

**UND Tune-Up - 2/20/2021**  
**Hosted by University of North Dakota**  
**High Performance Center**  
**Results - UND Tune-Up**

**Event 19 Women 60 Meter Hurdles**

Name	Year School	Prelims	H#
<b>Preliminaries</b>			
1 Bailee Dierks	SO ND State	8.82Q	2
2 Aleece Durbin	JR North Dakota	9.14Q	1
3 Kathryn O'Neill	SR North Dakota	9.25Q	1
4 Grace Henneman	FR North Dakota	9.38Q	2
5 Brooklynn Gould	FR North Dakota	9.41q	1
6 Merritt Beil	FR ND State	9.51q	2
7 Erica Benson	SR North Dakota	9.54q	2
8 Adla Serrao	FR Msu-Moorhead	9.85q	2
9 Faith Beck	SO Bemidji State	9.87	1
10 Elle Thorson	FR North Dakota	9.98	1
11 Peyton Selle	FR Concordia-Moorhead	10.03	1
12 Allie Wendel	FR Msu-Moorhead	10.33	2

**Event 1 Women 60 Meter Dash**

Name	Year School	Prelims	H#
1 Anna Steadland	SO Msu-Moorhead	7.80Q	1
2 Janice Cole	SO Bemidji State	7.87Q	2
3 Alaina Hall	FR Bemidji State	7.84Q	1
4 Rhaeghn Gripentrog	JR ND State	7.94Q	2
5 Tianna Stanek	SO North Dakota	8.13q	2
6 Sierra Ramberg	FR Concordia-Moorhead	8.20q	2
7 Kendra Ekereke	FR Bemidji State	8.42q	1
8 Amanda Odegard	JR North Dakota	8.86q	2

**Event 13 Women 1 Mile Run**

Name	Year School	Finals	Points
<b>Finals</b>			
1 Meritt Miller	SR Concordia-Moorhead	5:23.09	7
2 Isabel Fredrickson	JR Concordia-Moorhead	5:27.77	5
3 Greta McLagan	SO North Dakota	5:28.46	4
4 Aislin Anderson	FR Msu-Moorhead	5:30.66	3
5 Amelia Landsverk	SO Concordia-Moorhead	5:37.31	2
6 Ellie Morgan	JR North Dakota	5:42.44	1
7 Abby Motschenbacher	SO North Dakota	5:46.86	
8 Emily Rugloski	JR Concordia-Moorhead	5:59.80	
9 Kaitlyn Rooney	JR Concordia-Moorhead	6:09.41	
10 Grace Ivesdal	SO Concordia-Moorhead	6:22.52	
-- Jennie Baragar-Petrash	NA	4:45.60	
-- Annika Rotvold	NA	5:00.93	
-- Alaysia Freetly	NA	5:15.11	

**Event 14 Men 1 Mile Run**

Name	Year School	Finals	Points
1 Munir Isahak	SR Concordia-Moorhead	4:24.02	7
2 Zachary King	JR North Dakota	4:28.17	5

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**....Event 14 Men 1 Mile Run**

3	Cole Nowacki	FR	Concordia-Moorhead	4:31.53	4
4	Solomon Johnson	SO	Concordia-Moorhead	4:34.20	3
5	Joseph Espinoza	FR	Msu-Moorhead	4:36.67	2
6	Connor Haugrud	SR	Concordia-Moorhead	4:37.57	1
7	Ben Becker	FR	Concordia-Moorhead	4:39.67	
8	Lucas Hinojos	FR	Concordia-Moorhead	5:01.41	
9	Alex Lerum	FR	Concordia-Moorhead	5:07.42	
--	Tanner Olson	NA			DNF

**Event 20 Men 60 Meter Hurdles**

Name	Year	School	Finals	Points
1	Mitchel	JR North Dakota	8.34	7
2	Peter Wysocki	SR North Dakota	8.51	5
3	Alex Mcaloon	FR North Dakota	8.81	4
4	Trenton Hanseder	FR North Dakota	8.96	3

**Event 19 Women 60 Meter Hurdles**

Name	Year	School	Finals	Points
1	Bailee Dierks	SO ND State	8.83	7
2	Aleece Durbin	JR North Dakota	9.15	5
3	Brooklyn Gould	FR North Dakota	9.31	4
4	Kathryn O'Neill	SR North Dakota	9.31	3
5	Merritt Beil	FR ND State	9.42	2
6	Grace Henneman	FR North Dakota	9.45	1
7	Erica Benson	SR North Dakota	9.51	
8	Adla Serrao	FR Msu-Moorhead	9.85	

9.305  
9.307

**Event 1 Women 60 Meter Dash**

Name	Year	School	Finals	Points
1	Anna Steadland	SO Msu-Moorhead	7.81	7
2	Alaina Hall	FR Bemidji State	7.86	5
3	Janice Cole	SO Bemidji State	7.90	4
4	Rhaeghn Gripentrog	JR ND State	7.94	3
5	Tianna Stanek	SO North Dakota	8.12	2
6	Sierra Ramberg	FR Concordia-Moorhead	8.21	1
7	Kendra Ekereke	FR Bemidji State	8.40	
8	Amanda Odegard	JR North Dakota	8.79	

**Event 2 Men 60 Meter Dash**

Name	Year	School	Finals	Points
1	Dante White	FR ND State	6.96	7
2	Jake Lee	FR North Dakota	7.17	5
3	Clay Jackson	SR Msu-Moorhead	7.18	4
4	Shaquiel Higgs	JR Msu-Moorhead	7.21	3
5	Dan Ratzloff	FR Msu-Moorhead	7.42	2
6	Dawson Schaffer	FR Concordia-Moorhead	7.43	1

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**....Event 2 Men 60 Meter Dash**

7 Nick Steinhofer SR Concordia-Moorhead 8.01

**Event 5 Women 400 Meter Dash**

Name	Year	School	Finals	H#	Points
1 Grace Zimmerman	JR	ND State	57.70	2	7
2 Elaina Swartz	JR	North Dakota	59.99	2	5
3 Asia Rance	JR	Msu-Moorhead	1:01.03	1	4
4 Jenna LaFave	SO	Concordia-Moorhead	1:05.60	1	3
5 Brynn Mettling	FR	Concordia-Moorhead	1:08.83	1	2
-- Jerzie Finstad	NA		59.11	2	

**Event 6 Men 400 Meter Dash**

Name	Year	School	Finals	H#	Points
1 Josh Knutson	JR	ND State	47.69	2	7
2 Adrian Harris	SO	ND State	47.76	2	5
3 Jacob Levin	JR	ND State	48.53	2	4
4 Cal Wright	JR	Concordia-Moorhead	49.98	2	3
5 Max Baker	SO	North Dakota	50.14	2	2
6 Kendrick Major	SO	Msu-Moorhead	50.75	2	1
7 Ibrahim Oduong	FR	Msu-Moorhead	51.25	1	
8 Drew Dosch	FR	Msu-Moorhead	52.98	1	
9 Simon Zahrbock	SO	Concordia-Moorhead	53.29	1	
10 Alex Mcaloon	FR	North Dakota	53.47	2	
11 Michael Miller	JR	Concordia-Moorhead	54.90	1	

**Event 9 Women 800 Meter Run**

Name	Year	School	Finals	Points
1 Josie Herrmann	SR	Concordia-Moorhead	2:13.68	7
2 Cornelia Wohlfahrt	FR	North Dakota	2:14.34	5
3 Amanda Robbins	SR	North Dakota	2:16.95	4
4 McKenzie Maki	SO	Msu-Moorhead	2:19.48	3
5 Hannah Anderson	SR	North Dakota	2:21.17	2
6 Lakyla Yazzie	NA	Msu-Moorhead	2:24.60	1
7 Carly Fornshell	SR	Concordia-Moorhead	2:26.30	
8 Kelly Lorenz	SO	Concordia-Moorhead	2:30.48	
9 Rachel Friberg	JR	Concordia-Moorhead	2:49.44	

**Event 10 Men 800 Meter Run**

Name	Year	School	Finals	Points
1 Josh Samyn	JR	ND State	1:53.25	7
2 Jesse Middendorf	JR	Concordia-Moorhead	1:54.09	5
3 Kurt TeBeest	JR	ND State	1:54.38	4
4 Connor McMannes	SR	North Dakota	1:55.96	3
5 Matthew Russell	SR	North Dakota	1:56.62	2
6 Symon Keiser	FR	ND State	1:57.06	1
7 Munir Isahak	SR	Concordia-Moorhead	1:58.31	

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**....Event 10 Men 800 Meter Run**

8	Tyler Jackson	FR North Dakota	1:59.88
9	Dan Wilson	JR Concordia-Moorhead	2:01.83
10	Justin Kringler	JR Concordia-Moorhead	2:04.73
11	Hans Frank-Holzner	JR Concordia-Moorhead	2:07.23
12	Kolby Brandt	FR Msu-Moorhead	2:10.43

**Event 3 Women 200 Meter Dash**

Name	Year	School	Finals	H#	Points
1 Anna Steadland	SO	Msu-Moorhead	25.40	2	7
2 Robynn Rolle-Curry	FR	Msu-Moorhead	25.63	2	5
3 Janice Cole	SO	Bemidji State	25.75	2	4
4 Princes York	FR	Msu-Moorhead	26.49	2	3
5 Tianna Stanek	SO	North Dakota	26.55	2	2
6 Madison Jerome	SR	North Dakota	26.73	2	1
7 Sierra Ramberg	FR	Concordia-Moorhead	27.72	1	
8 Jada Barker	SR	Bemidji State	28.23	2	
9 Kendra Ekereke	FR	Bemidji State	28.43	1	
10 Josie Herrmann	SR	Concordia-Moorhead	28.90	1	
11 Amanda Odegard	JR	North Dakota	29.48	1	
12 Carly Fornshell	SR	Concordia-Moorhead	29.79	1	
13 Kelly Lorenz	SO	Concordia-Moorhead	30.34	1	
14 Greta Larson	FR	Concordia-Moorhead	33.37	1	

**Event 4 Men 200 Meter Dash**

Name	Year	School	Finals	H#	Points
1 Peter Wysocki	SR	North Dakota	22.28	2	7
2 Dante White	FR	ND State	22.47	2	5
3 Jake Lee	FR	North Dakota	22.65	2	4
4 Shaquiel Higgs	JR	Msu-Moorhead	22.97	2	3
5 Dan Ratzloff	FR	Msu-Moorhead	23.63	2	2
6 Dawson Schaffer	FR	Concordia-Moorhead	23.77	2	1
7 Michael Miller	JR	Concordia-Moorhead	25.08	1	
8 Hans Frank-Holzner	JR	Concordia-Moorhead	26.07	1	
9 Nick Steinhofer	SR	Concordia-Moorhead	26.10	1	

**Event 46 Men 3000 Meter Run**

Name	Year	School	Finals	Points
1 Amelio Chio	FR	Msu-Moorhead	9:07.91	7
2 Nolan Christenson	JR	Concordia-Moorhead	9:09.97	5
3 Michael Kraimer	JR	Concordia-Moorhead	9:13.13	4
4 Noah Kneeskern	SR	Concordia-Moorhead	9:19.28	3
5 Drew Mears	SR	Msu-Moorhead	9:24.01	2
-- Cole Nowacki	FR	Concordia-Moorhead	DNF	
-- Solomon Johnson	SO	Concordia-Moorhead	DNF	
-- Tanner Olson	NA		9:16.45	

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**Event 22 Men 4x400 Meter Relay**

School	Finals	Points
1 Concordia-Moorhead 'A'	3:26.26	7
1) Cal Wright JR	2) Dan Wilson JR	
3) Jesse Middendorf JR	4) Colin Schuller JR	
2 Concordia-Moorhead 'B'	3:37.37	5
1) Wade Rhonemus SO	2) Simon Zahrbock SO	
3) Dawson Schaffer FR	4) Michael Miller JR	

**Event 25 Women High Jump**

Name	Year School	Finals	Points	
1 Rachel Schumacher	SR Msu-Moorhead	1.62m	5-03.75	7 Tie Breaker
2 Ashley Conneran	SO North Dakota	1.62m	5-03.75	5
3 Tessa Schroeder	JR Msu-Moorhead	1.57m	5-01.75	4
4 Elle Thorson	FR North Dakota	1.52m	4-11.75	3
5 Jenna Bergantine	FR ND State	1.52m	4-11.75	2
6 Peyton Selle	FR Concordia-Moorhead	1.47m	4-09.75	1

**Event 26 Men High Jump**

Name	Year School	Finals	Points
1 Austin Wolf	JR North Dakota	1.95m	6-04.75 7
2 Aric David	FR North Dakota	1.75m	5-08.75 5
3 Jake LePard	SR Concordia-Moorhead	1.75m	5-08.75 4

**Event 29 Women Long Jump**

Name	Year School	Finals	Points
1 Tiana Pfaff	JR ND State	5.20m	17-00.75 7
2 Alaina Hall	FR Bemidji State	4.93m	16-02.25 5
3 Allie Wendel	FR Msu-Moorhead	4.85m	15-11.00 4
4 Autumn Stokes	NA North Dakota	4.68m	15-04.25 3
5 Adla Serrao	FR Msu-Moorhead	4.66m	15-03.50 2
6 Sierra Ramberg	FR Concordia-Moorhead	4.61m	15-01.50 1
7 Avery Kenning	SO Concordia-Moorhead	4.56m	14-11.50
8 Kyra Nichols	SO Concordia-Moorhead	4.13m	13-06.75
9 Sidney Lodge	FR Concordia-Moorhead	3.91m	12-10.00
-- Katelyn Tschida	JR ND State	FOUL	

**Event 30 Men Long Jump**

Name	Year School	Finals	Points
1 Hunter Merkley	FR ND State	6.75m	22-01.75 7
2 Tyler Enerson	JR ND State	6.51m	21-04.25 5
3 Jake LePard	SR Concordia-Moorhead	5.86m	19-02.75 4
4 Wade Rhonemus	SO Concordia-Moorhead	5.73m	18-09.75 3
5 Zach Paustian	SR Concordia-Moorhead	5.15m	16-10.75 2

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**Event 31 Women Triple Jump**

Name	Year	School	Finals		Points
1 Alissa Melvin	FR	ND State	11.29m	37-00.50	7
2 Tiana Pfaff	JR	ND State	10.93m	35-10.50	5
3 Tessa Schroeder	JR	Msu-Moorhead	10.73m	35-02.50	4
4 Avery Kenning	SO	Concordia-Moorhead	9.59m	31-05.75	3
5 Sidney Lodge	FR	Concordia-Moorhead	9.23m	30-03.50	2
6 Kyra Nichols	SO	Concordia-Moorhead	9.04m	29-08.00	1

**Event 33 Women Shot Put**

Name	Year	School	Finals		Points
2 Michaela Hawkins	FR	ND State	14.02m	46-00.00	7
3 Allison Lardy	JR	North Dakota	13.62m	44-08.25	5
4 Eve Goldstein	FR	North Dakota	13.39m	43-11.25	4
5 Cayle Hovland	JR	Concordia-Moorhead	12.94m	42-05.50	3
6 Kenna Curry	FR	North Dakota	12.90m	42-04.00	2
7 Jacey Schlosser	SO	Concordia-Moorhead	11.92m	39-01.25	1
8 Kristen Rasmussen	FR	Bemidji State	10.45m	34-03.50	
9 Taylor Busch	SO	Msu-Moorhead	10.40m	34-01.50	
10 Emily White	JR	Concordia-Moorhead	9.79m	32-01.50	
11 Sofia Palme	SR	Concordia-Moorhead	8.30m	27-02.75	
12 Greta Larson	FR	Concordia-Moorhead	7.26m	23-10.00	
-- Shelby Gunnells	NA		17.13m	56-02.50	

**Event 34 Men Shot Put**

Name	Year	School	Finals		Points
1 Maxwell Otterdahl	SO	ND State	19.66m	64-06.00	7
2 Kristoffer Thomsen	JR	ND State	19.29m	63-03.50	5
4 Dawson Schroeder	FR	ND State	16.25m	53-03.75	4
5 Levi Rockey	SO	ND State	16.16m	53-00.25	3
6 Jake Steiner	SR	Concordia-Moorhead	15.19m	49-10.00	2
7 Cooper Folkestad	FR	Concordia-Moorhead	14.60m	47-11.00	1
8 Ben Schelske	SR	Concordia-Moorhead	13.22m	43-04.50	
9 Jake Kerzman	JR	Concordia-Moorhead	12.05m	39-06.50	
10 Zach Synsteli	JR	Concordia-Moorhead	11.73m	38-06.00	
11 Colton Cook	SO	Msu-Moorhead	11.36m	37-03.25	
-- Chris Evenson	NA		17.35m	56-11.25	

**Event 35 Women Weight Throw**

Name	Year	School	Finals		H#	Points
1 Destinee Rose-Haas	JR	North Dakota	21.15m	69-04.75	2	7
2 Amy Herrington	JR	ND State	20.01m	65-07.75	2	5
3 Rebecca Tomman	SO	ND State	18.95m	62-02.25	2	4
4 Natalie Mohring	SO	North Dakota	17.38m	57-00.25	2	3
5 Allison Lardy	JR	North Dakota	16.86m	55-03.75	2	2
6 Kenna Curry	FR	North Dakota	16.77m	55-00.25	1	1
7 Eve Goldstein	FR	North Dakota	15.94m	52-03.75	2	
8 Lexi Stein-McAndrew	SR	North Dakota	15.93m	52-03.25	2	

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**....Event 35 Women Weight Throw**

9	Cayle Hovland	JR	Concordia-Moorhead	15.59m	51-01.75	2
10	Elizabeth Hiltner	JR	Bemidji State	13.78m	45-02.50	1
11	Jacey Schlosser	SO	Concordia-Moorhead	13.19m	43-03.25	1
12	Kristen Rasmussen	FR	Bemidji State	13.00m	42-08.00	1
13	Emily White	JR	Concordia-Moorhead	12.61m	41-04.50	1
14	Rafaela Rafajlovska	SO	Bemidji State	12.60m	41-04.25	1
15	Alexis Gehrig	JR	Bemidji State	11.97m	39-03.25	1
16	Sofia Palme	SR	Concordia-Moorhead	10.03m	32-11.00	1
--	Makala Keefe	NA		17.28m	56-08.50	2

**Event 36 Men Weight Throw**

Name	Year	School	Finals	Points
1 Levi Rockey	SO	ND State	17.58m 57-08.25	7
2 Garrett Shumski	SO	North Dakota	16.62m 54-06.50	5
3 Tanner Berby	SR	Msu-Moorhead	16.01m 52-06.50	4
4 Jake Steiner	SR	Concordia-Moorhead	15.58m 51-01.50	3
5 Jerron McDonald	JR	Msu-Moorhead	15.20m 49-10.50	2
6 Dawson Schroeder	FR	ND State	14.63m 48-00.00	1
7 Jake Kerzman	JR	Concordia-Moorhead	14.12m 46-04.00	
8 Cooper Folkestad	FR	Concordia-Moorhead	13.64m 44-09.00	
9 Colton Cook	SO	Msu-Moorhead	13.29m 43-07.25	
10 Zach Synstelien	JR	Concordia-Moorhead	12.70m 41-08.00	
11 Ben Schelske	SR	Concordia-Moorhead	12.55m 41-02.25	

**Event 27 Women Pole Vault**

Name	Year	School	Finals	Points
1 Jennifer Parent	JR	North Dakota	3.73m 12-02.75	7
2 Kelsey Dolejs	JR	North Dakota	3.03m 9-11.25	4.50
2 Anastasia Klein	SO	Bemidji State	3.03m 9-11.25	4.50
4 Sydney Bahls	JR	Msu-Moorhead	3.03m 9-11.25	3
5 Kenzie Gullickson	FR	North Dakota	2.88m 9-05.25	2
6 Megan Judge	FR	Bemidji State	2.44m 8-00.00	1
-- Anna St. Catherine	SR	Msu-Moorhead	NH	

**Event 28 Men Pole Vault**

Name	Year	School	Finals	Points
1 Ben Hidani	SO	North Dakota	4.10m 13-05.25	7
2 Jack Vetsch	JR	North Dakota	4.10m 13-05.25	5
3 Trenton Hanseder	FR	North Dakota	3.95m 12-11.50	3.50
3 Wade Rhonemus	SO	Concordia-Moorhead	3.95m 12-11.50	3.50
5 Andrew Walter	FR	North Dakota	3.95m 12-11.50	2
6 Harris Maclean	SO	North Dakota	3.65m 11-11.75	1
-- Zach Paustian	SR	Concordia-Moorhead	NH	

Women - Team Rankings - 12 Events Scored

1) North Dakota	87.50	2) MSU-Moorhead	57
3) ND State	56	4) Concordia-Moorhead	39

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**....Event 28 Men Pole Vault**

5) Bemidji State 23.50

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Men - Team Rankings - 13 Events Scored  
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1) North Dakota	82.50	2) ND State	79
3) Concordia-Moorhead	71.50	4) MSU-Moorhead	32