

**Holst Invitational - 4/17/2021**  
**Concordia University, St. Paul**  
**Meet Program - .**

**Event 42 Men 10000 Meter Run**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>			
1	Puent, Aaron	Augsburg	38:00.00
2	Burazin, Scott	Concordia-St. Paul	NT
3	Miller, Greg	Augsburg	37:00.00
4	Sethre, Kevin	Augsburg	37:30.00
5	Trutna, Matthew	Minnesota-Duluth	NT
6	Snider, David	Upper Iowa	NT
7	Ringger, Sam	Minnesota-Duluth	NT
8	Thomforde, Matthew	Concordia-St. Paul	NT

**Event 41 Women 10000 Meter Run**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>			
1	Hendrickson, Alli	Winona State	NT
2	Lorenz, Katie	Winona State	NT
3	Mesfin, Lucia	Concordia-St. Paul	NT
4	Paul, Lily	Minnesota State	NT
5	Nielsen, Julia	Minnesota-Duluth	NT
6	Vandenhouten, Carly	Winona State	NT
7	DeShazer, Ava	Northwestern (Minn.)	NT
8	Kelley, Nicole	Winona State	NT
9	Robran, Alexandra	Minnesota-Duluth	NT
10	Dehmlow, Serianna	Upper Iowa	NT
11	Glade, Ivy	Minnesota State	NT
12	Gaherty, Mackenzie	Minnesota State	NT
13	Palodichuk, Anna	Minnesota-Duluth	NT
14	Lauer, Jaylynn	Minnesota State	NT

**Event 2 Men 4x100 Meter Relay**

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Timed Finals</b>			
3	Augsburg		43.50
4	Upper Iowa		42.74
5	Concordia-St. Paul		42.87
6	Minnesota-Duluth		43.59

**Event 3 Women 4x100 Meter Relay**

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Timed Finals</b>			
3	Minnesota-Duluth		52.16
4	Concordia-St. Paul		48.10
5	Upper Iowa		50.33

**Holst Invitational - 4/17/2021**  
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**Event 40 Men 3000 Meter Steeplechase**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>			
1	VanKempen, Jack	Minnesota-Duluth	NT
2	Ure, Ray	Minnesota State	NT
3	Freed, Mandar	Concordia-St. Paul	10:40.06
4	Smalley, Owen	Minnesota-Duluth	NT
5	Green, Zeke	Concordia-St. Paul	10:36.98
6	Kubat, Braydon	Minnesota-Duluth	NT
7	Selman, Lucas	Minnesota-Duluth	NT
8	Hill, Kendall	Minnesota-Duluth	NT
9	Owen, Carter	Minnesota State	NT
10	Dieken, Grant	Upper Iowa	NT

**Event 39 Women 3000 Meter Steeplechase**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>			
1	Sivonen, Avery	Concordia-St. Paul	12:44.50
2	Lindberg, Kara	Concordia-St. Paul	11:28.52
3	Renier, Lauryn	Minnesota-Duluth	NT
4	Donovan, Ashley	Upper Iowa	NT
5	Montplaisir, Amanda	Minnesota State	NT
6	McMahon, Riley	St. Catherine (Minn.)	12:00.00
7	Levesque, Analise	Minnesota-Duluth	NT
8	Kraft, Isabella	St. Cloud State	NT

**Event 8 Women 100 Meter Hurdles****9 Advance: Top 1 Each Heat plus Next 6 Best Times**

Lane	Name	School	Seed Time
<b>Heat 1 of 3 Prelims</b>			
1	Biebel, Madison	Minnesota-Duluth	15.45
2	Breitsprecher, Emma	Winona State	15.71
3	Taylor, Tacora	Concordia-St. Paul	18.28
4	Mensah, Courtney	Concordia-St. Paul	NT
5	Mlejnek, Jasmine	Minnesota State	16.66
6	Keune, Mackenzie	Minnesota State	14.37
7	Hazel, Moira	Concordia-St. Paul	16.25
<b>Heat 2 of 3 Prelims</b>			
1	Mulcahy, Christabelle	Concordia-St. Paul	14.43
2	Bartles, Kailee	Minnesota State	17.26
3	Lamkin, Hannah	Minnesota-Duluth	15.86
4	Schoustra, Mackenzie	Concordia-St. Paul	15.73
5	Schneider, Nicole	Minnesota-Duluth	15.19
6	Stone, Zoe	Minnesota State	16.73
<b>Heat 3 of 3 Prelims</b>			
1	Johnson, Jocelyn	St. Cloud State	15.83
2	Sunnarborg, Samantha	Minnesota State	17.11
3	Elsenpeter, Gracie	St. Cloud State	14.94
4	Weatherly, Emma	Minnesota State	15.81
5	Lubner, Faith	St. Cloud State	14.89
6	Bodin, Gabby	St. Catherine (Minn.)	16.75

**Holst Invitational - 4/17/2021**  
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**Meet Program - .**

**Event 6 Women 1500 Meter Run**

Lane	Name	School	Seed Time
<b>Section 1 of 2 Timed Finals</b>			
1	Beyer, Kaylee	Winona State	4:43.84
2	Cunningham, Lindsay	Winona State	4:44.27
3	Nowatzke, Natalie	Winona State	4:55.00
4	Hall, Mackenzie	Minnesota-Duluth	5:00.00
5	Welhouse, Clara	St. Cloud State	5:07.09
6	Clark, Julia	St. Catherine (Minn.)	5:07.80
7	Seidel, Francine	Minnesota-Duluth	5:12.00
8	Young, Ashlin	Minnesota State	5:12.55
9	Fromelt, Andrea	Winona State	5:14.09
10	Ellenbecker, Marissa	Minnesota State	5:16.95
11	Miller, Katie	Winona State	5:19.14
12	Gella, Lauren	Minnesota-Duluth	5:19.82
13	Goodwin, Mary	Bemidji State	5:20.51
<b>Section 2 of 2 Timed Finals</b>			
1	Barkosky, Victoria	St. Catherine (Minn.)	5:32.81
2	Brownrigg, Madison	Upper Iowa	5:33.46
3	Hoffman, Rachel	Winona State	5:38.60
4	Christen, Taylor	Minnesota-Duluth	5:41.28
5	Schultz, Jady	Upper Iowa	5:42.29
6	Schnor, Sidney	Upper Iowa	5:59.52
7	Miller, Delaney	Upper Iowa	6:00.16
8	Bibeau, Isabel	Minnesota-Duluth	6:01.95
9	Nelson, Brenna	St. Catherine (Minn.)	6:09.25
10	Turpen, Sarah	Minnesota State	NT
11	Cahalan, Mia	Concordia-St. Paul	NT
12	Ward, Emma	Minnesota State	NT
13	Realing, Emma	Bemidji State	NT
14	Uli, Sena	Minnesota State	NT

**Event 5 Men 1500 Meter Run**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>			
1	Leonard, Christian	Minnesota-Duluth	4:01.98
2	Tostenson, Jonathan	Minnesota-Duluth	4:03.00
3	Lebourgeois, Cole	Minnesota-Duluth	4:03.97
4	Gruenes, Jordan	Minnesota-Duluth	4:12.00
5	Kvaal, Mikey	Minnesota-Duluth	4:16.93
6	Goranson, Nathan	Upper Iowa	4:19.31
7	Frigstad, James	Concordia-St. Paul	4:48.85
8	Baker, Bryce	Upper Iowa	4:50.52
9	Speikers, Caden	Minnesota State	NT
10	Larsen, Leif	Minnesota State	NT
11	Helser, Matthew	Concordia-St. Paul	NT
12	Collins, Maquanet	Minnesota State	NT
13	Johnston, Brady	Upper Iowa	NT

**Holst Invitational - 4/17/2021**  
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**Meet Program - .**

**Event 10 Women 400 Meter Dash**

Lane	Name	School	Seed Time
<b>Section 1 of 3 Timed Finals</b>			
1	Shafranski, Christonna	Upper Iowa	1:02.15
2	Boelke, Rachel	Minnesota-Duluth	1:01.50
3	Mbenoun, Maryse	Bemidji State	58.66
4	Schyvinck, Brooklyn	Winona State	56.97
5	Muellner, Anna	Minnesota-Duluth	57.32
6	Waterman, Allison	Winona State	1:00.12
7	Lenz, Sophie	Minnesota-Duluth	1:02.00
8	Gessay, Kaylee	St. Cloud State	1:02.40
<b>Section 2 of 3 Timed Finals</b>			
2	Bishop, Mya	Augsburg	1:05.05
3	Evans, McKenzie	Bemidji State	1:03.95
4	Samuel, Lauryn	Concordia-St. Paul	1:02.50
5	Perry, Jaid	Concordia-St. Paul	1:03.11
6	Beckmann, Emily	Minnesota State	1:04.81
7	Martin, Jade	Upper Iowa	1:06.13
<b>Section 3 of 3 Timed Finals</b>			
3	Johnson, Lily	Bemidji State	NT
4	Daniels, Isabelle	Augsburg	1:08.99
5	Syverson, Abby	Bemidji State	NT

**Event 9 Men 400 Meter Dash**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>			
2	Landherr, Fritz	Augsburg	53.68
3	Green, Cameron	Upper Iowa	52.00
4	Ray, William	Concordia-St. Paul	49.85
5	Phelps, Josh	Minnesota State	50.03
6	Ludwig, Kaden	Upper Iowa	52.32
7	Enders, Peyton	Concordia-St. Paul	54.87

**Event 7 Men 110 Meter Hurdles**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>			
1	Hauver, Josh	Concordia-St. Paul	18.79
2	Johnson, Arik	Concordia-St. Paul	17.27
3	Adams, Justus	Minnesota State	15.30
4	Klah, Kornelius	Minnesota State	13.98
5	Christiansen, Abel	Minnesota State	15.15
6	Tordsen, Jakob	Concordia-St. Paul	16.53
7	Paskey, Andrew	Upper Iowa	17.92

**Holst Invitational - 4/17/2021**  
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**Meet Program - .**

**Event 12 Women 100 Meter Dash**

Lane	Name	School	Seed Time
<b>Section 1 of 4 Timed Finals</b>			
1	Jones, Caitlyn	Minnesota State	12.35
2	Jackson, Makayla	Minnesota State	12.17
3	Simmons, Ja'Cey	Minnesota State	11.90
4	Canfall, Toni	Concordia-St. Paul	11.70
5	Cartwright, Denisha	Minnesota State	11.80
6	Burris, Emelia	St. Cloud State	12.00
7	Jones, Khenadi	Minnesota State	12.34
8	Hall, Alaina	Bemidji State	12.44
<b>Section 2 of 4 Timed Finals</b>			
1	Ekereke, Kendra	Bemidji State	12.80
2	Lewis, Jada	Augsburg	12.68
3	Craig, MyKedra	Minnesota State	12.53
4	Guy, Aaliyah	Minnesota State	12.47
5	Loesch, Ellie	Upper Iowa	12.50
6	Maruska, Lindsay	Minnesota-Duluth	12.67
7	Barker, Jada	Bemidji State	12.75
8	Fuller, Zakaria	Upper Iowa	13.19
<b>Section 3 of 4 Timed Finals</b>			
1	Fallow, Alexis	St. Cloud State	14.17
2	Smith, Amanda	Bemidji State	13.85
3	Reyes, Karla	Minnesota State	13.61
4	Rae, Jacqi	Minnesota-Duluth	13.40
5	Schmitz, Kate	Minnesota-Duluth	13.60
6	Lavato, Katie	St. Cloud State	13.72
7	Nichols, Claire	St. Catherine (Minn.)	13.85
<b>Section 4 of 4 Timed Finals</b>			
3	Colvin, Dyashia	Minnesota State	NT
4	Logan, Alisa	Augsburg	14.28
5	Strong, Maclairan	St. Catherine (Minn.)	16.02

**Event 11 Men 100 Meter Dash**

Lane	Name	School	Seed Time
<b>Section 1 of 3 Timed Finals</b>			
1	Nti, Prince	Minnesota State	10.99
2	Attoh, Daniel	Minnesota State	10.91
3	Szutkowski, Brian	Concordia-St. Paul	10.71
4	Hickman, Shaheed	Minnesota State	10.35
5	Sharma, Nicholas	Minnesota State	10.55
6	Ayden, Teddy	Upper Iowa	10.90
7	Preston, LaJuan	Concordia-St. Paul	10.98
8	Marchand, Paul	Upper Iowa	11.02

**Holst Invitational - 4/17/2021**  
**Concordia University, St. Paul**  
**Meet Program - .**

**Section 2 of 3 Timed Finals...(Event 11 Men 100 Meter Dash)**

1	Caines, Mathew	Minnesota-Duluth	11.80
2	Hunt, Avery	Minnesota-Duluth	11.60
3	Denes, Tyler	Minnesota State	11.45
4	Busby, Taron	Augsburg	11.27
5	Embu, Ovie	Concordia-St. Paul	11.40
6	Segura, Nate	Concordia-St. Paul	11.46
7	Lamers, Mitch	Augsburg	11.78
8	Loer, Bereket	Minnesota-Duluth	11.99

**Section 3 of 3 Timed Finals**

3	Hobson, Jaylen	Upper Iowa	NT
4	Palmquist, Ben	Minnesota-Duluth	11.99
5	Blake, Parker	Augsburg	12.05

**Event 14 Women 800 Meter Run**

Lane	Name	School	Seed Time
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**Section 1 of 2 Timed Finals**

1-1A	Verkerke, Madeline	Minnesota-Duluth	2:17.30
3-1B	Thurston, MaKenna	Minnesota State	2:19.55
5-1C	Bragg, Skylar	Minnesota State	2:20.47
7-1D	Fischer, Leighton	St. Cloud State	2:22.57
9-1E	Rinke, Rhianna	Minnesota-Duluth	2:23.56
11-1F	McMahon, Riley	St. Catherine (Minn.)	2:25.00
2-2A	Bouley, Cheresa	St. Cloud State	2:18.00
4-2B	Cunningham, Lindsay	Winona State	2:20.28
6-2C	Prigge, Ryne	Bemidji State	2:21.27
8-2D	Beyer, Kaylee	Winona State	2:22.89
10-2E	Webb, Kathryn	Minnesota-Duluth	2:24.14
12-2F	Steele, Alaina	Minnesota-Duluth	2:27.64

**Section 2 of 2 Timed Finals**

1-1A	Quiring, Brittany	Winona State	2:28.49
3-1B	Rauk, Alyssa	Minnesota State	2:37.53
5-1C	Miller, Carol	Bemidji State	2:40.17
7-1D	Masse, Camryn	Augsburg	2:58.79
9-1E	Hartinger, Michaella	Concordia-St. Paul	NT
11-1F	Gillespie, Nicole	St. Catherine (Minn.)	NT
2-2A	Hartman, Grace	Augsburg	2:33.00
4-2B	Clark, Julia	St. Catherine (Minn.)	2:37.57
6-2C	Erlandson, Lizzy	St. Catherine (Minn.)	2:43.14
8-2D	Allen, Marilyn	Minnesota State	3:00.10
10-2E	Yuoso, Gwendoline	Bemidji State	NT
12-2F	Meyer, Emma	St. Catherine (Minn.)	NT

**Holst Invitational - 4/17/2021**  
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**Meet Program - .**

**Event 13 Men 800 Meter Run**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>			
1-1A	Maier, Tanner	Minnesota State	1:52.09
3-1B	Schmied, Ben	Minnesota State	1:56.36
5-1C	Andrews, Travis	Concordia-St. Paul	1:58.03
7-1D	Helser, Matthew	Concordia-St. Paul	1:59.95
9-1E	Sims, Josh	Concordia-St. Paul	2:00.07
11-1F	Amundson, Brennan	Minnesota-Duluth	2:02.78
13-1G	Young, Ryan	Minnesota State	NT
2-2A	Allen, Benjamin	Concordia-St. Paul	1:52.24
4-2B	Fechner, Cole	Minnesota-Duluth	1:57.93
6-2C	Gustafson, Luke	Minnesota-Duluth	1:59.74
8-2D	Feist, Cullen	Concordia-St. Paul	2:00.00
10-2E	Torvik, Noah	Minnesota-Duluth	2:02.07
12-2F	Anderson, Tyler	Concordia-St. Paul	2:05.80

**Event 16 Women 400 Meter Hurdles**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>			
1	Encarnacion, Karla	St. Cloud State	1:09.19
2	Rice, Makayla	St. Cloud State	1:06.44
3	Breitsprecher, Emma	Winona State	1:05.16
4	Harris, Kalley	Winona State	1:01.29
5	English-Paulson, Tyarra	Minnesota State	1:01.63
6	Wilson, Cassiddy	Upper Iowa	1:05.20
7	Mulcahy, Christabelle	Concordia-St. Paul	1:07.52

**Event 15 Men 400 Meter Hurdles**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>			
1	Paskey, Andrew	Upper Iowa	1:02.27
2	Jones, Deion	Upper Iowa	57.52
3	Have, Austin	Minnesota-Duluth	54.50
4	Klah, Kornelius	Minnesota State	53.52
5	Kulzer, Alex	Minnesota-Duluth	54.50
6	Adams, Justus	Minnesota State	57.00
7	Christiansen, Abel	Minnesota State	57.83
8	Noble, Nathan	Concordia-St. Paul	1:05.25

**Event 20 Women 5000 Meter Run**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>			
1	Kimbrell, Austyn	St. Catherine (Minn.)	NT
2	Butler, Delaney	Concordia-St. Paul	22:02.86
3	Nelson, Katie	St. Catherine (Minn.)	23:13.80
4	Radel, Morgan	Minnesota-Duluth	NT
5	Mills, Zoey	Bemidji State	NT
6	Todd, Kassye	St. Cloud State	NT

**Holst Invitational - 4/17/2021**  
**Concordia University, St. Paul**  
**Meet Program - .**

**Event 19 Men 5000 Meter Run**

Lane	Name	School	Seed Time
<b>Section 1 of 1 Timed Finals</b>			
1	Wondimu, Bereket	Augsburg	NT
2	Lien, Harry	Concordia-St. Paul	NT
3	McLeer, William	Augsburg	NT

**Event 28 Women Hammer Throw**

Pos	Name	School	Seed Mark
<b>Heat 1 of 2 Finals</b>			
1	Wehrspann, Lydia	St. Catherine (Minn.)	22.14m
2	Jeppesen, Sarah	Concordia-St. Paul	28.45m
3	Horvath, Chando	St. Catherine (Minn.)	30.44m
4	Nephew, Dannah	Minnesota-Duluth	31.33m
5	Gielski, Kayce	Minnesota-Duluth	35.34m
6	Rehome, Claire	Minnesota-Duluth	35.99m
7	Thomson, Kara	Minnesota State	36.06m
8	Rafajlovska, Rafaela	Bemidji State	36.35m
9	Mccauley, Haley	Minnesota-Duluth	37.74m
10	Gehrig, Alexis	Bemidji State	38.90m
11	Theobald, Makenna	Minnesota State	39.06m
<b>Heat 2 of 2 Finals</b>			
1	O'Connor, Ammie	Minnesota-Duluth	40.63m
2	Donlan, Tia	Concordia-St. Paul	43.36m
3	Glynn, Madison	Minnesota State	44.23m
4	Paaverud, Ella	Concordia-St. Paul	44.62m
5	Hiltner, Elizabeth	Bemidji State	45.55m
6	Stafslie-Dumale, Abbi	Minnesota State	47.04m
7	Buechel, Dominique	St. Cloud State	48.08m
8	Gustafson, Hannah	Concordia-St. Paul	51.89m
9	Carrasco, Zoe	Bemidji State	53.71m
10	Jensen, Kaylee	Minnesota State	53.77m
11	Perron, Brea	Minnesota State	55.64m

**Event 27 Men Hammer Throw**

Pos	Name	School	Seed Mark
<b>Heat 1 of 1 Finals</b>			
1	Vo, Christopher	Upper Iowa	23.56m
2	Picazo, CJ	Concordia-St. Paul	27.31m
3	Lawrence, Devon	Upper Iowa	35.37m
4	Bicek, Eli	Minnesota-Duluth	35.99m
5	Kostynick, Colton	Minnesota-Duluth	39.65m
6	Norby, Nicholas	Minnesota State	43.92m
7	Larson, Keegan	Concordia-St. Paul	46.58m
8	Kucera, Tommy	Minnesota State	47.79m
9	Quinn, Hunter	Concordia-St. Paul	50.60m
10	Hudson, Nick	Minnesota State	50.75m
11	Mundfrom, Eben	Concordia-St. Paul	51.05m
12	Aguilera, Carter	Minnesota State	51.16m
13	McCormick, Connor	Minnesota State	60.32m



**Holst Invitational - 4/17/2021**  
**Concordia University, St. Paul**  
**Meet Program - .**

**Event 24 Women Javelin Throw**

Pos	Name	School	Seed Mark
<b>Heat 1 of 1 Finals</b>			
1	Mensah, Courtney	Concordia-St. Paul	ND
2	Nephew, Dannah	Minnesota-Duluth	19.72m
3	Hughes, Jennifer	Minnesota State	21.95m
4	Gehrig, Alexis	Bemidji State	23.50m
5	Hazel, Moira	Concordia-St. Paul	24.77m
6	Bartles, Kailee	Minnesota State	28.44m
7	Rath, Mack	Minnesota State	29.59m
8	Schoustra, Mackenzie	Concordia-St. Paul	29.72m
9	Paaverud, Ella	Concordia-St. Paul	32.82m
10	Leverentz, Bryana	St. Catherine (Minn.)	40.36m

**Event 23 Men Javelin Throw**

Pos	Name	School	Seed Mark
<b>Heat 1 of 1 Finals</b>			
1	Wittman, Alec	Minnesota-Duluth	ND
2	Paskey, Andrew	Upper Iowa	36.19m
3	Feist, Cullen	Concordia-St. Paul	40.08m
4	Conrad, Macklin	Upper Iowa	41.94m
5	Wu, Kevin	Minnesota State	55.57m
6	Bergemann, Evan	Augsburg	57.49m

**Event 36 Women Pole Vault**

Pos	Name	School	Seed Mark
<b>Heat 1 of 1 Finals</b>			
1	Szutkowski, T	Concordia-St. Paul	NH
2	Lawrence, Ashley	Minnesota-Duluth	NH
3	Christen, Taylor	Minnesota-Duluth	2.15m
4	McEnery, Katie	Upper Iowa	2.15m
5	Jones, Brooklyn	Minnesota-Duluth	2.45m
6	Reintsma, Callie	Concordia-St. Paul	2.90m
7	Plotz, Samara	Minnesota-Duluth	2.90m
8	Kuskie, Logan	Minnesota State	2.90m
9	Schipper, Addie	Minnesota State	3.05m
10	Worden, Eden	Minnesota-Duluth	3.05m
11	Zaemisch, Micah	Minnesota State	3.16m
12	Westman, Jessie	Minnesota State	3.16m
13	Gauert, Emma	St. Cloud State	3.20m
14	Elsenpeter, Gracie	St. Cloud State	3.20m
15	Dodge, Sofia	Concordia-St. Paul	3.35m
16	Hickson, Paige	Minnesota State	3.46m

**Holst Invitational - 4/17/2021**  
**Concordia University, St. Paul**  
**Meet Program - .**

**Event 35 Men Pole Vault**

Pos	Name	School	Seed Mark
<b>Heat 1 of 1 Finals</b>			
1	Flakes, Devin	Concordia-St. Paul	NH
2	Krupa, Brady	Upper Iowa	2.15m
3	Alam, Basheer	Concordia-St. Paul	3.40m
4	Tordsen, Jakob	Concordia-St. Paul	3.60m
5	Alto, Shea	Minnesota-Duluth	3.95m
6	McPherson, Mark	Minnesota State	4.10m
7	Berg, Alex	Minnesota State	4.35m
8	Lindsey, Thomas	Minnesota State	4.55m
9	Dittel, Carson	Minnesota State	4.95m

**Event 34 Women Long Jump**

Pos	Name	School	Seed Mark
<b>Heat 1 of 2 Finals</b>			
1	Dup, Becca	Minnesota State	ND
2	Szymborski, Grace	Minnesota-Duluth	ND
3	Strong, Maclairn	St. Catherine (Minn.)	3.93m
4	Harris, Brittiney	Upper Iowa	4.31m
5	Johnson, Jocelyn	St. Cloud State	4.57m
6	Nichols, Claire	St. Catherine (Minn.)	4.62m
7	Weatherly, Emma	Minnesota State	4.87m
8	Schepper, Reilee	St. Catherine (Minn.)	5.02m
<b>Heat 2 of 2 Finals</b>			
1	Lundquist, Elsie	St. Catherine (Minn.)	5.07m
2	Hall, Alaina	Bemidji State	5.13m
3	Schoustra, Mackenzie	Concordia-St. Paul	5.14m
4	Taylor, Maya	St. Cloud State	5.16m
5	Terry, Jordan	Augsburg	5.21m
6	Buske, Parker	St. Cloud State	5.48m
7	Lubner, Faith	St. Cloud State	5.78m
8	Burris, Emelia	St. Cloud State	5.81m
9	Jackson, Makayla	Minnesota State	5.91m

**Event 33 Men Long Jump**

Pos	Name	School	Seed Mark
<b>Heat 1 of 1 Finals</b>			
1	Ukaobasi, Onyekachi	Minnesota State	ND
2	Landherr, Fritz	Augsburg	5.66m
3	Caines, Mathew	Minnesota-Duluth	6.34m
4	Hunt, Avery	Minnesota-Duluth	6.64m
5	Johnson, Andrew	Concordia-St. Paul	6.66m
6	Mangwiro, Takudzwa	Minnesota State	6.70m
7	Hobson, Jaylen	Upper Iowa	6.82m
8	Davis, Christian	Concordia-St. Paul	7.35m

**Holst Invitational - 4/17/2021**  
**Concordia University, St. Paul**  
**Meet Program - .**

**Event 38 Women High Jump**

Pos	Name	School	Seed Mark
<b>Heat 1 of 1 Finals</b>			
1	Mensah, Courtney	Concordia-St. Paul	NH
2	Bodin, Gabby	St. Catherine (Minn.)	NH
3	Nichols, Claire	St. Catherine (Minn.)	NH
4	Grecco, Jocelyn	Upper Iowa	1.43m
5	Westemeier, Rachel	Concordia-St. Paul	1.45m
6	Harris, Brittiney	Upper Iowa	1.45m
7	Rowles, Julia	St. Cloud State	1.50m
8	Lundquist, Elsie	St. Catherine (Minn.)	1.50m
9	Des Marais, Shantelle	St. Cloud State	1.53m
10	Shea, Claire	St. Cloud State	1.53m
11	Preiner, Lauren	Minnesota State	1.55m
12	Paaverud, Ella	Concordia-St. Paul	1.55m
13	Sunnarborg, Samantha	Minnesota State	1.57m
14	Stone, Zoe	Minnesota State	1.60m
15	Hazel, Moira	Concordia-St. Paul	1.60m
16	Mlejnek, Jasmine	Minnesota State	1.60m

**Event 37 Men High Jump**

Pos	Name	School	Seed Mark
<b>Heat 1 of 1 Finals</b>			
1	Krannich, Trey	Minnesota State	NH
2	Davis, Christian	Concordia-St. Paul	NH
3	Johnson, Andrew	Concordia-St. Paul	NH
4	Hauver, Josh	Concordia-St. Paul	1.60m
5	Johnson, Arik	Concordia-St. Paul	1.70m
6	Denes, Tyler	Minnesota State	1.75m
7	Wanous, Tyler	Minnesota-Duluth	1.85m
8	Cowles, Caleb	Minnesota State	1.93m

**Event 26 Women Shot Put**

Pos	Name	School	Seed Mark
<b>Heat 1 of 2 Finals</b>			
1	Lundquist, Elsie	St. Catherine (Minn.)	ND
2	Mccauley, Haley	Minnesota-Duluth	8.55m
3	Gielski, Kayce	Minnesota-Duluth	9.00m
4	Wehrspann, Lydia	St. Catherine (Minn.)	9.13m
5	Jeppesen, Sarah	Concordia-St. Paul	9.27m
6	Horvath, Chando	St. Catherine (Minn.)	10.05m
7	Harris, Brittiney	Upper Iowa	10.72m
8	O'Connor, Ammie	Minnesota-Duluth	11.05m
<b>Heat 2 of 2 Finals</b>			
1	Rehome, Claire	Minnesota-Duluth	11.85m
2	Fretag, Madeline	Minnesota State	12.25m
3	Rath, Mack	Minnesota State	12.41m
4	Rae, Jacqi	Minnesota-Duluth	12.59m
5	Stafslie-Dumale, Abbi	Minnesota State	12.96m
6	Doss, Tierra	Bemidji State	13.40m
7	Gustafson, Hannah	Concordia-St. Paul	13.70m
8	Perron, Brea	Minnesota State	14.48m
9	Carrasco, Zoe	Bemidji State	14.98m

**Holst Invitational - 4/17/2021**  
**Concordia University, St. Paul**  
**Meet Program - .**

**Event 25 Men Shot Put**

Pos	Name	School	Seed Mark
<b>Heat 1 of 1 Finals</b>			
1	Moncrief, Mathew	Upper Iowa	8.84m
2	Frimpong, David	Augsburg	9.12m
3	Vo, Christopher	Upper Iowa	9.36m
4	Lawrence, Devon	Upper Iowa	11.91m
5	Bicek, Eli	Minnesota-Duluth	12.05m
6	Kostynick, Colton	Minnesota-Duluth	14.22m
7	Quinn, Hunter	Concordia-St. Paul	14.35m
8	Picazo, CJ	Concordia-St. Paul	14.77m
9	Kucera, Tommy	Minnesota State	15.32m
10	Aguilera, Carter	Minnesota State	15.92m
11	Naba, Bedale	Minnesota State	15.96m
12	Gustaveson, Marcus	Concordia-St. Paul	16.98m

**Event 32 Women Triple Jump**

Pos	Name	School	Seed Mark
<b>Heat 1 of 1 Finals</b>			
1	Leverentz, Bryana	St. Catherine (Minn.)	9.00m
2	Carpenter, Allison	Minnesota-Duluth	10.38m
3	Knox, Zarreeel	Minnesota State	10.40m
4	Lundquist, Elsie	St. Catherine (Minn.)	10.46m
5	Schepper, Reilee	St. Catherine (Minn.)	10.88m
6	Taylor, Maya	St. Cloud State	11.00m
7	Abu-Youm, Samiya	Minnesota State	11.49m
8	Buske, Parker	St. Cloud State	11.51m
9	Maruska, Lindsay	Minnesota-Duluth	11.57m

**Event 31 Men Triple Jump**

Pos	Name	School	Seed Mark
<b>Heat 1 of 1 Finals</b>			
1	Flakes, Devin	Concordia-St. Paul	11.81m
2	Hunt, Avery	Minnesota-Duluth	13.04m
3	Caines, Mathew	Minnesota-Duluth	13.21m
4	Ayobamidele, Stephen	Minnesota State	13.99m

**Event 30 Women Discus Throw**

Pos	Name	School	Seed Mark
<b>Heat 1 of 1 Finals</b>			
1	Nephew, Dannah	Minnesota-Duluth	27.86m
2	Jeppesen, Sarah	Concordia-St. Paul	28.12m
3	Horvath, Chando	St. Catherine (Minn.)	30.96m
4	Glynn, Madison	Minnesota State	35.26m
5	Theobald, Makenna	Minnesota State	37.48m
6	Isaacson, Lauren	St. Catherine (Minn.)	40.08m
7	Fretag, Madeline	Minnesota State	40.23m
8	Gustafson, Hannah	Concordia-St. Paul	42.23m
9	Rath, Mack	Minnesota State	42.85m
10	Donlan, Tia	Concordia-St. Paul	47.70m
11	Buechel, Dominique	St. Cloud State	49.50m

**Holst Invitational - 4/17/2021**  
**Concordia University, St. Paul**  
**Meet Program - .**

**Event 29 Men Discus Throw**

<b>Pos</b>	<b>Name</b>	<b>School</b>	<b>Seed Mark</b>
<b>Heat 1 of 1 Finals</b>			
1	Tordsen, Jakob	Concordia-St. Paul	31.75m
2	Bicek, Eli	Minnesota-Duluth	33.40m
3	Lawrence, Devon	Upper Iowa	35.33m
4	Kucera, Tommy	Minnesota State	35.57m
5	Mundfrom, Eben	Concordia-St. Paul	42.69m
6	Quinn, Hunter	Concordia-St. Paul	45.04m
7	Picazo, CJ	Concordia-St. Paul	45.70m
8	Naba, Bedale	Minnesota State	46.51m
9	Kostynick, Colton	Minnesota-Duluth	47.51m
10	Larson, Keegan	Concordia-St. Paul	48.70m
11	Aguilera, Carter	Minnesota State	53.55m
12	Gustaveson, Marcus	Concordia-St. Paul	59.01m

**Holst Invitational - 4/17/2021**  
**Concordia University, St. Paul**  
**Performance List - .**

**Event 18 Women 200 Meter Dash**

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Canfall, Toni	Concordia-St. Paul	24.38
2	Cramer, Rose	Minnesota State	24.59
3	Hartman, Grace	Minnesota State	24.71
4	Simmons, Ja'Cey	Minnesota State	24.80
5	Cole, Janice	Bemidji State	25.04
6	Robins, Nyeaee	Minnesota State	25.10
7	Woodard, Mackenzie	Minnesota State	25.32
8	Barker, Jada	Bemidji State	26.00
9	Samuel, Lauryn	Concordia-St. Paul	26.01
10	Hall, Alaina	Bemidji State	26.30
11	White, Akela	Minnesota State	26.30
12	Jones, Caitlyn	Minnesota State	26.33
13	Loesch, Ellie	Upper Iowa	26.34
14	Colvin, Dyashia	Minnesota State	26.51
15	Lewis, Jada	Augsburg	26.56
16	Lackovic, Cassidy	St. Cloud State	26.69
17	Ekereke, Kendra	Bemidji State	26.86
18	Schneider, Nicole	Minnesota-Duluth	26.90
19	Craig, MyKedra	Minnesota State	26.95
20	Biebel, Madison	Minnesota-Duluth	27.00
21	Lamkin, Hannah	Minnesota-Duluth	27.10
22	Fuller, Zakaria	Upper Iowa	27.41
23	Beckmann, Emily	Minnesota State	27.80
24	Schoustra, Mackenzie	Concordia-St. Paul	27.92
25	Gessay, Kaylee	St. Cloud State	28.23
26	Martin, Jade	Upper Iowa	28.27
27	Reyes, Karla	Minnesota State	28.46
28	Lavato, Katie	St. Cloud State	28.76
29	Bodin, Gabby	St. Catherine (Minn.)	28.80
30	Nichols, Claire	St. Catherine (Minn.)	28.85
31	Smith, Amanda	Bemidji State	28.91
32	Reigel, Shannon	Bemidji State	29.09
33	Fallow, Alexis	St. Cloud State	29.36
34	Strong, Maclairan	St. Catherine (Minn.)	35.09
35	Shafranski, Christonna	Upper Iowa	NT
36	Westemeier, Rachel	Concordia-St. Paul	NT

**Event 17 Men 200 Meter Dash**

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
1	Hickman, Shaheed	Minnesota State	22.05
2	Sharma, Nicholas	Minnesota State	22.07
3	Bright, Cornelius	Minnesota State	22.15
4	DePrenger, Max	Minnesota State	22.32
5	Nesvold, Carter	Minnesota State	22.34
6	Lewison, Drew	Minnesota State	22.45
7	Atubel, Kenry	Minnesota State	22.50
8	Ludwig, Kaden	Upper Iowa	22.62
9	Bokoyo, Josue	Minnesota State	22.67
10	Ray, William	Concordia-St. Paul	22.72
11	Ayden, Teddy	Upper Iowa	22.77

**Holst Invitational - 4/17/2021**  
**Concordia University, St. Paul**  
**Performance List - .**

**Event 17 ... (Men 200 Meter Dash)**

	<b>Name</b>	<b>School</b>	<b>Seed Time</b>
12	Nti, Prince	Minnesota State	22.78
13	Buckles, Ethan	Minnesota State	22.78
14	Kulzer, Alex	Minnesota-Duluth	23.50
15	Busby, Taron	Augsburg	23.51
16	Miley, Josh	Minnesota-Duluth	23.75
17	Makela, Tyler	Minnesota State	23.76
18	Wanous, Tyler	Minnesota-Duluth	23.90
19	Loer, Bereket	Minnesota-Duluth	23.99
20	Lamers, Mitch	Augsburg	24.04
21	Blake, Parker	Augsburg	24.15
22	Green, Cameron	Upper Iowa	NT
23	Allen, Benjamin	Concordia-St. Paul	NT

**Event 22 Women 4x400 Meter Relay**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Minnesota-Duluth		3:58.51
2	Upper Iowa		4:04.54
3	Concordia-St. Paul		4:04.99
4	Minnesota-Duluth	B	4:10.00
5	St. Cloud State		4:10.00
6	Bemidji State	B	4:12.52
7	Bemidji State		4:12.52
8	Concordia-St. Paul	B	4:15.00
9	St. Catherine (Minn.)		NT

**Event 21 Men 4x400 Meter Relay**

	<b>Team</b>	<b>Relay</b>	<b>Seed Time</b>
1	Minnesota State		3:25.00
2	Minnesota-Duluth		3:26.50
3	Upper Iowa		3:27.16
4	Minnesota-Duluth	B	3:28.00
5	Concordia-St. Paul		3:32.00
6	Concordia-St. Paul	B	3:33.00
7	Concordia-St. Paul	C	3:34.00