

**2022 NSIC Track and Field Indoor Championship - 2/25/2022 to 2/26/2022****Hosted by Minnesota State Mankato****Myers Fieldhouse****Results****Event 1 Women Indoor Pentathlon**

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 NSIC Record: \$ 3910 2010 Heather Miller, SCSU  
 Facility: % 4193 2012 Lindsay Lettow, Central Missouri  
 Name Year School Finals H# Points  
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## Finals

1	Arika Robinson	JR Concordia-St. Paul	3623	10
2	Emily Swanson	FR Sioux Falls	3536	8
3	Kylee Sallee	FR Augustana	3335	6
4	Samantha Sunnarborg	SO Minnesota State	3321	5
5	Zoe Stone	JR Minnesota State	3262	4
6	Maria Pedroso	FR Augustana	3207	3
7	Kaye Paschka	SO Augustana	3119	2
8	Aneesa Tucker	SR Bemidji State	3092	1
9	Emily Curtice	SO Bemidji State	3017	
10	Tessa Schroeder	JR Msu-Moorhead	2936	
11	Jasmine Mlejnek	SO Minnesota State	2927	
12	Natalie Fultz	SO Bemidji State	2901	
13	Bryn London	JR Minnesota-Duluth	2831	
14	Sierra Sweeney	FR Northern State	2794	
15	Paige Bauer	FR Minnesota State	2765	
16	Jayda Becker	FR Augustana	2719	
17	Mickalyn Babock	SO Msu-Moorhead	2715	
18	Adla Serrao	SO Msu-Moorhead	2714	
19	Isadora Mickelson	SO SW Minnesota St.	2486	
20	Courtney Mensah	FR Concordia-St. Paul	2430	

**Event 1 Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon**

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 Name Year School Finals H# Points  
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1	Emily Swanson	FR Sioux Falls	9.15	5	879
2	Arika Robinson	JR Concordia-St. Paul	9.16	5	877
3	Kaye Paschka	SO Augustana	9.21	5	867
4	Maria Pedroso	FR Augustana	9.44	4	820
5	Adla Serrao	SO Msu-Moorhead	9.55	4	798
6	Mickalyn Babock	SO Msu-Moorhead	9.58	1	792
7	Bryn London	JR Minnesota-Duluth	9.59	4	791
8	Kylee Sallee	FR Augustana	9.67	5	775
9	Aneesa Tucker	SR Bemidji State	9.77	3	756
10	Paige Bauer	FR Minnesota State	9.81	4	748
11	Emily Curtice	SO Bemidji State	9.84	1	742
12	Tessa Schroeder	JR Msu-Moorhead	9.88	3	735
13	Samantha Sunnarborg	SO Minnesota State	9.89	2	733
14	Zoe Stone	JR Minnesota State	9.90	3	731
15	Jayda Becker	FR Augustana	9.97	2	718
16	Sierra Sweeney	FR Northern State	9.98	2	716
17	Isadora Mickelson	SO SW Minnesota St.	10.01	3	710
18	Jasmine Mlejnek	SO Minnesota State	10.29	2	659
19	Natalie Fultz	SO Bemidji State	10.46	1	629
20	Courtney Mensah	FR Concordia-St. Paul	11.57	1	447



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**Results**

**....Event 1 Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon**

18	Sierra Sweeney	FR Northern State	1.37m	4-06.00	1	481
	1.28 1.31 1.34 1.37 1.40					
	--- O O XO XXX					
19	Isadora Mickelson	SO SW Minnesota St.	1.31m	4-03.50	1	419
	1.28 1.31 1.34					
	O O XXX					
19	Jayda Becker	FR Augustana	1.31m	4-03.50	1	419
	1.28 1.31 1.34					
	O XXO XXX					

**Event 1 Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon**

Name	Year School	Finals	H#	Points
1 Samantha Sunnarborg	SO Minnesota State	11.49m 37-08.50	2	627
		11.26m 11.49m 11.27m		
2 Arika Robinson	JR Concordia-St. Paul	11.10m 36-05.00	2	602
		10.71m 10.25m 11.10m		
3 Zoe Stone	JR Minnesota State	11.06m 36-03.50	2	599
		11.06m 10.85m 9.71m		
3 Emily Curtice	SO Bemidji State	11.06m 36-03.50	1	599
		10.62m 10.95m 11.06m		
5 Emily Swanson	FR Sioux Falls	10.30m 33-09.50	2	549
		10.28m 9.86m 10.30m		
6 Kaye Paschka	SO Augustana	10.29m 33-09.25	1	548
		10.29m 8.91m 9.02m		
7 Kylee Sallee	FR Augustana	10.01m 32-10.25	2	530
		9.36m 10.01m 9.39m		
8 Bryn London	JR Minnesota-Duluth	9.95m 32-07.75	2	526
		9.57m 9.83m 9.95m		
9 Maria Pedroso	FR Augustana	9.67m 31-08.75	2	508
		8.71m 9.67m 9.58m		
10 Jasmine Mlejnek	SO Minnesota State	9.58m 31-05.25	2	502
		9.58m 9.22m 9.32m		
11 Isadora Mickelson	SO SW Minnesota St.	9.29m 30-05.75	1	483
		8.34m 9.04m 9.29m		
12 Adla Serrao	SO Msu-Moorhead	9.24m 30-03.75	1	480
		9.24m 9.10m 8.70m		
13 Aneesa Tucker	SR Bemidji State	9.06m 29-08.75	1	468
		8.10m 8.84m 9.06m		
14 Tessa Schroeder	JR Msu-Moorhead	8.44m 27-08.25	2	428
		7.35m 7.98m 8.44m		
15 Paige Bauer	FR Minnesota State	8.25m 27-01.00	1	416
		7.40m 8.25m 7.67m		
16 Natalie Fultz	SO Bemidji State	7.98m 26-02.25	2	398
		7.57m 7.98m 7.95m		
17 Sierra Sweeney	FR Northern State	7.85m 25-09.25	1	390
		7.63m 7.43m 7.85m		
18 Mickalyn Babock	SO Msu-Moorhead	7.68m 25-02.50	1	379
		7.41m 7.15m 7.68m		
19 Courtney Mensah	FR Concordia-St. Paul	7.16m 23-06.00	1	345
		7.16m 6.93m FOUL		
20 Jayda Becker	FR Augustana	6.81m 22-04.25	1	323
		6.81m 6.55m 6.16m		

**2022 NSIC Track and Field Indoor Championship - 2/25/2022 to 2/26/2022****Hosted by Minnesota State Mankato****Myers Fieldhouse****Results****Event 1 Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon**

Name	Year	School	Finals	H#	Points
1 Kylee Sallee 5.57m 5.48m 5.40m	FR	Augustana	5.57m 18-03.25	2	720
2 Arika Robinson FOUL 5.33m 5.53m	JR	Concordia-St. Paul	5.53m 18-01.75	2	709
3 Paige Bauer 5.24m 5.14m 5.09m	FR	Minnesota State	5.24m 17-02.25	1	626
4 Sierra Sweeney 5.00m 5.14m 5.17m	FR	Northern State	5.17m 16-11.50	1	606
5 Maria Pedroso FOUL FOUL 5.14m	FR	Augustana	5.14m 16-10.50	2	598
6 Jasmine Mlejnek 4.98m 4.94m 5.06m	SO	Minnesota State	5.06m 16-07.25	2	576
7 Aneesa Tucker 5.05m 4.95m FOUL	SR	Bemidji State	5.05m 16-07.00	1	573
7 Jayda Becker FOUL 4.89m 5.05m	FR	Augustana	5.05m 16-07.00	1	573
9 Samantha Sunnarborg 5.04m 4.81m 5.04m	SO	Minnesota State	5.04m 16-06.50	2	570
10 Courtney Mensah 4.94m FOUL 4.86m	FR	Concordia-St. Paul	4.94m 16-02.50	1	543
11 Emily Curtice 4.74m 4.93m 4.87m	SO	Bemidji State	4.93m 16-02.25	1	540
12 Zoe Stone FOUL FOUL 4.90m	JR	Minnesota State	4.90m 16-01.00	2	532
13 Natalie Fultz FOUL 4.89m 4.67m	SO	Bemidji State	4.89m 16-00.50	2	530
13 Kaye Paschka FOUL 4.77m 4.89m	SO	Augustana	4.89m 16-00.50	1	530
15 Emily Swanson 4.76m FOUL 4.79m	FR	Sioux Falls	4.79m 15-08.75	2	503
16 Tessa Schroeder 4.67m 4.72m 4.78m	JR	Msu-Moorhead	4.78m 15-08.25	2	500
17 Mickalyn Babock 4.24m FOUL 4.73m	SO	Msu-Moorhead	4.73m 15-06.25	1	487
18 Bryn London 4.68m 4.68m 4.66m	JR	Minnesota-Duluth	4.68m 15-04.25	2	474
19 Adla Serrao FOUL 4.63m 4.61m	SO	Msu-Moorhead	4.63m 15-02.25	1	461
20 Isadora Mickelson FOUL 4.53m 4.48m	SO	SW Minnesota St.	4.53m 14-10.50	1	436

**Event 1 Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon**

Name	Year	School	Finals	Points
1 Emily Swanson	FR	Sioux Falls	2:25.53	750
2 Aneesa Tucker	SR	Bemidji State	2:27.99	718
3 Jayda Becker	FR	Augustana	2:30.54	686
4 Samantha Sunnarborg	SO	Minnesota State	2:31.09	679
5 Natalie Fultz	SO	Bemidji State	2:32.18	666
6 Arika Robinson	JR	Concordia-St. Paul	2:33.33	652
7 Kylee Sallee	FR	Augustana	2:34.99	632

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**....Event 1 Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon**

8	Tessa Schroeder	JR Msu-Moorhead	2:35.24	629
9	Sierra Sweeney	FR Northern State	2:37.55	601
10	Emily Curtice	SO Bemidji State	2:38.34	592
11	Maria Pedroso	FR Augustana	2:40.37	569
12	Zoe Stone	JR Minnesota State	2:42.47	545
13	Courtney Mensah	FR Concordia-St. Paul	2:44.88	518
14	Kaye Paschka	SO Augustana	2:46.91	496
15	Jasmine Mlejnek	SO Minnesota State	2:48.61	478
16	Adla Serrao	SO Msu-Moorhead	2:50.06	463
17	Mickalyn Babock	SO Msu-Moorhead	2:51.57	447
18	Isadora Mickelson	SO SW Minnesota St.	2:52.45	438
19	Paige Bauer	FR Minnesota State	2:53.17	431
20	Bryn London	JR Minnesota-Duluth	2:56.79	396

**Event 3 Women 1 Mile Run**

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 NSIC Record: \$ 4:41.88 2017 Emily Trost, UMD  
 Facility: % 4:41.88 2017 Emilee Trost, Minnesota Duluth  
 Name Year School Finals H# Points  
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1	Nicolette Schmidt	JR Augustana	4:50.34	2	10
2	Kaylee Beyer	SO Winona State	4:50.74	2	8
3	PJ English	JR Augustana	4:50.83	2	6
4	Taylor Hestekin	SR U-Mary	4:52.41	2	5
5	Amanda Montplaisir	JR Minnesota State	4:59.32	2	4
6	Josie Bond	FR Minnesota-Duluth	5:02.08	2	3
7	Reid Shiland	JR U-Mary	5:02.76	2	2
8	Morgan Gehl	FR Sioux Falls	5:03.03	2	1
9	Taryn Ceglowski	SR U-Mary	5:03.39	2	
10	Mia Salas	SO Augustana	5:07.96	1	
11	Mallory Delmont	FR Augustana	5:08.59	2	
12	Khot Juac	FR Sioux Falls	5:10.33	2	
13	Taylor Melton	FR Augustana	5:10.67	2	
14	Mariah Haight	SR Augustana	5:16.30	1	
15	Aislin Anderson	SO Msu-Moorhead	5:21.08	1	
16	Mary Goodwin	SO Bemidji State	5:21.28	1	
17	Ashlin Young	FR Minnesota State	5:31.09	1	

**Event 5 Women 60 Meter Hurdles**

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

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 NSIC Record: \$ 8.23 2/25/2022 Denisha Cartwright, Minnesota St  
 Facility: % 8.18 2012 Raven Clay, Findlay  
 Name Year School Prelims H#  
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**Preliminaries**

1	Denisha Cartwright	SO Minnesota State	\$ 8.23Q	1
2	Shanice Burrell	SR Northern State	8.70Q	2
3	Tereza Bolibruch	SR U-Mary	8.88Q	3
4	Christabelle Mulcahy	SR Concordia-St. Paul	8.77q	2
5	Kynnedi Malone	FR Minnesota State	8.80q	2
6	Isatu Shirek	SO SW Minnesota St.	8.96q	3 8.951
7	Mackenzie Keune	SR Minnesota State	8.96q	3 8.952
8	Nyanas Kur	FR Augustana	9.04q	1

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9	Xana Leum	SO Winona State	9.05	1
10	Paige Ziegler	SO Msu-Moorhead	9.07	3
11	Lyric Brennen	FR Minnesota State	9.08	1
12	Megan Hansen	SO Wayne State	9.12	2
13	Hanna Reichenberger	FR Winona State	9.19	3
14	Shelby Romig	FR St. Cloud State	9.25	2
15	Dynia Lewis	FR Bemidji State	9.27	1
16	Renea Taylor	FR Northern State	9.29	3
17	Kylee Becker	FR Winona State	9.39	2
18	Megan Gilles	SO Minnesota-Duluth	9.50	1
19	Anna Langseth	FR Augustana	9.51	2
20	Tia Horning	FR U-Mary	10.49	1

**Event 5 Women 60 Meter Hurdles**

NSIC Record: \$ 8.23 2/25/2022 Denisha Cartwright, Minnesota State  
 Facility: % 8.18 2012 Raven Clay, Findlay

Name	Year	School	Finals	Points
Finals				
1		Denisha Cartwright	SO Minnesota State	8.24 10
2		Shanice Burrell	SR Northern State	8.58 8
3		Tereza Bolibruch	SR U-Mary	8.65 6
4		Isatu Shirek	SO SW Minnesota St.	8.71 5 8.702
5		Kynnedi Malone	FR Minnesota State	8.71 4 8.708
6		Christabelle Mulcahy	SR Concordia-St. Paul	8.80 3
7		Mackenzie Keune	SR Minnesota State	8.95 2

**Event 7 Women 400 Meter Dash****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

NSIC Record: \$ 54.94 2/26/2022 Shereen Vallabouy, Winona State  
 Facility: % 54.70 2012 Kelly Shaw, St. Augustine's

Name	Year	School	Prelims	H#
Preliminaries				
1		Shereen Vallabouy	JR Winona State	56.25Q 1
2		Brooklyn Schyvinck	JR Winona State	56.45Q 2
3		Sherona Stewart	SR Minnesota State	58.55Q 3
4		Maddie Stevens	FR Upper Iowa	57.88Q 1
5		Rose Gaye	JR Minnesota State	57.89Q 2
6		Mackenzie Woodard	SR Minnesota State	59.66Q 3
7		Rose Cramer	SO Minnesota State	57.90q 1
8		Renea Taylor	FR Northern State	58.07q 2
9		Danalee Brock	FR U-Mary	58.58 2
10		Emma Borowicz	FR Minnesota State	59.39 1
11		Janice Cole	JR Bemidji State	59.55 1
12		Rachel Myers	FR Bemidji State	59.79 2
13		Dyashia Colvin	JR Minnesota State	59.85 1
14		Sierra Clifford	FR SW Minnesota St.	59.95 3
15		Ella Heinitz	FR Augustana	1:00.11 3
16		Cece Lewis	SO Concordia-St. Paul	1:00.15 2
17		Brooklyn Brouse	FR St. Cloud State	1:00.16 3
18		Lainey Lipschultz	FR Winona State	1:00.32 1

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**Results**

**....Event 7 Women 400 Meter Dash**

19 Makaylin Christenson	FR St. Cloud State	1:00.97	2
-- Robynn Rolle-Curry	SO Msu-Moorhead	DQ	3

**Event 7 Women 400 Meter Dash**

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 NSIC Record: \$ 54.94 2/26/2022 Shereen Vallabouy, Winona State  
 Facility: % 54.70 2012 Kelly Shaw, St. Augustine's

Name	Year School	Finals	Points
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Finals

1 Shereen Vallabouy	JR Winona State	54.94\$	10
2 Sherona Stewart	SR Minnesota State	56.31	8
3 Brooklyn Schyvinck	JR Winona State	56.41	6
4 Rose Cramer	SO Minnesota State	57.48	5
5 Rose Gaye	JR Minnesota State	57.89	4
6 Maddie Stevens	FR Upper Iowa	57.98	3
7 Renea Taylor	FR Northern State	58.17	2
8 Mackenzie Woodard	SR Minnesota State	58.32	1

**Event 9 Women 600 Meter Run**

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

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 NSIC Record: \$ 1:32.41 2017 Emily Trost, UMD  
 Facility: % 1:33.93 2016 Haley Kruger, Minnesota State

Name	Year School	Prelims	H#
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Preliminaries

1 Ava Grimm	JR U-Mary	1:36.15Q	1
2 Kendall Zeman	JR Winona State	1:36.56Q	2
3 Haleigh Reindl	SR Minnesota-Duluth	1:37.57Q	4
4 Maryse Mbenoun	SR Bemidji State	1:37.90Q	3
5 Sydney Jackson	FR Concordia-St. Paul	1:37.27q	1
6 Savannah Schley	FR Minnesota-Duluth	1:37.92q	4
7 Noa Marteau	FR Augustana	1:38.54q	2
8 Summer Carlson	FR Northern State	1:38.63q	1
9 Grace Acheson	JR U-Mary	1:39.60	3
10 Emily Beckmann	JR Minnesota State	1:40.07	2
11 Alaina Steele	FR Minnesota-Duluth	1:40.13	4
12 Kaitlyn Mulder	JR Augustana	1:41.63	3
13 Molly Boyum	JR Augustana	1:42.95	4
14 Emily Hansen	FR Minot State	1:43.17	2
15 Brycelyn Hanson	FR SW Minnesota St.	1:43.27	3
16 Rebekah Muhlenkamp	FR Minnesota-Duluth	1:43.41	1
17 Caitlyn Regan	JR SW Minnesota St.	1:43.57	1
18 Destiny Mattingly	FR Concordia-St. Paul	1:44.69	4
19 Madelyn Skjeveland	FR Minnesota State	1:45.36	3
20 Jaid Perry	SO Concordia-St. Paul	1:46.61	4
-- Elizabeth Schmidt	FR Augustana	DQ	2

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**Results**

**Event 9 Women 600 Meter Run**

NSIC Record: \$ 1:32.41 2017 Emily Trost, UMD  
 Facility: % 1:33.93 2016 Haley Kruger, Minnesota State  
 Name Year School Finals Points

Finals

1	Ava Grimm	JR U-Mary	1:33.50%	10
2	Kendall Zeman	JR Winona State	1:35.65	8
3	Haleigh Reindl	SR Minnesota-Duluth	1:36.85	6
4	Savannah Schley	FR Minnesota-Duluth	1:36.88	5
5	Sydney Jackson	FR Concordia-St. Paul	1:37.40	4
6	Maryse Mbenoun	SR Bemidji State	1:38.30	3
7	Noa Marteau	FR Augustana	1:38.82	2
8	Summer Carlson	FR Northern State	1:40.95	1

**Event 11 Women 60 Meter Dash**

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

NSIC Record: \$ 7.32 2/26/2022 Makayla Jackson, Minnesota State  
 Facility: % 7.23 2022 Kiara Parker, ASICS  
 Name Year School Prelims H#

Preliminaries

1	Makayla Jackson	SO Minnesota State	7.36Q	1
2	Denisha Cartwright	SO Minnesota State	7.38Q	2
3	Ja'Cey Simmons	SO Minnesota State	7.65Q	3
4	Kanya Henderson	JR Sioux Falls	7.61q	1
5	Kary Petricka	SO Minnesota State	7.69q	1
6	Caitlyn Jones	SO Minnesota State	7.73q	3
7	Samoya Neil	FR U-Mary	7.74q	3
8	Mariah Williams	SO Minnesota State	7.78q	2
9	Aaliyah Guy	FR Minnesota State	7.79	3
10	Nyanas Kur	FR Augustana	7.87	2
11	Emma Hodapp	FR Minnesota State	7.94	1
12	Shackera Douglas	FR Bemidji State	7.98	1
13	Kendra Ekereke	SO Bemidji State	8.01	3
14	Taytum Klink	FR SW Minnesota St.	8.04	2
15	Beatrice Kjelland	JR Bemidji State	8.06	2
16	Maya Couch	FR Wayne State	8.12	1
17	Lindsey Root	FR Minnesota-Duluth	8.21	1
18	Sarah Hill	SR Bemidji State	8.33	3
--	Alaina Hall	SO Bemidji State	FS	2

**Event 11 Women 60 Meter Dash**

NSIC Record: \$ 7.32 2/26/2022 Makayla Jackson, Minnesota State  
 Facility: % 7.23 2022 Kiara Parker, ASICS  
 Name Year School Finals Points

Finals

1	Makayla Jackson	SO Minnesota State	7.32\$	10
2	Denisha Cartwright	SO Minnesota State	7.36	8
3	Ja'Cey Simmons	SO Minnesota State	7.59	6
4	Kanya Henderson	JR Sioux Falls	7.67	5
5	Caitlyn Jones	SO Minnesota State	7.70	4



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**Results**

**....Event 11 Women 60 Meter Dash**

6	Kary Petricka	SO Minnesota State	7.71	3
7	Samoya Neil	FR U-Mary	7.76	2
8	Mariah Williams	SO Minnesota State	7.87	1

**Event 13 Women 800 Meter Run**

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

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NSIC Record: \$	2:11.11	2019	Monique McPherson, MARY
Facility: %	2:09.15	2012	Amanda Putt, Hillsdale
Name	Year	School	Prelims H#

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**Preliminaries**

1	Cami Streff	SO Augustana	2:16.14Q	1
2	Elizabeth Acheson	JR U-Mary	2:18.04Q	2
3	Isabelle Brezinka	SR Minnesota-Duluth	2:16.20Q	1
4	Caroline Sudbeck	SO Augustana	2:18.29Q	2
5	Kaylee Beyer	SO Winona State	2:16.40q	1
6	Courtney Dembrowski	SR U-Mary	2:18.49q	2
7	Marissa Ellenbecker	FR Minnesota State	2:19.29q	1
8	Rachael Neu	FR U-Mary	2:19.52q	2
9	Rachel Boelke	SO Minnesota-Duluth	2:22.08	2
10	Makayla Bishop	FR Minnesota State	2:22.82	2
11	Annika Aho	SO Sioux Falls	2:23.47	1
12	Isabella D'Burke	SO Concordia-St. Paul	2:24.22	1
13	McKenzie Maki	JR Msu-Moorhead	2:32.56	2
14	Jennifer Clark	JR Northern State	2:33.37	1

**Event 13 Women 800 Meter Run**

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NSIC Record: \$	2:11.11	2019	Monique McPherson, MARY
Facility: %	2:09.15	2012	Amanda Putt, Hillsdale
Name	Year	School	Finals Points

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**Finals**

1	Elizabeth Acheson	JR U-Mary	2:11.39	10
2	Cami Streff	SO Augustana	2:12.52	8
3	Kaylee Beyer	SO Winona State	2:14.19	6
4	Courtney Dembrowski	SR U-Mary	2:14.28	5
5	Caroline Sudbeck	SO Augustana	2:14.47	4
6	Isabelle Brezinka	SR Minnesota-Duluth	2:14.82	3
7	Marissa Ellenbecker	FR Minnesota State	2:19.51	2
8	Rachael Neu	FR U-Mary	2:20.11	1

**Event 15 Women 1000 Meter Run**

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

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NSIC Record: \$	2:48.97	2016	Emily Trost, UMD
Facility: %	2:48.97	2016	Emilee Trost, Minnesota Duluth
Name	Year	School	Prelims H#

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**Preliminaries**

1	Haylee Waterfall	JR Augustana	2:59.26Q	1
2	Taryn Ceglowski	SR U-Mary	3:01.21Q	3
3	PJ English	JR Augustana	3:04.28Q	2

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**....Event 15 Women 1000 Meter Run**

4	Mia Salas	SO Augustana	2:59.34Q	1
5	Mary Franssen	SO Northern State	3:03.53Q	3
6	Taylor Hestekin	SR U-Mary	3:04.48Q	2
7	MaKenna Thurston	SO Minnesota State	2:59.95q	1
8	Mackenzie Gaherty	JR Minnesota State	3:03.50q	1
9	Francine Seidel	SO Minnesota-Duluth	3:04.77	3
10	Gracie Bucher	FR Sioux Falls	3:04.86	2
11	Tianna Voigt	JR Sioux Falls	3:04.90	2
12	Alicia Murillo	SO Minot State	3:05.29	2
13	Cassidy O'Meara	SO Sioux Falls	3:05.78	3
14	Skylar Bragg	SO Minnesota State	3:05.79	3
15	Clara Welhouse	JR St. Cloud State	3:10.62	2
16	Kristine Kalthoff	FR U-Mary	3:10.89	1
17	Allie Rosener	SR Wayne State	3:12.09	3
18	Ryne Prigge	SR Bemidji State	3:12.25	1

**Event 15 Women 1000 Meter Run**

=====  
 NSIC Record: \$ 2:48.97 2016 Emily Trost, UMD  
 Facility: % 2:48.97 2016 Emilee Trost, Minnesota Duluth  
 Name Year School Finals Points  
 =====

Finals

1	PJ English	JR Augustana	2:54.48	10
2	Taylor Hestekin	SR U-Mary	2:55.91	8
3	Mia Salas	SO Augustana	2:57.82	6
4	MaKenna Thurston	SO Minnesota State	2:58.01	5
5	Taryn Ceglowski	SR U-Mary	2:58.86	4
6	Haylee Waterfall	JR Augustana	2:59.58	3
7	Mary Franssen	SO Northern State	3:01.68	2
8	Mackenzie Gaherty	JR Minnesota State	3:03.53	1

**Event 17 Women 200 Meter Dash**

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

=====  
 NSIC Record: \$ 24.47  
 NSIC Record: \$ 24.22 2/26/2022 Denisha Cartwright, Minnesota St  
 Facility: % 23.88 2022 Kiara Parker, ASICS  
 Name Year School Prelims H#  
 =====

Preliminaries

1	Denisha Cartwright	SO Minnesota State	\$ 24.36Q	1
2	Ja'Cey Simmons	SO Minnesota State	24.65Q	2
3	Makayla Jackson	SO Minnesota State	24.69Q	4
4	Rose Cramer	SO Minnesota State	24.75Q	3
5	Sherona Stewart	SR Minnesota State	25.15q	4
6	Brooklyn Schyvinck	JR Winona State	25.16q	3
7	Michaela Pryor	JR Winona State	25.25q	1
8	Robynn Rolle-Curry	SO Msu-Moorhead	25.27q	1
9	Kanya Henderson	JR Sioux Falls	25.53	2
10	Maddy Pietz	JR Winona State	25.54	1
11	Renea Taylor	FR Northern State	25.56	3
12	Rose Gaye	JR Minnesota State	25.59	1
13	Nyanas Kur	FR Augustana	25.62	4

**2022 NSIC Track and Field Indoor Championship - 2/25/2022 to 2/26/2022****Hosted by Minnesota State Mankato****Myers Fieldhouse****Results****....Event 17 Women 200 Meter Dash**

14 Aaliyah Guy	FR Minnesota State	25.67	2	25.662
15 Maddie Stevens	FR Upper Iowa	25.67	3	25.667
16 Akela White	FR Minnesota State	25.74	2	
17 Carson Fields	SR Minnesota State	25.90	2	
18 Alaina Hall	SO Bemidji State	26.09	3	
19 Caitlyn Jones	SO Minnesota State	26.10	4	
20 Kendra Ekereke	SO Bemidji State	26.17	4	
21 Shackera Douglas	FR Bemidji State	26.67	3	
22 Lauryn Samuel	SO Concordia-St. Paul	26.71	4	

**Event 17 Women 200 Meter Dash**

NSIC Record: \$ 24.47

NSIC Record: \$ 24.22 2/26/2022 Denisha Cartwright, Minnesota State

Facility: % 23.88 2022 Kiara Parker, ASICS

Name	Year School	Finals	Points
=====			
Finals			
1 Denisha Cartwright	SO Minnesota State	24.22\$	10
2 Makayla Jackson	SO Minnesota State	24.54	8
3 Rose Cramer	SO Minnesota State	24.67	6
4 Ja'Cey Simmons	SO Minnesota State	24.75	5
5 Sherona Stewart	SR Minnesota State	25.01	4
6 Brooklyn Schyvinck	JR Winona State	25.06	3
7 Robynn Rolle-Curry	SO Msu-Moorhead	25.36	2
8 Michaela Pryor	JR Winona State	25.79	1

**Event 19 Women 5000 Meter Run**

NSIC Record: \$ 16:27.92 2017 Alexis Zeis, MARY

Facility: % 16:07.28 2012 Rachel Patterson, Grand Valley State

Name	Year School	Finals	H#	Points
=====				
1 Lindsay Cunningham	FR Winona State	16:33.71	2	10
2 Julia Nielsen	JR Minnesota-Duluth	17:14.62	2	8
3 Alyssa Becker	FR U-Mary	17:14.79	1	6
4 Cait Savey	SR Augustana	17:25.19	2	5
5 Megan Means	JR Augustana	17:33.47	2	4
6 Megan Mooberry	SR Northern State	17:35.31	2	3
7 Starlynn Costa	JR U-Mary	17:36.39	2	2
8 Lacey Feist	SR U-Mary	17:37.34	2	1
9 Caitlin Cornell	FR Minot State	17:39.19	2	
10 Andrijana Fundak	FR U-Mary	17:46.79	2	
11 Alli Hendrickson	JR Winona State	17:51.20	2	
12 Abigail Jones	JR U-Mary	17:55.49	1	
13 Alexandra Robran	SR Minnesota-Duluth	17:55.78	2	
14 Payton Lane	SO Msu-Moorhead	17:56.99	1	
15 Megan Pickering	FR Northern State	18:06.54	2	
16 Claire Boersma	SR Augustana	18:07.54	2	
17 Rebekah Rairdon	SR Augustana	18:09.53	2	
18 Rachel Rairdon	SR Augustana	18:10.97	1	
19 Ana McCabe	SO Augustana	18:14.11	2	
20 Paulette Dominguez	FR Minot State	18:30.94	1	
21 Anna Palodichuk	JR Minnesota-Duluth	18:36.00	1	

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22	Kayleigh Whipps	JR	Sioux Falls	18:38.90	1
23	Karlee Simmons	SO	Sioux Falls	18:41.19	1
24	Jessica Lutmer	FR	Sioux Falls	18:52.88	1
25	Ashlin Young	FR	Minnesota State	18:52.96	1
26	Victoria Kolbinger	FR	Northern State	18:54.72	1
27	Greta Freed	FR	St. Cloud State	19:16.14	1
28	Kenzie Hamann	FR	Northern State	19:34.64	1
29	Brooke Solomon	SO	Wayne State	19:56.61	1

**Event 21 Women 4x400 Meter Relay**

NSIC Record: \$ 3:47.46 2017 U-Mary  
 J.Hammerschmidt,M.Bolibruch,N.Richards,T.Pandohie  
 Facility: % 3:44.56 2008 , S. Illinois-Edwardsville  
 Alrich, Ellis, Royston, Brown

School	Finals	H#	Points
1 Winona State	3:51.40	3	10
1) Kendall Zeman JR	2) Maddy Pietz JR		
3) Brooklyn Schyvinck JR	4) Shereen Vallabouy JR		
2 U-Mary	3:54.43	3	8
1) Danalee Brock FR	2) Morgan Hertz SO		
3) Ava Grimm JR	4) Elizabeth Acheson JR		
3 Minnesota State	3:55.01	3	6
1) Rose Gaye JR	2) Rose Cramer SO		
3) Emma Borowicz FR	4) Sherona Stewart SR		
4 Bemidji State	3:57.09	3	5
1) Rachel Myers FR	2) Janice Cole JR		
3) Maryse Mbenoun SR	4) Abby Syverson SO		
5 Augustana	3:58.48	3	4
1) Ella Heinitz FR	2) Cami Streff SO		
3) Noa Marteau FR	4) Caroline Sudbeck SO		
6 Minnesota-Duluth	4:01.21	2	3
1) Rachel Boelke SO	2) Megan Gilles SO		
3) Savannah Schley FR	4) Isabelle Brezinka SR		
7 Concordia-St. Paul	4:02.73	2	2
1) Cece Lewis SO	2) Christabelle Mulcahy SR		
3) Isabella D'Burke SO	4) Sydney Jackson FR		
8 St. Cloud State	4:02.95	2	1
1) Cassidy Lackovic JR	2) Brooklyn Brouse FR		
3) Makaylin Christenson FR	4) Marianna Guerra-Reese FR		
9 SW Minnesota St.	4:03.97	2	
1) Sierra Clifford FR	2) Leah Tietjens FR		
3) Brycelyn Hanson FR	4) Isatu Shirek SO		
10 Northern State	4:04.26	2	
1) Isabel Kinzer SR	2) Shanice Burrell SR		
3) Makenna Larson FR	4) Renea Taylor FR		
11 Sioux Falls	4:07.32	1	
1) Emma Kenkel JR	2) Olivia Baumberger FR		
3) Cassidy O'Meara SO	4) Tianna Voigt JR		
12 Upper Iowa	4:08.71	1	
1) Zakaria Fuller JR	2) Maddie Stevens FR		
3) Jade Martin JR	4) Brianna Crouch SR		
13 Msu-Moorhead	4:09.00	1	

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**Myers Fieldhouse**

**Results**

**....Event 21 Women 4x400 Meter Relay**

- |                          |                       |           |
|--------------------------|-----------------------|-----------|
| 1) Robynn Rolle-Curry SO | 2) McKenzie Maki JR   |           |
| 3) Sophia Sowada JR      | 4) Tessa Schroeder JR |           |
| 14 Wayne State           |                       | 4:10.43 1 |
| 1) Emily Erickson FR     | 2) Sarah Cotton SO    |           |
| 3) Lauryn Hoffman FR     | 4) Kevona Brown FR    |           |

**Event 23 Women Distance Medley**

=====			
NSIC Record: \$ 11:51.62	2020	Augustana, AUGIE	
		C Rahn, M Beckius, E Tromp, P English	
Facility: % 11:23.35	2012	, Grand Valley State	
		Graney, Hess, Galasso, Patterson	
School		Finals	Points
=====			
1 Augustana		11:57.90	10
1) Cami Streff SO	2) Kaitlyn Mulder JR		
3) Caroline Sudbeck SO	4) Nicolette Schmidt JR		
2 Minnesota State		12:01.20	8
1) MaKenna Thurston SO	2) Emma Borowicz FR		
3) Makayla Bishop FR	4) Amanda Montplaisir JR		
3 Minnesota-Duluth		12:01.58	6
1) Morgan Radel SR	2) Rachel Boelke SO		
3) Isabelle Brezinka SR	4) Josie Bond FR		
4 U-Mary		12:02.72	5
1) Kristine Kalthoff FR	2) Morgan Hertz SO		
3) Courtney Dembrowski SR	4) Reid Shiland JR		
5 Sioux Falls		12:06.02	4
1) Khot Juac FR	2) Emma Kenkel JR		
3) Cassidy O'Meara SO	4) Morgan Gehl FR		
6 Northern State		12:29.76	3
1) Mary Franssen SO	2) Jennifer Clark JR		
3) Isabel Kinzer SR	4) Megan Pickering FR		
7 Minot State		12:33.35	2
1) Alicia Murillo SO	2) Sidra Sadowsky FR		
3) Emily Hansen FR	4) Caitlin Cornell FR		
8 St. Cloud State		12:42.43	1
1) Clara Welhouse JR	2) Cassidy Lackovic JR		
3) Allie Butte FR	4) Greta Freed FR		
9 Bemidji State		12:42.44	
1) Ryne Prigge SR	2) Skyler Tillery FR		
3) Abby Syverson SO	4) Mary Goodwin SO		
10 Winona State		12:52.29	
1) Sophia Taarud FR	2) Lainey Lipschultz FR		
3) Sylvia Hansen FR	4) Rachel Hoffman SO		
11 Wayne State		12:56.64	
1) Allie Rosener SR	2) Sarah Cotton SO		
3) Alison Stineman SO	4) Kelsey Larsen SO		
12 Msu-Moorhead		13:25.46	
1) Grace Dorsher FR	2) Sophia Sowada JR		
3) McKenzie Maki JR	4) Aislin Anderson SO		

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**Results**

**Event 25 Women High Jump**

=====											
NSIC Record: \$ 1.78m		2/25/2022		Arika Robinson, Concordia-St. Pa							
Facility: % 1.86m		2012		Babara Szabo, Western State							
Name	Year	School	Finals						Points	=====	
1 Arika Robinson		JR Concordia-St. Paul	1.78m\$	5-10.00	10						
	1.51	1.56	1.61	1.64	1.67	1.70	1.73	1.78	1.83		
	---	---	---	0	XO	0	0	0	XXX		
2 Emily Swanson		FR Sioux Falls	1.70m	5-07.00	8						
	1.51	1.56	1.61	1.64	1.67	1.70	1.73				
	0	XO	0	XO	XO	XXO	XXX				
3 Rachel Schumacher		SR Msu-Moorhead	1.67m	5-05.75	6						
	1.51	1.56	1.61	1.64	1.67	1.70					
	---	0	0	0	0	XXX					
4 Taylor Elliott		SR Minnesota State	1.67m	5-05.75	5						
	1.51	1.56	1.61	1.64	1.67	1.70					
	---	0	0	XXO	0	XXX					
5 Zoe Stone		JR Minnesota State	1.67m	5-05.75	4						
	1.51	1.56	1.61	1.64	1.67	1.70					
	---	0	0	XXO	XO	XXX					
6 D'Andra Morris		SR U-Mary	1.64m	5-04.50	3						
	1.51	1.56	1.61	1.64	1.67						
	---	0	0	0	XXX						
7 Ella Paaverud		SO Concordia-St. Paul	1.64m	5-04.50	1						
	1.51	1.56	1.61	1.64	1.67						
	---	0	0	XO	XXX						
7 Mearah Miedema		SR Augustana	1.64m	5-04.50	1						
	1.51	1.56	1.61	1.64	1.67						
	---	0	0	XO	XXX						
7 Madison Rizner		JR Winona State	1.64m	5-04.50	1						
	1.51	1.56	1.61	1.64	1.67						
	0	0	0	XO	XXX						
10 Abbi Webb		FR Sioux Falls	1.64m	5-04.50							
	1.51	1.56	1.61	1.64	1.67						
	0	XO	0	XO	XXX						
11 Tava Berg		JR Northern State	1.61m	5-03.25							
	1.51	1.56	1.61	1.64							
	0	0	0	XXX							
12 Kaylee Olson		SO Winona State	1.61m	5-03.25							
	1.51	1.56	1.61	1.64							
	0	XO	0	XXX							
13 Emily Jones		FR Minnesota-Duluth	1.61m	5-03.25							
	1.51	1.56	1.61	1.64							
	0	XO	XO	XXX							
13 Julia Rowles		SO St. Cloud State	1.61m	5-03.25							
	1.51	1.56	1.61	1.64							
	0	XO	XO	XXX							
15 Antonia Genet		SO U-Mary	1.61m	5-03.25							
	1.51	1.56	1.61	1.64							
	---	0	XXO	XXX							
16 Ashley Cridlebaugh		FR Minnesota State	1.56m	5-01.25							
	1.51	1.56	1.61								
	0	0	XXX								

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**Results**

**....Event 25 Women High Jump**

16 Leah Tietjens	FR SW Minnesota St.	1.56m	5-01.25
1.51 1.56 1.61			
0 0 XXX			
16 Caitlin Pritchett	JR Msu-Moorhead	1.56m	5-01.25
1.51 1.56 1.61			
0 0 XXX			
16 Toryn Richards	FR Minnesota State	1.56m	5-01.25
1.51 1.56 1.61			
0 0 XXX			
16 Jordan Tschumperlin	FR Northern State	1.56m	5-01.25
1.51 1.56 1.61			
0 0 XXX			
16 Jasmine Mlejnek	SO Minnesota State	1.56m	5-01.25
1.51 1.56 1.61			
0 0 XXX			
22 Natalie Fultz	SO Bemidji State	1.56m	5-01.25
1.51 1.56 1.61			
0 XO XXX			
22 Teya Langston	SR Minnesota State	1.56m	5-01.25
1.51 1.56 1.61			
--- XO XXX			
24 Samantha Sunnarborg	SO Minnesota State	1.51m	4-11.50
1.51 1.56			
XO XXX			
24 Rainbow Stands	FR SW Minnesota St.	1.51m	4-11.50
1.51 1.56			
XO XXX			
24 Olivia Solis	FR Minnesota State	1.51m	4-11.50
1.51 1.56			
XO XXX			
-- Avery Bartunek	FR Sioux Falls	NH	
1.51			
XXX			
-- Stella Anderson	FR SW Minnesota St.	NH	
1.51			
XXX			
-- Lauren Preiner	FR Minnesota State	NH	
1.51			
XXX			

**Event 27 Women Pole Vault**

=====									
NSIC Record: \$ 4.32m		2017		Courtney Crandall, USF					
Facility: % 4.32m		2017		Courtney Crandall, University of Sioux Falls					
Name	Year	School	Finals	Points					
=====									
1 Paige Hickson		FR Minnesota State	3.81m	12-06.00	10	Jump Off			
2.96 3.11 3.26	3.41	3.56	3.71	3.81	3.91				
---	---	---	0	0	XO	0	XXX		
2 Ashley Hokanson		FR Msu-Moorhead	3.81m	12-06.00	8	Jump Off			
2.96 3.11 3.26	3.41	3.56	3.71	3.81	3.91				
---	---	---	---	XO	0	0	XXX		

**2022 NSIC Track and Field Indoor Championship - 2/25/2022 to 2/26/2022****Hosted by Minnesota State Mankato****Myers Fieldhouse****Results****....Event 27 Women Pole Vault**

3	Kealy Hill	JR Northern State	3.71m	12-02.00	6
	2.96 3.11 3.26 3.41 3.56 3.71 3.81				
	--- 0 0 XO 0 XO XXX				
4	Paige Bauer	FR Minnesota State	3.71m	12-02.00	5
	2.96 3.11 3.26 3.41 3.56 3.71 3.81				
	--- --- 0 XXO 0 XO XXX				
5	Addie Schipper	JR Minnesota State	3.71m	12-02.00	4
	2.96 3.11 3.26 3.41 3.56 3.71 3.81				
	--- 0 0 XO 0 XXO XXX				
6	Christine Dennison	JR Minnesota State	3.56m	11-08.00	3
	2.96 3.11 3.26 3.41 3.56 3.71				
	--- --- --- --- XXO XXX				
7	Sofia Dodge	SO Concordia-St. Paul	3.41m	11-02.25	2
	2.96 3.11 3.26 3.41 3.56				
	--- XXO XO XXO XXX				
8	Anna Schmidt	FR Augustana	3.26m	10-08.25	0.33
	2.96 3.11 3.26 3.41				
	0 0 0 XXX				
8	Shealyn Tom	FR SW Minnesota St.	3.26m	10-08.25	0.33
	2.96 3.11 3.26 3.41				
	0 0 0 XXX				
8	Anastasia Klein	JR Bemidji State	3.26m	10-08.25	0.33
	2.96 3.11 3.26 3.41				
	0 0 0 XXX				
11	Kenzee Danielson	FR Northern State	3.26m	10-08.25	
	2.96 3.11 3.26 3.41				
	--- 0 XXO XXX				
12	Megan Judge	SO Bemidji State	3.11m	10-02.50	
	2.96 3.11 3.26				
	0 0 XXX				
12	Toryn Richards	FR Minnesota State	3.11m	10-02.50	
	2.96 3.11 3.26				
	--- 0 XXX				
12	Sydney Bahls	JR Msu-Moorhead	3.11m	10-02.50	
	2.96 3.11 3.26				
	0 0 XXX				
12	Micah Zaemisch	FR Minnesota State	3.11m	10-02.50	
	2.96 3.11 3.26				
	--- 0 XXX				
12	Logan Kuskie	FR Minnesota State	3.11m	10-02.50	
	2.96 3.11 3.26				
	0 0 XXX				
17	Madyson Johnstone	FR Minnesota State	3.11m	10-02.50	
	2.96 3.11 3.26				
	XXO 0 XXX				
18	Olivia Olson	FR Bemidji State	2.96m	9-08.50	
	2.96 3.11				
	0 XXX				
18	McKenna Comstock	FR Sioux Falls	2.96m	9-08.50	
	2.96 3.11				
	0 XXX				
18	Sabrina Segar	FR Minnesota-Duluth	2.96m	9-08.50	
	2.96 3.11				
	0 XXX				



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**Results**

**....Event 27 Women Pole Vault**

18 Ashley Lawrence	SO Minnesota-Duluth	2.96m	9-08.50
2.96 3.11			
O XXX			
22 Eden Worden	SO Minnesota-Duluth	2.96m	9-08.50
2.96 3.11			
XO XXX			
-- MaKenzie Adams	FR Sioux Falls	NH	
2.96			
XXX			
-- Greta Snaza	FR Sioux Falls	NH	
2.96			
XXX			
-- Callie Reintsma	FR Concordia-St. Paul	NH	
2.96			
XXX			
-- Makenna Glanzer	FR SW Minnesota St.	NH	
2.96			
XXX			

**Event 29 Women Long Jump**

=====									
NSIC Record: \$ 6.04m		2/25/2022		Makayla Jackson, Minnesota State					
Facility: % 6.26m		2012		Jillisa Grant, New Mexico Highlands					
Name	Year	School		Finals		H#	Points		
=====									
1 Makayla Jackson	SO	Minnesota State		6.04m\$	19-09.75	2	10		
FOUL	5.90m	6.04m	5.99m	5.81m	5.96m				
2 Kary Petricka	SO	Minnesota State		5.97m	19-07.00	2	8		
FOUL	FOUL	5.95m	5.86m	5.97m	5.82m				
3 Arianna Passeri	JR	U-Mary		5.89m	19-04.00	2	6		
5.69m	5.79m	5.86m	5.77m	5.89m	FOUL				
4 D'Andra Morris	SR	U-Mary		5.88m	19-03.50	2	5		
5.86m	5.88m	5.71m	5.57m	5.76m	5.84m				
5 Samoya Neil	FR	U-Mary		5.88m	19-03.50	2	4		
5.79m	5.88m	5.79m	5.75m	5.52m	5.83m				
6 Faith Lubner	SR	St. Cloud State		5.80m	19-00.50	2	3		
5.80m	5.66m	5.35m	FOUL	FOUL	5.37m				
7 Krishona Juliana	FR	Northern State		5.67m	18-07.25	2	2		
5.57m	FOUL	5.28m	5.35m	5.67m	5.42m				
8 Kylee Sallee	FR	Augustana		5.56m	18-03.00	1	1		
5.56m	FOUL	FOUL	FOUL	FOUL	5.31m				
9 Parker Buske	SO	St. Cloud State		5.51m	18-01.00	2			
5.50m	FOUL	5.51m	5.40m	5.51m	5.44m				
10 Taylor Weidner	SO	U-Mary		5.47m	17-11.50	1			
5.25m	5.47m	5.23m							
11 Kaylee Olson	SO	Winona State		5.43m	17-09.75	1			
5.12m	5.38m	5.43m							
12 Mariah Williams	SO	Minnesota State		5.43m	17-09.75	2			
FOUL	5.43m	5.37m							
13 Olivia Baumberger	FR	Sioux Falls		5.42m	17-09.50	1			
FOUL	5.02m	5.42m							
14 Stella Neophytou	FR	Minnesota State		5.37m	17-07.50	2			
5.33m	FOUL	5.37m							

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**Results**

**....Event 29 Women Long Jump**

15	Molly Kahl	FR Minnesota State	5.33m	17-06.00	1
	5.33m FOUL FOUL				
16	Natalie Meyers	JR Sioux Falls	5.31m	17-05.25	1
	5.20m 5.00m 5.31m				
17	Trinity Moore	FR Minnesota State	5.31m	17-05.25	1
	5.31m 5.14m 4.71m				
18	Ashlie Lockington	SO Winona State	5.27m	17-03.50	1
	FOUL 5.09m 5.27m				
19	Alaina Hall	SO Bemidji State	5.24m	17-02.25	1
	4.58m 5.20m 5.24m				
20	Cali Modglin	SR U-Mary	5.24m	17-02.25	2
	5.24m 5.05m FOUL				
21	Kenzie Moeller	FR Wayne State	5.12m	16-09.75	1
	5.12m 5.06m FOUL				
22	Jaci Newman	FR Minnesota State	5.04m	16-06.50	1
	5.04m 5.03m FOUL				
23	Grayce Adler	SR Augustana	4.96m	16-03.25	1
	FOUL FOUL 4.96m				

**Event 31 Women Triple Jump**

=====

NSIC Record: \$ 12.87m 2/26/2022 D'Andra Morris, U-Mary  
 Facility: % 12.84m 2012 Amanda Ouedraogo, Abilene Christian

Name	Year	School	Finals	H#	Points
1 D'Andra Morris	SR	U-Mary	12.87m\$	42-02.75	2 10
			12.32m 12.87m 12.67m		
			FOUL 12.81m 12.82m		
2 Flore Gracia	JR	Minnesota State	12.19m	40-00.00	2 8
			11.42m 12.02m 12.19m		
			11.94m 11.83m 12.03m		
3 Parker Buske	SO	St. Cloud State	12.13m	39-09.75	2 6
			11.36m 11.71m 12.13m		
			FOUL 12.02m 11.83m		
4 Stella Neophytou	FR	Minnesota State	12.03m	39-05.75	2 5
			FOUL 11.86m 11.92m		
			11.85m 11.94m 12.03m		
5 Cali Modglin	SR	U-Mary	11.98m	39-03.75	2 4
			FOUL 11.74m 11.78m		
			11.56m 11.61m 11.98m		
6 Kaly Banks	JR	Augustana	11.89m	39-00.25	2 3
			FOUL 11.60m FOUL FOUL		
			FOUL 11.89m		
7 Maya Taylor	SR	St. Cloud State	11.84m	38-10.25	2 2
			11.84m 11.67m 11.77m		
			FOUL 11.57m 11.66m		
8 Krishona Juliana	FR	Northern State	11.79m	38-08.25	2 1
			FOUL 11.79m FOUL		
			11.31m FOUL FOUL		
9 Analise Fabre	SR	Bemidji State	11.56m	37-11.25	2
			11.56m 11.47m FOUL		
			10.83m FOUL 11.35m		
10 Ashlie Lockington	SO	Winona State	11.55m	37-10.75	2
			11.38m 11.26m 11.55m		
11 Arianna Passeri	JR	U-Mary	11.53m	37-10.00	2
			11.21m 11.25m 11.53m		
12 Kaja Salemonsens	FR	Augustana	11.53m	37-10.00	2
			FOUL FOUL 11.53m		
13 Madison Rizner	JR	Winona State	11.22m	36-09.75	1
			10.84m 11.22m 10.95m		
14 Hanna Reichenberger	FR	Winona State	11.21m	36-09.50	1
			10.85m 11.21m 10.64m		

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**Results**

**....Event 31 Women Triple Jump**

15	Kaylee Patnode	SO Winona State	10.99m	36-00.75	1
	10.59m 10.88m 10.99m				
16	Keyla Sambo	JR Wayne State	10.92m	35-10.00	1
	FOUL 10.92m 10.89m				
17	Dynia Lewis	FR Bemidji State	10.83m	35-06.50	1
	FOUL 10.83m 10.32m				
18	Ashley Cridlebaugh	FR Minnesota State	10.80m	35-05.25	1
	FOUL 10.80m 10.30m				
19	Sammi Sundby	FR Augustana	10.77m	35-04.00	1
	FOUL 10.77m 10.50m				
20	Molly Kahl	FR Minnesota State	10.61m	34-09.75	1
	10.37m 10.61m FOUL				
21	Taylor Weidner	SO U-Mary	10.60m	34-09.50	1
	10.56m 10.18m 10.60m				
22	Jaci Newman	FR Minnesota State	10.49m	34-05.00	1
	10.47m 10.49m 10.37m				
23	Emily Smollen	SO Wayne State	10.46m	34-04.00	1
	FOUL 10.46m 9.92m				
24	Emily Jones	FR Minnesota-Duluth	10.34m	33-11.25	1
	10.16m FOUL 10.34m				

**Event 33 Women Weight Throw**

NSIC Record: \$ 22.36m 2017		Kaitlyn Long, WSU	
Facility: % 22.38m 2017		Kaitlyn Long, Winona State	
Name	Year School	Finals	H# Points
1	Katie Taylor	SR Minnesota State	20.21m 66-03.75 3 10
	18.96m 19.30m FOUL 18.43m 19.73m 20.21m		
2	Brea Perron	SR Minnesota State	19.63m 64-05.00 3 8
	18.66m 18.63m FOUL 19.27m 19.23m 19.63m		
3	Emma Hertz	SR Sioux Falls	19.44m 63-09.50 3 6
	18.86m 18.72m FOUL FOUL FOUL 19.44m		
4	Mckenzie Scheil	JR Wayne State	19.32m 63-04.75 3 5
	19.32m 18.37m 18.14m 18.26m 19.28m FOUL		
5	Kaylee Jensen	SR Minnesota State	19.01m 62-04.50 3 4
	18.38m 18.60m 18.61m 18.57m 19.01m 18.59m		
6	Brooklynn Chipps	SO Wayne State	18.76m 61-06.75 3 3
	17.50m 18.76m 18.30m 17.02m 18.34m FOUL		
7	Kaitlyn Schroeder	SO Minnesota State	16.13m 52-11.00 2 2
	FOUL 14.70m 16.13m 15.42m FOUL 15.56m		
8	Cassidy Gough	FR Northern State	16.08m 52-09.25 2 1
	16.08m 16.00m 16.00m FOUL FOUL 15.99m		
9	Madeline Fretag	SO Minnesota State	15.90m 52-02.00 2
	FOUL 15.86m 15.64m 15.90m FOUL FOUL		
10	Kamry Lindsey	FR Sioux Falls	15.67m 51-05.00 2
	FOUL 14.95m 15.67m		
11	Kendra Paasch	JR Wayne State	15.48m 50-09.50 3
	FOUL 15.25m 15.48m		
12	Sophia Kenyon	FR Minot State	15.36m 50-04.75 2
	15.36m 15.02m 15.00m		
13	Abbi Stafslieen-Dumale	SO Minnesota State	15.22m 49-11.25 2
	FOUL 15.07m 15.22m		

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**....Event 33 Women Weight Throw**

14	Veronica Guenther	FR Wayne State	14.84m	48-08.25	1
	12.52m 14.84m FOUL				
15	Tia Donlan	SR Concordia-St. Paul	14.67m	48-01.75	2
	FOUL 14.67m 14.40m				
16	Libby Beck	SO Minnesota State	14.67m	48-01.75	1
	14.28m 14.67m FOUL				
17	Reilly Young	FR Wayne State	14.62m	47-11.75	2
	14.62m FOUL FOUL				
18	Nicole Heeren	JR Wayne State	14.59m	47-10.50	2
	FOUL 14.59m FOUL				
19	MacKenzie Bengtson	JR Sioux Falls	14.45m	47-05.00	2
	14.45m 14.13m FOUL				
20	Jenna Hardy	FR Minot State	14.41m	47-03.50	1
	14.21m 14.41m FOUL				
21	Ella Paaverud	SO Concordia-St. Paul	14.10m	46-03.25	1
	FOUL 10.97m 14.10m				
22	Dacoda Zimmerman	JR St. Cloud State	14.06m	46-01.50	1
	12.92m 13.84m 14.06m				
23	Morgan Hughes	SO SW Minnesota St.	13.64m	44-09.00	1
	13.64m FOUL FOUL				
24	Hailey Baker	FR Wayne State	13.63m	44-08.75	1
	13.39m 13.63m FOUL				
25	Nadia Sanford	FR SW Minnesota St.	13.62m	44-08.25	1
	13.62m FOUL FOUL				
26	Olivia Downs	FR Minot State	12.80m	42-00.00	1
	12.80m 11.40m 11.51m				
27	Kayce Gielski	SO Minnesota-Duluth	12.46m	40-10.50	1
	12.46m FOUL FOUL				
28	Adrienne Thompson	SO Minnesota-Duluth	11.51m	37-09.25	1
	FOUL 10.16m 11.51m				
--	Madison Glynn	FR Minnesota State	FOUL		3
	FOUL FOUL FOUL				
--	Kori Nagel	FR Minot State	FOUL		3
	FOUL FOUL FOUL				
--	Tori Nygard	FR Minot State	FOUL		3
	FOUL FOUL FOUL				

**Event 35 Women Shot Put**

=====						
NSIC Record: \$ 15.83m		2015	Sara Wells, WSC			
Facility: % 16.11m		2012	Lauren Buresh, Grand Valley State			
Name	Year	School	Finals		H#	Points
=====						
1	Brea Perron	SR Minnesota State	14.93m	48-11.75	3	10
	13.98m 13.88m FOUL	13.66m 14.53m 14.93m				
2	Katie Taylor	SR Minnesota State	14.35m	47-01.00	3	8
	13.33m 14.06m FOUL	FOUL FOUL 14.35m				
3	Mckenzie Scheil	JR Wayne State	14.25m	46-09.00	3	6
	14.25m 13.92m FOUL	13.65m FOUL 13.65m				
4	Emma Hertz	SR Sioux Falls	14.09m	46-02.75	3	5
	14.09m FOUL FOUL FOUL	13.95m 13.47m				
5	Kori Nagel	FR Minot State	13.51m	44-04.00	3	4
	11.64m 13.36m 13.51m	13.29m 12.68m FOUL				

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**....Event 35 Women Shot Put**

6	Kendra Paasch	JR Wayne State	13.40m	43-11.75	3	3
	11.79m 13.40m 13.00m	12.72m FOUL 12.97m				
7	Brooklynn Chipps	SO Wayne State	13.18m	43-03.00	3	2
	12.28m 12.85m 13.03m	13.18m FOUL FOUL				
8	Tierra Doss	JR Bemidji State	13.16m	43-02.25	2	1
	12.52m 13.05m 13.16m	12.88m 13.03m 12.99m				
9	Kaitlyn Schroeder	SO Minnesota State	13.04m	42-09.50	2	
	12.86m 13.04m 12.65m	FOUL FOUL FOUL				
10	Brooke Languis	FR Wayne State	12.97m	42-06.75	2	
	12.97m 12.08m 12.64m					
11	Abbi Stafslie-Dumale	SO Minnesota State	12.97m	42-06.75	3	
	FOUL 12.97m FOUL					
12	Kayla VanOsdel	FR Sioux Falls	12.88m	42-03.25	2	
	12.88m 12.59m 11.87m					
13	Jenna Hardy	FR Minot State	12.82m	42-00.75	3	
	11.93m 12.16m 12.82m					
14	Nadia Sanford	FR SW Minnesota St.	12.80m	42-00.00	2	
	12.14m 12.80m 12.50m					
15	Chloe Gunderson	FR Minot State	12.74m	41-09.75	2	
	12.23m 12.74m FOUL					
16	Nicole Kramchynsky	SO U-Mary	12.71m	41-08.50	2	
	12.71m FOUL 12.63m					
17	Dacoda Zimmerman	JR St. Cloud State	12.16m	39-10.75	1	
	12.15m 11.90m 12.16m					
18	Jordan Menken	SR Northern State	12.00m	39-04.50	2	
	12.00m FOUL 12.00m					
19	Libby Beck	SO Minnesota State	11.90m	39-00.50	1	
	FOUL 11.25m 11.90m					
20	Madeline Fretag	SO Minnesota State	11.89m	39-00.25	1	
	10.96m 11.89m 11.65m					
21	Alician Garcia	FR Minot State	11.84m	38-10.25	1	
	11.50m 11.84m FOUL					
22	Kamry Lindsey	FR Sioux Falls	11.77m	38-07.50	2	
	11.77m 11.42m 11.12m					
23	Veronica Guenther	FR Wayne State	11.63m	38-02.00	1	
	FOUL 11.62m 11.63m					
24	Reilly Young	FR Wayne State	11.55m	37-10.75	1	
	11.12m 11.14m 11.55m					
25	Kate Battaforayen	SO SW Minnesota St.	11.52m	37-09.50	1	
	FOUL 11.52m FOUL					
26	Jacqi Rae	JR Minnesota-Duluth	11.18m	36-08.25	1	
	10.49m 11.18m 10.67m					
27	Rebecca Eacker	FR Minot State	10.93m	35-10.50	1	
	10.93m 10.47m 10.58m					
28	Peyton Lammerding	FR Minot State	10.83m	35-06.50	1	
	10.68m 10.51m 10.83m					

**Event 37 Women 3000 Meter Run**

=====						
NSIC Record:	\$ 9:31.37	2020	Ida Narbuvoll, MARY			
Facility:	% 9:34.32	2017	Alexis Zeis, University of Mary			
Name		Year School	Finals	H#	Points	
=====						
1	Nicolette Schmidt	JR Augustana	9:49.62	2	10	

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**....Event 37 Women 3000 Meter Run**

2	Alyssa Becker	FR U-Mary	9:50.40	2	8
3	Megan Means	JR Augustana	9:53.16	2	6
4	Amanda Montplaisir	JR Minnesota State	9:55.52	2	5
5	Julia Nielsen	JR Minnesota-Duluth	9:58.83	2	4
6	Mackenzie Hall	SR Minnesota-Duluth	10:01.54	2	3
7	Cait Savey	SR Augustana	10:03.34	2	2
8	Caitlin Cornell	FR Minot State	10:09.86	2	1
9	Morgan Gehl	FR Sioux Falls	10:10.35	1	
10	Morgan Radel	SR Minnesota-Duluth	10:15.20	2	
11	Starlynn Costa	JR U-Mary	10:15.39	1	
12	Ella Bakken	FR Augustana	10:19.12	2	
13	Megan Mooberry	SR Northern State	10:19.81	1	
14	Abigail Jones	JR U-Mary	10:20.85	1	
15	Lacey Feist	SR U-Mary	10:21.41	1	
16	Alexandra Robran	SR Minnesota-Duluth	10:21.88	1	
17	Payton Lane	SO Msu-Moorhead	10:22.19	1	
18	McKenna Taylor	FR Winona State	10:22.36	1	
19	Andrijana Fundak	FR U-Mary	10:23.51	1	
20	Alicia Murillo	SO Minot State	10:24.02	1	
21	Megan Pickering	FR Northern State	10:26.50	1	
22	Ana McCabe	SO Augustana	10:27.53	2	
23	Alli Hendrickson	JR Winona State	10:27.56	2	
24	Aubrey Surage	FR Augustana	10:27.72	2	
25	Khot Juac	FR Sioux Falls	10:27.78	1	
26	Claire Boersma	SR Augustana	10:36.83	1	
27	Paulette Dominguez	FR Minot State	10:37.12	1	
28	Lauryn Renier	SO Minnesota-Duluth	10:51.76	1	
29	Catherine Ihrke	FR SW Minnesota St.	11:42.42	1	

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Women - Team Rankings - 19 Events Scored

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1) Minnesota State	243	2) U-Mary	115
3) Augustana	106.33	4) Winona State	63
5) Minnesota-Duluth	41	6) Sioux Falls	37
7) Concordia-St. Paul	32	8) Northern State	29
9) Wayne State	19	10) MSU-Moorhead	16
11) St. Cloud State	13	12) Bemidji State	10.33
13) Minot State	7	14) SW Minnesota St.	5.33
15) Upper Iowa	3		