

## MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

## Meet Program - Men's Heptathlon Day 1

**Event 39 Heptathlon: #1 Men 60 Meter Dash**

Thursday 2/22/2024 - 2:20 PM

Lane	Name	Yr	School	Seed Time
<b>Section 1 of 3 Finals</b>				
2	Kienholz, Carter	JR	Hamline	7.89
3	Hennen, Logan	SO	St. John's (	7.65
4	Lelwica, Max	JR	St. John's (	7.71
5	Lapinski, Will	FR	St. Olaf	7.72
6	Elseth, Aaron	SO	Bethel (Minn	7.73
7	Cogley, Andrew	JR	St. Olaf	7.68
<b>Section 2 of 3 Finals</b>				
1	Schulze, Sam	JR	Gustavus Ado	7.64
2	Demetriades, Theo	SO	Carleton	7.52
3	Kiel, Logan	FR	St. John's (	7.61
4	Hoelzel, Gavin	FR	St. Olaf	7.55
5	Molstre, Joey	FR	Concordia-Mo	7.63
6	Olson, Jesse	FR	St. Olaf	7.62
<b>Section 3 of 3 Finals</b>				
3	McCormick, Connor	SO	Gustavus Ado	7.52
4	Lord, Demetri	JR	St. Olaf	7.18
5	Rhonemus, Wade	SR	Concordia-Mo	7.50
6	Wellman, Trevor	JR	Bethel (Minn	7.49
7	Thurk, Anthony	JR	St. John's (	7.50
8	Kaster, Soren	FR	Carleton	7.50

**Event 39 Heptathlon: #2 Men Long Jump**

Thursday 2/22/2024 - 3:00 PM

Pos	Name	Yr	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	Lelwica, Max	JR	St. John's (	5.97m
2	Cogley, Andrew	JR	St. Olaf	6.15m
3	Rhonemus, Wade	SR	Concordia-Mo	6.39m
4	Olson, Jesse	FR	St. Olaf	5.53m
5	Schulze, Sam	JR	Gustavus Ado	6.00m
6	Kaster, Soren	FR	Carleton	5.65m
7	Lord, Demetri	JR	St. Olaf	6.36m
8	Elseth, Aaron	SO	Bethel (Minn	5.62m
9	Thurk, Anthony	JR	St. John's (	6.38m
10	McCormick, Connor	SO	Gustavus Ado	5.95m
11	Lapinski, Will	FR	St. Olaf	5.21m
12	Demetriades, Theo	SO	Carleton	5.88m
13	Wellman, Trevor	JR	Bethel (Minn	5.27m
14	Molstre, Joey	FR	Concordia-Mo	5.72m
15	Kiel, Logan	FR	St. John's (	5.75m
16	Hoelzel, Gavin	FR	St. Olaf	5.55m
17	Kienholz, Carter	JR	Hamline	5.53m
18	Hennen, Logan	SO	St. John's (	5.67m

**Event 39 Heptathlon: #3 Men Shot Put**

Thursday 2/22/2024 - 4:30 PM

Seperate Circles will be used for each Gender.

Pos	Name	Yr	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	Thurk, Anthony	JR	St. John's (	12.00m
2	Kaster, Soren	FR	Carleton	9.14m
3	Cogley, Andrew	JR	St. Olaf	10.75m
4	Hoelzel, Gavin	FR	St. Olaf	8.37m
5	Kienholz, Carter	JR	Hamline	11.87m
6	Hennen, Logan	SO	St. John's (	11.21m
7	Kiel, Logan	FR	St. John's (	11.88m
8	Molstre, Joey	FR	Concordia-Mo	8.16m
9	Lord, Demetri	JR	St. Olaf	11.52m
10	Elseth, Aaron	SO	Bethel (Minn	10.86m
11	Schulze, Sam	JR	Gustavus Ado	7.95m
12	Wellman, Trevor	JR	Bethel (Minn	12.93m
13	Lapinski, Will	FR	St. Olaf	7.10m
14	Lelwica, Max	JR	St. John's (	11.87m
15	McCormick, Connor	SO	Gustavus Ado	8.79m
16	Olson, Jesse	FR	St. Olaf	8.83m
17	Demetriades, Theo	SO	Carleton	9.33m
18	Rhonemus, Wade	SR	Concordia-Mo	10.58m

**Event 39 Heptathlon: #4 Men High Jump**

Thursday 2/22/2024 - 6:00 PM

2 HJ Pits will be used. 9 athletes in each flight.

Pos	Name	Yr	School	Seed Mark
<b>Flight 1 of 2 Finals</b>				
1	Kaster, Soren	FR	Carleton	1.55m
2	Hoelzel, Gavin	FR	St. Olaf	1.55m
3	Kienholz, Carter	JR	Hamline	1.60m
4	Elseth, Aaron	SO	Bethel (Minn	1.62m
5	Kiel, Logan	FR	St. John's (	1.64m
6	Schulze, Sam	JR	Gustavus Ado	1.65m
7	Molstre, Joey	FR	Concordia-Mo	1.67m
8	Wellman, Trevor	JR	Bethel (Minn	1.67m
9	McCormick, Connor	SO	Gustavus Ado	1.68m
<b>Flight 2 of 2 Finals</b>				
1	Hennen, Logan	SO	St. John's (	1.70m
2	Demetriades, Theo	SO	Carleton	1.71m
3	Olson, Jesse	FR	St. Olaf	1.72m
4	Lapinski, Will	FR	St. Olaf	1.83m
5	Rhonemus, Wade	SR	Concordia-Mo	1.84m
6	Lelwica, Max	JR	St. John's (	1.84m
7	Cogley, Andrew	JR	St. Olaf	1.86m
8	Lord, Demetri	JR	St. Olaf	1.86m
9	Thurk, Anthony	JR	St. John's (	1.89m

## MIAC Championships - 2/22/2024 to 2/24/2024

Tostrud Center, St. Olaf College

## Meet Program - Men's Heptathlon Day 2

**Event 39 Heptathlon: #5 Men 60 Meter Hurdles**

Friday 2/23/2024 - 10:00 AM

Lane	Name	Yr	School	Seed Time
<b>Section 1 of 5 Finals</b>				
2	Olson, Jesse	FR	St. Olaf	10.05
4	Lapinski, Will	FR	St. Olaf	9.89
6	Kiel, Logan	FR	St. John's (	10.42
<b>Section 2 of 5 Finals</b>				
2	Molstre, Joey	FR	Concordia-Mo	9.73
4	Kienholz, Carter	JR	Hamline	9.78
6	Wellman, Trevor	JR	Bethel (Minn	9.78
<b>Section 3 of 5 Finals</b>				
2	Hoelzel, Gavin	FR	St. Olaf	9.64
4	Demetriades, Theo	SO	Carleton	9.43
6	Cogley, Andrew	JR	St. Olaf	9.33
8	Schulze, Sam	JR	Gustavus Ado	9.10
<b>Section 4 of 5 Finals</b>				
2	Thurk, Anthony	JR	St. John's (	8.98
4	Kaster, Soren	FR	Carleton	9.08
6	Elseth, Aaron	SO	Bethel (Minn	9.06
8	Hennen, Logan	SO	St. John's (	9.02
<b>Section 5 of 5 Finals</b>				
2	Lelwica, Max	JR	St. John's (	8.98
4	Lord, Demetri	JR	St. Olaf	8.44
6	McCormick, Connor	SO	Gustavus Ado	8.70
8	Rhonemus, Wade	SR	Concordia-Mo	8.80

**Event 39 Heptathlon: #6 Men Pole Vault**

Friday 2/23/2024 - 11:00 AM

Pos	Name	Yr	School	Seed Mark
<b>Flight 1 of 1 Finals</b>				
1	Lapinski, Will	FR	St. Olaf	2.45m
2	Wellman, Trevor	JR	Bethel (Minn	2.90m
3	Olson, Jesse	FR	St. Olaf	2.90m
4	Elseth, Aaron	SO	Bethel (Minn	3.05m
5	Demetriades, Theo	SO	Carleton	3.15m
6	Cogley, Andrew	JR	St. Olaf	3.25m
7	Kienholz, Carter	JR	Hamline	3.45m
8	Molstre, Joey	FR	Concordia-Mo	3.45m
9	Thurk, Anthony	JR	St. John's (	3.45m
10	Schulze, Sam	JR	Gustavus Ado	3.56m
11	Hennen, Logan	SO	St. John's (	3.60m
12	Lord, Demetri	JR	St. Olaf	3.60m
13	Kiel, Logan	FR	St. John's (	3.71m
14	Hoelzel, Gavin	FR	St. Olaf	3.75m
15	Lelwica, Max	JR	St. John's (	3.85m
16	McCormick, Connor	SO	Gustavus Ado	4.05m
17	Rhonemus, Wade	SR	Concordia-Mo	4.20m
18	Kaster, Soren	FR	Carleton	4.25m

**MIAC Championships - 2/22/2024 to 2/24/2024****Tostrud Center, St. Olaf College****Performance List - Men's Heptathlon Day 2****Event 39 Heptathlon: #7 Men 1000 Meter Run****Friday 2/23/2024 - 2:50 PM****Will be seeded after event 6**

	<b>Name</b>	<b>Year</b>	<b>School</b>	<b>Seed Time</b>
1	Cogley, Andrew	JR	St. Olaf	2:42.16
2	McCormick, Connor	SO	Gustavus Adolphus	2:49.05
3	Olson, Jesse	FR	St. Olaf	2:50.04
4	Rhonemus, Wade	SR	Concordia-Moorhead	2:52.65
5	Lord, Demetri	JR	St. Olaf	2:52.95
6	Kaster, Soren	FR	Carleton	2:53.82
7	Lelwica, Max	JR	St. John's (Minn.)	2:58.43
8	Schulze, Sam	JR	Gustavus Adolphus	2:58.90
9	Wellman, Trevor	JR	Bethel (Minn.)	3:03.06
10	Molstre, Joey	FR	Concordia-Moorhead	3:03.29
11	Demetriades, Theo	SO	Carleton	3:04.30
12	Lapinski, Will	FR	St. Olaf	3:05.22
13	Thurk, Anthony	JR	St. John's (Minn.)	3:07.93
14	Kienholz, Carter	JR	Hamline	3:13.56
15	Hoelzel, Gavin	FR	St. Olaf	3:13.93
16	Elseth, Aaron	SO	Bethel (Minn.)	3:15.69
17	Hennen, Logan	SO	St. John's (Minn.)	3:17.11
18	Kiel, Logan	FR	St. John's (Minn.)	3:17.30