm, Connor	Minnesota-Duluth	22.53	2.5	3
19	Marrin, Matthew	Concordia-St. Paul	22.54	2.5	3
20	Deluca, Frank	Minnesota-Duluth	22.63	2.5	3
21	Spann, Nicholas	St. Thomas (Minn.)	22.69	2.4	5
22	Ryan, Ben	SW Minnesota St.	22.71	2.5	3
23	Carr, Richard	St. Cloud State	22.81	2.3	2
24	Hicks, Maurice	Carleton	22.83	2.7	4
25	Pederson, Josh	Unattached	22.97	2.7	4
26	Baeza, Joel	St. John's (Minn.)	22.99	2.7	4
27	Kelner, Alex	Unattached	23.04	2.5	3
28	Carlson, Austin	Minnesota-Duluth	23.12	2.7	4
29	Fathie, Alexander	Wis.-Superior	23.19	3.3	7
30	Pratt, Matt	Hamline	23.20	2.4	5
31	Larsen, Aidan	Carleton	23.25	2.4	5
32	Grier, Jordan	Hamline	23.26	2.4	5
33	Jevne, Scott	St. Thomas (Minn.)	23.28	2.7	4
34	Arnold, Charles	Concordia-St. Paul	23.33	2.5	3
35	Davis, Logan	St. John's (Minn.)	23.36	2.4	5
36	Kelvington, Luke	St. John's (Minn.)	23.70	2.7	4
37	Barnes, Chi-Cori	Concordia-St. Paul	23.75	2.4	5
37	Moholon, Adam	Northwestern	23.75	2.7	6
39	Barnes, Justin	Wis.-River Falls	23.82	2.4	5
40	Rixmann, Tim	Wis.-River Falls	23.85	3.3	7
41	Howard, Evan	Carleton	23.86	2.7	6
42	Malone, LeRoy	Northwestern	23.96	2.4	5
43	Cin-Walker, Andrew	Hamline	23.99	2.7	6
44	Hodgell, Elijah	Northwestern	24.27	3.3	7

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

...Event 17 Men 200 Meter Dash

45	Haglund, Tory	Hamline	24.37	2.7	6
46	Danielson, Albert	Hamline	24.46	3.3	7
47	Gaubert, Andre	St. Thomas (Minn.)	24.51	2.7	6
48	Potratz, Noah	Wis.-Superior	24.54	2.7	6
49	Jacobson, Riley	Wis.-River Falls	24.76	2.7	6
50	Tabla, Sam	SW Minnesota St.	24.85	2.7	6
51	Falk, Josh	SW Minnesota St.	25.30	3.3	7
51	Zielke, Gabe	Wis.-Superior	25.30	3.3	7
53	Zamzow, Brooks	Minnesota-Duluth	25.89	3.3	7
54	Umoh, Israel	Wis.-River Falls	28.13	3.3	7

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	Year	School	Finals	Wind	H#
1	Jinadu, Bolade	Minnesota	24.86	2.7	9
2	Anderson, Sophia	Unattached	25.11	3.2	1
3	Shabino, Kim	SW Minnesota St.	25.29	3.2	1 25.282
4	Nelson, Kayla	Unattached	25.29	4.3	8 25.284
5	Shady, Erika	Concordia-St. Paul	25.41	3.2	1
6	VanWylen, Madison	St. Olaf	25.77	3.4	2
7	Simon, Reilly	Carleton	25.84	3.4	2
8	Kesseh, Erica	Minnesota-Duluth	25.94	3.2	1
9	Stets, Abby	St. Olaf	26.12	3.2	1 26.116
10	Sonsalla, Hannah	Macalester	26.12	3.2	1 26.120
11	Stalboerger, Allie	Minnesota-Duluth	26.15	3.4	2
12	Murray, Katie	St. Thomas (Minn.)	26.27	3.4	2
13	Wells-Johnson, Shakeela	St. Catherine	26.28	4.2	3
14	Amundson, Taylor	Minnesota-Duluth	26.31	3.4	2
15	Kammer, Maddy	Unattached	26.32	3.2	1
15	Marciniak, Katelyn	St. Thomas (Minn.)	26.32	4.2	3
17	Curran, Grace	Wis.-River Falls	26.51	3.2	1
18	Rice, Jada	St. Cloud State	26.55	3.4	2
19	Shafer, Izzy	Hamline	26.74	3.4	2
20	Reed, Angie	Wis.-River Falls	26.82	4.2	3
21	McKinsey, Kayla	Carleton	26.85	4.2	3
22	Grizhebovskaya, Masha	St. Olaf	26.86	3.7	4
23	Dugan, Allie	Unattached	26.89	4.2	3
23	Tume, Clarice	Wis.-Stout	26.89	4.2	3
25	Metzmaker, Ana	Concordia-St. Paul	27.14	3.7	4
26	Schuchard, Hayley	St. Thomas (Minn.)	27.19	2.9	5
27	Regan, Anik	Macalester	27.28	3.7	4
28	Grisanzio, Emma	Carleton	27.32	2.7	9
29	Rudolph, LaKeya	Concordia-St. Paul	27.37	3.7	4
30	McNeel, Sam	SW Minnesota St.	27.41	3.4	2
31	Knutson, Kaitlyn	Wis.-Superior	27.47	3.7	4
32	Monpas, Kendra	Minnesota-Duluth	27.49	4.2	3
33	Piergies, Tonya	Carleton	27.58	2.6	6
34	Bassier, Emma	St. Thomas (Minn.)	27.61	2.6	6
35	Walls, Jordan	Hamline	27.63	2.9	5
36	Eischens, Laura	St. Thomas (Minn.)	27.68	2.5	7
37	Hebel, Breanna	Minnesota-Duluth	27.83	2.9	5
38	Henkemeyer, Ellie	St. Thomas (Minn.)	28.09	2.9	5

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

...Event 18 Women 200 Meter Dash

38	Marquette, Hayli	St. Olaf	28.09	2.9	5
40	John, Silene	Wis.-Superior	28.11	2.6	6
41	Weyenberg, Kate	St. Thomas (Minn.)	28.17	2.6	6
42	Kelly, Erica	Upper Iowa	28.26	2.9	5
43	Erickson, Jacquelyn	Wis.-Superior	28.29	2.9	5
44	Axt, Shelby	Minnesota-Duluth	28.39	2.6	6
45	Kruger, Kelly	Wis.-Superior	28.82	4.3	8
46	Stendahl, Jessica	Concordia-St. Paul	28.89	2.6	6
47	Kodet, Lexi	Hamline	28.96	2.6	6
48	Bond, Sarah	St. Olaf	29.45	2.6	6
49	Smith, Callie	Minnesota-Duluth	29.71	3.7	4
50	Gromowski, Morgan	Wis.-Stout	30.01	2.5	7
51	Shelquist, Liza	Wis.-Superior	30.10	2.7	9
52	Rowland, Ellie	St. Thomas (Minn.)	30.61	2.5	7
53	Jeseritz, Tori	SW Minnesota St.	30.67	2.5	7
54	Carr, Jasmine	North Centra	30.78	2.7	9
55	Funnell, Caitlin	North Centra	30.85	2.7	9
56	Minniecheske, Emily	Wis.-Stout	30.93	2.5	7
57	Arndt, Danielle	Minnesota-Duluth	31.48	2.5	7
58	Lee, Maita	St. Catherine	31.74	2.5	7
59	Coppage, MeKenzie	Upper Iowa	32.02	4.3	8
60	Dambi, Undra	Wis.-Superior	34.31	4.3	8
61	Dolan, Bridget	Upper Iowa	35.71	2.5	7
62	Bernard, BreAnna	Northwestern	36.10	4.3	8

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 Year School Finals
 =====

1	Aarness, Tayler	St. Olaf	15:46.88
2	Overmyer, Isaac	Minnesota-Duluth	15:51.18
3	Bakken, Eric	St. Olaf	16:19.08
4	Boranian, Chris	Macalester	16:21.42
5	Burt, Henry	St. Olaf	16:24.03
6	Lahr, Luke	Minnesota-Duluth	16:27.13
7	Nakajima, Hiroshi	Carleton	16:32.27
8	Edinburgh, Zach	Carleton	16:50.37
9	Johnson, Braydon	Wis.-River Falls	16:50.43
10	Olawsky, Evan	Carleton	17:00.98
11	Maki, Bennett	Minnesota-Duluth	17:07.93
12	Larsen-Harsch, Dylan	Carleton	17:13.55
13	Burgstahler, Riley	SW Minnesota St.	17:27.36
14	Kirchmeier, Kemal	Macalester	17:33.95
15	Schneider, Alex	Carleton	17:45.20
16	Melendez, Eric	Northwestern	17:54.09
17	Libra, Nathan	St. John's (Minn.)	17:58.72
18	Kumar, Pallav	Carleton	18:43.92
19	Martinez, Mason	Macalester	19:01.01

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

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 Year School Finals
=====
 1 Kargol, Abby Unattached 17:50.58
 2 Sunstrom, Sam St. Cloud State 17:50.79
 3 Castanias, Emily Minnesota 18:06.64
 4 Betz, Emily Unattached 18:12.70
 5 Meyer, Kimber Macalester 18:14.56
 6 Rasmussen, Haley Unattached 18:25.29
 7 Klecker, Sarah Minnesota 18:32.49
 8 Snyder, Ellen Minnesota 18:36.91
 9 Eastman, Molly Minnesota 18:55.61
10 Sherwood-Caballero, Lorn Macalester 19:35.30
11 Waage, Bryana St. Catherine 20:01.51
12 Weiss, Maggie St. Olaf 20:04.21
13 Arndorfer, Stella St. Olaf 20:22.31
14 Davidson, Lea Macalester 20:23.32
15 Walton, Rebecca St. Olaf 20:28.82
16 Austin, Jane Bemidji State 20:42.29
17 Lindberg, Ruth Concordia-St. Paul 21:02.26
18 Smith, Chandra Upper Iowa 21:15.77
19 Block, Siri St. Olaf 21:17.01
20 Wagner Sherer, Madeleine St. Olaf 21:21.30
21 Grengs, Amanda SW Minnesota St. 21:34.09
22 Degen, Catherine St. Catherine 21:51.39
23 Anderson, Courtney Bemidji State 24:07.26
    
```

Event 21 Men 4x400 Meter Relay

```

=====
Meet Records: ! 3:16.31 4/16/2016 Minnesota State, Minnesota St
R Diamond, J Brice, J Schuster, T Ogren
Facility Rec: $ 3:16.31 4/16/2016 Minnesota State, Minnesota St
R Diamond, J Brice, J Schuster, T Ogren
School Finals H#
=====
 1 Minnesota State 3:16.31! 1
 2 Concordia-St. Paul 3:18.35 1
 3 St. Cloud State 3:20.02 1
 4 Hamline 3:22.51 1
 5 St. John's (Minn.) 3:25.76 1
 6 SW Minnesota St. 3:28.28 1
 7 Hamline 'B' 3:30.46 2
 8 Wis.-River Falls 'B' 3:31.17 2
 9 Northwestern (Minn.) 3:32.11 2
10 Wis.-Superior 3:32.80 2
11 Concordia-St. Paul 'B' 3:34.32 1
12 Wis.-River Falls 'C' 3:34.98 2
13 St. John's (Minn.) 'B' 3:35.33 3
14 Wis.-Stout 3:36.95 2
15 Hamline 'C' 3:41.01 3
16 St. Olaf 'B' 3:42.91 3
17 Wis.-Stout 'B' 3:51.10 2
18 St. John's (Minn.) 'C' 3:51.42 3
-- St. Cloud State 'B' DNF 1
    
```


Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

...Event 28 Women Hammer Throw

19	Grube, Regan	Bemidji State	38.43m	126-01
20	DuHoux, Holly	SW Minnesota St.	37.91m	124-04
21	Kuusisto, Kali	Augsburg	37.74m	123-10
22	Flackey, Cassie	Wis.-Stout	37.45m	122-10
22	Veenstra, Brenna	Wis.-Stout	37.45m	122-10
24	Tobeck, Samara	Bemidji State	37.37m	122-07
25	Ryan, Courtney	Minnesota-Duluth	37.32m	122-05
26	Ripke, Anna	Concordia-St. Paul	37.05m	121-07
27	Verdugo, Kiana	Hamline	36.46m	119-07
28	Prokosch, Angela	SW Minnesota St.	36.26m	118-11
29	Nordby, Hannah	St. Olaf	33.95m	111-05
30	Wilcox, Alyson	Wis.-Stout	33.27m	109-02
31	Clankie, Heather	St. Cloud State	33.25m	109-01
32	Christianson, Kaitlyn	Bemidji State	33.01m	108-04
33	LaFontaine, Tiffany	Wis.-Superior	32.86m	107-10
34	Buck, Rachel	Minnesota-Duluth	32.40m	106-03
35	Jensen, Kellie	Minnesota-Duluth	31.61m	103-08
36	Baker, Cassidy	Minnesota-Duluth	31.58m	103-07
37	O'Neil, Molly	Bemidji State	30.41m	99-09
38	Phillips, Taylor	Wis.-Superior	30.39m	99-08
39	Charpentier, Alayna	Concordia-St. Paul	27.55m	90-05
40	Hoenigschmidt, Kaylea	St. Catherine	27.38m	89-10
41	Brooker, Rachel	Augsburg	25.78m	84-07
42	Thune, Mary Pat	Minnesota-Duluth	25.43m	83-05
43	Wagner, Linnea	Northwestern	25.30m	83-00
44	Van der Schans, Cathy	Unattached	24.57m	80-07
45	lund, denise	Unattached	24.26m	79-07
46	LeClair, Katherine	St. Olaf	23.08m	75-09
--	Sedlack, Mackenzie	Minnesota-Duluth	FOUL	

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 Year School Finals
 =====

1	Johnson, Ryan	St. Cloud State	57.93m	190-01
2	Riedy, Mac	Minnesota	56.08m	184-00
3	Stelter, Viktor	Minnesota	53.54m	175-08
4	Wilson, Kern	Minnesota-Duluth	53.14m	174-04
5	Weis, Alex	SW Minnesota St.	52.74m	173-00
6	Udermann, Samuel	Minnesota State	51.61m	169-04
7	Thiry, Peyton	St. John's (Minn.)	51.47m	168-10
8	Caffin, Bryan	Minnesota State	51.38m	168-07
9	Dols, Eric	Hamline	48.64m	159-07
10	Hausman, Micah	St. Thomas (Minn.)	48.18m	158-01
11	Rousemiller, Connor	Unattached	48.17m	158-00
12	Jacobson, Travis	Hamline	47.73m	156-07
13	Flinn, Jordan	SW Minnesota St.	47.02m	154-03
14	Kuusisto, Jesse	Augsburg	46.95m	154-00
15	Lunning, Ethan	St. Olaf	46.34m	152-00
16	Jochum, Austin	St. Thomas (Minn.)	46.32m	152-00
17	Murtha, Craig	St. Thomas (Minn.)	45.85m	150-05
18	Kantor, Michael	Augsburg	45.83m	150-04
19	Klaers, Logan	St. Thomas (Minn.)	45.43m	149-00

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

...Event 27 Men Hammer Throw

20 Treichel, Clinton	Unattached	45.02m	147-08
21 Maday, Mitchell	Hamline	44.71m	146-08
22 Barber, Kai	St. John's (Minn.)	44.48m	145-11
23 Culp, Ray	Hamline	44.32m	145-05
24 Melin, Gunnar	Augsburg	43.98m	144-03
25 Willette, Anthony	Wis.-Superior	43.10m	141-05
26 Jensen, Shawn	SW Minnesota St.	43.07m	141-04
27 Udenberg, Thomas	Wis.-Superior	42.57m	139-08
28 Swanson, Robert	Wis.-River Falls	42.25m	138-07
28 Bergman, Cole	Wis.-Stout	42.25m	138-07
30 Magerl, Duncan	Wis.-Stout	42.06m	138-00
31 Burton, TaSawn	Hamline	41.84m	137-03
32 Adams, Caleb	Wis.-Stout	41.80m	137-02
33 Woods, Nick	St. Olaf	41.69m	136-09
34 Fleming, Thomas	Wis.-Superior	41.62m	136-06
35 Gelineau, Logan	Minnesota-Duluth	41.08m	134-09
36 Manikowski, Mike	St. John's (Minn.)	40.71m	133-07
37 Wirtz, Fauston	Wis.-Superior	40.58m	133-02
38 Skarhus, Jacob	Hamline	40.37m	132-05
39 McNichols, David	Macalester	40.19m	131-10
40 Wado, Nesro	Concordia-St. Paul	39.87m	130-10
41 Pillath, Christian	Wis.-Superior	39.54m	129-09
42 Yost, Tony	St. John's (Minn.)	39.34m	129-01
43 David, Danhauer	St. Thomas (Minn.)	38.74m	127-01
44 Alexandrou, Elias	Wis.-Superior	37.67m	123-07
45 Hutchinson, Thomas	Hamline	37.25m	122-02
46 Brown, Zach	St. John's (Minn.)	37.12m	121-09
47 Kurtz-Enko, Nathan	St. Olaf	37.09m	121-08
48 Reiter, Ryan	St. John's (Minn.)	36.88m	121-00
49 Holst, Eric	St. Thomas (Minn.)	35.93m	117-10
50 Wisniewski, Josh	Wis.-Stout	35.84m	117-07
51 Catterton, Andrew	St. Thomas (Minn.)	35.82m	117-06
52 Hodge, Michael	St. Thomas (Minn.)	35.73m	117-03
53 Johnson, Eric	St. Cloud State	34.86m	114-04
54 Thode, Tanner	Minnesota-Duluth	34.83m	114-03
55 Owens, Joe	Concordia-St. Paul	34.68m	113-09
56 Kennedy, Kyler	Minnesota-Duluth	33.40m	109-07
57 McRoberts, Benji	Wis.-River Falls	33.22m	109-00
58 Burroughs, Brian	St. John's (Minn.)	32.73m	107-04
59 Greene, Michael	St. Thomas (Minn.)	32.62m	107-00
60 Larsen, Brandon	Augsburg	30.73m	100-10
61 Johnson, Mike	Wis.-River Falls	30.31m	99-05
62 Lopez, Greg	Macalester	28.63m	93-11
63 Fisher, Colin	St. John's (Minn.)	27.43m	90-00
-- Wozniak, Jack	St. John's (Minn.)	FOUL	
-- Zemlin, Jared	Hamline	FOUL	

Event 23 Men Javelin Throw

=====
 Meet Records: ! 51.75m 4/16/2016 Randy Perez, St. John's (
 Facility Rec: \$ 51.75m 4/16/2016 Randy Perez, St. John's (
 Name Year School Finals
 =====

1 Perez, Randy		St. John's (Minn.)	51.75m!	169-09
2 Buckner, Jack		Carleton	49.99m	164-00

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

...Event 23 Men Javelin Throw

3	Boughner, Cole	St. Thomas (Minn.)	48.88m	160-04
4	Zielke, Gabe	Wis.-Superior	48.65m	159-07
5	Hayes, Sean	Macalester	46.75m	153-04
6	Zaytoun, Christian	Carleton	46.15m	151-05
7	Howard, Cole	St. John's (Minn.)	45.82m	150-04
8	VanZuilen, Luke	St. Thomas (Minn.)	44.74m	146-09
9	Rea, Tyler	Augsburg	44.44m	145-10
10	Potratz, Noah	Wis.-Superior	44.40m	145-08
11	Walsh-Brenizer, AJ	Wis.-River Falls	44.32m	145-05
12	Baumbach, Cody	Wis.-Stout	44.23m	145-01
13	Freyholtz, Josh	Wis.-Stout	43.13m	141-06
14	Peterson, Christopher	St. Thomas (Minn.)	41.30m	135-06
15	Bruckbauer, Daniel	St. John's (Minn.)	40.09m	131-06
16	Anderson, Parker	St. John's (Minn.)	39.56m	129-09
17	Toomey, Griffin	St. John's (Minn.)	39.10m	128-03
18	Witschen, Michael	St. Thomas (Minn.)	39.02m	128-00
19	Mickelson, Hunter	Hamline	38.61m	126-08
20	Ryan, James	Minnesota-Duluth	38.40m	126-00
21	Woodward, William	St. Thomas (Minn.)	37.45m	122-10
22	Botten, Joshua	St. Thomas (Minn.)	35.46m	116-04
23	Lauermann, Derek	Augsburg	35.21m	115-06
24	Jaye, Elliot	St. Thomas (Minn.)	31.14m	102-02
25	Frick, Chris	St. Olaf	30.33m	99-06
26	Ditty, Matt	Minnesota-Duluth	28.78m	94-05
27	Knutson, Eli	St. Olaf	24.57m	80-07
--	Gaubert, Andre	St. Thomas (Minn.)	FOUL	

Event 24 Women Javelin Throw

Meet Records: ! 41.46m 4/16/2016 Trish Hare, Carleton

Facility Rec: \$ 41.46m 4/16/2016 Trish Hare, Carleton

Name	Year	School	Finals	
1	Hare, Trish	Carleton	41.46m!	136-00
2	Besch, Alyssa	St. Catherine	39.69m	130-02
3	Walek, Steph	Unattached	35.05m	115-00
4	Baumann, Clara	Macalester	33.10m	108-07
5	Breault, Danielle	St. Catherine	32.88m	107-10
6	Weed, Kelsey	St. Olaf	32.56m	106-10
7	Janisch, Jessie	SW Minnesota St.	32.16m	105-06
8	Delson, Wilsonique	Unattached	31.58m	103-07
9	Nielsen, Shay	Unattached	31.54m	103-06
10	Lierman, Shay	Upper Iowa	30.69m	100-08
11	Velde, Samantha	Bemidji State	29.93m	98-02
12	Burke, Paige	Minnesota-Duluth	28.73m	94-03
13	Thune, Mary Pat	Minnesota-Duluth	28.64m	93-11
14	Kirkeide, Courtney	St. Catherine	28.50m	93-06
15	Baker, Cassidy	Minnesota-Duluth	28.44m	93-04
16	Hunter, Brooke	Macalester	28.27m	92-09
17	Beattie, Morgan	Bemidji State	27.96m	91-09
18	Ruehl, Svenja	Wis.-Superior	27.79m	91-02
19	Brunner, Elizabeth	Minnesota-Duluth	27.55m	90-05
20	Sevila, Emeline	Bemidji State	27.35m	89-09
21	Smith, Courtney	Wis.-Stout	27.26m	89-05
22	Kuusisto, Kali	Augsburg	26.69m	87-07

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

...Event 24 Women Javelin Throw

23	Ryan, Courtney	Minnesota-Duluth	26.08m	85-07
24	Graham, Olivia	St. Thomas (Minn.)	25.72m	84-04
25	Burney, Kalle	Concordia-St. Paul	24.61m	80-09
26	Boyle, Carly	Wis.-River Falls	24.39m	80-00
27	Dormann, Taylor	Upper Iowa	24.13m	79-02
28	Novak, Kendall	St. Thomas (Minn.)	23.95m	78-07
29	Vezina, Jane	St. Olaf	23.57m	77-04
30	Mohs, Gabbie	Upper Iowa	23.12m	75-10
31	Gaiser, Karina	Wis.-Superior	22.59m	74-01
32	Lange, Libby	St. Thomas (Minn.)	21.86m	71-09
33	Dontje Lindell, Halla	Macalester	21.66m	71-01
34	Wagner, Linnea	Northwestern	21.62m	70-11
35	Buck, Rachel	Minnesota-Duluth	20.47m	67-02
36	Benson, Christa	Bemidji State	17.97m	58-11
37	Tobeck, Samara	Bemidji State	16.83m	55-02

Event 35 Men Pole Vault

=====
 Meet Records: ! 5.35m 4/16/2016 Zach Siegmeier, TCTC / NRR
 Facility Rec: \$ 5.35m 4/16/2016 Zach Siegmeier, TCTC / NRR
 Name Year School Finals
 =====

1	Siegmeier, Zach	Tctc / Nrr	5.35m!	17-06.50
2	Valli, Mitchell	Unattached	4.90m	16-00.75
3	Sorensen, Colton	Wis.-River Falls	4.75m	15-07.00
4	Matheson, Joe	Hamline	4.75m	15-07.00
5	O'Neill, Connor	St. Thomas (Minn.)	4.75m	15-07.00
6	Walsh-Brenizer, AJ	Wis.-River Falls	4.60m	15-01.00
7	Lucchesi, Christian	Wis.-Stout	4.60m	15-01.00
8	Molnar, Windsor	Wis.-River Falls	4.60m	15-01.00
9	Uchytel, John	Unattached	4.60m	15-01.00
10	Olson, Maxwell	St. John's (Minn.)	4.30m	14-01.25
10	Timm, Chris	Minnesota-Duluth	4.30m	14-01.25
10	Jurgenson, Alex	Wis.-River Falls	4.30m	14-01.25
13	Theisen, Jordan	St. John's (Minn.)	4.30m	14-01.25
14	deBlock, Josh	Wis.-Stout	4.15m	13-07.25
15	Elyea-Wheeler, Bryan	Concordia-St. Paul	4.15m	13-07.25
16	Joppru, Aaron	Concordia-St. Paul	4.15m	13-07.25
17	Hohensee, Caleb	Wis.-Superior	4.00m	13-01.50
17	Petersen, Jess	Minnesota-Duluth	4.00m	13-01.50
19	Devery, Matt	St. John's (Minn.)	4.00m	13-01.50
20	Cronin, Lucas	St. Thomas (Minn.)	4.00m	13-01.50
21	Gursky, Jacob	St. Olaf	4.00m	13-01.50
22	Rachuy, Andy	Concordia-St. Paul	3.70m	12-01.50
23	Schultz-Sanchez, Kristia	Hamline	3.70m	12-01.50
24	Modderman-Anderson, Tyle	Wis.-Superior	3.40m	11-01.75
24	Howe, George	Macalester	3.40m	11-01.75
26	Olson, Josh	St. John's (Minn.)	3.10m	10-02.00
--	Freyholtz, Josh	Wis.-Stout	NH	
--	Burley, Austin	Hamline	NH	
--	Adams, Sean	Augsburg	NH	
--	Prokott, Derek	Hamline	NH	
--	Tompkins, Sean	Minnesota-Duluth	NH	
--	Tappe, Tyler	Minnesota	NH	
--	Mesenburg, Robert	Wis.-Stout	NH	

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

....Event 35 Men Pole Vault

-- Roux, Jake	Macalester	NH
-- Zastrow, Paul	Wis.-Stout	NH
-- Giri, Prajwal	Macalester	NH

Event 36 Women Pole Vault

Meet Records: ! 4.25m 4/16/2016 Leslie Brost, Twin Cities
 Facility Rec: \$ 4.25m 4/16/2016 Leslie Brost, Twin Cities

Name	Year	School	Finals
1 Brost, Leslie		Twin Cities TC	4.25m! 13-11.25
2 Funk, Allie		Unattached	3.65m 11-11.75
3 Claude, Riley		Wis.-River Falls	3.65m 11-11.75
4 Mesenburg, Laura		Wis.-Stout	3.65m 11-11.75
5 Severin, Miranda		Unattached	3.50m 11-05.75
6 LeBlanc, Rachelle		Minnesota-Duluth	3.35m 10-11.75
7 Feilen, Gretchen		Concordia-St. Paul	3.35m 10-11.75
8 Kramer, Marianna		Concordia-St. Paul	3.35m 10-11.75
9 Magnuson, Danielle		Wis.-Stout	3.20m 10-06.00
9 Stathakis, Christina		Unattached	3.20m 10-06.00
11 Narr, Macy		Unattached	3.20m 10-06.00
12 Shady, Erika		Concordia-St. Paul	3.05m 10-00.00
12 Myhro, Jenna		Wis.-Stout	3.05m 10-00.00
14 Fulton, Emma		St. Olaf	3.05m 10-00.00
15 Spang, Courtney		Minnesota-Duluth	3.05m 10-00.00
15 Novak, Kendall		St. Thomas (Minn.)	3.05m 10-00.00
17 Holt, Jillian		Wis.-Stout	2.90m 9-06.25
18 Teupel, Kristen		Wis.-Stout	2.90m 9-06.25
19 Rowe, Valerie		Wis.-Superior	2.75m 9-00.25
20 Reed, Angie		Wis.-River Falls	2.75m 9-00.25
21 Watry, Kate		St. Thomas (Minn.)	2.60m 8-06.25
21 Seligman, Audrey		Macalester	2.60m 8-06.25
23 Johnson, Anna		St. Olaf	2.60m 8-06.25
24 Wendt, Katya		St. Olaf	2.60m 8-06.25
25 Shelquist, Liza		Wis.-Superior	2.30m 7-06.50
-- Regan, Anik		Macalester	NH
-- Bennington, Nikki		Macalester	NH
-- Kiefer, Lexi		Unattached	NH
-- Stanley, Marissa		Wis.-Stout	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	Year	School	Finals	Wind
1 Yalartai, Patience		St. Cloud State	5.67m 5.1	18-07.25
2 Armstrong, Rylee		SW Minnesota St.	5.54m 3.4	18-02.25
3 Jones, Callie		Augsburg	5.45m 1.3	17-10.75
4 Ruehl, Svenja		Wis.-Superior	5.40m 2.1	17-08.75
5 Flynn, Kelly		Unattached	5.39m 2.6	17-08.25
6 Eischens, Laura		St. Thomas (Minn.)	5.29m 4.2	17-04.25
6 Schrader, Sarah		Minnesota-Duluth	5.29m 3.7	17-04.25
8 Campbell, Amelia		Carleton	5.15m 1.9	16-10.75
9 Schow, Rachel		Unattached	5.06m 1.0	16-07.25

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

...Event 34 Women Long Jump

10	Hendrickson, Josi	Hamline	4.97m	1.2	16-03.75
11	Miller, Chloe	Bemidji State	4.93m	4.1	16-02.25
12	VanWynen, Madison	St. Olaf	4.92m	3.3	16-01.75
13	Franklin, Hailey	Minnesota-Duluth	4.87m	0.9	15-11.75
14	Russell, Elizabeth	St. Thomas (Minn.)	4.81m	0.9	15-09.50
15	Kotajarvi, Lauren	Minnesota-Duluth	4.78m	1.2	15-08.25
16	Piergies, Tonya	Carleton	4.73m	2.6	15-06.25
17	Benn, Aryn	Wis.-Stout	4.65m	2.9	15-03.25
18	Nelson, Kayla	Unattached	4.64m	2.0	15-02.75
18	Holt, Greta	St. Cloud State	4.64m	2.1	15-02.75
20	Walls, Jordan	Hamline	4.57m	0.2	15-00.00
21	Gribble, Hanna	St. Thomas (Minn.)	4.54m	0.2	14-10.75
22	Shearer, Morgan	Upper Iowa	4.38m	2.6	14-04.50
23	Waaen, Ashley	Augsburg	4.34m	1.2	14-03.00
24	Quandt, Taylor	St. Thomas (Minn.)	4.27m	0.9	14-00.25
25	Forcica, Grace	St. Thomas (Minn.)	4.10m	1.4	13-05.50
26	Bond, Sarah	St. Olaf	3.77m	0.4	12-04.50
--	McNeel, Samantha	SW Minnesota St.	FOUL		
--	Kaing, Amanda	St. Olaf	FOUL		
--	Grizhebovskaya, Masha	St. Olaf	FOUL		

Event 33 Men Long Jump

Meet Records: ! 7.15m 4/16/2016 Evan Cross, St. Thomas (

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

Name	Year	School	Finals	Wind	
1	Cross, Evan	St. Thomas (Minn.)	7.15m!	1.9	23-05.50
2	Kordah, Barinedum	Augsburg	7.14m	3.3	23-05.25
3	Alexander, Dwight	Carleton	7.11m	4.6	23-04.00
4	Ajalawa, Andrew	Minnesota	6.95m	1.7	22-09.75
4	Davis, Keyshawn	St. Cloud State	6.95m	3.5	22-09.75
6	Deshay, Desmond	St. Cloud State	6.87m	1.9	22-06.50
6	Odera, Antony	Unattached	6.87m	2.2	22-06.50
8	Schoen, Ethen	Wis.-Stout	6.77m	+0.0	22-02.50
9	Buller, Jacob	Unattached	6.69m	2.8	21-11.50
10	Emlaw, Mark	Minnesota-Duluth	6.67m	3.8	21-10.75
11	Pitchford, Elijah	St. Cloud State	6.60m	5.0	21-08.00
11	Yira, Jordan	St. Cloud State	6.60m	2.5	21-08.00
13	Freyholtz, Josh	Wis.-Stout	6.47m	4.1	21-02.75
14	Reeves, Casey	Minnesota-Duluth	6.42m	4.8	21-00.75
15	Peterson, Colton	St. John's (Minn.)	6.41m	2.4	21-00.50
16	Spillum, Travis	St. John's (Minn.)	6.39m	3.5	20-11.75
17	Tolkinen, Ryan	Minnesota-Duluth	6.38m	3.9	20-11.25
18	Bruckbauer, Daniel	St. John's (Minn.)	6.37m	1.4	20-10.75
19	Rixmann, Tim	Wis.-River Falls	6.32m	6.0	20-09.00
20	Hampton, Jaimen	Hamline	6.30m	1.7	20-08.00
21	Kabanuk, Kyle	Minnesota-Duluth	6.26m	3.1	20-06.50
22	Vieau, Zack	Minnesota-Duluth	6.24m	3.3	20-05.75
23	Twumasi, Raymond	St. John's (Minn.)	6.16m	2.7	20-02.50
24	Christman, Brandyn	Wis.-Stout	6.15m	4.1	20-02.25
25	Baumbach, Cody	Wis.-Stout	6.12m	4.4	20-01.00
26	Dzikonksi, Alex	Wis.-Superior	6.06m	4.7	19-10.75
27	Schleis, Garret	Minnesota-Duluth	6.04m	2.0	19-09.75
28	VanZuilen, Luke	St. Thomas (Minn.)	6.00m	2.4	19-08.25

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

...Event 33 Men Long Jump

28	Stewart, Trevor	St. Olaf	6.00m	2.5	19-08.25
30	Davis, Logan	St. John's (Minn.)	5.99m	4.1	19-08.00
31	Zamzow, Brooks	Minnesota-Duluth	5.77m	4.5	18-11.25
32	Barnes, Justin	Wis.-River Falls	5.73m	3.0	18-09.75
33	Haberman, Henry	Wis.-Superior	5.51m	2.0	18-01.00
34	Olinger, Joseph	Wis.-Superior	5.37m	2.0	17-07.50
35	Izaki, Keishin	Wis.-Superior	5.35m	4.0	17-06.75
36	Welty, Nathan	Wis.-Superior	5.34m	3.2	17-06.25
37	Jacobson, Riley	Wis.-River Falls	5.12m	4.2	16-09.75
--	Schoenbauer, Drew	St. John's (Minn.)	FOUL		
--	Jones, Howard	Concordia-St. Paul	FOUL		

Event 37 Men High Jump

Meet Records: ! 2.00m 4/21/2014 Eric Atherton/Danny Schiller, Unattache
 Facility Rec: \$ 2.06m 5/2/2012 Dustin McColley, St. Cloud State

Name	Year	School	Finals	
1 Hovie, Logan		Macalester	2.01m!	6-07.00 2.01 in Jump Off
2 Bristol, Logan		Minnesota State	1.98m	6-06.00
3 Buller, Jacob		Unattached	1.98m	6-06.00
4 Zydowsky, David		Concordia-St. Paul	1.93m	6-04.00
5 Johanson, Josh		Concordia-St. Paul	1.88m	6-02.00
6 Wananda, Joseph		Wis.-River Falls	1.88m	6-02.00
7 Dehkes, Pete		Carleton	1.83m	6-00.00
8 Lind, Andrew		Minnesota-Duluth	1.83m	6-00.00
9 Hasler, Nick		St. Thomas (Minn.)	1.78m	5-10.00
10 Haberman, Henry		Wis.-Superior	1.78m	5-10.00
11 Theisen, Jordan		St. John's (Minn.)	1.78m	5-10.00
12 Spillum, Travis		St. John's (Minn.)	1.73m	5-08.00
13 Anderson, Matthew		St. Thomas (Minn.)	1.68m	5-06.00
-- Welty, Nathan		Wis.-Superior	NH	
-- Blom, Kyle		Concordia-St. Paul	NH	
-- Izaki, Keishin		Wis.-Superior	NH	
-- Cronin, Lucas		St. Thomas (Minn.)	NH	
-- Bates, Peter		St. Cloud State	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	Year	School	Finals	
1 Armstrong, Rylee		SW Minnesota St.	1.60m	5-03.00
2 Hesse, Michaela		Minnesota-Duluth	1.60m	5-03.00
2 Boyle, Carly		Wis.-River Falls	1.60m	5-03.00
4 Burney, Kalle		Concordia-St. Paul	1.55m	5-01.00
5 Campbell, Amelia		Carleton	1.55m	5-01.00
6 Gromowski, Morgan		Wis.-Stout	1.55m	5-01.00
7 Murray, Katie		St. Thomas (Minn.)	1.50m	4-11.00
8 Davis, Madeline		St. Thomas (Minn.)	1.50m	4-11.00
8 Bordson, Grace		St. Thomas (Minn.)	1.50m	4-11.00
8 Feilen, Gretchen		Concordia-St. Paul	1.50m	4-11.00
11 Andersen, Margaret		St. Olaf	1.50m	4-11.00
12 Kramer, Marianna		Concordia-St. Paul	1.50m	4-11.00

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

....Event 38 Women High Jump

12	Minniecheske, Emily	Wis.-Stout	1.50m	4-11.00
14	Radke, Johna	St. Catherine	1.50m	4-11.00
15	Stimson, Mary	Augsburg	1.45m	4-09.00
15	Severson, Sidney	St. Thomas (Minn.)	1.45m	4-09.00
17	Friedenfels, Stefani	Wis.-Stout	1.45m	4-09.00
18	Miller, Courtney	St. Olaf	1.45m	4-09.00
19	Shearer, Morgan	Upper Iowa	1.45m	4-09.00
20	Novak, Kendall	St. Thomas (Minn.)	1.45m	4-09.00
21	Sevila, Emeline	Bemidji State	1.40m	4-07.00
21	Ighovojah, Wakpor	Concordia-St. Paul	1.40m	4-07.00
23	Eischens, Laura	St. Thomas (Minn.)	1.40m	4-07.00
24	Kotajarvi, Lauren	Minnesota-Duluth	1.40m	4-07.00
25	Lauderbaugh, Tori	Bemidji State	1.35m	4-05.00
25	Benson, Christa	Bemidji State	1.35m	4-05.00
27	Piergies, Tonya	Carleton	1.35m	4-05.00
--	Gaiser, Karina	Wis.-Superior		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	Year	School	Finals	
1	Nielsen, Shay	Unattached	13.78m	45-02.50
2	Brandt, Michelle	Wis.-Stout	12.91m	42-04.25
3	Cardinal, Cassie	St. Cloud State	12.71m	41-08.50
4	Heifort, Allie	Minnesota	12.63m	41-05.25
5	Lange, Libby	St. Thomas (Minn.)	12.61m	41-04.50
6	Brewster, Ciara	Bemidji State	11.88m	38-11.75
7	Robertson, Ivannie	Hamline	11.78m	38-07.75
8	Phillips, Taylor	Wis.-Superior	11.48m	37-08.00
9	Baker, Cassidy	Minnesota-Duluth	10.92m	35-10.00
10	Byers-Carter, Katelyn	St. Catherine	10.85m	35-07.25
11	Nelson, Meghan	Unattached	10.83m	35-06.50
11	Campbell, Amelia	Carleton	10.83m	35-06.50
13	Pabst, Kayla	Wis.-Stout	10.64m	34-11.00
14	Buckley, Jocelyn	Minnesota-Duluth	10.29m	33-09.25
15	Haffner, Kristy	North Centra	10.21m	33-06.00
16	Christianson, Kaitlyn	Bemidji State	9.89m	32-05.50
17	Gottschalk, Natalie	St. Cloud State	9.87m	32-04.75
18	Lierman, Shay	Upper Iowa	9.61m	31-06.50
19	Tobeck, Samara	Bemidji State	9.21m	30-02.75
20	Mohs, Gabbie	Upper Iowa	9.12m	29-11.25
21	Broyles, Jackie	Wis.-River Falls	9.05m	29-08.25
22	Madden, Bridgett	Upper Iowa	8.93m	29-03.75
23	Wagner, Linnea	Northwestern	8.72m	28-07.50
24	Bond, Sarah	St. Olaf	8.66m	28-05.00
25	Nordby, Hannah	St. Olaf	8.57m	28-01.50
26	Hunter, Brooke	Macalester	8.54m	28-00.25
27	LaFontaine, Tiffany	Wis.-Superior	8.26m	27-01.25
28	Collins, Alex	Minnesota-Duluth	8.20m	26-11.00
29	Thune, Mary Pat	Minnesota-Duluth	8.00m	26-03.00
30	LeClair, Katherine	St. Olaf	7.82m	25-08.00
31	Dontje Lindell, Halla	Macalester	7.70m	25-03.25
32	Nielsen, JaNessa	Upper Iowa	6.96m	22-10.00

Holst Invitational - 4/16/2016**Concordia St. Paul****Results - Invitational****...Event 26 Women Shot Put**

33 Whyte, Vanessa	Northwestern	6.82m	22-04.50
34 Drazkowski, Emma	Northwestern	6.80m	22-03.75
35 George, Natasha	North Centra	6.36m	20-10.50

Event 25 Men Shot Put

Meet Records: ! 17.69m 4/16/2016 Luke Johnson, Minnesota

Facility Rec: \$ 17.69m 4/16/2016 Luke Johnson, Minnesota

Name	Year School	Finals	
1 Johnson, Luke	Minnesota	17.69m!	58-00.50
2 Tharaldsen, Jonathan	Unattached	16.29m	53-05.50
3 Weis, Alex	SW Minnesota St.	16.06m	52-08.25
4 Jacobson, Travis	Hamline	16.05m	52-08.00
5 Schauer, Matt	St. Thomas (Minn.)	15.85m	52-00.00
6 Dols, Eric	Hamline	15.82m	51-11.00
7 Udenberg, Thomas	Wis.-Superior	15.50m	50-10.25
8 Saez, Rafael	St. Cloud State	14.41m	47-03.50
9 Pillath, Christian	Wis.-Superior	14.38m	47-02.25
10 Gill, Dustin	Minnesota State	14.36m	47-01.50
11 Woods, Nick	St. Olaf	14.29m	46-10.75
12 Caffin, Bryan	Minnesota State	14.27m	46-10.00
13 Barber, Kai	St. John's (Minn.)	14.23m	46-08.25
14 Hausman, Micah	St. Thomas (Minn.)	13.95m	45-09.25
15 Anderson, Quinn	St. Cloud State	13.90m	45-07.25
16 Kurtz-Enko, Nathan	St. Olaf	13.80m	45-03.50
17 Behning, Josh	SW Minnesota St.	13.69m	44-11.00
18 Murtha, Craig	St. Thomas (Minn.)	13.64m	44-09.00
19 Adams, Caleb	Wis.-Stout	13.63m	44-08.75
20 Archibald, Josh	Wis.-Stout	13.62m	44-08.25
21 Thode, Tanner	Minnesota-Duluth	13.25m	43-05.75
22 Willette, Anthony	Wis.-Superior	13.22m	43-04.50
23 Thiry, Peyton	St. John's (Minn.)	13.15m	43-01.75
24 Jochum, Austin	St. Thomas (Minn.)	13.05m	42-09.75
25 Udermann, Samuel	Minnesota State	12.93m	42-05.25
26 Kennedy, Tyler	Minnesota-Duluth	12.69m	41-07.75
27 Rose, Will	SW Minnesota St.	12.59m	41-03.75
28 Reiter, Ryan	St. John's (Minn.)	12.53m	41-01.50
29 Treichel, Clinton	Unattached	12.45m	40-10.25
30 Wilson, Kern	Minnesota-Duluth	12.35m	40-06.25
31 Kragness, Benjamin	Unattached	12.20m	40-00.50
32 Juliar, Jack	Augsburg	12.07m	39-07.25
33 Stewart, Christian	Macalester	11.93m	39-01.75
34 McRoberts, Benji	Wis.-River Falls	11.82m	38-09.50
35 Manikowski, Mike	St. John's (Minn.)	11.66m	38-03.25
36 Greene, Michael	St. Thomas (Minn.)	11.64m	38-02.25
37 Hauser, Zach	Macalester	11.61m	38-01.25
38 Larsen, Brandon	Augsburg	11.61m	38-01.25
39 Brown, Zach	St. John's (Minn.)	11.58m	38-00.00
40 Rea, Tyler	Augsburg	11.56m	37-11.25
41 David, Danhauer	St. Thomas (Minn.)	11.47m	37-07.75
42 Helms, Nick	Wis.-River Falls	11.33m	37-02.25
43 Wisniewski, Josh	Wis.-Stout	11.16m	36-07.50
44 Wirtz, Fauston	Wis.-Superior	11.06m	36-03.50
45 Johnson, Eric	St. Cloud State	10.84m	35-06.75

Holst Invitational - 4/16/2016**Concordia St. Paul****Results - Invitational****....Event 25 Men Shot Put**

46 Fleming, Thomas	Wis.-Superior	10.83m	35-06.50
47 Slay, Marquise	Wis.-Superior	10.77m	35-04.00
48 Zamzow, Brooks	Minnesota-Duluth	10.71m	35-01.75
49 Fisher, Colin	St. John's (Minn.)	10.23m	33-06.75
50 Flaten, Sam	Wis.-River Falls	10.10m	33-01.75
51 Johnson, Mike	Wis.-River Falls	9.61m	31-06.50
52 Lopez, Greg	Macalester	9.38m	30-09.25
53 Jacobson, Riley	Wis.-River Falls	8.54m	28-00.25
-- Wozniak, Jack	St. John's (Minn.)	FOUL	
-- Yost, Tony	St. John's (Minn.)	FOUL	
-- Alexandrou, Elias	Wis.-Superior	FOUL	
-- Flinn, Jordan	SW Minnesota St.	FOUL	

Event 32 Women Triple Jump

=====
 Meet Records: ! 12.09m 4/16/2016 Patience Yalartai, St. Cloud St

Facility Rec: \$ 12.09m 4/16/2016 Patience Yalartai, St. Cloud St

Name	Year School	Finals	Wind
1 Yalartai, Patience	St. Cloud State	12.09m!	0.7 39-08.00
2 Brunner, Elizabeth	Minnesota-Duluth	11.52m	2.3 37-09.50
3 Willett, Sarah	Wis.-Stout	11.37m	3.7 37-03.75
4 Friedenfels, Stefani	Wis.-Stout	11.21m	1.9 36-09.50
5 Ruehl, Svenja	Wis.-Superior	11.20m	2.0 36-09.00
6 Saulsberry, Carolyn	Hamline	11.04m	3.4 36-02.75
7 Anderson, Rachael	Wis.-Stout	10.77m	3.9 35-04.00
8 Hensch, Mikayla	Hamline	10.23m	2.6 33-06.75
9 Benn, Aryn	Wis.-Stout	10.22m	3.6 33-06.50
10 Russell, Elizabeth	St. Thomas (Minn.)	10.15m	2.0 33-03.75
11 Dontje Lindell, Halla	Macalester	10.11m	1.7 33-02.00
12 Franklin, Hailey	Minnesota-Duluth	10.08m	2.2 33-01.00
13 Kaing, Amanda	St. Olaf	9.93m	3.4 32-07.00
14 Bruess, Sarah	St. Thomas (Minn.)	9.77m	1.6 32-00.75
15 Radke, Johna	St. Catherine	9.42m	1.5 30-11.00
16 Staurseth, Sarina	North Centra	8.97m	2.2 29-05.25
-- Schrader, Sarah	Minnesota-Duluth	FOUL	
-- Anderson, Nikki	Bemidji State	FOUL	
-- Quandt, Taylor	St. Thomas (Minn.)	FOUL	

Event 31 Men Triple Jump

=====
 Meet Records: ! 14.88m 4/16/2016 Jordan Charles, Minnesota

Facility Rec: \$ 14.88m 4/16/2016 Jordan Charles, Minnesota

Name	Year School	Finals	Wind
1 Pitchford, Elijah	St. Cloud State	14.90m	3.8 48-10.75
2 Charles, Jordan	Minnesota	14.88m!	2.0 48-10.00
3 Houston, Sammie	Unattached	14.36m	2.5 47-01.50
4 Jackson, Bakari	Hamline	14.05m	2.4 46-01.25
5 Twumasi, Raymond	St. John's (Minn.)	14.01m	2.5 45-11.75
6 Travis, James	Minnesota	13.84m	NWI 45-05.00
7 Odera, Antony	Unattached	13.82m	2.9 45-04.25
8 Keys McKay, Miles	Macalester	13.17m	2.6 43-02.50
9 Klun, John	St. Thomas (Minn.)	12.84m	2.0 42-01.50
10 Rixmann, Tim	Wis.-River Falls	12.70m	2.0 41-08.00

Holst Invitational - 4/16/2016

Concordia St. Paul

Results - Invitational

...Event 31 Men Triple Jump

11	Spann, Nicholas	St. Thomas (Minn.)	12.50m	0.5	41-00.25
12	Hicks, Maurice	Carleton	12.33m	1.4	40-05.50
13	Blom, Kyle	Concordia-St. Paul	12.19m	3.4	40-00.00
14	Haberman, Henry	Wis.-Superior	11.73m	3.4	38-06.00
--	Welty, Nathan	Wis.-Superior	FOUL		
--	Izaki, Keishin	Wis.-Superior	FOUL		
--	Reeves, Casey	Minnesota-Duluth	FOUL		
--	Vieau, Zack	Minnesota-Duluth	FOUL		
--	Alexander, Dwight	Carleton	FOUL		
--	Hampton, Jaimen	Hamline	FOUL		
--	Palmer, Seth	North Centra	FOUL		
--	Forker, Josiah	Northwestern	FOUL		
--	Schleis, Garret	Minnesota-Duluth	FOUL		

Event 30 Women Discus Throw

=====
 Meet Records: ! 47.13m 2010 Liz Podominick, Unattached
 Facility Rec: \$ 47.13m 4/28/2010 Liz Podominick, Unattached
 Name Year School Finals
 =====

1	Meier, Lydia	Wis.-Stout	44.46m	145-10
2	Koel, Gabby	Hamline	41.25m	135-04
3	Clankie, Heather	St. Cloud State	41.17m	135-01
4	Veenstra, Brenna	Wis.-Stout	39.62m	130-00
5	Cardinal, Cassie	St. Cloud State	38.45m	126-02
6	Gates, Genevieve	St. Thomas (Minn.)	38.26m	125-06
7	Ripke, Anna	Concordia-St. Paul	38.01m	124-08
8	DuHoux, Holly	SW Minnesota St.	37.32m	122-05
9	Duff, Katie	Wis.-River Falls	37.20m	122-00
10	Velde, Samantha	Bemidji State	35.77m	117-04
11	Robertson, Ivannie	Hamline	34.66m	113-08
12	Christianson, Kaitlyn	Bemidji State	34.58m	113-05
13	Verdugo, Kiana	Hamline	33.58m	110-02
14	Kingsley, Lydia	Minnesota-Duluth	33.57m	110-02
15	Johnson, Annika	St. Olaf	33.16m	108-09
16	Phillips, Taylor	Wis.-Superior	32.91m	108-00
17	Pabst, Kayla	Wis.-Stout	32.07m	105-02
18	Jensen, Kellie	Minnesota-Duluth	31.45m	103-02
19	Grube, Regan	Bemidji State	30.51m	100-01
20	Pagel, Carly	Upper Iowa	30.15m	98-11
21	Tobeck, Samara	Bemidji State	29.97m	98-04
22	Thompson, Tori	St. Catherine	29.73m	97-06
23	Madden, Bridgett	Upper Iowa	29.41m	96-06
24	Graham, Olivia	St. Thomas (Minn.)	29.02m	95-02
25	Hoenigschmidt, Kaylea	St. Catherine	28.96m	95-00
26	O'Neil, Molly	Bemidji State	28.18m	92-05
27	Wilcox, Alyson	Wis.-Stout	26.58m	87-02
28	LaFontaine, Tiffany	Wis.-Superior	26.45m	86-09
29	Buckley, Jocelyn	Minnesota-Duluth	23.33m	76-06
30	Brooker, Rachel	Augsburg	23.24m	76-03
31	Sedlack, Mackenzie	Minnesota-Duluth	22.68m	74-05
32	Haffner, Kristy	North Centra	21.05m	69-01
33	Charpentier, Alayna	Concordia-St. Paul	18.57m	60-11
34	George, Natasha	North Centra	12.09m	39-08

Holst Invitational - 4/16/2016**Concordia St. Paul****Results - Invitational****Event 29 Men Discus Throw**

Meet Records: ! 54.97m 4/16/2016 Sam Elsner, Minnesota

Facility Rec: \$ 54.97m 4/16/2016 Sam Elsner, Minnesota

Name	Year School	Finals	
1 Elsner, Sam	Minnesota	54.97m!	180-04
2 Saez, Rafael	St. Cloud State	50.94m	167-01
3 Bjerk, Bryan	Minnesota	50.88m	166-11
4 Johnson, Luke	Minnesota	50.42m	165-05
5 Anderson, Quinn	St. Cloud State	49.99m	164-00
6 Johnson, Ryan	St. Cloud State	49.25m	161-07
7 Weis, Alex	SW Minnesota St.	49.14m	161-03
8 Zahrte, Kody	Unattached	45.30m	148-07
9 Duwenhoegger, Chase	Hamline	45.11m	148-00
10 Hausman, Micah	St. Thomas (Minn.)	44.74m	146-09
11 Murtha, Craig	St. Thomas (Minn.)	44.44m	145-10
12 Udermann, Samuel	Minnesota State	44.33m	145-05
13 Tyler, Anthony	Hamline	44.15m	144-10
14 Tharaldsen, Jonathan	Unattached	43.41m	142-05
15 Gaffin, Bryan	Minnesota State	43.39m	142-04
16 Zett, Austin	Unattached	43.30m	142-01
17 Diaz de Leone, Sam	Carleton	43.29m	142-00
18 Yost, Tony	St. John's (Minn.)	43.25m	141-11
19 Hutchinson, Thomas	Hamline	42.71m	140-01
20 Compton, Chris	Northwestern	42.70m	140-01
21 Gill, Dustin	Minnesota State	42.38m	139-00
22 Willette, Anthony	Wis.-Superior	41.67m	136-08
23 Udenberg, Thomas	Wis.-Superior	41.34m	135-07
24 Barber, Kai	St. John's (Minn.)	41.15m	135-00
25 Kuusisto, Jesse	Augsburg	41.09m	134-10
26 Gelineau, Logan	Minnesota-Duluth	41.02m	134-07
27 Swanson, Robert	Wis.-River Falls	40.32m	132-03
28 Behning, Josh	SW Minnesota St.	40.23m	132-00
29 Adams, Caleb	Wis.-Stout	40.04m	131-04
30 Reiter, Ryan	St. John's (Minn.)	39.82m	130-08
31 Pillath, Christian	Wis.-Superior	39.35m	129-01
32 Magerl, Duncan	Wis.-Stout	39.30m	128-11
33 Jensen, Shawn	SW Minnesota St.	39.14m	128-05
34 Hauser, Zach	Macalester	38.86m	127-06
35 Klaers, Logan	St. Thomas (Minn.)	38.53m	126-05
36 Rose, Will	SW Minnesota St.	38.41m	126-00
37 Payne, Ashanti	SW Minnesota St.	38.15m	125-02
38 Wisniewski, Josh	Wis.-Stout	38.10m	125-00
39 McRoberts, Benji	Wis.-River Falls	37.98m	124-07
40 Marita, John	Unattached	37.72m	123-09
41 Archibald, Josh	Wis.-Stout	37.46m	122-11
42 Kantor, Michael	Augsburg	36.72m	120-06
43 Thiry, Peyton	St. John's (Minn.)	36.50m	119-09
44 Helms, Nick	Wis.-River Falls	36.33m	119-02
45 Bergman, Cole	Wis.-Stout	36.30m	119-01
46 Maday, Mitchell	Hamline	36.11m	118-06
47 McNichols, David	Macalester	36.04m	118-03
48 Kennedy, Kyler	Minnesota-Duluth	34.24m	112-04
49 Melin, Gunnar	Augsburg	34.14m	112-00
50 Johnson, Eric	St. Cloud State	33.48m	109-10
51 Alexandrou, Elias	Wis.-Superior	33.06m	108-05

Holst Invitational - 4/16/2016**Concordia St. Paul****Results - Invitational****....Event 29 Men Discus Throw**

52 Wozniak, Jack	St. John's (Minn.)	32.67m	107-02
53 Slay, Marquise	Wis.-Superior	31.24m	102-06
54 Johnson, Mike	Wis.-River Falls	31.09m	102-00
55 Flaten, Sam	Wis.-River Falls	30.86m	101-03
56 Fleming, Thomas	Wis.-Superior	29.56m	97-00
57 Larsen, Brandon	Augsburg	27.45m	90-01
58 Cronin, Lucas	St. Thomas (Minn.)	25.29m	83-00
59 Lopez, Greg	Macalester	25.19m	82-08
-- Holst, Eric	St. Thomas (Minn.)	FOUL	
-- Wirtz, Fauston	Wis.-Superior	FOUL	
-- Thode, Tanner	Minnesota-Duluth	FOUL	