

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020**Hosted by Minnesota State Mankato****Myers Fieldhouse****Results****Women 60 Meter Dash****8 Advance: Top 1 Each Heat plus Next 5 Best Times**

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 NSIC Record: \$ 7.43 2/28/2020 Makayla Jackson, MSU
 '19 Champion: 7.56 2/23/2019 Khenadi Jones, MSU
 7.47 AUTO
 7.67 PROV

Name	Year	School	Prelims	H#
Preliminaries				
1 Makayla Jackson	FR	Minnesota State	\$ 7.43Q	AUTO 1
2 Toni Canfall	JR	Concordia-St. Paul	7.52Q	PROV 3
3 Ja'Cey Simmons	FR	Minnesota State	7.53Q	PROV 2
4 Kanya Henderson	SO	Sioux Falls	7.55q	PROV 2
5 Emma Baynes	JR	St. Cloud State	7.65q	PROV 3
6 Callie DeWitt	JR	Augustana	7.69q	1
7 Sarah Troesch	SR	Sioux Falls	7.70q	3 7.691
8 Lexus Lovan	SR	U-Mary	7.70q	2 7.699
9 Bonet Henderson	FR	U-Mary	7.72	1
10 Emelia Burris	JR	St. Cloud State	7.77	2
11 Caitlyn Jones	FR	Minnesota State	7.80	3
12 Beatrice Kjelland	SO	Bemidji State	7.82	2
13 Cali Modglin	JR	U-Mary	7.84	1
14 Anna Steadland	FR	Msu-Moorhead	7.85	3
15 Lindsay Maruska	JR	Minnesota-Duluth	7.86	3
16 Kary Petricka	FR	Minnesota State	7.89	1
17 Jailah Brice-Moore	FR	Sioux Falls	7.91	1
18 Alaina Holt	FR	Minnesota State	8.03	2
19 Morgan Alexander	FR	Minot State	8.44	2

Women 60 Meter Dash

=====
 NSIC Record: \$ 7.43 2/28/2020 Makayla Jackson, MSU
 '19 Champion: 7.56 2/23/2019 Khenadi Jones, MSU
 7.47 AUTO
 7.67 PROV

Name	Year	School	Finals	Points
Finals				
1 Makayla Jackson	FR	Minnesota State	7.41\$	AUTO 10
2 Toni Canfall	JR	Concordia-St. Paul	7.44	AUTO 8
3 Ja'Cey Simmons	FR	Minnesota State	7.57	PROV 6
4 Kanya Henderson	SO	Sioux Falls	7.63	PROV 5
5 Emma Baynes	JR	St. Cloud State	7.68	4
6 Lexus Lovan	SR	U-Mary	7.70	3
7 Sarah Troesch	SR	Sioux Falls	7.72	2
8 Callie DeWitt	JR	Augustana	7.74	1

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

Women 200 Meter Dash

8 Advance: Top 1 Each Heat plus Next 4 Best Times

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NSIC Record: $ 24.49 2/28/2020 Ja'Cey Simmons, MSU
'19 Champion: 24.51 2/23/2019 Danielle Kohlwey, UMD
                24.44 AUTO
                25.21 PROV
    
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Name	Year	School	Prelims	H#
=====				
Preliminaries				
1 Ja'Cey Simmons	FR	Minnesota State	\$ 24.49QPROV	1
2 Toni Canfall	JR	Concordia-St. Paul	24.79QPROV	2
3 Chriss-Ann Thomas	SR	U-Mary	24.82QPROV	3
4 Michaela Pryor	SO	Winona State	25.18QPROV	4
5 Makayla Jackson	FR	Minnesota State	24.65qPROV	1
6 Rose Gaye	SO	Minnesota State	24.92qPROV	3
7 Bonet Henderson	FR	U-Mary	25.08qPROV	2
8 Brooklyn Schyvinck	SO	Winona State	25.23q	1
9 Emma Baynes	JR	St. Cloud State	25.33	4
10 Mackenzie Woodard	JR	Minnesota State	25.37	1
11 Maddy Pietz	SO	Winona State	25.39	2
12 Anna Steadland	FR	Msu-Moorhead	25.52	1
13 Rose Cramer	FR	Minnesota State	25.59	3
14 Kanya Henderson	SO	Sioux Falls	25.65	2
15 Lauren Magnuson	SR	Concordia-St. Paul	25.82	4
16 Sarah Troescher	SR	Sioux Falls	25.83	2
17 Emelia Burris	JR	St. Cloud State	25.91	3
18 Callie DeWitt	JR	Augustana	25.94	4
19 Autumn Santos	SR	Minnesota State	26.10	4
20 Lauryn Samuel	FR	Concordia-St. Paul	26.49	3
21 MaeLea Harmon	FR	Minnesota State	26.67	3
22 Ellie Loesch	FR	Upper Iowa	26.76	4

Women 200 Meter Dash

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=====
NSIC Record: $ 24.49 2/28/2020 Ja'Cey Simmons, MSU
'19 Champion: 24.51 2/23/2019 Danielle Kohlwey, UMD
                24.44 AUTO
                25.21 PROV
    
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Name	Year	School	Finals	Points
=====				
Finals				
1 Ja'Cey Simmons	FR	Minnesota State	24.47\$PROV	10
2 Makayla Jackson	FR	Minnesota State	24.62 PROV	8
3 Chriss-Ann Thomas	SR	U-Mary	24.68 PROV	6
4 Toni Canfall	JR	Concordia-St. Paul	24.73 PROV	5
5 Michaela Pryor	SO	Winona State	25.04 PROV	4
6 Rose Gaye	SO	Minnesota State	25.15 PROV	3
7 Bonet Henderson	FR	U-Mary	25.45	2
8 Brooklyn Schyvinck	SO	Winona State	25.57	1

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Myers Fieldhouse

Results

Women 400 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Rule 5.10.5d pg.73

NSIC Record: \$ 55.09 2010 Kristi Buerkle, BSU
 '19 Champion: 55.43 2/23/2019 Abbey Zastrow, MARY
 55.05 AUTO
 57.29 PROV

Name	Year	School	Prelims	H#
Preliminaries				
1 Kalley Harris	JR	Winona State	57.01QPROV	1
2 Shereen Vallabouy	SO	Winona State	57.17QPROV	3
3 Mackenzie Woodard	JR	Minnesota State	57.82Q	2 57.819
4 Brooklyn Schyvinck	SO	Winona State	57.31Q	3
5 Chriss-Ann Thomas	SR	U-Mary	57.48Q	1
6 Crystal Malone	SR	Minnesota State	57.85Q	2
7 Rose Gaye	SO	Minnesota State	57.82q	3 57.820
8 Allison Waterman	FR	Winona State	58.16q	3
9 Autumn Santos	SR	Minnesota State	58.19	1
10 Madison Barnes	SR	Northern State	58.70	2
11 Isabel Kinzer	JR	Northern State	59.14	2
12 Jordyn Pester	SO	Wayne State	59.75	2
13 Janice Cole	FR	Bemidji State	59.77	1

Women 400 Meter Dash

Rule 5.10.5d pg.73

NSIC Record: \$ 55.09 2010 Kristi Buerkle, BSU
 '19 Champion: 55.43 2/23/2019 Abbey Zastrow, MARY
 55.05 AUTO
 57.29 PROV

Name	Year	School	Finals	Points
Finals				
1 Chriss-Ann Thomas	SR	U-Mary	56.09 PROV	10
2 Mackenzie Woodard	JR	Minnesota State	56.27 PROV	8
3 Brooklyn Schyvinck	SO	Winona State	56.68 PROV	6
4 Crystal Malone	SR	Minnesota State	56.80 PROV	5
5 Kalley Harris	JR	Winona State	57.26 PROV	4
6 Shereen Vallabouy	SO	Winona State	57.66	3
7 Rose Gaye	SO	Minnesota State	58.14	2
8 Allison Waterman	FR	Winona State	58.51	1

Women 600 Meter Run

8 Advance: Top 1 Each Heat plus Next 4 Best Times

Rule 5.10.5d pg.73

NSIC Record: \$ 1:32.41 2017 Emily Trost, UMD
 '19 Champion: 1:36.05 2/23/2019 Courtney Dembrowski, MARY

Name	Year	School	Prelims	H#
Preliminaries				
1 Sydney Mudgett	JR	Augustana	1:35.44Q	2
2 Elizabeth Acheson	FR	U-Mary	1:36.37Q	1
3 Tyarra English-Paulson	JR	Minnesota State	1:37.02Q	3

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

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Myers Fieldhouse

Results

....Women 600 Meter Run

4	Kendall Zeman	SO Winona State	1:37.44Q	4
5	Cassiddy Wilson	JR Upper Iowa	1:36.08q	2
6	Kaitlyn Mulder	SO Augustana	1:36.53q	1
7	Ava Grimm	FR U-Mary	1:36.95q	2
8	Kali Ryan	JR Augustana	1:37.38q	3
9	Sierra Arradondo	SO Minnesota-Duluth	1:38.30	1
10	Autumn Anderson	SO Minnesota State	1:38.65	4
11	Bridget Brown	SR St. Cloud State	1:39.46	3
12	Joan Jelimo	SR Wayne State	1:40.26	2
13	Jaid Perry	FR Concordia-St. Paul	1:41.11	3
14	Leighen Fischer	JR St. Cloud State	1:41.61	4
15	McKenzie Maki	FR Msu-Moorhead	1:41.71	1
16	Maria Hoogendorn	FR Augustana	1:41.94	1
17	Kayla Jansky	SR SMSU	1:42.48	3
18	Kaylee Hudspeth	SO Minnesota State	1:44.11	2
19	Cassidy O'Meara	FR Sioux Falls	1:44.12	4
20	Michaela Hartinger	FR Concordia-St. Paul	1:44.75	3
21	Chelsey Bad Moccasin	JR Minnesota State	1:44.76	1
22	Marin Jetensky	SO Wayne State	1:44.91	2
23	Christonna Shafranski	SO Upper Iowa	1:45.85	4
24	Emily Beckmann	SO Minnesota State	1:50.10	4

Women 600 Meter Run

Rule 5.10.5d pg.73

NSIC Record: \$ 1:32.41 2017 Emily Trost, UMD

'19 Champion: 1:36.05 2/23/2019 Courtney Dembrowski, MARY

Name	Year	School	Finals	Points
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Finals

1	Elizabeth Acheson	FR U-Mary	1:35.12	10
2	Sydney Mudgett	JR Augustana	1:35.93	8
3	Ava Grimm	FR U-Mary	1:36.79	6
4	Kendall Zeman	SO Winona State	1:36.80	5
5	Cassiddy Wilson	JR Upper Iowa	1:37.28	4
6	Kaitlyn Mulder	SO Augustana	1:38.21	3
7	Tyarra English-Paulson	JR Minnesota State	1:38.33	2
8	Kali Ryan	JR Augustana	1:38.74	1

Women 800 Meter Run

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Rule 5.10.5d pg.73

NSIC Record: \$ 2:11.11 2/23/2019 Monique McPherson, MARY

'19 Champion: 2:11.11 2/23/2019 Monique McPherson, MARY

2:09.68 AUTO

2:15.62 PROV

Name	Year	School	Prelims	H#
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Preliminaries

1	Courtney Dembrowski	SO U-Mary	2:18.18Q	3
2	Carly Rahn	JR Augustana	2:19.51Q	1
3	Haleigh Reindl	SO Minnesota-Duluth	2:21.51Q	2
4	Taryn Ceglowski	JR Sioux Falls	2:19.27Q	3

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020**Hosted by Minnesota State Mankato****Myers Fieldhouse****Results****....Women 800 Meter Run**

5	Ryne Prigge	SO Bemidji State	2:20.07Q	1
6	Isabelle Brezinka	JR Minnesota-Duluth	2:21.55Q	2
7	Callin Naddy	SO Augustana	2:20.15q	1
8	Mia Salas	FR Augustana	2:20.19q	1
9	Kristen Petron	SR Bemidji State	2:21.14	1
10	Aimee Holland	SR Winona State	2:21.61	3
11	Haylee Waterfall	SO Augustana	2:21.63	2
12	Whitney Hanson	FR Minot State	2:23.36	2
13	Kim Johnson	JR Wayne State	2:23.74	3
14	Kayla Ogle	FR U-Mary	2:24.32	1
15	Abigail McGee	JR Minot State	2:24.99	3
16	Kathryn Webb	SR Minnesota-Duluth	2:28.02	2
17	Elena Schmidt	FR Concordia-St. Paul	2:33.23	3
18	McKenzie Evans	FR Bemidji State	2:34.45	2

Women 800 Meter Run

Rule 5.10.5d pg.73

NSIC Record: \$ 2:11.11 2/23/2019 Monique McPherson, MARY

'19 Champion: 2:11.11 2/23/2019 Monique McPherson, MARY

2:09.68 AUTO

2:15.62 PROV

Name	Year	School	Finals	Points
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Finals

1	Haleigh Reindl	SO Minnesota-Duluth	2:11.44 PROV	10
2	Carly Rahn	JR Augustana	2:12.13 PROV	8
3	Courtney Dembrowsk	SO U-Mary	2:14.38 PROV	6
4	Isabelle Brezinka	JR Minnesota-Duluth	2:16.66	5
5	Ryne Prigge	SO Bemidji State	2:16.91	4
6	Taryn Ceglowski	JR Sioux Falls	2:18.59	3
7	Mia Salas	FR Augustana	2:20.45	2
8	Callin Naddy	SO Augustana	2:23.60	1

Women 1000 Meter Run**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Rule 5.10.5d pg.73

NSIC Record: \$ 2:48.97 2016 Emily Trost, UMD

'19 Champion: 2:56.96 2/23/2019 Emily Tromp, AUGIE

Name	Year	School	Prelims	H#
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Preliminaries

1	Meagan Schenk	JR Augustana	3:01.08Q	1
2	PJ English	FR Augustana	3:03.51Q	3
3	Kaylee Beyer	FR Winona State	3:03.79Q	2
4	Bree Erickson	SR U-Mary	3:01.80Q	1
5	Emily Tromp	SR Augustana	3:03.60Q	3
6	Taylor Hestekin	SO U-Mary	3:03.90Q	2
7	Rhianna Rinke	JR Minnesota-Duluth	3:03.57q	1
8	Amanda Montplaisir	SO Minnesota State	3:04.07q	3
9	Clara Welhouse	SO St. Cloud State	3:04.34	3
10	Autum Shurbert-Hetzel	SR St. Cloud State	3:04.45	1
11	Alana Sesow	SR Augustana	3:04.67	1

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

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Myers Fieldhouse

Results

....Women 1000 Meter Run

12	Brittany Quiring	SO Winona State	3:05.43	2
13	Alicia Murillo	FR Minot State	3:06.44	1
14	Mason Kalander	SO Minnesota-Duluth	3:07.55	2
15	Annika Aho	FR Sioux Falls	3:08.40	2
16	Maria Brown	JR Concordia-St. Paul	3:11.15	2
17	Paige White	SO Minnesota State	3:11.33	3
18	MaKenna Thurston	FR Minnesota State	3:12.29	1
19	Lakyla Yazzie	FR Msu-Moorhead	3:12.89	3
20	Tasha Bennett	SR Concordia-St. Paul	3:18.32	2

Women 1000 Meter Run

Rule 5.10.5d pg.73

NSIC Record: \$ 2:48.97 2016 Emily Trost, UMD
 '19 Champion: 2:56.96 2/23/2019 Emily Tromp, AUGIE

Name	Year	School	Finals	Points
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Finals

1	Taylor Hestekin	SO U-Mary	2:52.67	10
2	Emily Tromp	SR Augustana	2:54.46	8
3	Bree Erickson	SR U-Mary	2:55.87	6
4	PJ English	FR Augustana	2:58.27	5
5	Kaylee Beyer	FR Winona State	2:58.67	4
6	Meagan Schenk	JR Augustana	3:01.22	3
7	Rhianna Rinke	JR Minnesota-Duluth	3:01.69	2
8	Amanda Montplaisir	SO Minnesota State	3:10.65	1

Women 1 Mile Run

NSIC Record: \$ 4:41.88 2017 Emily Trost, UMD
 '19 Champion: 4:57.80 2/23/2019 Bree Erickson, MARY
 4:48.00 AUTO
 5:01.69 PROV

Name	Year	School	Finals	Points
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1	Ida Narbuvooll	SR U-Mary	4:55.10	PROV	10
2	Taylor Hestekin	SO U-Mary	4:55.46	PROV	8
3	Anna Rogahn	SR Winona State	4:56.77	PROV	6
4	Taryn Ceglowski	JR Sioux Falls	4:56.80	PROV	5
5	PJ English	FR Augustana	5:04.19		4
6	Callin Naddy	SO Augustana	5:06.01		3
7	Chrissy Lofgren	SR St. Cloud State	5:06.15		2
8	Abigail McGee	JR Minot State	5:06.97		1
9	Mia Salas	FR Augustana	5:11.95		
10	Amanda Montplaisir	SO Minnesota State	5:12.98		
11	Morgan Radel	SO Minnesota-Duluth	5:14.62		
12	Kristen Petron	SR Bemidji State	5:16.93		
13	Kate Fox	SR U-Mary	5:19.58		
14	Clara Welhouse	SO St. Cloud State	5:20.06		
15	Whitney Hanson	FR Minot State	5:23.72		
16	Lakyla Yazzie	FR Msu-Moorhead	5:33.78		

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020**Hosted by Minnesota State Mankato****Myers Fieldhouse****Results****Women 3000 Meter Run**

 NSIC Record: \$ 9:34.32 2017 Alexis Zeis, MARY
 '19 Champion: 9:48.23 2/22/2019 Jaiden Schuette, MARY
 9:33.66 AUTO
 10:03.22 PROV

Name	Year	School	Finals	Points
1 Ida Narbuvooll	SR	U-Mary	9:31.37\$AUTO	10
2 Nicolette Schmidt	SO	Augustana	10:02.69 PROV	8
3 Starlynn Costa	SO	U-Mary	10:08.48	6
4 Rachel Rairdon	JR	Augustana	10:08.78	5
5 Mackenzie Hall	SO	Minnesota-Duluth	10:12.01	4
6 Rebekah Rairdon	JR	Augustana	10:13.89	3
7 Claire Boersma	JR	Augustana	10:16.26	2
8 Chrissy Lofgren	SR	St. Cloud State	10:21.44	1
9 Megan Means	SO	Augustana	10:22.37	
10 Ashley Franco	JR	Minot State	10:26.99	
11 Kara Lindberg	JR	Concordia-St. Paul	10:28.42	
12 Alana Sesow	SR	Augustana	10:34.43	
13 Lauren Reeves	SO	Minot State	10:35.96	
14 Elizabeth Yoder	SO	Augustana	10:38.25	
15 Ivy Glade	JR	Minnesota State	10:41.84	
16 Lucia Mesfin	SO	Concordia-St. Paul	10:43.10	
17 Carisa Weyenberg	JR	Minnesota State	10:46.68	
18 Andrea Franco	JR	Minot State	10:47.32	
19 Kathryn Sistrunk	SR	Msu-Moorhead	10:49.43	
20 Alexandra Robran	SO	Minnesota-Duluth	10:49.61	
21 Ana McCabe	FR	Augustana	10:53.32	
22 Elizabeth Schlafke	SR	Minnesota-Duluth	10:59.94	
23 Kassye Todd	FR	St. Cloud State	11:00.56	
24 Isabella Kraft	SO	St. Cloud State	11:18.39	

Women 5000 Meter Run

 NSIC Record: \$ 16:27.92 2017 Alexis Zeis, MARY
 '19 Champion: 16:58.65 2/23/2019 Emily Roberts, MARY
 16:38.39 AUTO
 17:35.24 PROV

Name	Year	School	Finals	H#	Points
1 Ida Narbuvooll	SR	U-Mary	17:13.04 PROV	2	10
2 Nicolette Schmidt	SO	Augustana	17:17.21 PROV	2	8
3 Rebekah Rairdon	JR	Augustana	17:32.16 PROV	2	6
4 Rachel Rairdon	JR	Augustana	17:35.30	2	5
5 Claire Boersma	JR	Augustana	17:41.10	2	4
6 Lacey Feist	JR	U-Mary	17:53.53	1	3
7 Megan Means	SO	Augustana	17:54.65	2	2
8 Mackenzie Hall	SO	Minnesota-Duluth	17:56.75	2	1
9 Elizabeth Yoder	SO	Augustana	17:59.45	2	
10 Carisa Weyenberg	JR	Minnesota State	18:08.79	2	
11 Lucia Mesfin	SO	Concordia-St. Paul	18:19.03	2	
12 Kathryn Sistrunk	SR	Msu-Moorhead	18:23.40	1	
13 Alexandra Robran	SO	Minnesota-Duluth	18:26.28	2	
14 Lauren Reeves	SO	Minot State	18:28.26	2	
15 Andrea Franco	JR	Minot State	18:31.20	1	

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

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Myers Fieldhouse

Results

....Women 5000 Meter Run

16	Morgan Radel	SO	Minnesota-Duluth	18:31.55	2
17	Katie Lorenz	JR	Winona State	18:42.05	1
18	Alli Hendrickson	SO	Winona State	18:46.96	2
19	Julia Megazzini	JR	Augustana	18:48.89	1
20	Jade Rickard	FR	Wayne State	18:48.99	1
21	Ashley Franco	JR	Minot State	18:52.88	2
22	Lauren Wells	FR	Sioux Falls	18:52.96	1
23	Melissa Drenckhahn	SR	Minnesota-Duluth	18:57.84	1
24	Megan Mooberry	JR	Northern State	18:57.88	1
25	Olivia Anger	SR	Winona State	18:58.11	1
26	Nina Arias	FR	Minot State	19:05.12	1
27	Madison Leapaldt	SR	Northern State	19:14.82	1
28	Allie Rosener	SO	Wayne State	19:15.85	1
29	Andrea Torres	SO	Wayne State	19:15.91	1
30	Lydia Carr	SR	Concordia-St. Paul	19:49.80	1

Women 60 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 5 Best Times

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NSIC Record:	\$ 8.29	2018	Danielle Kohlway, UMD
'19 Champion:	8.30	2/23/2019	Danielle Kohlway, UMD
	8.43	AUTO	
	8.80	PROV	

Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	Olivia Montez Brown	SR	Augustana	8.76QPROV 1
2	Tereza Bolibruch	SO	U-Mary	8.91Q 2
3	Christabelle Mulcahy	JR	Concordia-St. Paul	8.94Q 3 8.932
4	Shanice Burrell	JR	Northern State	8.86q 1
5	Elizabeth Schaefer	FR	Augustana	8.92q 2
6	Samiya Abu-Youm	JR	Minnesota State	8.94q 3 8.936
7	Faith Beck	FR	Bemidji State	9.06q 2
8	Hannah Lamkin	FR	Minnesota-Duluth	9.09q 3
9	Selin Dikmen	JR	Augustana	9.11 1
10	Nicole Schneider	SR	Minnesota-Duluth	9.12 1
11	Kaye Paschka	FR	Augustana	9.14 2
12	Isatu Shirek	FR	SMSU	9.17 1
13	Gracie Elsenpeter	FR	St. Cloud State	9.24 2
14	Madelyn Hedrington	FR	Winona State	9.29 2
15	Emily Olson	JR	Sioux Falls	9.32 3
16	Emma Weatherly	FR	Minnesota State	9.39 1
17	Xana Leum	FR	Winona State	9.55 3
18	Ashley Sprain	SR	Winona State	9.65 1 9.641
19	Madison Biebel	JR	Minnesota-Duluth	9.65 2 9.645
20	Meara Beighley	FR	Sioux Falls	9.80 3 9.794
21	Jailah Brice-Moore	FR	Sioux Falls	9.80 3 9.798
22	Kortney Lightfoot	SR	Upper Iowa	10.11 3

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Women 60 Meter Hurdles

 NSIC Record: \$ 8.29 2018 Danielle Kohlway, UMD
 '19 Champion: 8.30 2/23/2019 Danielle Kohlwey, UMD
 8.43 AUTO
 8.80 PROV

Name	Year	School	Finals	Points

Finals				
1 Olivia Montez Brow	SR	Augustana	8.74 PROV	10
2 Christabelle Mulca	JR	Concordia-St. Paul	8.78 PROV	8
3 Shanice Burrell	JR	Northern State	8.81	6
4 Tereza Bolibruch	SO	U-Mary	8.84	5
5 Faith Beck	FR	Bemidji State	8.94	4
6 Samiya Abu-Youm	JR	Minnesota State	8.97	3
7 Elizabeth Schaefer	FR	Augustana	9.06	2
8 Hannah Lamkin	FR	Minnesota-Duluth	9.10	1

Women 4x400 Meter Relay

 NSIC Record: \$ 3:47.46 2017 U-Mary
 J.Hammerschmidt, M.Bolibruch, N.Richards, T.Pandohie
 '19 Champion: 3:48.09 2/23/2019 U-Mary
 A Zastrow, N Brown, J Hammerschmidt, M McPherson
 3:46.16 AUTO
 3:54.71 PROV

School	Finals	H#	Points

1 Minnesota State	3:50.81 PROV	3	10
2 Winona State	3:50.85 PROV	3	8
3 U-Mary	3:56.25	3	6
4 Minnesota-Duluth	3:58.35	3	5
5 Augustana	3:59.39	3	4
6 Northern State	4:00.53	2	3
7 St. Cloud State	4:02.32	2	2
8 Msu-Moorhead	4:03.78	1	1
9 Bemidji State	4:03.94	1	
10 Sioux Falls	4:05.74	2	
11 Upper Iowa	4:05.98	2	
12 Concordia-St. Paul	4:06.36	1	
13 Wayne State	4:08.70	1	
14 Southwest Minnesota State	4:12.77	2	
15 Minot State	4:22.50	1	

Women Distance Medley

 NSIC Record: \$ 11:51.62 2/28/2020 Augustana, AUGIE
 C Rahn, M Beckius, E Tromp, P English
 '19 Champion: 12:14.24 2/22/2019 Augustana
 C Rahn, S Mudgett, K Ryan, E Tromp
 11:40.96 AUTO
 12:12.45 PROV

School	Finals	Points

1 Augustana	11:51.62\$PROV	10
2 U-Mary	12:14.25	8

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Women Distance Medley

3 Minnesota-Duluth	12:15.30	6
4 St. Cloud State	12:16.17	5
5 Minnesota State	12:22.81	4
6 Sioux Falls	12:35.24	3
7 Minot State	12:40.35	2
8 Concordia-St. Paul	12:51.90	1
9 Msu-Moorhead	13:07.57	
10 Northern State	13:14.38	
11 Bemidji State	13:55.32	

Women High Jump

NSIC Record: \$ 1.76m 2015 Bree Woelber, AUGIE
 '19 Champion: 1.69m 2/23/2019 D'Andra Morris, MARY
 1.75m AUTO
 1.67m PROV

Name	Year School	Finals	Points
1 D'Andra Morris	JR U-Mary	1.66m	5-05.25 10
1.50 1.55 1.60 1.63 1.66 1.69			
0 0 XO 0 0 XXX			
2 Ashlyn Jones	SO SMSU	1.66m	5-05.25 8
1.50 1.55 1.60 1.63 1.66 1.69			
PPP PPP XO XXO XO XXX			
3 Arika Robinson	SO Concordia-St. Paul	1.63m	5-04.25 6
1.50 1.55 1.60 1.63 1.66			
PPP 0 0 XO XXX			
4 Taylor Stoltz	SO Sioux Falls	1.63m	5-04.25 5
1.50 1.55 1.60 1.63 1.66			
0 0 XO XO XXX			
5 Tava Berg	SO Northern State	1.60m	5-03.00 3.50
1.50 1.55 1.60 1.63			
0 XO 0 XXX			
5 Claire Shea	FR St. Cloud State	1.60m	5-03.00 3.50
1.50 1.55 1.60 1.63			
0 XO 0 XXX			
7 Ali Dykman	SO Wayne State	1.60m	5-03.00 2
1.50 1.55 1.60 1.63			
0 0 XO XXX			
8 Elizabeth Schaefer	FR Augustana	1.60m	5-03.00 0.33
1.50 1.55 1.60 1.63			
0 XO XO XXX			
8 Kendra Ludeman	JR Augustana	1.60m	5-03.00 0.33
1.50 1.55 1.60 1.63			
0 XO XO XXX			
8 Sonia Alaman	SR Northern State	1.60m	5-03.00 0.33
1.50 1.55 1.60 1.63			
0 XO XO XXX			
11 Zoe Stone	SO Minnesota State	1.55m	5-01.00
1.50 1.55 1.60			
0 0 XXX			
11 Caitlin Pritchett	SO Msu-Moorhead	1.55m	5-01.00
1.50 1.55 1.60			
0 0 XXX			

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Women High Jump

13	Mearah Miedema	JR Augustana	1.55m	5-01.00
	1.50 1.55 1.60			
	XO O XXX			
14	Rachel Westemeier	SO Concordia-St. Paul	1.55m	5-01.00
	1.50 1.55 1.60			
	O XO XXX			
14	Tessa Schroeder	SO Msu-Moorhead	1.55m	5-01.00
	1.50 1.55 1.60			
	O XO XXX			
16	Moirah Hazel	SO Concordia-St. Paul	1.50m	4-11.00
	1.50 1.55			
	O XXX			
16	Libby Christenson	JR Bemidji State	1.50m	4-11.00
	1.50 1.55			
	O XXX			
16	Hanna Lazure	JR Wayne State	1.50m	4-11.00
	1.50 1.55			
	O XXX			
19	Sophia Sowada	SO Msu-Moorhead	1.50m	4-11.00
	1.50 1.55			
	XO XXX			
20	Shantelle Des Mara	JR St. Cloud State	1.50m	4-11.00
	1.50 1.55			
	XXO XXX			

Women Pole Vault

NSIC Record: \$ 4.32m 2017 Courtney Crandall, USF
 '19 Champion: 3.55m 2/22/2019 Mikayla Marvin, WSC
 4.01m AUTO
 3.59m PROV

Name	Year School	Finals	Points
1 Kealy Hill	SO Northern State	4.01m AUTO	13-01.75 10
		2.82 2.97 3.12 3.27 3.42 3.57 3.67 3.77 3.89 4.01 4.06	
		PPP PPP PPP PPP PPP XO O XXO O XXO XXX	
2 Christine Dennison	SO Minnesota State	3.67m PROV	12-00.50 8
		2.82 2.97 3.12 3.27 3.42 3.57 3.67 3.77	
		PPP PPP PPP PPP XO O XO XXX	
3 Anna St. Catherine	JR Msu-Moorhead	3.57m	11-08.50 6
		2.82 2.97 3.12 3.27 3.42 3.57 3.67	
		PPP PPP PPP PPP PPP XO XXX	
4 Sofia Dodge	FR Concordia-St. Paul	3.42m	11-02.50 5
		2.82 2.97 3.12 3.27 3.42 3.57	
		PPP PPP PPP XO XXO XXX	
5 Mikayla Marvin	SO Wayne State	3.42m	11-02.50 4
		2.82 2.97 3.12 3.27 3.42 3.57	
		PPP PPP O XXO XXO XXX	
6 Gracie Elsenpeter	FR St. Cloud State	3.27m	10-08.75 3
		2.82 2.97 3.12 3.27 3.42	
		O XO XO O XXX	
7 Abbie Rockstad	JR Minnesota-Duluth	3.27m	10-08.75 2
		2.82 2.97 3.12 3.27 3.42	
		PPP PPP O XO XXX	

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Women Pole Vault

8	Carolyn Groeger	SO Sioux Falls	3.27m	10-08.75	1
	2.82 2.97 3.12 3.27 3.42				
	PPP PPP O XXO XXX				
9	Cami Harmer	SO Minnesota-Duluth	3.12m	10-02.75	
	2.82 2.97 3.12 3.27				
	PPP O XO XXX				
10	Gabby Herfindahl	SO St. Cloud State	2.97m	9-09.00	
	2.82 2.97 3.12				
	O O XXX				
10	Addie Schipper	SO Minnesota State	2.97m	9-09.00	
	2.82 2.97 3.12				
	O O XXX				
10	Jacqueline Gerovac	FR Minnesota State	2.97m	9-09.00	
	2.82 2.97 3.12				
	O O XXX				
10	Anastasia Klein	FR Bemidji State	2.97m	9-09.00	
	2.82 2.97 3.12				
	O O XXX				
10	Jenna Ellertson	SR Msu-Moorhead	2.97m	9-09.00	
	2.82 2.97 3.12				
	PPP O XXX				
15	Samara Plotz	FR Minnesota-Duluth	2.97m	9-09.00	
	2.82 2.97 3.12				
	O XO XXX				
15	Faith Beck	FR Bemidji State	2.97m	9-09.00	
	2.82 2.97 3.12				
	PPP XO XXX				
17	Jessie Westman	FR Minnesota State	2.82m	9-03.00	
	2.82 2.97				
	XO XXX				
--	Sydney Bahls	SO Msu-Moorhead	NH		
	2.82				
	XXX				
--	Taylor Christen	JR Minnesota-Duluth	NH		
	2.82				
	XXX				

Women Long Jump

=====
 NSIC Record: \$ 6.01m 2/28/2020 Makayla Jackson, MSU
 '19 Champion: 5.73m 2/22/2019 Olivia Montez Brown, AUGIE
 6.13m AUTO
 5.97m PROV

Name	Year School	Finals	H#	Points
1 Makayla Jackson	FR Minnesota State	6.01m\$PROV	19-08.75	2 10
	5.77m FOUL FOUL 6.01m 5.42m 5.57m			
2 Lexus Lovan	SR U-Mary	5.76m	18-10.75	2 8
	5.76m 5.57m 5.70m 5.73m 5.61m 5.60m			
3 Emelia Burris	JR St. Cloud State	5.65m	18-06.50	2 6
	5.65m FOUL 5.57m FOUL FOUL 5.65m			
4 D'Andra Morris	JR U-Mary	5.62m	18-05.25	2 5
	5.50m 5.49m 5.43m 5.41m 5.62m 5.40m			

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Women Long Jump

5	Olivia Montez Brow	SR Augustana	5.60m	18-04.50	2	4
	5.52m 5.58m 5.34m 5.56m 5.60m					
6	Jennifer Valley	FR Minnesota State	5.58m	18-03.75	2	3
	FOUL 5.58m FOUL FOUL FOUL 5.26m					
7	Parker Buske	FR St. Cloud State	5.40m	17-08.75	1	2
	5.25m 5.23m 5.40m 5.18m 5.12m 5.38m					
8	Kary Petricka	FR Minnesota State	5.37m	17-07.50	2	1
	5.28m 5.37m FOUL 5.19m 5.29m 5.37m					
9	Abby Jungwirth	SR St. Cloud State	5.34m	17-06.25	2	
	5.34m 5.31m 5.33m 5.28m FOUL 5.19m					
10	Kristi Springer	JR Winona State	5.29m	17-04.25	1	
	5.20m 5.29m 5.04m					
11	Natalie Meyers	FR Sioux Falls	5.28m	17-04.00	1	
	4.85m 5.28m FOUL					
12	Cheri'a Adams	JR Bemidji State	5.26m	17-03.25	2	
	5.12m 5.12m 5.26m					
13	Caitlyn Jones	FR Minnesota State	5.25m	17-02.75	2	
	5.12m 5.25m 5.16m					
14	Emily Olson	JR Sioux Falls	5.14m	16-10.50	1	
	4.99m FOUL 5.14m					
15	Mara Quam	FR Minnesota State	5.10m	16-08.75	1	
	4.73m 4.96m 5.10m					
16	Maya Taylor	JR St. Cloud State	5.07m	16-07.75	1	
	5.07m 4.85m 5.02m					
17	Dominique Hart	JR Minnesota-Duluth	5.06m	16-07.25	1	
	4.88m 5.06m 4.85m					
18	Clara Paul	SR Sioux Falls	5.04m	16-06.50	1	
	4.86m 5.04m 5.03m					
19	Riana Noelle	JR Wayne State	4.96m	16-03.25	1	
	FOUL 4.73m 4.96m					
20	Keyla Sambo	FR Wayne State	4.71m	15-05.50	1	
	FOUL FOUL 4.71m					
21	Cali Modglin	JR U-Mary	4.58m	15-00.50	2	
	FOUL FOUL 4.58m					
--	Sarah Westerman	SR Augustana	FOUL		1	
	FOUL FOUL FOUL					
--	Monique Kai	SO Concordia-St. Paul	FOUL		1	
	FOUL FOUL FOUL					
--	Arianna Passeri	FR U-Mary	FOUL		2	
	FOUL FOUL FOUL					

Women Triple Jump

=====
 NSIC Record: \$ 12.49m 2015 Danylle Kurywchak, MARY
 '19 Champion: 12.15m 2/23/2019 Elizabeth Brunner, MSU
 12.55m AUTO
 11.70m PROV

Name	Year School	Finals	H#	Points
1 D'Andra Morris	JR U-Mary	12.26m PROV	40-02.75	2 10
	FOUL 12.14m 12.26m 11.76m 11.82m 12.24m			
2 Kristi Springer	JR Winona State	12.07m PROV	39-07.25	2 8
	11.98m 12.07m 12.06m 11.80m 11.94m 11.92m			

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Women Triple Jump

3	Elizabeth Brunner	SR Minnesota State	12.00m	PROV	39-04.50	2	6
			FOUL 11.69m	FOUL 11.57m	12.00m	11.86m	
4	Samiya Abu-Youm	JR Minnesota State	11.95m	PROV	39-02.50	2	5
			11.36m 11.38m	11.56m 11.48m	11.45m 11.95m		
5	Cali Modglin	JR U-Mary	11.83m	PROV	38-09.75	2	4
			11.50m 11.42m	11.70m 11.59m	FOUL 11.83m		
6	Lindsay Maruska	JR Minnesota-Duluth	11.69m		38-04.25	2	3
			11.21m 11.49m	11.46m	FOUL 11.45m	11.69m	
7	Maya Taylor	JR St. Cloud State	11.59m		38-00.25	2	2
			11.32m 11.40m	11.59m 11.02m	11.38m	FOUL	
8	Abby Jungwirth	SR St. Cloud State	11.50m		37-08.75	2	1
			11.50m 11.05m	11.21m 11.13m	11.29m 11.29m		
9	Parker Buske	FR St. Cloud State	11.28m		37-00.25	2	
			10.96m 11.28m	10.90m 10.92m	FOUL 10.66m		
10	Kaly Banks	SO Augustana	11.19m		36-08.50	2	
			FOUL 11.19m	FOUL			
11	Allison Laibach	JR Sioux Falls	11.17m		36-07.75	2	
			FOUL 11.17m	11.16m			
12	Riana Noelle	JR Wayne State	11.04m		36-02.75	1	
			11.04m 10.82m	10.76m			
13	Arianna Passeri	FR U-Mary	10.98m		36-00.25	1	
			9.75m 10.61m	10.98m			
14	Clara Paul	SR Sioux Falls	10.94m		35-10.75	1	
			10.82m 10.94m	10.93m			
15	Meghan Ackerman	FR Msu-Moorhead	10.86m		35-07.75	1	
			10.41m 10.86m	10.57m			
16	Allison Carpenter	JR Minnesota-Duluth	10.86m		35-07.75	1	
			10.86m	FOUL	FOUL		
17	Kaylee Patnode	FR Winona State	10.85m		35-07.25	1	
			10.85m 10.72m	10.42m			
18	Analise Fabre	JR Bemidji State	10.81m		35-05.75	1	
			FOUL 10.81m	FOUL			
19	Cassidy Noeldner	FR Sioux Falls	10.62m		34-10.25	1	
			10.56m 10.62m	10.26m			
20	Xana Leum	FR Winona State	10.45m		34-03.50	1	
			10.41m 10.45m	10.26m			
21	Tessa Schroeder	SO Msu-Moorhead	10.08m		33-01.00	1	
			10.03m	FOUL 10.08m			
22	Ashley Brady	SR Upper Iowa	9.34m		30-07.75	1	
			9.34m 9.19m	9.15m			
--	Jennifer Valley	FR Minnesota State	FOUL			2	
			FOUL	PASS	PASS		

Women Shot Put

NSIC Record: \$ 15.83m 2015 Sara Wells, WSC
 '19 Champion: 14.64m 2/23/2019 Heather Buckler, MSU
 15.70m AUTO
 13.70m PROV

Name	Year	School	Finals	H#	Points
1 Brinn Grunder	SR	Upper Iowa	14.97m PROV	49-01.50	3 10
			14.88m 14.53m	14.33m 14.60m	14.97m 14.22m

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020**Hosted by Minnesota State Mankato****Myers Fieldhouse****Results****....Women Shot Put**

2	Zoe Christensen	SO Bemidji State	14.37m	PROV	47-01.75	3	8
	13.66m	13.85m	13.55m	FOUL	14.37m	FOUL	
3	Mckenzie Scheil	SO Wayne State	14.31m	PROV	46-11.50	3	6
	13.96m	14.11m	14.31m	13.69m	13.95m	13.92m	
4	Katie Taylor	JR Minnesota State	14.15m	PROV	46-05.25	3	5
	FOUL	14.15m	13.44m	13.53m	13.53m	FOUL	
5	Emma Hertz	JR Sioux Falls	14.00m	PROV	45-11.25	3	4
	13.06m	14.00m	FOUL	13.19m	FOUL	FOUL	
6	Jordan Menken	JR Northern State	13.81m	PROV	45-03.75	3	3
	13.81m	FOUL	13.77m	FOUL	13.00m	12.72m	
7	Tierra Doss	FR Bemidji State	13.81m	PROV	45-03.75	3	2
	13.03m	13.35m	13.81m	FOUL	FOUL	FOUL	
8	Rebecca Manteuffel	JR SMSU	13.56m		44-06.00	3	1
	13.41m	13.56m	FOUL	13.05m	13.45m	FOUL	
9	Hannah Gustafson	SR Concordia-St. Paul	13.54m		44-05.25	2	
	13.54m	FOUL	13.46m	13.05m	FOUL	13.11m	
10	Brea Perron	JR Minnesota State	13.38m		43-10.75	3	
	11.98m	13.38m	FOUL				
11	Mackenna Witte	FR Wayne State	13.26m		43-06.00	2	
	13.26m	FOUL	12.42m				
12	Claire Rehome	JR Minnesota-Duluth	12.82m		42-00.75	1	
	FOUL	12.82m	FOUL				
13	Kenzie Sullivan	JR Wayne State	12.80m		42-00.00	3	
	12.80m	FOUL	FOUL				
14	Kaitlyn Schroeder	FR Minnesota State	12.71m		41-08.50	2	
	11.63m	12.03m	12.71m				
15	Nicole Kramchynsky	FR U-Mary	12.71m		41-08.50	2	
	FOUL	FOUL	12.71m				
16	Abbi Stafslie-Dum	FR Minnesota State	12.63m		41-05.25	2	
	11.05m	12.63m	FOUL				
17	Dominique Buechel	JR St. Cloud State	12.52m		41-01.00	2	
	11.92m	12.15m	12.52m				
18	Kendra Paasch	FR Wayne State	12.44m		40-09.75	2	
	12.44m	12.03m	12.40m				
19	Kate Battaforayen	FR SMSU	12.29m		40-04.00	1	
	FOUL	FOUL	12.29m				
20	Mack Rath	FR Minnesota State	12.05m		39-06.50	1	
	11.89m	12.05m	FOUL				
21	Kayla Andersen	JR Sioux Falls	11.88m		38-11.75	1	
	11.17m	11.88m	11.00m				
22	Kourtney Rozeboom	SO Sioux Falls	11.77m		38-07.50	2	
	11.63m	11.77m	FOUL				
23	Libby Beck	FR Minnesota State	11.64m		38-02.25	1	
	11.45m	11.54m	11.64m				
24	Annie Falardeau	SO St. Cloud State	11.62m		38-01.50	2	
	10.84m	11.62m	10.84m				
25	Dacoda Zimmerman	SO St. Cloud State	11.37m		37-03.75	2	
	10.84m	11.37m	11.31m				
26	Tia Jones	SR Wayne State	11.35m		37-03.00	1	
	10.93m	11.35m	11.01m				
27	Haley Mccauley	SO Minnesota-Duluth	11.27m		36-11.75	1	
	11.27m	FOUL	10.02m				
28	Madeline Fretag	FR Minnesota State	10.94m		35-10.75	1	
	10.59m	10.65m	10.94m				

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Women Shot Put

29	Ammie O'Connor	SO Minnesota-Duluth	10.63m	34-10.50	1
	10.13m	10.58m	10.63m		
--	Taylor Laumeyer	SO Minot State	FOUL		1
	FOUL	FOUL	FOUL		

Women Weight Throw

=====

NSIC Record:	\$ 22.36m	2017	Kaitlyn Long, WSU
'19 Champion:	18.72m	2/22/2019	Brinn Grunder, UIU
	19.99m	AUTO	
	17.07m	PROV	

Name	Year	School	Finals	H#	Points	
=====						
1	Mckenzie Scheil	SO Wayne State	19.20m PROV	63-00.00	3 10	
	18.39m	18.67m	18.64m	18.84m	19.20m	18.59m
2	Hannah Gustafson	SR Concordia-St. Paul	18.57m PROV	60-11.25	3 8	
	FOUL	17.98m	18.57m	17.96m	18.31m	18.55m
3	Rebecca Manteuffel	JR SMSU	18.45m PROV	60-06.50	3 6	
	17.82m	18.18m	18.45m	17.84m	17.82m	18.34m
4	Katie Taylor	JR Minnesota State	18.19m PROV	59-08.25	3 5	
	17.12m	16.25m	17.44m	17.26m	17.71m	18.19m
5	Abbi Stafslieen-Dum	FR Minnesota State	18.02m PROV	59-01.50	2 4	
	15.04m	16.43m	16.99m	18.02m	FOUL	
6	Kaylee Jensen	JR Minnesota State	17.95m PROV	58-10.75	3 3	
	17.07m	16.46m	17.95m	17.24m	16.71m	17.34m
7	Emma Hertz	JR Sioux Falls	17.82m PROV	58-05.75	3 2	
	17.11m	17.53m	FOUL	17.82m	17.34m	FOUL
8	Brea Perron	JR Minnesota State	17.71m PROV	58-01.25	3 1	
	17.21m	16.94m	17.32m	17.29m	17.71m	17.39m
9	Jaimie McNamee	SR Sioux Falls	17.70m PROV	58-01.00	3	
	15.91m	17.70m	FOUL	FOUL	FOUL	16.70m
10	Kayla Andersen	JR Sioux Falls	16.80m	55-01.50	2	
	16.26m	16.80m	15.38m			
11	Nicolette Kneeland	SR Northern State	16.34m	53-07.50	2	
	14.68m	16.34m	15.68m			
12	Tia Jones	SR Wayne State	15.84m	51-11.75	2	
	15.81m	15.84m	15.48m			
13	Kenzie Sullivan	JR Wayne State	15.84m	51-11.75	2	
	15.72m	14.86m	15.84m			
14	Zoe Christensen	SO Bemidji State	15.82m	51-11.00	3	
	15.82m	FOUL	FOUL			
15	Taylor Laumeyer	SO Minot State	15.23m	49-11.75	2	
	15.23m	FOUL	14.95m			
16	Hailey Nierling	SO SMSU	15.22m	49-11.25	2	
	14.62m	15.11m	15.22m			
17	Sarah Stang	JR Wayne State	15.15m	49-08.50	2	
	15.15m	14.48m	14.78m			
18	Kourtney Rozeboom	SO Sioux Falls	15.14m	49-08.25	2	
	14.75m	13.55m	15.14m			
19	Tia Donlan	JR Concordia-St. Paul	14.93m	48-11.75	2	
	FOUL	14.93m	14.67m			
20	Carla Walquist	JR Sioux Falls	14.71m	48-03.25	1	
	14.71m	14.04m	14.67m			

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Women Weight Throw

21	Kaitlyn Schroeder	FR Minnesota State	14.41m	47-03.50	1
	14.01m 13.33m 14.41m				
22	Genavieve Baklund	SR Bemidji State	14.36m	47-01.50	1
	14.36m FOUL 14.01m				
23	Elizabeth Hiltner	SO Bemidji State	13.98m	45-10.50	1
	13.48m 13.98m FOUL				
24	Madeline Fretag	FR Minnesota State	13.81m	45-03.75	1
	12.42m 11.55m 13.81m				
25	Dacoda Zimmerman	SO St. Cloud State	13.61m	44-08.00	1
	13.61m 12.93m 13.17m				
26	Jordan Menken	JR Northern State	13.55m	44-05.50	1
	12.54m FOUL 13.55m				
27	Haley Mccauley	SO Minnesota-Duluth	13.51m	44-04.00	1
	FOUL 13.51m 13.36m				
28	Haley Finstuen	JR Minnesota State	13.48m	44-02.75	1
	13.48m FOUL 13.29m				
29	Lauren Julian	SR St. Cloud State	12.92m	42-04.75	1
	12.92m 12.77m FOUL				
--	Brinn Grunder	SR Upper Iowa	FOUL		3
	FOUL FOUL FOUL				

Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

Name	Year School	Finals	Points
1	Grace Acheson	FR U-Mary	2:25.10 756
2	Aneesa Tucker	JR Bemidji State	2:25.48 751
3	Olivia Montez Brown	SR Augustana	2:26.79 734
4	Dakota Hutzler	JR Northern State	2:31.01 680
5	Samantha Sunnarborg	FR Minnesota State	2:32.04 668
6	Kaye Paschka	FR Augustana	2:32.30 664
7	Victoria Czech	FR St. Cloud State	2:33.64 648
8	Elizabeth Schaefer	FR Augustana	2:33.80 646
9	Alyssa Kavajecz	SR Minnesota-Duluth	2:34.00 644
10	Libby Christenson	JR Bemidji State	2:35.42 627
11	Summer Storm	SR Msu-Moorhead	2:37.52 602
12	Shantelle Rule	JR U-Mary	2:39.26 581
13	Emma Weatherly	FR Minnesota State	2:42.34 546
14	Grace Elvert	FR Northern State	2:44.26 525
15	Sophie Noecker	JR Wayne State	2:45.76 509
16	Emily Olson	JR Sioux Falls	2:46.01 506
17	Zoe Stone	SO Minnesota State	2:47.35 491
18	Kailee Bartles	FR Minnesota State	2:47.51 490
19	Jasmine Mlejnek	FR Minnesota State	2:54.14 422

Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Year School	Finals	H#	Points
1	Olivia Montez Brown	SR Augustana	8.84	5 944
2	Elizabeth Schaefer	FR Augustana	8.93	5 925
3	Kaye Paschka	FR Augustana	9.22	5 865
4	Emily Olson	JR Sioux Falls	9.24	5 860
5	Shantelle Rule	JR U-Mary	9.32	3 844

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

6	Dakota Hutzler	JR Northern State	9.32	4	844
7	Emma Weatherly	FR Minnesota State	9.43	4	822
8	Victoria Czech	FR St. Cloud State	9.45	4	818
9	Aneesa Tucker	JR Bemidji State	9.71	2	767
10	Grace Acheson	FR U-Mary	9.83	3	744
11	Jasmine Mlejnek	FR Minnesota State	9.89	3	733
12	Sophie Noecker	JR Wayne State	9.97	2	718
13	Summer Storm	SR Msu-Moorhead	10.00	1	712
14	Grace Elvert	FR Northern State	10.14	2	686
15	Kailee Bartles	FR Minnesota State	10.21	3	673
16	Libby Christenson	JR Bemidji State	10.34	2	650
17	Zoe Stone	SO Minnesota State	10.38	1	643
18	Alyssa Kavajecz	SR Minnesota-Duluth	10.38	1	643
19	Samantha Sunnarborg	FR Minnesota State	10.47	1	627
--	Arika Robinson	SO Concordia-St. Paul	DNF	4	

Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	Year	School	Finals	H#	Points
1 Elizabeth Schaefer	FR	Augustana	1.66m	5-05.25	2 806
1.27 1.30 1.33 1.36 1.39	1.42 1.45 1.48 1.51 1.54	1.57 1.60 1.63 1.66 1.69	PPP PPP PPP PPP PPP	PPP PPP PPP XO O O	XXO XO XXX
2 Olivia Montez Brown	SR	Augustana	1.57m	5-01.75	2 701
1.27 1.30 1.33 1.36 1.39	1.42 1.45 1.48 1.51 1.54	1.57 1.60	PPP PPP PPP PPP PPP	PPP PPP PPP O O O	XXX
2 Dakota Hutzler	JR	Northern State	1.57m	5-01.75	2 701
1.27 1.30 1.33 1.36 1.39	1.42 1.45 1.48 1.51 1.54	1.57 1.60	PPP PPP PPP PPP O	O O XO O XO	XXO XXX
2 Zoe Stone	SO	Minnesota State	1.57m	5-01.75	2 701
1.27 1.30 1.33 1.36 1.39	1.42 1.45 1.48 1.51 1.54	1.57 1.60	PPP PPP PPP PPP PPP	PPP PPP O XO O XO	XXX
2 Samantha Sunnarborg	FR	Minnesota State	1.57m	5-01.75	2 701
1.27 1.30 1.33 1.36 1.39	1.42 1.45 1.48 1.51 1.54	1.57 1.60	PPP PPP PPP PPP PPP	O XO O XO XO	XO XXX
6 Emily Olson	JR	Sioux Falls	1.54m	5-00.50	2 666
1.27 1.30 1.33 1.36 1.39	1.42 1.45 1.48 1.51 1.54	1.57	PPP PPP PPP PPP O	PPP O O O O	XXX
6 Jasmine Mlejnek	FR	Minnesota State	1.54m	5-00.50	2 666
1.27 1.30 1.33 1.36 1.39	1.42 1.45 1.48 1.51 1.54	1.57	PPP PPP PPP PPP PPP	O O O XO XXO	XXX
6 Kaye Paschka	FR	Augustana	1.54m	5-00.50	1 666
1.30 1.33 1.36 1.39 1.42	1.45 1.48 1.51 1.54 1.57		PPP PPP O XO O	XXO XO XO XO	XXX
9 Shantelle Rule	JR	U-Mary	1.51m	4-11.50	1 632
1.30 1.33 1.36 1.39 1.42	1.45 1.48 1.51 1.54		PPP PPP PPP O O	O O O XXX	
9 Summer Storm	SR	Msu-Moorhead	1.51m	4-11.50	1 632
1.30 1.33 1.36 1.39 1.42	1.45 1.48 1.51 1.54		PPP PPP PPP O O	XO XO O XXX	
9 Victoria Czech	FR	St. Cloud State	1.51m	4-11.50	1 632
1.30 1.33 1.36 1.39 1.42	1.45 1.48 1.51 1.54		PPP PPP O O O	XXO XO XO XXX	

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

12	Emma Weatherly	FR Minnesota State	1.48m	4-10.25	2	599
	1.27 1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51					
	PPP PPP PPP PPP PPP O O XO XXX					
12	Alyssa Kavajecz	SR Minnesota-Duluth	1.48m	4-10.25	1	599
	1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51					
	PPP PPP O O O XO O XXX					
12	Grace Elvert	FR Northern State	1.48m	4-10.25	1	599
	1.30 1.33 1.36 1.39 1.42 1.45 1.48 1.51					
	PPP PPP O O O O O XXX					
15	Grace Acheson	FR U-Mary	1.45m	4-09.00	2	566
	1.27 1.30 1.33 1.36 1.39 1.42 1.45 1.48					
	PPP PPP PPP PPP O O XO XXX					
15	Libby Christenson	JR Bemidji State	1.45m	4-09.00	1	566
	1.30 1.33 1.36 1.39 1.42 1.45 1.48					
	PPP PPP PPP XO O XXO XXX					
17	Aneesa Tucker	JR Bemidji State	1.42m	4-07.75	1	534
	1.30 1.33 1.36 1.39 1.42 1.45					
	PPP O PPP XO O XXX					
17	Kailee Bartles	FR Minnesota State	1.42m	4-07.75	1	534
	1.30 1.33 1.36 1.39 1.42 1.45					
	O O O O XXO XXX					
19	Sophie Noecker	JR Wayne State	1.36m	4-05.50	1	470
	1.30 1.33 1.36 1.39					
	O XO XXO XXX					

Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

=====							
Name	Year	School	Finals	H#	Points		
=====							
1	Elizabeth Schaefer	FR Augustana	5.44m	17-10.25	2	683	
	5.34m 5.44m	PASS					
2	Dakota Hutzler	JR Northern State	5.36m	17-07.00	2	660	
	5.13m 5.30m 5.36m						
2	Olivia Montez Brown	SR Augustana	5.36m	17-07.00	2	660	
	5.33m 5.36m 5.30m						
4	Kaye Paschka	FR Augustana	5.30m	17-04.75	1	643	
	4.89m FOUL 5.30m						
5	Emily Olson	JR Sioux Falls	5.18m	17-00.00	2	609	
	5.18m 5.05m 5.16m						
6	Aneesa Tucker	JR Bemidji State	5.06m	16-07.25	1	576	
	4.99m 5.06m 5.06m						
7	Zoe Stone	SO Minnesota State	5.03m	16-06.00	2	567	
	4.64m 4.68m 5.03m						
8	Emma Weatherly	FR Minnesota State	5.01m	16-05.25	2	562	
	FOUL 5.01m FOUL						
9	Victoria Czech	FR St. Cloud State	4.99m	16-04.50	1	557	
	4.66m 4.82m 4.99m						
10	Jasmine Mlejnek	FR Minnesota State	4.95m	16-03.00	2	546	
	FOUL FOUL 4.95m						
11	Grace Elvert	FR Northern State	4.90m	16-01.00	1	532	
	FOUL 4.90m 4.70m						
11	Grace Acheson	FR U-Mary	4.90m	16-01.00	2	532	
	4.90m 4.47m 4.79m						

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020**Hosted by Minnesota State Mankato****Myers Fieldhouse****Results****....Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon**

13	Shantelle Rule	JR U-Mary	4.84m	15-10.50	1	516
	4.63m 4.76m 4.84m					
14	Samantha Sunnarborg	FR Minnesota State	4.79m	15-08.75	2	503
	4.54m 4.51m 4.79m					
15	Sophie Noecker	JR Wayne State	4.71m	15-05.50	1	482
	4.71m 4.48m 4.54m					
16	Summer Storm	SR Msu-Moorhead	4.68m	15-04.25	1	474
	4.49m 4.56m 4.68m					
17	Alyssa Kavajecz	SR Minnesota-Duluth	4.50m	14-09.25	1	428
	FOUL 4.50m FOUL					
18	Libby Christenson	JR Bemidji State	4.45m	14-07.25	1	416
	4.36m 4.45m 4.36m					
19	Kailee Bartles	FR Minnesota State	4.09m	13-05.00	1	329
	4.09m FOUL FOUL					

Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	Year School	Finals	H#	Points
1 Olivia Montez Brown	SR Augustana	11.72m	38-05.50	2 643
		10.82m 11.72m 11.44m		
2 Elizabeth Schaefer	FR Augustana	11.56m	37-11.25	2 632
		10.59m 11.40m 11.56m		
3 Summer Storm	SR Msu-Moorhead	11.09m	36-04.75	1 601
		10.57m 11.09m 11.09m		
4 Zoe Stone	SO Minnesota State	10.23m	33-06.75	2 545
		9.84m 9.64m 10.23m		
5 Samantha Sunnarborg	FR Minnesota State	9.97m	32-08.50	2 527
		9.97m 9.59m 9.29m		
6 Emily Olson	JR Sioux Falls	9.79m	32-01.50	2 516
		9.46m 9.79m 9.41m		
7 Dakota Hutzler	JR Northern State	9.78m	32-01.00	2 515
		9.60m 9.32m 9.78m		
8 Kailee Bartles	FR Minnesota State	9.75m	32-00.00	1 513
		8.96m 9.75m 8.61m		
9 Libby Christenson	JR Bemidji State	9.53m	31-03.25	1 499
		8.50m 9.05m 9.53m		
10 Shantelle Rule	JR U-Mary	9.45m	31-00.00	1 494
		8.78m FOUL 9.45m		
10 Sophie Noecker	JR Wayne State	9.45m	31-00.00	1 494
		9.45m 8.80m 9.01m		
12 Aneesa Tucker	JR Bemidji State	9.25m	30-04.25	1 480
		8.63m 9.25m 9.20m		
13 Victoria Czech	FR St. Cloud State	9.21m	30-02.75	1 478
		8.38m FOUL 9.21m		
14 Kaye Paschka	FR Augustana	9.18m	30-01.50	1 476
		9.18m 9.00m 9.00m		
15 Jasmine Mlejnek	FR Minnesota State	9.02m	29-07.25	2 465
		8.63m 8.37m 9.02m		
16 Alyssa Kavajecz	SR Minnesota-Duluth	8.44m	27-08.25	1 428
		7.96m 8.44m 8.28m		
17 Emma Weatherly	FR Minnesota State	7.96m	26-01.50	2 397
		7.69m 7.86m 7.96m		

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

18	Grace Elvert	FR Northern State	7.91m	25-11.50	1	394
	7.64m	7.25m	7.91m			
19	Grace Acheson	FR U-Mary	7.48m	24-06.50	2	366
	6.91m	7.33m	7.48m			

Women Indoor Pentathlon

NSIC Record: \$ 3910 2010 Heather Miller, SCSU
 '19 Champion: 3712 2/23/2019 Olivia Montez Brown, AUGIE
 3820 AUTO
 3277 PROV

Name	Year	School	Finals	H#	Points
1	Elizabeth Schaefer	FR Augustana	3692.00 PROV	10	
2	Olivia Montez Brow	SR Augustana	3682.00 PROV	8	
3	Dakota Hutzler	JR Northern State	3400.00 PROV	6	
4	Kaye Paschka	FR Augustana	3314.00 PROV	5	
5	Emily Olson	JR Sioux Falls	3157.00	4	
6	Victoria Czech	FR St. Cloud State	3133.00	3	
7	Aneesa Tucker	JR Bemidji State	3108.00	2	
8	Shantelle Rule	JR U-Mary	3067.00	1	
9	Samantha Sunnarbor	FR Minnesota State	3026.00		
10	Summer Storm	SR Msu-Moorhead	3021.00		
11	Grace Acheson	FR U-Mary	2964.00		
12	Zoe Stone	SO Minnesota State	2947.00		
13	Emma Weatherly	FR Minnesota State	2926.00		
14	Jasmine Mlejnek	FR Minnesota State	2832.00		
15	Libby Christenson	JR Bemidji State	2758.00		
16	Alyssa Kavajecz	SR Minnesota-Duluth	2742.00		
17	Grace Elvert	FR Northern State	2736.00		
18	Sophie Noecker	JR Wayne State	2673.00		
19	Kailee Bartles	FR Minnesota State	2539.00		

Men 60 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times

NSIC Record: \$ 6.67 2015 Emmanuel Matadi, MSU
 '19 Champion: 6.72 2/23/2019 Luxon Glor, MARY
 6.72 AUTO
 6.87 PROV

Name	Year	School	Prelims	H#
Preliminaries				
1	Bryant Brown	SR Minnesota State	6.81QPROV	1
2	Shaheed Hickman	JR Minnesota State	6.87QPROV	2
3	Justin Taormina	SR Minnesota State	6.89Q	3
4	Leroy Kwateh	JR Minnesota State	6.91q	2
5	Jonathan Rowe	SR Sioux Falls	6.97q	3 6.965
6	Nicholas Sharma	FR Minnesota State	6.97q	2 6.966
7	Cornelius Bright	SO Minnesota State	6.99q	3
8	Caleb Kath	JR Minnesota State	7.01q	3
9	Brian Szutkowski	SR Concordia-St. Paul	7.02	1 7.012
10	Ty Dawkins	SO Msu-Moorhead	7.02	2 7.016
11	Nate Andrusick	SO Sioux Falls	7.05	1

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Men 60 Meter Dash

12	Drew Olson	FR U-Mary	7.07	1	7.064
13	Trent Hamerski	SO Minnesota-Duluth	7.07	2	7.070
14	Riley Crawford	SR Augustana	7.09	2	7.084
15	Zach Bohnenkamp	JR Northern State	7.09	1	7.090
16	Hunter Hansen	JR Northern State	7.14	1	
17	Ethan Buckles	JR Minnesota State	7.15	1	
18	Jediah Davis	SO Wayne State	7.19	3	
19	Quan Williams	FR SMSU	7.21	3	
20	Shaquiel Higgs	SO Msu-Moorhead	7.22	3	7.211
21	Jack Thompson	SO Minnesota-Duluth	7.22	2	7.214
22	Justin Rohloff	JR Wayne State	7.32	3	
23	Mark Swann	SO Minnesota-Duluth	7.51	2	

Men 60 Meter Dash

=====

NSIC Record:	\$ 6.67	2015	Emmanuel Matadi, MSU
'19 Champion:	6.72	2/23/2019	Luxon Glor, MARY
	6.72	AUTO	
	6.87	PROV	

Name	Year	School	Finals	Points
=====				
Finals				
1	Bryant Brown	SR Minnesota State	6.77 PROV	10
2	Shaheed Hickman	JR Minnesota State	6.84 PROV	8
3	Leroy Kwateh	JR Minnesota State	6.90	6
4	Nicholas Sharma	FR Minnesota State	6.94	5
5	Caleb Kath	JR Minnesota State	6.95	4
6	Justin Taormina	SR Minnesota State	6.96	3
7	Cornelius Bright	SO Minnesota State	6.99	2
8	Jonathan Rowe	SR Sioux Falls	7.01	1

Men 200 Meter Dash

8 Advance: Top 1 Each Heat plus Next 4 Best Times

=====

NSIC Record:	\$ 21.42	2015	Emmanuel Matadi, MSU
'19 Champion:	21.72	2/23/2019	Luxon Glor, MARY
	21.58	AUTO	
	22.08	PROV	

Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	Josh Phelps	JR Minnesota State	22.21Q	1
2	Leroy Kwateh	JR Minnesota State	22.22Q	4 22.213
3	Logan Myers	JR U-Mary	22.25Q	2
4	Isaiha Fletcher	SR Northern State	22.38Q	3
5	Cornelius Bright	SO Minnesota State	22.22q	4 22.216
6	Parker Gloudemans	SR Minnesota State	22.51q	3
7	Jeremiah Morrisette	JR U-Mary	22.57q	2
8	Brady Erickson	SO U-Mary	22.58q	1
9	Drew Olson	FR U-Mary	22.68	2
10	Max DePrenger	FR Minnesota State	22.69	1
11	Ethan Buckles	JR Minnesota State	22.85	4
12	Carter Nesvold	FR Minnesota State	22.91	3
13	Jon Shaner	FR Minnesota State	22.92	2

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Men 200 Meter Dash

14	Hunter Wilmes	SO U-Mary	22.98	4
15	Brian Szutkowski	SR Concordia-St. Paul	23.00	3
16	Kaden Ludwig	FR Upper Iowa	23.18	1
17	Timothi McMaster	JR Upper Iowa	23.39	3
18	Riley Crawford	SR Augustana	23.61	4
19	Mark Swann	SO Minnesota-Duluth	24.13	2

Men 200 Meter Dash

=====

NSIC Record:	\$ 21.42	2015	Emmanuel Matadi, MSU
'19 Champion:	21.72	2/23/2019	Luxon Glor, MARY
	21.58	AUTO	
	22.08	PROV	

Name	Year	School	Finals	Points
------	------	--------	--------	--------

=====

Finals

1	Logan Myers	JR U-Mary	21.91	PROV	10
2	Josh Phelps	JR Minnesota State	21.99	PROV	8
3	Leroy Kwateh	JR Minnesota State	22.33		6
4	Parker Gloudemans	SR Minnesota State	22.42		5
5	Isaiha Fletcher	SR Northern State	22.44		4
6	Cornelius Bright	SO Minnesota State	22.47		3
7	Jeremiah Morrisset	JR U-Mary	22.69		2
8	Brady Erickson	SO U-Mary	22.93		1

Men 400 Meter Dash

8 Advance: Top 2 Each Heat plus Next 2 Best Times

=====

Rule	5.10.5d	pg.73
NSIC Record:	\$ 47.86	2/23/2019 John Schuster, MSU
'19 Champion:	47.86	2/23/2019 John Schuster, MSU
	47.95	AUTO
	49.29	PROV

Name	Year	School	Prelims	H#
------	------	--------	---------	----

=====

Preliminaries

1	Isaiha Fletcher	SR Northern State	49.71Q	2
2	Ty Dawkins	SO Msu-Moorhead	49.90Q	3
3	Josh Phelps	JR Minnesota State	50.00Q	1
4	Kyle Mason	JR Minnesota State	49.86Q	2
5	Max DePrenger	FR Minnesota State	50.10Q	3
6	Alex Woods	SR Augustana	50.41Q	1
7	Ryan Sully	JR Augustana	50.13q	2
8	Kyle Felling	SO SMSU	50.14q	3
9	Alex Kulzer	JR Minnesota-Duluth	50.32	3
10	Kendrick Major	FR Msu-Moorhead	50.64	2
11	Kevin Andres	FR Minnesota State	50.70	1
12	Jed Dooyema	FR Augustana	51.10	1
13	Ronald Stephenson	FR Northern State	51.11	1
14	Keshaun Baker	SO Minnesota State	52.50	2

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

Men 400 Meter Dash

Rule 5.10.5d pg.73

NSIC Record: \$ 47.86 2/23/2019 John Schuster, MSU

'19 Champion: 47.86 2/23/2019 John Schuster, MSU

47.95 AUTO

49.29 PROV

Name	Year	School	Finals	Points
Finals				
1 Josh Phelps	JR	Minnesota State	49.56	10
2 Isaiha Fletcher	SR	Northern State	49.79	8
3 Max DePrenger	FR	Minnesota State	49.94	6
4 Kyle Mason	JR	Minnesota State	50.16	5
5 Ryan Sully	JR	Augustana	50.30	4
6 Ty Dawkins	SO	Msu-Moorhead	50.83	3
7 Kyle Felling	SO	SMSU	51.33	2
8 Alex Woods	SR	Augustana	55.91	1

Men 600 Meter Run

8 Advance: Top 2 Each Heat plus Next 2 Best Times

Rule 5.10.5d pg.73

NSIC Record: \$ 1:19.85 2018 John Schuster, MSU

'19 Champion: 1:20.52 2/22/2019 David Supinski, UMD

Name	Year	School	Prelims	H#
Preliminaries				
1 Devin Sheridan	SO	Northern State	1:22.16Q	2
2 Cory Myers	JR	U-Mary	1:22.92Q	3
3 Marquan Wiesen	SO	Minnesota State	1:23.40Q	1
4 Ben Schmied	SO	Minnesota State	1:22.37Q	2
5 Noah Melton	SO	Augustana	1:23.10Q	3
6 Drew Lewison	SO	Minnesota State	1:23.46Q	1
7 Austin Have	JR	Minnesota-Duluth	1:23.88q	1
8 Noah Torvik	JR	Minnesota-Duluth	1:24.07q	2
9 Tafara Hondonga	FR	Northern State	1:24.14	1
10 Jordan Gruenes	FR	Minnesota-Duluth	1:24.80	1
11 Kayleb Twomey	FR	Minnesota State	1:24.81	3
12 Blake Savey	SR	Augustana	1:24.88	3
13 Bryce Holcomb	JR	Wayne State	1:24.99	2
14 Hever Valenzuela	JR	SMSU	1:25.09	2
15 Trinity Brady	FR	SMSU	1:26.16	3
16 Zachary Henke	FR	Minnesota State	1:26.85	3
17 Mason McCaffrey	FR	Minnesota State	1:27.42	2

Men 600 Meter Run

Rule 5.10.5d pg.73

NSIC Record: \$ 1:19.85 2018 John Schuster, MSU

'19 Champion: 1:20.52 2/22/2019 David Supinski, UMD

Name	Year	School	Finals	Points
Finals				
1 Drew Lewison	SO	Minnesota State	1:21.05	10
2 Ben Schmied	SO	Minnesota State	1:21.27	8
				1:21.267

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Men 600 Meter Run

3	Devin Sheridan	SO Northern State	1:21.27	6	1:21.269
4	Cory Myers	JR U-Mary	1:21.91	5	
5	Noah Melton	SO Augustana	1:22.61	4	
6	Noah Torvik	JR Minnesota-Duluth	1:23.40	3	
7	Austin Have	JR Minnesota-Duluth	1:23.83	2	
8	Marquan Wiesen	SO Minnesota State	1:29.75	1	

Men 800 Meter Run

8 Advance: Top 2 Each Heat plus Next 4 Best Times

Rule 5.10.5d pg.73

NSIC Record: \$ 1:52.62 2017 Josh Barrows, AUGIE
 '19 Champion: 1:53.24 2/23/2019 Mason Phillips, USF
 1:51.06 AUTO
 1:54.68 PROV

Name	Year	School	Prelims	H#
Preliminaries				
1	Austin Miller	JR Augustana	1:57.00Q	1
2	Bonheur Mvuyekure	FR Augustana	1:57.60Q	2
3	Christian Leonard	JR Minnesota-Duluth	1:57.33Q	1
4	Tanner Maier	FR Minnesota State	1:58.46Q	2
5	Cole Fechner	SO Minnesota-Duluth	1:57.89q	1 1:57.886
6	Nathan Pearson	SR Wayne State	1:57.89q	1 1:57.889
7	Luke Gustafson	FR Minnesota-Duluth	1:58.58q	1
8	Cory Warner	SR Concordia-St. Paul	1:58.77q	2
9	Aaron Mayfield	SO Minnesota State	1:58.86	2
10	Levi Fried	SR U-Mary	1:58.91	2
11	Logan Hansen	JR Sioux Falls	1:59.73	2
12	Braxton Bruer	FR Msu-Moorhead	2:00.23	1
13	Austin Gruenberg	FR Msu-Moorhead	2:00.78	2
14	Abdirahman Mohamed	SR Concordia-St. Paul	2:01.72	2
15	Carson Speicher	SO Msu-Moorhead	2:07.20	1

Men 800 Meter Run

Rule 5.10.5d pg.73

NSIC Record: \$ 1:52.62 2017 Josh Barrows, AUGIE
 '19 Champion: 1:53.24 2/23/2019 Mason Phillips, USF
 1:51.06 AUTO
 1:54.68 PROV

Name	Year	School	Finals	Points
Finals				
1	Austin Miller	JR Augustana	1:51.78\$PROV	10
2	Bonheur Mvuyekure	FR Augustana	1:54.39 PROV	8
3	Tanner Maier	FR Minnesota State	1:57.40	6
4	Christian Leonard	JR Minnesota-Duluth	1:57.65	5
5	Nathan Pearson	SR Wayne State	1:58.07	4
6	Cole Fechner	SO Minnesota-Duluth	1:58.58	3
7	Cory Warner	SR Concordia-St. Paul	1:59.45	2
8	Luke Gustafson	FR Minnesota-Duluth	2:00.66	1

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

Men 1000 Meter Run

8 Advance: Top 2 Each Heat plus Next 4 Best Times

Rule 5.10.5d pg.73

NSIC Record: \$ 2:26.61 2/23/2019 Jacob Wahlers, MSU

'19 Champion: 2:26.61 2/23/2019 Jacob Wahlers, MSU

Name	Year	School	Prelims	H#
Preliminaries				
1 Andrew Ruiz	JR	Minnesota State	2:33.04Q	2
2 Benjamin Allen	SR	Concordia-St. Paul	2:33.72Q	1
3 Billy Beseman	SR	Sioux Falls	2:33.14Q	2
4 Cole Lebourgeois	JR	Minnesota-Duluth	2:34.17Q	1
5 Evan Johnson	SO	Augustana	2:33.39q	2
6 Jonathan Tostenson	SO	Minnesota-Duluth	2:33.62q	2
7 Samuel Wilke	SR	U-Mary	2:34.28q	1
8 Landon Dunlap	FR	Minot State	2:34.98q	1
9 Tiegen Lindner	SO	Augustana	2:35.94	1
10 Brock Hegarty	JR	Wayne State	2:38.58	1
11 Nick Marshall	SR	Msu-Moorhead	2:38.63	1
12 Andrew Arthur	JR	Minnesota-Duluth	2:38.82	2
13 Jack Larson	FR	Minnesota-Duluth	2:38.99	2

Men 1000 Meter Run

Rule 5.10.5d pg.73

NSIC Record: \$ 2:26.61 2/23/2019 Jacob Wahlers, MSU

'19 Champion: 2:26.61 2/23/2019 Jacob Wahlers, MSU

Name	Year	School	Finals	Points
Finals				
1 Benjamin Allen	SR	Concordia-St. Paul	2:27.98	10
2 Billy Beseman	SR	Sioux Falls	2:29.22	8
3 Evan Johnson	SO	Augustana	2:29.81	6
4 Samuel Wilke	SR	U-Mary	2:30.39	5
5 Jonathan Tostenson	SO	Minnesota-Duluth	2:30.95	4
6 Cole Lebourgeois	JR	Minnesota-Duluth	2:31.07	3
7 Andrew Ruiz	JR	Minnesota State	2:32.82	2
8 Landon Dunlap	FR	Minot State	2:35.27	1

Men 1 Mile Run

NSIC Record: \$ 4:09.74 2018 Mason Phillips, USF

'19 Champion: 4:23.12 2/23/2019 Benjamin Allen, CSP

4:05.32 AUTO

4:14.46 PROV

Name	Year	School	Finals	H#	Points
1 Benjamin Allen	SR	Concordia-St. Paul	4:16.17	2	10
2 Zach Lundberg	SR	Sioux Falls	4:17.72	2	8
3 Christian Leonard	JR	Minnesota-Duluth	4:18.57	2	6
4 Evan Johnson	SO	Augustana	4:19.02	2	5
5 Nick Marshall	SR	Msu-Moorhead	4:19.27	2	4
6 Riccardo Done	SR	Northern State	4:20.02	2	3
7 Jonathan Tostenson	SO	Minnesota-Duluth	4:20.80	2	2
8 Daniel Armstrong	SR	Sioux Falls	4:22.04	1	1

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Men 1 Mile Run

9	Jesus Urtusuastegu	SR	Augustana	4:22.28	2
10	Isaiah Rabata	SR	Minnesota State	4:22.80	1
11	Cole Lebourgeois	JR	Minnesota-Duluth	4:23.74	2
12	Endre Wigaard	SR	Augustana	4:26.29	2
13	Jacob Jensen	FR	Minot State	4:27.06	1
14	Tanner Maier	FR	Minnesota State	4:28.95	2
15	Landon Dunlap	FR	Minot State	4:28.98	2
16	Logan Hansen	JR	Sioux Falls	4:33.82	1
17	David Ecker	SO	Sioux Falls	4:36.59	1
18	Brock Hegarty	JR	Wayne State	4:40.46	1

Men 3000 Meter Run

 NSIC Record: \$ 8:16.97 2017 Glen Ellingson, AUGIE
 '19 Champion: 8:19.45 2/22/2019 Zach Lundberg, USF
 8:09.57 AUTO
 8:28.47 PROV

Name	Year	School	Finals	H#	Points
1	Nadir Yusuf	JR Msu-Moorhead	8:32.71	2	10
2	Aaron Runge	SR Augustana	8:33.11	2	8
3	Jesse Kaas	SO U-Mary	8:35.66	2	6
4	Riccardo Done	SR Northern State	8:38.09	2	5
5	Alec Kray	JR Augustana	8:38.37	2	4
6	Zach Lundberg	SR Sioux Falls	8:38.87	2	3
7	Nathan Fox	FR Minnesota State	8:41.84	2	2
8	Timothy Moore	SO U-Mary	8:44.04	2	1
9	Braydon Kubat	JR Minnesota-Duluth	8:46.38	2	
10	Jesus Urtusuastegu	SR Augustana	8:47.15	2	
11	Kray Person	FR Augustana	8:47.49	2	
12	Dawson Strom	FR U-Mary	8:48.11	2	
13	Matthew Trutna	SO Minnesota-Duluth	8:48.98	2	
14	Owen Smalley	JR Minnesota-Duluth	8:51.29	1	
15	Jackson Harrison	SO Northern State	8:52.59	2	
16	Nick Jacobson	FR Minnesota-Duluth	8:54.83	1	
17	Jacob Jensen	FR Minot State	8:55.30	1	
18	Zeke Green	JR Concordia-St. Paul	8:58.66	1	
19	Daniel Armstrong	SR Sioux Falls	9:02.65	1	
20	Aaron Voigt	SO Sioux Falls	9:02.91	1	
21	David Ecker	SO Sioux Falls	9:04.59	1	
22	Jorge Garcia	JR Northern State	9:04.89	1	
23	Scott Burazin	JR Concordia-St. Paul	9:05.24	1	
24	Isaiah Winowiski	FR Concordia-St. Paul	9:14.14	1	
25	Ethan Kilton	FR Augustana	9:16.33	1	
26	Parker Huhn	FR Minnesota State	9:18.84	1	
27	Sam Ricker	FR Sioux Falls	9:21.21	1	
28	Endre Wigaard	SR Augustana	9:31.65	1	
--	Henry Klitzke	SO Augustana	DNF	1	

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

Men 5000 Meter Run

 NSIC Record: \$ 14:33.86 2018 Bashir Aidrus, SMSU
 '19 Champion: 14:37.57 2/23/2019 Derek Myers, MARY
 14:12.73 AUTO
 14:47.75 PROV

Name	Year	School	Finals	Points
1 Aaron Runge	SR	Augustana	14:39.39 PROV	10
2 Nadir Yusuf	JR	Msu-Moorhead	14:39.43 PROV	8
3 Jesus Urtusuastegu	SR	Augustana	14:39.80 PROV	6
4 Jesse Kaas	SO	U-Mary	14:48.18	5
5 Dawson Strom	FR	U-Mary	15:03.59	4
6 Henry Klitzke	SO	Augustana	15:12.80	3
7 Jackson Harrison	SO	Northern State	15:17.97	2
8 Matthew Trutna	SO	Minnesota-Duluth	15:26.40	1
9 Scott Burazin	JR	Concordia-St. Paul	15:28.43	
10 Parker Huhn	FR	Minnesota State	15:41.84	
11 Drew Mears	JR	Msu-Moorhead	15:41.89	
12 Jacob Jensen	FR	Minot State	15:45.87	
13 David Ecker	SO	Sioux Falls	15:47.11	
14 Kendall Hill	SR	Minnesota-Duluth	15:47.38	
15 Zeke Green	JR	Concordia-St. Paul	15:48.65	
16 Lucas Selman	FR	Minnesota-Duluth	15:51.30	
17 Seth Overholt	SO	Sioux Falls	15:54.91	
18 Dylan Kessler	SR	Wayne State	16:06.05	
19 Aaron Voigt	SO	Sioux Falls	16:07.36	
20 Jalen Chase	FR	Northern State	16:08.49	
21 Devan Shumway	SR	Minot State	16:19.09	
22 Wyatt Schlager	SO	Sioux Falls	16:19.86	
23 Bailey Peckham	JR	Wayne State	16:23.53	
24 Connor Hayes	FR	Msu-Moorhead	16:53.29	

Men 60 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 5 Best Times

 NSIC Record: \$ 7.69 2016 Myles Hunter, MSU
 '19 Champion: 7.94 2/23/2019 Josh Lamers, MARY
 7.90 AUTO
 8.21 PROV

Name	Year	School	Prelims	H#
Preliminaries				
1 Logan Bristol	SR	Minnesota State	8.10QPROV	1
2 Jacob Morse	SR	Sioux Falls	8.19QPROV	2
3 Tyl Woelber	SO	Augustana	8.34Q	3
4 Zach Sweep	SR	Msu-Moorhead	8.39q	2
5 Lawrence Lokonobei	FR	Augustana	8.42q	1
6 Bryce Malsam	SR	Northern State	8.43q	3
7 D'Monte Blanks	FR	Minnesota State	8.47q	1
8 Clay Jackson	JR	Msu-Moorhead	8.50q	2
9 Winston Platt	FR	U-Mary	8.53	2
10 Renald Pierre	FR	SMSU	8.70	1
11 Preston Davis	JR	Wayne State	8.71	3
12 Kyle Lowe	JR	Wayne State	8.93	2 8.922
12 Nathan Stearns	FR	SMSU	8.93	3 8.922

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Men 60 Meter Hurdles

14 Collin Kime	FR Upper Iowa	9.05	1
15 Andrew Paskey	FR Upper Iowa	9.21	2
16 Brady Krupa	FR Upper Iowa	9.50	3

Men 60 Meter Hurdles

=====
 NSIC Record: \$ 7.69 2016 Myles Hunter, MSU
 '19 Champion: 7.94 2/23/2019 Josh Lamers, MARY
 7.90 AUTO
 8.21 PROV

Name	Year School	Finals	Points
------	-------------	--------	--------

=====

Finals

1 Logan Bristol	SR Minnesota State	7.98 PROV	10	
2 Jacob Morse	SR Sioux Falls	8.17 PROV	8	
3 Bryce Malsam	SR Northern State	8.40	6	8.394
4 D'Monte Blanks	FR Minnesota State	8.40	5	8.400
5 Zach Sweep	SR Msu-Moorhead	8.47	4	
6 Tyl Woelber	SO Augustana	8.51	3	
7 Clay Jackson	JR Msu-Moorhead	8.61	2	
-- Lawrence Lokonobei	FR Augustana	DQ		

Men 4x400 Meter Relay

=====
 NSIC Record: \$ 3:18.21 2017 Minnesota State
 J.Schuster, T.Ogren, I.Pitchford, M.Dennis
 '19 Champion: 3:19.34 2/23/2019 Minnesota State
 P Selman, L Kwateh, R Diamond, J Schuster
 3:14.78 AUTO
 3:19.92 PROV

School	Finals	H#	Points
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1 Minnesota State	3:20.24	2	10
2 Northern State	3:20.71	2	8
3 U-Mary	3:21.07	2	6
4 Augustana	3:23.98	2	5
5 Msu-Moorhead	3:26.79	2	4
6 Concordia-St. Paul	3:27.81	1	3
7 Wayne State	3:28.21	1	2
8 Sioux Falls	3:28.81	1	1
9 Southwest Minnesota State	3:30.15	1	
10 Upper Iowa	3:35.95	1	
-- Minnesota-Duluth	DQ	2	

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

Men Distance Medley

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=====
NSIC Record: $ 10:04.89 2/28/2020 Sioux Falls, USF
                B Beseman, J Slaba, L Hansen, Z Lundberg
'19 Champion: 10:06.50 2/22/2019 Sioux Falls, USF
                J Kraft, L Hansen, B Beseman, M Phillips
                9:55.20 AUTO
                10:12.69 PROV
    
```

School	Finals	Points
1 Sioux Falls	10:04.89\$PROV	10
2 Augustana	10:05.87 PROV	8
3 U-Mary	10:14.96	6
4 Concordia-St. Paul	10:17.84	5
5 Msu-Moorhead	10:21.31	4
6 Minnesota-Duluth	10:25.50	3
7 Minnesota State	10:28.00	2
8 Minot State	10:34.29	1
9 Northern State	10:41.37	
10 Wayne State	10:44.91	

Men High Jump

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=====
NSIC Record: $ 2.14m 2/22/2019 Chris Cook, MSUM
'19 Champion: 2.14m 2/22/2019 Chris Cook, MSUM
                2.16m AUTO
                2.04m PROV
    
```

Name	Year School	Finals	Points
1 Deveyonn Brown	JR Minnesota State	2.12m PROV	6-11.50 10
1.85 1.90 1.95 2.00 2.03 2.06 2.09 2.12 2.15			
PPP PPP PPP XO XXO PPP XO XXO XXX			
2 Chris Cook	JR Msu-Moorhead	2.09m PROV	6-10.25 8
1.85 1.90 1.95 2.00 2.03 2.06 2.09 2.12			
PPP PPP PPP O PPP XXO XO XXX			
3 Shyrone Kemp	FR Msu-Moorhead	2.09m PROV	6-10.25 6
1.85 1.90 1.95 2.00 2.03 2.06 2.09 2.12			
PPP PPP O XO XXO XO XXO XXX			
4 Tyl Woelber	SO Augustana	2.06m PROV	6-09.00 5
1.85 1.90 1.95 2.00 2.03 2.06 2.09 2.12			
PPP PPP XO PPP XXO O PPP XXX			
5 Logan Bristol	SR Minnesota State	2.06m PROV	6-09.00 4
1.85 1.90 1.95 2.00 2.03 2.06 2.09 2.12			
PPP O PPP O PPP XO PPP XXX			
6 Shenley Allen	SR U-Mary	2.03m	6-08.00 3
1.85 1.90 1.95 2.00 2.03 2.06			
PPP PPP O O O XXX			
7 Michael Douglas	FR Upper Iowa	1.95m	6-04.75 2
1.85 1.90 1.95 2.00			
O O XXO XXX			
8 Caleb Cowles	JR Minnesota State	1.90m	6-02.75 0.50
1.85 1.90 1.95			
PPP XO XXX			
8 Isaiah Morin-Baxte	FR Augustana	1.90m	6-02.75 0.50
1.85 1.90 1.95			
O XO XXX			

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Men High Jump

10	Trey Krannich	FR Minnesota State	1.85m	6-00.75
	1.85 1.90			
	O XXX			
11	Steven Miner	FR Sioux Falls	1.85m	6-00.75
	1.85 1.90			
	XO XXX			
11	Aaron English	SO Wayne State	1.85m	6-00.75
	1.85 1.90			
	XO XXX			
13	Tyler Wanous	JR Minnesota-Duluth	1.85m	6-00.75
	1.85 1.90			
	XXO XXX			
--	Eli Anderson	SR Augustana	NH	
	1.85			
	XXX			
--	Zach Sweep	SR Msu-Moorhead	NH	
	1.85 1.90 1.95			
	PPP PPP X			
--	Jack Thompson	SO Minnesota-Duluth	NH	
	1.85			
	XXX			
--	Iberius Jenkins	FR Upper Iowa	NH	
	1.85			
	XXX			

Men Pole Vault

=====
 NSIC Record: \$ 5.20m 2015 Scott Greenman, USF
 '19 Champion: 5.09m 2/22/2019 Tristan Zawadzki, USF
 5.22m AUTO
 4.77m PROV

Name	Year School	Finals	Points
1 Kyle Johnson	JR Minnesota State	4.80m PROV	15-09.00 10
	4.05 4.20 4.35 4.50 4.60 4.70 4.80 5.00		
	PPP PPP PPP O O O O XXX		
2 Carson Dittel	FR Minnesota State	4.70m	15-05.00 8
	4.05 4.20 4.35 4.50 4.60 4.70 4.80		
	PPP PPP O XXO XO O XXX		
3 Jack Hodge	FR Minnesota State	4.60m	15-01.00 6
	4.05 4.20 4.35 4.50 4.60 4.70		
	PPP PPP PPP O XO XXX		
4 Bryce Malsam	SR Northern State	4.60m	15-01.00 5
	4.05 4.20 4.35 4.50 4.60 4.70		
	PPP O O O XXO XXX		
5 Dan Clark	SR Minnesota-Duluth	4.50m	14-09.00 4
	4.05 4.20 4.35 4.50 4.60		
	PPP PPP PPP XO XXX		
6 Jared Pflipsen	JR U-Mary	4.50m	14-09.00 3
	4.05 4.20 4.35 4.50 4.60		
	XO O O XO XXX		
7 Matt Pohlmann	SR Augustana	4.50m	14-09.00 2
	4.05 4.20 4.35 4.50 4.60		
	PPP O O XXO XXX		

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Men Pole Vault

8	Jonas Matzen	SR	Msu-Moorhead	4.35m	14-03.25	0.50
	4.05 4.20 4.35 4.50					
	XO O O XXX					
8	Kelson Brewer	SR	Northern State	4.35m	14-03.25	0.50
	4.05 4.20 4.35 4.50					
	PPP XO O XXX					
10	Jackson Penner	SR	U-Mary	4.35m	14-03.25	
	4.05 4.20 4.35 4.50					
	O O XO XXX					
11	Marshall Jeppeson	SR	Concordia-St. Paul	4.35m	14-03.25	
	4.05 4.20 4.35 4.50					
	O XO XO XXX					
12	Zachary Burns	JR	Northern State	4.35m	14-03.25	
	4.05 4.20 4.35 4.50					
	O XXO XXO XXX					
13	Shea Alto	SO	Minnesota-Duluth	4.20m	13-09.25	
	4.05 4.20 4.35					
	PPP O XXX					
14	Ethan Hebert	FR	Minnesota State	4.05m	13-03.50	
	4.05 4.20					
	XXO XXX					
--	Dillan Kovash	SO	U-Mary	NH		
	4.05					
	X					
--	Zach Dingbaum	SR	Upper Iowa	NH		
	4.05					
	XXX					
--	Jake Person	SO	Sioux Falls	NH		
	4.05					
	XXX					
--	Tristan Zawadzki	SR	Sioux Falls	NH		
	4.05 4.20 4.35 4.50 4.60 4.70					
	PPP PPP PPP PPP XXX					
--	Mark McPherson	SO	Minnesota State	NH		
	4.05 4.20 4.35					
	PPP PPP XXX					

Men Long Jump

=====

NSIC Record: \$ 7.58m 1981 Ed Stuart, MSU

'19 Champion: 7.44m 2/22/2019 Luxon Glor, MARY

7.60m AUTO

7.13m PROV

Name	Year	School	Finals	H#	Points
1 Caleb Kath	JR	Minnesota State	7.24m PROV	23-09.00	2 10
	7.10m 7.24m	PASS 6.93m FOUL 7.24m			
2 Tyl Woelber	SO	Augustana	7.22m PROV	23-08.25	2 8
	6.93m 6.87m	6.96m 7.10m 7.22m 7.16m			
3 Shyrone Kemp	FR	Msu-Moorhead	7.15m PROV	23-05.50	2 6
	7.15m 7.06m	7.04m 6.59m PASS 6.49m			
4 William Forbes	FR	Minnesota State	6.99m	22-11.25	2 5
	6.92m FOUL FOUL	6.49m 6.99m FOUL			

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Men Long Jump

5	Jonas Matzen	SR	Msu-Moorhead	6.81m	22-04.25	2	3.50
	6.55m	FOUL	6.63m	6.81m	6.60m	6.72m	
5	Talon Staudinger	SR	U-Mary	6.81m	22-04.25	2	3.50
	6.51m	6.45m	6.63m	6.39m	6.48m	6.81m	
7	Mikhail Sands	SO	Wayne State	6.66m	21-10.25	2	2
	6.46m	6.60m	6.48m	6.32m	6.60m	6.66m	
8	Adrian Davis-Aguil	FR	Minot State	6.63m	21-09.00	1	1
	6.63m	6.43m	6.27m	6.47m	PASS	PASS	
9	Peyton Zahler	SO	U-Mary	6.48m	21-03.25	2	
	6.46m	6.48m	6.38m	FOUL	FOUL	6.32m	
10	Brady Erickson	SO	U-Mary	6.47m	21-02.75	2	
	6.47m	6.29m	6.44m				
11	Jaylen Hobson	FR	Upper Iowa	6.46m	21-02.50	1	
	6.38m	6.38m	6.46m				
12	Christian Riley	FR	Sioux Falls	6.44m	21-01.50	1	
	FOUL	6.44m	6.31m				
13	Casey Hackett	SO	Sioux Falls	6.41m	21-00.50	1	
	5.99m	6.41m	FOUL				
14	Winston Platt	FR	U-Mary	6.37m	20-10.75	1	
	6.37m	6.31m	5.97m				
15	Andrew Johnson	JR	Concordia-St. Paul	6.36m	20-10.50	2	
	6.22m	FOUL	6.36m				
16	Kyle Cacho	SO	U-Mary	6.33m	20-09.25	2	
	FOUL	FOUL	6.33m				
16	Jake Johnston	FR	Minnesota State	6.33m	20-09.25	1	
	6.04m	6.24m	6.33m				
18	Jesse Hatler	JR	U-Mary	6.30m	20-08.00	1	
	FOUL	FOUL	6.30m				
19	Isaiah Nelson	JR	SMSU	6.20m	20-04.25	1	
	6.20m	FOUL	6.08m				
20	Clay Jackson	JR	Msu-Moorhead	6.12m	20-01.00	1	
	FOUL	6.12m	6.11m				
21	Avery Hunt	SO	Minnesota-Duluth	6.04m	19-09.75	1	
	5.81m	5.73m	6.04m				
22	Ethan Feist	JR	Minot State	5.99m	19-08.00	1	
	5.99m	5.98m	4.55m				
--	Trent Hamerski	SO	Minnesota-Duluth	FOUL		2	
	FOUL	FOUL	FOUL				

Men Triple Jump

NSIC Record: \$ 16.42m 2017 Michael Sandle, MSU
 '19 Champion: 14.92m 2/23/2019 Elijah Calderon-Pitchford, MSU
 15.49m AUTO
 14.50m PROV

Name	Year	School	Finals	H#	Points			
1 Shyrone Kemp	FR	Msu-Moorhead	14.99m PROV	49-02.25	2 10			
			14.69m	PASS	FOUL	14.99m	PASS	PASS
2 Tyl Woelber	SO	Augustana	14.51m PROV	47-07.25	2 8			
			14.51m	PASS	PASS	FOUL	FOUL	14.34m
3 Azeez Alabi	FR	Minnesota State	14.14m	46-04.75	2 6			
			13.68m	12.68m	13.48m	14.14m	13.97m	13.90m

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Men Triple Jump

4	Cooper Wood	JR Sioux Falls	14.13m	46-04.25	2	5
	13.84m	13.80m	13.78m	13.89m	14.13m	FOUL
5	Casey Hackett	SO Sioux Falls	14.04m	46-00.75	2	4
	13.66m	13.54m	14.04m	13.08m	13.75m	13.79m
6	Stephen Ayobamidell	FR Minnesota State	14.02m	46-00.00	2	3
	FOUL	13.69m	14.02m	FOUL	13.92m	FOUL
7	Talon Staudinger	SR U-Mary	14.01m	45-11.75	2	2
	FOUL	13.76m	14.01m	13.77m	13.78m	13.79m
8	Connor Clayton	FR Augustana	13.88m	45-06.50	2	1
	FOUL	13.54m	13.78m	13.19m	13.88m	13.56m
9	Shenley Allen	SR U-Mary	13.66m	44-09.75	2	
	13.41m	13.39m	13.66m	PASS	PASS	PASS
10	Isaiah Nelson	JR SMSU	13.58m	44-06.75	2	
	FOUL	13.58m	FOUL			
11	Tyler Berby	SR Msu-Moorhead	13.34m	43-09.25	1	
	FOUL	FOUL	13.34m			
12	Aaron Davis	FR U-Mary	13.30m	43-07.75	1	
	13.07m	13.03m	13.30m			
13	Jesse Hatler	JR U-Mary	13.25m	43-05.75	2	
	13.25m	FOUL	FOUL			
14	Matt Bohlman	FR Minnesota State	13.08m	42-11.00	2	
	12.81m	12.86m	13.08m			
15	Cameron Ramnarine	JR Minnesota State	13.07m	42-10.75	1	
	13.07m	FOUL	12.78m			
16	Adrian Davis-Aguil	FR Minot State	12.61m	41-04.50	1	
	FOUL	FOUL	12.61m			
17	Darrian Hood	FR Northern State	12.60m	41-04.25	1	
	12.55m	12.60m	FOUL			
18	Avery Hunt	SO Minnesota-Duluth	12.46m	40-10.50	1	
	12.46m	12.18m	12.25m			
19	Devin Flakes	FR Concordia-St. Paul	12.45m	40-10.25	1	
	11.99m	12.45m	11.93m			
20	Michael Douglas	FR Upper Iowa	12.31m	40-04.75	1	
	12.31m	FOUL	FOUL			
21	Isiah Dancy	FR Sioux Falls	11.69m	38-04.25	1	
	FOUL	11.69m	FOUL			
22	Zach Dingbaum	SR Upper Iowa	11.27m	36-11.75	1	
	FOUL	11.25m	11.27m			
--	Peyton Zahler	SO U-Mary	FOUL			1
	FOUL	PASS	PASS			

Men Shot Put

NSIC Record: \$ 19.48m 2014 Chris Reed, MSU
 '19 Champion: 16.53m 2/23/2019 Jayme LaPlante, MSU
 18.18m AUTO
 16.21m PROV

Name	Year School	Finals	H#	Points
1 Marcus Gustaveson	SR Concordia-St. Paul	16.98m PROV	55-08.50	3 10
	FOUL	16.56m	16.98m	FOUL FOUL FOUL
2 Connor Wigand	JR SMSU	16.62m PROV	54-06.50	3 8
	15.95m	15.52m	16.62m	15.95m 16.46m FOUL

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Men Shot Put

3	Chandler Nelson	SR	Sioux Falls	15.94m	52-03.75	3	6
	FOUL		15.55m 15.94m 15.67m 15.19m 15.39m				
4	Carter Aguilera	FR	Minnesota State	15.55m	51-00.25	3	5
	15.04m 15.55m 15.01m 14.85m		FOUL 15.52m				
5	Tanner Berg	JR	Northern State	15.25m	50-00.50	3	4
	14.82m 15.25m 14.69m 14.84m 15.08m 14.65m						
6	Zach Skelton	SO	Minnesota-Duluth	15.05m	49-04.50	2	3
	13.78m		FOUL 14.35m 14.43m				
	FOUL 15.05m						
7	Logan Krueger	SO	Minot State	15.02m	49-03.50	3	2
	14.56m 15.02m 14.69m 14.58m		FOUL 14.42m				
8	Stig Selnes	JR	Augustana	14.74m	48-04.50	3	1
	14.56m 14.31m		FOUL FOUL 14.74m				
	FOUL						
9	Ben Allen	JR	Wayne State	14.65m	48-00.75	3	
	14.46m		FOUL 14.65m				
	FOUL		FOUL FOUL FOUL				
10	Keegan Larson	SO	Concordia-St. Paul	14.34m	47-00.75	2	
	13.78m 13.88m 14.34m						
11	Tommy Kucera	FR	Minnesota State	14.30m	46-11.00	2	
	13.25m 14.23m 14.30m						
12	Tanner Berby	JR	Msu-Moorhead	14.17m	46-06.00	2	
	FOUL		FOUL 14.17m				
13	Bedale Naba	JR	Minnesota State	14.16m	46-05.50	3	
	FOUL 14.16m		FOUL				
14	Ben Oie	FR	Msu-Moorhead	14.02m	46-00.00	2	
	13.65m 13.17m 14.02m						
15	Hunter Quinn	SO	Concordia-St. Paul	13.86m	45-05.75	2	
	FOUL		FOUL 13.86m				
16	Hunter Roseborough	FR	Msu-Moorhead	13.51m	44-04.00	3	
	13.43m 13.51m 13.43m						
17	Nick Olson	FR	Northern State	13.49m	44-03.25	2	
	12.95m 13.49m		FOUL				
18	Colton Kostynick	FR	Minnesota-Duluth	13.46m	44-02.00	1	
	13.22m 13.27m 13.46m						
19	Kristian Crabb	SO	SMSU	13.07m	42-10.75	2	
	12.47m		FOUL 13.07m				
20	Chase Becker	FR	SMSU	13.04m	42-09.50	1	
	13.04m		FOUL 12.94m				
21	Jack Herlofsky	SO	Minnesota-Duluth	13.01m	42-08.25	1	
	12.50m		FOUL 13.01m				
22	Elliott Wolfe	FR	Concordia-St. Paul	12.94m	42-05.50	1	
	FOUL 12.94m		FOUL				
22	Nicholas Norby	FR	Minnesota State	12.94m	42-05.50	1	
	FOUL 12.94m		FOUL				
24	Macklin Conrad	FR	Upper Iowa	12.85m	42-02.00	1	
	12.58m 12.85m		FOUL				
25	Jaymeson Wolkow	FR	Sioux Falls	12.82m	42-00.75	2	
	FOUL 12.82m 11.50m						
26	Dan Clark	SR	Minnesota-Duluth	12.47m	40-11.00	1	
	11.79m 12.34m 12.47m						
27	Derek Wax	SO	Minot State	12.35m	40-06.25	1	
	11.96m 12.35m		FOUL				
28	Hunter Clark	FR	Minot State	11.79m	38-08.25	1	
	FOUL		FOUL 11.79m				
--	Carl Swedzinski	FR	SMSU	FOUL		2	
	FOUL		FOUL FOUL				

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020**Hosted by Minnesota State Mankato****Myers Fieldhouse****Results****Men Weight Throw**

Name	Year	School	Finals	H#	Points

NSIC Record:	\$ 21.01m	2012	Ross Bunchek, WSC		
'19 Champion:	20.16m	2/22/2019	Cade Kalkowski, WSC		
	21.04m	AUTO			
	17.68m	PROV			

1 Tanner Berg	JR	Northern State	20.74m PROV	68-00.50	3 10
	19.76m	20.74m	20.52m	FOUL	20.62m 20.62m
2 Cade Kalkowski	JR	Wayne State	20.50m PROV	67-03.25	3 8
	FOUL	20.17m	20.50m	20.08m	FOUL 20.01m
3 Connor McCormick	JR	Minnesota State	19.53m PROV	64-01.00	3 6
	FOUL	17.02m	17.86m	19.13m	19.16m 19.53m
4 Dylan Kaup	SR	Wayne State	19.10m PROV	62-08.00	3 5
	FOUL	18.36m	17.99m	18.46m	19.10m 18.78m
5 Zach Skelton	SO	Minnesota-Duluth	17.86m PROV	58-07.25	3 4
	17.64m	17.86m	FOUL	17.28m	17.44m 17.45m
6 Carter Aguilera	FR	Minnesota State	17.53m	57-06.25	3 3
	15.99m	16.52m	17.02m	17.53m	16.78m 17.49m
7 Connor Wigand	JR	SMSU	17.38m	57-00.25	3 2
	15.96m	16.01m	17.38m	17.06m	FOUL FOUL
8 Tanner Berby	JR	Msu-Moorhead	17.14m	56-03.00	3 1
	16.03m	17.14m	16.37m	15.99m	16.15m FOUL
9 Chandler Nelson	SR	Sioux Falls	17.03m	55-10.50	3
	FOUL	16.59m	17.03m	17.03m	FOUL FOUL
10 Austin Eppard	SO	Northern State	16.56m	54-04.00	2
	FOUL	15.75m	16.56m		
11 Bedale Naba	JR	Minnesota State	16.00m	52-06.00	2
	15.72m	16.00m	FOUL		
12 Marcus Gustaveson	SR	Concordia-St. Paul	15.55m	51-00.25	2
	15.45m	15.11m	15.55m		
13 Tommy Kucera	FR	Minnesota State	15.45m	50-08.25	2
	15.23m	FOUL	15.45m		
14 Nicholas Norby	FR	Minnesota State	15.38m	50-05.50	2
	15.38m	FOUL	FOUL		
15 Hunter Quinn	SO	Concordia-St. Paul	15.21m	49-11.00	2
	FOUL	15.21m	FOUL		
16 Jerron McDonald	SO	Msu-Moorhead	14.88m	48-10.00	2
	14.75m	14.88m	14.04m		
17 Keegan Larson	SO	Concordia-St. Paul	14.43m	47-04.25	2
	13.85m	14.43m	FOUL		
18 Jack Herlofsky	SO	Minnesota-Duluth	14.27m	46-10.00	1
	13.34m	13.90m	14.27m		
19 Hunter Clark	FR	Minot State	14.27m	46-10.00	1
	FOUL	13.46m	14.27m		
20 Joshua Kemp	SO	SMSU	13.91m	45-07.75	2
	FOUL	FOUL	13.91m		
21 Carl Swedzinski	FR	SMSU	13.48m	44-02.75	1
	12.02m	13.48m	FOUL		
22 Nick Olson	FR	Northern State	13.44m	44-01.25	1
	12.50m	13.44m	13.09m		
23 Chase Becker	FR	SMSU	13.41m	44-00.00	1
	12.03m	13.41m	FOUL		
24 Colton Kostynick	FR	Minnesota-Duluth	12.81m	42-00.50	1
	12.81m	12.69m	FOUL		

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results**....Men Weight Throw**

25	Shane Curtis	SR	Concordia-St. Paul	12.54m	41-01.75	1
	12.48m 12.54m FOUL					
26	Rory Larsen	FR	Upper Iowa	12.53m	41-01.50	1
	12.53m FOUL 11.85m					
--	Logan Krueger	SO	Minot State	FOUL		3
	FOUL FOUL FOUL					
--	Grant Fritsch	FR	Wayne State	FOUL		1
	FOUL FOUL FOUL					

Heptathlon: #1 Men 60 Meter Dash Heptathlon

Name	Year	School	Finals	H#	Points
1 Bryce Malsam	SR	Northern State	7.26	2	792
2 Tyl Woelber	SO	Augustana	7.26	2	792
3 Arik Johnson	SO	Concordia-St. Paul	7.35	2	762
4 Kelson Brewer	SR	Northern State	7.36	2	759
5 Jackson Penner	SR	U-Mary	7.47	2	723
6 Noah Lilly	SO	Wayne State	7.48	1	719
7 Ian O'Connor	JR	Minnesota-Duluth	7.56	1	694
7 Jonas Matzen	SR	Msu-Moorhead	7.56	1	694
9 Caden Dupee	FR	Minnesota-Duluth	7.62	1	675
10 Eric Chromy	JR	Minnesota-Duluth	7.77	1	628

Heptathlon: #7 Men 1000 Meter Run Heptathlon

Name	Year	School	Finals	Points
1 Jackson Penner	SR	U-Mary	2:42.48	846
2 Kelson Brewer	SR	Northern State	2:42.92	841
3 Caden Dupee	FR	Minnesota-Duluth	2:49.63	769
4 Jonas Matzen	SR	Msu-Moorhead	2:50.46	761
5 Arik Johnson	SO	Concordia-St. Paul	2:51.79	747
6 Noah Lilly	SO	Wayne State	2:53.23	732
7 Tyl Woelber	SO	Augustana	2:55.10	713
8 Ian O'Connor	JR	Minnesota-Duluth	2:57.07	693
9 Bryce Malsam	SR	Northern State	3:00.69	658
10 Eric Chromy	JR	Minnesota-Duluth	3:22.04	465

Heptathlon: #5 Men 60 Meter Hurdles Heptathlon

Name	Year	School	Finals	H#	Points
1 Bryce Malsam	SR	Northern State	8.31	3	905
2 Tyl Woelber	SO	Augustana	8.38	3	888
3 Ian O'Connor	JR	Minnesota-Duluth	8.75	2	802
4 Caden Dupee	FR	Minnesota-Duluth	8.80	1	791
5 Arik Johnson	SO	Concordia-St. Paul	8.81	3	788 8.802
6 Kelson Brewer	SR	Northern State	8.81	3	788 8.804
7 Noah Lilly	SO	Wayne State	8.87	1	775
8 Jonas Matzen	SR	Msu-Moorhead	8.93	2	761
9 Jackson Penner	SR	U-Mary	8.97	1	752
10 Eric Chromy	JR	Minnesota-Duluth	9.42	2	656

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

Heptathlon: #4 Men High Jump Heptathlon

Name	Year	School	Finals										Points							
1 Tyl Woelber	SO	Augustana	2.12m	6-11.50	915															
			1.64	1.67	1.70	1.73	1.76	1.79	1.82	1.85	1.88	1.91	1.94	1.97	2.00	2.03	2.06	2.09	2.12	2.15
			PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	PPP	O	O	XO	O	O	XXX
2 Bryce Malsam	SR	Northern State	2.03m	6-08.00	831															
			1.61	1.64	1.67	1.70	1.73	1.76	1.79	1.82	1.85	1.88	1.91	1.94	1.97	2.00	2.03	2.06		
			PPP	PPP	PPP	PPP	PPP	PPP	O	PPP	O	PPP	XO	O	XO	XO	XXX			
3 Jonas Matzen	SR	Msu-Moorhead	1.97m	6-05.50	776															
			1.61	1.64	1.67	1.70	1.73	1.76	1.79	1.82	1.85	1.88	1.91	1.94	1.97	2.00				
			PPP	PPP	PPP	PPP	PPP	PPP	O	PPP	O	O	O	O	XXX					
4 Arik Johnson	SO	Concordia-St. Paul	1.91m	6-03.25	723															
			1.61	1.64	1.67	1.70	1.73	1.76	1.79	1.82	1.85	1.88	1.91	1.94						
			PPP	PPP	PPP	PPP	PPP	O	PPP	O	XO	XXO	O	XXX						
5 Caden Dupee	FR	Minnesota-Duluth	1.85m	6-00.75	670															
			1.61	1.64	1.67	1.70	1.73	1.76	1.79	1.82	1.85	1.88								
			PPP	PPP	PPP	PPP	O	O	O	O	O	XXX								
5 Jackson Penner	SR	U-Mary	1.85m	6-00.75	670															
			1.61	1.64	1.67	1.70	1.73	1.76	1.79	1.82	1.85	1.88								
			PPP	PPP	PPP	PPP	PPP	O	PPP	O	O	XXX								
7 Ian O'Connor	JR	Minnesota-Duluth	1.82m	5-11.50	644															
			1.61	1.64	1.67	1.70	1.73	1.76	1.79	1.82	1.85									
			PPP	PPP	PPP	PPP	O	XO	O	O	XXX									
8 Noah Lilly	SO	Wayne State	1.79m	5-10.50	619															
			1.61	1.64	1.67	1.70	1.73	1.76	1.79	1.82										
			PPP	PPP	O	O	O	O	XXO	XXX										
9 Eric Chromy	JR	Minnesota-Duluth	1.76m	5-09.25	593															
			1.61	1.64	1.67	1.70	1.73	1.76	1.79											
			PPP	O	PPP	O	XO	O	XXX											
10 Kelson Brewer	SR	Northern State	1.61m	5-03.25	472															
			1.61	1.64																
			XO	XXX																

Heptathlon: #6 Men Pole Vault Heptathlon

Name	Year	School	Finals										Points							
1 Bryce Malsam	SR	Northern State	4.70m	15-05.00	819															
			3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40	4.50	4.60	4.70	4.80
			PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	XO	O	O	XO	O	XXX
2 Kelson Brewer	SR	Northern State	4.50m	14-09.00	760															
			2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40	4.50	4.60
			PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	O	O	O	XXX
3 Jonas Matzen	SR	Msu-Moorhead	4.30m	14-01.25	702															
			2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30	4.40		
			PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	O	O	XXX		
4 Noah Lilly	SO	Wayne State	4.20m	13-09.25	673															
			2.90	3.00	3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10	4.20	4.30			
			PPP	PPP	PPP	PPP	PPP	PPP	PPP	O	O	O	O	O	O	XO	XXX			
5 Tyl Woelber	SO	Augustana	4.00m	13-01.50	617															
			3.10	3.20	3.30	3.40	3.50	3.60	3.70	3.80	3.90	4.00	4.10							
			O	PPP	PPP	O	PPP	O	PPP	XO	XO	O	XXX							

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Heptathlon: #6 Men Pole Vault Heptathlon

5	Jackson Penner	SR U-Mary	4.00m	13-01.50	617
	2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10				
	PPP PPP PPP PPP PPP PPP PPP O PPP O PPP O XXX				
5	Arik Johnson	SO Concordia-St. Paul	4.00m	13-01.50	617
	2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80 3.90 4.00 4.10				
	PPP PPP PPP PPP PPP PPP O XO XXO XXO O XO XXX				
8	Caden Dupee	FR Minnesota-Duluth	3.70m	12-01.50	535
	2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70 3.80				
	PPP PPP PPP XO O O O O XO XXX				
9	Ian O'Connor	JR Minnesota-Duluth	3.60m	11-09.75	509
	2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60 3.70				
	PPP PPP PPP PPP PPP XXO O O XXX				
10	Eric Chromy	JR Minnesota-Duluth	3.50m	11-05.75	482
	2.90 3.00 3.10 3.20 3.30 3.40 3.50 3.60				
	PPP PPP PPP PPP O O O XXX				

Heptathlon: #2 Men Long Jump Heptathlon

Name	Year School	Finals	Points
1 Tyl Woelber	SO Augustana	6.80m 22-03.75	767
	6.80m 5.48m FOUL		
2 Jonas Matzen	SR Msu-Moorhead	6.67m 21-10.75	736
	6.64m FOUL 6.67m		
3 Bryce Malsam	SR Northern State	6.64m 21-09.50	729
	6.39m 6.46m 6.64m		
4 Arik Johnson	SO Concordia-St. Paul	6.46m 21-02.50	688
	6.46m 6.29m FOUL		
5 Caden Dupee	FR Minnesota-Duluth	6.36m 20-10.50	666
	6.36m 6.34m 6.25m		
6 Jackson Penner	SR U-Mary	6.34m 20-09.75	661
	6.34m FOUL FOUL		
7 Noah Lilly	SO Wayne State	6.07m 19-11.00	602
	5.96m FOUL 6.07m		
8 Eric Chromy	JR Minnesota-Duluth	5.88m 19-03.50	561
	5.77m FOUL 5.88m		
9 Kelson Brewer	SR Northern State	5.86m 19-02.75	556
	5.86m 5.74m FOUL		
10 Ian O'Connor	JR Minnesota-Duluth	5.63m 18-05.75	508
	5.40m 5.38m 5.63m		

Heptathlon: #3 Men Shot Put Heptathlon

Name	Year School	Finals	Points
1 Tyl Woelber	SO Augustana	12.96m 42-06.25	665
	11.42m 12.96m 11.70m		
2 Caden Dupee	FR Minnesota-Duluth	11.28m 37-00.25	563
	11.28m 10.98m 10.57m		
3 Bryce Malsam	SR Northern State	11.25m 36-11.00	561
	11.16m 11.12m 11.25m		
4 Jonas Matzen	SR Msu-Moorhead	11.09m 36-04.75	551
	10.95m 11.09m 10.66m		

2020 NSIC Track and Field Indoor Championship - 2/28/2020 to 2/29/2020

Hosted by Minnesota State Mankato

Myers Fieldhouse

Results

....Heptathlon: #3 Men Shot Put Heptathlon

5	Jackson Penner	SR U-Mary	10.73m	35-02.50	530
	10.69m 10.24m 10.73m				
6	Eric Chromy	JR Minnesota-Duluth	10.59m	34-09.00	521
	9.42m 10.59m 10.32m				
7	Noah Lilly	SO Wayne State	10.22m	33-06.50	499
	9.68m 10.22m 9.82m				
8	Ian O'Connor	JR Minnesota-Duluth	10.21m	33-06.00	498
	9.98m 10.00m 10.21m				
9	Kelson Brewer	SR Northern State	10.10m	33-01.75	492
	FOUL 9.53m 10.10m				
10	Arik Johnson	SO Concordia-St. Paul	10.03m	32-11.00	487
	8.97m 9.49m 10.03m				

Men Heptathlon

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NSIC Record: \$	5276	2013	Nathan Hancock, MSU
'19 Champion:	5201	2/22/2019	Jack Curtis, MSU
	5355	AUTO	
	4760	PROV	

Name	Year	School	Finals	H#	Points
1 Tyl Woelber	SO	Augustana	5357.00\$AUTO	10	
2 Bryce Malsam	SR	Northern State	5295.00\$PROV	8	
3 Jonas Matzen	SR	Msu-Moorhead	4981.00 PROV	6	
4 Arik Johnson	SO	Concordia-St. Paul	4812.00 PROV	5	
5 Jackson Penner	SR	U-Mary	4799.00 PROV	4	
6 Caden Dupee	FR	Minnesota-Duluth	4669.00	3	
7 Kelson Brewer	SR	Northern State	4668.00	2	
8 Noah Lilly	SO	Wayne State	4619.00	1	
9 Ian O'Connor	JR	Minnesota-Duluth	4348.00		
10 Eric Chromy	JR	Minnesota-Duluth	3906.00		

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Women - Team Rankings - 19 Events Scored

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1) U-Mary	163	2) Augustana	143.66
3) Minnesota State	123	4) Winona State	50
5) Concordia-St. Paul	41	6) Minnesota-Duluth	39
7) St. Cloud State	34.50	8) Sioux Falls	34
9) Northern State	31.83	10) Wayne State	22
11) Bemidji State	20	12) Southwest Minnesota State	15
13) Upper Iowa	14	14) MSU-Moorhead	7
15) Minot State	3		