

Licensed to MSHSL - 6A Championship Meet  
 Hy-Tek's Meet Manager 5/12/2007 05:33 PM  
 NSIC Track & Field Championships - 5/11/2007 to 5/12/2007  
 MSUM, Moorhead  
 Final Results

Women 100 Meter Dash

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NSIC Conf.: * 11.51 1983          Jeri Domes, Mankato State
Trck Records: # 11.63 2000       Trinity Davis, Unattached
                11.50 AUTO
                12.10 PROV
  
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Name	Year	School	Prelims	Finals	Wind
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Finals					
1 Sweep, Kacie		SO Univ. Mary	12.19	12.21	1.5
2 Hensel, Jennifer		SO MN State Univers	12.53	12.34	1.5
3 Weber, Mishay		FR Univ. Mary	12.39	12.41	1.5
4 Knight, Marsha-Gaye		SR Univ. Mary	12.52	12.48	1.5
5 Devine, Jess		SO Winona State	12.69	12.51	1.5
6 Johnson, Nicci		JR Winona State	12.75	12.68	1.5
7 Lisowski, Samantha		SO Winona State	12.79	12.78	1.5
8 Olson, Nikki		JR Winona State	12.78	12.84	1.5

Women 200 Meter Dash

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NSIC Conf.: * 23.98 1983          Jeri Domes, Mankato State
Trck Records: # 23.56 2000       Trinity Davis, MSUM
                23.80 AUTO
                24.80 PROV
  
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Name	Year	School	Prelims	Finals	Wind
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1 Weber, Mishay		FR Univ. Mary	25.16	25.68	-2.2
2 Hensel, Jennifer		SO MN State Univers	25.43	26.08	-2.2
3 Knight, Marsha-Gaye		SR Univ. Mary	25.73	26.22	-2.2
4 Johnson, Nicci		JR Winona State	25.79	26.71	-2.2
5 Johnson, Katie		FR CSP	25.85	26.87	-2.2
6 Lisowski, Samantha		SO Winona State	25.93	26.90	-2.2
-- Sweep, Kacie		SO Univ. Mary	25.31	NT	-2.2
-- Devine, Jess		SO Winona State	25.56	NT	-2.2

Women 400 Meter Dash

NSIC Conf.: \* 55.43 2004 Andrea Vake, Minnesota-Duluth  
 Trck Records: # 55.50 1980 Jane Schauer, MSUM  
 54.00 AUTO  
 56.60 PROV

Name	Year	School	Seed	Finals	H#
1 Blazer, Cassie	FR	Univ. Mary	56.97	56.33 PROV	2
2 Bradford, Jen	FR	Winona State	58.28	58.17	2
3 Julsrud, Sara	SO	MN State Univers	1:02.63	58.40	1
4 Paulson, Paige	FR	Northern	58.64	58.53	2
5 King, Christina	FR	Wayne State Coll	58.56	58.73	2
6 Bischoff, Betsy	FR	Univ. Mary	59.17	59.38	2
7 Luedtke, Adi	SR	Winona State	1:00.29	59.44	2
8 Oswald, Erin	SR	Wayne State Coll	58.84	59.72	2
9 LeDuc, Jamie	SO	Bemidji State Un	1:00.80	1:00.42	2
10 Streytle, Alison	SO	MN State Univers	1:02.73	1:00.84	1
11 Hilton, Katy	JR	Northern	1:01.14	1:01.45	1
12 Marg, Jordyn	SO	Winona State	1:02.06	1:01.88	1
13 Amele, Oluseyi	JR	MN State Univers	1:06.84	1:06.20	1

Women 800 Meter Run

NSIC Conf.: \* 2:12.11 1982 Pam Harty, MSU Moorhead  
 Trck Records: # 2:09.55 2002 Rachel Kraft, NDSU  
 2:09.00 AUTO  
 2:14.00 PROV

Name	Year	School	Seed	Finals	H#
1 Moen, Hannah	JR	Univ. Mary	2:14.09	2:12.90 PROV	2
2 Roemer, Ashley	SO	MN State Univers	2:15.09	2:15.22	2
3 Pawelko, Theresa	SO	Winona State	2:20.17	2:19.08	2
4 Oswald, Erin	SR	Wayne State Coll	2:18.69	2:20.44	2
5 Wickersham, Amanda	FR	MN State Univers	2:24.78	2:22.93	2
6 Friend, Nicole	JR	Bemidji State Un	2:22.90	2:23.58	2
7 DeVine, Brandee	FR	Univ. Mary	2:25.99	2:25.14	1
8 Gibson, Molly	FR	Wayne State Coll	2:27.71	2:28.17	1
9 Baus, Jenny	JR	Northern	2:23.23	2:29.54	2
10 Mitteness, Kristen	SO	Bemidji State Un	2:33.99	2:30.38	1
11 Fridley, Whitney	FR	Univ. Mary	2:25.54	2:31.25	1
12 Schreiner, Michelle	FR	Winona State	2:25.39	2:31.45	1
13 McElroy, Kathryn	SO	Winona State	2:30.19	2:31.75	1
14 Smith, Ashley	SR	Wayne State Coll	2:24.57	2:32.71	2
15 Nickolas, Dani	SO	Northern	2:27.67	2:35.17	1
16 Miller, Diane	JR	MN State Univers	2:24.22	2:35.74	2
17 Hartnett, Kaitlin	JR	CSP	2:31.45	2:36.14	1
18 West, Tosha	SO	Northern	2:38.12	2:36.87	1
19 Hartnett, Allison	FR	CSP	2:25.38	2:39.96	2
-- Nelson, Karlie	FR	CSP	2:58.52	NT	1

Women 1500 Meter Run

NSIC Conf.: \* 4:35.95 1987 Lynn Stottler, Minnesota-Duluth  
 Trck Records: # 4:29.70 1980 Leslie Seymour, St. Cloud State  
 4:27.00 AUTO  
 4:42.00 PROV

Name	Year	School	Seed	Finals
1 Moen, Hannah	JR	Univ. Mary	4:45.84	4:46.25
2 Berndt, Rayna	JR	MN State Univers	4:52.26	4:57.18
3 Wickersham, Amanda	FR	MN State Univers	5:01.16	4:57.35
4 Gibson, Molly	FR	Wayne State Coll	5:12.04	5:00.39
5 Baus, Jenny	JR	Northern	4:56.12	5:01.54
6 Smith, Ashley	SR	Wayne State Coll	5:02.44	5:02.31
7 Fridley, Whitney	FR	Univ. Mary	5:14.57	5:05.09
8 Messer, Brittany	JR	Univ. Mary	5:20.38	5:07.29
9 Miller, Diane	JR	MN State Univers	5:03.93	5:10.77
10 Costello, Meghan	FR	Wayne State Coll	5:14.66	5:11.12
11 Stanzyk, Emily	SO	CSP	5:08.30	5:12.48
12 Fulton, Megan	FR	CSP	5:08.52	5:13.45
13 Nickolas, Dani	SO	Northern	5:13.62	5:19.40
14 Bruhl, Kendall	JR	CSP	5:17.41	5:23.72
15 Taylor, Laura	SR	Winona State	5:21.13	5:31.58
16 Trebil, Alissa	SO	Winona State	5:40.94	5:37.32
17 Sipola, Amanda	SR	Winona State	5:47.20	5:37.72

Women 5000 Meter Run

NSIC Conf.: \* 16:59.66 1982 Lynn Nelson, Mankato State  
 Trck Records: # 16:54.44 1981 Donna Gathje, Mankato State  
 16:40.00 AUTO  
 17:42.00 PROV

Name	Year	School	Seed	Finals
1 Berndt, Rayna	JR	MN State Univers	18:49.00	18:51.82
2 Zavorka, Megan	SO	Wayne State Coll	19:04.47	19:16.79
3 Wallin, Shae	JR	CSP	19:04.00	19:29.84
4 Bloch, Kari	FR	MN State Univers	19:01.15	19:45.74
5 Hanson, Michelle	SO	MN State Univers	19:01.91	20:05.23
6 Roe, Ivy	JR	Univ. Mary		20:12.80
7 Glasbrenner, Allie	FR	Winona State		20:19.00
8 Smith, Steph	FR	Winona State	20:16.07	20:37.59
9 Frohlich, Kristen	JR	Univ. Mary	21:19.39	21:04.09
10 West, Taryn	FR	Northern	21:00.38	21:18.58
11 Stanzyk, Emily	SO	CSP	19:51.51	21:44.04
12 Bethke, Molly	FR	CSP	20:59.32	21:49.51
13 Trewick, Kate	FR	Winona State		25:08.46
-- Thomsen, Sarah	FR	Wayne State Coll		NT
-- Kohl, Karolyn	JR	Univ. Mary	19:55.54	NT

Women 100 Meter Hurdles

NSIC Conf.: \* 14.64 1989 Wendy Granum, MSU Moorhead  
 NSIC Conf.: \* 14.64 1988 Brenda Braun, MSU Moorhead  
 Trck Records: # 14.20 1988 Brenda Braun, MSUM  
 13.80 AUTO  
 14.65 PROV

Name	Year	School	Prelims	Finals	Wind
Finals					
1 Roebke, Rachel		JR Wayne State Coll	14.57	14.28*PROV	1.2
2 Devine, Jess		SO Winona State	14.36	14.45*PROV	1.2
3 Knight, Marsha-Gaye		SR Univ. Mary	14.87	14.56*PROV	1.2
4 Herian, Kylie		FR Wayne State Coll	14.84	14.82	1.2
5 Perry, Brianna		FR Univ. Mary	15.14	15.29	1.2
6 Trautwein, Jessica		SR MN State Univers	15.48	15.39	1.2
7 Lippman, Jade		SO Wayne State Coll	15.65	15.62	1.2
8 Oldenburg, Amy		FR Winona State	15.85	15.72	1.2

Women 400 Meter Hurdles

NSIC Conf.: \* 1:01.35 2004 Heather Hamilton, Minnesota-Duluth  
 Trck Records: # 1:02.00 1992 Liesa Swenson, North Dakota  
 59.00 AUTO  
 1:03.30 PROV

Name	Year	School	Seed	Finals	H#
1 Blazer, Cassie		FR Univ. Mary	1:01.62	1:00.96*PROV	2
2 Hougen, Shelby		JR Bemidji State Un	1:03.05	1:02.28 PROV	2
3 Lippman, Jade		SO Wayne State Coll	1:05.40	1:03.02 PROV	2
4 Meyer, Lisa		SO Winona State	1:05.60	1:04.90	2
5 Julsrud, Sara		SO MN State Univers	1:03.91	1:05.80	2
6 Sjomeling, Andrea		FR Northern	1:07.73	1:06.11	1
7 Roebke, Rachel		JR Wayne State Coll	1:07.36	1:06.33	2
8 Streyle, Alison		SO MN State Univers	1:06.05	1:06.90	2
9 Jensen, Kaitlyn		FR Winona State	1:08.79	1:09.11	1
10 Rudolph, LaTwanna		SR CSP	1:07.57	1:11.12	2
11 Rynkowski, Julie		SO CSP	1:14.55	1:14.71	1

Women 3000 Meter Steeplechase

NSIC Conf.: \* 10:59.90 2001 Tammy Stang, Minnesota-Duluth  
 Trck Records: # 11:19.37 2005 Jill St. John, Concordia  
 10:20.00 AUTO  
 11:27.00 PROV

Name	Year	School	Seed	Finals
1 Zavorka, Megan		SO Wayne State Coll	11:46.36	11:40.51
2 Roe, Ivy		JR Univ. Mary	12:12.16	11:50.21
3 Glasbrenner, Allie		FR Winona State	12:13.11	12:15.90
4 James, Sandra		FR CSP	12:18.50	12:21.12
5 Thomsen, Sarah		FR Wayne State Coll		12:30.69
6 Taylor, Laura		SR Winona State		12:52.77
7 Osgood, Margaret		SO Bemidji State Un	13:32.80	13:10.63

Women 4x100 Meter Relay

NSIC Conf.: \* 48.32 2001 , MSU Moorhead  
 Trck Records: # 47.25 1988 , NDSU  
 A. Noel, J. Theeler, K. Bachmeier, T. Wigley-Brudy  
 45.50 AUTO  
 47.50 PROV

School	Seed	Finals
1 University of Mary	47.67	47.48*PROV
1) Bischoff, Betsy FR	2) Knight, Marsha-Gaye SR	
3) Sweep, Kacie SO	4) Weber, Mishay FR	
2 Winona State	48.87	48.45
1) Lisowski, Samantha SO	2) Devine, Jess SO	
3) Olson, Nikki JR	4) Johnson, Nicci JR	
3 MN State University Moorhead	49.46	48.96
1) Streyle, Alison SO	2) Mostad, Jill SR	
3) Julsrud, Sara SO	4) Hensel, Jennifer SO	
4 Wayne State College	49.69	49.31
1) Lippman, Jade SO	2) Herian, Kylie FR	
3) King, Christina FR	4) Roebke, Rachel JR	
5 Bemidji State University	50.70	49.75
1) Tomberlin, M'Kelle JR	2) Hougén, Shelby JR	
3) Friend, Nicole JR	4) LeDuc, Jamie SO	
6 Northern State University	51.13	51.71
1) Sjomeling, Andrea FR	2) Aldinger, Marisa FR	
3) Schuldt, Becky	4) Paulson, Paige FR	

Women 4x400 Meter Relay

NSIC Conf.: \* 3:51.85 1982 , MSU Moorhead  
 Trck Records: # 3:49.38 2002 , NDSU  
 3:42.00 AUTO  
 3:52.00 PROV

School	Seed	Finals
1 University of Mary	3:53.80	3:50.18*PROV
1) Moen, Hannah JR	2) Huxtable, Michelle SO	
3) Bischoff, Betsy FR	4) Blazer, Cassie FR	
2 Winona State	3:58.50	3:55.56
1) Luedtke, Adi SR	2) Meyer, Lisa SO	
3) Pawelko, Theresa SO	4) Bradford, Jen FR	
3 MN State University Moorhead	3:56.00	3:57.06
1) Julsrud, Sara SO	2) Roemer, Ashley SO	
3) Hensel, Jennifer SO	4) Streyle, Alison SO	
4 Bemidji State University	4:03.61	3:57.26
1) Tomberlin, M'Kelle JR	2) LeDuc, Jamie SO	
3) Hougén, Shelby JR	4) Friend, Nicole JR	
5 Wayne State College	4:02.02	4:01.85
1) Herian, Kylie FR	2) King, Christina FR	
3) Oswald, Erin SR	4) Lippman, Jade SO	
6 Northern State University	4:06.59	4:08.59
7 Concordia University - St Paul	4:13.56	4:17.41
1) Fulton, Megan FR	2) Hartnett, Kaitlin JR	
3) Wallin, Shae JR	4) Stanzyk, Emily SO	

Women Triple Jump

NSIC Conf.: \* 38-07 2006 Jessica Trautwein, MSU Moorhead  
 Trck Records: # 39-09 1999 Crystal Cummins, NDSU  
 12.50m AUTO  
 11.75m PROV

Name	Year	School	Seed	Finals	Wind
1	Grammens, Ashley	FR Univ. Mary	37-00.00	11.59m	NWI 38-00.25
2	Campbell, Kayla	SR Univ. Mary	37-04.00	11.53m	NWI 37-10.00
3	Trautwein, Jessica	SR MN State Univers	36-06.75	J11.53m	NWI 37-10.00
4	Friestad, Olivia	SR Univ. Mary	36-09.00	11.38m	NWI 37-04.00
5	Johnson, Katie	FR CSP		11.27m	NWI 36-11.75
6	Oldenburg, Amy	FR Winona State	10.89m	10.94m	NWI 35-10.75
7	Hougen, Shelby	JR Bemidji State Un	35-01.25	10.52m	NWI 34-06.25
8	Bonn, Heather	SO Northern	32-07.00	10.46m	NWI 34-04.00
9	Aldinger, Marisa	FR Northern	33-05.50	10.31m	NWI 33-10.00
10	Prange, Jessica	FR Winona State	10.27m	10.21m	NWI 33-06.00
11	Precourt, Steph	FR Winona State	9.46m	9.43m	NWI 30-11.25

Women Shot Put

NSIC Conf.: \* 48-04 2006 Sheena Devine, Bemidji State  
 Trck Records: # 50-03.50 2000 Julie Karst-Gray, NDSU  
 15.24m AUTO  
 13.26m PROV

Name	Year	School	Seed	Finals
1	Devine, Sheena	JR Bemidji State Un	48-00.75	14.99m PROV 49-02.25
2	Lonning, Nicole	SR Winona State	13.15m	13.00m 42-08.00
3	Brown, Chelsey	FR Winona State	12.27m	12.49m 40-11.75
4	Bergeson, Lindsey	SR Bemidji State Un	41-06.50	12.45m 40-10.25
5	Ramirez, Melissa	JR Univ. Mary	40-02.00	11.89m 39-00.25
6	Madden, Amanda	FR Northern	40-01.00	11.56m 37-11.25
7	Smith, Katie	SO Northern	38-02.25	11.35m 37-03.00
8	Bickel, Jenna	FR Winona State	10.56m	10.70m 35-01.25
9	Jetvig, Michelle	FR MN State Univers	34-03.50	10.57m 34-08.25

Women Discus Throw

NSIC Conf.: \* 152-06 2000 Nichole Hall, Northern State  
 Trck Records: # 174-05 1993 Chris Kuehl, Unattached  
 50.60m AUTO  
 44.00m PROV

Name	Year	School	Seed	Finals
1	Madden, Amanda	FR Northern	139-03	43.79m 143-08
2	Swenson, Allison	FR MN State Univers	42.96m	41.90m 137-06
3	Ramirez, Melissa	JR Univ. Mary	136-01	41.19m 135-02
4	Bauman, Liz	SR Winona State	41.00m	40.86m 134-01
5	Girolamo, Marissa	SR Winona State	40.10m	40.72m 133-07
6	Smith, Katie	SO Northern	117-07	39.89m 130-10
7	Jensen, Lacey	JR Wayne State Coll	35.62m	37.45m 122-10
8	Lonning, Nicole	SR Winona State	36.79m	36.59m 120-00
9	Devine, Sheena	JR Bemidji State Un	132-07	35.23m 115-07
10	Bergeson, Lindsey	SR Bemidji State Un	113-08	34.08m 111-10
11	Jetvig, Michelle	FR MN State Univers	06-03.75	30.01m 98-05

Men 100 Meter Dash

NSIC Conf.: \* 10.37 1991 Wayne Hawkins, Southwest State  
 Trck Records: # 10.33 1984 John Bodine, NDSU  
 10.34 AUTO  
 10.65 PROV

Name	Year	School	Prelims	Finals	Wind
Finals					
1 Bacon, Kawaskii	SO	CSP	10.74	10.60 PROV	1.3
2 Pilakowski, Tim	JR	Wayne State Coll	10.85	10.83	1.3
3 Washington, JJ	JR	Wayne State Coll	10.98	10.93	1.3
4 Dinius, Josh	SR	Univ. Mary	10.92	10.97	1.3
5 Dietz, Brandon	FR	Univ. Mary	10.97	11.20	1.3
6 Solemsaas, Brandon	FR	Univ. Mary	11.16	11.30	1.3
7 Beachem, Chang	SR	Northern	11.44	11.58	1.3
-- Watson, Percy	FR	MN State Univers	11.30	NT	1.3

Men 200 Meter Dash

NSIC Conf.: \* 21.05 2000 Starr Roberts, MSU Moorhead  
 Trck Records: # 20.94 1987 Norm McGee, North Dakota  
 20.85 AUTO  
 21.45 PROV

Name	Year	School	Prelims	Finals	Wind
1 Bacon, Kawaskii	SO	CSP	21.40	21.34 PROV	-2.1
2 Pilakowski, Tim	JR	Wayne State Coll	22.16	22.00	-2.1
3 Conrad, Ryan	FR	Northern	22.50	22.44	-2.1
4 Dinius, Josh	SR	Univ. Mary	22.23	22.45	-2.1
5 Dietz, Brandon	FR	Univ. Mary	22.04	22.52	-2.1
6 Fettig, Joe	SR	Northern	23.14	23.02	-2.1
7 Walsh, Matt	SR	Wayne State Coll	23.12	23.04	-2.1
8 Solemsaas, Brandon	FR	Univ. Mary	22.60	23.10	-2.1

Men 400 Meter Dash

NSIC Conf.: \* 47.24 2000 Erik Hanson, Minnesota-Duluth  
 Trck Records: # 46.63 2000 Kempa Busby, Unattached  
 46.50 AUTO  
 48.00 PROV

Name	Year	School	Seed	Finals	H#
1 Hamik, Jake	JR	Northern	48.23	48.50	2
2 Conrad, Ryan	FR	Northern	48.87	48.80	2
3 Leier, Tim	SR	Univ. Mary	48.88	49.44	2
4 Eicheltinger, Matt	SO	CSP	50.15	49.63	2
5 Jansen, Ben	SO	Wayne State Coll	49.55	49.79	2
6 Schander, Luke	JR	Univ. Mary	50.67	50.11	1
7 Lindbery, Brent	SO	Univ. Mary	50.82	50.17	1
8 Perryman, Adrian	SR	CSP	49.29	50.91	2
9 Fettig, Joe	SR	Northern	51.17	51.14	1
10 Walsh, Matt	SR	Wayne State Coll	51.54	51.94	1
11 Weisbeck, Kyle	FR	Northern	51.34	52.62	1
11 Brink, Kelly	JR	Wayne State Coll	50.14	52.62	2
13 Hoffman, Steve	FR	MN State Univers	52.92	53.53	1
-- Watson, Percy	FR	MN State Univers	49.36	NT	2

Men 800 Meter Run

NSIC Conf.: \* 1:51.52 1991 Paul Heley, MSU Moorhead  
 Trck Records: # 1:50.67 2000 Aaron Dewald, NDSU  
 1:49.80 AUTO  
 1:53.00 PROV

Name	Year	School	Seed	Finals	H#
1 Jansen, Ben	SO	Wayne State Coll	1:52.13	1:54.57	2
2 Zeidler, Todd	SR	Bemidji State Un	1:57.24	1:54.71	2
3 Williams, Ryan	SO	Wayne State Coll	1:54.39	1:54.96	2
4 Ford, Taylor	FR	Northern	1:57.18	1:57.41	2
5 Moreland, Dane	SR	MN State Univers	1:56.91	1:58.07	2
6 McIntire, Nate	SR	Wayne State Coll	1:56.93	1:58.85	2
7 Wood, Tony	JR	Univ. Mary	1:59.37	1:58.88	1
8 Baltzell, Josh	SR	Northern	1:59.03	1:59.33	2
9 Bergen, Nathaniel	SO	Wayne State Coll	1:58.99	1:59.52	2
10 Bachman, Andrew	FR	Wayne State Coll	2:02.50	x1:59.73	1
11 Enlund, Kris	JR	CSP	2:00.98	1:59.76	1
12 Dahlberg, Kevin	SO	Northern	2:02.04	2:03.03	1
13 McConnel, Micheal	FR	MN State Univers	2:02.17	2:03.83	1
14 Warren, Kyle	SR	CSP	1:52.77	2:04.43	2
15 Bischof, Stefan	JR	Bemidji State Un	2:08.42	2:05.27	1
16 Fay, Jim	FR	MN State Univers	2:00.85	2:09.81	1
17 Stage, Alan	SR	CSP	2:01.24	2:10.96	1
-- Eicheldinger, Matt	SO	CSP	1:57.88	NT	2

Men 1500 Meter Run

NSIC Conf.: \* 3:53.55 2004 Nate Beerling, Minnesota-Duluth  
 Trck Records: # 3:47.81 1980 Curt Bacon, NDSU  
 3:47.00 AUTO  
 3:54.00 PROV

Name	Year	School	Seed	Finals	H#
1 Warren, Kyle	SR	CSP	4:03.99	3:55.95	
2 Rettig, Kurt	JR	Univ. Mary	4:04.48	3:56.65	
3 Moreland, Dane	SR	MN State Univers	3:56.97	3:59.37	
4 Eckhoff, Kyle	SO	MN State Univers	4:03.86	4:01.24	
5 Bergen, Nathaniel	SO	Wayne State Coll	4:07.02	4:05.39	
6 Van Veen, Jeremy	JR	Northern		4:08.31	
7 Fay, Jim	FR	MN State Univers	4:20.20	4:09.24	
8 Schmeichel, Josh	FR	Northern	4:17.26	4:16.65	
9 Sherve, Chris	JR	MN State Univers	4:44.20	4:38.17	
10 Eckstein, Ben	FR	Bemidji State Un	5:02.32	4:51.98	
-- Schneider, Matt	JR	Wayne State Coll	4:01.10	NT	

Men 5000 Meter Run

NSIC Conf.: \* 14:44.14 1979 Tony Schiller, Winona State  
 Trck Records: # 14:19.50 1983 Tom Stambaugh, NDSU  
 14:00.00 AUTO  
 14:50.00 PROV

Name	Year	School	Seed	Finals
1 Van Veen, Jeremy	JR	Northern	14:44.01	15:23.40
2 Crabtree, Ben	SR	Wayne State Coll	15:34.31	15:41.94
3 Kne, Adam	SO	MN State Univers	15:51.45	15:48.33
4 Egeberg, Scott	SO	MN State Univers		15:54.08
5 Scott, Danny	SO	Northern	15:54.32	16:00.72
6 Lillegaard, Dustin	JR	MN State Univers	16:09.16	16:04.79
7 Walberg, Matt	JR	Northern		16:08.31
8 Eckhoff, Kyle	SO	MN State Univers	15:16.24	16:18.43
9 Rettig, Kurt	JR	Univ. Mary		16:35.46
10 Herron, Jeremiah	SR	Wayne State Coll	17:09.60	16:46.63
11 Schield, Dan	FR	CSP	16:40.07	16:49.90
12 Doherty, Jimmie	FR	Wayne State Coll	16:53.17	17:32.69
13 Miles, Chris	FR	Bemidji State Un	18:33.93	18:38.77
-- Schneider, Matt	JR	Wayne State Coll		NT
-- James, Paul	JR	CSP	16:43.00	NT

Men 110 Meter Hurdles

NSIC Conf.: \* 14.34 1980 Jon Ritter, Mankato State  
 Trck Records: # 14.32 1989 Rich Bendy, Unattached  
 13.90 AUTO  
 14.70 PROV

Name	Year	School	Prelims	Finals	Wind
Finals					
1 Hamik, Jake	JR	Northern	14.57	14.58 PROV	1.1
2 Holwegner, Kiel	SO	Univ. Mary	14.68	14.78	1.1
3 Flamig, Garrett	SO	Wayne State Coll	15.00	14.91	1.1
4 Dinius, Josh	SR	Univ. Mary	14.99	14.95	1.1
5 Cameron, Bill	FR	Northern	15.04	15.18	1.1
6 Fetzer, Daniel	JR	MN State Univers	15.21	15.21	1.1
7 Piper, Jesse	SO	Univ. Mary	14.78	15.44	1.1
8 Steen, Trevor	SO	Northern	15.38	16.28	1.1

Men 400 Meter Hurdles

NSIC Conf.: \* 52.81 2001 Dan Frette, Bemidji State  
 Trck Records: # 52.50 1999 Jeremy Zimney, North Dakota  
 51.40 AUTO  
 53.00 PROV

Name	Year	School	Seed	Finals	H#
1 Hamik, Jake	JR	Northern	51.08	52.78*PROV	2
2 Cameron, Bill	FR	Northern	56.63	55.00	2
3 Piper, Jesse	SO	Univ. Mary	54.60	55.57	2
4 Preble, Zac	FR	Bemidji State Un	57.61	55.81	2
5 Flamig, Garrett	SO	Wayne State Coll	55.20	56.08	2
6 Holwegner, Kiel	SO	Univ. Mary	56.56	56.15	2
7 Gregory, Cody	JR	Wayne State Coll	57.82	56.87	2
8 Fetzer, Daniel	JR	MN State Univers	59.41	57.04	1
9 Sabrosky, Devin	JR	Univ. Mary	57.80	57.34	2
10 Steen, Trevor	SO	Northern	58.47	57.41	1
11 Hougen, Mike	SR	Bemidji State Un	59.53	1:00.34	1
12 Franzwa, Tony	FR	MN State Univers	1:06.87	1:00.91	1
13 Kotlarek, Chris	FR	CSP	1:03.12	1:03.49	1

Men 3000 Meter Steeplechase

NSIC Conf.: \* 9:07.24 1974 Mike Francis, MSU Moorhead  
 Trck Records: # 8:57.08 1980 Mike Bollman, Unattached  
 9:00.00 AUTO  
 9:26.00 PROV

Name	Year	School	Seed	Finals
1 Egeberg, Scott	SO	MN State Univers	9:54.00	9:30.82
2 Walberg, Matt	JR	Northern	9:50.95	9:43.44
3 Herron, Jeremiah	SR	Wayne State Coll	9:58.51	9:54.75
4 Ruess, Leighton	JR	MN State Univers	10:06.00	10:03.23
5 Nesheim, Tim	SR	MN State Univers	11:08.00	10:28.50
6 James, Paul	JR	CSP	10:50.08	10:29.50
7 Lynch, Mike	FR	Bemidji State Un	11:22.70	10:59.58
8 Baustian, Tim	SO	Northern	11:18.69	11:16.20
-- Schneider, Matt	JR	Wayne State Coll	9:25.13	NT

Men 4x100 Meter Relay

NSIC Conf.: \* 40.63 1998 , Minnesota-Duluth  
 Trck Records: # 40.89 1984 , NDSU  
                   G. Forest, J. Bodine, S. Robinson, S. Weiland  
                   40.25 AUTO  
                   41.30 PROV

School	Seed	Finals
1 Concordia University - St Paul	41.64	42.17
1) Bacon, Kawaskii SO	2) Eicheldinger, Matt SO	
3) Perryman, Adrian SR	4) Elekwachi, Cecil	
2 University of Mary	42.22	42.27
1) Schander, Luke JR	2) Dinius, Josh SR	
3) Holwegner, Kiel SO	4) Dietz, Brandon FR	
3 Wayne State College	42.37	42.47
1) Ray, Peter SO	2) Pilakowski, Tim JR	
3) Walsh, Matt SR	4) Washington, JJ JR	
4 Northern State University	42.65	42.79
1) Beachem, Chang SR	2) Conrad, Ryan FR	
3) Jark, Brian SO	4) Fettig, Joe SR	
5 Bemidji State University	44.88	44.04
1) Clemons, Jon JR	2) Hougen, Mike SR	
3) Nooker, Kyle SO	4) Preble, Zac FR	
6 MN State University Moorhead	43.54	46.02
1) Fetzer, Daniel JR	2) Franzwa, Tony FR	
3) Hoffman, Steve FR	4) Bendickson, Cody SO	

Men 4x400 Meter Relay

NSIC Conf.: \* 3:16.00 2004 , Concordia St. Paul  
 Trck Records: # 3:16.52 1980 , NDSU  
                   G. Gavitt, K. Donalley, P. Kraemer, S. Wilkinson  
                   3:09.40 AUTO  
                   3:14.40 PROV

School	Seed	Finals
1 Concordia University - St Paul	3:21.09	3:18.02
1) Eicheldinger, Matt SO	2) Perryman, Adrian SR	
3) Stage, Alan SR	4) Warren, Kyle SR	
2 Northern State University	3:17.03	3:18.23
3 University of Mary	3:19.82	3:18.42
1) Holwegner, Kiel SO	2) Leier, Tim SR	
3) Schander, Luke JR	4) Wood, Tony JR	
4 Wayne State College	3:23.48	3:22.95
1) Brink, Kelly JR	2) McIntire, Nate SR	
3) Williams, Ryan SO	4) Jansen, Ben SO	
5 Bemidji State University		3:23.44
1) Zeidler, Todd SR	2) Preble, Zac FR	
3) Hougen, Mike SR	4) Nooker, Kyle SO	
6 MN State University Moorhead	3:30.61	3:31.94
1) Hoffman, Steve FR	2) Meyer, Derek FR	
3) Moreland, Dane SR	4) Franzwa, Tony FR	

Men Triple Jump

NSIC Conf.: \* 49-00 1979 Cal Baker, MSU Moorhead  
 Trck Records: # 51-01 1986 Bamson Fadipe, Unattached  
 15.54m AUTO  
 14.45m PROV

Name	Year	School	Seed	Finals	Wind
1 Sayles, Tre	SO	CSP	13.29m	14.29m	NWI 46-10.75
2 Washington, JJ	JR	Wayne State Coll	14.59m	13.84m	NWI 45-05.00
3 Pilakowski, Tim	JR	Wayne State Coll	13.37m	13.65m	NWI 44-09.50
4 Wyss, Andy	FR	CSP	12.33m	13.28m	NWI 43-07.00
5 Kotlarek, Chris	FR	CSP	12.90m	J13.28m	NWI 43-07.00
6 Ray, Peter	SO	Wayne State Coll	13.18m	13.22m	NWI 43-04.50
7 Leier, Tim	SR	Univ. Mary		12.85m	NWI 42-02.00
8 Akers, Mychael	FR	Bemidji State Un		12.69m	NWI 41-07.75
9 Franzwa, Tony	FR	MN State Univers		12.52m	NWI 41-01.00
10 Shevela, Luke	FR	Univ. Mary	39-05.00	12.25m	NWI 40-02.25
-- Pimental, John	FR	CSP		ND	NWI

Men Shot Put

NSIC Conf.: \* 57-04.50 1984 Brett Ailts, MSU Moorhead  
 Trck Records: # 58-10 1996 Aaron Banks, Concordia  
 18.25m AUTO  
 15.90m PROV

Name	Year	School	Seed	Finals
1 Remitz, Joe	JR	Bemidji State Un	57-00.75	16.80m PROV 55-01.50
2 York, Lance	FR	Northern	45-00.00	14.52m 47-07.75
3 Preble, Zac	FR	Bemidji State Un	47-08.00	14.49m 47-06.50
4 Cox, Justin	SR	Bemidji State Un	49-09.75	14.30m 46-11.00
5 Little, Jared	FR	Northern	43-05.50	13.31m 43-08.00
6 Schulenberg, Anthony	FR	Wayne State Coll	13.15m	13.30m 43-07.75
7 Heinecke, Dan	JR	Bemidji State Un	38-09.50	12.81m 42-00.50
8 Sloup, John	SO	Wayne State Coll		12.05m 39-06.50
9 Pilakowski, Tim	JR	Wayne State Coll		11.93m 39-01.75
10 Iriho, Kevin	FR	CSP	12.90m	11.79m 38-08.25
11 Lesnar, Brady	SO	Northern	37-03.75	11.37m 37-03.75
12 Gerdes, Patrick	FR	MN State Univers	35-03.25	11.03m 36-02.25
13 Mach, Kevin	JR	CSP	11.35m	10.67m 35-00.25
14 Bendickson, Cody	SO	MN State Univers	34-05.00	9.65m 31-08.00

Men Discus Throw

NSIC Conf.: \* 172-07 1992 Kerrick Johnson, Minnesota-Duluth  
 Trck Records: # 191-06 1986 Dave Levos, North Dakota  
 53.34m AUTO  
 48.76m PROV

Name	Year	School	Seed	Finals
1 Cox, Justin	SR	Bemidji State Un	161-09	49.93m PROV 163-10
2 Remitz, Joe	JR	Bemidji State Un	143-00	44.53m 146-01
3 Preble, Zac	FR	Bemidji State Un	148-11	42.93m 140-10
4 Sloup, John	SO	Wayne State Coll	41.92m	42.87m 140-08
5 York, Lance	FR	Northern	138-06	42.15m 138-03
6 Mathiesen, Jacob	FR	Wayne State Coll		39.25m 128-09
7 Christianson, Kyle	FR	Bemidji State Un	125-09	36.65m 120-03
8 Gerdes, Patrick	FR	MN State Univers	108-09	36.15m 118-07
9 Little, Jared	FR	Northern	114-11	34.15m 112-00
10 Shoberg, Troy	SR	CSP	34.70m	31.69m 104-00
11 Bendickson, Cody	SO	MN State Univers	95-06.50	30.50m 100-01
-- Herndon, Brady	SO	MN State Univers		ND

Women - Team Rankings - 22 Events Scored

1) University of Mary	210	2) MN State University Moorh	163
3) Winona State	115	4) Wayne State College	93
5) Bemidji State University	55	6) Northern State University	30
7) Concordia University - St	16		

Men - Team Rankings - 22 Events Scored

1) Wayne State College	166	2) Northern State University	134
3) Bemidji State University	133	4) Concordia University - St	90
5) MN State University Moorhe	83	6) University of Mary	76