

**Lake Superior Challenge - 2/6/2016**  
**Hosted by College of St. Scholastica**  
**Duluth, MN**  
**Results - Meet**

**Women 60 Meter Dash**

Facility: \$ 7.74 12/8/2012 Brittini Wertz, Northern Michigan  
 Name Year School Prelims H#

## Preliminaries

1	Jelassi, Yasmin	Northern Michigan	7.88q	2
2	James, Avadon	Northern Michigan	8.02q	1
2	Kesseh, Erica	Minnesota-Duluth	8.02q	2
4	Monpas, Kendra	Minnesota-Duluth	8.42q	1
5	Argir, Sammi	St. Scholastica	8.45q	2
5	Kotajarvi, Lauren	Minnesota-Duluth	8.45q	1
7	Knutson, Kaitlyn	Wis.-Superior	8.65q	2
8	John, Silene	Wis.-Superior	8.78q	1
9	Hatfield, Kaylee	Wis.-Superior	9.07	2
10	Dambi, Undra	Wis.-Superior	10.13	2

**Women 60 Meter Dash**

Facility: \$ 7.74 12/8/2012 Brittini Wertz, Northern Michi  
 Name Year School Finals

## Finals

1	Jelassi, Yasmin	Northern Michigan	7.91
2	James, Avadon	Northern Michigan	7.95
3	Kesseh, Erica	Minnesota-Duluth	8.06
4	Kotajarvi, Lauren	Minnesota-Duluth	8.38
5	Argir, Sammi	St. Scholastica	8.42
6	Monpas, Kendra	Minnesota-Duluth	8.44
7	Knutson, Kaitlyn	Wis.-Superior	8.70
8	John, Silene	Wis.-Superior	8.76

**Women 200 Meter Dash**

Facility: \$ 25.60 2012 Catherine Angeli, Northern Michi  
 Name Year School Finals H#

1	Long, Jenna	Northern Michigan	26.53	1
2	Melom, Sara	Bemidji State	26.89	1
3	Jelassi, Yasmin	Northern Michigan	27.11	2
4	Amundson, Taylor	Minnesota-Duluth	27.38	2
5	Argir, Sammi	St. Scholastica	27.43	1
6	Schommer, Nicole	St. Scholastica	27.75	2
7	Murphy, Faith	Minnesota-Duluth	28.15	3
8	Erickson, Jacquely	Wis.-Superior	28.20	4
8	Meyer, Lorna	Minnesota-Duluth	28.20	3
10	Hebel, Breanna	Minnesota-Duluth	28.62	4
11	Knutson, Kaitlyn	Wis.-Superior	28.65	2
12	Harmston, Rachel	St. Scholastica	28.73	3
13	Kruger, Kelly	Wis.-Superior	29.01	5
14	Monpas, Kendra	Minnesota-Duluth	29.03	3
15	John, Silene	Wis.-Superior	29.11	4
15	Boyhtari, Alissa	Wis.-Superior	29.11	5
17	Marzinske, Daniell	Bethany Lutheran	29.38	4
18	Fosberg, Amanda	Wis.-Superior	30.05	5
19	Hatfield, Kaylee	Wis.-Superior	30.61	5

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20	Shelquist, Liza	Wis.-Superior	31.29	6
21	Arndt, Danielle	Minnesota-Duluth	31.44	6
22	Hirdler, Cheyenne	Wis.-Superior	32.17	6
23	Dambi, Undra	Wis.-Superior	34.80	6

**Women 400 Meter Dash**

Name	Year	School	Finals	H#
1	Huebner, Shayla	Northern Michigan	59.38	1
2	Dutcher, Paige	Northern Michigan	59.94	1
3	Praska, Kelli	Wis.-Superior	1:00.15	1
4	Brzezinski, Daniel	Northern Michigan	1:01.61	2
5	Melom, Sara	Bemidji State	1:02.02	2
6	Amundson, Taylor	Minnesota-Duluth	1:02.66	3
7	Erickson, Jacquely	Wis.-Superior	1:03.57	3
8	Hildebrandt, Lydia	Bethany Lutheran	1:03.64	2
9	Hebel, Breanna	Minnesota-Duluth	1:04.29	4
10	Boyhtari, Alissa	Wis.-Superior	1:04.39	3
11	Rapp, Emily	Bemidji State	1:06.27	2
12	Hirdler, Cheyenne	Wis.-Superior	1:10.01	5
13	Wildauer, Lydia	Bethany Lutheran	1:10.84	4
14	Norris, Kayla	Bethany Lutheran	1:12.03	4
15	Arndt, Danielle	Minnesota-Duluth	1:12.44	5

**Women 600 Meter Run**

Name	Year	School	Finals
Facility: \$ 1:34.83 2/14/2009 Liz Palkie, Minnesota-Dulut			
1	Ruhman, Michaela	Wis.-Superior	1:47.66
2	Kealy, Madison	Bemidji State	1:49.26
3	Lieske, Anna	Bethany Lutheran	1:53.98
4	Berlinger, Jessica	Bethany Lutheran	1:57.51
5	Kloncz, Allisen	Wis.-Superior	2:10.05

**Women 800 Meter Run**

Name	Year	School	Finals	H#
1	Lundgren, Emily	St. Scholastica	2:22.03	1
2	Crummy, Nicole	Bemidji State	2:24.57	1
3	Platt, Brittany	Minnesota-Duluth	2:25.59	1
4	Churchill, Clara	Northern Michigan	2:28.12	1
5	Kaplan, Jacqueline	St. Scholastica	2:28.91	1
6	Brown, Jaylee	Northern Michigan	2:28.95	1
7	Young, Christine	Minnesota-Duluth	2:29.66	2
8	Lonergan, Hannah	Northern Michigan	2:30.34	1
9	Walters, Maddie	Northern Michigan	2:34.86	2
10	Namyst, Emily	St. Scholastica	2:35.44	2
11	Fudge, Lizzie	St. Scholastica	2:37.89	2
12	Paulzine, Sarone	Bemidji State	2:38.12	3
13	Anderson, Amanda	Bemidji State	2:41.58	3
14	Joyal, Taylor	Wis.-Superior	2:44.90	3

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

15	Austin, Jane	Bemidji State	2:48.71	3
16	Wilkie, Kalley	Wis.-Superior	2:48.84	3

**Women 1000 Meter Run**

Facility: \$ 3:01.79 2/11/2012 Becky Carr, Lakehead Univer  
 Name Year School Finals

1	Stuart, Megan	Minnesota-Duluth	3:08.31
2	Borowski, Meghan	Minnesota-Duluth	3:08.70
3	Blonigen, Abigail	St. Scholastica	3:41.26
4	Anderson, Courtney	Bemidji State	4:07.81

**Women 1 Mile Run**

Facility: \$ 5:05.82 2012 Becky Carr, Lakehead  
 Name Year School Finals

1	Praska, Kelli	Wis.-Superior	5:17.70
2	Becker, Kieren	Northern Michigan	5:23.64
3	Lonergan, Hannah	Northern Michigan	5:29.38
4	Pietrzak, Kelly	Northern Michigan	5:31.43
5	Richard, Caitlan	Minnesota-Duluth	5:32.78
6	Erickson, Kali	St. Scholastica	5:38.72
7	Paulzine, Sarone	Bemidji State	5:41.42
8	Carlson, Heidi	St. Scholastica	5:42.70
9	Austin, Jane	Bemidji State	5:54.40
10	Wilkie, Kalley	Wis.-Superior	6:05.89
11	Joyal, Taylor	Wis.-Superior	6:07.66
12	Schild, Sara	Wis.-Superior	6:14.50
13	Anderson, Courtney	Bemidji State	6:44.91
14	Molstad, Brittany	Bethany Lutheran	7:06.40

**Women 3000 Meter Run**

Facility: \$ 9:48.70 12/5/2015 Emilee Trost, Minnesota-Du  
 Name Year School Finals

1	Seidenkranz, Amber	Minnesota-Duluth	10:35.59
2	Seidenkranz, Erica	Minnesota-Duluth	10:36.08
3	Fifarek, Abby	Northern Michigan	10:37.65
4	Johnson, Jordan	St. Scholastica	10:49.88
5	Flynn, Shannon	Northern Michigan	11:00.46
6	Bacon, Phillie	Bemidji State	11:18.26
7	Holt, McKenzie	Minnesota-Duluth	11:33.03
8	Manthey, Alaina	Wis.-Superior	12:01.17
9	Pfannenstiel, Kali	Northern Michigan	12:07.26
10	Huju, Autumn	Bemidji State	12:29.89
11	Schild, Sara	Wis.-Superior	12:32.11
12	Dills, Sam	St. Scholastica	12:46.25

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**Women 5000 Meter Run**

Facility: \$ 16:51.41 2009 Morgan Place, UMD			
Name	Year	School	Finals
1		Hovland, Casey	St. Scholastica 17:39.10
2		Swiderski, Catheri	Northern Michigan 19:48.87
3		Denman, Jolynne	Bemidji State 20:00.57

**Women 60 Meter Hurdles**

Facility: \$ 8.71 2/8/2014 Michelle Ndely, Concordia-St. Pa				
Name	Year	School	Prelims	H#
<b>Preliminaries</b>				
1		Kohlwey, Danielle	Minnesota-Duluth	8.86q 1
2		Kesseh, Erica	Minnesota-Duluth	9.39q 4
3		Ruehl, Svenja	Wis.-Superior	9.40q 2
4		King, Jasmine	Northern Michigan	9.43q 2
5		Mylle, Ine	Northern Michigan	9.49q 3
6		Miller, Chloe	Bemidji State	9.53q 1
7		Chang, Jenny	Northern Michigan	9.57q 1
8		Murphy, Faith	Minnesota-Duluth	9.58q 3
9		Russert, Hannah	St. Scholastica	9.61 4
10		Juergen, Michelle	Northern Michigan	9.66 4
11		Collins, Alex	Minnesota-Duluth	9.70 3
12		Meyer, Lorna	Minnesota-Duluth	9.84 2
13		Rapp, Emily	Bemidji State	9.87 2
14		Benson, Christa	Bemidji State	9.89 4
15		Marzinske, Kari	Bethany Lutheran	10.07 3
16		Potthoff, Avery	Minnesota-Duluth	10.23 4
17		Marzinske, Daniell	Bethany Lutheran	10.36 3
18		Rowe, Valerie	Wis.-Superior	10.37 1
19		Smith, Callie	Minnesota-Duluth	10.44 4
20		Fosberg, Amanda	Wis.-Superior	11.02 2
21		Wetzel, Carsen	Wis.-Superior	11.26 1
22		Lieske, Anna	Bethany Lutheran	12.40 1

**Women 60 Meter Hurdles**

Facility: \$ 8.71 2/8/2014 Michelle Ndely, Concordia-St.			
Name	Year	School	Finals
<b>Finals</b>			
1		Kohlwey, Danielle	Minnesota-Duluth 8.97
2		Kesseh, Erica	Minnesota-Duluth 9.41
3		Ruehl, Svenja	Wis.-Superior 9.55
4		Miller, Chloe	Bemidji State 9.58
5		Murphy, Faith	Minnesota-Duluth 9.71
6		Chang, Jenny	Northern Michigan 9.81
7		King, Jasmine	Northern Michigan 9.85
8		Mylle, Ine	Northern Michigan 10.35

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**Women 4x200 Meter Relay**

Facility: \$ 1:45.53 12/10/2011 Northern Michigan, Northern  
 Howard, Hewitt, White, Angeli

School Finals

- |   |                        |                    |         |
|---|------------------------|--------------------|---------|
| 1 | Wis.-Superior 'A'      |                    | 1:57.20 |
|   | 1) Knutson, Kaitlyn    | 2) John, Silene    |         |
|   | 3) Hirdler, Cheyenne   | 4) Shelquist, Liza |         |
| 2 | Wis.-Superior 'B'      |                    | 2:00.15 |
|   | 1) Erickson, Jacquelyn | 2) Rowe, Valerie   |         |
|   | 3) Hatfield, Kaylee    | 4) Wetzell, Carsen |         |

**Women 4x400 Meter Relay**

Facility: \$ 4:02.44 12/4/2010 Northern Michigan, Northern  
 School Finals

- |    |                         |                       |           |
|----|-------------------------|-----------------------|-----------|
| 1  | Northern Michigan 'A'   |                       | 4:01.65\$ |
|    | 1) Brzezinski, Danielle | 2) Dutcher, Paige     |           |
|    | 3) Becker, Kieren       | 4) Huebner, Shayla    |           |
| 2  | St. Scholastica 'A'     |                       | 4:12.92   |
|    | 1) Shofner, Breanna     | 2) Schommer, Nicole   |           |
|    | 3) Gibson, Taylor       | 4) Lundgren, Emily    |           |
| 3  | Bemidji State 'A'       |                       | 4:17.98   |
|    | 1) Crummy, Nicole       | 2) Melom, Sara        |           |
|    | 3) Anderson, Nikki      | 4) Kealy, Madison     |           |
| 4  | Minnesota-Duluth 'A'    |                       | 4:20.17   |
|    | 1) Platt, Brittany      | 2) Stuart, Megan      |           |
|    | 3) Young, Christine     | 4) Borowski, Meghan   |           |
| 5  | Wis.-Superior 'A'       |                       | 4:21.52   |
|    | 1) Rowe, Valerie        | 2) Joyal, Taylor      |           |
|    | 3) Ruhman, Michaela     | 4) Praska, Kelli      |           |
| 6  | Bethany Lutheran 'A'    |                       | 4:35.26   |
|    | 1) Hildebrandt, Lydia   | 2) Lieske, Anna       |           |
|    | 3) Norris, Kayla        | 4) Berlinger, Jessica |           |
| -- | St. Scholastica 'B'     |                       | DNF       |
|    | 1) Harmston, Rachel     | 2) Fudge, Lizzie      |           |
|    | 3) Kaplan, Jacqueline   | 4) Namyst, Emily      |           |

**Women Distance Medley**

School Finals

- |   |                       |                    |          |
|---|-----------------------|--------------------|----------|
| 1 | Minnesota-Duluth 'A'  |                    | 11:43.32 |
|   | 1) Colbenson, Breanna | 2) Hesse, Michaela |          |
|   | 3) Olson, Hannah      | 4) Trost, Emilee   |          |
| 2 | Northern Michigan 'A' |                    | 13:26.14 |
|   | 1) Walters, Maddie    | 2) Long, Jenna     |          |
|   | 3) Churchill, Clara   | 4) Brown, Jaylee   |          |

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**Women High Jump**

=====				
Facility: \$ 1.73m 12/4/2015 Jess Herauf, Minnesota				
Name	Year	School	Finals	
=====				
1		Christianson, Nico	St. Scholastica	1.65m 5-05.00
	1.50	1.55	1.60	1.65 1.70
	XXO	O	O	XO XXX
2		Juergen, Michelle	Northern Michigan	1.60m 5-03.00
	1.55	1.60	1.65	
	O	XO	XXX	
3		Collins, Alex	Minnesota-Duluth	1.50m 4-11.00
	1.40	1.45	1.50	1.55
	O	O	O	XXX
4		Fentem, Hailey	St. Scholastica	1.45m 4-09.00
	1.35	1.40	1.45	1.50
	O	O	O	XXX
4		Gibson-Treptow, Em	Wis.-Superior	1.45m 4-09.00
	1.40	1.45	1.50	
	O	O	XXX	
6		Marzinske, Kari	Bethany Lutheran	1.40m 4-07.00
	1.35	1.40	1.45	
	O	O	XXX	
7		Molstad, Brittany	Bethany Lutheran	1.40m 4-07.00
	1.30	1.35	1.40	1.45
	O	O	XO	XXX
7		Marzinske, Daniell	Bethany Lutheran	1.40m 4-07.00
	1.30	1.35	1.40	1.45
	O	O	XO	XXX
9		Lauderbaugh, Tori	Bemidji State	1.40m 4-07.00
	1.25	1.30	1.35	1.40 1.45
	O	O	O	XXO XXX
10		Wetzel, Carsen	Wis.-Superior	1.40m 4-07.00
	1.30	1.35	1.40	1.45
	O	XO	XXO	XXX
11		Hale, Samantha	Wis.-Superior	1.35m 4-05.00
	1.25	1.30	1.35	1.40
	O	XO	O	XXX
12		Wildauer, Lydia	Bethany Lutheran	1.30m 4-03.25
	1.25	1.30	1.35	
	O	XO	XXX	
--		Potthoff, Avery	Minnesota-Duluth	NH
	1.25			
	XXX			

**Women Pole Vault**

=====				
Facility: \$ 3.80m 2015 Ester Jandrich, Concordia-St. Paul				
Name	Year	School	Finals	
=====				
1		LeBlanc, Rachele	Minnesota-Duluth	3.15m 10-04.00
	3.00	3.15	3.30	
	XO	O	XXX	
1		Roetering, Kathari	St. Scholastica	3.15m 10-04.00
	2.85	3.00	3.15	3.30
	XO	XO	XO	XXX

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**....Women Pole Vault**

3	Spang, Courtney	Minnesota-Duluth	3.00m	9-10.00
	2.85 3.00 3.15			
	XO O XXX			
4	Rowe, Valerie	Wis.-Superior	2.70m	8-10.25
	2.55 2.70 2.85			
	O XO XXX			
5	Lieske, Anna	Bethany Lutheran	2.55m	8-04.25
	1.95 2.10 2.25 2.40 2.55 2.70			
	XXO O O XO XXO XXX			
6	Shelquist, Liza	Wis.-Superior	2.25m	7-04.50
	1.80 1.95 2.10 2.25 2.40			
	O XO O XO XXX			

**Women Long Jump**

=====						
Facility: \$ 6.06m 12/4/2015 Jess Harauf, Minnesota						
Name	Year	School	Finals			
=====						
1	Ruehl, Svenja	Wis.-Superior	5.46m	17-11.00		
	5.39m 4.98m 5.23m 5.06m		5.46m	FOUL		
2	Juergen, Michelle	Northern Michigan	5.39m	17-08.25		
	5.39m PASS PASS 5.24m		FOUL 5.28m			
3	Brunner, Elizabeth	Minnesota-Duluth	5.29m	17-04.25		
	5.29m 5.24m 4.98m PASS		PASS PASS			
4	Schrader, Sarah	Minnesota-Duluth	5.17m	16-11.50		
	5.17m 5.00m 5.03m 4.67m		FOUL 4.70m			
5	Hawkinson, Katie	Minnesota-Duluth	5.14m	16-10.50		
	FOUL FOUL 5.13m 4.75m		4.78m 5.14m			
6	Sevila, Emeline	Bemidji State	5.08m	16-08.00		
	4.94m 5.08m 5.08m FOUL		PASS PASS			
7	Kotajarvi, Lauren	Minnesota-Duluth	5.07m	16-07.75		
	4.83m 4.89m 4.79m 4.85m		4.77m 5.07m			
8	Miller, Chloe	Bemidji State	4.87m	15-11.75		
	4.74m 4.79m 4.87m PASS		PASS PASS			
9	Chang, Jenny	Northern Michigan	4.79m	15-08.75		
	4.79m 4.60m FOUL 4.56m		4.49m 4.59m			
10	Collins, Alex	Minnesota-Duluth	4.72m	15-06.00		
	4.72m 4.55m FOUL					
11	Marzinske, Kari	Bethany Lutheran	4.62m	15-02.00		
	4.62m FOUL 4.56m					
12	Franklin, Hailey	Minnesota-Duluth	4.52m	14-10.00		
	4.52m 4.25m 4.47m					
13	Marzinske, Daniell	Bethany Lutheran	4.25m	13-11.50		
	4.25m 4.23m 4.21m					
14	Benson, Christa	Bemidji State	4.17m	13-08.25		
	3.89m 4.17m 4.15m					
--	Norris, Kayla	Bethany Lutheran	FOUL			
	FOUL FOUL FOUL					

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**Women Triple Jump**

Facility: \$ 11.89m 2011 Bailey Franklin, Northern Michigan								
Name	Year	School						Finals
1	Brunner, Elizabeth	Minnesota-Duluth						11.35m 37-03.00
	FOUL 11.27m 11.20m 11.35m 11.34m 11.17m							
2	Hawkinson, Katie	Minnesota-Duluth						11.06m 36-03.50
	10.52m 10.86m 11.06m 10.93m 11.02m 10.42m							
3	Mylle, Ine	Northern Michigan						10.92m 35-10.00
	10.92m 10.89m PASS PASS PASS PASS							
4	Christianson, Nico	St. Scholastica						10.39m 34-01.25
	10.39m FOUL 10.37m 10.36m 10.24m 10.11m							
5	Schrader, Sarah	Minnesota-Duluth						10.36m 34-00.00
	10.00m 10.02m 10.19m 10.36m FOUL FOUL							
6	Roetering, Kathari	St. Scholastica						10.02m 32-10.50
	9.86m 9.63m 9.85m 9.84m 10.02m FOUL							
7	Lieske, Anna	Bethany Lutheran						9.80m 32-02.00
	9.65m FOUL 9.52m 9.70m FOUL 9.80m							
8	Franklin, Hailey	Minnesota-Duluth						9.73m 31-11.25
	9.72m FOUL 9.73m 9.43m 9.55m PASS							
9	Wildauer, Lydia	Bethany Lutheran						9.52m 31-03.00
	7.79m 8.81m 8.67m 8.45m 9.02m 9.52m							
10	Molstad, Brittany	Bethany Lutheran						8.55m 28-00.75
	8.55m 8.37m 7.86m							
11	Rieffer, Amanda	St. Scholastica						8.32m 27-03.75
	FOUL FOUL 8.32m							

**Women Shot Put**

Facility: \$ 14.74m 2/16/2008 Sheena Devine, Bemidji State Universit								
Name	Year	School						Finals
1	Conley, Emily	St. Scholastica						12.01m 39-05.00
	12.01m 11.65m 11.40m 11.30m 11.24m 11.86m							
2	Williams, Jasmine	Northern Michigan						11.84m 38-10.25
	11.84m FOUL 11.48m 11.03m 11.44m 11.29m							
3	Phillips, Taylor	Wis.-Superior						11.80m 38-08.75
	11.31m FOUL 11.04m 10.78m 11.18m 11.80m							
4	Brewster, Ciara	Bemidji State						11.48m 37-08.00
	11.08m FOUL 11.04m 11.06m 11.48m FOUL							
5	Shove, Dana	Northern Michigan						11.47m 37-07.75
	11.47m 10.71m 10.98m 11.01m 11.02m 11.43m							
6	Kingsley, Lydia	Minnesota-Duluth						11.40m 37-05.00
	10.58m 11.40m 10.17m 10.33m 10.72m FOUL							
7	Velde, Samantha	Bemidji State						10.19m 33-05.25
	10.10m 9.04m 10.19m 10.09m 9.51m FOUL							
8	Russert, Hannah	St. Scholastica						10.00m 32-09.75
	9.90m 9.70m 9.98m FOUL 8.95m 10.00m							
9	Sevila, Emeline	Bemidji State						9.54m 31-03.75
	8.43m 9.54m 9.40m							
10	Christianson, Kait	Bemidji State						9.51m 31-02.50
	9.51m 8.91m FOUL							
11	Ryan, Courtney	Minnesota-Duluth						9.36m 30-08.50
	9.36m FOUL FOUL							

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**....Women Shot Put**

12	Tobeck, Samara	Bemidji State	9.20m	30-02.25
	8.90m 9.20m 8.18m			
13	Buck, Rachel	Minnesota-Duluth	8.89m	29-02.00
	8.89m 8.39m 8.15m			
14	Milless, Marissa	Bethany Lutheran	8.80m	28-10.50
	8.80m 8.41m 8.42m			
15	Stewart, Lindsey	Bethany Lutheran	8.79m	28-10.25
	8.66m 8.79m 8.26m			
16	LaFontaine, Tiffan	Wis.-Superior	8.60m	28-02.75
	8.60m 7.42m 8.54m			
17	Pate, Carla	Northern Michigan	8.47m	27-09.50
	7.89m 7.92m 8.47m			
18	Sedlack, Mackenzie	Minnesota-Duluth	8.44m	27-08.25
	7.64m 7.89m 8.44m			
19	Grube, Regan	Bemidji State	8.25m	27-01.00
	7.73m 8.25m FOUL			
20	Marzinske, Kari	Bethany Lutheran	7.98m	26-02.25
	6.33m 7.06m 7.98m			
21	Emmons, Arianna	Bethany Lutheran	7.90m	25-11.00
	7.59m 7.90m 7.84m			
22	Potthoff, Avery	Minnesota-Duluth	7.59m	24-11.00
	6.27m 7.19m 7.59m			
23	Thune, Mary Pat	Minnesota-Duluth	7.31m	23-11.75
	6.83m 7.00m 7.31m			
24	Sherrard, Tanya	Bethany Lutheran	7.00m	22-11.75
	7.00m 6.85m 6.48m			
--	Igboh, Bariture	Minnesota-Duluth	FOUL	
	FOUL FOUL FOUL			

**Women Weight Throw**

Facility: \$ 17.58m 12/5/2015 Jasmine Williams, Northern Mic

Name Year School Finals

1	Kingsley, Lydia	Minnesota-Duluth	15.85m	52-00.00
	FOUL FOUL 15.54m FOUL 15.17m 15.85m			
2	Johnson, Samantha	Northern Michigan	15.13m	49-07.75
	15.07m 14.78m 14.20m 15.13m FOUL 15.08m			
3	Ryan, Courtney	Minnesota-Duluth	13.31m	43-08.00
	FOUL 12.42m 12.56m 12.82m 13.31m FOUL			
4	Velde, Samantha	Bemidji State	13.23m	43-05.00
	FOUL 12.85m 13.23m FOUL 12.44m 12.82m			
5	Tobeck, Samara	Bemidji State	12.73m	41-09.25
	FOUL 12.54m FOUL 12.71m 12.73m FOUL			
6	Brewster, Ciara	Bemidji State	12.70m	41-08.00
	12.70m FOUL FOUL FOUL FOUL FOUL			
7	Buck, Rachel	Minnesota-Duluth	12.50m	41-00.25
	12.50m 12.02m 12.00m 11.47m 11.97m FOUL			
8	Igboh, Bariture	Minnesota-Duluth	12.15m	39-10.50
	FOUL 12.15m 11.55m FOUL FOUL 11.43m			
9	Grube, Regan	Bemidji State	11.67m	38-03.50
	11.30m 11.10m 11.67m			
10	Christianson, Kait	Bemidji State	11.20m	36-09.00
	10.00m 11.20m 10.80m			

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**....Women Weight Throw**

11	Conley, Emily	St. Scholastica	11.02m	36-02.00
	10.25m 10.51m 11.02m			
12	Phillips, Taylor	Wis.-Superior	10.97m	36-00.00
	FOUL 10.50m 10.97m			
13	Pate, Carla	Northern Michigan	10.32m	33-10.25
	9.30m 10.32m 9.34m			
14	Stewart, Lindsey	Bethany Lutheran	9.59m	31-05.75
	FOUL 9.59m FOUL			
15	O'Neil, Molly	Bemidji State	8.88m	29-01.75
	FOUL 7.31m 8.88m			
16	LaFontaine, Tiffan	Wis.-Superior	8.44m	27-08.25
	7.91m FOUL 8.44m			
17	Milless, Marissa	Bethany Lutheran	7.86m	25-09.50
	7.85m FOUL 7.86m			
18	Emmons, Arianna	Bethany Lutheran	7.16m	23-06.00
	FOUL FOUL 7.16m			
19	Thune, Mary Pat	Minnesota-Duluth	6.98m	22-11.00
	FOUL 6.98m FOUL			
--	Sedlack, Mackenzie	Minnesota-Duluth	FOUL	
	FOUL FOUL FOUL			
--	Williams, Jasmine	Northern Michigan	FOUL	
	FOUL FOUL FOUL			

**Men 60 Meter Dash**

=====  
 Facility: \$ 6.91 12/8/2012 Quinn Parnell, Copper County Tra  
 Name Year School Prelims H#  
 =====

Preliminaries

1	Kabanuk, Kyle	Minnesota-Duluth	7.35q	2
2	Harris, Kevin	Bethany Lutheran	7.38q	2
3	Emlaw, Mark	Minnesota-Duluth	7.40q	1
4	Dzikonksi, Alex	Wis.-Superior	7.48q	1
5	Reeves, Casey	Minnesota-Duluth	7.50q	2 7.493
6	Hermanstorfer, Dyl	St. Scholastica	7.50q	2 7.496
7	Larson, Noah	Bethany Lutheran	7.55q	1
8	Murphy, Patrick	St. Scholastica	7.63q	1
9	Olinger, Joseph	Wis.-Superior	7.65	1
10	Johnson, Derek	Bethany Lutheran	7.69	2
11	Wilkerson, Kyle	Wis.-Superior	7.74	2
12	LaBore, Brett	Bethany Lutheran	8.07	1
13	Overn, Jon	Bethany Lutheran	8.58	1

**Men 60 Meter Dash**

=====  
 Facility: \$ 6.91 12/8/2012 Quinn Parnell, Copper County  
 Name Year School Finals  
 =====

Finals

1	Emlaw, Mark	Minnesota-Duluth	7.31
2	Harris, Kevin	Bethany Lutheran	7.37 7.361
3	Kabanuk, Kyle	Minnesota-Duluth	7.37 7.365
4	Reeves, Casey	Minnesota-Duluth	7.42
5	Dzikonksi, Alex	Wis.-Superior	7.48

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**Results - Meet**

**....Men 60 Meter Dash**

6	Hermanstorfer, Dyl	St. Scholastica	7.49
7	Larson, Noah	Bethany Lutheran	7.53

**Men 200 Meter Dash**

=====				
Facility: \$ 22.47		2012	Carmono Lane, Unattached	
Name	Year	School	Finals	H#
=====				
1	Behm, Connor	Minnesota-Duluth	23.13	1
2	Harris, Kevin	Bethany Lutheran	23.17	2
3	Jinkins, Kenneth	St. Scholastica	23.24	1
4	Naumann, Michael	St. Scholastica	23.49	2
5	Fathie, Alexander	Wis.-Superior	23.63	2
6	Dzikonksi, Alex	Wis.-Superior	23.79	3
7	Kabanuk, Kyle	Minnesota-Duluth	23.95	4
8	Egelkraut, Aaron	St. Scholastica	24.08	5
9	Emlaw, Mark	Minnesota-Duluth	24.26	1
10	Reeves, Casey	Minnesota-Duluth	24.32	4
11	Beck, Kyle	St. Scholastica	24.40	3
12	Olinger, Joseph	Wis.-Superior	24.48	4
13	Rubeck, Logan	Minnesota-Duluth	24.57	4
14	Larson, Noah	Bethany Lutheran	24.73	3
15	Wilkerson, Kyle	Wis.-Superior	24.75	5
16	Potratz, Noah	Wis.-Superior	24.82	5
17	Cerar, Frank	St. Scholastica	25.07	3
18	Lind, Andrew	Minnesota-Duluth	25.43	6
19	Welty, Nathan	Wis.-Superior	25.55	5
20	LaBore, Brett	Bethany Lutheran	26.42	4
21	Zielke, Gabe	Wis.-Superior	26.47	6
22	Soto, Ernesto	Wis.-Superior	27.30	6
23	Overn, Jon	Bethany Lutheran	28.56	6

**Men 400 Meter Dash**

=====				
Name	Year	School	Finals	H#
=====				
1	Deluca, Frank	Minnesota-Duluth	51.04	1
2	Behm, Connor	Minnesota-Duluth	51.90	1
3	Fathie, Alexander	Wis.-Superior	52.37	2
4	Benz, Garrett	Minnesota-Duluth	52.54	2
5	Carlson, Austin	Minnesota-Duluth	52.55	2
6	Wagner, Kevin	St. Scholastica	52.64	1
7	Verchota, Bobby	St. Scholastica	54.96	4
8	Peterson, Aaron	Wis.-Superior	55.55	3
9	Bieri, Rand	Wis.-Superior	56.13	3
10	Cerar, Frank	St. Scholastica	56.38	3
11	Potratz, Noah	Wis.-Superior	56.98	4
12	Staat, Isaac	Wis.-Superior	57.58	4
13	Soto, Ernesto	Wis.-Superior	1:02.11	4

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**Results - Meet**

**Men 500 Meter Dash**

Name	Year School	Finals
1 Comer, Nathan	Minnesota-Duluth	1:08.55
2 Prince, Stefan	Bethany Lutheran	1:08.87
3 Tolkinen, Ryan	Minnesota-Duluth	1:09.56
4 Gracia, Mason	St. Scholastica	1:09.69
5 Langworthy, Zeth	Minnesota-Duluth	1:09.84

**Men 1000 Meter Run**

Name	Year School	Finals
Facility: \$ 2:30.88 2/13/2010 Alastair Brown, Lakehead Un		
1 Peterson, Josh	Minnesota-Duluth	2:35.20
2 Hanson, Ben	Minnesota-Duluth	2:36.24
3 McKenzie, Luke	St. Scholastica	2:37.49
4 Braack, Boston	Minnesota-Duluth	2:39.35
5 Armbruster, Adam	Minnesota-Duluth	2:42.25
6 Naughton, Alex	Minnesota-Duluth	2:42.28
7 Erickson, Joey	Minnesota-Duluth	2:42.99

**Men 1 Mile Run**

Name	Year School	Finals
Facility: \$ 4:16.72 12/7/2013 Cole Toepfer, Minnesota-Dul		
1 Sedbrook, Cody	Minnesota-Duluth	4:26.03
2 Jessen, Henry	Minnesota-Duluth	4:26.21
3 Koski, Jordan	Wis.-Superior	4:37.50
4 Foss, Easton	St. Scholastica	4:39.87
5 Avenson, Jake	Minnesota-Duluth	4:45.04
6 Martin, Edward	Wis.-Superior	4:56.37
7 Pearson, Josh	St. Scholastica	5:04.71
8 Lovrien, James	St. Scholastica	5:21.25

**Men 3000 Meter Run**

Name	Year School	Finals
Facility: \$ 8:30.43 2010 Ben Sathre		
1 Overmyer, Isaac	Minnesota-Duluth	9:07.57
2 Gallagher, Jacob	St. Scholastica	9:09.37
3 Lawson, Nick	Minnesota-Duluth	9:21.32
4 Sachs, Gage	Minnesota-Duluth	9:32.30
5 Mazurek, Zachary	Wis.-Superior	10:02.90
6 Nemec, Nicholas	Wis.-Superior	10:53.37

**Men 5000 Meter Run**

Name	Year School	Finals
1 Anderson, Blake	Minnesota-Duluth	16:22.38
2 Hare, Seth	Minnesota-Duluth	16:31.27
3 Maki, Bennett	Minnesota-Duluth	16:42.68

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**Men 60 Meter Hurdles**

Facility: \$ 8.23			
Name	Year	School	Prelims
Preliminaries			
1		Ryan, James	Minnesota-Duluth 8.44q
2		Jinkins, Kenneth	St. Scholastica 8.86q
3		Rubeck, Logan	Minnesota-Duluth 9.13q
4		Egelkraut, Aaron	St. Scholastica 9.20q
5		Lind, Andrew	Minnesota-Duluth 9.51q

**Men 60 Meter Hurdles**

Facility: \$ 8.23			
Name	Year	School	Finals
Finals			
1		Ryan, James	Minnesota-Duluth 8.45
2		Jinkins, Kenneth	St. Scholastica 8.56
3		Egelkraut, Aaron	St. Scholastica 9.00
4		Rubeck, Logan	Minnesota-Duluth 9.12
5		Lind, Andrew	Minnesota-Duluth 9.47

**Men 4x200 Meter Relay**

Facility: \$ 1:32.81 2/25/2012 St. Scholastica, St. Schola			
School	Year	School	Finals
J Hanson, S Milon, R Guentzel, S Perry			
1	Minnesota-Duluth	'A'	1:33.66
	1) Carlson, Austin	2) Benz, Garrett	
	3) Deluca, Frank	4) Behm, Connor	
2	Wis.-Superior	'A'	1:37.93
	1) Olinger, Joseph	2) Wilkerson, Kyle	
	3) Peterson, Aaron	4) Fathie, Alexander	

**Men 4x400 Meter Relay**

Facility: \$ 3:24.92 2008 UMD, UMD			
School	Year	School	Finals
1	Minnesota-Duluth	'A'	3:31.08
	1) Tolkinen, Ryan	2) Langworthy, Zeth	
	3) Comer, Nathan	4) Carlson, Austin	
2	St. Scholastica	'A'	3:31.34
	1) Cerar, Frank	2) Egelkraut, Aaron	
	3) Gracia, Mason	4) Jinkins, Kenneth	
3	Minnesota-Duluth	'B'	3:36.66
	1) Peterson, Josh	2) Hanson, Ben	
	3) Braack, Boston	4) Armbruster, Adam	
4	Bethany Lutheran	'A'	3:38.07
	1) Prince, Stefan	2) Larson, Noah	
	3) Hahn, Luke	4) Grove, Josh	
5	Wis.-Superior	'A'	3:41.15
	1) Staat, Isaac	2) Dzikonksi, Alex	

**Lake Superior Challenge - 2/6/2016**  
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**Results - Meet**

**....Men 4x400 Meter Relay**

3) Bieri, Rand

4) Peterson, Aaron

**Men Distance Medley**

School	Finals
1 Minnesota-Duluth 'A'	11:21.65
1) Peterson, Josh	2) Comer, Nathan
3) Hanson, Ben	4) Sachs, Gage

**Men High Jump**

Facility: \$ 2.06m 12/5/2015 Jason Lilja, Minnesota-Du				
Name	Year	School	Finals	
1 Lilja, Jason		Minnesota-Duluth	1.95m	6-04.75
1.95 2.00				
XO XXX				
2 Lind, Andrew		Minnesota-Duluth	1.80m	5-10.75
1.70 1.75 1.80 1.85				
O XXO O XXX				
3 Haberman, Henry		Wis.-Superior	1.75m	5-08.75
1.70 1.75 1.80				
O XO XXX				
4 Izaki, Keishin		Wis.-Superior	1.65m	5-05.00
1.65 1.70				
O XXX				
-- Welty, Nathan		Wis.-Superior	NH	
1.70				
XXX				

**Men Pole Vault**

Facility: \$ 4.73m				
Name	Year	School	Finals	
1 Timm, Chris		Minnesota-Duluth	4.25m	13-11.25
3.95 4.10 4.25 4.40				
O O XO XXX				
2 Modderman-Anderson		Wis.-Superior	3.95m	12-11.50
3.65 3.80 3.95 4.10				
O O XO XXX				
3 Petersen, Jess		Minnesota-Duluth	3.80m	12-05.50
3.80 3.95				
O XXX				
4 Hahn, Luke		Bethany Lutheran	3.20m	10-06.00
2.45 2.60 2.75 2.90 3.05 3.20 3.35				
O O O XXO XO XXO XXX				

**Lake Superior Challenge - 2/6/2016**  
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**Results - Meet**

**Men Long Jump**

-----								
Facility: \$ 7.44m								
Name	Year	School						Finals
-----								
1	Lilja, Jason	Minnesota-Duluth						6.58m 21-07.25
	FOUL	FOUL	6.58m	6.27m	PASS	PASS		
2	Kabanuk, Kyle	Minnesota-Duluth						6.43m 21-01.25
	6.35m	6.43m	6.19m	6.13m	6.19m	6.33m		
3	Emlaw, Mark	Minnesota-Duluth						6.39m 20-11.75
	6.39m	6.33m	FOUL	FOUL	FOUL	FOUL		
4	Ryan, James	Minnesota-Duluth						6.31m 20-08.50
	6.30m	6.28m	6.31m	5.97m	6.04m	6.19m		
5	Tolkinen, Ryan	Minnesota-Duluth						6.28m 20-07.25
	5.94m	5.98m	6.28m	5.73m	5.82m	5.84m		
6	Langworthy, Zeth	Minnesota-Duluth						6.11m 20-00.50
	6.00m	6.11m	5.81m	5.52m	5.48m	5.88m		
7	Dzikonksi, Alex	Wis.-Superior						5.98m 19-07.50
	FOUL	5.63m	5.85m	FOUL	5.10m	5.98m		
8	Reeves, Casey	Minnesota-Duluth						5.97m 19-07.00
	5.97m	5.85m	5.97m	FOUL	FOUL	5.48m		
9	Rubeck, Logan	Minnesota-Duluth						5.73m 18-09.75
	5.52m	FOUL	5.73m	5.72m	5.65m	5.70m		
10	Haberman, Henry	Wis.-Superior						5.69m 18-08.00
	5.50m	5.44m	5.69m					
11	Murphy, Patrick	St. Scholastica						5.63m 18-05.75
	5.63m	5.37m	FOUL					
12	Hermanstorfer, Dyl	St. Scholastica						5.50m 18-00.50
	5.46m	5.49m	5.50m					
13	Izaki, Keishin	Wis.-Superior						5.08m 16-08.00
	5.08m	4.94m	5.08m					
14	Olinger, Joseph	Wis.-Superior						4.95m 16-03.00
	4.95m	4.60m	4.73m					
15	LaBore, Brett	Bethany Lutheran						4.33m 14-02.50
	4.33m	FOUL	4.26m					
--	Myran, Zachary	Wis.-Superior						FOUL
	FOUL	FOUL	FOUL					

**Men Triple Jump**

-----								
Facility: \$ 13.79m 2011 Billy Visto, UMD								
Name	Year	School						Finals
-----								
1	Reeves, Casey	Minnesota-Duluth						13.05m 42-09.75
	FOUL	12.72m	12.25m	13.05m	13.04m	12.61m		
2	Vieau, Zach	Minnesota-Duluth						12.50m 41-00.25
	12.28m	FOUL	12.50m	FOUL	FOUL	FOUL		
3	Haberman, Henry	Wis.-Superior						10.72m 35-02.00
	10.72m	10.61m	10.70m	PASS	PASS	PASS		
4	Myran, Zachary	Wis.-Superior						10.14m 33-03.25
	FOUL	FOUL	10.14m	FOUL	FOUL	FOUL		

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**Men Shot Put**

Facility: \$ 17.81m								
Name	Year	School						Finals
1	Udenberg, Thomas	Wis.-Superior						16.07m 52-08.75
	15.13m FOUL	16.07m	15.16m	FOUL	FOUL			
2	Peterson, Jeremy	St. Scholastica						14.74m 48-04.50
	13.11m	14.27m	14.72m	14.38m	FOUL	14.74m		
3	Jablon, Joshua	Bethany Lutheran						13.77m 45-02.25
	FOUL	13.77m	FOUL	13.42m	13.70m	FOUL		
4	Willette, Anthony	Wis.-Superior						13.27m 43-06.50
	FOUL	12.93m	FOUL	13.27m	FOUL	FOUL		
5	Wilson, Kern	Minnesota-Duluth						12.50m 41-00.25
	12.42m	FOUL	12.50m	FOUL	11.83m	FOUL		
6	Thode, Tanner	Minnesota-Duluth						12.31m 40-04.75
	FOUL	FOUL	12.31m	FOUL	FOUL	FOUL		
7	Wirtz, Fauston	Wis.-Superior						11.84m 38-10.25
	10.02m	10.57m	11.84m	11.07m	11.40m	10.68m		
8	Alexandrou, Elias	Wis.-Superior						11.73m 38-06.00
	11.73m	11.42m	FOUL	FOUL	FOUL	FOUL		
9	Pillath, Christian	Wis.-Superior						11.62m 38-01.50
	FOUL	11.62m	FOUL					
10	Kennedy, Kyler	Minnesota-Duluth						11.09m 36-04.75
	11.09m	10.95m	FOUL					
11	Fleming, Thomas	Wis.-Superior						11.00m 36-01.25
	11.00m	FOUL	9.84m					
12	Kost, Nick	Bethany Lutheran						8.15m 26-09.00
	7.71m	8.06m	8.15m					

**Men Weight Throw**

Facility: \$ 18.41m 2/25/2012 Taylor Gish, Northwestern								
Name	Year	School						Finals
1	Lee, Brian	Minnesota-Duluth						18.15m 59-06.75
	18.15m	FOUL	FOUL	FOUL	FOUL	FOUL		
2	Peterson, Jeremy	St. Scholastica						17.25m 56-07.25
	FOUL	16.98m	17.25m	FOUL	FOUL	16.74m		
3	Fleming, Thomas	Wis.-Superior						16.56m 54-04.00
	15.23m	15.32m	16.56m	15.60m	15.59m	15.94m		
4	Wilson, Kern	Minnesota-Duluth						16.01m 52-06.50
	16.01m	15.72m	15.86m	FOUL	FOUL	FOUL		
5	Udenberg, Thomas	Wis.-Superior						15.59m 51-01.75
	15.24m	15.59m	FOUL	14.42m	FOUL			
6	Pillath, Christian	Wis.-Superior						15.45m 50-08.25
	14.68m	13.93m	15.12m	FOUL	15.45m	FOUL		
7	Willette, Anthony	Wis.-Superior						15.25m 50-00.50
	13.61m	FOUL	FOUL	FOUL	14.48m	15.25m		
8	Kennedy, Kyler	Minnesota-Duluth						12.84m 42-01.50
	12.29m	FOUL	FOUL	FOUL	12.84m	FOUL		
9	Hahn, Luke	Bethany Lutheran						11.75m 38-06.75
	11.75m	11.13m	11.69m					
10	Wirtz, Fauston	Wis.-Superior						11.58m 38-00.00
	11.40m	11.58m	FOUL					

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**....Men Weight Throw**

11	Alexandrou, Elias	Wis.-Superior	11.15m	36-07.00
	10.42m FOUL 11.15m			
12	Thode, Tanner	Minnesota-Duluth	9.90m	32-05.75
	9.90m FOUL FOUL			
13	Kost, Nick	Bethany Lutheran	7.29m	23-11.00
	FOUL 6.61m 7.29m			