

Holst Invitational - 4/12/2014
Concordia St. Paul
Results - Invitational

Event 2 Men 4x100 Meter Relay

Holst: 42.08 ! 2010 Concordia St Paul, Conc. St. Paul
Facility: 42.08 \$ 4/28/2010 J Pimental, D Zeon, R Spence, D Gilmer
 Concordia St Paul, Conc. St. Paul
 J Pimental, D Zeon, R Spence, D Gilmer

Team	Relay	Finals
Finals		
1 St. Cloud State	A	45.09
2 Michigan Tech	A	45.52

Event 3 Women 4x100 Meter Relay

Holst: 48.09 ! 2010 St. Thomas, St. Thomas
Facility: 48.09 \$ 4/28/2010 St. Thomas, St. Thomas

Team	Relay	Finals
Finals		
1 St. Cloud State	A	50.96
2 Augsburg	A	50.98
3 St. Catherine	A	52.13
4 Michigan Tech	A	53.67

Event 1 Men 3000 Meter Steeplechase

Holst: 9:43.66 ! 2010 Scott Egeberg, Mn St Moorhead
Facility: 9:43.66 \$ 4/28/2010 Scott Egeberg, Mn St Moorhead

Name	School	Finals
Finals		
1 Smith, Josh	Concordia-St. Paul	9:52.18

Event 4 Women 3000 Meter Steeplechase

Holst: 11:13.10 ! 2010 Danielle Thompson, Mn St Moorhead
Facility: 11:13.10 \$ 4/28/2010 Danielle Thompson, Mn St Moorhead

Name	School	Finals
Finals		
1 Strickland, Shannon	St. Catherine	13:00.05
2 Ruschmeier, Sarah	Minnesota-Duluth	14:06.15

Event 7 Men 110 Meter Hurdles

Holst: 14.80 ! 2010 Laquone Robinson, Mn St Moorhead
Facility: 14.66 \$ 5/2/2012 Alex Migit, Minnesota

Name	School	Prelims	Wind	H#
Preliminaries				
1 Holcomb, Ben	Minnesota	15.09 q	1.5	1
2 Bachinski, Nick	Minnesota	15.88 q	1.5	1
3 Mooney, Matt	St. Cloud State	16.15 q	1.4	2
4 McGrath, Shane	Michigan Tech	16.21 q	1.5	1
5 Witcher, Myles	St. Cloud State	16.22 q	1.4	2
6 Wohlenhaus, Connor	Northwestern (Minn.)	17.02 q	1.5	1
7 Weber, Dan	St. Cloud State	17.94 q	1.5	1

Holst Invitational - 4/12/2014**Concordia St. Paul****Results - Invitational****Event 8 Women 100 Meter Hurdles****Holst: 15.25 ! 4/21/2012 Ashley Larva, Bemidji Stat****Facility: 15.25 \$ 4/21/2012 Ashley Larva, Bemidji Stat**

Name	School	Prelims	Wind	H#
Preliminaries				
1 Miller Koch, Heather	Cptc New Balance	\$ 15.07 q	0.6	2
2 Carpenter, Simone	Macalester	16.85 q	+0.0	1
3 Howe, Emily	Northwestern (Minn.)	17.52 q	+0.0	1
4 Bourne, Heather	Macalester	17.80 q	+0.0	1
5 Young, Erica	Concordia-St. Paul	17.89 q	0.6	2
6 Ackley, Ashleigh	St. Catherine	17.96 q	0.6	2
7 Syrkin-Nikolau, Judy	Macalester	18.31 q	0.6	2
8 Muegge, Jule	St. Catherine	18.52 q	+0.0	1
9 Mason, Kai	Augsburg	18.54	0.6	2
10 Dabroski, Carly	Minnesota-Duluth	19.17	0.6	2

Event 11 Men 100 Meter Dash**Holst: 10.94 ! 4/21/2012 Starr Roberts, Unattached****Facility: 10.44 \$ 5/2/2012 Sean King, Minnesota**

Name	School	Prelims	Wind	H#
Preliminaries				
1 Taylor, Marquavius	Concordia-St. Paul	11.12 q	0.1	4
2 Putratz, Phil	Augsburg	11.27 q	+0.0	3
3 Kriegel, Mason	Macalester	11.30 q	+0.0	3
4 Allotey, Dillando	St. Cloud State	11.39 q	0.3	1
5 Carr, Richard	St. Cloud State	11.42 q	+0.0	2
6 Nelson, Jake	Minnesota-Duluth	11.53 q	0.1	4
7 Goligoski, Colin	Concordia-St. Paul	11.83 q	0.3	1
8 Johnston, Chrispin	Michigan Tech	11.92 q	0.3	1
9 Fisk, Brian	Michigan Tech	11.93	+0.0	3
10 Parker, Steven	St. Cloud State	11.99	+0.0	2
11 Lamin, Festus	Augsburg	12.09	0.3	1
12 Ferrell, Taijon	Unattached	12.14	+0.0	2
13 O'Neil, Patrick	Minnesota-Duluth	12.17	0.1	4
14 Heifort, Jacob	Minnesota-Duluth	12.22	0.1	4
15 Foster-Bolton, Walter	Augsburg	12.46	0.3	1
16 Salmanpour, Ali	Augsburg	12.50	+0.0	3

Event 12 Women 100 Meter Dash**Holst: 12.45 ! 4/16/2011 Kristi Buerkle, Bemidji St****Facility: 12.45 \$ 4/16/2011 Kristi Buerkle, Bemidji St**

Name	School	Prelims	Wind	H#
Preliminaries				
1 Schmidt, Becky	Unattached	12.54 q	0.5	1
2 Christianson, Alyssa	Concordia-St. Paul	12.80 q	1.1	3
3 Dompier, Jamie	Michigan Tech	12.94 q	0.5	1
4 Landwehr, Heather	St. Cloud State	13.04 q	1.1	3
5 Wells-Johnson, Shakeela	St. Catherine	13.07 q	1.0	4
6 Hickey, Erin	Minnesota-Duluth	13.16 q	1.1	3
7 Yalartai, Patience	St. Cloud State	13.18 q	1.0	4
8 Moore, Brittany	St. Catherine	13.21 q	0.1	2

Holst Invitational - 4/12/2014**Concordia St. Paul****Results - Invitational****Preliminaries ... (Event 12 Women 100 Meter Dash)**

Name	School	Prelims	Wind	H#
9 Hedenberg, Hunter	Macalester	13.24	1.1	3
10 Cornelious, GaBrina	St. Cloud State	13.31	0.5	1
11 Skaalrud, Madelin	St. Catherine	13.50	1.1	3
12 Ryan, Courtney	Minnesota-Duluth	13.54	1.1	3
13 Althoff, Amanda	Minnesota-Duluth	13.55	0.5	1
14 Waalen, Ashley	Augsburg	13.56	0.5	1
15 Raiford, Lauren	Michigan Tech	13.58	1.0	4
16 Broome, Natalie	Unattached	13.60	0.1	2
17 Allen, Molly	Augsburg	13.70	0.1	2
18 Skarin, Jordan	Northwestern (Minn.)	13.86	1.0	4
19 Muyres, Olivia	Augsburg	14.32	1.1	3
20 Kotajarvi, Lauren	Minnesota-Duluth	14.34	0.1	2
21 Anderson, Marta	Augsburg	14.62	0.5	1
22 Cook, Ellaina	Michigan Tech	14.65	1.1	3
23 Angok, Tina	Augsburg	14.73	1.0	4
24 Schnack, Hannah	Michigan Tech	14.78	1.0	4
25 Meed, Natasha	Northwestern (Minn.)	16.35	0.5	1

Event 5 Men 1500 Meter Run**Holst: 3:57.01 ! 2010****Derek Storkel, Unattached****Facility: 3:52.34 \$ 5/2/2012****Matt Volz, Minnesota**

Name	School	Finals	H#
Finals			
1 Scott, Tom	Running2Win	3:52.44 !	1
2 Sulkin, Steve	Minnesota	3:57.07	1
3 Boumeester, Matthew	Run N Fun	3:58.84	1
4 Mohamed, Mohamed	Augsburg	4:03.54	1
5 Hanson, Kyle	Michigan Tech	4:05.34	1
6 Saliga, Jason	Michigan Tech	4:08.42	1
7 Nitz, Calvin	Michigan Tech	4:13.32	1
8 Pengelly, Sean	Michigan Tech	4:13.79	1
9 Harris, Rashad	St. Cloud State	4:14.37	2
10 Zeutzius, Cory	Michigan Tech	4:15.48	2
11 Kilpela, Jonathan	Michigan Tech	4:15.54	1
11 Kulas, Dan	Michigan Tech	4:15.54	2
13 Bolthouse, Alec	Michigan Tech	4:15.59	3
14 O'Malley, Bocephus	Unattached	4:16.51	2
15 Hess, Johnathan	St. Cloud State	4:18.11	2
16 Nur, Ahmed	Augsburg	4:18.50	2
17 Krinkie, Nick	Northwestern (Minn.)	4:19.89	2
18 Alfvn, Erik	Macalester	4:19.94	3
19 Tuski, Michael	Michigan Tech	4:21.16	2
20 McGillivray, Andrew	Augsburg	4:21.78	3
21 Parsell, Eric	Michigan Tech	4:22.23	1
22 Westphal, Zach	Michigan Tech	4:22.92	2
23 Krzyske, Evan	Michigan Tech	4:24.51	2
24 Gilfix, Zachery	Macalester	4:25.02	3
25 Hallman, Mark	Michigan Tech	4:25.08	3
26 Kramka, Benjamin	Michigan Tech	4:26.54	2
27 Martinez, Carlos	Macalester	4:26.99	3

Holst Invitational - 4/12/2014**Concordia St. Paul****Results - Invitational****Finals ... (Event 5 Men 1500 Meter Run)**

Name	School	Finals	H#
28 Nelson, Spencer	Macalester	4:31.75	3
29 Christenson, Carl	Northwestern (Minn.)	4:31.79	3
30 Maile, Paul	St. Cloud State	4:33.21	2
31 Gietek, Alexander	Michigan Tech	4:36.50	3
32 Bartenstein, Ben	Macalester	4:36.88	3
33 Greenwood, Paul	St. Cloud State	4:43.73	2
34 Schulenburg, Chris	Northwestern (Minn.)	4:46.98	3
35 Ryan, Ethan	Northwestern (Minn.)	4:59.15	3
36 Rotich, Kevin	Northwestern (Minn.)	5:02.01	3

Event 6 Women 1500 Meter Run**Holst: 4:43.70 ! 4/21/2012 Carolyn Wardell, Minnesota-Du****Facility: 4:43.70 \$ 4/21/2012 Carolyn Wardell, Minnesota-Du**

Name	School	Finals	H#
Finals			
1 Budd, Kelli	Unattached	4:33.00 \$	1
2 Urick, Kaila	Unattached	4:37.00 \$	1
3 Piepenburg, Jamie	Unattached	4:38.00 \$	1
4 Strandemo, Madeline	Unattached	4:40.00 \$	1
5 Cabak, Melissa	Unattached	4:53.00	1
6 Irwin, Deedra	Michigan Tech	4:56.88	1
7 Bailey, Megan	Unattached	5:00.82	1
8 Marcus, Maggie	Concordia-St. Paul	5:01.62	1
9 Solfelt, Stephanie	Unattached	5:01.85	1
10 Jonathon, Sarah	Macalester	5:03.91	2
11 Bergstrom, Zoe	Minnesota-Duluth	5:05.67	2
12 McElroy, Jenna	St. Catherine	5:08.28	2
13 Greene, Gretchen	Macalester	5:08.35	2
14 Seidenkranz, Erica	Minnesota-Duluth	5:10.36	2
15 DeVore, Sarah Jo	Macalester	5:16.51	2
16 Irving, Taybri	Augsburg	5:16.88	2
17 Savage, Noelle	Michigan Tech	5:19.62	2
18 Peabody, Amber	Michigan Tech	5:28.81	3
19 Johnson, Lauren	St. Cloud State	5:29.61	2
20 Wehner, Nichole	Michigan Tech	5:30.06	2
21 Minsberg, Elana	Unattached	5:31.68	2
22 Kessler, Natalie	Minnesota-Duluth	5:34.43	2
23 Thaemert, Rachel	Concordia-St. Paul	5:47.59	3
24 Robinson-Frantsvog, Julia	Macalester	5:47.88	3
25 Dellinger, Brittany	Northwestern (Minn.)	5:55.81	3
26 Joseph, Carly	Michigan Tech	6:04.21	3
27 Greenslade, Lisa	Northwestern (Minn.)	6:10.95	3
28 Wedin, Charissa	Northwestern (Minn.)	6:30.08	3
29 Swanson, Abby	Northwestern (Minn.)	6:59.24	3
30 Hamilton, Elizabeth	Macalester	7:19.43	3

Holst Invitational - 4/12/2014**Concordia St. Paul****Results - Invitational****Event 9 Men 400 Meter Dash****Holst: 48.15 ! 2010****Domonique Gilmer, Conc. St. Paul****Facility: 48.15 \$ 4/28/2010****Domonique Gilmer, Conc. St. Paul**

Name	School	Finals	H#
Finals			
1 Salargo, Austin	Minnesota	49.40	1
2 Cheneyon, Leon	St. Cloud State	49.61	1
3 Pringle, Isaac	Michigan Tech	49.98	1
4 Fleming, Konnor	Macalester	51.43	1
5 Howard, Darryl	St. Cloud State	51.75	2
6 Miller, Jole	Macalester	51.94	1
7 Tranel, Ted	St. Cloud State	52.63	1
8 Wieland, Luca	Minnesota	53.46	1
9 Floyd, De Andre'	Northwestern (Minn.)	53.48	2
10 Nowaczynski, Tre	Macalester	54.06	2
11 Siekawitch, Isaac	Northwestern (Minn.)	54.22	2
12 Weber, Dan	St. Cloud State	54.35	3
13 Oriente, Thomas	Macalester	54.78	2
14 Harrison, Allen	Michigan Tech	54.93	2
15 Meier, Scott	Unattached	55.18	2
16 Melton, Vantwon	Concordia-St. Paul	55.27	2
17 Lubben, Nick	Northwestern (Minn.)	57.45	3
18 Kifle, Tedros	Augsburg	59.18	3

Event 10 Women 400 Meter Dash**Holst: 56.28 ! 2010****Nikki Arola, St. Thomas****Facility: 56.28 \$ 4/28/2010****Nikki Arola, St. Thomas**

Name	School	Finals	H#
Finals			
1 Grant, Jasmine	St. Cloud State	58.76	1
2 Evans, Alicia	St. Cloud State	59.67	1
3 Shelerud, Kate	Unattached	59.78	1
4 Gilbreath, Jenny	St. Cloud State	59.98	1
5 Kravale, Daiga	Macalester	1:00.16	1
6 Diener, Emily	Macalester	1:00.37	2
7 Raiford, Lauren	Michigan Tech	1:00.63	1
8 Gibson, Irene	Macalester	1:01.06	1
9 Lipka, Alicia	St. Cloud State	1:01.62	2
10 Haakenstad, Annie	Unattached	1:02.05	2
11 Garrity, Tatum	Minnesota-Duluth	1:02.08	1
12 Wells-Johnson, Shakeela	St. Catherine	1:03.43	2
13 Barczy, Amelia	Unattached	1:04.24	2
14 Wendt, Kristen	St. Cloud State	1:04.84	2
15 Porter, Erin	Macalester	1:05.32	2
16 Aderton, Kirsten	Northwestern (Minn.)	1:05.84	3
17 Bailey, Lisa	Unattached	1:06.81	3
18 Vlakancic, Morgan	St. Catherine	1:08.22	3
19 Fritz, Cate	Augsburg	1:10.51	3

Holst Invitational - 4/12/2014**Concordia St. Paul****Results - Invitational****Event 11 Men 100 Meter Dash****Holst: 10.94 ! 4/21/2012 Starr Roberts, Unattached****Facility: 10.44 \$ 5/2/2012 Sean King, Minnesota**

Name	School	Finals	Wind
Finals			
1 Allotey, Dillando	St. Cloud State	10.91	3.3
2 Carr, Richard	St. Cloud State	10.93	3.3
3 Taylor, Marquavius	Concordia-St. Paul	10.96	3.3
4 Putratz, Phil	Augsburg	11.04	3.3
5 Nelson, Jake	Minnesota-Duluth	11.19	3.3
6 Johnston, Chrispin	Michigan Tech	11.67	3.3
7 Goligoski, Colin	Concordia-St. Paul	11.67	3.3

Event 12 Women 100 Meter Dash**Holst: 12.45 ! 4/16/2011 Kristi Buerkle, Bemidji St****Facility: 12.45 \$ 4/16/2011 Kristi Buerkle, Bemidji St**

Name	School	Finals	Wind
Finals			
1 Schmidt, Becky	Unattached	12.47	2.0
2 Christianson, Alyssa	Concordia-St. Paul	12.52	2.0
3 Dompier, Jamie	Michigan Tech	12.78	2.0
4 Moore, Brittany	St. Catherine	12.99	2.0
5 Landwehr, Heather	St. Cloud State	13.05	2.0
6 Yalartai, Patience	St. Cloud State	13.23	2.0
7 Hickey, Erin	Minnesota-Duluth	13.27	2.0

Event 8 Women 100 Meter Hurdles**Holst: 15.25 ! 4/21/2012 Ashley Larva, Bemidji Stat****Facility: 15.25 \$ 4/21/2012 Ashley Larva, Bemidji Stat**

Name	School	Finals	Wind
Finals			
1 Miller Koch, Heather	Cptc New Balance	14.55	2.5
2 Young, Erica	Concordia-St. Paul	16.46	2.5
3 Carpenter, Simone	Macalester	16.84	2.5
4 Howe, Emily	Northwestern (Minn.)	17.28	2.5
5 Bourne, Heather	Macalester	17.45	2.5
6 Ackley, Ashleigh	St. Catherine	17.62	2.5
7 Muegge, Jule	St. Catherine	18.53	2.5

Event 7 Men 110 Meter Hurdles**Holst: 14.80 ! 2010 Laquone Robinson, Mn St Moorhead****Facility: 14.66 \$ 5/2/2012 Alex Migit, Minnesota**

Name	School	Finals	Wind
Finals			
1 Holcomb, Ben	Minnesota	15.73	+0.0
2 Bachinski, Nick	Minnesota	16.11	+0.0
3 McGrath, Shane	Michigan Tech	16.31	+0.0
4 Mooney, Matt	St. Cloud State	16.62	+0.0
5 Witcher, Myles	St. Cloud State	16.72	+0.0
6 Weber, Dan	St. Cloud State	17.85	+0.0
7 Wohlenhaus, Connor	Northwestern (Minn.)	19.06	+0.0

Holst Invitational - 4/12/2014**Concordia St. Paul****Results - Invitational****Event 13 Men 800 Meter Run****Holst: 1:53.49 ! 4/21/2012 Zach Haskins, Bethel****Facility: 1:51.13 \$ 5/2/2012 Alex Brend, Unattached**

Name	School	Finals	H#
Finals			
1 Bolland, Michael	Minnesota	1:54.87	1
2 Hall, Wayde	Unattached	1:55.48	1
3 Daniels, Trenton	Unattached	1:56.14	1
4 Cook, Ryan	Augsburg	1:56.46	1
5 Urban, Scott	Minnesota-Duluth	1:57.09	1
6 Harris, Rashad	St. Cloud State	1:57.89	1
7 Colvin, Eric	Unattached	1:58.71	2
8 Grieves, Chase	Augsburg	1:58.87	2
9 Iverson, Luke	Augsburg	1:59.00	1
10 Woodford, Brad	Unattached	2:00.92	2
11 Saliga, Jason	Michigan Tech	2:01.63	1
12 Erickson, Luke	Augsburg	2:02.21	2
13 Kreher, Michael	Macalester	2:04.15	2
14 Zaidi, Tayeb	Macalester	2:04.18	3
15 Hanson, Ben	Minnesota-Duluth	2:04.64	2
16 Hess, Johnathan	St. Cloud State	2:06.43	2
17 Nafstad, William	Minnesota-Duluth	2:07.80	3
18 Maile, Paul	St. Cloud State	2:08.79	3
19 Braack, Boston	Minnesota-Duluth	2:10.98	2
20 Hausken, Adam	Concordia-St. Paul	2:14.81	3
21 Rotich, Kevin	Northwestern (Minn.)	2:18.46	3
22 Ryan, Ethan	Northwestern (Minn.)	2:21.15	3

Event 14 Women 800 Meter Run**Holst: 2:14.63 ! 4/21/2012 Cassy Opitz, Minnesota****Facility: 2:14.63 \$ 4/21/2012 Cassy Opitz, Minnesota**

Name	School	Finals	H#
Finals			
1 Johnson, Jillian	Unattached	2:17.80	1
2 Roberge, Kayla	Augsburg	2:19.07	1
3 Pettit, Chelsea	Unattached	2:19.54	1
4 Vandenberg, Jamie	Unattached	2:20.14	1
5 Irwin, Deedra	Michigan Tech	2:20.65	1
6 Lerum, Leighton	Unattached	2:22.46	1
7 Ollila, Naomi	Unattached	2:23.95	1
8 Greene, Ingrid	Macalester	2:25.61	2
9 Baas, Kylie	St. Cloud State	2:26.57	2
10 Dillon, Caitlin	Unattached	2:26.61	2
11 Prescott, Natalie	Macalester	2:28.40	2
12 Kirkeide, Courtney	St. Catherine	2:29.31	1
13 Bergstrom, Zoe	Minnesota-Duluth	2:29.58	2
14 Spatenka, Erin	Concordia-St. Paul	2:29.94	3
15 Pierce, Shelby	Minnesota-Duluth	2:30.97	2
16 Ocariz, Katerin	Minnesota-Duluth	2:31.79	3
17 Ramsey, Eliza	Macalester	2:32.41	2
18 Blom, Emma	Augsburg	2:32.87	3

Holst Invitational - 4/12/2014**Concordia St. Paul****Results - Invitational****Finals ... (Event 14 Women 800 Meter Run)**

	Name	School	Finals	H#
19	Werking, Laura	Unattached	2:32.97	3
20	Russell, Karlyn	Macalester	2:35.27	3
21	Bradford, Claire	Michigan Tech	2:37.91	3
22	Davidson, Katie	Augsburg	2:48.50	3
23	Johnson, Lauren	St. Cloud State	2:49.78	2
24	Wiesner, Hannah	Macalester	2:52.96	3
25	Liu, Libby	Macalester	2:57.82	3

Event 15 Men 400 Meter Hurdles**Holst: 54.57 ! 2010****Rife Gooden, Unattached****Facility: 53.07 \$ 5/2/2012****Alex Migit, Minnesota**

	Name	School	Finals
Finals			
1	McGrath, Shane	Michigan Tech	54.59
2	Holcomb, Ben	Minnesota	57.12
3	Knebel, John	Minnesota-Duluth	57.14
4	Carlson, Mitch	Concordia-St. Paul	59.14
5	Jacobson, Wesley	Michigan Tech	1:01.06
6	Guthrie, Ryan	Concordia-St. Paul	1:01.26
7	Anenson, Kyle	Northwestern (Minn.)	1:10.99

Event 16 Women 400 Meter Hurdles**Holst: 1:03.80 ! 2010****Kendra Mooberry, Mn St Moorhead****Facility: 1:03.80 \$ 4/28/2010****Kendra Mooberry, Mn St Moorhead**

	Name	School	Finals
Finals			
1	Smith, Madison	Unattached	1:06.95
2	LeFevre-Levy, Marta	Macalester	1:08.79
3	Sachs, Maddison	Minnesota-Duluth	1:09.81
4	Howe, Sarah	St. Catherine	1:12.04
5	Dabroski, Carly	Minnesota-Duluth	1:14.59

Event 17 Men 200 Meter Dash**Holst: 21.98 ! 2010****Nick Trisko, St. Cloud St****Facility: 21.85 \$ 5/2/2012****Diahn Zeon, Conc. St. Paul**

	Name	School	Finals	Wind	H#
Finals					
1	Allotey, Dillando	St. Cloud State	22.10	-1.3	1
2	Cheneyon, Leon	St. Cloud State	22.18	-1.3	1
3	Kordah, Barinedum	Augsburg	22.65	-1.3	1
4	Salargo, Austin	Minnesota	22.96	-1.3	1
5	Pringle, Isaac	Michigan Tech	23.00	-1.3	1
6	Tranel, Ted	St. Cloud State	23.09	-1.3	1
7	Taylor, Marquavius	Concordia-St. Paul	23.23	-1.3	1
8	Nowaczynski, Tre	Macalester	23.26	-1.2	2
9	Nelson, Jake	Minnesota-Duluth	23.34	-1.3	1
9	Miller, Jole	Macalester	23.34	-1.2	2
11	Johnston, Chrispin	Michigan Tech	23.59	-1.2	2
12	Dubbe, Fabien	Augsburg	23.61	-1.2	2
13	Howard, Darryl	St. Cloud State	23.71	-0.5	4

Holst Invitational - 4/12/2014**Concordia St. Paul****Results - Invitational****Finals ... (Event 17 Men 200 Meter Dash)**

	Name	School	Finals	Wind	H#
14	Siekawitch, Isaac	Northwestern (Minn.)	23.78	-1.2	2
15	Oriente, Thomas	Macalester	24.10	+0.0	3
16	Parker, Steven	St. Cloud State	24.34	-1.2	2
17	Lamin, Festus	Augsburg	24.59	+0.0	3
18	Floyd, De Andre'	Northwestern (Minn.)	24.63	-1.2	2
19	Wohlenhaus, Connor	Northwestern (Minn.)	24.81	+0.0	3
20	Ferrell, Taijon	Unattached	24.96	+0.0	3
21	O'Neil, Patrick	Minnesota-Duluth	24.97	+0.0	3
22	Foster-Bolton, Walter	Augsburg	25.61	+0.0	3
23	McDermott, Casey	Northwestern (Minn.)	26.00	+0.0	3
24	Lubben, Nick	Northwestern (Minn.)	26.06	-0.5	4

Event 18 Women 200 Meter Dash

Holst: 25.80 ! 2010

Shanek Telphia, Augsburg

Facility: 25.80 \$ 4/28/2010

Shanek Telphia, Augsburg

	Name	School	Finals	Wind	H#
Finals					
1	Christianson, Alyssa	Concordia-St. Paul	25.64	\$ 0.7	1
2	Grant, Jasmine	St. Cloud State	25.76	\$ 0.7	1
3	Dompier, Jamie	Michigan Tech	26.22	0.7	1
4	Gilbreath, Jenny	St. Cloud State	26.35	0.7	1
5	Pollard-Garber, Hannah	Macalester	26.59	-2.0	2
6	Ortiz, Erin	Macalester	26.67	0.7	1
7	Evans, Alicia	St. Cloud State	26.76	0.7	1
8	Cornelious, GaBrina	St. Cloud State	26.95	-2.0	2
9	Diener, Emily	Macalester	26.96	-2.0	2
10	Hickey, Erin	Minnesota-Duluth	27.40	0.7	1
11	Landwehr, Heather	St. Cloud State	27.52	-2.0	2
12	Lipka, Alicia	St. Cloud State	27.52	-2.0	2
12	Broome, Natalie	Unattached	27.52	0.7	1
14	Kravale, Daiga	Macalester	27.61	-2.0	2
15	Althoff, Amanda	Minnesota-Duluth	27.65	+0.0	3
16	Wendt, Kristen	St. Cloud State	27.67	+0.0	3
17	Garrity, Tatum	Minnesota-Duluth	27.97	+0.0	3
18	Porter, Erin	Macalester	28.26	+0.0	3
19	Moore, Brittany	St. Catherine	28.50	-2.0	2
20	Aderton, Kirsten	Northwestern (Minn.)	29.05	+0.0	3
21	Stewart, Leticia	Concordia-St. Paul	29.15	+0.0	3
22	Muyres, Olivia	Augsburg	29.64	+0.0	3
23	Anderson, Marta	Augsburg	29.68	-0.6	4
24	Howe, Emily	Northwestern (Minn.)	29.82	+0.0	3
25	Cook, Ellaina	Michigan Tech	30.36	-0.6	4
26	Meed, Natasha	Northwestern (Minn.)	33.68	-0.6	4
---	Skarin, Jordan	Northwestern (Minn.)	DQ	-2.0	2

Holst Invitational - 4/12/2014**Concordia St. Paul****Results - Invitational****Event 19 Men 5000 Meter Run****Holst: 15:52.96 ! 2010****Kyle Eckhoff, Mn St Moorhead****Facility: 15:10.37 \$ 5/2/2012****Kevin Lachowitz, Minnesota**

Name	School	Finals
Finals		
1 Scott, Tom	Running2Win	15:19.26 !
2 Jimenez, Auburn	Macalester	15:23.79 !
3 Smith, Josh	Concordia-St. Paul	15:35.32 !
4 Caron, Chris	St. Cloud State	15:46.13 !
5 Anderson, Sam	Concordia-St. Paul	15:48.95 !
6 Simila, John	St. Cloud State	15:54.01
7 Hinwood, Lachlan	Macalester	16:00.44
8 Mountain, Tom	Unattached	16:08.86
9 Ropes, Alexander	Macalester	16:13.65
10 Huss, Chris	Augsburg	16:26.79
11 Pollock, Chad	Michigan Tech	16:47.52
12 Gilhart, Andrew	Concordia-St. Paul	16:55.07
13 Bartkowiak, Michael	Michigan Tech	17:04.46
14 Winslow, Christopher	Michigan Tech	17:06.79
15 Guttormson, Jake	North Central (Minn.)	17:32.60

Event 20 Women 5000 Meter Run**Holst: 17:19.71 ! 4/21/2012****Liz Berkholtz, Unattached****Facility: 17:19.71 \$ 4/21/2012****Liz Berkholtz, Unattached**

Name	School	Finals
Finals		
1 Rice, Lauren	Augsburg	17:21.98
2 Davitt, Megan	Macalester	19:33.66
3 Schield, Anna	Concordia-St. Paul	19:40.55
4 Hubley, Jessie	St. Cloud State	20:02.48
5 Richard, Caitlan	Minnesota-Duluth	20:09.44
6 Stassen, Lindsay	St. Cloud State	20:24.96
7 Van Emmerik, Emma	Macalester	20:28.11
8 Thul, Kara	Minnesota-Duluth	20:32.61
9 Honnold, Becky	Macalester	20:36.74
10 Schexneider, Amanda	North Central (Minn.)	20:58.02
11 Wilhelm, Anna-Catharina	Michigan Tech	21:13.84
12 Thorp, Olivia	Macalester	22:51.44

Event 21 Men 4x400 Meter Relay**Holst: 3:25.67 ! 2010****Augsburg, Augsburg****Facility: 3:20.86 \$ 5/2/2012****St. Cloud State, St. Cloud State**

Team	Relay	Finals
Finals		
1 Augsburg	A	3:24.73 !
2 Concordia-St. Paul	A	3:29.60
3 Michigan Tech	A	3:31.37
4 Unattached	A	3:35.34
5 Minnesota-Duluth	A	3:35.64
6 Michigan Tech	B	3:38.09

Holst Invitational - 4/12/2014**Concordia St. Paul****Results - Invitational****Event 22 Women 4x400 Meter Relay****Holst: 4:10.20 ! 2010****Northwestern College, Northwestern****Facility: 4:10.20 \$ 4/28/2010****Northwestern College, Northwestern**

Team	Relay	Finals		
Finals				
1 Macalester	C	4:06.15	\$	
2 Concordia-St. Paul	A	4:09.24	\$	
3 Macalester	B	4:18.41		
4 Minnesota-Duluth	B	4:27.35		
5 Augsburg	A	4:28.08		
6 Augsburg	B	4:29.66		

Event 28 Women Hammer Throw**Holst: 52.23m ! 4/16/2011****Megan Stroh, Minn Duluth****Facility: 52.23m \$ 4/16/2011****Megan Stroh, Minn Duluth**

Name	School	Finals		
Finals				
1 Priebe, Jorden	St. Catherine	45.02m	147-08	2
2 Ritter, Ashley	St. Cloud State	44.45m	145-10	2
3 Miller, Autumn	Unattached	43.74m	143-06	2
4 Kingsley, Lydia	Minnesota-Duluth	43.11m	141-05	2
5 Swanson, Ellen	Minnesota-Duluth	40.37m	132-05	2
6 Clevenger, Ashton	St. Catherine	39.67m	130-02	2
7 Heifort, Allie	Unattached	39.64m	130-01	2
8 Ramsdell, Christina	St. Catherine	39.59m	129-11	2
9 Clankie, Heather	St. Cloud State	37.85m	124-02	1
10 Waletzko, Stephanie	St. Cloud State	37.51m	123-01	2
11 Ware, Martina	Concordia-St. Paul	37.34m	122-06	1
12 Nordrum, Karina	Northwestern (Minn.)	36.52m	119-10	2
13 Kuusisto, Kali	Augsburg	36.32m	119-02	1
14 Szyszka, Nicole	St. Catherine	35.52m	116-06	1
15 Luther, Risa	Macalester	33.89m	111-02	1
16 Pohlmann, Megan	St. Catherine	31.56m	103-06	1
17 Hubbard, Makayla	Augsburg	31.12m	102-01	1
18 Decker, Jerika	St. Catherine	28.02m	91-11	1
--- Ptacek, Jade	Concordia-St. Paul	FOUL		1

Event 27 Men Hammer Throw**Holst: 64.40m ! 4/16/2011****Bryan Tolcser, Unattached****Facility: 64.40m \$ 4/16/2011****Bryan Tolcser, Unattached**

Name	School	Finals		
Finals				
1 Ferretti, Gian	Unattached	63.15m	207-02	2
2 Johnson, Ryan	St. Cloud State	53.04m	174-00	2
3 Riedy, Mac	Unattached	50.02m	164-01	2
4 Bender, Colton	Unattached	45.98m	150-10	2
5 Cullen, Mike	Concordia-St. Paul	44.90m	147-04	2
6 Wilson, Kern	Minnesota-Duluth	41.58m	136-05	2
7 Kuusisto, Jesse	Augsburg	39.20m	128-07	2
8 Lee, Brian	Minnesota-Duluth	38.19m	125-03	2
9 Alm, Noah	Minnesota-Duluth	37.28m	122-04	1

Holst Invitational - 4/12/2014**Concordia St. Paul****Results - Invitational****Finals ... (Event 27 Men Hammer Throw)**

Name	School	Finals		
10 Treichel, Clinton	Minnesota-Duluth	37.24m	122-02	2
11 Kantor, Michael	Augsburg	36.98m	121-04	1
12 Carlstrom, Chris	Minnesota-Duluth	28.26m	92-08	1
13 Fischer, Baruch	Northwestern (Minn.)	28.13m	92-03	1
14 Karnwie-Tuah, Ayeir	Northwestern (Minn.)	23.50m	77-01	1
15 Rust, Tyler	Northwestern (Minn.)	21.57m	70-09	1
16 Larson, Hayden	Northwestern (Minn.)	21.07m	69-01	1
--- Sowers, Devin	Minnesota-Duluth	FOUL		1

Event 23 Men Javelin Throw**Holst: 50.84m ! 4/16/2011 Josh Ming, Minot State****Facility: 50.84m \$ 4/16/2011 Josh Ming, Minot State**

Name	School	Finals		
Finals				
1 Fleming, Konnor	Macalester	50.14m	164-06	2
2 Saliga, Steven	Michigan Tech	46.58m	152-10	2
3 Knop, Nathan	Minnesota-Duluth	43.55m	142-10	2
4 Szmanda, Jack	Twin Cities Track Club	42.90m	140-09	2
5 Vander Velden, Matthew	Michigan Tech	41.00m	134-06	2
6 Kantor, Michael	Augsburg	39.16m	128-06	1
7 Wirkus, Kyle	Augsburg	36.78m	120-08	2
8 Kriegel, Mason	Macalester	35.08m	115-01	1
9 Niebuhr, Micah	Concordia-St. Paul	34.58m	113-05	2
10 Kuusisto, Jesse	Augsburg	33.74m	110-08	2
11 Hortop, Logan	Augsburg	32.95m	108-01	1
12 Thies, Julian	Macalester	29.57m	97-00	1
13 Treichel, Clinton	Minnesota-Duluth	29.38m	96-05	1
14 Riegel, Mark	Macalester	27.51m	90-03	1

Event 24 Women Javelin Throw**Holst: 34.33m ! 4/16/2011 Rachel Miller, St. Scholast****Facility: 34.33m \$ 4/16/2011 Rachel Miller, St. Scholast**

Name	School	Finals		
Finals				
1 Pohlmann, Megan	St. Catherine	33.52m	110-00	2
2 Palmer, Abby	St. Catherine	30.88m	101-04	2
3 Breault, Danielle	St. Catherine	29.50m	96-09	1
4 Ptacek, Jade	Concordia-St. Paul	27.12m	89-00	1
5 Meier, Katherine	Macalester	27.11m	88-11	2
6 Camp, Darcy	Macalester	26.79m	87-11	2
7 Decker, Jerika	St. Catherine	24.27m	79-07	2
8 Swanson, Ellen	Minnesota-Duluth	24.03m	78-10	2
9 Carpenter, Simone	Macalester	24.02m	78-10	2
10 Kirkeide, Courtney	St. Catherine	23.50m	77-01	1
11 Kuusisto, Kali	Augsburg	21.64m	71-00	1
12 Ryan, Courtney	Minnesota-Duluth	21.26m	69-09	2
13 Anders, Erica	Minnesota-Duluth	20.91m	68-07	1
14 Heil, Andrea	Augsburg	18.92m	62-01	1
15 Porter, Erin	Macalester	17.78m	58-04	1

Holst Invitational - 4/12/2014**Concordia St. Paul****Results - Invitational****Event 35 Men Pole Vault****Holst: 4.80m ! 4/16/2011 Jason Beutz, Minn Duluth****Facility: 5.10m \$ 5/2/2012 Jack Szmanda, Minnesota**

Name	School	Finals	
Finals			
1 Gustafson, Brent	Concordia-St. Paul	4.50m	14-09.00
2 Markuson, Logan	Minnesota	J4.50m	14-09.00
3 Elyea-Wheeler, Bryan	Concordia-St. Paul	4.35m	14-03.25
4 Kriegel, Mason	Macalester	4.20m	13-09.25
5 Wiedemeier, Jake	Michigan Tech	J4.20m	13-09.25
6 Jurkowski, Jake	Michigan Tech	4.05m	13-03.50
7 Sgarbossa, Nick	Minnesota	J4.05m	13-03.50
7 Wieland, Luca	Minnesota	J4.05m	13-03.50
9 Crum, Jamie	Minnesota	3.90m	12-09.50
10 Van Watermeulen, Nick	Minnesota-Duluth	J3.90m	12-09.50
11 Maher, Max	St. Cloud State	J3.90m	12-09.50
12 Regorrah, Josh	Minnesota-Duluth	3.60m	11-09.75
13 McDermott, Casey	Northwestern (Minn.)	3.30m	10-10.00
--- Adams, Sean	Augsburg	NH	
--- Lemley, Keith	Michigan Tech	NH	
--- Pai, Jesse	Minnesota-Duluth	NH	

Event 36 Women Pole Vault**Holst: 3.89m ! 2010 Jan Hensel, Unattached****Facility: 3.89m \$ 4/28/2010 Jan Hensel, Unattached**

Name	School	Finals	
Finals			
1 Jandrich, Esther	Concordia-St. Paul	3.50m	11-05.75
2 Tseng, Sara	Unattached	3.35m	10-11.75
3 Pieper, Sarah	Concordia-St. Paul	3.20m	10-06.00
4 Sachs, Maddison	Minnesota-Duluth	2.75m	9-00.25
5 Kolb, Amanda	Minnesota-Duluth	2.45m	8-00.50
6 Crepeau, Laura	St. Catherine	J2.45m	8-00.50
7 Macki, Anna	St. Catherine	2.30m	7-06.50
8 Dietly, Megan	Macalester	2.15m	7-00.50
9 Harmatta, Kelsey	Macalester	J2.15m	7-00.50
--- Backes, Tiffany	St. Cloud State	NH	
--- Johnson, Carmen	St. Cloud State	NH	
--- Seligman, Audrey	Macalester	NH	
--- Poli, Erika	Michigan Tech	NH	

Event 34 Women Long Jump**Holst: 5.50m ! 2010 Katie Johnson, Conc. St. Paul****Facility: 5.50m \$ 4/28/2010 Katie Johnson, Conc. St. Paul**

Name	School	Finals	Wind	
Finals				
1 Miller Koch, Heather	Cptc New Balance	5.58m !	18-03.75	+0.0 2
2 Murphey, Nicole	Unattached	J5.58m !	18-03.75	+0.0 2
3 Schmidt, Becky	Unattached	5.42m	17-09.50	+0.0 2
3 Flynn, Kelly	Unattached	5.42m	17-09.50	-0.3 2
5 Jones, Callie	Augsburg	4.91m	16-01.50	+0.0 2

Holst Invitational - 4/12/2014**Concordia St. Paul
Results - Invitational****Finals ... (Event 34 Women Long Jump)**

Name	School	Finals	Wind
6 Young, Erica	Concordia-St. Paul	4.74m 15-06.75	0.3 2
7 Kotajarvi, Lauren	Minnesota-Duluth	4.69m 15-04.75	+0.0 1
8 Friedenfels, Stefani	Minnesota-Duluth	4.54m 14-10.75	0.5 2
9 Skluzacek, Makayla	St. Catherine	4.40m 14-05.25	1.5 1
10 Silbert, Sarah	Macalester	4.39m 14-05.00	+0.0 1
11 Bourne, Heather	Macalester	4.35m 14-03.25	-0.1 1
12 Anders, Erica	Minnesota-Duluth	4.24m 13-11.00	+0.0 1
13 Hunter, Brooke	Macalester	4.15m 13-07.50	+0.0 1
14 Schnack, Hannah	Michigan Tech	4.06m 13-04.00	1.8 1
15 Yalartai, Patience	St. Cloud State	3.81m 12-06.00	NWI 2
16 Terp, Gabriella	Minnesota-Duluth	3.74m 12-03.25	-0.2 1

Event 33 Men Long Jump

Holst: 7.00m ! 2010

Diahn Zeon, Conc. St. Paul

Facility: 7.28m \$ 5/2/2012

Oladipo Fagbemi, Minnesota

Name	School	Finals	Wind
Finals			
1 Kordah, Barinedum	Augsburg	6.83m 22-05.00	-0.6 2
2 Stanley, David	Concordia-St. Paul	6.70m 21-11.75	-1.9 2
3 Lilja, Jason	Minnesota-Duluth	6.35m 20-10.00	-0.2 2
4 Lockard, Ryan	Unattached	J6.35m 20-10.00	+0.0 2
5 Yira, Jordan	St. Cloud State	6.19m 20-03.75	+0.0 2
6 Reid, Andrew	St. Cloud State	6.14m 20-01.75	0.4 1
7 Bachinski, Nick	Minnesota	5.98m 19-07.50	NWI 2
8 Kriegel, Mason	Macalester	5.80m 19-00.50	+0.0 1
9 Foster-Bolton, Walter	Augsburg	5.63m 18-05.75	+0.0 1
10 Weber, Dan	St. Cloud State	5.48m 17-11.75	0.5 1
--- Krouse, Nick	Minnesota-Duluth	FOUL	1
--- Guidera, Connor	St. Cloud State	FOUL	1

Event 37 Men High Jump

Holst: 2.00m ! 4/21/2012

Eric Atherton, Unattached

Facility: 2.06m \$ 5/2/2012

Dustin McColley, St. Cloud State

Name	School	Finals
Finals		
1 Schiller, Danny	Minnesota	2.00m ! 6-06.75
2 Bachinski, Nick	Minnesota	1.95m 6-04.75
3 Lockard, Ryan	Unattached	J1.95m 6-04.75
3 Mooney, Joe	St. Cloud State	J1.95m 6-04.75
5 Jerde, Derek	Minnesota	J1.95m 6-04.75
6 Fisher, Mike	Michigan Tech	1.90m 6-02.75
7 Banker, Brendan	Michigan Tech	1.85m 6-00.75
8 Knop, Nathan	Minnesota-Duluth	J1.85m 6-00.75
9 Lilja, Jason	Minnesota-Duluth	J1.85m 6-00.75
10 Odera, Antony	Concordia-St. Paul	1.80m 5-10.75
--- Wieland, Luca	Minnesota	NH

Holst Invitational - 4/12/2014**Concordia St. Paul****Results - Invitational****Event 38 Women High Jump****Holst: 1.60m ! 2010****Kelsey Taylor, Unattached****Facility: 1.60m \$ 4/28/2010****Kelsey Taylor, Unattached**

Name	School	Finals		
Finals				
1 Klapper, Meghan	Macalester	1.55m	5-01.00	
2 Manning, Sarah	St. Catherine	J1.55m	5-01.00	
3 Anders, Erica	Minnesota-Duluth	1.45m	4-09.00	
3 Kolb, Amanda	Minnesota-Duluth	1.45m	4-09.00	
3 Skluzacek, Makayla	St. Catherine	1.45m	4-09.00	
3 Young, Allison	Concordia-St. Paul	1.45m	4-09.00	
3 Althoff, Amanda	Minnesota-Duluth	1.45m	4-09.00	
8 Muegge, Jule	St. Catherine	1.40m	4-07.00	
9 Angok, Tina	Augsburg	1.35m	4-05.00	

Event 26 Women Shot Put**Holst: 14.48m ! 4/21/2012****Tina DeLakis, Minnesota****Facility: 14.48m \$ 4/21/2012****Tina DeLakis, Minnesota**

Name	School	Finals		
Finals				
1 Heifort, Allie	Unattached	13.52m	44-04.25	2
2 Cardinal, Cassandra	St. Cloud State	13.25m	43-05.75	2
3 Ware, Martina	Concordia-St. Paul	12.32m	40-05.00	2
4 Clankie, Heather	St. Cloud State	11.83m	38-09.75	2
5 Waletzko, Stephanie	St. Cloud State	11.66m	38-03.25	2
6 Nordrum, Karina	Northwestern (Minn.)	11.55m	37-10.75	2
7 Hubbard, Makayla	Augsburg	11.46m	37-07.25	1
8 Berryman, Natalie	Michigan Tech	11.10m	36-05.00	1
9 Ritter, Ashley	St. Cloud State	11.03m	36-02.25	2
10 Burns, Jenna	Michigan Tech	10.69m	35-01.00	1
11 MacLean, Kristine	Michigan Tech	10.42m	34-02.25	1
11 Hildebrand, Karissa	North Central (Minn.)	10.42m	34-02.25	1
13 Heil, Andrea	Augsburg	10.03m	32-11.00	2
14 Kingsley, Lydia	Minnesota-Duluth	9.94m	32-07.50	1

Event 25 Men Shot Put**Holst: 16.07m ! 2010****Todd DeJong, Mn St Mankato****Facility: 16.31m \$ 5/2/2012****Brennan McKeag, Minnesota**

Name	School	Finals		
Finals				
1 Johnson, Ryan	St. Cloud State	15.44m	50-08.00	3
2 Bjerk, Bryan	Unattached	14.50m	47-07.00	3
3 Saez, Rafael	St. Cloud State	14.27m	46-10.00	3
4 Green, Matt	Augsburg	14.19m	46-06.75	3
5 Gabrielson, John	Concordia-St. Paul	13.82m	45-04.25	3
6 Petermann, Kyle	Michigan Tech	13.77m	45-02.25	3
7 Sowers, Devin	Minnesota-Duluth	13.66m	44-09.75	2
8 Fischer, Baruch	Northwestern (Minn.)	13.04m	42-09.50	2
9 Kantor, Michael	Augsburg	12.44m	40-09.75	1
10 Hortop, Logan	Augsburg	12.09m	39-08.00	2
11 Carlstrom, Chris	Minnesota-Duluth	11.78m	38-07.75	2

Holst Invitational - 4/12/2014**Concordia St. Paul****Results - Invitational****Finals ... (Event 25 Men Shot Put)**

Name	School	Finals		
12 Karnwie-Tuah, Ayeir	Northwestern (Minn.)	11.70m	38-04.75	2
13 Morris, Brett	Concordia-St. Paul	11.66m	38-03.25	2
14 Rust, Tyler	Northwestern (Minn.)	11.60m	38-00.75	1
15 Okose, Franklin	Concordia-St. Paul	11.06m	36-03.50	1
16 Kuusisto, Jesse	Augsburg	11.05m	36-03.00	1
17 Wilson, Kern	Minnesota-Duluth	11.04m	36-02.75	2
18 Alm, Noah	Minnesota-Duluth	10.80m	35-05.25	1
19 Naumowicz, Tyler	Unattached	10.71m	35-01.75	1
20 Treichel, Clinton	Minnesota-Duluth	10.17m	33-04.50	2
21 Weber, Dan	St. Cloud State	9.20m	30-02.25	2
22 Adams, Sean	Augsburg	8.97m	29-05.25	1
23 Larson, Hayden	Northwestern (Minn.)	8.54m	28-00.25	1
--- Pulizos, Matt	Concordia-St. Paul	FOUL		3
--- Cullen, Mike	Concordia-St. Paul	FOUL		3
--- Berryman, Jared	Michigan Tech	FOUL		3
--- Lee, Brian	Minnesota-Duluth	FOUL		2
--- Savage, Matthew	Michigan Tech	FOUL		2

Event 32 Women Triple Jump

Holst: 11.58m ! 4/16/2011 Rachel Miller, St. Scholast

Facility: 11.58m \$ 4/16/2011 Rachel Miller, St. Scholast

Name	School	Finals		Wind
Finals				
1 Friedenfels, Stefani	Minnesota-Duluth	10.75m	35-03.25	0.5
2 Bourne, Heather	Macalester	10.12m	33-02.50	+0.0
3 Hunter, Brooke	Macalester	9.94m	32-07.50	2.3
4 Manning, Sarah	St. Catherine	9.84m	32-03.50	+0.0
--- Carpenter, Simone	Macalester	FOUL		

Event 31 Men Triple Jump

Holst: 13.67m ! 2010 Shane Pantila, Augsburg

Facility: 14.67m \$ 5/2/2012 Oladipo Fagbemi, Minnesota

Name	School	Finals		Wind
Finals				
1 Krouse, Nick	Minnesota-Duluth	13.20m	43-03.75	+0.0
2 Odera, Antony	Concordia-St. Paul	13.10m	42-11.75	0.3
3 Guidera, Connor	St. Cloud State	12.95m	42-06.00	+0.0
4 Hovie, Logan	Macalester	12.66m	41-06.50	+0.0
5 Yira, Jordan	St. Cloud State	12.54m	41-01.75	1.3
6 Reid, Andrew	St. Cloud State	12.38m	40-07.50	+0.0
7 Melton, Vantwon	Concordia-St. Paul	12.08m	39-07.75	0.1
--- Adams, Sean	Augsburg	FOUL		

Event 30 Women Discus Throw

Holst: 47.13m ! 2010 Liz Podominick, Unattached

Facility: 47.13m \$ 4/28/2010 Liz Podominick, Unattached

Name	School	Finals		
Finals				
1 Cardinal, Cassandra	St. Cloud State	39.34m	129-01	2
2 Heifort, Allie	Unattached	39.22m	128-08	2

Holst Invitational - 4/12/2014**Concordia St. Paul****Results - Invitational****Finals ... (Event 30 Women Discus Throw)**

	Name	School	Finals		
3	Clankie, Heather	St. Cloud State	37.12m	121-09	2
4	Berryman, Natalie	Michigan Tech	36.58m	120-00	2
5	Nordrum, Karina	Northwestern (Minn.)	34.92m	114-07	2
6	Hetcher, Ellen	Michigan Tech	34.06m	111-09	2
7	Ware, Martina	Concordia-St. Paul	33.24m	109-01	2
8	Kingsley, Lydia	Minnesota-Duluth	32.71m	107-04	1
9	Kuusisto, Kali	Augsburg	31.36m	102-11	1
10	Luther, Risa	Macalester	30.99m	101-08	2
11	Waletzko, Stephanie	St. Cloud State	30.54m	100-02	1
12	Swanson, Ellen	Minnesota-Duluth	29.34m	96-03	1
13	Heil, Andrea	Augsburg	28.84m	94-07	1
14	Meier, Katherine	Macalester	28.72m	94-03	1
15	Ptacek, Jade	Concordia-St. Paul	28.05m	92-00	1
16	Hildebrand, Karissa	North Central (Minn.)	26.37m	86-06	1
17	Szyszka, Nicole	St. Catherine	24.12m	79-02	2
18	Breault, Danielle	St. Catherine	20.66m	67-09	1

Event 29 Men Discus Throw**Holst: 49.87m ! 2010****Grant Luer, Mn St Mankato****Facility: 51.73m \$ 5/2/2012****Micah Hegerle, Minnesota**

	Name	School	Finals		
Finals					
1	Luer, Grant	Unattached	52.59m \$	172-06	3
2	Johnson, Ryan	St. Cloud State	46.46m	152-05	3
3	Saez, Rafael	St. Cloud State	45.53m	149-04	3
4	Petermann, Kyle	Michigan Tech	44.66m	146-06	3
5	Sowers, Devin	Minnesota-Duluth	43.09m	141-04	2
6	Cullen, Mike	Concordia-St. Paul	41.74m	136-11	2
7	Kuusisto, Jesse	Augsburg	39.30m	128-11	2
8	Vincent, Jonathan	Michigan Tech	38.81m	127-04	2
9	Green, Matt	Augsburg	38.65m	126-10	2
10	Pulizos, Matt	Concordia-St. Paul	38.59m	126-07	3
11	Reuter, Zach	Michigan Tech	38.56m	126-06	2
12	Kantor, Michael	Augsburg	38.22m	125-05	2
13	Wood, Jacob	Michigan Tech	37.19m	122-00	3
14	Savage, Matthew	Michigan Tech	36.53m	119-10	1
15	Vander Velden, Matthew	Michigan Tech	35.90m	117-09	2
16	Lee, Brian	Minnesota-Duluth	34.95m	114-08	1
17	Hortop, Logan	Augsburg	33.85m	111-01	2
18	Treichel, Clinton	Minnesota-Duluth	32.72m	107-04	2
19	Okose, Franklin	Concordia-St. Paul	32.02m	105-01	2
20	Fischer, Baruch	Northwestern (Minn.)	31.08m	102-00	1
21	Naumowicz, Tyler	Unattached	28.85m	94-08	1
22	Alm, Noah	Minnesota-Duluth	28.71m	94-02	1
23	Carlstrom, Chris	Minnesota-Duluth	27.74m	91-00	1
24	Wilson, Kern	Minnesota-Duluth	27.58m	90-06	1
25	Karnwie-Tuah, Ayeir	Northwestern (Minn.)	27.25m	89-05	1
26	Goligoski, Colin	Concordia-St. Paul	26.65m	87-05	1
27	Larson, Hayden	Northwestern (Minn.)	23.73m	77-10	1
28	Rust, Tyler	Northwestern (Minn.)	22.83m	74-11	1

Holst Invitational - 4/12/2014

Concordia St. Paul

Results - Invitational

Finals ... (Event 29 Men Discus Throw)

Name	School	Finals	
--- Gabrielson, John	Concordia-St. Paul	FOUL	3
--- Bjerk, Bryan	Unattached	FOUL	3
--- Berryman, Jared	Michigan Tech	FOUL	3