

**2022 NSIC Outdoor Track & Field Championship - 5/12/2022 to 5/14/2022****Timing and Results by Hero's Timing****Northern State University****Results****Women 100 Meter Dash**

NSIC Record: R 11.51 1983 Jeri Domes, Mankato State  
 Name Year School Prelims Wind H#

**Preliminaries**

1	Jackson, Makayla	SO Minnesota State	11.57Q	3.5	3
2	Cartwright, Denisha	SO Minnesota State	11.69Q	2.8	2
3	Simmons, Ja'Cey	SO Minnesota State	11.93Q	4.8	1
4	Pryor, Michaela	JR Winona State	11.91Q	2.8	2
5	Passeri, Arianna	JR U-Mary	12.04Q	3.5	3
6	Hall, Alaina	SO Bemidji State	12.06Q	4.8	1
7	Henderson, Kanya	JR Sioux Falls	12.20q	4.8	1
8	Pietz, Maddy	JR Winona State	12.25q	4.8	1
9	Neil, Samoya	FR U-Mary	12.30	2.8	2
10	Ekereke, Kendra	SO Bemidji State	12.32	3.5	3
11	Kur, Nyanas	FR Augustana (S.D.)	12.33	2.8	2
12	Espinoza, Nailea	FR Upper Iowa	12.39	3.5	3 12.382
13	Jones, Caitlyn	SO Minnesota State	12.39	2.8	2 12.386
14	Cotton, Sarah	JR Wayne State (Neb.)	12.56	3.5	3
15	Lewis, Makayla	FR Bemidji State	12.63	2.8	2
16	Kjelland, Beatrice	SR Bemidji State	12.65	3.5	3
17	Meyers, Natalie	JR Sioux Falls	12.69	4.8	1
18	Couch, Maya	FR Wayne State (Neb.)	12.70	2.8	2
19	Douglas, Shackera	FR Bemidji State	12.84	3.5	3
20	Miller, Ashley	JR Minot State	12.90	4.8	1

**Women 100 Meter Dash**

NSIC Record: R 11.51 1983 Jeri Domes, Mankato State  
 Name Year School Finals Wind Points

**Finals**

1	Jackson, Makayla	SO Minnesota State	11.43R	-0.1	10
2	Cartwright, Denisha	SO Minnesota State	11.68	-0.1	8
3	Simmons, Ja'Cey	SO Minnesota State	11.82	-0.1	6
4	Pryor, Michaela	JR Winona State	11.92	-0.1	5
5	Hall, Alaina	SO Bemidji State	12.23	-0.1	4
6	Pietz, Maddy	JR Winona State	12.24	-0.1	3
7	Henderson, Kanya	JR Sioux Falls	12.27	-0.1	2
8	Passeri, Arianna	JR U-Mary	12.35	-0.1	1

**Women 200 Meter Dash**

NSIC Record: R 23.70 5/13/2022 Denisha Cartwright, Minnesota St  
 Name Year School Prelims Wind H#

**Preliminaries**

1	Cartwright, Denisha	SO Minnesota State	R 23.70Q	-1.6	2
2	Jackson, Makayla	SO Minnesota State	23.96Q	1.6	3
3	Simmons, Ja'Cey	SO Minnesota State	24.32Q	1.0	1
4	Pryor, Michaela	JR Winona State	24.23Q	1.6	3
5	Cramer, Rose	SO Minnesota State	24.37Q	1.0	1
6	Kur, Nyanas	FR Augustana (S.D.)	24.82Q	-1.6	2
7	Rolle-Curry, Robynn	SO Msu-Moorhead	24.72q	1.0	1
8	Shirek, Isatu	SO SW Minnesota St.	25.01q	1.0	1

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**....Women 200 Meter Dash**

9	Pietz, Maddy	JR Winona State	25.13	-1.6	2
10	Stevens, Maddie	FR Upper Iowa	25.25	1.6	3
11	Lewis, Makayla	FR Bemidji State	25.26	-1.6	2
12	Neil, Samoya	FR U-Mary	25.38	1.0	1
13	Gaye, Rose	JR Minnesota State	25.46	-1.6	2
14	Lewis, Cece	SO Concordia-St. Paul	25.53	1.6	3
15	Cotton, Sarah	JR Wayne State (Neb.)	25.65	-1.6	2
16	Henderson, Kanya	JR Sioux Falls	25.86	1.6	3
17	Klink, Taytum	SO SW Minnesota St.	25.88	-1.6	2
18	Robins, Nyeaee	SO Minnesota State	25.94	1.6	3
19	Colvin, Dyashia	JR Minnesota State	26.06	1.0	1
20	White, Akela	SO Minnesota State	26.10	1.6	3
21	Fields, Carson	SR Minnesota State	26.23	1.0	1
22	Clifford, Sierra	FR SW Minnesota St.	26.42	1.0	1
--	Miller, Ashley	JR Minot State	SCR	1.6	3
--	Jones, Caitlyn	SO Minnesota State	SCR	-1.6	2

**Women 200 Meter Dash**

NSIC Record: R 23.70 5/13/2022 Denisha Cartwright, Minnesota St

Name	Year	School	Finals	Wind	Points
<b>Finals</b>					
1	Jackson, Makayla	SO Minnesota State	23.56R	0.1	10
2	Cartwright, Denisha	SO Minnesota State	23.80	0.1	8
3	Pryor, Michaela	JR Winona State	24.06	0.1	6
4	Simmons, Ja'Cey	SO Minnesota State	24.47	0.1	5
5	Cramer, Rose	SO Minnesota State	24.91	0.1	4
6	Kur, Nyanas	FR Augustana (S.D.)	25.14	0.1	3
7	Rolle-Curry, Robynn	SO Msu-Moorhead	25.52	0.1	2
8	Shirek, Isatu	SO SW Minnesota St.	25.58	0.1	1

**Women 400 Meter Dash**

NSIC Record: R 54.40 2017 Megan Seidl, Winona State

Name	Year	School	Prelims	H#
<b>Preliminaries</b>				
1	Vallabouy, Shereen	JR Winona State	54.73Q	4
2	Rolle-Curry, Robynn	SO Msu-Moorhead	56.79Q	3
3	Stevens, Maddie	FR Upper Iowa	57.45Q	1
4	Grimm, Ava	SO U-Mary	58.56Q	2
5	Cramer, Rose	SO Minnesota State	58.20q	4
6	Gaye, Rose	JR Minnesota State	58.28q	3
7	Heinitz, Ella	FR Augustana (S.D.)	58.97q	4
8	Clifford, Sierra	FR SW Minnesota St.	59.01q	4
9	Peterson, Maia	FR Augustana (S.D.)	59.07	3
10	Acheson, Grace	SO U-Mary	59.09	2
11	Lewis, Cece	SO Concordia-St. Paul	59.12	1
12	Myers, Rachel	JR Bemidji State	59.16	1
13	Woodard, Mackenzie	SR Minnesota State	59.56	2
14	Colvin, Dyashia	JR Minnesota State	59.76	3
15	Robins, Nyeaee	SO Minnesota State	1:00.08	2
16	Mbenoun, Maryse	SR Bemidji State	1:00.53	1

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**....Women 400 Meter Dash**

17	Kenkel, Emma	JR	Sioux Falls	1:01.08	1
18	Tillery, Skyler	SO	Bemidji State	1:01.14	4
19	Bennett, Jadyn	FR	Winona State	1:01.15	4
20	Mulder, Kaitlyn	JR	Augustana (S.D.)	1:01.16	3
21	Mayers, Holly	JR	Sioux Falls	1:01.69	2
22	Becker, Jayda	FR	Augustana (S.D.)	1:03.26	3
23	Guerra-Reese, Marianna	FR	St. Cloud State	1:03.76	1
24	Perry, Jaid	JR	Concordia-St. Paul	1:04.40	2
25	Jetensky, Marin	SR	Wayne State (Neb.)	1:07.91	4

**Women 400 Meter Dash**

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 NSIC Record: R 54.40 2017 Megan Seidl, Winona State  
 Name Year School Finals Points  
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Finals

1	Vallabouy, Shereen	JR	Winona State	53.60R	10
2	Rolle-Curry, Robynn	SO	Msu-Moorhead	56.14	8
3	Cramer, Rose	SO	Minnesota State	56.53	6
4	Grimm, Ava	SO	U-Mary	57.32	5
5	Stevens, Maddie	FR	Upper Iowa	57.86	4
6	Heinitz, Ella	FR	Augustana (S.D.)	58.28	3
7	Clifford, Sierra	FR	SW Minnesota St.	58.45	2
8	Gaye, Rose	JR	Minnesota State	58.55	1

**Women 800 Meter Run**

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 NSIC Record: R 2:04.62 5/11/2017 Emi Trost, Minnesota Duluth  
 Name Year School Prelims H#  
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Preliminaries

1	Brezinka, Isabelle	SR	Minnesota-Duluth	2:12.85Q	1
2	Acheson, Elizabeth	SO	U-Mary	2:15.16Q	2
3	Streff, Cami	SO	Augustana (S.D.)	2:17.63Q	3
4	Schley, Savannah	FR	Minnesota-Duluth	2:14.52Q	1
5	Beyer, Kaylee	SO	Winona State	2:16.15Q	2
6	Reindl, Haleigh	JR	Minnesota-Duluth	2:17.93Q	3
7	Dembrowski, Courtney	JR	U-Mary	2:16.50q	1
8	O'Meara, Cassidy	SO	Sioux Falls	2:18.23q	1
9	Hestekin, Taylor	SR	U-Mary	2:18.47	3
10	Boelke, Rachel	SO	Minnesota-Duluth	2:20.03	1
11	Ceglowski, Taryn	SR	U-Mary	2:20.26	2
12	Clark, Jennifer	JR	Northern State	2:20.51	2
13	Shiland, Reid	SR	U-Mary	2:20.86	1
14	Aho, Annika	SO	Sioux Falls	2:21.77	2
15	Sudbeck, Caroline	SO	Augustana (S.D.)	2:22.15	2
16	Seidel, Francine	FR	Minnesota-Duluth	2:22.72	3
17	D'Burke, Isabella	JR	Concordia-St. Paul	2:23.29	1
18	Franssen, Mary	SO	Northern State	2:23.72	2
19	Thurston, MaKenna	SO	Minnesota State	2:23.85	3
20	Steele, Alaina	FR	Minnesota-Duluth	2:24.21	2
21	Welhouse, Clara	JR	St. Cloud State	2:24.22	1
22	Jackson, Sydney	SO	Concordia-St. Paul	2:24.59	2
23	Bishop, Makayla	FR	Minnesota State	2:25.32	3

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**....Women 800 Meter Run**

24 Neu, Rachael	SO U-Mary	2:26.04	3
25 Prigge, Ryne	SR Bemidji State	2:26.70	1
26 Ellenbecker, Marissa	SO Minnesota State	2:26.76	3
27 Schenk, Meagan	SR Augustana (S.D.)	2:27.34	2
28 Stineman, Alison	SO Wayne State (Neb.)	2:28.00	1
29 Bond, Josie	FR Minnesota-Duluth	2:28.59	3

**Women 800 Meter Run**

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 NSIC Record: R 2:04.62 5/11/2017 Emi Trost, Minnesota Duluth  
 Name Year School Finals Points  
 =====

Finals

1 Streff, Cami	SO Augustana (S.D.)	2:10.18	10
2 Acheson, Elizabeth	SO U-Mary	2:12.14	8
3 Brezinka, Isabelle	SR Minnesota-Duluth	2:12.52	6
4 Beyer, Kaylee	SO Winona State	2:13.70	5
5 Reindl, Haleigh	JR Minnesota-Duluth	2:14.08	4
6 Schley, Savannah	FR Minnesota-Duluth	2:14.87	3
7 O'Meara, Cassidy	SO Sioux Falls	2:16.50	2
8 Dembrowski, Courtney	JR U-Mary	2:19.34	1

**Women 1500 Meter Run**

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 NSIC Record: R 4:21.48 2017 Emi Trost, Minnesota Duluth  
 Name Year School Prelims H#  
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Preliminaries

1 English, PJ	JR Augustana (S.D.)	4:42.64Q	1
2 Beyer, Kaylee	SO Winona State	4:45.31Q	2
3 Schmidt, Nicolette	JR Augustana (S.D.)	4:42.68Q	1
4 Hestekin, Taylor	SR U-Mary	4:45.90Q	2
5 Ceglowski, Taryn	SR U-Mary	4:42.71Q	1
6 Shiland, Reid	SR U-Mary	4:46.68Q	2
7 Juac, Khot	SO Sioux Falls	4:43.96Q	1
8 Thurston, MaKenna	SO Minnesota State	4:47.46Q	2
9 Gehl, Morgan	FR Sioux Falls	4:44.90q	1
10 Schenk, Meagan	SR Augustana (S.D.)	4:45.55q	1
11 Melton, Taylor	FR Augustana (S.D.)	4:48.43q	2
12 Radel, Morgan	JR Minnesota-Duluth	4:52.60q	1
13 Waterfall, Haylee	JR Augustana (S.D.)	4:52.72	2
14 Lutmer, Jessica	FR Sioux Falls	4:57.15	2
15 Anderson, Aislin	SO Msu-Moorhead	5:00.62	2
16 Lee, Julia	SR Augustana (S.D.)	5:01.65	1

**Women 1500 Meter Run**

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 NSIC Record: R 4:21.48 2017 Emi Trost, Minnesota Duluth  
 Name Year School Finals Points  
 =====

Finals

1 Beyer, Kaylee	SO Winona State	4:30.69	10
2 Schmidt, Nicolette	JR Augustana (S.D.)	4:31.77	8
3 English, PJ	JR Augustana (S.D.)	4:33.34	6

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4	Ceglowski, Taryn	SR U-Mary	4:33.43	5
5	Hestekin, Taylor	SR U-Mary	4:34.56	4
6	Thurston, MaKenna	SO Minnesota State	4:37.70	3
7	Shiland, Reid	SR U-Mary	4:38.10	2
8	Juac, Khot	SO Sioux Falls	4:39.58	1
9	Gehl, Morgan	FR Sioux Falls	4:40.30	
10	Schen, Meagan	SR Augustana (S.D.)	4:42.56	
11	Melton, Taylor	FR Augustana (S.D.)	4:47.35	
12	Radel, Morgan	JR Minnesota-Duluth	4:53.96	

**Women 5000 Meter Run**

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

Name	Year School	Finals	Points
1 Means, Megan	JR Augustana (S.D.)	17:09.86	10
2 Montplaisir, Amanda	JR Minnesota State	17:20.16	8
3 English, PJ	JR Augustana (S.D.)	17:29.82	6
4 Schmidt, Nicolette	JR Augustana (S.D.)	17:31.33	5
5 Savey, Cait	SR Augustana (S.D.)	17:32.93	4
6 Nielsen, Julia	SO Minnesota-Duluth	17:34.77	3
7 Becker, Alyssa	FR U-Mary	17:37.90	2
8 Surage, Aubrey	FR Augustana (S.D.)	17:47.40	1
9 Taylor, McKenna	SO Winona State	17:56.14	
10 Jones, Abigail	SR U-Mary	17:57.56	
11 Juac, Khot	SO Sioux Falls	17:59.89	
12 Gehl, Morgan	FR Sioux Falls	18:01.94	
13 Hall, Mackenzie	SR Minnesota-Duluth	18:05.94	
14 Robran, Alexandra	SR Minnesota-Duluth	18:06.49	
15 Costa, Starlynn	SR U-Mary	18:11.16	
16 Bragg, Skylar	SO Minnesota State	18:13.04	
17 Mooberry, Megan	JR Northern State	18:13.39	
18 Feist, Lacey	SR U-Mary	18:14.42	
19 Boersma, Claire	SR Augustana (S.D.)	18:15.65	
20 Rairdon, Rebekah	SR Augustana (S.D.)	18:17.44	
21 Bakken, Ella	FR Augustana (S.D.)	18:19.60	
22 Rairdon, Rachel	SR Augustana (S.D.)	18:21.88	
23 Fundak, Andrijana	FR U-Mary	18:24.96	
24 Waterfall, Haylee	JR Augustana (S.D.)	18:26.89	
25 Melton, Taylor	FR Augustana (S.D.)	18:28.76	
26 Lane, Payton	SO Msu-Moorhead	18:34.41	
27 Hendrickson, Alli	JR Winona State	18:42.96	
28 Lutmer, Jessica	FR Sioux Falls	18:46.65	
29 Bouley, Cheresa	JR St. Cloud State	18:50.64	
30 Simmons, Karlee	SO Sioux Falls	19:00.04	
-- Dominguez, Paulette	FR Minot State	DNF	
-- Pickering, Megan	SO Northern State	DNF	
-- Haight, Mariah	SR Augustana (S.D.)	SCR	
-- McCabe, Ana	SO Augustana (S.D.)	SCR	
-- Whipps, Kayleigh	JR Sioux Falls	SCR	

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**Women 10000 Meter Run**

NSIC Record: R 34:09.57 5/13/2022 Lindsay Cunningham, Winona State				
Name	Year	School	Finals	Points
1	Cunningham, Lindsay	SO Winona State	34:09.57R	10
2	Means, Megan	JR Augustana (S.D.)	35:54.59	8
3	Savey, Cait	SR Augustana (S.D.)	36:05.09	6
4	Nielsen, Julia	SO Minnesota-Duluth	37:03.28	5
5	Mooberry, Megan	JR Northern State	37:29.41	4
6	Lane, Payton	SO Msu-Moorhead	37:42.03	3
7	Fundak, Andrijana	FR U-Mary	37:50.90	2
8	Robran, Alexandra	SR Minnesota-Duluth	37:52.22	1
9	Feist, Lacey	SR U-Mary	38:06.79	
10	Gaherty, Mackenzie	JR Minnesota State	38:19.77	
11	Hall, Mackenzie	SR Minnesota-Duluth	38:30.82	
12	McCabe, Ana	SO Augustana (S.D.)	38:59.41	
13	Kolbinger, Victoria	SO Northern State	40:12.77	
14	Dorsher, Grace	FR Msu-Moorhead	41:08.24	
15	Freed, Greta	FR St. Cloud State	41:54.76	
16	Anderson, Maggie	SO Minnesota State	42:00.31	
17	Solomon, Brooke	SO Wayne State (Neb.)	42:39.37	
18	Kowal, Cambrie	FR St. Cloud State	42:58.87	
19	Pachta, Kylie	FR Wayne State (Neb.)	43:43.17	
20	Brownrigg, Madison	SR Upper Iowa	45:02.98	

**Women 100 Meter Hurdles**

NSIC Record: R 13.40 5/11/2019 Danielle Kohlwey, Minnesota-Du					
Name	Year	School	Prelims	Wind	H#
<b>Preliminaries</b>					
1	Cartwright, Denisha	SO Minnesota State	13.75Q	4.2	3
2	Bolibruch, Terezia	JR U-Mary	13.82Q	2.5	2
3	Burrell, Shanice	SR Northern State	13.93Q	5.3	1
4	Malone, Kynnedi	FR Minnesota State	14.12Q	5.3	1
5	Mulcahy, Christabelle	SR Concordia-St. Paul	14.20Q	2.5	2
6	Lewis, Dynia	FR Bemidji State	14.38Q	4.2	3
7	Leum, Xana	SO Winona State	14.43q	2.5	2 14.421
8	Shirek, Isatu	SO SW Minnesota St.	14.43q	4.2	3 14.422
9	Horning, Tia	SO U-Mary	14.70	2.5	2
10	Chaney, A'Lena	SO U-Mary	14.93	5.3	1
11	Romig, Shelby	FR St. Cloud State	15.12	4.2	3
12	Hansen, Megan	SO Wayne State (Neb.)	15.23	5.3	1
13	Becker, Kylee	FR Winona State	15.41	2.5	2
14	Reichenberger, Hanna	FR Winona State	15.44	4.2	3
15	Gilles, Megan	SO Minnesota-Duluth	15.58	5.3	1
16	Sekafetz, Jordan	FR Upper Iowa	15.63	5.3	1
17	Mickelson, Isadora	SO SW Minnesota St.	15.68	4.2	3
18	Serrao, Adla	SO Msu-Moorhead	15.73	2.5	2
--	Brennen, Lyric	SO Minnesota State	DNF	4.2	3
--	Lubischer, Faith	FR Wayne State (Neb.)	SCR	2.5	2

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NSIC Record: R 13.40 5/11/2019 Danielle Kohlwey, Minnesota-Du

Name	Year	School	Finals	Wind	Points
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**Finals**

1	Cartwright, Denisha	SO	Minnesota State	13.28R	1.5	10
2	Mulcahy, Christabelle	SR	Concordia-St. Paul	14.17	1.5	8
3	Malone, Kynnedi	FR	Minnesota State	14.19	1.5	6
4	Bolibruch, Terezia	JR	U-Mary	14.24	1.5	5
5	Leum, Xana	SO	Winona State	14.58	1.5	4
6	Shirek, Isatu	SO	SW Minnesota St.	14.62	1.5	3
7	Lewis, Dynia	FR	Bemidji State	14.73	1.5	2
--	Burrell, Shanice	SR	Northern State	DNF	1.5	

**Women 400 Meter Hurdles**

NSIC Record: R 58.83 2017 Hanneke Oosterwegel, Northern St

Name	Year	School	Prelims	H#
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**Preliminaries**

1	Schvinck, Brooklyn	JR	Winona State	1:02.36Q	4	
2	Marteau, Noa	FR	Augustana (S.D.)	1:03.20Q	1	
3	Hertz, Morgan	SO	U-Mary	1:04.09Q	3	
4	Zeman, Kendall	JR	Winona State	1:04.29Q	2	
5	Becker, Kylee	FR	Winona State	1:03.77q	1	
6	Brock, Danalee	FR	U-Mary	1:04.58q	2	
7	Borowicz, Emma	FR	Minnesota State	1:04.68q	3	1:04.672
8	Schaefer, Elizabeth	SO	Augustana (S.D.)	1:04.68q	1	1:04.677
9	Brouse, Brooklyn	FR	St. Cloud State	1:05.34	4	
10	Lipschultz, Lainey	SO	Winona State	1:05.78	3	
11	Kinzer, Isabel	SR	Northern State	1:06.06	4	
12	Fultz, Natalie	SO	Bemidji State	1:06.70	2	
13	Lackovic, Cassidy	JR	St. Cloud State	1:06.83	3	
14	Van Zee, Kasey	FR	Augustana (S.D.)	1:07.26	1	
15	Voigt, Tianna	JR	Sioux Falls	1:07.71	1	
16	Feit, Regan	FR	Winona State	1:08.33	2	
17	Christenson, Makaylin	FR	St. Cloud State	1:08.55	4	
18	Langseth, Anna	FR	Augustana (S.D.)	1:09.06	4	
19	Sweeney, Sierra	FR	Northern State	1:10.05	3	
20	Boyum, Molly	JR	Augustana (S.D.)	1:10.32	2	
21	Waterman, Allison	SO	Winona State	1:10.53	1	
22	Stanton, Sierra	FR	Sioux Falls	1:10.83	4	
23	Smidel, Kaaryna	FR	SW Minnesota St.	1:11.77	3	
24	Johnson, Lily	JR	Bemidji State	1:11.98	1	
25	Mickelson, Isadora	SO	SW Minnesota St.	1:12.08	4	
26	Severa, Alannah	FR	SW Minnesota St.	1:17.89	2	
27	Mensah, Courtney	SO	Concordia-St. Paul	1:19.37	2	
28	Jaworski, Rachel	FR	Minnesota State	1:24.62	3	

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**Women 400 Meter Hurdles**

NSIC Record: R 58.83 2017 Hanneke Oosterwegel, Northern State				
Name	Year	School	Finals	Points
<b>Finals</b>				
1 Schyvinck, Brooklyn	JR	Winona State	1:01.75	10
2 Hertz, Morgan	SO	U-Mary	1:01.81	8
3 Marteau, Noa	FR	Augustana (S.D.)	1:02.70	6
4 Zeman, Kendall	JR	Winona State	1:03.13	5
5 Schaefer, Elizabeth	SO	Augustana (S.D.)	1:03.47	4
6 Becker, Kylee	FR	Winona State	1:03.52	3
7 Brock, Danalee	FR	U-Mary	1:04.06	2
8 Borowicz, Emma	FR	Minnesota State	1:04.69	1

**Women 3000 Meter Steeplechase**

NSIC Record: R 10:05.02 2017 Brenna Colbenson, Minnesota Dulut				
Name	Year	School	Finals	Points
1 Montplaisir, Amanda	JR	Minnesota State	10:41.43	10
2 Rairdon, Rebekah	SR	Augustana (S.D.)	10:59.60	8
3 Rairdon, Rachel	SR	Augustana (S.D.)	11:02.30	6
4 Jones, Abigail	SR	U-Mary	11:06.79	5
5 Boersma, Claire	SR	Augustana (S.D.)	11:18.46	4
6 Bouley, Cheresa	JR	St. Cloud State	11:23.88	3
7 Costa, Starlynn	SR	U-Mary	11:25.40	2
8 Goodwin, Mary	SO	Bemidji State	11:29.76	1
9 Welhouse, Clara	JR	St. Cloud State	11:36.31	
10 Voigt, Tianna	JR	Sioux Falls	11:39.99	
11 Rosener, Allie	SR	Wayne State (Neb.)	11:49.67	
12 Simmons, Karlee	SO	Sioux Falls	11:59.12	
13 Shiland, Marisa	SO	U-Mary	12:11.34	
14 Palodichuk, Anna	JR	Minnesota-Duluth	12:22.22	
15 Renier, Lauryn	SO	Minnesota-Duluth	12:33.99	
16 Sivonen, Avery	JR	Concordia-St. Paul	12:37.96	
17 Conrad, Erica	SO	St. Cloud State	12:45.92	
18 Donovan, Ashley	JR	Upper Iowa	13:10.68	
19 Thelen, Kelsey	FR	Concordia-St. Paul	13:15.50	
20 McKonkey, Katie	FR	Minnesota-Duluth	13:31.23	
-- Schotter, Abby	SR	SW Minnesota St.	DNF	
-- Whipps, Kayleigh	JR	Sioux Falls	SCR	

**Women 4x100 Meter Relay**

NSIC Record: R 45.24 5/15/2021 Minnesota State, Minnesota St				
M Jackson, J Simmons, G Hartman, D Cartwright				
School	Finals	H#	Points	
1 Minnesota State 'A'	45.48	2	10	
1) Cartwright, Denisha SO				
2) Simmons, Ja'Cey SO				
3) Cramer, Rose SO				
4 U-Mary 'A'	47.31	2	8	47.301
1) Modglin, Cali SR				
2) Neil, Samoya FR				
3) Weidner, Taylor SO				
4) Passeri, Arianna JR				
3 Winona State 'A'	47.31	2	6	47.308



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**....Women 4x100 Meter Relay**

1) Pryor, Michaela JR	2) Lockington, Ashlie SO			
3) Pietz, Maddy JR	4) Olson, Kaylee SO			
4 Bemidji State 'A'		47.47	2	5
1) Lewis, Dynia FR	2) Douglas, Shackera FR			
3) Ekereke, Kendra SO	4) Hall, Alaina SO			
5 Augustana (S.D.) 'A'		48.68	1	4
1) Adler, Grayce SR	2) Heinitz, Ella FR			
3) Sallee, Kylee FR	4) Kur, Nyanas FR			
6 Upper Iowa 'A'		48.82	2	3
1) Espinoza, Nailea FR	2) Stevens, Maddie FR			
3) Sekafetz, Jordan FR	4) Fuller, Zakaria SO			
7 Sioux Falls 'A'		48.86	2	2
1) Henderson, Kanya JR	2) Kenkel, Emma JR			
3) Roggenbuck, Myah SO	4) Meyers, Natalie JR			
8 Minnesota-Duluth 'A'		49.55	1	1
1) Gilles, Megan SO	2) Root, Lindsey FR			
3) Evans, Chloey FR	4) Rae, Jacqi SO			
9 SW Minnesota St. 'A'		49.61	1	
1) Morgan, Hannah FR	2) Klink, Taytum SO			
3) Gilbert, Lexy FR	4) Anderson, Stella SO			
10 St. Cloud State 'A'		49.75	1	
1) Lackovic, Cassidy JR	2) Taylor, Maya SR			
3) Brouse, Brooklyn FR	4) Rowles, Julia SO			
11 Northern State 'A'		49.82	2	
1) Klein, Vanessa FR	2) Kinzer, Isabel SR			
3) Jackson, Alli FR	4) Burrell, Shanice SR			
12 Wayne State (Neb.) 'A'		49.93	1	
1) Hansen, Megan SO	2) Cotton, Sarah JR			
3) Erickson, Emily FR	4) Couch, Maya FR			
-- Concordia-St. Paul 'A'		DQ	2	Exchange 1-2
1) Mulcahy, Christabelle SR	2) Kai, Monique SR			
3) Graham, Breonna SO	4) Dodge, Sofia SO			

**Women 4x400 Meter Relay**

NSIC Record: R 3:41.18 2017 University of Mary, University of Mar  
J Hammerschmidt, N Richards, M Rodriguez, N Brown

School Finals H# Points

1 Winona State 'A'		3:53.32	2	10
1) Pietz, Maddy JR	2) Zeman, Kendall JR			
3) Beyer, Kaylee SO	4) Schyvinck, Brooklyn JR			
2 Minnesota-Duluth 'A'		3:54.39	2	8
1) Schley, Savannah FR	2) Reindl, Haleigh JR			
3) Boelke, Rachel SO	4) Brezinka, Isabelle SR			
3 Bemidji State 'A'		3:54.91	2	6
1) Tillery, Skyler SO	2) Myers, Rachel JR			
3) Mbenoun, Maryse SR	4) Fultz, Natalie SO			
4 U-Mary 'A'		3:58.27	2	5
1) Brock, Danalee FR	2) Acheson, Grace SO			
3) Grimm, Ava SO	4) Acheson, Elizabeth SO			
5 Minnesota State 'A'		3:58.47	2	4
1) Woodard, Mackenzie SR	2) Gaye, Rose JR			
3) Robins, Nyeaee SO	4) Borowicz, Emma FR			

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**....Women 4x400 Meter Relay**

6	Concordia-St. Paul 'A'	4:00.24	1	3
	1) Lewis, Cece SO	2) Perry, Jaid JR		
	3) D'Burke, Isabella JR	4) Jackson, Sydney SO		
7	Augustana (S.D.) 'A'	4:01.03	2	2
	1) Peterson, Maia FR	2) Heinitz, Ella FR		
	3) Sudbeck, Caroline SO	4) Streff, Cami SO		
8	Sioux Falls 'A'	4:02.25	1	1
	1) Swanson, Emily SO	2) Mayers, Holly JR		
	3) O'Meara, Cassidy SO	4) Voigt, Tianna JR		
9	St. Cloud State 'A'	4:04.92	2	
	1) Lackovic, Cassidy JR	2) Brouse, Brooklyn FR		
	3) Christenson, Makaylin FR	4) Guerra-Reese, Marianna FR		
10	Northern State 'A'	4:07.36	2	
	1) Kinzer, Isabel SR	2) Carlson, Summer FR		
	3) Clark, Jennifer JR	4) Jackson, Alli FR		
11	Upper Iowa 'A'	4:07.37	1	
	1) Fuller, Zakaria SO	2) Stevens, Maddie FR		
	3) Martin, Jade JR	4) Crouch, Brianna SR		
12	Msu-Moorhead 'A'	4:12.23	1	
	1) Rolle-Curry, Robynn SO	2) Maki, McKenzie JR		
	3) Schroeder, Tessa JR	4) Anderson, Aislin SO		
13	Wayne State (Neb.) 'A'	4:12.36	1	
	1) Cotton, Sarah JR	2) Erickson, Emily FR		
	3) Stineman, Alison SO	4) Hoffman, Lauryn FR		
--	SW Minnesota St. 'A'	SCR	1	
	1) Clifford, Sierra FR	2) Regan, Caitlyn JR		
	3) Tietjens, Leah FR	4) Shirek, Isatu SO		

**Women High Jump**

NSIC Record: R 1.77m 5/13/2022 Arika Robinson, Concordia-St  
 NSIC Record: R 1.77m 5/14/2021 Mearah Miedema, Augustana

Name	Year	School	Finals	Points
1 Robinson, Arika	SO	Concordia-St. Paul	1.77mR	5-09.75 10
1.52 1.57 1.62 1.65 1.68			1.71 1.74 1.77 1.80 1.83	
PPP PPP PPP	O O		O XO PPP XXX	
2 Elliott, Taylor	JR	Minnesota State	1.74m	5-08.50 8
1.52 1.57 1.62 1.65 1.68			1.71 1.74 1.77	
PPP O XXO	O O		XO O XXX	
3 Schumacher, Rachel	SR	Msu-Moorhead	1.68m	5-06.00 6
1.52 1.57 1.62 1.65 1.68			1.71	
PPP O O	O O		XXX	
4 Miedema, Mearah	SR	Augustana (S.D.)	1.68m	5-06.00 5
1.52 1.57 1.62 1.65 1.68			1.71	
PPP O O	XXO XO		XXX	
5 Morris, D'Andra	SR	U-Mary	1.65m	5-05.00 3.50
1.52 1.57 1.62 1.65 1.68				
O O XXO	O XXX			
5 Swanson, Emily	SO	Sioux Falls	1.65m	5-05.00 3.50
1.52 1.57 1.62 1.65 1.68				
PPP XO XO	O XXX			

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7	Arason, Hannah	SR St. Cloud State	1.65m	5-05.00	2
	1.52 1.57 1.62 1.65 1.68				
	O PPP PPP XO XXX				
8	Paaverud, Ella	JR Concordia-St. Paul	1.62m	5-03.75	1
	1.52 1.57 1.62 1.65				
	PPP XXO O XXX				
9	Conzemius, Grace	FR U-Mary	1.62m	5-03.75	
	1.52 1.57 1.62 1.65				
	O O XO XXX				
9	Tietz, Sophie	FR Minnesota State	1.62m	5-03.75	
	1.52 1.57 1.62 1.65				
	O O XO XXX				
9	Richards, Toryn	FR Minnesota State	1.62m	5-03.75	
	1.52 1.57 1.62 1.65				
	O O XO XXX				
12	Langston, Teya	JR Minnesota State	1.57m	5-01.75	
	1.52 1.57 1.62				
	PPP O XXX				
12	Genet, Antonia	JR U-Mary	1.57m	5-01.75	
	1.52 1.57 1.62				
	O O XXX				
12	Rizner, Madison	JR Winona State	1.57m	5-01.75	
	1.52 1.57 1.62				
	O O XXX				
12	Tschumperlin, Jordan	FR Northern State	1.57m	5-01.75	
	1.52 1.57 1.62				
	O O XXX				
12	Berg, Tava	JR Northern State	1.57m	5-01.75	
	1.52 1.57 1.62				
	O O XXX				
12	Pritchett, Caitlin	JR Msu-Moorhead	1.57m	5-01.75	
	1.52 1.57 1.62				
	O O XXX				
18	Olson, Kaylee	SO Winona State	1.57m	5-01.75	
	1.52 1.57 1.62				
	XXO O XXX				
19	Stone, Zoe	JR Minnesota State	1.57m	5-01.75	
	1.52 1.57 1.62				
	O XO XXX				
20	Tietjens, Leah	FR SW Minnesota St.	1.57m	5-01.75	
	1.52 1.57 1.62				
	O XXO XXX				
21	Preiner, Lauren	SO Minnesota State	1.52m	4-11.75	
	1.52 1.57				
	O XXX				
21	Cridlebaugh, Ashley	FR Minnesota State	1.52m	4-11.75	
	1.52 1.57				
	O XXX				
21	Jones, Emily	FR Minnesota-Duluth	1.52m	4-11.75	
	1.52 1.57				
	O XXX				
21	Webb, Abbi	FR Sioux Falls	1.52m	4-11.75	
	1.52 1.57				
	O XXX				



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**....Women Pole Vault**

15	Johnstone, Madyson	FR Minnesota State	2.99m	9-09.75
	2.99 3.14			
	XO XXX			
16	Glanzer, Makenna	FR SW Minnesota St.	2.99m	9-09.75
	2.99 3.14			
	XXO XXX			
16	Snaza, Greta	FR Sioux Falls	2.99m	9-09.75
	2.99 3.14			
	XXO XXX			
16	Richards, Toryn	FR Minnesota State	2.99m	9-09.75
	2.99 3.14			
	XXO XXX			
--	Segar, Sabrina	FR Minnesota-Duluth	NH	
	2.99			
	XXX			
--	Adams, MaKenzie	FR Sioux Falls	NH	
	2.99			
	XXX			
--	Haman, Jessie	FR SW Minnesota St.	NH	
	2.99			
	XXX			
--	Klein, Anastasia	JR Bemidji State	NH	
	2.99			
	XXX			
--	Gyi, Nedoh	FR SW Minnesota St.	NH	
	2.99			
	XXX			
--	Hinkle, MaryGrace	SO SW Minnesota St.	NH	
	2.99			
	XXX			
--	Bauer, Paige	FR Minnesota State	SCR	
--	Schipper, Addie	JR Minnesota State	SCR	

**Women Long Jump**

=====									
NSIC Record: R 6.31m 5/1985 Julie Hay, Minnesota Duluth									
Name	Year	School	Finals	Wind	H#	Points			
=====									
1	Jackson, Makayla	SO Minnesota State	6.08m	+0.0	19-11.50	3	10		
	FOUL FOUL	6.06m(2.4) 5.64m(1.6)	6.08m(+0.0)	FOUL					
2	Passeri, Arianna	JR U-Mary	6.06m	4.2	19-10.75	3	8		
	5.87m(3.1) 5.76m(1.5)	5.86m(1.9) 5.83m(2.4)	5.95m(2.5)	6.06m(4.2)					
3	Petricka, Kary	FR Minnesota State	6.05m	1.6	19-10.25	3	6		
	FOUL 5.80m(1.7)	6.05m(1.6) 5.96m(1.4)	FOUL	6.01m(0.7)					
4	Neil, Samoya	FR U-Mary	6.05m	2.3	19-10.25	3	5		
	6.05m(2.3) FOUL	5.72m(-0.2) 5.76m(1.8)	5.68m(1.6)	5.98m(0.9)					
5	Morris, D'Andra	SR U-Mary	5.99m	0.4	19-08.00	3	4		
	5.71m(1.6) 5.99m(0.4)	5.69m(1.9) 5.72m(0.2)	5.87m(-1.1)	FOUL					
6	Chaney, A'Lena	SO U-Mary	5.62m	2.8	18-05.25	2	3		
	5.50m(3.8) 5.62m(2.8)	5.43m(0.4) 5.52m(1.4)	5.60m(+0.0)	5.41m(+0.0)					

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**....Women Long Jump**

7	Kahl, Molly	FR Minnesota State	5.60m	3.6	18-04.50	2	2
	5.53m(2.1) 5.60m(3.6) 5.36m(0.5) 5.52m(-0.3) FOUL		FOUL				
8	Weidner, Taylor	SO U-Mary	5.59m	0.8	18-04.25	2	1
	5.59m(0.8) FOUL FOUL FOUL FOUL						
9	Modglin, Cali	SR U-Mary	5.57m	-0.1	18-03.25	3	
	5.57m(-0.1) FOUL 5.46m(2.9) 5.38m(+0.0) 5.44m(-0.9) FOUL						
10	Neophytou, Stella	FR Minnesota State	5.53m	3.8	18-01.75	2	
	FOUL FOUL 5.53m(3.8)						
11	Becker, Jayda	FR Augustana (S.D.)	5.44m	0.7	17-10.25	2	
	5.05m(0.5) 5.04m(1.1) 5.44m(0.7)						
12	Lockington, Ashlie	SO Winona State	5.39m	1.5	17-08.25	1	
	FOUL 5.15m(2.0) 5.39m(1.5)						
13	Klink, Taytum	SO SW Minnesota St.	5.37m	1.7	17-07.50	1	
	5.37m(1.7) 5.00m(1.0) 5.13m(1.2)						
14	Smollen, Emily	SO Wayne State (Neb.)	5.35m	3.4	17-06.75	2	
	5.33m(2.0) FOUL 5.35m(3.4)						
15	Lubner, Faith	SR St. Cloud State	5.34m	1.0	17-06.25	2	
	FOUL FOUL 5.34m(1.0)						
16	Kai, Monique	SR Concordia-St. Paul	5.31m	1.7	17-05.25	1	
	5.31m(1.7) FOUL 5.05m(1.5)						
17	Sallee, Kylee	FR Augustana (S.D.)	5.30m	0.4	17-04.75	3	
	FOUL FOUL 5.30m(0.4)						
18	Tucker, Aneesa	SR Bemidji State	5.27m	2.0	17-03.50	1	
	FOUL 5.27m(2.0) FOUL						
19	Olson, Kaylee	SO Winona State	5.23m	2.6	17-02.00	2	
	5.23m(2.6) 5.23m(0.9) 5.22m(-9.0)						
20	Adler, Grayce	SR Augustana (S.D.)	5.20m	+0.0	17-00.75	1	
	FOUL 5.20m(+0.0) 5.12m(2.1)						
21	Moeller, Kenzie	FR Wayne State (Neb.)	5.19m	1.0	17-00.50	1	
	5.19m(1.0) 5.03m(+0.0) FOUL						
22	Meyers, Natalie	JR Sioux Falls	5.19m	2.3	17-00.50	2	
	5.00m(1.2) 4.97m(+0.0) 5.19m(2.3)						
23	Buske, Parker	JR St. Cloud State	5.16m	3.2	16-11.25	3	
	FOUL FOUL 5.16m(3.2)						
24	Root, Lindsey	FR Minnesota-Duluth	5.15m	1.2	16-10.75	1	
	4.90m(1.8) 4.75m(6.5) 5.15m(1.2)						
25	Rowles, Julia	SO St. Cloud State	5.13m	2.2	16-10.00	1	
	5.13m(2.2) FOUL 5.11m(4.2)						
26	Newman, Jaci	FR Minnesota State	4.92m	1.9	16-01.75	1	
	4.59m(1.9) 4.92m(1.9) 4.87m(3.0)						
27	Romig, Shelby	FR St. Cloud State	4.64m	1.8	15-02.75	1	
	4.64m(1.8) FOUL FOUL						
28	Williams, Mariah	JR Minnesota State	4.25m	2.5	13-11.50	3	
	FOUL FOUL 4.25m(2.5)						

**Women Triple Jump**

=====							
NSIC Record: R 12.60m 2015 Danylle Kurywchak, U-Mary							
Name	Year	School	Finals	Wind	H#	Points	
=====							
1	Morris, D'Andra	SR U-Mary	12.85mR	-2.7	42-02.00	3	10
	FOUL 12.85m(-2.7) FOUL 12.06m(-2.9) 12.62m(0.5) 12.23m(0.3)						
2	Banks, Kaly	JR Augustana (S.D.)	11.96m	0.9	39-03.00	3	8
	FOUL FOUL 11.82m(-1.0) 11.85m(-3.6) 11.69m(1.0) 11.96m(0.9)						

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3	Fabre, Analise	SR Bemidji State	11.96m	0.3	39-03.00	2	6
	11.34m(-0.4)	11.17m(-2.2)	11.41m(0.9)	11.34m(-3.6)	11.96m(0.3)	11.66m(-4.4)	
4	Salemonsens, Kaja	FR Augustana (S.D.)	11.93m	1.2	39-01.75	3	5
	11.93m(1.2) FOUL	FOUL	FOUL	FOUL	FOUL		
5	Neophytou, Stella	FR Minnesota State	11.85m	+0.0	38-10.50	3	4
	FOUL	11.83m(-2.6)	11.66m(0.1)	FOUL	FOUL	11.85m(+0.0)	
6	Buske, Parker	JR St. Cloud State	11.79m	-0.4	38-08.25	3	3
	11.54m(-1.6)	11.75m(-3.3)	11.79m(-0.4)	11.13m(-3.4)	FOUL	11.50m(0.5)	
7	Taylor, Maya	SR St. Cloud State	11.64m	-2.5	38-02.25	3	2
	11.20m(-2.1)	11.64m(-2.5)	FOUL	10.09m(-0.7)	11.55m(0.9)	FOUL	
8	Leum, Xana	SO Winona State	11.58m	-1.5	38-00.00	3	1
	11.32m(0.3)	11.35m(-1.8)	11.35m(0.4)	11.43m(-1.1)	11.33m(-1.9)	11.58m(-1.5)	
9	Modglin, Cali	SR U-Mary	11.47m	1.6	37-07.75	3	
	FOUL	11.40m(-3.0)	11.23m(-0.2)	10.75m(-2.8)	FOUL	11.47m(1.6)	
10	Sambo, Keyla	JR Wayne State (Neb.)	11.29m	-3.7	37-00.50	2	
	FOUL	11.29m(-3.7)	FOUL				
11	Lockington, Ashlie	SO Winona State	11.28m	-3.3	37-00.25	2	
	11.28m(-3.3)	FOUL	11.25m(-1.6)				
12	Passeri, Arianna	JR U-Mary	11.23m	-1.8	36-10.25	1	
	10.83m(-2.0)	11.23m(-1.8)	PASS				
13	Sundby, Sammi	FR Augustana (S.D.)	11.12m	+0.0	36-05.75	2	
	FOUL	10.71m(-2.4)	11.12m(+0.0)				
14	Rizner, Madison	JR Winona State	11.07m	-1.9	36-04.00	2	
	11.07m(-1.9)	11.01m(0.5)	FOUL				
15	Reichenberger, Hanna	FR Winona State	11.05m	0.4	36-03.00	2	
	10.58m(-2.3)	FOUL	11.05m(0.4)				
16	Smollen, Emily	SO Wayne State (Neb.)	10.87m	-3.0	35-08.00	2	
	10.87m(-3.0)	FOUL	FOUL				
17	Weidner, Taylor	SO U-Mary	10.84m	-1.0	35-06.75	2	
	10.53m(-2.8)	10.61m(-1.6)	10.84m(-1.0)				
18	Bartunek, Avery	SO Sioux Falls	10.73m	0.3	35-02.50	1	
	9.88m(-5.0)	10.43m(-0.5)	10.73m(0.3)				
19	Jones, Emily	FR Minnesota-Duluth	10.70m	-0.8	35-01.25	1	
	10.50m(1.2)	10.53m(-1.8)	10.70m(-0.8)				
20	Patnode, Kaylee	SO Winona State	10.49m	-1.9	34-05.00	1	
	10.49m(-1.9)	FOUL	FOUL				
21	Keffeler, Makayla	FR Sioux Falls	10.43m	-1.4	34-02.75	1	
	10.41m(0.5)	10.43m(-1.4)	10.30m(-2.3)				
22	Kahl, Molly	FR Minnesota State	10.42m	-2.1	34-02.25	1	
	FOUL	10.42m(-2.1)	FOUL				
23	Newman, Jaci	FR Minnesota State	9.99m	2.6	32-09.50	2	
	FOUL	9.99m(2.6)	FOUL				
24	Stanton, Sierra	FR Sioux Falls	9.71m	1.1	31-10.25	1	
	9.71m(1.1)	FOUL	9.27m(-2.0)				
25	Kellum, Kenzy	FR Minot State	9.60m	-4.1	31-06.00	1	
	FOUL	9.60m(-4.1)	FOUL				
--	Gracia, Flore	SO Minnesota State	ND	NWI		3	
	ND(NWI)	ND(NWI)	ND(NWI)				
--	Sweeney, Sierra	FR Northern State	FOUL			1	
	FOUL	FOUL	FOUL				

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**Women Shot Put**

NSIC Record: R 16.52m 2018 Michaela Dendinger, Wayne State									
Name	Year	School	Finals		H#	Points			
1 Perron, Brea		SR Minnesota State	14.95m	49-00.75	3	10			
			14.46m 14.75m 14.54m	FOUL 14.29m 14.95m					
2 Taylor, Katie		SR Minnesota State	14.66m	48-01.25	3	8			
			14.44m FOUL FOUL FOUL	14.66m FOUL					
3 Scheil, Mckenzie		JR Wayne State (Neb.)	14.42m	47-03.75	3	6			
			14.42m FOUL FOUL FOUL	FOUL 13.19m					
4 Hertz, Emma		SR Sioux Falls	13.86m	45-05.75	3	5			
			FOUL 12.92m 12.70m	FOUL 13.56m 13.86m					
5 Chipps, Brooklynn		SO Wayne State (Neb.)	13.66m	44-09.75	3	4			
			13.66m FOUL FOUL	13.27m FOUL 13.10m					
6 Paasch, Kendra		JR Wayne State (Neb.)	13.21m	43-04.25	3	3			
			13.21m FOUL FOUL	12.62m FOUL 12.86m					
7 Fretag, Madeline		SO Minnesota State	13.20m	43-03.75	2	2			
			FOUL 12.13m 13.20m	12.30m 12.53m 12.66m					
8 Languis, Brooke		FR Wayne State (Neb.)	13.14m	43-01.50	2	1			
			12.99m 11.98m 13.05m	13.14m 12.80m FOUL					
9 Zimmerman, Dacoda		JR St. Cloud State	12.96m	42-06.25	3				
			12.79m 12.70m 12.77m	12.16m 12.84m 12.96m					
10 Menken, Jordan		SR Northern State	12.73m	41-09.25	2				
			12.73m 12.66m 12.10m						
11 Nagel, Kori		FR Minot State	12.47m	40-11.00	2				
			FOUL 12.47m FOUL						
12 VanOsdel, Kayla		FR Sioux Falls	12.42m	40-09.00	2				
			12.42m FOUL 11.82m						
13 Lindsey, Kamry		FR Sioux Falls	12.28m	40-03.50	1				
			11.19m 11.84m 12.28m						
14 Schroeder, Kaitlyn		FR Minnesota State	12.18m	39-11.50	3				
			12.18m FOUL FOUL						
15 Doss, Tierra		JR Bemidji State	12.00m	39-04.50	2				
			FOUL 12.00m FOUL						
16 Hardy, Jenna		FR Minot State	11.92m	39-01.25	2				
			FOUL FOUL 11.92m						
17 Garcia, Alician		FR Minot State	11.71m	38-05.00	1				
			FOUL FOUL 11.71m						
18 Rae, Jacqi		SO Minnesota-Duluth	11.56m	37-11.25	1				
			11.56m 11.07m 11.00m						
19 Beck, Libby		SO Minnesota State	11.55m	37-10.75	1				
			10.75m FOUL 11.55m						
20 Stoltenburg, Chrissy		SO Northern State	11.53m	37-10.00	1				
			11.11m 11.53m 11.34m						
21 Guenther, Veronica		FR Wayne State (Neb.)	11.31m	37-01.25	1				
			10.39m 11.05m 11.31m						
22 Young, Reilly		FR Wayne State (Neb.)	11.25m	36-11.00	1				
			11.20m FOUL 11.25m						
23 Battaforayen, Kate		SO SW Minnesota St.	11.15m	36-07.00	2				
			11.15m FOUL FOUL						
24 Robinson, Morgan		FR Minnesota State	11.13m	36-06.25	1				
			10.57m 11.13m 10.67m						
25 Thompson, Adrienne		SO Minnesota-Duluth	10.58m	34-08.50	1				
			9.65m 10.20m 10.58m						





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**....Women Discus Throw**

22	Young, Reilly	FR Wayne State (Neb.)	37.83m	124-01	3
	37.11m 37.83m FOUL				
23	VanOsdel, Kayla	FR Sioux Falls	37.34m	122-06	1
	35.77m 37.34m 36.81m				
24	Klun, Madeline	JR Minnesota-Duluth	35.35m	116-00	1
	27.40m FOUL 35.35m				
25	Baker, Hailey	FR Wayne State (Neb.)	26.65m	87-05	1
	FOUL FOUL 26.65m				
--	Hertz, Emma	SR Sioux Falls	FOUL		3
	FOUL FOUL FOUL				

**Women Hammer Throw**

NSIC Record: R 63.54m		2017	Michaela Dendinger, Wayne State					
Name	Year	School	Finals	H#	Points			
1	Scheil, Mckenzie	JR Wayne State (Neb.)	56.26m	184-07	3	10		
	56.26m 51.19m 53.66m	FOUL 55.96m FOUL						
2	Chipps, Brooklynn	SO Wayne State (Neb.)	55.48m	182-00	3	8		
	54.06m 55.48m 54.78m	54.48m 52.43m 53.93m						
3	Hertz, Emma	SR Sioux Falls	55.37m	181-08	3	6		
	50.62m FOUL 54.07m	FOUL FOUL 55.37m						
4	Perron, Brea	SR Minnesota State	53.87m	176-09	3	5		
	52.95m 48.87m 52.65m	53.87m 52.09m 53.04m						
5	Jensen, Kaylee	SR Minnesota State	52.95m	173-09	3	4		
	52.95m 48.80m 50.11m	51.99m FOUL 50.69m						
6	Gough, Cassidy	SO Northern State	50.20m	164-08	3	3		
	44.21m 47.89m 50.20m	48.02m 46.91m FOUL						
7	Wagner, Jadin	SR Wayne State (Neb.)	49.00m	160-09	3	2		
	47.18m 45.06m 46.15m	44.97m 49.00m 47.88m						
8	Stafslieen-Dumale, Abbi	JR Minnesota State	48.53m	159-03	2	1		
	FOUL 48.53m FOUL 47.45m	FOUL FOUL						
9	Heeren, Nicole	JR Wayne State (Neb.)	48.00m	157-06	3			
	48.00m 45.35m 44.12m	46.51m 47.20m 46.50m						
10	Paasch, Kendra	JR Wayne State (Neb.)	45.49m	149-03	2			
	44.56m 45.49m 42.88m							
11	Young, Reilly	FR Wayne State (Neb.)	44.88m	147-03	2			
	41.18m FOUL 44.88m							
12	Coenraad, Shawney	SO Northern State	44.51m	146-00	2			
	44.51m FOUL 43.05m							
13	Baker, Hailey	FR Wayne State (Neb.)	44.27m	145-03	1			
	41.29m 44.27m 43.75m							
14	Taylor, Katie	SR Minnesota State	43.31m	142-01	3			
	FOUL 43.31m FOUL							
15	Glynn, Madison	SO Minnesota State	43.03m	141-02	2			
	FOUL 43.03m 43.00m							
16	Schroeder, Kaitlyn	FR Minnesota State	42.91m	140-09	1			
	FOUL 42.91m 42.71m							
17	Wagner, Rylee	FR Wayne State (Neb.)	42.79m	140-05	1			
	38.54m 42.79m 40.85m							
18	Hughes, Morgan	SO SW Minnesota St.	42.78m	140-04	1			
	42.78m FOUL 39.88m							
19	Gielski, Kayce	SO Minnesota-Duluth	42.24m	138-07	1			
	42.24m 40.95m 42.23m							

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**....Women Hammer Throw**

20	Guthmiller, Rachel	JR Northern State	42.11m	138-02	1
	42.11m FOUL FOUL				
21	Paaverud, Ella	JR Concordia-St. Paul	41.81m	137-02	2
	FOUL 41.81m FOUL				
22	Bengtson, MacKenzie	JR Sioux Falls	40.85m	134-00	2
	40.85m FOUL 40.43m				
23	Guenther, Veronica	FR Wayne State (Neb.)	39.10m	128-03	2
	FOUL 39.10m 37.58m				
24	Nagel, Kori	FR Minot State	38.19m	125-03	2
	FOUL 38.19m 38.01m				
25	Languis, Brooke	FR Wayne State (Neb.)	37.73m	123-09	1
	35.67m 37.73m FOUL				
26	Zimmerman, Dacoda	JR St. Cloud State	37.30m	122-04	1
	37.30m FOUL FOUL				
--	Hardy, Jenna	FR Minot State	FOUL		1
	FOUL FOUL FOUL				
--	Donlan, Tia	SR Concordia-St. Paul	FOUL		2
	FOUL FOUL FOUL				
--	Welch, Ally	SR Sioux Falls	FOUL		1
	FOUL FOUL FOUL				

**Women Javelin Throw**

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NSIC Record: R 46.74m 1982 Kelly Owen, MSU Moorehead

Name	Year	School	Finals	H#	Points
1 Guthmiller, Rachel		JR Northern State	44.37m	145-07	3 10
	FOUL 42.02m 42.38m 40.69m 44.37m 38.72m				
2 Sunnarborg, Samantha		SO Minnesota State	43.78m	143-08	3 8
	36.18m 38.97m 37.28m 42.51m 43.78m 42.28m				
3 Arason, Hannah		SR St. Cloud State	42.38m	139-00	3 6
	39.98m 41.58m 42.38m 41.40m 40.57m 39.11m				
4 Kramchynsky, Nicole		SO U-Mary	41.24m	135-04	3 5
	34.16m 39.97m 41.24m 38.20m 40.31m FOUL				
5 Baumberger, Olivia		FR Sioux Falls	40.09m	131-06	3 4
	39.72m 34.70m 31.04m 36.56m 40.09m 29.31m				
6 Nygard, Tori		SO Minot State	39.48m	129-06	3 3
	37.65m 33.45m 39.48m 36.85m FOUL 36.94m				
7 Glaser, Josie		SO Msu-Moorhead	38.97m	127-10	2 2
	38.97m 35.72m 36.12m 35.94m 38.65m 36.94m				
8 Larsen, Steena		SO Msu-Moorhead	38.70m	127-00	2 1
	35.13m 34.55m 38.70m 34.65m 35.35m 35.76m				
9 Parish, Kasey		SO St. Cloud State	38.27m	125-07	3
	35.04m 36.53m 35.17m 38.27m 34.50m FOUL				
10 Hawk, Kennedy		FR Minnesota-Duluth	35.93m	117-10	2
	33.46m 35.93m 35.28m				
11 Patnode, Kaylee		SO Winona State	35.88m	117-08	3
	34.64m 35.62m 35.88m				
12 Rae, Jacqi		SO Minnesota-Duluth	34.06m	111-09	1
	34.06m 32.90m 32.08m				
13 Gough, Cassidy		SO Northern State	33.69m	110-06	1
	32.99m 33.69m FOUL				
14 Curtice, Emily		SO Bemidji State	32.04m	105-01	2
	32.04m 31.60m 30.65m				

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**....Women Javelin Throw**

15	Paaverud, Ella	JR	Concordia-St. Paul	31.86m	104-06	2
	29.35m 29.48m 31.86m					
16	McCartney, Annie	SO	Wayne State (Neb.)	31.81m	104-04	1
	31.81m 29.08m 27.75m					
17	Sallee, Kylee	FR	Augustana (S.D.)	31.38m	102-11	1
	26.31m 27.49m 31.38m					
18	Mlejnek, Jasmine	SO	Minnesota State	31.33m	102-09	2
	30.08m 26.28m 31.33m					
19	Rath, Mack	SO	Minnesota State	31.21m	102-05	1
	31.21m FOUL FOUL					
20	Pattrin, Mikenna	FR	Bemidji State	31.00m	101-08	2
	31.00m 30.97m FOUL					
21	Coenraad, Shawney	SO	Northern State	29.50m	96-09	1
	29.50m 24.50m FOUL					
22	Judge, Megan	SO	Bemidji State	29.14m	95-07	2
	FOUL 24.40m 29.14m					
23	Welch, Ally	SR	Sioux Falls	28.34m	93-00	1
	26.87m FOUL 28.34m					
24	Comstock, McKenna	SO	Sioux Falls	27.50m	90-03	1
	27.50m FOUL 25.43m					
25	Martin, Jade	JR	Upper Iowa	23.91m	78-05	1
	22.97m 23.91m 21.53m					

**Heptathlon: #4 Women 200 Meter Dash Heptathlon**

Name	Year	School	Finals	Wind	H#	Points	
1	Robinson, Arika	SO	Concordia-St. Paul	25.59	-0.6	3	833
2	Inama, Laura	FR	U-Mary	26.13	-0.6	3	786
3	Arason, Hannah	SR	St. Cloud State	26.26	-0.6	3	775
4	Sallee, Kylee	FR	Augustana (S.D.)	26.52	-0.6	3	752
5	Swanson, Emily	SO	Sioux Falls	26.65	-0.6	3	741
6	Curtice, Emily	SO	Bemidji State	26.77	-0.6	3	731
7	Fultz, Natalie	SO	Bemidji State	26.88	-0.2	2	722
8	Tucker, Aneesa	SR	Bemidji State	27.03	-0.6	3	709
9	Martin, Jade	JR	Upper Iowa	27.46	-0.2	2	674
10	Sunnarborg, Samantha	SO	Minnesota State	27.50	-0.2	2	671
11	Paschka, Kaye	SO	Augustana (S.D.)	27.64	-0.2	2	659
12	Serrao, Adla	SO	Msu-Moorhead	27.66	-0.2	2	658
13	Babock, Mickalyn	SO	Msu-Moorhead	27.76	-0.6	3	650
14	Nielsen, Margaret	JR	Upper Iowa	27.96	-0.2	2	634
15	Pedroso, Maria	FR	Augustana (S.D.)	28.07	-0.2	2	625
16	Mickelson, Isadora	SO	SW Minnesota St.	28.15	-0.4	1	619
17	Sowada, Sophia	JR	Msu-Moorhead	28.34	-0.4	1	604
18	Stone, Zoe	JR	Minnesota State	28.41	-0.4	1	599
19	London, Bryn	JR	Minnesota-Duluth	28.68	-0.4	1	578
20	Schroeder, Tessa	JR	Msu-Moorhead	28.70	-0.2	2	577
21	Mlejnek, Jasmine	SO	Minnesota State	29.28	-0.4	1	534

**Heptathlon: #7 Women 800 Meter Dash Heptathlon**

Name	Year	School	Finals	Points
1	Swanson, Emily	SO	Sioux Falls	2:22.22 794

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**....Heptathlon: #7 Women 800 Meter Dash Heptathlon**

2	Tucker, Aneesa	SR Bemidji State	2:24.94	758
3	Fultz, Natalie	SO Bemidji State	2:26.69	735
4	Arason, Hannah	SR St. Cloud State	2:27.02	731
5	Sunnarborg, Samantha	SO Minnesota State	2:29.46	700
6	Robinson, Arika	SO Concordia-St. Paul	2:34.16	642
7	Inama, Laura	FR U-Mary	2:35.58	625
8	Curtice, Emily	SO Bemidji State	2:35.73	623
9	Martin, Jade	JR Upper Iowa	2:36.33	616
10	Schroeder, Tessa	JR Msu-Moorhead	2:37.09	607
11	Sowada, Sophia	JR Msu-Moorhead	2:37.38	603
12	Pedroso, Maria	FR Augustana (S.D.)	2:38.03	596
13	Sallee, Kylee	FR Augustana (S.D.)	2:38.92	585
14	Stone, Zoe	JR Minnesota State	2:39.12	583
15	Paschka, Kaye	SO Augustana (S.D.)	2:39.96	573
16	Mlejnek, Jasmine	SO Minnesota State	2:43.33	535
17	London, Bryn	JR Minnesota-Duluth	2:47.16	494
18	Nielsen, Margaret	JR Upper Iowa	2:50.55	458
19	Serrao, Adla	SO Msu-Moorhead	2:52.42	439
20	Mickelson, Isadora	SO SW Minnesota St.	2:59.27	372
--	Babock, Mickalyn	SO Msu-Moorhead	SCR	

**Heptathlon: #1 Women 100 Meter Hurdles Heptathlon**

Name	Year	School	Finals	Wind	H#	Points
1	Arason, Hannah	SR St. Cloud State	14.63	2.3	6	891
2	Robinson, Arika	SO Concordia-St. Paul	14.65	2.3	6	888
3	Swanson, Emily	SO Sioux Falls	15.16	2.3	6	821
4	Paschka, Kaye	SO Augustana (S.D.)	15.30	2.3	6	802
5	Sallee, Kylee	FR Augustana (S.D.)	15.48	3.2	5	779
6	London, Bryn	JR Minnesota-Duluth	15.76	3.2	4	744
7	Tucker, Aneesa	SR Bemidji State	15.85	3.2	5	733
8	Serrao, Adla	SO Msu-Moorhead	15.97	3.2	5	718
9	Mickelson, Isadora	SO SW Minnesota St.	16.04	3.2	5	709
10	Pedroso, Maria	FR Augustana (S.D.)	16.18	3.1	1	692
11	Curtice, Emily	SO Bemidji State	16.26	2.7	3	683
12	Nielsen, Margaret	JR Upper Iowa	16.28	2.7	3	680
13	Sunnarborg, Samantha	SO Minnesota State	16.29	2.3	2	679
14	Inama, Laura	FR U-Mary	16.29	2.3	2	679
15	Stone, Zoe	JR Minnesota State	16.35	3.2	4	672
16	Babock, Mickalyn	SO Msu-Moorhead	16.55	3.2	4	648
17	Schroeder, Tessa	JR Msu-Moorhead	16.62	3.2	4	640
18	Sowada, Sophia	JR Msu-Moorhead	16.65	2.3	2	637
19	Fultz, Natalie	SO Bemidji State	16.89	2.7	3	609
20	Mlejnek, Jasmine	SO Minnesota State	17.38	3.1	1	554
21	Martin, Jade	JR Upper Iowa	20.78	3.1	1	241

**Heptathlon: #2 Women High Jump Heptathlon**

Name	Year	School	Finals	H#	Points
1	Robinson, Arika	SO Concordia-St. Paul	1.68m	5-06.00	2 830
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65 1.68 1.71				
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP O XO O XXX				

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**....Heptathlon: #2 Women High Jump Heptathlon**

2	Stone, Zoe	JR Minnesota State	1.65m	5-05.00	2	795
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65 1.68					
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP		0 0	XO XXO XXO		XXX
2	Arason, Hannah	SR St. Cloud State	1.65m	5-05.00	2	795
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65 1.68					
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP		0 0	XO XXO XXO		XXX
4	Swanson, Emily	SO Sioux Falls	1.62m	5-03.75	2	759
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59 1.62 1.65					
	PPP PPP PPP PPP PPP PPP PPP PPP PPP PPP		XO 0	0 XXO XXX		
5	Fultz, Natalie	SO Bemidji State	1.56m	5-01.25	2	689
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59					
	PPP PPP PPP PPP PPP PPP 0 XO 0 0		XXO 0	XXX		
5	Schroeder, Tessa	JR Msu-Moorhead	1.56m	5-01.25	1	689
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59					
	PPP PPP PPP PPP PPP 0 0 0 0 0		XXO 0	XXX		
5	Babock, Mickalyn	SO Msu-Moorhead	1.56m	5-01.25	1	689
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59					
	PPP PPP PPP PPP PPP 0 0 0 XXO XO XXO		XXX			
5	Sallee, Kylee	FR Augustana (S.D.)	1.56m	5-01.25	2	689
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56 1.59					
	PPP PPP PPP PPP PPP PPP PPP 0 0 0		XO 0	XXX		
9	Nielsen, Margaret	JR Upper Iowa	1.53m	5-00.25	1	655
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56					
	PPP PPP PPP PPP XO 0 0 0 XXO 0 XO		XXX			
9	Inama, Laura	FR U-Mary	1.53m	5-00.25	2	655
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56					
	PPP PPP PPP 0 PPP 0 0 XO 0 0		XXO XXX			
9	Pedroso, Maria	FR Augustana (S.D.)	1.53m	5-00.25	2	655
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56					
	PPP PPP PPP PPP PPP PPP PPP 0 0 0		XXX			
9	London, Bryn	JR Minnesota-Duluth	1.53m	5-00.25	2	655
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56					
	PPP PPP PPP PPP PPP PPP 0 XO 0 XO		0 XXX			
9	Sunnarborg, Samantha	SO Minnesota State	1.53m	5-00.25	2	655
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56					
	PPP PPP PPP PPP PPP PPP PPP 0 XO 0		XO XXX			
9	Mlejnek, Jasmine	SO Minnesota State	1.53m	5-00.25	1	655
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56					
	PPP PPP PPP PPP PPP PPP 0 0 XO 0		0 XXX			
9	Sowada, Sophia	JR Msu-Moorhead	1.53m	5-00.25	1	655
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53 1.56					
	PPP PPP PPP PPP PPP PPP 0 0 0 0		XXO XXX			
16	Tucker, Aneesa	SR Bemidji State	1.50m	4-11.00	1	621
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53					
	PPP PPP 0 0 0 0 0 0 0 0 0		XXX			
16	Curtice, Emily	SO Bemidji State	1.50m	4-11.00	1	621
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53					
	PPP PPP PPP PPP 0 0 0 0 0		XXO XXX			
16	Paschka, Kaye	SO Augustana (S.D.)	1.50m	4-11.00	2	621
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50 1.53					
	PPP PPP PPP PPP PPP PPP 0 XXO 0 0		XXX			
19	Serrao, Adla	SO Msu-Moorhead	1.47m	4-09.75	1	588
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47 1.50					
	PPP PPP PPP PPP 0 0 XO XO XXO		XXX			

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**....Heptathlon: #2 Women High Jump Heptathlon**

20	Martin, Jade	JR Upper Iowa	1.44m	4-08.75	1	555
	1.23 1.26 1.29 1.32 1.35 1.38 1.41 1.44 1.47					
	PPP PPP PPP PPP 0 0 0 XO XXX					
21	Mickelson, Isadora	SO SW Minnesota St.	1.38m	4-06.25	1	491
	1.23 1.26 1.29 1.32 1.35 1.38 1.41					
	0 0 0 0 0 0 XXX					

**Heptathlon: #5 Women Long Jump Heptathlon**

Name	Year School	Finals	Wind	H#	Points
1 Robinson, Arika	SO Concordia-St. Paul	5.72m	3.4	18-09.25	2 765
	FOUL 5.72m(3.4) 5.42m(1.6)				
2 Sallee, Kylee	FR Augustana (S.D.)	5.48m	2.8	17-11.75	2 694
	5.48m(2.8) 5.30m(3.4) 5.33m(1.7)				
3 Arason, Hannah	SR St. Cloud State	5.47m	3.2	17-11.50	2 691
	5.47m(3.2) 5.41m(2.0) 5.15m(2.5)				
4 Tucker, Aneesa	SR Bemidji State	5.26m	3.2	17-03.25	1 631
	5.26m(3.2) FOUL FOUL				
5 Swanson, Emily	SO Sioux Falls	5.20m	2.2	17-00.75	2 614
	5.20m(2.2) 5.11m(1.4) FOUL				
6 Stone, Zoe	JR Minnesota State	5.16m	3.0	16-11.25	2 603
	4.90m(1.7) 5.16m(3.0) 5.01m(2.3)				
7 Sunnarborg, Samantha	SO Minnesota State	5.06m	3.8	16-07.25	2 576
	4.95m(2.5) 4.81m(5.5) 5.06m(3.8)				
8 Pedroso, Maria	FR Augustana (S.D.)	5.01m	3.3	16-05.25	2 562
	4.51m(0.2) FOUL 5.01m(3.3)				
9 Fultz, Natalie	SO Bemidji State	4.99m	2.5	16-04.50	2 557
	4.99m(2.5) 4.97m(4.1) 4.25m(1.8)				
10 Curtice, Emily	SO Bemidji State	4.98m	2.7	16-04.25	1 554
	4.98m(2.7) 4.89m(5.6) 4.81m(6.1)				
11 Paschka, Kaye	SO Augustana (S.D.)	4.97m	3.3	16-03.75	2 551
	FOUL 4.97m(3.3) 4.85m(4.8)				
12 Mlejnek, Jasmine	SO Minnesota State	4.96m	6.9	16-03.25	1 548
	FOUL 4.94m(4.9) 4.96m(6.9)				
13 Inama, Laura	FR U-Mary	4.93m	0.5	16-02.25	2 540
	4.93m(0.5) 4.92m(3.8) 4.88m(2.7)				
14 Mickelson, Isadora	SO SW Minnesota St.	4.80m	3.2	15-09.00	1 506
	4.80m(3.2) 4.36m(5.2) 4.48m(4.2)				
15 London, Bryn	JR Minnesota-Duluth	4.79m	3.8	15-08.75	2 503
	4.36m(3.0) 4.79m(3.8) 4.61m(1.6)				
16 Martin, Jade	JR Upper Iowa	4.66m	4.9	15-03.50	1 469
	4.66m(4.9) 4.35m(6.1) 4.31m(9.2)				
17 Sowada, Sophia	JR Msu-Moorhead	4.64m	1.0	15-02.75	1 464
	4.64m(1.0) FOUL 4.50m(3.1)				
18 Schroeder, Tessa	JR Msu-Moorhead	4.56m	7.1	14-11.50	1 443
	4.36m(1.7) 4.46m(4.1) 4.56m(7.1)				
18 Serrao, Adla	SO Msu-Moorhead	4.56m	4.1	14-11.50	1 443
	3.60m(3.1) 4.48m(5.0) 4.56m(4.1)				
20 Nielsen, Margaret	JR Upper Iowa	4.51m	4.1	14-09.75	1 431
	4.42m(7.1) 4.35m(7.3) 4.51m(4.1)				
21 Babock, Mickalyn	SO Msu-Moorhead	4.05m	6.1	13-03.50	1 319
	4.05m(6.1) PASS PASS				

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**Heptathlon: #3 Women Shot Put Heptathlon**

Name	Year	School	Finals	H#	Points
1 Stone, Zoe	JR	Minnesota State	11.18m	36-08.25	2 607
10.92m 11.18m 10.79m					
2 Sunnarborg, Samantha	SO	Minnesota State	11.00m	36-01.25	2 595
10.67m 10.88m 11.00m					
3 Curtice, Emily	SO	Bemidji State	10.79m	35-05.00	1 581
10.30m 10.79m 10.60m					
4 Robinson, Arika	SO	Concordia-St. Paul	10.71m	35-01.75	2 576
9.77m 10.71m 10.33m					
5 Arason, Hannah	SR	St. Cloud State	10.66m	34-11.75	2 573
9.85m 10.66m 10.18m					
6 Paschka, Kaye	SO	Augustana (S.D.)	10.53m	34-06.75	2 564
9.20m 8.97m 10.53m					
7 Sallee, Kylee	FR	Augustana (S.D.)	10.20m	33-05.75	2 543
10.20m 9.19m 9.29m					
8 Sowada, Sophia	JR	Msu-Moorhead	9.96m	32-08.25	1 527
9.57m 9.96m 9.58m					
9 Tucker, Aneesa	SR	Bemidji State	9.72m	31-10.75	1 511
9.20m 9.38m 9.72m					
10 Mlejnek, Jasmine	SO	Minnesota State	9.54m	31-03.75	1 499
9.29m 9.54m 9.41m					
10 Mickelson, Isadora	SO	SW Minnesota St.	9.54m	31-03.75	1 499
8.73m 9.54m 8.49m					
12 Swanson, Emily	SO	Sioux Falls	9.53m	31-03.25	2 499
9.53m 9.47m FOUL					
13 Pedroso, Maria	FR	Augustana (S.D.)	9.34m	30-07.75	2 486
9.34m 9.32m FOUL					
14 Nielsen, Margaret	JR	Upper Iowa	8.85m	29-00.50	1 454
8.51m 8.85m 8.36m					
15 Serrao, Adla	SO	Msu-Moorhead	8.79m	28-10.25	1 451
8.79m 7.96m 8.23m					
16 Fultz, Natalie	SO	Bemidji State	8.74m	28-08.25	2 447
8.60m 8.74m 8.74m					
17 London, Bryn	JR	Minnesota-Duluth	8.73m	28-07.75	2 447
8.32m 8.32m 8.73m					
18 Babock, Mickalyn	SO	Msu-Moorhead	8.50m	27-10.75	1 432
8.50m 8.44m 7.97m					
19 Inama, Laura	FR	U-Mary	8.38m	27-06.00	2 424
8.25m 8.38m 8.37m					
20 Schroeder, Tessa	JR	Msu-Moorhead	8.17m	26-09.75	1 410
7.92m 8.02m 8.17m					
21 Martin, Jade	JR	Upper Iowa	8.11m	26-07.25	1 406
8.05m 8.11m 7.50m					

**Heptathlon: #6 Women Javelin Throw Heptathlon**

Name	Year	School	Finals	H#	Points
1 Sunnarborg, Samantha	SO	Minnesota State	44.70m	146-08	2 758
33.96m 44.70m 43.39m					
2 Arason, Hannah	SR	St. Cloud State	44.24m	145-02	2 749
44.24m 40.48m 39.47m					



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**....Heptathlon: #6 Women Javelin Throw Heptathlon**

3	Swanson, Emily	SO Sioux Falls	35.88m	117-08	2	588
	30.90m 32.41m 35.88m					
4	Mlejnek, Jasmine	SO Minnesota State	35.66m	117-00	1	584
	35.66m FOUL 32.53m					
5	Curtice, Emily	SO Bemidji State	34.48m	113-01	1	562
	34.48m 31.93m 32.46m					
6	Robinson, Arika	SO Concordia-St. Paul	33.02m	108-04	2	534
	31.31m 24.31m 33.02m					
7	Paschka, Kaye	SO Augustana (S.D.)	31.06m	101-11	2	497
	FOUL 27.74m 31.06m					
8	Sallee, Kylee	FR Augustana (S.D.)	30.81m	101-01	2	492
	FOUL 28.87m 30.81m					
9	Martin, Jade	JR Upper Iowa	27.39m	89-10	1	427
	24.14m 25.81m 27.39m					
10	Tucker, Aneesa	SR Bemidji State	26.95m	88-05	1	419
	FOUL 26.95m 24.92m					
11	Serrao, Adla	SO Msu-Moorhead	26.74m	87-09	1	415
	25.48m 26.74m FOUL					
12	Inama, Laura	FR U-Mary	26.28m	86-03	2	406
	26.28m 26.06m 24.14m					
13	Stone, Zoe	JR Minnesota State	25.28m	82-11	2	388
	24.99m 22.15m 25.28m					
14	Fultz, Natalie	SO Bemidji State	23.91m	78-05	2	362
	22.21m 22.80m 23.91m					
15	Nielsen, Margaret	JR Upper Iowa	22.80m	74-10	1	341
	22.80m 22.35m 19.19m					
16	Pedroso, Maria	FR Augustana (S.D.)	22.52m	73-11	2	336
	17.18m 19.48m 22.52m					
17	Sowada, Sophia	JR Msu-Moorhead	21.85m	71-08	1	323
	18.86m 21.64m 21.85m					
18	London, Bryn	JR Minnesota-Duluth	20.71m	67-11	2	302
	20.71m 18.72m FOUL					
19	Schroeder, Tessa	JR Msu-Moorhead	17.88m	58-08	1	250
	16.50m 17.88m FOUL					
20	Mickelson, Isadora	SO SW Minnesota St.	15.07m	49-05	1	198
	15.07m 10.55m 12.30m					

**Women Heptathlon**

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NSIC Record: R 5323 2018		Halle Burney, Concordia- St. Paul				
Name	Year	School	Finals	H#	Points	
=====						
1	Arason, Hannah	SR St. Cloud State	5205	10		
2	Robinson, Arika	SO Concordia-St. Paul	5068	8		
3	Swanson, Emily	SO Sioux Falls	4816	6		
4	Sunnarborg, Samantha	SO Minnesota State	4634	5		
5	Sallee, Kylee	FR Augustana (S.D.)	4534	4		
6	Tucker, Aneesa	SR Bemidji State	4382	3		
7	Curtice, Emily	SO Bemidji State	4355	2		
8	Paschka, Kaye	SO Augustana (S.D.)	4267	1		
9	Stone, Zoe	JR Minnesota State	4247			
10	Fultz, Natalie	SO Bemidji State	4121			
11	Inama, Laura	FR U-Mary	4115			
12	Pedroso, Maria	FR Augustana (S.D.)	3952			

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**....Women Heptathlon**

13 Mlejnek, Jasmine	SO Minnesota State	3909
14 Sowada, Sophia	JR Msu-Moorhead	3813
15 London, Bryn	JR Minnesota-Duluth	3723
16 Serrao, Adla	SO Msu-Moorhead	3712
17 Nielsen, Margaret	JR Upper Iowa	3653
18 Schroeder, Tessa	JR Msu-Moorhead	3616
19 Mickelson, Isadora	SO SW Minnesota St.	3394
20 Martin, Jade	JR Upper Iowa	3388

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Women - Team Rankings - 21 Events Scored

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1) Minnesota State	191	2) Augustana (S.D.)	127
3) U-Mary	104.50	4) Winona State	88
5) Sioux Falls	47.50	6) Concordia-St. Paul	43
7) MSU-Moorhead	36	8) Wayne State (Neb.)	34
9) Minnesota-Duluth	32	10) Bemidji State	31
11) Northern State	28	12) St. Cloud State	26
13) SW Minnesota St.	13	14) Minot State	9
15) Upper Iowa	8		