

## 2009 NSIC Outdoor Championships Results

## Women 100 Meter Dash

NSIC Record: N 11.51 1983 Jeri Domes, Mankato State

NCAA Auto: A 11.65

NCAA Prov: P 12.12

Name	Year	School	Prelims	Wind	H#
<b>Preliminaries</b>					
1		Brittany Henderson	Minnesota State	11.80Q	5.2 2
2		Kristen Stewart	U of Mary	12.25Q	3.8 3
3		Linnelle Clark	Minnesota State	12.35Q	0.3 1
4		Kacie Sweep	U of Mary	12.42q	3.8 3
5		Caitlin Dhein	Winona State	12.48q	0.3 1
6		Kristen Haak	UM - Duluth	12.49q	5.2 2
7		Bobbi Jo Buyck	Augustana	12.61q	5.2 2
8		Jennifer Hensel	Msu- Moorhead	12.69q	3.8 3
9		Marisa Aldinger	Northern State	12.77	3.8 3
10		Amber Schueler	St. Cloud State	12.87	0.3 1
11		Nicole Drangstveit	Winona State	12.89	0.3 1
12		Maria Franker	Northern State	12.98	3.8 3
13		Laura Bock	UM - Duluth	12.99	5.2 2
14		Leslie Yost	Northern State	13.01	5.2 2
15		Britt Bickert	Concordia-SP	13.14	5.2 2
16		Kaycie Merrihew	Minnesota State	13.19	0.3 1
17		Jennifer Griffin	UM - Duluth	13.23	3.8 3
18		Laci Schurr	Northern State	13.52	0.3 1
19		Lynette Raichle	St. Cloud State	13.63	3.8 3
20		Sara Dalton	Bemidji State	13.63	0.3 1
21		Adrianna Suttle	Concordia-SP	13.83	5.2 2

## Women 100 Meter Dash

NSIC Record: N 11.51 1983 Jeri Domes, Mankato State

NCAA Auto: A 11.65

NCAA Prov: P 12.12

Name	Year	School	Finals	Wind	Points
<b>Finals</b>					
1		Brittany Henderson	Minnesota State	12.03P	-3.2 10
2		Linnelle Clark	Minnesota State	12.38	-3.2 8
3		Kristen Stewart	U of Mary	12.43	-3.2 6
4		Kacie Sweep	U of Mary	12.44	-3.2 5
5		Caitlin Dhein	Winona State	12.60	-3.2 4
6		Bobbi Jo Buyck	Augustana	12.85	-3.2 3
7		Kristen Haak	UM - Duluth	12.91	-3.2 2
8		Jennifer Hensel	Msu- Moorhead	13.05	-3.2 1

## Women 200 Meter Dash

NSIC Record: N 23.98 1983 Jeri Domes, Mankato State

NCAA Auto: A 24.08

NCAA Prov: P 24.80

Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1		Brittany Henderson	Minnesota State	25.61Q	2.7 1
2		Kelsey Leonard	Minnesota State	26.30Q	3.0 3
3		Kristen Stewart	U of Mary	26.60Q	-4.3 2
4		Kacie Sweep	U of Mary	26.17q	2.7 1
5		Kristi Buerkle	Bemidji State	26.32q	3.0 3
6		Heather Miller	St. Cloud State	26.52q	3.0 3
7		Kristen Haak	UM - Duluth	26.75q	2.7 1
8		Alyssa Wendt	UM - Duluth	26.87q	3.0 3
9		Christina King	Wayne State	27.16	3.0 3
10		Linnelle Clark	Minnesota State	27.17	-4.3 2
11		Kelly Milkent	Winona State	27.93	-4.3 2
12		Katelyn Bailey	Winona State	28.02	2.7 1
13		Nicole Drangstveit	Winona State	28.17	-4.3 2
14		Leslie Yost	Northern State	28.40	3.0 3
15		Rebekah Kok	UM - Duluth	28.49	-4.3 2
16		Sarah Drew	Augustana	28.55	3.0 3
17		Amy Hellickson	Msu- Moorhead	28.73	2.7 1
18		Maria Franker	Northern State	28.77	2.7 1
19		Lynette Raichle	St. Cloud State	29.14	2.7 1
20		Adrianna Suttle	Concordia-SP	29.27	3.0 3
21		Kim Lieder	Bemidji State	29.94	-4.3 2
22		Kirsten Maras	Bemidji State	30.46	-4.3 2
23		Laci Schurr	Northern State	30.75	-4.3 2

Women 200 Meter Dash

NSIC Record: N 23.98 1983 Jeri Domes, Mankato State

NCAA Auto: A 24.08

NCAA Prov: P 24.80

Name	Year	School	Finals	Wind	Points
=====					
Finals					
1		Brittany Henderson	Minnesota State	24.51P	NWI 10
2		Kristen Stewart	U of Mary	24.72P	NWI 8
3		Kacie Sweep	U of Mary	25.27	NWI 6
4		Kristi Buerkle	Bemidji State	25.28	NWI 5
5		Kristen Haak	UM - Duluth	25.68	NWI 4
6		Kelsey Leonard	Minnesota State	25.72	NWI 3
7		Heather Miller	St. Cloud State	26.23	NWI 2
8		Alyssa Wendt	UM - Duluth	26.67	NWI 1

Women 400 Meter Dash

NSIC Record: N 55.43 2004 Andrea Vake, Minnesota-Duluth

NCAA Auto: A 55.00

NCAA Prov: P 56.80

Name	Year	School	Prelims	H#
=====				
Preliminaries				
1		Kristi Buerkle	Bemidji State	P 56.00Q 2
2		Alyssa Wendt	UM - Duluth	57.59Q 1
3		Kelsey Leonard	Minnesota State	59.25Q 3

4	Christina King	Wayne State	58.27q	1
5	Betsy Bischoff	U of Mary	58.49q	2
6	Jen Bradford	Winona State	59.41q	2
7	Kelly Milkent	Winona State	1:00.11q	1
8	Kristina Anderson	Msu- Moorhead	1:00.69q	3
9	Beth Braun	Winona State	1:00.95	1
10	Katie Johnson	Concordia-SP	1:01.00	3
11	Amy Hellickson	Msu- Moorhead	1:01.25	2
12	Lily Golbach	Winona State	1:01.88	2
13	Chelsey Tyllia	UM - Duluth	1:02.27	1
14	Lexi Williams	UM - Duluth	1:02.86	3
15	Heather Borns	Northern State	1:03.69	2
16	Amanda Eggebrecht	St. Cloud State	1:04.04	3
17	Kirsten Maras	Bemidji State	1:04.19	1
18	Emily Fritz	Northern State	1:05.60	3
19	Nacole Kiss	Concordia-SP	1:05.64	2

Women 400 Meter Dash

=====  
 NSIC Record: N 55.43 2004           Andrea Vake, Minnesota-Duluth  
 NCAA Auto: A 55.00  
 NCAA Prov: P 56.80

Name	Year	School	Finals	Points
=====				
Finals				
1		Kristi Buerkle	Bemidji State	55.26N 10
2		Kelsey Leonard	Minnesota State	56.38P 8
3		Alyssa Wendt	UM - Duluth	57.12 6
4		Christina King	Wayne State	57.30 5
5		Kristina Anderson	Msu- Moorhead	58.45 4
6		Betsy Bischoff	U of Mary	58.67 3
7		Jen Bradford	Winona State	58.94 2
8		Kelly Milkent	Winona State	59.32 1

Women 800 Meter Run

=====  
 NSIC Record: N 2:12.11 1982           Pam Harty, MSU-Moorhead  
 NCAA Auto: A 2:10.40  
 NCAA Prov: P 2:15.00

Name	Year	School	Prelims	
=====				
Preliminaries				
1		Liz Palkie	UM - Duluth	2:17.59Q
2		Megan Hutchinson	Minnesota State	2:19.57Q
3		Rachel Smalley	Minnesota State	2:20.28Q
4		Ashley Roemer	Msu- Moorhead	2:20.14q
5		Carolyn Wardell	UM - Duluth	2:20.38q
6		Laura Palmer	Minnesota State	2:20.39q
7		Michelle SanCartier	UM - Duluth	2:20.51q
8		Jodi DeGrote	UM - Duluth	2:21.20q
9		LeAnn Severson	Augustana	2:21.76
10		Alissa Kurke	Minnesota State	2:22.59
11		Brittney Moffatt	St. Cloud State	2:27.22
12		Kelly Kougl	Augustana	2:27.34
13		Allie Glasbrenner	Winona State	2:27.84
14		Toni Fritz	Northern State	2:28.99
15		Michelle Ohman	Bemidji State	2:29.06

16	Megan Erspamer	Augustana	2:29.18
17	Allison Henke	Augustana	2:29.40
18	Danielle Wessel	Wayne State	2:30.17
19	Michelle Nickolas	Northern State	2:31.30
20	Maggie Bryant	Northern State	2:31.61
21	Kathryn McElroy	Winona State	2:31.85
22	Cheryl Hundt	St. Cloud State	2:32.38
23	Genna Ironi	Bemidji State	2:32.92
24	Katie Roos	Msu- Moorhead	2:34.36
25	Kelsey Stensland	Winona State	2:35.05
26	Megan Fulton	Concordia-SP	2:37.46
27	Molly Gibson	Wayne State	2:39.90
28	Shelly Saksa	Bemidji State	2:44.75
29	Brittany Becker	Bemidji State	2:49.25

Women 800 Meter Run

=====  
 NSIC Record: N 2:12.11 1982 Pam Harty, MSU-Moorhead  
 NCAA Auto: A 2:10.40  
 NCAA Prov: P 2:15.00

Name	Year School	Finals	Points
=====			
Finals			
1	Liz Palkie	UM - Duluth	2:10.61N 10
2	Megan Hutchinson	Minnesota State	2:14.51P 8
3	Ashley Roemer	Msu- Moorhead	2:15.83 6
4	Michelle SanCartier	UM - Duluth	2:17.08 5
5	Carolyn Wardell	UM - Duluth	2:18.38 4
6	Jodi DeGrote	UM - Duluth	2:19.74 3
7	Rachel Smalley	Minnesota State	2:22.84 2
8	Laura Palmer	Minnesota State	2:23.56 1

Women 1500 Meter Run

=====  
 NSIC Record: N 4:35.95 1987 Lynn Stottler, Minnesota-Duluth  
 NCAA Auto: A 4:31.00  
 NCAA Prov: P 4:38.00

Name	Year School	Prelims
=====		
Preliminaries		
1	Liz Palkie	UM - Duluth 4:50.68Q
2	Carolyn Wardell	UM - Duluth 4:55.36Q
3	Kelly Kougl	Augustana 4:52.67Q
4	Rachel Smalley	Minnesota State 4:55.61Q
5	Brittney Moffatt	St. Cloud State 4:52.93Q
6	Rachel Stack	UM - Duluth 4:56.91Q
7	Mikayla Barondeau	Northern State 4:57.50Q
8	Rachel Marzal	UM - Duluth 4:58.57Q
9	Paula Marozas	St. Cloud State 4:58.47q
10	Danielle Nickolas	Northern State 4:59.72q
11	Molly Gibson	Wayne State 5:03.73q
12	Megan Fulton	Concordia-SP 5:09.99q
13	Cheryl Hundt	St. Cloud State 5:12.86
14	Genna Ironi	Bemidji State 5:13.26
15	Natalie Lyster	Minnesota State 5:19.01
16	Katie Monahan	Concordia-SP 5:29.38
17	Tatiana DeLosSantos	Wayne State 5:30.13

18 Lauren Cartmill	Augustana	5:32.14
19 Jennifer Duley	Minnesota State	5:51.12

Women 1500 Meter Run

NSIC Record: N 4:35.95 1987 Lynn Stottler, Minnesota-Duluth  
 NCAA Auto: A 4:31.00  
 NCAA Prov: P 4:38.00

Name	Year School	Finals	Points
Finals			
1 Liz Palkie	UM - Duluth	4:44.61	10
2 Carolyn Wardell	UM - Duluth	4:47.67	8
3 Kelly Kougl	Augustana	4:50.92	6
4 Brittney Moffatt	St. Cloud State	4:51.44	5
5 Rachel Smalley	Minnesota State	4:51.46	4
6 Rachel Stack	UM - Duluth	4:52.18	3
7 Rachel Hanzal	UM - Duluth	4:52.70	2
8 Mikayla Barondeau	Northern State	4:55.39	1
9 Danielle Nickolas	Northern State	4:57.88	
10 Paula Marozas	St. Cloud State	5:03.16	
11 Molly Gibson	Wayne State	5:07.27	
12 Megan Fulton	Concordia-SP	5:10.37	

Women 5000 Meter Run

NSIC Record: N 16:59.66 1982 Lynn Nelson, Mankato State  
 NCAA Auto: A 17:05.00  
 NCAA Prov: P 17:35.00

Name	Year School	Finals	Points
1 Morgan Place	UM - Duluth	17:39.37	10
2 Miranda Wagner	Augustana	18:09.31	8
3 Molly Clark	Augustana	18:30.49	6
4 Megan Zavorka	Wayne State	18:36.67	5
5 Jenna Southworth	Winona State	18:43.06	4
6 Irene Kosgei	U of Mary	18:47.89	3
7 Kristen Neumiller	U of Mary	18:49.34	2
8 Alyssa Anderson	Augustana	19:01.88	1
9 Kari Linneman	Northern State	19:05.07	
10 Rachel Stack	UM - Duluth	19:16.43	
11 Steph Smith	Winona State	19:18.81	
12 Amanda Dettman	Minnesota State	19:22.53	
13 Paula Marozas	St. Cloud State	19:25.34	
14 Courtney Rasmussen	Augustana	19:26.50	
15 Danielle Nickolas	Northern State	19:35.84	
16 Samantha Smith	Minnesota State	19:41.73	
17 Whitney Hines	UM - Duluth	19:51.56	
18 Keely Rubash	St. Cloud State	19:54.08	
19 Meagan McConnell	Minnesota State	20:14.30	
20 Kari Bloch	Msu- Moorhead	20:24.99	
21 Briana Mann	Northern State	21:41.81	
22 Cherry Kolb	Northern State	22:06.01	

Women 10000 Meter Run

NSIC Record: N 37:24.57 1983 Kathy Kaiser, Mankato State

NCAA Auto: A 35:50.00

NCAA Prov: P 37:20.00

Name	Year School	Finals	Points
1 Morgan Place	UM - Duluth	37:15.24P	10
2 Miranda Wagner	Augustana	38:10.97	8
3 Alyssa Anderson	Augustana	39:29.98	6
4 Jenna Southworth	Winona State	39:38.56	5
5 Irene Kosgei	U of Mary	40:12.19	4
6 Kristen Neumiller	U of Mary	40:25.04	3
7 Kari Linneman	Northern State	40:35.27	2
8 Sarah Thomsen	Wayne State	40:45.86	1
9 Kari Bloch	Msu- Moorhead	41:58.85	
10 Taylor Marble	UM - Duluth	42:09.77	
11 Jenny Hoese	Minnesota State	42:17.46	
12 Meagan McConnell	Minnesota State	42:24.23	
13 Meg Pierce	UM - Duluth	43:38.59	

Women 100 Meter Hurdles

NSIC Record: N 14.28 2007 Rachel Roebke, Wayne State  
NCAA Auto: A 14.00  
NCAA Prov: P 14.60

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Heather Miller	St. Cloud State	14.52Q	2.9	3
2 Jess Devine	Winona State	14.95Q	3.1	2
3 Kelsey King	St. Cloud State	15.04Q	1.5	1
4 Rebekah Kok	UM - Duluth	15.04q	3.1	2
5 Megan Olson	Minnesota State	15.06q	1.5	1
6 Paige Pollard	Wayne State	15.09q	1.5	1
7 Jade Lippman	Wayne State	15.31q	3.1	2
8 Kristyn Nelson	U of Mary	15.32q	2.9	3
9 Emily Asuncion	Winona State	15.58	3.1	2
10 Traci Pottinger	UM - Duluth	15.69	2.9	3
11 Meagan Grandgenett	Augustana	15.91	2.9	3
12 Katie Hopper	Minnesota State	15.92	2.9	3
13 Sara Dalton	Bemidji State	16.07	2.9	3
14 Kaitlyn Jensen	Winona State	16.11	3.1	2
15 Kim Lieder	Bemidji State	16.21	1.5	1
16 Claire Severson	Augustana	16.41	1.5	1
17 Taylor Hartje	UM - Duluth	16.74	3.1	2
18 Kaycie Merrihew	Minnesota State	16.81	1.5	1
19 Pearl Walker	Bemidji State	16.97	2.9	3

Women 100 Meter Hurdles

NSIC Record: N 14.28 2007 Rachel Roebke, Wayne State  
NCAA Auto: A 14.00  
NCAA Prov: P 14.60

Name	Year School	Finals	Wind	Points
Finals				
1 Heather Miller	St. Cloud State	14.71	2.3	10
2 Jess Devine	Winona State	14.73	2.3	8
3 Kelsey King	St. Cloud State	14.92	2.3	6

4	Megan Olson	Minnesota State	15.10	2.3	5
5	Kristyn Nelson	U of Mary	15.19	2.3	4
6	Rebekah Kok	UM - Duluth	15.35	2.3	3
7	Paige Pollard	Wayne State	15.40	2.3	2
8	Jade Lippman	Wayne State	15.69	2.3	1

Women 400 Meter Hurdles

=====  
 NSIC Record: N 1:00.96 2007 Cassie Blazer, Univ. Mary  
 NCAA Auto: A 1:00.00  
 NCAA Prov: P 1:03.00

Name	Year	School	Prelims	H#
=====				
Preliminaries				
1		Wayne State	P 1:02.99Q	2
2		Msu- Moorhead	1:03.79Q	3
3		St. Cloud State	1:04.36Q	1
4		Augustana	1:04.71q	1
5		Winona State	1:05.60q	3
6		Wayne State	1:05.97q	3
7		UM - Duluth	1:06.33q	1
8		Msu- Moorhead	1:07.32q	2
9		St. Cloud State	1:08.47	2
10		UM - Duluth	1:09.39	3
11		U of Mary	1:10.07	2
12		Minnesota State	1:10.65	3
13		UM - Duluth	1:12.35	1
14		Minnesota State	1:13.18	2
15		Bemidji State	1:17.44	3
16		St. Cloud State	1:18.02	2
17		Minnesota State	1:19.12	1
--		Augustana	FS	1

Women 400 Meter Hurdles

=====  
 NSIC Record: N 1:00.96 2007 Cassie Blazer, Univ. Mary  
 NCAA Auto: A 1:00.00  
 NCAA Prov: P 1:03.00

Name	Year	School	Finals	Points
=====				
Finals				
1		Wayne State	1:01.80P	10
2		Msu- Moorhead	1:03.18	8
3		St. Cloud State	1:03.71	6
4		Winona State	1:04.24	5
5		Augustana	1:05.98	4
6		UM - Duluth	1:06.49	3
7		Wayne State	1:06.63	2
8		Msu- Moorhead	1:08.03	1

Women 3000 Meter Steeplechase

=====  
 NSIC Record: N 10:59.90 2001 Tammy Stang, Minnesota-Duluth  
 NCAA Auto: A 10:55.00  
 NCAA Prov: P 11:20.00

Name	Year	School	Finals	Points
=====				

1	Molly Clark	Augustana	10:46.16A	10
2	Megan Zavorka	Wayne State	10:56.90N	8
3	Amanda Dettman	Minnesota State	11:08.03P	6
4	Laura Palmer	Minnesota State	11:10.17P	5
5	Samantha Smith	Minnesota State	11:35.59	4
6	Laura Johnson	Augustana	11:40.98	3
7	Bridget Hines	UM - Duluth	11:53.89	2
8	Jen Lang	Minnesota State	11:55.25	1
9	Sarah Thomsen	Wayne State	12:01.74	
10	Sarah Rebenitsch	Msu- Moorhead	12:02.74	
11	Keely Rubash	St. Cloud State	12:02.76	
12	Allie Glasbrenner	Winona State	12:14.02	
13	Whitney Hines	UM - Duluth	12:25.44	
14	Kelsey Stensland	Winona State	12:46.16	
15	Meg Pierce	UM - Duluth	12:47.04	
16	Sandra James	Concordia-SP	12:55.22	
17	Alison Hougen	Bemidji State	13:10.19	
--	Emily Stanzyk	Concordia-SP	DNF	

Women 4x100 Meter Relay

NSIC Record: N 47.48 2007 Univ. Mary

NCAA Auto: A 46.00

NCAA Prov: P 47.40

School

Finals H# Points

1	Minnesota State University 'A'	46.80P	2	10
	1) Linnelle Clark			
	2) Kelsey Leonard			
	3) Katelin Rains			
	4) Brittany Henderson			
2	University of Mary 'A'	47.26P	2	8
	1) Kristyn Nelson			
	2) Kacie Sweep			
	3) Mishay Weber			
	4) Kristen Stewart			
3	Winona State University 'A'	48.32	2	6
	1) Nicole Drangstveit			
	2) Lindsey Derby			
	3) Jess Devine			
	4) Caitlin Dhein			
4	St. Cloud State University 'A'	48.96	2	5
	1) Mikha Tan			
	2) Amber Schueler			
	3) Kelsey King			
	4) Heather Miller			
5	Augustana 'A'	49.03	2	4
	1) Meagan Grandgenett			
	2) Bobbi Jo Buyck			
	3) Sarah Drew			
	4) Annaliese Pepin			
6	Minnesota State - Moorhead 'A'	49.22	2	3
	1) Alison Streyle			
	2) Sara Julsrud			
	3) Kristina Anderson			
	4) Jennifer Hensel			
7	University of Minn. Duluth 'A'	49.45	1	2
	1) Caitlin Laudon			
	2) Laura Bock			
	3) Jennifer Griffin			
	4) Kristen Haak			
8	Northern State University 'A'	49.65	1	1
	1) Laci Schurr			
	2) Marisa Aldinger			
	3) Leslie Yost			
	4) Maria Franker			
9	Wayne State College 'A'	49.78	1	
	1) Jade Lippman			
	2) Christina King			
	3) Brianne Hofstetter			
	4) Paige Pollard			
10	Bemidji State University 'A'	50.59	1	
	1) Kristi Buerkle			
	2) Kim Lieder			
	3) Sara Dalton			
	4) Kirsten Maras			
--	Concordia - St. Paul 'A'	DQ	1	



- 1) Britt Bickert
- 3) Nacole Kiss

- 2) Katie Johnson
- 4) Adrianna Suttle

Women 4x400 Meter Relay

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NSIC Record: N 3:50.18 2007 Univ. Mary  
 NCAA Auto: A 3:44.70  
 NCAA Prov: P 3:51.00

School	Finals	H#	Points
1 University of Minn. Duluth 'A'	3:51.87	2	10
1) Kristen Haak	2) Taylor Hartje		
3) Liz Palkie	4) Alyssa Wendt		
2 University of Mary 'A'	3:54.23	2	8
1) Betsy Bischoff	2) Mishay Weber		
3) Brandee DeVine	4) Kristen Stewart		
3 Minnesota State - Moorhead 'A'	3:54.57	2	6
1) Sara Julsrud	2) Alison Streyle		
3) Kristina Anderson	4) Ashley Roemer		
4 Wayne State College 'A'	3:58.87	2	5
1) Christina King	2) Jade Lippman		
3) Danielle Wessel	4) Paige Pollard		
5 St. Cloud State University 'A'	4:00.03	2	4
1) Heather Miller	2) Amber Schueler		
3) Cheryl Hundt	4) Kelsey King		
6 Winona State University 'A'	4:00.31	2	3
1) Kelly Milkent	2) Beth Braun		
3) Jen Bradford	4) Lisa Meyer		
7 Minnesota State University 'A'	4:02.10	2	2
1) Kelsey Leonard	2) Katelin Rains		
3) Andrea Sellers	4) Brittany Henderson		
8 Bemidji State University 'A'	4:06.48	1	1
1) Kristi Buerkle	2) Kirsten Maras		
3) Genna Ironi	4) Pearl Walker		
9 Augustana 'A'	4:06.95	2	
1) Annaliese Pepin	2) LeAnn Severson		
3) Kelly Kougl	4) Megan Erspamer		
10 Northern State University 'A'	4:10.81	1	
1) Michelle Nickolas	2) Toni Fritz		
3) Mikayla Barondeau	4) Maggie Bryant		
11 Concordia - St. Paul 'A'	4:15.48	1	
1) Megan Fulton	2) Nacole Kiss		
3) Katie Monahan	4) Katie Johnson		

Women High Jump

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NSIC Record: N 1.73m 1991 Jodi Swenson, Minnesota-Duluth  
 NCAA Auto: A 1.75m  
 NCAA Prov: P 1.68m

Name	Year School	Finals	Points
1 Misty Rystrom	Wayne State	1.67m	5-05.75 10
2 DeeRae Honl	Msu- Moorhead	1.62m	5-03.75 7
2 Ashley Roemer	Msu- Moorhead	1.62m	5-03.75 7
4 Nish Rubash	St. Cloud State	1.57m	5-01.75 5
5 Danielle Luhmann	St. Cloud State	J1.57m	5-01.75 4
6 Angela Bode	UM - Duluth	J1.57m	5-01.75 3

7	Brittany Beehler	U of Mary	J1.57m	5-01.75	2
8	Kale Johnson	Winona State	J1.57m	5-01.75	1
9	Alyssa Lammers	Winona State	1.52m	4-11.75	
9	Lindsey Ecklund	Msu- Moorhead	1.52m	4-11.75	
9	Brianna Perry	U of Mary	1.52m	4-11.75	
9	Tanya Vassar	Northern State	1.52m	4-11.75	
9	Ally Hartje	UM - Duluth	1.52m	4-11.75	
9	Traci Smook	Minnesota State	1.52m	4-11.75	
15	Traci Pottinger	UM - Duluth	1.47m	4-09.75	
15	Hayley Reed	Concordia-SP	1.47m	4-09.75	
15	Karissa Pepin	Augustana	1.47m	4-09.75	
15	Jade Lippman	Wayne State	1.47m	4-09.75	
15	Laura Smith	Northern State	1.47m	4-09.75	
15	Ashley Hagen	Msu- Moorhead	1.47m	4-09.75	
--	Kaycie Merrihew	Minnesota State	NH		
--	Courtney Johnson	Winona State	NH		
--	Miriam deVille	Concordia-SP	NH		
--	Andrea Sellers	Minnesota State	NH		

#### Women Pole Vault

NSIC Record: N 3.90m 2007 Jennifer Hensel, MSU-Moorhead  
 NCAA Auto: A 3.95m  
 NCAA Prov: P 3.65m

Name	Year	School	Finals	Points	
1		Minnesota State	4.07mA	13-04.25	10
2		Minnesota State	3.92mN	12-10.25	8
3		Msu- Moorhead	3.77mP	12-04.50	6
4		U of Mary	3.47m	11-04.50	4.50
4		Augustana	3.47m	11-04.50	4.50
6		Minnesota State	3.32m	10-10.75	2.50
6		U of Mary	3.32m	10-10.75	2.50
8		St. Cloud State	J3.32m	10-10.75	1
9		Msu- Moorhead	3.17m	10-04.75	
9		Concordia-SP	3.17m	10-04.75	
9		Northern State	3.17m	10-04.75	
9		UM - Duluth	3.17m	10-04.75	
13		Minnesota State	3.02m	9-10.75	
14		Msu- Moorhead	2.87m	9-05.00	
14		Winona State	2.87m	9-05.00	
14		Winona State	2.87m	9-05.00	
14		Augustana	2.87m	9-05.00	
--		Winona State	NH		
--		U of Mary	NH		
--		Bemidji State	NH		
--		UM - Duluth	NH		
--		Bemidji State	NH		
--		Bemidji State	NH		
--		Msu- Moorhead	NH		
--		UM - Duluth	NH		

#### Women Long Jump

NSIC Record: N 6.31m 1985 Julie Hay, Minnesota-Duluth  
 NCAA Auto: A 5.90m

NCAA Prov: P 5.62m

Name	Year	School	Finals	Wind	Points	
1 Traci Pottinger		UM - Duluth	5.73m	4.7	18-09.75	10
2 Katelin Rains		Minnesota State	5.72m	2.4	18-09.25	8
3 Heather Miller		St. Cloud State	5.67m	2.8	18-07.25	6
4 Marisa Aldinger		Northern State	5.46m	2.5	17-11.00	5
5 Mikha Tan		St. Cloud State	5.45m	3.2	17-10.75	4
6 Caitlin Laudon		UM - Duluth	5.43m	1.8	17-09.75	3
7 Katie Johnson		Concordia-SP	5.37m	0.6	17-07.50	2
8 Brittany Beehler		U of Mary	5.33m	2.0	17-06.00	1
9 Amber Schueler		St. Cloud State	5.29m	2.1	17-04.25	
10 Vanessa Friestad		U of Mary	5.16m	4.1	16-11.25	
11 Jade Lippman		Wayne State	5.08m	2.6	16-08.00	
12 Alyssa Lammers		Winona State	5.03m	1.6	16-06.00	
13 Kaycie Merrihew		Minnesota State	5.02m	0.9	16-05.75	
13 Brianne Hofstetter		Wayne State	5.02m	4.9	16-05.75	
15 Laura Schmitz		UM - Duluth	4.76m	2.1	15-07.50	
16 Kersten Hanson		Minnesota State	4.74m	1.6	15-06.75	

Women Triple Jump

NSIC Record: N 11.90m 2005 Jessica Trautwein, MSU-Moorhead  
NCAA Auto: A 12.15m  
NCAA Prov: P 11.55m

Name	Year	School	Finals	Wind	Points	
1 Heather Miller		St. Cloud State	12.17mA	0.6	39-11.25	10
2 Katelin Rains		Minnesota State	11.72mP	1.9	38-05.50	8
3 Ally Hartje		UM - Duluth	11.27m	0.9	36-11.75	6
4 Caitlin Laudon		UM - Duluth	11.05m	1.5	36-03.00	5
5 Heather Bonn		Northern State	10.98m	2.0	36-00.25	4
6 Brianne Hofstetter		Wayne State	10.94m	0.8	35-10.75	3
7 Kale Johnson		Winona State	10.78m	+0.0	35-04.50	2
8 Katie Johnson		Concordia-SP	10.75m	0.5	35-03.25	1
9 Vanessa Friestad		U of Mary	10.70m	2.3	35-01.25	
10 Emily Asuncion		Winona State	10.62m	0.8	34-10.25	
10 Karissa Pepin		Augustana	10.62m	2.1	34-10.25	
12 Laura Schmitz		UM - Duluth	10.50m	1.7	34-05.50	
13 Kersten Hanson		Minnesota State	10.26m	1.5	33-08.00	

Women Shot Put

NSIC Record: N 14.99m 2007 Sheena Devine, Bemidji State  
NCAA Auto: A 14.70m  
NCAA Prov: P 13.25m

Name	Year	School	Finals	Points	
1 Katie Wilson		Wayne State	14.65mP	48-00.75	10
2 Maria Swanson		UM - Duluth	13.88mP	45-06.50	8
3 Lachel Milander		Wayne State	13.39mP	43-11.25	6
4 Rebecca Stier		Winona State	13.29mP	43-07.25	5

5	Chelsey Brown	Winona State	13.28mP	43-07.00	4
6	Kaysee Nesmoe	Concordia-SP	13.22m	43-04.50	3
7	Melodi Boke	Northern State	13.14m	43-01.50	2
8	Rebecca Kitzman	St. Cloud State	13.08m	42-11.00	1
9	Amanda Madden	Northern State	12.87m	42-02.75	
10	Casey Buskirk	Wayne State	12.51m	41-00.50	
11	Libby Fandry	UM - Duluth	12.44m	40-09.75	
12	Elizabeth Crane	UM - Duluth	12.27m	40-03.25	
13	Rachel Christiansen	Augustana	12.14m	39-10.00	
14	Amelia Schaller	Minnesota State	11.78m	38-07.75	
15	Lindsay Conroy	St. Cloud State	11.50m	37-08.75	
16	Noel Bentele	Augustana	11.42m	37-05.75	
17	Abby Nielsen	Concordia-SP	11.16m	36-07.50	
18	Brita Johnson	Minnesota State	11.05m	36-03.00	
19	Britt Bickert	Concordia-SP	10.78m	35-04.50	
20	Meri Pearson	Concordia-SP	8.83m	28-11.75	

Women Discus Throw

NSIC Record: N 46.48m 2000 Nichole Hall, Northern State  
 NCAA Auto: A 47.70m  
 NCAA Prov: P 43.00m

Name	Year School	Finals	Points
1	Katie Wilson	Wayne State	48.59mA 159-05 10
2	Amanda Madden	Northern State	43.31mP 142-01 8
3	Rebecca Stier	Winona State	41.35m 135-08 6
4	Katie Smith	Northern State	41.18m 135-01 5
5	Jasmine Henrich	Msu- Moorhead	40.81m 133-11 4
6	Michelle Potter	Winona State	40.49m 132-10 3
7	Amelia Schaller	Minnesota State	40.25m 132-01 2
8	Ashley McCall	Minnesota State	39.96m 131-01 1
9	Kaysee Nesmoe	Concordia-SP	39.71m 130-03
10	Mallory Skoff	UM - Duluth	37.51m 123-01
11	Brita Johnson	Minnesota State	37.16m 121-11
12	Melissa Smith	UM - Duluth	36.96m 121-03
13	Rachel Christiansen	Augustana	36.86m 120-11
14	Krystal Lacey	Northern State	36.82m 120-10
15	Libby Fandry	UM - Duluth	36.76m 120-07
16	Jenna Bickel	Winona State	36.75m 120-07
17	Lindsay Conroy	St. Cloud State	33.43m 109-08
18	Rebecca Kitzman	St. Cloud State	31.92m 104-09
19	Abby Nielsen	Concordia-SP	31.38m 102-11
20	Tiffany Schmitcke	Msu- Moorhead	29.51m 96-10
21	Michelle Jetvig	Msu- Moorhead	27.80m 91-02
22	Meri Pearson	Concordia-SP	25.75m 84-06
--	Lachel Milander	Wayne State	ND

Women Hammer Throw

NSIC Record: N 55.82m 2003 Belinda Eastlack, MSU-Moorhead  
 NCAA Auto: A 54.60m  
 NCAA Prov: P 49.50m

Name	Year School	Finals	Points
1	Amanda Madden	Northern State	52.22mP 171-04 10
2	Katie Wilson	Wayne State	51.80mP 169-11 8

3	Maria Swanson	UM - Duluth	50.54mP	165-10	6
4	Michelle Potter	Winona State	49.07m	161-00	5
5	Rebecca Stier	Winona State	47.84m	156-11	4
6	Noel Bentele	Augustana	47.26m	155-01	3
7	Casey Buskirk	Wayne State	46.52m	152-07	2
8	Chelsey Brown	Winona State	45.64m	149-09	1
9	Justina Froelich	UM - Duluth	45.62m	149-08	
10	Krystle Lonning	Winona State	44.53m	146-01	
11	Cassie Corrigan	UM - Duluth	44.52m	146-01	
12	Megan Stroh	UM - Duluth	44.09m	144-08	
13	Amelia Schaller	Minnesota State	43.52m	142-09	
14	Jasmine Henrich	Msu- Moorhead	42.31m	138-10	
15	Katie Smith	Northern State	42.06m	138-00	
16	Lachel Milander	Wayne State	41.72m	136-10	
17	Melissa Smith	UM - Duluth	41.54m	136-03	
18	Jenny Schuler	Winona State	40.38m	132-06	
19	Rebecca Kitzman	St. Cloud State	39.28m	128-10	
20	Missy Graber	Bemidji State	39.06m	128-02	
21	Kaysee Nesmoe	Concordia-SP	37.89m	124-04	
22	Brita Johnson	Minnesota State	37.79m	124-00	
23	Lindsay Conroy	St. Cloud State	37.39m	122-08	
24	Rachel Christiansen	Augustana	37.19m	122-00	
25	Michelle Jetvig	Msu- Moorhead	36.83m	120-10	
26	Keely O'Neill	Wayne State	35.30m	115-10	
27	Ashley McCall	Minnesota State	31.81m	104-04	
28	Meri Pearson	Concordia-SP	30.55m	100-03	

Women Javelin Throw

NSIC Record: N 46.74m 1982 Kelly Owen, MSU-Moorhead  
 NCAA Auto: A 45.00m  
 NCAA Prov: P 41.00m

Name	Year School	Finals	Points
1	Lauren Brown	Winona State	38.96m 127-10 10
2	Holly Hassler	U of Mary	38.68m 126-11 8
3	Chelsea Preble	Bemidji State	38.60m 126-08 6
4	Andrea Sellers	Minnesota State	37.72m 123-09 5
5	Krystle Lonning	Winona State	34.96m 114-08 4
6	Rachel Christiansen	Augustana	33.94m 111-04 3
7	Kayla Rummel	U of Mary	33.74m 110-08 2
8	Laura Kohtala	Msu- Moorhead	32.54m 106-09 1
9	Taylor Hartje	UM - Duluth	32.04m 105-01
10	Kaysee Nesmoe	Concordia-SP	31.04m 101-10
11	Missy Graber	Bemidji State	30.92m 101-05
12	Traci Pottinger	UM - Duluth	30.86m 101-03
13	Laura Smith	Northern State	29.94m 98-03
14	Krystal Lacey	Northern State	29.42m 96-06
14	Tanya Vassar	Northern State	29.42m 96-06
16	Ally Hartje	UM - Duluth	29.12m 95-06
17	Megan Leveranz	Winona State	28.28m 92-09
18	Britt Bickert	Concordia-SP	27.96m 91-09
19	Melissa Jackson	Augustana	27.48m 90-02
20	Kelsey King	St. Cloud State	27.24m 89-04
21	Kaitlyn Jensen	Winona State	27.22m 89-04
--	Jade Lippman	Wayne State	ND

Women Heptathlon

NSIC Record: N 4666 1982 Char Nelson, Southwest State  
 NCAA Auto: A 4800  
 NCAA Prov: P 4400

Name	Year School	Finals	Points
1 Heather Miller	St. Cloud State	4818A	10
2 Traci Pottinger	UM - Duluth	4625P	8
3 Jade Lippman	Wayne State	4449P	6
4 Ali Hartje	UM - Duluth	4379	5
5 Taylor Hartje	UM - Duluth	4331	4
6 Kelsey King	St. Cloud State	4241	3
7 Tanya Vassar	Northern State	4083	2
8 Andrea Sellers	Minnesota State	4064	1
9 Kaitlyn Jensen	Winona State	3992	
10 Brittany Beehler	U of Mary	3979	
11 Paige Pollard	Wayne State	3978	
12 Pearl Walker	Bemidji State	3160	

Women - Team Rankings - 21 Events Scored

1) University of Minn. Duluth	156	2) Minnesota State Universit	132.50
3) Wayne State College	94	4) Winona State University	83
5) St. Cloud State University	82	6) University of Mary	80
7) Augustana	69.50	8) Minnesota State - Moorhea	54
9) Northern State University	40	10) Bemidji State University	22
11) Concordia - St. Paul	6		