

Holst Invitational - 4/28/2010
Concordia St. Paul
Results - Invitational

Women 100 Meter Dash

NSIC: **11.51 # 1983** **Jeri Domes**
11.65 AUTO
12.12 PROV

Name School Finals

Finals

1	Holman, Whitney	Augsburg	12.97	-2.6
2	Demmer, Molly	St. Thomas	13.18	-0.3
3	Ewing, Jenna	St. Thomas	13.25	-2.6
4	Carney, Ashley	Augsburg	13.27	-2.6
5	Vrieze, Katie	Augsburg	13.29	-0.3
6	Rice, Chelsey	Augsburg	13.39	-0.3
7	Geyen, Megan	Unattached	13.45	-2.6
8	Ponick, Rebecca	Uw-River Fal	13.49	-0.3
9	Jensen, Ellie	St. Thomas	13.52	-0.3
10	Aijala, Jaclyn	Uw-Superior	13.59	-0.3
11	Steinwand, Jill	Mn St Moorhead	13.60	-0.7
12	Schmit, Heather	Conc. St. Paul	13.61	-2.6
13	Braun, Carly	Hamline	13.62	-2.6
14	Genung, Sam	Conc. St. Paul	13.70	-0.7
15	Snell, Hayley	St. Thomas	13.71	-0.7
16	Sturges, Steph	Saint Mary's	13.76	-0.3
17	Havelange, Amy	Mn St Moorhead	13.77	-0.7
18	Kowouto, Edith	Hamline	13.86	-2.6
19	Suttle, Adrianna	Conc. St. Paul	14.03	-1.7
20	Corey, Katie	Hamline	14.08	-1.7
21	Sackrison, Ellen	Hamline	14.18	-1.7
22	Mielke, Kaitlyn	Uw-Superior	14.23	NWI
23	Plummer, Kayla	Uw-River Fal	14.25	-1.7
24	Ryan, Katie	St. Thomas	14.25	NWI
25	Taylor, Rachel	Conc. St. Paul	14.39	-1.7
26	Bina, Ellen	Saint Mary's	14.43	NWI
27	Franzoni, Kiley	Mn St Moorhead	14.67	-2.4
28	Mammen, Jenny	St. Thomas	14.81	-2.4
29	Maurer, Mallory	Northwestern	14.97	-2.4
30	Kaiser, Megan	Augsburg	15.31	-2.4

Women 200 Meter Dash

NSIC: **23.98 # 1983** **Jeri Domes**
23.95 AUTO
24.70 PROV

Name School Finals

Finals

1	Telphia, ShaneK	Augsburg	25.80	NWI
2	Heinzen, Teri	Saint Mary's	26.46	NWI
3	Geyen, Megan	Unattached	26.69	NWI
4	Carney, Ashley	Augsburg	26.80	NWI
5	Vrieze, Katie	Augsburg	27.19	NWI
6	Hall, Nicole	Mn St Moorhead	27.33	NWI
7	Dohmen, Brittany	Conc. St. Paul	27.77	-1.8
8	Ponick, Rebecca	Uw-River Fal	27.96	-1.8
9	Jensen, Ellie	St. Thomas	28.12	-1.8
10	Magur, Kari	Uw-River Fal	28.13	-1.8
11	Pawlowski, Kathleen	Saint Mary's	28.57	-2.7
12	Suttle, Adrianna	Conc. St. Paul	28.60	-1.8
13	Vrudny, Rachel	Conc. St. Paul	28.65	-1.8
14	Plummer, Kayla	Uw-River Fal	28.76	-1.8

15	Corey, Katie	Hamline	29.02	-1.8
16	Dormedy, Megan	Uw-Superior	29.19	-2.7
17	Reed, Hayley	Conc. St. Paul	29.42	-2.7
18	Bina, Ellen	Saint Mary's	29.48	-2.7
19	Young, Adrienne	Augsburg	29.92	-2.7
20	Larson-Bushlack, Sabrina	Saint Mary's	30.14	-2.7
21	Skoviak, Jackie	Hamline	30.35	-1.8
22	Maurer, Mallory	Northwestern	31.43	-1.8

Women 400 Meter Dash

NSIC: **55.26 # 2009** **Kristi Buerkle**
55.00 AUTO
56.80 PROV

Name School Finals

Finals

1	Arola, Nikki	St. Thomas	56.28	PROV
2	Hansen, Leah	Unattached	59.07	
3	Kiss, Nacole	Conc. St. Paul	1:02.08	
4	Breu, Alyssa	Uw-Superior	1:02.33	
5	Lerum, Leighton	Unattached	1:02.61	
6	Magur, Kari	Uw-River Fal	1:03.55	
7	Jahnke, Sam	Uw-Stout	1:03.79	
8	Dohmen, Brittany	Conc. St. Paul	1:04.06	
9	Bahr, Kacie	Augsburg	1:04.94	
10	Baier, Lauren	Saint Mary's	1:05.26	
11	Bitzer, Alexa	Uw-Stout	1:06.45	
12	Young, Adrienne	Augsburg	1:08.50	

Women 800 Meter Run

NSIC: **2:10.61 # 2009** **Liz Palkie**
2:10.00 AUTO
2:14.50 PROV

Name School Finals

Finals

1	Fulton, Megan	Conc. St. Paul	2:27.89	
2	Tenter-Fox, Kenzie	Conc. St. Paul	2:31.23	
3	Quandt, Regina	Saint Mary's	2:32.60	
4	Pulscher, Jennifer	Augsburg	2:37.46	
5	James, Sandra	Conc. St. Paul	2:52.62	
6	Enns, Amanda	Mn St Moorhead	3:08.25	

Women 1500 Meter Run

NSIC: **4:35.95 # 1987** **Lynn Stottler**
4:29.60 AUTO
4:38.00 PROV

Name School Finals

Finals

1	Dee, Emily	Saint Mary's	5:02.83	
2	Pace, Joanna	Saint Mary's	5:03.53	
3	Orem, Hannah	Northwestern	5:20.29	
4	Monahan, Katie	Conc. St. Paul	5:24.58	
5	Tait, Alyssa	Mn St Moorhead	5:43.58	

Holst Invitational - 4/28/2010
Concordia St. Paul
Results - Invitational

Women 100 Meter Hurdles

NSIC: 14.26 # 2008 Rachel Roebke
 13.90 AUTO
 14.55 PROV

Name	School	Finals
Finals		
1 Nyre, Sammi	Uw-River Fal	15.93 -2.3
2 Keesling, Jessica	Mn St Moorhead	16.02 -2.3
3 Janas, Laura	St. Thomas	16.17 -2.3
4 Robohm, Lynn	Hamline	16.66 -2.3
5 Rasmussen, Megan	Uw-River Fal	16.83 -2.3
6 Senungi, Caroline	Augsburg	17.71 -2.3
7 Ryan, Katie	St. Thomas	17.75 -0.5
8 Pastoors, Traci	St. Thomas	17.76 -0.5
9 Sackrison, Ellen	Hamline	17.91 -2.3
10 Peterson, Mary	Hamline	18.41 -0.5
11 Larson-Bushlack, Sabrina	Saint Mary's	19.49 -0.5
--- Stefely, Jamie	Saint Mary's	DNF -0.5
--- Radtke, Alex	Uw-River Fal	DNF -2.3

Women 400 Meter Hurdles

NSIC: 1:01.35 # 2004 Heather Hamilton
 1:00.75 AUTO
 1:03.00 PROV

Name	School	Finals
Finals		
1 Mooberry, Kendra	Mn St Moorhead	1:03.80
2 Nyre, Sammi	Uw-River Fal	1:04.93
3 Argiannis, Kameron	Hamline	1:05.65
4 Rasmussen, Megan	Uw-River Fal	1:06.95
5 Theisen, Becky	St. Thomas	1:08.14
6 Marske, Amanda	Uw-River Fal	1:09.73
7 Gorder, Julianna	St. Thomas	1:11.82
8 Radtke, Alex	Uw-River Fal	1:12.42
9 Breu, Alyssa	Uw-Superior	1:13.13
10 Opsal, Amy	Augsburg	1:14.38
11 Hoffmann, Cassey	Uw-Superior	1:15.14
12 Peterson, Mary	Hamline	1:20.90

Women 3000 Meter Steeplechase

NSIC: 10:46.16 # 2009 Molly Clark
 10:46.00 AUTO
 11:20.00 PROV

Name	School	Finals
Finals		
1 Thompson, Danielle	Mn St Moorhead	11:13.10 PROV
2 Rydeen, Katie	Uw-River Fal	12:06.82
3 Maliszewski, Bayli	Uw-River Fal	12:40.38
4 Stanzyk, Emily	Unattached	12:51.48
5 Graef, Ahsley	Uw-River Fal	12:59.82
6 Knutson, Julie	Uw-Superior	13:14.24

Women 4x100 Meter Relay

NSIC: 46.80 # 2009
 46.00 AUTO
 47.40 PROV

Team	Relay	Finals
Finals		
1 St. Thomas	A	48.09
2 Augsburg	A	48.18
3 Minn State Moorhead	A	50.43
4 Concordia St Paul	A	51.86
5 Uw-Superior	A	52.35

Women 4x400 Meter Relay

NSIC: 3:51.85 # 1982
 3:45.00 AUTO
 3:50.00 PROV

Team	Relay	Finals
Finals		
1 Northwestern College	A	4:10.20
2 Concordia St Paul	A	4:23.91

Women High Jump

NSIC: 5-08.25 # 1991 Jodi Swenson
 1.75m AUTO
 1.68m PROV

Name	School	Finals
Finals		
1 Taylor, Kelsey	Unattached	1.60m
2 Robohm, Lynn	Hamline	1.55m
2 Dorhn, Miranda	Uw-River Fal	1.55m
4 Rietz, Ashley	Mn St Moorhead	1.50m
5 Hagen, Ashley	Mn St Moorhead	J1.50m
6 Wise, Whitney	Uw-Superior	1.35m
7 Vetsch, Andria	Uw-River Fal	J1.35m
8 Novak, Sarah	Uw-River Fal	1.30m
--- Skoglund, Krista	Minnesota	NH
--- Rinke, Megan	Uw-River Fal	NH
--- Kopel, Colleen	Uw-River Fal	NH

Women Pole Vault

NSIC: 13-04.25 # 2009 Katelin Rains
 3.95m AUTO
 3.60m PROV

Name	School	Finals
Finals		
1 Hensel, Jan	Unattached	3.89m PROV
2 Tuberg, Brittany	Augsburg	3.20m
3 Wyss, Jayme	Conc. St. Paul	J3.20m
4 Braun, Carly	Hamline	3.05m
5 MacRae, Katie	Mn St Moorhead	J3.05m
6 Behling, Arlene	Hamline	J3.05m
7 Anderson, Katelyn	Hamline	2.90m
--- Ronke, Kaylyn	Mn St Moorhead	NH
--- Jenkins, Stephanie	Hamline	NH

Holst Invitational - 4/28/2010
Concordia St. Paul
Results - Invitational

Women Long Jump

NSIC: 20-08.50 # 1985 Julie Hay
 5.95m AUTO
 5.65m PROV

Name	School	Finals
Finals		
1 Aronson, Jenny	Uw-River Fal	5.53m 2.1
2 Johnson, Katie	Conc. St. Paul	5.50m 1.8
3 Telpia, Shanek	Augsburg	5.44m 2.0
4 Black, Kirby	Mn St Moorhead	5.36m 3.2
5 Genung, Sam	Conc. St. Paul	5.08m 1.5
6 Pastoors, Traci	St. Thomas	4.97m 5.2
7 Schmit, Heather	Conc. St. Paul	4.96m 1.6
8 Gorder, Julianna	St. Thomas	4.95m 0.4
9 LaFontsee, Britini	Uw-River Fal	4.87m 0.4
10 Theisen, Becky	St. Thomas	4.79m 1.9
11 Schnell, Hayley	St. Thomas	4.55m 2.2
12 Stefely, Jamie	Saint Mary's	4.29m 0.7
13 Roper, Brittany	Hamline	4.00m 1.6

Women Triple Jump

NSIC: 39-11.25 # 2009 Heather Miller
 12.15m AUTO
 11.55m PROV

Name	School	Finals
Finals		
1 Johnson, Katie	Conc. St. Paul	11.49m -0.5
2 Black, Kirby	Mn St Moorhead	10.96m 2.4
3 Jones, Jamie	Conc. St. Paul	9.43m 1.4
4 Wise, Whitney	Uw-Superior	9.29m -0.7

Women Shot Put

NSIC: 48-04 # 2006 Sheena Devine
 14.50m AUTO
 13.25m PROV

Name	School	Finals
Finals		
1 Dorhn, Miranda	Uw-River Fal	12.96m
2 Campbell, Shanna	Minnesota	12.90m
3 Nesmoe, Kaysee	Conc. St. Paul	12.68m
4 Booker, Coco	Saint Mary's	12.29m
5 Schultz, Heather	Mn St Moorhead	12.01m
6 Willaert, Felisha	St. Thomas	11.70m
7 Flackey, Nicole	St. Thomas	11.62m
8 Lewis, Jenna	St. Thomas	11.52m
9 Gillund, Tracie	Uw-River Fal	11.15m
10 Kopel, Colleen	Uw-River Fal	10.55m
11 Ponick, Rebecca	Uw-River Fal	10.48m
12 Novak, Sarah	Uw-River Fal	10.41m
13 Leyden, Erin	Augsburg	10.30m
14 Bickert, Britt	Conc. St. Paul	10.12m
15 Larson-Bushlack, Sabrina	Saint Mary's	9.99m
16 Steir, Mallory	Mn St Moorhead	9.86m
17 Maas, Amy	St. Thomas	9.77m
18 Wenzel, Amy	Augsburg	8.99m

19 Dahl, Emily	Crown Colleg	8.97m
20 Capriglione, Katie	Uw-Superior	8.91m
21 Rinke, Megan	Uw-River Fal	8.75m
22 Robohm, Lynn	Hamline	8.47m

Women Discus Throw

NSIC: 152-06 # 2000 Nicole Hall
 47.60m AUTO
 43.00m PROV

Name	School	Finals
Finals		
1 Podominick, Liz	Unattached	47.13m PROV
2 Willaert, Felisha	St. Thomas	41.19m
3 Nesmoe, Kaysee	Conc. St. Paul	39.51m
4 Maas, Amy	St. Thomas	39.10m
5 Nelson, Denise	Uw-River Fal	38.49m
6 Schultz, Heather	Mn St Moorhead	34.37m
7 Steir, Mallory	Mn St Moorhead	29.37m
8 Capriglione, Katie	Uw-Superior	28.19m
9 Dahl, Emily	Crown Colleg	26.15m
10 Wenzel, Amy	Augsburg	24.35m

Women Hammer Throw

NSIC: 181-04 # 1997 Beth Howard
 54.60m AUTO
 49.50m PROV

Name	School	Finals
Finals		
1 Honan, Megan	St. Thomas	48.11m
2 Nesmoe, Kaysee	Conc. St. Paul	46.08m
3 Lewis, Jenna	St. Thomas	42.97m
4 Leyden, Erin	Augsburg	42.40m
5 Steir, Mallory	Mn St Moorhead	41.69m
6 Capriglione, Katie	Uw-Superior	41.14m
7 Flackey, Nicole	St. Thomas	40.31m
8 Amans, Shannon	Uw-River Fal	38.05m
9 Nelson, Denise	Uw-River Fal	37.24m
10 Burtis, Kassondra	Saint Mary's	37.19m
11 Ponick, Rebecca	Uw-River Fal	35.97m
12 Schultz, Heather	Mn St Moorhead	35.35m
13 Freeman-Andrews, Jatonn	Conc. St. Paul	35.02m
14 Booker, Coco	Saint Mary's	31.69m
15 Campbell, Shanna	Minnesota	31.11m
16 Wenzel, Amy	Augsburg	25.13m
17 Dahl, Emily	Crown Colleg	20.19m

Holst Invitational - 4/28/2010**Concordia St. Paul****Results - Invitational****Women Javelin Throw**

NSIC: 153-04 # 1982 Kelly Owen
 45.00m AUTO
 40.00m PROV

Name	School	Finals
Finals		
1 Bickert, Britt	Conc. St. Paul	29.61m
2 Freeman-Andrews, Jatonn	Conc. St. Paul	27.56m
3 Wise, Whitney	Uw-Superior	25.20m
4 Maas, Amy	St. Thomas	24.50m

Finals ... (Women Javelin Throw)

Name	School	Finals
5 Breu, Alyssa	Uw-Superior	21.31m
6 Reynard, Nicole	Saint Mary's	20.06m
7 Theisen, Becky	St. Thomas	18.27m
8 Dahl, Emily	Crown Colleg	13.08m

Men 100 Meter Dash

NSIC: 10.37 # 1991 Wayne Hawkins
 10.35 AUTO
 10.60 PROV

Name	School	Finals
Finals		
1 Trisko, Nick	St. Cloud St	11.28 -3.7
2 Zeon, Diahn	Conc. St. Paul	11.33 -4.2
3 Udia, Gabe	St. Cloud St	11.38 -4.2
4 Spence, Robert	Conc. St. Paul	11.50 -4.2
5 Ward, Nick	Augsburg	11.52 -4.2
6 Ogbonnaya, Uchenna	Mn St Moorhead	11.59 -4.2
7 Millette, Gil	Augsburg	11.81 -2.8
8 Holmgren, Dan	Hamline	11.84 -1.7
9 Fix, Tyler	Uw-River Fal	11.88 -1.7
10 Solarz, Derek	Uw-Superior	11.90 -1.7
11 Warhol, Matt	Hamline	11.93 -2.8
12 Copley, Javan	Hamline	11.96 -2.8
13 Khieu, Randy	Uw-Superior	12.00 -1.7
14 Sanchez, Orlando	Hamline	12.13 -1.7
15 Mboma, Jackson	Augsburg	12.22 -2.8
16 Galbrecht, McKay	Unattached	12.25 -2.8
17 Nestrud, David	Augsburg	12.32 -3.2
18 Heth, Mike	Uw-River Fal	12.33 -2.8
19 Mitchell, Tanner	Augsburg	12.53 -3.2
20 Mozzini, Gabriel	Uw-Superior	12.57 -3.2
21 Holladay, Steven	Crown Colleg	12.62 -3.2
22 Carstensen, Logan	Crown Colleg	12.88 -3.7
23 Garvie, Michael	Uw-Superior	12.93 -3.7
24 Bloomquist, Ryan	Hamline	13.09 -3.7
25 Flaten, Chris	Conc. St. Paul	13.25 -3.7

Men 200 Meter Dash

NSIC: 21.05 # 2000 Starr Roberts
 21.00 AUTO
 21.45 PROV

Name	School	Finals
Finals		
1 Trisko, Nick	St. Cloud St	21.98 -3.8
2 Zeon, Diahn	Conc. St. Paul	22.14 -3.8
3 Wolke, Rick	Augsburg	22.25 -3.8
4 Baye-Weah, Snosnio	Unattached	22.31 -3.8
5 Ogbonnaya, Uchenna	Mn St Moorhead	22.55 -3.8
6 Ward, Nick	Augsburg	22.63 -4.9
7 Queck, David	St. Cloud St	23.04 -4.9
8 Arnold, Joe	Augsburg	23.08 -0.8
9 Rodewald, Dan	Uw-River Fal	23.14 -3.8
10 Holmgren, Dan	Hamline	23.29 -4.9
11 Houghton, Tyler	Uw-Superior	23.39 -0.8
12 Mboma, Jackson	Augsburg	23.57 -0.8
13 Robey, Bryce	Uw-River Fal	23.71 -0.8
14 Bos, Anthony	Conc. St. Paul	23.72 -4.9
15 Millette, Gil	Augsburg	23.73 -4.9
16 Walters, Jesse	Uw-River Fal	23.79 -0.8
17 Fix, Tyler	Uw-River Fal	23.81 -4.9
18 Copley, Javan	Hamline	23.82 -4.9
19 Sanchez, Orlando	Hamline	23.92 -1.7
20 Heth, Mike	Uw-River Fal	24.10 -0.8
21 Thurber, Chris	Uw-River Fal	24.16 -0.8
22 Mitchell, Tanner	Augsburg	24.17 -0.8
23 Holladay, Steven	Crown Colleg	24.71 -1.7
24 Carstensen, Logan	Crown Colleg	25.48 -1.7
25 Garvie, Michael	Uw-Superior	26.54 -1.7

Men 400 Meter Dash

NSIC: 47.24 # 2000 Erik Hanson
 46.70 AUTO
 48.00 PROV

Name	School	Finals
Finals		
1 Gilmer, Domonique	Conc. St. Paul	48.15
2 Shannon, Matthew	Unattached	48.18
3 Wolke, Rick	Augsburg	48.29
4 Nelson, Brent	Hamline	48.71
5 Molitor, Tyson	Hamline	48.71
6 Lund, Aaron	Mn St Moorhead	48.92
7 Watson, Percy	Mn St Moorhead	48.97
8 Marnach, Andy	Hamline	49.41
9 Kohlman, Brian	Conc. St. Paul	49.88
10 Shufelt, Cory	Mn St Moorhead	49.95
11 Kelly, John	Saint Mary's	50.40
12 Willman, Christian	Hamline	50.95
13 Bos, Anthony	Conc. St. Paul	51.95
14 Robey, Bryce	Uw-River Fal	52.42
15 Moulton, Luke	Northwestern	52.61
16 Kodet, Benton	Saint Mary's	53.77
17 Hirsch, Daniel	Mn St Moorhead	53.84
18 Williams, Steven	Hamline	54.39
19 Thor, Isaac	Augsburg	54.60
--- Pollard, Troy	Unattached	DNF

Holst Invitational - 4/28/2010
Concordia St. Paul
Results - Invitational

Men 800 Meter Run

NSIC: 1:51.52 # 1991 Paul Heley
 1:50.00 AUTO
 1:53.00 PROV

Name	School	Finals
Finals		
1 Schafer, Matt	Augsburg	1:57.30
2 Huot, Kevin	Mn St Moorhead	1:58.84
3 Fay, Jim	Mn St Moorhead	1:59.88
4 Wagers, Travis	Conc. St. Paul	2:00.09
5 Pedersen, Derrek	Uw-River Fal	2:00.86
6 Haroldson, Jordan	Conc. St. Paul	2:05.81
7 Fremling, Tony	Augsburg	2:07.28
8 Gutzmann, Ethan	Augsburg	2:10.97

Finals ... (Men 800 Meter Run)

Name	School	Finals
9 Gillmor, Geoff	Augsburg	2:15.05
10 Gerber, Dan	Augsburg	2:15.89
11 Erickson, Austin	Augsburg	2:21.06
12 Kucza, Chad	Uw-Superior	2:25.81

Men 1500 Meter Run

NSIC: 3:53.55 # 2004 Nate Beerling
 3:46.00 AUTO
 3:53.00 PROV

Name	School	Finals
Finals		
1 Storkel, Derek	Unattached	3:57.01
2 Truedson, Erik	Unattached	3:58.02
3 Sulkin, Steve	Unattached	3:59.40
4 Behling, Scott	Uw-Superior	4:05.27
5 Bowman, Scott	Uw-River Fal	4:06.19
6 Paradis, Drew	Unattached	4:09.95
7 Borash, Peter	Saint Mary's	4:16.04
8 Gillmor, Geoff	Augsburg	4:30.56
9 Gerber, Dan	Augsburg	4:36.14

Men 5000 Meter Run

NSIC: 14:44.14 # 1979 Tony Schiller
 14:00.00 AUTO
 14:45.00 PROV

Name	School	Finals
Finals		
1 Eckhoff, Kyle	Mn St Moorhead	15:52.96
2 Hanson, Erik	Mn St Moorhead	15:53.54
3 Teige, David	Mn St Moorhead	15:55.96
4 Husen, Travis	Mn St Moorhead	15:57.68
5 Abda, Anwar	Uw-River Fal	16:13.77
6 Mark, Richie	Uw-River Fal	16:20.18
7 Collins, Charles	Uw-River Fal	16:35.43
8 Schield, Dan	Conc. St. Paul	16:36.87
9 Tkac, Slavomir	Unattached	16:52.87
10 Daye, Ryan	Unattached	17:17.22
11 Norman, Ryan	Augsburg	17:57.96

12 Gombos, Taylor	Uw-Superior	18:11.96
--- Peterson, Jordan	Uw-Superior	DNF

Men 110 Meter Hurdles

NSIC: 14.34 # 1980 Jon Ritter
 14.15 AUTO
 14.65 PROV

Name	School	Finals
Finals		
1 Robinson, Laquone	Mn St Moorhead	14.80 NWI
2 Held, Ben	St. Cloud St	15.50 -1.5
3 Pederson, Zach	Conc. St. Paul	15.97 NWI
4 Weeks, Matt	Mn St Moorhead	15.98 NWI
5 Van Asten, Curt	Saint Mary's	17.10 NWI
6 Nestrud, David	Augsburg	17.37 NWI
7 Knight, Jonny	Uw-Superior	18.23 -1.5
--- Warhol, Matt	Hamline	DNF NWI
--- Barnes, Ryan	Mn St Moorhead	DNF NWI
--- Kucza, Chad	Uw-Superior	DNF -1.5

Men 400 Meter Hurdles

NSIC: 52.81 # 2001 Dan Frette
 52.00 AUTO
 54.00 PROV

Name	School	Finals
Finals		
1 Gooden, Rife	Unattached	54.57
2 Strand, James	Augsburg	55.24
3 Floyd, Corrie	Uw-Eau Clair	55.87
4 Butler, James	Uw-River Fal	56.11
5 Mueller, Lucas	Uw-River Fal	56.35
6 Keyes, Patrick	Uw-Eau Clair	56.37
7 Van Asten, Curt	Saint Mary's	56.95
8 Pederson, Zach	Conc. St. Paul	59.05
9 Lewis, Jordan	Conc. St. Paul	59.20
10 Anderson, Ben	Northwestern	59.42
11 Knight, Jonny	Uw-Superior	1:00.81
12 Weeks, Matt	Mn St Moorhead	1:00.81
13 Chaussee, Andy	Conc. St. Paul	1:01.43
14 Kotlarek, Chris	Conc. St. Paul	1:01.98
15 Ducatelli, Steven	Hamline	1:03.66
--- Vossler, Jacob	Mn St Moorhead	DNF

Holst Invitational - 4/28/2010
Concordia St. Paul
Results - Invitational

Men 3000 Meter Steeplechase

NSIC: 9:07.24 # 1974 Mike Francis
 9:06.00 AUTO
 9:25.00 PROV

Name	School	Finals
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Finals

1	Egeberg, Scott	Mn St Moorhead	9:43.66
2	Wyborny, Shane	Augsburg	9:55.31
3	Hoffman, Ricky	Uw-River Fal	9:59.14
4	Womeldorf, Jake	Conc. St. Paul	10:02.45
5	Skoog, Neil	Uw-River Fal	10:09.18
6	Gausmann, Shad	Uw-River Fal	10:10.65
7	Rojas, Jose	Uw-River Fal	10:22.33
8	Neumann, Seth	Uw-Superior	10:58.62
9	Stewart, Monte	Uw-Superior	11:39.19

Men Pole Vault

NSIC: 16-06.75 # 2009 Ben Mauch
 5.15m AUTO
 4.85m PROV

Name	School	Finals
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Finals

1	Schuette, Shaise	Hamline	4.55m
2	LeMay, Adam	Conc. St. Paul	J4.55m
3	Edmunds, Andy	St. Thomas	4.25m
4	Victor, Chris	St. Thomas	J4.25m
5	Johnson, Brandon	Northwestern	J4.25m
6	Kelly, Anthony	St. Thomas	4.10m
7	Chaussee, Andy	Conc. St. Paul	3.80m
---	Peterson, Patrick	St. Thomas	NH

Men 4x100 Meter Relay

NSIC: 40.63 # 1998 Minnesota Duluth
 40.25 AUTO
 41.35 PROV

Team	Relay	Finals
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Finals

1	Concordia St Paul	A	42.08
1)	Pimental, John	2) Zeon, Diahn	
3)	Spence, Robert	4) Gilmer, Domonique	
2	Minn State Moorhead	A	42.27
3	Uw-River Falls	B	43.00
---	Northwestern College	A	DNF

Men Long Jump

NSIC: 24-02.25 # 1991 Brad Swanson
 7.50m AUTO
 7.15m PROV

Name	School	Finals
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Finals

1	Zeon, Diahn	Conc. St. Paul	7.00m	1.1
2	Pimental, John	Conc. St. Paul	J7.00m	1.4
3	Ward, Nick	Augsburg	6.76m	2.4
4	Khieu, Randy	Uw-Superior	6.75m	1.8
5	Ross, Arsenio	Unattached	6.28m	3.5
6	Kucza, Chad	Uw-Superior	5.79m	3.5
7	Mozzini, Gabriel	Uw-Superior	5.00m	2.9
8	Flaten, Chris	Conc. St. Paul	3.87m	1.9

Men 4x400 Meter Relay

NSIC: 3:15.88 # 2005 Concordia St. Paul
 3:10.00 AUTO
 3:15.00 PROV

Team	Relay	Finals
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Finals

1	Augsburg	A	3:25.67
2	Concordia St Paul	A	3:35.42
3	Augsburg	B	3:43.08

Men High Jump

NSIC: 7-00 # 1988 Brian Radenberg
 2.14m AUTO
 2.05m PROV

Name	School	Finals
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Finals

1	Sayles, Tre	Unattached	1.95m
2	Bendix, Michael	Mn St Moorhead	1.90m
2	Ross, Arsenio	Unattached	1.90m
2	Barnes, Ryan	Mn St Moorhead	1.90m
5	Reisner, Jack	Mn St Mankato	J1.90m
6	Anderson, Max	Uw-River Fal	1.80m
7	Kucza, Chad	Uw-Superior	1.70m
8	Rengo, Kevin	Uw-River Fal	1.65m

Men Triple Jump

NSIC: 49-00 # 1979 Cal Baker
 15.30m AUTO
 14.50m PROV

Name	School	Finals
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Finals

1	Jackson, Skyler	Mn St Moorhead	13.75m	2.8
2	Pantila, Shane	Augsburg	13.67m	1.7
3	Bredy, Derek	Mn St Moorhead	13.40m	2.2
4	Gooden, Rife	Unattached	13.28m	1.3
5	Robinson, Laquone	Mn St Moorhead	13.15m	2.5
6	Marcellino, Emmanuel	Augsburg	12.89m	+0.0
7	Kotlarek, Chris	Conc. St. Paul	12.36m	4.5
8	Samoumtry, Scott	Mn St Moorhead	12.33m	1.2
9	Norberg, Seth	Augsburg	11.87m	3.5

Holst Invitational - 4/28/2010
Concordia St. Paul
Results - Invitational

Men Shot Put

NSIC: 61-06.75 # 2004 Joe Remitz
 17.10m AUTO
 15.90m PROV

Name	School	Finals
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Finals

1	DeJong, Todd	Mn St Mankato	16.07m	PROV
2	Luer, Grant	Mn St Mankato	15.12m	
3	Robinson, Michael	Mn St Mankato	14.19m	
4	Dvorak, Ben	Hamline	13.14m	
5	Thienes, Nate	Conc. St. Paul	12.68m	
6	Tykwinski, Ben	Uw-River Fal	12.65m	
7	Hansen, Nils	Uw-Superior	11.74m	
8	Wherley, Derek	Saint Mary's	11.45m	
9	Rengo, Kevin	Uw-River Fal	10.34m	
10	Wischnewski, Andy	Conc. St. Paul	10.27m	
11	Lange, Will	Conc. St. Paul	9.64m	

Men Discus Throw

NSIC: 172-07 # 1992 Kerrick Johnson
 53.00m AUTO
 48.80m PROV

Name	School	Finals
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Finals

1	Luer, Grant	Mn St Mankato	49.87m	PROV
2	Robinson, Michael	Mn St Mankato	45.80m	
3	Lehman, Jon	Unattached	45.79m	
4	Grosse, Clay	Unattached	44.61m	
5	Heil, Christopher	Mn St Moorhead	40.76m	
6	Blaschko, Josh	Hamline	40.36m	
7	Hawley, Nik	Hamline	40.01m	
8	Tykwinski, Ben	Uw-River Fal	38.90m	
9	Hansen, Nils	Uw-Superior	38.31m	
10	Thienes, Nate	Conc. St. Paul	38.16m	
11	Walrath, Jim	Uw-River Fal	38.00m	
12	Wherley, Derek	Saint Mary's	35.68m	
13	Stelter, Kyle	Uw-River Fal	34.90m	
14	Enyi, Anthony	Mn St Moorhead	33.30m	
15	Lange, Will	Conc. St. Paul	31.20m	

Finals ... (Men Discus Throw)

Name	School	Finals
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16	Pudwill, James	Conc. St. Paul	30.60m	
17	Franke, Justin	Conc. St. Paul	28.17m	
18	Wischnewski, Andy	Conc. St. Paul	27.18m	
19	Koglin, Kevin	Conc. St. Paul	26.79m	

Men Hammer Throw

NSIC: 182-11 # 2001 Chris Nulle
 60.00m AUTO
 54.50m PROV

Name	School	Finals
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Finals

1	Enyi, Anthony	Mn St Moorhead	58.86m	PROV
2	Tolcner, Bryan	Unattached	58.78m	PROV
3	Wilkerson, Aaron	Hamline	53.92m	

4	Heil, Christopher	Mn St Moorhead	52.43m	
5	Dahlin, Tom	Unattached	51.51m	
6	Izdepski, Derren	Uw-River Fal	49.38m	
7	Robinson, Michael	Mn St Mankato	48.93m	
8	DeJong, Todd	Mn St Mankato	48.83m	
9	Walrath, Jim	Uw-River Fal	46.71m	
10	Gerdes, Pat	Mn St Moorhead	45.09m	
11	Tykwinski, Ben	Uw-River Fal	42.40m	
12	Wherley, Derek	Saint Mary's	42.11m	
13	Springman, Blake	Hamline	41.50m	
14	Hansen, Nils	Uw-Superior	39.69m	
15	Anderson, Dan	Hamline	39.58m	
16	Franke, Justin	Conc. St. Paul	38.88m	
17	Pudwill, James	Conc. St. Paul	37.93m	
18	Luer, Grant	Mn St Mankato	37.63m	
19	Stelter, Kyle	Uw-River Fal	34.02m	
20	Dvorak, Ben	Hamline	32.25m	

Men Javelin Throw

NSIC: 216-01 # 1992 Jim Anderson
 63.50m AUTO
 59.00m PROV

Name	School	Finals
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Finals

1	Thienes, Nate	Conc. St. Paul	49.49m	
2	Lange, Will	Conc. St. Paul	40.47m	
3	Kucza, Chad	Uw-Superior	35.07m	
4	Wischnewski, Andy	Conc. St. Paul	33.79m	
5	Chaussee, Andy	Conc. St. Paul	30.13m	
---	Hansen, Nils	Uw-Superior	FOUL	