

NCC Indoor Conference Championships - 2/24/2006 to 2/25/2006  
Minnesota State University  
Results

## Men 60 Meter Dash

=====

8 Advance: Top 1 Each Heat plus Next 6 Best Times

NCC Record: # 6.76 2004 Stefan Logan, South Dakota  
6.70 AUTO  
6.90 PROV

Name	Year	School	Seed	Prelims	H#	
=====						
Preliminaries						
1	52	Warren, Roderick	Minnesota St	6.79	# 6.75QPROV	1
2	40	Lawrence, Michael	Minnesota St	6.81	6.87QPROV	2
3	165	Logan, Stefan	South Dakota	6.87	6.86qPROV	1
4	197	Ewing, Kyle	St. Cloud St	6.95	6.90qPROV	2
5	250	Bullock, LaShawn	Um-Duluth	6.91	6.91q	1
6	198	Graham, Michael	St. Cloud St	6.85	6.97q	2
7	151	Artis, Dominic	South Dakota	6.99	7.02q	2
8	196	Coonen, Michael	St. Cloud St	7.08	7.06q	1
9	161	Kittles, Eric	South Dakota	7.11	7.07	1
10	43	Matlock, Melvin	Minnesota St	7.14	7.14	2
11	261	Ott, Brian	Um-Duluth	7.19	7.18	1
12	253	Kjolsing, Daniel	Um-Duluth	7.15	7.18	2
13	166	McCaskill, Jordan	South Dakota	7.17	7.19	1
14	28	Adams, Kevin	Minnesota St		7.26	1
15	207	Onken, Shawn	St. Cloud St	7.35	7.35	2
16	293	Abel, Matt	Augustana	7.75	7.80	2

## Men 60 Meter Dash

=====

NCC Record: # 6.76 2004 Stefan Logan, South Dakota  
6.70 AUTO  
6.90 PROV

Name	Year	School	Prelims	Finals	Points	
=====						
Finals						
1	52	Warren, Rode	Minnesota St	6.75	6.80 PROV	10
2	165	Logan, Stefa	South Dakota	6.86	6.85 PROV	8
3	40	Lawrence, Mi	Minnesota St	6.87	6.87 PROV	6
4	198	Graham, Mich	St. Cloud St	6.97	6.94	5
5	250	Bullock, LaS	Um-Duluth	6.91	6.97	4
6	197	Ewing, Kyle	St. Cloud St	6.90	7.04	3
7	196	Coonen, Mich	St. Cloud St	7.06	7.07	2
8	151	Artis, Domin	South Dakota	7.02	7.12	1

## Men 200 Meter Dash

=====

Top 8 Advance by Time

NCC Record: # 21.41 2005 Michael Lawrence, Minnesota State Mankato  
21.65 AUTO  
22.25 PROV

Name	Year	School	Seed	Prelims	H#	
=====						
Preliminaries						
1	261	Ott, Brian	Um-Duluth	22.17	22.35q	2
2	40	Lawrence, Michael	Minnesota St	21.73	22.42q	1
3	151	Artis, Dominic	South Dakota	22.59	22.47q	1
4	47	Pieper, Nate	Minnesota St	22.81	22.49q	3
5	194	Bader, Steve	St. Cloud St	22.63	22.57q	2
6	161	Kittles, Eric	South Dakota	23.41	22.59q	2
7	167	Oberle, Ben	South Dakota	22.81	22.74q	1
8	250	Bullock, LaShawn	Um-Duluth		22.81q	3
9	152	Coley, David	South Dakota	22.41	22.93	3
10	253	Kjolsing, Daniel	Um-Duluth	22.96	23.09	2
11	196	Coonen, Michael	St. Cloud St	23.60	23.17	1
12	207	Onken, Shawn	St. Cloud St	23.48	23.31	3
13	29	Birkholz, Sam	Minnesota St	23.22	23.35	3
14	36	Elliott, Mike	Minnesota St	23.41	24.62	1

## Men 200 Meter Dash

```

=====
NCC Record: # 21.41 2005      Michael Lawrence, Minnesota State Mankato
                21.65 AUTO
                22.25 PROV
Name            Year School            Prelims      Finals              H# Points
=====
Finals
1    40 Lawrence, Mi      Minnesota St      22.42      21.59 AUTO         2    10
2    151 Artis, Domin    South Dakota     22.47      22.36              2     8
3    261 Ott, Brian      Um-Duluth       22.35      22.42              2     6
4    194 Bader, Steve    St. Cloud St    22.57      22.59              1     5
5    47 Pieper, Nate     Minnesota St     22.49      22.70              2     4
6    167 Oberle, Ben     South Dakota     22.74      22.71              1     3
7    161 Kittles, Eri    South Dakota     22.59      22.85              1     2
=====

```

## Men 1 Mile Run

```

=====
NCC Record: # 4:06.53 2004      Brad Lowery, South Dakota State
                4:08.30 AUTO
                4:16.30 PROV
Name            Year School            Seed          Finals              Points
=====
1    38 Fiksdal, Sco      Minnesota St      4:08.53      4:16.14 PROV        10
2    296 Baltrusch, L    Augustana        4:10.10      4:18.25              8
3    294 Backsen, Cha    Augustana        4:20.16      4:20.30              6
4    172 Seier, Nate     South Dakota     4:20.64      4:21.16              5
5    51 Stoltman, Jo     Minnesota St     4:21.12      4:22.14              4
6    37 Fier, Dustin     Minnesota St     4:21.27      4:24.41              3
7    39 Krajsa, Jame     Minnesota St     4:19.60      4:24.81              2
8    248 Bjorhus, Tyl    Um-Duluth       4:26.38      4:29.70              1
9    112 Nordlund, Na    North Dakota     4:32.64      4:30.42
10   110 Mahoney, Pat    North Dakota     4:38.44      4:40.44
11   107 Jones, Jerem    North Dakota     4:39.63      4:41.35
=====

```

## Men 400 Meter Run

```

=====
Top 8 Advance by Time
NCC Record: # 47.67 1983      Jeff Gross, Augustana
                48.00 AUTO
                49.50 PROV
Name            Year School            Seed          Prelims              H#
=====
Preliminaries
1    298 Guetter, Luke   Augustana        50.16        50.23q              4
2    204 Lazer, Jared   St. Cloud St    49.55        50.35q              2
3    36 Elliott, Mike   Minnesota St     50.75        50.82q              2
4    194 Bader, Steve   St. Cloud St    51.18        50.94q              2
5    105 Hehling, Corey North Dakota     50.08        51.16q              3
6    252 Jacobsen, Dennis Um-Duluth       50.94        51.31q              3
7    29 Birkholz, Sam    Minnesota St     50.94        51.39q              4
8    167 Oberle, Ben    South Dakota     50.38        51.51q              1
9    210 Queck, David   St. Cloud St    51.96        51.94              1
10   200 Johnson, Sam    St. Cloud St    52.41        52.10              3
11   264 Primmer, Phil   Um-Duluth       51.65        52.32              3
12   152 Coley, David    South Dakota     51.72        53.47              4
13   171 Seagren, Jeff   South Dakota     55.28              4
--   268 Ubbelohde, Dave Um-Duluth       51.11        FS                  1
--   47 Pieper, Nate    Minnesota St     49.31        DNF                 1
=====

```

## Men 400 Meter Run

```

=====
NCC Record: # 47.67 1983      Jeff Gross, Augustana
                48.00 AUTO
                49.50 PROV
Name            Year School            Prelims      Finals              H# Points
=====
Finals
1    204 Lazer, Jared   St. Cloud St    50.35        50.20              2    10
2    167 Oberle, Ben    South Dakota     51.51        50.29              1     8
3    105 Hehling, Cor   North Dakota     51.16        50.33              1     6
=====

```

4	298	Guetter, Luk	Augustana	50.23	50.34	2	5
5	252	Jacobsen, De	Um-Duluth	51.31	50.67	1	4
6	194	Bader, Steve	St. Cloud St	50.94	50.83	2	3
7	29	Birkholz, Sa	Minnesota St	51.39	50.87	1	2
8	36	Elliott, Mik	Minnesota St	50.82	51.18	2	1

Men 500 Meter Run

=====  
 Top 8 Advance by Time  
 NCC Record: # 1:02.82 2000 Aaron Dewald, North Dakota State  
 Name Year School Seed Prelims H#

=====  
 Preliminaries

1	160	Jeffery, Josh	South Dakota		1:06.47q	3
2	212	Schmitt, Adam	St. Cloud St	1:07.30	1:06.89q	2
3	155	Erling, Chad	South Dakota	1:07.45	1:07.02q	3
4	31	Bowser, Bill	Minnesota St	1:05.84	1:07.03q	1
5	97	Cory, Zack	North Dakota	1:08.08	1:07.34q	3
6	254	Klopp, Pete	Um-Duluth	1:08.15	1:07.34q	1
7	103	Green, Zach	North Dakota	1:07.46	1:07.47q	1
8	33	DeMarais, Nick	Minnesota St	1:07.77	1:07.80q	2
9	262	Parno, Chris	Um-Duluth	1:11.22	1:09.30	3
10	257	Marschel, John	Um-Duluth		1:09.43	2
11	205	Manly, David	St. Cloud St	1:09.25	1:11.02	2
12	195	Colwell, Bob	St. Cloud St		1:12.88	1

Men 500 Meter Run

=====  
 NCC Record: # 1:02.82 2000 Aaron Dewald, North Dakota State  
 Name Year School Prelims Finals H# Points

=====  
 Finals

1	31	Bowser, Bill	Minnesota St	1:07.03	1:05.83	2	10
2	160	Jeffery, Josh	South Dakota	1:06.47	1:05.91	2	8
3	33	DeMarais, Nick	Minnesota St	1:07.80	1:06.80	1	6
4	254	Klopp, Pete	Um-Duluth	1:07.34	1:06.95	1	5
5	103	Green, Zach	North Dakota	1:07.47	1:06.97	1	4
6	155	Erling, Chad	South Dakota	1:07.02	1:07.05	2	3
7	212	Schmitt, Adam	St. Cloud St	1:06.89	1:07.47	2	2
8	97	Cory, Zack	North Dakota	1:07.34	1:09.26	1	1

Men 800 Meter Run

=====  
 8 Advance: Top 2 Each Heat plus Next 4 Best Times  
 NCC Record: # 1:50.88 1995 Tim Dow, Augustana  
 1:51.30 AUTO  
 1:54.50 PROV

Name Year School Seed Prelims H#

=====  
 Preliminaries

1	41	Lehmann, Pat	Minnesota St	1:52.43	2:04.71Q	1
2	158	Hargens, Scott	South Dakota	1:54.62	2:06.48Q	2
3	251	Clementson, Jared	Um-Duluth	1:55.67	2:06.42Q	1
4	114	Sailer, Matt	North Dakota	1:55.42	2:06.89Q	2
5	159	Hegge, Joe	South Dakota	1:57.62	2:06.60q	1
6	255	Koepke, Paul	Um-Duluth	2:00.11	2:07.23q	2
7	259	Mayer, Marc	Um-Duluth	2:00.54	2:07.28q	2
8	209	Perdersen, Lucas	St. Cloud St	2:12.69	2:14.16q	1
9	173	Shubeck, John	South Dakota		2:15.37	2
10	206	Moes, Tim	St. Cloud St	2:13.30	2:15.48	1

Men 800 Meter Run

=====  
 NCC Record: # 1:50.88 1995 Tim Dow, Augustana  
 1:51.30 AUTO  
 1:54.50 PROV

Name Year School Prelims Finals Points

=====  
 Finals

1	41	Lehmann, Pat	Minnesota St	2:04.71	1:52.31 PROV	10
2	158	Hargens, Sco	South Dakota	2:06.48	1:53.67 PROV	8

3	251 Clementson,	Um-Duluth	2:06.42	1:54.37	PROV	6
4	114 Sailer, Matt	North Dakota	2:06.89	1:56.22		5
5	159 Hegge, Joe	South Dakota	2:06.60	1:58.44		4
6	259 Mayer, Marc	Um-Duluth	2:07.28	1:59.50		3
7	255 Koepke, Paul	Um-Duluth	2:07.23	2:00.18		2
8	209 Perdersen, L	St. Cloud St	2:14.16	2:11.06		1

## Men 1000 Meter Run

8 Advance: Top 2 Each Heat plus Next 4 Best Times

NCC Record: # 2:25.13 2004 Pat Lehman, Minnesota State Mankato

Name	Year	School	Seed	Prelims
Preliminaries				
1	160	Jeffery, Josh	South Dakota	2:35.90Q
2	38	Fiksdal, Scott	Minnesota St	2:27.55
3	39	Krajisa, James	Minnesota St	2:31.47
4	294	Backsen, Chad	Augustana	2:34.46
5	102	Gilson, Skip	North Dakota	2:36.45
6	172	Seier, Nate	South Dakota	2:36.56
7	247	Anderson, Sam	Um-Duluth	2:34.12
8	51	Stoltman, Jon	Minnesota St	2:34.64
9	266	Salay, Nick	Um-Duluth	2:36.58
10	256	Kramer, Mike	Um-Duluth	2:40.59
11	203	Koetter, Matt	St. Cloud St	2:59.60

## Men 1000 Meter Run

NCC Record: # 2:25.13 2004 Pat Lehman, Minnesota State Mankato

Name	Year	School	Prelims	Finals	Points	
Finals						
1	38	Fiksdal, Scott	Minnesota St	2:38.79	2:29.76	10
2	247	Anderson, Sam	Um-Duluth	2:36.59	2:31.23	8
3	39	Krajisa, James	Minnesota St	2:36.24	2:32.29	6
4	51	Stoltman, Jon	Minnesota St	2:39.16	2:32.97	5
5	294	Backsen, Chad	Augustana	2:38.86	2:33.29	4
6	160	Jeffery, Josh	South Dakota	2:35.90	2:33.41	3
7	172	Seier, Nate	South Dakota	2:36.45	2:33.66	2
8	102	Gilson, Skip	North Dakota	2:36.30	2:34.89	1

## Men 3000 Meter Run

NCC Record: # 8:28.02 1979 Mike Bills, South Dakota State

Name	Year	School	Seed	Finals	Points	
1	296	Baltrusch, Luke	Augustana	8:25.67	8:38.54	10
2	45	Merkel, Jesse	Minnesota St	8:30.40	8:46.66	8
3	49	Ristau, Dan	Minnesota St	8:48.88	8:49.75	6
4	42	Lemiso, Stephen	Minnesota St	8:47.10	8:49.81	5
5	154	DeWald, Matt	South Dakota	8:49.78	8:51.26	4
6	116	Spitsberg, Richie	North Dakota	8:58.73	8:52.67	3
7	263	Polski, Brian	Um-Duluth	8:49.37	8:53.02	2
8	301	Johnson, Bart	Augustana	8:55.52	8:53.96	1
9	260	Olson, Neil	Um-Duluth	8:54.75	8:57.58	
10	300	Ihry, Rob	Augustana	9:02.55	9:00.38	
11	37	Fier, Dustin	Minnesota St		9:01.57	
12	249	Bjorhus, Jordan	Um-Duluth	9:00.20	9:02.87	
13	305	Petrich, Nathaniel	Augustana	9:07.91	9:06.91	
14	201	Johnson, Ted	St. Cloud St	9:17.78	9:10.59	
15	246	Anderson, Nate	Um-Duluth	9:02.28	9:28.49	

## Men 5000 Meter Run

NCC Record: # 14:24.54 1985 Kurt Threinen, St. Cloud State

14:17.20 AUTO  
14:55.20 PROV

Name	Year	School	Seed	Finals	Points	
1	296	Baltrusch, L	Augustana	14:44.41	14:51.71	10
2	45	Merkel, Jess	Minnesota St	14:48.38	14:59.20	8

3	175 Turgeon, Ton	South Dakota	15:03.72	15:15.27	6
4	42 Lemiso, Step	Minnesota St	15:28.12	15:18.77	5
5	49 Ristau, Dan	Minnesota St	15:22.64	15:23.50	4
6	116 Spitsberg, R	North Dakota	15:41.50	15:27.47	3
7	154 DeWald, Matt	South Dakota		15:34.53	2
8	300 Ihry, Rob	Augustana	15:52.76	15:38.30	1
9	260 Olson, Neil	Um-Duluth	15:30.54	15:42.75	
10	263 Polski, Bria	Um-Duluth	15:29.26	15:53.38	
11	295 Bahnson, Gra	Augustana	16:31.86	16:12.54	
12	246 Anderson, Na	Um-Duluth	16:09.53	16:35.97	

## Men 60 Meter Hurdles

8 Advance: Top 1 Each Heat plus Next 6 Best Times

NCC Record: # 8.00 2004 Adrian Stuart, Minnesota State Mankato  
 7.93 AUTO  
 8.24 PROV

Name	Year School	Seed	Prelims	H#	
Preliminaries					
1	164 Liggins, Terry	South Dakota	8.02	8.10QPROV	2
2	117 Stoltz, Tyler	North Dakota	8.28	8.38Q	1
3	48 Rasmussen, Josh	Minnesota St	8.41	8.66q	1
4	269 Urtel, Seth	Um-Duluth	8.46	8.66q	2
5	204 Lazer, Jared	St. Cloud St	8.52	8.68q	1
6	202 Koch, Ryan	St. Cloud St	8.64	8.71q	1
7	265 Randall, Forrest	Um-Duluth	8.48	8.73q	2
8	119 Yates, Brandon	North Dakota	8.79	8.99q	2
9	195 Colwell, Bob	St. Cloud St	9.08	9.08	1
10	199 Held, Ben	St. Cloud St	8.98	9.26	2
11	307 Steenholdt, Jake	Augustana	9.02	9.35	1
12	99 Delmore, Patrick	North Dakota	9.26	9.43	2

## Men 60 Meter Hurdles

NCC Record: # 8.00 2004 Adrian Stuart, Minnesota State Mankato  
 7.93 AUTO  
 8.24 PROV

Name	Year School	Prelims	Finals	Points	
Finals					
1	164 Liggins, Ter	South Dakota	8.10	8.08 PROV	10
2	117 Stoltz, Tyle	North Dakota	8.38	8.39	8
3	265 Randall, For	Um-Duluth	8.73	8.57	6
4	48 Rasmussen, J	Minnesota St	8.66	8.58	5
5	202 Koch, Ryan	St. Cloud St	8.71	8.72	4
6	269 Urtel, Seth	Um-Duluth	8.66	8.74	3
7	119 Yates, Brand	North Dakota	8.99	8.84	2
8	204 Lazer, Jared	St. Cloud St	8.68	9.04	1

## Men 4x400 Meter Relay

NCC Record: # 3:16.70 2002 , North Dakota State  
 Aakre, Wolbaum, Moen, Johnson  
 3:13.60 AUTO  
 3:20.10 PROV

School	Seed	Finals	Points
1 Minnesota State	3:17.88	3:20.51	10
2 South Dakota	3:20.66	3:21.10	8
3 Um-Duluth	3:22.50	3:21.78	6
4 St. Cloud State	3:22.08	3:24.07	5
5 North Dakota	3:24.92	3:28.34	4
6 Augustana	3:31.39	3:35.47	3

## Men Distance Medley

NCC Record: # 10:07.37 2005 , South Dakota  
 Wetering, Erling, Jeffery, Turgeon  
 9:58.40 AUTO  
 10:17.40 PROV

School	Seed	Finals	Points
1 Minnesota State	9:55.53	10:32.08	10
2 South Dakota	10:04.76	10:34.24	8
3 Augustana	11:42.22	10:38.79	6
4 Um-Duluth	10:48.67	10:40.25	5
5 North Dakota	10:46.73	10:57.57	4
6 St. Cloud State	10:54.07	11:44.32	3

## Men High Jump

Name	Year	School	Seed	Finals	Points
NCC Record: # 7-01.75 1988 Mike Fairchild, Minnesota State Mankato					
7-01.00 AUTO					
6-08.50 PROV					
1	34	Dilling, Jim	Minnesota St	2.24m	7-04.00#AUTO 2.23m 10
2	30	Blaeser, Ben	Minnesota St	2.05m	6-10.50 PROV 2.09m 8
3	46	Olson, Phill	Minnesota St	2.03m	6-06.50 1.99m 6
4	50	Robertson, J	Minnesota St	2.05m	6-06.50 1.99m 5
5	208	Pearson, Bry	St. Cloud St	1.99m	6-04.50 1.94m 4
6	299	Haugland, De	Augustana	1.93m	6-04.50 1.94m 3
7	171	Seagren, Jef	South Dakota	1.88m	6-00.50 1.84m 2
--	164	Liggins, Ter	South Dakota	1.98m	NH
--	267	Sydejko, Jas	Um-Duluth	1.99m	NH
--	203	Koetter, Mat	St. Cloud St	1.80m	NH

## Men Pole Vault

Name	Year	School	Seed	Finals	Points
NCC Record: # 17-04 1997 Dustin DeRosier, St. Cloud State					
5.10m AUTO					
4.71m PROV					
1	168	Pribyl, Sam	South Dakota	5.21m	5.10m AUTO 16-08.75 10
2	44	Mauch, Ben	Minnesota St	4.88m	4.78m PROV 15-08.25 8
3	96	Carlson, Cla	North Dakota	4.64m	4.63m 15-02.25 6
4	169	Rotert, Matt	South Dakota	4.50m	4.33m 14-02.50 5
5	115	Schroeder, J	North Dakota	4.22m	4.18m 13-08.50 3.5
5	106	Johnson, Eri	North Dakota	4.41m	4.18m 13-08.50 3.5
7	100	Fashant, Ste	North Dakota	4.11m	4.18m 13-08.50 2
8	170	Rust, Tim	South Dakota	4.60m	4.18m 13-08.50.333333
8	202	Koch, Ryan	St. Cloud St	4.19m	4.18m 13-08.50.333333
8	309	Nygren, Erik	Um-Duluth	4.10m	4.18m 13-08.50.333333
11	173	Shubeck, Joh	South Dakota	3.70m	4.03m 13-02.50
--	211	Scepaniak, B	St. Cloud St		NH
--	304	Paulson, Mar	Augustana	3.81m	NH

## Men Long Jump

Name	Year	School	Seed	Finals	Points
NCC Record: # 25-08.75 1982 Ed Stuart, Minnesota State Mankato					
7.62m AUTO					
7.05m PROV					
1	43	Matlock, Mel	Minnesota St	6.85m	7.25m PROV 23-09.50 10
2	197	Ewing, Kyle	St. Cloud St	6.72m	7.21m PROV 23-08.00 8
3	117	Stoltz, Tyle	North Dakota	7.10m	7.07m PROV 23-02.50 6
4	250	Bullock, LaS	Um-Duluth	6.75m	6.98m 22-11.00 5
5	202	Koch, Ryan	St. Cloud St	6.55m	6.77m 22-02.50 4
6	153	Davis, Jorda	South Dakota	6.84m	6.76m 22-02.25 3
7	32	Colvin, Nick	Minnesota St	6.93m	6.76m 22-02.25 2
8	48	Rasmussen, J	Minnesota St	6.77m	6.61m 21-08.25 1
9	50	Robertson, J	Minnesota St	7.27m	6.61m 21-08.25
10	157	Haines, Colt	South Dakota	6.93m	6.43m 21-01.25
11	108	Josephson, D	North Dakota	6.50m	6.37m 20-10.75
12	265	Randall, For	Um-Duluth	6.66m	6.25m 20-06.25
13	208	Pearson, Bry	St. Cloud St		6.20m 20-04.25
14	162	Liddell, Jay	South Dakota		6.14m 20-01.75
15	212	Schmitt, Ada	St. Cloud St	6.48m	6.04m 19-09.75
--	306	Prairie, Bry	Augustana	6.40m	ND

## Men Triple Jump

```

=====
NCC Record: # 51-10.50 1998 Steve Gordon, South Dakota
                15.70m AUTO
                14.25m PROV
Name           Year School           Seed      Finals           Points
=====
1   157 Haines, Colt      South Dakota      14.46m      13.97m      45-10.00    10
2   43 Matlock, Mel      Minnesota St      13.91m      13.91m      45-07.75     8
3   113 Rygh, Dave       North Dakota      13.98m      13.64m      44-09.00     6
4   46 Olson, Phill      Minnesota St      14.04m      13.63m      44-08.75     5
5   153 Davis, Jorda     South Dakota      13.43m      13.43m      44-00.75     4
6   118 Sundquist, G     North Dakota      13.24m      13.23m      43-05.00     3
7   202 Koch, Ryan       St. Cloud St     12.42m      13.05m      42-09.75     2
8   204 Lazer, Jared     St. Cloud St     12.92m      12.92m      42-04.75     1
9   250 Bullock, LaS     Um-Duluth        13.34m      12.90m      42-04.00     1
10  303 Martin, Jere     Augustana        12.20m      12.52m      41-01.00     1
11  108 Josephson, D     North Dakota     12.23m      12.49m      40-11.75     1
--   28 Adams, Kevin     Minnesota St     13.51m      ND
=====

```

## Men Shot Put

```

=====
NCC Record: # 58-11 1986 Dave Levos, North Dakota
                17.68m AUTO
                15.85m PROV
Name           Year School           Seed      Finals           Points
=====
1   258 Martinsen, J     Um-Duluth        16.18m      15.81m      51-10.50    10
2   35 Dircks, Joel      Minnesota St     15.38m      14.95m      49-00.75     8
3   156 Hagemann, Ni     South Dakota     15.01m      14.88m      48-10.00     6
4   214 Wolfram, Aar     St. Cloud St    14.72m      14.54m      47-08.50     5
5   111 Moe, Erik        North Dakota     14.19m      13.97m      45-10.00     4
6   104 Haugan, Josh     North Dakota     13.84m      13.58m      44-06.75     3
7   308 Sweets, John     Augustana        12.67m      13.40m      43-11.75     2
8   163 Liebl, Mark      South Dakota     13.01m      12.90m      42-04.00     1
9   32 Colvin, Nick      Minnesota St     13.63m      12.82m      42-00.75     1
10  109 Kjos, Rusty      North Dakota     12.23m      12.37m      40-07.00     1
=====

```

## Men Weight Throw

```

=====
NCC Record: # 63-10.50 1998 John McEwen, Morningside
                19.50m AUTO
                16.80m PROV
Name           Year School           Seed      Finals           Points
=====
1   174 Tolsma, Dan      South Dakota     17.64m      17.97m PROV   58-11.50    10
2   156 Hagemann, Ni     South Dakota     18.02m      17.79m PROV   58-04.50     8
3   214 Wolfram, Aar     St. Cloud St    17.20m      17.10m PROV   56-01.25     6
4   104 Haugan, Josh     North Dakota     16.68m      15.83m      51-11.25     5
5   101 Fick, Matt       North Dakota     15.08m      14.81m      48-07.25     4
6   258 Martinsen, J     Um-Duluth        15.60m      14.53m      47-08.00     3
7   111 Moe, Erik        North Dakota     14.11m      14.14m      46-04.75     2
8   163 Liebl, Mark      South Dakota     14.60m      13.76m      45-01.75     1
9   109 Kjos, Rusty      North Dakota     12.92m      12.77m      41-10.75     1
=====

```

## Men Indoor Pentathlon

```

=====
NCC Record: # 3994 2004 Nathan Schmidt, North Dakota State
Name           Year School           Seed      Finals   Points
=====
1   48 Rasmussen, Josh   Minnesota St           3840     10
2   202 Koch, Ryan       St. Cloud St           3672     8
3   32 Colvin, Nick      Minnesota St           3493     6
4   164 Liggins, Terry   South Dakota           3436     5
5   171 Seagren, Jeff    South Dakota           3201     4
6   30 Blaeser, Ben     Minnesota St           3162     3
7   119 Yates, Brandon  North Dakota           2986     2
8   173 Shubeck, John    South Dakota           2900     1
9   99 Delmore, Patrick  North Dakota           2824
=====

```

## Indoor Pentathlon: #5 Men 1000 Meter Run Indoor Pentathlon

Name	Year	School	Finals	Points
1	202	Koch, Ryan	St. Cloud St	2:48.60 780
2	171	Seagren, Jeff	South Dakota	2:48.84 778
3	48	Rasmussen, Josh	Minnesota St	2:50.12 764
4	173	Shubeck, John	South Dakota	3:01.41 650
5	164	Liggins, Terry	South Dakota	3:01.42 650
6	99	Delmore, Patrick	North Dakota	3:01.80 647
7	32	Colvin, Nick	Minnesota St	3:07.12 596
8	30	Blaeser, Ben	Minnesota St	3:07.12 596
9	119	Yates, Brandon	North Dakota	3:11.55 556

## Indoor Pentathlon: #1 Men 60 Meter Hurdles Indoor Pentathlon

Name	Year	School	Finals	H#	Points
1	164	Liggins, Terry	South Dakota	8.17	3 939
2	48	Rasmussen, Josh	Minnesota St	8.54	3 851
3	202	Koch, Ryan	St. Cloud St	8.82	1 786
4	119	Yates, Brandon	North Dakota	8.86	2 777
5	30	Blaeser, Ben	Minnesota St	9.15	1 713
6	32	Colvin, Nick	Minnesota St	9.21	2 700
7	99	Delmore, Patrick	North Dakota	9.42	2 656
8	173	Shubeck, John	South Dakota	9.44	1 652
9	171	Seagren, Jeff	South Dakota	9.44	3 652

## Indoor Pentathlon: #3 Men High Jump Indoor Pentathlon

Name	Year	School	Finals	Points
1	48	Rasmussen, Josh	Minnesota St	2.02m 6-07.50 822
1	30	Blaeser, Ben	Minnesota St	2.02m 6-07.50 822
3	202	Koch, Ryan	St. Cloud St	1.93m 6-04.00 740
3	164	Liggins, Terry	South Dakota	1.93m 6-04.00 740
3	32	Colvin, Nick	Minnesota St	1.93m 6-04.00 740
6	171	Seagren, Jeff	South Dakota	1.87m 6-01.50 687
7	119	Yates, Brandon	North Dakota	1.78m 5-10.00 610
7	173	Shubeck, John	South Dakota	1.78m 5-10.00 610
9	99	Delmore, Patrick	North Dakota	1.63m 5-04.25 488

## Indoor Pentathlon: #4 Men Long Jump Indoor Pentathlon

Name	Year	School	Finals	Points
1	32	Colvin, Nick	Minnesota St	6.82m 22-04.50 771
2	48	Rasmussen, Josh	Minnesota St	6.78m 22-03.00 762
3	202	Koch, Ryan	St. Cloud St	6.70m 21-11.75 743
4	164	Liggins, Terry	South Dakota	6.22m 20-05.00 635
5	30	Blaeser, Ben	Minnesota St	6.06m 19-10.75 600
6	119	Yates, Brandon	North Dakota	5.93m 19-05.50 571
7	171	Seagren, Jeff	South Dakota	5.90m 19-04.25 565
8	173	Shubeck, John	South Dakota	5.73m 18-09.75 529
9	99	Delmore, Patrick	North Dakota	5.54m 18-02.25 490

## Indoor Pentathlon: #2 Men Shot Put Indoor Pentathlon

Name	Year	School	Finals	Points
1	32	Colvin, Nick	Minnesota St	13.30m 43-07.75 686
2	48	Rasmussen, Josh	Minnesota St	12.57m 41-03.00 641
3	202	Koch, Ryan	St. Cloud St	12.28m 40-03.50 623
4	99	Delmore, Patrick	North Dakota	10.96m 35-11.50 543
5	171	Seagren, Jeff	South Dakota	10.55m 34-07.50 519
6	119	Yates, Brandon	North Dakota	9.78m 32-01.00 472
6	164	Liggins, Terry	South Dakota	9.78m 32-01.00 472
8	173	Shubeck, John	South Dakota	9.56m 31-04.50 459
9	30	Blaeser, Ben	Minnesota St	9.08m 29-09.50 431

Men - Team Rankings - 19 Events Scored

```
=====
```

1) Minnesota State	250	2) South Dakota	171.33
3) North Dakota	91	4) St. Cloud State	82.33
5) UM-Duluth	79.33	6) Augustana	59

NCC Indoor Conference Championships - 2/24/2006 to 2/25/2006  
Minnesota State University  
Results

Women 60 Meter Dash

8 Advance: Top 1 Each Heat plus Next 5 Best Times

NCC Record: # 7.66 2002 Carly Lambert, Nebraska Omaha  
7.48 AUTO  
7.76 PROV

Name	Year	School	Seed	Prelims	H#	
<b>Preliminaries</b>						
1	67	Monger, Laverne	Nebraska - 0	7.66	7.67QPROV	2
2	54	Belling, molly	Nebraska - 0	7.61	7.69QPROV	1
3	65	Mankinde, Foluso	Nebraska - 0	7.97	7.84Q	3
4	16	Saunders, Jernise	Minnesota St	7.82	7.78q	1
5	13	Meurer, Josey	Minnesota St	7.81	7.82q	2
6	127	Filler, Jenessa	South Dakota	7.86	7.85q	1
7	138	Muellenberg, Heidi	South Dakota	7.78	7.85q	3
8	120	Adamson, Amanda	South Dakota	7.81	7.90q	3
9	232	Knudson, Amy	Um-Duluth	7.89	8.01	2
10	53	Akerly, Debbie	Nebraska - 0	7.97	8.06	2
11	191	Tan, Mikha	St. Cloud St	7.95	8.07	3
12	27	Wieser, Jackie	Minnesota St	8.18	8.07	2
13	239	Price, Becca	Um-Duluth	8.03	8.14	1
14	274	Carr, Jaci	Augustana	8.14	8.17	2
15	292	White, Kayla	Augustana	8.28	8.30	1
16	189	Schueler, Amber	St. Cloud St	8.15	8.32	3
17	227	Haak, Kristen	Um-Duluth	8.15	8.33	3
18	222	Flavin, Jenny	Um-Duluth	8.53	8.54	1
19	272	Buyske, Jen	Augustana	8.93	8.98	2
20	9	Joas, Lindsay	Minnesota St	8.04	10.13	1

Women 60 Meter Dash

NCC Record: # 7.66 2002 Carly Lambert, Nebraska Omaha  
7.48 AUTO  
7.76 PROV

Name	Year	School	Prelims	Finals	Points	
<b>Finals</b>						
1	67	Monger, Lave	Nebraska - 0	7.67	7.64#PROV	10
2	54	Belling, mol	Nebraska - 0	7.69	7.74 PROV	8
3	138	Muellenberg,	South Dakota	7.85	7.75 PROV	6
4	16	Saunders, Je	Minnesota St	7.78	7.79	5
5	120	Adamson, Ama	South Dakota	7.90	7.90	4
6	65	Mankinde, Fo	Nebraska - 0	7.84	7.90	3
7	13	Meurer, Jose	Minnesota St	7.82	7.94	2
8	127	Filler, Jene	South Dakota	7.85	7.95	1

Women 200 Meter Dash

Top 8 Advance by Time

NCC Record: # 24.30 1999 Tammy Wigley, North Dakota State  
24.70 AUTO  
25.50 PROV

Name	Year	School	Seed	Prelims	H#	
<b>Preliminaries</b>						
1	67	Monger, Laverne	Nebraska - 0	24.86	24.86qPROV	1
2	128	Gebhart, Steph	South Dakota	25.13	25.00qPROV	3
3	54	Belling, molly	Nebraska - 0	24.99	25.00qPROV	2
4	13	Meurer, Josey	Minnesota St	25.39	25.19qPROV	1
5	16	Saunders, Jernise	Minnesota St	25.85	25.33qPROV	3
6	138	Muellenberg, Heidi	South Dakota	25.28	25.42qPROV	4
7	127	Filler, Jenessa	South Dakota	25.96	25.65q	4
8	57	Clarkson, Karin	Nebraska - 0	25.81	25.65q	2
9	8	Henkels, Kelly	Minnesota St	26.32	25.88	2
10	144	Smith, Allison	South Dakota	26.25	26.14	1
11	3	Deleon, Melody	Minnesota St	26.55	26.44	4

12	232	Knudson, Amy	Um-Duluth	26.50	26.44	3
13	62	Hughes, Becky	Nebraska - O	26.65	26.53	1
14	227	Haak, Kristen	Um-Duluth	26.93	26.89	3
15	274	Carr, Jaci	Augustana	26.86	27.17	2
16	239	Price, Becca	Um-Duluth	27.46	27.30	1
17	189	Schueler, Amber	St. Cloud St	27.48	27.62	2
18	216	Beilke, Megan	Um-Duluth		27.84	3
19	292	White, Kayla	Augustana	27.26	27.91	4

## Women 200 Meter Dash

=====						
NCC Record: # 24.30 1999 Tammy Wigley, North Dakota State						
24.70 AUTO						
25.50 PROV						
Name	Year	School	Prelims	Finals	H#	Points
=====						
Finals						
1	67	Monger, Lave	Nebraska - O	24.86	24.80 PROV	2 10
2	128	Gebhart, Ste	South Dakota	25.00	24.92 PROV	2 8
3	138	Muellenberg,	South Dakota	25.42	25.28 PROV	1 6
4	13	Meurer, Jose	Minnesota St	25.19	25.28 PROV	2 5
5	16	Saunders, Je	Minnesota St	25.33	25.37 PROV	1 4
6	57	Clarkson, Ka	Nebraska - O	25.65	25.64	1 3
7	127	Filler, Jene	South Dakota	25.65	25.70	1 2
8	54	Belling, mol	Nebraska - O	25.00	25.70	2 1

## Women 1 Mile Run

=====						
NCC Record: # 4:57.02 1999 Tina Fenske, South Dakota						
4:52.60 AUTO						
5:05.60 PROV						
Name	Year	School	Seed	Finals	Points	
=====						
1	140	Nielsen, Aim	South Dakota	5:00.94	5:02.14 PROV	10
2	94	Sackett, Ver	North Dakota	5:03.97	5:03.73 PROV	8
3	73	Zeisler, Sar	Nebraska - O	5:05.71	5:05.13 PROV	6
4	132	Keating, Kay	South Dakota	5:10.46	5:06.30	5
5	74	Aune, Renee	North Dakota	5:12.21	5:07.14	4
6	290	Stangler, Ra	Augustana	5:09.76	5:07.98	3
7	80	Duerre, Rach	North Dakota	5:09.63	5:09.28	2
8	126	Dunlop, Lexi	South Dakota	5:16.50	5:14.46	1
9	280	Kelly, Maire	Augustana	5:18.12	5:17.69	
10	66	Mertes, Kell	Nebraska - O	5:09.99	5:18.25	
11	281	Nickolas, Da	Augustana	5:18.16	5:21.52	
12	275	Cartmill, La	Augustana	5:50.07	5:53.71	
13	5	Gemberling,	Minnesota St		6:03.45	

## Women 400 Meter Run

=====						
Top 8 Advance by Time						
NCC Record: # 55.03 2001 Sara Deckert, South Dakota						
55.60 AUTO						
57.80 PROV						
Name	Year	School	Seed	Prelims	H#	
=====						
Preliminaries						
1	57	Clarkson, Karin	Nebraska - O	57.11	56.72qPROV	2
2	128	Gebhart, Steph	South Dakota	55.71	57.11qPROV	1
3	8	Henkels, Kelly	Minnesota St	58.18	57.50qPROV	1
4	62	Hughes, Becky	Nebraska - O	58.28	58.16q	3
5	13	Meurer, Josey	Minnesota St	58.21	58.56q	2
6	64	Lane, Lisa	Nebraska - O	58.16	58.93q	3
7	6	Goesch, Jenny	Minnesota St	58.75	59.04q	1
8	144	Smith, Allison	South Dakota	59.01	59.43q	2
9	216	Beilke, Megan	Um-Duluth	1:00.45	1:01.49	3
10	27	Wieser, Jackie	Minnesota St	1:02.29	1:01.49	2
11	76	Boger, Jessica	North Dakota	1:00.79	1:01.57	1
12	222	Flavin, Jenny	Um-Duluth	1:03.15	1:02.50	1

## Women 400 Meter Run

=====

NCC Record: # 55.03 2001 Sara Deckert, South Dakota  
 55.60 AUTO  
 57.80 PROV

Name	Year School	Prelims	Finals	H#	Points
=====					
Finals					
1	128 Gebhart, Ste	South Dakota	57.11	55.43 AUTO	2 10
2	57 Clarkson, Ka	Nebraska - O	56.72	56.60 PROV	2 8
3	8 Henkels, Kel	Minnesota St	57.50	58.04	2 6
4	62 Hughes, Beck	Nebraska - O	58.16	58.41	2 5
5	64 Lane, Lisa	Nebraska - O	58.93	58.65	1 4
6	6 Goesch, Jenn	Minnesota St	59.04	58.81	1 3
7	144 Smith, Allis	South Dakota	59.43	59.25	1 2
8	13 Meurer, Jose	Minnesota St	58.56	59.96	1 1

Women 500 Meter Run

Top 8 Advance by Time

NCC Record: # 1:12.97 2004 Kinsey Coles, North Dakota State

Name	Year School	Seed	Prelims	H#
=====				
Preliminaries				
1	141 Reifenrath, Meghan	South Dakota	1:16.65	1:16.33q 2
2	68 Orzylowski, Magda	Nebraska - O	1:18.83	1:16.75q 4
3	145 Smith, Kiki	South Dakota	1:16.56	1:17.84q 1
4	241 Stangl, Greta	Um-Duluth	1:19.33	1:17.86q 2
5	63 Kampschieder, Ange	Nebraska - O	1:19.39	1:18.60q 3
6	284 Reagles, Kristy	Augustana	1:18.84	1:19.08q 1
7	233 Kok, Rebekah	Um-Duluth	1:18.79	1:19.37q 3
8	221 Demulling, Hannah	Um-Duluth	1:21.43	1:19.68q 2
9	25 Valan, Ana	Minnesota St	1:20.66	1:20.24 1
10	3 Deleon, Melody	Minnesota St	1:20.57	1:21.37 4
11	283 Pepin, Annaliese	Augustana	1:22.42	1:21.73 4
12	143 Sands, Tricia	South Dakota	1:22.40	1:22.37 3
13	176 Brathol, Kelly	St. Cloud St	1:27.48	1:23.53 3
14	58 Gass, Julie	Nebraska - O	1:23.44	1:25.52 2
15	244 Zahorsky, Jackie	Um-Duluth		1:26.09 2
16	7 Hacker, Megan	Minnesota St	1:23.01	1:28.08 1
17	19 Sellers, Andrea	Minnesota St		1:28.31 1
18	181 Krippner, Bobbi	St. Cloud St		1:29.80 4

Women 500 Meter Run

NCC Record: # 1:12.97 2004 Kinsey Coles, North Dakota State

Name	Year School	Prelims	Finals	H#	Points
=====					
Finals					
1	141 Reifenrath, Meghan	South Dakota	1:16.33	1:15.04	2 10
2	68 Orzylowski, Magda	Nebraska - O	1:16.75	1:16.54	2 8
3	145 Smith, Kiki	South Dakota	1:17.84	1:16.54	2 6
4	63 Kampschieder, Ange	Nebraska - O	1:18.60	1:18.19	1 5
5	241 Stangl, Greta	Um-Duluth	1:17.86	1:19.09	2 4
6	233 Kok, Rebekah	Um-Duluth	1:19.37	1:20.20	1 3
7	221 Demulling, Hannah	Um-Duluth	1:19.68	1:21.04	1 2
8	284 Reagles, Kristy	Augustana	1:19.08	1:24.96	1 1

Women 800 Meter Run

8 Advance: Top 2 Each Heat plus Next 4 Best Times

NCC Record: # 2:12.91 1988 Kim Fordham, South Dakota State

2:10.30 AUTO  
 2:17.80 PROV

Name	Year School	Seed	Prelims	H#
=====				
Preliminaries				
1	220 Demulling, Abby	Um-Duluth	2:15.23	2:16.69QPROV 2
2	133 Laber, Kassandra	South Dakota	2:11.16	2:19.69Q 1
3	291 Stoll, Mary	Augustana	2:13.91	2:18.48Q 2
4	71 Victor, Jennifer	Nebraska - O	2:19.36	2:19.80Q 1
5	147 Stoltenburg, Amber	South Dakota	2:17.57	2:19.94q 1
6	5 Gemberling, Libby	Minnesota St	2:20.01	2:20.62q 2

7	226	Giliuson, Krista	Um-Duluth	2:25.54	2:24.15q	1
8	75	Beeson, Brittany	North Dakota	2:23.74	2:25.58q	2
9	285	Reuter, Sara	Augustana	2:27.78	2:29.84	1
10	56	Carlberg, Kirsten	Nebraska - O	2:32.58	2:32.22	2
11	186	Nelson, Kelley	St. Cloud St	2:35.04	2:33.68	2

## Women 800 Meter Run

=====						
NCC Record: # 2:12.91 1988 Kim Fordham, South Dakota State						
2:10.30 AUTO						
2:17.80 PROV						
Name	Year	School	Prelims	Finals		Points
=====						
Finals						
1	133	Laber, Kassa	South Dakota	2:19.69	2:12.57#PROV	10
2	291	Stoll, Mary	Augustana	2:18.48	2:12.67#PROV	8
3	220	Demulling, A	Um-Duluth	2:16.69	2:12.87#PROV	6
4	147	Stoltenburg,	South Dakota	2:19.94	2:15.99 PROV	5
5	71	Victor, Jenn	Nebraska - O	2:19.80	2:18.77	4
6	75	Beeson, Brit	North Dakota	2:25.58	2:21.91	3
7	226	Giliuson, Kr	Um-Duluth	2:24.15	2:22.33	2
8	5	Gemberling,	Minnesota St	2:20.62	2:25.62	1

## Women 1000 Meter Run

=====						
8 Advance: Top 2 Each Heat plus Next 4 Best Times						
NCC Record: # 2:52.72 1995 Jennifer Peck, Minnesota State Mankato						
Name	Year	School	Seed	Prelims		
=====						
Preliminaries						
1	73	Zeisler, Sarah	Nebraska - O	3:05.01	3:00.81Q	
2	74	Aune, Renee	North Dakota	3:02.52	3:02.10Q	
3	70	Tuenge, Tahnee	Nebraska - O	3:01.02	3:01.22Q	
4	80	Duerre, Rachelle	North Dakota	3:02.44	3:02.35Q	
5	277	Fernandez, Kelly	Augustana	3:06.69	3:01.60q	
6	66	Mertes, Kelly	Nebraska - O	3:04.69	3:02.71q	
7	125	Duba, Alli	South Dakota	3:03.20	3:02.98q	
8	124	Duba, Amy	South Dakota	3:04.62	3:03.97q	
9	122	Blackler, Betsy	South Dakota	3:03.18	3:04.02	
10	243	Wendt, Alyssa	Um-Duluth	3:07.98	3:08.65	
11	177	Dickinson, Gia	St. Cloud St	3:14.68	3:09.34	
12	193	Winans, Emily	St. Cloud St	3:07.52	3:10.73	
13	20	Smalley, Rachel	Minnesota St	3:14.08	3:12.49	
14	10	MacLeod, Jamie	Minnesota St	3:16.91	3:17.48	
15	271	Arens, Tania	Augustana	3:17.47	3:25.30	

## Women 1000 Meter Run

=====						
NCC Record: # 2:52.72 1995 Jennifer Peck, Minnesota State Mankato						
Name	Year	School	Prelims	Finals	Points	
=====						
Finals						
1	70	Tuenge, Tahnee	Nebraska - O	3:01.22	2:59.70	10
2	73	Zeisler, Sarah	Nebraska - O	3:00.81	3:02.13	8
3	74	Aune, Renee	North Dakota	3:02.10	3:02.27	6
4	277	Fernandez, Kelly	Augustana	3:01.60	3:02.63	5
5	66	Mertes, Kelly	Nebraska - O	3:02.71	3:05.05	4
6	80	Duerre, Rachelle	North Dakota	3:02.35	3:05.09	3
7	124	Duba, Amy	South Dakota	3:03.97	3:05.52	2
8	125	Duba, Alli	South Dakota	3:02.98	3:06.26	1

## Women 3000 Meter Run

=====						
NCC Record: # 9:42.96 1993 Kristin Asp, South Dakota State						
Name	Year	School	Seed	Finals	Points	
=====						
1	290	Stangler, Rachel	Augustana	10:12.91	10:08.59	10
2	132	Keating, Kayleen	South Dakota	10:39.95	10:12.68	8
3	140	Nielsen, Aimee	South Dakota	10:25.19	10:19.55	6
4	69	Ryan, Kellie	Nebraska - O	10:31.50	10:21.65	5
5	90	Landberg, Margaret	North Dakota	10:38.52	10:28.37	4

6	179	Getty, Sarah	St. Cloud St	10:30.97	10:29.14	3
7	280	Kelly, Mairead	Augustana		10:31.36	2
8	126	Dunlop, Lexi	South Dakota	10:45.80	10:33.70	1
9	94	Sackett, Veronica	North Dakota		10:34.11	
10	92	Malone, Callie	North Dakota	10:42.47	10:39.23	
11	282	Pape, Jessica	Augustana	10:45.66	10:45.28	
12	84	Gefroh, Mandy	North Dakota	10:55.10	10:45.96	
13	60	Harris, Kaylen	Nebraska - O	10:55.36	10:46.35	
14	281	Nickolas, Danielle	Augustana	10:56.61	10:49.49	
15	245	Zinsmaster, Kristi	Um-Duluth	11:02.19	10:51.75	
16	136	Lundgren, Jessica	South Dakota	10:57.00	10:53.36	
17	237	Pederson, Jenna	Um-Duluth	11:20.50	10:54.67	
18	59	Gorman, Allison	Nebraska - O	10:56.89	10:56.19	
19	21	Smith, Sam	Minnesota St	11:01.93	11:00.12	
20	70	Tuenge, Tahnee	Nebraska - O		11:10.75	
21	184	Lander, Rachel	St. Cloud St	11:45.94	11:45.98	

Women 5000 Meter Run

=====

NCC Record: # 17:01.73 2004 Jessica Neva, North Dakota  
 16:56.80 AUTO  
 18:00.80 PROV

Name	Year	School	Seed	Finals	Points	
1	290	Stangler, Ra	Augustana	17:28.05	17:30.53 PROV	10
2	140	Nielsen, Aim	South Dakota	17:44.14	17:40.97 PROV	8
3	69	Ryan, Kellie	Nebraska - O	18:03.17	17:52.26 PROV	6
4	179	Getty, Sarah	St. Cloud St	18:09.21	18:00.97	5
5	90	Landberg, Ma	North Dakota	18:21.87	18:16.35	4
6	91	Lichter, Jes	North Dakota	18:55.27	18:30.03	3
7	146	Steckelberg,	South Dakota	18:35.49	18:35.12	2
8	60	Harris, Kayl	Nebraska - O	18:28.19	18:37.16	1
9	136	Lundgren, Je	South Dakota		18:42.35	
10	88	Keithley, Kr	North Dakota	18:59.74	18:47.73	
11	245	Zinsmaster,	Um-Duluth	19:31.01	18:58.78	
12	282	Pape, Jessic	Augustana	19:07.88	18:59.10	
13	83	Fossum, Eric	North Dakota	19:12.07	19:07.65	
14	21	Smith, Sam	Minnesota St	19:07.01	19:08.05	
15	59	Gorman, Alli	Nebraska - O	19:12.08	19:21.84	
16	17	Schmitt, Cas	Minnesota St	19:58.14	20:11.19	
17	278	Herauf, Hayl	Augustana	20:01.30	20:51.42	

Women 60 Meter Hurdles

=====

8 Advance: Top 1 Each Heat plus Next 6 Best Times  
 NCC Record: # 8.28 2002 Merideth Davis, Morningside  
 8.65 AUTO  
 8.99 PROV

Name	Year	School	Seed	Prelims	H#	
Preliminaries						
1	276	Eykyn, Shelby	Augustana	8.80	8.83QPROV	1
2	53	Akerly, Debbie	Nebraska - O	8.87	8.90QPROV	2
3	145	Smith, Kiki	South Dakota	8.96	9.03q	1
4	14	Paulson, Lisa	Minnesota St	8.90	9.04q	2
5	137	McGill, Mara	South Dakota	8.92	9.07q	1
6	64	Lane, Lisa	Nebraska - O	9.21	9.21q	1
7	78	Clausnitzer, Jessi	North Dakota	9.20	9.39q	2
8	270	Anderson, Jenny	Augustana	9.40	9.43q	1
9	192	Todnem, Kayla	St. Cloud St	9.32	9.50	2
10	182	Krueger, Lindsey	St. Cloud St	9.36	9.53	2
11	12	Merrihew, Kaycie	Minnesota St	9.21	9.57	1
12	22	Spinler, Sam	Minnesota St	9.66	9.98	1
13	131	House, Lindsay	South Dakota	9.04	14.39	2

Women 60 Meter Hurdles

=====

NCC Record: # 8.28 2002 Merideth Davis, Morningside  
 8.65 AUTO  
 8.99 PROV

Name	Year	School	Prelims	Finals	Points
------	------	--------	---------	--------	--------

=====

Finals

1	14 Paulson, Lis	Minnesota St	9.04	8.85	PROV	10
2	145 Smith, Kiki	South Dakota	9.03	9.04		8
3	137 McGill, Mara	South Dakota	9.07	9.07		6
4	78 Clausnitzer,	North Dakota	9.39	9.14		5
5	64 Lane, Lisa	Nebraska - O	9.21	9.17		4
6	270 Anderson, Je	Augustana	9.43	9.39		3
7	53 Akerly, Debb	Nebraska - O	8.90	9.42		2
--	276 Eykyn, Shelb	Augustana	8.83	DQ.00		

Women 4x400 Meter Relay

=====

NCC Record: # 3:48.76 2004 , North Dakota State  
Rieck, Smith, Larsen, Coles  
3:46.80 AUTO  
3:56.80 PROV

School	Seed	Finals	Points
1 South Dakota	3:50.24	3:49.37 PROV	10
2 Nebraska - Omaha	3:46.59	3:56.59 PROV	8
3 Minnesota State	3:52.72	3:56.89	6
4 Um-Duluth	4:00.07	3:58.13	5
5 Augustana	4:00.41	3:58.17	4
6 North Dakota	4:05.68	4:11.13	3
7 St. Cloud State	4:13.47	4:21.04	2

Women Distance Medley

=====

NCC Record: # 12:11.65 2005 , Augustana  
Stangler, Stoll, Hayes, Sershen  
11:51.70 AUTO  
12:21.70 PROV

School	Seed	Finals	Points
1 South Dakota	11:52.55	12:16.90 PROV	10
2 Nebraska - Omaha	12:19.86	12:28.39	8
3 Augustana	12:01.82	12:34.21	6
4 North Dakota	11:56.98	12:53.74	5
5 Minnesota State	12:50.30	13:14.97	4
6 St. Cloud State	13:15.84	13:27.76	3

Women High Jump

=====

NCC Record: # 5-10.50 1997 Debby Volkens, Augustana  
5-09.25 AUTO  
5-05.25 PROV

Name	Year School	Seed	Finals	Points
1 149 Salter, Tany	South Dakota		5-08.50 PROV	1.73m 10
2 288 Schulz, Beck	Augustana	1.71m	5-07.50 PROV	1.71m 8
3 4 Erlandson, K	Minnesota St	1.71m	5-07.50 PROV	1.71m 6
4 79 Dahlstrom, N	North Dakota	1.66m	5-06.00 PROV	1.67m 5
5 85 Gogleman, Ly	North Dakota	1.65m	5-04.25	1.63m 4
6 215 Bachaus, Liz	Um-Duluth	1.57m	5-04.25	1.63m 3
7 182 Krueger, Lin	St. Cloud St	1.67m	5-04.25	1.63m 2
8 18 Seifert, Mel	Minnesota St	1.63m	5-02.25	1.58m 1
9 289 Sershen, Jan	Augustana	1.62m	5-02.25	1.58m
10 235 Nelson, Rebe	Um-Duluth	1.50m	5-00.25	1.53m
10 190 Seyer, Amy	St. Cloud St	1.48m	5-00.25	1.53m
10 93 Nagel, Amand	North Dakota	1.60m	5-00.25	1.53m
10 61 Hollmann, Ke	Nebraska - O	1.54m	5-00.25	1.53m
10 129 Gonsor, Carr	South Dakota	1.61m	5-00.25	1.53m
15 178 Faulkner, Am	St. Cloud St	1.49m	4-10.25	1.47m
-- 286 Schoenfish,	Augustana	1.48m	NH	
-- 19 Sellers, And	Minnesota St	1.56m	NH	

Women Pole Vault

=====

NCC Record: # 13-01.25 2005 Amanda Frame, Minnesota State Mankato  
3.89m AUTO

3.50m PROV							
Name	Year	School	Seed	Finals			Points
1	15	Rains, Katel	Minnesota St	3.82m	3.81m PROV	12-06.00	10
2	123	Cerling, Kat	South Dakota	3.68m	3.71m PROV	12-02.00	8
3	188	Rosborough,	St. Cloud St	3.55m	3.71m PROV	12-02.00	6
4	82	Fleck, Jessi	North Dakota	3.70m	3.46m	11-04.25	4.5
4	2	Campbell, Li	Minnesota St	3.50m	3.46m	11-04.25	4.5
6	23	Stinson, Mel	Minnesota St	3.38m	3.16m	10-04.25	2.5
6	78	Clausnitzer,	North Dakota	3.37m	3.16m	10-04.25	2.5
8	218	Caywood, Bre	Um-Duluth	3.20m	3.16m	10-04.25	0.2
8	1	Aning, Amand	Minnesota St	3.51m	3.16m	10-04.25	0.2
8	231	Johnston, Ju	Um-Duluth	3.20m	3.16m	10-04.25	0.2
8	139	Nickerson, K	South Dakota	3.20m	3.16m	10-04.25	0.2
12	230	Jodarski, Ni	Um-Duluth	3.10m	3.01m	9-10.50	
--	55	Bieranowski,	Nebraska - O	3.02m	NH		

## Women Long Jump

NCC Record: # 20-05.25 1995 Tiffany Schuebel, South Dakota State							
6.15m AUTO							
5.50m PROV							
Name	Year	School	Seed	Finals			Points
1	65	Mankinde, Fo	Nebraska - O	5.97m	5.83m PROV	19-01.50	10
2	276	Eykyn, Shelb	Augustana	5.27m	5.53m PROV	18-01.75	8
3	14	Paulson, Lis	Minnesota St	5.66m	5.48m	17-11.75	6
4	145	Smith, Kiki	South Dakota	5.49m	5.46m	17-11.00	5
5	53	Akerly, Debb	Nebraska - O	5.45m	5.41m	17-09.00	4
6	149	Salter, Tany	South Dakota		5.41m	17-09.00	3
7	77	Burgard, Mic	North Dakota	5.54m	5.25m	17-02.75	2
8	191	Tan, Mikha	St. Cloud St	5.22m	5.19m	17-00.50	1
9	12	Merrihew, Ka	Minnesota St	5.17m	5.17m	16-11.50	
10	225	Gilbert, Be	Um-Duluth	5.22m	5.08m	16-08.00	
11	180	Knobloch, An	St. Cloud St	5.11m	5.01m	16-05.25	
11	24	Trost, Amand	Minnesota St	5.40m	5.01m	16-05.25	
11	131	House, Linds	South Dakota	5.32m	5.01m	16-05.25	
14	95	Zander, Heid	North Dakota	5.18m	4.98m	16-04.25	
15	72	Yates, Ashle	Nebraska - O	5.10m	4.89m	16-00.50	
16	142	Ross, Amber	South Dakota		4.88m	16-00.25	
16	15	Rains, Katel	Minnesota St	5.19m	4.88m	16-00.25	
--	189	Schueler, Am	St. Cloud St	4.70m	ND		
--	192	Todnem, Kayl	St. Cloud St	5.13m	ND		

## Women Triple Jump

NCC Record: # 41-11.25 2004 Amanda Thieschafer, North Dakota State							
12.40m AUTO							
11.40m PROV							
Name	Year	School	Seed	Finals			Points
1	148	Stout, Natil	South Dakota	11.66m	11.98m PROV	39-03.75	10
2	14	Paulson, Lis	Minnesota St	11.02m	11.37m	37-03.75	8
3	53	Akerly, Debb	Nebraska - O	11.70m	11.26m	36-11.50	6
4	82	Fleck, Jessi	North Dakota	11.07m	11.09m	36-04.75	5
5	215	Bachaus, Liz	Um-Duluth	10.89m	11.07m	36-04.00	4
6	24	Trost, Amand	Minnesota St	11.26m	11.00m	36-01.25	3
7	135	Lubbers, Bet	South Dakota	10.89m	10.98m	36-00.25	2
8	65	Mankinde, Fo	Nebraska - O	11.68m	10.97m	36-00.00	1
9	192	Todnem, Kayl	St. Cloud St	10.59m	10.76m	35-03.75	
10	77	Burgard, Mic	North Dakota	11.37m	10.69m	35-01.00	
11	289	Sershen, Jan	Augustana		10.68m	35-00.50	
11	129	Gonsor, Carr	South Dakota	10.72m	10.68m	35-00.50	
13	130	Gould, Stacy	South Dakota	11.05m	10.67m	35-00.25	
14	228	Hartje, Ally	Um-Duluth	10.76m	10.37m	34-00.25	
15	72	Yates, Ashle	Nebraska - O	10.77m	10.32m	33-10.25	
16	191	Tan, Mikha	St. Cloud St	10.45m	10.16m	33-04.00	
17	185	Moe, Cassand	St. Cloud St	10.16m	9.89m	32-05.50	
--	229	Hartje, Tayl	Um-Duluth	10.27m	ND		
--	180	Knobloch, An	St. Cloud St	10.39m	ND		

## Women Shot Put

=====								
NCC Record: # 49-09.75		2000	Julia Karst-Gray, North Dakota State					
		14.95m	AUTO					
		13.25m	PROV					
Name	Year	School	Seed	Finals		Points		
=====								
1	287	Schultz, Lin	Augustana	13.26m	13.51m	PROV	44-04.00	10
2	183	Kunkel, Aman	St. Cloud St	13.08m	13.35m	PROV	43-09.75	8
3	279	Johnson, Jor	Augustana	12.74m	12.58m		41-03.25	6
4	242	Swanson, Mar	Um-Duluth	12.28m	12.40m		40-08.25	5
5	121	Beachler, Ka	South Dakota	11.96m	11.93m		39-01.75	4
6	224	Giertych, Ki	Um-Duluth	12.06m	11.57m		37-11.50	3
7	150	Velthoff, Am	South Dakota	11.77m	11.48m		37-08.00	2
8	240	Rankin, Erin	Um-Duluth	11.78m	11.39m		37-04.50	1
9	86	Hausauer, Li	North Dakota	12.07m	11.28m		37-00.25	
10	182	Krueger, Lin	St. Cloud St	11.58m	11.00m		36-01.25	
11	89	Klabo, Krist	North Dakota	11.28m	10.97m		36-00.00	
12	11	McCall, Ashl	Minnesota St	10.36m	10.29m		33-09.25	
13	26	Warren, Tier	Minnesota St	12.08m	10.19m		33-05.25	
--	234	LeDell, Nico	Um-Duluth	11.98m		ND		

## Women Weight Throw

=====								
NCC Record: # 61-11		2001	Diandra Bauer, North Dakota State					
		18.29m	AUTO					
		15.85m	PROV					
Name	Year	School	Seed	Finals		Points		
=====								
1	217	Carpenter, T	Um-Duluth	14.99m	16.05m	PROV	52-08.00	10
2	183	Kunkel, Aman	St. Cloud St	15.17m	14.32m		46-11.75	8
3	134	Larsen, Mika	South Dakota	13.88m	14.17m		46-06.00	6
4	121	Beachler, Ka	South Dakota	14.05m	14.16m		46-05.50	5
5	223	Froelich, Ju	Um-Duluth	13.46m	13.83m		45-04.50	4
6	234	LeDell, Nico	Um-Duluth	14.23m	13.67m		44-10.25	3
7	89	Klabo, Krist	North Dakota	12.51m	13.38m		43-10.75	2
8	150	Velthoff, Am	South Dakota	13.61m	13.22m		43-04.50	1
9	236	Odegard, Kay	Um-Duluth	12.71m	13.21m		43-04.25	
10	26	Warren, Tier	Minnesota St	14.15m	12.67m		41-07.00	
11	87	Homstad, Suz	North Dakota	12.68m	12.20m		40-00.50	
12	187	Otterson, Kr	St. Cloud St		10.54m		34-07.00	
--	86	Hausauer, Li	North Dakota	12.96m		ND		

## Women Indoor Pentathlon

=====					
NCC Record: # 3920		2005	Anastasia Kyvelidou, Nebraska Omaha		
Name	Year	School	Seed	Finals	Points
=====					
1	289	Sershen, Janie	Augustana	3329	10
2	12	Merrihew, Kaycie	Minnesota St	3254	8
3	182	Krueger, Lindsey	St. Cloud St	3242	6
4	192	Todnem, Kayla	St. Cloud St	3174	5
5	270	Anderson, Jenny	Augustana	3129	4
6	58	Gass, Julie	Nebraska - O	3063	3
7	137	McGill, Mara	South Dakota	3058	2
8	19	Sellers, Andrea	Minnesota St	2936	1
9	215	Bachaus, Liz	Um-Duluth	2929	
10	228	Hartje, Ally	Um-Duluth	2773	
11	95	Zander, Heidi	North Dakota	2719	
12	185	Moe, Cassandra	St. Cloud St	2687	
13	7	Hacker, Megan	Minnesota St	2663	
14	235	Nelson, Rebekah	Um-Duluth	2654	
15	229	Hartje, Taylor	Um-Duluth	2633	
16	22	Spinler, Sam	Minnesota St	2596	
17	180	Knobloch, Angela	St. Cloud St	2577	

## Indoor Pentathlon: #5 Women 800 Meter Run Indoor Pentathlon

=====					
Name	Year	School	Finals	H#	Points
=====					
1	289	Sershen, Janie	Augustana	2:24.39	2 765

2	12	Merrihew, Kaycie	Minnesota St	2:27.77	2	721
3	185	Moe, Cassandra	St. Cloud St	2:33.22	1	653
4	19	Sellers, Andrea	Minnesota St	2:33.40	2	651
5	192	Todnem, Kayla	St. Cloud St	2:33.46	2	650
6	270	Anderson, Jenny	Augustana	2:33.93	2	644
7	58	Gass, Julie	Nebraska - O	2:34.46	2	638
8	229	Hartje, Taylor	Um-Duluth	2:34.47	1	638
9	7	Hacker, Megan	Minnesota St	2:36.41	1	615
10	228	Hartje, Ally	Um-Duluth	2:36.65	1	612
11	137	McGill, Mara	South Dakota	2:37.99	2	596
12	95	Zander, Heidi	North Dakota	2:38.18	1	594
13	235	Nelson, Rebekah	Um-Duluth	2:42.61	1	543
14	182	Krueger, Lindsey	St. Cloud St	2:43.57	2	533
15	215	Bachaus, Liz	Um-Duluth	2:43.80	2	530
16	22	Spinler, Sam	Minnesota St	2:50.62	1	457
17	180	Knobloch, Angela	St. Cloud St	3:07.00	2	303

## Indoor Pentathlon: #1 Women 60 Meter Hurdles Indoor Pentathlon

Name	Year	School	Finals	H#	Points
1	137	McGill, Mara	South Dakota	9.00	4 910
2	12	Merrihew, Kaycie	Minnesota St	9.37	3 834
3	289	Sershen, Janie	Augustana	9.38	3 832
4	270	Anderson, Jenny	Augustana	9.41	5 826
5	192	Todnem, Kayla	St. Cloud St	9.45	5 818
6	182	Krueger, Lindsey	St. Cloud St	9.51	5 806
7	215	Bachaus, Liz	Um-Duluth	9.54	1 800
8	19	Sellers, Andrea	Minnesota St	9.65	3 779
9	58	Gass, Julie	Nebraska - O	9.73	1 763
10	22	Spinler, Sam	Minnesota St	9.87	4 737
11	130	Gould, Stacy	South Dakota	9.98	3 716
12	95	Zander, Heidi	North Dakota	10.05	2 703
13	235	Nelson, Rebekah	Um-Duluth	10.36	2 646
14	7	Hacker, Megan	Minnesota St	10.38	4 643
15	228	Hartje, Ally	Um-Duluth	10.42	1 636
16	229	Hartje, Taylor	Um-Duluth	10.52	2 618
17	185	Moe, Cassandra	St. Cloud St	10.54	4 614
18	180	Knobloch, Angela	St. Cloud St	10.59	5 606

## Indoor Pentathlon: #3 Women High Jump Indoor Pentathlon

Name	Year	School	Finals	Points
1	182	Krueger, Lindsey	St. Cloud St	1.64m 5-04.50 783
2	289	Sershen, Janie	Augustana	1.58m 5-02.25 712
2	215	Bachaus, Liz	Um-Duluth	1.58m 5-02.25 712
4	235	Nelson, Rebekah	Um-Duluth	1.55m 5-01.00 678
4	192	Todnem, Kayla	St. Cloud St	1.55m 5-01.00 678
6	58	Gass, Julie	Nebraska - O	1.49m 4-10.50 610
6	228	Hartje, Ally	Um-Duluth	1.49m 4-10.50 610
6	12	Merrihew, Kaycie	Minnesota St	1.49m 4-10.50 610
6	270	Anderson, Jenny	Augustana	1.49m 4-10.50 610
6	185	Moe, Cassandra	St. Cloud St	1.49m 4-10.50 610
11	229	Hartje, Taylor	Um-Duluth	1.46m 4-09.50 577
11	180	Knobloch, Angela	St. Cloud St	1.46m 4-09.50 577
11	19	Sellers, Andrea	Minnesota St	1.46m 4-09.50 577
14	95	Zander, Heidi	North Dakota	1.43m 4-08.25 544
15	137	McGill, Mara	South Dakota	1.40m 4-07.00 512
15	7	Hacker, Megan	Minnesota St	1.40m 4-07.00 512
15	22	Spinler, Sam	Minnesota St	1.40m 4-07.00 512
18	130	Gould, Stacy	South Dakota	1.34m 4-04.75 449

## Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	Year	School	Finals	Points
1	12	Merrihew, Kaycie	Minnesota St	5.12m 16-09.75 592
2	180	Knobloch, Angela	St. Cloud St	5.05m 16-07.00 573
3	192	Todnem, Kayla	St. Cloud St	5.00m 16-05.00 559
3	58	Gass, Julie	Nebraska - O	5.00m 16-05.00 559

5	215	Bachaus, Liz	Um-Duluth	4.98m	16-04.25	554
6	289	Sershen, Janie	Augustana	4.97m	16-03.75	551
7	137	McGill, Mara	South Dakota	4.96m	16-03.25	548
8	19	Sellers, Andrea	Minnesota St	4.85m	15-11.00	519
9	182	Krueger, Lindsey	St. Cloud St	4.82m	15-09.75	511
10	270	Anderson, Jenny	Augustana	4.80m	15-09.00	506
11	130	Gould, Stacy	South Dakota	4.77m	15-07.75	498
12	228	Hartje, Ally	Um-Duluth	4.74m	15-06.75	490
13	95	Zander, Heidi	North Dakota	4.70m	15-05.00	479
14	7	Hacker, Megan	Minnesota St	4.66m	15-03.50	469
15	185	Moe, Cassandra	St. Cloud St	4.56m	14-11.50	443
16	22	Spinler, Sam	Minnesota St	4.46m	14-07.75	418
17	235	Nelson, Rebekah	Um-Duluth	4.40m	14-05.25	403
18	229	Hartje, Taylor	Um-Duluth	4.39m	14-05.00	401

## Indoor Pentathlon: #2 Women Shot Put Indoor Pentathlon

Name	Year	School	Finals	Points	
1	182	Krueger, Lindsey	St. Cloud St	11.21m 36-09.50	609
2	270	Anderson, Jenny	Augustana	10.20m 33-05.75	543
3	180	Knobloch, Angela	St. Cloud St	9.82m 32-02.75	518
4	12	Merrihew, Kaycie	Minnesota St	9.50m 31-02.00	497
5	58	Gass, Julie	Nebraska - O	9.44m 30-11.75	493
6	137	McGill, Mara	South Dakota	9.43m 30-11.25	492
7	22	Spinler, Sam	Minnesota St	9.12m 29-11.25	472
8	289	Sershen, Janie	Augustana	9.07m 29-09.25	469
8	192	Todnem, Kayla	St. Cloud St	9.07m 29-09.25	469
10	130	Gould, Stacy	South Dakota	8.99m 29-06.00	464
11	228	Hartje, Ally	Um-Duluth	8.40m 27-06.75	425
12	7	Hacker, Megan	Minnesota St	8.38m 27-06.00	424
13	19	Sellers, Andrea	Minnesota St	8.16m 26-09.25	410
14	95	Zander, Heidi	North Dakota	7.99m 26-02.75	399
14	229	Hartje, Taylor	Um-Duluth	7.99m 26-02.75	399
16	235	Nelson, Rebekah	Um-Duluth	7.76m 25-05.50	384
17	185	Moe, Cassandra	St. Cloud St	7.50m 24-07.25	367
18	215	Bachaus, Liz	Um-Duluth	6.97m 22-10.50	333

## Women - Team Rankings - 19 Events Scored

1) South Dakota	206.25	2) Nebraska - Omaha	155
3) Augustana	98	4) Minnesota State	97.25
5) North Dakota	75	6) UM-Duluth	55.50
7) St. Cloud State	49		