

Holst Invitational - 4/16/2011**Concordia St. Paul****Results - Invitational****Women 100 Meter Dash**

NSIC: 11.51 # 1983

Holst: 12.97 ! 2010

11.56 AUTO

12.05 PROV

Jeri Domes, Mankato State

Whitney Holman, Augsburg

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1 Buerkle, Kristi	Bemidji State	12.33	12.41 q	3.3	1
2 Bock, Laura	Minnesota-Duluth	13.01	13.13 q	1.5	5
3 Thelen, Rachel	St. Scholastica	13.06	13.17 q	0.2	4
4 Skaalrud, Madelin	St. Catherine	13.22	13.28 q	3.3	1
5 Williams, Lexi	Minnesota-Duluth	13.41	13.35 q	1.5	5
6 Valesano, Maria	St. Scholastica	12.95	13.40 q	0.2	4
7 Engel, Kim	St. Catherine	13.38	13.40 q	4.3	3
8 Levercom, Samantha	St. Catherine	13.38	13.46 q	0.2	4
9 Helterbran, Allie	Minot State	13.35	13.49	3.3	1
10 Crump, Ashlee	Minot State	13.78	13.59	3.1	2
11 Berg, Mariah	St. Scholastica	13.18	13.79	3.1	2
12 Loth, Morgan	Minnesota-Duluth	13.69	13.81	3.1	2
13 Hart, Shanice	Minot State	13.73	13.93	3.3	1
14 Skog, Rachel	Concordia St Paul	14.30	14.14	1.5	5
15 Nuckles, Gabby	North Central Univ	15.50	14.61	3.3	1
16 Himes, Erica	St. Scholastica	14.00	15.18	0.2	4
17 Orth, Nicole	St. Catherine	15.39	15.35	3.1	2
18 Rojas, Maria	St. Catherine	16.37	16.03	3.3	1
19 Vin Zant, Julia	North Central Univ	16.50	16.47	4.3	3
20 Danzinger, Shana	North Central Univ	16.50	18.63	3.1	2

Women 100 Meter Dash

NSIC: 11.51 # 1983

Holst: 12.97 ! 2010

11.56 AUTO

12.05 PROV

Jeri Domes, Mankato State

Whitney Holman, Augsburg

Name	School	Prelims	Finals	Wind
Finals				
1 Buerkle, Kristi	Bemidji State	12.41	12.45 !	1.3
2 Bock, Laura	Minnesota-Duluth	13.13	12.92 !	1.3
3 Engel, Kim	St. Catherine	13.40	13.27	1.3
4 Williams, Lexi	Minnesota-Duluth	13.35	13.30	1.3
5 Skaalrud, Madelin	St. Catherine	13.28	13.36	1.3
6 Levercom, Samantha	St. Catherine	13.46	13.53	1.3

Women 200 Meter Dash

NSIC: 23.98 # 2010

Holst: 25.80 ! 2010

Brittany Henderson, Minnesota State

Shanek Telphia, Augsburg

Holst Invitational - 4/16/2011
Concordia St. Paul
Results - Invitational

23.83 AUTO
24.65 PROV

Name	School	Seed	Finals	Wind	H#
Finals					
1 Dohmen, Brittany	Concordia St Paul	26.26	26.86	2.6	1
2 Bjork, Kirsten	Minnesota-Duluth	26.42	27.12	2.6	1
Finals ... (Women 200 Meter Dash)					
Name	School	Seed	Finals	Wind	H#
3 Williams, Lexi	Minnesota-Duluth	27.29	27.68	2.6	1
4 Bock, Laura	Minnesota-Duluth	26.67	27.91	2.6	1
5 Ojoyeyi, Tolu	Concordia St Paul	26.74	28.00	2.6	1
6 Kosey, Taylor	Minnesota-Duluth	27.74	28.23	1.5	2
7 Taylor, Rachel	Concordia St Paul	28.24	28.30	1.5	2
8 Mueller, Katherine	St. Scholastica	27.30	28.44	2.6	1
9 Miller, Hallie	St. Scholastica	28.00	28.51	1.5	2
10 Bickert, Britt	Concordia St Paul	27.44	28.70	2.6	1
11 Berg, Mariah	St. Scholastica	27.56	28.86	1.5	2
12 Kiss, Nacole	Concordia St Paul	27.10	28.90	2.6	1
13 Diedrich, Christa	St. Scholastica	28.10	28.99	1.5	2
14 Crump, Ashlee	Minot State	28.00	29.11	1.5	2
15 Schmit, Heather	Concordia St Paul	27.90	29.17	1.5	2
16 Hughes, Nicole	St. Scholastica	28.30	29.27	-1.3	3
17 Grahek, Laciee	Minnesota-Duluth	28.72	29.39	-1.3	3
18 Henslin, Emily	Northwestern College	28.35	29.50	-1.3	3
19 Nuckles, Gabby	North Central Univ	30.71	31.29	1.6	4
20 Vin Zant, Julia	North Central Univ	33.29	34.18	1.6	4
21 Danzinger, Shana	North Central Univ	37.00	38.17	1.6	4

Women 400 Meter Dash

NSIC: 54.99 # 2010 Kristi Buerkle, Bemidji State
Holst: 56.28 ! 2010 Nikki Arola, St. Thomas
54.68 AUTO
56.30 PROV

Name	School	Seed	Finals	H#
Finals				
1 Smith, Megan	Unattached	59.14	1:00.94	1
2 Engel, Kayla	St. Catherine	59.54	1:01.95	1
3 Coughlin, Erin	St. Catherine	1:01.69	1:02.67	2
4 Ohman, Michelle	Bemidji State	1:00.44	1:03.76	2
5 Dohmen, Brittany	Concordia St Paul	1:00.96	1:04.16	2
6 Bjork, Kirsten	Minnesota-Duluth	1:00.98	1:04.79	2
7 Grahek, Laciee	Minnesota-Duluth	1:03.65	1:04.86	3

Holst Invitational - 4/16/2011

**Concordia St. Paul
Results - Invitational**

8	Miller, Hallie	St. Scholastica	1:02.00	1:05.22	2
9	Kosey, Taylor	Minnesota-Duluth	1:02.12	1:05.41	2
10	Hughes, Nicole	St. Scholastica	1:02.00	1:05.46	2
11	Vaughan, Caitlin	St. Scholastica	1:02.90	1:06.14	3
12	Lucht, Maila	Minot State	1:01.50	1:06.32	2
13	Anderson, Danielle	Wisconsin-Superior	1:06.06	1:07.46	4
14	Proulx, Kaitlyn	St. Scholastica	1:05.00	1:07.99	3
15	Johnson, Kelsey	Wisconsin-Superior	1:08.50	1:08.09	4
16	Nalepka, Christine	Concordia St Paul	1:05.44	1:08.78	4
---	Kent, Becca	Wisconsin-Superior	1:06.41	DNF	4

Women 800 Meter Run

NSIC: 2:10.61 # 2009
Holst: 2:27.89 ! 2010
2:09.61 AUTO
2:14.00 PROV

Liz Palkie, Minnesota Duluth
Megan Fulton, Conc. St. Paul

Name	School	Seed	Finals
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Finals

1	Hassing, Kaitlin	Minnesota-Duluth	2:20.87	2:26.33 !
2	Mead, Catherine	North Central Univ	2:21.04	2:27.27 !
3	Gustafson, Stacey	St. Scholastica	2:25.00	2:33.17
4	Maras, Kirsten	Bemidji State		2:33.59
5	Warnes, Taylor	Minnesota-Duluth	2:27.12	2:33.81
6	Wurl, Hannah	Minnesota-Duluth	2:26.28	2:34.66
7	Deutsch, Stephanie	Minot State	2:38.16	2:39.32
8	Johnston, Sydney	Minnesota-Duluth	2:37.29	2:39.84
9	Anderson, Samantha	Wisconsin-Superior	2:37.06	2:40.35
10	Johnson, Chelsea	St. Scholastica	2:29.00	2:42.42
11	Jaeger, Tiffany	Minot State	2:39.02	2:48.47
12	Smith, Meghan	North Central Univ	2:50.44	2:50.23

Holst Invitational - 4/16/2011

**Concordia St. Paul
Results - Invitational**

13 Armstrong, Becca North Central Univ 2:57.39 3:03.72

Women 1500 Meter Run

NSIC: 4:32.34 # 2010

Holst: 5:02.83 ! 2010

4:27.50 AUTO

4:36.00 PROV

Michelle Sancier, Minnesota Duluth

Emily Dee, Saint Mary's

Name	School	Seed	Finals
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Finals

1	Mead, Catherine	North Central Univ	4:44.47	4:56.89 !
2	Kempnich, Melissa	St. Scholastica	5:00.00	5:10.11
3	Poss, Kristina	St. Catherine	5:20.00	5:20.62
4	Rasmussen, Carly	Minnesota-Duluth	5:17.00	5:21.58
5	Bendel, Kate	Minnesota-Duluth	5:15.15	5:22.07
6	Rogers, Jessica	St. Catherine	5:20.00	5:24.90
7	Adams, Bre	St. Scholastica	5:20.00	5:25.71
8	Jaeger, Tiffany	Minot State	5:20.22	5:26.86
9	Howe, Sarah	St. Catherine	5:26.00	5:30.13
10	Mueller, Stephanie	St. Catherine	5:28.00	5:31.04
11	Ewing, Kristina	St. Scholastica	5:16.00	5:31.54
12	Eastman, Emily	St. Catherine	5:22.00	5:37.10
13	Lewin, Jenna	Unattached	5:05.36	5:38.10
14	Micheletti, Christina	Wisconsin-Superior	5:30.15	5:45.81
15	Pedersen, Sarah	Minnesota-Duluth	5:32.89	5:53.45
16	Wright, Morgan	St. Catherine	6:30.00	6:40.39

Women 5000 Meter Run

NSIC: 16:59.66 # 1982

16:39.30 AUTO

17:20.00 PROV

Lynn Nelson, Mankato State

Name	School	Seed	Finals
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Finals

1	Marble, Taylor	Minnesota-Duluth	19:19.60	19:52.01
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Holst Invitational - 4/16/2011

**Concordia St. Paul
Results - Invitational**

2	Walling, Michelle	Minot State	19:45.00	20:02.39
3	Richter, Rebecca	Concordia St Paul		20:28.12
4	Salava, Alyssa	Minnesota-Duluth	18:05.29	20:31.67
5	Wong, Sammy	Northwestern College	21:10.00	21:44.41

Women 100 Meter Hurdles

NSIC: 14.07 # 2010
Holst: 15.93 ! 2010
13.65 AUTO
14.45 PROV

Heather Miller, St. Cloud State
Sammi Nyre, UW-River Fal

Name	School	Seed	Prelims	Wind	H#
Preliminaries					
1	Ring, Kelsi	Minnesota-Duluth	15.15	15.31 q	4.9 1
2	Bair, Maggie	St. Scholastica	15.20	15.59 q	3.8 2
3	Lee, Rebecca	Minnesota-Duluth	15.68	15.89 q	4.9 1
4	Bettendorf, Catie	Minnesota-Duluth	16.72	16.24 q	4.9 1
5	Temte, Alyssa	Northwestern College	16.38	16.72 q	3.8 2
6	Durovec, Brea	St. Scholastica	16.30	16.80 q	4.9 1
7	Jennings, Erin	Minnesota-Duluth	18.50	17.15 q	3.8 2
8	Carter, Danielle	St. Scholastica	16.50	18.11 q	3.8 2
9	Clementson, Brietta	Minnesota-Duluth	18.52	18.27	4.9 1
10	Breu, Alyssa	Wisconsin-Superior	19.10	18.79	4.9 1

Women 100 Meter Hurdles

NSIC: 14.07 # 2010
Holst: 15.93 ! 2010
13.65 AUTO
14.45 PROV

Heather Miller, St. Cloud State
Sammi Nyre, UW-River Fal

Name	School	Prelims	Finals	Wind
Finals				
1	Ring, Kelsi	Minnesota-Duluth	15.31	15.49 ! -1.0
2	Bettendorf, Catie	Minnesota-Duluth	16.24	15.55 ! -1.0
3	Durovec, Brea	St. Scholastica	16.80	16.70 -1.0
4	Jennings, Erin	Minnesota-Duluth	17.15	16.96 -1.0
5	Carter, Danielle	St. Scholastica	18.11	17.77 -1.0

Women 400 Meter Hurdles

NSIC: 1:00.96 # 2007
Holst: 1:03.80 ! 2010
59.80 AUTO
1:03.00 PROV

Cassie Blazer, University of Mary
Kendra Mooberry, Mn St Moorhead

Name	School	Seed	Finals
Finals			
1	Bettendorf, Catie	Minnesota-Duluth	1:05.76 1:09.01
2	Durovec, Brea	St. Scholastica	1:09.80 1:11.98

Holst Invitational - 4/16/2011
Concordia St. Paul
Results - Invitational

Finals ... (Women 400 Meter Hurdles)

Name	School	Seed	Finals
3 Eder, Kelsey	St. Catherine	1:14.00	1:12.99
4 Johnson, Shelbie	St. Scholastica	1:10.00	1:14.35
5 Warren, Dani	Minot State	1:14.61	1:15.27
6 Jennings, Erin	Minnesota-Duluth	1:10.66	1:16.46
7 Tuomey, Taylor	Minot State		1:17.48
8 Clementson, Brietta	Minnesota-Duluth	1:13.90	1:23.07

Women 3000 Meter Steeplechase

NSIC: 10:43.14 # 2010
 Holst: 11:13.10 ! 2010
 10:30.00 AUTO
 11:10.00 PROV

Kyle Blakeslee, Augustana
 Danielle Thompson, Mn St Moorhead

Name	School	Seed	Finals
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Finals

1 Stack, Rachael	Minnesota-Duluth	11:39.36	11:57.37
2 Thaemert, Jacque	Minnesota-Duluth	11:50.00	12:28.23
3 Jocelyn, Hannah	Minnesota-Duluth	12:47.81	12:30.71
4 Johnson, Larissa	Minnesota-Duluth	12:40.00	13:17.20
5 Dunning, Emily	St. Scholastica		13:23.32
6 Hinzmann, Natasha	Wisconsin-Superior		13:44.75

Women 4x100 Meter Relay

NSIC: 46.80 # 2009
 Holst: 48.09 ! 2010
 45.81 AUTO
 47.40 PROV

, Minnesota State
 St. Thomas, St. Thomas

Team	Relay	Seed	Finals
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Finals

1 Concordia St Paul	A	51.00	50.90
2 St. Scholastica	A	50.58	51.04
3 Minot State	A	52.55	53.05
4 Minnesota-Duluth	B	52.00	54.08

Holst Invitational - 4/16/2011**Concordia St. Paul****Results - Invitational****Women High Jump**

NSIC: 5-08.50 # 2008

Holst: 1.60m ! 2010

1.75m AUTO

1.68m PROV

Ashley Roemer, MSU Moorhead

Kelsey Taylor, Unattached

Name	School	Finals
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Finals

1	Melum, Rachel	Unattached	1.55m	5-01.00
2	Flucke, Melissa	Minnesota	1.45m	4-09.00
3	Skoglund, Krista	Minnesota	J1.45m	4-09.00
4	Hall, Whitney	Northwestern College	1.40m	4-07.00
---	Temte, Alyssa	Northwestern College	NH	
---	Warren, Dani	Minot State	NH	
---	Wise, Whitney	Wisconsin-Superior	NH	
---	Breu, Alyssa	Wisconsin-Superior	NH	
---	Allen, Marissa	Northwestern College	NH	

Women Pole Vault

NSIC: 13-04.25 # 2009

Holst: 3.89m ! 2010

3.95m AUTO

3.60m PROV

Katelin Rains, Minnesota State

Jan Hensel, Unattached

Name	School	Finals
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Finals

1	Bellinger, Maria	Minnesota-Duluth	3.25m	10-08.00
2	Novtony, Kari	Minnesota-Duluth	J3.25m	10-08.00
3	Wyss, Jayme	Unattached	J3.25m	10-08.00
4	Tsuji, Haley	St. Catherine	3.10m	10-02.00
5	Thelen, Rachel	St. Scholastica	2.95m	9-08.00
6	Krause, Katlin	St. Scholastica	J2.95m	9-08.00
7	Bair, Maggie	St. Scholastica	2.80m	9-02.25
8	Molina, Sacarra	Minot State	2.65m	8-08.25
9	Williams, Lisa	Bemidji State	J2.65m	8-08.25
10	Peters, Marie	Northwestern College	J2.65m	8-08.25
---	Ampe, Jennifer	St. Catherine	NH	
---	Rossiter, Rachel	Wisconsin-Superior	NH	
---	Jandrich, Esther	Concordia St Paul	NH	

Women Long Jump

NSIC: 20-08.50 # 1985

Holst: 5.50m ! 2010

6.01m AUTO

5.65m PROV

Julie Hay, Minnesota Duluth

Katie Johnson, Conc. St. Paul

Name	School	Finals	Wind
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Finals

1	Murphey, Nicole	Unattached	5.42m	17-09.50	1.3
2	Johnsen, Hanna	Minot State	5.01m	16-05.25	3.2

Holst Invitational - 4/16/2011**Concordia St. Paul
Results - Invitational**

3	Johnson, Katie	Unattached	4.98m	16-04.25	2.3
4	Schmitz, Laura	Minnesota-Duluth	4.93m	16-02.25	2.6
5	Helterbran, Allie	Minot State	4.83m	15-10.25	2.7
6	Loth, Morgan	Minnesota-Duluth	4.82m	15-09.75	4.8
7	Roach, Dana	Minnesota-Duluth	4.67m	15-04.00	2.1
8	Quick, Cassie	Minnesota-Duluth	4.56m	14-11.50	2.6
9	Reuer, Allison	Minnesota-Duluth	4.44m	14-07.00	2.9
10	Eckman, Erin	St. Scholastica	4.23m	13-10.50	2.2
---	Jandrich, Esther	Concordia St Paul	ND		NWI

Women Triple Jump

NSIC: 39-11.25 # 2009
 Holst: 11.49m ! 2010
 12.41m AUTO
 11.65m PROV

Heather Miller, St. Cloud State
 Katie Johnson, Conc. St. Paul

Name	School	Finals	Wind
Finals			
1	Miller, Rachel	St. Scholastica	11.58m ! 38-00.00 1.9
2	Maciej, Michelle	Minnesota	10.54m 34-07.00 2.1
3	Johnsen, Hanna	Minot State	10.48m 34-04.75 1.8
4	Schmitz, Laura	Minnesota-Duluth	10.35m 33-11.50 2.8

Finals ... (Women Triple Jump)

Name	School	Finals	Wind
5	Temte, Alyssa	Northwestern College	10.09m 33-01.25 0.5
6	Roach, Dana	Minnesota-Duluth	9.98m 32-09.00 0.2
7	Helterbran, Allie	Minot State	9.86m 32-04.25 1.3
8	Proulx, Kaitlyn	St. Scholastica	9.78m 32-01.00 1.1
9	Quick, Cassie	Minnesota-Duluth	9.21m 30-02.75 2.3
---	Lee, Rebecca	Minnesota-Duluth	ND NWI
---	Diedrich, Christa	St. Scholastica	ND NWI

Women Shot Put

NSIC: 49-02.25 # 2007
 Holst: 12.96m ! 2010
 14.74m AUTO
 13.40m PROV

Sheena Devine, Bemidji State
 Miranda Dorhn, UW-River Fal

Name	School	Finals
Finals		
1	Huberty, Becky	St. Scholastica 11.41m 37-05.25
2	Capriglione, Katie	Wisconsin-Superior 11.21m 36-09.50
3	Seeley, Alec	St. Scholastica 11.05m 36-03.00
4	Flowers, Devon	Minot State 10.86m 35-07.75
5	Boag, Carly	Minot State 10.51m 34-05.75
6	Wiitala, Alyssa	Northwestern College 10.12m 33-02.50
7	Berg, Faith	St. Catherine 9.23m 30-03.50
8	Temte, Alyssa	Northwestern College 9.16m 30-00.75
9	Breu, Alyssa	Wisconsin-Superior 8.75m 28-08.50
10	Udenburg, Amelia	Wisconsin-Superior 8.56m 28-01.00
11	Bishop, Rachael	Northwestern College 8.21m 26-11.25

Holst Invitational - 4/16/2011**Concordia St. Paul
Results - Invitational**

12	Hoffman, Jessica	St. Catherine	8.11m	26-07.25
13	Roth, Brenda	Northwestern College	7.71m	25-03.50
14	Meyers, Samantha	Wisconsin-Superior	6.87m	22-06.50
15	Dolge, Kelsey	Northwestern College	6.74m	22-01.50

Women Discus Throw

NSIC: 159-05 # 2009

Holst: 47.13m ! 2010

48.18m AUTO

43.00m PROV

Katie Wilson, Wayne State

Liz Podominick, Unattached

Name	School	Finals
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Finals			
1	Skoff, Mallory	Minnesota-Duluth	36.91m 121-01
2	Olson, Samantha	Minnesota-Duluth	34.60m 113-06
3	Flowers, Devon	Minot State	33.57m 110-02
4	Walrath, Katie	St. Scholastica	32.50m 106-07
5	Tallman, Camille	Minot State	32.16m 105-06
6	Seeley, Alec	St. Scholastica	30.31m 99-05
7	Huberty, Becky	St. Scholastica	30.12m 98-10
8	Kent, Becca	Wisconsin-Superior	30.09m 98-09
9	Young, Shawna	Concordia St Paul	29.41m 96-06
10	Capriglione, Katie	Wisconsin-Superior	29.30m 96-01
11	Olson, Tessa	Minnesota-Duluth	29.02m 95-02
12	Bishop, Rachael	Northwestern College	27.52m 90-03

Finals ... (Women Discus Throw)

Name	School	Finals
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13	Bickert, Britt	Concordia St Paul	27.50m 90-03
14	Sterner, Joleen	St. Catherine	26.72m 87-08
15	Wiitala, Alyssa	Northwestern College	25.34m 83-02
16	Roth, Brenda	Northwestern College	25.10m 82-04
17	Udenburg, Amelia	Wisconsin-Superior	23.72m 77-10
18	King, Caiti	North Central Univ	22.72m 74-06
19	Meyers, Samantha	Wisconsin-Superior	22.63m 74-03
20	Dolge, Kelsey	Northwestern College	15.46m 50-09

Women Hammer Throw

NSIC: 183-02 # 2003

Holst: 48.11m ! 2010

55.65m AUTO

49.50m PROV

Belinda Eastlack, MSU Moorhead

Megan Honan, St. Thomas

Name	School	Finals
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Finals			
1	Stroh, Megan	Minnesota-Duluth	52.23m ! 171-04
2	Capriglione, Katie	Wisconsin-Superior	50.22m ! 164-09
3	Seeley, Alec	St. Scholastica	49.62m ! 162-09
4	Nesmoe, Kaysee	Unattached	42.33m 138-10
5	Leyden, Erin	Augsburg	40.59m 133-02
6	Olson, Tessa	Minnesota-Duluth	40.17m 131-09
7	Menze, Brittnie	St. Scholastica	38.83m 127-05

Holst Invitational - 4/16/2011
Concordia St. Paul
Results - Invitational

8	Aaseth, Sarah	St. Scholastica	38.00m	124-08
9	Freeman-Andrews, Jatonna	Concordia St Paul	35.52m	116-06
10	Bishop, Rachael	Northwestern College	34.96m	114-08
11	Wiitala, Alyssa	Northwestern College	34.50m	113-02
12	Tallman, Camille	Minot State	34.29m	112-06
13	Huberty, Becky	St. Scholastica	34.13m	112-00
14	Novtony, Kari	Minnesota-Duluth	33.94m	111-04
15	Flowers, Devon	Minot State	33.93m	111-04
16	Meyers, Samantha	Wisconsin-Superior	29.67m	97-04
17	Roth, Brenda	Northwestern College	29.19m	95-09
18	Young, Shawna	Concordia St Paul	27.77m	91-01
19	Wenzel, Amy	Augsburg	23.61m	77-05
20	Heil, Andrea	Augsburg	21.91m	71-10
21	Priebe, Jordan	St. Catherine	19.75m	64-09
22	Dolge, Kelsey	Northwestern College	19.71m	64-08
---	Olson, Samantha	Minnesota-Duluth	ND	

Women Javelin Throw

NSIC: 153-04 # 1982
Holst: 29.61m ! 2010
45.66m AUTO
40.00m PROV

Kelly Owen, MSU Morhead
Britt Bickert, Conc. St. Paul

Name	School	Finals
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Finals

1	Miller, Rachel	St. Scholastica	34.33m !	112-07
2	Bickert, Britt	Concordia St Paul	31.47m !	103-03
3	Olson, Samantha	Minnesota-Duluth	29.20m	95-10

Finals ... (Women Javelin Throw)

Name	School	Finals
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4	Price, Becca	Jamestown	29.08m	95-05
5	Walrath, Katie	St. Scholastica	27.62m	90-07
6	Lohn, Bre	St. Scholastica	27.07m	88-10
7	Wise, Whitney	Wisconsin-Superior	26.17m	85-10
8	Teigen, Callie	St. Catherine	25.22m	82-09
9	Roy, Hannah	St. Scholastica	22.16m	72-08
10	Roach, Dana	Minnesota-Duluth	18.59m	61-00
11	King, Caiti	North Central Univ	15.91m	52-02

Men 100 Meter Dash

NSIC: 10.37 # 1991
Holst: 11.28 ! 2010
10.38 AUTO
10.60 PROV

Wayne Hawkins, Southwest State
Nick Trisko, St. Cloud St

Name	School	Seed	Prelims	Wind	H#
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Preliminaries

1	Gilbert, Charles	Concordia St Paul	! 10.95	q	1.7	2
2	Spence, Robert	Concordia St Paul	10.87	11.24	q	2.3 1
3	Taylor, DaVonte	Concordia St Paul	11.26	11.26	q	2.9 3
4	Grams, Jared	Minnesota-Duluth	11.38	11.27	q	2.3 1

Holst Invitational - 4/16/2011**Concordia St. Paul
Results - Invitational**

5	Heifort, Jacob	Minnesota-Duluth	11.37	11.28 q	2.3	1
6	Struss, Tj	Minnesota-Duluth	11.39	11.37 q	1.7	2
7	Koglin, Kevin	Concordia St Paul	11.22	11.50 q	1.7	2
8	Capdeville, Kirk	Minot State	11.29	11.51 q	2.9	3
9	Ohlin, Joe	St. Scholastica	11.35	11.55	1.7	2
10	Willis, Darius	Concordia St Paul		11.69	2.3	1
11	Dennard, Rahnee	Northwestern College	11.76	11.70	2.3	1
12	Niemann, Ben	Minnesota-Duluth	11.93	11.85	1.7	2
13	Noyes, Lane	St. Scholastica	11.85	11.87	2.3	1
14	Ward, Andre	St. Scholastica	11.70	11.91	1.7	2
15	Guentzel, Ryan	St. Scholastica	11.55	11.99	2.9	3
16	Kendema, Mac	Minnesota-Duluth	12.09	12.18	2.9	3
17	Norman, James	Minnesota-Duluth	12.34	12.21	2.3	1
18	Roggow, Zach	Minnesota-Duluth	12.20	12.25	1.7	2
19	Griepentrog, Kevin	Wisconsin-Superior	12.46	12.44	2.3	1
20	Fischer, Dustin	Minot State	12.05	13.14	2.9	3

Men 100 Meter Dash

NSIC: 10.37 # 1991

Holst: 11.28 ! 2010

10.38 AUTO

10.60 PROV

Wayne Hawkins, Southwest State

Nick Trisko, St. Cloud St

Name	School	Prelims	Finals	Wind	
Finals					
1	Gilbert, Charles	Concordia St Paul	10.95	11.00 !	0.6
2	Heifort, Jacob	Minnesota-Duluth	11.28	11.40	0.6
3	Spence, Robert	Concordia St Paul	11.24	11.42	0.6
4	Struss, Tj	Minnesota-Duluth	11.37	11.50	0.6
5	Taylor, DaVonte	Concordia St Paul	11.26	11.51	0.6
6	Capdeville, Kirk	Minot State	11.51	11.57	0.6

Finals ... (Men 100 Meter Dash)

Name	School	Prelims	Finals	Wind	
7	Grams, Jared	Minnesota-Duluth	11.27	11.72	0.6

Men 200 Meter Dash

NSIC: 21.05 # 2000

Holst: 21.98 ! 2010

20.88 AUTO

21.45 PROV

Starr Roberts, MSU Moorhead

Nick Trisko, St. Cloud St

Name	School	Seed	Finals	Wind	H#	
Finals						
1	Zeon, Diahn	Concordia St Paul	21.88	22.81	2.2	1
2	Mireri, Jimmy	Concordia St Paul	22.61	23.20	2.2	1
3	Fritz, Grant	Northwestern College	23.32	23.53	2.2	1
4	Robinson, Theodore	Minot State	22.74	23.80	2.2	1
5	McClain, Jeff	Unattached		24.51	2.9	2
6	Heifort, Jacob	Minnesota-Duluth	23.33	24.59	2.2	1
7	Kendema, Mac	Minnesota-Duluth	24.30	24.94	2.2	1
8	Norman, James	Minnesota-Duluth	24.78	25.03	2.9	2

Holst Invitational - 4/16/2011

**Concordia St. Paul
Results - Invitational**

9	Roggow, Zach	Minnesota-Duluth	24.25	25.05	2.2	1
10	Griepentrog, Kevin	Wisconsin-Superior	25.42	25.64	2.9	2
11	Bowers, Jamere	Wisconsin-Superior	25.90	26.88	2.9	2
12	Fischer, Dustin	Minot State	26.89	27.12	2.9	2

Men 400 Meter Dash

NSIC: 47.24 # 2000
Holst: 48.15 ! 2010
46.42 AUTO
48.00 PROV

Erik Hanson, Minnesota Duluth
Domonique Gilmer, Conc. St. Paul

	Name	School	Seed	Finals	H#
Finals					
1	Fritz, Grant	Northwestern College	51.14	52.64	1
2	Mireri, Jimmy	Concordia St Paul	51.29	53.20	1
3	Badhwa, Daniel	Minnesota-Duluth	52.79	53.37	2
4	Dahl, Josh	Minnesota-Duluth	52.18	54.46	1
5	Robinson, Theodore	Minot State	51.85	54.48	1
6	Kimpling, Paul	Minnesota-Duluth	52.54	54.76	1
7	Warren, Anthony	St. Scholastica	54.00	55.65	2
8	Morris, Steve	Minnesota-Duluth	54.82	56.16	2
9	Eder, Ben	Minot State	57.16	57.10	3
10	Ball, Braxton	St. Scholastica	54.00	58.00	2
11	Stewart, Ian	Northwestern College	56.84	58.64	3
12	Bowers, Jamere	Wisconsin-Superior	58.87	59.06	3
13	Larson, Alan	St. Scholastica		59.17	3
14	Jordan, Nick	North Central Univ	58.13	59.43	3
15	Holman, Jeremy	Minot State	59.00	1:00.19	3

Men 800 Meter Run

NSIC: 1:51.52 # 1991
Holst: 1:57.30 ! 2010
1:49.90 AUTO
1:52.55 PROV

Paul Heley, MSU Moorhead
Matt Schafer, Augsburg

	Name	School	Seed	Finals
Finals				
1	Johnston, Dillon	Minnesota-Duluth	1:56.84	2:01.73

**Holst Invitational - 4/16/2011
Concordia St. Paul
Results - Invitational**

2	Hughes, Louis	Minnesota-Duluth	1:58.93	2:02.08
3	Toepfer, Cole	Minnesota-Duluth	2:01.00	2:03.14
4	Cass, Nicholas	Concordia St Paul	2:00.94	2:04.71
5	Mickow, Mark	Minnesota-Duluth	2:03.28	2:05.90
6	Krause, Jesse	Minnesota-Duluth	2:02.42	2:06.32
7	Winkelman, Jeff	North Central Univ	1:59.14	2:06.91
8	Hein, Owen	North Central Univ	2:03.04	2:07.12
9	Oie, Aaron	Northwestern College	2:08.00	2:09.25
10	Johns, Tony	North Central Univ	2:06.89	2:09.47
11	Moulton, Luke	Northwestern College	2:08.00	2:11.18
12	Carlson, Ben	St. Scholastica	2:04.00	2:11.57
13	Wagers, Travis	Concordia St Paul	2:00.09	2:12.49
14	Armstrong, Clay	Minot State	2:09.43	2:12.66
15	Khan, Daanish	Concordia St Paul	2:10.14	2:14.19
16	Eason, Ryan	Minnesota-Duluth	2:05.42	2:14.53
17	Rotich, Kevin	Northwestern College	2:10.36	2:18.04
18	Coffin, Jason	Minnesota-Duluth	2:01.08	2:21.55
19	Perry, Ryan	Minot State	2:15.00	2:26.20
20	Muchow, Austin	North Central Univ	2:15.74	2:27.06
---	Gorman, Aaron	Minnesota-Duluth	1:56.39	DNF

Men 1500 Meter Run

NSIC: 3:53.55 # 2004
 Holst: 3:57.01 ! 2010
 3:45.50 AUTO
 3:53.50 PROV

Nate Beerling, Minnesota Duluth
Derek Storkel, Unattached

Name	School	Seed	Finals
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Finals

1	Behling, Scott	Wisconsin-Superior	4:12.25	4:12.29
2	Stevens, Tyler	Minnesota-Duluth	4:15.92	4:12.64

Holst Invitational - 4/16/2011**Concordia St. Paul
Results - Invitational**

3	Linn, Jimmy	St. Scholastica	4:27.00	4:14.56
4	Luterbach, John	Unattached	4:02.19	4:15.47
5	Johnston, Jared	Minnesota-Duluth	4:14.02	4:15.68
6	Herbert, Daniel	Concordia St Paul	4:18.92	4:17.90
7	Jenson, Robbie	Minnesota-Duluth	4:14.05	4:18.36
8	Cass, Nicholas	Concordia St Paul	4:18.92	4:19.10
9	Kostick, Robert	Minnesota-Duluth	4:14.07	4:19.17
10	Eason, Ryan	Minnesota-Duluth	4:10.99	4:19.27
11	Hartsell, Abe	Bemidji State	4:15.00	4:19.69
12	Winkelman, Jeff	North Central Univ	4:09.46	4:20.42
13	Wagers, Travis	Concordia St Paul	4:24.06	4:23.59
14	Hosey, Jimmy	Minnesota-Duluth	4:15.94	4:25.16
15	Armstrong, Clay	Minot State	4:22.75	4:26.06

Finals ... (Men 1500 Meter Run)

	Name	School	Seed	Finals
16	Coffin, Jason	Minnesota-Duluth	4:14.04	4:26.32
17	Dunfee, Kelin	St. Scholastica	4:20.00	4:27.42
18	Quigley, Brian	Bemidji State	4:20.00	4:28.01
19	Ross, Nick	Unattached	4:18.00	4:28.16
20	Marble, Keagan	Minnesota-Duluth	4:15.24	4:29.21
21	Johnson, Joel	Minnesota-Duluth	4:19.19	4:31.39
22	Hein, Owen	North Central Univ	4:30.22	4:34.30
23	Johns, Tony	North Central Univ	4:26.61	4:34.81
24	Kollmann, Adam	St. Scholastica	4:28.00	4:35.03
25	Schubert, Ethan	St. Scholastica	4:34.00	4:36.30
26	Perry, Ryan	Minot State	4:34.99	4:37.03
27	Mangan, Nick	St. Scholastica	4:20.00	4:37.47

**Holst Invitational - 4/16/2011
Concordia St. Paul
Results - Invitational**

28	Lasch, Tim	Minnesota-Duluth		4:39.24
29	Diedrich, Pat	Bemidji State	4:15.00	4:45.62
30	Muchow, Austin	North Central Univ	4:40.10	4:51.87
31	Rotich, Kevin	Northwestern College	4:40.00	4:54.14

Men 5000 Meter Run

NSIC: 14:44.14 # 1979
Holst: 15:52.96 ! 2010
14:00.00 AUTO
14:35.00 PROV

Tony Schiller, Winona State
Kyle Eckhoff, Mn St Moorhead

	Name	School	Seed	Finals
Finals				
1	Saccoman, Sam	Minnesota-Duluth	15:54.84	16:03.86
2	Velasquez, Brandon	Minot State	16:35.00	16:06.86
3	Nygaard, Nick	Minnesota-Duluth	15:47.93	16:12.77
4	Womeldorf, Jake	Concordia St Paul	15:52.07	16:42.66
5	Boeckel, Max	Minot State	17:20.00	16:45.94
6	Handorff, Aaron	Minnesota-Duluth		17:01.07
7	Stewart, Monte	Wisconsin-Superior		18:38.46

Men 10000 Meter Run

	Name	School	Seed	Finals
Finals				
1	Hernandez, Carlos	Minot State	33:00.00	34:08.97
2	Szafarski, Brett	Minot State	36:00.00	35:53.76
3	Miller, Josiah	North Central Univ	34:30.00	36:05.50
4	Gifford, Jacob	Northwestern College	38:00.00	36:22.55
5	Nelson, Evan	Northwestern College	38:00.00	37:07.16

Men 110 Meter Hurdles

NSIC: 14.34 # 1980
Holst: 14.80 ! 2010
14.09 AUTO
14.65 PROV

Jon Ritter, Mankato State
Laquone Robinson, Mn St Moorhead

	Name	School	Seed	Prelims	Wind
Preliminaries					
1	Knebel, John	Minnesota-Duluth		15.06 q	-0.6
2	Hanson, Justin	St. Scholastica	15.34	16.11 q	-0.6

Holst Invitational - 4/16/2011**Concordia St. Paul
Results - Invitational****Preliminaries ... (Men 110 Meter Hurdles)**

Name	School	Seed	Prelims	Wind
3 Sizer, Marc	Bemidji State	15.88	16.38 q	-0.6
4 Doran, Christopher	St. Scholastica	16.60	16.93 q	-0.6
5 Chaussee, Andy	Concordia St Paul	17.10	17.09 q	-0.6
6 Lewis, Jordan	Concordia St Paul		17.39 q	-0.6

Men 110 Meter Hurdles

NSIC: 14.34 # 1980
Holst: 14.80 ! 2010
14.09 AUTO
14.65 PROV

Jon Ritter, Mankato State
Laquone Robinson, Mn St Moorhead

Name	School	Prelims	Finals	Wind
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Finals

1 Knebel, John	Minnesota-Duluth	15.06	15.04	0.3
2 Sizer, Marc	Bemidji State	16.38	16.35	0.3
3 Chaussee, Andy	Concordia St Paul	17.09	16.82	0.3

Men 400 Meter Hurdles

NSIC: 52.60 # 2010
Holst: 54.57 ! 2010
51.74 AUTO
53.90 PROV

Jake Harnik, Northern State
Rife Gooden, Unattached

Name	School	Seed	Finals
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Finals

1 Lenz, Jon	Unattached	56.00	57.48
2 Reijo, Matt	Wisconsin-Superior	56.97	59.12
3 Lewis, Jordan	Concordia St Paul	58.96	1:00.28
4 Knebel, John	Minnesota-Duluth	56.90	1:02.59
5 Stevens, Tyler	Minnesota-Duluth		1:05.53

Men 3000 Meter Steeplechase

NSIC: 9:07.24 # 1974
Holst: 9:43.66 ! 2010
8:56.00 AUTO
9:20.00 PROV

Mike Francis, MSU Moorhead
Scott Egeberg, Mn St Moorhead

Name	School	Seed	Finals
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Finals

1 Womeldorf, Jake	Concordia St Paul	9:48.77	10:01.50
2 Bigaouette, Pat	St. Scholastica	10:24.00	10:18.65
3 Lasch, Tim	Minnesota-Duluth	10:27.64	10:21.86

Holst Invitational - 4/16/2011

**Concordia St. Paul
Results - Invitational**

4	Pieper, David	St. Cloud State	10:35.00	11:06.62
5	Guello, Jake	Wisconsin-Superior		12:07.48

Men 4x100 Meter Relay

NSIC: 40.63 # 1998
Holst: 42.08 ! 2010

Minnesota Duluth, Minnesota Duluth
Concordia St Paul, Conc. St. Paul
J Pimental, D Zeon, R Spence, D Gilmer

40.19 AUTO
41.35 PROV

Team	Relay	Seed	Finals
Finals			
1 Concordia St Paul	A	42.00	42.24

Finals ... (Men 4x100 Meter Relay)

Team	Relay	Seed	Finals
2 Minnesota-Duluth	A	43.85	43.59
3 Wisconsin-Superior	A	44.13	46.53
4 Wisconsin-Superior	B	48.70	50.90

Men 4x400 Meter Relay

NSIC: 3:16.00 # 2004
Holst: 3:25.67 ! 2010
3:09.10 AUTO
3:15.00 PROV

Concordia St. Paul, Concordia St. Paul
Augsburg, Augsburg

Team	Relay	Seed	Finals
Finals			
1 Minnesota-Duluth	A	3:31.60	3:38.80
2 Minnesota-Duluth	B	3:32.60	3:43.26
3 Minnesota-Duluth	D		3:55.05
4 Wisconsin-Superior	B	3:49.61	4:07.59

Men High Jump

NSIC: 7-00 # 1988
Holst: 1.95m ! 2010
2.17m AUTO
2.05m PROV

Brian Radenberg, MSU Moorhead
Tre Sayles, Unattached

Name	School	Finals
Finals		
1 Arsenio, Ross	Unattached	1.86m 6-01.25
2 Visina, Zach	St. Scholastica	1.81m 5-11.25
3 Knop, Nathan	Minnesota-Duluth	1.76m 5-09.25

Holst Invitational - 4/16/2011

**Concordia St. Paul
Results - Invitational**

4	Marcella, Aaron	St. Scholastica	1.71m	5-07.25
5	Stewart, Ian	Northwestern College	J1.71m	5-07.25
6	Lundgren, Brent	Minnesota-Duluth	J1.71m	5-07.25
---	Goligoski, Colin	Concordia St Paul	NH	
---	Rodriguez, Phillip	Minot State	NH	

Men Pole Vault

NSIC: 16-06.75 # 2009
 Holst: 4.55m ! 2010
 5.13m AUTO
 4.85m PROV

**Ben Mauch, Minnesota State
 Shaise Schuette, Hamline**

Name	School	Finals
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Finals

1	Beutz, Jason	Minnesota-Duluth	4.80m !	15-09.00
2	Capdeville, Kirk	Minot State	4.70m !	15-05.00
3	Gelo, Raphael	Bemidji State	J4.70m !	15-05.00
4	Goetz, Cody	Minot State	4.50m	14-09.00
5	Chaussee, Andy	Concordia St Paul	4.35m	14-03.25
6	Juell, Tandy	Bemidji State	4.05m	13-03.50
6	Olson, Kevin	Wisconsin-Superior	4.05m	13-03.50
8	Beckwith, Luke	St. Scholastica	J4.05m	13-03.50
9	Ambuehl, Travis	St. Scholastica	3.60m	11-09.75
10	Holman, Jeremy	Minot State	3.30m	10-10.00
11	Whitman, Zack	Concordia St Paul	J3.30m	10-10.00

Men Long Jump

NSIC: 24-02.25 # 1991
 Holst: 7.00m ! 2010
 7.54m AUTO
 7.15m PROV

**Brad Swanson, MSU Moorhead
 Diahn Zeon, Conc. St. Paul**

Name	School	Finals	Wind
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Finals

1	Zeon, Diahn	Concordia St Paul	6.80m	22-03.75	3.1
2	Farber, Alex	North Central Univ	6.66m	21-10.25	1.0
3	Koglin, Kevin	Concordia St Paul	6.17m	20-03.00	4.2
4	Deters, Joe	Minnesota-Duluth	5.96m	19-06.75	4.2
5	Holman, Jeremy	Minot State	5.77m	18-11.25	1.9

Men Triple Jump

NSIC: 49-00 # 1979
 Holst: 13.67m ! 2010
 15.64m AUTO
 14.50m PROV

**Cal Baker, MSU Moorhead
 Shane Pantila, Augsburg**

Name	School	Finals	Wind
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Finals

1	Drinkwine, Peter	St. Scholastica	12.71m	41-08.50	1.2
2	Deters, Joe	Minnesota-Duluth	12.13m	39-09.75	0.3
3	Taylor, DaVonte	Concordia St Paul	12.09m	39-08.00	2.7
4	Belger, Todd	St. Scholastica	11.50m	37-08.75	1.6

Holst Invitational - 4/16/2011**Concordia St. Paul
Results - Invitational**

5 Goligoski, Colin	Concordia St Paul	11.46m	37-07.25	1.1
--- Carlson, Benjamin	St. Scholastica	ND		NWI

Men Shot Put

NSIC: 61-06.75 # 2004
 Holst: 16.07m ! 2010
 17.79m AUTO
 16.10m PROV

Joe Remitz, Bemidji State
 Todd DeJong, Mn St Mankato

Name	School	Finals	
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Finals			
1	Thienes, Nate	Concordia St Paul	15.65m 51-04.25
2	Leonhardt, Brian	Bemidji State	15.49m 50-10.00
3	Jennings, Mark	Unattached	15.33m 50-03.50
4	Hussung, Logan	Unattached	13.92m 45-08.00
5	Gish, Taylor	Northwestern College	12.65m 41-06.00
6	Hansen, Nils	Wisconsin-Superior	11.45m 37-06.75
7	Ditsworth, Josh	St. Scholastica	11.26m 36-11.50
8	Fortunato, Evan	North Central Univ	11.05m 36-03.00
9	Buecksler, Elijah	Northwestern College	10.99m 36-00.75
10	Rouser, Josh	North Central Univ	10.96m 35-11.50
11	Randall, Brandon	Minnesota-Duluth	10.79m 35-05.00

Men Discus Throw

NSIC: 172-07 # 1992
 Holst: 49.87m ! 2010
 54.37m AUTO
 49.50m PROV

Kerrick Johnson, Minnesota Duluth
 Grant Luer, Mn St Mankato

Name	School	Finals	
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Finals			
1	Howard, Dominique	Unattached	45.00m 147-08
2	Jennings, Mark	Unattached	44.34m 145-06
3	Thienes, Nate	Concordia St Paul	42.65m 139-11
4	Hussung, Logan	Unattached	42.46m 139-04
5	Leonhardt, Brian	Bemidji State	42.08m 138-01
6	Gish, Taylor	Northwestern College	41.70m 136-10
7	Buecksler, Elijah	Northwestern College	41.45m 136-00
8	Hansen, Nils	Wisconsin-Superior	38.07m 124-11
9	Doran, Christopher	St. Scholastica	37.82m 124-01
10	Lange, Will	Concordia St Paul	J37.82m 124-01
11	Gaugler, Zach	Minot State	37.71m 123-09
12	Howard, John	St. Scholastica	36.65m 120-03
13	Peterson, Garret	Minnesota-Duluth	33.88m 111-02
14	Cook, Ben	Minnesota-Duluth	32.44m 106-05
15	Zemple, Chris	Concordia St Paul	32.02m 105-01
16	Fortunato, Evan	North Central Univ	31.33m 102-09
17	Rouser, Josh	North Central Univ	29.06m 95-04
18	Niemann, Ben	Minnesota-Duluth	24.65m 80-10

Men Hammer Throw

NSIC: 193-06 # 2003

Chris Nulle, MSU Moorhead

Holst Invitational - 4/16/2011**Concordia St. Paul****Results - Invitational**

Holst: 58.86m ! 2010
62.29m AUTO
55.50m PROV

Anthony Enyi, Mn St Moorhead

Name	School	Finals	
Finals			
1 Tolcser, Bryan	Unattached	64.40m !	211-03
2 Mege, Quentin	Minnesota	59.38m !	194-10
3 Lehman, Jon	Minnesota	55.45m	181-11
4 Dahlin, John	Unattached	55.13m	180-10
5 Kleinhuizen, Tyler	Minnesota	55.02m	180-06
6 Gish, Taylor	Northwestern College	51.99m	170-07
7 Gaugler, Zach	Minot State	47.58m	156-01
8 Pudwill, James	Concordia St Paul	45.94m	150-09
9 Strange, Jake	Minnesota-Duluth	45.78m	150-02
10 Robinson, Logan	Bemidji State	45.36m	148-10
11 Barber, Justin	Unattached	43.83m	143-09
12 Howard, John	St. Scholastica	41.91m	137-06
13 Cook, Ben	Minnesota-Duluth	40.81m	133-11
14 Lepisto, Jacob	Minnesota-Duluth	40.29m	132-02
15 Johnston, Brady	Minot State	39.89m	130-10
16 Hansen, Nils	Wisconsin-Superior	39.53m	129-08
17 Leonhardt, Brian	Bemidji State	39.25m	128-09
18 Bissell, Jakob	Bemidji State	37.16m	121-11

Finals ... (Men Hammer Throw)

Name	School	Finals	
19 Peterson, Garret	Minnesota-Duluth	36.74m	120-06
20 Fernow, Charlie	St. Scholastica	36.59m	120-00
21 Ditsworth, Josh	St. Scholastica	35.39m	116-01
22 Buecksler, Elijah	Northwestern College	33.57m	110-02
23 Zemple, Chris	Concordia St Paul	32.29m	105-11
24 Gaugler, Luke	Minot State	31.81m	104-04
25 Ohman, Joe	Bemidji State	31.14m	102-02
--- Randall, Brandon	Minnesota-Duluth	ND	

Men Javelin Throw

NSIC: 216-01 # 1992
Holst: 49.49m ! 2010
64.97m AUTO
59.00m PROV

Jim Anderson, MSU Moorhead
Nate Thienes, Conc. St. Paul

Name	School	Finals	
Finals			
1 Ming, Josh	Minot State	50.84m !	166-09
2 Larson, Dan	Unattached	50.41m !	165-05
3 Bissell, Jakob	Bemidji State	46.50m	152-07
4 Streccius, Phillip	Minot State	45.81m	150-03
5 Juell, Tandy	Bemidji State	44.05m	144-06
6 Evans, Tony	St. Scholastica	41.73m	136-11
7 Peterson, Garret	Minnesota-Duluth	39.66m	130-01
8 Strange, Jake	Minnesota-Duluth	39.55m	129-09

Holst Invitational - 4/16/2011**Concordia St. Paul****Results - Invitational**

9	Cook, Ben	Minnesota-Duluth	39.09m	128-03
10	Doran, Christopher	St. Scholastica	38.67m	126-10
11	Lange, Will	Concordia St Paul	37.82m	124-01
12	Dunfee, Kelin	St. Scholastica	36.30m	119-01
13	Ystad, Brent	Wisconsin-Superior	36.01m	118-02
14	Leveille, Joe	St. Scholastica	35.40m	116-02
15	Goligoski, Colin	Concordia St Paul	35.39m	116-01
16	Baumgartner, Eric	Northwestern College	33.72m	110-07
17	Johnson, Cody	Concordia St Paul	32.98m	108-02
18	Smith, Kenny	St. Scholastica	32.04m	105-01
19	Kendema, Mac	Minnesota-Duluth	32.02m	105-01
20	Rouser, Josh	North Central Univ	31.80m	104-04
21	Ball, Braxton	St. Scholastica	31.63m	103-09
22	Ohman, Joe	Bemidji State	29.08m	95-05
23	Fortunato, Evan	North Central Univ	24.77m	81-03