

2022 NSIC Outdoor Track & Field Championship - 5/12/2022 to 5/14/2022
All-Conference Performers

Women 100 Meter Dash

NSIC Record: 11.43 R 5/14/2022 Makayla Jackson, Minnesota St

Name	Yr	School	Finals	Wind	Points
Finals					
1 Jackson, Makayla	SO	Minnesota State	11.43 R	-0.1	10
2 Cartwright, Denisha	SO	Minnesota State	11.68	-0.1	8
3 Simmons, Ja'Cey	SO	Minnesota State	11.82	-0.1	6

Women 200 Meter Dash

NSIC Record: 23.56 R 5/14/2022 Makayla Jackson, Minnesota St

Name	Yr	School	Finals	Wind	Points
Finals					
1 Jackson, Makayla	SO	Minnesota State	23.56 R	0.1	10
2 Cartwright, Denisha	SO	Minnesota State	23.80	0.1	8
3 Pryor, Michaela	JR	Winona State	24.06	0.1	6

Women 400 Meter Dash

NSIC Record: 53.60 R 5/14/2022 Shereen Vallabouy, Winona State

Name	Yr	School	Finals	Points
Finals				
1 Vallabouy, Shereen	JR	Winona State	53.60 R	10
2 Rolle-Currv, Robvnn	SO	Msu-Moorhead	56.14	8
3 Cramer, Rose	SO	Minnesota State	56.53	6

Women 800 Meter Run

NSIC Record: 2:04.62 R 5/11/2017 Emi Trost, Minnesota Duluth

Name	Yr	School	Finals	Points
Finals				
1 Streff, Cami	SO	Augustana (S.D.)	2:10.18	10
2 Acheson, Elizabeth	SO	U-Mary	2:12.14	8
3 Brezinka, Isabelle	SR	Minnesota-Duluth	2:12.52	6

Women 1500 Meter Run

NSIC Record: 4:21.48 R 2017 Emi Trost, Minnesota Duluth

Name	Yr	School	Finals	Points
Finals				
1 Bever, Kaylee	SO	Winona State	4:30.69	10
2 Schmidt, Nicolette	JR	Augustana (S.D.)	4:31.77	8
3 English, PJ	JR	Augustana (S.D.)	4:33.34	6

Women 5000 Meter Run

NSIC Record: 16:34.35 R 5/13/2018 Alexis Zeis, U-Mary

Name	Yr	School	Finals	Points
Finals				
1 Means, Megan	JR	Augustana (S.D.)	17:09.86	10
2 Montplaisir, Amanda	JR	Minnesota State	17:20.16	8
3 English, PJ	JR	Augustana (S.D.)	17:29.82	6

Women 10000 Meter Run

NSIC Record: 34:09.57 R 5/13/2022 Lindsay Cunningham, Winona State

Name	Yr	School	Finals	Points
Finals				
1 Cunningham, Lindsay	SO	Winona State	34:09.57 R	10
2 Means, Megan	JR	Augustana (S.D.)	35:54.59	8
3 Savey, Cait	SR	Augustana (S.D.)	36:05.09	6

Women 100 Meter Hurdles

NSIC Record: 13.28 R 5/14/2022 Denisha Cartwright, Minnesota St

Name	Yr	School	Finals	Wind	Points
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Finals

1	Cartwright, Denisha	SO	Minnesota State	13.28	R	1.5	10
2	Mulcahy, Christabelle	SR	Concordia-St. Paul	14.17		1.5	8
3	Malone, Kynnedi	FR	Minnesota State	14.19		1.5	6

Women 400 Meter Hurdles

NSIC Record: **58.83** R 2017 **Hanneke Oosterwegel, Northern State**

Name	Yr	School	Finals	Points
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Finals

1	Schvvinck, Brooklyn	JR	Winona State	1:01.75			10
2	Hertz, Morgan	SO	U-Marv	1:01.81			8
3	Marteau, Noa	FR	Augustana (S.D.)	1:02.70			6

Women 3000 Meter Steeplechase

NSIC Record: **10:05.02** R 2017 **Brenna Colbenson, Minnesota Duluth**

Name	Yr	School	Finals	Points
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Finals

1	Montplaisir, Amanda	JR	Minnesota State	10:41.43			10
2	Rairdon, Rebekah	SR	Augustana (S.D.)	10:59.60			8
3	Rairdon, Rachel	SR	Augustana (S.D.)	11:02.30			6

Women 4x100 Meter Relay

NSIC Record: **45.24** R 5/15/2021 **Minnesota State, Minnesota St**

M Jackson, J Simmons, G Hartman, D Cartwright

Team	Relay	Finals	H	Points
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Finals

1	Minnesota State	A	45.48	2	10
	1) Cartwright, Denisha SO	2) Simmons, Ja'Cey SO	3) Cramer, Rose SO	4) Jackson, Makayla SO	
2	U-Mary	A	47.31	2	8
	1) Modglin, Cali SR	2) Neil, Samoya FR	3) Weidner, Taylor SO	4) Passeri, Arianna JR	

Women 4x400 Meter Relay

NSIC Record: **3:41.18** R 2017 **University of Mary, University of Mary**

J Hammerschmidt, N Richards, M Rodriguez, N Brown

Team	Relay	Finals	H	Points
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Finals

1	Winona State	A	3:53.32	2	10
	1) Pietz, Maddy JR	2) Zeman, Kendall JR	3) Beyer, Kaylee SO	4) Schvvinck, Brooklyn JR	
2	Minnesota-Duluth	A	3:54.39	2	8
	1) Schley, Savannah FR	2) Reindl, Haleigh JR	3) Boelke, Rachel SO	4) Brezinka, Isabelle SR	

Women High Jump

NSIC Record: **1.77m** R 5/13/2022 **Arika Robinson, Concordia-St**

NSIC Record: **1.77m** R 5/14/2021 **Mearah Miedema, Augustana**

Name	Yr	School	Finals	Points
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Finals

1	Robinson, Arika	SO	Concordia-St. Paul	1.77m	R	5-09.75	10
2	Elliott, Taylor	JR	Minnesota State	1.74m		5-08.50	8
3	Schumacher, Rachel	SR	Msu-Moorhead	1.68m		5-06.00	6

Women Pole Vault

NSIC Record: **4.20m** R 5/13/2018 **Kimberly Peterson, Sioux Falls**

Name	Yr	School	Finals	Points
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Finals

1	Hokanson, Ashley	FR	Msu-Moorhead	4.09m	13-05.00	10
2	Hickson, Paige	SO	Minnesota State	3.94m	12-11.00	8
3	Hill, Kealy	JR	Northern State	3.94m	12-11.00	6

Women Long Jump

NSIC Record: **6.31m** R 5/1985 **Julie Hay, Minnesota Duluth**

Name	Yr	School	Finals	Wind	H	Points
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Finals

1	Jackson, Makayla	SO	Minnesota State	6.08m	19-11.50	+0.0	3	10
2	Passeri, Arianna	JR	U-Mary	6.06m	19-10.75	4.2	3	8
3	Petricka, Kary	FR	Minnesota State	6.05m	19-10.25	1.6	3	6

Women Triple Jump

NSIC Record: 12.85m R 5/14/2022 D'Andra Morris, U-Mary

Name	Yr	School	Finals	Wind	H	Points		
Finals								
1	Morris, D'Andra	SR	U-Mary	12.85m R	42-02.00	-2.7	3	10
2	Banks, Kaly	JR	Augustana (S.D.)	11.96m	39-03.00	0.9	3	8
3	Fabre, Analise	SR	Bemidji State	11.96m	39-03.00	0.3	2	6

Women Shot Put

NSIC Record: 16.52m R 2018 Michaela Dendinger, Wayne State

Name	Yr	School	Finals	H	Points		
Finals							
1	Perron, Brea	SR	Minnesota State	14.95m	49-00.75	3	10
2	Taylor, Katie	SR	Minnesota State	14.66m	48-01.25	3	8
3	Scheil, Mckenzie	JR	Wayne State (Neb.)	14.42m	47-03.75	3	6

Women Discus Throw

NSIC Record: 53.90m R 2015 Alissa Rausch, Winona State

Name	Yr	School	Finals	H	Points		
Finals							
1	Donlan, Tia	SR	Concordia-St. Paul	49.40m	162-01	3	10
2	Lindsey, Kamry	FR	Sioux Falls	48.27m	158-04	3	8
3	Nagel, Kori	FR	Minot State	46.89m	153-10	3	6

Women Hammer Throw

NSIC Record: 63.54m R 2017 Michaela Dendinger, Wayne State

Name	Yr	School	Finals	H	Points		
Finals							
1	Scheil, Mckenzie	JR	Wayne State (Neb.)	56.26m	184-07	3	10
2	Chipps, Brooklynn	SO	Wayne State (Neb.)	55.48m	182-00	3	8
3	Hertz, Emma	SR	Sioux Falls	55.37m	181-08	3	6

Women Javelin Throw

NSIC Record: 46.74m R 1982 Kelly Owen, MSU Mooread

Name	Yr	School	Finals	H	Points		
Finals							
1	Guthmiller, Rachel	JR	Northern State	44.37m	145-07	3	10
2	Sunnarborg, Samantha	SO	Minnesota State	43.78m	143-08	3	8
3	Arason, Hannah	SR	St. Cloud State	42.38m	139-00	3	6

Women Heptathlon

NSIC Record: 5323 R 2018 Halle Burney, Concordia- St. Paul

Name	Yr	School	Finals	H	Points
Finals					
1	Arason, Hannah	SR	St. Cloud State	5205	10
2	Robinson, Arika	SO	Concordia-St. Paul	5068	8
3	Swanson, Emily	SO	Sioux Falls	4816	6

Men 100 Meter Dash

NSIC Record: 10.19 R 5/11/2015 Emmanuel Matadi, Minnesota State

Name	Yr	School	Finals	Wind	Points	
Finals						
1	Hickman, Shaheed	JR	Minnesota State	10.58	1.6	10
2	Attoh, Daniel	SO	Minnesota State	10.70	1.6	8
3	Nti, Prince	SO	Minnesota State	10.71	1.6	6

Men 200 Meter Dash

NSIC Record: 20.49		R	2013	Jerrell Hancock, Minnesota State				
Name	Yr	School	Finals	Wind	Points			
Finals								
1	Dawkins, Ty	JR	Msu-Moorhead	21.48	+0.0	10		
2	Atubel, Kenry	JR	Minnesota State	21.67	+0.0	8		
3	Phelps, Josh	SR	Minnesota State	21.74	+0.0	6		
Men 400 Meter Dash								
NSIC Record: 47.24		R	5/11/2000	Erik Hanson, Minnesota Duluth				
Name	Yr	School	Finals	Points				
Finals								
1	Dawkins, Ty	JR	Msu-Moorhead	48.46		10		
2	Oduong, Ibrahim	SO	Msu-Moorhead	48.47		8		
3	MacLennan, Elliott	FR	Msu-Moorhead	49.38		6		
Men 800 Meter Run								
NSIC Record: 1:50.27		R	5/14/2021	Tanner Maier, Minnesota St				
Name	Yr	School	Finals	Points				
Finals								
1	Maier, Tanner	SO	Minnesota State	1:52.23		10		
2	Fechner, Cole	SR	Minnesota-Duluth	1:52.47		8		
3	Bruer, Braxton	SO	Msu-Moorhead	1:52.82		6		
Men 1500 Meter Run								
NSIC Record: 3:50.12		R	5/11/2014	Henrik Hansson, Augustana				
Name	Yr	School	Finals	Points				
Finals								
1	Johnson, Evan	SR	Augustana (S.D.)	3:51.20		10		
2	Maier, Tanner	SO	Minnesota State	3:52.51		8		
3	Steiger, Matt	JR	Augustana (S.D.)	3:54.52		6		
Men 5000 Meter Run								
NSIC Record: 14:19.51		R	5/15/2021	Nadir Yusuf, MSU-Moorhead				
Name	Yr	School	Finals	Points				
Finals								
1	Hartman, Ryan	FR	Augustana (S.D.)	14:40.06		10		
2	Yusuf, Nadir	SR	Msu-Moorhead	14:49.98		8		
3	Klitzke, Henry	JR	Augustana (S.D.)	14:51.17		6		
Men 10000 Meter Run								
NSIC Record: 29:53.73		R	5/14/2021	Nadir Yusuf, MSU-Moorhead				
Name	Yr	School	Finals	Points				
Finals								
1	Yusuf, Nadir	SR	Msu-Moorhead	31:26.47		10		
2	Klitzke, Henry	JR	Augustana (S.D.)	31:45.11		8		
3	Person, Krav	JR	Augustana (S.D.)	31:51.54		6		
Men 110 Meter Hurdles								
NSIC Record: 13.80		R	2015	Myles Hunter, Minnesota State				
Name	Yr	School	Finals	Wind	Points			
Finals								
1	Lokonobei, Lawrence	SO	Augustana (S.D.)	14.32	0.7	10		
2	Durnin, Nick	JR	Minnesota State	14.52	0.7	8		
3	Schroeder, Luke	FR	Northern State	14.64	0.7	6		
Men 400 Meter Hurdles								
NSIC Record: 51.91		R	5/13/2018	Sydne Davis, Minnesota State				
Name	Yr	School	Finals	Points				
Finals								
1	Schroeder, Luke	FR	Northern State	53.61		10		
2	Durnin, Nick	JR	Minnesota State	53.65		8		
3	Palmquist, Ben	SR	Minnesota-Duluth	55.20		6		
Men 3000 Meter Steeplechase								

NSIC Record: 8:57.74 R 5/11/2019 Austin Pasch, Minnesota St									
Name		Yr	School	Finals			Points		
Finals									
1	Hartman, Ryan	FR	Augustana (S.D.)	9:17.39			10		
2	Stueven, Adnew	SO	Msu-Moorhead	9:19.82			8		
3	Ure, Ray	SO	Minnesota State	9:30.82			6		
Men 4x100 Meter Relay									
NSIC Record: 40.63 R 1998 Minnesota Duluth, Minnesota Duluth									
E Hanson, E Farnum, J Nerison, J Hanson									
Team		Relay	Finals			H		Points	
Finals									
1	Minnesota State	A		41.25			2		10
	1) Clark, Ezekiel FR	2) Nti, Prince SO	3) Sharma, Nicholas SO	4) Attoh, Daniel SO					
2	Msu-Moorhead	A		41.34			2		8
	1) Dawkins, Ty JR	2) Higgs, Shaquiel JR	3) Kemp, Shyrone JR	4) MacLennan, Elliott FR					
Men 4x400 Meter Relay									
NSIC Record: 3:13.09 R 2017 Minnesota State, Minnesota State									
J Schuster, J Suber, I Pitchford, M Dennis									
Team		Relay	Finals			H		Points	
Finals									
1	Msu-Moorhead	A		3:15.95			2		10
	1) Dawkins, Ty JR	2) Joseph, Travis SO	3) MacLennan, Elliott FR	4) Oduong, Ibrahim SO					
2	Minnesota State	A		3:20.11			2		8
	1) Phelps, Josh SR	2) DePrenger, Max SO	3) Atubel, Kenry JR	4) Nesvold, Carter SO					
Men High Jump									
NSIC Record: 2.13m R 1988 Brian Rabenberg, MSU Moorhead									
Name		Yr	School	Finals			Points		
Finals									
1	Cook, Chris	SR	Msu-Moorhead	2.12m	6-11.50		10		
2	Kneifl, Dylan	SO	Wayne State (Neb.)	2.12m	6-11.50		8		
3	Kemp, Shyrone	JR	Msu-Moorhead	2.06m	6-09.00		6		
Men Pole Vault									
NSIC Record: 5.17m R 5/11/2016 Scott Greenman, Sioux Falls									
Name		Yr	School	Finals			Points		
Finals									
1	Dittel, Carson	SO	Minnesota State	5.13m	16-10.00		10		
2	Lindsey, Thomas	SO	Minnesota State	5.08m	16-08.00		8		
3	Quayle, Glen	FR	Northern State	4.98m	16-04.00		6		
Men Long Jump									
NSIC Record: 7.91m R 5/11/2018 Brian Huber, MSU Moorhead									
Name		Yr	School	Finals			Wind	H	Points
Finals									
1	Davis, Astley	SO	U-Mary	7.51m	24-07.75	0.2	3	10	
2	Heald, Slade	FR	Minnesota State	7.42m	24-04.25	1.2	3	8	
3	Woelber, Tyl	JR	Augustana (S.D.)	7.39m	24-03.00	2.8	3	6	
Men Triple Jump									
NSIC Record: 15.95m R 2017 Michael Sandle, Minnesota State									
Name		Yr	School	Finals			Wind	H	Points
Finals									
1	Kemp, Shyrone	JR	Msu-Moorhead	15.00m	49-02.50	3.5	2	10	
2	Woelber, Tyl	JR	Augustana (S.D.)	14.57m	47-09.75	0.2	1	8	
3	Moeller, Logan	FR	Wayne State (Neb.)	14.53m	47-08.00	-2.2	2	6	
Men Shot Put									
NSIC Record: 18.98m R 2013 Chris Reed, Minnesota State									
Name		Yr	School	Finals			H	Points	

Finals

1	Orzolek, Steven	JR	Minnesota State	17.84m	58-06.50	3	10
2	Hiatt, Tyler	FR	Sioux Falls	17.59m	57-08.50	3	8
3	Berg, Tanner	SR	Northern State	16.58m	54-04.75	3	6

Men Discus Throw

NSIC Record: 56.26m R 5/15/2021 Marcus Gustaveson, Concordia-St

Name	Yr	School	Finals	H	Points
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Finals

1	Aguilera, Carter	SO	Minnesota State	55.72m	182-10	3	10
2	Hiatt, Tyler	FR	Sioux Falls	55.13m	180-10	3	8
3	Picazo, CJ	SO	Concordia-St. Paul	51.53m	169-01	3	6

Men Hammer Throw

NSIC Record: 65.81m R 2014 Chris Reed, Minnesota State

Name	Yr	School	Finals	H	Points
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Finals

1	Berg, Tanner	SR	Northern State	64.27m	210-10	3	10
2	Christoffersen, Cole	SR	Wayne State (Neb.)	57.75m	189-06	3	8
3	Mundfrom, Eben	JR	Concordia-St. Paul	55.28m	181-04	3	6

Men Javelin Throw

NSIC Record: 65.86m R 5/11/1992 Jim Anderson, MSU Moorhead

Name	Yr	School	Finals	H	Points
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Finals

1	Wu, Kevin	SR	Minnesota State	62.92m	206-05	2	10
2	Woelber, Tyl	JR	Augustana (S.D.)	59.43m	195-00	2	8
3	Nelson, Leif	SO	Minot State	58.23m	191-00	2	6

Men Decathlon

NSIC Record: 7302 R 5/13/2021 Tyl Woelber, Augustana

Name	Yr	School	Finals	H	Points
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Finals

1	Lilly, Noah	SR	Wayne State (Neb.)	6006			10
2	Brandt, Alex	FR	Wayne State (Neb.)	5878			8
3	Willis, Jackson	FR	Northern State	5742			6